

## ***Project***

***Keep Fit and Active - Be Healthy and Happy***

***2010 - 2012***



## **Teenager Cookery Book**

**Easy – Funny - Tasty**



## INTRODUCTION

Probably nothing can ever be better than traditional, well balanced, elaborate cuisine that took our parents years to learn its secrets. However it does happen sometimes that your parents are simply not able to provide you with this kind of meal or you jump out with an idea of inviting a couple of friends. In these situation usually there is a simple solution – “Let’s call for pizza”. Yet, aren’t we fed up with that tired old dish? Why not surprise your family and friends treating them with one of your specialities. This book is meant to make you realize that to prepare a dish that is not only tasty but although healthy and nutritive does not necessary need to be a big enterprise. The choice of recipes was dictated by a couple of rules, which means that your activity in the kitchen will be fun without any harm to you or the equipment. First of all the preparation time is reasonably short, as there is no doubt that teenagers have hundreds much more interesting things to do than the kitchen slog. Next condition is the level of difficulty – teenagers get enough complicated tasks at school, so even easy dishes are challenging enough. As the users of our cookery book come from eleven different countries throughout Europe, and not only, the ingredients are meant to be simple and popular everywhere. Another thing is that, as not to ruin your parents budget, most of the dishes consist of low cost products. Still, depending on their appetite, you can feed four to six people. If you need more or less portions, just you need to calculate the ingredients.

What makes this book special is the fact that cooking according to its recipes, being not time consuming, not exhausting and not expensive, at the same time creates something that is healthy and tasty. There is nothing to be afraid of - teenage cooking really can be fun and delight How much? You will never know unless you try.

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# SNACKS



# EGG MUSHROOMS



## **Ingredients:**

6 hard boiled eggs,  
3 small tomatoes,  
100 g of grated cheese,  
4 tbs of mayonnaise,  
salt and pepper

1. Cut the eggs tops and take out the yolks.
2. Blend the yolks with mayonnaise and cheese, season with salt and pepper.
3. Fill the eggs with the paste, cover them with half of the tomato and serve.

# CHICKEN SALAD



## Ingredients:

1/2 loaf of French bread, 1/2 a glass of oil,  
3tbs of grape vinegar or lemon juice,  
2 cloves of garlic, 2 chicken breasts,  
4 tomatoes, 1 iceberg lettuce,  
1tbs of dried basil or 3 tbs  
of chopped fresh leaves, salt, pepper

1. Wash the meat, cut in stripes, season with salt and pepper.  
Heat the pan with 4 tbs of oil and fry the meat.
2. Dice the bread and fry it until it gets crispy.
3. Blend oil, vinegar or juice, garlic and a pinch of salt and pepper.
4. Dice tomatoes and cucumbers
5. Mix all the ingredients with the sauce and serve.

*You can serve it also with yoghurt dressing: mix 1 glass of yoghurt with some lemon juice, add 1 tbs of herbs and season with salt and pepper.*



# GREEK SALAD



## Ingredients:

tomatoes

onion, cucumber

green pepper

feta cheese

olives, oregano

salt, olive oil

1. Cut tomatoes into wedges, slice cucumber and onion.
2. Add green pepper cut in slices, feta cheese and olives.
3. At the end, add oregano, salt and olive oil.

# VEGETABLE STICKS WITH THREE DIPS



## Ingredients for the vegetable sticks:

- 1 cucumber
- 1 – 2 cabbage turnips
- 1 zucchini (green squash)
- 1 – 2 sweet peppers
- 2 – 4 carrots
- some celery stalks and
- 1 radish

Clean and peel the vegetables as necessary and cut everything in even stripes of about 0,5 cm breadth.

## Ingredients for the Dipsauces:

Basic sauce	150 g crème fraiche the juice of a lemon 150 g yogurt 2 tbs curd cheese (Quark) ½ tsp salt 1 tsp pepper	Put all the ingredients in a mixing bowl. Stir with the eggbeater until it is smooth.
Cucumber - dip	½ cucumber, a bunch of chive, 1 clove of garlic	Peel half a cucumber and grate it. Add 1 tbs of minced chive and a freshly pressed clove of garlic. Mix with the basic sauce.
Curry-dip	1 apple, 1 tbs curry	Peel the apple and grate it, add 1 tbs curry. Mix with the basic sauce.
Manhattan-dip	3 tbs tomato ketchup 4 – 6 dashes of Tabascosauce 1 tbs honey	Mix all the ingredients for the Manhattan-dip with the basic sauce. Mix with the basic sauce.

## White bread or baguette:

cut the bread in slices and serve it in a bread-basket.



# Endive salad with orange



## Ingredients:

olive oil  
orange grated zest  
sherry Vinegar  
a teaspoon sugar  
juice of 1/2 orange  
2 endives, tuna, sultanas  
peeled walnuts, strip red pepper

1. Mix the oil with the orange zest and orange juice on a medium bowl.
2. Add a teaspoon of sugar.
3. Place the rinsed endive on a shallow dish and pour the dressing into the endive.
4. We let soak 5 minutes.
5. Put a bit of tuna on each endive, a piece of peeled walnuts and raisins.
6. Decorate with a strip of red pepper and ready to eat.

# VEGETABLES



Vegetables should be an easy and healthy way of snacks; low in calories, high in vitamins, minerals and fiber.

## **Ingredients:**

carrots, swede and cucumber

Cut lengthwise and dip into sour cream with spice mix.

# FRUIT STICKS



## Ingredients:

cheese, grapes

cherrie, tangerines

sticks

1. Start off by washing all the fruit.
2. Then cut tangerines and cheese in smaller pieces.
3. Take the sticks and start putting the ingredients randomly on it, anyway you will do it, it will look and taste good.
4. You can also use any kind of different fruits, which you like the most.

