

# THE DAY OF TRADITIONAL FOOD

## Introduction

“Tell me what you eat, and I’ll tell you who you are.”- Jean Anthelme Brillat-Savarin (1825).

Food plays an integral role in our lives. The food that we eat is intricately intertwined with our culture. You can learn a lot about a particular culture by exploring their food. In fact, it may be difficult to fully define a culture without a nod to their cuisine.

On an individual level, we grow up eating the food of our cultures. It becomes a part of who each of us are. On a larger scale, food is an important part of culture. Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places.

Food is essential to existence and how and why cultures eat what they do leads to a greater understanding of what makes them tick. Therefore, food is a universal necessity. It doesn’t matter where in the world you’re from – you must eat. And your societal culture most likely evolved from that very need, the need to eat. Once they ventured beyond hunting and gathering, many early civilizations organized themselves in ways that facilitated food distribution and production. That also meant that the animals, land and resources you were near dictated not only what you’d consume, but how you’d prepare and cook it. The establishment of the spice trade and the merchant silk road are two examples of the great lengths many took to obtain desirable ingredients.

Furthermore, components of popular dishes can reveal cultural secrets. This is probably the most intriguing part of studying a specific cuisine. Certain regions of the world have certain ingredients easily available to them thus indicating population movement throughout the ages, as well as cultural expansion. Embark on an intercultural journey through food, while exploring the eating habits of European and other countries.

## Materials necessary

Depending on the activity - Papers and pencils, printed card, scissors, glue, markers, pencil, eraser

## Step-by-step instructions and examples from European and other countries

### Greece

- **Activity No 1. Visit Turkey: “Same food, similar words”**

Please see details in the chapter Turkey.

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## Activity No 2. “Make a shopping list and go shopping!”

### Objectives

Students will:

- Learn about Greek cuisine and its characteristics.
- Develop their collaboration skills by working within a team.
- Develop their critical and computational thinking.
- Recognize and practice mass and volume metrics.
- Practice math skills working with decimal numbers.
- Recognize and practice the use of euro coins.

At first, we create a spot in the classroom which will represent the marketplace. For each product, we print and laminate a card containing a picture of the product which is for sale, also depicting the quantity and the price. You may find the pictures needed in the appendix.

Then we divide the students into teams and give the recipe (see the appendix) to each team. Students should work within the team to:

- Identify the products that they need to buy
- Make a shopping list
- Visit the marketplace, check the shopping list and collect the products wisely, buying the right products in the appropriate quantity.
- Go back to their team and calculate the money they spent.
- Think about whether they could do better and reach a more efficient solution.
- Compare the result with the other teams. Have all teams reached the optimal solution?

Materials for Activity No 2

Recipe: Greek Pastitsio



## Ingredients

2-1/2 cups uncooked penne pasta

2 tablespoons butter, melted

1 cup grated Parmesan cheese

1-1/2 pounds ground sirloin

1 medium onion, chopped

2 garlic cloves, minced

1 can (15 ounces) tomato sauce

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1 cup shredded Parmesan cheese, divided

### Bechamel Sauce:

1/2 cup butter, cubed

2/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon pepper

4 cups 2% milk

2 large eggs, beaten









## Marketplace Products



Images taken from istock, pexels and Wikipedia Commons

 <p><b>Onions</b> 250 g 0,80 €</p>	 <p><b>Tomato Sauce</b> 250 g 1,30 €</p>	 <p><b>Tomato Sauce</b> 500 g 2,30 €</p>	 <p><b>Salt</b> 200 g 0,70 €</p>
 <p><b>Ground Cinnamon</b> 1,60 €</p>	 <p><b>Shredded Parmesan</b> 200 g 1,20 €</p>	 <p><b>Shredded Parmesan</b> 400 g 2,90 €</p>	 <p><b>Butter</b> 250 g 1,40 €</p>

Images taken from Wikipedia Commons

 <p><b>All-Purpose Flour</b> 500 g 1,10 €</p>	 <p><b>All-Purpose Flour</b> 1 kg 1,90 €</p>	 <p><b>Pepper</b> 150 g 0,80 €</p>	 <p><b>Milk 2%</b> 1 lt 1,20 €</p>
 <p><b>Whole Milk</b> 1 lt 1,00 €</p>	 <p><b>Eggs</b> 6 pcs 2,70 €</p>	 <p><b>Milk 2%</b> 1,5 lt 1,80 €</p>	 <p><b>Butter</b> 500 g 2,30 €</p>

Images taken from Wikipedia Commons

### Activity No 3. “Mystery Recipe”

In this activity students will make and taste the famous Greek salad, choriatiiki salad, like ancient Greeks would do. To cook this mystery recipe, students must first decipher some of the ingredients they are going to need. Use the tables in Appendix to help you convert the ancient Greek metrics of mass into modern ones.

Objectives:

- enhancing the efficiency of intercultural relations through experiencing Greek traditional cuisine;
- increasing tolerance and acceptance towards those who are different as, when we share food we share experience and there's nothing more effective at bringing people closer than shared experience;
- training people to make them perceive, accept and respect diversity through acknowledging and understanding common human needs and why not, shared dietary customs.

