

INTERNATIONAL COOKBOOK



COMENIUS 2008-2010

FOOD CULTURE
AND
HEALTH

Teningen - Gardabaer - La Broque - Bari - Lleida - Lahti - Tianjin

FOOD CULTURE AND HEALTH

COMENIUS PROJECT 2008-2010



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GARÐASKÓLI - GARÐABÆR
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COMENIUS PROJECT 2008-2010

Food Culture and Health

Preface to the international cookbook

Did you know that the preparation of Sauerkraut has a long tradition in China? Culinary historians tell us that the Chinese craftsmen ate the soured cabbage and rice as far back as in the third century B.C., about the same time as the Great Wall of China was built. Following the historical tradition, Mongolian tribes and the Tartars brought Sauerkraut from China to the Western world. This was long before salmon and Sauerkraut were served together in Colmar and Straßburg- an uncommon combination for the German cuisine.

Considering the historical background it seems a natural progression to invite Alsatian and Chinese people to experiment together in the kitchen with these recipes? Why not also invite Finns, Icelanders, Spaniards, Italians and Germans to do the same?



Comenius meeting in Teningen. Students from Italy, France, Iceland, Finland, Spain, China and Germany in front of Teningen town hall

Over a two year period (2008-2010) the Comenius-Project “Food Culture and Health” facilitated this type of sharing culture and cuisine. This project was supported by the European Union. Traditional recipes from the partner schools were researched, cooked and tasted, shared and explained to each other and translated into English, as our only common language.

欧洲跨国教育文化合作项目—“夸美纽斯”年会
EUROPEAN COMMISSION EDUCATION PROGRAM-COMENIUS 2008
中国·天津市实验中学
2008.10.19



You are holding the results of their work in your hands: our multi-cultural cookbook created by the participants in this project.

Pupils and teachers of the following schools have contributed:

Theodor-Frank- Haupt- und Realschule Teningen, Germany; Garðaskóli Garðabær, Iceland; Istituto Professionale di Stato per i Servizi Sociali “S. De Lilla”, Bari, Italy; IES Màrius Torres, Lleida, Spain; Collège Frison Roche, La Broque, France; Lahden yhteiskoulu, Lahti, Finland and Experimental High School, Tianjin, China.

Our collaboration produced not only this cookbook, it also facilitated a cultural exchange of pupils and teachers. This Comenius-Project allowed pupils from neighboring countries as well as countries that are far away to meet and get to know each other. The highlight of these meetings were the shared cooking events in the schools, where children and adults were learning from each other. An example of this was the discovery that chicken boiled in Coca Cola and soy sauce tastes delicious!

On the following pages you will find recipes from the different regions and countries of our partner schools. Be inspired, follow the recipes and enjoy the dishes!

Our recommendation: try your own variations – for example with Sauerkraut!

We would like to say a big thank you to all pupils, parents and teachers, who enabled this project to take place. A special thank you to Mr. Peter Vollherbst who was the project manager and coordinator for his commitment to the project and his additional help with the final editing and the layout of this cookbook.

Best international regards,

Markus Felder
Principal

Theodor-Frank-Schule Teningen, Germany

Theodor-Frank-Schule Teningen

Our School - our Community – our Region

The Theodor-Frank-Schule, Teningen combines two types of general-education schooling, known in Germany as Hauptschule and Realschule. In 2010 there are more than 800 pupils, aged between ten and 17 years old, and 60 teachers at Theodor Frank Schule. Students are working towards obtaining the General Certificates of Secondary Education (GCSEs). After leaving school, our students usually go on to vocational training or attending a vocational college where they can achieve advanced technical college entrance qualifications. This is another opportunity for pupils to attend college in order to pass their A-Level GCSEs.



Teningen

Teningen is a town located in the south-west of Baden-Württemberg 15 kms north of Freiburg. Teningen is a part of the rural district of Emmendingen. The municipal area of Emmendingen ranges from the border of the Black Forest to the Kaiserstuhl.

With almost 12,000 inhabitants, Teningen is one of the biggest districts and is the centre of industry within the district. Industrialization began here a long time ago. This is highlighted by the older companies' names such as the Eisen- und Hammerwerk (EHT) located in Teningen, where manufacturers produce machine tools. Besides engineering, there are

many different industrial companies, ranging from nanotechnology to the medical sector. Approximately 5000 employees are employed by the various industries.

Teningen encompasses five villages: Bottingen, Landeck, Köndringen, Heimbach and Nimburg. The latter three villages have produced wine for centuries. The wine from Köndringen and Heimbach belongs to the district “Breisgau”, those from Nimburg are part of the district “Kaiserstuhl/Tuniberg”. Teningen is located in the lowlands of the Oberrhein and is one of the places in Germany with the highest average temperature, making it ideal for wine production.



The “Rathaus” (Town-Hall) of Teningen

The South of Baden - ”Südbaden”

This area is not only famous for its good wine but also for its great variety of fruit and vegetables that are cultivated during the whole year. Many of these products are sold on local markets by the farmers themselves. So you can be sure to get fresh and local products. One of the most important and colourful markets is in Freiburg. When visiting Teningen make a trip to Freiburg and visit the city with its market next to the minster. And don't forget to go inside this unique and wonderful gothic cathedral.

Südbaden is one of the most popular regions in Germany. Sharing a border with France and Switzerland makes this region very charming.

In Alsace, the neighboring region in France, 50% of the inhabitants still speak and understand German. This is what supports the border traffic that has grown significantly since the introduction of the Euro. Both, Germany and the France have benefited from this. Economically, "Südbaden" profits enormously from the solar energy. There are Solar panels constructions on many roofs. This is not surprising if you consider the hours of sunshine in comparison to the rest of Germany. The Fraunhofer Institute for Solar Energy in Freiburg has about 930 employees and is one of the largest research institutes for solar energy.



Potatoes for Everyone

Whereas potatoes have been eaten less in Europe in the last few decades, the potato production has increased in the poorer and lower-income countries for example in China, Asia and Africa. Today most potatoes in the world are harvested in China, followed by Russia and India. Germany takes the sixth place.

But still the potato is the tuber crop that is the most widely grown worldwide. It is also the fourth largest fresh food crop after rice.

Low fat and a lot of water (about 78%) makes the potato a very healthy food. It also contains a lot of important vitamins and minerals, in particular vitamin C, vitamin B, magnesium, iron and zink. Potatoes contain about 15% carbohydrates which make the potatoes very nourishing food.

Our potato of today comes from South America where it has been cultivated by the Indians for thousands of years and has been their staple food. In the Inca language Quechua the name for potato is "papa". Today it`s still called like that in Latin America. Although there is no direct botanical affinity with the sweet potato the English name potato is a compound of the names "papa" and "batate" (sweet potato).



In Germany the official name is "Kartoffel". Its name probably derived from the Italian "tartufolo" because it grows, just like truffels do, in the earth. So in Germany they were first called "Tartüffel". Today, there are many different regional names for the potato. In South Germany, in our South German

dialect it is often called "Krummbeere" which might be translated with "a berry that is crooked". Another common name is "Erdäpfel" like in French "pomme de terre" which means apple in the earth.

After the Spaniards had discovered America they brought this crop to Europe. First the people didn´t know what to do with it and ate the leaves and the berries, which of course are poisonous. So they kept them in flowerpots as if they were rare and exotic plants.

That`s why it took many years until the potato was rediscovered as an important and nourishing piece of food.

Many stories have been told about how the people began to eat the potatoes in Europe. A very popular story in Germany says that it was the Prussian Charlemagne (1740-1786) who made it his business to cultivate the potatoes in Germany. He knew it was not easy to convince his people to cultivate and eat the potatoes. So he used a trick: He had large potato fields planted round Berlin and when they were ready to be harvested, he told his soldiers to watch over the

potato fields. He wanted to make his people curious and make them believe this crop was very precious. So when the people came closer to the fields, the soldiers acted as if they were asleep and so they gave the people the opportunity to come very near to the fields and to have a closer look. Some people wanted to have this precious and valuable crop and began to steal it.

Unfortunately, they made the same mistake which had been made by many other people before. They ate the leaves and the berries, so they got ill and they didn't want to have anything to do with that "poisonous" plant. So it was not an easy task to convince the people that they had to eat the tuber and not the plant.

Because Charlemagne had recognized that the potato was cheap and very nourishing, he even made a law in 1756 and ordered the extensive cultivation of the potato in all Prussia.

Another advantage of the potato is: It can be stored easily. The best place to store the potatoes is the cellar, because they must be kept cool, dark and dry.



Never store them anywhere warm and sunny. Because then they get white sprouts which have to be removed, as they produce solanin, which is absolutely unhealthy and can even cause cancer.

Since Charlemagne introduced the potato to his people it has been cultivated in all Germany and many different breeds of potatoes were developed. Today, there are about 5000 different breeds of potatoes worldwide which have been categorized. The most significant difference is between the mealy and the firm-boiling potatoes. Some of these breeds certainly have German names like "Sieglinde", "Linda" or "Nicola". These firm-boiling potatoes are usually used for potato-salad and potatoes boiled in their skins. Mealy potatoes like "Adretta", "Bintje" are usually used for making mashed potatoes and many other dishes. At the moment, the firm-boiling potatoes are more popular in Germany than the mealy ones. But nevertheless it's always a question of taste which breed you prefer. So cook and taste - that is the best way to find out!

Potato Soup

Ingredients

600 g potatoes
2 litres water
2 slices dark bread
1 onion
1 leek
2 carrots
1 bunch of parsley
3 tsp Crème Fraiche or
200 g cream
1 tsp salt
½ tsp pepper



Preparation

Peel the potatoes and cut them into thin slices. Put the potatoes and 2 slices of dark bread into 2 l water and cook for 45 minutes. Prepare and chop the remaining vegetables. Saute them in butter until they are soft but not brown. Add the parsley and seasoning. Cover and simmer on low for another 30 minutes. Before serving add three spoons of Creme Fraiche or cream to soup.



*Icelandic students
cooking in Zahner's
catering kitchen
(Freiburg, Germany)*

Badische Kartoffelsuppe

Zutaten

600 g Kartoffeln
2 Liter Wasser
2 Scheiben dunkles Brot
1 Zwiebel
1 Stange Lauch
2 Karotten
1 Bund Petersilie
3 Löffel Crème Fraîche oder
1 Becher Sahne
1 Teelöffel Salz
½ Teelöffel Pfeffer



Zubereitung

Kartoffeln schälen und in Scheiben schneiden. Mit zwei Scheiben dunklem Brot in 2 Liter Wasser 45 Minuten kochen. Danach Zwiebel schälen, Lauch und Karotte putzen und klein hacken, ebenso die Petersilie. Das Gemüse in der Pfanne mit Butter anschwitzen und in die Suppe geben. Noch 30 Minuten köcheln lassen. Zum Schluss noch 3 Löffel Crème Fraîche oder Sahne dazugeben.



*Icelandic students
cooking in Zahner's
catering kitchen
(Freiburg, Germany)*

Asparagus with Ham and “Kratzete”

Ingredients

2 kg white asparagus
2 litre water
20 g butter
1 pinch of salt
1 tsp sugar
2 tsp lemon juice
100 g butter



Ingredients for “Kratzete”

4 eggs
250 g wheat flour
1/8 l milk and some mineral water
pinch of salt
2-3 tablespoon sunflower oil or rapeseed oil

Preparation

Wash the asparagus, cut off any woody stalks and peel the asparagus from top to bottom with an asparagus peeler.

Boil the asparagus in a tall asparagus saucepan with water, the butter, salt, sugar and lemon juice. Simmer it for about 20 minutes. Drain and serve on a warm platter.

Add hot butter as dressing on top of the dish.

Preparation of the “Kratzete” Pancake

Blend eggs and flour thoroughly, using an electric kitchen machine or an electric hand mixer to remove any lumps. Add the liquid ingredients slowly, season with salt and mix ingredients together thoroughly into a batter. Coat the base of a frying pan with oil and heat up. Pour in enough butter to cover the bottom.

Fry the pancake until its surface begins to clot, then turn over, fry briefly, cutting into strips immediately with the spatula, and continue to fry until cooked.

Spargel mit Schinken und Kratzete

Zutaten

2 kg weißer Spargel, möglichst frisch gestochen
2 l Wasser
20 g Butter
1 Prise Salz
1 Teelöffel Zucker
1 Teelöffel Zitronensaft
100 g Butter

Zutaten für Kratzete

4 Eier
250 g Weizenmehl
1/8 l Milch und etwas Mineralwasser
1 Prise Salz
2-3 Esslöffel Sonnenblumenöl oder Rapsöl



Zubereitung

Spargel waschen, die Enden, die eventuell holzig sein können, abschneiden und die Spargelstange vom Kopf her mit der Spargelschäler abschälen. Spargel im Wasser mit Butter, Salz, Zucker und Zitronensaft zum Kochen bringen. Im leicht köchelnden Spargelsud ca. 15-20 Minuten garziehen lassen. Jeweils eine Portion Spargel auf vorgewärmten Tellern anrichten und mit flüssiger Butter übergießen.

Zubereitung für Kratzete

Eier mit Mehl verrühren, am besten mit der Küchenmaschine oder dem Handrührgerät, sodass keine Klümpchen bleiben. Langsam Flüssigkeit einlaufen lassen, salzen und alles gut verrühren, der Teig soll nicht dünnflüssig sein. In einer Pfanne etwas Fett erhitzen. So viel Teig einfüllen, dass der Boden davon bedeckt ist.

Den Pfannkuchen so lange anbacken, bis die Masse beginnt auf der Oberfläche zu stocken, dann wenden, kurz anbacken und sofort mit Hilfe einer Backschaufel in kleine Stücke trennen und fertig backen.

Snail Soup

Ingredients

2-3 gloves of garlic
20 g butter
2 shallots
1 bay leaf
1 carrot
1 slice of celery
24 snails (out of a tin)
0,5 l meat broth
0,2 l white wine
6 tsp sour cream
1 bunch of parsley

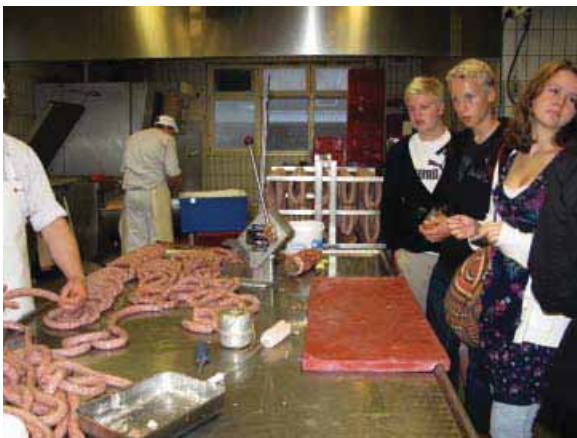
To thicken

2 egg yolks
salt an
freshly ground black pepper
2 tbsp finely chopped parsley



Preparation

Prepare the vegetables, then simmer them in butter until soft but not brown. Add the stock and the bay leaf and simmer the soup of about 30 minutes. To prepare snails: drain liquid and set aside, cut snails into thin slices. Fry snails together with the chopped shallots and garlic in butter. Add liquid and broth and bring to boil for about 5 minutes. Beat together egg yolks with the cream and pour the mixture into the soup. Season with salt and pepper and sprinkle with chopped parsley.



*Students visiting
a local butcher's
(Feißt - Teningen, Germany)*

Badische Schneckensuppe

Zutaten

2-3 Knoblauchzehen
20 g Butter
2 Schalotten
1 Lorbeerblatt
1 Karotte
1 Scheibe Sellerie
24 Schnecken
0,5 l Fleischbrühe
0,2 l trockener Weißwein
6 El saure Sahne
1 Bd Petersilie

Zum Binden

2 Eigelb
Salz
frisch gemahlene schwarze Pfeffer
2 El frisch gehackte Petersilie



Zubereitung

Alle Gemüse waschen, putzen, zerkleinern und in Butter anschwitzen. Mit Brühe und Wein dazu geben. Mit dem Lorbeerblatt bei geringer Hitze 30 Minuten köcheln. Die Schnecken aus der Dose nehmen, die Flüssigkeit zur Seite stellen, die Schnecken klein schneiden. Mit den gehackten Schalotten und den Knoblauchzehen mit Butter in einer Pfanne andünsten. Gemüsebrühe und Schneckensaft zugießen und fünf Minuten erhitzen. Eigelb und Sahne verquirlen und unterziehen. Salzen, pfeffern und mit Petersilie bestreuen.

*Besuch in der
Metzgerei Feißt,
Teningen (Deutschland)*



Sweet Yeast Dumpling

Ingredients

500 g flour
¼ litre milk
100 g sugar
100 g butter
1 cube of yeast (about 20 g)
1 egg
1 pinch of salt
1 packet of vanilla sugar



To Prepare in the Pan

200 ml milk, 1 walnut sized piece of butter, 1 tablespoon of sugar

Vanilla Custard

1 l milk, 180 g sugar, 2 eggs, 2 tsp Mondamin (potato starch),
2 vanilla pods

Preparation

Put all the ingredients into a bowl and knead until you have a compact dough. Cover the bowl with a cloth and put it in a warm place until the dough has doubled, for about half an hour. Knead the dough again and form balls of the size of ping pong balls. Place the dough balls into a dish. Cover leave to rest for another 30 minutes until the size of the balls have doubled to tennis balls.

Cover the bottom of the pan with milk, butter and sugar, bring to boil. Put the dough balls into the pan. Put the lid on top of the pan. Make sure that the lid remains on the pan until the dumplings are cooked for 15-20 minutes. To find out when they are cooked you have to listen carefully and wait until you hear some soft sound like knocking coming from the closed pot. That indicates that the dumplings are well done.

Take them carefully out and serve immediately with vanilla custard.

Vanilla Custard

Whisk sugar and eggs together in a bowl. Slice the vanilla pods and scrape out the essence and add to milk. In a heavy saucepan bring milk and potato starch to boil (add eggs and sugar, whisk together until mixture is smooth).

Dampfnudeln mit Vanillesoße

Zutaten

500 g Mehl
0,25 l Liter Milch
100 g Zucker
1 Würfel Hefe (circa 20g)
100 g Butter
1 Ei
1 Prise Salz
1 Päckchen Vanillezucker



Zum Aufziehen in einer Pfanne

200 ml Milch, 1 walnussgroßes Stück Butter, 1 EL Zucker

Vanillesoße

1 l Milch, 180 g Zucker, 2 Eier, 2 Eßlöffel Mondamin, 2 Vanilleschoten

Zubereitung

Alle Zutaten in eine Schüssel geben und kneten, bis ein kompakter Teig entsteht. Die Schüssel mit einem Tuch bedecken und an einen warmen Ort stellen, bis sich der Teig verdoppelt hat, etwa ½ Stunde. Noch einmal durchkneten und Bällchen in der Größe von Tischtennisbällen formen und auf ein Brett setzen. Etwa ½ Stunde gehen lassen, bis sie die Größe von Tennisbällen haben. Boden von einem Topf mit Milch bedecken, die Butter und den Zucker dazugeben und aufkochen. In dieser Flüssigkeit die Teigbälle, nicht zu dicht, hineinsetzen. Den Topf mit einem Deckel zudecken und 15-20 Minuten erhitzen.

Sobald in der Pfanne ein krachendes Geräusch zu hören ist, wird der Deckel vorsichtig abgenommen. Die Dampfnudeln vorsichtig herausnehmen und sofort servieren.

Dazu wird Vanillesoße serviert.

Vanillesoße

Vanilleschoten aufschneiden, Mark herauskratzen, mit der Milch und dem Mondamin unter ständigem Rühren erhitzen, vom Herd nehmen und die aufgeschlagenen Eier unterziehen.

Baden „Schäufele“ (Shoulder of Pork)

Ingredients

2 kg cured and lightly smoked shoulder of pork (with bone)
1 onion
0,5 l white wine, dry
2 leaves of clove
1 bay leaf
1 thyme sprigs
1,5 l water
1 tsp black peppercorns

Potato salad

1,5 kg potatoes
1 onion
vinegar, oil, salt, pepper
0,5 l well seasoned meat broth



Preparation

Pour the wine and 1.5 l water into a big pot.
Add the peeled onion, the bay leaf, cloves, thyme and peppercorns to pot. Bring to boil.
Add the meat and simmer with the lid (not quite closed) for about 1,5 hours. When the meat is cooked, remove it from the broth and slice into pieces.

Preparation

Cook the potatoes (in their skins) in salted water, peel them still warm and cut them into knife-thin slices, put into a big bowl.
Pour 0,5 l of the seasoned meat broth with vinegar, oil and finely chopped onion, salt and pepper over the potatoes. Mix together with the hands. Serve lukewarm and with green salad.

Badisches Schäuferle

Zutaten

2 kg Schweineschulter, gepökelt und geräuchert mit Knochen
1 Zwiebel
0,5 l Weißwein
2 Gewürznelken
1 Lorbeerblatt
1 Thymianzweig
1,5 l Wasser
1 Teelöffel schwarze Pfefferkörner



Kartoffelsalat

1,5 kg Kartoffeln
1 Zwiebel
Essig, Öl, Salz, Pfeffer
0,5 l Fleischbrühe

Zubereitung

In einem Topf den Wein und das Wasser erhitzen. In einem großen Topf aufkochen lassen und das Schäuferle hineinlegen. Gewürze dazugeben und das Fleisch bei aufgelegtem Deckel garziehen lassen. Nach 1,5 Stunden herausnehmen und in Scheiben schneiden.

Zubereitung

Ungeschälte Kartoffel in Salzwasser kochen, noch warm schälen, in dünne Scheiben schneiden.
Salatsoße anrühren, Zwiebel klein schneiden, Fleischbrühe dazugeben und alles über die Kartoffeln gießen.
Gut mit den Händen mischen und lauwarm servieren.
Mit grünem Salat genießen.

Roastbeef in Sour Marinade

Ingredients

1,5 kg stewing steak (rump)
0,5 l red wine (pinot noir)
0,25 l red wine vinegar
2 onion
2 carrots
1 tbsp black peppercorns
1 bay leaf
1 tsp salt
30 g flour
oil
200 g cream
Pepper from the pepper grinder



Preparation

Wash the meat and place it in a pot. Mix vinegar and red wine and pour over the meat so that the meat is totally covered.

Peel the onions and the carrots and cut in half. Add to the meat together with the peppercorns, bay leaf and salt. Leave the covered pot in a fridge for at least 3 days. Once a day turn the meat over.

Take the meat out of the marinade (retain marinade) and pat meat dry. Heat the oil in a deep pot and fry the meat on all sides. Add carrots and onions mixed with 2 cups of the marinade. Cook for about 2 hours. If required add more marinade.

Remove meat out of the pot and keep warm on the side for about 10 minutes. Mix the sauce slowly with the cream (to prevent curdling and lumps), bring to boil and then season with salt and pepper.

Slice the meat and serve with the sauce, noodles and vegetables.

Sauerbraten

Zutaten

1,5 kg Rindfleisch (Tafelspitz)
0,5 l Rotwein (Spätburgunder)
0,25 l roter Weinessig
2 Zwiebeln
2 Karotten
1 El schwarzer Pfeffer
1 Lorbeerblatt
Salz
30 g Mehl
Öl
200 g süße Sahne
Pfeffer aus der Mühle



Zubereitung

Das Fleisch waschen und in eine Schüssel legen. Rotwein und Essig mischen und darüber gießen. Das Fleisch muss völlig bedeckt sein. Die geschälten und grob gehackten Zwiebeln und Karotten mit den Pfefferkörnern, dem Lorbeerblatt und dem Salz dazugeben und drei Tage zugedeckt im Kühlschrank ziehen lassen und ab und zu wenden. Danach das Fleisch aus der Marinade nehmen und abtrocknen. Öl im Bräter erhitzen und das Fleisch von allen Seiten gut anbraten. Zwiebeln und Karotten dazugeben, alles mit 2 Tassen Marinade ablöschen und ca. 2 Stunden zugedeckt schmoren lassen. Immer wieder etwas Marinade zugeben.

