

# TASTING A HEALTHIER ~ RECIPIES ~ EUROPE



SWEDEN • GERMANY • DENMARK • ENGLAND • ICELAND • TURKEY



## Tasting a Healthier Europe!

From September 2008 until June 2010, six schools have worked together on a Comenius project about healthy eating. We have done many activities together, including thinking about traditional recipes. We exchanged our favourite recipes and then we spent two months testing them. This book contains not only the recipes, but also the children's comments.

We have all enjoyed trying out food from other countries and finding out about food that our friends around Europe eat. We hope that the pupils, their families and the teachers will continue to enjoy cooking the recipes and tasting the food.

With thanks to children and staff at:

Nordre Skole, Denmark

Blücherschule, Germany

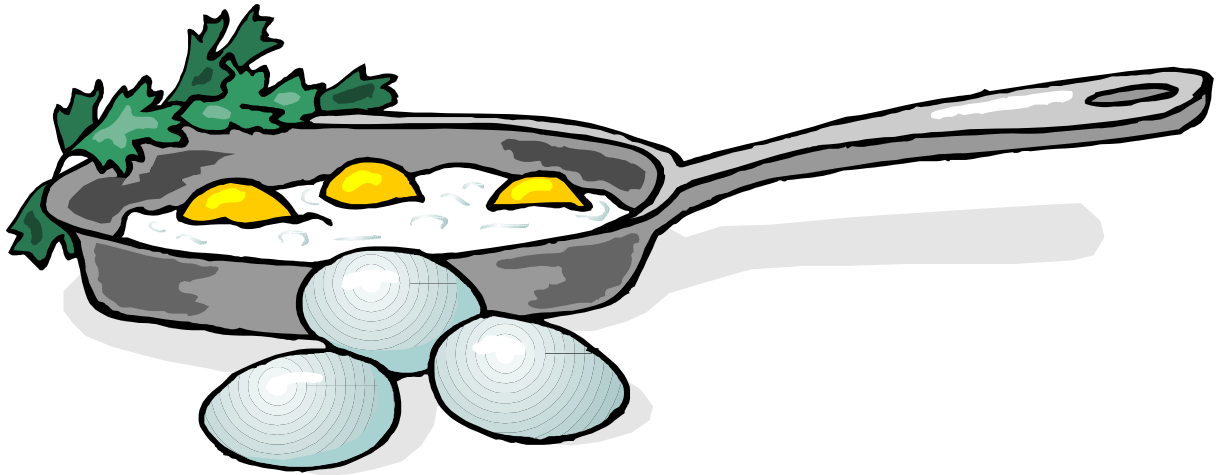
Brekkuskóli, Iceland

Serresjöskolan, Sweden

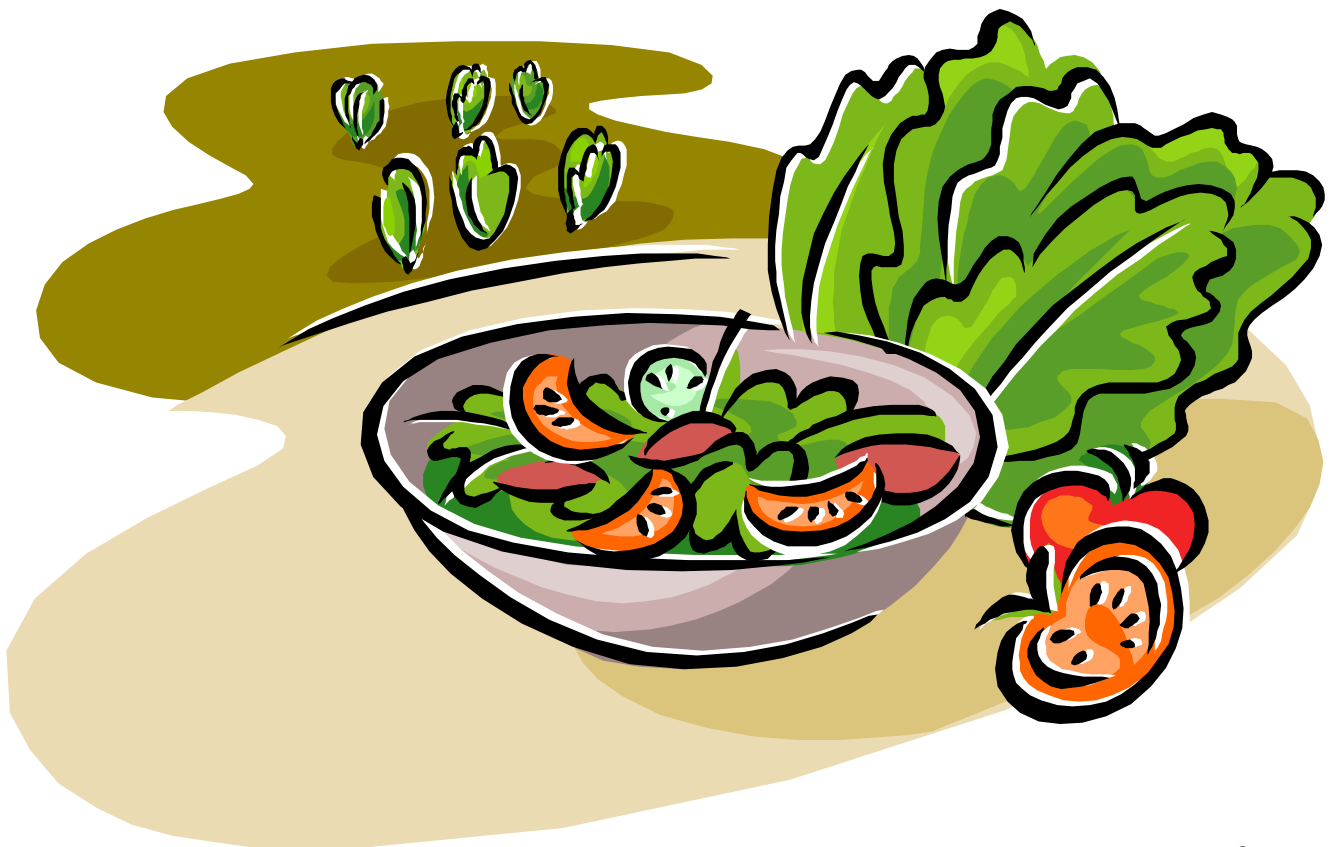
Can Ibrahim Bodur Anadolu Lisesi, Turkey

Park Hill Primary School, UK





# Starters





# Vegetable Kebabs



These healthy and delicious starters can be cooked on the barbecue or under the grill. They can also be served in pitta bread as a snack lunch.

## Ingredients

1 courgette  
5 cherry tomatoes  
10 small mushrooms  
1 onion  
1 sweetcorn cob  
1 red or yellow pepper  
olive oil



## Instructions

1. Chop the onion into chunks.
2. Wash and dry the vegetables.
3. Chop the courgette into bite size chunks.
4. Cut the corn into 5 round pieces.
5. Cut the pepper into bite size pieces.
6. Thread the vegetables on to skewers.
7. Drizzle the kebabs with olive oil. You can also sprinkle over some fresh or dried chopped herbs, salt and pepper.
8. Cook on a barbecue or under a grill for about 10 minutes. Turn the kebabs round every 2 minutes. When the vegetables are lightly browned, the kebabs are ready to eat.
9. The kebabs can be eaten as they are, but they are also delicious served with a mint and yogurt dip.

## Evaluated by grade 6 in Brekkuskóli, Iceland

- Genius
- Tastes very nice
- Good combination
- Healthy
- Beautiful
- Appetizing





## Prawn salad (rækjusalat)



Salad dips like this have been very popular in Iceland since 1960s. They are usually served on crackers at parties (or as starter) or used as a sandwich filling.

### Ingredients

- 4 eggs
- 250 g prawns, peeled and cooked
- 1 small can crushed pineapple
- 150 ml mayonnaise (for healthier version use sour cream instead)
- 100 ml sour cream (or whipped cream)
- $\frac{1}{2}$  teaspoon paprika
- 1 teaspoon lemon juice
- A dash of Tabasco sauce (optional)
- Pepper
- Salt



### Instructions:

Hard-boil the eggs, cool, peel and chop them. Chop the prawns if they are large. Drain the crushed pineapple well. Mix the mayonnaise and sour cream in a bowl and stir in the paprika, lemon juice, Tabasco sauce, pepper and salt. Add the prawns, chopped eggs and crushed pineapple, and blend well. Refrigerate until serving.

### Evaluation by Park Hill Primary School, UK

We thought that this was simple to make but it might have been easier if the instructions had been numbered. We also wish that we had cooked the eggs before our cooking session. Sophie thought that the eggs in it were delicious. We liked the pineapple but next time we would add more.





# Shrimp Salad on Toast



Shrimps are very popular in Denmark. This dish can be served with or without toast. To make it healthy, choose low-fat ingredients and wholegrain toast.

## Ingredients (for 6 people)

- 500 grams shrimps
- 1 leek, finely chopped
- 3 dl of sour cream
- $\frac{1}{2}$  dl of mayonnaise (low fat)
- 2 gloves of garlic
- 2 spoonfuls of fresh lemon juice
- Black pepper and salt
- Dried dill
- Toasted wholegrain bread
- Lettuce, fresh dill, lemon, and tomato to garnish



1. Thaw the shrimps well, most preferably the day earlier.
2. Take a big bowl and add the ingredients: sour cream, mayonnaise, pressed garlic gloves, lemon juice, dried dill, finely chopped leek (only the white part of the leek), pepper, and salt
3. Add the shrimps into the bowl. Mix them carefully with the marinade (don't smash the shrimps).
4. Let the shrimps rest in a fridge for  $\frac{1}{2}$  hour.
5. Toast the wholegrain bread.
6. Add the shrimp salad on the top.
7. Garnish and serve.

## Evaluation by Park Hill Primary School, UK

We enjoyed making this recipe. Some of us hadn't seen fresh dill before and we thought that it looked like green hair! Sophie thought that it was bursting with flavour. Jay and Maisie think that it would have been even nicer with more lemon and some salt. We tried it on rye bread and white bread. We liked making the salad garnish.





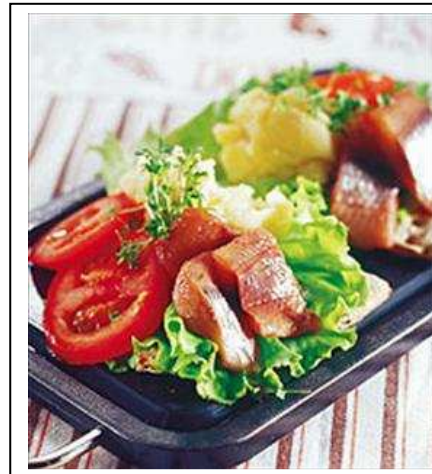
## Egg and Herring on Bread



This dish is a typical starter in Sweden, especially in the summertime.  
Mostly for adults.

### Ingredients : (2 portions)

- 2 slices black rye bread
- butter
- lettuce
- 4 hardboiled eggs
- $\frac{1}{2}$  onion, red or yellow
- 1 tin of pickled herring (200 g)
- 2 - 3 tablespoons sour cream
- chive



### Instructions:

- Spread the butter on the bread.
- Put the lettuce on the butter.
- Slice the eggs and the onion.
- Place all ingredients on the bread, the herring on top.
- Put on a spoon of sour cream.
- Sprinkle with chive and perhaps some sliced tomatoes.

Another variation is to take 4 boiled, cold potatoes instead of the eggs.

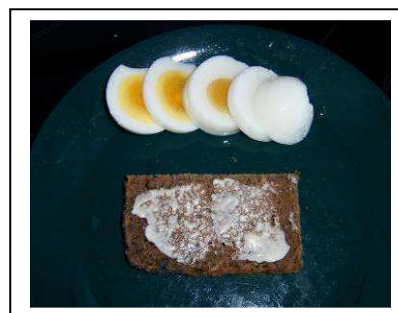
### Tested by Nordre Skole, Denmark:

Pickled herring on rye bread is also part of the Danish food tradition. It's often served for lunch, especially during Christmas and Easter.

We tested the recipe with our immigrant children, so for most of them pickled herring was something new and strange. We didn't use raw onion as the children didn't like that.

The dish was quite easy to prepare and it didn't take long time. The most difficult thing was to peel the boiled eggs. Children loved to use the egg-cutter!

Most of the children were not fans of this dish but the adults loved it.





## Toast with shrimps



An easy starter for both young and old.

### Ingredients (4 portions)

- 500 gr. unpeeled shrimps
- 4 slices of white bread (wholemeal)
- mayonnaise (light)
- butter
- hardboiled, sliced eggs
- lettuce
- dill
- 4 slices of lemon



### Instructions:

- Peel the shrimps.
- Spread the butter on the bread.
- Start with the lettuce, then the shrimps, the mayonnaise and possibly the egg slices.
- Top with dill, lemon, cucumber and tomatoes.
- Enjoy!

