



Erasmus+



Let's salvage from oblivion



Regional tastes

recipe book



Regional Tastes Portugal

**ESCOLA PROFISISONAL DO MINHO—
ESPROMINHO**





1. Clams Bulhão Pato Style

Necessary products:

2 Kg of Clams; 2 dl of olive oil; 4 cloves of garlic; 1 bunch of coriander; 1 large lemon; Salt and pepper to taste.

Method of preparation:

Soak the clams in salted water for two or three hours.

Drain them and run them through several waters to wash them before cooking. Slice the garlic and chop the coriander.

Put a pan on the heat with the olive oil and the garlic and when hot add the coriander until it pops. Then add the clams and cover. Be careful to turn the clams so that they all go underneath. When they are all open, remove them from the heat and season with pepper and lemon juice to taste.



2. Cod Friters

Necessary products:

1 kg codfish (salted); 1 kg of potatoes; 2 egg yolks; Eggs to taste; 1 small onion; Parsley to taste; salt to the palate; pepper to the palate.

Method of preparation:

The cod is boiled, previously cleaned of skins and spines, and then placed in a container of water, where it is crushed with a hand blender until the cod is well broken down.

Wash it well to extract a little salt, squeeze it firmly, and add it to the potatoes, which have been cooked and passed through a potato ricer.

Then add the onion and the parsley - very finely chopped -, a whole egg (or more, if considered necessary), and two egg yolks, and mix everything very well (with your hands), then season with salt and pepper to taste.

After the seasoning is corrected and everything is well kneaded and fluffy, dumplings are formed using two tablespoons and fried in very hot oil.



3. Shrimp Patties

Necessary products:

For the Pasta: 2 cups of flour (well filled); 2 cups of water; 1 table-spoon margarine; 1 lemon peel and salt. **For the Filling:** 200 grams of shrimp; 1 medium onion; 2 tablespoons of margarine; 2 table-spoons of flour; 2.5 dl of milk or shrimp broth; parsley; salt and pepper; lemon juice; 2 egg yolks.

Method of preparation:

Boil the shrimp in about 1 liter of boiling water seasoned with salt. Let them cook for 3 minutes. Drain them and reserve the broth. Peel the shrimp. Chop 10 shrimp in the mincer. In a pan, heat the margarine with the onion. Stir until it starts to brown. Add the flour. Stir well and add the broth and milk alternately, stirring constantly. Then add the tomato pulp and the chopped shrimp. Season with a few drops of lemon, pepper, and nutmeg. Add the remaining shrimp and the chopped parsley.

When it's bubbling, remove and let it cool. Meanwhile, prepare the pasta. In a pan, heat the water with the margarine, lemon peel and salt. When it is boiling, remove the lemon peel and add the flour. Stir until it lifts from the pan. Remove. Pour the dough onto the flour dusted countertop and let it cool a little. After it has cooled a little, roll it out thinly with the rolling pin. Spread small spoonfuls of cream over it. Fold the dough and cut out the rissoles with the help of a glass. Roll them in beaten eggs and breadcrumbs. Fry them in hot oil.



4. Octoplus Salad

Necessary products:

1 kg octopus; 2 onions; 2 eggs; 1 bunch of parsley; 3 tablespoons of olive oil; 1 tablespoon vinegar; salt and pepper.

Method of preparation:

Prepare the octopus, wash it and cook it in the pressure cooker together with an unpeeled onion.

Drain the octopus and cut it into small pieces. Pour it into a bowl.

Boil the eggs, peel them and chop them coarsely.

Chop the remaining onion (medium) and the parsley finely. Add everything to the octopus.

Drizzle with the oil and vinegar and season with pepper and salt if necessary. Serve with boiled potatoes.



5. Woodpecker

Necessary products:

1 steak not too tall 200 grs from the topside or chuck; 2 cloves of garlic; 1 tablespoon butter; chilli; 0.5 dl of olive oil; 1 dl white wine; 0.5 dl meat sauce; Black olives and pickles to taste.

Method of preparation:

Bring the butter, olive oil, and crushed garlic to a boil in a frying pan to heat and fry the garlic a little without burning. Insert the steak and pass it to taste well or rare. Remove the steak from the pan, season it with salt, and cut it into not-too-large strips. Reduce the heat and add the white wine, the meat sauce (if you don't have meat sauce, make it with 1/4 of a stock cube), the chili pepper. Let it simmer a little +- 2 minutes. Almost at the end of the minutes add the steak pieces mix them together and remove from the heat. Put the meat and sauce on a platter and garnish with black olives and pickles.



6. Codfish with Cream

Necessary products:

600 g codfish; 2 medium onions; 30 g flour; 30 g butter; 1.5 dl of milk; 0.25 dl of Cream; 1 bay leaf; salt; pepper; clove; 1/2 kg potatoes

Method of preparation:

Cut up the cod and place it in a container of water the day before, taking care to change the water several times. The cod is removed and boiled in clean water, after which it is shredded. Cut the onions into thin slices and the potatoes into sticks as thin as possible and fry them separately in a pan. Heat the butter and add the flour, stirring well. Add the milk, previously boiled, slowly, stirring constantly, and let it cook, continuing to stir with a wooden spoon. Finally, season with salt and pepper and add the cream when it reaches a very creamy consistency. Heat the olive oil in a frying pan, then add the onion and let it braise. As soon as it starts to brown, add the shredded cod so that it sautéed a little. Pour this mixture into a greased baking tray and put a layer of potatoes on top. Cover the whole thing with the cream and put it in the oven to get some color.



7. Octuplus Lagareiro Style

Necessary products:

1,2 kg. of octopus; 2 dl of olive oil; 4 cloves of garlic; 800 grs. potatoes, not too big and peeled; 2 onions; 1 sprig of coriander; olives

Method of preparation:

After the octopus is cooked and drained, it goes on the grill to grill, with a little salt.

After grilling, drizzle it with boiled olive oil, sliced garlic, chopped coriander, thinly sliced onions, and olives.

Wash the potatoes and put them on a tray and sprinkle with plenty of coarse salt. Bake in a hot oven for about 45 minutes.

