



Erasmus+

MED FOOD LAB

recipe book



Comune di Tramonti



Youth exchange Med food Lab

Med Food Lab is an Erasmus+ Youth Exchange that aims to explore the topic of nutrition, the impact of our life styles on the environment and the sustainability of local productions, following the principles of the Mediterranean diet, considered intangible humanity heritage by UNESCO and a link between the countries involved in this project. This is why this youth exchange will have participants coming from Greece, Spain, Portugal, France, Croatia and Italy, cultures full of old traditional recipes and that promotes a more sustainable way of producing, preparing and consuming food.



1.
FRANCE



“

This time we did dishes in 3 waves,
but usually there are around 5-6 waves
of dishes. Meals can last up 6 hours - a
perfect example of the lifestyle aspect of
the Mediterranean diet! It's not only about
the meals themselves, a lot of it is the
social aspect of having a meal together and
the pure art of having a conversation.



French team



SPECIAL FRENCH CREPES

- ◆ INGREDIENTS

- Buckwheat flour, sausages, bacon, pork, turkey, chicken, cheese, ratatouille, 2 tablespoons of olive oil, 1 medium yellow onion, roughly chopped, 1 small eggplant, unpeeled, cut into a 1/2-inch dice, 1 red bell pepper, cut into a 1/2-inch dice, 1 yellow bell pepper, cut into a 1/2-inch dice, 2 cloves of garlic, thinly sliced, 1 can of diced tomatoes, undrained, 1/2 teaspoons kosher salt, 1/4 teaspoon black pepper, 1/4 teaspoon red pepper flakes, 4 Italian sausages, 1/2 cup fresh flat-leaf parsley, finely chopped, plus sprigs, 1 cup of buckwheat flour, 3/4 tablespoon of flaxseed meal, 3/4 cups light coconut milk, 1 pinch of sea salt and 1 tablespoon of avocado or melted coconut oil.



STEPS

Crepes

1. To a blender or mixing bowl, add buckwheat flour, flaxseed meal, light (canned) coconut milk, salt, avocado oil, cinnamon, and sweetener of choice.
2. Pulse in blender or whisk in mixing bowl to combine. The batter should be pourable but not watery. If too thin, add a bit more buckwheat flour. If too thick, thin with more dairy-free milk.
3. Heat a cast-iron or nonstick skillet over medium heat. Once hot, add a little oil and spread into an even layer. Let the oil heat until hot – when you flick a little water onto the pan, it should crackle and evaporate almost immediately.
4. Add ~1/4 cup (60 ml) batter. Let cook until the top appears bubbly and the edges are dry (similar to pancakes). Then carefully flip and cook for 2-3 minutes more on the other side. Turn heat down if cooking too quickly.
5. Repeat until all crepes are prepared. We didn't find we needed to add any more oil after the first crepe. Keep warm between layers of parchment paper or on a plate under a towel.



Ratatouille and sausages

STEPS

1. Heat oven to 400° F.
2. Heat the oil in a large skillet over medium-high heat. Add the onion and cook for 2 minutes. Add the eggplant and bell peppers and cook for 3 minutes. Add the garlic, tomatoes and their juices, salt, black pepper, red pepper, and 1/4 cup water and bring to a boil.
3. Nestle the sausages in the skillet, spooning the vegetables over them.
4. Transfer to oven and cook, uncovered, until the sausages are cooked through, about 30 minutes.
5. Stir in the chopped parsley.
6. Divide the sausages and ratatouille among individual plates and add the parsley sprigs.

Side dish

Salad with lettuce and tomatoes, seasoned with olive oil, aceto balsamico and salt.



