

THE BEST STUDENTS' RECIPES FOR THEIR TRADITIONAL MEALS





POLISH BORSCHT RECIPE

Ingredients:

- 7 small beetrots
- 2,5 liters of vegetable broth
- a handful of dried mushrooms
- 2 cloves of garlic
- dried herbs: 2 bay leaves, 2 tablespoons of marjoram, 6 grains of black pepper, 4 grains of allspice
- one lemon
- salt and ground pepper

Preparing:

Rinse the mushrooms, put them in a saucepan and add two glasses of cold water. Put two garlic cloves and two bay leaves into the mushrooms. It is the best to let the mushrooms soak overnight. The next day, cook the mushrooms in soaked water for about 15 minutes, until they're soft.

We peel the previously washed beetroots and put them in the hot vegetable broth. Add marjoram, pepper and allspice to the broth. Season with salt and bring to a boil. When the broth is boiling, reduce the heat and cook covered about 40-60 minutes (until tender).

After this time, put the borscht off the fire. It is worth leaving the beets in it a few hours. Thanks to this, it will take on more intense color. Then we take beetroot out of the borscht and pour the mushroom decouction into it.

Add lemon juice and season to taste with salt and pepper. Cut a few boiled into strips and add to the borscht.





POLISH CHEESECAKE

Ingredients for the bottom of the cake:

- 2 packs of oatmeal cookies (250 g),
- 100 g melted butter

Melt the butter, crumble the biscuits (can be blended).

Mix until wet sand is formed. Line the bottom of the springform pan with a diameter of 26 cm with baking paper. On this pour the cookie mass and press it into the springform pan. Set aside in the refrigerator for the preparation of the cheese mass.

Curd:

- 1 kg of cottage cheese,
- 100 g of soft butter,
- 5 large eggs (egg whites and yolks separately),
- 1 cup of sugar,
- vanilla sugar (16 g),
- vanilla pudding (powder).

Grate the yolks with sugar, add butter and grate. Then add cheese, pudding and rub together until it's smooth. Whip the egg white, gently stir into the cheese mass. Pour on the prepared cookie bottom. Bake at 160 degrees for about 1 hour. Cool in a slightly open oven, then let it cool down in the fridge overnight.

ATTENTION!!!! All ingredients for the cheese mass should be at room temperature. You can decorate the cheesecake with powdered sugar or chocolate.





MISHMASH /HUNTER'S STEW / POLISH BIGOS

Ingredients:

- cabbage x 1
- 200g of pork meat
- sausage
- 500 g of a sour cabbage
- onion x 1
- tomato concentrate
- spices, oil, pepper, 2 bay leaves, mushrooms.



Preparation:

Take 1 cabbage. Shred it with a big knife into a bowl. Then, dice 2 onions, 1 sausage and about 200g of pork meat. Fry the onion in a warm oil a little bit and add the pork meat and fry it a few minutes. After that, add the sausage and fry it all a few minutes.

Then, take 500 g of a sour cabbage and strain it out so that the juice is separated from the cabbage. Shred it a bit. Then mix the sour cabbage and the green (ordinary) cabbage in a pot. Stew it together in a medium gas / fire adding 3 spoons of oil. Leave it stewing.

Then, still stewing the cabbage, add previously fried meat, onion and sausage. Add some spices: a pinch of salt, a pinch of natural pepper, a pinch of caraway seed, 2 bay leaves, 0,1 kg of dried mushrooms. Stew it all in a small gas / fire.

Tips:

You have to stew it over 2 hours. You can add a glass of red wine. Stew it until the colour is light brown and the flavour is good.