After roasting clean off the salt and punch it down lightly.



8. Braga Style Codfish

Necessary products:

3 codfish fillets, soaked; 3 large onions; Olive oil to taste; paprika to taste; Pepper to taste; Salt to taste; bay leaf; Vinegar to taste; 1 kg of potatoes (sliced and fried).

Method of preparation:

Fry the cod pieces in olive oil very well.

In the olive oil in which you fried the cod, add a bay leaf, paprika, pepper, salt, and a drop of vinegar. Place the cod pieces on a platter and put the onion on top. Accompany it with sliced fried potatoes.



9. Seafood Rice

Necessary products:

500 grs of mussels; 400 grs of rice; 500 grs of clams; 500 grs of shrimp; 4 cobbles; 4 tablespoons of olive oil; 1 medium onion, chopped; 50 grs of margarine; 2 cloves of garlic, minced; 1 bunch of coriander; spicy to taste; salt; 1 dl white wine

Method of preparation:

Clean and wash the shellfish.

Boil them and peel them, using the water from all of them, and leaving some shrimp whole for decoration. With the shrimp shells and heads make a good broth.

Saute the chopped garlic and onions in olive oil and margarine, without letting them burn. Add the broth and wine, bring to the boil, and add the rice (4 cups of broth for 1 cup of rice), cook for 12 minutes, add the seafood and chopped coriander, adjust the seasoning, and simmer for another 3 minutes. Remove the pan from the heat and garnish with some whole shrimp. Serve immediately.



10. Octuplus Rice

Necessary products:

1 kg octopus; 100 grams of meat sausage; 1 dl of olive oil; 2 onions; 2 cloves of garlic; 1 bunch of parsley; 1 bay leaf; 1 dl of white wine; 400 g of rice; Black olives; Salt and pepper to taste.

Method of preparation:

Clean the octopus by removing all the sliminess and beat it with a wooden mallet to tenderize it. Wash it well under running water and pour it into a pot of already boiling water, adding an onion, so that it cooks. After it is cooked (check if it is soft), cut it into small pieces and reserve the cooking water (properly drained). In a pan, saute the olive oil, the garlic, and the onion, chopped. When the onion starts to brown add the bay leaf (without the stem in the middle) and the parsley. Then add the wine and 3.5 parts water for each part rice. When it starts boiling add the rice, season it with salt and pepper to taste, add the chorizo slices and stir everything well, simmering for 15 minutes until it opens. When it is removed from the heat keep it covered for a few minutes, remove the parsley and the bay leaf. Then add the chopped octopus, mix well, and serve, in a warm container, decorated with a few stalks of parsley and the olives.



11. Seafood Feijoada

Necessary products:

1 kg cooked white beans; 1 medium cooked octopus; 300 g of cockles, clams, langoustines and shrimp; 300 g shrimp in shell for garnish; 1 sausage; 300 g carrots

2 onions; garlic; 1 bell pepper; Salt to taste; piripiri (chilli).

Method of preparation:

Prepare the stew with 2 medium onions, garlic to taste, 1/2kg tomatoes and 1 green bell pepper, and olive oil. Then add the carrots cut into not too thin slices.

When the stew is ready, add the beans and the cooking water and the octopus previously cooked with water and salt and cut into pieces, seasoned to taste with salt and piri-piri. If you think you have too little broth, add some of the octopus cooking water and let it boil for 8 to 10 minutes. Five minutes before time, add the shellfish cores. Finally add coriander and parsley to taste. Serve the feijoada decorated with the whole shrimp.



12. Portuguese Style Sea Bass

Necessary products:

1 sea bass weighing about 1 1/2 kg; 5 tablespoons of olive oil; 20 g flour; 1 tablespoon vinegar; 1 small glass of white wine; 1 onion, peeled and sliced

60 g lard; 1 small spoonful of paprika; 2 egg yolks, boiled; juice of 1 lemon

1 sprig of parsley; salt

Method of preparation:

Clean the fish, wash it, and season it with salt and lemon juice.

Let it sit in the refrigerator for a few hours and then place it on an oven tray.

Drizzle it with olive oil, the vinegar and wine and cover it with the onion wheels, paprika, parsley and lard.

Place the tray in a preheated oven at medium temperature and cook, adding a little water if necessary.

Remove the fish and arrange it on a platter, strain the sauce through a sieve, mix it with the flour, egg yolks and butter, pour it over the fish and serve.



13. Pork “Alentejo” Style

Necessary products:

2dl and 1/2 white wine; 800 grs of tender pork; 3 cloves of garlic; 2 tablespoons of paprika; salt and pepper to taste; 1 sprig of coriander; 2 bay leaves; 1 lemon; 125 grs of lard; 800 grs of clams

Method of preparation:

Cut the meat into cubes of about 30 g each and season with paprika, crushed garlic, bay leaves, salt and pepper, and white wine.

Mix everything very well and leave it in this marinade for about 4 hours.

Meanwhile, soak the clams in salted water for 2 hours to lose the sand; after this timewash them well under running water. Pour the lard into a large frying pan and when it is hot, pour in the well drained meat and fry, stirring occasionally, until fried and blond; then add the marinade liquid and let it boil for about 2 minutes and then add the clams.

Keep stirring and as soon as the clams are open, add the chopped coriander. Mix well and serve immediately decorated with lemon wedges.

Accompany it with fries.



14. Duck Rice

Necessary products:

1 duck; 500 gr. "Carolino" rice; 3 onions; 250 g butter; 30 g dried, seedless raisins;

30 gr almonds without skin; 8 cloves; 6 cinnamon sticks; 1 lt water; Pepper; Salt.

Method of preparation:

Soak The duck is boiled in 1 liter of water, with salt and 1 whole onion with 2 cloves stuck in it. Wash and dry the curly rice well, and put it in a saucepan with the butter, pepper, and salt. Allow it to cook, slowly pouring in the duck's cooking broth, and shake the saucepan so that the rice is loose. When the broth is finished, add 6 cinnamon sticks and 6 cloves to the rice and leave it until the rice is well cooked. Separately, fry 2 sliced onions, the seedless raisins, and the skinless almonds cut into strips in a tablespoon of butter. Pour the rice onto a platter and garnish with the duck cut into pieces, the fried onions, the almonds, and the raisins. Just before serving, you put the dish in the oven so that the pilau can be served piping hot.



