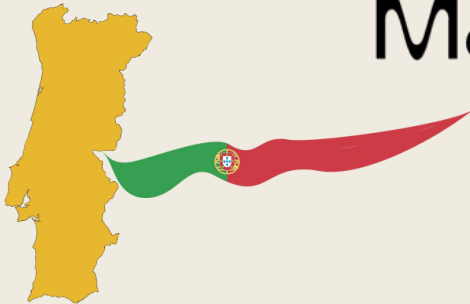


GRM
Gesamtschule
Buer-Mitte

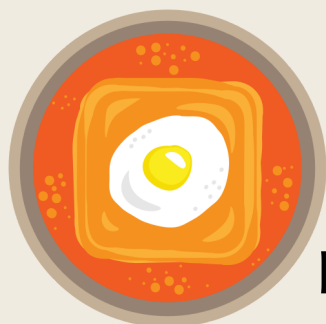
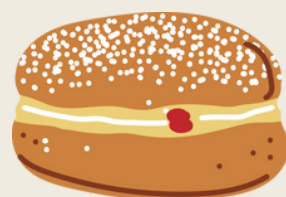


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FROM HOME
TO HOME

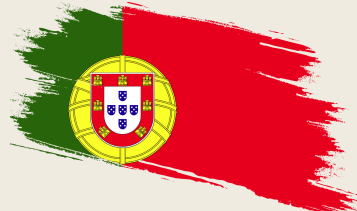
AN INTERCULTURAL
RECIPE JOURNEY



2025

Erasmus Student Exchange

THIS RECIPE BOOK WAS CREATED BY



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RECIPE

POLISH PELMENI



You have to mix meat with
garlic, salt, and pepper
to get the filling.
Put the filling into the dough
and fold the dough like this:



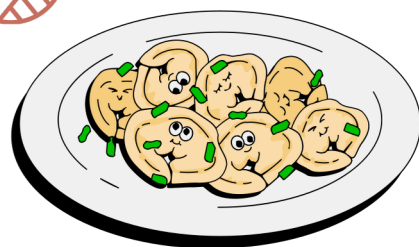
The last step is to cook your Pelmeni
in a cooking pot or in a pan

Dominik Zawadzki

INGREDIENTS:

- ☐ dough
- ☐ meat from different animals
- ☐ onions
- ☐ salt, pepper
- ☐ garlic

I took this recipe because my
father is Polish
and my grandmother cooked
them for me when I was a kid





RECIPE QUARKBÄLLCHEN

(GERMAN QUARK DONUTS)

Ingredients (for about 20 pieces):

250 g quark (or Greek yogurt as a substitute)

2 eggs

60 g sugar

1 tsp vanilla extract

1 pinch of salt 1 tsp

baking powder 200 g

Preparation:

-Mix into a thick dough

-Heat oil to 170 °C

-Form small balls with spoons

-Fry 3–4 min until golden, drain on paper towels

-Dust with powdered sugar

I WANT TO PRESENT THIS DESSERT
BECAUSE IT IS HEALTHY AND YUMMY





BRIGADEIRO

typical, and characteristic Brazilian sweet, made with just a few ingredients but with a strong presence. It is traditionally served at birthday parties and has the power to bring people together from all over the country.

Ingredients:

- 1 can (or box) of sweetened condensed milk (395 g / about 14 oz)
- 1 tablespoon of butter (preferably unsalted)
- 4 tablespoons of cocoa powder (or chocolate powder — cocoa gives a richer flavor)
- Chocolate sprinkles for coating
- Butter for greasing your hands

Directions:

1. Combine all the ingredients in the saucepan with the heat turned off;
2. Turn on the heat and stir everything over low heat until it thickens and starts pulling away from the bottom of the pan.
3. Divide the mixture evenly among four ramekins or glasses.
4. Turn off the heat and pour the mixture onto a plate. Let it cool down, then place it in the refrigerator for ten minutes.
5. Take it out of the refrigerator and grease your hands with butter to roll the brigadeiro.
6. Using a spoon, scoop out a small portion and roll it into a ball with your hands. Then, roll it in the chocolate sprinkles.
7. Place them in paper candy cups and they're ready to serve.





Langoś

INGREDIENTS

Dough

450 g flour
1/2 cube yeast
1/2 tsp salt and sugar
220 ml lukewarm water
30 g olive oil

Topping

500 g tomatoes, cut
into small pieces
400 g crème fraîche

Seasoning: Salt and
pepper Grated
cheese as required

PREPARATION

1. Then mix the dough ingredients well and let it sit for 30 min in an warm spot.
2. then you fry in olive oil the dough in your liking
3. Then you put the crème fraîche on the fried dough
4. You can put as many ingredients on it as you want



5 portions



40 minuten



Yusuf Cin

Trilise

For the sponge cake:

- ◆ 4 egg whites
- ◆ 50 g sugar
- ◆ 1 Prise Salz
- ◆ 4 egg yolks
- ◆ 115 g flour
- ◆ 5 g baking powder

For the milk soak

- ◆ 500 ml milk
- ◆ 100 ml heavy cream
- ◆ 200 g sweetened condensed milk

Caramel topping

150–200 g caramel sauce

Instructions

1. Make the sponge cake:

Beat egg whites with a pinch of salt until stiff.

Add sugar and continue beating.

· Gently fold in the egg yolks.

Sift in flour and baking powder, and fold into the batter.

