

**TRADITIONS AND CUSTOMS – PROMOTERS  
OF INTERCULTURALITY IN THE 21ST  
CENTURY**

# **Our Cookery Book**



# **TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY**

## **Table of contents**

1. Romanian traditional dishes.....	3
2. Slovakian traditional dishes.....	10
3. Polish traditional dishes.....	18
4. Lithuanian traditional dishes.....	27
5. Spanish traditional dishes.....	33

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## ROMANIAN TRADITIONAL DISHES

### Pork stew

Pork stew is an extremely popular traditional dish, and the good news is that it is also easy to cook. So, if you miss a meal like at home, prepare the stew and put on a polenta - you will bring a smile on everyone's lips.

Preparation time: 60 minutes

Gates: 4

Ingredient:

600 g pork

300 g smoked sausages

4 tablespoons tomato paste

3 tablespoons oil

5 cloves of garlic

1 onion

salt, pepper and thyme to taste

50 g of sheep's milk

Method of preparation:



A stew as a book is served with a hot polenta, but also with an egg on top. So, when the pork chop is almost ready, you can prepare the polenta and fried eggs.

Cut the pork into cubes and fry them in the already heated oil. After a quarter of an hour, during which time you mixed it from time to time with a wooden spoon, to

## **TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY**

make sure it won't burn, you can add the sliced sausages, but also the salt and pepper.

When the sausages are fried, add the tomato paste, as well as the chopped thyme and garlic and let them penetrate well.

After the meat is done and has already taken the flavors from the spices, you can take the stew off the heat. Grate the sheep's milk on top and put a healthy portion on each plate, next to a piece of whipped cream.

Do not forget to complete the preparation with an egg placed on top.

How do you prepare polenta?

For each serving of polenta you should use a cup of water, 4 tablespoons of Grandma's Extra Gold Corn Raft and a little salt.

Bring the water to a boil and dissolve salt to taste. Gradually add the required amount of corn in the rain, stirring vigorously. Bring the polenta to a boil, turning the wooden spoon in it from time to time, then turn off the heat and serve hot.

Good appetite!

### **Tochitura de porc**

Tochitura de porc este un preparat traditional extrem de iubit, iar vestea bună este că e și ușor de gătit. Așadar, dacă îți e dor de o mâncare ca la mama acasă, pregătește tochitura și pune de-o mămăligă – vei aduce zâmbetul pe buzele tuturor celor de la masă.

Timp de pregătire: 60 minute

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Porții: 4

Ingrediente:

- 600 g carne de porc
- 300 g cârnați afumați
- 4 linguri de pastă de roșii
- 3 linguri de ulei
- 5 căței de usturoi
- 1 ceapă
- sare, piper și cimbru după gust
- 50 g telemea de oaie



### Mod de preparare:

O tochitură ca la carte se servește alături de o mămăliguță fierbinte, dar și cu un ou ochi deasupra. Așadar, când tochitura de porc este aproape gata, poți prepara mămăliga și ouăle prăjite.

Taie carnea de porc cubulețe și pune-o la prăjit în uleiul deja încins. După un sfert de oră, timp în care ai amestecat din când în când cu o lingură de lemn, pentru a te asigura că nu se va arde, poți adăuga cârnații tăiați rondele, dar și sarea și piperul.

Când cârnații sunt prăjiți, pune și pasta de roșii, dar și cimbrul și usturoiul mărunțit și lasă-le să se pătrundă bine.

După ce carnea s-a făcut și a luat deja aromele de la condimente, poți lua tochitura de pe foc. Rade deasupra telemeaua de oaie și pune o porție zdravănă în fiecare farfurie, lângă o bucată de mămăligă vârtoasă.

Nu uita să completezi preparatul cu un ou ochi așezat deasupra.

Cum prepari mămăliga?

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Pentru fiecare porție de mămăligă trebuie să folosești o cană de apă, 4 linguri de Mălai Extra Gold Raftul Bunicii și puțină sare.

Pune apa la fiert și dizolvă în ea sare după gust. Adaugă treptat cantitatea de mălai necesară, în ploaie, amestecând cu spor. Lasă mămăliga să fiarbă, învârtind din când în când lingura de lemn în ea, apoi oprește focul și servește-o caldă.

Poftă bună!

### Chicken brine

Chicken brine made according to the traditional Oltenian recipe, it is only good to soothe you on rainy days and to delight your senses!

Preparation time: 1 hour and 10 minutes

Gates: 4

Ingredient:

1 whole chicken, large

5 tomatoes

3 bell peppers

1 hot pepper

5 cloves of garlic

salt and peppercorns to taste

1 bunch of parsley and 1 bunch of larch

a tarragon powder (optional)

**Method of preparation:**



Start by washing well and portioning the chicken. Then massage the chicken pieces with plenty of salt and pepper. Place the pieces of meat on the hot grill, then

## **TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY**

wash the tomatoes and bell peppers and tactfully place them next to the meat. Be careful not to burn either the vegetables or the chicken, they must remain juicy, so you can turn them as many times as needed to penetrate well.

