



“Welcoming Diversity at School”

Multicultural recipe book



Food to Share Cultural Diversity

This project aims to build a cultural support to students, teachers and local community in order to help them in crossing the barriers which are forced upon them by concepts such as race and different values.

In a socially cohesive society, both the individual and society recognize the value of building a sense of acceptance among people based on trust, shared values and common experiences that bridge social, cultural, linguistic and religious differences.

With this partnership we follow to promote the intercultural education emphasizing the fight against racism and xenophobia and to increase a sense of belonging to a global family.

This multicultural recipe book aims to share cultural diversity, because food is a wonderful way to introduce people to different cultures and develop positive perspectives.



Denmark Recipes

Smoked salmon on bread with chives and sweet dill dressing (A typical danish starter)



Ingredients:

- ❖ 1 piece of sliced bread
- ❖ A little butter (to put on the bread)
- ❖ 2 slices of smoked salmon
- ❖ Chopped chives
- ❖ A piece of lemon
- ❖ Salt and pepper



Preparation:

1. Butter the sliced piece of bread.
2. Place the pieces of salmon on the bread.
3. Top the dish with sweet dill dressing made from brown sugar, lots of dill and oil (not olive oil) and a little salt.
4. Then add chives and the lemon piece.



Meatballs (frikadeller) and potatoes with brown sauce, gherkins and pickled beetroots

(A typical danish main course)



Ingredients:

- ❖ 500 grams of minced pork or mixed minced pork and veal
- ❖ 1 teaspoon of salt and pepper
- ❖ 1 egg
- ❖ 1 onion (grated)
- ❖ 1 decilitre of milk
- ❖ 1 decilitre of flour
- ❖ Butter and oil to fry



Preparation:

1. Boil the potatoes in salted water
2. Put the meatball ingredients in a bowl and stir (then leave it for 20 minutes.
3. Heat the butter and oil on a pan until it is golden.
4. Form the meatballs (14(15 pieces) with a tablespoon (dip the spoon in cold water before forming each meatball)
5. Put the stock in a pot and let it boil.
6. Add flour mixed with a little milk or water and stir. Taste with salt and pepper.
7. Serve with gherkins and pickled beetroots.

Voila!



Sauce:

- 3 decilitres of heavy stock (pork or veal)
- 2 teaspoons of flour to thicken the sauce.



Apple charlotte made with fresh apples

(A typical danish dessert)

4 persons



Ingredients:

- ❖ 4 apples
- ❖ ¼ litre of cream for whipped cream
- ❖ A good handful of macaroons with almond flour
- ❖ Nuts and dark chocolate



Preparation:

1. Grate the apples on a grater
2. Whip the cream till it gets fluffy
3. Crush the macaroons
4. Mix the grated apples, the whipped cream and the crushed macaroons in a bowl.
5. Serve on a dish with chopped nuts and chocolate

Enjoy!



Danish birthday buns

1. Warm the milk and add the yeast. Stir the pot and add salt and sugar. Warm the butter and add it to the milk and yeast.
2. Put everything in a bowl and add wheat flour until the dough is not sticky anymore. Make sure not to add too much flour.
3. Lay a tissue over the bowl and let the dough raise for an hour.
4. Divide the dough into 20 pieces and form each piece to a round bun. Place baking paper on a roasting tray and then place the buns on the baking paper. Leave them there to raise for another 30(40 minutes.
5. Set the oven to 200 degrees. Brush the bush with whipped eggs and put them in the oven for 10(12 minutes.
6. The buns are ready. You can now stick some flags in them and serve them.





German Recipes

Typical german whole grain bread



Ingredients:

- ❖ 450 ml lukewarm water
- ❖ 1 teaspoon sugar
- ❖ 500g whole grain flour (spelt or wheat)
- ❖ ½ yeast cube
- ❖ 1 pinch of love
- ❖ 2 teaspoons salt
- ❖ 1(2 tablespoons vinegar
- ❖ 150g sunflower seeds



Preparation:

1. Boil 650ml of water.
2. Combine water, sugar yeast and stir until yeast and sugar dissolved.
3. Add 3 tablespoons of flour and cover dough with a tablecloth and allow to rise for about 10 minutes.
4. Add salt, vinegar, sunflower seeds and the rest of the flour and knead dough. The dough will be quite moist and that's correct!
5. Put dough into a buttered loaf pan and leave for about 40 minutes.
6. Preheat oven to 200 degrees and bake for about 50 to 60 minutes.

