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TRADITIONAL ROMANIAN, GREEK AND SLOVAK RECIPES

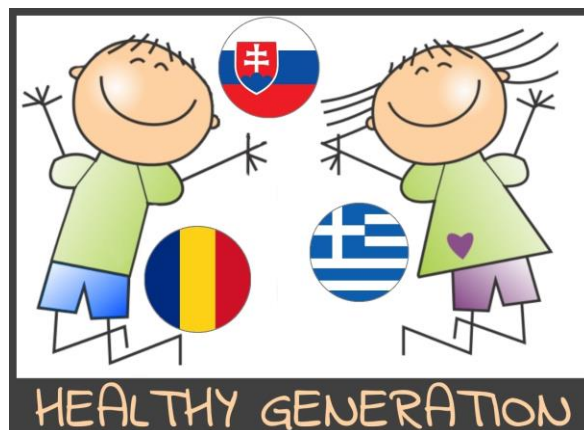
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HEALTHY GENERATION

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The International Cook Book



HEALTHY GENERATION

2017-1-SK01-KA219-035296_1



ROMANIAN COOK BOOK



Traditional Romanian Food

By students of

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CORN MUSH



Maize was introduced into Spain by Hernán Cortés from Mexico in 1530 and spread in Europe in the 16th century. Maize (called *corn* in the United States) requires a good amount of heat and humidity. The Danube Valley is one of Europe's regions ideal for growing maize. A Hungarian scholar documented the arrival of corn in Timișoara, Banat region, 1692. In Transylvania, maize is also called 'cucuruz', which could imply a connection between Transylvanian and Serbian merchants, kukuruz being a Slavic word. Some assume it was either Șerban Cantacuzino or Constantin Mavrocordat who introduced corn in Wallachia, Maria Theresa in Transylvania and Constantine Ducas in Moldavia where it is called păpușoi. Mămăligă of millet would have been replaced gradually by mămăligă made of corn. The corn then become an important food, especially in the fight against famine which prevailed in the 17th and 18th centuries. Historian Nicolae Iorga noted that farmers of the Romanian Principalities had grown corn since the early to-mid-17th century.

Ingredients (for four persons): 250 g maize flour, 1l water, 1 teaspoon salt



Boil water with salt in a pot.

Bring to boil and gradually add maize flour.

Stir to a thin cream and then add the rest of the flour and boil for 15-20 minute.

Stir well with a wooden spoon or a goal and boil for another 5-6 minutes.

When ready, place it on a wooden board.

You can cut it with a thin thread.

Good Appetite!

Cabbage Rolls- Sarmale

What You'll Need

For the cabbage:

- 1 whole head cabbage (about 4 pounds)
- For the Filling:
- 6 tablespoons olive oil
- 1 medium onion (finely chopped)
- 2 garlic cloves (minced)
- 2 1/2 tablespoons raw rice
- 1/4 cup hot water
- 1 1/2 pounds lean ground pork
- 1 slice of white bread without crust
- 2 tablespoons fresh dill (chopped)
- 1 teaspoon thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- Optional: 1 teaspoon crushed red pepper, 2 tablespoons water

For the cooking liquid:

- 1 cup sauerkraut(sour cabbage, pickled) juice reserved from drained sauerkraut
- 3 cups water
- 1 tablespoon of dried vegetables
- 10 black peppercorns
- 4 bay leaves

For the Dutch oven:

- 3 cups sauerkraut, (drained, reserve 1 cup juice as above, rinsed, and squeezed dry)
- 6 strips bacon
- 6 fresh dill sprigs
- 2 pounds sliced tomatoes (fresh or canned)

How to make it:

Prepare the cabbage:

1. Remove core from cabbage.
2. Place whole head in a large pot filled with boiling, salted water.
3. Cover and cook 3 minutes, or until softened enough to pull off individual leaves.

4. You will need about 20 leaves.
5. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through.
6. Chop any remaining cabbage and leave aside.