15. “Feijoada Transmontana”

Necessary products:

For 500 g red beans, dried; 350 g ribs; 1 spark plug; 100 g fresh bacon; 1 meat sausage; 1 Moorish sausage; 2 onions; 1 clove of garlic; 1 bay leaf; 3 tablespoons of olive oil; 0.5 dl white wine; 1/2 can peeled tomatoes; 2 carrots; 1 Portuguese cabbage; Salt and pepper to taste.

Method of preparation:

To prepare this recipe, soak the beans in water overnight. On the day, cook them in water seasoned with salt. Separately, boil the spare ribs, the chispe, the bacon, and the chorizos in a pan with water and one of the onions, peeled and cut into pieces. Remove the meat as it is cooked.

Peel the remaining onion and garlic, chop them, pour them into a pan, add the bay leaf and olive oil, heat and stew until the onion is soft. Add the white wine, the chopped tomatoes, the peeled and sliced carrots, the sliced chorizos, and the shredded cabbage. Let it cook for 5 minutes.

Then add the beans with a little of the cooking broth and all the meat cut into pieces, correct the salt, season with pepper, cover and simmer until just cooked. Then serve immediately.



16. Portuguese Stew

Necessary products:

beef for cooking; half chicken; 1 foot of pork, spare ribs, chispe; ham, chorizo, farinheira sausage, salpicão; salted bacon, bacon; fresh and smoked orelheira; Portuguese cabbage (penca) or heart; carrots, potatoes, turnips;

salt and oil

Method of preparation:

In a large pot cook all the meat in water.

Those that are salted should soak for a few hours, and only then can they be cooked. Drizzle the cooking water with a dash of olive oil and season to taste.

In order of fastest cooking, the sausages are taken out, then the pork, and only at the end, after it is well cooked, the beef.

Into this boiling water put the vegetables already mentioned at the beginning. When cooked, remove the pan from the heat, leaving the vegetables inside.

To serve, cut up the meats, arrange on a platter with their respective vegetables.

It goes with baked white beans, cooked in the vegetable water, and oven or white rice.



17. Cabidela Rice

Necessary products:

1 "yellow chicken" rooster; 1 Melgaço onion sausage; 800 g chopped onion; 800 g Carolino rice; 300 ml olive oil; 500 ml red wine; 100 ml red wine vinegar; 2 liters of chicken broth; 50 g minced garlic; 5 bay leaves; 1 bunch of parsley; 1 pc of gindungo; Salt to taste; Black pepper to taste

Method of preparation:

Set the rooster's blood and giblets aside. To keep it from coagulating, add 50 ml of red wine vinegar. The day before, cut the rooster into pieces and make a garlic vine with red wine, olive oil, salt, garlic, bay leaf, black pepper, and parsley. Sauté the onion and the chopped garlic in olive oil. Add the rooster and simmer for 30 minutes. Add the chicken stock (preferably with old chicken), the giblets, the whole onion sausage (so it doesn't fall apart and mar the flavor too much), the bay leaf, parsley, and gindungo. Sauté everything over low heat for about an hour. Add the carolino rice and cook for about 18 minutes. Adjust the salt. Add the blood, mixing well and leaving it to cook for about 2 minutes. Finish with the red wine vinegar and serve.



18. Framer's Pasta

Necessary products:

1/2 kg dough (cut thick); 1/2 kg of red beans; 150 g pork belly (salted); 150 g head meat (salted); 1/2 pork shank (on the knuckle side); 150 g veal; 1 meat sausage; 1 blood sausage; 2 onions; 2 hearts or 1/2 bunch of sprouts; 2 carrots; 2 cloves of garlic

Pepper to taste; Parsley to taste; bay leaf to taste and olive oil.

Method of preparation:

Make a stew.

When it is ready, pass it through a strainer, add the meat cut into small pieces and let it simmer, seasoning it with garlic, pepper, parsley, and bay leaf.

Once the meat is well cooked, add the beans - previously cooked -, the pasta, the carrots, and the vegetables.

Correct the seasoning and let it finish cooking and simmer.



19. Oven-Roasted Veal

Necessary products:

Veal “mendingha”; garlic; white “vinho verde”; small onions; small potatoes; salt; chili; olives and lettuce

Method of preparation:

Marinate the veal in garlic vines at least one hour before cooking. Place in a large baking dish, along with the onions and potatoes. Season to taste with the garlic, salt, and chili.

Put it in the wood-fired oven and keep watching until you think it is well roasted. Serve hot, accompanied by a good salad of lettuce and thickly sliced onions.



20. Custard Tart

Necessary products:

1 rectangular puff pastry; 250 ml milk ; (rind of 1 organic lemon); 30 grams of wheat flour; 150g of sugar; 75 ml water; 4 egg yolks

Method of preparation:

Roll up the puff pastry (on itself) and cut into 12 equal pieces. Grease the baking sheets and place 1 cut piece of the puff pastry inside each sheet. Open the dough inside each pan. Simply press with both thumbs to spread the dough into the pan. Set aside! In a pot/pan, start heating 150 ml of milk with the lemon rind. In a large glass, dissolve the flour with the rest of the milk (100 ml). When the milk (with the lemon zest) starts to boil, add the milk-flour mixture and stir continuously with the help of the wire whisk (fouet or whisk). The mixture should thicken in a few minutes. Remove the peel and sift this mixture to remove any lumps. Set aside. Put water and sugar in a pan and start heating. When it boils, let it simmer for 4 minutes. Turn off and remove from heat. Then pour the sugar syrup over the cream, stirring constantly. Let it cool for a few minutes. Finally add the egg yolks and mix well. Pour this mixture into each baking pan (that already has the puff pastry). Do not fill it completely, leave a small space. Bake 15 minutes at 230°C. Your cream puffs are ready.