Materials necessary:

For converting ingredients: The tables found in the appendix (1 per group of students)

For the execution: two bowls to hold ingredients, a knife, spoons and serving plates for students to sample the recipe.

Execution:

1. Cut the onion into thin vertical slices and put the onion in a bowl with cold water and vinegar.
2. Wash and clean the cucumber leaving a little peel and cut it into thin vertical diagonal slices.
3. Put the cucumber in another bowl.
4. Cut the cherry tomatoes in half and put them into the bowl with the cucumber.
5. Cut the pepper into vertical thin strips and put it into the bowl with the cucumber and cherry tomatoes.
6. Rinse the onion by draining it well with your hands and add it to the bowl with the other vegetables.
7. Then add the vinegar, sugar, olive oil, salt, pepper and mix with a spoon.
8. Serve on a plate and pour over the olives, oregano, feta cheese, capers and sprinkle with enough olive oil.
9. Enjoy!

Materials for Activity 3:

Ancient Greek Measurements of Mass

1 obolus = 0,72 grams  
1 drachma = 6 oboli = 4,32 grams  
1 mna = 100 drachmas = 432 grams = 0,43 kilos  
1 talan = 60 mnas = 26,6 kilos



Ingredients (convert the ancient Greek metrics to the modern ones)

81 <i>drachmas</i> of cherry tomatoes	
1/2 <i>mna</i> of water	
14 <i>oboli</i> of sugar	
14 <i>oboli</i> of caper	
35 <i>drachmas</i> feta cheese	

Other ingredients

- 1/3 dry onion
- 1 tbsp vinegar (for the onion)
- 1/2 cucumber
- 1/2 green pepper
- 3 tbsp vinegar
- 5 tbsp olive oil
- 10-15 olives
- 1/2 tsp oregano
- salt
- pepper



## France

### Activity 1: Memory play

This activity aims to exercise the students' memory while teaching them about French culinary culture.

Use Appendix 1 for this activity. Divide the students into small groups (at least 2). The aim is for each group to have access to all the cards provided (Appendix 1). Shuffle the cards on the table and present the instruction to the students: Each group has a set of cards. The aim of the activity is to create pairs of cards that include a picture of the dish and its description.

A debriefing in the whole class allows us to determine the right pairs of cards and to highlight the different typical French dishes.

### Activity 2: Find the error

The aim of this activity is to get pupils to work together around recipes for traditional French dishes. A mistake has been hidden in the recipe, the pupils have to identify the mistake using their knowledge of French dishes and their experiences.

#### Parsleyed snails

##### Ingredients:

- 48 cooked snails
- 48 snail shells
- 200g butter
- **50g flour**
- 4 cloves of garlic
- 1 shallot
- salt and pepper

##### Preparation steps:

- 1) Chop the shallots and crush the garlic. Mix with the parsley, salt, flour and pepper. Cream the butter with these ingredients.
- 2) Put a knob of butter in each shell, place a snail on top and cover with butter. Smooth the surface well.
- 3) Place the snails in a dish lined with dried beans so that they stand up well and do not spill. Bake for 8 minutes at 240°C ( thermostat 8).



### **Wholemeal Breton cake**

#### **Ingredients for the dough:**

- 500g buckwheat flour
- 150g wheat flour
- 100g sugar
- 2 tbsp vegetable oil
- 2 teaspoons of salt
- 1.5 drops of water
- 1 egg




#### **Ingredients for the filling:**

- sliced white ham
- grated Gruyere cheese
- eggs

- 1) Knead the flour with the oil, egg and salt, then pour in the water little by little. The dough must be fluid.
- 2) Leave to rest for 1 hour and then cook in a hot, lightly greased pan.
- 3) Turn the pancake over and crack an egg on top. Add the equivalent of a ½ slice of ham and some Gruyere cheese.
- 4) When the egg white is cooked, fold the sides of the crepe towards the centre. Season with salt and pepper and serve.





French dishes	Pictures
<p><b>Crêpes</b></p> <p>Crêpes can be eaten hot or cold, sweet or savoury (or plain), as a main course or as a dessert, but can also be a snack. They can be served as is, with a filling or with something else. It can be eaten at home or in a restaurant, and it can be taken away from the market or at festive events such as fairs.</p>	 <p>Crepes/Wikipedia Commons</p>
<p><b>Basque chicken</b></p> <p>The Basque Country is one of the richest regions of France in terms of gastronomy. Poultry, especially rare breeds of chicken and duck, are raised here. The Basque Chicken is a complete dish where the meat is made soft by a piperade, a sauce composed of Bayonne ham, peppers, tomatoes and Espelette pepper.</p>	 <p>Basque chicken/Wikipedia Commons</p>
<p><b>Escargots with parsley</b></p> <p>Let's go back to Burgundy to discover another typical French recipe, that of snails with parsley butter, commonly called "snails à la bourguignonne". Cooked as the name suggests with a butter and parsley cream, they are presented in their shells and eaten with a small pick.</p>	 <p>Escargots with parsley/Wikipedia Commons</p>

### Choucroute

Historically, choucroute originated in China, and then was exported by the Huns to Austria before reaching Alsace, where it is now the flagship dish of regional gastronomy. It is simply fermented cabbage served with potatoes, bacon and various kinds of sausages. There is a variant, the "sauerkraut of the sea", where the cabbage is not accompanied by pork but by various fish.



