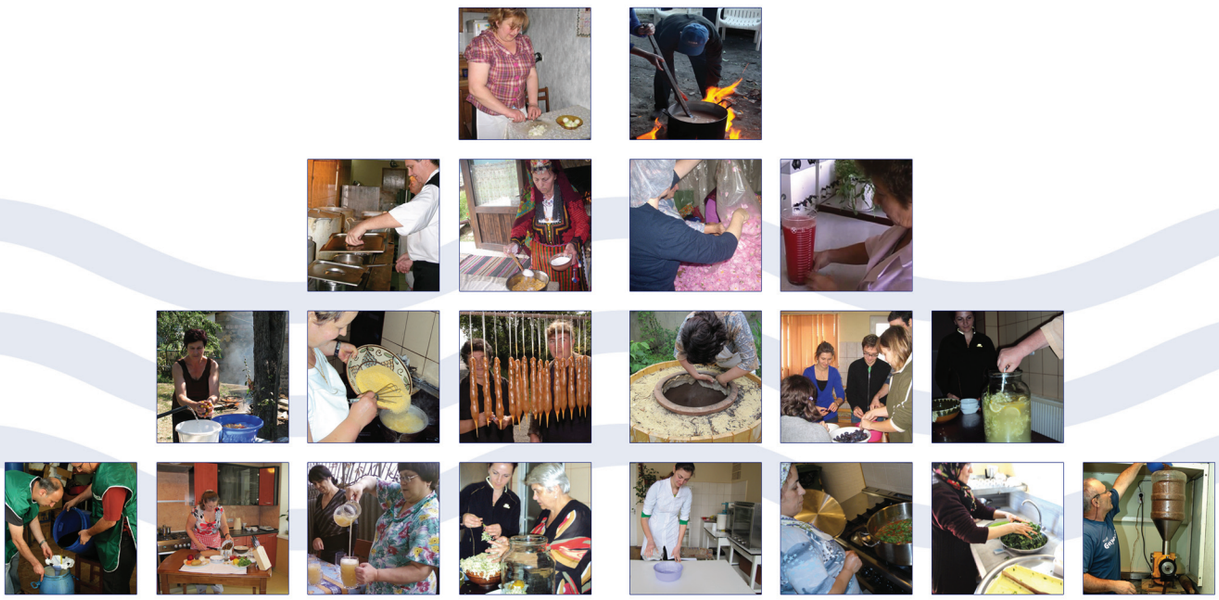
PREPARATION PROCEDURES OF TRADITIONAL FOODS OF THE BLACK SEA COUNTRIES

Compiler:
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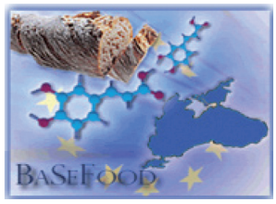
BaSeFood

Sustainable exploitation of bioactive components
from the Black Sea Area traditional foods

SEVENTH FRAMEWORK PROGRAMME









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The research leading to these results has received funding from the European Community's SP1- Cooperation Seventh Framework Programme (FP7/2007-2011) "Collaborative project for specific cooperation actions dedicated to international cooperation partner countries (SICA)" within Theme 2: Food, agriculture and fisheries, and biotechnology and under grant agreement n° [227118].

BaSeFood

Sustainable exploitation of bioactive components from the Black Sea Area traditional foods

The general objectives of the BaSeFood project are to contribute in establishing a rationale for integrating the concepts of health promoting foods and traditional foods, in order to create the knowledge base for a sustainable economic development in the area of production and processing of tradition-based healthy foods.
For more information please visit the project website: http://www.basefood-fp7.eu.

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Introduction

This document presents the flow charts of the preparation procedure of 33 selected traditional foods of the Black Sea countries. The foods were selected for investigation in the context of work package 1 (WP1): "Surveying, recording and describing traditional foods" of the BaSeFood project (Sustainable exploitation of bioactive components from the Black Sea Area traditional foods, GA 227118) and details on their selection procedures are available at the project website: http://www.basefood-fp7.eu.

One of the main aims of WP1 is to document traditional recipes of the Black Sea Area Countries (BSAC) at the household level (or at small scale manufacturing units), by recording in a certain detail their preparation procedures. Information on the foods collected is also presented in a cultural, historical and societal perspective.

The present document is a deliverable of the project and provides a critical output of the work implemented in the context of addressed in Subtask 1.2.1.: "Implementation of recording and collection of data". The basic information collection, towards the fulfillment of the required work, as reflected in the present report, includes:

1. The quantities of ingredients (edible portion) and the prepared recipe yield. These are presented in a table with the following characteristics:

    a) Ingredients are preferably introduced in their raw edible form. Intermediate products are also shown if available but differentiated from the primary ones by using *italic* font. Ingredients (including intermediate ones) are included in the table in the sequence they are used during the preparation procedure from top (firstly used) to bottom. The final product (yield) is shown in the bottom line of the table in bold font after a blanc line.

    b) Botanical names are given for plant foods according to "National country specific documented traditional foods" files (http://www.basefood-fp7.eu/dissemination/public_deliverables/d_1_1_national_country_specific_documented_traditional_foods_files__1), either as indicated by the partner or, if this is not given, with the use of two online databases.

    c) Quantities are given in grams unless stated otherwise (e.g. for some liquids the volume is given). If available, quantities are also given in household measures (e.g. cups, teaspoons).

2. The detailed procedures (step-by-step) are given, including a description of the individual processes applied as well as other relevant information such as cooking methods (e.g. boil, roast, grill, broil, stew, steam, braise, bake, fry) and specific utensils used. Emphasis is also given on critical measurements such as time (given in minutes or hours) and temperatures (given in degrees Celsius if available or as low / medium / high otherwise). For the purposes of this document low, medium and high cooking temperatures are defined as: low (110°C – 160°C); medium (160°C – 200°C); high (200°C – 240°C), on the basis of lay culinary practices.

3. A flow chart is presented on each of the studied recipes paying attention to the following specifications:

a) Include all the steps of the procedure

b) Accompany steps with a detailed timetable

c) Emphasize critical points and food quantities

The fruit of the evergreen cherry laurel is a primary food for which a procedure of preparation is not applicable. For this food, information on several aspects of the plant food, including agricultural, societal, dietary, health as well as other plant uses are given instead of a flow chart.

4. Photographs on the recipes are provided, more particularly with respect to:

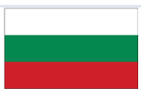
a) The individual raw ingredients used
b) The steps of the preparation procedure
c) The final product
d) Any other material that might be important in the study of the investigated traditional food.

Photographs are included in the text of the detailed preparation procedure, as provided by the participants of the project, who have studied the various foods locally.

A. BULGARIAN TRADITIONAL FOODS

University of Food Technologies

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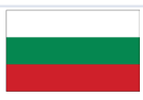


1. Pumpkin pie (Tikvenik)

1.1. Recipe ingredients and quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Pumpkin (winter squash)	*Cucurbita maxima Duchesne; Cucurbita moschata Duchesne*	350 (2 tea cups)
Sunflower oil*	*Helianthus annuus*	250 (5 coffee cups)
Sugar		100 (2 coffee cups)
Cinnamon	*Cinnamomum verum J. Presl*	5 (1 tea spoon)
Walnuts, crushed	*Juglans regia L.*	150 (1 tea cup)
Stuffing		*565*
Wheat flour**	*Triticum aestivum L.*	770
Salt		27 (2 table spoons)
*Water****		350
Dough		*950*
Butter, cow		100
Sugar, powdered		50
Pumpkin pie, yield		**1800**

**160 for the preparation of the dough and folia, 40 for the oiling of the baking tin and 50 for the preparation of the stuffing*
***650 for the dough and 120g for the folio*
****300 for the dough and 50 for sprinkling after baking*



1.2. Preparation steps

A. Preparation of the stuffing mixture

• Wash and cut the pumpkin (500g) into two pieces. Remove the seeds (105g) and peels (45g). Cut about 2 cups of pumpkin (350 g) into 4-5 mm pieces.





• In a pan sauté the pumpkin at about 120°C for 5 min with sunflower oil. Then mix with sugar, cinnamon and crushed walnuts.





B. Preparation of the dough and folia.

• Sift the flour for removing undesired particles and aeration. Add salt and water to the flour to form a dough. Knead for 15 min to develop elastic structure, divide into 4 balls, and leave them to set for 15 min. Cover each ball with oil so as not to dry.





• Roll each ball of dough into a thin folio (2 mm) with the help of a wooden rolling pin, powdering it with flour.



• Brush each of the 4 folia with oil.

C. Preparation and baking of the pumpkin pie

Sprinkle the oiled folia with the pumpkin mixture and roll.





- Arrange the folia in an oiled baking tin, swirling them like a snail.





• Butter is distributed on top of the pastry. Bake for 30 minutes at 220-200°C or until golden brown and crispy.





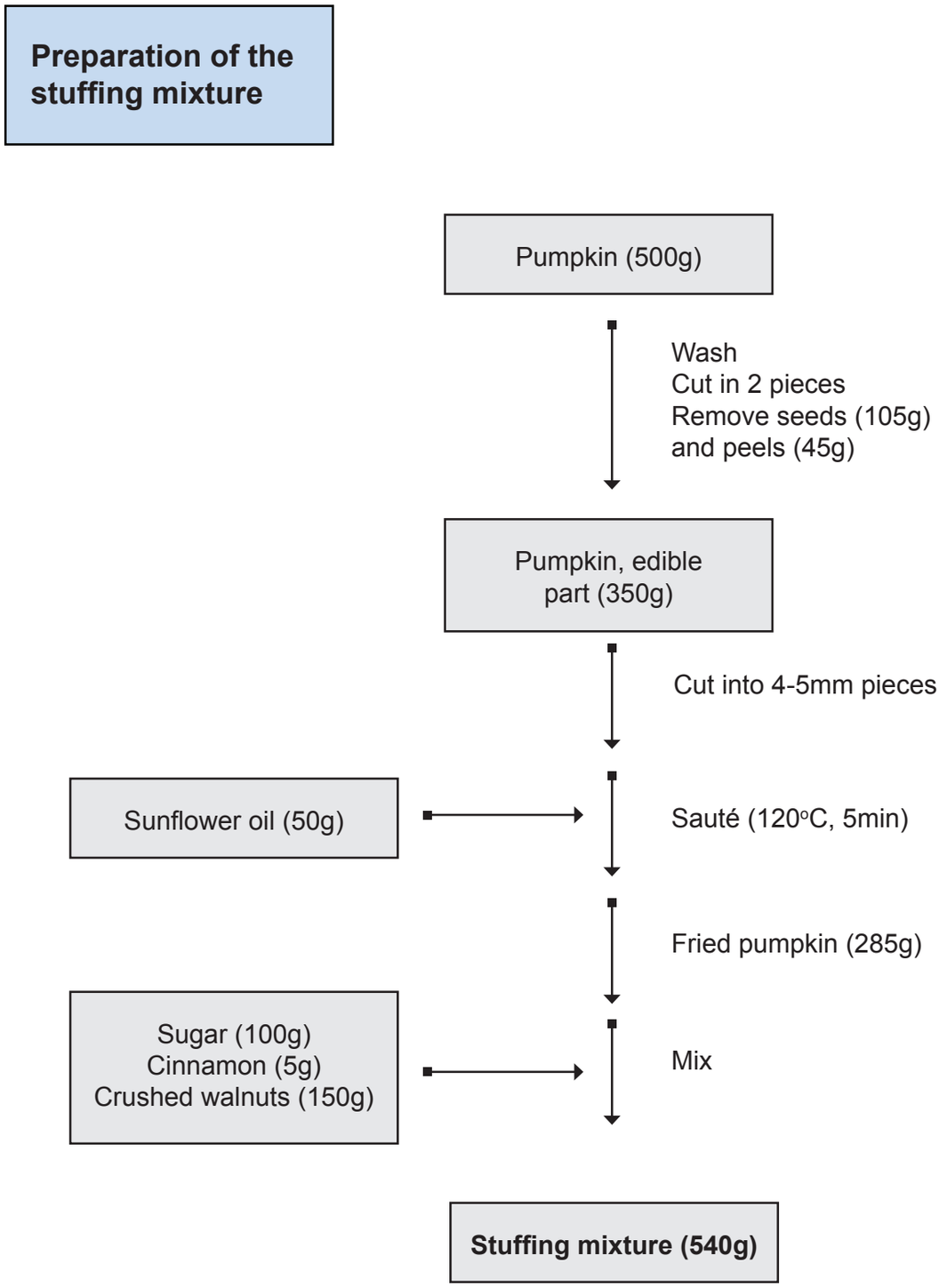
• When taken out of the oven, sprinkle with cold water, and leave it to cool down, covered with a clean textile. Sprinkle with powdered sugar and serve.



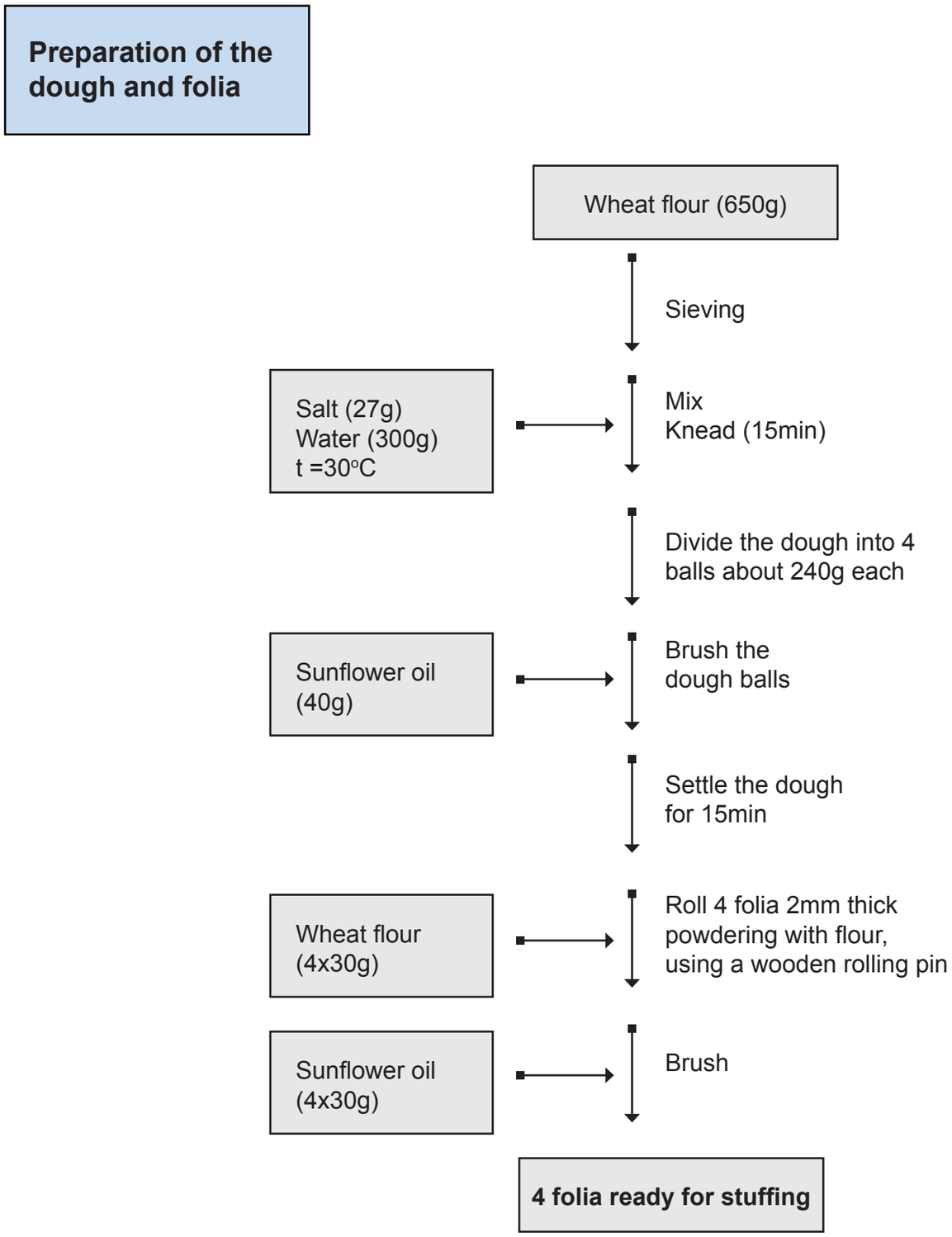
Keep at a cool place (e.g. the cellar, 8-10°C) for 3-4 days.

1.3. Recipe Flow Chart

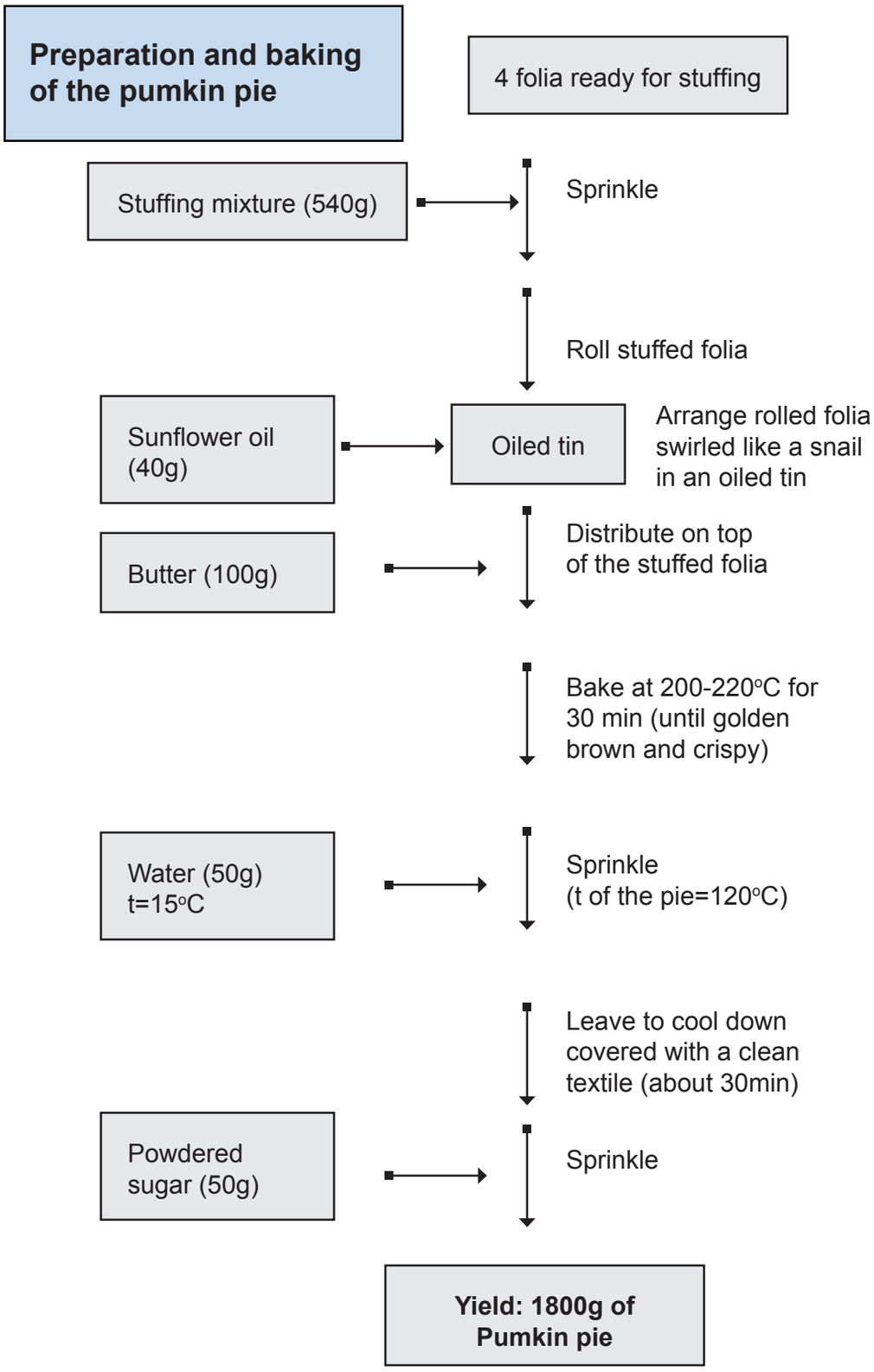
A. Preparation of the stuffing mixture.



B. Preparation of the dough and folia.



C. Preparation and baking of the pumpkin pie.



2. Sunflower seed tahini halva

2.1. Recipe ingredients and quantities

A) Sunflower seed tahini

Ingredient name	Scientific name	Quantity (Edible part, g)
Sunflower seeds	*Helianthus annuus L.*	7000
Roasted		*5950**
Grinded		*5730**
Sunflower seed tahini		*5500**

*Reduction in the quantities between steps refers to moisture and roaster losses for roasting and machine losses for grinding and tahini production.

B) Good King Henry extract

Ingredient name	Scientific name	Quantity (Edible part, g)
Good King Henry roots	*Chenopodium Bonus-Henricus L.*	100
Water		1200 (400x3)
Good King Henry extract		*300*

C) White mass

Ingredient name	Quantity (Edible part, g)
Sugar-glucose syrup	2800
Sugar	3400
Water	650
Citric acid	3
Good King Henry extract	30ml
White mass	*6883**

*From this quantity only 6200 were utilized in the next steps. The difference refers to losses in the apparatus due to the sticky nature of the white mass.

D) Sunflower seed tahini halva

Ingredient name	Quantity (Edible part, g)
Sunflower seed tahini	5500
White mass	5500
Yield of sunflower seed tahini halva	**10900**

2.2. *Preparation steps*

A) Preparation of sunflower seed tahini

• Wash the de-husked seeds in cold water to remove dust, check for debris, and drain.



• Bake the seeds at 160°C for 75 min in an open roasting pan with an automatic stir. In the process of roasting humidity is reduced to 1-1,5% and the colour is changed to dark brown. The reduction in humidity significantly facilitates the grinding of the seeds. If moisture content is higher, the grinding is difficult and the tahini mass will have a coarse structure. The dark colour is due to the formation of melanoidins because of the interaction between the reducing sugars and the amino acids.



- At the end of the roasting process the temperature of the sunflower seeds is 115-120°C.

- Leave the baked seeds to cool down to 22 – 25°C. Failing to cool will have a negative effect on the process of grinding, the particle size and the homogeneity in the structure of tahini. Higher temperatures will facilitate oil release.



- Grinding of the sunflower seeds: Grind until a homogeneous mass in a combine mill (duration of procedure is 0,5h) (rate of grinding 10-15%). The grinding of the baked seeds is accompanied by destruction of the cell structure, release of oil and its re-distribution within the components to produce a homogeneous mixture.



- The sunflower tahini mass is a brown homogeneous paste-like product with a characteristic flavour of baked sunflower.



• As a result of the friction during the grinding of the seeds, the temperature of the tahini mass increases to 70-80°C, which requires cooling down to 25°C.



• Halva, prepared with coarse tahini mass (rate of grinding 18-25%), is very dry and crumbly. Finely grinded tahini mass (rate of grinding 5-7%) leads to a product with an untypical structure. The best viscosity of tahini mass, which will lead to a good quality halva is 8-10 Pa.s (temperature 20°C), corresponding to 10-15% rate of grinding.

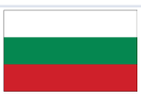
B) Preparation of Good King Henry extract.

• Wash 100 g of dried Good King Henry (Chenopodium Bonus-Henricus L.) roots and soak in water for 12 h.



• Chop the roots into 3-4 cm pieces and boil in 400 g of water until the volume reduces to ¾ (about 15min).

• Decant the extract. Use the boiled roots and repeat the procedure 2 more times.



• Mix the 3 extracts (300g each = 900g) and boil to reduce volume 3 times (final extract quantity: 300g). Good King Henry extract is a foaming agent that helps the development of the foamy structure of the white mass. The percentage of the dry matter of the extract is 12%. It has a dark brown colour and a shelf life of 24h.



C) Preparation of white mass

• Mix sugar and sugar-glucose syrup in the blanching machine at 120°C for 10 min.



• Dilute citric acid (3g) in 650g of water, and add to the mixture. Beat for 5 min.

• Add Good King Henry extract (30ml) to the sugar syrup at 110°C and beat the mixture for 20 min in the blanching machine. Air (about 30% of the volume) is incorporated into the mixture, which makes it white in colour, foamy, plastic and easy flowing. When the white mass is stretched, it forms “threads” that do not tear. If whipping is not enough, the mass has yellow colour and a coarse fibrous structure and higher toughness. If the whipping has been longer - the mass becomes more tender and whiter, but threads easily tear. If there is not enough quantity of Good King Henry extract the mass is not “fluffy” enough. Over dozing of GKH extract leads to bitter taste.



D) Mixing of sunflower seed tahini halva

• The main technological process that defines the structure of halva is its mixing. If the mixing takes longer time than it should, tahini is poorly connected with white mass, if shorter –the structure is not well developed.

• First stage of mixing – coarse sunflower seed tahini halva: Mix the white mass (100-110°C) with the tahini mass (22-25°C) at a ratio of 1:1 to develop a network of threads of white mass, around which tahini mass allocates on a thin layer. The mixing is done manually with a wooden spatula for 15 min in a special metal cauldron with a round bottom. The white mass has a lower density, because of this it almost floats on the surface of the tahini. During mixing, the white mass has a temperature around 100°C. That is why the initial mixing of the tahini halva is carried out with the help of wooden scapula. In this first stage the aim is that the whole surface of the white mass is wrapped with tahini mass.



• A rough mixing of the two basic components of halva is obtained. The mass is left to stay for a while (about 15min) to reduce the temperature to 75-80°C.



• Second stage of mixing – development of a fine tahini halva mixture: Mix the coarse tahini halva manually for 15 min. The process starts at a temperature of 80°C. The white mass at the beginning is plastic, which stimulates the development of the network that builds the structure of tahini mass. The free space between the networks is occupied by the tahini mass, in the form of thin layers.



• Leave the fine halva mixture for 15 min to cool down to 45-50°C. Below this temperature the white mass becomes rigid and it is difficult to cut and form.



• Stretch halva and shape into an oval mass (at 45-50°C).



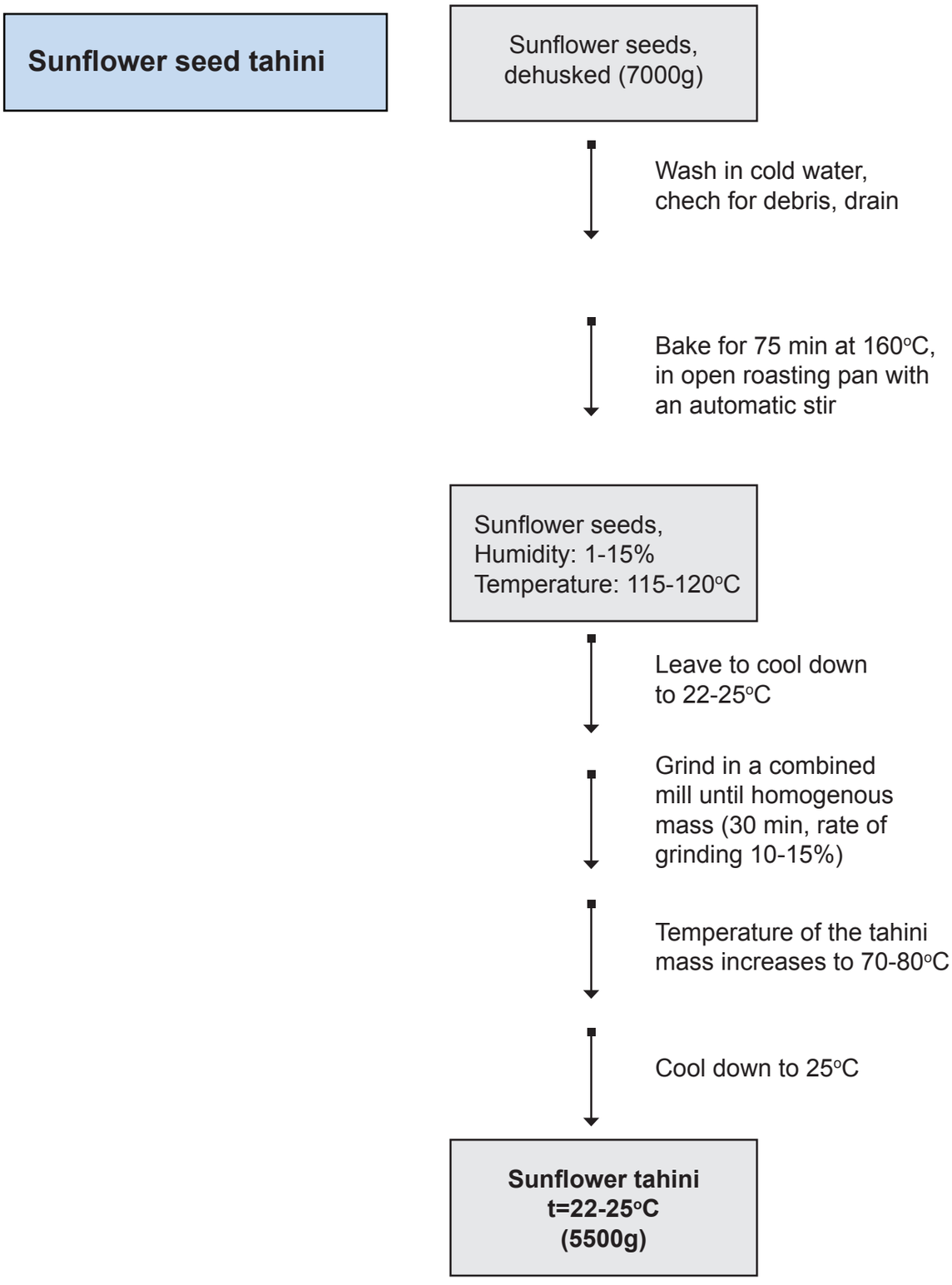
• Place the halva in wooden forms, covered by greasy paper and cool down to 25°C in an air conditioned room for 2h to preserve the form.

