



Lifelong  
Learning  
Programme

## **BROCHURE**

# **Traditional household items, food and homemade drink**

The traditional village for future life  
Grundtvig learning partnership project

This project has been funded with support from the European Commission. This document reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

**Country:** Romania

**Partner:** Asociația Culturală Gaudeamus

### **Traditional cake – cozonac**



Cozonac is sweet bread, to which milk, sugar, eggs, butter and raisins are added. In Romania, the recipes differ rather significantly between regions in what concerns the trimmings. The dough is essentially similar throughout the country: plain sweet bread made with flour, eggs, milk, butter, sugar and salt.

Depending on the region, one may add to it any of the following: raisins, lokum, grated orange or lemon rind, walnuts or hazelnuts, vanilla or rum flavor. Cozonac may be sprinkled with poppy seeds on top. Other styles dictate the use of a filling, usually a ground walnut mix, ground poppy seeds mixture, cocoa powder, rum essence and raisins. The dough is rolled flat with a pin, the filling is spread and the whole is rolled back into a shape vaguely resembling a pinwheel. In the baked product the filling forms a swirl adding to the character of the bread.

## Traditional sewing



In the Romanian traditional culture, there is specific period of the year – winter – when women and adolescent girls sewed and embroidered in order to create the trousseau for the young ladies who were going to marry. There still are some areas in Oltenia County where the custom is perfectly preserved. Our trainees have learnt to make specific models as in the past.

## Țuica – the traditional beverage



Few know, however, that Romania has its own clear and colorless liquid with a kick, and it's actually the country's national beverage! This strong spirit is called Țuica. The production of this famous national pick-me-up (or drop-you-down if you're not careful) all starts with the dark fruit we tend to enjoy from summer into early autumn: plums. Plum trees make up the bulk of most orchards in Romania, so the plum is where it all starts for this little-known spirit. Apparently, roughly three-quarters of all plums picked off the trees in Romania are used in the production of this drink.

## Painting eggs



The custom of painting eggs during the Easter time is well-known not only in Romania. But in Romania the custom of painting eggs become a national competition with international participation and a real art.

One of the members of our organization was awarded in spring 2013 for his extraordinary work. He is a trainer for our students now.

**Country:** Lithuania

**Partner:** Lietuvos verslo kolegija

## **Traditional food of Lithuania**



**ŠALTIBARŠČIAI**- cold borscht is a summer soup based on beets and soured milk, colored a shocking pink. It is made with cooked or pickled shredded beets and various other chopped vegetables, such as cucumber, dill, or green onions. Hot boiled potatoes, cold sour cream, and diced hard-boiled eggs are often served alongside to add color, texture, and thermal contrast. Lithuanian-Americans call this soup "Lithuanian".



**CEPELINAI** (Zeppelins) Zeppelins are probably the most popular dish in Lithuania. Zeppelins are big, round shaped dumplings made from potatoes and stuffed meat inside of them. They are usually served with mushroom sour cream or "spirgai" ( a cream with little pork beats in it). Let's not forget vegetarians. There is special type of cepelinai for them. Instead of meat they put curd filling inside.



**JUODA DUONA** (Black rye bread) This kind of bread is probably the oldest Lithuanian traditional food. Lithuanian dark rye bread is fresh, delicious, heavy fragrant and can be eaten during breakfast, lunch, dinner or even as an appetizer. However, it isn't as popular in these days as it was before.



**LAŠINIAI** - (non-rendered pork underskin fat with little or no meat, known in Russian and Ukrainian as [salo](#)) is a popular appetizer in villages where it is produced locally, and is usually consumed in the form of a sandwich with unbuttered bread and bulb onions or other vegetables.



**VARŠKĖS SŪRIS** (Cottage Cheese) Cottage cheese dishes are very popular in Lithuania and it's usually triangular shape. There are different types of cottage cheese. It can be eaten as an appetizer with dark rye bread or even as a desert with strawberry jam. Sometimes Lithuanians put jelly bits in it.



**ŠAKOTIS** - high branched hollow pastry, the traditional Lithuanian dish, one of the most common wedding dispensing desserts.

Šakotis is variant of the German Baumkuchen culinary product, sometimes called Bankuchenu from the German pastry name.

Tree cake shaped like a Christmas tree, and his barbs serve as twigs. Making the transverse incision can count how many times to pour the dough. Baked in a different size. They have a mild flavor and a pleasant aroma.



