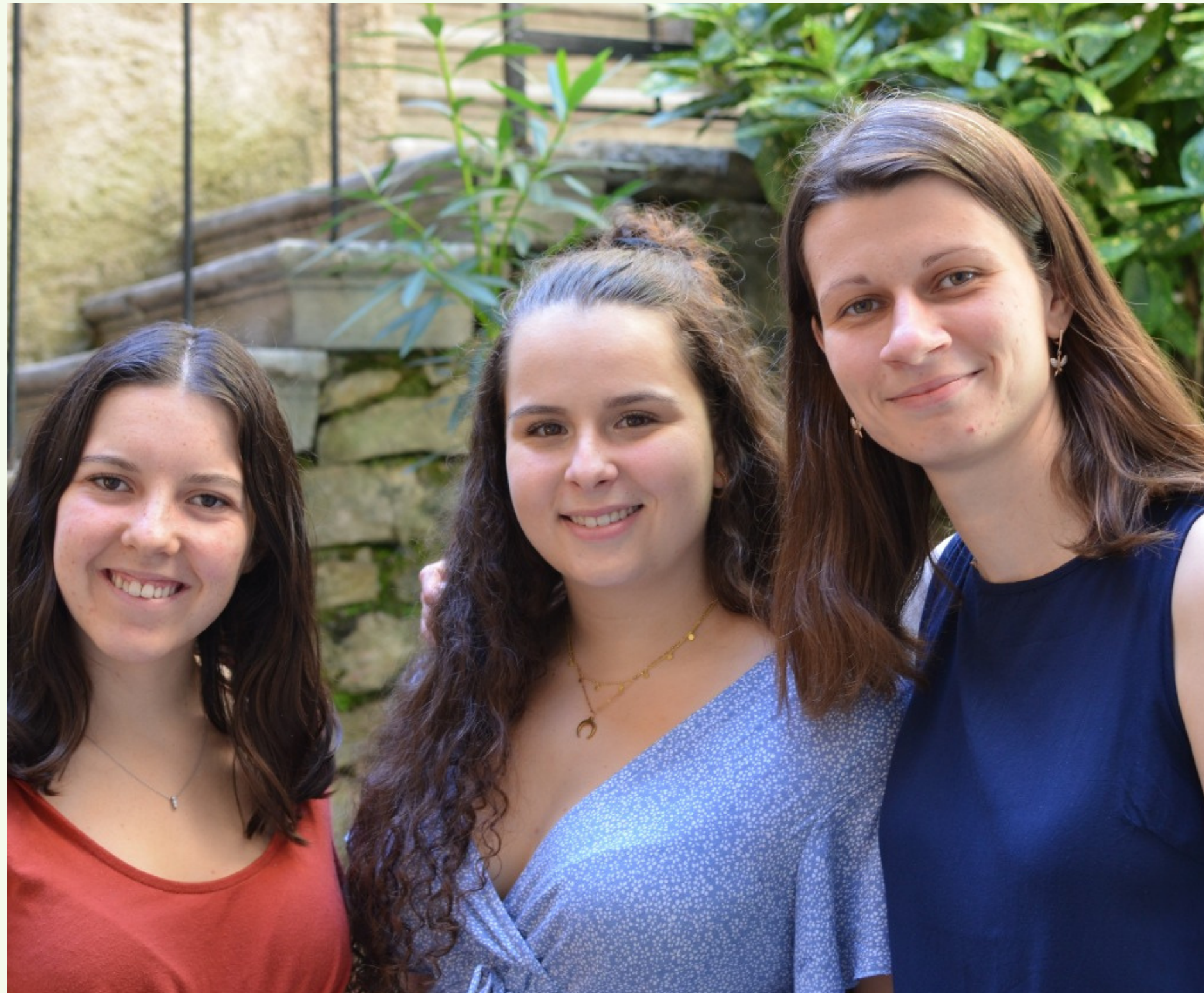




Cooking with love

COOKBOOK



FOREWORD

No matter in which part of the world you taste it, the best food is the one cooked with soul and heart.

Inviting you to take this gastronomical journey, three international volunteers of Alfa Albona gathered some recipes from all over the world in this cookbook.

Cook with pleasure, enjoy the taste, and do not forget to put a pinch of love among your ingredients to each dish!

