



*TRGOVINSKO-UGOSTITELJSKA ŠKOLA
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PROJEKAT UČENIKA ODELJENJA III-5

KUVAJ I PUTUJ

COOK & TRAVEL



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Mentori:

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PREDJELA / STARTERS

GRČKA / GREECE



Grčka salata

Sastojci:

- 400g feta sira
- 1 veći krastavac
- 2 veća paradajza
- 1 veća paprika babura
- 1 ljubičasti luk
- 250g maslina
- so, maslinovo ulje, origano

Način pripreme:

Iseći luk na kolutove, papriku i paradajz na krugove, koje ćete onda iseći na pola kao i krastavac, iseći sir na kocke. Pomešati povrće, dodati kocke sira preko, so, maslinovo ulje, origano i masline.



Andela Dinić i Milan Nikolić

Greek salad

Ingredients:

- 400g of feta cheese
- 1 large cucumber
- 2 large tomatoes
- 1 large bell pepper
- 1 purple onion
- 250g olives
- salt, olive oil, oregano

Preparation:

Cut the onion into small slices, cut the pepper and tomato into slices, which you will then cut in half as well as the cucumber, cut the cheese into cubes. Mix the vegetables and add the cheese cubes over, add salt, olive oil, oregano and olives.

JAPAN



Suši

Sastojci:

- 250g kuvanog pirinča srednjeg zrna
- sirće od pirinča
- malo šećera
- 300g svežeg lososa i sveže tunjevine
- ½ krastavca za salatu
- soja sos pomešan sa malo vasabija

Način pripreme:

List alge prostrti na kuhinjsku krpu obloženu providnom folijom ili na podlogu od bambusa. Razliti po njemu pirinač začinjjen sirćetom i šećerom. U sredinu staviti losos i krastavac nasečen na trake i urolati. Rolnu iseći na komade veličine zalogaja. Za nigiri-suši oblikovati zalogaje od pirinča i obložiti ih sirovom ribom. Gotovi zalogaji se prilikom konzumacije umaču u željeni sos.



Andela Đorđević i Luka S Stamenković

Sushi

Ingredients:

- 250g boiled medium grain rice
- rice vinegar
- a little sugar
- 300g fresh salmon and fresh tuna
- ½ cucumber
- soy sauce mixed with a little wasabi

Preparation:

Spread the seaweed sheet on a tea towel lined with transparent foil or on a bamboo base. Pour over it the rice seasoned with vinegar and sugar. Place salmon and cucumber cut into sticks in the middle and roll up. Cut the roll into bite-sized pieces. For nigiri-sushi, form rice bites and cover them with raw fish. Ready-made bites are also dipped in desired sauce during consumption.

KINA / CHINA



Prženi tofua sa povrćem

Sastojci:

- 450g tofua sečenog na komade (3cm)
- 1 mladi luk isečen na komade (3cm)
- 3 kašičice isečanog belog luka
- 2 kašičice isečanog đumbira
- 150g malih šampinjona
- 1 kašika sosa od ostriga
- 1 kašika soja sosa
- 1 kašika šejka
- 160 ml pilećeg fonda
- so, beli biber
- ulje od susama, ulje od kukuruza za prženje

Način pripreme:

Propržiti tofua na ulju dok ne bude hrskav, ocediti ga i staviti sa strane, ispržiti povrće na preostalom ulju, dodati tofua i pržiti dok ne bude gotovo. Onda ga isprskati uljem od susama pre posluživanja.



Ilija Janjić i Ivan Ivanović

Fried tofu with vegetables

Ingredients:

- 450g tofu cut in pieces (3cm)
- 1 spring onion cut in pieces (3cm)
- 3 teaspoons chopped garlic
- 2 teaspoons chopped ginger
- 150g of small mushrooms
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 tablespoon shake
- 160ml chicken stock
- salt, white pepper
- sesame oil, corn oil for frying

Preparation:

Fry tofu in oil until crispy, drain and set aside, fry vegetables in remaining oil, add tofu and fry until done. Then spray it with seed oil before serving.

