



# KITCHEN OF COMPETENCES

## Recipe Book to Work with Youth



creativitas

Training course “Kitchen of Competences” involved overall 24 youth workers from 7 different promoters from Poland, Lithuania, Latvia, Estonia, Germany and Italy, who work with youngsters from different backgrounds who are lacking of basic soft skills like household, health care, food cooking, budget planning and economical literacy.

A lack of those basic and fundamental skills force social exclusion and discourage from active participation in a civic society. Training course Kitchen of Competences covered many topics such as budget and family economy planning, making menu, buying food, cooking meal, using food waste in sustainable way, rubbish sorting and etc., to be transferred by youth workers to youngsters. These competences are necessary in a daily life of young people and can be even useful experience in a labour market. Cooking as a method appeared to be very attractive and now much better discovered, developed area in a youth field. Project promoters have interest to start develop workshops, which participants has created and transferred at the local towns during TC.

You are welcome to join this cooking movement. Use this Recipe Book to involve youngsters in creative and tasty activities!

#### Participating countries and organisations:

Estonia	NGO Sunwheel
Latvia	NGO RadiVidi Pats
Germany	GOEUROPE, LKJ Sachsen- Anhalt e. V.
Italy	Cooperativa O.R.S.O.,
Poland	Szkoła na Widelcu
Poland	UNESCO Initiative Center - Centrum Inicjatyw
	UNESCO
Lithuania	NGO Creativitas

Financed by Youth in Action program



Powered by NGO Creativitas



[www.creativitas.lt](http://www.creativitas.lt) [info@creativitas.lt](mailto:info@creativitas.lt)

2013



2



KITCHEN OF COMPETENCES

# CONTENT

<b>APETISERS</b>	3
Couscous baskets (for 30 people)	4
Spicy potato- couscous balls (for 15 people)	4
Fried pumkin seeds	5
Terrine a la Ilze et Christian	5
<b>SOUPS</b>	5
Pumpkin soup	6
<b>MAIN COURSES</b>	7
Perfect polish Bigos	7
Couscous of Morocco	7
Cucumber and zucchini garnish	8
Potatoe Puree	8
Filled chicken with apples, carrots and dried plums	9
Recipe Stuffed red pepper	9
Rice Lazania	10
Vegetarian filled Chinese Cabbage	10
<b>SALADS</b>	12
Fruit salad	12
<b>DESSERTS</b>	13
Balls from cake	13
Filled apples	13
Recipe of marinated pears and pear soup	14
<b>DRINKS</b>	15
Compote	15
Ice Tea	15
<b>FOOD FOR BODY AND SOUL</b>	16
Recipe for Sauna Peeling	16
Sugar Peeling	16
Honey Peeling	16

# APETISERS

## Couscous baskets (for 30 people)

### Cooking time

Preparation time – 20 minutes,  
Baking – 30 minutes in 180 C.



### Products

Prepared (leftover) couscous with carrots and spices (about 700g),  
1 big boiled carrot,  
cheese – 100g,  
2 - 3 eggs,  
boiled broccoli – 200g,  
butter - 50g.

Grain the cheese and boiled carrot, add to couscous, add eggs and mix well with hands. Add salt and pepper if needed.

Take the baking tray for muffins and shape the dough in the tray in a basket shape. Put boiled broccoli in the basket and brush it with liquid butter. Cook it for 30min.

**Comment:** If you wish, can add in basket some cream or sauce to refresh it (could be tzatziki).

It is possible to use the same dough to make salty cookies. Role it thin, cut in the shape of squares and bake in 180C for 20 min.

## Spicy potato- couscous balls (for 15 people)

### Cooking time

Preparation – 40 min.  
Baking – 40 minutes in 180C.

### Products

1kg of mashed potatoes(leftover),  
3 eggs,  
flour – 250 g,  
salt and pepper,  
250g of leftover couscous with carrot and spices,  
fresh vegetable or olives.



Take the mashed potatoes; add 3 eggs, couscous, flour, salt, pepper. Mix all well with hands. Role small balls with hands put on baking tray and bake for 40 minutes.

