

Recipes



INTERNATIONAL RECIPES

Collected by

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MODICA - ITALY



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Mediterranean Diet: the right way to prevent obesity

Eating is for sure a pleasurable experience but it should also provide the essential nutrients. With the **economic boom** most European countries changed their eating habits.

Today, as a result of globalization:

- The food industry has become powerful.
- Its products have little regard to healthy diets.
- Young people do not understand the risks of such a dangerous habit.

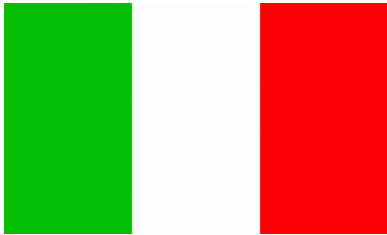
In every corner of our cities you can find fast food shops which sell junk food and do not respect the rules of a good nutrition

Why, before the second world war, weren't the so-called affluence diseases so common?

The answer has to be found in our roots: Italy was an agricultural country and our eating habits were very simple.

The most consumed products came from our farms. We were used to eat pulses, fruit, vegetables, cereals, cheese, olive oil, bread and fish.

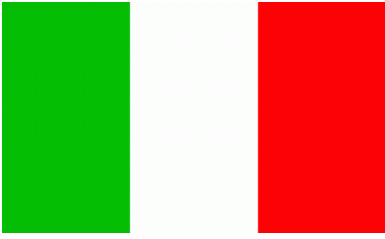
The Mediterranean diet does not vary much from the pyramid diet, the basic principles being the same.



DISH DATA

| | |
|------------------------------|---|
| NAME | Soft egg with "Bianchetto" truffle of Iblei, Caciocavallo cream cheese, Matalufi (spontaneous grass) and asparagus. |
| SERVINGS | 1 |
| INGREDIENTS | <ul style="list-style-type: none">- 50 gr Asparagus- 50 gr Matalufi- 1 egg- 50 cl fresh cream- 20 gr caciocavallo cheese- 5 gr Bianchetto truffle- extra virgin olive oil (PDO Monti Iblei)- 2 garlic cloves- vinegar |
| TOOLS | <ul style="list-style-type: none">- pot- pan- chopping board- skimmer- carafe- knife- bowl- serving dish |
| PROCEDURE | Boil the asparagus and the matalufi in two separate pots with a pinch of salt. Brown them with a clove of garlic and a little bit of extra virgin olive oil. Add a little bit of vinegar. Put in a pot the fresh cream and caciocavallo cheese (grated), mix until the cheese melts. Put a shelled egg with a little bit of extra virgin olive oil in a transparent film, close it by making a knot without letting air inside. Then put it in boiling water for 4/5 minutes. |
| PREPARATION TIME AND COOKING | 25-30 minutes |
| DIFFICULTY | Medium |

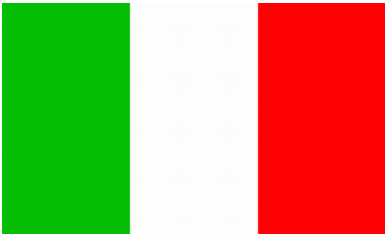
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| Kcal PER SERVING | 380 kcal |



