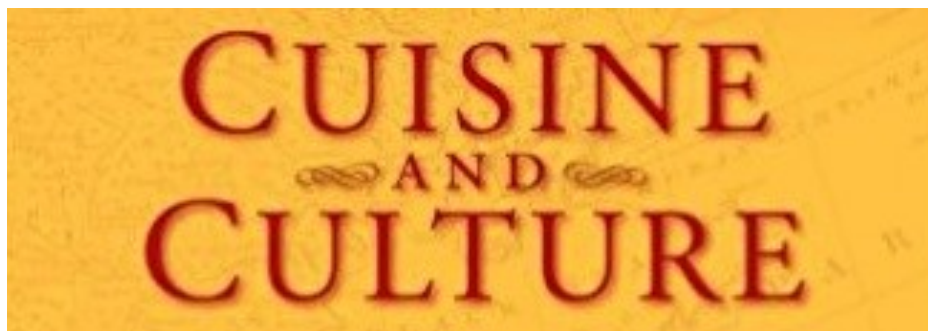


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*This project has been funded with support from the European Commission. This outcome reflects the view only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein*



## Break barriers-No prejudices

2016-1-TR01-KA219-035243\_3.

Strategic Partnership between schools  
2016 -2018

# Tasty good food

Final outcome based on cooking workshops developed within LTTAs and intercultural activities



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## Food and Culture

People also connect to their cultural or ethnic group through similar food patterns. People from different cultural backgrounds eat different foods. The ingredients, methods of preparation, preservation techniques, and types of food eaten at different meals vary among cultures. The areas in which families live - and where their ancestors originated - influence food likes and dislikes. These food preferences result in patterns of food choices within a cultural or regional group.

Food items themselves have meaning attached to them. Nations or countries are frequently associated with certain foods. For example, many people associate Italy with pizza and pasta. Yet Italians eat many other foods, and types of pasta dishes vary throughout Italy. Methods of preparation and types of food vary by regions of a nation. Some families in the United States prefer to eat "meat and potatoes," but "meat and potatoes" are not eaten on a regular basis, nor even preferred, by many in the United States and would not be labeled a national cuisine.

Regional food habits do exist, but they also change over time. As people immigrate, food practices and preferences are imported and exported. Families move to other locations, bringing their food preferences with them. They may use their old recipes with new ingredients, or experiment with new recipes, incorporating ingredients to match their own tastes. In addition, food itself is imported from other countries.

Some food beliefs and practices are due to religious beliefs. Around the world, Muslims fast during Ramadan, believed to be the month during which the Qur'an, the Islamic holy book, was given from God to the Prophet Muhammad. During this month, Muslims fast during daylight hours, eating and drinking before dawn and after sunset.

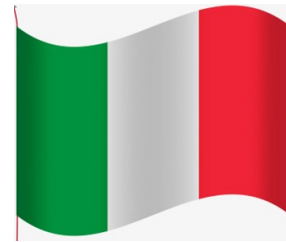
**FOOD IS NOT RATIONAL.  
FOOD IS CULTURE, HABIT,  
CRAVING AND IDENTITY.**

JONATHAN SAFRAN FOER

Food plays an important role in the lives of families in most cultures. However, the degree of importance varies from culture to culture.

*You have to taste a culture  
to understand it!*

MADE BY : the four school teams involved in the Erasmus+ project,  
"Break barriers—No prejudices"



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**T**ogether  
**E**veryone  
**A**chieves  
**M**ore

## Food Experiences

**Food** not only distinguishes and represents a culture, but can also reflect one's personality and lifestyle. America is made up of every kind of culture, nationality, and custom. Each food experience someone encounters can give them a different view of a certain state or country. My food experiences have taught me that every state and country have something in common, the love for food.

**European cuisine** is as varied as the many countries that make up Europe. While there are many differences between the various cuisines that fall under the term of European cuisine, there are also similarities. European cuisine employs meat as a central or important ingredient of many of its dishes, be it in the form of seafood or land-based protein. Not only is meat more widely used, but portion sizes also tend to be larger.

The countries in Eastern Europe have many similarities between their respective cuisines and many differences. The differences lie mainly in the location and climate of the country.

The Balkan countries are, however, are much more influenced by the bounty of the Mediterranean and the availability of great produce. Even inside the Balkan Peninsula there are as many differences as there are similarities to the cuisine. Moussaka is the national dish of Greece, and in Albania the national dish is made of fried meat, liver, eggs and tomatoes. In Slovenia you can find horse meat on menus, and can even enjoy a horse burger from the Hot Horse restaurant in Ljubljana.

No matter where you travel in Europe, you're never far from great cuisine, and great beer and wine. The history of Europe can be tasted in the food, as many of these dishes are thousands of years old. The culture of European countries is maintained in their dishes which are loved not only by Europeans but by citizens of the world.

A meal is the whole experience of getting together and sharing with friends. It is more than food.

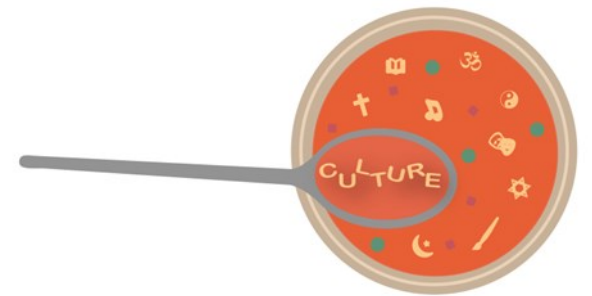
*Jinny Fleischman*

Food traditions vary widely throughout the world. Even among people who share similar cultural backgrounds and some of the same food habits, eating patterns are not identical. Further, families vary from their own daily routines on holidays, when traveling, or when guests are present. Men eat differently from women. People of different age groups eat differently. However, in most parts of the world, food is associated with hospitality and expression of friendship. Therefore, sensitivity to food rules and customs is important in building and strengthening cross-cultural relationships.