Choucroute/Wikipedia Commons

### Cassoulet

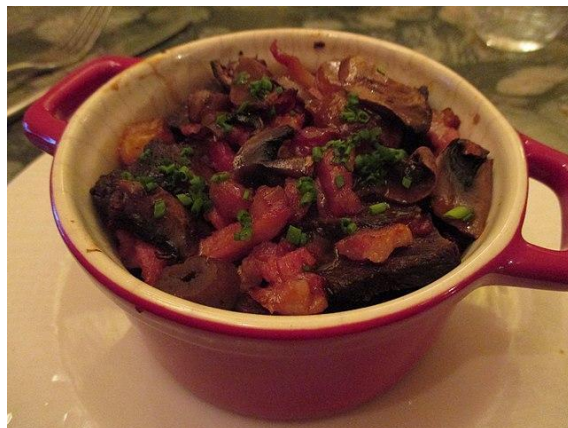
This is probably not the lightest dish you will ever taste in France. Originating in Languedoc-Roussillon, this dish is made of white beans, duck legs and pork (in various forms). Consumed for centuries by peasant families, the French now cook it to bring their families together.



Cassoulet/Wikipedia Commons

### Beef bourguignon

Beef bourguignon is a traditional family dish. It consists of pieces of beef simmered in red wine with root vegetables and mushrooms. It is a typical Burgundian dish, as Burgundy is a region renowned for its cattle breeding and red wines, hence the name of this dish.



Beef bourguignon/Wikipedia Commons

### Bouillabaisse

Bouillabaisse is a hearty soup, typical of the Marseille region. As there are many fishermen in this area, this dish is logically made up of a variety of fish, shellfish, tomatoes, southern herbs, mustard and egg yolks. It is eaten with bread or potatoes.



Bouillabaisse/Wikipedia Commons

### Croissant

A croissant is a pastry made from a specific puff pastry, croissant dough, which contains yeast and a significant proportion of butter.

Although similar in shape, the French recipe for a croissant made from puff pastry differs from its ancestor, the Austrian kipferl, which has a texture more akin to a brioche



Croissant/Wikipedia Commons

### Religieuse

The religieuse is a delicacy that dates back to the 19th century. It was created in 1856 by a famous Parisian café: Frascati.

Today, it is one of the most famous French pastries.

According to the legend, this comes from the colour of the icing, which reminds the dresses of the nuns.



Religieuse/Wikipedia Commons

## Latvia

### Activity No 1 Visit Latvian regions!

Whether you're in Latgale, Vidzeme, Kurzeme or Zemgale, the dishes are the same, but the names may differ.

#### Objectives:

- For children to discover the similarities in the various products and foods between **Latgale's** and **Vidzeme's** cuisine and gastronomy.
- To conclude that the common coexistence of the two peoples for so many years has led to having much in common something easily seen in the gastronomy of each country.

#### Instructions:

1. Print out a sheet of paper for each pupil with pictures of different foods.
2. In addition, print out a table of the products on which the children will work.
3. We distribute these sheets of paper to the pupils with pictures of the different products and foods, as well as the table of the products.
4. Under each product or food there is a word in Latvian which we ask the children to read.
- 5 We ask the children to cut out one picture with scissors and stick it to each word on the table of the products.
6. Then we ask the children to look up the words in the English and German dictionaries and write the English and German words on the table of the products. Can you see the similarities?

### Materials for Activity No 1

PRODUCT TABLE			
In English	Image	In German	In Latvian
			MILTI



CULTURA  
UNIVERSALIS

			SVIESTS
			ŪDENS
			CUKURS
			SĀLS
			BURKĀNI
			MEDUS
			OLAS



IN ENGLISH	
FLOUR	BUTTER
WATER	SUGAR
SALT	CARROT
HONEY	EGGS

IN GERMAN	
MEHL	BUTTER
WASSER	ZUCKER
SALZ	KAROTTE
HONIG	SEIN

IMAGE	
	



All images for this activity were taken from Wikipedia Commons

## Activity No 2 “Make a shopping list and go shopping!”

### Objectives

Students will:

- Learn about **Kurzeme’s** cuisine and its characteristics.
- Develop their collaboration skills by working within a team.
- Develop their critical and computational thinking.
- Recognize and practice mass and volume metrics.
- Practice math skills working with decimal numbers.
- Recognize and practice the use of euro coins.

At first, we create a spot in the classroom which will represent the marketplace. For each product, we print and laminate a card containing a picture of the product which is for sale, also depicting the quantity and the price. You may find the pictures needed in the appendix.







