

VEGETARIAN COOKBOOK

"Sustainability for our future"

An Erasmus+ project and
cooperation of schools
in Lissabon, Lohmar and Madrid:



Sumo de Laranja e Banana

Ingredientes:

- 1 laranja
- 1 banana
- 1 c. sopa de mel /geleia de flores (vegan)
- 500ml água
- Coco ralado (opcional)

Modo de preparação:

Passo 1

Cortar a laranja e a banana em pedaços e colocar no copo do liquidificador.

Passo 2

De seguida, juntar a água e o mel e triturar o preparado.

Passo 3

Por fim, colocar coco ralado (opcional).



Students: Beatriz Oliveira, Gabriela Castela e Marta Jesus



Orange and Banana juice

Ingredients:

- 1 orange
- 1 banana
- 1 teaspoon of honey /flower jelly (vegan)
- 500ml of water
- Coconut zest (optional)

Method of preparation:

Step 1

Cut the orange and the banana in slices and put them in the blender.

Step 2

Add the water and the vegan honey. Blend the mix.

Step 3

Finally add the coconut zest (optional).

Bolo de cenoura com caramelo de tâmaras

Ingredientes:

Massa

- ½ chávena de azeite
- 3 cenouras raladas
- 4 ovos
- 2 chávenas de açúcar amarelo
- 3 chávenas de farinha integral
- 1 c. chá de fermento

Cobertura

- ½ chávena de tâmaras sem caroço
- Água qb.

Modo de preparação:

Passo 1

Demolhar as tâmaras três horas antes.

Passo 2

Misturar todos os ingredientes para o bolo durante 5 minutos;

Passo 3

Colocar o bolo, em forno pré-aquecido a 180°C, durante 40 minutos;

Passo 4

Entretanto preparar o caramelo. Deitar as tâmaras num liquidificador e cobrir metade com a água em que estavam demolhadas. Triture tudo muito bem até estar cremoso. Se necessário adicione mais água.



Students: Caetana Vicente, Diogo Arcadinho, Rodrigo Ramos

Carrot cake with dates' caramel

Ingredients:

Dough

- ½ cup of olive oil
- 3 grated carrot
- 4 eggs
- 2 cups of brown sugar
- 3 cups of wholemeal flour
- 1 teaspoon of baking powder

Cover

- ½ cup of pitted dates
- water

Method of preparation:

Step 1

Soak the dates three hours before.

Step 2

Mix all the ingredients for the cake for 5 minutes.

Step 3

Bake in a pre-heated oven at 180°C, for 40 minutes.

Step 4

Meanwhile prepare the caramel. Put the dates in a blender and cover half of it with the water they were soaked in. Grind everything very well until creamy. If necessary, add more water.



Couscous com vegetais

Ingredientes:

- 2 chávenas couscous
- 2 chávenas de água
- 1 cebola doce
- 200g espargos
- 200g de cogumelos frescos
- 2 c. sopa de molho de soja
- 2 c. sopa azeite
- Sal
- Alho em pó
- Pimenta em pó

Modo de preparação:

Passo 1

Coloque o couscous num recipiente e adicione água quente até o cobrir.

Passo 2

Coloque o azeite numa frigideira e acrescente a cebola cortada em pedaços bem pequenos.

Passo 3

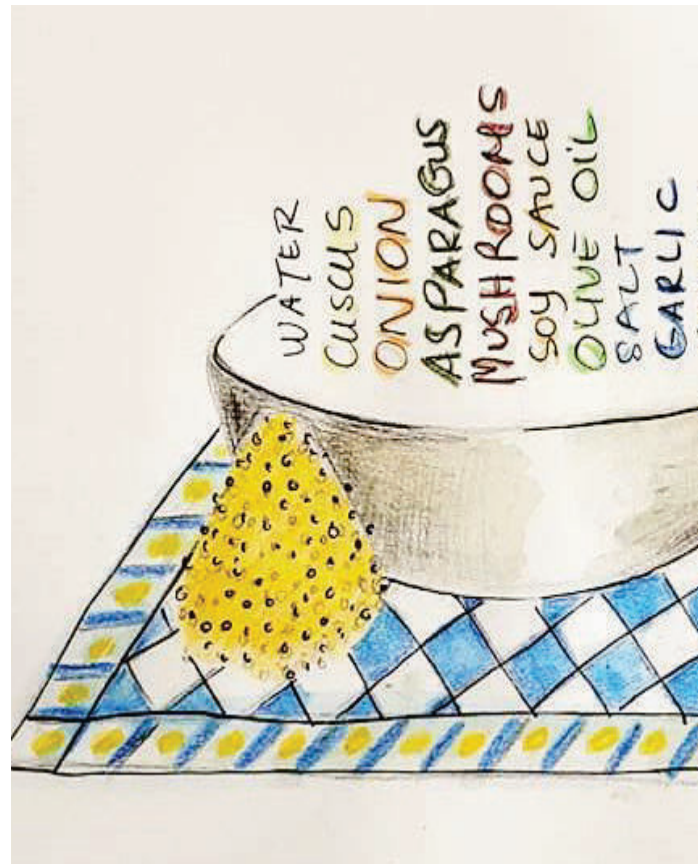
Corte os cogumelos frescos e os espargos e acrescente

Passo 4

Quando estiver quase pronto tempere com sal, molho de soja, alho em pó e pimenta em pó.

Passo 5

Junte o preparado ao couscous e envolva.



Students: Andreia Belo e Mafalda Oliveira



Couscous with vegetables

Ingredients:

- 2 cups of couscous
- 2 cups of water
- 1 onion
- 200g of asparagus
- 200g of mushrooms
- 2 tablespoons of soy sauce
- 2 tablespoons of olive oil
- Salt;
- Garlic powder
- Pepper powder

Method of preparation:

Step 1

Place the couscous in a container and add hot water to cover it.

Step 2

Put the oil in a skillet and add the onion, cut into very small pieces.

Step 3

Cut the fresh mushrooms and asparagus and add

Step 4

When it's almost done, season with salt, soy sauce, pesto sauce, garlic powder and pepper powder.

Step 5

Add the sauce to the couscous and mix.

Quiche de aveia e cogumelos

Ingredientes:

Massa

- 2 chávenas de chá de aveia em flocos finos
- 2 c. sopa de azeite
- 1 ovo
- ½ c. chá de sal

Recheio

- 200g de cogumelos
- ½ alho francês
- 2 ovos
- 1 chávena de natas de soja
- ¼ chávena de bebida de aveia
- 1 dente de alho
- c. sopa de azeite
- Noz-moscada_

Modo de preparação:

Passo 1

Pré-aquecer o forno a 200°C.

Passo 2

Misturar a aveia, o ovo, o azeite e o sal até ficar com uma massa bem húmida e forrar o fundo e as laterais de uma forma de tartes de 22 cm e levar ao forno por 10 min.

Passo 3

Colocar a o azeite numa frigideira e refogar os cogumelos fatiados e o alho francês até ficarem macios. Reserve.

Passo 4

No liquidificador bater a bebida de aveia, as natas de soja, os ovos, o sal e a noz-moscada.

Passo 5

Retire a massa do forno, colocar os cogumelos no fundo e cobrir com o preparado anterior. Levar ao forno a 200°C durante cerca de 30 min ou até ficar dourado.





Oat and mushroom quiche

Ingredients:

Dough

- 2 cups of flaked oats
- 2 tablespoons of olive oil
- 1 egg
- ½ teaspoon of salt

Filling

- 200g of mushrooms
- ½ leek
- 2 eggs
- 1 cup of soya cream
- 1 cup of oat drink
- 1 tablespoon of olive oil
- 1 glove of garlic
- nutmeg

Method of preparation:

Step 1

Preheat the oven to 200°C.

Step 2

Mix the flaked oats, the egg, the olive oil and the salt until getting a very moist dough. Then fill the bottom and sides of a tart pan with a 22 cm and bake, in the oven, for 10 minutes.

Step 3

Place the olive oil in a pan and sauté the sliced mushrooms and leek until tender.

Step 4

Blend the oat drink, the soy cream, the eggs, a pinch of salt and a pinch of nutmeg.

Step 5

Remove the dough from the oven, place the mushrooms on the bottom and cover it with the previous preparation. Bake at 200°C for about 30 minutes or until gets golden.

Students: Inês Marques, Carolina Marques, Daniela Lobito

Crepes Primavera

Ingredientes:

Massa:

- 125g de farinha
- 2 ovos
- 1,5 dl de leite
- Sal fino q.b.
- Pimenta preta q.b.
- 1 c. sopa de azeite

Recheio:

- 2 cenouras
- 1 alho francês
- 3 dentes de alho
- ½ cebola
- Cogumelos
- 1 c. sopa de azeite
- Pimenta q.b.

Modo de preparação:

Massa:

Passo 1

Peneire a farinha para uma tigela juntamente com uma pitada de sal fino.

Passo 2

Tempere com um pouco de pimenta preta moída na altura e abra uma cavidade ao meio da farinha.

Passo 3

Abra os ovos para essa cavidade, deite aí o leite, ligeiramente amornado, e cerca de 1 colher de sopa de azeite. Misture tudo muito bem com uma vara de arames até obter uma massa lisa. Deixe repousar durante cerca de 30 minutos.

Passo 4

Unte uma frigideira antiaderente com um pouco de azeite, deixe aquecer, deite uma colherada de massa na frigideira rode a frigideira de modo a espalhar a massa sobre o fundo. Deixe alourar e volte o crepe para cozinhar do outro lado.

Recheio:

Passo 5

Descasque, lave e corte todos os vegetais e adicione ao azeite e ao alho numa frigideira. Tempere com a pimenta e os orégãos. Deixe a saltar até os vegetais estarem cozinhados.

