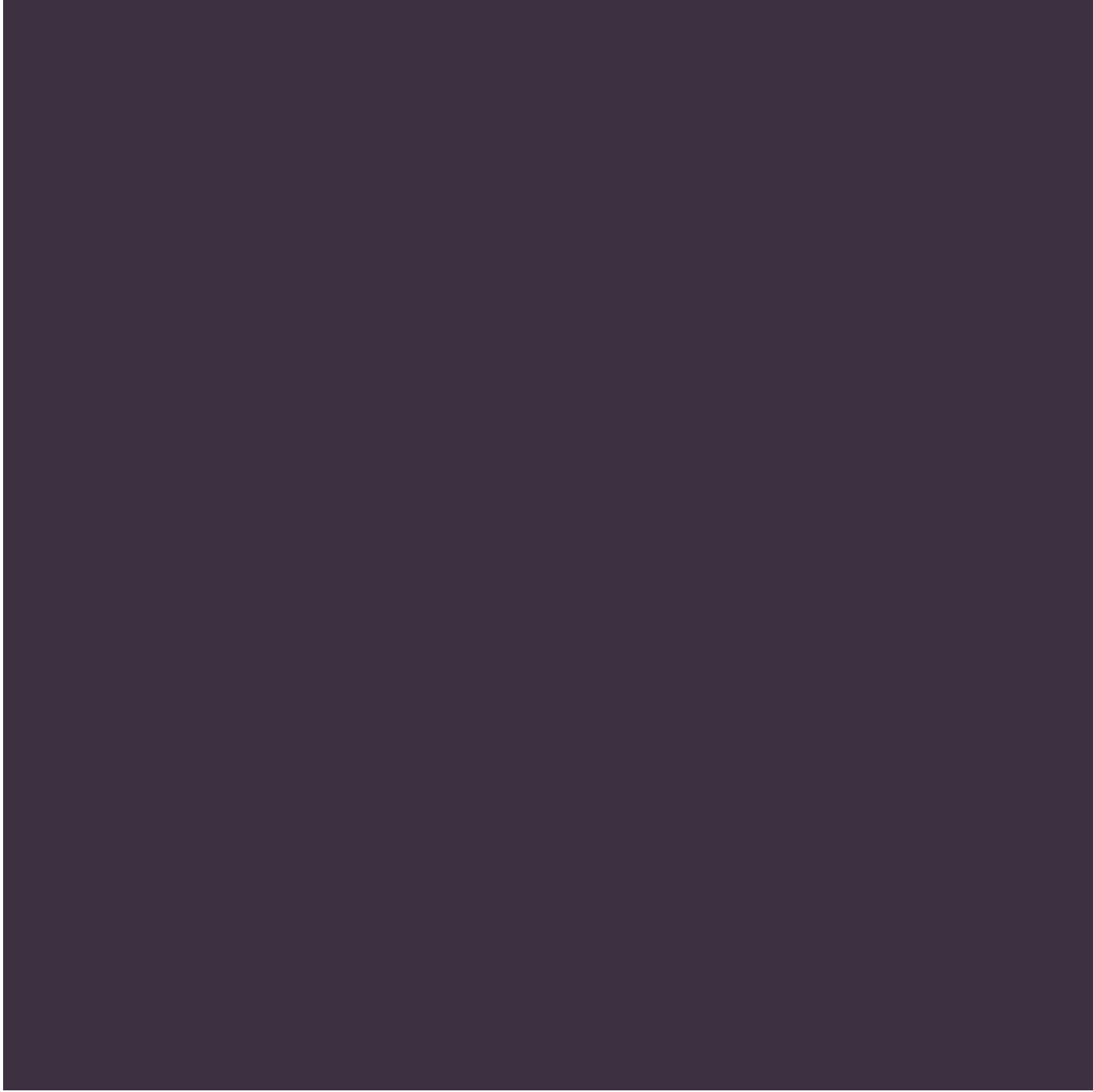


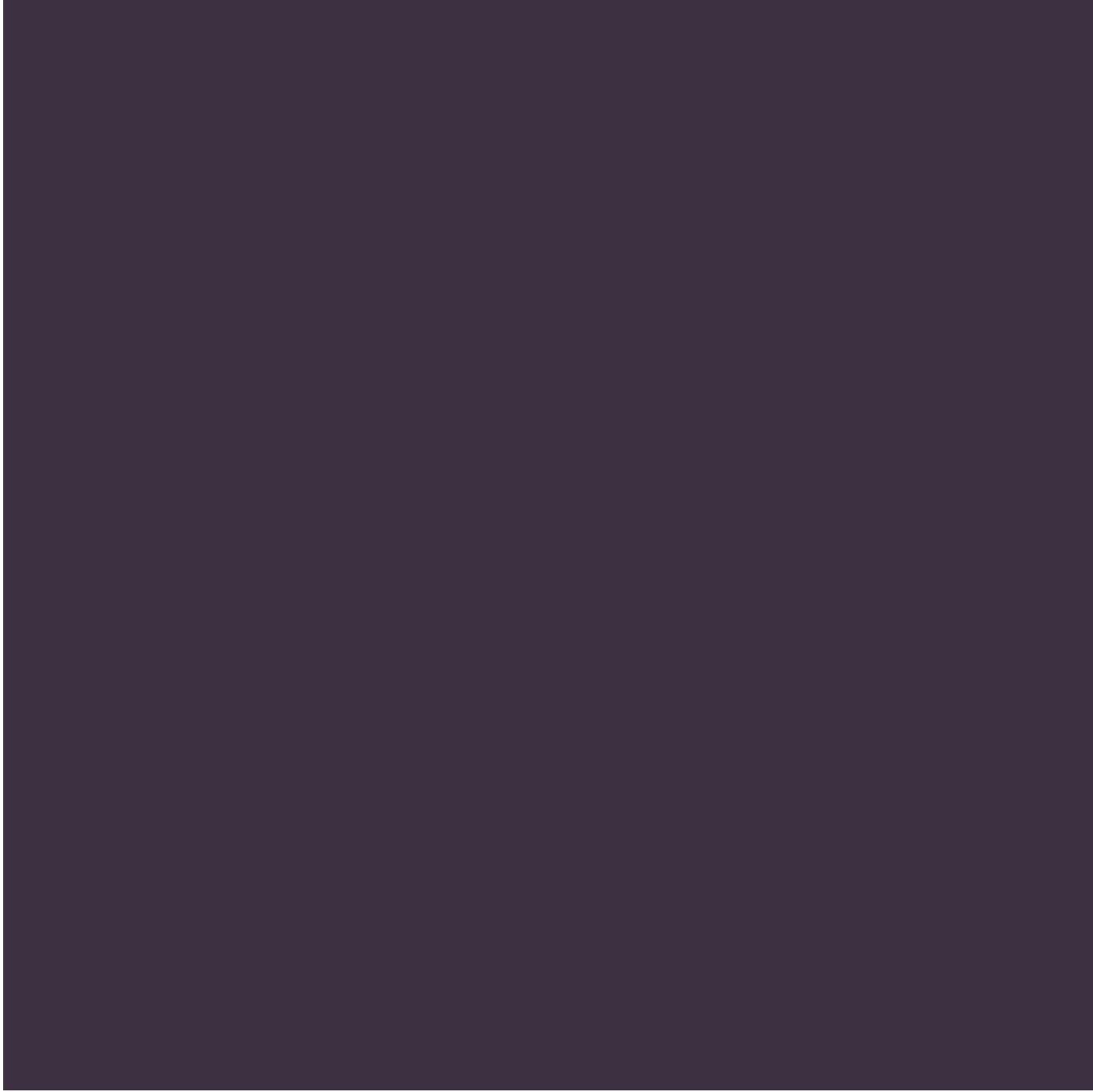
Gum  
Gum!



Cookbook

by ERASMUS+





# Countries

*Spain*



*Turkey*



*Poland*



*France*



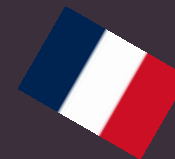


France

Collège Louis de Fontanes



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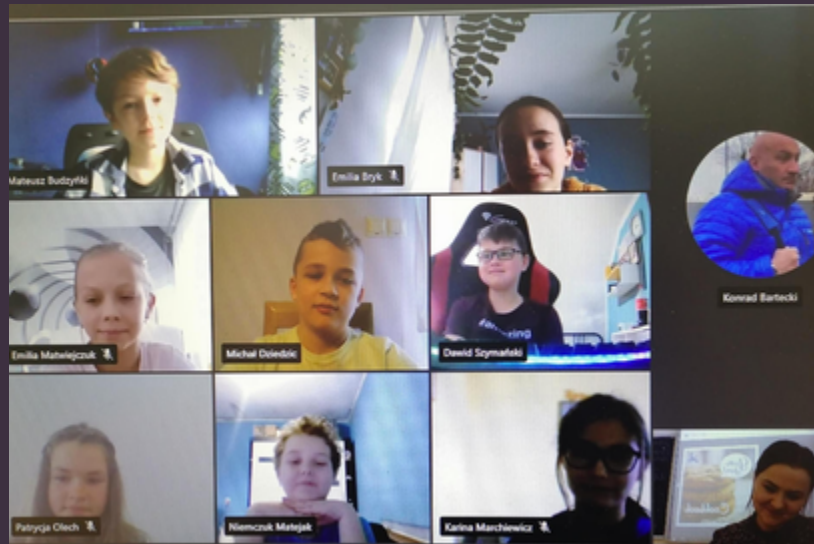
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# Poland

Szkola Telatynie



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# Spain

Colegio Al-Andalous 2000



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Serves 4 🕒 Cooking time: 30 mins

# Quatre quarts

By Charlotte

## Method

1. Heat the oven at 180°.
2. Mix the butter, the flour, the sugar, then the eggs.
3. Add the vanilla sugar.
4. Then add the yeast.
5. Put the butter in the background of the cake mold.
6. Pour the preparation in the mold.
7. Then leave in the oven between 20 min and 30 min.

## Ingredients

200g of butter  
-  
200g of flour  
-  
200g of sugar  
-  
3 eggs  
-  
1 package of  
vanilla sugar  
-  
1 package of  
yeast





Serves 4 🕒 Cooking time : 30 mins

# Lasagnes à la bolognaise

By Mathis

## Method

1. Mince the onions
2. In a Dutch oven sauté the onions and the meat with 2 tablespoons of olive oil
3. Add tomato sauce, salt and pepper, and simmer for 10 minutes
4. In a gratin dish pour some of this mixture, then spread a lasagne sheet and do it again until there are no more ingredients  
In the middle of the dish add some fresh cream
5. Sprinkle with grated cheese and put it into the oven to 180/200° for 20 minutes. Let stand for 5/10 minutes.

## Ingredients

14 to 20 Panzani lasagne sheets  
-  
800 grams of minced beef  
-  
2 onions  
-  
3 tins of tomato sauce (tomato pulp)  
-  
some grated cheese  
-  
a few spoons of fresh cream







Serves 6 🕒 Cooking time : 30 mins

# Verrines estivales

By Romane

## Method

### 1. Preparation of the sauce

- Pour a whole milk yoghurt ; then add two teaspoons of lemon juice a little wasabi, the springs of dill and chopped chives, some basil leaves, salt and pepper.
- Taste and change the seasoning if necessary.

### 2. Preparation of the garnish

- Cut into strips the cucumber and crab stick (surimi).
- Cut in two the cherry tomatoes and crumble the eggs.

