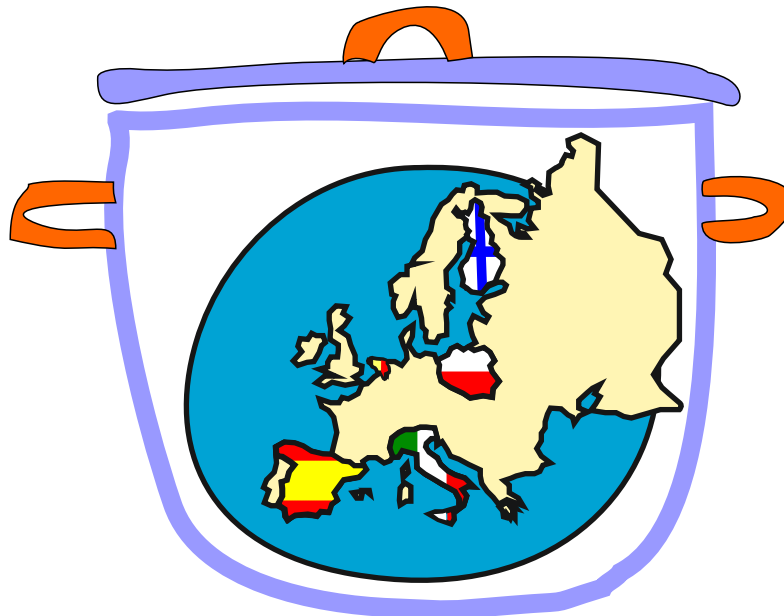




COMENIUS PROJECT 2010 - 2012

Mum and Dad, where is our family name coming from?



Education and Culture DG

Lifelong Learning Programme



potée liégeoise



INGREDIENTS *(serves 4)*

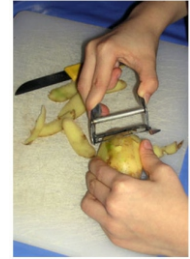
- 1 kg potatoes
- 1 kg French beans
- 600 g bacon
- 2 big onions
- Margarine
- Salt, pepper
- Vinegar

UTENSILS

- Two saucepan
- One frying pan
- One wooden spoon

PREPARATION

1. Clean the French beans and cook them in a saucepan with boiling salted water.
2. Peel the potatoes.
3. Clean the potatoes and cook them in boiling salted water.
4. Dice the bacon and brown it gently in a frying pan with a little margarine.
5. Cut the onions into pieces and cook them with margarine.
6. Mix the potatoes, the bacon, the French beans and the onions.
7. Add some pepper and a drop of vinegar to the preparation.





pain perdu



As originally indicated in its composition, the French toast is a dish for the poor. It gives a little taste and body to stale bread with cheap ingredients. It's a dish that is easy to prepare, cheap and pleasant to eat.

However, as it was used by cooks who enriched the recipe with flavours such as cinnamon, it has also become an element of carefully prepared desserts you can find in gourmet restaurants.

INGREDIENTS (*serves 6*)

- 25 cl milk
- 100 g fine granulated sugar
- 1 sachet vanilla sugar
- 5 eggs
- 200 g butter
- 12 slices of (little) stale brioche bread

UTENSILS

- a whisk
- a frying pan
- a dish type bowl
- a spatula
- a bowl



PREPARATION :

1/ Pour the milk in a dish type bowl.
Add the fine granulated sugar and
the vanilla sugar.



2/ Break the eggs and whip them as an
omelette in the dish.



3/ Cook 1 tablespoon butter in a big frying pan.

4/ Dip the slices of brioche bread one by one in sweetened milk first then in whipped eggs by coating them on both sides.



5/ Lay down 2 slices in the frying pan and brown them in hot butter for 2 minutes on both sides.



Repeat the process for the 10 other slices by adding some butter in the frying pan.



*Balletjes in
Luikse saus/
Boulettes sauce
Liègeoise*



Ingredients: serves 4

500 g pork/beef mince – 1 shallot – 100g bread – salt – pepper – 2 eggs – 50g butter – 1 tablespoon fine granulated sugar – laurustinus - 2 tablespoons Liège syrup – 100g currants – 150 ml beer – water – meat bouillon cube.