Monika Kowalewska class 6b



DUMPLINGS WITH CABBAGE AND MUSHROOMS

STUFFING :

1 liter jar of dried mushrooms

1 kg of sauerkraut

1 carrot

1 parsley

salt and pepper

3 tablespoons of oil

3 onions

DUMPLING DOUGH :

4 cups of flour

2 teaspoons of salt

1 tablespoon of oil

about 2 cups of warm water

TO BE SERVED :

3 onions

a couple of tablespoons of vegetable oil



PREPERATION OF THE STUFFING :

Rinse the mushrooms and pour cold water. Let it stand for 6 hours or overnight. Boil the next day, add the peeled carrots and parsley. Cook until soft. At the end of cooking season with salt and pepper. Boil the cabbage in 300ml of water with salt (about 45minutes). Then squeeze thoroughly. Mushrooms, carrots and parsley drain, keep the stock. Squeeze the water well and grind with the cabbage in a meat grinder (eyelets approx. 1 cm in diameter).

Soften the onion in a frying pan and add to the stuffing. Combine all stuffing ingredients, prepare well and add salt , pepper.

DUMPLING DOUGH :

Sift the flour on a pastry board, make a recess, add salt and oil. Gradually add warm water and knead the dough for about 15 minutes(until it is soft and elastic). Cover with a cloth. Put the water in the pot to cook, salt it. Divide the dough into 4 parts then roll in out. Cut the circles with a glass, put the stuffing on the center, fold it in half and knit the edges into dumplings. Cook until tender (3 – 5 minutes).

Serve with chopped onion fried in oil.

Laura Falińska class 6b



POLISH YEAST CAKE

Ingredients:

- 10 dag yeast
- 1 spoonful of sugar
- 1 glass of warm milk
- 6 spoonful of sugar
- 15g vanilla sugar
- 4 eggs
- 0,5kg cake flour
- vanilla oil
- a bar of butter
- dried or fresh fruit

Recipe:

First, melt yeast and sugar in warm milk.

Then add 1 spoonful of cake flour and stir the ingredients gently.

Cool the cake in room temperature.

Beat the eggs with sugar and vanilla sugar until smooth.

Then, add eggs, melted butter, vanilla oil and flour. Beat it vigorously.

When the butter is silky and doesn't stick to your hands, add some fruit.

Lightly butter a cake pan.

Stir down the dough and gently shape into a disk.

Preheat the oven to 185°C for 45-60 minutes.

When done, let it cool briefly.

Good appetite !



Karolina Domagała class 7c



BREADED PORK CHOP WITH MASHED POTATOES AND SALAD.

Ingredients:

- pork
- seasonings, herbs
- an egg
- olive oil
- flour/breaded crumbs

Recipe:

You have to buy good quality pork.

We may use boneless meat. Dredge chops with flour or bread crumbs.

Dip in whisked egg. Coat with bread crumbs on both sides.

Start with adding cooking oil to a skillet and then

fry the pork until each side turns golden brown about 5 minutes per side

Then add salt and pepper.

I like to serve these chops with green salad and mashed potatoes.

They are easy to prepare and very tasty.

Enjoy your meal !



Karolina Domagała class 7c

FARÓFIAS - “CREAM PUFF”

INGREDIENTS:

- 4 EGGS
- 175G OF POWDER SUGAR
- 1L OF MILK
- 1 TEA SPOON OF CORNSTARCH
- LEMON PEEL
- POWDER CINNAMON



INSTRUCTIONS:

- IN A POT, PUT 125G OF POWDER SUGAR, THE LEMON PEEL AND THE MILK. BRING IT TO A LOW HEAT.
- WIP THE WHITES STIFF, ADD THE REMAINING SUGAR. WITH A SPOON PUT THE WHITES IN THE POT, ONE BY ONE, CAREFULLY AND SLOWLY. LET THEM BOIL FOR ABOUT 5 MINUTES, TURNING THEM AROUND BY THE MINUTE 2/2,5. ONCE THEY ARE COOKED PUT THEM IN A BOWL AND DON'T FORGET TO DRAIN THE MILK.
- LET THE MILK COOL DOWN A LITTLE. ADD THE CORNSTARCH WITH THE EGG YOLK; MIX ALL TOGETHER WITH THE MILK AND LET IT COOK, STIRING IT UNTIL IT GETS THICKER. POUR IT ON THE CREAM PUFF, SPRINKLE IT WITH CINNAMON AND ITS DONE!