Tip: Add different seeds to your dough for some variety!



Wedding soup



Ingredients:

(serves 6)

- ❖ 500g minced meat
- ❖ 200g asparagus
- ❖ 5 eggs
- ❖ 3l beef broth
- ❖ 100g parsley
- ❖ 100g chives
- ❖ + salt and pepper



Preparation:

1. Cut the asparagus, parsley and the chives into little pieces.
2. Spice the meat with salt and pepper and mix it with an egg.
3. Roll little meatballs.
4. Put the balls, asparagus, parsley, chives in the broth and cook at medium heat for 45 min.
5. Give the 4 eggs in a freezer bag, beat them and boil them in water (while in the freezer bag) for about 20 min.
6. Cut the eggs into pieces and add them to the soup for the last 10 min.

Tip: You don't have to buy the broth – you can prepare one yourself as well:

Ingredients

- ❖ 1 kg de farinha de milho peneirada
- ❖ 1,5 kg beef bones (knuckle bones, oxtail or ribs)
- ❖ 2(3 carrots
- ❖ 1 leek
- ❖ ½ celery
- ❖ 1 onion
- ❖ 4l water



Dressing for salad



Ingredients:

- ❖ 1 cup crème fraîche
- ❖ 30g chives
- ❖ 60 ml milk
- ❖ 10 ml lemon juice
- ❖ 5g sugar
- ❖ + salt and pepper



Preparation:

Mix everything.



Typical “German Schnitzel”



Ingredients

- ❖ 4 thin cuts of pork meat (about 140 g)
- ❖ 50g flour
- ❖ 2 eggs
- ❖ 150g breadcrumbs
- ❖ 250g butter
- ❖ + salt and pepper
- ❖ + lemon and fresh parsley



Preparation:

1. Boil 650ml of water.
2. Pound the pork chops so they become thinner and tender!
3. Give eggs in a shallow bowl and beat them.
4. Give breadcrumbs and flour into a flat plate and mix them.
5. Spice the pork with salt and pepper.
6. Dip pork slices into eggs and afterwards into the breadcrumbs and flour mixture.
7. Melt the butter in a pan at medium heat.
8. Fry coated pork chops for about three minutes on each side. They are done when the crust is golden brown.
9. Place “Schnitzel” on a napkin to dry a bit. They will be crispier.

Tip: The “Schnitzel” tastes even better with potatoes and salad on the side. Garnish with lemon and fresh parsley!



Apple cake



Ingredientes:

- ❖ 4 eggs
- ❖ 250g sugar
- ❖ 250g butter
- ❖ 100ml milk
- ❖ 300g flour
- ❖ 8g baking powder
- ❖ 6 apples



Preparation:

1. Preheat oven to 200°C.
2. Mix eggs, sugar and butter.
3. Alternately add the milk and the flour to the egg mixture.
4. Mix until it's a typical dough.
5. Spread the dough on a baking pan.
6. Peel the apples and cut them into little pieces.
7. Put them in the dough and bake for 30(45 minutes until cake is golden.

Tip: Add powdered sugar on top of the cake. It will look better and taste much more delicious.





Italian Recipes

The red slice of bread

Red Slice

Roast a slice of bread, after browning, rub one or more cloves of garlic, add a drizzle of olive oil. The red slice is ready, excellent in winter.



Variant for those who don't like garlic

Rub the tomatoes on the slice, add oregano and a little of salt



Caprese salad

The caprese is the summer appetizer for excellence. Beloved by the italians for it's freshness and simplicity, it is also one of the best know salads in the world.



Ingredients for the pasta brise' (for a mold 35x11)

- ❖ Cold butter 100g
- ❖ Flour 00 200g
- ❖ Cold water 60g
- ❖ Salat up to 2g
- ❖ Dry oregano 1g



Ingredients for the basil cream

- ❖ Cream basil 20g
- ❖ Extra virgin olive oil 80g
- ❖ Pine nuts 50g

For fill and decorate mozzarella

- ❖ Mozzarella 150g
- ❖ Auburn tomatoes 200g
- ❖ Basil qd dry oregano to taste



Lasagne



Ingredients for the the sauce:

- ❖ Carrots 1/2
- ❖ Onion 1/2
- ❖ Tomanto sauce (enough)
- ❖ Minced pork meat
- ❖ Salt
- ❖ olive oil.