Then we divide the students into teams and give the recipe (see the appendix) to each team. Students should work within the team to:

- Identify the products that they need to buy
- Make a shopping list
- Visit the marketplace, check the shopping list and collect the products wisely, buying the right products in the appropriate quantity.
- Go back to their team and calculate the money they spent.
- Think about whether they could do better and reach a more efficient solution.
- Compare the result with the other teams. Have all teams reached the optimal solution?





## Materials for Activity No 2




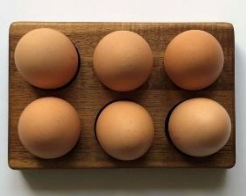
Marketplace Products. Calculate and tell which is more cost-effective!

			
1 kg 0,97 €	2 kg 1,95 €	175 g 2,09 €	200 g 2,39 €

			
1,5 l 0,59 €	0,5 l 0,53 €	1 kg 0.89 €	0,5 kg 0,98 €



			
500 g 1,05 €	100 g 2,09 €	1 kg 0,65 €	200 g 0,95 €

			
500g 4,79 €	20 g 0,34 €	10 gab. 1,69 €	6 gab. 1,39 €

	
500 g 1,95 €	200 g 1,19 €

All images for this activity were taken from Wikipedia Commons

### **Activity No 3 Visit Kurzeme: “Mystery Recipe”**

Our journey has brought us to the other side of Latvia – Kurzeme.

The name is a compound of the words 'sklanda' and 'rausis'. The word 'rausis' is one of the oldest terms for oven-baked pastry dishes, which in cookery books also refers to biscuits, open pies, etc. It comes from the verb 'raust', meaning to baste, indicating that the preparation of rausis was very simple: they were baked in hot ash from the hearth or in the hot coals of the oven. The word 'sklanda' is an old Kurdish word meaning 'fence post, sofa fence', also 'sloping, sloping place on a winter road'. Today there is still a special type of fence in Kurzeme called a sklanda fence. Sklanda in this case refers to the shape of the pie with a sloping edge, resembling a picket fence. Sklandrausi are also called žograusis (fence pie) and dižrausis (great pie).

The base consists of unleavened rye flour dough. The filling is a mixture of potatoes and carrots, which can be supplemented with other ingredients such as butter, sour cream, sugar, eggs, semolina, etc. A layer of sour cream, cinnamon or caraway seeds may also be spread on top.

#### **Objectives:**

- enhancing the efficiency of intercultural relations through experiencing Kurzeme’s traditional cuisine;
- increasing tolerance and acceptance towards those who are different as, when we share food we share experience and there’s nothing more effective at bringing people closer than shared experience;
- training people to make them perceive, accept and respect diversity through acknowledging and understanding common human needs and why not, shared dietary customs.

To find and cook this mystery recipe you must first decipher the ingredients we are going to need.

**Dough:** 250 coarse wheat flour; 2 tbsp butter; 1 egg; 100 ml water; 1 teaspoon sugar; pinch of salt.

**Filling:** 250 g carrots; 1 tbsp sour cream; 1 tbsp wheat flour; 3 tbsp honey; 1 egg; pinch of salt.



Execution:

1. Sift the wheat flour on a work surface, make a well in the centre, beat in the butter, add the egg, warm water in which the sugar and salt have been dissolved. Knead into a firm and well-rolled dough.
2. Roll out the dough into a plate 2-3 mm thick.
3. Using a glass, press out circles, make a rim 1-1,5 cm high for each and place in the pan.
4. For the filling, boil the carrots, peel them and pass them through a sieve. Add salt, honey, egg, sour cream and flour to the puree and mix.
5. Next, add the carrot mixture to the top.
6. Bake for 10-15 minutes at 200 degrees until golden on top and dry and crisp.
7. Enjoy!

## Poland

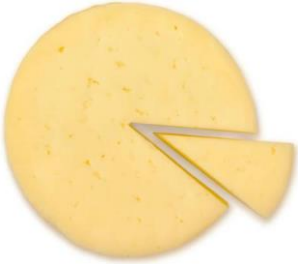
Objectives:

- Learning about Polish cuisine and its characteristics.
- Learning about Polish culture, people and language
- Developing collaboration skills by working within a team.
- Improving children's creativity and artistic inspiration
- shaping openness to other people's customs

### Activity No 1 – Memory Play

The participants play a memory game using pictures of Polish traditional dishes and their Polish names. In this way, they start to learn the language, but also get to know the specificity of Polish cuisine. The table contains names and images but is extendable. Squares need to be cut.

Material for activity in Part 1

Polish word	Picture
Ser biały	 <p data-bbox="821 2016 1114 2049">Photo taken from <a href="#">istock</a></p>

Chleb	 <p>Photo taken from <a href="#">pexels</a></p>
Herbata	 <p>Photo taken from <a href="#">pexels</a></p>
ogórki kiszzone	 <p>Photo taken from <a href="#">pexels</a></p>
buraki	 <p>Photo taken from <a href="#">pexels</a></p>
kapusta	 <p>Photo taken from <a href="#">pexels</a></p>

Śledź	 <p>Photo taken from <a href="#">pexels</a></p>
Oscypka	 <p>Photo taken from Wkipedia</p>
Obwarzanek	 <p>Photo taken from Wkipedia</p>

### Activity No 2 Play - competition - collecting recipes for Polish dishes

Participants are divided into 4 groups that will compete with each other. The goal of the game is to list the most important (basic) ingredients of traditional Polish dishes as quickly as possible, such as dumplings, bigos, sour soup, cabbage soup, gingerbread, etc. Before starting the game, the teacher presents typical Polish dishes and reads their ingredients.