**KŪČIUKAI** - The Typical meal served on Christmas Eve, dice-sized hard biscuits with poppy seed “milk”.

## Traditional homemade drinks



**GIRA (Kvas)** Gira is a fermented drink made from black rye bread. It is considered a soft drink but contains some alcohol (0.05-1.5%) due to natural fermentation process. Gira has a unique flavor, contains a lot of vitamin B and is a great drink for a hot day.



**ALUS (beer).** The brewing art in Lithuania has a very long history, dating back to the ancient times. Beer has always been an important part of Lithuanian culture. There are many local varieties of beer, produced from dried bread, hops and sugar. Apart from big national producers, there are numerous small family-run breweries, which make their own beer following the old secret recipes of their ancestors.



**MEAD (MIDUS)**, This traditional Lithuanian drink has a very long tradition, dating back to the pre-historic times, as some claim. Initially drunk by the pagan Slavic tribes, in the 15th Century it became the favorite drink of Lithuanian nobility and was served at various events, such as hunting, weddings or funerals. The tradition of making mead at home survived to our times and, especially in the country, many Lithuanians still prepare their own midus according to their family's recipe.



**SAMAGONAS** (homemade vodka) - is a distilled beverage composed primarily of water and ethanol, sometimes with traces of impurities and flavorings. Vodka is made by the distillation of fermented substances such as grains, potatoes, or sometimes fruits or sugar.

## Traditional Lithuanian household items



These were originally used to decorate spinning wheels, now decorative elements in their own right.



The most popular ware is a jug. You can not only keep food products in them but also use as vases or just decorative elements.



Baskets, made from willow osier.



Woven and knitted items of clothes are another tradition. Yet again, each region has their own color set and patterns.



Ironware is another field that has retained many traditional details. These can be used to decorate your house facade. The design pattern mixes Christian and old pagan elements: a shape of a cross is decorated with the elements of sky, like a young moon or rays of sun.



Hay straws also come handy in our arts and crafts. Different decorations can be made from them. Such "hanging gardens" used to be given during weddings for the new family.



Traditional jewelry made from amber.

**Country:** Turkey

**Partner:** Turgutlu Halk Eğitimi Merkezi

## **TRADITIONAL HOUSEHOLD ITEMS**



This is a traditional **Jug** which was used in early times. It was mostly made of clay.



This is an **old type of radio** which can still be found in rural homes.



Some household items like a **tray, wooden spoon, a jug and plates.**



**AN OIL LAMP** which was very handy when there was no electricity.



Instead of carpets, people used **KILIM**, a kind of rug. These are often hand-made and some of them are really works of art.



This is how women weave the **CARPET**.



This a kind of **BROOM** made of heath. This is not easy to find in cities any more, but in villages it still can be seen.

## TRADITIONAL FOOD AND DRINKS

Turkey has a very rich cuisine. Turkish people love spending time on cooking and eating. Meal times occupy an important life in Turkey and especially dinner is seen as a very important time of day when all members of the family come together and chat. It is also a means of socializing, because it is very common to invite guests for dinner.

But when we talk about eating habits of Turkish people, we have to start with breakfast, as it is very important for Turkish people.



**SIMIT** is round bread with sesame seeds and it is very popular to eat for breakfast. Turkish people usually eat white cheese with simit and of course, we drink Turkish tea in small glasses.



Besides simit, other popular things that are offered on a typical Turkish breakfast are: different kinds of cheese, tomatoes, green and black olives, peppers and different kinds of jam.



## SOME EXAMPLES OF TRADITIONAL TURKISH CUISINE

Turkey is a large country and there are differences in cuisine among the regions of Turkey. The east of Turkey is mountainous and suffers from harsh winters. Besides, livestock farming is the most important source of income here. Thus, meat is a very popular ingredient in this region. Cereals are also very popular.

The centre of Turkey is dry and there are large wheat fields in this region. So the cuisine consists of meat and vegetable dishes, kebabs and halva desserts.

The west of Turkey has a warm climate, and that's why, fruit and vegetables, olive oil and seafood are widely consumed in this part. The Black Sea coast is famous for "hamsi" fish, corn, tea and hazelnuts.

**KEBAB:** This is a kind of sliced meat and it appears in a large variety of forms:



**İSKENDER KEBAB**



**ŞİŞ KEBAB**



**SARMA** is a very popular dish in the west of Turkey; these are cabbage or grape leaves filled with minced meat or rice.



