

European Cooking Book



I.E.S. JUAN DE HERRERA

SAN LORENZO DE EL ESCORIAL

Regional Specialities from

San Lorenzo de El Escorial (Region Madrid/Spain)

Trani (Apulia/Italy)

Nurdagi (Turkey)

Friedberg (Bavaria/Germany)



This cooking book is one of the results of the multilateral COMENIUS Project “Globalisation and regionalization of food” (2013-2015).

The recipes in this book are collected and cooked by students from the following schools:

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Disclaimer

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



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SEASONAL AND LOCAL FOOD

Benefits of eating seasonal food

- **Health:** helps to support our body's natural cleansing and healing abilities.
- **Sustainability:** offers better taste and quality.
- **Environment:** reduces the number of miles the food has to travel; reduces pollution.
- **Economy:** buying locally grown food helps to provide financial support to the local farmers.

Eating summer food in winter?

Travelled a long way: environmental pollution.
Depends on chemicals and preservatives.

Why is seasonal eating natural and instinctive?

Seasonal food gives you all the ingredients your body needs at this time of the year.

Why is seasonal food better for your body?

When it's summer our body need food with a high fluid content, because it's hot and you sweat a lot, so food like strawberries, watermelons and raspberries helps us to stay hydrated.

Good for the environment:

Reduces the number of miles the food has to travel before it reaches the people's plates: less pollution.

Benefits of local food

- **Better taste:** vitality and fresh flavor.
- **Shorter transport ways:** less emissions.
- Support of local farmers.
- Benefits the environment and wildlife because of a sustainable ecosystem
- You can rely on the quality and trust the farmers.
- **Less packaging.**
- You're increasing the value of the land.
- No genetically modified food.
- Local food is about the future because it guarantees a healthy and sustainable future for the next generations



Spanish specialities

Tortilla de patatas



Difficulty: Easy.

Ingredients:

- 1 – 1,5 kg of potatoes
- Olive oil
- ½ onion (optional)
- 1 green pepper (optional)
- 6 or 8 eggs
- Salt

Steps

Step 1:

- Peel the potatoes.
- Clean the potatoes.
- Cut them in slices.
- Heat the olive oil.
- Put the potatoes in the oil and fry them

Step 2:

- Cut the onion and pepper in small pieces (optional).
 - Put a pan with olive oil in the fire, and wait for the ingredients to be golden.
 - When the potatoes are soft, mash them and drain the oil.
 - Dump the pepper and the onion.
- (Do not throw away the oil, we will use it later)

Step 3:

- Beat the eggs and add a teaspoon of salt.
- Dump the potatoes, peppers and onions in the eggs that have been beaten previously.



Step 4:

- Warm up the pan using the leftover oil.
 - Add all the ingredients.
 - From time to time flip the Tortilla so that it is not burned.
 - Done, enjoy!
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Gazpacho



Difficulty: Easy.

Ingredients:

- 1 kilo of ripe tomatoes
- 1 cucumber
- 1 green pepper
- 1 small onion
- 1 clove of garlic minced
- Salt to taste, 6 table spoon extra of virgin olive oil and 3 table spoons of wine vinegar.
- Small portions of diced tomatoes, red and green peppers, cucumber, onion and bread or croutons to sprinkle on top.

Steps

Step 1:

- Cut and peel all vegetables.
- Beat all ingredients.
- And then, add salt oil and vinegar
- Strain through a potato masher

Step 2:

- You can add small pieces of pepper, onion, cucumber, tomato or bread
- Ready to serve!



Paella mixta



Difficulty: Medium/Difficult.

Ingredients:

- ½ Kg chicken meat
- 2-3 cloves of garlic
- 200 g of chopped tomatoes
- 350 g rice
- 700 ml of chicken stock
- 250 g of squid
- 7-8 prawns
- 250 g red pepper, green pepper, saffron, olive oil and salt

We prepare all the ingredients in the same paella dish to seal the flavours.

Steps

Step 1:

- Heat a little olive oil in the paella pan.
- Add the peppers into small dices until they are golden, and then add the chopped garlic.
- Once we have stirred it for one minute, we add the chopped meat and continue stirring for two minutes more.

Step 2:

- Put the seafood and the tomato into the paella dish and wait until the tomato is completely reduced.
- Add the rice just after that.

Step 3:

The stock.

In another pan, we prepare the stock. Thus, we will not interrupt the rest of the cooking.



- Put the leftover bones and skim from a chicken carcass into a large stock pot and cover with cold water.
- Add veggies like onion, carrots, parsley.
- Add salt and pepper.
- Bring to a boil and reduce heat to bring the stock to a simmer.
- Simmer uncovered occasionally skimming off the foam that comes to the surface.
- Remove the bones and drain the stock.

Step 4:

- Pour now the exact amount of stock into the pan. The most commonly suggested ratio is 2 cups liquid to 1 cup rice.
- Turn up the heat to bring it to a boil, and reduce it to a simmer and let the paella cook. If you see that the paella is turning too dry, add a splash or two of hot stock and let cook a bit longer.

Step 5:

- Add now the saffron and the salt. Do not stir the rice, just stir the paella dish and leave 15 minutes of cooking.
- After 15 minutes cooking let the paella settle for 3 or 4 minutes covered with a cloth or foil.

Albóndigas (meatballs)



Difficulty: Medium

Ingredients:

- Three eggs
- 500 g of minced beef or pork (or a mixture of both)
- 1 garlic clove chopped
- 1 onion
- 1 green pepper
- Olive oil
- Flour for coating and thickening
- Salt and pepper



Steps

Step 1:

- For the meatballs, put the minced meat in a bowl with the onion, garlic, salt and pepper.
- Mix with your hands until well combined, add the beaten eggs and mix until well combined. Then, leave the mixture into the fridge for 8 hours more or less.

Step 2:

- Shape the mixture into small meatballs. You can use a spoon to help.
- Sprinkle some plain flour onto a plate, and roll the meatballs in the flour to coat lightly.

Step 3:

- Heat 2 tablespoons of the olive oil in a frying pan and add a few meatballs to the pan.
- Fry gently until they are golden-brown on all sides. Remove from the pan and set aside to drain.

Step 4:

The sauce

- 300 ml of water
- ½ onion finely chopped
- ½ green pepper chopped
- 2 table spoon of flour to thicken the sauce
- Salt

Fry the onion, pepper and garlic over a medium heat until the onions are soft and lightly coloured. Add the flour and pour in 300ml of water.

Step 5:

- Bring to the boil, simmer for or 2-3 minutes to thicken, season with salt to taste, and then add the meatballs already cooked to the pan. Simmer for 10 minutes to warm through before serving.



Patatas revolconas



Difficulty: Easy

Ingredients:

- Spicy sausage meat, like chistorra or chorizo
- 2 potatoes
- Cayenne or paprika
- Olive oil
- Salt

Steps

Step 1:

- Wash the potatoes and peel them.
- Cut the potatoes in pieces and put them in a pan with water.
- Add some salt, mix the salt in the water and boil the potatoes for 10-15 minutes.
- When the potatoes are boiled, drain the water and take out the potatoes from the pan.
- Keep the potatoes warmed up.

Step 2:

- Pour some olive oil in the pan, cut the meat and fry it for 1 minute.
- Squash the juice out of the meat and add to the potatoes.

Step 3:

- Put the potatoes in a bowl or a plate.
- Add some cayenne and squash the potatoes.

You may now eat both the meat and the mashed potatoes!



Torrijas



Difficulty: Easy

Ingredients:

- 1 l of milk
- 2-3 spoons of sugar
- 2-3 eggs
- Special bread for torrijas. If you don't find it, use normal bread.
- Cinnamon

Step

Step 1:

- Cut the bread in slices.
- Beat the eggs in a bowl.

Step 2:

The syrup

- Mix hot milk, sugar and cinnamon.

Step 3:

- Pour some olive oil in a pan until it is hot.
- Deep the slices of bread in the syrup, then soak it inside the beaten eggs and fry it.

Step 4:

- When the torrijas are cold, spread the remaining syrup over them



Tarta de Santiago



Difficulty: Medium

Ingredients:

- 250 g of raw ground almonds
- 250 g of sugar
- 5 eggs
- Cinnamon
- Lemon skin
- Icing-sugar

Steps:

Step 1:

- Preheat the oven to 120° up and down
- Mix the almonds, the lemon skin, the sugar and the cinnamon in a bowl.
- Beat the eggs in another bowl and mix everything.

Step 2:

- Add the mass in a mould with butter and introduce it in to the oven for 30 minutes at 180°.

Step 3:

- Draw the cross in a paper and cut it. When the cake is cool, put the cross at the top. Then, sprinkle the icing-sugar and remove the cross with care.

The cake is ready!



German specialities

Bavarian Apple Strudel (from grandma`s kitchen)



Difficulty: Medium

Ingredients:

Dough:

- 250 g powder
- 50 g butter
- 150 ml lukewarm water

Stuffing:

- 1,2 kg apples (Elstar or other similar type)
- 100 g sugar
- 30 g breadcrumbs
- 1 pinch of cinnamon powder
- About 500 ml milk

Steps

Step 1:

- At first you have to heat the butter until it melts. For this you have to place the butter into a microwaveable bowl and put it into the microwave.
- Mix all the ingredients of the dough together with your hands.
- Afterwards, you have to knead the three components into a smooth dough. It takes approximately ten minutes. Allow the dough to rest under a warm bowl for another 30 minutes.

