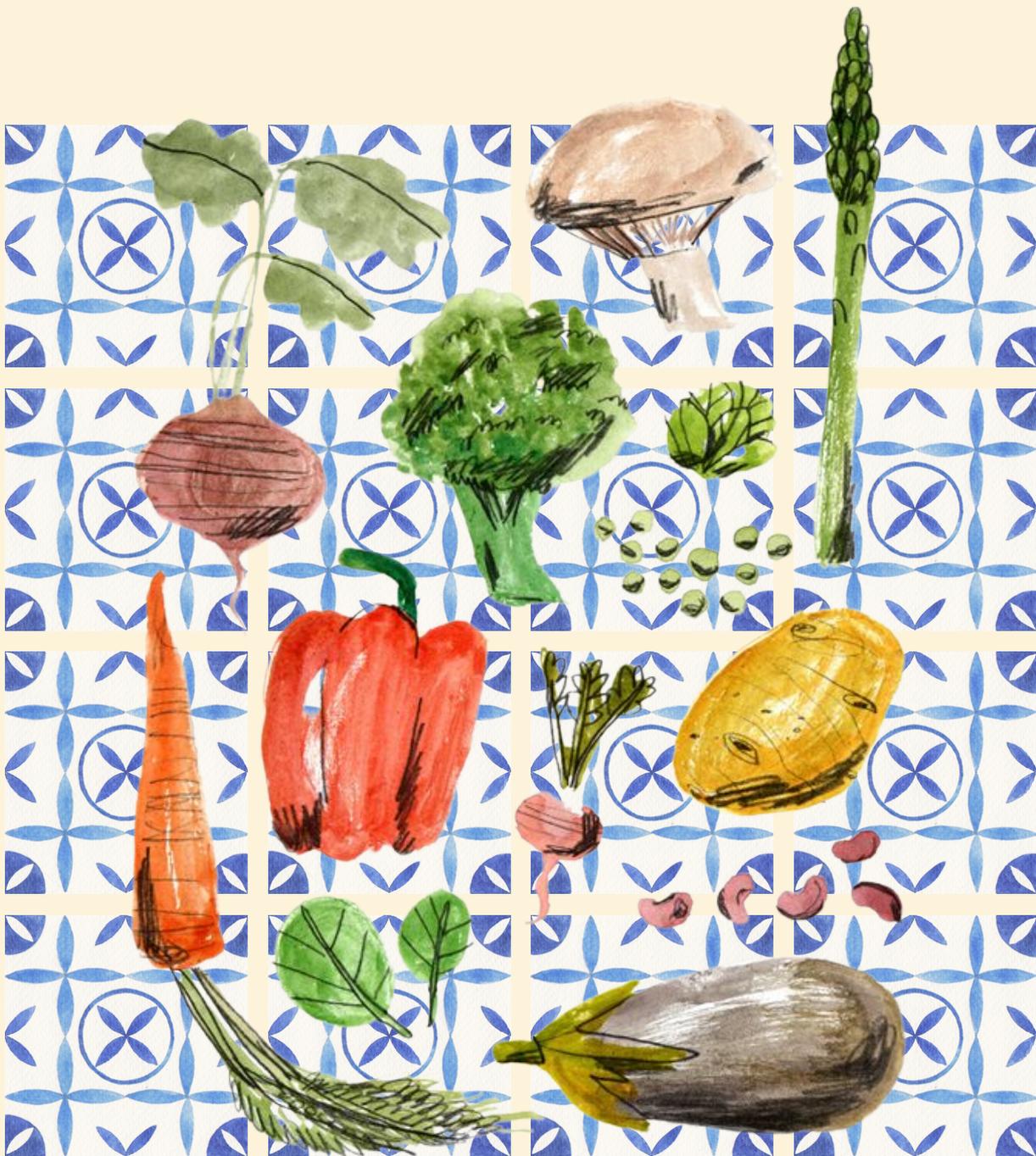


Around the table: Community, Culture and Food



Context

Ioannina is a cultural melting pot, a city that for centuries has been influenced by diverse cultures; by the Jewish presence since the 7th century, by the Ottoman occupation, by Greek refugees from Asia Minor after the Lausanne peace convention (1923), and, more recently, by the great migration wave from Middle Eastern and African countries, people desperately seeking to reach Europe.

Today's societies have been affected by various human factors that have led to individualisation. As a consequence, it has led to hatred and discrimination between people. According to ODIHR (Office for Democratic Institutions and Human Rights), during the year 2020 the police recorded that 171 people were victims of a hate crime. It should be added that there are many more people who have been targeted by hate crimes and xenophobia, but the victims do not always register the incident.

We believe that in order to facilitate the integration of social groups that do not belong to the predominant culture, it is not necessary to impose one's own culture, considering it superior, but what is important is the process of fusion of cultures, customs and habits. Food can help in this process; it serves as a link between people to carry out the objectives proposed for this project. Because of the interest of some of the group members in cooking and because of previous experiences in which we have been in contact with other cultures sharing food, we believe that it is a very strong element of union that can contribute very positively to a more intercultural society. Moreover, since the cultural diversity -mostly from countries of Middle East and Africa- is very visible, not everyone accepts this fact, and we have been witnesses of cultural discrimination in Ioannina, being this another strong reason to carry out this project. Such situations are being provoked mainly by ethnocentric people that don't want to- or don't have the chance to be aware of cultural differences. We state that as part of the youth collective of Ioannina the need for a social model that fits the current context, an integrative model in which cultural diversity is recognised and respected. We want to move away from the assimilationist model, like in some European countries, in which minorities are forced to adopt the language, values, norms and signs of identity of the dominant culture, abandoning their own.

