

# Mezinárodní kuchařka hartenberských dobrovoníků

## International Cookbook of Volunteers in Hartenberg

### JAPANESE

#### OKONOMIYAKI (for 3 people)

##### Ingredients:

Sliced pork (6)  
Pepper (little bit)  
Cabbage  
Green leek (1)  
Water (150 g)  
Egg (3)  
Flour (140 g)  
Green laver (little bit)

- 1) Cut pork as 2 or 3, then sprinkle pork with salt and pepper. And you cut as big as you like. You also cut green leek as big as you like.
- 2) Mix the water with disentangled eggs. Next, filter the flour to make tiny particle. And mix the water and tiny particle flour until it become smoth.
- 3) Mix the water, cabbage with green leek.
- 4) Put oil on frying pan. Then put the 1/3 of material describe before on frying pan and spread as a circle 15 centimetres in diameter.
- 5) Add the 1/3 of pork to the rest. And then put the little bit of cabbage on it. Burn moderate heat.
- 6) When bottom of pork are turn to brown, reverse and put on the top of frying pan. Burn low heat.
- 7) Dish it up and spread sauce, green laver and a piece of dried bonito on it.

### PORTUGAL

#### FRANCESINHA (Individual)

##### Ingredients:

Cheese (has to melt) (cut in slizes)  
Meat (from cow/ can also be pork)  
Tomatoe sauce  
Join some beer in the sauce  
You can also put some spicy sauce  
Bread (some kind al toast bread)  
Jam (it ean be put a part)  
Special sausage (red)

- 1) Put the slices bread in the plate (resistant plates to the heat). Between the bread, put the piece of meat, some jam (if wanted), and the sausage.
- 2) So, after this cover it with the upper bread, and put the slizes of cheese, up the bread.
- 3) Put about 5 or 6 slizes. Then take it to the oven, let it warm till it's cooked. And the cheese melted. About 30 minutes, let's say. Take it from the oven, and join the warm made sauce!

## KOREA

### KOREAN FRIED RICE (Individual)

#### Ingredients:

Rice (100 g)  
 Carrot (1/2)  
 Onion  
 Paprika (1/4)  
 Bean (10)  
 Ham (50 g)  
 Oil  
 Egg (1)

Note: wash the rice and put the rice on the pot. Put the water and boil.

- 1) Wash the rice and boil.
- 2) Cut the vegetables and ham
- 3) Mix the boted rice and oil.
- 4) Fry all the ingredients on the pan.
- 5) Break the egg and put on the bowl.
- 6) Mix the egg with salt and fried the eggs on the pan.
- 7) Put the rice on the plant and put the fried egg on the rice.

## FRANCE

### RATATOUILLE (6 people)

#### Ingredients:

Tomatoes (350 g)  
 Aubergines (1 K)  
 Red peppers (100 g)  
 Green peppers (150 g)  
 Courgette (100 g)



- 1) Wash all the vegetables
- 2) Cook the tomatoes and the courgette in the frying pan for more or less half the time needed.
- 3) Add some water and wait until it boils.
- 4) Add all the peppers and the ouvergine let it cook until it is done.

Note: Don't use oil!

## TURKEY

### MENEMEN (3 people)

#### Ingredients:

Tomatoes (600 g)

Onion (1)

Peppers (3)

Olive oil

Salt

Eggs



- 1) Cut the onions in really small pieces, and you try the peppers when the onions are ready.
- 2) You cut the tomatoes in small pieces and add them. They should be in 20 minutes aprox.
- 3) After that, we mix the eggs with the tomatoes and the onions.
- 4) When everything is fried, taste and serve! You can serve with potatoes and chicken.

## SLOVAKIA

### BRYNZOVE HALUSKY (5 people)

#### Ingredients:

Potatoes (600 g)

Bacon

Sheep cheese

Milk

Flavor

Salt

Egg

- 1) Peel the potatoes
- 2) Add eggs, flour and 1 teaspoon of salt.
- 3) Prepare a dough which is not hard in texture.
- 4) Add flour or water to achieve the right consistency.
- 5) Boil water and add 2 teaspoons.