*Melissa, Natalia and Kateryna
from Labin with love*



Starters

6 RECIPES

5-7 SOUPE A L'OIGNON

Fresh soup usually based on
meat stock and onions

JULIENNE 8-10

Russian snack in a form of a waffle
basket

11-13 LAVASH CRAB ROLLS

Armenian flatbread with a fishy
filling

BRIKS 14-17

Berber dish consisting of thin pastry around
a filling, commonly deep fried

18-21 CROQUETAS

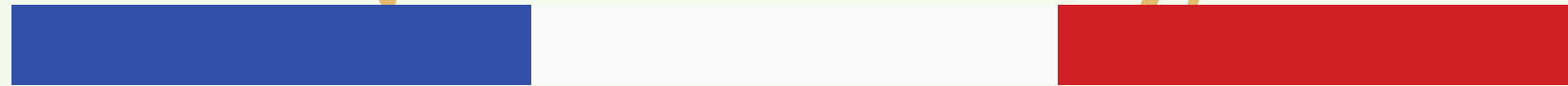
A vegetarian option of a classic
Spanish tapa


BORSCH 22-24

A heartwarming bright red
Ukrainian soup



Soupe à l'oignon



 1 hour

 Easy

Ingredients



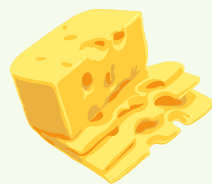
3 onions



1 tsp of flour



1 l of water



100g of gratted cheese



1 piece of bread per person



Salt and pepper



- Cut the onions in small and thin pieces.
- Fry them in a mixture of butter and oil until they are tender and slightly browned.
- Sprinkle the onions with flour, mix and cook for 30 seconds.
- Season with salt and pepper and pour in the water. Cover and leave to cook for 30 minutes.



- Pour the soup into 4 individual ovenproof bowls.
- Arrange the slices of farmhouse bread on the soup, sprinkle with grated cheese and grill for a few minutes.
- Serve immediately. Enjoy your meal and "Bon appetit" !



Julienne



🕒 1 hour



Easy

Ingredients



400 g mushrooms



100 ml cooking cream



400 g chicken breast



2 onions



200 g cheese



12 waffle cups



salt and pepper



- Roast chicken breast for 15 min and cut into small cubes.
- Cut mushrooms and onion into small cubes and fry them together.
- Grate the cheese, combine it with the roasted chicken and the fried mushrooms and onion mixture.
- Mix everything with the cooking cream, add salt and pepper to taste.



- Put the mixture inside the waffle cups.
- Preheat oven to 180 degrees Celsius.
- Bake the juliennes in the oven for 10 minutes.
- Priatnogo appetita!



Lavash crab rolls



🕒 30 min

👨🍳 Easy

Ingredients



300 g soft cheese



2 tbs of yoghurt



3 eggs



1 tsp of mustard



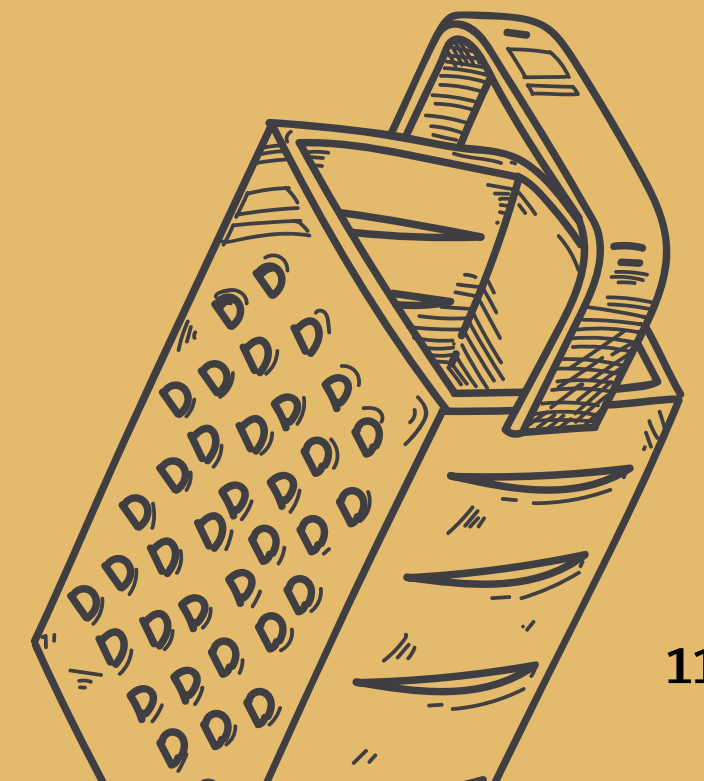
200 g crab sticks



2-3 cloves of garlic



2 thin lavash sheets



- Boil the eggs for 5 min.
- Grate the boiled eggs, cheese, and crab sticks.
- To make the sauce, mix yogurt, mustard, and minced garlic.
- Mix everything in one bowl and garnish it with the sauce.



