

TRADITIONAL LIFESTYLE AS A MODEL FOR SUSTAINABLE DEVELOPMENT
GRUNDTVIG LEARNING PARTNERSHIP
2012-1-GR1-GRU06-10484

TRADITIONAL RECIPES



Bulgaria



Greece



Lithuania



Portugal

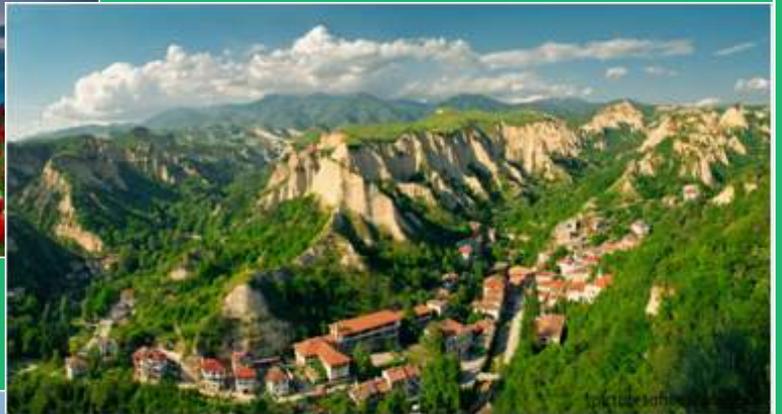


Romania

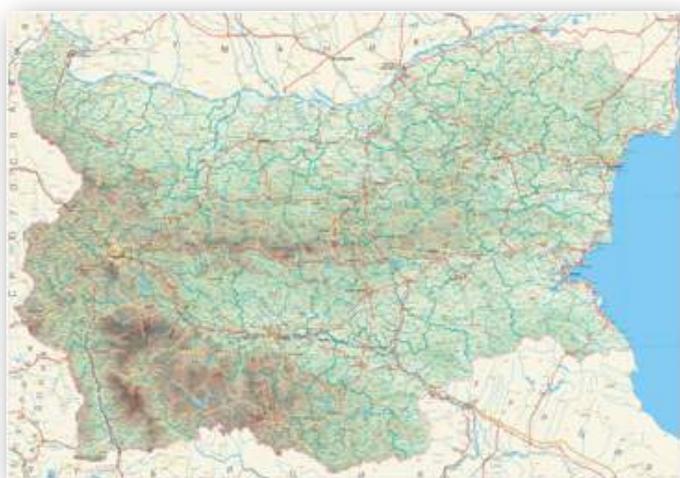


Turkey

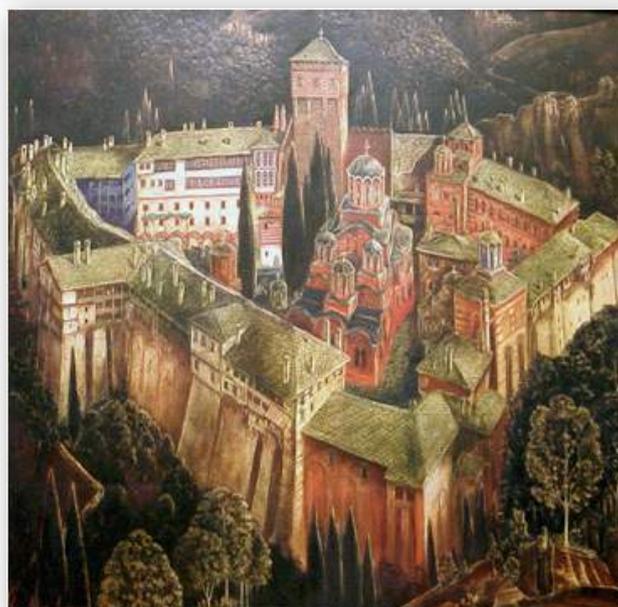
BULGARIA



Bulgaria is found in Eastern Europe, on the western shores of the black sea. It is a mountain country of beauty, culture, traditions and history. The soil is very rich, contributing for some of the most delicious vegetables and fruits in the world. A tourist and business destination, the country can offer many attractive ideas. Tourism being one of the main accents of development, Bulgaria has a lot to offer. Eco tourism in the mountains and forests, sea resorts or a dive in the past and traditions in old cities like Veliko Turnovo (Great Turnovo), the city was the last capitol of medieval Bulgaria. An interesting fact is, that Bulgaria is the only country, that keeps its name from old times, early medieval ages, since its foundation in 681.



In Bulgaria, there are many traditions, involving different cousins. On the territory of the nation there are many ethnical groups, most of them having their own festivity customs and celebrations. They contribute for the making of the Bulgarian multicultural face. Some dishes are presented below.



Main dish

Chobansky gyuvech

Notes and traditions

The word gyuvech comes from the Turkish language. It means the clay pot, in which is prepared the dish, as well as the name of the dish itself. It is called the autumn food, because it is made out of the vegetables, that come to the market mainly in that period. It is rich in ingredients and very tasteful. This type of food is prepared traditionally by the shepherd in the mountain, because it is easy to get the ingredients and is very nutritious.



Ingredients

- * Fresh milk – 500 ml.
- * Sour milk – 1 kl.
- * Cheese – 250 ml.
- * Eggs – 6 of them
- * Butter – 1 or 2 tea spoons
- * Rusk – 1 tea spoon
- * Parsley – 1 bouquet

Method of preparation

- The eggs are scrambled, and then the cheese, the butter, the rusk, milk, sour milk, parsley and salt are added consecutively.
- The butter is also spread on inside the pot, in which the mixture will be spilled. The mixture is then stirred and put in a gyuvech (the pot, but traditionally called gyuvech, see the picture beneath).
- It is then put in the oven, 220 degrees. Best served hot.



Main dish

Monastery gyuvech



Ingredients for 4-5

- * 1 kg braising beef or pork
- * 4 medium tomatoes
- * 120 g mushrooms
- * 1 cup rice
- * 2 onions
- * 150 g olives
- * 1 bunch of parsley
- * 4 tablespoons vegetable oil
- * 25g butter
- * 1/2 tablespoon sugar
- * 2 1/2 cups beef stock
- * black pepper, paprika and salt

Method of preparation

- Cut the meat into cubes or small pieces and fry in a pan with a little oil for about 5 minutes.
- Add the chopped onions, beef stock and paprika, 5 minutes later add the mushrooms and rice and simmer for about 15 minutes.
- Add the chopped tomatoes, add salt to taste, the butter, 1/2 tbs. sugar and whole olives, and cook for further 5 minutes.
- Preheat oven to 190C.
- Transfer the content of the pan into a baking dish and cook for about 30 minutes. Sprinkle with parsley and pepper before serving.