21. Madeira Honey Cake

Necessary products:

FOR YEAST: 150 g unleavened flour type 65; 75 ml warm water; 10 g fresh baker's yeast. **FOR THE CAKE:** 250 g unleavened flour type 65; 1 teaspoon of fennel; 1 teaspoon cinnamon powder; freshly grated nutmeg to taste; 45 g lard; 75 g butter; 90 g sugar; 200 ml Madeira sugarcane honey; 1/2 orange; 50 ml madeira wine; 1/2 teaspoon baking soda; 80 g candied fruit; 40 g walnuts; 40 g skinless almonds;; 40 g raisins

Method of preparation:

Start by preparing the yeast. In a bowl knead well the flour with the yeast crumbled in warm water. Knead well and take to rise in a warm area for at least 2 hours. After that time, put the 250g of flour and sugar in a bowl mix well and make a hole in the middle where you put the yeast dough already prepared. Knead everything well. Meanwhile, heat the sugar cane honey with the lard and butter until warm. Remove and add to the flour mixture. Mix well and add the spices, the baking soda, the dried fruit, the candied fruit, the pulp and juice of half an orange and the madeira wine. Mix everything very well. Cover the bowl and wrap it in a blanket and let it stand in a warmer place for about 48 hours. After that time, preheat the oven to 180°C and grease with butter and flour a 20cm round cake pan, or 22 cm if you prefer a lower cake. Line the bottom of the pan with baking paper and pour the batter into the pan. Smooth it out and decorate with almonds and walnuts. Bake for about 50 minutes or until cooked. Remove and let cool a little, then unmold. Serve cold.



22. Minho Style Antlers

Necessary products:

2.5 dl of water; 2 tablespoons of honey; 250 g sugar; 2 cinnamon sticks; 3 lemon peels; (tied with string to the cinnamon sticks); 6 or 7 rolls; 50 g butter; 3 eggs; 1 glass of Port wine; 1 pinch of salt, pine nuts and raisins, cinnamon powder for sprinkling qb.

Method of preparation:

Break the bread into very small pieces. Pour the water with the cinnamon and lemon peel and a pinch of salt into a pan and bring to the boil for about 10 minutes. Remove the cinnamon and lemon, add the bread and the butter, stirring with a wooden spoon to break it up; let it boil for 5 minutes. Then add the honey and sugar and continue stirring so it doesn't stick, letting it boil for a few more minutes (about 5). Beat the egg yolks in a bowl, along with the port and pour into the figs. Add the walnuts, the pine nuts and the raisins, stir everything well and bring to the boil. Let boil 3 minutes, remove from heat and fill the serving dishes. Let cool and sprinkle with cinnamon, eat cold.



23. Cream from Heaven

Necessary products:

400 ml whipping cream; 80 ml water; 150 g Maria crackers; 80 g of sugar; 50 g powdered sugar; 5 Eggs; 1 cinnamon stick; Peel of 1 lemon

Method of preparation:

Beat the egg whites until stiff, add the powdered sugar little by little, and continue beating until you get a meringue.

Separately, whip the cream into whipped cream and fold it into the previous meringue, stirring carefully until smooth. Mix the egg yolks with the granulated sugar in a pan, add the water, the zest of half a lemon and the cinnamon stick and bring to a low heat, stirring constantly until thickened.

Crush the crackers and set aside. Prepare 4 individual bowls, alternating a layer of cracker with a layer of cream. Finish with a layer of custard and strips of the peel from the remaining lemon. Decorate to taste and serve chilled.



24. Milk Cream

Necessary products:

1 liter of milk; 7 tablespoons of sugar; 5 egg yolks; 4 spoons (dessert) cornstarch; 1 cinnamon_stick; 1 lemon peel

Method of preparation:

Bring the milk to a boil with the cinnamon stick and lemon peel. Meanwhile, lightly beat the sugar with the egg yolks and cornstarch.

When the milk boils, remove the cinnamon and lemon, and slowly add to the egg mixture, stirring constantly. Place the mixture back in the saucepan where the milk boiled and pass with a hand blender to break up any lumps of cornstarch. Leave on low heat until thickened, stirring constantly. Place on a platter and sprinkle with cinnamon or burn.

To burn it, simply sprinkle with sugar and burn with a proper iron.



25. Sweet Rice

Necessary products:

1 liter of whole milk; $\frac{3}{4}$ cup of sugar (120 grams); 1 cup white rice; 1 cup of water (240 milliliters); 2 egg yolks; 3 cloves; 1 cinnamon stick; 1 pinch of cinnamon powder

Method of preparation:

Put the milk and sugar in a pan. Place over low heat just until heated (does not need to boil), turn off and set aside. In another pan, mix the rice and the water. Cook over low heat until most of the water evaporates (about 5 minutes).

Mix the egg yolks with the milk, stir well and pour into the pan with the rice. Add the cloves and cinnamon sticks to give this egg yolk rice pudding recipe a special aroma. Finish cooking the rice on low heat until it becomes creamy (about 30 minutes). Stir from time to time. Turn off the heat, transfer the rice pudding to a bowl, cover it with plastic wrap, and refrigerate for at least 1 hour to thicken it and serve it cold. Sprinkle cinnamon and serve! If you prefer your rice pudding warm, heat it in the microwave or on the fire and serve.



26. Camel slobber

Necessary products:

5 eggs; 1 can cooked condensed milk or dulce de leche; ground almonds for decoration

Method of preparation:

The first step in this camel slime recipe is to separate the egg yolks from the egg whites by placing them in a deep bowl. Next, beat the egg yolks with a mixer until you get a very light cream that forms bubbles. The creamier it is, the better the consistency of the camel slime will be in the end!

Add the cooked condensed milk and whisk patiently until all the pieces are broken up and both ingredients are well combined. Now beat the egg whites very well until they become stiff. This step is also important so that the camel slime doesn't get too soft. When the egg whites are ready, add them to the mixture of egg yolks and cooked condensed milk.

Mix gently with a wooden spoon or spatula until you get a homogeneous cream. At this point your Portuguese camel slime is ready!