BEATRIZ, Nº4
IVO, Nº11
BRUNO, Nº 6
CAROLINA, Nº7
TIAGO, Nº17
9ºF

CHOCOLATE AND COOKIES SALAME

Ingredients

- 180g butter (softened)
- 200g sugar
- 150g chocolate powder
- 1 egg
- 200g butter cookies



Preparation

1. With an electric mixer, beat the butter softened with the sugar until it becomes a whitish paste;
2. Add the egg, stir well with a spoon, and add the chocolate, wrapping well;
3. Put the broken cookies in small pieces;
4. Place the preparation on a tissue paper sheet, making the shape of a roll. Squeeze the paper tightly with your hands so that the salami is well formed;
5. Store in the refrigerator until it solidifies, preferably overnight;
6. At the time of serving, remove the parchment paper and cover the chocolate with sugar.

Tips:

In step 3 add some pistachios, it will be tastier.

Afonso Teixeira n°2
Núria Nunes n°13
Rafael Carvalho n°14
Valter Felisberto n°18
Viviana Santana n°20

MOELAS / CHICKEN GIZZARDS

Ingredients

- 600 grams of chicken gizzards
- 5 decilitres of red wine
- 4 cloves of garlic
- 2 tablespoons salt
- 2 bay leaves
- 1 clove
- 5 tablespoons of olive oil
- 2 onions
- 150 grams of tomato pulp
- 20 grams of parsley



Preparation method

1. Wash the gizzards very well.
2. In a bowl, season the gizzards with wine, two chopped garlic cloves, salt, bay leaves and cloves.
3. In a pan, heat the oil and add the onion and the remaining chopped garlic cloves and let it sauté until the onion withers.
4. Add the gizzards together with the marinade of the pans and reserve the pans) and let it stew for about 20 minutes, with the pan covered.
5. Add some water, if necessary, and the tomato pulp, allowing to stew over a low heat.
6. When the gizzards are tender, add the chopped parsley and remove from heat.
7. Serve the gizzards warm and accompany with bread and rice.

Cláudia
Joana
Beatriz Vicente
Leonor
Ana
Lara
9.ºF

CALDO VERDE /GREEN SOUP

Ingredients

- 180 – 200 gr kale cut in green broth
- 1 onion
- 2 garlic cloves
- 600 gr Potatoes
- 4 slices of sausage or meat sausage
- 2 slices of corn bread
- 1 dl olive oil
- Salt

Preparation method



Peel the potatoes, onion and garlic cloves and cook in 1.5 liters of water seasoned with salt and half the amount of olive oil. Meanwhile, the cabbage leaves are arranged, washed and cut in very fine julienne (in green broth).

When the potatoes are well cooked, crush everything (potatoes, onions and garlic) with a fork or potato masher. Take it to the fire again and 10 minutes before serving, with the broth boiling in a saucepan, add the well drained cabbage.

Allow to cook with the container uncovered until the cabbage no longer tastes raw.

The seasoning is rectified and the remaining oil is added.

A slice of chorizo of meat is placed in each dish or bowl and watered with the broth. Cut the bread slices in half and distribute them to people.

In summer, the season when kale is stiffer, it is best to scald it before adding it to the broth.



CARNE DE PORCO À ALENTEJANA / FRIED PORK MEAT WITH CLAMS

Ingredients:

1 kg of pork
4 tablespoon of paprika
6 garlic cloves
2 bay leaves
1,5 dl white wine
500 g of clams
1 tablespoon of margarine
3 tablespoons of olive oil
8 potatoes
1 sprig of coriander
Salt and pepper



How to do:

1- Slice the pork into medium pieces, place in a large bowl, season with paprika, the chopped garlic, the bay leaf, salt and pepper to taste, add the white wine, mix well and marinate in the cold overnight. Also put the clams in the water overnight to release the sand (change the water a few times).

2- On preparation day, bring a pan to the heat with the margarine and oil, let warm, add the drained meat from the marinade and cook for 50 minutes or until the meat is tender. Add more 3 tablespoons of marinade, wrap the meat. When the meat is tender, add the clams and cook until they open.