Ingredients for bechamel:

- ❖ Fresh whole milk
- ❖ Butter 00 type
- ❖ Flour
- ❖ Black pepper
- ❖ Salt

Seasoning ingredients

- ❖ Ham
- ❖ Mozzarella cheese
- ❖ lasagna leaves
- ❖ parmigiano



Ragout preparation:

- ❖ InInsert the olive oil into the pot and add the finely chopped carrots and onion. Cook over low heat,when the onion and carrots start to fry,add the minced meat, Cook for 15 minutes and add the tomato sauce and salt. The trick is to cook the meat sauce for at least two hours.

Bechamel preparation:

- ❖ In a rectangular Use a pot with high sides,melt the butter over medium heat,add the flour and mix it quickly with a hand whisk. stir untill the mixture becomes liquid, add the milk and mix everything. Cook everything mixing until you reach a fairly thick consistency. At the end of cooking add a pinch of salt.

Lasagna preparation:

- ❖ In a rectangular baking pan, place a little ragù on the bottom and then a layer of dough, then add a layer of bêcheamel sauce, ham and mozzarella and a sprinkling of “parmigiano reggiano” cheese and a ragù so formed the last one is left open with a sprinkling of cheese. Cook at 180' for 30 minutes and let it cool for 10 minutes.



Sweet

(Italian tiramisu' very good and fresh)



Ingredients for the the sauce:

- ❖ Carrots 1/2
- ❖ Egges 60gr
- ❖ Caster sugar 114gr
- ❖ Water 34gr
- ❖ Cold mascarpone of fridge 250gr
- ❖ Whipping cream 200gr
- ❖ Strawberry syrups
-
- ❖ Fresh strawberry 90gr
- ❖ Caster sugar 30gr
- ❖ Water 5 glasses
- ❖ Lemon peel
- ❖ Savoiard biscuits 100gr





Netherland Recipes

Bread recipe



Ingredients

- ❖ 1 ½ tablespoons yeast
- ❖ 1 tablespoon kosher salt
- ❖ 6 ½ cups unbleached, all-purpose flour, more for dusting
- ❖ Cornmeal



Preparation:

1. In a large bowl or plastic container, mix yeast and salt into three cups lukewarm water (about 100 degrees C). Stir in flour, mixing until there are no more dry patches. Dough will be quite loose. Cover, but not with an airtight lid, with a cloth. Let the dough rise at room temperature for two hours (up to five hours).
2. Bake at this point or refrigerate, covered, for as long as two weeks. When ready to bake, sprinkle a little flour on dough and cut off a grapefruit-size piece with serrated knife. Turn dough in hands, to lightly stretch surface, creating a rounded top and a lumpy bottom. Put dough on pizza peel sprinkled with cornmeal; let rest 40 minutes. Repeat with remaining dough or refrigerate it.
3. Place broiler pan on bottom of oven. Place baking stone on middle rack and turn oven to 450 degrees Celsius. Heat stone for 20 minutes at this temperature.
4. Dust dough with flour, slash top with serrated knife three times. Slide onto stone. Pour one cup of warm water into broiler pan and shut oven quickly to trap steam. Bake until well browned, about 30 minutes. Let the bread cool completely before cutting into small slides.



Tomato soup



Ingredients

- ❖ 1 medium white or yellow onion
- ❖ 6 tablespoons (3/4 stick)
- ❖ Two 14.5 ounce cans diced tomatoes
- ❖ One 46(ounce bottle or can tomato juice
- ❖ 3 chicken bouillon cubes
- ❖ Freshly ground black pepper
- ❖ 1 1/2 cups heavy cream
- ❖ 1/4 cup chopped fresh basil
- ❖ 1/4 cup chopped flat(leaf parsley
- ❖ Some sugar



Preparation:

1. Melt the butter in a large pot or Dutch oven. Throw in the onion and cook until the onion is translucent. Now put in the diced tomatoes and stir to combine. Add the tomato juice.
2. Next, and this is important, in order to combat the acidity of the tomatoes add three till six tablespoons of sugar. Now you want to start at the low side, then taste and add more if needed because some tomatoes and tomato juice have more of an acidic taste then other.
3. Next, add 1 or 2 tablespoons chicken base to the pot. Stir to combine, and then heat almost to a boil. Then turn off the heat. Stir in the cream and at the basil and parsley.
4. Serve the soup warm together with some bread on a plate.



