



TASTE OF FREEDOM

Tales of jails and kitchens



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Taste of Freedom

Tales of jails and kitchens

di *Linc*

This ebook has been realized with the contribution of all the prisoners who took part in the project with enthusiasm Taste of Freedom.

Thanks to:

Project Coordinator: Prof. Manuela Sebeglia

All slow food club that involve in the project

Prison administrations of all partner countries, the Directors of the Correctional involved welfare workers, guards and all operators who have made possible the unfolding of meetings and international meetings.

All partners envolved:

Slow Food Condotta Montereio

Cepa Las Palmas Cono Sur

Cooperativa Beniamino Scs Onlus

Panevezys Correction House

Ayaş District Directorate Of National Education

Confiar-Associação De Fraternidade Prisional -P.F/Portugal

Book design and implementation: Dr. Guido Ricci

Life, Freedom & Food (BY Manuela Sebeglia Project's Coordinator)



all of us not only for someone...

You don't have to expect to read the usual cookbook... more or less BIO, FUSION or FASHION...

This book collects 5 recipes for every prison involved in european project taste of freedom...

30 recipes by restricted women and men, people that have not their freedom.. with this project they are "centrifuged" in Europe

Recipes telling life stories, memories from so far away countries, family's memories, collective rituals, social sharing...

30 recipes, 30 dreams by restricted persons ... thank to TASTE... they evade... free with their fantasy and creativity...

In the book, we share the idea that food is culture, knowledge, history, economy, art ... for

A taste of freedom (BY Carlo Eugeni - Slw Food)



This interesting European Project is realized in cooperation with European partners, and with Slow Food Convivium, from each Partner Country, such as Portugal, Turkey, Spain, Italy, Lithuania, regarding the local food given to the inmates, very interesting to compare the difference from one Country to another, and how different gastronomic culture in the end melt together.

We must say thank you to our coordinator Manuela Sebeglia, to the Prison Staff, to the Educators, to all Partners involved in this program, is thanks to them if we managed to

make this experience a memorable one, but we must not forget the inmates who have been fantastic in their approach to this Project giving total cooperation.

The recipes that you find in this e-book are very simple, are the work of the inmates that with very little equipment but a good approach made possible to taste a good number of them, the one published have been selected by the inmates.

I am very happy to have participated in this project, I have learned a lot, from our partners, and from the prison system of the Country who took part in this program.

Notes by partners



Porto Azzurro prison feed-back

The state prison in Porto Azzurro has been conceived for long term staying, for people with heavy condemnation from 5 years to longlife penalty. Nowadays it hosts about 250 inmates, while at the beginning of 2014 the number was over 400.

The prison is located on Elba island, a crowded tourist place in summer time, while in winter time no more that 25.000 people live there. The majority of the inmates doesn't have the chance to get in touch frequently with people from outside, so the

negative double feeling to be isolated and on an island is sometimes significant.

"Taste of freedom" project represented a very positive experience: the keys offered by the food and by the European dimension allowed participants to go over the iron doors and generated curiosity and proudness for the respective cultural background, when the meetings focussed on traditional food in different Italian regions or foreign countries.

All along the project, a large number of inmates attended the meeting: a main group of about 20 participants has been occasionally integrated by other inmates so that the final number of people who have been in touch with the project over the two years has been of about 45. They have been involved in creative work for the conceiving of the logo of the project, as well for the collection of recipes: many of them have been later produced for food tasting during the meetings and for the final European event.

The social workers of the prison could attend the European meetings and visits in Lithuania, Turkey and Spain: they got a very positive return in terms of exchanging of experiences and professional inputs. The final events hosted at the end of May 2015 by the prison in Porto Azzurro has been a great event: at the sport court inmates could prepare and offer their food to European guests in an extremely open and friendly interaction. They really had an example of "Taste of freedom"!

Canary feed-back

"Taste of Freedom" is an innovative European project, which took place in the classrooms of Las Palmas Prison. It crosses borders and gains more relevance as it is used to work with students who are deprived of their liberty. It is a cross curricular project which has an impact on the development of the student's curricular competences, through a methodology based on previous knowledge of each of the students, as part of their lifelong learning.

It is about an enthusiastic cultural exchange that takes place through practical and theoretical workshops in which it is not only important how they learn about the local products and the handcrafted production methods, but also the importance of a healthy eating related to the organisation "Slow Food", all that in a social context with similarities and differences, but with a European effect that makes them feel European.

JOSÉ MOYA OTERO - Director General de Educación de Adultos - Consejería de Educación del Gobierno de Canarias

Lithuania feed-back

It is wonderful that partnership on the project has brought together the institutions and staff from different European countries, all of whom have worked towards improving the rehabilitation of convicted persons in prisons and helping them successfully integrate in society after their release. The different educational activities carried out during the project at the Panevezys Correction House enabled the convicted women to gain new knowledge and develop their creativity. The inmates were also encouraged to reconnect with the culture of their family, region and country and examine their own standing in the European cultural context. Taste of Freedom is an excellent example of good will and efficient pan-European collaboration in the area of inmate education.

Gintautas Klimavicius - Head of the Re-socialization Division of the Prison Department under the Ministry of Justice of the Republic of Lithuania

Partnership presentation

Food (especially traditional, Lithuanian food) is something that every Lithuanian, and especially woman, holds dear. This is why the project Taste of Freedom enjoyed an exceptional interest with and involvement by convicted women. The project made it possible to offer the inmates a number of novel educational activities that had not been exercised in Lithuania. Theoretical instruction on the culture of food consumption was linked to practical activities, including cooking, tasting and cultivation of food crops. We sincerely hope for a continuation of this partnership long into the future!

Loreta Skrickiene - Head of the Administrative Division of the Panevezys Correction House

Portugal feed-back

Taste of Freedom carried out by CONFIAR - Prison Fellowship Association - PF / Portugal in the Sintra prison facility is an open window beyond bars nurturing in participating inmates a sense of belonging not only to their country, but also to Europe. They exchanged life experiences which contributed to their personal growth and reduced aggressiveness. All this is indispensable to their social integration.

Participating inmates enriched group activities with their traditions by contacting family and friends to get recipes, some of which are part of this book.

In partnership with the School Consortium D. Carlos I in Sintra, three classes of Vocational Courses in the hospitality and services area tried out the recipes, attended also by ex-inmates that participated in the Taste of Freedom project.

Licínio Lima, Deputy Director General of the Directorate-General for Social Reintegration and Prison Services of Portugal.

Partnership presentation

Taste of Freedom was relevant in fostering innovation and good practices based on the philosophy of Slow Food. It also provided us the opportunity to appreciate and exchange good practices with other European prison systems. At the same time, we got to know each partner countries' cultures and food traditions and we now have a group of European friends.

It was touching to see how our participating inmates were impacted by project activities leading them to see a light at the end of the tunnel – a vision for changing their lives on leaving prison.

Project dissemination activities provided us the right opportunity to interact with civil society by giving them a view of prison life and of what is being done for inmates from a social reintegration point of view.

Our motto – Every man is greater than his worst act.

Maria Luisa Barreiro - Project Coordinator

Turkey feed-back

Taste of Freedom is a fairly gateway from iron bars to the world of tastes. It has been an unbelievable experience of culture and taste for each partner.

Taste of Freedom is a journey to the history as well. Old recipes and old agriculture techniques put elderly people and inmates together. We, Ayas District Directorate of National Education and Ayas Open Prison have been delightful to lead the Project with all partners feeling the philosophy of Slow Food. Our inmates informed us that the visit from the partners had been the most beautiful day of their imprisonment. Visiting the prisons in partner countries and meeting the inmates have been wonderful too. On one hand we are very sorry to end this Project, on the other hand we would like to thank everybody especially Özge TEMUÇ – our contact person for their help.

AYAS PROJECT TEAM

Italian recipes (1)

ITALIAN RECIPES¹

CONDOTTA SLOW FOOD MONTEREGIO MASSA MARITTIMA
CASA CIRCONDARIALE DI MASSA MARITTIMA



Zuppa del Ramadan - Harira

di Bouaza e Raduan

La Harira è una tipica zuppa marocchina a base di legumi lessati nel brodo di carne di montone che viene preparata in ogni famiglia durante i giorni del Ramadàn. Esistono diverse versioni di questo popolare piatto, questa è quella che prepariamo in carcere il cui profumo invade tutti i reparti e tutti ci chiedono di assaggiarla

Ingredienti per 4 persone

100 GR. di ceci, 100 GR. di lenticchie, 1 dado, 2 coste di sedano, 200 gr. di pomodori , 1 cipolla, 2 uova , 50 gr.di farina, 100 gr. di spaghetti, sale, pepe 3 cucchiari di olio, ossa di mucca, spezie, prezzemolo

Preparazione

Lavate le lenticchie, i ceci e lasciatele in ammollo nell'acqua per circa 12 ore. Trascorso questo tempo, scolatele, sciacquatele e lessatele in 1 litro d'acqua, lasciando cuocere a fuoco lento fino a quando siano diventati morbidi. Mettere in un tegame le 2 ossa, il sale, il pepe, e le verdure tritate la cipolla, il sedano e i pomodori coprite d'acqua e lasciate cuocere a fuoco lento per 1 ora.

Quando i legumi sono giunte a cottura, toglietele dal fuoco e spruzzatele con il succo di ½ limone, allungate il brodo con 1 litro di acqua calda e mescolate. Aggiungete gli spaghetti spezzati e la farina sciolta in 1 tazzina di brodo e lasciate infine addensare, mescolando con cura per evitare che la farina possa attaccarsi al fondo della pentola. Alla fine aggiungere le uova

Versate in una zuppiera, spruzzate con il succo del ½ limone rimanente e cospargete di prezzolo tritato. Servire ben caldo e accompagnata dal pane arabo

PANE ARABO - LA PITA: acqua farina sale cuocere in padella con poco olio

Involtini di verza

di Florin e Roman

E' un piatto tipico della Romania ed è quello che preferisco, perchè fra tutti è quello che associo al ricordo di casa quando la domenica tutta la famiglia si riuniva per mangiarlo

Ingredienti

50 foglie di verza - 1 kg. di carne macinata di maiale - 200 gr. di pancetta - 2 cipolle - salsa di pomodoro - pepe nero in grani - 100 gr di riso - 1 uovo - lauro e sale quanto basta - carote - olio - prezzemolo

Preparazione

Mettere il riso in ammollo in acqua fredda

Tagliare finemente la cipolla e metterla ad appassire in un tegamea con l'olio, aggiungere le carote grattugiate finemente e si cuoce finche non diventano morbide. Aggiunge il riso scolato, sale, pepe e unire il concentrato di pomodoro e si fare cuocere qualche minuto. In seguito togliere dal fuoco e mescolare con la carne, l'uovo, il prezzemolo. Mescolare il tutto con le mani,

A questo punto apri le foglie di verza su un piano da cucina, ci metti dentro una cucchiata di impasto, a seconda della grandezza della foglia, e si arrotola con cura;

si adagiano gli involtini di verza in una pentola alta e si alterna uno strato di questi alla salsa di pomodoro e a qualche foglia di alloro, ripetendo il procedimento un paio di

volte. Si copre il tutto di acqua e si fa bollire a fuoco lento per due ore circa. Si può servire sia caldo che freddo.

Lasagne di carciofi

di Fanco

Nel carcere di Civitavecchia spesso preparavo questo piatto in cella, e per cucinarlo avevo inventato un forno realizzato con fornelli da campeggio teglia e una padella come copertura. I miei compagni detenuti portavano queste lasagne appena “sforate” nel salone dei colloqui per mangiarle con i familiari. Ancora oggi alcuni amici mi scrivono per ringraziarmi delle lasagne con i carciofi.

Ingredienti per 4 persone

500 gr. lasagne, 8 carciofi, 200 gr. parmigiano, 3 mozzarelle, aglio, olio

Per la besciamella: 1lt. latte, 50 gr. di burro, 2 cucchiaini di farina, sale

Preparazione

Olio, aglio e cuocere i cuori di carciofo fino a ridurli a una crema. In una teglia si stende un fondo di besciamella e vi si mette uno strato di lasagne e si spalma la crema di carciofi, la mozzarella, la besciamella e una bella manciata di parmigiano. Si continua in questo modo fino all'esaurimento degli ingredienti e ricoprendo l'ultimo strato di carciofi, besciamella e parmigiano. Si inforna per circa 30 minuti.

Yo Yo tunisien

di Fathi ... il sapore e l'odore caldo di casa mia

Sono ciambelline fritte inzuppate nello sciroppo di limone tipico della cucina tradizionale familiare che si prepara dopo il Ramadan

Ingredienti per 50 persone:

2kg di farina - 6 uova - 4 buste di lievito per dolci - 100 gr di burro - 2 bicchieri scarsi di latte - 2 kg zucchero - 1 limone - 3 litri di olio di mais per friggere

Preparazione

Disporre la farina a conca e unire il lievito e mescolare bene. In una ciotola sbattere le uova con 600 gr. di zucchero, quando sono montate aggiungere il latte e il burro

sciolto. Impastare bene con le mani e mettere a lievitare per 2 ore dentro un canovaccio di stoffa.

