



ERASMUS+ PROJECT 2020 -2022 (2023)
„Active learning outdoors – implementing Forest school approach“

RECIPE BOOK

A common recipe book that includes food children have prepared of vegetables, fruits and herbs grown in the kindergarten.



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„Zucchini – cheese pie“

You need:

- 500 g yeast-puff pastry
- 500 g zucchinis
- Olive oil
- Salt and pepper
- 150 g unflavoured cream cheese
- 100 g grated parmesan

How to prepare:

1. Cut zucchinis to thin strips.
2. Mix zucchini stripes with olive oil, salt and pepper.
3. Mix together cream cheese, parmesan, salt and pepper.
4. Place the pastry to oven plate.
5. Spread the cheese mixture to the pastry.
6. Place zucchinis on the top.
7. Cook at 200 degrees for about 30 minutes.



„Cocoa – carrot cake“

You need:

- 3,5 dl flour
- 2 dl sugar
- 150 g melted butter
- 3 eggs
- 350 g carrots
- 1 teaspoon baking soda
- 1 teaspoon baking powder

For glaze:

- 50 g butter
- 1 dl sugar
- 1 tablespoon cocoa
- 2 tablespoon sour cream

How to prepare:

8. Clean and grate carrots.
9. Mix it with melted butter.
10. Mix together flour, soda and baking powder.
11. Whisp together eggs and sugar.
12. Add carrots and flour.
13. Bake at 180 degrees for about 40 minutes.
14. Prepare glaze: melt butter and add mixture of cocoa and sugar.
15. Add sour cream and boil for about 1 minute.
16. When cake is cooled down add the glaze.



„Apple jam“

You need:

- 1 kg apples
- 700 g sugar
- Water
- Cinnamon

How to prepare:

17. Peel apples.
18. Cut apples to small pieces.
19. Boil apples.
20. Add sugar, cinnamon and water until the texture is a puree.



„Apple pie“

You need:

- 200 g flour
- 200 g sugar
- 50 g sugar
- 6 eggs
- vanilla
- apples
- 10 g baking powder

How to prepare:

21. Mix all ingredients.
22. Bake the pie in a bread baker.



„Stuffed peppers“

You need:

- 7 peppers
- A cup of rice
- 3 spring onions
- Parsley
- 1 carrot
- Salt, pepper, turmeric
- Some tomato sauces
- Oil
- A little water



How to prepare:

1. We collect from the garden the vegetables we will need.
2. Cut the carrot, spring onions, and parley into small pieces.
3. Put the rice in a bowl and add the rest of the ingredients.
4. Cut and clean the peppers from the seeds.
5. Stuff the peppers with the mixture.
6. Add a little water and oil to the pan and bake in the oven.



„Baked new potatoes“

You need:

- 0.75–1 kg of small new potatoes
- 1-2 tablespoons of extra virgin olive oil
- Salt
- black peppercorns
- 2 cloves of garlic
- 1 sprig of rosemary
- 2–3 sprigs of thyme



How to prepare:

1. Clean the potatoes and dry them on a dry cloth.
2. Line the baking tray with baking paper.
3. If desired, finely chop the garlic, shake it in a bowl and mix it with oil. Otherwise use only oil.
4. Heat the oven to 220 degrees.
5. Cut the dried potatoes into halves, the larger tubers into quarters.
6. Toss the sliced potatoes into a bowl with (garlic) oil. Season the potatoes with salt and, if desired, with freshly ground pepper and mix well.
7. Put the potatoes into a baking tray and place it in a heated oven for 35 - 40 minutes. Meanwhile, mix the potatoes twice.



„Mint syrup“

You need:

150 g of freshly picked mint of any kind

- 2 l of water (you can add 3 dl more)
- 2 kg of sugar
- 70 g lemons
- 2 lemons

How to prepare:

1. Place 3 bottles of 1 l each with stoppers on a rack in the oven for 10 minutes at 110 degrees (heat the oven beforehand) to destroy most of the bacteria.
2. Boil the water, set it aside and sprinkle sugar and lemon juice into it. Stir until both are completely dissolved. The boiling sugar solution must cool down a little (because of the essential oils in the mint).
3. During this time, cut the mint with a knife (if necessary, wash it beforehand). Also cut the lemons into slices.
4. First put sliced mint in warm water, spread lemon slices over the mint.
5. Cover and leave for 24 hours, preferably in a cool place.
6. After 24 hours have passed, first remove the mint from the liquid, which can be squeezed through cheesecloth.
7. Then place a funnel on the clean bottles and put a thick strainer on it and pour the syrup into them and cover with corks.



