

FOCUS RECIPES





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**TURKEY MEAL
TURKEY DESSERT**



**ITALY MEAL
ITALY DESSERT**



**SPAIN MEAL
SPAIN DESSERT**



FOCUS RECIPES



**POLAND MEAL
POLAND DESSERT**



**GERMANY MEAL
GERMANY DESSERT**



**LITHUANIA MEAL
LITHUANIA DESSERT**



TURKISH CUISINE





MANTI

Ingredients:

For Dough:

- 3 cups flour
- 2 eggs
- 1 cup water
- salt

For Filling:

- 400 gr ground beef
- 1 medium onion, grated
- salt, red pepper, black pepper



Prezi



For Sauce:

- 2 cups yogurt
- 3 garlic, crushed
- 3 tbsp butter
- 1 tbsp tomato paste
- Mint, red pepper flakes



Prezi



Directions:



In a bowl or mixer combine all ingredients of dough, knead until dough forms a solid ball. If dough is sticky add additional flour, if dough is dry add more water.

In a large bowl combine all the ingredients of filling. Knead until it's mixed well.



Prezi



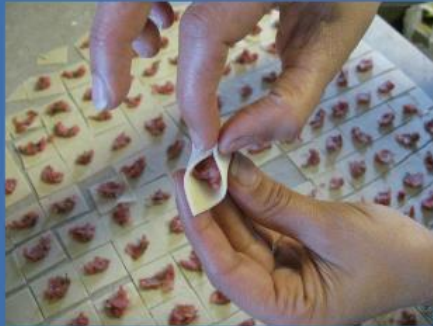
Put the dough onto lightly floured surface, separate into three same pieces. Roll out the first dough thin like flake pastry . Cut the rolled dough into square pieces by a sharp knife. Place a piece of meat on each square as you can see below.



Prezi



Then take a piece of dough with meat and stick each corner together as shown below.



When you are done with folding, place each dumplings on a floured surface. For cooking, boil 5-6 cups water in a big pot and add salt. Then add all the manti into the boiling water. Stir sometimes with a wooden spoon to prevent them sticking to each other. Make sure not to close the lid. Cook over medium heat till manti gets soft (for about 10-15 minutes).



Meanwhile prepare the sauce. In a bowl mix yogurt, salt and garlic. In a small pan; melt the oil and stir in tomato paste. Cook for 2 minutes over low heat.

Drain the cooked manti and transfer it into serving plates. Let it cool for a while and pour the yogurt and sauce over it.





Ingredients:

For Dough:
- 3 cups flour
- 2 eggs
- 1 cup water
- salt

For Filling:
- 400g ground beef
- 1 red onion, grated
- salt, red pepper, black pepper

When you are done with folding, place each dumpling on a floured surface. For cooking, boil 5-6 cups water in a pot and add salt. Then add all the meat into the water and stir it with a wooden spoon to keep it from sticking to each other. Make sure not to cover the pot. Cook over medium heat 10 minutes, or until the dumplings are cooked through.

Prezi

Directions:



In a large bowl combine all the ingredients of filling. Knead it till it is uniform and soft.



Put the dough onto lightly floured surface, separate into three equal pieces. Roll out the first dough, then the later pieces. Cut the rolled dough into equal pieces by a sharp knife. Place a piece of meat on each square as you can see below.



Directions:



In a bowl or mixer combine all ingredients of dough. Knead until dough forms a solid ball. If dough is sticky add additional flour. If dough is dry add more water.



Large bowl combine all the ingredients of filling and mix until it's mixed well.

Put the dough onto lightly floured surface, separate into three same pieces. Roll out the first dough, then the other two. Cut the rolled dough into square pieces by a sharp knife. Place a piece of meat on each square as you can see below.



RICE STUFFED GRAPE LEAVES

Directions:

Mix the meat with ingredients together in a bowl and add the rice. Cover and chill in the fridge for at least 20 minutes.



Rolling each one to make yourself. Place the meat and vegetables onto squares. Wrap thoroughly and cover with vegetable and olive oil. Cook in a pot for 20 minutes. Turn the pot over and cook for 20 minutes.



Prezi



Ingredients:

- 1 jar (about 36) grape leaves
- 3 cups water
- 2 cups olive oil
- 1 small onion, finely chopped
- 2 cup rice
- 1 tbsp sugar
- 1 tsp all spices
- 2 tbsp lemon juice
- 2 lemons, sliced
- 3 tbsp chopped fresh parsley



Prezi



Directions:

In large pot, bring 2 litres of water to full boil. Unroll the leaves and place them into boiling water for 2 minutes. Gently remove leaves with tongs and drape them over a colander to dry.



In another saucepan, heat the 2 tablespoons of olive oil over medium heat. Add onion, rice, sugar, parsley, allspice . Stir 2 minutes.

Pour two cups of boiling water into the rice mixture. Reduce heat, cover tightly and simmer for about 20 minutes, until rice is cooked and water is absorbed. Remove from heat and let it cool.



When rice stuffing has cooled, put 1 tablespoon on each leaf . Fold the bottom of the leaves over the stuffing, fold in the sides of the leaves, and than roll them up as shown below on the pictures.



Place them tightly side by side in a saucepan. Place the lemon slices on the surface and add 2 tbsp olive oil and 1 cup of hot water. Put a small lid or plate on top of them. Cover and cook on low heat for 40 minutes, until the water is absorbed. Let cool. Arrange on a serving dish and serve with fresh lemon slices .





Prezi





SHISH KEBAP



Prezi

Selera
calle & restaurant



Ingredients:

- 1 kg diced lamb
- 2 tomatoes, diced
- 4 green peppers, diced
- 10 drops lemon juice
- 5 tbsp olive oil
- 2 red onion
- Salt, Pepper



Directions:

Mix the marinade ingredients together in a bowl and add the meat. Cover and chill in the fridge for at least 30 minutes.



Taking care not to poke yourself, thread the meat and vegetables onto skewers. Keep threading one meat one vegetable and then one more meat... If you keep a little space between the pieces, they will grill more evenly.





