

FOOD FOR THOUGHT



Written and compiled by Clare Cheetham



Food For Thought Recipe Book

Produced as a result of a Comenius project 2013-15



With contributions from

Istituto d'Istruzione Secondaria Superiore "Federico II" – APRICENA, Italy

Colegio Santo Angel – SEVILLE, Spain

Küçükçekmece Mareşal Fevzi Çakmak İlk – ISTANBUL, Turkey

Patcham House School – BRIGHTON, UK

Recipe for a great Comenius project

Ingredients

People

Curiosity

Respect

Friendship

Communication



Method

1. First select groups of people from four different countries: **Italy, Spain, Turkey** and the **UK**.
2. Gently fold in people's ideas from each country.
3. Leave to brew up dreams, plans and timetables.
4. Add in curiosity, respect and friendship on a daily basis.
5. Stir regularly and spice up the mix with magical moments on the internet.
6. Blend together new tastes & ideas as groups travel to meet each other.
7. Serve with dollops of creativity for a truly European flavour!

Introduction



Our **Food for Thought** Comenius project was a wonderful opportunity for us, a group of teachers and students from Italy, Turkey, Spain and the UK, to explore the part food plays in our daily lives.

We grew, cooked and shared food; we explored the role of different foods in different cultures, festivals and celebrations; we found out about local food producers and researched how we could make ourselves healthier by eating wisely.

The most exciting and memorable parts of the two-year project had to be the 'mobilities'! These were the times when we were able to travel and meet up in each other's home towns providing the opportunities to explore new cultures, try new foods and build new friendships.

This Food for Thought cookbook is a record of the journeys and activities that took

place during the two years of the project, a fantastic experience that opened our eyes, enriched our lives and broadened our horizons.

Our Comenius project was funded by the EU. The British Council provided a huge amount of support for us in the UK, for which we are extremely grateful. We couldn't have done it without you!

Clare Cheetham

UK Comenius project co-ordinator at Patcham House.

Our Mobilities

January 2013	Istanbul, Turkey	We met to plan our project application
October 2013	Brighton, UK	The project was approved! Our plans for the next two years are finalised.
April 2014	Istanbul, Turkey	Full mobility
May 2014	Seville, Spain	Full mobility
October 2014	Apricena, Italy	Full mobility
May 2015	Brighton UK	Full mobility

In addition, people from Patcham House visited Istanbul, Seville and Apricena to prepare for later mobilities with students.

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A local product



To help us get to know each other at the start of the project, we decided to share recipes and exchange stories about local products from our home towns and countries.



Brighton, England

An English Autumn brings an abundance of apples! It must be our national fruit. At Patcham House school we celebrated 'Apple Day' with cooking apples; tasting apple recipes, enjoying games involving apples and even putting on a play!

Apple and watercress soup

Serves 4

This delicious soup takes about 40 minutes to cook and prepare. Serve cold!



Method

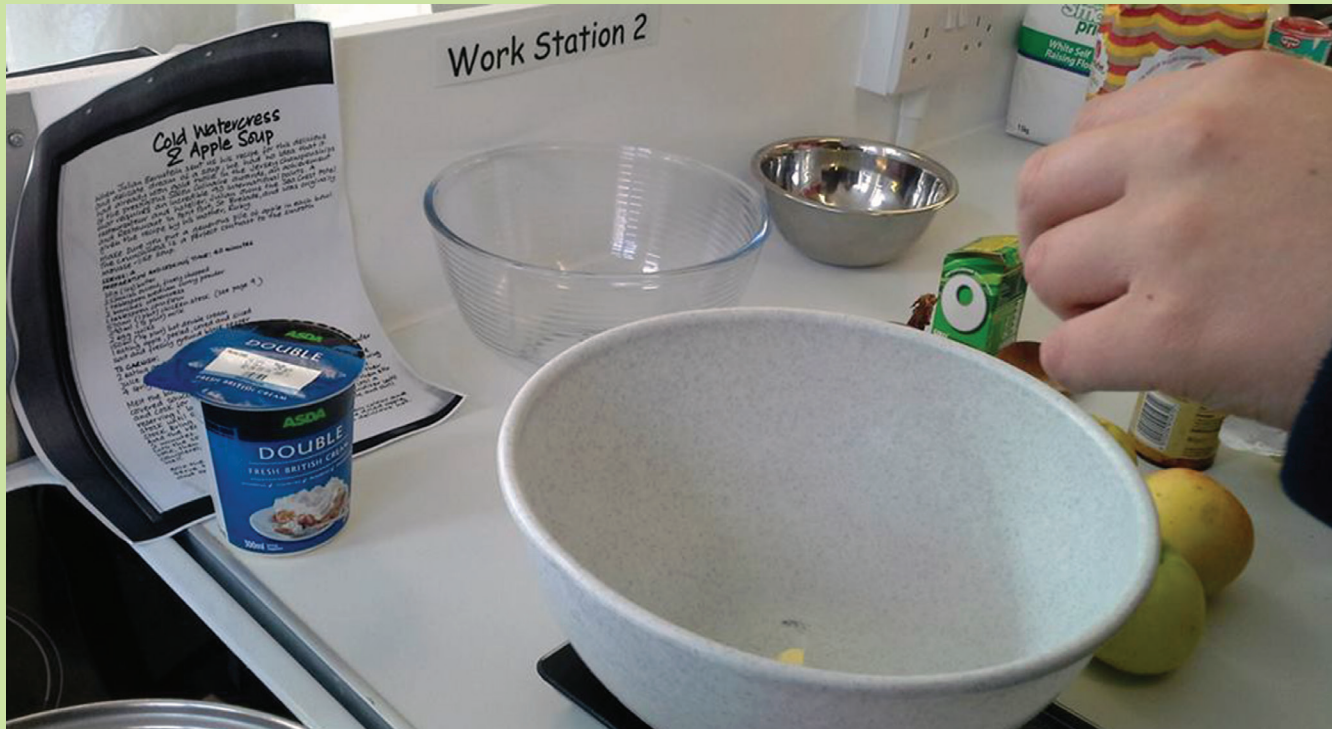
1. Melt the butter and cook the onion gently until soft in a covered saucepan.
2. Stir in the curry powder and cook for 2 minutes. Keep stirring!
3. Add most of the watercress. Keep back one handful for later.
4. Mix the cornflour with a little stock until smooth.
5. Add to the soup with the rest of the stock and stir.
6. Bring to the boil and simmer gently for 10 minutes.