3- Meanwhile, peel the potatoes, cut them into cubes and fry them in oil. After fried, drain them. Remove the meat pan from the heat and add The French fries. Wrap and serve sprinkle it with chopped coriander. Slice and put some olives in the meat.

Tip: add some pickles.



ARROZ DE PATO / DUCK RICE

Ingredients:

- 1,5 liters of water
- 100ml of wine
- 150g of bacon
- 150g of meat sausage
- 2 leaves of bay laurel
- 4 duck breasts
- 1 tea spoon of salt
- 50ml of olive oil
- 1 onion
- 3 garlic cloves
- 1 table spoon of tomato sauce
- 400g of rice



Recipe:

Put the water, wine, half of the meat sausage, bacon, bay laurel, duck breasts, salt in a pot and cook for 40 minutes.

Reserve the duck broth.

Make a braised (with the onion, the olive oil and the garlic cloves) and let it boil for 3 minutes. Put the tomato sauce in the braised and put 5 more minutes to boil.

Let the duck be cold and shredded it.

Cut the meat sausage and the bacon (in cubes).

Put the cold shredded duck, the meat sausage and the bacon in the braised.

Put the duck broth in the braised and let it boils for 3 minutes.

Put the rice and mix it. Then put the duck broth (400ml).

When the fervor rises, low the temperature and let it cook for 10 minutes.

Put the rice in a baking dish.

Put the bacon on top of the rice to decorate it.

Bake at 170°C for 15 minutes until golden.

Tips:

You can put yolk before cooking the rice.

You can put paprika.

Made by:

Afonso Henriques N°1

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Valentim Gonçalves N°18



Okra with olive oil

ingredients

- 500 grams of okra
- 2 onions, chopped
- 4 large tomatoes, diced
- 2 cloves garlic
- 1/2 cup olive oil
- Juice of 1/2 lemon
- 1 teaspoon sugar
- Salt



process

Put olive oil, onion and garlic cloves in a saucepan. When the onions turn gold, Put the diced tomatoes and cook for 2-3 minutes. Add Okra and stir slowly. Add the hot water and salt, turn down the cooker. Cook over medium heat for 25-30 minutes. add lemon juice and sugar. Turn off the heat when it becomes soft. Serve it hot or cold.



KEŞKEK

Ingredients:

- 1 kg wheat
- 1 kg chicken or lamb
- butter
- salt



Process:

Boil 1 kg cleaned and washed wheat in a large pot and then drain the water. Crush the wheat. Boil the meat into a different pan and then chop the meat in small pieces. Put the crushed wheat in a large pot and stir the meat continuously. Continue to stir the meat with a wooden spoon. Cook it until it becomes like gum. Take it to the serving dish and put red paper and butter on it. Serve it hot.

P.S Keşkek is cooked on special days like wedding in Aydın.



Class 8/B – Şemsettin KALKANCI



SIKMA

Ingredients:

- 1 kg meat
- 2 eggs
- 2 cups of water
- 1 onion
- Salt and black pepper
- Flour
- 1 tablespoon of butter
- ½ tea cup of oil
- 2 tablespoon of tomato paste
- yogurt
- garlic



Process:

Mix egg,meat,salt,water,black pepper into a bowl and blend it.Take small pieces of it and give round shapes.Then fry them.Prepare yogurt with garlic.In a different saucean pour some water into the tomato paste.Put the meatballs into the sauce and serve it with yoghurt.Enjoy your meal.

Class 7/A - Açelya KAPLAN



Stuffed Artichokes



ingredients:

- 1 pack of peeled artichokes.
- 1/2 pound green peas
- 2 big carrots, diced petite (or you can use a 1 pound mixed peas and carrots, frozen)
- 1 onion, chopped finely
- 1/2 cup olive oil (if it's an olive oil dish, you cannot be stingy with olive oil)
- 1/2 tsp sugar
- 1 tsp salt
- 1 1/2 cups of water
- 1/2 bunch dill, chopped

Process:

- Mix onions, peas, carrots, sugar, salt, and 1/4 bunch of dill (we're saving the other half to garnish) in a bowl
- Place the artichokes facing up in a broad pot, preferably a shallow one.
- Cover the artichokes with stuffing. Do not actually try to stuff them, just put the stuffing in the pot and cover the artichokes
- Add olive oil and water
- If you will use a pressure cooker, do everything the same. It doesn't matter if you put the artichokes on top of each other. The pressure cooker will not probably be broad enough. Then cook artichokes for 20 minutes first on high, then on low heat
- If it's a regular broad pot, cover and cook on high heat for 5 minutes (or until it starts boiling), then on low for another 30-35 minutes
- Garnish with dill and do the finishing "stuffing" touches with a scoop on the plate

P.S Just like all Turkish olive oil dishes, stuffed artichokes are best when they're served cold. Even better the next day!

Class 8/B- Şevval Su ZORTUL



Fried Vegetables



ingredients:

2 eggplants, washed
3 potatoes, peeled
4-5 banana/green peppers, washed
2 cups canola oil for frying
Salt to taste

For the Tomato Sauce:

3 tomatoes, grated/crushed
1 tbsp oil
1/4 tsp salt to taste
A pinch of sugar
Garlic Yogurt Sauce

Process:

Peel the eggplants totally or in strip shapes. Then slice them lengthwise or round, 1/3 inch thick as you like (see the picture). Salt them and leave aside for 15-20 minutes.

Peel the potatoes and slice them thin just like the French fries. And then chop peppers in bite sizes (see the picture).

Place the frying oil in a frying pan or pot, turn the heat high and wait till the oil sizzles. And then, first place the eggplant slices and fry both sides. Then take them out and place over a paper towel to soak the excess oil. Fry the potatoes and the peppers the same way and place them over the paper towel. Sprinkle salt all over.

Meanwhile prepare the tomato sauce. Place the tomatoes in a pan and cook with a tbsp of oil, ¼ tsp salt and a pinch of sugar over low-medium heat. Cook till the sauce thickens for about 15 minutes.

Mix all the fried vegetables or serve them separately as you desire. Pour the tomato sauce or garlic yogurt sauce on top. Serve warm.

Class 6/A -Fatma KARATAY



PUMPKIN DESSERT

Ingredients

- 1 kg pumpkin (cut sliced medium size),
- 600 g granulated sugar,
- 2 tablespoons water,
- 100 g walnuts (crushed),
- 100 g of milk cream



Process

Cut the pumpkin in chunks larger than bite size (you can cut them in any size you like). Clean the seeds inside and peel the pumpkin chunks. Place them in a large pot and spread the sugar evenly on the surface.

Let them stand for 3-4 hours, for sugar to dissolve. After you see the sugar dissolved, place the pot on a low-medium heat and cook for 40-50 minutes until the pumpkins are darken in color. The water should be mostly drained.

When they are cooled; garnish them with thickened cream, walnuts, pecans or any kind of nuts.

ENJOY





Grape Leaves Stuffed With Rice



ingredients

- 2 cups rice
- 1 tomato, diced
- 1 tbsp tomato paste
- 2 onions, shredded
- 200 gr (1/2 lb) grape leaves, fresh/ preserved
- 2/3 cup olive oil
- 3 cups water
- ½ lemon, sliced
- 2 tbsp dried mint
- ¼ tsp black pepper
- ¼ tsp cinnamon
- ½ tsp allspice
- 1 ½ tsp salt
- ½ tsp sugar

process

In warm water, leave the rice for 30 minutes, then wash and drain.

If you are using fresh grape leaves; Put the leaves in boiling water and cook for 5 minutes till they are soft. Drain and remove the stems. If you are using preserved grape leaves just remove the stems.

Place the stems at the bottom of your pot or saucepan. (It is to prevent burning the bottom layer)

Place 3 tbsp olive oil in a pan and let the onions sauté until they change in color. Add the rice and stir a few minutes. Then add the tomatoes and tomato paste. After a while add 1 cup of hot water and cook until the water evaporates. Finally add ½ cup olive oil, dried mint, black pepper, cinnamon, allspice, salt and sugar and mix them all.