**GÖZLEME**; this is a savory pastry made of hand-rolled dough filled with various ingredients and cooked on a griddle.

## DESSERTS:

Turkish desserts are generally heavy desserts cooked with “syrup”. Some examples are:



**BAKLAVA**



**AŞURE**; This is made of a mixture consisting of grains, fruits and nuts.

Of course we cannot forget Turkish delight when we talk about Turkish desserts☺



**LOKUM (TURKISH DELIGHT)**; It's made of starch and powdered sugar. It has different varieties of shapes and sizes and they are flavored with rosewater, mastic etc. They also consist of pistachios, hazelnuts and walnuts.

## TRADITIONAL DRINKS:



Especially with meat dishes, Turkish people like to drink **AYRAN**, which is a drink made by adding water to yogurt.



And after meals, it is traditional to drink **TURKISH COFFEE**. This is how to cook Turkish coffee: Roasted and finely ground coffee beans are boiled in a pot which is called “cezve” in Turkish”. It is served in a special cup where grounds settle. Water and Turkish delight are usually served with Turkish coffee.

Turkish people also like to prepare food at home especially for the winter. In summer especially women are very busy doing these kinds of preparations.



In this photo, you can see women preparing **PASTA** for the winter. After cutting the dough, they leave it to dry, and then they put the pieces into bottles. They will cook it during the winter.



This is how it looks when the work has finished. You just boil it and then add any sauce you wish.



In this photo, you can see women preparing **SALÇA**; a kind of thick tomato sauce which is used to flavor main dishes. In winter, it will not be possible to find tomatoes, which is a very important ingredient in Turkish home-made dishes; that's why; they replace it with its sauce in winter.

This is how "salça" looks when it is finished.



**TARHANA:** This is a kind of soup which is very popular to eat in winter. The tarhana consists of cracked wheat, yoghurt and dried vegetables. It has to be dried before it can be eaten.

**Country:** Estonia

**Partner:** Interest Marketing OÜ

## **Estonian Cuisine**

- The majority of Estonian food is very simple.
- For a long time, grain and bread were the most important food-stuffs.
- Since the 18<sup>th</sup> century, the potato has become very important.
- Milk, fish, and pork are also usually part of the daily menu.



## Something Special

- Some feel that the Estonian national dish is the blood-sausage.
- Other candidates are potatoes with Baltic herring, *mulgi* porridge, sauerkraut and *kama* (a grain-based drink).
- Compared to people in other European countries, Estonians certainly eat much more rye bread.



## Food Culture

- It is really only in the last 100 years that it has become customary to eat out sometimes.
- The majority of meals are still prepared at home.
- Lately, the Estonian diet has changed considerably owing to European influences.
- Estonians now consume less fat and salt than previously, and probably drink more wine.



## Homemade Drinks

- The practice of distilling alcoholic beverages at home is as old as time.
- Beer (previously, mead) has always been the most popular alcoholic drink.
- Since the 15<sup>th</sup> century, vodka has been distilled as well.
- Non-alcoholic homemade drinks include *kama* (grain mixed with milk products) and *kali* (somewhat similar to beer)



## Regional Specialities, Setomaa

- Setomaa is in the South-East corner of Estonia. The Seto have a distinct culture and this includes food.
- On special occasions, the Seto always prepare *sõir* (salty curd cheese) and serve it with other foods.
- In Seto cuisine, various sorts of pies are important. These include open and closed pies with different fillings.



## Regional Specialities, the West country

This region includes the Western part of mainland Estonia, and the many Estonian islands in the Baltic Sea.

It was said in the 18<sup>th</sup> century, that the islander lives on fish and bread. Later, the potato was added. Meat and other vegetables were consumed in smaller quantities, but this has obviously now changed. It has also been customary to brew homemade beer, with the special ingredient of juniper berries.



## **Regional Specialities, the East country**

This area of Estonia is inhabited also by many Russian-speaking Estonians, and Russian influences are visible also in food culture.

A lot of fish has always been consumed, but also wild and homegrown meat.

Since the area has the deepest forrests in Estonia, farmers used to plow their fields with a rifle on their back, in case wild animals showed up.



## **Regional Specialities, the South country**

Since this area has limited access to the Baltic Sea and bigger lakes, the eating of fish has always been less prevalent.

The staple foods in the South are based on different grains.