Evaluated by students in grades 8-10 in Brekkuskóli, Iceland:

- Very good
- Tastes nice
- Easy to make
- A little too sour





# Swedish Toast



## Ingredients : (4 pieces)

- 4 slices of bread
- Butter
- 1-2 tablespoons mustard
- 4 slices smoked ham
- 1 sliced tomato
- oregano



## Instructions:

- Preheat the oven 225 degrees Celsius
- Put butter, ham, mustard and tomato on the bread
- Put grated cheese and oregano on top
- Put the toasts on a baking sheet in the middle of the oven for 8-10 minutes until the cheese is golden.



Evaluated by students in Can Ibrahim Bodur Anadolu Lisesi in Turkey:

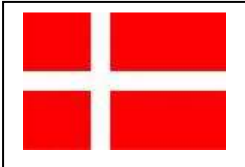
### Ezgi YILMAZ :

The toast is delicious but I think some bitter. I think the toast can be more delicious without mustard. The toast don't resemble Turkish toast. But stil the toast is delicious in spite of bitter 😊

### Betül Belma GÜR:

I like toast. I didn't find ham. I put burger. Toast is very delicious.





# Fish Cakes



Most children in Denmark like Fish Cakes for dinner or in the lunch break.

## Ingredients

400g	chopped fish
1,5	teaspoon salt
6	chopped spring onion (100g.)
3	spoons of chopped fresh parsley
1	egg
1 $\frac{1}{4}$ dl	milk
5 $\frac{1}{2}$	spoon of flour
25g	butter



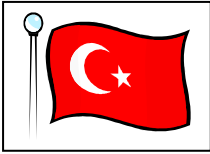
## Instructions:

- Mix the chopped fish with salt.
- Add the spring onion, pepper and the egg .
- Stir milk and flour little by little.
- Let the minced fish rest in the fridge for half an hour.
- Fry the fish cakes on a pan on a low temperature for approximately 15 minutes.
- Serve eventually with rye bread or mashed potatoes.

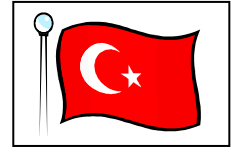


Evaluated by students in grade 6 in Brekkuskóli, Iceland:

- "Genius"; "Incredible good"; "The best fish cakes I have ever had"
- "Lots of flavour"

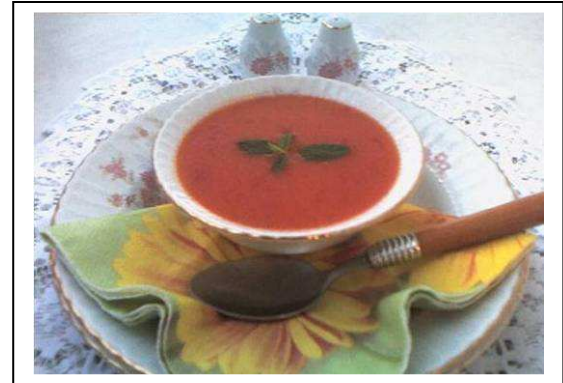


## Soguk Domates Corbasi (Turkish Spiced Tomato Soup)



### Ingredients:

- 3 cups of tomato puree (preferably fresh summer tomatoes, but canned are fine too)
- 1 Tablespoon olive oil
- 2 Tablespoons lemon juice
- 2 Tablespoons white vinegar
- 1-2 teaspoons curry powder
- pinch of salt
- 1 cup yoghurt, beaten til creamy
- Garnish with parsley



### Instructions:

Puree tomatoes in a blender until liquified, strain out seeds if necessary. Then add oil, lemon juice, vinegar, curry powder, and salt. Blend, then pour in yoghurt and mix well. Chill for at least 2 hours.

Evaluated by Grade 4 in Blücherschule in Wiesbaden in Germany :

- It was easy to do and the children like to do the recipe.
- The soup tasted really fine.





# English Tomato Soup



Soups are very popular as starters with tomato being one of the favourites.

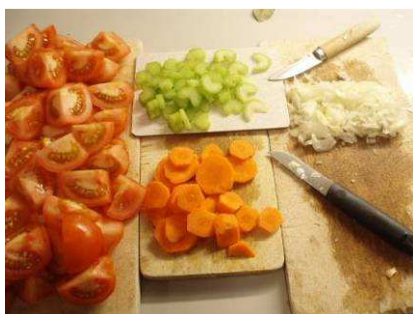
## Ingredients:

1 kg ripe tomatoes  
1 medium onion  
1 carrot  
1 celery stick  
2 tsp tomato puree  
a pinch of sugar  
2 bay leaves  
1.2l vegetable stock  
2 tbsp low fat crème fraiche



## Instructions:

1. Cut the tomatoes into quarters and cut out the hard cores.
2. Peel the onion and carrot and chop them into small pieces.
3. Cut the celery into small pieces.
4. Heat 1 tbsp oil in a large pan and add the onion, carrot and celery and cook over a low heat for 10 minutes.
5. Stir in the tomato puree, tomatoes, sugar and bay leaves and cook over a low heat for 10 minutes.
6. Add the stock and simmer for 25 minutes.
7. Take out the bay leaves and puree the soup.
8. Stir in the crème fraiche and serve.



## Tested by 6.b at Nordre Skole, Denmark:

The soup was quite easy to prepare. It was a bit difficult to puree the soup.

The soup was really tasty but it could have been a bit more spicy. We added some black pepper into the soup to make it a bit more "hot".

Some of us didn't like the crème fraiche on the top of the soup.



## Danish Vegetable Soup



To go with whole grain bread.

### Ingredients:

- 1 tbsp. olive oil
- 1 clove of garlic
- 2 large carrots
- 2 potatoes
- 1 leak
- 1 large onion
- 1-2 tbsp. vegetable bouillon
- 1 glass of water
- 1 tin of tomatoes



### Instructions:

1. Cut the vegetables into pieces
2. Fry them in oil for two minutes
3. Add the bouillon, the water and the tomatoes
4. Cook it for twenty minutes and blend it
5. Finally add salt and pepper

### Evaluated by student from Can Ibrahim Bodur Anadolu Lisesi, Turkey:

I usually do not like vegetable soup. But this soup is good. Vegetable soup is healthy. There are not any vegetables in the soup. I think vegetables must not be fried. Vegetables must be boiled. If we make like this they will be more delicious and more healthy.





# German Vegetable Soup



In Germany we often eat soups. A vegetable soup can be made of many ingredients, the most important are onions.

## Ingredients:

- large knob of butter
- 1 tbsp olive oil
- 1 large onion, chopped
- 2 large carrots, chopped
- 3 stems celery, chopped
- salt and freshly ground pepper
- 500g floury potatoes, such as maris piper, peeled and cubed
- 1 bouquet garni
- 750ml hot water
- 6 tbsp single cream, or to taste
- pesto or harissa to finish



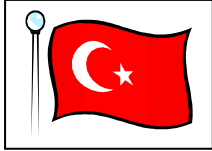
## Instructions:

1. Melt the butter and oil in a large pan over a medium-low heat.
2. Add the onion, carrot and celery, and season and stir for a minute.
3. Add the potatoes, which will both flavour and thicken the soup. Add the bouquet garnish and water. You could use stock but, since these ingredients are the ones that flavor stock anyway, it's not vital.
4. Simmer, cover, and cook for 20 minutes or till the potatoes are soft. Stir now and then and ensure the vegetables aren't getting brown.
5. Remove the bouquet garnish and purée the mix.
6. When ready to serve, thoroughly reheat. Remove from the heat and stir in the cream. Check the seasoning, ladle into warmed bowls, swirl a little pesto or harissa on to each and serve.

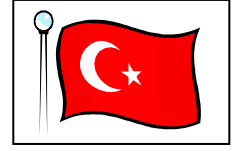
We cooked this soup at cooking club and then we served it to some visitors from other countries. We enjoyed making it even though the onions made our eyes sting! We thought that the soup was delicious and very warming.

## Evaluation by Park Hill Primary School, UK:





## Ezme Sebze Corbasi (Cream of Vegetable Soup)



The soup is usually prepared in western regions, especially in the winter.

### Ingredients: (8 servings)

- 1 onion medium size
- Swiss chard 1 medium size
- 3 tablespoons butter or margarine
- 3-4 sprigs parsley
- 2 tablespoons All-purpose flour
- 1 egg 1 medium size
- 4 cups water or broth
- 3/4 cup+ 2 tablespoons milk
- 2 tablespoons rice
- 1 teaspoon Salt
- 1 carrot small size
- 1/3 tablespoon Black pepper
- 2 potatoes small size
- 3-4 medium size celery leaves



### Instructions:

Brown chopped onion in melted margarine for 2 minutes until tender crisp. Add flour mixing well. Stir in hot water and rice. Reduce heat. Simmer until rice is tender. Pare carrots and potatoes.

Dice all vegetables. Stir in simmering onion-rice mixture. Simmer for 30-35 minutes until vegetables are tender. Place into a food processor container. Process until well blended and creamy. Bring to boil and simmer for 1 minute. Combine well beaten egg and milk mixing well. Blend into a soup, stirring constantly. Season with salt and pepper. Serve hot.

Evaluated by grades 8 - 10 in Brekkuskóli, Iceland:

- "Very odd, but good"
- "The soup has a strange texture to it, but it tastes nice."
- "Not good, but definately very healthy"



# German Potato Soup



Soups are essential in Germany. They are tasty and satiable.

## Ingredients:

- 1 tbsp butter oil
- 1 carrot, 1 onion, 1 piece of celery (chopped)
- 750 g mealy potatoes
- 1 l hot bouillon
- 1tsp marjoram
- salt & pepper
- 125 ml cream
- 1 tbsp parsley



## Instructions:

1. Melt the butter oil in a large pot.
2. Put the vegetables in the pot and stew until the onions are soft but not browned.
3. Add the potatoes and stew.
4. Fill up with the bouillon. Add marjoram, salt and pepper to taste.
5. Simmer it for 20 minutes.
6. Stirr the cream into the soup.
7. Puree the soup with a hand-held blender.
8. Put the parsley on top and serve.

## Tested by 4th class at Nordre Skole, Denmark:

The soup was quite difficult to prepare as there are many vegetables that has to be chopped. We liked the taste very much and would maybe like to cook this soup at home, too.





# Yesil Mercimek Corbas - Green Lentil Soup



This is a traditional Turkish soup which is very easy to make.

- 2/3 cups green lentils
- 1 cup milk
- 6 cups water
- 2 thin slices bread (stale)
- 1 medium onion
- $\frac{1}{2}$  tea spoons red pepper
- 4 table spoons margarine
- 2 table spoons flou
- $\frac{1}{4}$  tea cup rice
- 2 desert spoons salt
- 1 egg



## Instructions

Wash lentils and soak the night before in 1 cup of water.

Peel, wash and finely chop the onion. Place in sauce pan with margarine, cover and cook for 2 - 3 minutes until tender, stirring from time to time, add flour and stirfry until slightly browned.

Wash the rice, add to onion - flour mix-together with the lentils and the remaining water, and stir until it starts to boil. Cook for 30- 40 minutes. Pass trough a sieve or blend, add salt and replace on heat.

In a separate bowl, beat the egg with milk, warm it by adding a few spoon full of hot soup. Add the egg - milk mixture to the soup gradually while stirring constantly and turn off heat when it comes to boil.

Meantime, cut up the bread into 1 cm cubes and put on a tray and bake in the oven.  
Serve the soup with red pepper and bread croutons.



## Evaluations from Sweden, class 5:

We bought "ready to use" lentils, didn't have to soak them. The soup was easy to make, thought the children. They really liked the bread croutons on top of the soup. They are not so used to eat vegetarian soup so many of the children didn't like it. Don't be afraid to season the soup, it needs some salt and pepper.



## Icelandic Fish Soup (fiskisúpa)



The recipe for this seafood soup dates back to the 1970s, when the Icelanders were just beginning to discover fresh garlic. It wasn't until a few decades ago that the Icelanders learned to value the prawns and lobster.

### Ingredients (Serves 4)

- 4-5 potatoes, diced
  - 1 medium onion, diced
  - 2 tbs olive oil
  - 1 litre water
  - 1 tbs fish bouillon
  - 1 sprig thyme or basil (optional)
  - 2 garlic cloves, pressed
  - 8-10 sun-dried tomatoes, sliced into finger-wide slices
  - 2 carrots, julienned
  - 1 tsp lemon juice
  - 4 tablespoons cream (optional)
  - 400-500 g white fish or 250 g white fish and 250 g prawns, lobster/crab and/or scallops
- optional: broccoli, cauliflower, celery, chives, parsley



### Instructions:

Fry the potatoes and onion lightly in the oil (use a deep saucepan or soup pot). Add the water, fish bouillon, thyme, garlic and sun-dried tomato slices\*, and cook for about 10 minutes. Add the julienned carrots to the soup. If you are using broccoli or cauliflower, slice broccoli stalks and cut cauliflower into small florets and add with the carrots. Cook for approx. 5 minutes. If using, julienne the celery and cut broccoli heads into florets and add. Adjust the taste with salt and pepper and cook for another 3-4 minutes. Cut the fish fillet(s) into strips (cut fillets across). Add fish and lobster/crab/shrimps (if using) and cook until done - approx 5-7 minutes, depending on size and thickness. (If you are using scallops, let them cook for a maximum of 2 minutes only, as they will become as tough as chewing gum if overcooked.) Add lemon juice. Pour into soup bowls and garnish with finely cut chives or small sprigs of parsley. Serve with crusty bread and perhaps a fresh salad.

