

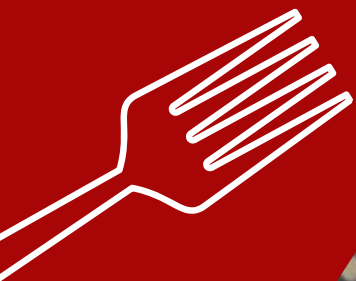


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CULTURAL COOKBOOK

by Erasmus+ "Heritage on
plate" project team






This digital cultural cookbook was created by participants of the Erasmus+ Youth Exchange Heritage on a Plate, held in Otrokovice, Czech Republic. During the project, young people from different countries explored food as a way to share culture, memories, traditions and personal stories.

The cookbook brings together recipes prepared by participants during the exchange. Each dish represents not only a national or regional cuisine, but also a small piece of cultural heritage shared through cooking, tasting and dialogue. We hope this cookbook will inspire others to discover new flavours, learn about different cultures and see food as a bridge between people.

PINK SOUP (ŠALTIBARŠČIAI)





Šaltibarščiai is a traditional Lithuanian cold beet soup, especially popular in summer. Its bright pink colour makes it memorable, while the combination of kefir, beets, herbs and potatoes shows how simple local ingredients can become part of national identity.

Prep time



15
minutes

Cook time



20
minutes

Serves



4
portions

Ingredients

- 1 litre kefir
- 400 g pickled grated beets
- 1 cucumber
- 3 green onions
- 1 small bunch fresh dill
- 4 eggs
- 500 g potatoes
- Salt and pepper to taste
- Optional: a little beet juice, yogurt or extra kefir to adjust colour and taste

Instructions

1. Boil the eggs until hard, then cool, peel and cut them in halves or quarters.
2. Boil or fry the potatoes according to your preference. Keep them warm for serving.
3. Finely chop the cucumber, green onions and dill. Place them in a large bowl.
4. Add the grated beets, first without too much juice. Pour in the kefir and mix everything well.
5. Add beet juice to taste for a stronger pink colour. Season with salt and pepper. If the soup is too sour, add a little yogurt or extra kefir.
6. Serve the soup cold, with eggs placed directly in the bowl or on the side. Enjoy with warm potatoes.



**FRIED BREAD
WITH GARLIC
(KEPTA
DUONA)**

Kepta duona is a popular Lithuanian snack made from fried rye bread and garlic. Often shared with friends, it reflects the importance of rye bread in Lithuanian food culture and shows how everyday ingredients can create a strong sense of tradition and belonging.

Prep time



Cook time



Serves



Ingredients

For the bread:

- 500 g light rye bread
- 3–4 garlic cloves
- Oil for frying
- Salt to taste

For the sauce:

- 3 tablespoons mayonnaise
- 3 tablespoons Greek yogurt
- 1 garlic clove, crushed
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste
- Grated cheese or cheese on the side

Instructions

1. Cut the rye bread into finger-sized sticks or thick slices.
2. Heat oil in a pan or deep fryer and fry the bread until golden and crispy. Place on a paper towel to remove excess oil.
3. While still warm, rub the bread with fresh garlic or coat it with crushed garlic mixed with a little oil. Sprinkle with salt.
4. For the sauce, mix mayonnaise, Greek yogurt, garlic, dill, salt and pepper. Add grated cheese into the sauce or serve it on the side, then serve with the warm bread.

And for dessert, we recommend Lazy Cake, or Tinginys, a simple Lithuanian no-bake sweet made from biscuits, condensed milk, butter and cocoa. The biscuits are broken into pieces and mixed with a smooth chocolate mixture, then shaped into a log and chilled until firm. It is easy to prepare, does not require baking, and can also be enriched with nuts, dried fruit or chocolate pieces. Serve it cold, sliced into small pieces.