Meanwhile, while the vegetables and chicken are browning, fill a suitable pot with water, add salt and simmer until it starts to boil. When the bell peppers and tomatoes are cooked, place them carefully, one by one, in the boiling water. You can finely chop these vegetables or leave them whole, as you know you like in the family.

Peel the garlic and grind it, then add it to the pot, along with the peppercorns, finely chopped hot pepper and tarragon. After this mixture boils again, it's time to stop the fire, because all the flavors have intertwined and that's exactly what it should be.

In the blink of an eye, the chicken on the grill is browned and looks delicious! Tactically place it in a tray or in a yena bowl and pour over it all the vegetable and spice brine prepared earlier. Let it rest in the oven for another 15 minutes at a maximum temperature of 180 degrees.

As soon as you take the chicken brine out of the oven, sprinkle the finely chopped parsley and larch on top. Mmmm, what wonderful flavors!

Invite your loved ones to the table and enjoy a real chicken brine, perched next to a warm, freshly made polenta!

Good appetite!

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## Saramura de pui

O saramură de pui făcută după rețeta tradițională oltenească, este numai bună să te aline în zile ploioase și să-ți încânte simțurile!

Timp de pregătire: 1 oră și 10 minute

Porții: 4

Ingrediente:

- 1 pui întreg, mare
- 5 roșii
- 3 ardei grași
- 1 ardei iute
- 5 căței de usturoi
- sare și piper boabe, după gust
- 1 legătură de pătrunjel și 1 legătură de leuștean
- un praf de tarhon (opțional)



Imagine reprezentativa

Mod de preparare:

Începe prin a spăla bine și prin a porționa puiul. Masează apoi bucățile de pui cu sare și piper din belșug. Pune bucățile de carne pe grătarul încins, apoi spală roșiile și ardeii grași și așază-i tacticos lângă carne. Ai grijă să nu se ardă nici legumele, nici puiul, acestea trebuie să rămână suculente, așa că, le poți întoarce de oricâte ori este nevoie, pentru a se pătrunde bine.

Între timp, cât se rumenesc legumele și puiul, umple cu apă o oală potrivită, adaugă sare și las-o la foc mic, până ce începe să clocotească. Atunci când ardeii grași și roșiile s-au copt, pune-le cu grijă, rând pe rând, în apa



## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

care clocotește. Poți toca mărunț aceste legume sau le poți lăsa întregi, după cum știi că vă plac în familie.

Curăță usturoiul și pisează-l, apoi adaugă-l în oală, alături de boabele de piper, ardeiul iute tocat mărunț, dar și de tarhon. După ce acest amestec dă iar în clocot, este momentul să oprești focul, pentru că toate aromele s-au întrepătruns și este exact ce trebuie să fie.

Cât ai clipi, iată că și puiul de pe grătar este rumenit și arată delicios! Așază-l tacticos într-o tavă sau într-un vas de yena și toarnă peste el toată saramura de legume și condimente pregătită mai devreme. Lasă-l să se mai odihnească la cuptor, vreme de 15 minute, la o temperatură de maximum 180 de grade.

Imediat ce scoți saramura de pui din cuptor, presară pe deasupra pătrunjelul și leușteanul tocate mărunț. Mmmm, ce arome minunate!

Cheamă-i pe cei dragi la masă și bucurați-vă de o saramură de pui veritabilă, așezată cu spor lângă o mămăligă caldă, proaspăt făcută!

Poftă bună!

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## SLOVAKIAN NATIONAL DISH



## BRYNDZOVÉ HALUŠKY

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Potato dumplings with sheep cheese and bacon (Bryndzové halušky) is considered the national dish of Slovakia. Potato ‘dumplings’ are covered with sheep cheese, similar to soft feta, and topped with a good dose of bacon and bacon drippings. Bryndzové halušky is a comforting combination of smooth dumplings, crispy bacon, and salty cheese. It’s very filling!

Dumplings, halušky (ha-loosh-key), are made of raw grated potatoes, flour, and egg. The dough is pressed through a contraption with holes so that the dough drops into the boiling water. A spaetzlemaker will do the job (available on Amazon).

If you don’t want to purchase a spaetzlemaker, you can use a cutting board, hold it til the above a pot of boiling water, and scrape off pieces of the dough into the water.

The taste of bryndza is similar to feta cheese. Most brands in the grocery store are now made from a

## **TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY**

combination of sheep and cowmilk. Bryndza is available in speciality stores in North America, but if you can't find it you can substitute it with feta and sourcream. Halušky are normally made with wheat flour, but a general purpose gluten-free flour can be substituted successfully.