Pour into a lined baking dish and bake at 180°C (356 °F) for about 25 minutes.

2. Prepare the milk mixture:

Mix milk, cream, and sweetened condensed milk.

Once the cake is slightly cooled, poke holes all over it.

Pour the milk mixture evenly over the cake and let it soak for about 20 minutes.

3. Add the caramel topping:

· Generously spread caramel sauce on top of the soaked cake.

Why did I choose the dish?

I chose this recipe because I think the dish tastes delicious and it is part of my culture.



Sarmale (cabbage rolls with meat filling)

BY GABRIELA



Ingredients

1 head of sauerkraut

500 g minced meat (pork or mixture with beef)

100g rice

1 onion (finely chopped)

1 carrot (grated)

1 tbsp tomato paste

Salt, pepper, paprika

500 ml broth

1 tbsp oil

Preparation (approx. 2 hours):

1. Fry onions in oil, add carrots.
2. Mix the minced meat, rice, tomato paste and spices.
3. Remove the sauerkraut leaves, fill them with the meat mixture and roll them up.
4. Layer the sarmale in a pot, pour broth over them and simmer over medium heat for about 1.5 hours

Notes

My Name is Gabriela and I chose this dish because, I come from Romania and my favorite traditional dish is sarmale and it reminds me of my hometown



Cooking recipe: Salmon with Dill Mustard Sauce & Pasta

Leon

I like this recipe very much because my mom cooked it years ago very much and i loved it to eat

Ingredients:

- 125 g salmon fillet (fresh or thawed)
- 100 g pasta (e.g., tagliatelle, spaghetti, or penne)
- 1 tsp olive oil or butter
- 1 small shallot or ½ onion (finely chopped)
- 1 tsp Dijon mustard or whole-grain mustard
- 1 tsp honey or maple syrup
- 100 ml cream (or cooking cream)
- ½ tsp lemon juice
- 1 tsp chopped fresh dill (or ½ tsp dried)
- Salt & pepper to taste



Instructions:

1. Cook the pasta:

Boil the pasta in salted water according to package instructions until al dente. Drain and save a little pasta water.

2. Cook the salmon:

Season the salmon with salt and pepper. Heat oil or butter in a pan and sear the salmon for about 3–4 minutes per side, until fully cooked. Remove and keep warm (e.g., cover with foil).

3. Make the sauce:

In the same pan, sauté the shallot until soft. Stir in mustard, honey, and lemon juice. Add the cream and dill. Let it simmer for 2–3 minutes. Adjust seasoning with salt and pepper. Optionally, add a splash of pasta water for a smoother sauce.

4. Combine:

Add the pasta to the sauce and toss to coat. Serve with the salmon on top or flaked into the pasta.





ARROZ DE PATO

Work done by Lara Sampaio Silva

11L



Ingredients:

- 1 duck (around 1.5 kg)
- 300 g long-grain rice
- 1 Portuguese chorizo (chouriço)
- 1 large onion
- 2 garlic cloves
- 2 bay leaves
- Salt and pepper to taste
- Olive oil to taste
- 1 clove (optional)



Preparation:



1. Boil the duck in water with onion, garlic, bay leaves, salt, and the whole chorizo. You can add a clove if you like.
2. Once cooked, remove the duck, shred the meat, and set aside. Slice the chorizo.
3. Strain the broth and use it to cook the rice.
4. In an ovenproof dish, layer as follows:
 - A layer of rice
 - A layer of shredded duck
 - Another layer of rice on top
5. Decorate with chorizo slices on top.
6. Place in a preheated oven at 200 °C (about 390 °F) for 15–20 minutes, until golden.



Tiramisu



*I chose tiramisù
because i grew
up in Italy*

Shopping List

- 500 g Mascarpone
- 4 eggs
- 100 g sugar
- 300 g ladyfingers (Savoardi)
- 300 ml strong coffee
- 3 tbsp coffee liqueur (optional)
- Cocoa powder
- Dark chocolate (optional)
- Pinch of salt



Quick Tiramisù Recipe

1. Brew coffee and let it cool. Add liqueur if using.
2. Separate eggs.
3. Mix yolks with sugar until creamy, then add mascarpone.
4. Whip egg whites with salt until stiff, then fold into the cream.
5. Dip ladyfingers quickly in coffee, layer them in a dish.
6. Add half the cream. Repeat layers.
7. Chill at least 4 hours.
8. Dust with cocoa and add chocolate before serving.

🌟 *Enjoy your meal!* 🍷



MAC & CHEESE

I choose this recipe because it is one of my favorite foods



Mac and Cheese – Single Serving

Ingredients:

- 75 g (about $\frac{3}{4}$ cup) macaroni
- 1 tablespoon butter
- 1 tablespoon flour
- 150 ml milk
- 60–70 g (about $\frac{1}{2}$ cup) grated cheese (e.g., cheddar or a mix)
- Salt and pepper

Optional for baking:

- 1 tablespoon breadcrumbs
- 1 teaspoon butter
- A little extra cheese for topping



Instructions

1. Cook pasta: Boil macaroni in salted water, drain.
2. Make sauce: Melt butter, stir in flour, whisk in milk until thick. Add cheese, season.
3. Combine: Mix pasta with sauce.
4. Optional bake: Put in dish, top with breadcrumbs, butter, cheese, bake at 200°C for 10–15 min.

