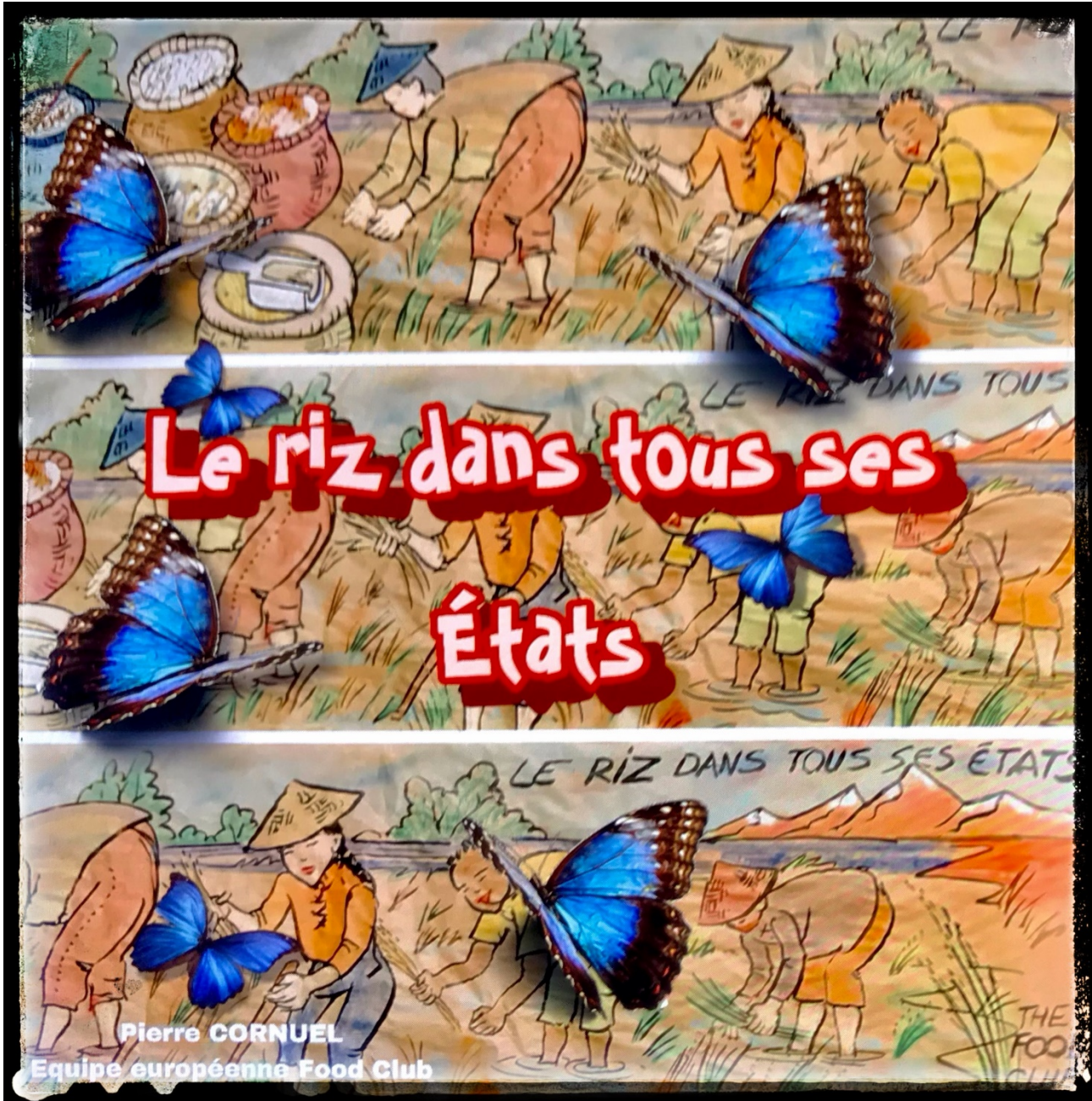




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The Food Club: a European Network for Social Inclusion

