



FOOD for GOOD

YOUTH EXCHANGE
ON ISLAND CIOVO
7TH - 14TH OF SEPTEMBER



Erasmus+



AGENCY FOR
MOBILITY AND
EU PROGRAMMES

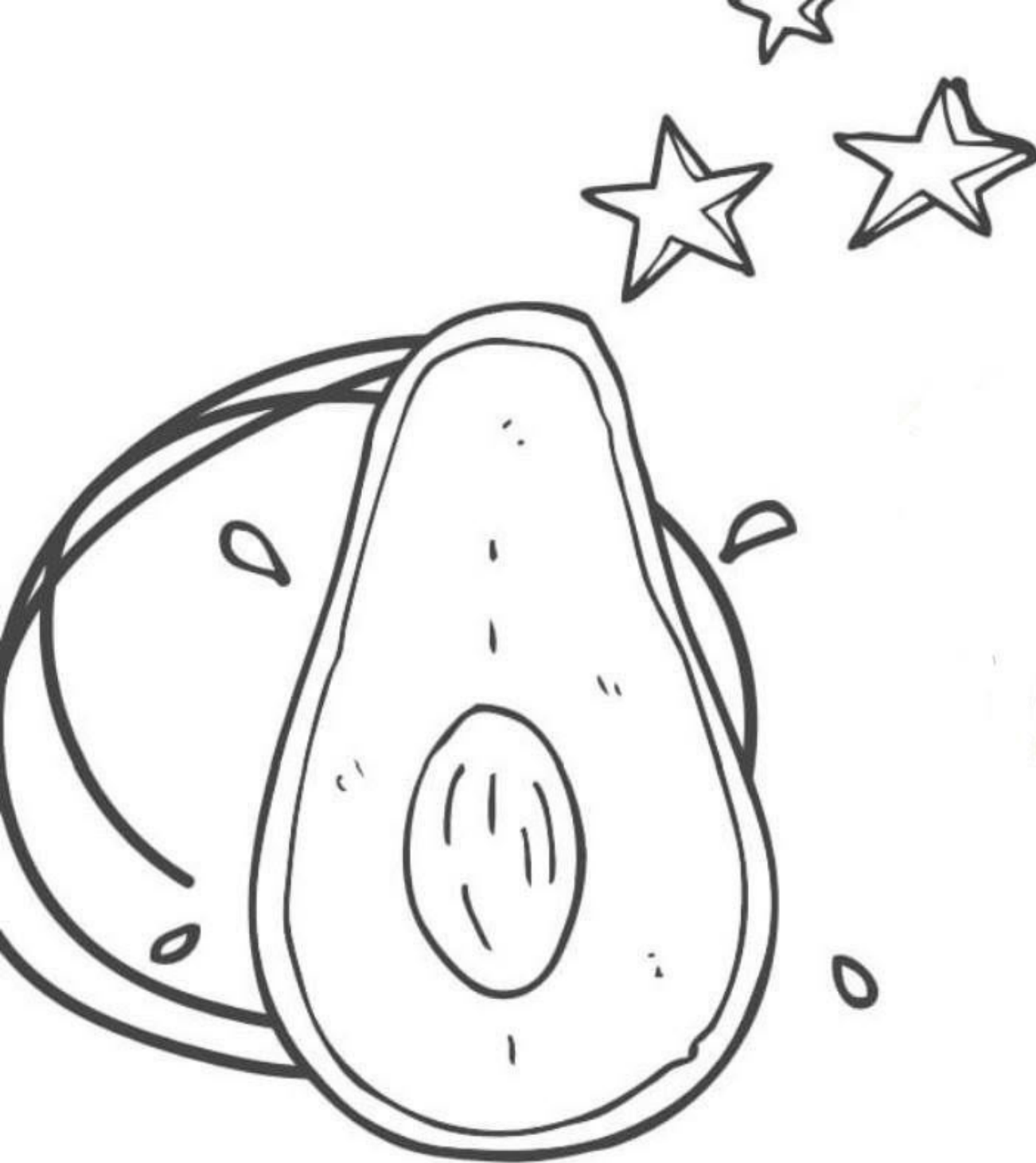


INSTITUTE of
UKRAINIAN
STUDIES



CAUCASUS YOUTH NEXUS
კავკასიის ახალგაზრდული კავშირი





YOUTH EXCHANGE



Food4Good

7th-14th of September
Okrug Donji, Island Ciovo, Croatia

About us.

Food4Good is an Erasmus+ Youth Exchange that aims to explore different cuisines of countries. The main goal is to explore the differences and similarities of different cultures via cooking. During this exchange time, we will have participants from Croatia, Georgia, Ukraine, Turkey, Romania, Armenia, Spain.

Those countries are famous for their cuisine, they are full of old traditional recipes, and the different cultural background makes their dishes even more unique.

I, as a professional food critic, will provide you with recipes and reviews of the dishes that the participants will provide us.

Cook with us!