Step 2:

- Subsequently, you have to roast the breadcrumbs at medium heat (without any shortening) until they lightly brown.

Step 3:

- During this process you have to peel the apples and cut them into small pieces. Then you have to add the sugar and the pinch of cinnamon powder –depending on your taste- to the apples.



- Furthermore, divide the dough into two parts. Use a rolling pin to roll out one off the halves until it is thin and put it on a kitchen towel.

Step 4:

- Spread 15 g of the breadcrumbs on the pastry. Be careful, you have to spare the borders (about 2 centimeters). Pour the apple filling onto the dough.

Step 5:

- Now you have to form one big dough roll with the help of the towel and put it in the casserole.
- Repeat the procedure with the other half of the dough.

Step 6:

- Pre-heat the oven up to 180°C.
- As the second last work step you have to fill up the casserole with milk until the apple strudel is half covered.
- Finally the apple strudel has to be baked in the pre-heated oven for one hour.

Enjoy your meal!!!

Best served with vanilla sauce and whipped cream.



Dampfnudeln (yeast dumplings)



Difficulty: Easy/Medium

Ingredients:

- 500 g of flour
- 1 pack of dry yeast
- 2 eggs
- 1 pinch of salt
- 2 tablespoon sugar
- 2 tablespoon oil (not olive oil)
- 1/2 cup of milk
- 3 tablespoon clarified butter

Steps

Step 1:

- Put the yeast into a cup half full with lukewarm milk and let it sit for 15 minutes.
- After that you put the flour, salt, sugar, oil, eggs and the milk with the yeast into a bowl.
- Knead everything (if you have one, use a kneading machine) until the dough dissolves from the bowl.
- Then let it rest under a towel for another 30 minutes.

Step 2:

- Afterwards, the dough should have twice the size than before.
- Shape balls with your hands of the size of snowballs. Let them rest under the towel for another 20 minutes.

Step 3:

- Heat 3 tablespoons of clarified butter and 200 millilitres of water in a pan.
- Put the dough balls into the pan after the butter has melted.
- Cover it with a lid and let it cook for about 30 minutes.

The “Dampfnudeln” are best served with vanilla sauce or/ and blueberries.



Swabian cheesespaetzle



Difficulty: Easy

Ingredients:

- 600 g of flour
- 4 whipped eggs
- a little bit of water
- 300 g of Emmental cheese
- salt
- pepper

Steps

Step 1:

- At first you put the flour and the whipped eggs in a bowl and then you mix them with an electric mixer.
- After this process you give a little bit of water into the bowl and mix again. –
- Now the dough should be sticky. If you think that the dough is too liquid, add a little bit of flour until it gets the right consistency.

Step 2:

- Subsequently put a large pot of salted water on the stove and bring to a boil.
 - Now you need a spaetzle slicer to make the spaetzle. Put the slicer on the pot and fill in the dough.
 - Then squeeze the dough through the holes into the boiling water. Cook the spaetzle until they rise to the surface of the water (1 to 2 minutes).
- (If you don't have a spaetzle slicer you can put the dough on a chopping board and scrape off little spaetzle directly into the boiling water with a knife)

Step 3:

- After that, strain them and put them into a bowl.
- Now you put cheese over the spaetzle and stir them.- Mix in salt and pepper to taste
- You repeat this process until there are no more dough and cheese.



Swabian Maultaschen (with minced meat filling)



Difficulty: Medium

Ingredients:

For the dough:

- 300 g of flour
- 2 eggs
- half a cup of water
- 1 dessertspoon of salt

For the filling:

- 300 g minced meat
- 1 onion, chopped
- salt and pepper

Steps

Step 1:

- Add all the ingredients for the dough in a large mixing bowl.
- Knead them with your hands until you have a smooth dough.
- Form it into a ball, cover it with a damp cloth, and let it rest until the filling is done.

Step 2:

- For the filling chop the onion and mix it together with the minced meat, salt and pepper. Depending on your pleasure you can add other spices.

Step 3:

- Now you can stretch the dough carefully with your hands on a well-floured surface, afterwards roll the dough out with a rolling pin as thin as possible.
- After that cut out shapes with any form you want (eg. cup).
- Take some of your filling (depends on how big your Maultaschen are) onto half of the shaped dough, let the edges blank.



- Now fold the other half of the sheet of dough over to cover the filling and press the edges together with a fork or your fingers.
- Keep going until the entire dough is finished.

Step 4:

- Finally, put the Maultaschen into boiling saltwater and let them simmer for 15 - 20 minutes depending on the size.
- When each Maultasche has risen to the top, scoop them out into a sieve.

Step 5:

- The Maultaschen are now ready to be eaten, they may now be added to a broth soup or any sauce you want.

Schweinebraten



Difficulty: Medium

Ingredients:

- Pork butt or shoulder, 4 to 6 pounds
- Caraway seeds, 2 tablespoons
- Salt, 1 tablespoon
- Pepper, 2 teaspoons
- Oil, 2 tablespoons
- Onions, roughly chopped, 3
- Carrots, roughly chopped, 3
- Water, stock, white wine or beer, 1 cup
- Flour, 2 or 3 tablespoons
- Butter, 2 or 3 tablespoons

Steps

Step 1:

- Rub the pork all over with the caraway, salt, pepper and oil and marinate for at least an hour, preferably overnight.
- Before roasting let the meat come to room temperature by removing from the refrigerator at 30 to 60 minutes before you put it in the oven.



Step 2:

- Preheat oven to 350°F. Mix together the onions and carrots and place in the bottom of a roasting pan just large enough to comfortably fit the roast.
- Pour the water, stock, white wine or beer into the pan.

Step 3:

- Place the roast, fat side down, in the roasting pan on top of the vegetables.
- Cover the pan with foil, place in the oven and roast for 1 hour.

Step 4:

- Remove the foil from the pan and turn the roast fat side up.
- Cut deep crosshatches in the fat in a diamond pattern and place the roast, uncovered, back in the oven.
- Roast for another 1 1/2 hours to 3 hours, or until the roast is tender and well browned on the outside.

Step 5:

- Remove the roast to a cutting board, cover it lightly with foil and let it rest for about 20 minutes while you make the gravy.

Step 6:

- Knead the flour and butter together with your fingers to make a doughy paste and set aside in a small bowl.
- Strain the pan juices from the roasting pan and save the vegetables if you like to serve with the roast.
- Add enough water, stock, wine or beer to the pan juices to make 2 cups.

Step 7:

- Bring the pan juices to a simmer in a saucepan over medium heat.
- Whisk small pieces of the butter-flour paste into the pan juices until the gravy is thickened to your liking.
- Reduce heat to low and simmer for another 5-10 minutes. Adjust seasoning to taste.

Slice the roast thinly and serve with the pan gravy on the side

Typical side dish: “Sauerkraut”, “Spätzle”, vegetables



Beef roulades



Difficulty: Easy

Ingredients:

- 8 roulades
- 8 pickle slices
- 2 onions
- 400 g bacon
- 80 g mustard
- Salt and Pepper
- Butter
- 1 Bouillon Cube
- 1 l Water

Steps

Step 1:

- Spread one side of each filet with mustard.
 - Place bacon, onions and pickle slices on each filet and form into a roll.
- Use string or toothpicks to hold the roll together.

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Step 2:

- Heat a skillet over medium heat and melt butter.
- Place the rolls in the butter and saute until browned.

Step 3:

- Pour in 3 cups of water and add the bouillon cube; stirring to dissolve the bouillon cube. - - - Simmer the rolls for about an hour.
- And then, they can served with original bavarian Spätzle.



Italian specialities

Orecchiette alla Crudaiola



Difficulty: Easy

Ingredients:

- 600 g tomatoes
- 200 g ricotta
- 1 kg pasta
- Oil
- Garlic
- Salt

Steps

Step 1:

- First boil some salted water in a pan.

Step 2:

- Cut the tomatoes and put them in a bowl, mix with ricotta, basil, garlic and olive oil.
- Let the mixture chill in the fridge for about an hour.

Step 3:

- When water boils, cook the pasta in the pan for about 7 to 8 minutes.
- Drain the pasta and put it in a larger bowl, mix it with the other ingredients.
- Add ricotta and serve in soup plates.



Tiramisù



Difficulty: Medium / Easy

Ingredients:

- 500 g Mascarpone cheese
- coffee
- 6 eggs
- 120 g sugar
- 500 g savoiardi (Savoy biscuits)
- Cocoa powder

Steps

Step 1:

- Separate the egg whites from the yolks, add half of the sugar to the yolks and whisk them until you get a nice mixture: light, fluffy and creamy.
- Add Mascarpone cheese to the egg yolks.
- Whisk the egg whites until stiff, add sugar and mascarpone cheese.