(\*If the tomatoes are dry, prepare as indicated on packaging - if they are in oil, drain before adding to the soup.)

### Evaluation from Sweden class 5:

The children really loved this fish soup, except for those who didn't like fish at all... Many were surprised that it was so tasteful and delicious. Beautiful with all the colours: orange, red, yellow, green and white. It was easy to follow the instructions.

We all recommend this soup!





# Leeks and carrots (zeytin yağlı pırasa)



## Ingredients

- 1 kg leeks
- salt
- 2 onions
- 1-2 garlic cloves (optional)
- 2 carrots
- 2-3 spoons long grain rice
- 100 ml. olive oil
- 1 t. sugar
- 2 teaspoons of lemon juice



## Instructions:

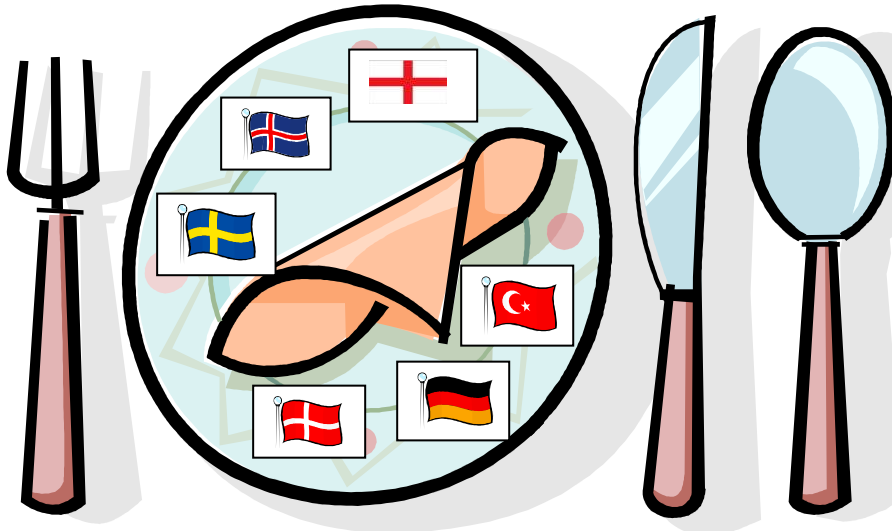
- Cut off the tough green leaves, wash thoroughly and cut into sections about 4 finger' width long.
- Peel carrot and slice thinly. Set aside.
- Chop the onions and sauté in the oil until glassy.
- Add the garlic if using and the carrots.
- Sauté gently for another 10 minutes, stirring occasionally.
- Add the rest of the ingredients plus about 150 ml. water and the leeks.
- Stir, cover and gently simmer for about 20 to 25 minutes. This will depend on the leeks so do check for doneness.
- Allow to cool and garnish with lemon slices.
- (The amount of rice depends on individual preference.)

## Tested by pupils in class 2 in Blücherschule in Wiesbaden in Germany:

- German children, don't like too much onion and leeks.
- They liked preparing it. But they don't like eating it.
- Only some of the Turkish children know this dish and ate it.

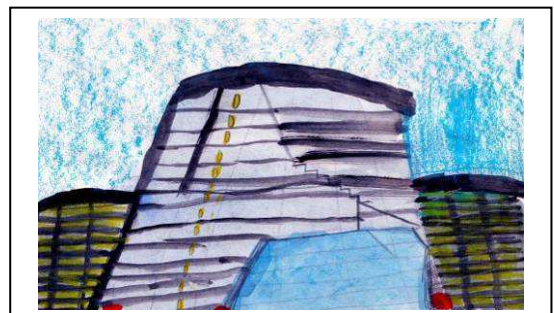
**This sections contains delicious main courses from Denmark, Sweden, Iceland, Germany, Turkey and England.**

# Main



# Courses

**Below you can see drawings of Viborg made by the students in Nordre Skole.**





# Potato and Leek Soup



Potatoes are staple food for Danes. This soup is a wonderful starter. It also works very well as a main dish, especially in a chilly winter evening.

## Ingredients

- 2 kg of potatoes (large)
- 1 kg of leeks
- Parsley
- Salt, pepper
- Thyme
- Eventually bread croutons or fried bacon



## Instructions:

1. Peel the potatoes and cut them into smaller pieces. Clean the leeks thoroughly and cut it into fine stripes.
2. Put the potatoes and the leeks in a pot and add water just to cover.
3. Boil until potatoes are completely cooked.
4. Pour in a little of the boiling water into a jug.
5. Blend the potatoes and leeks until the consistency is creamy.
6. Add salt, thyme, and pepper and eventually a bit of the boiling water. Cook about 15 minutes in a low heat.
7. Before serving, add a bit of finely chopped parsley on the top of the soup.
8. EXTRA: You can add either fine stripes of fried bacon or bread croutons on the top of the soup.

## Tested by Blücherschule in Wiesbaden in Germany:



The soup was very easy to prepare. We used vegetable stock instead of water. Some of the children liked it, other didn't. The soup tasted best with fried bacon and bread croutons.



# Yellow Pea Soup



This soup is a typical Swedish soup often served on Thursdays. Some children love it and some loathe it. Yellow pea soup has been served in Sweden since the 13<sup>th</sup> century.

## Ingredients (4 - 6 portions)

400 grams dried yellow peas  
1 yellow onion  
1 bay leaf  
300 grams lightly salted pork  
12 dl water  
1/3 tablespoon thyme  
1/3 tablespoon marjoram



## Instructions:

Put the peas in plenty of cold water for at least 6 hours. Rinse the peas well with more cold water. Peel and slice the onion. Put the peas, the onion, the bay leaf, the pork in a pan. Pour on the water. Let it boil up. Skim if needed. Let the soup simmer under lid for about 1 hour. Dilute the soup if necessary. Season with salt and pepper.

The pork can either be served in slices or you can cut it down in small pieces and mix it in the soup.

Serve the soup with mustard and dark hard bread with cheese.

## Tested by Nordre Skole in Denmark:

It was not easy to find dried yellow peas, so we used some green lentils. After the lentils had cooked for about 40 minutes, we added yellow pea-granulates.

To make the soup healthier, we cooked the slightly salted pork in the oven before adding it into the soup.

The soup tasted delicious and it's a very nice soup in a cold winter day. As we cooked a big portion, we ate the soup for 2 days and the taste got even better after the 2<sup>nd</sup> heating!





## Meat Soup (kjötsúpa)



This is the national soup of Iceland. The dried herbs or "soup herbs" (súpujurtir) are a special mixture of dried vegetables and herbs, including carrots, cellery and lovage. Fresh or dried vegetables and herbs can be substituted.

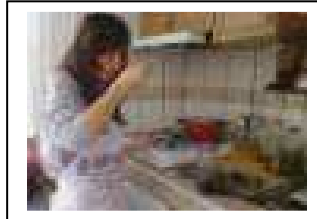
### Ingredients

- 1.5 kg lamb on the bone.
- 2 liters water
- 1 onion, chopped
- 250 g carrots, roughly chopped
- $\frac{1}{2}$  cup rice or oats
- 1 tablespoon mixed dried herbs
- 4-5 tablespoons parsley, chopped
- Potatoes, peeled and roughly chopped
- Salt and pepper to taste
- 1 large swede, peeled and roughly chopped



### Instructions:

Trim the meat and remove excess fat. Place the meat in a large pan and add the water. Bring slowly to the boil and simmer for a few minutes, skimming several times and remove any scum and impurities. Add the onion, carrots, rice or oats, herbs and parsley, season with pepper and salt, and simmer for 30 minutes. Add the potatoes and simmer for 10 minutes. Add the swedes and cook the soup for a further 15-20, or until meat and vegetables are tender. Taste and adjust the seasoning.



**Tested by students in  
Ibrahim Bodur Anadolu  
Lisesi in Can, Turkey:**

There is not enough oil in it. But it is full of vitamins. I really liked it. Thanks..





## Icelandic bread soup (brauðsúpa)



Thriftiness is a strong trait in many older Icelanders, especially the generations that were born before World War II. Everything had to be used up, and throwing away edible leftovers was considered criminal. This thick soup is one way of using up bread leftovers and crusts.

### Ingredients: (serves 5)

- 200 g rye bread or assorted bread leftovers (Must be at least half rye bread)
- 1,25 l water
- 2 tbs raisins OR 4 prunes
- 1 tbs orange marmalade (optional)
- 6 slices lemon, OR orange/lemon zest or a cinnamon stick
- 2-3 tbs sugar
- 100 ml cream, whipped



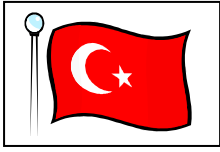
### Instructions

Soak the bread in the water overnight, or until the crusts are soft. Purée (use a blender if you have one) and cook on low for 1 hour. Add the raisins, lemon slices and sugar and cook for about 10 minutes more. Serve warm with whipped cream.

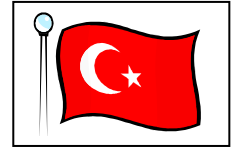
### Evaluation by Germany:

Some older people, who heard, what we want to do, told us that they knew the soup of their youth. The children were excited to try it. But it didn't smell really good. At the end we noticed why, it was burned on the bottom of the pot. Most of the children ate only one spoon of the soup, they said: "It's icky."





## Tavuk Gogsu (Chicken Breast Pudding)



### Ingredients

- Chicken breast 1/2 medium size 100 g (cooked)
- Cracked rice 3/4 cu
- Water 1/4 cup
- Milk 4 cups
- Sugar 1 1/5 cups
- Cinnamon 1 teaspoon



### Instructions: (6 servings)

Cook chicken breast in water to cover, over low heat in a saucepan 10-15 minutes or until barely tender. Drain and bone tear breast into very thin hair like fibers. Set aside; chill. Cover rice with warm water for 2 hours. Drain and place into a food processor container. Process until well ground. Mix ground rice with milk in a saucepan blending well. Cook over low heat for 5 minutes or until thickened, stirring constantly. Stir in chicken breast-torn into fibers-mixing thoroughly. Cook for 5 minutes stirring gently and constantly. Reduce heat. Add sugar mixing well. Cook over very low heat for 1 minute or until sugar is dissolved. Remove from heat. Pour into individual dessert bowls. Cool and sprinkle with cinnamon. Serve chilled.

### Evaluation by Park Hill Primary School, UK:

This was an unusual combination of flavours for us. Jake thought that it was not going to taste very nice, but when he ate it he thought that it was delicious. Lauren, Amy and Charlie would have preferred less sugar in it. Jack thought that it was really nice and couldn't be any better.





# Chicken Curry



Curry has been voted as the most popular dish in Britain.

## Ingredients

4 skinless chicken breasts  
1 onion  
1 garlic clove  
1 lump fresh ginger  
1 tbsp curry paste  
3 tbsp low fat fromage frais  
100 ml chicken stock  
2 tbsp ground almonds  
handful toasted, sliced almonds



## Instructions

1. Finely chop the onions, garlic and ginger.
2. Gently fry for 10 minutes until soft.
3. Add the sliced chicken, cook for 5 minutes and then add curry paste.
4. Pour in the chicken stock and simmer for 15 minutes until the chicken is cooked.
5. Stir in fromage frais and ground almonds.
6. Serve with rice and the toasted almonds sprinkled over.

## Tested by pupils in 6.b at Nordre School, Denmark:

All the pupils thought that the dish was quite easy to prepare. Most of the pupils said that Chicken Curry tasted good but that it was too spicy. One pupil didn't like the taste but liked that it was a "hot" dish. Seven out of fourteen in the class had tried to cook a similar dish before. For all curry paste was a new spice. The pupils learnt that maybe the dish could become less spicy if they reduce the amount of curry paste.





# Chicken in Foil



Who doesn't like chicken? This recipe is very easy.

## Ingredients

Aluminium foil  
4 chicken breasts  
Salt and pepper  
45 ml oil  
 $\frac{1}{2}$  onion, chopped  
250 ml chopped mushrooms  
1 tomato, diced  
15 ml tomato sauce  
10 ml mixed, dried herbs



## Instructions:

1. Tear off sheets of aluminium foil and place a chicken breast on each sheet. Sprinkle with salt and pepper.
2. Heat the oil and fry the onion and mushrooms.
3. Stir in the tomato and tomato sauce. Add the herbs.
4. Divide the mixture between the chicken breasts.
5. Seal the foil parcels and place in an ovenproof dish. Bake at 180 degrees for about 45 minutes.