BUGARSKA / BULGARIA



Rolat od kačkavalja sa šunkom

Sastojci:

- 200 g krem sira
- 50 g šunke
- 50 g kiselih krastavčića
- 1 kašičica seckanog peršunovog lista
- 50 g crvene začinske paprike
- 300 g kačkavalja

Način pripreme:

U dubljoj posudi pomešati krem sir sa iseckanom šunkom, iseckanim krastavčićima, peršunovim listom i paprikom. Kačkavalj staviti na foliju i zagrejati na tihoj vatri da omekša, a zatim rastanjiti u koru debljine 0,5 cm. Dobijenu koru premazati pripremljenim filom i uviti u rolat. Uviti u foliju i staviti u frižider da se stegne.



Filip Miljković i Aleksandar Pešić

Cheese roll with ham

Ingredients:

- 200 g cream cheese
- 50 g ham
- 50 g pickles
- 1 teaspoon chopped parsley
- 50 g red hot pepper
- 300 g cheese

Preparation:

In a deep dish, mix the cream cheese with chopped ham, chopped pickles, parsley leaves and hot pepper. Put the cheese on foil and heat it over low heat until it softens, then roll it into a 0.5 cm thick crust. Coat the resulting crust with the prepared filling and wrap it in a roll. Wrap it in foil and put it in the refrigerator to harden.

RUŠIJA / RUSSIA



Boršč

Sastojci:

- 3 šargarepe
- 2 krompira
- 1 glavica kupusa
- 3 paradajza
- 1 cvekla
- 2 kg goveđeg mesa
- 1 kg kobasice
- 2l goveđeg fonda
- limunov sok
- mileram
- začini, so, biber, beli luk

Način pripreme:

Ispžiti luk na ulju, onda dodati iseckano povrće, prođinstati kratko, pa zaliti fondom u kome se kuvalo goveđe meso. Dodati narendanu cveklu, goveđe meso iseckano na kockice i kolutove kobasice. Začiniti po želji i kuvati još 30 minuta.

Legira se mileramom, limunovim sokom i saftom od cvekle.



Anastasija Stanković i Gabrijel Stojanović

Russian Borscht

Ingredients:

- 3 carrots
- 2 potatoes
- 1 cabbage
- 3 tomatoes
- 1 beetroot
- 2 kg beef
- 1 kg sausage
- 2l beef stock
- lemon juice
- sour cream
- spices, salt, pepper, garlic

Preparation:

Fry the onions on oil, then add chopped vegetables, stew for a while, then add the beef stock. Add grated beetroot, diced beef and slices of sausage. Add spices and stew for another 30 minutes. Thicken with sour cream, lemon juice and beetroot sauce.

GLAVNA JELA / MAIN COURSES

SRBIJA / SERBIA



Leskovačka mućkalica

Sastojci:

- 1 kg svinjskog mesa od vrata, sa masnoćom
- 200 gr mesnate sveže slanine
- 4 -5 glavica krupnog crnog luka
- 10 pečenih, oljuštenih i iseckanih paprika
- 500 gr očišćenog paradajza
- 2 glavice belog luka
- 2 -3 suve paprike
- po ukusu soli, ljute papričice i vegete
- 1,5 dcl ulja

Način pripreme:

Meso posuti vegetom, iseći na deblje šnicle, pa na srednje krupne kocke. Ispeći na roštilju. Parčice mesa možete obmotati slaninom ili slaninu posebno ispeći i kasnije dodati u povrće. U međuvremenu iseckati sitno crni luk i utrljati u njega 2 kašike soli, kako bi izgubio ljutinu. Dinstati ga na ulju dok se sasvim ne istopi, neprestano mešajući, uz dodavanje tople vode. Kad je luk upržen, dodati sečene paprike i paradajz, i seckani beli luk. Dinstati dok ne ispari tečnost. Dodati meso, naliti sa malo vode i krčkati dok se povrće ne pretvori u kompaktnu masu. Začiniti i zaljutiti po ukusu.