Ingredients

- 25g butter
- 2 Spanish onions, chopped
- 1 tbs medium curry powder
- 2 bunches of watercress
- 1 tbs cornflour
- 1 pint chicken stock
- Half pint milk
- 2 egg yolks
- Quarter pint hot double cream
- 1 eating apple, cored and sliced
- Salt and freshly ground pepper

To garnish

- 2 eating apples, cored, peeled and diced
- Juice of 1 lemon
- 4 sprigs of watercress



7. Add the remaining watercress – apart from 4 sprigs for garnish - and cook for 2 more minutes.
8. Whisk the egg yolks with the hot cream and then stir into the soup - don't let the cream boil!
9. Remove immediately from the heat and allow to cool.
10. Puree the mixture with the milk and apple in a liquidiser until very smooth.
11. Season to taste and chill well.
12. Mix the diced apple with lemon juice and then garnish the soup with the apple and watercress.

The soup is also delicious hot!

Apple crumble



Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time, rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
4. Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
6. Serve with thick cream or custard.

Ingredients

For the crumble

300g/10½oz plain flour with pinch of salt

175g/6oz brown sugar

200g/7oz butter, softened at room temperature

A little butter to grease the pan

For the filling

450g/1lb apples, peeled, cored and sliced

50g/2oz brown sugar

1 tbsp flour

1 pinch of cinnamon (ground)



Making Pizza

Apricena, Italy

Apricena is in an area that was known as 'the barn of Italy' during the time of Frederick II and the Romans, because of the rich presence of durum wheat, used to make pasta and pizza. **Here's how to make a mouth-watering Pizza!**



Method

1. Mix the flour, yeast and salt in a large bowl.
2. Stir in the milk and oil until you get a moist dough that is rough and lumpy.
3. Cover the bowl with a clean tea towel or cloth and ideally leave the dough to rise for around 6 hours or until it has doubled in size. If your kitchen is cool just leave it on the worksurface but if the kitchen is warm, pop the bowl in the fridge. Bring the dough back to room temperature before cooking.
4. Heat the oven to gas 7 or 220C/200C fan.
5. Lightly dust three or four round baking trays and the work surface with a little flour, then divide the dough into three or four pieces.
6. Push and pummel each piece into a round pizza shape then place on the baking trays.
7. Leave the bases to rise for around ten minutes then add your favourite toppings, drizzle with olive oil, sprinkle with salt and then pop in the oven for around ten to twelve minutes until the base is crisp and the topping is bubbling.



Ingredients

For the dough

650g/1lb 5oz Italian 00 flour (strong white flour)

7g sachet of easy-blend yeast

2 tsp salt

25ml/1fl oz olive oil

50ml/2fl oz warm milk

325ml/11fl oz warm water

For the topping

Cheese

Tomato sauce

Sausage



Gazpacho

Seville, Spain

Arrive in Seville in spring and you can't miss the scent of oranges which abound in this beautiful city. The Spanish are justly very proud of their local products which include the following dishes.

Method

1. Clean the peppers, the tomatoes and the cucumber.
2. Add the cut bread (in small pieces) and the cut tomatoes (in 4 pieces) to the mixer.
3. Cut the pepper into 4 or 5 pieces.
4. Peel the garlic clove and add it with the rest of the vegetables.
5. Cut the cucumber into 4 or 5 pieces.
6. Once you've cut all the vegetables, mix them.
7. Add the salt, olive oil and vinegar and mix them for 5 seconds.
8. Add a little water until it takes on the right soup-like consistency.



