



# GAMES AND RECIPES BEYOND BARRIERS AND TIME



**GET UP, STAND UP  
BE HEALTHY GUYS!**

**DIVERTITI A VIVER SANO**

*Armenia, Georgia, Grecia, Portogallo e Italia*

## GET UP, STAND UP BE HEALTHY GUYS!

DIVERTITI A VIVER SANO



"Get up, stand up, be healthy guys" participants group

The project has been promoted by **VulcanicaMente**, non profit association founded by four volcanic young women. The aims of the association are:

- to create opportunities of human, social and cultural growth for young generations offering experiences in mobility, learning and information;
- to promote mutual understanding at the young generations in Europe and worldwide, enhancing cultural differences, breaking down stereotypes and prejudices;
- to promote the active citizenship of young people in general, particularly their European citizenship;
- to promote dialogue between generations aiming to growth and mutual exchange;
- to foster the spirit of initiative and entrepreneurship, promoting creative thinking and positive action on a local, European and international level;
- to create a platform in order to facilitate the exchange of ideas, innovative experiences and information and encourage synergies that can contribute to the sustainable development of Salento land.

Our activities are

- mentoring and orientation of single person or small youth groups about future prospective
- Youth in Action, Life Long Learning Programme
- Learning camp and social campaigns
- Design and development of services in social field
- Non formal learning education, promotion and information activities

United in diversity  
Unita nella diversità  
Ενότητα στην πολυμορφία  
Unidade na diversidade  
Եվրոպան միավորված բազմազանության մեջ  
ევროპა ერთიանո՞ծա մրავալդերոցնեծա՞միա

**VULCANICA  
MUNTE**  
*Take the initiative*

# INDICE

TIMELESS GAMES.....5

- PORTUGAL.....6

- GRECIA.....7

- ARMENIA.....8

- GEORGIA.....9

- ITALIA.....10

TRADITIONAL RECIPES.....13

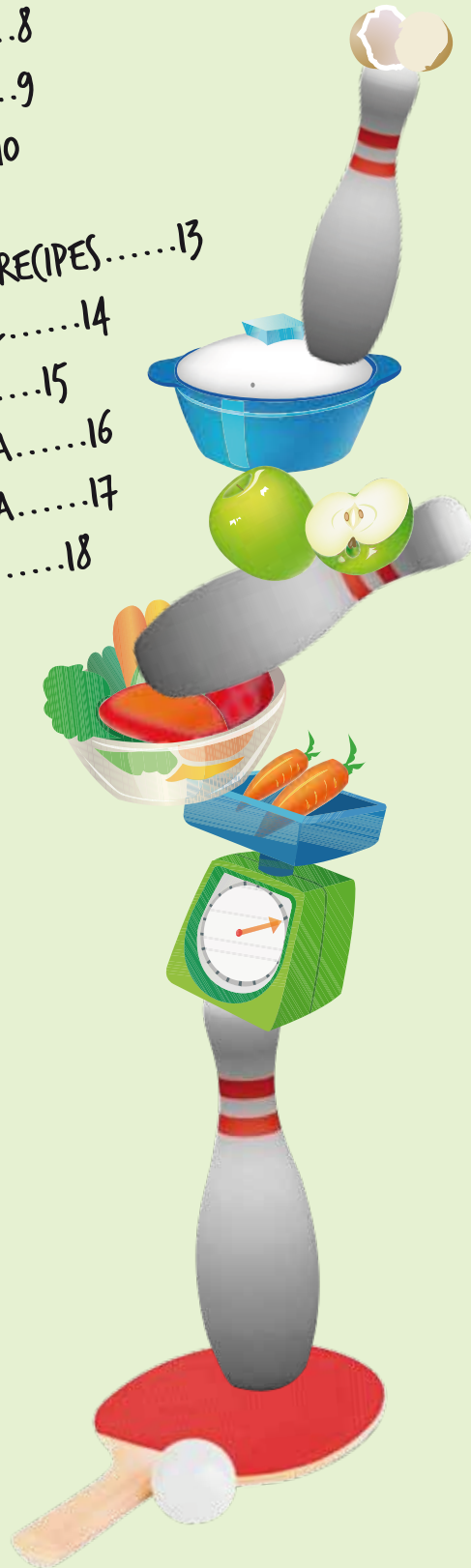
- PORTUGAL.....14

- GRECIA.....15

- ARMENIA.....16

- GEORGIA.....17

- ITALIA.....18





# introduction

The booklet **“Games and recipes beyond barriers and times”** was created as a result of the Youth in Action project, a multilateral exchange

