



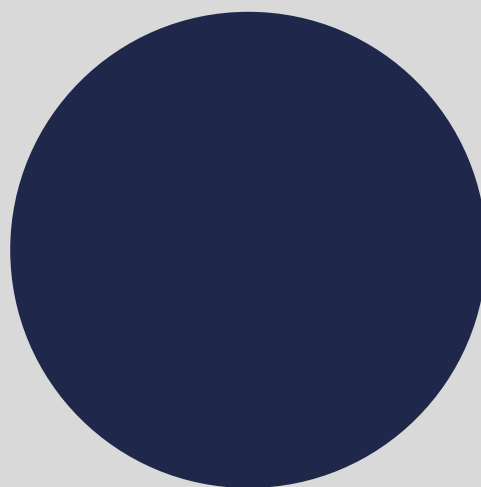
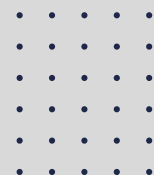
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# EBOOK

## TRADITIONAL RECIPES

# MIX & STIR!

Development of useful life skills through new  
learning tools



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# REGIONAL RECIPES FROM POLAND

## OLD POLISH DUCK WITH APPLES AND ORANGES

Ducks have been raised in Poland since the Middle Ages. They were prized for their meat, eggs and feathers.

The first records of oranges in Poland appear in the 17th century, when international trade began to develop and rich magnates and royal courts could afford to import the exotic fruit.

### Nutritional values of duck meat:

- is a rich source of high-quality protein, essential for building and repairing muscle tissues, skin, hair and nails;
- is a source of B vitamins (such as vitamin B12, niacin, thiamin) and minerals such as iron, zinc, phosphorus, selenium and potassium; these nutrients are important for the health of the nervous system, bloodstream, bones, skin and other bodily functions;
- contains omega-3 fatty acid, which has beneficial effects on heart health, reducing the risk of cardiovascular disease by lowering bad cholesterol (LDL) and regulating blood pressure;
- tends to have a lower cholesterol content compared to red meat, which can benefit heart health;
- contains antioxidants that help fight free radicals and prevent damage to body cells..





### Ingredients:

Duck: 1 piece. (approx. 2 kg)

Salt: 1 tbsp

Marjoram: 1 tsp

Pepper: to taste

Garlic: 1 bulb

Apples: 2 pcs.

Oil: 2 tbsp

Orange: 1 pc.

### Description of preparation:

Prepare a paste of garlic, salt and marjoram - chop garlic and mash with spices. Add olive oil to the paste and mix. Wrap the duck wings underneath. Rub the duck (outside and inside) with the previously prepared paste with oil. Cut the apples into larger pieces, get rid of the seeds. We wash and scald the orange and cut it into larger pieces. Then, together with the apples, we put inside the duck. We put the duck in an oven preheated to 170 degrees and bake for about 2 hours 30 minutes.





# MEAT ROULADES

In court cuisine, beef was often used to prepare exquisite dishes for special occasions such as feasts, banquets and holidays.

Beef dishes such as broths, roasts, stewed meat or wrapped scions were often served on the tables of the nobility.

Wrapped scions in cuisines from other countries: Italian Braciole, Spanish Rollitos de Carne, German Rouladen, Japanese Negimaki.

## Health properties of beef:

- is a rich source of high-quality protein, which is essential for building and repairing muscle tissue, skin, hair and nails;
- contains a number of vitamins, including vitamin B12, which is essential for the production of red blood cells and the healthy functioning of the nervous system, and vitamin B6, which plays a role in protein metabolism and hemoglobin production.
- is a source of minerals such as iron, zinc and selenium, which are essential for health; iron is necessary for the production of hemoglobin and the transport of oxygen in the blood, while zinc and selenium play an important role in the functioning of the immune system;
- contains creatine, a natural chemical compound found in animal muscles; creatine can help improve physical performance and muscle strength in physically active people;
- contains linoleic acid, which is an omega-6 fatty acid; it helps regulate blood cholesterol levels and prevent heart disease;
- is one of the few natural sources of vitamin D, which is important for healthy bones and teeth, immune system function and regulation of calcium and phosphorus levels in the blood;
- beef, especially the soft parts such as brisket, contains collagen, which is important for skin, joint, bone and hair health.







