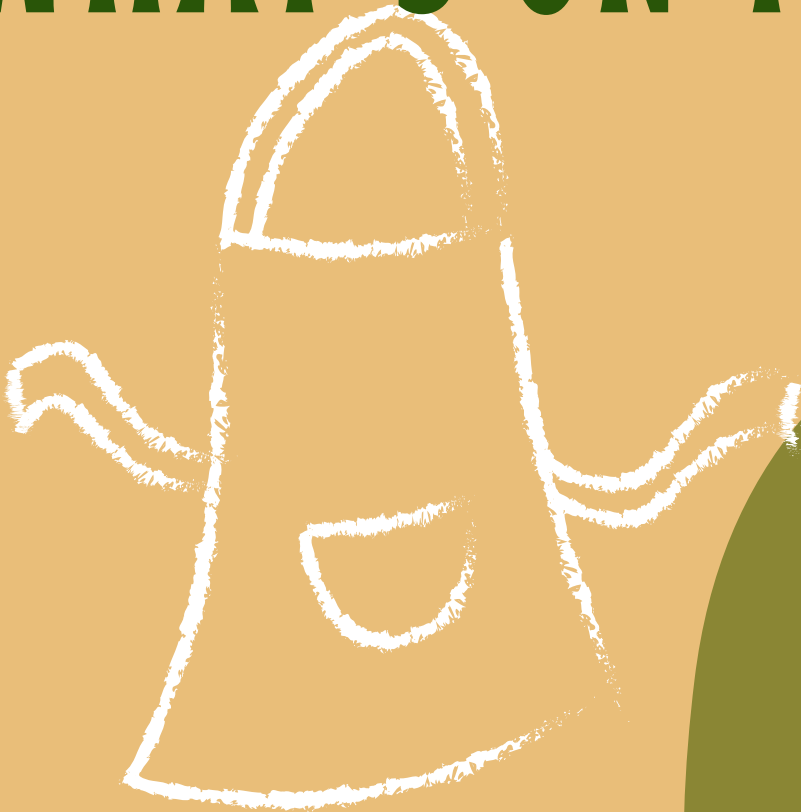




# WHAT'S ON YOUR PLATE



Recipe book  
April 2024

# Local food in each country



For **Slovenia**, local food is very important. They are self-sufficient in beef, milk, chicken and the hop industry.

They also have the Traditional Slovenian Breakfast (bread, butter, honey, milk and apple) in all public institutions each 3rd Friday in November.

They also adore gardening and picking mushrooms and berries from forest.

**Poland** is a agriculture country with a very rich farming and homemade food history (three times more people work in the farming industry than the average European amount).

Home of making things out of nothing and with collecting mushrooms as a national sport.



Even though the agricultural production in **Portugal** only meets 20% of its need, in 2021 it was the fourth country in the European Union with the biggest grown of agricultural production.

The main productions are grapes (for wine), olives (for olive oil), cereals and cork.

In **Bulgaria** local food is mostly done by our grandparents. The most local food in Bulgaria is Rose Oil, Honey, Liquor, and beauty products and it cannot be found in any other county.



# Cowcakes



**32 pancakes**



**2 hours**

## INGREDIENTS

2Kg cottage cheese  
620g of flour  
2 teaspoons of baking powder  
1 teaspoons of salt  
8 eggs  
16 tablespoons of sugar  
2 teaspoons vanilla extract  
Pinch of cinnamon  
2 big apples

## INSTRUCTIONS

- 1 Drain the cottage cheese
- 2 Mix flour, baking powder and salt together and let it sit aside.
- 3 In another bowl, add cottage cheese, eggs, sugar, vanilla and cinnamon together until you get a homogeneous dough
- 4 Cut both apples in small slices
- 5 Combine both mixes and the apples
- 6 Fry the pancakes with a bit of oil (if necessary)

# Vegan cowcakes

## INSTRUCTIONS

**1** To create the vegan cottage cheese, soak 400g Indian nuts in hot water. Then blend with a pinch of colt, 200ml plant-based milk, lemon juice and vinegar.

