

Austria

„Mini Schnitzel“ Recipe (advanced)



Ingredients

- Chicken filet (900g – 1000g)
- Salt
- Pepper
- Flour
- 4 Eggs
- Breadcrumbs

Preparation



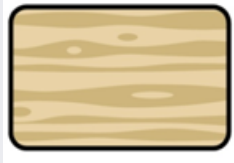
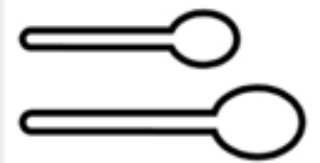
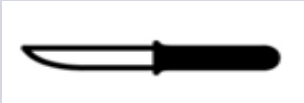

- Clean the meat
- Cut the meat in small slices (approx. 1 cm -2 cm)
- Season the meat with salt and pepper
- Put flour, eggs and milk, each in a deep plate
- Dip the meat in
 1. flour
 2. egg
 3. breadcrumbs
- Fry the meat in a big pan
- Enjoy

Germany

Wedges with herbs quark

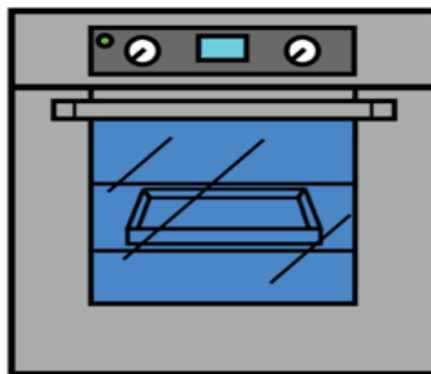
Erasmus + - Stephanus-Schule Jülich

What you need to prepare the potato wedges:

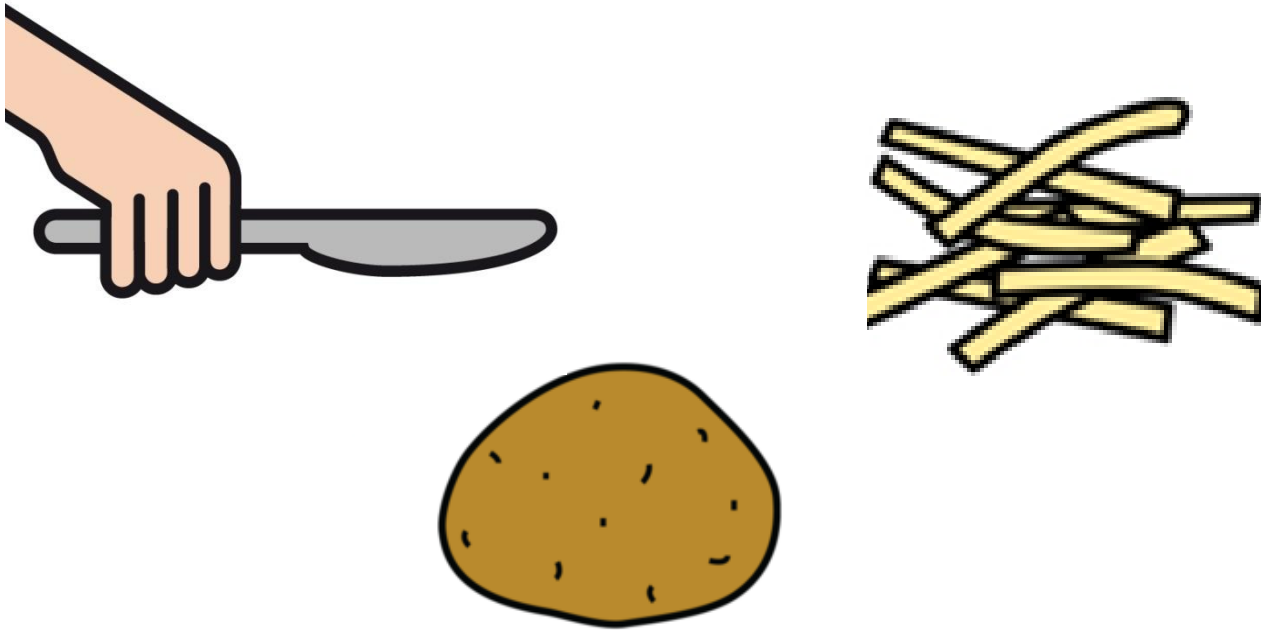
1 bowl		2 kg. potatoes	
1 board		1 tablespoon 1 teaspoon	
1 knife		Oil, salt, pepper	