Tested by Blücherschule in Wiesbaden in Germany:

We cooked the chicken for our teachers Christmas party in school. The chicken in foil was very easy to prepare.

We liked it very much. The chicken was very delicate.

We ate some baked potatoes to the chicken.



# Spaghetti Bolognese



Although this is really a dish from Italy, it is one of our favourite dinners!

## Ingredients

2 rashers of bacon  
2 medium onions  
2 cloves of garlic  
2 carrots  
2 sticks of celery  
chopped herbs  
500g minced beef or pork (or both mixed together)  
2 x 400g tins of chopped tomatoes

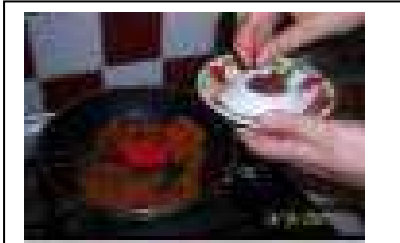


## Instructions:

1. Finely chop the bacon, onions, garlic, carrots and celery.
2. Heat 2 tbsp oil in a pan and fry the bacon until lightly golden.
3. Add the vegetables to the bacon and cook gently for about 10 minutes until they have softened.
4. Stir in the minced beef and tinned tomatoes.
5. Add seasoning and herbs.
6. Bring to the boil, then turn the heat down and simmer for about an hour.
7. Serve with cooked pasta and sprinkle Parmesan cheese over.

Evaluated by students in Can Ibrahim Bodur Anadolu Lisesi, Turkey:

It is not delicious but different.sorry but I do not like this meal.Also it smells a little bit different.Thanks...





# Toad in the Hole



This is a traditional supper which is very easy to make.

## Ingredients

- 6 sausages
- 75g plain flour
- 75ml semi-skimmed milk
- 1 large egg
- 1 tbsp oil
- salt and pepper



## Instructions:

1. Sieve the flour into a bowl and make a well in the centre of it.
2. Crack an egg into the well and whisk the egg into the flour.
3. Gradually whisk in the milk and continue whisking until the batter is smooth.
4. Put the sausages in a roasting tin and place in a preheated oven (220°C).
5. Take out after 10 minutes and place the roasting tin over direct heat.
6. Add the oil.
7. When the oil is very hot, pour in the batter.
8. Immediately return the tin to the oven and cook for 20-30 minutes until risen and golden brown.
9. Serve straight away with gravy.

## Evaluations from Sweden:

It was similar to a popular dish in Sweden, but we use more milk in the batter and have bacon instead of sausages.

Most of the pupils liked Toad in the Hole and some didn't.

It was easy to make and to follow the recipe.



# Danish Meatballs



In the past, meatballs with boiled potatoes was the most common food in Denmark. Today many Danish people have meatballs with spaghetti and many children like it.

## Ingredients

500 g minced meat (pork)  
1 small onion, finely chopped  
1 teaspoon mustard  
125 ml milk  
250ml fresh breadcrumbs  
10 ml finely chopped parsley  
1 egg  
Salt and pepper  
Oil for frying



## Instructions:

1. In a mixing bowl, combine the mince, onion, salt and pepper and the mustard. Mix well.
2. Add the milk, breadcrumbs, chopped parsley and the egg. Mix well.
3. Shape into small balls. Place in the refrigerator for 15 minutes to firm.
4. Heat the oil in a frying pan and fry the meatballs.
5. Serve with boiled potatoes and gravy or with spaghetti or on a slice of rye bread.

## Evaluation by the Swedish school:

The meatballs tasted very nice. The mustard gives a special touch to them. Many of the children don't like the parsley. Danish meatballs are much bigger than ours but apart from that very similar to our meatballs. Just like Danish children ours like to eat meatballs with spaghetti instead of boiled potatoes.



## Swedish Meatballs



A typical Swedish dish served as dinner or on the Swedish smorgasbord

### Ingredients : (4 - 5 portions)

- 400 gr. minced meat/ pork or beef/
- 4 tablespoons breadcrumbs (unsweetened) or 2 boiled, grated potatoes.
- 1½ decilitre milk
- 1 tablespoon potato flour
- 1 tablespoon raw grated onion
- 1 egg
- 1½ teaspoon salt
- ½ teaspoon white or black pepper



### Instructions:

Mix the breadcrumbs with milk. Let it swell for at least 10 min. Mix well with the meat. Put in egg, pepper and onion. Stir well but not too long. Shape with your hand to round meat balls. Melt 2 tablespoons butter in a frying pan. When the butter is light-brown put in the meat balls, not too many at a time. Shake the pan so the meat balls gets brown all around. Reduce the heat and fry without lid for about 3 - 5 min.

Gravy: Dilute in the pan with 3 dl. of warm water, preferably the water you boiled the potatoes in. Stir 2 tablespoons flour with about 1dl of milk or water. Pour in the flour thickening in the pan. Stir. Taste, season with salt and pepper, if needed.

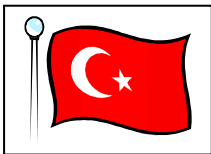
Serve the meat balls with boiled potatoes, gravy, lingonberry, pickled gherkins and grated carrots.

### Evaluated by students in grades 8-10 in Brekkuskóli, Iceland:

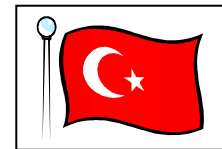
- Almost tasteless
- No flavour and they fall apart.
- The taste of the onions was too strong.
- You can get better ones in IKEA.

Teacher's comment: It is likely that the pupils forgot to put the salt in the meatballs.





## Turkish Meatballs



### Ingredients: (serves 4-6 persons)

- 2 slices of white bread (no crust)
- plain flour
- vegetable oil for frying
- 500 g minced lamb or beef (or both)
- 1 onion, grated thickly
- 2 tablespoons of chopped mint
- 1 tablespoon of dried mint
- 1 tablespoon of chopped parsley
- 1 glove of garlic, crushed
- 1 egg
- salt and black pepper



### Instructions:

Cut the bread into tiny pieces. Take the meat and mix together with all the ingredients.

Form small oval shaped balls with a spoon and fry them in hot oil.

Serve with rice. Enjoy!



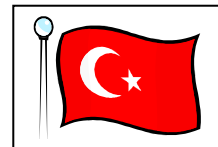
### Tested by 5f Nordre Skole, Denmark:

We also have a tradition for meatballs in Denmark but we never use minced lamb. The Turkish meatballs were easy to prepare. None of us had tasted them before but some of us might try to cook them at home. The most of us thought that the Turkish meatballs were very tasty.

For one of the students mint and parsley were a bit strange herbs.



## Kavurma - Stewed Meat



### Ingredients:

- 400 g (14 oz.) mutton or beef
- 1 kg potatoes
- 3 onions
- 3 carrots
- 4 tomatoes
- 2 tablespoons tomato paste
- 150 g or 5/8 cup vegetable oil
- 1/2 bunch or 15 g fresh dill
- 1/2 bundle (2 oz.) green onions
- salt and spices to taste



### Instructions:

Cut meat into small pieces, sear in hot oil. Add sliced onions and sauté until golden-brown. Then add tomatoes and mix well. Remove from heat and add cubed or sliced potatoes and carrots. Cook another 10-12 min., mix in salt, spices, cover with water and bring to a boil. Stew until potatoes are done. Garnish with chopped onions or fresh greens

### Evaluation by Park Hill Primary School, UK:

Everyone thought that this dish was tasty and healthy. Liam liked this meal because it had a mixture of vegetables and meat. Some children would have preferred more spice and fewer onions. Lucie really loved it and she ate three bowls of it!





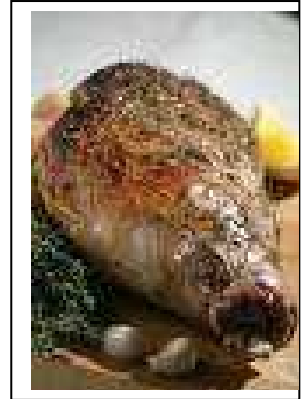
## Roasted leg of lamb (steikt lambalæri)



The traditional Sunday dinner in Iceland is roasted leg or saddle of lamb with glazed potatoes, green peas and gravy. Other accompaniments might include carrots, sweet corn or boiled red cabbage, and perhaps rhubarb jam. In many homes, this was served on almost every Sunday of the year.

### Ingredients:

1 leg of lamb, 2,5 - 3 kg  
Pepper and salt  
1 teaspoon dried thyme or rosemary (optional)  
2 tablespoons butter or margarine  
700 ml stock or water (more as needed)  
3 tablespoons flour  
Gravy browning (optional)



### Instructions

Preheat the oven to 220°C. Trim and season the leg of lamb. Butter a roasting tin, place the lamb in it, dot with butter and put in the hot oven. Roast for 15-20 minutes, then lower the heat to 160°C. Meanwhile, heat the stock or water in a saucepan. Pour it into the roasting pan. Roast for an additional hour or so, depending on the size of the leg and how well you like it done. Baste occasionally, and add more stock or water if needed. Remove the roast from the oven when ready, place it on a heated serving plate, cover with foil and keep warm. Skim some of the fat from the stock in the roasting tin, then pour it into a saucepan and bring to the boil. Mix the flour and some cold water into a smooth paste and stir it into the stock to thicken it. Simmer for 5-10 minutes, season to taste and add a little gravy browning if the sauce is very pale.



### Evaluation

We cooked this dish at a teacher's house as lamb is quite expensive in Denmark. We followed the instructions. Under the steak, we placed lots of different vegetables like beetroot and carrots. We also added garlic. The leg of lamb tasted delicious. We served it with baked potatoes. Children loved the dish. They thought the most difficult thing was to get the meat off the bone.



## Boiled Salmon with Potatoes, Peas and Hollandaise Sauce



A very common dish in Swedish homes for Sunday dinner.

### Ingredients ( 4 portions)

- 800 gr. salmon
- Stock to boil in:
- 1½ litre water
- 1 dl. white vinegar
- 2 tablespoons salt
- 5 grains allspice
- 2 grains white pepper
- 1 bay leaf
- 1 carrot
- 1 onion



### Instructions:

Peel and slice the onion and the carrot. Boil the water and put in the onion, the carrot, salt, pepper grains and bay leaves, Pour in the vinegar and put in the dill. Let the stock boil for 15 min. Place the salmon in the boiling stock, remove the pan from the heat. Let the pan stand and rest on a wooden cutting board for 8 - 10 min.

### Hollandaise sauce with dill:

100 gr. butter

2 tablespoons water

Salt and grinded white pepper

2 egg yolks

1 teaspoon lemon juice

1 bundle fine chopped dill

Melt the butter on low heat. Mix the egg yolks, lemon juice and water in a pan. Put the pan in a bowl with hot water. Stir fast so the sauce thickens. Drip the melted butter, a little at a time, stir heavily. (Don't stir in the bottom of the pan.) Season with salt and pepper. Stir down the dill.

Serve the salmon with boiled potatoes, sauce, peas and a slice of lemon.



### Tested by Park Hill Primary, Coventry, UK:

Most people really liked this recipe because they liked the texture of the salmon. Lily loved the hollandaise sauce and thought that it was very buttery. Robert enjoyed trying something new. He thought that you could really taste the herbs in it. The teachers loved this recipe!



# Kartoffelsalat - Potato Salad



This is a traditional-style German potato salad . It's made with broth and vinegar and seasoned with onions and mustard.

## Ingredients

- 1 kg waxy potatoes
- 250 ml broth
- 80 ml white wine vinegar
- 1 tsp mustard
- salt & pepper
- 4 tbsp oil
- 1 chopped onion
- a bunch of chives (chopped)



## Instructions.

1. Boil potatoes with salt in water for 20 minutes until soft. Drain.
2. While potatoes are warm peel them and slice them. Put them in a large bowl.
3. Heat the bouillon. Add vinegar, mustard, salt and pepper and mix.
4. Pour over potatoes.
5. Add oil, onions and chopped chives.
6. Taste with salt and pepper and mix gently.
7. Marinate salad 1 hour before serving.
8. Serve at room temperature.

## Tested by students in Can Ibrahim Bodur Anadolu Lisesi, Turkey:

**Kevser KURU** : - I liked potato salad. It is very delicious. Its structure is very easy. Everybody can eat. If you feel bad yourself you can eat potato salad. Because doing potato salad is entertaining.

**Songül KILINÇ** : - It's very delicious. It is similar with our salad. I discount to my neighbor. They like it a lot.

**Gamze AYGÜL** : I think it is very good food. I like potato.





# Nudelsalat



Children like it with sausages or as a sidedish for barbeque.