• Store at 10-12°C for 12 months.

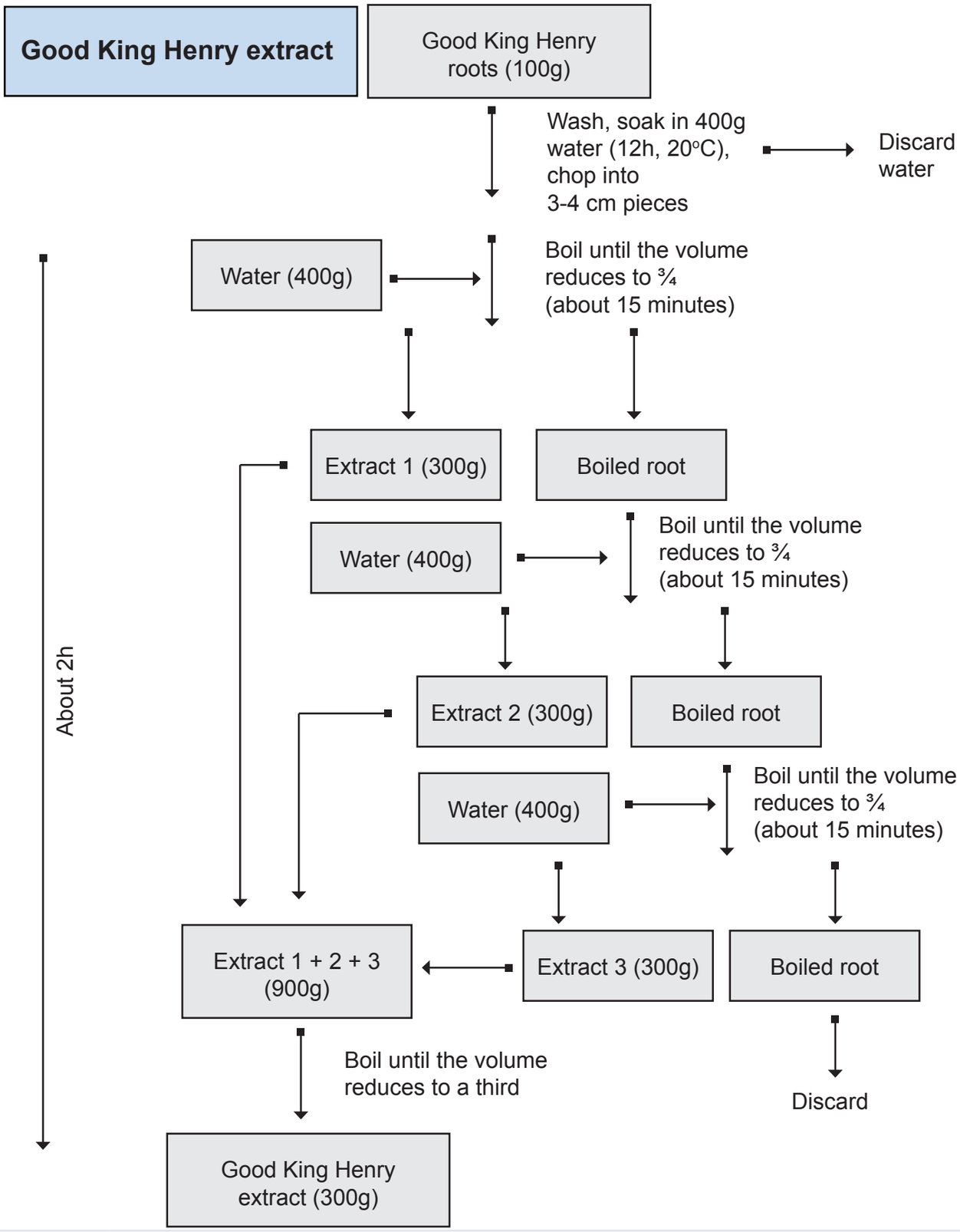


2.3. Recipe Flow Chart

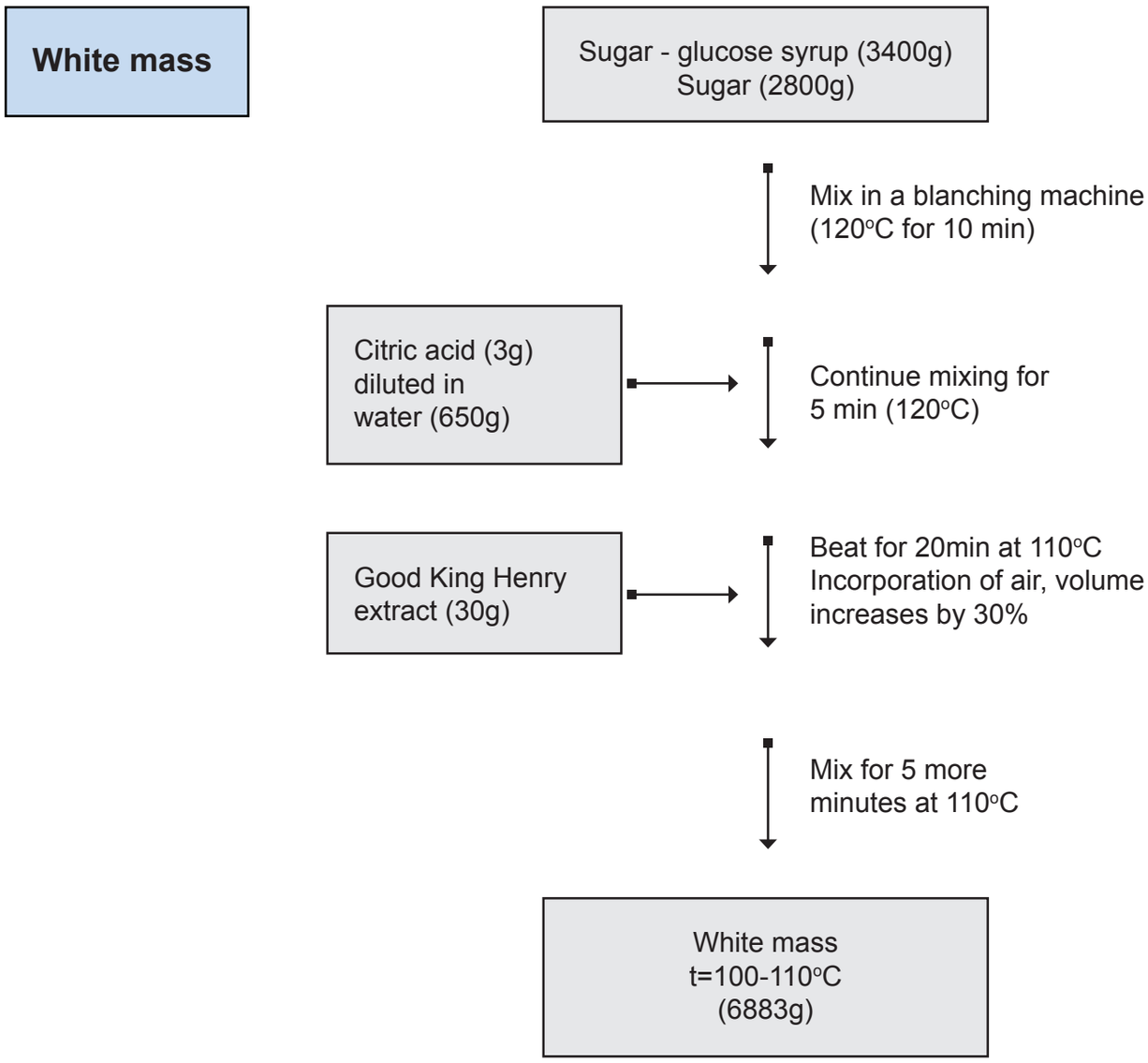
A) Sunflower seed tahini



B) Good King Henry extract



C) White mass


White mass
Sugar - glucose syrup (3400g)
Sugar (2800g)
Mix in a blanching machine (120°C for 10 min)
Citric acid (3g) diluted in water (650g)
Continue mixing for 5 min (120°C)
Good King Henry extract (30g)
Beat for 20min at 110°C Incorporation of air, volume increases by 30%
Mix for 5 more minutes at 110°C
White mass t=100-110°C (6883g)

D) Sunflower seed tahini halva

Mixing of sunflower tahini halva

White mass t=100-110°C (5500g)
Tahini, t=22-25°C (5500g)

↓ Mix for 15min with a wooden spatula in a special metal cauldron with a round bottom

↓ Leave for 25min to cool down to 80°C

↓ Mix manually for 15min at 80°C

↓ Leave for 5 min to cool down to 50°C

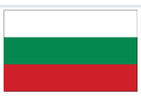
↓ Stretch and shape into an oval mass

↓ Place in wooden forms covered be greasy paper. Conditioned cool down to 25°C (2h) to preserve the form

↓ Packaging (22-24°C)

Yield of sunflower seed tahini halva: 10900g

Keep at 10-12°C for 12 months



3. Cereal ale (Boza)

5.1. Recipe ingredients and quantities

Ingredient name	Scientific name	Quantity (Edible part, kg)
Wheat	*Triticum aestivum L.*	17.6*
Barley	*Hordeum vulgare*	4.4*
Water		130**
Sugar		3.0
Boza, yield		**150**

*During straining, a total quantity of 10kg of grain husks are removed
**60kg for boiling, 50kg for cooling and 20kg for diluting

5.2. Preparation steps

- Check the grains (wheat and barley) for admixtures, debris, stones, weeds.
- Wash the grains to remove dust and impurities.
- Warm an autoclave[1] (pressure cooker) to a temperature of 50°C. Add the grain. Continue heating at the pressure p = 588 – 984 kN/m2,t= 50-180oC in two stages:
"Boiling" (60 min) with a temperature gradually increasing from 50 to 180°C.
"Baking" (40 min) with a temperature of 180°C.The duration of the stage of "baking" at 180°C varies from one production unit to another and is very critical for development of colour, flavour, taste and consistency.



[1]The recorded version of the recipe does not conform to established practices or specifications prior to the 2nd world war and therefore cannot be considered as traditional.

• During the heating of the grains a number of physical-chemical processes occur: softening of the grain, tearing of the husk, swelling of the starch granules and tearing of their cover, hydrolyses of the starch; hydrolyses of the proteins. The hydrolyzes is under the influence of small quantities of organic acids, contained in the grain. The starch is hydrolyzed to dextrins. A little part of them dissociates to glucose and maltose. May be processes of caramelization also occur. Proteins are hydrolyzed to products with lower molecular weight-polypeptides, such as a little part of them dissociates to amino acids. Some of the lipids dissociate to glycerin and butyric acids; others are emulsified.

• The end of the process is measured by sampling. When the mixture becomes brown, like the colour of a well-baked (bread) crust, and a nice bread smell with a hint of caramel develops, the mixture is ready to be transported from the pressure cooker to the cooler. If the process is shorter than the optimal the drink will be pale and not well flavoured. If the process is longer – this will lead to a bitter taste and an undesirable dark colour.

• Transfer the mixture to a vessel with double walls and cool. When the temperature falls below 35°C, dilute the mixture with about 50 kg of water. (t =10°C-12°C) to 8% solid content.

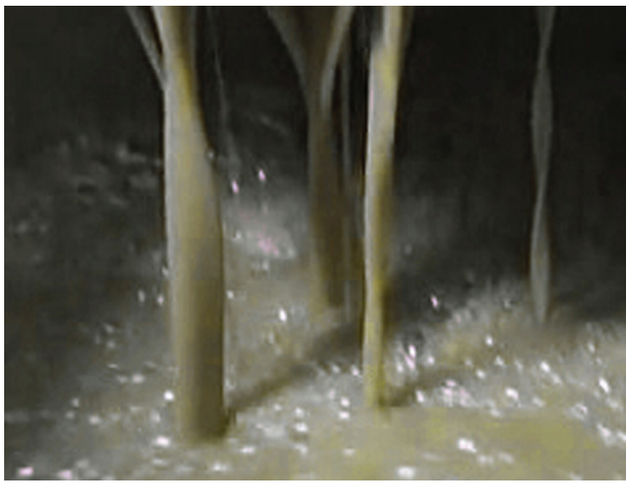
• When the temperature of the mixture falls below 20°C (in about 45 min), pass the mass through a strainer. If the temperature is higher than the optimal, there is a risk of spontaneous fermentation which shortens the shelf life of the product. In the process of straining (duration 30 min) the grain husks are eliminated (10 kg) and the mixture is homogenized.



• Dilute the mixture with water if needed, depending on the thickness of boza that we would like to achieve. In the specific preparation, the sample was diluted with 20kg of water (t =10°C).









• Add sugar (3kg) to reduce the speed of fermentation. Various sweeteners may be added instead. In the past concentrated grape juice, honey, sugar was used. Not more than 10% sugar is allowed. The addition of sugar initiates the fermentation process. In the past, some producers used to offer only the boza base that you can take home and sweeten to taste. Nowadays production units add a small amount of sugar 0.2% for a slow fermentation and the product is sweetened with a sweetener.



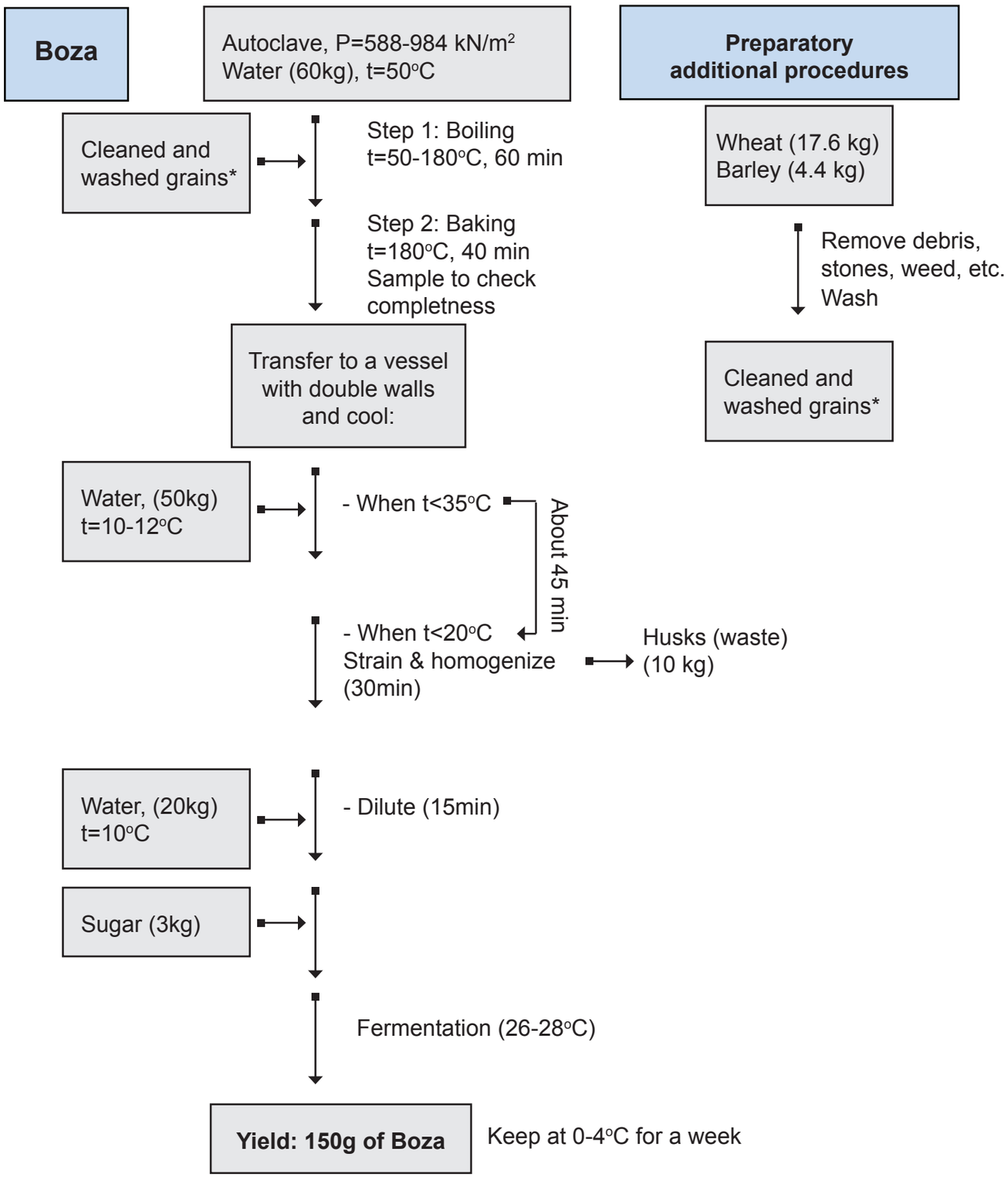
• The Bulgarian boza is prepared by spontaneous lactic and alcoholic fermentation at the optimal temperature of 26-28°C for 3-4 days. The responsible microorganisms (lactic acid bacteria and yeasts) derive from the air or through the addition of boza from previous brew. In this particular preparation no ferment was added.

• As a result of the alcoholic fermentation, alcohol is obtained (up to 0,5%) as well as carbon dioxide that slightly aerates the drink. The lactic acid fermentation produces lactic acid (up to 0,6%) which causes a fresh and pleasant flavour. Boza contains many organic substances (glucose, amino acids, lipids, etc.), and vitamins and minerals.

• Keep boza at 0-4°C for a week. During storage, fermentation processes occur, which contribute to the development of the specific flavour.



5.3. Recipe Flow Chart



4. Mursal tea

1.1. Recipe ingredients and quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Mursal tea, dried	*Sideritis Scardica Griseb*	0.5 (1 stalk)
Water (10°C)		250
Mursal tea yield		**200**

1.2. Preparation steps

- Mursal tea is harvested between June-July. The harvest starts early in the morning, when the essential oils concentration is the highest. To preserve the herb, this is cut with a knife, for not damaging the roots.

- After collection, the plant is dried in the shade for 1-2 weeks and kept in clean textile bags in a naturally ventilated dry place. During drying, the moisture reduces from about 14% to 6%.



• Place 1 stalk of the Mursal tea (about 0,5 g) in 250 ml of cold water. Bring to boil (this takes about 5 min) and boil for 5 min.



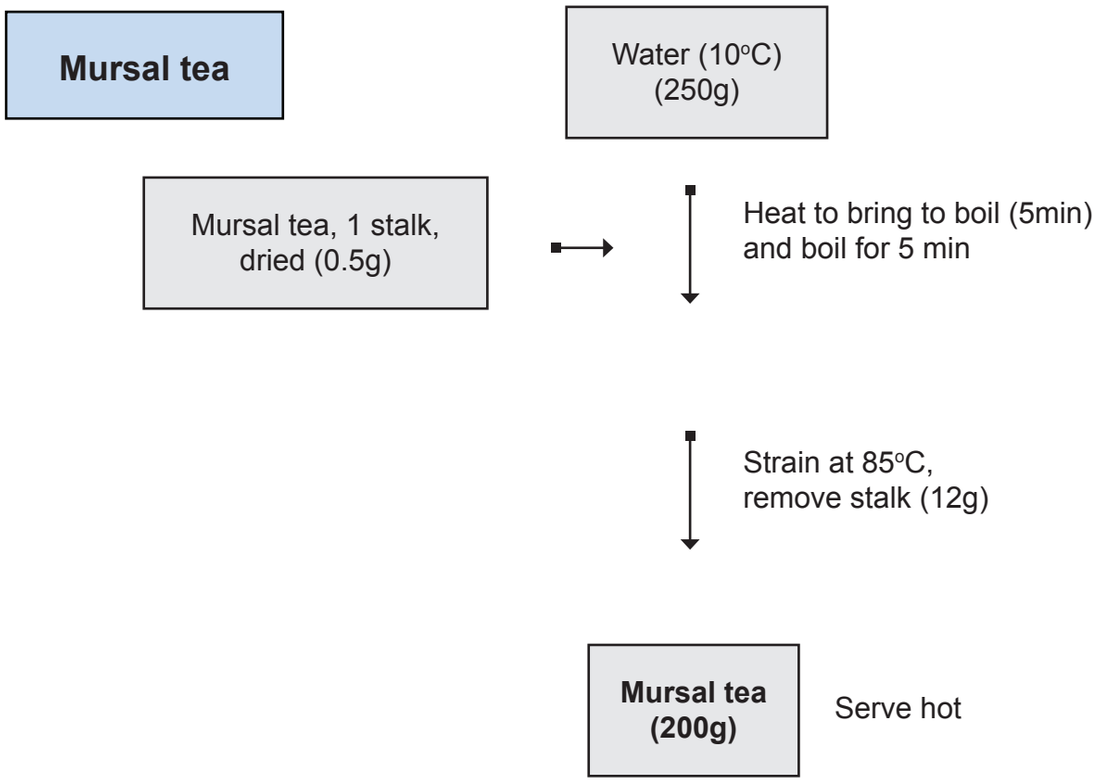


• Boiling causes the colour of the water to change to yellow-brownish. Strain the infusion and serve. The tea may be sweetened with honey, fruit or herbal jelly.



• The tea is usually consumed hot immediately after preparation, or may be kept hot or cool for up to 4 hours.

1.3. Recipe Flow Chart

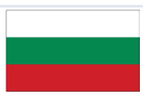


5. Rhodopian / Smilyan bean soup

5.1. Recipe ingredients and quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Rhodopean/ Smilyan beans, dried	*Phaseolus vulgaris L.*	500
Rhodopean/ Smilyan beans, soaked (8h)		*1030*
Water for soaking		*2000*
Water for preliminary boiling		*2000 (only 50g absorbed)*
Water for main boiling		2000
Carrots, peeled, washed, diced	Daucus carota L.	207 (2 large pieces)
Onion, peeled, washed, diced	*Allium cepa L.*	210 (3-4 pieces)*
Sunflower oil	*Helianthus annuus L.*	*80 (½ tea cup)***
Tomatoes	*Solanum lycopersicum L.*	*175 (1 piece)*
Flour		30 (3 spoonfuls)
Paprika powder	*Capsicum annum L*	10 (1 spoonful)
Salt		10 (1 spoonful)
Mint***	*Mentha spicata L.*	3 (½ spoonful)
Savoury***	*Satureja hortensis L*	3 (½ spoonful)
Hot pepper**** (whole)	*Capsicum frutescens L.*	3 (1 piece)
Rhodopean / Smilyan bean soup, yield		**3635**

*160g are used at the beginning, 50g for the thickening paste
**30 for the thickening paste
***Dried (3g) or fresh (5g) may be used
****Used only for taste. Removed from the final product.



5.2. Preparation steps

A) Preparation of the beans and vegetables:

• Check the beans for debris (tiny stones or twigs or any impurities). All the discolored, broken, badly formed or wrinkled beans are also discarded. The beans are covered with water to remove any “floaters” and to be washed.





• Soak the beans in cold water. Soaking of dried beans before cooking in cold water for at least 5-8 hours shortens the time for cooking and preserves the shape of the grains. During soaking, the volume increases almost two times (a large pot should be used). The amount of water added has to be at least four times the weight of the beans. Water temperature should not be higher than 15^{o}C degrees, otherwise fermentation processes may occur. Soaking of more than 8 h leads to loss of nutrients. Soaking of dried beans activates the germination process and may reduce the amount of the complex sugars in most beans (up to 60%).



• Drain and rinse the beans in cold water 2-3 times till the water runs clear. Cover the beans with water are bring to boil. When bubbles appear, discard the water. Again, water is added and boiling restarts. The amount of water added in the process of cooking has to be at least at a ratio beans: water 2 to 3 (at least 5 cm water layer above the beans).



• Peel, wash and dice onion and carrots into 3-4 mm pieces.



B) Boiling of the beans.

• After the bubbling starts, add the chopped into small pieces onion (50 g are put aside for the thickening mix), carrots and sunflower oil (30 ml left for the thickening paste). The heating is reduced and the beans simmer to prevent breaking of the skin and over burning. The cooking pot is covered with a lid to reduce evaporation.



• Cooking time depends on the type, age and quality of beans, the more fresh they are, the less time they need. The length of cooking of different varieties of beans is different, so they should not be mixed during the cooking process. Traditionally, beans have been left to simmer while the housewife was busy with the housework, about 2 h. The higher the altitude – the longer the cooking process is. Duration of cooking depends also on the water hardness. Spring water with low mineral content will reduce cooking time.

• Test the softness of the beans after 90 min of cooking. Finely chopped peeled tomatoes are added when beans are soft, at the end of the cooking process, since the low pH slows down the cell walls breaking.





• Baking soda (increases pH value), must not be added, although it dramatically reduces the time for cooking, because it changes the taste and destroys vitamin B1.

C) Preparation of the thickening paste.

• Sauté the onion (50 g) in oil (30ml), until light brown. Toast flour and paprika, in a pan to develop light brown colour and mix with the onion to prepare a thickening base.





• When the mixture cools down add water to prepare a paste. Use some of the boiling beans (200ml – 1 ladle) to dilute the mixture which after is poured into the simmering bean soup to thicken it. Stir the soup and leave to simmer.









D) Flavouring

• Add the salt at the end of the cooking process, when the beans have reached the desired softness. Adding salt before this point will prevent the beans from further absorbing water and getting tender.



• Add seasonings (dried mint and savory) at the end of the cooking process to preserve the flavor.

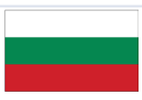
• Hot pepper (chilly) is added at the end, without being chopped and is left to simmer for 5 min (after which it is discarded) to give the soup a hint of spiciness. Optionally, parsley may be also added when the soup is served (about ½ spoonful-3g would be needed for the quantity of soup produced in the present recipe).





