



GASTRO-GUIDE

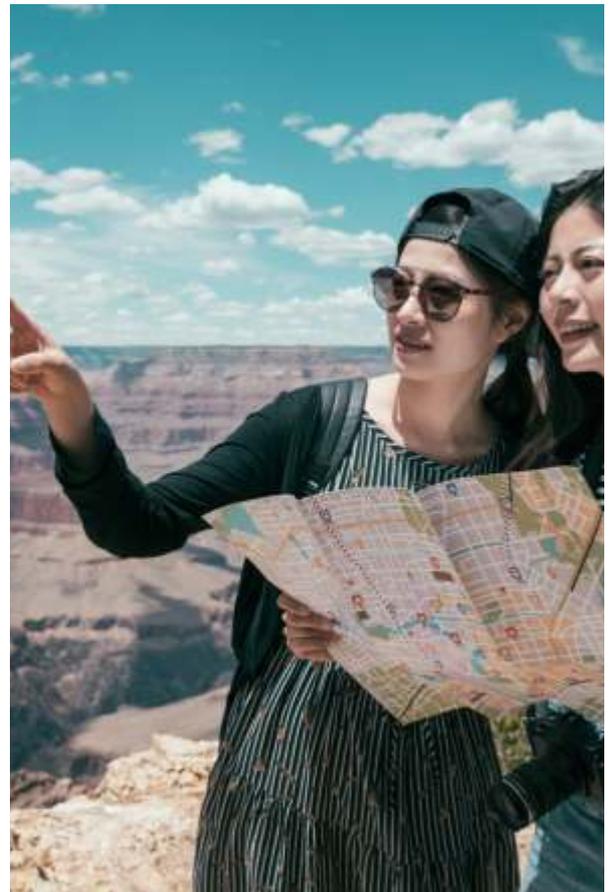


Co-funded by the
Erasmus+ Programme
of the European Union

GASTRO GUIDE

REGIONAL RECIPES

<https://www.gastro-guide.eu/>



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THE PROJECT

Erasmus+ project: GASTRO-GUIDE - new professional profile for rural sustainability through education and promotion of agro-food and gastronomy

More information about the project:

<https://gastro-guide.eu/>

<https://www.facebook.com/GastroGuide22>

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INTRODUCTION

“The basis of tourism is perception of otherness, of something being different from the usual.”

— Lucy M. Long, *Culinary Tourism*

The main objective of the GASTRO-GUIDE project is to develop a new professional profile for coaches in the area of gastronomy and cultural tourism in rural areas.

The project focuses in the development of the new professional profile of GASTRO-GUIDE. The GASTRO-GUIDE helps local villagers express their knowledge to those who come in order to welcome better the visitors. He/she gains the didactic collaboration and the hospitality of his/her own neighbors by teaching them the skills of receiving visitors. Gastro Guide encourages his/her local villagers' neighbors to be enterprising by producing handmade food, rehabilitating old houses and proposing guest lodgings, helping them to be creative, handicrafts such as ceramics, etc. And also create small plantations of autochthonous food products, farm animals. He/she can encourage local people to preserve plants/food and encourage those who run restaurants to use local food/plants in their quality local cuisine. On one side the Gastro-Guide trains his/her local neighbors, and in the other side he/she teaches the visitors about the village's culture, gastronomy, local food products etc. The Gastro Guide makes its small village a didactic space for learning and experimentation for catering workers, food production companies and people of all ages interested in gastronomy. The project focuses in the further strengthening of the competences in the tourism especially in the Gastronomy tourism in rural low development regions through the development of the professional profile of the person who works as coach/trainer to inhabitants (mainly young, unemployment, women, disable) to cover their lack of skills regarding the local communities; gastronomy, cultural and natural heritage.

THE GUIDE

In the “Gastro-Guide Regional Recipes” you will find 50 local recipes of GASTRO-GUIDES from 6 partner countries: Bulgaria, Greece, Italy, Lithuania, Poland and Spain.

We hope, you can find a lot of inspiration and motivation from our Gastro Guides. On our Youtube channel: <https://www.youtube.com/@gastro-guide/videos>, you can find videos of the Gastro Guides and get to know them better.



BULGARIA 01





Bulgaria, North-Eastern region, v. Krushari



50 min

STEWED CHICKEN WITH PRUNES

Ingredients

4 servings	Chicken	1	Bay leaf
6-7	Onions		Black pepper (whole)
3-4 cloves	Garlic		Savory
100 g	Dried prunes		Salt
400 g	Canned tomatoes		Fresh parsley
1 tbsp.	Paprika		Sunflower oil
1 tbsp.	Flour		

Preparation

01

Chop the onion and garlic roughly. Soak the prunes in hot water.

02

Saute the chicken servings with the onion and garlic. Season with salt, paprika, black pepper and bay leaf. Add the tomatoes, savory and a little water. Cook on low heat until the ingredients are cooked. Add the prunes and add the flour diluted in a little cold water. Cook a little more until it thickens slightly. Before serving, sprinkle the chopped parsley.

03

Enjoy your meal!

The dish is best served warm.



Bulgaria, Northern Black Sea coast



40 min



Fish and fish products

OVEN BAKED LEFFER (BLUEFISH) WITH POTATO GARNISH

Ingredients

2 pcs	Fresh Black Sea leffer	3 cloves	Crushed garlic
200 g	Olive oil	6 sprigs	Rosemary
20 g	Lemon zest	1/2 lemon	Juice
30 g	Lovage	1	Lemon
	Salt	8	Cherry tomatoes
	White pepper	10 ml	cow butter flavored with garlic
	Black pepper	2 pinches	Chopped dill
1 tsp	Dried vegetable mix /carrot, onion, leek/	200 g	Potatoes

Preparation

01

The fish is cleaned and filleted. Season each fillet on both sides with olive oil, lemon zest, a pinch of salt, white and black pepper, a little crushed garlic, finely chopped lovage, 4-5 small sprigs of rosemary, lemon juice.

02

Bake in oven/convection oven for 6 minutes at 65% humidity.

03

The peeled potatoes are cut into cubes, boiled and fried in a deep fryer. Season with dill, crushed garlic and a mix of dried spices.

04

Garnish each plate with 2 cherry tomatoes cut into halves, quarter lemon, sprig of rosemary.

05

Enjoy your meal!

The dish is best served warm.



🕒 30 min

✓ Dairy

✓ Meat

MEAT AND VEGETABLES BAKED ON A CAST IRON PAN

Ingredients

500 g	Pork meat	300 ml	White wine
200 g	Fresh green pepper	100 ml	Cooking cream
200 g	Mushrooms	100 ml	Sunflower oil
200 g	Onions	¼	Lemon
200 g	Baby carrots	100 g	Yellow cheese
200 g	Broccoli		A sprig of parsley
200 g	Cauliflower		Mix of spices

Preparation

01 Cut the meat into small pieces for cooking. Cut the vegetables into crescents, excluding the baby carrots.

02 In a pan with hot oil fry the meat. Add onion, green pepper, mushrooms, a bit of the dry spice mix. After a short saute, add the baby carrots, broccoli florets and cauliflower florets and the white wine. Cover the dish and simmer until the wine has evaporated. Finally add the cream.

03 Transfer the cooked products from the pan to a hot cast iron pan. Decorate with 3-4 strips of cheese, a quarter of a lemon and a sprig of parsley.

04 **Enjoy your meal!**
Best served warm.



