

Food from our world

Kazakhstan Slovenia

Bosnia and Herzegovina

Serbia Macedonia Russia Italy

Class: VII

School year: 2021/22

Dante Alighieri Primary school, Izola



FOOD FROM OUR WORLD - BOSNIA
AND HERZEGOVINA

BUREK



Preparation: 75 minutes

Chef: Zara

Ingredients

Filo pasta:

- 500g of flour
- 25g of butter
- hot water

Filling:

- 500g of minced veal meat
- 250g of minced beef meat
- 4 onions
- 2 egg yolk
- 25g of butter
- salt
- peper

Procedure

1. To make the filo pasta, first mix the flour, melted butter, salt and hot water and knead everything until the mixture is smooth.
2. Divide the dough in four equal parts.
3. Roll the dough very finely on a flat surface and let it dry for a few minutes.
4. Lightly brush the dough with butter, then put a layer of the filling on the dough. Roll it up.
5. Spiral the roll you have just made, by starting from the center. Put the rolls on a baking tray and bake in the oven at 180C for about 35 minutes.
6. Serve the burek still warm.

Facts:

The name of the dish derives from the action of rolling up the dough.

PASTICCIO



Time: 40 minutes

Chef: Sara

Ingredients

- Homemade lasagna (pasta)
 - 3 eggs
 - 120g water
 - 500 g flour
 - salt
- Ragù
 - 700 g minced meat
 - homemade tomato sauce
 - oil
 - salt
 - 1 carrot
 - onion
 - some bay leaves
- Bechamel
 - 1,5l milk
 - 100g flour
 - 100g butter
 - salt

Procedure

1. First we prepare the dough. We mix together the eggs, water, the flour and salt. We work the dough well until it is flat and smooth.
2. For the bechamel we put butter, milk, and flour in a pot. We warm it up until the butter melts, add some salt and mix until the sauce gets smooth and thick.
3. Then we put one layer of lasagna on a baking tray. On top of it we put some bechamel and ragù. We add the next layer of lasagna and repeat the procedure until we run out of lasagna. On top of the last layer we put some ragù.
4. We then bake it for around 30 minutes at 180°. Then the Pasticcio is ready.

Tips

You can add cheese or similar if you want.

Beshbarmak



Time: 2hrs

Chef: Yelizaveta

Ingredients

- 1-½ lean beef chuck
- 3 L of water,
- more water to cook the dough squares
- 2-½ TBSP salt, 1 tsp black pepper
- 2 eggs
- 1 cup of warm water
- 2 cups of all purpose flour
- 2 medium potatoes
- 1 large onion, 1 carrot
- 1 TBSP cumin seeds
- 1 TBSP ghee , 1 TBSP avocado oil to caramelize the onions
- dill for garnish

Procedure

1. Place the meat in a medium-sized pot, pour 3 L of water in it, then add 1 TBSP of salt. Turn the heat on and bring the water to a slight boil.
2. Remove the white foam .It takes from 40 mins to 1 hour to cook. In the Insta Pot the meat and the broth will be ready in 20 minutes.
3. For the pasta dough, place warm water, 1/2 TBSP of salt and 2 eggs in a medium-size bowl. Give all the ingredients a stir with a fork. Start adding the flour, 1 cup at a time. Let the dough rest for about 15 minutes.
4. Chop the carrots, potatoes and the onion. Take the meat out of the pot, chop it, then put it back in the pot . Add the vegetables, half of the onion, pepper and some water to the meat .
5. Pour some avocado oil in a pan. Add the rest of the onion and stew it slowly for a couple of minutes or until the color turns light golden brown.
6. Pour some water in a large pot, salt it and bring it to the boil. In the meantime roll the dough and cut out the rectangles Cut the dough on stripes 3-5 cm large. Cook them in boiling water for 4 mins .
7. Drain the pasta and arrange it on a large plate.
8. Take your meat and the vegetables and put it on top of the pasta, then add the onions.
9. Garnish with some freshly chopped dill.

Tips: Eat with your hands

FOOD FROM OUR WORLD - NORTH
MACEDONIA

Stuffed cabbage rolls-sarma



Time: 3.30 hours

Chef: Oliver

Ingredients

- $\frac{2}{3}$ Cup water
- $\frac{1}{3}$ Cup uncooked white rice
- 8 cabbage leaves, sauerkrauts
- 1 pound ground beef
- $\frac{1}{4}$ cup chopped onion
- 2 teaspoons oil
- salt, pepper
- 2 dl tomato juice

Procedure

1. First you chop the onion. Put it in a pan and fry it in the oil, then add minced meat and rice.
2. Season with salt and pepper. Cook for a couple of minutes.
3. Place 2 spoons of the mixture in the middle of each cabbage leaf, then roll it into a rectangle.
4. Put sarmas in a large pan. Pour tomato juice over the rolls, then add enough water to cover them.
5. Season with salt and pepper, and spread with the sauerkraut..
6. Bring to the boil, then reduce the heat and cook for 1,5 hour.