Danach das Fleisch herausnehmen und warmstellen.

Den Bratenfond mit der süßen Sahne und dem Mehl verrühren, kurz aufkochen lassen und mit Salz und Pfeffer abschmecken. Danach den Braten aufschneiden und mit der Soße servieren.

Dazu passen Spätzle oder Nudeln und alle Gemüse.

Schnitzel (Escalope)

Ingredients

150 g turkey, veal or pork for each Schnitzel
1 egg or 0,1 l cream
flour
breadcrumbs
oil
lemon
butter
salt
pepper

Side dish

potatoes
salt
oil



Preparation

Pound meat until it is half of an inch thick. Lightly season the Schnitzel with salt and pepper. You need 3 shallow bowls. One is for the flour, one for the egg and one for the breadcrumbs. First you dip the Schnitzel in the flour, then in the whisked egg (or cream) and at last in the breadcrumbs.

Make sure that the Schnitzel is completely covered with breadcrumbs. When the oil in the frying pan is hot enough, place the Schnitzel in it. Then fry the Schnitzel on both sides for about 6 minutes or until they are golden brown. Serve with the a piece of lemon.

Potatoes as a Side Dish

Peel the potatoes and cut them into thin slices. Lay the potatoes on the baking paper. Spread salt and some oil on the potatoes and slide the baking tray in the oven. Bake them for 30 minutes at 200 ° C.

You can also serve Schnitzel with a green salad or vegetables or potato salad.

Schnitzel

Zutaten

150 g Fleisch von Pute, Kalb oder Schwein pro Person

Ei oder 0,1 l Sahne

Mehl

Semmelbrösel

Öl

Zitrone

Butter

Salz

Pfeffer

Beilage

Kartoffeln

Salz

Öl



Zubereitung

Schnitzel klopfen, salzen und pfeffern. Danach in einem Teller in Mehl wälzen, in einem weiteren in einem geschlagenen Ei (oder Sahne) wenden und im dritten mit Semmelbrösel panieren, bis sie ganz von Semmelbrösel umhüllt sind. Öl in der Pfanne erhitzen und die Schnitzel beidseitig circa 6 Minuten braten, bis sie goldbraun sind. Mit einer Zitronenscheibe servieren.

Backofenkartoffeln

Kartoffeln schälen. In ganz dünne Scheiben schneiden. Auf Backpapier, dünn geschichtet, mit Salz bestreut und mit Olivenöl beträufelt, auf dem Backblech in den Ofen schieben. Bei 200 °C ca. 30 Minuten backen.

Schnitzel schmecken auch gut mit Kartoffelsalat oder grünem Salat.

Lamb`s-lettuce Salad

with „Kracherle” and Bacon

Ingredients

200 g lamb´s lettuce
200 g bacon
2 slices bread
20 g butter

Ingredients for topping

pinch salt
pinch pepper
1 tsp mustard
2 tbsp vinegar
2 tbsp oil
1 onion



Preparation

Clean and wash the lamb´s-lettuce salad.

Pour vinegar and oil into a bowl, add mustard and pepper. Chop the onions and add to dressing.

Cut the bacon into stripes and fry it in a frying pan without any oil until crispy brown.

Cut the 2 slices of bread into 1 cm cubes, fry in butter until brown lightly and crisp.

Finally, toss the lettuce in dressing and sprinkle with bacon and bread cubes.

Feldsalat mit Kracherle und Speck

Zutaten

200 g Feldsalat
4 Scheiben Bauchspeck
2 Scheiben Brot
20 g Butter

Zutaten Dressing

Salz
Pfeffer
1 Tl Senf
2 El Essig
2 El Öl
1 Zwiebel



Zubereitung

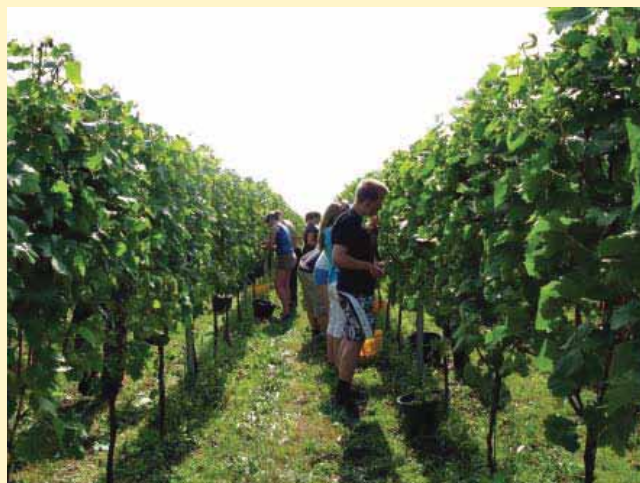
Salat putzen, waschen, abtropfen lassen.

Die Speckscheiben in Streifen schneiden und in einer Pfanne ohne Fett kross braten, abtropfen lassen.

Brotscheiben würfeln und in Butter leicht bräunen.

Salatsoße mit den Zutaten in einer Schüssel verrühren und den Salat untermischen, mit Speck und Brotwürfeln (Kracherle) bestreuen.

*Icelandic and German
students working
in a vineyard in
Teningen-Köndringen
(Germany)*



Roast Goose

Ingredients

1 goose
10 apples - quartered
5 large onions - coarsely chopped
salt
pepper

500 g Brussel sprouts
salt
butter

mashed potatoes
1,5 kg potatoes
0,5 l milk
salt
butter



Preparation

Rub the inside of the goose with salt and pepper and fill with the stuffing (apples and onions mixed together). Sew the opening up with kitchen thread. Put the goose in a roasting pan and pour 1 l water over it.

Roast for about 3 hours (180 degrees) – from time to time baste with the gravy over the goose. When done and crispy – take the goose out of the oven and keep warm.

Skim the fat from the gravy, add some hot water, and season with salt and pepper.

Serve with mashed potatoes and Brussels sprouts.

Preparation of Brussel Sprouts

Wash and clean the Brussel sprouts. Boil 500 g Brussel sprouts in salty water for 15 minutes, add butter and serve.

Preparation of Mashed Potatoes

Peel the potatoes and slice them. Boil potatoes in water, mash them, add salt and mix with hot milk. Add a bit of butter and serve.

Gänsebraten

Zutaten

1 Gans
10 Äpfel, geviertelt
5 große Zwiebeln, grob geschnitten
Salz
Pfeffer

500 g Rosenkohl
Salz
Butter

Kartoffelbrei
1,5 kg Kartoffeln
0,5 l Milch
Salz
Butter



Zubereitung

Die Gans außen und innen mit Salz und Pfeffer einreiben. Die Füllung hineingeben und die Gans mit Küchengarn zunähen. Den Bräter mit 1 Liter Wasser füllen und die Gans hineinlegen.

Im Backofen etwa 3 Stunden bei 180 Grad braten, bis sie schön knusprig ist. Mehrmals mit Bratensaft/Fett übergießen. Die Gans aus dem Bräter nehmen.

Das Fett abschöpfen, den Bratensaft mit heißem Wasser ablöschen und abschmecken.

Mit Kartoffelbrei und Rosenkohl servieren.

Zubereitung Rosenkohl

Rosenkohl waschen und putzen. In Wasser mit Salz 15 Minuten kochen, mit Butter abschmelzen.

Zubereitung Kartoffelbrei

Kartoffeln schälen und in große Scheiben schneiden, kochen und danach mit dem Handmixer stampfen. Die Milch zum Kochen bringen und langsam mit Salz und Butter untermixen.



Fruit Ice Cream

Ingredients

800 g frozen fruit (raspberries or strawberries)
250 g cream
3 tablespoon sugar



Preparation

Whisk the cream until stiff, add the frozen fruit and the sugar and mix it. Serve the ice cream immediately.



Fruchteis

Zutaten

800 g gefrorene Früchte (Himbeeren oder Erdbeeren)
250 g Sahne
3 El Zucker



Zubereitung

Sahne steif schlagen, gefrorene Früchte mit Zucker darunter mixen und gleich servieren.



IPPS De Lilla, Bari



Istituto Professionale di Stato per I Servizi Sociali "De Lilla", founded in 1961, is the only vocational school for social services in Bari, a picturesque town in the south-eastern area of the Puglia region, Italy.

Our school prepares students to become Social Services Operators and Technicians.

This qualification gives them abilities and competencies to enter public and private institutions providing community support.

Our objective is to teach in a friendly environment with a professional approach. Moreover, IPSS De Lilla is one of the few schools in our city where students can attend morning and evening classes. We cater also to adults attending the same types of courses as well as providing English, Computing (ECDL) courses and Italian for foreign students. Our school operates in a disadvantaged area (Southern Italy), in a zone of high unemployment. Our students, mostly female, are from disadvantaged backgrounds, and have lower socio-economic and cultural status. Twenty eight (28) students with disabilities and special needs are integrated in regular classes, where specialised teachers are included in the staff.

The current enrolment for the 2009/10 course is 709 (550 morning and 159 evening) students and there are 85 teachers and 21 other school staff. Our students' age range from 14 to 19.

De Lilla vocational upper secondary school allows the students to achieve the following qualifications:

- Certified qualification for Social Services Operator, after a 3 year-course;
- Certificate for Social Services Technician, after a 5 year course (Diploma).

The post-qualification 2 year-course is made up of 300 hours a year of training in social services (practical experience and vocational lessons)

After school our students can decide to go to the University or to start working at both private and public institutions in order to manage the basic needs of daily life of babies, senior citizens, immigrants including recreational activities, caring for their organization and assessment.

At IPSS De Lilla we believe that a co-operation between international partners enriches the education system, both for the teachers and the pupils. We already have school partnerships with the Lifelong Learning programme in progress. These include Comenius, Grundtvig, Leonardo da Vinci and also EU projects for key competencies. We are

particularly keen to increase the school's involvement in these areas in order to raise the young women's awareness of European issues. Sharing ideas and experience increases the pupils' knowledge in order to develop a better understanding of the world.

Principal: Ms Ester Gargano.

Coordinator of the project: Ms Eleonora Orlando.

Our Project Team:

Teachers: Ms Isabella Gigante, Vice Principal; Ms Felicia Ferrigni, Principal Assistant; Ms Carmela Panaro, teacher of English; Ms Maresa Craca, teacher of intercultural cooking.

Students: Rosa Alisi, Sara Apollonio, Claudia Buonamico, Irene Ciciolla, Jennifer de Serio, Rita Girone, Valentina Guerra, Luisa Iacobazzi, Luciana Inverardi, Antonella Lamanna, Angela Liberti, Marie Veronique Marina, Anastasia Monno, Stefania Musto, Ilaria Pontrelli, Laura Schiralli. Lorena Floro, Paola Leo, Francesca Pontrelli.

Bari Highlights



Bari is a city in southern Italy on the Adriatic Sea. Bari is the capital of the Bari Province and of the Apulia Region. It is the second economic centre of Southern Italy and is well known as a port and University City, as well as the city of Saint Nicholas. The city itself has a decreasing population of 328,458 over

116 km², while the fast-growing urban area counts 653,028 inhabitants over 203 km². 500,000 people live in the metropolitan area.

Bari is made up of four different urban sections. To the north, the old town, with the huge Basilica of Saint Nicholas, the Cathedral of San Sabino (1035 - 1171) and the Castello Svevo of Frederick II, is now also one of the major nightlife districts.

The Murattiano section to the south, the modern heart of the city, is laid out on a rectangular checkerboard pattern with a promenade on the sea, and the main shopping district. The more modern city surrounding this centre was the result of chaotic development during the 60's and 70's

Finally, the outer suburbs have been in rapid development during the 90's.

The city has a new airport named after Pope John Paul II, Karol Wojtyła Airport, with connections to several European cities.

The Swabian Castle of Frederik II is a heavily fortified building which defended people from the Normans, during the XI century.



The Basilica di San Nicola (Saint Nicholas) was founded in 1087 to receive the relics of this saint, which were brought from Myra in Lycia. It's a pilgrimage destination since then. The bones are kept safe in the

Roman-style Cathedral's crypt supported by 28 columns.

Alberobello is a UNESCO world heritage site, famous for its "trulli"- cone shaped houses. Alberobello is the most important example in Europe of a special building technique which dates back to pre-history.

Even nowadays the "Trulli" – houses characterized by cone-shaped roofing – keep on being built according to the technique of dry stones, deprived of lime mortar, with lime stones pebbles found in the surrounding fields.

The word "trullo" comes from the Greek "troullos", meaning dome.

Castel del Monte: "Castel del Monte is of outstanding universal value in its formal perfection and its harmonious blending of cultural elements from Northern Europe, the Muslim world and classical antiquity. It is a unique masterpiece of medieval military architecture reflecting the humanism of its founder: Frederick II of Hoenstaufen".

With these words, in 1966, the UNESCO Committee for the World Patrimony included the castle, built about 1240 by Frederick II of Hohenstaufen, in the World Heritage List.

This Romanesque castle, was built by Frederick II of Swabia as a hunting lodge. Its location, the mathematical accuracy of its design and the perfection of its form mirror Emperor Frederick II's ambition for a symbolic order. He ordered the building of this castle in the south of Italy in the XIII century.

Is pasta healthy or fattening?

Pasta, like many foods high in carbohydrates, often gets a bad reputation for being fattening; however, this does not have to be true. Carbohydrates are actually necessary to keep your body and mind running smoothly. When carbohydrates are broken down they provide a major source of glucose. Glucose is the primary source of energy for your body and the only source of energy for your brain.

Consuming too many carbohydrates can be fattening, but pasta itself is not fattening; cooked pasta has only about 200 calories per dish.

Where you really get into trouble is with your pasta sauce. Pasta sauces that contain high calorie fatty meats, creams, cheese and other fattening ingredients can really make a pasta dish fattening. Tomato pasta sauces are usually not very fattening at all!

Pasta meals are easy to prepare, economical, and always delicious. And something more: they're a great way to get many healthy, nutritious foods into your diet. If you choose healthy partners, watch portion sizes and be careful with the sauce, you'll find it's not that hard to scale the new food pyramid. Healthy accompaniments include: Vegetables, Fish, Olive oil, Tomato sauce, Legumes (beans, chickpeas, lentils) low-fat cheese (ricotta).

So it's best to eat a reasonable portion of pasta – about 1 to 2 dishes cooked, which has around 200 to 400 calories, and little or no fat. Dress it up with a tomato- or olive oil-based sauce and toss in some healthy “partners,” and you'll enjoy a good-for-you pasta meal. A two-cup portion dressed with a tomato- or olive oil-based sauce, and combined with healthy “partners” is the traditional and authentic Italian way of serving a healthy pasta meal.

Along with being fattening, pasta has been criticized for being a simple carbohydrate and lumped into the same category as cake, pastries and white bread. The problem with all of these simple carbohydrates is that they spike your blood sugar resulting in excess insulin being secreted which encourages weight gain and a subsequent energy crash. Simple carbohydrates have a high Glycemic Index (GI) which is a number used to measure how quickly the body's blood sugar level rises after the ingestion of a food. The good news is that Pasta has a GI of 41, which is similar to pears and lower than many types of bread. And one easy way to lower the GI of pasta is to cook it like the Italians - “al dente”. Due to the special protein structure of pasta dough, all pasta has a low GI value, ranging from 30 to 60. Eating low-GI-value foods – such as pasta – may help you stay healthier and live longer, and may play a key role in preventing chronic diseases, such as obesity, diabetes, coronary heart disease, and certain cancers.

Most pasta today is made from semolina flour obtained from durum wheat. This creates a firm dough which in turn also lowers the GI, while also providing a good source of nutrition. Homemade and dried pasta contain plenty of B vitamins, folic acid and iron. It's low in sodium and, despite a prevalent myth, pasta is not high in cholesterol. The vitamin, mineral and fiber content of the pasta is important. Fiber is another nutrient often lost in modern diets, but fiber is necessary for digestive health, hormonal balance and the prevention of certain types of cancers. So go ahead and enjoy your pasta without guilt, just remember to go easy on the fattening meats and sauces and enjoy your pasta in moderation, especially orecchiette, those typical homemade ear-shaped pasta from Apulia!

Black Mussels au Gratin

Ingredients

1 kg black mussels
5 eggs
breadcrumbs
parsley
extra virgin oil
salt
pepper



Preparation

Scrub the mussels and open them with a pointed knife. Discard half of the shell and leave the content in the other. Moist the bottom of a baking pan with a few tablespoon salted water and lay the mussels flat. Season with breadcrumbs, chopped parsley, olive oil, salt and pepper. Bake in a moderate oven. At the end of baking, pour the eggs mix on the mussels, season with salt and pepper and serve.



Italian, Spanish and German students in Alberobello (Italy)

Cozze Gratinate

Ingredienti

1 kg di cozze
5 uova
Pangrattato
Prezzemolo
olio extra vergine di oliva
sale
pepe



Preparazione

Lavate bene le cozze e apritele utilizzando la punta di un coltello.

Lasciate il frutto in metà valva.

Inumidite il fondo di una teglia con qualche cucchiaio di acqua salata e disponetevi le cozze.

Conditele con pangrattato, prezzemolo tritato, olio sale e pepe.

Infornate la teglia e, a cottura quasi ultimata, versate sulle cozze le uova sbattute e condite con sale e pepe.

*Trullis in
Alberobello
(Italy)*



Seasoned Frise

Ingredients

frise made of durum wheat
cherry tomatoes
a clove of garlic
extra virgin olive oil
oregano
salt



A legend says that Enea took here frise when he got to Porto Badisco: They are crisp rings of bread, cut in two halves, horizontally by a thread and cooked for a second time in a tepid oven; once frise was the typical meal of our peasants who flavoured it with fresh tomato, rocket and extra virgin olive oil.

Preparation

Take frise and rub on the rough part a clove of garlic (if you don't like it, you can avoid this phase).

Now put them in a plate filled with some water for 30 seconds more or less - otherwise they could be too tough to eat.

Pull them back and, in order, put on them some oil, salt, some tomatoes cut and spread in order to make the seeds go out and, in the end, oregano.

Eat them together, with some olives and some pieces of fresh cacioricotta.

In 2 minutes you can obtain a poor dish but really special.

Frise Condite

Ingredienti

Frise di grano duro
Pomodorini ciliegini
Uno spicchio d'aglio
Olio extra vergine di oliva
Origano
Sale



Una leggenda narra che le “friselle” sono state portate da Enea quando sbarcò a Porto Badisco: si tratta di ciambelle di pane biscottate, tagliate a metà, trasversalmente, da un filo, e cotte una seconda volta a forno tiepido; una volta la frisella era il pasto tradizionale dei nostri contadini che la condividevano con pomodoro fresco, rughetta e olio extravergine di d’oliva.

Preparazione

Prendete le frise e sfregate sulla parte più ruvida uno spicchio d'aglio (se non vi piace saltate questa fase). Ora dovete ammollele (altrimenti sarebbero troppo dure da mangiare) e quindi in un piatto mettete due dita di acqua e immergetevi le frise (sempre dalla parte più ruvida) per 30 secondi circa. Ritiratele e in ordine stendete olio, sale, pomodorini tagliati e spalmati sopra in modo da far uscire i semini e per ultimo l'origano. Accompagnatele con delle olive e qualche pezzo di caciocotta fresco. In due minuti avrete un piatto povero ma eccezionale.

Grilled Gilthead

Ingredients

4 small giltheads - cleaned and scaled
4 tablespoons olive oil
juice of a lemon
1 sprig parsley - chopped
fine breadcrumbs
salt and pepper



Preparation

Mix together the olive oil, lemon juice, parsley, salt and pepper in a dish. Add the fish and make sure it is well coated in the marinade. Leave to marinate for 3 hours.

Drain the fish and reserve the marinade. Sprinkle with the breadcrumbs, pressing them on with your fingers.

Cook under a preheated grill, turning two or three times and basting with the marinade, so that it doesn't dry up.

It takes about 15 minutes.

Orata alla griglia

Ingredienti

4 piccole orate, pulite e squamate
4 cucchiaini di olio di oliva extravergine
Il succo di un limone
Prezzemolo tritato
pangrattato
sale e pepe



Preparazione

Mescolare insieme in un piatto olio d'oliva, succo di limone, prezzemolo, sale e pepe. Aggiungere il pesce assicurandosi che sia ben coperto dalla marinata. Lasciarlo per tre ore. Scolare il pesce e conservare la marinatura. Cospargerlo di pangrattato, facendolo aderire bene premendo con le dita. Cuocere in forno preriscaldato, girandolo due o tre volte, irrorandolo con la marinata, affinché non si secchi. Occorrono circa 15 minuti.

*Castel del Monte
(Italy)*



Octopus Salad

Ingredients

1 large Octopus (at least 500 g) - cleaned
parsley - chopped
olive oil
white wine vinegar
1 clove Garlic - finely chopped
salt and pepper



Preparation

Put the octopus in a large saucepan and cover with cold water. Bring to boil and cook over a medium heat until tender - about 25 minutes.

Let it cool down in the cooking liquid.

Cut into bite size pieces, dress with vinegar and garlic and let it marinate for at least a couple of hours.

When you are ready to serve, adjust the seasoning and dress with olive oil and parsley.

Variation: Substitute lemon juice for the vinegar.

Insalata di Polpo

Ingredienti

Un grosso polipo (almeno 500 grammi) pulito
Prezzemolo tritato
Olio extravergine di oliva
Aceto di vino bianco
Uno spicchio di aglio finemente tritato
Sale e pepe



Preparazione

Mettere il polpo in una pentola larga e coprirlo di acqua
Portarlo a ebollizione e cuocerlo a fiamma media finchè diventa tenero – 25 minuti circa
Farlo raffreddare parzialmente nel liquido di cottura
Tagliarlo in pezzi, condirlo con aceto e aglio e lasciarlo marinare per almeno un paio di ore.
Al momento di servirlo, completare il condimento con olio di oliva, pepe e prezzemolo tritato.
Variazione: si può sostituire l'aceto con succo di limone.

Orecchiette Pasta and Cacioricotta

Ingredients

400 g of orecchiette pasta or cavatelli
500 g of peeled tomatoes
1 onion
fresh cacioricotta
leaves of basil
extra virgin olive oil
salt



Preparation

Prepare a sauce frying with oil half onion cut in small slices.
Add the peeled tomatoes and some salt and let them cook.
Pasta will be cooked “al dente” separately.
At this point mix pasta and sauce and a lot of fresh cacioricotta.
Garnish with some leaves of basil.

Cacioricotta is the typical cheese of Puglia made of milk of sheep through a particular process which, during the manufacture, both the rannet and the flakes of ricotta appear on the surface at the right time. So we have a product which contains both the casein (that is in cheese too) and the albumin (which is present in ricotta). The result is a product with a strong taste and a solid paste even if it has a seasoning of few months. The strong taste made it like the roman pecorino. It is used basically grated on sauces for starters.

Orecchiette con Cacioricotta

Ingredienti

400 g di orecchiette
500 g di pelati di pomodoro
1 cipolla
cacioricotta fresco
foglie di basilico
olio extravergine di oliva
sale q.b.



Preparazione

Preparate un sughetto facendo soffriggere in olio mezza cipolla tagliata a fettine sottili. Aggiungetevi i pelati e un pizzico di sale e lasciate cuocere. A parte avrete già cotto la pasta, che scolerete al dente. A questo punto condite la pasta con il sugo e con una grattata abbondante di cacioricotta fresco. Guarnite con qualche foglia di basilico.

Il cacioricotta e' il tipico formaggio pugliese ottenuto dal latte di pecora attraverso un particolare procedimento produttivo grazie al quale, durante la lavorazione, si raccoglie non solo il caglio ma anche i fiocchi di ricotta che vengono opportunamente fatti affiorare. Si ottiene così un prodotto che contiene sia la caseina (presente nei formaggi) che l'albumina (presente solo nella ricotta). Il risultato e' un prodotto dal sapore deciso e dalla pasta molto compatta e consistente, anche se ha una stagionatura di pochi mesi. Il sapore molto forte lo avvicina al pecorino romano. Viene utilizzato prevalentemente grattugiato con condimento di primi piatti di pasta.

