



# **KA2-COOPERATION FOR INNOVATION and THE EXCHANGE OF GOOD PRACTISES STRATEGIC PARTNERHIPS FOR VOCATIONAL EDUCATION and TRAINING**

**FUSION CUISINE (2016-1-TR01-KA202-035197)**

## **PROJECT BOOKLET**

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Nutrition, as old as the history of mankind, today continues to be an important and investigated subject with various cuisine cultures of nations. Gastronomy, which studies the relation between culture and cuisine, is getting more and more important with the globalization of tourism concept.

Even though technology provides opportunities to learn regional cuisine of different cultures, scientists make studies on site in order to learn various cuisines closely and practically.

By the Fusion Cuisine, which is took place within the scope of these studies, and with the participation of esteemed academicians and students of Karabük University provided the opportunity to get closely acquainted with Italian and Spanish cuisine and also to promote Turkish cuisine to the partners.

This academic work, which brought together the dishes of partner countries together and was carried out with the support of the European Union has become a source supported with various outputs which will be beneficial for many years.

I would like to thank all the stakeholders who contributed to the implementation of this important project.

Prof. Dr. Refik POLAT  
Rector and Project Coordinator



Culture is defined as the totality of knowledge, morality, law, belief, customs and manners of individuals who constitute a society. This phenomenon unique of societies is the sum of the values that arise as a result of a long-time accumulation. One part of these values is cuisine culture, which is defined as the preparation of food with which people need to survive.

Over time, food culture has gone beyond the need for survival and has become an art with taste. This formation which shows different understanding and development in each country and even in different regions of the country, has spread regionally, nationally and internationally parallel to the development of civilization.

Although societies are able to get to know each other's food culture more closely with the development of technology, they are still not recognized enough in other food cultures. The Fusion Cuisine project aims to synthesize and increase the awareness of Turkish, Italian and Spanish cuisines, which are considered primary cuisines internationally. With the activities organized in all 3 countries, local foods were prepared and presented. Outputs will be provided to the tourism and gastronomy students of the 3 project partner educational institutions within the scope of the courses and students will be provided with information about different food cultures as well.

I would like to thank all the people and organizations who have took part in Fusion Cuisine, which is a living project where the outputs can be used for many years even though the project has concluded.

Prof. Dr. İsmail Rakıp KARAŞ  
Project Director





## About Fusion Cuisine

Food culture has also become global in today's globalizing world. Undoubtedly, this situation led fusion cuisine to occur in time and took its place in many countries cuisine rapidly. Fusion cuisine is an authentic, creative and innovative practise which is composed of different cookery techniques and ingredients from different nations and regions and forms a designed mixture in one plate intentionally. This practise has increased its popularity recently and started to be used in different countries that aim to raise tourism income.

Fusion cuisine is created by different tastes from Italian, Spanish and Turkish cuisines. By this way it is provided to develop innovative approaches in gastronomy by the help of international cooperation. These new approaches are going to be extended by vocational trainings held by partners.



The applicant and head member of project is Safranbolu Vocational School of Higher Education, based in Safranbolu/Karabük, North of Turkey. In the related department approximately 200 students study with 2 qualified instructors in their area. Also it runs a 15 room-guest house for practices in tourism sector. An industrial kitchen is also available for cooking dishes and practising in the guest house.

First partner, Giovani per l' Europa is a European Vocational Training Exchange & Placement Programmes, based in Nicotera, south of Italy. The association dedicates itself to promote activities which help the young people's mobility and actions increasing their sensitivity for the cultural, instruction, political and economic diversities which are represented by different populations in Europe. The key to Giovani per l' Europa success lies in the quality and professionalism of their staff. Their activities are carried out by a qualified management team of experts with extensive experience in European projects. Their activities are backed up by the active participation of an international network of organizations.

Second partner; M&M Profuture Training is a modern trainer provider and intermediary organization founded in 2014 whose staffs has wide experience in managing and implementing training procedures and activities that give them enough skills and knowledge to develop the activities related to a wide range of projects. The company is specialized in different spheres-development and management of projects under different programs, creation of quality standards based in ISO for quality management, need analysis, VET training and qualification, etc. Their work is focused on the connection between business needs, organizational plans and human resources management and they are constantly carrying out analysis in order to develop and improve companies and their staff.

In today's tourism industry, food and drink service has become an important motivational factor. Tourist expenses on food and drink service have also a considerable rate such as 25% in tourism industry. People preferences on food and drink based vacations has motivated tourism establishments to improve their food and drink service. In this aspect, fusion cuisine is one of the most mentioned and important factor that can support this improvement.



By this project all our aim is to conduct our project by combining different country cuisines to create different tastes.

Transnational project meetings are organized as 5 days education and training sessions in partners' countries. Each training is organized by host partner. First meeting was in Italy between 1-5 May 2017, second meeting was in Spain between 25-29 September 2017 and final meeting was in Turkey between 16-20 October 2017.