### **Ingredients:**

#### **HALUŠKY:**

- 250 grams (9oz) bryndza more or less to taste
- 500 grams (18 oz) potatoes about 5 medium
- 200 grams (about 2 cups) all purpose flour or gluten-free flour
- 1 egg
- 1 tsp salt
- 200 grams (7oz) bacon
- Chopped chives or parsley optional garnish

#### **BRYNDZA ALTERNATIVE:**

- feta cheese
- cream cheese or sourcream
- 1/2 c butter

#### **Procedure:**

1. Bring a pot of salted water to boil. Meanwhile, grate raw potatoes on the fine holes. Add flour, egg, and salt and mix.
2. Use a halušky maker, or spaetzle maker, to drop the dough into the boiling water.
3. If you don't have either, you can put the dough on a cutting board and use a knife to cut off small chunks into

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

the water. Do in batches so there isn't too many dumplings in the water.

4. When halušky are floating, use a slotted spoon to fish out.

5. Chop bacon and fry until crispy.

6. If making bryndza alternative, blend ingredients until smooth. You can make it as strong or mild to suite your taste – more feta will make it stronger, sour cream will make it milder; cream cheese will be thicker, sour cream thinner. To start with, try half a cup of each feta and sourcream and 1½ tbsp butter.

7. Heap up dumplings, put bryndza on top (it melts as it warms up), add sprinkle generously with bacon and optional chopped chives or parsley. Also add 1/4 c milk sometimes depending how strong bryndza's flavor is. The milk will make it milder.

Preptime: 20 minutes

Cook time: 0:30

### **BRYNDZOVÉ HALUŠKY**

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#### **SLOVENSKÉ NÁRODNÉ JEDLO**

Zemiakové halušky s bryndzou a slaninou (Bryndzové halušky) sa považujú za národné jedlo Slovenska. Zemiakové ‚knedle‘ sú pokryté ovčím syrom, podobné ako mäkká feta, a sú poliate poriadnou dávkou škvarenej slaniny. Bryndzové halušky sú upokojujúcou

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

kombináciou hladkých halušiek, chrumkavej slaniny a slaného syra. Je to veľmi sýte jedlo!

Halušky sú vyrobené zo surových strúhaných zemiakov, múky a vajca. Cesto je pretlačené cez nádobu s otvormi tak, aby cesto kleslo do vriacej vody. Túto nádobumôžeme zaobstarat' v obchode s kuchyňskými potrebami (k dispozícii aj na Amazone).

Na výrobu halušiek môžete použiť aj dosku na krájanie. Dosku s cestom držíme naklonenú nad hrncom s vriacou vodou a zoškrabeme do vody kúsky cesta.

Chuť bryndze je podobná syru feta. Väčšina značiek v obchode s potravinami sa dnes vyrába z kombinácie ovčieho a kravského mlieka. Bryndza je k dispozícii v špecializovaných obchodoch v Severnej Amerike, ale ak ju nenájdete, môžete ju nahradiť fetou a kyslou smotanou.

Halušky sa zvyčajne vyrábajú z pšeničnej múky, ale dá sa úspešne nahradiť aj univerzálnou bezlepkovou múkou.

**POTREBUJEME:**

**HALUŠKY:**

- 250 gramov bryndze viac alebo menej podľa chuti
- 500 gramov zemiakov asi 5 stredne veľkých
- 200 gramov (asi 2 šálky) univerzálnej múky alebo bezlepkovej múky
- 1 vajce
- 1 ČL soli
- 200 gramov slaniny
- nasekaná pažítka alebo petržlenová vňať, obloha

**ALTERNATÍVA BRYNDZE:**

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

- mäkký syr
- krémový syr alebo kyslá smotana
- 1 PL mäkkého masla

POstup:

1. Hrnec so slanou vodou privedieme k varu. Medzitým na strúhadle nastrúhame surové zemiaky. Pridáme múku, vajce a soľ a premiešame.

2. Cesto nakvapkáme do vriacej vody pomocou špeciálnej deravej nádoby.

3. Ak také nemáme, môžete cesto položiť na dosku na krájanie a nožom odrezávať do vody malé kúsky. Robiť treba po dávkach, aby vo vode nebolo príliš veľa knedlí.

4. Keď halušky už plávajú, vyberáme ich pomocou štrbinovej lyžice.

5. Nakrájame slaninu na malé kúsky a smažíme do chrumkava.

6. Ak používame alternatívu bryndze, zmiešajme ingrediencie do hladka. Môžeme to pripraviť ako silné alebo jemné podľa svojej chuti - viac fety ho posilní, kyslá smotana zmierni; krémový syr bude hustejší, kyslá smotana redšia. Na začiatok vyskúšajme pol šálky fety a kyslej smotany a 1 pol lyžice masla.

7. Na povrch halušky nasypeme bryndzu (topí sa, keď sa zahreje), výdatne posypeme slaninou a voliteľne nasekanou pažítkou alebo petržlenovou vňaťou. Ja tiež niekedy pridávam trochu mlieka, podľa toho, ako silne chutí bryndza. Mlieko to urobí jemnejším.

