

Global Scholars

1ST ESO



Joanot, Martorell, Community Cookbook



Table of contents

Koshari 3 – 5

Fish Soup 6 – 8

Mrmeta 9 – 11

Spanish omelette – 12 – 14

Queque – 15 – 17

mangu and los tres golpes 18 – 20

Chaufa 21 – 23

Crema catalana 24 – 26

Ceviche 27 – 29



koshari

INGREDIENTS: LENTIL, RICE, CHIKPEA, MACARONS, ONIONS, TOMATOES



instructions



FIRST, PEEL AND CUT A ONION AND A GARLIC VERY FINELY. AND FRIE THE GARLIC AND ONION WITH A LITTEL OIL AND TOMATOES TO MAKE SAUS. SECOND SPICE PAPRIKA, SALT AND A SPLASH OF VINEGER

THIRD COOK THE MACAROS FOR ABOUT 7 MINUTES. FOURTH COOK THE RICE FOR ABOUT 17 MINUTES. ALSO COOK THE CHIKPEAS AND LENTILS. FIFTH, ADD THE RICE, MACARONS AND LEGUMES. SIXTH REMOVE AND ADD ONIONS IN THE TOP





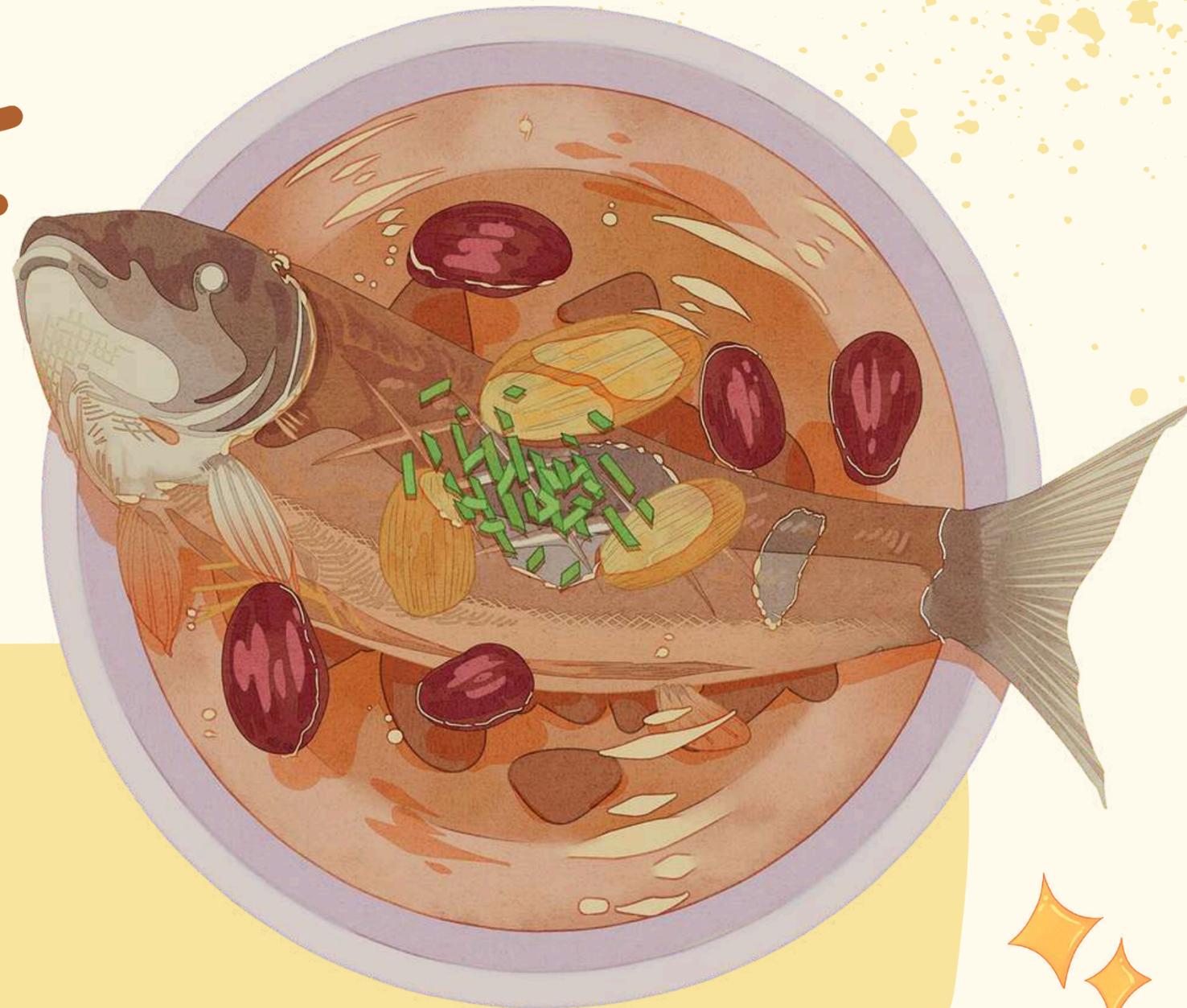
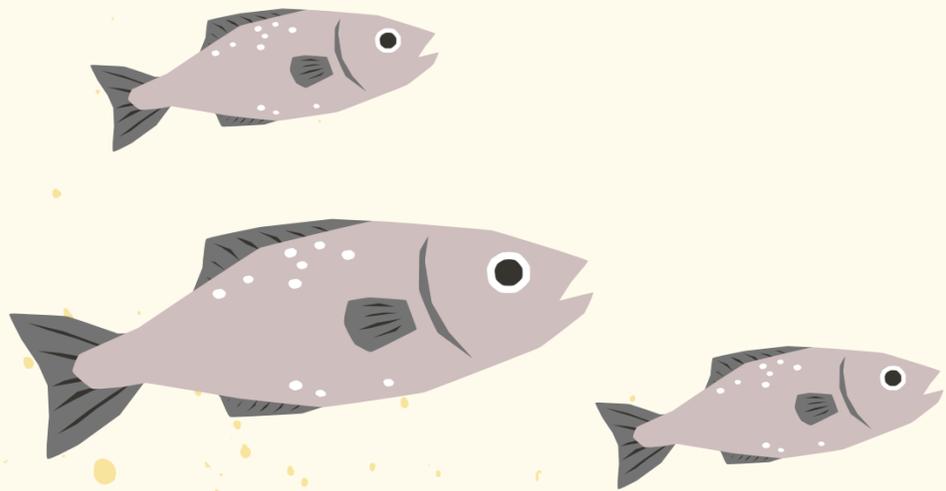
koshari