We should embrace our heritage through our culture's food but we should also become more informed about other cultures by trying their foods. It's important to remember that each dish has a special place in the culture to which it belongs, and is special to those who prepare it. Food is a portal into culture, and it should be treated as such.

On a larger scale, **food** is an **important** part of **culture**. ... It also operates as an expression of **cultural** identity. Immigrants bring the **food** of their countries with them wherever they go and cooking traditional **food** is a way of preserving their **culture** when they move to new places.





**Italian cuisine** has a tradition of dishes based on wheat products (such as bread and pasta), vegetables, cheese, fish, and meat, usually prepared in such a manner as to preserve their ingredients' natural qualities, appearance, and taste.

This kind of cuisine puts a stress on lightness and healthy nutrition with natural unprocessed foods, and tends to vary greatly not only with the seasons but also between the various regions of the country: mountainous regions have dishes rich in proteins, and prefer meat, butter, and cheese, while seaside regions have dishes rich in vegetables and fish.

In this way, the cuisine is born of the people, the territory and the seasons, and is not pulled out of nowhere for no rhyme or reason.

Italian cuisine has influenced food culture around the world and is viewed as a form of art by many. Wine, cheese and pasta are important part of Italian meals. Pasta comes in a wide range of shapes, widths and lengths, including penne, spaghetti, linguine, fusilli and lasagna.

Italian cuisine is based on peasant traditions and thus relies on inexpensive, locally available foods to a great extent. The Italian people has historically been quite poor and had to rely on locally available foods to create their recipes.



Half teaspoon salt

**For syrup**

3 cup sugar

3 cup water

## HOW TO MAKE BAKLAVA

1. Begin by making the syrup which you'll pour over the hot baklava later on. Combine the water, sugar and lemon juice in a small saucepan, bring the mixture to a boil and let it simmer slowly uncovered while you prepare the rest of the baklava.
2. The next important step is preparing your clarified butter.
3. Mix the ground pistachio nuts with 2 tablespoons of sugar. Brush the bottom of your baking pan with butter and sprinkle a few pinches of the ground pistachio nuts over the butter.
4. If it's your first time using fresh or frozen phyllo dough, here is a great article to give you tips about how to thaw it and work with it.
5. Once you feel confident, take your first layer of phyllo and set it in place. Working quickly, brushes the entire piece of phyllo with the butter. Repeat in the same manner with 18 leaves of phyllo.
6. Once you've buttered the 18th layer, use all of the ground pistachio mixtures to make an even layer going all the way to the edges of the pan.
7. Place another layer of phyllo over the nuts and butter it. Repeat until you finish the last layer. If you have extra butter left, set it aside.
8. Using a sharp knife or a pastry cutter, gently cut the baklava into even squares or diamond shapes. If you're using a round pan, you can cut it into large, narrow slivers, if you wish.
9. Drizzle the leftover butter over the top. Place the pan in a preheated 395° F/200° C oven and set the timer for 45 minutes.
10. Once the baklava is in the oven, remove the syrup from the heat and leave it to cool down.
11. Bake the baklava for about 45 minutes, or until the layers puff up high and the top layers are golden, crispy and translucent.
12. When ready, remove the tray from the oven. While it's still piping hot, immediately pour the cold syrup evenly over the baklava. Let it bubble up then settle. Generously sprinkle more ground pistachios over the top. Leave your baklava to cool down to room temperature before serving.



You have to be careful in this part because it is very difficult and sensitive. Cover all this balls and boil. In the step of boil, add the water, and don't forget to add salt and lemon juice, and boil it for the 10-15 minutes. When you see the meat balls float on top of the water, it's mean; they are ready. After the meat balls are ready, serve it. Optionally; you may serve it with yogurt.

## LEAF ROLLS

### INGREDIENTS

- 300 gr ground beef (mixed sheep and beef)
- 1,5 water glass rice
- 1 large onion
- salt
- black pepper
- parsley
- dill
- butter
- 2 tomato or tomato paste (1 tablespoon)



### PREPERATION

Onion, tomato (peeled) or (tomato paste) ,dill,parsley in small pieces. Into the ground beef, rice, salt, black pepper and 1/2 tea glass oil is put, mixed. The mixture was wrapped in grape leaves (thin and small). The saucepan placed under leafs rolls is spent water and butter is put, cook over medium heat for. Under garlic yoghurt, deep fried sauce (tomato paste, red pepper) is poured and is served hot.

## TURKISH BAKLAVA

### Ingredients

- 5 water glass flour
- 3 eggs
- 1 glass of milk
- 1 glass of oil
- 1 baking powder
- 1 teaspoon vinegar



Food plays a tremendous role within the Italian culture. The traditional Italian meal is all about bringing the whole family together for a delicious and enjoyable meal. A traditional Italian meal usually lasts about two hours, and it is made up of six courses, gli antipasti (appetizers), primo piatto (first course, usually a pasta dish), secondo piatto (second course which is a meat or fish dish), il contorno (a vegetable dish), frutta (fruit dish), and i dolci (desserts), all of which are featured on the table.

The purpose of the meal is not only to enjoy the delicious home-cooked food, but is really a way to laugh and spend valuable time with the entire family.

## ITALIAN RECIPES

### PIZZA



**Ingredients:** flour 500 gr., warm water 250/300ml, 1 die Yeast of beer, oil ½ glass, salt 1 spoon trims, sugar 1 spoon, tomato, mozzarella cheese ...

