



Erasmus+



YOUTH CULINARY CLUB



Healthy life

PROJECT

"YOUTH CULINARY CLUB - EUROPEAN COMMON CUISINE"
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PROGRAMME OF THE EUROPEAN UNION



RECIPE:

ŠALTIBARŠČIAI

In Lithuania, there's really only one thing to do with beetroot and that's make cold borscht soup, known in Lithuania as šaltibarščiai (shalt-eh-barsh-chay). This garishly pink soup is incredible popular, particularly in summer when the weather can be quite hot. It is made using a cultured milk called kefir (kefyras in Lithuanian), which is like a cross between yoghurt and buttermilk. Because it contains high quantities of beneficial bacteria and yeasts, kefir is very good for your digestive system. Couple that with the benefits of eating the "superfood" that is beetroot and you have a highly nutritious lunch!

As this is a cold soup it is incredibly quick and easy to make. The only cooking required is for the beetroot. If cooking beetroot seems like too much trouble, or if you can't source fresh, raw beetroot to cook, you can simply use the cooked beetroot that is now available vac-packed in the vegetable section of most supermarkets.

The most difficult aspect of making this soup is probably sourcing the kefir milk. Unfortunately, while widely available in many countries, kefir is not available in all supermarkets. If it's not available at your local supermarket you may find it at Lithuanian, Polish or Russia food stores. Alternatively you can make an approximation using yoghurt and buttermilk, both easily and cheaply available.

Despite being a cold soup, borscht actually makes a fantastic autumn lunch. It has a mild taste but is quite hearty due to the amount of solid ingredients. It would make for a great light lunch on a day when you know you'll be having a heavy or stodgy evening meal. Lithuanian šaltibarščiai is traditionally served with a side of warm, boiled potatoes. However, you can replace these with a slice of rye bread or your favourite crusty loaf, as you prefer.

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RECIPE:

Estonian Kama "foam"

500g plain yogurt

4 dl whipped cream

4 tbl sugar

6 tbl kama powder/ flour

To serve add some cranberry jam or any other jam

Whip the cream with sugar, add and blend in yogurt and kama.

Serve in bowls or however you like

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RECIPE:

Sarmale - one of Romanian's national dishes: amazingly comforting, soft cabbage rolls stuffed with ground pork and rice. Making sarmale is really not difficult at all, but it is time consuming. Rolling each cabbage roll takes patience and a little bit of practice, you might be annoyed when rolling the first 3 or 4 rolls, but you will get the hang of it pretty quickly. You should always make sarmale the day before you want to eat them, they should be allowed one day to develop the flavors and they actually taste better each time you reheat them.

Ingredients:

1 large head cabbage, $\frac{1}{2}$ cup white wine vinegar when using fresh cabbage, 1 kg/ 2.2 lbs ground fatty pork belly, 2 medium onions, scant $\frac{1}{2}$ cup long grain rice, $\frac{1}{2}$ – $\frac{3}{4}$ cup cold water, 300-400 g/ 10.5-14 oz smoked spare ribs, 200 g/ 7 oz bacon, preferably smoked, lots of dry savory (cimbru) lots of bay leaves, peppercorns, dill seeds, salt

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Instructions:

If you use fresh cabbage, start by bringing a very large pot of water to a boil, a pot large enough to hold the cabbage head and still leave you some place to handle the cabbage. Remove the hard core of your cabbage. First cut away the protruding part of the core. Then make incisions with a small sharp knife around the core, about 4-6 incisions around the core. Try to loosen the core by cutting through it from one incision to the other, like making lots of X signs. When the core is loose enough start removing it piece by piece cutting here and there to make it looser. When the water boils add about 1 tablespoon of salt and the white wine vinegar. Carefully place the cabbage in the water, first with the hole facing down. Cook it for about 10-15 minutes, then turn it in and start removing the leaves. You will do that with the help of two forks, scratching and pulling at the edges of the hole. If they don't come off easily continue cooking the cabbage until they start to come off. Be careful not to scald your hands with the boiling water. Grate the onions or chop them very very finely. In a large bowl mix together the ground meat, the rice and its water and the onions. Add salt, generously if using fresh cabbage and carefully if using sauerkraut, which is already quite salty. You can always sprinkle more salt on your cooked cabbage rolls when eating, but if they are too salty, there is not much you can do about it anymore. Also you have to add some water to the filling to make it really soft. This is not a filling like you would have for stuffed peppers for instance, it has to be really soft. Add water little by little until you get the soft consistency. I add about $\frac{1}{2}$ to $\frac{3}{4}$ cup cold water. Mix well with your hands, the mixture should be soft and slurpy. Put the stuffing in to the cabbage leaves and roll it and you have to cook it.

Enjoy!

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RECIPE:

Ground chops baked in the oven

Stuff:

250 g minced pork ham

1 egg

white onion

clove of garlic

Bread crumbs

2 tablespoons of milk

0.5 teaspoons of dried thyme

salt, pepper, a pinch of hot pepper

Japanese soy sauce (optional)

canola oil of cold meat

Wash the pork ham, dry it on a paper towel and grind it in a meat grinder. Cut the dough into cubes and cook in a little rapeseed oil. Put the meat into a bowl and add to it a garlic clove, egg, about 2 tablespoons breadcrumbs, a tablespoon of rapeseed oil, 2 tablespoons of milk *, thyme, a pinch of hot pepper and season to taste with salt, pepper and soy sauce. Mix all the ingredients thoroughly and form chops, which gently coat in breadcrumbs. Put the cookies on a baking tray lined with baking paper, put in the oven preheated to 180 degrees C and bake for about 40 - 45 minutes until light brown.

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RECIPE:

Cannabis PESTO

You can eat it with potatoes you boiled before

100 g fresh basil leaves

25 g fresh garlic

80 g cannabis seeds (roast it a little bit)

25 g lemon juice

100 g cannabis seeds oil

7 g salt

METHOD:

Just grind all ingredients in a bowl or in a blender

FUNCTIONALITY

- Cannabis seeds are a good source of proteins, gamma-linolenic acid, omega 3 and omega 6 fat acids.
- Kefir has natural probiotic bacteria, that are useful for human intestine



OUR HEALTHY TIPS:

Eat a lot of vegetables and fruits (600g per day)

Drink 1.5 -2litres water per day

Eat all kind of food (meat, vegetables, fish, dairy, eggs etc.)

Don't eat too much but also don't eat to little

Eat naturally fermented food

Eat the right amount of calories based on your activity

Base your meals on starchy carbohydrates

Don't eat a lot of salt, sugar and fats

DON'T SKIP BREAKFASTS

Eat more whole grain food

Plan what you will eat next day or week

Eat 5 times per day, 3 big meals and 2 healthy snacks

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Initiative Sociale

Participating organisations:

- Fundacja Pro Futuro, Poland
- Seiklejate Vennaskond, Estonia
- Asociatia Initiative Sociale, Romania
- Vsi Inovaciju biuras, Lithuania

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Cook Book was create by participants during the project
"Youth Culinary Club - european common cuisine".

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