



« Local Food, Global Change » Cookbook



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Carbet, April 2016.

Dear readers,

It's been a pleasure compiling the recipes of all the dishes that were cooked and tasted by the students and teachers from the 3 partner schools throughout the project «Local food, Global Change 2014-2016» that has been co-funded by the European Union. Our objective is to make local, organic or garden food more attractive to teenagers who tend to prefer fast food. We've tried to sensitize them to the link between local food, sustainable development and health.

Students from collège du Carbet, Liceo Camillo Golgi in Breno and Liceul Onisifor Ghibu in Sibiu have enjoyed sharing these recipes which remain connected to pleasant memories of their different trips to Italy, Martinique and Romania. During these trips, they got the opportunity to learn about the positive impacts of local food on the environment and their health. I hope you'll be as happy as we are to discover or rediscover these recipes.

Yours truly,

Nunzia Cardinale, Estelle Lenda Polie and Laura Pitariu, the coordinating teachers from the 3 partner schools of the project.



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STARTERS



ACCRAS DE MORUE

Cod fish fritters

Ingrédients :

- 200g de farine
- 100 g de morue
- 2 œufs
- 1 verre d'eau
- 1 pincée de levure chimique
- 1 gros oignon
- 1 gousse d'ail
- 5 oignons nouveaux
- du thym
- persil
- 1 demi-piment
- poivre
- sel
- du vinaigre

Ingredients :

- *200g of flour*
- *100g of cod fish*
- *2 eggs*
- *1 glass of water*
- *1 pinch of yeast*
- *1 big onion*
- *1 garlic clove*
- *5 spring onions*
- *some thyme*
- *some parsley*
- *1 half of chili*
- *pepper*
- *salt*
- *some vinegar*

Préparation :

Faire tremper la morue dans l'eau froide pendant plusieurs heures puis la faire bouillir pendant 30 minutes. Mélanger la farine et l'eau à l'aide d'un fouet pour éviter les grumeaux.

Laisser la morue refroidir et retirer la peau et les arêtes.

Emincer les oignons, l'ail, les oignons nouveaux, le thym, le persil et le piment. Ajouter un trait de vinaigre, le sel et le poivre. Mélanger cette préparation à la farine, à l'eau et à la morue émiettée.



Juste avant de plonger le tout dans l'huile chaude, ajouter une pincée de levure et un œuf battu. Faire frire des petites quantités de pâte créées à l'aide d'une cuillère à café.

Preparation :

Leave the cod fish to soak in cold water for several hours then boil it for 30 minutes. Mix the flour and water with the help of a whisk to avoid lumps. Allow the cod to cool down and remove its skin and bones.

Finely chop the onion, the garlic, the spring onions, the thyme, the parsley and the chili. Add a dash of vinegar, the salt and pepper. Mix the flour and water dough with this preparation and crumbled cod fish.

Just before plunging the whole into hot oil, add a pinch of yeast and one beaten egg. Fry small amounts of dough shaped with the help of a coffee spoon.



This recipe has been suggested by Luigi Donéléon, a student at the Carbet middle school in Martinique.

BOUDIN CRÉOLE

Caribbean black pudding



Ingrédients:

- boyaux gras : 333,5 g
- sang de porc : 1,5 l
- pain de mie : 833,5 g
- clou(s) de girofle : 3,5 pièces
- piment(s) oiseau : 3,5 pièces
- lait 1/2 écrémé : 16,5 cl
- oignon(s) : 1,5 pièces
- gousses d'ail : 3,5 pièces
- branches de thym : 5 pièces
- saindoux : 83,5 g
- sel fin : 10 pincées
- moulin à poivre : 10 tours

Ingredients:

- *fat guts: 333.5 g*
- *pork blood: 1.5 l*
- *bread crumb: 833.5 g*
- *cloves: 3.5 pieces*
- *vegetarian chilies: 3.5 pieces*
- *semi-skimmed milk: 16.5 cl*
- *onion(s): 1.5 pieces*
- *garlic cloves: 3.5 pieces*
- *thyme branches: 5 pieces*
- *pork fat: 83.5 g*
- *table salt: 10 pinches*
- *pepper mill: 10 laps*

Préparation :

Mettre le pain de mie à tremper dans le lait. Éplucher et dégermer les gousses d'ail. Réduire les clous de girofle en poudre et les gousses d'ail en purée. Ciseler l'oignon en petits cubes. Éépiner les piments et les hacher finement.