Project 101053363 — TFC — CERV-2021-CITIZENS-TOWN

BOOK OF TYPICAL RECIPES



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Project abstract

The EU migration crisis, the Covid-19 pandemic and the resurgence of intolerance and racism brought together a partnership focusing on increasing awareness against discrimination and promoting social inclusion. TFC uses food and local gastronomy to promote intercultural dialogue, social inclusion and to fight against racism and discrimination. The aim is to build knowledge and share best practices between partner municipalities, using food to reintegrate and promote sociality, especially after a period of forced social distancing. TFC also promotes sustainable behaviors related to food. Target groups include inhabitants of partner municipalities, encouraging the participation of natives, TCNs and people with different cultural backgrounds. Gender balance and non-discrimination will always be observed; total direct beneficiaries will count 1430 people, indirect beneficiaries will be 300000 people. Activities include workshops and study visits focusing on social food; intercultural dinners and exchanges will be promoted in each partner municipality; online events will contribute to the promotion and dissemination of results. Each event has been designed upon the specific characteristics of each municipality, their social environment and opportunities for the inclusion of all. Expected outcomes are Improved knowledge on the use of food to foster social inclusion; Increased awareness on diversity as a benefit for society; Increased understanding on environmental issues; Stronger and long-lasting connections between partner municipalities; Increased and widespread social inclusion, integration and acceptance; Higher participation of local populations to municipal events; Lower numbers of racially motivated crimes at the municipal/ country level. The outputs produced will include periodical reports, a cookbook containing the recipes produced during the activities, articles, blogposts, social media content and a handbook on best practices experimented by the partnership.

Context

The Book of Typical Recipes is a production of the Municipality of Saint-Germain-En-Laye (SGL), in cooperation with all project partners, in the framework of the European Food Festival 2023. The “Marché Européen” (European Market) is a yearly food festival taking place in SGL, where dishes, culture and socialization from all over Europe mix together to create a huge multicultural space, open to everyone.

In this context, project partners gathered to create a book of recipes not only from Europe, but from all over the world, as Europe is today home to many people with different backgrounds and cultures, a multicultural continent thriving on diversity.

A comm theme has been chosen by the partnership, as a “trait d’union” for this booklet and for the implemented project activities: Rice, in all its forms, is perhaps the most common and widespread ingredient in all culinary cultures across the globe. For this reason, rice recipes are presented here, with a spirit of inclusion and sharing through food.



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Sarmale (Romania)

Preparation time: 40 min

Cooking time: 120-160 min

Servings: for 30 persons

Ingredients:

- Pork meat 2-2.5kg
- Smoked pork meat
- Pork knuckle
- White onion - 4 pieces
- Pickled cabbage - 4 pieces
- Rice 200-250 grams
- Tomato paste - 150 grams
- Salt - 20g
- Pepper - 10-15g
- Oil - 200ml
- Sour cream - 1kg
- Hot peppers - 20-25 pieces
- Parsley
- Dill



Prep The Cabbage

There's very little prep that's needed to get the cabbage ready for rolling: soak the sour cabbage in cold water overnight, to remove some of the salt from the cabbage, as it can be quite salty. Once the cabbage has soaked in water for a bit, take each leaf and cut some of the core from it. However, if you've already bought a jar of cabbage leaves, you may not even need to do this. Then cut each leaf in half, to make the cabbage rolls smaller.

Prep The Filling

Sauté the onion in some vegetable oil for about 3 minutes until softened. Then add the rice and toast it for 1 minute. Let it cool while you get the other ingredients ready. Now, in a large bowl, add the ground pork, salt, pepper, parsley, dill, and the onion mixture. Mix it well with your hands until well combined. Use the salt sparingly since the cabbage leaves are brined.

Preheat The Oven

Now is the time to preheat the oven, so get that going to 375°F (191°C).



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Make The Rolls

Fill each leaf with about a $\frac{1}{4}$ cup of the meat mixture and roll tucking in the ends as you see in the video. Repeat with all the remaining meat, rice and cabbage leaves.

Assemble The Rolls

If you have any leftover cabbage leaves, chop that up and spread some on the bottom of a large Dutch oven. Then place the cabbage rolls on the chopped cabbage in a single layer.

Repeat with layers of cabbage rolls until none is left out. Finish with some more chopped cabbage on top. Now dissolve the tomato paste in some water and pour it over the cabbage rolls; add additional water as needed. Make sure the rolls are completely covered with liquid.

