

# **9<sup>ο</sup> Δημοτικό Σχολείο Αλεξανδρούπολης**

## **Θέμα εργασίας Ευρωπαϊών γεύσεις**

**Μάθημα: Ευέλικτη ζώνη – Πρόγραμμα Comenius  
(Similarity in Variety)**

**Υπεύθυνοι Εκπαιδευτικοί:**

**Πιστόλα Παναγιώτα**

**Μπακόλα Ευδοκία**

**Ομάδα εργασίας: Οι μαθητές/τριες του 2<sup>ου</sup> τμήματος της Δ΄  
τάξης**

**Αλεξανδρούπολη**

**Σχολικό έτος 2011 - 2012**

# **Giouvarlakia (Greek meatballs)**

**Greece**

# Ingredients

- 500 gr of minced beef
- 1 diced onion
- 1 good handful of chopped parsley
- 1 tbsp of chopped dill
- 1 egg
- 1/4 cup of long grain rice
- a splash of olive oil
- salt and pepper to taste



# Directions

Mix all the ingredients together thoroughly and form into meatballs. For 500 gr of meat I made about 24.

Roll each meatball in some plain flour before placing into a pot of boiling water. I find rolling the meatballs in the flour allows them to remain firm and not fall apart during cooking.

Let the soup come to a boil and then lower the heat and let it simmer for 45 mins.

The final touch is to add the avgolemono

# **Cinnamon Cake**

**Wales**

# Ingredients

- 8 oz self-raising flour
- 1 teaspoon ground cinnamon
- Pinch of salt
- 4 oz butter
- 4 oz caster sugar
- 3 eggs seperated
- A little milk to moisten
- 1 tablespoon golden caster sugar
- Raspberry or strawberry jam



# Directions

- Set oven to 350F or Mark4. Grease a shallow 8 inch or similar baking tin. Sieve together in a bowl the flour, cinnamon and pinch of salt.
- Rub in the butter. Add the caster sugar and the beaten egg yolks to the flour mixture and mix well to a fairly stiff consistency. Add sufficient milk to moisten slightly.
- Turn the mixture into the tin and bake for about 25 minutes until cooked through. Turn out and cool on a wire rack. Reduce oven temperature to 325F or Mark3.
- For the topping, whip the egg whites until stiff and fold in the golden caster sugar. Spread jam over the top of the cake and then pile on the meringue mixture.
- Return to the oven and cook for about 20 minutes until the meringue is set and pale golden brown. This dessert is best eaten straight away.

**Gaufres**  
**(Authentic Belgian Waffles)**

**Belgium**



# Ingredients

- 2 ¼ teaspoons active dry yeast
- ¼ cup plus 2 ¾ cups warm milk, divided
- 3 eggs, divided
- ¾ cup butter, melted
- ½ cup granulated sugar
- ¾ teaspoon salt
- 1 ½ teaspoons vanilla extract
- 4 cups all-purpose flour



# Directions

In a small bowl, dissolve the yeast in 1/4 cup warm milk. Beat the egg whites just until stiff peaks form. In a large bowl, mix together the egg yolks, 1/4 cup of the remaining milk, the melted butter and the sugar. Add the yeast mixture, salt, vanilla, and then alternate between the flour and remaining milk. Gently fold the egg whites into the waffle batter. Cover the batter without touching it, and then set it in a warm place to rise until it doubles in volume, about 1 hour. Cook in a waffle iron according to manufacturer's instructions.

# **Spaghetti alla Carbonara**

**Italy**

# Ingredients

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 shallots, chopped fine
- 8 ounces pancetta,  
chopped coarsely
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1 pound spaghetti
- 4 large egg yolks
- 1 cup freshly grated  
Pecorino Romano cheese
- freshly ground black  
pepper to taste



# Directions

- Heat olive oil and butter in a large sauté pan over medium-high heat. Add the shallots and pancetta and cook until the shallots are softened and translucent and the pancetta is lightly browned, 2 to 3 minutes.
- Add the wine, bring to a boil and cook until reduced by half, 1-2 minutes. Add the chicken broth, bring to a boil and cook for 2 minutes. Remove from heat while you cook the pasta
- Bring a large pot of salted water to a boil and add the spaghetti. Cook uncovered over high heat until al dente. Drain and add the pasta to the sauté pan and place it back over medium-high heat.
- Add the egg yolks, Pecorino Romano cheese, and black pepper, and cook, stirring vigorously until pasta is well coated and creamy. Transfer to individual pasta dishes and serve with extra Pecorino Romano cheese on the side.

