



European
Commission



‘My Plate My Taste’ Etwinning Project Recipe Booklet

MY PLATE MY TASTE



Made by MUSTAFA MILLIK

CONTENT

RECIPES



ÇİÇKÖFTE

From Katar İmam Hatip Secondary School

.....

3

THE BOUGNA

From College Wani

.....

4

NORWEGIAN SVELE

From Huseby Ungdomskole

.....

5

STUFFED VINE LEAVES

From Aydınkonak Secondary School

.....

6

KUYMAK

From Fatsa Dumlupınar Primary School

.....

7

RED BEETROOT SOUP

From Gülyalı Merkez Primary School

.....

8



CONTENT RECIPES



CİMCİK

From Çinikent Special Education Middle School

..... 9

BAKED CORNBREAD WITH HERBS

From Manisa Central Osmanlı Imamhatip Secondary School

..... 10

ANİŞE DONUTS

From IES Vilar Ponte

..... 11

KALE MASH

From De Windroos

..... 12

SOURDOUGH BUNS

From Základní škola T. G. Masaryka Šardice

..... 13





ÇİĞKÖFTE

INGREDIENTS

- 3-4 big onions
- ¼ cup canola oil
- ¼ cup lemon juice
- 2 lb fine bulgur (cracked wheat)
- 1 lb lean ground beef
- 2-3 Tbsp salt
- 2 tomatoes
- 5-6 cloves garlic
- 5-6 Tbsp isot (crushed hot pepper)
- 1-2 Tbsp cumin
- 750 gr red hot pepper paste/ tomato and pepper paste mix



PROCESS

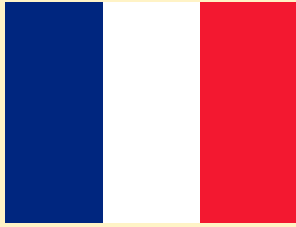
Process the onions in food processor. Then, take it along with bulgur in a large mixing bowl. Rub the mixture in between your palms, to give bulgur a full onion flavor (about 10 minutes). Add pepper paste/ pepper and tomato mix paste, salt, isot and cumin

Keep rubbing all the ingredients in between your palms pressing hard. Then, add the ground beef and push the mixture through the bottom of the bowl strongly. Dip your hands in cold/ ice water occasionally to ease the process. Keep kneading for about 30 minutes and make sure the bulgur is softens enough.

Meanwhile, crush tomato and garlic in the food processor, and then add into the bulgur mixture. Add lemon juice and canola oil as well. Knead for a couple of minutes and grab walnut size pieces or bigger if desired. Place them right inside your palm and squeeze gently to give the right shape as seen in the picture

Serve with lemon wedges and lettuce leaves.





THE BOUGNA



INGREDIENTS

$3\frac{1}{2}$ litre of coconut milk

1 chicken

1 tarot

1 yam

3 sweet potatoes

1 bunch of green onion

3 bananas Poingo

2 yellow onions

Salt and pepper



PROCESS

Colour your poultry in a pot and then remove it.

Peel your vegetables: The tarot must be peeled by removing the bark like a skin, see photo. Once peeled, the yam must be scraped with a fork and then cut into small pieces with the fork as the old ones do traditionally, because this allows to have vegetables less stringy and more tender.

Chop your onions coarsely.

Arrange your vegetables in the bottom of the pot and then add the fried chicken, yellow and green onions.

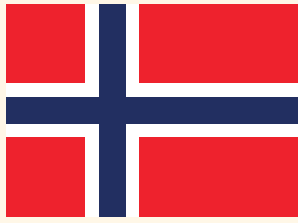
Season with salt and pepper

Add your coconut milk and moisten with water at ingredient level.

Cook on low heat for about 1h30 with the lid

Serve rice with because a meal without rice in Caledonia is not really one!.





