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## A journey culinaryya by Europe

### Magazine Gastronomica



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## Recipes for Italian dishes



### Pizzolo Siciliano: A delicious pizza with rich filling

**Pizzolo**, also known as **rustica pizza** or **sfincione pizza**, is a Sicilian specialty that combines elements of a traditional pizza with a rich and delicious filling. Unlike thin-crust Neapolitan pizza, pizzolo has a thick, fluffy crust similar to focaccia.

#### Ingredients:

##### For dough:

- 500 g durum wheat flour 00
- 350 ml warm water
- 7 g dry yeast
- 1 tablespoon of extra virgin olive oil
- 1 teaspoon of salt
- 1 teaspoon of sugar



##### For filling:

- 400 g mashed tomatoes
- 1 small chopped onion
- 2 cloves of minced garlic
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 200 g ricotta cheese
- 100 g grated provola cheese
- 50 g sliced salami (optional)
- 50 g boiled and chopped artichokes (optional)
- 50 g Kalamata olives (optional)

#### Method of preparation:

##### Dough:

1. In a large bowl, mix the flour, dry yeast, salt and sugar.
2. Add the warm water and olive oil and mix until a homogeneous dough forms.





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3. Knead the dough for 10 minutes on a surface sprinkled with flour, until it becomes elastic and smooth.
4. Place the dough in an oiled bowl, cover with a damp towel and leave to rise in a warm place for about 1 hour, or until it doubles in volume.

### Filling:

1. Heat the olive oil in a pan and saute the chopped onion until it becomes translucent.
2. Add the chopped garlic and cook for 30 seconds.
3. Pour the mashed tomatoes, dried oregano, salt and black pepper to taste.
4. Mix well and simmer over low heat for 20-30 minutes, or until the sauce thickens slightly.
5. Incorporate ricotta, grated provola cheese, sliced salami (if using), boiled artichokes (if using), and Kalamata olives (if using).
6. Mix well to combine all ingredients.

### Assembling:

1. Preheat oven to 200°C.
2. Spread the leavened dough on a baking tray lined with baking paper, forming a round base with a thickness of about 2 cm.
3. Spread the tomato sauce with filling over the base, leaving an edge of about 2 cm uncovered.
4. Bake the pizzolo for 20-25 minutes, or until the crust turns golden and the cheese melts.
5. Allow the pizzolo to cool slightly before cutting and serving.

## Sicilian Arancini: Delicious stuffed rice balls

**Arancini**, also known as **arancini di riso**, are a traditional Sicilian dish consisting of fried rice balls filled with various delicious ingredients. They are a popular snack or appetizer, but can also be served as a main course.



### Ingredients:

#### For rice:







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- 200 g Arborio rice
- 800 ml vegetable or chicken soup
- 1 small chopped onion
- 2 tablespoons extra virgin olive oil
- 1/2 glass dry white wine
- 50 g grated parmesan
- Salt and black pepper to taste

#### For filling:

- 200 g minced beef or pork
- 1 small chopped onion
- 1 clove of minced garlic
- 100 g mashed tomatoes
- 1 teaspoon dried oregano
- 50 g boiled peas
- Salt and black pepper to taste

#### For bread:

- 2 beaten eggs
- Flour
- Breadcrumbs
- Sunflower oil for frying

#### Method of preparation:

##### Rice:

1. Heat the olive oil in a pot and saute the chopped onion until it becomes translucent.
2. Add the rice and mix well to wrap in oil.
3. Pour the white wine and boil until completely evaporated.
4. Gradually add the vegetable soup or hot chicken, stirring constantly, and boil on low heat for 15-20 minutes, or until the rice is al dente.
5. Incorporate grated parmesan, salt and black pepper to taste. Mix well and take off the heat. Allow the rice to cool completely.

##### Filling:

1. Heat the olive oil in a pan and saute the chopped onion until it becomes translucent.
2. Add the minced meat and cook it, stirring frequently, until it loses its pink color.
3. Add the chopped garlic and mashed tomatoes. Mix well and simmer over low heat for 10 minutes, or until the sauce thickens slightly.
4. Incorporate dried oregano, boiled peas, salt and black pepper to taste. Mix well and take off the heat. Allow the filling to cool completely.

##### Arancini:





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1. With wet hands, take a small amount of cold rice and shape it into a ball.
2. Make a dent in the middle of the rice ball and put a spoonful of cold filling.
3. Cover the filling with more rice and shape the ball again, making sure it is tightly sealed.
4. Repeat the operation to form arancini with all the rice and the remaining filling.
5. Pass each arancini through the flour, then through the beaten eggs and finally through the breadcrumbs.
6. Fry the arancini in hot sunflower oil at 170°C until golden and crispy.
7. Remove them on a paper towel to remove excess oil.
8. Serve warm arancini, as is or with marinara or pesto sauce.

## Pane Cunzatu: An explosion of Sicilian flavours

**Pane cunzatu**, also known as **pane della disgrazia** (the bread of unhappiness), is a simple but tasty recipe from Sicily. It is a rustic dish, born from the need to capitalize on leftover bread and other simple ingredients.

### Ingredients:

- 1 bread with mayo (about 500 g)
- 400 g ripe cherry tomatoes
- 100 g primosale cheese (or pecorino siciliano)
- 50 g extra virgin olive oil
- 20 g dry oregano
- 10 g salt
- 5 g black pepper
- 4 fillets of acciughe (optional)



### Instructions:

1. Cut the bread horizontally, creating two halves.
2. Rub both halves of the bread with the olive oil.
3. Thinly slice the cherry tomatoes and distribute them evenly on both halves of the bread.
4. Crush the primosale cheese (or pecorino siciliano) over the tomatoes.
5. Sprinkle dried oregano, salt and black pepper to taste.
6. Add the exciughe fillets (optional), if you use them.
7. Gently press the two halves of bread on each other to seal them.
8. (Optional) You can wrap cunzatu breads in parchment paper to keep it fresh and facilitate shipping.

## The Sicilian Caponata: A Symphony of Baked Vegetables





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**Caponata** it is a renowned Sicilian

vegetable stew full of rich flavors and vibrant colors. Although there is no single and universal recipe, the key elements include eggplant, tomatoes, onions, celery and olives.

