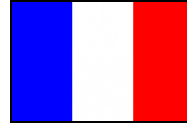




COOKING IS FUN





Cooking is Fun

Little cookery book

Comenius project 2012-13

Partners

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England – Hawes Side Primary School

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Germany – Fichtenberg-Oberschule

Poland – Gimnazium im. Jana Mateiki

Estonia – Tartu Veeriku School

Germany

Eating habits

- Clean your hands before you sit down at the table
- Lay a napkin onto your lap
- Lay your wrist on the edge of the table, so your elbow doesn't touch the table
- Enquire about something politely
- Before you start to eat, wait until everyone is served
- Use cutlery (knife, fork, spoon)
- Eat calmly, don't devour your meal
- Eat your food, don't play with it
- Swallow down before you start to talk
- After you finished keep on sitting and have a little talk
- Before you stand up, ask for the permission



Currywurst

Ingredients:

- 4 sausages
- one tablespoon butter
- 200g curryketchup
- 500g french fries
- 120g ketchup
- 4 tablespoons mayonnaise
- 4 tablespoons tomato mark
- 1 onion
- 2 cloves of garlic
- 2 chillies
- a pinch chilli powder
- 1/2 teaspoon curry
- some salt

Rain, wind and sun shine – everything belongs only to the Lord. He knows what we need, to him belong all offerings.

Preparation:

- Cut into the top and bottom of the sausages.
- Peel the onion and the garlic and chop them finely. Divide chillies roughly.
- Fry the sausages in butter until they are on both sides crispy.
- Mix the onions with garlic, chillies, tomato mark, ketchup, curry and chilli powder well, season with salt.
- Fry the french fries in the fryer or the oven.
- Put the sausages on plates, pour the curry ketchup over them and sprinkle them with curry powder.
- Distribute the onion-chillies sauce alongside and add the fries and spread mayonnaise over it.



Käsespätzle

Ingredients:

- 400g flour
- 4 eggs
- 1 teaspoon salt
- a grated nutmeg
- 1/8 litre water
- 600 g grated emmentaler
- 1 tablespoon vinegar
- 1 tall onion
- 50 g butter



Preparation:

- Mix the flour, eggs, salt, nutmeg and water well.
- Push the dough after you finished into a special noodle planer ("Spätzlehobel") so they get long and thin.
- Then put the "Spätzle" into a big pot with about three litres salted boiling water.
- Wait until they swim on top, then fish them out with a skimming ladle and put them into a warm bowl.
- Spread the grated cheese and the tablespoon of vinegar between the layer into the hot "Spätzle".
- Cut the onion and roast it in butter until it is gold brown.
- Serve the cheese "spätzle" with the roasted onion ontop.

Come, Lord Jesus, be our guest and bless everything you gave us

Wiener Schnitzel

Ingredient:

- 350g butter
- 50g flour
- 2 eggs
- 2 tablespoons milk
- 100g breadcrumbs
- 4 slices calf back
- salt, pepper
- 1 lemon



Preparation:

- Cook the butter 10min and stir it from time to time. When you see the ground of the jar, pour it through a filter and a kitchen towel.
- After that wait until it is hard again.
- For breading take 3 bowls. One with flour, one with eggs and milk and one with breadcrumbs.
- Cut the calfs back horizontal open. But don` t cut it through.
- Then you open it and beat it lightly to 2 mm.
- Flavor it with salt and pepper. Turn over the meat in the flour then in the eggs and last in the breadcrumbs.
- Heat the butter in a big boiler (160C°) and bake the meat gold-brown (about 3 min). Move the boiler all along that the shortening runs over the meat.
- Turn it over and bake another 3 min. Then put it onto a paper towel for dripping.
- Now you can serve it.

For you and for me is the table set. Thanks, Lord that it tastes good

Germknödel

Ingredients:

- 500g flour
- 30g barm
- 1 prize salt
- 50g sugar
- 70g butter
- 1/4 l milk
- 2 egg yellows
- 1 pack of vanilla sugar
- 250g plum jam
- 150g poppyseeds
- hot vanilla sauce

Preparation:

- You have to knead the flour with the crumbled barm, salt, sugar, flowing butter, milk, egg yellow and vanilla sugar to a dough.
- Cover the dough with a kitchentowel and wait for a hour.
- Than you have to roll the dough to a sausage.
- Cut it into 12 pieces and press every piece lightly with your hand.
- Place the plum jam with a spoon in the centre of every piece and form these pieces to dumplings.
- Now put them for about 35 minutes into light boiling water.
- When they are swimming ontop they are finished. You serve them with warm vanilla sauce and poppyseeds.