Meat from domesticated animals has always been consumed, but before the 20<sup>th</sup> century, this was done only on special occasions.

Hemp was previously grown, and hemp seed was processed into a grease that was eaten and used for other purposes.



## **The Future...**

It is very probable that regional differences within Estonia, and Estonia's difference to the rest of Europe will slowly disappear.

People in Estonia will likely eat out more than previously, and cook less at home.

Asian influences have also already appeared and these are likely to grow stronger.

But there will always be rye bread.



## **Conclusion**

Estonian food has traditionally been very simple, with some regional variation.

Rye bread and potatoes are staple. Blood-sausage adds a bit of twist. And homemade beer with juniper berries washes it all down.

When people cook at home nowadays, there are visible influences from the rest of Europe.

People are eating out more and more.

**Country:** Italy

**Partner:** Istituto Tecnico Industriale "Ettore Majorana"



**Country:** Poland

**Partner:** Stowarzyszenie na Rzecz Edukacji "Pomost"

## Fish - pike perch, sander



Nazwa produktu: **Filet z sandacza**

Kategoria: **produkt spożywczy**

Nazwa firmy: **Restauracja il Vicolo**

Opis produktu:  
Kolejnym daniem, które potrafi zachwycić nawet najbardziej wybrednych smakoszy jest filet z sandacza podany na smażonym szpinaku z czosnkiem, pietruszkowymi chipsami oraz podduszonymi na białym winie pomidorami cherry z czosnkiem i pietruszką.



Dane teleadresowe:  
65-001 Zielona Góra,  
ul. Kupiecka 70B  
tel. 533 666 247  
[www.ilvicolo.zgora.pl](http://www.ilvicolo.zgora.pl), [ilvicolo@ilvicolo.zgora.pl](mailto:ilvicolo@ilvicolo.zgora.pl)

koszt SMS-a 2,46 zł z VAT

SMS o treści **nd.48** na numer 72466

1130813201-B

## The ham from Niedoradz

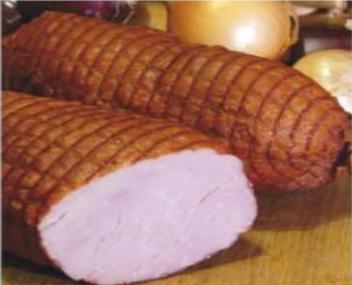


Nazwa produktu: **Szynka Niedoradzka**

Kategoria: **produkt spożywczy**

Nazwa firmy: **Zakład Mięсны „Rzeźnik” Sp. j.**

Opis produktu:  
W ekologicznie czystym regionie, na skraju Rezerwatu Bukowej Góry, stworzyliśmy produkt z mięsa wieprzowego, peklowany w zalewie z naturalnych przypraw, wędzony w tradycyjnej wędzarni dymem z drewna olchowego, co nadaje mu swoisty, indywidualny, osobliwy, zmienny, zapach i smak. Spróbuj Szynki Niedoradzkiej, a z pewnością Cię zachwyci.



Dane teleadresowe:  
67-106 Niedoradz  
ul. Tuwima 12  
tel. 68 388 12 81, [www.zmniedoradz.pl](http://www.zmniedoradz.pl)

koszt SMS-a 2,46 zł z VAT

SMS o treści **nd.30** na numer 72466

1131413201-A

## Calf liver



Nazwa produktu: **Wątróbka cielęca**

Kategoria: **produkt spożywczy**

Nazwa firmy: **Restauracja il Vicolo**

Opis produktu:  
W jednym z zaułków Zielonej Góry istnieje restauracja, która oferuje dania kuchni włoskiej, ale nie tylko. W każdy weekend można tam zachwycić się smakiem dań specjalnych np. wątróbką cielęcą flambirowaną paloną żubrówką, podaną na jarmużu o imbirowym zapachu z marynowanymi kurkami z piaskiem z pinii i pistacji.

