



Erasmus+

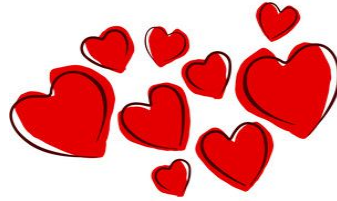
Responsible recipes booklet

International Youth Exchange “Step by step to a more responsible nutrition here we go” in Marines (France) from 10th to 19th July 2017.

Participating countries: Algeria, France, Jordan, Portugal, Serbia



RECIPE OF LOVE



Take 9 ordinary days and go to a magical place, surround yourself with lovely people from all over the world. Spend time with them, share experiences and learn from each other.

Each and every day fulfill with: 1/3 of hard work, 1/3 of friendly atmosphere and 1/3 of good humor- with addition of three spoons of optimism, one spoon of patience and a pinch of goofyness.

Now cover everything with a lot of love.

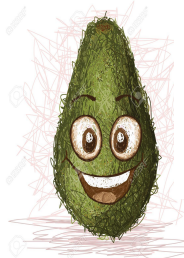
Decorate the meal with bouquets made of care and serve it every day with kindness and a cup of good refreshing tea.

Starter

Guacamole



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+



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- cut the avocado in half. Remove the lump and the pulp. Press with a fork (way become small pieces of avocado). In a container mix the crushed avocado, onion, peppers, coriander and tomato. Add the salt and lemon juice.

Salad

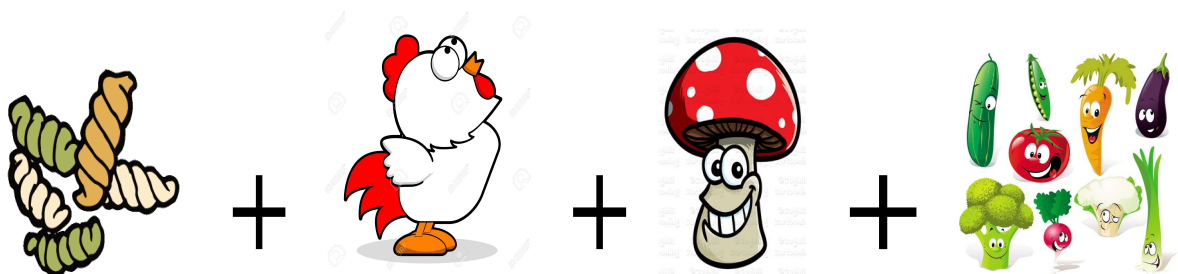


-To prepare Quinoa:for every 1 cup of quinoa, use 2 cups of wather boiling. Cook for 20 minutes. Add salt to taste.

- Wash the rocklet and red fruits. In a bowl add: rocklet, quinoa, red fruits, some nuts, a string of olive oil, some herbs.

Main dish

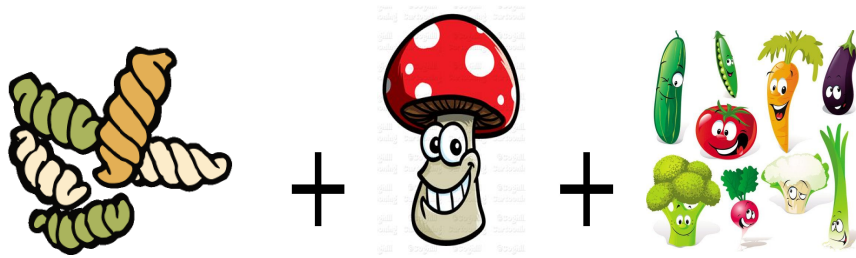
Chicken pasta



Prepare the pasta according to the manufacturer's instructions. Divide into 2 equal parts.

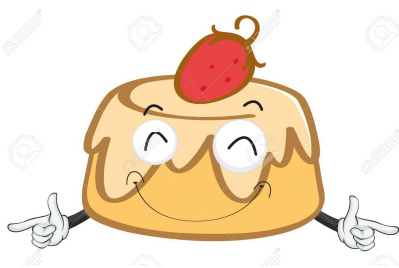
Prepare the chicken breast. Cut in to small pieces. Sauté the chicken, garlic, seasonings and mushrooms. Remove the mushrooms and set aside. Add to the pot béchamel cream and cream cooking. Cook for 5-10 minutes. Add the mushrooms and pasta.

