



# *BACK AND FORTH*

ERASMUS+ YOUTH EXCHANGE

HOSTED BY "LA BUONA TERRA" IN  
PASSIGNANO SUL TRASIMENO,  
ITALY

1 - 12 JUNE 2022





The project will involve several non-formal education activities, such as cooking workshops, debates and intercultural learning activities.

#### MAIN SUBJECTS

- Food and environmental sustainability
- Cultural identity and traditions
- Intercultural learning
- Awareness - action - dissemination

# THE PROJECT IN A FEW WORDS

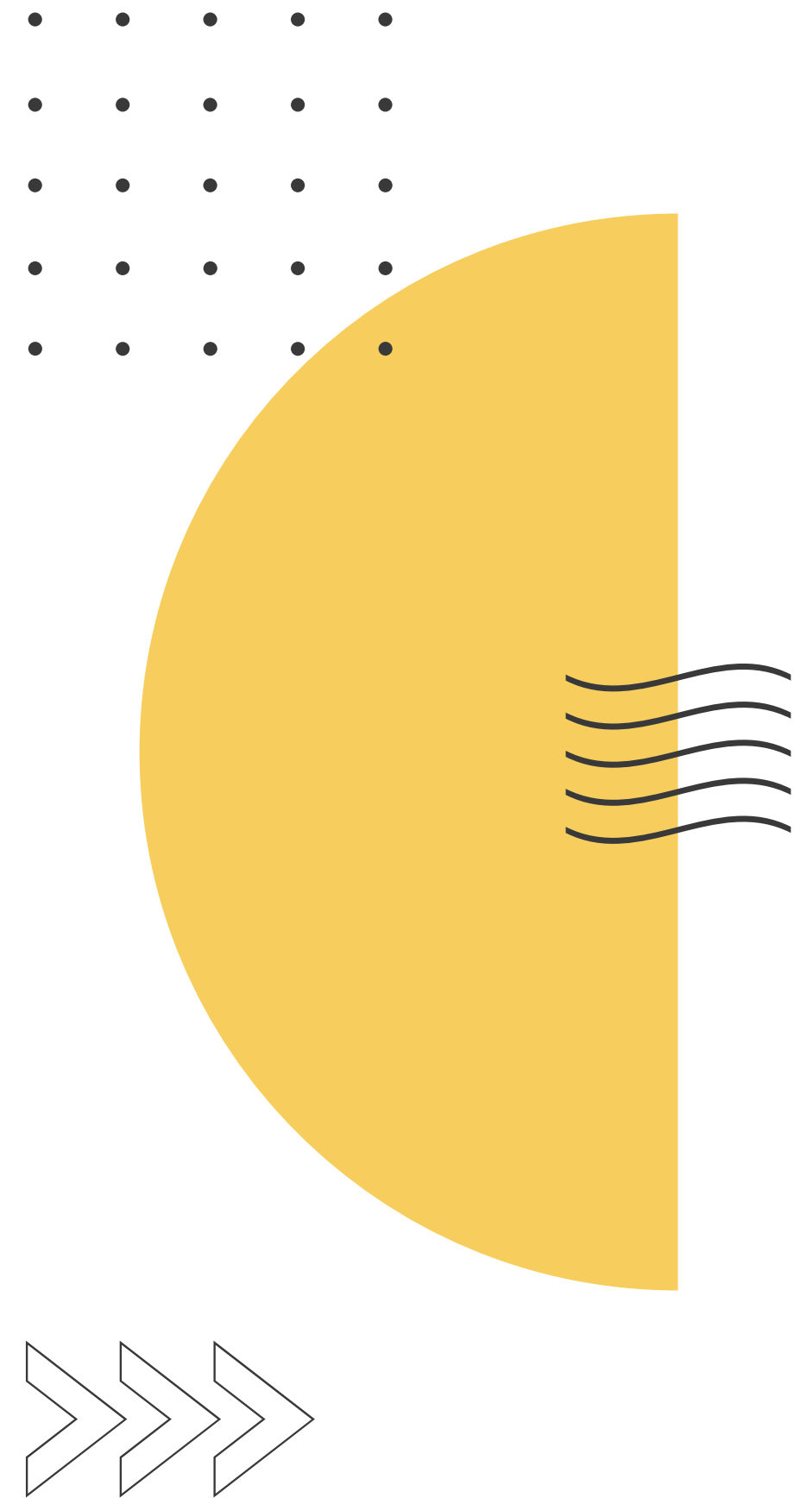
What is the relationship between traditional food and environmental sustainability?