### Ingredients:

Beef: 1 kg (e.g., beef leg)

Roast bacon: several thicker slices cut into posts

Pickled cucumber: several pieces

Shallot onion: a few pieces

Mustard: 2-3 tablespoons

Allspice

Bay leaf

Salt

Pepper

Garlic: 3 cloves

Rosemary: 2 sprigs

Red wine: 1 glass

Leek: ½ piece.

Carrot: 1 pcs.

Onion: 1 piece.

Beef bouillon: 1 glass

Oil for frying

### Description of preparation:

Cut the meat into slices across the fibers, smash with a pestle. Sprinkle the smashed meat slices with salt and brush with mustard (on one side). Then prepare the filling: place roasted bacon, onion and a piece of cucumber on the meat slices. Wrap tightly, roll the sides to the center. Tie the finished rolls with butcher's twine, dust with flour and fry in hot oil. Add garlic and rosemary to the pan with the meat. Pour wine over the fried rolls, simmer for a while. Add leek, carrot, onion, bay leaf, allspice and beef broth. Cover the whole thing and simmer for an hour.





# CAULIFLOWER STEAK

Cauliflower came to Poland from Italy in the 16th century. Cauliflower was found as early as 5000 B.C. in Asia Minor.

Cauliflower is a versatile culinary ingredient that can be prepared in many ways: boiled, baked, stewed, fried or even eaten raw in the form of pieces in salads. It is popular both as a stand-alone dish and as an ingredient in many dishes, such as soups, salads, dishes with fish or meat.

Health properties of cauliflower:

Cauliflower is low in calories and rich in nutrients such as vitamin C, vitamin K, vitamin B6, folic acid, potassium and manganese. It also contains some fiber, protein and antioxidants.

The high antioxidant and nutrient content of cauliflower can help lower the risk of heart disease by reducing inflammation, regulating cholesterol and blood pressure.

The fiber present in cauliflower helps maintain a healthy digestive system by

regulating digestion, preventing constipation and maintaining healthy intestinal microflora.

Vitamin C found in cauliflower is important for immune system function, helping the body fight infection and disease.

Cauliflower contains phytochemicals such as sulforaphane and indole-3-carbinol, which may have anti-cancer properties, helping to prevent the development of certain types of cancer. The vitamin K present in cauliflower is important for bone health, as it helps in the process of creating and maintaining strong bones.

Cauliflower is low in calories, yet rich in fiber, which can help you feel satiated and maintain a healthy weight.

Nutrients present in cauliflower, such as vitamin C and flavonoids, can help reduce inflammation in the body.







### Ingredients:

Cauliflower: 1 piece.

Mustard: ½ teaspoon

Coriander: ½ teaspoon

Allspice: 1 pc.

Bay leaf: 1 pc.

Brown sugar: ½ teaspoon

Ground paprika: ½ teaspoon

Oil: 1 tsp.

Salt

Garlic: 2 cloves

Rosemary: 1 sprig

White wine: 1 glass.

Orange juice: 2 tbsp.

### Description of preparation:

Clean cauliflower from the leaves, cut into slices 2-3 cm thick. Grind all the spices in a mortar. Rub the cauliflower slices with oil and spice mixture and salt to taste. Heat a little oil in a frying pan. Fry the steaks in the heated pan until golden brown (on both sides). Add garlic and rosemary to the fried cauliflower, toss with orange juice and then with white wine. You can serve, for example, with a bunch porridge with vegetables, seasoned with orange juice.





# APPLE PIE

Apples were widely used in Old Polish cuisine. Apples were used as an accompaniment to meat dishes (e.g., venison or duck), as a basic ingredient in desserts and baked goods (apple pies, pies, dumplings or compotes), to prepare juices and liqueurs, compotes and preserves, and even soups (both dry and sweet).

Apple pie in other countries: the American "Apple Pie", British "Apple Crumble", French "Tarte Tatin", German "Apfelkuchen", Dutch "Appeltaart", Swedish "Äppelkaka".