### 3. Mounting of a verrine

- Pour two tablespoons of sauce.
- Add the slices of crab stick (1 stick/verrine).
- Put three slices of cucumber stacked.
- Then arrange four 1/2 tomatoes side by side.
- Put two teaspoons of the crumbled eggs.
- As a decoration, add carrot slices by arranging them up and basil leaves.

## Ingredients

1 whole milk  
yoghurt  
-  
wasabi  
-  
6 crabs sticks  
-  
1/3 of cucumbers  
-  
15 cherry tomatoes  
-  
3 hard-boiled eggs  
-  
1 carrot  
-  
1 lemon  
-  
springs of dill and  
chives, basil leaves  
-  
salt and pepper





Serves 4 🕒 Cooking time: 30 mins

# Bouillon vert

By Romane

## Method

1. Peel and mince the onion.
2. Peel the potatoes and cut them in pieces.
3. Wash and dry the salad and basil.
4. Fry the onion in the olive oil for 1 minute.
5. Add the potatoes, the salad and  $\frac{2}{3}$  of the basil.
6. Mix for 1 minute then add 50 cl of water and cook for 20 minutes.
7. Add the cream and mix. Add salt and pepper generously. You can add some water or cream if necessary.
8. Divide into 4 bowls. Sprinkle with goat cheese and chopped basil.

## Ingredients

2 small potatoes  
-  
1 onion  
-  
12 sprigs of basil  
-  
120 g of rocket salad (arugula)  
-  
15 cl fresh cream  
-  
120 g goat cheese  
-  
1 tablespoon of olive oil





Serves 4 🍴 Cooking time: 30 mins

# Crêpes

By Lola

## Method

1. Put the flour in a bowl with salt and sugar.
2. Make a well in the centre and put the eggs.
3. Mix and add the milk little by little.
4. Then add melted cooled butter, mix and pour the spoon of rum.
5. Cook the pancakes in a hot pan with a dab of butter. Pour a small ladle of the mixture over the whole surface of the pan. Spread the mixture by making a rotating movement with your hand.
6. Place over the heat and when the edge of the pancake is turning clear red you must turn it over.
7. Inside the pancake you can put some Nutella, some sugar or jam. BON APPÉTIT ! 😊

## Ingredients

- 250 grams of flour
- 
- 4 eggs
- 
- 50g of melted butter
- 
- half a litre of milk
- 
- 2 table spoons of sugar
- 
- a spoon of rum (optional)





Serves 6 🕒 Cooking time : 30 mins

# Gâteau à la carotte

By Louise

## Method

1. Separate the eggs.
2. Beat sugar and egg yolks until smooth.
3. Beat the eggs white with a pinch of salt until stiff.
4. Wash, peel and grate the carrots.
5. Add the flour, yeast, butter and coconut to the batter. Then add the carrots and lemon zest. Mix carefully.
6. Incorporate the whisked egg whites and pour in a buttered and floured mold.
7. Put into the oven to 200-220° for 40 minutes.

## Ingredients

300g of carrots  
-  
150g coconut powder  
-  
100g of melted butter  
-  
1 packet of yeast  
-  
1 pinch of salt  
-  
150g of granulated sugar  
-  
3 beaten eggs  
-  
75g of flour  
-  
½ lemon zest







Serves 4

# Croque-madame

By Lino

## Method

1. Arrange 8 slices of sandwich bread on a baking sheet and spread the butter.
2. Then arranged the eight slices of ham on the slices of sandwich breads and close the croques madame with the remaining slices.
3. Cook the 8 fried eggs. Then put them one by one on te croque madame. And finally put the cheese on the eggs and put in the oven at 100°C for 10 minutes.

## Ingredients

16 slices of sandwich bread  
-  
8 slices of white ham  
-  
8 eggs  
-  
butter  
-  
grated cheese





Serves 4 🕒 Cooking time : 30 mins

# Apple crumble

By Enola

## Method

1. Preheat the oven at 180°C.
2. Butter the dish, then cut apple in square not too small. Put the pieces of apple in the dish.
3. In the bowl, mix the flour, the sugar and the butter for obtain a large pieces of crumble. Try to avoid pieces of butter.
4. Pour the preparation on the apples in the dish then, put in the oven during 25 minutes (the time can be different according to the size of the crumble then watch out your preparation).
5. You can taste with vanilla ice cream.

## Ingredients

1kg of apples  
-  
150g of flour  
-  
150g of sugar  
-  
75g of butter and  
knob too butter  
the dish  
-  
vanilla ice cream





Serves 6 🕒 Cooking time : 30 mins

# Spinach with Rice Dish

By Elif Su

## Method

1. First, fry the onion with olive oil.
2. Second, add the tomato paste and stir it for a while. After that, add the spinach. Fry it for about 5 minutes over medium heat until the water is reduced.
3. Then, add rice and stir it.
4. Next, add the hot water and salt.
5. Finally, cook it for about 20-30 minutes on low heat until the rice is cooked. You can serve spinach with rice with yogurt. If you like you can sprinkle chili pepper on it. Afiyet olsun

## Ingredients

- 1 kg spinach
- 
- 1 onion (chopped)
- 
- 1 tablespoon of tomato paste
- 
- 1 cup of rice (washed)
- 
- 3 tablespoons of olive oil
- 
- 1-2 cups of hot water
- 
- Salt





Serves 4 🕒 Cooking time: 30 mins

# Vine Leaf Wrap

By Beyza

## Method

1. First, fry the onion and tomato paste in olive oil.
2. Second, put the rice in it.
3. After that, add chopped parsley, spring onions and spices and stir the mixture.
4. When the mixture is ready, put 1 teaspoon of mixture on each vine leaf and wrap them.
5. Finally, put the vine leaves in a cooking pot. Add water cook it until the water absorbed.

Bon appetit !