# ZUCCHINI BALLS



## **Ingredients:**

1 kg zucchinis, 1 egg, salt,  
pepper, 1 chopped onion,  
flour, parsley, oil grated,  
cheese – feta

1. Grate in a hand grater the zucchinis and squeeze them to extract the containing water.
2. Put the grated zucchinis, the onion, parsley, salt, and pepper, the egg, some oil, cheese, flour and bread in a bowl.
3. Knead well to blend the ingredients (in order for the dough to be firm, add flour).
4. Leave the dough in the fridge for a while and then shape the zucchini balls and fry them in olive oil.

# SERRANO HAM



## **Ingredients:**

Serrano ham,  
honey melon,  
scrambled eggs  
tomatoes

Served with flatbread and butter.

# WARM SANDWICHES



## **Ingredients:**

*for 4 people*

4 slices of white bread  
margarine / butter  
4 pineapple slices  
oregano  
4 slices of ham  
some grated cheese

1. Put fillings on bread slices. First margarine / butter, then ham and pineapple last on bread.
2. Sprinkle with oregano and then with grated cheese on top.
3. Heat oven to 250° C.
4. Keep the sandwiches there for about 5 minutes.

## **Milkshake**

*for 4 people*

250 g curd / natural yoghurt  
3 dl orange juice  
4 dl strawberries  
1 banana

Pour curd to the blender, add orange juice, then strawberries and sliced banana. Put the blender on and wait. It's ready when everything is blended into a drink.



# BLUEBERRY PIE



## Ingredients:

### THE DOUGH

200 gr margarine  
3 dl sugar  
2 eggs  
6 dl wheat flour  
sugar  
2 tea spoons baking powder

### THE FILLING

2-3 dl blueberries  
2 dl sour cream  
0,5 dl sugar  
1 tea spoon vanilla  
1 egg

### THE DOUGH:

1. Mix the margarine and sugar. Whip it into a foam.
2. Add the eggs one by one. Stir strongly.
3. Mix the flour and the baking powder. Add them into the dough.
4. Put some butter and flour into the cake mould (diameter ca 27 cm). Then cover it with the dough.
5. Put the blueberries into the mould.

### THE FILLING:

1. Mix the sour cream , sugar, vanilla sugar and the egg. Pour the mix on top of the berries.
2. Bake the pie in the middle of the oven in 175 degrees for about 60 minutes.

**TIP:** You can make the pie with other berries or, for example, with apple slices.

# SANDWICH WITH TUNA



## Ingredients:

sandwich bread (plain or wholemeal)  
tuna  
mayonnaise  
corn  
peppers  
olives  
rice cakes

1. In a bowl, mix tuna, sliced olives, and mayonnaise and sprinkle with lemon juice.
2. Cut the peppers into thin strips and boil them. Strain them and put them aside in a cool place.
3. Cut the slices of bread and brown them in the oven. Spread the tuna mixture and the sliced pepper on the slices of bread.
4. Serve the sandwiches with rice cakes cut into sticks.

# TUNA SALAD



## **Ingredients:**

a can of tuna in oil  
1 spoonful of mayonnaise  
lemon, salt and pepper to taste  
a pickled cucumber  
a baguette  
olives and herbs for decoration

1. Take the tuna off the can, smash it, and add 1 tablespoon of mayonnaise.
2. Mix a few drops of lemon juice, salt and pepper to taste.
3. Finely chop the pickled cucumber and add it to the mix.
4. Spread the composition onto toasted slices of baguette or stuff it into a hollowed tomato, green pepper or capsicum
5. Decorate with slices of lemon, olives or herbs.

# CRAB STICKS RILLETTE SANDWICH



## **Ingredients:**

*Whole meal bread slices*

crab sticks

mayonnaise, crackers

shredded carrots

slices of smoked salmon

1. Crumble the crab sticks in rillettes and mix with mayonnaise.
2. Fill the bread with the mixture and the grated carrots.
3. Serve sandwiches with strips of smoked salmon and crackers.

# PATE



## **Ingredients:**

shrimps or other sea food

onion

mayonnaise

olive oil

1. Mix the shrimps with the olive oil, the chopped onion and the mayonnaise;
2. Put the mixture into the refrigerator, and it is ready to serve.

# PIZZAROLLS



## Ingredients:

3 – 4 rolls  
100 g boiled ham, 50 g salami  
¼ green pepper, ¼ red pepper  
½ a glass of white mushrooms  
125 g Gouda cheese  
150 ml whipped cream  
¼ tsp oregano

1. Cut the rolls into halves.
2. Dice the boiled ham, salami, green and red pepper into small cubes.
3. Slice the white mushrooms.
4. Grate the cheese.
5. Mix everything (except the rolls! :)) together.
6. Put the mass on the roll halves and place them on the baking tray.
7. Bake them in the oven for 10 minutes at 200° C.



## COTTAGE CHEESE MIX



### Ingredients:

250 g cottage cheese  
finely cut dill  
caraway seeds  
1 teaspoon of sour cream

*All the ingredients above are mixed until the composition becomes soft and foamy, then the hollowed vegetables are filled with it.*

## Feta Cheese mix

250 g feta cheese  
finely cut onion, to taste  
finely cut parsley, to taste  
caraway seeds, to taste  
a spread of cayenne pepper to taste

1. Mix all the ingredients above (or any combination of them) and stuff the hollowed tomatoes, green peppers and capsicums with the composition.
2. On special occasions , if you want to impress the guests, you can vary the ingredients within every recipe, so that you may have many goodies on the platter in no preparation time at all

# DAKOS



## Ingredients:

2 or more large barley rusks,  
1 large tomato, 100gr feta cheese,  
a small chopped onion,  
olive oil and olives, oregano, salt

1. Take 1 large barley rusk (slightly wet) and put it on a dish.
2. Cut the tomato into cubes and spread on the rusk.
3. Add olive oil, feta cheese cut in pieces, salt and oregano on the top.