Make the Filling:

1. In a large skillet, sauté chopped onion, garlic and rice in 1 tablespoon of the olive oil, stirring frequently, until onion is translucent. Add 1/4 cup hot water, bring to a boil, reduce heat and simmer 10 minutes. Remove from heat, cover and let stand 5 minutes or until rice has absorbed all the water. Let cool.
2. Place pork in a large bowl. Quickly dip bread in water, squeeze to remove excess water and add to meat along with cooled onion-garlic-rice mixture, combining thoroughly. Add dill, thyme, salt, pepper, hot pepper, if using, and 2 tablespoons water. Mix completely but lightly so as not to toughen the meat.
3. In a medium bowl, mix sauerkraut juice with 3 cups water, peppercorns, and bay leaves, and leave aside.

Assemble the Rolls:

1. Place about 1/2 cup of meat mixture on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side.

2. You will have something that looks like an envelope. Once again, roll away from you to create a neat little roll.

Prepare the Dutch oven:

1. Using 2 tablespoons of the remaining olive oil, coat a large, lidded Dutch oven or casserole dish. Mix reserved chopped cabbage with sauerkraut and place some in the bottom of the prepared Dutch oven.
2. Place 3 strips bacon across sauerkraut and cover with a layer of stuffed cabbages. Add another layer of sauerkraut, bacon strips and stuffed cabbage. Then top with remaining sauerkraut. Spread dill sprigs on top and sprinkle with remaining 3 tablespoons olive oil. Pour sauerkraut juice-water mixture over all.

Cook and Serve the Cabbage Rolls:

1. Heat oven to 375 F. Place Dutch oven over high heat on the stovetop and bring to a boil. Lower heat to medium-low, cover and simmer about 20 minutes.
2. Transfer to oven and cook 1 1/2 hours. Then add sliced tomatoes, cover and cook another 45 minutes. Remove lid and continue cooking another 15 minutes.
3. When ready to serve, remove bay leaves, and accompany sarmale with boiled potatoes, pasta or *mamaliga* (polenta).



ENJOY YOUR MEAL!

Carp Brine

History:

The recipe first appeared in the Danube Delta. The fish brine requires a lot of work, but everyone is rewarded enormously at the end. The fishermen of the Danube and Delta created this delicious dish using only what water offered them- simple ingredients.

Ingredients:

one pound of carp
5 sweet peppers
2 onions
3 tomatoes
a spoon of oil
a bunch of parsley
3 garlic cloves
2 chili peppers

Ingredients for boiling:

1.5 l of water
2 garlic cloves
2 tablespoons of grungy salt



Preparation

1. Put the boiled water in a bowl with the salt. Leave the brine until it boils. Add the garlic.
2. Separately, wash the fish, wipe it and put it on the grill. Let it penetrate on both sides.
3. After the fish and vegetables are cooked, they are taken off the grill and immersed in the brine.
4. Add the oil, chopped garlic and the parsley.

First clean the fish



Then light the fire in the grill



Pour the tomato juice



Then chop the pepper, the parsley and the hot pepper



Put the garlic, the hot pepper, the red pepper and the parsley to boil and after this sprinkle salt and pepper.



Pour the sauce over the fish.



The carp brine is ready!
COLIVA

We unfortunately associate 'coliva' with death and give it a negative connotation, but this is nothing more than a dessert that is delicious and easy to make.

Preparation time	Cooking time	Total time
-60 min	-60 min	-2 hours

Ingredientie:

1 kg of wheat
3 litres of water
500 grams of sugar
500 grams of ground nuts
1 spoon of salt
essence
raisins
lemon/orange peel



HOW TO PRERARE FOR THE BEST COLIVA IN TOWN 😊

Choose grain by grain, wind it up and put it in a clean pot.

Then wash it in 9 waters that means that you change the water for 9 times. You need to do this if you want to do a traditional wheat flour for commemoration.

If you want to do it faster, ask your family to help you.

Tradition says that when you make 'coliva' in order to commemorate a dead person's memory, before putting it to boil you must say a prayer of thanksgiving to God and mention the names of the dead person you want to commemorate.

Make the mark of the cross over the pot of wheat, for 3 times and then just start the actual cooking.