When balls are ready, make a hole in the middle and put some vegetable into each ball.

## Fried pumkin seeds

### Cooking time

About half an hour

### Products

Pumpkin seeds,  
Salt.

Take about seeds from pumpkin. Wash them twice and pour into the tin. Put seeds in to the oven and let them get dry. Temperature should be about 180 degrees. Afterwards take out the seeds and pour them into to the pan.

Frying processes looks like this : one minute of frying one minute of waiting. During the frying do not forget to add some salt. How much salt you should add depends on your own.

**Comments:** Be careful with seeds. If you over fry the pumpkin seeds they will get bitter. Seeds must be in golden color and all closed. Bon appetite!

## Terrine a la Ilze et Christian

### Cooking time

Two hours

### Products (portion for person)

225g broccoli,  
225g cauliflower.  
250g carrots.  
3 eggs.  
2 tsp. Flour.  
1 slice Serrano (or similar meat) ham or sliced salmon.  
1 tsp. butter,  
salts, pepper etc. like you wish,  
White wine, water with bubbles.



Preparation: Boil water with some salt, add vegetables – each in separate pot (don't overcook).

Drain the vegetables, blend them and put back on low flame to boil out water for 10 minutes with non – stop steering, add the butter and spices when it is ready. Cool it down, add eggs and flour, steer them in well. Take 0,34 l of white wine, mixed with 0,16 l of bubble water and drink it.

Take the baking tray for muffins, butter it, cover the base with ham or salmon, add layers of each vegetable mouse using a pastry bag, beat it on the table tenderly. Put the tray in the 95C water bath at the oven for 30 – 45minutes.

Let it cool down for 3 – 4h. Flip it over to the plate which is decorated by fresh vegetables and salat. Dress it with a drops of pumpkin oil or integrate.

To be served with cold white wine.

For us it took a long time to prepare, you will manage in 2 h working time (without waiting to cool down) – better you prepare the dish 1 – 2 days before you want to serve it.

**Comment:** if the terrine is not stable enough, it need more time in the oven

# SOUPS

## Pumpkin soup

### Cooking time

1 hour

### Products (for 24 persons)

6 kg pumpkin (including seeds and peel),  
4 big carrots, 6 oranges,  
500 grams melted cheese,  
100 grams blue cheese, oil, pepper, salt.

Peel a pumpkin and carrots, cut into peaces (plum size), mix with oil, salt and pepper and put in the oven to fry for 20 minutes in 180o. Then put them in the boiler, add 2 liters of water and boil until vegetables are ready to blend. Blend vegetables in the boiler, add salt (if needed) and fresh squeezed orange juice. Serve in a bowls, adding melted cheese and blue cheese.

**Comments:** blue cheese makes the soup salty, so it is better to use less salt in the making process.

KITCHEN OF COMPETENCIES  
Recipe Book to Work with Youth

# MAIN COURSES

## Perfect polish Bigos

### Cooking time

### Products (for 20 persons)

4 kg Sauerkraut,  
1 Chicken,  
2,5 kg fat sausages,  
10 onion (mixed red and white),  
3 bulbs of Garlic,  
3 carrots,  
2 hands of dry plums,  
0,5 kg pork neck,  
0,5 kg (smoked) ham,  
3 kg pork ribs,  
0,7 l white wine or red wine,  
1 hand dry mushrooms,  
1 sp mushroom powder,  
salt, pepper, bay leaves,  
no tomato, no potato!!!  
optional parsley and sauer cream to dress the dish.



Chicken at 230 C for 40 min in the oven. Chicken with 3 l Water to boil for 2 h on low flame. Cut vegetables (onion, garlic in small, carrots in slices). Fry onions and garlic a little until they are shiny (do not burn them). Drink 0,2 l of white wine. Clean meat and sausages, cut, slice ribs and fry / bake until they are nice colored. Take a big pot, put sauerkraut and cover with water, boil on low flame. Add colored/fried meat and vegetables and cook all things for 2 – 3 h, fill up with the chicken water. Add chicken meat last (10 min before serving), drink rest of wine and enjoy food.