Sciroppo

Preparare lo sciroppo mettendo lo zucchero rimasto in un tegame, aggiungere 1 litro d'acqua e il succo di mezzo limone.

Con la pasta ben compatta fare piccole ciambelline che si friggono nell'olio, sistemarle in uno scolapasta e versare più volte lo sciroppo fino a completo assorbimento

Risotto con i funghi

di Marco

Ogni domenica mia mamma e prima di lei mia nonna si alzavano molto presto per preparare il pranzo per la numerosa famiglia. Ricette povere tradizionali tipiche della mia terra la Valtellina. In particolare mi ricordo quando a settembre raccoglievo i funghi porcini dai quali nascono moltissime ricette, ma il risotto con i funghi è veramente un classico piatto autunnale della mia Valle, un piatto che a volte sono riuscito a cucinare e mangiare insieme ai miei compagni di cella.

L'importanza di questo piatto oltre ai funghi porcini, e nel fare un ottimo brodo per far cuocere lentamente il riso.

Ingredienti per 4 persone

1 cipolla, 1 spicchio d'aglio, 1 patata, 1 carota, 1 gambo di sedano, 200 gr. osso buco, 300 gr. riso, 200 gr. di funghi porcini freschi o 50 gr. di funghi secchi, parmigiano.

Preparazione

Pulire una cipolla, una patata, una carota, un gambo di sedano, e metterli a bollire in una pentola con circa un litro e mezzo d'acqua, aggiungere un pezzo di carne di ossobuco sale e pepe e fate cuocere il brodo per circa un'ora.

Tagliare a fettine sottili una mezza cipolla e metterla a cuocere con l'aglio in un tegame a bordi bassi con un cucchiaio d'olio d'oliva e una noce di burro, quando la cipolla e d'orata togliete lo spicchio d'aglio. Aggiungere i funghi e lasciateli insaporire qualche minuti. Unire il riso e mescolare e fatelo sfumare con un buon bicchiere di vino bianco. Aggiungere un mestolo di brodo caldo alla volta e, sempre mescolando a fuoco lento, lasciare cuocere il riso per almeno 20 minuti (naturalmente dipende sempre dal tipo che si usa). A cottura ultimata, aggiungere una noce di burro e il parmigiano, lasciarlo riposare per cinque minuti.

Italian recipes (1) English

ITALIAN RECIPES¹

CONDOTTA SLOW FOOD MONTEREGIO MASSA MARITTIMA
CASA CIRCONDARIALE DI MASSA MARITTIMA



Ramadan soup - Harira

by Bouaza e Raduan

Harira is a typical Moroccan soup made from vegetables boiled in a mutton broth, that is prepared in every family during the days of Ramadan. There are several versions of this popular dish, this is what we prepare in prison: its scent invades all departments and everybody ask us to taste it.

Ingredients for four people

100 gr chickpeas
100 gr lentils
1 stock cube
2 stalks of celery

200 gr tomatoes
1 onion
2 eggs
50 gr flour
100 gr spaghetti
3 tablespoons of oil
2 cow bones
salt, pepper, spices, parsley.

Method

Wash lentils and chickpeas and leave to soak in water for about 12 hours. After this time, drain, rinse and boil them in 1 liter of water, and cook over low heat until they become soft. Put in a pan the two bones, salt, pepper and chopped onion, celery and tomatoes. Cover with water and simmer over low heat for 1 hour .

When the vegetables are cooked, remove from heat and sprinkle with the juice of ½ lemon, add 1 liter of hot water and stir. Add the broken spaghetti and flour dissolved in 1 cup of broth and thicken the soup, stirring carefully to prevent the flour from sticking to the bottom of the pot. Add the eggs.

Pour into a bowl, sprinkle with juice of ½ lemon and with the remaining parsley, chopped. Serve hot with Arabic bread (Pita), made with water, flour and salt cooked in a pan with a little oil.

Cabbage rolls

by Florin e Roman

It's a typical a dish of Romania and is the one I like most, because it's the one that I associate with the memory of home, when on Sundays the whole family gathered to eat it.

Ingredients for four people:

50 leaves of savoy cabbage
1 kg ground pork
200 gr bacon
2 onions
tomato paste
tomato sauce
black pepper
100 gr rice
1 egg
laurel and salt to taste
carrots
oil
parsley

Method:

Put the rice to soak in cold water.

Finely chop the onion and put it to dry in a pan with the oil, add the carrots, finely grated, and cook until they become soft. Add the drained rice, salt, pepper and the tomato paste and cook for a few minutes. Then remove from heat and mix with meat, egg, parsley. Mix everything with your hands.

Open the cabbage leaves on a kitchen floor, put a spoonful of dough on every leaf, depending on its size, and roll with care.

Put the cabbage rolls in a deep pan: alternate a layer of rolls and a layer of tomato sauce and a few laurel leaves, repeating the process a couple of times. Cover with water and boil on low heat for about two hours. It can be served either hot or cold.

Artichokes lasagna

by Fanco

In the prison of Civitavecchia often I prepared this dish in the cell, and to cook it I invented an oven made with camping stoves and a frying pan as a cover. My fellow prisoners ate these freshly "baked" lasagna with the families. Even today some friends write to me to thank me for the lasagna with artichokes.

Ingredients for four people:

500 gr. lasagne

8 artichokes

200 gr. Parmesan

3 mozzarella

garlic

olive oil

For the besciamella sauce:

1 liter milk

50 gr. butter

2 tablespoons flour

salt

Method

Cook the artichoke hearts with olive oil and garlic to reduce them to a cream. In a baking pan put a bottom of sauce and a layer of lasagna, add the cream of artichokes, mozzarella, the sauce again and a handful of Parmesan cheese. Go on making layers and cover the last layer with artichokes, besciamella sauce and parmesan . Bake for about 30 minutes.

Tunisian Yo Yo

by Fathi

They are fried donuts soaked in lemon syrup, typical of traditional family cooking prepared after Ramadan.

Ingredients for 50 persons:

2kg of flour
6 eggs
4 bags of baking powder
100 g of butter
2 glasses of milk
2 kg of sugar
1 lemon
3 liters of corn oil for frying.

Method

Add the baking powder and mix well to the flour and mix well. In a bowl beat the eggs with 600 grams of sugar, add the milk and the melted butter. Mix well with your hands and let rise for 2 hours in a canvas cloth.

Prepare the syrup by putting the remaining sugar in a pan, add 1 liter of water and the juice of half a lemon.

Make small donuts with the dough, deep fry them in oil, place them in a colander and pour the syrup over again until completely absorbed.

Risotto with mushrooms

by Marco

Every Sunday my mother and my grandmother before her got up very early to prepare lunch for their large family: poor traditional recipes, typical of my country, the Valtellina. In particular I remember when I collected "porcini" mushrooms (*boletus edulis*), in September, that are used in many recipes, but the risotto is really a classic autumn dish of my valley, a dish that sometimes I cook and eat with my cellmates.

The key element of this dish, as well as mushrooms, is to make a great broth to simmer the rice slowly.

Ingredients for 4 people:

1 onion
1 clove of garlic
1 potato

1 carrot
1 stalk of celery
200 gr. marrowbone
300 gr. rice
200 gr. fresh porcini mushrooms or 50 g. dried mushrooms
parmesan.

Method:

Clean onion, potato, carrot, celery, and put them to boil in a saucepan with about a liter and a half of water, add a piece of marrowbone meat, salt and pepper and simmer the broth for about 1 hour.

Thinly slice an onion and put it in a pan with the garlic, a tablespoon of olive oil and a knob of butter and cook. Remove the garlic when the onion is golden. Add the mushrooms and let them cook for few minutes. Add the rice and stir. Pour a glass of white wine and let it evaporate. Add a ladle of hot broth at a time, stirring constantly over low heat, cook the rice for 20 minutes (it depends on the type of rice you use). When cooked, add a knob of butter and Parmesan, let it rest for five minutes before serving.

Italian recipes (2)

ITALIAN RECIPES²

**COOPERATIVA BENIAMINO SCS ONLUS
CASA DI RECLUSIONE DI PORTO AZZURRO**



Crostini con cavolo fiore e acciughe

Questa antica ricetta elbana veniva preparata in inverno, quando il cavolo nero negli orti era pronto e reso tenero per il freddo e le acciughe sotto sale erano pronte. Il pane vecchio non veniva mai buttato, ma sempre riutilizzato. Tutti all'Isola d'Elba avevano un piccolo orto dunque il cavolo era a disposizione e in estate quasi tutti preparavano le acciughe sotto sale: pesce povero conservato con il sale. Si tratta perciò di un piatto estremamente povero, oggi raro da trovare e di grande prelibatezza.

Ingredienti per 4 persone

1 cavolfiore di 1 kg, 200 gr filetti di acciughe sott'olio, Olio extravergine, succo di un limone, alcune fette di pane tostate.

Preparazione

Bollire il cavolfiore in molta acqua per circa 20 minuti, quando è cotto metterlo in una zuppiera con un poco di acqua di cottura, il succo di un limone, olio e le acciughe pestate, lasciare insaporire per 10 minuti, tostare il pane e metterlo su dei piatti piani, versandovi sopra la salsa e il cavolo a pezzetti.

Coniglio al'elbana

Il coniglio fa parte degli animali che le famiglie contadine avevano a disposizione nel cortile. Le massaie allevavano i conigli non solo per il fabbisogno alimentare della famiglia, ma anche per vendere al mercato. Assieme alle uova e ai polli era considerato il tesoretto che ogni massaia aveva a disposizione per le spese straordinarie, come il corredo per la figlia, un vestito nuovo, le scarpe, un mobile ecc. Era però anche una riserva di carne importante che arricchiva la tavola nei giorni di festa, perché la carne bovina era riservata per le "feste grosse" o per le grandi occasioni. Per aumentare il volume della pietanza si cucinava con la conserva di pomodoro in modo da ricavare l'intingolo dentro al quale inzuppare il pane, e a secondo della stagione si potevano aggiungere le olive, i peperoni, i funghi ecc.

Ingredienti per 4/6 persone

Un grosso coniglio 1,500, 4 Scalogni, 4 pomodori maturi, un bicchiere di olio, un bicchiere di vino bianco, un peperoncino

Preparazione

Tagliare il Coniglio a pezzi, lavarlo con acqua e aceto, asciugarlo bene con un panno da cucina, mettere l'olio in un tegame quando è caldo aggiungere il coniglio e rosolare bene per 20 minuti, aggiungere il vino, farlo evaporare e poi aggiungere i scalogni, il peperoncino, sale e pomodoro, abbassare la fiamma coprire il tegame e far cuocere x 30 minuti.

Sburrata di baccalà alla riese

Per sburrata o sburita si intende una zuppa di pesce aromatizzata con erbe o verdure. È conosciuta anche con il nome di "Buridda" in Liguria e in Sardegna. Mentre in Provenza assume il nome di "Bouridde". Alcune ricette vedono l'impiego di seppie o polpetti di bianco con l'aggiunta di piselli o carciofi, altre con naselli, aguglie o code di rospo. Comunque, essendo una zuppa dovrà essere sempre accompagnata con dei

crostoni di pane tostato ed eventualmente agliato. La versione riese è quella più conosciuta all'Elba e non solo. Ha come componente principale il baccalà, merluzzo salato d'importazione disponibile tutto l'anno. La sburrita di baccalà faceva parte del convio che i minatori si portavano sul luogo di lavoro per la pausa pranzo e che riscaldavano su un fornello messo a disposizione dall'amministrazione delle miniere o tra due sassi dove veniva allestito un piccolo focolare.

Ingredienti per 4 persone

900 gr di baccalà ammollato, 8 spicchi d'aglio, 1 mazzetto di nepitella, 1 bicchiere di olio, 4 fette di pane tostato, peperoncino spezzettato.

Preparazione

mettere 1 litro d'acqua in una casseruola, aggiungere il peperoncino, la nepitella e i spicchi d'aglio puliti ma interi e mezzo bicchiere d'olio, cuocere per 20 minuti, aggiungere i pezzi di Baccalà e cuocere ancora per 15 minuti.

mettere le fette di pane tostato su i piatti, versarvi sopra il brodo di cottura, aggiungere il baccalà a pezzi, e condire con l'olio rimasto.

Risotto al nero di seppia - riso nero

Il risotto al nero di seppia veniva preparato con ingredienti freschissimi, seppie o totani appena pescati. E' una prelibatezza, anche se alla vista non tutti lo apprezzano.