Passo 6

Em seguida coloque o seu recheio nos crepes e embrulhe. Os seus crepes primavera estão prontos.





Crepes Primavera

Ingredients:

Dough:

- 125 g flour
- 2 eggs
- 1,5dl milk
- Fine sea salt
- pepper
- olive oil

Filling:

- 2 carrots
- 1 leek
- 3 garlic cloves
- ½ onion
- mushrooms
- olive oil
- pepper
- oregano

Method of preparation

Dough:

Step 1

Sift the flour into a bowl along with a pinch of fine sea salt.

Step 2

Spice with a little black pepper and open a cavity in the middle of the flour.

Step 3

Break the eggs into this cavity, spill the milk, slightly warm, and about 1 tablespoon of melted butter. Mix everything very well with a wire rod until you get a smooth dough. Let rested for about 30 minutes.

Step 4

Grease a nonstick frying pan with a little of melted butter, leave heat, dump a spoonful of dough into the frying pan. Let it brown and turn the crepe to cook on the other side.

Filling:

Step 5

Peel, wash and cut all the vegetables; then add the mixture to the olive oil and the garlic in a frying pan. Spice with pepper and oregano.

Let it sauté until the vegetables are cooked.

Step 6

Then put your filling in your crepe and wrap it. Your crepes primavera are ready.

Student: Joana Oliveira

Esparguete com feijão branco e tomate

Ingredientes

- 420g feijão branco (1 lata grande)
- 300g esparguete
- 3 tomates maduros
- 1 c.sopa azeitonas pretas
- 2 c. chá sal
- Pimenta preta
- 1 malagueta
- manjeriço fresco q.b.

Modo de preparação:

Passo 1

Coloque o azeite, o alho e os tomates partidos em pedaços numa frigideira e deixe saltear por 5 minutos.

Passo 2

Adicione as azeitonas, envolva e mantenha em lume brando por mais 3 minutos.

Passo 3

Adicione os feijões escorridos, sal, pimenta e a malagueta picada. Cozinhe por mais 3 minutos e reserve.

Passo 4

Cozinhe a massa conforme indicação no pacote.

Passo 5

Escorra e adicione ao preparado da frigideira.

Passo 6

Sirva a massa polvilhada com folhas de manjeriço.





Spaghetti with white beans and tomato

Ingredients

- 420g white beans (1 large can)
- 300g spaghetti
- 3 ripe tomatoes
- 1 tbsp black olives
- 2 teaspoon of sea salt
- black pepper
- 1 chilli pepper
- fresh basil

Method of preparation:

Step 1

Put the oil, garlic and the chopped tomatoes in a skillet and sauté for 5 minutes.

Step 2

Add the olives, mix and keep on low heat for another 3 minutes.

Step 3

Add the drained beans, salt, pepper and the chopped chilli pepper. Cook for another 3 minutes and set aside.

Step 4

Cook the pasta as indicated on the package.

Step 5

Drain and add to the pasta to the mixture.

Step 6

Serve the pasta sprinkled with fresh basil.

Students: Rodrigo Sanches e Abraão Costa

Caril de cogumelos com arroz

Ingredientes:

- Cogumelos *shitake* (aproximadamente 200g)
- 1 cebola grande
- 3 dentes de alho
- Arroz (1 copo por pessoa)
- Leite de coco
- 1 colher de sobremesa de caril, pimentão doce
- 1 colher de chá de cominhos
- Azeite
- Sal q.b

Modo de preparação:

Passo 1

Lave os cogumelos e corte-os em pequenos pedaços

Passo 2

Depois corte o alho e a cebola em pequenos pedaços, e em seguida coloque azeite numa frigideira antiaderente. Junte o alho e a cebola e deixe cozinhar durante 10 minutos.

Passo 3

Junte o leite de coco, o caril, o pimentão, o sal e os cominhos ao preparado, e deixe ferver durante 10 minutos, até engrossar.

Passo 4

Numa panela à parte, coloque água a ferver, e depois de estar a ferver coloque o sal e o arroz. Deixe cozer até estar pronto.

Passo 5

Depois do caril de cogumelos ter engrossado, servir juntamente com arroz.





Mushroom curry with rice

Ingredients:

- Shitake mushrooms (approximately 200g);
- 1 big onion
- 3 gloves of garlic
- Rice (1 cup for person)
- Coconut milk
- Curry, sweet chili, cumin q.b
- Olive oil
- Salt q.b

Method of preparation:

Step 1

Wash the shitake mushrooms and cut in small pieces

Step 2

Cut the garlic and the onion in small pieces, put the olive oil in a not-stick pan and join in the garlic and the onion.

Cook for 10 minutes

Step 3

Add the coconut milk, the curry, the sweet chili, the salt and the cumin to the mixture, at let it cook for 10 minutes, until thicken

Step 4

In a separate pan, cook the rice in boiling water with a pinch of salt. Cook the rice till on the point

Step 5

Serve the curry with the rice

Students: Beatriz Oliveira, Gabriela Castela e Marta Jesus

Alho Francês à Brás

Ingredientes:

- 400g alho francês
- 300g batata
- 1dl azeite
- 2 curgetes
- 1 cebola
- Ovos de linhaça
- Sal q.b
- Pimenta q.b
- Azeitonas q.b.
- Salsa q.b.

Modo de preparação:

Passo 1

Corte as batatas em tiras muito fininhas e leve ao forno, temperadas com sal, pimenta e um fio de azeite, durante cerca de 30 minutos.

Passo 2

Rale a courgette e deixe escorrer.

Passo 3

Junte 15 colheres de sopa de água a 3 colheres de sopa de linhaça moída e misture. Deixe hidratar e repousar por 10 minutos.

Passo 4

Numa frigideira saltei as cebolas e os dentes de alho em azeite, até ficar tenro.

Passo 5

Adicionar as curgetes e deixar saltear por 3 minutos.

Passo 6

Adicionar as batatas, o “ovo” de linhaça e envolver bem.

Passo 7

Polvilhar com salsa picada e azeitonas.





Leek-à-Brás

Ingredients:

- 400g leek
- 300g potato
- 1dl olive oil
- 2 zucchini
- 1 onion
- flaxseed eggs
- Salt
- Pepper
- Olives
- Parsley

Method of preparation:

Step 1

Cut the potatoes into very thin strips and place in the oven, seasoned with salt, pepper and a little oil, for about 30 minutes.

Step 2

Grate the zucchini and let it drain.

Step 3

Add 15 tablespoons of water to 3 tablespoons of ground flaxseed and mix. Let it hydrate and stand for 10 minutes.

Step 4

In a frying pan sauté the onions and the garlic cloves in olive oil, until tender.

Step 5

Add the zucchini and sauté for 3 minutes.

Step 6

Add the potatoes, the flaxseed “egg” and mix well.

Step 7

Sprinkle with chopped parsley and olives.



Student: Gabriela Santos

Sopa de espinafres e couve-flor com curgete

Ingredientes:

- 1 cebola pequena
- 200g de curgete
- 500g de couve-flor
- 100g de espinafres
- 2 c. de sopa de azeite
- amêndoas laminadas q.b.
- tomilho fresco q.b.
- sal q.b. (opcional)
- água quente

Modo de preparação:

Passo 1

Aqueça o azeite numa panela e adicione-lhe a cebola, previamente picada.

Passo 2

Lave a curgete, corte-a em cubos e deite-a na panela. Junte os ramos de couve-flor e o sal. Tape e deixe cozinhar em lume brando cerca de 5 minutos.

Passo 3

Pique grosseiramente os espinafres e deite-os na panela. Deixe cozinhar com a panela tapada durante cerca de 15 minutos.

Passo 4

Adicione a água a ferver e coza durante mais 10 minutos ou até os legumes estarem macios.

Passo 5

Aloure as amêndoas laminadas numa frigideira antiaderente e reserve.

Passo 6

Triture muito bem a sopa e sirva-a decorada com as folhas de tomilho e as amêndoas.



Spinach and cauliflower soup with zucchini

Ingredients:

- 1 small onion
- 200g of zucchini
- 500g of cauliflower
- 100g of spinach
- 2 tablespoon of olive oil
- rolled almonds
- fresh thyme
- salt
- boiled water

Method of preparation:

Step 1

Heat the olive oil in a pan and add the chopped onion.

Step 2

Wash the zucchini, cut it into cubes and pour it into the pan. Add the cauliflower sprigs and the salt. Cover and simmer for about 5 minutes.

Step 3

Coarsely chop the spinach and pour it into the pan. Cook with the pan covered for about 15 minutes.

Step 4

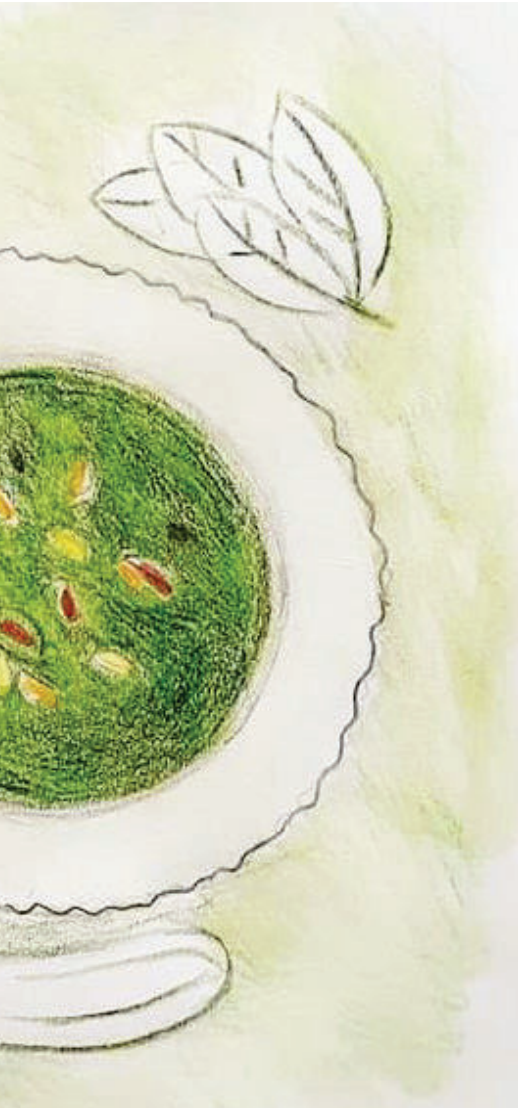
Add the boiling water and cook for another 10 minutes or until the vegetables are tender.