In many cultures, every event revolves around the table. Family, social or work celebrations dedicate time and space to food. Around the table, we are given the chance to socialize with the people next to us. In other words, food, apart from providing the nutrients necessary for life and good health, also has an important social aspect based on how rewarding it is to share good times at the table in the company of other people. We support this idea after experiencing firsthand, in our personal life, how enriching and interesting it is to share eating moments with people from diverse cultural backgrounds. You discuss tastes, ingredients, species, ways of cooking, history, memories, traditions, etc, and as a result you discover and embrace cultural similarities and differences. And moreover, you discover "the person itself". What looks as a simple act of eating turns into a moment where we are aware about the multiculturalism of the group, and we are making the first steps towards an intercultural society.



The project

“Around the table: Community, Culture and Food” is a solidarity and voluntary project under the umbrella of the European Solidarity Corps program, co-funded by the European Union. With this initiative, we want to make visible and celebrate the great cultural diversity present in the city of Ioannina through one of the greatest links of union, food, by organising food events and creating this recipe book.

Moreover, we want to work on interculturality with the people who decide to be part of the project and spread what we are creating to raise awareness that a society based on much more respect for diversity and equity is possible. With the events that took place and the realisation of the book itself, we want to awaken the curiosity of citizens about interculturality and to try to move them away from deep-rooted thoughts connected to discrimination and inequality, trying to bring people closer through food.

We believe that food is loaded with cultural meaning, and it also takes us back to memories of the past, experiences, people, countries, etc. That is why we believe it is very convenient to work on interculturality through cooking, because who doesn't enjoy a good plate of rice with chicken? Or some tacos al pastor? But above all, who doesn't like to enjoy food in company?



<https://solidarityprojectc.wixsite.com/aroundthetable>



Around the table: Community, Culture and Food



[@aroundthetable.project](https://www.instagram.com/aroundthetable.project)

“Cooking sometimes awakens our memories: emotions, places, and people. The food and the space where it is prepared then became an allegory of a past moment, usually one that is fondly remembered”



The Story Behind my Recipe: Sweden

"These coconut balls are a Swedish classic dessert that everyone in Sweden loves. They are a must have at the traditional Swedish "fika" which is when you get coffee served with some nice sweets. This dessert is served at most fun events, and therefore it has a taste that in my mind is connected with a lot of fun memories, such as school graduation and New Year's celebrations. It is so easy to make, and it only takes half an hour, so I often prepare this when I want to serve something tasty to guests but I don't have time."

Kokosbollar

Ingredients (30-40 balls)

- Grated coconut + additional garnish 2dl
- Oat flakes 5dl
- Icing sugar 1½ dl
- Vanilla sugar 1 tbl
- Cocoa 3 tbl
- Water or cold coffee 2 tbl
- Butter at room temperature 150 g

Procedure

- Mix the coconut, oats, icing sugar, vanilla sugar and cocoa in a bowl. Add the liquid.
- Cut the butter into pieces and add to the bowl. Beat together with an electric whisk or pinch with your hands to form a thick mixture.
- Form into balls and roll in the coconut.

Tip

Toast the coconut golden brown in a dry, hot frying pan for more flavor.





The Story Behind my Recipe: Spain

"Where I come from, it is a tradition to enjoy a pintxo of tortilla as a snack, especially in bars, where they offer creative varieties such as tortillas with ham, minced meat or even seafood. This seemingly humble dish, crafted from elemental ingredients, transcends its simplicity; creating a delectable omelette is an art form that demands not just skill, but a wealth of culinary wisdom passed down through generations.

I have vivid memories of my grandparents warmly welcoming us into their home. One thing that always stood out was the tradition of them whipping up a hearty omelette, which essentially became our go-to meal for the entire week. The kitchen would fill with the comforting smell of eggs cooking, and the clatter of pans and utensils mixed with the laughter and chatter in the background. It wasn't just about the food; it was a shared experience that somehow made those visits even more special. Their generous omelette was like a tasty link to our family roots, making each visit a blend of good food and precious moments together."

Spanish tortilla

Ingredients

- 4-5 medium-sized potatoes, peeled and thinly sliced
- 1 large onion, finely chopped
- 6 large eggs
- Extra virgin olive oil
- Salt to taste

Procedure

- Heat 1 large cup of olive oil in a large frying pan over medium-high heat. Add potatoes and onion. Cook over medium-low heat until potatoes are tender but not browned, stirring occasionally. This may take about 20 minutes.
- While the potatoes are cooking, whisk the eggs in a large bowl and season with salt to taste.
- When the potatoes are ready, drain well and add them to the bowl with the beaten eggs.
- Heat 2 tablespoons of oil in a large non-stick frying pan over medium heat. Pour the potato and egg mixture into the pan.