Čas prípravy: 20 minút

Čas varenia: 0:30

Celkový čas: 0:50

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## GULASH SOUP

### THE MOST FAVOURITE SLOVAK SOUP

#### INGREDIENTS:

- 300g shank of beef or pork
- 500g peeled potatoes
- 30g cooking fat, or vegetable oil
- 1 large onion, finely chopped
- 1/2 tsp powdered sweet paprika
- Salt to taste
- 3 or 4 black peppercorns
- 1 med. carrot, cut into quarters
- 1 med. parsley root, cut into quarters, parsley leaves
- 1 or 2 whole sweet paprika
- 1 bay leaf
- 1 cloves garlic, crushed



#### PROCEDURE:

1. Cube the meat and potatoes into 2cm pieces.
2. Stew the onion in lard over low heat until golden yellow (not brown).
3. Remove the pot from the heat, add the paprika, meat, salt and 1 1/5 liters of water.
4. Add the peppercorns
5. Return to low heat and simmer.

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

6. After 30 minutes, add the carrots, garlic, leaves, parsley and paprika peppers.
  7. When the meat is nearly tender (around another 30 minutes), add the potatoes.
  8. When every ingredient is tender, you're ready! You can serve the goulash soup immediately, or reheat later.
  9. This soup is usually served with bread.
- Prep time: 30 minutes  
Cook time: 1:30  
Total time: 2:00

### GULÁŠOVÁ POLIEVKA

#### NAJOBLÚBENEJŠIE SLOVENSKÉ JEDLO

#### POTREBUJEME:

- 300g hovädzieho alebo bravčového mäsa
- 500g olúpaných zemiakov
- 30g masti alebo oleja
- 1 veľká nasekaná cibuľa
- 1/2 PL sladkej červenej papriky
- Soľ na ochutenie
- 3 alebo 4 čierneho korenia
- 1 stredne veľká, nakrájaná mrkva
- 1 stredne veľké petržlenové korenie, nakrájané na kocky, petržlenová vňať
- 1 or 2 celá sladká paprika
- 1 bobkový list
- 1 rozdrvený strúčik cesnaku

#### POSTUP:



## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

1. Mäso a zemiaky nakrájajte na 2 cm kúsky.
2. Cibuľu dusíme na masli na miernom ohni do zlatožlta (nie do hnedá).
3. Hrnec odstavíme z ohňa, pridáme papriku, mäso, soľ a 1 1/5 litravody.
4. Pridáme korenie.
5. Varíme na miernom ohni a dusíme.
6. Po 30 minútach pridáme mrkvu, cesnak, bobkový list, petržlenovú vňať a nakrájanú sladkú papriku.
7. Keď je mäso takmer dovarené (asi ďalších 30 minút), pridáme zemiaky.
8. Keď je každá prísada mäkká, polievka je hotová!  
Môžeme podávať gulášovú polievku ihneď, alebo neskôr zohriať.
9. Táto polievka sa zvyčajne podáva s chlebom.

Príprava: 30 minút

Varenie: 1:30

Celkový čas: 2:00

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## POLISH TRADITIONAL DISHES

### TRADYCYJNE POLSKIE POTRAWY

#### DUMPLINGS / PIEROGI

#### RECIPE / PRZEPIS

#### Ingredients / Składniki



For the mushroom and cabbage filling / Nadzienie z grzybów i kapusty

- 2tbsp vegetableoil/ dwie łyżki stołowe oleju roślinnego
- 15g butter / 15g masła
- 1 onion/ 1 cebula
- 250g mushrooms/ 250g grzybów
- 300g sauerkraut/ 300g kapusty kiszzonej

For the pierogi dough / Ciasto na pierogi

- 360g plain flour / 360g mąki
- 240ml hot (not boiling) water / 240ml gorącej (nie wrzącej) wody
- 1 egg / 1 jajko
- 3/4tsp salt / 3-4 łyżki stołowe soli
- 1tsp vegetableoil / 1 łyżka stołowa oleju roślinnego

For the topping / Przybranie

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

- 2 large onions / 2 cebule
- 20g butter / 20g masła

### Recipe / Przepis

1. To make the filling, rinse the sauerkraut in a sieve, under plenty of running water. Drain well. Heat 1 tablespoon of the vegetable oil in a large frying pan and add the onion and a pinch of salt. Cook, stirring often, over a medium heat for 5 minutes. Add the mushrooms and cook for a further 5 minutes. Now add the drained sauerkraut and cook for a further 10 minutes, until soft. There should be no liquid in the pan. Season to taste with salt and pepper. Set aside to cool / Aby zrobić nadzienie, opłucz kapustę kiszoną na sicie pod dużą ilością bieżącej wody. Dobrze odcedź. Na dużej patelni rozgrzej 1 łyżkę oleju roślinnego, dodaj cebulę i szczyptę soli. Gotuj, często mieszając, na średnim ogniu przez 5 minut. Dodaj pieczarki i gotuj przez kolejne 5 minut. Teraz dodaj odsączoną kapustę kiszoną i gotuj przez kolejne 10 minut, aż zmięknie. Na patelni nie powinno być płynu. Dopraw do smaku solą i pieprzem. Odstawić do ostygnięcia.
2. To make the dough, measure the flour into a large bowl and make a well in the centre / Aby

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

zrobić ciasto, odmierz mąkę do dużej miski i zrób zagłębienie na środku.

