

COMENIUS C.L.O.S.E.

Cookery Book

Austria, Denmark, Estonia, France, Ireland, Spain

2011-2013



Österreich
Austria



Einige Fragen an unsere 5 ausgewählten Spezialitäten:

Some questions to our 5 selected specialties:

Erzählst du uns was von dir? Wo kommst du her? Warum heißt du so?

Tell us about yourself? Where are you from? Why are you called like this?

Starter:

Vintschgerl

Ich bin ein flaches, kleines *Brötchen* und komme eigentlich aus dem Südtiroler Vintschgau (Italien), daher auch mein Name. Ich bin heute sehr beliebt als Proviant bei Bergwanderungen.

Vintschgerl (multi grain rolls)

I'm a flat, small roll and I originally come from the South Tyrol

Val Venosta (today a part of Italy) and I'm named after the valley there. People love to take me on their mountain walks.



Main course:

Gulasch

Zum ersten Mal zubereitet haben mich die Rinderhirten aus Ungarn. Ich war damals nur eine dünne Suppe. Als beste Beilage passt zu mir **Polenta**, ich werde aber auch gern mit Semmelknödel gegessen.

Goulash

For the first time I have been prepared as a skilly by cattle shepherds from Hungary.

Very popular side dishes are corn grits (Polenta) or bread dumplings.



Wiener Schnitzel

Als „ein köstlich paniertes Kalbskotelett“ schwärmte von mir damals der Feldherr Radetzki meinem Kaiser Franz Josef I. Vor, als er seinen Feldzügen aus Italien zurückkam. Schon bald habe ich alle Gaumen in der österreich-ungarischen Monarchie verzaubert. Am liebsten mag ich es, wenn ich mit Kartoffelsalat serviert werde.





Viennese Schnitzel

*The Austrian commander Radetzki first ate me on his campaign in Italy. He raved about the breaded veal cutlet and very soon **Emperor Kaiser Franz Josef I** made it to a traditional dish in the Austrian-Hungarian Monarchy. Enjoy me with potato salad.*



Dessert:

Apfelstrudel

Ich habe von Arabien aus über Ägypten und über den Balkan meinen Siegeszug nach Österreich gestartet. Dort liebten mich die Soldaten als optimale Marschverpflegung.

Apple Strudel

On my journey from Arabia to Egypt and even over the Balkans I finally captured Austria and there I have started my triumph. At this time soldiers enjoyed me as their marching ration.





Kaiserschmarrn

Ich bin wohl die einzige Spezialität, die wirklich seinen Ursprung in Österreich hat. Um mich ranken sich viele Legenden, meine Lieblingslegende ist aber folgende: Mein Kaiser (Franz Josef I.) liebte Palatschinken über Alles. Gelangen diese dem Koch aber nicht, waren sie zu dick oder zerrissen, so wurden sie dem Personal mit folgenden Worten serviert: „So ein Schmarrn, das dem Kaiser zu servieren!“



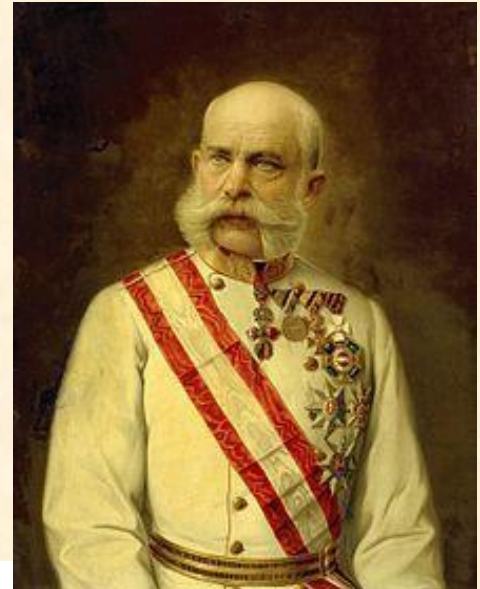
Scrambled Pancake

I'm probably the only speciality that really has its roots in Austria.

There are various legends about me.

*Read about my favourite one: **Emperor Kaiser Franz Josef** I loved pancakes. But sometimes the pancakes tore when the cooks turned them round. So the servants said: "We can't serve this Schmarrn to our majesty!"*

So I got my name: Kaiserschmarrn.



*Guten
Appetit!*



Vintschgerln (multi-grain rolls)

Ingredients:

- ☐ 300g (=10,6 oz) wheat milled
- ☐ 300g (=10,6 oz) spelt milled
- ☐ 300g (=10,6 oz) rye milled
- ☐ 900ml (=31,7 Fluid Ounces) lukewarm water
- ☐ 1 cube of fresh yeast (40g=1,4oz) or 2 packets dry yeast
- ☐ 1 tablespoon salt
- ☐ about 2 tbsp bread seasoning/spice (cumin, fennel, coriander) to one`s own taste

Preparation:

Take a bowl and mix all ingredients to sticky dough.

Cover the bowl with a tea towel and put it on a warm place for about 30 minutes to let the dough prove.

Now take a tablespoon and place round flat breads on a baking paper.

Bake the little breads at 220°C/428°F for about 30 minutes.

Advice:

Put a cup of water into the oven!

The rolls are finished when you tap on the bottom and it sounds hollow!





Vintschgerln

Zutaten:

300g Weizen, gemahlen
300g Dinkel, gem.
300g Roggen, gem.
900ml lauwarmes Wasser
1 Würfel frischer Germ (40 g) oder
2 Packerln Trockenhefe
1 EL Salz
ca. 2EL Brotgewürz (Kümmel,
Fenchel, Koriander) nach
Geschmack

Zubereitung:

Alle Zutaten in einer Schüssel zu
einem Teig verarbeiten (sehr zäher
Teig!). Diesen zugedeckt ca. 30 min
gehen lassen. Mit einem Löffel
kleine Fladen auf ein mit
Backpapier belegtes Blech setzen
und bei 220°C ca. 30 min. backen.

Tipp:

- Eine Tasse mit Wasser ins Backrohr stellen!
- Brote sind fertig, wenn man auf die Unterseite klopft und es hohl klingt!





Beef Goulash with Polenta

Beef goulash (4 servings)

Ingredients:

- 600 g (=21,2oz) stew meat (Wadschinken)
- 300 g (=10,6oz) onions
- 2 tablespoons oil
- 4 tablespoons paprika
- mix 1 tablespoon vinegar and 1 tablespoon water
- approximately 1 liter of water

□ ground cumin, oregano, marjoram, 1 bay leaf, salt

□ 2 tbsp plain flour for thickening



Preparation:

Dice the meat

Cut the onion into stripes
and fry in oil until golden brown.

Add paprika and sprinkle immediately
with vinegar water

(otherwise the paprika tastes bitter!)

Now put the meat cubes into the pan
and fry the beef.

Add water and season with cumin,
marjoram, bay leaf and salt.

Cover the frying pan
and cook the meat until soft.

Pour in a little water if necessary.

Finally dust with flour and boil it.

Season to taste.





Polenta (corn grits)

Ingredients:

- 1 cup polenta
- 3 large cups of water
- ½ tsp salt



Preparation:

Take a cooking pot and boil 3 cups of water.

Then add salt.

Pour in the polenta slowly and stir quickly with the help of a whisk (careful: might splash you!).

Switch back the temperature to the lowest setting.

Now cook and keep on stirring constantly for about 25 minutes.





Rindsgulasch mit Polenta

(für 4 Personen)

Rindsgulasch

Zutaten:

600 g Gulaschfleisch (Wadshinken)
300 g Zwiebeln
2 EL Öl
4 EL Paprikapulver
1 EL Essig und 1 EL Wasser mischen
ca. 1 l Wasser
gemahlener Kümmel, Majoran,
1 Lorbeerblatt, Salz
2 EL glattes Mehl zum Stauben

Zubereitung:

Fleisch in 4 cm große Würfel schneiden.
Zwiebel in Streifen schneiden und in Öl goldgelb anrösten.
Paprizieren und *sofort* mit Essigwasser ablöschen (sonst wird der Paprika bitter!)
Fleischwürfel dazugeben und andünsten.
Mit Wasser aufgießen und würzen mit Kümmel, Majoran, Lorbeerblatt und Salz.
Fleisch zugedeckt weich dünsten, evtl. noch etwas Wasser nachgießen.
Zum Schluss mit Mehl *stauben* und das Mehl verkochen lassen.
Abschmecken.