Awras

HOMEMADE CHICKEN SHAWARMA RECIPE



Ingredients:

For the Chicken Marinade:

- 1 kg (2.2 lbs) boneless chicken thighs or breast
- 3 tsp plain yogurt
- 3 tsp olive oil
- Juice of 1 lemon
- 4 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1 tsp ground coriander
- 1 tsp turmeric
- 1/2 tsp cinnamon
- 1/2 tsp cayenne pepper (optional)
- Salt and pepper to taste

Instructions:

1. Marinate the Chicken:

In a large bowl, mix all marinade ingredients together.

Add the chicken, coat well, cover, and let it marinate for at least 2 h (preferably overnight in the fridge).

2. Cook the Chicken:

Grill, pan-fry, or bake the chicken at 200°C (390°F) for 20-25 minutes turning once, until cooked through and nicely charred.

Let it rest for 5 minutes, then slice thinly.

3. Make

the Garlic Sauce:

In a blender or food processor, blend the garlic and egg white (or aquafaba) until frothy.

Slowly drizzle in the oil while blending, forming a creamy emulsion.

Add lemon juice and salt to taste. Blend again briefly.

4. Assemble the Shawarma:

Warm the pita or flatbread.

Spread garlic sauce (or hummus), add chicken, and top with vegetables.

Roll up tightly, wrap in foil if desired, and serve warm.

Tolien : I choose this recipe
because it is one of my
favourite dish.



ARROZ DE CABIDELA

LARA VELOSO

I chose this recipe because it's a traditional Portuguese dish with a lot of flavour that represents our culture well.

INGREDIENTS

- 1 homemade chicken cut into pieces (or 2 large thighs)
- 1 cup curry rice
- 1 chopped onion
- 2 chopped garlic cloves
- 1 bay leaf
- 2 tablespoons of olive oil
- 1 tablespoon vinegar (or to taste)
- Chicken blood (about 100 ml), mixed with the vinegar
- Salt and pepper to taste
- Hot water (about 3 cups)



PREPARATION

1. Boil the chicken with salt, pepper, bay leaves and white wine for 30 minutes. Reserve the stock and shred the chicken.
2. sauté the onion, garlic, tomato and carrot in olive oil until the tomato is soft.
3. add the rice and stir well.
4. add the chicken stock and, if necessary, top up with water. Bring to the boil.
5. add the chicken blood, stir well and cook until the rice is almost ready.
6. add the shredded chicken and leave to finish cooking.
7. adjust the seasoning with salt, pepper or vinegar.
8. serve hot, garnished with parsley.

Çigköfte

Rümeysa Aydin

I have chosen this recipe because it's my favourite food and I think everyone should try it.

What is Çigköfte?

Çigköfte means 'raw meatball' in Turkish.

It is made with bulgur (cracked wheat), spices, tomato paste, and sometimes with raw meat.

Today there is also a vegetarian version because it's also tasty and safer.



History:

There is a famous story that says Çigköfte was first made by a hunter who had no fire to cook his meat, so he mixed it with spices and bulgur.

Ingredients: •fine bulgur •Tomate paste •red pepper paste •olive oil •spices like cumin, paprika, and chili flakes •lemon juice •pomegranate sauce •fresh herbs like parsley

How it's made:

1. First, bulgur is soaked in water until it's soft.
2. Then, all the spices, tomato paste, and other ingredients are mixed in.
3. It is kneaded for a long time until it becomes smooth and tasty.
4. Finally, it is shaped into small pieces, usually like fingers.



Date Rolls



Ingredients:

- 2 cups pitted dates
- 1 cup mixed nuts (unsalted)
- 2 tablespoons melted butter (added gradually)
- 100g white chocolate
- 100g milk or dark chocolate
- Toasted white sesame seeds for coating
- Paper cups for service (optional)



Instructions:

1. Prepare the nuts and dates:



- Grind the nuts with an electric mixer until they are finely crushed but not too smooth, keeping a crunchy texture.
- Wash the dates well, remove the pits, and blend them with the melted butter gradually until you get a soft, firm dough.

2. Combine the ingredients:

- Add the crushed nuts to the date mixture and mix until fully combined.



3. Shape the rolls and coat them:

- Shape the dough into long, even rolls.
- Toast the white sesame seeds lightly until golden, then roll the sides of the rolls in the sesame seeds while they are still soft to ensure they stick properly.

4. Create the indentation and decoration:

- Press down the center of each roll lengthwise to create a groove.
- Melt the white chocolate and fill the groove with it.
- Melt the milk or dark chocolate, and create horizontal lines over the white chocolate.
- Use a toothpick to pull vertical lines from top to bottom to create a flower-like decoration.

5. Cut and refrigerate:

- Cut the rolls into equal pieces and place them in paper cups if desired. Refrigerate for about 2,5 hours until firm and ready to serve.

Reason for Choosing the Date Rolls

Recipe:

I chose the Date Rolls recipe because it's a unique and delicious dessert that, unfortunately, isn't widely known-even though it truly deserves to be. It combines a wonderful taste, simple preparation, and an elegant presentation. Most importantly, it's a traditional recipe from my country, Syria, and I'm proud to share it as a way to celebrate our local flavors and preserve them in a modern, appealing way.

From Khawla

from: Olga

Gyros

Recipe



I picked this dish because it reminds me of my culture and it was my favorite dish since childhood.