## Ingredients

- ½ kg vine leaf
- 
- 2 cups of rice (washed)
- 
- 1 large onion (chopped)
- 
- 2 tablespoons of tomato paste
- 
- 1 bunch of parsley
- 
- 2-3 spring onions
- 
- Olive oil
- 
- Dry mint
- 
- Black pepper
- 
- Salt







Serves 4 🍴 Cooking time : 30 mins

# Spring Beans Dish

By Dilara

## Method

1. Fry the onion with olive oil.
2. Add spring beans. Cook it for 6-7 minutes.
3. After that, add 3 peeled and chopped tomatoes into the cooking pot. Then, add one glass of water and salt.
4. Cook it for about 45 minutes.
5. Finally, serve it cold.

Enjoy your meal.

## Ingredients

1 tea glass of  
olive oil  
-  
2 onions  
(chopped)  
-  
½ kg spring  
beans  
-  
3 tomatoes  
-  
Salt





Serves 6 🕒 Cooking time : 30 mins

# Broccoli Salad

By Erdem

## Method

1. First, cut the broccoli into pieces and boil them for 4 minutes. After boiling, put it in a bowl.
2. After that, chop the spring onions, pickled cucumbers and roasted red pepper. Put them into the bowl and mix.
3. Next, grate the garlic on it, add the corn and pour the olive oil.
4. Then, squeeze the lemon on it and add the salt.
5. Finally, mix it and it is ready to serve.

Smacznego.

## Ingredients

100 gr broccoli  
-  
3-4 pickled cucumbers  
-  
Boiled corn  
-  
Roasted red pepper  
-  
Spring Onion  
-  
2-3 cloves of garlic  
-  
Olive oil  
-  
Salt  
-  
Lemon





# Mixed Vegetable Dish

By Samet

## Method

1. First, chop the onions and fry it in oil.
2. Second, dice the potatoes and carrots.
3. When the onion is roasted, add the tomato paste and stir it for a few minutes. After that, add the potatoes, carrots and peas.
4. Next, add salt and chili pepper and stir for a few more minutes.
5. Finally, add the hot water and cook over low heat for 40 minutes. Serve it hot.

Afiyet olsun.

## Ingredients

- 2 large potatoes
- 
- 1 large carrot
- 
- ½ kg peas
- 
- 2 small onions
- 
- 1 tablespoon of tomato paste
- 
- 2.5 teaspoons of salt
- 
- 2 teaspoons of chili pepper
- 
- 2.5 cups of hot water
- 
- Sunflower seed oil





# Bulgur Pilaf

By Ömer

## Method

1. First, chop the onion and fry it in some oil.
2. Second, add the chopped green pepper.
3. After frying it a little more, add the grated tomato. Fry the mixture well.
4. After that, add the bulgur and fry it for 1-2 minutes.
5. Then, add the hot chicken stock and hot water.
6. Cook it on low heat without mixing until the water is absorbed.
7. After turning off the stove, rest it for 10 minutes by placing a paper towel under saucepan lid.
8. Finally, Bulgur Pilaf is ready to be served. You may serve it with yoghurt.

Bon appetit.

## Ingredients

- 2 glasses of bulgur
- 
- 2 tomatoes
- 
- 1 onion
- 
- 2 green peppers
- 
- 1 glass of chicken stock
- 
- 2.5 cups of hot water
- 
- 4 tablespoons of sunflower seed oil
- 
- Salt







# Haricot Dish

By Umut

## Method

Let the haricot rest in water 1 night before.

1. First, dice onion and pepper.
2. After that, fry them in oil until they turn pink.
3. Next, add tomato paste on it and mix it.
4. Then, add boiled haricot and continue to fry for 3-4 minutes.
5. Add water and spices are added, and cook it for 5 minutes on high fire and then reduce it.
6. Finally cook the haricot until it is soft.

Buen provecho.

## Ingredients

- 2 cups of haricot
- 
- 1 onion
- 
- 1 red chili pepper
- 
- 1 tablespoon of tomato paste
- 
- 1 tablespoon of pepper paste
- 
- 4 tablespoons of sunflower seed oil
- 
- 1 teaspoon of black pepper
- 
- 1 teaspoon of powdered red pepper
- 
- 1 teaspoon of cumin





# Green Lentils Salad

By Duygu

## Method

1. First, boil green lentils. When they soften, let them cool.
2. Second, chop the spring onion, parsley, dill and roasted capia pepper.
3. Next, grate the carrot. Mix them all in a large bowl.
4. Then, add green lentils to this mixture.
5. Finally, add salt, lemon, pomegranate syrup and olive and mix it again.

Enjoy your salad.

## Ingredients

1 glass of green lentils  
-  
1 spring onion  
-  
1 pinch of parsley  
-  
1 pinch of dill  
-  
1 roasted capia pepper  
-  
1 carrot  
-  
Olive oil  
-  
Pomegranate syrup  
-  
Lemon  
-  
Salt





# Vegetable Soup

By Betül

## Method

1. First, chop the onion and green pepper.
2. Second, grate the carrots, potatoes and zucchini.
3. After that, fry the onion and green pepper in oil.
4. Next, add carrots, potatoes and zucchini and fry a little.
5. Then, add tomato paste in it.
6. Add hot water, spices and salt and cook it until they soften.
7. Finally, mash the mixture with blender, and stir it for few minutes on low heat.

Enjoy your delicious soup.

## Ingredients

7 glasses of hot water  
-  
1 onion, 1 large potato  
-  
1 carrot, 1 zucchini  
-  
2 green peppers  
-  
1 tablespoon of tomato paste  
-  
Olive oil  
-  
Black pepper, Chili pepper  
-  
Salt





# Highland Soup

By Bilal

## Method

1. First, boil the rice and then drain it.
2. Second, whisk the flour, yogurt and egg yolk in a bowl.
3. Then, put the mixture in a cooking pot and add the rice.
4. Next, add water and salt. Boil it until it thickens.
5. Finally, sprinkle some mint on it. It's ready. Serve it hot.