Ingredienti per 6 persone:

500g di riso, 1 grossa seppia, 2 spicchi d'aglio, 1 cipolla fresca, succo di 1 limone, 2 litri di brodo di pesce, olio extravergine d'oliva, peperoncino, aglio, sacchetto del nero della seppia

Preparazione

Pulire la seppia, mettere da parte il sacchetto con il nero, tritare aglio prezzemolo, peperoncino e tagliare la seppia a piccoli pezzi, mettere il tutto in un tegame con dell'olio e lasciar sfriggere per alcuni minuti, aggiungere poi il riso e lasciarlo tostare, nel frattempo mettere a scaldare il brodo di pesce e aggiungerlo al riso poco a poco, dopo circa 10 minuti aggiungere il nero di seppia sciolto in un poco di brodo caldo e portare a cottura.

Schiacciunta

La "schiacciunta" è il dolce tipico del Poggio e di Marciana i paesi più montani dell'Elba. L'influenza dei boscaioli e dei carbonai che dal continente venivano a fare la stagione durante l'apertura dei tagli del bosco, ha lasciato il segno di come usare lo strutto di maiale. Difatti non è usanza della nostra isola l'utilizzo di questo grasso animale. Si usa invece nell'appennino e nell'entroterra maremmana. La schiacciunta è un dolce prevalentemente invernale che si prepara con strutto di maiale freschissimo. Si serve prevalentemente con moscato o ansonica passita.

Ingredienti

300 g di farina • 300 g di zucchero • 150 g di strutto • 3 uova • 50 g di pinoli • un cucchiaino di bicarbonato • scorza di limone grattugiata.

Preparazione

In una zuppiera sbattere le uova, lo zucchero e lo strutto. Aggiungere il bicarbonato e la scorza grattugiata di limone. Per facilitare questo procedimento è bene impiegare le mani e non la frusta. Il calore delle mani è utile per far sciogliere lo strutto e per conferire all'impasto una corretta ossigenazione. L'incorporo della farina dovrà avvenire gradatamente fino ad ottenere una pasta liscia ed omogenea. Ungere ed infarinare una teglia e versarvi l'impasto. Si può decorare la superficie imprimendovi con un ditale o la fede del matrimonio dei cerchietti. Infornare a 180° e cuocere per circa 40 minuti. Gli ultimi cinque minuti cospargere la superficie con i pinoli e dello zucchero semolato.

Schiaccia briaca

La schiaccia briaca è il dolce più famoso dell'Isola d'Elba. Nasce probabilmente come pane azzimo che i marinai si portavano a bordo perché era durevole nel tempo. In origine era una semplice focaccia composta da farina, frutta secca, olio d'oliva ed era edulcorata con il miele. Nel tardo Ottocento, quando lo zucchero divenne più a buon mercato sostituì il miele, fu "imbriacata" con il moscato e fu aggiunto l'alchermes di Firenze, il rosolio in voga in quel periodo.

Ingredienti

600g di farina bianca, mezzo bicchiere di olio, 50 grammi di uva passa, 150g di noci sgusciate e spezzettate, 350g di zucchero, 30g di pinoli, 1 bicchierino di alchermes, 1 bicchiere di aleatico.

Preparazione

In una spianatoia disporre la farina a fontana, versare all'interno tutti gli ingredienti ad eccezione dell'alchermes e due cucchiaini di zucchero che serviranno per la decorazione

finale,

impastare con le mani esercitando una discreta forza affinché l'impasto risulti duro ma omogeneo.

Dopo circa 45 minuti di lavorazione stendere l'impasto con le mani in una tortiera imburrata, spolverizzarlo con zucchero e alchermes e inciderlo qua e là per far penetrare in profondità il liquore colorato, quindi infornare per 50 minuti a media temperatura 160g.

Italian recipes (2) English

ITALIAN RECIPES²

COOPERATIVA BENIAMINO SCS ONLUS
CASA DI RECLUSIONE DI PORTO AZZURRO



Toast with black cabbage and anchovis

This ancient recipe was prepared in winter, when the cabbage in the vegetable garden was ready and made tender for cold and salted anchovies were ready. The stale bread was never thrown, but always reused. All people, in the Island of Elba, had a small vegetable garden so the cabbage was always available and in summer almost prepared salted anchovies: poor fish preserved with salt. Therefore it is a dish very poor, now rare to find and of great delicacy.

Ingredients for 6 people

1 kg black cabbage, 200g fillet of anchovies in oil, Bread for the Toaststing, olive oil, juice of 1 lemon.

Method

Boil the cabbage in plenty boiling water with some salt, when ready put it in bowl with a little of its cooking water. Add the miced anchovies, the oil, the juice of the lemon, and mix carefully, trying not to break up the florets. Toast the sliced bread and serve it with the cauliflower mixture.

Elba style rabbit

The rabbit is one of the animals that farm families were available in the courtyard. Housewives bred rabbits not only for the food needs of the family, but also to sell to the market. Along with the eggs and chickens he was considered the treasure that every housewife had available for extraordinary expenses, as the kit for his daughter, a new dress, shoes, furniture and so on . But it was also a reserve of meat important that enriched the table on holidays , because the beef was reserved for the " big parties" or for special occasions. To increase the size of the dish it is cooked with tomato paste in order to obtain the sauce in which to dip the bread, and second of the season could add the olives, peppers , mushrooms etc .

Ingredients for 6 people:

1 large rabbit, 700g small white onions, 3 tomatoes, small glass of oil, glass of white wine, salt and crushed chilli.

Method:

Cut the rabbit in pieces, wash it with hot water and vinegar, dry it with a cloth.

Put the oil in a saucepan and brown the rabbit for 15 minutes, turning for even cooking. Then add the onions, crushed chilli, wine and tomatoes.

Cover the saucepan with a lid and continue to cook, on low heat for 30 minutes.

Rio marina style salt cod

For sburrita or sburita means a fish soup flavored with herbs or vegetables. It is also known by the name of " Buridda " in Liguria and Sardinia. While in Provence it took the name of "Bouridde "Some recipes they see the use of squid or octopus of white with the addition of peas or artichokes, others with hake, garfish or monkfish. However, being a soup must always be accompanied with the slices of toasted bread rubbed with

garlic and possibly. Riese version is the best known Elbe and beyond. Has as main component the cod , salted cod imported available all year. Sburrita codfish was part of Convio that miners were worn at work for lunch and warmed on a stove made ?? available by the mines or between two rocks where it was set up a small fireplace.

Ingredients for four people:

600g salt cod, 8 cloves garlic, 1 bunch nepitella, 1 glass oil, strong white sliced bread, crushed chilli

Method

Put a litre of water in a large pot with the crushed chilli, nepitella and the peeled a crushed garlic cloves, after having boiled this slowly for 20 minutes, add the cod cut in pieces and continue to cook for another 15 minutes. Arrange the slices of bread in a large dish, baste with cooking broth, place the pieces of cod and season with the glass of oil.

Black Rise with Cuttle-fish

Risotto with squid ink was prepared with the freshest ingredients, freshly caught cuttlefish or squid. It 'a delicacy, although the view is not all appreciate.

Ingredients for 6 persons:

500gg rice, 1 large cuttle-fish, 2 cloves garlic, 1 spring onion, juice of a lemon, 2 litres of fish-stock, olive oil, parsley, crushed chilli, ink from the fish.

Method

Clean the Seppia making sure you keep the ink, chop up all the vegetable and the seppia, put in a pot, together with the oil and the fish and fry for 10 minutes, add the rice and let it fry for few minutes, then add the fish stock and cook for 15 minutes, stirring from time to time, before the fish stock evaporates add the fish-ink ,some more stock if necessary can be added.

When the rice is cooked, turn off the heat and let it rest for 5 minutes before serving.

Schiacciunta

The " schiacciunta " is the typical dessert of the Poggio and Marciana countries most mountain Elbe . The influence of woodcutters and charcoal burners who came from the continent to make the season during the opening of the cuts of the forest , has left its

mark on how to use lard. In fact, it's not customary of our island using this animal fat. It is used instead and ground on the inland Maremma. Schiacciunta is a predominantly sweet winter that is prepared with lard fresh. It serves mainly to muscat or ansonica dried.

Ingredients:

300 g flour • 300 g sugar • 150 g of lard • 3 eggs • 50 g pine nuts • a teaspoon of baking • lemon zest.

Method:

In a bowl beat the eggs, sugar and lard. Add baking soda and lemon rind. To facilitate this process, it is good to use your hands and not a whip. The warmth of your hands is useful to melt the lard and to give the dough a proper oxygenation. Incorporate the flour must be done gradually until dough is smooth and homogeneous. Grease and flour a baking dish and pour the mixture. You can decorate the surface imprinting with a thimble or the faith of the marriage of the circles. Bake at 180 degrees and bake for about 40 minutes. The last five minutes sprinkle the surface with pine nuts and granulated sugar

Drunken cake

Crushes "briaca" is the most famous sweet of the island. Probably it comes as unleavened bread that the sailors were brought on board because it was durable. Originally a simple cake made of flour, dried fruits, olive oil and was sweetened with honey. In the late nineteenth century, when sugar became cheaper he replaced the honey, was "imbriacata" with Muscat and was added alchermes of Florence, the liqueur in vogue at the time.

Ingredients:

700g flour, half glass oil, 50m raisins ,150g shelled and chopped walnut,350g sugar,30g pine nuts, a pinch of baking powder, half glass of alchermes,1 glass of aleatico.2 tablespoons of sugar to use for the final decoration

Method:

In a bowl beat the eggs, sugar and lard. Add baking soda and lemon rind. To facilitate this process, it is good to use your hands and not a whip. The warmth of your hands is useful to melt the lard and to give the dough a proper oxygenation. Incorporate the flour must be done gradually until dough is smooth and homogeneous. Grease and flour a baking dish and pour the mixture. You can decorate the surface imprinting with a thimble or the faith of the marriage of the circles. Bake at 180 degrees and bake for

about 40 minutes. The last five minutes sprinkle the surface with pine nuts and granulated sugar

Canarian recipes



Sancocho canario

Es un plato relativamente fácil de preparar dentro de la gastronomía canaria. Varían las formas de prepararlo en cada isla y en cada pueblo. Se consume de manera habitual pero preferentemente en Semana Santa.

Ingredientes para cuatro personas:

- 1 Kg de pescado salado (cherne)
- 2 Kg de papas (patatas)
- ½ Kg de batata (boniato)
- Gofio (harina de maíz tostado)

Sal
2 litros de agua

Elaboration

Al pescado le quitamos la sal y se pone en agua desde el día anterior para desalarlo, cambiando varias veces el agua.

Se pone en un recipiente el pescado, las papas y la batata, previamente troceados. Se añade un poco de sal y se pone al fuego hasta que esté sancochado (cocido).

Caldo de cilantro o de papas

Es un ejemplo de la cocina más humilde de la isla. Muy fácil de elaborar y económico. En época de penurias, sacó de apuros a muchas familias carentes de recursos. Si a este caldo se le añade huevos se le denomina “caldo macho”.

Ingredientes para cuatro personas:

2 Kg. De papas
Una cebolla
2 Tomates
Cilantro
2 dientes de ajo
Perejil
Pimentón dulce
Aceite
Azafrán (colorante)
Sal gruesa
Pimiento verde
Huevos (opcional)

Elaboration

Pelar y trocear las papas y ponerlas junto con la cebolla, tomate, pimiento y perejil. Añadimos un buen chorro de aceite, azafrán, pimentón, cilantro y los ajos bien majados con sal.

Ponemos todo esto al fuego, removiendo sin parar hasta que se doren un poco y en ese momento añadimos agua hasta cubrir las papas.

Cuando las papas estén guisadas (cocidas) estará listo el caldo. Si queremos rompemos y añadimos huevos, dejando que con el calor residual se terminen de cocinar. En este caso tenemos el “caldo macho”.

Papas arrugadas

Un plato típico de la gastronomía canaria y no es un invento culinario sino la consecuencia de la realidad alimenticia de los canarios.

Históricamente este pueblo padeció épocas de carencias y debió aplicar el ingenio para alimentar a la familia cuando la despensa estaba vacía.

Ingredientes para cuatro personas:

2 Kg. de papas (mejor recién cosechadas y de pequeño tamaño)

Una taza pequeña de sal gorda (gruesa)

Un limón partido por la mitad

¾ litros de agua

Elaboration

Previamente lavamos las papas para quitarles la tierra (porque no se les quita la piel).

Se ponen las papas con el agua en un caldero, se añade la sal (de tres a cinco puñados), las rodajas de limón.

Tapamos con paño de cocina y ponemos a guisar (cocer).

Cuando comprobemos con un tenedor que las papas estén guisadas, escurrimos el agua y las mantenemos en el fuego unos minutos, agitándolas para que no se quemen. Se suelen acompañar con mojo picón (mojo rojo).

Mojo canario

El mojo es la salsa típica canaria con la que se aderezan muchos platos.

El origen del término no está claro, aunque algunos especialistas consideran que es portugués (molho). Existen varios tipos pero los más conocidos son el mojo rojo (mojo picón) y el mojo verde (de cilantro).

