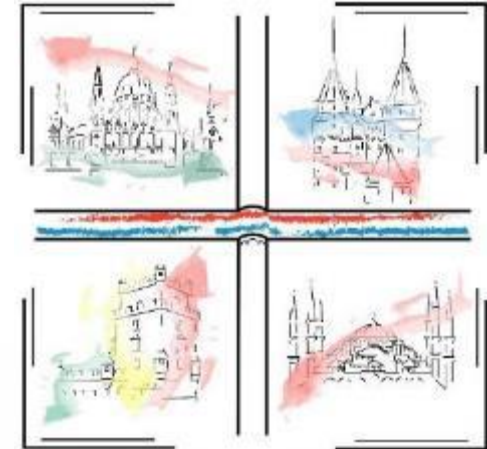




International cookbook

Erasmus project Cultural Heritage Beyond Borders



CULTURAL HERITAGE BEYOND BORDERS
"E DORS NOS SACER HOMINE VOLO AD TOGETHER WE ARE ONE"





Introduction

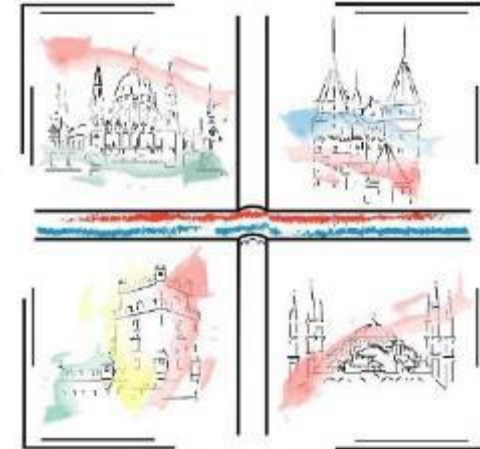
This presentation contains a three course meal based on traditional and / or local cuisine from the countries which participate in the Erasmus project 'Cultural Heritage Beyond Borders.

The presentation has the following content:

- Traditional dishes of Hungarian cuisine
- Traditional dishes of Portuguese cuisine
- Traditional dishes of cuisine from the Netherlands
- Traditional dishes of Slovakian cuisine
- Traditional dishes of Turkish Cuisine



Hungarian cuisine



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Erasmus+




STARTER

Újházi chicken soup

A classic tasty dish of Hungarian wedding receptions. It was first made by Ede Újházi, a 19th-century Hungarian actor, who liked to cook this rich soup for his friends.





1.5 kg whole chicken
100 g turnips cut into 4 pieces
50 g kohlrabi cut into 4
1 small green pepper
1 stick of celery cut into 3
1 small onion
1 medium tomato
2 medium carrots, cut into 3
100g mushroom, sliced
150g peas
100g cauliflower
50g vermicelli pasta broken up
2g black pepper
2 cloves of garlic, coarsely chopped
2 pinches of saffron
handful of parsley finely chopped
salt

INGREDIENTS





1. Place the chicken in a large saucepan, cover with water and bring to boil
2. Place the garlic, pepper and saffron in a tea infuser
3. Add the carrot, turnips, celery, kohlrabi, onion, green pepper, tomato mushrooms, cauliflower, peas and the tea infuser to the soup,
4. Season it with salt
5. Cook the soup for about 70 minutes at low heat until everything is soft.
6. When the chicken is cooked, take it out from the pan and serve it separately
7. Put the pasta in the soup and boil it.
8. Sprinkle it with the parsley and enjoy the soup