Smacznego.

## Ingredients

3 tablespoons of  
flour  
-  
3 tablespoons of  
yogurt  
-  
1 egg yolk  
-  
½ tea glass of  
rice  
-  
Salt  
-  
Hot water  
-  
Mint







Cooking time: 50 mins

# Oatmeal pancakes with goji berries

By Karina

## Preparing

1. Flour, powdered yeast, salt, oatmeal and vanillia sugar put into a bowl and mix.
2. Add warm milk and eggs.  
Mix well.
3. Wait 40 minutes until the dough rise.  
Add goji berries.  
Mix well.
4. Form pancakes with a spoon and fry in corn oil.  
After frying sprinkle with cane sugar.

Enjoy your meal !

## Ingredients

2,5 cups of flour  
-  
3 spoons oatmeal  
-  
7 g powered yeast  
-  
2 teaspoons of  
vanillia sugar  
-  
2 cups of warm  
milk  
-  
2 eggs  
-  
pinch of salt  
-  
2 spoons of corn  
oil  
-  
0,5 cup of goji  
barries





Portions 8-10 🍳 Cooking time : 1h30 - 2h

# Cabbage Bigos

By Matt

## Preparing

1. Chop the cabbage, clean the cabbage, put the cabbage into a cooking pot.
2. Grate the carrots.
3. Add a bay leaf, a bit of salt and pepper.
4. Add 3 spoons of oil. Mix. Simmer for about 30 minutes.
5. Cut sausages, bacon and onions into cubes. Then, fry it in the rest of oil.
6. Put the sausages, bacon and onions into the pot.
7. Then pour in the broth and add the tomato concentrate. Simmer for about 30 minutes.

## Ingredients

1 cabbage  
-  
1 onion  
-  
250 g of thin  
sausages  
-  
200 g of bacon  
-  
3 spoons of oil  
-  
6 spoons of flour  
-  
1 carrot  
-  
Bay leaf, salt and  
pepper  
-  
Classe of broth  
-  
2 spoons of  
butter

### Roux

On a pan, warm up the butter and add flour.  
Fry until you get a golden color.

### Making

When everything is done, add the roux to the bigos.  
Mix it up, simmer for about 10 minutes.  
Add salt and dill to taste.

### Way of serving

With bread, potatoes and noodles.





Portions 10-11 🕒 Cooking time : 60 mins

# Pancakes spinach feta

By Matt

## Dough

1. Flour, milk, water and eggs, blend in a blender.
2. Add chilly melted butter and a pinch of salt.
3. Mix up everything.

## Stuffing

1. Melt the butter on a pan, add chopped garlic.
2. Add spinach and crushed Feta and add some salt and pepper for taste.

When everything is done, lubricate the pancakes with stuffing, curl the pancakes into rolls. Serve warm or cold as lunch or a snack.

Enjoy your meal !

## Ingredients

### *For dough*

- 3/4 of glass of flour
- 
- 1/2 of glass of milk
- 
- 2 small eggs
- 
- 2 spoons of clarified butter
- 
- a pinch of salt

### *For stuffing*

- 500 g of spinach
- 
- 250 g of feta
- 
- 2 spoons of clarified butter
- 
- 2 garlic cloves
- 
- salt and pepper to taste





Portion 13 🕒 Cooking time: 50 mins

# Stuffed Cabbage Rolls

By David

## Ingredients

1 larger Chinese cabbage (about 13 leaves)	
-	
1 medium onion	
-	
1 tablespoon of oil	
-	
500 g of minced pork and beef	
-	
100 g of white long grain rice	
-	
1 heaped tablespoon of bouillon paste	
-	
1 teaspoon of salt, half a teaspoon of pepper	
-	
1 teaspoon of marjoram	
-	
1 teaspoon of homemade vegetables	
-	
2 tablespoons of butter	
-	
water for flooding the cabbage rolls	
	<b>Tomato sauce</b>
	broth from stewing cabbage rolls
	-
	100 g of tomato paste
	-
	1 heaped tablespoon of wheat flour
	-
	1 tablespoon of cream 18%
	-
	sugar to taste
	-
	salt to taste
	-
	pepper to taste



## Preparation

1. Boil the water. Then put a few leaves in boiling water and after 1-2 minutes take them out in a colander using tongs. Burnt leaves should be flexible and turn up nicely.

2. In a tablespoon of hot oil, fry the finely chopped onion. Boil the rice in slightly salted water for 15 minutes after boiling.

3. Put minced meat, boiled rice and vitrified onion into a bowl. Add salt, pepper and marjoram. Mix everything thoroughly.

4. Put the stuffing on the scalded cabbage leaves. Then wrap.

5. Place the cabbage rolls closely next to each other in a deep pan with a diameter of 26 cm (or in a pot with a thick bottom).

6. Then pour hot water to cover it. Add the bouillon paste, vegetables and butter. Cover the pan or pot with a lid. Stew the cabbage rolls on low heat, covered for about 1 hour.

7. When the cabbage rolls are ready, take them out of the broth into the second vessel. Prepare a sauce on the broth. For this, add tomato paste.

8. Mix the cream with flour and a little cold water. Add to the sauce. Finally, add sugar, salt and pepper. Serve the cabbage rolls hot with a tomato sauce.

It's a lot of work but believe me it's worth it !





Portions 8-10 🍳 Cooking time : 1h30 - 2h

# Dumplings (cottage cheese & potatoes)

By Marcel

## Stuffing

1. Boil the potatoes and squeeze through the press
2. Peel the onion, cut into cubes and fry in clarified butter
3. Mix potatoes, fried onion and cottage cheese for a smooth mass.
4. Season with salt and pepper to taste

## Dough

1. Sift the flour into a bowl
2. Add half a teaspoon of salt and four tablespoons of oil
3. Pour a glass of hot water
4. Stir the dough with a spoon
5. Knead the dough until it is soft and elastic

Roll out the dough, cut circles with a glass, put stuffing and glue the dough into the dumpling. Cook in salted water. Boil the dumplings four minutes until they float to the surface. Serve with browned onion, topped with butter.