## TAIWAN

### DUMPLING (for 4 people)

#### Ingredients:

Ground pork or ground beef (600 g) Note: this must look at

Onion (1) Sliced scallions

Amount of cabbage Note: it depends, not very important

Dumpling skin

Soy sauce (30 g)

½ teaspoon sugar or sugar 5 g

½ teaspoon salt

1 tablespoon sesame oil or same oil (10 g)

- 1) Wash cabbage or chopped cabbage mix of salt. After standing 20 minutes, dry reserve.
  - 2) Prepare a large bowl or container mix ground meat, soy sauce, sugar and sesame oil, mix well then add the cabbage and scallions, all the material mix well.
  - 3) Add stuffing the pork.
  - 4) Put wrapped dumplings into boil dry water, then add cold water to the boiling water. Again, after the dumplings are floating in boiling water then you can salvage serve hot.
- Note: the amount of ingredients are not contained, it depends if you are skill operator, dumplings can be full package (than means you might not need so much meat).

SPAIN

### TORTILLA de PATATAS (for 2 people)

Ingredients

Potatoes (2)

Eggs (3)

Salt

Onion

Olive oil



- 1) We cut potatoes and put in a frying pan to fry potatoes for 20 minutes in olive oil. Add salt and onions. When potatoes and onions are fried, put them in a clean bowl.
- 2) We crack the eggs and mix with the potatoes and onions.
- 3) After that, we mix the potatoes and eggs and we add salt. Note: it is a good idea to wait one hour so the potatoes and eggs are really mixed.
- 4) After that, we put all in the frying pan and wait until the side in contact with the frying pan is fried.
- 5) Turn it to fry the other side.

NETHERLANDS

### HUTSPOT (for 4 people)

Ingredients:

Potatoes (500 g)

Carrots (300 g) (both in small pieces)

Onions (200 g)

A little bit of milk



- 1) Remove the skin of the potatoes and the carrots. Put the potatoes, carrots and onions (all in small pieces) in a pot with some water. (The water should not cover all the vegetables)

2) Boil it for about 40 minutes. Mash it all together with a little bit milk. Add spices and herbs (salt, pepper, boullion, etc)

- You can serve it with meat (sausages)
- You can also add bacon in small pieces.

RUSSIA

### COTLETES WITH POTATOES

Ingredients:

Mashed beef

Onion

Milk

Bread

Garlic

Greenery

Pepper

Salt

Flour

Potatoes

Dill

Olive oil or butter

- 1) Firstly, we put cutted bread in milk.
- 2) Cut onion, garlic, pepper, greenery into small pieces.
- 3) Then mix all the ingredients with a beef and make cotlettes in a circle shape. Then cover cotlettes with flour and fry in the oil.
- 4) Potatoes clean from a skin, cutting in two halves, boil in water.
- 5) Then, when it is ready, we save some water from potatoes.
- 6) Leave potatoes and some water and add there garlic, dill, oil and mix all together.

POLAND

### GOLABKI-PIGEONSN (for 4 people)

Ingredients:

Glass of boiled rice (1)

White cabbage (1)

Spoons of fat (oil) (2)

Big onions (2)

Pieces of garlic (2)

Daj of ground pork (45)

Eggs (2)

Salt

Pepper

Spoons of red pepper (2)

½ glass of bovidon

½ glass of rubed  
Glass of sour cream (2)

- 1) Boil white cabbage.
  - 2) Fry garlic and onion on fat (or oil).
  - 3) Mix rice, pork, eggs, fried onion and garlic and spices: pepper, salt, oregano and red pepper.
  - 4) Put the stuffing on cabbagev leafs
  - 5) In the botton in the pan put a bunched cabbage and on it put cabbage and the rest of ingredients.
  - 6) Bouillon mix with tomatoes and put in to the pan.
  - 7) Pan put into hot oven and wait for 2 hours in 180 degrees.
- Before serving put sour cream on the food.

CZECH REPUBLIC

### SAUERKRAUT, DUMPLINGS AND SAUSAGE

Ingredients (4 people):

1 glass of sauerkraut (cabbage)

Dumpling

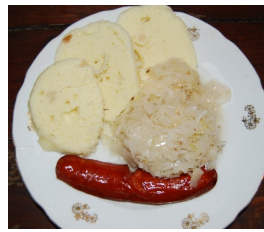
4 sausages

1 big onion

Oil

Sugar

Salt



- 1) Cut onion into small pieces. Fry it in the pan.
- 2) Add cabbage (without souse). Add a bit of water, 2 spoons of sugar, pinch of salt. Cook for about 15 minutes.
- 3) Fry sausages.
- 4) Cut dumpling into thin slices, warm them in steam.
- 5) Serve all together. Dobrou chut'!