

1 (IS)

A recipe from Iceland

Hjónabands-sæla

“Wedded bliss” in a baking tray

This cake is baked in almost every household in Iceland, both in towns and on the country side.

Bon Appetit!!! :)

3 cups oatmeal

3 cups coconut flour

3 cups wheat (flour)

3 cups sugar

1 1/2 tsp baking soda

250-300 g melted margarine

3 eggs

All the ingredients are mixed together. The 3/5 of the dough is put in the bottom of an baking tray. Cover the dough evenly with rhubarb jam or blueberry jam and spread the rest of the dough on top of the jam.

Bake at 180°C until the top has started being golden brown.



2 (ES)

SPANISH OMELETTE

Ingredients

Serves: 4

- 1 kg of potatoes (600 gr. without peel)
- 4 big eggs (6 small eggs)
- 3 tablespoons of olive oil
- 3 tablespoons of water
- Salt



Method

1. Chop the potatoes into thin slices and place them into a crystal microwave container.



2. Add salt, 3 tablespoons of olive oil and 3 tablespoons of water. Mix it with a fork.

3. Cover with a plastic wrap with little holes on it.



4. Cook in the microwave for 10 – 15 minutes at full power (it will take less or more time depending of the microwave power). You will need to check if potatoes are tender enough twice during the process and you will have to stir the potatoes each time.



5. Beat the eggs in a bowl and add the potatoes. Then stir the mixture.



6. You have two options:

- a. Finish the recipe in a frying pan: add a tablespoon of olive oil on a frying pan. Pour the mixture evenly at medium power and turn over carefully with a plate to cook the other side of the omelette.



- b. Finish the recipe in the microwave: Pour the mixture evenly in an oiled container and introduce it into the microwave for a couple of minutes. You can use grill function to get a gold-coloured omelette



This is the result for option a:

This is the result for option b:



In the traditional way you fry potatoes in a pan with plenty of olive oil.

Click on this link to watch a video cooking a similar recipe.

<http://www.youtube.com/watch?v=gxVexHGEplg>

PICADILLO

INGREDIENTS

1 -2 tomatoes

1 green pepper

½ onion

Tinning tuna fish

Olive oil

Wine vinegar

Salt



METHOD

1. Cut all the ingredients in small pieces.
2. Add tuna fish, 2 spoonful of olive oil, 1 spoonful of wine vinegar and ½ teaspoon of salt.
3. You can add other optional ingredients: prawns, mollusk, cucumber, boiled eggs, octopus, roe, oregano, etc.

We use to have it almost every day in summer.



3 (FR)

Far breton

Here is our recipe : the plain "Far Breton", which is very typical from our area : La Bretagne. Enjoy !!!
Noëlle

Recipe of the plain "Far Breton" :

• Preparation time : 10 min- Cooking time : 60 min - Total time :1 h 10 min

Ingredients (for 6 people) : - 230 g of flour, - 140 g of sugar, - 80 cl of milk, - 25 g of butter, - 5 eggs, - 22g of vanilla sugar

Preparation of the plain "Far Breton" :

1. Preheat your oven to 180 ° C (temperature 7). Grease your baking tray generously with butter.
2. In a bowl, mix the dry ingredients: flour (you can sift them), sugar and vanilla sugar.
3. Break the eggs and mix them in the flour gradually.
4. Pour the milk and 25 g of melted butter into the mixture while continuing to mix. You should get a smooth paste without lumps.
5. Put the preparation in the baking tray and bake for 1 hour.



La recette du Far breton nature :

• Temps de préparation : 10 min- Temps de cuisson : 60 min - Temps total :1 h 10 min

Ingrédients (pour 6 personnes) : - 230 g de farine, - 140 g de sucre, - 80 cl de lait, - 25 g de beurre, - 5 oeufs, - deux sachets de sucre vanillé

Préparation de la recette Far breton nature : 1. Préchauffez votre four à 180°C (thermostat 7). Beurrez généreusement votre moule avec une noix de beurre.

2. Dans une jatte, mélangez les ingrédients secs : la farine (que vous pouvez tamiser), le sucre et le sucre vanillé.

3. Cassez les oeufs et incorporez-les progressivement dans la farine.

4. Versez le lait et 25 g de beurre fondu dans le mélange tout en continuant à tourner. Vous devriez obtenir une pâte homogène et sans grumeaux.