DISH DATA

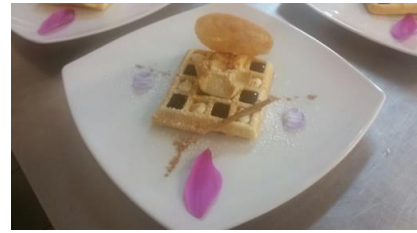
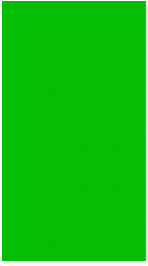
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|-------------|---|
| NAME | Cannelloni filled with mashed potatoes and asparagus, nuts and saffron cream sauce. |
| SERVINGS | 1 |
| INGREDIENTS | 100g wheat flour; 2 eggs; 100g chicken wings; 50g carrots, celery; 100g sweet flour; 50g butter; 2 saffron to taste; 100g wild asparagus; 100g walnut kernels; 100g tomato; 50g olive oil; 1 onion; 1 leek; 100g potatoes; 50g Vastedda del Belice cheese (DOP Valle del Belice) |
| TOOLS | Large saucepan, Skimmer, Sieve, Large pan, Hand whisk, Small pan, Potato masher, Grater, Knife, chopping board, dinner plate |
| PROCEDURE | <p>Put chopped carrots, chopped onions, chopped celery and poultry meat in a large saucepan and cover with 2 litres of cold water. Bring slowly to boiling, then skim and cook for 1 hour. Let it cool for 10 minutes, then strain.</p> <p>For the saffron cream sauce:</p> <p>Melt the butter in a large pan, then add the flour and stir with the hand whisk to make the blond roux. Add the chicken stock to roux, stir and cook until it thickens. Add the Saffron and a pinch of salt.</p> <p>For asparagus and nuts:</p> <p>Simmer the asparagus in a small pan. Break the walnut kernels into large pieces. Strain the asparagus, then put walnut kernels and asparagus in another small pan with olive oil and cook until it browns.</p> |

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| | <p>For potato filling:</p> <p>Boil the potatoes into a medium saucepan, then peel and mash them, season with olive oil, salt and oregano. In a large saucepan add the chopped leek and cook until it browns, then add the mashed potato and grated Vastedda del belice cheese. Cook until it thickens.</p> <p>For Cannelloni:</p> <p>Mix the flour add the eggs. Shape the dough into a ball and let it rest. Roll out the dough and cut it with pastry wheel in squares. Boil the water in a medium saucepan. Cook the pasta for 2 minutes and let it rest in water with ice, then place in a cloth. Fill and roll up the pasta tied with leek simmered and bake in the oven for 4 minutes at 160 C°.</p> |
| PREPARATION TIME AND COOKING | 2 hours |
| DIFFICULTY | Medium |
| Kcal PER SERVING | 913 kcal |



DISH DATA

| | |
|------------------------------|--|
| NAME | Chicken breast with spinach on a peas cream and tomato caviar |
| SERVINGS | 1 |
| INGREDIENTS | 100g peas 70g chicken breast 30g spinach extra virgin olive oil to taste 00 flour to taste 2 tomatoes agar agar to taste |
| TOOLS | Casserole Immersion blender Bowl Skimmer Knife Serving dish |
| PROCEDURE | Cook the peas in the casserole, then blend them with the immersion blender, add salt, pepper and extra virgin olive oil. Roll together chicken with spinach, then steam them for 20 minutes. Heat tomato juice and add agar-agar |
| PREPARATION TIME AND COOKING | 40-45 minutes |
| DIFFICULTY | Medium |
| KCAL PER SERVING | 336 kcal |



DISH DATA

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|------------------------------|--|
| NAME | "Cassate modicane" with waffle |
| SERVINGS | 10 |
| INGREDIENTS | Flour, water, sugar, cinnamon, lemon peel, ricotta cheese, eggs yolk |
| TOOLS | Bowl, whisk, oven |
| PROCEDURE | <ul style="list-style-type: none">-Combine flour, water and an egg yolk- knead the dough and let it rest- Then mix ricotta cheese, sugar, cinnamon, lemon peel and an egg yolk.-Roll out the dough and shape it- Fill with ricotta cheese-Bake the cassata in oven at 160°C.-Dress the dish with cassata and dust with cinnamon. |
| PREPARATION TIME AND COOKING | 45 min |
| DIFFICULTY | Medium |
| Kcal PER SERVING | 320 |



