



From eTwinning Garden to Table – International Recipe Book

EcoExplorers : The Gateway to
the Future

freshly picked from our school garden



cooked

Garlicky Broccoli & Cabbage Sauté Ingredients

- 2 cups broccoli florets
- 2 cups green cabbage, thinly sliced
- 2 tbsp olive oil (or butter)
- 2 cloves garlic, minced
- Salt & black pepper,
- 1 lemon squeezed

Instructions

1. Heat the oil in a large pan over medium heat.
2. Add garlic and cook ~30 seconds until fragrant (don't let it brown).
3. Toss in the cabbage with a pinch of salt. Cook 4-5 minutes, stirring, until it softens.
4. Add broccoli and a splash of water (2-3 tbsp). Cover and steam 3-4 minutes until broccoli is bright green and tender.
5. Uncover, season with salt and pepper, and sauté another minute to get a little color.
6. Add some squeezed lemon

Serve with rice or noodles

WINTER MIX SALAD

History

This salad brings together seasonal ingredients with deep roots in history. **Lettuce** was eaten in ancient Mediterranean times. **Balsamic vinegar** comes from Italy. **Apples, oranges and pumpkin seeds** arrived in Europe through trade. **Walnuts** were valued in ancient Greece and Rome. **Black raisins**, made from dried grapes, have been produced in Greece through antiquity. **Anthotyro** is a traditional low-fat Greek cheese.

Ingredients

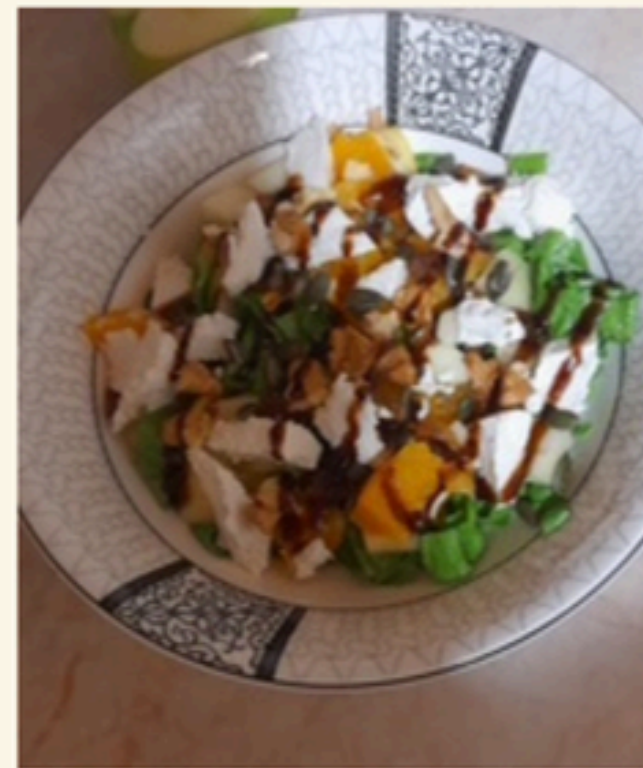
Lettuce
Green apple
Orange
Black raisins
Walnuts
Pumpkin seeds
Anthotyro cheese
Balsamic vinegar

Procedure

1. Wash the lettuce and cut it into small-pieces. Place it in a bowl.
2. Peel and cut the green apple and the orange into cubes.
3. Add the apple, orange, and black raisins into the bowl.
4. Add the walnuts and pumpkin seeds on top.
5. Crumble the anthotyro cheese over the salad.
6. Drizzle with balsamic vinegar and serve.



Grades 5 and 6
Distomo Primary School



1



2



3



4



**Traditional village
fruit salad with honey**
by 4th grade in Primary School of Distomo Greece

Neden Bu Tarifi Seçtik?

Çoban salatası, Anadolu'nun en eski ve en doğal tariflerinden biridir. Hiçbir pişirme işlemi gerektirmediği için besin değerlerini (vitaminlerini) tamamen korur. Sınıf ortamında iş birliği içinde hazırlamak için mükemmeldir.

Why Did We Choose This Recipe?

Shepherd's salad is one of the oldest and most natural recipes from Anatolia. Because it requires no cooking, it fully retains its nutritional value (vitamins). It's perfect for collaborative preparation in a classroom setting.

