

Comenius Project 2011 - 2013



HOW TO KEEP FIT COOKING BOOK



Czech Republic

Základní škola J.A.Komenského, Brandýs nad Orlicí, okres Ústí nad Orlicí

England

Bradwell C E © Infant School, Bradwell, Hope Valley

Germany

Pestalozzischule Raunheim, Grundschule des Landkreises Groß-Gerau

Italy

Istituto Comprensivo Carpi Zona Nord, Carpi MO

Poland

Szkoła Podstawowa nr 75 im. Marii Konopnickiej, Warsaw



Czech Republic



MASHED POTATOES WITH VEGETABLES



Ingredients

Potatoes 500 g

2 tablespoons butter

Milk 250 ml

Other vegetables according to your taste, 350 g

1 tablespoon salt

Procedure

Boil the classic mashed potatoes, which we have milk and butter and add the sautéed vegetables (you can use frozen), all mix well.

Eating alone or with any meat .

CARROT SALAD



Ingredients

Crystal sugar 5 dl
Cardamom 1 cl
Grated coconut , 1 dl
Finely grated carrots , 1 l
Orange juice , 4 dl
1 dl raisins
Crushed toasted walnuts 1 dl

Procedure

All these ingredients mix well.

RADISH SPREAD



Ingredients

Butter 100 g

Chive

Radishes 140 g

Salt

Curd 140 g

Procedure

Chop radishes finely and mix with cheese, butter, salt and add the chives.

DESSERT



Ingredients

Crystal sugar 1 tablespoon

Curd 250 g

Sour cream 400 g

Procedure

Put in a bowl cottage cheese, sour cream and sugar to taste, 1 tablespoon is enough.

Mix everything together.

Put in the fridge and leave overnight.

