



Education and Culture  
Lifelong learning programme  
COMENIUS



# Let's eat together

## Calendar 2011



Martin-Luther-  
Gymnasium  
Frankenberg



Collège Sainte  
Jeanne d'Arc



Gimnazjum  
w Janikowie



C.E.I.P.  
Santa Rita



Banaz Şehit  
Necati Sargin  
Anadolu Lisesi



### EMPANADA GALLEGA (GALICIAN PIE)

#### Filling Ingredients:

1/4 pound Serrano ham, 2 medium onions, 1 small pepper, 1 medium tomato, 1 medium clove garlic, 2-3 sprigs parsley, salt, extra virgin olive oil, white wine.

#### Preparation:

Dice onions, pepper and tomato into small pieces, mince garlic, chop parsley. Keep tomatoes and parsley on reserve; saute onions and pepper in olive oil and garlic with a splash of white wine. When vegetables are half-cooked, add tomatoes and saute, add parsley, and mix all. Cover and cook on low heat until all is half done. Stir in the ham. Allow mixture to cool before using it in the pie. Pie Crust Preparation: Prepare the dough in divide it in two, one each for the bottom and covering layers. Pre-heat oven to 350 degrees F. Place pie crust in 9" pie pan. Use a slotted ladle to add ham, and veggie mixture while keeping liquid to a minimum. Cover with top layer of crust. Pierce it to let air escape. Bake about 30-35 minutes or until crust is golden brown.

## January 2011

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## DOMATES SOSLU KOFTE (MEATBALLS IN TOMATO SAUCE)

### Ingredients:

1/2 bunch dill, basic meatball recipe, 4 large tomatoes, skinned and chopped, 2 cloves garlic, crushed, 1/2 bunch parsley, 2 tablespoons tomato paste, 1 glass water, 2 tablespoons butter or olive oil, pinch of sugar, salt, pepper.

### Preparation:

Add dill to the meat ball recipe and make small meatballs; either grill or lightly fry in a little butter or olive oil, but do not cook completely. Soften onions in butter or oil; add garlic and after a couple of minutes, the tomatoes; cook uncovered for a few minutes and then add sugar, salt, pepper, tomato paste and most of water. Then place in the meatballs and cook for about 15 to 20 minutes. Stir in the parsley, adjust seasoning and serve with rice or noodles and salad.

# February 2011

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### KARTOFFELSUPPE (GERMAN POTATO SOUP)

#### Ingredients:

2 tb butter or lard, 1 carrot peeled & chopped, 1 stalk celery chopped, 1 leek cleaned & chopped, 3 sprigs parsley chopped, 1 lg onion diced, 1 lb potatoes peel, slice, 2 qt beef stock (or less), salt & pepper to taste, 1 splash of vinegar, 2 tb chopped parsley.

#### Instructions:

Heat the butter or lard in a soup pot. Place the vegetables, parsley and onion in the pot and fry until onion becomes transparent. Add the potatoes and stock to cover all vegetables. Add salt and pepper to taste, stir well and cook until potatoes are tender. Remove about a third of the potatoes from the pot. Mash the remaining two-thirds and return to the pot for thickening the soup. Reheat the soup. Taste for seasoning, add a hint of vinegar, garnish with the 2 tb. chopped parsley and serve.

## March 2011

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## BIGOS

### Ingredients:

1/2 medium green cabbage, 1 liter jar of sauerkraut, 1 medium can of tomato paste, 1/2 lbs (half of kilo) bacon, 1 lbs pork, 1 lbs (Polish) kielbasa, 1 large onion pimento, bay leaf, salt, pepper.

### Preparation:

Chop and boil cabbage in a pot with a gal water. Boil sauerkraut in a separate pot with 2 cups of water until cooked. Chop pork meat. Heat some oil on a saucepan and fry the meat until cooked. Cut bacon and kielbasa also in small squares.

Peel and chop the onion. Fry bacon, kielbasa and onion together in a separate pan until golden brown. Combine in a tall pot all precooked ingredients.

Add tomato paste, and spices. Mix well and leave to stew for about 1 hour.

# April 2011

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### POIRE BELLE-HELENE

#### Ingredients:

1 whole pear per person, 1 or 2 scoops vanilla bean ice cream, chocolate melt, a few almond cookies, 50g sugar, 125 g dark chocolate, 30 g butter.

#### Preparation:

Peel pears, keeping them whole. Place them upright in a deep pot. Sprinkle sugar and pour 1 cup water, steam for 20 minutes on medium heat. Drain the pears but keep the juice. Bring the pear juice to a boil in a pot and allow it to evaporate until half of the volume is left. Place the pot in a bigger one, half full of water, place over medium heat. Cut dark chocolate and melt it in the warm pear syrup, stirring until smooth and shiny. Add butter and let it melt, stirring. Place one pear in each dish, upright. Add 1 or 2 scoops vanilla ice cream. Pour warm chocolate on the pear and ice cream. Stick 1 or 2 almond things.