Put the wheat to boil in salty water stirring all the time.

When the wheat is boiled, add the sugar and boil a little until the spoon can stand right in the composition and does not move.

At that moment it is ready and the pot can be taken away from the cooker.

Put the wheat into a loose pot and add the nuts, essences, raisins, lemon or orange peel and mix everything thoroughly.

Put the boiled and flavoured wheat on the plates.

Make the mark of the cross on each 'coliva', using cocoa or ground nut

Decorate it with small candies or nut halves and then go to the church

(if coliva is made to commemorate a dead person).

If we make it for ourselves as a dessert, we can jump over the side with the decorating and consume it as it is in the plates.

It is good both hot and cold.



The religious pastoral tradition in some areas says there are two chariot plateaus going to the church.

One for all those asleep and another for those who have not been commemorated for a year.



Apple Pie



The History of the Apple Pie

It's a very sad story about a boy named Lazar. He loved to eat pies. Her mother did not have time to cook pies. Lazar died because he felt like eating some pie. Her mother was very sad and she cursed all the mothers. Every Lazar's Saturday people cook pies. Pies are given to children and poor people.

Ingredients:



-2 eggs

-9 tablespoons of milk

-1 kg apples

-9 tablespoons of sugar

-12 tablespoons of flour -sugar

-9 tablespoons of oil

-1 tablespoon of baking powder

-cinnamon

Step 1:

Mix the eggs with the sugar and add the oil.

Mix the flour with the baking powder.

Mix all the ingredients.

Add the milk and mix.



Step 2:

Clean the apple peel and cut it in small pieces.

Boil the apples with the sugar until there is no more juice left.

Add the cinnamon.



Step 3:

Grease the tray with oil and flour.

Put half of the dough and leave it to bake for 10-12 minutes at 180 C in the oven.

Add the apples, leave for 10-12 minutes.

Add the rest of dough.



Leave it in the oven to bake for 40 minutes.

It is ready!!

Good Appetite!!!!!!

NUT CAKE

INGREDIENTS:

- 250 g sugar;
- 500 g flour;
- 500 g nuts ;
- 250 ml. milk;
- 3 eggs;
- 3 oil spoons;
- baking powder;
- salt and essence



METHOD OF PREPARATION:

In one bowl place the three eggs and the sugar. Mix with the mixer, and add the oil, salt and half of the amount of milk. Mix well.



After the sugar has melted, add the flour gradually, the baking powder and the rest of the milk. At the end, put the nuts and keep mixing.

Pour the compositions in to a tray and put in in the oven for 40 – 45 minutes (the oven is warmed up beforehand at 150°).



Bon appétit!

RECIPE FOR DUMPLINGS WITH PLUMS

Ingredients:

300g of potatoes
Salt
30ml of cooking oil
1 egg
100g of flour
12 small plums
50g of butter
50g of dried crust
Powdered sugar
Mashed cinnamon
Vanilla sugar



TIME FOR PREPARING 90 minutes

HOW TO PREPARE

First step:

Boil the potatoes with some salt in water for about 30 minutes.

While you do that, peel off the plums and remove the seeds.

Second step:

Peel off the potatoes while they are still hot, then mash them and mix them with the cooking oil.

When the composition is cold, you should add the flour and the egg.

Mix them all until you get a homogeneous mixture, then separate it into 12 equal pieces.

Put the mixture to boil with 2 liters of water and some salt.



Third step:

The plums are covered with the composition.

Roll them into flour then put them one by one in hot water.

Let them boil on small fire for about 10 to 15 minutes, with the pot covered, then turn off the fire but let them sit in the hot water for 15 more minutes.

Fourth step:

In a hot pan roast the dried crust and the butter.

Remove the dumplings from the pot and let them sit for a while.

Put on them some dried crust, sugar and some cinnamon and then you can serve them.



Papanasi with sour cream and cranberry jam

This Romanian desert impresses every tourist who visits our country, and has its origins in Moldova, the north-eastern region of Romania. This desert became so popular among the Romanians over the years that it became one of the top five most popular local desserts.