Ingredients

- 600g schnitzel meat
- 1 tsp salt
- 2 onions
- 2 tsp sweet paprika
- 2 garlic cloves
- 1 pinch coriander
- 80ml olive oil
- 1 pinch cumin
- 1 tbsp lemon juice
- 2 tsp thyme
- 2 tsp marjoram
- 1 tsp oregano

Step 1: Cut the meat into bite-sized pieces.

Step 2: Peel the onions and garlic and them thinly. Place them in a bowl with oil, oregano, thyme, marjoram, and lemon juice. Sprinkle the spices over the meat and mix well.

Step 3: Add the meat and toss it in the marinade. Cover the bowl and let it marinate in the refrigerator for at least 4 hours, but preferably overnight.

Step 4: Heat a pan and fry the gyro in the marinade until crispy all over. You'll need little to no oil in a nonstick pan.

Advice: Gyros is often rolled into a pita (often found in stores) with tzatziki, fries, onions, tomato or salad but you can also eat it plain.



Carne de Porco à Alentejana

Main ingredients:

- 800 g of pork (shoulder or loin, cut into cubes)
- 500 g of clams (well washed)
- 4 garlic cloves (chopped)
- 1 bay leaf
- 1 tablespoon of paprika (sweet)
- 1 teaspoon of red pepper paste (optional but traditional)
- 200 ml of white wine
- Fresh coriander (chopped)
- Olive oil q.s.
- Salt and pepper q.s.
- Pickles and lemon slices (optional)
- Potatoes (to fry in cubes)



1- Marinate the meat In a large bowl, mix the pork with the chopped garlic, bay leaf, paprika, red pepper paste, salt, pepper, and white wine. Let it marinate for at least 2 hours (ideally overnight). 2- Prepare the clams Soak them in salted water for about 2 hours, changing the water 2-3 times to remove any sand. 3- Fry the potatoes Cut the potatoes into cubes and fry them until golden. Set aside. 4- Cook the pork In a large frying pan or pot, heat the olive oil and add the pork (without the marinade liquid). Fry until nicely browned. Then add the marinade and cook for another 10-15 minutes until it reduces a bit. 5- Add the clams Add the clams to the pork and cover the pan. Cook until the clams open (5-7 minutes). Stir to combine well. 6- Finish and serve Add the fried potatoes and gently mix everything. Sprinkle with chopped coriander and, if desired, garnish with pickles and lemon slices.



Burrito



INGREDIENTS

- 2 large flour tortillas
- 250 g (about 1/2 lb) ground beef (or plant-based alternative)
- 1 small can of corn
- 1 small can of kidney beans
- 1 small onion
- 100 g (about 1 cup) shredded cheese
- 2-3 tablespoons salsa or tomato sauce
- Salt, pepper, paprika
- Optional: lettuce, sour cream, guacamole

INSTRUCTIONS

1. Cook the ground beef:
2. Chop the onion. Heat some oil in a pan, add the onion and ground beef. Cook until browned. Season with salt, pepper, and paprika.
3. Add beans and corn:
4. Drain the kidney beans and corn, then add them to the pan. Stir well and heat through.
5. Fill the tortillas:
6. Warm the tortillas in a pan or microwave. Add the meat mixture, cheese, and salsa. Optionally, add lettuce or sour cream.
7. Roll the burritos:
8. Fold in the sides and roll the tortilla up from the bottom to make a burrito.
9. Done!
10. Serve immediately – it tastes best warm.

"You cannot make everybody happy..."



...you are not a burrito.*

Mrs. Burrito



Tasty Portion



40 Min

FROM JANINA

RECIPE

SHEPHERDS PIE



COOKING TIME: APPROX. 45 MINUTES | DIFFICULTY LEVEL:

MEDIUM | SERVINGS: 4

INGREDIENTS:

1 TEASPOON OLIVE OIL

1 ONION FINELY CHOPPED

1 CARROT FINELY DICED

2 GARLIC CLOVES CHOPPED

1 BAY LEAF

800 G MINCED LAMB OR BEEF

2 TEASPOONS TOMATO PASTE

250 ML CHICKEN OR BEEF STOCK

60 ML WORCESTERSHIRE SAUCE

1 BUNCH FLAT-LEAF PARSLEY FRESH ROUGHLY CHOPPED

FOR THE CREAMY MASH:

800 G POTATOES PEELED AND DICED

250 ML CREAM

100 G BUTTER

PREPARATION:

HEAT THE OIL IN A PAN OVER MEDIUM HEAT. SAUTÉ THE ONION, CARROT, GARLIC, AND BAY LEAF UNTIL EVERYTHING IS SOFT AND STARTS TO COLOR.

CRUMBLE THE MINCED MEAT INTO THE PAN AND ROAST, THEN STIR IN THE TOMATO PASTE WELL AND ROAST FOR ANOTHER 1-2 MINUTES.

ADD THE STOCK AND WORCESTERSHIRE SAUCE AND BRING TO A BOIL. REDUCE THE HEAT AND LET IT SIMMER UNTIL THE SAUCE THICKENS (APPROX. 20-25 MINUTES). STIR WELL AND FOLD IN THE PARSLEY. SEASON WITH SALT AND PEPPER.

BOIL THE POTATOES, DRAIN, ADD CREAM AND BUTTER, AND MASH TO A PURÉE. SEASON TO TASTE.

FILL THE MEAT MIXTURE INTO OVENPROOF DISHES (ABOUT $\frac{3}{4}$ FULL), TOP WITH PURÉE AND BAKE IN THE OVEN AT 200 DEGREES FOR 10-15 MINUTES UNTIL GOLDEN BROWN.