Festive dish

Beef with spinach

Notes and traditions

In Bulgaria the date 6th of May is celebrated as a Christian holiday, celebrating of st. George the Victorious. According to legend he is always riding a horse into battle with a mythical dragon (zmei), saving thus the young girl, who is meant to be its sacrifice. Actually that is a metaphor of victory over the cold, evil and the freeing of spring and life. On this day begins the new shepherd year. In old custom people prepare beef meal and in the villages they gather together and celebrate. On the table according to tradition there must be also fresh onion and garlic, bread and wine.



Ingredients

- * 1 and a half kg of beef
- * 1 kg of spinach
- * 5-6 sticks of fresh onions
- * 6-7 sticks of fresh garlic
- * 1 stick of old garlic
- * Bouquet of parsley
- * 1 tea spoon of bear

Method of preparation

- The meat is cut into large pieces.
- The salt and the black pepper are mixed with the bear (tea spoons of each).
- In this mixture the pieces of beef are heated.
- They are put in a large baking dish and are covered with folio.
- They are baked until completion in a pre-prepared oven heated to 180 degrees. About one hour.
- The spinach, the fresh and old onion, the garlic and the parsley are finely chopped.
- They are salted and peppered with black pepper.
- The meat is taken out of the oven and the mixture above is put in the sauce.
- Over the mixture the pieces of meat are placed.
- Then the large baking dish is back in the oven.
- The dish is baked until the vegetables are completely soft and there is a golden color to the of the meat crust.
- Time for preparation is 90 minutes.



Wheat based **Banitsa**

Notes and traditions

The banitsa is a traditional Bulgarian meal, that is prepared in the everyday life, as well specially for occasions or celebrations. It is a wide spread breakfast, especially the banitsa with cheese. Other kinds of this cousin are prepared for festivities like Easter. In Easter for example people prepare banitsa with a vegetable, spinach and etc.. In Christmas the banitsa is made from pumpkin or eggs and cheese. And there are more variations according to ethnical groups or merriments. This recipe is for the most popular kind of banica, which is prepared with cheese.



Ingredients

- * 1 kg flour
- * 400g white brined cheese
- * 4 eggs
- * 500g yogurt
- * 1/2 teaspoon baking soda
- * 100g butter
- * salt

Method of preparation

- Use the flour, salt and 3/2 cupfuls of water to make a hard dough which is divided into first-large balls.
- Let stand for about 1 hour, then roll into about 1mm thick sheets.
- Line with melted butter and top with a mixture of beaten eggs, baking soda, yogurt and crumbled cheese.
- Roll together and place in a lined dish, either lengthwise or in circles.
- Bake in a moderate oven and some water when ready.
- Cover with a cloth to make it soft.

Salad

Shopska Salad

Notes and traditions

With this salad usually starts lunch or dinner. Because it is very rich in vegetables, it often is the only dish. In festivity days or when friends gather, there is a drink that goes best with it – rakia. This is a spirit drink made from fermented fruit (whatever kinds you'd like – grapes, pears, apricots, even figs). This drink is served before the main dishes as an aperitif.



Shopska salad crashed the competition in the "Taste of Europe" contest of the European Parliament. The result, published in May 2014 shows that it is clear **leader** in the ranking of the taste of Europeans.

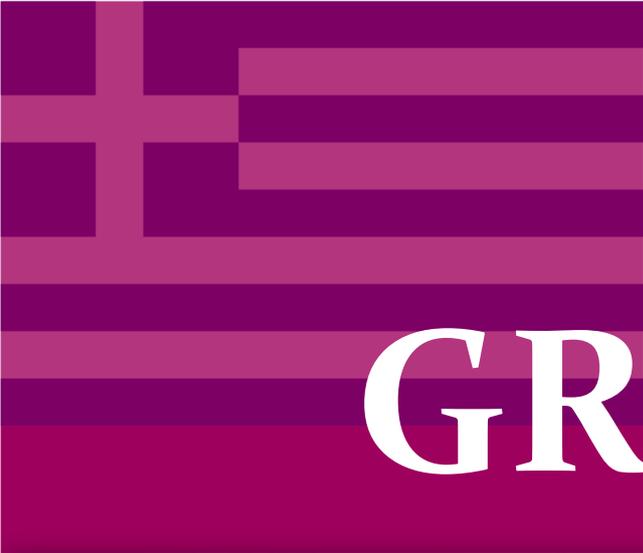
Ingredients for 4 person

- * 4 medium tomatoes
- * 4 spring onions
- * 1 cucumber
- * 1 green pepper
- * 1 red pepper
- * chopped parsley
- * grated feta cheese to sprinkle salad
- * salt, pepper, vinegar and olive oil

Optional: The salad will be more tasty if the pepper is grilled and freed from its skin.

Method of preparation

- Cut all ingredients in slices or cubes.
- Season with salt, add the chopped parsley, 1 tbs. of vinegar and 3 tbs. of olive oil and mix well.
- Sprinkle with white cheese and enjoy either on its own or as a side dish.



GREECE



Curriculum Vitae of Pontian Cultural Association of Prasinada “Akrites”

The Pontian Cultural Association PRASINADAS «AKRITES» was founded in 1979 by inhabitants fled the second and third generation of Livadia Galienas as the seat of the isolated village of Prasinada that belongs to the municipality of Paranesti, Prefecture of Drama. Protector of the village and emblem of the Association is Agios Georgios. Important site of Prasinada is the monastery of Transfiguration Of Christ reigns over the village with ordinary visitors. Annex of the Club is founded in Drama since 2002, as most inhabitants of the village moved there. The Pontian Cultural Association PRASINADAS AKRITES is a founding member of the master organ of Pontos, Pontian Greek Federation. Operate four dancing departments, all the dancers are over 150 as members numbered over 200. The purpose of establishing and functioning of the Association is to spread the Pontiac dances and songs, and that we have inherited from the unforgettable home but also making events with themes from Pontian story and folklore. The events and Club memberships are many and significant: in Sürmene of Athens, in Rodochwri Naoyis, in Thrylorio of Komotini, Larissa, at Giannitssa, Yoke Kavala, in Thessaloniki, in Kozani, Grevena in Bazelwna and in Heraklion with great success, which was found by the passionate love of the people who attended but also from publications in local newspapers. Also well-established Association is the feast on the eve of the Transfiguration Of Christ which takes place in the village of Prasinada.