Bake The Cabbage Rolls

Cover the Dutch oven with a lid or aluminum foil and transfer it to the oven. Bake for 2 hours, then remove the lid or foil and cook for another 1 to 1.5 hours.

Serve while still warm and garnish with sour cream.



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Mushroom and Butter Risotto (Italy)

Preparation time: 10 min

Cooking time: 40 min

Servings: 2

Ingredients:

- 250 g Arborio rice
- 500 g mushrooms
- 50 g Parmesan cheese
- 50 g butter
- 1 liter of soup
- 4 tablespoons of oil
- 1 onion
- A handful of parsley
- Thyme
- Salt
- Pepper



Preparation:

To make the mushroom risotto, you need to first prepare the mushrooms. Clean, wash, and slice them. After chopping and preparing them, you need to sauté them. For that, in a pan, pour half of the oil quantity and one-third of the butter quantity. Once the butter melts, add the mushrooms. If you wish, you can even make mushroom risotto if you don't have other options on hand. After about 10 minutes, the mushrooms will be well seasoned. Add a bit of salt, pepper, thyme, and parsley, mix, then turn off the heat and leave it on the stove while you take care of the rice for this mushroom risotto. How do you proceed? In another pot, add the remaining oil, another third of the butter, a finely chopped onion, salt, and pepper. Let it cook on low heat until the onion softens, then it's time for the rice. Heat it a bit for a few minutes until it becomes slightly translucent. While the rice for the mushroom risotto is simmering, in another pot, heat up the soup as well. Then add it to the rice.

When the rice for the Parmesan risotto becomes translucent, gradually add the hot soup on top. Add half of the liquid at a time, after the previous addition has been absorbed, and so on until it's ready. This way, you'll obtain a delicious mushroom rice recipe. After finishing preparing this butter rice, the final step is to add the pre-seasoned mushrooms. Place them on top, mix, then add and incorporate the grated Parmesan cheese and the remaining butter. This is the classic recipe for risotto with mushrooms, but if you wish, you can always make risotto with other types of vegetables or even plain risotto. The idea is to have two ingredients alongside the rice that characterize this dish, namely butter and Parmesan cheese.



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Riz Pilaf (France)

Preparation time: 5 min

Cooking time: 25 min

Servings: 8

Ingredients:

- 40 g butter
- 1 onion medium sized, finely chopped
- 450 g long grain rice
- 750 ml chicken stock
- 2.5 ml dried thyme
- 1 bay leaf small
- Salt
- black pepper freshly ground
- to garnish: 2 tbsp fresh parsley, dill or chives chopped



Preparation:

In a large heavy saucepan, melt the butter or heat the oil over a medium heat. Add the onion and cook for 2-3 minutes until just softened, stirring all the time.

Add the rice and cook for 1-2 minutes until the rice becomes translucent but does not begin to brown, stirring frequently.

Add the stock or water, dried thyme and bay leaf and season with salt and pepper.

Rice-pilaf-Riz-Pilaf-vegetarian-diet-recipes-steps-2

Bring to the boil over a high heat, stirring frequently. Just as the rice begins to boil, cover the surface with a round of foil or greaseproof paper and cover the saucepan.

Reduce the heat to very low and cook for 20 minutes (do not lift the cover or stir at this point).

Serve hot, garnished with fresh herbs.



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Baked rice pudding - RÝŽOVÝ NÁKYP (Czech Republic)

Preparation time: 10 min

Cooking time: 40 min

Servings: 4

Ingredients:

- Rice – uncooked, the best type is short-grained white rice. s
- Milk
- Sugar
- Butter – unsalted and at room temperature before using!
- 5 eggs – yolks and whites separately; you will need 5 yolks and 3 whites. The remaining 2 whites will go into the top white layer spread on the surface
- Lemon zest
- Canned plums
- Water



Preparation:

The rice for this pudding is cooked first. Then cooled and mixed with egg custard and baked in the oven. In the end, you spread whisked egg whites on the surface and put the rice pudding back into the oven for a few minutes to get a golden crust.