**Procedure:** start melting the yeast with some water, sugar and a table-spoon of flour for 10/15 minutes, Apart, mix the flour, the water with the Yeast of beer, add the water with oil and the salt, until you get

a soft and homogeneous mixture, stretch it in the oven plates, and leave it to rise 2 or 3 hours according to the temperature, season pizza according to your taste, (mozzarella cheese...) and bake it in the warm oven 200 / 220° for 15 -20 min

### PASTA, GUITAR STYLE

As people of Abruzzo know well, the word “guitar” refers to a special rectangular wooden board with wire strings stretched lengthwise. The sheet of dough, put on this board and pressed by the rolling-pin, turns out cut into the typical thin strips. To prepare the dough, mix together 500 grams of flour of durum wheat, 5 eggs and a pinch of salt.



When you have obtained a soft and homogeneous dough, leave it to rest for about 30 minutes. Then roll out some rectangular sheets of dough as big as the wooden board and go on as above explained to get the pasta. Boil it in abundant salted water, and then season it with tomato sauce, chilli and abundant parmesan or else with a meat sauce or beef.



## FISH SOUP OF ABRUZZO

Typical of Abruzzo, this soup is characterized by red sweet capsicum, that gives it a very particular taste. Fry lightly 2 chopped cloves of garlic in a pan with  $\frac{1}{2}$  glass of oil; when the garlic is getting golden, add 4 canned tomatoes without seeds and 1 big red capsicum cut fine. After some minutes, add the fish ( about 1 kilo and a half of scorpion fish, angler fish, gilt-head bream, some shrimps, mussels, clams, cuttlefish... ) Season with chilli, abundant parsley, salt pepper,; leave to flavor, then thin with  $\frac{1}{2}$  litre of boiling water and let cook on a moderate flame.



## GRILLED “SCAMORZA”

“Scamorza” of Abruzzo (a kind of cheese) is famous for its softness and its delicate taste. Grease it well with olive-oil and cook it over a charcoal fire. Hot, with salt and pepper, it is an excellent hors d’oeuvre.



1 tea spoon black pepper  
1 tea spoon red pepper flakes  
1 tea spoon cummin  
250 g Meat beef, minced, medium fat  
250 g dry onions  
100 g walnuts coarsely chopped  
2 table spoons butter  
1 tea spoon salt  
1 tea spoon black pepper  
1 tea spoon allspice  
1 tea spoon dry mint  
1 tea spoon red pepper paste  
1 tomato  
1 table spoon tomato paste  
1 table spoon pepper paste  
400 milliliter water boiling  
1 tea spoon lemon's juice  
1 tea spoon salt



## HOW TO MAKE İÇLİ KÖFTE(STUFFED MEATBALLS)

First of all start with the inner side. The inner side is the meat mixture preparation. Use a pan. Place the meat into the pan, cook medium heat. After this, the meat will first leave and after absorb back its own water. When the water is finished, you can proceed to the next step. In this step, chop the onions small pieces, add to the meat together with 2 tablespoons of butter. Cook the onions, add all the spices close the heat. If you want to more delicious recipe, you could add in some walnuts. Mixed all of these things.

For the second step, continue with the bulgur shell preparation in a large bowl mix the semolina and bulgur. Add water and boil it. Cover and set aside for 10 minutes. After 10 minutes add the flour, an egg, the pepper paste and the other spices. Knead well with your hands for about 20 minutes. After all this steps you are ready for preparation shaping the bulgur shells, make a small walnut sized balls of the bulgur dough.

Make sure to have a bowl of clean water handy, you will use the water to wet your hand. Take a bulgur ball in your palm and make a hole in it with your forefinger or your thumb.

- 1 tablespoon tomato paste
- 1 teaspoon paprika
- 1 teaspoon hot red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon cumin (powder)

### HOW TO MAKE LAHMACUN

First of all ,put the flour in a large mixing bowl. Add the yeast and salt and combine. Flour your hands. Drizzle a little bit of olive oil inside the mixing bowl and spread it around with your fingers to oil the inside. Put the dough back in the bowl and cover it with a cloth or towel. Leave it in a warm place to rise for 30 to 45 minutes. The dough should rise to about double the size. In this part ,prepare the topping. Mix all the ingredients together in a large bowl. Once the dough is risen, turn it out on a floured surface and divide it into six even pieces. Roll out each piece into a very thin round or oval shape. And then ! spread the topping thinly and be careful you use to your fingers , don't press too hard . Turn on the top coil broiler function of your oven to the maximum heat setting. Put a large a non-stick cookie into oven to preheat it as well. When the oven and the cookie sheet are very hot, quickly remove the cookie sheet and place your 'lahmacun' on it. Don't allow them to overlap. You have to always check out your lahmacun. Because we don't want to burn it. Finally Serve them piping hot with a wedge of lemon for squeezing and a plate of sliced onions mixed with sumac and sprigs of parsley. Bon Appetite!



### İÇLİ KÖFTE(STUFFED MEATBALLS)

#### Ingredients

- 400 gram bulgur well grounded
- 100 gram semolina
- 100 gram Flour
- 500 milliliter water boiling
- 1 egg
- 1 table spoon pepper paste
- 1 tea spoon salt



The ethnic and cultural diversity of Tulcea county (Romania) makes its presence felt at the dinner table, as well, through the traditional recipes cooked in the county. Due to the coexistence in the same environment that offers the same possibilities, but also due to the good understanding between peoples, over time some recipes were borrowed from one people to another, despite the different traditional occupations.