Festive dish

Keskeki (chicken with wheat)

Cultural elements

Keskeki is an ancient tradition dating back to matriarchal societies and man-sacrifice, later to be transformed to animal sacrifice. The chicken is a symbol of sacrifice and the wheat a symbol of fertility. The sacrifice of the animal -the chicken – can be dedicated to the memory of saints, can be a thanksgiving for the fulfillment of a wish, a prayer, or it can be to ward away evil. It is a festive dish, prepared in weddings to wish the wedding longevity and fertility. Also, in the beginning of spring to ensure land fertility and good crops.



Ingredients (for 6-7 people)

- * 1 whole chicken (1-2 kg)
- * 500 g wheat
- * 100 g cow butter
- * Salt and freshly ground pepper
- * Red sweet pepper
- * Laurel leaves (1-2)

Method of preparation

- Put the wheat in a pot and cover with water to let in soften overnight.
- Put in a pot the whole chicken and cover with water.
- Add salt, pepper and laurel. Simmer in low fire and add water whenever necessary for approx. 2 hours.
- Make sure you remove the foam with a spoon from the surface.
- When the chicken is ready take it out and pour the wheat into the broth to let simmer for another hour.
- De-bone the chicken and put it back inside.
- Meanwhile, keep stirring with a wooden spoon until all the chicken melts and the meat with the wheat become one homogeneous pulp.
- Burn the butter in a pan and pour it on top. Serve hot with red pepper on top.

A Main course

Black cabbage with beans

Cultural elements

The people of Pontos region lived in high altitudes. The main cultivations of cold climates are beans and cabbages. So, this dish makes full advantage of local produce, is highly nutritious and healthy.



Ingredients (for 6 people)

- * 2 cups of black beans (alternatively white beans)
- * 3 kg black cabbage (or seskoula)
- * 1 cup olive oil (or more...)
- * Salt and pepper as you wish
- * 6 small chilly peppers (optional)

Method of preparation

- Put the beans in water overnight.
- The next day, put them in pan, cover in water entirely and boil until they soften, but not entirely.
- It will take approx. 45 minutes.
- While the beans are boiling, wash the cabbage and cut in big shreads.
- When the beans are ready, dry and put in a pan.
- Add olive oil and cabbage and very little water (the cabbage will give out their own water) , salt and pepper and cook in low fire until the vegetables soften and all the water has evaporated.
- Serve with lemon and garnish each dish with a hot pepper.

A salad or dip

Kideata (nettle cream)

Cultural elements

It is a dish to be eaten during fasting days, before Christmas, before Easter and on fasting days, sometimes omitting the oil.



Ingredients (for 4 people)

- * 1kg of tender nettle tops
- * 1 small onion (ground or chopped)
- * 1 spoonful flour
- * 1 spoonful spearmint leaves (chopped)
- * 100 ml olive oil

Method of preparation

- In a big pot pour 800 ml water and let boil in strong fire for 4-5 minutes until it starts bubbling.
- Add the nettles and continue to boil for approx.
- 35-40 minutes until they soften and most of the water has evaporated.
- Add onion, oil and salt and stir with wooden spoon until all ingredients mix well.
- Add the flour and continue to stir until it becomes "golden-roasted".
- Add the spearmint and remove from the fire. Put in the blender for 3-4 minutes until it looks like a cream.
- Put it back in the pot and keep stirring for another 2-3 minutes, adding the pepper.
- The cream has to be thick and "stay" on the spoon.
- Serve with a sprinkle of olive oil. In the old days, when there was no blender, they would boil the nettles until they creamed, pressing them with a wooden spoon in the pot.

A wheat dish

Tanosourv (Tanomenos sorvas)



Ingredients (for 6 people)

- * ½ kg cracked wheat
- * 6 cups water
- * 1 cup cow butter
- * 2 cups yoghurt
- * Salt

Method of preparation

- Boil the wheat in a pot, together with the salt and butter.
- When it has boiled well and most of the water has been absorbed, remove the pot from the fire and let cool.
- Take a little of the water and mix in a bowl with the yoghurt.
- Pour the mixture on top and serve.

A Dessert

Tsirihta



Ingredients

- * 2 cups flour
- * 1 sp. Yeast
- * Oil for cooking
- * Cinnamon
- * Nuts

Method of preparation

- Dissolve the yeast in warm water.
- Add the flour and little by little pour warm water and stir until it becomes a thick pulp.
- Put oil in a pan and burn.
- Take a spoonful of pulp and drop it in the burning oil.
- Fry until it becomes reddish. Repeat for the rest of the pulp.
- Serve the tririhta in a dish, pour honey on top and sprinkle cinnamon.