### Ingredients:

- 600 g eggplant
- 1 medium red onion
- 2 celery apio
- 200 g cherry tomatoes
- 150 g mashed tomatoes
- 50 g pitted green olives
- 40 g capers
- 30 ml white wine vinegar
- 30 ml agave syrup (or 1-2 tablespoons brown sugar)
- 2 tablespoons extra virgin olive oil
- Salt and black pepper to taste
- Optional: raisins, almonds, pine seeds



### Method of preparation:

1. **Eggplant preparation:** Cut the eggplants into cubes of about 2 cm and sprinkle them with salt. Leave them to drain for 30 minutes to remove excess bitter water. Rinse them thoroughly and dry them with a paper towel.
2. **Vegetable sourcing:** In a pan heated with olive oil, sauté the chopped red onion and diced apio celery for 5-7 minutes until soft.
3. **Adding eggplants:** Add the drained eggplants and cook for 10-15 minutes, stirring occasionally, until lightly browned.
4. **Incorporation of tomatoes:** Add the cherry tomatoes cut in half and the mashed tomatoes. Mix well and simmer over low heat for 15 minutes, covering the pan with a lid.
5. **Additional flavourings:** Add the white wine vinegar, agave syrup (or brown sugar), capers, green olives and raisins (optional). Season with salt and black pepper to taste.
6. **Baked cooking:** Transfer the caponata to a heat-resistant dish and place it in the oven preheated to 180°C for 30-40 minutes, or until the vegetables are tender and the sauce has thickened slightly.
7. **Optional:** Sprinkle with chopped almonds or pine seeds for extra crunch.
8. **Serving:** Allow the caponata to cool slightly before serving. It can be enjoyed as an appetizer, side dish or even as a main course, along with fresh bread.





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## Pasta alla Norma: An explosion of Sicilian flavors

**Pasta alla Norma** it is a traditional Sicilian recipe consisting of pasta, fried eggplant, tomatoes, salted ricotta and basil. It is a simple but delicious dish that highlights the freshness of the local ingredients.

### Ingredients:

- 400 g pasta (penne, spaghetti or rigatoni)
- 2 medium eggplants
- 400 g mashed tomatoes
- 1 small chopped onion
- 2 cloves of minced garlic
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 200 g grated salted ricotta
- 50 g fresh basil leaves



### Method of preparation:

1. **Eggplant:** Cut the eggplant into cubes of about 2 cm. Put them in a colander, sprinkle them with salt and let them drain for 30 minutes to remove excess bitter water. Rinse them thoroughly and dry them with a paper towel.
2. **Tomato sauce:** Heat the olive oil in a pan and saute the chopped onion until it becomes translucent. Add the chopped garlic and cook for 30 seconds.
3. Pour the mashed tomatoes, dried oregano, salt and black pepper to taste. Mix well and simmer over low heat for 20-30 minutes, or until the sauce thickens slightly.
4. **Eggplant roasting:** In a pan with hot olive oil, fry the eggplants on medium heat for 10-15 minutes, or until golden and tender. Remove them on a paper towel to remove excess oil.
5. **Steaming pasta:** Boil the pasta according to the instructions on the package until it is al dente.
6. **Assembling:** In a large bowl, mix the cooked pasta with the tomato sauce, fried eggplant and 3/4 of the grated salted ricotta.
7. Serve immediately, decorated with fresh basil leaves and grated salted ricotta left over.







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## Couscous: A simple and versatile recipe

Couscous is a delicious and nutritious dish from Morocco, consisting of small grains of pre-cooked durum wheat. It is a great base for a variety of dishes, from light salads to rich stews.

### Ingredients:

- 200 g couscous
- 400 ml water or vegetable soup
- 1 tablespoon olive oil
- Salt to taste



### Method of preparation:

1. **Boiling water:** In a pot, boil water or vegetable soup with salt.
2. **Adding couscous:** Once the water boils, turn off the heat, add the couscous and mix well with a fork.
3. **Pot coating:** Cover the pot with a lid and steam the couscous for 5-10 minutes, or until the water is completely absorbed.
4. **Loosening of couscous:** Remove the lid, loosen the couscous with a fork and add the olive oil. Mix well to distribute the oil evenly.
5. **Serving:** The couscous can be served immediately as a side dish or as a base for various dishes. You can add vegetables, meat, dried fruits or nuts according to your preferences.





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## Sicilian Cassata: A festive dessert with rich flavors

**Sicilian Cassata** it is a traditional Sicilian dessert famous for its delicate layers of sponge cake, ricotta cream, candied fruit and chocolate. It is a complex preparation, but the final result is worth the effort.

### Ingredients:

#### For sponge cake:

- 4 eggs
- 100 g sugar
- 100 g flour
- 1 teaspoon baking powder
- Grated peel from a lemon



#### For ricotta cream:

- 500g ricotta
- 100 g powdered sugar
- 50 g grated dark chocolate
- 50g candied fruit (such as oranges, lemons and cherries)
- 50 g chopped pistachios
- 1 teaspoon vanilla extract
- A pinch of cinnamon

#### For glaze:

- 200 g powdered sugar
- Juice from a lemon
- Water (optional)

#### For decoration:

- Candied fruit
- Chopped pistachios
- Maraschino cherries

### Method of preparation:

#### Pandishpan:

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Separate the whites from the yolks.
4. Beat the egg whites with a pinch of salt.





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5. Gradually add the sugar, continuing to beat until a glossy and hard meringue forms.
6. Incorporate the yolks one by one, gently mixing with a spatula.
7. Sift the flour and baking powder and gradually add them to the egg mixture, mixing gently until smooth.
8. Add the grated lemon peel and mix gently.
9. Pour the dough into the prepared baking tray and level it evenly.
10. Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.
11. Allow the sponge cake to cool completely in the pan.

#### **Ricotta cream:**

1. In a large bowl, mix the ricotta with the powdered sugar until smooth.
2. Add grated chocolate, candied fruit, chopped pistachios, vanilla extract and cinnamon.
3. Mix well until all ingredients are evenly distributed.

#### **Cassata assembly:**

1. Cut the cooled sponge cake into two horizontal tops.
2. Place a sponge cake on a serving plate.
3. Spread a generous layer of ricotta cream over the sponge cake.
4. Place the second sponge cake top on top of the cream.
5. Cover the cassata with a layer of glaze.

#### **Glaze preparation:**

1. In a small bowl, mix the powdered sugar with the lemon juice until a thick glaze forms.
2. Add a little water if the glaze is too thick.

#### **Decoration:**

1. Decorate the cassata with candied fruit, chopped pistachios and maraschino cherries according to your preferences.
2. Refrigerate the cassata for at least 2 hours to harden the glaze.





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## Cannoli Siciliani: An explosion of crunchy and creamy flavors

Cannoli are iconic Sicilian desserts made of crispy fried dough skins filled with a delicious ricotta cream. They are a perfect combination of textures and flavors, making them irresistible to those with a sweet tooth.