Step 5

Toast the sliced almonds in a non-stick pan and set aside.

Step 6

Grind the soup very well and serve it decorated with the thyme leaves and the roasted almonds.



Sopa de gengibre, abóbora e batata-doce

Ingredientes:

- 1 alho francês
- 400 g batata doce
- 800 g abóbora
- 600 ml água
- 1 c. chá curcuma em pó ou raiz de curcuma ralada
- 2 c. sopa azeite
- 2 cebolas
- 3 dentes de alho
- Pitada pimenta preta
- Pitada sal grosso
- 2 cm raiz gengibre
- 150 ml sumo de laranja

Modo de preparação:

Passo 1

Começar por descascar: as cebolas, os dentes de alho, a batata-doce e a abóbora.

Passo 2

Picar as cebolas, esmagar os dentes de alho, cortar a batata-doce em cubos, a abóbora em cubos e o alho francês em rodelas

Passo 3

Numa panela grande juntar a cebola, os dentes de alho e o azeite. Deixar refogar ligeiramente.

Passo 4

Ralar o gengibre. Quando a cebola estiver translúcida juntar o gengibre e o alho francês. Deixar cozinhar em lume brando até dourar.

Passo 5

Juntar a abóbora, a batata-doce, a água, a curcuma, a pimenta e o sal. Mexer muito bem, reduzir o lume, tapar o tacho e deixar cozinhar por uns 15 a 20 minutos.

Passo 6

Triture muito bem a sopa, junte o sumo de laranja e sirva-a ainda quente com sementes de abóbora, coentros e leite de coco.

NOTAS:

Pode substituir a água por 2 chávenas de leite vegetal que fica mais cremoso.



Ginger, pumpkin and sweet potato soup

Ingredients:

- 1 leek
- 400 g sweet potato
- 800 g pumpkin
- 600 ml water
- 1 teaspoon of powdered turmeric or grated turmeric root
- 2 c. oil soup
- 2 onions
- 3 cloves of garlic
- black pepper
- salt
- 2 cm ginger root
- 150 ml orange juice



Method of preparation:

Step 1

Start by peeling: onions, garlic cloves, sweet potatoes and pumpkin.

Step 2

Chop the onions, crush the garlic cloves, cut the sweet potato and the pumpkin into cubes and the leek into slices

Step 3

In a large saucepan, add the onion, garlic cloves and the olive oil. Let it simmer slightly.

Step 4

Grate the ginger. When the onion is translucent, add the ginger and the leek. Leave to cook on a low heat until golden.

Step 5

Add the pumpkin, sweet potato, water, turmeric, pepper and salt. Stir very well, reduce heat, cover the pot and let it cook for 15 to 20 minutes.

Step 6

Grind the soup very well, add the orange juice and serve it still hot with pumpkin seeds, coriander and coconut milk.

NOTES:

Instead of water you can use 2 cups of vegetable milk, turning the soup creamier.

Hamburger de Quinoa, beterraba e chia com esmagada de abacate e lima

Ingredientes:

- 250g quinoa
- 1 cebola
- 2 dentes de alho
- 1 beterraba cozida
- 100g linhaça moída
- 100g sementes de girassol
- 2 abacates
- ½ lima
- 1 c. café cominhos
- Flor de sal
- Sal
- Azeite
- Pimenta
- 3 c. sopa sementes chia
- 4 pães de hamburger

Modo de preparação:

Passo 1

Esmague o abacate e junte sumo de uma lima. Tempere com flor de sal e cominhos.

Passo 2

Cozer a quinoa em água abundante temperada com sal. Retire-a e deixe-a escorrer.

Passo 3

Numa frigideira refogar a cebola e os alhos num fio de azeite.

Passo 4

Num liquidificador, triturar a quinoa, o refogado de cebola, a beterraba, a linhaça, as sementes de girassol, o sal e a pimenta, até obter uma pasta cor-de-rosa.

Passo 5

Coloque a mistura numa taça., envolva as sementes de chia no preparado e deixe repousar por 3 horas no frigorífico.

Passo 6

Molde os hambúrgueres e numa frigideira com um fio de azeite deixe alourar. Leve ao forno a 170°C por 10 minutos.

Passo 7

Barre os pães com a pasta de abacate, coloque o hambúrguer e novamente abacate.



Quinoa, beetroot and chia hamburger with crushed avocado and lime

Ingredients:

- 250g quinoa
- 1 onion
- 2 garlic cloves
- 1 cooked beet
- 100g ground linseed
- 100g sunflower seeds
- 2 avocados
- ½ lime
- 1 coffee spoon of cumin
- salt
- olive oil
- pepper
- 3 tablespoon of chia seeds
- 4 hamburger buns



Method of preparation:

Step 1

Crush the avocado and add the juice of a lime. Season with a pinch of salt and cumin.

Step 2

Boil the quinoa in plenty of water, seasoned with salt. Remove it and let it drain.

Step 3

Sauté the onion and the garlic with a drizzle of olive oil.

Step 4

In a blender, grind the quinoa, onion stew, beetroot, linseed, sunflower seeds, salt and pepper, until you get a pink paste mixture

Step 5

Put the mixture in a bowl, fold the chia seeds into the mixture and let it rest for 3 hours in the fridge.

Step 6

Shape the hamburgers and let them brown in a frying pan. Bake at 170°C for 10 minutes.

Step 7

Spread the avocado paste on the buns, add the hamburger and again avocado.

Leite-creme Vegan

Ingredientes:

- 1 litro de leite vegetal (coco, arroz, aveia, amêndoas).
- 60 grs de amido de milho
- 60ml de geleia de arroz ou xarope de Acer ou agave
- 1/2 colher de café de curcuma em pó
- Metade da casca de um limão
- 1 pau de canela
- ½ colher de café de baunilha em pó opcional

Toppings opcional:

- amêndoas laminadas
- 1 colher de sopa de xarope de ácer ou outro

Modo de preparação:

Passo 1

Numa tigela juntar o amido de milho com um pouco de leite vegetal. Misturar muito bem até o amido de milho estar todo dissolvido.

Passo 2

Num tacho juntar o restante leite vegetal, o adoçante, a casca de limão, o pau de canela, a baunilha em pó, o amido de milho dissolvido e a curcuma. Aquecer em lume médio.

Passo 3

Mexer a mistura constantemente até o leite ferver e engrossar.

Passo 4

Transferir a mistura para tacinhas e deixar arrefecer antes de levar ao frigorífico.

Passo 5

Numa frigideira aquecer as amêndoas laminadas e quando começarem a dourar juntar o xarope de ácer e envolver tudo muito bem. Apagar o lume.

Passo 6

Transferir as amêndoas para um prato e deixar arrefecer completamente. Depois, polvilhar o leite-creme com as amêndoas.



Vegan cream

Ingredients:

- 1 liter of vegetable milk (coconut, rice, oats, almonds).
- 60 grams of corn starch
- 60ml of rice jelly or acer or agave syrup
- 1/2 teaspoon of turmeric powder
- Rind of a lemon
- 1 cinnamon stick
- ½ coffee spoon of vanilla extract (powder)

Optional Toppings:

- rolled almonds
- 1 tablespoon of maple syrup or other

Method of preparation:

Step 1

In a bowl, add the cornstarch with a little vegetable milk. Mix very well until all corn starch is dissolved.

Step 2

In a saucepan, add the remaining vegetable milk, sweetener, lemon peel, cinnamon stick, vanilla powder, dissolved cornstarch and turmeric - medium heat.

Step 3

Stir the mixture constantly until the milk boils and thickens.

Step 4

Transfer the mixture into bowls and let it cool before refrigerating.

Step 5

In a frying pan, heat the sliced almonds and when they start to brown, add the maple syrup and mix everything in very well. Turn off the fire.

Step 6

Transfer the almonds to a plate and allow cooling completely. Then, sprinkle the cream with the almonds.