# PITA



## Ingredients:

4 dl warm water,  
4 teaspoons instant yeast  
2 tablespoons of oil, 1/2  
teaspoons salt  
2 teaspoons sugar,  
9 dl wheat

1. Heat the oven 220 – 250°C
2. Mix all dry matter together, then add water.
3. Knead the dough until it is soft and smooth and just a little sticky to the touch. Add a little flour or water if necessary.
4. Let the dough rise in a warm place for about 15 minutes.
5. Cut the dough into 6 to 8 pieces. Work with one piece at a time, keeping the rest covered with a damp cloth. On a lightly floured counter, with lightly floured hands, shape each piece into a ball and then flatten it into a disk (about 1 cm thick). Allow the dough to rest for 10 minutes at room temperature.
6. Bake for 6 – 8 minutes or until the bread is fully lifted and has a golden brown color.
7. Let the bread cool for about 6 minutes until you split the end of it and fill with salad of your own choice and 2-3 tablespoons of sauce.

## **Idea of filling:**

*ground beef or ham, red onion (cut into small), pepper (cut into small), cucumber (cut in slices)*

## **Sauce:**

*125 ml. Yougurt, 1-2 teaspoons, 1 tablesp. Oregano, 1 clove of garlic*

# ROLLS LOAVES



## **Ingredients:**

3 slices of white bread

meat (ham, sausage, salami, foie gras, fresh ham...)

1. Cut the bread crusts.
2. Squash every slice with a rolling pin until getting a slice very fine.
3. Spread the meat on the bread.
4. Roll the bread.
5. Cut it in three pieces, pick them with a chopsticks and serve.

# TORTILLA WRAPS



## **Ingredients:**

8 tortilla wraps

400g cream cheese

1 small jar of salsa sauce

10-15 slices of ham

1 paprika

1/2 onion

1. Mix cream, cheese and salsa sauce together.
2. Cut ham, paprika and onion in small pieces.
3. Mix them with the cream cheese and salsa.
4. Spread it on the tortilla wraps and then roll them.
5. If you want, you can also cut the wraps in half first to create more but smaller wraps.

# BASKETS WITH ROQUEFORT



## Ingredients:

half a dozen baskets of pastry,  
a portion of blue cheese,  
3 nuts

1. Buy the baskets
2. Fill them with blue cheese.
3. Half garnish with walnuts.
4. Serve on a plate or tray according to the amount.



# SPAETZLE (FROM ALLGÄU)



## **ingredients:**

250 g flour

1 teaspoon salt

2 eggs, 75 ml water, butter

100 g grated cheese (optional)

1. Mix all ingredients to a smooth dough (without lumps).
2. Bring 2 litres of water to boil and add salt.
3. Put half of the dough in small portions (either with two tablespoons or with a special „spaetzle shaver“) to the boiling water.
4. Let it cook for around 2 minutes, take them out and let them drain and repeat step 3 and 4 with the rest of the dough.
5. Put them into a casserole and cover with small pieces of butter.
6. It is also very tasty to cover the spaetzle with 100 g of grated cheese and to bake it shortly in the oven until the cheese is melted.

# SOUPS



# SPINACH CREAM SOUP



## **Ingredients:**

2 carrots, 2 parsleys, 1 celery,  
2 potatoes, 1 package of frozen spinach,  
1 tbs butter,  
100 ml of thick cream,  
salt, pepper

1. Peel the vegetables.
2. Cut them into smaller pieces and cook 20 minutes.
3. Add the spinach and cook everything for 5 minutes, next add butter.
4. Blend the vegetables with the spinach and add salt and pepper to give taste.
5. Add the cream.
6. Serve with pieces of toast.

*Variations: instead of pumpkin you can use any vegetables you like.  
We recommend to try courgette, broccoli, beetroot, leek, etc.*

# BROCCOLI SOUP



## **Ingredients:**

1 onion  
500 g broccoli  
2 tbs oil  
1 pinch of salt, pepper and nutmeg  
3 cups vegetable stock  
1/2 cup whipped cream

1. Peel the onion and dice it.
2. Wash the broccoli and split it into florets.
3. Steam the onions and the broccoli florets a little bit in hot oil and add salt, pepper and the stock.
4. Cook everything for 10 minutes.
5. Take some broccoli florets out of the pot and leave them on a plate.
6. Purée the soup with a mixer.
7. Add the whipped cream and flavour it with salt, pepper and nutmeg.
8. Serve the soup in soup plates and add the broccoli florets which were taken out before.

# COLD TOMATO SOUP



## **Ingredients:**

*for 4 people*

1 kg very red, ripe tomatoes  
2 cucumbers, 2 green peppers  
1 clove garlic, 150 ml olive oil  
vinegar, salt

50 g bread with crusts cut off and soaked in water (optional)  
 $\frac{1}{2}$  glass water (if too thick)

1. Chop all the vegetables, setting aside a small quantity of each of them to add to the gazpacho when you are about to serve it, except the garlic. First chop half the tomatoes and the garlic finely in a food processor or with a hand-held mixer for 5 minutes. Pass through a sieve and set aside.
2. Finely chop the rest of the vegetables and the rest of the tomatoes along with the oil, the vinegar and the salt. When everything is well mixed together, pass through a sieve and add the tomato mix you prepared earlier. If the mixture is very thick you can add half a glass of water or ice-cubes. Leave it in the fridge to chill before you serve it.
3. To serve, present in individual bowls accompanied by a tray with very finely chopped tomato, peppers, cucumber, and bread so that people can add what they like.

# MUSHROOM SOUP



## **Ingredients:**

200 g chantarelles / other mushrooms (fresh or frozen)

2 tbs butter or margarine

2-3 tbs flour

1 l vegetable broth

1-2 dl sour cream

some salt

1. Prepare the mushrooms, wash or thaw a bit if using frozen.
2. Cut mushrooms into little pieces.
3. Fry them with butter or margarine.
4. Add flour to the soup.
5. Mix well and add vegetable broth.
6. Cook the soup for 10 minutes.
7. Add sour cream and taste the soup.