**2** For 4 flax eggs, add 4 spoons to 12 spoons of water, mix them and wait for 10 mins. Then blend till reaching an egg like consistency.

**3** Mix flour, baking powder and salt together and let it sit aside.

**4** In another bowl, add vegan cottage cheese, flax eggs, sugar, vanilla and cinnamon together until you get a homogeneous dough

**5** Cut the apple in small slices and then combine it with both mixes

**6** Fry the pancakes with a bit of oil (if necessary)



**16 pancakes**



**2 hours**

## INGREDIENTS

800g vegan cottage cheese  
275g yogourth  
 $\frac{3}{4}$  teaspoon of baking powder  
 $\frac{1}{2}$  teaspoon of salt  
1 table spoons of sugar vanilla extract  
4 flax eggs  
1 big apple

# Apple sauce

## INGREDIENTS

2 big apples  
0,5kg of sugar

## INSTRUCTIONS

- 1 Cut into small slices the two apples
- 2 Mix the apples and the sugar in a hot pot and let it cook till the apples are done and the sugar is totally dissolved.

Tip: If you love cinnamon, you can add cinnamon in the second step.



# Hummus



## INGREDIENTS

Chickpeas

Olive oil

Lemon juice

Garlic

Seasoning (salt, paprika, pepper)

## INSTRUCTIONS

**1** Put the garlic in the oven until soft.

**2** Mix everything with a blender

# Mayonnaise

## INGREDIENTS

2 eggs  
1/3 spoon of mustard  
3 spoons of lemon juice  
250g of olive oil  
Salt



## INSTRUCTIONS

- 1 Put everything into blender
- 2 Mix it until it is smooth.

**Tip:** If you are not going to eat it now, leave it in the fridge.

# Cheesed potatoes

## INSTRUCTIONS

- 1 Cut the potatoes into medium pieces.
- 2 Warm up the oven to 200 Celsius degrees.
- 3 Put the potatoes into boiling water for 2 minutes.
- 4 Season them with olive oil, garlic, paprika, thyme, thyme chopped, pepper.
- 5 Add the cheese in top of the potatoes
- 6 Put them in the oven until crispy.



20 serves

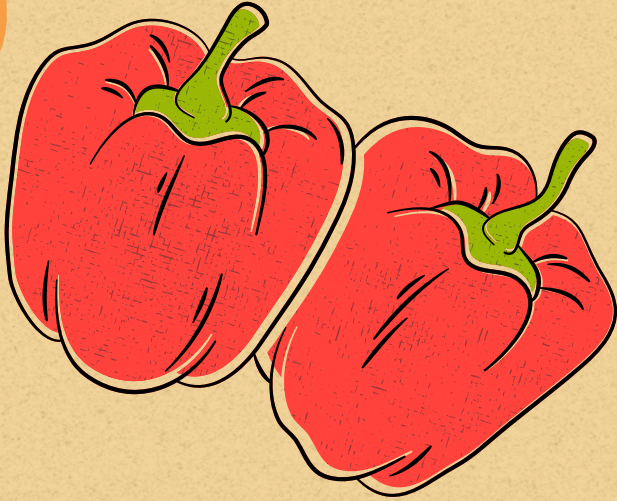


30 mins

## INGREDIENTS

10 Potatoes  
Seasoning (salt, basil, thyme chopped, timijan, pepper)  
300g Grill cheese

# Bell pepper salad



## INSTRUCTIONS

- 1 Warm up the oven to 200 Celsius degrees.
- 2 Put the bell peppers into the oven, wait until their skin starts to get black and turn them around
- 3 Take them out and let them cool in a bag
- 4 When cooler, put them in cold water, and remove the black skin and the seeds.
- 5 Cut them in small pieces and season with, olive oil vinegar and salt.