Ingredients:

Cottage cheese	250 g	Salt	2 g
Flour	220 g	Sodium bicarbonate	5 g
Semolina	50 g	Vanilla sugar	15 g
Granulated sugar	50 g	Lemon peel	
1 egg		Rum flavour	

All the ingredients are mixed, except the flour which must be gradually incorporated, until we get dough that does not stick.



The obtained dough stretches with the rolling pin to obtain a 1 cm thick sheet.

Then cut the dough into circles.

From the rest of the dough, small balls are formed which are fried in boiling oil with the circles.



Circles and balls are fried on low heat on both sides until they get brown and they become 'papanasi'.



After they are fried, the papanasi are placed on the plate, and are served warm, with sour cream and cranberry jam.

Bon appétit!

SWEET BREAD

SWEET BREAD STORY

The Romanian tradition says that if you have sweet bread on the table it means you are celebrating.

The sweet bread recipe is a recipe with a long history.

In its simplest form, it is a flour dessert sweetened with sugar or honey, mixed with eggs, milk and fats. The origin of all forms of sweet bread is bread. Various varieties of sweet bread were met in Ancient Egypt, Ancient Greece and Ancient Rome. Some Roman breads, which were enriched with eggs and butter, probably had the consistency of the sweet bread. In the Middle Ages, the European bakeries often baked sweet bread with dried fruits because they last longer. Of course, then the sweet bread was not so fluffy. The initial recipe suffered many changes. What is common all over the world is the feeling of celebration that this special dessert brings.

As for the Romanian sweet bread, his flavour is mainly felt at Easter and Christmas. We have a huge variety of recipes. Each historical region has a recipe, as each family has one, transmitted from generation to generation.

In our family we have used the same recipe of sweet bread for at least 3 generations.



Recipe for two trays



Ingredients:

3 eggs, 50 g yeast, 1 kg of flour, 0,7 l milk, 300 g sugar, 1 spoon of salt, 9-10 spoons of sunflower oil, scraped peel from one lemon, 25 g of vanilla sugar, 1 vial of rum essence, 100 g of raisins, 2 teaspoons of cinnamon, 1 spoon of coffee, 400 g of ground walnuts.



Preparation:

Mix 50 g of yeast with 150 – 200 ml of warm milk and 1 spoon of sugar until it results a pancake like leaven. Leave it to rest and grow for about 30 minutes until doubles its volume.

The dough:

Warm slightly 500 ml of milk and dissolve in it 300 g of sugar and 25 g of vanilla sugar and add the raisins and scraped lemon peel and then mix everything with the leaven, 1 kg of flour, 3 mixed eggs, 1 spoon of salt and 9-10 spoons of sunflower oil.

You can add extra oil and flour until the dough doesn't stick to the hands. Leave the dough to rest for about one hour.

The filling:

Mix 400 g of ground walnuts with 300 g of sugar
1 spoon of ground coffee
2 teaspoons of cinnamon
rum essence
2 spoons of cocoa and add water until it results a cream.



After the dough rests it must be divided in four quarters.

Take each quarter and spread it with hands in shape of a square with the sides equal with tray length. Spread the filling on top of the spread dough and then roll it. Join two rolls in a spiral shape and place them in the tray.

You can cover the tray with baking paper before you put the dough rolls.



Leave the dough to rest in the tray for 20 -30 min..

Heat the oven up to 180⁰ C and then place the trays in the oven to bake for 40 minutes.