**The main goal of the project was to cook traditional recipes, calculate the environmental impact and adjust the recipes to make them more sustainable.**

**Participants cooked together and taught each other traditional recipes from their countries.**

**This cookbook is the result of the cooking workshops implemented during the Youth Exchange. It shows both traditional and sustainable recipes that participants cooked.**

**Enjoy,  
Buon Appetito!**



01

# FRANCE

French team had cooked Ratatouille, Quiche Lorraine, Creme brûlée and Mousse au chocolat.





# RATATOUILLE

## COOKING STEPS

- Chop onions and garlic cloves, fry them in a pan with olive oil
- Cut big chunks of all vegetables and fry them separately with olive oil
- When cooked, put them all in a marmite and add tomato sauce and herbs
- Let it cook at low heat for 15 to 20 minutes
- Serve it alone or with rice.

## INGREDIENTS

Eggplants 875 G  
Courgettes 875 G  
Bell peppers (red and green) 875 G  
Onions 400 G  
Garlic cloves 140 G  
Tomatoes 1 KG  
Tinned tomato 100 G  
Fresh thyme 10 G  
Bay leaf 15 G  
Olive oil 20 TBSP  
Salt 10 G  
Pepper 10 G

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Vegan

Number of servings: 10

Curiosities: Ratatouille is a French specialty born near Nice, in the Provence region around the year 1778. Its name origins from the occitan word ratatolhar.



**TRADITIONAL AND SUSTAINABLE RECIPE**



## INGREDIENTS

Flour 600 G  
Butter 300 G  
Milk 200 ML  
Salt & Pepper  
Eggs 4  
Cream 300 ML  
Bacon 250 G  
Onions 300 G  
Emmental 250 G



**TRADITIONAL RECIPE**

# QUICHE LORRAINE

## COOKING STEPS

- Mix the flour and the salt in a plate
- Add the butter into the flour, kneading quickly and lightly with your fingertips. We must obtain a kind of coarse semolina in 2 or 3 min.
- Quickly stir in milk. It takes very little to allow the dough to bind together and form a ball.
- Spread the dough on baking paper
- Fry the onions and the bacon bits in a pan
- Beat the eggs and the cream in a bowl
- Add onions and bacon and season with salt, pepper
- Pour over the dough and put the cheese on top
- Bake 45 to 50 minutes.

## EXTRAS

Type of Meal: Main dish  
Diet restrictions: Contain Meat  
Number of servings: 10 people  
Unusual/Specific Tools Required: Pie pan, kitchen roll



# QUICHE LORRAINE

## COOKING STEPS

- Put the flour on a work surface or in a bowl.
- Make a well, pour in the water, the oil, then the water. Mix well as you go. Form a ball.
- Roll out the dough on baking paper
- Put the dough in the pie pan
- Cut the carrots into small pieces and slice the leeks
- Fry the vegetables in olive oil and season to taste
- Mix the eggs and the oat cream and incorporate the vegetables once cooked
- Pour the mix onto the dough
- Bake in the oven at 180c for one hour.

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Vegetarian, Lactose Free

Number of servings: 10 people

Unusual/Specific Tools Required: Pie pan, kitchen roll

## INGREDIENTS

Flour 600 G  
Olive oil 200 ML  
Water 200 ML  
Salt & Pepper  
Carrots 500 G  
Leeks 400 G  
Oat cream 500 ML  
Eggs 4



**SUSTAINABLE RECIPE**



# CRÈME BRÛLÉE

## COOKING STEPS

- We put the milk and the cream in a recipient, add the vanilla and make it boil;
- We put the yolk eggs and the sugar, we whip them and put the cornflour;
- We put the hot milk, cream on the yolk recipient and we whip until it becomes thicker;
- We serve in cups and let it stay in the fridge for an hour.