Mettre le saindoux à fondre dans une cocotte. Ajouter l'oignon et le faire suer avec une pincée de sel.

Égoutter le pain de mie puis le mettre dans la cocotte et remuer pendant environ 5 min à feu moyen. Ajouter ensuite le lait, l'ail, le piment, le thym et les clous de girofle. Laisser cuire à petit feu pendant 5 minutes. Verser ensuite le sang dans la cocotte, saler et poivrer, puis cuire pendant environ 10 min. Réserver.

Vérifier la propreté du boyau, le couper en tronçons d'environ 30 cm et nouer une extrémité. A l'aide d'un entonnoir, remplir ensuite le boyau en réalisant des boudins de 5 cm et en faisant un nœud entre 2 boudins.

Faire chauffer de l'eau dans une grande casserole sans la faire bouillir, puis plonger les boudins dedans et les cuire pendant environ 30 min (ils doivent être fermes). Les égoutter ensuite sur un torchon.

Preparation:

Put the breadcrumb to soak in the milk. Peel the garlic cloves and remove their sprouts. Turn the cloves into powder and mash the garlic. Chop the onions into small cubes. Take off the seeds from the chilies and chop them finely. Put the pork fat in a pan and let it melt. Add the onions and fry them with a pinch of salt.

Drain the bread and put it in the saucepan and stir for about 5 minutes over medium heat. Add the milk, garlic, chilies, thyme and cloves. Cook over low heat for 5 minutes. Then pour the pork blood into the saucepan, add salt and pepper and cook for about 10 minutes. Store away.

Check the cleanliness of the guts, cut into lengths of about 30 cm and tie one end. Then, using a funnel, fill the guts by forming 5 cm pieces and by making a knot between two pieces. Heat water in a large saucepan without boiling, then dip the knotted sausages and cook for about 30 minutes (they should be firm). Then drain them on a kitchen towel.



This recipe has been suggested by Corentin Cadrot, a student at the Carbet middle school in Martinique.

MINISTRA D'ORZO COI FAGIOLI



Pearl barley soup with beans

Ingredienti (per 4 persone) :

- 2 l di brodo di carne o vegetale
- 1/4 l di latte
- 3 cucchiaini di olio di oliva
- 1 cipolla
- 1 patata
- 4 foglie di salvia
- 100 g di orzo perlato
- 200 g di fagioli lessati
- 2 spicchi d'aglio
- pepe macinato q.b

Ingredients (serves 4):

- 2 l of vegetable broth
- 1/4l of milk
- 3 tablespoons of olive oil
- 1 onion
- 1 potato
- 4 leaves of sage
- 100g of pearl barley
- 200g of boiled beans
- 2 cloves of garlic
- ground pepper

Preparazione :

In una pentola aggiungere l'olio, la cipolla tagliata sottile, la patata tagliata a cubetti, l'aglio e lasciare rosolare.

Aggiungere quindi il latte, il brodo, i fagioli, l'orzo e la salvia e lasciar cuocere per almeno 35 minuti; togliere dal fuoco e aggiungere pepe e formaggio parmigiano grattugiato a piacere e olio extravergine d'oliva.

Directions:

In a pot add olive oil, sliced onions, chopped potato, garlic and fry over at low heat.

Add milk, broth, boiled beans, barley and sage and let it simmer for at least 35 minutes; then remove it from the heat and add pepper and grated parmesan cheese as necessary and olive oil.



This recipe has been suggested by A. Cotti Comettini, a student at Liceo Camillo Golgi in Breno, Italy.

RAVIOLI TRADIZIONALI DELLA VALCAMONICA



Home-made ravioli of the Camonica Valley

Ingredienti (per 4 persone):

- per la pasta
- 500 g di farina bianca
- 3 uova
- sale
- acqua
- per il ripieno
- 200 g di arrosto di maiale
- 50 g di prosciutto crudo
- 150 g di mortadella
- 100 g di biette (o spinaci)
- 25 g di coste di sedano
- 1/2 carota
- 1/2 cipolla
- 1/2 mazzetto di prezzemolo
- 1 spicchio d'aglio
- 50 g di pane grattugiato
- 2 uova
- 25 g di burro
- 150 g formaggio parmigiano grattugiato
- sale, pepe, noce moscata q.b.

