

Romania



### The Romanian Cabbage Rolls - Sarmale

Ingredients:

For preparing the cabbage leaves  
2 medium cabbages  
1 tbsp (15g) salt  
4-5 thyme sprigs  
2 fresh dill sprigs  
hot boiling water  
Meat Filling  
4 medium onions (500g) , chopped  
5 tbsp (70g) vegetable oil  
1/4 cup (65g) tomato paste  
2 tsp (4g) paprika  
1 1/4 (250g) long grain rice , rinsed and drained  
1 pound (450g) ground pork  
1/4 pound (110g) ground beef  
1/2 cup (25g) fresh dill , chopped  
1 1/2 tsp (7g) salt  
1 1/2 tsp (5g) ground black pepper  
1/2 tsp (3g) salt  
2 tbsp fresh dill , chopped  
freshly ground black pepper



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## „Nothing is More Precious than Health“

Learning-Teaching-Training activity  
Joniskis Ausros Gimnazija, Lithuania



### HEALTHY TRADITIONAL FOOD



Lithuania



Italy



Turkey



Romania

2021—2023

Lithuania



### Dumpling in Lithuania's kitchen



- For dough:
- 380g Flour
  - 110 ml Water
  - 1 Egg
  - Salt
- For filling:
- 430g Pork
  - A pinch of sugar
  - 1 Egg
  - Pepper, salt
  - A half of baked onion



Mix the ingredients for the dough, knead it well, prepare the meat. After making the dough, squeeze it and make a floppy disk, add a teaspoon

of filling and squeeze it beautifully and tightly. Next, put your prepared dumplings in boiling water with salt and boil for 10 minutes.

Italy



### Butternut Squash and Pasta

- Ingredients:
- 1 kg of butternut squash or pumpkin, peeled and cut into small cubes
  - 1 clove of garlic, crashed
  - 8 teaspoon of olive oil
  - Red hot chilli pepper
  - 400 grams of pasta
  - Salt and parsley



#### PEEL THE PUMPKIN AND CUT IT INTO CUBES

1st STEP. Put the oil in a in a large frying pan, add 1 clove of crashed garlic, fry it gently over a medium low heat for about five minutes, you just want to soften them, not add any colour. Add a small piece of chilli pepper.

2nd STEP. Next add the butternut squash, some salt and 2 cups of water. Cover with a lid and increase the heat to medium high. Leave to simmer for about 15 minutes, or until the squash is fork tender.

3rd STEP. While the squash is cooking, add some hot water and 400 grams of pasta together, let it simmer stirring from time to time.

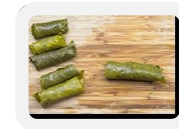
4th STEP. Once the mixture is cooked, transfer to a jug and add some parsley.

Turkey



### Olive oil leaf rolls

- Ingredients:
- 2 cup rice ,
  - 1 medium onion,
  - 2 large tomatos,
  - 1 bunch of fresh parsley,
  - 2 tbsp (table spoon) olive oil,
  - Salt and black pepper,
  - Fresh grape leaves.



> Chop the onion, peeled tomato and parsley in small pieces. Put the onion in a saucepan with olive oil and move them around it.

> After a while add tomato and parsley. Continue adding rice, salt and black pepper. After 15-20 minutes remove the saucepan from heat.

> The mixture should wrapped in grape leaves one by one. Then saucepan placed under leaves with water to cook 30 minutes.