- Cook the omelette over medium heat for about 2 minutes, shaking the pan slightly to prevent sticking. When the edges are set but the centre is still a little runny, it's time to flip the omelette.
- To flip the tortilla, place a large plate on top of the pan and turn it over. Then slide the tortilla back into the pan to cook on the other side for another 2-3 minutes.
- Once the tortilla is cooked on both sides, remove it from the pan and let it rest for a few minutes before cutting into portions.



The Story Behind my Recipe: Mali

"Pastels are a popular finger food in West Africa, and as someone from Mali, I often enjoy them during special occasions like weddings or saragné, which are large family get-togethers to celebrate someone's journey to Mali. For me, pastels are synonymous with festive moments! It's customary to make a large batch because people take them home as a tasty souvenir for their families when the event ends. This brings back memories of the countless hours spent in the kitchen with my mother and sister, crafting 100 pastels or even more –a true industry!"

Pastels

Ingredients

For the dough:

- 500g of flour
- 50 g of melted butter
- 2 eggs
- 20cl of warm milk
- 11g of baking powder

For the filling:

- 2 cans of tuna
- 1 onion

For the sauce:

- 2 onions
- Tomato paste
- 3 laurel leaves
- Salt
- Black pepper

Procedure

- In a bowl, put flour. Add baking powder, one teaspoon of salt, and one teaspoon of sugar.
- Add melted butter and the eggs. Pour the milk little by little, and mix everything with your hand. When the dough is uniform, knead the dough for about 5 minutes on the kitchen counter.
- Cover the dough and let it rest.
- While the dough is resting, chop one onion into tiny cubes. In a pan, brown the onion for two minutes. Add the tuna, salt, and pepper. When the tuna is cooked, let it rest for about ten minutes before using it.
- Roll out the dough until it's around 3 mm thick. Make circles of 5 cm of diameter. Put the tuna on one side of the circle, and fold it to make a half-moon. Make sure to close the pastel, and use a fork to mark the edge.
- When every pastel is ready, fry them in hot oil, for 1 minute each side.
- To make the sauce, chop the onions into tiny cubes. In a cooking pot, put olive oil. Cook the onions until they are caramelised. Add the tomato paste, laurel leaves, 10 cl of water, and let it cook in low heat for 10 minutes. Add salt and pepper.
- Bon appétit!



The Story Behind my Recipe: Gambia

"Eating together from the same plate is a beautiful tradition that transcends the mere act of sharing a meal. It symbolizes unity, and the strength of familial or communal bonds. This practice holds particular significance, especially during important celebrations and gatherings, such as hosting guests at home.

The act of sharing a meal from the same plate fosters a sense of togetherness and reinforces the idea that, in that moment, everyone at the table is part of a larger, connected family. It's a powerful reminder that, despite any differences or disagreements, the act of sharing can create a sense of solidarity that transcends individual concerns.

In a world where conflicts and differences sometimes divide us, the simple act of sharing a meal from the same plate serves as a powerful reminder of our shared humanity. It's a tradition that transcends cultural and familial boundaries, fostering understanding, and empathy. In essence, it's not just about the food; it's about the shared moments, the laughter, and the bonds that are strengthened when people come together around a common table."

Wolof rice

Ingredients for 15 people

- 3 chicken thighs
- 2 kilos of basmati rice
- 3 onions
- 4 tomatoes
- 4 carrots
- 4 potatoes
- Half kilo of okra
- 1 cabbage
- 2 lemons
- Tomato paste
- Juice of 2 lemons
- 4 Maggi cubes
- Cinnamon
- Chili powder
- Black pepper
- Sunflower oil

Procedure

- Clean the chicken thighs and set them aside.
- In a large pot, heat a generous amount of sunflower oil.
- Cut 3 onions, 4 tomatoes, and 4 carrots into big pieces.
- Peel and cut 4 potatoes into large chunks.
- Add the chicken thighs to the hot oil and cook until they are well-browned. Once done, remove the chicken from the pot and set it aside.
- In the same pot, add the potatoes and fry them until they are golden brown. Remove the potatoes from the pot.
- In a bowl, prepare a mixture of chopped tomatoes, tomato paste, chopped onions, black pepper, and chili.
- Return the fried potatoes to the pot and add the prepared mixture from the bowl.
- Later, add the carrots to the pot, fry them, and then remove them.
- Put the cabbage and okra into the pot.
- In another bowl, create a seasoning mixture with black pepper, some cabbage, 1 tomato, 1 onion, salt, lemon slices, and the juice of 2 lemons.
- Add the potatoes, chicken, and carrots back into the pot, and include the seasoning mixture from the second bowl.
- Add 4 Maggi cubes to enhance the flavor.
- Remove the chicken from the pot.
- Remove all the vegetables from the pot.
- Add approximately 500 ml of water and salt to the pot, then simmer on low heat.
- Place the previously cleaned rice into the pot.
- Finally, add a pinch of cinnamon for added flavor.



What is interculturality?

According to UNESCO, interculturality refers to the existence and equal interaction of diverse cultures and the possibility of generating shared cultural expressions through dialogue and mutual respect.

The Story Behind my Recipe: Congo

"This recipe reminds me of both memories of my family and the essence of my homeland. It also summons recollections of moments spent in refugee camps in Greece and Turkey, where the act of cooking became a poignant celebration of togetherness amidst the challenges of the day.