# SMOKED REINDEER SOUP



## **Ingredients:**

*4 portions*

5 (400 g) carrots, 100 g celery, 1 (200 g) parsnip, 1 (200 g) leek,  
2 tbs oil, 1 l water, 1 bay leaf, 0,5 tea spoon salt,  
0,5 tea spoon thyme, 0,5 tea spoon black pepper,  
1 package (250 g) grated cheese,  
100 g smoked reindeer meat,  
fresh parsley ( to decorate the soup)

1. Peel and cut the vegetables into small cubes. Fry them in some oil for about 5 minutes.
2. Add water and the spices. Boil the vegetables for about 15 minutes, until they are soft. Take out the bay leaf and use a blender to make the soup into a pure. Add grated cheese.
3. Heat the soup until the cheese melts. Finally, add the reindeer cubes and the fresh parsley (leave some of the reindeer meat and parsley to decorate the soup).
4. Serve with fresh bread.

# PANCAKE WITH LOBSTER



## **Ingredients:** *for 4 people*

1 large lobster, 50 g butter  
4 pancakes  
10 cl lobster broth, 50 g cream  
salt and pepper

1. Make your pancake batter with little salt. Cook the lobster for 10 minutes in lightly salted boiling water and lemon.
2. Empty out the lobster tail and crumble the flesh. Crush its head and fry gently in a little butter with a chopped onion, a tomato and a crushed carrot.
3. Moisten with a little lobster broth and reduce over low heat.
4. Put the crumbled rock lobster in the center of each crepe.
5. Shape with ruffled by tying a strip of leek white or a thin decorative ribbon. Keep warm.
6. Once the aroma of lobster has reduced, add the cream.
7. Add salt and pepper.
8. Place the pouch in the center of a plate and top with hot sauce.

# PUMPKIN SOUP



## Ingredients:

1 or 2 kg pumpkin  
1 big potato, 1 onion,  
50cl of cream, 50g butter  
1 l of chicken stock  
4 tbs of pumpkin seeds  
slices of foiegras (goose liver) or a toast per person

1. Peel the pumpkin, the potato and the onion and cut them into pieces.
2. Fry them in butter. Add the chicken stock and cook.
3. Let the pumpkin to cool then blend it.
4. Add the cream to give a creamy consistency.
5. Taste and season with salt if needed and pepper.
6. Keep warm
7. Sprinkle the soup with the seeds and serve it with a toast or a small slice of foiegras.

# HERBS SOUP



## **Ingredients:** *for 4 people*

4 medium potatoes, 4-5 carrots,  
1 bunch of celery, 5 zucchini (not too large),  
2-3 medium onions, a little olive oil,  
salt and pepper

1. Peel the vegetables and boil with water and a little oil (about a tablespoon).
2. After boiling, drain the broth keeping it in a bowl.
3. Mash the vegetables in a blender or multi. Every time you put vegetables in the blender, add a little broth in order to melt more easily. The end result should be a thick porridge. If you prefer a thinner soup, add more broth. Do not try it yet, the butter taste is still strong until it is properly salted, otherwise you will be disappointed.
4. Pour the mixture in to a bowl and add salt and pepper to give taste.

***You can eat it hot or cold.***

# VEGETABLE SOUP WITH TOAST



## **Ingredients:** *for 6 people*

200g carrots, 200g pumpkins, 200g celeriac  
200g potatoes, 2 cloves of garlic  
100g leek, 50g butter, 50g olive oil  
200g sweet cream, 1 l hot water  
salt, chili, nutmeg

1. Pour olive oil and butter into a pot.
2. Then cut leek, garlic, add them to the oil and butter, fry up a bit.
3. Then cut the carrots, pumpkins, celeriac and potatoes, add them, too.
4. Fry it a little, then pour boiled water over it all.
5. Then add chili and salt to taste.
6. Boil it until the vegetables are soft, then blend it and add sweet cream. Also add nutmeg to taste.

***Serve it with toast or cheese.***

# FRANCONIAN POTATO SOUP



## **Ingredients:**

1 thick slice of bacon

1/2 onion, 1 carrot, 1/4 celery, 2 potatoes,

3/4 l vegetable stock, 1 bay leaf,

3 tbs cream,

1 pair of wiener sausages

1. Wash, peel and dice the vegetables.
2. Roast the vegetables and the bacon gently in oil.
3. Add stock and spices and let everything simmer for around 20 minutes.
4. Take out the bay leaf.
5. Puree the soup, season to taste and refine it with cream.
6. Cut sausages into slices and add to the soup.



# GIBLETS SOUP



## **Ingredients:**

*wings, neck, gizzard, heart, liver and part of the back of a bird  
(hen, goose, or turkey) – 1,5 kg.*

3 carrots, 2 small onions, 1 leek stalk, 1 parsnip (root), 1 parsley (root and leaves),

1 celery (stalk, leaves and root), 1 can of peeled tomatoes, 2 tbs  
rice, 1 bunch of lovage, 1 bunch of dill,

sauerkraut (sour cabbage) – juice 1 l (or lemon juice to taste),  
salt and pepper (ground and corns), 4 l water (aprox.)

1. Boil chicken pieces into slightly salted water and remove the foam while boiling.
2. While the meat is being cooked, boil the cabbage juice separately and then let it cool.
3. When the meat is half boiled add the fresh vegetables finely chopped and let them boil for approximately 15 minutes.
4. When the vegetables are half boiled add the rice, which was previously washed and scalded, and let it boil for 10 minutes.
5. Add the peeled tomatoes, let the soup boil for 5 minutes then add the sour cabbage or some lemon juice and stop boiling.
6. Add the lovage and celery leaves finely chopped, salt and pepper to taste and cover the soup. Serve it hot with finely chopped parsley or dill leaves.