NORWEGIAN SVELE



INGREDIENTS

4 eggs

6 tablespoons sugar

Approx. 500 g all-purpose flour

1 tablespoon level baking soda

½ teaspoon hartshorn (ammonium bicarbonate)

1 liter Kefir/Milk

2 tablespoons melted butter

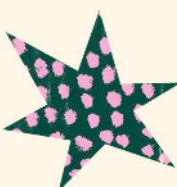
PROCESS

Whisk the eggs and sugar well.

Mix the flour, baking soda, and hartshorn, and add it alternately with the kefir/milk. Finally, stir in the melted butter.

Cook the svele on a griddle or in a frying pan.

Serve the svele how you want! They taste great with strawberry jam, sour cream, or sugar and butter!





STUFFED VINE LEAVES



INGREDIENTS

Fine bulgur

Semolina

Flour

Tomato paste

Salt and pepper

Oil

Diced cooked chicken

Onion

PROCESS

Put bulgur in a bowl. Add hot water. Wait 10–15 minutes.

Add semolina, flour, tomato paste, salt, and pepper. Mix and knead until it becomes dough.

Cook chopped onion in a little oil. Add diced chicken, salt, and pepper. Mix and cook for a few minutes.

Take some dough. Make a hole in the middle. Add some chicken filling. Close it and make a ball or oval shape. Boil the balls in hot water until they float — or fry them in oil until golden

Serve hot. You can add lemon or yogurt if you like.





KUYMAK

INGREDIENTS

4 tablespoons of corn flour

2 cups of water

2 tablespoons of butter

1 cup of string cheese, infidel cheese and kashar cheese mix

Salt (as much as you want depending on the salt content of the cheeses)



PROCESS

Put 2 tablespoons of butter in a copper or teflon pan and melt it.

Add 4 tablespoons of corn flour and salt and roast the flour.

When it changes color and gives off its smell, slowly add 2 cups of cold water.

Stir to prevent clumping.

Cook on low heat for about 5 minutes until it absorbs the water and gives the oil.

At this stage, add our cheese mixture and, without stirring too much, turn off the heat when the cheese melts and the oil comes out on the surface again and serve it hot.

Enjoy your meal...





RED BEETROOT SOUP



INGREDIENTS

2 medium red beets
1 medium potato
1 large carrot
1 medium onion
2-3 cloves of garlic
Half a coffee cup of oil
2 cups of broth
2 cups of water
Salt

PROCESS

First, we peel the beets, carrots, onions and potatoes and chop them into small pieces (I used a pressure cooker to cook them in a short time, as boiling them for a long time will reduce their benefits)

We heat the olive oil in the pressure cooker very little and add the onions and garlic to the heated oil.

After turning it a little, we add all the ingredients we chopped and fry for 2-3 minutes.

Then we add the broth, water and salt and close the lid.

After boiling it in the pressure cooker for 10 minutes, we put it in a blender until it reaches a smooth consistency and serve it hot.



CİMCİK



INGREDIENTS

Flour

Egg

Salt

Butter

Garlic

Yogurt

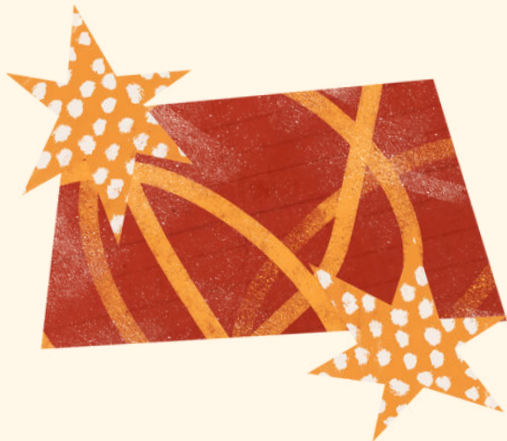
PROCESS

Flour is opened like a pool in a structure. Egg, salt, water are added. Dough is kneaded. After kneading, it is separated into balls. Doughs are rolled out as a single round. Floured. It is rolled equally on two levels with a rolling pin.