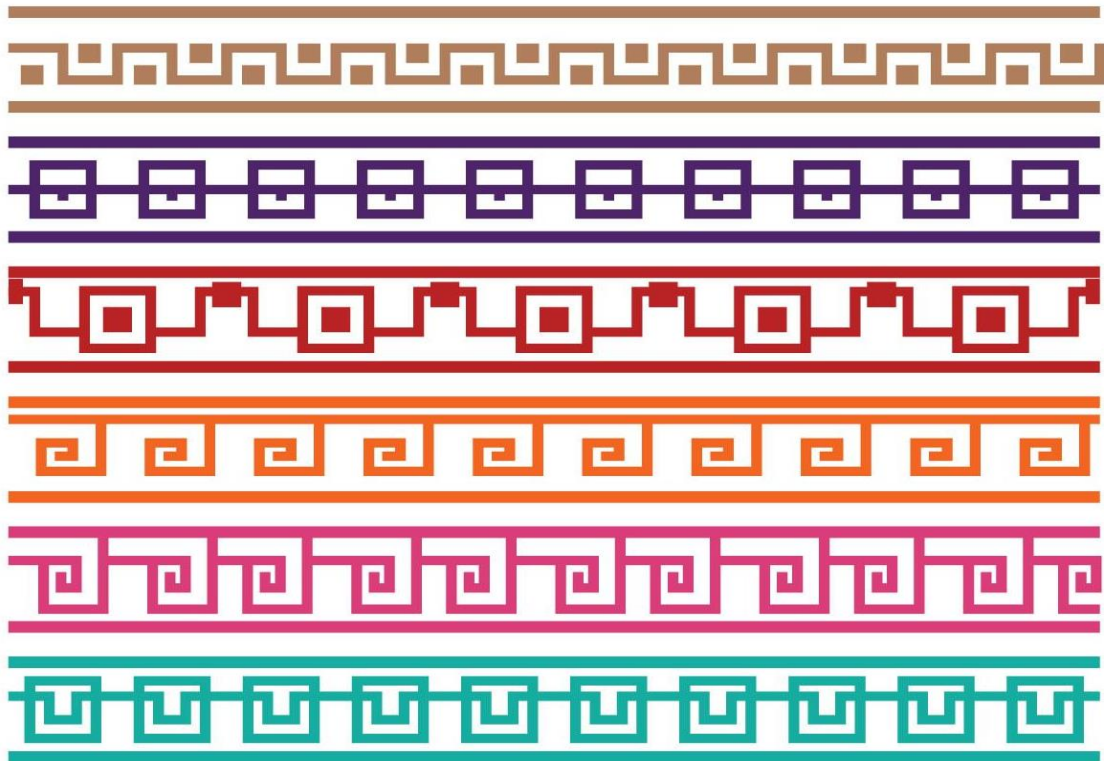
The last 20 minutes drop the temperature in the oven to 170⁰ C.

After the sweet bread is baked, take it out of the oven and brush it with mixed egg and then pour some sugar.



GOOD APPETITE!

GREEK COOK BOOK



Traditional Greek recipes

by

2nd school of Mikra, Trilofos, Thessaloniki, Greece

Spinach with rice (spanakorizo)



Spinach Rice, aka Bhajee (bah-gee) Rice or Vegetable Rice, is more like a Pulao.

It is simply is a dish of rice and spinach cooked together.

This rice dish can be eaten as is or as a vegetarian or vegan dish main dish; or it can be served as an accompaniment to a meat, seafood or poultry dish.

What You'll Need:

- 3 tsp oil
- 1 cup finely chopped onions
- 2 sprigs fresh thyme
- 1 whole hot pepper
- salt to taste
- 4 cups chopped spinach (preferably fresh)
- 2 cups long grain white rice, washed and drained
- 2 2/3 cups water

How to Make It:

1. Add oil to a pot and heat on medium heat.
2. Add onions and saute until translucent.
3. Add thyme, pepper, and salt to taste and continue to saute for about 1 minute.
4. Add spinach and toss to wilt it and reduce the volume slightly
5. Add rice and water, adjust salt to taste, stir, cover and bring to a boil. Let boil for 3 minutes then reduce heat to low and simmer for 20 minutes or until all the liquid has dried out.
6. Fluff with fork and serve

Fish Soup



What you'll need for 4-6 persons:

500g sea bass

500g peskandria

500g cod

4 carrots

4 big potatoes

1 green, 1 yellow and 1 red pepper

1 white and 1 red onion

Celery, parsley

4 spoons of olive oil

½ spoon of salt

¼ spoon of black pepper

How to Make It:

Boil water in a large saucepan. We put in the saucepan the fishes for 10 minutes. After that we get out the fishes from the saucepan and we put them in a plate removing the thorns.