Prezi





BAKLAVA



Prezi



Ingredients:

For Syrup:

4 cups water

5 cups granulated sugar

2 tbsp lemon juice

For Filling:

3 cups pistachios

2 tbsp granulated sugar

and 2 packages filo (phyllo) dough



Filo dough



Lay one sheet of filo dough in the pan.



Then brush with some melted butter.



Sprinkle the walnut (or pistachios) filling evenly over the top.



Cover with the remaining filo sheets, buttering each layer.



Cut the dough into rectangles.



Baked baklava should be light golden.



Pour the syrup on top and let the baklava soak it up.







TURKISH COFFEE





TURKISH TEA



Prezi





Prezi





TIPICAL ITALIAN DISHES



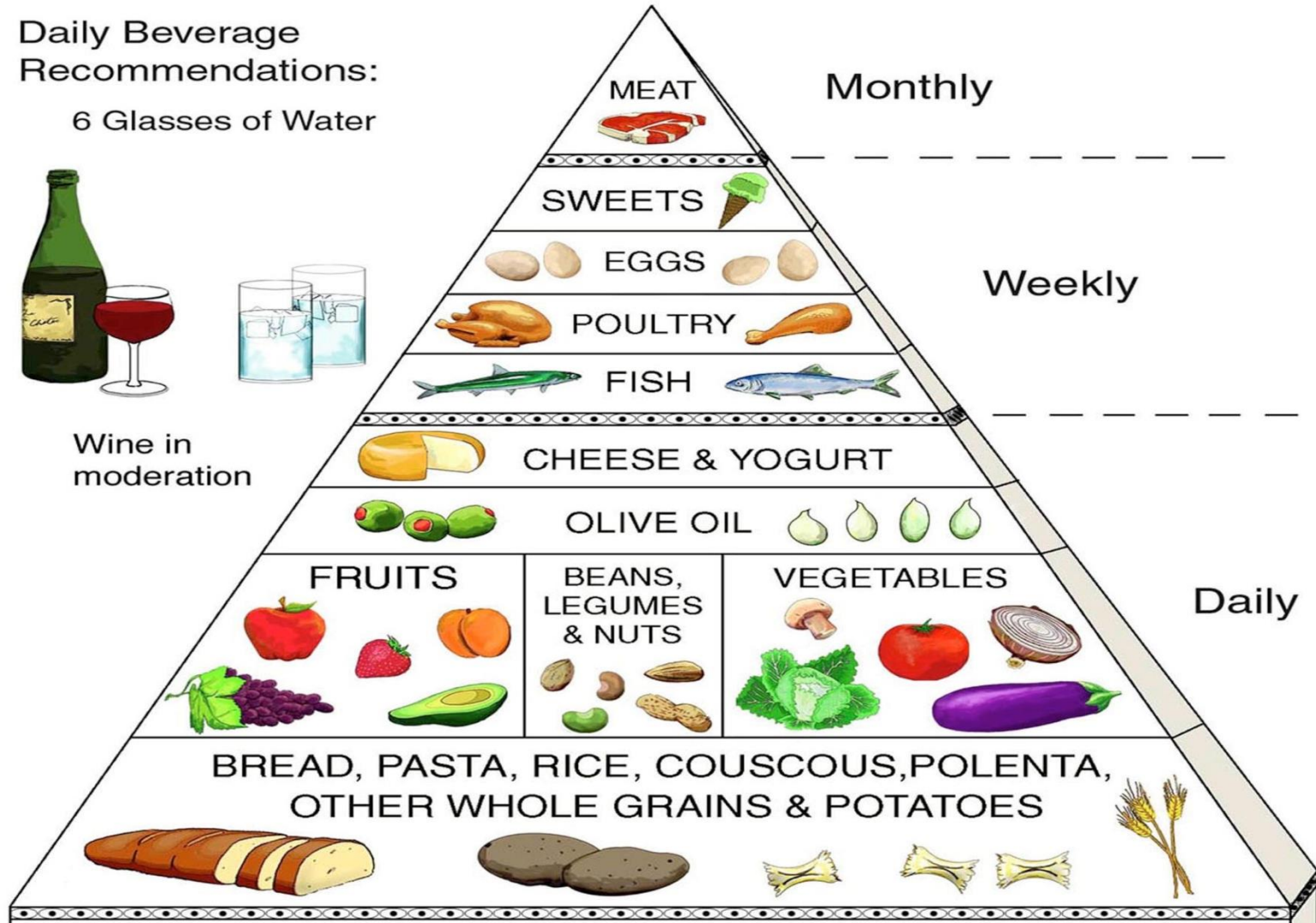
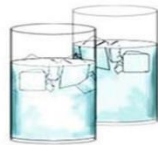
The traditional healthy mediterranean diet pyramid

The Mediterranean diet is a nutritional model inspired by the traditional dietary patterns of Italy, Greece, Spain and Morocco. In 2008 Italy proposed the mediterranean as patrimony of 'humanity and in 2010 the UNESCO declared the Mediterranean diet in the list of intangible cultural heritage of humanity. It is one of the most famous and used diet in the world.

Daily Beverage
Recommendations:
6 Glasses of Water



Wine in
moderation



LASAGNE

INGREDIENTS (x12)

1 lb ground beef
3/4 lb bulk pork sausage
3 (8 ounce) cans tomato sauce
2 (6 ounce) cans tomato paste
2 garlic cloves, minced
2 teaspoons sugar
1 teaspoon italian seasoning
1 teaspoon salt
1/2 teaspoon pepper
3 eggs
3 tablespoons minced fresh parsley
3 cups small curd cottage cheese
1 (8 ounce) carton ricotta cheese
1/2 cup grated parmesan cheese
9 lasagna noodles, cooked and drained
6 slices provolone cheese
3 cups shredded mozzarella cheese,
divided (12 oz.)

In Sicily we made
them adding
eggplants, boiled
eggs and
mortadella.



DIRECTIONS

In a skillet, cook beef and sausage over medium heat until no longer pink; drain.

