

HEALTHY COOK BOOK



SWEETS - CAKES PASTRIES

Recipes from Poland - Spain -
Greece and Cyprus



COMENIUS RECIPES

RECIPE: PLEŚNIAK

INGREDIENTS:

200 g butter

4 large eggs

3 cups flour

1,5 teaspoons baking powder

2 tablespoons caster sugar

a pinch of salt

2 tablespoons cocoa powder

1 jar jam from sour fruit

METHOD

Chop cold butter with flour, baking powder, caster sugar, four yolks and a pinch of salt. Quickly knead dough and divide into three parts. Knead one portion of dough with cocoa powder. Form three balls and wrap each of them in cling film. Refrigerate.

Beat the egg whites until stiff. Gradually add caster sugar (2/3 cup) at the end of whisking. Line a baking pan (24 x 32 cm) with parchment paper and grate one portion of dough on its bottom. Spread thickly with jam and grate cocoa dough on it. Put the beaten egg whites on top and grate the last piece of dough. Bake for about 40 - 50 minutes at 180°C. Enjoy!



TYPICAL
FROM:
POLAND

CATEGORY:
CAKES

DIFFICULTY:
MODERATELY
EASY

PREPARATION
TIME:
20 MINUTES

COOKING
TIME:
50 MINUTES

AUTHOR:
Aleksander



COMENIUS RECIPES

RECIPE: GINGERBREAD CAKE

INGREDIENTS:

130 g butter

4 tablespoon oil

4 eggs

2 cups sugar

3 tablespoon thick cream

500 g honey

5 ½ cups flour

1 cup milk,

½ teaspoon grounded

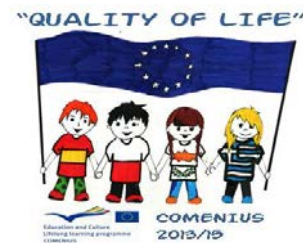
cinnamon and ginger

2 teaspoon bicarbonate soda

50 g chocolate

METHOD

Butter, eggs, oil and cream mix together until combined. Bring the honey to the boil, add the spices and add to the mixture. Add the flour and stir. Bring the milk to the boil and add to the mixture. Add the soda, mix until combined. Grease a loaf pan (24 x 11 cm) with butter and sprinkle with bran. Pour the batter into the prepared loaf pan. Bake for about 60 min in 175°C. You can decorate with melted chocolate. Enjoy!



TYPICAL
FROM:
POLAND

CATEGORY:
CAKES

DIFFICULTY:
MODERATELY
EASY

PREPARATION
TIME:
20 MINUTES

COOKING
TIME:
60 MINUTES

AUTHOR:
Milena



COMENIUS RECIPES

RECIPE: FRUIT YOGHURT CAKE

INGREDIENTS:

160 ml sunflower oil

1 cup sugar

1 large egg

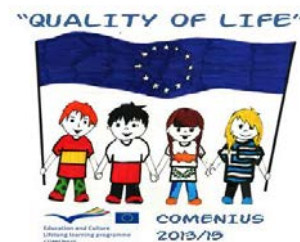
freshly squeezed lemon juice and
zest of 1 lemon

600 g thick yoghurt

500 g flour

2 teaspoon bicarbonate of soda

600 - 700 g fruits (any)



METHOD

All ingredients should be at room temperature. In a bowl sift flour and bicarbonate of soda, put aside.

In the large bowl mix together sunflower oil, sugar, egg, lemon juice and zest. Add yoghurt and mix. Add sifted dry ingredients and mix with spatula.

Line a baking tin with baking paper. Pour in the batter, smooth the top. Place the fruits, cut-side up. Bake at 160°C for about 50 - 60 minutes, until skewer inserted in the center of the cake comes out clean. Take out from the oven and cool.

Dust with icing sugar.

Enjoy!