### Ingredients:

#### For shells:

- 250 g durum wheat flour
- 60 g caster sugar
- 1 tablespoon cocoa powder
- 30 ml vinegar (or white wine)
- A pinch of salt
- 300 g cold butter, diced
- 1 egg + 1 yolk
- Oil for frying

#### For cream:

- 500g ricotta
- 100 g powdered sugar
- 50 g grated dark chocolate
- 50 g candied fruit (oranges, lemons, cherries)
- 50 g chopped pistachios
- 1 teaspoon vanilla extract
- A pinch of cinnamon



#### For decoration:

- Chopped pistachios
- Powdered sugar
- Candied fruit

#### Method of preparation:

##### Shells:

1. In a large bowl, mix the flour, sugar, cocoa, vinegar (or wine) and salt.
2. Add the cold diced butter and rub it with your fingers until a sandy dough forms.







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- Incorporate the egg and yolk and mix until a homogeneous dough is formed.
- Cover the dough with cling film and refrigerate for at least 30 minutes.
- Preheat oven to 180°C.
- Spread the cold dough on a flat surface sprinkled with flour, up to a thickness of about 2 mm.
- Cut the dough into circles with a cutter of 7-8 cm diameter.
- Run the edges of each circle to form a cone, slightly overlapping the edges and pressing gently to seal them.
- Place the cannoli shells on a baking tray lined with baking paper.
- Bake for 10-12 minutes, or until golden and crispy.
- Allow the skins to cool completely on a grill before filling.

### **Cream:**

- In a large bowl, mix the ricotta with the powdered sugar until smooth.
- Add grated chocolate, candied fruit, chopped pistachios, vanilla extract and cinnamon.
- Mix well until all ingredients are evenly distributed.
- Place the cream in a pastry bag or plastic bag with a cut tip.

### **Assembling:**

- Fill the cooled cannoli shells with the ricotta cream using the pastry bag or pouch.
- Decorate cannoli with chopped pistachios, powdered sugar and candied fruit according to your preferences.
- Serve cannoli immediately or refrigerate for up to 2 days.





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## The Sicilian Granite: An Explosion of Freshness and Flavors

**Granita** it is a Sicilian dessert famous for its ice-fine texture and its intense fruit flavors. It is a perfect dish to cool off on hot summer days.

There are numerous granita recipes, but key elements include water, sugar and juice or fruit puree. Here's a simple recipe for lemon border:

### Ingredients:

- 500 ml water
- 150 g sugar
- Juice from 3 lemons
- Grated peel from a lemon (optional)



### Method of preparation:

1. In a pot, mix the water and sugar.
2. Bring to a boil and simmer for 5 minutes, stirring occasionally, until the sugar dissolves completely.
3. Remove from heat and allow the syrup to cool completely.
4. Add the lemon juice and grated lemon zest (if you use it).
5. Pour the mixture into a plastic container and place it in the freezer.
6. Every 30 minutes, mix the granita with a fork to break the ice crystals and create a fine texture.
7. Repeat the mixing operation every 30 minutes until the border reaches the desired consistency.
8. Serve the border immediately, decorated with fresh mint leaves (optional).





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## Recipes for Turkish dishes



### Çökertme Kebab (Bodrum Kebab) Recipe: An explosion of flavors from Turkey

**Çökertme Kebab**, also known as **Bodrum Kebab**, is a delicious recipe from Turkey, consisting of small pieces of marinated and fried beef, served with crispy fries, garlic yogurt and tomato sauce. It is a tasty and easy-to-prepare food, perfect for a hearty meal or a quick dinner.

#### Ingredients:

##### For meat:

- 800 g minced beef (pulp or tenderloin)
- 1 small chopped onion
- 2 cloves of minced garlic
- 1 tablespoon tomato paste
- 1 teaspoon of dried chili pepper flakes
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- Salt and black pepper to taste
- 2 tablespoons of olive oil



##### For French fries:

- 2 large potatoes cut into straws
- Oil for frying
- Salt to taste

##### For yogurt sauce:

- 2 cloves of minced garlic
- 200 g Greek yogurt
- Salt to taste

##### For tomato sauce:





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• 2

tablespoons of tomato paste

- 1 small chopped onion
- 1 clove of minced garlic
- 1/2 cup water
- Salt and black pepper to taste
- 1 teaspoon dried oregano

### Optional:

- Fresh sliced tomatoes
- Sliced hot green pepper

### Method of preparation:

#### Meat:

1. In a large bowl, mix the minced meat, chopped onion, minced garlic, tomato paste, dried chili pepper, oregano, thyme, cumin, salt and black pepper.
2. Knead the meat mixture well with your hands until smooth.
3. Shape the marinated meat into small pieces, about the size of a finger.
4. Heat the olive oil over medium heat in a pan.
5. Fry the pieces of meat for 3-4 minutes on each side, or until browned and fully cooked.
6. Remove the fried meat on a plate lined with towel paper to remove excess oil.

#### French fries:

1. Fill a pot with frying oil and heat it over medium-high heat.
2. Add the straw-cut potatoes to the hot oil and fry them for 5-7 minutes, or until golden and crispy.
3. Remove the fries on a plate lined with towel paper to remove excess oil.
4. Skip the potatoes to taste.

#### Yogurt sauce:

1. In a small bowl, mix the chopped garlic, Greek yogurt and salt.
2. Mix well until smooth.

#### Tomato sauce:

1. In a small pan, heat 1 tablespoon of olive oil over medium heat.
2. Add the chopped onion and cook until translucent.
3. Add the chopped garlic and cook for 30 seconds.
4. Pour the tomato paste and mix well.
5. Add the water, salt, black pepper and dried oregano.
6. Mix well and simmer over low heat for 10-15 minutes, or until the sauce thickens slightly.

#### Assembly:







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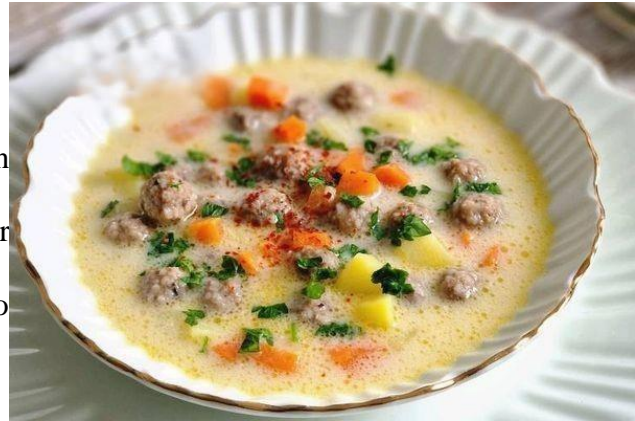
1. Place the fries on a serving plate.
2. Above the potatoes, arrange