Add the next seven ingredients.

Simmer, uncovered, for 1 hour, stirring occasionally.

In a bowl, combine the eggs, parsley, cottage cheese, ricotta and parmesan.

Spread 1 cup of meat sauce in an ungreased 13x9x2-inch baking dish.

Layer with 3 noodles, provolone cheese, 2 cups of cottage cheese mixture, 1 cup of mozzarella, three noodles, 2 cups of meat sauce, remaining cottage cheese mixture and 1 cup of mozzarella.

Top with remaining noodles, meat sauce and mozzarella (dish will be full).

Cover and bake at 375°F for 50 minutes.

Uncover; bake 20 minutes longer.

Let stand 15 minutes before cutting.



History

Two separate cookbooks , both from Angevin Court of Naples, offering the oldest recipes for the preparation of a Lasagna of which we have new.

In subsequent centuries the recipe has been revived in other countries' cookbooks.

CAPONATA

Ingredients

- 6 tablespoons extra-virgin olive oil, divided
- 1 pound eggplant (see Tips), peeled and diced
- 1 large sweet onion, diced
- 2 cloves garlic, minced
- 3 stalks celery with leaves, diced
- 3 plum tomatoes, diced
- 1 tablespoon sugar, if needed
- 1 tablespoon red-wine or white-wine vinegar, or more to taste
- 1 teaspoon kosher salt
- Freshly ground pepper to taste
- 15 small or 7 large pitted green olives, quartered
- 1 tablespoon capers, rinsed
- 2 tablespoons chopped fresh basil
- 2 tablespoons lightly toasted pine nuts



DIRECTIONS

Heat 4 tablespoons oil in a 12-inch nonstick skillet over medium heat. Add eggplant and cook, stirring occasionally, until lightly browned and soft, 5 to 10 minutes. Transfer to a plate.

Heat the remaining 2 tablespoons oil in the pan. Add onion and cook, stirring frequently, until soft and lightly golden, 6 to 8 minutes. Stir in garlic and cook, stirring, for 30 seconds. (If the pan seems too dry, push the onion and garlic to the side, add a drizzle of oil, then continue cooking.)

Stir in celery; cook, stirring frequently, until softened and slightly golden, 5 to 7 minutes. Stir in tomatoes; cook, stirring, about 2 minutes. Return the eggplant to the pan; stir until well combined. Sprinkle sugar over the eggplant mixture (omit if using Chinese eggplant, which is naturally sweeter), stir to combine and cook for about 30 seconds. Stir in vinegar, salt and pepper. Taste and add 1 to 2 tablespoons vinegar, if desired. Stir in olives and capers; cook for 1 minute. Remove the pan from the heat. Stir in basil and pine nuts.

HISTORY

It should be considered a real folk etymology that traces "caponata" to "capone", a fish from quality meat but rather dry which was served on the tables of the aristocracy seasoned with sweet and sour sauce typical of caponata. people can not afford the expensive fish, replaced it with the economic eggplant. And this is the recipe come down to us.



Ingredients

6 medium-sized eggplants, about a pound (500 g)

3 cloves garlic, chopped

About a pound (500 g) sun-ripened plum tomatoes, blanching, peeled and chopped.

6-8 basil leaves, shredded

1 pound (450 g) spaghetti

1/2 cup grated pecorino romano, salted ricotta, or Parmigiano

Salt & Pepper to taste

Olive oil (or corn oil) for frying

SPAGHETTI ALLA NORMA



DIRECTIONS

Peel and slice the eggplant into half-inch (1 cm) slices, salt the slices, and let them sit in a colander for about an hour. Rinse them, pat them dry, and fry them a few pieces at a time in hot oil, turning them so both sides brown, and setting them to drain on absorbent paper. Next, set water to boil, and while it's heating heat 1/4 cup oil in a pot, sauté the garlic briefly, and then stir in the blanched, peeled tomatoes. Season with salt and abundant pepper to taste. Reduce the heat to a simmer and continue cooking the sauce figuring 15-20 minutes in all; about 5 minutes before it's done add the shredded basil. Keep an eye on the pasta pot while preparing the sauce, and as soon as the water boils salt it and cook the spaghetti. When the spaghetti are al dente, drain them and season them with the tomato sauce. If you are bringing bowls of pasta to the table, divvy the spaghetti into four bowls and divide the eggplant slices among them. If you are instead serving a big bowl of pasta, season the pasta with the tomato sauce and then carefully mix the slices of eggplant into it. In either case, sprinkle the pasta with much of the cheese, and serve it with the remaining cheese on the side.

HISTORY

Pasta alla Norma is a recipe originally from Catania and is characterized by typical Mediterranean flavors. Tradition has it that Nino Martoglio, writer and Sicilian poet, is so impressed by the extraordinary goodness of this dish by comparing it to the "Norma", the famous opera composed by Vincenzo Bellini.



CASSATA

INGREDIENTS

5 oz marzipan

1 lb ricotta cheese

7 oz confectioners sugar

3 ½ oz candied fruit

3 oz chocolate drops

⅛ oz vanilla

3 ½ oz dark chocolate, melted

5 oz [sponge cake](#)

3 ½ tablespoons Rum

5 oz sugar

1 egg white

3 ½ oz candied fruit



DIRECTIONS

Roll out the marzipan with a rolling pin to a thickness of 4mm.

Dust the cake pan with powdered sugar and line with the marzipan taking care that it adheres perfectly, and trim the edges with a knife.

Using a brush, spread melted and tempered plain chocolate over the marzipan.

Line the cake pan with the sponge cake. brush with half of the rum.

Put ricotta, sugar, chocolate drops, candied fruit, vanilla into a bowl and mix together.

Lay the filling into the mould and spread it out.

Finish off by covering with the remaining sponge cake and brush with the rest of the rum.

To prepare the glaze whisk the sugar and the egg white.

Glaze everything, after placing the dessert on a grating, pouring the glaze uniformly over the entire surface.

Let the cake rest in the fridge for 1 hour. Add the candied fruit on top as decoration.



