

Living Sustainability

the Cooklet



INTRO

These delicious recipes were realized during the Erasmus + project Living SustainAbility by two of the leaders helped by the participants assuring good quality food and a good balance of nutrients for the hungry group after a long day of hard work.

Some dishes are traditional, some are simple improvisation of the moment.

Try them out and enjoy the flavours.





The master chefs:
Lyuben and Goce

BAKED POTATOES WITH SPICES AND RIBS

- small potatoes for baking
- pork ribs
- spices (fresh Rosemary, pepper, salt, red paprika powder) or (ginger powder, garlic, schnittlauch) or (curry powder salt, pepper)
- for the ribs - paprika flakes, salt, pepper and fresh rosemary

Wash the potatoes and cut them in slices or cubes, put them in a tray and add the spices (any of the combination above) and olive oil. Put them to bake for 30 min at 200° C until they are half done. Add the ribs on top and let them another 30 min until the potatoes are golden and a bit crunchy and the ribs are done. Same recipe can be done without the ribs, just let the potatoes go crunchy.





RICE WITH CABBAGE

- Rice
- Cabbage
- Paprika
- Onion
- Carrots
- Garlic
- Spices: salt, pepper, red paprika powder

Cut the cabbage in small lines and use your hands to squeeze the juice out. Wash the rice until the water is clear. Cut the onion, paprika and carrots in small pieces and start frying it in the pot with a bit of oil. Cut the garlic in small pieces and add it to the pot just before you add the cabbage. Add the cabbage when the other vegetables are done and stir until the volume of the cabbage goes down. Transfer the content from the pot into a tray and add the rice and water until it covers the content. Add the spices and put it to bake until the rice is done.

PASTA WITH NETTLES AND CHEESE

- pasta
- nettles
- grinded yellow cheese
- salt, pepper

- Boil the pasta in deep pot. Clean the nettles from bugs and wild grass. Put it in a steaming pot or boil it for very short time until soft and tender.
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- Transfer the pasta into tray, add the steamed nettles and grind yellow cheese into the mixture.
- Add salt and paper and put it to bake until the cheese melts.
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- Serve with fresh salad because the baked pasta tends to get dry.





Pumpkin soup

- pumpkin (squash)
- vegetable stock
- Vegetable oil
- Pumpkin oil
- garlic
- ginger powder
- turmeric
- Pumpkin seeds

Cut the garlic in small pieces and put it to fry in oil in a large pot. After the garlic goes little bit brown, add the water and the vegetable stock. When the water is warm add the potatoes and pumpkin already chopped in small pieces. Boil them until they get very soft and after that remove the pot from fire and use a blender to create a cream soup. Return the mixture to the fire and add the ginger powder, turmeric, salt, pepper.

Boil a little bit more until the mixture is homogenized.

Serve with pumpkin seeds and pumpkin oil in each plate.

GREEN SALAD WITH AVOCADO DRESSING

- green salad
- avocado
- lemon
- lime
- ginger
- olive oil
- salsa
- Samardala(spice from Bulgaria)
- coconut milk/cream

Mix the avocado with one lemon and one lime juice, add salt, a teaspoon of fresh ginger and 2 tablespoons of coconut milk or cream. If you can find it, add the special Bulgarian spice - Samardala.

Add this mix to freshly washed green salad and season with olive oil and nuts.





Leek with tomatoe souce (Salsa)

- leek
- tomato purée
- salt
- pepper
- garlic

Peel the tomatoes, cut the leek in small pieces. Blend the tomatoes and add the leek without blending it.

Add the spices and garlic cut in tiny pieces. Mix until homogeneous.

To be served cold as a salad.

BEANS HUMMUS

- 500 g good quality beans
- olive oil
- salt
- red chilli pepper
- backed red pepper/dried red pepper
- onion
- garlic

Soak the beans for 24h, remove water. Boil the beans until they are ready, remove the water, smash them and add olive oil and salt.