Veggie pasta



Cut the vegetables in to small pieces. Sauté garlic and vegetables. Add tomato sauce. Cook until vegetable are "al dente". The mushrooms and pasta.

Dessert



Sometimes allow yourself to be surprised .:)

Enjoy your meal!:))

Bojana, Natalia, Rita, Mohamed Habib, Somia, Emina

Vegetables “á brás”

6 people

Ingredients:

600 g Potatoes

2 Carrot

2 Peppers

100g Cheese

2 Courgette

4 Eggs

10 ml Olive oil

Pepper

Salt

Oregano

Garlic powder

Basilic

Preparation:

First, cut all of de potatoes in small pieces with the skin, and reserve. Then cut the carrots, the courgette and the peppers in the way you prefer also without take off the skin.

Put on a plate that can go on the oven the potatoes and add garlic, oregano, the basilica and the olive oil. You should take them off when the potatoes are golden and crispy.

Cook all the vegetables together on a frying pan with a little of olive oil and the same spices that were used on the potatoes and just a pinch of salt.

When the vegetables are cooked add the potatoes and let all ingredients cook a little more time. At the end put the eggs, mix all together and let them cook a few minutes.

Before serve, can be added cheese on the top.

Stuffed Potatoes with vegetables and cheese

(same ingredients)

For this, use the entire potato . Took them to a pen with boiled water and let them cook 10-12 minutes.

Cut off the top of the potatoes and take off the inside and reserve.

With the inside join some pepper , cheese , the mixed vegetables , some salt and oregano and basilica . Then put de potatoes on the oven for 30-40 minutes , until the cheese are golden.

It's ready to serve.



Orange carrot soup and its Pesto of



Leaves

Ingredients for 6 serves

1/5 bunch of carrots

2 onions

2 oranges

1 lime

20 cl vegetable cream (soya, almond, oats)

3 tbsp. soy sauce

Carrot leaves

100 g walnuts

Olive oil

Preparation

1. Wash carefully the carrots and their leaves.
2. With a mandolin slice a carrots into very thin slices and bake in the oven until to obtain chips. Set aside.
3. Mice the onions, slide the carrots. Stir the onions. When it turns gold, add the carrots and some water. Cover the pan and let cook until the carrots are soft.
4. Mix the preparation with the vegetable cream, soy sauce, the juice of the lemon and the oranges.
5. Let it cool in the fridge.
6. Make the pesto: mix the best carrot leaves with walnuts and a spring of olive oil. If necessary, adjust the texture with some vegetable cream or water.
7. Arrange the soup on the bottom of a glass, add a spoonful of pesto and decorate with the carrot chips.

Sesam peach crumble



Ingredients for 6 serves

100 g whole flour

1 tbsp. honey

2 tbsp. black tea leaves

50 g sesame puree (Tahin)

8 peaches

1 tbsp. sugar

1 tbsp. cinnamon powder

Butter

Preparation

1. Wash the peaches and cut them into large slices.
2. In a frying pan, fry the peaches with a touch of butter. Add the sugar, the cinnamon and let it caramelize.
3. Place the mixture in an ovenproof dish.
4. In a large bowl, mix the flour with the black tea leaves. In a second bowl, dilute the sesame puree with the honey. Add to the flour mixture and rub with our fingertips until the mixture looks like breadcrumbs.
5. Cover the peaches with the crumble dough and bake at 180 ° C for about 15 minutes, until the surface is golden brown.
6. Let it cool and serve fresh, possibly with a little yoghurt.