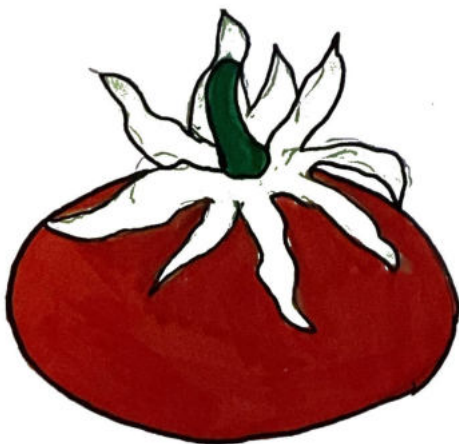
Gnocchi mit Tomatensoße (vegan)

Zubereitungszeit: 10 Minuten, Arbeitszeit 10 Minuten

Für zwei Portionen

Zutaten:

- 400g Gnocchi
- 1 kleine Zwiebel
- 1-2 Knoblauchzehen
- 1 EL Olivenöl
- 400g pürierte Tomaten
- Salz
- Pfeffer
- etwas Zucker
- Italienische Kräuter (optional)
- 2-3 EL veganer Parmesankäse
- Hefeflocken
- 100g Kirschtomaten (optional)



Anleitung:

1. Zwiebel und Knoblauch schälen und hacken.
2. Das Olivenöl in einem Topf erhitzen. Die Zwiebeln anschwitzen bis sie glasig werden (2-3 Minuten). Dann Knoblauch hinzufügen und etwa 1/2 Minute mit anrösten.
3. Passierte Tomaten hinzugeben. Mit Salz, Pfeffer und etwas Zucker (und italienischen Kräutern) abschmecken. Bei schwacher Hitze für ca. 5 Minuten köcheln lassen, dabei gelegentlich umrühren.
4. Einen Topf mit Salzwasser zum kochen bringen und die Gnocchi nach Packungsanleitung kochen, oder bis sie an der Oberfläche steigen (ca. 2-3 Minuten).
5. Anschließend mit einer Schaumkelle herausnehmen, etwas abtropfen lassen, in die Soße geben und vorsichtig umrühren, bis alles gut vermischt ist. Ggf. nochmal mit den Gewürzen abschmecken.
6. Nach belieben mit halbierten Kirschtomaten und veganem Parmesankäse/Hefeflocken servieren.

Gnocchi with tomato sauce (vegan)



Preparation time: 10 minutes, Working time: 10 minutes

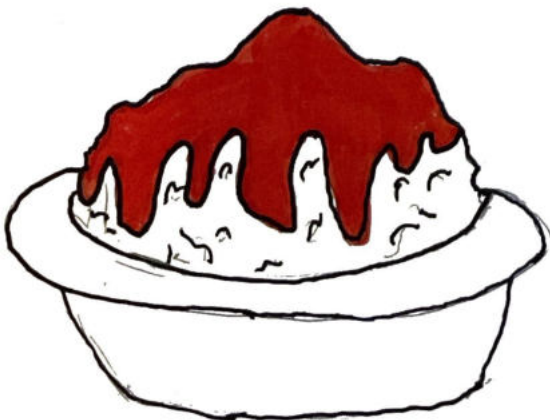
For two portions

Ingredients:

- 400g gnocchi
- 1 small onion
- 1-2 cloves of garlic
- 1 tablespoon olive oil
- 400g pureed tomatoes
- salt
- pepper
- a little sugar
- Italian herbs (optional)
- 2-3 tbsp vegan parmesan cheese/yeast flakes
- 100g cherry tomatoes (optional)

Instructions:

1. Peel and chop the onion and garlic.
2. Heat the olive oil in a pot. Sauté the onion until it becomes translucent (2-3 minutes). Then add garlic and sauté for about 1/2 minute.
3. Add the strained tomatoes. Season with salt, pepper and a little sugar (and Italian herbs). Simmer over low heat for about 5 minutes, stirring occasionally.
4. Bring a pot of salted water to a boil and cook the gnocchi according to package directions, or until they rise to the surface (about 2-3 minutes).
5. Remove with a slotted spoon, drain a little, add to the sauce and stir gently until everything is well mixed. If necessary, season again with spices.
6. Serve with halved cherry tomatoes and vegan parmesan cheese/yeast flakes/cream.



Bruschetta with tomatoes

For 4 servings preparing time: 10 minutes
working time: 5 minutes

Ingredients:

- 400g tomatoes (4)
- 200g baguette
- 2 tablespoon basil
- 2 tablespoon oregano
- 2 pieces of garlic cloves
- 1 teaspoon white wine vinegar
- olive oil
- salt and pepper



Instructions:

1. Peel the tomatoes with a peeler.

Alternatively you can cook the tomatoes for a few minutes in hot water, then quench them in ice water and then peel off the skin

2. Halve the tomatoes and cut out the stalk. Remove the seeds with a spoon
3. Dice the tomatoes into small pieces and place them in a bowl.
4. Tear oregano and basil into small pieces and place in the bowl. Season with 1.5 tablespoons of olive oil, white wine vinegar and salt and pepper. Peel and finely chop a clove of garlic and mix with the tomatoes.
5. Cut the baguette into thin pieces.
6. Heat the olive oil in a pan and fry the bread on both sides at medium temperature until crispy. Then place on a plate. Halve the 2nd clove of garlic and rub the baguette well on the upper side.
7. Arrange 2 bruschettas per person and place the tomatoes on the top. Then serve!

Bruschetta mit Tomaten

<u>Portionen</u>	<u>Vorbereitung</u>	<u>Kochzeit</u>
4 Personen	10 Minuten	5 Minuten

Zutaten:

- 400 g Tomaten (ca. 4 Stück)
- 200 g Baguette
- 2 EL Basilikum
- 2 EL Oregano
- 2 Stück Knoblauchzehen
- 1 TL Weißweinessig
- Olivenöl
- Salz und Pfeffer



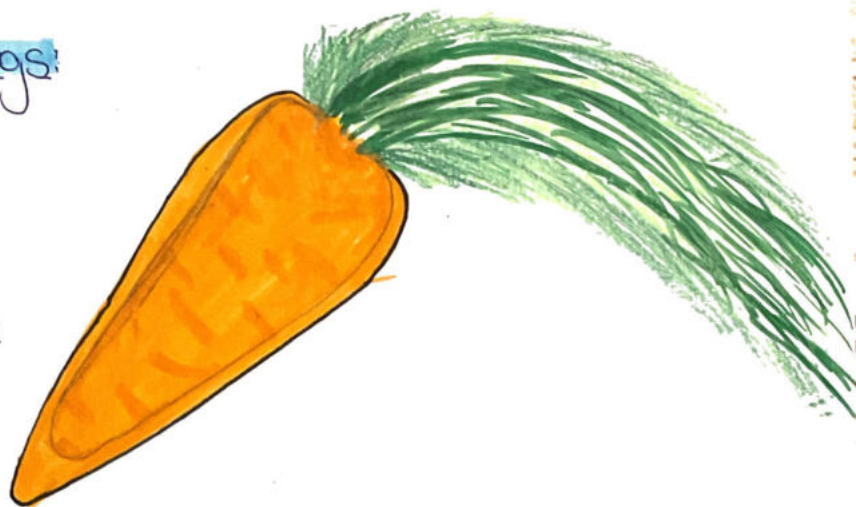
Anleitungen:

1. Die Tomaten mit einem Sparschäler schälen. Alternativ kann man die Haut einritzen, die Tomaten ein paar Minuten in heißem Wasser kochen, anschließend in Eiswasser abschrecken und dann erst die Haut abziehen.
2. Die Tomaten halbieren, den Strunk herausschneiden und die Kerne mit einem Löffel entfernen.
3. Die Tomaten in kleine Stücke würfeln und in eine Schüssel geben.
4. Oregano und Basilikum in kleine Stücke reißen und in die Schüssel geben. Mit 1,5 EL Olivenöl, dem Weißweinessig, sowie Salz und Pfeffer abschmecken. Eine Knoblauchzehe schälen, feinhacken und unter die Tomaten mischen.
5. Das Baguette in dünne Stücke schneiden.
6. Olivenöl in einer Pfanne erhitzen und das Brot von beiden Seiten bei mittlerer Temperatur kross braten. Danach auf einen Teller legen. Die 2. Knoblauchzehe halbieren und das Baguette damit auf der oberen Seite gut einreiben.
7. Pro Person ca. 2 Bruschetta anrichten und die Tomaten oben drauf geben. Danach servieren!

Potato and carrot soup

Ingredients for 4 servings:

- 2 onions
- 500 g potatoes
- 4 to 5 carrots
- 1 tablespoon sunflower oil
- 1 L vegetable broth
- 200 ml cream (optional)
- salt and pepper



Preparation:

- Peel the onions, potatoes and carrots and cut everything into small pieces.
- Heat the oil in a pot and sauté the onion pieces briefly.
- Then add the rest of the vegetables and sauté them for 2-3 minutes.
- Now pour the vegetable broth (and cream if desired) into the pot and let it simmer on medium heat for at least 20 minutes.

simmer on medium heat for at least 20 minutes.

- When the potatoes and carrots are soft, you can puree the soup. Tip = The smaller you cut the vegetables before cooking, the faster they will soften.
- Season the soup to your taste with salt and pepper.
- Serve the potato-carrot soup, for example, with homemade bread or baguette.

Tip =

If you like something spicy, you can refine the soup with fresh ginger. Grate a small piece of ginger (about three centimeters) and stir it into the pureed soup. You can also garnish the soup with some fresh parsley, sunflower or pumpkin seeds.



Kartoffel-Möhren-Suppe

Tipp:

Deine Zutaten solltest du stets in Bio-Qualität kaufen. Viele Gemüse-Sorten bekommst du auf Gemüse-Märkten von Bauen aus deiner Region.

Schritt für Schritt =

Die Zubereitung der Kartoffel-Möhren-Suppe ist einfach. Die meiste Zeit nimmt das Schälen des Gemüses in Anspruch - ansonsten geht das Ganze super schnell.