During the game, the teacher mentions the name of a Polish dish and the students create a recipe - when the group gives the 4 basic ingredients, they win and get points. The team that managed to score as many points as possible plays (the game requires time constraints to develop a recipe for the dish).

Polish dumplings: <https://culture.pl/en/work/polish-food-101-pierogi>

### Dumplings (Polish pierogi) Ingredients

Pierogi are filled dumplings made by wrapping unleavened dough around a savoury or sweet filling and cooking in boiling water. They are often pan-fried before serving. (Wikipedia)

“This authentic Polish pierogi recipe is from my grandmother and has been handed down in our family for generations. The pierogi are filled with cheese, potatoes, and mushrooms but

you can use the dough recipe and stuff them with other fillings to your liking. There are many ways to serve pierogi - either topped with fried onions and parsley or serve them with sour cream, melted butter, and fried pieces of bacon.”

<https://www.allrecipes.com/recipe/260816/pierogi-traditional-polish-dumplings/>



Pierogi leniwe/ Wikipeda Commons

This recipe is made with just six ingredients you probably already have on hand.

#### **Flour**

These dumplings start with all-purpose flour, which creates structure and holds the other ingredients together.

#### **Baking Powder**

Baking powder is a leavening agent, which means it releases gas that makes the dough expand. It's responsible for the dumplings' light and fluffy texture.

#### **White Sugar**

A teaspoon of sugar adds an extremely subtle hint of sweetness. It also helps the dumplings retain their moisture through the cooking process and slows gluten development, which ensures tender dumplings.

#### **Salt**

A pinch of salt seasons the dumplings and enhances the flavours of the other ingredients.

#### **Butter or Margarine**

Cold butter or margarine is cut into the flour mixture to bind the dry ingredients together. It also keeps the dumplings light and tender.

#### **Milk**

Whole milk helps create a smooth, moist dough. <https://www.allrecipes.com/recipe/6900/dumplings/>

Filling: farmer's cheese, potatoes, peeled and boiled, 3 tablespoons vegetable oil, mushrooms, peeled and sliced, onions, chopped

#### **BIGOS Ingredients**

**Bigos often translated into English as hunter's stew, is a Polish dish of chopped meat of various kinds stewed with sauerkraut and shredded fresh cabbage. (Wikipedia)**





Bigos/Wikipedia Commons

pork (e.g. pork neck)  
sausages  
onion  
tablespoons of vegetable oil  
broth or water  
dried porcini mushrooms  
2 tablespoons of plum jam or a few prunes  
1 apple (e.g. rennet or Antonovka) - optional  
sauerkraut  
1 tablespoon of tomato paste  
1 tablespoon of flour  
1 tablespoon of butter

### **Gingerbread Ingredients**

**Gingerbread refers to a broad category of baked goods, typically flavoured with ginger, cloves, nutmeg, and cinnamon and sweetened with honey, sugar, or molasses**



Gingerbread/Wikipedia Commons

honey  
butter  
sugar  
flour  
eggs  
yolks  
gingerbread spice  
milk



baking soda  
walnuts

### **Gingerbread spice**

45 g of cinnamon.  
10 g of ground ginger.  
1 teaspoon of grated nutmeg.  
1 teaspoon of white pepper.  
10 cardamom pods.  
1 teaspoon of whole cloves.  
1 and 1/2 teaspoons of coriander seeds.  
1 ball of allspice.

### **Activity No 3 – Polish Breakfast with Art by Giuseppe Arcimboldo**

Giuseppe Arcimboldo, 1591 - is one of the best-known and respected Italian painters of the Mannerist period, who worked at many courts, including Prague, Vienna and Milan.

His style is very distinctive and recognizable because he created his portraits and figural compositions with generic and allegorical content from elements of still life (flowers, fruit, vegetables). By some, considered a pre-surrealist, Arcimboldo, or rather his work, was an inspiration for Salvador Dali. The most famous paintings by this artist include the series of canvases called: Spring, Summer, Autumn, and Winter. <https://twoja-galeria.eu/>

He is a painter who inspires new art activities. His paintings contain natural references. The inspiration is to create your own works that use elements of nature.

The task of the students is to prepare a typical Polish breakfast, in which they will use products that are popular in Polish cuisine - bread, butter, pickled cucumber, radish, cheese and sausage. They are to prepare them so that they create an image inspired by the art of Arcimboldo. Before they start working, they watch the following video:

<https://www.youtube.com/watch?v=wbv-ugfgMLo>

Homework Assignment: Create your own image inspired by the artist's art from food products. Try to find joy in creating. The work can be done independently, but you can also invite household members, children, adults and seniors. Take a picture and describe the emotions that accompanied you.