- Spread the crab mixture over the lavash sheet.
- Roll the lavash in a tube shape.
- Cut the roll into little slices and serve them on a plate.
- Bari akhorzhak!



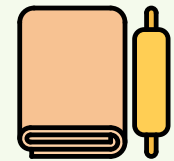
Briks



🕒 2 hours

👨‍🍳 Hard

Ingredients



Phyllo sheets



200g of Tuna



150g of cream cheese



1 carrot



1 zucchini



1 onion



Salt and pepper



- In a bowl mix the tuna with cream cheese, salt, pepper and rosmmary (first mixture).



- Grate half of the zucchini, the carrot and the onion (second mixture) and put it in an other bowl.



- Cut the phyllo sheets in half lengthwise, ending up with long, narrow sheets. Fold the phyllo sheet in half.



- Place a heaping tablespoon of filling one inch from the end closest to you.
- Fold the bottom right corner over the filling to the left edge to form a triangle.
- Continue turning the triangle over in this manner until you reach the end of the phyllo.
- Enter the last centimetre of phyllo in the triangle.



- Repeat the operation for the other bricks and some of them with the second mixture.
- Fry the brik in the preheated oil in batches for about 3 minutes or until golden brown and crispy. Drain the brik on a paper towel-lined plate.
- Serve them on a plate. You can also eat them cold.
"Bassaha "!



Croquetas de setas

🕒 2 hours

👨‍🍳 Hard

Ingredients



500 gr of mushrooms



Butter



2 eggs



Milk



Bread crumbs



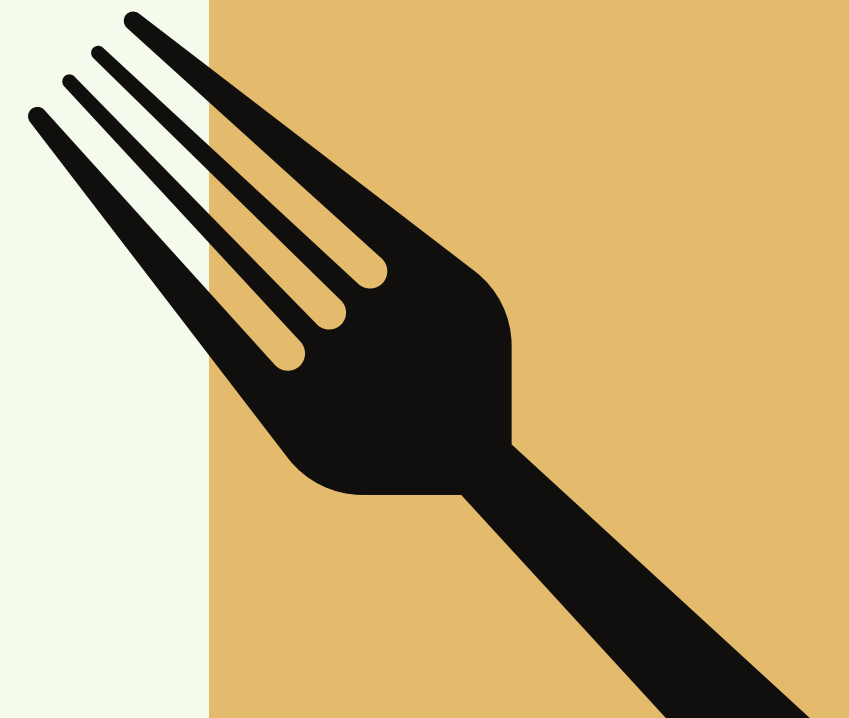
Flour



Salt



Olive oil



- Chop the mushrooms and onions as finely as you can.

- Add them to a nonstick pan with olive oil and cook them for 15 minutes or until they are soft and the water has evaporated.

- Add a couple of spoons of butter and let it melt all over the mixture.

- Add a couple of spoons of flour and mix for two minutes, then add milk slowly creating a béchamel like paste.



