

POT OF NATIONS

The digital cookbook for empowerment
in youth participation

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Hi!

We are the young people that have a story to be told and we would like to share it with you: *Food for youth!*



A detailed model of a medieval town, likely Hradec Králové, featuring a large walled castle with a central tower and multiple smaller towers. The town is surrounded by a river and green fields. The model is set against a dark background, possibly a museum display.

20 participants coming from Czech republic, Poland, Portugal, Russia and Serbia, together with their leaders gathered at a youth exchange *Food as a Tool for Youth Participation* in **Hradec Králové**, Czech Republic.

From June 10th to 20th 2014, they have met to explore and discuss food through its intercultural context.



Pot of Nations is a digital cookbook that aims to support the empowerment in youth participation by encouraging young people with positive experiences and stimulating creative thinking of young people in order to develop innovative ways of promoting youth participation. It consists of the *recipes* for good practices in youth participation, through actual food recipes, targeting young people in their local contexts, the practices discussed and applied on the youth exchange itself.

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The young chefs are the ones who prepared this Cookbook for other youngsters in order to support their motivation and action of taking more initiative in their local.

They prepared the *Ingredient song* for you which can be found [here](#) and our FB fan page is: [FOOD4YOUTH.](#)

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INTRODUCTION

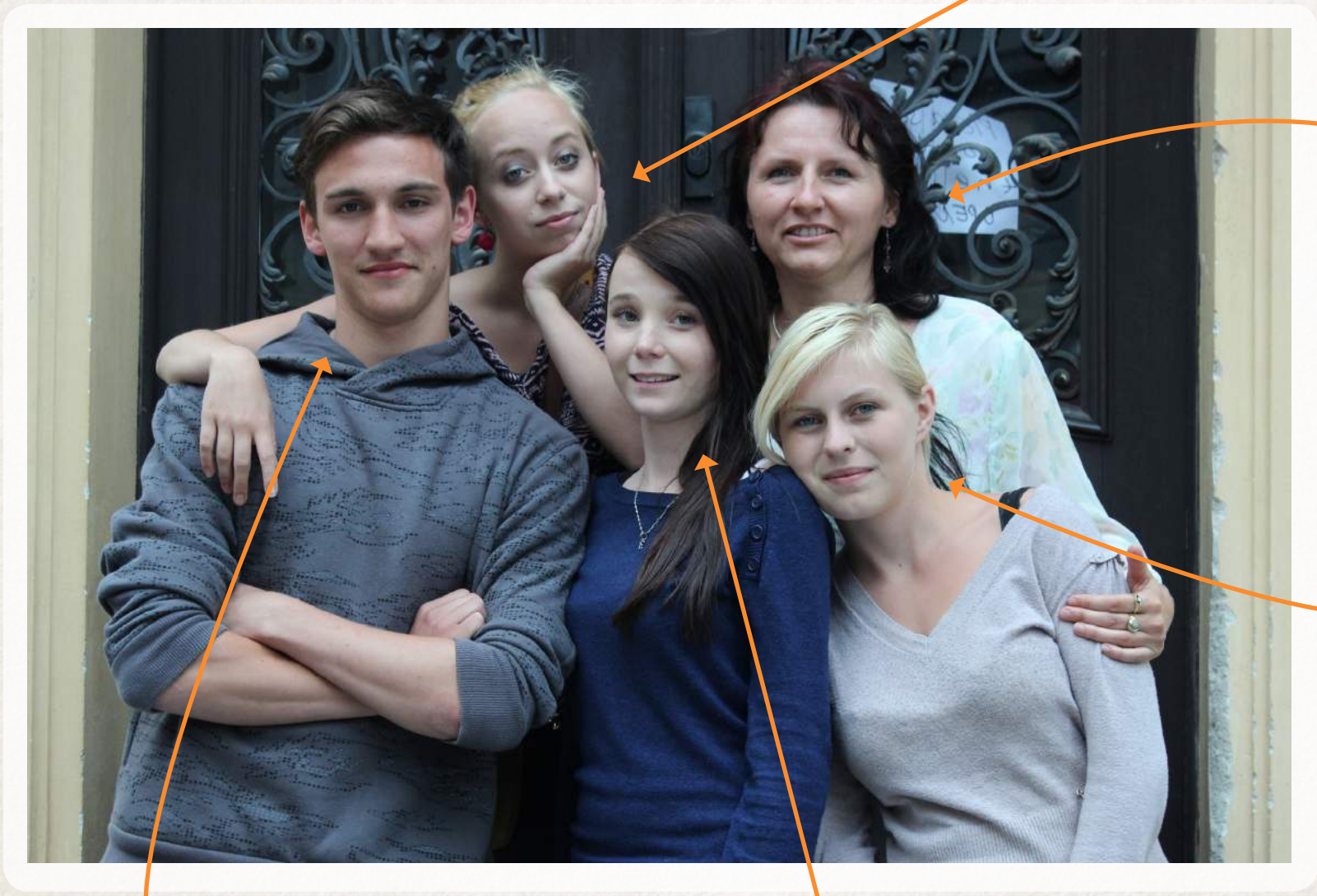
Food brings people together, makes them happy. When people unite, the ritual of eating allows them to have informal talks and to develop new ideas, strategies, opinions. It makes a perfect setting for sharing. Sharing food also brings to each member a sense of unity. There are several ways we connect food with participation: during feasts, it doesn't only create the space of togetherness and unity (a), but in the process of creation of a meal, it gives specific responsibilities to each community member (b), it serves as recognition of good work (c) and also it teaches us about ourselves (d).