FOOD FROM OUR WORLD - RUSSIA

Olivier Salad

салат Оливье



Time: 65 minutes

Chef: Egor

Ingredients

- 1 can of green peas (400g)
- 4 cooked eggs
- some mayonnaise
- some salt
- 1 onion
- 100 g of pickled cucumbers
- 350 g of cooked potatoes
- 300 g of boiled sausages

Procedure

1. Cut the potatoes, onion, sausages, eggs and cucumbers into small cubes and put them in a bowl.
2. Add green peas, mayonnaise and salt.
3. Mix everything well. Put it into the fridge for an hour and serve.

FOOD FROM OUR WORLD- SERBIA

Stuffed peppers



Time: 1 hour and half

Chef: Enei

serves four

Ingredients

4 peppers

400g of minced meat

1 onion

a bunch of parsley

a spoon of ground sweet pepper

salt and pepper

oil

6 spoons of rice

2 spoons of flour

Procedure

- We dig a hole in the peppers and put out the seeds.
- We put 400g of minced meat in a large bowl, season with pepper and salt, then add chopped onion, a spoon of ground sweet pepper, a bunch of parsley and six spoons of rice.
 - We stuff the peppers.
- We pour a little bit of oil in a large pot and put the pot on medium high heat.
- After the oil gets warm, we add two spoons of flour.
- We stir the mixture well for a couple of minutes in order to get a smooth yellow batter.
 - We add some hot water and some tomato juice to the batter and stir it well until we get a smooth sauce.
 - Finally we place our peppers in the sauce and cook for 1h and half.

FOOD FROM OUR WORLD - SERBIA

Uštipci



Time: 20 minutes

Chef: Una

Ingredients

- flour
- water
- milk
- salt
- egg
- frying oil

Procedure

1. You put flour, water, milk, a pinch of salt and eggs in a bowl and mix them well until the batter is smooth.
2. Meanwhile, pour the frying oil in a pan and heat it well.
3. When the oil is heated up, take a spoon of the dough and pour it in the frying oil. Fry uštipci for some minutes or until they are light brown.
4. Drain them on a kitchen towel. Place them in another bowl or plate and put some nutella, honey, sugar or cream on top of them (or just eat them like that).

Tips

The dough is supposed to feel like a batter for pancakes, just a little bit more dense.

FOOD FROM OUR WORLD - SERBIA

Koh



Time: 4-5 hours

Chef: Vanja

Tips

You can add 4 tbsp to the milk mixture if you want it extra sweet.

Ingredients

- 6 large eggs
- 10 tbsp granulated sugar
- 3 tbsp flour
- 4 tbsp semolina
- 5 cups milk
- 2 tbsp vanilla sugar and normal sugar

Procedure

1. Heat the oven to 200C. Grease a cake model and set aside. Mix the flour and semolina together and set aside.
2. Separate the yolk and the egg whites into separate bowls.
3. Using a mixer, whip the egg whites until they're stiff, for about 2 minutes. Set aside.
4. Whip the egg yolks with 6 tbsp of sugar until they're yellow and the sugar has dissolved.
5. Slowly, with the mixer still on, add semolina and the flour mixture into the egg yolks 1/3 at a time. Mix until it's well done and you have used all of the flour mixture.
6. Add the egg whites into the egg yolk mixture 1/3 at a time, slowly so you don't deflate the egg whites. Mix until it's all the same color and there is no white poking out.
7. When the mixture is done, pour it into the cake model and spread it out nicely. Bake it for 20 minutes till the top it's a golden brown.
8. While the Koh is baking, in a medium saucepan heat up the milk and 2 tbsp of granulated sugar, heat it up till it starts to boil, don't let it boil anymore.
9. When the koh is done, take it out of the oven and immediately pour the milk and sugar mixture over it. Use a ladle to make sure it's everywhere.
10. Let the koh cool down and put a plastic wrap around it. Wait 4 hours, then it's ready to eat.

Marble cake



Preparation: 1 hour

Chef: Sofia

Ingredients

- 7 eggs
- 300 g sugar
- 1 pinch of salt
- 1 vanilla sugar
- 2 dl of milk
- 380 g of flour
- 1 spoon of baking powder
- 1,5 dl of oil
- 3 spoon of cocoa powder
- 3 spoons of rum

Procedure

Grease the model . Mix 80 g of flour with the milk until the mixture gets smooth and it does not have lumps.

Sift the remaining 300 g of flour with the baking powder. In a separate pot, mix cocoa with rum into a smooth paste.

Whisk the egg yolks, half of the sugar and vanilla sugar, then add the milk-strong mixture by spoonfuls while mixing. Slowly add more oil.

Beat the snow with the egg whites and the other half of the sugar. Stir 1/3 of it into the yolk mass. Then load the remaining snow on it and sprinkle it with flour sifted with the baking powder. Mix everything lightly.