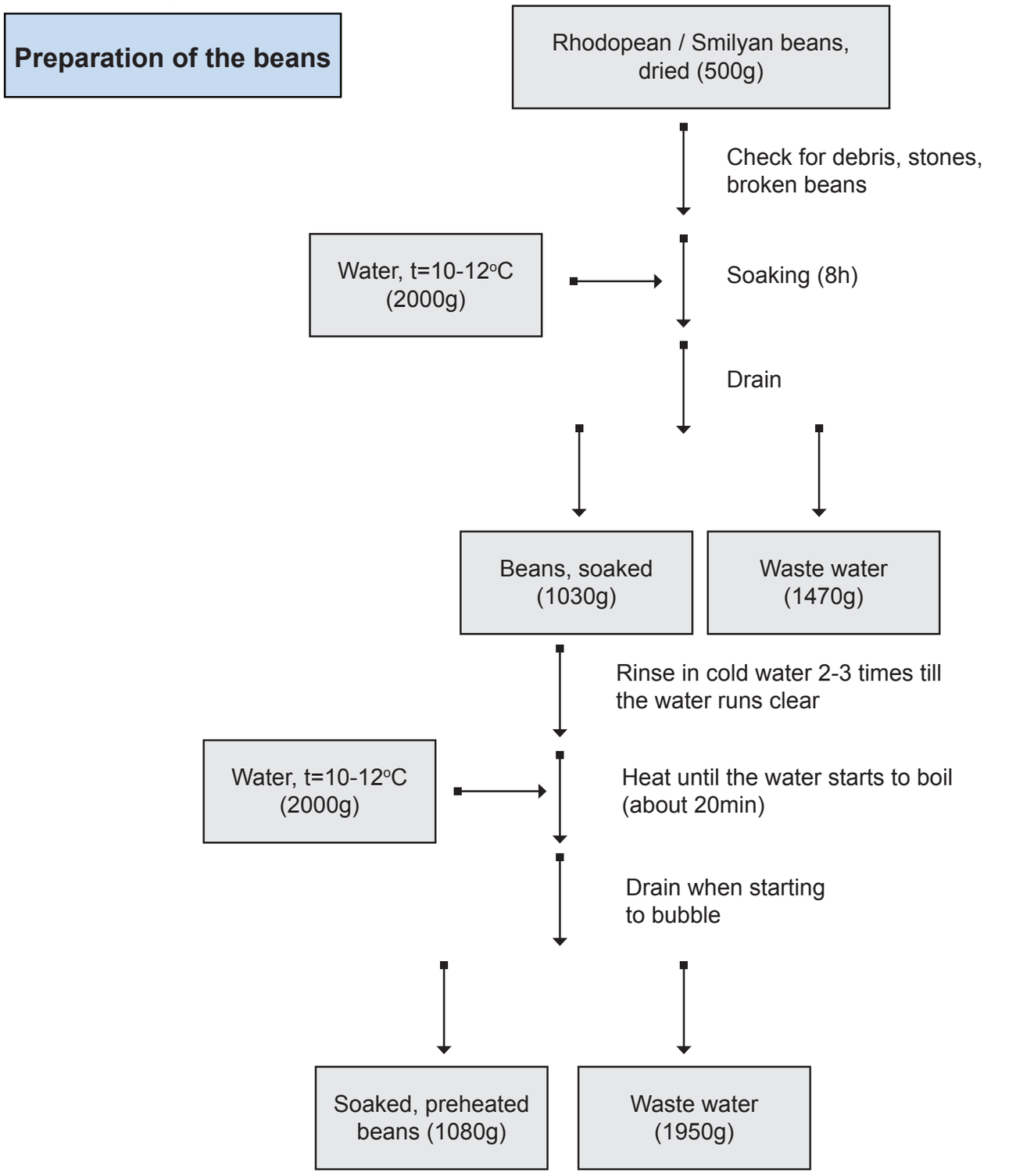
E) Preservation

• Cooked Rhodopean/ Smilyan bean soup can be kept hot (85°C) for not more than 4h. If cooled down quickly, it may be kept for 12h at 4 - 10°C. Quick cooling may be succeeded by putting the pot under running cold water and then keeping it in a cool place such as in a basin of cold water. In the past, the cellar was used since in this mountain area the walls of the houses are very thick and temperature remains low (about 8-10°C) even in summer time.

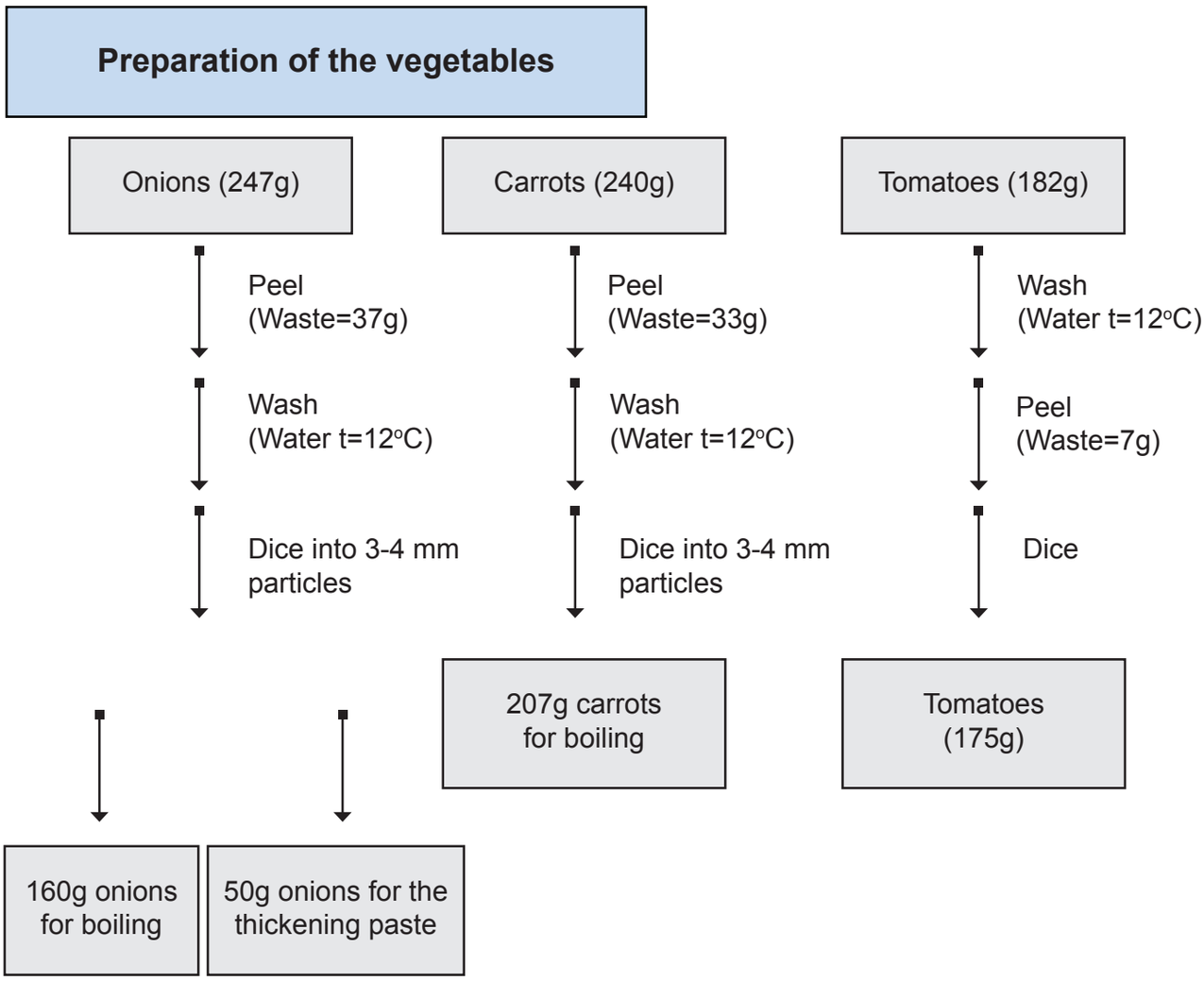


5.3. Recipe Flow Chart

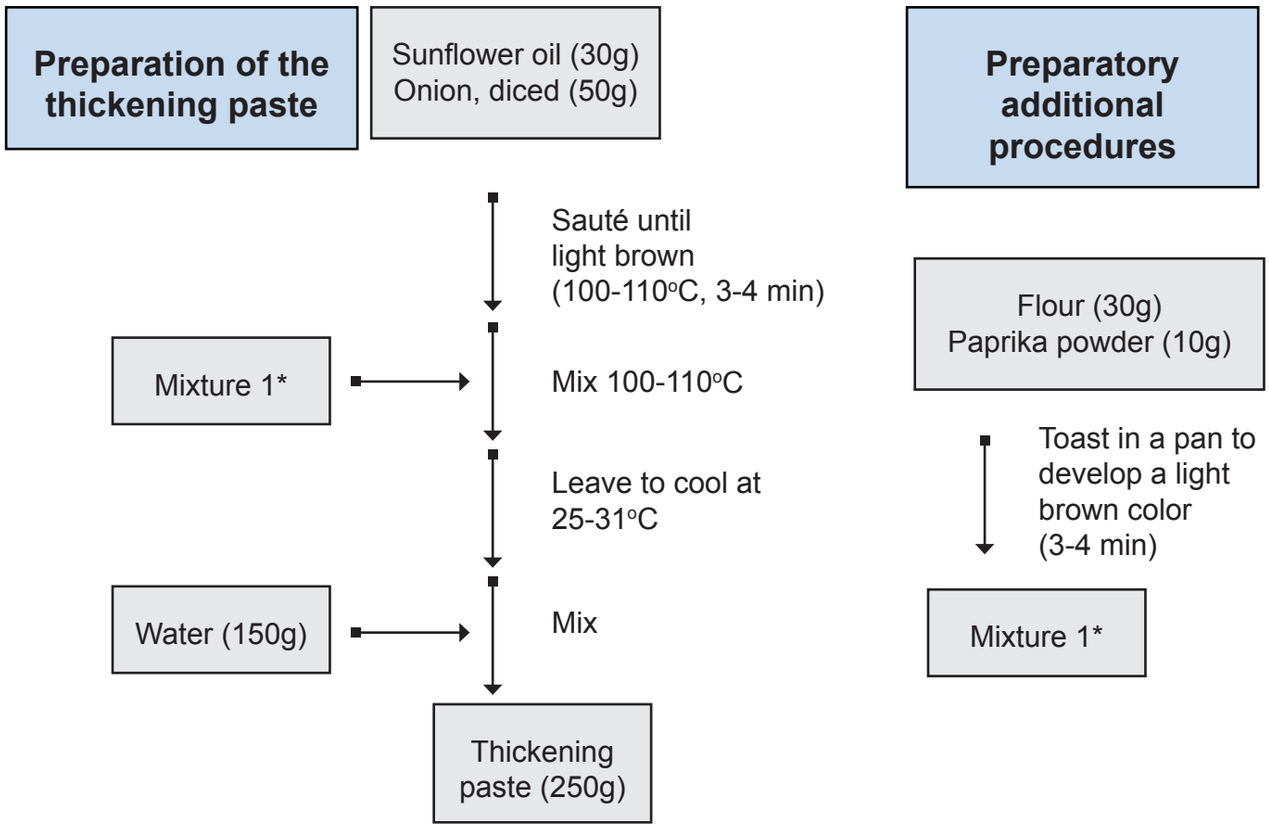
A) Preparation of the beans (overall time required: 8h for the soaking and 20min for the preheating)



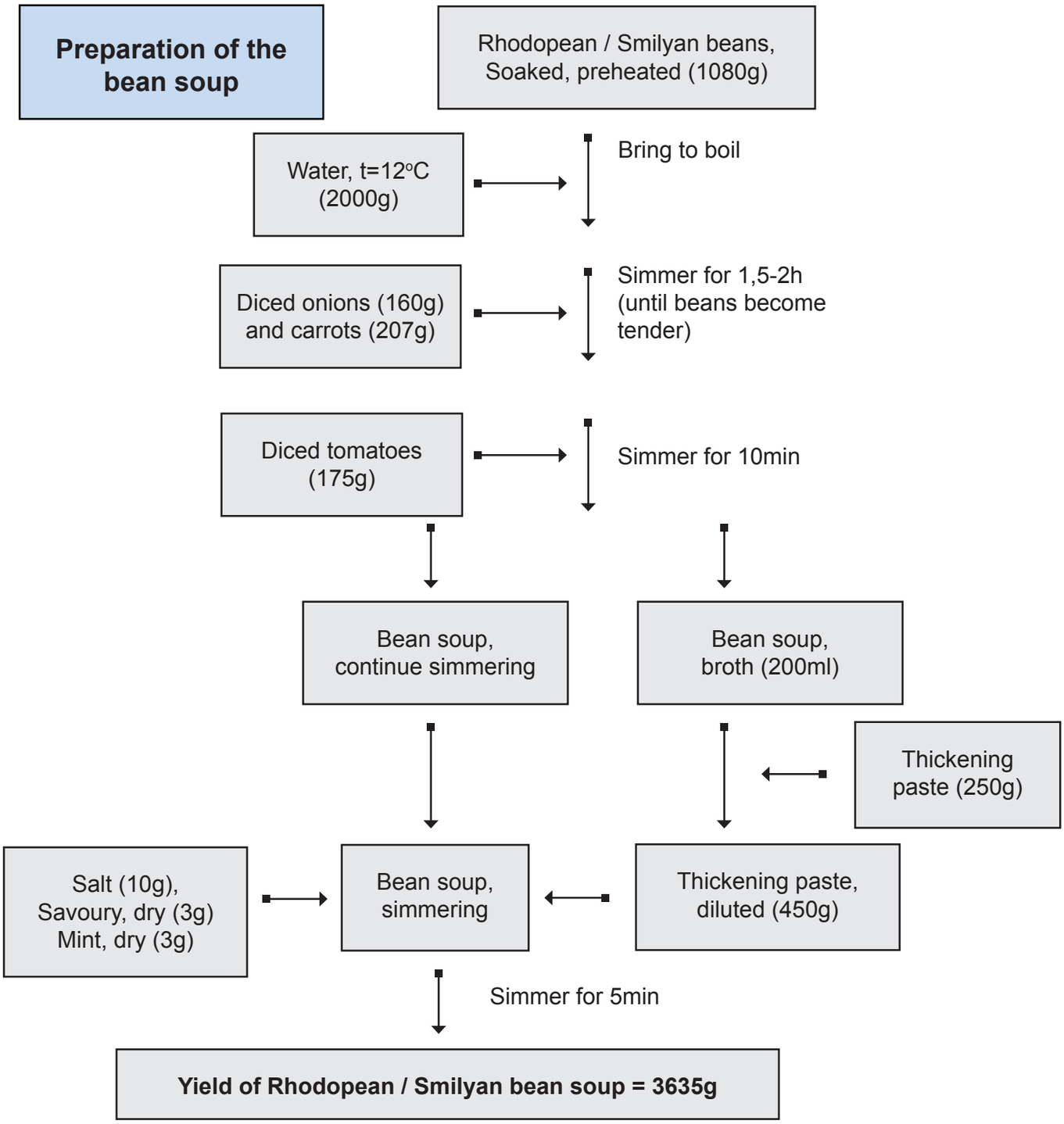
B) Preparation of the vegetables (overall time required: 20min).



C) Preparation of the thickening paste (overall time required: 10min).



D) Preparation of the bean soup

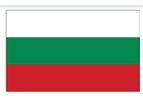


6. Rose Jam

6.1. Recipe ingredients and quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Sugar		1000
Water		400
Sugar syrup		*1090*
Dried rose petals		100
Rose flower (petals and cups)	*Rosa damascena Mill.*	*800*
Rose petals, fresh (flowers without cups)		*388*
Rose petals, fresh (sieved)		*312*
Rose petals, fresh, sorted, damaged petals removed		*300*
Citric acid*		5
Rose jam yield		**1100**

*Traditionally 100g of lemon juice or apple vinegar were added.



6.2. Preparation steps

- Preparation of the rose petals

Rose jam in the region of Kazanlak is traditionally prepared from Rosa damascena var. trigintipetala (Kazanlashkata rosa) - Roza kazanlika V. T. (pink variety) and Rosa alba (white variety), that are widely grown in the area. For the specific preparation rose petals from Rosa damascena var. trigintipetala (Kazanlashka rosa) Roza kazanlika V. T were used.





The rose flower collection starts early in the morning and completes within about 3 – 6 hours. For the present procedure, flower collection started at 7 am and the collected material was transferred to the village at 10 am. The flowers were carefully cut one by one, laid in cotton bags or baskets during collection and placed in plastic bags (5-6 kg) to transfer to the preparation site. The petals are very fragile and should not be kept in the plastic bags for a long period, since they get brown in colour, which makes them unusable for production of jam.

Transfer the petals on special tables and separate from the cups.





Sieve to separate stamen, little insects, etc. Remove damaged petals. Leave the petals to dry on filter paper (in the past on cotton sheets) under the shade for about 24h.





The water content of the fresh rose petals was 85,2%. The water content of the dried rose petals, used for the preparation of the jam was 52.1%.

- Preparation of jars and lids

Wash the glass jars and lids and put into a large saucepan covered with water. Boil for about 5 minutes. Remove the jars and the lids from the saucepan and turn them upside down on a clean rail or cloth so that the water can drain out.

- Preparation of the sugar syrup

Sugar syrup is prepared with 400 ml of water and 1 kg of sugar: Add the sugar slowly and stir. A large pan is used to allow the water to evaporate more quickly and reduce the boiling time. It has to be made of a material (stainless steel, or more preferably, aluminum) that will neither react with the acids nor will cause changes in the colour and off flavours. Boil the syrup for about 15 minutes until it thickens.



An empirical way to distinguish the consistency of the syrup is the “drop test”, according to which a clean wooden spoon is deepened into the syrup and is held over it for 1 to 2 seconds. If the syrup runs back freely – it is not ready. When a small lump of jam forms on the back of the spoon and breaks away from the rest, the setting point has been reached. In the present procedure, a quantity of 1090g of syrup was produced.

- Rose jam preparation

Add the dried rose petals (100g) to boil in the hot sugar syrup for 5 minutes. When the syrup drops heavily (drop test) add citric acid (5g), mix and boil for another 5 minutes. Juice of green grapes or wild plums has been used to increase the acidity in the past. When thick enough (“drop test”), the rose jam is ready.





- Filling and packing

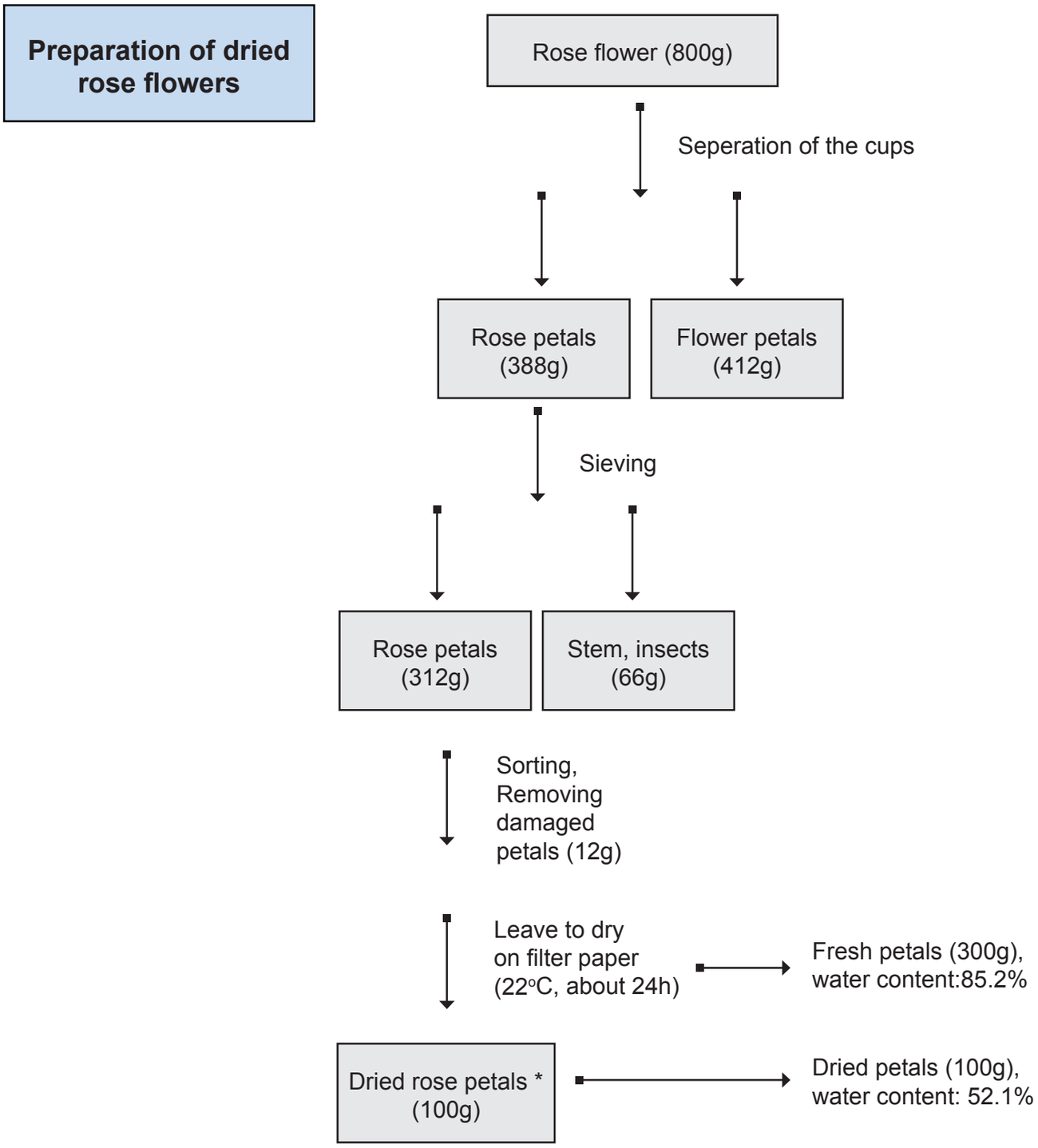
The jam is poured at 85oC in hot jars to avoid breaking and ensure food safety and vacuuming. It is important to avoid getting jam around the rim of the jar as this may prevent a vacuum forming, and attract insects. The jars are turned upside down to ensure vacuuming and prevent condensation under the lid.



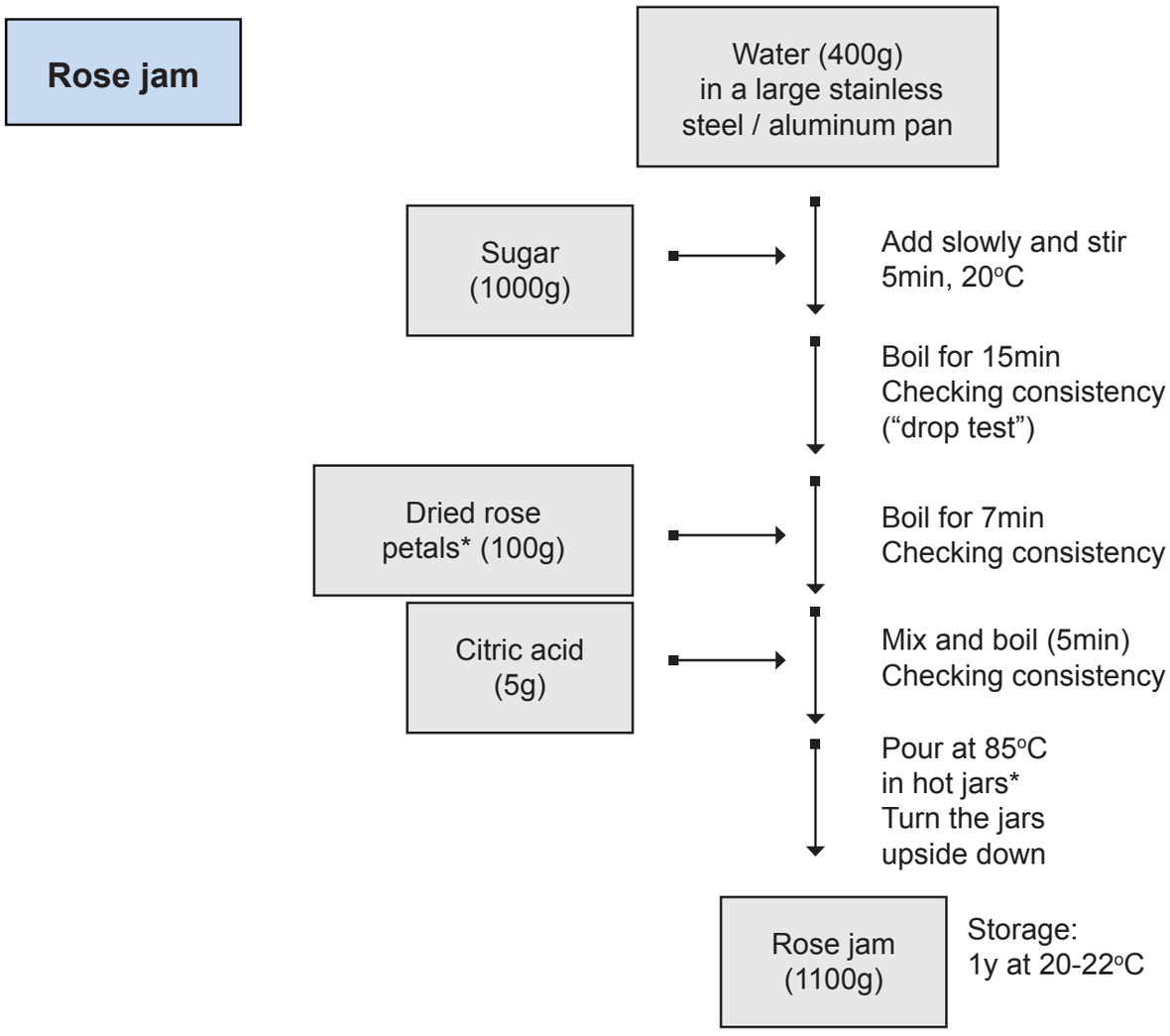
The rose jam is kept in a dry cool place (20-22°C) for 12 months. In the past, when there were no metal lids, the jars were covered with a thin layer of vegetable oil and tightly tied with a piece of paper or clean cloth.

6.3. Recipe Flow Chart

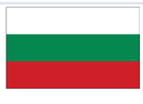
A. Preparation of the dried rose flowers



B. Preparation of the rose jam



*Wash and boil covered in water in a saucepan (5min), then turn upside down on a clean cloth to drain



B. GEORGIAN TRADITIONAL FOODS

Biological Farming Association - Elkana

For more information on Georgian traditional foods
contact the Biological Farming Association - ELKANA

http://www.elkana.org.ge
e-mail: biofarm@elkana.org.ge



1. Churchkhela

1.1. Recipe ingredients and their quantities

Ingredient Name	Scientific name	Quantity (edible part)
White grapes	*Vitis vinifera L.*	20kg
Filtered grape juice		*12L*
Boiled grape juice "badagi"		*6L*
Wheat flour	*Triticum aestivum L.*	1kg
Grapevine porridge "tatara"		*5.6kg*
Walnut	*Juglans regia L. (Corylus avellana L., Prunus dulcis (Mill.) D.A.Webb).*	1.4kg
Churchkhela yield		**7kg (40 pieces of about 175g)**

1.2. Preparation steps

- Press the grapes and leave the juice for sedimentation in the wooden barrel. On the next day filter the juice using cheesecloth and pour it in a large pot.





• Place the pot over the fire and boil until the juice gets brown and reduces to half.





• Add wheat flour to the boiled juice (“badagi”) and boil over fire (fire will give a special taste to the product) stirring continuously.





• The mixture obtains the required consistency after about 1.5hours of boiling (then the spoon can stand in the mass in a vertical position).



• Cut the dried walnuts (drying is required to avoid spoilage of the product) in fourths and string with needle on 30 cm long cotton thread pieces. Thread for churchkhela should be of natural cotton and should not be colored with chemical coloring agents.



