Short-term exchange of groups of pupils
Learning, Teaching, Training Activities
Izola, from 8 May to 15 May 2022
S L O V E N I A

MEATLESS MONDAY
WORKSHOP – MEATLESS MENU

RECEPIES

Izola, 9th May 2022

Asparagus cream soup with croutons

Chickpea patties with mushroom sauce
Savoury cheese strudel on sautéed vegetables
Salad with hardboiled egg

Chocolate slice with strawberry jelly and vanilla cream

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Asparagus cream soup with croutons

Quantities for 5 persons

40 dg green asparagus, 5 dg onion, 1 dg garlic, 5 dg celery, 5 dg carrots, 10 dg potatoes, 3 dg olive oil, salt, pepper, spoonful of sour cream, 2 dg butter, 10 dg bread.

Preparation

Peel the asparagus. Use the peel and the hard parts to make stock. Chop the onions, carrots, celery and potatoes. Chop the garlic. Sauté the *onions* in oil, then add the celery, asparagus (leave the tips for garnishing), potatoes and fry briefly. Add the garlic, stir and add the stock, then cook for about 20 minutes. Season with salt and pepper. When the soup is cooked, blend it with a stick blender. Strain the soup through a strainer and season as necessary. Add the sour cream, which has been whisked with a tablespoon of water. Fry the asparagus tips in olive oil. Serve over the soup. Cut the bread into small cubes and fry them in butter.

Chickpea patties with mushroom sauce

Chickpea patties
Quantities for 5 persons
30 dg chickpeas 4 dg parsley, 5 dg onion, 1 egg, 1 lemon, salt, pepper, 10 dg breadcrumbs, 6 dg olive oil.

Preparation
Wash the chickpeas and soak overnight. Drain the water, rinse the chickpeas and cook them in salted water. Peel and chop the onion. Wash the parsley, dry well and chop coarsely. Wash the lemon and wipe dry with a kitchen towel. Finely grate the peel, then cut the fruit in half and squeeze the juice from one

half. Put the cooked chickpeas in a blender. Add the onion, parsley, lemon zest, lemon juice, salt, pepper and egg. Mix the ingredients well.

Shake the mixture from the blender into a bowl and mix it with 8 dg breadcrumbs. Form patties and coat them with the remaining breadcrumbs. Place the prepared patties on a plate and refrigerate for a while to chill and firm up.
Heat the oil in a frying pan. Add the patties and fry on a medium heat for about 4 minutes on each side until nicely golden brown. Make sure that the temperature is not too high, as patties can burn quickly.

Mushroom sauce

Quantities for 5 persons
2 dg oil, 4 dg shallots or onions, 30 dg mushrooms, salt, pepper, garlic, marjoram, thyme and, summer savoury, 2 dl vegetable stock, 1 dl cooking cream, chopped parsley.

Preparation
Fry the finely chopped onion in oil until golden. Add the mushrooms and a little salt, stir and fry until the water has evaporated. Add the finely chopped garlic and the coarsely ground flour. Fry, pour over the

stock and add all the spices. After 10 minutes of cooking over a low heat, add the sour cream to the mushrooms. Season to taste.

Savoury cheese strudel on sautéed vegetables

Savoury cheese strudel
Quantities for 5 persons
Dough: 25 dg white flour, 1 egg, 2 dg olive oil, salt, 10-12 dg lukewarm water.
Filling: 70 dg cottage cheese, 8 dg butter, 2 eggs, salt.
Topping: 4 dg butter, 2 dg white breadcrumbs

Preparation
Knead the dough with the ingredients listed, wrap it in cling film and leave it to rest for half an hour.
Filling: beat the butter until foamy, add the egg yolks and mix, then add the beaten cottage cheese. Salt the filling and stir in the stiff egg whites.
Roll out the dough, stretch it slightly and spread the filling over it. Wrap in a cloth which has been wet and sprinkled with breadcrumbs. Boil in salted water for 20-25 minutes. When the loaf is cooked, unwrap it and cut it into slices. Sprinkle the strudel with the fried breadcrumbs.

Sautéed vegetables
Quantities for 5 persons
30 dg of any tuberous vegetables (carrots, celery, kohlrabi), 10 dg of leek, salt, 4 dg of olive oil, chopped parsley.

Preparation
Wash, peel and thinly slice the vegetables. Wash the leeks and cut them into thin slices. Fry the vegetables briefly in olive oil and season. Finally, add the chopped parsley.

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Chocolate slice with strawberry jelly and vanilla cream

Sponge cake
Quantities
8 eggs, 14 dg flour, 14 dg dark chocolate, 14 dg butter, 14 dg sugar, 10 g baking powder or cream of tartar.

Preparation
Beat the butter until well foamed. Add half of the sugar, the egg yolks and continue to mix. When it has risen nicely, add the melted chocolate, half of the egg whites peaks into which the other half of the sugar has been beaten. Gradually add the sifted flour with the baking powder, and gently fold in the remaining egg whites peaks. Bake at 150°C for 13 min and at 175°C for 15 min.

Strawberry jelly
Quantities
0,5 kg fresh strawberries (or frozen), 4 dg sugar, 1 strawberry pudding mix, 1 packet vanilla sugar.

Preparation
Clean, wash, boil and mash the strawberries. Whisk the pudding, sugar, vanilla sugar and 1 dl of the mashed strawberries until smooth, then whisk into the remaining strawberries. Cook, stirring constantly, for 2 minutes.

Vanilla cream
Quantities
5 dg vanilla pudding mix, 4 dl milk, 6 dg sugar, 1 packet vanilla sugar, 2 eggs, 3 gelatine sheets, spoonful of rum.

Preparation
Soak the gelatine in cold water. Whisk the egg yolks and half the sugar together. Add 1 dl cold milk, pudding mix, vanilla sugar and whisk. Whisk in the remaining boiling milk. Cook, stirring constantly, for 2 minutes. Pour the cream into a bowl, add the rum and the gelatine, which has been well liquefied. Stir. Gently stir in the egg whites peaks, into which the other half of the sugar has been whisked.

Moistening
Quantities
1,5 dl water, 2 tbsp. strawberry syrup

Preparation
Boil the water and add 2 tablespoons of strawberry syrup

Decoration
Quantities
150 g sweet cream (1/3 vegetable-based), any decoration.

Final assembling
Moisten the well-cooled sponge cake. Spread the sponge cake with the strawberry jelly and then with the vanilla cream. Cool, frost with whipped cream and decorate as desired.