Preparation

1. Whip the eggs and add the

2. Mix the meat with the minced shallot, the bread soaked in eggs, salt, pepper and make 8 meatballs.



3. Heat the butter and let the meatballs colour on both sides.



4. Take them out of the pan and put them on a plate. Cool down with the beer and sugar.

5. Add the Liège syrup as the currants, season and put the meatballs in the sauce again.





Wafels/ Gaufres



Ingredients: for 30 waffles

1 kg flour – 1 kg sugar – 1 kg
butter – 15 eggs – 7 packs
vanilla sugar

Preparation

1. Sieve the flour in a bowl.



2. Add the sugar and the vanilla sugar and stir



3. Melt the butter on a low heat and add to the mixture.



4. Mix the pastry with the blender



5. Separate the eggs. Put the white and the yellow in separate bowls.



6. Add the yellow to the mixture and mix well.



7. Whisk.



8. Add to the pastry and mix



9. Heat the waffle iron.



10. Put some pastry in the waffle iron and bake for two minutes.





pasta con le sarde



INGREDIENTS:

- 500 g fresh sardines
- 500 g bucatini (pasta)
- 500 g wild fennel, thickly sliced
- 2 onions, finely sliced
- 4 anchovy fillets
- 50 g pine nuts
- 50 g raisins
- 1 package saffron
- 1 clove of garlic
- Oil, Salt and pepper
- Breadcrumbs



METHOD

Remove heads and tails from the sardines and pull out the backbones and entrails. Cut in pieces. Wash and chop the fennel. Put into a pot with cold, salted water. Bring to a boil and cook until tender, about 15 minutes. Remove with slotted spoon and reserve cooking water.

Heat some oil in a frying pan and fry onions and garlic until golden. Add the fennel, chopped sardines and anchovies. As they cook, crush sardines with back of spoon to make a thick paste. Add pine nuts, raisins, saffron, salt and pepper. Cook for about 20 minutes.

Using fennel water, boil pasta (about 10 - 12 minutes). Drain. Put in bowl and dress with half the sardine sauce.

Put a layer of dressed pasta in an ovenproof dish. Sprinkle breadcrumbs over top. Cover and bake in preheated oven (180°) for 15 - 20 minutes.

Pasta may be served hot or cold.



cassata siciliana



INGREDIENTS:

- 500 g ricotta cheese
- 250 g confectioner's sugar
- 400 g candied fruit
- 70 g chocolate drops
- Vanilla in packets
- dark chocolate, melted
- 1 sponge cake
- 1 glass of Rum
- 550 g white sugar
- 1 egg white
- Green food colour
- 2 glasses water

PREPARATION

Prepare the marzipan by mixing 200 g sugar with almond flour. Add the green food colour and knead the mixture until soft. Roll out the marzipan with a rolling pin to a thickness of 4mm.

Dust the cake pan with powdered sugar and line with the marzipan taking care that it adheres perfectly, and trim the edges with a knife. Using a brush, spread melted and tempered plain chocolate over the marzipan.

Line the cake pan with the sponge cake. Brush with half of the rum. Put ricotta, the remaining sugar, chocolate drops, part of candied fruit, vanilla into a bowl and mix together.

Lay the filling into the mould and spread it out. Finish off by covering with the remaining sponge cake and brush with the rest of the rum.

To prepare the glaze whisk the confectioner's sugar and the egg white. Add some orange zest.

Glaze everything, after placing the dessert on a grating, pouring the glaze uniformly over the entire surface. Let the cake rest in the fridge for 1 hour. Add the candied fruit on top as decoration.



cous-cous



INGREDIENTS:

- ½ kg of cous-cous dough.
- Raisins.
- 1 chicken in 4 pieces (one for each person).
- 6 onions.
- Salt.
- Pepper.
- Saffron or food coloring.
- Cinnamon (3 small spoonfuls).
- Sugar (1 big spoonfuls).
- Parsley.
- Lemon.
- Zamjabil Arabic spice.



PREPARATION:

Wash the chicken and chop into four parts. Remove the skin and put the pieces into water with lemon juice until the chicken is completely covered for 10 minutes. Then take it out and drain them.

Heat into a pan with a deep bottom with oil, parsley, cinnamon, pepper, salt (your preference) taste and zamjabil. Mix until they take an homogeneous color. Add the chicken and keep mixing with all the ingredients so it will acquire a good flavour and cook over a low flame for 10-15 min. Add a small glass of water and cover. Boil for half an hour. It is important that it doesn't soak all the broth.