Bulgaria, Northern Black
Sea coast



20 min



Dairy



Spicy food

GAGAUZ SPECIALITY “SPICY CHEESE”

Ingredients

200 g	Hot peppers (green)
300 g	Homemade cheese (White Bulgarian cheese)
3 tbsp.	Sunflower oil
2-3 pinches	Savory
2-3 pinches	Paprika

Preparation

01

Remove the stems from the hot peppers and cut them into rings. Crumble the cheese.

02

In a frying pan with heated oil fry the hot peppers until lightly browned. Add the crumbled cheese. Stir until the water from the cheese evaporates and the mixture thickens. Take it off the heat and sprinkle with the savory and paprika.

03

The dish is served warm as a spread with homemade bread or toast.

04

Enjoy your meal!
But be careful, it's quite hot spicy.



30 min



Vegan

“TOPENITSA” WITH ROASTED PEPPERS

Ingredients

500 g	Roasted red peppers
500 g	Roasted tomatoes
2	Onions
	Salt

Preparation

- 01** The roasted red peppers are cleaned of skins, stems and seeds. Peel the roasted tomatoes. Peel the onions. Each product is finely chopped and crushed in a wooden or marble mortar.
- 02** In a suitably sized pot, mix all the ingredients and add salt.
- 03** Served with warm bread for dipping.
- 04** **Enjoy your meal!**



50 min



Gluten

TRADITIONAL DOBRUDZHA FLATBREAD

Ingredients

370 g	Organic white wheat flour
100 g	Lard/butter
175 ml	Boiling water
1 tsp	Salt
1 tsp	Vinegar

The flatbread can be made with a filling (optional). Some options for the filling are: Bulgarian white cheese, yellow cheese and eggs.

Preparation

01

Knead the ingredients to form a smooth ball of dough that will rise for 20 minutes. Divide into four smaller balls which are rolled out to a thickness of 0,5 mm. With a knife, shape into rectangles, squares or other shapes, but so that they can be easily baked and turned over.

02

Stuffing (bulgarian white cheese, eggs, yellow cheese) is placed in a square in the shaped dough and it is folded into a triangle.

03

Bake the rolled out dough on a baking sheet for 3-4 minutes on each side.

The stuffed flatbreads are baked for up to 6 minutes on each side.

04

The flatbread is served warm, lightly brushed on one side with sunflower oil infused with garlic and rosemary.

Enjoy your meal!



50 min



Fish

DANUBE FISH SOUP

Ingredients

200-300 g	At least 3 types of fresh Danube fish /catfish, flounder, bream/		
100 ml	Vegetable oil		
3	Onions		
1	Carrot	1 tsp	Ground black pepper
1	Fresh green pepper		Lemon juice or vinegar
1 bundle	Lovage		Water
	Salt		
1	Fresh red pepper		

Preparation

01

The cleaned fish is boiled in water seasoned with a little bit of salt and oil until it begins to separate from the bones. Remove with a slotted spoon and allow the stock to settle and strain. Add the ground black pepper.

02

Fry the chopped carrot and onion with a little oil.

03

Add the fried vegetables and fish to the fish stock, and once boiling, add the chopped fresh green and red peppers and cook until they get soft. After taking the broth off the heat, add the chopped lovage.

04

The fish soup is served warm, flavored with lemon juice or vinegar.
Enjoy your meal!



1 hour



Gluten



Dairy

HOMEMADE “PARLENKA” (TRADITIONAL BREAD)

Ingredients

500 g	Flour	3 tbsp	Vegetable oil
14 g	Dry yeast		A pinch of baking soda
400 g	Yogurt		Lukewarm water
1	Egg		
1 tbsp.	Salt		
1 tsp	Sugar		

Preparation

01

Mix the bread yeast, sugar, lukewarm water, a pinch of salt, 1 tablespoon flour and leave to rise. Add the baking soda to the yogurt and whisk to incorporate. Break the egg into the sifted flour, add the yogurt, oil, salt and yeast. Knead until a not too stiff dough forms. Let it rise for 30 min.

02

The dough is divided into small balls which are rolled out or shaped by hand.

03

Bake on a dry Teflon pan or frying pan.

04

Serve warm, brushed with butter or garlic-flavored oil.
Enjoy your meal!

GREECE

02

MAGNESIA





 25min

 Vegan

OLIVE BREAD “ELIOPSOMO”

Ingredients

¼ cup	Extra-virgin olive oil
2 cups	Water
500 gr	All-purpose flour
200 gr	Olives cut in slices
8 gr	Yeast
1-2 pieces	Dry onions cut in slices
	A pinch of salt, oregano and thyme

Preparation

- 01** Sauté the onions in a pan using olive oil. Warm the water to medium temperature, mix it with the yeast, pour it into a jug and mix it well.
- 02** Place the flour in a bowl and add the dissolved yeast and olive oil. Then, mix them until a thick mixture is formed. Finally, add the onions, the olives, salt, oregano and thyme.
- 03** Grease a baking tray with olive oil, place the dough and let it rest for 30'. Drizzle the surface with olive oil and bake for 30'-35'
- 04** **Eat it, while it is still warm!!!**



1 hour 10 min

STUFFED ZUCCHINI WITH MINCED MEAT AND EGG/LEMON SAUCE

Ingredients

1 cup	Extra virgin olive oil	For the egg-lemon sause
8 pieces	zucchinis for stuffing	
2 pieces	Dry onions finely chopped	3 eggs.
½ handful	Parsley / drill	The juice of 3 lemons
500 gr	Minced beef	1tbsp of cornstarch
1 cup	Rice	
	Salt and pepper	
	1 grated carrot & 2 chopped carrots	

Preparation

- 01** Cut the top of all zucchinis and remove the interior. In a bowl, put the minced beef, the rice, $\frac{3}{4}$ of the olive oil, the onion, the dill, the parsley, the grated carrot, half of the zucchinis' flesh and half a cup of water. Knead well, add salt and pepper.
- 02** Stuff the zucchinis with the mixture and place them in a wide pot, next to each other. Add water to cover them, add the remaining olive oil and simmer for about 20'. Remove the pot from the heat and keep the stock warm.
- 03** Separate the yolks and the egg whites, whisk the whites. Add the egg yolks, cornstarch, lemon, salt, pepper and mix well. Add the hot stock, gradually until the mixture reaches the same temperature. Add it slowly into the saucepan. Simmer for about 1' and our stuffed zucchinis are ready.
- 04** Serve with finely chopped dill and enjoy!



[Greece, Volos]



40 min



Gluten free

GRILLED OCTOPUS

Ingredients

1 whole	Octopus
3 pieces	Onions
3 spoons	Vinegar / red wine
1 spoon	Peppercorns
50 gr	Extra virgin olive oil

Preparation

- 01** Rinse the octopus tentacles to remove dirt. Add big onion chunks to a cooking pot and place the octopus mantle-up on the onions.
- 02** Pour vinegar and peppercorns into the pot and cover with plastic wrap. To tenderize the octopus, boil in a pot over medium heat for 20–25 minutes. Take the pot from the heat, gently remove the plastic wrap, and examine the octopus for tenderness. Take the octopus out of the the pot and let it cool.
- 03** Remove the beak and mantle. Expel any remaining innards and separate its tentacles. Grease the tentacles and mantle and grill it till golden for 3–4 minutes each side.
- 04** Serve with fresh chopped carrots and cabbage. **Enjoy!**



40 min

SPETZOFAI (PELION TRADITIONAL RECIPE WITH HOMEMADE SAUSAGE AND PEPPERS)

Ingredients

1 kg	Pelion sausages
½ kg	Green peppers
4 pieces	Ripe tomatoes
2 cups	Extra-virgin olive oil
1-2 pieces	Chili peppers
1 piece	Chopped clove of garlic
1 pinch	Salt and freshly ground black pepper to taste