Petar Antić i Nemanja Kostadinović

Leskovačka mućkalica

Ingredients:

- 1 kg pork meat from the neck, with fat
- 200 g meaty fresh bacon
- 4 -5 large onions
- 10 roasted, peeled and chopped peppers
- 500 g of peeled tomatoes
- 2 cloves of garlic
- 2-3 dry peppers
- salt, hot pepper and dry vegetable spice to taste
- 1.5 dl oil

Preparation:

Season the meat with dry vegetable spice, cut into thicker steaks, then into medium-sized cubes. Grill it. You can wrap the pieces in bacon or roast the bacon separately and add it to the vegetables later. In the meantime, finely chop the onion and rub 2 tablespoons of salt into it, so that it loses its spiciness. Stew it in oil until it melts completely, stirring constantly, while adding hot water. When the onions are fried, add chopped peppers and tomatoes, and chopped garlic. Simmer until the liquid evaporates. Add the meat, pour a little water and simmer until the vegetables turn into a compact mass. Season, make it spicy to taste.

ITALIJA / ITALY



Špagete karbonara

Sastojci:

- 200gr testenine
- 150gr mesnate slanine
- 2 kašike maslinovog ulja
- 2 žumanca
- 2dl kisela pavlake
- 1 čen belog luka
- po ukusu biber, so, seckani peršun
- malo rendanog parmezana

Način pripreme:

U kipuću, predhodno posoljenu vodu, staviti špagete da se kuvaju. U isto vreme, na dve kašike maslinovog ulja propržiti sitno seckanu slaninu dok ne porumeni i ne postane blago hrskavo. Potrebno je oko 5 minuta. Pred sam kraj, dodati propasiran čen belog luka i promešati.

U posebnoj posudi dobro izmešati žumanca sa kiselim pavlakom, dodati peršun, mleveni biber i malo soli. Ovu smesu uliti u tiganj sa dinstanom slaninom i mešati dok ne prokluču i odmah skloniti sa vatre. Za to vreme bi trebalo da su i špagete gotove. Procediti ih i sipati u veću, dublju činiju. Preliti ih prelivom (ostavite 2-3 kašike za kraj, kako bi prelili time celu porciju) i dobro izmešati, kako bi se špagete i preliv dobro sjedinili.

Serviranje:

Gotove špagete stavite u dublji tanjir, prelijte ostatkom preliva i prstohvatom suvog usitnjenog peršuna.



Luka D Stamenković i Božidar Đokić

Spaghetti carbonara

Ingredients:

- 200 g pasta
- 150g meaty bacon
- 2 tablespoons olive oil
- 2 egg yolks
- 2 dl sour cream
- 1 clove of garlic
- pepper, salt, chopped parsley to taste, a little grated parmesan cheese

Preparation:

Put the spaghetti in boiling, pre-salted water to cook. At the same time, fry finely chopped bacon in two spoons of olive oil until golden brown and slightly crispy. It takes about 5 minutes. Towards the end, add a crushed clove of garlic and stir.

In a separate bowl, mix the egg yolks with sour cream well, add parsley, ground pepper and a little salt. Add to the stewed bacon, stir until it boils and immediately remove from the heat. During this time, the spaghetti should be ready. Strain them and pour them into a larger, deeper bowl. Pour the dressing over them (leave 2-3 spoons for the end, so that they cover the entire portion with it) and mix well, so that the spaghetti and the dressing are well combined.

Serving: Put the ready spaghetti into a deep plate, pour over with the rest of the dressing and a pinch of dry chopped parsley.

VELIKA BRITANIJA / GREAT BRITAIN



Kobasice u testu

Sastojci:

- 140 g običnog brašna
- 3 jaja
- 300 ml mleka
- 2 kašičice dižon senfa
- 2 kašike biljnog ulja
- 8 Cumberland kobasica
- 8 listova žalfije
- 4 grančice ruzmarina

Način pripreme:

Prosejte brašno u veliku posudu. Dodajte so i biber. Napravite udubljenje u sredini brašna i dodajte jaja. Drvenom kašikom postepeno umutite jaja u brašno, a zatim polako umešajte mleko dok testo ne postane glatko. Procedite i gurnite preostale grudvice kroz sito. Umešajte bilje i senf.

Stavite kobasice u veliki pleh za pečenje sa visokim ivicama. Dodajte ulje i četvrtine crvenog luka. Pecite u rerni 20-25 minuta, dok kobasice ne budu prilično kuvane, a luk ne poprimi zlatnu boju.