Studies suggest that regular consumption of apples may benefit heart health by lowering levels of bad cholesterol (LDL) and reducing the risk of cardiovascular disease.

Substances in apples, such as quercetin and chlorogenic acid, may have beneficial effects on brain health, helping to protect against neurodegenerative diseases such as Alzheimer's and Parkinson's.

Apples contain antioxidants such as vitamin C and flavonoids, which help protect the body's cells from free radical damage; regular consumption of apples can help reduce the risk of heart disease, cancer and slow down aging.





### Ingredients:

#### Dough:

Flour: ½ kg

Butter: 250 g

Sugar: ¾ cup

Egg yolks: 3

18% cream: 1 tbsp

Baking powder: 1 teaspoon

Vanilla sugar: 1 teaspoon

Fat and breadcrumbs: to grease the  
baking pan

#### Stuffing:

Apples: 1 kg (preferably antonovka or gray  
reneta)

Sugar: ½ cup

Cinnamon: 1 tablespoon

Salt: a pinch

### Description of preparation:

Prepare a shortcrust pastry (you can use a planetary robot): chop the flour and baking powder with the butter, sugar and vanilla sugar. Add egg yolks, cream and knead. Chill in the refrigerator for about 1 hour. Set aside 1/3 of the chilled dough. Roll out the remaining part and form the bottom on a sheet pan.

Grate washed and peeled apples on a coarse grater or chop them, mix with sugar, cinnamon and a pinch of salt. Simmer lightly over low heat without a lid. Put the cooled ones on the crumbly bottom. Cover with the rest of the dough. Put in an oven preheated to 180 degrees, bake for about 1 hour.





## REGIONAL RECIPES FROM ITALY

### SPATZLE ALLA BARBABIETOLA WITH GORGONZOLA AND SPECK (BEETROOT SPATZLE WITH GORGONZOLA AND SPECK)



Historically the region of Trentino-Alto Adige, where spaetzle is a mainstay, was part of Austria, and many of the typical dishes of the area reflect this history and roots. In fact, this dish is also a mainstay in Austria, Germany, Switzerland, Hungary and Slovenia. Depending on where you are located, spaetzle can be spelled many different ways including spaetzle or spätzle, but also called by many other names including knöpfle and nokedli.





**Ingredients:**

precooked beets 300 g

eggs 3

water 75 gr

flour 300 gr

gorgonzola cheese 100 gr

speck 100 gr

**Description of preparation:**

Blend the pre-cooked beets together with water and eggs. Add the flour and salt and whisk again. In the meantime, bring water to the boil in a pasta pot and place the spazle tool over the pot (if you don't have one, don't worry, you can use a potato masher) and drop the mixture in a little at a time. It will only take a minute to cook, after which you have to drain them in a pan where you have previously melted the gorgonzola cheese and speck.





# TIRAMISU

Tiramisù is one of Italy's most prized desserts. With its innumerable variations tiramisù has become a success on an international level. Tiramisù is so popular that it is actually one of the top five best known Italian words in the world. This dessert was conceived in an Italian restaurant as an evolution from combining eggs and sugar. However, where and when it was created is quite a controversial topic.

Some believe that the dessert was first made at the hotel Signora Norma Pielli di Tolmezzo in Friuli, but most assert that the first tiramisù was made in Treviso by chef Roberto Linguanotto of the restaurant Le Beccherie, which is still in Piazza Ancillotto, in the center of the city.

Tiramisù's fame has crossed national borders, becoming a symbol of Italy and of Veneto throughout the world. The popularity of tiramisù is in large part thanks to local Treviso citizens who emigrated throughout the world bringing with them this typical dessert. This dessert today is so well known that Francesco Redi, a Treviso entrepreneur, has decided to set up the Tiramisù World Cup.

"I started this project because while traveling for work and eating in many restaurants I often found tiramisù on their menus. So I started wondering what the original recipe was. Everyone prides themselves on making the best tiramisù in the world; so in order to discover the best authentic recipe I decided to launch an amateur Tiramisù competition".

Since then hundreds of people challenge each other to make the best original recipe tiramisù and the best creative recipe every year!