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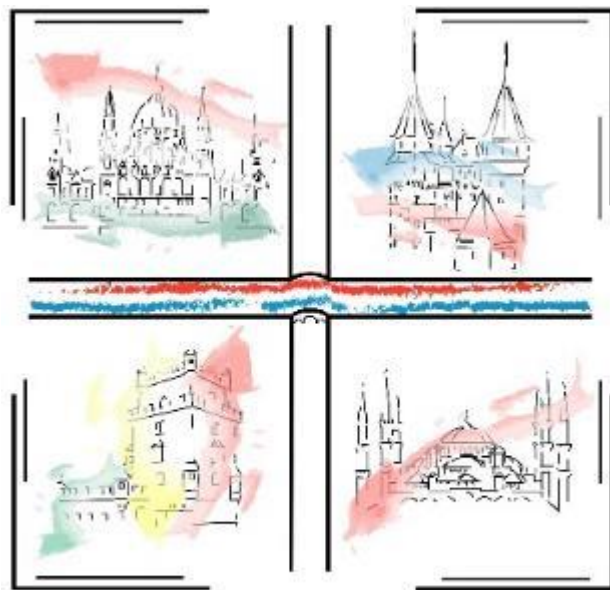
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Jó étvágyat! 😊



CULTURAL HERITAGE BEYOND BORDERS
IT DOES NOT MATTER WHERE YOU ARE FROM OR OTHER WHERE YOU ARE



Main course

Beef stew (Marhapörkölt)



Beef stew

Ingredients

1 teaspoon salt

½ teaspoon freshly ground black pepper

3 tablespoons extra virgin olive oil

3 tablespoons unsalted butter,

2 ½ pounds beef

2 cups onion, chopped

3 quarts beef stock

1 quart water

2 bay leaves





- The word “**stew**” is said to come from the old French word *estudier*, meaning to enclose. Most cultural groups have created a recipe for a special stew, and there are as many versions of them as there are cooks to make them.
- **Amazonian tribes** used the shells of turtles as vessels, boiling the entrails of the turtle and various other ingredients in them.
 - Traditionally, **Hungarians** cook stew (PÖRKÖLT) in a cauldron (bogrács).

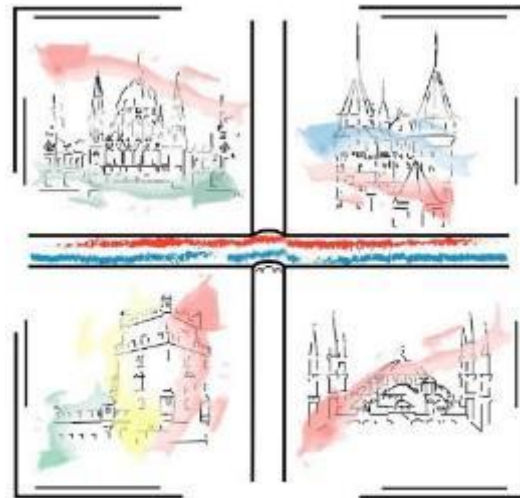


Recipe

1. In a large saucepan, fry the bacon until done.
2. Add the onions and cook over medium high heat until light golden.
3. Add the bell pepper and garlic and cook for another two minutes.
4. Add the beef and cook for a minute until some but not all of the pink is gone.
5. Add the paprika, stir to combine, and remove from the heat (paprika gets bitter when fried).
6. Add the tomatoes and remaining seasonings.
7. Pour just a little water in.
8. Return the saucepan to the heat and bring to a boil.
9. Reduce the heat to medium-low, cover and simmer for 90 minutes.
10. If it's not thick enough by that point, let it simmer uncovered for a few more minutes to evaporate some of the liquid.



Jó étvágyat! 😊



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Sponge cake Somló style



- The confectioner gave the name to the cake, which comes from the name of the hill, Somló, where he lived and worked. According to the surveys, **SOMLÓI GALUSKA** is the favourite cake of Hungary.



Ingredients

Original sponge cake:

4 eggs,

4 tablespoons sugar,

4 tablespoons flour,

2 tablespoons water,

a pinch of baking powder.





Recipe

- Grease 2 x deep, 20cm round cake tins (or different tins, as directed in individual recipes) and line bases with baking paper. Sift flours and salt together three times to aerate.
- Preheat oven to 180C. Using an electric mixer, beat eggs and sugar in a large bowl on medium-high speed for 6 minutes, or until mixture is thick, pale and tripled in volume.
- Turn out on to baking paper-lined wire racks. Carefully peel away baking paper, then leave to cool.



