



The



Make it  
Local



magazine

CREATING OPPORTUNITIES  
WITH LOCAL PRODUCTS

5-15 APRIL, 2019  
PRAIANO, AMALFI COAST, ITALY  
ERASMUS+ YOUTH EXCHANGE



COMUNE DI  
**PRAIANO**



ACARBIO



Erasmus+

What was  
it about?





Make it local was an Erasmus+ Youth Exchange held in Praiano, Amalfi coast. Bringing together young people from 6 different countries the project created a unique learning environment in a stunning location. As well as promoting sustainability and fostering intercultural friendship, the main focus was about the production of local products.

In a globalising world, with free-trade and international exportation becoming more prominent, the emphasis on local products is fading. This has major consequences; environmentally, economically and socially. The “Make it Local” project aimed to raise awareness of these issues and on the importance of both buying and producing locally. This inspired the participants to become involved in the topic and make appropriate lifestyle changes.

Each participant had the opportunity to showcase a local product from their region through a workshop, the results of which are presented in this brochure to preserve the traditional knowledge and share it further afield. They were also involved in discussing current sustainability issues in their region, talking about potential solutions and how to promote them and creating their own start-up social entrepreneurship model.



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# Project partners:

- The Comune di Praiano (ITALY)
- ACARBIO (ITALY)
- The Zditovo secondary school (BELARUS)
- Asociacion viaje a la sostenibilidad (SPAIN)
- Institutul de Instruire in Dezvoltare Millenium (MOLDOVA)
- Asociatia de Tineri Din Ardeal in (ROMANIA)
- MI Sumy Specialized School (UKRAINE)

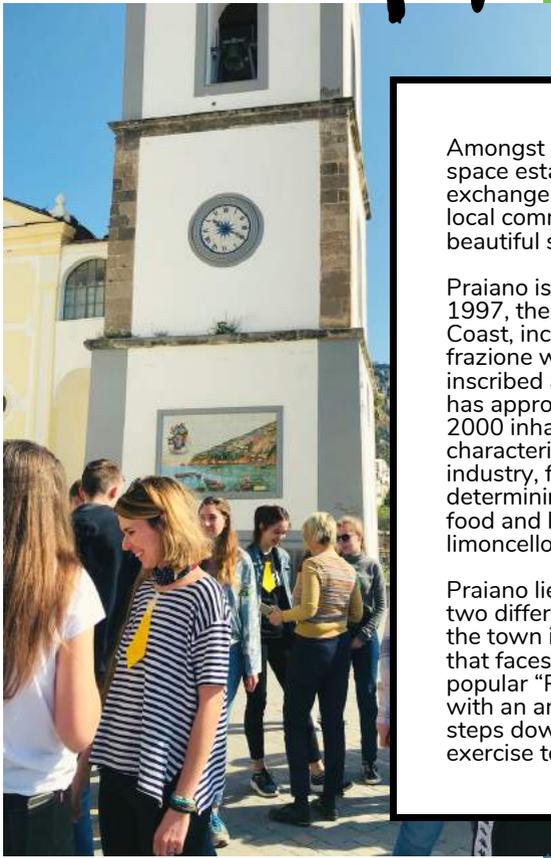
WE SAY A SPECIAL THANKS  
TO THE CHURCH OF  
PRAIANO AND THE PRIEST  
DON LUIGI FOR INVOLVING  
THE LOCAL COMMUNITY.

# Praiano

Amongst all of the hard work, there was also a space established for creating intercultural exchange between both the participants and the local community. This all took place in the beautiful seaside town of Praiano.

Praiano is a small town on the Amalfi Coast. In 1997, the Amalfi Coast, including Praiano's "Vettica Maggiore" frazione was inscribed as UNESCO World Heritage Site. It has approximately 2000 inhabitants. In the past, Praiano was characterized as a tourism destination, by its silk industry, fishing or tourism. Tourism is the determining economic sector nowadays, and food and local products such as lemons, limoncello and ceramics remain very important.