Ingredientes para cuatro personas:

Pimienta picon (guindilla)

Pimiento rojo

Ajos

Cilantro

Vaso de vino blanco

Comino

Una cucharada pequeña de sal

Pimentón dulce

Aceite

Vinagre

Elaboration

En mortero se machacan media cucharada de cominos, media docena de dientes de ajos y sal gruesa. Cuando esté bien machacado añadimos la pimienta (guindilla). Mezclamos bien y añadimos aceite, vinagre y vino, hasta que presente una textura consistente. Podemos añadir un poco de agua.

Nota: Actualmente se elabora con una picadora-batidora mecánica.

Potaje de berros

Se trata de un plato muy común en la isla. Suele ser el primer plato y en muchas ocasiones único, por su alto contenido calórico.

Es muy adecuado para épocas donde el frío apriete un poco, en especial en la zona norte y cumbre de la isla.

Ingredientes para cuatro personas:

¾ Kg de papas
½ Kg de berros
¼ Kg. de Calabaza
¼ Kg de judías
1 calabacín
1 cebolla
150 gr. de ñame
3 dientes de ajo

1 piña (mazorca de maíz)
Aceite
Azafrán (colorante)
Sal gruesa
Comino
Un trozo de carne de vaca.
Agua

Elaboration

Se ponen las judías de remojo el día anterior.

En un caldero se ponen a guisar la carne, la piña, el ñame y las judías remojadas, además de dos litros de agua.

Cuando esté el guiso a media cocción se le añaden los demás ingredientes hasta completar la cocción y retirarlo del fuego.

Se suele acompañar de un trozo de queso.

Caldo de pescado

Este es un plato común a todo el Archipiélago canario, donde la diversidad en la forma de prepararlo no sólo se localiza por islas, también por zonas dentro de la misma isla. Se puede elaborar con diferentes pescados como el mero, la sama y el cherne.

Ingredientes para cuatro personas:

2 Kg de pescado blanco (sama)

1 Kg de papas (patatas)

1 cebolla

Cilantro

2 dientes de ajo

1 pimiento verde

1 tomate

Sal

Pimentón

Una taza de aceite

2 litros de agua

Elaboration

Se limpia el pescado, se trocea, se le pone un poco de sal y se coloca en un plato.

Pelar y cortar en trozos grandes las papas. Se ponen a cocer y se le van agregando los ingredientes.

Cuando hierva se le añade el pescado, se esperan diez minutos más y se retira.

Se deja reposando cubriendo el caldero con un paño.

Canarian recipes - English



Canarian sancocho

It's a dish Canarian cuisine relative easy to prepare. The methods are different according to each island and each village. It's preferably eaten at Easter. It's normally eaten with lump of Gofio and Canaria mojo

Ingredients for 4 people

- 1 Kg of salty fish (preferably brown meagre or cherne)
- 1 Kg of large potatoes
- 1 Kg of yam, olive oil, parsley and salt to taste.
- 2 litres of water

Method

1. Desalt the fish, leaving it to soak for 24 hours. It is convenient to change the water several times over this period.
 2. Place the yams and potatoes into a big pot without having peeled them but chopped in big dices, cover them with water and put the pot on to heat.
 3. When the potatoes and yams are almost ready, introduce the fish already desalted, cut into big pieces and cook it for ten minutes maximum so it does not break up into pieces.
 4. Once the ingredients are cooked, strain it all and serve it.
- This dish is accompanied with red mojo and with Pella de gofio.

Potato or coriander stock

It is an example of Gran Canaria most humble cuisine. Very cheap and easy to prepare. During the hard times, this recipe people to go on. If you add eggs at the end, it's called male stock.

Ingredients for 4 people:

2 Kg. of potatoes
1 onion
2 tomatoes
1 sprig of coriander
2 garlic cloves
Parsley
Sweet paprika
1/2 green pepper
Oliva oil
1 egg per person (optional)
Salt, and saffron

Method:

1. Peel and cut the potatoes, onion, tomatoes and peeper into dices, put all in a pot. Add the Oil (a cup of coffee), saffron, paprika, coriander and the garlic cloves mashed with salt and put it all on to heat stirring continuously until lightly browned. Then add water to cover the potatoes.
2. When the potatoes are cooked, the stock is ready. If you like, crack the raw eggs into it and leave it for several minutes until the eggs are cooked too to obtain a male stock.

Wrinkled potatoes

It is a typical Canarian cuisine dish. It's not only a food invent, but a consequence of the eating reality of Canarian people. Historically, this people during the periods of need, had to manage to feed their families when the stocks were empty.

Ingredients for 4 people:

2 Kg of small potatoes to wrinkle
1/4 Kg of salt
Half a lemon
3/4 litres of water

Method

1. Previously wash the potatoes to remove the soil from their skin because don't need peeling them.
2. Place the potatoes in a pot, add water to cover them completely. Add the salt too. Once cooked, drain the water. Place the pot again on to heat, moving them until they dry up.
3. Remove from the heat and leave it to stand for several minutes wrapped in a cloth.
4. To end with, serve them on a tray and pour red mojo sauce evenly on top. You can use green mojo too.

Red or spicy mojo

Red mojo is the typical Canarian sauce to pour most of dishes.

Its origin is not clear, although some specialist consider it comes from Portuguese "molho"

There are some kinds of mojos: spicy mojo or red mojo; and green mojos, made of parsley or coriander.

Ingredients for 4 persons:

1 bulb of garlic
2 hot peppers
1 teaspoon of cumin grains
1 teaspoon of paprika
4 spoons of vinegar
15 spoons of olive oil and cooking salt to taste.

Method

1. Peel the garlic cloves. Grind them in a mortar along with the cumin grains, the peppers, and the salt until they bind into a soft paste.
2. Then add the paprika. Add the oil and vinegar while you stir it all into a thick paste.
3. This paste can be diluted with water. This sauce can be kept in good condition for several months in the fridge.

You can make not so spicy, by using sweet peppers instead of hot peppers.

You can also use a hand blender.

This sauce will stay fresh and in good condition for several months in the fridge.

There is another variety of green mojo based on this same recipe but using parsley instead of coriander.

Watercress soup

It is a very common dish in Gran Canaria. It uses to be a first course, and most of the times the only course due to its caloric contents.

It sweets in cold times of the year, usually in the North and highest places.

Ingredients for 4 persons:

1/2 Kg of watercress
3/4 Kg of potatoes
1/4 Kg pig ribs
1/4 Kg of white beans
150 gr of yam
2 tender corns
1 tomato
1 onion
1 green pepper
3 garlic cloves
1/2 small cup of olive, saffron, cumin in grain, salt and water

Method:

1. Leave the white beans to soak overnight.
 2. In a pot: place the ribs, white beans, corns and yam. Add three litres of water and put it on to heat.
 3. When it is half cooked, add the other ingredients.
 4. Cook it at medium heat until thoroughly cooked.
- This course is used to be accompanied with white cheese.

Fish stock

It is a common dish in the entire Canarian Archipelago, where the variety on the method is not located only for islands but for places into the same island.

It can be elaborated with different species of fish like: mero, Sama, cherne... Further on time to taste it is advisable to accompany with a good scalded "gofio" (roasted corn flour).

Ingredients for 4 persons:

2 Kg of white fish: mero, Sama, cherne... (Canarian species)

1 Kg of potatoes

1 onion

1 tomato

2 garlic cloves

1 green pepper

Salt, olive oil (a cup of coffee), paprika, saffron, coriander, black pepper

2 l of water

Method:

1. Clean the fish, cut into pieces, add some salt and put it in a plate. Peel the potatoes into big pieces and put them to boil. Add the remaining ingredients but fish. Add to this a small amount of oil, paprika, saffron, coriander, mint, cumin, garlic cloves as well as salt and put it on to heat. When boiling add the fish, wait ten minutes and retire from heat.

2. Leave it to rest covering the pan with a cloth.

Lithuanian recipes

LITHUANIAN RECIPES

PANEVEZYS CORRECTION HOUSE



Lietuviška juoda ruginė duona

Juoda ruginė duona – vienas seniausių, archajiškiausių lietuvių valgių. Duona nuo senų senovės buvo ne tik pagrindinis valstiečių ir miestiečių patiekalas, ji naudota ir kalendorinėse bei šeimos apeigose, laikyta laimės, gerovės, vaisingumo simboliu. Nors dabar populiarūs paprastesni, greičiau pagaminamos duonos receptai, šioje knygoje pateikiame projekto dalyvių išbandytą tradicinį duonos gamybos metodą – kai ruginių miltų tešla rauginama lėtai (1-2 paras), naudojant savaiminį raugą.

.

Produktai:

Raugui:

2 valgomieji šaukštai (su kaupu) rupiai maltų ruginių miltų;

200 ml šilto vandens

Tešlai:

200 ml raugo

1600 ml rupiai maltų ruginių miltų

600 ml šilto vandens

6 valg. šaukštai cukraus

2 valg. šaukštai druskos

2-3 valg. šaukštai medaus (skysto)

2-3 valg. šaukštai kmynų

Kaip gaminti:

Raugo paruošimas:

Raugui skirtus produktus sumaišykite ir palikite šiltai 12-24 val., kol iškils.

Tešlos paruošimas:

1. Dideliame dubenyje sumaišykite 200 ml išrūgusio raugo, 800 ml miltų ir 600 ml šilto vandens. Maišykite mediniu šaukštu, kol masė taps grietinės tirštumo.
2. Uždenkite tešlą skepeta ir palikite 12 val. šiltai, kad išrūgtų.
3. Į išrūgusią tešlą sudėkite cukrų, druską, medų, kmynus. Mediniu šaukštu įmaišykite likusius miltus.
4. Išminkykite tešlą rankomis, nuolat rankas pašlapindami, kad tešla neliptų prie rankų.
5. Tešlą dėkite į kepimo popieriumi išklotą formą (arba suformuokite duonos kepaliuką). Tešlos paviršių aplyginkite šlapiomis rankomis ir pabarstykite kmynais.
6. Tešlą uždenkite skepeta ir palikite pakilti 7-8 val.
7. Kepkite 180 °C orkaitėje apie 1,20 val.
8. Iškeptą duoną dar karštą aptepkite šaltu vandeniu. Leiskite duonai atvėsti kambario temperatūroje.

Lietuviškos bandelės su lašinukais

Bandelės su lašinukais – iki šių dienų išlikęs populiarus tradicinis patiekalas. Šį seną šeimos receptą mums atskleidusi nuteista moteris sako, kad nepamenanti nė vienos šeimos šventės ar didesnio giminių ar kaimynų susibūrimo, kurio metu nebūtų patiekta bandelių su lašinukais. Šių bandelių kvapas jai primena šeimos šventes, vaikystę ir močiutę.

Produktai:

Tešlai:

1 kg kvietinių miltų;
30 g šviežių mielių;
130 ml cukraus;
400 ml pieno;
2 kiaušinių (+ 1 kiaušinis bandelėms aptepti);
50 g. sviesto;
50 g. aliejaus;
Žiupsnelio druskos.

Įdarui:

500 g. šalto rūkymo lašinukų, supjaustytų 0,7 cm kubeliais;
1 vidutinio svogūno, smulkiai supjaustyto;
40 ml aguonų sėklų.

Kaip gaminti:

1. Mieles sutrupinkite, apibarstykite cukrumi ir ištrinkite iki vientisos masės. Pieną pakaitinkite iki 32-38°C ir supilkite į dubenį su mielėmis.
2. Lengvai suplakite 2 kiaušinius su žiupsneliu druskos.
3. Ištrpinkite sviestą ir leiskite jam pravėsti (iki 32-38°C).
4. Dideliame dubenyje sumaišykite miltus, ištrpintas mieles, kiaušinius, sviestą ir aliejų. Tešlą stipriai plakite mediniu šaukštu ar minkykite rankomis, kol taps vientisa. Tešla turi nebelipti prie rankų ar dubens.
5. Perdėkite tešlą į didesnį dubenį, pridenkite rankšluosčiu ir palikite šiltai (22-24°C) per naktį, kad tešla pakiltų. Tešlos tūris turi padidėti 2-3 kartus.
6. Kitą dieną išverskite tešlą ant miltais pabarstyto paviršiaus. Iškočiokite 0,5 cm storio lakštą. Išpjaukite apskritus tešlos paplotėlius.
7. Paruoškite įdarą: įdarui skirtus produktus sumaišykite dubenyje.
8. Į kiekvieno paplotėlio vidurį dėkite po šaukštą įdaro. Užspauskite kraštus, paslėpdami įdarą ir suformuodami bandeles.
9. Dėkite bandeles į skardą taip, kad siūlė būtų apačioje. Pridenkite bandeles riebalais ištepta plėvele ir leiskite joms dar kartą pakilti.
10. Aptepkite bandeles išplaktu 1 kiaušiniu.
11. Įkaitinkite orkaitę iki 180 °C. Kepkite bandeles 20 minučių arba kol gražiai pagels.
12. Patiekite karštas arba kambario temperatūros.