Step 2:

- Line the base of a baking dish with a layer of biscuits (previously dipped in coffee), cover with Mascarpone cheese mixture.
- Repeat the layers until all the ingredients are used up.

Step 3:

- Finally, sprinkle with cocoa powder.
- Chill in the refrigerator for several hours before serving.



Focaccia



Difficulty: Medium / Easy

Ingredients:

- 1 brewer's yeast
- 700 g flour
- 300 g water
- 100 g milk
- 2 tablespoons olive oil
- 1-2 teaspoons salt
- 1 boiled potato (about 200g)
- 5-6 red tomatoes
- oregano

Steps

Step 1:

- First, warm up water with salt, then mix all the ingredients in a food mixer(start with the liquid ingredients) until you obtain a smooth dough .
- Oil a large baking pan (36 cm in diameter), turn the dough into the pan, use your fingers to press the dough evenly over the bottom of the pan.
- Let the dough rise until it is doubled in size, about 2 hours depending on ambient temperature.

Step 2:

- Preheat oven to 200°C.
- Chop some red tomatoes and add on top of the focaccia.
- Drizzle the focaccia with oil, sprinkle with fine salt and oregano; then bake in the preheated oven for 30-40 minutes at 200°C until golden brown.

At the end, enjoy your meal!!



Caprese salad



Difficulty: Easy

Ingredients:

- 3 fresh mozzarella
- 10 tomatoes
- 4 little leaves of basil
- black pitted olives
- salt
- olive oil

Steps

Step 1:

- Clean the tomatoes and cut them into thin slices.
- Cut the fresh mozzarella into thin slices, too.
- Put them into a salad bowl and add the black pitted olives, salt, basil and oil.
- Mix them and the Caprese salad is ready!

Step 2:

- If you like decoration in the kitchen, don't mix the ingredients but serve them on a dinner plate putting the slices side by side, alternating tomato with mozzarella.
- Then add olives, basil, salt and oil.

Enjoy your meal!!!



Filled aubergines



Difficulty: Medium

Ingredients:

- 4 large aubergines
- 300 gr minced meat
- 80 gr parmesan grated
- 2 eggs, beaten
- 1 fresh mozzarella
- salt
- 30 gr butter

for the sauce:

- olive oil
- 1 clove of garlic
- 750 gr tomato puree

Steps

Step 1:

- Remove the stalk and boil the aubergines.
- When they are soft, remove from water and let them cool down.
- Cut them alongside in two halves and remove the interior part so that you have 8 “little boats” and leave them aside for a while.
- Mince this interior part thinly.

Step 2:

- In a saucepan heat the butter and the garlic until soft, remove the garlic and then add the minced aubergines.
- Cook them for 8-10 minutes until they are soft and golden.
- Wait until they are cooled and then mix them in a pot with minced meat, eggs, 60 gr parmesan, mozzarella and salt.

Step 3:

- To make the sauce, heat the oil and fry the garlic until soft.
- Remove the garlic and add the tomato sauce, cook until lightly thickened. Add some salt.



Step 4:

- Fill to the top each aubergine with the mixture prepared and put them side by side into a baking dish, previously smeared with little oil and tomato sauce.
- Cover all the aubergines with the parmesan left and tomato sauce.
- Preheat the oven to 180° and bake for 15 minutes.

Lasagne alla bolognese



Difficulty: Medium / Difficult

Ingredients:

For the sauce

- olive oil
- 1 onion, finely chopped
- 1 carrot, chopped
- 2 sticks celery, chopped
- 1 bay leaf
- 3 garlic cloves, crushed
- 500 g beef mince
- 2 tbsp tomato purée
- 125 ml red wine
- 400 g chopped tomatoes
- salt and freshly ground black pepper

For the béchamel sauce

- 75 g butter
- 75 g plain flour
- 1 litre full-fat milk
- ¼ tsp freshly grated nutmeg

To assemble

- 500 g dried lasagne sheets
- 150 g parmesan



Steps

Step 1:

The sauce

- Heat a heavy-based saucepan or casserole over a medium-high heat.
- Once hot, add oil, onion, carrot, celery and bay leaf and cook for 5-6 minutes, or until softened. Add the garlic and continue to cook for two minutes.
- Turn the heat up and add the mince and continue to fry, breaking up any large chunks, until the meat is brown all over.
- Season with salt and pepper. Once completely browned, add the tomato purée, mixing well.
- Cook for two minutes and then pour in the red wine, add the tomatoes to the pan, mix well.
- Leave the sauce simmer over low heat for at least 1 hour, stirring occasionally.
- Set aside and allow to cool completely.

Preheat the oven to 190 C

Step 2:

The béchamel sauce

- In a medium heavy-based saucepan melt the butter, stir in the flour and cook for 3-4 minutes, or until the mixture turns a light golden colour.
- Gradually whisk the milk until smooth.
- Taste and season as necessary with salt and pepper.
- Add the nutmeg and then cook over a gentle heat for 4-5 minutes until thickened, stirring now and again.

Step 3:

- Spread one-third of the meat sauce across the bottom of a medium lasagne dish and top with a quarter of the béchamel, then cover with lasagne sheets.
- Sprinkle over a quarter of the parmesan.
- Repeat the process to create two layers.
- Finish with a final layer of lasagne sheets and the remaining béchamel, making sure that all the lasagne sheets are completely covered.
- Sprinkle over the remaining parmesan.
- Place in the preheated oven to bake for 30-40 minutes.



Taralli from Apulia



Difficulty: Medium / Difficult

Ingredients:

- dry yeast
- 1 cup warm water
- 1 tablespoons dry white wine
- 2 cups flour
- salt
- 2 cups olive oil

Steps

Step 1:

- Put yeast in water, stir water until yeast melts.
- Sift flour, salt and pepper onto mixing board.
- Make a well in the center and add yeast, wine and oil.
- Blend together and gradually incorporate into flour.
- Knead 10 minutes.
- Place in oiled bowl, cover with towel and let rise for 1 hour.
- Preheat oven to 180°.

Step 2:

- Break off small pieces of dough and roll into ropes about 10 cm long.
- Form a ring and pinch edges together.
- Fill a large saucepan half full of water; bring to a boil.
- Drop taralli into water and boil for 1 minute.
- Remove from water and let taralli dry.
- Brush with oil and bake 12 to 15 minutes on a lightly greased cookie sheet.



Turkish specialities

Grape Leaves Stuffed With Rice



Difficulty: Medium

Ingredients:

- 500g vine leaves (or cabbage leaves): as thin as possible
- 1 kilo onions
- 1,5 cups rice
- 1 water glass olive oil
- 3 cups boiling water
- 1 tablespoon pimento
- 2-3 lumps of sugar
- 1 lemon
- A pinch of salt
- Chopped mint leaves (optional)
- A pinch of black pepper
- Garlic yoghurt

Steps

Step 1:

- Wrap the mixture in grape leaves - thin and small
- Simmer the rolls adding some butter to the water until the rice in the rolls is tender.
- Then, remove the rolls from the pot.
- Pour the garlic yoghurt sauce (with tomato and red pepper).

Serve hot.



Turkish Ravioli



Difficulty: Medium/Difficult

Ingredients:

- Eggs
- Flour
- Minced meat
- Parsley
- Chopped onion
- Pepper
- Tomato paste
- Oil
- Salt
- Garlic yoghurt

Steps

Step 1:

- Mix the eggs with the flour and add some water to make the dough.
- Cut the dough in medium pieces and roll it.
- Turn each piece of dough with a rolling pin.
- Then, open each piece of dough.

Step 2:

- Mix the minced meat with some parsley, the chopped onion and some pepper.

Step 3:

- Wrap the dough rollers.
- Make a rectangular.
- Cut them, fill them with the minced meat and shape them like ravioli.
- Put the ravioli into boiling water and add some salt.

Step 4:

- Put in a pan with some oil the tomato paste and fry it.

Step 5:



- Finally, serve the ravioli in a dish and add the garlic yoghurt and the tomato sauce over.



The following students and teachers worked on this book:

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Teachers

DI LEO R.
MESCIA A.
PASTORE D.

GERMANY

Teachers

Monika Uhlemair
Marietta Pratsch

Students

Benedikt D.
Sonja W.
Franziska M.
Thomas D.
Constance K.
Johanna B.
Merve T.
Christina F.