### LASAGNA

The Most Amazing Lasagna Recipe is the best recipe for homemade Italian-style lasagna. The balance between layers of cheese, noodles, and home-made bolognese sauce is perfection!

#### Ingredients:

- 1 pound sweet Italian sausage
- 1 pound lean ground beef
- 1 large white onion, minced
- 5 cloves garlic, crushed
- 1 can crushed tomatoes
- 250 gr tomato paste
- 500 gr tomato sauce
- 1/2 cup chicken broth
- 2 tablespoons white sugar
- 1/2 cup chopped fresh basil
- 1 teaspoon fennel seeds
- 1 teaspoon ground oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup + 2 tablespoons chopped fresh parsley (divided)
- 1 pound lasagna noodles
- 500gr ricotta cheese
- 1 large egg
- 1/2 teaspoon salt



#### Instructions

- ♦ In a large pot over medium heat, add in ground sausage and ground beef. Use a spoon to break up the meat into small pieces. Add in onion and garlic and cook until meat is well browned, stirring constantly. Stir in sugar, fresh basil, fennel, oregano, 1/2 teaspoon salt, pepper, and 1/4 cup chopped parsley.



Pour in crushed tomatoes, tomato paste, tomato sauce, and chicken broth. Stir well and bring to a simmer. Reduce heat to low and simmer 1-4 hours, stirring occasionally.

- ♦ Meanwhile, place lasagna noodles into the bottom of a pan. Pour hot tap water directly over the noodles, making sure the pasta is completely immersed in the water. Let them soak for 30 minutes, then drain and discard water.
- ♦ In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley, ½ teaspoon salt, and nutmeg. Refrigerate until ready to assemble lasagna.
- ♦ Preheat oven to 375 degrees. Lightly grease a deep 9x13 pan.
- ♦ To assemble, spread about 1 cup of meat sauce in the bottom of the prepared pan. Place 4 noodles on top. Spread with ⅓ of the ricotta cheese mixture. Top with ¼ of mozzarella cheese slices. Spoon 1½ cups meat sauce over mozzarella, then sprinkle with ¼ cup parmesan cheese. Repeat layering two more times to create three complete layers. To finish, place a final layer of pasta, topped with another 1 cup of meat sauce to cover the pasta. Top with remaining mozzarella and Parmesan cheese. Cover loosely with aluminum foil.
- ♦ Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes to allow cheese to brown. Serve hot.

## Tiramisu

### Ingredients

- ♦ 6 large egg yolks, room temperature
- ♦ 1/2 cup sugar
- ♦ 500 gr mascarpone cheese
- ♦ 4 large egg whites
- ♦ 50ml cognac or brandy
- ♦ 12 to 14 (4-inch) ladyfingers
- ♦ 1 1/2 cups brewed espresso, room temperature
- ♦ Unsweetened cocoa powder, for garnish



### Preparation

- Add the sugar to the egg yolks. Beat well until the mixture is light and creamy. Add the mascarpone and half of the cognac or brandy, and beat well.

## METHOD

-Peel the shells of the eggplant and leave it in salted water for half an hour.

-After washing the eggplant, take the water with a towel and fry it in low oil. Fry 6 pcs peppers in oil.

-Then fry the chopped onions and add peppers, diced tomatoes salt and spices

-boil for 5 minutes adding a glass of water on top

-Cut the eggplants from the center and place them on the tray. Then fill the ingredients into the eggplants.

-Then slice the tomatoes and put them on the eggplants also put some garlic and fried garlic.

-Add a bowl of hot water, salt, and mash.

-Finally, cook for 20-25 minutes at 170 degree in the oven



## LAHMACUN

### Ingredients

- 2 cups flour
- 1 teaspoon yeast (instant dry)
- 1 1/2 teaspoon salt
- 1 cup water (warm)
- 1 tablespoon olive oil
- 12 ounces/350 grams ground beef (70% lean)
- 1 onion (yellow, finely grated)
- 3-4 cloves garlic (finely grated)
- 1 cup parsley (Italian variety, leaves, finely chopped)
- 2 tomatoes (ripe, finely grated)
- 1/2 bell pepper (green, finely grated)
- 1 tablespoon red pepper paste





**Turkish cuisine** is a very curious one. The variety of dishes that make up the Cuisine, the ways they all come together in feast-like meals and the evident intricacy of each craft offer enough material for life-long study and enjoyment. Turkish food is considered to be among the top three greatest cuisines in the world. The variation of Turkish food from region to region is as a result of a diverse weather, lifestyle due to geographic location and ancestry. A wonderful mixture of cooking styles coexists within Turkish cuisine. Due to its geographical location nestled between Asia and Europe, Turkish food is a unique and exotic fusion with influences from many countries.



## TURKISH RECIPES

### ***SPLIT BELLY***

#### ***INGREDIENTS***

- 6pcs small eggplants
- 2pcs medium onions
- 1pcs tomato
- 8pcs green pepper
- 4 teeth garli
- 1 tablespoon tomato salcha
- Oil,salt,black pepper,red pepper
- 200 gr lamb mince



- With clean utensils, beat the egg whites until stiff. Fold the beaten egg whites into the mascarpone mixture.
- Pour espresso into a shallow dish along with the remaining cognac and 1 teaspoon of the cocoa powder. Stir well. Quickly dip each lady finger in the espresso mixture, working one at a time, and line the bottom of a glass dish, approximately 20cm round or square.
- Once the bottom of the dish is covered in an even layer of espresso-soaked lady fingers, top with 1/2 of the mascarpone mixture. Dust with 1/2 of the cocoa. Repeat with another lady finger layer, then finally the remaining mascarpone and a final dusting of cocoa powder.
- Chill in the fridge for about 4 hours, then serve!