Žemaitiška “šilkinė” košė

Nuo seniausių laikų grūdines kultūras auginantys lietuviai gamino daug kruopų patiekalų. Šioje knygoje pateiktas receptas atkeliavo iš vienos projekto dalyvės senelių šeimos. Anot nuteistosios, šis patiekalas palyginti pigus, gaminamas iš lietuviškų, kaimiškų produktų, todėl tinkamas didelei šeimai išmaitinti. Perėmusi šios skanios košės receptą iš savo protėvių, moteris neretai ją patiekdavo pietums ir savo gausiai – 9 vaikų šeimai.

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Produktai:

Košei:

250 g. perlinių kruopų

125 g. skaldytų žirnių

4 vidutinio dydžio bulvės

Spirgučių padažui:

100 g. rūkytų lašinukų, supjaustytų 0,7 cm kubeliais

1 svogūno, smulkiai supjaustyto

200 ml pieno

0,5 valg. šaukšto miltų

Kaip gaminti:

1. Praskalaukite kruopas ir žirnius šaltu vandeniu.
2. Sudėkite kruopas ir žirnius į dubenį ir užpilkite vandeniu, kad apsemtų daugiau nei dvigubai, palaikykite juos užmerktus per naktį.
3. Kitą dieną išmirkytas kruopas ir žirnius sudėkite į puodą, užpilkite vandeniu taip, kad apsemtų produktus 3-4 cm, pasūdykite ir virkite ant mažos ugnies apie 40-50 minučių arba kol suminkštės.
4. Kol kruopos su žirniais verda, nuskusite ir smulkia tarka sutarkuokite bulves.
5. Žirniams ir kruopoms beveik suminkštėjus, pilkite į puodą sutarkuotas bulves, košę nuolat maišydami.
6. Ant silpnos ugnies maišydami virkite košę dar 10-15 minučių, kol sutirštės.
7. Padažui keptuvėje paspirginkite smulkiai supjaustytus lašinukus apie 4-5 min. Pridėkite svogūnus ir pamaišydami kepkite dar 4-5 min., kol svogūnai suminkštės. Įmaišykite šaukštą miltų. Nuolat maišydami supilkite pieną ir maišydami virkite padažą, kol sutirštės.
8. Apipilkite košę padažu ir skanaus!

Virtinukai su grybais

Šie virtinukai su džiovintais grybais – tai ne kasdienis patiekalas. Apie šį paprastos sudėties, tačiau ypatingo skonio ir kvapo patiekalą daugelis lietuvių svajoja išstisus metus. O paragauti jo tenka tik šv. Kalėdų išvakarėse – pas mamą, ant Kūčių stalo.

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Produktai:

Tešlai:

600 ml miltų

3 valg. šaukštai aliejaus

200 ml verdančio vandens

Įdarui:

1 saują džiovintų grybų

2 vidutinio dydžio svogūnai, smulkiai supjaustyti

2-3 valg. šaukštai aliejaus

druskos

Kaip gaminti:

1. Džiovintus grybus užpilkite verdančiu vandeniu ir pamirkykite per naktį.
2. Kitą dieną nusausintus grybus smulkiai supjaustykite ir kartu su svogūnais pakepinkite aliejuje, pasūdykite. Ataušinkite.
3. Dideliame dubenyje sumaišykite miltus ir aliejų. Į šią masę palaipsniui pilkite ką tik užvirusį vandenį, nuolat maišydami šaukštu. Šaukštu masę maišykite tol, kol šiek tiek pravės. Toliau minkykite rankomis, kol tešla taps elastinga ir nebelips prie rankų.
4. Tešlą išverskite ant pamiltuoto paviršiaus ir iškočiokite 2-3 mm storio lakštą.
5. Išpjaukite apvalius, maždaug 6-8 cm skersmens skritulėlius, į jų vidurį dėkite po arbatinį šaukštelį grybų įdaro. Skritulėlius perlenkite pusiau, kraštus užspauskite šakute arba užlankstykite rankomis.
6. Virtinukus virkite pasūdytame vandenyje apie 3-4 minutes.
7. Kūčių vakarienės metu šie virtinukai paprastai patiekiami su aliejuje pakepintu smulkintu svogūnu. Šiokią dieną gali būti skanaujami ir su grietine.

Medaunykas

Lietuviai nuo seno augino bites, todėl medus naudotas gaminant įvairius patiekalus. Vieni populiariausių tradicinių kepinų su medumi – tai įvairiuose Lietuvos regionuose kepti meduoliai. Mūsų projekto dalyvės šeimoje tokį meduolį, vadintą „Medaunyku“, kepėdavo krosnyje, tešlą gamindavo iš rupių ruginių miltų. Tačiau ne mažiau skanus jis ir iškeptas šiuolaikinėje orkaitėje, o ruginius miltus gali pakeisti ir kvietiniai.

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Produktai:

350-400 g. kvietinių miltų

4 kiaušinio tryniai

3 valg. šaukštai grietinės

100 g. sviesto

400 g. medaus

100 g. cukraus

2 šaukšteliai su kaupu prieskonių mišinio (cinamonas, imbieras, kardamonas, gvazdikėliai)

1 šaukštelis sodos

Kaip gaminti:

1. Medų pavirinkite ant mažos ugnies 10 minučių, atvėsinkite.
2. Sviestą ištirpinkite, atvėsinkite.
3. Kiaušinių trynius išplakite su cukrumi.
4. Sodą sumaišykite su grietine.
5. Dideliame dubenyje sumaišykite medų, kiaušinių plakinį, ištirpintą sviestą, grietinę, prieskonius ir miltus. Viską gerai išplakite.
6. Pilkite tešlą į skardą ir kepkite 160-180°C orkaitėje apie 40-50 minučių.
7. Leiskite pyragui atvėsti skardoje.
8. Galite papuošti pyragą miltiniu cukrumi.

Lithuanian recipes - English

LITHUANIAN RECIPES

PANEVEZYS CORRECTION HOUSE



Lithuanian Black Rye Bread

Black rye bread is one of the oldest and most ancient Lithuanian dishes. Since antiquity bread has not only been the main dish on the table of peasants as well as townspeople, but it has also been used during national and family ceremonies and held as a symbol of good fortune, prosperity and fertility. Although today bread baking utilizes simpler and quicker recipes, the recipe offered here follows a traditional method tested by the participants of this project, with rye flour dough developed slowly (1–2 days), using self-leavening.

Ingredients:

Sourdough starter:

2 tbsp (heaped) coarsely ground rye flour;

200ml lukewarm water

Dough:

200ml sourdough starter

1600ml coarsely ground rye flour

600ml lukewarm water

6 tbsp sugar

2 tbsp salt

2–3 tbsp honey (liquid)

2–3 tbsp caraway seeds

Method:

Sourdough starter:

1. Mix all starter ingredients together and keep the mixture in a warm place for 12–24 hours to rise.

Dough:

1. In a large bowl, mix 200ml sourdough starter, 800ml flour and 600ml lukewarm water. Stir continuously with a wooden spoon, until thick and creamy.

2. Cover the dough with a cloth and leave it to rise in a warm place for 12 hours.

3. When the dough has risen, add sugar, salt, honey and caraway seeds. Gradually stir in the remaining flour.

4. Knead the dough by hand. You can wet your hands periodically to avoid the dough sticking to your hands.

5. Transfer the dough into a baking tin lined with a baking paper (or make a loaf of bread). Smooth the top of dough with wet hands and sprinkle with caraway seeds.

6. Cover the dough with a cloth and leave to rise for 7-8 hours.

7. Bake the bread in a preheated oven at 180°C for about 1.20 hours.

8. When the bread is ready, dampen the top with some cold water. Let the bread cool at room temperature.

Lithuanian Bacon Buns

Bacon buns are a popular traditional dish that is enjoyed to the present day. The inmate who shared this old family recipe with us said that she could not remember a single

family occasion or a larger gathering of relatives or neighbors without bacons buns being served. The aroma of these buns reminded her of family holidays, her childhood and grandmother.

Ingredients:

Dough:

1kg wheat flour;

30g fresh yeast;

130ml sugar;

400ml milk;

2 eggs (+ 1 egg for glazing);

50g butter;

50g oil;

A pinch of salt

Bacon filling:

500g cold-smoked diced bacon (0.7 cm per dice);

1 medium sized onion, finely chopped;

40ml poppy seeds

Method:

1. Break the yeast apart, mix it with sugar and stir until smooth. Heat the milk to 32–38°C and add it to the yeast in your bowl.
2. Lightly beat 2 eggs with a pinch of salt.
3. Melt the butter and let it cool slightly (to 32–38°C).
4. In a large bowl, combine flour, dissolved yeast, eggs, butter and oil. Beat vigorously with a wooden spoon (or mix by hand) until smooth. The dough should not stick to your hands or bowl.
5. Transfer the dough to a larger bowl, cover it with a cloth and leave it in a warm place (22–24°C) to rise overnight and reach 2–3 times its original size.
6. The following day, turn dough out onto a lightly floured surface. Roll out the dough until 0.5cm thick. Cut the dough into circles.
7. Prepare the filling by mixing all the ingredients for the filling together in a bowl.
8. Place a tablespoon of bacon filling in center of each dough circle. Fold edges over to completely cover the filling, and shaping into a bun.
9. Place the buns on a baking sheet seam-side down. Let the buns rise again, covered with greased plastic wrap.

10. Brush the buns with 1 beaten egg.
11. Heat oven to 180°C. Bake the buns for 20 minutes or until golden-brown.
12. Serve hot or at room temperature.

Samogitian “Silky” Porridge

Since antiquity Lithuanians have cultivated grain crops, with many Lithuanian dishes being grain-based. The recipe below comes from the grandparents of one inmate of this project. According to her, this dish is relatively cheap to make and the products required can all be found on a Lithuanian farm. As a result, the dish serves well to feed a large family. Having inherited the recipe of this delicious porridge from her ancestors, the woman used to serve it often to her large family of 9 children.

Ingredients:

Porridge:

250g pearl-barley

125g dried split green peas

4 potatoes (medium size)

Salt

Bacon Sauce:

100g cold-smoked diced bacon (0.7cm per dice)

1 onion, chopped finely

200ml milk

0,5 tbsp flour

Method

1. Rinse pearl-barley and peas in cold water.
2. Put the pearl-barley and peas into a bowl with double the amount of water and let them soak overnight.
3. The following day, place soaked barley and peas into a pan. Add water to cover barley and peas by about 3–4cm and add salt. Bring to a boil and simmer for 40–50 minutes or until soft.
4. While pearl-barley and pears are simmering, peel potatoes and shred them using the shredding side of your grater.
5. When barley and pears become almost soft, add the shredded potatoes, stirring the porridge continuously.

6. Simmer the porridge, stirring continuously, for another 10–15 minutes until thick.
7. For the bacon sauce, cook bacon in a skillet for 4–5 minutes, stirring occasionally. Add onion and cook for another 4–5 minutes, stirring occasionally and until tender. Stir in 1 tablespoon of flour. Add milk into the skillet and simmer, stirring constantly, until thick.
8. Pour the sauce onto the porridge and enjoy!

Mushroom Dumplings

These dumplings with dried mushrooms are not a typical everyday dish. All year round many Lithuanians dream of this uncomplicated but exceptionally delicious and fragrant dish. It is usually served on Christmas Eve at one's mother's home.

Ingredients:

Dough

600ml flour

3 tbsp oil

200ml boiling water

Mushroom filling:

1 handful of dried mushrooms

2 medium onions, finely chopped

2–3 tbsp oil

Salt

Method

1. Pour boiling water over dried mushrooms and leave them to soak overnight.
2. The following day, drain the mushrooms, chop them finely and sauté them in oil along with the onions. Add salt. Let the mushrooms cool.
3. In a large bowl, combine flour and oil. Gradually add boiling water, stirring constantly with a spoon. Continue to stir with a spoon until the mass cools down. Then knead the dough by hand, until it becomes elastic and stops sticking to your hands.
4. Turn the dough out onto a lightly floured surface. Roll out the dough until 2–3mm thick.
5. Cut the dough up into circles, each approximately 6–8cm in diameter. Place a teaspoon of mushroom filling in the center of each circle. Fold the circles over, sealing the edges by pressing them together with a fork or with your fingers.

6. Boil the dumplings in salted water for about 3–4 minutes.
7. The dumplings are usually served with some chopped onion, softened in a pan with some oil, on Christmas Eve. On a regular day, the dumplings are best enjoyed with sour cream.

Soft Honey Cake “Medaunykas”

Lithuanians have long practiced beekeeping, and honey is therefore commonly used in Lithuanian cuisine. Amongst the most popular baked goods are honey cakes, made in different regions of Lithuania. Using coarse rye flour for the dough, the family of the participant of our project traditionally baked the honey cake, called “Medaunykas”, in a kiln. However, the cake is just as delicious when baked in a modern oven, and the wheat flour can be used instead of rye flour.