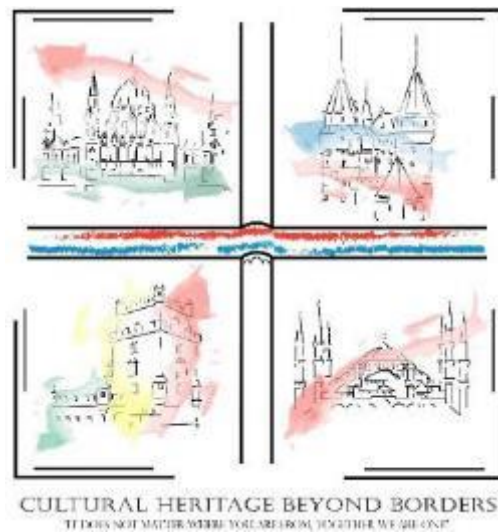


- The original recipe mentions 3 kinds of sponge cakes: one plain, one with cocoa and one with grounded walnuts.
- The cake contains 3 sauces as well, vanilla, chocolate, and a rum-orange zest flavoured one.
- The sponge cakes are layered with raisins and the fillings. The cake is served in bowls and topped with whipped cream.





Jó étvágyat! 😊





Portuguese cuisine



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Cookbook

Porto santo, Portugal



Escarpiada Tapas with ranchões (*rapistrum rugosum*) or serralhas (milkweed)

In the old days, it was food of the most economically deprived, whose origins date back to the peoples of North Africa
**In Porto Santo we call "escarpiada" the Spanish origin of scarpiada

STARTER

Escarpiada Tapas with ranchões (*rapistrum rugosum*) or serralhas (milkweed)



Ingredients

- 1Kg of corn flour
- coarse salt (as needed)
- warm water (as needed)
- lard (as needed)
- ranchões
- serralhas
- garlic
- olive oil

Confection

Place the flours and coarse salt in a bowl.

Gradually add the water, in small parts.

Knead, with your hands, until you get a creamy and well-connected preparation.

Cover the bowl and set aside.

Pour the lard into a frying pan and bring to the heat.

Let the lard get very hot and pour some dough.

Fry without burning and turn with the help of a spatula. Also fry on the other side.

Repeat this operation until all the dough is finished.

Remove to a plate and serve with cooked ranches or serralhas salad.

STARTER

Escarpiada Tapas with ranchões (*rapistrum rugosum*) or serralhas (milkweed)



Ingredients

- 1Kg of corn flour
- coarse salt (as needed)
- warm water (as needed)
- lard (as needed)
- ranchões
- serralhas
- garlic
- olive oil

Confection

Confection of ranchões:

They are cooked in water and salt, then drained and seasoned with olive oil and minced garlic.

Salad confection:

Wash and season the leaves with olive oil and minced garlic.

STARTER



**MAIN
COURSE**

Salted tuna

Today it is a characteristic dish of the Popular Saints in the region. In the old days, it was used by farmers to eat when they worked the fields, in the so-called " Dry eating", food carried in a towel, hence it does not contain liquids.

Ingredients

- 1 tuna piece
- 2 onions
- 1 tomato
- coarse salt, as needed
- 2 garlics
- olive oil, as needed
- vinegar
- 1 sprig of fresh parsley, as needed

Confection

Soak the tuna in cold water to lose blood.

Sprinkle tuna:

Boil the tuna in water and salt, 1 onion and half the bunch of parsley, for one hour, after the water starts boiling.

Once cooked: drain the tuna and reserve the water where it was cooked.

Place the tuna in a serving bowl.

Add an onion to slices, a sliced tomato, the garlic and the rest of the parsley bunch, coarsely chopped.

Cover everything with the water where the tuna was cooked.

Season with olive oil and vinegar to taste.

Nowadays, put the bowl in the refrigerator and serve cold the next day.

Follow-up :

Goes well with sweet potatoes with peel, potatoes with peel and a cut, whole corn cobs, beans and green beans, all cooked in water and salt.