## INGREDIENTS

Milk 320 ML  
Sugar 250 G  
Cream 500 ML  
Yolk eggs 8 pieces  
Cornflour 18 Gr  
Extract of vanilla



**TRADITIONAL RECIPE**

## EXTRAS

Type of Meal: Dessert  
Diet restrictions: Vegetarian  
Number of servings: 10 people  
Unusual/Specific Tools Required: Châlemeau



# CRÈME BRÛLÉE

## COOKING STEPS

- We make the milk with the almonds. We mix them with water and add flax seeds. For oat milk, we grill the oats and we add water and we filter both to get the milk
- We boiled the oat milk to make it a cream. We whip in the same time.
- We mix the milk with the cream, make it boil. In case of lumps, we have to blend the mixture.
- We add lemon juice in the mixture.
- We put in the cups and it stays in the fridge for at least an 1 hour
- We put one brown sugar's coffee spoon and burn it to caramelize.

## EXTRAS

Type of Meal: Dessert

Diet restrictions: Vegan

Number of servings: 10 people

Unusual/Specific Tools Required: Blender, Châleuse

## INGREDIENTS

300g Almonds  
300g oat flakes  
300g brown sugar  
15g lemon juice  
3l water  
18g cornflour



**SUSTAINABLE RECIPE**



# MOUSSE AU CHOCOLAT

## COOKING STEPS

- Break the chocolate and the butter in pieces. Put them together in a bowl over a bain-marie.
- In the meanwhile, separate the whites from the yolks.
- Off the heat, stir in the egg yolks.
- Beat the egg whites until stiff.
- When the mixture chocolate/butter is melted, gently add the whites with a spatula into it.
- Pour into a verrine or terrines.
- Put it in the fridge for at least 2h.

## INGREDIENTS

250g Chocolate bar  
150g Butter  
7 Eggs  
1 Tsp Salt

## EXTRAS

Type of Meal: Dessert  
Diet restrictions: Vegetarian  
Number of servings: 10

Unusual/Specific Tools Required: Whisk or Electric mixer.



**TRADITIONAL RECIPE**

02

ITALY

Italian team had cooked Panada and Tiramisu.





# PANADA

## COOKING STEPS

- Cut all the vegetables and meat and put them together in a container.
- Season with salt, oil, water and herbs.
- Prepare the pasta by adding water to the powders
- Knead by adding the oil until a homogeneous mixture is obtained.
- Roll out the pasta in the mold, insert the sauce inside and close with another layer of dough.
- Before closing, add a glass of water and make a hole before cooking.
- Cook until golden brown

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Contains meat; lactose free

Number of servings: 10 people

Unusual/Specific Tools Required: Wood oven

## INGREDIENTS

2kg Flour	50g Parsley
2kg Semolina	500g Peppers
200g Olio evo	20g Laurel
1kg Potatoes	500g Artichokes
500g Aubergines	250g Dry tomatoes
50g Garlic	1kg Sausages
	1kg Pork loin



**TRADITIONAL RECIPE**



## INGREDIENTS

2kg Flour  
2kg Semolina  
200g Olio evo  
800g Potatoes  
200g Dry Tomatoes  
800g Aubergines  
40g Garlic  
40g Parsley  
40g Laurel



**SUSTAINABLE RECIPE**

# PANADA

## COOKING STEPS

- Cut all the vegetables and put them together in a container.
- Add the seasonings and oil.
- Make the pasta by adding the water to the powders.
- Add the oil until a homogeneous mixture is obtained.
- Roll out the pasta and add the vegetables.
- Add a glass of water and close with another layer of dough.
- Pierce and cook in a wood oven until golden brown.

## EXTRAS

Type of Meal: Main dish  
Diet restrictions: Vegan, Vegetarian, Lactose free  
Number of servings: 10 people  
Unusual/Specific Tools Required: Wood oven



## INGREDIENTS

250g Savoiardi  
750g Mascarpone cheese  
300g Coffee  
5 eggs  
50g Bitter cocoa  
120g Sugar



**TRADITIONAL RECIPE**

# TIRAMISÙ

## COOKING STEPS

- Separate the egg yolks from the whites, Add the sugar to the yolks and whip.
- Add the mascarpone to the whipped egg yolks.
- Beat the egg whites until stiff with a pinch of salt.
- Gently incorporate the egg whites to the other thing.
- Make the coffee and dip the savoiardi into it.
- Make a layer alternating the ladyfingers and cream.
- Leave to rest in the blast chiller and finally sprinkle with cocoa.