## ITALY CUISINE

Italy meeting took place by hosting of Giovani per l' Europa between 1-5 May 2017. Safranbolu Vocational School of Higher Education is represented by İsmail Rakıp KARAŞ, Oğuz DİKER, Selahattin ALTAN, Adnan ÇETİNKAYA, Muzaffer KIRIMLI and Aydın SATICI. The other partner M&M Profuture Training is represented by Eva Yolanda del Amo Davó, Yesica Vanina Banzi Oviedo and Cristian Iglesias Rodriguez.



On the first day meeting Italian team informed all participants about weekly programme. Along the organisation, different tastes of famous Italian cuisine are prepared and served in the Giovani per l' Europa's vocational training kitchen. Organisation is not limited by kitchen, also teams informed in the famous Italian food centre "Eatly" about the slow food and traditional foods, by the experts. By the city tour the natural and historical sides of Milano explained by using food concept. After completing all activities, last day a general information exchange took place. Visit completed by certificate ceremony.





## Tagliatelle al Ragu

### Ingredients for 5 people

- 500 gr. flour
- 5 eggs (at room temperature)
- A pinch of salt

### Tools:

- Rolling pin
- Wooden spianatoia
- Transparent film
- Tablecloth

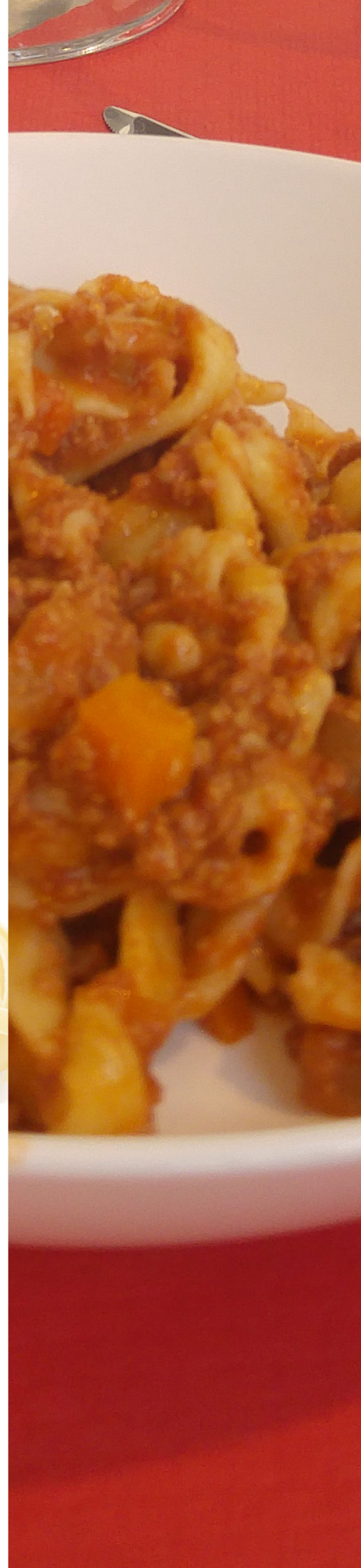
Arrange on a wooden worktop, then make the classic flour fountain by spreading the central hole well with your fingers, break the eggs one at a time on a plate and pour them in the center of the fountain with a pinch of salt. Do not break them directly in the fountain, often it may happen to run into a bad egg (normally you recognize the bad smell once opened), to avoid throwing away everything it is always recommended to break the eggs separately when making dough with eggs.

Once you have poured the eggs into the fountain and adjusted with salt, start to beat them gently with a fork, as you start to add the flour so as not to let the egg run from all sides. In a rather quick way, start to collect all the flour with your hands starting to knead, working the mixture until you get a smooth, dry and not too soft dough. Wrap it in the transparent film and let it rest for half an hour. In the meantime you can prepare the dressing for your homemade fettuccine.

After half an hour continue the dough, sprinkle a little flour on the wooden board, crush a little the dough with your hands to form like a "round pizza", then start rolling with a rolling pin. If you find it more convenient to work with less dough at a time, cut the dough into two and make two sheets.

As you roll out the dough rolled up the rolling pin, pulling it "rubbing" the palms on it, moving them away and bringing them together, then rest it on the table, pull it a little and rewind it to the rolling pin continuing to pull "rubbing" with your hands. Continue until you have a sheet of about one or two millimeters.

Once you have obtained the dough, spread it well on the table, let it dry for a few minutes, then start rolling it and sprinkle it with a little flour. Once sliced, spread a large cloth or a tablecloth, spread the rolls with your hands to unroll the fettuccine and arrange them by lying on the canvas sprinkling with a little bit of flour. Cover them with another dishcloth or tablecloth and put the water pan to boil for cooking. Once the water is boiling, pour your fettuccine a little at a time, and cook for about 5-6 minutes.







## Ragu

### Ingredients for 5 people

- 300 gr.beef pulp
- 1 glass broth of meat
- A few tablespoons tomato sauce
- 1 onion
- 1 carrot
- 1 celery, coast

To prepare a good Bolognese sauce, first wash the celery and carrot carefully, then peel the onion and finely slice the vegetables. In a generous saucepan heat a tablespoon of oil. At the temperature reached, sauté the vegetables and the minced beef. Then add the minced beef and brown for a few minutes. Then pour the wine and mix carefully. Add the tomato sauce and the meat stock, continuing to mix. Season with salt and pepper, cook over low heat for a couple of hours, stirring occasionally.