THIS FOOD IS FROM EGYPT . AND I EAT IN
ANY DAY, WITH MY FAMILY.



Fish soup

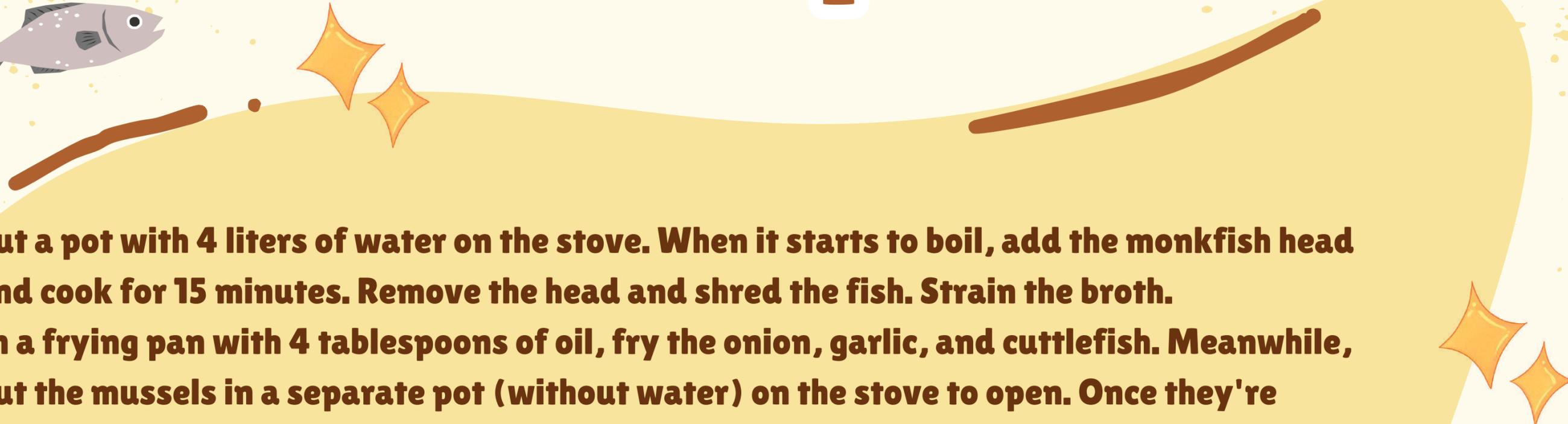


INGREDIENTS FOR 4 PERSONS

- Monkfish head
- Sepia (300g)
- Mussels (500g)
- Clams (250g)
- Prawn (4)
- Tomatoes (3)
- Onion (1)
- Garlic (2)
- Parsley



Recipe



Put a pot with 4 liters of water on the stove. When it starts to boil, add the monkfish head and cook for 15 minutes. Remove the head and shred the fish. Strain the broth.