Beyond the familiar confines of home, it extends its embrace to the challenging chapters of life spent in refugee camps in Greece and Turkey. In the simplicity of a shared meal, we found a refuge from the trials of displacement. It was an opportunity to gather around communal pots and pans, transcending language barriers to share not only sustenance but also stories, dreams, and hopes. It was an opportunity to get together and share."

Foufou with gombo sauce

Ingredients

- 200-300 gr of beef
- 300 gr of fish (e.g., crayfish)
- 1 onion
- 10 gombo (okra)
- 250 gr of foufou flour
- 1 green pepper
- 1 chili pepper
- Salt
- Palm oil

Procedure

Gombo sauce

- Begin by expertly cutting the beef. Meanwhile, scale the fish (for example: crayfish). Once completed, introduce both meat and fish to a pot of gently heated water.
- Gradually bring the temperature to a gentle simmer.
- Cut a generous amount of onions, gombo (okra), and an assortment of peppers.
- Add the finely chopped onions to the simmering pot.
- Temporarily lift the fish from the pot, making space for the gombo and mixed peppers.
- Once the gombo and peppers have embraced the simmering broth, gracefully reintroduce the cut fish to the pot.
- Add salt to taste and pour approximately 30 cl of palm oil.
- Allow to simmer gently for a minimum of 40 minutes.

Foufou

- Blending a precise combination of water and foufou flour. The goal is to achieve a smooth consistency.
- Bring a pot of water to boil. Gradually introduce the flour to the boiling water, stirring continuously to prevent lumps from forming.
- Remove the pot from the heat, and stir with a wooden spoon.
- With the hands, shape the foufou mixture into small, artful balls.





The Story Behind my Recipe: Kurdish

"This recipe means a lot to me, especially since it reminds me of my hometown, Batman. Every time I cook this dish, it's like taking a trip back to the amazing landscapes and rich culture that make up my region. The flavours and ingredients used in the recipe perfectly capture the taste of local cuisine, paying homage to the beauty of where I come from.

Making this dish is like stepping into the past, connecting me with fond memories of family gatherings. Each step in the recipe brings back the warmth and togetherness we shared during those special times. The delightful aroma filling the kitchen brings back not just the taste but also the laughter, conversations, and precious moments we enjoyed as a family. It's more than just a recipe; it's a way for me to hold onto the traditions and connections that are deeply rooted in the place I call home."

Tirsik

Ingredients

- 450g lamb meat, cubed
- 1 large aubergine
- 2 red bell peppers
- 2 tomatoes
- 1 onion
- 3 cloves garlic
- 2 tablespoons tomato paste
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon red pepper flakes (adjust to taste)
- Salt and black pepper to taste

Procedure

- In a frying-pan, heat a tablespoon of olive oil over medium heat.
- Add the cubed lamb meat and brown on all sides. Season with salt and pepper. Cook until the lamb is cooked through. Set aside.
- Preheat the oven to 200 °C.
- Place the whole aubergine, bell peppers, tomatoes, onion, and garlic cloves on a baking sheet.
- Roast in the oven for about 30-40 minutes, or until the vegetables are tender, and the skin is charred.

- In a small bowl, mix together the remaining olive oil, tomato paste, ground cumin, red pepper flakes, salt, and black pepper, and add the mixture to the lamb.
- Add to the oven the lamb and roasted it for 20 minutes with the vegetables.
- Let the Tirsik sit for about 30 minutes to allow the flavours to meld.
- You can accompany the Tirsik with basmati rice.



The Story Behind my Recipe: Türkiye

"This sweet treat holds a special place in my heart, as it was my absolute favorite during my childhood. Its significance goes beyond just being a dessert; it encapsulates a flood of nostalgic memories that shaped my early years. The mere mention or taste of this dessert brings back the warmth and simplicity of those carefree days.

This particular sweet delight was not just a treat for my taste buds but a companion to the joyful conversations and laughter of my youth. Every bite carries the essence of cherished moments and good times spent with family and friends. Whether I'm making it from scratch or savoring a bite, the sweet aroma and flavor transport me to a time of innocence and pure happiness. It's more than a dessert; it's a vessel of precious recollections, weaving together the fabric of my childhood with each delightful taste."

Sütlac

Ingredients

- 1/2 cup short-grain rice
- 4 cups whole milk
- 1 cup sugar
- 1 teaspoon vanilla extract
- Ground cinnamon for garnish

Procedure

- Rinse rice under cold water until clear.
- In a pot, boil rice with 2 cups of water, then drain excess water.
- Add remaining milk and sugar to the partially cooked rice.
- Over medium heat, bring to a gentle boil, stirring to prevent lumps.
- Reduce heat, simmer until rice is fully cooked, and mixture thickens (about 20-25 mins).
- Stir in vanilla extract and remove from heat.
- Pour into serving bowls or a dish.
- Cool to room temperature, then refrigerate until chilled and set.
- Sprinkle cinnamon on top before serving; optionally, garnish with chopped almonds.

The Story Behind my Recipe: Afghanistan

"Kabuli Pulao is a very important recipe in our country, Afghanistan. A dish very much present in our parties and celebrations with friends and family. Everybody loves Kabuli Pulao! From the youngest to the oldest.

I remember the last time I cooked this recipe, 3 years ago, once I arrived in Lesbos. It was a very special moment to be able to share this dish from my country and to bring me back to past memories."