Ingredients (serves 4):

- *for the dough*
- *500 g of plain flour*
- *3 eggs*
- *salt*
- *water*
- *for the filling*
- *200 gr of roasted pork*
- *50 gr of Parma ham*
- *150 gr of mortadella*
- *100 gr of beet (or spinach)*
- *25 gr of stalks of celery*
- *1/2 carrot*
- *1/2 onion*
- *1/2 bunch of parsley*
- *1 clove of garlic*
- *50 gr of bread crumbs*
- *2 eggs*
- *25 gr of butter*
- *150 gr of grated parmesan cheese*
- *salt, pepper and nutmeg*

Preparazione:

Soffriggere nel burro la cipolla, il sedano, le carote e le biette con l'aglio; in seguito macinare finemente l'arrosto, il prosciutto, la mortadella, le verdure e il prezzemolo tritato.

In una bacinella unire tutti gli ingredienti e amalgamare con l'aggiunta delle uova, il formaggio e il pane grattugiato, la noce moscata, fino a ottenere un composto consistente.

In una zuppiera capiente mescolare insieme alla farina le uova e il sale e impastare bene. Successivamente lasciar riposare l'impasto per circa mezz'ora e, in seguito, tirarlo con il mattarello o con la macchina per pasta fino ad ottenere una sfoglia non troppo sottile. In seguito fare i ravioli di media grandezza, tagliando la sfoglia ottenuta in dischetti rotondi, con un bicchiere o con uno stampo, riempiendo ogni dischetto con un bocconcino di impasto e chiudendolo a forma di mezzaluna.

Cuocere i ravioli in acqua bollente salata per circa 10-15 minuti ed Infine condire e servire con burro fuso rosolato con salvia e formaggio parmigiano grattugiato.

Directions:

Fry the onion slightly in the butter, the celery, the carrot and the beet (or spinach) with the garlic; later mill the roast pork, the Parma ham, the mortadella, the vegetables and the minced parsley.

Put all the ingredients in a bowl and mix them adding the eggs, the cheese and bread crumbs and nutmeg till the filling becomes dense.

Blend in large bowl the flour, the eggs, the salt and knead the dough. Then let it stand for half an hour and later roll the dough. Next cut the dough with a glass or a round stamp in order to obtain small disks of dough. Then put in the middle of each disk a little ball of filling and close them in order to obtain a 'half-moon' form.

Cooking: boiling the ravioli in salted water for 10-15 minutes and, finally, serve them with melted butter, sage and grated parmesan cheese.



This recipe has been suggested by V. Doschinescu, student at Liceo Camillo Golgi in Breno, Italy.

MAIN COURSES



RISOTTO COI FUNGHI

PORCINI



Risotto white fresh boletus mushrooms

Ingredienti (per 4 persone) :

- 1/2 cipolla
- 2 cucchiaini di olio extravergine di oliva e burro
- 1/2 bicchiere di vino bianco
- 1 l di brodo vegetale o di carne
- 50 g di parmigiano grattugiato
- 450 g di riso
- 1 cucchiaino di prezzemolo tritato
- 200 g di funghi porcini freschi
- sale e pepe macinato

Ingredients (serves 4):

- 1/2 onion
- 2 tablespoon of olive-oil and butter
- 1/2 glass of white wine
- 1 l of vegetable or meat broth
- 50 gr of grated Parmesan cheese
- 450 gr of rice
- 1 spoon of minced parsley
- 200 gr of fresh boletus mushrooms
- salt and ground pepper
- if you like:
- 75 gr of boletus mushrooms dehydrated or other mushrooms

Preparazione :

Tagliare finemente la cipolla e lasciare rosolare con l'olio o il burro. Successivamente aggiungere il riso e il mezzo bicchiere di vino bianco, che deve evaporare completamente. Aggiungere gradualmente il brodo di carne o vegetale e quando il riso ha quasi raggiunto la fine cottura (10-12 minuti) aggiungere i porcini freschi tagliati finemente, il prezzemolo tritato e aggiustare di sale. Completata la cottura del riso (altri 4-5 minuti) togliere la pentola dal fuoco e mantecare per qualche minuto con una noce di burro, una grattugiata di pepe e il formaggio parmigiano.