**STUFFED
PEPPERS
(ZEYTINYAĞLI
BIBER DOLMASI)**

Zeytinyağlı Biber Dolması is a classic Turkish dish of peppers stuffed with rice, herbs and vegetables. “Zeytinyağlı” means cooked with olive oil, a style often served warm or at room temperature and shared as part of family meals.

Prep time  25 minutes	Cook time  35 minutes	Serves  6 portions
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Ingredients

- 8 bell peppers
- 1 cup rice
- 1 large onion, finely chopped
- 2 medium tomatoes, grated or finely chopped
- 1 tablespoon tomato paste
- 5–6 tablespoons olive oil
- ¼ bunch parsley, chopped
- 1 teaspoon dried mint
- ½ teaspoon black pepper
- Salt to taste
- 1 lemon
- 400–500 g yogurt, to serve

Instructions

1. Wash the bell peppers, cut off the tops and remove the seeds.
2. Sauté the onion in half of the olive oil. Add rice, tomatoes, tomato paste, salt, pepper, mint and parsley. Cook for a few minutes, then add ½ cup water and simmer until the rice is half-cooked.
3. Fill the peppers with the rice mixture, but not too tightly. Place them upright in a pot, drizzle with the remaining olive oil and lemon juice.
4. Add hot water halfway up the peppers, cover and cook on low heat for 30–35 minutes, until the rice is tender. Serve warm or at room temperature with yogurt.

And for dessert, we recommend Revani, a traditional Turkish semolina cake soaked in sweet lemon syrup. It is soft, moist and often served in small squares or diamond shapes. Revani is a good example of how simple ingredients like semolina, yogurt and sugar can become a festive dessert shared with family or guests. Serve it after the syrup is fully absorbed.

LENTIL MEATBALLS (MERCIMEK KÖFTESİ)



Mercimek Köftesi is a popular Turkish dish made from red lentils and fine bulgur, two simple ingredients that are widely used in Turkish home cooking. It is often prepared for guests, picnics or shared meals, showing how everyday food can bring people together.

Prep time



Cook time



Serves



Ingredients

- 1 cup red lentils
- 1 cup fine bulgur
- 1 medium onion, finely chopped
- 1 tablespoon tomato paste
- 1 tablespoon pepper paste
- 3 tablespoons olive oil
- ½ bunch parsley, finely chopped
- 1 teaspoon cumin
- Salt to taste
- 1–2 lemons
- Lettuce leaves for serving

Instructions

1. Rinse the lentils and boil them in 3 cups of water until soft and mushy.
2. Add the fine bulgur into the hot lentils, stir, cover and let it rest for 15–20 minutes until the bulgur absorbs the liquid.
3. Sauté the onion in olive oil, then add tomato paste and pepper paste. Cook for 1–2 minutes and mix it into the lentil-bulgur mixture.
4. Add cumin, salt and parsley. Knead well, shape into small finger-sized patties and serve on lettuce leaves with lemon wedges.



STUFFED PEPPERS (PUNJENE PAPRIKE)

Punjene paprike are Serbian stuffed peppers filled with minced meat, rice and vegetables, slowly cooked in tomato sauce. Similar stuffed dishes are found in Turkish and Balkan cuisines, showing how food traditions travelled, changed and became part of local family cooking.

Prep time



25
minutes

Cook time



75
minutes

Serves



6
portions

Ingredients

- 8–10 bell peppers
- 500 g minced meat
- 1 large onion, finely chopped
- 2 carrots, grated
- 100 g rice
- 2–3 garlic cloves, finely chopped
- 1 egg
- 1 teaspoon paprika
- Salt and pepper to taste
- Oil for frying
- 100 ml tomato sauce or crushed tomatoes
- 1 tablespoon flour, optional, for thickening




Instructions

1. Wash the peppers, remove the stems and seeds, and let them drain.
2. Sauté the onion in a little oil, then add carrots and minced meat. Cook until the meat changes colour, then remove from heat.
3. Add rice, garlic, egg, paprika, salt and pepper to the meat mixture. Fill the peppers, but not completely, because the rice will expand.
4. Place the peppers in a deep pot, add water almost to cover them and pour in tomato sauce. Cook on low heat for 60–90 minutes. If desired, thicken the sauce at the end with flour fried briefly in oil.