## Sour and juicy Turkish-style meatballs

### Ingredients:

#### For meatballs:

- 450 g minced beef (or a combination of beef and lamb)
- ½ mug breadcrumbs (panko or normal)
- ¼ cup grated Pecorino Romano cheese
- 1 small onion, finely chopped
- 1 egg
- 1 teaspoon dried oregano
- ½ sumac teaspoon
- ½ teaspoon cumin
- ¼ teaspoon Aleppo pepper flakes (or a pinch of hot pepper flakes)
- Salt and freshly ground black pepper to taste



#### For sauce:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 clove of garlic, chopped
- 1 can (400 g) diced tomatoes, with all the juice
- ½ cup tomato paste
- ¼ cup fresh chopped parsley
- ¼ mug fresh chopped mint
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 teaspoon dried oregano
- ½ sumac teaspoon
- Salt and freshly ground black pepper to taste

### Instructions:

1. **Prepare meatballs:** In a large bowl, mix the minced meat, breadcrumbs, grated Pecorino Romano cheese, onion, egg, oregano, sumac, cumin, Aleppo pepper flakes, salt and pepper. Mix well with your hands until everything is evenly combined.
2. Shape the mixture into 2.5 cm meatballs.
3. **Heat a wide pan** over medium heat with a drop of oil. Add the meatballs and cook for 5-7 minutes on each side, or until browned on all sides.
4. **Drain excess fat** from the pan.





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5. **Prepare the sauce:** In the same pan, heat the olive oil over medium heat. Add the chopped onion and cook until soft, about 3 minutes. Add the garlic and cook for another minute.
6. **Add the diced tomatoes, tomato paste, parsley, mint, lemon juice, honey, oregano, sumac, salt and pepper.** Bring to a boil, then reduce the heat and let it boil gently for 5 minutes.
7. **Add back the cooked meatballs** in the pan with the sauce. Mix gently to cover the meatballs with sauce. Reduce the heat to low, cover the pan and let it simmer gently for 10-15 minutes, or until the meatballs are well cooked and the sauce has thickened slightly.

### Tips:

- For extra juicy meatballs, soak the breadcrumbs in milk for 5 minutes before adding them to the meatball mixture. Squeeze excess milk before use.
- You can bake the meatballs instead of frying them. Preheat oven to 200°C (400°F). Place the meatballs on a baking tray and bake them for 15-20 minutes, or until well cooked.
- You can use different types of minced meat, such as lamb or a combination of beef and lamb.
- For a spicier sauce, add more Aleppo pepper flakes to taste.
- Serve the meatballs and sauce over pasta, rice or your favorite bulgur. You can also enjoy them as an appetizer, served with toothpicks.

## Izmir meatballs (İzmir Cologne): An explosion of flavors from Turkey

### Ingredients:

#### For meatballs:

- 500 g minced lamb (or beef)
- 2 finely chopped medium onions
- 1 egg
- 1 tablespoon breadcrumbs
- 1 teaspoon tomato paste
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon cumin
- ½ teaspoon dried thyme
- Freshly chopped parsley (to taste)



#### For sauce:

- 4 medium sliced potatoes
- 3 medium sliced tomatoes
- 2 hot green peppers cut into rounds (optional)
- 2 medium onions cut into rounds





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• 3

tablespoons olive oil

- 1 teaspoon tomato paste
- 1 cup water
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- Dry oregano (to taste)

### Method of preparation:

#### Meatballs:

1. In a large bowl, mix the minced meat, chopped onion, egg, breadcrumbs, tomato paste, salt, black pepper, cumin, thyme and chopped parsley.
2. Knead the mixture well until the ingredients are homogenized.
3. Shape the meatballs from the meat mixture, giving them an elongated oval shape.

#### Sauce:

1. In a pot, heat the olive oil over medium heat.
2. Add the chopped onion and saute until translucent.
3. Add the tomato paste and mix well.
4. Pour water, salt, black pepper, paprika and oregano.
5. Bring to a boil, then reduce the heat and let it simmer gently for 10 minutes.
6. Add the sliced potatoes, sliced tomatoes, hot pepper (if using) and shaped meatballs.
7. Cover the pot and leave on low heat for 30-40 minutes, or until the potatoes are cooked and the sauce has thickened slightly.

#### Serving:

1. Serve the Izmir meatballs hot, with the vegetable sauce and a side of rice or bulgur.
2. You can decorate with freshly chopped parsley.





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## Rice with chicken and chickpeas (Chickpea Chicken Rice)

### Ingredients:

- 1 cup dried chickpeas
- 2 cloves of garlic
- 1 small chopped onion
- 2 tablespoons of olive oil
- 1 tablespoon curry powder
- 1 teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon cayenne pepper (optional)
- 400 g canned chopped tomatoes
- 400 ml water
- 300 g boneless and skinless chicken breast, diced
- 1 cup basmati rice
- Salt and black pepper to taste
- Freshly chopped parsley (for decoration)



### Method of preparation:

1. Rinse the chickpeas well under cold water and soak in a bowl of cold water for at least 8 hours, or overnight.
2. Drain the chickpeas and rinse them again.
3. In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes.
4. Add the chopped garlic and cook for another 1 minute.
5. Add curry powder, cumin, turmeric and cayenne pepper (if using). Mix well and cook for 1 minute, until the spices become aromatic.
6. Add the chopped tomatoes, water, chickpeas and salt. Mix well and bring to a boil.
7. Reduce the heat to low, cover the pot and boil for 30 minutes, or until the chickpeas are soft.
8. Add the diced chicken breast and basmati rice. Mix well and cover again.
9. Boil for 20 minutes, or until the rice is cooked through and the chicken is fully cooked.
10. Season with salt and black pepper to taste.
11. Decorate with freshly chopped parsley and serve hot.







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## Pumpkin Pancakes: An Easy and Delicious Recipe

### Ingredients:

- 2 medium pumpkins
- 2 eggs
- 50 g flour
- 50 ml milk
- 25 g grated feta cheese (optional)
- 1 small chopped onion (optional)
- Salt and black pepper to taste
- Oil for frying



### Method of preparation:

1. Wash the pumpkins and grate them. Squeeze out excess water with a colander or paper towel.
2. In a large bowl, beat the eggs with a whisk. Add the flour, milk, salt and black pepper. Mix well until you get a homogeneous dough.
3. Add grated zucchini, grated feta cheese (if using) and chopped onion (if using). Mix well until the ingredients are homogeneous.
4. In a non-stick pan, heat the oil over medium heat.
5. Pour a small amount of dough into the pan, forming a thin pancake.
6. Cook the pancake for 2-3 minutes on each side, or until golden and crispy.
7. Repeat the process with the rest of the dough, adding more oil to the pan as needed.
8. Serve the pancakes warm zucchini with cream, Greek yogurt or tzatziki sauce.