## Fun Facts about Italian Cuisine

- \* Italians don't eat spaghetti and meatballs in one dish. The average Italian meal is divided into two courses. The first course (primo piatto) consists of pasta or minestrone, while the second course (secondo piatto) consists of meat or fish with salad or vegetables.
- \* Italian wedding soup is not actually served at weddings. The term "wedding soup" comes from the phrase "minestra maritata," which means, "married soup." This is a reference to the flavor produced by the combination of the greens and broth inside the soup.
- \* The dessert Tiramisu actually means "pick me up" and the Italian dish Saltimbocca actually means "jump into mouth."
- \* Neapolitan pizza maker, Raffaele Esposito, created Margherita pizza for the Queen consort of Italy, Margherita of Savoy. The pizza was garnished with tomatoes, mozzarella, and basil to represent the national colors of Italy.



## Slovenian cuisine

reflect the huge diversity of Slovenia's landscape found in a relatively small area. **Slovenian cuisine** is influenced by the diversity of Slovenia's landscape, climate, history and neighbouring cultures. Soups are a relatively recent invention in Slovenian cuisine, but there are over 100. Earlier there were various kinds



of porridge, stew and one-pot meals. The most common soups without meat were lean and plain. A typical dish is *aleluja*, a soup made from turnip peels and a well-known dish during fasting. The most common meat soup is beef soup with noodles, which is often served on Sunday as part of a Sunday lunch (beef soup, fried potatoes, fried steak and lettuce). On feast days and holidays there is often a choice of beef noodle soup or creamy mushroom soup. Pork is popular and common everywhere in Slovenia. Poultry is also often popular. There is a wide variety of meats in different parts of Slovenia.

**Dandelion** is popular as a salad ingredient in Slovenia and has been gathered in the fields for centuries. Even today dandelion and potato salad is highly valued. Since it can be picked only for a short time in early spring, much is made of it. Families go on dandelion picking expeditions, and pick enough for a whole week. Walnuts are used in cakes and desserts. Wild strawberries, loganberries, blackberries, bilberries were a rich source of vitamins. Mushrooms have always been popular, and Slovenians liked picking and eating them. There are many varieties. Honey was used to a considerable extent.



**Medenjaki**, which come in different shapes are honey cakes, which are most commonly heart-shaped and are often used as gifts.

Bohinj cheese is one of the best known and respected emmental cheese brands in Slovenia. Bohinj Cheese Dairy or Sirarna

9. Butter or oil the bottom of the tray well, then put in the first sheet of dough, brush it with butter/oil, then put in the second sheet, then half the cheese, spreading it out to about 1cm from the edge of the tray, then another two sheets of dough (the first, again, brushed with butter/oil). Now add the rest of the cheese, again spreading it out until it's about 1cm shy of the edge of the tray. Finally, add the last two sheets of dough, brush each with butter/oil.

10. What it must be done now is to gently run the back of a knife over the top to mark the portions, dividing it into eight wedges (as I use a circular tray). You don't actually cut through the dough, you just depress it so that the cutting point will more clearly defined at the end of the baking process.

11. Now, put the pie into the preheated oven and cook for about 20 -30 minutes until the top has started to brown. At this point, make a mixture of one egg and three tablespoons of sour cream or yogurt, according to preference. Spread this mixture over the top of the pie and return it to the oven for another 15-20 minutes, or until once again brown.



12. Once it's nice and brown all over (but not burnt!) take it out of the oven, let it cool down for a few minutes, and then cut it into portions using the lines you scored in it earlier.

## Meal etiquette in Romania

Meal time is very important for Romanians. Traditionally, the most important meal of the day in Romania is dinner. This is the moment when the whole family comes together – and this is also when dear guests are called to share in the joy of the gathering, not to mention some delicious food.

The first thing to be expected is food. Lots and lots of food. A “special occasion” meal will consist of *hors d'oeuvres*, first course – typically a soup, second course and finally, desert, which could be anything from a fruit salad to a full-blown cake. Here's a hint: always leave room for the next course. It's better to eat a little out of everything than to declare yourself full after the first course. Romanians like to prolong dinner time to better enjoy each other's company.



## Method

1. Pour the flour into a mixing bowl, make a well in the centre, and add the egg, oil, water, salt and vinegar.
2. Combine the ingredients in the well and slowly draw in the flour, mixing well with your fingers, until a dough starts to form.
3. Form the dough into a ball and turn out onto a floured work surface. Knead the dough until you achieve a soft, elastic dough which is no longer sticky.
4. Put the dough back in the bowl and cover with a damp tea towel and rest on the sideboard for 30 minutes. Alternatively, flour the ball a little, and drop it into a plastic freezer bag, give it a twist to eliminate the air, and rest for 30 minutes.
5. While the dough is resting, preheat the oven to about 200-210C (medium heat).
6. Now it's time to start to make the cheese filling. You should use about 500g of cheese but you can add more if you like a thicker layer of cheese in your pie (or indeed less, if you like it less cheesy). It is usually used a mixture of *telemea de oaie* (ewe's milk cheese, something like a feta), *branza proaspata de vaca* (a soft fresh cow's milk cheese) Combine the cheeses well, and break up the harder ones with a fork, and then add either sour cream or eggs, little by little, until you reach a nice sloppy consistency. It's recommended adding the eggs/cream gradually – the amount you need will depend on the initial consistency of the cheese and the size of the eggs. The consistency you want is quite thick, certainly not 'pourable', but something like a thick cake batter or bricklaying mortar (if that helps you at all!). Taste it when you've done combining it and add salt if necessary.
7. You'll need to brush the sheets of dough with a little butter or oil. If you intend to use butter, now is the time to melt it in a pan over a very low heat.
8. Once the dough is sufficiently rested, it's time to roll it out. First of all, roll the dough into a sausage and cut into six equal parts. Form each sixth into a ball and then roll it out until it is the size and shape of the baking tray you intend to use (mine was a 25cm diameter circular tray, about 3cm deep).