Praiano lies directly on the mountains, facing two different parts of the Coast and separating the town in a part that faces sunset and in a part that faces sunrise. It lies below the famous and popular "Path of Gods" and offers many hikes with an amazing view. The beach is at least 200 steps downwards and offers good physical exercise to all visitors.



# ROMANIA

## Seclerland (Székelyföld)



Seclerland is a region in Transylvania with a majority of Hungarian population with specific culture (folclore, music, customs, etc.) and gastronomy. Because of the specific geographical, social and political situation in this region we can find a variety of local products: dairy products (sheep, cow milk), craft beer, potato and cabbage cultivation, kurtos kalacs (chimney cake), smoked sausages and other meat products, specially decorated Easter eggs, folk-wear (szekelyruha) etc.

# KÜRTÖS KALÁCS

Kürtőskalács or a Chimney cake (made from a sweet yeast dough) specific to Hungarian speaking regions in Romania, more predominantly the Secler Land. Earlier a festive treat, now it is part of everyday consumption, often encountered at festivals, fairs and markets, but you can even buy it in supermarkets or bakeries.

- It's now celebrated as the oldest pastry in Hungary, and it's often served as street food.
- The Romanian minister of agriculture has now announced that the Kürtőskalács should be under the territorial protection of Romania and Transylvania because it is a Romanian product.



## Ingredients



- 1 kg of flour + extra for dusting
- 150 grams of butter + 150ml oil
- 100 grams of powder sugar + 150g sugar for sprinkling
- 30-40 grams of yeast
- 1-2 eggs
- 1 lemon (for zest)
- 5 dl of milk
- possible toppings: caster sugar, cinnamon, vanilla sugar, ground walnut, coconut flakes etc.

# How to make it

Let the yeast rise in lukewarm milk, and mix it with the flour, soft butter/oil, powder sugar, eggs and egg yolks. Add the remaining milk and knead the dough for 10-15 minutes. Let it sit in a warm place for an hour.

**STEP  
01**



**STEP  
02**

After the dough has doubled in size, roll it out and cut 1.5 cm wide strips.



**STEP  
03**

Wrap the strips around the buttered wooden roll in a way that one layer slightly overlaps the next layer. Roll this on the table so that the dough will be evenly spread.



**STEP  
04**

Then, roll the dough into the sugar. Bake it over hot coal until golden brown and crispy. If you wish to add other toppings (nuts, cinnamon etc. do it in the end, while your cake is still hot).



**STEP  
05**

Carefully remove the cake from the wooden roll by knocking it down and let it cool a bit before transferring to a basket.





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# SPAIN



Spain is a country rich of local quality production such as olive oil, olives, wine, cheeses and meat products, all of them recognized worldwide. These productions are also connected to other traditions like the making of natural soap of olive oil, a typical homemade production, usually concentrated in rural areas.

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# OLIVE OIL SOAP

Oil soap is produced by the process of saponification, a chemical process in which it is added to a caustic soda oil and water, which results in soap. Until not many years ago, the oil soap was made in homes to take advantage of used cooking oil, which was filtered with gauze and used as a raw material to make oil soap. With the birth of industrial products this tradition was disappearing but in recent years more and more people are making their own soaps of oil.

- Soap alone does not clean. It needs to be in contact with water.
- The best soap comes out with the dirtiest oil.



## Ingredients



- 1 liter of virgin olive oil
- 300 ml of water
- 125 g of caustic soda.
- For each preparation 20 drops of essential oils or aromatic herbs.

# How to make it

Put on the mask, glasses and gloves. Mix water and caustic soda in a bowl and stir well with a wooden utensil until the soda dissolves completely. If it's possible measure the temperature, it can reach between 80-90°. Let cool until it reaches a temperature of about 40°.

**STEP  
01**



**STEP  
02**

Put the liter of oil to heat until it reaches about 40 degrees Celsius. It should be at a temperature similar to the mixture of soda and water.

When both are at the same temperature, pour the water and soda over the oil and stir vigorously. Many times, a blender is used to make the process less tired, but it is not necessary.