ARMENIA

Dolma	5
Spas soup	6

CROATIA

Gulas	11
Croatian BBQ	12

GEORGIA

Mtsvadi	16
Badrijani	17
Tchvishdari	18

ROMANIA

Mamaliga	21
Ciorba rădăuțeană	22
Smashed potatoes and meatballs	23

TURKEY

Tantuni and Ayran	26
Şehriye Çorbası	27
Halva	28

SPAIN

Tortilla de patatas	31
Sangria	32
Patatas alioli	33
Torrijas	34

UKRAINE

Borscht	38
Banosh	39
Strudel	40



ARMENIA.



Armenian cuisine includes the foods and cooking techniques of the Armenian people and traditional Armenian foods and dishes. The cuisine reflects the history and geography where Armenians have lived as well as sharing outside influences from European and Levantine cuisines. The cuisine also reflects the traditional crops and animals grown and raised in Armenian populated areas.

The most famous Armenian Dish is Dolma, and that's what our Armenian Team decided to cook for lunch.

Nothing says "Armenia" as much as Dolma does, because the country is famous for its technique of stuffing food, it requires a lot of technique and patience, which our participants proved that they have it".

ARMENIAN DOLMA

Nothing says “Armenia” as much as Dolma does, because the country is famous for its technique of stuffing food, it requires a lot of technique and patience, which our participants proved that they have it.

INGREDIENTS

(for 40 people)

- 500 gr minced beef
- 150 gr rice
- 3 medium fine chopped onions
- 3 cloves of chopped garlic
- 1 big bunch of coriander and parsley
- 150 gr tomato sauce
- 15 gr salt
- 300 gr grape leaves
- 15 gr chopped mint
- 1 clove of chopped garlic for the sauce
- 1 cup plain yoghurt for the sauce

COOKING PROCESS

In a large bowl mix minced beef, chopped onions, 3 cloves chopped garlic, finely chopped coriander and parsley, tomato sauce, 15 gr salt and 3 gr black pepper;

Spread a leaf on a plate or cutting board, wrong side up and stem end towards you. Put a teaspoon of filling near the stem end. With your hands fold the sides and then roll up like a cigar. Place the rolled dolma in the pot. Layer the dolma in two or three layers

To ensure stability, place a plate over the top and fill the pot with 2 cups of water. You can add more tomato sauce for extra flavor.

Heat stove to 150C, and cook for 50 minutes.

Make a sauce: mix yoghurt, mint and garlic together. Salt and pepper to taste.

Plate your Dolma hot with yoghurt sauce and enjoy!

SPAS SOUP

INGREDIENTS

(for 40 people)

- 1/2 cup dry soft wheat kernels, (also called soft wheat berries)
- 1 egg
- 1 Tbsp unbleached all-purpose flour
- 2 1/2 cups 2% plain yogurt
- 1/4 cup sour cream
- 2 cups water
- Salt, to taste
- A handful of parsley, chopped

COOKING PROCESS

To cook the soft wheat berries, rinse them under running water. Place the rinsed berries into a sauce pan and add enough water to cover the grains by about 5 cm. Bring to a boil. Reduce heat, cover and cook for about 40 to 45 minutes until the grains are chewy. Drain and set aside.

To make the soup, add the egg into a pot where you are going to cook the soup. Beat the egg slightly with a wooden spoon. Add the flour.

To make sure there are no lumps, its best to sift the flour into the egg making sure to constantly mix. Mix the egg and flour until smooth, then add the yogurt and sour cream. Stir to combine. Then add two cups of water.

After that just plate it and enjoy!

Buying my ticket.

REVIEW

I really want to compliment Armenian team for their amazing cooking skills. Without any hesitation, this Dolma was the best Dolma that I have ever tried. After biting it, you can see the juice coming out of it. The meat was seasoned perfectly, the rice was cooked perfectly, the flavours were on point. All I can say to Armenian team is Bravo! It was delicious lunch, that I could not get enough off! Perfect lunch from very skilled and organized team. If this is how everyone cooks Dolma in Armenia, I'm buying my ticket now to visit!

Final score

5/5

ARMENIAN TEAM

GEVORG

DAVID

SONA

NAREK

KRISTINE

KNARIK

Armenian Team





CROATIA.



To represent their country, Croatian team had chosen to cook gulaš.

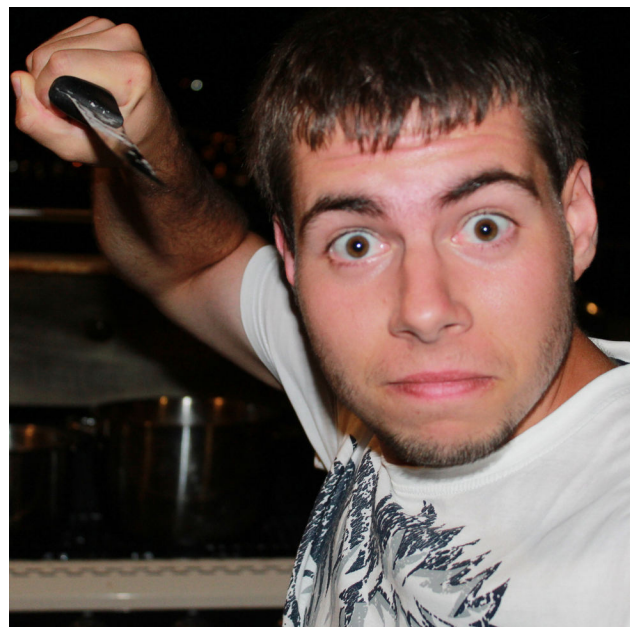
It is very popular in most parts of Croatia, especially north (Hrvatsko Zagorje) and Lika. In Gorski Kotar and Lika, venison or wild boar frequently replace beef (lovački gulaš).