### Ingredients:

400 gm classic Ladyfingers or “biscotti di Novara”

500 g Mascarpone cheese

300 ml Coffee

100 g Sugar

4 Eggs

4 tablespoons of brandy

To taste: Bitter cocoa powder

### Description of preparation:

Whip 100 g sugar with 4 egg yolks. Meanwhile whip 4 egg whites until stiff. Add 500 g mascarpone and a dash of brandy to the sugar and yolk mixture. Whisk again. Finally add the egg whites and mix with a spatula. Prepare coffee and let it chill. Dip quickly ladyfinger in the coffee one by one and lay them in a casserole. Cover them with some cream and repeat the layers until you run out of ingredients. Finish with the cream. Finish the Tiramisù with the cocoa powder. Let the dessert sit in the fridge for at least 4 hours.





# REGIONAL RECIPES FROM GREECE

## PASTITSIO

Greek pastitsio is a staple meal with a rich history and a variety of versions that showcase regional and cultural influences. It comes from Italy, but on the way to Greece, it underwent changes and additions that led to a variety of distinctive versions in various parts of the nation. Italian Insight: Pastitsio's origins are in Italy, where it was once a member of a pie family that frequently included ragù and pasta. The name of the dish and its main ingredients, minced meat and pasta, both clearly have Italian influences. Pastitsio was adapted to fit local ingredients and tastes when it was brought to Greece. It became a famous Greek comfort food when typical Greek tastes like tomato, cheese, and aromatic herbs were added..

### Regional Differences :

Corfu: Pastitsio is served in Corfu in a special way called "pastitsi tsi nona," where the pasta is encased in sheets of crust and the sauce is made with a combination of tomato, grated cheese, boiled eggs, ham, salami, and different meats. This version highlights the variety of cuisine on the island as well as influences from nearby areas.

Kythera: The Venetian-inspired version of pastitsio is a further invention on Kythera Island. Here, the filling consists of bits of veal liver and minced beef, and the dish is wrapped in sweet dough rather than typical pasta. This blend of sweet and savory flavors highlights the inventiveness of the island's cuisine as well as its historical ties to Venetian cuisine.

Urbanized Recipe: Known for his renowned cookbook, Greek chef Nikolaos Tselementes created a variation of this recipe that reflects urbanized tastes and preferences. Layers of spaghetti, spiced minced meat, and a creamy béchamel sauce characterize this version, which offers a pleasing harmony of flavors and textures.



### Ingredients:

#### For the pasta

1 drawer of coarse pasta for pastitsio

1 tablespoon of butter with olive oil

50 g cheese

#### For the meat sauce

800 g minced beef (once through the grinder)

2 tbsp butter with olive oil

2 medium dry onions, finely chopped

1 grated carrot

2 cloves of garlic, finely chopped

400 g canned or fresh chopped tomatoes

1/3 cup of chopped chopped tomatoes or  
chopped chopped tomatoes with a little  
salt and pepper.

1 cinnamon stick

Freshly ground pepper

#### For the béchamel

butter with olive oil

125 g flour

1,250 lt milk

1/2 onion

50 g hard Danish cheese

200 g fresh cream cheese

### Description of preparation:

In a flat pan, heat the butter and olive oil and sauté the minced meat, spreading it with a spoon. Do not stir constantly.

Let it cook thoroughly so that it doesn't release its juices with constant stirring. This takes about 8 minutes. At the end, after the meat is cooked, break it into small pieces with a spoon. Then add the onion, garlic, and carrot and sauté for an additional 2 to 3 minutes, until translucent. Add the tomato, salt, pepper, bay leaf and cinnamon stick. Allow the cinnamon to flavour the minced meat for 5 minutes and remove. Cover the meat sauce, reduce the heat and simmer for 20 minutes (without adding any liquid) until the meat has completely absorbed the liquid and the flavours have concentrated. Be careful with the heat intensity, because you are not adding any water to the sauce. When the minced meat is cooked, add a few spoonfuls of béchamel to the minced meat sauce and stir.