5. Mettez la préparation dans le moule et enfournez pendant 1 heure.

4 (DE)

Weihnacht Crumble, Kokosmakronen und Vanillekipferl

Weihnacht-Crumble

<u>Zutaten (für 4 Portionen):</u>	<u>Küchengeräte:</u>
• 1 Dose (580 ml) Ananasstückel	• Küchenwaage
• 50g Datteln	• Küchenmasse
• 1 Apfel	• 2 Rührschüssel
• 1kl brauner Rum	• Stabmixer
• 100g Mehl	• Auflaufform
• 50g Butter	• Sieb
• 1 Pckg. Vanillezucker	
• 50g Zucker	
• 1 Pk. Zimt	
• 3 El Kokosflocken	
• 2 Becher (à 150g) Naturjoghurt	
• 75g Makaronenschokolade	

Zubereitung

1. Zuerst heize den Backofen auf 200 Grad vor und fetze die Auflaufform
2. habe danach die Ananasstückel (z.B. von Lilly's) abtropfen
3. Entkerne nun die Datteln und schneide sie klein und Wähe und schäle den Apfel. Schneide dann den Apfel in Viertel und entferne auch die Kerngehäuse.
4. Schneide jetzt die Apfelviertel in schmale 5mm Scheiben
5. gib die Apfelscheiben und Datteln in die Auflaufform und bestreue sie mit Rum
6. Vermische danach das Mehl mit Butter, Vanille-, Zucker, Zucker, Zimt und Kokosflocken

in einer Schüssel und versiehe den Teig mit der Hand zu streuen.

7. Verteile nun die Schüssel über den Ofen und backe alles im Backofen 30 Min.

8. Püriere nach dem Joghurt und die Mandarinschmecke.

9. Als letztes serviere das Gemüse noch warm.

Guten Appetit!



Kokosmakronen

Zutaten:

- 100g Kokosraspeln
- 2 Eiweiß
- 100g Zucker
- knapp 1 Messerspitze gemalenes Zimt
- 3 Tropfen Bittermandel-Aroma

Küchengeräte:

- Küchenwaage • Backblech
- Backpapier • Handrührgerät • Messer
- Pfanne • Pfannenwender • Rührbesen
- 2 Teelöffel • Kochlöffel

Zubereitung:

1. Bräune 100g Kokosraspel in einer Pfanne ohne Fett unter Wenden leicht, lass sie nun erkalten.
2. Schlage mit dem Handrührgerät mit Rührbesen auf höchster Stufe 2 Eiweiß steif.
3. Schlüßel nach und nach Zucker, Zimt und das Bittermandel-Aroma dem Eischnee unter.
4. Hebe nun nach und nach die Kokosraspel vorsichtig unter den Eischnee (nicht rühren).
5. Setze ~~von~~ dem Teig mit 2 Teelöffel walnussgroße Häufchen auf ein Backblech mit Backpapier
6. Backe die Makronen bei etwa 120°C im Heißluftofen (nicht vorgeheizt), die Backzeit beträgt 20-25 Minuten

Guten Appetit



Vanillekipferl

Lucie

Zutaten (etwa 70 Stück):

- 300g Mehl
- 80g Zucker
- 175g halbe Butter
- 2 Eigelb
- 100g geschälte gemahlene Mandeln
- Mark von 1 Vanilleschote
- 1 Prise Salz
- 10 Päckchen Bourbon-Vanillezucker zum Wälzen

Küchengeräte:

- Rührgerät mit Knethaken
- eine Küchenwaage
- ein Messer
- ein Backblech mit Backpapier
- 2 Teelöffel
- Frischhaltefolie
- 1 tiefer Teller
- Kuchengitter

Zubereitung:

1. Verknete zuerst Mehl, Zucker, Butterflöckchen, Eigelb und Mandeln mit den ~~Handen~~ ^{einem} Knethaken des Handmixers, dann mit den Händen schnell zu glattem Teig.
2. Danach forme aus dem Teig zwei lange Rollen und ~~stelle~~ sie mit Frischhaltefolie umwickelt für mindestens 2 Stunden in den Kühlschrank.
3. Heize anschließend den Backofen auf 180 Grad, Umluft 160 Grad, Gas Stufe 3 vor.