It is often served with fuži, njoki, polenta or pasta. It is mixed with vegetables. Green and red bell peppers and carrots are most commonly used. Sometimes one or more other kinds of meat are added, e.g., pork loin, bacon, or mutton.

Bacon is an important ingredient.

Gulaš is easy to cook for a big amount of people, so it's a family dish usually served for Christmas and even weddings. It's a very flexible, warm and filling dish - a comfort food even.

According to the top therapists of Croatia, gulaš is a certified medicine that prevents depression, anxiety and cures a row of physical diseases if used properly.



Gulaš

INGREDIENTS

(for 40 people)

- 3 tablespoons of ajvar
- 1 tablespoon of dijon mustard
- 5 kg of white onions
- 5 kg of red onion
- 1 package of dried bayleaves - 14 leaves
- 1 whole garlic
- 10 kg of beef neck
- freshly grounded pepper - to your liking
- full package of dried ramsons - about 10 teaspoons
- cayenne pepper to your liking
- dried sweet red pepper about 10 tablespoons
- 1 can of peeled tomatoes
- 3kg of red sweet "horn" pepper
- 3kg young potatoes
- 4 teaspoons of cumin
- bunch of fresh parsley
- 200g of butter
- 2kg of fresh carrot
- 0.75l of mid-expensive dry red wine

COOKING PROCESS

Lightly spray a large saucepan with oil and heat over medium-high heat. Cook beef neck in batches until browned.

Return beef to pan, then stir in paprika. Add tomato peeled tomatoes, wine and water, stirring well, and bring to the boil. Reduce heat to low and simmer, covered, for 1 hour.

Add potato to pan and cook, stirring occasionally, for 30 minutes. Add vegetables and cook, stirring. Season with the spices.

Serve and enjoy!

Croatian BBQ

INGREDIENTS

- 5 kg of chicken
- 3 kg of beef patties
- 2 kg of pork chops
- 1 kg of sausages
- 3 kg of fresh vegetables (your choice)

For the marinade:

- 2 lemons (for the juice)
- 5 table spoons of apple vinegar
- spice mix of your choice
- salt and freshly grounded pepper
- 3-4 bay leaves

|

COOKING PROCESS

1. Marinade the meat with the juice of 2 lemons and lemon zest, add the vinegar and spices - leave it for a couple of hours to rest in the fridge
2. Slice your vegetables in thick cuts, we used zucchini, onion, tomatoes and some red horn peppers sliced in halves.
3. Grill everything and enjoy! In Croatia we prefer to use the stone grill for the smokey woody flavor that makes your BBQ unique and delicious! Dobar tek!



Comfort food.

REVIEW

If you're familiar with Croatian cuisine you will be able to quickly pinpoint the pattern - Croatian food is comfort food. It's flexible, mostly easy to make yet it needs time and is very filling. It gives you the sense of warmth and joy. Croatian cuisine is usually made for big gatherings, they cook a lot and they cook with love. The cooking itself is a piece of entertainment, a time for sharing stories with a glass of wine while distributing small portions of the responsibilities like chopping, mixing and cooking with friends and family. So the moment you get the food on the table is truly celebratory to each person who gets to try the final product.

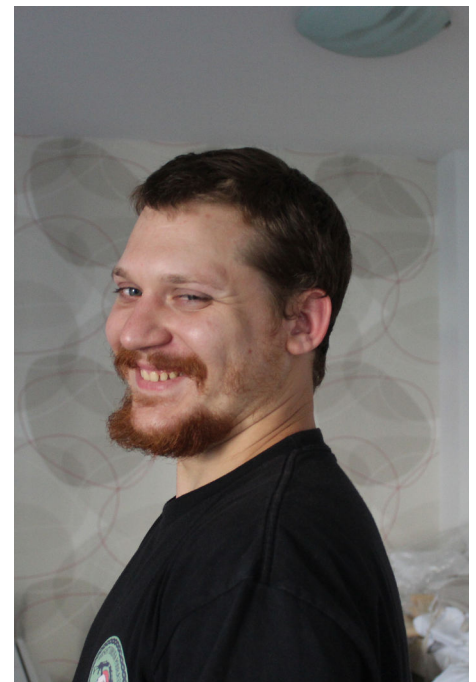
Final score

5/5

CROATIAN TEAM

PETER
JURICA
MEGGY
JAKOV
NIKOLA

Croatian Team



GEORGIA.