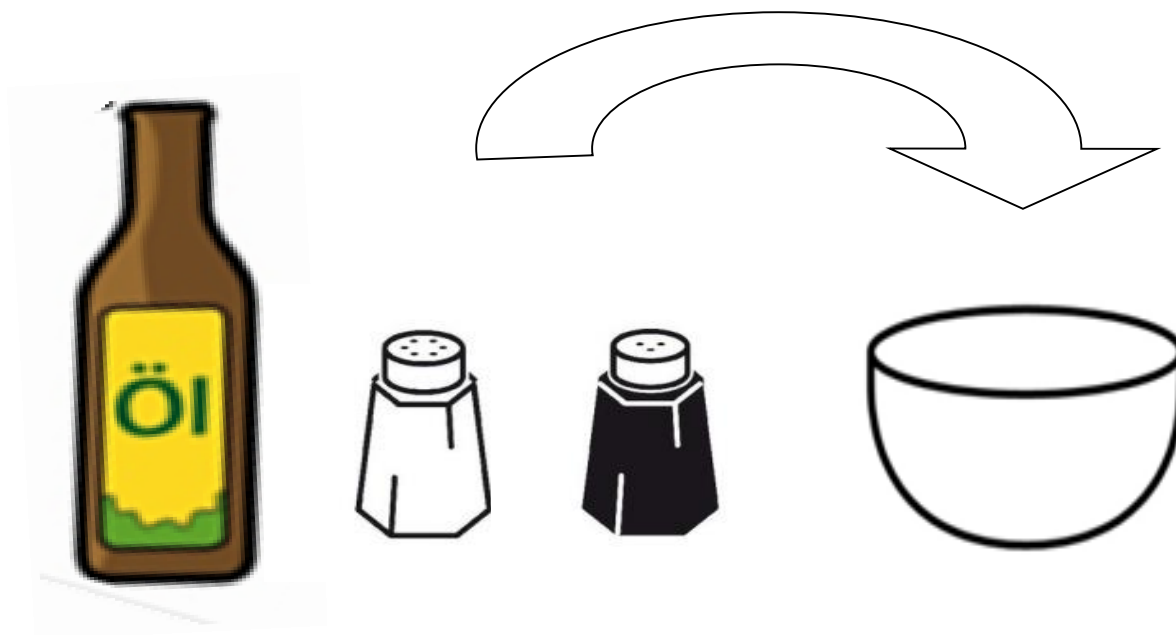
Preheat the oven (200 °)