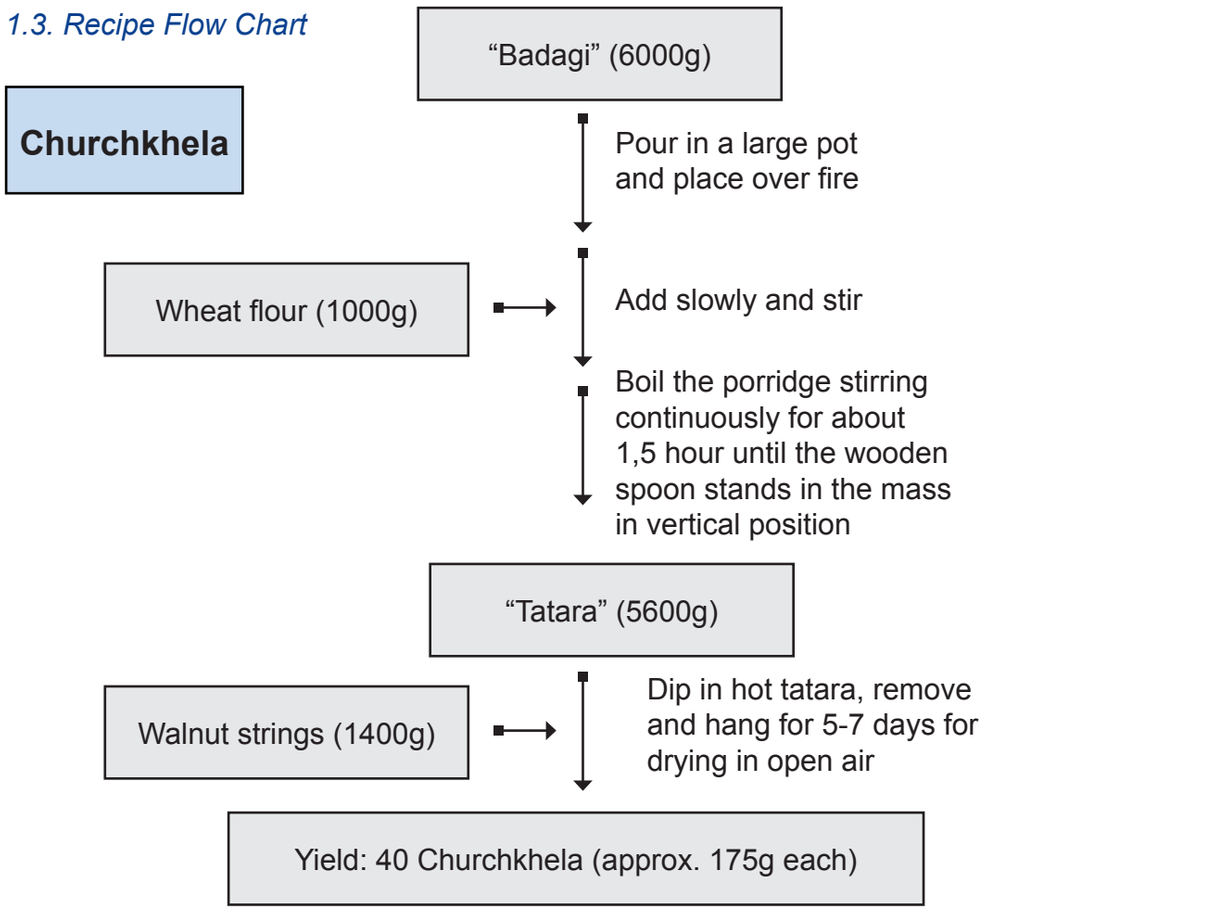
• Walnut strings are dipped into the mixture “tatara”, then taken out and hung for drying on air for about 7 days.

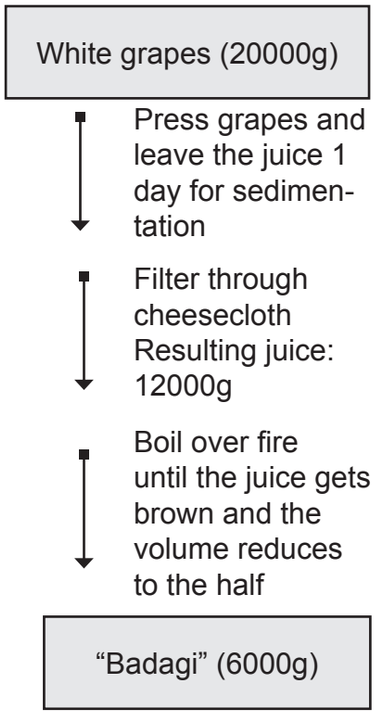


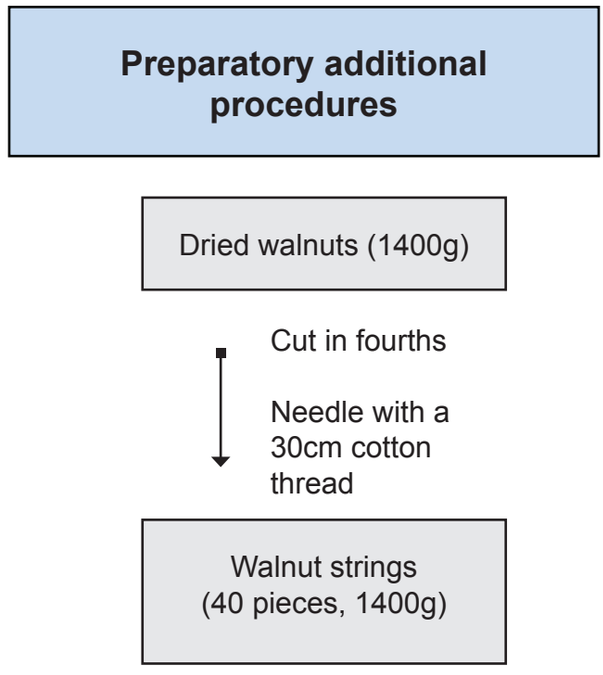


• Preserve in dry and cool place, preferably wrapped in natural cloths together with apples or quince.

1.3. Recipe Flow Chart







2. Flax oil

2.1. Recipe ingredients and their quantities

Flax oil yield

Ingredient Name	Scientific name	Quantity (Edible part, g)
Flax seeds	*Linum usitatissimum L.*	3000
Flax oil yield		**1200**

2.2. Preparation steps

- Put the seed in the oil pressing machine and press out by the cold pressing method.

Traditionally in Georgia flax oil was made in special mills, using cold pressing method. The modern oil pressing machine is made from rust-resisting steel and works on electricity (see photos).



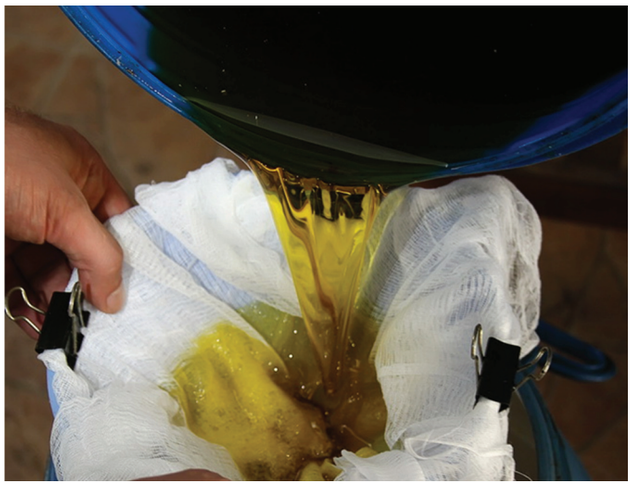






• Separate oilcake for animal feeding and let the pressed liquid for sedimentation in a jar appropriate for food storage for 7 days.

• Filter the oil using cheesecloth and hermetically bottle.





• The oil should be kept hermetically bottled at a temperature below 20ºC, for a period of 5 months.

2.3. Recipe Flow Chart

Flax Oil

Flax seeds (3000g)

↓ Cold-press in oil pressing machine and leave for sedimentation for 7 days

↓ Filter from sediments using cheesecloth

↓ Bottle

Yield: 1200g of Flax oil

3. Nettle with walnut

3.1. Recipe ingredients and quantities

Ingredient Name	Scientific name	Quantity Edible part (g)
Nettle	*Urtica urens L., Urtica dioica L.*	2000
Onion	*Allium cepa L.*	400 (3 - 4 bulbs)
Ground walnut	*Juglans regia L.*	300
Salt		20
Nettle with walnut yield		**1500**

3.2. Preparation steps

- Clean and wash the selected nettle. Boil for approximately for 15 minutes (100^0C).



- Drain and cool at room temperature.



• Press the nettles by hand to remove water and cut in small pieces.



• Clean and cut the onions in small pieces. Pound the walnut and add salt.

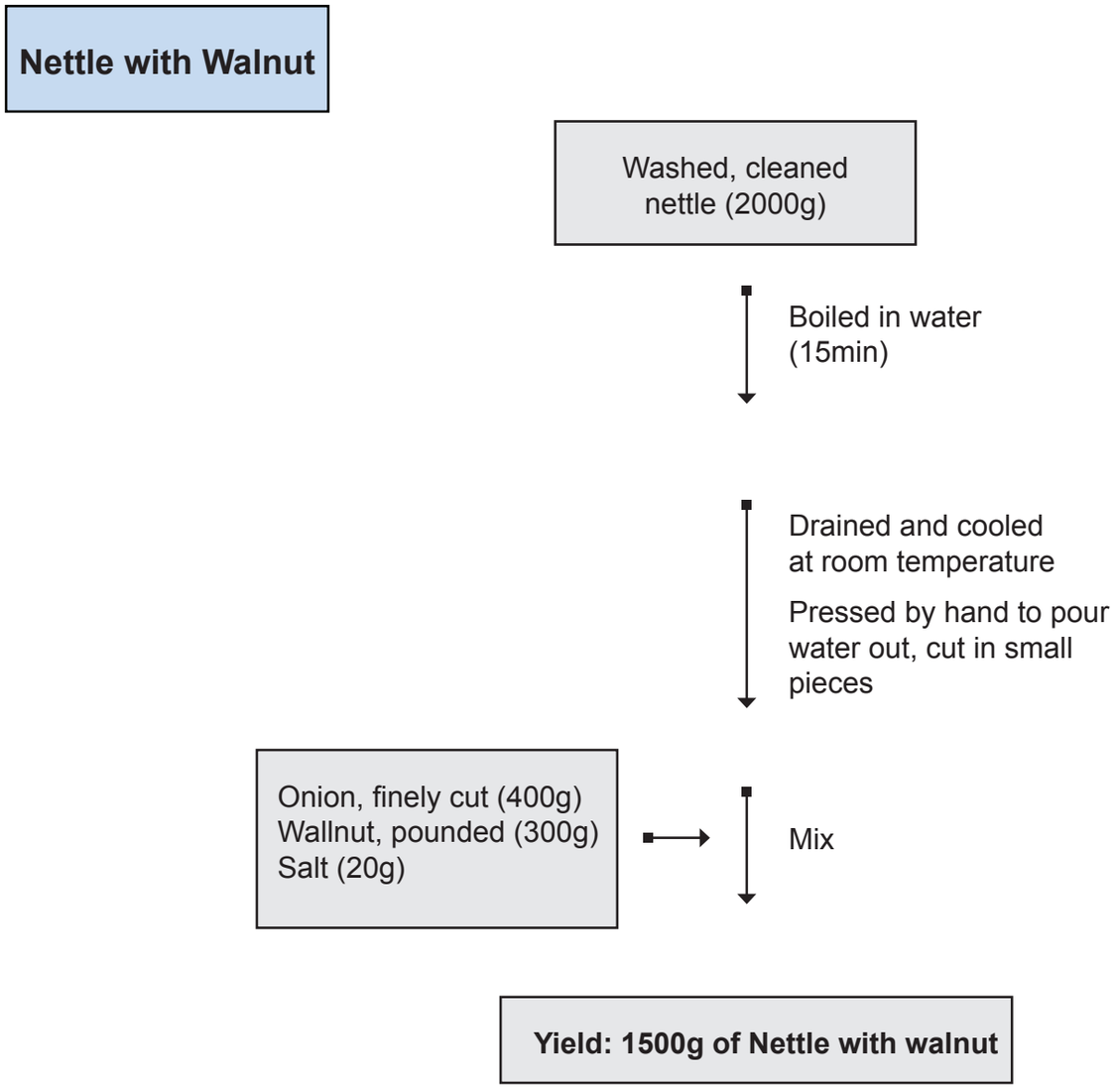




• Mix all ingredients. The recipe can be preserved at room temperature for 10 hours and in a refrigerator for 2-3 days.



3.3. Recipe Flow Chart



4. Tsiteli doli bread with makhobeli

Ingredient Name	Scientific name	Quantity Edible part (g)
Wheat flour (Tsiteli Doli variety)	*Triticum aestivum L. var. ferrigineum*	3000
Makhobeli* seeds, powdered	*Cephalaria syriaca (L.) Scrad. ex Roemer & J.A. Schultes*	45
Leaven**	*Saccharomyces cerevisiae Meyen ex E.C.*	180
Salt		60
Water		2500
Tsiteli doli bread with makhobeli yield		**5000**

*Wild plant, which together with other weeds grew in fields among the doli grain crops
**Fermented dough reserved from a previous bread batch

4.2. Preparation steps

- Add powdered makhobeli to Tsiteli Doli flour and mix.





• Add salt and the leaven dissolved in warm water (about 300g).







• Make a dough of a medium thickness.





• Cover it with a clean cloth and set aside on a warm place (30-35°C) for 2 – 2,5 hours to rise.





• Divide the dough into sized pieces.





• Warm up the thone and give the divided dough pieces the shape of the bread.

Thone is a Georgian version of the oriental bake oven called “tadir”. It is made from clay using special techniques after that it is placed on the flat stones on a clean ground and surrounded with lacquered wooden boards of preliminary fixed size. On the lower part of thone an air hole with metal pipe of length 30 cm is placed. The thone should have a top to be protected in the case of bad weather conditions. The height of thone is approximately 120-130 cm and the diameter is 1-1.5 meters.

To scorch the thone, burn dry brushwood for 2 - 3 hours till is wormed up to 200-250°C (until the wood is turned into the hot ash).





- Bake in thone.

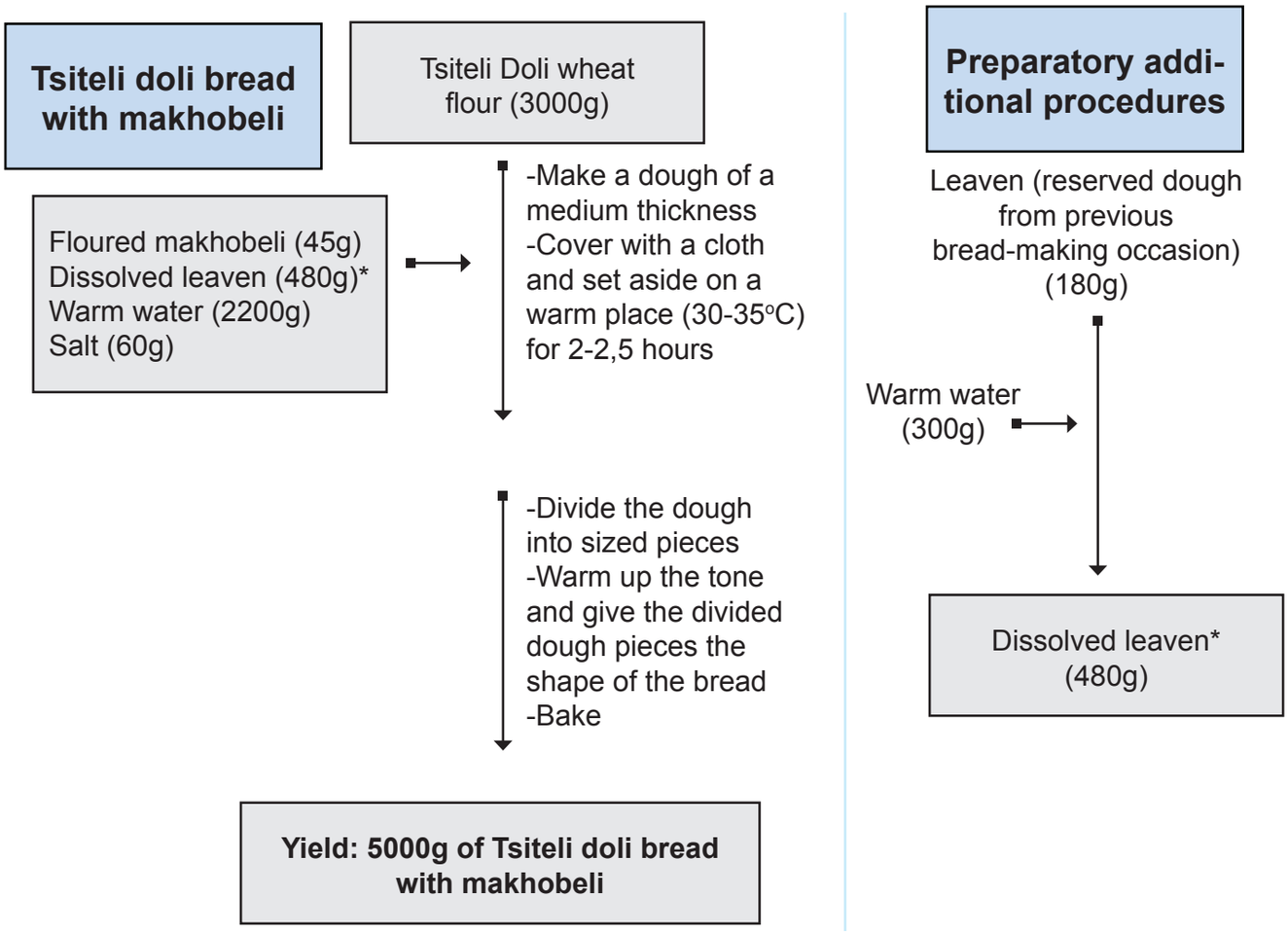






- The Tsiteli Doli bread can be preserved wrapped in a cloth in a dry and cool place for 4-5 days.

4.3. Recipe Flow Chart



5. Wild plum sauce

5.1. Recipe ingredients and their quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Wild plum (with stones)	*Prunus cerasifera Ehrh*	3000
Coriander (fresh)	*Coriandum sativum L*	50* + 40
Fennel (whole plant with seeds and stems)	*Foeniculum vulgare*	40* + 35
Pennyroyal	*Mentha pulegium L*	20
Red Pepper	*Capsicum*	10
Garlic	*Allium sativum L.*	40
Water		3000
Salt		10
Wild plum sauce yield		**1600**

*These quantities of coriander and fennel were used at a preliminary stage of the procedure but removed later on.

5.2. Preparation steps

Wild plum sauce or “tkemali” is made from any variety of wild plum – red, yellow and green or their mix. In the context of BaSeFod a mixed colour variety producing yellow with red spots fruits were used.

- Place the washed wild plums, coriander and fennel into a cattle and cover with water.







• Put the cattle over fire and let the mixture boil for 30min (from the time the water starts boiling).



• Remove the pot from the fire, separate the boiled fruits from the juice and discard the boiled herbs.



• After cooling (2-3h), sieve and grate the fruits, and discard the stones and skin. To reach the required consistency (should have medium thickness (like tomato ketchup)), add some of the boiled juice (200g) into the sieved fruits.





• Chop garlic, coriander, fennel, pennyroyal and mix with salt in a traditional vessel “qvasanaki”).



• Add the mixture into the grated - sieved fruits. Add pounded red pepper. Boil the mixture at 100°C for 5 minutes.





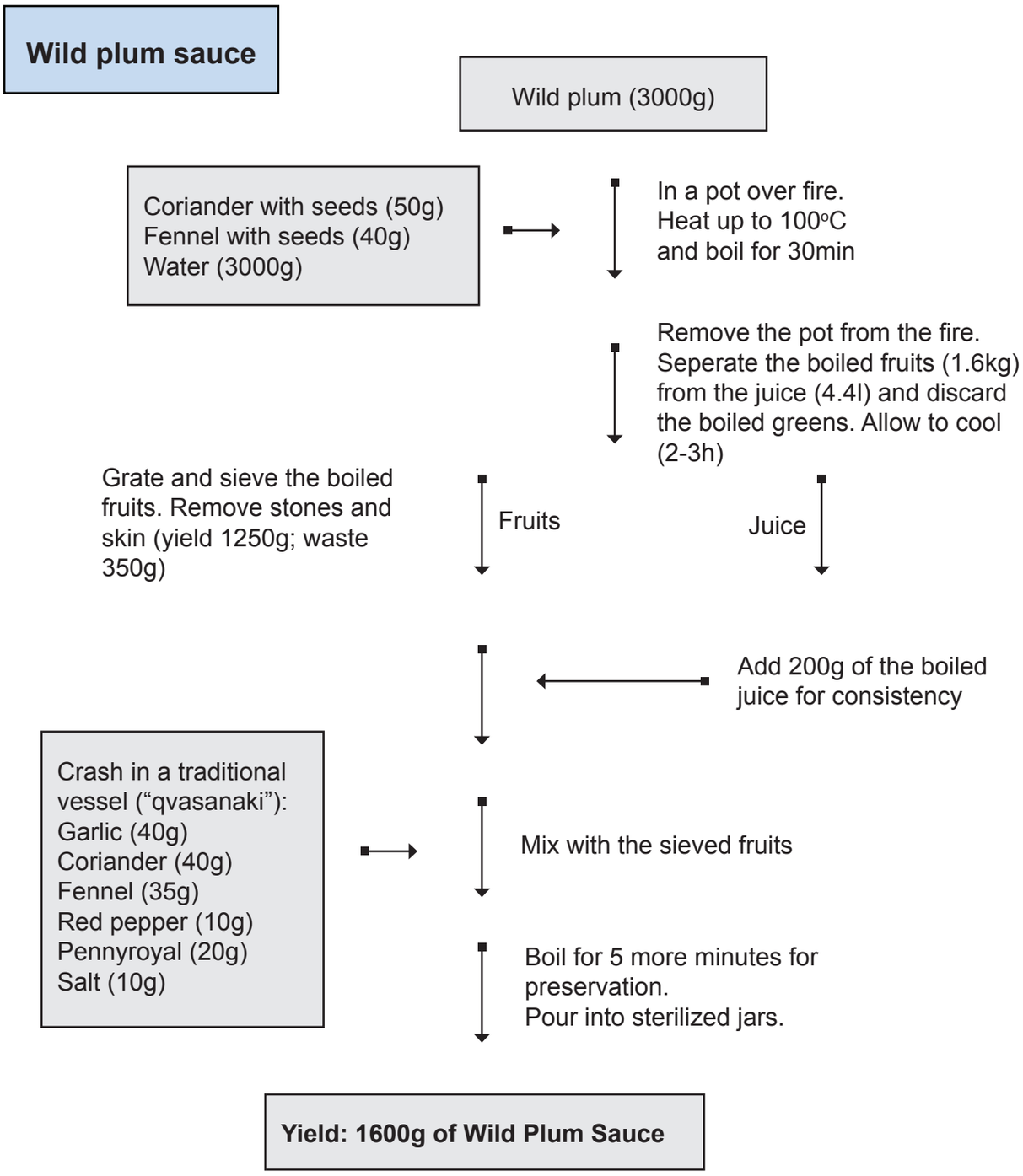
• Pour the warm product into sterilized jars.





• Hermetically bottled wild plum sauce should be kept at a temperature below +20°C for a period of 10 months. It is consumed as sauce with fried or grilled meat, poultry and potato dishes.

5.3. Recipe Flow Chart





C. ROMANIAN TRADITIONAL FOODS

Bucharest Academy of Economic studies

For more information on Romanian traditional foods
contact Prof. Carmen Costea (cecostea@yahoo.com)
or
Prof. Rodica Pamfilie (rodica.pamfilie@ase.ro)
at the Bucharest Academy of Economic studies

http://www.ase.ro



1. Herbal dish

1.1. Recipe ingredients and their quantities

Ingredient name	Scientific name	Quantity (Edible part, g)
Onion bulb	*Allium cepa L.*	184
Sunflower oil		150
Wheat flour		20
Green dill leaves	*Anethum graveolens L.*	372
Green parsley leaves	*Petroselinum crispum (Mill.) Fuss*	372
Sage leaves, dried	*Salvia officinalis L.*	5
Tomato paste	*Solanum lycopersicum L.*	20
Chilli paste	*Capsicum annuum L.*	10
Salt		15
Black pepper	*Piper nigrum L.*	2
Basil leaves	*Ocimum basilicum L.*	20
Mint leaves	*Mentha x piperita L., Mentha spicata L.*	10
Water		426
Herbal dish yield		**1200**

1.2. Preparation steps

- Peel the onion, cut “Julienne” style and sauté into hot sunflower oil (about 2min).
- Add the flour to slightly brown and add the water to cool down the mixture.
- Soak the sage leaves in water and add the leaves into the pot. (The sage leaf can be utilized either in fresh or dried form. When in dried form this leaf is as tough as the dried bay laurel leaf. This is why, before use, it should be kept in water to become softer. The duration of the process is roughly 10 minutes, depending on the texture of the leaf.)



• Add finely chopped dill and finely minced parsley leaves into the pot.





• Allow to boil 20 minutes at a low flame to preserve sensitive ingredients.



• Add tomato paste, chili paste, salt and ungrounded pepper.



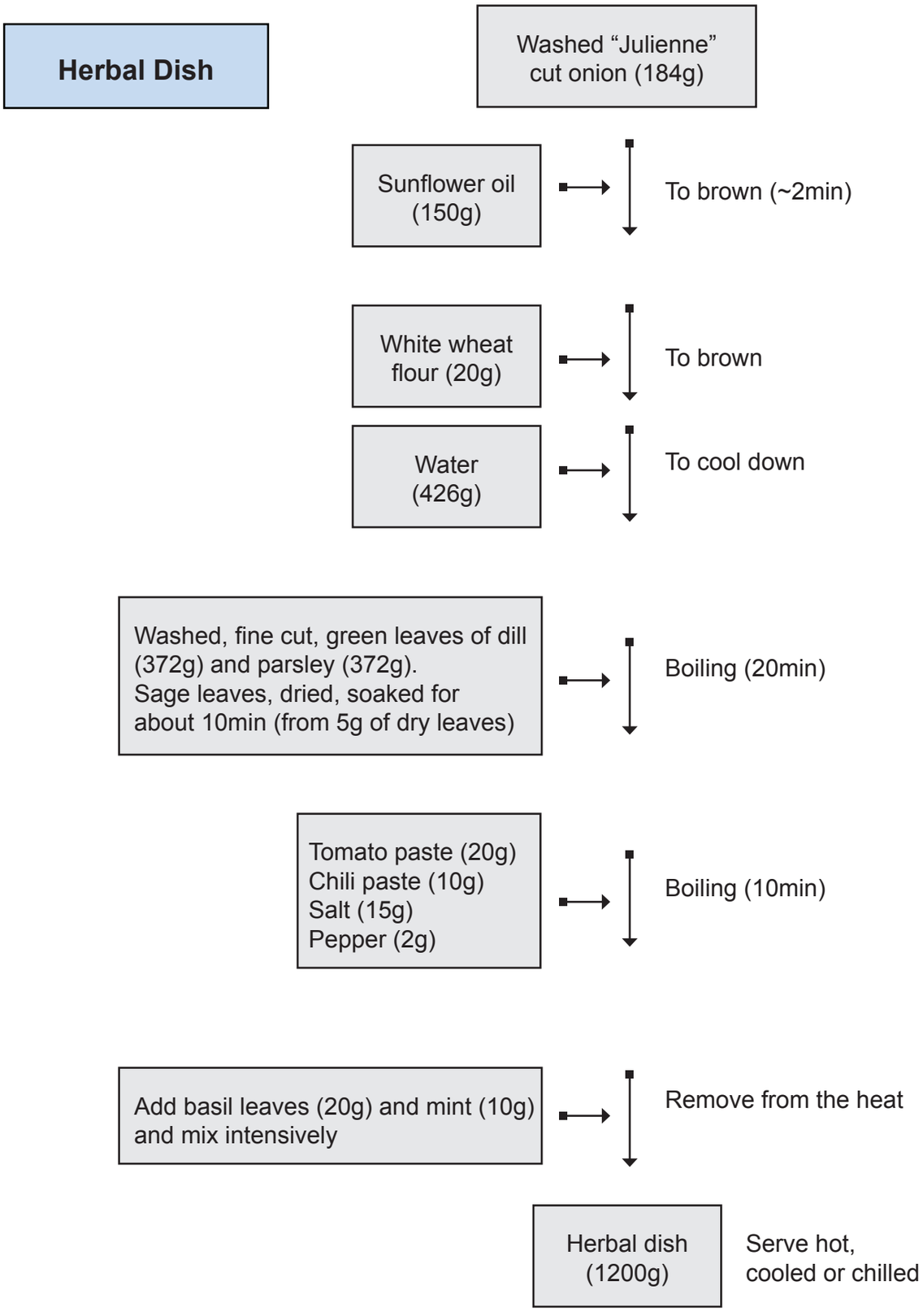
- Allow to boil for 10 minutes.