GELENEKSEL ÇOBAN SALATASI TRADITIONAL SHEPHERD'S SALAD



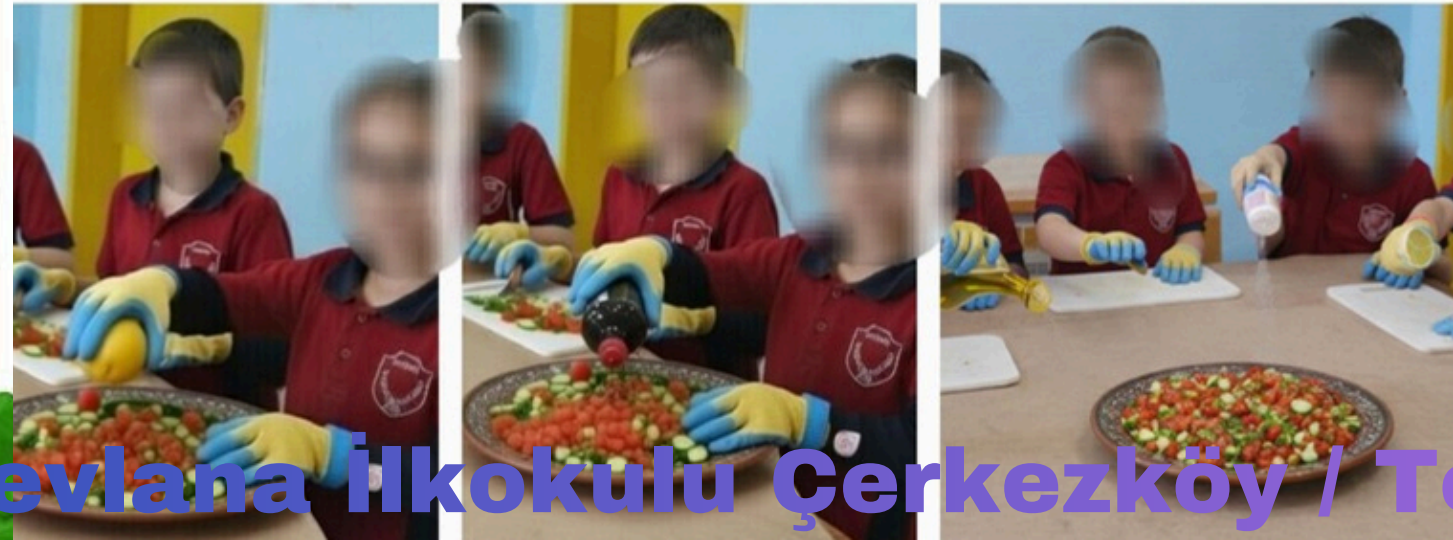
Yapılışı:

Hazırlık: Tüm sebzeleri bahçeden topladıktan sonra sınıfta güzelce yıkayın.
-Sebzeleri küçük küpler halinde doğrayın. (Öğrenciler plastik bıçaklarla, öğretmen gözetiminde bu aşamayı yapabilir).
-Doğranan tüm sebzeleri geniş bir kaseye alın. İnce kıyılmış maydanozu ekleyin.
-Üzerine zeytinyağını gezdirin, limonunu ve tuzunu ekleyip nazikçe karıştırın.
Servise hazırdır, afiyet olsun.

Instructions:

Preparation: After gathering all the vegetables from the garden, wash them thoroughly in the classroom. Chop the vegetables into small cubes. (Students can do this step with plastic knives under the teacher's supervision). Place all the chopped vegetables in a large bowl. Add the finely chopped parsley. Drizzle olive oil over it, add lemon juice and salt, and gently mix. Ready to serve, bon appétit.

GELENEKSEL ÇOBAN SALATASI



Malzemeler
3 adet domates
2 adet salatalık
2 adet yeşil biber
1 tutam maydanoz
Bir miktar zeytinyağı
Limon suyu
Bir miktar tuz

Ingredients
3 tomatoes
2 cucumbers
2 green peppers
Handful of parsley
A little olive oil
Lemon juice
A pinch of salt

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Portico di Caserta

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COOKING CLASS

Teacher prof ssa Natalia Di Meo





Aglaia Mantzana, 8th Primary School Chaidari, Greece, GREEK SALAD right from the school garden!

Instructions

1

Combine tomatoes, cucumber, pepper, onion, and olives in a shallow bowl.

