

HEALTHY/TRADITIONAL DISHES FROM POLAND AND SPAIN (VALENCIA)



Fundusze Europejskie
dla Rozwoju Społecznego



Rzeczpospolita
Polska

Dofinansowane przez
Unię Europejską



Szkoła Podstawowa
im. ks. Józefa Poniatowskiego
w Bolechowicach

Blueberry dumplings

INGREDIENTS NEEDED:

Dough:

Sift flour into a bowl, add salt. Put butter in hot water and melt, gradually pour into the flour, stirring everything with a spoon. Combine the ingredients and put them on a floured pastry board. Knead the dough with your hands for about 7 minutes, tossing with flour if necessary, so that the dough does not stick. Place in a bowl and cover with a damp cloth, set aside for about 30 minutes.

- 300g wheat flour
- Pinch of salt
- 200ml boiling water
- 30g butter



Blueberry filling:

Rinse fresh berries quickly under a gentle stream of water. Drain on paper towels, spread out on a tray and dust with 1 tablespoon of flour. Remove frozen berries from the freezer before making the dumplings themselves (dumplings are easier to stick with frozen fruit).

- about 150g of berries, fresh or frozen
- 1 tbsp of wheat or potato flour

Cooking dumplings:

Put the dough on a pastry board, divide it into 3 - 4 parts and roll out each part in turn into a thin sheet. With a small glass cut out circles, put one teaspoon of stuffing in the center. Fold the dough in half and carefully stick the edges of the ravioli together. In a large pot, boil salted water. Put the first batch of dumplings about 15 pieces. Once boiling again, reduce the heat to medium and cook the dumplings for about 2 minutes counting from the time they float to the surface of the water.



PUMPKIN SOUP

INGREDIENTS:

- 1,5kg pumpkin (peeled)
- 2 onions
- 1 medium sized carrot
- 2 tablespoons of butter
- 2 cloves of garlic
- 3 potatoes
- 2 cups of water
- Pinch of salt and pepper

Peel the onions and carrots and cut into slices. Place the butter and chopped vegetables in a large pot. Fry them for about 10 minutes on low heat, and stir well.

Meanwhile, peel the pumpkin and scoop out the seeds. Cut it into cubes. Peel the potatoes and also cut them into cubes. Pour water into the pot with fried vegetables and place the pumpkin and potatoes. Cover the pot with a lid. Cook the soup for about 30 minutes on low heat.

After this time, stir the soft vegetables, which should release water, and add two more peeled garlic cloves and salt and pepper. Cook the soup for another 20 minutes.

Finally, blend it into a smooth cream using a blender.



PUMPKIN SOUP

**It is a very
healthy recipe
with low
calories.**



INGREDIENTES

- 1,5kg pumpkin soup**
- 2 onions**
- 1 medium sized carrot**
- 2 tablespoons of butter**
- 2 cloves of garlic**
- 3 potatoes**
- 2 cups of water**
- pinch of salt and pepper**



POTATO OMELETTE

🕒 Duración: 45 min



INGREDIENTS

- 6 eggs
- 3 potatoes
- onion(opcional)
-



INSTRUCTIONS

peel 3 potatoes of 300 grams we cut into small pieces We put a frying pan on the fire and add enough oil With very hot oil we cook the potatoes in the pan We let them fry for 20 minutes over low heat. we cut an onion cook the onion with the potatoes We beat 6 eggs and add salt to taste Once the potatoes and onion are fried, drain the oil and place them in a glass bowl with the beaten eggs. mix everything very well Pour the mixture into the pan and let it cool. we cover with a plate We turn it over and cook it on the other side. After it has been cooked, we put it on a plate and it is ready.