Polenta (Maisgrieß)

Zutaten:

1 große Tasse Polenta
3 große Tassen Wasser
½ TL Salz

Zubereitung:

3 Tassen Wasser im Topf zum Kochen bringen, dann salzen. Polenta einrieseln lassen und mit dem Schneebesen kräftig rühren (Vorsicht: es spritzt!) Temperatur auf kleinste Stufe zurückschalten und unter ständigem Rühren ca. 25 min. garen.





Wiener Schnitzel with potato salad

“*Viennese schnitzel*” (4 servings)

Ingredients:

Schnitzel:

- 4 schnitzel: originally veal! (turkey or pork can also be used)
- salt
- pepper

Banner/coat of breadcrumbs:

- flour
- 1 egg whisked with a little milk and a pinch of salt
- breadcrumbs

- oil (canola oil) for cooking



Preparation:

Schnitzel

pound meat
season both sides with salt
and pepper

Banner:

first put meat in flour
then turn it in the egg
and finally in breadcrumbs
deep-fry until golden brown

Advice:

Add a piece of butter to the
oil for special flavour!





Potato salad

Ingredients:

- ☐ 800 g (=28,2 oz) waxy potatoes
- ☐ 1 onion
- ☐ 1 / 8 l (=125ml/4,4 oz/0,9 gill) vegetable stock
- ☐ salt
- ☐ pepper
- ☐ 3 tablespoons vinegar
- ☐ 3 tablespoons oil
- ☐ maybe a little mustard



Preparation:

- boil potatoes with skin
- leave them to cool down
- peel and cut into thin slices
- finally chop the onion
- mix all ingredients and season to taste
- have some time to rest before serving





Wiener Schnitzel mit Kartoffelsalat

(für 4 Personen)

Wiener Schnitzel

Zutaten:

4 Schnitzel (Original vom Kalb: Frikandeau, Nuss. Ersatzweise kann auch Pute oder Schwein verwendet werden), Salz, Pfeffer

Panade:

glattes Mehl, 1 Ei (mit etwas Milch und 1 Prise Salz verquirlt), Semmelbrösel
Öl (Rapsöl) zum Backen



Zubereitung:

Fleisch klopfen, mit Pfeffer und Salz beidseitig würzen. Fleisch zuerst im Mehl, dann im Ei und zum Schluss in Brösel wenden(=panieren).
Schnitzel im heißen Fett goldgelb backen.

Tipp:

- Ein Stück Butter ins Fett geben, gibt einen sehr feinen Geschmack!

Kartoffelsalat

Zutaten:

800 g speckige Kartoffeln, 1 Zwiebel, 1/8 l Gemüsebrühe, Salz, Pfeffer, 3 EL Essig, 3 EL Öl evtl. etwas Senf

Zubereitung:

Kartoffeln in der Schale kochen, dann etwas überkühlen lassen.

Schälen und blättrig schneiden.

Zwiebel fein schneiden.

Alle Zutaten mischen und durchziehen lassen, abschmecken.



Apple

strudel

Ingredients:

Strudel dough: (dough to drag)

- 150 g (=5,3oz) cake flour
- 1 pinch of salt
- 1 tablespoon oil
- 1 teaspoon vinegar
- 100 ml (=3,38oz) of water



Filling:

- 1 kg (=2 pounds/lb) apples (sour)
- 60 g (=2,1oz) sugar
- cinnamon
- lemon juice
- 60 g (=2,1oz) raisins
- 60 g (=2,1oz) butter
- 100 g (=3,5oz) bread crumbs

- 50 g (=1,7oz) melted butter to grease

Preparation:

Strudel dough:

Take a bowl and mix all ingredients to dough.

Put the pastry on a work surface and knead until you get smooth dough.

Form a loaf, flour it and let it rest.

Meanwhile prepare the filling:

Peel apples, remove seeds and cut into slices.

Add sugar, cinnamon, raisins and lemon juice.

Crumbs baked lightly in butter.

Finishing:

Roll the dough on a floured cloth, brush with oil.

Now try to get a very thin batter by using the back of your hands

(You should be able to read a newspaper through the pastry!!).

Brush the edges of the pastry with melted butter.

Spread the apple filling on only 2/3 of the pastry.

Fold over the pastry at both endings.

Now roll the strudel.

Place on a baking paper, brush with melted butter.

Bake at 180°C/356°F for about 35 minutes until golden brown.

Advice:

The pastry can be bought as a finished product!





Apfelstrudel

Zutaten:

Teig (=ausgezogener Strudelteig):

150 g glattes Mehl

1 Prise Salz

1 EL Öl

1 TL Essig

100 ml Wasser –



Fülle:

1 kg Äpfel (säuerliche)

60 g Zucker

etwas Zimt

Zitronensaft

60 g Rosinen –

60 g Butter, 100 g Semmelbrösel ; 50 g zerlassene Butter zum Bestreichen

Zubereitung:

Strudelteig zubereiten: alle Zutaten vom Teig zuerst in einer Schüssel mischen, dann auf der Arbeitsfläche fest „abschlagen“, bis ein ganz glatter Teig entsteht. Teig zu Laib formen, mit Mehl bestäuben und zugedeckt rasten lassen. (Tipp: Der Strudelteig kann auch fertig gekauft werden!)

Inzwischen die Fülle zubereiten:

Äpfel schälen, entkernen und aufhobeln, Zucker, Zimt und Zitronensaft dazugeben.

Brösel in Butter leicht anrösten.

Fertigstellung:

Teig auf einem großen bemehlten Tuch auswalken, mit Öl bestreichen und mit beiden Handrücken zu einem hauchdünnen Teig ausziehen (der Teig sollte so dünn sein, dass man darunter eine Zeitung lesen könnte!).

Die dicken Teigränder mit einem Messer wegschneiden.

Strudelteig am Rand mit zerlassener Butter bestreichen. Apfelfülle auf 2/3 verteilen. Rosinen darüberstreuen. Ränder einschlagen. Teig zu Strudel einrollen. Strudel auf mit Backpapiert belegtes Blech geben und mit zerlassener Butter bestreichen.

Bei 180° C ca. 35 min goldgelb backen.





Impressionen

(Projekt „Apfelstrudel“ zur Wienwoche der 4. Klassen)







Kaiserschmarrn (Scrambled Pancake)

(2 servings)

Ingredients:

- 3 egg whites
- 1 tablespoon sugar

- 1/8 l (=125ml/4,4 oz) milk
- 50 g (=1,8oz) all-purpose flour
- 3 egg yolks
- some vanilla sugar
- juice of 1/2 lemon
- some rum
- 1 pinch of salt

- 1 tablespoon raisins

- 2 tablespoons butter for baking

- powdered sugar for decoration

Preparation:

Whisk the egg whites with 1 tbsp sugar till stiff

Put in a bowl:

milk, flour, egg yolks, vanilla sugar, lemon juice, rum and salt.

Take a whisk to stir the ingredients to batter and then fold in gently the stiff egg whites.

Take a large frying pan, melt butter and pour in all the dough and bake it for a short time on the stove.

Then bake it in a preheated oven at 180°C/356°F

until brown for about 20 minutes.

Now take 2 forks and tear the baked dough into small pieces.

Add the raisins and bake it again in the oven for a short while.

Decorate with powdered sugar.





Kaiserschmarrn

(2 Portionen)

Zutaten:

3 Eiklar, 1 EL Zucker -

1/8 l Milch, 50 g griffiges Mehl, 3 Dotter, 1 Prise Salz, etwas Vanillezucker

Saft von 1/2 Zitrone, etwas Rum, 1 EL Rosinen -

2 EL Butter zum Backen -

Staubzucker zum Bestreuen.

Zubereitung:

Die Eiklar mit 1 EL Zucker zu steifen Schnee schlagen.

In einer Schüssel Milch, Mehl, Dotter, Vanillezucker, Zitronensaft, Rum und Salz mit dem Schneebesen zu einem glatten Teig rühren und dann erst den Schnee vorsichtig unterheben.

