



"OD ŠKOLSKOG VRTA DO TANJURA PUNOG ZDRAVLJA"

"FROM THE SCHOOL GARDEN TO A PLATE FULL OF HEALTH"

CROATIA, LITHUANIA, SPAIN AND MALTA



AGENCY FOR  
MOBILITY AND  
EU PROGRAMMES



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# Kuhajmo zdravo

U OVOJ KUHARICI  
ĆETE PRONAĆI  
IN THIS  
COOKBOOK YOU  
WILL FIND

Recepte država partnera u  
Erasmus+ projektu Spretni i sretni -  
Hrvatska, Litva, Španjolska i Malta.

Recipes from partner countries in  
the Erasmus+ project Skillful and  
Happy - Croatia, Lithuania, Spain  
and Malta.

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# O projektu

S ponosom vam predstavljamo kuharicu Erasmus+ projekta *Spretni i sretni*.

Cilj projekta je upoznavanje djece i roditelja sa zdravom prehranom i životnim navikama te poticanje na bavljenje svakodnevnim tjelesnim aktivnostima. Sekundarni ciljevi, ali ne i manje važni, su poticanje kreativnosti učenika i nastavnika, suradnja s partnerima iz drugih zemalja i regija te, na taj način, otvaranje vrata škole i djelovanja u europskom okruženju, poticanje aktivnog uključivanja učenika sudjelujućih škola u aktivnostima izvan obavezne nastave te stvaranje vrijednosti EU građanstva.

U projektu sudjeluju četiri škole partnera: *Osnovna škola Bakar* iz Hrvatske, *Ceip El Rodeo* iz Španjolske, *Newark school* iz Malte i *Siauliai Jovaro progimnazija* iz Litve. Zajedničkim snagama ustrajemo u ostvarenju cilja.

Projekt obuhvaća različite aktivnosti u koje su uključeni učenici, roditelji i nastavnici, a to su: izrada kuharice sa zdravim namirnicama naziva „Od školskog vrta do tanjura punog zdravlja“, izrada raznih predmeta od recikliranih i prirodnih materijala kroz aktivnost „Rukotvornica“, sadržaji bez tehnologije kroz aktivnost „Dani bez tehnologije“ te tjelovježba kroz aktivnost „Vježbam ja, vježbaš ti, vježbamo mi“.

Željeni učinak projekta je potaknuti učenike i roditelje i izvan naših ustanova na promjenu prehrabnenih navika i brigu o sebi te osvijestiti o mogućnostima koje su u našoj okolini, a koje nam uvelike olakšavaju brigu o zdravlju. Želja nam je potaknuti i škole izvan projekta da promišljaju o zdravijem načinu života.

Jedan od načina poticanja je i ova kuharica nastala tijekom projekta, a koja obuhvaća tradicionalna jela država partnera projekta koja vrlo jednostavno mogu spraviti i djeca. Drugi je vodič za djecu „Spretni i sretni“ koji sadrži upute za zdraviji način života.

Uredništvo

*Youtube kanal*

*Youtube channel:*



*Internetska stranica*

*Website:*



*Himna projekta*

*Project anthem:*



We are proud to present the cookbook of the Erasmus+ project Skillful and Happy.

The project goal is to introduce children and parents to healthy eating and lifestyle habits, as well as encourage them to engage in daily physical activities. Equally important secondary goals are encouraging student and teacher creativity, cooperating with partners from other countries and regions, thus opening the school doors and doors to activities in the European environment, as well as encouraging active involvement of students from participating schools in activities outside of compulsory classes and creating EU citizenship values.

Four partner schools participate in the project: *Bakar Elementary School* from Croatia, *Ceip El Rodeo* from Spain, *Newark School* from Malta and *Siauliai Jovaro Pro-Gymnasium* from Lithuania. With joint forces, we persist in achieving the project goals.

The project includes various activities which involve students, parents and teachers. Those activities are: the creation of a cookbook with healthy foods named "From the school garden to a plate full of health", the creation of various items from recycled and natural materials through the "Handicrafts" activity, contents without technology through the "Days without technology" activity and exercise through the activity "I practice, you practice, we practice".

The desired project effect is to encourage students and parents outside of our institutions to change their eating habits and improve self-care, as well as to raise awareness of the possibilities in our environment, which greatly facilitate our health care. We want to encourage schools outside the project to think about a healthier lifestyle.

This cookbook, created during the project implementation, presents one of the ways to encourage that. It includes traditional dishes of the project partner countries, which can be prepared very easily, even by children. The second way is a children's guide "Skillful and Happy" that contains instructions for a healthier lifestyle.

Editors



# Croatia



## Doručak za prvaka A champion's breakfast

Sastojci:  
Pahuljice  
Jogurt  
Jagode ili voće po izboru

Ingredients:  
Flakes  
Yogurt  
Strawberries or fruit of  
your choice

Priprema:  
Pomiješaj sve sastojke u zdjelici i  
uživaj u doručku za prvaka! Dobar  
tek!!!

Preparation:  
Mix all the ingredients in a bowl  
and enjoy a champion's breakfast!  
Bon appetite!!!



## Zdrava juha od povrća Healthy vegetable soup

### Sastojci:

1 batat  
1 debiji kolut muškatne  
tikve (Butternut tikva)  
1 mrkva  
1 luk  
1 češanj češnjaka  
1l vode  
Sol i papar



### Ingredients:

1 sweet potato  
1 thick ring of butternut  
squash  
1 carrot  
1 onion  
1 clove of garlic  
1 liter of water  
Salt and pepper



### Priprema:

Očisti, oguli i isjeckaj sve navedene sastojke. Nakon što je sve pripremljeno, propirjaj povrće na malo ulja i na laganoj vatri. Kada se povrće propirjalo, dodaj vodu, sol i papar. Zatim promiješaj i pusti da se skuha. Kuhano povrće i vodu izmišljaj štapnim mikserom i juha je spremna za jelo. Dobar tek!!!

### Preparation:

Clean, peel and chop all the listed ingredients. When everything is prepared, sauté the vegetables on low heat with a little oil. When the vegetables have sautéed, add water, salt and pepper. Then stir and let it cook. Mix the boiled vegetables and water using a blender and the soup is ready. Enjoy your meal!!!

Dobar  
tek!