Directions:

Slice finely onion and fry it until blonde in the oil or in the butter. Then add the rice and the ½ glass of white wine, which has to evaporate totally. Add meat or vegetable broth gradually and when the rice almost reaches end of cooking (10-12 minutes) add fresh boletus mushrooms in slices and minced parsley and salt. At the end of the rice cooking (other 4-5 minutes) take the pot off the heat and let it rest for some minutes adding parmesan cheese and a teaspoon of butter and pepper.



This recipe has been suggested by M. Vicardi, a student at Liceo Camillo Golgi in Breno, Italy.

Spinach purée



- 1 kg spanac
- o ceapă
- 5-6 căței de usturoi
- 80g unt
- 120ml smântână
- sare
- piper

- 1kg spinach
- an onion
- 5-6 cloves of garlic
- 80g butter
- 500ml of milk
- salt
- paper

Spălăm spanacul frunză cu frunză. Punem 20g de unt în tigaie iar ulterior adugăm ceapa tocată. Când ceapa e călită adăugăm spanacul și le amestecăm. Când compoziția scade, punem 4 căței de usturoi și lăsăm să fiarbă până se evaporă sucul spanacului. Punem restul untului și amestecăm cu sarea. Apoi turnăm laptele și îl lăsăm câteva minute. Înainte de a servi spanacul, adăugăm restul usturoiului

Sfat: Spanacul se servește cel mai bine cu ochiuri.

Directions:

We wash the spinach leaf with leaf. We put 20g butter into the pan and later we add the chopped onion. When the onion is transparency we add the spinach and mix them together. When the content drops, we put the 4 garlic and let him to boil until the juice of the spinach evaporates. We put the rest of the butter and mix with the salt. Later we shed the milk and even let a few minutes. Before we serve the spinach we put the last cloves of garlic.

Tip: You can eat the spinach with cooked eggs.



This recipe has been suggested by Iulia Fratila, Alina Cristea, Larisa Raducan, Athena Gandila (10th grade) and Doris Peana (11th grade), students at Onisifor Ghibu High School in Sibiu, Romania.

SARMALE IN FOI DE VARZA MURATA

Stuffed sauerkraut rolls



Ingrediente: (pentru 42 de sarmale de dimensiune potrivita)

- 1 – 1,5 kg de carne de porc
- 1 – 1,5 kg varza murata
- 2 – 3 cepe
- 50 de ml de ulei
- 150 de ml de orez
- 1 legatura de marar verde
- 4-5 crengute de cimbru
- 3 foi de dafin

Optional:

- bucati de costita cruda sau afumata
- 3-4 linguri de bulion de rosii, in cazul in care varza nu e prea acra

Ingredients: (for 42 rolls of suitable size)

- 1 - 1.5 kg of pork
- 1 - 1.5 kg of sauerkraut (sour cabbage)
- 2-3 onions
- 50 ml of oil
- 150 ml of rice
- 1 bunch of dill
- 4-5 sprigs of thyme
- 3 bay leaves

Optional:

- gammon
- 3-4 tablespoons of tomato puree, if the cabbage is not sour enough.

Preparare:

Se alege carne mai grasa de porc (pulpa, costita, ceafa) si se trece o data prin masina de tocat. Alta varianta este sa se toace atat carne de porc cat si carne de vita, in cantitati egale. Carnea tocata se amesteca cu orezul curatat si spalat in cateva ape, ceapa taiata cubulete foarte mici, piperul, sarea, frunzele de dafin taiate marunt si 100 ml de apa. E foarte important adaosul de apa in umplutura.

Foile de varza se taie selectandu-se bucatile in care carnea poate sa fie impachetata cu usurinta. In mana stanga se pune foaia de varza, aproape de incheietura mainii se aseaza putina carne si se ruleaza foaia de varza cu mana dreapta. Mana stanga se

strange cauz pentru a nu lasa sa se desfacă tubul de varza, iar cu degetele de la mana dreapta se preseaza marginile foi de varza spre interior si astfel se formeaza sarmaua. Sarmalele se fierb in recipiente mari tapetate cu foi de varza, in care se dispun concentric, in straturi succesive in forma de melc. Peste ultimul strat de sarmale se pun apa (in asa fel incat sa acopere sarmalele), pasta de tomate si doua linguri de untura. Dupa ce au dat in primul clocot, sarmalele sunt lasate sa fiarba la foc mic timp de 2 ore.