Zutaten für 4 Portionen:

- 2 Zwiebeln
- 500 g Kartoffeln
- 4 bis 5 Möhren
- 1 EL Sonnenblumenöl
- 1 l Gemüsebrühe
- 200 ml Sahne (optional)
- Salz und Pfeffer

- Schäle die Zwiebeln, Kartoffeln und Möhren und schneide alles in kleine Stücke.
- Erhitze das Öl in einem Topf und schwitze die Zwiebelstücke kurz darin an.
- Gib dann das restliche Gemüse hinzu und dünste es für 2-3 Minuten an.
- Gieße nun die Gemüsebrühe (und nach Belieben die Sahne) in den Topf und lass das Ganze auf mittlerer Hitze für mindestens 20 Minuten kochen.
- Wenn die Kartoffeln und die Möhren weich sind, kannst du die Suppe pürieren. Tipp: Je kleiner du das Gemüse vor dem Kochen schneidest, desto schneller wird es weich.
- Würze die Suppe nach deinem Geschmack mit Salz und Pfeffer.
- Serviere die Kartoffel-Möhren-Suppe zum Beispiel mit selbst gebackenem Brot oder Baguette.

Tipp: Wenn du etwas Schärfe magst, kannst du die Suppe mit frischem Ingwer verfeinern. Garnieren kannst du die Suppe außerdem mit etwas frischer Petersilie, Sonnenblumen- oder Kürbiskernen.

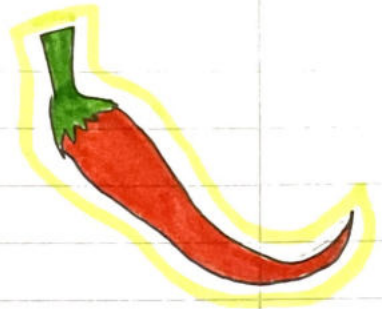


CHILLI

VEGAN



Veganes Chili



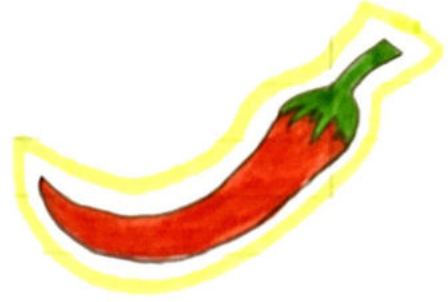
- 1.) 2 Tassen rote Linsen
- 2.) 4 Tassen vegane Gemüsebrühe
- 3.) 1 große, gehackte Zwiebel
- 4.) etwas Öl
- 5.) 3 Paprikaschoten, rot oder bunte, gewürfelt
- 6.) n.B. grüne Bohnen, frisch oder TK
- 7.) 2 Dosen geschälte, gehackte Tomaten
- 8.) 2 große Knoblauchzehen
- 9.) 1 Dose Mais
- 10.) n.B. Mandelmus, ca. 1-2 EL
- 11.) Cayennepeffer
- 12.) Paprikapulver
- 13.) Chillipulver aus der Mühle
- 14.) Meersalz
- 15.) Pfeffer
- 16.) evtl. Gewürzmischung, mexikanisch

Zubereitung

- 1.) rote Linsen in 4 Tassen Gemüsebrühe, 10min kochen
- 2.) Zwiebel in heißem Öl anbraten
- 3.) Paprikawürfel und grüne Bohnen dazugeben
- 4.) die geschälten Tomaten zugeben und würzen
- 5.) Knoblauch reinpressen
- 6.) Mais und erst zum Schluss rote Linsen zugeben
- 7.) 1-2 EL Mandelmus zugeben

Aufwand ca. 55 Minuten

Vegan chili



- 1) 2 cups red lentils
- 2) 4 cups vegan vegetable broth
- 3) 1 large, chopped onion
- 4) a little oil
- 5) 3 red bell peppers, diced
- 6) possibly green beans, fresh or frozen
- 7) 2 cans of peeled, chopped tomatoes
- 8) 2 large garlic cloves
- 9) 1 can of corn
- 10) possibly almond paste, approx. 1-2 tbsp.
- 11) Cayenne pepper
- 12) paprika powder
- 13) chili powder from the mill
- 14) sea salt
- 15) pepper
- 16) possibly spice mix, mexican

Preperation

- 1) boil red lentils in 4 cups of vegetable broth
- 2) sauté the onion in hot oil
- 3) add diced peppers and green beans
- 4) add peeled tomatoes and seson
- 5) squeeze in the garlic
- 6) add corn and at the end the red lentils
- 7) add 1-2 tbsp of almond paste

Gemüselasagne

Zutaten: Für 4 Personen

- 150g Zwiebeln
- 2 Knoblauchzehen
- 250g Zucchini
- 200g Champignons
- 1 EL Zucker
- 1 Dose (212ml) stückige Tomaten
- Salz / Pfeffer
- 1-2 TL getrocknete Kräuter der Provence
- geriebene Muskatnuss

- 150g Möhren
- je 1 rote und gelbe Paprikaschote
- 2 EL Öl
- 30g Butter oder Margarine
- 30g Mehl
- 150ml Gemüsebrühe
- 300ml Milch
- 125g geriebener Goudakäse
- 9 Lasagneplatten

- Majoran zum Garnieren
- Fett für die Form
- Vorgeheizter Backofen:
 - ↳ E-Heiz = 200°C
 - ↳ Umluft = 175°C



1. Zwiebeln und Knoblauch schälen und in kleine Würfel schneiden. Zucchini waschen. Champignons putzen, säubern. Möhren schälen und waschen. Paprika vierteln, entkernen und waschen. Zucchini, Champignons, Möhren, und Paprika gleichmäßig würfeln.
2. Öl in einer Pfanne erhitzen, Zwiebeln und Knoblauch zufügen, mit Zucker bestreuen und darin andünsten. Gemüse zufügen und ca. 5 min anbraten. Mit Tomaten ablöschen, aufkochen und mit Salz und Pfeffer würzen.
3. Getrocknete Kräuter unterrühren. Fett erhitzen, Mehl darin anschwitzen und mit Brühe und Milch ablöschen. Ca. 5 min kochen lassen und 50g Käse einrühren. Vom Herd nehmen, mit Salz, Pfeffer und Muskat würzen.
4. Abwechselnd Béchamel-Soße, Lasagneplatten und Gemüse in eine gefettete Auflaufform schichten. Mit Lasagneplatte und Gemüse abschließen. 75g Käse darüber streuen. 35 min backen lassen.

Vegetable Lasagna

- | | |
|--|---|
| <u>150g</u> Onions | <u>2</u> cloves garlic |
| <u>250g</u> zucchini | <u>200g</u> mushrooms |
| <u>150g</u> carrots | <u>1</u> red <u>1</u> yellow pepper (each <u>200g</u>) |
| <u>2</u> Tablespoons oil | <u>1</u> Tablespoon Sugar |
| <u>1</u> can(s) (212ml)
chunky Tomatoes | Salt |
| <u>1-2</u> tsp dried herbs
de Provence | Pepper |
| <u>150</u> ml vegetable broth (instead) | <u>30g</u> butter or margarine |
| <u>125g</u> grated Cheese | <u>30g</u> flour |
| grated nutmeg | <u>300</u> ml Milk |
| | <u>9</u> Lasagna plates |

Preparation (simple)



1. Peel and finally dice onions and garlic. Clean mushrooms. Peel and wash carrots. Quarter pepper, remove seeds and wash. Zucchini, Dice mushroom, carrots and peppers evenly.
2. Heat oil in a pan, add onions and garlic, sprinkle with sugar and sauté. Add vegetables and sauté for about 5 minutes.
3. Stir in dried herbs. Heat fat, sweat flour in it and deglaze with broth and milk. Cook for about 5 minutes and stir in 50g of cheese. Remove from heat, season with salt, pepper and nutmeg.



(electric oven: 200°C / fan: 175°C gas: level 3) 35 minutes

Crêpes

50g flour
500ml milk
4 egg(s)
50g margarine
1 pck. Vanilla sugar

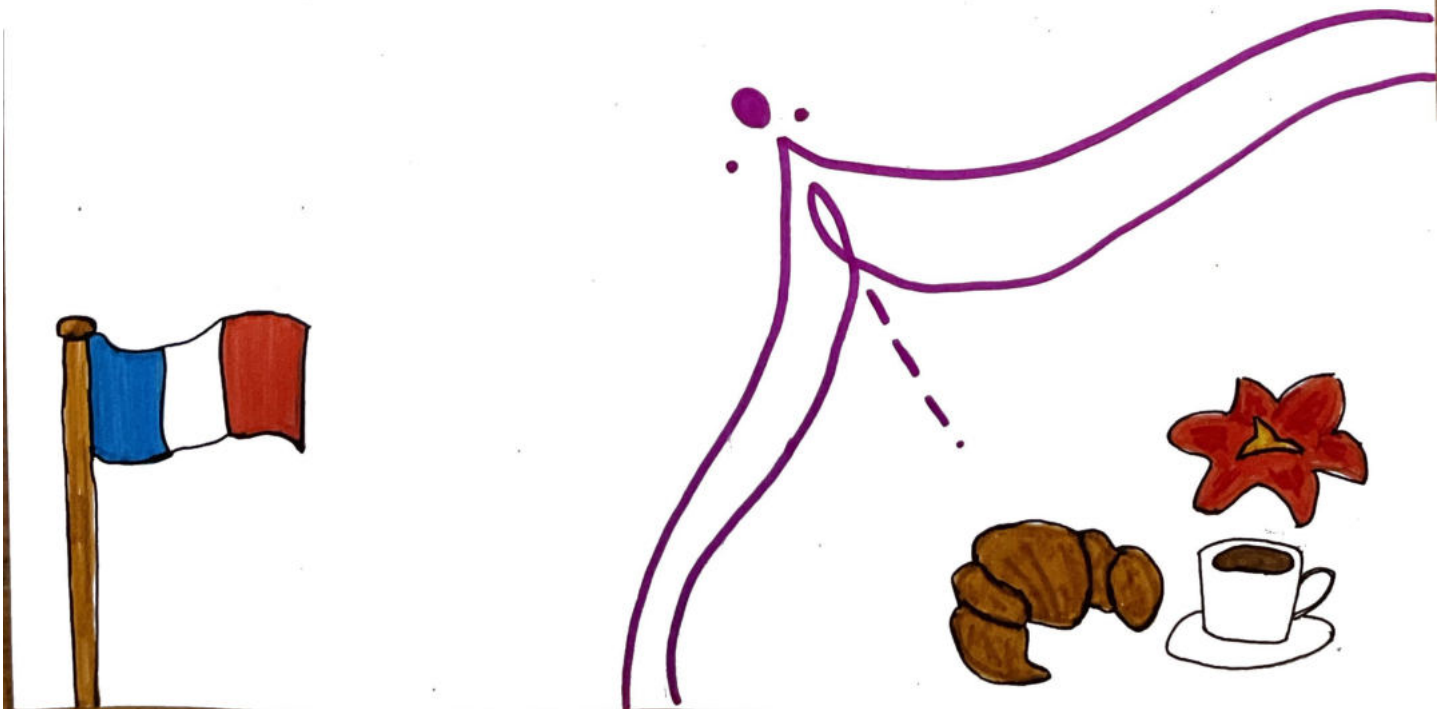
Working time: 20 minutes
difficulty: simple



Mix all ingredients and the dough is ready.
With a little fat.