Every little creature has it's meal, every flower drinks from you. You never forgot us, neither. Dear lord, thank you.



Poland

Eating habits

- Children cannot sit down if adults are still standing
- Man should move back a chair for a woman to sit
- The oldest lady starts to dish up, kids are served at the end
- We can't put too much food on a plate
- Everyone starts eating when the oldest lady begins eating
- You have to keep your elbows close to the body
- Everyone waits until all have finished eating
- Children shouldn't speak if they are not asked
- The oldest sit on honorable places
- If we sit in pairs the woman is on the right and the man is on the left



Barszcz czerwony – redbeet soup

Ingredients:

- beetroot (about 1kg)
- a couple of litres of meat or vegetable stock
- garlic cloves (2)
- pepper, pimento, bay leaf
- vegetables (carrot, parsley, leek) sometimes one sour apple
- herbs (marjoram)



Preparation:

- Peel and chop beetroot roughly into chunks any size you want.
- Add to soup stock made of carrot, parsley, leek, sometimes sour apple with skin, boiled in water with some grains of pepper, pimento and one bay leaf.
- Add garlic, crushed.
- Cover and boil until the beetroot is soft. (Approximately 1 hour depending on size but increasing the length of time increases softness).
- Add beetroot concentrate, either home-made or ready made from the shop. Add about a 1/4 of litre and taste.
- This is sweet, so taste the soup and if it is too sweet for you, lessen the sweetness using lemon juice.
- Add herbs (marjoram). It is from the same family as oregano but sweeter.

*"The more you eat, the more your appetite grows."
It is also known as:
" Once you start, you can't stop."*

Žurek - white sour soup With white sausage

Ingredients (for six people):

- 0,70 kg of white sausage
0,30 kg of smoked bacon (or/and smoked rib)
1 litre of ready made leaven
- 4 cloves of garlic
salt, pepper, bay leaf (3-4), a few grains of pimento, a handful of marjoram
0,5 litre of cream 12% or 18%
1 tablespoon of grated horseradish
6 hard-boiled eggs



Preparation:

- Leaven
- You can buy or also prepare it at home, and then you need: 1 glass of flour (wheat and rye mixed together), 3 cloves of chopped garlic, half a litre of warm water; put everything in a jar, cover with a cloth, and leave in a warm place for three days; to have one litre of it double the amount of ingredients.

Preparation of soup:

- Boil the sausage and bacon in 0,5 l of water.
- Add garlic, horseradish and spices to boiling water.
- Add 1 l of leaven.
- Add some cream.
- serve with sliced boiled sausage, eggs or potatoes.

"He who eats the leftovers becomes beautiful and smooth."

Dumplings with plums

Ingredients:

- 3/4kg of cooked potatoes
- 1 and a half glass of flour
- one egg
- 1/2 kg of plums, apples etc
- sugar, cinnamon



Preparation:

- Mash the potatoes carefully. Break up one egg, add flour and mix all.
- Pull seeds out from plums.
- Knead the dough for dumplings, roll it out and cut out the pieces (about 3x4 cm). Flatten the pieces by hand. On each piece put a half of the plum and put some sugar mixed with cinnamon on it.
- Wrap the fruit with the dough and make a ball shape.
- Then throw dumplings into salted water and cook for about 5-7 minutes.
- Take them out of water and add some whipped cream or/and sugar on the top.

"The first (best) at eating, the first (best) at working."

Golabki - stuffed cabbage

Ingredients:

- cabbage
- ¾ glass of rice (or groats)
- one big onion
- two cloves of garlic
- 1 kg of meat (usually pork and beef)
- 1 egg
- 2 tablespoons of oil
- bay leaf
- salt, pepper
- 2 cups of broth

Ingredients for tomato sauce:

- tomatoes (fresh or canned)
- 2 cloves of garlic
- salt, pepper



Preparation:

- Boil the whole head of cabbage in salted boiling water (you need a large pot). Cover and cook 3 minutes, or until softened enough to pull off individual leaves.
- 2. Boil rice/groats in salted water.
- Fry chopped onion on oil.
- Mince meat.
- Mix rice/groats, onion, egg, garlic, spices and minced meat until they are all well combined (the stuffing).
- Put some stuffing on an individual leaf.
- Roll the leaf to wrap the stuffing.
- Place the cabbage rolls on top of the chopped cabbage in the casserole dish or Dutch oven, seasoning each layer with salt and pepper.
- Pour beef stock over rolls, cover and place in oven. Bake for 1 hour or.