Ingredients

**7-8 ripe juicy tomatoes
(1 Kg)**

1 garlic clove

1 green pepper

1 cucumber

**3 teaspoons red wine
vinegar**

½ tablespoon salt

**3 tablespoons virgin
olive oil**

Water

**1 piece French bread
(3-4 inches)**

Spanish potato omelette

Ingredients:

PER PERSON:

1 good sized potato

Salt

2 Eggs

Olive oil



Method

1. Use 2 eggs and 1 good sized potato for each person.
2. Cut the potatoes into small pieces and put them aside for a moment.
3. Whisk the eggs until the mixture is yellow.
4. Fry the potatoes with a little olive oil for a few minutes.
5. Mix the potato pieces with the egg mixture.
6. Heat the oil to a high temperature in a frying pan.
7. Pour the mixture into the pan and let it fry for 2 or 3 minutes.
8. Flip the omelette to fry on the other side for another 3 minutes.

Now you are ready to eat your Spanish omelette!



Kisir (Turkish bulgur wheat salad)

Ingredients

1½ cups cracked wheat
(fine bulgur)
1 onion, chopped
2 tbsp tomato paste
Half a cup of olive oil
1¾ cups boiling water
1 tomato, finely chopped
1 cucumber, finely
chopped (optional)
A half a bunch of fresh
parsley/dill, finely
chopped
2-3 lettuce leaves, finely
chopped
1-2 green onions,
chopped
A third of a cup of
lemon juice
½ tsp cumin
1 tsp dried mint
1 tbsp salt to tast

Istanbul, Turkey

Where east meets west is the most amazing and exciting city of Istanbul. Fantastic Turkish food is available everywhere, from the roasted sweetcorn on the banks of the Bosphorus to the spicy kebabs enticing people in to the many restaurants.



Method

1. In a large bowl, place fine bulgur and add boiling water. Stir and leave bulgur for 5-10 minutes to absorb all of the water. Make sure that the bulgur is no longer wet. The size of the bulgur should be about doubled.

2. Meanwhile, place olive oil and onions in a skillet and sauté over medium heat.
3. Then add the tomato paste and salt, and sauté for about 1-2 minutes.
4. Add this mixture to puffed up bulgur and combine them using your hands.
5. Then add lemon juice, cumin and dried mint. Mix them all and let them cool.
6. Finally, add tomato, cucumber, green onions, lettuce, parsley/dill and mix them all.
7. You can serve Kisir with lettuce leaves. Kisir is also good to go with pickles or pickled chilli peppers and Ayran.



Aryan

Ingredients

Two cups of yoghurt

Two cups of cold water

Salt to taste

Pinch of dried mint



Aryan is a very popular national drink in Turkey. It is very refreshing and healthy.



Method

1. Pour the yoghurt into a bowl and beat until smooth.
2. Add water and continue beating until thoroughly blended, or combine in an electric blender and blend until smooth.
3. Season to taste with salt and dried mint.
4. Chill thoroughly and serve in tall glasses.

Good appetite!

Breakfasts across Europe

Turkish breakfast:

For breakfast in Turkey we usually eat lots of different foods as you can see!

This includes cucumber and tomatoes, various kinds of cheese, boiled eggs, dried fruits, lettuce and green vegetables – a good choice for healthy life!

We drink Turkish tea – best after eating breakfast, as well as fruit juice and milk.



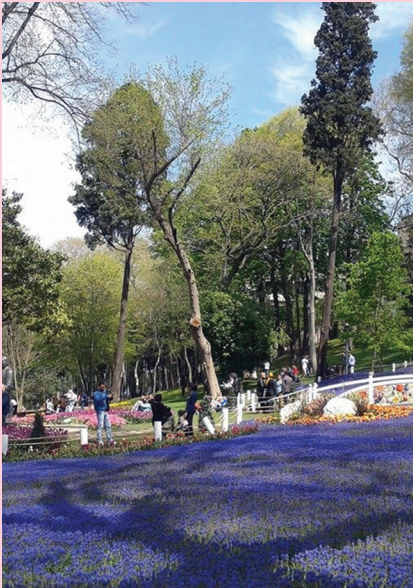
Roasted carrot



This is how you can prepare roasted carrot, which we like to eat at breakfast too!



1. First grate some washed, peeled carrots.



2. Next cook them in a little olive oil for five minutes.



3. Finally, arrange beautifully on a plate – and enjoy!



Bon Appetit!



Italian breakfasts



Peperati or pupurati



Ingredients

1 kg of flour

75 grams of extra virgin olive oil

100 grams of chopped almonds

150 grams of chocolate chips

1 teaspoon of cinnamon

1 teaspoon of cloves

2 packets of baking powder

200 grams of cocoa

300 grams of sugar

200 grams of cooked

Warm milk to knead

A glass of cooked grape must

Method

1. On a wooden cutting board, pour the flour, sugar and cocoa.
2. Mix the ingredients and form a large crown with a hole in the centre.
3. Add the other ingredients: cinnamon, cloves, vanilla, egg, olive oil, almonds, dark chocolate and begin mixing, kneading the ingredients.