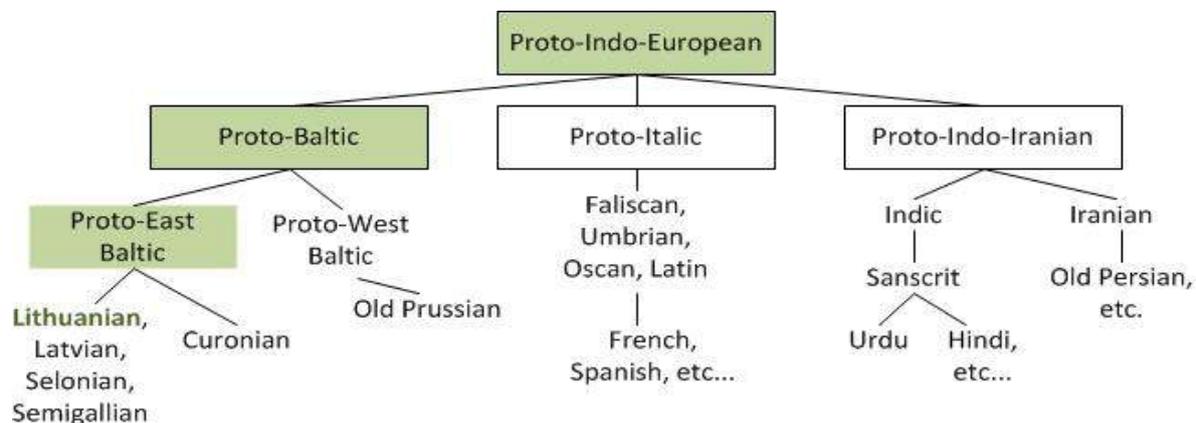
LITHUANIA



Welcome to Lithuania

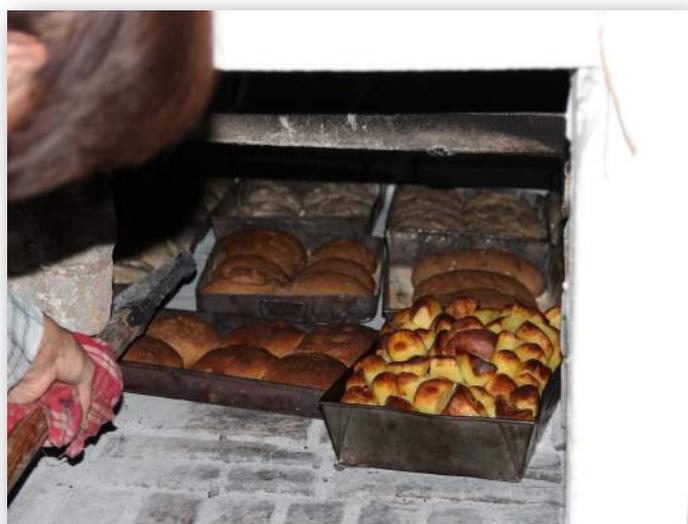
Lithuania is a small country with 2,9 million inhabitants in a middle of Europe, near Baltic Sea.

Lithuanians are the Baltic ethnic group natives, which native language is Lithuanian. Lithuanian is the oldest surviving Indo-European language, which has preserved the most phonetical and morphological aspects of the proto-language which many other European languages come from. It is very important to the field of Indo-European language studies, which carries out research on the origin, development, similarities and differences of Indo-European languages (Fig. 1).



Lithuania can be divided into historical and cultural regions (called ethnographic regions). These regions are not official political or administrative units and are delimited by culture, such as country traditions, traditional lifestyle, songs, tales, etc. To some extent regions correspond to the zones of Lithuanian language dialects. This correspondence however is by no means strict.

- Aukštaitija (Literally Highlands). Region in northeastern Lithuania, also includes some historical Lithuanian territories of southwestern Latvia and northwestern Belarus.
- Žemaitija (Samogitia, literally Lowlands). Region in western Lithuania.
- Dzūkija or Dainava (the latter name literally means "Land of songs"). Region in the southeast of Lithuania, also includes vast historically Lithuanian territories of Belarus, and some territories of Poland.
- Sūduva or Suvalkija. Region in the southwest of Lithuania, the smallest ethnographic region.
- Mažoji Lietuva (literally Lithuania Minor). Region at the Baltic sea coast, also includes territories with large historical Lithuanian population of what is now Kaliningrad Oblast and a bit of northern Poland.



Lithuanian cuisine features the products suited to the cool and moist northern climate of Lithuania: barley, potatoes, rye, beets, greens, berries, and mushrooms are locally grown, and dairy products are one of its specialities.

Each Lithuanian region has its own culinary specialties, which is why it is sometimes said that Lithuania has not just one national cuisine, but several. Aukštaitija is renowned for its dough-based dishes such as pancakes and dumplings. The 'specialty' of Dzūkija is mushrooms. In Suvalkija many meat products are produced. In Žemaitija there are many potato dishes.

Wheat based dish

Lithuanian Home Made Rye Bread

Notes and traditions

Black bread - a traditional dish, which until recently were baked each host farmhouse.



1.day Ingredients

- * 1 cup prepared (fermented) starter cultures (200 g) – (look how to prepare it at the bottom)
- * 2 cups whole-grain rye flour (200 g);
- * 0.5 cups of warm water (100 g).



2.day Ingredients

- * the first day of pre-mixed (400g);
- * 1 cup whole-grain rye flour (100 g);
- * 1 cup wheat flour (120 g, 550D);
- * 1 tablespoon cumin (10 g);
- * 3 tablespoons sugar (35 g);
- * 1 tablespoon of natural honey (35 g);
- * 2 teaspoons salt (15 g);
- * 0.5 cups of warm water (100 g).

Method of preparation

1- Day : In a mixing bowl pour 1 cup of the prepared yeast, add the 2 cups whole-grain rye flour. Mix until you get not too stiff, slightly sticky mass. The resulting mass is covered with a thin cloth or cling film and put in a warm ferment for 12 hours. At the end of fermentation mass must be elevated slightly paskystėjusi full of air bubbles.

2- Day : Pour into the prepared sack whole grain rye and wheat flour, sugar, salt, cumin, honey and pour a glass of warm water (you can put 1 tablespoon of rye malt bread to improve color). Knead the dough with your hands (wetting your hands in the water, the less will stick) or a spiral mixer. Blending the beginning of a spiral mixer, mix 1-u speed until no dry flour, then 3-5 minutes 2-u speed until the dough is smooth.

Kneaded the dough by hand to form a loaf, you put in a baking paper-lined or greased with oil and keep 3 hours, keeping warm (about 25 ° C). Place the form in the oven preheated to 250 degrees and bake for 15 minutes. It formed a crust of bread. Reduce temperature to 200 ° C and bake for about 30 minutes. Fried bread edges are brown.

Iškepusią duoną išimti iš formelės ir apipurkšti pluta vandeniui, arba tiesiog apglostyti duoną vandeniu sudrėkintais delnais, kad plutelė suminkštėtų. Uždengti duoną skepeta ir palikti ataušti.

After frying, remove bread from baking pans and sprayed the crust with water to soften the crust. Cover the bread with a cloth and leave to cool.

Method of preparation

1 cup whole-grain rye flour mixed with 1 cup of water (room temperature). Stir with a spoon until creamy mass. The resulting mass is covered with a thin cloth or cling film and put in a warm (about 25 ° C) to ferment for 72 hours (3 days). Standing in a warm mass of leaven every day easily mix. A good mass of bubbles appear, there is a mild smell of leaven.

Soup Pea Soup

Notes and traditions

Peas Lithuanian diet has long been known. They take and greens, and dried, preserved throughout the year, overtaking satiety potatoes. Peas used not only for food. Folk wisdom has it that, wash your face with water, which was soaked peas, the skin becomes healthier and brighter; fade oily skin luster.