SPANISH TEACHERS AND STUDENTS' NAMES

Recipes with students' names:

- **Tortilla de patatas**..... Jacqueline Guadaño (with the counsel of Yahel and Begoña, our canteen managers)
- **Gazpacho**..... Miguel Ángel Gremo and Inés Moreno
- **Paella mixta**..... Teodor Atanasov
- **Albóndigas (Meatballs)**..... Inés Herrero
- **Patatas revolconas**..... Sofía Cristina Unwin and Iñaki Calleja
- **Torrijas**..... Flavia Alcoceba and Luna Guillamón
- **Tarta de Santiago**..... Lola Torres

Comenius Students

- | | |
|--------------------------------|---------------------------------|
| 1. Inés Moreno Cid | 12. Diego San José Valverde |
| 2. Jacqueline Guadaño Sandoval | 13. Luis Ángel Gómez del Pozo |
| 3. Sofía Cristina Unwin Olmeda | 14. Lorena Sánchez Barbero |
| 4. Lola Torres Domínguez | 15. Paloma Andrea Lazar Garrido |
| 5. Flavia Alcoceba Forni | 16. María Elisa García Fugazza |
| 6. Luna Guillamón Lanouguere | 17. Anabel Ortega Vecino |
| 7. Inés Herrero Lodares | 18. Elisa Masa Andres |
| 8. Daniel Ortiz Adam | 19. Sara Rodríguez Dorador |
| 9. Miguel Angel Gremo Alcocer | 20. Christian Golban |
| 10. Iñaki Calleja Pérez | 21. Christopher Harper |
| 11. Teodor Atanasov Emilov | |

Comenius teachers:

- | | |
|---|---|
| 1. Ramón Vázquez
(Headmaster) | 8. Aurora Treviño
(French teacher) |
| 2. Julián Benito
(School Supervisor) | 9. Isidro Miguel
(History teacher) |
| 3. Helen Lamassoure
(Deputy Supervisor) | 10. Jana Herrero
(Biology teacher) |
| 4. Carmen Mateo
(Deputy Supervisor) | 11. Carlos Herrero
(Technology teacher) |
| 5. Patricia Castro
(English teacher) | 12. Eduardo Timón
(Maths teacher) |
| 6. Sabine Abram
(French teacher) | 13. Carmen Cuesta
(Latin teacher) |
| 7. Sol Esteban (Maths teacher) | 14. Manuel Arcos
(Coordinator/ English teacher) |



Analysis of the questionnaire about food habits

Meeting in Trani/Italy 13.10.-19.10.2014

Results of the mixed workshops

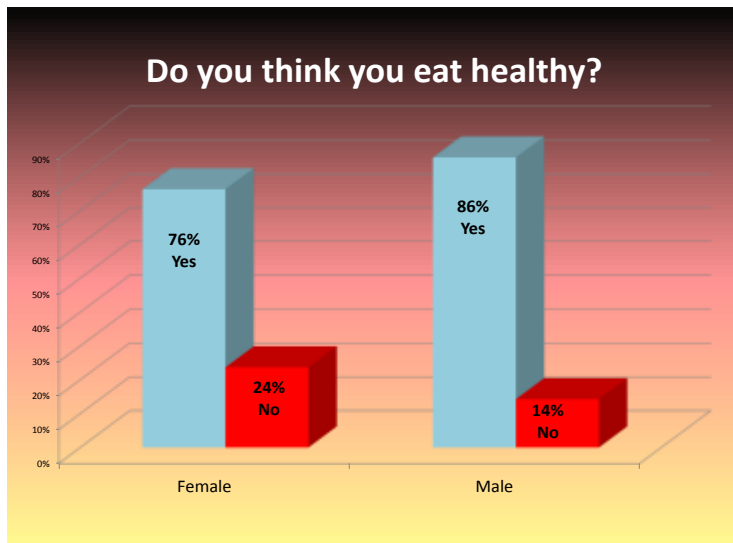
The students of Spain and Germany made an online questionnaire with several questions about food. (January 2014-July 2014)

https://docs.google.com/forms/d/1uPqP_wXfmzsE3muRjAOCZ-Hdh7falDzolGUYg6bSdAw/viewform

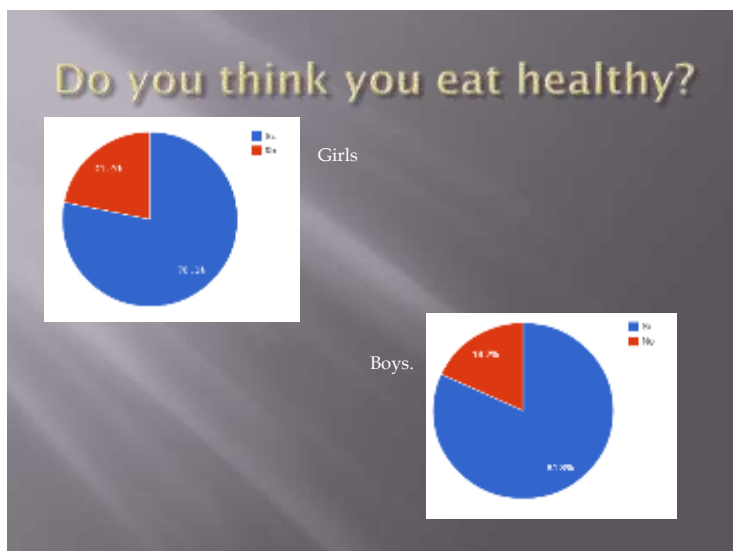
Then 11 of the most important questions were selected and students prepared presentations with the results (statistics and explanations, September/October 2014). The students of all countries presented their results on the meeting in Trani/Italy in October 2014. Additionally in mixed workshops they analysed the differences and the common things and the reasons for it between the countries. On the following pages the results can be seen.

1. Question: Do you think you eat healthy?

GERMANY

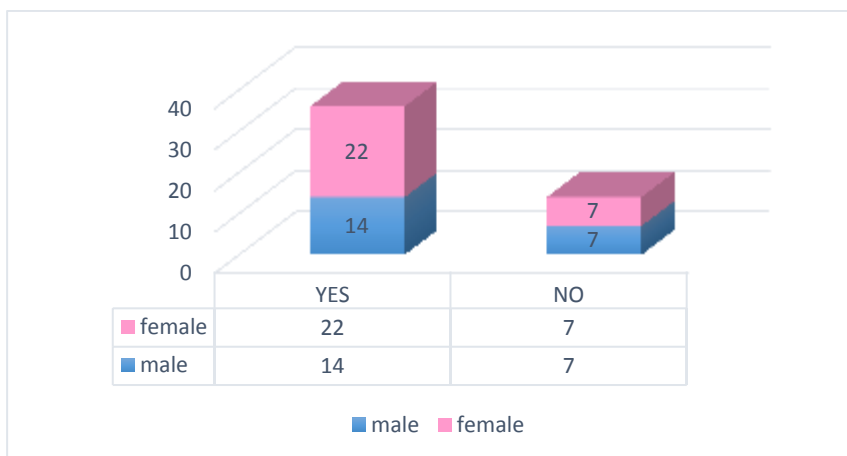


SPAIN



Yes 219, No 65

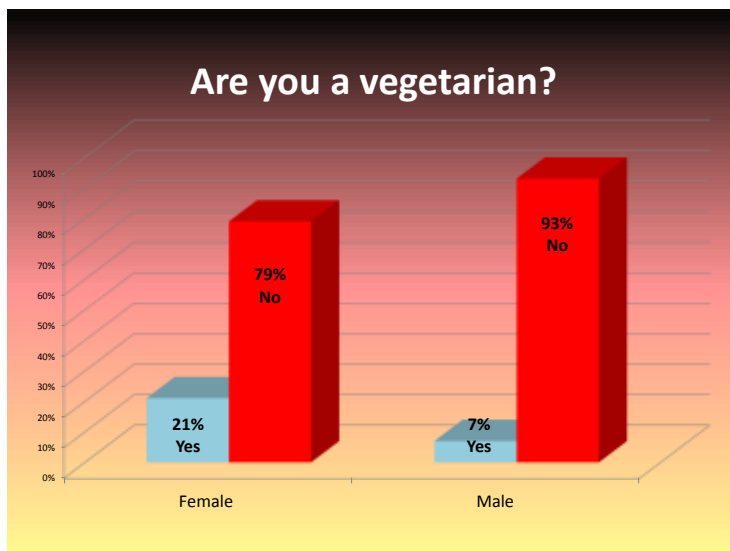
TURKEY ITALY



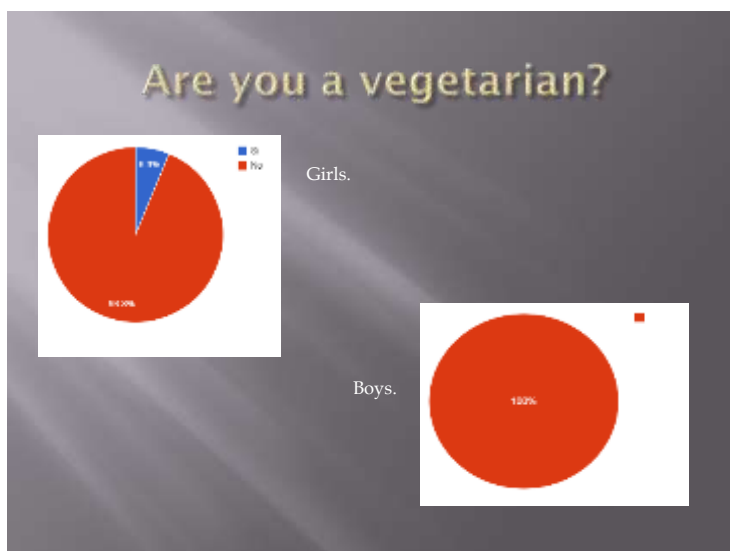
Conclusion:

Most of the students of all countries think they eat healthy but some do not think so.