-
-
-
-
-
-

Nerea
Sebastián
Daniela
Sofia
Justo
Nuria

*strongly believe
the moment you dec*

Traditional Paella recipe



INGREDIENTS

- 400 g of Sueca rice 800
- g de pollo 400 g rabbit 1
- dozen "vaquetes"
- (snails) 400 g of
- garrofon 150 g tavella
- 300 g beans olive oil 1
- clove of garlic peeled
- and chopped 1 ripe
- tomato, crushed 1
- tablespoon paprika
- stranded hazaffron, salt,
- rosemary sprig
- (optional)
-
-

INSTRUCTIONS

1. Cut the chicken and rabbit into regular pieces, salt them, heat the oil in the paella and fry the pieces of meat very well and slowly.
2. Once the meat is sautéed, we add the vegetables and sauté them.
3. Next, add the garlic, paprika and tomato.
4. Next, 2 liters of water are added, the snails deceived in the sun. All this is left to cook for 10 minutes.
5. Then add the saffron threads and the rice spread over the entire surface of the paella and let it cook over very high heat for 8 minutes.
6. Next, remove the heat so that it simmers for 10 more minutes, so that it reaches the charrat point.

how to make HORCHATA

1-1/2 pineapple

2-2 cups of milk

3-1 cup Fortunella cinnamon rice horchata

4 -1/2 cup condensed milk

5-1/2 cup of sugar

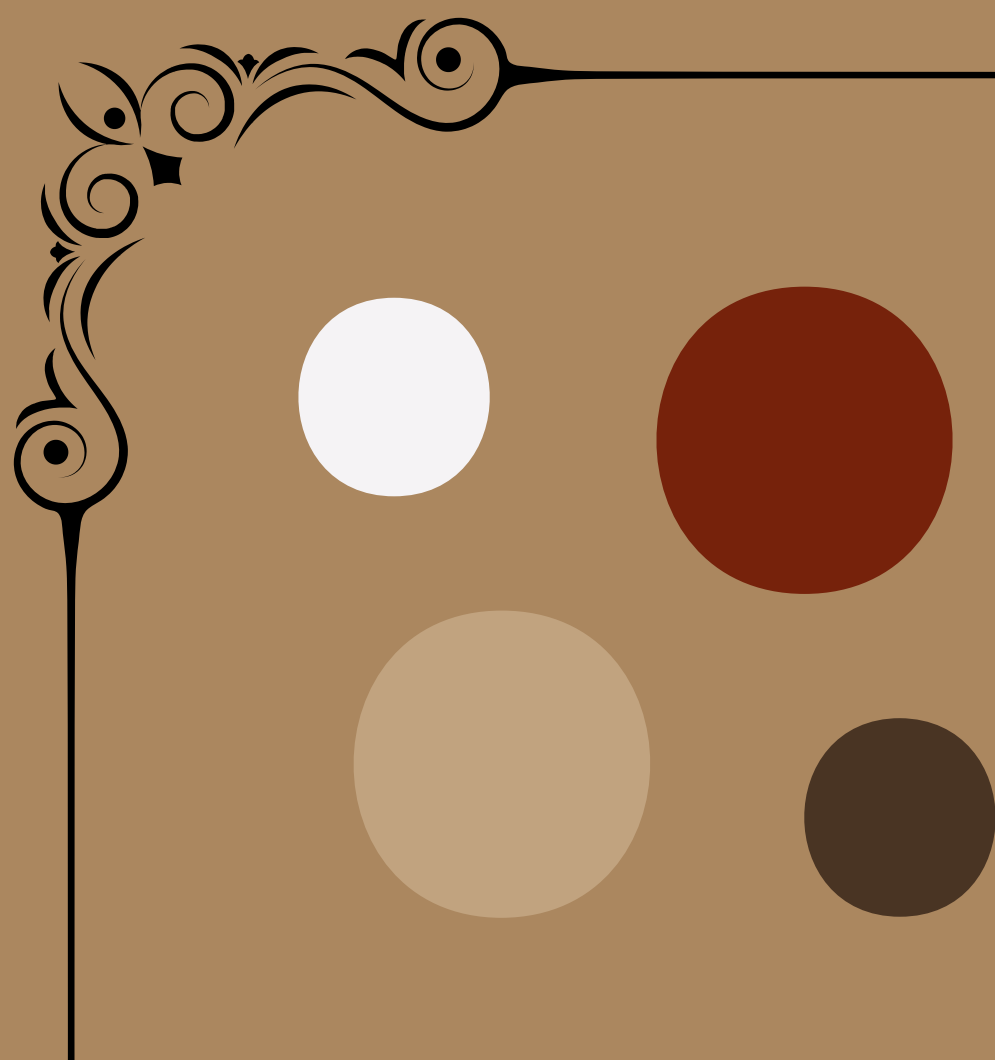
6 - 2 teaspoons vanilla extract

7 -1 liter of water

8-Washed mint leaves

9- Ice





Bigos recipe:

Ingredients:

- 1 kg of sauerkraut
- 500 g of fresh cabbage
- 500 g of various meats (pork, beef, sausage)
- 200 g of smoked bacon
- 2 onions
- 2-3 bay leaves
- 4-5 grains of allspice
- 1 tablespoon of tomato paste
- salt, pepper, marjoram, cumin
- 200 ml of red wine (optional)

Preparation:

1. Rinse and shred the sauerkraut, finely chop the cabbage.
2. Dice the meat, cut the sausage and bacon into slices.
3. Dice the onion and fry, add the meat, sausage and bacon, fry until browned.
4. Put the fresh cabbage in a pot, add the fried meat, onion, and spices.
5. Simmer on low heat for about 2-3 hours, stirring occasionally.
6. Add tomato paste, wine, and cook for another 30 minutes.
7. Add salt and pepper.



Recipe for ground chops:

Ingredients:

- 500 g ground pork
- 1 onion
- 1 egg
- 2 tablespoons breadcrumbs
- 1 clove of garlic
- salt, pepper
- marjoram
- oil for frying
- breadcrumbs for coating

Method of preparation:

1. chop the onion finely, press the garlic through a press.
2. mix the meat with egg, breadcrumbs, onion, garlic and spices.
3. form cutlets, roll in breadcrumbs.
4. fry in hot oil on both sides until golden brown.



Russian dumplings

Cake:

- 2 full cups of flour
- $\frac{3}{4}$ cup of warm water
- 1 pinch of salt

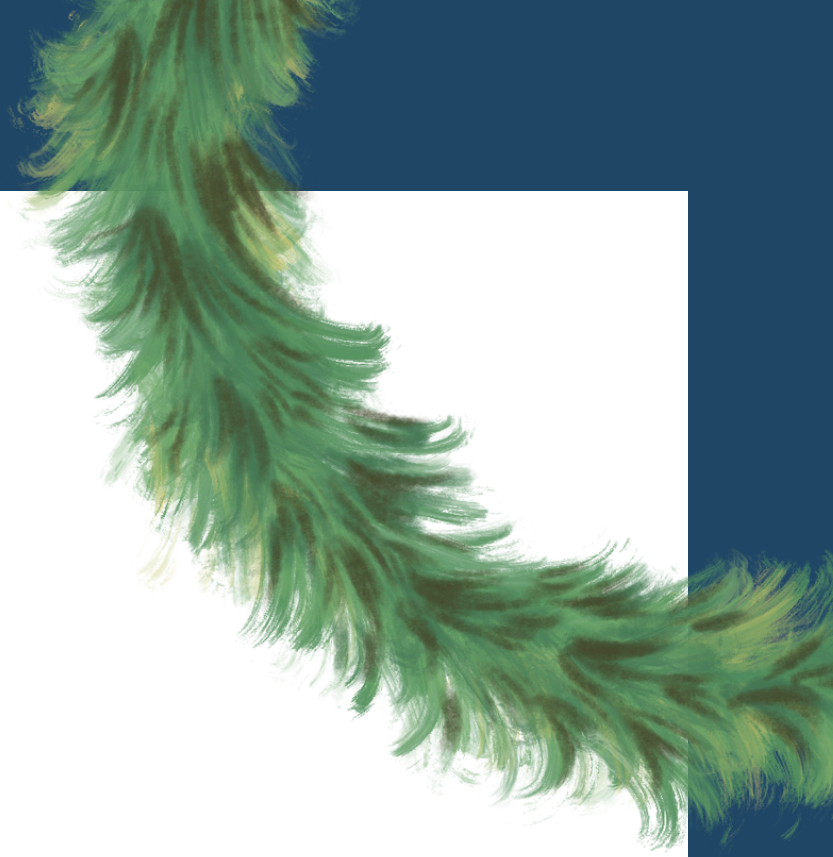
Stuffing:

- 500 g of boiled potatoes
- 200 g of cottage cheese
- 1 onion
- 70 ml of oil
- 1 small bunch of spring onions or chives
- $\frac{1}{2}$ teaspoon of marjoram
- salt

Instructions:

1. Knead the dough with flour, warm water and salt until it becomes elastic.
2. Prepare the stuffing by pressing the potatoes through a press together with the cottage cheese. Add the glazed onion, marjoram and season with salt, mixing the ingredients until a uniform mass is obtained.
3. Roll out the dumpling dough into a thin cake, cut out circles, for example with a glass. Place a portion of the filling on each circle, fold it in half and seal the edges to form dumplings.
4. Boil the dumplings in salted water for about 1.5-2 minutes after they float to the surface. After cooking, drain them and pour oil over them to prevent them from sticking together.

Enjoy your meal !!!



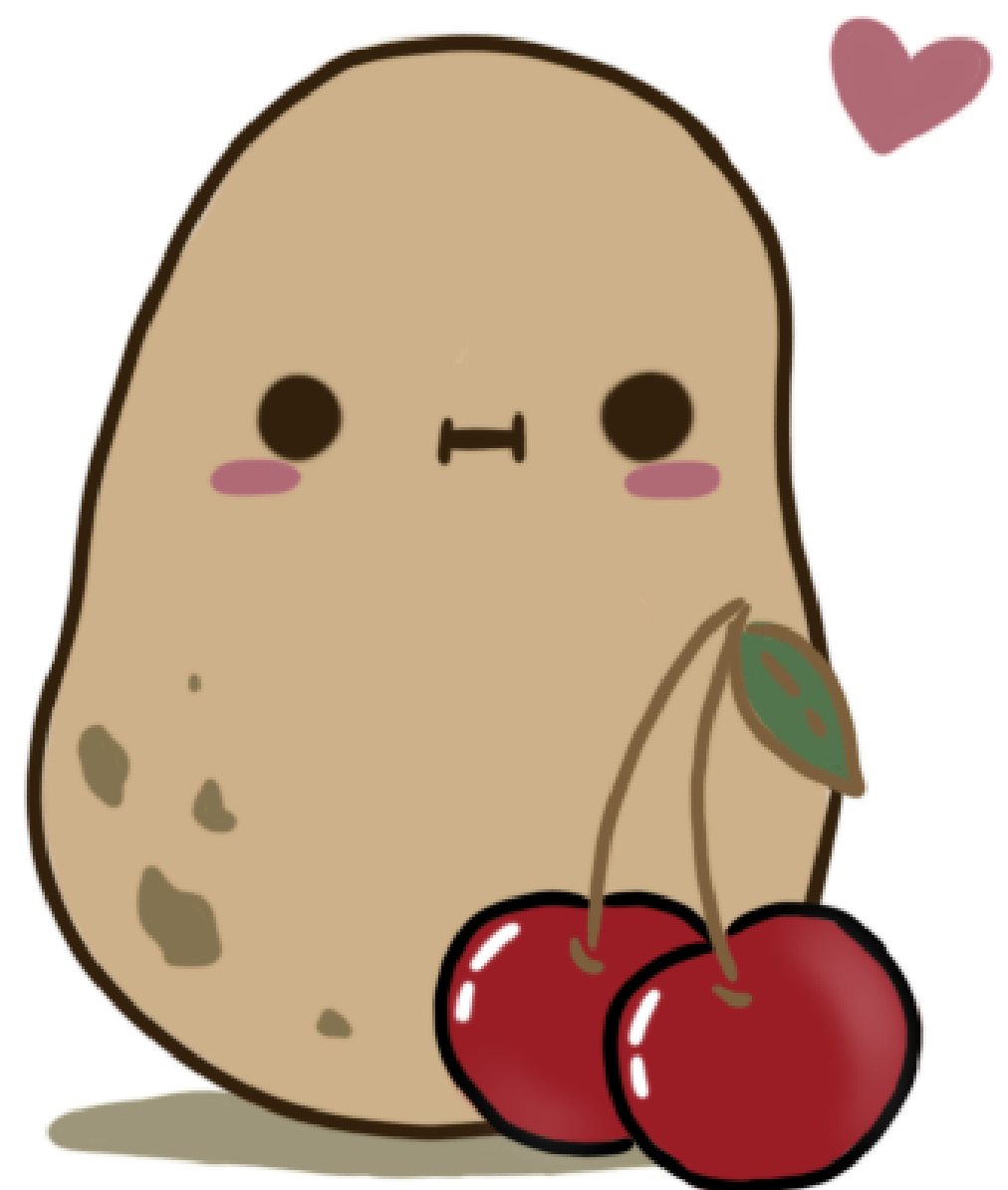
recipe for healthy potato chips

first peel the potatoes and put them in a bowl with water and salt for 15 minutes, then cut the potatoes into thin slices.

Pour the spices, salt, pepper, oregano and marjoram into the bowl. Add the remaining spices and mix with the chopped potatoes.

Preheat the oven and place the potatoes on a baking tray.

when the potatoes become golden in color, take them out of the oven and they're ready.





- 80g carrots, cut into cubes,
- 50g celery root, cut into pieces,
- 50 g onion cut into quarters,
- 1 clove of garlic,
- 250g potatoes cut into pieces,
- 50 g leek, only the white part, cut into 2 cm slices,
- 1000g of water,
- 2 cubes of vegetable stock (per 0.5 liter),
- 20g butter,
- 100g cream 12% fat,
- black pepper, minced, to taste,
- salt, to taste,
- method of preparation.

1. Put the carrots, celery, onion, garlic, 100g of potatoes and the leek into a paste into the mixing bowl. Scrape the ingredients down the sides of the mixing bowl with a spatula.