It is very easy to fry in the pan and it comes off easily from the pan.

No need for an extra crepe pan.



Crêpes

50g Mehl
500ml Milch
4 Ei(er)
50g Margarine
1 Pck. Vanillezucker
Arbeitszeit: 20 Minuten
Schwierigkeitsgrad: simpel



Alle Zutaten verrühren und schon ist der Teig fertig.
Mit etwas Fett ist er in der Pfanne ganz einfach zu braten.
und geht super einfach von der Pfanne ab.
Es ist keine extra Crêpes-Pfanne notwendig.

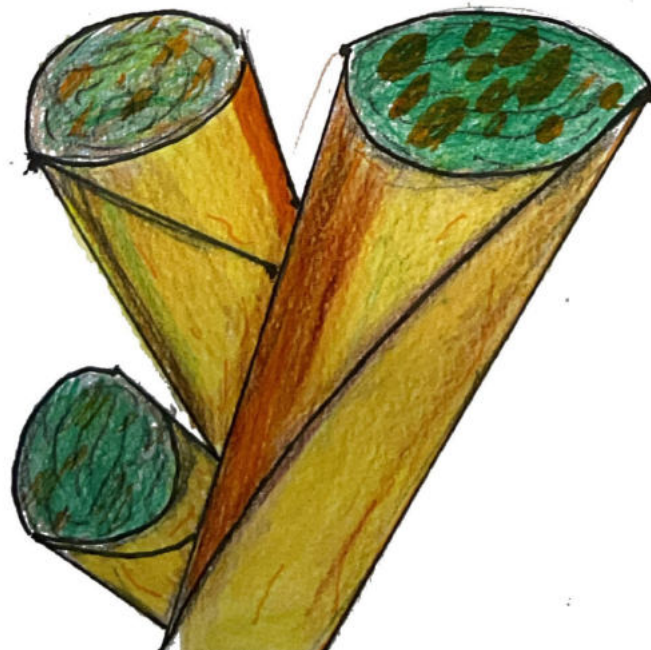
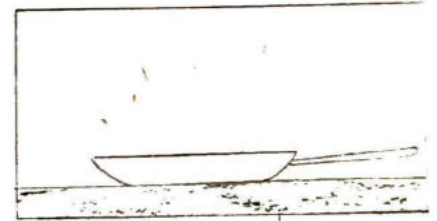


VEGAN WRAPS



WRAPS = Grundrezept

Alle Zutaten außer Öl zu einem glatten Teig, geschmeidigen Teig verarbeiten. Den Teig 15 Minuten ruhen lassen. In 8 Portionen teilen und jede Portion auf einer bemehlten Fläche zu einem etwa 1mm dünnen Fladen ausrollen. In einer Pfanne mit wenig Öl von beiden Seiten backen. Darauf achten, dass sie nicht zu dunkel werden. Tipp: Damit die Wraps nicht hart werden, legt man sie direkt aus der Pfanne in ein nasses, ausgewrungenes Geschirrtuch. Darin gestapelt und eingepackt bleiben bzw. werden die perfekt weich.



Wrap - basic recipe

for 8 wraps

Mix all ingredients - except oil - into a smooth, pliable dough. mix. Let the dough rest for 15 minutes. Divide into 8 portions. and roll out each portion on a floured surface to about 1mm thin patty.

Bake in a pan with a little oil on both sides. Make sure that they do not get too dark.

Tip: To prevent the wraps from becoming hard, place them in a wet, wrung-out towel.

Wrapped in it, they will stay or become perfectly soft. You can also keep them warm in the oven.

Working time approx. 10 minutes

Total time approx. 10 minutes

Difficulty: simple

Calories p.p. approx. 933



VEGANE COOKIES!

1.



Zutaten:

100g weiche Pflanzen-
1 Pck Vanillezucker
60g brauner Zucker

1 Prise Salz

130g Weizenmehl

40g gehackte Schoki

Außerdem:

gerobe Meeressalz-Flockis

Backofen auf 180° (Umluft: 160°) vorheizen

Weiche Butter mit Vanillezucker, braunem Zucker, Salz und Mehl in eine Schüssel geben. Mit den Händen rasch zu einem glatten Teig verkneten. Zuletzt die gehackte Schokolade unterkneten.

Ein Backblech mit Backpapier belegen. Teig in ca. 10 Portionen teilen und mit den Händen zu etwa 1cm-dicken Cookies formen. Auf dem Blech verteilen

2.

Cookies nach Belieben noch mit ein wenig Meeressalz-Flockis bestreuen. Im

Backofen ca. 14-16 Minuten knusprig backen lassen. Fertige Cookies aus dem Ofen nehmen und auf dem Blech abkühlen lassen.

Vegan chocolate chip cookies

Ingredients:

(for 10 servings)

$\frac{1}{2}$ cup sugar (100 g)

$\frac{3}{4}$ cup dark brown sugar (165 g), packed

1 teaspoon salt

$\frac{1}{2}$ cup refined coconut oil (120 g), melted

$\frac{1}{4}$ cup non-dairy milk (60 mL)

1 teaspoon vanilla extract

1 $\frac{1}{2}$ cups flour (185 g)

$\frac{1}{2}$ teaspoon baking soda

4 oz vegan semi-sweet chocolate (115 g), chunks

4 oz vegan dark chocolate (115 g), chunks

Preparation:

1. In a large bowl, whisk together the sugar, brown sugar, salt, and coconut oil until combined.

2. Whisk in non-dairy milk and vanilla, until all sugar has dissolved and the batter is smooth.

3. Sift in the flour and baking soda, then fold the mixture with a spatula, being careful not to overmix.

4. Fold in the chocolate chunks evenly.

5. Chill the dough for at least 30 minutes.



6. Preheat oven to 350 °F (180 °C).

7. Scoop the dough with an ice cream scoop onto a parchment paper-lined baking sheet. Be sure to leave at least 2 inches of space between cookies and the edges of the pan so cookies can spread evenly.

8. Bake for 12-15 minutes, or until cookies just begin to brown.

9. Cool completely.

10. Enjoy!



for the dough:

100g soft margarine

1 Pck. vanilla sugar

60g brown sugar

1 pinch of salt

130g wheat flour

(type 405 or 550)

40g chopped chocolate
(All vegan)

Worktime: 15 min

Baking: 16 min

Vegan Cookies

1.



Preheat oven to 180 degrees.
(convection oven: 160 degrees). Put soft vegetable margarine with vanilla, brown sugar, salt and flour in a bowl. Quickly knead with your hands to a smooth dough. Finally, knead in the chopped chocolate. Line a baking paper. Divide the dough into approx 10 portions and shape with your hands into cookies about 1cm thick (Ø 5-6cm). Spread on the baking tray.

2.

Spinkle cookies with a little coarse sea salt flakes if desired. Bake in the oven for about 14-16 min until crispy (see baking tip below). Remove finished cookies from oven and let cool on baking sheet.

CATALONIAN BROAD BEANS



INGREDIENTS

- 800 grams broad beans.
- 1/2 black susage (100 grams)
- 1/2 white susage (100 grams)
- 70 grams bacon
- 2 onions.
- 4 garlics
- herbs: mint, thyme, spearmint...you can also use a tea bag
- 1 whine glass or cider



- 01 • Cube the bacon, put it in a sauce pan and brown it, then get it out of the sauce pan and keep it until you need it again
- 02 • Wash and clean the broad beans and then drain them using a colander
- 03 • Dice and stir fry the onion in the same sauce pan until it is browned
- 04 • Dice the garlics and add them to the sauce pan
- 05 • Chop the black and white susages and add the pieces to the sauce pan, then cover it with its till and let it cook over medium heat for 10 min
- 06 • Add the broad beans and salt and pepper to taste
- 07 • Take the bacon and add it to the saucepan.
- 08 • Add the herbs of your choice, in case you choose peppermint, mince it before adding it
- 09 • Stir it, then add one glass of whine and some water, then wait until it is reduced (30-45 min)
- 10 • Finally, enjoy your meal

FOR A MORE ECO-FRIENDLY RECIPE YOU CAN REPLACE THE BACON AND SUSAGES FOR TOFU OR SOJA



Chebakia

The background of the page is a light, textured surface decorated with several small, realistic-looking pumpkins in shades of red and orange. Scattered around the pumpkins are several pieces of candy corn, which are yellow with red and white segments. There are also a few small, yellow, leaf-like shapes scattered across the surface.