**STEP  
03**



**STEP  
04**

Stir until the mixture has a texture of custard and add 20 drops of essential oil. We remove and place it in plastic, wood or silicone molds.

Let stand 48 hours. Unmold and cut to taste. Leave for another 40 days for the end of the saponification time and the soda ceases to be corrosive.

**STEP  
05**





# BELARUS

Zditovo



Zditovo is mostly an agricultural region located in the south-west of Belarus. On the base of Zditovo school it was opened the Business school, where children can learn how to start up their own projects.

It has been opened already such projects as “Beeschool”,  
“Bikeservice”, “Green Academy”.

We produce honey, different kind of vegetables and barriers. “Green Academy” provides half of the necessity in vegetables of the school – that is why our children don’t pay for the lunches! We also have the workshop of bike repairing.

# DRANIKI

Draniki is one of the most popular and famous dishes of the Belarusian cuisine. Belarusian draniki are famous for its rich taste, national culinary secrets and the floury Belarusian potatoes – bulba – with their fluffy, dry texture that is perfect for making potato pancakes.

- Draniki became very popular in Belarus in the 19th century. They were often eaten for breakfast as it is a very delicious and nourishing dish.
- Hot potato pancakes are served with fresh homemade sour cream.



## Ingredients

- 5 medium potatoes;
- 1 medium onion;
- 1 egg;
- 3 tbs of flour;
- Salt;
- Garlic;
- Oil.



# How to make it

You can peel or leave the skin on the potatoes. Grind them with a hand grater or food processor.

**STEP  
01**



**STEP  
02**

Add the egg, chopped onion, flour and salt and garlic.

Hand mix the ingredients using a spoon or fork. If the mixture seems too dry you can add another egg, but this will alter the texture of the pancake. We prefer a drier mix.

**STEP  
03**



**STEP  
04**

Add oil to the pan. Spoon a small amount of the mixture into a hot pan and gently flatten and shape each into a pancake.

Fry until golden brown on both sides. You should only have to flip the pancake once.

**STEP  
05**





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# MOLDOVA



We are an active group of volunteers from the Republic of Moldova, that want to make a change in a better way in our society. In order to achieve that, we get involved in different activities which increase our self-development because we want to make our community a greater place.

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# NATIONAL CARPET

Traditional wall-carpets craftsmanship of the Republic of Moldova are expression of creativity, identity and tool for social cohesion. Our Rugs are made of 100 % ecological Wool weaved on 100 % Cotton warp. Traditionally, wall carpets produced by weaver communities of the Republic of Moldova were used for decoration, funerals, exhibitions, and as part of a bride's dowry. These days, they are mainly appreciated as works of art.

- People began using wall carpets as means of heat insulation and soundproof material.
- In Soviet times, carpets also were a sign of a well-to-do family, because it could be really expensive.



## Materials



- Colored papers;
- Ruler;
- Pencil;
- Scissors;
- Glue;
- and love..

# How to make it

Select and cut paper: Select colors of construction paper that go well together and contrast with each other. One color of construction paper is for the mat and the other for the weaving strips. Cut three 9" by  $\frac{3}{4}$ " strips from the weaving strip construction paper.

STEP  
01



STEP  
02

Fold, mark lines and cut: Slits for weaving in paper strips need to be cut in the placemat construction paper.

Weave paper strips: Weave the paper strips into the slits cut in the placemat. Starting from the back, bring the first strip up through the first slit and down through the second slit. Continue weaving the strips up and down through the slits.

STEP  
03



STEP  
04

Adjust the strip so it is even with the placemat edges at the top and bottom, and pushed to the left side of the slits



The ends of the strips should be glued to the back of the substrate so that they do not move: Arrange the strips so they are evenly spaced in the slits. Center the middle strip in the fold. Be sure the strips do not extend beyond the edges of the placemat.

STEP  
05





# ITALY

## Amalfi Coast, Praiano



We live in Praiano, a small town called the “heart” of the Amalfi Coast because it is located between Positano and Amalfi. Amalfi Coast is well known for the magnificent landscapes: you can actually see the sea from every house.