## EXTRAS

Type of Meal: Dessert

Diet restrictions: Vegetarian

Number of servings: 10 people

Unusual/Specific Tools Required: Planetary, Blast chiller



## INGREDIENTS

5 eggs (from local farm)  
250g Savoiardi  
120g Sugar  
300g Coffee (Leftovers)  
50g Bitter cocoa  
750g Mascarpone cheese



***SUSTAINABLE RECIPE***

# TIRAMISÙ

## COOKING STEPS

- Separate the egg yolks from the whites, Add the sugar to the yolks and whip.
- Add the mascarpone.
- Beat the egg white until stiff with a pinch of salt.
- Combine the compounds gently.
- Make the layers alternating savoiardi with cream.
- Put in a blast chiller and sprinkle with bitter cocoa at the end.

## EXTRAS

Type of Meal: Dessert

Diet restrictions: Vegetarian

Number of servings: 10 people

Unusual/Specific Tools Required: Planetary, Blast chiller

03

# ROMANIA

Romanian team had cooked Papanasi, Ciorba de legume and Fasole cu carnati/legume.





## INGREDIENTS

750g cow fresh cheese  
5 eggs (=300g)  
375g Flour  
188g sugar  
2.5 vanilla sugar

1.5g baking powder  
1.5g baking soda  
10g lemon pill  
5g salt  
50g sour cream  
100g jam



**TRADITIONAL RECIPE**

# PAPANASI

## COOKING STEPS

- In a bowl, mix the flour, sugar, baking powder and baking soda, semolina, salt powder and vanilla sugar.
- Separately mix the cottage cheese with the mixer, add the eggs then gradually pour the flour mixture and mix until the dough becomes homogeneous.
- We put flour in a bowl to cover our hands We take the coca by hand and make it in the shape of a donut for each donut we make a ball.
- Heat the oil very well and fry the papanasis on low to medium heat until nicely browned.
- Then add the sour cream and then the jam Pofta buna!

## EXTRAS

Type of Meal: Dessert

Diet restrictions: Vegetarian

Number of servings: 10 people

Unusual/Specific Tools Required: Whisk



## INGREDIENTS

50g Margarine  
200ml Vegetable oil  
2c wheat flour  
60g Sugar  
80g Lemon  
1kg Potatoes  
20g Vanilla sugar



**SUSTAINABLE RECIPE**

# PAPANASI

## COOKING STEPS

- You peel and cut the potatoes, meanwhile you prepare the pot for boiling the potatoes. When they are finished smash them and add the margarine. Let it get cold.
- The add 4 spoons to oil, the flour, sugar, lemon, vanilla sugar.
- Mix them and make a compact texture.
- Make balls of them, and use flour to pass them in. For the last frie them.
- You can serve them with jam or vanilla sugar .

## EXTRAS

Type of Meal: Dessert

Diet restrictions: Vegan, Lactose free

Number of servings: 10 people

Unusual/Specific Tools Required:Grater, Deep frying pan

# CIORBA DE LEGUME

## COOKING STEPS

- Finely chopped onion, chopped carrot and cut into slices, chopped parsley and cut into slices, finely chopped celery and chopped pepper, I hardened them in a little oil for a few minutes. I added the sliced leeks and left for another minute. I put 1 liter of hot water, gradually filling up to 3 liters. I adjusted the salt.
- After 25 minutes I put the diced zucchini and potato, peas and green beans, and left for about 20 minutes.
- I put the tomato juice, and after 5 minutes I added the borscht and adjusted the salt.
- After about 2 minutes I turned off the heat and added the parsley and larch.

## EXTRAS

Type of Meal: Soup

Diet restrictions: Vegan

Number of servings: 10 people

Unusual/Specific Tools Required:Trustee



## INGREDIENTS

150g Onions  
150g Carrots  
150g Parsnip  
70g Celery  
180g Peppers(bell)  
300g Zucchini  
150g Potatoes  
200g Leeks  
250g Beans green  
167g Green peas  
100ml Tomato juice  
450ml Bors  
40g Parsley  
40g Lovage



**TRADITIONAL AND SUSTAINABLE RECIPE**



# FASOLE CU CARNATI

## COOKING STEPS

- Cut vegetables.
- Put on the heat the onions and garlic and fry them.
- After that put the tomato pasta and mix it.
- Put the carrots.
- Put sausages.
- Put salt and pepper and mix them all.

## INGREDIENTS

1.6kg Beans  
250g Onions  
50g Garlic  
180g Carrot  
1.2kg Sausages  
150ml Tomato Pasta  
10ml Oil  
5g Salt  
3g Pepper

## EXTRAS

Type of Meal: Main dish  
Diet restrictions: Contains meat  
Number of servings: 10 people

Curiosity: Served freely to the crowds during the National Day celebrations (on 1 December) in Bucharest and Alba Iulia.