## Repa i fažol Turnip and beans



### Sastojci za 4-6 osoba:

800g ocijedene kisele repe  
480g fažola  
5-6 režnjeva češnjaka  
1-2 lista lovora  
1 žličica koncentrata rajčice  
1 žličica mješavine začina  
Papar  
150-200g pancete

### Ingredients for 4-6 people:

800g of drained pickled turnips  
480g of beans  
5-6 cloves of garlic  
1-2 bay leaves  
1 tsp of tomato concentrate  
1 tsp of spice mix  
Pepper  
150-200g pancetta



### Priprema:

Ocijedi i lagano isperi kiselu repu. Stavi repu u lonac i ulij vode da prekrije repu. Dodaj koncentrat rajčice, žlicu maslinova ulja, usitnjeni češnjak i lovorov list. Repu popapri, lagano promiješaj i kuhaj oko 30 minuta na umjerenoj vatri. U kuhanu repu dodaj ocijeden fažol. Ako je potrebno dodaj još vode i mješavinu začina. Sve promiješaj i kuhaj još oko 10 minuta. Za to vrijeme, preprži narezanu pancetu na tavi. Iz kuhanе repe izvadi listove lovora. Repu i fažol serviraj u duboki tanjur, a po želji na repu možeš dodati preprženu pancetu. Dobar tek!!!

### Preparation:

Gently drain and rinse the pickled turnips. Put the turnips in a pot and cover them with water. Add tomato concentrate, a spoonful of olive oil, chopped garlic and a bay leaf. Season the turnips with pepper, stir gently and cook for about 30 minutes on medium heat. Add drained beans to the cooked turnips. If necessary, add more water and spice mixture. Stir and let it cook for another 10 minutes. During this time, fry the sliced pancetta in a pan. Remove the bay leaves from the boiled turnips. Serve the turnips and beans in a deep plate and add fried pancetta as desired. Enjoy your meal!!!

## Ukusna povrtna salata Delicious vegetable salad

### Sastojci:

1 rajčica  
1 paprika  
1 krastavac  
1 mrkva  
1 veća rotkvica  
1 cikla  
Suncokretove sjemenke  
Sol, ocat, maslinovo ulje

### Ingredients:

1 tomato  
1 paprika  
1 cucumber  
1 carrot  
1 large radish  
1 beetroot  
Sunflower seeds  
Salt, vinegar, olive oil

### Priprema:

Dobro operi sve sastojke i oguli ciklu, mrkvu i krastavac. Naribaj ciklu i mrkvu, a sve ostalo sitno nasjeckaj. U povrće dodaj suncokretove ili druge sjemenke po želji. Salatu začini s malo soli, octa i maslinova ulja. Dobar tek!!!

### Preparation:

Wash all the ingredients and peel the beetroot, carrot and cucumber. Grate the beets and carrots and finely chop everything else. As desired, add sunflower or other seeds to the vegetables and season the salad with a little salt, vinegar and olive oil. Bon appetit!!!



# Kratska Croatia

## Voćna salata Fruit salad

### Sastojci:

1 banana  
1 jabuka  
1 mango  
1 kivi  
1 grčki jogurt  
Limunov sok  
Bademi u listićima

### Ingredients:

1 banana  
1 apple  
1 mango  
1 kiwi  
1 Greek yogurt  
Lemon juice  
Flaked almonds

### Priprema:

Oguli voće i nareži ga na kockice. Prelij sve limunovim sokom i promiješaj. Pri serviranju u čašicu složi red voća, red jogurta i ukrasi listićima badema. Možeš dodati i drugo voće po želji. Dobar tek!!!

### Preparation:

Peel the fruit and cut it into cubes. Pour lemon juice over it and stir. While serving, put a layer of fruit and a layer of yogurt in a glass and decorate with almond leaves. You can add other fruits as desired. Bon appetit!!!



Dobar  
tek!

# Krvatska Croatia

## Zdravi vafli Healthy waffles

### Sastojci:

Brašno  
Malo soli  
1 žlica agavina sirupa  
1 prašak za pecivo  
Mlijeko  
1 jaje  
Maslac  
Korica limuna  
Cimet  
Voće  
Orašasti plodovi

### Ingredients:

Flour  
A bit of salt  
1 tbsp of agave syrup  
1 baking powder  
Milk  
1 egg  
Butter  
Lemon peel  
Cinnamon  
Fruit  
Nuts



### Priprema:

Brašno, jaje, koricu limuna, prašak za pecivo, sol i agavin sirup promiješaj u zdjeli. Polako dodaj rastopljeni maslac, a zatim mlijeko. Po želji možeš dodati i prstohvat cimeta. Kada je smjesa gotova ulij je u zagrijan pekač za vafle. Peci tri minute. Pečene vafle možeš dekorirati voćem ili orašastim plodovima po želji. Dobar tek!!!

### Preparation:

Mix flour, egg, lemon zest, baking powder, salt and agave syrup in a bowl. Slowly add melted butter to the mixture and then milk. If desired, you can also add a pinch of cinnamon. When the mixture is ready, pour it into the heated waffle maker. Bake for three minutes. Baked waffles can be decorated with fruit or nuts as desired. Enjoy your meal!!!

Dobr  
tek!





# Lietuva/Lithuania



## Paruošimas:

Pilkite kefyrą į gilų dubenį, įpilkite pieno, marinuotų burokelių ir burokelių marinato. Suberkite smulkintus agurkus, svogūnų laiškus, smulkintas petražoles ir krapus. Kiaušinius įdėkite prieš valgydami, nes jie praranda skonį sriuboje po kelių valandų.

## Preparation:

Pour kefir into a deep bowl. Add milk, pickled beets and beetroot marinade. Next, add chopped cucumbers, onion leaves, chopped parsley and dill. Add the eggs just before eating because they lose their flavour after being in the soup for too long.

## Šaltibarščiai Beets soup

### Ingredientai:

**500 gramų kefyro**  
**100 gramų marinuotų burokelių**  
**Šlakelio pieno**  
**Du virti kiaušiniai**  
**Du maži agurkai**  
**100 gramų svogūnų laiškų**  
**žiupsnelis krapų**  
**petražolių**  
**Druskos pagal skonį**

### Ingredients:

**500g of kefir**  
**100g of pickled beets**  
**A splash of milk**  
**2 hard boiled eggs**  
**2 small cucumbers**  
**100g of onion leaves**  
**A pinch of dill and parsley**  
**Salt to taste**



*Gero apetito!*



# Kūčiukai

## Ingredientai:

500g miltų;  
250 ml pieno;  
20g šviežių arba 7-10g  
sausų mielių;  
100 g cukraus;  
Žiupsnelis druskos;  
2 šaukštai aliejaus 50 g  
aguonų sėklų.