Cooking, the sauce will be ready to be added as a condiment to pasta or combined with one of the countless recipes with which it can be accompanied.





## Risotto alla Milanese

### Ingredients for 5 people

- 300 gr. superfine rice
- 20 gr. bone marrow (to taste)
- 80 gr. butter
- 40 gr. onion
- 50 gr. dry white wine
- 2 sachets of saffron
- 1 lt. meat broth
- 60 gr. grated parmesan cheese
- Salt

Finely chop the onion and cook it in a pan over a very gentle heat for about 5 minutes, with the marrow and 20 grams of butter. Add the rice and toast over high heat for a minute, stirring. Wet it with white wine and let it evaporate. Pour the boiling broth a little at a time, stirring occasionally. Cook the rice for about 16-20 minutes, depending on the rice chosen. Halfway through cooking, add saffron. Salt if necessary.

Remove the pan from the heat, add the remaining cold butter and the cheese; stir in, mixing, making it soft and creamy. Let it rest a fitted with a lid to serve.





## Cotoletta alla Milanese

### Ingredients for 5 people

- 2 veal ribs (about 3 cm high)
- 1 spoon of flour (white)
- 2 eggs
- 200 gr. grated bread
- 300 gr. butter (clarified)
- Salt



Do not beat the meat, remove only any side bones. Beat the eggs inside a holster, salt them and grate the dried bread coarsely. Pass each side first in the flour, then in the egg and finally in the breadcrumbs. Press the meat into the breadcrumbs well, making sure to adhere completely. Put some butter in a small pan and check the temperature, when it is 169 ° add the chops and brown them on both sides. Drain on absorbent paper and add a little salt.





## SPAIN CUISINE

Spain meeting took place by hosting of M&M Profuture Training between 25-29 September 2017. Safranbolu Vocational School of Higher Education is represented by İsmail Rakıp KARAŞ, Oğuz DİKER, Selahattin ALTAN, Adnan ÇETİNKAYA, İrfan YURT and Muzaffer KIRIMLI. The other partner Giovani per l' Europa is represented by COMERCI Ferdinando, CORIGLIANO Giuseppe and CUGLIARI Domenico.

On the first day meeting Spanish team informed all participants about weekly programme. First organisation was done in a famous restaurant of Barcelona, Cuina Miracle. In the kitchen of Cuina Miracle, M&M prepared and served famous Spanish recipes also by practice of all participants. First professional visit was to Parc Agrari (Agricultural Park and Ecological Agriculture) and Cal Pastera (Ecological producer), participants were informed about ecologic, natural cookwares of Spain culture. Second professional visit was to Lonja de Barcelona, well known fish market in Barcelona (Auction). One last profesional visit was to Sagardi Restaurant, one of the most traditional restaurants in Barcelona. There participants learnt how to prepare different traditional dishes and exchange their experience with other Spanish chefs.



A real learning exchange was done between all participants during a fusión cuisine learning activity. Each participant prepared a typical dish and taught how to prepare it to the other Fusion Cusion's partners. On rest times all participants had time to discover Spain food culture by sightseeing tours. After completing all activities, last day a general information exchange took place. Visit completed by certificate ceremony.





## Escabeche de Bonito - Pickled Bonito

There are hundreds of ways to prepare the pickle, but all are based on a basic technique: marinate the fish in a mixture of olive oil and vinegar, to which white wine is often added.

This technique had to be developed in ancient times in many places in the Mediterranean, where fish has been marinating for thousands of years. The most common modern term, "escabeche", derives from the Arabic 'sikbaj', which in the thirteenth century designated the meat and fish dishes to which vinegar was added towards the end of the preparation. In these also used other acidic liquids such as wine, grating or juice of immature grapes.

### Ingredients (for 10 people)

- 2 kg.of northern bonito cleaned of skin and thorns
- 1 lt.of extra virgin olive oil
- 3 onions
- 4 carrots
- 400 ml. white wine vinegar
- 250 ml. white wine
- 125 ml. water
- 15 peppercorns
- 5 bay leaves
- 2 tablespoons and half of oregano
- 1 tablespoon of rosemary
- Some branches of fresh thyme (if you can not use a spoonful of dried thyme)
- 1 teaspoon of salt

In a large saucepan heat half of the oil. When it is hot, seal the loins of bonito and reserve on a plate. Add the rest of the oil and heat gently. Meanwhile chop onions and carrots. When the oil is hot, add the onions and carrots and let poach for about 5 minutes. Then add vinegar, wine and water and herbs and salt and bring to a boil. Taste and rectify if necessary vinegar and again boil.

Add the bonito loins and remove from the heat of the fire. Allow to cool completely. My loins were quite fat and perfectly made with the remaining heat. Once the loins are warm (one hour at the most), you can open one with your hands and check that the center is made well-done. These were perfect, but if yours have been a bit raw, then you can put them back.