HISTORY

The roots of the Cassata date back to Arab age in Sicily (IX - XI century).

The Arabs had introduced in Palermo sugarcane, lemon, lime, orange, mandarin, almond.

Were so gathered all the ingredients of the cassata, which initially was only a shell of pastry stuffed with sweetened ricotta and then fired.

In the Norman period, in Palermo at the convent of the Martorana, was created Martorana or marzipan, a paste of ground almonds and sugar, which, colored green with herbal extracts, replaced the pastry as envelope. Spanish introduced in Sicily chocolate and sponge cake. During the Baroque addition Finally candied fruit.

Traditional Spanish Food



“LANGOSTINOS AL RON”

(king prawns with Rum)



Ingredients

- .1 kg. of king prawns.
- .1 kg. of onions chopped in little pieces.
- .1 glass of Rum.
- .1 glass of fish broth.
- .Olive oil





Preparation

•Firstly, put the chopped onion with the olive oil into a saucepan with slow fire until it is cooked.

•Secondly, add the king prawns flambé with the Rum moving carefully so they won't get broken.

•To finish with, throw the broth on top, cook a little time the king prawns to be :
tasty and ready to serve.



Observations

- It is very important not to cook a lot the king prawns.
- It is advisable to wet the onion in rum very much and add the king prawns before eating.



“ARROZ AL HORNO”

Rice in the oven





Ingredients

- .1kg. Round rice
- .1kg. Chicken or beef
- .300g. pork cutlet
- .200g. streaky bacon
- .4 blood onion sausages
- .2 Medium potatoes
- .2 tomatoes
- .250g. of boiled chickpeas
- .1 clove of garlic
- .1 tablespoon red pepper
- .Salt
- .Olive oil



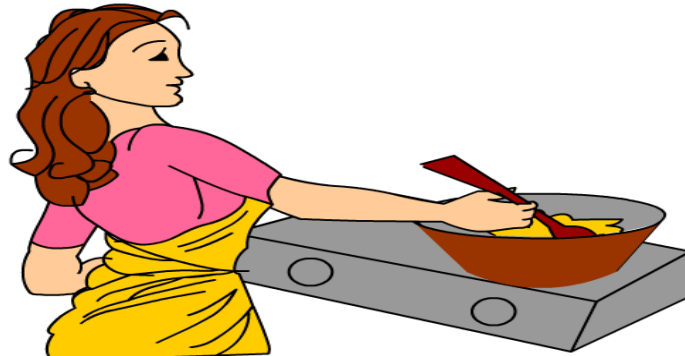


Preparation

- Medium fire, add four spoons of olive oil.
- Put the meat already salted.
- Fry the meat till it is done.
- Cut the garlic into little pieces and fry them with the meat.
- While the meat and the garlic are being cooked, cut the tomatoes in big pieces.
- Peel the potatoes in short slices.
- Take out the meat already done and put it in a big pan or tray.
- Add about 150g. rice.
- Add the red peppers and fry together with the rice



- Add the tomatoes and fry all together for a minute.
 - Put everything together into the saucepan.
 - Add the boiled chickpeas.
 - Add two cups of water for each cup of rice in the saucepan.
 - Add salt to taste, the blood sausages and the potatoes.
 - Add the bacon.
 - Put the saucepan in the oven.
 - The oven should have 220° during 40 minutes.
 - When it is ready, put the meal on the plates and serve.
- ENJOY YOUR MEAL!!!!



“ARROZ A LA CUBANA”

Cuban Rice



Ingredients

.400g. of rice

.2 cups of water

.500 ml. of fried
tomatoes

.2 bananas

.3 spoonfuls of olive
oil

.4 leaves of parsley

.4 garlic cloves

.4 eggs

.Salt



Preparation



- Fry the garlic cloves in a saucepan with little olive oil.
- Add the rice, removing well in order not to stick to the bottom.
- Add boiling water to the rice with a pinch of salt and remove and cook during 15 or 20 minutes. It depends on the type of rice that you have chosen.
- Switch off the fire and leave it to get cooler, approximately 5 minutes.



• Peel the bananas, cut them in two halves and fry them in a frying pan until they are golden.



• Fry the eggs in a small frying pan with olive oil and a pinch of salt.

• Cover the rice with fried tomatoes, and place above the fried eggs and the strips of fried bananas.



Dessert



“TORRIJAS”



Ingredients



.1 loaf of hard bread (from yesterday)

.[sliced]

.1l. of whole milk

.5 medium eggs

.1 cinnamon stick

.skin of a half lemon

.100ml. of wine

.300g. of sugar

.1 teaspoon ground cinnamon

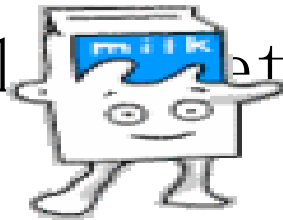
. $\frac{1}{2}$ l. of soft virgin extra olive' s oil



MILK PREPARATION



- Wash the lemon.
- Peel the thin skin, take off the white.
- Warm up the milk to medium fire until it is boiling.
- Lower the temperature and remove from heat.
- Add the lemon' s skin and cinnamon' s stick.
- Leave it till it gets cold.



“TORRIJAS” PREPARATION



- Choose a container to get wet the bread.
- Add the milk and the wine, already mixed.
- Beat the eggs.
- Put the oil in a frying pan and warm it up to medium fire.
- While the oil is warming up, wet the bread in the milk.



- Wet also the bread in the beated egg.
- Put the slices in the frying pan with hot olive oil.
- Fry the “torrijas”
- Leave them into a plate with kitchen’ s paper to remove oil’ s excess.
- Sprinkle sugar and cinnamon on top the “torrijas” .
- Let “torrijas” go down.



HELLO
EVERYONE!