Pasta and Baked Tomatoes

Ingredients

500 g of maccheroni
700 g of tomatoes
2 cloves of garlic, chopped
parsley
basil
oregano
breadcrumbs
grated parmesan
extra virgin olive oil
salt, pepper



Preparation

Wash and cut the tomatoes into thick slices, lay them in an oiled baking tin; cover with garlic chopped parsley, basil, oregano, breadcrumbs, grated parmesan, salt and pepper to taste. Splash with oil and bake in oven at 230 °C for ½ hour.

Meanwhile cook the macaroni in salted water.

Strain and mix everything in baking tin and serve hot (if necessary add 2 tablespoon of the hot pasta cooking water).



Students from Bari and Teningen cooking in Bari school kitchen

Pasta con i Pomodori al Forno

Ingredienti

500 g di maccheroni
700 g di pomodori
2 spicchi di aglio
prezzemolo
basilico
origano
pangrattato
parmigiano grattugiato (meglio Rodez)
olio di oliva extravergine
sale, pepe



Preparazione

Lavate e tagliate a fette spesse i pomodori ben maturi, disponeteli in una teglia capiente unta di olio; ricopriteli con l'aglio e il prezzemolo tritati, basilico, origano, pangrattato, formaggio grattugiato e quindi regolate di sale e pepe. Irrorate con olio extra vergine d'oliva e infornate a 230 °C per circa mezz'ora. Nel frattempo avrete lessato la pasta in abbondante acqua salata. Scolatela al dente e versatela nella teglia. Mescolate il tutto e servite ben caldo (se necessario aggiungete 2 cucchiaini di acqua di cottura della pasta).

Tiella of Rice, Potatoes and Mussels

Ingredients

300 g of rice
500 g of potatoes
1 kg of mussels
parsley
1 clove of garlic
onion
extra virgin olive oil
pepper



Preparation

Clean and brush well the mussels in sufficient amount of water. Put them in a pan with minced garlic and let them open over the heat. Discard half of the shell and leave the content in the other. Filter their liquid; clean, peel and cut the potatoes; put half of them on the bottom of a pot, already greased with oil, season them with pepper, parsley and the minced onion.

Cover everything with the rice, add the mussels and the other potatoes. Add some pepper and oil, cover with water in addition to the cooking one of the mussels.

Put the pot into the oven already hot and let them cook on a moderate heat for 45 minutes more or less.

You don't need to salt them because the cooking water of the mussels is already salted.

Tiella di Riso, Patate e Cozze

Ingredienti

300 g di riso
500 g di patate
1 kg di cozze
1 spicchio di aglio
cipolla
prezzemolo
olio extra vergine di oliva
pepe



Preparazione

Lavate e spazzolate bene le cozze in abbondante acqua; ponetele in un tegame, insieme all'aglio tritato, e lasciatele aprire sul fuoco. Eliminate metà dei gusci lasciando il contenuto nell'altra. Filtrate il loro liquido. Lavate, sbucciate e affettate le patate; con una metà ricoprite il fondo di una teglia, già unto di olio; conditele con pepe, prezzemolo e cipolla tritate. Ricoprite il tutto con il riso, aggiungete i molluschi e le patate rimaste assieme al trito di cipolla e prezzemolo restante. Pepate e aggiungete un po' d'olio e ricoprite il tutto con acqua oltre a quella di cottura delle cozze. Ponete la teglia in forno già caldo e fate cuocere, a fuoco medio, per circa 45 minuti. Non occorre mettere il sale poichè l'acqua di cottura delle cozze è già salata.



Blessed Easter Starter

Ingredients

boiled eggs
soppressata salami
slices of orange
ricotta cheese
fried artichokes

an olive branch to bless the dish

Preparation

Put all ingredients in every dish. Before starting Easter meal, the head of household (usually the father) blesses the meal with a branch of an olive tree, symbol of peace. Eggs are symbol of rebirth, salami is symbol of richness.



Il benedetto di Pasqua

Ingredienti

uova sode
fette di soppressata
fette di arancia
ricotta fresca
carciofi fritti

un ramoscello di ulivo per benedire il piatto



Preparazione

Disporre tutti gli ingredienti nei piatti. Prima di iniziare il pranzo di pasqua il capofamiglia benedice il piatto con un ramoscello di ulivo simbolo di pace. Le uova sono il simbolo della rinascita, il salame simbolo di ricchezza.



EASTER MENU

Baked Lamb with Peas

Ingredients

1 kg lamb
1 sliced onion
olive oil
500 g fresh shelled peas (or frozen)
3 eggs
parsley
pecorino cheese
salt
pepper
white dry wine

Preparation

Cut about 1 kilo of lamb, still with the bone, into pieces and fry them lightly in a baking tray with some tablespoons of oil and 1 sliced onion. When fried, moisten it with dry white wine and put it in a hot oven. After about half an hour, add 500 g of fresh shelled peas, salt, pepper, and cover the pot with a sheet of grease-proof paper. Break 3 eggs into a bowl, add 1 handful of chopped parsley, grated "pecorino" cheese and some pepper to them and, when the lamb is done, add this mixture to it without stirring and put the lot again in the oven to bake for 3 minutes. Serve hot.



Agnello al Forno con Piselli

Ingredienti

1 kg di agnello
1 cipolla affettata
Olio di oliva
500 g di piselli freschi (o surgelati)
3 uova
Prezzemolo
Pecorino
Sale
Pepe
Vino bianco secco



Preparazione

Tagliare a pezzi con l'osso circa un kg di agnello e rosolarli in un contenitore da forno con alcuni cucchiai di olio e una cipolla affettata. Una volta rosolati, sfumare con vino bianco secco e porre in forno caldo. Dopo circa mezz'ora, aggiungere 500 grammi di piselli, sale, pepe e coprire il tegame con carta forno. Sbattere 3 uova in una coppa con una manciata di prezzemolo tritato e pepe e, quando l'agnello è cotto, aggiungere il composto di uova senza mescolare e rimettere in forno per 3 minuti, servire caldo.

Scarcella (Easter Cake)

Ingredients

500 g of flour
100 g of sugar
70 g of extra virgin olive oil
2 eggs
½ sachet of baking powder
some icing
1 sachet of vanilla
small coloured hundreds
and thousands



Preparation

Put the flour on the table like a crown. In the middle put the sugar, the eggs and work altogether.

Add the vanilla, the oil, the baking powder and mix, helping, if necessary, with some milk.

Grease a baking tin with oil and sprinkle it with flour.

Take the dough with the hand greased with oil and put it in the tin giving it the shape you want.

Make it in the oven and when the cooking is ended, cover the sweet with icing.

Before putting it in the oven, it is typical, in some areas, to put on it 1 or 2 boiled eggs stopped with 2 strips of the same dough put on the eggs like a cross. Sprinkle the surface of the dough with a egg yolk and decorate scarcella even with small coloured hundreds and thousands.

Scarcella di Pasqua

Ingredienti

500 g di farina
100 g di zucchero
70 g di olio extra vergine di oliva
2 uova
1/2 bustina di lievito per dolci
Glassa
1 bustina di vaniglia
Confettini colorati



Preparazione

Mettete la farina a corona sul tavolo da lavoro. Nel centro mettete lo zucchero, le uova e impastate. Aggiungete la bustina di vaniglia, l'olio, il lievito per dolci e amalgamate il tutto servendosi, se necessario, di un po' di latte. Ungete una teglia con olio e spolveratela con la farina. Prendete l'impasto con le mani unte d'olio, e posizionate nella teglia dandogli la forma desiderata. Infornate e a cottura ultimata ricoprite il dolce con la glassa.

Prima di infornare il dolce è tipico, in alcune zone, porre sul dolce 1 o più uova sode fermate con due fascettine della medesima pasta messi in croce. Con un tuorlo d'uovo cospargete la superficie della pasta e decorate la scarcella anche con piccoli confetti colorati.

Collège Frison Roche, La Broque



The Collège Frison Roche is a general secondary school of 580 pupils and provides also special education for about 50 children with special needs. It counts about 70 members of staff, among which are 45 teachers, administrative staff, maintenance, cleaning and kitchen staff. It is located in the Bruche

Valley, in La Broque, a little town of 3000 inhabitants, about 50 km South West from the European capital Strasbourg. The historical heritage is very strong because the school is located about 10 km below the only concentration camp in France. Mentalities are still deeply impregnated of what happened during World War 2 and there is a great fear of the «stranger».

A majority of our students come from lower social background since all the industries of the valley have closed down over the years. Moreover, we have 10 % of our student population who are being taken care of by foster families or specialized educational centres. They all have behaviour problems due to their painful family history.

We initiate a lot of cultural projects to take them out of the valley. Opera, theatre, cinema, museums, exchanges with 2 German schools, a school in Poland, written exchanges with schools in England and the United States, solidarity projects with a school in Togo, another with a school in Tibet, a project of environment protection, all this contributes to help our students to overcome some of their problems, to develop language skills as well as values such as tolerance and respect.

Our special needs department is very active too. The average number of pupils in a class is around 12 - 13. After 5th grade, they have some professional teaching. The school has a large pedagogical kitchen as well as a joinery. Once a month, the students cook for some members of staff. They have also initiated a project with the theme: the evolution of food and alimentary habits through a century. Once a year, they perform a show at the end of the year called "the trial of fast food" which is always a great success.

The teachers are very much involved in the school and all of them participate in the end of year festival which takes place at the end of June.

La Broque - our Town



“La Broque” is a little town of around 3000 inhabitants which is settled 50 kilometers south west from Strasbourg, in the French administrative department “Bas-Rhin”. It is located in the “Vosges” Mountains.

A quick historical review:
The name “La Broque”

comes from the Gaul word “Brocco”, which means “spur”. It could be etymologically explained by the specific location of La Broque, sheltered from the flood of the close river.

Archaeologists have found signs of a former Gallo-Roman life.

From the 13th century to the French Revolution, La Broque was dominated by the Counts (and then by the Prince) of “Salm”.

At the end of the Germano French war of 1870 La Broque is under the heel of the “Reichsland Elsass-Lothringen”, previously owned by France.

During World War II a “reform camp” was founded in order to lock the Alsatian resistance fighters up (“Schirmeck camp”).

The so-called “concentration station of Struthof” was also settled in Natzwiller in 1941, a village close to La Broque.

Economy: Its economy was based on the mining, metallurgic and forestry industries from the Middle-Age to the 19th century. Mining was replaced by the textile industry during the following century. The industrial production is still important today in the Bruche Valley.

Let’s come to La Broque!

La Broque and its surrounding area are perfect for the enamoured of natural spaces and hiking. You can ski on the slopes of “Donon” and “Champ du feu”. You can also visit historical places (roman archaeological remains in Donon; Salm Castel in Schirmeck; the Struthof, the Alsace-Mosel memorial of Schirmeck, museum).

*Students in
Strasbourg
(France)*



Alsace - our Region

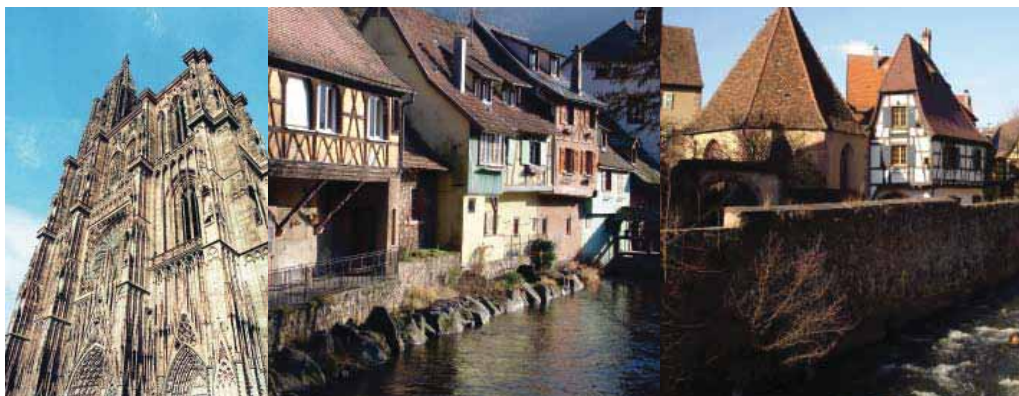


Alsace is divided into two smaller administrative areas, the “Bas-Rhin” and the “Haut-Rhin”. The main city is Strasbourg. Colmar and Mulhouse are also important.

Even if people are proud there of their specific identity (the Alsatian dialect which is classified as a Germanic language is widely spoken inside the region), they consider themselves as European citizens. Do not forget that Strasbourg is called “the Capital of Europe”, since the European Parliament and the Council of Europe have been established in the city.



Each year millions of tourists choose to visit Alsace. Storks and half-timbering houses belong to the Alsatian folklore. Culinar specialities, wine (Riesling, Pinot, Gewurztraminer, Edelzwicker, Sylvaner) and Christmas markets (notably in Strasbourg, Ribeauvillé, Kaysersberg, Riquewihr, Colmar and Eguisheim) symbolize the region.



About cabbage

Original name: cabbage is part of a big plant family (400 varieties) including green cabbage, cauliflower, broccoli, brussels sprouts. Origins: cabbage was originally a Western Europe wild plant. It is 4000 years old. In ancient times cabbage conquered the Mediterranean countries and it is nowadays eaten in Northern and Eastern Europe.



History and legend: Greek and Roman people used to chew a raw leaf of cabbage before banquets to bear the effects of alcohol. This tradition is still alive today in many Eastern European countries to counteract the bad effects of vodka.

The Greeks served it to newlywed couples for breakfast after the wedding night: this legend may be at the origin of “children born in cabbages”.

Typical recipes: sauerkraut, stuffed cabbage and cabbage hot pot.

Sauerkraut

Sauerkraut is always associated with Alsace, but it originally comes from Central Europe. The cabbage was sliced and put in brine where it fermented for 15 days. After the lacto-fermentation, it could be kept for one year. It used to be a meal in itself.

Nowadays, sauerkraut is a typical Alsatian meal and fermented cabbage is eaten with several kinds of meat.

A different recipe with fish instead of meat was invented by an Alsatian man.



Alsatian Apple Pie

Shortcrust pastry

250 g flour
125 g butter cut into dices
25 g sugar
5 g salt
10 cl cold water

Fruit filling

1 kg apples
25 g sugar + vanilla sugar

Custard

75 g sugar
10 cl cream
2 eggs

Preparation time: 30 minutes
Baking time: 30-35 minutes



Preparation

Put the flour, butter and salt into a large bowl. Rub the butter into the flour with your fingertips. Add the water to the mixture and stir until the dough binds together. Wrap it in cling-film and chill for 30 minutes.

To make the custard, briefly beat the eggs, sugar and vanilla sugar, then add the cream.

Roll out the pastry. Carefully line the baking dish and prick the pastry base with a fork. Sprinkle with 25 g of sugar.

Peel and quarter the apples. Arrange them attractively on the base. Pour the custard over the apples.

Bake in a hot oven (180 °C) for 30 - 35 minutes.

Serve while still warm with a glass of Gewurztraminer.

Bon appétit!

Tarte aux pommes alsacienne

Pâte Brisée

250 g de farine
125 g de beurre coupé en dés
25 g de sucre
5 g de sel
10 cl d'eau froide

Flan

75 g de sucre
10 cl de crème
2 oeufs

Pour les fruits

1 kg de pommes
25 g de sucre + sucre
vanillé



Temps de préparation: 30 minutes
Temps de cuisson: 30-35 minutes

Préparation

Mettre la farine, le beurre et le sel dans un grand bol. Sabler du bout des doigts puis ajouter l'eau froide. Malaxer jusqu'à obtention d'une boule. Entourer la pâte de film alimentaire et laisser reposer au frais pendant 30 minutes.

Pour le flan, battre les oeufs avec le sucre et le sucre vanillé puis ajouter la crème fraîche.

Abaisser la pâte et foncer un moule à tarte. Piquer la pâte avec une fourchette et saupoudrer avec 25 g de sucre.

Peler les pommes, les couper en quartiers et les disposer sur le fond de pâte Brisée. Napper les pommes avec le flan.
Cuire à four chaud (180 °C) pendant 30-35 minutes.

Servir la tarte encore tiède avec un verre de Gewurztraminer.

Bon appétit!

Potato Pancakes

Ingredients

For 6 servings

1 kg potatoes
2 eggs
50 g flour
2 onions
½ bunch of parsley
½ bunch of chives
salt, pepper
grated nutmeg
250 ml of vegetable oil

Preparation time: 20 minutes



Preparation

Wash and peel the potatoes. Peel the onions.

Wash the parsley and the chives and cut off the stems of the parsley.

Grate the potatoes and the onions. Chop the parsley and the chives.

Place together in a fine-mesh strainer or tea towel and squeeze out all the water. Mix the potatoes and the eggs in a bowl. Add the flour, the salt, the pepper and the nutmeg.

Heat up the vegetable oil in a frying pad. Take two tablespoons of the potato mixture and shape them into four pancakes at a time. Let them brown and turn them until crispy and golden!

Serve with sweet stewed apples, green salad and a glass of Riesling.

Bon appétit!

Grumbeerekiechle

Ingrédients

Pour 6 personnes

1 kg de pommes de terre
2 oeufs
50 g de farine
2 oignons
½ bouquet de persil
½ bouquet de ciboulette
sel, poivre
noix de muscade râpée
250 ml d'huile végétale

Temps de préparation: 20 minutes



Préparation

Laver et peler les pommes de terre. Eplucher les oignons.
Laver le persil ainsi que la ciboulette et couper les tiges du persil.

Râper les pommes de terre et les oignons avec une râpe moyenne.
Bien faire égoutter le mélange dans une grande passoire. Hacher le persil et la ciboulette.

Mélanger les pommes de terre et les oignons bien égouttés avec les oeufs dans un bol. Ajouter la farine, le sel, le poivre et la noix de muscade râpée.

Faire chauffer de l'huile végétale dans une poêle. Former des petits tas avec le mélange et les étaler avec le dos de la cuiller pour former des galettes de 2 cm de haut. Les faire dorer des deux côtés jusqu'à ce qu'elles soient croustillantes.

Servir avec une compote de pommes, une salade verte et un verre de Riesling.

Bon appétit!

Cheese Cake Alsatian Style

Shortcrust pastry

250 g flour
125 g butter cut into dices
1 pinch of salt
1 small glass of water



For the cheese mixture

500 g cream cheese (fromage blanc)
4 eggs
50 g flour
115 g sugar
vanilla sugar
icing sugar

Preparation time: 30 minutes

Baking time: 40 minutes

Preparation

Put the flour, butter and salt into a large bowl. Rub the butter into the flour with your fingertips. Add the water to the mixture and stir until the dough binds together. Wrap it cling film and let it rest for 30 minutes.

Put the cream into a big bowl. Add the sugar, the vanilla sugar, the flour as well as the 4 egg yolks. Mix well. Beat the egg whites in a clean dry bowl, with a little pinch of salt, until the eggs have firm peaks. Stir them delicately into the cheese mixture.

Roll out the pastry. Carefully line the baking dish and prick the pastry base with a fork. Pour delicately the mixture into the baking dish. Cook for 40 minutes in a preheated oven (200 °C).

Take out of the oven and let it set for 5 minutes. Then put a grid on top of the cheese cake and turn it over. Let it cool upside down and take off the baking dish. Before serving, turn it again and sprinkle with icing sugar.

Serve the cheese cake with a glass of Gewurztraminer. Bon appétit !

Tarte au fromage blanc

Pâte Brisée

250 g de farine
125 g de beurre mou
1 pincée de sel
1 petit verre d'eau

Pour la garniture

500 g de fromage blanc
4 oeufs
50 g de farine
115 g de sucre
1 sachet de sucre vanillé
sucre glace

Temps de préparation: 30 minutes
Temps de cuisson: 30-35 minutes



Préparation

Mettre la farine, le beurre et le sel dans un grand bol. Sabler du bout des doigts puis ajouter l'eau froide. Malaxer jusqu'à obtention d'une boule. Entourer la pâte de film alimentaire et laisser reposer au frais pendant 30 minutes.

Mettre le fromage blanc dans un grand bol. Ajouter le sucre, le sucre vanillé et la farine ainsi que les 4 jaunes d'oeufs. Bien mélanger le tout. Battre les blancs d'oeufs en neige ferme et les incorporer délicatement.

Abaisser la pâte et foncer un moule à tarte. Piquer la pâte avec une fourchette. Verser la préparation dans le moule et cuire à four chaud (200 °C) pendant 40 minutes.

Sortir du four et attendre 5 minutes, puis poser une grille sur le moule et retourner l'ensemble. Retirer le moule et laisser refroidir la tarte à l'envers. Saupoudrer de sucre glace avant de déguster.

Servir la tarte avec un verre de Gewurztraminer.
Bon appétit!

Alsatian Sauerkraut

Ingredients for 6 people

1,5 kg sauerkraut
1 tablespoon goose fat
6 pairs of Strasbourg sausages
3 smoked sausages
1 rack of salted pork
500 g smoked lard
500 g salted lard
1 smoked pork shoulder or Kassler
1 onion
4 cloves
1 bay leaf
2 cloves of garlic
10 juniper berries
¼ litre white wine (Riesling)
¼ litre water
12 potatoes

Preparation



Wash the sauerkraut under cold water and squeeze the water out. Peel the onion and the garlic.

Melt some goose fat in a big saucepan and add the sauerkraut.

Add the whole onion pricked with the 4 cloves, the bay leaf, the whole garlic cloves, the juniper berries, the wine and

the water, and then add all to the meat.

Salt and simmer for two hours on low heat.

Wash and peel the potatoes and boil them in some salted water for 30 minutes (according to the size).

Boil the knacks and sausages separately.

Lay on a plate and decorate with the sauerkraut, the cut meat, the sausages and the boiled potatoes. Serve with mustard and horseradish sauce. Bon appétit!

Choucroute alsacienne

Pour 6 personnes

1,5 kg de choucroute
1 cuillère à soupe de graisse d'oie
6 paires de knacks (saucisses de Strasbourg)
3 saucisses fumées
1 carré de porc salé
500 g de lard fumé
500 g de lard salé
1 palette de porc fumée ou Kassler
1 oignon
4 clous de girofle
1 feuille de laurier
2 gousses d'ail
10 baies de genièvre
¼ de litre de vin blanc
¼ d'eau
12 pommes de terre



Préparation

Laver le chou et bien le rincer. Eplucher l'oignon et l'ail.

Faire fondre la graisse d'oie dans une grande cocotte et ajouter la choucroute

Ajouter l'oignon entier piqué de 4 clous de girofles, la feuille de laurier, l'ail entier, les baies de genièvre, le vin et l'eau puis toutes les viandes. Saler et laisser mijoter 2 heures à feu doux.

Laver les pommes de terre et les faire cuire dans de l'eau salée pendant 30 minutes (selon la taille).

Faire cuire les knacks et les saucisses séparément dans de l'eau bouillante.

Dresser sur un plat et garnir la choucroute avec les viandes coupées, les saucisses et les pommes de terre épluchées.

Servir avec de la moutarde et du raifort.

Salmon Fillets upon their “Sauerkraut Bed”

To serve 4, you will need:

(This dish should be cooked with a steam-cooking device)

500 g fresh salmon fillets

800 g sauerkraut

a dozen boiled potatoes for the trimmings

1 bunch of chives

„**Beurre blanc**“ (side sauce)

80 g cold butter

juice of 1 lemon

7cl white wine

1 shallot

salt and pepper



Salmon fillets and sauerkraut

Squeeze all the liquid out of the sauerkraut and line your steaming basket with it, airing the sauerkraut in the process with a fork.

Place the salmon fillets on their “sauerkraut bed”. Fill half of the steaming device with water, then put the basket back into place.

Leave to cook for 10 minutes.