4. Als nächstes nimm die Teigrollen portionsweise aus dem Küllschrank, schneide sie danach in je 35 Scheiben.
5. Forme dann jedes Teigstück mit den Händen zuerst zu einer Kugel, dann zu einer etwa 5 cm langen an den Enden spitz zulau-fenden kleinen Rolle, dann lege sie auf das mit Back~~blech~~^{papier} ausgelegten Backblech. Biege dabei die Rolle zu einem Hörnchen.
6. Stelle die Kipferl samt Backblech, (weil es noch mal gekühlt werden muss) in den Küllschrank (nur kurz natürlich).
7. Nun lasse sie 15 Minuten lang im Backofen backen (die Kipferl sol-len hell bleiben).
8. Gib als vorletztes den Vanillezucker in einen tiefen Teller.
9. Zuletzt nimm die Kipferl vom Backblech (sie sollen noch warm sein) und wälze sie vorsichtig im Vanillezucker. Lasse die Kipferl auf einem Kuchengitter abkühlen.



5 (PL)

Crispy Christmas cookies

Ingredients:

- Flour-600 gr
- Butter-200 gr
- Icing sugar- 300gr
- Baking powder- 1 tea spoon
- Sour cream- 4 spoons
- Yolks- 2
- Some sugar

Preparation

1. Chop butter with flour.
2. Add yolks.
3. Add icing sugar.
4. Add baking powder.
5. Add 4 spoons of sour cream.
6. Knead dough.
7. Put the dough into the fridge for at least one hour.
8. Roll the dough and cut out different shapes.
9. Spread some white on the cookies.
10. Sprinkle cookies with sugar (not icing one).
11. Bake the cookies for about 15 minutes at 160 Celsius.

6 (RO)

Romanian Food

The students in 2C coordinated by their form teacher, Ms. Anda Manea, made two super easy recipes: "Romanian salad" and "Sweet balls".

Romanian Food

Enjoy it!

Romanian Salad

1 big green and fresh lettuce,

2 tomatoes,

half of a red pepper (you can also add yellow or green pepper),

1 cucumber,

3 radishes,

1 red onion.

Cut all vegetables into thin slices or small cubes.

Add: - few chopped leaves of dill or parsley

1-2 spoons of oil (sun flower or olive oil)

1-2 spoons of apple vinegar

salt and black pepper.

Sweet Balls

Smash some biscuits in a bowl, mix them with yogurt or cream, honey, plenty of smashed nuts (or walnuts), dried fruit, vanilla (or rum). Take a spoonful of paste in your hands and make a ball. Then roll the sweet ball in vanilla sugar, smashed nuts (or walnuts) or cocoa.

You can see from our pictures how delighted the children were when they made the balls, and how happy they were when they tasted everything! Have a nice time doing healthy and tasty food! My children went back home from school and prepared this recipe with their parents! Everybody was delighted!

Prof. Anda Mihaela Manea

Des plats roumains

Bon appétit !

Salade roumaine

Une salade verte ;

2 tomates ;

un demi poivron rouge (on peut ajouter des morceaux de poivron jaune ou vert) ;

1 concombre;

3 radis;

1 oignon.

Mettez tous ces ingrédients coupés en fines rondelles ou petits cubes dans le saladier.

Ajoutez : un peu de persil ou de fenouil

1-2 cuillères à soupe d'huile d'olive ;

1-2 cuillères à soupe de vinaigre ;

sel, poivre.

Des billes douces

Dans un bol écrasez des biscuits, mêlez-les avec du yaourt ou de la crème fraîche, du miel, des fruits secs et des noix hachés, rhum ou vanille. Mélangez pour obtenir une pâte épaisse. Prélevez une cuillère de pâte, roulez-la en forme de grosse bille dans les mains. Plongez les billes douces dans du sucre, des noix ou du cacao.

Biscuit “salami”

We suggest you a recipe for "Biscuit salami" prepared by the students in grade 4D and their teacher, Mrs. Irina Aldea. Remember! It is easy to make, there is no baking required, but you do need to keep the sausage for three or four hours in the fridge! Enjoy! You might also want to try one of the recipes made by the students in grade 2C.

Biscuit “salami” (Rum and chocolate biscuit roll)

This is a very common dessert in Romania and it has many variations throughout the country. You can basically enrich the recipe by adding Turkish delight, raisins, nuts, almonds, coconut flakes, whatever you feel might work well with the rum-chocolate biscuit base of the dessert.

The recipe presented here is pretty basic and it’s really easy to make.