"Through the man's stomach to his heart".



Estonia

Eating habits

- Table manners are relatively formal.
- Remain standing until invited to sit down.
- Do not begin eating until the hostess starts or someone says "good appetite"
- Avoid resting your elbows on the table.
- Compliment the hostess on the meal.
- Try to finish everything on your plate.
- Typically Estonians have a light breakfast before going to work or school.
- Between noon and three o'clock they have their most important meal of the day - lunch.
- Students who have taken their lunch at school, eat some snacks after coming home.
- Dinner usually takes place around six or seven o'clock in the evening.



Stewed Baltic Herrings

Ingredients:

- 800 g – 1 kg Baltic herring
- 1 onion or some onion tops
- salt
- 1 cup milk
- (1/2 tablesp flour)
- 2-3 tablesp butter



Preparation:

- Arrange the cleaned and washed fish in layers in a greased casserole or shallow saucepan.
- Sprinkle the chopped onion and salt between the layers of fish. Pour over the milk (mixed with the flour, if desired).
- Dot with the butter, cook 30 to 40 minutes in the oven or on top. Serve with boiled potato.

Respect bread because bread is older than we are.

Potato and Barley Porridge

Ingredients:

- 2 kg potatoes
- 200 g barley groats
- 2 onions
- 100 g butter
- 250 g fatback
- salt



Preparation:

- Slice the potatoes and boil it with water and salt.
- Boil until it is half-soft, add washed barley groats and keep boiling.
- Don't stir!
- Later add chopped and browned onion and stir everything into porridge.
- Serve with browned fatback bits and pour over with butter.

Where there's work, there's bread

Meat jelly

Ingredients:

- 250g pig's head meat
- 250g pig's feet meat
- 500g beef
- salt
- pepper
- 1 onion
- bay leaves
- spices
- 2l water
- mustard
- vinegar



Preparation:

- Chop the pig's head and feet meat into pieces and soak it in cold water.
- Boil the pig's head, feet and beef with cold water.
- Remove the foam from boiling water and add the flavouring (salt, pepper, onion, bay leaves, spices).
- When the meat is soft lift it out of the broth and clean it from bones.
- But the meat pieces into a mold and pour filtered broth on top of it.
- Put it in somewhere cold to freeze.
- Serve with mustard and vinegar.
- But horseradish and lemon juice are also good.
- And of course hot boiled potatoes with a cold slice of butter.

Who goes out begging with a bread will come back with a piece, who goes out with a piece will come back with a bread.

Blood sausage with groats

Ingredients:

- 4 kg groats or pellets
- 2l water
- 400g bacon
- salt
- 1-2 onions
- 100g grease
- epper
- spices
- majoram
- 1l blood

- 500g bowls



Preparation:

- Wash the groats or pellets, boil them with bacon which is cut into cubes in water flavoured with salt.
- Clean the onions, chop and fry them with grease.
- Let the half soft boiled porridge cool, add flavouring, onions and filtered blood.
- Mix it really well, stuff it quite softly into the bowls, and tie them.
- Then put them into warm water flavoured with spices and salt and boil them on a small fire so that when you pinch them with a needle no blood will flow out.
- Cool the sausages.
- Before serving the sausage fry them on a pan with grease.
- Eat while their hot, add boiled or baked potatoes, sauerkraut, cranberry or lingonberry jam.
- And Yule may come.

An empty belly is the best cook.

Peasoup

Ingredients:

- 280g dried peas
- 150g fumed pork
- 150g beef
- salt
- pepper
- bay leaf
- 2 onions
- 2 carrots
- 2 onions
- 2 carrots
- hashed greens
- 100g butter
- 6 slices of white bread



Preparation:

- Wash the peas and soak them. Boil fumed pork and beef with cold water and remove foam.
- Add salt, pepper, bay leaf, onion, carrot and boil bouillon.
- Take out the meat, drain the broth and boil it with peas.
- Embrown carrot and onion in butter, add it to the soup and let it boil.
- Take the meat away from the bones, chop it up and add it to the soup.
- Serve with hashed green and dried white bread cube.