Hutspot

(An typical dutch meal in wintertime)

For around 6 people, preparation 10 minutes and cooking time around 60 minutes.



Ingredients

- ❖ 2 pounds carrots, peeled and cut in small chunks
- ❖ 2 pounds yellow onions, diced
- ❖ 2 pounds Yukon Gold potatoes, peeled and cut in quarters
- ❖ ½ pound chunk of smoked bacon
- ❖ 2 tablespoons butter
- ❖ ½ teaspoon salt



Preparation:

1. Place carrots and onions into a large pot. Cover with two cups of water.
2. Place the chunk of bacon on top. Cover and cook 35 to 40 minutes, until onions and carrots are soft.
3. Remove bacon and drain but save the cooking liquid. Set cooked carrots and onions aside.
4. Boil potatoes in the same cooking liquid, cooking them till they fall apart.
5. Mash potatoes with carrots and onions. Stir in butter and salt.
6. Slice bacon into thin pieces and serve alongside or on top of the hutspot.



Poffertjes recipe

Traditional served with powdered sugar and a healthy chunk of butter.
Poffertjes are a welcome treat and a typical Dutch dish in the winter time or when there's a market.



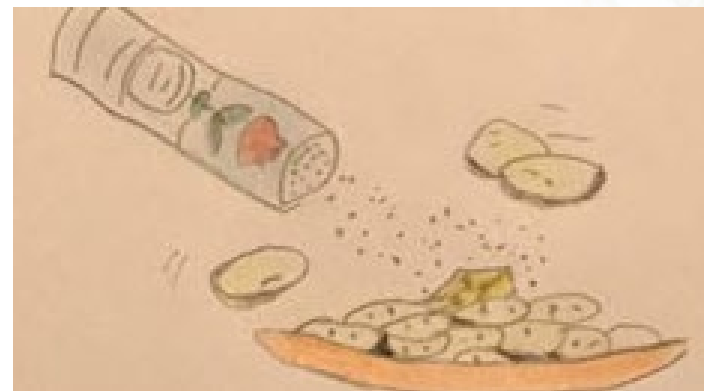
Ingredients

- ❖ One cup of warm milk
- ❖ $\frac{3}{4}$ teaspoon active dry yeast
- ❖ 2 cups all-purpose flour
- ❖ 2 eggs
- ❖ Pinch of salt
- ❖ Powdered sugar
- ❖ Butter



Preparation:

1. Sprinkle the yeast on top of the warm milk and set aside to proof. When it is ready, mix the flour with the eggs and slowly add milk, beating well and making sure there are no lumps. Add in the pinch of salt. Cover and set aside to rise, about 45 minutes to an hour.
2. Heat the pan and lightly butter each dimple. Then gently put some mixture into each hole.
3. When the sides dry a bit and bubbles appear from the surface, use the tin of a fork to flip the poffertjes over.
4. Serve the poffertjes with powdered sugar and a piece of butter.





Portuguese Recipes

Portuguese cornbread



Ingredientes:

- ❖ 1 kg de farinha de milho peneirada
- ❖ 1 kg of sifted corn flour
- ❖ 1 kg of unleavened wheat flour
- ❖ 1,250 liter of water
- ❖ 1.5 tablespoon of salt
- ❖ 16g of baker's yeast



Preparation:

1. Boil 650ml of water.
2. Then scald the cornflour with this water.
3. Mix with a wooden spoon to avoid burning your hands and when it is possible to withstand the temperature of the mixture, knead it with your hands and form a ball with it. It has to rest for 1 hour covered with a cloth.
4. After this time, add the remaining water (must be warm) in a bowl, add the salt and crumble the yeast;
5. Then add the ball of corn dough and add the wheat flour and knead everything very well.
6. Let it leaven for 45 minutes.
7. After the dough is finely leavened, make balls of dough with the help of a bowl dusted with flour, the desired shape is given to the cornbread.
8. Bake in a wood oven.