**TRADITIONAL RECIPE**



## INGREDIENTS

800g Beans  
250g Onions  
200g Carrots  
500ml Tomato paste  
50g Garlic cloves  
100g Pepper(bell)  
20g Bay leaves  
5g Solt  
3g Pepper  
100g Parsley  
10 loaf of bread



**TRADITIONAL AND SUSTAINABLE RECIPE**

# FASOLE CU LEGUME

## COOKING STEPS

- You cut all the ingredients, the carrots are grinded.
- You put the pan on the hit, you add the oil, then you frie the onions, garlic, you add the tomato sauce, and add the carrots and peppers.
- Add some water from the beans. After that you add the condiments (salt, pepper).
- When the vegetables are fried you add the beans and frie all together.
- Cut the bread like a bowl, in order to have a cover for it. Before serving add the parsley.

## EXTRAS

Type of Meal:Main dish

Diet restrictions:Vegan, Gluten free

Number of servings: 10 people

Unusual/Specific Tools Required:Large frying pan , grater

Curiosity:Most of the Romanians have an orthodox religion, that means they are feasting, and that means they use to be vegan in that period.

04

# ESTONIA

Estonian team had cooked Potato salad, Biscuit cake and Potato with meat sauce/minced soy.





# POTATO SALAD

## COOKING STEPS

- Boil carrots, potatoes and eggs.
- Cut all the ingredients into cubes.
- Put everything into a bowl.
- Add tinned peas, sour cream and mayo.
- Mix and add salt and pepper.

## INGREDIENTS

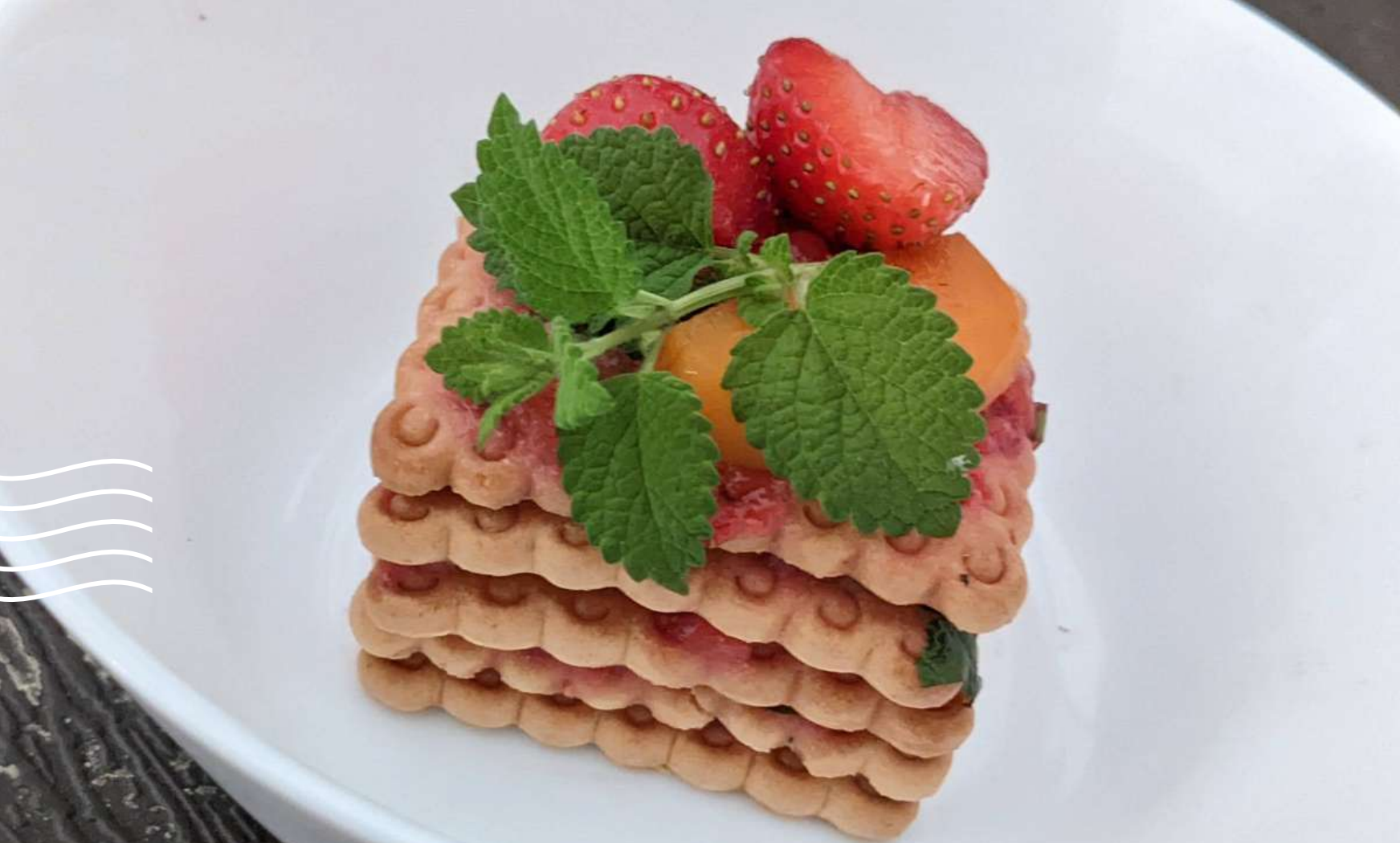
10 potatoes  
2 carrots  
2 eggs  
200g bologna  
1 cucumber  
2 onions  
200g tinned peas  
400g sour cream  
400g mayo  
200g pickles  
salt  
pepper