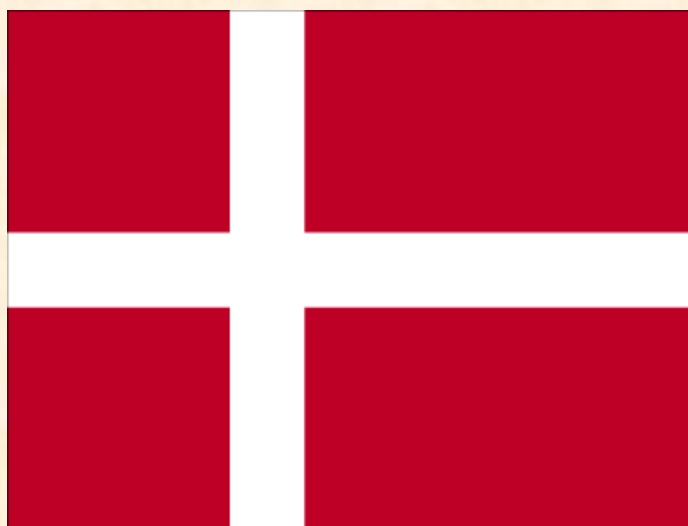
In einer großen Pfanne mit geschmolzener Butter den ganzen Teig eingießen und am Herd leicht anbacken, anschließend im vorgeheizten Rohr bei 180°C braun backen (ca. 20 min.).

Die Masse aus dem Rohr nehmen und mit 2 Gabeln in kleine Stücke reißen.

Die Rosinen beimengen und nochmals kurz im Rohr bräunen.



Mit Staubzucker bestreuen.



Denmark



Baking potato with chicken and vegetables

4 persons:

4 baking potatoes

4 chicken breasts

1 red pepper

1 yellow pepper

1 iceberg salad

1 small tin of maize

½ cucumber

1 chili

4 stalks parsley

DRESSING:

2, 5 dl sour-cream/ crème fraiche

1 lemon

1 clove garlic

How to make the meal:

1. Heat the oven to 200°
2. Wrap the potatoes in foil and bake them 1 hour
3. Rinse the vegetables and cut in them in small pieces

Dressing:

Mix following ingredients in a bowl: sour-cream + ½ shredded peel of lemon + juice of ½ lemon + 1 clove chopped garlic

Cut the chicken breasts in thin slices or squares and fry the meat on a frying pan in butter or oil. You may spice the chicken with your favourite herb/spice.



Bagt kartoffel med kylling og grøntsager

4 personer:

4 bagekartofler

4 kyllingebryster

1 peberfrugt rød

1 peberfrugt gul

1 icebergsalathoved

1 minidåse majs

½ agurk

Evt. 1 chilli (styrke efter behag)

4 stilke persille

DRESSING:

2,5 dl creme fraiche 18 %

1 økologisk citron

1 fed hvidløg



Tænd ovnen på 200 gr. Pak kartoflerne ind i sølvpapir, og bag dem i 1 time.

Imens renses alle grøntsagerne og de skæres i små stykker. De anrettes pænt på et fad eller i hver sin skål.

Dåsevandet hældes fra majsene og de varmes (ikke koges) i nyt vand i en gryde. Anret i en skål.

Dressingen:

Creme fraichen hældes i en skål, skallen af ½ citron rives i, og saften af ½ citron presses i. 1 fed hvidløg presses/rives i og det hele røres sammen. Kyllingebrysterne skæres i tynde strimler eller små firkanter, og steges på en pande med salt, peber, evt. karry og tørrede krydderier (salvie, timian, eller andet efter smag.) De anrettes også i skål eller på fad. Ved serveringen skæres et X i toppen af kartofflen hvorefter den presses fra siderne og ”hullet” fyldes med grønt, kød og dressing, af den enkelte middagsdeltager



Frikadeller



(4 persons)

Ingredients:

500 g minced veal and pork meat.

1 onion

3 eggs

2-3 tablespoons of wheat flour

1 dl of milk

1 teaspoon of salt

fresh ground pepper

How to make Frikadeller:

1. Chop the onion and mix with remaining ingredients in a bowl. Stir vigorously for a few minutes until its starts to blend. If you have time, put the meat in the fridge and let it rest for an hour.
2. Form the meatballs with a spoon and fry the frikadeller on a frying pan in butter and a bit of oil.
3. Fry the meatballs for about 10-12 min. They must not be raw when they are re



Frikadeller



Ingredienser: Til 4 personer

500 gr. Hakket kalve- og flæskefars

3 æg.

2-3 spsk. hvedemel.

1 dl. Mælk.

1 tsk. Groft salt.

Friskkværnet peber.

Fremgangsmåden er rigtig nem ☺

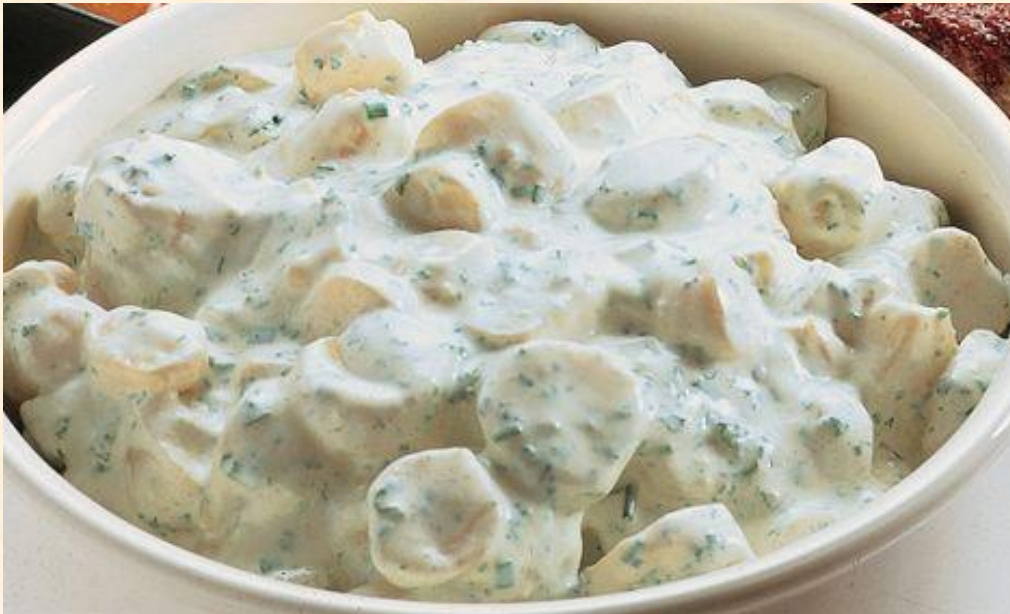


Sådan gør du:

1. Hak løget fint, og bland det sammen med resten af ingredienserne i en skål. Rør kraftigt rundt med en ske i et par minutter til farsen begynder at samle sig. Har du god tid, så stil farsen til at hvile i køleskabet en times tid.
2. Så skal frikadellerne formes og steges. Tænd en stor pande på middel varme, og smid en klat smør og lidt olie på den. Når smørret er smeltet, så begynder du at forme frikadellerne med en spiseske, og de lægges på panden.
3. Når du har lagt alle frikadellerne på, så lader du dem stege ca. 10 til 12min. Frikadellerne skal vendes ofte.