Class assignment: Bring a photo to class, present it to colleagues and answer the following questions. (possibly it may be a school job, depending on the conditions)

### **Questions:**

- what emotions did you experience while creating?
- what title can your "picture" have? - what does it express?





## Spain

### Memory Play

The participants play a memory game using pictures of Spanish traditional dishes and their Spanish names. In this way, they start to learn the language, but also get to know the specificity of Spanish cuisine. The table contains names and images, together with a brief explanation of the dishes. Squares need to be cut. Once participants get a pair, they have to read the explanation of the dish to the other participants.

Materials for activity in Part 1 (print each picture 2 times in the same size, and 1 time the description)

Spanish word	Picture
<p style="text-align: center;"><b>Tortilla de patatas</b></p> <p>Tortilla de patatas is one of the most famous Spanish dishes and can be found in all bars and restaurants in the country.</p> <p>Its preparation is simple since the potato is fried slowly (at the rate of cooking) in olive oil, with or without onion and salt, and it is drained and mixed with the egg later, to make an omelette.</p> <p>Its origins date back to the year 1798 in the town of Villanueva de la Serena in Badajoz, where two landowners, with the help of local housewives, tried to find cheap food to alleviate famine.</p>	 <p style="text-align: center;">Tortilla de patatas/Wikipedia Commons</p>
<p style="text-align: center;"><b>Gazpacho</b></p> <p>Gazpacho is a cold soup of mashed bread, water, olive oil, vinegar, tomato, cucumber, onion, garlic and green pepper, delicious and refreshing during the summer months.</p> <p>The history of gazpacho is uncertain, but it is believed that it must have existed since bread was made, as a way of using it, since it was moistened with water, and vinegar, oil and salt were added.</p>	 <p style="text-align: center;">Gazpacho/Wikipedia Commons</p>

### Paella

Paella has become one of Spain's most international dishes. Its name refers to the type of pan used to cook the dish, in Valencian, the place where it was born thanks to the day labourers who mixed the food they had on hand, so traditionally rabbit, chicken, green beans, white beans, snails and all kinds of vegetables that were on hand were added to the paella pan.



Paella/Wikipedia Commons

### Migas extremeñas

The Extremaduran migas recipe consists of dipping bread from the day before with water, which is then fried with chorizo, bacon, green pepper, garlic, olive oil, paprika and grapes. Depending on the area, they are served with fried eggs and even sardines.



Migas/Wikipedia Commons

### Cocido madrileño

Cocido madrileño is a typical Spanish dish originally intended for the lower classes, workers or farmers from Madrid, who made a meal complete enough to withstand the hard work of the whole day, and that could be made in a single pot. Cocido is a stew that consists of a first course of noodle soup or the broth resulting from cooking chickpeas with vegetables, generally cabbage or green beans, chicken or hen, morcillo (beef), bacon, chorizo and blood sausage, which are served as a second course.



Cocido/Wikipedia Commons

**Fabada asturiana**

Another dish that, although it has its origin in Asturias, has spread and become widely popular throughout Spain, is the fabada. The dish consists of a stew of beans or beans with chorizo, blood sausage, bacon and pig's ear.



Fabada asturiana/Wikipedia Commons

**Pulpo a la gallega**

Also known as “pulpo a feira”, it is a very simple dish, where once again the maxim of Spanish cuisine of working with quality food is shown. The octopus is cooked by inserting it for a few seconds in a pot with boiling water, and repeating it up to three times, so the octopus keeps the skin and remains soft.

It is served in slices on a wooden board, with a little olive oil, salt and sweet paprika sprinkled on top.



Pulpo a la gallega/Wikipedia Commons

**Pisto manchego**

Vegetable fry similar to the French ratatouille, from Castilla y La Mancha, where the products of their gardens were used, although in reality, its origin is further away, taking into account the sakshuka, a typical breakfast in North African countries such as Morocco , Tunisia, Algeria, Egypt, Libya and even Israel.



Pisto Manchego/Wikipedia Commons

### Churros

Churros with hot chocolate are one of the favourite breakfasts of the Spanish. They are made from a dough of flour, water and salt that is fried in oil. They can then be coated in sugar or other sweet ingredients.

Depending on the area of Spain in which we are, we can see straight or bow-shaped churros. Another type of churro that is very successful is the porras, a larger variant that is usually straight in shape.



Churros/Wikipedia Commons

### Turrón

Turrónes are one of the most famous Spanish Christmas sweets. Its basic components are sugar, almonds, honey and egg white. However, more and more varieties are being made with all kinds of ingredients.

The most famous types are the hard or Turrón de Alicante, in which the almonds are visible, and the soft or Turrón de Jijona, in which the almonds are ground inside. Both varieties have appellation of origin and are manufactured by hand.



Turrón/Wikipedia Commons

### Crema catalana

Crema Catalana is a typical Catalan dessert that has spread throughout the rest of the country. It is made with egg yolk, flour, sugar and milk. All covered with a layer of caramelized sugar.