### For the bechamel'

Over medium heat, allow the milk to flavour and heat up without boiling. In a small saucepan, melt the butter over medium heat.

Add the flour and whisk for 1-2 minutes to cook the flour. Pour in some hot milk and whisk well to dissolve the flour.

Add the rest of the milk, stirring gradually. Return the pot of béchamel to the heat and let the cream thicken and thicken, whisking regularly. Add salt and pepper and grated nutmeg. Remove from the heat and add the fresh cream cheese, stirring to incorporate. At this stage you can add 2 egg yolks to the béchamel for a richer flavor. In the bechamel recipe you will also find all my secrets for velvety and perfect bechamel.

Meanwhile, we have boiled the pasta for 6 minutes in salted water. Drain them, drain them well and put them back in the pot. Add the butter and mix. Put half of the buttered spaghetti in a 25x35cm baking pan. Add a few spoonfuls of béchamel.

Sprinkle the spaghetti with a little head cheese. Pour the minced meat on the spaghetti. Add the rest of the macaroni in a single layer.

Pour over the béchamel. Gently shake the baking pan to even out the surface of the pastitsio. Sprinkle with the remaining headcheese. Bake in a preheated oven at 180°C on the resistance, on the last rack, for 45 minutes, until the surface is golden brown and has a nice crust. Allow the baked pastitsio to stand for 10 minutes, cut and serve.





# PLASTOS PIE FROM THESSALY

Among the many types of pies crafted in Thessaly, one reigning delicacy is the "fake pie," symbolic of the region's mountainous landscapes, particularly in Agrafa. Unlike traditional pies, this dish forgoes pastry leaves, instead featuring a filling of wild and cultivated seasonal greens atop a base or crust made from a thick porridge of coarse corn flour and water. In certain locales, it is also known as "banzara." Noted for its frugality and resourcefulness, it is often termed the "economy pie" or "austerity pie," as it allows for nourishing family members while minimizing ingredient waste. While its preparation demands skill and familiarity, some refer to it affectionately as the "lazy pie" due to its simplified assembly process, eliminating the laborious task of handling pastry leaves. Crafting the fake pie relies heavily on intuition and experience rather than strict measurements, with cooks determining ingredient quantities based on desired portion sizes and available supplies.

## Ingredients:

For a 40cm baking pan:

500g cornflour

200ml olive oil (120ml for the greens)

80g cow's butter

Total 1kg of greens (spinach, lapach, chard, leek, nettle) or with cheese or with pumpkin

Water

1 tsp. 1 teaspoon sweet salt

## Description of preparation:

Butter a large clay baking dish (shallow pan) well. Then spread a layer of cornflour over the butter, sprinkle this layer of cornflour with a little salted water and then a little olive oil. Continue with another layer of cornmeal and again a little water and olive oil. Make a total of three layers. In a large pot, put all the greens, after washing and cutting them thinly. Add 1 tsp. 1 teaspoon of sweet salt and press them with your hands to soften and reduce their volume. Add the cheese and 120ml olive oil and mix well. Then spread all this mixture of greens over the cornflour layer. Press the greens down well, making sure the edges don't stick out. On top of this layer of greens, pour cornmeal again until the greens are wilted. Drizzle with water and a little olive oil and add the remaining butter in small pieces. Now the flatbread pan is ready for baking.

Before you start the above preparation, take care of heating the oven. Inside the baking chamber of the oven, place tinder and fine dry wood underneath and coarser dry wood on top. It is advisable that the wood is beech and oak and that it is dry to give a flame. Until the wood is well lit, leave the door open for a while. When the wood is well lit, put the oven door on and leave the chimney inside the oven. When the woods become cloudy and the oven dome turns white, the oven is ready. Remove all the clinkers from the oven. Put the oven door back on and close the oven door tightly, leaving the chimney outside. Measure the





temperature. Usually, the temperature at this stage is above 270°C. Wait until the temperature drops to 200°C, put the baking tray with the fake in and leave it for 1 hour to 1 hour and a quarter. When it turns brown, then the fake is ready. Take the baking tray out of the oven and leave it covered until it cools down a bit. Cut into pieces and serve with some yogurt on a plate.