Cold potatoe salad



For 4 persons

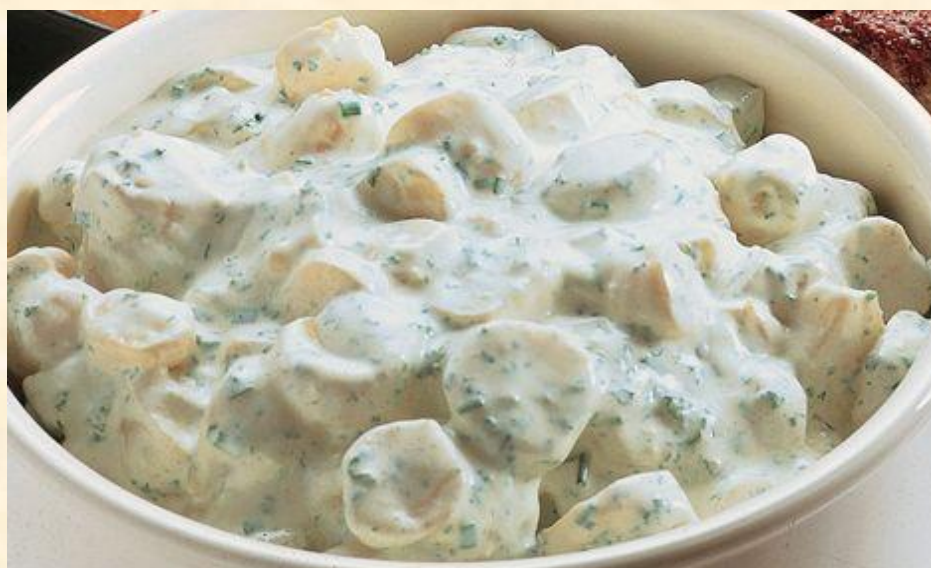
- 2½ dl. Naturel yogurt
- 2½ dl. Sour crème
- 2 teaspoons grated onion
- 2 teaspoons salt
- White pepper
- 2 tablespoons sweet mustard
- 1 tablespoon lemon juice
- 750 g. boiled potatoes
- 3 tablespoons chop fresh parsley
- 2 tablespoons fresh cut chives.

Do following:

1. Mix yogurt and sour cream.
2. Add onions and spices.
3. Cut potatoes into not too thin slices, and toss them in the salad sauce at least ½ hour before serving.



Kold kartoffelsalat



Til 4 personer

- 2½ dl Yoghurt
- 2½ dl Cremefraiche
- 2 spsk revet løg
- 2 tsk groft salt
- friskkværnet hvid peber
- 2 tsk sød sennep
- 1 tsk citronsaft
- 750 g kogte kartofler
- 3 spsk. hakket persille
- 2 spsk. klippet frisk purløg

Gør dette:

1. Bland yoghurt og cremefraiche.
2. Smag salatsaucen til med løg og krydderier.
3. Skær kartoflerne i ikke for tynde skiver, og vend dem i salatsaucen mindst ½ time før serveringen.



Minced meat patty

500 g minced beef

2 onions

Salt and pepper

Butter or oil for frying

800 g potatoes

3 dl bouillon

1 dl cream

Gravy browning



Make four patties of minced beef spice with salt and pepper.

Boil the potatoes for 20 minutes.

Peel the onions and cut them in slices.

Fry the patties in butter or oil on a frying pan 2-3 minutes on each side.

Fry the onions for 5 minutes.

Make gravy from bouillon and crème and colour it with gravy browning.

Shredded carrots

A bowl of shredded carrots

1 dl Orange juice

1 ½ handfull of raisins



Hakkebøf med løg

500 g hakket oksekød

2 løg

Salt og peber

Smør eller olie til at stege med

800 g kartofler

3 dl bouillon

1 dl fløde

Sovs kulør

Lav fire flade stykker hakket oksekød og krydre dem med salt og peber.

Kog kartoflerne i 20 minutter.

Skræl løgene og skær dem i skiver.

Steg de fire stykker oksekød i smør eller olie på en stegepande i 2-3 minutter på hver side.

Steg løgene i 5 minutter.

Lav sovsen fra en bouillon terning and crème and farv den med sovse kulør.

Revet gulerødder

En skål med revne gulerødder.

1 dl Appelsin juice

1 ½ håndfuld rosiner



Estonia



Cold potato snacks

12 small potatoes (same size)

Roughly milled pepper

1 1/2 dl thick sour cream

1 dl minced smoked ham or herring

Minced chives



*Split boiled potatoes. Make a small cavity in middle of the potato. Put split potatoes on a dish, strew pepper.

*Mix sliced ham or herring with thick sour cream. Put a heaped teaspoon of the filling on the split potato, decorate with minced chives.



Külmad kartulisuupisted

12 ühesuurust väikest kartulit

Jämedalt jahvatatud pipart

1 1/2 dl paksu hapukoort

1 dl hakitud soolast suitsusinki või heeringat

Hakitud murulauku

*Poolita keedetud kartulid. Tee iga kartulipooliku keskele teravaservalise lusikaga väike õõnsus. Pane kartulipoolikud vaagnale, puista peale musta pipart.

*Sega hakitud sink või heeringas paksu hapukoorega. Tõsta igale kartulipoolikule kuhjaga teelusikatäis täidist, kaunistamurulauguga.





Cucumber and apple salad

4 medium-sized cucumbers
3 onions
2 apples

Ingredients for sauce

Two teaspoons of red or white wine vinegar
One tablespoon of tomato puree or paste
Salt
Milled black pepper



Mix the sauce with chopped cucumbers, onions and apples, keep in the refrigerator for 30 minutes to one hour. Decorate with chopped parsley leaves and egg slices. Perfect on a baquette.

- Apples can be replaced with pears or plums.



Kurgi-õunasalat

4 keskmise suurusega avamaakurki
3 mugulsibulat
2 õuna

Kaste

2 spl valge või punase veini äädikat

1 spl tomatipüreed või –pastat

soola

jahvatatud musta terapiart



Sega kaste tükeldatud kurkidega, sibulate ja õuntega ning tõsta 30 minutiks kuni tunniks külmikusse. Kaunistatakse hakitud petersellilehtedega ja munaviiludega. Salat sobib pika saia katteks.

- Õunad võib asendada pirnide või ploomidega



Rye Flour Biscuits

1 tablespoon of sugar

1- 2 teaspoons of salt

100 grams of wheat flour

130 grams of rye flour

50 gram of wheat bran

100 grams of butter

0.2 liters of milk

Mix the solids together. Add pieces of butter and cold milk. Moisten your hands and press the dough on the griddle 0.5 cm thick. Cut the dough 6x6 cm in squares. Bake at 220 degrees. Serve warm.



Rukkijahuküpsised

1 sl suhkrut

1- 2 tl soola

100 g nisujahu

130 g rukkijahu

50 g nisukliisid

100 g võid

0,2 l piima

Sega kuivained omavahel, lisa võitükid ja külm piim. Tee käed märjaks ja vajuta saadud tainas 0,5 cm paksuselt plaadile, samas lõika nad 6x6 cm suurusteks ruutudeks. Küpseta 220 kraadi juures. Serveeri soojalt.





Simple soup with potatoes and mushrooms

200 g of fresh mushrooms

200 g of potatoes

50 g of onions

50 g of butter

60 g of sweet pepper

2 vegetable bouillon cubes

Chopped dill

Chop mushrooms and onions, fry in butter (half soft, do not burn). Add chopped pepper and heat a little more. Peel and chop potatoes to cubes. Put one liter of water in to the pot, add vegetable bouillon cubes and chopped potatoes, boil potatoes until they are almost ready. Add mushrooms, onions, peppers and boil a little bit more. Flavour and serve it with chopped dill.



Lihtne supp kartulite ja seentega

200g värskaid seeni

200g kartuleid

50g sibulat

50g võid

60g paprikat

2 köögiviljapuljongikuubikut

hakitud tilli

Tükelda seened ja sibul, prae võis poolpehmeks, aga ära pruunista. Lisa tükeldatud paprika ja kuumuta veel veidi. Koori ja tükelda kartulid kuubikuteks. Lase kastrulis keema 1L vett, lisa köögiviljakuubikud ja tükeldatud kartulid, keeda kartul peaaegu valmis. Lisa seened, sibul, paprika ja keeda veel veidi. Maitsesta ja serveeri hakitud tilliga.





Stuffed Kulin Meat Loaf

Dough:

0,5 kg of minced meat

3-4 boiled potatoes

1 crude egg

1 onion

1 tablespoonful flour

1tablespoonful cream

Salt

Pepper

Bread crumb

Filling:

2 hard- boiled eggs

1 pickled cucumber

2 carrots



Prepare the cutlet dough. Put half of the dough on a backing pan and cover with pieces of cucumber, carrots and pared eggs. Set the rest of the dough on the top. Carve it beautifully as a round sausage, spread with eggs and bread crumbs. Cook in an oven at medium temperature.