## Ingredients:

500 g of flower  
250 ml of milk  
20 g of fresh or 7 – 10 g of  
dry yeast  
100 g of sugar  
A pinch of salt  
2 tbsp of oil  
50 g of poppy seeds



## Paruošimas:

Pieną šiek tiek pašildome, kad būtų maždaug kūno temperatūros. Šviežias mieles sutriname su žiupsneliu cukraus ir šaukštu pieno. Jei mielės yra sausos ir greitai veikia, sumaišykite jas su nenugriebtu pienu. Likusį pieną sumaišykite su druska, cukrumi ir aliejumi. Sukrečiame mieles ir išmaišome. Suberkite šiek tiek mažiau nei pusę miltų ir išmaišykite. Tešla bus tiršta, bet dar nesuminkyta. Dubenį su tešla uždengiame švariu rankšluosčiu ir paliekame šiltai apie pusvalandį. Į sukietėjusią tešlą suberkite likusius miltus ir aguonas. Tešla taps minkoma. Jei atrodo per lipni, įberkite dar šiek tiek miltų, bet nepadauginkite. Minkykite tešlą bent 5 minutes, kad ji taptų minkšta, blizgi ir nelipių prie rankų. Tada vėl uždengiame, dedame į šiltą vietą ir leidžiame per 1-1,5 valandos padvigubėti. Pakilusią tešlą vėl užminkome, išspaudžiame orą. Nulupame nedidelį gabalėlių, susukame į kuo mažesnį vyniotinį, supjaustome smulkiais gabalėliais ir dedame į aliejumi pateptą skardą. Kepame iki 190 °C įkaitintoje orkaitėje. Kepimo laikas priklauso nuo sausainių dydžio, maždaug 10 minučių.

## Preparation:

Warm the milk to a body temperature. Mash the fresh yeast with a pinch of sugar and a spoonful of milk. If the yeast is dry and quick-acting, mix it with whole milk. Mix the remaining milk with salt, sugar and oil. Shake the yeast and mix. Add less than half of the flour and mix. The dough will be thick, but not kneaded yet. Cover the bowl with a clean cloth and warm it for about half an hour. Pour the rest of the flour and poppy seeds into the hardened dough. The dough will become kneadable. If it seems too sticky, add flour, but do not increase it. Knead the dough for at least 5 minutes to become soft, shiny and to not stick to your hands.

Then cover it again, put it in a warm place and let it double in size for 1 – 1.5 hours. Knead the risen dough again and squeeze the air out of it. Take a small piece, roll it into the smallest possible roll, cut it into tiny pieces and place them in an oiled tin. Bake in an oven heated to 190°C. The cooking time depends on the size of the cookies, but approximately 10 minutes. Leave the baked cookies to cool and put them in a canvas bag – let them wait their turn. After that you can finally enjoy your kūčiukai.



Gero  
apetito!

# Lietuva/Lithuania

## Tradiciniai bulviniai blynai Traditional potato pancakes

### Ingredientai:

6 vidutinio dydžio bulvės;  
1 kiaušinis;  
1 vidutinio dydžio svogūnas;  
2/3 arbatinio šaukštelių druskos;  
1/3 arbatinio šaukštelių juodujų  
pipirų;  
Saulėgrąžų aliejaus

### Paruošimas:

Nulupkite ir supjaustykite svogūną.

Supjaustykite ir sutarkuokite bulves naudodami smulkiausią tarką arba elektrinę bulvių tarką. Idėkite bulvių masę į sietelį, leiskite šiek tiek nuvarvėti. Tada masę sudėkite į didesnį indą, įmuškite kiaušinį, suberkite supjaustytą svogūną, įberkite druską, pipirus ir gerai išmaišykite. Iš anksto įkaitinkite porą šaukštų aliejaus keptuvėje ant vidutinės ugnies. Vienam blynui naudokite 1 valgomajį šaukštą bulvių masę ir kepkite abi blyno puses kol paruduos. Patiekite blynus su grietine. Tikiuosi jums patiks!

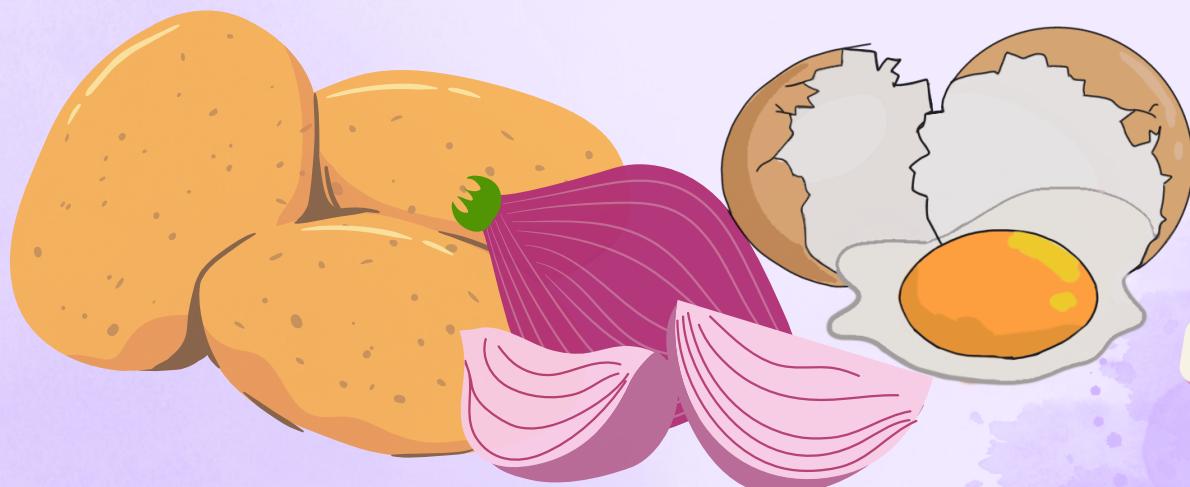
### Preparation:

Peel the onion and slice it. Peel the potatoes and grate them using the smallest grater or an electric potato grater. Put the potato mass into a sieve and let it drain shortly. Then place the mass in a larger bowl, add the egg, sliced onion, salt, pepper and mix well. Preheat a couple of tablespoons of oil in a pan on medium heat. Put 1 tablespoon of potato mass for each pancake and fry it on both sides until golden brown. Make all the pancakes the same way. Serve them with sour cream. Hope you will like them!