- When you see the paste looks like in the picture and the consistency is not liquid anymore, put it in a container.

- Let the paste rest in the fridge for a minimum of 4 hours or overnight.

- When these hours have passed, you should be able to create balls or cylindrical shapes with your hands or with two spoons.

- Beat the eggs, add salt, and put them in a bowl, and put the bread crumbs in a separate bowl.



- Dip the balls in the egg first and then in the bread crumbs.

- You can put them in the fridge to consume another time or in the freezer for another day.

- If you want to consume them at the moment, fill a pan or a pot with frying oil.

- Fry them until they are a bit brown and look crispy, they are now done.

Buen provecho!



Borsch

🕒 1.5 hours

👨🍳 Medium

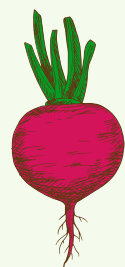
Ingredients



500 g chicken breast



1.5 kg potatoes



500 g beetroot



3 onions



3 carrots



1/4 of cabbage



salt and pepper



3 tomatoes



sour cream



1 bulk of parsley



- Cut the chicken breast into cubes and start boiling. Shred beetroot and add it to the chicken, when the water starts to boil. Boil it for 40 minutes.

- Cut the onions into small pieces, shred the carrots and fry them together until the onion gets a golden colour.

- Cut the potatoes into cubes and add them into the water together with the onion and carrot.



- Cut the cabbage into thin slices of 2-3 cm length and add it to the water.

- Take out the tomato's skin and shred it into tomato puree. Add into the water, put salt and pepper, and boil for 40 more minutes.

- Serve with a spoon of sour cream on top and a pinch of parsley. Traditionally borsch is eaten with dark bread and garlic on the side.

- Smachnoho!





Main course

6 RECIPES

27-29 QUICHE LORRAINE

French main course from the
lorraine region

TORTILLA DE PATATAS 30-32

A Spanish dish eaten as a main dish or
as part of the typical tapas

33-37 VARENYKY

Ukrainian soul food or
"The shape of Ukrainian heart"

MUSHROOM LASAGNA 38-41

A classic Italian meal with a twist

42-45 EMPANADA GALLEGA

A typical galician concuction filled with
vegetables and tuna


KHINKALI 46-50


Juicy and meaty dumplings straight
from the Georgian mountains



Quiche Lorraine



 1 hour

 Easy

Ingredients



Puff pastry



3 eggs



200g of bacon



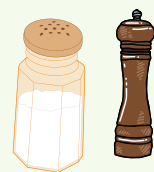
20cl of cooking cream



1 Onion



100g of grated cheese



Salt and pepper



- Put the pastry in a pie plate.
- Cut the onion in small and thin pieces.
- Fry the onion and bacon in a pan.
- Beat the eggs, cooking cream and milk together in a bowl.



- Add the bacon and onion in the bowl. Season with salt and pepper.
- Pour the mixture over the pastry.
- sprinkle with grated cheese.
- Bake for 40 minutes in the oven at 180°. Bon appetit!



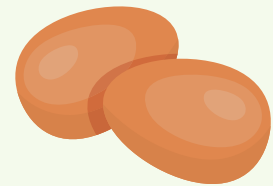
Tortilla de patatas



🕒 1 hour

👨‍🍳 Medium

Ingredients



6 Eggs



500gr of potatoes



One large onion



Olive oil and Salt



- Peel the potatoes and cut them into small and thin pieces, and cut the onion in the same way.
- Put a splash of olive oil on a nonstick pan and add the potatoes and the onion.
- Cook the potatoes and onions for 30 to 40 minutes or until soft and well cooked.
- Crack the eggs in a large bowl and beat them. Add the mixture of the potato and onion and let it rest for 10 minutes.



- Put the mixture back in the nonstick pan and let it cook for around 5 minutes or until the edges look cooked.

- It's time to turn it around! Take a plate that is slightly smaller than the pan and put it on top of the tortilla.

- Turn the pan around and put the tortilla on the plate, then put the tortilla back in the pan from the other side.

- Let it cook for another 5 minutes at low temperature, and your tortilla will be ready to eat.

Buen provecho!