TYPICAL
FROM:

POLAND

CATEGORY:
CAKES

DIFFICULTY:
EASY

PREPARATION
TIME:
10 MINUTES

COOKING
TIME:
60 MINUTES

AUTHOR:
Anna



COMENIUS RECIPES

RECIPE: APPLE PIE WITH FOAM AND CRUMBLE

INGREDIENTS:

Cake:

3 glass flour
1 cube of margarine
5 egg yolks
2 teaspoons baking powder
2-3 tablespoons cream 18%
1/2 glass of sugar

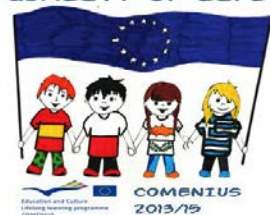
Filling:

1 kg of apples + some water
1/2 glass of sugar
little vanilla sugar
(or ready applesauce)

Foam:

5 proteins
1/2 glass of sugar
cherry jelly (1 / 2 liter)

"QUALITY OF LIFE"



METHOD

1. Ingredients for the dough to knead. Piece of cake roll in the 'tube' and put in the freezer - you will need to crumble on top. The rest of the dough, roll out and place it in the bottom of a large sheet while doing little 'tabs' around the cake. Broil about 15 min at 180 C.
2. in the meantime, apples and get ready to foam. Apples and lightly crush overcook with the addition of water and sugar. Or, to the finished mousse wipe an apple - so I did this time. Foam - 5 proteins nearly beat stiff, add the sugar and continue to whip. Later add the jelly and whipped into a homogeneous mass, to the jelly will not be dark dots on foam, otherwise they come out ugly traces of the baking.
3. At the pre-baked pie put apples on an apple on top of the foam and wipe the rest of the dough (from the freezer) - a grater with large mesh. Bake 30-40 min. at 180 C.



TYPICAL FROM:
Poland

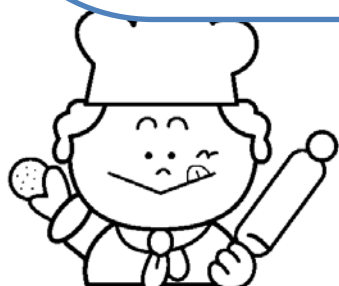
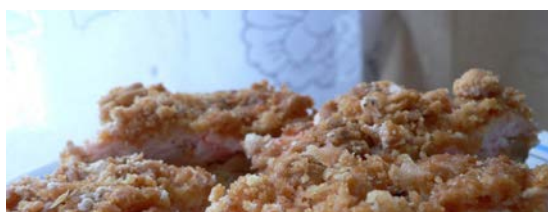
CATEGORY:
Cake

DIFFICULTY:
Easy

PREPARATION
TIME:
30 min.

COOKING TIME:
40 min.

AUTHOR:
Mateusz



COMENIUS RECIPES

RECIPE: CHEESECAKE

INGREDIENTS DOUGH:

margarine- 1 packet
flour- 3 glasses
egg yolks- 5
baking power- 3 tea spoons
sugar- 3 tablespoons

INGREDIENTS CREAM:

cream cheese-1 kg
eggs- 3
cream pudding- 1
sugar- 1 glass
margarine ½ packet
egg white- 5

"QUALITY OF LIFE"



METHOD

1. Preheat oven to 180°C.
2. In a bowl mix ingredients for the dough.
3. In the second bowl mix ingredients for the cream.
4. Put the bowls into the fridge for 20 minutes.
5. Put the cake into the baking tray.
6. Put the cream on the dough.
7. Bake for one hour.
8. Chill in the fridge before serving.

Enjoy!



TYPICAL FROM:

Poland_

CATEGORY:

Cake

DIFFICULTY:

Easy

PREPARATION

TIME:

30 minutes

COOKING TIME:

60 minutes

AUTHOR:

Monika





COMENIUS RECIPES

RECIPE: Spinach pie

INGREDIENTS: 500 grams filo crust

2.5 lbs. spinach, chopped (you can substitute frozen, thawed well)

1/2 cup olive oil

4 large onions, diced

2 bunches green onions, diced (incl. 4 inches green)

1/2 cup parsley, chopped

1/2 cup fresh dill, chopped (substitute 3 tbsp. dried)

1/4 tsp. ground nutmeg

Salt and freshly ground black pepper to taste

1/2 lb. feta cheese, crumbled

4 eggs, lightly beaten

1/2 lb. ricotta or cottage cheese

1/4 cup butter, melted

1/4 cup olive oil

METHOD

Chop finely the spring onions, the dill. and the parsley.

Heat the spinach for a couple of minutes in heated water it will become soft. Then squeeze it to remove any excess water and chop it finely. Crumble the feta cheese.

Mix all the above mentioned ingredients together with the eggs in a deep bowl.