Place each leaf on a plate. Put ½ tablespoon of filling on the larger end of it ([see](#)), fold the two sides in ([see](#)) and roll it on ([see](#)) like a cigarette ([see](#)). Do not roll them too tight. Place them tightly side by side in a saucepan. Place the lemon slices on the surface and 2 cups of warm water. Put a small lid or plate on top of them. Cover and cook on low heat for 40 minutes, until the water is absorbed. Let cool. Arrange on a serving dish and serve with lemon slices and yogurt.



Cold Meat in Jelly

INGREDIENTS:

- **3 medium to large pieces of cut up ox feet or hooves**
- **beef chunks**
- **4 L of cold water**
- **4-5 cloves of garlic**
- **1 bay leaf**
- **2 tbsp salt**
- **1 tbsp ground black pepper**
- **1 tbsp gelatin, diluted and soaked in 1/2 cup cold water for 5 minutes, heated up in the microwave before being added into the soup towards the end.**

DIRECTIONS

- Wash all the meats prior to adding them to the pot.
- Pour over the water so that the water covers the meat and has some extra on top, almost like 2-3 inches.
- Close the lid of the crock pot and turn the heat on low. Next step requires you to stick around a bit. After that, you can come back to it towards the end of cooking time.



- Take out all the meat and bones from the pot and place them in a separate bowl.
- Using a big skimmer, pour the liquid gold into another pot. This time the pot will go on the cooktop, if you have some more meat on the bottom of the crockpot, you will be able to pick them out from the skimmer. Whatever else remains in the skimmer goes to trash. At the end of this process, you should have nice and clear broth. Keep the broth ready until you prep all other ingredients.



- Separate the meat from the bones.
- Cut the meat in smaller pieces.
- Chop up the garlic cloves.



- Turn on the heat under the broth to medium. Slowly add the meat.
- Follow it up with chopped garlic, salt, bay leaf, and black pepper. The salt content needs to be slightly higher to your taste.
- Once the broth starts simmering lower the heat a notch and let things simmer for about 6 minutes.
- The idea is not to overcook the garlic and give the bay leaf enough chance to infuse the broth with its flavor.
- If you decided to use gelatin for jelling purposes, this would be a good time for you to incorporate it into the broth.



- Stir the pot well so that you have meat evenly distributed.



DAUGAVPILS BASIC SCHOOL 11



Cold Soup

Ingredients

- Small white beans
- Large beets
- Vegetable oil, or butter
- 2 medium onions
- 1 teaspoon salt
- Garlic
- Cabbage (cored and thinly sliced or shredded)
- 2 teaspoons caraway seeds
- Lemon juice (to taste)
- Sour cream
- Fresh dill (chopped)

Preparation

Put the beans in a large pot and add cold water. Bring to a boil, cover, turn off the heat, and let sit 1 hour.

Drain and return the beans to the pot. Cover again with cold water, bring to a boil, and cook until beans are tender to the bite, about 20 minutes. Drain the beans and set them aside.

Preheat oven to 350 F. Wrap the beets in a large sheet of aluminum foil, place on a baking sheet, and cook until tender.

Peel the beets and grate them.

In a large pot with beans and beets add oil, onions, and salt.

Add the garlic.

Add the cabbage, stir to combine.

Add salt and lemon juice, if using, to taste. Serve cold, with a dollop of yogurt or sour cream and a sprinkle of dill.



Grated Potato Pancakes

INGREDIENTS

- 1 medium onion, peeled
- 4 large potatoes, peeled
- 2 large eggs
- 2 tablespoons flour
- 6 tablespoons vegetable oil
- 6 tablespoons unsalted butter
- sour cream, for serving

PREPARATION

- 1. Preheat oven to 200°F. Place 2 nonstick baking sheets in oven.**
- 2. Using box grater or food processor fitted with grating disc, coarsely grate onion and place in colander set in sink. Coarsely grate potatoes, add to colander, and set aside to drain.**
- 3. In large mixing bowl, lightly beat eggs, then whisk in flour.**