Ingredients:

Flour, yeast, almond, sesame, butter,
vinegar, water, salt, cinammon, anise,
honey, saffron

The background of the page is a light, neutral color, possibly white or light grey. It is decorated with several small, realistic-looking pumpkins in shades of red and orange. Scattered around the pumpkins are several pieces of candy corn, which are yellow with red and white tips. The decorations are arranged in a somewhat random pattern across the upper and middle sections of the page.

Steps:

Sieve the flour and yeast and save it for later. In another bowl mix the almonds, salt, butter and vinegar and mix. Then add the orange blossom water, cinammon, anise and saffron. Then add this mix to the flour alongside 80ml of water and work on it until you get an elastic dough. Divide this dough into spheres and cover them with plastic, let them rest for 15min. Knead the dough and form the chebakias. Finally fry them, bathe them in honey and put sesame seeds over them.

Croquettes of cocido madrileño



INGREDIENTS

80 grams of flour

1 liter of milk

100 grams of butter

Oil

Bread crumbs

2 or 3 eggs

200 grams of serrano ham, chicken...

And a little bit of salt

STEPS

- Firstly we need to put the butter in a saucepan over low heat.
- Then, when the butter is liquid we remove it from the heat.
 - We add the flour and stir until there are no lumps.
- Now, we pour the dough back into the saucepan over low heat and add a glass of milk, then stir and add all the milk.
 - We add a little of salt.
 - And we add the ham, chicken...
- We stir for more or less thirty minutes until the bottom of the pan can be seen when taking the dough.
- We remove the saucepan from the heat and in a container we place transparent paper so that it does not form a crust.
- We put the béchamel sauce in the container and cover it.
 - We let the béchamel cool in the fridge.
- We take the béchamel out of the fridge and make shapes with it.
- When we have finished we put flour in a plate, in another two or three eggs and in another breadcrumbs.
- First we pass the béchamel through flour, then through the egg and finally through the breadcrumbs, when we have done these three steps we leave it on a plate.
 - We put paper in a plate.
- We put oil in a saucepan over high heat and we add the croquettes.
- When they are well fried, we take them out of the pan and put them on a plate with kitchen paper to absorb the oil.
 - And the croquettes would be ready.

fun facts

- It is a liquid dish that is usually served in the summertime
- There are two types of gazpacho in Andalusia, the white gazpacho, that doesn't use tomatoes, and the red gazpacho that includes tomatoes. The first one is made in Málaga, Córdoba and Granada
- Also, the green gazpacho which is made in Sierra Morena and Sierra de Huelva

Ingredients

- Tomatoes (1kg)
- Cucumber (1u.)
- Green pepper (1u)
- Olive oil (50ml)
- Water (200-250ml)
- Vinegar (30ml)
- Cloves of garlic (2u)
- salt (5g)

Materials

- Knife
- Blender
- Sieve
- Spoon
- Bowl
- Chopping table

Elaboration

1- First, we are going to peel the cucumber. We used a knife, but you can use a peeler if you want to,

2- Then, we are going to chop the ingredients into small pieces, such as the tomato and the green pepper.

3- We combine all the ingredients chopped, and we add the vinegar (at this point, some people add bread)

4- After that, we blend the ingredients that are in the bowl until they have a liquid texture.

5- When we have the liquid texture, we add the water and the olive oil. At the same time, we continue blending.

6- To separate some parts that didn't blend, we are going to pass the gazpacho through a sieve and with the help of a spoon, we are pushing the mixture.

7- Then, we are going to put the gazpacho in the fridge to make it colder and fresh. Instead of this, you can add ice to the gazpacho.

8- Finally, we serve the gazpacho in a glass or a bowl and your gazpacho is done. GOOD APPETITE!

It is optional to add onions and bread to the recipe.

CO₂

→ Some ingredients like tomatoes produce 200kg of CO₂. Other example is the green pepper that produces 96 kg of CO₂

• Tomatoes
140-200 kg/CO₂
• green pepper
96,4 kg/CO₂
• Cucumber
0,5 kg/CO₂

• REDUCE YOUR CARBON FOOTPRINT!

- We thought that the transportation of these products will increase our carbon footprint so make sure that the products are made around our houses, maybe in close farms.
- Also considering that some products may not be in the right season to consume (the one that they are supposed to) we invite you to search when is the right season to make gazpacho. With this, we don't have to worry about lots of things.
- We have to avoid plastic or any type of wrapper. In some supermarkets like Mercadona or online, they sell bags that you can use and wash at home to buy products in local stores again, they are usually made of fabric.

• In conclusion:

- It is better to buy products in local stores and make sure they are natural



FOR 2 PERSONS TYPICAL ANDALUSIAN FOOD

INGREDIENTS

- 3 EGGS
- HAM TAQUITTES (50g)
- SEMI-COKED PEAS (100g)
- FRYED TOMATO (350g)
- ONIONS (180g)
- 8 SLICES OF CHORIZO
- OLIVE OIL
- PINCH OF SALT
- PARSLEY
- PEPPER

PREPARATION

- Chop the onion and fry it in olive oil over a low/slow heat for 8 minutes
- Add the fried tomato and fry for a further 5 minutes.
- Add the peas, stir and remove from the heat.
- Fry the chorizo slices on both sides over medium heat (no need to add oil, the chorizo will release its own fat).
- Once all the elements are ready, fry the two eggs.
- Place everything on a plate, placing the vegetables as a base, and on top of these, the chorizo, the peas and finally the egg.

Paella

Ingredients

- 400g of rice
- 100g of onion
- 100g peas
- Salt
- 8 prawns
- 1.2l fish broth
- Olive oil
- Some fried tomato
- 250g of clams
- 2 cloves of garlic
- Colorant

Utensils

- Paella pan and a wooden spoon

Cooking time \Rightarrow 30min Difficulty \Rightarrow medium

Steps to follow

- 1st: We fry the prawns in the paella pan with a little oil and we reserve.
- 2nd: Add the minced garlic and onion, and then add a splash of fried tomato.
- 3rd: While the above is frying, in the bowl we add the rice and then the colorant.
- 4th: We add the broth and when it begins to boil, add salt and spread the rice.
- 5th: We lower the heat and let it cook for 10 minutes.
- 6th: After we add the prawns, clams and peas, and cook another 7 minutes.
- 7th: Finally we turn off and let it rest covered with a cloth about 5 minutes.

Serving suggestions

- Once cooked let it rest for about 5 minutes and then serve it hot.
- Serve with lemon wedges (gives more flavor to the dish).
- And it is preferable to cook over low heat.

Nutritional information:

For each portion (240g)

- 300cal

Fats \Rightarrow 13g

Carbohydrates \Rightarrow 40g

Proteins \Rightarrow 23g

Salt \Rightarrow 3,6g



Cantabria

Marmitako

Preparation, how to make tuna Marmitako, easy recipe.

Cut the onion in thin slices, and also the peppers. Cut the carrots in half, and then cut them in thin pieces. Peel the garlic and then ground them up.

2. In a big cooking pot, put a little bit of oil in a small-medium fire, and when it is hot, add the onions, the peppers, the garlic and the carrot. Add a little bit of salt and let them rest for 10 minutes, until the onion is transparent and the carrot and the peppers are soft.

Add the chili, the meat of pepper and sausage and the white wine, stir good and let the alcohol evaporate for a few minutes.

Meanwhile, peel and cut the potatoes. When the alcohol is evaporated, add them to the cooking pot, add them a little more salt, recently ground black pepper and a sweet pepper, stir it all good.

Now add the fish broth (or the water), the bay leaf, the parsley branch and the tomatoes sauce, and stir it a little. Raise the temperature to max and, when it starts boiling lower it to minimum. Let it cook slowly, during 30 minutes. Do not stir more with the spoon, simply just move the cooking pot.

Meanwhile, cut the tuna in tacos, and after 30 minutes add them to the cooking pot and turn the fire off, it will cook itself when its own heat. Let it rest for at least 10 minutes, and pick up the parsley branch.

Ingredients for making Marmitako from the north

1. 800gr of tuna, in thick slices or directly in small bites of tacos.
2. 6 medium potatoes
3. 2 onions.
4. 2 green peppers.
5. 2 carrots.
6. 3 garlic cloves
7. 1 liter of fish broth (you can also use water, but soup makes it taste better).
8. 1/2 a glase of white wine.
9. 1/2 a spoon of sweet pepper
10. 1 chili.
11. 100 gr tomato sauce.
12. 3 spoons of meat sausage (It can be extracted from 4 chorizo peppers, or can be bought directly).
13. 3 bay leaf.
14. 1 parsley branch.
15. Olive oil, salt y black pepper recently ground.



MENU

ANDALUCÍA

GAZPACHO

INGREDIENTS:

- 1kg tomatoes
- 50g green pepper
- 70g cucumber
- A piece of garlic
- 50g of stale bread
- Pinch of salt
- 40g onion
- 30g vinegar
- 75g olive oil

FLAMENQUINES

INGREDIENTS:

- 8 steaks
- 8 slices of cheese
- Bread crumbs
- 8 slices of jamón
- 2 eggs
- 75g olive oil
- 150g of flour

ARROZ CON LECHE

INGREDIENTS:

- 150g of milk
- Lemon scratch
- Cinnamon
- 230g sugar
- 200g rice
- Orange scratch
- Pinch of salt
- 30g butter

GAZPACHO

STEPS:

- Add all together and blend either in the blender or in the thermomix glass
- Serve it cold

FLAMENQUINES

STEPS:

- Hit the steaks with a hammer to flatten them
- Over the steaks put the slices of jam and the cheese and roll them
- Dip the rolls into the flour, the eggs and the bread crumbs so that they are well sealed
- Fry them in olive oil and let it drain

ARROZ CON LECHE

STEPS:

- Add all the ingredients except the sugar and the butter and boil them (stir everything every 15 min)
- After 45 min add the rest of ingredients and stir everything very well

ECOLOGICAL FOOTPRINT

When we cook our dishes, we will use organic products, local products and seasonal products, in order to contribute to reducing our ecological footprint.

