



A COOK BOOK

Project

**Výrobní technologie regionálních potravin
se zaměřením na chov a welfare zvířat**

Production Technology of Regional Food Focused on Animal Breeding and Welfare

2014 - 2016



Jogurtová bábovka



Ingrediencie:

hladká mouka 150 g, cukr krystal 200 g, rostlinný olej 100 g, prášek do pečiva 1ks, vejce 3 ks, vanilkový, cukr, bílý jogurt 200 g

Postup přípravy

Do misky si dáme cukr s vejci a našleháme. Kypřící prášek vmícháme do mouky a poté ji smícháme s cukrem a vejci. Přidáme olej a jogurt. Nalijeme do formy a pečeme 10 minut v předehřáté troubě na 180 C, poté teplotu snížíme na 150 C a pečeme dalších 15 - 25 min.

Yogurt marble cake

Ingredients

fine flour 150 g, granulated sugar 200 g, vegetable oil 100 g, baking powder 1 piece, eggs 3 pieces, vanilla sugar 1 piece, white yogurt 200 g

Procedure and preparation

Put sugar and eggs into a bowl and whip it. Mix baking powder into flour and then mix it with sugar and eggs. Add oil and yogurt. Pour it into the form and bake for 10 minutes in a preheated oven at 180° C. Then turn down the temperature to 150° C and bake it further 15 - 25 minutes.

Tvarohový pohár



Ingredience

2 měkké tvarohy v balíčku (500 g)
2 polévkové lžíce moučkového cukru
čerstvé nekompotované jahody
maliny
borůvky + (kapka rumu, není nutné)
máta na ozdobu

Postup přípravy

Měkké tvarohy a část omytého ovoce (+ kapku rumu) rozmixujeme na hladký krém, nalijeme do misek nebo pohárů, proložíme omytým ovocem a zdobíme mátou a ovocem.

Pozn.

Dětem dáváme bez rumu, jinak můžeme přidat i piškoty.

Curd cheese cups

INGREDIENTS

2 bars of curd cheese (500 g)
2 spoons of powdered sugar
fresh strawberries, raspberries, blueberries
(a drop of rum, not necessary)
mint for decoration

Mix two bars of curd cheese and a portion of washed fruit (+ a drop of rum) into smooth cream, pour into bowls or cups, interlay with washed fruit and decorate it with mint and fruit.

A note: We do not use any rum for children and we can add some sponge fingers if we like.





Sýrová pomazánka s vejci



Ingredience:

3 ks vařená vejce, 150 g Mascarpone, čerstvý sýr 150 g, tvrdý sýr 80 g, zakysaná smetana 200 g, sůl

Postup přípravy:

Vejce nastroháme na hrubém struhadle, tvrdý sýr na jemnějším, přidáme měkký čerstvý sýr, mascarpone a zakysanou smetanu (majonézu). Vše dobře promícháme, osolíme dle chuti, a pokud máme konzistenci hodně hustou, můžeme pomazánku zjemnit po lžících přidanou smetanou ke šlehání. Necháme alespoň půl hodinky proležet, poté mažeme na pečivo a zdobíme dle chuti čerstvou zeleninou, šunkou, lahůdkovou cibulkou či bylinkami, ořechy či hroznem.



Cheese spread with eggs

Ingredients:

3 boiled eggs, 150 g Mascarpone, fresh farm cheese 150 g, some kind of Edam cheese 80 g, sour cream 200 g, salt

Procedure and preparation:

We grate eggs on a heavy gauge grater, then Edam cheese on a finer one. We add fresh farm cheese, mascarpone and sour cream (or mayonnaise). We mix it well; salt it according to our taste. If we still have too thick consistence we can add a spoon of cream and soften it. We leave it to become mellow for about half an hour and then we can use it and spread the bakery products which we can decorate according to our taste (e.g. fresh vegetables, ham, onion or herbs, nuts or grapes).