Baste a rectangular baking pan with oil.. You should baste with oil each filo sheet separately. Place three filo sheets on the bottom.

Then spread the mixture and fold the parts of the filo sheets which come up above the baking pan. Baste them with oil

Add the remaining top filo sheets and oil them. Make incisions into the pie.

Baste the top filo with oil. | You can baste each filo separately.



TYPICAL
FROM:

CATEGORY:

Pastries -pie

DIFFICULTY:

difficult

PREPARATION
TIME:

1. h

COOKING
TIME:
1h

AUTHOR:





COMENIUS RECIPES

RECIPE: Cheese triangles or rolls

- 640 gr milk or less, lukewarm (use enough for thickening the flour)
- 6 spoons flour
- 3 spoons butter
- 160 gr parmezan cheese, grated
- 3 eggs, beaten

METHOD

1. Heat butter and add the flour. Mix and heat flour until brown. Add milk and stir until mixture thickens.
2. When it thickens, let it cool.
3. Mix the cheese and the eggs with the thickened mixture. If the mixture is not thick enough to be moulded add more cheese.
4. Shape the mixture into triangles or rolls and bake in moderate oven until golden.



TYPICAL
FROM:

CATEGORY:

Snack -
pastries

DIFFICULTY:

medium

PREPARATION
TIME:

30 min

COOKING
TIME:
Until golden

AUTHOR:
Katerina





COMENIUS RECIPES

RECIPE: Greek cinnamon biscuits(koulurakia)

INGREDIENTS: 4 eggs, plus

1 egg yolk (the white will be used in the wash)

1 1/4 cups sugar

10 cups flour (1 kilo = 2.2 lbs)

3 tablespoons cinnamon

1 teaspoon ground cloves

200 gr butter, melted and cooled

250 gr milk, lukewarm

2 teaspoons baking ammonia

wash made with

1 egg white

2 tablespoons water

METHOD

Beat the eggs the sugar until light and fluffy, about 5-6 minutes.

Put the flour and spices into a large bowl. Make a well in the centre and add butter and rub into flour with your hands. Add the milk, into which you've already dissolved the baking ammonia, and the egg mixture. Knead well until a soft and pliable dough forms.

Shape the koulourakia as you wish. It is traditional to make 'S' shapes, snails and braids here. Place on a greased cookie sheet, or parchment or silpat and brush with egg-white wash.

Bake in a preheated 350F (170C) oven for 20-25 minutes. Store in an air-tight container.



TYPICAL
FROM:

CATEGORY:

desert

DIFFICULTY:

easy

PREPARATION
TIME:

50 min.

COOKING
TIME:
25min

AUTHOR:
Apostolis





COMENIUS RECIPES

RECIPE: Melekouni Sweet

INGREDIENTS:

- 700 gr honey
- kg sesame
- ½ t-spoon of cinnamon
- ½ t-spoon nutmeg
- scrap of 1 orange (or bergamot)
- 100 grams almonds whitened

METHOD

Clean the sesame and brown it .

Put it in a blender.

Boil the honey until it loses its humidity and starts to become solid and stir it well with all the other ingredients.

Clean and wet a surface, spread the mixture of honey while it is still soft and warm.

Press one by one all the almonds on its surface so that they become one with it and then let it get cold.

When it is cold we cut it..



TYPICAL
FROM:

RHODES

CATEGORY:

Sweet

DIFFICULTY:

easy

PREPARATION
TIME:

30 min

COOKING
TIME:

AUTHOR:
Anastasia
Year 6





COMENIUS RECIPES

RECIPE Apple pie (milopita)

INGREDIENTS:

- 3 medium sized Granny Smith apples
- 1 1/2 cups of self-rising flour (or regular flour with 1 1/2 tsp of baking powder)
- 2 eggs (separate yolks from whites)
- 1 cup of white sugar
- 3/4 of a cup of butter
- 1/3 cup of milk
- 1/4 cup of brown sugar
- 1 tbsp grated lemon rind
- 1 tbsp vanilla extract
- 1 tsp ground cinnamon
- A pinch of salt



TYPICAL
FROM:

CATEGORY:

Desert,

DIFFICULTY:

medium

PREPARATION
TIME:

30 min

COOKING
TIME:
1h

AUTHOR:

John

METHOD

Wash, peel and core the apples. Slice the apples from the center out into thin slices and place in a bowl with water and a squeeze of lemon to prevent them from browning.