SERVE WITH EXTRA WORCESTERSHIRE SAUCE.

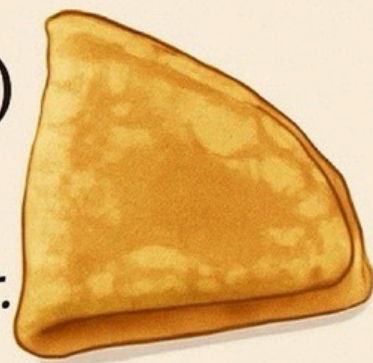


I CHOSE THIS RECIPE
BECAUSE MY FATHER
TAUGHT IT TO ME
AND IT ALWAYS
REMINDS ME OF HIM
WHEN I COOK IT.



Crepes (8–10 servings)

I chose this recipe because I really like eating crepes, especially in winter.



Ingredients

- 1 cup all-purpose flour
- 1 cup milk
- 2 eggs
- 2 tbsp melted butter (plus more for frying)
- 1 tbsp sugar
- 2 pinch of salt



Directions

1. Put the flour, milk, eggs, sugar, salt, and melted butter in a bowl.
2. Mix everything well until the batter is smooth.
3. Let the batter rest for 30 minutes.
4. Heat a pan on medium heat and brush with a little butter.
5. Pour a small amount of batter into the pan.
6. Swirl the pan so the batter spreads out thin.
7. Cook for about 1–2 minutes, then flip.
8. Cook the other side for 1 minute.
9. Repeat until all the batter is used.



recipe card

● ● ○ ○ ○
DIFFICULTY

NAME OF DISH

Yayla soup

Arslan

CATEGORY
Soup

INGREDIENTS

- (for 4 servings):
- 1 liter water or vegetable broth
- 100 g rice
- 500 g plain yogurt
- 1 egg yolk
- 2 tbsp flour
- 2 tbsp butter
- 1 tsp dried mint
-

directions

Cook the rice:

Cook the rice in a pot with water or broth for about 15-20 minutes.

Prepare the yogurt mixture:

In a bowl, whisk together yogurt, egg yolk, and flour until smooth.

Stir in the yogurt:

Add a little of the hot cooking water to the yogurt mixture to temper it, stirring well. Then slowly pour it into the pot with the rice, stirring constantly to prevent curdling.

Bring to a simmer:

Heat over medium heat while stirring constantly, but do not let it boil. Season with salt to taste.

Prepare the mint butter:

Melt butter in a small pan, then briefly toss the dried mint in the melted butter.

Finish the dish: Pour the mint butter over the finished soup and serve.

notes

Yayla soup (Turkish: Yayla Çorbası) is a classic dish from Turkish cuisine, made with yogurt, rice, and mint. It is light, soothing, and perfect for any season, especially popular on cold days.



Corsican Brocciu Doughnuts

Ingredients for about 25 small cakes

- 250 g of flour
- 250 g of broccoli
- 8 g of baker's yeast
- 60 g of sugar
- 1 egg
- 5 cl of warm water
- 10 cl of milk
- Zest of half a lemon
- A pinch of salt
- Sugar for the topping

Preparation of Donut Dough

Step 1: Mix the warm water, baking yeast and 10 g of sugar in a bowl.

Step 2: Add 25 g of flour, mix well, then cover and let rest at room temperature for about 1.5 hours.

Step 3: Add the egg, 50 g of sugar, zest of half a lemon, 225 g of flour, a pinch of salt, and 10 cl of milk. Mix until you get a smooth dough. Cover and let rest at room temperature for about 1.5 hours.

Step 4: Cut the broccoli into small cubes.

Step 5: Heat the oil in a pan or pot to 170°C. Using two tablespoons greased with oil, take a cube of broccoli and a bit of dough, form small balls, and carefully drop them into the hot oil. Fry until golden on both sides.

Step 6: Drain the cakes on paper towels, roll them in sugar, and serve immediately.



Couscous



Ingredients

For the couscous:

500g fine couscous (preferably durum wheat semolina)

2 tbsp olive oil

1 tsp salt

For the vegetables and meat:

500g lamb or chicken (cut into chunks)

2 medium onions (chopped)

2 carrots (sliced)

2 zucchini (sliced)

3 tomatoes (chopped or pureed)

1 bell pepper (cut into strips)

1 can of chickpeas (drained, or 200g fresh chickpeas)

2 tbsp olive oil

1 tsp paprika

1 tsp cumin

1 tsp coriander (optional)

1/2 tsp cinnamon

1 tsp harissa (more or less depending on your preference)

Salt and pepper to taste

For the broth:

1.5 l water or broth (meat or vegetable broth)

1-2 garlic cloves (whole, peeled)

1 tbsp tomato paste

1 tsp saffron or turmeric (for color and flavor)

My name is Amin, and I chose this recipe because I'm from Tunisia, where it is a well-known dish.



preparation

To make Tunisian couscous, start by placing 500g of couscous in a bowl and pouring over 250ml of hot water (see package). Cover and let it sit for 10 minutes. Then, toss well with 2 tablespoons of olive oil and

1 teaspoon of salt.

In a large pot, heat 2 tablespoons of olive oil and brown 500g of lamb or chicken pieces on all sides. Remove the meat and brown 2 chopped onions.