Preparation

- 01** Wash the peppers, remove the stalks and spores and dry them. Get your pan ready with half of the given portion of olive oil.
- 02** Fry the green peppers, add the chopped tomatoes, the garlic, the chili peppers, add salt and pepper. Fry the sausages, which are cut into pieces, with the remaining olive oil in another pan and add to the peppers.
- 03** Simmer for about 10 minutes.
- 04** **Spetzofai, is ready!**



1 hour

ROOSTER WITH TOMATO SAUCE AND TRADITIONAL GREEK PASTA (CHILOPITES)

Ingredients

1 whole	Rooster	1 stick	Cinnamon stick
1 piece	Hopped onion	2-3	Allspice berries
1 piece	Grated tomato	2-3	Bay leaves
1 tbsp	Tomato paste	500 gr	Greek chilopites or spaghetti
½ cup	Red wine	100 gr	Kefalotyri (hard yellow cheese)
1 cup	Extra-virgin olive oil		
1 tsp	Salt / pepper		
1 pinch	Sugar		

Preparation

- 01** Cut the rooster in big pieces, add salt and pepper, and fry them for a while from both sides. Add the onion and sauté for 5 more minutes. Pour the wine and let it boil.
- 02** Add the grated tomato, the tomato paste, the sugar, the cinnamon, the bay leaves, the allspice berries and the salt. Pour 2-3 glasses of warm water and let the rooster boil on low heat for 1 hour and 30'.
- 03** Boil the pasta in salted water, then drain. Serve the pasta with the cooked rooster on top. Sprinkle kefalotyri cheese on top.
- 04** It is seriously next level deliciousness!



[Greece, Mikro]



15 min

GREEK RICE PUDDING (RYZOGALO)

Ingredients

1 cup	Rice
3 cups	Water
1ltr	Fresh milk
½ cup	Brown or white sugar
½tsp xtract	Vanilla extract
1 stick	Cinnamon
	Orange or lemon peel or rose water

Preparation

- 01** In a casserole, boil the water and the rice in low heat. Add the milk, the sugar and the vanilla. Constantly stir until slightly thickens.
- 02** If you like to add some extra flavor to your Greek rice pudding, add lemon peel or orange zest.
- 03** Fill individual bowls, with the ryzogalo and store in the fridge. Sprinkle cinnamon and serve.
- 04** Really delicious, despite its seeming simplicity!



20 min

GREEK FRIED DONUTS (LOUKOUMADES)

Ingredients

500 gr	Flour
8 gr	Dry yeast
¾ tsp	Salt
2 cups	Lukewarm water
	Extra-virgin olive oil
	Flower honey
	Cinnamon
	Sesame seeds and walnuts

Preparation

- 01** In a big bowl, add the flour and the yeast. Add the water slowly and mix until a thick batter is formed. Then add the salt. Cover the bowl and set aside in a warm place for 1-2 hours, until it doubles in size.
- 02** In a deep pot, heat the olive oil. Dip your left hand into the batter and carefully clench your fist so that the batter coming out of the gap, next to your thumb so that it forms a little ball. Dip a tablespoon in water and place the batter ball in it, so that it may easily come off when you let it fall onto the hot oil in order to fry it. Repeat the same procedure with the rest of the batter.
- 03** Fry them until golden brown and place into absorbent paper. Place on a platter, sprinkle with honey, and cinnamon on top, walnuts and sesame seeds.
- 04** More simple than you think, this treat is loved by both young and old.



5 min

COOKED GREENS WITH POACHED EGGS (IN OLIVE OIL WITH TOMATO SAUCE)

Ingredients

4 whole	Eggs
500 gr	Wild greens
2 dry & 4 fresh	Onions
$\frac{1}{4}$	Chopped dill / parsley
$\frac{1}{2}$	$\frac{1}{2}$ chopped fennel
2-3 leaves	Peppermint
1-2 pieces	Chopped tomatoes
1 pinch	Salt and freshly ground black pepper to taste,
1-2 cups	Extra-virgin olive oil,
1 whole	Chili pepper

Preparation

- 01** Wash the greens and chop them.
- 02** Put olive oil in a pan and sauté the onions, add the greens, the tomatoes, salt, pepper and a cup of water and let them simmer.
- 03** Just before they are done, smash the eggs over the greens and cover the pot until the egg whites and yolks are cooked.
- 04** The cooking time is just four minutes, but the memories it makes lasts a lifetime!



15 min

SCRAMBLED EGGS WITH FRESH TOMATO AND FETA CHEESE (STRAPATSADA)

Ingredients

3	Eggs
3	Grated tomatoes
50gr	Feta cheese in pieces
1 pinch	Salt, sugar, freshly ground black pepper
½ cup	Extra-virgin olive oil
1-2 slices	Peppers

Preparation

- 01** Add olive oil in a large saucepan and wait until it's hot. Add the grated tomatoes, salt, sugar, pepper and simmer for 4'-5'.
- 02** Add the eggs and stir constantly, until the eggs are cooked and there is no moisture left in the pan.
- 03** Add one slice of feta in pieces and fresh parsley on top and serve. If desired add peppers in the tomato mix.
- 04** This is incredibly easy, yet the flavor is absolutely mind-blowing!

LITHUANIA 04





 ~ 1 h

✓ for 8 people

HONEY CAKE RECIPE

Ingredients

For the biscuit

370 g flour
2 eggs
50 g butter
50 g sugar
40 g brown sugar
2 tsp honey
1 tsp vinegar
0,5 tsp soda

For the cream filling

1,5 tsp gelatin
900 g sour cream 30%
60 ml cold water
6 tsp powdered sugar
0,5 lemon

Preparation

- 01** Beat eggs in a metal bowl (or pot), pour honey, add butter, add sugar and place over the pot with water. Heat, stirring constantly, until sugar dissolves and it becomes one solid mass, but do not boil.
- 02** Add vinegar-slaked soda to the resulting mass, mix. Finally, add flour and knead the dough. The dough should not stick to your hands at all. Then divide it into 5 equal parts and roll out each part very thinly directly on the baking paper (roll the sheets very thinly, because they puff up during baking). Take a round shape of the desired size and cut the dough placing the shape on top of each rolled sheet of dough.
- 03** Bake one sheet for 5 minutes in an oven heated to 180 degrees (celsius). Bake the cutted edges of the dough as well (while baking one sheet, roll another, after removing the baked one, immediately put a new one to bake, and so on until you bake them all). Cool the baked sheets on the grill.
- 04** Pour gelatin with water and leave to swell. Dissolve the gelatin over low heat while stirring (do not boil). Leave to cool.
- 05** Put sour cream in a large bowl, add powdered sugar and beat until it is stiff. Add lemon juice, mix, taste to check if nothing is missing. Pour the gelatin into the cream in a small stream while whisking. Put it in the fridge for 5-10 minutes so that the cream hardens a little. Finally, spread the biscuit sheets and decorate. Place in the refrigerator for at least a day. DELICIOUS!!!