Mix the flour with salt in another bowl if you are using the self rising, (plus the baking powder if you are using plain flour).

Place in a mixer 1/2 a cup of the butter and 1 cup of white sugar and beat well until is smooth.

While beating the butter and sugar, alternately add the egg yolks and flour mixture 1 tbsp at a time. Add the rest of the flour alternately adding the milk in stages as well.

Add the vanilla extract and lemon rind and mix until the mixture is smooth.

Butter the sides of a round baking dish and pour in the beaded mixture.

In a separate bowl, whip the egg whites and dip the apple slices in it.

Arrange the apple slices pushing them half way into the mixture.

Melt the remaining 1/4 cup of butter; add the brown sugar and powder cinnamon and stir to mix. Pour the mixture over the apple slices. Bake in a preheated oven at 200 degrees celcius for about 60 minutes.



COMENIUS RECIPES

RECIPE: Kormos (tree log)

INGREDIENTS:

- 1 pkg cookies (plain butter cookies)
- 2 c caster sugar
- 250 g butter or margarine (1 cup)
- 1/2 c milk
- 1 c cocoa powder
- 1 vanilla powder or extract
- 1 Tbsp cognac (or liquer of your choice)

METHOD

Break the cookies into small pieces, don't crumble them. Wet with milk and cognac. Do not soak!

Beat butter, caster sugar, vanilla and cocoa powder.

Add to broken cookies and mix well. Line a bread tin or any freezer safe, long, rectangular dish with grease proof paper, leaving enough over the sides to fold over once filled.

Press the mixture into the tin, fold in sides to seal. Place in freezer for at 2-3 hours. If you want a more rounder log shape, don't use the tin, just place the mixture on a sheet of grease-proof paper and the roll the paper up, sealing the sides by tucking under the ends. Once it is sufficiently chilled, remove your "log", slice and enjoy!!!



TYPICAL
FROM:

CATEGORY:

desert

DIFFICULTY:

easy

PREPARATION
TIME:

15 min

COOKING
TIME:
No cooking



AUTHOR:
Evelina
Tsavidou
Year 6





COMENIUS RECIPES

RECIPE:bougatsa

- INGREDIENTS: 4 1/4 cups of whole milk
- sliced peel of 1 lemon
- 1 1/4 cups of granulated sugar
- 3/4 cup of semolina
- 4 eggs
- 1/4 teaspoon of vanilla extract
- 12 sheets of commercial phyllo dough
- 200gr of butter, melted
- -----
- For the topping:
- confectioner's sugar
- ground cinnamon



TYPICAL
FROM:

METHOD

Warm the milk and lemon peel in a saucepan. Stir in semolina with a wooden spoon until the mixture is thoroughly blended and thickened.

Beat the eggs, sugar, and vanilla until light and add to the pan, stirring over medium-low heat until it reaches a creamy custard consistency. Remove from heat, take out and discard lemon peel, and allow to cool completely. Stir occasionally to keep the custard from forming a skin on top.

Preheat oven to 350°F (180°C).

Lightly brush a baking pan (13 X 9 X 2 or equivalent) with butter. Line the bottom of the pan with 8 sheets of phyllo, brushing each sheet well with the melted butter. Add the custard filling. Fold the excess phyllo that overlaps the pan in over the custard. Top with the remaining phyllo, brushing each with butter. Use a scissors to trim the top sheets to the size of the pan. Spray the top lightly with water and bake at 350°F (180°C) for 30-40 minutes, until the top is golden brown.

Remove from oven, sprinkle with confectioner's sugar and cinnamon while hot, and serve warm.

CATEGORY:

Pastries -pie

DIFFICULTY:

difficult

PREPARATION
TIME:

30 min.

COOKING
TIME:

**1 hour,
30 minutes**



RECETARIO COMENIUS

RECETA: **Quesada pasiega.**

INGREDIENTES:

350 g sugar

150 g flour

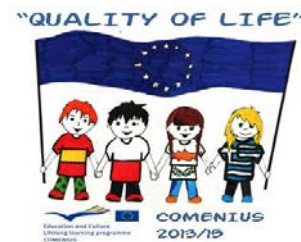
½ l milk

1 lemon juice

4 eggs

1 whole-milk yogurt

100 g butter



MÉTODO DE ELABORACIÓN

Shift all the ingredients and pour it in a buttered big oven safe bowl or cake plate (instead of butter it is more practical to use parchment paper).