Chapel of St. John with fig jam or tomato jam

It is a sweet bread of the Popular Saints, especially St. John's

Ingredients

- 1 kg of wheat flour
- 250 grs of sugar
- coarse zest of 2 orange
- 50 grs baker's yeast
- 4 eggs
- salt (as needed)
- 250 grs of margarine
- 1/4 l warm milk
- 1 egg to brush.

Confection

Put the flour, sugar, orange zest, yeast, eggs and salt in a bowl.

Melt the margarine separately.

Add the warm milk to the melted margarine and add to the previous preparation.

Knead with your hands, until you get it well connected and homogeneous.

Cover and allow to leaven until you get twice the volume (about 30 to 45 minutes).

Put the dough on top of a flat, floured surface. Make two balls. Let them stand another 10 minutes.

Heat the oven for 10 minutes at 180°C.

With scissors, cut the surface of the chapels and brush them with the beaten egg.

Bake for 20 minutes.

Serve the cold chapels accompanied by fig jam or tomato



DESSERT



Chapel of St. John with fig jam or tomato jam

It is a sweet bread of the Popular Saints, especially St. John's

Ingredients

Fig jam

- 1Kg of Moscatel figs or honey figs
- 750gr sugar
- 1 vanilla pod
- 1/2dl of water

Tomato jam

- 1Kg of tomatoes
- 750gr sugar;
- 1 cinnamon stick;
- 1 lemon peel.

Confection

Cut the figs into four halves.

In a tall pot, put the sugar, vanilla pod and water.

Bring to low heat.

When the sugar is in a threaded point, add the figs.

Let it continue to boil until it is on a fine thread.

Pour into jars or bowls, put in the sun and cover.

Place the tomatoes in a bowl with hot water. Remove and skin the tomatoes. Then remove the seeds.

In a high pot, place the sugar, cinnamon and lemon peel.

Bring to low heat, carefully because while boiling it may pour out of the pot.

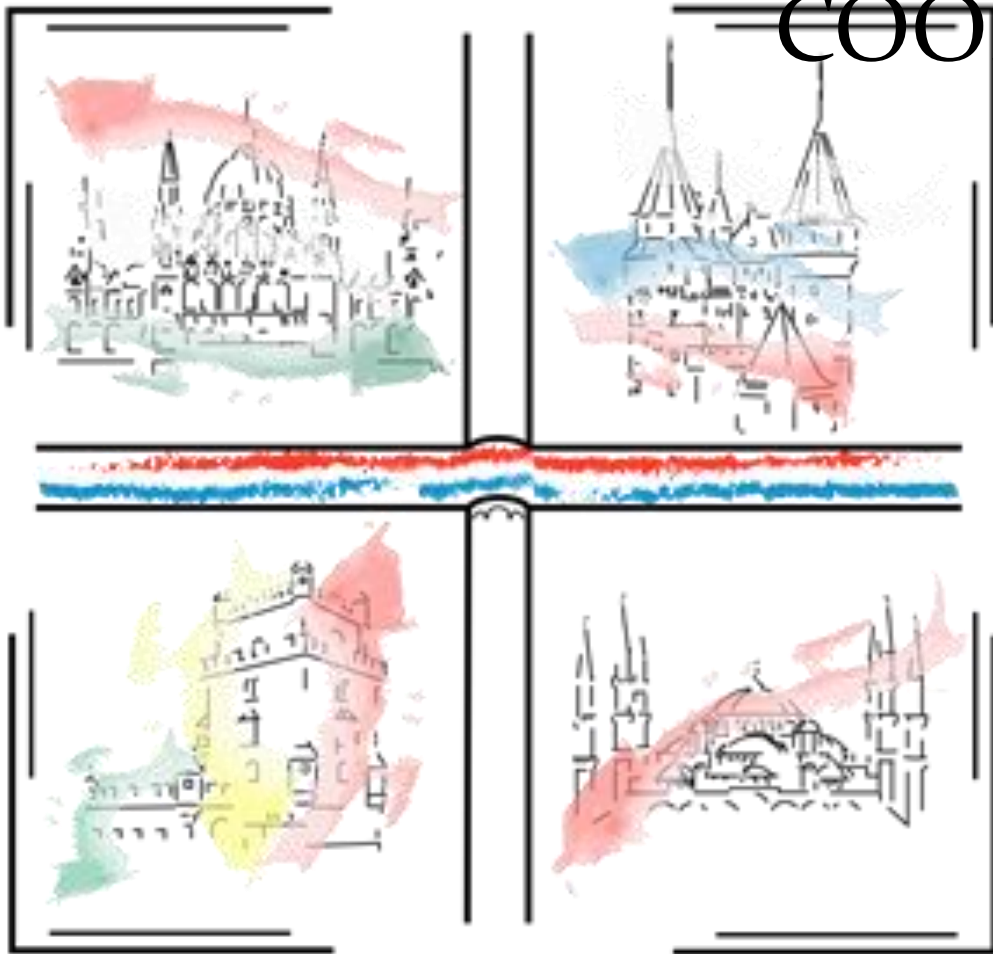
Continue to boil until the liquid dries slowly, and is on a fine thread on the bottom of the pan.