VEGETABLE SALAT (SRPSKA SALATA)

Srpska salata is a simple Serbian vegetable salad made from fresh tomatoes, cucumbers, onions and peppers. It is often served with grilled meat or home-style dishes, showing how seasonal vegetables are an important part of everyday Balkan meals.

 Prep time 15 minutes	 Cook time 0 minutes	 Serves 4 portions
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Ingredients

- 4 tomatoes
- 1 cucumber
- 1 onion
- 1 green or red bell pepper
- 1 small hot pepper, optional
- 2 tablespoons oil
- 1 tablespoon vinegar, optional
- Salt to taste
- Fresh parsley, optional

Instructions

- 1.** Wash all vegetables and cut the tomatoes, cucumber and bell pepper into small pieces.
- 2.** Slice the onion thinly and chop the hot pepper, if using.
- 3.** Place everything in a bowl, add salt, oil and vinegar if desired.
- 4.** Mix gently, add parsley if you like, and serve fresh.




And for dessert, we recommend Palaćinke sa Plazmom, Serbian-style crepes filled with chocolate spread and ground Plazma biscuits. This dessert is simple, sweet and very popular among young people and families. Plazma biscuits are a familiar taste in many Serbian homes, so this recipe connects everyday comfort food with childhood memories. Serve the crepes rolled, with extra Plazma or chocolate on top.

SPANISH FLATBREAD (COCA EN TOMATA)





Coca en Tomata is a Mediterranean flatbread typical of eastern Spain, especially the Valencian area. It shows how simple ingredients like bread dough, tomatoes, peppers and olive oil can become a shared dish for family gatherings, celebrations or informal meals.

Prep time  30 minutes	Cook time  30 minutes	Serves  6 portions
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Ingredients

For the dough:

- 500 g all-purpose flour
- 250 ml warm water
- 100 ml olive oil
- 20 g fresh yeast or 7 g dry yeast
- 1 teaspoon salt
- 1 teaspoon sugar

For the tomato topping:

- 1.2 kg ripe tomatoes or 2 cans crushed tomatoes
- 2 green peppers
- 2 medium onions
- 3 garlic cloves
- 100 ml olive oil
- Salt, sugar and pepper to taste

Optional toppings:

- Tuna
- Pine nuts
- Chopped boiled egg
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Instructions

1. Mix warm water, yeast and sugar. Add olive oil, flour and salt, then knead for about 10 minutes until smooth. Cover and let the dough rest for 1 hour.
2. Chop the onion, garlic and peppers. Cook them in olive oil until soft, then add tomatoes, salt, sugar and pepper. Simmer for about 30 minutes until thick.
3. Preheat the oven to 200 °C. Roll out the dough on a baking tray and spread the tomato topping over it. Add tuna, pine nuts or chopped boiled egg if desired.
4. Bake for 25–30 minutes, until golden and crispy. Cut into squares and serve warm or cold.



GAZPACHO ANDALUZ

Gazpacho Andaluz is a cold tomato soup from Andalusia, in southern Spain. It reflects the Mediterranean way of using fresh seasonal vegetables, olive oil and bread to create a simple, refreshing dish shared during hot summer days.

 Prep time 15 minutes	 Cook time 0 minutes	 Serves 6 portions
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Ingredients

- 1.5 kg ripe tomatoes
- 1 cucumber
- 1 green pepper
- 2 garlic cloves
- 100 g stale bread
- 100 ml olive oil
- 3 tablespoons vinegar
- Salt to taste
- Cold water, if needed
- Optional topping:
 - Diced cucumber
 - Diced pepper
 - Croutons

Instructions

1. Soak the stale bread in a little water until soft.
2. Chop the tomatoes, cucumber, green pepper and garlic.
3. Blend the vegetables with the bread, olive oil, vinegar and salt until smooth.
4. Add cold water if the soup is too thick, chill in the fridge and serve very cold with diced vegetables or croutons on top.