Täidetud pikkpoiss

Tainas:

0,5 kg hakkliha

3-4 keedetud kartulit

1 toores muna

1 sibul

1 sl jahu

1 sl koort

Soola

Pipart

Riivleiba

Täidis:

2 kõvaks keedetud muna

1 hapukurk

2 porgandit



Valmista sitke kotletitainas. Pane rasvaga määratud pannile pool tainast, selle peale kurgi- ja porganditükid, keskele aseta kooritud keedetud munad. Ülejäänud tainas pane teise kihina peale. Vooli ilusaks ümmaguseks vorstiks, määri munaga, raputa üle riivleivaga. Küpseta praeahjus keskmisel temperatuuril.



Blueberry cream

250 g blueberries

100 g sugar

2-3 eggs



Wash the berries, spread with 50 grams of sugar and leave for a while in a warm place. Whip up the egg yolk with sugar and mix with berries. Put the cream on a hot water basin or low heat, mix and whip until you get a solid mass. Do not boil! Pour the cream into bowls and decorate with whipped egg white. The whipped egg white can be mixed in the cooled cream.



Mustikakreem

250 g mustikaid

100 g suhkrut

2-3 muna



Pese marjad, puista nad üle 50 g suhkruga ja jäta mõneks ajaks sooja kohta seisma. Vahusta munakollased suhkruga ja sega marjadega. Nii saad kreemi, mis pane kuumaveevannile või nõrgale tulele, sega ja vahusta ühtlase massi moodustumiseni. Ära lase keema! Kui kreem on valmis, siis vala see kaussidesse ja kaunistava vahustatud munavalgega. Võid vahustatud munavalge jahtunud kreemile ka juurde lisada.



Ireland



Vegetable Soup

Ingredients:

3 onions

6 carrots

2 leeks

4 potatoes

1.5 pints of chicken stock

Tablespoon of oil

Salt and pepper



Method:

1. Peel and dice onions.
2. Peel, wash and slice carrots.
3. Peel and dice potatoes.
4. Slice leeks in half, lengthwise and wash.
5. Heat oil and fry vegetables for 5 minutes.
6. Add stock, salt and pepper and herbs.
7. Simmer for 40mins.
8. Liquidise and serve with drop of fresh cream.



Anraith Glasraí

Comhábhair

3 Oinniúin

6 Cairéid

2 Cainneann

4 Prataí

1.5 ml stoic shicín

Tbs Olú

Salann & Piobar



Modh

1 Scamh agus disligh an oinniúin

2 Nigh, scamh agus disligh na cairéid

3 Scamh agus disligh na prataí

4 Nigh agus disligh na cainneann

5 Téigh an olú chuir isteach na glasraí, cócaráil do 10 noimead

6 Chuir isteach an stoic, salann agus piobar

7 Suanbhruith do 40 noimead agus chuir isteach leachtaitheoir do cupla noimead



Seafood Chowder

Ingredients

- 25 g/1 oz butter
- 1 small onion, diced
- 1 leek, trimmed and diced
- 1 small carrot, diced
- 1 potato, cubed
- 50 g/2 oz smoked salmon slices, cut into julienne (long thin strips)
- 120 ml/4 fl oz dry white wine
- 450 ml/3/4 pint tarragon scented fish stock or water
- 225 g/8 oz mixed fresh fish fillets, skinned and cut into bite-sized pieces (such as cod, haddock, hake and salmon)
- 175 g/6 oz raw Dublin Bay prawns and mussels, scrubbed clean
- 1 tbsp chopped fresh flat-leaf parsley
- 175 ml/6fl oz cream
- salt and freshly ground black pepper



Method

- Place a large pan over a medium heat.
- Add the butter and once it is foaming, tip in the onion, leek, carrot, potato and smoked salmon.
- Sauté for 2-3 minutes until softened.
- Pour the wine into the pan and allow to bubble down and reduce by half.
- Add the fish stock or water and bring to a simmer, then add the fresh fish and shellfish.
- Return the pan to a simmer and add the parsley and cream, then season to taste.
- Cover with a lid and simmer gently for another 2-3 minutes until the fish and prawns are tender and all of the mussels have opened, discard any that do not.

To Serve

Ladle the chowder into warmed serving bowls, piling plenty of the fish and shellfish into the centre of each one.



Bia mara na hÉireann Chowder

Comhábhair

- 25 g/1 unsa im
- 1 oinniún beag miongharrtha
- 1 cainnúnne, bearrtha agus miongharrtha
- 1 cairéad beag miongharrtha
- 1 prataí, chiúbaithe
- 50 g/2 unsa slisíní bradán deataithe, gearrtha i julienne (stiallchatan aí fada)
- 120 ml/4 unsa fl fion bán tirim
- 450 ml/3/4 pionta tarragon stoc iasc cumhra nó uisce
- 225 g/8 unsa filléid éisc meascáithe úr, ina mbaill craiceann aghearradh i biteiarrachtaí píosaí (cosúil gcuntas trosc, cadóg, colmóiragus, bradán)
- 175 g/6 unsa amh Baile Átha Cliath cloichéain chuan mbailldiúilicíní, glanscrubbed
- 1 tbsp miongharrthe úr cothrom-dhuille peirsil
- 175 ml/6fl unsa screabh uachtar
- Salann agus piobar dubh talamh



Modh

- Cuir uile mór thar teasa trí mheán.
- Cuir an t-im agus nuair cúradh sé, barr an oinniún, cainnúnne, prataí agus bradán deataithe.
- Sauté do 2-3 nóiméad go dtí bogtha.
- Doirt an fion isteach uile agus cead a thabhairt do mboileog síós agus a laghdú de leath.
- Cuir an stoc iasc nó uisce agus a thabhairt chun suanbhruith, ansin cuir an t-iasc úr agus sliogéisc.
- An uile fill ar ais go dtí suanbhruith agus an peirsil agus uachtar, ansin séasúr a chur le blás
- Clúdaigh le clúdach agus suanbhruith réidh le haghaidh eile 2-3nóiméad go dtí go bhfuil an t-iasc agus cloicheáin tairisceana agusgach ceann de na diúilicíní a oscailt, scriosadh aon ní a dhéanamh.

Chun Freastal

Cuir an chowder i téite babhlaí ag freastal, ábhar pile neart an éisc agus sliogéisc i lár gach ceann acu



Irish Soda Bread

Ingredients

- 450g (1lb) plain white flour
- 1 teaspoon salt
- 1 teaspoon bicarbonate of soda
- 400ml (14fl oz) buttermilk

Method

1. Preheat the oven to 230° Centigrade/400° Fahrenheit /Gas Mark 9.
2. Sift all the dry ingredients into a large, wide bowl, and make a well in the centre.
3. Pour in the milk.
4. Using the fingers of one hand, stiff and outstretched like a claw, stir from the centre to the edge of the bowl in concentric circles.
5. The dough should be softish, but not too wet and sticky.
6. When it all comes together, turn out on to a well-floured work surface.
7. Pat the dough into a tidy shape and flip over gently, then pat it into a round about 4cm (1 and 1/2 inches) thick.
8. Gently transfer to a floured baking tray.
9. Cut a deep cross into the loaf and prick the centre of each quarter.
10. Bake for 15 minutes, then reduce the heat to 200°C/370°F/Gas Mark 6 and bake for a further 30 minutes or until cooked.
11. If you are in doubt tap the bottom of the bread: it should sound hollow.
12. Cool on a wire rack.



**Soda bread is best eaten on the day it is made.



Arán Sóide

Comhábhair

- 450g (1lb) plúr bán
- 1 teaspoon salann
- 1 teaspoon bicarbonate de soda
- 400ml (14 unsa fl) bláthach

Modh

1. Preheat an oigheann go 230° Centigrade/400° Fahrenheit /Gáis Mark 9.
2. Scagadh na comhábhair tirim isteach i mbabhla, mór leathan agus go maith a dhéanamh i lár.
3. Doirt an bainne.
4. Bain úsáid as an mhéar ar lámh amháin agus corraigh ó lár an imeall an babhla i gciorcail.
5. Ba coir an taos a bheith bogtha, ach ní ró-fhliuch agus greamaithe.
6. Uair a thagann sé go léir le chéile, dul amach ar an dhromchlaoire dea-plúraithe.
7. Cuir an taos i gcruth slachtmhar agus thar smeach go réidh, cuir sé isteach bhabhta thart ar 4 cm (1 agus ½ orlach) tiubh.
8. Go réidh a aistriú chuig trádire bÁCála plúraithe.
9. Gearr tras doimhin isteach an builín agus faobhar a t-ionad gach ráithe .
10. BÁCáil ar feadh 15 nóiméad, ansin a laghdú an teas go 200°C/370°F/Gáis Mark 6 agus bhÁCáil ar feadh 30 nóiméad eile nó go bruite.
11. Ma tá tú in amhras beartaíonn an bún an aráin: ba choir sé fuaimlog.
12. Fionnuar an raca sreang.