## Ingredients:

- 250 g cooked noodles
- 12 cherry-tomatoes
- 100 g cheese or one half cucumber
- 4 carrots
- 5 tablespoons vegetable oil
- 2 tablespoons vinegar
- 1 teaspoon mustard
- 3 pinches salt
- 1 pinch pepper
- one half bunch of chives



## Instructions:

1. Put the cooked noodles into a bowl.
2. Wash and clean the tomatoes and put five of them aside.
3. Cut the rest in half and put them into the bowl.
4. Cut the cheese or cucumber into small pieces and put them into the bowl.
5. Wash, peel, clean and grate the carrots and put them into them bowl.
6. Put the oil, vinegar, mustard salt and pepper into a screw-top jar and shake strongly.
7. Mix the dressing with the salad.
8. Wash the chives, carefully shake them dry and cut them into small rolls.
9. Garnish the salad with the tomatoes and chives.
10. You may also put other vegetables you like into the salad. Just try it out!

## Evaluations from Sweden, class 5:

An easy-to-make salad, perfect to eat on a picnic, as a light lunch or after school.

The children liked the salad. Not everyone liked the dressing. Next time we maybe add some ham or chicken to the nudel salad and try a sauce made of sour cream, salt, pepper and some ketchup!





# Schupfnudeln



A type of thick noodles made of potatoes, flour and eggs.

## Ingredients

- 500 g mealy potatoes
- 2 eggs
- 200 g flour
- salt
- nutmeg

### sweet version:

- butter
- cinnamon & sugar
- apple puree

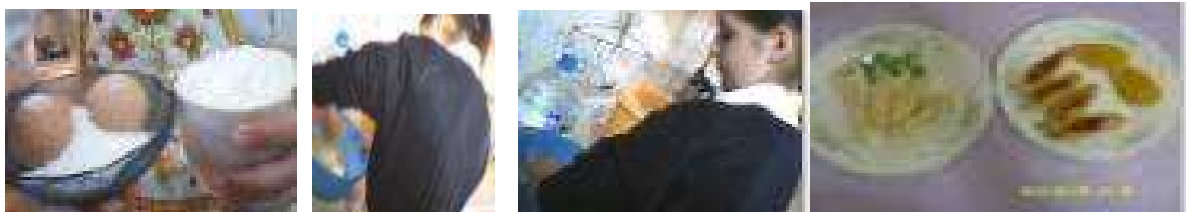


## Instructions:

- Boil potatoes with salt in water for 20 minutes until soft. Drain.
- While potatoes are warm peel them and put them through a ricer.
- Add the flour, eggs, nutmeg and salt and mix into a stiff dough. Add a little more flour, if necessary, to make the dough manageable. Let the dough rest for 15 minutes.
- Place dough on a floured board and form into a log. Cut the log into small pieces. Form each piece into a tapered cylinder by rolling between your hands. It should be thick in the middle and pointed on the ends.
- Drop all of the Schupfnudeln into the boiling water and stir gently. Reduce heat and simmer for 5 minutes, or until dumplings rise to the surface.
- You can eat them as a side dish to meat.
- Sweet version:  
Melt butter in a pan. Carefully add the Schupfnudeln in a single layer and roast on all sides until golden brown. Add sugar and cinnamon. Remove from pan and serve warm with apple puree.

**Tested by students in Can Ibrahim Bodur Anadolu Lisesi, Turkey:**

"It does not taste like our food which I cooked but I can eat it. It is nice."





## Kartoffelpuffer mit Apfelkompott - Potato Pancakes with Apple Sauce



This is a traditional-style German sweet potato dishes. It's made with egg and onion and seasoned with apple sauce and if desired, with sugar.

### Ingredients

- 600 g potatoes
- 1 onion
- 20 g plain flour
- 3 eggs
- salt
- 30 g shortening
- 360 g apple sauce
- 1 tbsp sugar



### Instructions:

- Peel and finely grate the potatoes. (Most suitable is to use your food processor.)
- Put in a clean dishcloth and squeeze out all the juices.
- Peel and finely grate the onion, add to the potatoes and combine.
- Mix 20g / 2/3 oz flour, eggs and salt with the potatoes.
- In a large skillet heat 10g / 1/3 oz shortening per deal. Fry not more than 3 pancakes at a time.
- Therefore scoop 1-tbsp potato dough into the skillet and flatten slightly.
- If the pancake starts to get brown edges, turn over and fry on medium heat until done.
- Serve with chunky applesauce and if desired with sugar.

### Evaluations from Sweden, class 5:

The pupils loved these pancakes with Apple sauce! A favourite among the recipes they have tried. The pancakes were easy to make.



# Apfelkompott - Apple Sauce



This is a traditional-style German Apple Sauce. It's made with sweet apples, lemon juice and cinnamon. Ingredients for 10 people.

## Ingredients:

- 20 apples
- 5 oz lemon juice
- 30 tbsp sugar
- 5 cinnamon sticks
- water



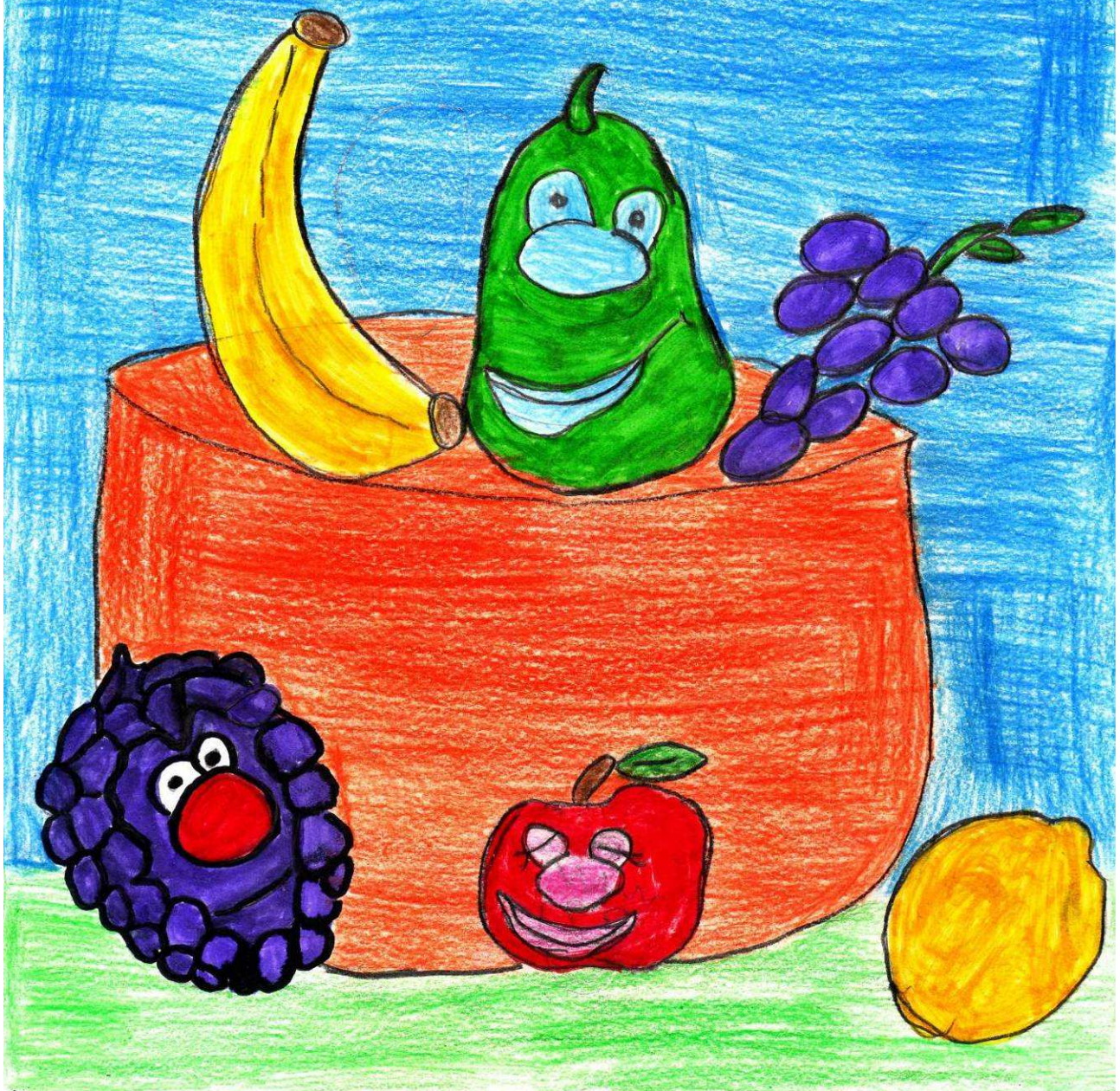
## Instructions:

- Peel apples, remove seeds and dice.
- Put apple pieces into a pot; infuse with water, so that apples are piled.
- Add lemon juice to the water as well as cinnamon sticks and sugar.
- Simmer 10 minutes at median level until apples are soft.
- Serve at room temperature.

## Evaluations from Sweden, class 5:

The pupils loved the pancakes with the Apple sauce! The Apple sauce made the pancakes to be a favourite among the recipes they have tried.

# Desserts





# Fruit salad



Try this recipe of a delicious fruit salad

## Ingredients:

- 1 apple
- 1 orange
- 1 banana
- 3 kiwis
- 10 strawberries
- Ice cream or whipped cream



## Instructions:

- Wash, peel and slice the fruit.
- Mix the fruit in a bowl.
- Serve with ice cream or whipped cream.

Evaluated by Germany 3<sup>rd</sup> grade

All children liked very much to produce the fruit salad.  
Some pupils would have preferred to eat only one kind of fruit.  
If the fruit salad is served without ice cream or whipped cream one spoon of sugar is needed.



# Bananas and Custard



Serve chopped bananas with this delicious home made custard.

## Ingredients:

- 2 bananas
- 3 egg yolks
- 275ml double cream
- 25g caster sugar
- 1 tsp cornflour



## Instructions:

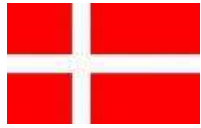
1. Blend egg yolks, sugar and cornflour together in a small bowl.
2. Heat the cream in a small pan.
3. When the cream is hot, pour it over the egg mixture stirring all the time.
4. Return the custard to the pan and stir over a very low heat until thick.
5. Chop the bananas and put into serving bowls.
6. Pour over the custard.

**This pudding can be enjoyed either hot or cold.**

Evaluated by  
grade 6 in  
Brekkskóli,  
Iceland:

- Tastes good
- Good combination
- Looks appetizing
- Sweet and good





## Strawberry cold-bowl with toasted oatmeal



Cold strawberry dessert with toasted oatmeal.

### Ingredients: (serves 4)

- 250g fresh or thawed frozen strawberries
- 100g sugar
- 3/4 l. buttermilk
- 1/2 l. sour

### Butter toasted oatmeal

- 25g butter
- 175g coarse rolled oatmeal
- 2 tablespoons sugar



### Instructions:

Place strawberries, sugar and approx. 1 dl of the buttermilk in a blender jar. Blend at fastest speed for 30 sec. Stir slowly the rest of the buttermilk, together with the blended strawberries and sour milk in a bowl. Place the bowl of strawberries covered in refrigerator at least  $\frac{1}{2}$  hour.

### Butter toasted oatmeal:

Let the butter melt in a pan at high heat, but without the butter turning brown. Add the oatmeal and sugar. Grate the mixture at high heat and stirring for approx. 2 min. Reduce to moderate heat and toast, still stirring around 5 min. or until the oatmeal is light golden brown and crispy. Put a piece of baking paper on a baking grate. Spread the toasted oatmeal on the baking paper and let them cool. Split the oatmeal from each other by rubbing them in baking paper. Serve the toasted oatmeal together with the ice-cold strawberry bowl.

Tested by a student  
in Ibrahim Bodur  
Anadolu Lisesi in Can,  
Turkey:

It is easy to cook it. It is  
a different taste for me.  
It is a little bit sweet. I  
will cook it again. I like it.





## Vanilla Ice Cream



In Sweden we eat ice cream with fresh strawberries, raspberry-or chocolate sauce.

### Ingredients (serves 8)

- 6 dl. milk (3%)
- 2 dl. whipped cream
- 2 dl granulated sugar
- 8 egg yolks
- 1 tablespoon vanilla sugar
- 2 vanilla pods



### Instructions:

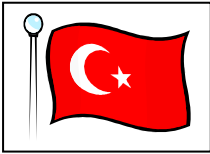
Stir the egg yolks and the sugar until it is white and rising. Heat up the milk and the cream in a pan, don't let it boil. Mix eggs, sugar, cream and milk with the vanilla sugar in a bowl. Scrape in the vanilla seeds from the vanilla pods. Stir until it's thickening and begins to bubble. Put the bowl in ice cold water and when it's cool put the ice cream in the freezer.