Bake the peppers and peel them. Cut them in small pieces.

Stew the onion and the garlic.

Mix the onion, the beans and the peppers in one pot. Add pepper, salt and hot red pepper or ordinary one if you don't like spicy food.

You can also use red dry pepper and chubritza (fresh thyme).



POTATOES, EGGS QUICHE WITH 4 TYPES OF CHEESE

- 500 g potatoes
 - 5 eggs
 - spices : salt, pepper, oregano ,
rosemary, thyme
 - feta cheese 150g
 - Gouda 150g
 - Emmental cheese 150g
 - Mozzarella 150g
 - butter 50g
 - 2 onions
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- Cut the potatoes into big circles, boil them for 5 min in boiling water.
 - Grate the cheese, mix with the eggs.
 - Stew the onion with butter for 10 min and mix it with the eggs.
 - Put the potatoes with butter into hot oven 200°C for 5-10 min. Get them out and mix with the eggs. Put the mixture in the oven for 20 min.





HE WHO CONTROLS THE SPICES, CONTROLS THE UNIVERSE

FRANK HERBERT



*Inter
Aktion*

*Special
traditional
recipes from
Syria and Spain*



The master of the
Syrian food

Majd Alhomsí



FALAFEL

- dry chickpeas
 - onion
 - coriander
 - cumin
 - salt
 - garlic
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- Put the chickpeas in the water 24h before cooking them.
 - Cut the onion and garlic in small pieces.
 - Put the chickpeas together with the onion, garlic and spices in the blender. After everything is mixed well, the composition is ready to be fried.
 - You can find a special tool for making the falafel circles, but in case you don't have one, you can just make small balls and press them and put them to fry in deep hot oil. Fry until they get golden/brown. Take them out on a paper towel.
 - Serve them on a wrap with salad and humus or eat them just like that with a side dish.



HALAWET EL JIBN (SWEET CHEESE ROLLS)

For the syrup:

2 cups granulated sugar

1 cup water

A squeeze of lemon juice

$\frac{3}{4}$ teaspoon orange blossom water

$\frac{3}{4}$ teaspoon rose water

For the sweet cheese rolls:

1 cup water

$\frac{1}{2}$ cup sugar

1 cup fine semolina

284g mozzarella

2 tablespoons rose water

400g mascarpone for filling

Combine together the sugar, water and squeeze of lemon juice. Set on the stove over medium high heat. Bring to boil, then immediately reduce the heat to low and let it simmer for no longer than 10 minutes. Stir in the orange blossom and rose water.

In a saucepan heat together the water and sugar. Bring to boil then add in the fine semolina, stirring constantly with a spatula until well combined and slightly thickened. Turn down the heat to medium, then add in the cheese and rose water, and stir well until the cheese melts and the mixture forms a soft, cohesive dough. Allow to cool briefly until it's warm enough to handle.

Turn out the dough onto a sheet of plastic wrap and cover with another sheet. Roll out the dough between the 2 sheets of plastic wrap and add the mascarpone. Using the plastic wrap under the dough, lift the dough and roll it over the cream filling, until the cream filling is completely covered. Serve with rose water syrup and ground pistachios.



*The masters of
Tortilla de patatas*

Manuel Reyes y Elena Diaz



Tortilla de patatas

- potatoes
- onions
- eggs
- salt
- pepper
- oil

Cut potatoes in small pieces, same the onion. Heat a lot of oil in a non-sticky pan at medium heat. Add potatoes and cook until crisp-tender, 10-15 min. Add onion and cook until both are soft. Transfer mixture into a large bawl and let cool slightly.

Strain oil into a heatproof bowl; set aside. Add the eggs to the mixture and season with salt. Return in the pan 1/4 of the oil set aside over medium heat. Add the mixture arranging the potatoes to submerge.

Cook 20-30 min at medium heat until slightly brown. Invert onto large plate and keep cooking another 5 min until golden on bottom and cooked inside.