FRIED GOAT CHEESE WITH CUCUMBER SAUCE RECIPE

 ~ 45 min

✓ vegetarian

✓ for 2 people

Ingredients

0.4 kg Traditional sweet goat's milk cheese

2 Tomatoes

According to your taste add:

- olive or other oil
- salt
- pepper
- flour
- dill
- garlic

Cucumber sauce

According to your taste add:
mayonnaise, garlic, pepper,
dill, pickled cucumber

Preparation

- 01** Cut the goat cheese and tomatoes into slices.
- 02** Squeeze the garlic in a bowl, sprinkle with salt and pepper and mix everything.
- 03** Rub each slice of cheese with a garlic mash and let it stand for 30 min.
- 04** Roll the cheese slices in flour.
- 05** Pour a little oil on a heated pan and fry one side of the cheese. After turning the cheese over, place a tomato on each cheese slice and sprinkle with salt and dill.
- 06** **PREPARING THE CUCUMBER SAUCE**
To prepare cucumber sauce for fried cheese, squeeze garlic into mayonnaise (if you like it spicy add more garlic). Add grated pickled cucumber (if you like it more sour add more cucumber).
Season the sauce with pepper and dill.
Mix everything well
- 07** Baked goat cheese with cucumber sauce is served hot. ENJOY!



 ~ 30 min

✓ for 2-3 people

✓ vegetarian

SPELT FLOUR PANCAKES WITH POMACHKE RECIPE

Ingredients

For the pancakes

2 cups Hot water (40-50 degrees C)
 1 cup Spelt flour
 1 Egg
 According to your taste add salt

For the sauce "pomachke"

1 spoon Butter
 2 spoons Sour cream
 1 Onion
 According to your taste add smoked or salted fat, salt, pepper and mushrooms (boletus or champignons, or other)

Preparation

01 Add salt and flour to the water and mix everything well. Then add the egg and mix well again. The dough should be liquid. Leave it for 15 min. to rest.

02 Grease a well-heated pan with fat and bake pancakes.

PREPARING THE "POMACHKE" SAUCE

03 After baking the pancakes, we prepare the sauce. Finely chop the fat and onion. Fry it. Add butter and sliced mushrooms. Fry everything, add sour cream, season with salt and pepper (if desired). Let it stew a little.

04 Dip the pancakes in the sauce and ENJOY!



~ 2:15 h



for 2-3 people



vegetarian

BUTTER WITH HERBS AND SPICES RECIPE

Ingredients

200 g Butter

1 L Salted water

According to your taste add garlic

According to your taste add dill

Bread

Preparation

01

Put the butter into salted water and leave it for 2 hours.

02

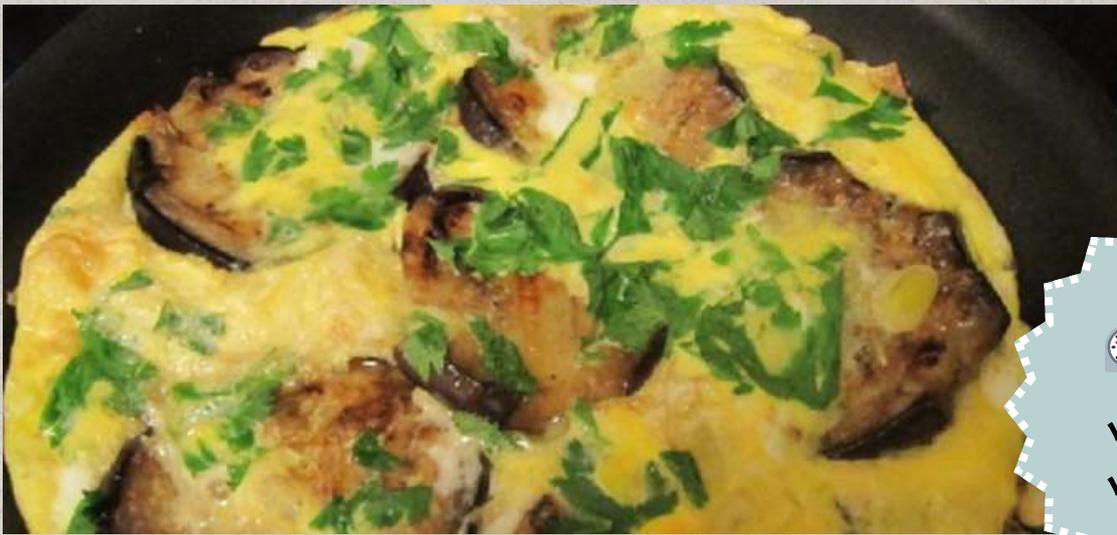
After extracting the butter from the salted water, season it with various herbs and spices: garlic, dill, etc.

03

Mix everything.

04

Spread the prepared butter on black bread and serve it to the table. ENJOY!



 ~ 20 min.

✓ for 2 people

✓ vegetarian

OMELET WITH EGGPLANT AND BASIL RECIPE

Ingredients

- 6 Eggs
- 1 Eggplant
- 1 Tomato
- 200 g Hard cheese
- 2 spoons Olive oil

According to your taste add Ghee butter for cooking

According to your taste add basil leaves

According to your taste add spices: pepper, salt, turmeric, oregano, dill, green onions

Preparation

- 01** Cut the eggplant into slices or sticks and put it in a bowl.
- 02** Splash it with olive oil, season with spices.
- 03** Heat a pan with butter, fry the prepared eggplant.
- 04** Beat the eggs and pour them into the pan on top of the eggplants. Close the lid, fry a little.
- 05** Then put a layer of grated hard cheese, put sliced tomato on top, sprinkle with spices, add basil leaves.
- 06** After closing the lid, fry for a few minutes until the cheese melts. ENJOY!



 ~ 15 min.

✓ for 2 people

✓ vegetarian

"LIMASOLIS" CHEESE ROAST WITH MELON AND BALSAMIC SAUCE RECIPE

Ingredients

150 g	Cheese "Limasolis"
200 g	Melon
50 g	Butter
50 g	Balsamic sauce
4-5	Mint leaves

Preparation

- 01** In a pan add the butter and when it melts add the cheese. Fry it on both sides on a low heat. It should soften and become brown
- 02** On a separate plate cut the melon into cubes.
- 03** On a plate with the sliced melon put the baked cheese and sprinkle it with balsamic sauce.
- 04** Garnish with mint leaves. ENJOY!



 ~ 2:45 h.

✓ for 3-4 people

✓ vegetarian

SOFIJA'S GINGERBREAD RECIPE

Sofija was the president's, Antanas Smetona, wife

Ingredients

- 2 Eggs
- 130 g Sugar
- 100 g Butter
- 100 g Honey
- 500 g Flour

A pinch of salt, allspice, bitter pepper, grounded cloves, vanilla

Preparation

- 01** Put sugar, honey, butter, salt and spices for gingerbread in a pot. Heat on low heat, stirring constantly, do not let it boil.
- 02** After removing the pot from the heat, allow the mass to cool down.
- 03** Add the eggs into the cooled mass and mix everything well. The last step is to add flour and knead well, leave the dough for a couple of hours in the cool place.
- 04** After that, roll out the dough until it becomes 0,5 cm thick, press out the desired images with molds, you can cut them out or make paper stencils beforehand.
- 05** Bake in the oven, but watch for them not to burn. If you bake in the industrial oven, heat it to 180 degrees and bake for about 7-8 minutes. ENJOY!



~ few weeks



vegetarian

APPLE CHEESE RECIPE

Ingredients

- 5 kg Antanovka apples
- 1 kg Sugar

Preparation

- 01** Peel and cut apples into slices, pour sugar on them and wait until syrup appears.
- 02** Pour the syrup into another bowl, boil and cook until half of it remains, then add the chopped apples.
- 03** Boil for 1.5-2 hours, it is necessary to stir, because there is a possibility that it will stick to the bottom.
- 04** We put the resulting hot mass in the cheese bags, press them down, and keep it until the syrup stops running.
- 05** Dry the cheese at a temperature of 50°-60° for 6 hours. We mature the already dried cheese for several weeks before eating. ENJOY!