**Tá arán sóide ithe is fear ar an lá a dhéanta.



Recipe for Irish Bacon and Cabbage

Irish Bacon and Cabbage with Parsley White Wine Sauce and Cinnamon

Ingredients:

700g back bacon (one piece)
2 kg potatoes
1 head of cabbage
60g butter
3 tbs white flour, heaped
200ml white wine
200ml cream
200ml cooking liquid
4 tbs fresh parsley, finely chopped
10 cloves
1 onion, roughly chopped
1 stick cinnamon
1 tsp coarse ground black pepper



Method

1. Place the bacon in the pot with the cloves and onion, cover with cold water.
2. Bring to the boil and skim the white scum off the top. Simmer gently for 1 hour 10 minutes.
3. Meanwhile, peel and wash potatoes and remove the centre stalk from the cabbage and wash.
4. In a saucepan, gently heat the flour and butter together until you have a thick paste. Cook for 2 minutes. Add the cinnamon stick.
5. Mix the wine, cream and cooking liquid together in a jug.
6. Gradually add this mix to the flour and butter, keeping heat on medium, stirring constantly until all the liquid is used up. You should have a smooth thick sauce.
7. Boil the potatoes and cabbage in the bacon liquid for approximately 40 minutes and cover.
8. To serve, carve the bacon, drain the vegetables and stir the pepper and fresh parsley into the sauce. Serve with the potatoes and cabbage.



Oideas do Bagún agus Cabáiste le Anlann Peirsil Bán le Fíon agus Cainéal.

Comhábharáí:

700g Bagún
2 Kg Prátaí
Ceann amháin de cabáiste
60g Im
3 tbs plúr bán
200ml Fíon bán
200ml leacht cócaireacht
4 tbs peirsil
10 clóbh
1 oinnúin
1 bata cainéal
1 tsp piobár



An Modh:

1. Chuir an bagún sa phota leis na clóbh agus oinnúin agus clúdaigh le h-uisce fuar.
2. Lig do fuichadh a bhaint as agus bain an barr bán de. Lig bogfhiuch go réidh ar feadh uair agus deich nóiméad.
3. San idirlinn, is feidir an craiceann a bhaint de na prátaí agus iad a ní. Bain an ags as lár an chabáiste agus nigh.
4. I sáspan, cuir teas don plúr agus im le cheile go dtí go bhfuil taos dlúth agat agus fág as feadh dhá nóimead. Cuir an cainéal bata leo.
5. Measc an fíon, uachtar agus leacht cócaireachta le cheile i crúiscín.
6. De réir a cheile, cuir an meascán leis an plúr agus im, ag coinneál an teas ar mean, ag corráil i gcónaí go dtí go bhfuil an leacht go léir imithe.
7. Tosu ag fiuchadh na prátaí leis an bagún ar feadh 40 nóiméad, cuir an cabáiste leo agus clúdaigh.
8. Chun seirbheáil, gearr an bagún, draein na glasraí agus measc an piobar agus peirsil isteach san anlann. Cuir ar pláta leis na prátaí agus cabáist



Guinness and Beef Caserole

Ingredients

- 900g Stewing Beef
- 30ml Olive Oil
- 1 onion, chopped
- 2 leeks, sliced
- 2 Carrots, sliced
- 2 celery sticks, sliced
- 2 cloves of garlic, finely chopped
- 300ml beef stock
- 150ml **Guinness**
- 50g butter
- 75g Fatty bacon
- 115g mushrooms, quartered
- 50g Shallots
- 25g Plain flour
- Salt and black pepper



Method

1. **Heat** the oil and brown the beef. **Put** into a casserole dish.
 2. **Fry** the celery, carrots and leeks ar feadh 5 minutes and **add** them to the casserole dish also along with the garlic.
 3. **Add** the stock and the Guinness and the salt and pepper.
 4. **Cover** the casserole and **bring to the boil**, then **simmer** for an hour and a half.
 5. **Seperate** the beef and stock and **discard** the celery, carrots and leeks.
 6. **Fry** the bacon, mushrooms, shallots and onions with the butter.
 7. When they are ready, **add** the flour and **mix** it in on a low heat for 2-3 minutes.
 8. **Add** the stock and Guinness back into the casserole dish and then the meat aswell.
 9. **Re-heat** and **serve** with mashed potato
- Enjoy



Casaról Guinness and Mairteoil

Comhábhair

900g Mairteola

30ml Ola Ológa

1Oiniúin

2 Caineann

2Cairéid

2 bata Soilire

2 Ionga gairleoge

300ml stoc mairteoil

150ml **Guinness**

50g Im

75g Bagún

115g Beacáin

50g Seallóid

25g Plúr

Salann agus piobar

An Modh

1. **Téigh** an ola agus donn an mairteoil. **Cur isteach** sa phota casaróil iad.
2. **Frioch** an soilire, na cairéid agus na cainneann ar feadh cúig nóiméad agus **cur isteach** sa phota cassaróil iad freisin, leis an ngairleog.
3. **Cur isteach** an stoc, an Guinness, an salann agus piobar.
4. **Clúdaigh** an pota casaróil agus tóg go dtí an pointe **fiuchadh** é, ansin **bogfhiuch** é ar feadh uair go leith.
5. **Scar** an mairteoil agus an stoc agus **caith amach** an soilloire, na caréid agus an cainneann.
6. **Frioch** an bagún, na beacáin, na seallóid agus na h-oiniúin leis an im.
7. Nuair atá siad réidh, cur isteach an plúr agus **measc** é ar teas íseal ar feadh 2-3 nóiméad.
8. **Cuir** an stoc agus an Guinness ar ais sa phota casaróil agus ansin cur isteach an mairteoil chomh maith.
9. **Téigh** arís agus **riar le** prátaí. Brui





Apple Tart

Ingredients

225g/8oz Plain Flour
125g/4oz margarine
¼ pint/150ml cold water
4 large cooking apples (peeled, cored and sliced)
Sugar to sweeten apples



Method

1. Place margarine in freezer for about 15 minutes to harden.
2. Sieve flour into a bowl.
3. Grate hard margarine into the flour. You may need a little flour on your fingers for this.
4. Using a knife, mix grated margarine into flour.
5. Add water and mix to a soft dough with the knife.
6. Turn onto a lightly floured board and knead lightly.
7. Roll out half the pastry to the shape of an oven proof plate.
8. Arrange apples on the pastry.
9. Sprinkle with sugar to sweeten.
10. Roll remaining pastry to cover the apples.
11. Dampen edge of base pastry with cold water to seal.
12. Press top pastry over apples to make the tart. Seal the edges.
13. Put a cut on top of pastry to allow steam to escape.
14. Bake in a pre-heated oven at 200°C/400°F/Gas 6 for 35 minutes.