Enjoy your meal !

## Ingredients

### *For dough*

- 500 g wheat flour
- 
- 1 glass of hot water
- 
- Four tablespoons of oil
- 
- Spoon of salt

### *For stuffing*

- 300 g of cottage cheese
- 
- 500 g of boiled potatoes
- 
- 1 large onion
- 
- 2 tablespoons of clarified butter
- 
- Salt and pepper to taste





# Pasta with spinach and chicken

By Michael

## Preparation

1. Boil the pasta in salted water.
2. Cut the chicken and mushrooms into small pieces.
3. Add garlic, salt, pepper and nutmeg.
4. All fry on olive oil.
5. When the meat is soft add spinach.
6. Stew everything about 15 minutes.
7. At the end add lean cream.  
Mix with warm pasta.

Enjoy your meal !

## Ingredients

400 g of chicken breast  
-  
200 g tagliatelle pasta  
-  
200 g of spinach  
-  
6 mushrooms  
-  
olive oil  
-  
2 cloves of garlic  
-  
1 teaspoon of nutmeg  
-  
70 ml of lean cream  
-  
salt, pepper





# Polish cake "BARTOSZ"

By Emilia

## Preparing

1. Peel 4 apples, cut into quarters, remove the seeds and cut into small pieces.
2. Peel 2 apples and grate them on a grater.
3. Beat eggs with sugar until fluffy, then add oil.
4. In another bowl, combine flour, powder, baking soda, cocoa, and cinnamon.
5. Add the flour with the remaining ingredients to the egg mass, then the previously prepared apples. I add some more chopped nuts.
6. Pour the apple dough into a baking tray lined with baking paper.
7. Bake for about 50 minutes at 180 degrees.
8. Sprinkle the cooled cake with powdered sugar mixed with cinnamon.

Enjoy your meal !

## Ingredients

6 apples  
-  
2 cups of flour  
-  
1 cup of sugar  
-  
1 cup of oil  
-  
5 eggs  
-  
1 teaspoon of  
baking powder  
-  
1 teaspoon of  
baking soda  
-  
1 heaped  
teaspoon of  
cinnamon  
-  
1 tablespoon of  
cocoa





🕒 Cooking time: 1 h

# Vegetable Salad

By Konrad

## Preparation :

1. Cook potatoes, carrots, parsley, selery. Use another pan to cook eggs . Leave it to cool down.
2. Next cut the cooked vegetables, eggs, pickled cumbers, onions and leek. drain the green peas.
3. Put vegetables in the bowl.
4. Add a can off peas and mix thoroughly.
5. Finally add the mayonnaise, youghurt and mustard.
6. Mix all the ingredients thoroughly. Add peper and salt to taste.

Bon appetit !

## Ingredients

3 potatoes  
2 carrots  
2 parsley  
2 eggs  
1 can off peas  
1 small apple  
2 pickled cumbers  
1 onion and some leek  
celery root - a piece the size of an egg  
5 tablespoons of mayonnaise  
2 tablespoons of natural yoghurt  
1 teaspoon of mustard  
Peper and salt







Serves 4 🍴 Cooking time : 30 min

# Avocado & Egg Salad

By Emilia

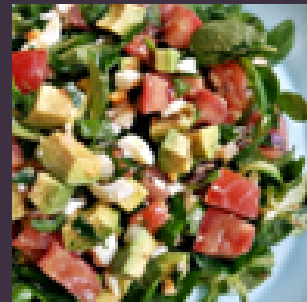
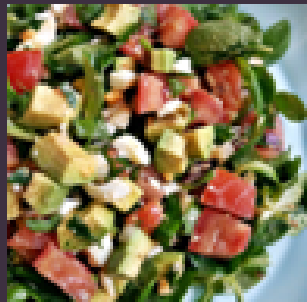
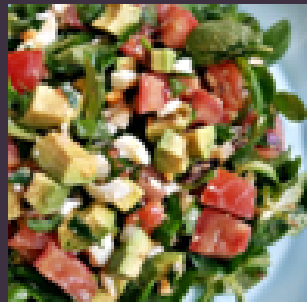
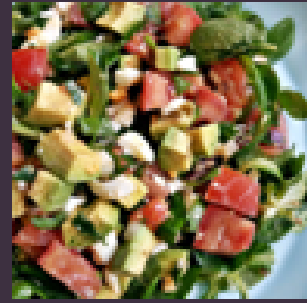
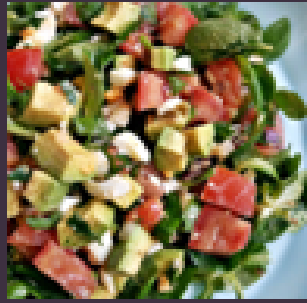
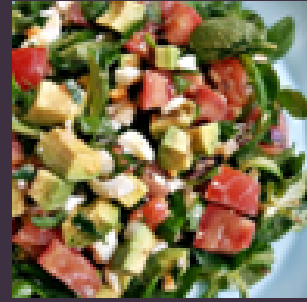
## Preparation

1. Boil the eggs for 10 minutes.
2. Wash all the vegetables.
3. Cut the avocado in half, then chop into small pieces.
4. Slice the cucumber and cut the tomatoes in halves.
5. Shell and cut the eggs.
6. Put all the ingredients in a large bowl.
7. Mix the olive oil, mustard, vinegar and honey in a mug.
8. Pour the dressing over the salad and mix everything together.

Enjoy your meal !