3.1 “Get up, Stand up, Be healthy guys!” involving 25 participants from Italy, Greece, Portugal, Armenia and Georgia. Held in Italy, San Cesario di Lecce, from the 22nd to 29th July 2013.

The project, which is promoted by the association ‘VulcanicaMente’ is about the importance of outdoor activities and sport as tools for social interaction, healthy nutrition and a general healthy lifestyle.

During the project the participants shared their traditional games and healthy recipes. They had the opportunity to find out how similar they are and learn more about their differences.

This booklet sums up ‘Get up, stand up, be healthy guys’ experience and intends to:

- Be a tool for youth workers sharing the techniques used within the project to promote the mutual understanding of different cultures through recipes and games;
- Reassess the cultural and gastronomic heritage of the countries involved in the project collecting and sharing the traditional games and recipes.

Therefore, this booklet is composed of 2 parts:

- ‘Timeless games’ including sport and outdoor and indoor activities
- ‘Traditional recipes’ this includes all the typical foods from Armenia, Georgia, Greece, Portugal and Italy.

We hope you will enjoy reading and, have a good trip beyond time and barriers!



This project has been funded with support from the European Commission. The author is the only person responsible for this publication (communication) and the Commission responsible for any use which may be made of the information contained therein."

# TIMELESS GAMES

Games are an important tool for social and cultural interaction. They can be used to promote a number of important aspects regarding human development in the areas of health, education, leadership, tolerance and respect. In this section we will cover tradition. This will be divided by country presenting different and interesting cultures with the ideas of well-being associated.

How we did it in the project:



Before the youth exchange, participants were asked to look into and reflect on the lifestyle of young people in their own country, also outdoor activities such as traditional games they themselves have once participated in.



During the exchange, participants were split into national groups and every national group discussed their games; they wrote and drew them down on flip charts. Each national group presented their's to the others. Most people realised that they had many traditional games in common, just with different names. The participants played their traditional games together, teaching each one another and in the meantime having a lot of fun.

The traditional games collected are in this booklet, as a tool to use in different projects.



# PORTUGAL



## Rules of the game:

One goalkeeper by itself and 2 teams are required. The goalkeeper, with his back turned to the pitch, throws the ball to an uncertain place. Then, from both teams must recover the ball and try to score.

However, the goals must be disallowed if the scoring team didn't bring the ball from outside area.

# BLIND GOAT

Materials: a neckerchief or a cloth.

## Rules of the game:

The she-goat is blindfold. The other players touch him or her saying loud "Blind Goat, blind goat" on singing rhymes.

When the blindfold player identifies another player only by the voice and by touching him or her, this latter becomes the next 'Blind goat'





# GRECIA

## TZAMI

### **Materials:**

a ball, small bricks (construct a 'tower')

### **Rules of the game:**

We are divided into 2 teams, the 'chasers' and the 'chased'.

The 'chased' have the ball. One player tries to break the 'tower' with the ball, like bowling. If he/she succeeds in breaking the 'tower' the 'chasers' start to chase the other team's members, while they (the 'chased') try to reconstruct the 'tower'.

If you are caught you are out of the game!

If the 'chased' manage to reconstruct the 'tower' they are the winners!

If the 'chasers' catch all the 'chased' they are the winners.

### **Abariza**

The children make two teams and use two columns (usually a basket column) one across the other as their "stronghold".

In the middle of the area they set boundaries.

Their goal is to reach the column of the opponent team and scream "Abariza".

If they get caught by a player of the opponent team they have to wait till.

...another of their teammates comes and sets them free (by reaching the column and screaming "Abariza").



