

Cooking Journal

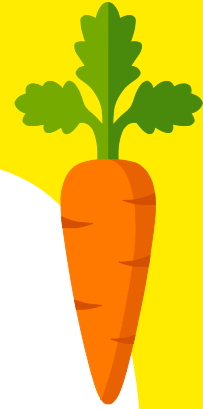


Recipes collected by Geoffroy Grégoire.



EUROPEAN
SOLIDARITY
CORPS

Recipe



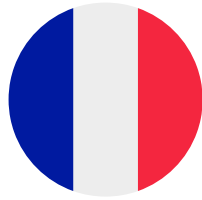
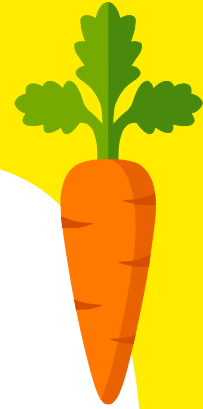
Crêpes

For 10/12 crêpes:

- 250g flour
- 3 eggs
- 1/4L water (if you add beer, replace around 200ml of water with beer)
- 1/4L milk
- 2 tablespoons neutral oil
- 4 tablespoons sugar (more or less)
- + vanilla, rum or nothing ...
- Blend everything with a whisk (electric is better) + cook the crêpes with butter (not olive oil :))



Recipe

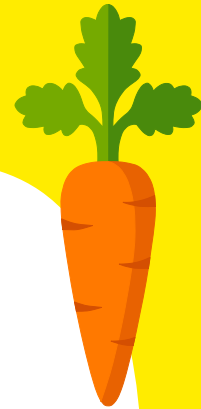


Quiche lorraine

- 1 puff dough
 - 200g lardons
 - 20cl fresh cream (liquid)
 - 20cl milk
 - 3 eggs
 - Noce moscata
 - Salt/pepper
- Put the dough in a mould and make manyyyy small holes with a fork
- Cook the lardons in a pan
- Mix cream, milk and eggs and add moscato (a lot) / salt / pepper (a lot)
- Put the lardons on the dough + add the mixture
- Put in the oven for around 30 minutes at 180degrees



Recipe



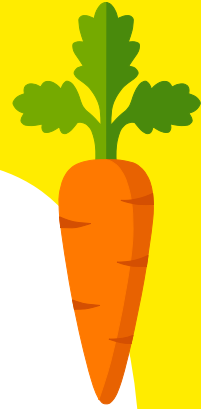
Pasta alla carbonara

Fry some diced (or better yet thinly cut) bacon. Mix well some eggs (one for each person + one extra "for the pan") with black pepper and some grated cheese, like Pecorino romano or Parmigiano.

When the pasta is cooked, add the bacon, and then the egg mixture. Do this in the same pan you used to cook the pasta, so that the residual heat will slightly cook the eggs (but not completely).



Recipe



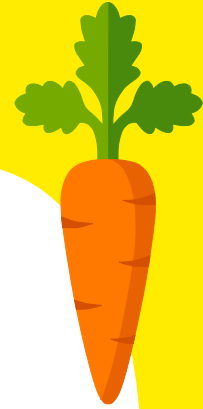
Pasta alla baronessa (with tuna)

Fry some thinly sliced onion (blonde is fine).
When it's almost done, add tuna au naturel
and cook with the onion.

After a while add some olives chopped in
smaller bits, and the tomato sauce (Passata di
Pomodoro). Cook for at least 15 minutes.



Recipe



Pasta panna e speck

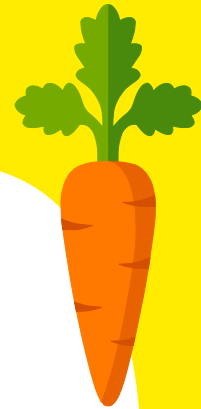
Buy speck already thinly sliced. Cut it in small pieces and cook it a bit (ah-ha, bite!) in butter.

Add the cooking cream and let it simmer only for a few minutes (until it takes some consistency).

Add black pepper.