Beauty does not fill your tummy.



France

Eating habits

- A female guest of honor is seated to the right of the host. A male guest of honor is seated to the left of the hostess.
- Never start eating until your host and hostess have begun. Wait until toast has been proposed before you drink wine.
- Never cut bread. Break bread with your fingers.
- There usually are no bread/butter plates. Put bread on the table next to your dinner plate above your fork.
- Cut cheese vertically. Do not cut off the point of cheese.
- Almost all food is cut with a fork and a knife.
- Never eat fruit whole. Fruit should be peeled and sliced before eating.
- When finished eating, place knife and fork side by side on the plate at the 5:25 position.
- Leave wine glass almost full if you don't care for more.
- Taste everything offered.



French soup

Velouté of sweet chestnuts

Ingredients for 4 persons :

- 400g of sweet chestnuts
- 2 fennel bulbs
- 1 chicken stock cube
- 3 shallots
- 20 cl of liquid cream
- salt and pepper
- 1 soup spoon of olive oil



Preparation:

- 1 pressure cooker.
- Wash the fennel bulbs.
- Put a spoon of olive oil in the pressure cooker.
- Slice thinly shallots and fennel and put them in the pressure cooker.
- Add the chicken stock cube.
- Cover with water.
- Close the pressure cooker.
- Boil hard about 10 minutes.
- Add sweet chestnuts.
- Add some water to cover.
- Close the pressure cooker and boil for 15 - 20 minutes.
- Pour the liquid cream.
- Add salt.....and peppermix.
- The “velouté” is ready.
- You can add some pieces of sweet chestnuts to make it prettier.

Almond pie

Ingredients for 8 persons :

- 150g of almond powder
- 150g of soft butter
- 3 eggs
- 2 ready roll puff pastries
- 150g of sugar



Preparation:

- Lay one ready roll puff pastry.
- Break 2 eggs in a salad bowlmix.
- Add 150g of sugarmix again.
- Add 150g of almond powder... mix.
- Add 150g of soft butter.....mix.
- Pour the mixture on the puff pastry.
- Spread it.
- Hide 1 bean “fève” in it.
- Roll the second ready roll puff pastry on it.
- Paint the pie with a beaten egg.
- Make lines with a knife.
- Bake it in traditional oven for 30 minutes.
- Cool it down before eating.

The chocolate mousse

Ingredients for 6 persons :

- 6 eggs
- 200g of dark chocolate



Preparation:

- Break the chocolate into pieces.
- Add some water and melt the chocolate in the microwave oven.
- Mix the melted chocolate.
- Separate the eggs: add the yellow in the melted chocolate.
- Beat the egg whites until firm.
- Mix gently the whites with the chocolate.
- Divide into ramekins.
- Cool it down into the fridge for 2 hours.

The « gratin dauphinois »

Ingredients:

- pepper
- butter (25g)
- cream
- milk
- garlic (3)
- salt
- potatoes (1kg)



Preparation:

- Peel and cut the potatoes into fine slices.
- Peel and chop the garlic.
- Melt 20g of butter, add some potatoes, garlic, salt, pepper and so on.
- Add cream and milk in the same proportion. It has to cover the potatoes.
- Warm it up 2 hours long. Then put it in the oven for 2 hours (160°C).
- Enjoy it!



Recipe « quiche lorraine »

Ingredients for 5 persons:

- 1 roll puff pastry
- 3 eggs
- 30 cl of cream
- 25 cl of milk
- 300 g of home-smoked lardons* or tuna*
- 150 gr of granted cheese (emmental)
- salt, pepper, nutmeg



Preparation:

- Heat the oven 250°C for 10 minutes.
- Bake the pastry 10 min and put it out of the oven while preparing what you will put on it.
- Fry pan the lardon*
- You can replace the bacon by tuna.
- In the salad bowl, mix 3 eggs and the cream. Add gently the milk, salt, pepper, nutmeg while mixing.
- Put the lardon or tuna on the pastry. Add the preparation of eggs, cream , ...
- Spread granted cheese all over it.
- Bake the « Quiche Lorraine » 30 minutes, 250° C
- Enjoy it!