ITALY

EMILIA ROMAGNA

03





IGP PIADINA ROMAGNOLA WITH PDO PIACENTINA COPPA, ROCKET PESTO AND STRACCIATELLA

✓ Finger food

Ingredients

x4 PGI Piadine Romagnole

200 g	PDO Coppa Piacentina		
250 g	Fresh stracciatella	50 g	Pine nuts
100 g	Fresh rocket	50 g	Pecorino cheese
60 g	PDO Parmigiano Reggiano		Salt and pepper
1 clove	Garlic		
150 g	Extra virgin olive oil		

01

The first step will be to prepare the pesto: clean the rocket leaves under plenty of cold water, drying them carefully on a sheet of absorbent paper. Be careful not to crush them too much to avoid them darkening and losing their bright green color.

02

Place them in the pestle together with the pine nuts, a pinch of salt and pepper, the cheeses and a first spoonful of oil. Crush with a mortar, adding oil when necessary, until you obtain the typical consistency of pesto.

03

Let it rest in the fridge with a cap or cling film so that it thickens and concentrates all the flavours.

04

Meanwhile, heat the PGI Piadina Romagna on both sides for four minutes and, once cooked, fill them with PDO Coppa Piacentina, stracciatella and, to your liking, the pesto that you removed from the fridge a few seconds before serving.

05

Enjoy your meal!

Preparation



PARMESAN RISOTTO WITH MODENA PGI BALSAMIC VINEGAR PODS

✓ First course

Ingredients

- 320g Vialone nano rice
- Aged Modena PGI Balsamic Vinegar
- 1l Meat or vegetable broth
- ½ Small onion
- Butter to taste
- Grated PDO Parmigiano Reggiano

Preparation

- 01** Place some grated PDO Parmigiano Reggiano in a bowl with the addition of a few drops of aged Modena PGI Balsamic Vinegar. Mix well and form uniform balls which you will place on a rectangle of baking paper.
- 02** Fold the paper over the ball, then flatten and form thin waffles to leave in the middle of the baking paper. Cook quickly in a non-stick pan on both sides. Remove them from the heat.
- 03** In a saucepan, lightly fry the finely chopped onion, after a couple of minutes toast the rice. Continue cooking the risotto, adding the broth little at a time.
- 04** Once cooked, when the rice is al dente, stir in a knob of cold butter and PDO Parmigiano Reggiano, then mix and let it rest covered for a minute.
- 05** Serve the rice with 2 waffles per portion and adding a drizzle of aged Modena PGI Balsamic Vinegar on the side of the plate.
- 06** **Enjoy your meal!**
Enjoy the risotto by mixing all the ingredients to taste.



✓ First course

PGI PUMPKIN CAPPELLACCI OF FERRARA

Ingredients

For the pastry

250 g White soft wheat flour type 00
3 Eggs
Salt

For the stuffing

400 g Pumpkin pulp
120 g Grated PDO Parmigiano Reggiano
60 g Breadcrumbs
Nutmeg, salt and pepper

01

Prepare the pastry in the usual way, roll it out not too thinly and cut it into many squares which you will fill with the mixture that you have prepared separately.

02

Cook the pumpkin in the oven, remove the peel and, with the help of a fork, crush it until it becomes a rather homogeneous paste, add the PDO Parmigiano Reggiano cheese and nutmeg, and mix well.

03

With the help of a teaspoon, place some large walnuts in the center of the previously prepared square of puff pastry and close the squares as you are used to making cappelletti.

04

Cook them in plenty of salted water for about 5 minutes, picking them up with a spoon or slotted spoon as soon as they come to the surface.

05

Season with meat sauce or melted butter, sage and sprinkle with grated PDO Parmigiano Reggiano if desired.

06

Enjoy your meal!



✓ First course

PASSATELLI WITH ROMAGNA USE IN PDO PIACENTINA BACON SAUCE

Ingredients

350 g	Breadcrumbs
350 g	Grated PDO Parmigiano Reggiano
50 g	White flour type «00»
8	Eggs
	Lemon peel to taste
	Nutmeg to taste
150 g	PDO Piacentina bacon
50 g	Courgettes
½	Red onion
	Extra virgin olive oil
	Pepper

Preparation

01

Mix all the ingredients (i.e. the breadcrumbs, the PDO Parmigiano Reggiano, the eggs, the white flour type «00», the nutmeg and the lemon peel) very well until you obtain a homogeneous mixture. Once you have reached the right consistency, let it rest for at least 3 hours in the refrigerator.

02

For the sauce, cut the red onion into julienne strips and sauté in a non-stick pan, add the PDO Piacentina Bacon and turn off the heat so that it remains soft.

03

Separately, with a drizzle of extra virgin olive oil, sauté the courgettes, previously cut into crescents, for a few minutes and combine everything.

04

Using the appropriate tool (similar to a potato masher, but with larger holes), make passatelli and cook them in boiling salted water, taking great care to drain them as soon as they rise to the surface.

05

Season them with the PDO Piacentina Bacon sauce and courgettes and serve with a drizzle of raw extra virgin olive oil.



✓ Second course

PGI WHITE VEAL CARPACCIO FROM APPENNINO CENTRALE WITH PDO TRADITIONAL BALSAMIC VINEGAR OF REGGIO EMILIA

Ingredients

300 g	PGI White Veal from Appennino Centrale
150 g	Mixed salad
	PDO Colline di Romagna extra virgin olive oil
3 spoons	PDO Traditional Balsamic Vinegar of Reggio Emilia
	Salt and white pepper to taste

Preparation

- 01** Cut the fillet into thin slices and very delicately beat them until you obtain very fine slices.
- 02** Combine the PDO Traditional Balsamic Vinegar of Reggio Emilia and PDO Colline di Romagna extra virgin olive oil in a bowl to form a sauce.
- 03** Arrange the previously washed, carefully dried and irregularly chopped salad on the plate, season it lightly with extra virgin olive oil, salt and pepper and place the meat on top.
- 04** Season everything with PDO Traditional Balsamic Vinegar of Reggio Emilia sauce.
- 05** Leave to rest for a few minutes and serve with a garnish of cherry tomatoes and fresh aromatic herbs.
- 06** **Enjoy your meal!**



COOKED WINTER PEAR WITH DOCG ALBANA DI ROMAGNA PASSITO WINE AND CHOCOLATE GLAZED

✓ Dessert

Ingredients

200 g	Dark chocolate
130 g	Sugar
15 g	Butter
4	Emilia-Romagna PGI pears
1	Cinnamon stick
¼ l	Albana di Romagna DOCG passito wine

01

Peel the pears and wash them well. Then place them in a saucepan with the sugar, ½ liter of water and cinnamon.

02

Cook over a low heat for 30 minutes, add the Albana di Romagna DOCG passito wine only at the end and finish cooking, ensuring that the pears absorb all the liquids.

03

Melt the chocolate with the butter in a bain-marie.

04

When the pears are cooked and the chocolate melted, dip them and place them on a tray so that the excess chocolate drips off.

05

Enjoy your meal!

If desired, it can be served on soft custard or with whipped cream.

Preparation



 90 min

 Difficulty level:
medium

BASKET OF PDO PARMIGIANO REGGIANO WITH RAINBOW OF VEGETABLES AND PDO BRISIGHELLA EXTRA VIRGIN OLIVE OIL

Ingredients

x4 people

200 g	PDO Parmigiano Reggiano
70 g	Courgettes
70 g	PDO Bologna Potato
70 g	Carrots
70 g	Yellow pumpkin
60 g	PDO Brisighella extra vergin olive oil
	salt and white pepper to taste

Preparation

01

Peel and clean all the vegetables and, with the help of a mandolin, cut all the vegetables into sticks.