Cuketové topinky



Ingredience

Cuketová směs: 1 ks cibule, 100 g anglická slanina, olej, 500 g cuketa, 3 stroužky česneku, pepř mletý, sůl, dle chuti sójová omáčka

Dále: 6 plátků staršího chleba, toastový chléb tmavý či světlý, olej na smažení, česnek na potřeni, ubrousek

Postup přípravy

Na pánvi s malým množstvím rozpáleného oleje necháme zesklovatět drobně pokrájenou cibuli. Přidáme pokrájenou slaninu, kterou také orestujeme, k ní poté vsypeme na plátky pokrájenou mladou neloupanou cuketu s nasekaným česnekem. Zprudka za občasného míchání restujeme. Když je cuketa orestovaná, dochutíme směs pepřem, solí a sójovou omáčkou. Kdo nemá rád sójovou omáčku, může dochutit worcesterovou omáčkou nebo jiným kořením. Během restování si opečeme topinky nebo tousty, na pánvi nebo toustovači, které ještě horké potřeme zlehka česnekem. Cuketovou směs nandáme na topinky (toasty) a podáváme. Dozdobit můžeme strouhaným sýrem nebo čerstvou zeleninou. Pokud máme rádi vaječná jídla, můžeme na závěr restování do cuketové směsi vmíchat dvě rozšlehaná vejce, která necháme srazit.

Zucchini toasts

Components:

Zucchini mixture: 1 onion, 100 g bacon, oil, 500 g c, 3 garlic cloves, milled pepper, salt, soya sauce according to your taste

Next: 6 slices of stale bread, brown or white toast bread, oil for frying, garlic for spreading, a tissue

Procedure and preparation:

Heat up a small amount of oil on the frying pan and put there gently chopped onion to turn glassy. Add cut bacon and frizzle it, pour more sliced young unpeeled zucchini with chopped garlic. Sauté and mix it



randomly. When it is ready, season it with pepper, salt and soya sauce (you can use Worcester sauce or different spice). During roasting we can brown bread slices or toasts on a pan or we can use a toaster. When toasts are ready and still hot, take squishy garlic and spread on them.

Put ready zucchini mixture on the toasts and serve. We can decorate them with grated cheese or fresh vegetables. If you like eggs you can put two of them into the zucchini mixture at the end and let them clot.





Strawberry Dumplings Recipe

Ingredients for 6 to 8 dumplings:

- 12 dag flour (smooth)
- 2 tbsp soft butter or margarine
- 2 tbsp icing sugar
- 1 tbsp semolina
- 20 dag curd cheese
- 1 pkg vanilla sugar
- 1 pinch of salt
- 1 egg
- 4 tbsp breadcrumb
- (4 tbsp ground poppy seeds)
- 2 tbsp icing sugar
- 3 tbsp oil
- vanilla sugar



Recipe:

Put the ingredients into a bowl and impaste. Leave the dough to rest. In the meantime one can wash the strawberries, pat until dry and remove the stalks with a knife. Strawberries is possible to roll in crystal sugar or sprinkle icing sugar on top, depending on how sweet the strawberries should be.

Heat oil in a frying pan. Brown the breadcrumbs lightly. If the frying pan should get too hot, turn down the heat and remove the pan from the stove. If poppy seeds are preferred rather than breadcrumbs, the seeds must be browned lightly in a frying pan. Put water into a saucepan, salt the water slightly and bring it to a boil.

Lay the dough onto a slightly floured work surface. Knead the dough with the palms of your hands. If the dough should be too soft, add some flour so it does not stick.

Roll the dough out evenly and cut out 2 cm lengths. Put flour onto both hands and press one strawberry into each piece of the dough. Seal the

dough of dumplings with the fingers. Form even and round dumplings by placing the dough between both hand palms.

Lay the dumpings into boiling water and turn down the heat. The dumplings are ready when they start to swim at the top.

Puree the last of the strawberries and add 2-3 spoonfuls of sugar. Take out the dumplings with a ladle or a sieve. Roll the dumplings in breadcrumbs or poppy seeds. Place the dumplings on a fruit sauce and sprinkle sugar over the top.

tbsp – table spoon

pkg – package

dag - decagramme





Potato cakes



Ingredients:

1kg potatoes, 5 garlic cloves, salt, pepper, cumin, 2 eggs, 60 g flour, 60 g semolina, milk, marjoram, oil for frying

If you like you can add smoked meats.