2. Question: Are you vegetarian?



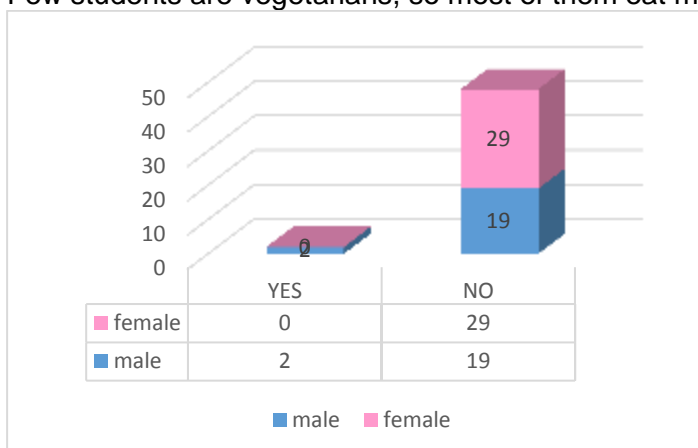
GERMANY



SPAIN

Yes 31, No 253

Few students are vegetarians, so most of them eat meat.

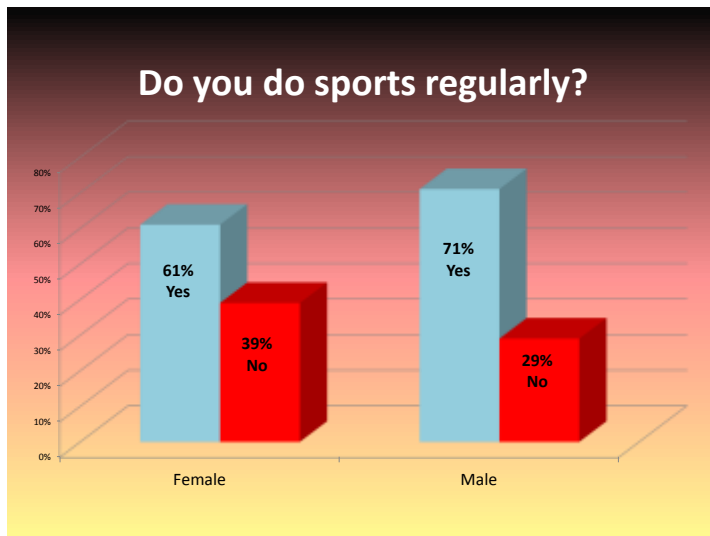


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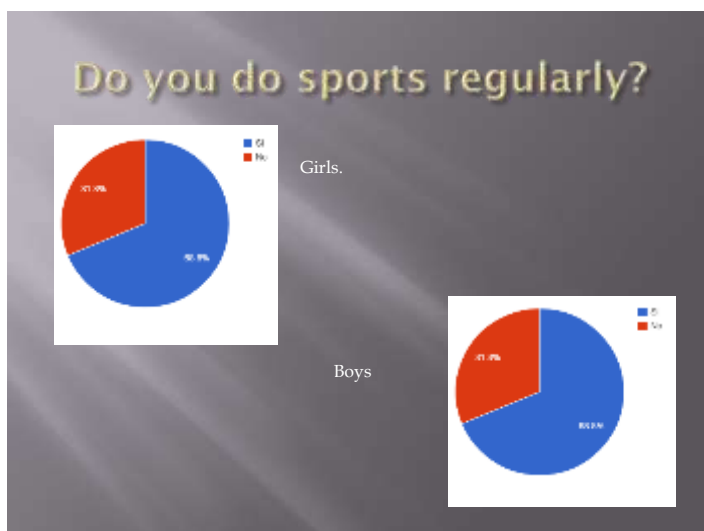
ITALY

CONCLUSION: Most of the vegetarians are in Germany, more girls than boys are vegetarians.

3. Question: Do you do sports regularly?



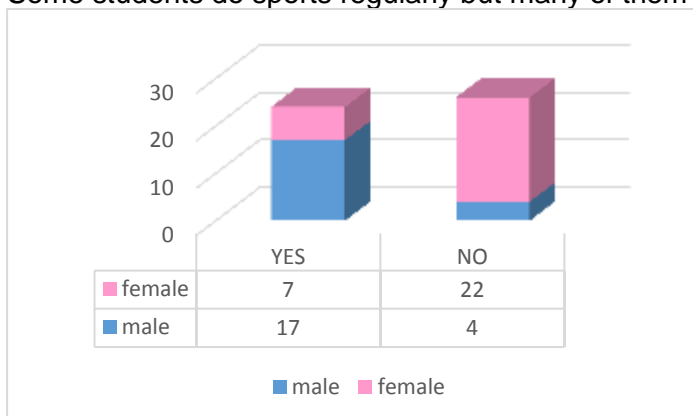
GERMANY



SPAIN

Yes 97, No 187

Some students do sports regularly but many of them do not.



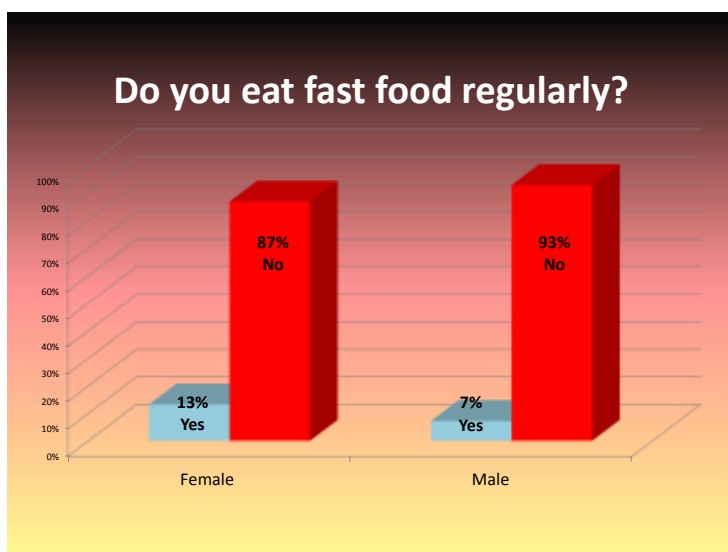
TURKEY

ITALY

CONCLUSION:

Results similar in Turkey in Italy, more boys do sports than girls. In Germany the number of girls and boys doing sports is almost equal.

4. Question: Do you eat fast food regularly?



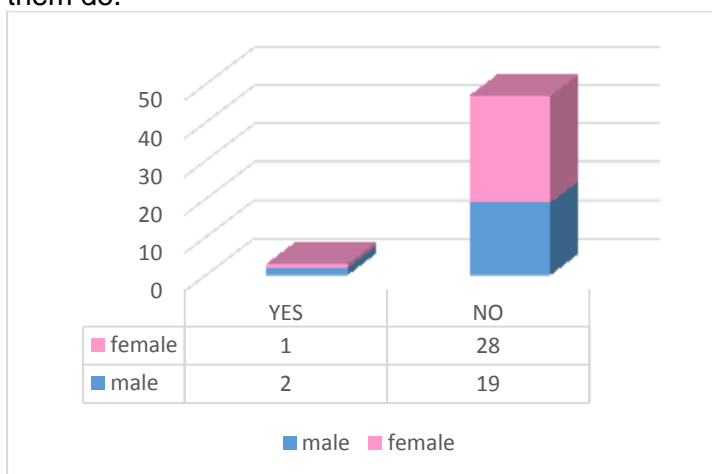
GERMANY

YES 87, No 197

Many of students do not eat fast food regularly, but some of them do.

TURKEY

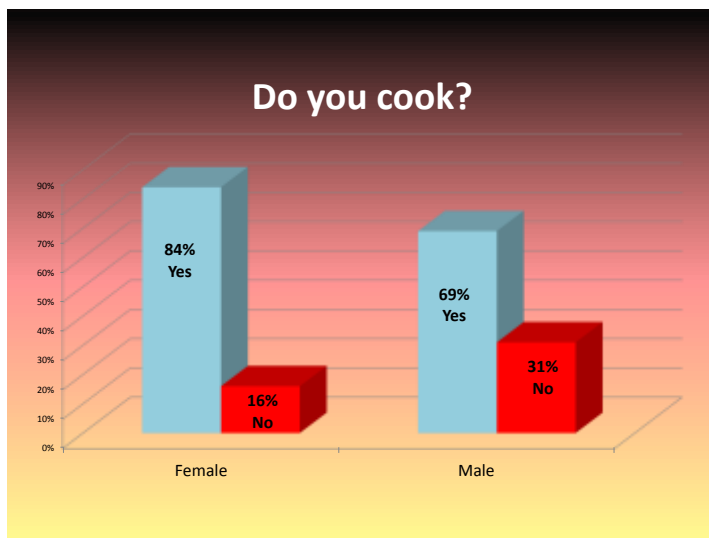
ITALY



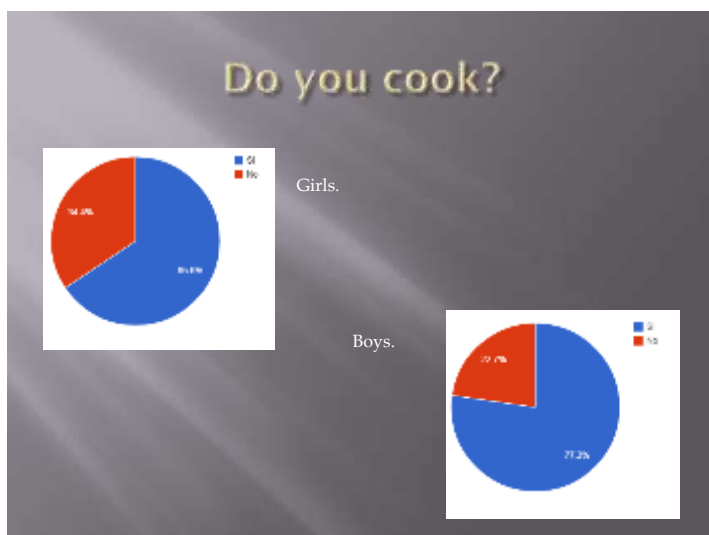
CONCLUSION:

The rate of eating fast food regularly is lower in Italy than in the other countries. The rate in general is relatively low.