Izvadite iz rerne i stavite na ringlu na jaku vatru — na plehu bi u ovom trenutku trebalo da bude dobra masnoća, aromatizovana mesom. Još jednom umutite testo i pažljivo sipajte u vrelo ulje.

Prebacite kalup za pečenje u rernu i pecite 30-40 minuta bez otvaranja ili dok ne porumeni.

Poslužite odmah.



Gabrijel Selimović i Marjan Cvetković

Toad in the hole

Ingredients:

- 140 g plain flour
- 3 eggs
- 300 ml milk
- 2 teaspoons Dijon mustard
- 2 tablespoons vegetable oil
- 8 Cumberland Sausage
- 8 sage leaves
- 4 sprigs rosemary

Preparation:

Sift the flour into a large bowl. Add salt, pepper and eggs. Using a wooden spoon, gradually beat the eggs into the flour, then slowly stir in the milk until the batter is smooth. Strain and push the remaining lumps through a sieve. Stir in the herbs and mustard.

Place the sausages in a large, high-sided roasting pan. Add oil and red onion quarters. Bake in the oven for 20-25 minutes, until the sausages are rather cooked, and the onion golden. Remove from the oven and place on the hotplate over high heat — there should be a good amount of fat on the tray at this point, flavoured with meat. Whisk the dough again and pour it carefully into the hot oil.

Transfer the baking tin to the oven and bake for 30-40 minutes without opening the oven or until golden brown and puffed. Serve immediately.

MEKSIKO / MEXICO



Meksička tortilja sa piletinom, povrćem i crvenim pasuljem

Sastojci:

- 150 gr crvenog pasulja
- 5 ml čili sosa
- 5 g aleve paprika
- 150 gr kukuruza šećerca
- 1 crvena paprika
- 1 zelena paprika
- 250 gr pilećeg filea
- so
- 2 tortilje

Način pripreme:

Piletinu narežite na traķe ili kockice. Začinite po želji. Zagrejte tiganj sa malo ulja i pržite piletinu na srednjoj temperature. Kada je piletina skoro gotova, izrežite crvenu i zelenu papriku na trakice i dodajte u piletinu. Nakon 3-5 minuta dodajtei kukuruz šećerac i crveni pasulj iz konzerve. Dodajte malo čili sosa, mlevenu papriku i so. Na laganoj vatri ostavite da se kuva još 2 minuta. Na vrelom tiganju ispecite tortilje sa obe strane da zarumene i zagreju. Na sredinu stavite list zelene salata, fil, urolajte i pobodite čačkalicu.



Miljana Stojanović i Nikola Tomić

Mexican tortilla with chicken, vegetables and red beans

Ingredients:

- 150 gr red beans
- 5 ml chilli sauce
- 5 g cayenne pepper
- 150 gr sweet corn
- 1 red pepper
- 1 green pepper
- 250 gr chicken breast
- salt
- 2 tortillas

Preparation:

Cut the chicken into stripes or bite-size pieces. Spice it to taste. Heat up the pan with a bit of oil and fry the chicken at medium temperature. When it is almost ready, cut the peppers into stripes and add them to the chicken. After 3-5 minutes add the corn and red beans from the can. Add a bit of chilli sauce, cayenne pepper and salt. Let it cook at slow heat for 2 more minutes. Heat the tortillas in a pan until brown on both sides. Put a leaf of lettuce in the center, add the filling, roll the tortillas and pierce it with a toothpick,

DESERTI / DESSERTS

FRANCUSKA / FRANCE



Ananas pržen u vinskome testu sa prelivom od meda i pistača

Sastojci za testo:

- 2 komada svežeg ananasa
- 1/2l suvog belog vina
- 3 jaja
- 500g brašna
- prstohvat soli, šećer u prahu za posipanje

Sos za prelivanje:

- 5 kašika meda
- 100g seckanih pistača
- 400g gorke čokolade
- 0,4 dl ruma
- 2,5dl slatke pavlake

Način pripreme:

Umutimo 3 jaja, dodamo 500g brašna zatim mutimo i dodajemo 1/2l suvog belog vina, posolimo. Zatim uzimamo kolutove svežeg ananasa, uvaljamo u testo i pržimo dok ne dobije žutu boju sa obe strane.