Add 1/3 of the dough to the whipped snow. Then add the cocoa paste.

Set the oven to 160 degrees. Light and dark dough are alternately loaded into the model and finally lightly mixed with a fork to obtain a marbling.

Bake for about 1 hour. Use a knitting needle or toothpick to check if the cake is baked. Then leave it in the model for another 10 minutes to cool slightly and turn it over on the grid.

Tips

Serve with hot milk or tea

Potica



Time: 4 hours

Chef: Tiana

Ingredients

FOR DOUGH:

-300g of white wheat flour

-20g yeast

-approximately 130 ml of milk

-2 eggs yolks

-50g of salt

fragrances (lemon peel, vanilla sugar, rum)

60 g butter

FOR STUFFING:

-300 g ground walnuts

-100 ml of milk

-1 egg

-80 g of sugar

fragrances (vanilla sugar, lemon peel, rum, cinnamon)

1 tablespoon of sour cream

Tips

Once baked, keep potica inside a cake holder. The contact with the air makes the dough hard.

Procedure

1. **Preparation of walnut filling:** pour hot milk on walnuts. Stir and allow to cool. Finally, add sour cream.
2. **Dough preparation:** Grind the yeast and put it in a cup, add a little flour, sugar and enough lukewarm milk to make a thick liquid dough. Let the yeast rise.
3. Whisk the yolks and add the remaining sugar, spices and salt. Melt the butter in the remaining warm milk, add it to the yolks and mix them well.
4. Put the flour in a bowl and add the yeast. Add the egg mixture and mix everything. Knead the dough with your hands until it gets smooth. It usually takes at least 10 minutes. Cover the dough with a cloth and leave it to rise for an hour.
5. Put some flour on a flat surface, then roll the dough out into a rectangle 1 cm thick. Coat it with the filling, roll it out and place it in a round baking tin. Pierce the dough several times, cover it with a cloth and let it rise again for 20-30 minutes.
6. Preheat the oven to 190 degrees and bake for 45 minutes. Once baked, take it out of the baking tin and let it cool completely.

Vanilla custard slices



Preparation: 30 minutes

Chef: Urška

Ingredients

- 500 g puff pastry
- for the Italian pastry cream:
 - 1,6l of milk
 - 9 eggs
 - 300 g of sugar
 - 100 g sugar for snow
 - 180 g of flour
 - 2 packets of vanilla sugar
 - a big spoon of rum
- for the Chantilly cream:
 - 500ml of cream
 - half a big spoon of icing sugar
 - 1 big spoon of icing sugar

Procedure

Dough preparation:

1. Roll out the dough by about an inch more than the size of the baking pan, because it will shrink a little during baking. Place it on a baking tray and toss it with a fork so that the dough does not swell. Bake it for about 10-15 minutes at about 200 degrees or until golden yellow. If the baked dough is too big, cut it with a knife to the size of the baking tin.
2. The baking tray in which the custards will be should be 35x25x7 - enough for 15 creams. Place one layer of baked dough on the bottom of the baking tin.

Cream:

3. Take about 2 dl of cold milk from the 1.6 liters of milk. You will use it for the egg mixture. The remaining amount (1.4 l) is boiled and cooled.
4. The yolks and whites are separated by placing the whites in a large bowl and the yolks in a smaller one. Add sugar, vanilla sugar, rum, flour, egg yolks and milk which we had previously taken for the egg mixture. Mix everything together with an electric mixer to get a smooth mixture, about 1-2 minutes of mixing.
5. Make hard snow from egg whites. Once this is solid enough, start adding sugar slowly while stirring constantly. Sugar should not be poured all at once because snow can fall together. After adding the sugar, stir the snow for another 2 to 3 minutes to make it really firm.

6. Slowly pour the egg mixture into the milk and stir constantly. Use an electric mixer to mix. Mixing with a whisk after a minute or two becomes very difficult because the cream thickens. After you've poured the egg mixture in the milk, the mixture should be cooked for about 3-5 minutes, while constantly stirring. The mixture should be constantly slightly boiling, not on too high heat so that it does not stick to the pan or even burn.
7. When the egg mixture is cooked, you should let it cool down. The snow should be put in a very large container. Whisk the boiled cream slowly in the snow, stirring constantly or whipping it with a whisk. If you pour the egg mixture too fast, the egg white will coagulate too quickly and you will get lumps. Better slow than fast. Pay attention to how you mix - make circular movements with a whisk and at the same time lift the mixture. The whole interference should not take longer than 1 minute.
8. Pour the mixture on top of the first layer of dough. Spread the mixture evenly over the baking sheet and set aside to cool. Once the mixture has cooled, add the whipped Chantilly cream and put the second layer of baked dough on top of it. It is better to cut the baked dough into 15 equal parts beforehand and fold it on, rather than cutting it after we laid it on. Sprinkle it with powdered sugar and serve.