“Beurre blanc”

Put the chopped shallots, the white wine and the lemon in a pan. Simmer the mixture until most of the liquid is evaporated.

When nearly all the liquid is gone, add 2 or 3 spoonfuls of ice cold water.

Turn the heat higher and whisk in the chilled butter cut into small pieces. Bring it to boil. Keep the mixture boiling until you get a creamy texture. Take away from fire.

Filter the sauce. Squeeze out the shallots to get all the aromas!

The sauce must cover the spoon. Keep it warm over a pan of boiling water.

Spoon out the sauerkraut into 4 warm plates and lay the fish fillets over it. Add the side sauce.

Serving suggestion: add some boiled potatoes to your typically Alsatian low-fat dish! Enjoy!

Pavés de saumon sur lit de choucroute

Ingrédients pour 4 personnes

500 g de filets de saumon frais
800 g de choucroute
10 pommes de terre pelées,
cuites à la vapeur
1 botte de ciboulette

Sauce au beurre blanc

80 g de beurre froid
1 jus de citron
7 cl de vin blanc
1 échalote
sel, poivre



Pavés de saumon et choucroute

Essorer la choucroute en la pressant avec les mains. L'étaler dans un cuit-vapeur. A l'aide d'une fourchette, soulever les fibres pour bien aérer les lanières de chou. Placer les filets de saumon sur la choucroute. Brancher le cuit-vapeur et mettre suffisamment d'eau pour la cuisson. Puis installer le plat contenant la choucroute et le saumon et laisser cuire 10 minutes.

Beurre blanc

Dans une casserole, mettre les échalotes ciselées, le vin blanc et le zeste de citron. Faire réduire le liquide à feu moyen.

Une fois le vin réduit, ajouter 2 à 3 cuillères d'eau froide et augmenter la température de cuisson. Ajouter le beurre coupé en petits morceaux et mélanger à l'aide d'un fouet.

Attendre que la sauce entre en ébullition et veiller à ce qu'elle le reste jusqu'à la fin de la préparation. Retirer la casserole du feu, sans quoi l'émulsion ne tiendrait pas. Filtrer la sauce pour enlever les échalotes, en les pressant bien pour en extraire l'arôme.

A l'aide d'une cuillère à soupe, vérifier l'onctuosité de la sauce qui doit napper le dos de la cuillère. Garder la préparation au chaud dans un bain-marie.

Servir la choucroute sur 4 assiettes, accompagnée de pommes de terre à l'anglaise (cuites à la vapeur et parsemées de persil et de ciboulette) et de la sauce au beurre blanc. Cette recette est une alternative allégée de la très classique choucroute! Bon appétit !

Bredele

Ingredients

250 g flour
125 g softened butter
125 g brown sugar
1 egg beaten and 1 egg yolk
125 g powdered almonds
a pinch of salt
2 teaspoons cinnamon



Preparation

Preheat the oven at 170 °C. Beat the butter and the sugar together to obtain an airy texture.

Add the egg, the cinnamon, the powdered almonds and the salt. Add the flour and mix thoroughly.

Make a ball of dough and roll it out. Cut out shapes with shape cutters. Put them on an oven plate lined with waxed paper.

Brush the biscuits with the egg yolk for a nice golden colour and sprinkle them with cinnamon and brown sugar.

Put them in the oven for 15 mns and check them often so that they don't become hard or burnt.

These delicious biscuits (cookies) are a must for a traditional Christmas in Alsace.

Enjoy!

Bredele

Ingrédients

250 g farine
125 g de beurre ramolli
125 g de sucre de canne
1 oeuf battu et 1 jaune d'oeuf
125 g d'amandes en poudre
1 pincée de sel
2 cuillères à café de cannelle



Préparation

Préchauffer le four à 170 °C. Battre le beurre et le sucre jusqu'à obtention d'un mélange moussieux.

Ajouter l'oeuf, la cannelle, les amandes en poudre et le sel. Terminer par la farine et mélanger soigneusement.

Mettre la pâte en boule et l'étaler au rouleau à pâtisserie. Y découper des formes à l'aide d'emporte-pièce et les déposer sur une plaque recouverte de papier sulfurisé.

Les dorer avec le jaune d'oeuf, puis saupoudrer de cannelle et de cassonade.

Mettre au four pendant 15 minutes. Surveiller la cuisson afin que les biscuits ne brûlent pas.

Ces irrésistibles biscuits sont indispensables à l'atmosphère d'un «vrai» Noël alsacien.

Bon appétit !



Kugelhopf

Ingredients

500 g flour
100 g sugar
a pinch of salt

150 g butter
2 eggs
75 g raisins
25 cl milk
20 g yeast
a small glass of kirsch
20 whole almonds



Preparation

Wash the raisins and soak them in the kirsch.

Mix the yeast with tepid water and some of the flour. This will be the leaven, very important for the kougelhopf to rise.

Let it rise in a warm place.

Put the rest of the flour in a terrine, add the rest of the milk, the salt, the sugar, the soft butter, and the drained and flour-coated raisins. Add the eggs one by one.

Knead the dough for 20 minutes, lifting it to aerate it, and beat it against the sides of the terrine. Add the risen leaven.

Beat the dough for about 10 minutes, cover with a cloth and let rest for an hour in a warm place.

Butter a kougelhopf mould and place an almond in each slot.

As soon as the dough has doubled volume, knead it again quickly and spread it in the mould. Let rise until it reaches the top of the mould and bake at 210 °C for 45 minutes.

Sprinkle with icing sugar once the kougelhopf has cooled down.

Kugelhopf

Ingrédients

500 g de farine
100 g de sucre
une pincée de sel

150 g de beurre
2 œufs
75 g de raisins secs
25 cl de lait
20 g de levure de boulanger
un petit verre de kirsch
une vingtaine d'amandes entières



Préparation

Laver les raisins et les mettre à tremper dans le kirsch.

Délayer la levure dans un peu d'eau tiède et une partie de la farine. Cela constitue le levain, très important pour la bonne levée du kougelhopf. Le mettre à lever dans un endroit tiède.

Mettre le reste de farine dans une terrine, ajouter le reste de lait, le sel, le sucre, le beurre ramolli et les raisins égouttés et roulés dans la farine. Incorporer les œufs un à un.

Pétrir la pâte pendant 20 minutes, en la soulevant pour bien l'aérer et en la frappant contre les parois. Intégrer le levain qui a doublé de volume entre temps.

Battre la pâte une dizaine de minutes, recouvrir d'un linge et faire reposer le tout pendant une heure dans un endroit tempéré.

Beurrer un moule à kougelhopf et mettre une amande dans chaque rainure.

Dès que la pâte a doublé de volume, la retravailler rapidement et la déposer dans le moule. Laisser monter jusqu'au bord du moule puis faire cuire à four moyen pendant 45 minutes.

Saupoudrer de sucre glace une fois que le kougelhopf est refroidi.

Flammekueche

Ingredients

For 4-5 servings

500 g bread dough
 250 g double cream
 250 g soft white cheese
 1 egg
 100 g onion
 120 g smoked bacon
 salt, pepper
 grated nutmeg



preparation time: 30 minutes

baking time: 10 minutes

Preparation

Mix the soft white cheese and the double cream in a bowl. Add the egg and stir well. Season with salt, pepper and grated nutmeg.

Peel the onions and slice them thinly. Chop the smoked bacon into thin slices.

Roll out the dough until very fine and place on a baking tray (recipe based on a standard baking tray for a gas oven).

Spread the cream and cheese mixture on the dough. Sprinkle the onions on it and then the chopped bacon.

Bake in a very hot preheated oven with the thermostat at maximum for 10 minutes. Please note: this recipe may be made with grated Swiss cheese, fresh mushrooms or Munster cheese.

Serve with a Sylvaner, Pinot Blanc or Riesling. BON APPETIT!

A PIECE OF HISTORY:

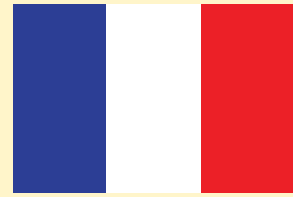
The origin goes back to the time when peasants baked their own bread at home, once a week, with some dough and ingredients of the farm: cream, bacon and onions. They cooked these "tartes flambées" in the woodstove to test the temperature of the oven. It is still eaten with fingers (no cutlery), rolled like a pancake. In restaurants, you order the flammekueche "for the table" and the waiter keeps on bringing a new one each time you have finished, until you tell him to stop.

Flammekueche

Ingrédients

Pour 4 à 5 personnes

500 g de pâte à pain
250 g de crème épaisse
250 g de fromage blanc
1 oeuf
100 g d'oignons
120 g de lardons fumés (allumettes)
Sel, poivre
Noix de muscade râpée



Temps de préparation: 30 minutes

Temps de cuisson: 10 minutes

Préparation

Mélanger le fromage blanc et la crème épaisse dans un bol. Ajouter l'oeuf battu et remuer. Assaisonner avec le sel, le poivre et la noix de muscade râpée.

Peler les oignons et les émincer finement.

Abaisser la pâte à pain très mince sur une plaque de cuisson rectangulaire.

Étaler le mélange de crème et de fromage blanc. Ajouter les oignons émincés ainsi que les lardons fumés.

Cuire dans un four très chaud à température maximale pendant 10 minutes. A noter: cette recette peut se déguster avec du Gruyère râpé, des champignons ou du Munster.

Servir avec un Sylvaner, Pinot Blanc ou Riesling. BON APPETIT !

UN PEU D'HISTOIRE:

L'origine de la tarte flambée remonte à l'époque où les paysans faisaient cuire leur pain 1 fois par semaine, dans un four à bois! On la mettait à cuire dans les flammes avant le pain pour tester la chaleur du four. Les ingrédients utilisés étaient accessibles aux fermiers qui employaient les produits de leur production, à savoir la farine, le lard, la crème, les oignons. La flammekueche se déguste sans couvert, découpée en parts, roulées et mangées avec les doigts. Elle est servie pour toute la table et le serveur continue à en apporter jusqu'à ce qu'on lui dise « stop ».

Baeckeoffe

Ingredients

For 8 servings

500 g boneless pork shoulder
 500 g boneless lamb shoulder
 500 g boneless beef
 2,5 kg potatoes
 1 litre Pinot Blanc or Riesling
 800 g carrots
 3 leeks
 3 onions
 2 garlic cloves
 2 bay leaves
 1 sprig of thyme

Preparation time: 1 hour

Cooking time: 3 hours



Preparation

The day before, chop the meat in equal cubes. Add salt, pepper, the two garlic cloves, the bay leaves and the thyme. Moisten with the wine. Cover and refrigerate overnight (at least 12 hours).

The next day, select a large ovenproof casserole with a lid. Peel and slice the potatoes, the carrots, the leeks and the onions. Cover the bottom with a layer of potatoes, leeks and carrots.

Remove the meat from the marinade and add the pieces on top of the vegetables. Cover with a layer of sliced onions and add another layer of sliced potatoes.

Strain the marinade through a sieve and pour the liquid over the content of the pot. In order to seal the pot, you can make a dough with 200 g of flour and some water) and roll this out into a rope long enough to wrap around the casserole. Press it firmly against the join between the lid and the casserole. Cook in a preheated oven at a temperature of 200 ° C for 3 hours.

Enjoy with a green salad and a glass of Pinot Gris or Riesling.
 Bon appétit!

Baeckeoffe

Ingrédients

Pour 8 personnes

500 g d'épaule de porc
500 g d'épaule d'agneau sans os
500 g de poitrine de boeuf désossée
2,5 kg de pommes de terre
1 litre de Pinot Blanc ou Riesling
800 g de carottes
3 poireaux
3 oignons
2 gousses d'ail
2 feuilles de laurier
1 branche de thym

Temps de préparation: 1 heure
Temps de cuisson: 3 heures



Préparation

La veille au soir découper la viande en gros cubes. Saler et poivrer et faire mariner pendant une nuit dans 1 litre de vin blanc avec les pieds de porc, 2 gousses d'ail, les feuilles de laurier et le thym. Laisser mariner pendant 12 heures minimum.

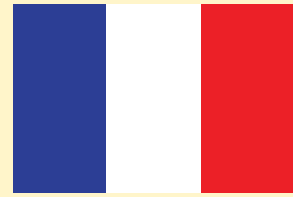
Le lendemain, éplucher et émincer les pommes de terre, les carottes et les poireaux. Dans une terrine en terre cuite, disposer une couche de pommes de terre, les carottes et les poireaux.

Poser par-dessus les viandes ainsi que les pieds de porc. Emincer les oignons et en recouvrir les viandes.

Couvrir le tout avec le reste de pommes de terre émincées. Filtrer la marinade et la verser dans la terrine.

Pour que la terrine soit fermée hermétiquement, on peut souder le couvercle avec un ruban de pâte (faite avec 200 g de farine et un peu d'eau). Cette opération est facultative. Enfourner dans un four chaud 210 °C et laisser cuire pendant 3 heures.

A déguster avec une salade verte et un verre de Pinot Gris ou de Riesling. Bon appétit!



Ice-cream Kugelhopf

Vanilla ice-cream

½ litre milk
3 vanilla pods (beans)
caster sugar
3 egg yolks
2 eggs

Sultana mousse

½ litre double cream
8 egg yolks
200 g caster sugar
125 g sultanas
½ dl kirsch

Garnish

cocoa powder
caster sugar
roasted almonds
20 cl whipped cream



Method for the vanilla ice cream

Slice the vanilla pods and add them to the milk. Whisk the eggs and the egg yolks with the sugar until foamy. Mix in the milk. When it starts simmering, take away from fire, put the mixture in a bowl and stir. Get rid of the vanilla pods. Pour into an ice-maker and let the mixture turn into ice.

Method for the sultana mousse

Soak the sultanas in the kirsch. Beat the double cream until stiff. Whisk the egg yolks with the sugar until foamy. Stir in the beaten cream. Squeeze the liquid out of the sultanas and add them to the mixture.

Method for the trimmings

Put a layer of vanilla ice cream all over the kugelhopf mould and fill it with the mousse. Leave to freeze for several hours. Sprinkle with cocoa powder, caster sugar and decorate with roasted almonds and whipped cream.

To be served on a festive plate! Bon appétit!

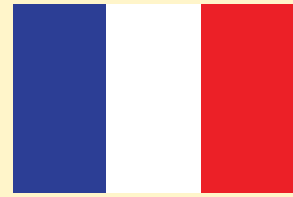
Kugelhopf glacé

Glace à la vanille

½ litre de lait
3 gousses de vanille fendues
200 g de sucre en poudre
3 jaunes d'oeufs
2 oeufs entiers

Mousse aux raisins

½ litre de crème fraîche
8 jaunes d'oeufs
200 g de sucre en poudre
125 g de raisins secs
½ dl de kirsch ou de cognac



Pour décorer

cacao
sucre glace
amandes grillées
20 cl de crème chantilly



Préparation de la glace

Fendre les gousses de vanille et les faire chauffer avec le lait. Battre les oeufs entiers et les jaunes d'oeufs avec le sucre jusqu'à obtenir un mélange mousseux qui a blanchi. Ajouter le lait et mélanger. Quand le mélange frémit, le retirer du feu. Mettre dans une terrine et remuer, puis retirer les gousses de vanille. Verser dans une sorbetière et laisser prendre la glace.

Préparation de la mousse

Laisser tremper les raisins dans l'alcool. Battre la crème fraîche fouettée en chantilly bien ferme. Battre les jaunes d'oeufs avec le sucre jusqu'à obtention d'un mélange mousseux. Mélanger avec la chantilly. Egoutter les raisins secs réhydratés et les ajouter au mélange.

Décoration

Etaler une épaisse couche de glace à la vanille dans le moule et le remplir ensuite de mousse. Mettre au congélateur. Après plusieurs heures, démouler sur un plat de fête. Décorer avec du cacao, du sucre glace, des amandes effilées grillées et de la chantilly.
Bon appétit!

Institut Màrius Torres, Catalonia



Màrius Torres Secondary School was founded in 1842. The current enrollment for the course 2009/10 is of 1200 students and there are 100 teachers and other school staff. Moreover, Màrius Torres is one of the few secondary schools in our city where you can attend morning and evening classes.

Our students' age range from 12 to 18. We offer the four years of ESO (Secondary Compulsory Education) which comprises the ages from 12 to 16 and the two years of Batxillerat (A levels) comprising ages from 16 to 18. Although Batxillerat is not compulsory, a great deal of our students continue Batxillerat studies. Also, it is worth mentioning that we have quite a lot of newcomers in order to pursue the Batxillerat studies. In our school students can choose from a wide range of Batxillerat modalities: Arts, Science, Technology and Humanistic. When students finish their two years of Batxillerat they have to take the University entrance exams called "Selectivitat".

Màrius Torres Secondary School has many facilities such a well designed and equipped library that serve the requirements of students and teachers. We have a large and fully equipped gymnasium, a Science Museum, Computer labs, Technology and Art classrooms. We have specialized laboratories for Chemistry, Physics, Science and Geology. Students and school staff can meet in a large Cafeteria where we can have homemade meals, snacks and drinks.

Our main objective is to prepare our students to be responsible, critical and creative thinkers, confident lifelong learners, qualities that we strongly believe are essential to succeed in their academic life. We set high expectations for all our members and we maximize outcomes throughout the support we provide in an inclusive and respectful environment. We highly believe in our partnership with parents, the local community and with many institutions outside the school. For that reason all our students are encouraged to take part in a wide variety of activities such as Comenius projects, Orator projects, Literature contests and Maths competitions among others.

Lleida - our City



The city of Lleida is the capital of the province. The presence of the river Segre determines not only the irrigation of the area with a large network of ancient canals and ditches, but also a pioneering hydroelectric industry. For centuries the province has been essentially agricultural: garden, fruit,

cereals, fodder and olives constitute the traditional wealth. In the 20th century the industrial sector in the city began to grow and now Lleida shares its activity between industry and the tertiary sector

Moreover, agricultural activity is the basis of a wide range of food processing industries (canning, beer, meat products, etc.) and the construction of agricultural machinery.

The growing development and diversification of manufacturing activities has resulted in the promotion of industrial estates. We emphasize the Gardeny Technology Park in which we host food research centers and new technologies.

Lleida is also the administrative provincial capital, financial and cultural center with several university faculties. We can also say that our city is a major communications centre, due to its geographical location, the motorways and the high speed train Madrid-Barcelona, and the recent inauguration of the Airport Lleida-Alguaire.



Catalonia

It is considered a Spanish autonomous community and a nationality. Located in the north-east of the Iberian Peninsula. It occupies a territory of about 32,000 km². It borders France and Andorra to the north, the Mediterranean sea to the east, Valencia to the south and Aragon to the west. This strategic location has led a very intense relationship with the territories of the Mediterranean and the Continental Europe.

Catalonia enjoys a Mediterranean climate, but it has large temperature variations between the coastal slopes with a mild climate, the interior with a Mediterranean-continental climate and the mountain areas near the Pyrenees with a climate of high mountain.

Catalonia comprises the provinces of Barcelona, Girona, Tarragona and Lleida. Barcelona is the capital city. From a demographic point of view there are 7,364,078 inhabitants. Two thirds of the population live in the metropolitan region of Barcelona.

Catalonia has a distinctive culture, that is based on its own language, history and traditions. The Catalan nation and culture started to develop in the Middle Ages and had its own rule until 1714. Under the Franco dictatorship Catalan language was, until the 1970s, excluded from the state education system and all other official and public use, including the prohibition of giving children Catalan names.



Fruit

What is the nutritional value of FRUIT?

Eating fruit is essential to human health. Here are some of the benefits of eating fruit:

Fruit provides your body with a supply of good vitamins and enzymes. Obviously, the different types of fruit have different attributes. But, in general, most fruit supplies fresh vitamins, minerals and enzymes. Fruit is also an excellent source of natural fibre. If you eat apples, pears ... you'll find the nutritional fibre in the pulpy parts.

The most common vitamin in fruit is Vitamin C and this is very important because our bodies neither store nor manufacture it. Vitamin C protects against heart diseases and the "free radicals" which play a part in ageing and cancer. The best Vitamin C can be found in oranges, lemons, grapefruit, kiwi fruit, mangoes.

Fruits of a deep yellow or orange colour are sources of beta carotene. Fruit is also rich in Vitamin A, another important vitamin for the immune system, for good vision and bone growth.

Another nutritional value of fruit is that it is a rich source of essential minerals: potassium, phosphorus, calcium, magnesium and iron.

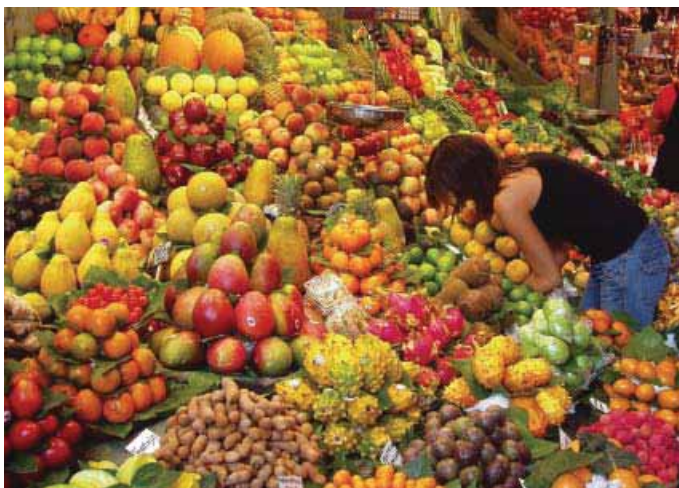
Potassium helps the body to cleanse itself from impurities and maintain a powerful energy system. We can find potassium in: bananas, blackberries, oranges, avocados.

Calcium is a very necessary mineral for the bone development and maintenance. It is found in: blackberries, strawberries, oranges, kiwi fruit.

Magnesium is important for bones and nerves. And Iron, is also very essential mainly for girls. It is found in: strawberries, grapes, blackberries, kiwi fruit, bananas, raisins.

So, as you can see FRUIT is essential. The World Health Organisation recommends at least five servings of fruit per day.

Bon profit!



Bread with Tomato

Ingredients

four slices thick crusty Catalan bread
one tomato, halved
one clove garlic, halved
extra virgin olive oil
sea salt



Steps to prepare the bread with tomato

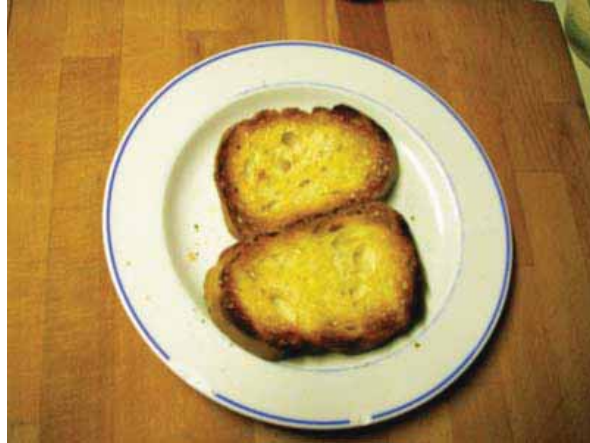
Grill or toast the bread slices.
Rub grilled bread with garlic halves.
Rub the tomato halves into the toast to soak the surface.
Drizzle with the extra virgin olive oil.
Then, sprinkle some salt.
It's delicious!



Pa amb Tomàquet

Ingredients

Quatre llesques de pa de pagès
Una tomata, per la meitat
Un all partit, per la meitat
Oli d'oliva extra verge
Sal marina



Procediment per a preparar el pa amb tomàquet

Torra les llesques de pa de pagès.
Suca el pa torrat amb all.
Suca tota la superfície de la torrada amb tomàquet.
Amaneix amb oli extra verge d'oliva.
Després afegeix la sal.
És boníssim!



*Students in Lleida
(Spain)*

Pears with Wine

Ingredients

wine
sugar
1 clove
cinnamon
lemon or orange peel



Steps to prepare the Pears with wine

Put the wine in a saucepan and add the sugar.