Bohinj, located in the village of Srednja vas in Bohinj, continues the tradition of the famous handmade Bohinj cheese and uses exclusively milk from local farmers in Bohinj.

## SLOVENIAN RECIPES

### MASHROOMS SOUP

This simple but very popular soup can be made in many different ways. Almost everyone has their own special recipe. Usually it is made of two main ingredients, mushrooms and potatoes. It is best to have various types of mushrooms, but the best are porcini mushrooms that add flavour to the soup.

#### Ingredients:

300 g of mushrooms - I used maitake, shiitake and dried porcini

500 g of potatoes - 1 per person

2 tbsp of buckwheat grains

1 small carrot - about 3 tbsp when sliced

1 small piece of parsley root - if you have - about 1 tbsp when grated

1 small onion

3 cloves of garlic

vegetable oil or ghee

2 bay leaves

fresh or dry thyme

salt and pepper to taste

fresh green parsley and

2 tbsp of sour cream for garnishing the soup



#### Procedure:

Wash, peel and cut the potatoes into cubes. Slice the carrot into small pieces and grate the

parsley root

Slice or tear up the mushrooms. Wash dried porcini and soak them in water.

Chop the onion and crush the garlic.

Wash the buckwheat grains and soak them in water.

Stir fry the onions on oil for a few minutes, add all fresh mushrooms and fry them until they get some colour. Add crushed garlic, potatoes, carrots and parsley. Mix well, then add all the herbs and spices. Add soaked porcini together with the water and mix all together. Pour with hot water or clear soup and bring to boil. Cook until potatoes are soft. Then take out a few pieces of potatoes and mash them into puree to thicken the soup

Put soaked buckwheat grains into soup and cook for another few minutes for them to soften. Now taste the soup, add salt and pepper if necessary. Put away to rest for a few minutes.

Serve the soup garnished with green parsley and sour cream with a slice of fresh bread.

## Corn »Žganci« - (Koruzni žganci)

»Žganci« is typical everyday meal of the central and Alpine part of Slovenia. For Bohinj it is characteristic that special type of corn (»Bohinjska turšca« - the name turšca reminds on Turkey, where it came from) is used (you can see it on the picture).

»Žganci are the pedestal of Gorenjska«. This attitude implies its crucial meaning for the survival of considerable part of the population.

The recipe follows:

Ingredients:

*1 kg corn flower*

*3l salted boiling water*

*10 dag lard or oil*

*15 dag pork cracklings*



1. Plunge flour into salted boiling water to form a lump. Let the lump sink and boil briefly, then reduce the heat. Use ladle to prick lump at the centre.

## Instructions

1. Chop the meat into rather small cubes. Pat them dry with some kitchen paper.
2. Melt the lard or heat the oil in a cast iron pan. Fry the meat cubes until nicely browned all over. Do this in two batches if your pan is not large enough, the pan should not be overcrowded.
3. Give all the meat back to the pan and add the finely chopped onion and about ½ teaspoon salt. Add ¼ cup water, cover and cook gently for about 20 minutes or until the meat is quite tender. Add a splash of water or so if necessary, if you notice that the dish becomes too dry.
4. Start cooking the polenta.
5. Cut the sausages into slices, about 1 cm/ 0.4 inch thick. Chop the garlic finely.
6. Add the sausages, garlic, tomato paste and bay leaves to the pan. Pour the white wine, cover again and continue cooking for further 10 minutes or so until the meat is very tender and the sausages are cooked through.
7. Adjust the taste with salt and pepper, but keep in mind that feta is rather salty as well.
8. In the meantime heat the vegetable oil and fry the eggs in a large pan.
9. Divide the stew between four serving dishes, give a fried egg on top of each dish and crumble some of the feta on top of each plate. Sprinkle some parsley over and serve hot with polenta and pickled vegetables.

## Cheese pie with sheets made in the house

### For the dough:

300g flour; 160ml water; 1 small egg; 1 tablespoon of oil (sunflower or olive); 1 teaspoon of salt; 1 teaspoon of vinegar (not malt)

### For the filling:

500g of soft fresh cheese; sour cream) and/or eggs (probably no more than 3);

### For cooking:

100g melted butter or oil (sunflower/vegetable); 1 large egg; 3 good tablespoons of yogurt or sour cream





- ◇ Only fry two or three *papanasi* at a time, depending on the size of your pan, do not overcrowd the pan, the *papanasi* should be able to move around freely. Turn the heat down to medium-low. Turn the doughnuts with a slotted spoon a few times in between and fry until the *papanasi* are golden brown. It took me about 5 to 7 minutes for one batch, but keep a close look and take them out as soon as they have a nice golden color. Or leave them longer if necessary. The little balls will need less time, about 3-4 minutes or so.
- ◇ Place them on plates lined with kitchen paper and pat them dry in order to absorb some of the excess oil.
- ◇ Serve warm topped with sweet cream and blueberry jam. Place the little balls on top and top them with a little sweet cream and jam as well.