A tiny country with a huge history. Georgians know the value of food. On traditional Supra Georgians never can fit the food on the tables. Most of their dishes are recognized as comfort foods, that's why nobody can ever say no to them. For Qartvelians (as they call themselves) food is part of their life, that's something that they are very proud of. Eating, hospitality, toasts and the supra bind family and friends and snare visitors into long, table-bound interludes. Georgian food and hospitality surround you...and can sometimes suffocate you under its weight.

Georgians decided to cook several dishes because they did not want to upset their ancestors, therefore they spoiled us with some of their most famous dishes. Georgians as always proved that their cuisine is full of different flavors that actually go well together.

“The garlincy taste of eggplants with smooth taste of cheesy tchvishtari makes you feel like you are somewhere in Georgia, after you top it with Georgian wine you hear the sounds of georgian polyphonic singing, sweet melody of Chakrulo and Georgian Mravaljamieri. What else would one want? Georgian have “food cult” and they never disappoint us, even when they mess up the recipe”.

MTSVADI

A.K.A GEORGIAN BARBEUE

INGREDIENTS

- 3.5 kg Pork meat
- 3 Onions
- Salt
- Pepper
- Lemon juice, vinegar, or white vine

COOKING PROCESS

First, make **Basturma**

Cut the meat into medium pieces and transfer the meat to the bowl. Cut onion into big chunks and top the meat;

Add a little bit of lemon juice, vinegar, or wine to the bowl, the acid will add tenderness to meat; Season to taste.

If you like your meat spicy you can add some red peppers to basturma. Mix the basturma, put the lid on the bowl, and put it in the refrigerator for 2 hours.

After the marinade is ready, make a fire on the grill. Cook until it's ready (it approximately takes 30 minutes). After the meat is done serve it with some chopped onions and enjoy!

BADRIJANI

Georgia is also famous for its Pkhaleuli, which is technically a vegetable mixture with Georgian seasonings and walnuts. It really is the taste of Georgia, therefore our Georgian friends decided to cook eggplant pkhali, which is fried eggplant rolls with walnuts, however, unfortunately, they did not buy the right kind of walnuts and they offered us the modernized version of the traditional recipe.

INGREDIENTS

(for 40 people)

- 2 kg Eggplants
- 2 Jars of sour cream
- Slat
- Red pepper
- Utskho Suneli
- Svanetian Salt
- Oil
- Presley
- Garlic

COOKING PROCESS

Carefully wash and slice eggplants. Put some salt on them from both sides.

Fry them from both sides until crispy. Move the eggplants on a paper towel, so the remains of oil will dry out.

For Sour cream sauce:

In a bowl mix together chopped garlic, sour cream, one teaspoon of Utskho Suneli, Svanetian Salt, Red Pepper, Salt. Mix everything together and let it sit for 10 minutes.

After the eggplants are cooled down, spread some sour cream mixture on top of the eggplants. Roll them carefully. Repeat process with remaining eggplants.

Serve them with fresh chopped parsley and enjoy!

TCHVISHDARI

Chvishtari is a traditional Georgian cornbread with cheese. Some tourists compare them with well-known mozzarella sticks, because of the melted cheese inside of the bread. Chvishtari is one of the cheapest foods you can buy in Georgia because it does not require many ingredients.



INGREDIENTS

(for 40 people)

- 1 kg Corn flour
- 1 Jar of sour cream
- Oil
- 1 Bottle of mineral bubbly water
- Salt

COOKING PROCESS

Pour corn flour in a bowl and mix it with tea spoon of salt; Add sour cream into the dry mixture and mix it;

Add some mineral water into the dough. Make sure its not too liquidy, you have to be able to shape them into little balls; Heat up the pan with some oil;

Roll the tchvishtari into small balls and tap them on top to make them little flat; Fry them in oil from both sides until golden; Move them to the paper towel so the remained oil will sunk in;

Eat while it is hot. Enjoy!

Food cult.

REVIEW

Georgians as always proved that their cuisine is full of different flavors that actually go well together. The garlicky taste of eggplants with smooth taste of cheesy tchvishtari makes you feel like you are somewhere in Georgia, after you top it with Georgian wine you hear the sounds of georgian polyphonic singing, sweet melody of Chakrulo and Georgian Mravaljamieri.

What else would one want? Georgian have "food cult" and they never disappoint us, even when they mess up the recipe.

Final score

5/5

GEORGIAN TEAM

ANNA
KETO
GIORGI
LASHA
MARIAM
GIORGI

Georgian Team



ROMANIA.



As any Balcan country, Romania sticks heavily to their traditions when it comes to their cuisine. Family recipes are kept through generations and generations, making each dish unique and close to the heart. Romanian cuisine is diverse and is influenced by many cultures throughout the history. Some of the National dishes share their likeness with Moldovan, Armenian and Turkish cuisines.

From meat and cereal dishes to significant vegetarian, Romanian cuisine is extremely flexible, everyone can find something they would fall in love with from the first bite. In this book, you may find some of those unique family recipes that our Romanian Team had shared with us.