5. Question: Do you cook?

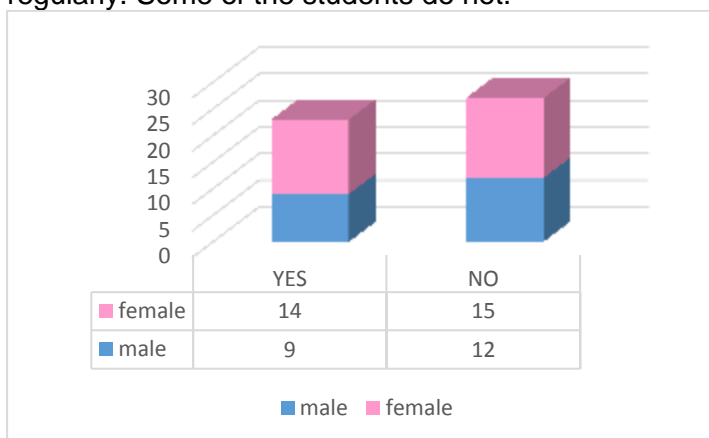


GERMANY



SPAIN

Yes 171, No 113 More than half of the students cook regularly. Some of the students do not.

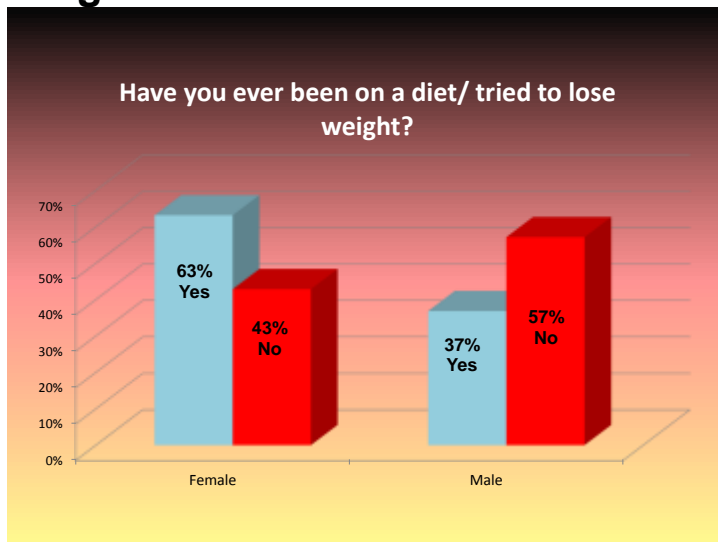


TURKEY

ITALY

CONCLUSIONS: Most of young people in Turkey, Spain and Germany cook, but in Italy the rate is lower than 50 per cent.

6. Question: Have you ever been on a diet/tried to lose weight?



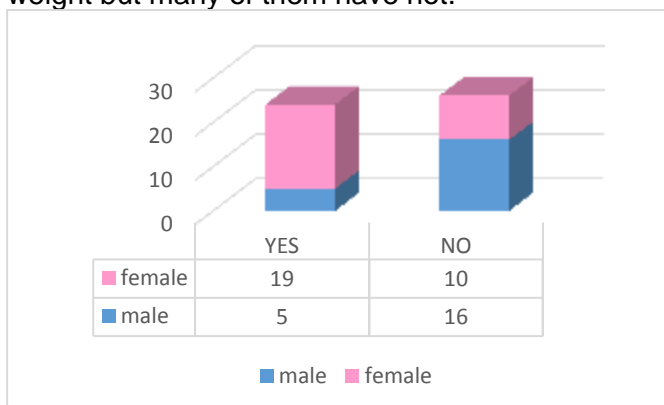
GERMANY



SPAIN

Yes 90, No 194

Some of the students have been on a diet or tried to lose weight but many of them have not.



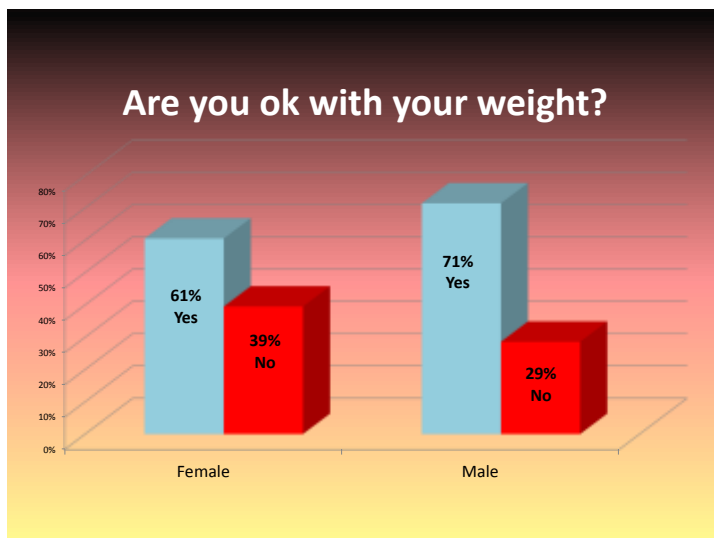
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ITALY

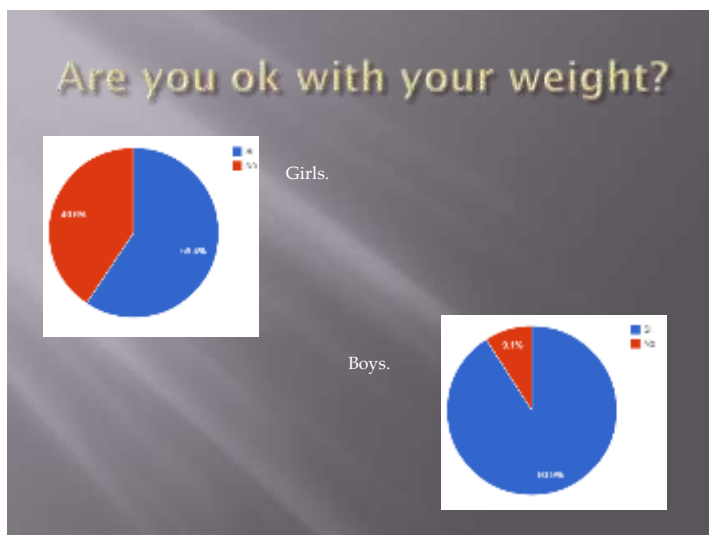
CONCLUSION:

Much more girls in all countries tried to lose weight than the boys because of a female culture.

7. Question: Are you ok with your weight?



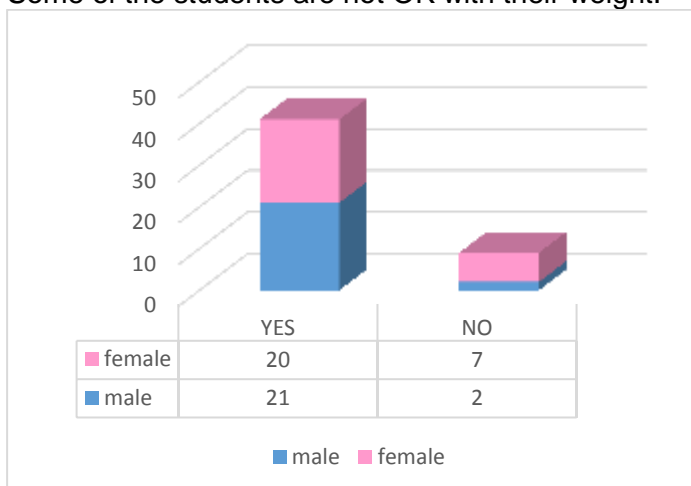
GERMANY



SPAIN

Yes: 179, No 105

Some of the students are not OK with their weight.