CARROT SALAD



INGREDIENTS

CARROTS





APPLES

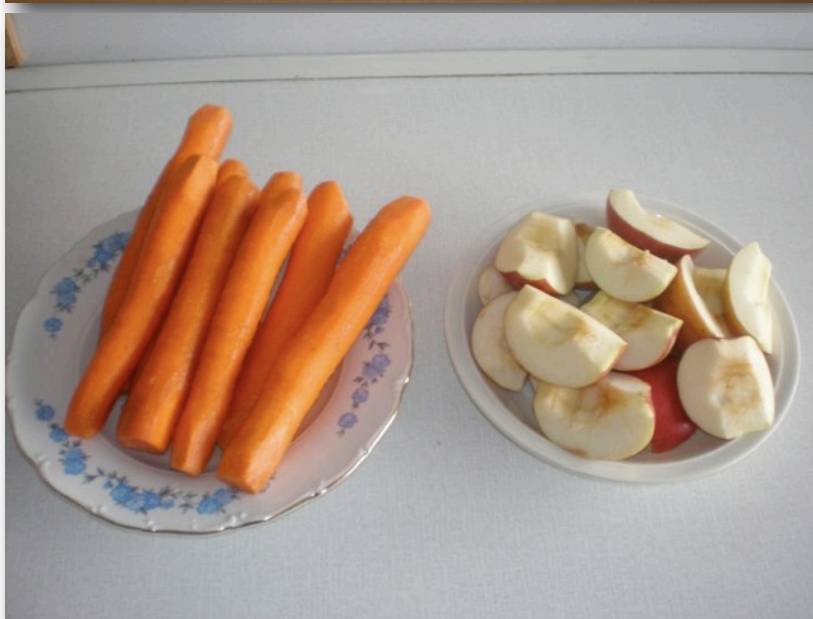


ORANGE JUICE



WALNUTS











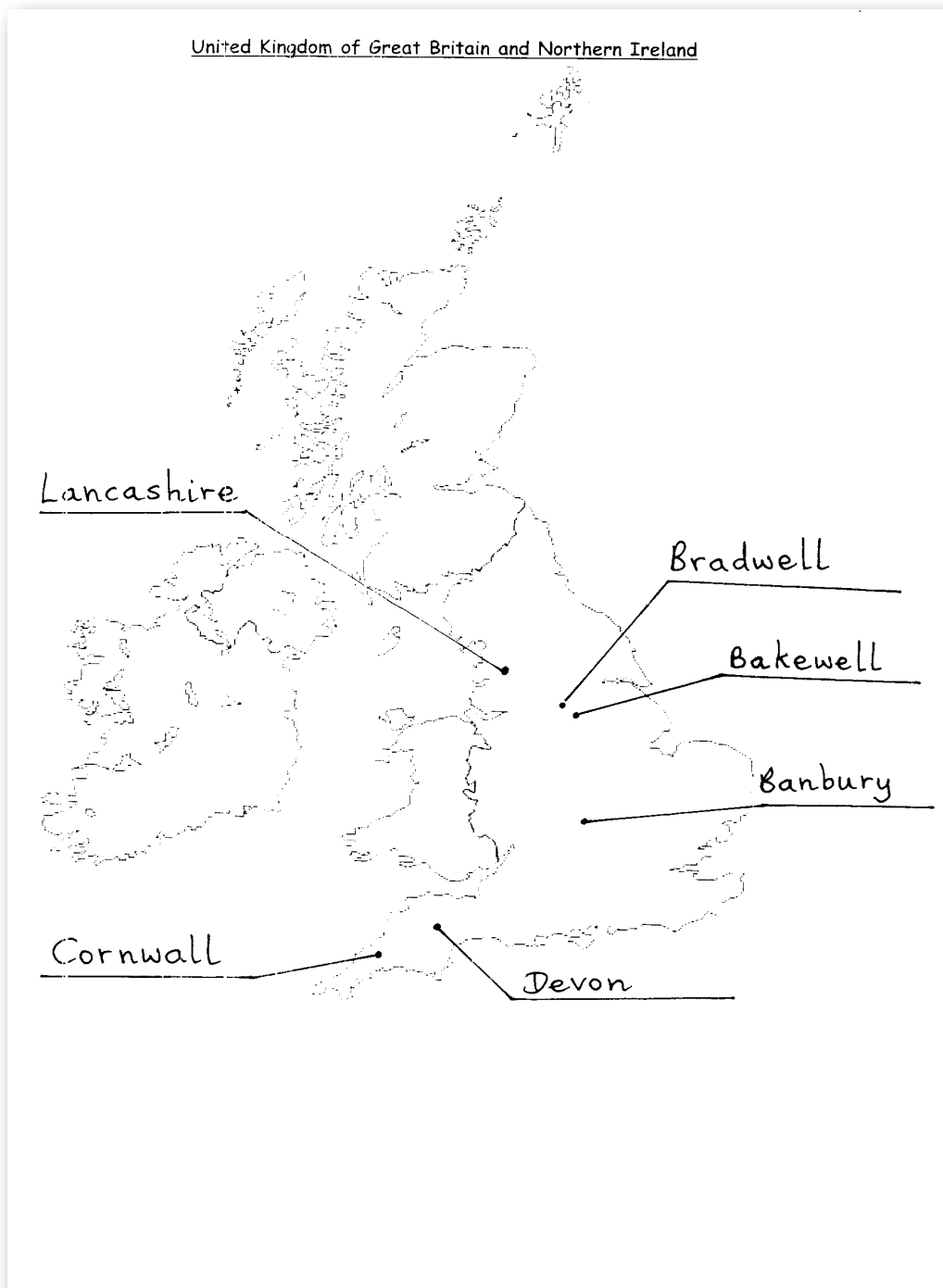




England



Map of regional traditional foods



BAKEWELL TART



You would eat Bakewell tart as pudding.
There is pastry filled with jam and cake.

What you will need:

For the pastry

- 170 g plain flour
- pinch [salt](#)
- 75 g unsalted [butter](#)

For the filling and topping

- 170 g strawberry or raspberry jam
- 110 g unsalted [butter](#)
- 110 g vanilla sugar
- 110 g ground [almonds](#)
- 3 [eggs](#), plus one additional egg yolk
- 1 tsp almond extract
- handfuls blanched flaked [almonds](#)
- [cream](#), to serve

How to make

1. Combine the flour and salt in a large bowl. Rub in the butter until the mixture resembles fine breadcrumbs.

2. Stir in enough iced water to bring the mixture together into a smooth dough. Roll the pastry out to line a 23cm tart tin and chill for 30 minutes, or until required.
3. Preheat the oven to 200C/Gas 6. Spread a layer of jam generously over the tart base.
4. Melt the butter and continue to heat until it smells nutty.
5. Whisk together the sugar, ground almonds, egg yolks, egg whites and almond extract.
6. Pour in the hot butter and whisk until smooth.
7. Spoon the mixture over the jam.
8. Transfer the tart to the oven and bake for about 30 minutes, until lightly browned and just set, scattering the flaked almonds over the tart after 25 minutes so that they get a chance to brown slightly.
9. Remove from the oven and leave to cool for about 20 minutes. Serve warm with fresh cream.