Kabuli Palau

Ingredients for 2 people

- 1 glass and half of basmati rice
- 2 carrots
- A handful of raisins
- Cumin seeds to taste
- Salt to taste
- 3 cardamom pods
- 2 teaspoons of sugar
- Oil (if possible sunflower oil)
- 1 red onion
- Half kilo of meat (preferably lamb or beef, but chicken also works)
- If we do the fast way: animal stock
- 1 head of garlic

Procedure

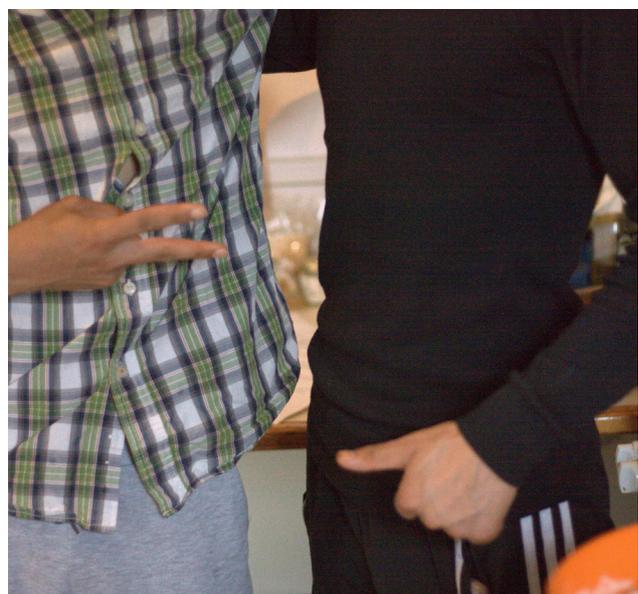
- Clean the rice twice in order to remove the starch and clean the meat too with water.
- Pour the rice in a bowl with water and leave it for some hours (2 to 4 hours) to soak.
- In a large pan with oil, add cumin seeds (they should toast) and the onions. Cook them until they start to caramelize (10 minutes aprox).
- Add to the pan the meat and cook it for 20 to 30 minutes.
- Add salt to taste.
- Add 3-4 glasses of warm water and cook for 20 to 30 minutes.
- Remove the meat from the pot.
- Cut the carrots in thin strips. In a pan with oil cook them until they are soft.
- In the same pan add the raisins and cook for few minutes. Remove it from the pan.
- In the same pan, add sugar and cardamom seeds with a bit of water (it should be like kind of caramel).



- Boil the rice just with water and a bit of salt for 5 minutes.
- In a big pot add the rice, the meat, the raisins, and the carrots.
- Make some holds with a stick.
- Add the stock and the caramel.
- Place the head of garlic in the middle of the pot.
- Cover the pot with foil paper and make some little holes.
- Put it in the oven for about 20 to 30 minutes.

Tips

- The first two steps are very important to get the right consistency of the rice.
- In case we don't have a lot of time, we can buy already done stock and avoid the steps 4 to 6. Just we will have to cook the meat with oil.
- Another way in case we don't have a lot of time and want to avoid the oven: We can put in our pot a cloth and cover it with the cap, it will create the effect of a steamer. Cook it at low temperature for 10 minutes aprox.



قابلی بلو یکی از غذاهای معروف و پربهر طرف دار.

افغانستانی هست

که بین مردم افغانستان و کشورهای دیگر جایابی

خاصی دارد.

مواد مورد نیاز عبارت از... برنج، گوشت گوسفندی، پیاز،

کشمش، پیاز، ادویه برابنی، ادویه غده و غیره...

طریقه پختن... اول پیاز را با روغن قشک سرخ میکنیم

بعد گوشت را اضافه میکنیم و خوب سرخ میکنیم و بعد از آن

هونج و کشمش را با هم در ظرف جدا سرخ میکنیم و

و برنج را داخل ظرف گوشت اضافه میکنیم به مقدار کافی آب

اضافه میکنیم و میگذاریم که آب خود را بگیرد و دم بکشد و بعد از آن

کشمش هونج و بقیه مواد را اضافه میکنیم و هم میزنیم و روی شعله ملایم

قرار میدهیم و میگذاریم دم بکشد...

The Story Behind my Recipe: Somalia

"Canjeero is our tradition. We eat it for breakfast every day, and every house in Somalia eats it in the morning. If you eat it, your day will be good. We eat Canjeero with suugo. Sometimes, when we feel lazy to prepare suugo, we eat Canjeero, adding sugar, honey, and tea. I learnt to cook canjeero from my mother, my mother learnt it from my grandmother. The recipe passes through generations. So, I'll pass it to my children.

Now, while I'm preparing canjeero, I have memories about it because I'm not in my country, and it's not easy to get the ingredients to cook canjeero. In my childhood, I used to cook canjeero every morning, while now I skip breakfast and I eat only lunch because I want canjeero and I don't have it.

I used to cook it in the morning for me and my brothers, because I am the oldest one and my mother used to go out early to work. After breakfast, I used to take my brothers to their school and then go to mine. I used to cook also the lunch, when I came back from school, while for dinner my mother used to take food for us. It wasn't special food, the special food is canjeero, in the morning."