POLISH FOOD



FIRST DISH-DUMPLINGS



Ingredients:

Dough

400 grams flour

3/5 glass cold water

1 egg

salt



Stuffing:

750 grams potatoes

250 grams cottage cheese

2 onions

garlic clove

2 tablespoons butter

1 tablespoon oil

salt, pepper



PREPARATION



Stuffing:

1. Peel potatoes and cook in salted water.
2. Peel the onions, chop and fry on butter with crushed garlic.
3. Cook until translucent, about 5 minutes.
4. Stir into the mashed potatoes and milled cottage cheese.
5. Season with salt and pepper.



Dough:

1. Beat together the eggs and water until smooth, sift together the flour, salt and stir until dough comes together.
2. Knead the dough on a lightly floured surface until firm and smooth.



Dough:

3. Divide the dough in half, then roll out one half to 1/8 inch thickness.
 4. Cut into 3 inch rounds using a biscuit cutter.
 5. To cook in large quantities salted of boiling water with particle of oil to moment till will sail out on top.
- *Serve with fried onion bulb.



SECOND DISH-PORK CHOP WITH POTATOES AND CUCUMBER WITH CREAM





Ingredients:

700g boneless pork

3 tablespoons flour

3 eggs

5 tablespoons bread crumbs

4 tablespoons of oil

1.5 tablespoons of butter

salt and pepper



Preparation:

1. Chop pork, rinse, dry and cut crosswise into 5 portions.
2. Pestle smash sliced pork on both sides.
3. Sprinkle salt and pepper on both sides.
4. Flavored pork dredge in flour, then in egg and then in breadcrumbs.



5. Heat the oil in a frying pan and fry the pork chops on a fairly high heat for 2-3 minutes on each side.
6. Reduce the heat and even fried pork chops 4 minutes on both sides.
7. Remove the fried pork chops from the pan and drain the fat on a paper towel.
8. Put the chops on the other pan with melted butter and a while (about 1 minute) fry on each side.



Ingredients:

700g of potatoes



2 tablespoons butter



half a bunch of dill



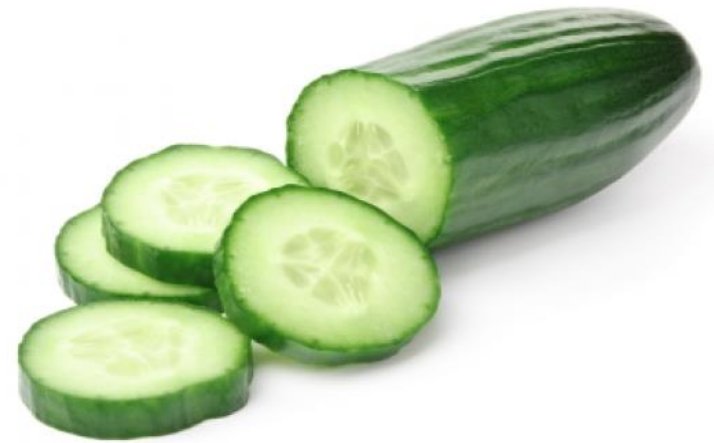
Preparation:

1. Washed potatoes scrub. Pour over potatoes sufficient water so that they are completely covered.
2. Water pour a tablespoon of salt and cook the potatoes on a fairly high heat for about 30 minutes.
3. Drain potatoes when cooked, add the butter and milk sprinkle with dill.



Ingredients:

fresh cucumbers



150 ml sour cream



1 teaspoon salt and sugar

pepper

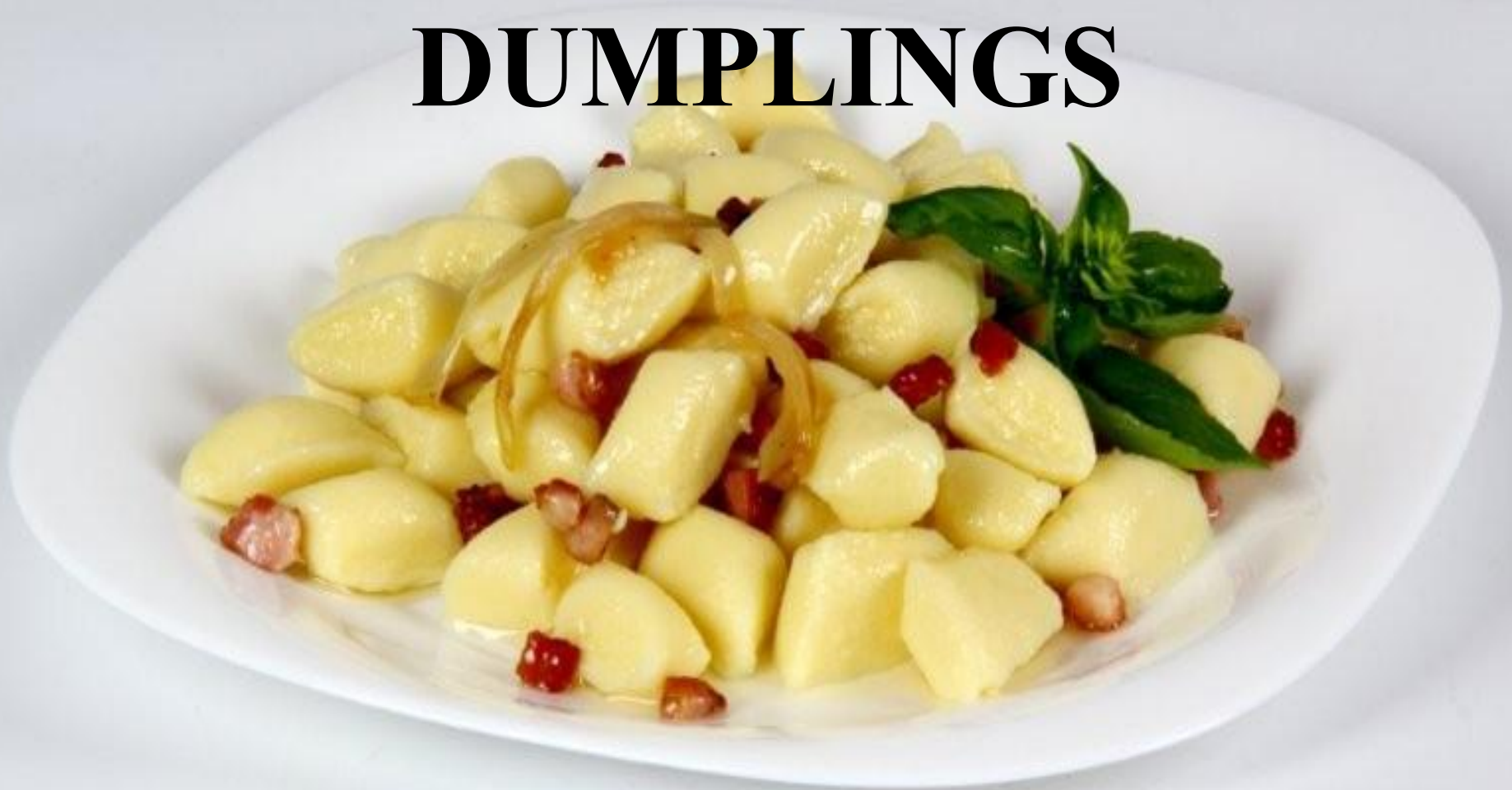


Preparation:

1. Wash and peel cucumbers.
2. Cut into thin slices.
3. Add salt and pepper, sugar and cream.
4. Stir.



THIRD DISH-POTATO DUMPLINGS



Ingredients:

1 kg potatoes

2 cups flour

2 tablespoons potato flour

1 egg

pinch of salt



Preparation:

1. Peel and boil potatoes.
2. Grind by razor.
3. Add the remaining ingredients and knead the dough.
4. Shape into a shaft with a diameter of about 2 cm and cut into strips.



5. Throw into the pot of boiling water and continue cooking until all dumplings float to the surface.
6. You can specify a sweet. Simply heat in a frying pan with 2 tablespoons butter and 1 tablespoon bread crumbs, pour over dumplings and sprinkle with sugar.
7. You can also pour a small amount of cream.



DESSERT—APPLE PIE



Ingredients:

1 kg of apples

1.5 cups flour

1.5 cups sugar

4 eggs

1 tablespoon baking powder

grated rind of 1 lemon

cinnamon

butter and bread crumbs into springform pan

powdered sugar for sprinkling



Preparation:

1. Eggs with sugar grind in a blender.
2. Add the lemon zest and flour in and baking powder.
3. Mix cake.



4. Apples cut into slices.

5. Grease the cake tin with butter and sprinkle with breadcrumbs.

6. Pour $\frac{1}{3}$ of the dough. We put two layers of apples, sprinkle them with cinnamon.

7. Pour the rest of the dough.



8. Put in the preheated oven to 170 degrees.
9. Bake for approx. 55 minutes of hot air.
10. Sprinkle with powdered sugar.



SMACZNEGO!



Hühnerfrikassee





Ingredients (for 7 persons)

- 1 Chicken (ca. 1300g)
- A little bit salt and pepper
- 100g butter
- 3 big spoons of flour
- A half lemon
- 100ml cream
- 2 boxes of white mushrooms
- 2 carrots
- One box of pea
- 4 glasses of rise
- (curry)
- „Suppengün“ (different spicerys espeecially for vegetable-broth)



Preparation

- Cook the chicken in salt-water till it is done
- Cut the chicken in little pieces (it should be bite-sized)
- Cook water and take the „Suppengrün“ in it
- In the time you can:
- Melt the butter in a pot and add flour to it
- Tossing it and add the broth until it is creamy
- Add half lemon, cream, spicery, carrots, the peas and white mushrooms
- Serve it with the rice on one side



Pfannkuchen



Structure

- Recipe
- Sweet Pfannkuchen
- Hearty Pfannkuchen



Recipe

- For 8 portions:
- 150 g flour
- salt
- 250 milk
- 2 eggs



Sweet Pfannkuchen

- Fruits
- Chocolate
- Applesauce
- Sugar and cinnamon



Hearty Pfannkuchen

- Mushrooms
- Bacon
- Tomatoes



Baked Potato with sour cream



Ingredients

- Large potatoes
- *For sour cream (for 4 people):*
- 250 g sour cream
- 3 cloves garlic, finely chopped
- 2 tablespoons herbs, chopped (eg chives, parsley)
- 1 dash of lemon juice
- Salt and pepper



Preparing/Baking

- Preheated oven to ca. 200 ° C.
- Put a potato on a piece of aluminum foil.
- Brush foil with olive oil and sprinkle with a little salt.
- Close the foil tightly around the potatoes.
- Put them on a baking sheet and cook for 30-40 minutes (depending on the size).
- Meanwhile, mix the ingredients for Sour Cream
- Remove the foil, put potatoes on plate and dip down in the middle. Give sour cream into the gap.



Your baked potato with sour cream is finished!



Rice pudding (4 servings)

- Ingredients:**
- 500ml milk
 - 50g sugar
 - a little bit of butter or lemon flavouring
 - 125g round-grain rice

Directions:

Boil milk, sugar and flavouring up and then add rice by reduced heat for 30-40min.

Stir it up now and then.

You can serve it with cinnamon and sugar.





PROJECT “FOCUS”

TRADITIONAL LITHUANIAN MEALS

BREAD SOUP

Dominyka Balaišytė
Goda Damanskytė
Monika Kirdaitė
Žyginta Einorytė



Lietuvių valgiai



6P8
H222

ni, pavirinama 5 min ir supilamas pienas. Tik užvirusi nukeliamos nuo ugnies.
Į šią sriubą kai kurios šeimininkės įpjausto bulvių.

Rugšpienė

$\frac{1}{2}$ kg duonos tešlos, druskos, 1 l pieno, 1 l vandens.

Duonai kepti paruošta tešla iškočiojama, supjaustoma ma-
liais kubeliais ir verdama truputį pasūdytame vandenyje. Ku-
kuličiai iškyla į paviršių, supilamas pienas ir užvirinama.
Sriuba verdama vakarienei, kai kepama duona (kelmas ap-
kese).