Bake the dish in a preheated oven (180° C) for 70 or 80 minutes.

After that let it cold on and it is ready to eat.

It is delicious! Bon appetite!



TYPICAL OF:

__CANTABRIA__

CATEGORIA:

__DESSERT__

DIFICULTAD:

__EASY__

TIEMPO DE
PREPARACION

__15MIN__

TIEMPO DE
COCCION:

80 MIN

AUTOR:

MARCOS

RUBIO PÉREZ

3 YEARS OLD



RECETARIO COMENIUS

RECETA: **Buñuelos in chocolat sauce**

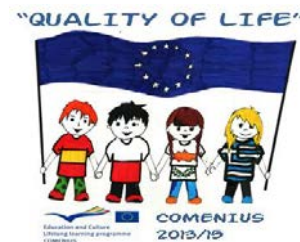
INGREDIENTES:

For the dough:

8 g baking powder
250 g flour
150 g butter
5 g salt
300 ml milk
100 ml water
6 eggs
grated zest of a lemon
1 tablespoon sugar

For the chocolat sauce:

300 g chocolate
250 ml milk



MÉTODO DE ELABORACIÓN

For the dough:

+ Boil the water with the milk, butter, salt and sugar. When it is boiling, add fast the flour, stir up and mix at medium heat until the dough can separate easily from the pot.

+ Move the pot away from fire, add eggs one at a time and the baking powder, beating well all the time until it is well mixed.

+ Transfer the mixture to a pastry bag with a large straight tip and pipe balls, instead of a pastry bag it is possible to use a pair of tablespoons to make the balls. Fry it in a saucepan with plenty of hot oil, at 170° C until they are golden brown.

Drain it then in paper towel and sprinkle sugar on it.

For the chocolat sauce:

Hot the milk until it boils, let it cold on a few minutes and add then the chocolate. Stir up until it is a proper sauce.

TYPICAL OF:

CATEGORIA:

__DESSERT__

DIFICULTAD:

__EASY__

TIEMPO DE
PREPARACION

_40
MIN_____

TIEMPO DE
COCCION:
40MIN

AUTOR:
MARIO
MARTÍN
11 YEARS OLD



RECETARIO COMENIUS

RECETA: **RICE WITH MILK**

INGREDIENTES:

200gr of rice
1litre ½ of milk
180-200gr of sugar
Some pieces of lemon peel
1 cinnamon stick

DECORATION

-CINNAMON
-LEMON PEEL



MÉTODO DE ELABORACIÓN

- 1- Boil all the ingredients together in a big pan for 45-50 minutes.
- 2- Stir up frequently, especially at the end or the rice at the bottom will burn.
- 3- When you turn off the heat, you can remove the lemon peel and the cinnamon stick.
- 4- Add 25gr of butter and stir up until it melty.
- 5- Let it cool on the fridge and serve in a small bowl with cinnamon on top. You can also decorate it with a piece of lemon peel.

DELICIOUS!!!!



TIPICAL OF:

ASTURIAS _____

CATEGORIA:

__DESSERT__

DIFICULTAD:

____EASY____

TIEMPO DE

COCCION:

50 MIN

AUTOR:

DAVID
SANCHEZ-
REBATO
7 YEARS OLD

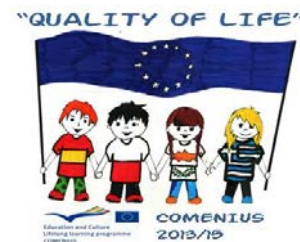


RECETARIO COMENIUS

RECETA: **Torrijas**

INGREDIENTES:

Bread from yesterday
¼ l milk
2 eggs
1 lemon, zest only
2 tablespoons flour
1 cinnamon stick
½ glass olive oil
¼ teaspoon cinnamon powder
1 tablespoon sugar



MÉTODO DE ELABORACIÓN

Put in a pot the milk, a piece of the zest of the lemon and the cinnamon stick. Boil it for 5 minutes and cool on until it is warm. Slice the bread in 2 cm slices and pour the milk above it. Let the bread get the milk for about 10 minutes.

