



**Księga smaków**



**Book of world flavors**



**created**

**by children from Poland with children from Ireland**



**Uczniowie Szkoły Podstawowej nr 26 w Krakowie  
oraz Uczniowie z Cappamore w Irlandii  
prezentują swoje przepisy i ulubione potrawy**

*Students from a primary school in Crakow together with students from a  
primary school in Cappamore in Ireland present their favorite dishes.*





It's the greatest thing in the world!!!  
What do you think about this?



Mniam , mniam



My breakfast

After you've completed the 3 steps,  
click 'Save & Exit' above

I like it too







My favorite dish is a soup. This is a chickpea soup. It is very good, with tomatoes and potatoes, paprika. It is spicy, I like spicy food.

### Sesame seeds

Ingredients:

210 g sugar

210 g sesame

2 tbsp water

1 tablespoon of honey  
(liquid)



2020-4-24 12:55



Aleksandra from Poland

My cake was a unicorn with flowers made of icing. Inside it was a rainbow sponge. It was delicious and I shared it with all my neighbors. My birthday was May 4th. I had a small party with my parents and brother because of Covid 19.



Abbie from Ireland



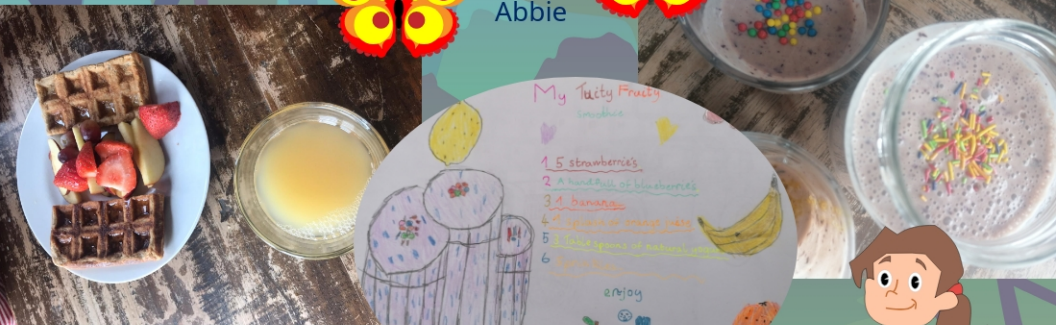
### Lasagne and Vegetables

I like Lasagne and Vegetables because it is healthy and tasty. My favourite vegetables are potatoes and carrots. I love lots of butter on my potatoes. The lasagne is homemade and we try out different cheeses when layering the lasagne sheets and the minced beef. This time we used cottage cheese.



As a breakfast treat, we sometimes eat homemade waffle. They are healthy. You can use honey or nutella on top. We also eat some strawberries and blueberries. We drink orange juice too.

Abbie



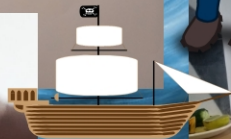
This is my favourite healthy drink. I named it a "Tuity Fruity" Smoothie because it is full of fruit and sprinkles. I hope you enjoy the recipe



One of favorites dishes are the "African Pankcakes" This our special name, because the recipe was given us by out aunt front RSA . Bon appetit

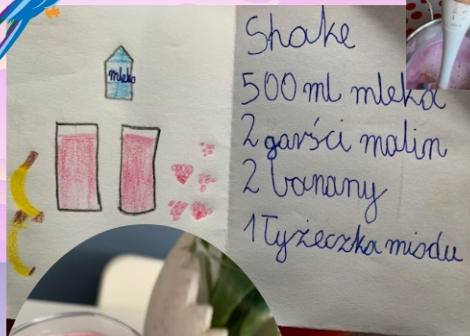


75 GUDPORA  
2 CUPS BUTTERMILK  
1 TBS BAKING POWDER  
1 TBS VEG OIL  
1 TBS SUGAR  
HOW TO MAKE IT:  
MIX WET AND DRY INGREDIENTS SEPARATELY.  
POUR WET MIX INTO THE DRY ONE  
MIX WELL AND Fry.  
SERVIE WITH JAM OR MARMALADE.  
BON APETIT!



Marcel from Poland





Alicja

I really like milk drinks. This is my favorite. To make it you need milk, raspberries, 2 bananas and a teaspoon of honey. It's very healthy





## BUTTERFLY BUNS

We like to make butterfly cakes with our mother. They are easy to bake and they taste delicious!!

All you need:

225g Self raising flour

175g Butter

175g Caster Sugar

3 Eggs

1 tsp. Vanilla Essence

2 tbs cold water

To Decorate:

300ml Freshly whipped Cream

125g Strawberry jam

How to:

Preheat oven to 180/Gas 4.

Hugo from Ireland



This is my favourite dessert. First you make the pastry.

Then you add the fresh rhubarb and sprinkle lots of sugar.

Bake it in the oven and serve it with custard. It is very sweet and yummy!

Line a muffin tray with 12 paper cases.