Za sos za prelivanje prvo istopimo čokoladu, zatim dodamo 2,5dl slatke pavlake, 5 kašika meda i iseckane pistače i na kraju dodajemo 0,4dl ruma.

Serviranje:

Na tanjir stavljamo ispržen ananas, pospemo šećerom u prahu i prelijemo sosem.



Danilo Savić i Mihajlo Stamenković

Pineapple fried in wine dough with honey - pistachios dressing

Ingredients for the dough:

- 2 pieces of fresh pineapple
- ½l dry white wine
- 3 eggs
- 500g flour
- 1 pinch of salt, powdered sugar for sprinkling

Dressing sauce:

- 5 spoons of honey
- 100g chopped pistachios
- 400g dark chocolate
- 0.4 dl rum
- 2.5 dl sweet cream

Preparation:

Whisk 3 eggs, add 500g of flour in a bowl, then whisk again and add 1/2l of dry white wine, add salt. Then take fresh pineapple slices, roll it in the batter and fry until it turns yellow on both sides. For the topping sauce, first melt the chocolate, then add 2.5 dl of sweet cream, then add 5 tablespoons of honey and chopped pistachios, and finally add 0.4 dl of rum.

Serving: *Put the fried pineapple onto a plate, frost it with powdered sugar and pour the sauce over it.*

NOVI ZELAND / NEW ZEALAND



Hokey pokey sladoled

Sastojci:

- 75g šećera
- 30g glukoznog sirupa
- 4,2 grama praška za pecivo
- 240g sladoleda od vanile

Način pripreme:

Pokriti pleh papirom za pečenje. Šećer i glukozni sirup pomešati u jednoj posudi na srednjoj vatri dok se ne sjedni i zatim ostaviti da kļjuča 5 min. Nakon toga skñnuti sa vatre i dodati prašak za pecivo. Sipati smesu na pleh i ostaviti da se stegne oko 30 minuta. Kada se smesa stegne polomiti na sitniju parćad.

Serviranje:

U ćiniju staviti kugle sladoleda i posuti parćićima karamele.



Milica Trajković i Luka Stanković

Hokey pokey ice cream

Ingredients:

- 75g of sugar
- 30g of glucose syrup
- 4.2 grams of baking powder
- 240g of vanilla ice cream

Preparation:

Cover the tray with baking paper. Mix sugar and glucose syrup in a bowl over medium heat until it dissolves and then let it boil for 5 minutes. Then remove from heat and add baking powder. Pour the mixture onto the previously covered tray and let it set for about 30 minutes. When the mixture hardens, break it into small pieces.

Serving:

Put the ice cream scoops into a bowl and then sprinkle with the toffee pieces.

MAĐARSKA / HUNGARY



Mađarski kolač

Sastojci:

- 600g brašna
- 200g masti
- 1 jaje
- 1 prašak za pecivo
- 200g šećera

Za krem:

- 2 pudinga od čokolade
- 700ml mleka
- 250g maslaca
- 250g šećera
- 50 g čokolade za kuvanje
- med
- mleveni orasi

Način pripreme:

Zamesiti testo, podeliti ga na 5 delova i peći kore jednu po jednu. Peći na 180 stepeni 10-15 minuta, zatim odložiti na hladnu površinu da se ohlade. Kada se kore ohlade premažite ih kremom.

Prašak za puding pomešati sa šećerom i mlekom prema upustvima na kesici. Ostatak mleka, šećera i čokolade staviti da se kuva pa dodati prašak za puding i kuvati na laganoj vatri dok se ne zgusne. Staviti da se ohladi i kada se smesa ohladi dodati maslac i dobro izmešati da se dobije jednolična smesa.

Premazati svaku koru a poslednju premazati medom i posuti mlevenim orasima.