3. Crack the egg into the well with the hot water, salt and oil. Quickly beat the wet ingredients with a fork then slowly incorporate the flour, until a soft dough forms / Wbijajko do zagłębienia na środkurazem z gorącąwodą, solą i olejem. Mokre składniki szybko ubij widelcem, a następnie powoli dodaj mąkę, aż powstanie miękkie ciasto.
4. Knead for about 8 minutes until smooth and elastic, adding a little extra flour if it sticks. Divide the dough in to thirds and keep covered / Ugniataj przez około 8 minut, aż będzie gładkie i elastyczne, dodając trochę dodatkowej mąki, jeśli się przyklei. Ciastopodzielić na trzyczęści i trzymać pod przykryciem.
5. Roll the first third out on a lightly floured surface, until it is an even 3mm thick. Using a plain, round 7cm cutter, stamp out about 12 circles. Keep the finished circles covered with a slightly damp tea towel to prevent them drying out. Repeat with the remainingtwo lots of dough to make about 36 circles / Rozwałkuj pierwszą część ciasta na lekko posypanej mąką powierzchni do uzyskania równej grubości 3

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

mm. Za pomocą zwykłego, okrągłego noża o średnicy 7 cm wytłocz około 12 kółek. Gotowe kółka należy przykryj lekko wilgotną ściereczką, aby zapobiec ich wysychaniu. Powtórz z pozostałymi dwiema porcjami ciasta, aby zrobić około 36 kółek.

6. To fill, cup a circle in your palm, and put a packedteaspoonful of filling in the middle / Aby napęlnić, ułóż kółko w dłoni i włóż do środka zapakowaną łyżeczkę nadzienia.
7. Lightly wet the edges with water and pinch together tightly to seal. Youcancrimp with a forkifyouwish / Lekko zwilż krawędzie wodą i mocno ściśnij, aby uszczelnić. Możesz zacisnąć widelcem, jeśli chcesz.
8. Keep the surface dusted with flour and cover the finished dumplings with a tea towel to prevent them drying out / Pokrywa powierzchnię mąką i przykryjgotowe pierogi ściereczką, aby nie wyschły.
9. To make the topping, soften the onions in the butter, with a pinch of salt, for 15 minutes, until soft and golden. Turnup the heat and cook for a fewminutesmore, untilcaramelized / Aby zrobić

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

przybranie, zmiękczej cebulę na maśle ze szczyptą soli przez 15 minut, aż będzie miękka i złocista. Podkręć ogień i gotuj jeszcze kilka minut, aż się skarmelizują.

10. To cook the pierogies, bring a large saucepanful of lightly salted water to the boil. Add half the pierogi and simmer for 5 minutes, stirring now and then to prevent sticking. Drain with a slotted spoon, transfer to a plate and simmer the remaining pierogies / Aby ugotować pierogi, zagotuj duży rondel z lekkoosoloną wodą. Dodaj połowę pierogów i gotuj przez 5 minut, od czasu do czasu mieszając, aby zapobiec przywieraniu. Odcedź łyżką cedzakową, przełóż na talerz i gotuj na wolnym ogniu pozostałe pierogi.
11. Serve the pierogies as is, with the onion topping spooned over, or heat the remaining oil and the butter in a large frying pan and brown the pierogies on both sides, in batches. Spoon the onion over to serve / Podawaj pierogi z cebulowym przybraniem lub podgrzej pozostały olej i masło na dużej patelni i przyrumień pierogi z obu stron, partiami. Nałóż cebulę do podania.

**Cooking tips / Wskazówki dotyczące gotowania**

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

The dough may be made up to 2 hours ahead of time and kept covered in a cool place / Ciasto można przygotować do 2 godzin wcześniej i przechowywać pod przykryciem w chłodnym miejscu.

Instead of the buttery onion topping, you could try toasting bread crumbs in butter until golden / Zamiast maślanego cebulowego przybrania możesz spróbować podsmażyć bułkę tartą na maśle na złoty kolor.