02

Then blanch the cut vegetables in boiling salted water until cooked.

03

In a non-stick pan, lightly heat PDO Brisighella extra virgin olive oil and season the vegetables, seasoning with salt and pepper.

04

In the meantime, heat a small non-stick pan and cover the bottom with grated PDO Parmigiano Reggiano until you obtain a thin crepe, turning it from time to time and placing it over a glass to give it a basket shape.

05

Fill the basket with the vegetables sautéed in PDO Brisighella extra virgin olive oil and serve with PDO Parma Ham, PDO Culatello di Zibello DOP or Spalla cotta di San Secondo.

06

Enjoy your meal!



CAPPELLETTI WITH CREAMED COD ON MOUNTAIN PDO PARMIGIANO REGGIANO FONDUE, MEDICINA ONION AND VOGHIERA BLACK CREAM

✓ First course

Ingredients

200 g	Traditional puff pastry
	Desalted cod
2 dl	Milk
1 dl	Water
	Salt and pepper
	Voghiera Black Cream
5 dl	Vegetable broth
8 cloves	Nero di Voghiera
	Extra virgin olive oil

Preparation

01

We start by rolling out the dough according to the traditional method and let it rest.

02

Then prepare the vegetable broth according to the recipe you prefer (we suggest a clear and delicate broth, with carrots, courgettes, leek and celery) and soak the Nero di Voghiera segments in the hot broth for 3-5 minutes depending on the size.

03

Once the time has passed, remove the cloves, place them in the glass of a blender and blend them, slowly adding the broth until you reach the desired consistency, finally season with a drizzle of extra virgin olive oil and set everything aside.

04

Now cook the cod for 20 minutes with water and milk, blend it with the immersion blender, slowly adding the extra virgin olive oil until you obtain a frothy mixture and let it rest.

05

Roll out the pastry to create squares for the cappelletti, then fill them with the cod mixture and close them.

06

Cook the cappelletti in plenty of salted water, drain them and garnish them with the Nero di Voghiera cream and a sprig of parsley.

POLAND 05





 20 minutes

✓ A delicious dessert!

COLD PISTACHIO CHEESECAKE

Ingredients

250 g	Cottage cheese
250g	Mascarpone
370g	Pistachio cream
1 tsp	Vanilla extract
300 ml	Sweet cream, 30% fat
3 tsp	Gelatine
45 ml	Water

Preparation

- 01** Pour water over the gelatine and leave to soak. Then gently dissolve it over a low heat, but be careful not to bring it to a boil as it will then lose its strength.
- 02** Combine the cheeses in the bowl of a food processor, add the vanilla and pistachio paste. Carefully mix everything together
- 03** Add about 10 tablespoons of the blended mixture to the dissolved and cooled gelatine. Again mix thoroughly and then add this to the rest of the mixture. It is important to balance the temperature of the two ingredients and avoid lumps.
- 04** Now pour the carefully mixed mixture into the cake tin and chill for a few hours or preferably overnight so that our cheesecake sets well



4h + 24h



Exquisite



Traditional

DEER STEW

Ingredients

1 kg	Deer leg meat
8 cloves	garlic
6 grains	Allspice and juniper fruit
2 sp	Balsamic vinegar
To fit the dish:	Onion, carrot, root celery
	Red dry wine

Preparation

01

As a first step, we cut the leg meat into sizable cubes and marinate it for a minimum of 24 hours, keeping it covered in the fridge. Our marinade consists of minced garlic, rosemary, allspice, juniper, black pepper and salt.

02

Prepare the onion, carrot and celery, which are cut into sizable cubes, and fry the marinated meat in a pan

03

Once our leg pieces are firmly browned, place them together with the previously chopped vegetables in an ovenproof dish and pour in the wine so that everything is covered with a layer 1 centimetre thick.

04

Add 2 tablespoons of balsamic vinegar, cover and simmer for about 3-4 hours on low heat. The marker that we can taste the first bite is when the meat has softened and the liquid marinade has turned into a thick and tangy sauce.



25 minut



Vegan



Low calorie



Simple

BEAR GARLIC PESTO SOUP

also: wild garlic, *Allium ursinum*

Ingredients

2	finely chopped onions
1	grated carrot
1/4	grated root celery
4	grains allspice
2	bay leaves
2-3	teaspoons of bear garlic pesto

Preparation

- 01** In hot oil in a soup pot, fry the onion until brown, then add the grated celery and carrots. Fry everything for about 3-4 minutes.
- 02** Add 2 litres of water and throw in the allspice and bay leaves. Then add salt and pepper to taste. Boil everything together for about 15 minutes.
- 03** Add the bear garlic pesto. Bring everything to the boil and cook for 5 minutes.
- 04** Best served with poured dumplings



 1 h 30 min

 vegan

PIEROGI WITH BUCKWHEAT

Ingredients

Dough

2 cups Ancient wheat flour
1 tsp Wheat salt
1/2 cup Hot Water
Some more flour
for rolling

Filling

1 1/2 cup Buckwheat
2 1/2 cups Water
1 tsp onion
3 potatoes
1 sp oil
salt, pepper, garlic...

01

FILLING

Cook buckwheat in salted hot water. Cook potatoes. Simmer the onion. Mash them together to make the filling.

02

PREPARING THE DOUGH

Mix the flour and hot water. Roll the dough to very thin layer putting some flour not to stick. Cut it into round pieces with the edge of a glas.

03

Put balls of filling on the center of a dough circle, wrap the dough around it and stick the edges together. Leave covered with a tea towel.

04

Carefully put pierogis to boiling, salted water. Gently stir to make sure they don't stick to the pot bottom. Cook until they start to float on the water and a minute more.

05

Enjoy your meal!

Tastes best served with butter

Preparation



40 min



vegetarian

LACTARIUS DELICIOSUS MUSHROOM SOUP

Ingredients

500 g	fresh Lactarius deliciosus mushrooms
500 ml	vegetable stock
1	onion
4 sp	butter
100 ml	sweet cream
2	potatoes
	sprig of fresh mint
	salt, pepper

Preparation

- 01** Clean and dice the mushrooms and potatoes. Chop the onion.
- 02** In a deep pot, heat the butter and add the onions. Fry until golden.
- 03** Add the mint and potatoes. Stir-fry for a few minutes and pour the vegetable broth over everything.
- 04** Fry the mushrooms in butter and add to the soup. Cook for a few minutes and add the cream.
- 05** Blend the soup with a blender. Season with salt and pepper if necessary.



 2 h 30 min

 serves 4

BAKED DUCK STUFFED WITH FRUITS

Ingredients

1	Duck
200 g	barley or buckwheat groats
3+3	Pears, apples
200 g	Smoked plum
	spices: salt, marjoram
	optional: plum brandy or other strong alcohol

Preparation

- 01** Boil the groats and cut the fruit into quarters. Stuff the duck with them and rub with salt and marjoram.
- 02** Bake the duck for approx. 1.5 h in the oven at 180 °C, basting from time to time with the rendered fat.
- 03** Add smoked plums to the roasting, which will make a sauce and you can pour plum brandy over the duck at the end.
- 04** **Enjoy your meal!**
Serve warm with the roasting sauce.



 30 min

- ✓ can go with anything
- ✓ vegetarian

PROZIAKI WITH GARLIC BUTTER

Ingredients

400 g	wheat flour, or mixed with buckwheat flour
200 ml	kefir, buttermilk or curdled milk
1 tsp	baking soda
1 tsp	salt
GARLIC BUTTER	
50 g	masta
2 cloves	garlic
	dried herbs

Preparation

- 01** Press the garlic. Stir in room temperature butter and herbs. Add salt to taste.
- 02** Mix together all the ingredients for the proziaki. Roll out the resulting dough into a pancake about 1.5 cm thick and cut out the pancakes, this can be done with a mold or the rim of a bowl.
- 03** Bake the pancakes in a dry frying pan or on a charcoal oven tray for 3-4 minutes on each side so that they do not burn.
- 04** **Enjoy your meal!**
Serve preferably hot with garlic butter and/or any accompaniments.