## Menjar Blanc

The menjar blanc is a traditional dessert from Reus (South of Catalonia), which dates back to medieval times and which appears in the Book of Saint Soví, from the 14th century. It is a kind of white custard, made with almond milk, lemon peel, cinnamon and some thickener: rice or corn starch. Being made with almond milk is suitable for those who are lactose intolerant.

### Ingredients (for 4 people)

- 1 lt.almond milk or 400 g of almonds and 1lt. of water
- 200 gr. sugar
- 80 gr. maizena corn or rice starch
- 1 lemon (only skin)
- 2 cinnamon sticks
- Cinnamon powder
- Orange
- Caramelized almond

Put a pot on the fire with water. When it begins to boil, toss the almonds and leave them for half a minute. Remove, peel and chop. Mix the almond paste obtained with a liter of water to make an almond milk. Keep it for twelve hours in the fridge.

After twelve hours, strain the milk, reserve a decilitre and boil the rest, along with lemon peel and cinnamon stick. Besides, mix the sugar, the decilitre of almond milk and the rice flour. Add it into the hot milk and without stopping to let it get thick. Strain and put the blanc in individual molds to cool.

Serve them decorated with caramelized almonds and orange.





## Spanish Migas Con Chorizo - Garlic Pan Fried Bread & Chorizo Sausage

Migas (which in Spanish means bread crumbs), sometimes called "migas de pastor" (shepherd's bread crumbs), is, as its name suggests, a pastoral dish.

Being such a simple recipe with such simple ingredients, it is no surprise therefore that this is a popular dish across the country. It is particularly popular in rural areas where people had less money and so making use of old bread was a necessary way to eat. As a result, this dish is a great option for those on a small budget but who still want to try some authentic Spanish food.

### Ingredients (for 4 people)

- 200 gr. Spanish chorizo sausage
- 4 slices of stale country bread (thick slices, the best bread for making this recipe is a rustic, crusty bread, 2 days old)
- Spanish olive oil for pan frying
- 3-4 garlic cloves finely chopped
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons Spanish sweet paprika

Cut the chorizo sausage into 1 cm thick slices. Cut the bread, with its crust still on, into 1 cm cubes. Add enough olive oil to a large, heavy-bottom skillet so that it covers the bottom well.

Heat the oil, add the garlic and cook for 1 minute, or just until it is lightly browned.

Add the chorizo slices and cook them for 2-3 minutes until browned. Add the Spanish sweet paprika and mix well. Add the bread cubes to the skillet and pan fry, stirring all the time, until they turn golden brown and crisp.

Turn the pan fried bread and chorizo into a serving bowl and add the chopped parsley. Toss together. Serve warm.





## **Catalonian Salad with Greens and Romesco Vinaigrette (Xato)**

This hearty green salad would be served as a first-course dish in Spain.

### **Ingredients (for 4 people)**

- 1/4 cup Catalonian Pepper and Nut Sauce
- 2 tablespoons hot water
- 1 tablespoon red wine vinegar
- 6 cups torn curly endive
- 1 (5-ounce) package gourmet salad greens
- 9 oil-cured ripe olives, pitted and chopped
- 2 hard-cooked large eggs, chopped



### **For the sauce (Catalonian Pepper and Nut Sauce - Salsa Romesco )**

- 2 dried ancho chiles
- 2 small red bell peppers
- 1/2 cup hazelnuts
- 1/2 cup blanched almonds toasted
- 4 garlic cloves chopped
- 1 (1-ounce) slice bread toasted
- 1/4 cup red wine vinegar
- 2 tablespoons tomato paste
- 4 teaspoons sweet smoked paprika
- 1/4 teaspoon ground red pepper
- 2/3 cup extra-virgin olive oil
- 1/4 cup hot water
- 1/2 teaspoon salt







**Sauce:** Place ancho chiles in a small saucepan. Cover with water; bring to a boiling point. Remove from heat; cover and let rest for 20 minutes. Drain well. Remove stems, seeds, and membranes from chiles; discard. Place chiles in a medium bowl. Preheat broiler. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand for 15 minutes. Peel and cut into 2-inch pieces. Add bell peppers to chiles. Reduce oven temperature to 350°. Arrange hazelnuts in a single layer on a baking sheet. Bake at 350° for 8 minutes or until toasted. Turn nuts out onto a towel. Roll up towel; rub off skins. Place hazelnuts in a food processor. Add almonds, garlic, and bread to food processor; process 1 minute or until finely ground. Add chile mixture, vinegar, tomato paste, paprika, and ground red pepper; process 1 minute or until combined. With processor on, slowly pour oil through food chute; process until well blended. Add 1/4 cup hot water and salt; process 10 seconds or until combined. Keep that stored in an airtight container in the refrigerator for up to two weeks.

**Xato:** Combine Catalan Pepper and nut sauce, 2 tablespoons hot water, and red wine vinegar in a small bowl, stirring well with a whisk. Combine endive and salad greens in a large bowl; toss gently to combine. Place about 1 1/3 cups greens on each of 10 plates. Drizzle each serving with about 2 teaspoons sauce mixture; divide olives and eggs evenly among salads. Serve immediately.