4. Add the milk slowly and knead, adding the packets of baking powder and finally the cooked grape must.
5. Knead the dough until it is firm.
6. Create rolls, and form the bagels.
7. Place them in a pan on baking paper.
8. To create cookies, cut a piece from the mixture and roll it out with a rolling pin and cut the strips (1 cm thick) vertically and then diagonally to form diamond-shaped biscuits, always placing them in the pan on baking paper.
9. Pre-heated oven at 180°: 13 minutes for the bagels and 10 minutes for the cookies.



It might seem that they are not cooked, when you go to remove them from the oven, but once cooled, you will find that they are crispy on the outside and soft inside. You can keep them in containers or plastic bags for a week. For breakfast, with milk or tea or to eat for a snack, they are excellent!

Spanish breakfasts

Breakfast in Spain is a very simple meal. It could be one of the following.

Toast with ham, olive oil, butter or jam

Cereals with milk

Cola-cao or orange juice

Fruit

Churros

During the week, before school, we normally have breakfast at half past seven. At the weekend we usually have breakfast at ten o'clock, but it depends on the time that you get up.



Churros with Chocolate Sauce

Ingredients:

For the churros:

½ cup plus 1½ Table-
spoons sugar

Divided 1½ teaspoons
ground cinnamon

1 cup water

½ teaspoon salt

2 tablespoons plus
2 quarts vegetable oil

Divided 1 cup all-
purpose flour



Make the churros:



1. Combine ½ cup sugar with the cinnamon in a shallow bowl. Set aside. Line a plate with paper towels.
2. In a small saucepan over medium heat, whisk together the water, 1½ tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring the mixture to a boil then remove it from the heat. Stir in the flour, mixing until it forms a ball.
3. Heat 3 to 4 inches of vegetable oil in a large, heavy-bottomed pot set over medium-high heat until it reaches 375°F. (There should be a minimum of 3 inches above the oil to prevent it from bubbling over.)

4. Transfer the dough to a cloth pastry bag or heavy-duty plastic bag fitted with a large star tip.
5. Pipe the dough over the pot of oil to a length of about 4 inches, then using scissors or a sharp knife, cut it so it releases into the oil. (Stand back to avoid any splatters.) Pipe two to three churros into the oil at a time, frying them until they're golden brown and cooked through. Transfer the churros to the paper towel-lined plate to drain for 2 minutes, then roll them in the cinnamon-sugar mixture. Repeat the frying and coating process with the remaining dough.
6. Serve the churros with the warm chocolate sauce (recipe on next page).

Make the chocolate sauce:

1. Place the chopped chocolate in a small bowl.
2. Warm the heavy cream in small saucepan. (Do not let it boil.) Pour the heavy cream over the chopped chocolate. Let it sit for 1 minute then stir to combine.



For the chocolate sauce:

- 3½ ounces dark chocolate chopped
- ½ cup heavy cream

Equipment:

- A cloth pastry bag or heavy-duty plastic pastry bag
- A large star pastry tip (such as Wilton #2110)



UK Breakfasts



We know how important breakfast is to setting us up for the day and we have enjoyed trying out some new recipes to make it an even tastier time.

A typical everyday English breakfast may be simply toast with butter and jam – or marmite as a savoury alternative for those who do not like sweet things; cereal with milk, fruit, yoghurt and breakfast bars are also popular.

At the weekends when people have more time to prepare breakfast, they might choose a full English breakfast. This can be a very tasty and healthy option, (depending on how it is prepared).



Full English breakfast



Ingredients

Full English breakfast –
for 2 people

4 rashers lean back
bacon

4 large mushrooms

2 good quality sausages

2 fresh tomatoes cut in
half

2 large free-range eggs

Olive oil

2 slices wholegrain
bread

Method

1. Grill the sausages, bacon and tomatoes turning them from time to time. Put the sausages on the grill first as they will take longer to cook. (generally around 15mins) The bacon and tomatoes will take about 10 minutes.
2. Lightly brown the mushrooms in a little oil and then braise them in a little vegetable stock for 5 minutes.
3. Toast the bread and spread with a little butter.
4. Poach the eggs for two minutes in a pan of boiling water.
5. Place the eggs on the toast.
6. Serve the sausages, bacon, tomatoes and mushrooms on a plate with the eggs.
7. Enjoy a glass of freshly squeezed orange juice with your healthy English breakfast!



Breakfast bars



We also made breakfast bars and ate them. They were really tasty, but quick to make!



Oats, and dried fruit were mixed with a little melted butter and golden syrup and heated in the oven for 20 minutes.



A Taste of Tradition



Spain

The week leading up to Easter is Holy Week and in Seville this is a very special time. A number of processions take place, each connected to the Easter story. Huge floats are carried through the streets of Seville until they reach the cathedral.