Meanwhile in another pan put parsley, oil, pepper, salt, 2 small spoonfuls of cinnamon, saffron, zamjabil and a big spoon of sugar and you have to remove them. Adding six onions cut into strips and cover, cooking over low heat, stir often so that the onion does not burn.

Meanwhile, prepare cous-cous mass moistened with a small glass of water and stir until the dough is loose. Place on top of a pan, steam until the initial amount will grow twice its size, remove from heat and pour into a bowl. Add a large spoonful of oil and a small glass of water, keep stirring until its all been mixed together.





torrijas



INGREDIENTS:

- 1 Loaf of bread from the day before.
- 1l. of milk.
- 1 stick of cinnamon.
- Peel of lemon.
- Sugar.
- 2 eggs for coating.
- Olive oil.

PREPARATION:

You have to simmer the milk with cinnamon and the peel of lemon about 5 or 10 minutes, you have to add some sugar and make sure it dissolves well, (you have to take into account that the bread needs a lot of sugar). You have to cut the bread in slices of 3 or 4 centimeters and put them on a bowl. You have to cover with warm milk (not hot) until that they get soaked well; (it is important because they can be dry). The dip slices with beated eggs with the help of a spoon, and fry them with oil in a frying pan and put the flame on low.

Be careful when you flip them, they can crumble, you can use a spoon or a skimmer. It is recommended to only put in the frying pan at a time one or two slices.

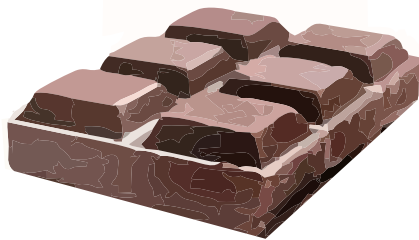
When they are golden you can take them out and place them in a dish.

At the end you can sprinkle with sugar and cinnamon or cover them with honey or syrup.





turrón de chocolate



INGREDIENTS:

- 150 grams of milk chocolate
- 125 grams of dark chocolate
- 80 grams of puffed rice
- 15 grams of cocoa butter
- 15 grams of powdered sugar (optional)
- 1 cup of soya lecithin

ELABORATION

Break the chocolate into small pieces and put it in a big bowl. Place the bowl in a stewpot filled with hot water for bain-marie and melt homogeneously. Avoid too high temperatures that may ruin the mixture. Pour out the butter, sugar and soya lecithin all together with the melting chocolate.

Stir all together until everything is melted and well mixed. Put away from heat and continue moving slowly as the chocolate cools.

When it gets warm pour the puffed rice and mix again. Make sure it is warm and not too hot, because if you put the rice before time it will not be crunchy.

Empty the elaborated chocolate mixture over a mold covered with baking paper and allow to cool

In a few hours you will get the crunchy chocolate nougat with a perfect texture and gorgeous flavour that surely will make you fall into the temptation. Bon appétit!!





wipped lingonberri porridge



INGREDIENTS (4-6 portions)

- 1l water .
 - 1½ dl sugar
 - ½ tea spoon salt
 - 2 dl semolina
 - 3 dl lingonberries
- * Boil hot water in a saucepan, add sugar and salt. Add semolina and stir well.
 - * Add lingonberries
 - * Boil porridge 7 minutes and stir it a few times
 - * When the porridge has cooled, whip it airy with an electric mixer.

Porridge is the best to whip airy when it is cold.

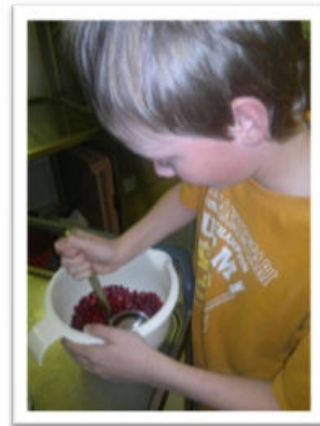
Do not sieve the berries out, because they increase the fiber and nutrient content of the porridge.



Girls from the first grade are cleaning the lingonberries when they were picking up berries.

If you don't have lingon berries, you can use Red Currents.