Serve with either fresh fruit or chocolate sauce.

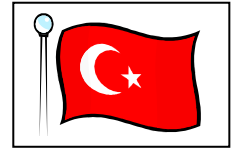
### Tested by students in Can Ibrahim Anadolu Lisesi in Turkey:

Firstly I was quite curious about how the last appearance of ice-cream would become. After I made it, I tasted it. Although it was sugary in the first time, afterwards I understood that its taste was very nice and delicious. It is not like our ice-creams.





## Kabak Tatlisi (Pumpkin Dessert)



### Ingredients

- 1 glass of water
- $\frac{1}{2}$  glass of granulated sugar
- 500 grams of pumpkin
- 1 glass of sugar
- 1 glass of crushed walnut



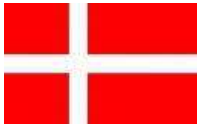
### Instructions:

Peel the pumpkin and cut it up into pieces. Wash it. On a tray, put a layer of pumpkin and a layer of sugar. Pour the water and close the lid. Cook it on light fire. Sprinkle the crushed walnut on.

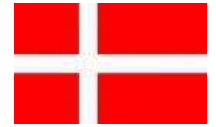


### Evaluation by Park Hill Primary School, UK:

A lot of people found the pumpkin quite hard to cut. Harriet, Elizabeth and Jack were not sure how long to leave it in the oven for. Bethany said that even though she doesn't like pumpkin, she could eat this pudding every day. Tyler and Bailey thought that it would still taste nice with a bit less sugar.



## Stewed apples with toasted bread crumbs



Traditional Danish apple dessert with toasted bread crumbs.

### Ingredients:

$\frac{1}{2}$  dl water  
750 g peeled apples into smaller pieces

25 g butter  
1 tablespoon sugar

### Toasted bread crumbs :

75 g butter  
150 g bread crumbs  
85 g sugar

### Serving:

$\frac{1}{4}$  whipped cream (low fat)



### Instructions:

Cook water and apple pieces in a thick-bottomed saucepan, at low heat and under a lid for approx. 10 min. or until the apples are tender - stir a few times. Stir the butter and sugar into the stewed apple. Let it cool.

### Toasted bread crumbs:

Melt the butter in a frying pan at high heat, but without the butter turning brown. Add the bread crumbs and sugar and fry the mixture for even heating and stirring until it is golden.

### For serving:

Serve the stewed apples and bread crumbs layered in a bowl. End with a layer of whipped cream.

### Evaluation by Park Hill Primary School, UK:

This recipe was easy to make although it was quite tiring peeling all the apples. Alfie thought that the breadcrumb mixture was delicious. He said that if he had been at home he would probably have eaten the mixture before he had finished the recipe! We thought that this recipe would be healthier if it had yoghurt topping instead of cream.





# Bratapfel - Baked Apple



We like this kind of apple, when it is cold outside and the heater is warm inside the house.

## Ingredients

- 1 apple each person
- 3 table spoons of oatmeal
- 2 table spoons of sugar
- 3 table spoons of crushed nuts (almond or hazelnut)
- some butter



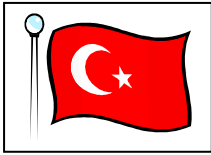
## Instructions:

1. Sweep a fireproof pan with butter.
2. Take a knife and cut off carefully the apple seed house .
3. Mix oatmeal, sugar and nuts in a bowl.
4. Fill the mixture into the deepened apple.
5. Add on every apple some butter.
6. Heat the oven to 200° C.
7. Bake it for 30 minutes.
8. Serve them hot with ice cream or vanilla sauce.

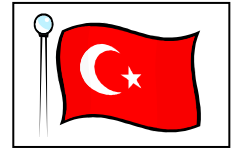
Evaluated by students in Brekkuskóli, Iceland:

- Easy to make
- Tasted very nice
- Appetizing





## \*Chocolate Turkish Paste\*



### Ingredients:

- 3 tbsp. granulated gelatin (unflavored)
- 1/2 c. cold water
- 2 c. granulated sugar
- 1/3 c. cocoa
- 2/3 c. water
- 1 tsp. vanilla



### Instructions:

- Soak the gelatine in 1/2 cupful cold water 10 minutes.
- Combine sugar, cocoa and 2/3 cupful water in a heavy saucepan; cook, stirring constantly, until the sugar is well dissolved.
- Blend in the gelatin and bring to a boil; cook slowly over a low fire about 15 minutes (220 degrees) without stirring.
- Remove from fire; stir in the vanilla, and cool undisturbed for about 30 minutes
- Line the bottom of a shallow pan (8-inch square) with waxed paper.
- Pour in cooled mixture.
- Let stand 24 hours, then invert onto a well-greased surface
- Carefully peel off paper; cut into squares and roll in granulated sugar.
- About 4 dozen squares.

### Evaluation from 2<sup>nd</sup> Graders Serresjöskolan Sweden:

Most children liked it, but some of them thought it was too sweet. They also thought the consistency was a bit strange. The children graded it from 1-5 and in the whole class it got a 3.



## Rice Pudding (hrísgrjónagrautur)



At Christmas, on the 24<sup>th</sup> December, most people eat rice pudding for lunch. According to tradition, a peeled almond is hidden in the pudding and each person chooses one bowl. The person who finds the almond gets a small gift, typically some chocolate. This lovely pudding is also a common all year around as desert.

### Ingredients

- 1/2 litre water
- 200 gr. rice (do not use quick-cook or instant)
- 1 1/2 litre whole milk
- 1 tsp salt



### Instructions:

- Cook the rice in the water until it's almost completely absorbed.
- Add the milk and lower the heat to simmer.
- Continue cooking until the rice is tender (the whole process takes about an hour).
- Add salt and serve with cinnamon sugar.
- Cook a handful of raisins with the rice for a few minutes before serving, for an authentic, old-fashioned "rúsínugrautur" (raisin pudding)
- The pudding is usually eaten with milk or "saft" - a sweet drink made with berry syrup (raspberry, red currant or crowberry tastes best).

Tested by grade 2 in  
Blücherschule, Wiesbaden,  
Germany:

It was very difficult to cook it for 20 children, because we can't manage to stir it the whole time. So it burned a little bit at the bottom. But the children liked it.

When I cook rice I put the pot into my bed after it has boiled on the cooker.





# Kirschenmichel



There are a lot of different names for this traditional German pudding: *Kirschenplotzer, Körschmichl, Kerschemischel, Kirschpfanne, Kirschenmännla, etc.*

## Ingredients

- 6 yesterday's rolls
- 250 ml warm milk
- 70 g butter
- 3 eggs
- 60 g sugar
- 1 tsp cinnamon
- 500 g sweet cherries  
(fresh or preserved)



## Instructions

1. Preheat oven to 180°C.
2. Slice the rolls. Soak the rolls with the warm milk and steep for 15 minutes.
3. Clean and pit the cherries.
4. Mix 50 g Butter, sugar and egg yolks.
5. Add cinnamon and steeped rolls.
6. Add beaten egg whites and the cherries.
7. Fill the dough in a buttered baking pan.
8. Put some small butter pieces on top.
9. Bake at 180°C for about 60 minutes.
10. Eat it warm with Vanilla Sauce.

Evaluated by students in grade 8-10  
in Brekkuskóli, Iceland:

- Very good
- Easy to make
- Unquestionably better when it has cooled down
- A little too sour
- Too sweet
- Not good, too many berries





# Apple Pie



This is a traditional favourite in England.

## Ingredients

700g apples, peeled, cored and sliced  
100g soft brown sugar  
grated rind and juice of 1 orange  
1 tbsp plain white flour  
25g butter  
175g shortcrust pastry



## Instructions

1. Mix together orange rind, flour and brown sugar.
2. Place a third of the apples in the pie dish and sprinkle with half the sugar mixture. Cover with half the remaining apples and the sugar mixture. Top with the remaining apples and add the orange juice.
3. Cut the butter into small pieces and put on top of the apples.
4. Roll out the pastry and cut off a thin strip. Put the strip around the rim of the pie dish and slightly dampen.
5. Cover with the pastry lid and press the edges firmly together.
6. Brush the pastry with a little water and sprinkle with caster sugar.
7. Bake at 200°C for 15 minutes, then reduce the temperature to 180°C and bake for about 30 minutes until the pastry is golden.

Although we like to eat this with custard, cream or ice cream, you could serve it with low fat Greek yogurt to make it a little healthier.

**Evaluated by students in Can Ibrahim Anadolu Lisesi, Turkey:**

**Gamze ENGIN** : - I made apple pie but I didn't like it. Because I don't like orange. Apple pie can be more delicious without orange.

**Tuba SUNAR** : - It's very delicious meal. I made an apple pie. But this pie is more delicious than my pie. My pie is delicious.





## Swedish Apple Cake



It is often served as a dessert, especially after bird (goose, chicken and turkey).

### Ingredients : (serves 4-5)

- $\frac{3}{4}$  kg somewhat sour apples
- 2dl. breadcrumbs
- 1dl. sugar
- 3 tablespoons butter
- $\frac{1}{2}$ dl. water



### Instructions:

Peel the apples, cut in halves and grate them rough. Put breadcrumbs, sugar and apples in layers in a greased dish. Start and end with breadcrumbs. Put the butter in small dabs over it all. Pour over the water.

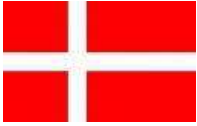
Bake in the middle of the oven in 200°C for about 30 min.

Serve with vanilla custard or whipped cream.

### Evaluation by Park Hill Primary School, UK:

Everyone thought that the instructions were quite easy to follow. The cake didn't look like the photo but it still tasted good. It had a lovely chewy texture. Libby thought that it was the best cake that she had ever tasted! Reece said the cake was excellent!





# Banana cake



Tasteful banana cake with banana and icing sugar.

## Ingredients: (1 cake - approx. 10 pieces )

- 2 eggs
- 150 g sugar
- 150 g wheat flour
- 2 teaspoons baking powder
- 1 dl milk
- 200 g mashed bananas
- 1 tablespoon freshly squeezed lime juice

## Baking time:

Approximately 50 min. at 175 °



## Instructions:

Whip eggs and sugar to a light and airy egg schnapps. Mix flour and baking powder. Stir the milk, mashed bananas and lime juice together. Then add it into the eggs, alternating with the egg schnapps and mashed bananas. Getting the batter into greased baking tin (about 22 cm in diameter). Bake the cake in middle of oven. Check using a wooden stick on the cake to see if it is baked through. Leave approx. 10 min. in the oven after baking for heat. Flip it onto a baking tray. Server cake as it is - or sprinkled with icing sugar.

## Tested by grade 3 in Blücherschule in Germany

The children liked the banana cake but it tasted too much of bananas. The taste depends on how old the bananas are.

According to our baking tin it was better to double the recipe. The baking time remained the same.



## Kladdkaka/Sticky Chocolate Cake



A cake we enjoy both as a dessert and as a cake for the tea or coffee break.

Ingredients : 12 pieces

- 4 eggs
- 5 dl. sugar
- 3 tablespoons vanillin sugar
- 1/3 tablespoon salt
- 1, 5 dl. cacao
- 3 dl. flour
- 200 gr. melted butter



Instructions:

- Preheat the oven to 175°C.
- Butter and line a round baking tin.
- Mix all ingredients, start with the eggs and then in the mentioned order.
- Bake the cake for about 30 min. Observe: The cake should be sticky in the middle!
- Powder with icing-sugar.
- Serve with whipped cream.
- Enjoy!!!!

**Evaluated by students in grade 6 in Brekkuskóli, Iceland:**

- It gets 10 stars
- The best cake ever.
- Incredible
- Delightful
- Easy to make
- Tastes very nice
- Sweet and good





# Pancakes



Pancakes are traditionally eaten on Pancake Day (Shrove Tuesday) in February, but they can be eaten any time.

## Ingredients:

- 110g plain flour
- 2 large eggs
- 200ml milk mixed with 75ml water
- 50g butter
- sugar and lemon to serve



## Instructions:

1. Sift the flour into a large mixing bowl.
2. Make a well in the flour and crack the eggs into it.
3. Start whisking the eggs, mixing the flour into the eggs.
4. Gradually pour in small amounts of the milk mixture still whisking.
5. When all the liquid has been added, keep whisking until the mixture is smooth.
6. Melt the butter in a pan and whisk 2 tbsp of the melted butter into the batter mixture.
7. Get a frying pan hot and add 1 tsp of the melted butter.
8. Pour in a ladle of batter and cook for about 1 minute until it is golden. Flip it over and cook on the other side.
9. Serve with a sprinkling of sugar and fresh lemon juice.

## Tested by students in Blücherschule, Germany:

With a little help, it was very easy to prepare. The pancake with sugar and lemon was very delicious!