Torrijas

During Holy Week we might eat a number of special dishes such as **Torrijas**. These are fried toasts with milk, sugar, cinnamon and honey.



Method

1. Put the milk into a medium-size mixing bowl. Add the egg and beat together.
2. Add vanilla extract, if desired.
3. Put enough oil into a large frying pan to cover the bottom and heat on medium.
4. Be careful that the oil does not burn.

Ingredients

Serves 2-4

350 ml cold milk

1 egg

Vanilla essence (a few drops)

4 slices of day old bread

Olive oil

Sugar, cinnamon and honey for toppings





5. Place a slice of stale bread in the milk-egg mixture and quickly flip it over with a fork..
6. Carefully, lift the bread out of the mixture and let the excess milk drain. Then place the bread in the frying pan. Repeat for each of the other slices.
7. Fry the bread until it is golden brown, usually after 2-3 minutes. Check the bottom of the bread. Turn the bread over and cook on the other side
8. Remove each piece from the pan and place on a plate. Sprinkle the toast with sugar and cinnamon or honey. Serve immediately.



Apricena pasta “orecchiette”

Italy

Making pasta is a skill that we were able to admire and try to copy, when we met up in Apricena. Pasta comes in many shapes and forms and that is partly as a result of local tradition.

Method

1. First an egg is added to a well in the centre of the local fine semolina flour used to make pasta.



foto Claudio Del Fuoco

Ingredients

Fine semolina flour

Egg

Water





2. A little water is added as the dough is formed and kneaded.



3. The pasta dough is then made into different shapes according to the type of pasta to be created.



4. First, Anna showed how to make the traditional pasta shape from Apricena.



5. One tiny piece of dough was rolled...

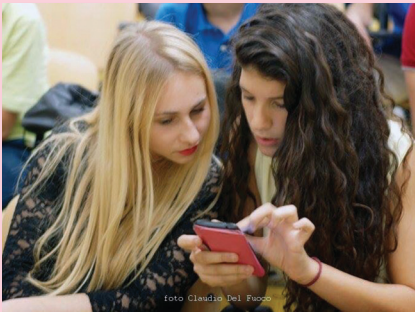




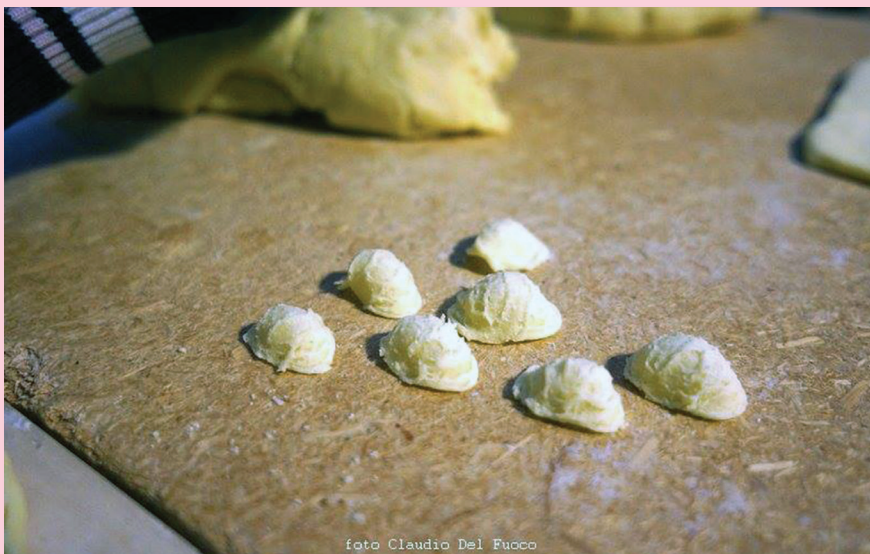
6. And squeezed...



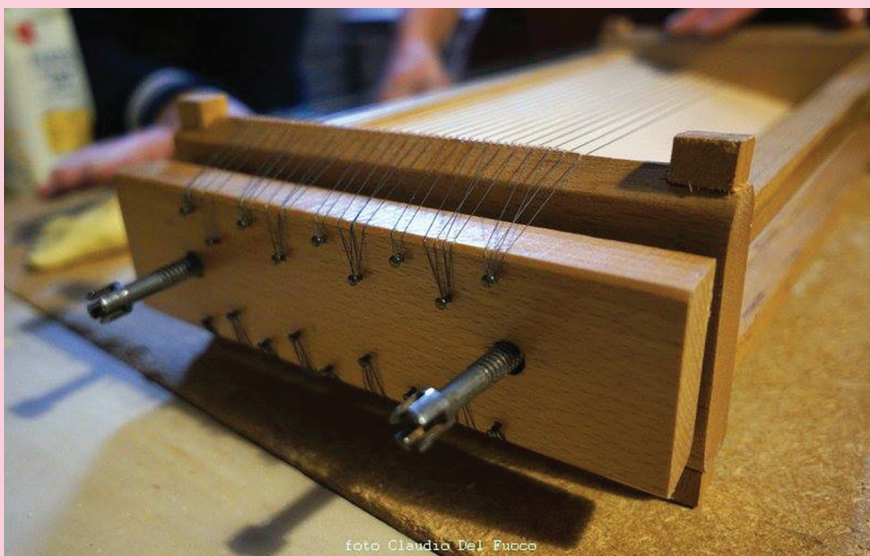
7. And pushed and pulled into shape...