CHAPTER I

PARTICIPANTS

PARTICIPANTS FROM CZECH REPUBLIC



BARBORA

JITKA,
THE LEADER

LUCIE

JAKUB

EVA

PARTICIPANTS FROM POLAND



DAGMARA,
THE LEADER

ADAM

IZABELLA

RADOŚLAW

ALEKSANDRA

PARTICIPANTS FROM PORTUGAL



DIOGO

OLGA,
THE LEADER

JULIANA

MARTA

JOANA

PARTICIPANTS FROM RUSSIA



NIKITA

LEADER DIANA

OLGA

DIANA

GUZEL

PARTICIPANTS FROM SERBIA



LEADER ISIDORA

MINJA

MIODRAG

MARIJA

MARKO

ORGANISER KURO HRADEC KRALOVE



PYNNÖ,
THE EVS VOLUNTEER



ILDIKÓ,
THE EVS VOLUNTEER



LUKÁS,
THE MAIN ORGANISER



OLGA,
THE MAIN
ORGANISER

CHAPTER II

ONCE UPON A TIME

... IN SERBIA

(OR THE STORY OF HOW FOODOTOPIA WAS INTRODUCED TO GOMBOCAS...)

Once upon a time, in a country so far away that it existed only in very old books, there was a king who had one daughter. The country was called *Foodotopia* because people of this country loved to try new food.

The fact that everyone forgot about this country - it wasn't written in any map and nobody was coming to visit it, the *Foodotopians* were eating the same old food since the queen died 20 years ago (she was a great cook and was always experimenting and finding out new recipes).

The King's daughter was called *Gomboca*, and she was old enough to get married. But she knew how sad her father was for not trying new food for 20 years and she announced that she would marry only the person who makes up a tasty new recipe that she likes. Since the day she announced that, every young man in *Foodotopia* tried to cook something for her, but everything was already familiar to her, so she was rejecting one man after another, for many years.

One day, a fisherman asked to see the king. He was claiming that he found a man lying on the beach. It was a man who was coming from a country far away. The storm caught him and his boat was falling apart. He was floating in the sea for days and when the fisherman found him, he was half-dead already.

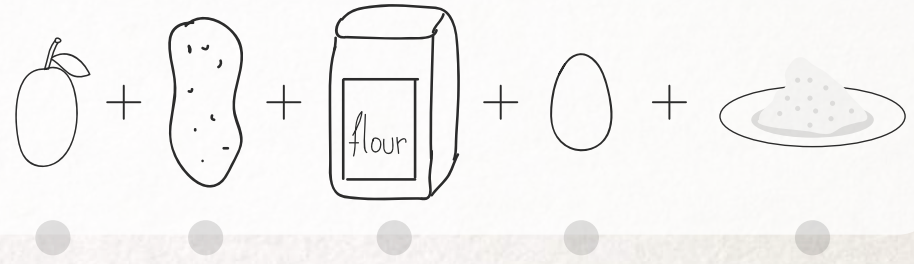
The king had a good heart and immediately ordered guards to prepare a room for the foreigner and take good care of him until he gets better. And that's how it was.

Gomboca heard about the unfortunate man and started taking care of him personally. She learned a lot of great recipes from her mother, so the stranger was recovering very fast thanks to her magical soups and vegetables.

Two months later, the stranger was feeling much better and was already about to leave the castle. But before he left, he wanted to cook something special for the king and *Gomboca* in order to thank them for their hospitality.