Varenky

🕒 3 hours

👨‍🍳 Hard

Ingredients



1 kg flour



600 ml water



150 g butter



salt and pepper



1 kg potatoes



3 onions



500 g chicken breast



olive oil



- Mix flour with 1 teaspoon of salt. Put 100 g of butter in water and wait until it boils. Pour slowly the hot water with butter in the flour simultaneously mixing it with the wooden spoon.
- Form a ball of dough and let it rest for an hour covered.
- There will be 3 types of varenyky: with potatoes, with chicken and with potatoes and chicken.
- Boil the potatoes for 20 min and smash them. Add salt, pepper, and fried onions to the mixture.



- Boil the chicken for 30 min, slice it into small pieces or mince it. Add salt, pepper, and fried onions.

- Mix some mashed potatoes with chicken to have the third option of varenyky.

- Prepare your working table: pour some flour on it so that the dough will not stick. Put some flour on the rolling pin and on your hands as well.

- Roll the dough and make an outline for dumplings. A cup or a glass could be very handy in defining the size of the dumpling outline.



- Put the filling inside of the dough (around 2 teaspoons). Putting too much may result in difficulties while closing the dumpling.

- Close the dumpling by joining two sides of the dough. The dough should be very elastic and easy to extend.

- Braiding the dumpling: make decorative edges as shown in the picture. Extend a piece of a corner with your big and pointing finger and attach it back to the corner.



- Repeat the same until the whole corner will be "braided".

- Boil the dumplings in the salty water until they pop up on the water surface.

- Serve with the fried onion and butter on top. Use sour cream as a sauce.

- Enjoy your meal or "smachnoho" as it is said in Ukrainian!



Mushroom lasagna

🕒 1,5 hour

👨‍🍳 Medium

Ingredients



10 lasagna sheets



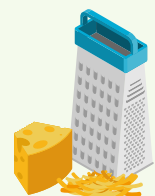
3 tablespoons of flour



200 g mozzarella



750 ml milk



100 g shredded cheese



2 tablespoons of olive oil



60 g butter



500 g mushrooms



200 g broccoli



200 ml cooking cream



3 cloves garlic



salt and pepper



- Fry mushrooms with broccoli for 15 min. Add chopped garlic, cooking cream, salt, and pepper.
- To prepare bechamel, heat butter with olive oil in the pot.
- When the butter melts, gradually add 3 spoons of flour. Mix it properly, so that there will be no lumps.
- Add milk and simmer until the mixture thickens. The mixture should have a consistency of a sour cream.



- Grease the tray with butter, put a bit of bechamel on the bottom of it, and put the lasagna sheets.

- On the top of lasagna sheets put the mushrooms.

- Cover the mushrooms with sliced mozzarella and spread the bechamel over it.

- Put lasagna sheets to cover the layers and repeat all over again until all the mushrooms will be spread.



- Cover the last layer of mozzarella and bechamel with lasagna sheets.
- Spread bechamel on the top of lasagna and generously sprinkle the shredded cheese.
- Preheat the oven at 180 degrees Celsius and bake for 30 min.
- Bon appetito!



Empanada Gallega

🕒 2,5 hours 👨🍳 Medium

Ingredients



500 g flour



300 ml water



30 gr yeast



1 egg



2
onions



1 red pepper



1 green pepper



300 gr canned tuna



150 gr tomato sauce



Olive oil and Salt



- Make a volcano shape with the flour and put the mix of water and yeast in the crater.

- Knead the dough until it is well combined, it is elastic and doesn't stick to the fingers.

- Cover the dough with a damp kitchen towel and let it rest for at least 1 hour.

- Once the time has passed, divide the dough into two parts. One for the top and the other for the bottom layer of the empanada.



- Now on to the filling; cut the onion and the peppers very finely and add them to a nonstick pan.
- Sauté them in 100 ml of olive oil for about 20 minutes.
- Once they are soft, add the tomato sauce and the tuna to the mixture. Make sure you drain the tuna before adding it to the pan.
- Preheat the oven at 180°C while you fill the dough with the mixture.



- Extend the dough in two rectangles that look as equal as possible, add one to a baking tray.
- Add the filling on top of the rectangle. Extending it all over but leaving a little space on the borders to close it afterwards.
- Now add the other rectangle on the top and close it pressing with a fork or by braiding it upwards and paint the top with egg.
- Bake it for 40 minutes at 180°C, and your empanada will be ready to enjoy. Disfruta da comida!