2

Place a block or large chunks of feta on top.

3

Drizzle generously with olive oil and add a splash of red wine vinegar if you like.

4

Season with sea salt and sprinkle dried oregano over the feta.

5

Serve immediately with crusty bread.



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MAIN COURSE MEALS

Easy Pasta with Lentils

An easy, nutritious meal for everyone

PREPARATION

Things You'll Need

Ingredients:

- 1 cup lentils (cooked)
- 2 cups small pasta
- 2 tablespoons olive oil
- 1 small onion (chopped)
- 3 cups water or vegetable broth
- Salt and pepper

STEP 1

STEP 2

STEP 4

PREPARATION

Steps:

Heat olive oil in a pot.
Add the onion and cook for 3-4 minutes.
Add the lentils and water (or broth). Bring to a boil.
Add the pasta and cook until soft (about 8-10 minutes).
Add salt and pepper. Mix and serve.

Green Salad

Ingredients:

- Lettuce
- 1 tomato
- 1 cucumber
- 2 tablespoons olive oil
- Salt

Steps:

Wash the lettuce.
Cut the tomato and cucumber.
Put everything in a bowl.
Add olive oil and salt.
Mix and serve.

EAT YOUR VEGGIES

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EAT YOUR VEGGIES

Teacher prof ssa Natalia Di Meo

Czechia, ZŠ Jablunkov,

6th graders

Our starter, main meal and dessert from our summer garden :-)

Ingredients:

250 g soft cottage cheese

120 g semi- coarse flour

12 Strawberries

Pinch of salt

1 egg

Butter and sugar for sprinkling

Recipe

Strawberry dumplings

**JAHO DOVÉ
KNEDLÍKY**



Ingredients:

200 g dry split peas

1 onion

1 spoon meat

700 ml water

Salt, pepper

Pinch of marjoran

A little cream

Recipe

Pea soup

**HRACHOVÁ
POLÉVKA**



Ingredients:

250 g frozen raspberries

2 spoons of sugar or honey

2 spoons of water

Recipe

Raspberry sorbet

**MALINOVÝ
SORBET**



Spinach and Walnut Patties



A Traditional Herb Dish
Presented by: Tamari Mchedlishvili
Georgia. Mukuzani Public School

THE ULTIMATE VEGETARIAN LASAGNA

ingredients:

- pasta: 250g lasagna sheets
- filling: 500g ricotta, 500g spinach, 100g parmesan, 200g mozzarella
- béchamel: 1l milk, 100g butter, 100g flour, nutmeg

Instructions



1. Spinach: Cook the spinach in a pan with garlic. Drain well and chop.



2. Cream: Mix the ricotta with the spinach, salt, pepper, and half of the Parmesan.



3. Sauce: Melt butter, stir in flour, and whisk in the milk until thick. Season with nutmeg.



4. Layers: In a baking dish, layer: Sauce → Pasta → Ricotta mixture → Mozzarella. Repeat 4 times.



5. Bake: Top with extra sauce and Parmesan. Bake at 200°C for 20-25 minutes until golden.

MANCAR SARMASI (COLLARD GREEN ROLLS) - A AYANCIK REGIONAL RECIPE

INGREDIENTS



2 bunches
Collard Greens
(mancar/kara lahana)



1 cup
Rice
(rinsed)



1 cup
Coarsely ground
corn or cornmeal
(mısır yarması)



3 large
Onions
(finely chopped)



1 tbsp
Tomato Paste
(domates salçası)



1 tbsp
Red Pepper Paste
(biber salçası)



Spices

(1 tsp Salt, 1 tsp Black Pepper,
1 tsp Dried Mint, 1 tsp Sumac,
1 tsp Sumac, 1 tsp Pul Biber)



1. PREP LEAVES
Blanch collard greens
for 2-3 min, then shock
in cold water.



2. MAKE FILLING
Sauté onions in olive oil.
Add pastes, rinsed grains, &
spices. Cook partially (5 min)



3. STUFF
Trim middle stems.
Place filling, fold sides



4. ROLL
Roll tightly into
small "cigars"



5. LAYER
Line pot with stems,
arrange rolls snugly



6. COOK
Cover with a heavy plate,
add water & tomato paste
sauce. Simmer for 40-50 min.



Tayfur SARI

AV.H.H.KILIÇ P.S. AYANCIK/SİNOP

Boeuf Salad

INGREDIENTS

Boiled beef

Boiled and cut into small cubes potatoes

Boiled and cut into small cubes carrots

Frozen peas (Cooked)

Pickled cucumbers and red peppers, finely diced.