Preparation: (3 hours)

Choose fat pork meat (thighs, ribs, neck) and pass them once through the mincer. Another option is to chop both pork and beef in equal amounts. Minced meat mixed with rice is cleaned and washed in several waters, diced very small onion, pepper, salt, bay leaves and chopped 100 ml of water. It's very important to take off the additional water from the mix.

Cabbage leaves cut into pieces in selecting the meat can be packed easily. In his left hand is placed sheet cabbage, near the wrist sits less meat and cabbage roll sheet with his right hand. Left hand tightens clamp to not let it unfold tube cabbage and fingers of the right hand edges of the cabbage is pressed inward and that forms Sarma. Sarmalele boil in large containers lined with cabbage, which are disposed concentrically in layers in spiral. Over the last layer of cabbage rolls put water (so as to cover cabbage rolls), tomato paste and two tablespoons of lard. After being given first boil, stuffed cabbage are left to simmer for 2 hours.

Optionally, after two hours on the stove boiled, stuffed cabbage leaves can preheated oven for another 20 minutes at 180 degrees.

They have to be eaten while they are still warm.



This recipe has been suggested by Iulia Fratila, Alina Cristea, Larisa Raducan, Athena Gandila (10th grade) and Doris Peana (11th grade), students at Onisifor Ghibu High School in Sibiu, Romania.

LEPRE IN SALMI CON POLENTA



Red wine braised hare with cornmeal mush (polenta)

Ingredienti (per 4 persone) :

➤ per la lepre:

- 1 lepre o coniglio
- 100 g di burro
- 4 rami di rosmarino e di salvia
- 2 foglie di alloro
- 5 chiodi di garofano
- 2 pezzi di cannella
- 4 bacche di ginepro
- 3 cipolle

- 2 carote
- 1 cubetto di preparato per brodo
- 2 cucchiaini di salsa di pomodoro
- 1 bottiglia di vino rosso corposo
- sale e pepe in grani

➤ per la polenta:

- 2 l di acqua
- 500 g di farina di mais
- sale q.b.

Ingredients (serves 4) :

➤ for the braised wild rabbit :

- 1 hare, or wild rabbit, or rabbit
- 100 gr of butter
- 4 little branches of rosemary and of sage
- 2 bay leaves
- 5 cloves
- 2 pieces of cinnamon
- 4 juniper berries
- 3 onions

- 2 carrots
- 1 and a half stock cube
- 2 spoons of tomato sauce
- 1 bottle of strong red wine
- salt and pepper

➤ for the cornmeal mush:

- 2 lt of water
- 500 gr of cornmeal
- salt

Preparazione :

Tagliare a pezzi la carne e riporla in una zuppiera, aggiungere le cipolle e le carote tagliate e gli altri ingredienti e lasciare il tutto a riposo per 48 ore (in frigorifero).

In una pentola mettere i pezzi di carne ben scolati, aggiungere il burro, 1 dado e mezzo e 2 cucchiaini di salsa di pomodoro. Far rosolare il tutto e aggiungere la marinata, togliendo salvia, rosmarino, cannella e chiodi di garofano.

Dopo 50-60 minuti togliere la carne e passare nel passaverdura tutto il fondo di cottura vegetale e regolare il sale. Riporre in una teglia e infornare per 15-20 minuti a 200° C. Servire con polenta.

La polenta

In una pentola pesante portare acqua e sale a ebollizione e gradualmente fare scendere la farina di mais in un flusso sottile, sbattendo. Cuocere la polenta a fuoco moderatamente basso (a appena bollente), mescolando continuamente fino a quando sarà molto densa e servire dopo circa 40 minuti (circa 15 minuti per polenta istantanea).

Directions:

Cut the meat in small pieces and put them in a tureen, add onions and carrots chopped and the other ingredients, then let it stand for 48 hours (in the fridge).

Put the dripped meat in a terra-cotta pot and let the liquid part dry. After that add the butter, 1 and a half stock cube and 2 spoons of tomato sauce. Sauté and add the marinade, taking out sage, rosemary cinnamon and cloves.

After 50-60 minutes, remove the meat and put all the vegetables in the mill and calibrate the salt. Place in a baking tray and oven cook till the end of baking, for 15-20 minutes at 200° C. Serve with cornmeal mush (polenta).