Put flour in a plate, drain a little the bread and dredge it in the flour, one piece at a time, and dredge it again in the 2 beaten eggs. At last fry them in hot olive oil until they are golden brown and cool on in paper towel.

Mix the sugar with the cinnamon powder and sprinkle it on the torrijas.



TIPICAL OF:
MADRID_____

CATEGORIA:
__DESSERT__

DIFICULTAD:
____EASY____

TIEMPO DE
PREPARACION

_20 MIN_____

TIEMPO DE
COCCION:
10 MIN

AUTOR:
CAYETANA C.
5 YEARS OLD



COMENIUS RECIPES

RECIPE: Date pies (Finikota)

INGREDIENTS:

Filling:

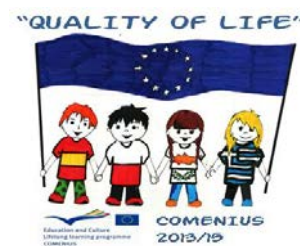
- 40 dates
- 1 cup of finely chopped almonds
- 2 tablespoons of butter
- ½ cup of sugar
- ½ cup of rosewater
- ½ cup of brandy
- 1 teaspoon of cinnamon
- ½ teaspoon of clove

Pastry

- 1 cup of sugar
- 2 cups of unsalted butter
- 1 cup of milk
- 2 egg yolks
- 2 teaspoons of baking powder
- 1 kg of all-purpose flour

To Decorate:

Add caster sugar, cinnamon and chopped almonds on a plate



CATEGORY:

Desert

DIFFICULTY:

Medium

PREPARATION TIME:

20 min

COOKING TIME:

20-35 min

AUTHOR:

Jake Parperis
Year 4

1. Chop the dates , in a small casserole melt the butter, add all the ingredients for the filling until it becomes a thick paste. Allow it to cool down.
2. For the pastry: add the butter and sugar in a blender mix until it becomes frothy mixture. Add the milk, the egg yolks and the baking powder. Empty the mixture in a bowl and add the flour.
3. Take the filling and roll into small balls 1-2 cm. Take small pieces of the pastry and roll into thin small round pies, add the filling, roll into small round balls.
4. Cook for 25-35 minutes in a preheated oven until golden brown. Decorate while hot!



COMENIUS RECIPES

RECIPE: Fried Sweet Dough (Katimeria)

INGREDIENTS:

- 2 cups of all-purpose flour
- 1 cup of milk
- 4 eggs
- 1 teaspoon of Baking Powder
- Butter for Frying
- Jam (any flavour) or caster sugar or honey

METHOD

1. Beat the eggs one at a time.
2. Add the rest of the ingredients and the mixture is ready.
3. Put the butter in a pan and heat.
4. Pour some of the mixture in the pan and fry until golden brown.
5. Serve with any jam of your choice or honey and cinnamon or caster sugar over them.

CATEGORY:

Dessert – Pastry

DIFFICULTY:

Easy

PREPARATION TIME:

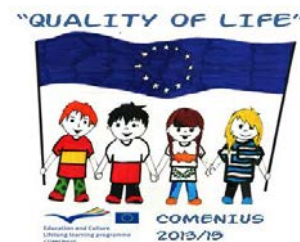
8 min

COOKING TIME:

Until golden brown

AUTHOR:

Ioannis
Antoniades
Year 4



COMENIUS RECIPES

RECIPE: Pastries with Almonds - Daktila (Ladies' Fingers)

INGREDIENTS:

For the dough

- 6 cups self-raising flour
- pinch of salt
- 1 cup vegetable oil
- 2-3 cups lukewarm water

For the filling

- 3 cups almonds, finely ground
- 6 tablespoons sugar
- 1-2 teaspoons ground cinnamon
- 8-10 tablespoons rose water

For the syrup

- 4 cups sugar
- 4 cups water
- 3-4 cinnamon sticks
- 6-8 drops of lemon juice
- 4 tablespoons rose water



CATEGORY:

Desert

DIFFICULTY:

Difficult

PREPARATION TIME:

80 min

COOKING TIME:

Until Brown (10 min for all)

AUTHOR:

Zacharias
Ioannou
Year 4

1. To prepare the syrup, place the sugar, water, cinnamon and lemon juice in a saucepan. Stir and place over medium heat. As soon as it reaches boiling point, reduce the heat and boil a further 5-7 minutes. Remove from heat, pour in the rose water, take out the cinnamon sticks and leave to cool.