We clean and cut the carrots, the potatoes, the peppers and the onions. We put them in the boiled water in the saucepan for 1 hour with the olive oil, salt and black pepper.

After 1 hour we clean and cut celery and parsley and put them in the saucepan with the fishes for 15 minutes.

We remove the saucepan from the burner and we wait for 10 minutes.

After that we can serve the food in deep plates.

Papoutsakia



What You'll Need:

- Oil, Thyme, Onion, Garlic, Sugar, Origan, Cinnamomum, Carnation
- Mince, Tomato, Parsley, Mint
- Salt, Pepper

How to Make the Aubergines:

We warm the oven at 200 ° C.

We cut the aubergines in 2 pieces, we cut the stipe without taking out the cortex.

We add 2 spoons of soup oil, salt, pepper, 1 spoon of soup thyme and we extend it with our hands so we can cover the whole acreage of the aubergines.

We put them in a pan and we bake them for 30-40 minutes.

When these minutes have passed we take them from the oven and we move them to a pyrex with the stipe being down.

With a spoon, we step the flesh so that we can make one “holder” for the mince.

How to make the mince:

We put one fryer. We add 1 spoon of oil and we let it to boll nicely.

We cut the onion, the garlic and we add them to the fryer.

We add the sugar, thyme, origan, cinnamomum, carnation, salt and pepper.

We blend for 5 minutes.

We add the mince and we sauti them for 3-4 minutes.

We add the tomato and boil them for 10-15 minutes.

We remove them from the fire and we let them cold.

Next, we put the gryere, the parsley, 1 spoon of thyme and the mint and then boll.

We bosom all the aubergines with a spoon until all the farcing will be done.

At the end we serve it with a few oil and parsley.

Raisin Bread



What You'll Need:

- 1: 2 cups of raisins
- 2: 2 cups of water
- 3: Half cup of corn oil
- 4: 1 cup of cold water
- 5: 2 cups of sugar
- 6: 4 cups of flour
- 7: 1 teaspoon of cinammon
- 8: 1 teaspoon of clove
- 9: 1 teaspoon nutmeg
- 10: 1 teaspoon of baking soda
- 11: 1 pinch of salt

How to Make It:

1. Boil the raisins in the 2 cups of water for 15 minutes
2. Remove it from the fire and we add the cold water and the corn oil
3. Mix all the solids materials
4. Add the raisins mix
5. Butter and flourish a griddle. We put the mix inside it
6. Bake it to 175 degrees for almost an hour

Greek Salad



What You'll Need :

- Tomato
- Cucumber
- Feta cheese
- Olives
- Onion
- Olive oil

How to Make It:

- Cut the onion into thin slices and put the onion in a bowl with cold water and vinegar.
- Wash and clean the cucumber leaving a little pee and cut into thin vertical slices.
- Put the cucumber in another bowl.
- Cut the tomatoes in the middle and pour them into the cucumber bowl.
- Cut the pepper into vertical thin strips and add it to the bowl of cucumber and tomatoes.
- Rinse the onion by draining it well with your hands and add it to the bowl of the other vegetables.
- Then add vinegar, sugar and olive oil, salt, pepper and mix with a spoon.
- Serve on a plate and pour over the olives, oregano, feta, caper and sprinkle with enough olive oil.

Dolmadakia



What You'll Need:

- 100gr vine leaves
- 500gr rice
- 500gr fresh onions
- 4 lemons
- 70gr olive oil
- a bunch of mint
- a bunch of parsley
- a bunch of dill
- 1 liter of water

How to Make It:

- Put the vine leaves in boiling water for 2 minutes.
- Chop the onions, the dill, the mint and the parsley and put them in the frying pan with the olive oil.
- Cook for 3-4 minutes and then add the rice, the salt, the pepper and finally the lemon.
- Add the water and boil for 20 minutes.
- Put a spoonful of the rice mixture on each vine leaf and wrap it.
- Put dolmadakia in a deep pot and boil them for 40 minutes.