Soup Lithuanians often enrichment of the cold season table. For dishes with peas blow abdomen, they were cumin to be grown in every garden.



Ingredients

- * a glass of well-washed dried peas,
- * average carrot;
- * 1/2 teaspoon ground black pepper,
- * 2/3 teaspoon of salt,
- * 2 tablespoons oil,
- * 3-4 cherry tomatoes (optional),
- * 3-4 basil leaves (optional).

Method of preparation

- Cover pea with cold water and cook over medium heat until boiling. Losing to the weakest flame and cook the peas until softened.
- Grate the carrot.
- Fry the spices for about 20 seconds in hot oil.
- Put carrots into the spices. Cook them together about two minutes.
- Pour in the boiling peas carrots and spices. Boil for about 15 minutes.
- Add tomatoes.
- Turn off the fire, add salt.
- Spruse off the basil leaves.

Salad

Beet Salad

Notes and traditions

Lithuania beets known since the sixteenth century. From there they made soups, salads, juices, food coloring.



Ingredients

- * 1 medium beet,
- * 1 pickle cucumber,
- * 2-3 tablespoons of cooked peas or beans,
- * a pinch of ground black pepper,
- * salt,
- * 1-2 tablespoon oil.



Method of preparation

- Cook the beet.
- Cook peas or beans.
- Cucumber cut into small cubes.
- Beet cut into small cubes.
- In a bowl mix the cucumber, beet cubes, beans (or peas).
- Pour oil, put paper, salt into vegetables. Stir up.
- Salat eaten one, or perfect for the variety of steaks, cutlets.

Dish

Pancakes with Cottage Cheese

Notes and traditions

Pancakes - noble legacy Aukštaičių (Lithuanian region) kitchen, then spread in other layers. They produce with cheese, minced meat, bacon, apples or alone, without filling. Bake in a large amount of fat, fatty foods because of the time (until the nineteenth century., When the nobility began to wane layer) among the nobility considered healthy.



Ingredients

- * Flour;
- * Water;
- * Pinch of salt;
- * Oil for boiling;
- * 200 gr cottage cheese;
- * Pinch of turmeric;
- * 1 spoon of sugar.



Method of preparation

- Mix liquid batter from flour and water.
- Put salt and turmeric (turmeric gives yellow color).
- In a preheated skillet pour a tablespoon of oil and 5-6 tablespoons of dough per pancake. Pancake make thin pudding on both sides.
- Prepare curd filling: puree it with sugar (can be seasoned with vanilla).
- The inside of the cast are putting a spoonful of the filling and gently wrapped it in a tube.
- All pancakes fry oil to warm up the filling.
- Serve with desired jam, sour cream or other favorite sauce.

Dessert

Afternoon farmer pie

Notes and traditions

Easy to prepare, every teenager could do that!



Ingredients

- * Cookies (I prefer mix of butter and chocolate cookies from the supermarket) – 350-400 grams;
- * Butter – 100 grams;
- * Caramel (or condensed milk)– 100 ml

Method of preparation

(5-7 minutes to prepare and appr. an hour to freeze)

- Crumble the cookies.
- Dissolve butter with caramel in a pot fill the solid mass.
- Pour on the cookies and mix.
- Put everything to a butter paper or food film.
- Place to a fridge to freeze.



PORTUGAL

From land to the plate



Region

Bombarral, municipality since 1914, is situated in the Region of Estremadura that is an agricultural, fishing and wine region.

Is this encounter between land and sea that arise the flavors of this region.

This document serves to give a small sample of what you eat and what you do the best in Bombarral gastronomy, all the ingredients necessary to prepare wonderful dishes such as the roasted goat or the black-eyed peas, which can be easily found in the region, produced or created by local farmers.

But then if Bombarral is not directly in contact with the sea, why is sea bass considered a typical recipe of this region? The answer is simple, just walk a few miles to Peniche or Óbidos and you can find the sea, rich in fresh fish like sea bass.

It is also important to note that the municipality of Bombarral until 1914 was part of the municipality of Óbidos, so its gastronomic culture has deep roots with maritime life.



The Region - Key Notes



Bombarral is a rural region, closely linked to work in the countryside. It is a very fertile area and rich in natural resources (natural parks, flora and fauna).

Wind, which is used to move the mills, was used in wheat and maize flour production, the main ingredient of traditional bread. Now it is mainly used in tourism or holiday house.

The lands of this region are very fertile and are the main economic source of the region. Local agriculture is composed by Vineyards and Orchards.

Wine is produced either by small or large producers, for domestic and commercial purposes.

Sanguinal wines are quite known with awards achieved in China and Germany.



The queen of Bombarral fruit is "Pera Rocha" a variety of pear that represents the West region. 70% of total production is consumed in Portugal and the rest is exported mainly to Brazil and England.

Wheat based dish

Wheat bread

Notes and traditions

After molding the bread, the baker must make a cross with his hand (never using metal) on the dough and must pray;

According to tradition the hot bread must be broken by hand and not cut with a knife because it cuts the forces to baker.

The oven should be heated more or less in the middle of the molding process to be hot enough to cook the bread.

After the bread is placed in the oven, the baker must bless it with the shovel and then closed.



Ingredients

- Wheat flour;
- Salt;
- Yeast;
- Hot water.