Praiano is in particular famous for the cultivation of tomatoes and potatoes and for citrus like oranges and lemons..

# MIGLIACCIO

Migliaccio is a dish we typically eat during the period of Carnival. It came from the necessity of consuming the leftovers of pasta. His name derives from the millet flour, nowadays replaced from semolina flour.

- Migliaccio in Naples is sweet, it is a cake eaten too in Carnival.
- The recipe changes from one family to another.



## Ingredients

- 400 gr of long “ziti” pasta
- 200 gr of “bucatini” pasta
- 100 gr of semolina flour
- 3 spoons of flare fat
- 6 eggs
- 600 gr of mozzarella or caciocavallo cheese
- 200 gr of pecorino cheese
- 600 gr of smoked sausage
- Oil
- Salt
- You will need a ladle, a pot, a non-stick coating baking tray.



# How to make it

Put the pot on the stove with four litres of salted water and, while waiting for it to boil, beat the eggs in a bowl and add the grated cheese, and mix it well.

**STEP  
01**



**STEP  
02**

As soon as the water boils, drop the pasta. Halfway through cooking, part of the water is drained, leave much to allow the absorption and cooking of the semolina. Mix well, using a ladle.

Once almost cooked, the content of the bowl is poured into the pot. Let it stay for a minute. Prepare, meanwhile, a baking tray large enough, preferably those with non-stick coating. Grease the bottom and inner wall with butter.

**STEP  
03**



Place the slices of mozzarella or caciocavallo on top, the crumbled sausage, a handful of pecorino cheese and cover everything with the other half of the pasta, flattening it.



**STEP  
04**

Finally, put the pan on the fire over low heat and fry on both sides, so that a golden crust takes form.

**STEP  
05**





# UKRAINE

*Sumy*



Sumy region is located on the North East of Ukraine. Owing to its rich black soil it is considered to be an agricultural region. We grow different grains (barley, wheat, oat, etc.) and different vegetables (potato, tomato, carrot, cabbage, sugar beet). Sumy's local production is famous for sugar industry which is one of the oldest. Another important brunch of food industry is chocolate one.

# VARENYKY

Varenyky have a prototype in many countries. In Ukraine varenyky appeared in 18 century as the Turkish dish dukehoop and strengthened in the beginning of the 19 century. In Western Ukraine they were called cooked cake because of the cooking process. The most popular are varenyky with potatoes, cottage cheese and cherries. They are served on Sundays and on holidays.

- In 1991 in Canada there was established a monument to varenyk. It's more than 8 meters high and more than 270 kg.
- The biggest amount of varenyky (500 kg) per day is eaten in the restaurant in Lviv.



## Ingredients



For 60-70 varenyky with potatoes you need:

- 1 egg
- 0.5 teaspoon salt
- 3 glasses of flour
- 1 glass of water or milk

For stuffing:

- 1 kg of potatoes;
- 2 onions;
- salt;
- oil.

# How to make it

Make the stuffing first. For varenyky with potatoes - clean and peel potatoes, cut into pieces and boil in salty water until about 20 minutes. Mash in puree. Add some oil.

STEP  
01



STEP  
02

Make the dough: mix flour, egg and salt. Pour warm milk or water, add oil. Stir and knead the dough. Put it in the fridge and let it cold for 20 minutes.

Remove the dough from the bowl onto a lightly floured surface. Roll out to 1/8 inch in thickness. Cut into 3 inch circles. Place one tablespoon of filling onto one side of the circle. Fold the other half over and press the edges to seal. Place finished dumplings onto a floured tray and keep covered.

STEP  
03



STEP  
04

Bring a large pot of water to a boil. Drop 10 or so dumplings into the water at a time. Cook for 3 to 5 minutes, then remove to a colander to drain. Place finished dumplings onto a lightly oiled dish and turn them to coat with a thin layer of oil.