BANBURY APPLE PIE



You would eat Banbury apple pie is a pudding

What you will need:

- 450g sweet shortcrust pastry
- 8 Granny Smith or Cox [apples](#), peeled, cored and quartered
- 2 [lemons](#), grated zest and juice only
- 175 g light muscovado sugar
- 1 tbsp plain flour, plus extra for dusting
- 2 tsp ground [cinnamon](#)
- 50 g slightly salted [butter](#), cut into small cubes, plus extra for greasing
- 1 [egg](#), beaten

How to make

1. Preheat the oven to 180C/160C fan/gas 4. Grease and flour a 25cm diameter shallow pie plate.

2. Divide the pastry into 2 pieces, roughly one third and two thirds. Roll out the larger piece on a lightly floured surface 5mm thick and use it to line the pie plate, leaving 2-3cm of the pastry overhanging.

3. Put the apples into a large bowl. Add the lemon zest and juice, sugar,

flour and cinnamon. Using your hands, toss everything about so that the apples are coated all over. Fill the lined pie plate with the apple mixture and dot the butter on top.

4. Roll out the remaining pastry to a disc a little larger than the pie plate. Brush the edges of the pastry case and lid with some of the beaten egg. Place the disc of pastry on top of the apples and run the rolling pin around the edge to trim.

5. Using your fingers, pinch the pastry where it joins for a decorative look. Using a cutter or a knife, cut out shapes from the pastry trimmings and stick them on top of the pie with a little beaten egg.

6. Finally, brush the top generously with the rest of the beaten egg. Make a small hole in the centre to allow the steam to escape.

7. Bake in the oven for 50-60 minutes, or until the pastry is golden and the juices start to ooze out. Serve with hot homemade crème anglaise.

BRADWELL ICE CREAM



You would eat it after school.

What you will need:

- 1 vanilla pod
- 300 ml single cream
- 4 egg yolks, beaten
- vanilla sugar, to taste
- 300 ml double cream, referably unpasteurized organic

How to make

1. Cut along the length of the vanilla pod with the tip of a knife. Insert a teaspoon and firmly pull it along the length of the pod, scraping out the seeds.
2. Put the seeds in a saucepan with the single cream. Bring just to boiling point, then remove from the heat and leave to infuse for 10-15 minutes.
3. Pour the mixture on to the egg yolks, whisk well to blend then return to the pan.
4. Whisk over low heat until the mixture thickens perceptibly and coats a spoon. Do not try and hurry this by turning up the heat - the mixture will

curdle. Sweeten to taste with vanilla sugar and leave to cool.

5. Whisk the double cream until stiff. Gently fold in the vanilla mixture, mixing thoroughly.

6. Freeze in an ice cream maker following the manufacturer's instructions. Alternatively pour into a shallow freezer-proof container, cover the surface with cling film and freeze until firm.

CORNISH PASTY



You would eat Cornish pasty at lunch or as a snack. It is pastry filled with meat and vegetables.

What you will need:

FOR THE PASTRY

125g chilled and diced butter

125g lard

FOR THE FILLING

350g beef skirt or chuck steak, finely chopped

1 large [onion](#), finely chopped

2 medium [potatoes](#), peeled, thinly sliced

175g [swedes](#), peeled, finely diced

1 tbsp freshly ground black pepper

500g plain flour , plus extra

1 [egg](#), beaten

How to make

1. Rub the butter and lard into the flour with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough. Cut equally into 4, then chill for 20 mins.

2. Heat oven to 220C/fan 200C/gas 7. Mix together the filling ingredients with 1 tsp salt. Roll out each piece of dough on a lightly floured surface until large enough to make a round about 23cm across - use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.
3. Bake for 10 mins, then lower oven to 180C/fan 160C/gas 4 and cook for 45 mins more until golden. Great served warm.