**Comment:** the best BIGOS needs 2 days in the cold (fridge or outside in winter- but be aware of dogs and cats)!!!

### Christian cooking with Maciej instructions

Meal have been approved by polish participant (Seba) as tasty like his Mamas home made bigos! If some people buy you old and stinky ribs, do not try to lean and use them, just do not use them, bigos works as well without or any kind of meat you have as left over.

## Couscous of Morocco

### Cooking time

Around 40minutes.

### Products

2 packs of couscous flour (800g),  
3 carrots,  
oil,  
two celery sticks,

2 stuck parsley,  
1 pick salt, peppers, korma (kurma).

Put it on baking tray couscous grains but before oil the baking tray with sunflower or olive oil. Clear carrots and cutting the carrots “en julienne” (straws), like 200g carrots straws put in on couscous grain. Also cutting celery sticks with two stuck parsley leaf in small pieces. Put it all on baking tray with couscous and mashing all together with hands. Like to be one mass.

Use other bakery tray pour the boiled hot water (1/2 litre) and they put it under the baking tray and let the couscous stint lazy like half and hour. Couscous grain need be soft and separating. After that is ready to pass for the table.

**Comment:** Just use your improvisation cooking knowledge like use put in others vegetables like onion, garlic, or tomatoes steam them. Bueno appetito.

## Cucumber and zucchini garnish

### Cooking time

30 min

### Products (for 24 persons)

2-2.5 kg zucchini,  
1 kg cucumber,  
oil,  
100 g butter,  
5 cloves of garlic,  
salt and black pepper.

Cut cucumber and zucchini to same size pieces. Fry cucumber with oil, later add zucchini. Add salt, pepper and chopped garlic. Add butter and fry till everything will be soft.

## Potatoe Puree

### Cooking time

1 hour

### Products (for 24 people)

4,8 kg of potatoes,  
2 litres of milk,  
150 gr of butter,  
Salt, dill and parseley,

Wash potatoes. Peel potatoes and cut into halves. Put potatoes into cold water to boil. Cook aprox. 45 min until the potatoes are soft. Pour the water off the potatoes (leave some water arterward if you need some more ekstra liquide). Put milk and butter to heat up -75 C (add salt to the liquede). Start smashing potatoes (do not use blender) adding milk/butter the samet ime and mix all together.. Add dill and/or parseley.

## Filled chicken with apples, carrots and dried plums

### Cooking time

3 hours

### Products (for 24 people)

3 chickens (1 chicken approx. 1,5 kg),  
1,5 kg of carrots,  
1,5 kg of apples,  
3 onions (big),  
3 lemons,  
3 packs of dried plums,  
salt 6tblsp,  
smashed pepper,  
sugar 5 tblsp,  
oil 200ml, water,



Clean the chicken. Make marinade from oil, lemon juice, salt, sugar and smashed pepper. Cover chickens with marinade. Peel apples, carrots and onions. Cut apples and onions into  $\frac{1}{4}$ ; carrots onto sticks. Put the vegetables and dried plums sun is shining into chickens and aside. Add  $\frac{1}{2}$  of pan with water and cover with foil. Put to oven 180C for 110 minutes, then take off the foil and heat until chicken takes colour. 6. Cut into peaces and serve with salad of your choice and potatoe puree. Use the water from the pan (vegetables) as a sauce.

## Recipe Stuffed red pepper

### Cooking time

3 hours

### Products (for 24 people)

12 Sweet red peppers with the same size,  
5 onions,  
2kg Pork,  
6kg chicken meat with bones,  
500g cheese,  
1 Lemon,  
salt,  
pepper,  
celeries,  
fresh persil,



Preparation red pepper. Cut the head of the pepper and clean of the seeds. Put some pepper and salt inside by taste.