2. To prepare the dough, mix the salt with the flour and add the oil. Using your fingertips rub the oil into the flour until the mixture resembles fine breadcrumbs. Knead with as much water as needed to make firm dough. Cover and leave it aside for half an hour.

3. To prepare the filling, mix the almonds with the sugar and cinnamon and add some rose water to make a firm mixture.

4. Roll out the dough into thin sheets and cut each sheet into pieces of about 8x10 cm. Place some filling on each piece and roll to the shape of a finger. Press the edges firmly with a fork.

5. Heat plenty of oil in a medium pan. Fry the daktyla, a few at a time, over a low heat until golden brown on both sides. Remove them from the heat and dip into the syrup for about 10 seconds. Drain them in a strainer and transfer to a platter. You will get about 140 daktyla.



COMENIUS RECIPES

RECIPE: Cypriot Semolina Desert (Halvas)

INGREDIENTS:

- | | |
|---|---|
| <ul style="list-style-type: none">• 3 cups of sugar• 1 cup of oil• ½ almonds cut in half• 1 cup of fine semolina | <ul style="list-style-type: none">• 5 cups of water• 1/2 tsp of rosewater• 4-5 pieces of gloves• Cinnamon powder |
|---|---|

METHOD

1. Heat up the oil in a sauce pan large enough to hold all ingredients.
2. Add the semolina and stir constantly until it browns slightly.
3. In the meantime in another sauce pan you heat up the water, add the sugar, and stir to melt the sugar. Heat up the syrup for about 10 minutes.
4. When the semolina has become brown, gently pour in the sugar syrup.
5. Add the almonds and stir continuously until the halva thickens.
6. One way to know that the halva is ready is when it does not stick to the sauce pan walls.
7. Remove from the heat and pour it into a cooking tray.
8. When the halva has cooled down, remove from the form by placing a flat dish over the form and turn it upside down.
9. Sprinkle with some cinnamon powder.

CATEGORY:

Desert

DIFFICULTY:

Easy

PREPARATION TIME:

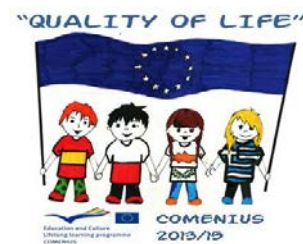
10 min

COOKING TIME:

10 min

AUTHOR:

Mikaella
Kakogianni
Year 4



COMENIUS RECIPES

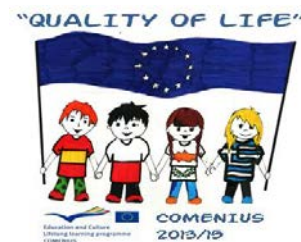
RECIPE: Halloumi Cheese Pie

INGREDIENTS:

- 1 cup of corn oil or sunflower oil
- 5 eggs
- 1 cup of milk
- 2 tablespoons of finely chopped mint
- 3 cups of grated halloumi cheese
- 1 teaspoon of baking powder
- 3 cups of all-purpose flour

METHOD

1. In a bowl beat the eggs, the milk and the oil
2. Add the mint and the halloumi cheese
3. Slowly add the flour and the baking powder
4. Pour the mixture in an oiled pan and cook in a preheated oven at 180°C
5. Cook for about 50-60 minutes until golden brown.



CATEGORY:

Snack - Pastry

DIFFICULTY:

Easy

PREPARATION TIME:

10 min

COOKING TIME:

50-60 min

AUTHOR:

Andreas
Makrigiannis
Year 4



COMENIUS RECIPES

RECIPE: **Cyprus Pumpkin Pies – Kolokotes**

INGREDIENTS:

For the dough

- 8 tea cups plain flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 tea cup olive oil
- 2 tea cups lukewarm water

For the Filling

- 11 tea cups diced pumpkin
- 1 & 1/2 tea cups crushed wheat
- 1 tea cup olive oil
- 1 level tablespoon salt
- 1 level tablespoon pepper
- 1 level tablespoon ground cinnamon
- 2 tablespoons sugar
- 1 tea cup raisins