## Egyptian style tomato meatballs (Fellah Meatballs)

### Ingredients:

#### For meatballs:

- 500 g minced beef (or a combination of beef and lamb)
- 1 small onion finely chopped
- 2 cloves of minced garlic
- 1 tablespoon breadcrumbs
- 1 teaspoon tomato paste
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ¼ teaspoon cayenne pepper (optional)





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- Salt and black pepper to taste
- Olive oil for frying

#### For sauce:

- 400 g chopped tomatoes (canned)
- 1 diced red bell pepper
- 1 small diced onion
- 2 cloves of minced garlic
- 1 teaspoon tomato paste
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- Salt and black pepper to taste
- Freshly chopped parsley (for decoration)

#### Method of preparation:

##### Meatballs:

1. In a large bowl, mix the minced meat, chopped onion, minced garlic, breadcrumbs, tomato paste, ground coriander, ground cumin, ground turmeric, cayenne pepper (if you use it), salt and black pepper.
2. Knead the mixture well until the ingredients are homogenized.
3. Shape the meatballs from the meat mixture, giving them a round shape.
4. In a non-stick pan, heat the olive oil over medium heat.
5. Fry the meatballs for 5-7 minutes on each side, or until golden and crispy.
6. Remove the meatballs from the pan and place them on a plate lined with towel paper to absorb excess oil.

##### Sauce:

1. In the same pan you fried the meatballs in, put the chopped tomatoes, diced bell pepper, diced chopped onion, chopped garlic, tomato paste, ground cumin, paprika, salt and black pepper.
2. Mix well and bring to a boil.
3. Reduce the heat to low, cover the pan and let it simmer gently for 20 minutes, or until the sauce thickens slightly.

##### Serving:

1. Place the fried meatballs on a serving plate.
2. Pour the tomato sauce over the meatballs.
3. Decorate with freshly chopped parsley.
4. Serve hot with a side of rice, bulgur or pita.

## Delicious quince dessert: Traditional Turkish recipe (Gül Receli)





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Quinces are

aromatic and versatile fruits, excellent for delicious desserts. Here is a traditional Turkish recipe for quince dessert known as Gül Receli.

### Ingredients:

- 4 large, ripe quinces
- 2-3 tablespoons of sugar (more may be needed depending on the sweetness of the quinces)
- 1 small lemon
- 1 cinnamon stick
- 3-4 cloves
- 2-3 stars of anise (optional)
- Water



### For syrup:

- 2 cups of water
- 1 cup sugar

### Method of preparation:

1. **Prepare quinces:** Wash the quinces well and remove the fluff from the shell with a clean cloth.
2. With a sharp knife, remove the seed core from each quince. Be careful not to pierce the quince. You can use a teaspoon to carefully remove the core.
3. Cut the quinces into slices about 1 cm thick.
4. Squeeze the juice from the small lemon into a bowl of cold water. Add the quince slices to the lemon water to prevent oxidation.
5. **Prepare syrup:** In a separate pot, combine 2 cups of water with 1 cup of sugar. Stir over medium heat until the sugar dissolves completely and the syrup begins to boil. Reduce the heat to low and let the syrup simmer gently for 5 minutes.
6. **Boil quince:** Drain the slices of lemon water quince. Place them in a wide pot. Add the cinnamon stick, cloves and anise stars (if using). Pour the hot syrup over the quince.
7. Add enough water to the pot to almost cover the quince slices. Bring to a boil, then reduce the heat to low, cover the pot and let the quinces simmer gently for 45-60 minutes, or until the quinces are soft and transparent. Occasionally turn the quince slices to cook evenly.
8. **Check sweetness:** After the quinces are cooked, taste the syrup. If it is not sweet enough, you can add more sugar, one tablespoon at a time, and boil for another 2-3 minutes until the sugar dissolves.
9. **Cool dessert:** Turn off the heat and allow the quinces to cool completely in syrup, for at least 2 hours or overnight. This will allow the quinces to absorb the flavors from the syrup.
10. **Serving:** Remove the quince slices from the syrup with a slotted spoon. Place them on individual plates. Pour syrup over quince.





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## Sultan Lokumu: A light and delicious Turkish delicacy

**Sultan Lokumu**, also known as "Sultan's Desert" or "Sultan's Roll", is an extremely popular Turkish dessert, appreciated for its fine texture, creamy taste and rich aromas. Unlike traditional recipes that require baking, Sultan Lokumu is quick and simple to prepare, making it perfect for even the most inexperienced chefs.

### Ingredients:

- **For base:**
  - 180 g sugar
  - 120 g flour
  - 40 g cocoa
  - 12 g baking powder
  - 8 g vanilla sugar
  - 1 l milk
  - 40 g butter
- **For cream:**
  - 1 l milk
  - 100 g sugar
  - 100 g semolina
  - 1 packet of vanilla sugar
  - Grated peel from a lemon
  - 50 g butter
- **For decoration:**
  - 250 g coconut flakes
  - 50 g ground walnuts (optional)



### Method of preparation:

#### 1. Base preparation:

- In a large bowl, mix the sugar, flour, cocoa, baking powder and vanilla sugar.
- In a separate pot, heat the milk over medium heat.
- Gradually add the hot milk over the dry ingredient mixture, stirring continuously with a whisk until you get a smooth, lump-free dough.
- Melt the butter over low heat and incorporate it into the dough.
- Pour the dough into a baking tray lined with baking paper and place in the oven preheated to 180°C for about 20-25 minutes, or until the top turns golden and elastic to the touch.
- Remove the pan from the oven and let the top cool completely.

#### 2. Cream preparation:







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- In a pot, mix the milk, sugar, semolina, vanilla sugar and grated lemon peel.
- Put the pot on medium heat and stir continuously with a whisk until the cream thickens and becomes similar to a pudding, about 10-15 minutes.
- Take the cream off the heat and incorporate the soft butter, stirring well until it melts completely.
- Allow the cream to cool completely.

### 3. Dessert assembly:

- On a clean work surface, spread a cling film large enough to cover the cooled top.
- Sprinkle the coconut flakes evenly on the foil.
- Place the cooled top on top of the coconut flakes with the bottom up.
- Spread the cold cream evenly over the top.
- With the help of the food foil, roll the top with the cream tightly, forming a roll.
- Seal the ends of the roll and refrigerate for at least 2 hours, or ideally overnight, to harden and soak in flavors.

### 4. Serving:

- After it has cooled enough, cut the Sultan Lokumu roll into slices about 2-3 cm thick.
- Decorate the slices with ground walnuts (optional) and serve the dessert cold, along with an aromatic Turkish coffee or hot tea.