# CHICKEN SOUP

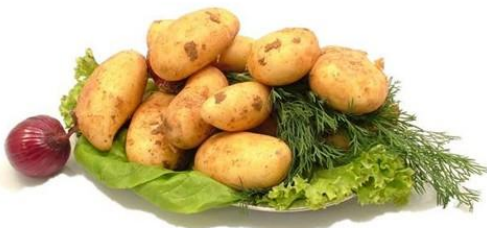


## Ingredients:

3-4 chicken breasts  
1 bottle Heinz chili sauce  
400g cream cheese  
2 l water, 1 garlic  
2 peppers 1green and 1red, 1 broccoli  
1/2 teaspoon of curry  
1 meat buillion cube  
3 vegetable buillion cube

1. Chili sauce, Cream cheese, water and cubes put together in a pot.
2. Vegetable is sautéed in a pan then put in the pot.
3. Chicken Fried and then put in the pot.
4. Cook for 10-15 min
5. Place in a bowl and sprinkle doritos and cheese over. You can also put about one tbs of sour cream over the soup.

# MAIN COURSES



# MASHROOM AND LEEK PASTA



## **Ingredients:**

2 tbs of olive oil, 1 onion,  
3 garlic cloves, 2 leeks,  
400 g champignons or other mushrooms, ½ glass of cream,  
1 bunch of chives, 1 bunch of parsley,  
50 g of Parmesan or other cheese, 500 g of pasta

1. Heat the oil, then fry onion, leek and garlic until soft.
2. Add the mushrooms and cook everything for five minutes.
3. Cook the pasta according to the instructions on the packet.
4. Add the cream to the vegetables and simmer for three minutes.
5. Grate the cheese. Then stir the vegetables through the herbs and the cheese.
6. Drain the pasta and return it to the pan. Pour the sauce over the pasta, season to taste and serve.

# PASTA WITH TUNA



## **Ingredients:**

250 g of pasta,  
1 can of chopped tomatoes,  
1 tbs of chopped parsley,  
2 tbs of olive oil, salt and pepper

1. Cook pasta according to the instructions on the packet
2. Heat olive oil in the pan, add tomatoes and parsley, fry for a while.
3. Add the tuna, season with salt and pepper and fry until it is hot.
4. Put the dish onto the plate, decorate with parsley and serve.

*Instead of pasta you can use rice.*



# HAMNOODLES



## **Ingredients:**

250 g pasta  
2 tsp salt  
200 g boiled ham  
1 tbs margarine or oil  
2 – 3 eggs  
salt, pepper

1. Boil 3 litres of water in a big pot. Then add the salt and the pasta.
2. Cook the pasta as long as it says on the package (about 8 to 11 min)
3. Fill the pasta in a strainer and shortly quench the pasta with cold water.
4. Cut the ham into stripes.
5. Heat the margarine in a pan, fry the ham stripes for a short time, then add the pasta.
6. Put the eggs in a bowl, mix them with a fork and give the eggmix to the pasta in the pan. Fry everything for some time and turn the noodles from time to time until the eggmix isn't liquid anymore.
7. Flavour with salt and pepper.



# MEDITERRANEAN PASTA



## Ingredients:

pasta

broccoli

peppers, corn

mushrooms

bacon, sausage, ham

1. You cook the pasta, just in water and a bit of salt.
2. While the pasta kitchen, heat a frying pan with olive oil and garlic.
3. When it is warm and the garlic is yellow, join the broccoli, the peppers, the corn, the mushrooms, the bacon, the sausage and the ham.
4. Now just have to let it cook for approximately for 10 minutes
5. When everything was ready join it on a plate and it's ready to serve.

# LAMB YIOUVETSI



## Ingredients:

1 kg lamb or beef meat cut in 4 to 5 portions  
2 sliced onions, finely diced  
400 grams of tomato puree and 1 tbsp of tomato paste,  
water, olive oil,  
hilopites (Greek home made dried pasta) or 'rice' pasta called  
Kritharaki, or simple pasta  
salt-pepper, mizithra (salty cheese)

1. Heat olive oil (100gr) to a large cast iron pot, put the beef portions and fry until they become brown (caramel colored) .
2. In the same pot add your onions and cook until they become translucent. Add hot water and cook for about an hour in 1800. When the beef is almost done, add the tomatoes, tomato paste, hot water and cook for another 10 minutes.
3. Transfer the food to an oven (pre heated to 200°C). Add water if needed and wait until it starts to boil. Add the pasta and cook for about 10-15 minutes depending on how you like your pasta, stirring every 3 minutes.
4. Allow the food to rest for a few minutes (for the pasta to double its size) and serve with Mizithra cheese on top.

*You can add color to the dish, garnishing with carrot, green pepper and parsley.*

# MACARONI AND MEAT CASSEROLE



## Ingredients:

1 bag (400gr) macaroni, 1 table spoon oil, 400 gr minced meat,  
1 big onion, 1 tea spoon salt, 1 tea spoon pepper mix,  
1 table spoon chervil, 3 eggs, 1 l milk,  
1 bag (150g) grated cheese, 1 pepper/tomato,  
(100gr smoked ham, if you want to give more taste to the casserole)

1. Boil the macaroni in salted water.
2. Fry the meat. Add onion. Fry until the onion softens.
3. Add the spices.
4. Mix the eggs and milk.
5. Mix the macaroni and meat plus some of the grated cheese.
6. Put them into a large casserole suitable for oven.
7. Cut the pepper/tomato into small cubes and put on top of the casserole.
8. Bake in the lower part of the oven in 175 degrees, for approximately 50 minutes.
9. Serve with lingonberry sauce or with ketchup.

# CURRY PUMPKIN PIE



## Ingredients:

1/2 kg pumpkin, 2 eggplants,  
2 or 3 tomatoes, cream vegetable,  
goat cheese slices,  
cheese gratin, curry.

*It uses a baking dish.*

Cut all ingredients into slices and made the following layers:

1. Layer of pumpkin.
2. Layer of tomato.
3. Layer of cheese and add curry above.
4. Layer eggplant.
5. We took a half can of cream curry.
6. Layer of pumpkin.
7. Layer of sliced cheese curry.
8. It puts the other half of the pot of cream, another layer of sliced cheese and cheese gratin.
9. To be heated is placed in the oven for 1 hour at 180 °. In preheated oven.

# SPANISH OMELET



## **Ingredients:**

*for 4 people*

6 eggs, salt,  
1/2 kg of potatoes,  
150 ml of olive oil.