In a frying pan with 4 tablespoons of oil, fry the onion, garlic, and cuttlefish. Meanwhile, put the mussels in a separate pot (without water) on the stove to open. Once they're open, remove them from the heat, strain the broth, and discard the shells. Continue to sauté the cuttlefish, stirring occasionally to prevent burning. Add the tomato, some diced ham, the shrimp, and the clams (which have been washed and washed overnight to open them). Once the clams are open, remove the pan from the heat. Add the monkfish and mussel broth to the pot, along with everything from the pan, and let it simmer for 15 minutes. Add the shredded monkfish and the mussels.

Enjoy!

Fish soup



This is a typical Spanish dish. We usually eat it on special days and at end of year with all the family.



MRRMETA

INGREDIENTS

potatoes

carrots

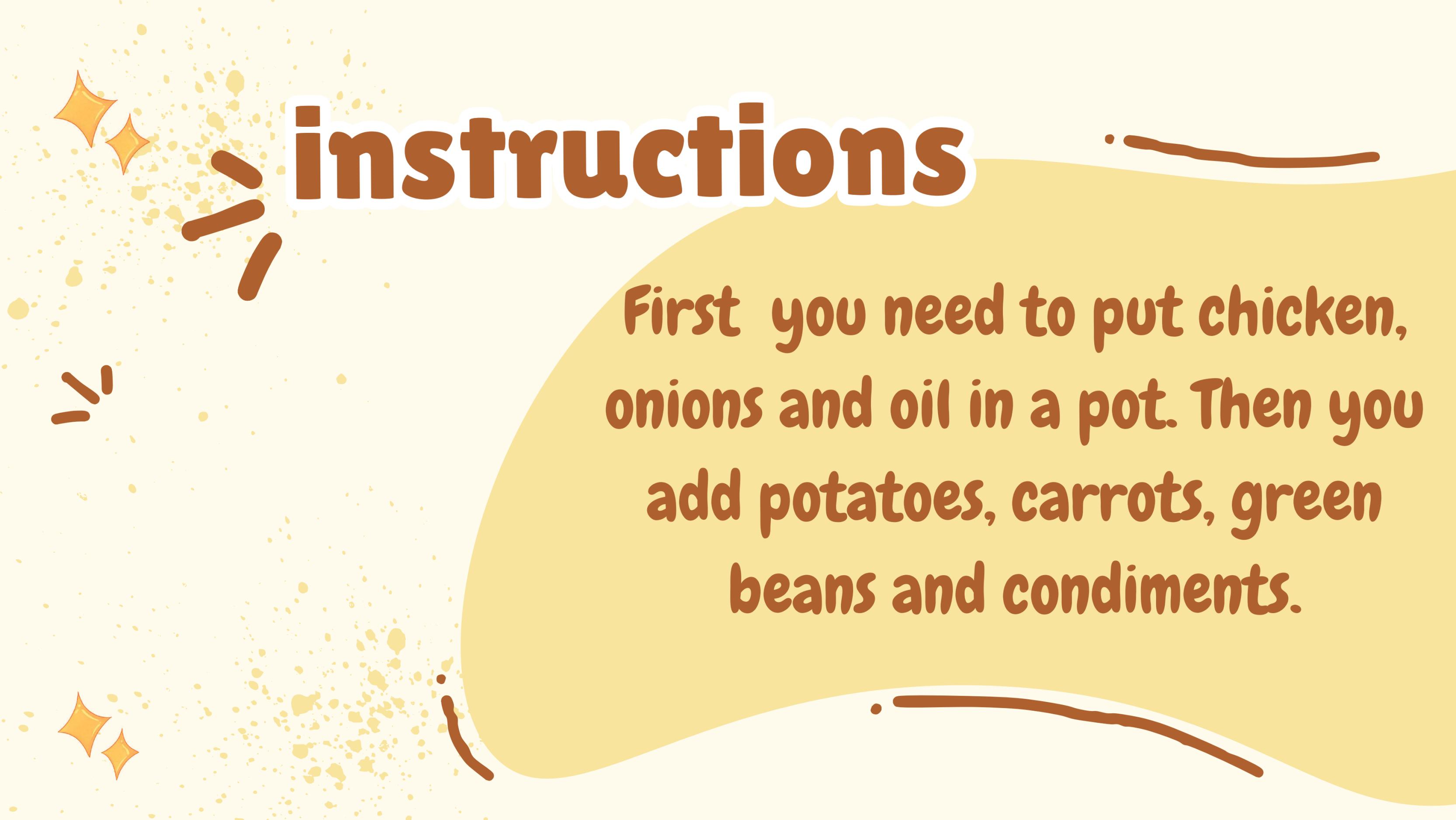
green beans

onion

chicken or beef

condiments

oil

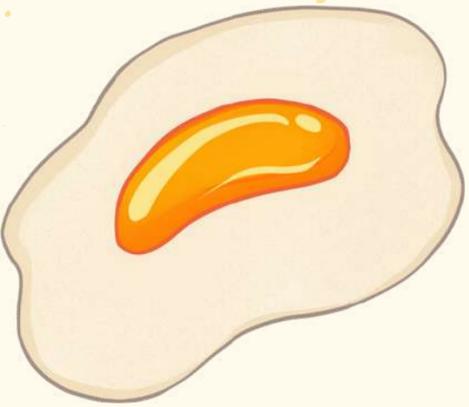


instructions

First you need to put chicken, onions and oil in a pot. Then you add potatoes, carrots, green beans and condiments.