Crema catalana/Wikipedia Commons

### Mantecados

Among the most traditional Spanish sweets are the mantecados, whose origin is located in Andalusia (it is not known whether in Estepona or Antequera). In any case, its consumption has spread throughout the national territory.

The basic ingredients are lard, flour and sugar. Among its many varieties, we have manchego mantecados, puff pastry mantecados and wine mantecados, also known as nevaditos.



Mantecados/FreePik

### Pestiños

Pestiños are one of the oldest Spanish sweets. Its origin dates back to at least the 16th century and its consumption is typical at Easter, especially in Andalusia. Among its ingredients, we can find flour, sugar, oil or white wine.



Pestinos/Wikipedia Commons

### Sobaos

The sobao is the most typical bun from Cantabria. Its origin is located in the Pasiegos Valleys. Initially, this fluffy Spanish sweet was made with bread dough and butter, ingredients available to the inhabitants of the Valleys at the time. From the 19th century, sugar began to be added for its preparation and the bread dough was gradually replaced by flour. You can also add other components such as grated lemon peel, egg or liquor.



Sobaos/Wikipedia Commons

### **Horchata con fartons**

Tigernut horchata (orxata de xufa in Valencian) is a refreshing drink (also consumed as a dessert), originally from Alboraya (Valencia) prepared with water, sugar and wet tigernuts (or ground), in addition to ingredients that enhance its flavour, such as cinnamon and the skin or peel of a lemon.

Horchata is typically consumed with fartons, a type of soft, sweet and absorbent elongated bun that is dipped in horchata.



Horchata con fartons/Wikipedia Commons

## Turkey

### Visit Turkey: *“Same food, similar words”*

If you are from Greece and you went to Turkey for holidays or vice versa, one thing is for sure ... that during your stay there you will not go hungry. Even if you do not speak the same language, you will soon realize that, when it comes to food, these two people can get along well. This is because Turkish and Greek cuisine share many common flavours and some of their dishes are the same, while others look very similar.

#### Objectives:

- For children to discover the similarities in the various products and foods between Greek and Turkish cuisine and gastronomy.
- To conclude that the common coexistence of the two peoples for so many years has led to having much in common something easily seen in the gastronomy of each country.

#### Instructions:

1. We print the sheet of paper with the various images of the edible products for each student.
2. In addition, we print the table of products on which the children will work.
3. We distribute these sheets of paper with the images from various products and foods as well as the product table to students.
4. Under each product or food the Turkish word is written which we ask the children to try to read.
5. We ask the children to cut one picture at a time with their scissors and to stick it next to each word on the product table.
6. Then we ask the children to write down the Greek word as well as the English word in the product table.



**Materials for Activity 1**

<b>PRODUCT TABLE</b>			
<b>Turkish word</b>	<b>Image</b>	<b>Greek word</b>	<b>English word</b>
PORTACAL			
DOMATES			
LAHANA			
LIMON			
FASULYE			
DOLMA			





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KOFTE			
KALAMAR			



## Syria

Visit Syria: *"Make a shopping list and go shopping!"*

### Objectives

Students will:

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- Learn about Syrian cuisine and its characteristics.
- Develop their collaboration skills by working within a team.
- Develop their critical and computational thinking.
- Recognize and practice mass and volume metrics.
- Practice math skills working with decimal numbers.
- Recognize and practice the use of euro coins.

At first, we create a spot in the classroom which will represent the marketplace. For each product, we print and laminate a card containing a picture of the product which is for sale, also depicting the quantity and the price. You may find the pictures needed in the appendix.

Then we divide the students into teams and give the recipe (see the appendix) to each team. Students should work within the team to:

- Identify the products that they need to buy
- Make a shopping list
- Visit the marketplace, check the shopping list and collect the products wisely, buying the right products in the appropriate quantity.
- Go back to their team and calculate the money they spent.
- Think about whether they could do better and reach a more efficient solution.
- Compare the result with the other teams. Have all teams reached the optimal solution?

### **Materials for Activity 2**

#### **Recipe: Syrian Semolina and Nut Cake**



- 1 1/4 cups [225 g] semolina flour (regular, not fine)
- 6 Tbsp [85 g] unsalted butter, at room temperature
- 1/4 cup [50 g] superfine sugar
- 1 1/2 cups [360 ml] whole-milk yogurt
- 1/4 tsp baking soda
- 1 tsp tahini
- 1/3 cup [50 g] blanched almonds
- 1/3 cup [50 g] hulled unsalted pistachios
- 1/3 cup [50 g] walnut halves
- 1/3 cup [50 g] unsalted cashews
- 1 1/2 cups [360 ml] Fragrant Sugar Syrup, at room temperature (recipe follows)

### **Fragrant Sugar Syrup**

*Makes about 1 1/2 cups (360 ml)*

- 2 cups [400 g] superfine sugar
- 1 1/2 tsp freshly squeezed lemon juice
- 1/2 cup [120 ml] water
- 1 Tbsp rose water
- 1 Tbsp orange blossom water