A picture is worth a thousand words



GRATIN DAUPHINOIS

- ♦ Very common in France, eaten as an everyday food. It has butter and milk cream which French people really love.
- ♦ INGREDIENTS
2 pounds of baked potatoes, peeled and cut crosswise into 1/4-inch slices, 5 cups of whole milk, 2 cloves of very lightly crushed garlic, 1 and 1/2 cups of heavy cream, 1 and 1/2 cups of crème fraiche (or sour cream), 1 teaspoon of salt, 1/4 teaspoon of ground black pepper, a pinch of freshly grated nutmeg, 2 tablespoons of unsalted butter, 2/3 cups of grated Gruyere cheese



STEPS

1. In a large saucepan over medium heat, bring the potatoes, milk, and garlic to a gentle simmer.
2. Continue to cook the potatoes, gently stirring occasionally and adjusting the heat as necessary to maintain a simmer, until just tender, about 15 minutes. Be very careful not to overcook them as they need to hold their shape for layering in the pan. Position a rack in the center of the oven and preheat to 180 degrees.
3. Transfer the potatoes to a medium bowl with a slotted spoon, taking care not to break the slices. Drain the milk from the pan and reserve for another use. Add the heavy cream, crème fraîche or sour cream, salt, pepper, and nutmeg to the saucepan and whisk to combine. Gently return the potatoes to the pan.
4. Heat the potato-cream mixture to barely a simmer (a few bubbles are fine but no more) for 10 to 15 minutes until the potatoes are very tender but not falling apart.
5. Butter a large baking dish. Transfer the potatoes to the baking dish with a slotted spoon, layering them without breaking them up too much.
6. Cover with the cream from the pan.
7. Sprinkle the Gruyere cheese over the potatoes (if using).
8. Bake in the oven until the potatoes are golden brown on top and the cream is mostly absorbed, about 50 minutes.
9. Serve with your favorite main dish and the most important part, enjoy!



SWEET CREPES

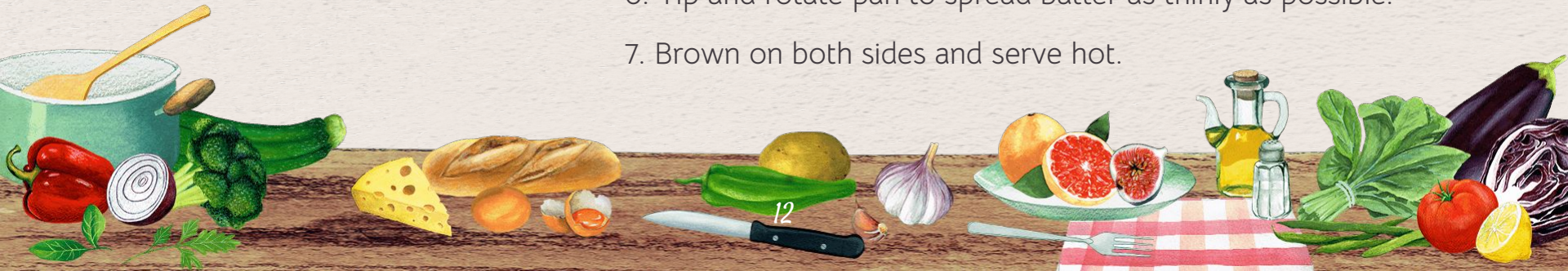
STEPS

1. Sift together flour, sugar and salt; set aside.
2. In a large bowl, beat eggs and milk together with an electric mixer.
3. Beat in flour mixture until smooth; stir in melted butter.
4. Heat a lightly oiled griddle or frying pan over medium high heat.
5. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe.
6. Tip and rotate pan to spread batter as thinly as possible.
7. Brown on both sides and serve hot.

- Usually french people eat it in the afternoon or perhaps after school in gouter (4PM break). It goes well with cider, and it is found in northwest France more often.

INGREDIENTS

1 cup all-purpose flour, 1 teaspoon white sugar, 1/4 teaspoon salt, 3 eggs, 2 cups milk, 2 tablespoons butter, melted



A picture is worth a thousand words



2.

PORTUGAL



Portugeese team



Melon, cheese and ham kebabs

- ◆ INGREDIENTS

green melon, sliced ham, cheese (e.g. mozzarella), olive oil, pepper, basil and oregano (according to one's taste), kebab sticks



STEPS

- 1) Cut the melon, cheese and ham into small pieces.
- 2) Stick each piece of every ingredient on the kebab sticks.