Khinkali



🕒 4 hours

👨‍🍳 Hard

Ingredients



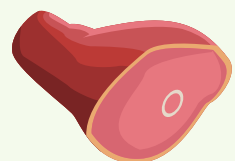
600 g flour



250 ml ice water



300 g ground beef



200 g ground pork



dill or parsley



0.5 teaspoons thyme



2 onions



paprika



salt and black pepper



ground coriander



- Sift flour and add 1 teaspoon of salt. Sprinkle ice water and start gradually mixing the dough.

- When all the water will be inside, knead the dough well for 5 min and put it in the fridge to rest for 3 hours.

- Mince onion and mix it with the ground meat.

- Add salt, thyme, ground coriander, black and red pepper.



- Finely chop a bunch of dill or parsley and add to the filling mixture.

- Put the filling inside of the fridge to rest for one hour.

- Divide dough into pieces of approximately 45 g and roll them.

- Place rolled dough in the bowl, it will be easier to assemble it.



- Put 2-3 teaspoons of meat filling and start closing the khinkali.
- Make folds of the borders as if creating wrinkles, so that it will look as on the picture.
- Georgians believe that the more wrinkles you make in khinkali, the better. It is deemed that 19 folds is a good number.



- Boil khinkali for 10-14 min. Put them on the plate and be ready to eat!
- Khinkali should be eaten with your hands. Take the dumpling by its tail and bite.
- Drink the juice inside of the khinkali, then proceed with eating the other parts. Leave the tail of the dumpling at the end, usually you don't eat that part.
- Gemrielad miirtvi!





Dessert

6 RECIPES

53-55 RISENGRØD

A Danish rice porridge that tastes
like christmas

CHEESE CAKE 56-58

Tender dessert with the taste of
childhood

59-61 MOUSSE AU CHOCOLAT

French desert with chocolate

KANELSNEGLE 62-65

The Danish version of the world
famous cinnamon roll

66-68 APPLE CRUMBLE

English sweet and crunchy dessert

PUMPKIN CAKE 69-71

Dessert from Canada, United States and United
Kingdom usually made during Thanksgiving

Risengrød

🕒 50 minutes 👨‍🍳 Medium

Ingredients



1l of milk



2.25 dl short-grained Rice



Cinnamon



Sugar



Butter



Some water



- Measure the rice with a cup, and add it to a big pot with a bit of water in the bottom.
- Turn on the heat and let the rice rest with the water for 5 minutes.
- Add a liter of milk and let it boil (don't leave it unattended because it may overflow).
- Stir the rice often, so it does not burn in the bottom, and let it cook for 40 minutes or until it looks like porridge.



- Mix 4 tbs of sugar with 1tbs of ground cinnamon.
- Serve the rice porridge in individual bowls.
- Add the cinnamon and sugar mix to your bowl to taste, as well as a little spoon of butter.
- The Rissengrød is now ready, enjoy your food or, like Danes say: nyt din mad.



Cheese cake



🕒 1,5 hour

👨‍🍳 Easy

Ingredients



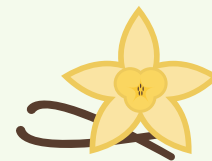
300g shortbread



3 tablespoons
of sugar



1 kg cream (cottage)
cheese



10g vanilla sugar



2 eggs



3 tablespoons
of sour cream



100ml milk



- Mince shortbread into a powder. A meat grinder could be very handy in that case.
- Place the shortbread powder on the bottom of the tray.
- Use a glass to form the borders of the crust.
- Mix cheese, eggs, sugar, sour cream, and vanilla sugar using a mixer.



- Pour the cheese mix in the tray on the shortbread crust and spread it evenly.

- Preheat the oven to 170 degrees and place the cake inside for 10 minutes.

- Lower the temperature to 100 degrees and bake for an additional 1 hour.

- Let the cake cool down after you take it out from the oven and enjoy your meal!



Mousse au chocolat

🕒 30 minutes 👨‍🍳 Medium

Ingredients



200g of chocolate



6 eggs



150g of sugar



150g of butter



- Place the chocolate and butter in a heatproof bowl and place over a saucepan containing about 1 inch of barely simmering water. Stir until the chocolate is melted and the mixture is smooth.
- In a bowl add 150g of sugar and the eggs yolks and mix.
- In another medium bowl, beat the egg whites until foamy.



- Pour the melted chocolate into the bowl with the egg yolks and sugar.
- Add the egg whites to the preparation and mix.
- Leave the preparation overnight in the fridge and enjoy your meal!