DISH DATA

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|---------------------------------|--|
| NAME | Salad with natural curd cheese |
| SERVINGS | 3 |
| INGREDIENTS | 1 lettuce, 1 tomatoe, 1 cucumber, 20 grams of spring onions, 20 grams of dill, 50 grams of natural curd cheese, 1 spoonful of caraway seeds, 1 spoonful of sunflower seeds, 3 spoons of oil, 2 spoons of fresh lemon juice, 1 spoonful of honey, a pinch of salt |
| TOOLS | a bowl, a spoon |
| METHOD | chopping |
| TIME OF PREPARATION AND COOKING | 0,5 h |
| DIFFICULTY | low |
| Kcal PER SERVING | 324 |



DISH DATA

| | |
|---------------------------------|---|
| NAME | Cold sorrel soup |
| SERVINGS | 4 |
| INGREDIENTS | 100 grams of pickled sorrel, 1 cucumber, 1 egg, 50 grams of spring onions, 50 grams of dill, 80 grams of sourcream, 4 potatoes, 1 lemon |
| TOOLS | a saucepan, a spoon |
| METHOD | Boiling |
| TIME OF PREPARATION AND COOKING | 1 h |
| DIFFICULTY | low |
| Kcal PER SERVING | 222 |



DISH DATA

| | |
|---------------------------------|--|
| NAME | Buckwheat cutlets |
| SERVINGS | 5 |
| INGREDIENTS | 100 grams of buckwheat, 1 carrot, 1 onion, 1 egg, 2-3 spoons of potato starch, 100 grams of chicken fillet, 20 grams of dried mushrooms, 100 grams of cream, a pinch of salt and pepper, a few drops of oil (for frying) |
| TOOLS | a saucepan, a frying pan, a spoon |
| METHOD | Boiling, frying |
| TIME OF PREPARATION AND COOKING | 1,5 h |
| DIFFICULTY | medium |
| Kcal PER SERVING | 298 |



DISH DATA

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|---------------------------------|--|
| NAME | Honey baked apples |
| SERVINGS | 1 |
| INGREDIENTS | an apple, a spoonful of honey |
| TOOLS | a baking sheet, a baking paper, wooden skewers, an apple scoop |
| METHOD | roasting |
| TIME OF PREPARATION AND COOKING | 1 h |
| DIFFICULTY | low |
| Kcal PER SERVING | 177 |



DISH DATA

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|---------------------------------|---|
| NAME | Appetizer: Potatoes in uniform with a goose Ziemniaki w mundurkach z gziem |
| SERVINGS | 4 persons |
| INGREDIENTS | 1/2 kg White curdcheese 100 g Cream 12% 1/2 Potatoes 1 Onion Pepper Salt |
| TOOLS | Pot, knife, chopping board, bowl, spoon. |
| METHOD | Thoroughly washed potatoes, boil with boiling water, pour, then pour fresh water and cook in the shell. Dump it, cover it with a lid and leave it in a warm place. Peel onion, wash and finely cut, mix with cheese and cream. Add dill or chives and season with salt to taste. Serve with potatoes in uniforms (that is, apply to the halves of the potatoes mass and sprinkle them in a more attractive appearance with chives). |
| TIME OF PREPARATION AND COOKING | 40-60 minutes |
| DIFFICULTY | easy |
| Kcal PER SERVING | 316 |



DISH DATA

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|---------------------------------|---|
| NAME | Soup: Beetroot cooler Chłodnik z botwinki |
| SERVINGS | 4 persons |
| INGREDIENTS | 1 liter of water or vegetable decoction 1 bunch of bumblebee with a few large beets 2 teaspoons lemon juice 1/2 - 1 teaspoon of vinegar salt pepper 400 ml kefir |
| TOOLS | Pot, knife, chopping board, bowl, spoon. |
| METHOD | Beetroot thoroughly rinse, cut off the root. Beat the beetroot and cut into small cubes. Chop the chopped finely, chop leaves about 2-3 mm pieces. If the botany has a lot of leaves you can not add all. Boil water or decoction, add the chopped beetroot, reduce fire and cook for about 5-7 minutes, then add stems and leaves and cook for about 3 minutes. Add lemon juice and vinegar and cook for about 1 minute, add salt and pepper if necessary. Cool thaw. Add the kefir to the cooled mix and mix. Cool. Serve with eggs, cucumber and radish, for example. |
| TIME OF PREPARATION AND COOKING | 20 minutes |
| DIFFICULTY | easy |
| Kcal PER SERVING | 192 kcal |