- 4. Press potatoes and onion to extract as much liquid as possible, then add to egg/flour mixture. Season with salt and freshly ground black pepper. Using wooden spoon or hands, mix well, but do not overwork.**
- 5. Heat 1 tablespoon oil and 1 tablespoon butter until hot but not smoking. Drop 4 scant 1/4-cup portions of potato mixture into pan and flatten with spatula to form four 3-inch pancakes.**
- 6. Fry until bottoms are golden-brown, 4 to 5 minutes, then turn over and fry until golden-brown and crisp, an additional 4 to 5 minutes. Transfer to paper towels to drain; season immediately with salt and pepper. Keep warm on baking sheets in oven while making remaining pancakes.**
- 7. Using paper towels, carefully wipe out pan. Add 1 tablespoon oil and 1 tablespoon butter and fry 4 more pancakes. Repeat with remaining batter, wiping out pan and adding 1 tablespoon oil and 1 tablespoon butter before each batch.**
- 8. Serve pancakes hot with sour cream.**

CLASS 8.a 1

RITVARS PRIKULIS- PASTARS



Erasmus+



DAUGAVPILS BASIC SCHOOL 11



Grey Peas with Lard

INGREDIENTS

- 1 teaspoon extra virgin olive oil*
- 1/2 pound thick-cut bacon, finely chopped*
- 1 large yellow or white onion, chopped*
- 1 green bell pepper, finely chopped*
- 3 cloves garlic, peeled and minced*
- 2 cups dried grey peas*

- *4 cups chicken broth*
- *1/2 teaspoon freshly ground black pepper*

INSTRUCTIONS

1. *Boil the peas for 10 minutes.*
2. *Heat the olive oil in a large pan set over medium heat. Add the bacon, onion, bell pepper, and garlic; sauté 10-12 minutes, until the bacon renders its fat. Transfer to the insert of a slow cooker.*
3. *Add the peas, broth, black pepper, and liquid smoke to the slow cooker. Cook on high for 5 hours or low for 8 hours, until the peas are soft.*

CLASS 8.a.1

VALERIE SAVKO



DAUGAVPILS BASIC SCHOOL 11



Herring in a Coat

INGREDIENTS

2 medium beets

2 medium potatoes, peeled

2 medium carrots, peeled

2 large hard-boiled eggs

1 cup finely chopped pickled herring

Onion

2 tablespoons chopped dill

1/2 cup mayonnaise

Salt

DIRECTIONS

- Preheat the oven to 450°. Wrap the beets in foil and roast for about 1 hour, until tender. Let cool slightly, then peel.
- Meanwhile, in a saucepan, cover the potatoes and carrots with at least 2 inches of water and boil until tender, about 15 minutes for the carrots and 20 minutes for the potatoes. Let cool to room temperature. Grate the potatoes on the medium holes of a box grater and transfer to a small bowl. Repeat with the carrots and beets, keeping the vegetables in separate bowls.
- Halve the eggs. Push the egg whites through a fine sieve into a small bowl. Clean the sieve, then push the yolks through into another small bowl.
- In another bowl, mix the herring with the onion, oil and chopped dill.
- In a small bowl, mix the mayonnaise with 2 tablespoons of the grated beets.
- Place a 4-inch round ring mold in the center of a serving plate.
- Using the back of a spoon, spread one-fourth of the grated potatoes inside the mold in an even layer.
- Season with salt.
- Spread one-fourth of the herring mixture on top in an even layer.
- Repeat the layering with one-fourth each of the carrots and beets.
- Season with salt.
- Spread 2 tablespoons of the beet mayonnaise on top.
- Garnish with some of the sieved egg whites, sieved egg yolks and dill sprigs.
- Carefully remove the ring mold and wipe it clean.