Caldo verde with sausage (soup)



Ingredients

- ❖ 4 tablespoons olive oil,
- ❖ 1 onion, minced,
- ❖ 1 clove garlic, minced,
- ❖ 6 potatoes, peeled and thinly sliced,
- ❖ 2 quarts cold water,
- ❖ 1/2 lb. of linguiça sausage thinly sliced,
- ❖ 2 teaspoons salt, ground black pepper to taste,
- ❖ 1 pound kale, rinsed and thin cut or julienne.



Preparation:

1. In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 or 4 minutes. Stir in potatoes and cook, stirring constantly, 3 or 4 minutes more.
2. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are real mushy. Meanwhile, in a large skillet over medium (low) heat, cook sausage until it has released most of its fat, 10 minutes.
3. Drain. Mash potatoes or puree. Add the sausage, salt and pepper into the soup and return to medium heat.
4. Cover and simmer 5 minutes. Just before serving, stir kale into soup and simmer, until kale is tender and jade green.
5. Stir in the remaining tablespoon of olive oil and serve at once.



Lagareiro's Cod



Ingredients

- ❖ 4 tablespoons olive oil,
- ❖ 1 onion, minced,
- ❖ 1 clove garlic, minced,
- ❖ 6 potatoes, peeled and thinly sliced,
- ❖ 2 quarts cold water,
- ❖ 1/2 lb. of linguiça sausage thinly sliced,
- ❖ 2 teaspoons salt, ground black pepper to taste,
- ❖ 1 pound kale, rinsed and thin cut or julienne.



Preparation:

1. After leaving the salted cod under water or milk during 24h remove the skins and spines and cut into large squares. Place the cod on a tray and cover with milk, season with the cut garlic, salt, pepper and lemon juice and leave to soak for two hours.
2. Dry the pieces of cod reserving the milk, pass them through the beaten eggs and then involve them completely in flour. Distribute the pieces of cod in a cross (which can be brought to the oven) placing a piece of butter on top of each.
3. Cover with a little olive oil without covering the pieces of cod and with 2 tablespoons of the reserved milk.
4. Take the temperature in the oven to 180 degrees centigrade.
5. Put it in the oven with the little potatoes watering it occasionally with the sauce until the cod it's golden
6. Remove from oven and serve with the roast potatoes and salad.

Tip: "Lagareiro" is the man who makes the olive oil from olives





Ingredients (pastry)

- ❖ 2 cups all(purpose flour, plus more for rolling,
- ❖ 1 teaspoon salt,
- ❖ 2 tablespoons granulated sugar,
- ❖ 10 tablespoons chilled unsalted butter, cut into
- ❖ 1/4(inch cubes,
- ❖ 5 to 7 tablespoons, ice water.



Preparation:

1. In the bowl of a food processor fitted with a metal blade, pulse the flour, salt and sugar to combine. Add the butter and pulse until the flour resembles coarse, uneven cornmeal, about 10 1(second pulses.
2. Drizzle 5 tablespoons of the ice water over the mixture. Pulse several times to work the water into the flour. Add the remaining water, 1 tablespoon at a time, and continue pulsing until the mixture develops small curds.
3. Turn the dough out onto a work surface, shape it into a disc and cover with plastic wrap. Refrigerate for at least 1 hour.
4. On a lightly floured surface, roll half the dough to 1/16(inch thickness.
5. Cut ou 6 (4 1/2(inch) circles. (If you don't have a cookie cutter, a wide(mouth jar works well). Ease the dough circles into a 12(cup (4(ounce capacity) nonstick muffin tin, pressing out any overlapping folds.
6. Repeat with the remaining dough. Place the tin in the freezer for 5 minutes. Remove and trim any overhang with the back of a knife so that the pastry cups are flush with the top of the tins.
7. Line dough cups with cupcake papers and fill with dried beans or pastry weights. Bake at 350°F (180°C) for 8 to 10 minutes to set.