It is divided in half from the middle. It is cut 1 finger wide. It is thrown on the knife. It is cut small.

It is aired and bounced by hand. It is pinched one by one. It is made crosswise so that 40 pieces fit into 1 spoon.

It is carried to the storage area. Spare yogurt is transferred on it. It is served.





BAKED CORNBREAD WITH HERBS



INGREDIENTS

2 eggs

1 cup plain yogurt

½ cup vegetable oil (such as sunflower or olive oil)

1½ cups corn flour (fine cornmeal)

½ cup all-purpose flour

1 packet baking powder (10 g or 2 tsp)

1 tsp salt

1 bunch fresh parsley, finely chopped

1 cup crumbled white cheese (like feta)

1 bunch fresh dill, finely chopped

Optional: green onions or mint for extra flavor



PROCESS

Preheat your oven to 180°C (350°F).

In a large bowl, whisk together the eggs, yogurt, and oil until smooth

Add the corn flour, all-purpose flour, baking powder, and salt. Mix well.

Fold in the crumbled cheese and chopped herbs. Mix until everything is evenly combined.

Pour the batter into a greased baking dish or a parchment-lined pan.

Smooth the top with a spatula and, if desired, sprinkle a bit of extra cheese or sesame seeds on top.

Bake in the preheated oven for about 30–40 minutes, or until golden brown and a toothpick inserted into the center comes out clean

Let it cool slightly before slicing and serving..



ANISE DONOUTS

INGREDIENTS

- 1 Cup of Flour
- 3 Spoons of Sugar
- 2 Eggs
- 1 Baking powder
- 2 Spoons of Anise
- 1 Lemon



PROCESS

- Grind the peel of the lemon in a bowl
- Mix all the ingredients with the peel.
- Finally add the flour and knead gently
- Pour some flour on the worktop and shape the dough
- Fry the donuts in oil
- Let them cool and cover with some sugar





KALE MASH

INGREDIENTS

300 g chopped kale
500 g floury potatoes
1 large smoked sausage
1 dash of warm milk
20 g butter
1 teaspoon mustard
salt and pepper
pinch of nutmeg
apple sauce



PROCESS

Bring a large pan of water with a pinch of salt to the boil and add the potatoes in equal sizes.

Add the chopped kale and let it float on top of the potatoes.

Put the lid on the pan and cook the potatoes and kale for about 20 minutes. Drain and then mash finely.

Add the butter, mustard and milk and mix into a smooth puree. Season the kale mash with a little pepper, salt and nutmeg...

Heat the smoked sausage and serve with the kale.

Also delicious with some (homemade) apple sauce or fried bacon.





SOURDOUGH BUNS



INGREDIENTS

For dough:

42 grams fresh yeast

100 grams sugar (granulated)

250 grams milk

600 grams plain flour

200 grams oil

2 yolks

1 egg

A pinch of salt

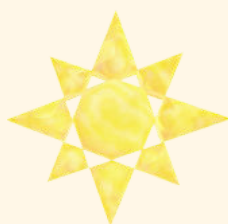
Jam filling (plums)

For finishing:

Butter

Rum

Sugar icing (powdered)



PROCESS

First prepare the sourdough starter from yeast, sugar and milk – these ingredients put into a mixing bowl, heat for 37 °C and gently mix 2 minutes.

Then add all the remaining ingredients (flour, oil, egg yolks, egg, salt) and knead (make) the dough (ca 5 minutes or more – the dough must be smooth).

Then let the dough rise for about 20 minutes.

Now make small patties from the dough and fill them with filling, close them, roll them in your hands, and put them in the baking dish (with baking paper or greased with butter).

Brush them with mixture from melted butter and rum, let rise for about 10 minutes (covered with a towel), and bake at 160 °C for about 30–40 minutes (until golden).

After baking brush them again with mixture from melted butter and rum, let cool and dust with icing sugar.