## Recipes of Romanian dishes (with Moldovan specifics)



### Rădăuțean soup: An explosion of flavors from Bucovina

Rădăuțean soup is a traditional Romanian soup from Bucovina, appreciated for its rich and aromatic taste, thanks to the unique combination of ingredients. The recipe may vary slightly from family to family, but the key elements remain the same, providing an authentic culinary experience.





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## Ingredients:

- **For soup:**
  - 2-3 chicken legs with bone (or 500 g beef)
  - 2 medium carrots
  - 1 parsnip root
  - 1 small onion
  - 1 small celery
  - 1 bell pepper (optional)
  - 2 tablespoons olive oil
  - 1 teaspoon salt
  - ½ teaspoon black pepper
  - 2 bay leaves
  - 1 bunch of green parsley
  - 4-5 liters of water
- **For dumplings:**
  - 1 egg
  - 50 g flour
  - 25 ml milk or cream
  - Salt to taste
- **For cream:**
  - 200 ml cream for cooking
  - 1 egg yolk
  - 1 tablespoon lemon juice (or vinegar)



## Method of preparation:

### 1. Soup preparation:

- Wash the chicken or beef well and put it in a large pot.
- Add the peeled carrots and cut into rounds, peeled and diced parsnip root, finely chopped onion, finely chopped celery (and diced bell pepper if used).
- Pour in the cold water and add the olive oil, salt, black pepper and bay leaves.
- Bring to a boil, then reduce the heat and let the meat and vegetables simmer over low heat for about 1 hour, or until the meat is tender and the vegetables are soft.
- With a foam, remove the foam formed on the surface during boiling.
- Add the finely chopped parsley and simmer for another 5 minutes.
- Remove the cooked meat from the pot and let it cool slightly. Peel the meat and cut it into small pieces.

### 2. Dumpling preparation:

- In a small bowl, beat the egg with the milk or cream and salt to taste.
- Gradually add the flour, stirring continuously with a whisk until you get a soft and homogeneous dough.
- With the help of two teaspoons, take small amounts of dough and shape them into round dumplings.

### 3. Cream preparation:





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- In a small bowl, mix the egg  
the cooking cream.
- Gradually add the lemon juice (or vinegar), stirring continuously to avoid coagulation.

yolk

with

#### 4. Soup completion:

- Strain the vegetable soup into a clean pot, discarding the cooked vegetables.
- Add the meat cut into small pieces and the raw dumplings to the soup.
- Boil for 10-15 minutes, or until the dumplings are cooked and come to the surface.
- Take the pot off the heat and pour the cream and yolk mixture over the soup, stirring gently to homogenize.
- Stop boiling the soup after adding the cream to avoid its coagulation.

#### Serving:

- Pour the hot Rădăuțean soup into individual bowls.
- Decorate with green parsley

## Moldovan tochtitura: The traditional recipe with meat and smoke

Moldovan tochtitura is a traditional Romanian dish, originating from the Moldova area, appreciated for its unique flavor and rich aroma. The recipe may vary slightly from region to region, but the key elements remain the same: pork, smoked meat, offal (optional) and vegetables, cooked together in a delicious sauce.

#### Ingredients:

- **For meat:**
  - 500 g pork (pulp, neck, cutlet)
  - 200 g of smoke (sausage, bacon, kaiser)
  - 200 g organs (optional: liver, kidneys, heart)
- **For vegetables:**
  - 2 medium onions
  - 2 medium carrots
  - 1 bell pepper (optional)
  - 2-3 fresh tomatoes or 400 g canned chopped tomatoes





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- 2-3 cloves of garlic
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 2 tablespoons of sunflower oil
- **For serving:**
  - Polenta
  - Cream
  - Hot peppers (optional)
  - Chopped green parsley

## Method of preparation:

### 1. Ingredient preparation:

- Cut the pork into suitable pieces (about 2-3 cm).
- Cut the smoke into smaller pieces.
- Peel and cut onion scales, carrots rounds, bell peppers into cubes (if using).
- Fresh tomatoes are scalded, peeled and diced.
- Finely chop the garlic.
- Wash the organs well (if using them) and cut them into small pieces.

### 2. Vegetable tempering:

- In a large pot, heat the sunflower oil over medium heat.
- Add the chopped onion and saute until it becomes glassy, about 5 minutes.
- Add the carrots cut into rounds and diced bell pepper (if using) and continue to saute for another 5 minutes, stirring occasionally.

### 3. Cooking meat:

- Add the pork cut into pieces in the vegetable pot and mix well.
- Saute the meat for 5-7 minutes, stirring frequently, until lightly browned on all sides.
- Add the cut smoke to smaller pieces and mix well.
- Pour enough water to cover the meat and vegetables (about 1-1.5 liters).
- Add the salt, black pepper, paprika, dried thyme and chopped garlic.
- Bring to a boil, then reduce the heat, cover the pot and let the meat simmer over low heat for about 1 hour, or until tender.

### 4. Addition of tomatoes and offal (optional):

- Add the fresh diced tomatoes (or canned chopped tomatoes) and mix well.
- If you use organs, add them to the pot during the last 15-20 minutes of boiling.
- Boil for another 10-15 minutes, stirring occasionally, to allow the tomatoes to cook and the flavors to meld together.

### 5. Serving:







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- Pour the hot Moldovan tochtitura into individual bowls.
- Serve with warm polenta, cream, hot peppers (optional) and parsley

## Moldovan sarmale: A delicious traditional recipe with sauerkraut

Moldovan sarmales are a traditional Romanian dish, appreciated for its rich and aromatic taste, thanks to the unique combination of ingredients and the method of preparation.

### Ingredients:

#### For filling:

- 1 kg minced pork (or a combination of pork and beef)
- 200 g rice
- 2 medium chopped onions
- 2 medium grated carrots
- 1 small grated parsnip
- 1 chopped celery greens
- 1 bunch of chopped dill
- 1 bunch of chopped green parsley
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 1 teaspoon dried thyme
- 100 ml sunflower oil



#### For cabbage:

- 2 medium pickled cabbages
- 2-3 bay leaves
- 10-12 black peppercorns
- 1 sprig of fresh thyme (optional)
- Water

#### For sauce:

- 2 tablespoons of sunflower oil
- 2 medium chopped onions
- 1 small grated carrot





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• 1 small

- grated parsnip
- 1 teaspoon tomato paste
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 500 ml tomato juice
- 500 ml water
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 bunch of chopped green parsley

### Method of preparation:

#### 1. Preparation of sauerkraut:

- Carefully peel off the large leaves of sauerkraut, being careful not to break them.
- Rinse the leaves under cold water to remove excess salt.
- Place the cabbage leaves in a large pot of cold water and bring to a boil.
- Boil the cabbage for 2-3 minutes, or until the leaves become soft and flexible.
- Drain the cabbage leaves and let them cool.