Serving suggestion: Spread a bit of olive oil, pepper basil and oregano on top.



Entrance dish: Spinach soup

- ◆ INGREDIENTS

Ingredients: baby spinach leaves, broccoli, sweet potatoes, potatoes of medium size,

- ◆ the white part of the stalk of leek, onions, garlic, water or homemade vegetable stock, sea salt and olive oil to taste

Decoration ingredients: chopped toasted almonds, fresh chopped coriander, coconut milk, hemp seeds



STEPS

- 1) Peel and wash the sweet potato, the onion and garlic. Cut all of the three ingredients into pieces.
- 2) Wash the broccoli, spinach leaves and the leek. Cut the broccoli into smaller pieces and cut the leek into slices. Reserve the spinach leaves.
- 3) In the pot, add the sweet potato, broccoli, leek, onion, garlic and water.
- 4) Heat all previous ingredients up for 25 minutes.
- 5) When you have 10 minutes to finish, add the spinach leaves and salt.
- 6) Grind the soup in a blender or a food processor until it becomes a velvety cream.
- 7) Adjust the amount of water if necessary.
- 8) Serve the dish hot with a dash of oil.

Pataniscas is a traditional Portuguese dish that is usually served with tomato bean rice or a bean salad seasoned with olive oil, onion and parsley. Instead of cod fish, pataniscas are made with a mix of vegetables.



MAIN COURSE: Pataniscas vegetarianas

INGREDIENTS

onion, leek, carrot, zucchini, canned maize, parsley, salt, curry, eggs, flour, water, olive oil



STEPS

- 1) Start by cutting all vegetables in small ingredients.
- 2) Mix all vegetables together and add salt and curry.
- 3) Add the eggs and mix.
- 4) Add both flour and water, alternating between that, bit by bit.
- 5) Heat the oil in a pan and fry the dough portions until they become golden.



A picture is worth a thousand words



MAIN COURSE: Pataniscas de bacalhau

INGREDIENTS

codfish (from Portugal), eggs, salt to taste, parsley, onion, flour, garlic, sparkling water, frying oil



STEPS

- 1) Put the cod in water the night before cooking and change the water 3 times during the day.
- 2) Shred the cod.
- 3) Mix eggs and stir them.
- 4) Chop the onion.
- 5) Mix flour and onion and stir them.
- 6) Add water gradually in order to make a creamy mass.
- 7) Chop the parsley.
- 8) Add salt and parsley.
- 9) Put oil in the frying pan and when it is hot, place the fried fritters using the size of a tablespoon.



MAIN COURSE: Pataniscas de bacalhau

INGREDIENTS

rice, tomato pulp, onions, olive oil, butter beans



STEPS

- 1) Cut the onion.
- 2) Place the onion in the pan with oil and leave for about 10 minutes.
- 3) Add the tomato pulp and wait for 5 minutes.
- 4) Reset everything with the magic wand.
- 5) Add water, salt and a little tomato sauce with spice.
- 6) Add rice.
- 7) Wait for it to be boiled and add water.



3.

SPAIN



“

We went with very traditional
dishes we eat on a everyday
basis.



Spanish team



Paella

INGREDIENTS

garlic, olive oil, tomatoes, meat (chicken), rice, salt, safran, pepper

Paella, our main fish, is most often eaten on Sundays as the whole family comes together.



STEPS

- 1) put olive oil on the special pan for paella (find it in Spain).
- 2) Put the garlic for a few minutes and after that cook the meat together. When it is almost done add the tomatoes and cook it together until it is well cooked. Before putting the rice, add the spices (zafran; salt, pepper). At the end add the rice and the water, moving it from time to time.



Tortilla

INGREDIENTS

Potatoes, eggs, salt and olive oil.

Tortilla de patatas is one of the most common dishes throughout Spain and it is specifically always eaten on Easter.