# SEVEN STONES

## Materials:

ball, 7 flag stones, chalk

## Rules of the game:

The game has to be played in 2 teams. Team 1 select one player to display the stones. Team 2 goes after the ball while team 1 puts each of the 7 displaced stones in one of the 7 small circles. The goal of the team 1 is to assemble the 7 stones on top of each other again in the centre while team 2 tries to not let it happens. Team 2 players try to hit team 1 players with the ball (no kicking is allowed, only throwing the ball). Any team 1 player hit by the ball is out plays no further

# EGG JOUSTING

## Materials:

- A colored hard-boiled egg for each player.

## Preparation:

Facing each other, the two players gently tap the small end of their eggs together until the end of one egg cracks. Next, they joust with the large end of their eggs. Hard-boiled eggs can withstand three to four "hits" before cracking, and maybe more depending on the tapping force. Mom testers say the two eggs do not crack at the same time; in all cases, only one of the eggs was destroyed. The cracked



ARMENIA





# GEORGIA



## RED YELLOW BLACK

There are 3 colours in this game. One of the player will give the colours to each participants. Red means kiss, yellow means questions and black means to hit on the face. Starting to the colour that each participant has received, each person has to kiss, make a question or hit on the face one of the other participants.

## TWO FLAGS GAME

There are 2 groups of players, both of them have their own flag. The main goal is to have both of the flags avoing to be captured by the other team. When someone touches one participant from the other team this person is 'frozen' until one of his/her groupmembers will not touch.





# ITALIA

## ELASTIC

Materials:

- Rubber band

Rules of the game:

The aim is to step on the rubber band, creating their own movement sequence, without passing up, not wrong move, up to heights reckless.

## 1,2,3... STELLA! ★

Rules of the game:

A player starts to count on the wall “1,2,3...stella!”. When the other players are behind him moving. When he turns, the others have to become as statues. Who will start to move come back to his first place. The winner is who arrives to touch the wall before the guy finishes to say “1,2,3...stella!”.







GAMES AND RECIPES  
BEYOND BARRIERS  
AND TIME















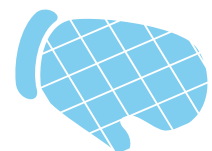
# TRADITIONAL RECIPES

Like traditional games, cuisine is one of the deeper aspects of a national culture, this is an outcome of lifestyles and historical events that differ from country to country. These cultural diversities and identities have to be promoted and passed on from generation to generation and from people to people at local and international level. This section was created to collect traditional healthy recipes as a way to understand old and new tastes and continue to take care and protect traditions and cultural identity.

How we did it in the project:

-  Before the project the participants were asked to bring a traditional healthy recipe to share with the rest of the group.
-  During the project participants reflected on their nutrition in an individual and collective way;
-  Then they were split into national groups and each group drew and wrote down on a flipchart their national healthy recipes. Each group presented and shared their recipes to the others.
-  All together they reflected on the possibility of living a healthier life and how that could be achieved.
-  Participants took part in PASTA LAB, a new creative approach that uses cuisine as non formal education. Thanks to an homemade pasta workshop the participants had the opportunity to socialise and at the same time understand the meaning of making their own food, also to be creative by shaping their own pasta pieces, which after they had as dinner.
-  Thanks to a meeting with an expert in the field of healthy nutrition participants learned more about good practices and healthy nutrition. They also had the chance to reflect on their own personal habits.

In this booklet you can find a collection of traditional healthy recipes from 5 countries and some pictures of the project and activities.







# PORTUGAL



PATANISCAS DE BACALHAU

**Ingredients:**

coldfish, flour, egg, water

**Preparation:**

In a bowl mix all the ingredients, then put small portions in a pan with hot oil; Fry in hot oil.



ARROZ DOCE – SWEET RICE

**Ingredients:**

250 gr rice, 500 gr milk, +/- 250 gr sugar, water

**Preparation:**

Cook the rice in water with some salt; strain the rice.

Put the milk in another pan adding the sugar, lemon and cinnamon.

Add the rice and wait some time (the time depends on how you like it).