## Paella Valenciana

The paella we made comes from Valencia Spain. A truly traditional Paella Valenciana would include rabbit and snails in addition to the chicken (although we adapted the ingredients to our participants and we omitted some ingredients), here is the real one.

In the elaboration of paella, fire control is very important. The fire in the paella goes from strong to less strong. It is fried with live fire and the cooking of the rice goes from an intense fire to a weak one.

### Ingredients (for 4 people)

- 800 gr. chopped chicken
- 600 gr. chopped rabbit
- 400 gr. rice, type "pump"
- 250 gr. green beans, known as ferraúra. (Ferraúra: pod fruit, green and horseshoe-shaped, product of a variety of an annual herbaceous of the papilionáceas.
- 150 gr. white bean of tender grain, known as tavella. (Tavella: Another variety of the previous one, with a green and purple pod, characterized by a more feculent grain and similar to beans or white beans, only the bean or podless seed is used.)
- 200 gr. fresh carob or 100 grams if dry. (Garrofó: Another bean from the same family, large, broad and flat, similar to the beans from La Granja, which is used without a pod, and can be dry most of the time.)
- 100 gr. chopped tomato
- 150 cubic centimetres of olive oil
- Saffron in thread
- Salt
- Red paprika powder
- Water (at least double the amount of rice.)
- Vaquetes or snails of mountain (clean). If you do not have them, add a sprig of rosemary.





Heat the oil in the paella pan over medium heat. When the oil is hot, we will throw the chicken and the rabbit and we will brown them, turning them around. It is very important to fry the meat well, as this will achieve a good bottom of the oil and that are tenderer.

Now we throw the vegetables and sauté them. (If dry garrofó is used, it should have been soaked the day before and cooked for one hour before using it in the paella.) When it is almost done, add the tomato and, without stopping stirring, brown it.

Once this is done we add the paprika and quickly, before it burns, the water. Regarding the way to measure it, that of double water that rice can serve. But the proper way is to measure it "up to the irons". (Where the handles of the paella are assembled.) So the water is poured until the level reaches these rivets, and so sure we hit. We throw the saffron, the snails or vaquetes, or in its defect the rosemary; we put the salt and we taste it.

When the water reaches the boiling point, we will leave it for 5 minutes to boil, over a high heat, with the ingredients that we have added. Then let it cook for half an hour / 40 minutes, over medium heat. If the water falls below the irons we will add a little more water to compensate for the evaporation.

Next, the fire is revived and the rice is added. It is poured by making a cross in the water that is boiling and is distributed evenly over the entire surface, so that the rice you pour barely exceeds the water or broth. The salt is rectified, the fire is maintained for about 10 minutes, more or less, and then reduced, for a similar time, until the rice is cooked. The rice should be dry and the whole grain.





## Salmorejo

Similar to Gazpacho. It is served as a starter or first meal and must obviously be chilled before eating. It's accompanied with las guarniciones: little chunks of jamon serrano, crumbled hard boiled egg or tuna flakes better if it's of the bonito kind with finely sliced fresh onion and green pepper. Less known abroad, Salmorejo is found in any house in Andalucia, restaurant and tapas bar. In the tapas bar it is used as a sauce for preparing montadidos, tiny sandwiches filled with various ingredients, the most typical being jamon serrano.

### Ingredients (for 10 people)

- 8 ripe tomatoes
- 1 green pepper
- 3 garlic cloves
- 2 slices of bread
- 125 ml. olive oil
- White wine vinegar or apple cider vinegar

### To finish (optional):

- Chopped hard-boiled eggs
- Flakes of tuna
- Chopped fresh onion
- Chunks of serrano ham
- Chopped green pepper

Chop the tomatoes, green pepper, and garlic coarsely. Put in a mixer adding the bread soaked in a bit of water, part of the olive oil and salt to taste. Pulse through. Add some water just to reach a creamy texture. At the end add the vinegar and mix again. Check the seasoning, adding more salt or vinegar and maybe more oil if necessary.

Serve drizzled with extra virgin olive oil and the guarniciones: chopped fresh onion and green pepper, crumbled hard boiled egg, flakes of tuna or small chunks of jamon serrano.





## Panellets – Catalan Almonds Sweets

"Panellets" is a traditional sweet from Cataluña, prepared for "Dia de Todos los Santos" or All Saints Day and served with moscatel or "cava," Spanish sparkling wine. It is made of equal parts ground almonds and sugar, formed into balls and decorated with pine nuts, rolled in cocoa powder, candied cherries or coconut flakes. They can also be flavored with coffee or cinnamon. The most popular type is the one rolled in pine nuts.

### Ingredients (for 10 people)

- 1 lb. almonds (ground raw)
- 2 1/2 cups sugar
- 1/2 to 1 cup water
- 1 small potato
- 1 lemon (peel only, grated)
- 3 to 4 drops lemon juice
- Pine nuts
- Sweetened cocoa powder

Blanch almonds, then grind in food processor until almonds are a fine dust.