Mrmmeta

THIS DISH IS A
TRADITIONAL FOOD
THROUGHOUT
MORROCO
WE EAT IT ON A
NORMALLY DAYS.



Spanish omelette (Potato omelette)

Ingredients:

-700g of Potatoes

-6 Eggs

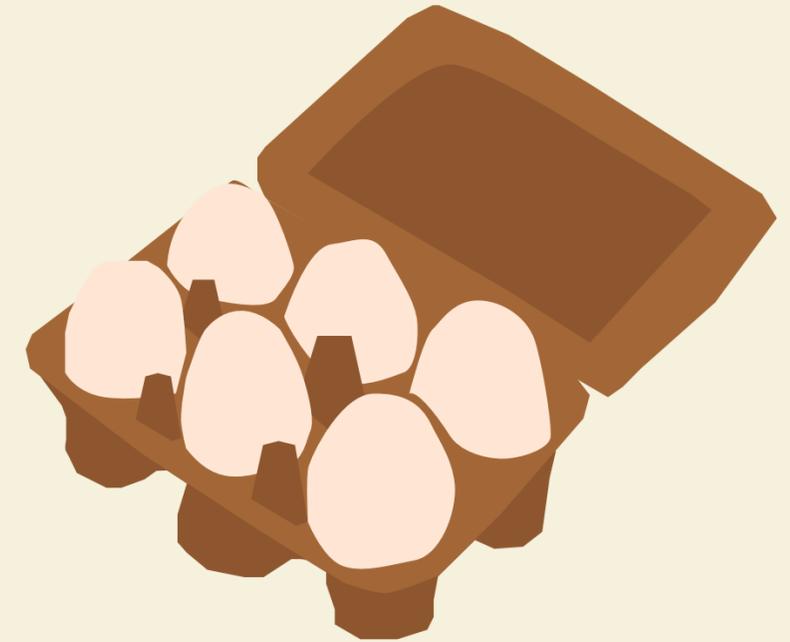
-300g of onion

-300l of olive oil

Optional: salt



POTATOES



EGGS



ONIONS



SALT



OIL

How do you cook Spanish omelette?

Recipe:

- 1. Prepare the vegetables**
- 2. Fry the potatoes and onion**
- 3. Drain and mix**
- 4. Beat the eggs**
- 5. Add the eggs to the mixture**
- 6. Heat the mixture in the pan until it sets (with oil)**
- 7. Flip the omelette**
- 8. Stop setting**
- 9. Serve**



THIS IS A TYPICAL SPANISH DISH THAT WE CAN EAT AT ANY TIME OF THE DAY WITH: FRIENDS, FAMILY, IN A BAR, AT HOME, ETC.