Briam



What You'll Need:

- 4 aubergines
- 4 zucchinis
- 4 potatoes
- 4 tomatoes
- 2 cloves garlic
- 2 onions
- 2 tbsp chopped mint
- 2 tbsp chopped basil
- 2 tbsp chopped parsley
- 1/2 cup olive oil
- 1 cup water
- Salt
- Pepper

How to Make It:

- Preheat the oven to 200°C/gas. Slice the aubergines, the zucchinis, the potatoes and the tomatoes and put them mixed on a baking tray.
- Blend the garlic with the olive oil and pour it over the food. Add salt, pepper and the herbs. Mix them and pour over the water.
- Bake in the preheated oven for 40'-45'

SLOVAK COOK BOOK



Traditional Slovak Food

by

ZŠ sv. Andreja Svorada a Benedikta, Skalité,

SLOVENSKO

SLOVAK CUISINE ORIGINE



Slovak cuisine varies slightly from region to region across Slovakia. It was influenced by the traditional cuisine of its neighbours. The origins of traditional Slovak cuisine can be traced to times when the majority of the population lived self-sufficiently in villages, with very limited food imports and exports and with no modern means of food preservation or processing.

This gave rise to a cuisine heavily dependent on a number of staple foods that could stand the hot summers and cold winters. These included wheat, potatoes, milk and milk products, pork meat, sauerkraut and onion. To a lesser degree beef, poultry, lamb and goat, eggs, a few other local vegetables, fruit and wild mushrooms were traditionally eaten.

All these were usually produced and processed by families themselves with some local trade at the country markets. Wheat was ground, and bread, dumplings and noodles were made from it. Potatoes were mostly boiled or processed into potato dough. Milk was processed into a wide range of products such as butter, cream, sour cream, buttermilk, and various types of cheese etc.

Typical pork products include sausages, a local kind of blood sausages, smoked bacon, and lard. Spices were not widely used, and animal fats and butter were used instead of cooking oils. Main drinks included fresh and sour milk, and beer.

Bryndzové halušky

Slovak national food

It is usually served with a glass of sour milk.



INGREDIENTS:

- Potatoes – 3 pieces
- Flour – 5 tablespoons
- Egg – 1 piece
- Bacon
- Bryndza (Sheep Cheese)
- Salt

PREPARATION:

1. Grate peeled potatoes. Add one egg and flour. Knead dough.
2. Boil water with 1 tbsp of salt.
3. Toss pieces into the boiled water.
4. Cook them for about five minutes.
5. Take them out with a strainer and put them into a bowl.
6. Cut bacon into small pieces and fry them.
7. Put bryndza on halušky and mix them together.
8. Put the fried bacon on the served portion of halušky.

"Kapustnica" - Sour cabbage soup

To make Kapustnica, you need some home-made sour cabbage (kapusta).

You can either buy it or make it yourself. It is a very delicious and popular soup.

It's traditionally eaten on Christmas, but you can find this soup offered in most of Slovak restaurants.

INGREDIENTS:

- 0.5 kg sauerkraut
- 0.5 l sauerkraut juice
- 500 g pork shoulder
- 400 g smoked spicy sausage
- 30 g dried mushrooms
- 1 onion, whole
- 3 garlic cloves, crushed
- black pepper
- salt
- spicy paprika



PREPARATION:



Wash the pork and put it into a pot. Add roughly chopped sauerkraut, sauerkraut juice and some water. Add the onion, salt and dried mushrooms. Bring to boil and cook over a medium heat for 40 minutes. When the meat is well cooked, cut it into small pieces. Add sausages cut into rings. Put all the meat and sausages back to the pot, add paprika, garlic and pepper and cook for further 15 minutes. Serve with warm boiled potatoes.