MAMALIGA

INGREDIENTS

(for 40 people)

- 1/2 litres of water
- 1/2 kg of corn flour (cornmeal)
- 150 gr of unsalted butter
- 5 teaspoons of salt

For the toppings:

- 10 eggs (scrambled)
- sour cream
- goat/cow cheese

COOKING PROCESS

1. Bring water to boil and add salt and butter
2. Slowly add the corn flour slowly stirring it non-stop to avoid lumps and raw bits
3. Cook it on low heat for 10-15 minutes, stirring it occasionally
4. Serve mamaliga with scrambled eggs, sour cream and cheese on the side.



CIORBĂ RĂDĂUȚEANĂ

Ciorba rădăuțeană is very easy to cook and is extremely delicious. It is a healthy and filling dish that can be prepared in any cooking conditions and any level of the cooking skill if you follow the process carefully. .



INGREDIENTS

(for 40 people)

- 3 whole chickens
- 15 carrots
- 15 onions
- 5 celleries
- Salt and pepper
- 10 egg yolks
- 1 kilo of sour cream

COOKING PROCESS

1. Put finely chopped chicken meat in cold salted water and boil it until it's ready. Don't forget to gather all of the meat foam from the water surface.
2. When all of the foam eliminated and the chicken is almost ready, add chopped vegetables and remove the chicken meat when vegetables soften a little.
3. Leave the chicken meat aside, bring the soup to boil and then let it simmer on a low heat for 15min.
4. Add egg yolks mixed with sour cream and finely chopped chicken meat. Bring it to the boil again.
5. Serve ciorba with a tablespoon of sour cream and red chilli pepper.

SMASHED POTATOES AND MEATBALLS

INGREDIENTS

Smashed potatoes

- 7 kg of potatoes
- 500 g of butter
- 400 ml of milk
- 20 g of spices (salt, pepper and some aromatic herbs)

The sauce

- 3 litres of tomato sauce
- 700 ml of water
- 2 tablespoons of oil
- 1 onion
- mix of spices (salt, pepper, granulated garlic, dried parsley)

Meatballs

- 6 kg of beef meat (minced)
- 1 kg of smashed potatoes
- 2 onions
- a few sprigs of parsley
- 2 tablespoons of oil
- 7 cloves of garlic
- a mix of spices (salt, pepper, basil, dill)

COOKING PROCESS

1. Mix minced beef, potatoes and nicely chopped onions with smashed garlic and spice mix, and form the meatballs
2. Fry the meatballs in the pan and set them aside. Add on the pan with leftover meat oil: chopped onion and cook it until it's translucent. Pour the tomato sauce and water, season it with the spice mix and let it simmer until boiled.
3. Add the fried meatballs to the sauce and let it simmer a little more until the meatballs are cooked completely.
4. For the smashed potatoes: boil peeled potatoes until they're ready and remove all of the water. Add milk, butter and spices, mash them finely until there are no lumps left.
5. Serve the smashed potatoes with tomato sauce and meatballs in top and enjoy your nom-noms :)

Family traditions.

REVIEW

If you've ever visited Romania, you are more than aware of the hospitality and warmth of these people. Our Romanian Team did a great job of bringing the best qualities of the country and best elements of their National cuisine to the table. They fed us well and made us feel the Romanian warmth and spice through the delicious dishes they've served and the attention they've paid to the cooking and plating process. As a Moldovan myself, because our cuisine and traditions are similar, I felt like home with every bite of their food that took me back to my childhood and late homemade dinners from my grandma.

Final score

10/10

ROMANIAN TEAM

CONSTANTIN

MARIA

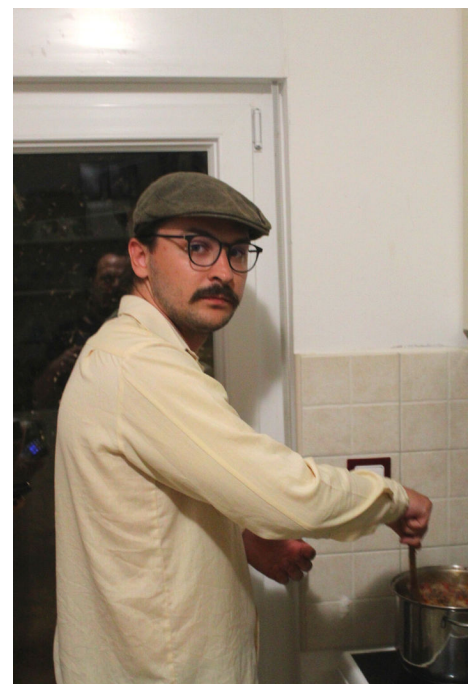
VLADIMIR

PAULA

ALEX

SERGIU

Romanian Team



TURKEY.



Turkish cuisine is one of the most varied and richest in the world. This unique location combined with the migration of Turks over the centuries from Central Asia to Europe has shaped the identity of its gastronomy. Almost every region in Turkey offers its own delicious spicy experience and our Turkish Team had provided all of this with ease and kindness.

They've cooked with love and were eager to share a piece of their country and their hearts with us.

TANTUNI AND AYRAN

The dish has background of Yörüks. Its called Tantuni because of the sound that spoon makes during cooking and serving. Tantuni is an easy-cooking, delicious traditional dish. Anyone can cook it and it's a very healthy dish too, served with Turkish national drink - Ayran. In B.C 552, Göktürks (the ambassadors) made Ayran in order to keep soured yoghurt edible.