Make ahead:

Take the eggs and butter out of the fridge, they should be warmed at room temperature. Especially at butter, it is a must. Drain the canned plums. Wash the uncooked rice in a colander under streaming warm water.

LET'S COOK!

STEP 1: In a pot with a thick bottom, bring to a boil milk with half of the sugar and a pinch of salt, be aware of burning the milk. Reduce temperature to a minimum, add rice to milk, cover the pot with a lid and cook until soft. The cook time depends on the type of rice you used. Read the instructions of the manufacturer. Let the cooked rice cool down.



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STEP 2: Meantime, pre-heat the oven to 340 °F (180 °C). Grease the baking pan with butter and dust it with breadcrumbs.

STEP 3: Cream softened butter with the remaining sugar in a large bowl. Add and stir in 5 egg yolks and lemon zest. Combine the egg custard with cooled rice. Whip 3 egg whites and add them to the rice mixture. Stir in by hand carefully.

STEP 4: Transfer half of the rice mixture to the prepared baking pan. Cover with plums.

Spread the rest of the rice mixture over plums, make the surface smooth—bake for 30 minutes.

STEP 5: While rice pudding is baking, whip the whites for the final layer. You'll need to whip whites with a hot sugar solution to maintain a firm white layer on rýžový náky. In a pot, add water with sugar (ratio 1:1), bring to a boil, reduce temperature over medium and cook for 5 minutes. Start whipping the whites while you slowly stream the hot sugar solution in it. Whip for at least 5 minutes into a smooth, silky mass; the whole sugar solution must be used up.

Take the rice pudding out of the oven and spread the whipped mass as the top layer. Bake for a further 10 minutes until golden.

This baked rice pudding is **served warm as a main dish**, less often as a dessert.

A warm pudding tends to fall apart while serving. When cooled, it holds the shape a bit better. No stress, in all cases, it tastes delicious!



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Paella Valenciana (Spain)

Preparation time: 30 min

Cooking time: 1hr 30 min

Servings: 8

Ingredients:

- 1 tablespoon olive oil
- ½ (4 pound) whole chicken, cut into 6 pieces
- ½ (2 pound) rabbit, cleaned and cut into pieces
- 1 head garlic, cloves separated and peeled
- 1 medium tomato, finely chopped
- 1 (15.5 ounce) can butter beans
- ½ (10 ounce) package frozen green peas
- ½ (10 ounce) package frozen green beans
- 1 teaspoon mild paprika, or to taste
- 6 cups water, or as needed
- salt to taste
- 1 pinch saffron threads, dried thyme, dried rosemary
- 3 cups short-grain white rice, or as needed



Preparation:

Heat a paella pan over medium-high heat, and coat with olive oil. Add chicken, rabbit, and garlic; cook and stir until nicely browned. Move the browned meat to the sides of the pan, and add tomato, butter beans, peas, and green beans. Season with paprika and mix well. Fill the paella pan almost to the top with water, measuring the water as you add it so you can determine the amount of rice to add later. Bring to a boil. Simmer for about 1 hour to make a nice broth.

Season with a generous amount of salt, just enough saffron for a yellow color, thyme, and rosemary. Stir in half as much rice as the amount of water added to the pan. Cover, reduce heat to low, and simmer until all of the liquid has been absorbed, about 20 minutes.

Tips

Rabbit can be very hard to find so you can just use a whole chicken instead. It also may be easier to use boneless chicken but then you don't get any fun extras, like hearts and livers. If you do use the hearts and livers, don't put them in until later as they cook very fast. They will however add a nice flavor to the rest of the dish.

To account for personal preferences, the seasonings are intended to be added to taste. Add just enough saffron to make a nice yellow color. Season with thyme and rosemary if desired. The goal is to make a rich-tasting broth that will soak into the rice to make it delicious. Since paella pans come in different sizes, water and rice measurements are left open for modifications as well.

Nokkos – all purpose seasoning (Senegal)

Preparation time: 10 min

Cooking time: 10 min

Servings: 1 jar

Ingredients:

- red capsicum (pepper)
- 2 mild/sweet red chillis
- 1 red onion
- 3 garlic cloves
- 20 g ($\frac{3}{4}$ oz) fresh ginger
- 1 tomato
- 1 celery stalk
- 2 sprigs thyme
- 2 sprigs flat-leaf parsley
- 1 tbsp soumbala powder



Preparation:

Deseed the capsicum and chillis. Peel and roughly chop the onion, garlic and ginger.