Recipe



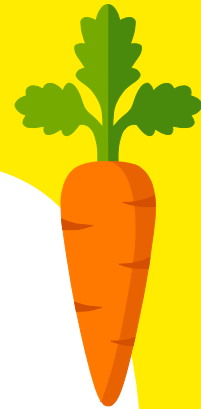
Atole de coco (1/2)

- cup shredded coconut
- water
- 1 teaspoon almond or vanilla extract
- 4 cups milk
- 1 stick Mexican cinnamon stick, broken in half and divided
- 1 can La Lechera
- 2 tablespoons corn starch

Add shredded coconut, 1 cup water, and half of cinnamon stick to a sauce pan over a medium flame. Cook for 10 minutes to soften coconut and perfume the water with cinnamon.



Recipe



Atole de coco (2/2)

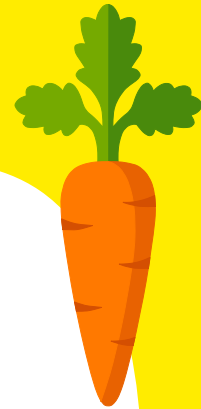
Remove from flame. Discard cinnamon stick and pour coconut mixture, almond extract and 1 cup milk into a blender. Blend until smooth.

In the same sauce pan over a medium flame add 3 cups milk, half of cinnamon stick, La Lechera and coconut mixture. Cook stirring constantly so milk doesn't burn until it comes to a boil.

In a separate bowl mix 1/2 cup cold water and corn starch until corn starch dissolves. Pour it into the milk /coconut mixture and mix until it thickens.



Recipe



Pan Con Tomate

- Bread
- Tomatoes
- Olive oil
- Garlic
- Salt

Oil and toast the bread

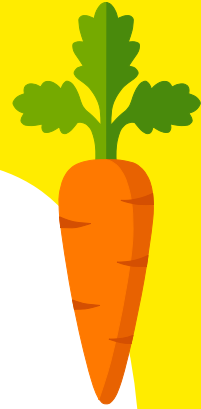
Grate the tomatoes

When the bread is ready, rub the garlic cloves over the hot bread.

Spread the tomato puree over the bread and then serve.



Recipe



Tinto de verano

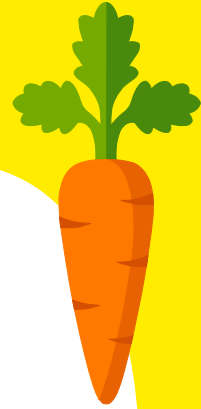
- Red wine (cheap one)
- Lemon soda
- Orange
- Ice cubes
- Lemons

In a large pitcher add 1l of red wine and fill it with lemon soda. Add the sliced lemons and orange.

Serve with ice!



Recipe



Tortilla (1/2)

For serving 4 people we need:

4 eggs

4 small potatoes

1/2 medium onion

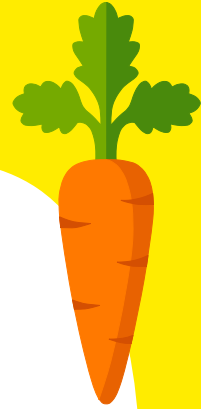
Pinch of salt

Cut the potatoes into slices (thin) and fry them.
Fry the sliced onion in another pan.

Break the eggs in a bowl and add a little salt.



Recipe



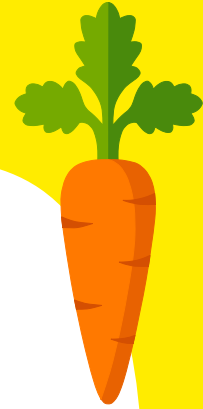
Tortilla (2/2)

When the potatoes and onions are browned, put everything - potatoes, onions and eggs in one pan.

When we have everything in one pan, we fry one side and have to turn it over to fry the other side.