## Icelandic Pancakes with Whipped Cream (Pönnukökur)



Almost everybody loves the thin Icelandic crepes, usually filled with jam and whipped cream. Most Icelandic kitchens are equipped with a special heavy crepe pan with very low sides but other types of crepe pan can be used. The crepes are usually served with midday coffee but can also be served as a desert.

### Ingredients

- 3 cups flour
- 4 eggs
- 3 tbs. butter (melted)
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp. vanilla essence
- 2 ½ -3 cups milk



### Instructions:

Separate egg whites and beat until stiff. Mix together all other ingredients and add the egg whites last. Bake paper-thin on a hot cast-iron griddle (about 9 inches in diameter). Spread with preserves, jam or jelly, one tablespoon whipped cream. Fold into triangles. Serve with afternoon coffee or as dessert. (Traditional)



### Tested by 3.f, Nordre Skole, Denmark:

The recipe was not that easy. It was difficult to crack the eggs, not to mention to separate the egg whites! But we did it! The dough was easy to work with. It didn't stick into the pan as the normal Danish pancake dough often does. We only cooked very few "ugly" pancakes, most of them came out perfectly! And the taste? We loved the Icelandic pancakes and will cook them again and again and again...!



## TASTING a HEALTHIER EUROPE



Comenius

# SNACKS



FROM

SWEDEN; DENMARK, ICELAND, GERMANY, ENGLAND, TURKEY



# Fruit Milkshake



This is an alimentary healthy good tasting drink.

## Ingredients

- 3 table spoons berry  
(strawberry, raspberry  
fresh or frosted)
- or
- $\frac{1}{2}$  banana
- 1 glass of milk
- 1 teaspoon honey or  
vanilla sugar



## Instructions:

1. Put the slices of banana or berries into a bowl.
2. Add honey or sugar and half of the milk.
3. Mix it with a hand-blender.
4. Fill the fruit milkshake into a big glass and finally add the rest of the milk.

## Evaluations from Sweden:

We thought the milkshake was very easy to make. The instructions were easy to follow and you just need a few ingredients. It's also nice that you can change the fruits and berries and of course make your own mix. We made three different milkshakes: 1. Vanilla sugar and frozen strawberries. It wasn't as good as we thought it would be. Perhaps you need more strawberries or maybe it's more tasteful with fresh strawberries. 2. Vanilla sugar and banana. It was tasty, but we would like to add more than a half banana. 3. Vanilla sugar, strawberries and banana. This milkshake was our favourite! Really tasteful!



# Smoothie



In England we like many varieties of smoothie. Try this one as a refreshing snack drink when you get in from school.

## Ingredients (for 2 people)

- 6 strawberries
- 10 raspberries
- 150ml cranberry juice
- 150ml orange juice



## Instructions

1. Wash the strawberries and raspberries.
2. Put the fruit and juice into a blender.
3. Blend for about 15 seconds until completely smooth.
4. Pour into glasses and serve.

You can experiment with this by changing the fruit and using any other fruit that is in season, for example blueberries, peaches or melon. We have also used a combination of pineapple and pear with pineapple juice and water.

## Tested by 3.f, Nordre Skole, Denmark:

The smoothie was quite easy to prepare. Some of us had never tasted a smoothie before, and we were quite suspicious because of the consistence. Surprisingly, eight of us thought the smoothie tasted great, three thought it tasted good and one thought it tasted alright. The most of us might try this snack at home, especially in summer, when there's a season for fresh berries.





## Strawberry smoothie



Try this Midsummer smoothie.

### Ingredients:

- 1 banana
- 10 strawberries fresh or frozen
- 20 g Kellogg's All-bran plus
- $\frac{1}{2}$  dl juice
- 2 dl vanilla yoghurt

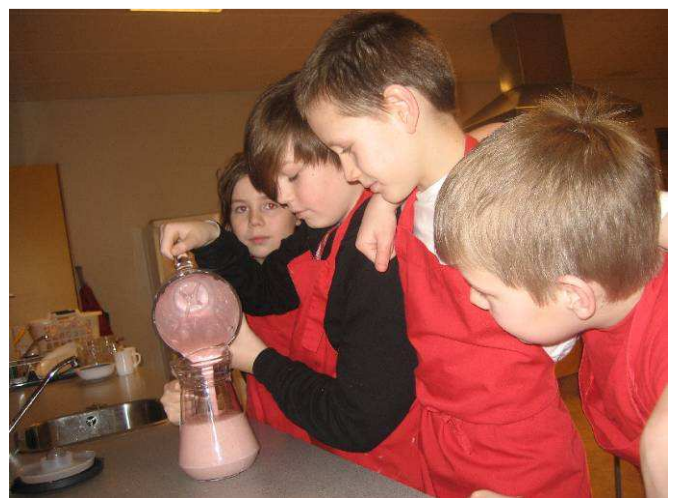


### Instructions:

- Peel the banana and slice it into little pieces.
- In a blender combine banana, strawberries, All bran plus, juice and vanilla yoghurt.
- Blend until smooth and creamy.
- Pour into glasses and serve.

Tested by Grade 6 in Brekkuskoli, Akureyri in Iceland:

- Great!
- The best Smoothie I have ever had.





# Roll with Cottage Cheese



It`s a snack children can easily prepare.

## Ingredients:

- 3 tbsp cottage cheese
- 1 tsp tomato puree
- $\frac{1}{2}$  tomato
- $\frac{1}{2}$  red pepper
- salt, pepper, paprika
- 1 tsp herbs, i.e. chives (fresh or frozen)
- 1  $\frac{1}{2}$  whole meal rolls
- 2 tsp margarine or butter
- 1 cup of skimmed milk



## Instructions:

1. Mix cottage cheese and tomato puree in a mixing bowl. The cottage cheese chunks can be easily crushed with a fork.
2. Have you yet washed the tomato and red pepper? Then cut it in very fine cubes.
3. Mix the tomato and pepper cubes with the cottage cheese and season with a pinch of salt, pepper and paprika.
4. Now cut the rolls in half and spread with margarine or butter. Push the soft inside of the rolls into a hollow.
5. All you have to do now is spreading the veggie-cottage cheese onto the rolls and enjoy!

Accompany the snack with a glass of milk.



## Tested by 5.f, Nordre Skole, Denmark:

The snack was really easy to prepare. The most difficult thing was to cut the vegetables into small pieces. Most of the students thought that the snack tasted delicious. Some didn't like the taste of cottage cheese.



# Quark-Dips



These are examples for traditional-style German Quark-Dips. Ingredients for 10-12 portions.

## Ingredients for "Dip basic mass"

- 500 g low fat curd cheese
- 200 ml whipped cream
- salt



## Instructions:

Stir low fat curd cheese and mix semi-solid whipped cream.

Taste with salt and season different:

1. **Soja-Dip:** sweet soja-sauce and curry
2. **Horseradish-Dip:** grated horseradish, grated apples, lemon juice
3. **Garlic-Dip:** fine cut garlic cloves, garlic condiment and fine cut onions
4. **Tomato-Dip:** tomato sauce, fine cut tomato without tomato-skin and fine cut onions, sugar and paprika

**Serve to Dips different vegetable-sticks: carrots, cabbage turnip, celery, chiccory, cucumber, paprika, radish.**

## Evaluation by Park Hill Primary School, UK

We decided to make a spring onion dip instead of the horseradish because we thought the flavours were quite strong. Out of all those we made, our favourite dip was the tomato - yum. As an alternative why not try dipping your sticks in hummus - it's delicious.





# Vegetable Sticks and Salmon Dip



These sticks and dip can be served as a starter and also as party food.

## Ingredients:

1 cucumber  
5 celery sticks  
3 carrots  
1 red and 1 yellow pepper  
cauliflower  
100g tin salmon  
100g low fat cream cheese  
1 lemon  
150g low fat yogurt



## Instructions:

1. Drain the salmon and mash it with a fork in a mixing bowl.
2. Add the low fat cream cheese, juice of 1 lemon and 2 tablespoons natural yogurt.
3. Mix all the ingredients together thoroughly.
4. Put the dip in a serving bowl.
5. Chop the vegetables into thin strips.
6. Arrange the vegetables on a plate and put the dip in the middle of the vegetables.

**This is also delicious if you add garlic or chopped herbs to the dip.**

Tested by students in Blücherschule in Wiesbaden, Germany:

A very tasty result after an easy preparation.

We liked it most eaten with carrots and cucumber and we recommend to add chopped dill.



# Tuna Mousse



Tuna is healthy and delicious. This mousse can be a part of your packed lunch on a piece of rye bread, or it can be enjoyed as a starter.

## Ingredients (6 persons)

- 400 grams tuna, drained
- 200 grams fresh cheese (Philadelphia Light)
- Capers
- Salt, pepper, oregano, dried dill
- Lettuce, lemon and fresh dill to garnish

In packed lunch:

Rye bread or wholemeal bread



## Instructions:

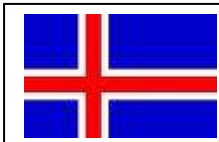
1. Drain the tuna. Shred it with a fork.
2. Add fresh cheese and mix.
3. Add capers, oregano, pepper, and dried dill. Mix.
4. Form "eggs" with 2 table spoons dipped in boiling water.
5. Serve with green lettuce, lemon wedges and fresh dill.

Hint: Mousse can be prepared the day earlier. Keep it covered in the fridge.

Tested in first grade in Blücherschule, Wiesbaden, Germany:

The tuna mousse was very fast to prepare. But during the preparation we noticed that the kids don't like capers. That's why we didn't add them.

We liked it eaten with bread but also with vegetables like carrots, paprika and cucumbers.



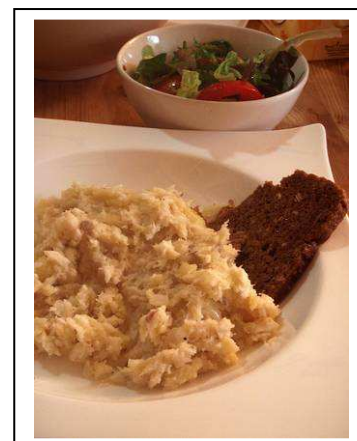
## Mashed fish (plokkfiskur)



In earlier times, when Icelandic housewives would serve poached haddock or other white fish with boiled potatoes several times a week, there were invariably leftovers. They were usually dealt with by incorporating them into this simple but very popular dish.

### Ingredients:

- 500-600 g cooked haddock or cod (may be part fresh, part salted)
- 500-600 g potatoes, boiled and peeled.
- 1 onion
- 350 ml milk
- 50 g butter
- 3 tablespoons flour
- Pepper, preferably white
- Salt
- Chives (optional)



### Instructions:

Skin and bone the fish, then break it up into flakes. Chop the potatoes roughly. Chop the onion finely. Heat the milk in a saucepan, almost to boiling point. Melt the butter in a pan and sauté the onion over a medium heat until soft. Do not let it brown. Sprinkle the flour over the onion, stir well and cook for a minute or two. Gradually stir in the warm milk, stirring continually. Simmer for 5 minutes, stirring often. Add the fish and stir briskly to break the flakes up completely. Season with pepper and salt. Add the potatoes and stir gently. Cook over a low heat until heated through: Spoon into a bowl and sprinkle with chives, if wished. Serve hot with a dark rye bread and butter.

### Tested in Ibrahim Bodur Anadolu Lisesi in Can, Turkey:

This food is not good. I did not like mashed fish. There are a lot of potatoes in the food. Mashed fish is not delicious but it is healthy. Thanks...





# Filled Eggs



## Ingredients

- 4 hard-boiled eggs
- 1 tablespoon salad oil
- 1 dash lemon juice
- 1 teaspoon mustard
- 1 pinch salt
- parsley
- $\frac{1}{4}$  cucumber
- 1 tablespoon mayonnaise



## Instructions

1. Cut hard-boiled, peeled eggs lengthwise in half.
2. Carefully remove the yolk and smear it through a colander.
3. Mix it with salad oil, lemon juice, mustard and salt into a smooth mass.
4. Fill this mass quite highly into the halved eggs.
5. Arrange them garnished with parsley and slit cucumber onto lettuce leaves.
6. Serve with mayonnaise.



## Tested in Ibrahim Bodur Anadolu Lisesi in Can, Turkey:

**Dilek TÜMER** : I like. But I didn't find mustard. I put red pepper, and thyme. While I put red pepper, cook was hot.

### **Rumeysa SARGIN** :

- I cooked filled eggs, I ate with my family. Filled egg to be cooked is not difficult but we prefer to eat unmixed egg. To be honest I didn't like very much. It wasn't too bad to eat. Bon appetite to the people who eat.



## Healthy Buns



To go with sliced cucumbers, carrots etc.