### **Marketplace Products**



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**Semolina Flour**  
250 g  
1,20€



**Semolina Flour**  
320 g  
2,00€



**Unsalted butter**  
200 g  
1,50€



**Unsalted butter**  
250 g  
1,65€



**Slightly salted  
butter**  
250 g  
1,30€



**Superfine sugar**  
500 g  
0,80€

Marketplace Pg.1


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**Superfine sugar**  
1 kg  
1,10€



**Whole-milk  
yogurt**  
200 ml  
2,20€




**Whole-milk  
yogurt**  
450 ml  
3,70€



**Baking soda**  
450 g  
1,60€



**Tahini**  
300 g  
2,30€



**Fresh lemons**  
500 g  
0,90€

Marketplace Pg.2

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**Blanched almonds**  
500 g  
4,30€



**Pistachio nuts**  
200 g  
2,20€



**Walnut halves**  
200 g  
3,90€



**Unsalted cashews**  
1,10 kg  
8,60€



**Rose water**  
200 ml  
1,30€



**Orange blossom water**  
200 ml  
1,40€

Marketplace Pg.3

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**Blanched almonds**  
200 g  
2,10€



**Pistachio nuts**  
450 g  
5,30€



**Walnut halves**  
100 g  
2,80€



**Unsalted cashews**  
500 g  
4,20€

Marketplace Pg.4

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## Philippines

### Visit Philippines: *"Mystery Recipe"*

Our journey has brought us to the other side of the world, where we will be experiencing a popular Philippino recipe called maja jubilee. Maja has the consistency of thick gelatin or jelly with a delicate flavour and a creamy white colour. Its name suggests its Spanish origin. Maja or maja blanca is a popular coconut cake dessert in the Philippines. The name maja is adapted from the traditional holiday dessert manjar blanco. The name means "white delicacy". Primarily, this dessert is made of coconut. It is also known as coconut pudding and can be commonly found during fiestas and holidays.

#### Objectives:

- enhancing the efficiency of intercultural relations through experiencing Philippino traditional cuisine;
- increasing tolerance and acceptance towards those who are different as, when we share food we share experience and there's nothing more effective at bringing people closer than shared experience ;
- training people to make them perceive, accept and respect diversity through acknowledging and understanding common human needs and why not, shared dietary customs.

To find and cook this mystery recipe you must first decipher the ingredients we are going to need. Use the tables in Appendix to help you decipher the recipe.

Materials necessary:

For converting ingredients: The tables found in the appendix (1 per group of students)

For the execution: 13 x 9 baking dish (as well as coconut oil or melted butter to brush baking dish), a large pot, large bowls to hold ingredients, kitchen utensils (spatula, whisk etc.), a hotplate, a fridge, knife, spoons and serving plates for students to sample the recipe.

Execution:

1. Brush the bottom and sides of a 13 x 9 baking dish with coconut oil or melted butter. Set aside.
2. In a large pot, combine coconut milk, evaporated milk, condensed milk, and sugar.
3. Bring to a gentle boil, stirring regularly, until the sugar is dissolved.
4. Add 2 cups of the fruit cocktail and stir to distribute. Cook for about 1 to 2 minutes.
5. In a small bowl, combine water and cornstarch. Stir well until the cornstarch is dissolved.



6. Gently add the cornstarch mixture to the milk mixture, whisking vigorously to prevent lumps. Continue to cook, whisking continuously, until the mixture thickens to a thick paste.
7. Transfer the mixture into the prepared dish, smoothing the top with a lightly oiled spatula or knife.
8. While still warm garnish top with the remaining 1/2 cup fruit cocktail.
9. Allow to slightly cool, cover and refrigerate for about 1 to 2 hours or until completely cooled and set.
10. Sprinkle top with shredded coconut.
11. Enjoy!

Notes:

-Drain the fruits well as the extra heavy syrup might affect the consistency of the pudding and make the dessert overly sweet.

-Cook at a simmer and do not allow the milk mixture to come to a rapid boil lest it curdles or separates.

-When preparing the cornstarch mixture, add the water slowly to the cornstarch to make it easier to stir and dissolve.

-Garnish the surface of the maja with more fruits while still warm as they won't stick if it's already cold and set.

-Allow the maja to cool before covering as the steam might drip down on the pudding and cause water puddles.

**Materials for Activity 3**

**Volume**

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Measurements of Volume.

- 1 Salok = 80 ml
- 1 Saro = 250 ml
- 1 Mangok = 400 ml

**Mass**

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Measurements of Mass

- 1 Dakot = 10 grams
- 1 Guhit = 100 grams
- 1 Kagitna = 1/2 kilo
- 1 Gatang = 1 kilo
- 1 Chimanta = 6 kilos
- 1 Kaban = 25 kilos

**Ingredients**

2 mangok coconut milk	
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1 mangok condensed milk	
1 mangok evaporated milk	
1 ½ guhit sugar	
1 kagitna + 1 guhit mixed and chopped fruit	
1 guhit + 2 dakot cornstarch	
1 guhit + 2 dakot water	
6 dakot shredded coconut	