#### 2. Filling preparation:

- In a large pot, heat the sunflower oil over medium heat.
- Add the chopped onion and saute until it becomes glassy, about 5 minutes.
- Add the grated carrots, grated parsnips and chopped celery greens and continue to saute for another 5 minutes, stirring occasionally.
- Pour the rice and mix well with the vegetables.
- Wash the rice with cold water 2-3 times to remove excess starch.
- Add the minced meat, salt, black pepper, paprika, dried thyme and chopped dill and parsley.
- Mix all ingredients well until smooth.
- Cook the filling for 10-15 minutes, stirring occasionally, until the meat changes color.

#### 3. Running sarmals:

- Place a boiled cabbage leaf on a flat surface.
- Place a spoonful of filling in the middle of the leaf.
- Fold the side edges of the leaf over the filling.
- Roll the leaf tightly forming a wire.
- Repeat the process with the rest of the cabbage leaves and filling.

#### 4. Boiling sarmals:

- Place a layer of finely chopped cabbage leaves on the bottom of a pot.
- Place the sarmals tightly side by side in the pot, in layers.
- Add the bay leaves, black peppercorns and fresh thyme sprig (if using) among the sarmals.
- Pour cold water into the pot to cover the sarmals completely.





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- Bring to a boil, then reduce the heat, cover the pot and let the sarmales simmer on low heat for about 2-3 hours, or until the cabbage and meat are tender.
- Add hot water to the pot during boiling, if necessary, to keep the sarmales covered with liquid.

### 5. Sauce preparation:

- Heat the sunflower oil over medium heat in a pan.
- Add the chopped onion and saute until it becomes glassy, about 5 minutes.
- Add the grated carrots, grated parsnips and saute for another 5 minutes, stirring occasionally.
- Add the tomato paste, paprika, dried thyme and mix well.
- Pour the tomato juice and water, salt and black pepper.
- Bring to a boil, then reduce the heat and boil the sauce for 15-20 minutes, or until it thickens slightly.

### 6. Completion and serving:

- With a slotted spoon, remove the boiled sarmales from the pot and place them on a plate.
- Pour the hot tomato sauce over the sarmales.
- Decorate with chopped green parsley.
- Serve the hot Moldovan sarmales with warm polenta, cream and hot peppers (optional)

## Moldovan borscht: A delicious traditional soup with beetroot

Moldovan borscht is a traditional Romanian soup, originating from Moldova, appreciated for its sour and aromatic taste, thanks to the unique combination of vegetables, meat and cream. The recipe may vary slightly from region to region, but the key elements remain the same: beetroot, cabbage, carrots, onions, meat (optional) and cream.





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## Ingredients:

- **For soup:**
  - 2-3 medium beetroot
  - 1 medium sauerkraut
  - 2 medium carrots
  - 1 medium onion
  - 1 parsnip root (optional)
  - 1 small celery (optional)
  - 2-3 cloves of garlic
  - 2 tablespoons of sunflower oil
  - 1 teaspoon salt
  - ½ teaspoon black pepper
  - 1 teaspoon paprika
  - 1 teaspoon ground cumin (optional)
  - 2 bay leaves
  - 1 bunch of green parsley
  - 4-5 liters of water
- **For cream:**
  - 200 ml cream for cooking
  - 1 egg yolk
  - 1 tablespoon lemon juice (or vinegar)



## For meat (optional):

- 400 g beef (pulp, tail) or 500 g chicken leg

## Method of preparation:

### 1. Vegetable preparation:

- Wash the beetroot well and boil it in a separate pot with cold water.
- Boil the beetroot for about 45-60 minutes, or until soft.
- Drain the water from the beet and let it cool.
- Clean and cut carrots, onions, parsnips (if using) and celery (if using) into cubes.
- Finely chop the garlic.
- Wash the sauerkraut well and cut it faithfully.

### 2. Soup cooking:

- In a large pot, heat the sunflower oil over medium heat.
- Add the chopped onion and saute until it becomes glassy, about 5 minutes.
- Add the diced carrots, parsnips (if using) and celery (if using) and continue to saute for another 5 minutes, stirring occasionally.
- Add the chopped garlic and saute for another 1 minute.

### 3. Adding vegetables and meat (optional):







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- Add the faithfully chopped sauerkraut and mix well.
- Pour enough water to cover the vegetables (about 3-4 liters).
- Add salt, black pepper, paprika, ground cumin (if using) and bay leaves.
- Bring to a boil, then reduce the heat, cover the pot and let the vegetables simmer on low heat for about 30 minutes, or until the sauerkraut becomes soft.
- **Optional:** If you use meat, add it to the pot with the boiled vegetables about 30 minutes before the end of boiling. Cook the meat until tender.

#### 4. Adding beetroot and completing the soup:

- Drain the water from the boiled beetroot and grate it.
- Add the grated beetroot to the soup pot and mix well.
- Boil the soup for another 10-15 minutes to allow the flavors to meld together.
- Taste the soup and adjust the spices to taste (salt, black pepper, paprika) if necessary.

#### 5. Cream preparation:

- In a small bowl, mix the egg yolk with the cooking cream.
- Gradually add the lemon juice (or vinegar), stirring continuously to avoid coagulation.

#### 6. Serving:

- Pour the hot Moldovan borscht into individual bowls.
- Add a spoonful of prepared cream over each serving.
- Decorate with chopped green parsley.
- Serve the Moldovan borscht with warm polenta, hot peppers (optional) and fresh bread.

## Poale-n brau: A traditional Romanian recipe with sweet cheese

Poale-n brau, also known as Moldovan cheeses, are a delicious and easy-to-prepare traditional Romanian recipe. They are made with a soft and fluffy dough filled with sweet cottage cheese, raisins and lemon peel. The result is an aromatic dessert and perfect for any occasion.





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## Ingredients:

### For dough:

- 550 g flour
- 300 ml warm milk
- 60 g sugar
- 50 g butter
- 10 g dry yeast
- 2 yolks
- The peel of a lemon
- A little salt

### For filling:

- 500 g sweet cottage cheese
- 150 g raisins
- 70 g sugar
- 2 tablespoons semolina
- 2 eggs
- 1 vanilla paste
- The peel of a lemon

### For anointed:

- 1 egg yolk
- 2 tablespoons of milk

## Method of preparation:

### 1. Dough preparation:

- Sift the flour into a large bowl.
- Add the dry yeast, sugar and salt. Mix well.
- Make a dent in the middle of the flour and pour in the warm milk and melted butter.
- Add the yolks and grated lemon peel.
- Mix the ingredients with a wooden spoon until a homogeneous dough is formed.
- Knead the dough on a surface sprinkled with flour for about 10 minutes, until it becomes elastic and smooth.
- Place the dough in an oiled bowl, cover with a clean towel and leave to rise in a warm place for about 1 hour, or until it doubles in volume.