2. add water and vegetable broth concentrate, steam for 25 minutes and mix.

3.add butter 150g of potatoes, cook for 20 minutes, 100 degrees Celsius and mix.

4.add cream, pepper, salt and mix.

Krupnik



Krupnik is made of
groats,
parsley, potatoes,
carrots and chicken
filled with hot water.
we eat it in colder
seasons to warm up.

**Boil everything
in a pot for
about 1 hour
separately boil
the groats for
30 minutes and
add to the soup**

ingredients
*parsley
*potatoes
*chicken
*carrots
*groats
*water

BRAVAS POTATOES



**1 kg of special potatoes for frying or
frying**

**Extra virgin olive oil (what is needed
to preserve and then fry the
potatoes)**

For the brava or spicy sauce:

**2 tablespoons of sweet La Vera
paprika**

1 tablespoon of spicy La Vera paprika

1 tablespoon fine corn flour

200 ml. meat broth

4 tablespoons extra virgin olive oil

1 teaspoon of salt (6 g of fine salt)

Red Borscht

Ingredients:

- 2 kg of beets, cooked,
- 2.5 liters of vegetable or meat broth,
- 1 medium onion, chopped and fried in 1 tablespoon of butter,
- 1 bay leaf, 3 - 4 allspices, a couple of black peppercorns,
- 1 tablespoon of vinegar.

Preparation:

Put cooked, peeled and sliced (or larger pieces) beets into boiling, clear broth. Cook on low heat only for about 10 - 15 minutes. 5 minutes before the end of cooking, add bay leaf, allspice, black pepper and fried onions and add 1 tablespoon of vinegar. Remove from the heat.



Broccoli salad with almonds

Preparation time: 10 minutes

Ingredients

Broccoli

5 radishes

feta cheese

1 handful of almond flakes

Preparation

Boil the broccoli, until hard, separate the florets and cut them. Next, hard-boil the egg and cut into the quarters. Later, cut the feta cheese into cubes, and radishes into slices. At the end, mix all ingredients and sprinkle with almond flakes.



Enjoy your meal!

THANK YOU FOR YOUR ATTENTION

Natalia, Arek and Ania