- Remove from the heat, add basil leaves and mint and mix intensively.

- Serve hot or cooled or chilled in the refrigerator.

1.3. Recipe Flow Chart



2. Nettle soup (Ciorba)

2.1. Recipe ingredients and their quantities

Ingredient name	Scientific Name	Quantity Edible part (g)
Water		2000
Salt*		50
Onion bulb	*Allium cepa L.*	276
Carrot	*Daucus carota L. subsp. sativus*	141
Celery root	*Apium graveolens L. var. rapaceum*	135
Nettles of spontaneous vegetation, washed	*Urtica urens L., Urtica dioica L.*	1663
Glazed rice	*Oryza sativa*	100
Glazed rice, cleaned, washed, boiled, cooled		*125*
Romanian Borsch		1500
Spring onions (green leafy)	*Allium cepa L.*	188
Sunflower oil	*Helianthus annuus L.*	150ml
Green leaves of lovage	*Levisticum officinale W.D.J. Koch*	76
Nettle Soup, yield		**5400**

*30 g are added at the beginning of the boiling process and the rest 20g are added based on individual preference at the end. So, the addittion of the latter 20 g is not compulsory, but rather based on taste.

2.2. Preparation steps

• Add the onion bulb (finely chopped), carrot (cut in four) and celery (cut in four) in a pot with salted boiling water and boil for 20 minutes.



• Separate the young green leaves of the nettles and wash with plenty of water and add into the pot.

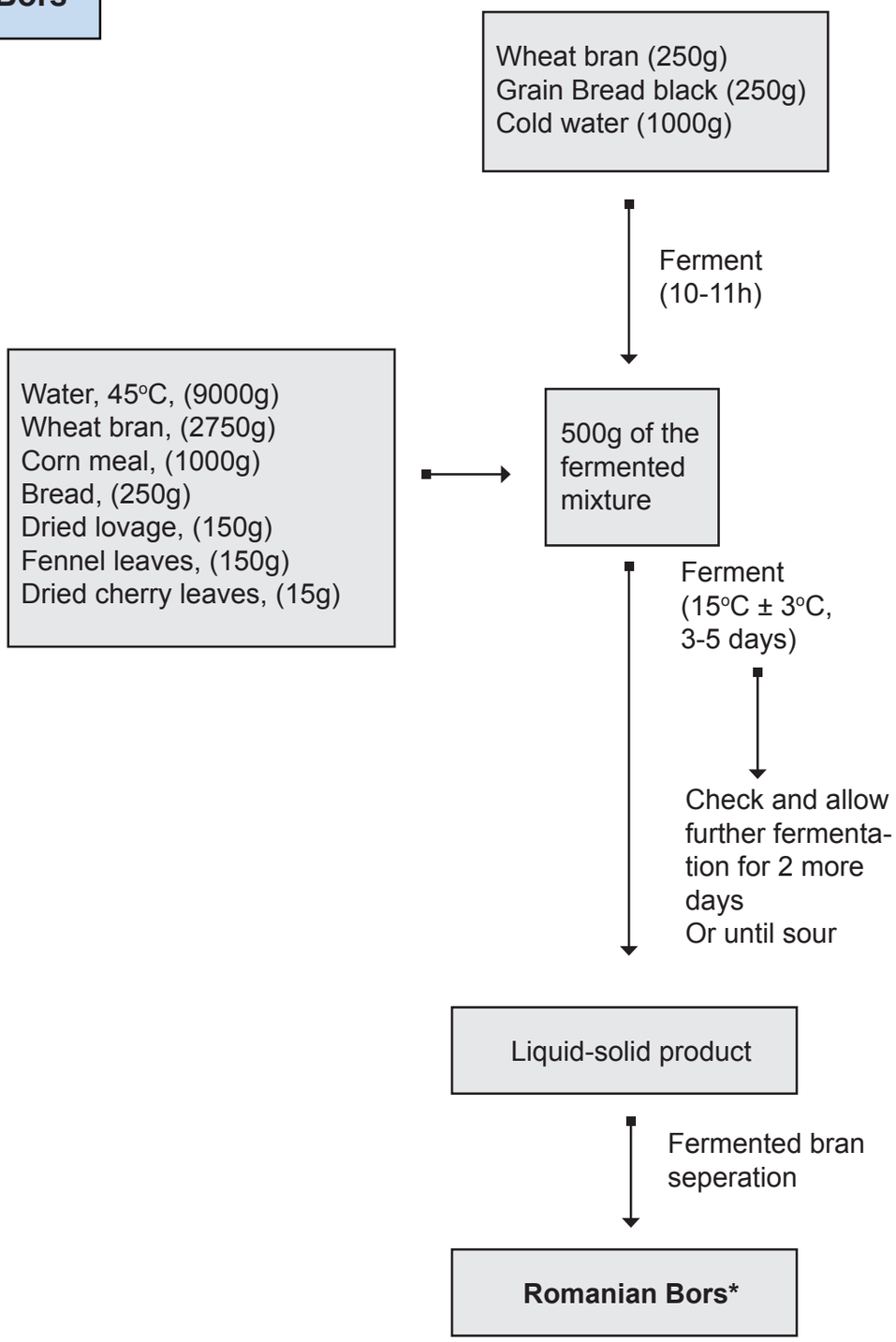


• Wash and boil rice separately, cool and add into the pot with the boiled vegetables.



• Romanian “bors” represents a product of another distinct technology that is used as an ingredient in the nettle soup. It is a sour liquid obtained by fermentation of wheat bran in scalding water and is used for souring soups. Typical recipe ingredients, their quantities and the steps of the preparation procedure are shown in the flow chart that follows:

Romanian Bors



• Boil the “bors” separately and then add into the pot to boil with all other ingredients for 10 more minutes.

• Clean the green onions of inedible parts, wash and finely cut, and sauté in heated sunflower oil.



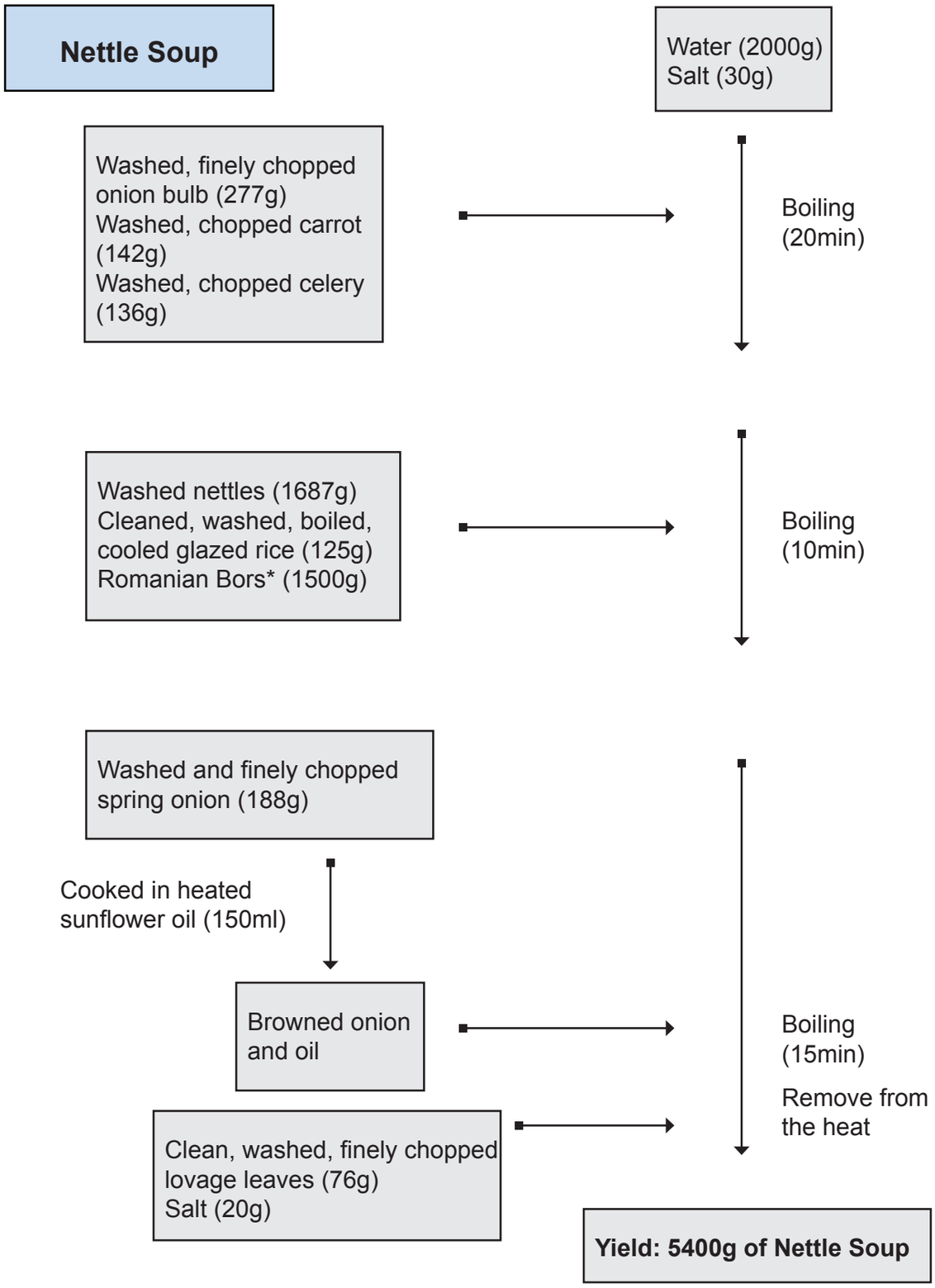
• Add the fried green onions and the oil into the pot and boil for 15 more minutes.



• Remove from the heat and add the lovage (cleaned, washed and chopped). Add salt to taste and serve.



2.3. Recipe Flow Chart



3. Plum jam

3.1. Recipe ingredients and their quantities

Ingredient Name	Scientific name	Quantity Edible part (g)
Plums, without stems and stones	*Prunus domestica L.*	4361
Water	-	131
Plum jam yield	**-**	**1198**

3.2. Preparation steps

- Plums appropriate for plum jam are autumn plums, whose flesh separates easily from the pit and are harvested at technological maturity, presenting optimum quality characteristics such as maximum sugar content; characteristic taste and aroma; color.

- Sort the collected plums by removing the ones moldy, attacked by diseases and pests. Wash the plums with water to remove earth, sand and other impurities



- Separate the stones from the fruit manually.





- Place the plums in a pot in which a small quantity of water has been added to prevent the fruit from sticking at the bottom. Boil at the temperature of around 85° - 90°C for about 3 hours, stirring continuously.



- Further concentrate the semi-concentrated product in the oven at about 80° - 85°C for about 5 or 6 hours, stirring from time to time.

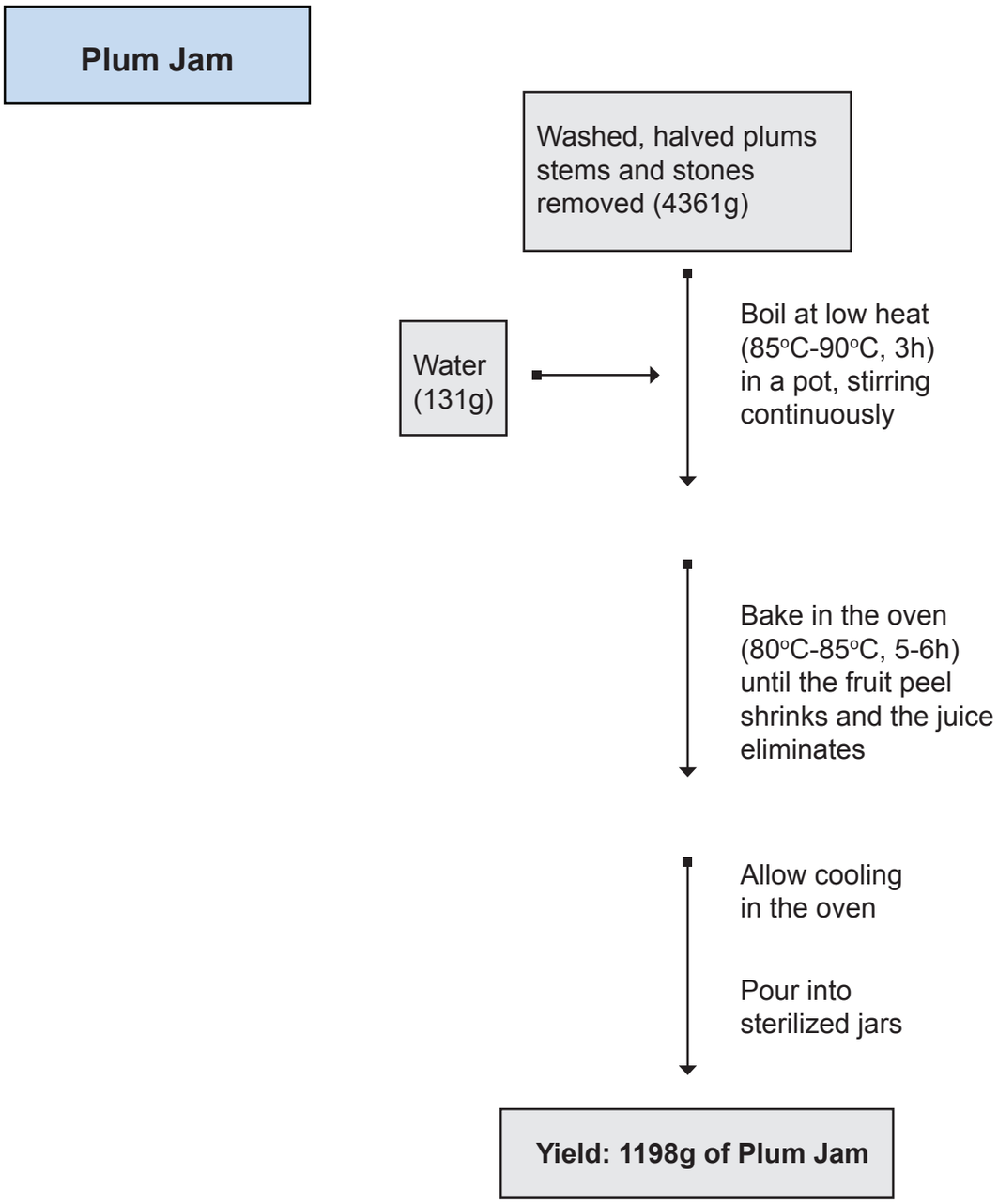
- Allow the product to cool in the oven.

- Rinse the glass jars and pour the jam in.





3.3. Recipe Flow Chart



4. Polenta, boiled (Mamaliga)

4.1. Recipe ingredients and their quantities

Name of the ingredients	Scientific name	Quantity of edible parts (g)
Corn meal (cornmeal)	*Zea mays L.*	398
Salt	-	8
Water	-	1470
Polenta, boiled yield		**1659**

4.2. Preparation steps

- Place a pot of water over heat.



- When the water starts to boil add salt, and sprinkle a handful of sifted cornmeal over, stirring continuously.



• Let to boil for around 2 or 3 minutes. Then drop the rest of cornmeal and allow the mixture to take 2-3 boils at low heat.





• To prevent the flour from sticking to the pot, introduce the pot stick (“facalet”) in the middle of the pot and create an opening in the mixture through which the water vapours are able to rise.

• Boil over a slow fire for about 30 minutes and stir clockwise until the mixture stops sticking to the stick.

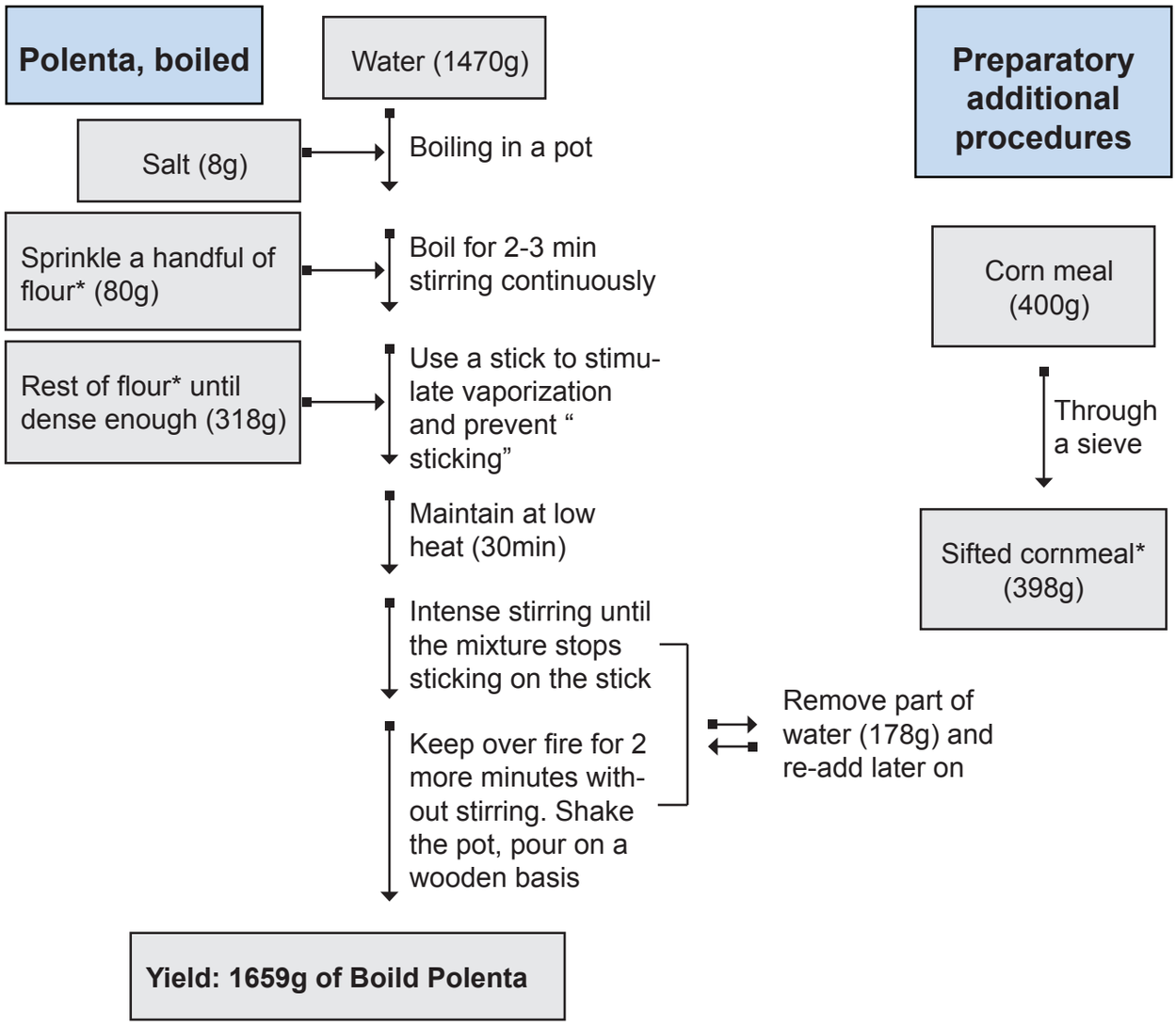
• In order to obtain the precise texture required, a part of the water (178g) is removed and added later only to ensure the desired consistency. The purpose is to hydrate and form a gel with the corn flower in stages.

• Keep over fire for another 2 minutes without stirring. Shake the pot several times then pour the polenta on a clean wooden basis or a plate.





4.3. Recipe Flow Chart



5. Elderberry soft drink (Socata)

5.1. Recipe ingredients and their quantities

Ingredient Name	Scientific name	Quantity (Edible part, g)
Flowers of elderberry	*Sambucus nigra L*	690
White sugar*		1100
Lemon juice	*Citrus limon (L.) Burm*	100
Lemon peel, finely cut		100
Yeast, bread	*Saccharomyces cerevisiae*	10
Water**		10000
Socata yield		**9800**

*1083 used for the sugar syrup and 17g used for the caramel syrup
**3034g are used for the syrup, 100g for the caramel and the rest 6866g are added directly in the jar after the addition of the syrup

5.2. Preparation steps

- "Soc" flowers are collected on sunny days, free of moisture by cutting the stalk bunches. After they are collected, the fresh flowers are kept in the sun to dry for 2-3 days scattered as possible, in a bag in which the air can enter, otherwise they will heat and spoil quickly. Fresh flowers are used to obtain the well known "socata" as described below.

- Sugar syrup preparation: Boil 1.1 kg of sugar in 3034g of water and 50g of lemon juice for 15 minutes. After cooling, put the resulted syrup in a 15-liter jar and add 6866g of cold water.

- Place in the jar the elder flowers well washed, the rest of the lemon juice (50g) and the finely cut lemon peel.





• Caramel syrup preparation:

Heat 17g of sugar over a flame at a temperature of approximately 140 degrees to caramelize and obtain a yellow-brown colour. Before the caramel cools, dissolve in 100g of water to form the caramel syrup and pour it into the fermentation jar.

• Place the yeast into the jar and cover the jar with gauze.



• Allow 3-4 days at room temperature while stirring occasionally with a spoon with a long handle.

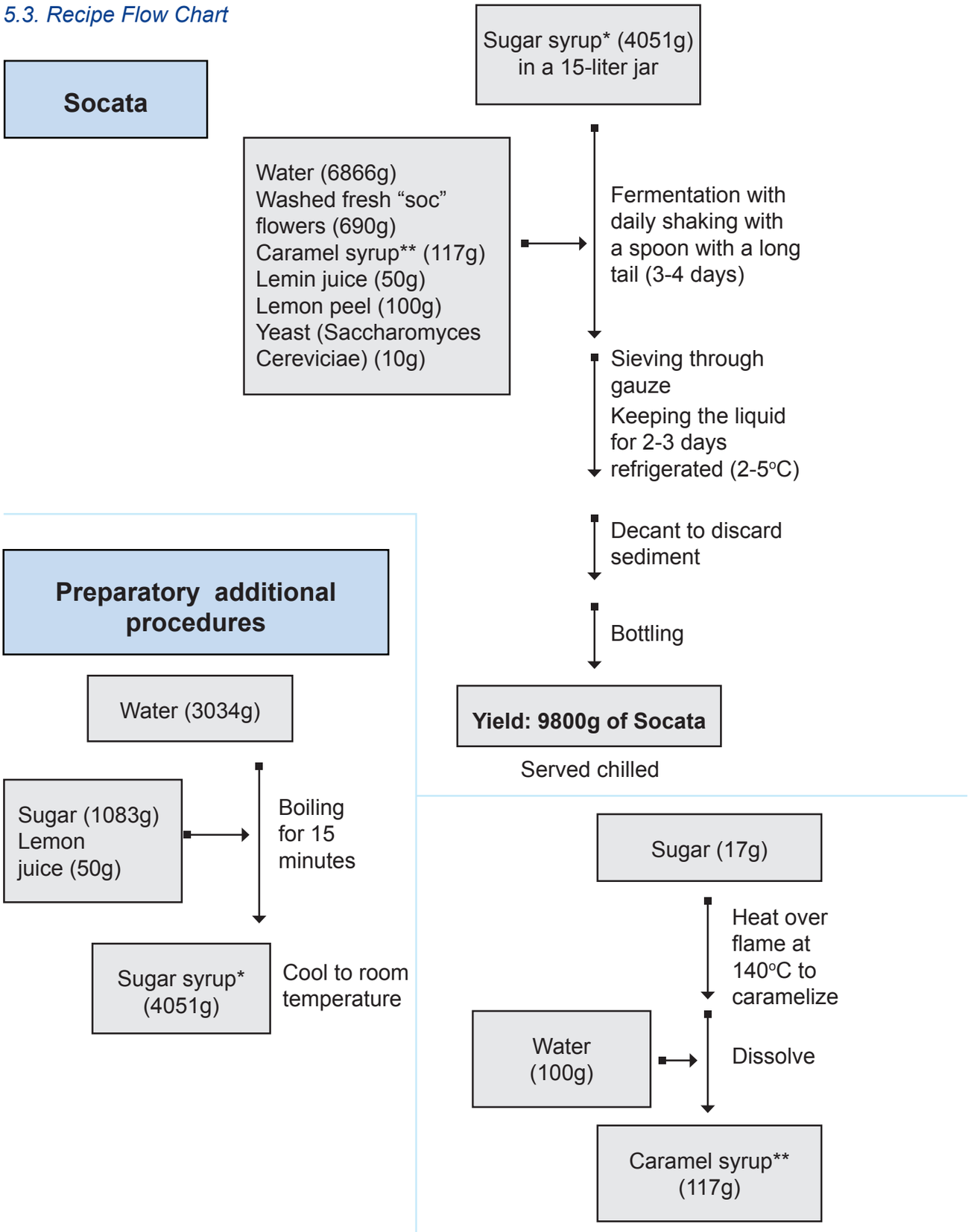
• Strain the drink through double gauze and keep refrigerated (2-5°C) for 2-3 days.

• Decant to discard waste (hydrated sediment from bread yeast which has been multiplying during the fermentation process and vegetable protein mass resulted from the elderberry flowers). Place the drink into bottles and keep refrigerated.

• “Socata” can be kept for drinking up to three to four months.



5.3. Recipe Flow Chart



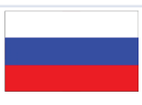


D. RUSSIAN TRADITIONAL FOODS

Moscow State University of Food Productions

For more information on Russian traditional foods
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at the Moscow State University of Food Productions

http://www.mgupp.ru



1. Bread Kvass

1.1. Recipe ingredients and their quantities

Ingredient Name	Scientific name	Quantity (Edible part, g)
Water, hot		3000
Rye bread		300
Rye bread crusts		*200*
Sugar		67
Yeast, dry		1
Juniper berries	*Juniperus communis L.*	3 (30 pieces)
Raisin	*Vitis vinifera L.*	10 (12 pieces)
Bread kvass yield		**2048***

*An average of 6 measurements

1.2. Preparation steps

- Cut the rye bread in small pieces and dry in an oven at low heat (160-180°C) for 2 hours.


Pieces of rye bread are placing to the oven for drying

• Place the resulting crusts in an enamel pan. Pour hot water (85- 90°C) in it and close the lid. Let the mixture stand for 24 hours at 25-30°C.





• Filter the wort through a sieve. Place the crust remains in gauze and squeeze to obtain additional wort.





• Transfer part of the wort (~300g) in a small saucepan and dissolve the sugar and the yeast in it. Return the mixture into the enamel pan with the wort.


The addition and mixig of the yeast


The returning of mixture to the main part of wort

• Cover the pan with a towel and leave the wort to ferment at a temperature of 25-30^{0}C for 12-18 hours.


The fermentation in the pan covered with the towel at 25-30 degrees of Celsium for 12 - 18 hours

• Shortly before the end of fermentation (after the appearance of white foam), boil an amount of the fermenting wort (~100g) with juniper berries for 30 minutes. Strain the mixture after cooling and return the liquid into the enamel pot.


The preparation of juniper browth in the part of fermented kvass wort (boiling in 30 minutes)


The addition of the juniper broth to the main part of the fermented kvass wort

- Leave the mixture to ferment for 3-5h at 23 -29^{0}C.
- Bottle kvass adding 3 raisins in each bottle.


The addition of raisins to botlle


The filling of the bottle with the fermented kvass wort

- Seal the bottles and store at 4-6^{0}C (in a refrigerator) for about 2-3 days.