Preparation:

Grate potatoes and drizzle by milk (otherwise they get brown), add pressed garlic, salt, pepper, cumin, eggs, flour and semolina (thanks to it they are crunchy), marjoram and smoked meats if you like (it is not necessary).

Mix everything and fry on the pan as griddle cakes.



EXAMPLE OF A RECIPE typical of the South-West



Rillettes of Duck

Serves 6 as a starter.

1 duck, cut into quarters, about 1.8-2.25 kg, or buy it ready quartered with the bones in

1 tablespoon chopped fresh thyme leaves

½ level teaspoon powdered mace

2 cloves of garlic, chopped

15 black peppercorns

15 juniper berries

225 ml dry white wine

1 level teaspoon salt

To garnish: a few thyme sprigs, 2 or 3 bay leaves, whole peppercorns and juniper berries, a few whole cranberries, 1 bunch watercress

Pre-heat the oven to gas mark 6, 200°C.

You will also need a 1½ pint (850 ml) terrine or loaf tin.

Begin by placing the duck joints on a rack in a shallow roasting tin, pierce them with a skewer, sprinkle salt on the skins then place them on a high shelf of the oven and leave them for 1 hour. Then remove them from the oven and drain off all the fat from the roasting tin into a bowl. The fat is excellent for cooking, so hang on to it.

Now place the duck joints in a solid flameproof casserole or saucepan, and sprinkle in the thyme, mace and garlic. Then use a pestle and mortar to crush the peppercorns and juniper berries coarsely, and add these as well. Next pour in the wine, bring everything up to simmering point, then turn

the heat right down to the gentlest simmer possible and leave it like that for 2 hours. After that, pour off all the liquid into a bowl and reserve it, then have ready the terrine or loaf tin. Take a quarter of duck, place it on a board, and simply strip away the skin and bones, which will part very easily from the flesh. Then, using either two forks or just your hands, shred the pieces of duck flesh as finely as possible, and pack them into the terrine. When you have repeated this with the other duck quarters, press all the shreds of meat down very firmly into the terrine, then pour in all the cooking juices (there's no need to strain them).

Lastly, decorate the surface with the thyme, bay leaves, peppercorns, juniper berries and a few whole cranberries. Then as soon as it's cool put a lid on the terrine or cover with foil and place in the fridge until needed. You can make it well in advance as it will keep for about three days.

You can eat it as a lunch with a home-made confit, a green salad and some slightly chilled Beaujolais !



MIAS, French pastry made with corn

Ingredients for 6 people



- 100 g of cornstarch
- 40 g of wheat flour (T55)
- 125 g of caster sugar
- 25 g of butter
- 2 eggs
- 60 cl of whole milk
- 5 cl of Armagnac
- 1 bag of vanilla sugar
- the worn zest of an untreated orange
- 1 pinch of salt

Stages of preparation:

1

- Sieve both flours in a bowl, add the caster sugar, and then dilute with a third of the cold milk.
- Incorporate the rest of milk, and then overturn into a pan.
- Add the butter; carry in shivers by mixing regularly.
- Let cook 5 min, and then cut the fire. Let warm 30 min by mixing from time to time.

2

- Preheat the oven in 180 °C (th. 6). Incorporate Armagnac, beaten eggs, vanilla sugar, orange peel and salt.
- Deeply mix; it should not stay a lump.

3

- Overturn into a buttered and floured mold, put in the oven for 45 min approximately: the blade of a knife planted at the heart of the mias has to take out again sandbank.





POULET RÔTI À L'AIL ET AUX POMMES DE TERRE

Ingrédients / pour 4 personnes

- 1 poulet fermier d'environ 1,5 kg
- 1 kg de pommes de terre nouvelles ratées
- 2 têtes d'ail
- 1 oignon
- 100 g de beurre
- 1 cube de bouillon de volaille
- 3 brins de thym
- 1 feuille de laurier
- Sel et poivre du moulin