Preparation of the fille. Cut chicken and pork meat to take off the bones and mash the meat together. Cook bones with celeries, salt pepper other spices. Boil 1 hour in water to make a juice. Cut the onions and cook them in a pan with some oil, salt and pepper. It's important dont mash the meat and onions together. The flavour of the onions might be to strong. Put all the ingredients together: meat and onions. And add the juice of the bones and grated lemon skin. Cut the persil and add in the fille.

Preparation of the stuffed pepper. Fill the red pepper with the preparation and put the head on the top. Not fill too much.

Cooking. Cook the filled pepper in the oven between 15 and 20 minutes around 150°. Check if the peppers don't gone be overcooked. They have to stay soft and still rough in a middle. The pepper must remain crunchy. After 10 minutes take the pepper out from the oven.

Serving. Cut the pepper in the length direction and add cheese of the fill.

## Rice Lazania

### Cooking time

1,5 hours

### Products

1kg rice,  
4 onions,  
8 small peppers,  
880 gr. of corn (4 cans),  
4 middle big broccoli trees (just take the head of them),  
4 normal sized china cabbages,  
8 garlic,  
salt,  
pepper,  
soya sauce,  
butter,  
cheese/



Cut the onions, broccoli trees (in one size), china cabbages, garlic and pepper in small pieces. Boil rice in water with salt and wait until the rice has a delicious consistence. Take the finished rice in cold water to stop the cooking process. Put the oil in a pot and heat it. Put the onions in the oil and wait until they are finished. A little bit later you put the pepper into the pot and led it get hot. Put corn into the pot and wait. Now it is time for the broccoli. Last but not least you put the china cabbage in the pot. Complete the vegetables with salt, pepper, soya sauce and garlic. Just try whether you like the taste. If it is still too flat just add a bit of everything. Wait until they have the right consistence. When everything got cold mix the rice with turmeric and butter until you like the taste!

Make the first level of rice. Make the second level of the vegetable mix. Add cheese! Put the tin into the oven until it is finished! (About ten minutes with 150 degrees). Enjoy your meal and remember the nice time in Daugirdiškės!

## Vegetarian filled Chinese Cabbage

### Cooking time

1,5 hours

### Products (for 4 persons)

2 Chinese Cabbages,  
200 - 300 g Oats,  
4 - 5 Mushrooms,  
1 Tomato,  
2 Carrots,

1 Small Onion,  
250 g Crumbled Cheese,  
olive Oil.

Cut the mushrooms, tomato, carrots and onion in little pieces. Boil the oats with some water until it's getting soft but not smashy. Mix the oats with the vegetables and fry it shortly in just a little bit of oil. Add salt, pepper, curry and some chilli as much as you like. (Don't forget the spices are going to be neutralised by the cabbage. So you can take some more but be careful at all.). Cut the chinese cabbages into two pieces and take off the inner leafs so that in every half arises a hollow. Fulfill these hollows with the mix from oats and vegetables. Give a drop of olive oil on each cabbage half. Cover the cabbage half with cheese and put them on a baking plate. Put the baking plate into the oven and bake the cabbage half for about 25 min at middle heat.

**Comment:** The filled cabbage can be eaten warm and cold.



# SALADS

## Fruit salad

### Cooking time

40 minutes

### Products

Apples 2,  
pears 2,  
oranges 2,  
bananas 2,  
grapes 1 bunch,  
pineapple compot 1 can.



Wash the fruits. Clean/ peel the fruits. Cut the fruits. Put the fruits pieces into a bowl. Add the pineapple compot. Blend all ingredients together.

KITCHEN OF COMPETENCES  
Recipe Book to Work with Youth

# DESSERTS

## Balls from cake

### Cooking time

30 min.

### Products

Over lefts from cake, pie, cookies,  
Nutella cream,  
50 g butter,  
1 table spoon of flour.



Crash over lefts from cake, pie or cookies. Mix it with Nutella cream, butter and flour. Make sure that everything is in one consistency. Make small balls from this mixture; roll them in crumbs of cookies.