Enjoy! / **Smacznego!**

### CHICKEN SOUP / **ROSÓŁ**

#### RECIPE / PRZEPIS

##### Ingredients / Składniki

- Chicken pieces on the bone / Kawałki kurczaka z kością
- 1 small piece of beef bone / 1 mały kawałek kości wołowej
- 4 -5 Carrots / 4 -5 marchewki
- 1 -2 Parsnips / 1 -2 pasternak
- Celery root / seler
- Leek / por
- 2 yellow onions / 2 żółte cebule
- 1/4 of Cabbage head / 1/4 główki kapusty

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

- Parsley / Pietruszka
- 1 tbsp Apple Cider Vinegar/ 1 łyżka stołowa octu jabłkowego
- 5 Allspice / 5 ziarenek ziela angielskiego
- 2-3 Bay leaves / 2 -3 liście laurowe
- Salt and Pepper / sól i pieprz

Optional: chicken broth cubes, “Magi” (popular in Europe and South America) or “Vegeta” type of seasoning (Vegeta is very popular in Europe and I see it in stores in the US now too). But again all of these are optional to enhance the flavor but are not required. Salt and peppers should be sufficient / *Opcjonalnie: kostki rosółowe z kurczaka, przyprawa „Magi” lub „Vegeta”.* Ale znowu wszystkie te są opcjonalne, aby wzmocnić smak, ale nie są wymagane. Sól i pieprz powinny wystarczyć.

### **Recipe / Przepis**

1. Gather all your vegetables. Peel carrots, parsnip, and celery. Clean and trim your leek and wash your parsley. Heat up a skillet and add unpeeled onions in to get some burn marks. The yellow onion skins help with the nice color for the broth. If you get some burn marks it even intensifies the color / *Zbierz wszystkie warzywa. Obierz marchewki, pasternak i seler. Oczyść i przytnij por i umyj pietruszkę. Rozgrzej patelnię i dodaj nieobraną*



## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

cebule, aby uzyskać ślady przypalenia. Żółte skórki cebuli pomagają uzyskać ładny kolor bulionu. Jeśli pojawią się ślady przypalenia, to nawet intensyfikuje kolor.

2. Place chickenpieces, beefbone, allspice, and bayleavesinto a large pot / Do dużego garnka włożyć kawałki kurczaka, kość wołową, ziele angielskie i liście laurowe.

3. Add vegetables and fill the pot with water / Dodaj Warzywa i napełnij garnek wodą.

4. Set it on medium to low heat. Do not boil it! Let it simmer for two hours. A few times during the cooking, skim off anything that accumulates on the surface / Ustaw na średnimlubmały ogniu. Nie gotuj! Gotuj na wolnym ogniu przez dwie godziny. Kilka razy podczas gotowania zeskrob wszystko, co nagromadzi się na powierzchni.

5. Boil the noodles separately, according to instructions. Once cooked, rinse with cold water to remove starch. Add noodles to a bowl. Remove a carrot and piece of chicken from the broth, cut it up and add it to your bowl. Ladle the broth into your bowl; first letting it pass through a with a meshed strainer. Add chopped parsley and serve / Makaron ugotować osobno, zgodnie z

## **TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY**

instrukcją. Po ugotowaniu splucz zimną wodą, aby usunąć skrobię. Dodaj makaron do miski. Wyjmij marchewkę i kawałek kurczaka z bulionu, pokrój i wrzuć do miski. Wlej bulion do miski; najpierw przepuszczając go przez siatkowe sitko. Dodaj posiekaną natkę pietruszki i podawaj.

Enjoy! / **Smacznego!**

# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## LITHUANIAN TRADITIONAL DISHES

### Christmas Eve cookies/ Kūčiukai

#### *Ingredients:*

~500 g flour  
4 g (half package) dry yeast  
2 tbsp. poppy seeds  
200 ml (3/4 cup) warm water  
7 tbsp. sugar (you can use less)  
¼ tsp. salt



#### **Preparation:**

Add sugar and yeast into warm water, stir until yeast dissolves. Cover the bowl with a kitchen towel, leave it in a warm place for ~15-20 minutes, until the yeast foams.

Sieve 250 g flour into a separate big bowl, pour the yeast mixture, add salt, mix well. Cover the bowl with a kitchen towel and leave it again in a warm place for 30-40 minutes, until the dough rises.

When the dough is ready, add all the poppy seeds. Then add as much flour until the dough will barely stick to your hands, but still remain soft and will be easy to knead (don't add too much flour, that your cookies wouldn't be too hard). Form a ball from the dough, put it in a bowl, sprinkle with a little bit of flour and cover

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

with a kitchen towel. Leave to rise in a warm place for about 1 hour, until the dough ball doubles in size.

Take a small piece of the dough, twist it in a string and cut it into small pieces (about 1 cm thickness). Since Christmas Eve cookies swell a lot while baking, we suggest to cut them in a small pieces. If you cut in large pieces, you'll get buns.

Lay down a sheet of parchment paper on the oven tray, put the cookies. Leave ~2-3 cm between cookies. Bake them in a preheated 180 C oven for ~15-17 min.

### **Kūčių sausainiai / Kūčiukai**

Ingridientai:

~ 500 g miltų

4 g (pusė pakuotės) sausų mielių

2 šaukštai. aguonos

200 ml (3/4 puodelio) šilto vandens

7 šaukštai. cukraus (galite naudoti mažiau) ¼ šaukštelis.  
druska

### **Paruošimas:**

Į šiltą vandenį įpilkite cukraus ir mielių, maišykite, kol mielės ištirps. Uždenkite dubenį virtuviniu rankšluosčiu, palikite jį šiltoje vietoje ~ 15-20 minučių, kol mielės suputos.