To complete the Spanish table, serve the coca cut into small squares and the gazpacho very cold, almost like a drink or starter. Both dishes are easy to share, which reflects the Mediterranean idea of eating together, talking, and enjoying simple seasonal ingredients.

RAGÙ ALLA BOLOGNESE





Ragù alla Bolognese is one of Italy's most famous slow-cooked meat sauces, traditionally connected with Bologna. It shows how Italian food heritage often comes from patience, local ingredients and family recipes passed from one generation to another.

 Prep time 20 minutes	 Cook time 120 minutes	 Serves 6 portions
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Ingredients

- 600 g ground beef
- 225 g fresh pancetta, finely chopped
- 300 g tomato purée
- 90 g carrots, finely chopped
- 90 g celery, finely chopped
- 90 g yellow onions, finely chopped
- 1½ tablespoons tomato paste
- 1½ glasses red wine
- 300 ml vegetable broth
- 4–5 tablespoons extra virgin olive oil
- Salt to taste
- Black pepper to taste
- 600 g tagliatelle or other pasta

Instructions

1. Heat olive oil in a large pot. Add onion, carrot and celery, then cook slowly until soft.
2. Add pancetta and ground beef. Cook until the meat is browned, then season with salt and pepper.
3. Stir in tomato paste, pour in red wine and let it reduce. Add tomato purée and vegetable broth.
4. Cover and simmer on low heat for about 2 hours, stirring occasionally. Serve with cooked pasta.



PANZEROTTI

Panzerotti are stuffed dough pockets popular in southern Italy, especially in Puglia. Filled with tomato, mozzarella and other ingredients, they show the Italian tradition of turning simple dough into street food made for sharing.

 Prep time 35 minutes	 Cook time 25 minutes	 Serves 6 portions
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Ingredients

- 500 g pizza flour or 00 flour
- 10–12 g fresh yeast
- 250–300 ml warm water
- 1 tablespoon olive oil
- 1 teaspoon salt
- 300 g minced mixed meat
- 1 onion, finely chopped
- 500 g tomato sauce
- 250 g mozzarella, diced
- 20 g parmesan, grated
- 25 g pecorino, grated
- White cooking wine, as needed
- Olive oil for cooking and frying

Instructions

1. Mix flour, yeast, warm water, olive oil and salt into a smooth dough. Knead well, cover and let it rest for about 1 hour.
2. Sauté the onion in olive oil, add minced meat and cook until browned. Add a splash of white wine, then mix in part of the tomato sauce, parmesan and pecorino.
3. Divide the dough into small balls and roll each into a circle. Fill with meat mixture, mozzarella and a little tomato sauce, then fold and seal the edges well.
4. Fry the panzerotti in hot oil until golden and crispy. Serve warm.

To complete the Italian table, we also recommend Popizze, small pieces of fried dough often served as finger food. They are made from simple ingredients such as flour, yeast, olive oil, water and salt, then fried until golden. Popizze are perfect for festivals or shared meals, because people can eat them warm, by hand, while talking and enjoying the atmosphere together.

ABOUT THE PROJECT

This cookbook was created as one of the outcomes of the Erasmus+ Youth Exchange Heritage on a Plate, implemented in Otrokovice, Czech Republic in August 2026. The project brought together young people from different countries to explore food heritage, intercultural dialogue, European values and the role of traditions in everyday life.

During the exchange, participants cooked national meals, shared stories behind the recipes, created digital materials and presented their cultures to each other and to the local community. This cookbook collects selected recipes prepared by the participants and celebrates food as a simple but powerful way to connect people across cultures.

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