STEPS

- 1) Fry the potatoes after removing them from oil,
- 2) Mix it with eggs
- 3) and cook it in a pan.



A picture is worth a thousand words



Pipirrana

INGREDIENTS

tomatoes, cucumbers, peppers, onion, tuna or octopus with lemon, olive oil and salt dressing

The pipirrana is a traditional and simple salad from Andalusia, although it is in the province of Jaén that it is the most prepared.



STEPS

- 1) Put all the tomatoes really small
- 2) put the dressing
- 3) let it rest before eating.



Torrijas

INGREDIENTS

Bread from days before made with milk, after we put eggs and fry it, then we add sugar with cinnamon on top.

Torrijas is a special sweet we used to cook during Easter week.



STEPS

- 1) Cut the bread from the day before
- 2) put it in milk that needs to be boiled before with cinnamon and lemon.
- 3) When it is with milk, cover it with egg and fry it.
- 4) To finish, cover with a mix of sugar and cinnamon.



A picture is worth a thousand words



4.
GREECE



“

“The Greek menu was a variety of flavours and recipes from the whole country. Also there were recipes from specific places of the country like Spetsofai, a Traditional recipe from mountain Pelion, near Volos, and there was also a Traditional recipe from the Greeks of Smyrna, city of little Asia”



Greek team



Fried zucchini balls with Tzatziki

INGREDIENTS FOR THE FRIED ZUCCHINI BALLS:

Crumbled Greek feta cheese, Eggs, Green onions and mint, Self-rising flour, Olive oil



STEPS

- 1) Mix grated zucchini and potatoes with chopped green onion.
- 2) Pour cheese, beaten egg and salt. ...
- 3) Add in flour and combine them all well.
- 4) Heat oil and leave 1 tsp of the mixture in hot oil.
- 5) Fry in oil for less than a minute, until golden.
- 6) Take them on a paper towel and serve warm topped with chopped parsley.



Fried zucchini balls with Tzatziki

INGREDIENTS FOR TZATZIKI::

Yogurt, drained cucumber, olive oil, fresh herbs (usually mint or dill), garlic, lemon juice and salt.



STEPS

Steps

1. In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic.
2. Process until well-combined.
3. Transfer to a separate dish
4. cover and refrigerate for at least one hour for best flavor.



A picture is worth a thousand words



Spentzofai

INGREDIENTS

Traditional Greek sausage, green peppers, Olive oil, tomato juice, salt, pepper, sugar.

Spetzofai is a traditional recipe from mountain Pelion, near Volos.



STEPS

- 1) First, you heat a good splash of olive oil over high heat and cook the sausage (that's cut into bite-sized pieces) on all sides.
- 2) Set aside, and in the same pan add another splash of olive oil and cook the veggies (peppers).
- 3) Transfer sausages back to the pan, pour in the tomato juice.
- 4) Wait for 3-4 minutes for tomatoes to slightly drain.
- 5) Add just a small drop of water
- 6) Cook covered for 10-15 minutes until a thick sauce has formed.



Soutzoukakia

INGREDIENTS

minced beef meat, onions, garlic, mint, grated rusk, salt, pepper, cumin, eggs, chilli flakes (boucovo), olive oil, flour, ripe tomatoes, tomato paste, olive oil



STEPS

- 1) Soak the bread in water for 10 minutes and discard the crust. Squeeze the water from the bread and mix with the mince, egg, garlic, cumin, cinnamon, salt, pepper and 1 small glass of the wine. The best results for mixing are always achieved by using your hands.
- 2) When properly mixed make long thin shapes, like fat cigars, about the length of your finger (around 15 of them), roll them in the flour and fry in the vegetable oil on medium heat, making sure that they are crisp all over.
- 3) In the meantime, put the olive oil in a saucepan and when it's warm, add the tomatoes and the rest of the wine. Cook slowly for 5 minutes, stirring and ensure it does not stick.
- 4) Add the Soutzoukakia as they come out of the frying pan, covering them with tomato sauce, add a little more water if needed, cover and cook slowly for 10 minutes.
- 5) Garnish with chopped parsley. With its rich sauce it can be served with plain white rice or mashed potatoes as a main dish.