**Pork Stew with Cheese and Eggs (Tochitură)** – a traditional Romanian pork stew recipe with cheese and eggs.

#### Ingredients

- 500 g/ 1.1 lbs pork neck
- 1 tablespoon lard or oil
- 1 large onion
- 4 small coarsely-ground smoked sausages
- 3 garlic cloves
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 tablespoons tomato paste
- 2 bay leaves
- 240 ml/ 1 cup dry white wine
- 4 eggs
- 2-3 tablespoons vegetable oil
- about 100 g/ 3.5 oz feta cheese (sheep's cheese is better)
- some parsley
- polenta and pickled vegetables to serve



2. Cover pot and let simmer at medium heat for 40 minutes.
  3. Decant some water into a pot for later.
  4. Open up the lump when boiled. Use a fork to crumble it. If *žganci* appear to dry, add some decanted water. Stir thoroughly and crumble.
  5. Top with lard and cracklings and cover up.
  6. Stir again after a while and serve.
- Žganci* may be an individual dish served with coffee with milk, milk, sour milk, or yoghurt. It is suitable also as a dish to stews and thick sauces.

**Potica** is a delicious 'nut roll' style cake. Sweet dough is rolled thin and then wrapped up with a spread made from various nuts. It's the kind of cake that your Slovenian grandmother is sure to serve when you come to visit! Usually quite a firm cake, there are many different variations on the recipe, which can include chocolate, poppy seeds and hazelnuts. This cake is a firm favourite with all Slovenian's at Christmas time.

#### Ingredients

- 3 cups all-purpose flour (450g)
- 2 tsp active dry yeast
- $\frac{3}{4}$  cup milk (180ml)
- $\frac{1}{2}$  stick stick butter ( $\frac{1}{4}$  cup/56g)
- 2 tbsp sugar
- $\frac{1}{2}$  tsp salt
- 2 large egg yolks

#### Filling

- 3 cups walnuts (300g)
- 1 cup raisins (160g)
- 3 tbsp honey
- 2 large egg whites (beaten)
- 3 tbsp milk
- $\frac{1}{2}$  stick butter (melted) ( $\frac{1}{4}$  cup/56g)

#### Topping

- 1 tbsp butter (melted)



#### Instructions

In the mixing bowl, combine flour and yeast. In a small saucepan, add milk, butter, sugar, and salt. Warm up mixture on the stove to about 110°F (43°C). Butter should be almost melted. Remove. If mixture is too warm, allow to cool to about 110°F (43°C).

1. Add the 2 egg yolks and pour milk mixture over flour. Snap mixing bowl onto stand mixer and attach the dough hook. Beat on low speed for 1 minute. Scrap down the sides of the bowl. Continue to beat for another 5 minutes. Dough should have pulled away from the sides and cleaned the bowl.
2. Remove dough and shape into a ball. Lightly oil mixing bowl. Return dough to bowl, cover with a dinner plate and allow to rise for about 1½ hours or until double in size.
3. While dough is rising, prepare the filling. Process walnuts and raisins in food processor until fine. Transfer to a large bowl. Add honey, egg whites, milk, and melted butter. Mix well.
4. Turn dough onto a lightly floured surface. Roll dough into an 18x20 inch rectangle.
5. Spread filling evenly over the dough keeping to within an inch of the edges.
6. Start rolling dough from the 18-inch edge into a jelly roll.
7. Trim edges with a sharp serrated knife.
8. Place seam side down in a well-greased 10-inch Bundt pan and carefully join the ends.
9. Cover with plastic wrap and let rise in a warm place for an hour.
10. Bake in a preheated 325°F (165°C) oven 50 minutes or until golden brown.
11. Remove and allow cooling in pan for 10 minutes. Invert onto wire rack. Brush with melted butter and allow cooling completely.



**Sasaka - pork pâté** is made from pork and lard marinated in salt, pepper, wine and garlic, then dried and smoked, before being ground and mixed with a chopped onion, and packed in jars or tubes. It is also known as *sassaka*, or *sassaga zassaka*



- a few drops rum aroma
- 75 g/ 2.6 oz/ ⅓ + 1 tablespoon granulated sugar
- 1 sachet vanilla sugar
- 230 – 250 g/ 8.1 – 8.8 oz / about 2 cups all-purpose flour
- 1 teaspoon baking soda (regular teaspoon, not measuring one)
- cooking oil for frying the doughnuts
- 250 g/ 8.8 oz smetana/ about 1 cup (or crème fraîche) to serve
- whole fruit runny blueberry jam to serve (or sour cherry, blackberry, black currants jam etc)



### Instructions

- ◇ Drain the excess water from the cottage cheese. Give the cottage cheese to a bowl. Add the eggs and the rum aroma, the granulated and vanilla sugar. With an immersion blender, blend the ingredients until you obtain a rough paste. The cottage cheese should not be turned into a smooth paste, just blended a little bit in order to make the cheese balls a little finer.
- ◇ Mix about 230 g/ 8.1 oz of the flour and the baking soda and give them to the cheese mixture. Mix with a spoon.
- ◇ Flour the working surface and your hands generously. Turn the dough onto the floured surface and knead it lightly to form a ball. The dough should still be somewhat sticky, yet manageable. Add the remaining flour only if absolutely necessary, only if the dough sticks so much that you will not be able to work it at all.
- ◇ Divide the dough into 9 balls. Roll 8 of the balls into thick sausages and unite the sausage ends to get a circle with a hole in the middle. Use the last ball to make 8 little balls, which will be used to top the *papanasi*.
- ◇ In the meantime, heat the oil in a pot. Use enough oil to have about 5-6 cm/ 2- 2.3 inches of it in the pot. To check if the oil has reached the right temperature, insert a toothpick in the oil, if there are blisters forming around the toothpick, you can start frying the *papanasi*.