DISH DATA

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|---------------------------------|--|
| NAME | Maincourse: Dumplings with spinach and cheesefeta Pierogi z serem feta i szpinakiem |
| SERVINGS | 4 persons |
| INGREDIENTS | 0.5 kilogram of wheat flour; 1 glass of lukewarm water; 1 egg; 3 tablespoons of oil; Pinch of salt; Flour for bedding; 2 pack of frozen spinach; 2 feta cheese packages; 3 cloves of garlic; Pepper; Frying oil |
| TOOLS | Roller, stool, knife, glass, bowl, frying pan, pot |
| METHOD | Spinach is defrosted, in the pan heat up a small amount of oil, add spinach, fry in a slow fire until the water evaporates, add garlic pressed over, leave to cool. To the bowl we put the cheese feta, crushed with a fork, add the cooled spinach, season to taste pepper, mix thoroughly. Pour the flour into a bowl, add oil, a pinch of salt, egg and water, knead smooth and elastic pastry. We divide into smaller pieces, put on a table sprinkled with flour, roll thin enough, the glass cut out the dough rolls. For each disc we add a portion of stuffing, dumplings in half, we stick together making a decorative frill. We put on a stool sprinkled with flour, boil water in the pot with salt and oil. Dumplings are thrown into boiling boiling batches, boil for 2-3 minutes from the moment of sailing. |
| TIME OF PREPARATION AND COOKING | 60 minutes |
| DIFFICULTY | Medium |
| Kcal PER SERVING | 178 kcal |



DISH DATA

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|---------------------------------|--|
| NAME | Dessert: Warmapplecider Jabłecznik na ciepło |
| SERVINGS | 12 persons |
| INGREDIENTS | 1 cup flour; 1 cup of grits; 1 cup sugar; 20 dag butter; 1 vanilla sugar; 2 spoons of baking powder; 1 kg of apples; cinnamon |
| TOOLS | Grater, baking sheet |
| METHOD | Prepare the medium baking mold, grease with butter and sprinkle with batter. Mix the grits with flour, sugar, powdered sugar and baking powder and divide into 3 parts. On the bottom, sprinkle 1/3 of the resulting mixture. Start sliced apples split in half. Place one part into a mold mix and sprinkle with cinnamon. Then on the stacked apples sprinkle the second part of the mixture, lay the apples and sprinkle with cinnamon. On top of that, pour the last part of the mixture. Freeze the butter in the freezer and grate evenly the whole cake evenly on the grater. Bake 45 minutes in the oven at 180 degrees. |
| TIME OF PREPARATION AND COOKING | 60 minutes |
| DIFFICULTY | Medium |
| Kcal PER SERVING | 319 kcal |



DISH DATA

| | |
|---------------------------------|--|
| NAME | SOPA DE MAIMONES |
| SERVINGS | TEN PEOPLE |
| INGREDIENTS | 0,5 kg OF BREAD, 0,2 KG OF IBERIAN JAM, 3 LT OF WATER, 6 GARLIC CLOVES , 10 EGGS, ONIONS, 5 EGGS, SALD, OLIVE OIL, VINEGAR. |
| TOOLS | KNIVES, CASSEROL TO VOILING THE WATER 5 L, SPATULA, CHOPPING BOARD, |
| METHOD | FRYING THE BREAD INTO THE CASSEROL WITH OLIVE OIL, ADD THE CHOPPED GARLICS AND JAM, WHEN IT'S VOLING ADD THE EGGS AND THE VINEGAR. |
| TIME OF PREPARATION AND COOKING | 2H |
| DIFFICULTY | MEDIUM |
| Kcal PER SERVING | 326 kcal |