Then add 2 sliced carrots, 2 zucchini, 1 bell pepper, and 3 tomatoes and cook for 5-7 minutes. Season with 1 teaspoon of paprika, 1 teaspoon of cumin, 1 teaspoon of coriander, 1 teaspoon of harissa, salt, and pepper. Add 1 tablespoon of tomato paste and 1.5 liters of stock (or water), then return the meat to the pot. Add 2 cloves of garlic. Simmer over medium heat for 1-1.5 hours, until the meat is tender.

Meanwhile, steam the couscous in a steamer for 15-20 minutes, then fluff it with a fork.

Repeat the steaming process if you want extra fluffiness.

Arrange the cooked couscous on a platter, divide the meat and vegetables on top, and pour over a little broth. Optionally, sprinkle with chickpeas and fresh herbs like cilantro.



Djuvec-Reis

Recipe: Djuvec Rice

Servings: 3-4

Time needed: 1 hour

Ingredients:

- 4 tomatoes
- 1 cup of rice
- 1 onion
- 1 red bell pepper
- 1 can of peas
- 1 packet of "Maggi Fix Djuvec"
- Salt and pepper
- 1 tablespoon tomato paste
- Olive oil



lena

I chose the recipe because
my grandpa always cooks it.

Instructions:

1. Put the tomatoes in hot water and poke them with a knife so the skin comes off easily.
2. Dice the onion.
3. Peel the red pepper using a peeler and cut it into small pieces.
4. Put some olive oil in a large pan.
5. Add the diced onions and cook them gently.
6. Add the peeled and chopped tomatoes.
7. Add one cup of water and the chopped red pepper.
8. Add some tomato paste and let it all simmer. Mix in the spice packet.
9. After about 10 minutes, add the rice to the pan.
10. Put a lid on and let it cook on low heat.
11. After another 15 minutes, add the peas and let it sit for a bit.
12. Done! Enjoy your Djuvec rice.

CHURROS

Ingredients:

- 1 cup water
- 2 tbsp sugar
- 2 tbsp unsalted butter
- 1/4 tsp salt
- 1 cup all-purpose flour
- 2 large eggs
- Vegetable oil (for frying)
- 1/2 cup sugar (for coating)
- 1 tsp ground cinnamon (for coating)

Instructions:

Prepare Dough:

1. Boil water, sugar, butter, and salt. Remove from heat and stir in flour until smooth.

Let cool for 5 minutes. Beat in eggs one at a time.

2. Heat Oil: Heat vegetable oil to 375°F (190°C).

3. Pipe dough into hot oil in 4-6 inch strips.

3. Fry: until golden brown, about 2-3 minutes. Drain on paper towels.

4. Coat: Mix sugar and cinnamon. Roll warm churros in the mixture.

Serve: enjoy plain or with chocolate/caramel sauce.

My name is
Yannick and I
choose a
churros
recipe
because I
think churros
are a very
delicious
pastry.



FRANCESINHA



I chose Francesinha for being a traditional and emblematic dish of Portuguese cuisine, especially from the city of Porto, and also because it's one of my favorite foods, due to its unique flavor.

Ingredients

For the sandwich:

- 2 slices of thick bread (like homemade bread)
- 1 thin beef steak (grilled or fried)
- 2 fresh sausages (or "linguiça" type, grilled)
- 1 sausage or chorizo (cut in half and grilled)
- 2 slices of ham
- 4 slices of cheese that melt well (like flamengo cheese)
- 1 egg (optional, fried to serve on top)

For the sauce (base ingredients):

- 1 chopped onion
- 2 chopped garlic cloves
- 2 tablespoons of olive oil or butter
- 2 bay leaves 1 beef stock cube (or 1 broth cube)
- 1 beer (33 cl)
- 1 glass of Port wine (optional)
- 100 ml of tomato puree
- 1 tablespoon of Worcestershire sauce
- 1 teaspoon of mustard
- 1 pinch of piri-iri or hot sauce (to taste)
- 1 glass of brandy or whisky (optional)
- Salt and pepper to taste
- 1 tablespoon of cornstarch (Maizena) dissolved in a little water (to thicken)

Preparation

Prepare the sauce (it can be done first): Sauté the onion and garlic in olive oil with the bay leaves until golden. Add the tomato pulp, beer, port wine, brandy (if using), Worcestershire sauce, mustard, and beef stock. Season with salt, pepper, and piri-iri. Let it simmer on low heat for about 20-30 minutes. Blend everything with a hand blender until you have a smooth sauce. Add the cornstarch diluted in water to thicken and let it boil for another 5 minutes. Adjust the salt and pepper.



Khachapuri



Instructions:

Make the dough:

Dissolve the yeast and sugar in warm water. Let sit for 10 minutes. Mix flour, salt, and olive oil in a bowl. Add yeast water and knead for 5–10 minutes until smooth. Cover and let rise in a warm place for 1 hour.

Prepare the filling:

„Grate the mozzarella and crumble the feta (or Sulguni), then mix well.”. Preheat oven to 220 °C (430 °F), top and bottom heat.

Shape the dough:

Divide the dough in half. Roll each piece into an oval (about 25 cm / 10 in long).

Roll the long sides inward about 2 cm, forming a border. Pinch the ends together to create a boat shape. Fill the center generously with the cheese mixture.

Bake:

Place on parchment-lined baking tray. Bake for 12–15 minutes until golden brown.