8. Then turned inside out so it looked like this!



9. For longer strands of pasta (“spaghetti alla chitarra” or “troccoli”) Anna used this device.



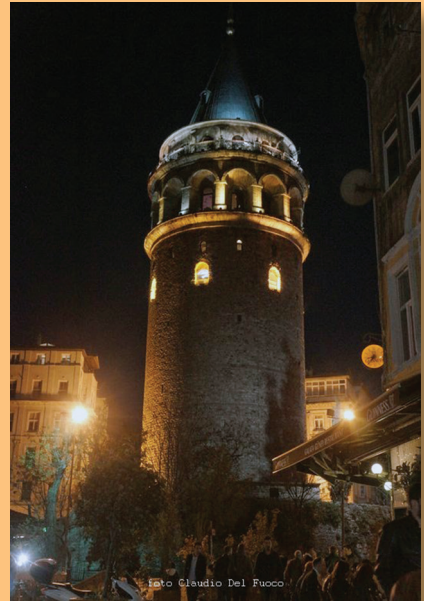
10. Which chopped the pasta into long strands.



Manti – a traditional dish

Turkey

During the Comenius visit to Istanbul there was a great opportunity to make and taste 'Manti', a traditional Turkish dish – with the help of a Turkish chef! Here's how it's done.



Ingredients.

For the dough

3.5 cups of flour

2 eggs

2 tsp of salt

Half a cup of water



Method

1. Put the flour in a heap on a clean flat work surface. Make a small well in the top of the heap.



2. Crack the eggs into the flour and add the salt.



3. Add water little by little and mix with your hands.



4. Knead it well until you have a firm dough. You may need to add extra water or flour for this result.



For the filling

400g ground beef

1 onion

Half a tsp salt

A pinch of black pepper

1 tsp pepper paste

Yogurt sauce

2 cloves of garlic

Plain yogurt – as much
as you wish

A pinch of salt

Oil sauce

2 tbs olive oil

2 tsp paprika or chilli –
sweet or hot –
according to taste

1 tsp dried mint



5. Roll out the dough until it is flat, with a rolling pin.



6. Cut it first into strips, then into small squares.



7. Place a little filling on each square.



8. Seal the dumplings by gathering the edges of the dough and pinching them together at the top to form a bundle.





foto Claudio Del Fuoco

9. Bring a large pot of salted water to the boil over medium-high heat, and cook the manti until the filling is no longer pink, and the dough is tender. This will take 20 to 25 minutes.



foto Claudio Del Fuoco



- 10.** Drain well.
- 11.** Transfer the manti onto plates with a slotted spoon.
- 12.** Mix all the ingredients for the yogurt sauce.
- 13.** Heat the olive oil and add dried mint and paprika for about 20 seconds, then take it off the heat.
- 14.** Pour some yogurt on dumplings and drizzle a little of the oil sauce over it before serving.





foto Claudio Del Fuoco

Pumpkin soup

UK - Halloween

At Patcham House, Halloween has sometimes provided an opportunity to get creative with pumpkins, and find something to enjoy on those dark afternoons as we gathered around the bonfire telling spooky tales, and cooking delicious home-made bread rolls to go with our pumpkin soup.

The pumpkins seem to thrive in our school grounds, probably not realising their fate until they've been hollowed out and turned into a ghoulish light with a funny face!

Ingredients

4 tbsp of olive oil

2 onions finely chopped

1kg pumpkins or squash: peeled, de-seeded and chopped into chunks

700ml vegetable or chicken stock

140ml pot double cream

2 thick slices of day-old bread for croutons

Bread rolls to accompany the soup





Method

1. Heat half of the oil in a large saucepan, then add the onions and cook gently for 5 minutes, until soft but not coloured.
2. Add the chopped pumpkin or squash to the pan, and then carry on cooking for about 10 minutes, stirring occasionally until the pumpkin starts to soften and turn golden.
3. Pour the stock into the pan, then season with salt and pepper. Bring to the boil, then simmer for 10 mins until the pumpkin or squash is very soft. Stir regularly.
4. Next, add the pot of double cream, bring back to the boil, then take straight off the heat.
5. Purée the soup with a hand blender or liquidiser. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan.
6. The soup can now be frozen for up to 2 months.
7. Cut the bread into cubes and fry in hot olive oil until they are golden brown. Scatter the croutons on the soup.

Serve with a bread roll fresh from the bonfire!