Peel the potato and cut into quarters. Boil potato in a saucepan until cooked. Drain water and mash with a fork.

Place sugar in a medium saucepan. Pour 1/2 cup water into the pan and stir to dissolve sugar. Add more water to completely dissolve sugar if necessary. Place on medium heat on stovetop and bring to a boil, stirring often. Add 3-4 drops of lemon juice. Reduce heat and simmer until mixture is a thick syrup.

Remove saucepan from heat. Using a large wooden spoon, gradually stir in ground almonds, potato and grated lemon peel. Allow to cool in room temperature. Then, cover tightly and refrigerate overnight.

Pre-heat oven to 380° F. Grease cookie sheets. Spoon out dough with a teaspoon. Roll dough into small balls in your palms. Then roll the balls in powdered cocoa or pine nuts. If using pine nuts, brush each with a bit of egg white. Place on greased cookie sheet.

If you want to flavor the cookies, separate a portion of the dough and with your hands, work in some instant coffee flakes, candied fruit or cinnamon. Then make individual balls.

Bake cookies just long enough to brown the pine nuts - about 4 minutes. Using a spatula, remove immediately before cookies cool.





## TURKEY CUISINE

Turkey meeting took place in UNESCO World Heritage City Safranbolu, by hosting of Safranbolu Vocational School of Higher Education between 16-20 October 2017. Giovani per l' Europa represented by COMERCI Ferdinando, TANIEI Riccardo and CORIGLIANO Antonio. The other partner M&M Profuture Training is represented by Jaume Vila Michavila, Eva Yolanda del Amo Davó and Marta Paulina Zygadlo.



First meeting took place at breakfast in Historical Çiçekler Evi, a 15 room-guest house for practices in tourism sector and kitchen, which is run by Safranbolu Vocational School of Higher Education. First organisation was done in a famous restaurant of Safranbolu, Kadı Efendi. In the kitchen of Kadı Efendi, the cooks prepared and served famous Turkish meat meal, kuyu kebab, also participants took part in some parts of activity. Same cooks prepared and served traditional Turkish pastries and bread. In the visit to historical village, Yörük, participants visited some ancient houses. Participants saw preparation of gözleme (a kind of Turkish pancake) and tasted it with ayran. After the visit on a saffron field, they got information about saffron. Next organisation was about most well known Turkish food, döner. Döner kebab is prepared in the Çiçekler Evi kitchen. Participants had information about all details of preparation, cooking, slicing and serving. Also lahmacun (Turkish pancake with spicy meat) was told to guests. Another well known taste, Turkish delight processes were explained in local food factory, İmren Lokum. After completing all activities, last day a general information exchange was done. Visit completed by certificate ceremony.





## Tarhana (Dried Yoghurt) Soup

### Ingredients (for 4 person)

- 1 kg. flour
- 250 gr. yoghurt
- 1 bunch of mint
- 1 dessert spoon of tomato paste
- A pinch of salt
- 1 spoon of oil

To make tarhana, you first need to dry yoghurt. Put together all ingredients except oil and tomato. Then knead up to it look as a pastry. Leave it resting in a room for a week. After a week lay mixture on a fabric and leave to dry. After it is completely dried, pulverize and save in a container for usage when it is needed for soup.

To make soup we need 4 spoons of dried yoghurt. Add dried yoghurt, tomato paste, oil and 1 lt water in a saucepan. Then heat and blend up until the mixture is boiled. After resting a few minutes you can serve.





## Erişte (A kind of Turkish noodle)

### Ingredients (for 4 person)

- 300 gr. flour
- 3 eggs
- 30 gr. extra virgin olive oil
- 1 tea spoon of salt

Put flour on the table and add egg into centre. Blend flour and egg with fork. Add olive oil & salt and knead. Make small dough balls and leave for resting. After rest, make the dough flat by using roller and cut in as 5 mm straight flat rows. Dabble flour to a tray and put straight row dough in to tray. Dabble flour on the doughs as well. After resting for 3-4 hours you can use them. These dough pieces are called as erişte in Turkish food culture. Preparing of this food is similar to spaghetti.







## Stuffed Grape Leaves with Olive Oil

### Ingredients (for 4 person)

- 300 gr. stuffed grape leaves
- 1 lemon
- 4 spoon of olive oil
- 1 glass of hot water

### For inner mixture

- 6 spoon of olive oil
- 3 middle sized onion
- 1,5 glass of rice
- 1 glass of hot water
- 1 spoon of pine nut
- 1 spoon of blackcurrant
- 1 tea spoon of black pepper
- 1 tea spoon of allspice
- Half tea spoon of cinnamon
- 1 cube sugar

For inner mixture, chop the onion in form of small cubes. Leave rice in warm water for 5 minutes. Heat olive oil in a wide based saucepan. Add chopped onions and fry until they turn to golden brown. Add rice to saucepan and fry in low heat up to get half white color. Add pine nut, blackcurrant, black pepper, allspice, cinnamon, cube sugar and salt in order. Then add water and fry mixture 5 minutes in low heat.