Regional Tastes

Bulgarian

**PROFESIONALNA GIMNAZIA PO TARGOVIA
I RESTORANTYORSTVO**

RECIPES FROM THE VRACHAN REGION





1.Lyutenitsa

Necessary products:

2 eggplants, 4 red tomatoes, 4 peppers, salt, oil and parsley.

Method of preparation:

All vegetables are baked, then chopped in a wooden bowl. Season with oil, salt and parsley.



2. Fried lyutenitsa

Necessary products:

Red tomatoes, onions, peppers (optional), salt and oil.

Method of preparation:

All products are cut and fried, then seasoned. Cheese can be added if desired.



3. Lyutika

Necessary products:

Roasted peppers, roasted tomatoes, salt, parsley, dill, garlic (cheese, oil or beans can be added).

Method of preparation:

In a wooden bowl, chop the garlic, add the peppers whole, then the tomatoes, salt, spices. Oil and cheese can be added.

Dobrinka Ivanova - 64 years old from the village of Barzina



4. Lyutika with dried peppers, potatoes and onions

Necessary products:

Dried peppers - 15-20 pieces, potatoes - 500 g. (5-6 pieces), fresh onion, vegetable oil - 60 ml., Vinegar and salt to taste.

Method of preparation:

Boiled and peeled potatoes are crushed with a wooden spoon. Washed and boiled peppers are peeled, cleaned of seeds and crushed in a pot. Add vegetable oil, vinegar, finely chopped onions and potatoes. The mixture is salted and stirred.



5. Chicken with onions

Necessary products:

Chicken - about 1 kg, onion - 350 g. (4-5), vegetable oil - 80 ml., Parsley - 1 bunch, red pepper - 5g., Black pepper and salt to taste.

Method of preparation:

Peeled and sliced onions are placed in the dish in which it will be served, salted and mixed with finely chopped parsley, red pepper, ground black pepper and fat. The chicken cooked in salted water is cut into pieces. It is placed on the onion. Stir everything again and cover the dish with a lid. After 20-30 minutes, the onion softens from the heat of the chicken and the dish is ready.



6. Green bean soup and plums

Necessary products:

Green beans - 500 g, fresh onion -1 bunch, red tomatoes - 250 g (5 tomatoes), plums -1 cup, savory, mint and salt to taste.

Method of preparation:

Finely chop the green beans and pour hot water over them and boil until soft. Add the finely chopped tomatoes and onions, plums. The soup is salted and boiled for another 20-30 minutes. Season with finely chopped savory and mint.

the village of Banitsa



7. Beans a pot

Necessary products:

500 g beans, 3-4 onions, 1-2 tomatoes, 4-5 cloves garlic, parsley, salt.

Method of preparation:

The beans are washed, flooded with water, onions and tomatoes are placed, covered and boiled over low heat until fully cooked. It is salted. Season with parsley and garlic.



8. Pitka

Necessary products:

1 kg. flour, ½ yeast, ½ bowl of yogurt, salt.

Method of preparation:

Knead the dough from the products, then mix well. Leave to rise and shape the bread, put it in a greased pan and bake in a moderate oven.

the village of Virovsko



9. Chicken with liutika

Necessary products:

1 chicken, 3 onions, 10 roasted peppers, salt, parsley, dill.

Method of preparation:

The chicken is cleaned and cooked well. Peel the peppers and onions well. Place the onion in a suitable bowl and chop until soft. Add the peppers and salt to taste and chop again. Sprinkle with parsley, break the chicken and mix.



10. Kachamak

Necessary products:

1 kg. corn flour, 1 packet of butter, salt, cheese, salt.

Method of preparation:

In a liter of water, after boiling, add salt, add flour and stir until thickened. Bake well on low heat. The finished porridge is poured into a wooden circle, in which cheese, butter and salt are added.

the village of Zgorigrad



11. Stuffed duck

Necessary products:

1 duck, ½ cabbage, 3 onions, 2 tbsp oil, 1 tbsp red pepper, rice, parsley, black pepper, salt.

Method of preparation:

The duck is cleaned and salted. Finely chop the onion, pour into a deep pan with pre-heated oil and stew with the spices with the rice. Fill the duck, sew the holes and bake until done in a preheated oven at 200 degrees. The cabbage is finely chopped and placed as a garnish and garnish.



12. Appetizer with cheese

Necessary products:

Cottage cheese 0.500 kg, vegetable oil 100 ml (1/2 cup), 2 teaspoons yogurt, garlic 100 g, hot peppers 10-12 pcs., Parsley, dill and salt to taste.

Method of preparation:

The hot peppers are roasted and peeled, the garlic is cleaned and crushed very well together. Then add the other products and mix well.

the village of Lilyache



13. Prosenik

Necessary products:

Corn flour 600 g, wheat flour 200 g, warm water 10 tea cups, 1 cube of yeast, 1 tbsp. l. soda, salt.

Method of preparation:

Sift the corn flour, add salt to taste, yeast and warm water. Knead the dough by sprinkling with wheat flour. From it a loaf is prepared and baked in a moderate oven until pink.



14. Grilled bread

Necessary products:

1 kg. flour, 1 yogurt, 1 tablespoon salt, 1 tablespoon baking soda.

Method of preparation:

Knead the dough. Bake the loaf on a sheet, sprinkling it with embers.

The village of Ohoden



15. Stuffed chicken

Necessary products:

**1 chicken, 1 chicken liver, 1 cup rice, 1 onion, 1 dried pepper, salt.
Spices - savory, parsley, dill, red and black pepper.**

Method of preparation:

Fry onion, rice and liver / finely chopped /, add spices and a little water. When the rice swells, remove it from the heat. Fill the chicken with the stuffing prepared in this way. We sew it up and boil it in salted water. After cooking, sprinkle it with paprika and fat and bake it lightly in the oven.



16. Banitzza with dock

Necessary products:

For the filling - dock, salt, oil. For the dough - 1 kg. flour, yeast, salt, water.

Method of preparation:

The dock is cut into small pieces, rubbed with salt. Small balls are made from the dough. They are drawn on albs. Sprinkle with oil and dock. It is rolled up and baked.