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Ingredients:

350-400g wheat flour
3 egg yolks
3tbsp sour cream
100g butter
400g honey
100g sugar
2 (heaped) tsp mixed spice (cinnamon, ginger, cardamom, cloves)
1 tsp baking soda

Method:

1. Simmer honey over low heat for 10 minutes and let it cool.
2. Melt the butter and let it cool.
3. Beat together egg yolks and sugar.
4. Mix baking soda with sour cream.
5. In a large bowl, combine honey, beaten eggs, melted butter, sour cream, spice and flour. Whisk well.
6. Pour the mix into a baking tin and bake at 160–180°C for approx. 40–50 minutes.
7. Leave the cake to cool in the tin.
8. You can decorate the cake with icing sugar.

Portuguese recipes

PORTUGUESE RECIPES

**CONFIAR-ASSOCIAÇÃO DE FRATERNIDADE PRISIONAL
ESTABELECIMENTO PRISIONAL DE SINTRA**



Ameijoas à Bulhão Pato

Com 9 anos o Zé Alberto iniciou-se na apanha da ameijoas, em Alcochete, tendo aprendido todos os pormenores com o seu avô, bem como o sabor dos variados pratos que este bivalve proporciona. Lembra-se ainda do cheiro a maresia e os bons momentos passados à mesa com amigos e família.

INGREDIENTES (Para 4 pessoas):

1 Kg de amêijoas

2 dentes de alho

1 limão

1 ramo de coentros

Azeite/Sal/Pimenta

ELABORAÇÃO:

Ponha as amêijoas de molho com água e sal durante algumas horas para que libertem a areia.

Numa frigideira grande ponha azeite e aloure os alhos picados.

Junte as amêijoas e os coentros finamente picados e tempere com sal e pimenta.

Mexa sempre até as amêijoas abrirem e regue com sumo de meio limão.

Sirva em seguida com a outra metade do limão cortado aos quartos.

Arroz doce

Esta sobremesa está presente em alturas festivas. De gosto apelativo, faz-nos lembrar momentos felizes da nossa infância. Como quando a nossa avó acabava de confecionála. Então tinha chegado o momento de “rapar o tacho”. A avó dá a colher para entrarmos em ação, os olhos brilham e a toda a velocidade limpamos o que resta, enchemos a barriga e a alma de alegria.

INGREDIENTES (Para 4 pessoas):

200 gr de arroz

1/2 L de leite

50 gr de manteiga

200 gr de açúcar

4 gemas de ovos

1 pau de canela

1 limão

Sal/canela em pó

ELABORAÇÃO:

Lave o arroz e leve-o a cozer em água fervente com um pouco de sal e deixe ferver em lume brando 10 a 12 minutos, mexendo de vez em quando. Escorra a água e reserve um pouco. Deite o arroz ainda húmido, no mesmo tacho, juntamente com o leite, a manteiga, a casca do limão, o pau de canela e deixe ferver 5 minutos. Junte o

açúcar e deixe ferver um pouco mais. À parte mexa as gemas com um pouco da água de cozer o arroz e adicione-as em fio ao arroz. Leve ao lume até levantar fervura e retire o pau de canela e as cascas do limão. Deite numa travessa ou taças pequenas e decore com canela em pó.

Bacalhau à Brás

Bacalhau é o fiel amigo dos portugueses. Começou por ser a comida dos pobres, sendo, hoje, utilizado por todas as classes sociais, dada a variedade de pratos que com ele se elaboram.

Bacalhau à Brás faz-me recordar uma viagem a Elvas(Alentejo), em 1965, com mais de 200 pessoas para almoçar, com cante alentejano e raparigas vestidas com trajes regionais (ceifeiras) que nos serviram este esplêndido prato, cujo sabor ainda hoje recordo.

INGREDIENTES (Para 4 pessoas):

3 Postas de bacalhau demolhado

1 Kg de batatas

2 cebolas

1 dl de azeite

6 ovos

Salsa/azeitonas/sal/pimenta/óleo

ELABORAÇÃO:

Coza o bacalhau e escorra a água. Limpe-o de peles e espinhas e desfie-o.

Corte as batatas em palha e frite-as em óleo, deixando-as pouco fritas.

Corte as cebolas em meias luas e refogue-as no azeite. Junte o bacalhau e cozinhe, em lume brando, mexendo sempre. Acrescente as batatas e os ovos batidos. Mexa até os ovos cozerem. Tempere com sal e pimenta. Coloque numa travessa e polvilhe com salsa picada. Decore com azeitonas.

Cachupa

Prato tradicional de Cabo Verde, sobretudo das ilhas do sul (Sotavento).

Ilha de Santiago, 11 pessoas para jantar. A mãe prepara a cachupa. Aparecem mais convidados e tudo se comeu. Mas eu e mais dois irmãos guardámos um pouco da cachupa para o dia seguinte. E na hora do pequeno almoço misturámos ovos às sobras.

Todos riram mas os outros só puderam comer pão.

INGREDIENTES (Para 4 pessoas):

1/2 Kg de milho limpo

1/4 Kg de feijão branco

500 Gr de perna de porco

500 Gr de carne de galinha

Espadarte/atum fresco

1/2 Kg de abóbora

1 couve portuguesa

2 cenouras

2 rodela de mandioca

4 dentes de alho

2 tomates

2 cebolas

1 caldo Knorr-galinha

1 folha de louro

Sal/pimenta/azeite

ELABORAÇÃO:

Na véspera põe-se o milho e o feijão de molho em água fria. No dia seguinte coze-se, em água fria o milho e o feijão. À parte coze-se a couve e as cenouras cortadas aos pedacinhos. Junta-se ao milho e feijão depois de cozidos, a abóbora, a couve e as cenouras, já cozidas, as rodela de mandioca e um pouco de peixe e deixa-se apurar. As carnes com os restantes ingredientes cozem-se à parte, levando o refogado o caldo Knorr. Por último junta-se a carne ao milho e feijão e retificam-se os temperos.

Moamba de galinha

Angola, ano de 1978. Era eu pequenino. Enquanto a minha mãe pilava o fruto de palma (dem dem), e para não me perder de vista, punha-me nas suas costas,

agarrado com um pano.

As oscilações que ela criava ao pilar era como se fosse uma embaladora para eu adormecer.

INGREDIENTES (Para 4 pessoas):

1 galinha inteira

2 cebolas

3 tomates

1 lata grande de moamba

2 beringelas

200 gr de quiabos

1 lata pequena de óleo de palma

sal

INGREDIENTES PARA O PIRÃO:

1 l de água

250 gr de farinha de milho

ELABORAÇÃO:

- Cortar a galinha em bocados pequenos - Leve ao lume a refogar, com um pouco de óleo de palma, a cebola picada e o tomate ,durante alguns minutos.

- Adicione a moamba da lata e o sal a gosto. - Deixe cozer, mexendo de vez em quando, durante 30 minutos.

- Quando o molho começar a ficar consistente, junte a beringela cortada aos bocados e sem casca, e por fim, os quiabos cortados ao meio (cortar as pontas e os pés).

- Se necessário vá acrescentando um pouco de água. - Deixe ferver mais 20 minutos ou até a galinha estar tenrinha e o molho apurado (grosso) sem deixar desfazer os quiabos.

PREPARAÇÃO DO PIRÃO:

- 1 l de água a ferver

- À parte dissolva um pouco de farinha de milho com água morna e junte à que está ao lume, mexendo sempre para não fazer grumos. - Junte a restante farinha, deixando cozer em lume brando. - Deite numa travessa e cubra com um pano húmido até servir com a galinha.

Portuguese recipes - English

PORTUGUESE RECIPES

CONFIAR-ASSOCIAÇÃO DE FRATERNIDADE PRISIONAL
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Clams Bulhão Pato Style

At the age of 9 Zé Alberto began fishing for clams in Alcochete. He learned all the details from his grandfather while he acquired the taste for the various flavours you get from this shell fish. He stills remembers the smell of the low tide and the good times spent around the table with friends and family.

Ingredients for 4 people:

1 kg clams

2 pods garlic

1 lime
1 bunch cilantro leaves
Olive oil/Salt/Pepper

Method:

Soak the clams in salt and water for some hours to shake off all the sand.
Fry the chopped garlic, until brown, in a frying pan.
Add the clams and finely chopped cilantro leaves and add salt and pepper to taste.
Keep stirring until the clams open up and sprinkle with the juice of half a lemon.
Serve soon after with the other half of the lime cut in quarters.

Sweet Rice

This dessert is a favourite at festive occasions. Its appealing taste reminds of happy moments during our childhood like when our grandmother had just finished making it. The time had come to lick the bowl clean. My grandmother would hand us the wooden spoon so we could get into action. Everybody's eyes shone and we would lick up the rest filling our stomach and souls to our hearts content.

Ingredients for 4 people:

200 gms rice
1/2 Ltr. Milk
50 gms butter
200 gms sugar
4 egg yolks
1 cinnamon stick
1 lime
Salt/cinnamon powder

Method:

Wash the rice and cook it in boiling water with a little salt for 10-12 minutes on slow fire gently stirring now and then. Drain the water leaving a little rice water aside. Put the moist rice a pan and add the milk, butter, lemon rind and the cinnamon stick leaving the mixture to boil for 5 minutes. Add the sugar and let it cook a little more. Mix the yolks separately with the rice water and drop the mixture gently into the rice. Let the mixture

boil and then remove the cinnamon stick and the lemon rind. Serve in a tray or in individual bowls and decorate with cinnamon.

Cod Fish Bràs Style

Cod fish is the faithful friend of the Portuguese. It started off as the poor man's food but it is now relished by all ranks of the social ladder due to the variety of dishes that are made with it. Bacalhau à Brás reminds me of a trip to Elvas (Alentejo), in 1965, with over 200 persons at lunch and with the Alentejo Choral voices singing and girls dressed in regional costumes (as harvesters) who served us this splendid dish which I remember to this day

Ingredients for 4 people:

3 slices of soaked cod fish
1 Kg potatoes
2 onions
1 dl olive oil
6 eggs
parsley/olives/salt/pepper/oil

Method

Boil the cod fish, drain out the water and then debone, skin and flake the fish. Cut the potatoes in fine fingers and fry them in oil leaving them half fried. Slice the onions in halves and stir fry them in olive oil. Add the cod fish and cook it on low fire, stirring constantly. Add the potatoes and the beaten eggs stirring until the eggs are cooked.

Add salt and pepper to taste. Serve on a tray and sprinkle with chopped parsley.

Decorate with olives.

Cachupa

A traditional dish of Cape Verde, mostly from the southern islands. Santiago Island, we had 11 guests for dinner. Mother made Cachupa. More guests turned up and we relished everything.

Two of my brothers and myself hid a portion of the Cachupa for the next day. At breakfast we add eggs to the leftovers. Everyone laughed but the others only had bread to eat while we relished the enriched Cachupa.

Ingredients for 4 people:

1/2 Kg clean maize
1/4 kg butter beans
500 gms pork leg
500 gms lean chicken
Fresh tuna
1/2 Kg de abóbora
1 Portuguese cabbage
2 carrots
2 slices cassava
4 garlic pods
2 tomatoes, 2 onions
1 chicken stock cube
1 bay leaf/salt/pepper/Olive oil

Method

Soak the maize and the beans in water overnight and then boil them separately on the next. Boil the chopped cabbage and carrots separately.

Add to the maize and the beans, the pumpkin, cabbage and the boiled carrots, slices of cassava, a little of the fish and let it cook. Cook the meat and other ingredients separately, adding the chicken stock.

Lastly, add the meat to the maize and beans and add any required spice to taste.

Chicken Moamba

Angola, 1978, I was a little boy. While my mother peeled the palm fruit (dem dem), and so that she wouldn't lose me out of sight, she would tie me to her back in a cloth wrap.

Her oscillating movements from side to side, while peeling the palm fruit, lulled me to sleep.

Ingredients for 4 people:

1 full chicken,
2 onions, 3 tomatoes,
2 egg plants, 200 gms lady fingers

1 big tin of moamba

-1 small tin palm oil

salt

INGREDIENTS FOR PIRÃO:

1 litre water,

250 gms corn (maize) flour

Method:

Cut the chicken in pieces. Stir-fry for a few minutes in palm oil, chopped onions and tomatoes. Add the tin of Moamba and salt to taste. Let it cook, stirring occasionally. When the gravy is consistent, add the skinned eggplant and the lady fingers chopped into pieces (cut off the top and the edges of the lady fingers before you chop them into pieces). Add a little water, if necessary. Let it cook for about 20 minutes until the chicken is tender but without over cooking the lady fingers.

PREPARING THE PIRÃO:

- 1 Litre boiling water. Dissolve a little of the maize flour in warm water and it to the water boiling on the stove stirring so that it does not form lumps.