England

Eating habits

- Never chew with your mouth open
- Never talk with food in your mouth
- Never put too much food in your mouth
- Never mash or mix food on your plate
- Do not blow on hot food or drink
- Do not sip from a coffee spoon or teaspoon
- Never use your fingers to push food onto your spoon or fork



Carrot Soup

Ingredients:

- 1 tablespoon olive oil
- 1 medium yellow onion, sliced
- 1 1/2 pounds carrots, cut into 1/4-inch rounds
- 4 cups low-sodium chicken or vegetable broth
- 1 tablespoon grated ginger
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup heavy cream
- 3 tablespoons chopped fresh dill



Preparation:

- Heat the oil in a large saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened but not browned, 5 to 6 minutes.
- Stir in the carrots, broth, ginger, 1 1/4 teaspoons of the salt, and the pepper. Bring to a boil. Reduce heat and simmer until the carrots are soft, about 20 minutes. Let cool at least 10 minutes.
- Using a blender, puree the soup in batches until smooth. Return to pot and rewarm over medium heat.
- Meanwhile, whisk the cream in a small bowl until soft peaks form. Fold in the remaining salt and the dill. Divide the soup among individual bowls and top with the dill cream.

One cannot think well, love well, sleep well, if one has not dined well.

Virginia Woolf

Bubble and squeak

Ingredients:

- 4 tbsp butter
- ½ cup onion, finely chopped
- Leftover mashed potato
- Any leftover vegetables, cabbage, swede, carrots, peas, Brussels Sprouts, finely chopped
- Salt and freshly ground black pepper
- Fried bacon pieces (optional)



Preparation:

- In a large frying pan melt the butter, add the chopped onion and fry gently until soft.
- Turn the heat up slightly and add the mashed potato and vegetables. Fry for 10 min turning over in the melted butter two or three times ensuring the potato and vegetables are thoroughly reheated plus you are aiming to brown the outside edges but not to burn the bubble and squeak.
- Press the potato mixture on to the base of the pan with a spatula and leave to cook for 1 min. Flip over and repeat.
- Serve.

"On the Continent people have good food; in England people have good table manners."

George Mikes, British author

Berry trifle

Ingredients:

BERRIES:

- 1 pint blueberries
- 1 pint strawberries, hulled and cut into thick slices
- 2 pint raspberries
- 1 lemon, juiced
- 1/4 cup sugar
- 1 1/2 teaspoons cornstarch

LEMON CREAM:

- 1 quart whipping cream
- 1 tablespoon sugar
- 1/2 teaspoon vanilla extract
- 1 (11-ounce) jar lemon curd
- 1 store bought pound cake, sliced 1/2-inch thick

"To eat well in England you should have breakfast three times a day."

W. Somerset Maugham

Preparation:

- Place the berries into a large bowl and sprinkle with half of the lemon juice. Lightly toss.
- Combine the berries, sugar, cornstarch and remaining lemon juice in a saucepan over medium-high heat. Bring to a simmer and cook just until the berries begin to break down and give up their juices. Take the berries off the heat and let cool.
- In a clean bowl, whip the cream with the sugar and the vanilla to soft peaks. Put the lemon curd into a second bowl and stir in a little of the whipped cream to loosen it. Then fold in the rest of the cream.
- To assemble the trifle, spoon a layer of the lemon cream into a large glass bowl. Add a layer of pound cake, breaking the slices into pieces that fit. Then soak the cake with a layer of berries and their juices. Keep going to make 3 or 4 more layers, depending on the size of the bowl, finishing with a layer of lemon cream. Cover and refrigerate until ready to serve.



Jam buns

Ingredients:

- 125 g soft butter
- 125 g sugar
- 250 g flour
- ½ packs baking powder
- strawberry jam



Preparation:

- In a bowl whisk the butter with the sugar. Add the egg and whisk until the mixture is pale yellow.
- Knead in the flour with the baking powder. Shape the dough to small balls.
- Preheat the oven to 160°C.
Arrange the balls on a lined baking tray and flatten slightly. With your thumb make a well in the middle and fill the well with jam.
- Bake for 15-20 minutes.