Bread rolls

Method

1. Mix all the ingredients together in a bowl, then knead well on a work surface for about 10 minutes until your dough is smooth and silky.
2. Cover and leave to rise in a warm place for 1 or 2 hours.
3. Knock back the dough - pushing it to get rid of the air bubbles and then knead it again briefly.
4. Separate the bread dough into 16 pieces, and roll each one with your hands to form a 12cm (4½in) long 'rope'.
5. Wrap each 'rope' in a spiral around the end of a sharpened stick. Hold the stick about 20cm (8in) above the glowing coals, turning regularly until cooked and golden brown, about 7-12 minutes.
6. The bread slides easily off the sticks once it is cooked. Serve with the pumpkin soup.



Ingredients

500g (1lb 2oz) white flour

250ml (9fl oz) lukewarm water

1 sachet of dried yeast

1 tsp salt

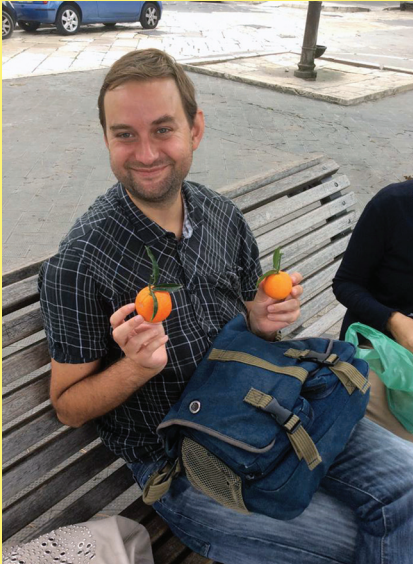


Let's Celebrate!



Italy - Christmas

In Italy, during Christmas holidays we like to eat 'Nevole' with 'Mostocoto' a special sauce, and pandoro.



Nevole are very tasty homemade biscuits made with simple ingredients. They are one of many sweet recipes from Puglia, the region we live in.

Nevole

The recipe has a mixture of semolina flour, eggs, olive oil, sugar and sparkling wine and are made with the form of roses. They are fried and then enriched with cooked wine and chopped almonds or with honey and cocoa.



Method

1. Mix together the ingredients until you get a dough very similar to that of pasta noodles, but not too hard.
2. Cover it with a cloth.
3. Take one strip at a time and, gently bending it with the forefinger and thumb of both hands, form small

Ingredients

For the nevole:

- 1 kg semolina
- 4 eggs
- 1 packet of baking powder
- 3 tablespoons of sugar
- 200g of olive oil
- Peel of 2 oranges
- Cold sparkling wine

For the filling:

- Cooked grape must
- Honey
- Almonds
- Cocoa
- Chocolate
- Coloured sugar



boats or snails. You will create a rose-shaped “nevola”.

4. Let them dry overnight on a tablecloth without covering.
5. You have to fry them about 12 hours after they have been prepared, that is when they are dry, otherwise they are not light and friable. Fry in oil.
6. They can be kept cold, in plastic bags for food or in tins for biscuits well closed.
7. You can serve them topped with minced almonds and cooked grape must or honey.
8. Nevole mixture is sometimes cooked on a special two sided red-hot waffle iron.
9. The tiny waffles must be removed and quickly rolled into little cones to make a rose shape before the waffle become cold.



Christmas tree biscuits

UK - Christmas



Ingredients

For the biscuits

600g plain flour

1 tsp bicarbonate of soda

1 or 2 tsp ground ginger

300g softened butter

300g sugar

2 large eggs

4 tbs golden syrup

Icing and toppings of your choice

Method

1. Heat your oven to 190°/170° (fan oven)/375°F/gas mark 5.
2. You will need 3 or 4 star shaped biscuit cutters – or you can cut the shapes out yourself!
3. Mix the flour, bicarbonate of soda and ground ginger together in a large mixing bowl.
4. Add the butter and rub the mixture between your





fingertips until it looks like fine breadcrumbs.

- 5.** Next, add the sugar and mix well.
- 6.** In a separate bowl, mix beaten egg with golden syrup and then pour this into the flour mixture.
- 7.** Use your hands to form it into a dough.
- 8.** Then divide the dough and flatten both blobs into discs. Wrap these in clingfilm and cool in the fridge for an hour or so.
- 9.** Roll out the dough until it is about 5mm thick. Then cut out star shapes – 2 of each size, until all the dough is used.
- 10.** Bake these in the oven, on a lined baking sheet for about 12 minutes or until they are starting to turn golden brown.
- 11.** Remove from the oven and let them rest for a few minutes before carefully moving them on to a wire rack to cool.
- 12.** When the biscuits are cool you can decorate the arms of the stars with icing. However, you will need to build your Christmas tree before you add the little extras like silver balls or sweets.
- 13.** Place a dab of icing sugar in the centre of the largest star and then put the other large star on top, with the points facing different directions – rather like the branches of a Christmas tree!
- 14.** Continue to build up the tree with the star biscuits, gluing them together with a small dollop of icing. Finish with the smallest star shapes on the top of the tree.
- 15.** Decorate your tree, carefully but as beautifully as you can!