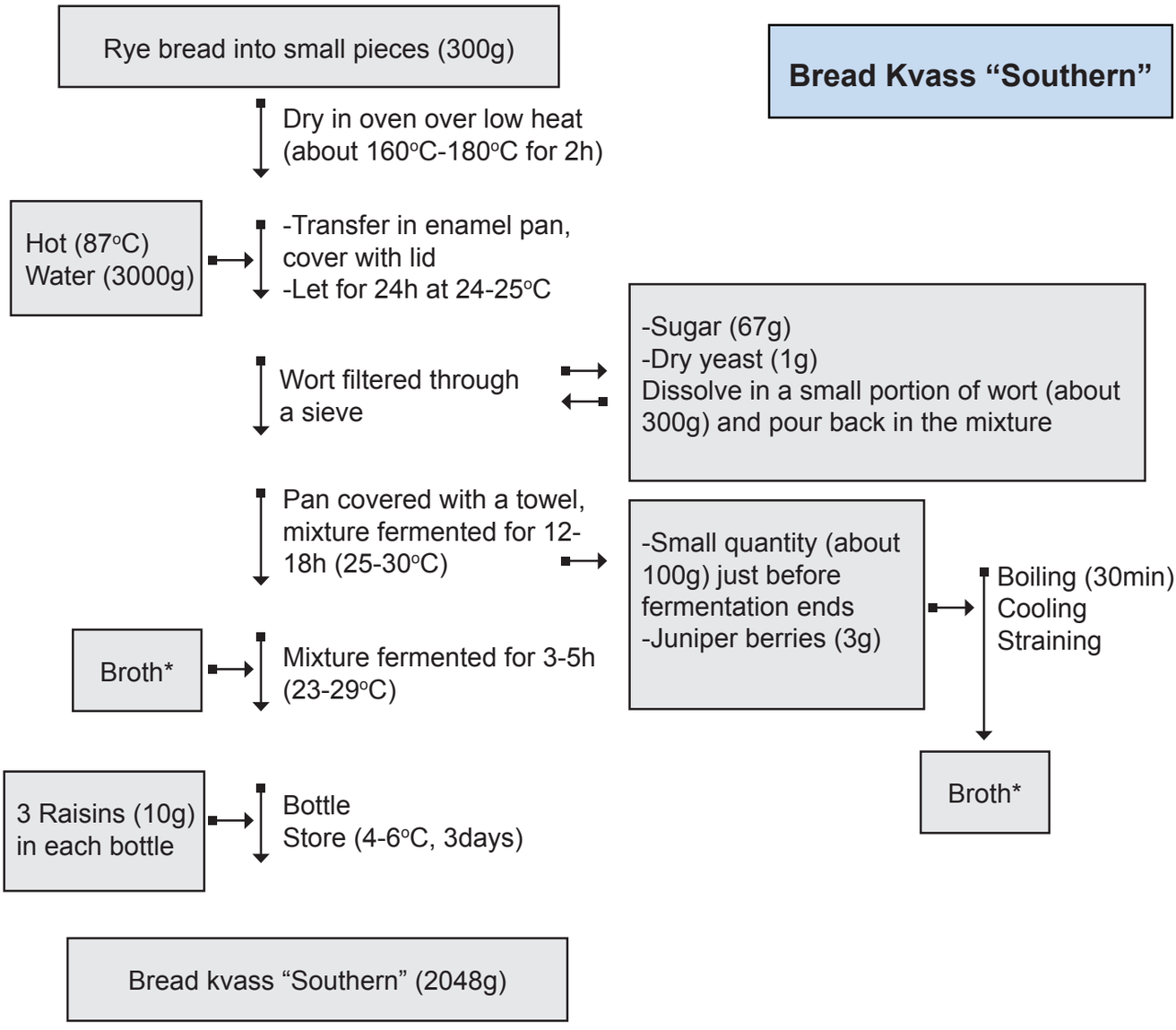




• Bread kvass can be preserved for 2 - 4 weeks or even more in closed bottles in a fridge. Traditionally it was kept in an ice box.



1.3. Recipe Flow Chart



2. Buckwheat porridge, crumbly

2.1. Recipe ingredients and their quantities

Ingredient Name	Scientific name	Quantity (Edible part, g)
Buckwheat (ungrounded)	*Fagopyrum esculentum Moench.*	500
Water		750
Salt		10
Buckwheat porridge, crumbly yield		**1063**

2.2. Preparation steps

- Place the buckwheat in a pan.



- Pour hot water (90 – 95^{0}C) in the pan and add salt





• Cover the pan and boil until the buckwheat turns soft and the water disappears (35 – 50min). The buckwheat grains absorb water around 1.5 times their weight.



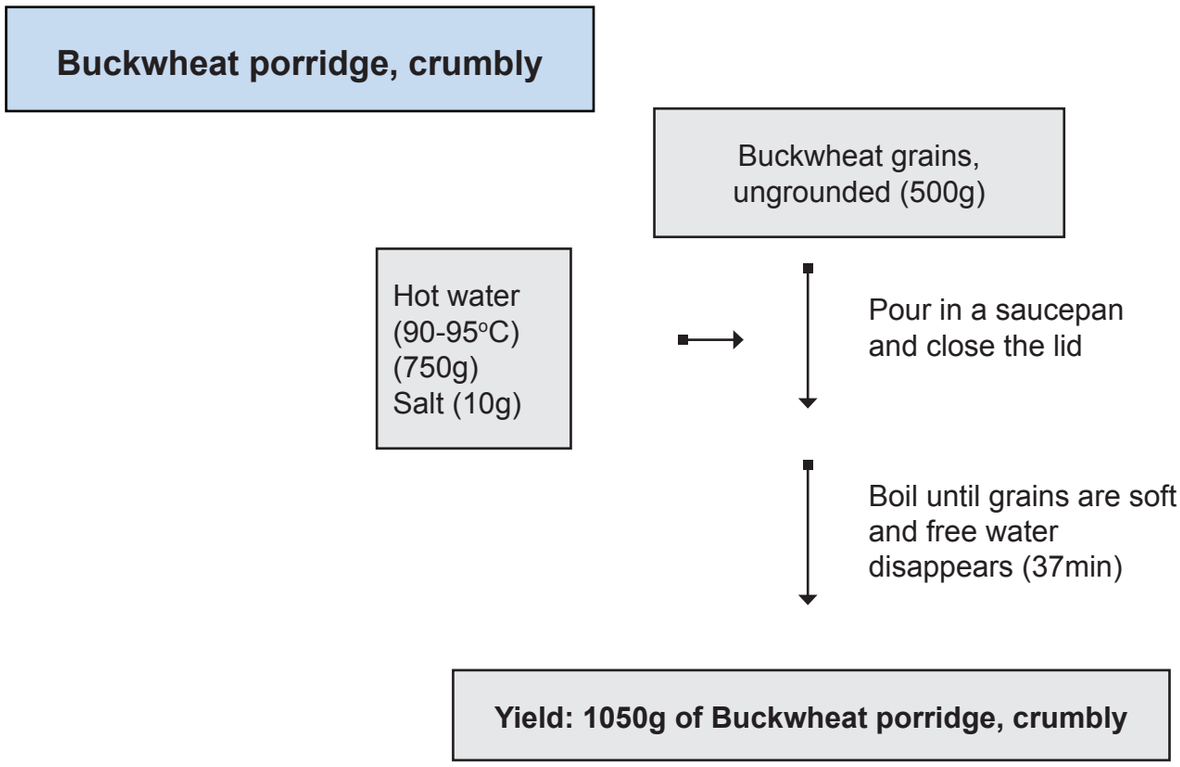


• The buckwheat porridge is ready for serving. The usual serving portion is 150g.



• The porridge is consumed hot, or may be stored at a temperature of 60^0C for 2 h (steam table). In the refrigerator, the porridge can be stored for up to 3 days. Buckwheat porridge, as many other products, were stored in ice boxes (basements filled with ice, collected in the winter) in the past.

2.3. Recipe Flow Chart



3. Mustard oil

3.1. Recipe ingredients and their quantities

Mustard oil yield

Ingredient name	Scientific name	Quantity (g)
Mustard seeds	*Sinapis alba L.*	733.3
Mustard oil yield*		**220**

*454.7g of oilcake and 58.6g of moisture were also produced during the process

3.2. Preparation steps

- Removal of minor impurities through mechanical vibration and airflow.

The equipment for the cleaning of mustard seeds (preparation of seed for pressing) used at the plant implements several tasks simultaneously:

- Removal of various impurities,
- Separation of husks from grain kernels
- Removal of husks,
- Re-separation of husks from non-shelled and partly shelled kernels.





- 1st extraction of the oil (pressing of purified seeds) on the screw press at 600 rpm, 60°C;
- 2nd extraction of the oil (pressing of purified seeds) on the screw press at 400 rpm, 90°C;
- 3rd extraction of the oil (pressing of purified seeds) on the screw press by pressing at 14 rpm, 90°C;



- The oilcake is the remainder of the mustard seeds after the extraction of the oil. It may be used in perfumery, pharmaceutics, or fish food production.
- The oil (fractions from the 3 pressings) is stored in the primary oil storage tank.
- Filtration through its own (oil's) sediment at T = 75 - 80°C: occurs during the settling of oil in the primary oil-storage tank in the lower part of which the grid is installed. During settling the suspended particles, which remained in the oil after the pressing are deposited on the grid. Thus, the grid with own sediment settled on it is the filter.





- Filtration through the perlite powder at T = 8 – 10^{0}C;





- Filling of mustard oil in dark glass bottles. Sealing of the bottles.

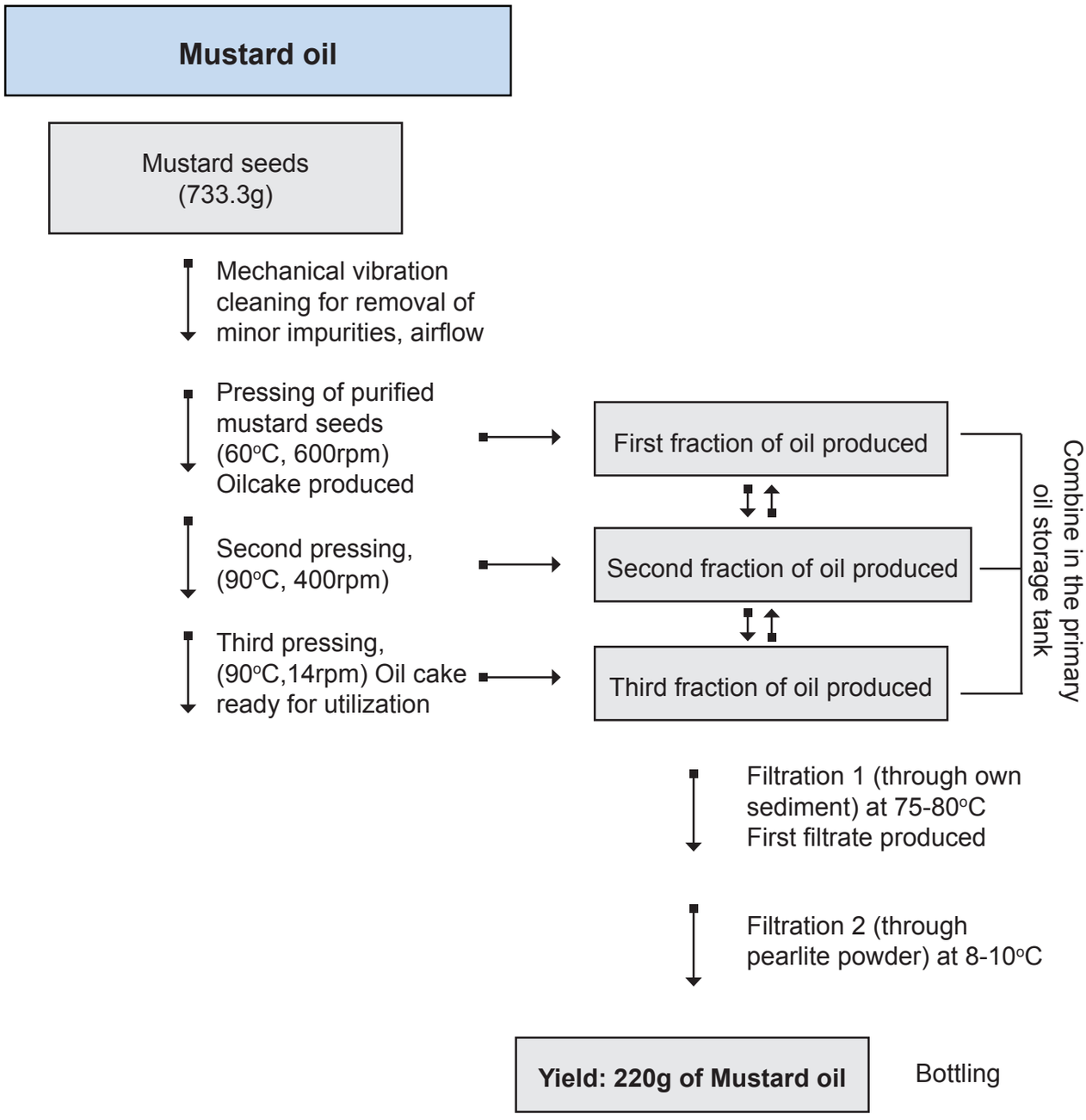




- The product's shelf life is 12 months from the date of bottling, stored at a temperature of 15-20°C. After the opening of the bottle mustard oil should be stored in a dark, cool place at a temperature of 2-5°C for up to 30 days.



3.3. Recipe Flow Chart



4. Vegetable okroshka

4.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Potato, peeled, boiled	*Solanum tuberosum L.*	100
Turnip, peeled, boiled	*Brassica rapa L. var. rapa*	20
Carrot, peeled, boiled	*Daucus carota L.*	40
Radish, peeled, raw	*Raphanus sativus L.*	30
Cucumber, peeled, raw	*Cucumis sativus L.*	130
Spring onion, chopped, raw	*Allium cepa L.*	60
Salt		6
Sugar		10
Mustard		4
Bread kvass (from rye and wheat flours)		600
Vegetable okroshka yield		**1000**

4.2. Preparation steps

- Wash, peel and wash again the potatoes, cut into cubes, place the potatoes in a pan and pour hot water (60^0C - 65^0C) to cover. Bring to a boil until tender (12-15 minutes), drain and cool.







• Wash, peel and wash again the carrots and turnip, place in a pan and pour hot water (60^0C - 65^0C) to cover the vegetables. Bring to a boil until tender (12-15 minutes).







• Drain the water, cool the carrots and turnip and cut into cubes.







• Wash, peel and cut the cucumbers into cubes. Wash the spring onions and cut into small rings.







• Wash, peel and cut the radishes into cubes.







- Cool kvass into a temperature of 14°C.



- Transfer all ingredients into a bowl, including kvass, salt, sugar and mustard.



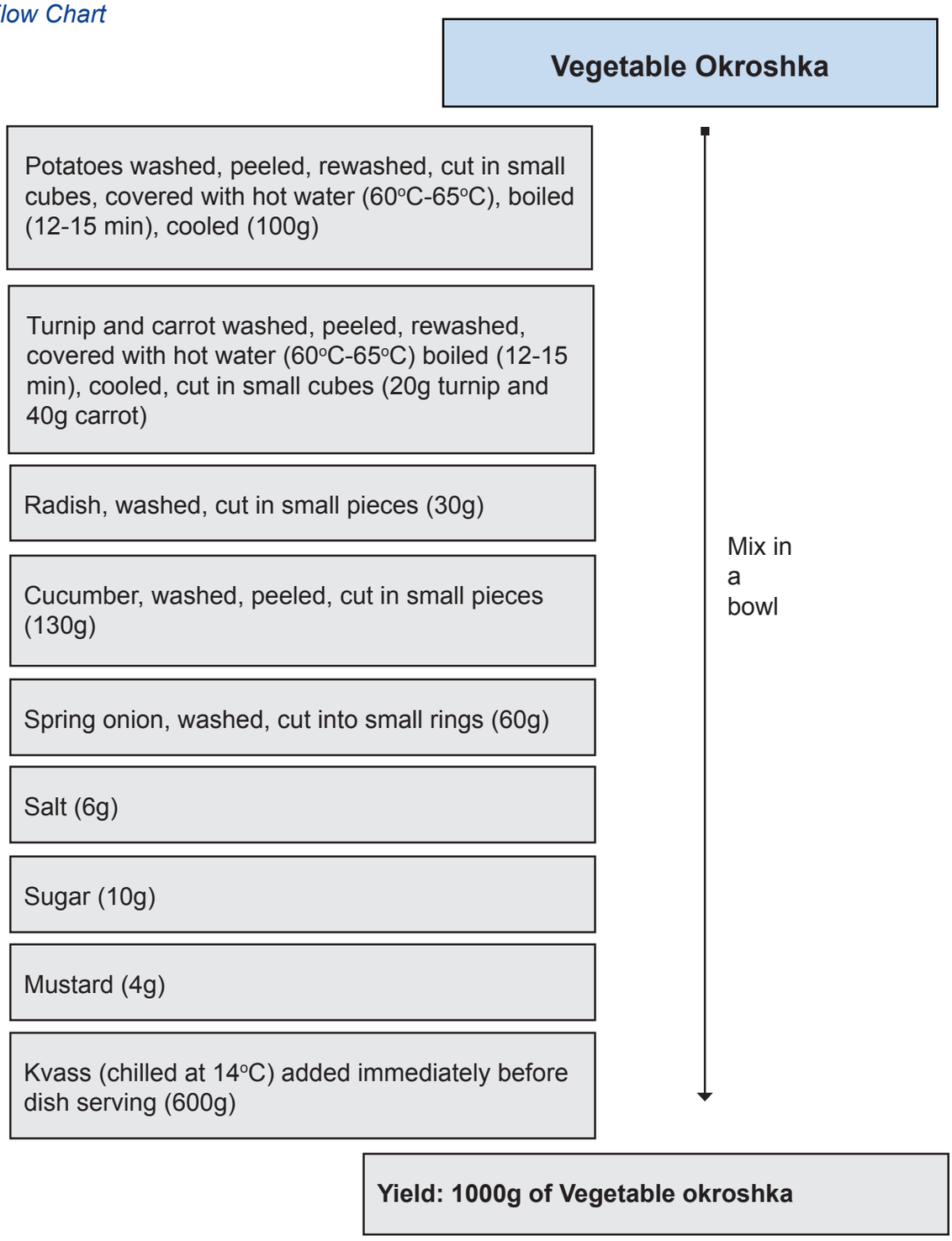


- Mix and consume immediately.





4.3. Recipe Flow Chart



5. Watermelon juice

5.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Watermelon	*Citrullus lanatus (Thunb.) Matsum. & Nakai*	10000
Watermelon juice yield*		**2650**

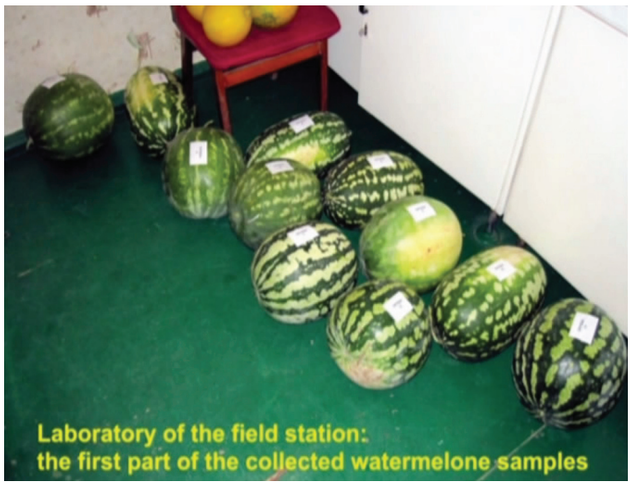
* Refers to an average of 6 reproductions without the account of losses at the receipt of juice (3-5%). The process also produces 2850g of peels and 4500g of residue (remaining pulp) and seed.

5.2. Preparation steps

- Selection of watermelons

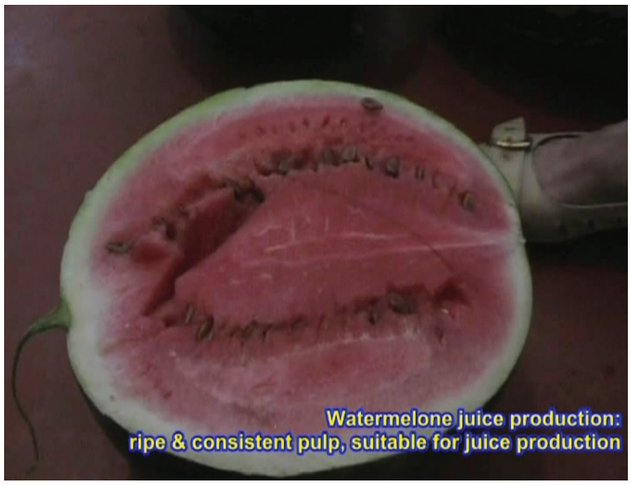
1. Selection of watermelons (“Sinchevsky” variety) for juice by visual inspection of the outer surface and the secondary (external) signs of maturity (appearance and color of the skin, the condition of the cutting, the size of the fruits, the presence of mechanical and biological damage).





2. Preliminary inspections and verification of fruit pulp: made by cutting of the fruit and the visual inspection of the pulp. Fruits with flabby, “macerated” pulp with drop-down seeds are not suitable for making juice. The fruit with the pulp with a dense texture and uniformly distributed seeds in it suitable for making juice.





- Wash the fruit and dry with a towel.



- Cut the fruit in halves and pull out the pulp with a spoon.



• Cover a sieve with 8 layers of gauze fabric and place it in a pan. Fill the fabric with the pulp.



• Close the fabric with your hands and press it to collect the fruit juice into a pan.



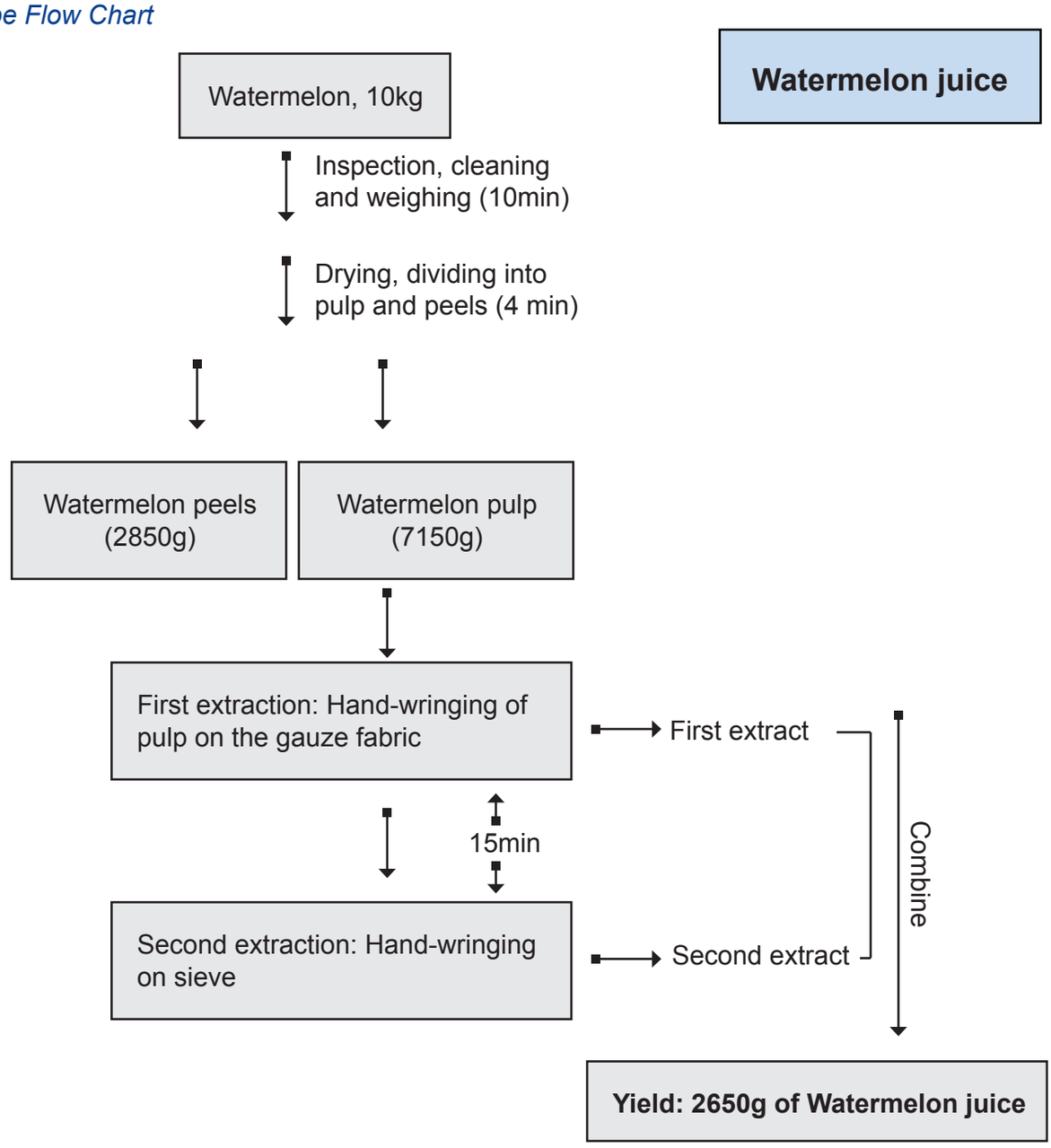


• Continue to press the remaining pulp by hands directly on the sieve. Collect the juice and consume directly or freeze.





5.3. Recipe Flow Chart



E. TURKISH TRADITIONAL FOODS

T C Yeditepe University

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at the Yeditepe University

http://www.yeditepe.edu.tr



1. Black tea

1.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Black tea	*Camellia sinensis*	25 g
Tap water		2000 g
Black tea yield		**2025 g**

1.2. Preparation steps

- Add the tap water in the lower (larger) part of a two stacked kettle and the dry black tea in the upper (smaller) part.





- Heat the water to boil (5-10 minutes).

- Fill the upper (smaller) part of the kettle with 1 litre boiled water.

- Continue boiling the lower kettle over a low heat (10 minutes).

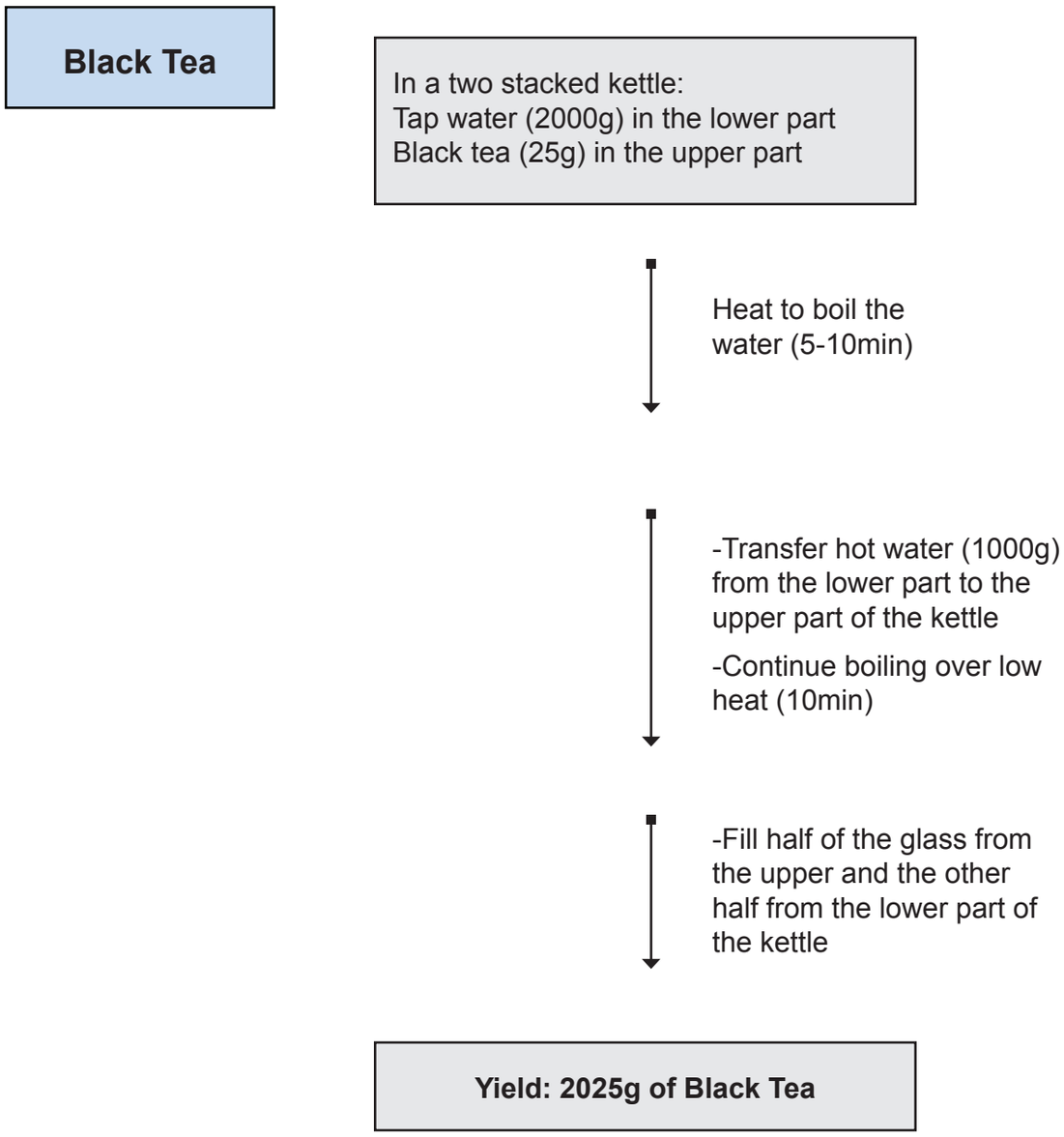


• Serve the tea in small, narrow waist glasses. Fill half of the glass from the upper and the other half from the lower part of the kettle to dilute. Add sugar or other kind of sweetener before serving, depending on individual preferences.