When he finished, he served it for *Gomboca* and the king, and said that in the honor of the woman who saved his life, by taking such a good care of him, he is naming this dish *Gomboce*. The king was very impressed by the dish and *Gomboca* felt a special beating of her heart.

That was when *Gomboca* found a ring, in one *gomboce* she was served, as she accepted the proposal without thinking. She fell in love with the stranger while she was taking care of him for two months, but when she sensed the beautiful smell of freshly made food, and sensed an amazing taste of his dish, she was sure that this was the man she wanted to spend her life with.



TO MAKE GOMBOCE YOU WILL NEED

- PLUMS

AND FOR DOUGH:

- 1 KG OF POTATOES
- 1/2 KG OF FLOUR
- 1 EGG
- PINCH OF SALT

FIRST COOK POTATOES AND MAKE PUREE OUT OF IT, THEN ADD FLOUR, ONE EGG AND A LITTLE BIT OF SALT. MIX IT ALL TOGETHER. TAKE A PALM OF DOUGH, PUT ONE PLUM IN THE MIDDLE AND FORME A LITTLE BALL OUT OF IT. PUT BALLS INTO THE BOILING WATER AND WAIT UNTIL THEY COME TO THE SURFACE. THEN TAKE THEM OUT OF WATER AND ROLL THEM INTO "PREZLE".

*PREZLE (LOOK AT THE "WE MADE..." CHAPTER)

... IN POLAND (OR THE STORY OF HOW THE GIANT LOVED BIGOS)

Once upon a time, in a country called *Foodotopia*, there were farmer and his wife. They had three kids - one girl and two twin boys. Daughter was the youngest so even when they grew up, her brothers were always looking after their little sister. She grew up to be a beautiful girl, but as her whole world were her two brothers, she was acting like them – she would always ride a horse like a man with legs on different sides, she was running faster than any men in their village, and she knew every part of the wood that was surrounding the village because that was her place for thinking and being alone once in a while. One day, they were playing in the wood when they heard a voice that seemed to be coming from the sky: "Who is playing in my wood without my permission? Ho, hi, hu, here is my dinner!". Before they knew what hit them, one big hand caught the twins, and the other one reached for their sister, but as she was very fast and knew every corner of the wood, she bent down and hid in one of trees that was hollow. She saw the giant carrying her brothers away, and started crying. But after a few moments she said to herself: "Don't be such a girl!" and run in the direction she saw the giant carrying her brothers. She was running for hours and entered part of woods where she has never been before. Very confused, she found herself in front of a huge cave. Without thinking, she entered the cave that was very cold and dark and saw her brothers caged. "I haven't eaten for days. You two are going to be a delicious dinner! Hi, ha, ho!" she heard the giant saying. "I will make you a dinner." she shouted hidden behind a huge chair. "Who said that?" asked the angry giant. "I did." she said "if you let them go, I will make you the best dish you have ever tried in your life. "The giant was mad because there was that little person to managed to escape his hands, and now she is talking to his as the is the one making the decision here. But the giant was also curious what she has to offer and loved trying new dishes like everybody else in *Foodotopia*. "If you make me the best meal I have ever tried I will release them. If not, I will eat you too." said giant thinking that he outsmarted the little creature who dared to confront him. "Deal." said the girl, walked out of her shelter and immediately started preparing a dish that she had never made before. She was cooking for hours and finally served her experiment to giant. When giant tried first bite he made a weird face and the twins accepted the fact that they are going to be his dinner. But then giant started eating with joy and smiling. "This is truly the best thing I have ever tried! And I'm a giant of the word! You and your brothers are free to go!" She released her brothers and they were more then happy to hug their brave sister and excited to go home and see their parents.



TO PREPARE BIGOS YOU WILL NEED

- 4 YOUNG CABBAGES
- 0.7 KG OF LEAN PORK
- 0.25 KG OF SMOKED BACON
- 0.7 KG OF THIN SAUSAGES (KIELBASA)
- 1 CARROT, 1 PARSLEY, HALF OF CELERY, 1 ONION
- FRESH DILL
- 3 BAY LEAVES
- 4 GRAINS OF ALLSPICE
- 1 TABLESPOON OF SUGAR
- 1 TABLESPOON OF OIL
- SUGAR
- SALT & PEPPER

CUT PORK AND ONION INTO SMALL PIECES. FRY IN OIL. PUT FRIED MEAT & ONION INTO A POT, ADD SMALL AMOUNT OF WATER AND SIMMER FOR 30 MINUTES. CUT CABBAGE INTO SMALL PIECES. TO THE BOILING MEAT AND ONION ADD: CABBAGE, DICED BACON, VEGETABLES, WHOLE BAY LEAVES AND ALLSPICE. BOIL THE WHOLE MIXTURE UNTIL CABBAGE IS SOFT. SEASON YOUR BIGOS WITH SALT, PEPPER AND A LITTLE SUGAR. BEFORE SERVING ADD SAUSAGES (KIELBASA) TO THE POT TO MAKE THEM WARM. CHOP DILL AND SPRINKLE BIGOS SERVED ON PLATES.