DEVON CREAM TEA



You would eat it at the afternoon at 4 o'clock

What you will need:

350g self-raising flour , plus more for dusting

$\frac{1}{4}$ tsp [salt](#)

1 tsp [baking powder](#)

85g butter , cut into cubes

3 tbsp caster sugar

175ml milk

1 tsp [vanilla extract](#)

squeeze lemon juice (see Know-how below)

beaten [egg](#) ,

to glaze jam and clotted cream

How to make

1. Heat oven to 220C/fan 200C/gas 7. Tip the flour into a large bowl with the salt and baking powder, then mix. Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the sugar.

2. Put the milk into a jug and heat in the microwave for about 30 secs until warm, but not hot. Add the vanilla and lemon juice, then set aside for a moment. Put a baking sheet in the oven.
3. Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife - it will seem pretty wet at first. Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round about 4cm deep.
4. Take a 5cm cutter (smooth-edged cutters tend to cut more cleanly, giving a better rise) and dip it into some flour. Plunge into the dough, then repeat until you have four scones. By this point you'll probably need to press what's left of the dough back into a round to cut out another four. Brush the tops with beaten egg, then carefully place onto the hot baking tray.
5. Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream. If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/fan140C/gas 3) for a few mins to refresh.

LANCASHIRE HOTPOT



You would eat it at tea time because it is a stew.

What you will need:

- 100g dripping or butter
- 900g stewing [lamb](#), cut into large chunks
- 3 lamb kidneys , sliced, fat removed
- 2 medium [onions](#), chopped
- 4 carrots , peeled and sliced
- 25g plain flour
- 2 tsp Worcestershire sauce
- 500ml [lamb](#) or chicken stock
- 2 bay leaves
- 900g [potatoes](#), peeled and sliced

How to make

1. Heat oven to 160C/fan 140C/gas 3. Heat some dripping or butter in a large shallow casserole dish, brown the lamb in batches, lift to a plate, then repeat with the kidneys.

2. Fry the onions and carrots in the pan with a little more dripping until golden. Sprinkle over the flour, allow to cook for a couple of mins, shake over the Worcestershire sauce, pour in the stock, then bring to the boil. Stir in the meat and bay leaves, then turn off the heat. Arrange the sliced potatoes on top of the meat, then drizzle with a little more dripping. Cover, then place in the oven for about $1\frac{1}{2}$ hrs until the potatoes are cooked.
3. Remove the lid, brush the potatoes with a little more dripping, then turn the oven up to brown the potatoes, or finish under the grill for 5-8 mins until brown.

Germany



FRUIT SALAD 1

fruit salad

We need:

- 2 kiwis
- 2 bananas
- 3 apples
- 10 strawberries
- 500g grapes
- 3 oranges
- 1 lemon
- honey
- or
- 3 spoons sugar

① Wash the apples, the strawberries and the grapes.

② Cut the fruit except the lemon.

③ Peel the kiwis, the bananas, the oranges.