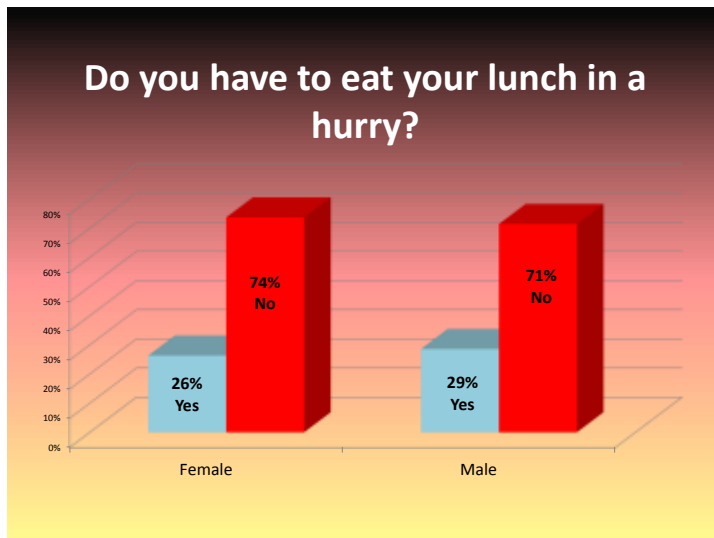
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ITALY

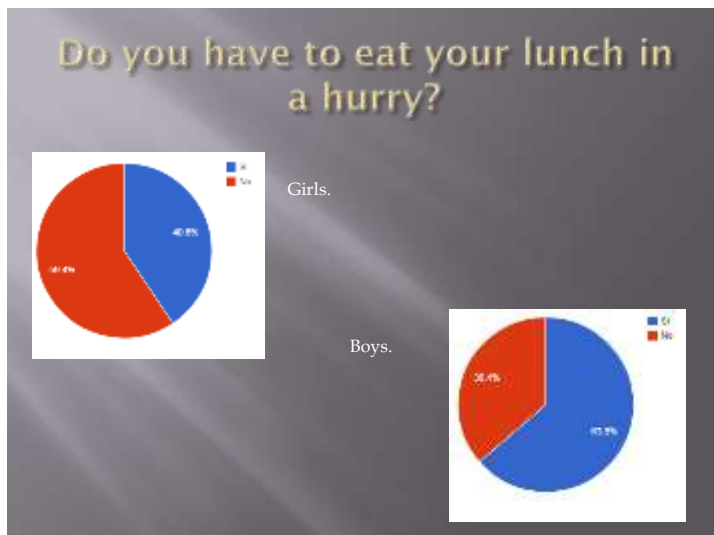
CONCLUSIONS:

The girls care more about others think about them. In Turkey the number is lower, even they don't do many sports.

8. Question: Do you have to eat your lunch in a hurry?



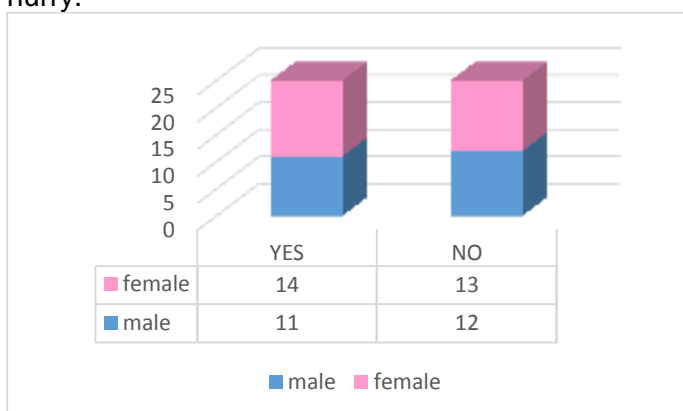
GERMANY



SPAIN

Yes 149, No 135

More than half of the students have to eat their lunch in a hurry.



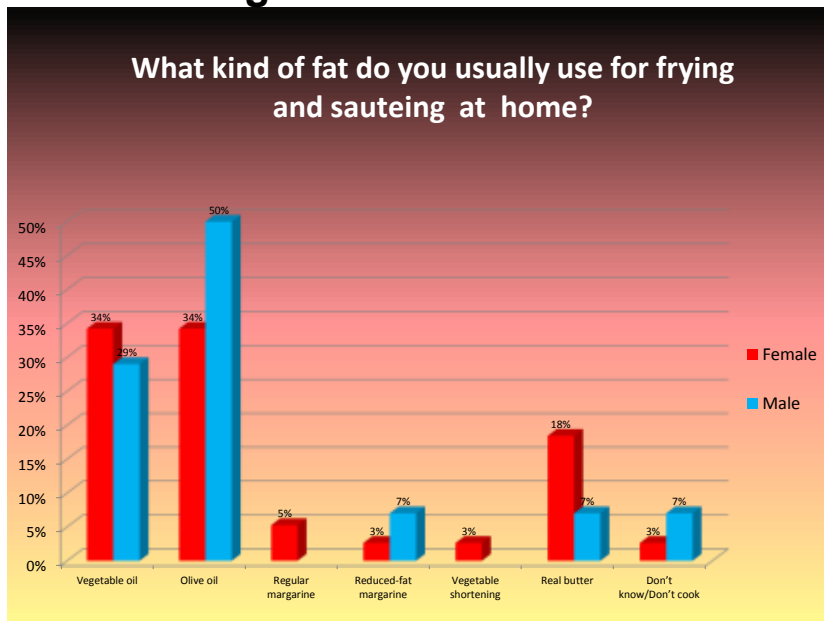
TURKEY

ITALY

CONCLUSIONS:

In Turkey more students eat in a hurry than in other countries. In Germany lot of the youngsters have enough time to eat their lunch.

9. Question: What kind of fat do you usually use for frying and sauteing at home?



GERMANY



SPAIN

Do not know/Do not cook 11

Lard: 3

Olive Oil: 199

Real butter: 24

Reduced fat margarine: 3

Regular Margarine: 11

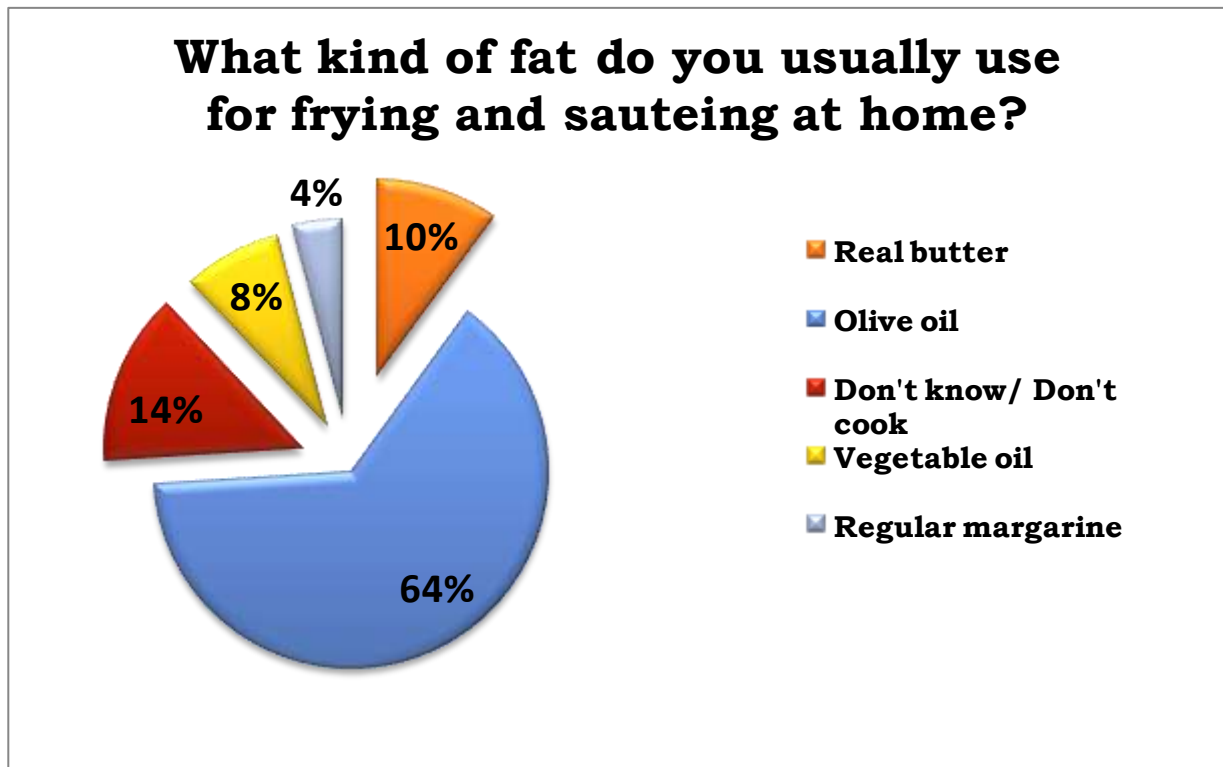
Vegetable oil: 30

Vegetable shortening: 3

Most of the students use olive oil but others use margarine, butter and vegetables oil.