Open stuffed grape leaves on a table. Ensure that lobed side is on top. Add 1 dessert spoon inner mixture to the centre of leaves. Fold leaf sides in and then wrap along the other edge strongly.

Cover the base of saucepan with 2-3 raw grape leaves. Put rolled leaves together in a row side by side. Slice lemon in circles and place to top of leaves. Add hot water and olive oil over the leaves and close the top by plate in order to prevent the opening of rollers. Cook 35 minute in low heat. Serve it cool or hot as you wish.





## Safranbolu Baklava (Turkish sweet pasty with walnuts)

### Ingredients (for 4 person)

- 3 eggs
- 1 glass of yoghurt
- 1 glass of oil
- Half tea glass of vinegar
- Half lemon
- 1 glass of water
- 1 tea spoon of bake
- 1 tea spoon of salt
- 1 kg. butter
- 2 kg flour
- 1 kg starch
- 2 kg granulated sugar
- 600 gr. crushed walnut

Put together the egg, yoghurt, oil, water, bake and salt. Then knead up to it look as a dough. Divide dough into 40 pieces. Dabble starch over the pieces and make thin circles by using roller, up to they are in size size of tray base. Dry pieces on a fabric. Put dried pieces on to tray. Add walnut to top of all pieces. After laying all pieces, cut all in diamond shape. The centre may be as a star shape. Heat butter and baste over the tray equally. Heat in oven up to it seem dark pink. For sherbet, boil 2 kg sugar with 2 lt. water. After it is boiled, squeeze half lemon. After taking baklava from oven wait for 2-3 minutes and by ladle spill sherbet over the baked baklava equally.





## Keskek (Turkish soup with meat and coarsely ground wheat)

### Ingredients (for 4 person)

- 350 gr. meat
- 2 glass of wheat
- A dessert spoon of tomato paste
- A dessert spoon of pepper paste
- 2 spoon of oil
- Chili pepper
- Salt

Slice meat in cubes and cook in pressure cooker. In another saucepan boil wheat. After both are cooked bring the meat and wheat together in another saucepan. Add salt, tomato paste, pepper paste, oil, pepper and leave to cook together.





## Meat Döner (Home made)

### Ingredients (for 4 person)

- 1 kg veal entrecote or meat from mutton leg
- 150 gr. lard
- 1 small sized onion
- Half tea glass of olive oil
- 2 spoon of yoghurt
- 1 dessert spoon of thyme
- 1 tea spoon of allspice
- 1 tea spoon of black pepper
- 1 tea spoon of salt
- 1 dessert spoon of powdered or chili pepper

Grate the onion by using the thin side of grater. To make marinate sauce put olive oil, yoghurt and spices together and blend. To prevent hardening on meat, dont use salt in mixture. Slice meat and cover the all points with mixture. Also knead the meat in order to be sure it absorbed the mixture. Cover meat with stretch film and keep one night in refrigerator. Next morning dabble salt over the meats. Wrap meats and make circles. Keep circles 3 hours in a deep freezer. After 3 hours take out and rest for an hour. Then slice meat into small pieces. Put pieces into a fry pan with enough lard. Then fry in low heat about 10 minutes and serve.







## **Lahmacun** **(Turkish pancake with spicy meat)**

### **Ingredients (for 4 person)**

- For dough
- 500 gr. flour
- 25 gr. fresh yeast
- 200 gr water
- 10 gr. salt

### **For inner mixture**

- 500 gr. beef mince
- 1 onion
- 1 garlic
- A tomato
- 1 green pepper
- A spoon of tomato paste
- A spoon of pepper paste
- 1 tea spoon of salt
- 1 tea spoon of black pepper
- 1 tea spoon of chili pepper
- A bunch of parsley

For inner mixture, first crumble onion, garlic, tomato, pepper, tomato paste, pepper paste, salt, black pepper, chili pepper and parsley in food processor. Add mixture to beef and knead all.

For dough put flour in a wide plate. Add fresh yeast in to 200 gr water. Put salt and yeast into flour and knead up to get dough. Divide into small pieces and leave to rest on a fabric for fermentation. After fermentation completed, make dough pieces thin and round. Add inner mixture on to round doughs and cook on 170 °C cooker.





## Safranbolu Bükmesi (Traditional Safranbolu pancake with spinach)

### Ingredients (for 4 person)

- For dough
- 2 glass of warmish water
- 1 package of instant yeast
- 3 spoon of oil
- 1 dessert spoon of granulated sugar
- 1,5 dessert spoon of salt
- 500 gr. flour

### For inner mixture

- 250 gr semi-fat ground meat
- A bunch of spinach
- 2 scallion
- 1 onion
- Half bunch of parsley
- 2 dessert spoon of salt
- 1 dessert spoon of black pepper
- 3 spoon of oil

### For Presentation

- 1 egg
- 1 spoon of yoghurt
- 1 spoon of butter

For inner mixture, put oil on a pan and heat. Add meat and cook. After meat cooked add 1 dessert spoon of salt, blend and leave to cool. Chop scallion, onion, parsley and spinach in fine pieces. Add 1 dessert spoon of salt, black pepper. Bring both mixtures together and blend.