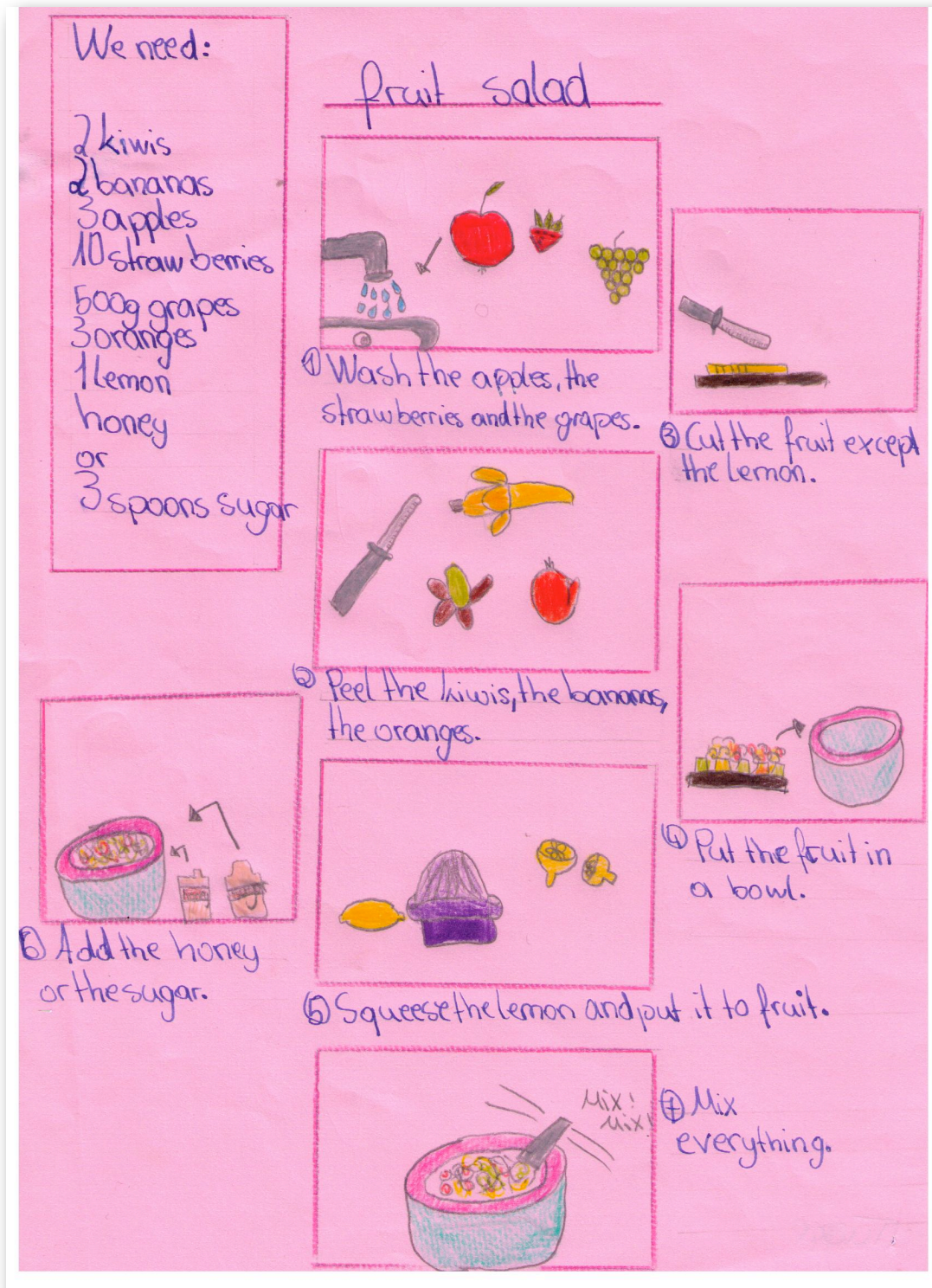
④ Put the fruit in a bowl.

⑤ Squeeze the lemon and put it to fruit.

⑥ Mix everything.

⑦ Add the honey or the sugar.

Mix! Mix!

A hand-drawn recipe for 'fruit salad' on a pink background. The recipe is organized into sections. At the top, the title 'fruit salad' is underlined. Below it, a list of ingredients is provided: 2 kiwis, 2 bananas, 3 apples, 10 strawberries, 500g grapes, 3 oranges, 1 lemon, honey, or 3 spoons sugar. The recipe is then divided into seven numbered steps, each accompanied by a small illustration. Step 1: 'Wash the apples, the strawberries and the grapes.' with an illustration of a faucet with water and fruit. Step 2: 'Cut the fruit except the lemon.' with an illustration of a knife and a banana. Step 3: 'Peel the kiwis, the bananas, the oranges.' with an illustration of a knife and fruit. Step 4: 'Put the fruit in a bowl.' with an illustration of fruit being placed into a bowl. Step 5: 'Squeeze the lemon and put it to fruit.' with an illustration of a lemon being squeezed into a bowl. Step 6: 'Mix everything.' with an illustration of a bowl of fruit being stirred with a spoon. Step 7: 'Add the honey or the sugar.' with an illustration of a bowl of fruit and two bottles of honey/sugar. The final illustration shows the completed fruit salad in a bowl with the words 'Mix! Mix!' written above it.