Cretan rice (pilafi)

INGREDIENTS

chicken, water, rice, salt, lemon juice, pepper, buttermilk

This dish is usually served in weddings, christenings, celebrations, engagements and social gatherings in general.



STEPS

1. Boil the chicken in a pot while removing the foam with a ladle.
2. When the chicken is boiled for the first time, lower to medium heat until the chicken is well-roasted.
3. Take the chicken out of the pot and strain the broth. The proportion is 3 glasses of broth to 1 glass of rice.
4. Add rice when the broth starts boiling and mix from time to time.
5. Just before the end, add salt and lemon juice.
6. When rice is ready, scald butter and spread it above.
7. Mix and serve immediately with pepper.



Kolokythopita / Mptazina

INGREDIENTS

chicken, water, rice, salt, lemon juice, pepper, buttermilk, zucchini of medium size, flour, onions, eggs of medium size, olive oil, salt, pepper, feta cheese, gruyere cheese, baking powder, fresh chopped parsley



STEPS

1. Peel and wash the zucchini and the onions, drain them, so that their juices come out, and put them aside.
2. Add the eggs in a bowl and stir them.
3. Add olive oil to the eggs and stir.
4. Grind feta and gruyere cheese into small pieces.
5. In a big bowl add the vegetables, eggs, olive oil, feta and gruyere cheese, flour, baking powder, salt, pepper and parsley and knead all ingredients.
6. Roast the dough in the oven for an hour at 180 degrees.



A picture is worth a thousand words



5.

Croatia



“

"The Mediterranean diet really has a meaningful impact on the Croatian cuisine. We tried to portray that through different dishes with seafood: the first dish was a traditional octopus salad eaten all along the coast, the second one was a traditional fish stew made with palenta on the side, and for the dessert we opted to go a bit north, in the region of Zagorje - we made a typical dessert called 'štrukli' which is a type of a simple cheese pastry with some sugar on top. We went mostly Mediterranean with a sprinkle of northern Croatia."



Croatian team



Octopua salad

INGREDIENTS

octopus, potatoes, caperi, garlic, parsley, onion, lemon, olive oil, olives



STEPS

Steps

- 1) Boil the octopus in a big pot until it softens (around 2 hours)
- 2) When it is boiled, clean it and cut it into small squares
- 3) Mix it thoroughly with the other ingredients and put olive oil on top
- 4) Add the spices and stir everything
- 5) Serve cold and enjoy!



A picture is worth a thousand words



Brodet with palenta

INGREDIENTS

shark, grouper, gamberi, onion, palenta, tomatoes, wine, parsley, olive oil, garlic



STEPS

- 1) Get yourself a large heavy-based saucepan, heat the oil and fry the garlic and onion on a low to medium heat for a couple of minutes
- 2) Add the tomatoes and a little water and cook for around 10 minutes
- 3) Season the fish with salt and then add it to the saucepan and mix the fish with the garlic, onion and tomatoes
- 4) Add water so that it covers the fish
- 5) Pour in the vinegar and pepper and simmer. You want the stew just simmering
- 6) Allow the fish to cook for 20 minutes giving the saucepan the occasional shake. DO NOT stir as you will break the fish
- 7) Check the seasoning. Add more salt and pepper if required
- 8) It's now time to put your scampi into the saucepan - throw them in one-by-one
- 9) After five mins, check on the progress of your fish. It should be close to being done - however, this will vary depending on the type and size of the fish. Leave the fish for as long as it needs to be cooked through
- 10) Approx five minutes before this fish is cooked, toss in your mussels and parsley
- 11) Serve the brodet with creamy polenta and garnish with some parsley