Pour into jars or bowls, put in the sun and cover.

DESSERT



COOKBOOK



CULTURAL HERITAGE BEYOND BORDERS
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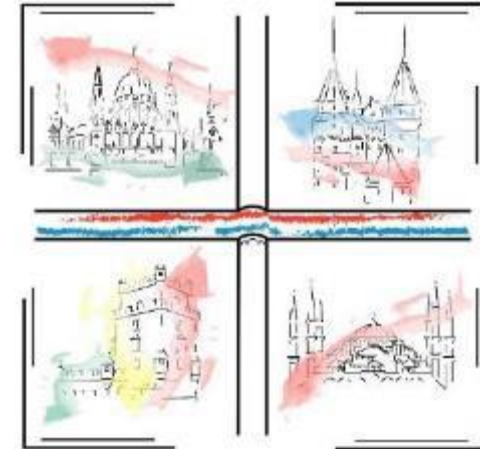
PORTO SANTO
PORTUGAL

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Photos by Fábio Brito

Collaboration of Rafaela Melim



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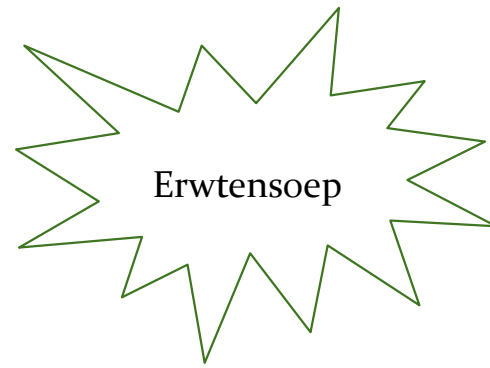
Dutch cuisine

- Angelina
- Cian
- Jette
- Sayama





Appetizer



► Preparation:

Bring 2 liters of water to the boil with the stock cubes, split peas and bay leaf. Add the pork shoulder whole. Let it simmer for about 1 hour, stirring occasionally. Meanwhile, peel the carrot, potato and celeriac and cut into cubes of about 1 cm. Cut the leek into rings and wash well. Peel the onion and cut it into fine pieces. Also coarsely chop the celery. After about 1 hour of cooking you will notice that the split peas begin to fall apart and a green mass is formed. Some split peas will break sooner or later than others. Stir well a few times to speed this up. Remove the shoulder chops from the pan, cut into pieces and add to the soup along with the chopped vegetables and potato. Let the soup simmer for about hour until the vegetables and potato are tender and have shrunk a bit. Cut the smoked sausage into slices and stir it into the pea soup during the last few minutes and heat through. Season the pea soup with a little extra salt and pepper, if desired.

Cooking for six



Ingredients

- 500 grams split peas
- 1 leek
- 2 liters of water
- 2 beef stock cubes
- 250 grams celeriac
- 1 carrot
- 1 potato (250 grams)
- 1 smoked sausage (275 grams)
- 300 grams shoulder pork chop
- 1 bay leaf
- A few sprigs of celery (25 grams)
- 1 onion



Main dish

andijviestamppot

► Preparation:

Put a pan of water on to boil the potatoes. Meanwhile, peel the potatoes and when the water boils, put the potatoes in it for 20 minutes. Meanwhile, slice an onion. Fry the sliced onion with the bacon strips for about 5-8 minutes on medium heat.