FRUIT SALAD 2

Fruit salad

We need:

3 apples
10 strawberries
1 pear
2 Oranges
4 bananas
1 lemon
honey or
3 spoons sugar

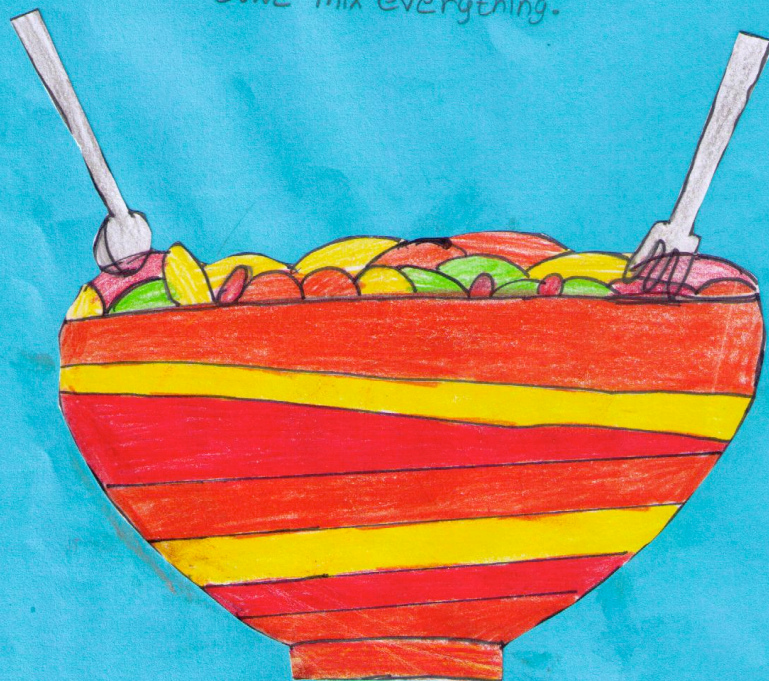
1. We peel the apples, the oranges, the bananas and the pear.

2. We cut the fruit into small pieces.

3. We put the fruit and the sugar into the bowl.

4. We squeeze the lemon over the fruit.

5. We mix everything.



CARROT SOUP

Carrot soup

We need
1kg carrots
2 onions some
garlic
250 ml sour cream
3 spoons oil
1 cup orange juice
salt and pepper

1. We cut the onions and the garlic into pieces.
2. We put them into a pan and fry them in the oil.
3. We put the carrots into the mixer and also the onions.
4. We add some water, the sour cream and the juice.
5. We cook the soup for 20 minutes.
6. We add some salt and pepper.



GERMAN APPLE PANCAKE

German Apple Pancake Recipe

We need:

- 6 eggs
- 1 1/2 cups milk
- 1 cup flour
- 3 spoons sugar
- 1/2 tea spoon salt
- 1/2 cup butter
- 2 apples peeled and sliced
- 2 spoons brown sugar

1. Preheat oven to 180°C
2. In a blender, mix eggs, milk, flour, sugar, and salt
3. Put butter in baking dish and place dish in oven until butter is melted.
4. Add apple slices to baking dish and leave in oven until butter sizzles. This can take about 5 minutes. Do not let apples brown.
5. Remove baking dish from oven and pour batter over apples. Sprinkle with brown sugar. Return to oven and bake 20 minutes or until browned.

POTATO SALAD

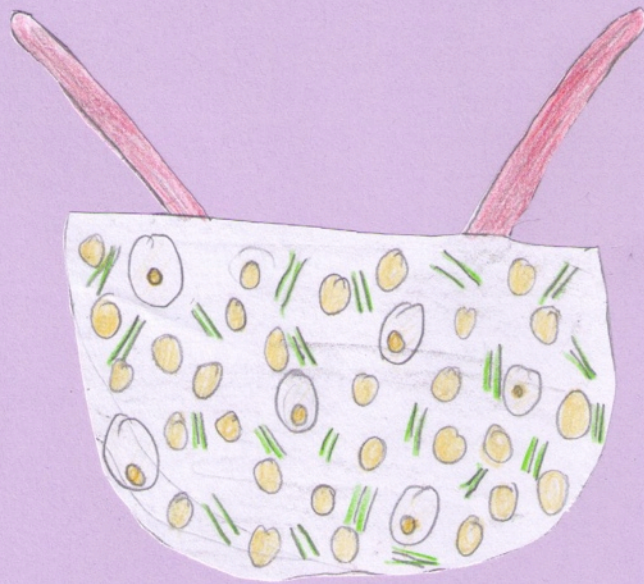
Recipe for potato salad

How to cook it:

We need:

1 kg potatoes.
4 spring onions
125 ml enough
3 spoons vinegar
3 spoons oil
salt and pepper
herbs

1. We boil the potatoes.
We peel them.
2. We cut the potatoes
and the onions into pieces.
3. We put the enough, the
vinegar, the oil and the
herbs into a bowl.
4. We add the potatoes
and put in some salt and pepper



Italy



TOMATO SAUCE



Ingredients

500 g tomatoes

1 celery

1 onion

1 carrot

salt

basil (20 leaves)

olive oil (2 spoons)

How to do

Boil tomatoes. Take a pan, add oil and chopped vegetables.