Add the cinnamon.

Put everything on the fire.

Peel the pears. Add them to the saucepan and let them there for about 10 minutes.

When the pears are cooked, put them in a bowl in the fridge.



Peres amb Vi

Ingredients

Vi
Sucre
1 clau d'olor
Canyella
Pela de llimona o taronja



Procediment per a preparar les Peres amb vi

Posa el vi dins un recipient i afegeix el sucre.

Afegeix la canyella.

Posa-ho tot al foc.

Pela les peres. Afegeix-les al recipient i deixa-ho coure durant uns 10 minuts aproximadament.

Quan les peres estiguin cuites, posa-les en un recipient dins la nevera.



Santa Teresa Toast

Ingredients

milk (¼ litre)
dry bread (8-10 slices)
2 eggs
olive oil
cinnamon
sugar



Steps to prepare the Santa Teresa toast

We pour the milk in a bowl and we add a bit of cinnamon. We make the milk boil.

We put the slices of bread in the bowl with the milk to absorb it. At the same time we put olive oil in a frying pan. Then we beat the eggs and we put the toast in the beaten eggs. Finally, we put the toasts in the frying pan.

Then, we put the toasts in a dish with kitchen paper to eliminate the excess of olive oil from the toast. Afterwards, we add to the toasts some sugar and cinnamon.

We only need to wait for a while and - they are ready to be eaten.



Torrades de Santa Teresa

Ingredients

Llet (¼ litre)
Pa sec (8-10 llesques)
2 ous
oli
canyella
sucre



Procediment per a preparar les Torrades de Santa Teresa

Fiquem llet dins un recipient i afegim una mica de canyella. Fem bullir la llet. Posem les llesques de pa dins el recipient amb la llet per a que l'absorbeixi. Mentrestant, fiquem oli d'oliva en una paella. Batim els ous i fiquem les llesques de pa a dins la paella amb l'ou batut. Després, posem les torrades en una safata amb paper de cuina per a eliminar l'excès d'oli de les torrades. Afegim sucre i canyella pel damunt de les torrades i només ens cal esperar una mica per a menjar-les.



*Comenius meeting
in Lleida (Spain)*

Spinach Parcels

Ingredients

1 kg spinach
100 g raisins
50 g pine kernel
olive oil
salt
black pepper

For the pastry

½ kg flour
a glass of water
15 g yeast
a pinch of salt



Steps to prepare the Spinach parcels

Rub the spinach leaves with salt to remove all the water.

Add olive oil, pepper, garlic, pine kernels and raisins. Put all in a saucepan.

Put the flour, the glass of water and a pinch of salt in a bowl and beat them for about 15 minutes.

Add to this mixture the yeast and beat all for a minute. Once the dough is ready leave it aside.

Let the dough stand covered with a cloth.

Cut the dough into pieces.

Spread each bit of dough and put inside the spinach mixture. Cover the spinach mixture with the dough.

Put all the spinach parcels into the oven for about 15 minutes (250 °C).



Panadons d'Espinacs

Ingredients

1 kg espinacs
100 gr de panses
50 gr de pinyons
oli d'oliva
sal
pebre negre

Per la pasta

½ kg farina
1 got d'aigua
15 gr llevat
un pessic de sal



Procediment per a preparar els Panadons d'espinacs

Frega les fulles d'espinacs amb sal per treure'n tota l'aigua
Afegeix l'oli d'oliva, el pebre, els alls, els pinyons i les panses. Posa-ho en un recipient.

Posa la farina, el got d'aigua i una mica de sal en un recipient i ho bats tot durant 15 minuts.

Afegeix el llevat i ho tornes a batre tot durant un minut. Un cop la massa estigui a punt, deixa-la reposar.

Talla la massa en trossos.

Estira la massa amb un corró i fica dintre la barreja d'espinacs. Ho cobreixes amb la mateixa massa.

Posa els panadons d'espinacs al forn durant uns 15 minuts (250 °C).



St. John's Pastry

Ingredients

6 whites (eggs)
6 yolks (eggs)
150 g rice flour
150 g sugar
butter



Steps to prepare St John's pastry

Put the 150 g of sugar in a bowl. Add the 150 g of rice flour.
Spread the butter in the baking pan.

Beat the 6 whites and add them to the sugar and rice flour. Beat them all.

Beat the 6 yolks and add them to the mixture.

Then, put all the mixture in the baking pan.

Turn on the oven (200 °C)

Put the mixture into the oven for about 20 minutes.

Take the mixture out.

30 minutes later, add the fruit (bits of cherries, oranges ...) on the mixture.



Coca de Sant Joan

Ingredients

6 clares d'ou
6 rovells d'ou
150 gr de farina d'arròs
150 gr de sucre
mantega



Procediment per a preparar la Coca de Sant Joan

Posa els 150 gr de sucre en un recipient. Afegeix la farina d'arròs.
Posa mantega al motlle.
Bat les 6 clares i afegeix-ho al sucre i a la farina d'arròs. Barreja-ho tot.
Bat els 6 rovells i afegeix-los a la mescla.
Després, posa la mescla al motlle.
Encén el forn (200 °C).
Posa la mescla dins el forn durant uns 20 minuts.
Treu-ho del forn.
30 minuts més tard, afegeix la fruita (trossos de cireres, taronja ...) damunt la massa.



Sugared Almonds

Ingredients

a cup of almonds
a cup of sugar
a cup of water



Steps to prepare the sugared almonds

Put the almonds, sugar and water into a saucepan. Turn on the fire. Stir all with a wooden spoon. When the liquid starts to thicken and the sugar sticks to the almonds it is time to turn off the fire and let everything to cool for a while.



Ametlles Garapinyades

Ingredients

Una tassa d'ametlles

Una tassa de sucre

Una tassa d'aigua



Procediment per a preparar les ametlles garapinyades

Es fiquen les ametlles, el sucre i l'aigua a la cassola. Ho fiquem al foc. Es remena amb la cullera de fusta. Es deixa al foc fins que el sucre es caramelitza, mentre no es para de remenar fins que el sucre s'enganxa a les ametlles. S'aboca per a que es refredi.



Grilled Vegetables

Ingredients for 4 or 5 people

4 aubergines
4 red peppers
2 gloves of garlic
1,5 dl olive oil
1 tablespoon of vinegar
salt



Steps to prepare Escalivada

Char-grill or barbecue the peppers and the aubergines until they are soft and cooked, then transfer to a bowl, cover with a cling film and wait for 15 minutes. Peel and wash both, removing seeds from the peppers and tear into large pieces. Remove stem end of aubergine and tear lengthways into pieces. Place char-grilled vegetables on a large platter or in separate bowls. Put the two gloves of garlic and a pinch of salt into a mortar and, using a pestle, pound into a smooth paste, add the oil and the vinegar. Season with the garlic, oil, vinegar and salt mixture over the grilled vegetables.

* A barbecue is ideal for making Escalivada, as roasting the vegetables in a conventional oven does not really have the smoky flavour that is the essence of the dish.

Escalivada

*This word comes from the Catalan word *escalivar*, meaning “to char” as the vegetables were traditionally cooked over embers.*

Escalivada

Ingredients per a 4 o 5 persones

4 albergínies
4 pebrots vermells
2 grans d'all
1,5 dl d'oli
un rajolí de vinagre
sal



Procediment per a preparar l'Escalivada

Poseu les albergínies i els pebrots directament sobre les flames del foc (també es poden posar al forn amb el grill encès), tot fent-los rodar sovint, fins que la pell quedi negra, gairebé cremada. Quan estiguin al seu punt, emboliqueu-los una estona amb un drap, i després peleu-los, traieules llavors i netegeu-los sota l'aixeta. Talleu-los a tires i presenteu-los en una safata amb els alls picats, amanits amb sal, vinagre i oli.



Coca de Recapte

Ingredients

1 egg
 1 small glass of olive oil
 1 small glass of wine
 flour

Ingredients to garnish

fried tomato
 sausages, herrings ...



Steps to prepare the „Coca de recapte“

Put the egg, olive oil and wine in a bowl.
 Add the flour.
 When the dough does not stick, it is ready to stretch it.
 Put the stretched dough on a tray.
 Put a layer of fried tomato.
 And add sausages, herrings ... as you like it.



*Comenius meeting
 in Lleida (Spain)*

Coca de Recapte

Ingredients

1 ou
1 got petit d'oli d'oliva
1 got petit de vi
Farina

Ingredients per a la guarnició

Tomata fregida
salsitxes, arengades ...



Procediment per a preparar la Coca de recapte

Posa l'ou, l'oli d'oliva i el vi dins un recipient
Afegeix la farina.
Quan la massa no s'empegui als dits, és hora d'estirar-la.
Posa la massa estirada en una safata.
Afegeix la tomata fregida damunt la massa.
Afegeix les salsitxes, les arengades...al teu gust.



*Comenius meeting
in Lleida (Spain)*



Paella

Ingredients

½ bowl of rice per person
olive oil
onion
red pepper
2 artichokes
2 tomatoes
1 litre of fish stock
king prawn
10-12 squids
6 sausages



Steps to prepare the paella

Heat the fish stock (a couple of minutes in the microwave).
Clean the shrimps, the small squids and cut them into pieces.
Peel and cut the onion and the red pepper.
Put olive oil in a saucepan and when it is a bit hot, fry the prawns.
When they are golden, put them on a plate.
With the same olive oil, fry the sausages. When they are golden, put them on a plate.
Fry the squid and put it on a plate, too.
With the same olive oil, fry the onion, the red peppers, artichokes and then add the tomato.
Add the squid and the sausages (previously cut into small pieces).
Add the rice.
Let the rice boil for about 10-15 minutes. You can add fish stock if it is necessary.
Put shrimp on rice to garnish the paella, when the rice is cooked.

Paella

Ingredients

½ tasetta d'arròs per persona
Oli d'oliva
ceba
pebrot vermell
2 carxofes
2 tomates
1 litre de brou de peix
gambes llagostines
10-12 calamarsets
6 salsitxes



Procediment per a preparar la paella

Calenta el brou de peix (un parell de minuts al microones).
Neteja les gambes, els calamarsets i talla tot en trossos petits.
Pela i talla la ceba i el pebrot vermell.
Posa oli d'oliva dins la paella i quan està calent, afegeix les gambes.
Quan estan dorades, posa-les en un plat.
Amb el mateix oli, fregeix les salsitxes i els calamarsets, i segueix el mateix procediment.
Fregeix la ceba, el pebrot vermell, les carxofes i afegeix la tomata.
Afegeix els calamarsets i les salsitxes (tallat tot en trossets petits)
Afegeix l'arròs.
Deixa bullir l'arròs durant 10-15 minuts. Pots anar afegint brou de peix si ho consideres necessari.
Posa les gambes sobre l'arròs cuit com a guarnició.



Catalan Cream

Ingredients for 4 or 5 people

1 litre of milk
1 branch of cinnamon
a piece of lemon peel
8 tablespoons of sugar
6 egg yolks
5 tablespoons of cornstarch



Steps to prepare the Catalan cream

Put 3/4 l of milk, the cinnamon, the sugar and the lemon peel in a pot, boil the mixture for 4 or 5 minutes. Mix the remaining milk and the cornstarch in a bowl. Beat the egg yolks and add them to both mixtures. Cook over the mixture a low heat for about 10 minutes and do not stop stirring until the mixture thickens. Turn off the heat but keep on stirring for 2 more minutes. Put the cream in individual sized bowls and let it cool. Before you eat, sprinkle a thin layer of sugar over the top of the cream and burn it with a very hot iron to get caramel.



Crema catalana

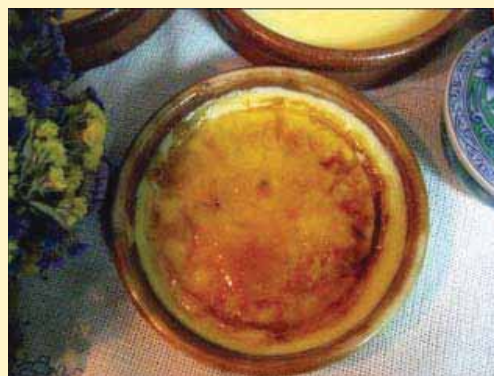
Ingredients per a 4 o 5 persones

1 litre de llet
1 branca de canyella
Una pela de llimona
8 cullerades de sucre
6 rovells d'ou
5 cullerades de midó



Procediment per a preparar la crema Catalana

Poseu 3/4 l de llet, la branca de canyella, el sucre i un tros de pell de llimona en una cassola a bullir durant 3 o 4 minuts. Barregeu la resta de la llet i el midó en un altre cassó. Mescleu-ho tot i afegiu-hi els rovells d'ou ben batuts. Després, poseu-ho en un cassó al foc, remouent sense parar durant 10 minuts fins que bulli. Apagueu el foc però continueu remenant durant 2 minuts més. Poseu la crema en cassoles individuals i deixeu-la refredar. Quan l'aneu a servir, empolvoreu-la amb el sucre i cremeu-lo amb la pala adient de ferro, la qual haureu posat al foc fins que hagi quedat roent; d'aquesta manera es formarà una fina capa de caramel.



Lahden yhteiskoulu, Finland



Lahden yhteiskoulu was founded in 1896. For people in Lahti having a secondary school was a matter of great significance; a small country town with fewer than 1000 inhabitants had a stately school built on a most essential location, next to the church.

The school for upper secondary department for adults in connection with Lahden yhteiskoulu was established in 1963 being the first school for upper secondary department for adults outside the capital area. Lahden yhteiskoulu is a unit comprising the comprehensive classes from the 6th to 9th, upper secondary school and upper secondary department for adults. The school unit has more than 1600 students and another 150 attending separate subject studies in the upper secondary department for adults. The school employs more than 100 teachers and other staff members.

The school curriculum enables a wide choice of subjects in comprehensive and upper secondary school as well as in the upper secondary department for adults. There is a choice between five foreign languages: English, Latin, French, German and Russian. In upper secondary school Physics, Chemistry and Biology studies can be extended through practical courses; in Psychology through research courses, making students acquainted with scientific research. Art and non-academic subjects provide extra project, workshop and creative-writing courses.

In comprehensive school students can attend special, advanced courses in Mathematics. All students learn to know Computer Science. There are also special music, art and mathematics oriented classes in comprehensive school where students are accepted through special screening.

Lahden yhteiskoulu has received a special prize for the best results in the province of Päijät-Häme. Most students aim at further studies in universities and other institutes of higher education. According to the statistics about 50 per cent of students of Lahden yhteiskoulu upper secondary school were continuing their studies at the university level. The percentage is one of the highest in the whole country.

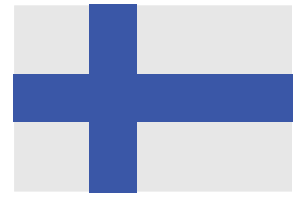
The school magazine called Riento has been edited by students with special interests in newspaper work. Computer Science has its own facilities with Internet-connection. There is a gym which can be used after school hours.

Lahti

Lahti is located in southern Finland, 100 kilometers north of Helsinki, the capital of Finland. Thanks to good connections via airplane, busses and trains, Lahti is very easy to reach. Helsinki-Vantaa International Airport is within an hour's drive from Lahti.

Lahti's population has risen from around 3000 in the 1900s to over 100 000 today, making it the eighth largest city in Finland. Lahti is a nice place to live, study, work or do business.

Lahti offers events all around the year. Possibilities for exercising and recreation are outstanding throughout the year. The Sibelius Hall, a congress and concert centre, and numerous other facilities offer a wide range of cultural events. Sinfonia Lahti, the city orchestra, is internationally respected and presents musical masterpieces. The new harbor area with pleasant parks has become the living room of all citizens. Lahti Sports Center is a real gem for almost every sporting need one may have. Yet it is a place of great natural beauty, well equipped and next to the heart of the city with all its services. The magnificent world famous ski jumping towers, stadium and hundreds of kms of ski trails, just to mention few.



Päijät-Häme



The Lahti region is Finland's fifth largest urban region. With its versatile range of services the city of Lahti forms the centre of an economic region with 200,000 inhabitants, as well as a thriving business city. The surrounding ridge and lake landscapes provide a natural living environment. Lahti is also the gateway to the Finnish Lake District. The waterway stretching from Lake Vesijärvi via the Vääksey Canal to Lake Päijänne allows you to reach as far as Central Finland by water.

The city of Lahti is a hundred years old, but its history dates back far beyond that. Lahti is home to the oldest Finnish residential area known today - the Ristola area in the suburb of Renkomäki was already populated over 9,000 years ago! Furthermore, the village of Lahti is mentioned in official documents for the first time in 1445, as a village in Hollola parish.

The Lahti region has a long tradition in trade and entrepreneurship. Good traffic connections gave rise to a boom in business. The most significant branches were the joinery and textile industries, which centred on craftsmanship. Based on these traditions, the city of Lahti is known as the city of carpenters and is still the most significant centre of woodworking and furniture design and manufacture in Finland.

Strong industries in the Lahti region include the plastics and mechatronics industries, as well as the food and beverage industries, which are largely based on grain cultivation. Together with the woodworking and furniture industries they account for a significant proportion of the GNP in the province. The environmental business sector is a rapidly growing speciality sector in the region.



Rye

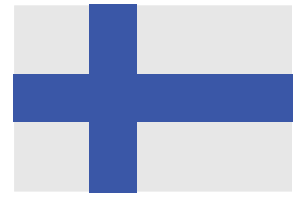
Rye is most popular in Scandinavian countries and especially Finns are very fond of rye bread and rye pudding, which is also called „mämmi“. Rye tastes very different from any other common crops and the taste is a lot stronger than in e. g. wheat. The other difference is the dark color, when e. g. oat and wheat are light yellow.

Rye was the very first crop ever to be grown and researchers believe that humans started to grow rye around 8000 BC. Rye was brought to Europe in the Bronze Age (ca. 1800-1500 BC), although at the time wheat was the most used crop and it took long before rye become more popular in Europe.

Rye came to Finland 500 BC at the latest and it survived well in the Scandinavian conditions, even though the land wasn't very moist and the climate was cooler than in Eastern Europe. Even though rye wasn't as popular as wheat, Finns grew rye because rye bread didn't go off as fast as bread made of wheat and rye coped well in the Scandinavian environment. Rye grows even in winter if the temperature rises above zero regardless of snow, as long as the snow doesn't cover the crops.

In the past Europeans thought rye as a crop only to prevent considered starvation away and considered wheat more valuable. They also complained that rye wasn't gentle to the stomach and it tasted bitter. It is true that rye doesn't melt in the stomach as well as wheat, but that is why it is so good for health. The dietary fibers are actually really good for the stomach and rye even prevents some types of cancer. It also contains many important proteins and minerals.

Eeva-Maija Ekman



Sailor's Beef

Ingredients

200 g roast beef
2 sp wheat flour for flouring
crushed black pepper
½ tsp salt
1 onion
1 carrot
3-4 potatoes
2 dl water



-
1. Cut the roast beef into 6-8 slices.
 2. Beat the beefs lightly with your fist
 3. Mix wheat flour and spices on a plate. Flour the beef.
 4. Fry the floured beef in a pan.
 5. Wash, peel and slice the potatoes, onion and carrot.
 6. Put the fried beef, potatoes, onion and carrot in a casserole.
 7. Add the water. Bake sailor's beef at 200 °C for at least an hour.

Sailor's beef is an easy Finnish everyday dish. In western Finland they used to use less carrot and the Sailor's beef was flavored with lager. Sailor's beef tastes delicious also the next day when heated for example in a microwave oven.

Merimiespihvi

Ainekset

200 g naudan mureaa paistia
2 rkl vehnä jauhoja jauhottamiseen
mustapippurirouhetta
½ tl suolaa
1 sipuli
1 porkkana
3-4 perunaa
2 dl vettä



1. Leikkaa paistista 6-8 ohutta viipaletta poikkisysin.
2. Nuiji pihvejä kevyesti nyrkillä.
3. Sekoita jauhot ja mausteet lautasella. Jauhota pihvit.
4. Ruskista jauhotetut pihvit pannulla.
5. Pese, kuori ja viipaloi perunat, sipuli ja porkkana ohuiksi.
6. Laita pataan peruna-, porkkana-, sipuli- ja lihaviipaleet.
7. Kaada vesi päälle. Kypsennä uunissa 200 °C vähintään tunnin ajan.

Merimiespihvi on helppo suomalainen arkiruoka. Länsi-Suomessa merimiespihviin käytettiin vähemmän porkkanaa ja liemi maustettiin pilsnerillä. Merimiespihvi maistuu hyvälle myös seuraavana päivänä esimerkiksi mikroaaltouunissa lämmitettynä.

Lotta Moisala

Moose Rolls with Chantarelle Filling

Ingredients

4 slices of moose sirloin

Filling

250 g chanterelles
one small chopped onion
salt and pepper
2 tbsp of Dijon mustard
8 slices of bacon



Sauce

1 carrot
1 onion
4 dl stock
1 bay leaf
1 garlic clove
2 tbsp of wheat flour
1 dl cream

1. Chop the chanterelles fine and fry them in butter with the copped onion. Season with salt and pepper and let cool down.
2. Beat the moose sirloins lightly. Spread the mustard and the chanterelle mix on the sirloins, and put 2 slices of bacon on top. Roll the sirloins and tie with thread. Rub salt and pepper in the meat and fry on a pan until brown.
3. Wash, peel and dice the vegetables. Fry them on the pan with the moose rolls. Add bay leaf, garlic and stock. Bring to the boil.
4. Take the ingredients from the pan and put them in a casserole. Bake under cover at 170 °C for about 50 minutes.
5. Lift the rolls from the casserole and keep them warm.
6. Sieve the broth, pour it in the pan and bring to the boil. Thicken the sauce with wheat flour which is mixed with a dribble of water. Add the cream and let simmer for about 5 minutes.
7. Serve the moose sirloins with mashed potatoes, sauce and lingonberry mash.

Oona Niemi

Hirvikääryleet Kanttarellitäytteellä

Ainekset

4 viipaletta hirven ulkofleeta, á 150g



Täyte

250 g kanttarelleja
yksi pieni sipuli
hienonnettuna
suolaa ja pippuria
2 rkl dijoninsinappia
8 pekoniviipaletta

Kastike

1 porkkana
1 sipuli
4 dl lihalientä
1 laakerinlehti
1 valkosipulinkynsi
2 rkl vehnä jauhoja
1 dl kermaa



1. Paloittele sienet silpuksi ja paista voissa sipulin kanssa. Mausta seos suolalla ja pippurilla, anna jäähtyä.
2. Nuiji hirviviipalet kevyesti. Levitä niille sinappia, kaksi pekoniviipaletta ja sieniseosta. Kääri lihaviipalet rullalle ja sido langalla. Hiero pintaan suolaa ja pippuria. Ruskista pannulla.
3. Puhdista, kuori ja kuutioi juurekset. Ruskista ne pannulla kääryleiden kanssa. Lisää joukkoon lihaliemi, laakerinlehti ja valkosipuli ja kiehauta.
4. Laita aineet pannulta pataan ja pata 170 asteiseen uuniin. Kypsennä kannen alla noin 50 minuuttia.
5. Nosta kääryleet padasta ja pidä ne lämpiminä.
6. Siivilöi paistoliemi, kaada se kattilaan ja kiehauta. Saosta kastike kylmään vesitilkkaan sekoitetuilla vehnä jauhoilla. Lisää kerma ja anna kiehua hiljalleen viisi minuuttia.
7. Tarkista maku. Tarjoa perunamuusin ja puolukkasurvoksen kanssa.

Tässä ruuassa on paljon suomalaisia vaikutteita. Hirvi on Suomen suurin ja tärkein riistaeläin. Suomalaiset käyttävät myös paljon sipulia ja kermaa, joita molempia on tässä ruuassa. Perunakin on melkein jokapäiväinen elintarvike suomalaisille. Varsinkin kesällä suomalaiset syövät sieniä, koska niitä löytyy paljon Suomen luonnosta. Suomalaisessa ruuassa ei yleensä käytetä paljon mausteita, kuten tässäkin ruuassa ei ole. Kääryleitä on valmistettu jo jonkin aikaa Suomessa ja niitä on ennen tehty myös kaalista. Tässä oli hieman pohjakertomusta suomalaisesta ruokakulttuurista ja herkullisia hetkiä suomalaisen ruuan parissa.