Beat butter and sugar together until fluffy.

Beat in the eggs and add vanilla essence.

Sieve the flour into the mixture and gently mix all ingredients together.

Divide the mixture into the paper cases.

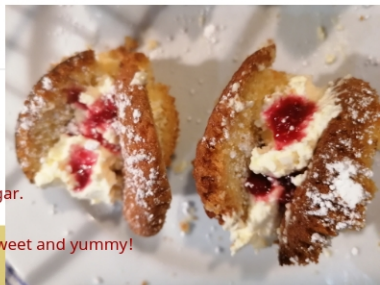
Bake for 15-20 minutes until golden brown.

Cool on a wire tray. When cold, cut the tops.

Place some cream, then jam on the top of the bun.

The cut the top in half and place it on the bun like butterfly wings.

Enjoy :))



This is weetabix with strawberries, blueberries and honey on top. We eat it with cold milk in the summer and hot milk in the winter.



Mykola



This is my omelet

2eggs



a little bit of cheese



500g flour

sausage



salt



Fry on low heat for 10 minutes



I really like the omelets :)



AOIFE from IRELAND

Wygląda bardzo smacznie .....



My favourite meal is salmon with brocoli and noodles

# Andruty Antoniego

## Antoni Wafers



Pół szklanki mleka

200 g masła

1 szklanka cukru

2 szklanki mleka w proszku

4 łyżki kakao

paczka okrągłych wafli

Half a glass of milk

200 g of butter

1 glass of sugar

2 glasses of milk powder

4 tablespoons of cocoa

pack of round wafers



Eoghan

Super. I'd eat it.



Co myślicie o takim śniadaniu?

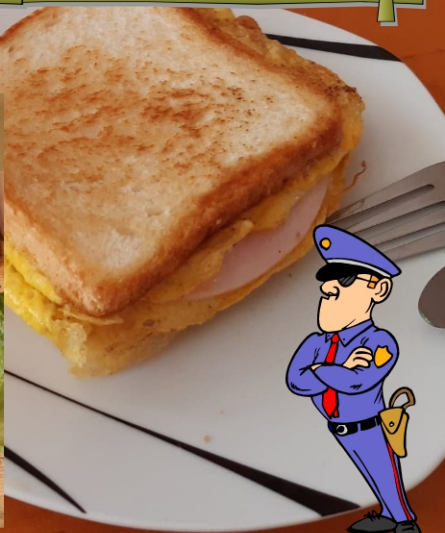
What do you think of this breakfast ?

Ja też bym zjadła ...mniam





Breakfast - cat , portrait or crouton with ham- to choose who likes what .



## Sweet croissants with a rose jam filling

### Ingredients:

150 g of butter

500 g of wheat flour

50 g of yeast

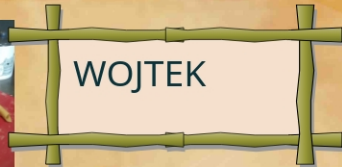
3 table spoons of sour cream

2 eggs

60 g of vanilla sugar

Jam With Rose Petals

Powdered sugar for sprinkling



Preheat the oven to 175 degrees Celsius. Line one or two baking trays (depending on how many croissants you are making) with baking paper. Dissolve yeast in the sour cream with  $\frac{1}{2}$  tea spoon of sugar. Knead the dough from cut butter, flour, eggs, vanilla sugar and dissolved yeast. Sprinkle with flour, roll out thinly. Put a large plate and cut a circle, cut into 8 equal parts, like a pizza. Place about 1 teaspoon o rose jam on each piece from the wider side of the triangle and roll up the croissants starting at the base. Lay on a baking paper lined form. Bake for about 17 - 20 minutes minutes at 175 degrees C. Sprinkle gently with powdered sugar.





Cube of butter



A glass of sugar



## Cupcakes



A teaspoon of baking powder



Nutella



Three big eggs



Package of vanilla sugar



One and a half cups of flour

### A method of preparing:

All ingredients must be at room temperature. In a bowl, mix the butter with plain sugar and vanilla sugar in a mixer. Beat eggs one by one, grinding the weight each time. Sift flour into a bowl with baking powder and mix the whole mass with a spatula. Prepare muffin molds and muffin baking mold. Put cakes halfway up the height of each mold, because the dough rises strongly. Put a teaspoon of nutella on top of each muffin. Stir the nutella cake in the mold. Put the molds in the oven preheated to 170 degrees. Bake for about 25 minutes, check with a stick whether the dough is dry. After removing the muffins from the oven, allow them to cool.

# How to make a pork salad ?

You need -A glass of cooked rice

-100 g sausage or pork

-1 red pepper -80 g black olives

-150 g cheese

-3 tablespoons of oil

-2 cloves of garlic

- Salt - Pepper - Parsley - Onion

Cut all ingredients. Then fry on the oil  
garlic with pork and then fry pepper with  
onion. Mix everything and add salt and  
pepper to it. Leave it to cool down.

Wiktor





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