### Ingredients:

6 medium sized potatoes  
1 egg  
1 medium sized onion  
2/3 tbsp salt  
1/3 tbsp black pepper  
Sunflower oil



Gero  
apetito!

# Lietuva/Lithuania

## Žemaičių blynai Potato pancakes with meat



### FOR THE DOUGH

15 (medium sized) potatoes  
2 eggs

3 tbsp of flour  
3 tbsp of starch  
1 tsp of salt

### FOR THE FILLING

300g ground turkey  
1 piece of onion  
Some salt and black paper

### FOR THE SAUCE

150g sour cream  
150ml of milk  
1 tbsp of butter  
1 tsp of flour  
1 slice of garlic  
Some dill

### Tešlai reikės:

15 (vidutinio dydžio) bulvių  
2 Kiaušinių  
3 valgomujų šaukštų miltų  
3 valgomujų šaukštų krakmolo

1 arbatinio šaukšto druskos  
Idarui:

300g Maltos kalakutienos Svogūno

Šiek tiek druskos ir juodujų pipirų

### Padažui:

150g grietinės  
150ml Pieno  
Valgomasis šaukštatas sviesto arbatinis šaukštėlis miltų  
Česnako  
Krapų

### Paruošimas:

Virkite bulves (nesupjaustytais, su žieve) ir kai atvės, nulupkite. Tada sutarkuokite ir sudėkite kiaušinius, miltus, krakmolą, druską ir viską išminkykite. Keptuvėje, iškepkite maltą mėsą, ir sudėkite supjaustytą svogūną. Pagardinkite druska ir pipirais. Suformuokite blynus iš bulvių masės, ir į vidų įdėkite mėsus. Iš anksto įkaitinkite porą šaukštų aliejaus keptuvėje ant vidutinės ugnies ir kepkite abi blyno puses kol paruduos. Iškepus blynus juos sudėkite į indą su dangčiu, jog blynai neatvėstų. Keptuvėje ištirpinkite aliejų ir suberkite supjaustytą česnaką. Pilkite grietinę, pieną, miltus. Pakaitinkite kelias minutes kol padažas sutirštės ir suberkite krapus.

### Preparation:

Boil the potatoes (uncut, with the skin) and peel them when they cool down. Then grid and add eggs, flour, starch and salt and knead everything well. Fry the minced meat in a pan. Add finely chopped onion and season with salt and black pepper. Form pancakes from the potato mass, placing the meat filling inside. Heat the oil in a frying pan and fry the pancakes on medium heat on both sides until golden brown. Place the cooked pancakes in a bowl with a lid so they wouldn't cool down. Melt the butter in a pan and add finely chopped garlic. Grid sour cream and milk with flour and pour it. Heat for a few minutes until the sauce thickens and then add dill.

Gera apetus!

# Lietuva/Lithuania

## Blynai su moliūgais ir obuoliais Pumpkin pancakes with apples

### Ingredientai:

500gr. Moliūgo (nulupto,  
be sėklų);

1 Stiklinė miltų;

2 obuoliai;

100 ml. Pieno;

50gr. Cukraus (jei reikia  
daugiau);

Žiupsnelis druskos;

Arbatinis šaukštėlis  
kepimo miltelių;

Šiek tiek aliejaus.

### Ingredients:

500g of pumpkin (pealed,  
without seeds)

1 glass of flour

2 apples

100ml of milk

50g of sugar (to taste)

1 pinch of salt

1 tsp of baking powder

Some oil

### Paruošimas:

Sutarkuokite obuolius ir moliūgą. Suberkite druską, cukrų, supilkite pieną ir gerai viską išmaišykite. Tada suberkite miltus sumaišytus su kepimo milteliais ir dar kartą viską išmaišykite. Įkaitinkite porą šaukštų aliejaus keptuvėje ant vidutinės ugnies ir kepkite abi blyno puses. Blynai labai skanūs su jogurtu. Skanaus!

### Preparation:

Grate the pumpkin and apples. Add salt and sugar. Pour the milk and mix thoroughly. Add flour mixed with baking powder. Mix everything together. Heat the oil in a pan and fry the pancakes on both sides. Pancakes are very tasty with yogurt.



## Manų košė Semolina



### Ingredientai:

6 valgomieji šaukštai manų kruopų

1 litras pieno

100 mililitrų vandens

Cukraus pagal skonį (nebūtina)

Žiupsnelis druskos

Gabalėlis sviesto

### Ingredients:

6 tbsp of semolina

1l of milk

100ml of water

sugar to taste (optional)

a pinch of salt

### Paruošimas:

Pieną, sumaišytą su vandeniu, pakaitinkite keptuvėje storu dugnu, kol beveik užvirs (kol pradės kilti pirmieji burbuliukai) tada įmaišykite druską ir cukrų. Tada manų kruopas maišydami po truputį supilkite į pieną ir maišydami virkite ant nedidelės ugnies, kol košė sutirštės. Idékite sviestą ir maišykite, kad jis išstirptų. Puodą uždenkite dangčiu, nukelkite nuo ugnies ir taip palaikykite apie 10 – 15 minučių. Manų košė paruošta! Valgykite vieną, su uogomis ar uogiene, ar su sviestu, ar cinamonu.

### Preparation:

Heat the milk mixed with water in a thick-bottomed saucepan until it almost boils (until the first bubbles start to rise). Add salt and sugar and stir. While stirring pour semolina into the milk, little by little, and cook on low heat while stirring until the porridge thickens. Cover the pot with a lid, remove it from the heat and let it set for 10-15 minutes until the groats swell completely. That's it, your porridge is ready! Eat alone or with berries, jam, butter or cinnamon.

gero  
apetito!