When the potatoes are ready, drain the water and mash the potato with two tablespoons of herb cream cheese. If it's not smooth enough, add a little bit of milk if needed. Mix the stew with the endive, the fried bacon and onions.



cooking for two

Ingredients:

- 600 grams of potatoes
- 200 grams raw endive 3-4 tbsp
- cream cheese with herbs
- 125 grams of bacon
- 1 (large) onion
- pine nuts/walnuts
- pinch of salt and pepper

Dessert

Tompouc e

► Preparation:

This recipe makes 16 sheets of puff pastry (2 packs). Thaw the 16 slices and place 2 slices on top of each other. Roll out the slices and prick them with a fork. Straighten the edges and cut the slices in half. Place the dough on a baking tray lined with baking paper and let the dough rest for about 10 minutes. Preheat the oven. Bake the puff pastry in the oven for about 20 minutes until golden brown and cooked through. Let the puff pastry cool.

» Make pastry cream

Bring 450 ml of milk with the sugar to the boil. Halve the vanilla pod lengthwise, scrape out the marrow and mix the marrow with the egg yolks. Stir the remaining milk into the egg yolks and stir in the flour. Stir the egg mixture into the boiling milk and cook for about 2 minutes. Rinse a baking tray with cold water, pour the pastry cream on top and let it cool covered with plastic wrap. Whip the cream until stiff and soak the gelatin in cold water. Stir the pastry cream in a bowl. Melt the gelatin in a pan and stir the gelatin into the pastry cream. Fold in the cream and let the pastry cream stiffen in the refrigerator.

» Garnish

Stir the beet juice into the icing sugar and brush the tops of 8 puff pastry sheets with it. Beat the whipping cream with the sugar until stiff. Spoon the pastry cream into a piping bag and pipe strips onto the 8 remaining puff pastry sheets. Place the caps on top and pipe a strip of whipped cream on top.



Ingredients

1 pack Koopmans Puff Pastry

For the pastry cream:

380 ml milk
100 grams of sugar
1 vanilla pod
4 egg yolks
3 tbsp flour
250 ml cream
3.5 sheets of gelatin

For garnish:

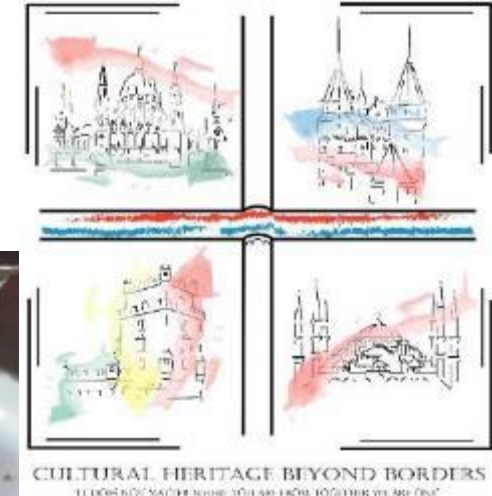
3 tbsp beet juice
150 grams of powdered sugar
150 ml whipped cream
1.5 tbsp sugar

Additional Needs:

pipng bags



Slovakian cuisine



Erasmus project Cultural Heritage Beyond Borders

The Slovak Cookery





Bread with salt

Bread is a symbol of life and salt is a symbol of health.

It is served to welcome the visitors.