Apple Tart

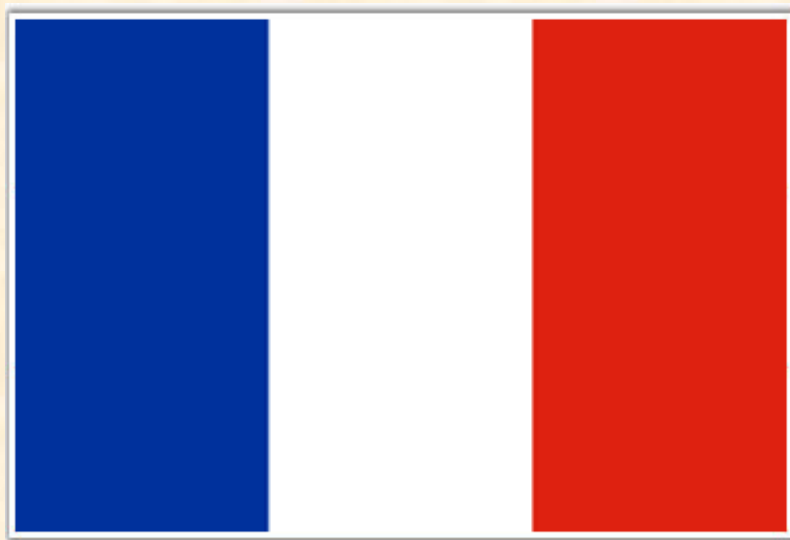
Comhábhair

225g/8oz plúr plain
125g/4oz margairín
¼ pint/150ml uisce
4 úlla cócaireachta mór (scafa, hábhar flosca agus slisnithe)
Siúcra

Modh



1. Cuir margairín i reoiteoir ar feadh thart ar 15 nóiméad chun é a cuir níos crua.
2. Criathar plúr isteach i mbabhla.
3. Gráta margairín crua isteach sa plúr. Seans go mbeidh ort plúr beag a cuir ar do mhéara seo.
4. Ag baint úsáide as scian, mheascadh margairín comhtháite ina plúr.
5. Uisce agus meascán a chur le taos bog leis an scian.
6. Cas isteach ar bord go héadrom floured agus knead héadrom.
7. Rolladh amach leath an taosrán chun an cruth ar phláta cruthúnas oigheann.
8. Socraigh úlla ar an taosrán.
9. Sprinkle le siúcra.
10. Roll taosráin atá fágtha a chlúdach an úlla.
11. Cuir uisce imeall taosráin bonn.
12. Brúigh taosráin barr thar úlla a dhéanamh ar an toirtín. Séala na himill.
13. Cuir le gearradh ar bharr taosráin chun ligean gaile chun éalú.
14. Bhácáil in oigheann réamhthéite ag 200C/400F/Gas 6 le haghaidh 35 nóiméad.



France



GRATIN DAUPHINOIS

Pommes de terre

Emmental râpé

Sauce béchamel

Muscade en poudre

Sel

ail

1- Eplucher puis couper les pommes de terre en tranches très fines.

2- Frotter un plat à gratin avec une gousse d'ail.

3- Etaler une couche de pommes de terre, la saupoudrer de sel, muscade, emmental et béchamel

Renouveler 2 ou 3 fois.

4- Mettre dans un four chaud jusqu'à ce que le gratin soit dor





GRATIN DAUPHINOIS

Potatoes

Grated cheese

Béchamel Sauce

Nutmeg Powder

Salt

Garlic

1- Peel the potatoes and cut them into thin slices.

2- Rub the bottom of your dish with the garlic.

3- Spread a layer of potatoes, salt, nutmeg, cheese, and béchamel sauce.

Repeat 2 to 3 times and finish with grated cheese.

4- Put in a hot oven until the crust is golden and the potatoes are cooked.





Gingerbread man

Ingredients:

Honey 500g

Oil 100g

Water 50g

Flour 650g

Cinnamon 10g

Anise 9g

Baking powder 20g

You need:

- A punch to cut out the biscuits.
- A salad bowl
- A wooden spoon
- A plastic box and its cover
- A brush
- A rolling pin
- A spatula
- A sieve
- A glass

Preparation:

1-In a salad bowl mix the honey,the oil and the water.

2-In another recipient sift the flour,add the baking powder,the cinnamon and the anise;mix all these and pour into the salad bowl.

3-Mix with a wooden spoon.finish with your hand and make it a dough ball.

4-flour the dough and spread it with a rolling pin.

5- make it round and even.

6- Cut out the biscuits with a punch.

7-Put the biscuits on a baking tray (set them 2 cms away from each other).

8-Mix a little water and honey to coat the biscuits.

9-Pre- heat the oven at150° and put the biscuits in it when at right temperature.

10- Bake for 14 mns.





Bonhomme en pain d'épices

Ingredients:

- Miel 500g
- Huile 100g
- Eau 50g
- Farine 650g
- Cannelle 10g
- Anis 9g
- Levure 20g



Matériel:

- Un emporte piece pour couper les biscuits
- Un saladier
- Une cuillère en bois
- Une boîte en plastique avec un couvercle
- Un pinceau
- Un rouleau à pâtisserie
- Une spatule
- Un tamis
- Un verre

Preparation:

1-Dans le saladier, mélangez le miel, l'huile, et l'eau.

2-Dans un autre récipient, tamiser la farine, la cannelle, l'anis, et la levure. Les mélangez puis les ajouter au premier mélange.

3-Mélangez avec la cuillère en bois, finir à la main et faire une boule avec la pâte.

4-Farinez la pâte et l'étaler avec le rouleau à pâtisserie.

5-Faire en sorte que la pâte soit bien étalée, en forme circulaire.

6-Couper les biscuits avec l'emporte pièce.

7-Poser les biscuits sur une plaque à pâtisserie (à 2 cm les uns des autres).

8-Mélanger un peu d'eau et de miel pour badigeonner les biscuits avec le pinceau.

9-Préchauffer le four à 150° et enfourner quand le four est chaud.

10- Cuire pendant 14 minutes.





PANCAKES

Ingredients:

Flour (250g)

Milk (1/2 l)

Oil (a spoonful)

Salt

3 eggs



Preparation:

Pour the flour into a salad bowl.

Add the salt and the oil.

Add the eggs.

Add the milk little by little.

Put some oil in a hot frying pan.

Pour a ladle of dough.

When the top dries up turn the pancake over.





PANCAKES

Ingredients:

Farine (250g)

Lait (1/2 L.)

Huile (une cuillère)

Sel

3 oeufs



Preparation:

Verser la farine dans un saladier.

Ajouter l'huile et le sel, puis les œufs.

Ajouter le lait petit à petit.

Verser un peu d'huile dans une poêle chaude.

Verse une louche de pâte.

Quand le dessus à l'air sec, retourner la pancake.





CHOCOLATE CHARLOTTE

1 box of sponge fingers

2 x 1 tablet of dark chocolate

2 x 6 eggs

2 x 1 pinches of salt

crème anglaise

1- Melt the chocolate.

2- Seperate the egg whites from the egg yolks.

3- Add the salt into the egg whites and whip them up.

4- Pour the melted chocolate on the egg yolks, stir.

5- Gently add the whipped egg whites to the melted chocolate and egg yolks.

6- Coat a dish with the sponge fingers and add the chocolate mousse.

Renew the preparation for a second mousse.



7- Solidify the mousse in the fridge for three hours.8- Serve chilled with crème anglaise sauce.



CHARLOTTE AU CHOCOLAT

1 boîte Biscuits cuiller

2 x 1 tablette chocolat noir pâtissier

2 x 6 oeufs

2 x 1 pincée de sel

crème anglaise



1- Faire fondre le chocolat.

2- Casser les oeufs en séparant les blancs des jaunes.

3- Ajouter le sel dans les blancs et les battre en neige très ferme.

4- Verser le chocolat fondu sur les jaunes et mélanger.

5- Incorporer délicatement le mélange chocolat + jaune dans les blancs battus.

6- Tapisser un plat avec les biscuits puis verser la mousse.

Renouveler la préparation pour une deuxième mousse.

7- Faire prendre la mousse au moins 3 heures au réfrigérateur.



8- Servir très frais avec une crème anglaise.



Spain



SPANISH COOKING

Spain enjoys the Mediterranean diet, very well-known all over the world for being one of the healthiest, most nutritious and tastiest ones.

Our cooking has popular roots and many dishes are prepared using the same cooking methods and ingredients as they were two or three hundred years ago. It is based on the ingredients available locally and that is the reason why it differs very much from region to region.

The two basic ingredients in almost every dish are olive oil and our good vegetables. However, many others are widely used: ham, cheeses, fish and seafood, and of course, our fruit and legumes.

As regards our cooking methods, also a great variety can be found. Spanish people not only stew ("cocido", "olla", "pote", "guiso" or "estofado" are the Spanish terms for stew), but we also roast, fry and saute many types of food. It is not common to boil or bake.

Here are some of our most famous recipes. Try and enjoy them!



SPANISH OMELETTE (STARTER)

The **Spanish omelette** is one of the most famous recipes in Spain, with lots of variations. We make the “**tortilla española**” with eggs, potatoes, some salt and olive oil, but sometimes we also use onions, garlic, peppers or even “chorizo” (red sausage).