# Migas extremenas Traditional Spanish breakfast



## Ingredientes:

Pan - 500 g  
Pimiento verde - 1 unidad  
Pimiento rojo - 1 unidad  
Panceta - 250 g  
Cabeza de ajos - 1 unidad  
Sal al gusto  
Aceite de oliva - 100 ml  
Pimienton agridulce - 1 cucharada grande  
Agua caliente - 50 ml

## Preparation:

One hour before we start with the recipe, cut the bread into small cubes and put them into a big bowl. Soften the bread with a small amount of water. Be careful not to use too much water, the bread should be moist not completely wet. Cover the bowl and set it aside. After an hour, cut the peppers into thin slices. Heat up the oil in a big pan and add garlic cloves and peppers. Add some salt and let it fry on low heat until the peppers are done. Remove the peppers and garlic from the pan and fry the bacon until golden brown. Remove when done and put it aside. Remove most of the oil from the pan (you need it for later). Put the sweet pepper powder in the pan for a few minutes (make sure it doesn't burn) then add the bread. Fry all together on low heat, constantly stirring the content. Now add a bit of olive oil (saved aside) if the bread is too dry. If you wish, you can add a bit of water too. When the bread is done (after a few minutes), add the peppers, garlic and bacon. Stir it well and season as desired and serve warm.

# España/Spain

## Preparacion:

Una hora antes de prepares la receta, cortamos el pan en tacos pequenos y tras ponerlos en un cuenco grande, los humedecemos ligeramente con un poco de agua. No debemos empaparlos, tan solo echar un poco de agua para que los trozos de pan se humedezcan. Seguidamente, tapamos el cuenco con un plastico. Una hora despues, quitamos las semillas a los pimientos y los cortamos en tiras. Calentamos el aceite de oliva en una sarten grande y anadimos los dientes de ajo enteros y los pimientos. Sezonamos ligeramente y cocinamos, a fuego lento, para que los pimientos se ablanden. Cuando los pimientos esten tiernos, los retiramos junto con los dientes de ajo. A continuacion, ponemos la pancetta troceada y la cocinamos hasta que se dore ligeramente. Le retiramos y reservamos. Quitamos gran parte del aceite y los reservamos para ir anadindolo al pan a medida que lo necesite. Echamos en la sarten el pimienton y cocinamos durante unos segundos a fuego suave. En esta punto para que no se quemem los pimientos hay que prestar mucha atencion a la sarten. Anadimos el pan y comenzamos a cocinarlo a fuego medio sin dejar de remover para que se vayan hacienda las migas. Anadimos un poco de aceite si las migas se secan. Tambien podemos anadir un poco de agua. Cuando el pan se haya hecho migas anadimos los pimientos, los dientes de ajo y la panceta, removemos, le anadimos sal y lo servimos de inmediato.

## Ingredients:

500g bread (from the day before)  
1 green pepper  
1 red pepper  
250g bacon  
1 whole garlic  
Salt  
100ml olive oil  
1 tsp sweet pepper powder  
50ml hot water

*¡Buen apetito!*



# España/Spain



## Gazpacho Extremeño Spanish cold tomato beverage

### Ingredientes:

#### Preparacion:

Prepara todas las verduras. Lavalas y picalas en trozos (tomates, pepinos y pimientos) en un recipiente grande. Pela y corta la cebolla en trozos grandes. Haz lo mismo con el ajo, pero en este caso en pequeñas. Mezcla ambos con el resto de las verduras. Añade a la funte donde tienes las verduras, la miga del pan, una pizca de sal, el vinagre y el aceite de oliva. Remuevelo todo para que mezclen los ingredientes. Es el momento de pasar todos los ingredientes por la batidora con lo conseguiras una crema fina, sin grumos o tropezones. Puedes añadir agua si casi lo consideras oportuno, pero ten en cuenta que igual deberas corregir el sabor. Mete el recipiente con el gazpacho extremeño en la nevera y deja enfriar algunas horas y sirvelo bien frio.

#### Preparation:

Prepare all the vegetables. Wash and cut them into small cubes (tomatoes, pepper and cucumber). Put them in a big bowl (jug). Peel and cut the onion into large pieces. Cut the garlic into small pieces. Mix it both with other vegetables and put it all together into a big bowl. Put the bread, salt, vinegar and olive oil in the bowl as well. Now you need to mix it well with the blender until you get a creamy and silky texture. If you want, you can add water to get the texture more liquid. Be carefull, adding water means less flavor. Season as desired. Put the bowl (or better a jug) in the fridge and let it cool for several hours.

### Ingredients:

8 tomatoes  
100g soft part of the bread  
1 glass of cold water  
1 clove of garlic  
10ml olive oil  
1 onion  
10ml wine vinegar  
1 green pepper  
1 small cucumber

*Buen apetito!*

# España / Spain

## Tortilla de patata Spanish potato omelette



### Preparacion:

Cortar patatas ya peladas en rodajas finas. Echar en la olla aceite de oliva virgen extra y esperar a que este caliente, z después echa las y las cebollas. Siempre en fuego medio o bajo. Añade una pizca de sal. Fuego máximo 3 minutos. Quitar la mezcla de la sarten. Echa cinco huevos en un bol y echar una pizca de sal en cada huevo. Bate los huevos. Escurre las patatas y echalas en los huevos. Muevelo bien. Echa la mezcla a una sarten pequeña y quedalo a fuego medio o bajo. Cuando pase los primeros 5 minutos dale la primera vuelta. Despues de otros 3 minutos le damos otra vuelta z tambien dale forma. Le damos otra vuelta mas y la dejamos 3 minuitos al fuego. Y la tortilla esta lista.