Make the custard: Dissolve the cornstarch in 1/4 cup of the cream in a medium bowl. Add the remaining cream and sugar, and stir until the mixture is smooth and the sugar dissolves. Check for sugar granules with a spoon; none should remain. In a small bowl, blend the yolks with a fork until smooth. Add the yolks to the cream mixture, stirring gently to combine.

Ladle the egg mixture into the partially baked pastry cups, filling to 2/3 capacity. Bake in at 350°F (175°C) until the edges of the custard are puffed and middle is still jiggle, about 20 to 25 minutes. (The custard will continue to cook). Cool completely in the tin. The pastéis are best when eaten the same day.

Cream Custard Tarts (12 pastries)

Ingredients (Custard)

- ❖ 1 tablespoon cornstarch
- ❖ 1 1/2 cup heavy cream
- ❖ 1 cup granulated sugar
- ❖ 6 egg yolks





Spanish Recipes

Candeal bread



Ingredients

- ❖ 100 g of starter dough (sourdough).
- ❖ 1000 g of 180 W flour.
- ❖ 450 g of water.



Preparation

1. Knead the ingredients for 15(18 minutes).
2. Refine the dough for 5 minutes.
3. Divide the dough into 360 g pieces.
4. Shape the loaves and let the rise on a shelf covered with linen or a similar fabric at room temperature for 1 and a half – 2 hours.
5. Give diagonal cuts to create a romboidal pattern.
6. Bake for 30 minutes at 225 °C with a little of steam.



This is a type very popular in the middle ages among nobles and kings. It was traditionally baked in Castilla León. However, following the orders of the great bankers of the Crown, from 1563 it was taught to bakers in the South of Spain. In consequence, nowadays it is the most popular traditional type bread in most of Spain.

It is obtained from a hard dough made from wheat flour and a water content about 45 %. It has a thick crust of between one and two millimetres, which is smooth and crisp, golden to light brown in colour and which tastes of toasted cereal.

The crumb of the bread is white and its texture is smooth, spongy and consistent. It has no alveoles and looks like cotton. It is a very lovely bread to dunk into a good stew as it holds up in the dunking due to its crispness.

Because of the low hydration, this bread requires refining after the kneading. This process, consisting in passing the dough through a roller kneading machine several times gives the crumb its unique characteristics.

One of the modern versions is the Fabiola, created in 1961 and named after Fabiola de Mora y Aragon, due to the marriage with king Balduino I of Belgium.

Level of difficulty	Time	Serves
Medium	3 hour	6 people

Allergen icons:



Nutritional information (per serving):



Spanish omelette

The Spanish Omelette is one of the most famous Recipes in Spain, with lot of variations. Usually we make the “tortilla española” with eggs, potatoes and olive oil, but sometimes we also use onions, peppers or even “chorizo” (red sausage).



Ingredients

- ❖ 1kg potatoes
- ❖ 6 medium sized eggs
- ❖ salt
- ❖ olive oil
- ❖ 20 cm round non stick frying pan



Preparation:

1. Beat the eggs with 3/4 teaspoon salt in a medium bowl; set aside. Toss the potatoes with 1/4 teaspoon salt in a large bowl.
2. Heat oil on medium in a 10(inch non(stick skillet. Add the potatoes; cook from 10 to 12 minutes or until tender but not falling apart, gently turning occasionally. Transfer potatoes back to the large bowl with a slotted spoon.
3. Add onion to skillet (optional); cook for 12 minutes or until very tender, stirring occasionally. Transfer the onion to the bowl with the potatoes with slotted spoon. Gently stir in the eggs until well combined when the potato(onion mixture has mixture to skillet.
4. Drain all but 2 teaspoons of oil from the skillet (reserve oil for another use); cook on medium(high heat 1 minute. Add the egg(potato mixture to the skillet, reduce heat to medium. Cook for 7 minutes or until the eggs are mostly set and the edges are browned.
5. Loosen the edges with a rubber spatula. Remove the skillet from heat and cover with large plate; invert carefully , holding the plate and the skillet together. Slide the omelette to back into the skillet. Cook on medium heat for 3 minutes or until bottom and center are set. Serve warm or at room temperature, garnished with parsley.