DAUGAVPILS BASIC SCHOOL 11



Minced Meat Patties

INGREDIENTS

400g lean beef mince
1 egg, lightly beaten
1 small onion, finely diced
1 small carrot, grated
1 small courgette, grated
½ cup breadcrumbs
1 tsp mixed herbs or
1 tbsp chopped fresh parsley
Salt and pepper

CLASS 9.b 2
VALĒRIJA GRIGASE

To prepare:

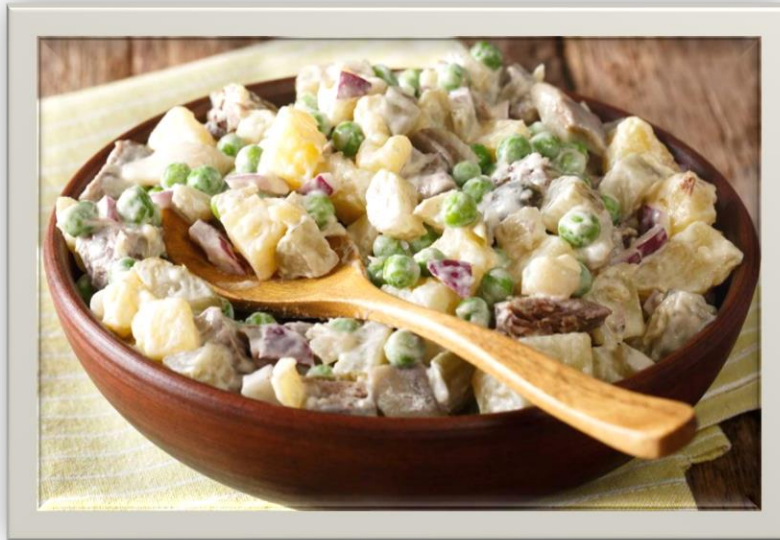
Line an oven tray with baking paper. Preheat oven on a low temperature.
Place all ingredients in a medium bowl.
Mix well to combine.
Form mixture into 8 patties.
Place patties onto a lined tray.
Cover and refrigerate for 30min.
Preheat a greased pan on medium heat.
Cook patties for 5 minutes on each side until cooked through.
Transfer to a plate, cover and keep warm in oven.



Erasmus+



DAUGAVPILS BASIC SCHOOL 11



Rasols – Mixed Vegetable and Meat Salad

Ingredients

For the salad:

6 potatoes

4 eggs

4 dill pickles

1 cucumber

1 apple, peeled, cored, and submerged in acidulated water (water with lemon or vinegar) to keep from browning

For the dressing:

3 heaping Tbsp mayonnaise

2 heaping Tbsp sour cream

2 tsp hot mustard

2 tsp apple cider vinegar

1/4 tsp salt

1/4 tsp freshly ground black pepper
1 tsp Worcestershire sauce
2 tsp white horseradish
1 tsp minced fresh dill

Preparation

1. In a large saucepan, cover potatoes in cold water. Bring to a boil and reduce heat to medium. Simmer until just fork-tender but not falling apart. Drain and allow to cool.
2. At the same time, in a different saucepan, cover eggs with cold water. Once water boils, turn off heat and let eggs stand, covered, for 12 minutes. Drain and run under cold water until cool.
3. Meanwhile, chop the pickles, cucumber, and apple into similarly sized pieces.
4. Add all dressing ingredients to the bottom of a large bowl and stir to combine.
5. Peel and chop the eggs and potatoes.
6. Add potatoes, eggs, pickles, cucumber, and apple to the same bowl as the dressing. Stir gently to combine. Adjust seasoning to taste with salt and pepper if needed.





Rye Bread Soup

The main ingredient of this dessert is rye-bread.

To prepare it, slices of rye-bread are fried in oven, then poured over with boiling water and boiled for another half an hour on low heat.

Dried apples, cinnamon, raisins, and plums are added, giving the dish a sweet-sour taste.

A little sugar is added for taste.

After the dessert has been boiled, it is left to cool. When it has become cool, it is arranged in soup plates and served with whipped cream.

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KJRJIS ZAVJALOVIS



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Sorrel Soup

Melt the butter in a pan over a medium heat, then add the onion, garlic and fennel seeds and sweat down for 7 minutes or until soft.

Add the stock with the diced potato and bay leaf and simmer for 15 minutes.

Add the spinach and sorrel and simmer for a further 5 minutes.

Add three-quarters of the dill and parsley, then remove from the heat.

Taste and season with salt, pepper and lemon juice.

Garnish with the chopped egg, sour cream and remaining herbs.