The village of Pavolche



17. Fried beans

Necessary products:

½ kg. ripe beans, 1 dried pepper, 1 onion, 5-6 tbsp 2-3 tbsp butter, paprika, salt, parsley, mint, savory.

Method of preparation:

Boil the beans until thickened with a toasted dried pepper. Melt the fat in a pan and fry the onion and red pepper. Add the squeezed boiled beans gradually and simmer until thickened. Sprinkle with finely chopped parsley, mint and savory.



18. Stuffed peppers with crushed beans

Necessary products:

10-15 seeded dried peppers, 0.500 kg. chopped beans, 1-2 stalks of leeks, oil, cabbage juice. Spices - mint and parsley, salt to taste.

Method of preparation:

All products are mixed and the peppers are filled with them. They line up in a deep vessel. Pour water and cabbage juice. Boil over low heat.



19. Banitzza with pumpkin

Necessary products:

For the dough: flour - 1 kg, vinegar - 1 tsp, salt - 1 tbsp, water - 500 ml, oil - 100 ml / for spreading /.

For the filling: pumpkin - 500 g, cinnamon - 2 tablespoons, sugar - 300 g, oil - 100 ml, walnuts - 200 g.

Method of preparation:

From the dough products, knead the dough, divide it into balls and leave it to rise until it doubles in volume. When we form the balls, grease them with plenty of oil. We prepare the stuffing. Peel a squash, grate it and mix with cinnamon and finely chopped walnuts. When the dough is ready, spread it on a tablecloth in the shape of a circle as thin as possible. Sprinkle the peel with the stuffing of pumpkin, walnuts and cinnamon, with a spoon sprinkle 2-3 tbsp. oil and 4-5 tablespoons sugar. Roll into a roll and arrange in the tray in the shape of a snail.



20. Mlechnitza

Necessary products:

Milk -1 liter, sugar - 200 grams, flour - 200 grams, 4 eggs.

Method of preparation:

Put the milk with the sugar on the fire to boil. Mix the flour with a little cold water and gradually add it to the milk, stirring constantly. Boil for 10 minutes. Beat the eggs and add to the boiling mixture. Boil for another 5 minutes.



21. Gyuvech with poultry meat

Necessary products:

1 chicken, 1 kg potatoes, 2-3 onions, 1 garlic, 2 tomatoes, 2 peppers, 1 zucchini, 1 eggplant, 1/2 tsp oil, 1/2 bunch dill, savory, paprika, salt and black pepper to taste.

Method of preparation:

The chicken is cut into pieces, the tomatoes are peeled and grated, the peppers are cut into small pieces and the rest of the vegetables into large pieces and then seasoned with dry spices. Put everything in a casserole, pour the oil and pour water until it covers the products. Place the casserole in a cold oven, then bake at 200 degrees for at least 2 hours. When ready, sprinkle with chopped fresh dill.



22. Kebap

Necessary products:

Pork - 800 g, sunflower oil - 50 g, cow oil - 30 g, onion - 350 g, hot peppers - 10 g, peppers - 300 g, carrots - 20 g, tomatoes - 120 g ., mushrooms - 150 g, wine - 30 g, celery leaves - 10 g, savory - 0.5 g, pepper - 1 g, salt - 8 g.

Method of preparation:

The meat is deboned, cut into pieces and salted, sprinkled with black pepper, strung on skewers and lightly grilled. Vegetables - peppers, roasted, peeled and chopped, onions, hot peppers, tomatoes, carrots, mushrooms and spices, finely chopped, mix and season, adding the wine. Add the half-roasted meat and pour everything into a pot. Cover with a lid and simmer until ready.



23. Chicken „Salamura” with vegetables

Necessary products:

Chicken - 1 pc. whole, peppers - 4 - 5 pcs. red and green, tomatoes - 4 pcs., garlic - 2 or 3 cloves, broth - 1 cube chicken, oil - 3 tbsp., hot peppers - 3 pcs., salt.

Method of preparation:

The chicken is washed and boiled whole or in halves in salted water, then grilled or grilled. The peppers are roasted, peeled and chopped. Peel a squash, grate it and fry it. The hot peppers are baked, peeled and cut into small pieces. Put the chopped chicken (chopped), peppers, tomatoes, hot peppers in the boiling broth. Finally, season with crushed garlic and finely chopped parsley.



24. Fish „Salamura” with vegetables

Necessary products:

Catfish - 400 gr., Oil -150 ml., Peppers -500 gr., Tomatoes -250 gr., Garlic -30 gr., Hot peppers -50 gr., Flour -59 gr., Parsley -50 gr., Salt - 20g

Method of preparation:

The fish is cut into small pieces, breaded in flour and fried. The peppers are roasted, peeled and shredded without the seeds. Peel the tomatoes and fry in the oil in which the fish is fried. Roast the hot peppers, peel and chop finely. Peppers, tomatoes, fish and hot peppers are placed in boiling salted water. After removing from the heat, season the soup with garlic and parsley.



25. Pork babe

Necessary products:

Pork head - 1., pork belly - 1, garlic -10 g, hot red pepper -2 g, parsley -20 g, black pepper -1 g, salt -35 g.

Method of preparation:

The boiled pork head is deboned. Cut the meat into large cubes, add the spices and mix well. Fill the pork belly with the mixture. Sew, pierce with a fork and boil at a moderate temperature. After boiling, remove, press with weight and leave for 5-6 hours. Store under refrigerated conditions. It is consumed cold.



26. Pork mury

Necessary products:

Pork legs -1175 g, pork heads -1020 g, pork ears and tails -715 g, vinegar -50 ml, garlic -45 g, black pepper -1 g, salt - 25 g.

Method of preparation:

The products are fried, scraped, washed and boiled until soft. After cooking, they are deboned and cut. Distribute evenly of each species in molds and pour the strained skim and flavored with spices broth. Serve for consumption after cooling.