Zagorski struklji

INGREDIENTS

flour, eggs, butter, cheese, sour cream, sugar



STEPS

- 1) Make the dough: mix together the flour and salt and then pour in warm water, vinegar, and oil. Knead the dough with hands until it's smooth-it should be smooth and elastic, not too soft and sticky. Brush the dough with oil and cover and place in a warm spot for 30 minutes.
- 2) Prepare the filling: Mix together the fresh cottage cheese, sour cream, salt, and pepper.
- 3) Take a clean tablecloth and dust with some flour. Roll out the dough with a rolling pin until thin and then begin stretching it with your palms and tip of your fingers. Stretch it from the middle until you make it very thin, almost that you can see through it. Cut out thick edges.
- 4) Sprinkle the dough with melted butter. Put the filling over the one side of the dough. Roll it, using the tablecloth.
- 5) Using your hands, separate the dough into equal parts and cut them with a plate. Cutting with a plate is a great way to firmly seal the edges and ensure the filling doesn't pour out.
- 6) Cook the strukli in heated and salted water for around 2-3 minutes until they float to the top. (Just like gnocchi)
- 7) You can serve the strukli when cooked in the salted water – though there are also a few other ways of serving them. One way is to bake the strukli covered with sour cream for 15 minutes on 200C, alternately heat a little butter in a pan with some breadcrumbs and add the strukli to the pan for a minute just enough time to coat them with buttery crumbs.



A picture is worth a thousand words



6.
Italy



“

"Our idea was to portray the most typical dishes of our everyday life. The appetizer includes a typical local cheese made of cow milk which has the shape of 8. It is grilled on fire and it melts. It is used as a spreading on bread (bruschetta). It is eaten with grilled vegetables, such as zucchini, eggplants, peppers."



Caciocavallo impiccato

INGREDIENTS

A typical local cheese made of cow milk which has the shape of 8. It is grilled on fire and it melts. It is used as a spreading on bread (bruschetta). It is eaten with grilled vegetables, such as zucchini, eggplants, peppers.



Pasta salad

INGREDIENTS

Pasta salad (trofie/casarecce) with vegetables, tuna, cheese. It is a cold dish.

For the first dish, we wanted to show a simple solution for a pasta dish but in the summer time when it is too hot to boil it normally. It is a salad with a specific type of pasta we call 'casa recce.'



Parmiggiana

INGREDIENTS

eggplants, olive oil, flour, eggs, salt, garlic or onion, raw tomato sauce, mozzarella cheese, parmiggiano cheese, breadcrumbs

Parmigiana as our second dish is one of the most traditional dishes in the region of Campania. Eggplant as the base offer a different alternative to meat and is easier to digest.



STEPS

Preparation of eggplants

- 1) We peel the eggplants.
- 2) We cut them in long pieces.
- 3) We put them in salt for 2-3 hours.
- 4) The eggplants are fried twice. During the first time, only olive oil is used for frying. During the second time, eggplants are covered with flour and eggs and then they are fried.

When eggplants are ready, we make layers of fried eggplants, cooked tomato sauce and mozzarella cheese. Parmiggiano cheese and breadcrumbs are used as a topping.

The dish is roasted in the oven in 200 degrees for 50 minutes.



STEPS

Preparation of tomato sauce

1) We add oil, garlic or onion, according to one's taste, tomato sauce, salt, pepper and basil. A teaspoon of sugar can be added optionally. Then we cook for 40-45'.

Tiramisu is our most classic dessert. Here we make it with the with lemon zest instead of coffee to make it lighter and to celebrate lemon as one of our most important ingredients of Tramonti.



Lemon Flavoured tiramisu

◆ INGREDIENTS

savoyards (biscuits), water, sugar and limoncello for the biscuit mixture, eggs, sugar, mascarpone cheese and lemon peel for the cream.



STEPS

1) We damp the biscuits in a mixture of water, sugar and limoncello, we put them in order and we do layering.

2) Preparation of the cream:

Egg yolks and sugar are whipped, mascarpone cheese is added and a meringue from the egg whites is made separately. When the meringue is ready, the cream and the lemon peel is added.



A picture is worth a thousand words





PARTNERS:



ACARBIO ONLUS



equação
comércio justo · fair trade



This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