INGREDIENTS

Tantuni

- 7 kg Chicken Breast
- 1 kg Onions
- 2 kg Tomatoes
- 2 packages of Parsley
- 100 gr Red Pepper
- 50 gr Pepper
- 50 gr Salt
- 500 ml Oil

Ayran

- 2,5 kg of yoghurt
- 17 litres of water
- 25 gr of salt

COOKING PROCESS

1. For Tantuni, slice the onion and mix with the finely chopped parsley.
2. Chop the tomato finely, and set aside.
3. Chop the meat very finely and boil for a couple of minutes.
4. Add oil to the pan. When it's heated enough, add the meat and cook stirring constantly. Roast the meat until the color turns brown.
5. Add the spices and cook stirring for a few more minutes.
6. Halve the bread and cut each piece into sandwich bread, press inside of the bread pieces on the meat to absorb the oil.
7. Share the meat into breads, spread the chopped onions and tomatoes over the meat.
8. For Ayran, mix yogurt, salt and water together until it's smooth and silky - pour into a glass and serve with Tantuni. Enjoy!

Şehriye Çorbası

Şehriye Çorbası or simply Tomato & Orzo Soup is a delicious soup served with any side dish of your choice. Turkish people make the soup to stay healthy and also they cook it when someones sick.



INGREDIENTS

(for 40 people)

- 500 gr vermicelli
- 600 gr onion
- 200 ml oil
- tomato paste
- 1 kg tomato
- 50 gr salt
- 5 litres water

COOKING PROCESS

1. Wash and drain the pasta.
2. Heat a little oil in a saucepan and add onions, tomatoes, tomato paste, and a little water. Stir and bring to a gentle boil.
3. Add the pasta grains and cook for 8-10 minutes.
4. Once cooked add the rest of the water, this will prevent the pasta from overcooking. Season with salt and pepper to taste.
5. Serve in bowls and enjoy while it's hot!

Un Helvası

HALVA

It wouldn't be a complete Turkish meal without a dessert. We were lucky to try a real halva that you can now also prepare by yourself, using this easy recipe!



INGREDIENTS

- 1,5 kg Butter
- Water
- 2 kg Flour
- 1,5 kg Sugar

COOKING PROCESS

1. To make syrup, combine sugar with water. Bring it to a simmer and cook until the sugar has dissolved. Put your syrup aside.
2. Put the and butter flour in a large pot stirring constantly cook on a medium heat until the colour turns to a light golden shade.
3. Add in the warm syrup but be very careful when you do this as it will spit. Stir until the mixture becomes doughy and leaves the edges of the pot ..turn the heat off

You may serve it with ice-cream or top it with caramel and nuts ;)

Warm & homey

REVIEW

From delicious Halva that was an amazing surprise that made me squee like a baby, to an easy-making sandwich - Tantuni, the Turkish Team made me feel a little more confident in my future cooking experiments. They've chosen extremely easy dishes that represent their country not less than any others and showed us that cooking something "exotic" can be less challenging than we thought. The marinated onion in Tantuni and smooth sweet taste of Halva for dessert brought me back to my 1st visit to Turkey and reminded me why I love this country so much.

Final score

5/5

TURKISH TEAM

ASLI
ECE
BEYZA
SEDAT
TARIK
BUSRA

Turkish Team



SPAIN.



Spanish cuisine is famous for its fresh taste and its bold flavors. Spain has an incredibly rich food culture. There are so many different dishes throughout the country that you have to try when visiting.

Since food is such a big part of the Spanish culture, you'll be blown away by the many food options you find in Spain.

Among the Spanish ingredients, it is worth highlighting the cheeses, which are of a great variety, the result of a thousand-year-old livestock activity. The

The great variety of wines it possesses also stands out in Spanish gastronomy, some of its wine regions having achieved international fame and recognition. Although wine is the national drink, in some northern regions other drinks are very popular, such as cider.

“Spanish team decided to cook traditional dish called Tortilla de patata with patatas alioli, also the show us one of their popular drink called Sangria.”

TORTILLA DE PATATA

In the chronicles of the Indies it is documented that in 1519 the egg omelette was already known both in Europe by the Spanish conquerors and in America at least by the Aztecs, who prepared and sold it in the markets of Tenochtitlán; in those texts the Mesoamerican tortilla used to be referred to as "corn bread"

INGREDIENTS

(for 40 people)

- 5 kilos of potatoes
- 60 eggs
- 2 liters of oil
- salt

COOKING PROCESS

1. Peel the potatoes and cut them into very thin slices, trying to make them all the same. Once peeled and cut all of them, take a frying pan and add enough oil and fry all the potatoes over low heat, to poach them. Add salt.

2. Once the potatoes are poached, pour all the contents of the frying pan into a large glass bowl and add the previously opened and scrambled eggs.

3. Mix everything and pour it back into the frying pan. When the omelette is on one side, take a plate, put it on top of the frying pan and carefully turn it over, until the omelette is well cooked on both sides.

