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STRATEGIC PARTNERSHIPS FOR VOCATIONAL EDUCATION and TRAINING

INTERNATIONAL SYNTHESIS OF SEAFOOD COOKING AND PRESENTATION METHODS

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Project Module-8

DRIED EGGPLANT FILLED WITH RISOTTO AND SEAFOOD

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Module Name: Dried Eggplant Filled With Risotto and Seafood

Purpose of the Module: Making dried eggplant filled with risotto and seafood by using the necessary ingredients, tools and equipments

Duration of the Module: 4 lesson hours (with teamwork of 20 people)

Module Scope: It was desired to create a synthesis dish with the sea products of dried eggplant, which is frequently used in meals by Turkey, with the contributions of three countries. In this context, it was requested that sea bass, salmon and calamari, which are thought to create a common flavour by the Spanish and Italian teams, are used in the dried eggplant, the production and cooking stages of which are planned by the Turkish team. In addition, Italian risotto was used as the filling. The filling was completed by adding local spices to the risotto by the Spanish team. In the presentation of the product, the plate was flavoured with pesto sauce belonging to the Italian team and the sauce created by the Turkish team, and food suitable for the tastes of three countries was obtained.

Learning Outcomes

Beneficiary gets the below abilities after the practices:

- Recognizes the tools and equipment used in making dried eggplant filled with risotto and seafood.
- Wears work clothes in accordance with cleanliness and customer satisfaction.
- Prepares the working environment in accordance with cooking processes.
- Expresses the preparation process steps of the tools used in making dried eggplant filled with risotto and seafood.
- Expresses the steps of cooking dried eggplant filled with risotto and seafood.
- Wears work clothes in accordance with its technique.
- Opens the electrical switch.
- Opens the ventilation.
- Opens the gas valve.
- Controls the trash can.
- Wipes workbenches with a dustcloth.





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- Measures the ingredients to be used in making dried eggplant filled with risotto and seafood with appropriate measuring tools.
- Puts the measured ingredients with into suitable containers.
- Uses the stove in accordance with its technique.
- Prepares the food in accordance with the standard recipe
- Works by focusing on work.
- Takes safety precautions while working.
- Uses tools and materials economically.
- Complies with the cleaning rules of the working environment.
- Completes the job in the given time.

Explanations Regarding the Implementation of the Module:

- This module consists of putting on work clothes, preparing the working environment, and preparing the tools used in making dried eggplant filled with risotto and seafood.
- Apron, waist apron, work trousers, bonnet, gloves, work shoes, hand towels, washcloths, cleaning materials, stove, workbench, bowls, measuring cups, scales, spatulas, pots, spoons, colanders, etc. should be included in the equipment of the educational environment.
- Adequate preparation should be given to the students. Every student in the class should be encouraged to practice.
- The features of the tools and equipment to be used in the implementation of each module will be introduced to the students.
- Advanced chaining, all skills chaining method, modeling, demonstration, etc. methods should be used to teach the knowledge, skills and attitudes in the workshops. Verbal cues, modeling and physical assistance should be used when deemed necessary.
- Security measures of the teaching environment should be taken.

Content of the Module

1. Tools to be Used in Making Dried Eggplant Filled with Risotto and Seafood





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- **Tools Used in Wearing Workwear**
 - a) Apron
 - b) Waist Apron
 - c) Work pants
 - d) Bonnet
 - e) Gloves
 - f) Work shoes
 - g) Hand towel
 - h) Washcloth
- **Tools Used in Preparing the Working Environment**
 - a) Bakery
 - b) Workbench
 - c) Bowls
 - d) Plates
 - e) Measuring Cups
 - f) Scales
 - g) Spatula
 - h) Cookware
 - i) Spoon
 - j) Fork
 - k) Knife
 - l) Grater
 - m) Serving Plate
 - n) Colander
 - o) Lighter
 - p) Oven
 - q) Gastronomic Tub
 - r) Water Heater
 - s) Cutting Board
 - t) Sauce Bowl
- **Ingredients Used in Dried Eggplant Filled with Risotto and Seafood**
 - a) Dried eggplant (3 packs)
 - b) Rice (4 glasses)
 - c) Onion (5 pcs)





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- d) Garlic (7 cloves)
- e) Calamary (20 rings)
- f) Sea bass (6 fillets)
- g) Salmon (250 g)
- h) Pesto sauce (1 jar)
- i) Olive oil (200 ml)
- j) Dill (1 bundle)
- k) Parsley (1 bundle)
- l) Black pepper seeds (5 g)
- m) Salt (7 g)
- n) Dried peppermint (3 gr)

For Sauce:

- o) Remains of sea bass ()
- p) Onion (1 pc)
- q) Lemon (3 pcs)
- r) Salt (3 g)
- s) Butter (500 g)
- t) Saffron (4 str)
- u) Sumac (4 g)

2. Cooking Dried Eggplant Filled with Risotto and Seafood

- Boil dried eggplants for 45 mins in water to soften.
- Roast onions, garlic, rice by adding water when needed.
- Add calamary cut into cubes, sea bass and salmon and cook for 5 to 10 mins.
- Add butter, parmesan, grated lemon skin and some lemon juice.
- Add black pepper, salt, pesto, sumac to the filling.
- Stuff eggplants with the prepared filling.
- Cook stuffed eggplants in water by adding some sumac for 10 mins.

Sauce:

- Boil sea bass with onion, salt and lemon for 30 mins.
- Filter it and boil again in a wide pan. Add lemon juice and saffron.

3. Security Precautions and Organisation

- Safety precautions must be followed
- Cleanliness and organisation rules must be followed.
- Studies must be as planned recipe





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Measurement and Evaluation in the Module

Various measurement tools and methods can be used in accordance with the individual characteristics of the student. The most basic method is to evaluate the suitability, taste, speed and skill levels of the module at the end of the training and to give a course grade.