- Be careful with the salt, not too much is needed because the sour cabbage is already salty. Mix well using your clean hands.
- Remove all the cabbage leaves and cut each leaf in half. Romanian cabbage rolls are traditionally smaller than the Polish cabbage rolls, so that's why I recommend cutting each leaf in half, otherwise you can use the entire leave for one roll.

- Fill each leaf with about a couple tbsp of the meat mixture and roll. Repeat with all the remaining meat and cabbage. If you have any cabbage left over, chop it up and spread it over the bottom of a big pot.



- Put all the rolls in the pot, add the chopped bacon in between the cabbage rolls and add the tomato juice over the rolls. Add more water if needed, the juice should cover the cabbage rolls entirely. Cover the pot with aluminum foil or a lid.
- Place in the oven and bake for 2 hours, remove the foil or lid and place back in the oven and cook for another 1 1/2 to 2 hours. Serve hot with a bit of sour cream on top.

**Romanian Fried Cheese Doughnuts with Jam** - are one of the best known desserts in Romanian, something you will probably find on the menu of every Romanian restaurant out there. No wonder, they are quick and easy to make and utterly delicious, something that both children and grown-ups will love. I am telling you, if you tried *papanasi* once, you will remember them for the rest of your life, and you will probably look for a recipe and try to make them yourself at home. They are that good!

#### Ingredients

- 500 g/ 1.1 lbs/ 2 ¼ cups cottage cheese
- 2 eggs

#### Dining Etiquette

- \* If you are invited to a Slovenian's house:
- \* Arrive on time or within 5 minutes of the stipulated time as this demonstrates respect for your hosts.
- \* Dress conservatively and in clothes you might wear to the office.
- \* It is common to remove your shoes at the door. Most hosts will offer slippers to guests to wear.
- \* Slovenians tend to separate their business and personal lives. Therefore, it is a good idea to refrain from initiating business discussions in social situations.
- \* Expect to be offered some form of refreshments, even if you have not been specifically invited to a meal.
- \* It is common for the host to accompany guests to their car when they leave.

**Romanian cuisine** is hearty, flavorful, and heavily influenced by the peoples that the area has come into contact with. Major influences have come by way of the Ottoman Empire as well as the Greeks. For example, the Turks brought meatballs and meat filled cabbage rolls ("*sarmale*") with them; whereas the Greeks came with the moussaka ("*musaca*").

Much like the culture of Romania in general, the country's cuisine reflects its wide and varied history. Romanian food is hearty and honest, with traditional cooking methods largely continued to this day.

Coming to Romania is a must for any travel enthusiast and food lover because there is such richness in terms of traditional cuisine, that your senses will be absolutely spoiled with amazing and intense flavors. Romanian cuisine may not be as fancy as French cuisine, and it isn't too spicy or too complicated either. But it is interesting and inviting, and it is the perfect comfort



Pork is the most beloved “vegetable” but Romania also excels at soups and salads.

The most peculiar thing about Romanian food is that it has a very familiar taste, but at the same time it tastes like something you’ve never tried before. This is because the traditional cuisine is actually a mix of dishes and cooking techniques borrowed from neighboring cultures, such as Hungarian, German, Turkish and Slavic, but transformed and Romanised with local herbs and spices.

## ROMANIAN RECIPES

**Tripe Soup** - a traditional Romanian sour soup made with beef tripe, garlic, sour cream and vinegar.

### Ingredients

- 3 lbs beef tripe
- 10 cups water
- 1 piece beef bone
- 2 carrots
- 8 cloves garlic minced
- 1 celery root
- 1 large onion
- 2 cups sour cream
- 1/3 cup vinegar
- 3 eggs
- 1 parsnip
- salt and pepper to taste
- parsley
- 1 tbsp olive oil



### Instructions

1. You can find tripe and beef bone pretty much in any grocery store. First thing you have to do is wash the tripe really well, when it's clean it should be white. The purpose of the beef bone and all the vegetables, excluding the garlic, is to flavor the soup, so we will take them all out later.

2. In a big pot add the tripe, bone, carrots, celery root, onion, parsnip and boil for 2 to 3 hours. One thing worth mentioning is do not chop the vegetables, leave them whole, so we can easily strain them.

3. Take out the tripe and the bone and strain the rest of the vegetables, leaving the broth nice and clear. Cut the tripe into really small pieces, about 1 cm wide by 2 cm long. Add it back to the broth.

4. Shred the boiled carrots and in a small pan add a tbsp olive and saute the carrots for 2 to 3 minutes.

5. In a small bowl mix the sour cream and the eggs together really well and add to the soup. Add sauteed carrots, the minced garlic and the vinegar to the soup as well. Add salt and pepper to taste and let it come to a boil again. Make sure you taste it and if you require more vinegar feel free to add more.

6. Garnish with parsley and serve hot. Serve with additional sour cream or vinegar if preferred.

**Romanian Cabbage Rolls** - are made with sour cabbage stuffed with pork and beef and little bit of bacon, the best cabbage rolls you will ever have.

### Ingredients

- 2 tbsp vegetable oil
- 1 large onion chopped
- 1/2 cup rice uncooked,
- 2 lb ground pork or whatever meat you prefer
- 1/4 cup parsley chopped
- 1/4 cup fresh dill chopped
- salt and pepper to taste
- 2 lb sour cabbage leaves
- 15 slices bacon chopped
- 4 cups tomato juice



### Instructions

Preheat the oven to 375 degrees.

Heat the oil in a skillet, add the onions and cook until softened and translucent. Add the rice and cook for another minute. In a large bowl, add the ground pork, salt, pepper, parsley, dill and the onion and rice mixture.