Andrijana Ilić i Natalija Petrović

Hungarian cake

Ingredients:

- 600g flour
- 200g fat
- 1 egg
- 1 baking powder
- 200g sugar

For the cream:

- 2 bags chocolate pudding
- 700 ml milk
- 250g butter
- 250 g sugar
- 50 g cooking chocolate
- honey, ground walnuts

Preparation:

Knead the dough, divide it into 5 parts and bake the crust one by one. Bake at 180 C for about 10-15 minutes, then place on a cold surface to cool.

Mix the pudding powder with sugar and milk according to the instructions on the bag. Boil the rest of the milk, sugar and chocolate, then add the pudding and mix on low heat until it thickens. Leave to cool, add the butter and mix well to obtain a homogenous mixture.

Coat the last crust with honey and sprinkle with ground walnuts.

TUNIS / TUNISIA



Makrout

Sastojci:

- 250 g sitnog pšeničnog griza
- 250 g krupnog pšeničnog griza
- 150 g putera
- 2 kašike kristal šećera
- 2 kašičice vodice pomorandžinog cveta
- 190 ml vode, 1/2 kašičice soli soli

Za fil:

- 150 g očišćenih urmi (datula)
- 50 g susama
- 1 kašičica mlevenog cimeta
- 1 prstohvat mlevenog karanfilića
- 2 kašike putera
- 2 kašičice vodice od narandžinog cveta

Za sirup:

- 250 g meda
- 1/2 limuna, 2 kašike vode

Način pripreme:

U posudu staviti dve vrste griza, šećer i so. Dodati otopljeni puter postepeno mešajući vrhovima prstiju dok se sav puter ne sjedini. Pokrijte plastičnom folijom i ostavite najmanje 30 min da se smesa sjedini. Postepeno prskajte po smesi griza rastvor vode i vodice narandžinog cveta dok se masa ne sjedini. Umesite dobro. Sada napravite dugačku veknu i udubite je po sredini da bi ubacili fil.

Odvojite urme od koščica i kuvajte ih na pari oko 15min dok ne omekšaju. Skuvane urme iscedite viljuškom zatim dodajte: susam, cimet, omekšani puter i kašičicu vode narandžinog cveta. Izmišajte sve da dobijete homogenu masu. Fil stavite u udubljenje koje ste napravili .

Blagim pritiskom ravnog noža našarajte testo. Isecite rolnu pod 45 stepeni na kolačiće. Ispadne oko 30 komada. Poredajte u pleh i pecite na 170 stepeni oko 30 min. Blago zagrejte mešavinu limuna i meda sa dve kašike vode. Vruće kolače utapajte u topli sirup i vadite na tanjir za služenje. Ako vam ostane preliv prelijte ga preko kolača.



Aleksandra Petković i Matija Stojanović

Makroule

Ingredients:

- 250 g fine wheat semolina
- 250 g coarse wheat semolina
- 150 g butter
- 2 tablespoons sugar
- 2 teaspoons orange blossom water
- 190 ml water, 1/2 teaspoon salt

For the filling:

- 150 g pitted dates
- 50 g sesame seeds
- 1 teaspoon ground cinnamon, 1 pinch ground cloves
- 2 tablespoons butter
- 2 teaspoons orange blossom water

For the syrup:

- 250 g honey
- 1/2 lemon, 2 tablespoons water

Preparation:

Put semolina, sugar and salt in a bowl. Add the melted butter gradually mixing with your fingertips until all the butter is incorporated. Cover with plastic wrap and leave for at least 30 minutes for the mixture to come together. Gradually sprinkle a solution of water and orange blossom water on the semolina mixture until the mass comes together. Knead well. Now make a long loaf and make a hole in the middle to insert the filling. Separate the dates from the pits and steam them for about 15 minutes until they soften. Squeeze the cooked dates with a fork, then add: sesame seeds, cinnamon, softened butter and a teaspoon of orange blossom water. Mix everything to get a homogeneous mass. Put the filling in the hole you made in the dough. With the gentle pressure of a flat knife make ornaments on the dough. Cut the roll at 45 degrees into cookies. It gives out about 30 pieces. Arrange in a baking tray and bake at 170 degrees for about 30 minutes. Gently heat a mixture of lemon and honey with two tablespoons of water. Dip the hot cakes in the warm syrup and remove onto a serving plate. If you have leftover topping pour it over the cake.