## Ingredients

1 small lettuce  
-  
1 avocado  
-  
4 eggs  
-  
10 cherry tomatoes  
-  
half a cucumber  
-  
olive oil  
-  
mustard  
-  
vinegar  
-  
a little honey





🕒 Cooking time: 20 - 30 min

# Fast Fruit Salad

By Patrycja

## Preparation :

1. Squeeze the lemon.
2. Pour the apple juice into a glass bowl and then dissolve the honey in it.
3. Peel the oranges, divide them into segments and, with a sharp knife, cut 1 cm long pieces. Add the oranges together with their juice to the glass bowl.
4. Peel bananas, cut them into thin slices and add them to oranges. Sprinkle the bananas with lemon juice and mix them with the oranges.
5. Wash and peel the apples remove pips and cut the apples in cubes. Add them to the fruit mix and directly afterwards sprinkle them with the rest of the lemon juice.
6. Mix the fruit carefully, cover and leave it to cool for quarter of an hour.
7. In the meantime, chop the nuts, wash the grapes and cut them in half and remove seeds. Peel and slice the kiwi.

Before serving, decorate the salad with the nuts, add grapes and kiwi slices.  
Pour the salad with natural yoghurt.

Enjoy your dessert !

## Ingredients

2 medium oranges  
-  
2 medium bananas  
-  
2 medium apples  
-  
1 medium kiwi  
-  
50 g grapes  
-  
20 g honey (1 table spoon)\20 g nuts  
-  
lemon juice (2-3 spoons)  
-  
apple juice (2-3 spoons)  
-  
natural yoghurt (2-3 spoons)

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# Calçots con salsa de romesco

By Ángela & Santiago & Sergio

## Preparing

1. Trim the green leaves so that they are easier to hold when eating.
2. Prepare the fire.
3. Place the calçots on the grill.
4. Place the grill over the fire. Cook them from 5 to 7 minutes, turn them and leave them for another 7-8 minutes.
5. Remove them carefully, so that you don't burn yourself, and wrap them in newspaper as it is traditionally done.
6. Leave them to rest for half an hour so they can finish cooking in their own heat.
7. Serve them with romesco sauce or a traditional sauce called salvitxada.

To eat them, hold the stem with one hand, and with the other hand, pull down to extract the clean calçot. Enjoy!

Enjoy your meal !

## Ingredients

25 calçots  
-  
Romesco sauce





Serves 4 🕒 Cooking time : 15 min

# Artichokes with ham

By Benjamín & Rafael

## Preparation

1. First, clean the artichokes very well, peel off the top and remove the outer sheets.
2. Spread them with lemon so they don't blacken. Do this if your artichokes are not canned.
3. Cook the artichokes in a saucepan with water, salt and a few sprigs of parsley for approximately 15 minutes.
4. Drain, cut in half and set aside. Cut the ham into cubes and sauté in a wide, low saucepan with a little oil.
5. When it is golden brown, add 1 tablespoon of flour, stir and pour 1 glass of water.
6. Mix well and cook for a couple of minutes (while stirring). Add the artichokes and bring to a boil so that the flavors blend well. Check the salt and serve.

Enjoy your meal !

## Ingredients

16 artichokes  
-  
Serrano ham  
-  
1 tbs flour  
-  
Extra virgin olive oil  
-  
Parsley  
-  
½ lemon  
-  
A pinch of salt  
-  
Pepper







Serves 5

# Purée de calabacines

By Cayetana & Paco & Marta

## Preparation :

1. Cut the onion into thin strips and fry it in a saucepan with little olive oil and the peeled garlic clove.
2. When the onion is golden brown, add the zucchini, the carrot, the potatoes and the leek peeled and sliced.
3. Sauté everything with the onion. Then cover with water and a pinch of salt.
4. Boil for 40 minutes at a medium-low temperature.
5. Blend everything with the electric mixer. Add some more salt to taste and heat for a while.
6. Before serving, add a tablespoon of extra virgin olive oil. Stir so that the puree is impregnated with the flavor and aroma of the oil.

Enjoy your meal !

## Ingredients

400 g of zucchini  
-  
200 g of potatoes  
-  
1 leek  
-  
1 onion  
-  
1 clove garlic  
-  
1 carrot  
-  
3 tablespoons of extra virgin olive oil  
-  
Salt





Serves 4 🍽️ Cooking time : 50 mins

# Paella de marsico

By Lucía & Oscar

## Preparing

1. A good jet of oil to the paella (typical pan) and once hot, we will add the seafood.
2. Now, we will cut the cuttlefish.
3. Fry the onion, the garlic and the pepper cut into strips.
4. We add the grated tomatoes and we are stirring it until they are cooking.
5. We need to put the rice in.
6. After a few minutes, we add the fish broth, salt and paprika powder.
7. We add the rest of the ingredients.
8. We put the heat in a high level until it starts to boil and once the water boils, we keep it in low heat for about 20 minutes.
9. Remove the paella from the heat and let it rest for 5 minutes before serving.
10. If you want, you can add lemon pieces to give more flavour.

Enjoy your meal !

## Ingredients

380 g of rice  
-  
1 onion  
-  
12 prawns  
-  
4 shrimps  
-  
300 g of cuttlefish  
-  
8 mussels  
-  
½ red pepper  
-  
1 green pepper  
-  
50 g of fried  
tomato  
-  
50 ml of extra  
virgin olive oil  
-  
1 pinch of sweet  
paprika





Serves 4 🍴 Cooking time : 1 h

# Croquetas de bacalao

By Andrea & Gonzalo

## Preparation

1. Remove the bones that the cod may have. Sauté it in a pan with a little olive oil for a few minutes. Drain it well and reserve. Then, put the butter in a saucepan, when it is dissolved, add the flour, stir and "fry" so that the flour loses its raw flavor.
2. Add the milk little by little while stirring. Raise the heat a little and when the béchamel starts to boil, add salt, pepper and nutmeg to taste.
3. Cook the cream for about 15 minutes, stirring to avoid sticking. After about 10 minutes, add the cod and mix. We pour the dough into a bowl, cover it and refrigerate for a few hours to solidify.
4. After a while, take portions of the dough with the help of a spoon, making small balls. Next, cover them with the eggs mixed, then pass the balls onto the breadcrumbs, in this order. We fry the croquettes in plenty of oil and let them rest on paper before serving.