Regional Tastes

Polish

**ZESPÓŁ SZKÓŁ PONADPODSTAWOWYCH
W BIAŁOBRZEGACH**





1. Dziadowska Soup

Necessary products:

Vegetable broth 3 liters, potatoes 300 grams, flour 300 grams, water, 2 onion

Method of preparation:

Boil the vegetable broth, add potatoes. Make dumplings out of flour and water and put them in the broth with potatoes and vegetables. Finally, add browned and finely chopped onion.



2. Cabbage soup

Necessary products:

Vegetable Broth 3 liters, potatoes 200 grams, carrot 50 grams, presley 20 grams, sauerkraut 250 grams, salt, pepper.

Roux: melt some lard in a pan, add flour, stir until golden brown, next add it to the soup.

Method of preparation:

Prepare the vegetable broth, peel and dice the potatoes. Add the potatoes to the boiling broth. Grate all the vegetables and add them to the soup. When the vegetables are cooked add the sauerkraut. Season with salt and pepper. Finally add the roux you have made earlier and cook everything for about 30 minutes.



3. Prykiel Soup

Necessary products:

5 potatoes, 1 cup rye sourdough, milk, salt, pepper, toy garlic, 1 onion, 1 egg, a piece of lard

Method of preparation:

Dice the potatoes and cook them. Drain the potatoes and pour the bacon decoction over them. Boil, add rye sourdough, milk, garlic clove, fried onion, season with salt and pepper and finally add the fried bacon, Serve with a hard-boiled egg and bread.



4. Zalewajka na kwaszonej kapuście

Necessary products:

40 dag of sauerkraut, 5-6 potatoes, 30 dag of sausage, 2 pieces of garlic, 2 liters of beef and poultry broth, 3 pieces of allspice, 2-3 tablespoons of cream, 1 tablespoon of wholegrain flour, salt, pepper, 10 grams of raw bacon, 1-2 pieces of onion

Method of preparation:

Wash the cabbage and squeeze it well. It can be cut into smaller pieces. Boil it. Strain and repeat the action. After cooking, taste it to make sure it is not sour. Peel the potatoes, wash and dice them. Boil the broth together with the sliced sausage, garlic, allspice and bay leaves. When the potatoes are soft, add the cabbage together with the water it has been boiling in, provided it is not sour. Cook for about 10 minutes. Season with salt and pepper to taste. Combine the cream, flour and water, make sure that there are no lumps, add hot broth and season the soup. Boil it. You can add bacon. Cut the raw bacon into small pieces and fry the pieces until greaves are made, then sauté the onion in this fat and pour it all into the soup.



5. Zarzutka – the sourcroust soup

Necessary products:

100 g of sausage, 500 g pork ribs, 100 g smoked raw bacon, 400 g sauerkraut, 600 g potatoes, 2 litres of cold water, 1 onion, 1 large carrot, 1 parsley, piece of celery, 2 sprigs of parsley
spices: about 1 and 1/2 teaspoons of salt, about 1/3 teaspoon of ground pepper, 1 bay leaf, 1 allspice, 1 teaspoon of caraway seeds, 1 tablespoon of dried marjoram, 1 tbsp clarified butter or oil, 1 tbsp flour

Method of preparation:

Rinse the meat, cut into 2 or 3 pieces. Place in a large pot, pour in cold water, add salt and bring to a boil. Scum, reduce heat, cover and cook for about 40 minutes. Peel the carrots, parsley and celery. Do not peel the onions, wash them. Put the vegetables into the soup, add: bay leaf, allspice, cover and cook over moderate heat for about 30 minutes. Peel and dice the potatoes. Add to soup, bring to a boil, cover and simmer over low heat for about 10 minutes. Add sieved and chopped sauerkraut, caraway seeds and marjoram and cook for about 20 minutes. Finally, remove the onion, celery, parsley and parsley springs. Add freshly ground black pepper, taste the stock, add another half teaspoon of salt if necessary. Cut the bacon into slices and then into strips. Heat a small skillet with a tablespoon of clarified butter or oil, add the bacon and brown on both sides over low heat (about 10 minutes). Put the bacon into the soup pot and fry the flour in the remaining fat, stirring with a wooden spoon, then gradually add the stock, stirring vigorously with a spoon. Transfer everything to a soup pot and bring to a boil. Cook for 10 minutes. Remove the carrots from the stock, grate them when cooled and put them back into the soup.



6. Dropped dumplings

Necessary products:

500 g of flour, 2 eggs, water, salt

Method of preparation:

In a large bowl combine the ingredients for your dough. Knead the dough until you have smooth texture. Break off small pieces and drop them in boiling, salted water. You can do it with a spoon. Cook for about 3 minutes, until noodles start floating on the surface. Take them out and drain.

Roux for dropped dumplings:

Ingredients:

1 onion, some lard, salt

Method:

Slice the lard and fry it. Add chopped onion. Season the fried onion with salt. Pour the roux over the dumplings.



7. Latvian Dumplings

Necessary products:

1 kg of flour, 1 egg, water, 80 grams of beef, beef bones, onion, marjoram, salt, pepper, bay leaf, allspice, parsley, soup vegetables

Method of preparation:

Make broth from bones, soup vegetables, onion and spices. Knead dumpling dough from flour, eggs and water. Grind the beef, add finely chopped garlic, season with salt, pepper and marjoram. Roll out the dough thinly. Cut out circles. Put 0.5 teaspoons of meat on the dough, cover the meat with another portion of dough. Latvian Dumplings are supposed to be the size of small teaspoon. Boil the water in the pot, add salt and a small spoon of oil. Put the dumplings into boiling water, cook for a minute from the moment they start floating. Put them on plates and pour hot broth, sprinkle with parsley. (The original Latvian dumplings are made with mutton).