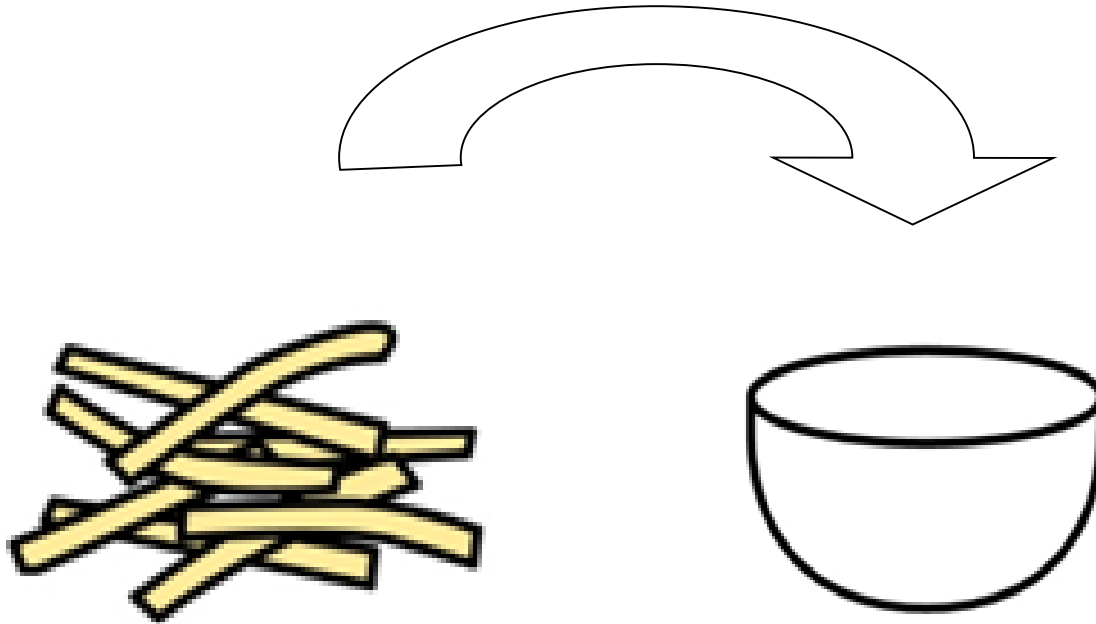
Cut the potatoes into thick strips.



5 tablespoons of oil, 1 teaspoon of salt, 1 teaspoon of pepper - Put in a bowl.



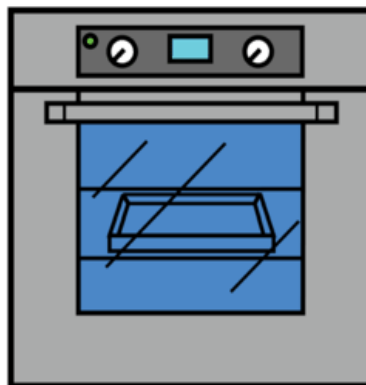
Place the sliced potatoes in the bowl.




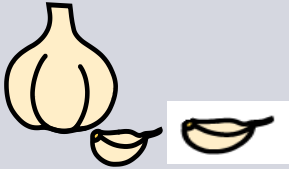
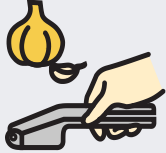

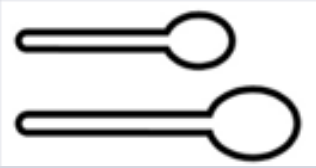

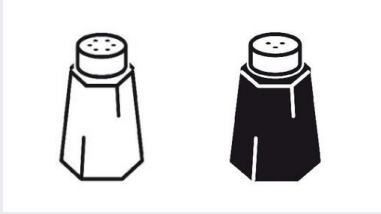

The potatoes must be mixed well with the oil.



Place the potatoes on a plate and place in the oven for 30 minutes.



What you need to prepare the herbs quark:

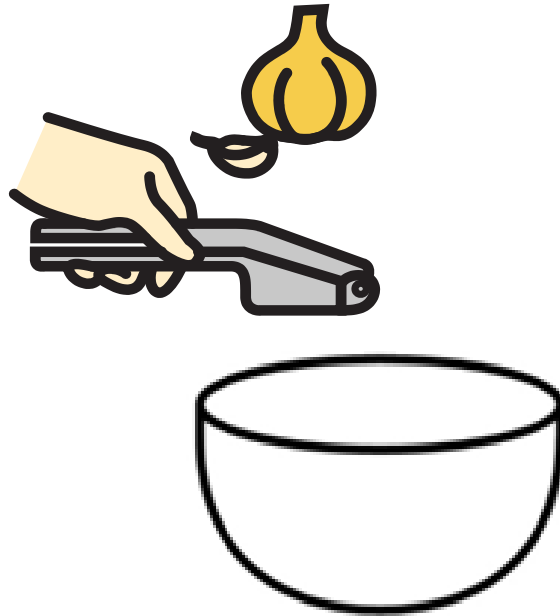
1 bowl		2 cloves of garlic	
1 garlic press		herbs	
1 tablespoon		1 yogurt	
1 teaspoon			
Salt and pepper		1 quark	