Canjeero with suugo

Ingredients

- 500 grams of flour
- 3 eggs
- Half liter of milk
- Salt
- Sugar
- Water (as needed for dough softening)
- Instant yeast (1 packet)
- Sunflower oil

Procedure

- Pour half a kilo of flour into a bowl.
- Break three eggs.
- Pour half a liter of milk.
- Add a generous handful of salt and one of sugar.
- Mix with your hands.
- Add water to further soften the dough, as needed.



- Work the dough by hand. First use pinched movements, then beat it strongly against the bowl to make it elastic.
- Add a sachet of instant yeast dissolved in water.
- Cover the bowl with a plastic bag and leave to rise in the oven for 30–40 minutes.
- Grease a frying pan and weld it on the fire.
- Mix the dough again with your hands.
- Add water to make the dough smooth.
- With the mouth of a cut bottle, create a measuring cup with which to pour the mixture into the pan and spend it in a spiral movement and cover with a lid.
- Cook on one side only.



Suugo

Ingredients

- 2 potatoes
- 400 gr of chicken (with bones)
- 2 onions
- 2 bell peppers
- Half a lemon
- Garlic
- Olive oil
- 1 brick of tomato sauce
- Salt
- Pepper
- Paprika
- Coriander

Procedure

- Peel the potatoes and wash them in a colander under running water.
- Cut the potatoes into long thin strips.
- Cut the chicken into small pieces, with bones, and wash it. The bones add flavour to the broth.

- Cut the onions in big circular pieces and garlic in small pieces.
- Heat a pot with plenty of olive oil, it must cover the entire bottom.
- When the oil is hot, sauté the onion over high heat. Cover with a lid.
- Add the chicken to the stir-fry.
- After 20 minutes, add the tomato sauce and potatoes. Adjust salt and pepper as needed.
- Leave heat for 30–40 minutes.
- Add a spoonful of pepper, paprika, and coriander.
- After add the garlic.
- Stir occasionally.
- Add cold cut onion and peppers.
- Squeeze half a lemon.





JUST 10
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The Story Behind my Recipe: Latvia

"This recipe was published in one of my grandmother's cookbooks, published in 1910 in Riga, Latvia, which included centuries-old traditional recipes and modern recipes of the time. The book had received 4 medals for containing almost 2000 recipes used by professional cooks of that time, like my grandmother. I grew up with her for the first few years of my life, but she died when I was young enough, so I have some fond, but not too many memories of her to cherish. Lately, my sisters and I have been reconnecting with her life in some ways, exploring and cooking some of her many recipes, and it's always a special time for us and an exploration of our traditional cuisine."

Pepper cakes

Ingredients

- Yeast 25g
- Soda 40g
- Sugar - 1 glass
- Wholemeal flour - about 1kg
- Molasses - 1 glass
- Cream (high fat) - 270g
- Butter - ¼ glass
- Strong alcohol - about ½ glass
- Jam (blueberry, apple, or plum) - ½ - 1 glass
- Coriander - 1 teaspoon
- Cloves- 1.5 tablespoons
- Cinnamon - 1 tablespoon (optional)
- Black pepper - 1 teaspoon (optional)

Procedure

- Boil the sugar and molasses and add the butter.
- To 3-4 cups of flour add the baking soda, spices and mix in the alcohol and cream, Then melt the yeast in lukewarm water, and stir it into the dough. Work the dough until it becomes smooth. If necessary, add more flour until the dough texture is smooth and thick.
- Leave in a covered, warm place to allow the yeast to activate (about 2-3 hours). When ready, flour the work surface and roll out the dough to a thickness of about 0.5-1 cm with a rolling pin. Cut circles out of the dough using a wide glass.

- Place a baking paper on the baking tray and place the cut circular shapes on the baking paper.
- Add about 1 teaspoon of jam in the middle of each circle. Using a pastry brush, brush a very thin layer of water around the cookie circle (around the jam) and place another circle of dough on top, very gently pressing the corners of the dough circle to create a good bond between the two pieces of dough.
- Bake the cookies at 200 degrees Celsius for about 15 minutes or until they are done - depending on your oven.



Eating together creates a space where people can relax, talk and express their thoughts and feelings more openly. Also, shared culinary experiences tend to stay in the memory.

Moments of enjoying a special meal, exploring new flavours or celebrating important occasions become memories that connect people to each other over time.

The Story Behind my Recipes: Italy

"My grandmother's laugh and the smell of coffee: this is how I wake up, around 5:30 AM, on a late October day in a little town in Abruzzo, Italy. I know I have to stand up quickly because time cannot be wasted: every moment of sunlight is useful for harvesting the olives. Everybody is gathered there to help in this family tradition that will give us oil for the whole year, until the following October. The nets are set, everyone has their own rake: the assault on the trees may begin. We start very early in the morning, so around 10:30 AM, we are already hungry. This is when we have a break in order to eat all together directly in the field: we sit on the dirt and take out our sandwiches made with local bread and pipindunə e ovə - peppers and eggs. It is a strong meal that will give us the energy to carry on. Once we finish eating, and after drinking water from a wooden bottle, we start to work again. Even though the work is hard, time passes by rapidly because we make jokes and tell stories. When the sun starts to fall and the temperatures to sink, around 4:30 PM, it is time to go back home. After 10 hours of work in the field, the hunger is giant. We need, for this reason, hot and energetic food. It is the moment to eat sagnə e faciulə, traditional pasta topped with tomato sauce and beans, and pallottə cacə e ovə, cheese-balls prepared with pecorino and eggs and then dipped in an onion and tomato sauce. After eating, we spend the time around the fireplace playing cards, telling stories and laughing, waiting for the stomach to do its digestion job."