SANGRIA

Sangria has very interesting backstory. So, Sangria is a drink that is mostly drunk on Easter, it translates as "Killing Jews", although it is totally the opposite, since the Jews tried to get their "aggressors" drunk to prevent them from killing them. The Sangria recipe has been passed down from father to son until today, so it has been changed a lot. Spanish team provided us with traditional Sangria recipe.

INGREDIENTS

(for 40 people)

- 9 liters of red Wine
- 4 Bottles of orange juice
- 2 bottles of lemon juice
- 4 Oranges
- 3 Lemons
- 250 gr Sugar
- 4 Bottles of sod

COOKING PROCESS

Pour the wine in a big pot. Slice the citrus and add them to wine. Add Orange and and lemon juice to wine mixture.

Add plenty of sugar and soda. Mix everything carefully, cover it with lid and wait for one hour for getting the best flavor of each ingredient.

After One hour, all you have to do is pour it in a glass and enjoy your drink!

PATATAS ALIOLI

Broken Eggs are a typical Spanish recipe. This recipe has its origin in the humble people of that time, because its main ingredients are those, that were abundant in their homes: the potatoes of their own harvest and the eggs that thei own chicken have produced. These people did not have many resources to buy varied ingredients, so they dedicated themselves to eating potatoes and eggs in different forms. Even though the Broken Eggs are easy to cook, they are extremly delicious.

INGREDIENTS

(for 40 people)

- Potatoes
- Eggs
- Oil
- Meat (Ham or Chorizo)
- Salt

COOKING PROCESS

Peel, wash and cut the potatoes into small pieces. Heat up the pan and pour oil in it. After oil is hot, add potatoes in the pan and deep fry them until they are crispy and golden.

Start cooking scrambles eggs. After you cooked the eggs mix them with potatoes. Top them with some Ham or Chorizo.

Pour some sangria in glass and enjoy your Broken eggs and delicious Sangria!

TORRIJAS

In Spain, the term "torrija" or "torreja" is already documented in the 15th century. Juan del Encina uses "torreja" in a Christmas carol in his Cancionero (1496) "honey and many eggs to make torrejas", 8 apparently as a suitable dish for women in labor.

INGREDIENTS

(for 40 people)

- Cinnamon
- 18 Eggs
- 40 Units of bread
- Jelly
- 2l of Milk
- 600 gr. Sugar

COOKING PROCESS

In a saucepan, boil the milk with 2 cinnamon sticks and the sugar. While the milk is heating, cut into slices of about 2 cm. thick, the whole loaf of bread.

The point so that the bread does not fall apart will be to control how long it is submerged in the milk.

The newer the bread, the less time it should be soaked in milk. Once the milk with the cinnamon sticks and the sugar has come to a boil, we pour it into a deep plate where we will later soak the slices of bread.

Heat the pan with the oil over high heat so that the torrijas are made quickly and do not get flooded with oil. With the hot oil in the pan and the beaten egg prepared in another plate, we are dipping the slices of bread in the milk plate.

When they are soft but without being crumbled, we take them one by one and batter them in the beaten egg, and from there we transfer them to the oil.

Fry the torrijas in the oil. When they are golden on one side, we turn over and wait for them to brown on the other side.

Once toasted, we remove them to a plate or container in which we have previously placed kitchen paper to drain the rest of the oil from the torrijas.

Important! As soon as you put the torrijas on the plate, you have to do two essential steps: crush them with a spatula and sprinkle them with cinnamon.

Can't get enough.

REVIEW

After getting tipsy from Sangria, I could not get enough of Broken Eggs. The secret of Spanish cuisine is its simplicity, You don't need many ingredients to make 5 star restaurant dish. All you need is soul. Spanish people with their colorful personalities, bring colorful energy to kitchen, which gives their food soul, and that is the reason why Spanish cuisine is very popular.

Final score

5/5

SPANISH TEAM

ALEJO
ALVARO
DANIEL
MAR
ROMINA
THAIS

Spanish Team





UKRAINE.



A single bowl of that ruby-red beet soup served with a ladleful of smetana (sour cream) and a hunk of black bread, conjures up images of gorgeous Kyiv, stunning Odesa, and beautiful Lviv. Our dear Ukrainians decided to cook borscht because it's the dish that is associated with Ukraine (Besides Chicken Kyiv). They were thinking that if there will be a leftover soup, the participants would enjoy it more on a second day because all the flavors would be more intense. However we did not have any leftovers, it was that delicious.

The Ukrainian team has mentioned that there are over 50 recipes of Borscht because in different regions they cook it differently, however, they provided us with classical Borscht recipes and also they amazed me at how fast and organized they can cook. The color, the smell, the taste of Borscht warms up your heart and soul.

“The texture of vegetables, the concentrated beef stock, and cold sour cream bring up all the flavors together and creates a beautiful combination that everyone loves”.

UKRAINIAN BORSCHT

The Ukrainian team decided to cook Borscht for lunch, which was a smart choice because not only this soup is delicious, but it's also good for your health.

Note

The average time for boiling Borscht is 2-3 hours. Make sure you will wear gloves while you will be peeling the beets.