1. Peel, wash and cut the potatoes in thin slices. Heat the oil in a large frying pan over a low heat. Before the oil reaches boiling point add the potatoes, which then have a to fry over a low heat until soft but not yet browned.
2. Beat the eggs in a bowl and season with salt. Add to the potatoes that have previously been drained of oil and seasoned with salt.
3. Mix the eggs and potato together well.
4. Heat a little oil in a medium sized frying pan and when the oil is very hot add the egg and potato mixture, moving the pan so that the mixture doesn't stick to the base of the pan.
5. Once the underside is gold brown, use a large plate or lid to flip the omelet over and cook the other side until it is also golden. Serve either hot or cold.

# CHICKEN WOK



## **Ingredients:**

1 carrot, 1/2 onion  
a piece of leek, some oil, 2 tsp curry  
150 g chicken (small pieces)  
1 tbsp soysauce, 1-2 dl water, 1/4 pepper  
1 dl corn (canned or frozen)  
1/2 tsp paprika powder  
a pinch of black pepper

1. Take everything that you need on the table.
2. Wash, peel and cut the carrot into slices and then into sticks.
3. Wash the leek and cut first lengthwise and then into half rings.
4. Peel and cut the onion into thin half rings.
5. Wash the pepper and remove seeds, cut into strips.
6. Heat the oil in a wok pan or a frying pan. Add curry onto the pan and stir it with oil.
7. Add chicken pieces and fry them. Remember that chicken burns easily.
8. Add carrot, onion and leek on the pan. Cook them with chicken for a couple of minutes and add water. Let the wok simmer for 10 minutes.
9. Add pepper, corn, soysauce and spices. Let the food simmer for ten minutes until the vegetables are ready. Season to taste!



# RICE WHITH CHICKEN&VEGETABLES



**Ingredients:**  
*for 3-5 people*

200 g rice, 600g chicken (fillet),  
300g carrots,  
200g pickled cucumbers,  
1 small onion, 250g cabbage

1. Put a packet of rice in a pot and boil for 5 – 7 minutes until the rice is cooked.
2. Cut the chicken fillet and cook until it is tender, then cut it in smaller pieces and fry it in oil on the pan.
3. Serve the chicken with rice, add vegetable salad – pickled cucumbers, carrots or cabbage with onions.

*You can use any other vegetables you want.*

# COLOMBO D'AGNEAU (CURRY LAMB)



## **Ingredients:**

*for 6-8 people*

1,5 kg boneless lamb shoulder, 1 red pepper, 1 eggplant  
2 courgettes, 1 green mango, 2 onions, 3 cloves garlic  
1 bouquet garni (chives, parsley, thyme)  
juice of 1 lime, 1 piece of pepper, 10 cl of oil  
4 tablespoons of powdered "colombo" (or curry),  
salt and freshly ground pepper

1. Finely chop the chili. Cut the meat into pieces, place in a shallow dish and marinate for 30 minutes with half the oil, 1 tablespoon of powder colombo, salt, pepper and hot pepper.
2. Peel and chop onions. Peel eggplant and cut into cubes. Remove the ends of the zucchini and cut into thick slices. Peel mango and cut flesh into cubes. Peel and crush the garlic cloves. Remove stems and seeds from peppers, cut the flesh into small cubes.
3. Brown the lamb pieces over high heat in a casserole with the remaining oil, turning several times to brown all sides. Reduce heat evenly around the onion and simmer gently for ten minutes.
4. Sprinkle the rest of the colombo powder, add 30 ml water, add the bouquet garni, garlic and pepper. Add salt and pepper, then cover and cook 45 minutes over very low heat.
5. Add zucchini, eggplant and green mango and cook for another 30 minutes.
6. When cooked, add the lemon juice. Stir, taste and adjust seasoning if necessary. Serve very hot.

# CHICKEN CURRY AND COCONUT



## **Ingredients:** *for 6-8 people*

8 chicken thighs, 35 g butter  
1 onion, 3 cloves garlic, 1 shallot  
3 vegetarian chili  
2 tablespoon of oil  
2 tablespoon of curry  
200 ml coconut milk  
2 tablespoon cream  
salt and pepper

1. Season chicken with salt, pepper and oil in a pan, then put them in a pan and brown them. Discard the excess oil.
  2. In a pot, cut the onion, 3 cloves garlic, shallot and pepper into thin slices vegetarian and brown. Add butter, 200ml coconut milk, followed by 2 tablespoons curry. Simmer 2 minutes. Strain the sauce through a sieve to catch the juice well.
- Put the chicken in the pot and cook for 40 minutes over low heat, stirring occasionally. Serve immediately finished cooking.

*The chicken curry is usually accompanied with white rice.*

# GOULASH WITH SPAETZLE



## Ingredients:

2 onions,  
2 cloves of garlic,  
500 gr beefgoulash (beef cut into cubes),  
 $\frac{3}{4}$  litre of water,  
paprika (spice), salt, pepper,  
 $\frac{1}{2}$  a bell pepper,  
 $\frac{1}{2}$  a package of pureed (mashed) tomatoes

1. Peel and dice the onions
2. Gently roast the meat, onion and garlic in a pan
3. Add water and spices
4. Let it simmer for around 30 minutes
5. Cut the bell pepper into squares and add it to mashed tomatoes and meat
6. Season to taste

# HERBAL STEAMED TROUT



## Ingredients:

*Herbal steamed trout and potatoes with parsley, cooked carrots and broccoli, cucumber salad, grape salad and sour cream.*

1,5-2 kg whole trout, butter or margarine,  
1/2 ts salt, 1/4 ts pepper, 2 tbs shredded parsley,  
2 tbs shredded dill, 2 tbs shredded chives

1. Gut the fish. Rinse in cold water. Head and tail not to be removed.
2. Put margarine or butter on a piece of aluminium foil.
3. Wrap the fish in foil and put it in a hot fixed dish.
4. Put it on the middle shelf in the oven and cook on 200°C for 30-35 minutes.
5. Open the foil.
6. Cut in the skin along the back of the fish and around the head. Pull the skin off.
7. Serve with potatoes, cooked carrots and broccoli, cucumber salad, grape salad and sour cream.