Pipindunə e ovə

Ingredients for 4 people

- Oil
- Salt to taste
- Half onion
- 500 gr peppers (red, yellow and green)
- 4 eggs

Procedure

- Put the oil in a pan and let it warm.
- Add the onions and wait until they are golden brown.
- Add the peppers, a pinch of salt, put a lid and wait until they become tender. Don't forget to stir from time to time!
- After about 15/20 minutes, you can add the eggs and scramble them together with the peppers.



Pallottè cacè e ovè

Ingredients for 4 people

Ingredients for the cheese-balls:

- Grated Pecorino cheese, 400 gr
- Grated Parmigiano cheese, 100 gr
- 4 eggs
- Fresh parsley
- Oil to fry

Ingredients for the sauce:

- 500 ml tomato sauce
- Oil
- 1 onion
- Salt and pepper to taste

Procedure

- Start with the sauce: put oil in a pot and let it warm.
- Add the onion cut into stripes and, when they are golden brown, add the tomato sauce.
- Let it cook on a low heat with a lid.
- Now the meatballs: add in a bowl the two cheeses and mix them.
- Add one egg at a time and mix it with the cheeses: the result should not be too dense, a soft enough mixture that allows you to shape it with your hands and that remains in the form you gave it.
- Create with your hands cheeseballs half the size of your fist.
- Put the oil to fry in a pan: when it's ready, dip the cheeseballs in it.
- When all the cheeseballs are fried, dip them in the tomato sauce and leave them there for some minutes.

Tip

If the mixture is not thick enough, you can add a very little amount of flour or bread crumbs.



Sagnə e faciulə

Ingredients for 4 people

Ingredients for the sagne:

- 200 gr flour
- 1 cup of water
- Salt

Ingredients for the sauce:

- 200 gr of boiled kidney beans
- Half carrot
- Half onion
- Half celery
- Oil
- Tomato sauce
- Salt

Procedure

- First, prepare the sauce: put the oil in a pan and let it warm.
- Add the vegetables cut into little pieces and wait a few minutes.
- Add the tomato sauce and the beans, and let it cook on a low heat with a lid.
- Now, the sagne! Add a little salt to the cup of water and put the flour on your table in the shape of a volcano.
- Make a hole in the middle and start slowly adding the salted water. You should put a little water and start incorporating it in the flour.
- Repeat this procedure until your dough is soft and not moist.
- Divide your mixture in four pieces and start flattening one with a rolling pin.
- Once it is around 3 millimeters high, cut the dough into stripes and then again into small rectangles: these are the sagne
- Repeat the procedure with all your dough.
- Cook the sagne into boiling salted water.
- Once they are cooked, dip them in the tomato sauce and serve!

Tip

The water needed for the dough changes according to the flour. There is no right amount, just watch it and check it! The sagne will be cooked in very few minutes, be careful!



The Story Behind my Recipe: Rusia

"In Russian households, this traditional dish is a beloved tradition that brings families together. Generations gather to prepare it, sharing stories and singing songs that have been passed down through the centuries. As ingredients are carefully combined, laughter fills the kitchen, mingling with the aroma of simmering flavors. It's more than just a meal, it's a celebration of heritage and camaraderie. Every step matters as hands work in concert to create a culinary masterpiece. Memories are woven into every bite, creating a mosaic of love and tradition. And as the meal is finally served, it's not just food on the table; it's a testament to the bonds that unite us all."

Russian Pelmeni

Ingredients

For the dough:

- Flour 700gr.
- Eggs 2
- Water 260ml
- Salt

For the filling:

- Beef and pork minced meat mixture 550g
- Onions 2
- Salt
- Pepper
- Sugar
- Water 90ml

Procedure

- Beat the eggs and mix them with lukewarm water and salt. Gradually pour this mixture into the flour until a fairly stiff dough is formed. Let it rest for an hour.
- Cut the dough into small pieces and flatten it with a rolling pin into small, round circles. Place a spoonful of filling in the centre and fold the edges together to seal them well.
- Start preparing the filling: finely chop the onions, mix them with the minced meat, add salt, black pepper, a little sugar and a small glass of wine and water. Mix well until the mixture is homogeneous.



- Bring a pot of water to a boil, adding a little salt.
- Once the water is boiling, add the assembled pelmeni, stirring gently to prevent sticking, and cook for 10 minutes.
- Remove the pelmeni with a slotted spoon and serve warm with various sauces, yoghurt or butter.



Το αγαπημένο μου φαγητό που μου θυμίζει αρμύρα τις ρίζες μου είναι οι τηγανιτές της διαγιάς μου! Με μπύρα τυρί και λίγο λάχανο και πάνω στο γάλα.

Συνταγή:

- Ανακατεύουμε σε ένα μεγάλο μπολ το αλεύρι με το νερό, μέχρι να γίνει σπαστός (χρησις να πέσει αμέσως το υλικό από την κουτάλα) Ανακατεύουμε με κουτάλο ή παρόμοιο μέγεθος. Στη συνέχεια προσθέτουμε το τυρί αφού το θρυμματίσουμε Προσέχουμε, χρειαζόμαστε και μεγάλα κομμάτια εκτός από τα μικρά. Ρίχνουμε και το αλάτι και υπάρχει κι ένα μικτό κούταλο ούτο.