Radish greens soup topped with marinated radishes

Ingredients (for 6 serves):

- 1 bunch of radish
- 2 medium potatoes
- 1 onion
- 1 l vegetable stock
- 10 cl soy cream
- 1 organic lemon
- 4 tbsp. soy sauce
- 1 tbsp. balsamic vinegar
- olive oil



Preparation

1. Wash the radishes and put the green appart. Wash the potatoes and sliced them.
2. Dice the onion and saute it in a large pan with some olive oil. Add the potatoes, the leaves of the radishes and the vegetable stock. Bring it to boil and cook until the potatoes are soft.
3. Transfert the vegetable in a blender with half of the stock and blend until smooth. Add the soy cream and adjust the consistence with the reserved stock : it has to be creamy. Let cool the soup in the fridge.
4. Sliced the radishes. Grate the zest of the lemon, press it. Combine the zest and the juice of the lemon with the soy sauce and the balsamic vinegar. Put the radish slices into this mixture and let it marinated for at least 1 hour.
5. Serve the soup in small bolws topped with the marinated radishes.

Vegan «Pain perdu» with apricot-vanilla compote

«Lost bread» is a traditional french recipe for using the dry bread. Traditionnally based on a batter of eggs and milk, we propose us here a strict vegan version.

Ingredients (for 6 serves):

6-8 slices of hard bread

25 cl vegetable drink (soy, almond,...)

2 tbsp. whole sugar

2 tbsp. stark

some vanilla (optional)

1 kg apricot

1 vanilla bean

Preparation

1. Halve and pitted the apricots. Put them in a medium pan with the vanilla bean.
2. Cook over medium heat, looking occasionally to be sure it doesn't stick.
3. Let it cool.
4. Prepare the batter : Mix the vegetable drink with the sugar, the starch and the vanilla.
5. Heat a frying pan with some neutral oil.
6. Dip each slice of bread in the batter for about 20 seconds, a little longer if your bread is very dry.
7. Place the bread in the frying pan and cook until golden brown. Flip the slices and cook until the other face is golden brown as well.
8. Top with some sugar and serve with the apricot compote.

Olive Maraqa (olive tajine)

Olive Maraqa is a traditional and very famous dish in Algeria and Morocco. It used to be cooked for weddings and other family meetings. It usually based on meat but we made here a vegetarian dish.

Ingredients (for 6 serves):

500 g green olives

1 onion

1 tomato

2 carrots

2 medium potatoes

1 tbsp. tomato concentrate

1/2 lemon

500 g green beans

1/2 tsp. cinnamon

1 tsp. cumin

1 tbsp. curcuma

2 laurel leaves

black pepper

parsley

salt

oil



Preparation

1. Peel and slice the onion. Cut the tomato, chop the carrots and the potatoes.
2. Heat some oil in a large pan and saute the onion and the laurel. Cook a few minutes until they are softened and add the carrots, the potatoes, the parsley, the concentrate and all the spices and cover with water. Cover and let it cook over medium heat.
3. In another pan, boil the olives with the sliced lemon for 40 minutes.
4. Strain the olives and add them in the first pan.
5. Steam the green beans for 10 minutes. Flavor them with some stock of the tagine.
6. Dress the tagine in the center of the plate with the green beans around.

Feijoada

Feijoada is a traditional european dish, created by the slaves. This dish is very popular in Portugal. It reuse the «bad» part of the pork that the rich people not wanted to eat (such as ears or feet) and used to gave to their slaves. Because the slaves alimentation was based on legumes like beans, feijoada combine beans and these poor parts of pork.

Even if it's usually cooked with meat, you can try a vegetarian, which is also very tasty.

Ingredients (for 6 serves):

500 g of canned beans (red beans or with butter beans)

2 medium tomatoes

1 small onion

2 carrots

1/2 green cabbage (the curly one)

1 small chorizo

1,2 kg of pork meat

5 garlic gloves

2 leaves of laurel

olive oil

salt

Preparation

1. Strain and rince the beans and boil them a large pan with a bit of olive oil and one leaf of laurel.
2. In another pan, boil the pork meat with water and salt. When the meat is cooked (about 1 hour), chop it in cubes and reserve.
3. Slice the cabbage. Slice thinly the carrots. Mice onion and three garlic gloves.