🕒 45 min
 ✓ gluten-free

FRIED CARP WITH MUSHROOMS

Ingredients

300 g	mushrooms
3	onions
250 g	carp
3	bay leaves
3 sp	flour
4 grains	black pepper
	oil for frying
	salt, ground pepper

Preparation

- 01** Peel and slice the onions into feathers and the mushrooms into smaller pieces. Heat the oil in a pan, add the chopped onions, bay leaves, peppercorns and salt. Sauté for a few minutes, then add the mushrooms. Fry for about 10 minutes, stirring from time to time.
- 02** Wash and dry the carp with paper towels. The fish is delicate, so handle it carefully. Season with salt and pepper. Cut the carp into pieces, then coat in flour. Fry in oil until golden brown on both sides.
- 03** Serve the carp arranged on the onions with mushrooms.

SPAIN

06





 20 min

 easy recipe

FRENCH OMELETTE WITH SAFFRON

Ingredients

50 ml	Milk
2	Eggs
5	Saffron Herbs

Preparation

- 01** Infuse the saffron in the milk in the following way: heat the milk (without boiling), lower the heat and add the saffron threads. Let it stand for 15 minutes.
- 02** Beat the eggs for 2 minutes, add the saffron infusion and salt to taste.
- 03** Pour the mixture into a frying pan with hot olive oil, 1 minute on each side.
- 04** And we enjoyed a delicious French omelet, with an extra touch of flavor. Enjoy it!



2 h

✓ regional recipe

CARNIVAL BALLS

Ingredients

2 kg	Coarse breadcrumbs
600 grams	Canned sausage
600 grams	Teruel Ham
50 grams	garlic
100 ml	olive oil
400 ml	lard
16	eggs
600 ml	broth

Preparation

- 01** To make the balls, mix the 2 kilos of coarse breadcrumbs with the ham and the sausage cut into very small pieces (or chopped). Add the chopped garlic and stir well without squeezing the bread.
- 02** On the other hand, heat the butter and the stock, which we will also add to the mixture as well as the olive oil. Finally, add the eggs and knead everything well. Leave to rest for a while so that the crumbs soak in.
- 03** Once the dough is ready, we make small balls (the size of a golf ball) and serve the balls as a soup, with a very hot broth in which they have been cooking for about 10 minutes.
- 04** For the presentation you can add some fritters. Enjoy!



🕒 2 h 40 min

✓ gluten-free

MONTADITOS OF SUMMER TRUFFLE AND FOIE SHAVINGS FROM MUDÉJAR REGION

Ingredients

according to need	Summer truffle
1 pinch	Olive oil soft graft Virgen extra DO Bajo Aragón
1	Fresh foie scallop from Sierra mudéjar
according to need	flake salt
1 pinch	Sugar

Preparation

- 01** If the truffle is fresh, wash it perfectly, dry it well and freeze it.
Devein the foie and freeze what you are going to use.
- 02** Slice the truffles with the slicer and put them in a container with oil, which can be kept covered in the fridge for a week.
Prepare a liquid but thick caramel.
- 03** Place the previously drained truffle slices on a slice of bread.
Heat the montadito in a toaster, salamander or frying pan without toasting.
- 04** Finish the dish with foie shavings, salt and caramel over the foie.
Enjoy!



3 h



regional recipe

LOW-TEMPERATURE LAMB FROM ARAGON WITH TRUFFLED MASHED POTATO, CONFIT SHALLOTS AND YUCCA CHIPS

Ingredients

10 paletillas	Lamb from Aragón
1,5l	olive oil
2 kg	potato
20 gr	butter
200 ml	liquid cream
15 gr	truffle
300 gr	shallot onions
1 piece	yucca

Preparation

- 01** To make this recipe, first season the shoulders with salt and pepper and mark them. Then, place them in a large pot filled with olive oil. Once the optimum boiling time has elapsed, lower the heat to the minimum and keep them confit for three or four hours over a low heat.
- 02** Once this time has elapsed, crumble the shoulders and place them on a tray with baking paper on top; a weight should be placed on top to compress the meat. Then refrigerate the tray in the fridge for approximately 12 hours. Then, with the bones of the veal, we will make a dark base with which we will prepare the juice.
- 03** To make the truffled potato purée, boil the potato in its skin for 40-45 minutes, peel it and put it in the blender together with the butter, cream and truffle. Once the mixture has been blended, without any lumps, season with salt and pepper and the mashed potato will have a creamy texture. As for the shallots, peel them and confit them for 15-20 minutes over a low heat in olive oil. To make the cassava chips, cut the pieces with a mandolin and fry them at 110°C until they stop bubbling; dry them to remove the excess oil.
- 04** Finally, once we have all the elements ready, we will mark the ingot on the griddle and place it in the oven to keep it warm, at which point we will begin to plate it. Enjoy!



3 h



regional recipe

PARTRIDGES IN VINAIGRETTE WITH CABBAGE ATILLOS

Ingredients

6	partridges
1,8 kg	onions cut into julienne
2 capable	Garlics
300 ml	extra virgin oil
75 ml	grenache vinegar
75 ml	Coñac
300 ml	“Escudella”
450 gr	bacon turned into 0.5x0.5 cm cubes
2	young winter cabbages
	rosemary, bay leaf and thyme
	salt and pepper

Preparation

- 01** Polish, burn and roast the partridges, season them with salt and pepper and sear them in an earthenware or stainless steel casserole dish until golden brown, then remove them. Add the onion and confit it until it is completely reduced/browned, but not burnt, then add the bacon and let it sweat.
- 02** Once this procedure is done, add the partridges upside down, with the breast down, the bundle of herbs, the garlic, the vinegar and salt. Leave to cook for 25 minutes over a low heat, allowing the alcohol to evaporate, and then add the basin and leave to cook for 45 minutes in the oven at 180°, well covered. After this time, open the casserole and see if they are tender, if not, add a little more escudilla if necessary. Leave to stand until cold.
- 03** Remove the hard parts and boil the cabbage in well salted water or a bowl, once boiled, strain and reserve the cooking water to make a soup or boil other vegetables. Once the cabbage has been well drained, make croquette-shaped rings, coat them in chickpea or wheat flour so that they are golden brown. Once they are fried, place them on paper towels.
- 04** Cut the partridges in half crosswise and place them in the pan again, together with the cabbage rings, and cook them for a further 15 minutes over a low heat, ready to eat.
Enjoy!