Method of preparation

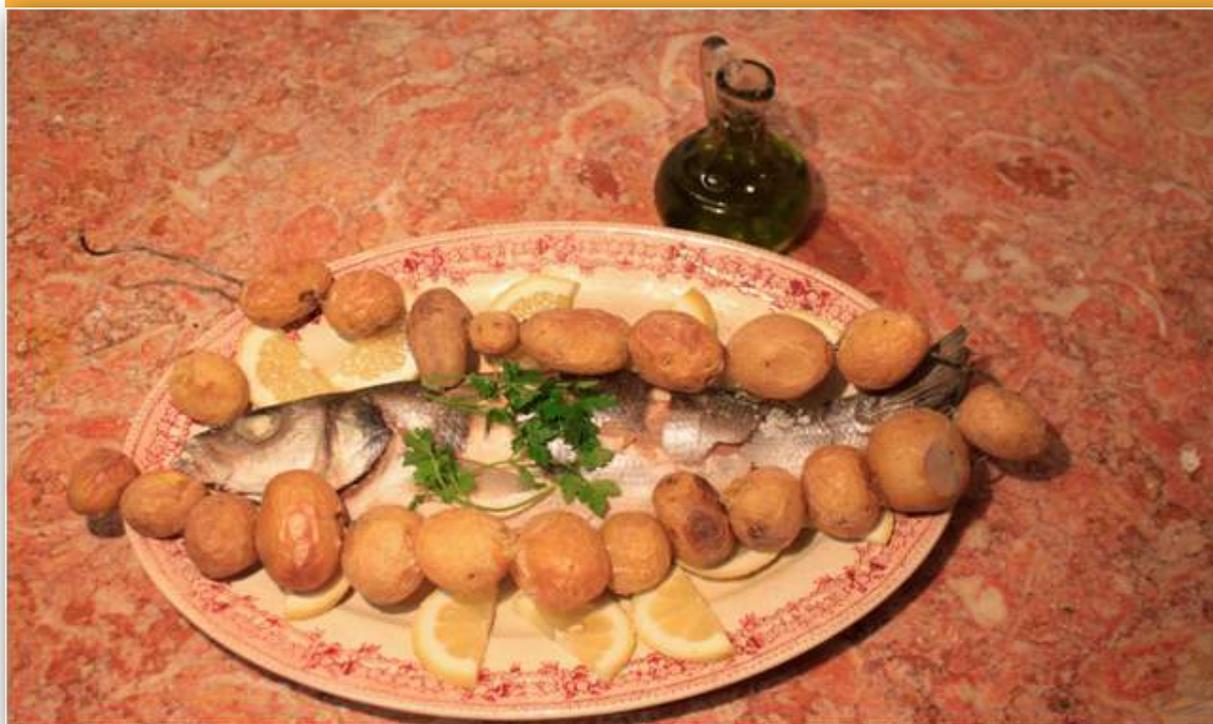
- Put the flour in a container that allows molding procedure;
- Add the salt and place the yeast with a little water to dissolve;
- Add the water with the yeast dissolved;
- Mix all, kneading and adding water whenever necessary;
- Once the dough has a consistency, leave it in rest for approximately 2:00h to allow the dough to rise;
- After "levedada" (dough to become leaven), the dough should be divided into smaller portions with the shape of the bread you wish;
- Put the bread in the oven and let it bake for 25 to 40 minutes, always under supervision.

Main dish

Salt cooked sea bass

Origin and major influences

This dish has its origin in the municipalities of Óbidos, Peniche and maritime locations, where fishing is a quite important activity.



Ingredients

- * 1 Whole sea bass (keep the fish scales and just remove the gut);
- * 1 branch of parsley and coriander;
- * 1 to 2 kg of salt;
- * Olive oil;
- * 3 Egg whites.

Method of preparation

- Remove the sea bass gut and wash with water;
- Put a branch of parsley inside the belly of the sea bass;
- Mix egg whites with salt until it has the consistency of wet sand;
- On a clay tray put salt in order to fully cover the bottom;
- Place the sea bass over the salt;
- Involve the whole body of sea bass with salt and ensure that it is well conditioned;
- Put the tray in the oven for 20 or 25 minutes for every pound of fish;
- Remove the tray and let it cool;
- Break the salt and serve the sea bass with roasted potatoes and olive oil;

Festive dish

Roast lamb



Ingredients

- * 1.5 Kg of lamb;
- * 4 cloves of garlic;
- * 4 bay leaves;
- * 1 onion cut into rings;
- * 500 ml white wine;
- * Parsley sprigs;
- * Salt;
- * Olive oil.

Method of preparation

- In the container, place the lamb with salt, wine, garlic and bay leaves and store the prepared for a day;
- The next day, cut the onion into slices in the shape of a half moon;
- On a tray, put the slice onion, parsley sprigs and olive oil;
- Place the lamb on the board;
- Sprinkle everything with the marinated meat;
- Bake for an hour and twenty ;
- Serve with baked potatoes in the oven.

Dessert

Horseshoe sweat bread ("Ferraduras")

Origin and major influences

The Horseshoe is a rural dessert, mainly sold during local fairs and traditional celebrations. Its shape is a celebration of horse use in countryside activities.



Ingredients

- * 500g + 75g bread flour
- * 50ml water
- * 20g fresh yeast
- * 50g butter
- * 75ml water
- * 25ml milk
- * 1/4 tsp coarse salt
- * 1 tsp cinnamon
- * 1/4 tsp ground ginger
- * Zester of 1/2 lemon
- * 1 egg
- * 180g sugar
- * Egg yolk to brush

Method of preparation

- Undo the yeast in 50ml of warm water and mix with 75g of flour. Knead into a ball and let rest in a warm place until it doubled, about half an hour.
- Place the remaining flour in a bowl and place the yeast dough in the center, and then the water and milk.
- Mix the cinnamon and ginger, lemon zest, melted butter, egg and sugar, kneading well.
- The dough is a little tougher than usual bread.
- Form a ball and let rise in a bowl covered with a cloth until doubled in size.
- Work it a little with your hands, just to take away the air. To model, began to form a ball with the dough and divide it in half. With each half, formed a roll and divide into 9 equal parts. Then flatten each piece into a small rectangle and bend from the top to the middle to get a roll. If you prefer, you can just scroll, but doing as I describe, give more structure to the dough. Form a horseshoe and arrange it in a lined baking tray. Repeat until you finish the dough and let rest another half hour.
- Meanwhile, preheat the oven to 200°C.
- Brush with the egg yolk and bake for 20 minutes.

Spirit Drink

Aguardente

(Fire water)

Notes and traditions

In antiquity the Eau-de-vie and liqueurs were not known in the west as the first to practice the distillation were the peoples of the far East.

It was the Arabs who started to distill alcohol in the early Middle Ages, passing this knowledge to Europeans. The brandy is the base of most liqueurs produced in the Region.

Liqueurs such as: Black cherry liqueur; Plum brandy; Pear liqueur; ...



Ingredients for 18 units

* Byproducts of wine production (wine lees or grape marc)

Method of preparation

- Wood is placed in the boiler;
- This wood burns and generates heat;
- Enter water in the boiler, the heat produces vapor;
- This vapor passes into the tanks where is the wine ;
- The steam to pass through the wine makes this heat and in this way causes the alcohol fraction wine to evaporate;
- This alcohol in the form of steam will now go through a cooling tank and then back to its liquid state and exits into a container.



ROMANIA



Giurgiu

Giurgiu is the political, administrative and cultural center of the county with the same name, situated at 60 km south from the capital of Romania, on the left shore of the Danube river and is surrounded by fertile grain-growing areas.