### Preparation:

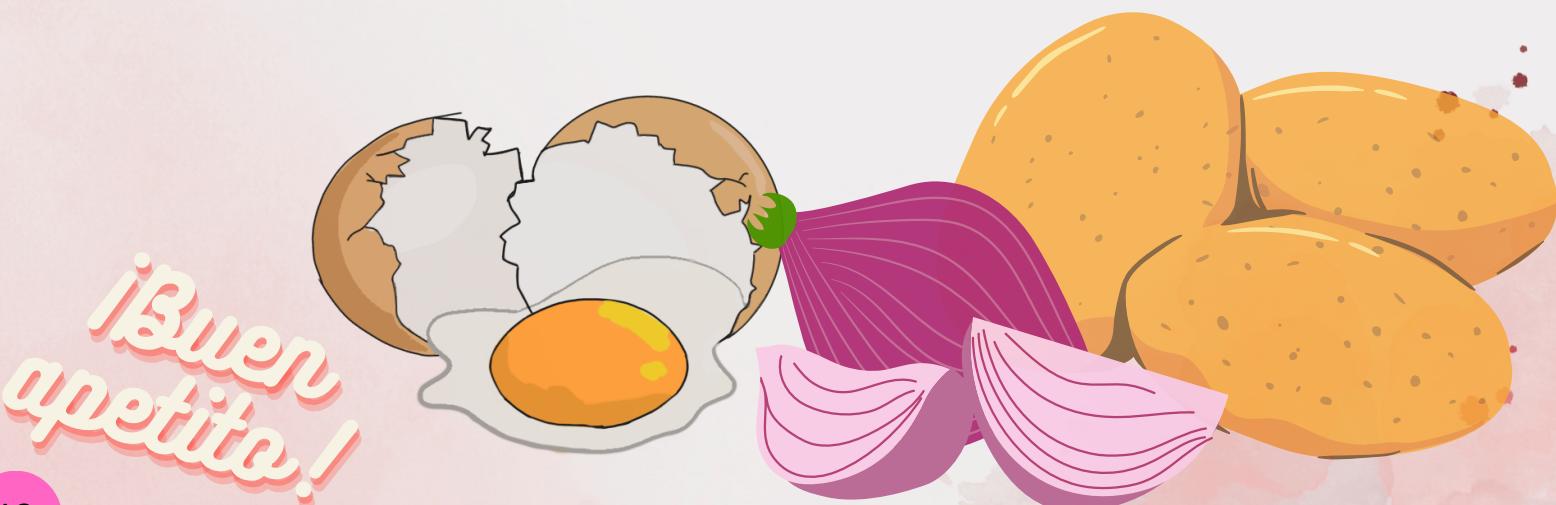
Peel the potatoes and cut them into fine round pieces. Heat the olive oil in a pan and add onion and potatoes. Fry on low heat. Add salt and fry for 3 minutes on high heat. Remove the content from the pan and put it aside. In a bowl, beat the eggs with a pinch of salt. Add the potatoes and onion and put it back in a pan on low or medium heat. Make sure it is well mixed. Fry for 5 minutes and flip it, like crepes. Now fry it for 3 more minutes and flip it again. It's important never to lose the form of the omelette. Flip it again and leave it for 3 more minutes to fry on low heat. The omelette is now ready and you can serve it on a plate. You can eat it hot or cold.

### Ingredientes:

3 patatas grandes  
1 cebolla  
Aceite de oliva extra virgen  
4 o 5 huevos  
Sal

### Ingredients:

3 big potatoes  
1 onion, finely chopped  
Olive oil  
4 – 5 eggs  
Salt



# España/Spain

## Paella de marisco Traditional Spanish meal, risotto with shellfish



### Preparacion:

Lo primero que vamos a hacer es cocinar mejillones y los limpiamos con agua. Los ponemos en una cacerola tapada y los sacamos en cuanto se abran. Les quitamos la concha y algunos le dejamos las conchas. Pelamos las gambas y cortamos la sepia en trozos, las almejas las lavamos bien. Ponemos en la paellera un chorro de aceite de oliva, añadimos los pimientos cortados en trozos. Cuando comienzen a dorarse incorporar pimienta negra, sal, ajos, perejil, hebras de azafran. Mezclamos y cuando este cocinado añadimos los tomates rallados, cocinamos unos minutos e incorporamos la sepia y las almejas. Dejamos que se cocine todo hasta que las almejas se abran. Ahora ya podemos añadir el arroz, los mejillones sin la concha y las gambas peladas. Vertemos agua caliente o caldo, un poco de colorante alimentario y conchas. Cuando el caldo rompa a hervir, bajamos un poco el fuego y dejamos cocinar 20 minutos. Cuando a pasado este tiempo tapamos con un paño y dejamos reposar 4 o 5 minutos.

### Preparation:

Cook the mussels and wash them. Put them in a pot, cover it and cook it (without water) until they are opened. Save a few mussels for decoration and take off the shell from the others.

Peel the prawns and cut the squid. Wash the clams. Put a lot of oil in a low pan, heat it and put the peppers to fry until golden brown. Put salt and pepper, parsley, garlic and saffron thread. Give it a stir and add shredded tomatoes. Fry for a few minutes, then add squid and clams. Let it fry until the clams are opened. Add the rice and mussels without shells. Put a bit of yellow eatable powder in the shellfish broth, mix it and pour it over the rice. Put the prawns and mussels with shells on top of it. When the shellfish broth starts to boil, reduce the heat and leave it to cook for about 20 minutes. Do not stir. After it is done, cover it with a moist cloth for 5 minutes. Enjoy it while it's hot!

### Ingredientes:

250 g de gambas  
1 calamar o sepia  
1 kg de mejillones  
200 g de almejas  
1 pimiento rojo y verde  
2 tomates  
Perejil, pimienta negra, sal  
2 dientes de ajo, 1 hebra de azafran  
2 vasos de arroz redondo  
5 vasos de agua caldo de marisco  
Colorante y aceite de virgen extra

### Ingredients:

250g prawns  
1 squid  
1kg mussels  
200g clams  
1 red pepper  
1 green pepper  
2 tomatoes  
Parsley, black pepper, salt  
2 cloves of garlic  
pinch od saffron thread  
2 glasses of round rice  
5 glasses of shellfish broth  
Extra virgin olive oil, colorante (yellow eatable powder)

¡Buen apetito!

# España/Spain

## Macedonia de frutas

### Fruit salad

#### Ingredientes:

- 1 platano
- 1 melocoton
- 1 manzana
- 1 pera
- 1 kiwi
- 10 fresas
- 2 naranjas
- 1 cucharada de azucar

#### Ingredients:

- 1 banana
- 1 peach
- 1 apple
- 1 pear
- 1 kiwi
- 10 strawberries
- 2 oranges
- 1 tbsp of sugar



#### Preparacion:

Prepara un bol. Limpia toda la fruta. Pela el platano y córtalo en rodajas. Corta el melocotón en dados (sin o con piel), manzana, pera, kiwi (sin piel), fresas. Corta las naranjas por la mitad y exprímelas. Vierte el zumo al bol, agrega al azúcar y mezcla bien. Añada toda la fruta en bol y mezcla bien una vez mas. Deja reposar durante 15 minutos (mínimo) y sirve.

#### Preparation:

Prepare a bowl and wash the fruit. Peel the banana and cut it into slices. Cut the peach, apple, pear and strawberries into little cubes (with or without skin) and kiwi (without skin). Cut unpeeled oranges in half and squeeze the juice into a bowl. Add sugar and mix it well. Add fruit, stir it well and leave it aside for about 15 minutes or in the fridge. Now it's ready to serve.