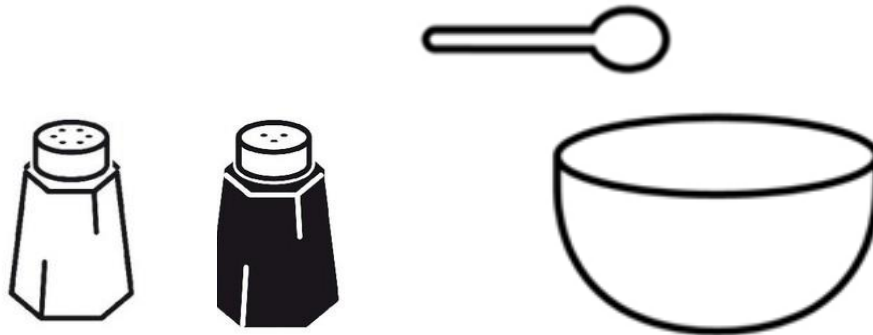
Put the yogurt and the quark in a bowl.



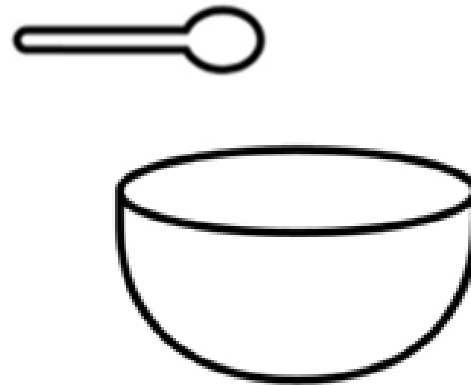
Press 2 cloves of garlic and put it in the bowl.



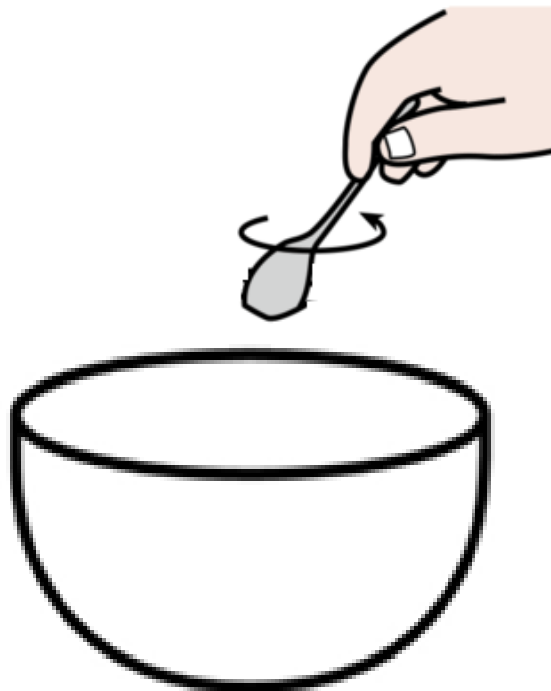
Add 1 teaspoon of salt and 1 teaspoon of pepper.



Add 3 tablespoons of herbs.



Stir.



Enjoy your meal!!



Italy

Italian Cookbook Recipes



tiramisù: https://www.youtube.com/watch?v=kjOMccS_Tri&feature=youtu.be



caprese and cotoletta alla milanese:

<https://www.youtube.com/watch?v=oDwsdhNNesw&feature=youtu.be>



pizza: <https://www.youtube.com/watch?v=-Fv0EXwGzc&feature=youtu.be>

Lithuania

FRUIT SALAD

Erasmus+ KA2 „Renewable Sustainable
Cultural Enterprise in Europe“

Zasliai Basic School



For 4-5 persons you need:

- 1 apple;
- 1 banana;
- 1 bunch of grapes;
- 2 oranges;
- yougurt, 300 gr.;
- nuts, 100 gr.;
- chocolate for decorating.