☀️ Queque

INGREDIENTS

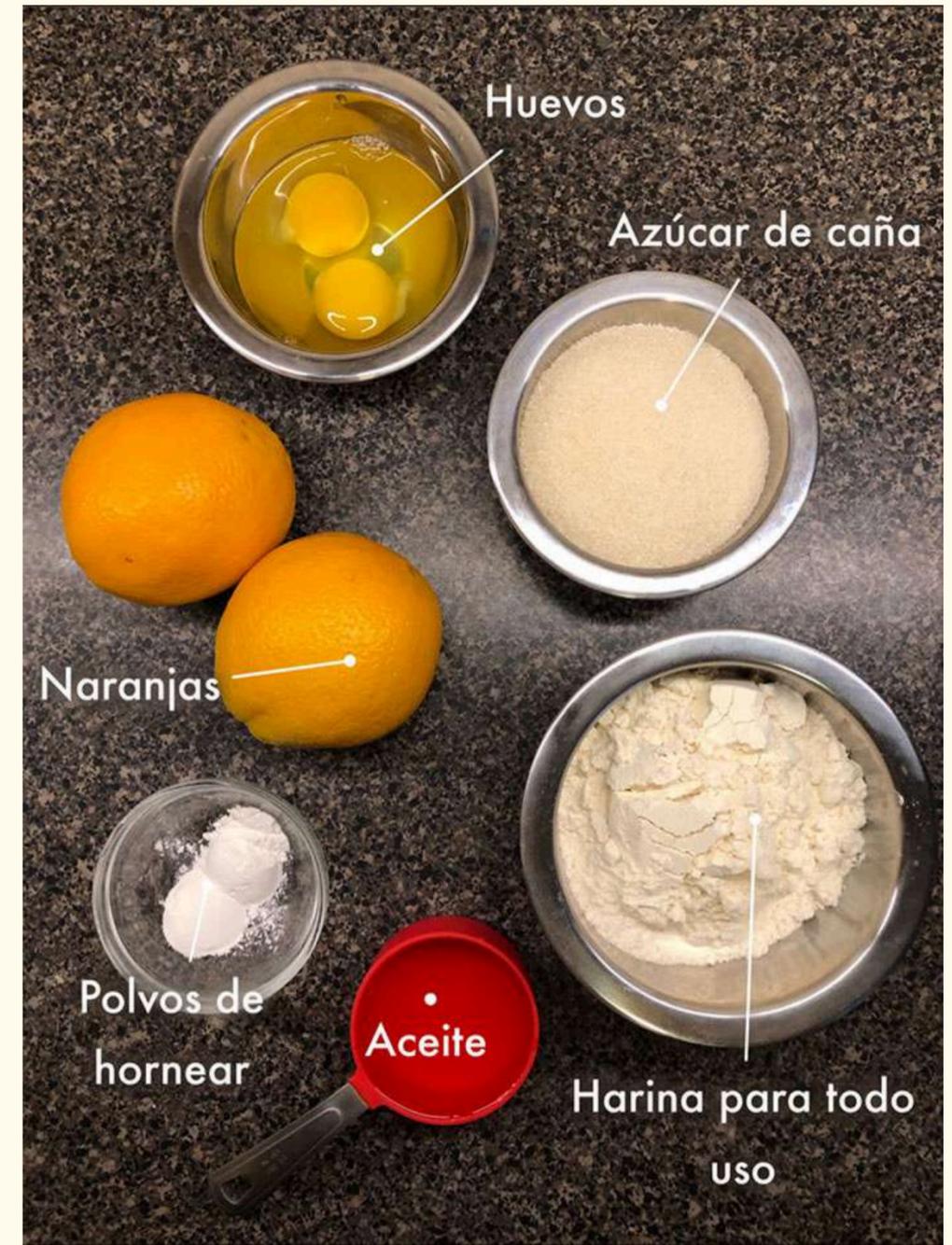
Flour

Cane sugar

Eggs

Oranges

Oil



HOW TO COOK A QUEQUE

*** Mix together the buttermilk, orange zest and orange juice in a bowl.**

*** In a separate bowl, mix together the flour, salt and baking powder.**

*** Cream the butter and sugar in a mixer until pale and fluffy.**

*** Add the eggs one at a time, beating in between.**

*** Beginning and ending with the flour mixture, alternate between adding the buttermilk and flour mixes.**

*** Pour the finished mixture into the bundt tin, leaving around 3–4cm of space at the top for it to rise without over-flowing.**

*** Bake for around 50 minutes, until it springs back.**

*** Leave until almost cool in the tin then flip out onto a wire rack to cool completely.**

*** Add orange juice to the icing sugar to bring it to consistency.**



It is a typical dish from Ecuador in South America. You can enjoy it anytime, but there is no celebration without a queque. Add a nice coffee and you will have the perfect ending to any family reunion.

Ingredients:

5 Green (or ripe) plantains

Water

Salt

Butter

Onions

Salami

cheese "latino"

Avocado

egg

garlic cloves



Instructions

1. WE PEEL THE BANANAS WITH A KNIFE, AND CUT THEM IN HALF.

3. ADD 1 TABLESPOON OF SALT AND COVER THE POT FOR ABOUT 15 MINUTES.

5 NEXT, WE TAKE THE ONION AND PUT IT IN A CONTAINER

7. WE TAKE A SALAMI, AND WE GRAB WHATEVER WE WANT, AND WE SLICE IT.

9.WE FRY THE SALAMI AND CHEESE UNTIL THEY ARE COOKED THROUGH; AND IN ANOTHER PAN WE FRY THE ONION.

11.ADD 2 TABLESPOONS OF BUTTER TO THE BANANAS AND CONTINUE MASHING.