1.3. Recipe Flow Chart



2. Bulgur pilaf

2.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Onion	*Allium cepa L.*	825
Tomato	*Solanum lycopersicum L.*	1329
Green pepper	*Capsicum annuum L.*	225
Sunflower seed oil	*Helianthus annuus L.*	300
Butter		200
Siyez bulgur	*Triticum monococcum*	2700
Parsley	*Petroselinum crispum (Mill.) Fuss*	40
Salt		50
Red pepper	*Capsicum annuum L.*	10
Water		5800
Bulgur pilaf yield		**6780**

2.2. Preparation steps

- Chop the onions, tomatoes and green pepper.

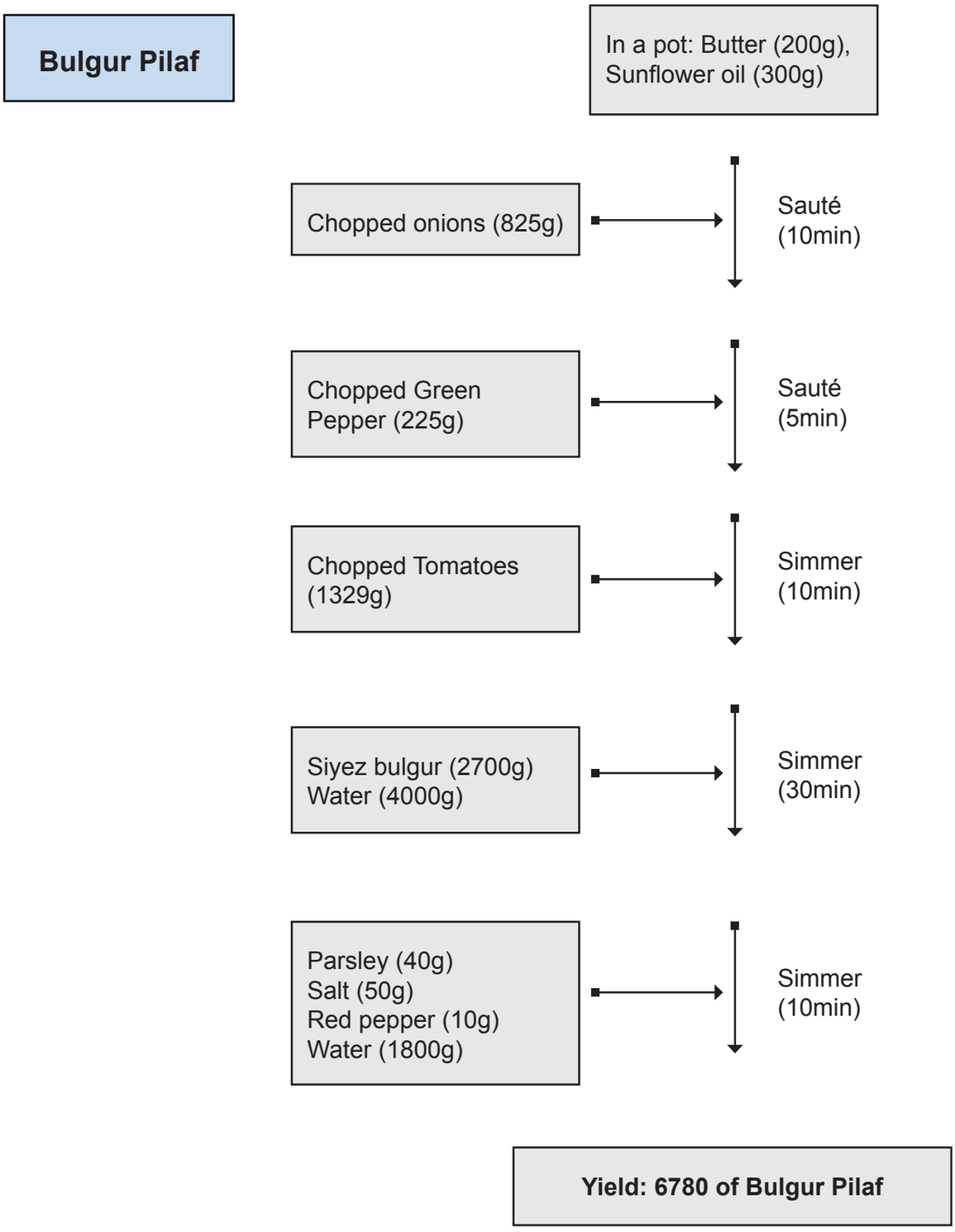


- Sautee the onions for 10 minutes in a pot with sunflower seed oil and butter.
- Add the green pepper and continue for another 5 minutes.
- Add the tomatoes and simmer for 10 minutes.
- Add siyez bulgur and 4 liters of water, mix and simmer for another 30 minutes.



- Add parsley, salt, red pepper and 1.8 liters water, mix and simmer for 10 more minutes.

2.3. Recipe Flow Chart



3. Fruit of the evergreen Cherry Laurel

3.1. Photographs of the food





3.2. Information on the food

Fruit of the evergreen Cherry Laurel

Prunus laurocerasus

Agricultural information:
-Native to the Black Sea area, the Balkans, Turkey, the Caucasus mountains and Northern Iran
-Can cope with difficult growing conditions
-Planted in early spring from the sticks taken from existing trees
-Flowers of the plant open in early summer
-Starts giving fruits 5-10 years after planting
-Fruits ready to pick-up in late July / August
-Fruit sizes 6-25mm, edible part 80%, color depends on the species

Societal importance:
-Very popular in local areas
-Not important commercially

Dietary uses:
-Eaten fresh or dried
-Used to make jam and marmelade

Plant uses besides nutrition:
-Screening, mass landscape, ground cover, cut greenery in floristry, paysage

Health (peoples perception):
-Digestive, suppresses hunger, anti-diabetic, against some physical symptoms (boiled leaf extract)

4. Green bean dible

4.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Onion	*Allium cepa L.*	108
Garlic	*Allium sativum L.*	14
Sunflower seed oil	*Helianthus annuus L.*	135
Tomato	*Solanum lycopersicum L.*	759
Green beans	*Phaseolus vulgaris L.*	1574
Rice	*Oryza sativa L.*	110
Salt		8
Black pepper	*Piper nigrum L.*	4
Water		1000
Green bean dible yield		**2475**

4.2. Preparation steps

- Peel the onions and garlic, chop them into small squares.



• Sauté the onions and garlic in a large pot with sunflower seed oil (3 minutes).



• Add chopped tomatoes and stew for 5 minutes.



• Wash the green beans, chop them in small pieces (maximum 2 cm length).

• Add the green beans in the pot, mix and stew for 5 minutes.

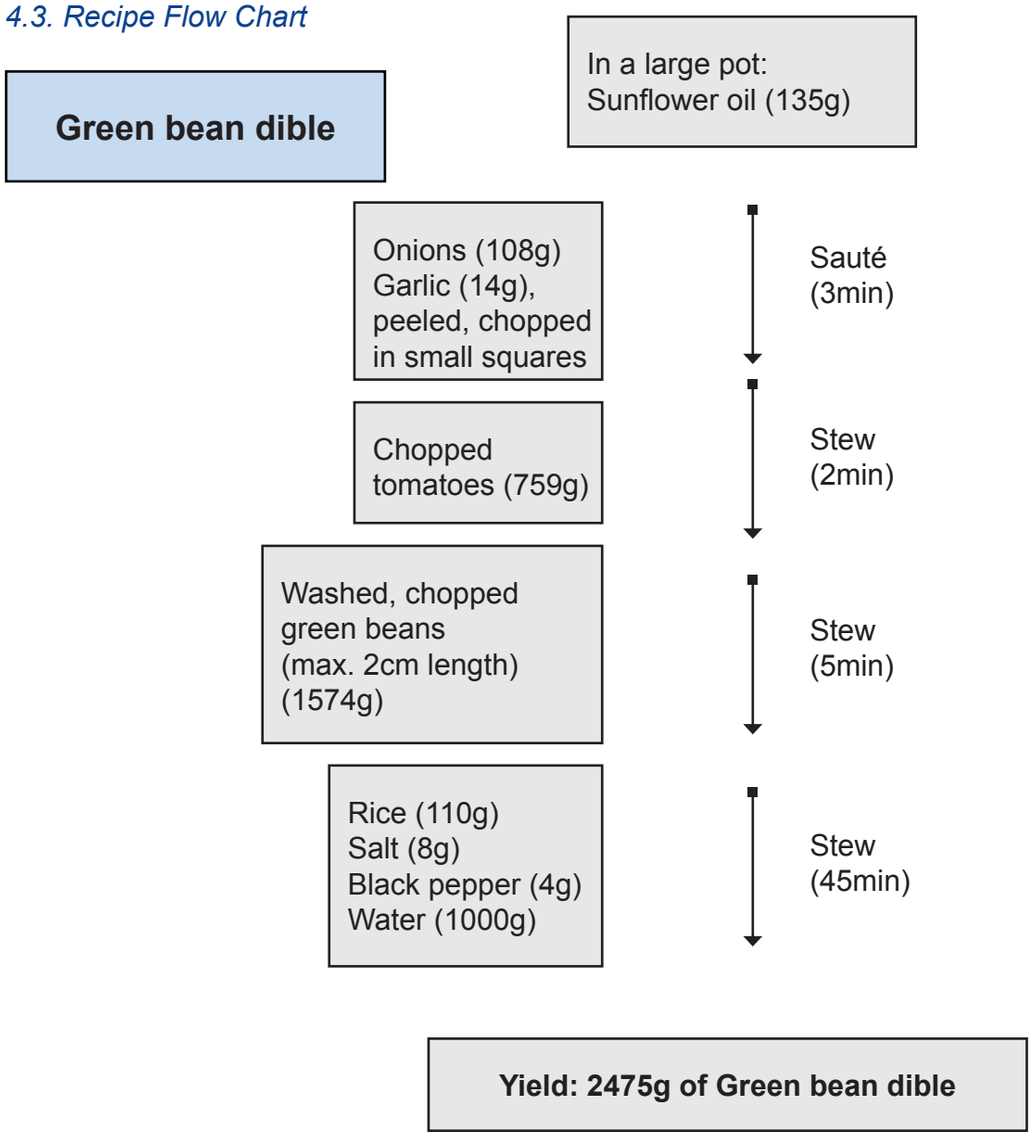


- Add rice, salt, black pepper and 1 liter water.
- Cook for 45 minutes.





4.3. Recipe Flow Chart



5. Kale soup

5.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Onions	*Allium cepa L.*	175
Suet		45
Cow butter		110
Tomato paste	*Solanum lycopersicum L.*	53
Red pepper paste	*Capsicum annuum L.*	50
Kales	*Brassica oleracea L. var. acephala*	871
Dry white beans, soaked	*Phaseolus vulgaris L.*	370 (200g beans +170 water)
Corn grits	*Zea mays L.*	150
Salt		10
Black pepper	*Piper nigrum L.*	5
Water		4000
Kale soup yield		**4784**

5.2. Preparation steps

- Place the butter and suet in a deep pot.

- Sauté the onions, chopped into small squares, until transparent (10 minutes).



• Add the tomato paste and pepper paste and stir evenly for 2 minutes.



• Wash the kales, chop them in small pieces and boil in water (1500g) for 10 minutes and then drain.







• Add the drained kales, the dry white beans (soaked) and 2000g of hot water into the soup pot.





• Wash the corn grits under water once and add into the pot. Stir evenly and boil for 5 minutes. Add 2 more litres of water and simmer for one hour.

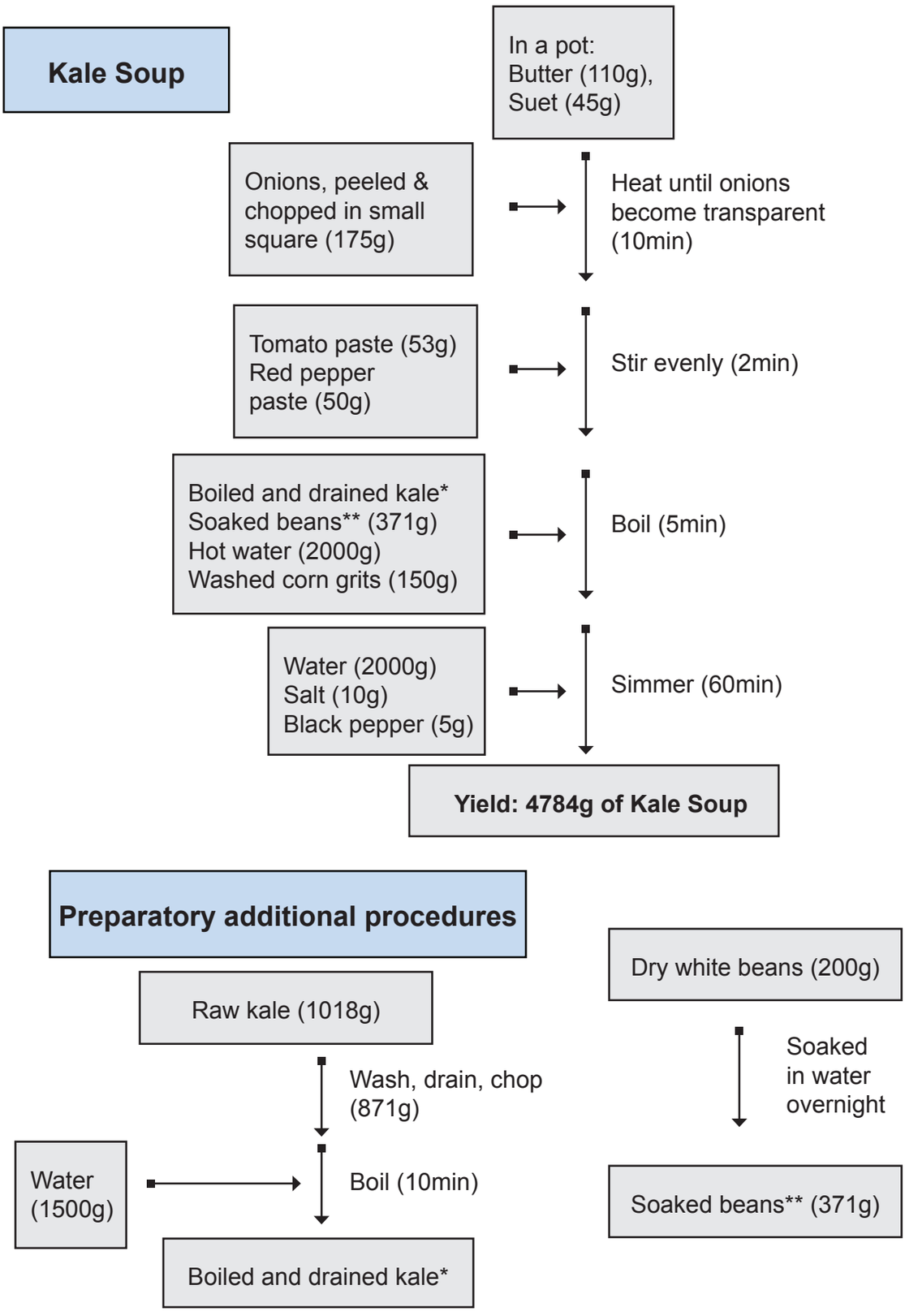




• Remove from the heat.



5.3. Recipe Flow Chart





F. UKRAINIAN TRADITIONAL FOODS (1)

Odessa National Academy of Food Technologies

For more information on Ukrainian traditional foods
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at the Odessa National Academy of Food Technologies

http://www.onaft.edu.ua



1. Meatless Borsch

1.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Mushrooms, dried	Boletus edulis	30
Beets, root, peeled, cut into stripes	*Beta vulgaris L.*	445
Lemon juice*	*Citrus limon*	15
Water		3000
Parsley, root, peeled, sliced	*Petroselinum crispum (Mill.) Fuss*	38
Peppercorns	*Piper nigrum L.*	1
White beans, soaked, boiled	*Phaseolus vulgaris L.*	150
Carrot, peeled, sliced	*Daucus carota L.*	82
Potato, peeled, cut into blocks	*Solanum tuberosum L.*	165
Celery, stalk, sliced	*Apium graveolens L. var. dulce*	35
Cabbage, without stalk, sliced	*Brassica oleracea L. var. capitata*	250
Onion, peeled, chopped	*Allium cepa L.*	160
Sunflower oil		60
Tomato juice	*Solanum lycopersicum L.*	125
Garlic, peeled, chopped	*Allium sativum L.*	5,5
Salt		12
Peppercorns, milled	*Piper nigrum L.*	2
Meatless borsch, yield		**3040**

*Some lemon juice may be also added to the prepared borsch (from 0 to 15 g depending on taste).

1.2. Preparation steps

- Pour hot water over the mushrooms, wash, and drain. Cover with lukewarm water (0.5l) and soak for 30 minutes or longer (depending on variety).

- Boil the mushrooms in the same water in which they were soaked until they are tender (20min).

• The beets are sprinkled with lemon juice from ½ a lemon (15g), placed in a pot with 2500g of water, covered and boiled for 10 min.



• The beets are sprinkled with lemon juice from ½ a lemon (15g), placed in a pot with 2500g of water, covered and boiled for 10 min.

• Parsley root and peppercorns are added and boiled until the beets are barely done (5 minutes).



• Soak the white beans for 2-3 hours and boil until near readiness. Add the carrot, potato, celery and the beans and continue boiling for about 15 minutes.



• At this stage add the cabbage, and boil until it is tender but not overcooked (3-4minutes). The cabbage should retain some crispness.



• Sauté the onion in the sunflower oil until slightly wilted and add into the pot.





• Add the tomato juice, chopped garlic and season to taste (salt & pepper).





• Finally add the boiled mushrooms along with the mushroom stock.

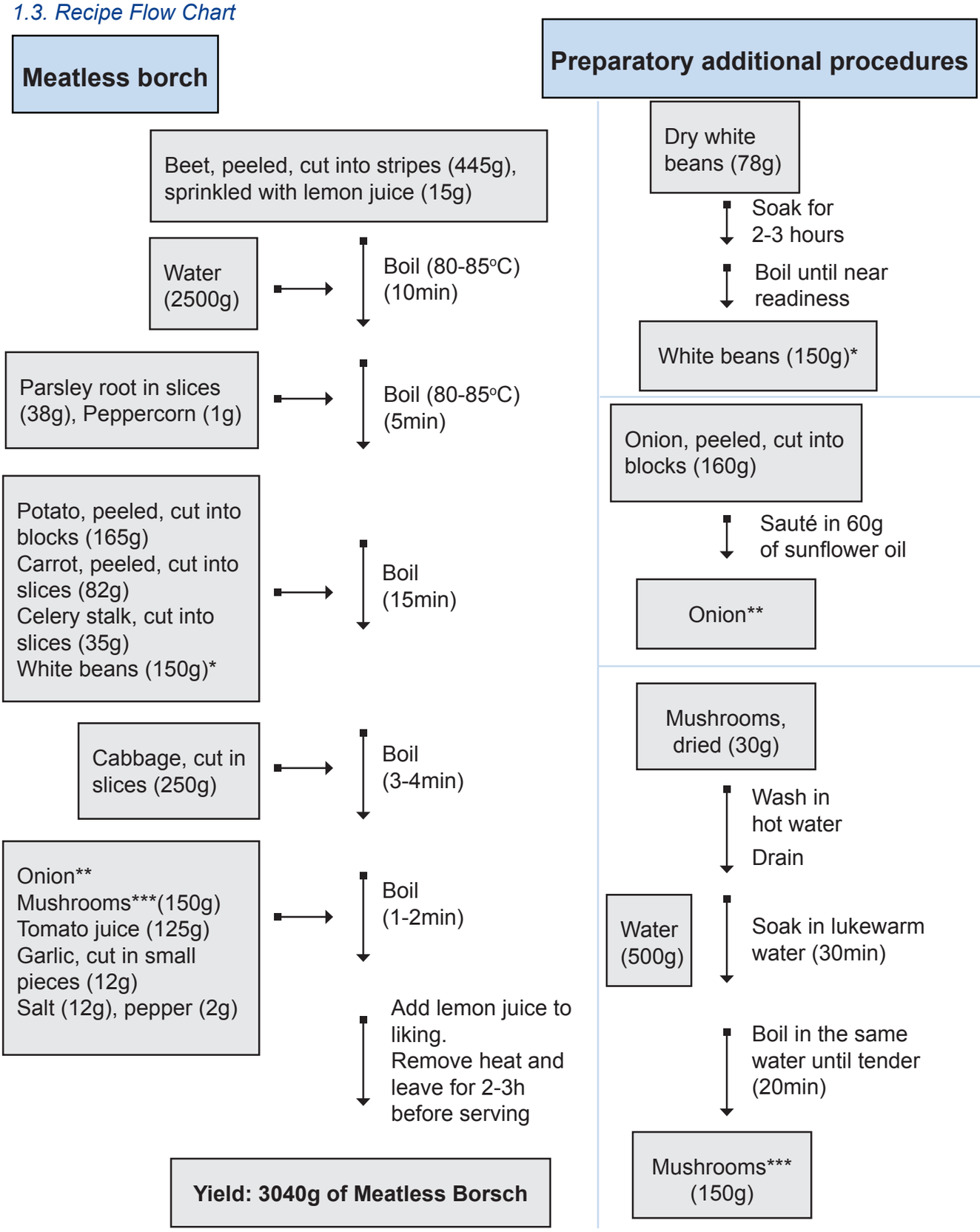


• After 1-2 minutes, add lemon juice to liking. Remove from heat and leave for 2-3h before serving. The borsch should be mildly tart but not sour.





1.3. Recipe Flow Chart



2. Sour rye bread

2.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Sour-dough starter		1304
Dry granular yeast	*Cerevisiae (siccus)*	*4*
Sugar		*10*
Water		*540*
Rye flour	*Secale cereale L.*	*750*
Sugar		16
Dry granular yeast	*Cerevisiae (siccus)*	8
White flour	*Triticum aestivum L.*	750
Rye flour	*Secale cereale L.*	166
Cumin (caraway seeds)	Cuminum cyminum	16
Salt*		16
Water		500
Sour rye bread yield		**1350**

*One teaspoon of salt dissolved into 1/2 cup of water is also used to brush the loaves when baked and still hot.

2.2. Preparation steps

Preparation of the sour-dough starter:

Traditionally, home-made yeast was used in bread-making. This was prepared from hop's cones with water and honey. Nowadays, a sour-dough starter is more commonly used.

- Dissolve the sugar in 140g of water and sprinkle the yeast over it. Let it stand until the yeast softens.







- Stir in 250g of the rye flour.





• Cover and keep in a warm place (27-30°C) for 24 hours.





• Then work into it: lukewarm water (400g) and rye flour (500g). Cover and let it stay in a warm place (27-30°C) for another 6 to 8 hours.

• This completes the sour-dough starter. A quantity may be reserved for the future baking of rye bread, but in the specific preparation the whole quantity was used in the preparation of the batter.





Batter:

• Dissolve the sugar in 100g of water and sprinkle the yeast over it. Let it stand until the yeast softens. Beat in the sour-dough starter.







• Add 200g of white flour and beat well for 10 min. Many experienced cooks use part water and part whey or buttermilk (not cultured buttermilk) in the batter for a richer flavor.





• Cover and let it rise in a warm place (27-30°C) for about 12 hours.

• Add the salt, cumin (caraway seeds), rye flour (166g), white flour (550g) and water (400g) and knead until smooth for about 15 min. Crush the caraway seeds between the fingers to bring out their flavor. The dough should be firm.







• Cover the dough and let it stand for 20 minutes.

• Place on a floured board and knead well, adding more flour if necessary.





- Place the dough in a greased bowl, cover, and let it rise until double in bulk.





- Punch down and let it rise again for 30 minutes.
- Divide the dough and shape into 2 loaves.
- Grease a baking sheet or 2 loaf pans, and sprinkle lightly with corn meal.

- Place the loaves on the baking sheet or in the pans and allow them to rise, but be careful not to let them double in size, as rye dough that rises too high results in a flat loaf.







• Puncture each loaf in 3 places with a fork. This allows the carbon dioxide gas to escape during baking and prevents the loaves from cracking.

• Preheat the oven to 220°C and place a pan of boiling water in it to increase the humidity of the oven environment.

• When the loaves are slightly more than half risen, bake them in a hot oven (220°C) for 20 minutes. Then remove the pan of water, lower the temperature to a moderate (180°C), and continue baking for 40 minutes, or until done.



• When the bread is baked but still hot, brush the loaves with salted water, using 1 teaspoon of salt to 1/2 cup of water.

• Tap the bread. If it sounds hollow, it is completely baked, cool the loaves on racks.