Rye Coated Zander

Ingredients

750 g zander (4 pieces)
160 g rye bread
90 g butter
1 tbsp of parsley
1 tbsp of fresh thyme
1 tbsp of fresh tarragon
pepper
salt



-
1. Grate the bread. Mix the butter, herbs and other spices.
 2. Roast the zanders in a dry pan, both sides. Season with pepper and salt.
 3. Put the zanders in a casserole and spread the breadmix over them.
 4. Bake the casserole at 220 °C for about 10 minutes.
 5. Serve with mashed potatoes and boiled asparagus.



*German students in
Lahti (Finland)*

Ruiskuorrutettu Kuha

Ainekset

750 g suomustettua kuhaa (4 kpl)
160 g ruisvuokaleipää
90 g sulatettua voita
1 rkl persiljaa
1 tl tuoretta timjamia
1 tl tuoretta rakuunaa
mustapippuria
suolaa



-
1. Raasta leipä raastimella mureniksi. Sekoita joukkoon voi, yrtit ja muut mausteet ja sekoita tasaiseksi.
 2. Paahda kuhafileet kuivassa pannussa molemmin puolin ja mausta suolalla ja pippurilla.
 3. Siirrä kalat uunivuokaan ja levitä leipäkuorrute niiden päälle.
 4. Pane vuoka 220-asteiseen uuniin noin 10 minuutiksi.
 5. Tarjoa perunamuusin ja keitetyn parsan kanssa.

Oona Niemi

Meatballs

Ingredients

400 g minced meat
1 onion
2 dl cream
1 egg
4 tbsp bread crumbs
1 tsp salt
black pepper
oregano
paprika spice



-
1. Chop the onion and sauté it in oil.
 2. Measure the bread crumbs into a bowl and add the food cream. Let it swell for a couple of minutes.
 3. Add all the other ingredients, and mix the dough until smooth. Let the dough rest for a while.
 4. Form the dough into small balls with wet hands. Bake them in an oven at 200 °C for 10-15 minutes.
 5. Serve the meatballs with gravy and potatoes.

DINNER AT GRANNY'S

We are on our way to grandmother's place for dinner. Everyone can guess that we will be having granny's special yummy, meatballs. Not that anybody has anything against it, because everybody loves them.

When we arrive to her yard, granny hugs everyone warmly. When I step inside, I can smell the wonderful smell of just made meatballs. I see familiar faces around the table. Cousins, aunts and uncles have come there, too.

We eat the first portions fast and everyone lines up to get some more. A big bowl of meatballs and one of mashed potatoes are getting empty quickly. In the end there are only a few meatballs left, waiting for someone to eat them. After fighting over them with my cousins, we end up sharing them.

A few hours go by talking with the relatives. In the end, everyone is leaving for their own homes, satisfied. We thank granny and start our trip home. We can't wait for the next dinner at granny's.

Lihapullat

Ainekset

400 g jauhelihaa
1 sipuli
2 dl kermaa
1 kananmuna
4 rkl korppujauhoja
1 tl suolaa
mustapippuria
oreganoa
paprikajauhetta



1. Hienonna sipuli ja kuullota se öljyssä.
2. Mittaa korppujauhot kulhoon ja lisää kerma. Anna turvota pari minuuttia.
3. Lisää kaikki muut aineet, mausteiden määrää voi vaihdella, ja sekoita tasaiseksi taikinaksi. Anna taikinan olla hetki.
4. Muotoile taikinasta pullia kostein käsin. Kypsennä 200-asteisessa uunissa 10-15 minuuttia.
5. Tarjoillaan kastikkeen ja perunoiden kanssa.

PÄIVÄLLINEN MUMMOLASSA

Olemme matkalla mummolaan päivälliselle. Jokainen voi jo arvata, että tälläkin kerralla on tarjolla mummon erikoisherkkua, lihapullia. Eipä sillä, että se ketään haittaisi, sillä kaikki rakastavat niitä.

Pihaan saavuttuamme mummo halaa jokaista tulijaa lämpimästi. Kun astun sisään ovesta, nenääni kantautuu ihana vasta paistettujen lihapullien tuoksu. Pöydän ympärillä näen tuttuja kasvoja, serkut, tädit ja sedät ovat myös tulleet paikalle.

Ensimmäiset annokset syötiin nopeasti ja kaikki jonottivat hakemaan lisää. Suuri kulhollinen lihapullia ja kattilallinen perunamuusia hupenivat nopeasti. Lopulta jäljellä oli enää muutama lihapulla, jotka odottivat vain syöjiä. Taistelimme niistä serkkujeni kanssa ja päädyimme jakamaan ne.

Muutama tunti vierähtää sukulaisten kanssa kysellen kuulumisia. Lopulta kaikki tekevät lähtöä koteihinsa tyytyväisinä ja kylläisinä. Kiitämme mummoa ja aloitamme kotimatkan.

Emme malta odottaa seuraavaa päivällistä mummolassa.

Iiris Larmi, Kia Toivola

Bandit Roast

Ingredients

2-3 kg lamb
4-6 halves of garlic
black pepper
salt



Bandit Roast is a roast cooked in a pit that is around one meter deep. It's a bit hard to cook and takes a while to make, but it's well worth it!

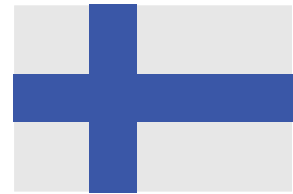
Cooking

1. Dig a pit that has a diameter of around one meter and is 70cm deep.
2. Burn logs in the pit for around 2-3 hours.
3. Use a knife to make little cuts on the surface of the meat. Put the halved garlic pieces to the cuts.
4. Add salt and pepper on the meat.
5. Wrap the meat into tin foil. Now wrap it all into a wet newspaper.
6. Put wire around the whole thing and make a loop that is used to easily pick up the roast from the pit.
7. Place the package on the bottom of the pit and cover with coal. Cover the coals with fine sand so that the smoke doesn't escape from the pit.
8. Light a fire above the pit and burn it for 3-5 hours depending on the size of the roast.
9. Dig the roast from the pit and serve with potatoes cooked in the embers for example.

Rosvopaisti

Ainekset

2-3 kg lampaanviulu
4-6 valkosipulinkynttä
Mustapippuria
Suolaa



Rosvopaisti on noin metrin syvyydessä kuopassa kypsennettävä paisti, jonka valmistaminen vaatii hieman aikaa ja vaivaa. Sen maku on kuitenkin sen kaiken arvoista. Suomalaisille rosvopaistin esitteli Veikko Huovinen kirjassa Lampaansyöjät.



Valmistus

1. Kaiva halkaisijaltaan metrin levyinen kuoppa, jonka syvyys on noin 70cm.
2. Kuopassa poltetaan koivuhalkoja 2-3 tuntia reippaalla roihulla. Tarkoituksena on saada aikaan paksu kerros hehkovaa hiillosta.
3. Tee puukolla pieniä viiltoja lihan pintaan ja työnnä viiltoihin puolitetut valkosipulin kynnet.
4. Ripottele lihan pinnalle suolaa ja pippurirouhetta.
5. Kääri liha moninkertaisesti vahvaan folioon. Kierrä folion ympärille kasteltu sanomalehti. Tämä tasaa lämpöä ja toimii eristeenä, ettei liha pala karrelle.
6. Viritä paketin ympärille rautalankaa ja muotoile lenkki, josta paisti on helppo nostaa ylös.
7. Laita kääri kuopan pohjalle ja peitä hiillillä. Lapioiden päälle hienorakeista hiekkaa niin paljon, ettei savua nouse läpi.
8. Sytytä hiekan päälle nuotio ja polta sitä 3-5 tuntia paistin koosta riippuen.
9. Kaiva paisti kuopasta ja tarjoile esimerkiksi nuotion hiilloksessa kypsennettyjen perunoiden kera.

Akseli Liljander, Niko Vilska

Meat Fry

Ingredients

4 servings

4 spoonfuls of oil or 10 grams of fat

500 g frozen meat cut into thin slices

3-4 dl water

five allspices or 5 - 6 grams of crushed black pepper

3-4 g salt



-
1. Let the meat melt a little before you start cooking.
 2. Fry the meat slices on a pan with oil or fat, water and all spices or pepper. Let it simmer until the water has evaporated and the meat is well-done. Depending on your own taste you can add one or two chopped onions while you're frying the meat.
 3. Meat fry is often served with either sweetened or unsweetened lingonberries emphasizing the flavour.
Lingonberries contain lots of important vitamins and minerals and they keep well even without sugar. Potatoes work as garnish for the fry when mashed or in some other form.
In its entirety meat fry is a very simple, but delicious food that certainly fills while still being good for your health.

We Finns have been hunters for thousands of years and we have many ways to prepare the meat we get from our numerous forests, and one of them is the tasty but easy-to-cook meat fry. Formerly the people of Lapland brought along to their journeys frozen reindeer meat, from which they cut thin slices to the frying pan. Nowadays we Finns use our biggest herbivores' meat for the fry, meaning a mixture of reindeer and elk's meat. These animals' meat is truly filling, but low on fat and thus very healthy. The fry is served in thin, fully baked slices, and the meat tastes good even when seasoned with only some salt and pepper.

Riistakäristys

Ainekset

4 annosta

4 rkl öljyä tai 10 g rasvaa

500 g jäistä suikaloitua lihaa

3-4 dl vettä

viisi maustepippuria tai 5-6 g rouhittua mustapippuria

3-4 g suolaa



Eeva-Maija Ekman

Timi Friman

Olli Tynkkynen

1. Anna lihan sulaa hieman ennen kuin ryhdyt paistamaan.
2. Paista paistinpannalla lihasuikaleet rasvassa ja vedessä maustepippureiden kanssa kunnes vesi on haihtunut pois ja liha läpikypsää. Lisää halutessasi yksi tai kaksi pieneksi silpuksi pilkottua sipulia.
3. Riistakäristyksen kanssa yleensä tarjotaan joko sokeroitua tai sokeroimatonta puolukkasurvosta, joka tukee hyvin lihan makua. Puolukat sisältävät paljon tärkeitä vitamiineja ja kivennäisaineita ja säilyvät sokeroimattomanakin hyvin. Lisukkeena lihan kanssa tarjotaan perunoita joko muusina tai jossain muussa muodossa. Kokonaisuudessaan riistakäristys on hyvin yksinkertainen, mutta herkullinen ruoka, joka varmasti täyttää ja on silti terveellinen.

Me suomalaiset olemme olleet metsästäväää kansaa vuosituhansien ajan ja meillä on monia eri tapoja valmistaa lukuisista metsistämme saamaamme lihaa, joista yksi tapa on maukas mutta helppo riistakäristys. Ennen lappalaiset matkatessaan kuljettivat mukanaan jäätynyttä poronlihaa, josta vuolivat ohuita lastuja paistinpannulle. Nykyään käristykseen käytetään Suomen suurimpien riistaeläinten lihaa, eli poron ja hirven lihan sekoituksesta. Näiden eläinten liha on hyvin täyttävää, mutta vähärasvaista ja täten hyvin terveellistä. Käristys tarjotaan ohuina, täysin kypsinä suikaleina, ja liha maistuu hyvältä jo pelkästään suolalla ja pippurilla maustettuna.



Mashed Potatoes

Ingredients

750 g potatoes
3 dl milk
75 g butter
1 teaspoon salt



-
1. Wash, peel and boil the potatoes. Tap the water of and mash the potatoes.
 2. Add the milk, butter and salt. Stir until smooth.
 3. Check the flavor.

Potato

Whether mashed, baked or roasted, people often consider potatoes comfort food. It is an important food staple and the number one vegetable crop in the world. Potatoes are available year round as they are harvested somewhere every month of the year.

The potato belongs to the Solanaceae or nightshade family whose other members include tomatoes, eggplants, peppers, and tomatillos. They are the swollen portion of the underground stem which is called a tuber and is designed to provide food for the green leafy portion of the plant. If allowed to flower and fruit, the potato plant will bear an inedible fruit resembling a tomato.

Perunamuusi

Ainekset

750 g perunoita
3 dl maitoa
75 g voita
suolaa



-
1. Pese, kuori ja keitä perunat. Valuta keitinvesi pois ja soseuta perunat tasaiseksi soseeksi sähkövatkaimella.
 2. Lisää soseeseen voi, maito ja suolaa makusi mukaan. Sekoita tasaiseksi.
 3. Tarkista maku.

Peruna

Peruna on yksi keskeisistä ihmisen ravintokasveista. Perunaa viljellään eri puolilla maapalloa, mutta se on osa ihmisten perusravintoa etenkin Euroopassa sekä Pohjois- ja Etelä-Amerikassa.

Euroopassa perunaa on kutsuttu eri nimillä sen mukaisesti millaisena perunakasvin mukula on ulkonäöltään koettu. Euroopan kielten peruna sanat tarkoittavat mukulaa, maapäärynää, maaomenaa ja tryffeliä. Suomen murteissa perunalla on ollut monia nimityksiä ja se viittaa siihen, että 1700-luvulta lähtien vaikutteita perunanviljelyyn saatiin eri suunnista Eurooppaa.

Oona Niemi

Lingonberry Pudding

Ingredients

5 dl water or juice
¾ dl semolina grit
½ dl sugar
¾ dl lingonberry or mashed lingonberries
(or other acid berries)



-
1. Measure the liquid into a kettle and bring to the boil.
 2. Add the semolina little by little while mixing them up by using a wire whisk.
 3. Let simmer for 5-10 minutes on low heat and mix it now and then.
 4. Mix in the berries and the sugar.
 5. Let it cool.
 6. Whisk until fluffy.

Serve the pudding with milk and sugar.

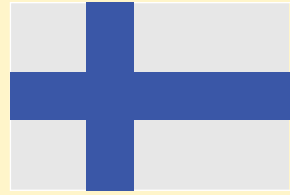


*Students from
Germany and France
in Lahti (Finland)*

Marjapuuro

Ainekset

- 5 dl vettä tai mehua
- $\frac{3}{4}$ dl mannasuurimoita
- $\frac{1}{2}$ dl sokeria
- $\frac{3}{4}$ puolukoita tai puolukkasurvosta
(tai muita happamia marjoja)



-
1. Mittaa neste kattilaan ja kuumenna kiehuvaaksi.
 2. Lisää mannasuurimot pikkuhiljaa vispilällä sekoittaen kiehuvaan nesteeseen.
 3. Hauduta puuroa 5-10 minuuttia ja sekoita välillä.
 4. Lisää marjat ja sokeri valmiiseen puuroon.
 5. Jäähdytä.
 6. Vatkaa kuohkeaksi.

Tarjoillaan maidon ja sokerin kanssa.

Iiris Larmi, Kia Toivola

Karelian Stew

Ingredients

400 g meat for Karelian Stew (200 g beef and 200 g pork)
1 onion
½-1 tsp salt
5 whole white peppercorns
5 whole allspice berries
1 bay leaf
2 dl water

-
1. Cut the meat into cubes and cut the onion into wedges.
 2. Put all the ingredients in a casserole and add enough water to cover half of the meat.
 3. Bake at 200 °C for 1½-2 hours.

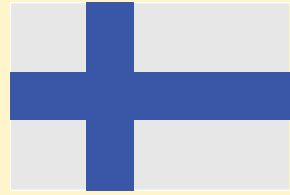
You can serve Karelian Stew e.g. with:
Potatoes, smashed potatoes, garlic potatoes, rye bread, pickled cucumber, lingonberry jam, grated carrot, pickled beetroot.



Karjalanpaisti

Ainekset

400 g lihaa (200 g naudanlihaa ja 200 g sianlihaa)
1 sipuli
½-1 teelusikallista suolaa
viisi kokonaista valkopippuria
viisi kokonaista maustepippuria
yksi laakerinlehti
2 dl vettä



1. Leikkaa liha kuutioiksi ja silppua sipuli.
2. Laita ainekset kattilaan ja lisää vettä, kunnes puolet lihasta on peittynyt.
3. Paista 200 °C asteessa 1½-2 tuntia.

Karjalanpaistia voit tarjoilla perunoiden, muusin, valkosipuliperunoiden, ruisleivän, suolakurkun, puolukkahillon, porkkanaraasteen ja punajuurien kanssa.

Hilpi Holopainen

Strawberry Curd

Ingredients

500 g unflavoured curd
100 ml vanilla sauce
strawberries
(2 teaspoon vanilla sugar)
(2 tablespoon sugar)
(buckthorn berries)

Annikka Oinonen, Maria Ahmas, Meeri Tarvainen

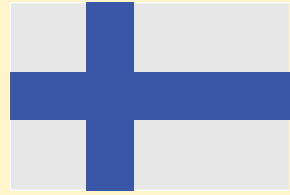
1. Mix unflavoured curd and vanilla sauce.
2. Separate a few strawberries and hash the other strawberries and mix them into the curd-vanilla sauce-mix.
3. Add vanilla sugar and sugar into it and mix.
4. If you like, you can put buckthorn berries (or some other berries) and the rest of strawberries on a curd.
5. Serve cold and enjoy!



Mansikkarahka

Ainekset

500 g maustamatonta rahkaa
100 ml vaniljakastiketta
mansikoita
(2 rkl vaniljasokeria)
(2 rkl sokeria)
(tyrnimarjoja)



1. Sekoita maustamaton rahka ja vaniljakastike keskenään.
2. Ota muutama mansikka erilleen ja pilko muut mansikat ja sekoita ne rahka-vaniljakastike-sekoitukseen.
3. Lisää vaniljasokeri ja sokeri joukkoon ja sekoita.
4. Jos haluat, voit laittaa tyrnimarjoja (tai jotain muita marjoja) ja loput mansikoista rahkan päälle.
5. Tarjoile kylmänä ja nauti!



*Students from
Germany and Finland
in Lahti (Finland)*

Garðaskóli, Garðabær



Garðaskóli is a lower-secondary school for students from 13-15 years old in a town called Garðabær which is located about 14 kilometers from the centre of Reykjavik, the capital of Iceland. Being a part of an affluent society, the school has a canteen, a school library, 3 computer-rooms and it also provides personal lap-tops for all the teachers that they can use at school or at home.

There are 42 certified employees at the school and 17 uncertified, serving 430 students from 8th to 10th grade. The overall aim of the school is to support students in order for them to become responsible individuals and prepare them for further studies as well as taking part in modern society. The school has a principle, an assistant-principle and chairs of grade. Their role is to set over-all aims for the school, handle communications with the local school authorities as well as the Ministry of Education and to make sure that daily work within the institution runs smoothly. Chairs of each grade are also available to teachers and students when needed.

Garðaskóli emphasises the motivation of students to assume responsibility for their own behavior. Upon this groundwork personal growth and mutual respect is developed. This includes goal setting, conflict resolution, restitution and self-evaluation. Students have a sense of belonging focusing on the learner's individual needs provided in a safe and respectful environment.



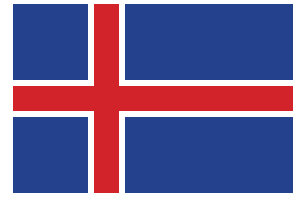
Programme of studies

All the teachers at Garðaskóli are specialized in their subject. Heads of subjects oversee the work within their department in cooperation with their colleagues. Each department works as a team concerning lesson plans, exams, grading and daily professional work.

In grade 8, the classes are of mixed abilities and the emphasis is on giving the students space and time during their first school year to adjust to the working methods, traditions, values and the communication



system within the institution. In grades 9–10, there is streaming in the core subjects of Icelandic, Maths, English and Danish, but mixed ability classes in other subjects. This means, individual schedules for each student and they attend their classes according to the subject, similar to the upper-secondary school system in Icelandic schools. In order to meet the needs of gifted students the school offers upper-secondary level courses.



Support network

The school has two guidance counsellors who play a central role in supporting students to make the most of their school years and help them to plan for the future. The counsellors are available to students and parents to discuss educational, vocational or personal concerns that may affect the well-being of students. The guidance counsellors also lead a group of peer helpers who assist their fellow students in various ways in preventing bullying and maintaining a good atmosphere among the students.

Student activities

The student council is highly effective and organizes all kinds of extracurricular activities in cooperation with the Youth Centre of Garðabær which is located within the school and is open both during school hours, as well as to ten o'clock in the evenings at weekdays. The staff at the youth centre oversees and organizes various social and leisure activities. The youth centre is open three evenings at weekdays and the students can come together to take part in various clubs or just to play a game of cards, play ping pong, listen to music, watch a movie or meet their friends. There are also bigger events such as dances 4-5 times a semester and the school play is usually shown in April. The youth-centre also organizes short school trips in cooperation with the grade level chairs at school.



Garðabær

Garðabær is a town with a population of around 10,000, close to Reykjavík, the capital of Iceland. The local authority in Garðabær provides a high level of services for residents of all ages in pleasant, tidy surroundings.

There are four primary schools in Garðabær as well as three privately operated schools. Garðaskóli provides teaching for children in classes 8–10. The town also has a music school with over 400 students.

The local sport club is called Stjarnan and is one of the biggest clubs in Iceland. Residents of all ages can take part in seven competitive sports or in recreational activities. Garðabær has outstanding sports facilities, swimming pools and excellent outdoor activity areas. There is also a golf course, an equestrian centre, a chess association and other sports groups.

The Design Museum of Iceland is located in the centre of town where you can see the history of Icelandic design. Krókur is a small, traditional Icelandic farmhouse that was rebuilt in 1923 on the site of older turf-roofed buildings. The original farmhouse consisted of a kitchen, bath room and storage shed, but a third section was added during the rebuilding work. Krókur is situated close to the community centre at Garðaholt.

The Hofstaðir archeological site is located in Kirkjulundur, close to the centre of Garðabær. In 1994, the remains of the second largest building from the period of the Viking settlement were found here. The house was built in the 9th century. The remains have been preserved and a public garden built around them. You can see the remains in the gardens, where there are also multimedia displays telling the story of Hofstaðir and the lives of those who lived there over a thousand years ago. The material is presented on touch screens inset in special plinths. The garden won a Nordic NODEM award in 2004 for a digital technology application in a museum setting.

Fish

Scientists agree that fish is good for your health. It is a rich provider of proteins but it also has other nutrients such as selen and iodine. Oily fish, e.g. salmon and halibut are a good source of vitamin D and omega-3 fatty acids. Everyone needs vitamin D to build up bones and omega-fatty acids play various roles within the body such as building up plasma membranes and creating substances which affect the control of blood pressure, blood clotting as well as strengthening the body's immune system. According to scientific researches, fish in general seems to have a positive effect on health and probably there is more than one active substance at work. Therefore it is advisable to eat at least 300 grams of fish per week.

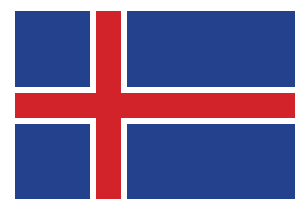
The consumption of fish has decreased in Iceland for the past 20 years, especially among young people. This is a matter of concern, as many believe that fish and fish liver-oil are one of the main reasons for the nation's good health and longevity.

Ever since Iceland became independent, fish has played a big role in our economy, being the biggest export item. Fresh fish and fish frozen at sea is an unparalleled raw material, not to mention the salmon, trout and other freshwater fish which thousands of anglers flock to catch every year, even coming from distant parts of the world. Icelanders have used various methods of curing fish and preparing dishes from it. Fish is salted, smoked, fermented, marinated and dried. All these are old, traditional methods of curing intended to lengthen the storage life of the fish. Today the old methods of preserving fish are still known although not many people like the strong smell and taste of the fermented fish. In spite of that we have traditions that demands that these dishes are eaten. One of them is the Thorrablot, which is a celebration that goes back to pagan ceremonies in Nordic countries. These midwinter festivities are held when the sun begins to rise again in the sky and the days get longer, that is in late January. People get together, sing and dance and eat all kinds of traditional Icelandic food such as smoked lamb, soured briskets of lamb, sheep heads, pressed meat, soured ram testicles, dried fish with butter and fermented shark. Many enjoy the Icelandic schnapps with the shark, but the name of the schnapps is Brennivin, or Black Death. Thorramatur, as these dishes are called is really the most national of everything national in Icelandic food.