4. Peel the tomatoes, chop them and put them in beans pot, with the miced onion and three garlic gloves, some olive oil and the cabbage. Add the chorizo. When it starts to boil, add the carrots and largely cover with the stock of the reserved meat. Cover the pan and let it cook until the vegetables and the chorizo are almost cooked. Then add the reversed meat in the pan, mix and let it cook until the chorizo and the vegetable are done.
5. Put some olive oil to cover the bottom of a large pan, with two minced garlic cloves and the other leaf of laurel. When the oil is boiling, turn on maximum heat and add four glasses of water, let it boil again. (You can use the rest of the meat stock if you stil have some). Turn the heat to medium and then add the rice with a pinch of salt. Cook the rice about 10 minutes.
6. Serve the feijoada with the rice.

Carrots leaves vegan cake

Ingredients (for 6 serves):

Fanes d'une grosse botte de carottes

180 g de sucre de canne blond

2 yaourt de soja (200 g)

240 g de farine

180 ml d'huile d'olive

1 sachet de levure chimique

1 pincée de sel



Preparation

1. Rincer soigneusement les fanes de carottes et les faire cuire dans une casserole d'eau une vingtaine de minutes. Les égoutter et les mixer en purée.
2. Dans un saladier, mélanger la farine, le sucre, 1 pincée de sel et la levure chimique.

3. Dans un autre récipient, mélanger la purée de fanes, les yaourts et l'huile d'olive.
4. Verser les ingrédients liquides dans les solides et bien mélanger.
5. Répartir la pâte dans de petits moules et faire cuire 10 à 15 minutes à 180°C.
6. Laisser refroidir sur une grille.

Side salad

Ingredients for 6 serves

3 carrots
1 big cooked red beetroot
1 lemon
150 g of yoghurt
1/2 bunch of chive

Preparation

Grate the lemon and squeeze it. Mix the yoghurt with the grated zest, the juice of half a lemon, a pinch of salt and the diced chive.

Grate the carrots and mix them with the rest of the lemon juice. Slice the beetroots. Press the grated carrots on the bottom of a small glass. Top with the sliced beetroot on the top. Press well, flip the glass on the serving plate. Remove carefully the glass.

Serve with the sauce.

Hummus

This dish, which means chickpeas in Arabic, is very popular in the Middle East. A practical responsible way of cooking humus requires, like all other responsible actions,

time and care. The best is to buy dried chickpeas rather than buy the canned ones, but if you are in a rush, you can use these ones. Just don't forget to rinse them well. Like other legumes (lentils, peas...), chickpeas are a good source of vegetal protein.

Ingredients for 6 serves

1 tbsp. olive oil

60 g chickpeas

the juice of one lemon

2 tbsp. tahini

1 small garlic clove

Salt and black pepper

Preparation :

The night before, put the chickpeas in water and let it soak for the night. The next day, remove the water, rinse the chickpeas and put them in a large pan.

Cover with water, bring it to boil and let them cook on medium heat until they are soft. Depending of your chickpeas it may take between 1 or 2 hours.

Drain the chickpeas.

Put them in the bowl of a food processor and blend them to cream. Set apart. Combine the olive oil, the tahini, the lemon juice and the garlic in the processor to obtain a homogeneous cream. Mix the two parts together with a pinch of salt and black pepper.

Store in an air-tight container in the fridge.

Ratatouille

We present here a Jordan version of ratatouille, which includes rice. Ratatouille is a traditional French dish, coming from the South of France loaded with summer vegetables.

Ingredients for 6 serves

2 large eggplants

2 onions
3 garlic cloves
2 yellow peppers
2 red peppers
4 big tomatoes
1-2 tbsp. of olive oil
300 g. rice
Salt and pepper



Preparation:

Heat a full pan of water. When it boils, add the rice and cook it 15 minutes. Drain it.

Dice the onions. Dice both kind of peppers. Chop the eggplants and the tomatoes.

Spring the oil in a frying pan, add the diced onions. When they are softened and turns gold add the peppers and the eggplants. Stir about 10 minutes. Add the tomatoes, flavor with some salt and pepper and cook until the vegetables are very soft.

Finally mix the rice with the content of the pan and serve hot.