**TRADITIONAL RECIPE**

## EXTRAS

Type of Meal: Main Dish  
Diet restrictions: Contains meat  
Number of servings: 10 people



## INGREDIENTS

40 pieces Biscuits  
200ml Herbal tea  
200ml Whipped cream  
200g Strawberries  
7 pieces Peaches



**TRADITIONAL RECIPE**

# BISCUIT CAKE

## COOKING STEPS

- Make the herbal tea and let it cool down.
- Cut the strawberries and peaches into slices.
- Whip the whipped cream.
- Soak the biscuits in the tea for 2 seconds.
- Lay the first layer of biscuits.
- Add a layer of fruits and whipped cream.
- Add another layer of biscuits.
- You can do as many layers as you want.
- Decorate the top.

## EXTRAS

Type of Meal: Dessert  
Diet restrictions: Vegetarian  
Number of servings: 10 people



# POTATO WITH MEAT SAUCE

## COOKING STEPS

- Rinse the potatoes in warm water.
- Drizzle with olive oil.
- Season with salt and add herbs.
- Add foil around the potatoes.
- Bake the potatoes on high heat for 45-60 minutes. Rotate after 30 minutes.
- Check if potatoes are soft before taking out of the oven.
- Let cool for 15 minutes.
- Cut open, add butter, herbs and garnish.
- Minced meat sauce:
- Heat up the pan.
- Add butter and chopped onion, fry until onions get soft. Add minced meat, fry until almost done.
- Season with salt and pepper.
- Add flour and mix in. Add milk little by little, stir and bring to boil. Add some dill.
- Let reduce until sauce thickens.

## INGREDIENTS

400g Onions (= 2.5 onions)

125g Salted butter

1025g Minced meat

5 Tbsp Flour

1.25l Milk

Salt

Pepper

Dill

2kg Potatoes

Olive oil

Herbs

Type of Meal: Main dish

Diet restrictions: Contains Meat

Number of servings: 10 people

## EXTRAS

**TRADITIONAL RECIPE**



# MINCED SOYA WITH POTATOES

## COOKING STEPS

- Do NOT peel! Rinse potatoes with warm water. Cut the potatoes in smaller pieces and fry. Add salt and pepper. Add green onion or/and parsley when serving.
- Boil minced soya for 10 minutes and then remove the water. Heat up the pan, add oil and chopped onion, fry until onion softens/glazes. Add minced soya, fry until almost done. Season with salt, pepper and meat flavoring. Add, mix and fry with flour. Add oat milk little by little, stir and bring to boil, Finally add some dill. Let sit for some time until sauce thickens.

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Vegan

Number of servings: 10 people

## INGREDIENTS

2.5 Pieces Onions

250g Minced soya

5 Tbsp Flour

1.23l Oat milk

Salt

Pepper

Meat flavoring

1.5 Pieces broth cubes

2kg Potatoes

Olive oil

Herbs

**SUSTAINABLE RECIPE**





05

# SPAIN

Spanish team had cooked Tortilla, Gazpacho and Salmorejo.