DECORATION

Black olives

Pickled peppers cut in flower-shape or into stripes

Boiled eggs

Carrots or pickled cucumbers cut into circled-shapes.



SEASONING

Mayonnaise (Homemade or
store-bought)

A pinch of salt.

Istituto Comprensivo LUIGI CHITTI 3E Teacher Tiziana Foti

Garden Fresh Sandwich

Ingredients:

rye bread
bell pepper
lettuce
tomato
cucumber
radish

How to make it:

1. Wash all the vegetables with clean water.
2. Cut the tomato, cucumber, radish, and bell pepper into small pieces.
3. Take one slice of rye bread.
4. Put lettuce on the bread.
5. Add tomato, cucumber, radish, and bell pepper.
6. Put another slice of bread on top.
7. Your Garden Fresh Sandwich is ready. Enjoy!



Garden Apple Juice

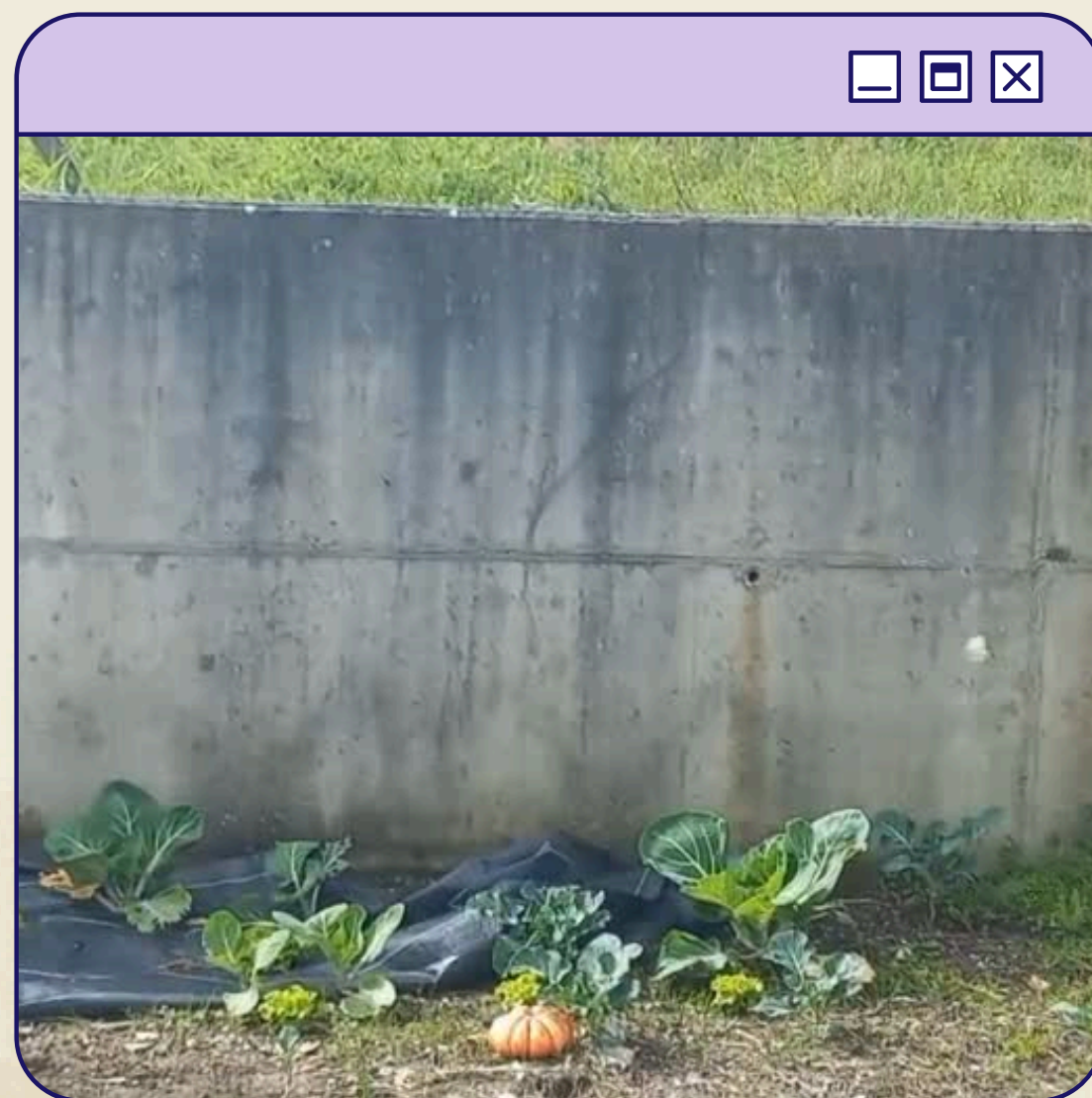
Ingredients:
garden apples



How to make it:
Wash the apples with
clean water.
Put the apples with the
skin into the juicer.
Turn on the juicer.
Pour the juice into a glass.
Your garden apple juice is
ready. Enjoy!



Caldo Verde | Kale Broth



Kale/Cabbage
from our school garden



Ingredients

- 500 gr potatoes
- 400 gr kale/cabbage
- 1 onion
- 2 cloves of garlic
- chorizo (traditional sausage)
- 200 ml olive oil
- 2l water
- Salt

Steps

1. Boil the vegetables in a pot with salt for 30 minutes.
2. Blend the soup, add the shredded kale/cabbage and cook for 15 minutes.
3. Slice the chorizo, add it to the soup with the rest of the olive oil and it's ready to serve.

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UKRAINIAN BORSCHT RECIPE INGREDIENTS:



2–3 MEDIUM BEETS (GRATED OR JULIENNED)
2 POTATOES (CUBED)