Skręlių sriuba

150 g miltų, 1 kiaušinis, 1 l pieno, 2 morkos, 75 g mėsos,
druskos, 1 l vandens.

Kiaušinis išplakamas su truputiu vandens ir druskos, mor-
kas į milius, užminkoma kietoka tešla, iškočiojama, supjaustoma
nedideliais kvadratais ir išverdama truputį pasūdytame van-
dnyje.

Morkos nuskutamos, nuplaunamos, stambiai sutarkuojamos
pakepinamos svieste ir sudedamos į sriubą. Užbalinama pienu
užvirinama.

Saldžios sriubos

Mėlynių šaltisriubė

$\frac{1}{2}$ l pieno, 2 stiklinės mėlynių, 5 šaukšteliai cukraus.

Mėlynės perrenkamos, nuplaunamos, sumaišomos su cuk-
ru ir užpilamos pienu. Vietoj pieno galima vartoti grietinėle.

Mėlynių sriuba su perlinėmis kruopomis

$\frac{1}{2}$ stiklinės perlinių kruopų, 3 stiklinės mėlynių, 1 stiklinė
cukraus, 1 stiklinė grietinės, druskos, 2 l vandens.

Mirkytos kruopos išverdamos truputį pasūdytame vand-
nyje. Kai suminkštėja, suberiamas cukrus, mėlynės, pavirinama
5 min, užbalinama grietinėle ir nukaiciama.

Valgoma šalta. Vietoj perlinių kruopų į šią sriubą dedami
žirnių ar miltinių kukuličių.

Vyšnių šaltisriubė

vyšnių, $\frac{1}{2}$ stiklinės cukraus, 4 šaukštai grietinės,
krakmolo, cinamono žievelės, 2 l vandens.

Vandens išmaišomas krakmolas (vietoj jo galima
mopas), likęs vanduo užvirinamas su cukrum ir ci-
namonu nuplaunamos, sudedamos į verdantį sirupą, tik
tas krakmolas, užvirinama ir atšaldoma.

Sriubos lėkštę įdedama grietinės (nemašoma).
Sriubos duodama sausainiukų.

Žemuogių sriuba

o, 4 kiaušiniai, 150 g cukraus, 2–3 stiklinės žem-
uoginio vandens.

Kiaušiniai ištrinami su cukrumi ir užplikomi puse ver-
dančio vandens, užvirinama, o sutirštėjus atvesi-
mas pertrinamos pro sietelį, praskiedžiamos virintu
vaisiomis su trynių mase. Baltymai išplakami su
cukraus, šaukšteliu dedami į likusį verdantį pie-
nė puode apverdami. Sriuba supilama į vazą,
dedami baltymų kukuličiai, taip pat supilamas ir
jie virė. Valgoma šalta.

Sriuba gaminama ir iš braškių, aviečių bei kitokių uogų.

Žemuogių, 2 l virinto vandens, $\frac{1}{2}$ citrinos sulčių,
cukraus.

1 stiklinė gražesnių žemuogių, likusios pertrinamos
lamas vandeniu, supilamos citrinos sultys, sube-
rėma, atšaldoma. Prieš tiekiant suberiamos
uogės.
sausainiais.

Duonytė

o, 100 g džiovintų slygų ar razinų, 50 g cukraus,
mėsos, 2 l vandens, 1 šaukštas miltų, cinamono žie-
velės.

Duonytė gaminama, išmirkomos ir pavirinamos kartu su ci-
namonu. Tada sudedama gabaliukais supjaustyta duo-
na miltų, druskos, cukraus, išmaišoma ir, pavir-
us, nukaiciama.

Valgoma šilta ir šalta.

Kvietin
Bulvių
Manų
Grikių
Perlinės
Mėlynės
Ryžių
Aviečių
Pyragų
Pyragų

Nenuogi
Grietinė
Tirpinti
Tirpinti
Tirpinti
Aliejus

Pomidor
Pupelės
Tigrijai
Morkos
Petražolės
Salierai
Svogonės
Bulvės
Agurkai
Pomidor
Obolius
Kopūstai
Dydžio
Razinos
Džiuvinti
Agurkai

Smulkūs
Druska
Actas
Smulkūs
Citrinos
Kakava
Maltas
Kiaušiniai
dydžio

11. 3 stiklinės cukraus, 2 l virinto vandens, $\frac{1}{2}$ citrinos sulčių,

Atrenkama 1 stiklinė gražesnių žemuogių, likusios pertrinamos pro sietelį, užpilamos vandeniu, supilamos citrinos sultys, suberiamas cukrus, išmaišoma, atšaldoma. Prieš tiekiant suberiamos atrinktosios žemuogės.
Valgoma su sausainiais.

Duonynė

300 g duonos, 100 g džiovintų slyvų ar razinų, 50 g cukraus, truputis druskos, 2 l vandens, 1 šaukštas miltų, cinamono žielių.

Slyvos nuplaunamos, išmirkomos ir pavirinamos kartu su cinamonu 10–15 min. Tada sudedama gabaliukais supjaustyta duona, užvirus įberinama miltų, druskos, cukraus, išmaišoma ir, pavirinus 5–6 min, nukaičiama.

Sriuba valgoma šilta ir šalta.



YOU WILL NEED:



300 grams of brown bread



100 g of dried plums



A few sticks of cinnamon



1 table spoon of sugar



50 grams of sugar



2 litres of water



Let's begin!



Wash the plums and put them into warm water



Slice the bread





Meanwhile, boil the water



Put the plums into the boiling water



Put the cinnamon sticks in



Boil it for 10 – 15 minutes



Take the cinnamon sticks out



Put the bread in and wait until
everything boils



While stirring put the flour in



Add the sugar



And a pinch of salt



Stir and then boil it for 5 – 6 minutes





ENJOY!



Kupiškis Laurynas Stuoka-Gucevičius gymnasium

Dishes of Lithuania

Simona Petrulytė, Vilija Jackevičiūtė, Džiugas Timukas 1b



Lithuanian kitchen

Because of history, bonds and influence our kitchen has a lot of similarities to nations around us, but for it are specific peculiarities which let it talk about separate traditions.