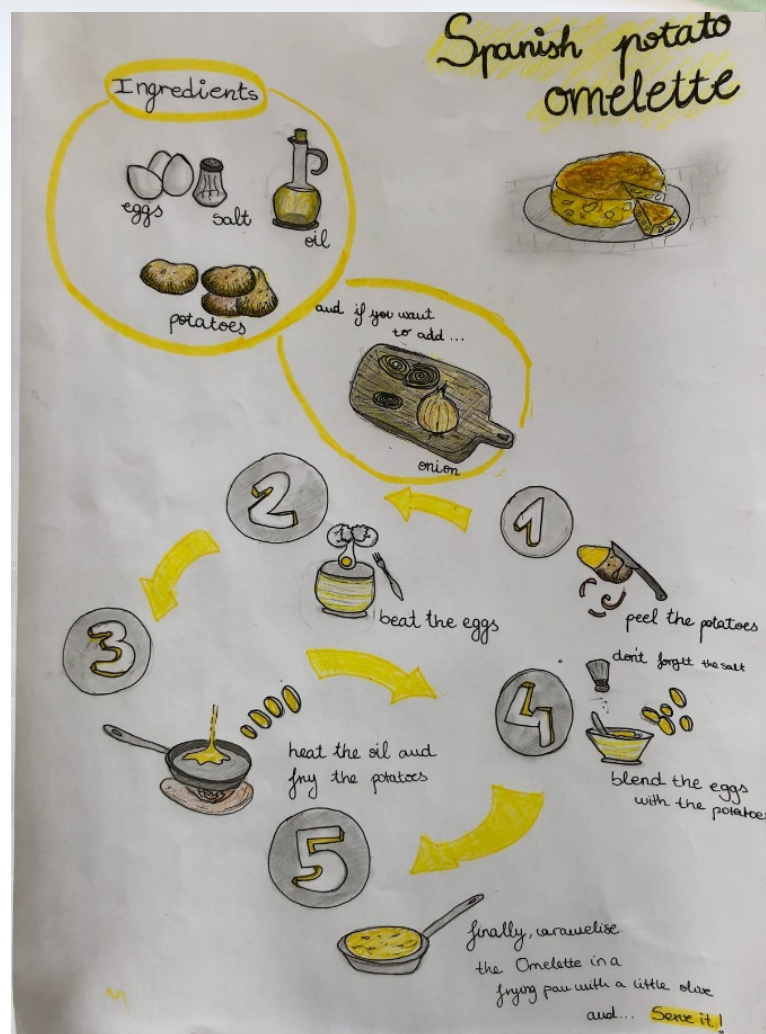
Allergen icons:



Level of difficulty	Time	Serves
Medium	35 minutes	4 people

Nutritional information (per serving):





Gazpacho



Ingredients

- ❖ 1 cucumber (70 g)
- ❖ 1 red pepper 50 g)
- ❖ 1 green pepper (50 g)
- ❖ 1 kg ripe tomatoes
- ❖ 1 garlic clove
- ❖ 1 small onion,
- ❖ 75 g white bread
- ❖ 90 ml olive oil
- ❖ 3 spoons of vinegar
- ❖ 120 ml water

The gazpacho is a classic of the genre: refreshing, and full of ripe, summery flavours, some description of it is as 'a salad soup'. It is, essentially, an Andalusian peasant dish. Early Recipes call only for a mixture of bread, olive oil, garlic and water – tomatoes and peppers, imports from the New World, came much later.



Preparation:

1. Rinse well the tomatoes, take off the stems.
2. Peel the garlic clove.
3. Peel the onion, chop in 3(4 pieces.
4. Rinse the pepper, get rid of any single seed, chop coarsely.
5. Peel well the cucumber, no green left.
6. Place the cucumber, peppers, tomatoes, garlic and onion into a blender. Add the bread and water and whiz until smooth.
7. Season well with salt. Add the sherry vinegar and the olive oil and blend. Cover and chill.
8. Check the consistency. If it is still rather thick and not very rich, add another glug or two of olive oil until you reach a consistency you like. Taste and adjust the seasoning as necessary. You might need a little more vinegar. Cover and chill again, until really cold and you're ready to serve

Allergen icons:



Level of difficulty	Time	Serves
Easy	35 minutes	6 people

Nutritional information (per serving):

 115 kcal
  2,1 g protein
  12,6 g carbs
  7,3 g fat (1 g sat)
  3 g fiber
  599 mg sodium