1. Mash the lingonberries





2. When the water boils in a saucepan add the salt and sugar

3. Add the semolina and stir it well



4. Add the mashed lingon berries and cook it for 7 minutes

5. When the porridge is cool whip it airy





lingonberri pie



Lingonberries and sugar on the top

INGREDIENTS (4-6 portions)

- 5 eggs
- 4 dl sugar
- 100 g melted butter
- 2 1 / 2 dl water
- 5 dl wheat flour
- 1 tea spoon full of baking powder



Whip the eggs and sugar until it's light



Add the melted butter and water and the dry ingredients. Spread the batter on the bottom of pie tin



Mix together the dry ingredients and fold them softly into the



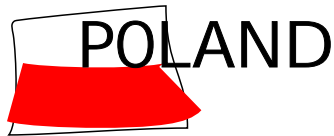
Spread the batter on the bottom of pie tin



Spread the batter on the bottom of pie tin

Bake the pie at 200 degrees Celsius for approximately 30 minutes





silesian cooking



WELCOME TO SILESIAN COOKING

Upper Silesia, similarly to other regions of Poland, has got its own traditional recipes which have been passed down from one generation to another. The regional cuisine consists of about 100 dishes, some of which are plain everyday meals, whereas the others are meant only for Sundays or special occasions (wedding and baptism receptions, Easter, Christmas, etc.).

What makes Silesian cuisine most famous is the typical Sunday dinner which consists of broth (rosol) with noodles (makaron) and Silesian dumplings (kluski śląskie), cooked red cabbage (modro kapusta) and beef roll stuffed with bacon, sausage, pickled cucumber and mustard (rolada). The dessert that follows is equally appetizing – a piece of yeast cake with cottage cheese (kolocz z serem) or poppy seeds (kolocz z makiem), called "kolocz" (similar to "kolach").

INGREDIENTS:

- 1 chicken, cut into pieces
- 2 lbs. beef round steak, trimmed of fat, optional
- 2 small leeks or 1 large leek, sliced
- 1 large onion, charred, diced
- 2 or 3 carrots, sliced
- 2 parsley roots, sliced, or 1/2 bunch parsley, chopped
- 1/4 celery root, cut into thick slices, or 4 ribs celery, sliced
- 1/4 head savoy cabbage, cut into wedges, optional
- Chopped fresh dill
- Chopped fresh parsley
- 1 tsp. Vegeta
- Coarsely ground black pepper to taste
- Salt
- One 16-oz. pkg. angel hair pasta, prepared according to package directions
- Chopped parsley, chopped fresh dill, cooked barley and/or cooked rice for optional garnish



DIRECTIONS

Trim fat from chicken, but do not remove skin. Wash chicken. Fill a 4-quart or larger pot, preferably glass or enameled steel, with water to about 6" from the top. Bring water to a boil, then add chicken pieces and beef. Reduce heat to a simmer. Add leeks, onion, carrots, parsley root, celery root, cabbage and dill and parsley to taste. Add Vegeta and pepper and salt to taste. Increase heat; bring ingredients to a rolling boil. Reduce heat; simmer 1 to 2 hours, until meat is tender.

POLAND

Kluski

śląskie
(silesian dumpling)



INGREDIENTS

- 2 pounds peeled potatoes, cooked in salted water
- 2 large beaten eggs
- 1 teaspoon salt
- 1 ½ cups potato flour, more or less

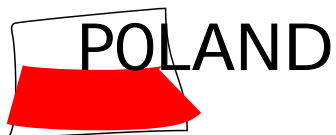
DIRECTIONS

Set a large pot of salted water on to boil. Cook peeled potatoes in salted water to cover until tender. Drain well and mash thoroughly until smooth and lump-free. Even out top of mashed potatoes in pot, and remove $\frac{1}{4}$ of them and set aside. Fill the empty space with an equal amount of potato flour level (it's just a simple 4:1 relation). Return to set-aside potatoes, sprinkle with 1 teaspoon salt, add the eggs and mix everything. The dough should be like 'modeling clay'. It can't be too dry or your dumplings will dissolve in the water.

Form small balls and make a little hole with your smallest finger ;) that's a traditional shape of the Silesian dumplings. Put them into boiling salted water. Boil them approx. 3 minutes from the moment in which they rise to the surface. If you want to froze them do that either before or after the boiling - both ways will be OK.

Serve with the drippings of roasted meat or poultry, or serve with fried onion or fried bacon bits and drippings. Also good with stew, goulash and gravies of various kinds!





rolada

ślaska

(beef roll)



INGREDIENTS

- 5 fillets beef
- 2 tbsp Polish mustard or horseradish
- 1 Polish sausage, cut into strips
- A piece of bacon cut into strips
- 3 pickled cucumbers, cut into strips
- 2 tbsp oil
- 1 litre beef stock
- 1 heaped tbsp potato flour

DIRECTIONS

Lay the meat on a board and cover with cling film. Bash until thin with a rolling pin then spread with the mustard or horseradish, bacon strip, sausage strip, pickled cucumber strip and some seasoning. Roll the beef up and secure with string.