1 CARROT (GRATED)
1 ONION (CHOPPED)
2 CUPS SHREDDED CABBAGE
2 TABLESPOONS TOMATO PASTE
1–2 CLOVES GARLIC (MINCED)
2 TABLESPOONS VEGETABLE OIL
1.5–2 LITERS WATER OR BROTH
SALT AND BLACK PEPPER TO TASTE
1–2 BAY LEAVES
FRESH DILL OR PARSLEY (CHOPPED)

AYANCIK RICE BÖREK (PİRİNÇ BÖREĞİ)

A Traditional Turkish Rice-Filled Pastry from the Ayancık Region



INGREDIENTS

- 6 sheets of fresh Phyllo Dough (Yufka)
- **Filling:** 1.5 cups Rice, 250g Ground Beef/Lamb (optional), 2 Onions, 3 tbsp Butter/Oil, 2.5 cups Water/Broth, Salt, Pepper, Mint
- **Sauce:** 1 cup Yogurt, 1/2 cup Vegetable Oil, 1 Egg
- **Top:** Egg Yolk, Seeds (Nigella, Sesame - optional)

PREPARATION

1. Cook rice with sautéed onions, meat (if using), and spices until tender. Let cool.
2. Whisk yogurt, oil, egg for sauce.
3. Layer half of yufka in greased pan, brushing each with sauce.
4. Spread filling evenly.
5. Layer remaining yufka with sauce.
6. Brush top with egg yolk, cut, and bake at 180°C (350°F) until golden (40-45 mins). Serve warm.

Traditional Ayancık İspit Stir-Fry (İSPİT KAVURMASI)



Ingredients

- * 1 kg ispit
- * 1 medium onion
- * 1 medium red bell pepper
- * 3 spring onions
- * 2 tablespoons vegetable oil
- * 1 egg
- * 1 teaspoon red pepper flakes
- * 1 teaspoon black pepper
- * Salt to taste

We blanch the cleaned ispit leaves and squeeze out the water. We sauté the dried onions, red bell peppers, and spring onions in oil, then add the spinach leaves. We season with spices and finish by cracking an egg on top. You can also make it with a lightly cooked yolk or with beaten eggs. ENJOY!