Slovak traditional appetizer



**Sheep/goat milk
cheese**

cut in small
pieces, could be
zested with salt,

pepper and



Cheese threads

Slovak traditional appetizer



Bacon

cut in small
pieces



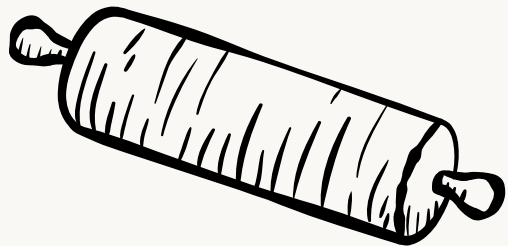
Sausage

cut in small
pieces

Škvarková nátierka (Crackling

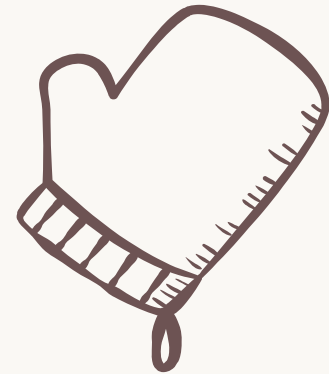
spread)

350g cracklings
little bit of mustard
2 pickled cucumbers
1 onion
3 boiled eggs
black pepper
salt



Steps:

- 1 Mix the cracklings with mustard. Add onion, eggs and pickled cucumbers cut on small pieces.
- 2 Add salt and pepper as much as you prefer.
- 3 Gently mix it together.
- 4 Put it into a fridge for a while.
- 5 Serve with fresh bread.



Bryndzové Halušky



Ingredients:

2 medium potatoes

1 cup of flour

1 tsp salt

150 grams of smoked or regular bacon

1/2 Tbsp of vegetable oil

125 grams of bryndza or other soft cheese

like feta, goat or cottage

50 ml of cream (optional)



Steps:

1 Cook bacon cubes in a large skillet over medium-high heat, until browned. If using onion, add it to skillet and fry the mixture until bacon is well cooked and onions are transparent, or about 5 to 7 minutes. Set aside.

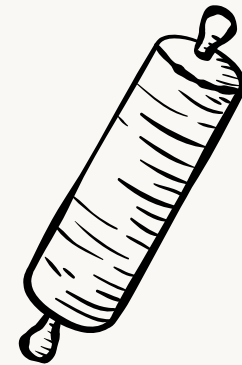
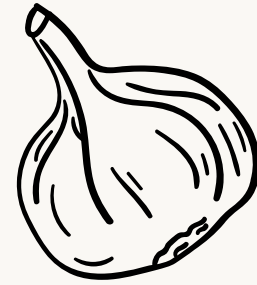
2 Bring a large pot of salted water to a boil. Meanwhile, add chopped potatoes in a food processor and process until completely puréed.

3 Add salt and flour into the potato mixture a little at a time, processing after each addition. The batter is done when a spoon will stick straight up in the dough.

4 Place a third of the thick batter onto a cutting board. Using a knife, scrape about 15 small bits of dough into boiling water.

5 When they all float to the top, remove with a slotted spoon and place in a large colander to drain. Repeat the process with all remaining batter on board, and remaining two-thirds in the food processor.

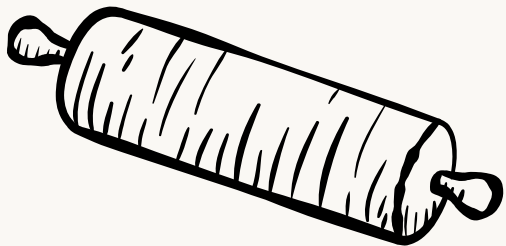
6 Once all dumplings are cooked, add into a large skillet with bacon and combine well. Serve immediately and garnish with chives, if using.



Štrúdl

Ingredients:

- 1 puff pastry
- 150g butter
- 100g ground nuts
- 1 kg washed and grated apples
- 200g powdered sugar
- half a pack of cinnamon sugar
- 1 pack of vanilla sugar
- 100g raisins
- 1 egg yolk



Steps:

- 1 Smear the rolled dough with butter and sprinkle with ground nuts.
- 2 Halfway, pour grated apples mixed with cinnamon, vanilla and powdered sugar and raisins
- 3 Gently bend the edges of the dough inwards and wrap it
- 4 Carefully transfer the pie to a greased baking sheet and place it in a preheated





**Enjoy your
meal!**





Turkish Cuisine



CULTURAL HERITAGE BEYOND BORDERS
"LE DIVERSES SONT NOSSE, VOUS EN FAITES TOGETHER ET EN ONT"

Erasmus project Cultural Heritage Beyond Borders

LAHMACUN





How to make lahmacun?