# Stuffed cabbage rolls with maize porridge



## Ingredients:

1 kg minced meat (pork or turkey breast),  
*(vegetarians can use chopped mushrooms and sunflower seeds instead of the meat)*  
200 g rice,  
2 large onions,  
salt, pepper and thyme,  
4 tomatoes or tomato paste  
1 large pickled cabbage

1. Chop the onions finely and stir fry them for two minutes; add the rice and a cup of water and stew them together for 5 minutes.
2. Take the composition off the fire, add the minced meat, then salt and pepper, to taste.
3. Take each cabbage leaf (the thinner the better), lay it on the work board and cut it to adjust its dimensions to the amount of composition you will package in one roll.
4. Lay a spoonful of mix onto the cabbage leaf, roll everything over, and press the leaf margins firmly inside the roll, to prevent the filling from getting off while boiling.
5. Cover the bottom of a pot with finely sliced cabbage leaves, then add the rolls layer by layer, spread some thyme and peppercorns and a layer of finely sliced cabbage. Put the tomato paste and add water to cover the rolls.
6. Boil at mid- heat approximately 2.5 hours.
7. After the house fills with mouth-watering smells, the dish is ready and you can serve it with sour cream or yogurt and a golden, steamy helping of *mamalguta* (a dish similar to the Italian *polenta*, a kind of cornmeal mush).



# SERRANITO



## **Ingredients:**

*for 4 people*

4 small bread rolls, 4 pork steaks,  
(approximately the same size as the rolls),  
4 slices of serrano ham, 4 long green peppers,  
olive oil and salt.

## **Garnis:**

2 tomatoes, crisps to taste

1. First put three tablespoonfuls of olive oil in a frying pan and heat it.
2. Put the steaks in the pan and fry them for 2-3 minutes to taste, add salt at the end.
3. Cut the bread rolls in half lengthwise and toast them lightly. Then put the steaks on the hot bread.
4. Now you must use the same oil to fry the whole peppers. While the peppers are frying, place the slices of ham on top of the steaks and finally put the peppers on top of the ham and close to make a sandwich.
5. To serve on a serving dish with sliced tomatoes and crisps.

# DESSERTS



# HEALTHY COOKIES



## Ingredients:

- 1 glass of sesame seeds,
- 1 glass of lien seeds,
- $\frac{1}{2}$  glass of honey,
- $\frac{1}{2}$  glass of oat flakes,
- $\frac{1}{3}$  glass of olive oil,
- $\frac{1}{3}$  glass of raisins,
- $\frac{1}{3}$  glass of chopped nuts

1. Mix all the ingredients together and make a diugh
2. Spread 1,5 cm layer of the the dough over the baking dish.
3. Heat the oven to 150 C and bake it for 30 minutes.
4. Cut the cake into squares.
5. Store the cookies in a dark and cool place.

# APPLE AND OATMEAL CRUMBLE



## **Ingredients:**

*for 4-6 servings*

5-6 big apples  
1 tbl ground cinnamon  
100 g butter or margarine  
3 dl rolled oats  
1 dl caster sugar or brown sugar  
 $\frac{1}{2}$  tsp vanilla sugar

1. Wash the apples and remove the cores.
2. Cut the apples into slices. You don't have to peel them.
3. Put the apples into the baking tray, and sprinkle cinnamon on them.
4. Mix rolled oats and sugars together and rub in the butter.
5. Sprinkle the mixture on the apples, and bake the crumble in 225°C on the lowest rack.
6. Bake for 15-20 minutes or until the crumble has a beautiful colour.
7. Serve the crumble with vanilla ice cream or rich custard.

# MOSAIC



## **Ingredients:**

250g (1 1/2 cup of tea) butter,  
200g (1 cup of tea) icing sugar,  
40g (5 tsp) Metaxa brandy,  
50g (5 1/2 tsp) cocoa,  
250g biscuits (broken),  
100g walnuts (if you want),  
foil or release paper.

1. We melt the butter and remove the pan from the fire.
2. Then we add the icing sugar, the cocoa and the brandy and mix well all the ingredients
3. We add the biscuits and the walnuts and mix well.
4. Let the mixture to cool and when it has stabilized you spread it on the foil or on the release paper and wrap it in shape of trunk.
5. Put it in refrigeration to freeze.
6. When it is frozen, add grated biscuit on top.
7. Cut into slices and serve.

# CHOCOLATE TRUFFLES



## Ingredients:

a bar of chocolate, 100ml cream, a spoon of butter,  
liquor, almonds, a yolk

1. Melt the chocolate in a saucepan.
2. Add the butter, stir it and add the cream and the yolk, a little bit of your favorite liquor and stir it continuously for a while until everything is perfectly mixed.
3. Put this mixture in a bowl and now add the almonds and put it in the fridge.
4. Wait about 12 hours and then made dip of chocolate and cover it with chocolate noodles and ready to eat them!!!!



# PUMPKIN CUSTARD



## Ingredients:

3 eggs

100gr pumpkin

1 box of sweetmilk

1 box of not sweet milk

vanilla extract

1. In a bowl beat 3 eggs.
2. Add the cooked pumpkin.
3. Whisk the mixture.
4. Add the sweet and not sweet milk with a piece of grated lemon peel and cinnamon.
5. Mix well using a spatula.
6. Coat the tin with caramel.
7. Pour the mixture in the tin.
8. Bake over a double- boiler (in a moderate oven: 200° C or 400° C)
9. Once baked let it cool down then put it into the fridge.
10. Serve the following day.

# COCKTAIL



## **Ingredients:**

1 l of yoghurt ,  
200 ml of milk,  
2 glasses of berries,  
1 peach or banana,  
½ of lemon 1tbs of honey,  
mint leaves

1. Wash the fruit, cut the peach or the banana and blend.
2. Add yoghurt, milk, honey and lemon juice. Stir everything.
3. Keep it in fridge before serving.
4. Pour cocktail into long glasses, decorate with mint leaves and serve.