Recipe



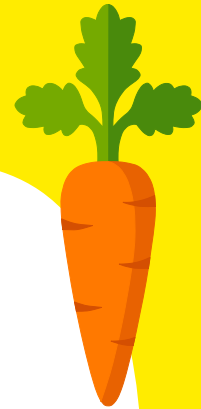
Sangria

- ½ liter lemonade (can be mineral water with lemon flavor)
- 1l wine
- Fruit: oranges, lemon and peaches
- Spoonful of sugar

Chop the fruit and mix together with the lemonade and wine. Oranges and lemon are mostly used, peaches for flavouring. But we can adjust to taste and add sugar.



Recipe



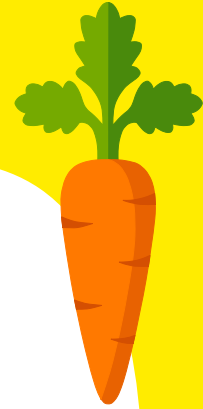
Taani talutüdruk

For 1 glass:

- 1 big tablespoon jam
- 1 small tablespoon roasted and grated rye bread
- 50 g quark cream



Recipe



Spätzle (1/2)

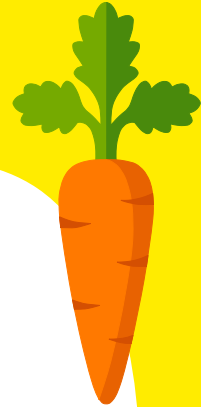
For 6 servings we need:

- 500g flour
- 200ml milk
- 6 eggs
- 20g butter
- Salt
- Cheese (eidam - for grating)
- 3-4pcs onions

Put the flour in the water, add the milk, melted butter which is not so hot anymore and mix everything together. The dough will be formed, and we let it be for 10 minutes.



Recipe



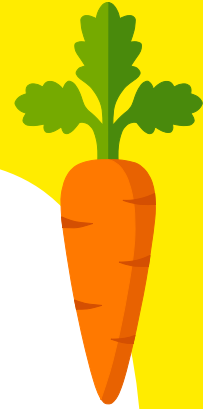
Spätzle (2/2)

Let the water boil, add salt. Divide the dough into pieces as big as gnocchi, put them in the water and when they float out, the Spätzle are ready.

When the spätzle is ready, add the grated cheese and fried onions. The cheese should melt a little. Serve warm.



Recipe



Fritule

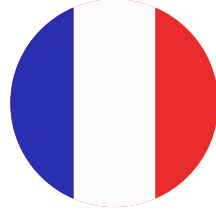
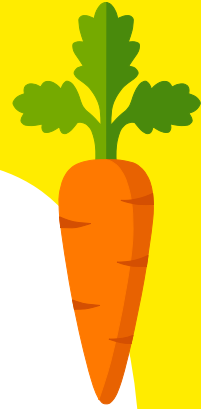
- 3 eggs
- 350-400ml yoghurt (not liquid) important 3%fat!
- 6g baking powder (1/2 packet)
- 1 lemon - lemon zest
- 350g plain flour
- Sunflower oil - for frying

Mix everything together in one bowl. Let it be for 15 minutes. Heat the oil.

Take a spoonful of "dough" and put it in the oil. The dough will form itself in a ball and let it fry for 3-5 minutes till brown but not burnt. The dough must be completely immersed in oil. Serve with Nutella.



Recipe



Pancakes

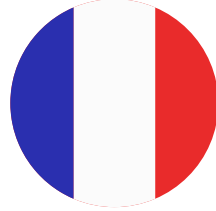
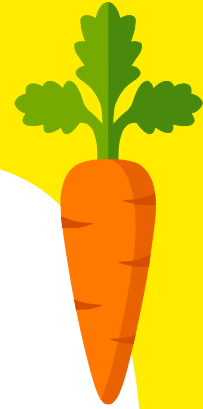
- 6 eggs
- 1l milk
- 500 g flour (smooth)

Mix everything together with a whisk or a mixer. You can start to cook immediately.

You can also add alcohol to the dough or anything if you want some flavour.



