

COOKBOOK

STUFFED FLATBREAD



MATERIALS

- Pan-Fried Flatbread with Minced Meat, Eggs & Cheese
- 16 ingredients
- For the filling:
- 300 g minced meat (beef, pork, or a mix)
- 2 eggs
- 1 small onion, finely chopped
- 200 g grated semi-hard cheese (optional)
- Salt, to taste
- Black pepper, to taste
- ½ tsp paprika (optional)
- ½ tsp ground cumin
- ½ tsp dried thyme
- For assembling:
- 3–4 flatbreads (tortillas)
- Cooking oil, for frying
- For the yogurt sauce:
- 200 g Greek yogurt
- 1–2 tbsp fresh dill, finely chopped
- Salt, to taste
- 1 garlic clove, minced (optional)
- For serving:
- Pickled cucumbers, sliced
- Bell peppers, sliced

MAKING

Filling:
Sauté onion in oil. Add minced meat and cook until browned. Season with salt, pepper, paprika, cumin, and thyme. Lower heat, scramble in the eggs, then mix together. Turn off heat and stir in cheese (optional).
Assemble:
Spread filling on half of each flatbread, fold over, and press lightly.
Cook:
Pan-fry in oil over medium heat, 2–3 minutes per side, until golden and crisp.
Yogurt Sauce:
Mix Greek yogurt, dill, salt, and garlic (optional).
Serve with:
Pickled cucumbers and sliced bell peppers.

Child Task

- ☐ SEASON
- ☐ STIR
- ☐ PAN-FRY
- ☐ MIX

FAMILY DINNER NOTE

THIS DISH IS USUALLY... IN OUR FAMILY.

CINNAMON ROLLS



MATERIALS

550 g flour
250 ml milk
150 g brown sugar
150 g butter at room temperature
50 g melted butter
50 g granulated white sugar
10 g dry yeast (or 25 g fresh yeast)
2 eggs
16 g vanilla sugar
1 tablespoon cinnamon
- a pinch of salt

MAKING

Warm the milk slightly and dissolve the yeast with 1 tbsp of the white sugar. Let it sit 5–10 minutes until foamy.
Mix flour, salt, vanilla sugar, remaining white sugar, eggs, soft butter, and the yeast mixture. Knead into a soft dough, cover, and let rise until doubled.
Mix brown sugar with cinnamon and melted butter.
Roll out the dough, spread the cinnamon mixture evenly, roll up, and slice into rolls.
Place in a baking dish, cover, and let rise 20–30 minutes.
Bake at 180°C (350°F) for 20–25 minutes until golden.
Best enjoyed warm

Child Task

- ☐ MIX
- ☐ KNEAD
- ☐ MEASURED
- ☐ BAKE

FAMILY DINNER NOTE

THIS DISH IS USUALLY... IN OUR FAMILY.

FAMILY TABLE COOKBOOK

LAVA CAKE



MATERIALS

- 100g dark chocolate
- 44g flour
- 70g butter
- 65g powdered sugar
- a pinch of salt
- 2 eggs
- 2 egg yolks (without whites)
- 1 vanilla essence/vanilla essence
- Some olive oil.

MAKING

1. Put a saucepan of water on the fire until it boils. Place a stainless steel bowl containing the butter and chocolate over the saucepan. Mix until the chocolate is incorporated with the butter and becomes a liquid paste (like melted chocolate).
2. Add the following ingredients in the order: powdered sugar (mix until incorporated), 2 eggs + 2 egg yolks + salt (powder mix until incorporated), vanilla essence (mix) and lastly we will add the flour (mix everything)
3. Take the specific shapes and grease them with oil so that the composite does not stick to the edges.
4. Pour 3/4 of the contents into the molds so that the mold is not completely filled with the actual mixture, but has a small space.
5. Preheat the oven to 180°C for 10 minutes.
6. Put the tray in the oven. Here comes the hardest part. They must be left in the oven 10-12 minutes, until they are done with a little crust (and the inside seems liquid or uncooked to give the sensation of boiling, like a volcano).
7. Remove the tray and serve. Enjoy!