2. WE BOIL THE PLANTAINS IN A POT OVER HIGH HEAT.

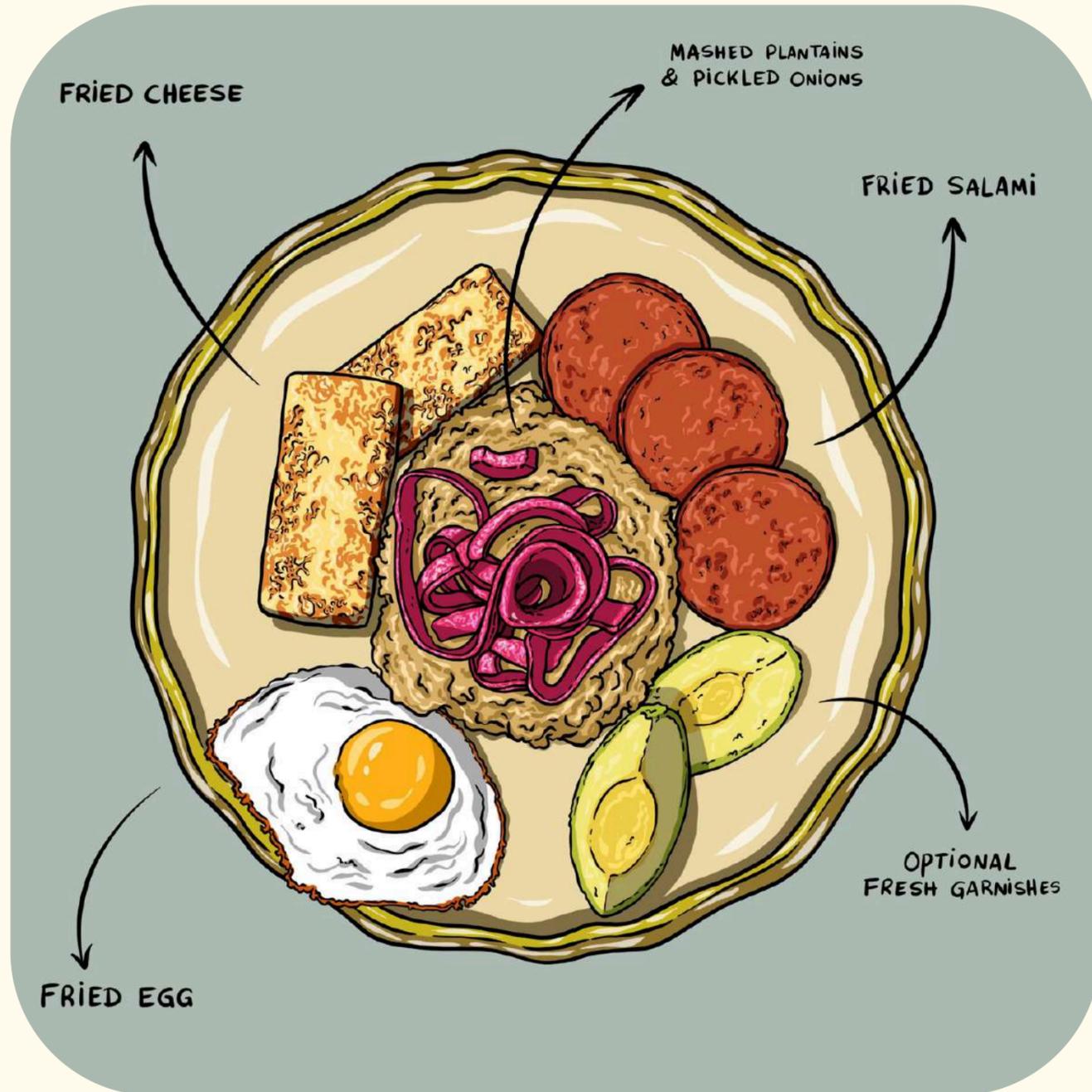
4.WHILE THE PLANTAINS ARE COOKING, CUT 1 ONION IN HALF; AND THEN CUT EACH HALF.

6. WE ADD A LITTLE VINEGAR, AND SALT TO TASTE.

8. WE ALSO SLICED LATIN CHEESE.

10.AFTER THE PLANTAINS HAVE RIPENED, WE TAKE THEM OUT OF THE POT AND MASH THEM WITH A FORK.

12.AND TO FINISH, WE FRY A FRIED EGG.



For me, "mangú con los tres golpes" is a delicacy. At home and in the Dominican Republic, we eat it during the week; and, depending on who's eating it, it can be for breakfast or lunch.

Chaufa

Ingredients:

1kg Rice (5 persons)
1/2 Chicken/beef
8 Eggs
Chives (cebollin)
1 Red pepper
Soy sauce (to taste)
Ginger (to taste)
Ajinomoto (to taste)
Sesame oil (to taste)
Oyster sauce (optional)

1 Onion
3 cloves of garlic
2 teaspoons Ground
pepper, 1 teaspoon of
ground cumin, salt (to
taste)



Instructions

Step 1

Start preparing cook the rice in a medium saucepan following the package instructions and reserve the result.

Step 2

While the rice is cooking, heat a tablespoon of oil in a large frying pan over medium heat; cook the eggs, stirring constantly, for 3 to 5 minutes, or until you get great scrambled eggs, then set them aside on a plate.