### Ingredients:

- 25 gr. yeast
- 1 dl. lukewarm water
- 1 egg
- 4 dl. milk
- 1 tbs. sugar
- 1tbs. salt
- 1 grated carrot
- $\frac{1}{2}$  dl. sesamgrains
- 50 gr. Oats
- 700 gr. flour



### Instructions:

- Put the yeast into a bowl, add the lukewarm water and stir gently. Then add the milk.
- Add the remaining ingredients starting with the egg first.
- Hold back a little of the flour (about 100 gr.). Use it if necessary.
- Turn the dough well together.
- Let the dough rise for 30 minutes.
- Then make 12-14 buns. Let them rise for another 20 minutes on the baking sheet.
- Bake the buns for 15-20 minutes in the center of the oven.

### Evaluation from 1st Graders, Serresjöskolan Sweden:

Good and healthy! We didn't have time to eat the buns the day we baked them, so they were a bit dry the day after. We think they had been even tastier to eat warm and newly baked. Because we have a child who is allergic to milk, we made them with milk-free butter and "milk" made from oats.

The children thought it was odd to put sesamgrains on the dough. "Those should be on hamburger-bread, not in buns", was a comment we got.



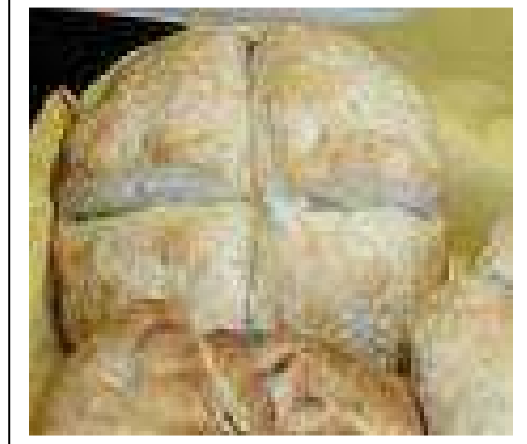
# Carrot Scones



Try this recipe of healthier scones.

## Ingredients:

3dl flour  
3dl oatmeal  
1 tablespoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon sugar  
1 teaspoon cinnamon  
75 g butter  
2 dl grated carrots  
2 dl cream fraiche (light)  
250 g curd cheese with vanilla (Kesella vanilla)



## Instructions:

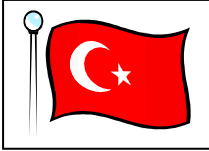
Preheat oven to 225 degrees C.  
Mix flour, oatmeal, baking powder, sugar and cinnamon.  
Add the butter in the mixture and crumble it with your fingers.  
Add the grated carrots and the cream fraiche. Stir gently until it is all blended.  
Divide the dough into two parts.  
Flatten them into thin, round cakes with flour, place them on a baking sheet.  
Cut each cake with a knife in four parts.  
Bake until golden, about 15-18 min. Let them cool.

Serve them with curd cheese.

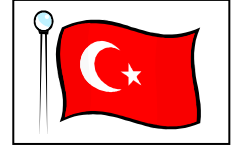
## Tested by 5<sup>th</sup> class, Nordre Skole, Denmark:

We tested carrot scones from Sweden. The instructions were clear and made the preparation easy. The scones tasted delicious! Unfortunately some of them weren't fully baked and those ones didn't taste as good as the ready ones. Some of us might try this recipe at home as they were so easy and quick to do.





## Havuclu Kek (Carrot Cake)



### Ingredients (Makes a 1 lb. (450 g) loaf cake)

- 1 large egg, lightly beaten
- 3 oz (75 g) peeled and grated carrot
- 2 oz (50 g) chopped walnuts
- 4 oz (110 g) plain whole-wheat flour

### For the topping:

- 2 oz (50 g) regular (not light) soft cream cheese
- 1oz (25 g) unsalted butter (at room temperature)
- 1 oz (25 g) icing sugar, sieved
- 8 walnut pieces (optional)
- 1/2 level teaspoon bicarbonate of soda
- 1/2 level teaspoon bicarbonate of soda
- 1/2 level teaspoon ground cinnamon
- 3 fl oz (75 ml) groundnut oil
- 3 oz (75 g) soft brown sugar



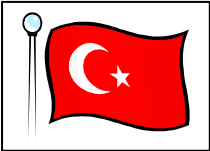
### Instructions:

Pre-heat the oven to 150°C.

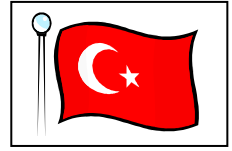
- Grate the carrot straight into a mixing bowl.
- Then sift in the dry ingredients to give them a good airing and tip any grains left behind in the sieve into the bowl too.
- Add all the rest of the cake ingredients and stir well until everything is well and truly mixed then scrape the mixture into your prepared tin.
- Bake the cake in the center of the oven for 1 hour, or until well risen.
- When cooked, it will come about two-thirds of the way up the tin and just begin to shrink away from the sides of the tin. After that remove it from the oven and leave the tin on a wire rack to cool for 5 minutes before turning the cake out and stripping off the paper.
- When it has cooled for 45 minutes or so, you can spread the topping on.
- To make the topping, combine the ingredients in a small bowl and beat until smooth. Spread it thickly on the top of the cake and decorate it, perhaps with additional walnut pieces.
- Store in an airtight tin or container.

### Evaluation from 2<sup>nd</sup> Graders Serresjöskolan Sweden:

Some children liked it a lot and some didn't like it at all. Not too hard to bake. They baked one cake milk-free and one free from gluten and both tasted good.  
( The children didn't like the smell from the brown sugar.)



## Un Kurabiyesi - Turkish Shortbread



Turkish people love sweet cakes and desserts.

### Ingredients:

- 225 g plain flour
- icing sugar
- 1½ teaspoons baking powder
- 175 g finely chopped almonds
- 25 g sugar
- a pinch of salt
- 1 egg
- 100 g soft margarine
- ½ teaspoon vanilla extract



### Instructions:

- Place the flour in a large mixing bowl together with baking powder, chopped almonds, sugar, and salt. Mix well.
- Make a well in the centre, add the egg, margarine and vanilla extract. Knead to a stiff dough.
- Cover the bowl with a tea towel. Allow to rest for 10 minutes.
- Preheat the oven to 180 degrees Celcius. Line 2-3 baking sheets with parchment or greaseproof paper.
- Pull off small pieces of dough and shape them into crescents. Bake for 15 minutes or until golden.
- Whilst still warm, dust with icing sugar. Allow to cool completely and just before serving, dust again with lots of icing sugar.

### Tested by Nordre Skole, Denmark:

The recipe was easy to follow and quick to prepare. The most difficult thing was to peel and chop the almonds. None of us had tried to prepare Turkish cookies before but some of us might try them at home. Out of 12 students 10 thought that the cookies were very tasty and 2 thought that they were nice but very sweet.





# Flapjacks



Flapjacks are very easy to make and they are bursting with energy. Oats release energy slowly so that you can keep going for longer.

## Ingredients

75g butter  
50g light brown sugar  
1 tbsp golden syrup  
175g porridge oats

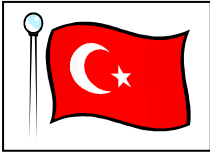


## Instructions

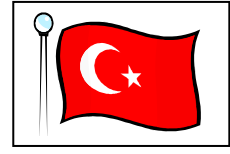
1. Slowly melt the butter, sugar and syrup in a pan.
2. When they have melted, stir in the porridge oats.
3. Put the mixture in a greased 18cm square tin.
4. Cook at 180°C for 20 minutes.
5. Mark into squares and then leave to cool completely in the tin.
6. When cool remove from tin and break into squares.

## Evaluation from 1st Graders Serresjöskolan Sweden:

Delicious!!!!!!! All the children liked them. Easy for young children to bake. Because we have a child with milk-allergy we made them with milk-free butter. It worked fine but the dough was a bit dry and difficult to get to stick together. We tripled the recipe to our 58 children. They got only a tiny bite so it would have been better if we had done perhaps five or six times the recipe.



## Turkish Cake



### Ingredients:

1 lb. brown sugar  
2 cup flour  
1 stick butter  
1 tbsp. soda  
1 egg  
1 cup sour cream  
1 tsp. cinnamon



### Instructions:

- Grease a 13x9 inch pan.
- Blend first four ingredients until it consists of fine crumbs (use pastry blender).
- Pat 1/2 of the mixture firmly into pan.
- In a small bowl beat egg, add sour cream and cinnamon.
- Add this to remaining flour mixture.
- Mix well.
- Pour over mixture in pan.
- Sprinkle with chopped nuts, cinnamon and nutmeg.
- Bake at 350 degrees for 35-40 minutes.

Evaluated by grades 8 - 10  
in Brekkuskóli, Iceland:

- Very good
- Easy to make
- A bit too sweet
- Tastes a lot better than it looks





# French Toast - Arme Ritter



## Ingredients

- 8 slices toast
- 1 tablespoon sugar
- 200 ml milk
- 3 eggs
- butter, cinnamon and sugar for dredging
- apple compote or fruits



## Instructions:

1. Mix milk with sugar and eggs in a bowl.
2. Soak the toast in this mass for about half a minute.
3. Carefully remove the slices from the bowl with a fork and drain.
4. Heat butter in a pan (moderate heat) and bake the slices for about 2 minutes on each side.
5. Put the baked slices onto a plate and dredge with cinnamon and sugar.
6. Enjoy your meal with compote or fruits.

## Evaluation by Park Hill Primary School, UK:

We made this recipe with our 4 and 5 year olds and they thoroughly enjoyed it. We found that the bread should only be dipped very quickly into the egg and milk mixture otherwise it was too soft and soggy. Most of the children preferred it without the apple compote. Comments from the children:  
" Yum, yum in my tum". "I love it". " It tastes just like pancakes"



## Lummur, or Klattar - Mini-pancakes



These small pancakes, thick ones taste best sprinkled with sugar, still warm from the skillet, or with jam and a glass of cold milk.

### Ingredients

150 ml	flour	1 ea.	egg
1 tsp.	baking powder	150 ml	milk (or more as needed)
1 tbs.	sugar	25 gr.	margarine/butter
150 ml	rice pudding or porridge (optional)	1-2 tbs.	raisins (optional)



### Instructions:

Melt the margarine/butter on the skillet over low heat. Allow to cool slightly. Sieve flour and baking powder together into a bowl. Add sugar and rice pudding or porridge and mix well. Add half the milk and mix. Add the egg and the rest of the milk, and then the melted margarine/butter, and the raisins (if you are using them). The dough should be thick enough not to run much on the pan, and yield thick pancakes.

Heat the skillet to medium temperature. Put the dough on the skillet with a tablespoon. You should be able to fry 3-4 "lummur" at once. Turn over with a spatula. Bake until light brown on both sides.

### Evaluation by Park Hill Primary School, UK

All pupils enjoyed making these mini pancakes and they found them quite easy to make. Shane thought that it was quite hard to crack the egg. Leah and Kate thought that the pancakes were fantastic. Molly said that they , "Look nice. Smell nice!" We thought they were similar to a particular sort of pancakes that we sometimes eat for breakfast called Scotch pancakes.





# Wrap



## Try this chicken and avocado wrap

### Ingredients:

1 sliced chicken filet  
Taco flavoring  
1 avocado  
Taco sauce  
Smashed garlic  
1-2 tortilla or fajitas bread



### Instructions:

- Fry sliced chicken filet with taco flavoring.
- Smash the avocado with taco sauce and a little smashed garlic.
- Spread it all on tortilla or fajitas bread, wrap it together and enjoy!

### Evaluation by Park Hill Primary School, UK

We loved making these fajitas! Most of us hadn't tried avocado before, but really enjoyed the flavour. A lot of us enjoyed sharing this recipe with our family when we got home. They were simple to make and extremely tasty!! We would thoroughly recommend making these!





# Oregano Bread



It is a kind of loaf.

## Ingredients:

1. 50 gr. butter
2. 4 dl. milk
3. 1 dl. buttermilk
4. 25 gr. yeast
5. 1 tbsp. sugar
6. 2 tbsp. coarse salt
7. 4 cloves of crushed garlic
8. 1 tbsp. oregano
9. 400 gr. bolted rye flour
10. 350 gr. flour



## Instructions:

- Melt the butter in a saucepan and add milk
- Pour the mixture into a bowl, add the buttermilk and yeast- stir lightly
- Add the remaining ingredients (hold back a little of the flour)
- Turn the dough well together
- Let the dough rise for ninety minutes covered with a tea towel
- Put the dough out on a table and knead it
- Roll out the dough (28 x 40 cm)
- Place it on a baking sheet
- Cut the loaf - almost through - 4x4 cm to make a kind of pattern
- Let the dough rise again - 45 minutes
- Brush the loaf with beaten eggs and sprinkle with oregano
- Bake the loaf in the centre of the oven at 225 degrees centigrade for 20 minutes

## Evaluations from Sweden, class 5-6:

A tasteful bread, quite easy to make. Garlic and oregano gave the bread a wonderful smell. We all loved the bread. We thought about maybe adding some flake salt on top next time we bake it.

We didn't have time to let the dough rise for so long as it said in the recipe, but it went well anyway.