COOK TIME

- [x] MEASURED
- [x] COUNTED
- [x] MIXED UP
- [x] GARNISHED WITH POWDERED SUGAR

FAMILY DINNER NOTE

BEST SERVED WARM, WITH POWDERED SUGAR, ICE CREAM, OR FRESH BERRIES.

PASTA CARBONARA



MATERIALS

- Spaghetti (or another long pasta, like rigatoni)
- Eggs
- Pecorino Romano cheese (grated)
- Guanciale (or pancetta, if unavailable)
- Freshly ground black pepper
- Salt (for pasta water)

MAKING

1. Bring a large pot of salted water to a boil and cook the pasta according to the package instructions until al dente.
2. While the pasta cooks, cut the guanciale (or pancetta) into small pieces and cook it in a pan over medium heat until crispy. Remove from heat.
3. In a bowl, whisk the eggs with the grated Pecorino Romano cheese and plenty of black pepper.
4. Drain the pasta, reserving a little of the cooking water.
5. Add the hot pasta to the pan with the guanciale and mix well.
6. Remove the pan from heat, then quickly stir in the egg and cheese mixture, adding a little reserved pasta water if needed to create a creamy sauce.
7. Serve immediately, topped with extra cheese and black pepper.

COOK TIME

- [x] BOILED THE WATER
- [x] WHISKED THE EGGS
- [x] CUT THE PANCETTA
- [x] SET THE TABLE

FAMILY DINNER NOTE

EATING PASTA CARBONARA DURING FAMILY MEALS IN ROMANIA IS A COZY MOMENT THAT BRINGS EVERYONE TOGETHER AROUND THE TABLE.

POLENTA WITH CHEESE AND SOUR CREAM



MATERIALS

- 1 liter of water
- 250 grams of cornmeal (corn flour)
- 10 grams coarse salt
- 1 cube of butter
- for the assortment: a few spoons of sour cream
- 1 small cheese slices

MAKING

1. Bring the water to a boil in a double-walled cast iron or stainless steel pot.
2. When the water starts to boil, add salt and stir vigorously until it melts.
3. Add the cube of butter.
4. When everything starts to boil, gradually add the cornmeal.
5. Stir vigorously and continuously with a wire-shaped whisk.
6. Boil the polenta over low heat until it's done.
7. Add the sour cream and the cheese.

COOK TIME

- [x] MIXED UP
- [x] COUNTED
- [x] MEASURED
- [x] SET THE TABLE

FAMILY DINNER NOTE

THIS IS A SIMPLE AND BELOVED DISH THAT BRINGS THE FAMILY TOGETHER AT THE TABLE IN ROMANIA, CARRYING THE TASTE OF TRADITION AND HOME

CHOCOLATE CHEESECAKE



MATERIALS

For the base
- 75 g unsalted butter
- 200 g digestive biscuits
- 25 g cocoa powder

For the cheesecake
- 150 g milk chocolate
- 150 g dark chocolate
- 400 g cream cheese
- 350 ml whipping cream
- 5 ml vanilla extract
- 250 g frozen mixed berries
- 2 tbsp icing sugar
- 40 ml water
- 10 g powdered gelatin + 120 ml cold water

MAKING

1. Prepare the base.
2. Crush the digestive biscuits into fine crumbs.
3. Melt the butter and mix with the biscuit crumbs and cocoa powder.
4. Press the mixture firmly into the bottom of a springform tin and refrigerate for 30 minutes.
5. Mix the gelatin powder with 120 ml cold water and leave to soften.
6. Melt the milk chocolate and dark chocolate in a heatproof bowl over a pan of simmering water.
7. Whip the cream until soft peaks form.
8. Beat the cream cheese, vanilla extract and icing sugar until smooth.
9. Fold the melted chocolate into the cream cheese mixture.
10. Gently fold in the whipped cream.
11. Heat the mixed berries in a saucepan until they break down, then stir in the softened gelatin.
12. Pour the berry mixture over the chocolate cheesecake mixture.
13. Spread evenly and refrigerate for at least 4 hours, or overnight.
14. Decorate with fresh berries before serving.