Step 3

Next, clean the skillet, heat the remaining oil overmedium heat, and add the diced chicken along with 1 ½ teaspoons of salt and 1 ½ teaspoons of pepper. Cook for 8 to 10 minutes. Remove and set aside. Then add the bell pepper, onion, garlic, ginger and the remaining salt and pepper, and cook for 8 to 10 minutos. Finally, stir in ½ cup of green onions.

Step 4

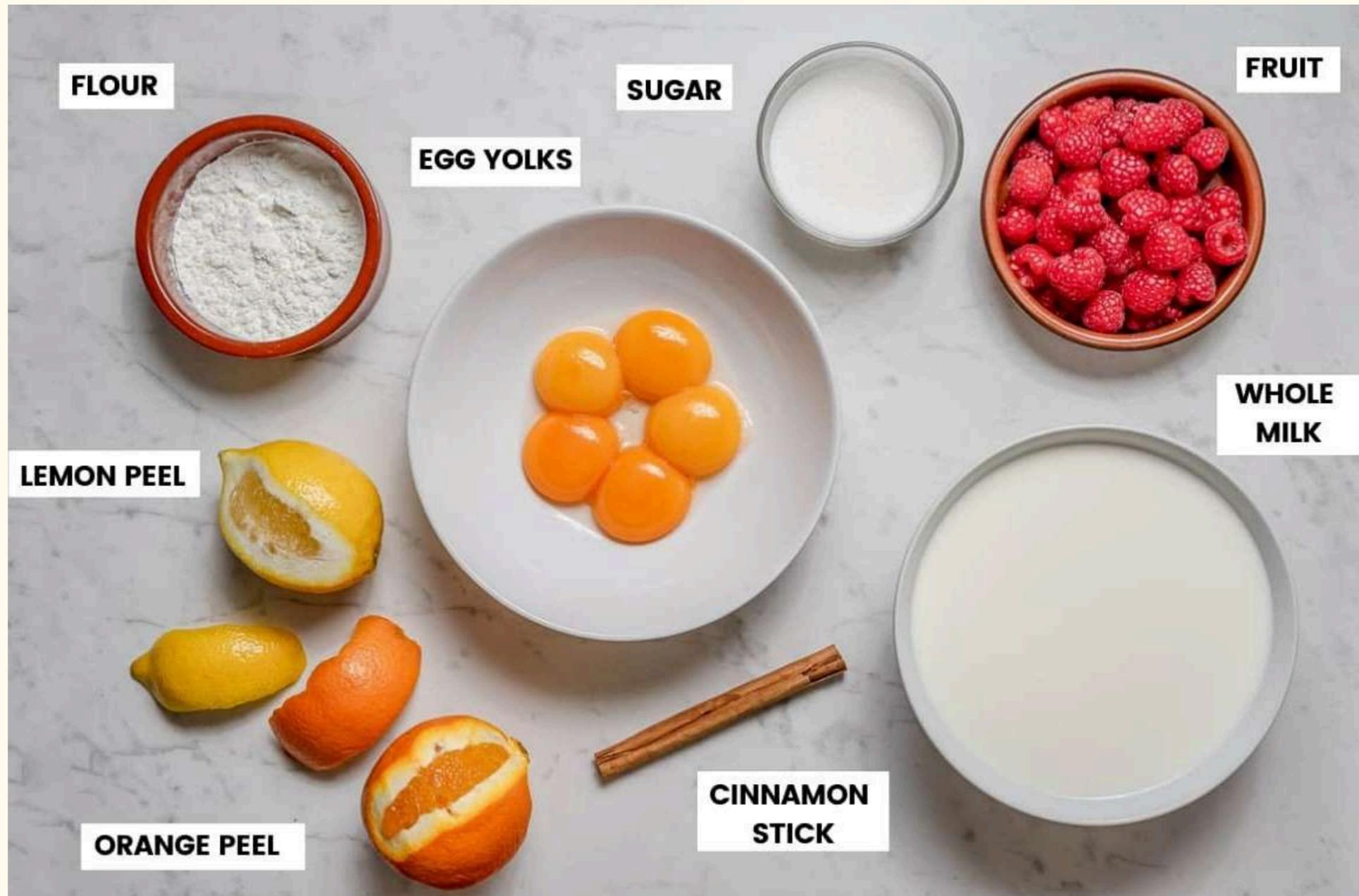
Whisk together the soy sauce, sesame oil, cumin and sugar in a bowl. Add this mixture to the pan along with the cooked rice, chicken and vegetables. Cook everything together, stirring occasionally, for 5 minutes, or until heated through and the flavors are well combined. Then stir in the scrambled eggs and the remaining greens onions.



Chaufa



INGREDIENTS



HOW TO COOK IT

1. First, thoroughly mix the sugar with the egg yolks.

2. In a saucepan, gently heat the milk with the lemon peel, cinnamon stick, and vanilla pod.
It should only be heated enough to infuse the flavors; do not let it boil.