Recipe

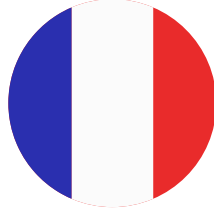
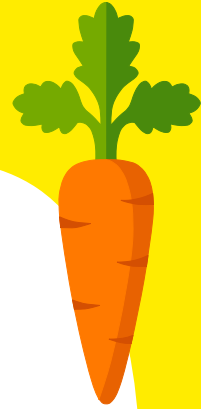


Banana bread (1/2)

- Ingredients
- 2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup (76g) butter, unsalted or salted, melted
- 1/2 teaspoon baking soda (not baking powder)
- 1 pinch salt
- 3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour



Recipe

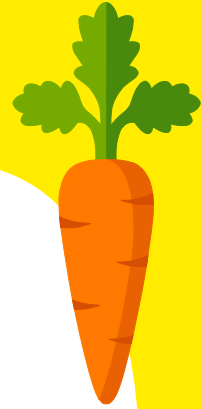


Banana bread (2/2)

- Preheat the oven to (175°C)
- Mash the bananas and add the butter
- Mix in the remaining ingredients
- Bake for 55 to 65 minutes at 175°C or until a toothpick or wooden skewer inserted into the center comes out clean



Recipe



Mitraillette

Per person

- 1 small baguette
- 100 g of fries
- 1 minced steak
- Ketchup or mayonaise

- Fry the fries until golden brown, ideally in beef fat.

- Cook the steak

- When everything is cooked, open the baguette

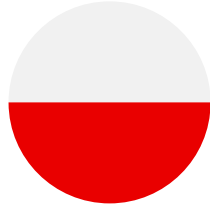
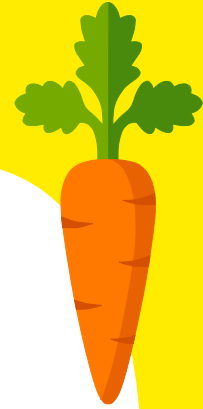
- Top with ketchup or mayonaise sauce

- Cut the meat in two halves and place in the baguette

- Add the fries



Recipe



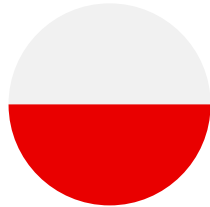
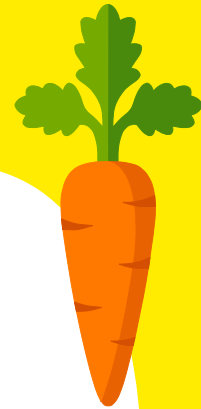
Potatoes with "gżik" (1/2)

Boil potatoes, then add butter and dill

- Gżik, we need:
- 1kg cottage cheese (cottage cheese)
- 400ml sour cream (or yoghurt)
- One bunch of radishes
- Chives
- 1 large onion
- Salt
- Black pepper
- Red sweet paprika
- 4 pcs garlic



Recipe

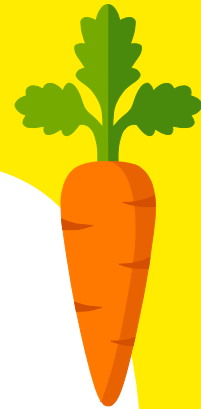


Potatoes with "gżik" (2/2)

Mix everything together and taste to see if we need to add anything. If we want more cream, we put more cream, if we want more cottage cheese, we put more cottage cheese.



Recipe



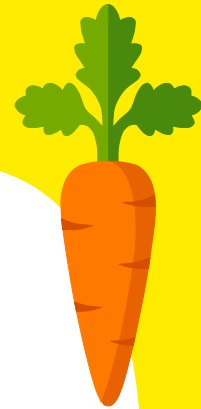
Proja (cornbread)

- 3 eggs
- 200 ml yoghurt (white)
- 200 ml bubbly water
- 100 ml sunflower oil
- 100 g corn semolina
- 50g wheat flour
- 1pk baking powder
- 250 g feta cheese (or any salty cheese)

Mix everything together. First the "dry ingredients" (such as wheat flour, cornmeal, etc), then the "wet" ingredients - such as yogurt. Place in a preheated oven at 220 degrees Celsius and bake for 25-30 minutes.



Dobrú chuť



Thanks to all the volunteers who were part of our workcamps in the 2023 - for sharing their recipes with us.

Enjoy your meal