Child Task

- [ ] MIXED UP
- [ ] SPRINKLE
- [ ] MEASURE
- [ ] SLICE AND SERVE

FAMILY DINNER NOTE

THIS DISH IS USUALLY ... IN OUR FAMILY.

BOLOGNESE PASTA



MALZEMELER

- 250 g spaghetti
- 250 g mixed meat (beef+pork, ...)
- 1 onion, 2 cloves garlic, 1 tomato, 1 carrot, 1 celery stick
- 1 can (400 g) chopped tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- 2 tablespoons olive oil
- Salt, black pepper, chilli flakes (to taste)
- Grated parmesan, to serve

YAPILIŞ

1. Finely chop the onion, garlic, carrot and celery.
2. Heat the olive oil in a large pan over medium heat.
3. Add the chopped vegetables and cook for 5–7 minutes, until soft and lightly golden.
4. Add the mixed meat and cook, breaking it up with a spoon, until browned and no longer pink.
5. Stir in the tomato paste and cook for 1 minute.
6. Add the chopped tomatoes, sugar, oregano, basil, bay leaf, salt, pepper, chilli flakes and a splash of water.
7. Bring to the boil, then reduce the heat and simmer gently for 20–25 minutes, stirring occasionally, until the sauce has thickened.
8. Meanwhile, cook the spaghetti in plenty of boiling salted water according to the packet instructions until al dente.
9. Drain the pasta, reserving a mug of the cooking water.
10. Toss the pasta with the sauce, adding a little cooking water if needed to loosen.
11. Serve with grated parmesan.

Cook Task

- [ ] DRAIN
- [ ] MIX
- [ ] STIR
- [ ] POUR

AİLE YEMEĞİ NOTU

BU YEMEK GENELLİKLE ... BİZİM AİLEMİZDE YAPILIR.

TIRAMISU



MATERIALS

- 500 g mascarpone cheese
- 300 ml cold espresso coffee
- 400 g sponge finger biscuits (savoiardi)
- 4 tablespoons sugar
- 3 eggs, separated
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- A pinch of salt

MAKING

1. Prepare the coffee.
2. In a large bowl, combine the egg yolks and 3 tablespoons of sugar.
3. Whisk until the mixture is pale and creamy, about 3 minutes.
4. Add the mascarpone cheese and the vanilla extract, then gently mix until smooth and well combined.
5. In a separate bowl, whisk the egg whites with a pinch of salt until they form soft peaks.
6. Gradually add the remaining 1 tablespoon of sugar, continuing to whisk until you get stiff, glossy peaks.
7. Gently fold the whipped egg whites into the mascarpone mixture in two or three additions, being careful not to deflate the mixture.
8. Pour the espresso coffee into a shallow dish.
9. Quickly dip each sponge finger biscuit in the coffee – just 1–2 seconds per side, don't soak them or they will fall apart.
10. Arrange the soaked biscuits in a single layer in the bottom of a rectangular dish.
11. Spread half of the mascarpone cream over the biscuits, smoothing it into an even layer.
12. Add another layer of coffee-dipped biscuits.
13. Top with the remaining mascarpone cream, spreading it evenly.
14. Dust the top evenly with cocoa powder using a sieve.
15. Cover the dish with cling film.
16. Refrigerate for at least 4 hours, or preferably overnight, to allow the flavours to meld and the mixture to set.

Child Task

- [ ] WHISK
- [ ] MIX
- [ ] MEASURE
- [ ] WRAP

FAMILY DINNER NOTE

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