Dane teleadresowe:  
65-001 Zielona Góra,  
ul. Kupiecka 70B  
tel. 533 666 247  
[www.ilvicolo.zgora.pl](http://www.ilvicolo.zgora.pl), [ilvicolo@ilvicolo.zgora.pl](mailto:ilvicolo@ilvicolo.zgora.pl)



koszt SMS-a 2,46 zł z VAT

SMS o treści **nd.47** na numer 72466

1130613Z01-A

## Naturally cloudy juices from Solnik



## Sausages from Żary

	<p>Nazwa produktu: <b>Kielbasa żarska</b></p> <p>Kategoria: <b>produkt spożywczy</b></p> <p>Nazwa firmy: <b>Przetwórstwo Mięsa Zbigniew Motyka</b></p>
	<p>Opis produktu:</p> <p>Kielbasa produkowana w sposób tradycyjny z wysokiej jakości mięsa wieprzowego (z szynki) oraz mięsa wołowego w naturalnym jelicie wołowym. Wędzona drewnem owocowym w tradycyjnej wędzarni. Produkt grubo rozdrobniony, podsuszany. Receptura tego wyrobu pochodzi z kresów wschodnich z okolic Lwowa i Tarnopola. Spróbuj kielbasy żarskiej, tworzonej z pasją i zasmakuj w tradycji.</p> <p>Dane teleadresowe:</p> <p>ul. Szkolna 18 Wrzesiny tel. 683771303 e-mail: mirek_motyka@vp.pl</p>
<p>koszt SMS-a 2,46 zł z VAT <span style="float: right;">SMS o treści <b>nd.16</b> na numer 72466</span></p>	

1132313201-A

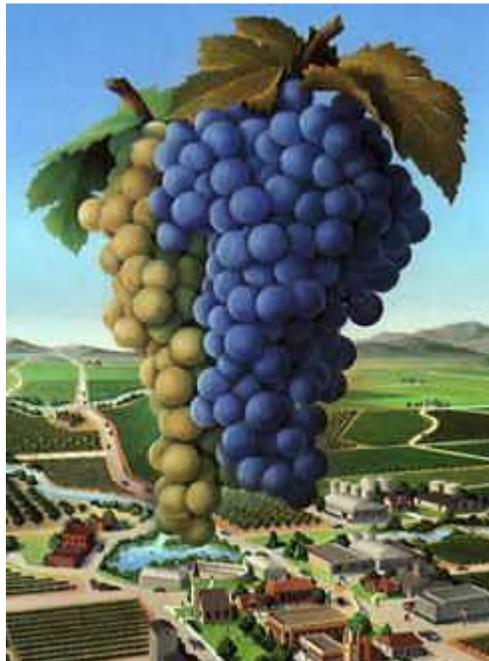
## Strudel (strucla)



## **Old village bread**



## **Home made wine**



## Dumplings with cheese



**N** nasze **DOBRE** LUBUSKIE 2013

Nazwa produktu:  
**Wyroby  
garniżeryjne mączne  
własnej produkcji**

Kategoria:  
**produkt spożywczy**

Opis produktu:  
Wyroby garniżeryjne mączne własnej produkcji - pomysł na tani, świeży i szybki obiad. Dania gotowe: smaczne pierogi, krokiety, kopytka, łazanki, kluski i inne dania obiadowe. Produkcja odbywa się na miejscu, na bieżąco w naszym sklepie. Dania dostępne w sklepach Intermarche w Zielonej Górze. Na życzenie Klienta realizujemy indywidualne zamówienia na wszelkie imprezy rodzinne i okolicznościowe.

**Intermarché**

Nazwa firmy: **ALFA Sp. z o.o.  
(Intermarche)**

Dane teleadresowe:  
65-247 Zielona Góra,  
ul. Szosa Kisielińska 22  
tel./fax: 68 329 81 92  
www.intermarchezielonagora.pl

koszt SMS-a 2,46 zł z VAT

SMS o treści **nd.43** na numer 72466

1134213z01-A

## Wild boar



**N** nasze **DOBRE** LUBUSKIE 2013

Nazwa produktu:  
**Szynka z dzika, faszerowana,  
zapekana w cieście**

Kategoria: **produkt spożywczy**

Nazwa firmy: **"MADAKS" Stanisław Mikanowicz**

Opis produktu:  
Szynka z dzika zapiekana w cieście, nadziewana kaszą gryczaną z podrobami. Niesamowity wygląd, smak i zapach sprawia, że potrawa jest wykwintnym daniem na różne okazje. Przygotowywana w formie dzika. Utrzymuje ciepło aż do 10-ciu godzin. Zawiera 100% mięsa bez kości, doskonale krucha ze znikomą ilością cholesterolu.