# GRECIA



## SPANAKORIZO

### Ingredients:

2 1/4 pounds of fresh spinach, chopped, washed, drained, 1 spring onion, chopped, 1/3 cups of olive oil, 1 1/3 cup of water, 1 1/3 cups of long-grain rice, 5 1/4 cups of water, sea salt, freshly ground pepper, juice of 1 lemon (about 2 tablespoons).

### Preparation:

In a stock pot, sauté the chopped spring onion in the oil over medium heat for 8-10 minutes. Add spinach and 1 1/3 cups of water and cook until the spinach wilts, about 5-7 minutes. Add rice and 5 1/4 cups of water, bring to a boil, and cook for 15 minutes, stirring occasionally. Stir in lemon juice and salt, cook for another 5 minutes and remove from heat. Stir, cover, and let sit for 20 minutes until the dish "melds."



## TOURLOU

### Ingredients:

5 medium size potatoes, peeled & cut into long strips, 1 large onion, sliced into thick sliced, 4 fresh tomatoes, chopped (or 1 can tomato, diced), 2 sweet green peppers, cut into julienne strips, 3 large zucchini, sliced into 1/4" pieces, 2 garlic cloves chopped, 3 T oregano, salt, pepper, 1/2 cup olive oil

### Preparation:

Preheat oven 400 F. Wash vegetables & pat dry. Peel potatoes & slice into lengthwise pieces. Lob off ends of zucchini & cut into 1/4" slices (do not peel). Cut off pepper ends, removed seeds & slice into julienne strips. Peel onion & slice thickly; clean garlic & chopped. Remove core of tomatoes & chopped into small chunks. Place all ingredients into 9 x 13" pan or large round pan & salt/pepper, as desired. Sprinkle w/oregano. Drizzle about 1/4 cup of olive oil over mixture. Cover w/foil. Cook in oven approx. 40 minutes & remove cover. Drizzle remaining 1/4 cup of olive oil over vegetables & continue cooking for another 15 minutes, until browned on top. (less time if browned). Remove from oven & let set 10 minutes. Serve warm or cold w/Feta cheese & hard bread slices



# ARMENIA



## ARMENIAN PANCAKES

### Ingredients:

2 eggs, beaten, 1/3 to 1/2 cup milk, Pinch of salt, optional, Sugar and cinnamon, maple syrup or favorite jam, 4-6 slices day old white bread, 1/2 tsp butter or margarine

### Preparation:

Combine eggs, milk and salt. Heat frying pan and grease lightly. Soak bread slices on both sides in egg mixture. Melt 1/2 tsp butter for each slice of bread, fry soaked bread on both sides until golden brown. Sprinkle sugar and cinnamon, or spread with jam or maple syrup. Serves 2-3.



## OMELETTE DESSERT

### Ingredients:

2 large eggs, 1 oz. water, 1/2 tsp. baking powder, Powdered sugar, 1 Tbsp. butter (or olive oil)

### Preparation:

Crack eggs into a bowl and add the water and baking powder. With a whisk, vigorously whip the eggs until frothy.

### To Cook:

Use a Teflon coated omelet pan. Heat pan with 1 Tbsp. butter (or olive oil) until it is very hot, but not smoking. Pour the egg mixture into the pan. Spread the mixture around quickly and then lift off the heat to avoid burning. The omelet should bubble up, then thicken slightly and brown on the bottom. Flip the omelet (trying to keep it in one piece) and lightly brown the other side. Remove to a serving dish while folding into quarters. Sprinkle liberally with powdered sugar (to taste). You may also fill the omelet with fresh fruit including strawberries, a jam or marmalade.

### To Serve:

*Serve while warm as a dessert after a meal, or serve in the afternoon as a snack.*



# GEORGIA

## KHACHAPURI



### Ingredients:

Khachapuri (Georgian: - Khač'ap'uri or "cheese bread") is a filled bread dish from Georgia. The bread is leavened and allowed to rise, and is shaped in various ways. The filling contains cheese (fresh or aged, most commonly suluguni), eggs and other ingredients.

### Preparation:

Make a smooth dough out of the dough ingredients. Use as much flour as needed to keep dough light without it sticking to your hands.

Leave the dough to rest for 30 minutes.