INGREDIENTS

*400g ground beef

*1 small onion

*4 sprigs of green onions

*2 tomatoes

*3 cloves of garlic

*1 bunch of parsley

*1 tablespoon of chili paste

*1 teaspoon black pepper

*Pepper

*Salt



DOUGH INGREDIENTS

*1.5 cups of warm water

*1.5 teaspoons of instant yeast

*1 teaspoon of sugar


*1 teaspoon of salt


*Flour as it takes



RECIPE

- First, we're going to knead the dough and let it rest. Take warm water, sugar and yeast in your dough mixing bowl, add flour little by little, add salt and knead a soft dough that will not stick to your hands.
- Cover it and let it rest in a warm place(approximately 45 minutes).
- Chop the stuffing vegetable as small as possible.

- 
- Take the mincemeat on your board , add the vegetables, tomato paste, black pepper and salt, chop them with the armor and mix them all.
 - Flour the fermented dough on the counter and cook for 2-3 minutes again. Knead the dough, divide the dough into large balls that you can roll out.
 - Flour your first meringue on the counter and open 2-3 mm thick, take out small circles with a wide- mouthed glass.

- 
- Spread greaseproof paper on your baking tray, flour it and arrange the circles that we took out with a glass at intervals.
 - Put 1 teaspoon of lahmacun on them and spread them with the back of spoon.
 - Bake in a 250 degree hot oven.



Enjoy your meal!



Lentil Soup Specification





Ingredients

- a teaspoon of blackpepper
- a tablespoon of salt
- five glass of water
- a teaspoon of cayenne peppe
- four tablespoon of sunflowe
- a glass of red lentil
- a teaspoon of flour





The Constriction Phase

Step 1: Let's get the oil in the pan and heat it



Step 2: Add 1 tablespoon of flour and continue to fry. After it is roasted for 4-5 minutes, let's add cold water on it and cook it on medium heat for 25-30 minutes



Last Step: Add paprika, salt and pepper and mix. Let's take it out of the blender and serve.





ENJOY YOUR MEAL





An Amazing Taste from Turkey: Baklava



First of all, what is baklava?

- Baklava is a traditional desert and it became very popular because of its undeniably amazing taste.
- Not only Turkish people but also people from other countries also love baklava.
- It's usually served with ice cream and people usually say that it's a wonderful duo.





What are the ingredients of baklava?

- For the baklava dough;
- 3 eggs
- 1 cup of milk
- 1 cup of oil
- 1 package of baking powder
- 1 tablespoon of vinegar
- Half a teaspoon of salt
- 6 cups of flour (The amount may change depending on the cup)
- For the filler;
- Cracked walnuts, pistachios or hazelnuts

- To roll out the dough;
- Corn starch
- For the sherbet;
- 4 cups of sugar
- 5 cups of sugar
- A few drops of lemon juice
- For the surface;
- 300 grams of butter or margarine



How to make baklava?

- Firstly put the eggs, milk, oil, vinegar, baking powder, salt and flour into the bowl and mix them until the dough reaches the average softness.
- Divide the dough into 30 parts.
- Roll out the dough to the size of a plate and sprinkle corn starch between the layers.
- Put some of them on top of each other and roll it out to the size of the tray



- Until you're done with rolling all of them out to the size of the tray start the base by putting one of them on the tray.
- Part the phyllo doughs you rolled out in half.
- Put the first half of phyllo doughs on top of each other on the tray as you keep spreading melted butter between the layers.



- Once you're done with the first half, spread the pischatios (or other fillers) on them and do the same thing you did with the first half to the second half.
- After you're done with that too, divide the baklava into squares.
- Bake it for 10 minutes in the oven at 195 degrees after spreading the rest of the butter on it.
- Then lower the degree to 180 degrees and bake for 35 minutes.



- Get the hot baklava out of the oven and pour the hot sherbet.
- Spread some pischatios on and voila! You have a delicious baklava.
- Serving with vanilla ice cream is highly recommended!
- Enjoy!