Yeliz Erdoğan

Avukat Hasan Hüsnü Kılıç Primary School

SİNOP/AYANCIK

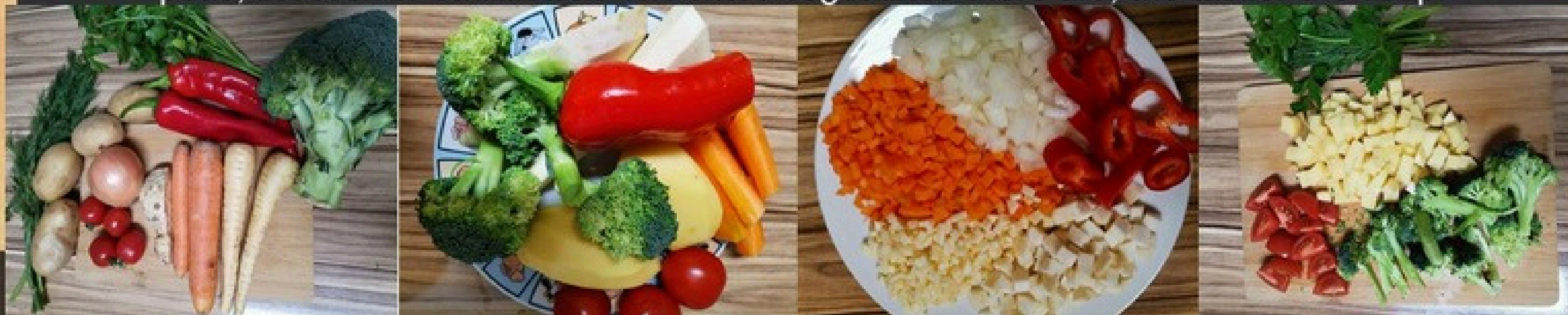


Yonca KUCUR
Ziya Gökalp Primary School

From garden to the table.
This is our regional recipe from Van,Turkiye.

Traditional Romanian vegetarian soup (CIORBA DE LEGUME)

To prepare vegetable soup, we can use all kinds of vegetables that we have in the garden: onions, carrots, parsley, celery, tomatoes, peppers, potatoes. We can add green beans, peas, broccoli or cauliflower. The more vegetables there are, the tastier the soup!



For 4 servings, finely chop a medium onion, 1-2 carrots, 1 parsley, a small celery, 3 potatoes, about 2 tomatoes, a pepper, a smaller broccoli floret, parsley or dill leaves.

Sauté the onion, carrots, parsley root, celery and other root vegetables in a little oil (one tablespoon). Add 1.5 l of water. Then add the rest of the vegetables to the hot water, salt and pepper to taste, and finally the chopped leaves. Boil everything for about 30 minutes. You can add sour cream or yogurt when serving.



Potato pancakes



Ingredients

- Potatoes
- Onion
- Egg
- Spice
- Oil



Procedure

Peel and grate 4-5 potatoes. Add garlic, one egg, flour, salt, and pepper, and mix it well.

Fry small portions in hot oil for 3-4 minutes from each side until golden and crispy. Serve them hot (with sour cream).



Ayancık Usulü Nokul Yapımı

MALZEMELER VE MAYA AKTİVASYONU

1. MALZEMELERİ HAZIRLA



2. MAYAYI AKTİVE ET



İÇ HARÇ VE ŞEKİL VERME

4. İÇ HARCİ HAZIRLA & HAMURU AÇ



5. YAĞLA, SERP, RULO YAP VE KES



HAMUR YOĞURMA VE DİNLENDİRME

3. HAMURU YOĞUR VE DİNLENDİR (İSTEĞE BAĞLI)



TEPSİYE DİZ VE PİŞİR

6. TEPİYE DİZ VE YUMURTA SARISI SÜR



7. FIRINDA PİŞİR (180 DERECE)



SONUÇ VE SUNUM



AFİYET OLSUN!



AVUKAT H.H.K. P.S

FARUK FUAT KORKMAZ

Fruit salad - Team Stoica-Fetea Didona-Mădălina

Technological High School „Constantin Brâncuși” Craiova România

Fruit salad is the ultimate "no-cook" dessert—it's vibrant, healthy, and incredibly versatile. The key to a great fruit salad is balancing sweetness, acidity, and texture. Here is a classic, crowd-pleasing recipe and the steps to get it right.

Ingredients:

2 apples, 2 pears, and a handful of grapes

2 kiwi fruit, 1 orange

1 ripe banana

The Dressing: Juice of 1 lime or lemon, 1–2 tablespoons of honey

Preparation Steps:

Wash all fruits thoroughly

Uniform Cutting

Make the Glaze





Tuğba Deniz AKENGİN Sinop Avukat Hasan Hüsnü Kılıç İlkokulu