Cake with cherries

This is traditional Serbian cake, like the one that our grandma used to make. In this times of progressive changes it's very important to maintain tradition and don't forget your roots. You will need also a lot of love for this recipe 😊 Instead of cherries you can use something any other fruits of the season such as apricot, raspberry, blackberry, even some walnuts, or whatever you have in hands.

Ingredients for a big cake

5 eggs
1 cup of cane sugar
1 cup of yogurt
1 cup of sunflower oil
2 cups of flour
½ bag of baking powder



400-500 g cherries or some other fruit

1-2 tbsp. powder sugar mixed with vanilla beans.

Preparation :

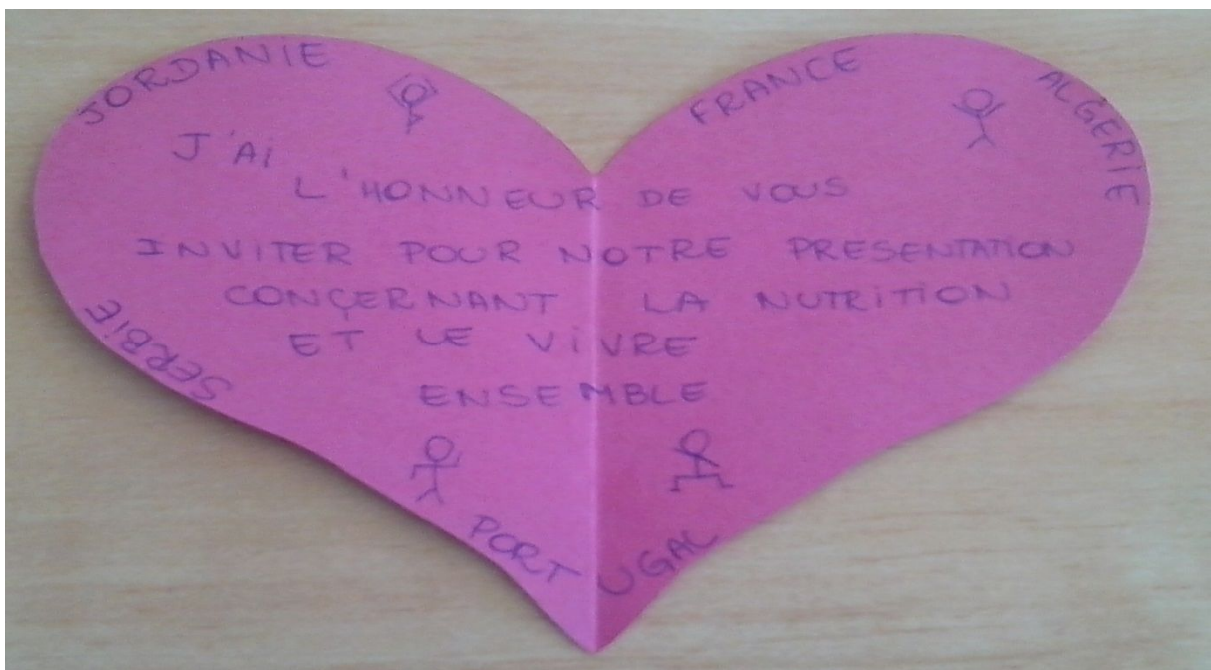
First, crash the eggs and separate the white from the yolk. Whip the white with a mixer and add progressively sugar.

Mix a little bit more. Add the yolk, then mix it slowly with a spoon. Add progressively the other ingredients : the yogurt, the oil, the flour and the baking powder and slowly combine them. When the dough is homogeneous, pour it into an oily and floured cake pan.

Place the cherries on the dough and press them a little bit with a spoon. Bake it to a 180° C. for about 40 min.

When it's done, let it cool down and then strew it with the vanilla sugar before serving it.

Enjoy our recipes and have a look now at some photos of our youth exchange:



Bonjour,
comment ça va ?

Hello, how
are you ?

Bien



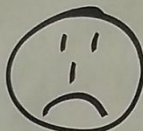
Fine

Ça va



OK

Mal



Not well

Salade

Bonjour, je voudrais
des

Hello, I would
like ...

tomates



tomatoes

pommes



apples

pastèques



watermelons

betteraves
rouges



beetroots