Prepare the filling. Grate the mozzarella and then mix with the cream cheese. Add the egg and butter and process into a smooth, glutinous mixture using either a hand mixer or a wooden spoon.

Season with salt, if needed, and divide into 4 balls.

Shape the dough into 4 balls also and roll these out to form 8 inch circles.

Put the cheese filling balls into each dough circle and bring the edges of the dough circle up and over to seal. (Example.like an omelet or a calzone) Press firmly to seal.

Carefully press the dough flat into a circular shape until each will fill a large skillet.

Fry individually in hot butter, covered, before turning them and frying the other side, uncovered.

Cut each flat loaf into 4 portions and serve hot.

## LOBIO MTSVANILIT (Herbed Kidney Beans)



### Ingredients:

½ lb dried kidney beans, ¼ cup olive oil, ¼ cup red wine vinegar, 1 tsp ground coriander seed, ½ cup mixed chopped fresh herbs (cilantro, parsley, basil dill and tarragon), salt and black pepper

### Preparation:

Warm the beans either by pan or microwave. Stir in all ingredients, adding salt and pepper to taste. Allow the beans to cool to room temperature before serving. Serve.

# ITALIA



## LASAGNA

### Ingredients:

1 pound sweet Italian sausage, 3/4 pound lean ground beef, 1/2 cup minced onion, 2 cloves garlic, crushed, 1 (28 ounce) can crushed tomatoes, 2 (6 ounce) cans tomato paste, 2 (6.5 ounce) cans canned tomato sauce, 1/2 cup water, 2 tablespoons white sugar, 1 1/2 teaspoons dried basil leaves, 1/2 teaspoon fennel seeds, 1 teaspoon Italian seasoning, 1 tablespoon salt, 1/4 teaspoon ground black pepper, 4 tablespoons chopped fresh parsley, 12 lasagna noodles, 16 ounces ricotta cheese, 1 egg, 1/2 teaspoon salt, 3/4 pound mozzarella cheese, sliced, 3/4 cup grated Parmesan cheese.

### Preparation:

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt. Preheat oven to 375 degrees F (190 degrees C).

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

## PASTA CON LE CIME DI RAPA ( PASTA WITH TURNIP TOPS )



### Ingredients for 4 people:

500g orecchiette (the traditional ear-shaped pasta of Puglia), 1kg washed turnip greens without the stems, Garlic, 1 anchovy fillet, Salt, Chili pepper, Breadcrumbs.

### Preparation:

Gently boil the turnip greens in salted water. When cooked, take out, keeping the water to cook the orecchiette in. In a large frying pan, gently brown the garlic in a little olive oil and then add the turnip greens and the anchovy fillet. Mix well and leave to cook for about 5 minutes. Meanwhile cook the orecchiette in the turnip green water until al dente. Drain, add to the frying pan and mix well for a couple of minutes. Serve with a sprinkling of breadcrumbs and a little chili pepper.







# RECIPIES

## Spanakorizo (Σπανάκι με ρυζάκι)

### Ingredients

1kg of fresh spinach chopped  
Spring onions chopped  
1 bunch of fresh dill chopped  
1 cup of long grain rice  
1 cup of olive oil  
juice of 1 lemon

### Method

1. Heat the olive oil in a medium heat  
pan and sauté for about 5 minutes.

2. Add the spinach and continue to stir for 10 minutes.

3. The spinach will release some

water so it will be wet.

4. Add the rice and fill

### Το υλικό

### Ingredients

- 1 kg σπανάκι φρέσκο
- 1 κούπα ρυζάκι μακρόχονο
- 1 κούπα λάδι ελιάς
- 1 κούπα κρεμμύδι φρέσκο



GAMES AND RECIPES  
BEYOND BARRIERS  
AND TIME

[www.vulcanicamente.it](http://www.vulcanicamente.it)  
[vulcanicamente.info@gmail.com](mailto:vulcanicamente.info@gmail.com)  
+39 380 5082104

 VulcanicaMente  
 vulcanica\_mente  
 Vulcanica Mente





*Booklet realised by  
**antoniodelorenzi.com**  
for Vulcanicamente*



GAMES AND RECIPES  
BEYOND BARRIERS  
AND TIME