- Add the rest of the flour leaving it to cook on slow fire.

- Spread it out on a tray and cover with a wet cloth until serving it with the chicken.

Turkish recipes

TURKISH RECIPES

AYAS DISTRICT DIRECTORATE OF NATIONAL EDUCATION
AYAS OPEN PRISON



Karnı yarık

Annem bu yemeęi ok gzel yaptıęı iin her yedięimde annem aklıma gelir.

Karnıyarık:

6 Adet Kk Boy Patlıcan

2 Adet Soęan

1 Adet Domates

8 Adet Yeřil Biber

1 Diş Sarımsak

1 Yemek Kaşığı Salça

Sıvı yağ,tuz,karabiber,kırmızı biber

200 gr Kıyma

Yapılışı:

Patlıcanları çizgili soyup yarım saat yağ çekmemesi için tuzlu suda bekletin. Sonra suyunu çektin az yağda kızartın.Biberleri de yağda kızartın. Daha sonra içi için aynı tavada doğranmış soğanlar ve kıymayı kavurun.Doğranmış domates,biberler ve tuzla baharatları ekleyerek karıştırın. Patlıcanları tepsiye yerleştirin.Ortalarını keserek içlerine harcı doldurun.Doldurduğunuz patlıcanların üzerine domatesleri kesip paylaşın. Birer tane sarımsak ve kızartılan bibelerden ekleyin.Ayrı bir yerde 1 kaşık salçayı 1 kase sıcak suda ezerek patlıcanların ortalarına dökün.Sonra 170 derece ısıtılan fırına sürün. 20-25 dk pişirin.

Kuru fasülye

Benim için soğuk kış akşamlarının vazgeçilmez yemeğidir. Yanında turşu,soğan,bulgur pilavı ve ayran çok güzel gider.

Karnıyarık:

2 Su Bardağı Fasülye

5 Yemek Kaşığı Zeytinyağı

1 Adet Soğan

1 Tatlı Domates Salçası

1 Tatlı Kaşığı Biber Salçası

1 Tatlı Kaşığı Tuz

5 Su Bardağı Kaynar Su

Yapılışı:

2 su bardağı kuru fasülye ayıklanır ve yıkanır. Tencereye konulur. Üzeri soğuk su ile doldurulur, 1 gece suda bekletilir. Sabah suyu değiştirilerek ocağın üzerine alınır. Fasülyeler 40 dk haşlanır. Sonra süzülerek,soğuk sudan geçirilir. Tencereye 5 yemek kaşığı sıvı yağ katılır. Üzerine yemeklik doğranan soğanlar eklenir ve 5 dk kavrulur. 1 tatlı kaşığı domates salçası ve biber salçası ilave edilir. 5 su bardağı kaynar su karışımın üzerine dökülür ve haşlanmış kuru fasülye karıştırılır.Tenceredeki malzemeler kaynamaya başladıktan sonra 1 tatlı kaşığı tuz ilave edilir. Pişince ocağın altı kapatılır.

Manti

Manti bana;zahmeti,sabrı,emeđi ve Kayseri'yi anımsatıyor. En sevdiğim yemektir. Eşim de çok güzel yapar.

Karnıyarık:

Hamur İçin:

5 Yumurta

2 Yemek Kaşığı Toz Maya

Göz Kararı Un

Ilık Su

İçi İçin:

250 gr Kıyma

Maydonoz

Pulbiber,Tuz

Sosu İçin:

Salça,Sıvı yağ,sarımsak,pulbiber

Yapılışı:

Hamuru için derin bir tabakta unu,yumurtayı katıyoruz. Sonra çay bardağında toz mayayı ıslatıyoruz. Ilık suyla onu da hamura katıyoruz. Hamuru kulak memesi kıvamında yoğuruyoruz ve yarım saat bekletiyoruz.İçi için kıymaya malzemeleri katıp karıştırıyoruz.Sonra hamuru oklava yardımıyla yuvarlak açıp küçük kare kare kesip içine kıymasını koyup büküyoruz. Yaptığımız mantıları kaynamış suya atıp pişince üzerine sarımsaklı yoğurt ve onun da üzerine salçalı sosu döküyoruz.

Sebzeli bulgur pilavı

Bulgur Pilavını her yediğimde babaannem gelir aklıma. Çocukluğum,en güzel yıllarım....Yanında ayran ne de güzel gider!

Karnıyarık:

1 Adet Kuru Soğan
1-2 Yeşil Sivri Biber
1-2 Kırmızı Biber
1-2 Kaşık Sıvı Yağ
Tereyağı
2 Adet Patates
1 Adet Domates
1 Tatlı Kaşığı Tuz
1 Tatlı Kaşığı Salça
1.5 Su Bardağı Bulgur
2-2.5 Su Bardağı Sıcak Su
Sunum (Service):

Yapılışı:

Soğanları biberleri ve domatesleri doğrayın.1-2 yemek kaşığı yağ ile kavurun. Daha sonra salçayı ekleyin.Domatesin kabuğunu soyup iri iri doğrayın ve tencereye ekleyip 5 dk kavurun. Bulguru ilave edin ve kavurmaya devam edin. Sıcak suyu ilave edip 1 tatlı kaşığı tuz ekleyin. Bulgur tuzunu çekene kadar kısık ateşte pişirin.Piştikten sonra 10 dk dinlendirin.

Yaprak sarması

Sevgili annemin lezzetli elleriyle zahmetli şekilde hazırladığı bu yemek bana her zaman mübarek dini bayramlarımızı hatırlatmıştır.

Karnıyarık:

500 gr Salamura Yaprak
1 Tane Limon
Zeytinyağı
İç Harç İçin:
2 Orta Boy Kuru Soğan
1.5 Su Bardağı Pirinç
Maydonoz

1 Yemek Kaşıđı Salça

Karabiber,Pulbiber,Kimyon,Nane,Tuz

2 Yemek Kaşıđı Sıvı yağ

Yapılışı:

İlk önce salamura yapraklar 2-3 dk sıcak suda bekletilir,yıkanır ve süzgece alınır. Daha sonra geniş bir kabın içersine soğanlar rendelenir.Üzerine zeytinyağı dökülür.Pirinç yıkanarak kabın* içersine eklenir.Baharatlar,salça ve tuzilave edildikten sonra kıyılmış maydonoz da eklenerek karıştırılır.Yaprağın geniş kısmına iç harçtan konulur ve rulo gibi iki yandan katlanarak sarılır.Sardığımız yapraklar tencerede su ilave edilerek kısık ateşte pişirilir.

Turkish recipes - English

TURKISH **RECIPES**

AYAS DISTRICT DIRECTORATE OF NATIONAL EDUCATION
AYAS OPEN PRISON



Karnı yarık

It remind me of my mother. She cooks it perfectly well. I wish I was with her.

Ingredients for 4 people:

6 Eggplants of medium size

2 onions

1 Tomato

8 Green Pepper

6 Cloves of garlic
1 Spoon of tomato paste
oil, salt, pepper
200 gr minced meat

Method:

Peel the eggplants stripped and leave it in salted water for a while with the help of this technique, it wouldn't be so oily.

Fry the eggplants in a small quantity of oil. After that fry 6 green pepper. In the same pan, roast the chopped onions and minced meat together.

Add chopped tomatoes, 2 chopped green pepper, salt and spices into the mixture.

Put the eggplants into a tray and at them from the middle. Put the mixture inside them one by one. Add one garlic and one fried green pepper on them.

In another bowl mix one spoon of tomato paste and hot water and add them onto the eggplants. Put the tray into the oven and cook it for 20-25 mins. Add salt and pepper to taste. Serve on a tray and sprinkle with chopped parsley. Decorate with olives.

Kuru fasulye

Turkish people eat this meal especially in cold winter evenings. It goes well with prickles, onion ayran and rice dish.

Ingredients for 4 people:

2 Glasses of beans
5 Spoons of oil
1 Onion
1 Small spoon of tomato paste
1 Small spoon spicy tomato paste
1 Small spoon of salt
5 Glasses of hot water

Method:

Wash 2 glasses of beans and put them into a saucepan. Add some cold water and leave it for the whole night.

The next a refresh its water and cook it until it can be chewed. Then filter its water and put it outside. Add 5 spoons of oil into a savcepan and then add chopped onions and roast them for 5 mins. Add one spoon of tomato and spicy tomato paste into it and continue roasting. Add 5 glasses of hot water and beanstoo.

When the meal begins to boil add one spoon of salt.

Manti

It reminds me labor, patience and Kayseri (Its hometown). It is my favorite my wife cooks it is very deliciously.

Ingredients for 4 people:

For the dough:

5 Eggs

Packets of dust yeast

Eyeball estimate flour

Warm water

Far the inside:

250 gr Minced meat

Parsley

Paprika and salt

For the sauce:

Tomato paste,

oil,paprika,

yogurt

Method

For the dough: Add flour and eggs into a deep bowl to prepare the dough. Then, wet dust yeast in a small glass. Add it also to the mixture knead the dough until it is ready. Leave it to rest for half on hour.

For the inside: Add all ingredients to the minced meat and mix them.Roll out the dogh. Cut it into small square pieces.

Put small pieces of meat mixture on them. And bend them all one by one.

Add these pices of mantl into boiling water and cook them. Then serve them in a dish with yoghurt (with garlic) and sauce.

Sebzeli bulgur pilavı

My Grandmother! She gave me this recipe and she cooked it is very well.

It reminds me of my childhood. Time is going by! I wish you could try it with ayran.

Ingredients for 4 people:

1 onion
1-2 Green Pepper
1-2 Red Pepper
1-2 Spoons of oil Butter
2 Patatoes
1 Tomato
1 Small Spoon of salt
1 Small Spoon of tomato paste
1, 5 Glasses of bulghur
2-2,5 Glasses of hot water

Method

Cut onion, pepper and potatoes into small pieces.

Roast them in 1-2 spoons of oil. Then add tomato paste. Peel the tomato and chop it into big pieces. Roast it for 5 mins. Add bulghur and keep roasting.

Add hot water and 1 small spoon of salt. Cook it until the bulghur is without any water. Leave it for 10 mins. to rest and then.

Yaprak sarması

It reminds me of our garden. Our green garden without any chemicals. Everything natural! Turkish people serve this meal on their Holy days, fest like Ramadan.

.

Ingredients for 4 people:

500 gr Vine Leaves
1 Grain Lemon

Olive Oil

For internal mortar:

2 medium onions

1.5 cups of rice parsley

1 tablespoon tomato paste

Black pepper, paprika, cumin, mint, salt

2 Spoons of oil

Method:

Leave the vine leaves in hot water for 2-3 mins, wash and filter them.

Later on rasp onions into a large bowl. Add olive oil and rice. After adding spices, paste and salt add chopped parsley too and mix them.

Open a vine leave and put some piece of the mixture and roll it. Do the same for all the leaves. After finishing the procedure add olive oil and lemon slices. Cook them in small quantity of hot water.



What and how you eat in prison (stories of everyday life in prison through food).

A common reflection on what and how you eat in 6 prisons . Given the objectives of the project, and in particular to help raise awareness of an issue not considered, but in fundamental reality in everyday life imprisonment. To explore this aspect is attached to a card and that may also be useful to encourage prisoners to tell stories and recipes, food- related in prison.