Dane teleadresowe:  
66-340 Przytoczna ul. Lipowa 1  
tel. 509307566, 957493109  
www.madaks.com.pl, madaks@poczta.fm

koszt SMS-a 2,46 zł z VAT

SMS o treści **nd.38** na numer 72466

1134913201-A

## The most famous: Wicker items



**Country: France**

**Partner: E-JUNIORS association**

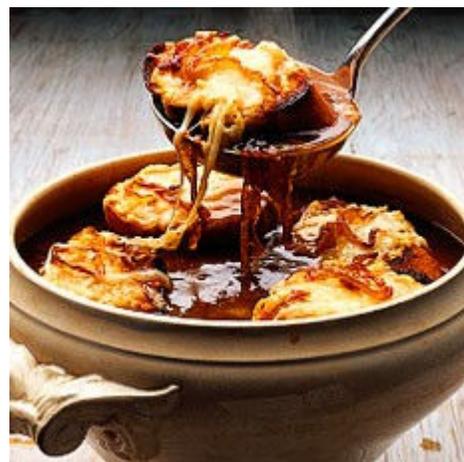
In France, three main species are commonly consumed under the name « snail » The « petit gris » (*Helix aspersa aspersa*), with diverse and often local recipes, size 28 to 35 mm for an adult weight of 7-15 g. Present in the Mediterranean countries (Europe and North Africa) and the French Atlantic coast. The « gros gris » (*Helix aspersa maxima*), size 40 to 45 mm for an adult weight of 20 to 30 g. The real Burgundy snail (*Helix pomatia*), traditionally prepared with herb butter « parsley and garlic ». Size of 40 to 55 mm for an adult weighing 25 to 45 g.



A croissant is a buttery flaky viennoiserie pastry named for its well known crescent shape. Croissants and other viennoiserie are made of a layered yeast-leavened dough. The dough is layered with butter, rolled and folded several times in succession, then rolled into a sheet, in a technique called laminating. The process results in a layered, flaky texture, similar to a puff pastry.

### French Onion Soup

There are few things more comforting than making a real French onion soup - slowly cooked, caramelised onions that turn mellow and sweet in a broth laced with white wine and Cognac. The whole thing is finished off with crunchy baked croutons of crusty bread topped with melted, toasted cheese. If ever there was a winter stomach warmer, this is surely it!





A **baguette** is "a long thin loaf of French bread" that is commonly made from basic lean dough (the dough, though not the shape, is defined by French law). It is distinguishable by its length and crisp crust.

### Most popular French cheese

- Camembert
- Brie de Meaux
- Roquefort
- Boursin
- Reblochon
- Munster
- Pont l'Évêque
- Chèvre
- Tomme de Savoie
- Brie de Bourgogne



### The FRITES

On the French side, it is sometimes argued that the «frites» were born on the bridges of Paris in 1789 during the French Revolution under the name «Pont-Neuf potatoes» a few years after Antoine Parmentier made the promotion of potato in 1771. Belgium does not agree. The Chips are made from selected potatoes. They are washed, sorted, peeled, cut, bleached and dried, and then cooked in oil two times.

A **garlic press** is used to crush garlic cloves by forcing them through a grid of small holes, usually with some type of piston. Many garlic presses also have a device with a matching grid of blunt pins to clean out the holes. The peel remains in the press while the garlic is extruded out. Pressed garlic has a more delicate flavor because it excludes the bitter green center stem





**The Bouillabaisse**, a dish from Marseille. Prepare the vegetables: Peel, seed and chop the tomatoes. Chop the onion, crush the garlic (with the garlic press) Slice the leeks. Put all the vegetables in a large pot. Drain fish, reserving the livers which will be hatched. Cut the heads and tails, cut the legs of cicadas sea (a very big shrimp). Add fish waste (heads and tails) and sea cicadas in the pot, add 25 cl of olive oil. Also put the fennel, bay leaf, parsley, peppercorns and dried orange peel. Cover and cook 15 minutes over medium heat, stirring occasionally.

### French Digestive Drinks

In France, the traditional "Digestif" is a real gourmet ritual. Sweet equivalents of the Apéritifs, digestive drinks are served at the end of a rich meal, to - supposedly! - help the digestion process. This convivial moment after dinner gives you the opportunity to taste some gems of the French food and gastronomy, including liqueurs, eaux de vie, brandies and other fruity alcohols.

Under others :



COINTREAU COGNAC ARMAGNAC



**The fondue pot (or caquelon)** is the most important piece of fondue equipment. You may have one that's been gathering dust in your cupboards since the 1970s, but that doesn't mean that it's the one you need for the type of fondue you like!