The polenta

In a heavy saucepan bring water and salt to a boil and gradually whisk in cornmeal in a thin stream. Cook polenta over moderately low heat (it should be barely boiling), stirring constantly, until very thick and pulls away from side of pan, about 40 minutes (about 15 minutes for instant polenta).



This recipe has been suggested by F. Domenighini, a student at the Liceo Camillo Golgi in Breno, Italy.

DESSERTS



BEIGNETS À LA BANANE

Banana donuts



Ingrédients (4 personnes) :

- 2 bananes jaunes
- 1 œuf
- 100 gr de farine
- 1/2 sachet de levure chimique
- 50 gr de sucre en poudre
- 1 sachet de sucre vanillé
- 3 cl de lait
- 1 cuillère à soupe de rhum vieux
- huile de tournesol dans une casserole pour la cuisson

Ingredients (4 people):

- 2 ripe bananas
- 1 egg
- 100 g of flour
- 1/2 teaspoon of baking powder
- 50 g caster sugar
- 1 vanilla sugar sachet
- 3 cups of milk
- 1 tablespoon of old rum
- sunflower oil in a pan for cooking

Préparation:

Dans un saladier, écraser les bananes.

Ajouter la farine et la levure. Bien mélanger.

Ajouter ensuite l'œuf, le lait, le sucre en poudre et le rhum. Bien mélanger de nouveau.

Dans une poêle, faire chauffer l'huile et y faire cuire les beignets.

Les éponger avec du papier absorbant et les saupoudrer de sucre glace.

Preparation:

In a bowl, mash the bananas.

Add the flour and yeast. Mix well.

Then add the egg, milk, sugar and rum. Mix well again.

In a pan, heat the oil and cook the donuts.

Sponge them up with paper towels and sprinkle with icing sugar.



This recipe has been suggested by Françoise Venance, a student from the Carbet middle school in Martinique.

BUDINO DI CASTAGNE

Chestnut pudding



Ingredienti (per 4 persone):

- 250 g di farina di castagne
- 30 g di burro
- ½ l di acqua
- ½ l di latte
- sale quanto basta
- a piacere: 50 g di zucchero e un pizzico vaniglia, o anche 50 g di cioccolato fondente, oppure 25 g di pinoli e 25 g di scorza candita di arancia

Ingredients (serves 4):

- 250 gr of powdered chestnuts
- 30 gr of butter
- ½ l of water
- ½ l of milk
- a pinch of salt
- if you like: add 50 gr of sugar and vanilla flavour, and 50 gr of dark chocolate, or 25 gr of pine-seed and 25 gr of candied orange

Preparazione:

In una pentola bollire acqua e latte aggiungendo del sale e del burro (se si vuole, mettere lo zucchero, la vaniglia e il cioccolato fondente, i pinoli e la scorza candita di arancia); in seguito versare, poca per volta, la farina di castagne, mescolando con una frusta per evitare la formazione di grumi, fino a quando il composto non diventa consistente, denso e cremoso.

Cuocere a fuoco moderato, mescolando per circa 20 minuti.

Si consiglia di versare la crema e servirla calda in piatti fondi, con l'aggiunta anche di latte o panna, oppure è ottima anche fredda.

Directions:

Boil the water and the milk into a pot, then add a pinch of salt and the butter (if you like, add sugar, vanilla and dark chocolate, or pine-seed and candied orange, if you like) and continue boiling till the butter melts;

next add, little by little, the powdered chestnuts mixing with a whisk in order to avoid lumps, continue boiling and mixing till the cream becomes creamy and dense.

Then cook over moderate heat stirring for 20 minutes.

Finally it is recommend to serve the pudding warm in a soup plate, giving also some milk or cream, but cold is really tasty too.



This recipe has been suggested by V. Doschinescu, a student at Liceo Camillo Golgi in Breno, Italy.

GÂTEAU DE PATATE DOUCE

Sweet potato cake

Ingrédients :

- 1 kg de patates douces
- 125 g de beurre
- 100 g de farine
- 12 cl de lait
- 4 œufs
- 2 ou 3 cuillères à soupe de sucre
- vanille liquide
- cannelle en poudre
- un peu de rhum

Ingredients:

- 1 kg of sweet potatoes
- 125 g of butter
- 100 g of flour
- 12 cl of milk
- 4 eggs
- 2 or 3 tablespoons of sugar
- vanilla extract
- a little rum

Préparation :

Peler les patates douces sous l'eau (car elles collent). Les faire cuire puis les passer au moulin à légumes.