### 2. Filling preparation:

- In a bowl, mix the sweet cottage cheese with the sugar, semolina, eggs, vanilla paste and grated lemon peel.
- Add the raisins and mix well.





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3. Lap-

in-

#### bra formation:

- Preheat oven to 180°C.
- Cut the leavened dough into two equal pieces.
- Spread a piece of dough on a surface sprinkled with flour, forming a rectangular sheet with a thickness of about 1 cm.
- Spread the cheese filling on the dough sheet, leaving an edge of about 2 cm unfilled.
- Roll the dough sheet with roll-shaped filling.
- Repeat the process with the second piece of dough and the remaining filling.
- Place the lap rolls in your arm in a baking tray lined with baking paper.
- Brush the roulades with a mixture of egg yolk and milk.

#### 4. Baking:

- Bake your lap in the preheated oven for about 30-40 minutes, or until golden.
- Remove the lap in the arm from the oven and let them cool completely before serving.

**Moldovan papanasi: A delicious traditional recipe with sweet cheese**





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Moldovan papanas are a delicious and easy-to-prepare traditional Romanian dessert, originating from the Moldova area. They are made with fluffy donuts made from sweet cottage cheese, fried and served hot with cream, fruit jam and caramel syrup. The result is an explosion of flavors and textures, perfect for satisfying any sweet tooth.

### Ingredients:

#### For donuts:

- 500 g sweet cottage cheese
- 2 eggs
- 3 tablespoons of sugar
- The peel of a lemon
- 1 teaspoon vanilla extract
- 500 g flour



- 1 teaspoon baking powder
- 1 pinch of salt
- Oil for frying

#### For cream:

- 200 ml cream for cooking
- 1 teaspoon powdered sugar
- Optional: grated lemon or orange peel

#### For caramel syrup:

- 100 g sugar
- 50 ml water
- 1 tablespoon lemon juice

#### For decoration:

- Fruit jam (according to preference)

### Method of preparation:

#### 1. Donut preparation:

- In a large bowl, mix the sweet cottage cheese, eggs, sugar, grated lemon peel and vanilla extract until smooth.
- Sift the flour into another bowl. Add baking powder and salt.
- Combine the dry ingredients with the cheese mixture, stirring gently until a soft, sticky dough forms.







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- Knead the dough on a surface sprinkled with flour for about 5 minutes, until it becomes elastic.
- Cover the dough with a clean towel and let it rest at room temperature for 30 minutes.
- Form the doughnuts: take a small piece of dough (about 50 g) and roll it between your palms until you get a ball. Gently press the ball with your thumb to create a recess in the middle.
- Repeat the process with the rest of the dough.

## 2. Donut roasting:

- In a deep pot, heat the oil over medium heat. The oil should be hot enough to fry the donuts without burning.
- Fry the donuts in the hot oil for about 2-3 minutes on each side, or until golden and fluffy.
- Remove the fried doughnuts on a paper towel to remove excess oil.

## 3. Cream preparation:

- In a small bowl, beat the cooking cream with the powdered sugar until you get a fluffy cream.
- Optionally, add grated lemon or orange peel for added flavor.

## 4. Preparation of caramel syrup:

- In a small saucepan, mix the sugar and water.
- Cook over medium heat, stirring occasionally, until the sugar dissolves completely.
- Boil the syrup for about 5 minutes, or until golden and thick.
- Add the lemon juice and mix well.

## 5. Serving:

- Place the warm donuts on individual plates.
- Pour the hot caramel syrup over the donuts.
- Add the whipped cream and your favorite fruit jam.
- Serve immediately and enjoy the delicious taste of Moldovan papanasi!





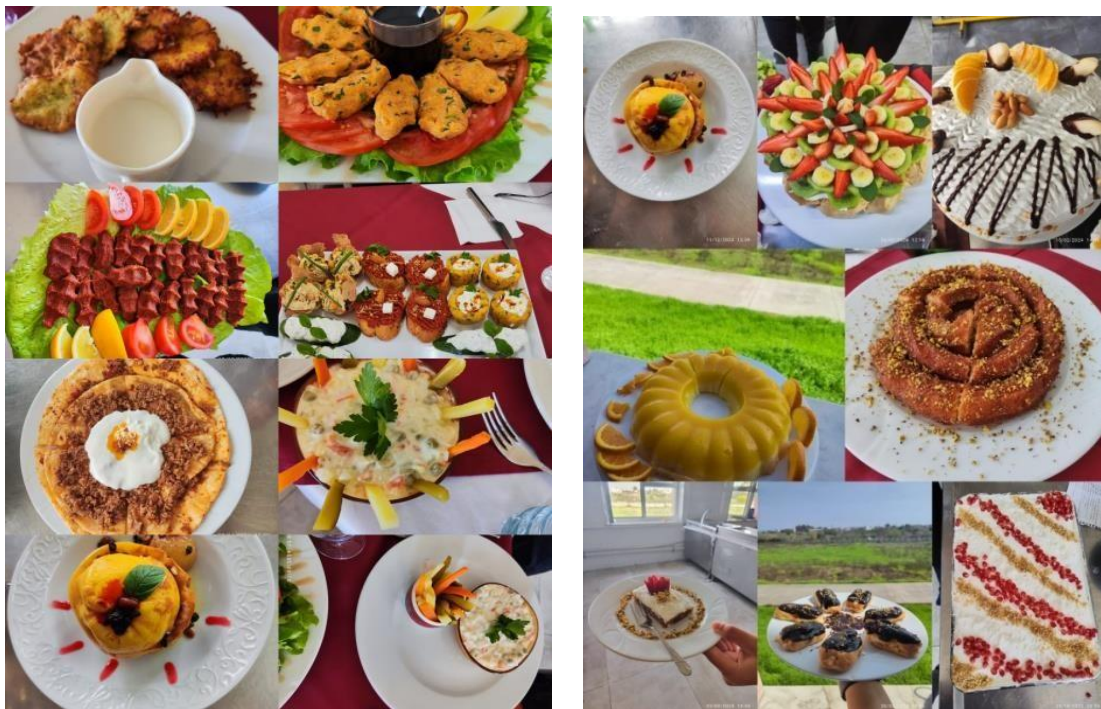
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*We thank our partners in Italy and Turkey for collaboration, openness and friendship that defined our relationship throughout the project.*