Too many cooks spoil the

- proverb



Turkey

Eating habits

- We usually prefer eating homemade food with friends or family
- Before eating we read this prayer
“In the name of God(Allah), the merciful to all his creation, the merciful to his believers”
- All members of the family should be at the dinner table.
Dinner is a kind of mini meeting to talk about the day and running errands for the family
- Elder members start eating first and the younger ones usually serve meals in a traditional Turkish family.
- We like hosting guests and eating together. The host shouldn't leave the table before his/her guests even if he/she is full enough.
This is to ensure the guests for enough time at the table.
- Soup is the traditional starter at a Turkish table. It is believed that it relieves our stomach before main dishes
- Salad and Ayran is indispensable part of our meals. Ayran is national drink for Turkish people at the dinner table. We like having green salad beside the meals.
- Turkish people prefer eating at home with families or friends. We do not go out to eat so often
- We prefer homemade food to fast food or eating outside
- After eating, we bless and read this prayer “Thank you so much my (Allah) God for all you gave us”

Guvec Kebabi (Kebab Casserole) Recipe

Ingredients:

- 1 clove of garlic
- 1 kilo lamb cut into pieces
- 1 small soup spoon salt
- 1 soup spoon thyme
- 2 green peppers, sliced
- 2 soup spoons butter
- 20 small onions or shallots
- 4 tomatoes cut into pieces



Preparation:

- Rub the bottom of a terrine (or Pyrex casserole) with a clove of garlic, then butter thoroughly.
- Add all the ingredients, except the butter. Melt the butter and pour into the terrine. Mix.
- Cover the terrine and bake in the oven for 2 and 1/2 hours on a medium heat.

Asure (Fruit and Nut Soup) Recipe

Ingredients:

- 1 cup white beans
- 1/2 cup filberts, toasted
- 1 cup garbanzos
- 1/2 cup walnut pieces
- 1 cup barley
- ground walnuts for topping
- 1 cup dried apricots, cut up
- 1 cup raisins, cut up
- 1/2 cup figs, cut up
- 1 cup sugar, or to taste
- water to make about four quarts

Preparation:

- The night before, rinse and soak the beans (garbanzo and white together) and the barley in 2 different bowls.
- In the morning, drain and cook until tender, again in 2 pans. In a large pot, combine beans, barley, fruit, sugar, and water.
- Cook over medium heat, stirring occasionally, until fruit is very soft and barley starch is released.
- Correct for sweetness; stir in filberts and walnuts. Allow to cool or refrigerate, if desired. Serve as snack or dessert with walnuts sprinkled.



Cacik (Seasoned and Diluted Yogurt)

Ingredients:

- 1 cucumber, shredded
- 1-2 cloves of garlic, smashed or grat
- ½ tsp salt
1tbsp extra virgin olive oil (optional)
- 1 cup yogurt
- ½ cup purified water (optional)
- ½ tsp dried mint (optional)



Preparation:

- In a bowl place the grated cucumber. You can peel the skin before shredding. Add smashed garlic, salt and yogurt. Stir them well until the yogurt becomes smooth and even.
- Then add the water and continue stirring till the yogurt completely dissolves in the water. If you like it thick, skip adding the water. Before serving you can add some dried mint and olive oil on top.
- You can serve cacik both with the meat and vegetable dishes.

Rice with Tomatoes (Domatesli Pirinc)

Ingredients:

- 1 medium onion, finely chopped
- 3-4 Tbsp olive oil
- 3 big ripe tomatoes, finely chopped/crushed (2 cups)
- 3 banana peppers, chopped (optional)
- 1 cup rice, washed and drained
- 1 tsp salt to taste
- ½ tsp sugar
- 3 cups hot water
- fresh basil or dill for top

Preparation:

- Put olive oil and onion in a pot. Saute over medium heat for about 2-3 minutes. Stir in peppers and saute for additional 2-3 minutes. Add tomatoes and cook over medium heat until they get soft, stirring occasionally.
- Stir in hot water and bring to a boil. And then, add rice, salt and sugar. Cover and simmer over low heat until the rice is cooked.
- Let it rest for 10-15 minutes before serving. Garnish either with fresh basil leaves or dill.



Menemen (Scrambled Eggs with Vegetables)

Ingredients:

- 2 cups green pepper, chopped
- 1 cup diced tomato
- 1 small onion, finely chopped
- 2 eggs, beaten
- 3 tbsp oil
- ½ tsp salt
- 1 pinch of black pepper

Preparation:

- Place the oil and onions in a pan and sauté the onions for 2-3 minutes over low-medium heat. Then, add peppers and salt.
- Close the lid and cook until the peppers become soft by stirring occasionally.
- Add the tomatoes, stir and cook for 5-6 minutes with the lid closed.
- Finally, add the beaten eggs and stir. It's done when the eggs are cooked. You can sprinkle some black pepper on top if you like.