„Carefully place 1 egg yolk into the center...” of each boat. Bake for another 2–3 minutes, just until the yolk begins to set.

Serve:

Top with a small piece of butter and serve immediately.

Traditionally, you mix the yolk and cheese together and dip the crust into the warm, melted cheese and yolk mixture.”

You'll need:

Large mixing bowl

Whisk or fork

Kitchen scale

Baking tray & parchment paper

Grater (for cheese)

Rolling pin (or a glass bottle)

Spoon & knife

Clean kitchen towel

🍳 Khachapuri (Adjaruli – Georgian Cheese Boat)

Ingredients (for 2 boats):

Dough:

250 g all-purpose flour

½ cube fresh yeast (or 1 tsp dry yeast)

125 ml warm water

1 tsp sugar

½ tsp salt

2 tbsp olive oil

Filling:

200 g mozzarella

200 g feta or Sulguni cheese

2 egg yolks

1–2 tbsp butter



Hello, My name is Nika Naskidashvili, and this is one of my favorite dishes of all time! And this is how you make it.

LAHMACUN RECIPE (TURKISH PIZZA) -

SERVES 4

INGREDIENTS:

2 CUPS ALL-PURPOSE FLOUR
3/4 CUP WARM WATER
1 TSP SUGAR
1 TSP SALT
1 TSP DRY YEAST
250G (1/2 LB) GROUND LAMB OR BEEF
ONION, FINELY CHOPPED
GARLIC CLOVES, MINCED
1 TOMATO, FINELY CHOPPED
1/2 RED BELL PEPPER, FINELY CHOPPED
1 TBSP TOMATO PASTE
1/2 TSP GROUND CUMIN
1/2 TSP PAPRIKA
SALT AND PEPPER TO TASTE
CHOPPED PARSLEY
LEMON WEDGES (FOR SERVING)

INSTRUCTIONS: 1. IN A BOWL, MIX FLOUR, SUGAR, SALT, AND YEAST. GRADUALLY ADD WARM WATER AND KNEAD UNTIL YOU GET A SOFT DOUGH. 2. COVER AND LET THE DOUGH RISE FOR ABOUT 1 HOUR OR UNTIL DOUBLED IN SIZE. 3. FOR THE TOPPING, MIX GROUND MEAT, ONION, GARLIC, TOMATO, BELL PEPPER, TOMATO PASTE, CUMIN, PAPRIKA, SALT, PEPPER, AND PARSLEY. 4. PREHEAT THE OVEN TO 250°C (480°F) OR AS HIGH AS IT GOES. 5. DIVIDE THE DOUGH INTO 4 BALLS. ROLL EACH INTO A THIN CIRCLE. 6. SPREAD THE MEAT MIXTURE EVENLY OVER EACH CIRCLE. 7. PLACE ON A BAKING SHEET AND BAKE FOR 6-8 MINUTES UNTIL CRISPY AND BROWNED. 8. SERVE HOT WITH LEMON WEDGES AND OPTIONAL FRESH PARSLEY OR SALAD.

Hello, my name is Sahan. I'm German with a Turkish migration background. I chose the Turkish pizza because its my favorite dish.

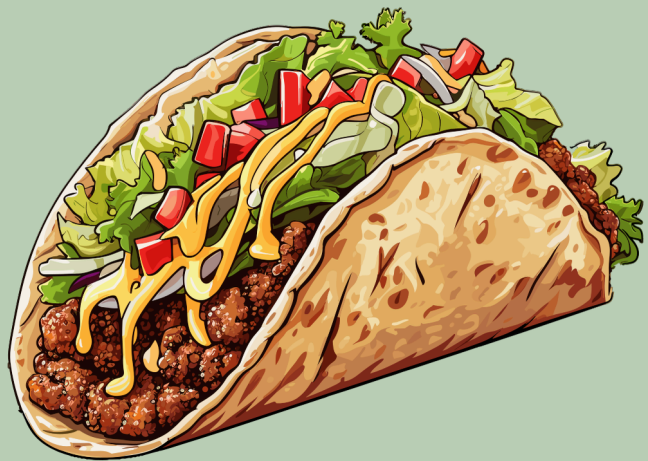


TACOS RECIPE

I CHOSE THIS BECAUSE IT IS
DELICIOUS AND EASY TO MAKE

Ingredients

1 lb ground beef
1 tbsp olive oil
1 tbsp chili powder
8 small corn tortillas
1/2 tsp ground cumin
1 cup shredded lettuce
1/2 tsp garlic powder
1/2 cup diced tomatoes
Salt and pepper



INSTRUCTIONS

1. In a skillet, heat the olive oil over medium heat. Add the ground beef and cook until browned. Drain any excess fat,
2. Stir in the chili powder, cumin, garlic powder, paprika, salt, and pepper. Cook for another 5 minutes.
3. Warm the tortillas in a dry skillet or microwave.
4. Assemble the Tacos by filling each Tortilla with the beef mixture, lettuce and Tomatoes

Ruth Maura

Mufete



Ingredients:

2 to 4 whole fish (such as cacusso, tilapia, mackerel or grouper), cleaned and scaled 4 cloves of garlic (crushed or chopped) 1 teaspoon of coarse salt (adjust to taste) Juice of 2 lemons (or 2 tablespoons of white vinegar) 1 teaspoon of piri-piri or chili pepper (optional, to add a spicy touch) 2 tablespoons of olive oil or vegetable oil (to brush the fish before grilling)

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on the plate

Mufete is a traditional and very popular dish in Angola, especially in Luanda and other coastal regions. It is known as a typical, complete meal rich in local flavors.

