



**INSTITUT JOANOT**

**MARTORELL**

**2ND ESO**

**COOKBOOK**



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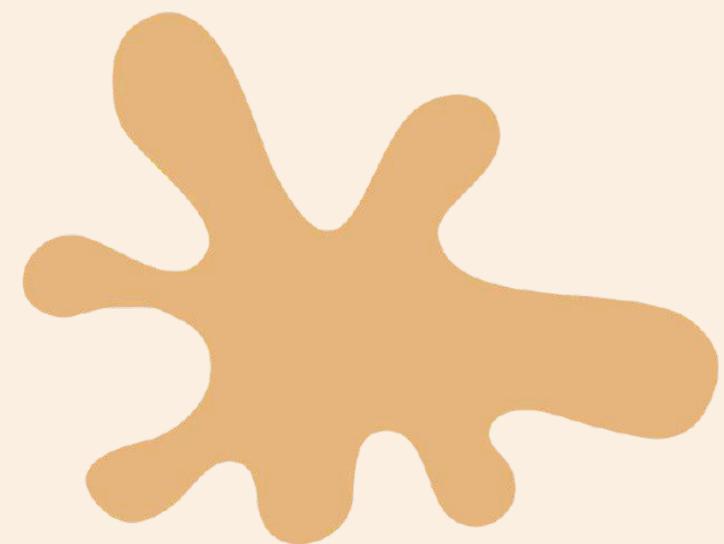
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# KHEER INGREDIENTS



**1 L MILK**

**1/4 CUP BASMATI RICE (SOAKED)**

**4-5 TBSP SUGAR**

**CARDAMOM, NUTS (OPTIONAL)**



# HOW TO MAKE KHEER?



# A DELICIOUS INDIAN DESERT



**WE EAT KHEER ANYTIME AS A  
DESSERT OR SNACK, BUT IT,S  
ESPECIALLY POPULAR FOR  
CELEBRATING FESTIVALS (LIKE  
DIWALI, EID), WEDDINGS,  
BIRTHDAYS, AND SPECIAL  
OCCASIONS**



# COUS COUS

## what is it?

Moroccan couscous is a traditional dish made from steamed semolina grains. It is usually served with vegetables, chickpeas, and meat like chicken or lamb, and flavored with spices such as cumin and saffron.

## ingredients

Cous cous is a typical food from Morocco.

The ingredients are: wheat semolina, chickpeas, red meat, or chicken and milk.

Cous cous is also a staple food in North African cuisine.



# How to cook it

Cous cous is made with water or broth, oil or butter, and salt, then boiled



Nico/WAssim/Sergio



# Galets



Galets is a typical food from Catalunya. We usually eat this delicious dish at Christmas because it is typical and easy to do if you buy the broth, but if you want do the broth you need to put it a lot of ingredients and time to do it, if you want you can put chickpeas or meatballs.



# Ingredients

- 2 beef bones
- 2 beef knee bones
- 2 salted pork spine bones
- 2 marrow bones
- 2 ham bones or ham hocks
- 2 plenty of water to cover
- 1.5l of water
- 500g of galets
- 4 sausages



## When do we eat it?

We eat it at Christmas because it is a typical dish from Catalunya



# Recipe

To make the broth you have to put all the water in the pot ,and put it in slow fire. Put all the bones in the water and wait four hours, when they pass the time take the bones and put the galets, wait 5 minutes and take it out of the fire .

To cook Galets you have to put the sausages into the galets .

If you don't have a lot of time you can buy the broth that you want





# Panellets

## ingredients ✨

FLOUR 500gr

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ZEST OF ONE LEMON

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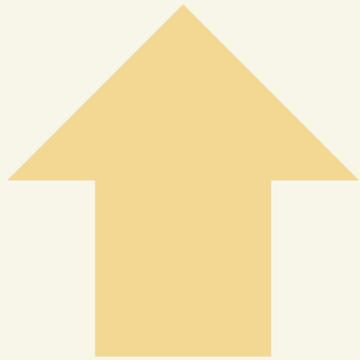
SUGAR 400gr

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2 EGGS

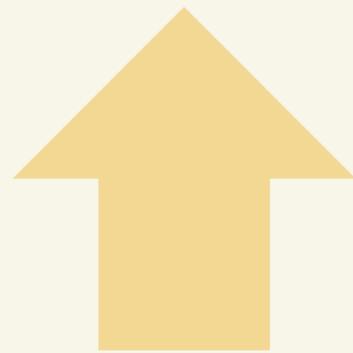
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PINE NUT, NEEDS, ALMONDS,  
COCOA POWDER, SHREDDED  
COCONUT, ETC...



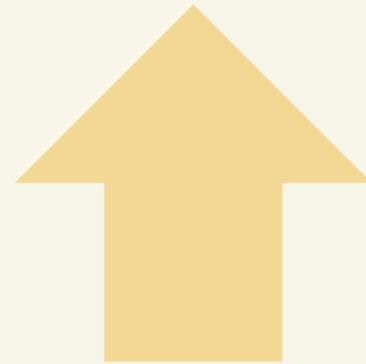
01

Add ingredients



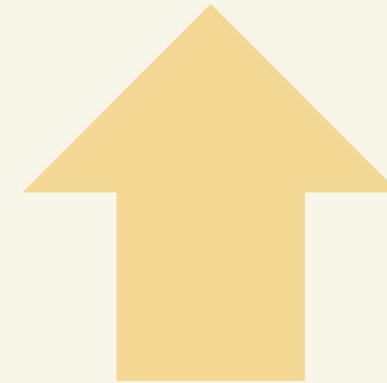
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Mix and knead



03

Shape into balls



04

Decorate with  
(cherry, pine nut,  
chocolate, almond,  
cinnamon, coconut



05

Put in the oven and serve

# When do we<sup>★</sup> eat panellets?



We eat panellets to celebrate la Castanyada (our Halloween celebration). We celebrate it with friends or family. 'Castanyada' comes from the word 'chestnut' which is also something we eat. There is the traditional woman, la Castanyera, who sells toasted chestnuts in the street.