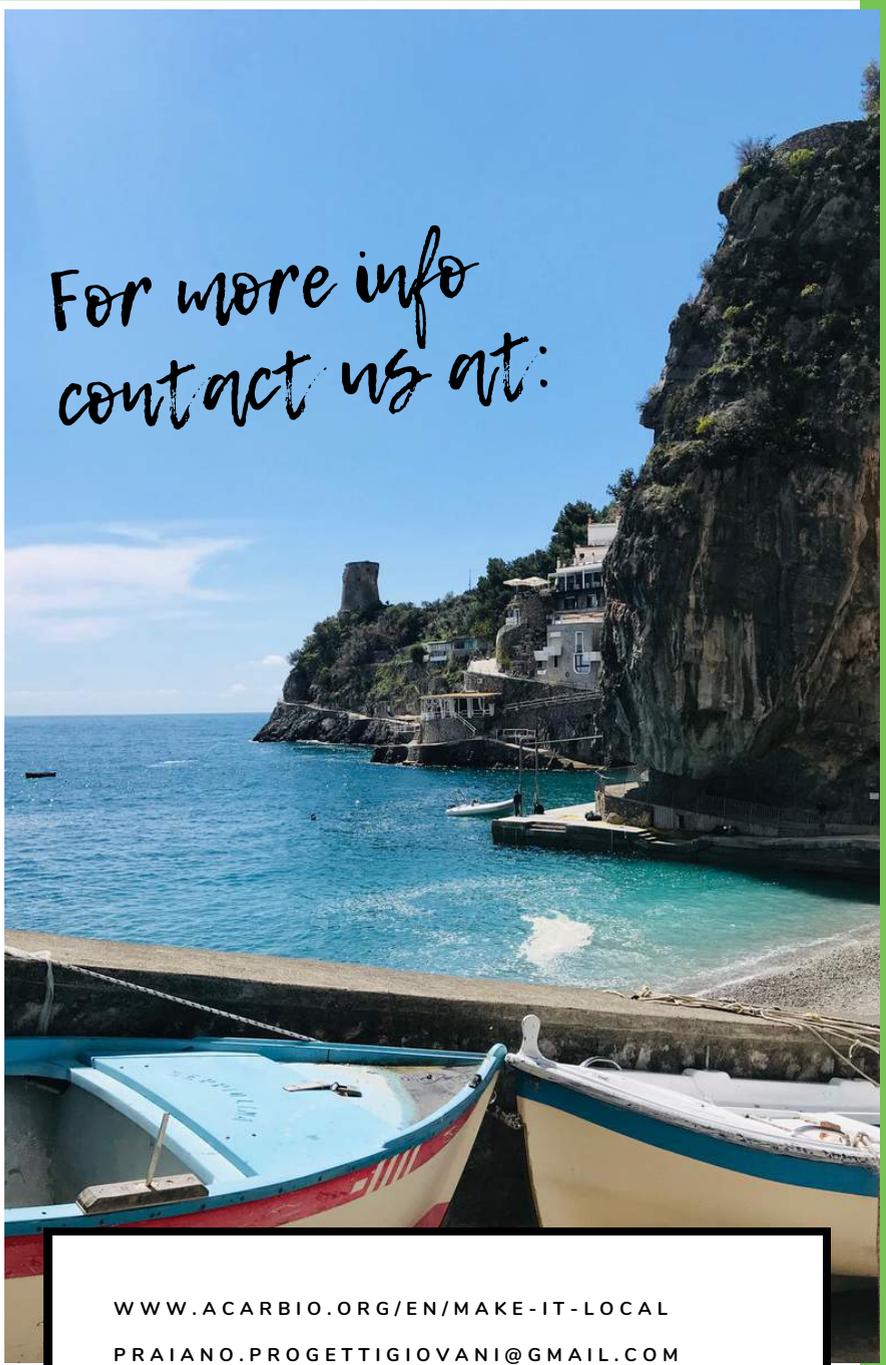
Serve dumplings with fried onions and sour cream. Cooled dumplings also can be fried in oil and butter for a nice crispy surface.

STEP  
05





For more info  
contact us at:



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