Preparation

Preparation of Angolan Mufete 1. Grilled fish: • Clean the fish thoroughly and cut them in half. • Season with garlic, coarse salt, lemon juice (or vinegar) and piri-piri. • Let marinate for 30 minutes. • Brush with olive oil and grill on the grill or griddle, turning until golden on both sides. ——— 2. Palm oil beans: • Cook the beans (or use them already cooked). • In a pan, sauté chopped onion in palm oil. • Add the drained beans, season with salt and let cook for 5 to 10 minutes. ——— 3. Cooked side dishes: • Peel the plantain, sweet potato and cassava. • Cook each separately in salted water until soft. • Drain and set aside. ——— 4. Vinaigrette sauce: • Mix chopped onion, tomato and pepper. • Season with olive oil, vinegar, salt and piri-piri. ——— 5. Assembling the dish: • Place the fish in the center. • Arrange the beans, banana bread, sweet potato, cassava and cassava flour (or funge) around it. • Drizzle with vinaigrette or serve separately.

Waffle Recipe

What we need:

- 1 tablespoon
- 1 measuring Glass
- 1 Mixer
- 1 plastic bowl



Preparation:

- 4 Eggs
- 1 Glass of Sugar
- 2 glasses of milk
- 1 packet of vanilla Sugar



Mix until everything is well combined

- 3 tablespoons of butter
- 1 packet of baking powder
- 500 gr. Flour

Mix everything together until you have a creamy-liquid-Like mixture

- grease the Waffleiron with Butter or oil
- pour the batter into the Waffle Iron, with a potion at a time
- Leave the batter in the Waffle Iron until it becomes light Brown or golden



Waffles are a popular breakfast food. They are made from a batter of flour, eggs, sugar, and milk. The batter is cooked in a waffle iron, which gives them their characteristic grid pattern. Waffles can be served with various toppings, such as fruit, syrup, or whipped cream.

TRADITIONAL TURKISH MANTI

I chose that because I ate it often as a child, and I really like this dish Mert



MAKE THE DOUGH

400g all-purpose flour
2 eggs, 1 tsp olive oil
1 tsp fresh parsley
100 ml water. 150g
2 tbsp olive oil, 100 l ft

Includes or sall-black
160 grams or 100 ml water.
1 allt. black pepther or
butter), asprinded I lextro
retecrt of e-xtra parlsey or
more chill flakes.



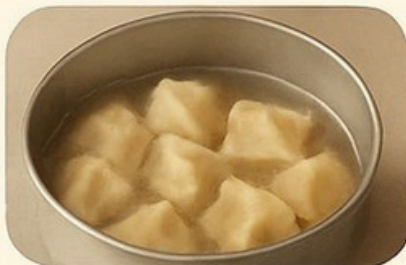
PREPARE THE FILLING

In a bowl, combine ground beef, finely chopped onion, parsley, salt, and black pepper. Mix well until everything is evenly combined. Set aside,



SHAPE THE MANTI

Roll out the rested dough thinly on a flouted surface (about 2 mm thick). Cut the dough into small squares (about 2-3 cm e each). Place a small amount (about % teaspoon) of filling in the center of each square. Fold the dough over the filling into a triangle or bring the corners together to form the traditional manti



COOK THE MANTI

Bring a large pot or salted water to a boil. Add the manti in batches so they don't stick together,



PREPARE THE SAUCE

In a small saucepan, mell the butter. Add the crushed garlic and cook for about 30 seconds until fragrant.



SERVE

Place the cooked manti on a serving plate. Spoon yogurt over the top, then drizzle with the hot butter sauce.

Enjoy your meal!

PORTUGUESE SEAFOOD RICE

INGREDIENTS (SERVES 4):

- 300 g (1½ cups) carolino rice (or long grain rice)
- 400 g (14 oz) whole shrimp (with shell)
- 300 g (10 oz) clams
- 300 g (10 oz) mussels
- 200 g (7 oz) squid or cuttlefish, sliced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 large ripe tomato (or 2 tbsp tomato paste)
- 1 bay leaf
- ½ red bell pepper, sliced (optional)
- 100 ml (⅓ cup) white wine
- Olive oil (about 4 tbsp)
- Fresh coriander (cilantro), chopped
- Salt and pepper to taste
- Piri-piri (hot sauce), optional
- Water (or seafood stock)

Instructions:

- **Seafood Stock:**
- Boil the shrimp in salted water for 3–4 minutes. Set aside the shrimp and strain the broth to use as stock.
- **Base Sauté:**
- Sauté onion, garlic, bay leaf, and bell pepper in olive oil. Add tomato and cook until reduced.
- **Add Seafood:**
- Stir in the squid and white wine. Cook for 5–7 minutes. Add the rice and mix well.
- **Cook the Rice:**
- Add the stock (3 parts liquid to 1 part rice). Season with salt, pepper, and piri-piri. Cook for 10 minutes.
- **Finish:**
- Add shrimp, clams, and mussels. Cook for another 5–7 minutes until everything is cooked and the rice is slightly brothy.
- **To Serve:**
- Adjust seasoning, sprinkle with fresh coriander (cilantro), and serve with crusty bread.



ENJOY COOKING AND BAKING!