Shopping you can buy in prison	Where and how you can buy food, what can you buy and at what price Genres permits and banned foods
The package of the family	how many packs in a month and how much should weigh
The expense that you can do in prison	how many packs in a month and how much should weigh
Where you are cooking in the kitchen	central prison in the cell....
Where you eat	cell, canteen, ...
The tools allowed	forks, spoons, knives, grating, plates,
The art of getting by in the kitchen	... recipes from prison and tools ... stories of life, ideas, through the daily food
Prison and the multi-cuisine culinary Babylon	...To keep in touch with their roots Contamination between cultures...
Calendar Menu prison	...the daily meals (menu summer, winter)
Hours meals	for breakfast, lunch, dinner,...
Water	... drinking water in prison

Casa circondariale di Massa Marittima (Italy)

Shopping you can buy in prison	Inmates can buy products packaged in wide use, such as: cookies, candy, chocolate, but also products for personal hygiene and the cell
The package of the family	Being foreigners are not very informed, since they do not have family nearby that can supply them, but some have talked about a pack per month (every month can receive a maximum of 4 parcels with a total weight of 20 kg, may contain food and clothing in common use that do not require tampering in the control)
The expense that you can do in prison	For them not a lot because they have little money, they also say that the products cost more than outside.
Where you are cooking in the kitchen	There is a central kitchen, which provides the canteen to which they are attached cooks detainees. Only during Ramadan is allowed for Muslims to cook something in the cell, but complain about the lack of tools and ingredients
Where you eat	Meals in the canteen are distributed in the cells, where they are three persons; said they would prefer to eat together in the cafeteria
The tools allowed	Of disposable type (it is reusable plastic)
The art of getting by in the kitchen	Here is limited since it can only make tea and coffee
Prison and the multi-cuisine culinary Babylon	See above
Calendar Menu prison	Our daily bread ... Complaining about the repetitiveness...: pasta or rice, almost always with tomato or canned tuna, eggs or omelette, salad and fruit. On Sundays there is the tart (it is true that complain about the repetitiveness, but particularly the former are not always tomato and tuna for Muslims is scheduled meals alternative when there are foods on the menu that are contrary to their religion.)
Hours meals	8.00 a.m breakfast 12.00 a.m lunch 7.00 p.m dinner
Water	The tap water is drinkable, but generally buy bottled water

Casa di reclusione di Porto Azzurro - Isola d'Elba (Italy)

Shopping you can buy in prison	inmates can buy products extra menu to cook in their jail, can do it in "sopravvino" (internal trafficking); they can r the products 2 times a week, using a special list that inmates Sundays and Wednesdays. They can spend a maximum of € 500,00 per month and the prices arc increased approximately by ut 70% compared to a supermarket of island and the quality jf the goods is very low.
The package of the family	Inmates can receive products from their family with a maximum of 20 kg a month; in a single pack or up to the maximum of A packs per month. The packages may contain: clothes, food, soaps or detergents for cleaning / other personal hygiene. With regard to food, the rules are many: boneless meat, pitted olives, no spices, nothing special or biscuits with filling, cookies only from milk, no flour, no sugar, etc.
Where you are cooking in the kitchen	The central kitchen in which the inmates work in rotating food which, according to the detainees, is almost liblc, because the material to cook is of very poor quality fruit and vegetables out of measure, marching, almost rotten etc.). Inmates who can do the shopping cook in their cell, th makeshift instruments, arranged, which, however, show a gh degree of creativity. Often prisoners cook in small groups.
Where you eat	Inmates can only cook inside their cell; meals are taken in the cell, because there is no room used as a dining hall.
The tools allowed	The tool permits are all In plastic except the pots but can not exceed 20 cm in fliameter. Are obviously not allowed knives, if not plastic.

The art of getting by in the kitchen	The art of getting by in the kitchen is essential if you want to eat something edible in prison. Consider that the cells have only a camping stove type (of course bought by the prisoners) whose cans are charging a lot of expensive at the shop inside. The prisoners, although this can cook everything, even gearing up for "ovens"* artisan with whom baking cakes, trays of lasagna, etc... Cooking together also builds relationships, as well as eating together feeds sharing. Although the prices of the store, who can purchase products to cook in the cell. We have organized an entire lunch cooked by inmates in the cell for which we have brought to us the necessary ingredients and what they have cooked (cookies, cakes, cannoli, pasta sauce ...). Showed what they are capable of. They manage to build the oven with a stool in that cell and the aluminum foil to cook with the stove also took hours, and in some cases, having delivered their ingredients in the evening, were raised throughout the night.
Prison and the multi-cuisine culinary Babylon	40% of prisoners at Porto Azzurro are foreigners. Each ethnic group tends to do a "group" in its own grounds of nationality of origin. Each kitchen recipes of their own tradition, both Italians and foreigners, but there is no culinary exchange between groups of different cultures.
Calendar Menu prison	The inmate does not have the opportunity to view the menu of the prison, which varies from summer to winter according to the ministerial but in fact does not change in the diet of the prisoners. The seasonal vegetables goes in waves, when there are cucumbers, for weeks only eat cucumbers ... The menu Ministry does not match what is served, have never seen a commission check. In the case of prisoners with medical conditions proven there is not enough protection from the point of view of food. In addition to the menu planned, the inmates are given per day: 100 grams of milk; 20 gr. of coffee; 300 grams of bread; 400 grams of fruit.
Hours meals	7.30 a.m breakfast 10.00 - 11.30 a.m lunch 4.30 - 5.30 p.m dinner
Water	The inmates have to buy water to drink because the prison did not pass, because according to the Agency should drink the tap water. Elba Island tap water is definitely undrinkable. Only 50% of prisoners can afford to buy. A case of 6 bottles water prison costs € 3.00. The prison did not "pass" their cutlery, therefore, or are forced to buy them (even to eat the cafeteria food) or eat with your hands.

Prison Of Salto Del Negro Las Palmas (Spain)

Shopping you can buy in prison	There is a small discount shop (called the "economato") in every wing of the prison. It opens three hours a day, two hours in the morning and one hour in the evening. You will have to queue in order to do your shopping and a card must be used to make payment. The card is controlled by the prison staff. We are not allowed to handle money. You can buy many different foods (soft drinks, canned tuna, cheese, ham, milk, yoghurts, desserts, cold meats, confectionary, etc.). There are no fresh vegetables or fruit on sale. Alcohol is forbidden.
The package of the family	Two parcels a month are allowed. The gifts cannot exceed the volume of a bag provided by the prison. They may only contain clothes or books, not food.
Where you are cooking in the kitchen	Food is cooked only in the prison kitchen, but sometimes inmates prepare food inside their cells.
Where you eat	The main meals are taken in the dining room, and it is forbidden to remove food from the dining room. The food that you buy in the prison shop can be eaten anywhere.
The tools allowed	Cutlery is made of plastic and there are no plates; meals are served on a tray. Meals consist of a starter, a main course and dessert.
The art of getting by in the kitchen	•With two wires connected to the power source and in contact with a bowl containing water, inmates heat up some foods inside the cell (hot dogs, lasagna, hot milk, etc.) •Inmates prepare an alcoholic drink which they call "chicha" from apples, sugar and breadcrumbs. This is left to ferment for a period of time.
Prison and the multi-cuisine culinary Babylon	Typical regional food is served. We do not serve typical dishes from any other countries. Muslims may be served different food when ingredients are prohibited by their religion.
Calendar Menu prison	The menu is repeated every fifteen days, although occasionally different dishes may be served for a change. There are special menus for special days for example: Easter, Christmas, etc. Meal times. Breakfast, lunch, afternoon snack, supper.
Hours meals	8.00 a.m breakfast 1.00 p.m lunch 6.30 p.m dinner (7.00 p.m in summer)
Water	Tap water is not drinking water. Five liters of water are provided per week and any extra must be purchased from the prison shop.

Panevezys Correction House (Lithuania)

Shopping you can buy in prison	Inmates can buy food in the prison shop. They can buy there almost everything with some exceptions like raw meat and fish, sugar, yeast, alcoholic beverages, beer, etc. The prices in the shop are the same as in other shops in town.
The package of the family	Food packages from family members and other people are strictly forbidden for inmates by the penitential laws. Inmates can only get packages of clothes and shoes, which weight 10-15 kg. (one in a 6 months)
The expense that you can do in prison	The amount of money prisoners can spend in prison is not limited.
Where you are cooking in the kitchen	All inmates eat in central canteen; food is prepared by other inmates, who work in the canteen and get salary for work.
Where you eat	Inmates of Panevezys penitentiary eat in the central canteen, but they can also prepare food in the kitchens, which are in every section (there are 5 kitchens in prison); the 6th kitchen is in the Unit of Mother and Child.
The tools allowed	All kinds of tools are allowed (spoons, knives, forks, cups, glasses, plates, pots, pans). In the central canteen only metal cups and plates are used (in order to avoid breaking and injuries).
The art of getting by in the kitchen	Food in the central canteen is prepared according to the Menu which is approved for the whole month. Every inmate can make her own food according to any recipe using all kinds of tools. They can get the recipes communicating with other inmates, relatives, friends, etc., or they can use cookbooks.
Prison and the multi-cuisine culinary Babylon	Some inmates from other countries (Russia, Latvia), as well as inmates of Romanian descent, serve their sentences in our prison, so they have a possibility to exchange their culinary experience.
Calendar Menu prison	Food in the central canteen is prepared according to the approved Menu for all month. Some ingredients and products may differ in summer and winter time. In summer and autumn more fresh vegetables and fruits growing in Lithuania are offered. Pickled vegetables are offered in winter time, also in spring.
Hours meals	Inmates have breakfast at 8 a.m., dinner at 1 p.m. and supper at 6 p.m. in the central canteen (croquettes, goulash, boiled meat, stew, various soups, potatoes, rice, various porridges, pancakes, various meals from curd, tea, juice).
Water	Inmates drink tap water, because the tap water in Panevezys is very pure and clear.

Prison De Sintra Linho' (Portugal)

Shopping you can buy in prison	Inmates can buy ready to eat meals like pizzas or goodies like cakes, biscuits, juice, coffee, water & hygiene products (toiletries). Shopping can be done in the bars located in each wing of the prison facility. No glass items or tins are allowed.
The package of the family	The family can bring one kilogram of sliced food during their weekly visit.
The expense that you can do in prison	Inmates are allowed to spend money with a rechargeable cash card amounting to a maximum expenditure of 80 euros per fortnight or 40 euros per week.
Where you are cooking in the kitchen	Inmates are allowed to use the microwave ovens and mini-ovens to heat food they buy in the bars
Where you eat	Inmates eat in dining halls, in the bars or in their cells.
The tools allowed	only reusable plastic cutlery is allowed (plastic glasses, forks, spoons) and metal plates.
The art of getting by in the kitchen	Is discussed in workshops and in weekly 2 hour sessions on Wednesdays.
Prison and the multi-cuisine culinary Babylon	Activities are held on Wednesdays (recipe sharing, writing and reading). Food tasting activities
Calendar Menu prison	A monthly menu is approved by the management. It varies daily between fish, meat, vegetables, salads. They also have a vegetarian menu.
Hours meals	4 meals a day: 8 a.m breakfast 11.45 a.m lunch 16.45 p.m dinner Later snack
Water	Tap water is provided for drinking.

Note: Those inmates who do not have the financial means or family to support them financially are provided with clothes and toiletries by the Portuguese Prison Establishment.

Ayas – Ankara Prison (Turkey)

Shopping you can buy in prison	We have a canteen. The inmates can buy drinks like coffee and tea, moreover snacks like toast, burger and biscuits. Alcohol is strictly forbidden. Cigarettes can be sold under control.
The package of the family	Receiving package from the family is not allowed due to security conditions.
The expense that you can do in prison	Inmates can earn about 150-200 Turkish Liras a month.
Where you are cooking in the kitchen	Cooking in the kitchen is not possible but they can prepare a vegetable or fruit salad.
Where you eat	Canteen an outside in the garden.
The tools allowed	forks, spoons,grating and plates are OK but knives are only for making salad.
The art of getting by in the kitchen	Cooking is not allowed. They are served food. These are especially traditional Turkish food.
Prison and the multi-cuisine culinary Babylon	The inmates cannot cook but thanks to this project they get ideas about old recipes and multi-cuisine culinary
Calendar Menu prison	The Daily menu is seasonal. There is no standart. In summer especially light and practical food.
Hours meals	7.00 a.m breakfast 12.30 a.m lunch 6.00 p.m dinner
Water	Tap water is not drinking water. Five liters of water are provided per week and any extra must be purchased from the prison shop.

Conclusions



When we wrote the Project Taste of Freedom, our intention was to start a job in European prisons that used food as an educational and building relationship tool.

The project, therefore, was primarily intended to use food as a catalyst of memories, stories and traditions. In fact, through the story of our traditions we can build confidence relationship and we also recount something about us.

Moreover, because Slow Food is the main partner of the project, the intention was also to educate prisoners on the principles of good, clean and fair, and a culture of health food.

When the project started, we realized how the theme was attractive for inmates who had got involved in this way we would have held together well two years ... in places where food is often poor and not always opportunity for socialization, in fact, we can also discover that only talk about what we liked as children, what my grandmother cooked on Sundays and maybe, why not?, try to cook it together again ... it represented an important opportunity and an opportunity to unravel a bit self.

We can say, therefore, that in this way the food has taken on the value of education tool ... we could talk about lands near and far, of tradition and innovation in the kitchen, we learned how to build a vegetable garden and how you care: food represented as a means of sharing and integration and in some cases went back to being an instrument of socialization.

What, perhaps, we were not quite prepared, however, it was the close bond of affection that has been established with many prisoners, these two long years. Going regularly in prison, more or less on the same day, same time, it becomes a ritual, a bit similar to the meal, which both we and they waited with excitement and impatience, despite the effort of some meetings. During the last final meeting which was organized at the House of imprisonment of Porto Azzurro, Elba Island, for which it was set up a lunch cooked entirely by prisoners which was also able to take part, some of them have said "Today we felt like we were having lunch with friends ... we tasted a bit of freedom."

The project Taste of Freedom has been a great experience for inmates, is surely, but also for us which do not always have time to organize projects so thorough and long-lasting. The European dimension of the project made the occasion even more important, as the exchange of experiences as well as flavors and odors was concrete and affectionate during the entire route .

Finally, I must thank all the staff employed in various capacities in all prisons in Europe that hosted Taste of Freedom , because it is only thanks to them it was possible to undertake this journey. We met availability, enthusiasm, participation and sharing. I think the food has just joined all

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