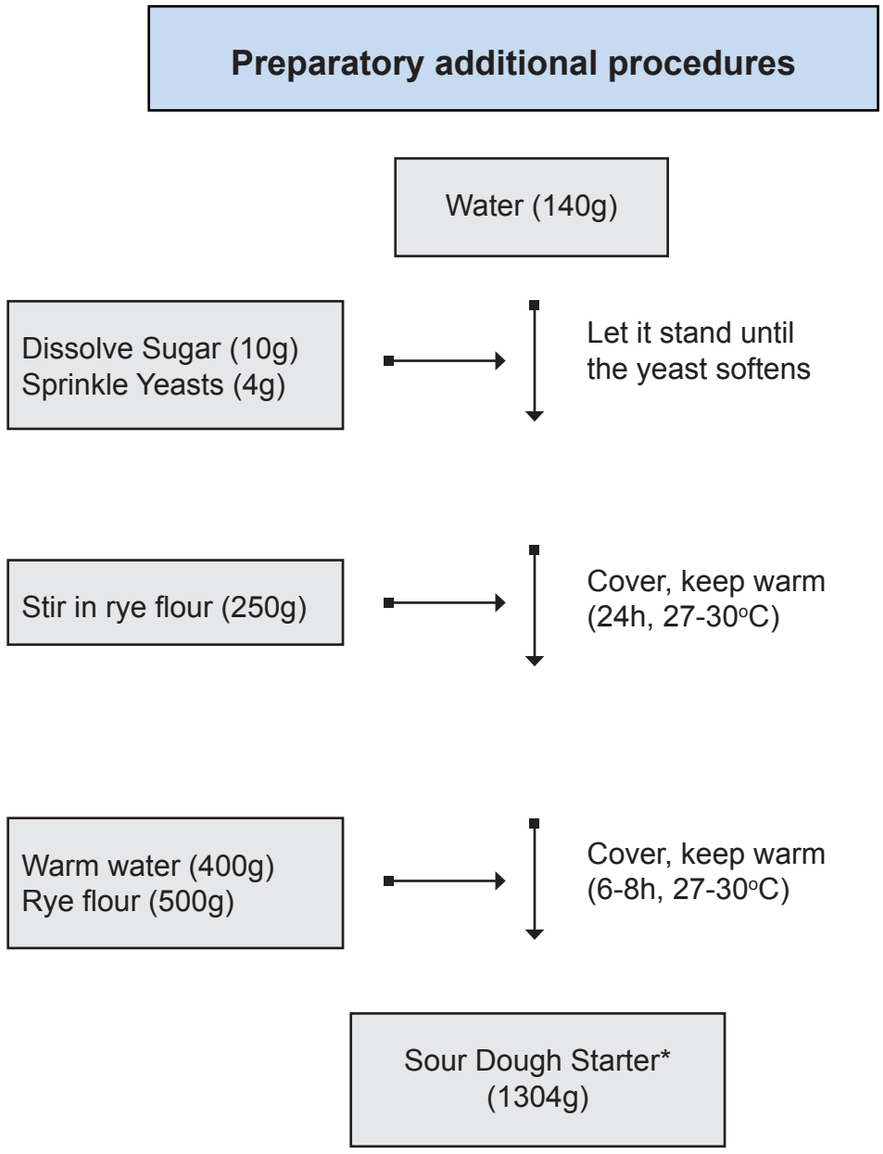




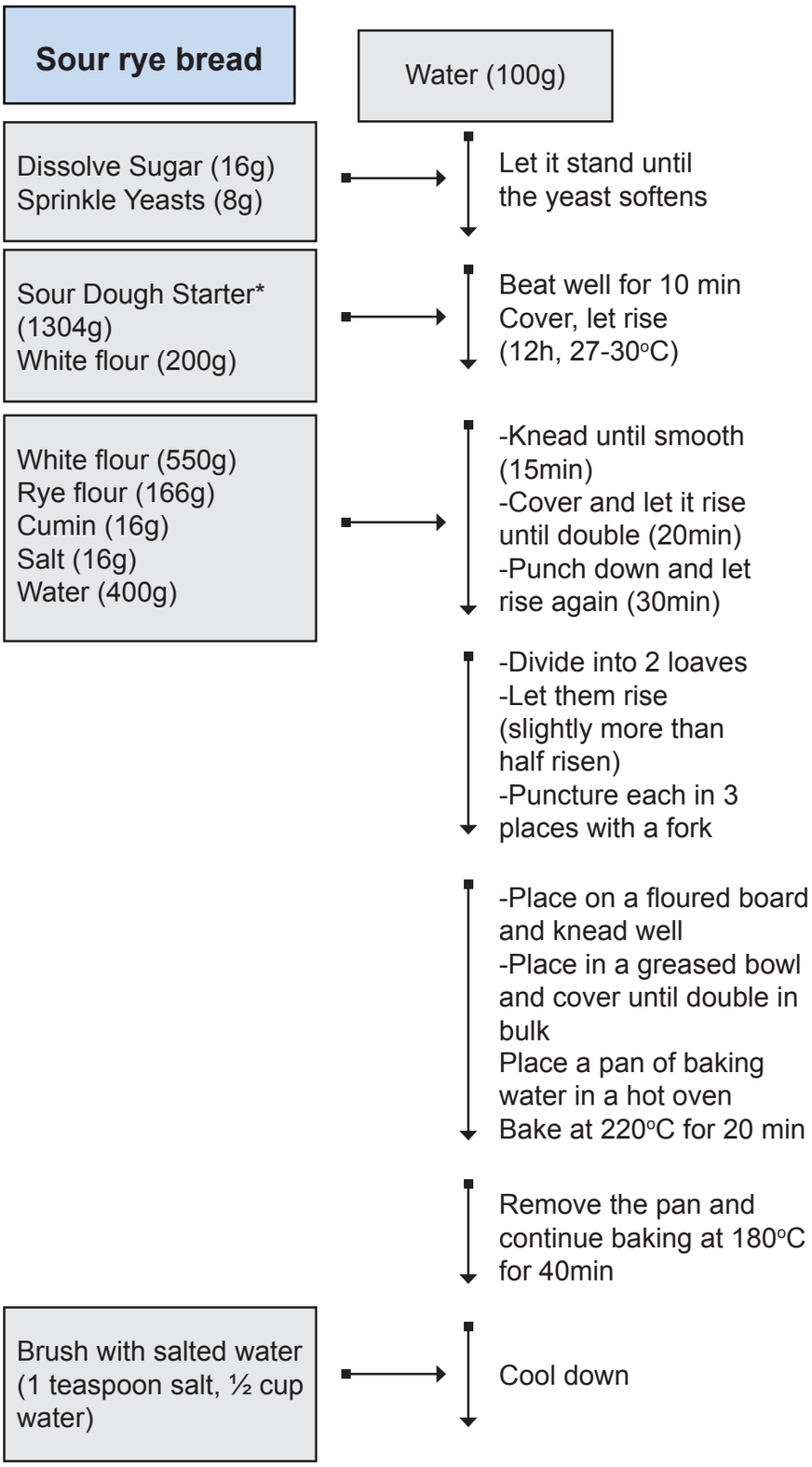
• Bread is preserved in a cool dry place for 3-4 days covered with a kitchen towel. Some people preserve bread in a fridge also for 3-4 days.

2.3. Recipe Flow Chart

A. Sour rye starter



B. Sour rye bread



3. Sauerkraut

3.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (Edible part, g)
Cabbage	*Brassica oleracea L. var. capitata*	2000
Salt		45
Sauerkraut yield		**2045**

3.2. Preparation steps

- Remove the outside leaves of the cabbage head, quarter it, and cut out the core. Shred the cabbage finely on a large shredder.





- Sprinkle the salt and mix thoroughly. Pack firmly into a crock.





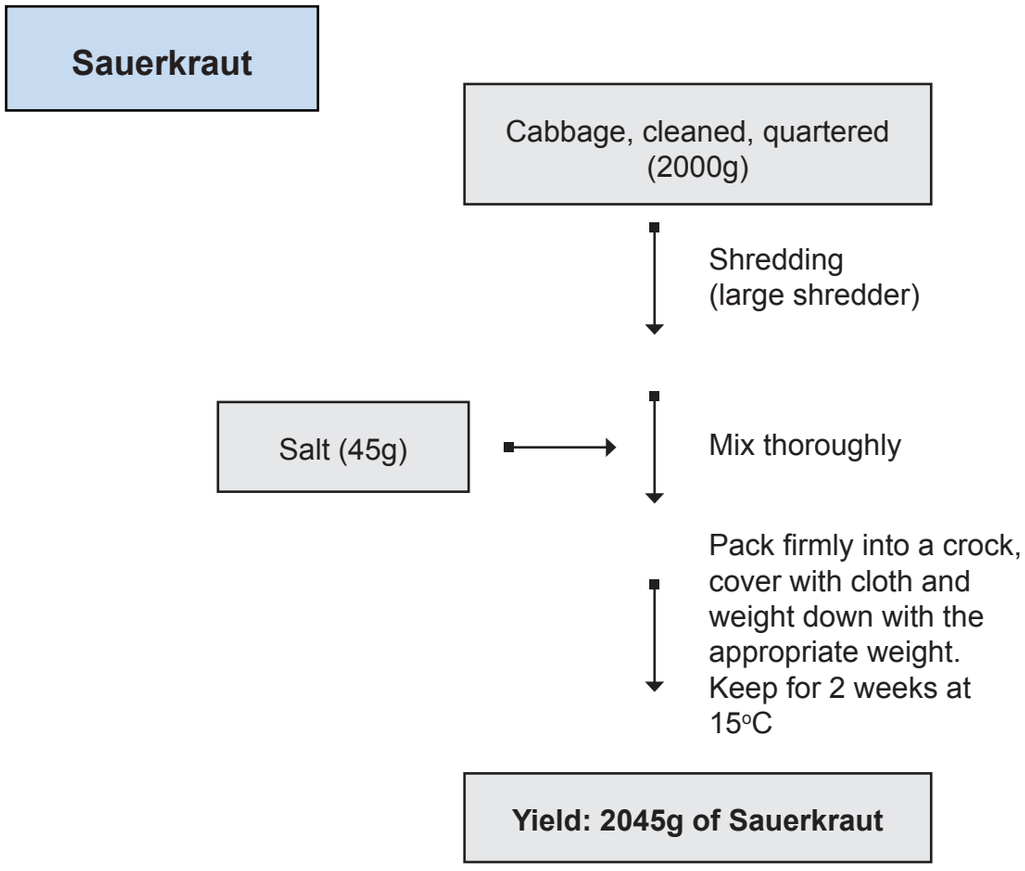
• Cover with a clean cloth, place a round wooden board or plate over it, and weight down with a suitable weight. A 4 to 5 kg weight will be needed for a 15 liters crock. The weight should be heavy enough to make the brine come up over the cloth.



• Cover and let it stand at a temperature of about 15°C 2 to 4 weeks for fermentation (higher temperature accelerates the procedure). During the process, a scum will form on the cloth and the board. It should be removed by washing both as often as necessary.

• After fermentation sauerkraut is stored in barrels in a cool place like a cellar or in a fridge for about a month.

3.3. Recipe Flow Chart



4. Uzvar

4.1. Recipe ingredients and their quantities

Ingredient	Scientific name	Quantity (g)
Dried apples, with seeds and petioles	*Malus domestica Borkh*	60
Dried plums (prunes), without stones	*Prunus domestica L.*	60
Dried cherries, with kernels	*Prunus cerasus L.*	60
Water		2000
Honey		50
Uzvar yield		**2030**

4.2. Preparation steps

- Soak the dry cherries, plums and apples in warm water for 30-40 min.

- Discard the seeds and petioles from the dried apples and the kernels from the dried cherries.



• Place 2000g of fresh water and the soaked fruits over heat until the first signs of boiling appear (80ºC for 10 min).



• Remove the pan from the heat, and add honey.

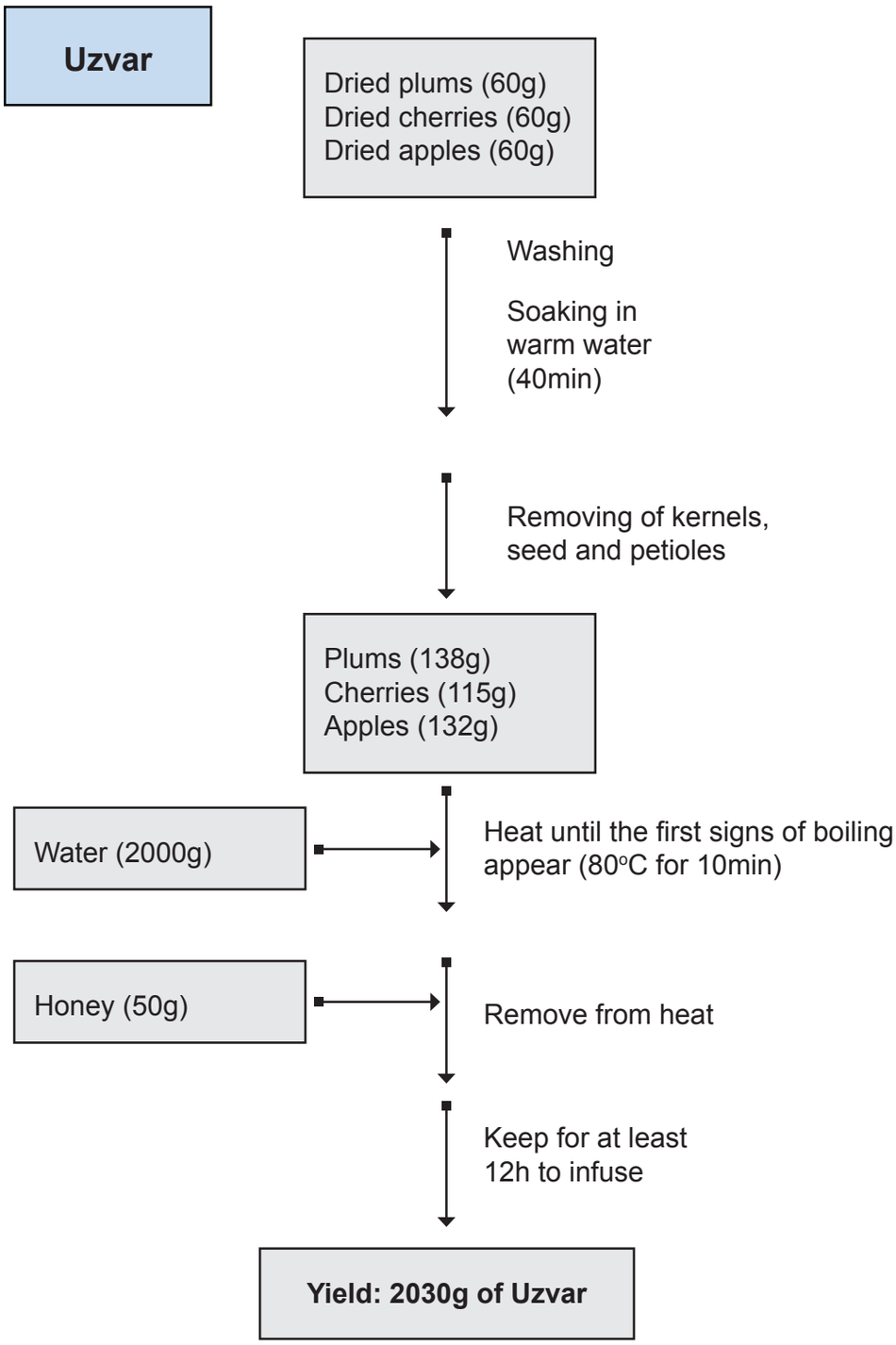


• Keep in a cool place for at least twelve hours to infuse and serve chilled. Dried fruits are left in the beverage after preparation and can be eaten as a part of the beverage.



• Uzvar is preserved in a fridge in order to be cool for up to one day.

4.3. Recipe Flow Chart



G. UKRAINIAN TRADITIONAL FOODS (2)

Uzhhorod National University

For more information on Ukrainian traditional foods
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1. Transcarpathian Green Borsch

1.1. Recipe ingredients and their quantities

Ingredients	Scientific name	Quantity (Edible part, g)
Potatoes, peeled	*Solanum tuberosum L*	450
Carrot, peeled	*Daucus carota L.*	40
Sunflower oil	*Helianthus annuus L.*	20
Onion, peeled	*Allium cepa L.*	58
Garlic, peeled	*Allium sativum L.*	8
Parsley, hard stems removed	*Petroselinum crispum (Mill.) Fuss*	7
Salt		3
Black ground pepper	*Piper nigrum L.*	3
Sorrel, hard stems removed	*Rumex acetosa L.*	58
Egg (1 egg)		50
Sour cream		75
Wheat flour	*Triticum aestivum L.*	22
Green dill, hard stems removed	*Anethum graveolans L.*	6
Water		1500
Borsch yield		**2200**

1.2. Preparation steps

• Peel and cut the potatoes into cubes, place into saucepan with water and boil for 20-25 minutes over a low heat.



• Wash and peel the onions and the carrots. Cut the onions into cubes and the carrots into straws (or graze on the grater), sauté in a pan until golden (onion) or soften (carrots) and add into the pot.





• Add finely cut parsley, cut or hashed cloves of garlic, salt and black ground pepper and boil on the low fire.



• Wash thoroughly and cut finely fresh sorrel or tear by hand. Add into the pot.



• Beat up one egg; slowly pour into the boiling pot stirring constantly.



• Cook the sauce separately: Blend sour cream with a small amount of flour until smooth (also it is possible to add green dill and/or parsley or other greens and mix). Pour the sauce into the pot. Bring to the boil and turn off the fire.



- Decorate with finely chopped dill/parsley. Serve warm or cold.





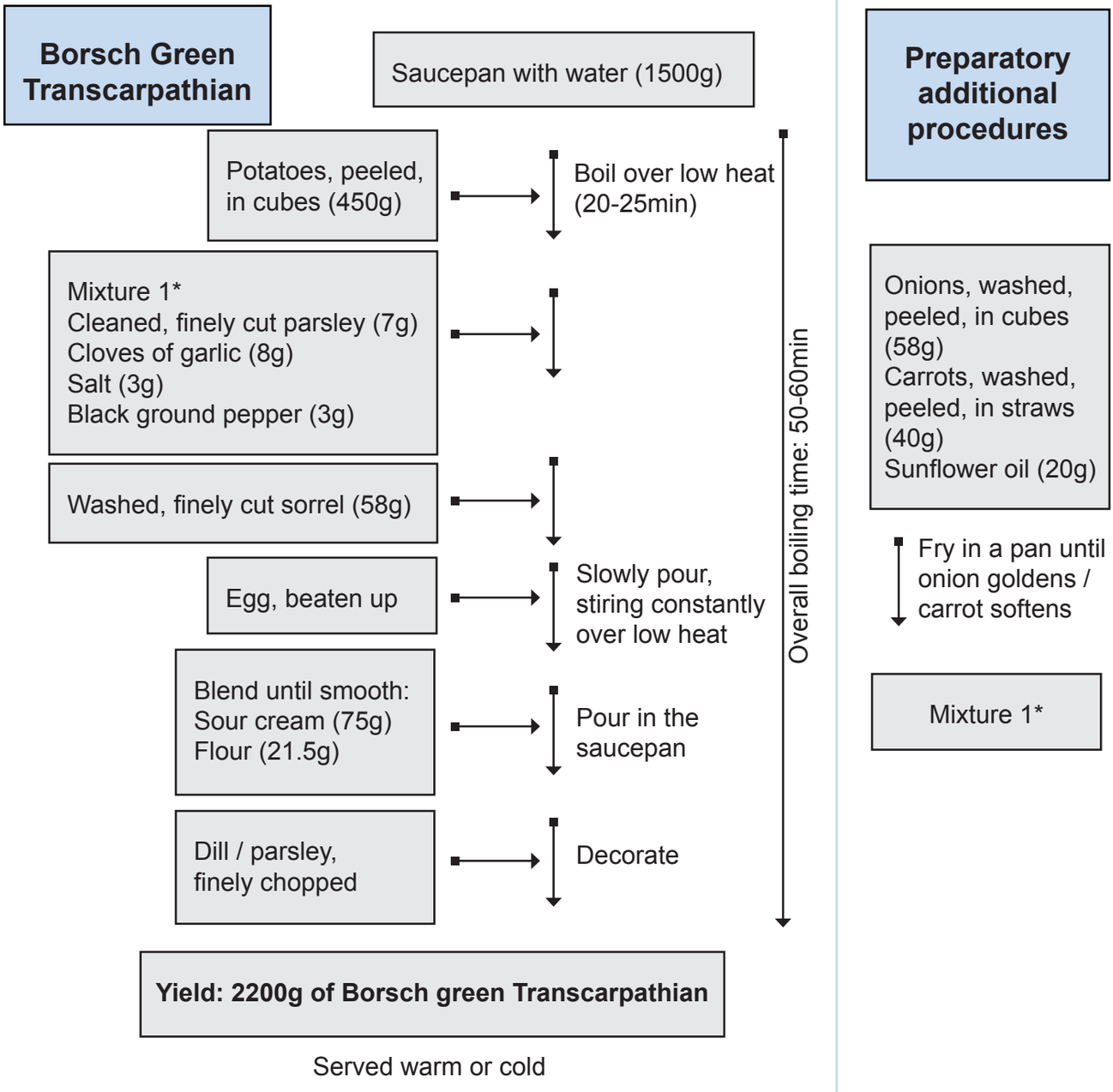
- Overall cooking time is approximately equal to 50-60 min, but depends on the heat intensity.

- The borsch is preserved for up to 2 days in a refrigerator. When refrigeration was not available, people usually kept the borsch in a cold cellar for 1 or 2 days maximum.

It is possible to boil egg, shell it and cut in half, put into the borsch before serving instead of beaten-up egg.



1.3. Recipe Flow Chart



2. Pomazanka

2.1. Recipe ingredients and their quantities

Ingredients	Scientific name	Quantity (Edible part, g)
Cottage cheese		300
Butter, cow		50
Garlic, peeled	*Allium sativum L.*	15
Green dill	*Anethum graveolens L.*	11
Salt		7
Pomazanka yield		**383**

2.2. Preparation steps

1. Place cottage cheese in a bowl, add the butter and mix with a spoon or a fork;



2. Grade the garlic on the grater or crush with a crusher, add to the cheese and butter mixture;



3. Finely chop green dill and add into the bowl;



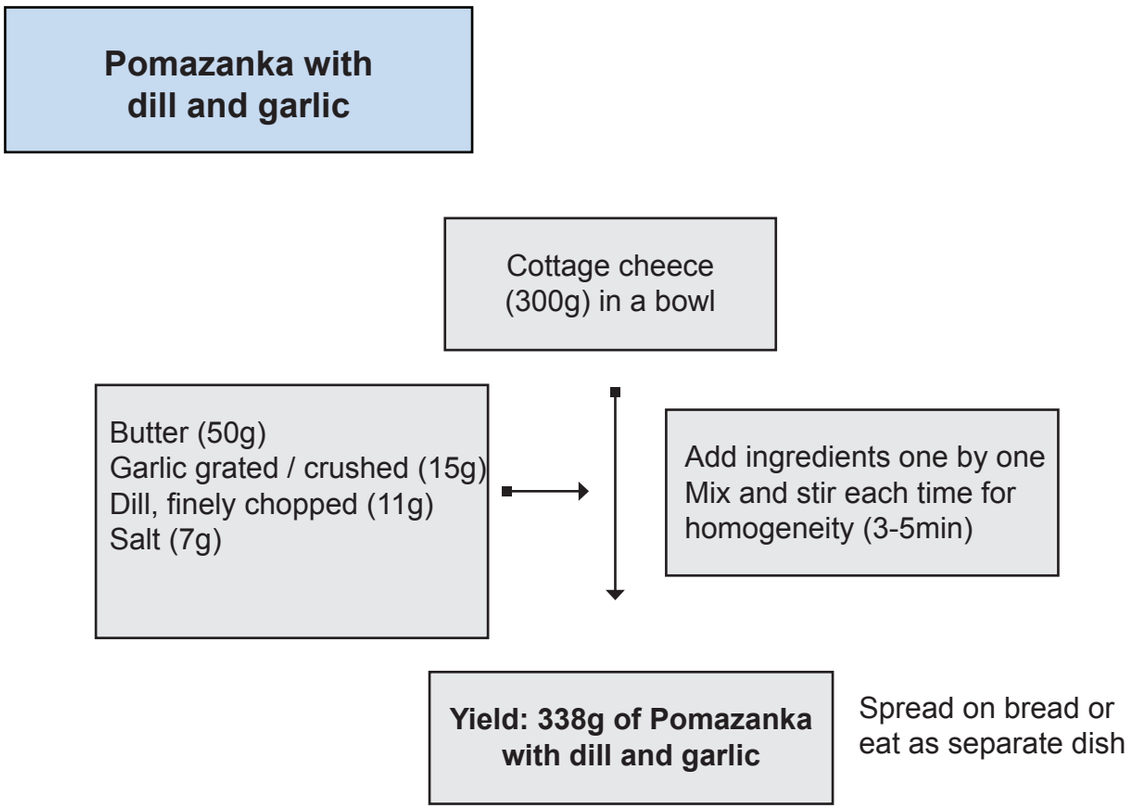
4. Add salt to taste;

5. Stir carefully until a homogeneous mass (about 3-5 minutes);

6. Spread on bread or eat as separate dish;



2.3. Recipe Flow Chart



3. Roasted sunflower seeds

3.1. Recipe ingredients and their quantities

Ingredients	Scientific name	Quantity (g)
Sunflower seeds, with husk	*Helianthus annuus L.*	250
Salt		10
Roasted sunflower seeds, with husk, yield		**242g**
Roasted sunflower seeds, without husk, yield		**185g**

3.2. Preparation steps

- Wash the sunflower seeds in cold running water a few times and strain off the water.



• Place the seeds on a frying or a baking pan and roast for 20-30 minutes over low heat stirring constantly.



• Add salt (either when seeds are frying or shortly before using, but mostly when seeds becomes dry on the pan) and mix. Remove from the heat when the seeds are absolutely dry. The empirical method through which this point can be recognized is that seeds can be easily husked with crackling.



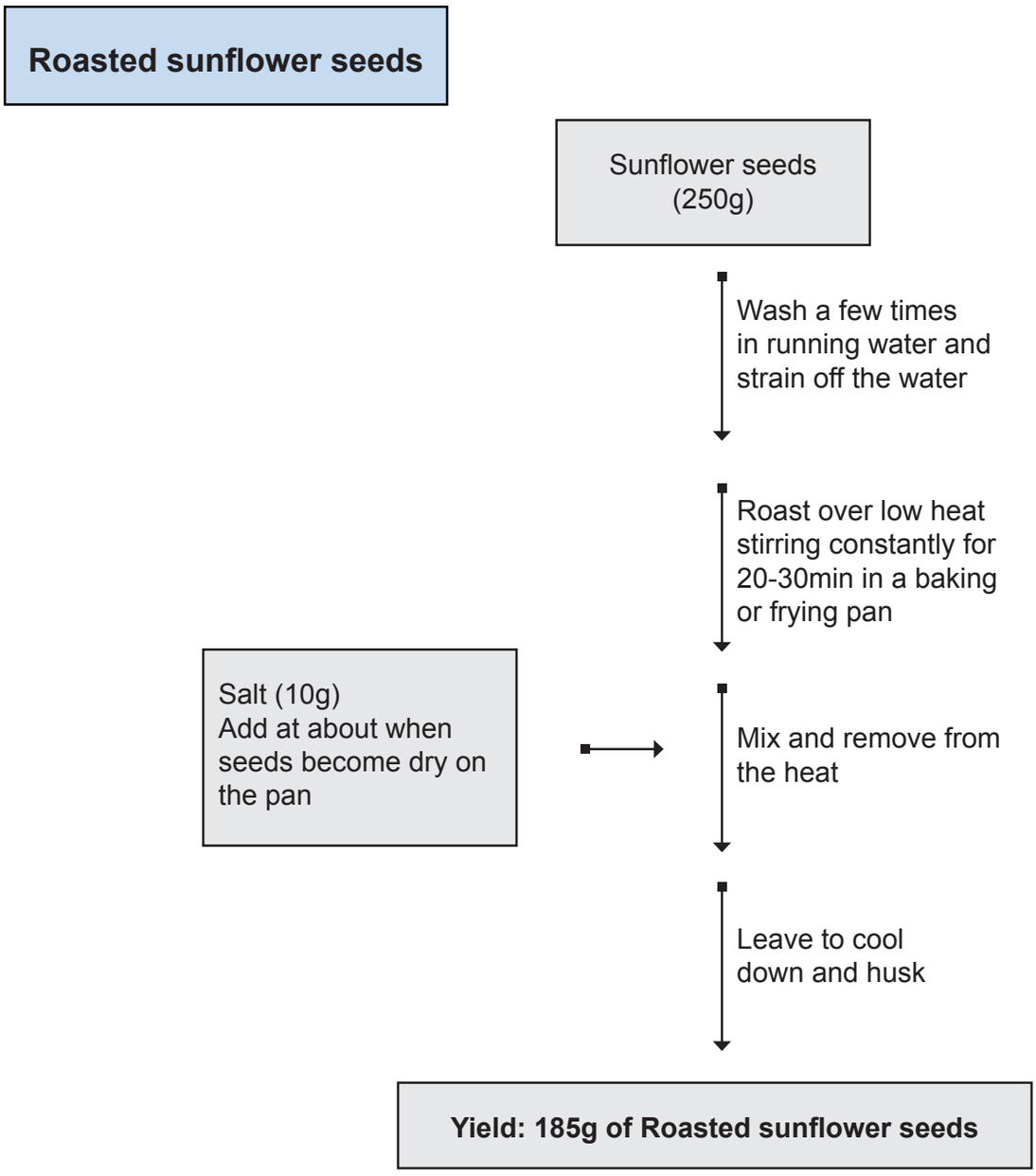


• Leave to cool down.

• Husk before use.

• The roasted sunflower seeds are stored in a cold and dry place. In the past they were kept in the loft in large bags. They can be preserved for 6-12 months.

3.3. Recipe Flow Chart





Preparation procedures of traditional foods of the Black Sea Countries

Compiler:
HELLENIC HEALTH FOUNDATION

The research leading to these results has received funding from the European Community's SP1- Cooperation Seventh Framework Programme (FP7/2007-2011) under grant agreement n° [227118]

ISBN: 978-960-93-3813-4