Į atskirą didelį dubenį įsijokite 250 g miltų, supilkite mielių mišinį, įberkite druskos, gerai išmaišykite.

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Uždenkite dubenį virtuviniu rankšluosčiu ir vėl palikite jį šiltoje vietoje 30–40 minučių, kol tešla pakils.

Kai tešla bus paruošta, suberkite visas aguonas. Tada įpilkite tiek miltų, kol tešla vos prilips prie rankų, bet vis tiek išliks minkšta ir lengvai minkoma (nedėkite miltų per daug, kad jūsų sausainiai nebūtų per kieti). Iš tešlos suformuokite rutulį, suberkite jį į dubenį, pabarstykite trupučiu miltų ir uždenkite virtuviniu rankšluosčiu. Palikite pakilti šiltoje vietoje apie 1 valandą, kol tešlos kamuoliukas padvigubės.

Paimkite nedidelį tešlos gabalėlį, susukite jį į virvelę ir supjaustykite mažais gabalėliais (maždaug 1 cm storio). Kadangi kepat Kūčių sausainiai labai išbrinksta, siūlome juos supjaustyti nedideliais gabalėliais. Jei pjaustysite dideliais gabalėliais, gausite bandelių.

Ant orkaitės padėklo padėkite pergamentinio popieriaus lapą, įdėkite sausainių. Tarp sausainių palikite ~ 2-3 cm. Kepkite juos įkaitintoje 180 C orkaitėje ~ 15-17 min.



# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## Old-style Curd Cheese Pie/Senovinisvarškėspyragas

### ***Ingredients:***

#### Dough:

175 g flour  
125 g cold butter  
1 egg  
0.5 tbsp. sour cream  
1/3 tsp. salt



#### Filling:

400 g curd cheese (fatter)  
200 g raisins  
2 eggs  
6.5 tbsp. granulated sugar  
0.5 tbsp. flour (if curd cheese is more liquid)  
1 tsp. vanilla sugar  
A couple of drops of vanilla essence or 0.5 tsp. vanilla extract

### **Preparation:**

Mix all the dough products in a one bowl (except butter), then grate the butter with a larger grater and mix with all the dough. Leave the dough in the refrigerator overnight, or for at least 3 hours so that it would get harden, or put in the freezer for a good half an hour.

Mix all the filling ingredients in a one bowl.

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Grease the baking form base with some butter (I used 20 cm diameter demountable round one). When the dough gets harden, 2/3 of the pastry roll out, lay on the baking dish, form the edges. Then pour the filling on it, smooth the top. Roll out the rest of the dough. Cover the top of the pie with the rolled dough. Pierce the top of the pie with a fork, cover with a baking foil and bake in a preheated oven at 180 C ~ 35 minutes, then remove the foil and let the pie to roast for ~ 25 minutes. Enjoy your meal!

**Senovinio varškės sūrio pyragas /  
Senovinisvarškėspyragas**

**Ingridientai:**

Tešla:

175 g miltų

125 g šalto sviesto

1 kiaušinis

0,5 šaukštai. Grietinė

1/3 šaukštelio. druska

**Užpildymas:**

400 g varškės sūrio (riebesnis)

200 g razinų

2 kiaušiniai

6,5 šaukštai. granuliuotas cukrus

0,5 šaukštai. miltai (jei varškės sūris skystesnis)

1 šaukštelis. vanilinio cukraus

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Pora lašelių vanilės esencijos arba 0,5 šaukštelio.

Vanilės ekstraktas

### **Paruošimas:**

Sumaišykite visus tešlos gaminius viename dubenyje (išskyrus sviestą), tada sviestą sutarkuokite didesne tarka ir sumaišykite su visa tešla. Tešlą palikite šaldytuve per naktį arba bent 3 valandas, kad ji sukietėtų, arba įdėkite į šaldiklį geram pusvalandžiui.

Sumaišykite visus įdaro ingredientus viename dubenyje.

Kepimo formos pagrindą patepkite sviestu (aš naudoju 20 cm skersmens išardomą apvalų). Kai tešla sukietės, 2/3 tešlos iškočiokite, paguldykite ant kepimo indo, suformuokite kraštus. Tada ant jo supilkite įdarą, išlyginkite viršų. Iškočiokite likusią tešlą. Pyrago viršų uždenkite susukta tešla. Pyrago viršų perverkite šakute, uždenkite kepimo folija ir kepkite iki 180 C laipsnių įkaitintoje orkaitėje ~ 35 minutes, tada nuimkite foliją ir leiskite pyragui paskrusti ~ 25 minutes.