 2 h 40 min

✓ regional recipe

AUTUMN LEG OF LAMB

Ingredients

- 1 Boneless leg of Ojinegra lamb from Sabor Maestro, Castellote
- 3 Eggs from La Brizna, Villel
- 1 Empeitre Olive Pate from PROECMAT, Valdeltormo
- 2 Bagged Calanda peaches from La Calandina Coop, Calanda
- EVOO, Ecomatarranaya, Calaceite
- 8 Saffron la Carrasca herbs, Blancas
- sea salt
- 2 Count's pumpkin and sweet Fuentes onion
- Dates from Ideas Coop, by CJ
- 1 CJ's Chai-choco tea bag

Preparation

- 01** Preparation of the stuffing: Bone the leg or ask your butcher to bone it for you. You can use the bone to make a stock. On this occasion the stuffing is in keeping with the time of year, but we could use other ingredients. Boil the eggs and leave them to cool so that you can slice them. Peel and slice the peaches. In a mortar, grind the salt with the saffron.
- 02** Prepare the open leg of lamb on a flat surface and season the inside with the salt and saffron mixture. Cover the surface with the peach, olive pâté and eggs. Roll up the meat until all the stuffing is inside and tie it with kitchen string to prevent it from opening. Place the stuffed leg on a baking tray with a drizzle of EVOO on top. Bake in a preheated oven at 200° C for 10 minutes to brown and then lower the oven temperature to 180° C and bake for more or less 40 minutes, depending on the oven and the size of the piece. Halfway through baking, turn the meat over. Once done, remove the string and allow the meat to settle and cool.
- 03** Preparation of the sauce: Using the oven, roast the pumpkin whole and with skin. Infuse the pumpkin in a glass of water or vegetable stock and add it to the tray where we cooked the leg to soften the remains that have stuck to it. Sauté the onion and caramelize with the dates, add a little pumpkin pulp and mash with the infusion and meat juices. The resulting sauce will accompany the meat.
- 04** PPlating: Cut the lamb into slightly thick medallions and season with salt and pepper.
Enjoy!



50 min



regional recipe

RIOJANA CODFISH

TO ACCOMPANY THIS DISH, OUR BEST RECOMMENDATION IS OUR MEAD FROM THE YOUNG VILLAGE OF FLOWERS, WITH SEMI-SWEET NOTES, WHICH PAIRS PERFECTLY WITH FISH, SEAFOOD AND VEGETABLES.

Ingredients

- 4 salt cod loins (about 150 g each)
- 50gr wheat flour
- 3 spoonfuls of AOVE of Cooperativa frutera de San Isidro de Igea
- 1 red onion
- 2 garlic cloves
- 100ml white wine DOC Rioja
- salt
- 500gr homemade fried tomato
- 300gr tablespoon of Riojan chorizo bell pepper meat
- 1 roasted red peppers cut in Calahorra strips
- 1 bay leaf

Preparation

- 01** Dry with kitchen paper 4 cod loins with salt and flour: put 50 g of wheat flour on a plate and dredge the loins in the flour. Shake the loins to remove excess flour. Put 3 tablespoons of extra virgin olive oil in a casserole and heat it over medium-high heat. Fry the floured cod loins for 1 minute on each side, remove from heat and set aside.
- 02** In the same pan, sauté 1 red onion cut into julienne strips and 2 cloves of garlic cloves of garlic. Add a little salt and cook these ingredients over medium heat for 5 or 6 minutes, until the onion is transparent. for 5 or 6 minutes, until the onion is transparent. Pour 100 ml of white wine, increase the heat and let the wine reduce for 2 minutes.
- 03** Add the cod loins to the pan to finish cooking with the sauce for 3 or 4 minutes over medium heat. sauce for 3 or 4 minutes over medium heat. So that the cod is cooked equally on all sides, cover the casserole sides, we cover the casserole during the cooking
- 04** Serve the cod Rioja style cod with a base of sauce and one portion of cod per person. Enjoy!



50 min



regional recipe

LAMB STEW

Ingredients

- 500 gr Aragón lamb
- 200 gr onion
- 2 pear tomato
- 1 Italian bell pepper
- 2 Garlic
- 30 gr Parsley
- 30 ml Water
- 15 ml Beer
- 1 spoonful of butter

Preparation

- 01** To prepare the base, add bell pepper, garlic, parsley, 30 ml of water and a splash of olive oil and blend until the result is obtained.
- 02** For the main preparation we sauté the onion with a tablespoon of butter, then add the Aragon lamb, add water until the meat is covered and add 20 ml of the base preparation that we blended before.
- 03** When it reaches boiling point, add 15 ml of beer and leave it for about 45 minutes until the meat is cooked and can be served.
- 04** Enjoy!



1h 30 min



regional recipe

CHOCOLATE BEAN TO BAR

Ingredients

- 300 gr organic cacao beans
- 50 gr organic cacao butter
- 150 gr powdered sugar

Utensils: Grinder, mold and thermometer

Preparation

- 01** Roast the cocoa beans in the oven at 110°C for 45 minutes. After allowing them to cool, when they are warm, peel them carefully, removing the husk with your fingers. Once the skin is removed, weigh the cocoa beans (you will need to keep this quantity in mind for later) and add them to the the cocoa (we will need to keep this quantity in mind for later) and grind it with the utensil that we (grinder, food processor...).
- 02** Add the icing sugar. Then add all the butter melted in the microwave. Grind the whole mixture, the more you grind the finer the mixture will be. The more refined, the better the texture on the palate. At this point we will have our chocolate.
- 03** The next step is to temper or temper it to be able to mould and shape it. shape. Heat the chocolate in the microwave up to 45°C. Then we will temper it using a bowl with ice and cold water. Place another bowl with the melted chocolate with the melted chocolate and stir continuously until the chocolate reaches 28-29°C, being very careful that no water gets into the bowl of chocolate while stirring. Once the temperature is reached, heat the chocolate in a bain-marie to 30-31°C. Fill the moulds and leave them to rest in the fridge until you can see that the chocolate has the chocolate comes off well. Carefully remove from the moulds.
- 04** Enjoy!



 1h

✓ regional recipe

STUFFED TERNASCO DE ARAGON

Ingredients

- 1 Boneless leg of Ternasco de Aragón - lamb
- 150 gr Teruel PDO ham
- slices cheese of Patamulo de Teruel
- 1 Fuentes de Ebro PDO onion
- 1 spoonful of thyme
- EVOO from Bajo Aragón
- Potato from Cella, Teruel
- Salt and pepper
- Grated Teruel truffle

Preparation

- 01** Season the meat with salt and pepper.
- 02** In a frying pan fry the ham with the onion, to which we add the spoonful of thyme, we rectify the salt. With this sauce we stuff the meat and add the cheese to the stuffing.
- 03** We take it to the oven and bathe it with its juices until it is golden brown, approximately 40 minutes. To finish, we accompany it with boiled and seasoned cella potatoes, to which we grate a little truffle.
- 04** Enjoy!



🕒 30 minutes

✓ regional recipe

SEA BASS WITH GRENACHE SALT

Recipe from La Cocina de la Garnacha from the Rodi Restaurant.

Ingredients

- 1 One sea bass per person.
Rodi Gourmet centenary Grenache salt.

Recommended wine: At the Rodi restaurant we recommend having the sea bass with Grenache salt with a Coto de Hayas Verdejo white wine from Bodegas Aragonesas, the Fuendejalón winery. This wine has an intense aroma with fresh tones of tropical fruits, citrus, white flowers, laurel, fennel and aromatic scrub plants, such as thyme. In the mouth it is refreshing and intense as well as unctuous. Balanced, fruity and with a long aftertaste.

Preparation

- 01 When we go to the fishmonger's, we should ask our fishmonger to prepare the sea bass for cooking in salt.
- 02 Once we have it in the kitchen, we place it in an ovenproof container and begin to cover it with centenary Grenache salt, making a small bed at the base.
- 03 We then place the sea bass in the oven at 180 degrees for 10 minutes, until we see the salt crust. If the sea bass is big, it should be in the oven for longer.
- 04 Once it is ready, carefully remove it from the oven and clean the salt by hitting it with a small mallet to break the crust, and remove the excess with a brush. In our restaurant we carry out this process in full view of the customer.
- 05 Once cleaned, we serve it accompanied by a good salad with seasonal products.
Enjoy!

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GASTRO GUIDE