TURKEY

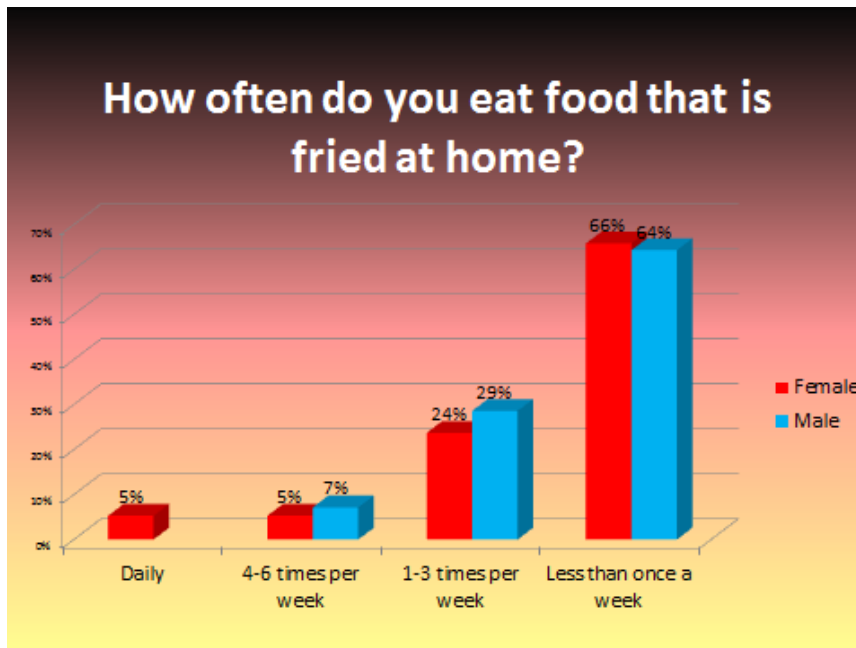
ITALY



CONCLUSION:

Olive oil is the most popular oil. It is the favourite because it is healthy and tasty. Vegetable oil is also used, especially in Spain.

10. Question: How often do you eat food that is fried at home?



GERMANY



SPAIN

1-3: 117

4-6: 23

Daily: 16

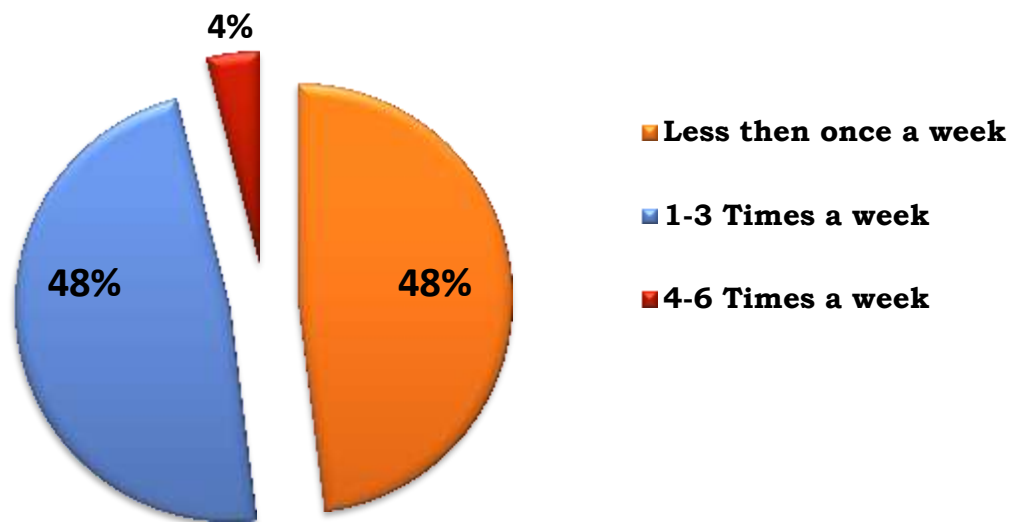
Less than once a week: 128

Some of the students eat food that is fried at home less than once a week, but some 1-3 times per week.

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ITALY

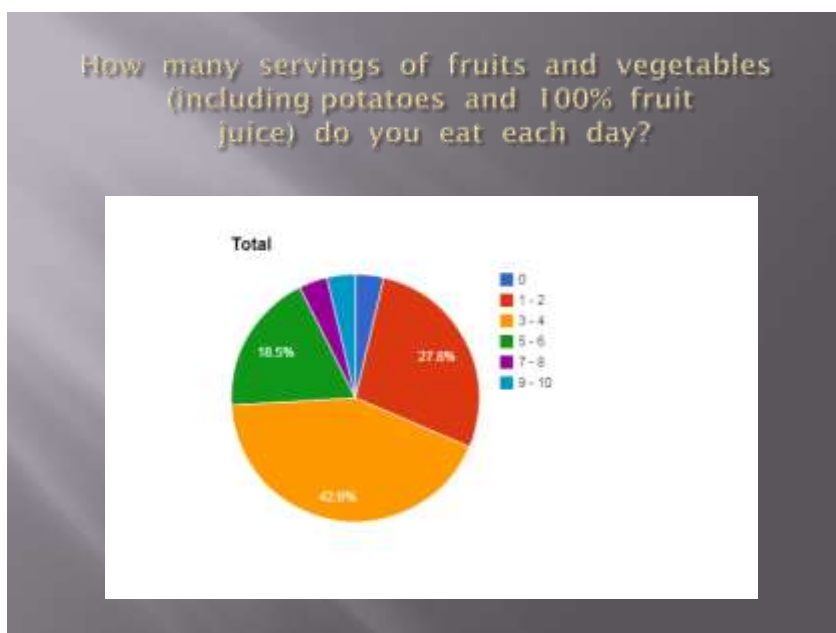
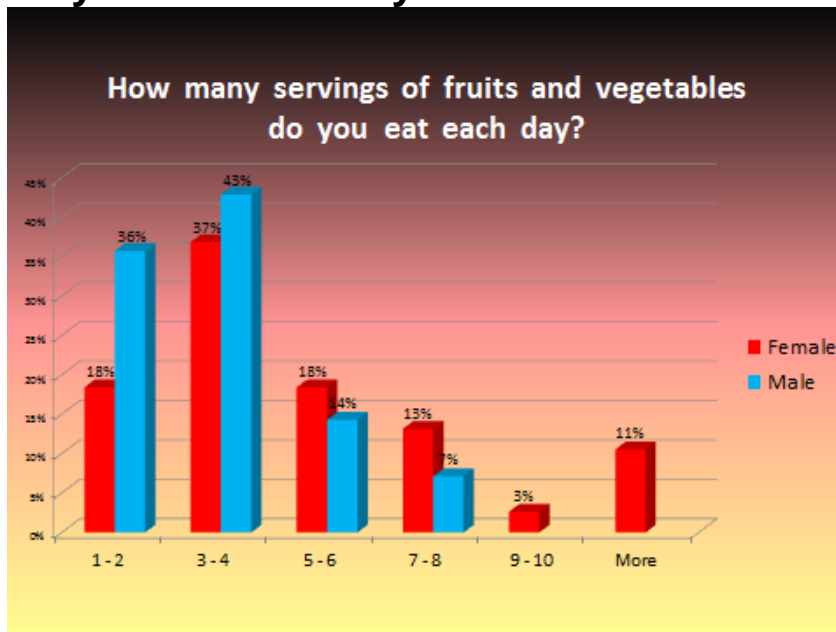
How often do you eat food that is fried at home?



CONCLUSION:

More people in Spain and Turkey eat fried food at home than Germany and Italy.

11. Question: How many servings of fruits and vegetables do you eat each day?



1-2 169

3-4 51

5-6 30

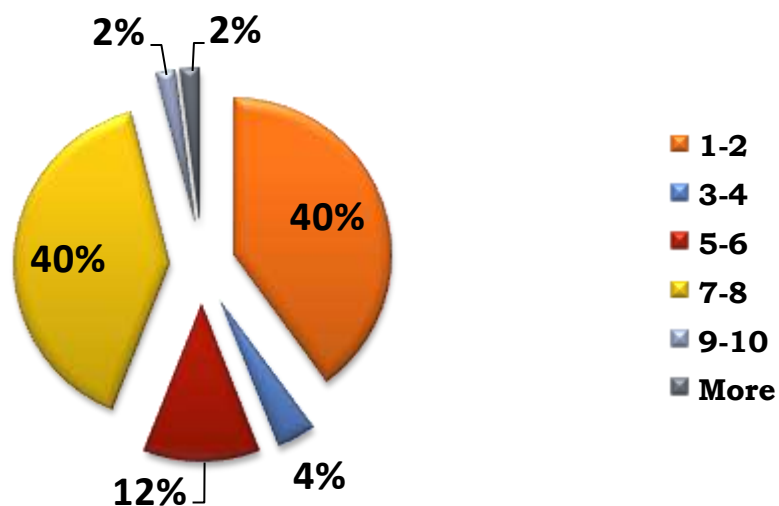
7-8 10

9-10

More: 13

Most of the students eat 1-2 servings of fruits and vegetables a day.

TURKEY

ITALY**How many servings of fruits and vegetables do you eat each day?****CONCLUSION:**

Most of young people in all the countries eat 1-2 or 3-4 times a day fruits and vegetables.