„Spruce tops syrup“

You need:

- 200 – 250 g spruce tops
- 300 – 350 g white sugar/crystallized honey (flower or maple)



How to prepare:

1. Wash the glass jar well under running water and wipe it well. We use one with a thread so that we can then close it well.
2. At the bottom of the glass, first place the spruce tops, about two fingers thick (the bottom layer should be thicker so that the sugar does not reach the bottom, as it would harden), then add two to three tablespoons of sugar or a layer about one finger thick. We repeat the process. (It is also important not to press the layers when loading!)
3. After filling the jar, always finish the layers with sugar. Close the jar tightly.
4. Place the jar on a windowsill in the sun for about 40 days.
5. When the sugar melts, strain it all into a dark bottle using a strainer.
6. Store the syrup in the refrigerator. It can also be added to tea instead of sugar.

Tip: If you want to prepare an even better syrup, replace the sugar with crystallized honey (flower or maple), which will enrich the medicinal preparation with vitamins, enzymes, minerals and amino acids.



The home pharmacy has had syrup from spruce tops from ages ago, as it effectively relieves coughs, helps with colds, accelerates the prevention of mucous membranes in the respiratory tract, and at the same time disinfects, restores and strengthens it. The tops contain a veritable treasure trove of vitamin C, which strengthens the effect, they also behave with medicinal agents that purify the blood and prevents the bleeding of gums.

The tops are harvested in the spring, from May to June, but weather conditions must also be taken into account. It is best to pick the tops when the weather has been nice and sunny for several days. Small tops are best, even those that are still almost closed.

„Winter salad“

You need:

- Lettuce
- 4 dried figs
- 1 handful of raisins
- 1 handful of walnuts
- 2 tangerines

For dressing:

- 1 spoon of honey
- Olive of oil
- Lemon juice from half a lemon

How to prepare:

1. Wash and cut the lettuce leaves by hand.
2. Cut the dried figs into small pieces.
3. Cut 1 tangerine into small pieces.
4. Add the dried figs, tangerine, raisins and walnuts to the lettuce.

For the dressing

5. Mix all ingredients and pour the mixture over the salad and mix
6. At the end, on the top of the salad add 1 tangerine.



„Beet salad“

You need:

- boiled beets
- Cooked potatoes
- Mayonnaise
- Mustard
- Onion
- Apple
- lemon juice

How to prepare:

1. Dice the vegetables.
2. Squeeze the lemon juice.
3. Season everything with mustard and mayonnaise.
4. Mix the salad.



„Carrot cake“

You need:

- 250 g of fine wheat flour
- 180 ml of vegetable oil
- 4 large eggs or 5 small ones
- 300 g of coarsely grated carrots
- 120 g of apple sauce without sugar
- 150 g of cane sugar
- 100 g of plain sugar
- 2 spoons of baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of vanilla extract
- spices: 1.5 teaspoons of cinnamon, half a teaspoon of salt and ginger, 1/4 teaspoon of nutmeg



How to prepare:

1. Sift the wheat flour into a bowl. Add baking powder, baking soda, salt, cinnamon, ginger and nutmeg. Mix everything thoroughly.
2. Peel the carrots and grate them coarsely. If the carrot is juicy, squeeze out the excess juice. Pour the eggs into a bowl with grated carrots and add sugar. Pour in the oil and the apple mousse unsweetened.
3. Mix the wet ingredients for the carrot cake with a spoon or spatula. Then pour in a mixture of loose ingredients. Mix the dough thoroughly. Line the bottom of springform pans with baking paper and brush the inner sides with grease only.
4. Place the cake on the middle shelf in an oven preheated to 175 degrees. Bake for 35 minutes.



„Cucumber lemonade“

You need:

- Cucumbers
- Lemon
- Honey
- Water

How to prepare:

1. Cut the cucumbers into slices or cubes.
2. Cut the lemon into slices.
3. Add everything to water and sweeten with honey.
4. Mix everything and chill before serving.