Sayings about bread



- **It could only be baked once a week.**
- **You had to cut a cross on top of the bread before baking it.**
- **If a piece of bread was dropped on the floor, it was good form to pick it up, kiss it to show respect, and eat it.**
- **You could only put the uncut portion of a loaf facing a door or else the bread would flee the house.**
- **You could never slice a new loaf after sunset.**

Future bread bakers





Jokes

- “Johny, what are you doing in the kitchen that long?”

“I’ve thrown a cube of ice into the boiling water and I can’t find it!”

- “Don’t speak, when you are eating,” said mom to little Johny. “Tell me what you wanted to say, when you have finished eating.”

“So what did you want to say?” asked mom after the dinner.

“That you have left an iron on daddy’s shirt.”

- A lady orders a cake at the restaurant.

“Shall I cut it into 12 or 6 pieces?” asks the waiter.

„Cut it into 6, please. I am not sure I can eat 12 pieces“.

- The visitor of a hotel calls the reception and asks to bring a glass of wine.

„Unfortunately I can't. We have a Christian hotel.”

„I understand. Then bring me the Holy Communion without bread.”

- A gourmet asks to bring the menu at the luxury restaurant.

„We don't have the menu“, says the waiter proudly. „ We have everything.”

„Great“, laughs the visitor, „then bring me the ears of the elephant.”

„With great pleasure, sir. Would you like the ears of an African or Indian elephant?”

„What's the difference?”

„African elephants have droopy ears, the ears of the Indian elephants are pricked up.”

The gourmet chooses the ears of the Indian elephant and enjoys the meal.

After the meal he asks the waiter: “Have you ever had occasions when you couldn't fill the order?”

The waiter turns pale. „Actually I shouldn't talk about it, but once a visitor asked roasted ants' chests and can you imagine, exactly on that day the damn roaster was broken!”

Guten Appetit!

Smaczniego!

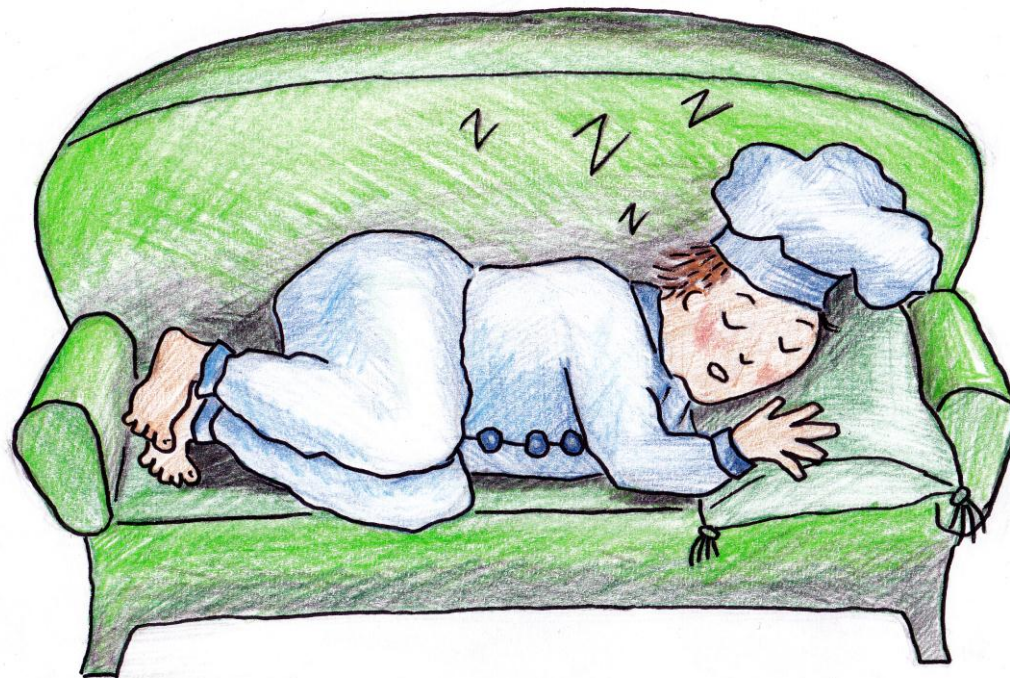
Head isu!

Bon appetit!

Enjoy your meal!

Afiyet olsun!





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