8. Proziaki

Necessary products:

Half a kilo of rye flour (can be mixed half and half with wheat flour), 250 ml of buttermilk or sour milk, one egg, one flat teaspoon of baking soda, a pinch of sugar, salt to taste

Method of preparation:

Mix flour with baking soda, salt and sugar. Add one egg and buttermilk to dry ingredients and mix everything. Form round cakes with a diameter of approximately 6/7 cm and thickness of 0,5 cm. Bake then in the oven temperature to 150°C for 10 minutes. (Traditionally Proziaki used to be baked on tray on top of tiled stoves)



9. Sójki

Necessary products:

Stuffing:

One medium sized sugar beet (from 800 to 900 grams), half a glass of millet groats, salt and pepper to taste

Dough:

Half a kilo of wheat flour, two eggs, 100 grams margarine or butter, warm water

Method of preparation:

Wash the sugar beet and cook for half an hour. When the sugar beet is cooked, peel and chop it finely. Add millet groats to the chopped beetroot, season with salt and pepper to taste. To make the dough: Mix flour with other ingredients and add warm water until you get the desired consistency of the dumpling dough. Roll out the dough, cut the circles and put the stuffing on each of the circles. Wrap the dough about the studding to make the dumplings. Put in preheated to 150 °C oven and bake to light golden colour for 15 minutes. People used to eat sójki as an everyday sweet snack and on special occasion



10. Pierogi - Polish dumplings

Necessary products:

Stuffing:

800 grams of sauerkraut, 100 grams of dried mushrooms, 2 medium onions - 300 grams, 7 tablespoons of oil

Spices:

3 small bay leaves, 4 grains of allspice, 4 peppercorns.

Method of preparation:

Wash Rinse mushrooms, cover with cold water and set aside for 6 hours or overnight. The next day, bring to a boil, add peeled carrots and parsley and cook until soft. At the end of cooking, season with salt and pepper. Drain the cabbage and cook in 300 ml of water until soft with salt to taste (about 45 minutes), drain thoroughly. Drain the mushrooms, reserving the stock (use for e. g. mushroom soup). Drain very well and grind together with the cabbage in a meat grinder with very large mesh, about 1 cm in diameter (or finely chop on a board). Fry the onions in oil in a frying pan, add to the stuffing. Mix the stuffing ingredients well, combining everything together, season with salt and pepper.

Dumpling dough

Sift the flour into a bowl, add the salt. Put butter into hot water and melt, gradually pour into flour, stirring everything with a spoon. Combine ingredients and turn out onto a floured pastry board. Knead the dough for about 10 minutes until smooth and soft. Put the dough in a bowl, cover tightly and set aside for 30 minutes. Divide dough into 4 parts, roll into patties one by one. Cut out circles with a small glass, put the filling in the middle, fold in half and stick the edges together to form dumplings. Cook until tender, about 3 minutes, but it's best to check if the dumplings are already soft by setting one aside on a skimmer spoon and touching it with your finger. Serve with finely diced onion glazed in oil



11. Porka

Necessary products:

2 kilograms of potatoes, 1 kilo of Queen of Kitchen Pasta (Type 390), 300 grams of pork fat. 300 grams of onion - 2 medium-sized ones

Method of preparation:

Carefully peel the potatoes and boil until soft in salted water.

Dice the onion and pork fat then fry and set aside.

Add 3/4 of the flour to the cooked potatoes and knead with a potato masher.

check the consistency and if it is too watery add the rest of the flour. Place one plate and top with fried pork fat and onions



12. Potato cakes

Necessary products:

500 g of potatoes, 3 eggs, 1 teaspoon of salt, 4 tablespoons of wholegrain flour, oil, flour (to coat the cakes), sea salt (for serving)

Method of preparation:

Cook the potatoes and leave to cool. Put the potatoes through the potato press. Add eggs, flour and salt. Bind it into a dough. Take small portions and form small cakes. Coat both sides with flour. Fry both sides until golden. Sprinkle with sea salt before serving.

Potato cakes used to made when there were some leftover potatoes from dinner.



13. Cheese doughnuts

Necessary products:

250g cake flour, 3 tablespoons of sugar, 1 egg, 50g margarine, 250g cottage cheese, 1 teaspoon baking soda, oil for frying, icing sugar

Method of preparation:

Sift the flour onto the board. Add margarine and cheese, next mix them with all the ingredients. Knead the dough. Transfer onto lightly floured surface and rollout the prepared dough relatively thick (to a thickness of 5-8 mm). Cut out circle, cut out a smaller one with a shot glass (the small cut outs can be kneaded again or just fried on their own). Fry in a deep frying pan, in hot oil for a couple minutes on each side, until they turn brown. Drain off fats on a paper napkin or towel. Sprinkle with icing sugar when still warm but not hot anymore. Serve them fresh, immediately after frying



14. Dziad Cake

Necessary products:

1kg of cider apples, 500g of wheat flour, 6 eggs, 250g of sugar, 200ml of oil, 150g of ground walnuts, 50g of raisins, 1 teaspoon of baking soda, 1 teaspoon of baking powder

Method of preparation:

Mix dry products. Separate the whites from the yolks. Beat the egg whites. Mix all the ingredients together, add the oil and the sliced apples. Pour everything into a baking tray (25x30), put in the oven preheated to 180⁰C. Bake for 35 min.



15. Apple crumble

Necessary products:

5 egg yolks, 200 grams of margarine, 400 grams of powdered sugar, 1 teaspoon of baking powder, 1 tbsp vanilla sugar, 1 tbsp cream.

Method of preparation:

Mix all ingredients and knead to a smooth dough. Divide the kneaded dough into three parts. Put 2/3 of the dough into the tin and bake until golden brown, then set aside to cool. Peel and grate the apples on a vegetable grater. Put the grated apples on the baked bottom and grate the rest of the dough on a coarse vegetable grater. Bake for 50 minutes at 180 degrees



16. Pumpkin jelly dessert

Necessary products:

40 dkg of pumpkin, 0,5 l of milk, 8 dkg of sugar, 5 dkg of starch flour, a pinch of salt, vanilla, black currant or raspberry juicy to pour on top

Method of preparation:

Peel the pumpkin, grate it finely. Boil 7/8 of the milk. Set it aside. Mix the starch flour and 1/8 of cold milk. Add the hot milk and bring to the boil. Remember to continue stirring. Add vanilla, a pinch of salt and sugar. Mix it with the grated pumpkin. Pour into the moistened salad bowl and let it cool down. Serve with the juice poured on top.