Heat the oil in a frying pan and brown the beef rolls. Add the beef stock and simmer for 2-3 hours, or until meltingly tender.

Remove the meat from the pan and set aside, keeping warm. Mix the potato flour with a little water and gradually stir it into the meat juices. Bring to the boil and simmer until thickened.

Serve the meat with the gravy poured over, with the dumplings and plenty of spicy cabbage.



POLAND

*czerwona
(modro)
kapusta*



(cooked red cabbage)

INGREDIENTS

- 1 medium red cabbage, chopped
- 1 cooking apple, chopped (optional)
- 0,5 litre beef stock
- 2 bay leaves
- 2 grains allspice
- 2 tsp. wine vinegar
- salt, pepper, sugar (optional)
- 1 onion, finely chopped

DIRECTIONS

Place the chopped cabbage in a saucepan and cover with water and beef broth. Add some salt, bay leaves, allspice and chopped apple if you want. Simmer until tender then drain off excess water. Stir in the raw onion, lots of black pepper, wine vinegar and sugar (if needed). You can add fried bacon bits. Serve hot.

POLAND

Kołacz (kołocz) śląski



(yeast cake)

'Kołocz śląski' or 'kołacz śląski' is produced in the following forms:

- with no filling,
- with a cheese, poppy seed or apple filling

The top layer of the 'kołocz śląski' or 'kołacz śląski' consists of a crumble topping.

The yeast-cake layer is cream in colour; the colour of the filling, however, varies according to the raw material used:

- creamy yellow for the cheese filling,
- dark grey for the poppy seed filling,
- and amber, honey-coloured for the apple filling.

INGREDIENTS

for the yeast cake:

- 0,7-0,9 kg wheat flour
- 0,3-0,5 l milk
- 0,1-0,3 kg sugar
- 0,04-0,06 kg yeast
- 0,1-0,3 kg egg— 0,1-0,3 kg butter (25 % of the butter may be replaced by margarine with a fat content of at least 70 %)
- salt;

for the cheese filling:

- 2,4-2,6 kg half-fat curd cheese
- 0,22-0,26 kg yolk from hens' eggs
- 0,4-0,6 kg sugar
- flavouring — zest of one lemon
- 0,1-0,3 kg butter;

optional additions:

- 0,09-0,11 kg raisins
- 0,09-0,11 kg cream or vanilla custard;

for the poppy seed filling:

- 1,4-1,6 kg blue poppy seed
- 0,4-0,6 kg sugar
- 0,1-0,3 kg egg pulp
- 0,1-0,3 kg butter
- 0,4-0,6 l water
- almond flavouring

optional additions:

- 0,09-0,11 kg raisins, or 0,09-0,11 kg almonds, 0,09-0,11 kg walnuts or 0,3-0,5 kg sponge-cake crumbs;

for the apple filling:

- 2,8-3,2 kg baked apple
- 0,25-0,4 kg sugar

optional additions:

- cinnamon, 0,15-0,25 kg vanilla custard or 0,15-0,25 kg breadcrumbs.

for the crumble topping:

- 0,35-0,45 kg butter
- 0,7-0,9 kg wheat flour
- 0,35-0,45 kg sugar
- vanilla sugar.



DIRECTIONS

- 1 making the yeast-cake dough,
- 2 preparing the filling,
- 3 preparing the crumble topping,
- 4 dividing and rolling out the dough,
- 5 shaping the dough in the tin and layering the kołocz,
- 6 baking,
- 7 decorating.

POLAND

Kompot

(compote)



INGREDIENTS

- 0.5 kilo (half kilo) assorted berries (strawberries, red bilberries, blueberries, raspberries, black currant, or a frozen mix is a good choice too. Also just a single type of berry can be used.)
- 2.5 liters of water
- 4 – 6 tablespoonfuls of sugar – per taste

DIRECTIONS

Boil the water, then add the sugar and berries. When it boils again, lower the heat and cook for 15-20 minutes. To make it taste even richer, you can add a few leaves of fresh peppermint or Spearmint three minutes before the drink is cooked. You can also add a pinch of cinnamon. The drink can be served either warm or cold.



These photos were taken during Sunday dinner at our students' house (Agnieszka and Ola).

Bon appétit!

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