METHOD

1. To make the filling, dice the pumpkin from the previous night and combine with all the filling ingredients except the raisins. Stir, cover with a kitchen towel and let it rest for 12 hours.
2. To make the dough, mix the flour with the salt and baking powder and add the olive oil. Using your fingers, rub the oil into the flour till the mixture resembles fine breadcrumbs. Knead with as much water as needed to make a firm dough. Cover for about half hour. Add the raisins and stir.
3. Roll out the dough into relatively thin sheets. Make sure the sheets aren't too thin. Cut each sheet into pieces of 15x23 cm. Take the dough pieces, one by one, by the narrow side and put 2 tablespoons of filling on half of each piece. Pull the other half sheet to cover the filling. Press the edges firmly with a fork to seal.
4. Place the pies on ungreased, floured baking trays and bake in a pre-heated moderate oven (150°C) for about 45 minutes or till golden brown.



CATEGORY:

Snack-Pastry

DIFFICULTY:

Medium

COOKING
TIME:

45 min

AUTHOR:

Elina
Koursoumpa
Year 4



COMENIUS RECIPES

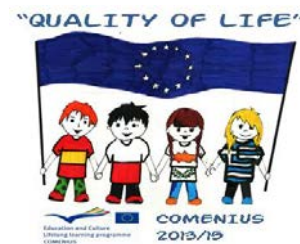
RECIPE: Cypriot Cheese Pie

INGREDIENTS:

- 2 grated Halloumi cheese
- 1 cup of grated Kefalotiri Cheese (Greek Type of Cheese)
- 200 grams of feta cheese
- 4 eggs
- 3 tablespoons mint
- 2 teaspoons baking powder
- 2 tablespoons butter
- ½ teaspoon pepper
- 10 sheets of puff pastry

METHOD

1. Put all ingredients in a bowl and stir well
2. Butter a cooking pan and place 4 sheets of puff pastry, pour half of the mixture on top, butter 2 more pastry sheets and place on top.
3. Pour the rest of the filling and place 4 more buttered pastry sheets on top.
4. Carve the pie and sprinkle some water over it.
5. Cook for an hour at 180°C



CATEGORY:

Snack - Pastry

DIFFICULTY:

Medium

PREPARATION TIME:

40 min

COOKING TIME:

1 hour

AUTHOR:

Loizos
Chrisanthou
Year 4



COMENIUS RECIPES

RECIPE: Traditional Cypriot Olive Pie

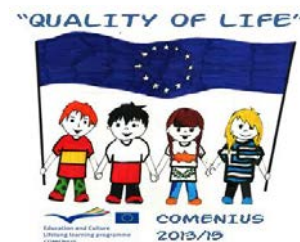
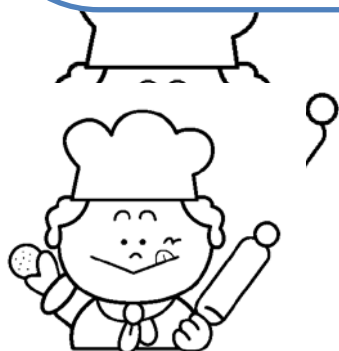
INGREDIENTS:

- | | |
|--|---|
| <ul style="list-style-type: none">• 2 cups of stone-less black chopped olives• 1 cup of fresh orange juice• $\frac{3}{4}$ cup of olive oil• 1 large finely chopped onion• $\frac{1}{2}$ cup of chopped fresh mint leaves | <ul style="list-style-type: none">• 1 cup of chopped fresh cilantro• 4 cups of all-purpose flour• 2 teaspoons of baking powder• $\frac{1}{2}$ cup of sesame seeds |
|--|---|

METHOD

1. Preheat oven to 180°C
2. In a big bowl mix the olives, the cilantro, the mint leaves and the onion.
3. In a different bowl add the flour, the baking powder and the olive oil, mix well, add the orange juice and knead well.
4. Add the olive mixture into the dough and mix.
5. Add some sesame seeds and mix again.
6. Pour the mixture into a cooking pan, cook for 35-40 minutes until it becomes golden brown.

ENJOY!



CATEGORY:

Snack - Pastry

DIFFICULTY:

Easy

PREPARATION TIME:

15 min

COOKING TIME:

35-40 min

AUTHOR:

Nikoleta-Theodora Petrou
Year 4