Préchauffer le four thermostat 6 (180 C°).

Dans un saladier, ajouter les autres ingrédients et mélanger le tout.

Verser dans un moule et enfourner pendant 30 minutes. Vérifier la cuisson en piquant avec la lame d'un couteau. Si elle ne colle pas, c'est cuit.

Déguster froid ou chaud, selon vos envies.

Preparation:

Peel the sweet potatoes under water (because they stick). Cook them and put them into the food mill.

Preheat the oven thermostat 6 (180 C°).

In a salad bowl, add the other ingredients and mix them.

Pour the mixture into a mould and bake for 30 minutes. Check the cooking by inserting the knife blade. If it does not stick, it's cooked.

Enjoy cold or hot, according to your desires.

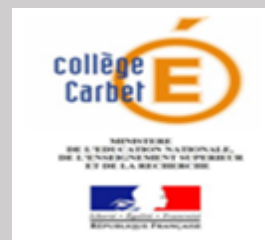




This recipe has been suggested by Loris Glaudin, a student from Carbet middle school.

ROBINSON

Guava jam, coconut and custard traditional cake



Ingrédients :

- 200g de farine
- 200g de beurre
- 120g de sucre de canne
- 3 œufs
- un sachet de levure chimique
- une pâte brisée
- 200g de crème pâtissière
- un sachet de sucre vanillé
- 1/2 cuillère à café de cannelle moulue
- 1/2 cuillère de muscade moulue
- le zeste d'un citron vert
- 100g de confiture de noix de coco
- 100g de confiture de goyave

Ingredients :

- 200g of flour
- 200g of butter
- 120g of cane sugar
- 3 eggs
- 1 bag of yeast
- 1 pie crust pastry
- 200g of custard
- 1 bag of vanilla sugar
- 1/2 a coffee spoon of cinnamon
- 1/2 a coffee spoon of nutmeg
- 1 grated lime peel
- 100g of coconut jam
- 100g of guava jam

Préparation :

Dans un saladier, mettre le sucre, le sucre vanillé et les œufs. Mélanger jusqu'à ce que le sucre soit dissout et ajouter le beurre fondu mais froid de façon à ce qu'il ne cuise pas les œufs.

Mélanger énergiquement jusqu'à ce que la préparation blanchisse, incorporer la farine tamisée dans laquelle vous aurez mis la levure.

Enfin, placer la pâte brisée abaissée au fond du moule, la confiture de goyave puis la confiture de noix de coco et terminer par la pâte à gâteau.

Préchauffer le four. Mettre le plat au four thermostat 6 (180 C°).

Pour être sûr que la pâte brisée soit croustillante, il est nécessaire de la cuire au préalable pendant 10 minutes.

Preparation:

In a bowl, put the sugar, the vanilla sugar and the eggs. Mix to melt the sugar and add the melted but cold butter not to cook eggs!

Mix energetically to clear the mixture, incorporate the sifted flour in which you will have put the yeast.

For the final mixture, put the pie crust pastry in the mould, the coconut jam over the guava jam and put the dough of the cake to finish.

Put the dish into the oven thermostat 6 (180 C°). The oven should be preheated beforehand.

To make sure that the pie crust pastry is crunchy, it is necessary to pre-cook it for 10 minutes.



This recipe has been suggested by Théa Paucellier, a student from the Carbet middle school in Martinique.

Directions:

We mix 4 yolks with 150g sugar, milk and oil. Then we add the flour and the baking powder. We put the composition in the tray, we put the rhubarb and we put it to bake in an oven. After about 45 minutes, we mix the 4 glairs with 150g sugar. We pour it over the composition which is in the baking oven and after 10 minutes of baking, it is ready to be eaten.

Tips: *You can serve it with coffee or with lemonade.*

You can put powdered sugar over it.



This recipe has been suggested by Iulia Fratila, Alina Cristea, Larisa Raducan, Athena Gandila (10th grade) and Doris Peana (11th grade), students at Onisifor Ghibu High School in Sibiu, Romania.