**Skanaus!**



# TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

## SPANISH TRADITIONAL DISHES

### Paella



#### **A seafood paella from the Costa Verde in Cantabria (Paella de Barrio Pescadores)**

Serves 6 - 8

500g prepared medium-sized squid, cut into 3cm pieces

5 tbsp olive oil

3 garlic cloves, finely chopped

150g shallot, finely chopped

1½ red peppers, seeded and chopped into 1cm pieces

1½ green peppers, seeded and chopped into 1cm pieces

1½ tsp pimentón picante (smoked hot Spanish paprika)

225g large raw peeled prawns

500g small clams, such as carpetshell, washed

600g short-grain paella rice, such as Calasparra

1 heaped tsp loosely packed saffron strands

1.5 litres fish stock

250g large mussels, cleaned

6–8 cooked langoustines or unpeeled cooked crevettes

Salt

Alioli, to serve (optional)

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Dry the squid well on kitchen paper, season with salt and set to one side. Place a 40–50cm paella pan over 2 burners on a medium heat. Add the oil and garlic and, as soon as the garlic begins to sizzle, add the shallot and fry for 5–6 minutes until soft and sweet, turning the pan every few minutes so that everything cooks evenly.

You will need to do this throughout the cooking time. Add the red and green peppers and pimentón, and fry for 5 minutes until the peppers are just softened. Stir in the squid and stir-fry for 3–4 minutes until it becomes white and opaque. Scatter the prawns and clams around the pan, add the rice and saffron, and stir everything together well. Add the stock and 2½ teaspoons of salt and bring to the boil, stirring briefly to redistribute the ingredients around the pan. Leave to simmer vigorously for 6 minutes over a medium-high heat, but do not stir it any more, remembering to give the pan a turn every 2 minutes. Then reduce the heat to medium, arrange the mussels and langoustines or crevettes evenly around the pan and push them down slightly into the rice. Leave to cook for a further 14 minutes, again without stirring, by which time all the liquid will have been absorbed and the surface of the rice should be pitted with small holes. Turn off the heat, cover the pan with a clean tea towel and leave to rest for 5 minutes before serving. Serve warm straight from the pan – with alioli, if, like me, you love it.

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

Una paella de marisco de la Costa Verde de Cantabria  
(Paella de Barrio Pescadores)

Sirve de 6 a 8

500g de calamares medianos preparados, cortados en  
trozos de 3 cm

5 cucharadas de aceite de oliva

3 dientes de ajo finamente picados

150 g de chalota finamente picada

1½ pimientos rojos, sin semillas y picados en trozos de 1  
cm

1½ pimientos verdes, sin semillas y picados en trozos de  
1 cm

1½ cucharadita de pimentón picante (pimentón español  
picante ahumado)

225g de gambas grandes peladas crudas

500 g de almejas pequeñas, como concha de alfombra,  
lavadas

600g de arroz para paella de grano corto, como  
Calasparra

1 cucharadita colmada de hebras de azafrán sueltas

1,5 litros de caldo de pescado

250 g de mejillones grandes, limpios

6 a 8 langostinos cocidos o crevettes cocidos sin pelar

Sal Alioli, para servir (opcional)

Secar bien los calamares sobre papel de cocina, sazonar  
con sal y reservar. Coloque una paellera de 40 a 50 cm  
sobre 2 fuegos a fuego medio. Agregue el aceite y el ajo  
y, tan pronto como el ajo comience a

chisporrotear, agregar la chalota y freír durante 5-6  
minutos hasta que esté suave y dulce, dando vuelta la

## TRADITIONS AND CUSTOMS – PROMOTERS OF INTERCULTURALITY IN THE 21ST CENTURY

sartén cada pocos minutos para que todo se cocine uniformemente

Deberá hacer esto durante todo el tiempo de cocción. Agrega los pimientos rojos y verdes y el pimentón, y sofríe durante 5 minutos hasta que los pimientos se ablanden. Agrega los calamares y sofríe durante 3-4 minutos hasta que se vuelva blanco y opaco.

Esparcir las gambas y las almejas por la sartén, añadir el arroz y el azafrán y mezclar todo bien. Agrega el caldo y 2½ cucharaditas de sal y lleva a ebullición, revolviendo brevemente para redistribuir los ingredientes por la olla.

Deja hervir a fuego lento durante 6 minutos a fuego medio-alto, pero no vuelvas a revolver, recordando darle una vuelta a la sartén cada 2 minutos. Luego, reduzca el fuego a medio, coloque los mejillones y las cigalas o crevettes uniformemente alrededor de la sartén y empújelos ligeramente hacia abajo en el arroz. Dejar cocer otros 14 minutos, de nuevo sin revolver, momento en el que se habrá absorbido todo el líquido y la superficie del arroz deberá estar picada con pequeños agujeros. Apagar el fuego, tapar la sartén con un paño de cocina limpio y dejar reposar 5 minutos antes de servir. Sirve caliente directamente de la sartén, con alioli, si, como a mí, te encanta.

**Buen apetito!**