INGREDIENTS:

1kg. Potatoes

6 Eggs

Salt

Olive oil (1/4 litre)

PREPARATION:

Peel the potatoes and cut into small squares. Sprinkle with salt and **fry in hot olive oil** until they begin to go golden. It’s better if they are not well cooked and are almost boiled in the oil, so that the omelette is moister. Drain and set aside. Beat the eggs with a little salt. Mix with the potatoes. Place a small amount of oil in the frying pan and heat. Pour the mixture into the pan and cook on a **low heat for 10 minutes** or until you see it going golden. Do not overcook as it will dry up.

When it is ready on one side, with the help of a plate or the top of a saucepan, turn it around and cook the other side. When cooked, place on a serving dish. Serve immediately, cut into triangles.

You can accompany it with mayonnaise. You can also serve it cold as an aperitif at any time or take on a picnic. There are some variations of the Spanish omelette. I like to make it with garlic and parsley but it can also be prepared with onions, and some other ingredients like green peppers, red sausage. But the most popular is the above mentioned, with just potatoes.



By Manuela Zambrano Ramos



TORTILLA DE PATATAS (PRIMER PLATO)

La tortilla de patatas, también conocida como “tortilla española,” sobre todo en restaurantes de comida internacional, es uno de los platos más populares de España. La receta más básica y extendida es la de elaborar esta tortilla con huevos, patatas, sal y aceite de oliva, pero hay quienes añaden cebolla ó bien ajo y perejil. Otras variantes incluyen pimiento verde y chorizo.

INGREDIENTES:

1kg de Patatas

6 Huevos

Sal

Aceite de oliva (1/4 litro)

ELABORACIÓN:

Pelar las patatas y cortarlas en pequeños cuadrados. Sazonar y freírlas en aceite de oliva bien caliente hasta que empiecen a dorarse. Es mejor si no se fríen demasiado y se quedan casi cocidas, para que la tortilla esté jugosa. Retirar las patatas.

Batir los huevos con un poco de sal. Mezclar con las patatas. Colocar una pequeña cantidad de aceite en la sartén y caliéntalo. Echar la mezcla de huevos y patatas en la sartén y cocinar a fuego lento durante 10 minutos o hasta que se haya dorado. No nos debemos pasar cocinándola porque se secaría.

Cuando esté lista por un lado, con la ayuda de un plato ó tapadera, le damos la vuelta y la cocinamos por el otro lado. Cuando esté lista, se aparta en una fuente. Se sirve inmediatamente, cortada en triángulos.

Se puede acompañar con mayonesa. Se puede servir fría como aperitivo a cualquier hora ó llevar de picnic. Hay muchas variantes de la *tortilla española*.

A mí me gusta hacerla con ajos y perejil, pero también se puede preparar con cebollas, y algunos otros ingredientes como pimientos verdes y chorizo. Pero la más popular es la arriba mencionada, con sólo patatas.



Receta de Manuela Zambrano Ramos



GAZPACHO (STARTER)

INGREDIENTS:

1½ kg Red tomatoes, peeled and roughly chopped

1 Green pepper, chopped

2 - 3 Cloves garlic

1 Small cucumber (or half a long cucumber), chopped

1 Small bread roll, soaked in water

Olive oil

White wine vinegar

Salt

Water

PREPARATION:

There are two ways of preparing gazpacho: you can use an electric food processor/blender and then pass it through a sieve, or you can use a food mill. The important thing is to get rid of all the pips, skins, etc.

First, blend and sieve, or mill, all the vegetables into a large bowl. Then squeeze the water out of the bread roll and add to the tomato/vegetable mixture. Add two tablespoons of olive oil and a tablespoon of vinegar. Season with salt and blend well. Check the taste and add as much water as necessary depending on whether you will be drinking or eating it with a spoon. Chill thoroughly before serving. If you are using bowls, finely chop some cucumber, green pepper, tomato, and hard-boiled egg to use for the garnish.



By Paula Fuster Santos



GAZPACHO (PRIMER PLATO)

INGREDIENTES:

1 ½ Kilo de tomates maduros pelados y cortados a trozos

1 Pimiento verde cortado a trozos pequeños

2 ó 3 Dientes de ajo

1 Pepino pequeño o medio pepino grande

1 Bollo de pan pequeño empapado en agua

Aceite de oliva

Vinagre de vino blanco

Sal

Agua

ELABORACIÓN:

En la batidora se pone parte de las hortalizas, un poco de vinagre, un poco de sal, un poco de aceite y parte del pan. Se bate bien para que quede muy fino. Se pasa por un colador para retirar las pepitas del tomate y se le añade un poco de agua.

Esta especie de sopa fría se pone en una sopera donde se vaya a servir y se pone en la nevera para servirla posteriormente bien fría.

Aparte se sirven las verduras picadas, cada una en un platito, para que los comensales se sirvan parte de las mismas en su plato de gazpacho.



Receta de Paula Fuster Santos.



FRUIT SALAD (DESSERT)

INGREDIENTS

Fruits of the season:

Bananas

Strawberries

Kiwis

Peaches

Oranges

Pineapple

Pears

Apples

Optional: orange juice.

PREPARATION:

Peel and/or wash fruit (bananas, strawberries, kiwis, peaches, pineapple, pears, apples, oranges).

Place in a bowl. Oranges are squeezed for natural juice.

Cut all the fruit into small pieces.

Pour the fruit pieces into the bowl.

Optional: pour the orange juice.

Stir everything.

After finishing, keep cold until it is ready to serve.



By Álvaro Redondo and Gloria López



MACEDONIA (POSTRE)

INGREDIENTES:

Fruta del tiempo:

Plátanos

Fresas

Kiwis

Melocotones

Naranjas

Piña

Peras

Manzanas

Opcional: zumo de naranja.

PREPARACIÓN:

Pelar y/o lavar la fruta (plátanos, fresas, kiwis, melocotones, piña, peras, manzanas, naranjas)

Reservar un bol. Exprimir las naranjas para hacer zumo.

Cortar toda la fruta en trozos pequeños.

Echar la fruta cortada en el bol.

Opcional: verter el zumo de naranja.

Mezclar todo.

Mantener en frío hasta que esté listo para servir.



Receta de Álvaro Redondo y Gloria López



TORRIJAS (DESSERT)

INGREDIENTS:

5-6 slices of stale white bread

3/4 cup of milk

1 egg

Olive oil

Sugar and cinnamon

Honey

PREPARATION:

Gather the ingredients. Then pour the milk into a mixing bowl. Add the egg and beat together. Pour enough oil into a large frying pan and heat on medium. Be careful that the oil does not burn. Then put each slice of bread into the milk-egg mixture and flip it with a fork. Make sure that the bowl is next to the frying pan, so you can quickly transfer it from the bowl to the heated pan. Do it without any excess of milk. Repeat for each of the other slices. Turn them over as they turn golden. Remove each piece from the pan and place on a plate. Sprinkle the top with sugar and cinnamon. If you prefer, instead of sugar, you can put honey on the top.

Serve cool. They can be eaten at any time of the day.



By Irene Gil Robles, Marta López García and Yeray Moreno Jiménez.



TORRIJAS (POSTRE)

INGREDIENTES:

5-6 rebanadas de pan blanco duro

¾ de una taza de leche

Un huevo

Aceite de oliva

Azúcar, canela y miel

ELABORACIÓN:

Reúne los ingredientes. Seguidamente vierte la leche en un cuenco. Añade el huevo y bátelo todo. Prepara bastante aceite en una sartén grande y caliéntalo a fuego medio. Cuida que el aceite no se queme. Después remoja cada rebanada de pan en la mezcla de huevo y leche y dale la vuelta con un tenedor. Asegúrate de que el cuenco está colocado al lado de la sartén, de manera que puedas pasar cada rebanada fácilmente del cuenco a la sartén. Hazlo eliminando cualquier exceso de leche. Repite la operación con cada rebanada de pan. Dale la vuelta cuando esté dorada. Saca las rebanadas de la sartén y colócalas en una fuente. Espolvorea la superficie con azúcar y canela. Si se prefiere, sustituye el azúcar por miel.

Sírvanse frías. Se pueden tomar a cualquier hora del día.



Receta de Irene Gil Robles, Marta López García y Yeray Moreno Jiménez.