Kanel sneegle

🕒 1,5 hour

👨‍🍳 Hard

Ingredients



250 g butter



250 ml milk



50 gr fresh yeast



2 eggs



600 gr flour



flour



100 gr brown sugar



3 tbs cinnamon



- Melt 100 gr of butter in a small saucepan, add the milk and stir the yeast into it.
- Add the flour, salt, and eggs to the mix and knead it well until it's all well combined.
- Let the dough rise covered in a warm place for 30 minutes.
- Meanwhile, mix the rest of the butter with the sugar and the cinnamon until well combined.



- Take the dough out on a floured table and roll out the dough into a square plate (approx. 30 x 50 cm)

- Add the cinnamon mixture evenly through the dough.

- Roll the dough plate from the long side into a roulade, and cut approx 25 cinnamon snails.

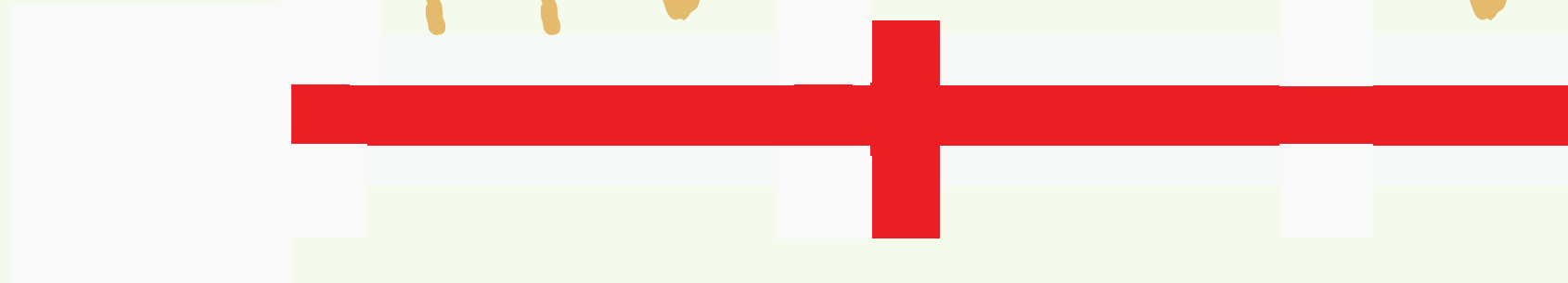
- Place the snails in a baking pan with parchment paper and let them rise covered for 15 minutes.



- Brush with egg and bake the cinnamon snails in the middle of the oven for 10 to 15 minutes.
- Take out of the oven and let it rest for 10 minutes or until they are cooled.
- Mix some powdered sugar with water to make the glaze and spread it on the rolls if you want to.
- The kanelnegle are ready to be enjoyed with a warm cup of coffee or tea.
Enjoy!



Apple crumble



🕒 1 hour

👨‍🍳 Easy

Ingredients



4 Apples



175g of flour



Cinnamon



110g of sugar



110g of butter



brown sugar



- Peel the apples and cut them in small and thin pieces.

- Put 110g of butter in the microwave during a few seconds to make it soft.

- In a bowl add 175g of flour, 110g of sugar and the butter and mix it with your hands to make it crunchy.


- In an other bowl mix the pieces of apples with a bit of brown sugar and cinnamon.




- Pour the apples into a buttered dish.
- Sprinkle the crumble preparation over the apples.
- Bake in the oven for 40-45 minutes to 180C until the crumble is browned and the fruit mixture bubbling.
- Serve with thick cream or vanilla ice cream.
Bon appetit!



Pumpkin Cake

 1 hour

 Easy

Ingredients



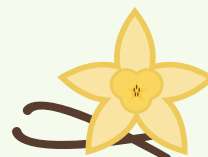
2 cups of pumpkin



2 cups of white sugar



2 cups of flour



1 ts of vanilla extract



4 eggs



3 ts of baking powder



2 ts of baking soda



2 ts of ground cinnamon



1/4 ts of salt



- Pre-heat the oven to 175 degrees C, grease the tray with butter.

- Mix together flour, baking powder, baking soda, salt and cinnamon.

- In another large bowl. combine sugar, vanilla, pumpkin, and oil, then beat in the eggs one by one.



- Butter the tray so it doesn't stick and spread the mixture evenly on the tray.
- Bake for 30 min, and let it cool down before serving.
- Serve with the vanilla yogurt on top. Enjoy your meal!



Bon appetit!



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