Nors dėl istorinių ryšių ir įtakų ji turi daug panašumų į kitas aplinkinių tautų virtuves, jai būdingi savitumai leidžia kalbėti apie ją kaip apie atskirą tradiciją.



In Lithuania from old times food is delivered for a big family, one of favorites are dishes of potatoes, often eaten cold dishes.

Lietuvoje jau nuo senų laikų maistas tiekiamas gausiai šeimai, mėgstami bulvių patiekalai, dažnai vartojami šalti patiekalai.



Development

- People of the nation feeding was based on historically established temperate natural conditions lead to sedentary farmers and livestock producers dishes, which are well known from XIX–XX beginning of the peasant cuisine researches.
- Krašto žmonių maitinimosi pagrindą sudarė istoriškai susiklostę vidutinės klimato juostos gamtinių sąlygų nulemti sėslių žemdirbių ir gyvulių augintojų patiekalai, neblogai žinomi iš XIX–XX a. pradžios valstietiškos virtuvės tyrimų.



Main dishes

- Didžkukuliai - Potato dumplings
- Vėdarai - Vedar
- Švilpikai - marmots
- Bulvių plokštainis - Potato pie
- Virtiniai - dumplings
- Šaltibarščiai- Cold beet soup
- Barščiai – Borsch
- Saldi sriuba – Sweet soup



Potato Dumplings/ Cepelinai/didžkukuliai

Ingredients

- 4 kg of potatoes
- Mince 1 kg
- Onion 2 pieces
- Fat 200 g
- Black pepper 1 tbsp
- 2 tablespoons salt
- Sour cream 200 ml

Ingredientai

- Bulvės 4 kg
- Faršas 1 kg
- Svogūnas 2 vnt
- Lašiniai 200 g
- Juodieji pipirai 1 šaukštų
- Druska 2 šaukštų
- Grietinė 200 ml



Potato Dumplings/ Cepelinai/didžkukuliai





Vedar/Vėdarai

- Vedar is national lithuanian dish. It is made by frying pig's entrails and fillings.
- The most popular type of vedar: with potatoes and hematic.
- Vedar are served with greaves like second dish for lunch.
- Vėdarai – lietuvių tautinis patiekalas. Gaminamas kepant kiaulės žarnas su įdaru.
- Populiariausios yra dvi vėdarų rūšys: bulviniai ir kraujiniai.
- Vėdarai patiekiami su spirgučiais, kaip antrasis patiekalas pietums.



Vedar/Vèdarai



Cold Beet Soup/Šaltibarščiai

- Cold Beet Soup – It's the traditional cold borsch soup in Eastern European countries.
- Fresh beets are cut and cook (sometimes together with leaves). After cooling beetroot soup poured milk, kefir, cucumber, hard-boiled egg, carrots, seasoned with dill, onion and parsley. The soup is eaten with boiled potatoes.
- Šaltibarščiai– Rytų Europos šalių tradicinė šalta barščių sriuba.
- Supjaustomi ir išverdami švieži burokėliai (kartais ir drauge su lapais). Atšaldžius burokėlių sriubą dedamas pienas, kefyras, agurkai, kietai virtas kiaušinis, morkos, pagardinama krapais, svogūnų laiškais ir petražolėmis. Sriuba valgoma su virtomis bulvėmis.



Cold Beet Soup/Šaltibarščiai





ŠALTIBARŠČIAI



Home made cheese/ Naminis sūris



Branch/ Šakotis





Traditional lithuanian sausage/Skilandis

- Traditional lithuanian sausage – one of the most popular traditional smoked meat Lithuania. This home made meat generally produced exclusively from pork.
- Skilandis – vienas iš populiariausių tradicinių rūkytų mėsos gaminių Lietuvoje. Namų sąlygomis skilandis paprastai gaminamas vien iš kiaulienos



Traditional lithuanian sausage/Skilandis



Traditional lithuanian sausage/Skilandis



Potato Pie/Kugel/Bulvių Plokštainis/Kūgelis

- Potato pie or kugel – a dish of grated potatoes and eggs baked in oven.
- This dish is made by different chefs in different ways.
- Often added onions, carrots, and sometimes cottage cheese. An important part of the dish is the sauce, which can also be quite different (traditionally - greaves).
- Bulvių plokštainis arba kugelis – orkaitėje kepamas patiekalas iš tarkuotų bulvių ir kiaušinių.
- Šis patiekalas skirtingų virėjų gaminamas įvairiai, neretai dedama svogūnų, kai kada morkų ar varškės. Svarbi patiekalo dalis yra padažas, kuris irgi gali būti gana įvairus (tradiciškai – spirgučiai).







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Thank you for attention!



Kupiskis Laurynas Stuoka – Gucevicius gymnasium

Traditional Lithuanian Dessert

Made by: Vaiva Barzdenyte, Guste
Bliekaite, Gintare Jursenaite,
Tautvydas Sriubike



Žagarėliai

Žagarėliai (also known as krustai or chrustai) are twisted, thin deep-fried pastries dusted with powdered sugar; similar to Polish faworkis or Mexican buñuelo.



Recipe

- **Products:**
- 4 eggs
- 2 tablespoons of sugar
- 100 g sour cream
- A bit of salt
- 450 g sour
- 0,5 - 1l oil
- 50 g sugar powder



Procedure

- Whisk up the eggs with sugar, salt and sour cream. Then put flour and mix everything.
- Knead the batter, but don't put any more flour.
- When the batter is elastic, put it in a fridge.
- Put some flour on the table and take some batter. Roll thin leaf of batter, then cut it into the rhombuses. Make a cut in the middle and bend the top through the middle cut and pull it out.



- When it's done boil some oil and put them into it. Bake till it gets golden and when you take them out, dry them by putting on a paper towel. When everything's done pour some sugar powder.

Voila! Enjoy!



Thank you for your attention!



FOCUS RECIPES