# TORTILLA

## COOKING STEPS

- Chop the vegetables.
- Cook the vegetables in a pan/oven.
- Mix the cooked vegetables with the eggs.
- Add the mixture to a pan and flip it at half time.

## INGREDIENTS

0.4kg Onion  
2kg Potatoes  
7 Eggs  
Salt  
Pepper  
Olive oil



**TRADITIONAL RECIPE**

## EXTRAS

Type of Meal: Main dish/ Side dish  
Diet restrictions: Vegetarian, Gluten free and Lactose free  
Number of servings: 10 people



# ECOTORTILLA

## COOKING STEPS

- Chop the vegetables.
- Cook the vegetables in a pan/oven.
- Mix the vegetables with the eggs in a recipient away from heat.
- Add it to a pan and flip it half time.

## INGREDIENTS

1kg Potatoes

1kg Zucchini

0.4kg Onion

0.4kg Eggs

Olive oil

Rosemary

Salt

Pepper



**SUSTAINABLE RECIPE**

## EXTRAS

Type of Meal: Main dish/ Side dish

Diet restrictions: Vegetarian, Gluten free and Lactose free

Number of servings: 10 people



# GAZPACHO

## COOKING STEPS

- Chop all the vegetables.
- Mix the with the blender.
- Add cold water and olive oil to texturise it.
- Keep it cold.

## INGREDIENTS

2kg Tomatoes  
0.3kg Onion  
0.3kg Bell peper  
1 Garlic  
0.4kg Cucumber  
olive oil  
Salt  
Pepper



***TRADITIONAL AND SUSTAINABLE RECIPE***

## EXTRAS

Type of Meal: Summer Soup  
Diet restrictions: Vegan, Gluten free, Lactose free  
Number of servings: 10 people  
Unusual/Specific Tools Required: Blender



# SALMOREJO

## COOKING STEPS

- Chop all the ingredients.
- Blend in blender.
- Add bread to mixer.
- Add olive oil and salt/pepper.
- Optional: add boiled egg on the top.

## INGREDIENTS

20 Tomatoes  
1 Cup Olive oil  
3 Baguette  
3 Clove of garlic  
Salt  
Pepper  
5 Eggs (Optional)



**TRADITIONAL AND SUSTAINABLE RECIPE**

## EXTRAS

Type of Meal: Summer Soup  
Diet restrictions: Vegan  
Number of servings: 10 people  
Unusual/Specific Tools Required: Blender

06

# GERMANY

German team had cooked Spätzle, Apfelstrudel, Apricot pie and Khichdi (a Indian dish).





# SPÄTZLE

## COOKING STEPS

- Put the flour, eggs, milk and a pinch of salt into a bowl and knead it to a smooth dough. Add just enough water so that the mixture runs off with a spoon. Let stand for 30 min. In the meantime grate the cheese, and if you don't have crispy onions, cut the onion and fry them until crispy. Also bring salted water to the boil in a pot. Put a small cutting board and a scraper into the water to make them wet, this prevents the dough from sticking them.
- Scrape a few spoons of the mixture into the water and leave to cook for a few minutes. When the noodles rise to the surface they are cooked. Remove them from the water and proceed until you cook everything.
- Sauté the noodles in butter, put grated cheese and fried crispy onions.

## INGREDIENTS

1kg Flour  
12 Eggs  
250ml Milk  
125ml Water  
500g Emmental cheese  
5 Tbsp Butter  
Salt  
5 Onions

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Vegetarian

Number of servings: 10 people

Unusual/Specific Tools Required: Spätzle tool or cutting board to use instead



**TRADITIONAL RECIPE**

# SPÄTZLE

## COOKING STEPS

- Put the normal flour, chickpea flour and salt. Add just enough water so that the mixture runs off with a spoon. Let stand for 30 min. In the meantime grate the cheese, and if you don't have crispy onions, cut the onion and fry them with one spoon of oil in low heat until brown. Also bring salted water to the boil in a pot. Put a small cutting board and a scraper into the water to make them wet, this prevents the dough from sticking them.
- Scrape a few spoons of the mixture into the water and leave to cook for a few minutes. When the noodles rise to the surface they are cooked. Remove them from the water and proceed until you cook everything.
- Sauté the noodles in oil put grated cheese and crispy onions