"Parené buchty" - Steamed Buns

INGREDIENTS:

Milk – 1 cup

Flour – 450 grams

Egg – 1 piece

Jam – 350 grams

(you can use also fresh fruit)

Yeast – 25 grams

Sugar – 2 tablespoons (tbsp)

Salt

Oil – 1-2 tbsp



PREPARATION:

1. Heat up the milk a bit melt the yeast in the half of it.
2. Add the egg, sugar, salt and the rest of the milk. Mix all properly by a wooden spoon for several minutes.
3. Leave the dough for 30–40 minutes (until it rises to double size).
4. Roll it out to 7 mm thick and cut into square pieces. Put teaspoon of jam or one piece of fruit to each piece.
5. Next seal the buns by folding them as envelopes and put them on a flour-sprinkled surface.
6. Boil 2 cups of water in saucepan and place the steamer over the boiling water. Brush the steamer with a bit of oil.
7. Put a few buns to the steamer, but don't forget to leave some space between them as they will grow.
8. Keep the water boiling and steam them for 10 minutes.
9. Serve them with melted butter and melted poppy seeds or cocoa powder with sugar.

"Šošovicový prívarok"- Lentil Side Dish

Preparation time: 35 minutes



INGREDIENTS:

- Lentils – 250g
- Bay leaf – 1 piece
- Salt
- Sugar
- Oil – 2 tablespoons
- Flour – 3 tbsp
- Vinegar
- Water – 500 ml

PREPARATION:

1. Cook the lentils in water together with bay leaf. Add a little salt.
2. Heat the oil. Add flour and mix it together. Cool it and add some water and mix it again.
3. Add the mixture into lentils and cook a bit until it gets dense.
4. Add some sugar and salt to get sweet-and-sour taste.
5. Serve with baked sausage, other meat, a fried egg or potatoes.

“Kubuš” - Potato Pie



INGREDIENTS:

1kg potatoes,
80g plain flour
smoked bacon to taste
little lard
salt
garlic
onion
marjoram
ground black pepper.

PREPARATION:

1. Grate the peeled raw potatoes
2. Add four, crushed garlic, salt, pepper, marjoram, and chopped onion sizzled on bacon.
3. Stir thoroughly and put on a well-greased baking tray.
4. Bake in an oven.
5. Sprinkle little oil on top to make the “harul’a” crunchier.

“Šul’ance” - Rolled Gnocchi



INGREDIENTS:

- potatoes
- plain flour
- eggs
- poppy seeds
- butter
- curd or ground cinnamons
- salt

PREPARATION:

1. Cook potatoes, then let them chill out and mash them
2. Add flour and one egg. Knead well
3. Tear pieces of thick dough, then roll them into thinner gnocchi cylinders
4. Cook the gnocchi cylinders in salted water
5. When ready, put on plate and add poppy seeds and butter
6. Instead of poppy seeds you can use curd, nuts or ground cinnamon

"Langoš" - Deep Fried Bread Cake

It is a favourite take-away in Slovakia.



INGREDIENTS:

- Ground flour – 1 kg
- Sour cream – 1 cup
- Salt – 1 tablespoon (tbsp)
- Milk – half a liter
- Yeast – 50 grams
- Sugar – 1 tbsp
- Oil

PREPARATION:

1. Heat up some milk and crumble the yeast and sugar into it.
2. Leave it for couple of minutes until it starts raising.
3. Add flour and salt and mix dough and let it rise.
4. Take a small ball from the dough. Form a circle from it (with a diameter of 20 cm).
5. Heat up some oil and put the circle into a deep frying pan.
6. Fry it from both sides until it gets light brown.
7. Serve with some crushed garlic, grated cheese, ketchup or sour cream.

"Fličky s Kapustou" - Pasta with Cabbage



INGREDIENTS:

- 2 cups of flour
- 1 egg
- ½ cup water
- Sliced cabbage
- 50g of butter
- Sugar and butter for sweet version
- Fried bacon, a little cumin for salty version

PREPARATION:

1. Make tough dough from the flour, an egg and water
2. Roll the dough and cut into small squares
3. Boil the squares in a big pot full of water with a spoon of salt
4. Put the butter on the pan, add the sliced cabbage and some water
5. Stew together for 15 minutes
6. Mix the boiled pasta with cabbage
7. Add melted butter and powder sugar for sweet taste
8. If you prefer salty version, add cumin and fried bacon



Material collected by: Jana Kubánková, 2018



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