For dough, put warmish water, yeast and sugar in a plate and blend up to all melt. Add oil and salt. Add flour slowly, blend all and knead until getting dough. Close the plate and save in room temperature for an hour for fermentation.

After fermentation divide dough into 6 pieces. Dust flour onto table and make dough thin horizontally by using a roller. Add inner mixture to centre horizontal line equally and fold top and bottom edges towards each other. Cook in an oven heated to 210 °C. For presentation blend yoghurt and egg. Spread the mixture onto the dough at half time of cooking duration. After it is cooked spread butter to all sides and eat hot.





## Zerde (Saffron and Rice Dessert)

### Ingredients (for 4 person)

- 1 tea glass medium rice
- 6-7 glasses of water
- 1 glass of granulated sugar
- 3 dessert of starch
- 1 tea spoon of saffron
- 1 spoon of rose water
- Pine nut
- Blackcurrant

Add rice into water and heat. After it is boiled about 2 minutes add sugar, saffron, pine nut, rose water, blackcurrant and boil about 2 minutes. Add starch into 1 glass of water and add to mixture. Then boil about 3 minutes more. Serve inside the bowls. Rest the bowls in refrigerator and eat cool.





## FUSION CUISINE

During the events held in Italy, Spain and Turkey, participants learned the details about the dishes of other countries. In addition, it was ensured that the common tables established during the meetings and the different cuisines meet on a table. The combination of the participants brought flavors from different countries on the same plate. Participants who freely combine have uncovered original dishes by bringing together dishes suitable for their own palate.



In addition to the works prepared at the common table and combining different dishes on one plate, new flavors were revealed with the contribution of different countries on the same plate using materials, methods, presentations, common products and similar features.





Boiled octopus fragments added to puerin, made with Italian cheese and boiled potatoes. Participants created a peculiar taste for the common seafood of the three countries.



An aperitive flavor before main dish. Sour Turkish bread slices enriched with Italian cheese and common sauce.







Fish, the common taste of all participant countries was prepared by contribution of all participants. Sea bream which are mostly found in Turkish waters combined with orange slices, lemon slices, common sauce, roasted dried pepper and have produced a delicious plate.



Soups are the common value of many countries. Participating countries jointly prepared Turkish tarhana soup and tomato soup. Tarhana soup which prepared with dried yogurt has a flavor unique to Turkey presented to the participants. The soup, which is highly appreciated with its eclectic taste is enriched with Italian cheese. The cheese melted quickly and a new flavor was reached. In addition, common value tomato soup of all countries was re-created and project-specific with the addition of different herbs and seasonings to the participants.





The common prepared sauce was added on Italian pasta. Also chicken meat, rabbit meat which is mostly preferred by the Spaniards is placed. A new flavor different from the classic pasta which include chicken meat, rabbit meat and common sauce has been uncovered.



Spanish salad with Catalan pepper and nut sauce enriched with Turkish roasted dried pepper and Italian cheeses.





Döner-rice is a flavor unique to Turkey. Rice prepared with methods of risotto provided by the Italian participants and teams uncovered a new döner-rice fusion. By coloring rice with saffron, rice had a different flavor and consistency.



The risotto, a traditional Italian dish, was prepared with saffron. A new consistency and color was set. Also risotto became together with chicken fried in oil from Spanish cuisine in which a little dusty red pepper was added to make the chicken darker.





Boiled rabbit meat, chicken meat, small octopus pieces and rice prepared by risotto preparation method are on the same plate. Risotto prepared with less viscous methods and was colored with saffron and new flavor attended.



Turkish sarma and dolma (stuffed grape leaves and dried pepper) prepared along the meeting in Italy. Also instead of rice, which is used in traditional Turkish dishes sarma and dolma, Italian risotto rice is used. The consistency of the meal, made with slightly less watery and common condiments, is enriched with walnut noodles and Spanish cheese sprinkled on top.







Turkish noodles and Italian food tagliatelle are similar in composition and content. This common flavor prepared by contribution of both teams and enriched with döner meats dispersed around.



Participants had the opportunity to see the various methods of preparing, cooking and presenting of the Turkish döner practically. Döner tasted in forms of plain, with rice and iskender. In addition, the Spanish sauce containing garlic and flavours was used. Also a small amount of Italian cheese on Iskender is presented for the likes of participants.





In Turkey, cheese pita mostly made from kashar or our own local cheeses. It is made also prepared with Italian mozzarella cheese which is melting more easily and save fluid situation longer



Traditional Safranbolu dessert zerde which is made with saffron and rice enriched with Spanish panellets. Sopping the panellets into zerde made a delicious dessert taste that include both cuisines.





In addition to traditional Turkish sweet pasty with walnuts, pine nuts and less sugar were used to create healthier and tasty dessert.



Ottoman syrup and common drinks of participants, lemonade and orange juice. In addition, all dishes are more delicious with viscous almond flavor.



## Project Pictures

