„Greek salad“

You need:

- Cucumbers
- Mozzarella
- Tomatoes
- Lettuce
- Oil
- Herbs
- Salt

How to prepare:

1. Dice all vegetables.
2. Add the mozzarella.
3. Mix the oil with herbs and salt.
4. Mix everything.



„Mint lemonade“

You need:

- Mint
- Lemons
- Honey
- Water

How to prepare:

1. Slice the lemon into thin slices.
2. Add small leaves of mint and honey to the water.
3. Mix all.



„Pumkin cake“

You need:

- 120g Butter
- $\frac{3}{4}$ cup Milk
- 30g Yeast
- 500g Flour
- 200g Pumpkin
- 125g Sugar
- 100 g candied orange peel
- $\frac{1}{3}$ of the bottle orange oil

How to prepare:

1. Dice the pumpkin flesh.
2. Pour the sliced pumpkin flesh into a pot.
3. Pour in the milk. Simmer until smooth.
4. Mix the yeast with a spoonful of sugar. Set aside to rise.
5. Cool the overcooked flesh.
6. Cold mix with orange peel and orange oil.
7. Pour flour into the bowl.
8. Add yeast leaven, melted margarine, sugar and pumpkin mass.
9. Knead the dough from the ingredients.
10. Then put into a rectangular sheet greased with margarine of dimensions 30x15 cm.
11. Bake for about 45 minutes at 180 degrees.



„Stewed fruit“

You need:

- Apples
- Water
- Mint

How to prepare:

1. Wash the apples and dice them.
2. Add the mint.
3. Pour water and boil.
4. Sweeten to taste.



„Makalo“

You need:

- 1 kg of potato
- 7-8 dry peppers (optionally mild or hot)
- 5 cloves of garlic
- Oil
- Vinegar
- Salt and pepper
- Parsley

How to prepare:

1. Potatoes and dried peppers are boiled.
2. Peel the boiled peppers, remove the seeds from the inside and puree them.
3. Potatoes are peeled.
4. The garlic cloves are placed in a mixing bowl, with a little salt and crushed.
5. Place the potatoes and peppers in a large bowl, mix well, add the crushed garlic, salt (to taste), pepper and vinegar and cover with oil.
6. Everything is mixed well and decorated with sprigs of parsley on top.





„Pinzur“

You need:

- 1 kg of peppers
- 2 blue eggplants
- 3 tomatoes
- 5 garlic cloves
- Sol
- 100 ml butter

How to prepare:

1. Once the peppers and eggplants are cooked, put them in a bag to suffocate them for easier peeling.
2. Now, for pounding, first put the onion with a little salt and pound until it forms a paste-like mixture.
3. Chopped peppers, eggplant and tomato salt to taste are added to the fruit and the meat is good.
4. First place the garlic with a little salt and pound it until a paste-like mixture is obtained. Add chopped peppers, eggplant, and tomatoes, salt to taste and mix well.
5. The oil is heated well and the pinzurot is poured over it.
6. The top is decorated with chopped or sprigs of parsley.





„Menemen (Turkish scrambled eggs with tomatoes)”

You need:

- Green peppers
- Tomatoes
- Spring onions
- 5 Eggs
- Oil
- Salt and spices



How to prepare:

1. Wash and cut the green peppers, onions and tomatoes into small pieces.
2. Stir fry the peppers, onions, and tomatoes one by one.
3. If desired, add tomato paste.
4. After the vegetables are cooked, add the salt and spices.
5. Finally, add the eggs.
6. The meal is ready when the eggs are cooked. Enjoy your meal.



„Lemonade“

You need:

- 7 Lemons
- Lemon squeezer
- Sieve
- Sugar (1 Glass)
- Water (2 Liters)
- Fresh mint
- Mortar and pestle
- Grater

How to prepare:

1. Squeeze the lemons.
2. Grate the rind of a lemon and pound it in a mortar and pestle with some sugar.
3. Then strain the sugar and lemon zest with the lemon juice.
4. Add 2 litres of water and 1 glass of sugar and mix.
5. Add a few mint leaves and serve. Enjoy!