## May 2011

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## KARNIYARIK (AUBERGINES STUFFED WITH MINCED MEAT)

### Ingredients:

4 aubergines, olive oil to cover bottom of pan.

For the filling: 250 grammes minced veal or lamb; beef can be used but have all the fat trimmed off and have it minced twice, 1 puddingspoon melted butter, 1 onion, 1/2 bunch parsley chopped, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, 1 large tomato skinned, chopped. To garnish: large tomato sliced in 4, 4 thin green peppers.

### Preparation:

Soften onion in butter; add meat and brown; stir in all other stuffing ingredients and cook uncovered. Peel 4 thin segments lengthwise of the aubergines and then slit the middle, making sure that the slit does not extend to the ends.

Turn the aubergines in oil until partly softened and put aside. Then stuff the aubergines with the meat filling. Place a slice of tomato and a pepper on top of each aubergine and bake in oven for about 20 minutes.

## June 2011

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### KALTER HUND (COLD DOG)

#### Ingredients:

150g plain chocolate, 450g full milk chocolate, 150g coconut fat, 200ml whipped crème, 2pkg vanilla sugar, 250g butter biscuits.

#### Preparation:

Line a rectangular tin or bread tin with a freezer bag cut open for the purpose. Chop the milk and plain chocolate, and the coconut fat, put it into a pan with the chocolate and cream and melt, stirring well. Stir in the vanilla sugar. Line the prepared tin with a layer of butter biscuits, breaking the biscuits into pieces if necessary. Spread some of the chocolate mixture on top, just enough to cover the biscuits. Fill the tin with alternate layers of chocolate mixture and biscuits (7-8 layers). Refrigerate the tin for about 5 hours or, even better, overnight so that the chocolate mixture sets properly. Remove from the tin by loosening with a knife and pulling gently at the freezer bag. Place it very gently on a plate and carefully pull off the freezer bag.

## July 2011

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**KOMPOT**  
(HOMEMADE JUICE MADE OF FRUIT)

Ingredients:

500 grams of fresh or frozen fruit,  
2 litres of water, some sugar.

Preparation:

Boil water add fruit (you can mix different kind of fruit), add some sugar to make it sweet. Boil for 15-20 minutes. You can drink it hot, cool or cold.

## August 2011

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## DOUGHNUTS

### Ingredients:

2 eggs, 1 cup sugar, 1 cup milk, 5 tablespoons melted shortening,  
1 teaspoon vanilla extract, 4 cups flour sifted, 4 teaspoons baking powder,  
1/2 teaspoon salt, 1/2 cup butter melted, 1 cup sugar, 1 teaspoon cinnamon.

### Preparation:

In a large bowl, beat the eggs until foamy, add sugar, beating constantly. Stir in the milk, shortening and vanilla. Sift together the flour, baking powder and salt. Add to the liquid mixture, mixing well. Cover and chill the dough for 30-60 min. for easier handling. Preheat oven to 450 degrees. Spray a baking sheet with oil. Roll out and pat the dough on a lightly floured board to a 1/2" thickness. Cut with a doughnut cutter. Place the doughnuts and holes on the baking sheet, about 1" apart. Bake for 10-15 min. or until golden brown. Brush doughnuts and hole with melted butter and roll in cinnamon-sugar mixture to coat all sides.

# September 2011

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### ZEYTINYAGLI PIRASA (LEEKS IN OLIVE OIL)

#### Ingredients:

750 grammes leeks washed, sliced, 1 carrot sliced, 1 puddingspoon of rice, 1/2 bunch parsley chopped, 3 tablespoons olive oil, 1 1/2 glasses water, 1/2 teaspoon salt, 1/4 teaspoon pepper.

#### Preparation:

Warm oil in pan, add all ingredients except water and half the parsley. Cook at high heat, turning regularly until all covered with oil and beginning to soften. Cover with water and cook until soft. Serve hot or cold.

If eaten cold, lemon juice may be added.

## October 2011

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## CHEESE FONDUE

### Ingredients:

250g of shredded cheddar cheese, 250g shredded emmental cheese, garlic clove,  
1 can of beer, 2 tablespoons of flour, 1 teaspoon of salt, pinch of pepper.  
French bread, diced into cubes.

### Preparation:

Mix together all of the ingredients (except bread). Melt the mixture and place into a fondue pot. Dip the cubes of bread into the melted mixture and eat.

# November 2011

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### BARSZCZ CZERWONY (BEETROOT SOUP)

#### Ingredients:

beetroot (about 1kg), a couple of litres of meat or vegetable stock,  
2 garlic cloves, beetroot concentrate, majoram, salt, pepper.

#### Preparation:

Peel and chop beetroot roughly into chunks the size of large dice.  
Add to soup stock. Add garlic, crushed. Cover and boil until the  
beetroot is soft. Add beetroot concentrate, about a 1/4 litre and taste.  
Add majoram, salt and pepper.

## December 2011

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