 20 serves

 30 mins

## INGREDIENTS

5 Bell peppers  
Vinegar  
Salt  
Olive oil

# French carrot fries

## INSTRUCTIONS



- 1 Wash and cut carrots
- 2 Add olive oil, salt, pepper, paprika seasoning and basil



1 hour

- 3 Mix it all up by shaking
- 4 Warm up the oven to 200°C
- 5 Put them into the oven for 30-40 minutes
- 6 Take them out when then they will be crispy, enjoy, :)

## INGREDIENTS

- 8-10 carrots
- Olive oil
- Seasoning (salt, pepper, paprika, basil)

# Chicken salad



 20 serves  1 hour

## INGREDIENTS

3 kg of chicken breasts  
5 Garlic  
1 Onion  
Olive oil  
3 Bell pepper  
Seasoning (Paprika, salt, pepper, parsley)

## INSTRUCTIONS

- 1 Cut the chicken breasts, and the bell peppers in small pieces.
- 2 Season the meat with oil, garlic, salt, pepper.
- 3 Heat up garlic and onion.
- 4 When it is golden brown, put the chicken in the pan and stir.
- 5 Let the water from the chicken evaporate and then add the bell peppers.
- 6 When the bell peppers became soft, it is done.

# Tofu salad

This is the vegan option to the recipe before

## INSTRUCTIONS

- 1 Cut the tofu into small cubes.
- 2 Marinate the tofu for 2 hours with olive oil, lemon juice, paprika, pepper, salt and oregano.
- 3 Fry in a thin layer of olive oil using a frying pan



8 serves



2 hours

## INGREDIENTS

Tofu  
Olive oil  
Lemon juice

# Thank you from the mountain



 2 per person  45 minutes

## INGREDIENTS

Potatoes (1 per person)  
Leah  
Zucchini  
Walnuts  
Mushrooms  
Parsley  
Spring onion  
Cream  
Butter  
Spices by heart

## INSTRUCTIONS

- 1** Drill insides of potatoes and put the guts in a separate bowl. We will use it later
- 2** Cut finny mushrooms, parsley, spring onion, leeh, zucchini onion and garlic and fry them. Add spices
- 3** Boil and then mash potatoes guts. Add to the stuffing (step 2)
- 4** Boil drill potatoes
- 5** But stuffing mixed with cream to potatoes and put it in oven for however you fill like.

# Melania's American Dream

## INSTRUCTIONS

- 1 Whisk the warm milk and lemon for a few seconds in a mixing bowl. Set it aside for 5mins to curdle
- 2 Whisk in eggs and melted butter, combine them
- 3 Combining The Pancake Batter. In a large bowl, add the flour, baking powder, salt, and cinnamon. Whisk to incorporate the dry ingredients together and break any remaining flour lumps.
- 4 Whisk to combine the liquid ingredients with the dry. The batter should be smooth and slightly thick but easy to whisk.
- 5 Pour 1/4 cup of pancake batter on the hot, lightly oiled griddle and cook for 2 to 3 minutes or until you can see bubbles forming all over the pancake. flip it to its other side, fry the pancakes until they are golden brown and done.



30 pancakes



2 hours

## INGREDIENTS

700g of flour  
600 ml of milk  
4 eggs  
6 spoons of melted butter  
2 pinches of salt  
1 lemon  
6 coffee spoons of baking powder

# Carrot Cake



 **25 serves**  **1 hour**

## INGREDIENTS

5 eggs  
500g carrots  
200g sugar  
250g flour  
1 tsp baking powder  
3 tsp cinnamon  
 $\frac{3}{4}$  glass of vegetable oil

## INSTRUCTIONS

- 1** Mix all the ingredients (wet and dry ingredients in separate bowls, then mix them all together)
- 2** Pour the dough into a baking pan.
- 3** Bake it at 190 Celsius degrees for an hour

# Cow wings



 40 pieces

 30 mins

## INGREDIENTS

Bacon  
Flour  
Corn flakes  
Eggs  
Oil

## INSTRUCTIONS

- 1 Cut the bacon in little pieces
- 2 In three separate bowls put the flour, the eggs and crushed corn flakes.
- 3 Dip the bacon in the egg bowl, then in the flour, then in the eggs again, and then in the corn flour.
- 4 In a pan with hot oil and start frying the bacon ("cow wings") till crispy.