## EXTRAS

Type of Meal: Main dish

Diet restrictions: Vegetarian

Number of servings: 10 people

Unusual/Specific Tools Required: Spätzle tool or cutting board to use instead



## INGREDIENTS

700g Flour

300g Chickpea flour

500ml Water

200g Emmental cheese

300g Regional cheese

6 Tbsp Olive oil

Salt

5 Onions

**SUSTAINABLE RECIPE**





## INGREDIENTS

1.5kg Apples  
200g Sugar  
1Tbsp Cinnamon  
300g Flour  
250g Butter  
1.5 Tsp Baking Powder  
1 Tbsp Vanilla sugar  
1 egg  
500g Ice- cream

**TRADITIONAL RECIPE**



# APFELSTRUDEL

## COOKING STEPS

- Apples: Peel the apples, cut into quarters and remove the core. Cut into smaller pieces and place in a wide pot or deep frying pan. Add sugar and cinnamon and cook for about 20 minutes, stir until apples are soft.
- Dough: Add the cubed cold butter, baking powder, sugar and vanilla sugar to the flour. Combine the ingredients into a smooth dough (with a mixer or by hand), add the egg towards the end (the dough will be quite soft). Divide it in half and put both halves in the freezer for about 15 minutes.
- Preheat the oven to 180 degrees. Remove one half of the pastry from the freezer and Crumble the dough for the topping. Then place the apples in a baking pan over the cake. Sprinkle the crumbled dough. Place in the oven and bake for about 50 minutes or until golden brown. Cool the baked apple pie and sprinkle with powdered sugar. Serve with ice-cream.

## EXTRAS

Type of Meal: Dessert  
Diet restrictions: Vegetarian  
Number of servings: 10 people



## INGREDIENTS

150g Backwheat flour  
150g Normal flour  
250g Coconut oil  
1.5 Tsp Baking powder  
200g Sugar  
1 Egg  
1.5kg Apricots  
500g Vegan Ice- cream

**SUSTAINABLE RECIPE**



# APRICOT PIE

## COOKING STEPS

- Apricots: Cut the apricots into quarters and remove the core. Cut into smaller pieces and place in a wide pot or deep frying pan. Add sugar and cook for about 20 minutes, stirring every now and then, until apricots are soft and starting to break down.
- Dough: Add the coconut oil, baking powder, sugar and vanilla sugar to the tak flours. Combine the ingredients into a smooth dough (with a mixer or by hand), add the egg towards the end (the dough will be quite soft). Divide it in half and put both halves in the freezer for about 15 minutes.
- Preheat the oven to 180 degrees. Remove one half of the pastry from the freezer and Crumble the dough for the topping. Then place the apples in a baking pan over the cake. Sprinkle the crumbled dough. Place in the oven and bake for about 50 minutes or until golden brown. Cool the baked pie and sprinkle with powdered sugar. Serve with vegan ice-cream.

## EXTRAS

Type of Meal: Dessert  
Diet restrictions: Vegetarian  
Number of servings: 10 people



# KHICHDI

## COOKING STEPS

- Heat 1 tbsp ghee or oil. Add the following cumin seed till brown, after that add cumin powder, coriander powder, and curry powder. Saute till the spices crackle and become fragrant.
- Add chopped onions. Saute till the onions turn translucent.
- Add 1 tsp ginger garlic paste. Stir and saute till the raw aroma of ginger-garlic goes away.
- Add chopped tomatoes and 1 to 2 green chilies (chopped). If available. Saute for a minute or two.
- Then add mixed chopped veggies. Boil them together till the rice and lentils are soft and eatable, along with turmeric powder and red chili powder. For a more spicy khichdi, add ½ tsp red chili powder. Saute for a minute.
- Add rice and lentils. Mix the rice and moong dal with the rest of the ingredients.
- Add 7 cups of water. Season with salt as per your taste.
- Boil them together till the rice and lentils are soft and eatable.

## INGREDIENTS

500g Rice  
250g Lentils  
250g Vegetables  
10g Ginger  
10g Garlic  
100g Onion  
50ml Oil  
10g Cumin seed  
10g Cumin powder  
10g Coriander  
10g Curry powder  
50g Tomatoes



**TRADITIONAL AND SUSTAINABLE RECIPE**

## EXTRAS

Type of Meal: Main dish  
Diet restrictions: Vegan  
Number of servings: 10 people



# THANK YOU!



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