The rich grain-growing land to the north is traversed by a railway to Bucharest, the first line opened in Romania, which was built in 1869.

The Giurgiu-Ruse Friendship Bridge was built in 1952–1954, during the Communist regime, linking Romania and Bulgaria over the Danube.

The city of Giurgiu was probably established in the 14th century as a port on the Danube by the Genoese merchant adventurers, who established a bank and traded in silks and velvets. They called the city after the patron saint of Genoa, San Giorgio (St George), and hence comes its present name. It was first mentioned in Codex Latinus Parisinus in 1395, during the reign of Mircea I of Wallachia.



GIURGIU



Festive dish

Stuffed cabbage rolls baked in pumpkin

Ingredients

- * 1 round pumpkin
- * 1 kilo of minced meat
(veal and pork or poultry meat)
- * 2 pickled cabbages
- * 200 gr. of smoked bacon
- * 1 mug of rice
- * 3 onions (chopped)
- * 1 mug of tomato juice
- * 1 teaspoonful of thyme
- * 2,4 leaves of bay
- * salt and pepper



Method of preparation

- The pumpkin is prepared:
- You start from the basis of the pumpkin. The lid is cut (star shaped or round shaped).
- The inside of the pumpkin is taken out and the interior is well cleaned with a spoon, then the pumpkin is placed in a tray.
- On the bottom of the pumpkin some chopped pickled cabbage is put, then two sprigs of thyme, 3 slices of bacon and two spoonfuls of tomato juice.
- In a bowl it is prepared the filling for the cabbage rolls: the rice is mixed with the meat, the chopped onion, tomato and spices (salt and pepper to taste). Everything is well mixed then it is wrapped in the cabbage leaves of medium size.
- The cabbage rolls are placed in layers in the pumpkin and between the layers put one slice of bacon, bay leaves, chopped cabbage and a teaspoonful of tomato juice.
- When everything is ready, add water till all the cabbage layers are covered.
- Then the lid of the pumpkin is placed and it is put in the oven at medium heat for about 2 hours.

Main dish

Chicken and Mushrooms "Ciulama" with Polenta



Ingredients

- * The chest and legs from one chicken
- * ½ kg mushrooms
- * 1 onion
- * ½ litre of milk
- * 4 spoonfuls of flour
- * 1 litre of water
- * 50 gr. butter and 2 spoonfuls of oil
- * Salt (to taste)
- * Parsley leaves

Polenta Ingredients

- * 1 litre water
- * A teaspoonful of butter
- * 400 grams of corn flour
- * 1 teaspoonful of salt

Method of preparation

- The chicken chest and legs are boiled in 500 litres of water and salt. When they are ready are cut into pieces and left aside. The mushrooms are cut into pieces and fried in the butter and oil and added to the chicken soup.
- The flour is mixed with the milk and added in the soup. The mixture is simmered on the flame and mixed continuously till it gets harder. It is served hot with polenta and it is decorated with parsley leaves.

Polenta; Method of preparation

- The water is boiled together with salt and butter. When it is boiling, 1/3 of the corn flour is added and quickly mixed.
- When it gets harder (1 or 2 minutes), add the rest of the corn flour and quickly mix until it gets hard (about 10 minutes). Then it is put on a flat plate.

Soup

Chicken Sour Soup



Ingredients

- | | | | |
|-------------------|------------------|--------------|----------------------|
| * 1 chicken | * 2 carrots | * 1 parsnip | * 1 pepper |
| * 1 onion | * 2 potatoes | * 5 tomatoes | * Salt (to taste) |
| * 1 ½ litre water | * ½ litre borsch | * 1 egg | * Parsley and lovage |

Method of preparation

Cut the chicken in pieces and put it to boil in the water in which you added the salt.

The vegetables are cut in small pieces and added in the water when the chicken is partially boiled.

Keep the potatoes to be added later, as they boil quicker.

The tomatoes are peeled and cut in pieces and when the potatoes are also boiled, add them.

The borsch is also boiled separately and added to the soup. Boil it for 5 minutes.

The egg is beaten and then added to the soup. Put it aside and sprinkle chopped parsley and lovage.

Borsch

“Borsch” is a special ingredient that Romanian people use to make the soup sour. It has to be prepared before we decide to make the soup.

250 gr. wheat bran

100 gr. corn flour

2 slices of black bread

Lovage leaves

Water

All the ingredients are put in a big ceramic or glass container (8 litres). Add to this mixture 4 or 5 litres of hot water. Cover the pot and leave it 1 or 2 days. Mix it periodically till the mixture gets sour. Finally strain the mixture and keep the liquid to sour the soup.

Salad

Fish Eggs Salad



Ingredients

3 spoonfuls of fish eggs (carp)
 500 ml oil
 1 lemon juice
 1 onion
 150 grams semolina
 Salt (to taste)
 200 ml mineral water

Method of preparation

- In a pot prepare the semolina in 250 ml water till it hardens and then leave it to get cool.
- In a bowl put the fish eggs, semolina, chopped onion and the salt.
- Mix it with the mixer and add the oil little by little, together with the lemon juice and mineral water till you get a quite foamy paste.
- It is served spread on bread slices, decorated with olives.

Dessert

Cow Cheese Doughnuts



Ingredients

400 gr. dry cow cheese
 4 eggs
 200 grams flour
 4 packets of vanilla sugar
 ½ packet baking soda
 500 ml oil
 100 grams blueberry jam
 200 grams sour cream

Method of preparation

- Separate the egg yolks from the whites. In a bowl mix the cheese, the yolks, vanilla sugar and the baking soda.
- Add the four and make a dough which can be shaped.
- For each portion you shape a circle and a little ball.
- Fry the shapes in the heated oil.
- When they are fried, put them on a plate.
- First put the circle (a round doughnut).
- On it put the blueberry jam and on top, put the ball.
- Add the cream and decorate with the jam sauce.



TURKEY



Region

The foundation of Manavgat is not known certain, but estimated at B.C. 200-150. The history of the town is known to be very old and it is believed that the name Manavgat comes from the word "Munouwa" in the old language of luwi, meaning temple of Mother Goddess. As understood from the early documents, cargo and human transportation had been made on the river, from the very first centuries till recent years.