- Préchauffer le four thermostat 7 (210°).
- Selon son goût, brosser les pommes de terre sous l'eau froide et les égoutter, ou les éplucher, les laver et les égoutter.
- Éplucher les gousses d'une tête d'ail et les écraser au presse-ail. Détacher les gousses de la deuxième tête d'ail mais ne pas les éplucher. Peler et émincer l'oignon.
- Mélanger le beurre, le thym effeuillé et l'ail écrasé.
- Saler et poivrer.
- Placer la moitié de cette préparation à l'intérieur du poulet et badigeonner l'autre moitié sur la peau du poulet.
- Mettre le poulet au centre d'un plat à four.
- Disposer tout autour les pommes de terre, l'oignon et l'ail en chemise.
- Porter 25 cl d'eau à ébullition dans une casserole avec le cube de bouillon de volaille. Le verser dans le fond du plat.
- Poser la feuille de laurier sur le poulet puis enfourner pour 1 h 15 en arrosant régulièrement et en retournant les pommes de terre. Découper le poulet rôti et le servir bien chaud avec sa garniture de légumes.



Fiche pour l'axoa de veau



Ingredients for 4 people:

1kg of veal shoulder
1 red pepper
1 onion
8 green chili peppers
1 garlic clove
Oil
Laurel
Parsley
Thyme
Salt
Hot chili pepper from Espelette

Easy to cook 10 minutes of preparation, one and a half hour to cook

First you have to mince the garlic and the onion, and then you must clean all the peppers from its seeds and cut them as little dices.

Brown them in a pan with the oil for about 10 minutes, add the meat already diced with the laurel, the parsley, the thyme the salt and the Espelette chili pepper.

Then you must make it sauté for about 5 minutes and then add a glass of hot water or some meat soup.

Then you must let it cook covered for 45 to 60 minutes in a casserole and 10 minutes before the end you shall uncover it.

You can serve it with some rice if you like.





Negalhos

2 Sheep Stomachs

250g of lard

1 Onion

2 Laurel Leafs

2 Cloves of India

2 Spoons with Olive Oil

5 dl of Red Wine

5 dl of Water

2 Cloves

1 Mint Leaf

Salt (as much as you like)

Pepper (as much as you like)



Thoroughly clean and arrange the stomachs (wash them impeccably, scrape it and then scald them). Then cut them into squares, in it's the center add a bit of bacon and a mint leaf. Engage some form bundles and attach them with a thick line (also called Negalhos). Place the Negalhos in a clay pot with the onion, laurel leaves in pieces, cloves of India, olive oil, red wine, water, garlic cloves, salt and pepper. Cover it and put it in the oven for 3 hours.



Feijoada de Javali (Red Beans with Boar Meat)

- 900g of Boar in pieces
- 2 Carrots
- 2 Cloves
- 2 Onions
- 2 Tomatoes
- 800g of cooked Red Bean
- 400g of Cabbages
- 1 Sausage
- ½ Linguiça (a larger and thinner type of sausage)
- 150g of Bacon
- 1.5 dl of Olive Oil
- 2 dl of Red Wine
- Salt, Pepper and Water (as much as you like)



Peel and chop the onions and the garlic cloves. Saute both in olive oil and add the meat. Add the carrots, sausage and linguiça and cut into slices and also add bacon strips; saute slowly. Add the chopped tomatoes, skinned and seeded, and involve all then cool it with red wine, reduce (to decrease the amount of sauce put it in a boiling container uncovered) until the alcohol evaporates. Then, cover it with water, season it and cook it for 6 minutes. Add the cabbage, cut into chunks. Cover the pan and cook for 15 minutes. Add the beans and boil for 2 minutes, to correct the seasonings and then serve.





Chanfana

1.5 Kg of Old Goat's Meat

0.75 dl Red Wine

6 Garlic heads

Laurel (as much as you like)

Malagueta Pepper

Black Pepper (as much as you like)

Salt (as much as you like)

2 Soup Spoons with Lard



First clean and cut up the goat meat, place the wine, peeled and beaten garlic, the laurel, malagueta pepper, salt and pepper and let it rest one day. Place it in a pressure cooker along with the fat during 1:30 to 2 hours, then place it in a clay pot or stainless steel (if you don't have any clay pot) and let it establish until serving. Accompany it with sprouts or other stewed green vegetable and with baked potatoes or fries.

History:

Dish of the region of Lousã, widely used in holidays and weddings. Therefore, it is also commonly known as "flesh of marriage."