# Malta / Malta



## Balbuljata Scrambled eggs Maltese style

### Ingredjenti:

**Tmien bajdiet  
Basla imqatta  
Erbgha tadamiet żghar  
Żejt taż-żebug  
Bżar u melħ**

### Ingredients:

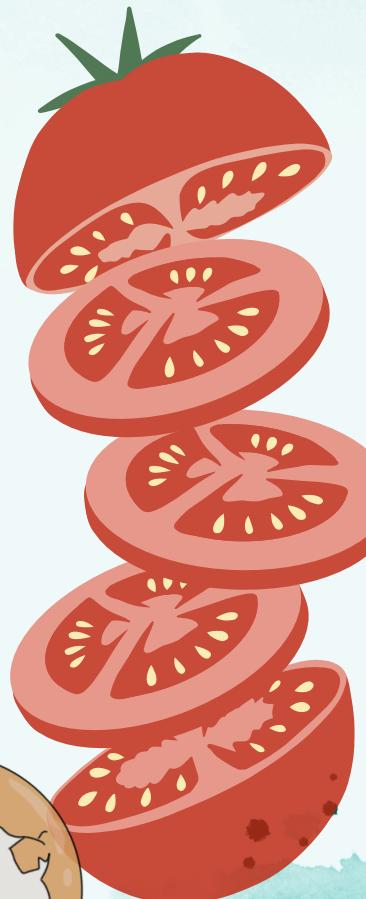
**8 eggs  
1 onion, finely chopped  
4 small tomatoes  
Olive oil  
Salt and pepper**

### Metodu:

**Aqli il-basla fiz-żejt u žid it-tadam imqatta (mingħajr iż-żerriegha). Hawwad u ħalli kollox ibaqbaq fuq in-nar. Wara ħames minuti, žid il-bajt imħabba flimkien, ħawwar bil-bżar u melħ u kompli ħawwad sakemm isir il-bajd. Servi bil-galletti jew ħobż.**

### Preparation:

**Fry the onion in oil. Add peeled and finely chopped tomatoes (seeds removed). Stir while simmering for 5 minutes. Then add beaten eggs, season and keep stirring until cooked. Serve with galetti or toast.**



*Aptit tajjeb!*



# Malta/Malta

## Soppa tal-armla Widow's soup

### Metodu:

Qatta il-haxix kollhu u aqli fil-borma sakemm jirtab. Żid l-ilma, cube u kunserva u ħallh itektek fuq nar baxx. Meta il-haxix ikun sar kollhu, żid il bajd u l-ġbejniet. Meta il-bajd ikun għaqad u sar kollhu, tista isservi.

### Preparation:

Cut all vegetables and soften in a pot. Add water, vegetable cube, tomato paste and simmer. When everything is cooked add Gbejniet or Ricotta and eggs - don't stir them. Serve the meal when eggs are cooked.

### Ingredjenti:

**1 Basla mqatta**  
**2 Tewm imqatta**  
**500g pastard imqatta zghir**  
**150g karrotti mqatta zghir**  
**300g patata Qarabgħali mqatta**  
**100g ful**  
**750ml ilma**  
**Cube tal-brodu tal-haxix**  
**Żewg mgharef kunserva**  
**Erbgħha bajdiet**  
**Żewġ ġbejniet**

### Ingredients:

**1 White onion, diced**  
**2 Garlic cloves, minced**  
**500g cauliflower, chopped**  
**150g carrots, chopped**  
**300g potatoes, chopped**  
**1 marrow, chopped**  
**100g broad beans**  
**750ml water**  
**1 vegetable cube**  
**2 tbsp tomato paste**  
**4 eggs**  
**2 Gbejniet (Dried Maltese sheep cheese)**



# Malta/Malta

## Laham fuq il-fwar Steamed Beef with Garlic

### Ingredjenti:

600g laħam imqatta rqiq  
Tlett bicciet tat-tewm  
imqatta irqiq  
Ftit tursin imqatta fin  
Bżar u melħ  
Żewg mgħaref ilma  
Foil

### Ingredients:

600g of sliced meat  
3 garlic cloves, thinly sliced  
1 pinch of parsley, finely chopped  
Salt and pepper  
2 tbsp water  
Foil



### Metodu:

Poggi il-laħam fuq borma ilma jgħali. Poggi it-tewm u t-tursin fuq u bejn il-bicciet tal-laħam. Itfa ftit melħ u bżar. Għatti il-laħam bil-foil. Halli kollox ibaqbaq għal siegħha. Itfi il-borma, żid ftit iktar tursin fuq il-laħam u servi.

### Preparation:

Put the meat in a large bowl over a pot of boiling water. Place the garlic and parsley on and between the pieces of meat. Season with some salt and pepper. Add water on top of your meat, cover and seal with foil. Let it simmer for approximately one hour. Then turn off the pot. Add some more chopped parsley as a garnish as desired.

*apptit tajjeb!*

# Malta/Malta

## Bigilla Broad Bean Dip

### Ingredjenti:

Tazza fazola niexfa  
750ml ilma  
30ml zejt taż-żebug  
Tlett biċċiet tewm  
Kuċċarina melħ  
Kuċċarina bzar ahmar  
imfarrak  
Nofs mgharrfa tursin  
imqatta

### Ingredients:

1 cup Dried Fava Beans  
Beans water  
2 tbsp olive oil  
3 large garlic cloves  
1 tsp salt  
1 tsp chilli flakes  
½ tbsp parsley, chopped



### Metodu:

GeVwa food processor, żid il-fażola flimken ma żewġ magħref ilma li ntuża fit-tisjir tal-fażola, zejt taz-żebug, melħ, tewm, frak tal-bżar aħmar u bżar aħmar imqatta fin. Fl-aħħar, ferra iż-żejt taż-żebug fuq il-bigilla. Servi mal-hobż frisk jew galletti.

### Preparation:

Add the beans to a food processor together with two tsbps of water that was used in cooking the beans, olive oil, salt, garlic, chilli flakes and parsley. Stir together until all the beans are broken and you have a thick paste. Add more water if the consistency is too thick. To serve, simply place the dip into a bowl and top with parsley, chili flakes and a diced chili pepper. Finally, drizzle quality olive oil on top. Serve with warm bread or galletti.