The plain of Manavgat is the most fertile plain of the province Antalya and is suitable for growing cotton, wheat, barley and 45 different kinds of fruit and vegetables. Fruit and vegetables growing in greenhouse are important from of farming in the region. Greenhouse flowering has also improved recently. Trout is bred in some parts of the river.



Main dish

Karnıyarık



Ingredients

*6 medium sized eggplants
 *300 gr mince(ground meat)
 *2 big onions
 *2 garlics
 *3 tomatoes
 *2 green peppers
 *2-3 pinches of parsley
 *salt and black pepper
 *sunflower oil

For sauce;
 *1 spoon of tomato paste
 *1 tea spoon of powder red pepper
 *1 glass of hot water
 *salt

Method of preparation

- Peel eggplants leaving lengthwise stripes and then put them in salty water for 10 minutes. Dry them well and fry them as a whole in a deep pot with canola or corn or vegetable oil, whichever you're comfortable with. (Make sure oil is really hot before you place eggplants, otherwise eggplants will soak tons of oil)
- Once they're fried, first soak the excessive oil by resting them on a paper towel, and then place eggplants on an oven dish.
- In a deep frying pan, heat olive oil. Add onions and stir for 3-4 minutes.
- Add ground meat. Cook until ground meat soaks all the juice it lets out.
- Add diced tomato. Stir until cooked. Turn it off.
- Add chopped parsley, salt, and pepper. Mix well.
- With the help of two spoons, slit eggplants into two. But leave the tops and bottoms attached.
- Stuff eggplants with ground meat mixture.
- Place a slice of tomato and a piece green pepper on top of each split belly eggplant.
- Pour 1 cup of hot water on top and bake them in preheated oven at 200 degrees celcius until green peppers are nicely baked.
- Serve with rice and yoghurt

Soup

Tarhana Soup

Cultural elements

Tarhana is the first instant soup which was invented by Central Asian Turks. In the summer time they mixed fresh vegetables with yogurt to prepare their hearty winter soup. In Turkey, there are several varieties of tarhana. For example some regions use corn flour instead of white flour or they add chickpeas in it.

The meaning of the word of Tarhana is not well known, however there's a story about it. Many centuries ago, the Sultan at the time was a guest at a poor peasant's house. There was only one thing that the peasant wife could offer to the Sultan. She boiled up the soup quickly, and she was embarrassed and said this is "dar hane" soup, which means "poor house". This "dar hane" soup eventually became known as "tarhana" soup. Also during the Ottoman Empire Tarhana Soup entered Balkan cuisine like so many dishes of Turkish cuisine.

Tarhana Soup is great for cold winter mornings as breakfast.



Ingredients

- * 6 spoons of "tarhana"
- * 8 glasses of chicken or meat broth
- * 4 spoons of olive oil or sunflower oil
- * 1 spoon of butter
- * ½ spoon of tomato paste

Method of preparation

Mix tarhana with butter and olive oil for about 2 minutes. Add 8 glasses of chicken broth or meat broth. When it boils, go on cooking at a low heat for about 10 minutes. Serve hot with peppermint on top.



Festive dish

Keşkek

Culturel elements

Keşkek is a traditional festive dish cooked in most cities of Turkey. It is widely served on special occasions such as wedding ceremonies and festivals.



Ingredients (for 8 people)

- * 1 kg of wheat
- * 1 kg of chicken or lamb
- * Butter
- * Salt
- * Water

Method of preparation

- Boil the wheat in a wide pan.
- Boil the chicken or lamb in another pan.
- Extract the boiled wheat through a colander and smash the wheat.
- Take out the chicken or lamb and get it as small pieces.
- Put the boiled and smashed wheat in a pan and pour the meat broth into it and mix them.
- Add the oieces of chicken or lamb into the wheat and mix them.
- Mix the "keşkek" with wooden spoon and go on smashing it.
- Cook it until it is lke a chewing gum.
- Serve it after dressing with some sauce of butter and red pepper

Dessert

Ashure (Noah's Pudding)

Culturel elements

Ashure (in Turkish: Aşure) or Noah's Pudding; is a Turkish dessert that is made of a mixture consisting of grains, fruits and nuts. It is served during the first month of the Islamic calendar, Muharrem, on the Tenth of Muharrem, or the Day of Ashure. "Ashura" means "tenth" in Arabic. Ashure is part of the culinary tradition of Turkey as well as many of the surrounding countries.

Ashure pudding does not have a single recipe, as recipes vary between regions and families.

In most cases, it is vegan and it is one of the well-known and the most popular vegan desserts in Turkish cuisine.



Ingredients(for 8 people)

- *1 glass of haricot beans
- *1 glass of chickpeas
- *1 kilo of sugar
- * ½ kilo of wheat
- * Some clove, sliced quince, sesame, raisins, almonds, cinnamon, peanuts, walnut and nuts
- * Some dried apricots and dried figs
- * Some pomegranate



Method of preparation

- Put some water and wheat in the pan and cook for about 2 hours with little fire.
- Add boiled chickpeas and beans and cook for about 10 minutes.
- After cooking wheat, chickpeas and beans add some peanuts, quince, bird raisins and clove one by one and mix them.
- To give a small smell chop some lemon zest.
- Add about 1 kg of sugar and cook and stir about 10 minutes until all the ingredients give taste.
- Add just half a tea spoon of salt.
- Finally add dried figs and dried apricots.
- Stir all the ingredients.
- Serve it in bowls after dressing it with some sesame, nuts and cinnamon.
- Sprinkle some pomegranates on the dessert and enjoy it.

Salad

Gavurdağı Salad

Culturel elements

Gavurdağ is actually the name of a mountain in the Taurus range down in the south of Turkey and this salad originally hails from Gaziantep, one of the major cities in that region, as so many delicious Turkish dishes do.

It's eaten with meat or kebabs, not fish.



Ingredients

For salad;

- * 4 tomatoes
- * 1 small onion and green onion
- * 2-3 green peppers
- * 2-3 pinches of parsley
- * 4 sprigs of fresh mint
- * 1 cup of walnuts finely crushed

For sauce;

- * 3 tablespoons of olive oil
- * 3 tablespoons of pomegranate sauce
- * ½ lemon juice
- * ½ spoon of salt to taste
- * ½ spoon of black pepper
- * ½ spoon of nutmeg
- * ½ spoon of coriander

Method of preparation

- Chop all the vegetables and walnuts finely.
- Mix the ingredients of sauce into a bowl.
- Add the sauce into the chopped vegetables.
- Serve after dressing.

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