DISH DATA

| | |
|---------------------------------|--|
| NAME | TORTILLA DE PATATAS |
| SERVINGS | TEN PEOPLE |
| INGREDIENTS | 3 kg WHITE POTATOES, 3 ONIONS, 20 EGGS, SALT, OLIVE OIL. |
| TOOLS | KNIVES, BIG FRYING PAN TO FRY 3KG OF POTATOES, SMALL FRYING PAN, SPATULA, CHOPPING BOARD, WRINGER, BOWL. |
| METHOD | FRYING THE POTATOES AND ONIONS IN THE FRYING PAN WITH OLIVE OIL. SHAKE THE EGGS. MIX THE POTATOES AND ONIONS FRYED WITH THE EGGS AND FRY IT IN THE SMALL FRYING PAN. |
| TIME OF PREPARATION AND COOKING | 1H |
| DIFFICULTY | MEDIUM |
| Kcal PER SERVING | 790,25 kcal |



DISH DATA

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|---------------------------------|---|
| NAME | REMOJON |
| SERVINGS | TEN PEOPLE |
| INGREDIENTS | SWEET ORENGES, ONIONS 1/2KG, 5 EGGS, 1/2KG BLACK OLIVES, SALAD COD, EXTRA VIRGIN OLIVE OIL. TO DECORATE, 2 PEPPERS. |
| TOOLS | KNIVES, CASSEROL TO VOILING THE EGGS, BIG FRYING PAN, SPATULA, CHOPPING BOARD, |
| METHOD | GRILL THE COD VOIL THE EGGS CHOP THE VOLIED EGGS, ORANGES, CODE, ONIONS, ADD THE BLACK OLIVES AND MIX THEM WITH OLIVE OIL AND SALD. |
| TIME OF PREPARATION AND COOKING | 1 AND A HALFH |
| DIFFICULTY | MEDIUM |



DISH DATA

| | |
|---------------------------------|---|
| NAME | NATILLAS (dessert) |
| SERVINGS | TEN PEOPLE |
| INGREDIENTS | 3 LT MILK, MAIZENA, CINNAMON, 6 EGGS, 0,75 kg OF SUGAR, 1 LEMON, SUGAR-VANILLA, 20 COOKIES. |
| TOOLS | Casserol, bowls to serve it. |
| METHOD | Voil the milk with sugar lemon and cinnamon. Shake the eggs and add maizena and milk. Mix and voil them into the casserol. Get cold. |
| TIME OF PREPARATION AND COOKING | 2H |
| DIFFICULTY | MEDIUM |
| Kcal PER SERVING | 305,5 KCAL |



DISH DATA

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|-------------------------------------|--|
| NAME | İÇLİ KÖFTE (STUFFED MEATBALLS) |
| SERVINGS | 8 serving |
| INGREDIENTS | 300 gr Minced meat, 500gr bulghur(cracked wheat), 2 spoon of sesame, 350 gr olive oil, a 100 gr salça (tomatoe sausage) , 2 tea spoon of black pepper, 1 spoon of salt, 1 big onion, 1 garlic,100 gr walnut |
| TOOLS | A bowl, chopping board. Knife,Frying pan, strainer |
| METHOD | Firstly mix bulghur with tomatoe sausage and with all the spicies and knead with water until it can get a shape.Then cook the chopped onion in a pan with a little olive oil and add the minced meat on it. After that add two tea spoon of salt and a half teaspoon of black pepper, tomatoe sausage and chopped garlic , sesame and cracked walnut into the mixture. Shape the bulghur dough as small ballls and carve it with your finger and put a spoon of meat mixture in it and cover the mixture.Lastly Fry the meatballs in the olive oil. and take them via a strainer on a plate. |
| TIME OF PREPARATION AND COOKING | 1 hour |
| DIFFICULTY | (It's hard to shape the meatballs). Challenging. |
| Kcal PER SERVING | 320 kcal (140 gr) |
| Ingredients we have to buy in Italy | minced meat, onion, garlic (same needs with karnıyarık) |