**Comments:** you can use some nuts in it. Add rum or any other flavor. Roll it in any other crumbs.

## Filled apples

### Cooking time

-

### Products (for 24 persons)

24 apples,  
0,5 liters of milk,  
5-6 eggs (only yolk is necessary),  
1.5 grams of sugar,  
Lemon skin (According to your taste, 5 or 6 peelings, but be careful taking only the yellow thin part of the lemon because the white part of the skin is bitter. If you want you may use vanilla stick instead.)  
50 grams of flour,  
cinnamon- according to your taste.



Take an apple, cut its top using a sharp knife leaving the stalk of an apple. Be careful the apple must be in a straight forward position while being baking. If it isn't this way, just cut the bottom with the knife and make it smooth horizontally.

Carve the core of apples. Leaving the hole of the size you want to be filled in.

Put sugar into yolks, mix everything properly until the sugar melts.

Cover the baking tray with the baking paper and put the apples into the oven. The temperature is 180 Celcius. Bake apples for 10 minutes. Be careful the top of the apple must match the form of the apple precisely.

Pour milk into a saucepan, add lemon peelings, put it onto the oven and make it warm.

When the milk is warm, throw away lemon peelings.

**Comment:** We offer a simple but delicious dessert out of apples. In fact, now when our gardens and markets are full of apples, this is the simplest and healthiest dessert made out of oven baked apples. Enjoy your meal!

## Recipe of marinated pears and pear soup

### Cooking Time

1,5 hour

### Products (for 24 persons)

For marinated Pears,  
24 Pears,  
0.5 l Wine (red and dry),  
water.

### For Pear soup

1,5 kg Pears,  
1 Bottle White wine (dry),  
cinnamon,  
some Cottage Cheese.



For Marinated Pears. Pill the pears, removes the pips from it, put the pears in a pot, also put the red wine in the pot and fill up with water that the pears are covered. Wait 30 minutes (while that prepare the pear soup). Boil up the pears and serve the marinated pear in the Middle of a deep plate.

For Pear soup. Pill and quarter the pears, removes the pips. Put the pears in a pot. Smash the pears. Put the white wine to the pears. A quarter teaspoon cinnamon. Boil up the soup and put the soup around the marinated Pear. Put some Cottage Cheese on the top.

**Comments:** Enjoy it!

KITCHEN OF COMPETENCES  
Recipe Book to Work with Youth

# DRINKS

## Compote

### Cooking time

45 minutes

### Products (for 24 persons)

48 Apple,  
24 Pears,  
cinnamon,  
cloves,  
water,  
500g sugar.

Wash the fruits. Cut the fruit in small pieces and put them into a pot together. Add water but don't cover the fruits with it. Boil it in the pot with medium heat and turn around. Add sugar cloves and cinnamon till you like the taste. Let it boil on low heat till the consistence turn into smashy. Add sugar and cinnamon as much as you like.

**Comment:** Don't forget to turn around and if necessary add water.

## Ice Tea

### Cooking time

Preparation - 10 min

Cooking time - 15 min

### Products (for 24 persons)

Melissa leaves,  
stems raspberry,  
lemon,  
2 sugar spouns,  
5 liters of water.

First of all, you have to find Melissa and raspberry sticks in outside (in the forest, in your garden, in the market). After you have to put five liters of water in a pot and boil it. When the water is boiled put the Melissa, raspberry sticks, sliced lemon (without skin), sugar (to taste) into the water. Eventually leave the tea to get cold.

**Comments:** When tea is done let her get cold (refrigerator, outdoors, in cold water).

# FOOD FOR BODY AND SOUL

## Recipe for Sauna Peeling

### Sugar Peeling

#### Preparing Time

10 minutes

#### Products

1 cup brown sugar,  
½ cup Salt,  
8 Soup Spoon Olive Oil.

Put sugar and salt together in a bowl. Put the oil in the bowl and mix the ingredients. Ready!

### Honey Peeling

#### Preparing Time

10 minutes

#### Products

5 Soup Spoons Honey,  
Some Quark,  
Sugar.

Stir the honey with some quark. Add sugar.

**Comments:** How much sugar depends from how strong the peeling should be.