INGREDIENTS

(for 40 people)

- Pork (3kg)
- Potatoes (2 kg)
- 25 Carrots
- 5 Onions
- 1 package of Tomato sauce
- Vegetable oil
- 1 Cabbage
- 2 jars of Beans
- 7 Beets
- 2 Garlic
- 1 bunch of Parsley
- 3 Bay Leaves
- Salt and pepper

COOKING PROCESS

First we peel, grate and/or slice all vegetables (keeping sliced potatoes in cold water to prevent browning until ready to use then drain).

Secondly, cut meat into smaller sizes and put it to boil with some bay leaves. Once the meat will start boiling and the foam on top will appear, take the foam away. And add some sliced cabbage. After that turn down the stove. Boil it until the meat is soft.

Then we start making "Zazharka": on a frying pan, put some oil, garlic, and onions. When the onions and garlic start turning golden add some grated carrots and stew. Approximately in 5 minutes add grated beets and mix everything well. Cook it until all the vegetables are soft enough. Add some cooked beans and tomato sauce, boil everything together and add it to water with meat.

Finally season to taste. Plate it in the bowl, top it with some sour cream, and enjoy!

BANOSH

Banosh is the national dish of Hutsul cuisine. This is a sort of porridge of maize grain or flour boiled in sour cream with various additives on request hostess: pork rinds, cheese, sheep cheese, mushrooms and herbs.

This dish very easy to prepare, although, like many national food, banosh has its secrets. For example, to interfere with his need a wooden spoon and only clockwise.

INGREDIENTS

(for 40 people)

- 4 kg of sour cream
- 500 ml of water,
- 1 kg of cornmeal (corn flour)
- 500 g smoked bacon
- 500 g of brynza (home cow/sheep cheese)
- sugar to taste
- ground black pepper, to taste
- salt to taste

COOKING PROCESS

1. For cooking banosh take fat homemade sour cream. Dissolve it with some water, pour in a thick-walled bowl and put it on the fire. Stirring occasionally, bring the cream to a boil.

2. Mix cornmeal with salt and sugar and squirt a thin stream into the cream, stirring all the time with a wooden spoon in a clockwise direction. Reduce the heat to low and keep stirring and rubbing with a spoon until the surface appears droplets of oil, and the banosh the consistency will not resemble porridge.

3. Grate or cut cheese into small pieces.

4. Smoked bacon cut in small pieces and fry, stirring, until golden state in a hot pan.

5. Banosh is ready serve on plates, top lay slices of greaves and sprinkle with cheese and herbs, without mixing.

Better eat Banosh hot, collecting cereal, pork rinds and cheese separately. Enjoy!

STRUDEL

Strudel isn't very typical for Ukrainian cuisine, but very familiar to Ukrainian home. It is a nice holiday dessert that you can make together with the whole family and then enjoy with a cup of freshly brewed coffee.

INGREDIENTS

(for 40 people)

- 15 apples - peeled, cored and sliced
- 640 g of sugar
- 50 g cinnamon
- 250 g of raisins
- 5 sheets of frozen puff pastry
- 5 eggs
- 160 ml of milk

COOKING PROCESS

1. Preheat oven to 200 degrees C. Line a baking sheet with parchment paper.
2. Place apples in a large bowl. Stir in sugar and raisins; set aside. Place puff pastry on baking sheet. Roll lightly with a rolling pin. Arrange apple filling down the middle of the pastry lengthwise. Fold the pastry lengthwise around the mixture. Seal edges of pastry by using a bit of water on your fingers, and rubbing the pastry edges together. Whisk egg and milk together, and brush onto top of pastry.
3. Bake in preheated oven for 35 to 40 minutes, or until golden brown.
4. Serve strudel cooled down and sprinkled with powder sugar, ice-cream would be a nice addition.

Grab a cup of coffee and enjoy!

Final touches.

The Ukrainian team amazed me at how fast and organized they can cook. The color, the smell, the taste of Borscht warms up your heart and soul. The texture of vegetables, the concentrated beef stock, and cold sour cream bring up all the flavors together and creates a beautiful combination that everyone loves.

Final score

5/5

UKRAINIAN TEAM

HALYNA

KHRYSTYNA RUDA

KHRYSTYNA KANAHINA

TAMILA

TONYA

YURII

Ukranian Team





THE VENUE

Our cooking place



OUR CHIEFS.



THE ORGANIZERS

From LUMEN with love ...



IGOR DOBEC

Project coordinator



NINA JACOBSON

Project facilitator

"We were planing this project for several years and now when we've finally had a chance to do it, it felt surreal. The thing that amused us the most was the motivation and resourcefulness of the teams because when you look at the limited space of the kitchen and distractions like the seashore and beautiful weather for a little siesta, you would probably doubt the lunch will be cooked on time. But really, we are amazed and full of gratefulness to the teams for the passion and hard work towards the goals of this youth exchange. And we hope that this recipe book will be just the start of something truly beautiful and groundbreaking not only for us but for everyone who had a chance to cook something from the listed recipes"

Bon Appetit!

Cooked and served by...

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