Roughly chop the tomato and celery.

Using a blender, blend the capsicum, chillis, onion, garlic, ginger, tomato, celery and herbs into a smooth paste. Add the soumbala and 3 tbsp water, then blend again.

Keep the paste in a glass jar in the fridge for up to a week. Add a layer of vegetable oil to the jar to prevent mold forming on top. To keep the paste for longer, use an ice-cube tray (that you use for nokoss only) and freeze the whole batch.

Note

Soumbala is a traditional condiment used in West African cooking and is an ingredient that is widely used, in the same way that fish sauce is used in South-East Asia. It is made by processing the seeds from the pods of the néré tree. It can be found with different names: nététou in Senegal, moutarde africaine in Togo, soumbala in Guinea and Mali, soumara in Ivory Coast and dadawa or iru in Nigeria and Ghama.



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Garlic Shrimp with Cindy's White Rice - Camarones al ajillo de Cindy (Ecuador)

Preparation time: 10 min

Cooking time: 20 min

Servings: 4

Ingredients:

- 2 tablespoons of butter
- 500g shelled shrimps
- 5 crushed garlic cloves
- 2 tablespoons lemon juice
- 4 tablespoons of white wine
- 1 pinch of salt
- 1 pinch of pepper
- 1 pinch of chopped parsley or cilantro



Preparation:

To start this recipe, take a frying pan and melt the butter in it. Once the butter has melted, sauté the minced garlic with the prawns over medium heat.

Then add the lemon juice and white wine to reduce the prawns.

Let them soak up the liquid and add parsley or cilantro to taste, salt and pepper, and simmer for 5-10 minutes. During this time, it is important to watch the shrimp and move them occasionally to prevent them from burning, sticking or cooking on one side.

Remove them from the pan and serve, as this is a dish that should be eaten as soon as it is cooked. This recipe goes wonderfully with a salad made up of lettuce, red onion, tomatoes and avocado, white rice and alocos (plantain banana in fried slices). As for the drink, we recommend a dry white wine or a lager beer.



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Apple and cinnamon sponge cake (Romania)

Preparation time: 20 mins

Cooking time: 45-50 mins

Servings: 8 -10

Ingredients for the filling:

- 7 apples
- 2 spoons of sugar
- 4 spoons of caramel sugar
- 7 teaspoons of strawberry jam

Ingredients for the dough:

- 4 eggs
- 75 g sugar
- 75 g flour
- 1 packet of baking powder



Preparation:

Make a sugar caramel with 2 tablespoons of water and pour it evenly into a cake tin. Peel the apples, remove the cores and put them in the pan, covering the entire base. Put the strawberry jam in the holes of the apples and sprinkle the apples with sugar. Put the tray in the oven, at 200 degrees, until the apples are ripe and tender.

While the apples are in the oven, prepare the filling. The eggs are separated, the whites are whipped, and the yolks are rubbed with sugar and baking powder. Gradually add the beaten egg white to the yolks, mix well and gradually add the flour.

When the apples are well cooked, take them out of the oven and pour the mixture on top. Put the tray in the oven for another 35-40 minutes at 180 degrees. The toothpick test is done. Take it out of the oven and let it cool for a few minutes, then turn it out onto a plate.



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Bissap (Senegal)

Preparation time: 15 mins

Rest: 1 hr

Servings: 4

Ingredients:

- 120 to 150 g of hibiscus flower
- 100 g of fresh mint
- 2 tablespoons of orange blossom water
- Sugar



Quickly wash the hibiscus flowers in cold water before placing them in a bowl with the mint and 1.5 liters of hot water. Cover and let stand 1 hour.

Filter the juice, add the other ingredients and taste. The orange blossom can be more or less strong; if it's too strong, add cold water. Sweeten to your taste.

Pour into a carafe and place in the refrigerator with 2 or 3 sprigs of mint. For a quick refreshment, add ice cubes.