Baklava

Turkey

As you can see from the photos taken at the manufacturers in Istanbul, making baklava is a long and complicated process.

Luckily we were able to taste it at the end!



Many layers of filo pastry are built up with butter between them. A mixture of pistachios and walnuts, sugar and cardamom is then spread over the pastry, before more layers of filo pastry are added.





foto Claudio Del Fuoco



foto Claudio Del Fuoco



The baklava is cooked until golden brown and then a sweet syrup is added. Finally the baklava is cut into its distinctive diamond shaped pieces and allowed to cool.

Baklava is a delicious sweet, but maybe it is better to buy it rather than to try and make it. You may have to take a trip to Istanbul just for that!



Seville - Tapas and Paella

Ingredients

170g/6oz chorizo, cut into thin slices

110g/4oz pancetta, cut into small dice

2 cloves garlic finely chopped

1 large Spanish onion, finely diced

1 red pepper, diced

1 tsp soft thyme leaves

¼ tsp dried red chilli flakes

570ml/1pint calasparra (Spanish short-grain rice)

1 tsp paprika

125ml/4fl oz dry white wine

1.2 litres/2 pints chicken stock, heated with ¼ tsp saffron strands

8 chicken thighs, each chopped in half and browned

18 small clams, cleaned

Seville is teeming with tapas bars where people stop a while for a tasty morsel and then move on for another view, another conversation and another tapas dish!

In Seville the Comenius teams were able to enjoy some delicious tapas. Standing proudly at the centre of our feast was a perfect paella!



Method

1. Heat half the olive oil in a paella dish or heavy-based saucepan.
2. Add the chorizo and pancetta and fry until crisp.
3. Add the garlic, onion and pepper and heat until softened.

4. Add the thyme, chilli flakes and calasparra rice, and stir until all the grains of rice are nicely coated and glossy.
5. Now add the paprika and dry white wine and when it is bubbling, pour in the hot chicken stock, add the chicken thighs and cook for 5-10 minutes.
6. Now place the clams into the dish with the join facing down so that the edges open outwards.
7. Sprinkle in the peas and chopped tomatoes and continue to cook gently for another 10 minutes.
8. Meanwhile, heat the remaining oil with the garlic cloves in a separate pan and add the prawns. Fry quickly for a minute or two then add them to the paella.
9. Now do the same with the squid and add them to the paella too.
10. Scatter the chopped parsley over the paella and serve immediately.

110g/4oz fresh or frozen peas

4 large tomatoes, de-seeded and diced

125ml/4fl oz good olive oil

1 head garlic, cloves separated and peeled

12 jumbo raw prawns, in shells

450g/1lb squid, cleaned and chopped into bite-sized pieces

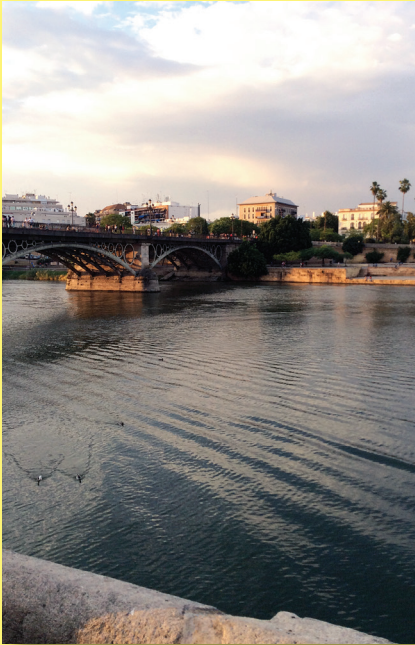
5 tbsp chopped flatleaf parsley

Salt and freshly ground black pepper



Memories







What better way to get to know each other and make friends than through food!

'Food for Thought' is the result of a rather tasty project cooked up between school partners in Turkey, Italy, Spain and the UK. With the support of a generous Comenius grant from the EU, staff and students from schools in Istanbul, Apricena, Seville and Brighton were able to travel to each other's home towns, experiencing different cultures, broadening horizons and forging lasting friendships.

This book is a record of some of the recipes we tried and tasted as well as a reminder of the many fabulous trips, interesting events and fun times we spent working (and eating) on the project.

I would like to thank the British Council for their support throughout the project, enabling things to run as smoothly as whipped cream. Enormous thanks also to the staff from each school who worked so hard to make 'Food for Thought' a hugely appetising and nourishing feast.

Very special thanks to all the photographers who captured so many moments, and particularly Claudio Del Fuoco. Also grateful thanks to the headteachers of each school for supporting the project aims through feast and famine! (Gayle Adam and Jill Moss that means you!) And, of course huge thanks to all of the students, their families and friends who took part in 'Food for Thought'.

Finally, heartfelt thanks to the co-ordinators Annamalia Tancredi (Apricena), Ayçin Girgin (Istanbul), Resu Calleja Polo and Delfin Castillo (Seville) who worked tirelessly and so creatively on our Food for Thought project.

Enjoy the book – and bon appetit!