DISH DATA

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|-------------------------------------|---|
| NAME | KARNIYARIK |
| SERVINGS | 4 serving |
| INGREDIENTS | 2 Eggplant (aubergine), 2 tomatoe, 2 green pepper, 250 gr minced meat, 50 gr olive oil, 2 teaspoon of salt and 1 tea spoon of black pepper,1 small onion, 1 garlic |
| TOOLS | Baking tray,fry-pan, knife, chopping board |
| METHOD | Slice the eggplants two pieces. Put them onto a baking tray and put into the oven for 10 minutes for blushing.By the way chop the onions and cook with olive oil until it blush then put the minced meat in it and add all the spices mixing througly until it cook.when it is ready spread the mixture onto the eggplants and some tomatoes sausage on it. Then pour very ittle olive oil on the tray and put it into the oven for 20 minutes.It is ready to eat . |
| TIME OF PREPARATION AND COOKING | 45 min |
| DIFFICULTY | The eggplants may burn its necessary to be careful. But still its an easy dish. |
| Kcal PER SERVING | 190 kcal(345 gr) |
| Ingredients we have to buy in Italy | Eggplant, tomatoe, pepper, minced meat, onion, garlic |



DISH DATA

| | |
|-------------------------------------|---|
| NAME | LEBENİYE (YOGHURT SOUP) |
| SERVINGS | 6 serving |
| INGREDIENTS | 1 tea glass of rice, 300 gr yoghurt, 1 glass of chickpea, 1 egg, 1 spoon of flour, 300 gr meat cubes, 70 gr olive oil, 3 tea spoon of mint, 8 glass of water |
| TOOLS | Cooking pot, fry-pan, mixer |
| METHOD | Stream meat cubes with water and add the yoghurt into this boiling water. Mix thoroughly via a mixer and add rice. Wait until the soup boils and add beforehand boiled chickpea. In a frying pan put the olive oil and after it gets hot add the mint onto the oil. Lastly pour this oil onto the soup and serve it warm. |
| TIME OF PREPARATION AND COOKING | 50 min |
| DIFFICULTY | Yoghurt may not mix with water well |
| Kcal PER SERVING | 210 kcal (300 gr) |
| Ingredients we have to buy in Italy | Meat cubes, egg, flour, yoghurt |



DISH DATA

| | |
|-------------------------------------|---|
| NAME | KADAYIFLI MUHALLEBİ (KADAYIF DESSERT WITH CREMA) |
| SERVINGS | 6 serving |
| INGREDIENTS | 1 lt milk, 4spoon of rice flour, 2 spoon of starch, 3 spoon of butter, 1 packet vanilia, 200 ml crema, 1 glass of sugar, 350 gr kadayif, gum mastic, 100 gr pistachio |
| TOOLS | Fry-pan, mixer, a big bowl |
| METHOD | Put the butter on a pan and add sugar and kadayif and fry until it blushes .By the way prepare the muhallebi in another pot.except vanilia and crema put all the ingredients into the pot and mix until it boils.After it boils add the crema and vanilia and mix it via a mixer for 5 minutes. Put the fried kadayif in cups and add the muhallebi onto it via aspoon. Top of the dessert sprinkle some pistachio.And lastly put the cups into the fridge for cooling for 40 minutes freezing in the fridge. |
| TIME OF PREPARATION AND COOKING | 1 hour |
| DIFFICULTY | MEDIUM. (Its important to get right aroma) |
| Kcal PER SERVING | 200 kcal (100 gr) |
| Ingredients we have to buy in Italy | Milk, butter, crema, sugar |