Another tradition is to eat fermented skate and salted cod the last day before Christmas. Many restaurants and homes prepare the fish outdoors in order to avoid the strong smell indoors. But it is an unusual mixture for the senses, the smell of the fish, which in some ways is similar to urine and the special smell of Christmas; a combination of apples, cinnamon and Christmas trees.

In the old days the whole fish was used even in surprising ways. Shoes were made from the skin of catfish and sewing needles from haddock bone. Shark was fermented, buried in sandy beaches and sometimes kept there for years before being consumed. Today many fashion designers use skin from various fish to make belts, handbags and all kinds of fashionable things.

There is no end to methods of preparing fish and it does not take long to prepare an appetising fish meal. It can be served as a starter or main course; boiled, fried, oven-baked or as a soup or a stew, the options are plenty. Just take your pick and enjoy.



Fish Stew

Ingredients

Serves 3-4

400 g fillets of haddock (skin and bones removed)
300 g potatoes, boiled and peeled
1 medium sized yellow onion, finely chopped
2-3 dl milk
2-3 dl fishstock
3-4 tbsp flour
3-4 tbsp water shaken with the flour
and used as a sauce thickener
1 tsp vegetable stock cube
¼ tsp white pepper
a little salt to taste



Preparation

Boil the potatoes until tender and peel them. They can also be peeled before boiling. Then cut them into small dice.

Put the fish and the onion to boil in lightly salted water which almost covers the fish. Bring slowly to the boil and cook for a few minutes in a covered pot.

Pour 2-3 dl of the fishstock into another pot with the milk and season with the vegetable stock and pepper. Bring to the boil.

Use the flour and water mixture to thicken the broth until it has the texture of a thick sauce. Stir constantly and boil slowly for about 1-2 minutes.

Put the potatoes, fish and onion into the sauce and mix well.

Season with salt and pepper and even a little pinch of white sugar.

Serve with rye bread and butter and a carrot salad.

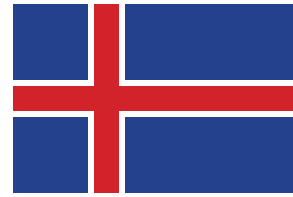


Plokkfiskur

Innihald

Fyrir 3-4

400 gr ýsuflök, roðlaus og beinlaus
300 gr kartöflur, soðnar og skrældar
1 meðalstór laukur, afhýddur og smáttsaxaður
2-3 dl mjólk
2-3 dl fiskisoð, af fiskinum
3-4 msk hveiti
3-4 msk vatn, til að blanda
í hveitið og hrista saman
½-1 tsk grænmetiskraftur
¼ tsk hvítur pipar, duft
Salt eftir smekk



Aðferð

Kartöflurnar eru settar í pott með vatni svo fljóti yfir og þær soðnar þar til þær eru mjúkar í gegn, síðan skrældar. Einnig má afhýða þær áður en þær eru soðnar. Þegar kartöflurnar eru soðnar og afhýddar eru þær skornar í netta bita.

Fiskurinn og laukurinn eru sett yfir til suðu í léttsöltuðu vatni, (ca. 1 tsk. salt) svo vatnið fljóti næstum því yfir fiskinn. Láttu fiskinn hitna rólega upp að suðu í nokkrar mínútur. Notaðu lok á pottinn. Passaðu að fiskurinn sé gegnum eldaður.

Helltu 2-3 dl af fiskisoðinu í annan pott ásamt mjólkinni og bragðbættu með grænmetiskrafti og pipar. Láttu suðuna koma upp á blöndunni.

Þykktu soðið með vatns-og hveitijafningi, helltu jafningnum út í smátt og smátt, eða þar til sósan er orðin mátulega þykk. Hræðu í jafningnum á meðan. Sjóddu rólega í 1-2 mínútur.

Settu kartöflurnar, fiskinn og laukurinn út í sósunu og hræðu í svo fiskurinn losni í sundur og allt blandist vel saman.

Smakkaðu til með salti og pipar og e.v.t. örlitlum strásykri.

Rétturinn er borinn fram með gulrófusalat og jafnvel rúgbrauði.

Fried Trout

Ingredients

Serves 3-4

2 x 300 g trout
2 small red onions
4 tbsp sliced spring onion
white cabbage
30 g bacon
50 g mushrooms
1 dl red wine
1 dl beef stock
150 g butter
salt, pepper, olive oil



Preparation

Wash the fish and dry it. Cut the onions in four pieces. Slice the mushrooms and cut the bacon into small pieces. Fry the bacon without oil in a frying pan and add mushrooms and the onions. Simmer for a while. Add red wine and reduce to 2/3 by simmering. Pour in the beef stock and keep just below boiling point for a few minutes.

Heat the oven to 160 °C. Heat another pan and season the trout. Fry to a golden colour, about 3 minutes on each side. Add 50 g of clarified butter to the pan and place it in the oven. Add 100 g of cold butter to the sauce and don't boil after that. Serve with fried spring onion and white cabbage.



Steiktur silungur

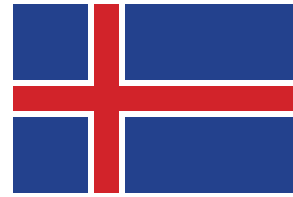
Innihald

Fyrir 3-4

2 x 300 g silungur
2 litlir rauðlaukar
4 msk. niðurskorinn vorlaurur
Hvítkál
30 gr beikon
50 gr sveppir
1 dl rauðvín
1 dl kjötsoð
150 gr smjör
Salt, pipar, ólífuoía



Reykjavik



Aðferð

Þvoiid og þurrkið fiskinn.

Skerið rauðlaukinn í 4 hluta, sneiðið sveppina og skerið beikonið í smáa bita.

Steikið beikonið án olíu í pönnu og bætið rauðlauk og sveppum saman við og látið sjóða saman.

Bætið rauðvíninu saman við og látið sjóða niður í 2/3.

Hellið kjötsoðinu saman við og haldið hitanum rétt undir suðu í nokkrar mínútur.

Hitið ofninn í 160 °C. Hitið aðra pönnu og steikið silunginn þar til hann verður gylltur, u.þ.þ 3 mínútur á hvorri hlið.

Bætið við 50 gr af smjöri og setjið í ofninn.

Bætið 100 gr af köldu smjöri saman við sósuna og látið ekki sjóða eftir það.

Borið fram með steiktum vorlaur og hvítkáli.

Halibut Soup

Ingredients

Serves 3-4

1 kg halibut
1 litre water
1 tbsp white wine vinegar
2 bay leaves
salt
1 tbsp softened butter
1 tbsp flour
12-16 prunes
50 g raisins
juice of ½ lemon
1 tbsp sugar, to taste



Preparation

Clean the halibut and cut it into 1 cm slices.

Bring the water to the boil in a large pan and add the vinegar, bay leaves and some salt.

Add the halibut steaks, bring back to the boil and skim well.

Simmer for 6–8 minutes or when it can just be separated from the bones.

Remove from the heat and skim again.

Strain most of the fish stock into another pan but leave a cupful in the first pan with the fish to keep it warm.

Add the prunes and raisins to the stock and bring to boil.

Mix together the butter and the flour and stir into the stock to thicken it slightly. Let the soup simmer for 5–6 minutes.

Stir in the remaining stock, add lemon juice and sugar to taste.

Serve the soup with the fish.

This soup can also be prepared with trout.

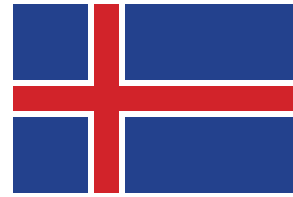
Lúðusúpa

Innihald

Fyrir 3-4

1 kg lúða
1 lítri vatn
1 msk hvítvínssedik
2 lárviðarlauf
salt
1 msk mjúkt smjör
1 msk hveiti
12-16 sveskjur
50 g rúsínur
safí af ½ sítrónu
1 msk sykur eftir smekk

Viking ship in Reykjavik



Aðferð

Hreinsið lúðuna og skerið í 1 cm steikur. Hitið vatnið að suðu í stórrí pönnu, bætið við hvítvínssedik, lárviðarlaufum og salti.

Setjið lúðusteikurnar út í og komið aftur upp suðu og veiðið froðuna vel af. Sjóðið við lágan hita í 6–8 mínútur eða þangað til næstum er hægt að losa fiskinn frá beinunum. Færið fiskinn á fat og veiðið froðuna aftur af. Síið mestu af soðinu í aðra pönnu eða pott en skiljið eftir u.þ.b. einn bolla af soðinu með fiskinum til að halda honum heitum.

Setjið sveskjurnar og rúsínurnar í soðið og komið upp suðu.

Blandið saman mjúku smjörinu og hveitinu og hrærið út í fisksoðið til að þykkja það aðeins. Látið súpuna malla við lágan hita í 5–6 mínútur.

Setjið afganginn af soðinu úti, bætið við safanum af sítrónunni og sykri eftir smekk. Þessa súpa er einnig góð með silungi.

*Students from Teningen
and Garðabær and the
Icelandic principal
Ragnar Gíslason*



Icelandic Meat Soup

Ingredients

Serves 4

150 g lambmeat, diced
1-2 carrots, diced
1 turnip, diced
¼ head white cabbage, chopped
1 celery, chopped
½ yellow onion, chopped
2 cloves garlic, minced
100 g potatoes, diced
1 litre water
1-2 tsp beefstock cube
1-2 tsp vegetablestock cube
a pinch of white pepper
¼ tsp thyme (optional)
1 bay leaf (optional)



Preparation

Put the water, the meat and half of the stock into a pot and bring to boil and let it simmer for about 30 minutes.

Add all the vegetables, the thyme and the bay leaf and cook slowly another 15-20 minutes.

Season to taste with the meatstock and pepper. Serve with freshly baked bread.



Íslensk kjötsúpa

Innihald

Fyrir 4

150 gr lambagúllas í smáum bitum
1-2 gulrætur
1 gulrófa
¼ hvítkálshaus, skorinn smátt
1 sellerístöngull
½ hvítur laukur, skorinn smátt
2 hvítlauksrif fínt söxuð
100 gr kartöflur skornar í teninga
1 lítri vatn
1-2 tsk kjötkraftur
1-2 tsk grænmetiskraftur
hvítur pipar á milli fingra
¼ tsk timían (má sleppa)
1 lárviðarlauf (má sleppa)



Geysir Strokkur

Aðferð

Kjötið, vatnið og helmingurinn af kraftinum er sett í pott og látið sjóða rólega í u.þ.b. 15-20 mínútur.

Þá er öllu grænmetinu bætt í pottinn ásamt timían og lárviðarlaufi, látið sjóða rólega í u.þ.b. 15-20 mínútur.

Að lokum er súpan smökkuð til með kjötkrafti og örlitlum pipar. Súpan er borin fram t.d. með bökuðu brauði.

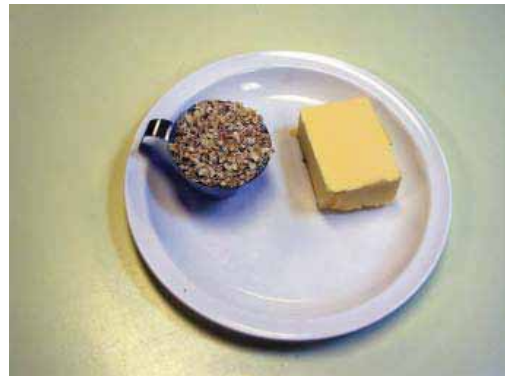


Blissful Marriage

Ingredients

Serves 3-4

2 dl oatmeal
1 dl whole-wheat
1 dl brown sugar
¼ tsp sodium bicarbonate
100 g soft butter
1 egg
ca. ½ dl rhubarb jam



Preparation



Put oatmeal, whole-wheat, brown sugar and sodium bicarbonate in a bowl.

Add the softened butter and the egg.

All the ingredients are mixed well together until you have a solid mixture. It is best to use your hands to blend the dough.

Leave about 1/5 of the mixture

in the bowl and put the rest in a round, buttered cake pan, about 15-20 cm in diameter.

Press the mixture to the bottom of the pan with your fingers and cover it with a thin layer of the rhubarb jam.

Sprinkle the rest of the mixture over the jam.

Bake in a preheated oven, 200 °C, for approximately 20 minutes.

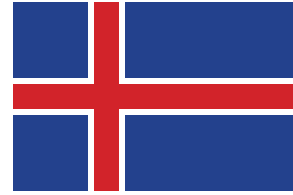
Serve with whipped cream or ice-cream.

Hjónabandssæla

Innihald

Fyrir 3-4

2 dl haframjöl
1 dl heilhveiti
1 dl hveiti
1 dl púðursykur
¼ tsk matarsódi
100 gr smjör, lint
1 stk. egg
ca. ½ dl rabarbarasulta



Aðferð



Haframjöli, heilhveiti, hveiti, púðursykri og matarsóða er blandað saman í skál.

Lint smjör er mulið út í og eggji hrært saman við.

Allt hrært vel saman þar til deigið er orðið ein klessa. Best er að blanda deiginu saman með höndunum.

Ca. 1/5 af deiginu er skilið eftir í skálinni, restin er sett í 15-20 cm

smurt kringlótt form. Deiginu er þjappað í botninn með fingrum og rabarbarasulta smurð yfir.

Deigafgangi er stráð yfir eða mynstur búið til.

Kakan er bökuð við 200 °C í ca. 20 mínútur.

Gott er að bera hjónabandssælu fram með ís eða rjóma.

Pancakes

Ingredients

15-20 cakes

2 1/5 dl flour
1/2 tbsp. sugar
1/2 tsp. baking soda
2 eggs
4 dl milk
1/2 tsp vanilla essence
25 g melted butter or
2 tsp cooking oil



Preparations



Flour, sugar and baking soda are sieved into a bowl.

Beat the eggs and the milk with a fork in another bowl and add the vanilla essence.

Pour half of the egg blend into the dry ingredients and whip simultaneously with a whisk until the batter is smooth.

Add the melted butter or the cooking oil and the rest of the egg blend and mix well.

A pancake pan is heated well and buttered.

Pour about 1/2 dl of the batter on the middle of the pan and quickly swirl it around so the bottom is completely coated.

Bake the pancake for a short while and flip it over with a spatula, take care not to over bake the pancake or it will become hard.

Put the pancake on a plate.

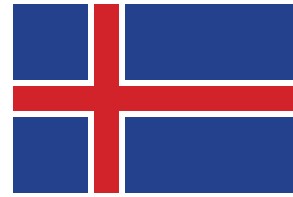
The pancakes are served with jam and whipped cream or rolled up with sugar.

Pönnukökur

Innihald

15-20 stk

2½ dl hveiti
½ msk sykur
½ tsk lyftiduft
2 stk egg
4 dl mjólk
½ tsk vanilludropar
25 gr brætt smjörlíki eða
2 msk matarolía



Aðferð



Hveiti, sykur og lyftiduft er sigtað í skál. Egg og mjólk þeytt saman með gaffli/þískara í annarri skál og vanilludropum bætt út í.

Helmingnum af eggjablöndunni er hellt út í þurrefnin og deigið hrært um leið með þískara/þeytara þar til deigið er orðið kekkjalaust.

Bræddu smjörlíki eða matarolíu er blandað saman við. Restinni af eggjablöndunni hellt út í og hrært vel.

Pannan er hituð vel og smurð með smjörlíki.

Um ½ dl af deigi er hellt á miðja pönnu og deiginu rennt fljótt yfir alla pönnuna. Pönnukakan er bökuð í smá stund.

Kakan er losuð frá börmunum með spaða og spaðanum svo rennt undir kökuna og henni snúið við. Kakan er bökuð aðeins í örstutta stund á seinni hliðinni svo hún verði ekki hörð.

Kökunni er hvolft á disk.

Pönnukökurnar eru bornar fram með sultu og rjóma eða með sykri og vafðar upp.

Fried Breast of Game Birds

with Red Wine Sauce

Ingredients

Serves 4

600 g breast of guillemot, ptarmigan or wild goose, patted dry
15 g butter
a pinch of salt and pepper
¼ finely chopped onion
¼ finely chopped carrot
1-2 cloves pressed garlic
¼ tsp thyme
1 dl red wine
1 dl cream
½ tsp tomato paste
1-2 dl stock or water and 1 tsp meat cube and 1 tsp vegetable cube
maizena to thicken
½ tsp icing sugar if the sauce is too sour

Preparation



Quickly fry the breast meat in the butter, season with salt and pepper and remove from the pan. Melt a little bit of butter. Simmer and stir the onion, carrot, garlic and thyme for a few minutes. Pour in the red wine and boil for a couple of minutes.

Add the stock (or the water and cubes) and the tomato paste. Simmer for 1-2 minutes and then add the cream.

Finally put the breast meat into the sauce, bring to a boil and season to taste with icing sugar and pepper

Bigger breast meat, like goose, need to be put in a warmed oven at 110 °C for about 10 minutes. The meat is best rare to medium-rare.

Served with fried vegetables, fried potatoes and redcurrant jam.

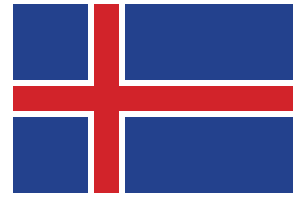
Léttsteiktar villi-fuglabringur

með rauðvíns rjómasósu

Innihald

Fyrir 4

600 gr fuglabringur, svartfugl, rjúpa, eða gæs
15 gr smjör
salt og pipar
¼ laukur
¼ gulrót
1-2 hvítlauksrif pressuð
¼ timian
1 dl rauðvín
1 dl rjómi
½ tsk tómatakraftur
1-2 dl soð eða vatn og 1 tsk kjöt og 1 tsk grænmetiskraftur
Sósujafnari eftir þörfum, en lítið í einu
½ tsk flórsykur ef sósan er of súr



Aðferð



Fuglabringurnar eru brúnaðar á heitri pönnu í smjörinu. Kryddaðar með salti og pipar. Bringurnar eru svo teknar af pönnunni og lagðar til hliðar.

Smá smjóri er bætt á pönnuna og laukur, gulrót, hvítlaukur og timían er látið krauma í smá stund á pönnunni. Hrært í á meðan.

Þá er rauðvíni bætt á pönnuna, það látið sjóða í smá stund.

Síðan er vatni og krafti eða soði bætt á pönnuna, ásamt tómatakrafti og látið sjóða rólega í 1-2 mínútur. Rjómanum bætt út í.

Þegar sýður er sósan þykkt mátulega með sósujafnara.

Að síðustu er fuglabringunum bætt út í sósunu, suðan látin koma upp og sósan smökkuð til, ef þurfa þykir með krafti, flórsykri og smávegis pipar.

Ef notaðar eru bringur af stærri fugli t.d. gæs þurfa bringurnar að fara í heitan ofn, 110 °C í ca 10 mínútur. Kjötið er best lítið eða miðlungs steikt,

Borið fram með steiktu grænmeti, steiktum kartöflum og rifsberjasultu.

Fried Scampi in Garlic Creamsauce

Ingredients

400 g medium sized scampi
1 dl white wine
2 tbs brandy/cognac
2 dl double cream
2 finely chopped shallots
4-5 cloves garlic, finely chopped or crushed
25 g butter
a pinch of salt and pepper
2 tbs finely chopped parsley



Preparation

Cut the scampi in half and remove the gut. Clean under running cold water and pat dry.

Melt half of the butter in a hot frying pan, add the scampi and fry with a pinch of salt and pepper. Toss slowly for a couple of minutes and remove from heat.

Lower the heat and put the rest of the butter into the frying pan.

Add the shallots and the garlic and fry gently for a few minutes.

Add the brandy/cognac, reduce approximately by half, then pour in the cream and let the sauce reduce until slightly thickened.

Season to taste with salt and pepper. Add the parsley and the scampi and heat to boil.

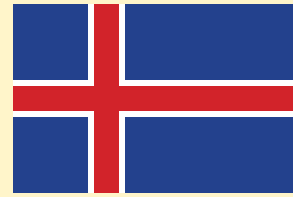
Serve with e.g iceberg salad, lemon wedges and toasted or newly baked bread and butter.

Ristaðir humarhalar

í hvítlauksrjómasósu

Innihald

400 gr meðalstórir humarhalar
1 dl hvítvín
2 msk brandý/koníak
2 dl rjómi
2 fíntsaxaðir skallottlaukar
4-5 hvítlauksrif
25 gr smjör
salt og pipar milli fingra
2 msk fíntsöxuð steinselja



Akureyri

Aðferð



Humarhalarnir eru klofnir í tvennt og görnin fjarlægð og skolaðir í köldu rennandi vatni.

Humarhalarnir eru ristaðir á vel heitri pönnu í helmingi smjörsins, salti og pipar á milli fingra er stráð yfir. Veltið humarhölunum rólega til í smá stund og takið þá síðan af pönnunni.

Smjóri er bætt á pönnuna, laukur og hvítlaukur settur út í og kraumað í smá stund, hrært í á meðan.

Þá er brand i/koníaki og hvítvíni bætt út í og látið sjóða niður til ca helminga. Þar næst er rjómanum bætt út í og hann látinn sjóða niður þar til hann er farinn að þykkna smávegis. Sósan er smökkuð til með salti og pipar. Saxaðri steinselju bætt út í og blandað vel saman við.

Humarinn er settur út í sósuna og hann látinn hitna að suðu.

Humarinn er borinn fram með t.d. jöklasalati, sítrónubáti, ristuðu brauði eða bökuðu með smjóri.

Ptarmigan with Raspberry Sauce

Ingredients

Serves 3-4

2 ptarmigans, skinned and trimmed
20 raspberries
½ dl port wine
½ dl cream
1 dl game stock
2 shallots
Salt and pepper
Olive oil



Preparation

Lightly fry the ptarmigan in a pan. Remove and place in an oven tray and season with salt and pepper. Heat oven to 180 °C. Thicken the game stock. Chop shallots and heat in 1 tbsp oil on the pan. Add port wine and 15 raspberries and simmer for 5 minutes. Add game stock and finally the cream. Simmer for 2-3 more minutes. Place ptarmigan in oven for 5-6 minutes, turn off the heat and leave for 4-5 minutes. Serve with sauce and vegetables according to taste.



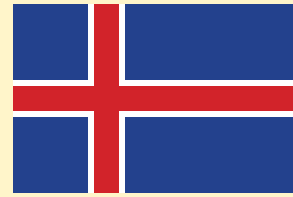
Rjúpur með hindberjasósu

Innihald

Fyrir 3-4

2 rjúpur hamflettar og vel snyrtar
20 hindber
½ dl þúrtvín
½ dl rjómi
1 dl villibráðasoð
2 skalottlaukar
Salt, pipar
ólífuolía

*Students from Teningen
and Iceland in
Teningen-Köndringen
during the grape harvest*



Aðferð

Brúnið rjúpunar létt á pönnu og setjið síðan í ofnskúffu og kryddið með salt og pipar. Hitið ofninn að 180 °C. Þykkið soðið. Steikið laukinn í olíunni á pönnu. Bætið við þúrtvíni og 15 hindberjum og látið malla í 5 mínútur.

Bætið við villibráðasoðinu og að lokum rjómanum og sjóðið í 2-3 mínútur. Setjið síðan rjúpunar í ofninn í 5-6 mínútur, slökkvið á hitanum og látið standa í 4-5 mínútur í viðbót. Bornar fram með sósu og grænmeti að eigin vali.