Enjoy your meal

## Ingredients

- 100 g. flour
- 
- 100 g. butter
- 
- 850 ml. whole milk
- 
- A pinch of nutmeg
- 
- Salt and freshly ground black pepper
- 
- 1 loin of desalted cod : about 400 g
- 
- 1 large onion
- 
- Mild extra virgin olive oil (for frying)
- 
- 3 eggs
- 
- 100 g of breadcrumbs for the batter





Serves 4 🕒 Cooking time : 2 h

# Pisto con huevos fritos

By María & Daniela & David

## Preparation :

**NOTE :** You must wash all the vegetables before cooking them.

1. First, pour some extra virgin olive oil into a big pot. Chop the onion and sauté it.
2. While the onion is sautéed, chop the aubergine and the courgettes. Cut the red pepper into strips. Empty the seeds of the green peppers.
3. Next, fry all the vegetables (except the onion) in a deep frier.
4. Then, put the vegetables with the onion in a pot. Add the flat beans and the crushed tomato. Mix everything, add the salt and simmer it for an hour, stirring it from time to time.
5. Meanwhile, crack the eggs and put them into a frying pan with very hot extra virgin olive oil.
6. When everything is cooked, serve the eggs with the vegetables.

Enjoy your meal !

## Ingredients

Extra virgin olive oil  
-  
A medium-sized onion  
-  
1 big aubergine  
-  
2 big courgettes  
-  
1 big red pepper  
-  
2 green peppers  
-  
A can of flat beans  
-  
800 g. crushed tomato can  
-  
Salt  
-  
4 eggs







Serves 4

# Puchero de garbanzos

By Manuel & Damián

## Preparing

1. The night before, presoak the chickpeas for at least 8 hours.
2. Rinse and drain the chickpeas.
3. Then, the skin of the thigh is removed.
4. We add the thigh and the piece of veal to a super fast pot.
5. Next, add the potatoes, the carrots, the leek, the celery and the pork fatback. Fill up the pot with water to the half way point. Let it boil for a while and froth the broth. The pot is closed.
6. Cook for 25 minutes. Once the pot open, add salt and let it boil for 5-10 minutes.
7. Remove the meat and the pork fatback. You can use this meat for croquettes.
8. Once the meat is removed, it is served and ready to eat.

Enjoy your meal !

## Ingredients

One thigh of  
pork  
-  
1 square pork  
fatback  
-  
2 Potatoes  
-  
2 Carrots  
-  
1 leek  
-  
2 celeries  
-  
400g of  
chickpeas  
-  
Salt





Serves 4

# Preso Ibérica

## Preparation

1. Peel and mince the two garlic cloves. Transfer them to the mortar, add a pinch of salt and mash them well. Add a teaspoon of minced oregano and mix.
2. Remove the fat from the meat pieces and season it with salt and pepper.
3. Drizzle the meat with oil and spread the mash and mix well together. Let them marinate for about 10 minutes.
4. Peel the potatoes and cut them into slices.
5. Peel the chives and fresh garlic. Chop the chives, cut the garlic into chunks and add them.

Place the meat and the potatoes on the oven plate and pour the juice from the mash on top. Bake at 200°C for 12 minutes. Let them warm a little and fillet them. Serve the meat with the potatoes and garnish with chopped parsley.

Enjoy your meal !

By Claudia & Sergio & María

## Ingredients

2 porks preys  
-  
3 potatoes  
-  
2 chives  
-  
16 fresh garlic  
-  
2 cloves of garlic  
-  
Extra virgin olive oil  
-  
Salt  
-  
1 teaspoonful of oregano  
-  
Pepper  
-  
Parsley





Serves 4

# Salmorejo

By Alvaro & Javier & Elena

## Preparation :

1. First, we chop the tomatoes.
2. Then, we cut the garlic.
3. Next, soak the bread in a shallow dish of water for 30 seconds on each side.
4. After, we put the oil and the salt into the blender together with the tomatoes, the garlic and the bread. Add 2 tbsp cider vinegar.
5. We blend the ingredients altogether. Add a little water if it is too thick.
6. Check the seasoning and add more salt, oil or vinegar.
6. Hard-boiled eggs are chopped and put into the cream.
7. Finally, we cut the ham and put it on top of the cream. Ready to enjoy.

Enjoy your meal !

## Ingredients

1kg of tomatoes  
-  
2 slices white bread  
-  
10 gr of salt  
-  
1 garlic  
-  
Some cured ham  
-  
1 hard-boiled egg  
-  
150 ml of extra virgin olive oil  
-  
2-3 tbsp cider vinegar





Serves 4

# Tortilla de patatas

By María & Paula & Claudia

## Preparation

1. We peel the potatoes, wash them to remove any traces of dirt and dry them.
2. Cut into semi-thin slices, which when frying them toast a little. We place them in a large bowl to reserve.
3. Next, we are going to beat the eggs and add salt to taste. Blend the potatoes with the eggs.
4. While we are doing this, sauté the onions. Add them later to the mix.
5. We chose our largest, nonstick frying pan. We put the mix on the fire and add a good extra virgin olive oil. Cook for both sides for 5 minutes.
6. Ready to eat ! Serve hot or cold.

Enjoy your meal !

## Ingredients

5 eggs  
-  
400 g of  
potatos  
-  
One onion  
-  
Salt  
-  
Extra virgin  
olive oil





bon appétit afiyet olsun

enjoy your food

smacznego