# TROPICAL COCKTAIL



## Ingredients:

2cl passion fruit syrup  
4cl passion fruit juice  
2cl lemon juice,  
10cl of tropical bitter  
Slice of starfruit, a cherry

1. Mix the syrup and the passion fruit and lemon juice in a shaker.
2. Pour into a long drink glass with some ice cubes and fill with tropical bitter.
3. Garnish with a slice of star fruit and a cherry.

# QUARK WITH BERRIES



## Ingredients:

2 dl whipped cream,  
1 jar quark,  
0,5 dl sugar,  
1 tea spoon vanilla sugar,  
2-3 dl berries (blueberry/strawberry/blackcurrant...)

1. Whip the cream.
2. Add all the other ingredients.
3. The quark is really easy to prepare.

# BLACKFOREST-CHERRY-BOWL



## Ingredients:

1/2 a glass of cherries  
250 g curd cheese (Quark)  
125 ml whipped cream  
1 tbs lemon juice  
2 tbs sugar  
1 pack vanilla sugar  
4 tbs chocolate shavings

1. Strain the cherries and pit them, make sure there are no cherry pits left in the cherries! Save some cherries for the topping.
2. Mix the curd cheese and the whipped cream, then add the lemon juice, sugar and vanilla sugar. Save some whipped cream for the topping and whip it with some vanilla sugar.
3. Mix everything.
4. Take the bowl or glass and alternately fill in one tablespoon curd mass, some cherries and chocolate shavings.
5. Decorate the bowl with the whipped cream and cherries.

# BLUEBERRY SUNDAE



## Ingredients:

*for 2-3 people*

vanilla icecream ~200g,  
milk ~300g,  
chocolate icecream ~200g,  
blueberries ~50g,  
chocolate syrup ~50g

1. Take vanilla ice-cream and chocolate ice-cream, mix them both.
2. Then add milk, blueberries and chocolate syrup.
3. Mix it all together and it`s done. You can serve it with oranges or strawberries.



# CHOCOLATE MOUSSE



## Ingredients:

125 g dark chocolate,  
3 egg yolks,  
3 egg whites,  
1 dl cream,  
2 mandarins,  
shredded chocolate

1. Melt the chocolate in a bowl over water on low heat.
2. Stir in the egg yolks, one at a time.
3. Whisk the egg whites and mix them carefully together with the chocolate and yolks.
4. Whip the cream. Mix half of the cream with the chocolate mousse.
5. Place into dessert bowls. To serve, put a small amount of cream, some shredded chocolate and mandarin leaves on top.

# CREAM OF ORANGES



## ingredients:

1 orange

250 g mascarpone

40 g sugar

1 cup sweet cream

1. Wash the orange, cut in halves and squeeze out the juice
2. Stir the mascarpone together with the sugar and the juice to a smooth cream
3. Whip the cream
4. Add it to the cream and gently mix it
5. Put the cream into a bowl and garnish it with orange slices

# APPLE MOUSSE



## **Ingredients:**

4 apples, 8 biscuits,  
4 tbs of dried cranberries and raisins,  
200 ml of cream

1. Peel and dice the apples.
2. Poach them until they are soft.
3. Place one biscuit in each bowl and cover with the apples.
4. Then put another biscuit and cover with the apples again.
5. Add whipped cream and spread cranberries and raisins on top.

# YOGURT WITH HONEY



## **Ingredients:**

yogurt, honey, walnuts, cinnamon

1. We put in a bowl the yogurt, the honey, the walnuts and some cinnamon.
2. Then we mix them or we can eat them without mixing.

# FRUIT COMPOTE



## Ingredients:

Apricots and prunes with creamy milk  
(1/3 l cream and 2 dl milk mixed)



# ORANGE GELATIN ON SEA



## Ingredients:

3 oranges  
an orange gelatine on  
cinnamon

1. Cut oranges in half and squeeze to remain empty. Clean any remaining pulp.
2. Pour into a saucepan on gelatine and the juice of the oranges.
3. Heat until juice is formed.
4. Liquid spread each half orange. Let cool in the refrigerator.
5. Serve sprinkled with cinnamon.



# RICE PUDDING



## Ingredients:

2 liters water  
500g rice  
1 vanilla cream  
1 sweetened milk  
4 tablespoons sugar  
cinnamon

1. We put the water with the rice to boil. When they boil we add the sweetened milk and the sugar and we leave them to boil.
2. In a cup, we dissolve the vanilla cream with some water.
3. When we see that the rice has boiled we add the cream.
4. We mix and leave them on fire for 2 minutes.
5. Remove it from the fire and it's ready!

# RICE WITH MILK



## Ingredients:

water, milk, sugar,  
250 g rice, lemon,  
cinnamon

1. Pour two glasses of water in a saucepan with a pinch of salt. Add the rice and let it boil.
2. When the rice is almost soft, remove the water and in its place add about 250 ml of milk.
3. Add cinnamon and the peel of a lemon to the milk and move slowly on a low flame (if you need more milk until the rice is completely soft, you can do it).
4. Taste the rice and when it is completely soft add sugar, depends on how much sweetened you like, move slowly and it's finished.
5. Put it in small bowls and decorate it with a little bit of cinnamon.
6. Put it in the fridge and when it is cold, it is ready to be eaten.

# BLACK SOIL



## **Ingredients:**

*for 4 people*

2 packages of vanilla pudding “*Boca Doce*”

1 litter of milk (to cook the pudding)

2 packages of cream

2 packages of chocolate cookies

1 package of Philadelphia cheese

1. In the day before make the vanilla pudding.
2. In the container which you had done the pudding join the cheese and mix it up until you get a yellow paste.
3. On another container beat the cream until they get consistence.
4. Grind the cookies, to make they seem like soil.
5. Put these 3 things in layers. First put the yellow mixture, then join the cream and for last put the grind cookies at the top.
6. Now the desert just need to go to the refrigerator to become cold and is ready to serve.