ΝΑΙ ΟΥΣΟ. Επίσης, μπορείς να προσθέσεις μια κουταλιά λάδι ή και λίγο μαγιό για να είναι πιο... φουσκωτό!

ΥΛΙΚΑ:

- 1 κιλό αλεύρι
- νερό όσο χρειαζόμαστε
- 300 gr τυρί (κουτάλι)

- μια κουτάλα ούτο και προαιρετικά:
- μαγιό
- μια κουτάλα 1.5

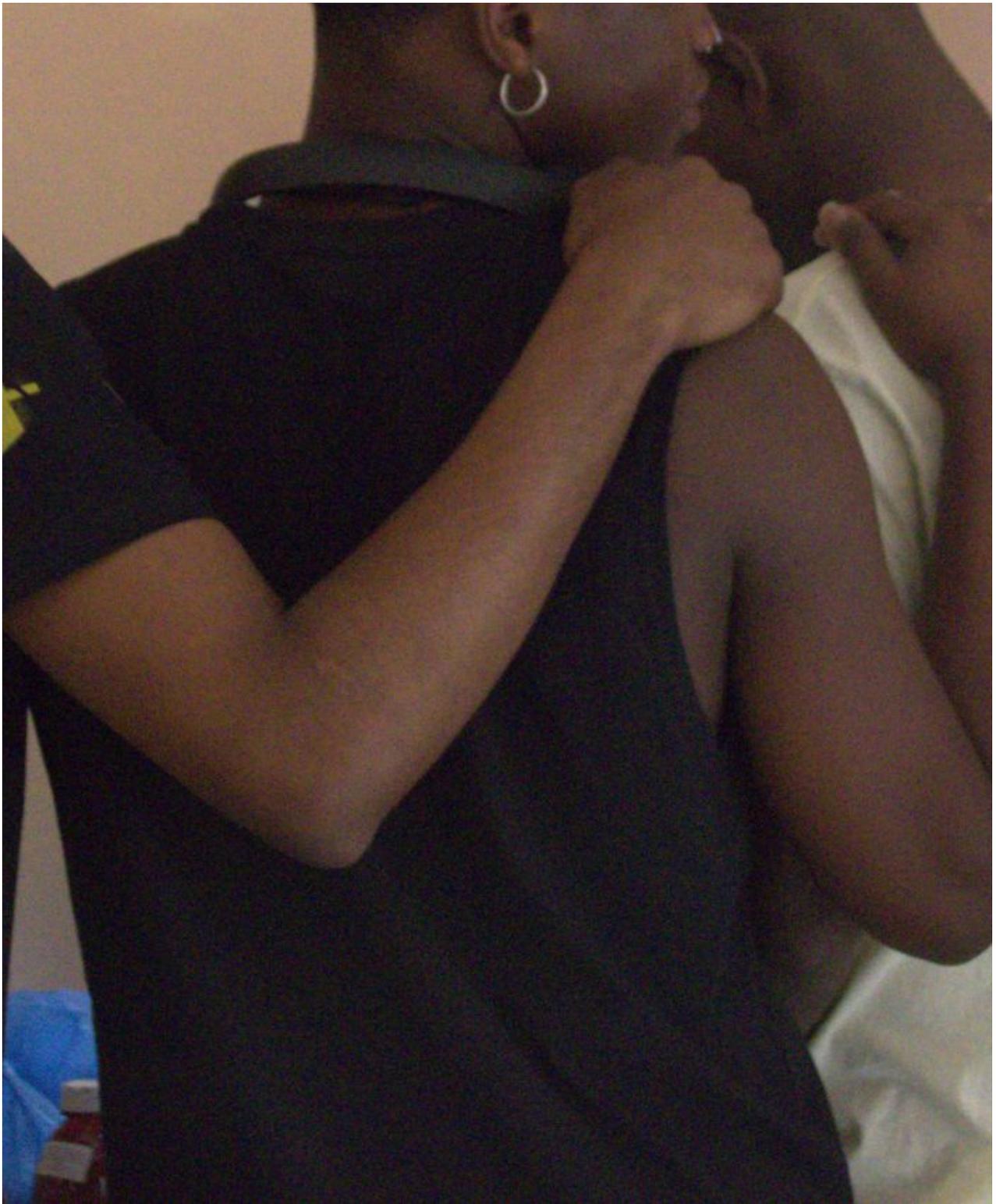
Μηρίαιμ Περχαμιώτισσα
(ΠΕΡΓΑΜΟΣ)

Ποζω καταχωρητός μου συυιδίουμε
να μαχηρτώμε γα ψαγίτα της
"παρτίδας". Ένα πατρίω, κορο-
κυδακιά στο ψούρνο δάδα η δια-
ψαρά ένα ου βόρουμε ρυζι. Ένα
δηλο και υόουμα και με δίνας
με να ρίξτε μου. Η προραμα μου
το φηαδε στην μαμά μου, η μα-
μά μου σε μένα και εγώ σε
κόρη μου. Ένα ψαγίτα κρουω
δρα Μικρά Ασία.

Σημειώσεις







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