# **Portuguese Chicken with Peas**

Portugal

# Ingredients

- 2 tbsp Olive Oil
- 1 tbsp Butter
- 1 Large Onion, sliced
- 4 large chicken quarters, halved
- 180ml/6fl.oz. Fresh Chicken stock
- 180ml/6fl.oz. Red wine
- Salt and Black Pepper
- 450g/1 lb. frozen Peas



# Directions

- Heat the butter and the oil in a large heavy saucepan, add the onion and sauté until soft and transparent. Remove from the pan with a slotted spoon and set aside.
- Reheat the oil in the pan, add the chicken and brown on all sides.
- Return the cooked onion to the pan together with the stock, wine and salt and pepper. Cover and cook over low heat for about 1 hour, turning from time to time.
- Add the peas to the chicken, turn to mix and continue to cook for a further 5-10 minutes or until the peas are cooked. Serve hot



# **Crema Catalana**

Catalana

# Ingredients

- 1 cup sugar
- 4 egg yolks
- 1 tbsp cornstarch
- 1 stick cinnamon
- grated rind of 1 lemon
- 2 cups milk



# Directions

- This is a great dessert to make ahead of time, since it is **very easy** and requires 2-3 hours of refrigeration before serving. Make it the day before and leave it in the refrigerator until you are ready to serve. Then, heat the broiler, caramelize the sugar and serve!
- In a pot, beat together the egg yolks and 3/4 cup sugar until thoroughly blended and the mixture turns frothy. Add the cinnamon stick and grated lemon rind. Pour in the milk and cornstarch. Slowly heat the mixture, stirring **constantly**, just until thickened. Remove pot from heat immediately.
- **Tip:** As soon as the mixture thickens and you feel resistance while stirring, remove the pot from the heat or the mixture may curdle or separate! The texture of the finished *crema* will be grainy instead of smooth and creamy as it should be.
- Remove the cinnamon stick and ladle the milk mixture into 4-6 ramekins (depending on size). Allow to cool, then refrigerate for at least 2-3 hours.
- Before serving, preheat the broiler. Remove ramekins with the *crema catalana* from refrigerator and sprinkle the rest of the sugar over each ramekin. When broiler is hot, place the ramekins under the broiler on the top shelf and allow the sugar to caramelize, turning gold and brown. This may take 10 minutes or so, depending on your broiler. Remove and serve immediately.
- If you'd like, you can serve the *crema catalana* chilled, but we think it has more flavor when served warm from the broiler.

# **Cutlet de Volaille (Kurczak De Volaille)**

**Poland**

# Ingredients

- 4 chicken fillets (around 120 g each)
- oil
- toothpicks
- 60 g butter
- bread crumbs mixed with flour (3:1)
- 1 beaten egg
- 2 cloves of garlic (finely chopped)
- 2 tbsp parsley. Chopped (Optional)
- 1 tbsp chive. Chopped (Optional)
- 1 tbsp dill. Chopped. (Optional)
- 1/4 tbsp lemon (zest and juice)
- salt and pepper to taste



# Directions

Mix butter with garlic, parsley, chive, (or with dill instead of chive) lemon zest and juice in a small bowl. Add salt and pepper, divide in 4 and form butter “fingers”. Cover with foil and refrigerate.

Flatten chicken fillets between cling film, put one butter finger on each and roll them around. Ends need to be secured too. Help yourself with toothpicks to keep the meat together if necessary.

Beat the egg, add salt and pepper, dip fillets in it and then roll in the bread crumbs. Refrigerate for 1 hour. You can also dip them in the flour first and then egg and bread crumbs.

Heat up the oil and fry the cutlets till golden. Tastes best with mashed potatoes and light salad.

# **Polynesian Tofu Skewers With Pineapple**

**French Polynesia**

# Ingredients

## Skewers

- 1 (350 g) package [firm tofu](#), cut into large cubes (not silken)
- 2 cups [pineapple chunks](#) (fresh best)
- 1 [green bell pepper](#), cubed (about same size as tofu)
- bamboo skewer

## Marinade

- ½ cup [tomato sauce](#)
- ¼ cup [low sodium soy sauce](#)
- 6 tablespoons [brown sugar](#) (try 4 or 5 first, adjust to taste)
- ½ cup pineapple juice (fresh or canned)
- 2 [fresh garlic cloves](#), minced (or use garlic powder)





# Directions

- Gently press out as much water from your tofu as possible. I do this by placing the block of tofu in a towel and leaving a weight on top to press down on it for about 10 minutes (can of beans on a plate works well). Pat dry.
- Mix the marinade ingredients together in a medium saucepan. Bring to a gentle boil and stir well - the sugar should be dissolved. Simmer for about 10 minutes, you want the sauce to be quite thick, but if it's too thick you can add a bit of water. Set aside to cool.
- Assemble the kebabs, alternating pieces of seitan, pineapple, and bell pepper on the skewers, leaving space at the base for holding the skewer. You should be able to fill 6 skewers.
- Pour the cooled marinade over the skewers, rolling around or using a brush to coat every piece. Leave to marinade for about an hour, or better even longer if you have the time. Great if you can do this prep the day before.
- Grilling - remove the skewers from the marinade and place them a preheated barbecue grill. Leave about 3 minutes per side so you get nice grill marks and the veg are nicely browned. Baste as you go with some of the leftover sauce. You could also prepare under the broiler.
- Heat up any remaining sauce and serve alongside the skewers.

# πηγές

- <http://souvla.kif.orthesoul.com/giouvarlakia>
- <http://www.food.com/recipe/polynesian-tofu-skewers-with-pineapple-veg-n-kebabs-456922>
- <http://www.recipes4us.co.uk/Poultry%20and%20Game/Portuguese%20Chicken%20with%20Peas%20HT%20MC%20Portuguese%2095mins.htm>
- <http://www.italianchef.com/blog/2010/02/15/spaghetti-alla-carbonara>
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