Salad made:

- Aringas Koklevicius – 6 gr.
- Auguste Ostromeckaite – 7 gr.
- Augustina Kliciute – 8 gr.
- Gabriele Kliukaite – 8 gr.
- Agne Mikalauskaite – 7 gr.
- Juste Jureviciute – 6 gr.
- Gabija Gradeckaite – 7 gr.
- Valerija Vankeviciene – teacher.





Slovakia



Recipe of ZŠ s MŠ Martina Hamuliaka Oravská Jasenica

Tasty beetroot salad

ERASMUS + KA2
SLOVAKIA

INTRODUCTION

- During our involvement in Erasmus+KA2 project our school grew some vegetable in the school garden.
- We grew beetroot, onions, carrots, garlic, cucumbers and others.
- We tried to use those ingredients in this recipe.
- We prepared some vegetable salad.
- We all enjoyed the preparing of vegetable salad and it was really tasty.
- Hope you will enjoy it too.



INGREDIENTS

- We need:
- 4 beetroots
- 4 eggs
- a bit of salt
- a bit of pepper
- 1 carrot
- 1 onion
- 4 sterilized cucumbers
- 1 teaspoon of custard
- 2 tablespoons of mayonnaise
- 1 plain yoghurt



PROCEDURE:

BOILING: BOIL EGGS FOR 15 MINUTES

BOIL CARROT FOR 30MINUTES

BOIL BEETCARROT FOR 30 MINUTES



PEELING — PEEL CARROT, EGGS, AND BEETROOT



CUTTING — CUT BOILED BEETROOT, ONION, CARROT AND CUCUMBERS INTO SMALL PIECES



PUT ALL CUTTED PIECES INTO THE BOWL



MIXING: PUT - 2 TABLESPOONS OF MAYONNAISE
1 PLAIN YOGHURT
SOME SALT AND PEPPER



FINISHED PRODUCT



IT WAS REALLY TASTY



Spain



SPANISH OMELETTE RECIPE

RAQUEL GOMEZ TORTILLA PATATA VIDEO

<https://youtu.be/Ooj09VaoYU8>

INGREDIENTS:

- 6 Eggs ,
- 4 potatoes,
- oil and salt



PREPARACIÓN

1. The first thing to do is to peel and wash the potatoes, and then cut into slices into cubes. It is important to use potatoes that are suitable for frying, as not all potatoes are fried
- 2.- When the potatoes are golden on all sides, but not completely fried, we take them out of the frying pan and we put fat salt over them. We beat the eggs and put them on the potatoes. Then they have cooled slightly. Mix well to absorb the beaten egg.)
- 3.- Put the pan to make the tortilla to heat with a little oil in the bottom, and pour the mixture when it is hot. We let the bottom of the pan on a medium heat, and then we will use a flat plate wider than the pan to turn it around. Turn it over and put it back on the frying pan so that it is done on the other side. Return to simmer-medium until the other half is well.



U.K.



Cheese Scones



+ 1

1 Cup and 1



half cup

SR



flour



40g

margarine



50g

cheese

1



1 tsp mustard powder



1 tsp baking powder

1



1

beaten



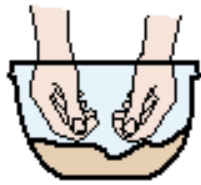
egg



125

mls

milk



Rub in baking powder,



mustarde powder, flour and margarine.



Stir in cheese .



Add egg and milk.



Make dough.



Roll out



dough.



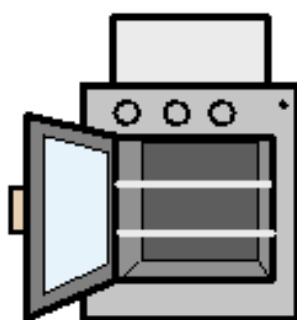
Cut out

scones.



Bake

in



oven.