# Malta/Malta

## Prinjolata Traditional Carnival Cake



### Metodu:

F'skutella kbira, ħallat flimkien l-ispanċ imfarrak, il-gallettini midhunin, lewz misjur, ċirasa u butir. B'idejk, ħawwad kollox flimkien skaemm jibda jagħqad. Poġġi it-taħlita gewwa skutella izgħar u ġħafasha l-isfel sabiex tieħu l-forma. Ghattiha u ħalliha toghqod fil-fridge matul il-lejl.

### Għall-Meringue

Poġġi l-ilma u z-zokkor ġo kazzola u baxxi in-nar sabiex ma' jkunx qawwi ħafna, u ħalliħ itektek. Meta il-likwidu jilhaq 110°C, uza mixer biex īhabbat flimkien l-abjad tal-bajd u s-sugu tal-lumi. Ħalliħ iħabbat b'forza minima. It-taħlita għanda tibda tibjad. Meta iz-zokkor jilhaq 115°C, itfi in-nar. Aqleb iz-zokkor ftit ftit gol-mixer sabiex jithallat mat-taħlita, u ħalliħ ikompli iħabbat għal 8 minuti. Uza it-taħlita immedjatamente biex tiksi il-cake li issa għaqaq seww.

### Biex tiddekkora

Iksi it-taħlita tal-kejk seww bil-Meringue. Iddekkora il Meringue bil-lewz imqatta, ċirasa, pine nuts, u lewz shih. Qattar iċ-ċikkulata mahlula fuq kollox. Ħalliħ jogħqod fil-fridge u servi.

### Preparation:

#### Forming the Prinjolata

In a large bowl, combine together the crumbled cake, crushed biscuits, roasted almonds, nuts, candied cherries and buttercream. Mix everything together with your hands until it starts to come together. Put the mixture inside a smaller bowl and press it down to form a shape. Cover with cling film and let it rest in the fridge overnight.

#### Meringue

Put sugar and water over medium heat and simmer. Once it reaches 110°C start whipping together egg whites and lemon juice using a mixer on medium speed. They should become foamy and frothy. When the sugar reaches 115°C turn off the heat. Pour the sugar mixture in the mixer with the eggs and continue to whip for about 8 minutes. Use immediately to cover Prinjolata.

#### Decorating

Decorate the Prinjolata with a generous layer of Italian Meringue. Decorate Meringue with halved candied cherries, roasted pine nuts and almonds. Pour melted dark chocolate over everything. Let it set in the fridge and serve.

### Ingredjenti:

200g Sponge Cake  
200g biscuits  
100g pine nuts  
50g lewz imsajjar  
Ftit lewz imqatta irqi  
50g ċirasa mhwellwa  
50g čikkulata skura mahlula  
Żewg abjad tal-bajd  
Nofs kuccarina sugu tal-lumi  
170g zokor  
90ml ilma

### Ingredients:

200g Sponge Cake  
200g biscuits  
100g pine nuts  
50g roasted almonds  
50g candied cherries  
50g melted dark chocolate  
almond flakes  
2 egg whites  
½ tsp lemon juice  
170g sugar  
90ml water

*Optit tajjeb!*

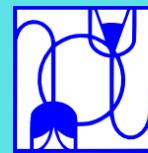
*Krvatska/Croatia*

*Osnovna škola Bakar*

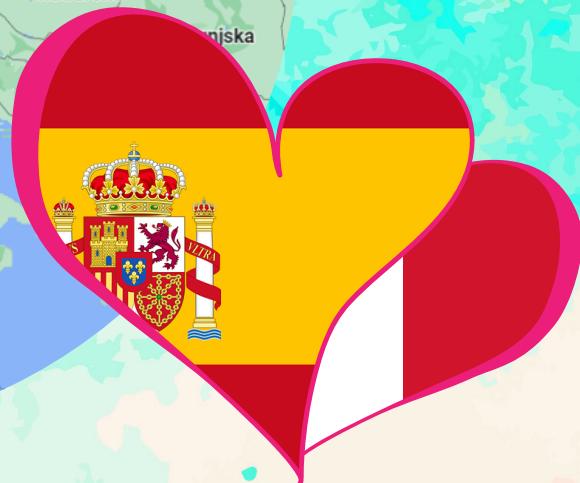
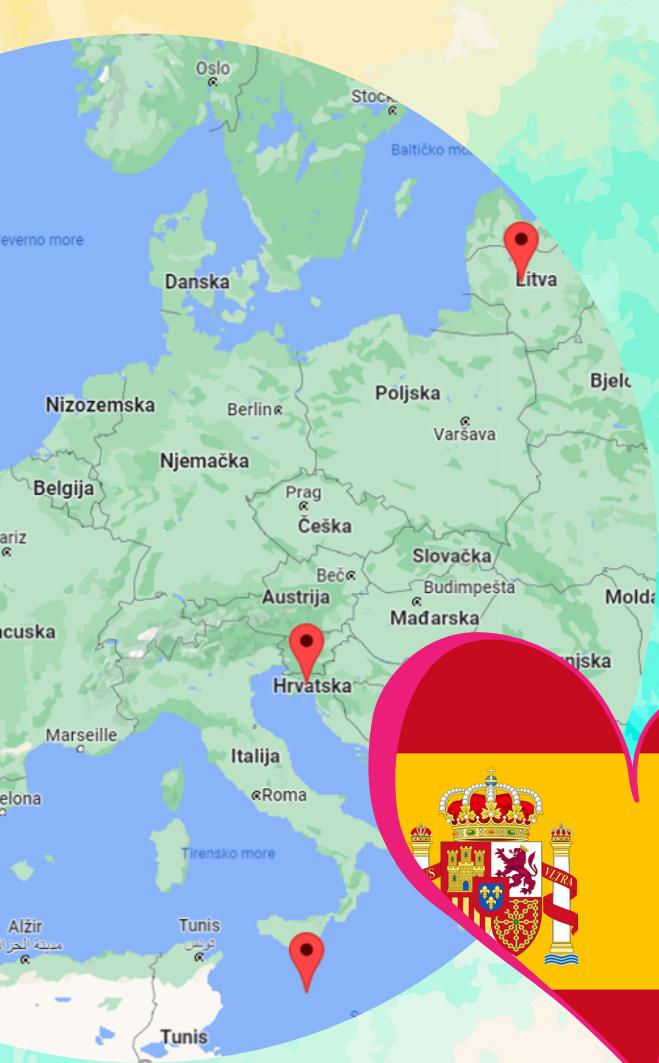


*Lietuva/Lithuania*

*Šiaulių Jovaro progimnazija*



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