# Tofu wings



 22 pieces  2 hour

## INGREDIENTS

Tofu  
Olive oil  
Lemon juice  
Seasoning (paprika, pepper,  
salt, thyme and oregano)

## INSTRUCTIONS

- 1 Cut the tofu in a rectangular shape.
- 2 Marinate for 2h with olive oil, lemon juice, paprika, pepper, salt, thyme and oregano.
- 3 Dip each side of the tofu in flour, then vegan milk, and lastly, corn flakes
- 4 Fry in a thin layer of sunflower oil using a frying pan.

# Soy Bolognese

## INSTRUCTIONS

- 1** Add the soy to water, lemon, and a bit of tomato sauce. Let it sit for at least an hour.
- 2** Chop onions and garlic and add it to a frying pan with olive oil.
- 3** Take the excess of water from the soy and add it to the previous preparation.
- 4** Add all the seasoning, let it cook for a bit.
- 5** Add the wine and later the tomato sauce
- 6** Use the spring onions to decorate the plate.



8 people



1,5 hour

## INGREDIENTS

400g soy chunks  
1L tomato sauce  
300 ml red wine  
3 onions  
4 cloves of garlic  
Spring onions  
Olive oil  
Pepper, garlic powder,  
paprika, basil, oregano,  
salt

# Smashed kohlrabi



## INGREDIENTS

1 kohlrabi (huge one)

800g sour cream

Spices free and basil

## INSTRUCTIONS

- 1 Boil the kohlrabi.
- 2 When cooked, smash the kohlrabi.
- 3 Mix the kohlrabi and sour cream.
- 4 Add spices at your taste.

For vegan option change the sour cream for 1 oat yogurt/cream

# Croqueti

## INGREDIENTS

### For pancake dough:

6 eggs  
3 cups of milk  
3 cups of flour  
2 cups of water  
Pinch of salt  
1 teaspoon of oil

### For the meat:

1,6 kg minced meat  
2 onions  
2 eggs  
700ml water  
10 toasts of bread  
4 spoons of honey



**26 croqueti**



**1 hour**

**1** The first step is to prepare the meat.

**1.1** Chop the onions into small pieces.

**1.2** Mix everything else with your hands in a bowl.

**1.3** Heat the pan with oil and add the chopped onions into the pan in medium heat.

# Croqueti

**1.4** Put the minced meat in the pan. Take care to not burn it.

**1.5** When it's ready, put it aside to fill the pancake, turning into a roll.

**2** Prepare the pancakes

**2.1** Mix all the ingredients together in a bowl.

**2.2** Heat the pan in medium heat.

**2.3** Put a little bit of oil in the pan and start frying the dough.

**3** Create the croqueti

**3.1** Put the prepared minced meat in the middle of the pancakes and roll it.

**3.2** Fry the roll just to close it.

# For vegan croqueti

- 1 Soak the soya in a bowl with hot water.
- 2 Chop the onions into small pieces.
- 3 Heat the pan with oil and add the chopped onions into the pan in medium heat.
- 4 Put the minced soya in the pan. Take care to be adding the spices according to your taste.
- 5 When it's ready, put it aside to fill the pancake, turning into a roll.
- 6 Put the prepared minced soya in the middle of the pancakes and roll it.
- 7 Fry the roll just to close it.

## INGREDIENTS FOR MINCED SOY

300g of minced soy  
1 onion  
Spices (salt, pepper and nutmeg powder)  
2 spoons of honey

## INGREDIENTS FOR VEGAN PANCAKE

### DOUGH

275g flour  
 $\frac{3}{4}$  teaspoon of baking powder  
 $\frac{1}{2}$  teaspoon of salt  
4 flax eggs



Walk Together  
Bulgaria



Level Up  
Poland



Rota Jovem  
Portugal

# THANKS FOR YOUR PARTICIPATION



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