CHRISTMAS MENU

Skyr Cake

Ingredients

½ package Homeblest oat biscuit, crumbled

1-2 tbs butter

¼ liter cream

250 g vanilla skyr (an Icelandic milk product, similar to thick yogurt)

250 g blueberries or other sweet berries



Preparation

Melt the butter and add the crushed oat meal biscuits. Press together into a mould (approx. 20-25 cm in diameter) and cool.

Whip the cream and mix it gently with the skyr.

Spread the mixture evenly over the biscuits.

Decorate with the blueberries. Other kinds of berries can also be used.

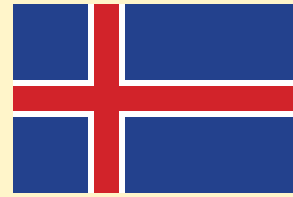
Served cold.



Skyrkaka

Innihald

- ½ pk Homeblest hafrakex, mulið
- 1-2 msk smjör
- 1 peli rjómi
- 1 dós vanilluskyr
- 1 dós bláber eða önnur sæt ber



*School-kitchen in Gardabær
and the teacher
Kristján Rafn Heiðarsson*

Aðferð

Mulið hafrakex er sett á pönnu og smjörið brætt saman við. Kexinu er þrýst í form (kringlótt form, ca. 20-25 cm í þvermál) og látið kólna örlítið. Rjóminn er þeyttur og skyri blandað varlega saman við rjómann. Blöndunni er dreift jafnt yfir kexmulninginn. Bláberjum stráð fallega yfir. Einnig er hægt að nota aðrar berjategundir eða sleppa berjunum og smyrja berjasultu í staðinn. Kakan er látin kólna í ísskáp áður en hún er borin fram.



Crater lake Kerid

Experimental High School, Tianjin

Established in 1923 Tianjin Experimental High School has become one of the five city's key high schools, which are directly under the Educational Committee of Tianjin with its history of 87 years.

Since the very beginning, the school always inherits its teaching style that is to be "Course-devoting, Student-loving, Rigorous, and Explorative" and its learning atmosphere that is "Diligent, Inquiring, Wide-learning, and Steadfast at work". It has brought up a lot of qualified and productive people for the society. Therefore, the school is often referred as "A Famous and Glory School in Tianjin".

The school's educational concept is "to lay a solid foundation for the life-long development for the students". In order to practice the schooling concept, TEHS keeps improving its teaching staff, exploring the quality-oriented education model and advancing towards being a first-rate international school. In 1996, the school was the first, in Tianjin, to set up an international department which focuses on introducing the school to the outside world. The school has kept good relationships with 29 schools from 26 countries and regions around the world. Dozens of teachers and hundreds of students travel abroad each year. It has held five International Forums successively. On the whole, the school set up a platform for its students and teaching staff to face the world and to participate in international competition and development.

TEHS is now marching on its way to the great goals - to be of high quality, to have its own distinguishing characteristics, to be open-minded, to be modernized, to be top-ranked at home and well-known abroad".



The city of Tianjin

As one of China's biggest industrial centers, Tianjin has built up an all-round industrial system with machinery, electronics, textiles, chemicals, metallurgy, foodstuff etc. as its mainstays. The production on a fairly large scale, of arts and crafts like hand-made carpets, Yangliuqing's New Year Pictures printed from an engraved wood plate, Zhang's painted clay figurines, kites etc. holds an important position in the country. Tianjin has already achieved successes in the operation of its Economic and Technological Development Zone in the northeastern part of Tanggu District, covering an area of 33 square km. Tianjin is one of the most prosperous business areas as well as a distribution center for goods and materials in North China.

It's also a key hub of land and sea communications. Its port consisting of Tianjin, Tanggu and Xingang Harbours is an important Chinese Sea port, serving as the most convenient sea outlet for Beijing, North China and Northwest. The port accessible to ocean freighters of ten thousand tons class has opened more than 20 ocean shipping routes. Tianjin has a well-developed road transport network, regular air-service to over 30 cities throughout the country, and inland water shipping, in addition to the pipelines for oil transport.

Tianjin is a famous historical city. The best known scenic spots and historical sites include Ning Garden, Tianhou Temple, Temple of Heavenly Empress, Dule Temple in Ji county, The Great Wall at the Huangya Pass, the Panshan scenery area etc.

Efforts are being made to develop Tianjin primarily into a financial center in North China, an international commercial city and a free port.



Tianjin is a municipality direct under the Central Government, as well as an opening city. It's situated in the eastern part of the North China Plain, covering an area of 11,300 square km. and with a population of six million.

It has a semi-humid continental climate in the warm Temperate Zone. With an annual average temperature of 12 degrees centigrade, and rainfall of 590 millimeters, it has 220 frost-free days per year. It's rich in petroleum, natural gas and sea salt along the coastal area.

Tianjin is fairly warm comparing to other cities that lies at the very north part of China. Tianjin's lowest temperature is only around ten degrees below zero, so you don't need to be expert at handling coldness to visit Tianjin. Tianjin is located closely to the sea, that's why it is one of China's biggest cities with import and export goods. If you ever come to Tianjin, you may have a look at the port which is surely a good place worth visiting.



85th anniversary of the Experimental High School Tianjin



Rice

Rice is the seed of a monocot plant *Oryza sativa*. As a cereal grain, it is the most important staple food for a large part of the world's human population, especially in East, South, Southeast Asia, the Middle East, Latin America, and the West Indies.

It is the grain with the second highest worldwide production, after maize.

Since a large portion of maize crops are grown for purposes other than human consumption, rice is probably the most important grain with regards to human nutrition and caloric intake, providing more than one fifth of the calories consumed worldwide by the human species. The traditional method for cultivating rice is to flood the field while, or after, setting the young seedlings. This simple method requires sound planning and servicing of the water damming and channeling, but reduces the growth of less robust weed and pest plants that have no submerged growth state, and deters vermin.

There are many varieties of rice such as laweed; for many purposes the main distinction is between long and medium-grain rice. The grains of long-grain rice tend to remain intact after cooking; medium-grain rice becomes stickier. Mediumgrain rice is used for sweet dishes. Rice is cooked by boiling or steaming, and absorbs water during cooking. It can be cooked in just as much water as it absorbs.

Electric rice cookers, popular in Asia, simplify the process of cooking rice. Rice is often heated in oil before boiling, or oil is added to the water, this is thought to make the cooked rice less sticky.



Assorted Steaming Eggs

Ingredients

2 eggs
diced pork
four shrimps
cucumber

Seasonings

ginger
salt
soy sauce
vinegar
sesame oil



Preparation

Take 2 eggs and stir them in a bowl.
Put the pork and shrimps in a bowl; add a tablespoon of salt and a little bit of ginger. While stirring, add cool water (water:egg = 2:1).
Now heat it up till it boils.
Reduce the heat and let it steam for 7 minutes.
Afterwards add soy sauce and sesame oil to complete the meal.



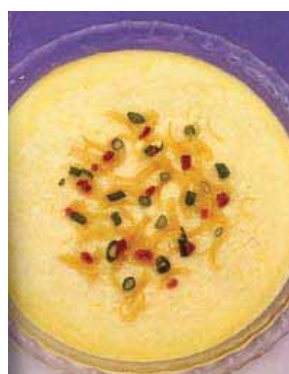
*Chinese students in
Teningen (Germany)*

什锦蒸蛋



原料：鸡蛋（2只），猪肉丁少许，虾仁4只，黄瓜丁适量。

调味料：姜末，盐，酱油，醋，香油。



-
- 做法：1.取两只鸡蛋，打在碗里。将猪肉丁和虾仁丁一起放入蛋液中，
放一小勺盐，少许姜末，边加水边搅拌
(凉开水，水与蛋液的比例为2:1)。
- 2.蒸锅加水。锅开后将碗放置其中，用中火，蒸大概7分钟。
- 3.蒸好后取出碗，将酱油、醋、香油（少许），分别加入碗中。
- 4.完成，即可食用。



Babao Porridge

Ingredients

100 g rice
100 g polished glutinous Rice
20 g Chinese dates
20 g green soy
20 g red beans
20 g lotus seed
20 g Lycium chinensis
20 g peanut
20 g white sugar
a little bit salt



Preparation

Put the Chinese dates into cold water for 20 minutes, then wash the skin. Put the Chinese dates, green soy, red beans, lotus seed, lycium chinensis and peanuts together and wash them clean. Wash the rice and polished glutinous rice, clean and put them into a boiler, use the small fire to cook them for 40 minutes. Put the ingredients together and mix them for a few minutes. Add the white sugar and a little bit of salt to the porridge. Now you can enjoy the Babao Porridge yourself.

Basic peculiarity:

*It is good for your stomach, helpful for digestion.
Reduces weight.*

八宝粥

原料：香米 100 克，糯米 100 克，金丝枣、绿豆、红豆、莲子、枸杞，花生，各 20 克，白糖适量，盐少量。



International meeting in Teningen (Germany)



- 制作方法：1.红枣用冷水浸泡 20 分钟后，再洗净外皮；把绿豆、金丝枣、百合、莲子等洗净，一起放备用。
- 2.糯米、香米洗净后置锅中，用小火煮 40 分钟。
- 3.把准备好的原料放在锅内再放入煮一下，然后放入白糖，再加少量盐以免过于甜腻。
- 4.现在你可以享用你亲手做的八宝粥了。

基本特点：健脾养胃，帮助消化，有利减肥。

Beef Fried Onion

Ingredients

250 g beef
200 g onion
one pepper
4 g salt
one egg
5 g soy
10 g starch



Preparation

Wash the beef and cut it into pieces. Add salt starch egg and mix, let it rest for 15 minutes Wash the onion and pepper then cut them into pieces. When the oil is hot, put the beef into hot oil, make it scattered. Then take the beef out of the oil. Leave a little oil then put the onions in it. Add salt, soy and pepper - then fry.



Chinese students and the teacher Yue Changming in Endingen (Germany)

洋葱炒牛肉

原料：牛肉 250 克，洋葱 200 克，红椒 1 个。

辅料：盐 4 克，淀粉 10 克，鸡蛋 1 个，酱油 5 克。



*Experimental High
School (Tianjin)*

做法：1. 牛肉洗净切片，加盐、淀粉、鸡蛋抓匀，腌制 15 分钟；

洋葱和红椒洗；净切片。

2. 油烧热，倒入牛肉片滑散后捞出。留底油，放入洋葱片翻炒，

再倒入牛肉翻炒片刻，加盐、酱油炒匀出锅

*Zhang Hong (Principal) and
Wang Shukai (former Director
of International Dept.)
Experimental High School
(Tianjin)*



Cashews with Shrimps

Ingredients

250 g shrimps
7 g cashews
5 g shallot pieces
10 flaky ginger
an egg white
300 g peanut oil
40 g white sugar
25 g amylum
50 g Chinese yellow wine
10 g salt
16 g sesame oil



Preparation

Clean the shrimps and squeeze out a littler water. Then mix it with an egg-white and some cornflour. Marinate the cashews in sugar water for 30 minutes. Put the cashews and 300 g peanut oil into a pan. After frying the cashews take them out. Now fry the shrimps in the same oil. When they are well done take them out. Add 25 g of amylum, some dried ginger and some chopped onions to the oil to flavour the oil.

Now add the shrimps and a little bit of Chinese yellow wine. Keep stirring and add salt, some sesame oil and the cashews. Serve your meal on a nicely decorated plate.

腰果虾仁

原料：250g 虾仁、75g 腰果、5g 葱段、10 小片姜、1 个蛋清 300g

花生油 40g、白糖 25g、淀粉 50g、料酒 10g、盐 16g、香油



*Chinese students
and the teacher
Yue Changming in
Teningen
(Germany)*



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- 操作：1、虾仁洗净后挤去水，拌入鸡蛋清、淀粉上浆。
- 2、腰果放在白糖水里浸泡 30 分钟，投入六成热的 300g 油里，炸熟后捞出沥油。
- 3、虾仁也倒入六成热的油中，滑透后捞出沥油。
- 4、炒锅上火，放 25g 油烧热，放入姜片、葱段煸炒出香味，放虾仁，烹料酒，放盐和少量香油迅速炒匀，再放入腰果炒匀，装盘即可。

Chicken with Coke

Ingredients

one can of coke
250 g of chicken wing
peanut oil
sugar
soy sauce



Preparation

1. Prepare ingredients:
One can of coke; 250 g of chicken wings; peanut oil; sugar and soy sauce.
2. Put few oil in a pan, put the wings, pour into coke after changing countenance.
3. Braise for 15 minutes.

*This dish tastes sweet and nice. Lots of people love it.
Chicken with coke is a nice dish to eat for dinner and it's not expensive, either.*

可乐鸡的制作方法

作料：花生油适量，可乐一听，鸡翅半斤，白糖少许，酱油等

做法：将鸡翅洗净，并用刀割两道口子，以利进味。



- 1.油开后，加糖少许，将鸡翅顺锅沿滑入滚烫的油中，适时翻动，待外皮泛黄之后，倒入足量可乐没过鸡翅，倒入适量酱油。
- 2.待可乐几近熬尽，即可出锅，出锅后可乐呈粘稠状。

可乐鸡做出来的味道是甜中带有鸡肉的香香的味道，因为可乐鸡做起来是将可乐的水分蒸发掉，留下的是可乐的剩余成分加上做可乐鸡时加放进去的佐料的味道，鸡肉的表面会留存可乐除水分以外的剩余成分，而因为在慢火中炖了一段时间，鸡肉之中自然也进入了可乐和其他佐料的味道，所以它有一丝甜甜的味道，不过假如你也喜欢辣的话，你也可以在做可乐鸡的时候加入一些小干辣椒，或许你会尝到不一样的味道哦！

可乐鸡甜而不腻，价格也并不贵。深受人们的喜欢，但这道简单的菜肴却没有人知道它的发明者。

Dumpling (Jiaozi)

Ingredients

Jiaozi dough

3 cups all-purpose flour
1 1/4 cups cold water
1/4 teaspoon salt



Filling

1 cup ground pork or beef
1 TB soy sauce
1 teaspoon salt
1 TB Chinese rice wine or dry sherry
1/4 teaspoon freshly ground white pepper, or to taste
3 TB sesame oil
1/2 green onion, finely minced
1 1/2 cups finely shredded Napa cabbage
4 tablespoons shredded bamboo shoots
2 slices fresh ginger, finely minced
1 clove garlic, peeled and finely minced

Stir the salt into the flour. Slowly stir in the cold water, adding as much as is necessary to form a smooth dough. Don't add more water than is necessary. Knead the dough into a smooth ball. Cover the dough and let it rest for at least 30 minutes.

While the dough is resting, prepare the filling ingredients. Add the soy sauce, salt, rice wine and white pepper to the meat, stirring in only one direction. Add the remaining ingredients, stirring in the same direction, and mix well.

To make the dumpling dough: knead the dough until it forms a smooth ball. Divide the dough into 60 pieces. Roll each piece out into a circle about 3 inches in diameter.

Place a small portion (about 1 level tablespoon) of the filling into the middle of each wrapper. Wet the edges of the dumpling with water. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Continue with the remainder of the dumplings.

To cook, bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Bring the water to a boil, and add 1/2 cup of cold water. Cover and repeat. When the dumplings come to a boil for a third time, they are ready. Drain and remove. If desired, they can be pan-fried at this point.

饺子

原料：牛肉馅 1000 克 胡萝卜 500 克 洋葱 50 克 鸡蛋 1 个 精盐 10 克 胡椒粉 5 克 料酒 15 克 酱油 25 克 味精 15 克 香油 25 克 精炼油 30 克 淀粉 50 克



制馅：将胡萝卜用擦板制成胡萝卜泥，牛肉馅加入胡萝卜泥、洋葱末和匀，再加入精盐、胡椒粉、酱油、味精、香油、淀粉、鸡蛋液，沿同一方向拌匀，饺子馅就准备好了。

和面：先在面粉里加适量的水，充分和匀，慢慢一点一点的往里加水，加到刚刚好把所有的干面粉都和进去。和到面不粘手为止。

饧面：将面旁置 10 分钟

擀饺子皮：用擀面棍将做好的剂子擀成饺子皮。

包饺子：将馅放入擀好的饺子皮中，合拢两边捏紧。一个饺子就诞生了。

下锅：先将水煮沸，将饺子放入锅中，但要注意不要放过多。防止饺子粘连。偶尔搅动一下水，等饺子漂浮起来就算熟了。

Jellyfish with Cucumber

Ingredients

150 g jellyfish
two bars of fresh cucumbers
a little bit coriander
a spoon of salt
soy sauce
two spoons of sesame oil
white sugar
gourmet powder



Preparation

1. Wash the coriander clean and cut them into small pieces.
2. Wash the fresh cucumbers and cut them into thin bars for about 3 cm long, then add some salt and mix them.
3. Wash the jellyfish and cut them into thin bars of 3 cm.
4. Put the jellyfish into boiling water for a few seconds. Then take them out, put them into cold water for about 2 hours.
5. Squeeze out the excess water of the cucumbers and jellyfish. Put everything into a bowl, add coriander, white sugar, salt, soy sauce, sesame oil and gourmet powder, mix them.
6. Now enjoy the jellyfish with the cucumber.

Basic peculiarity: Reduces weight. It is also good for your lungs.

凉拌蜇皮

材料：海蜇皮 150 克，嫩黄瓜 2 条，香菜少许，精盐 1 汤匙，酱油、香油各 2 汤匙，白糖、味精各少许。



制法：1、香菜洗净，切成 3 厘米长的段。

2、将嫩黄瓜洗净后切成 3 厘米长的细丝，放入碗内撒上半汤匙精盐拌匀。

3、将海蜇皮洗净，切成 3 厘米长的细丝。

4、将蜇皮丝放入开水中稍烫一下即捞出，放盆内加入冷水浸泡 2 小时。

5、将黄瓜丝挤去水，放盘内，将蜇皮丝捞起，挤去水分，放在黄瓜丝盘内；将葱丝、香菜段加在海蜇皮丝与黄瓜丝上，再加入白糖、精盐、酱油、香油和味精，拌匀即成。

6、现在你可以享用你亲手做的凉拌蜇皮了。

Sautéed Sliced Pork, Eggs and Black Fungus

Ingredients

150 g pork
150 g of eggs
5 g dried black fungus
50 g of cucumbers
5 g salt
3 g of soy sauce
5 g cooking wine
80 g of oil
a little sesame oil



Introduction:

It is a famous dish in the north of China.

Styles of cooking: Beijing cuisine.

Preparation

1. Cut the pork into small pieces. Knock eggs into the bowl, then use the chopsticks to make the eggs uniform.
2. Blister dry fungus additional 5 minutes, remove the roots, cut into pieces. Cut the cucumber into small pieces, then cut the green onions and the ginger.
3. Heat oil, put eggs into the pan, then set them in the plate.
4. Heat some oil again. Put meat in it and stir-fry. When the meat turns white, add green onions, ginger, cooking wine, salt and the soy sauce. After that, add fungus, eggs and cucumbers, stir-fry together. When its almost finished, add some sesame oil.

This dish is really beautiful to look at and delicious. If I get the chance, I will cook it for you and light up your faces!

木须肉

简介：北方家常名菜。在北方地区广泛流传。以猪肉、鸡蛋、木耳、黄花菜为主料，炒制而成。其色绿、黄、红、白、黑五色相间，其质软、嫩、滑、爽，香气浓郁，咸鲜可口。



原料：猪瘦肉 150 克，鸡蛋 150 克，干木耳 5 克，黄瓜 50 克，盐 5 克，酱油 3 克，料酒 5 克，油 80 克，香油少许。

-
- 制作方法：1、将猪瘦肉切成长 5、宽 0.3、厚 0.3 厘米的丝。鸡蛋磕入碗中，用筷子打匀；
- 2、干木耳加开水泡 5 分钟，去掉根部，撕成块。黄瓜斜刀切成长 2 厘米的段，放平后直刀切成片，片形状即为菱形。葱、姜切成丝；
- 3、炒锅上火，加油，烧热后加入鸡蛋炒散，使其成为不规则小块，盛装在盘中，即为所说的木须；
- 4、炒锅上火，加油烧热，将肉丝放入煸炒，肉色变白后，加入葱、姜丝同炒，至八成熟时，加入料酒、酱油、盐，炒匀后加入木耳、黄瓜和鸡蛋块同炒，成熟后淋入香油即可。

Tomatoes & Eggs Noodles

Ingredients

2 tomatoes
2 eggs
caraway
noodles

Flavouring

scallions
ginger
salt
MSC
sugar
ketchup



Preparation

1. Cut the tomatoes and stir the eggs in a bowl. Pour some oil in a pan, put the scallions and ginger in it.
2. Put tomatoes in the pan, fry them. Add the noodles. If you like, you can also add some ketchup. After three minutes, put the eggs in it.
3. Add salt, sugar, MSC and caraway.

Completed. Ready to eat.



西红柿鸡蛋面

原料：鸡蛋 2 个，西红柿 2 个，香菜，面条

调料：葱，姜，盐，味精，糖，番茄酱



-
- 操作：1、切西红柿，将鸡蛋打在碗中并搅拌。在锅中加油，放入葱和姜。
- 2、将西红柿倒入锅中并翻炒。加入面条。根据个人口味的不同，可以加入番茄酱。三分钟后放入鸡蛋。
- 3、加入盐，糖，味精和香菜。
- 4、完成。



Yangzhou Fried Rice

Ingredients

50 g ham
104 g shrimps
two eggs
35 g peas
½ onion
a carrot
100 g rice
½ shallot
5 dipperful plant oil (one dipperful about 4 ml)
½ dipperful soy sauce
½ dipperful powder of chicken soup
2 dipperful salts



To make the shrimps, clean without head, carapace and tail them. Cut the ham, the shallot, the carrot and the onion into small pieces, scatter the eggs into yellow uniformity liquid.

To cook the water in the pan seething, put one dipperful of salt in, pour peas in the pan to quick-boil for 3 seconds. Put the peas in cold water for six seconds, use scoop to dry the peas.

Use pan to heat 2 dipperful of oil. Use small fire to saute the ham pieces, pour in shrimps, saute them until turning red, put them in small bowl for store.

Continue to heat 3 dipperful of oil, saute the shallots in middle fire to extract the aroma, pour the egg liquid in the pan, then wait for 10 seconds, put the boiled rice in, stir-fry them to make the eggs into small pieces, and the rice turn yellowy.

Pour ham, shrimps, peas, onion and carrot in the pan, use middle fire to saute them with the rice and eggs for 10 minutes, until everything in the pan is mixed together.

Turn off the fire, take the advantage of heat to put in 1/2 dipperful of soy sauce, 1/3 dipperful of salt, 1 dipperful of chicken soup powder, mix until it turns yellowy, then serve it on a hot plate.

扬州炒饭

1、原料

50g 火腿、104g 基围虾、2 个鸡蛋、35g 青豆、1/2 个洋葱、1 个胡萝卜、100g 米饭、1/2 根葱、5 汤勺 精炼植物油(1 汤勺约 4ml)、1/2 汤勺酱油、1/2 汤勺鸡粉、2 汤勺盐



2、操作

基围虾去头尾，剥皮洗净，火腿、洋葱、胡萝卜切丁，葱切成葱花，鸡蛋打散成蛋液。

烧开锅内的水，加入一汤勺盐，放入青豆焯烫 30 秒。捞起后用冷水浸泡 6 秒，沥干备用

烧热 2 汤勺油，用小火煸香火腿丁，倒入基围虾均匀炒至变红，盛入盘中备用

继续烧热 3 汤勺油，放入葱花炒出香味，倒入蛋液等待 10 秒，放入白米饭大火快炒至鸡蛋松散，米粒呈金黄色。

倒入火腿丁，虾，青豆，洋葱和胡萝卜中火翻炒约 1 分钟，直至各种菜品均匀混合。

闭火后，趁热加入 1/2 勺酱油，1/3 勺盐，1 勺鸡粉，快速翻炒至色泽均匀微黄，装盘出锅。

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