Pastela



Ingredients:

Filo pastry, onions, chicken thighs, almonds, pine nuts, raisins, dates, cumine, ginger, turmeric, black pepper, cilantro, orange blossom water, oil, sugar and cinammon

Orignally from: Ceuta

PIONONOS DE SANTA FE



INGREDIENTES

INGREDIENTS

- 35g Harina de maíz (cornmeal)
- 15g Harina de trigo repostería (wheat flour)
- 6 Huevos (eggs)
- 150g Agua (water)
- 40g Leche (milk)
- 100g Azúcar (sugar)
- Canela en polvo (cinnamon)
- Mantequilla (butter)

Yema Pastelera

1° Batimos 4 huevos y le añadimos 90g de agua.

Beat 4 eggs and add 90g of water.

2° Mezclamos 15g de harina de maíz y azúcar, debe ser la misma cantidad que el peso de los huevos sin cáscara.

Mix 15g of cornmeal and sugar, the same amount as the weight of the shelled eggs.

3° Lo mezclamos todo y calentamos hasta que esté espeso.

We mix it all together and heat it until it's thick.

PREPARACIÓN

Bizcocho

1° Con el colador añadimos la harina de trigo y 20g de harina de maíz a un bol.

With the colander add the wheat flour and 20g of cornmeal to a bowl.

2° Cascamos 2 huevos y separamos la yema de la clara en dos recipientes distintos.

Crack 2 eggs and separate the yolk of the white in two different containers.

3° Batimos las yemas y las añadimos a la harina junto con la leche. Mezclamos.

Beat the yolks and add them to the flour along with the milk. Mix it.

4° Montamos las claras hasta que tengan textura espumosa, y vamos añadiendo poco a poco 40g de azúcar.

Assemble the white ones until they have a foamy texture, and gradually add 40g of sugar.

5° Mezclamos todo en un mismo bol.

Mix everything in the same bowl.

6° Cogemos una bandeja de horno, ponemos el papel de horno y untamos mantequilla por toda la superficie.

Take a baking tray, put the baking paper and spread butter all over the surface.

7° Vertemos la mezcla sobre la bandeja y lo metemos al horno, previamente pre calentado

10 min a 180°C.

Pour the mixture on the tray and put it in the oven

10 min at 180°C.

Almíbar

1° Mezclamos 60g de agua y 60g de azúcar.

Mix 60g of water and 60g of sugar.

2° Hervimos la mezcla hasta ebullición y lo dejamos en fuego suave durante 5 min.

Boil the mixture to boil and leave it on low heat for 5 min.

Esta receta está hecha con productos nacionales.

Emissiones CO₂: 0,241 Kg



Recipe:

We chop and put the onions in a pan until they start to brown. Then, we add the almonds and pine nuts. Then goes the chicken breast with the pepper, salt, dates, raisins and spices. After 15 minutes of cooking under the lid, we add the orange blossom water and let it cool. Finally, we shred the mix, assemble the cake like shape and put it in the pre-heated oven (at 180C) until it is golden brown. When it is done, we sprinkle the sugar and cinnamon on top.

Rosquillas of Santa Clara



INGREDIENTS FOR THE MASS:

250 grams of flour

100 milliliters of oil

4 eggs

A tablespoon of sugar

And a tablespoon of anise

INGREDIENTS FOR THE COVERAGE:

500 grams of sugar

250 milliliters of water

And an egg white

STEPS

- First we have to pour the flour into a bowl.
- In a separate bowl, beat three eggs and one yolk along with a tablespoon of sugar. After stirring a little we add the oil and the tablespoon of anise. And we keep stirring.
- Later we make a hole in the center of the flour and pour the dough into it. We stir until we see that the dough is manageable.
- When this happens we put flour in our hands and begin to knead the dough.
- Then, to make the shape, we make a ball and from the center we make a hole. We do this with all the dough.
- We put greaseproof paper and put our dough there.
- We preheat the oven and when it is ready we introduce the donuts for a quarter of an hour.
- While the donuts are in the oven, we make the syrup topping.
 - First we put in a saucepan over a fire under the water.
 - Then we add the sugar and stir.
 - We stir until it is with a viscous consistency.
- We let it rest and meanwhile we beat the egg white until stiff. When it is ready we add the syrup to the egg. Until a coating with a good consistency is formed.
- We take the donuts out of the oven and spread the topping over them.
- When they have all the coverage we put them back in the oven for a few minutes at 120 degrees.
- When the coverage is dry we take them out of the oven and they would be ready.

GET YOUR SWEET FIX.

Almoixávena recipe

THE ALMOIXÁVENA RECIPE STEP BY STEP

APRIL 28, 2021 • MADE BY ISAAC
MORENO AND PALOMA GONZÁLEZ,
3EF BLUE GROUP :)



The ingredients

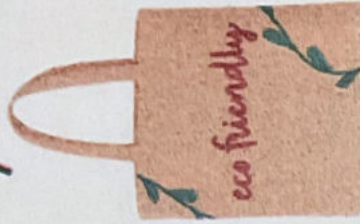
- 130g of milk
- 170g of flour
- 100ml of olive oil
- 120g of water and then 100g
- A pinch of salt
- 4 eggs
- 40g of lard
- 200 g honey
- 100g sugar for sprinkle

STEPS -

- 1-Pre-heat the oven to 180°C and put a greaseproof paper with 40g of lard
- 2-Add 130g of milk, 120g of water and 160g of olive oil, a pinch of salt. Mix everything at speed 3 for 7 min at 100°C
- 3-Add 170g of flour and mix at speed 6 for 20 sec.
- 4-Remove the glass from the machine and let it warm for 5 min.
- 5-Then replace the glass and mix everything at speed 4 without the top and then lower the remains with the spatula and mix it all with the top at speed 4 for 10 sec.
- 6-with your hands greased in oil, take about 50g of dough and put your finger, gradually dipped in oil, in the dough making circles to make the chips.
- 7-Make 12 batches for 30 min at 180°C.
- 8-wash the glass and add 100g of water, 200g of honey and place the lid, mix at 100°C, speed 2 for 5 min.
- 9-Pour in the honey syrup and let it temper.
- 10-Soothe the silences in the syrup
- 11-Sprinkle with sugar and serve



Eco-friendly recipe



Handmade elaboration

VARIATIONS THAT MAKE THE RECIPE MORE ECOLOGICAL

We have decided to change some ingredients of the recipe to reduce the environmental impact and so that vegan and vegetarian people can eat it without problems.

Those ingredients are the lard, sugar and the honey.

We have changed the lard for egg white since the lard has a high content of animal fat.

We have also changed the honey for agave syrup because the honey is of animal origin.

Finally we have found ecological sugar that is extracted from the sugar cane which comes from lands cultivated in an ecological and respectful way with the environment and also in this sugar all the properties are preserved





Sobaos pasiegos (Cantabria)

Ingredients (For 18 units):

- 250g of butter (2.35 kg of CO2)
- 250g in eggs (0.05kg of CO2)
- 200g of sugar(0.5kg of CO2)
- 50g of honey(0.07 kg of CO2)
- 250g of flour (0.1 kg of CO2)
- 12g of chemical yeast (Barely any production)

1. First of all, we preheat the oven at 180°, and start preparing the capsules where dough goes, putting them all in a tray very close to each other.
2. In a bowl we add the melted butter, the sugar or the honey, and we mix.
3. Then we add the eggs slowly, one after the other.
4. In a separate bowl, mix both the flour and the yeast.
5. After that, we sieve the yeast and the flour and add it slowly to the mixture.
6. Add the dough into the capsules, approximately filling it at 3/4ths of its capacity,
7. We put them in the oven and leave it for 20 minutes.
8. When the time has passed we take them out of the oven.
9. Now you can enjoy them alone or with a glass of milk!

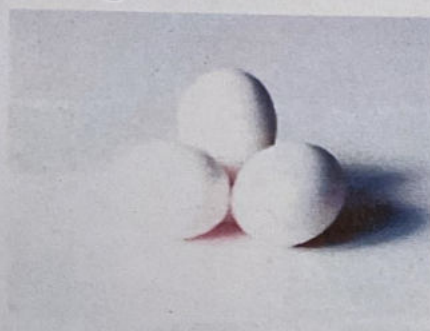


*Alergens: gluten and lactose

Made by: *Luca Siegel and Laura García*

COCA DE CUARTO FROM MALLORCA

Ingredients



9 eggs



235 grams of icing sugar



165 grams of potato starch

Our more eco friendly version...

To make it more ecological friendly, we decided to change the icing sugar for Brown sugar or just remove it completely and make sure that the potatoes are 100% natural



SOURCE: <https://www.antojoentucocina.com/receta/coca-de-cuarto-mallorquina-sin-gluten>

Elaboration

We preheat the oven to 180 °C, grease the mold and line it with greaseproof paper to make sure it doesn't stick to us. Then we mount the whites, very cold, for about 15 minutes, or until they are very firm.

We mount the whites to the point of snow, until they are very firm. Without stopping beating, we are going to add the sugar. We will not add the second until the first is well integrated.

We then add the sugar by teaspoons. We repeat this same process with the yolks.

We are adding, one by one, the yolks. Next we will add, also by tablespoons, the potato starch. We put about 20 minutes in the oven or until when you prick it with a toothpick it comes out clean.



BY: CARLOS ASENJO AND ENRIQUE SERRANO