Ingredients:

This is what you need for approximately 5 rolls (each roll would be 3cm/1.2 inches in diameter and 30cm/12 inches long) - of course, you can make them any size you want:

800g/1.8 lbs normal (sweet) biscuits

350ml/10 oz. milk (preferably 3.5% milk)

10 spoons of sugar

220g butter/0.5 lbs margarine

8 spoon-fulls of cocoa

100g/0.3 lbs coconut flakes

rum flavour (as much as you prefer) – you can also add some vanilla flavor

cellophane wrap for rolling the dessert

Preparation (30 minutes):

1. Crumble the biscuits into a powder. It doesn’t have to be perfect, it can also have bigger bits and biscuit crumbs – but it mostly has to be powdered down in order to be able to form a paste with the syrup you’ll cook next. You can do it by hand or you can also use a coffee grinder.
2. The syrup is made out of the sugar, cocoa and milk that you heat up in a pot. You slowly heat the mixture, stirring carefully until the sugar melts.



3. Next, you leave the syrup to cool off for a bit and add the butter. It should melt nicely in the warm syrup mixture. If it doesn't, heat the pot just a bit and you'll see the butter will start to melt.
4. After the mixture has cooled down a bit, add the rum and vanilla flavor in the syrup, stir it well and pour over the biscuit powder.
5. Mix it well until it all becomes a cocoa-coloured mixture. * if you prefer you could also add raisins, almonds, nuts, and other extras that you might like to have in the roll.



6. The dessert is ready, you only need to roll it up nicely and keep it in the fridge for about 6 hours before serving. Cooling in the fridge will allow the butter to thicken the mixture and coagulate it nicely. For rolling the dessert you have to use cellophane wrap. Take out a rectangular piece, as large as you would want your roll to be. Put some coconut flakes on it and then put the biscuit mixture shaping it

nicely into a roll. Then roll the cellophane wrap so that the biscuit roll is all covered in coconut flakes, fold it up and shape it into the circular form you desire and then store it in the fridge.



It's easy to make and is absolutely divine, especially if served with a cup of milk!

Saucissons au chocolat

C'est un dessert très connu en Roumanie et a beaucoup de versions : si vous voulez ; vous pouvez enrichir la recette en ajoutant des fruits secs mélangés (des noix, des pistaches, des amandes, etc.)



Ingrédients:

800g/1.8 lbs biscuits secs (de petits beures ou sablés)

350ml/10 oz. lait

10 cuillers à soupe de sucre

220g beurre/0.5 lbs margarine

8 cuillers à thé de cacao

100g/0.3 lbs noix de coco

rhum

feuille de cellophane ou film alimentaire

Préparation : 30 minutes.

Réfrigération : 6 heures.

1- Brisez les biscuits secs en petits morceaux et hachez grossièrement les fruits secs.

2- Mettez le sucre, le cacao et le lait dans une casserole. Faites fondre le tout à feu doux. Mélangez à la spatula. Laissez tiédir hors du feu; puis incorporez le beurre. Si le beurre ne fond pas, réchauffez la casserole.

3- Laissez tiédir hors du feu, ajoutez le rhum et versez sur les biscuits. Ajoutez-y les fruits secs. Mélangez bien. Divisez la préparation en cinq en la répartissant sur 5 films alimentaires ou feuilles de cellophane.

4- Roulez ensuite chaque film en forme de saucisson (environ 30 cm de long). Nouez les extrémités puis emballez une nouvelle fois dans un film alimentaire. Placez au réfrigérateur pendant 6 heures minimum.

5- Sortez les saucissons, puis roulez-les pour leur donner une forme régulière. Retirez le film plastique et roulez les saucissons dans la noix de coco.

6- Au moment de servir, coupez en rondelles de 1/2 cm d'épaisseur. Il vous faudra ensuite le conserver au réfrigérateur et le manger dans les 2 à 3 jours.

7 (CY)

Recipe for Cyprus

Halloumi cheese pie

Ø Ingredients:

- $\frac{3}{4}$ cup sunflower oil
- 3 cups flour
- 2 cups grated halloumi* cheese
- 1 cup milk
- 6 eggs
- 3 teaspoons baking powder
- Mint

Ø Directions - Method

1. Grease and flour a 10 inch tube pan.
2. Sift flour in a bowl and set aside.
3. In a large mixing bowl, bump in the mixer the sunflower oil with the eggs (one at a time).
4. Add the milk, the flour and the baking powder.
5. Then, stir / blend in the grated halloumi cheese and the mint.
6. Put the mixture in the tube pan.
7. Bake at 180°C.
8. Allow cake to cool for about 30-40 minutes and then invert it onto a serving plate.

***halloumi is a traditional cheese of Cyprus. If you can't find it in a supermarket, you can use a soft salty cheese.**