3. In a glass, mix the cornstarch with a little milk and add this mixture to the milk mixture.

4. Stir over low heat until it reaches the desired thickness. This is the key to creating a perfect pastry cream.

5. Now, mix the infused milk with the egg yolk and sugar mixture. Remove the cinnamon sticks and lemon peel beforehand.

6. Pour the mixture into earthenware bowls and refrigerate to chill.

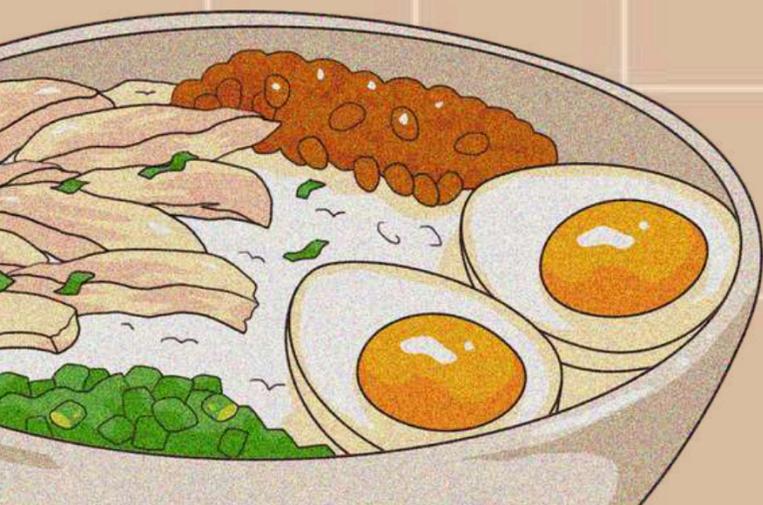
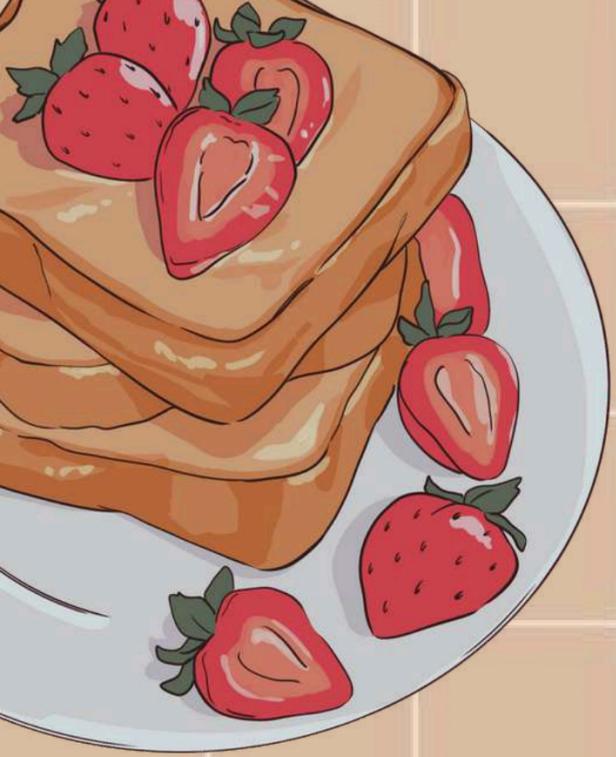
7. To caramelize, sprinkle a layer of sugar on top and caramelize it with a kitchen torch. While kitchen torches exist, they are not commonly found in homes; blowtorches are more frequently used.



REFLECTION

WE EAT THIS ON SPECIAL DAYS OR IN A RESTAURANT BUT YOU MAKE AT IN HOME.

TRADITIONALLY, CATALAN FAMILIES EAT CREMA CATALANA ON SANT JOSEP'S DAY (FATHER'S DAY, MARCH 19) IN HONOR OF THE SAINT, KNOWN AS THE ADOPTIVE FATHER OF JESUS.



ceviche

ingredients

500 grams of fresh white fish (sea bass, sole, or grouper)

1 cup of fresh lemon juice

1 red onion, thinly sliced

1 aji limo pepper (or aji amarillo), seeded and finely chopped

1 sprig of fresh cilantro, chopped

Salt to taste

Pepper to taste



THIS IS THE FLAG OF PERU

HOW TO COOK IT

**Place the shrimp, onion, jalapeño, cucumber,
and cilantro in a bowl.**

Add the lime juice and Clamato. Mix well.

**Chill in the refrigerator for 20 to 30
minutes.**

Serve chilled with fried corn.



Reflection

It's a typical dish from Peru. It's easy to make and it's delicious. We eat it on special days, for example, on Peru's Independence Day, or also on normal days