Wait 5 minutes then add tomatoes.

Wait 10 minutes and then you can use tomato sauce to dress your pasta.

VEGETABLE BROTH



Ingredients

1 carrot

1 celery

1 onion

1 potato

1 tomato

1 bunch of parsley

olive oil

salt

How to do

Take a big pot.

Cut vegetables.

Put vegetables in your pot adding oil, water and salt.

Boil everything for 2 hours.

Filter the broth.



EGG FLIP



Ingredients

3 egg yolks

3 sugar spoons

3 marsala vine spoons

How to do

Whisk eggs till they are like snow.

Add marsala.

Bake in water bath for 10 minutes.

SPAGHETTI WITH TOMATO SAUCE



Ingredients

Spaghetti - 1 person 70 gr

tomato sauce

salt - 1 spoon

Parmigiano cheese

How to do

Boil water with salt

Put spaghetti into boiling water

Wait 8-9 minutes

Take spaghetti out from water

Dress spaghetti with tomato sauce and Parmigiano cheese.

MAIZE SALT PUDDING



Ingredients

250 gr of maize flour

750 gr water

1 spoon salt

tomato sauce or butter

Parmigiano heese

How to do it

Boil water with salt

Put the maize flour into the water

Stir very well for 30 minutes

Put it in dishes and dress with tomato sauce or butter and Parmigiano cheese.

THIN BREAD



Ingredients

flour, 500 gr

oil, 3 spoons

salt, 1 small spoon

How to do it

Mix flour, oil and salt with water.

Stretch it in a large pan.

Put it into the oven, 150°.

Cook until is ready - about 20 minutes.

POLAND



POLISH RYEMEAL SOUP OR ŻUREK



Makes about 6 servings of Polish Ryemeal Soup or Żurek
Prep Time: 30 minutes

Cook Time: 45 minutes

Total Time: 1 hour, 15 minutes

Ingredients:

- Ryemeal Sour (Żur or Kwas):
- 3/4 cup rye flour
- 2 cups water boiled and cooled to lukewarm
- Soup:
- 1/2 pound peeled and chopped soup vegetables (carrots, parsnips, celery root, leeks)

- 6 cups water
- 1/2 pound fresh (white) Polish sausage (kielbasa biala)
- 1 pound potatoes, peeled and cut into 1-inch pieces
- 2 cups ryemeal sour (above)
- 1 heaping tablespoon all-purpose flour mixed with 4 tablespoons water
- 1 garlic clove crushed with 1/2 teaspoon salt
- 3 large hard-cooked eggs (optional)

Preparation:

1. To make the ryemeal sour (żur or kwas): Mix together rye flour with lukewarm water. Pour into a glass jar or ceramic bowl that is large enough for the mixture to expand. Cover with cheesecloth and let stand in a warm place for 4 to 5 days. This should make 2 cups or enough for the soup. If the sour isn't used immediately, it can be stored, covered, in the refrigerator for up to a week.
2. To make the soup: In a large soup pot, bring soup vegetables and water to a boil. Reduce heat and simmer 30 minutes. Add sausage, return to the boil, reduce heat and cook another 30 minutes. Remove sausage from soup, slice when cool enough to handle, and set aside. Strain stock through a sieve, pressing on the vegetables to extract as much flavor as possible. Discard the vegetables, skim the fat off the stock, and return the stock to the soup pot.
3. Add the potatoes and ryemeal sour to the stock, adding salt if necessary. Bring to a boil, reduce heat to simmer and cook until potatoes are al dente. Whisking constantly, add flour-water mixture, sliced sausage and garlic-salt paste. Bring the soup to a boil. Reduce to a simmer and cook until potatoes are tender. Serve in heated bowls with half a hard-cooked egg in each serving (if desired), and rye bread on the side.

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good food



good body