PAPANASI

Papanasi



Aceasta este o reteta traditionala romaneasca. Este foarte usor de facut si este delicioasa. Papanasii sunt serviti cu dulceata si samantana dulce, iar cei mai traditionali papanasi sunt serviti cu dulceata de cirese sau afine.

Ingrediente:

- 500 g branza de vaci
- 2 oua
- 100 g gris
- 150 g faina
- 2 linguri de zahar
- 1/2 lingurita de praf de copt

1 lingurita de esenta de vanilie

This is a traditional Romanian recipe. Very simple to make but delicious. It is served with a very sweet preserve and sour cream. The most traditional is served with sour cherry preserve or blueberry preserve.

Ingredients:

- 500 g fresh cottage cheese
- 2 eggs
- 100 g semolina
- 150 g flour
- 2 tablespoons sugar
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract

Preparare:

Amestecatibranza de vaci cu zaharul si praful de copt, apoi adaugati ouale si esenta de vanilie iar la final faina si grisul. Amestecati compozitia cu mixerul pentru a se omogeniza mai bine. Lasati aluatul la frigider pentru 20 de minute.

Intr-o tigaie adanca puneti uleiul la incins. Faceti Se fac niste bile de aluat mici apoi faceti acelasi numar de bile dar putin mai mari si faceti o gaura in mijlocul lor cu degetul apoi treceti-le prin faina. Mariti cu grija gaura si aplatizati putin bila.

Prajitile in ulei pana prind o culoare aurie (aprox. 5 minute). Va veti da seama cand sunt prajite deoarece se vor ridica deasupra uleiului.

Aranjarea papanasilor: puneti gogoasa mai mare pe o farfurie, umpleti gaura cu dulceata si samantana dulce apoi puneti deasupra gogoasa mica. Pudrati papanasii cu zahar pudra.

Directions:

Mix the cottage cheese with the sugar and the baking powder. After that add the eggs and the vanilla extract and at the end the flour and semolina. You can mix it with a mixer for better homogeneity. Let the mixture rest in the refrigerator for about 20 minutes.

In a deep pan heat oil enough to cover the balls of dough.

Make small balls of dough. Make an equal number of bigger balls of dough and make a hole through the center of it with your finger and take it through flour. Enlarge the hole carefully and flatten the ball of dough a little. Roll small balls to put on the top. Fry them in hot oil until they get color (approx. 5 minutes). You will see when the dumplings are fried they will rise to the top.

To arrange the desert: put the large ball on a plate, fill the hole with preserve and a sour cream then add the small ball on the top. Dust with some powder sugar.



This recipe has been suggested by Iulia Fratila, Alina Cristea, Larisa Raducan, Athena Gandila (10th grade) and Doris Peana (11th grade), students at Onisifor Ghibu High School in Sibiu, Romania.

SALAM DE BISCUITI

Biscuit rolls



Ingrediente:

- 500g biscuiti simpli
- 300ml lapte
- 150g unt
- 6 linguri zahar
- esenta de rom
- 4 linguri pudra de cacao

Ingredients:

- *500g of normal biscuits*
- *300ml of milk*
- *150g of butter*
- *6 tablespoons of sugar*
- *rum essence*
- *4 tablespoons of cocoa powder*

Preparare:

Jumătate din biscuiți îi faci pesmet, iar jumătate îi rupi bucăți mici. Pui laptele, zahărul, untul și cacaua într-o crăticioară pe foc. Lași să dea clocot, apoi lasi compozitia sa se raceasca.

Adaugi în lapte esența de rom, îl torni peste biscuiți și amesteci bine. Așezi pe masă o folie de plastic, pui compoziția cu biscuiți și rulezi cât mai strâns, apăsând cu mâinile ca salamul să iasă cât mai compact, apoi îl lasi in frigider 4-5 ore.

Directions:

You crush half of the biscuits and you grind the other half. You put the milk, the sugar, the butter and the cocoa powder in a pot and you boil them. Then, you let the mixture to cool.

After it cools, you add in the milk, the rum essence and you pour it over the biscuits. Mix the composition until it turns into a paste that still has some big pieces of biscuits in it. You wrap the mixture as tight as possible and then you leave it in the refrigerator for 4 to 5 hours.



This recipe has been suggested by Iulia Fratila, Alina Cristea, Larisa Raducan, Athena Gandila (10th grade) and Doris Peana (11th grade), students at Onisifor Ghibu High School in Sibiu, Romania.

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