“Arroz con leche”

Arroz con leche is the Spanish version of Rice Pudding, but it is widely believed that this dish has origins in Moorish cuisine. This simple Spanish dessert is enjoyed throughout the Spanish peninsular as well as across the world, including South America and Asia. This theory that Spanish Rice Pudding comes from Arabic culture is supported by the very traditional Arabic mix of cinnamon and rice, which makes up a large part of the Spanish dish



- ❖ Ingredients
- ❖ 1 l whole milk
- ❖ 1 lemon (2 wide slices of lemon rind)
- ❖ Cinnamon stick
- ❖ 240 g rice
- ❖ 135 g sugar
- ❖ Cinnamon powder

Allergen icons:



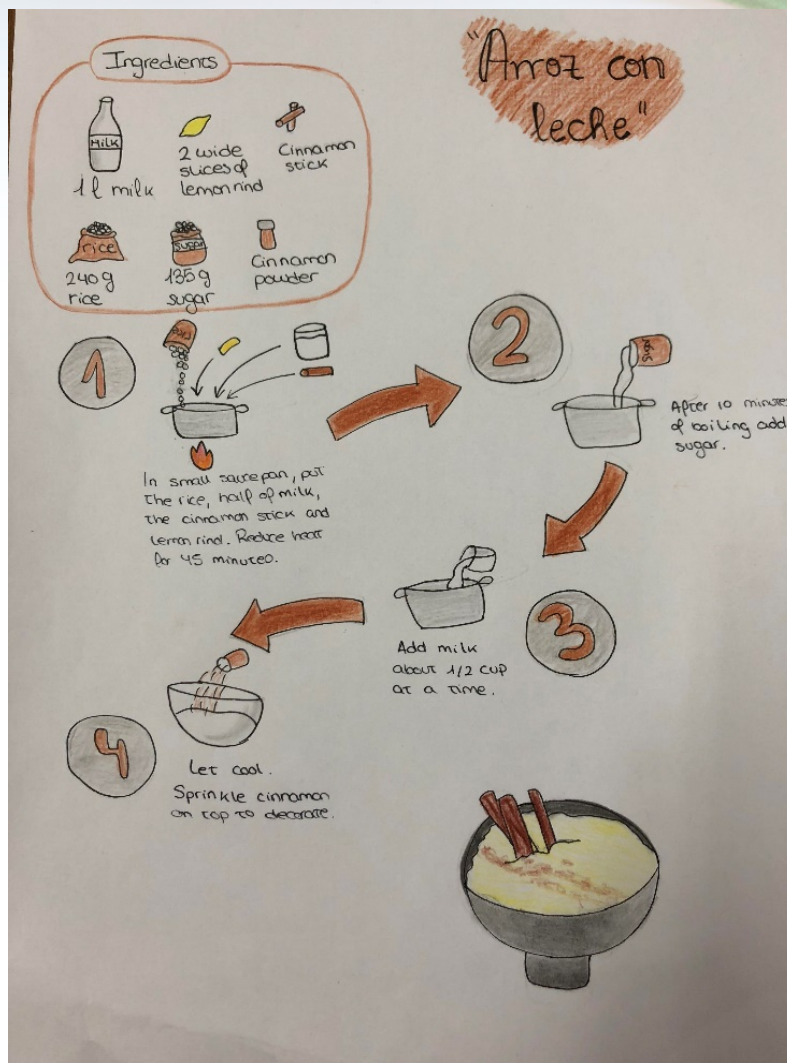
Preparation:

1. Half of milk, rice, the cinnamon stick and lemon rind, over low heat. Bring to a boil. Reduce heat; simmer, uncovered, for 45 minutes.
2. After, 10 minutes of boiling add sugar. Stir continually.
3. Add milk about ½ cup at a time, stirring each time until all is absorbed. Continue adding up to the whole liter of milk, stirring continuously
4. Enjoy warm or let cool.
5. Sprinkle cinnamon on top to decorate.

Nutritional information (per serving):

Level of difficulty	Time	Serves
Medium	45 minutes	6 people

 369kcal
  8,1 g protein
  63g carbs
  9,3 g fat (4,8 sat)
  1,3g fiber
  300mg sodium





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