...IN PORTUGAL (OR HOW ...IMPRESSED THE WITCHES)

Once upon a time there was a small village in the middle of an enchanted forest that was ruled by three witches. The people of the village couldn't pass the fence because that forest was forbidden to none magic creatures.

But one day a Portuguese guy, whose name was Antonio, was very curious to see what that forest had inside.

He crossed the fence and entered the forest. Once he had a look at it, he was delighted by what he saw. It was truly a magical sight. And then he saw her. A beautiful girl was talking with the animals. As he was impressed by her skills, he approached her and started talking to her. They enjoined it so much that they talked for three days and three nights. In those days they realized that there was more than a friendship between them - it was something magical. But they were aware that their magic is not going to last forever.

He wasn't a magical creature, and wasn't allowed to be in a forest at all.

He was risking his life by entering it.

On the third day, while they were talking, a thick fog appeared and then two witches jumped out of it. Very soon, witches realized that Antonio was not a magical being and told him to go away or he will be facing terrible consequences. That's when he realized that the girl he fall in love with was the youngest sister, the third witch.

As he didn't want to stop seeing her, he proposed to the 2 older sisters a test him see if he was a magician or not. They were more than sure that he has no special powers so they agreed. They gave him time until midnight to prove himself to them. And that was just what he needed. They gave him just enough time for him to search and get all the ingredients he needed.

A few hours later the dinner was ready. He prepared a typical Portuguese dish and served it to the witches. They tasted it and felt a new sensation, something so good they thought it can't be anything else but magic.

Because of his amazing skills and tasteful dish, Antonio got the approval of witches to stay in the forest and he lived with their sister happily forever after.

TO PREPARE PORTUGUESE NATIONAL DISH YOU WILL NEED

- 0.5 KG MUSCLES
- SALTY WATER
- 0.5 KG MEAT
- 1 GARLIC
- GROUND PEPPER
- WHITE WINE
- POTATOES
- OLIVE OIL
- SALT
- CORIANDER
- LEMON
- PICKLES

1. BEGIN BY PLACING MUSSELS INTO SALT AND WATER FOR TWO HOURS. LET IT SOAK FOR 2 HOURS SO THAT IT WOULD LOOSE SAND.

2. PUT THE MEAT IN A BOWL. CRUSH THE GARLIC AND ADD IT TO THE MEAT. ADD THE BAY LEAVES, 2 TEASPOONS OF GROUND PEPPER, SALT AND PEPPER. MIX EVERYTHING AND POUR OVER THE WHITE WINE. SOAK FOR 2 HOURS.

3. PLACE POTATOES FRYING.

4. WARM OLIVE OIL IN THE PAN. DRAIN THE MEAT AND PLACE IN PAN. FRY FOR 5 MINUTES. ADD THE MUSCLES AND COOK 5 MINUTES UNTIL THEY OPEN. ADD THE CHOPPED CORIANDER AND TURN OFF THE HEAT.

5. SERVE POTATOES AND SEASON WITH SALT. PUT THE MEAT ON TOP AND SPICE IT WITH THE SAUCE. SERVE IT GARNISHED WITH LEMON WEDGES AND PICKLES.

... IN CZECH REPUBLIC (OR HOW ONE DRUID FOUND IMMORTALITY IN POTATO PANCAKES)

Once upon a time lived one druid who wanted to find food for immortality. All of his forebears were seeking for immortality and this was something like a heritage for him. One day the druid found the old recipe of his father. He knew that his father was trying to find a magical recipe that would make him live forever, but he had never succeeded in doing so. In this recipe was: one carrot, two spoons of flour, one tea-spoon of salt, just a little pepper, little marjoram, one egg and oil. But when he made this recipe nothing happened. The recipe was unsuccessful. Years ago his father told him that this recipe has one mistake. This druid wanted to find out what is the mistake that is preventing his family of finding immortality. One day he was walking over an old bridge when he found himself face to face with an old woman. Druid was sad for days because everything that he tried didn't work. Nothing was helping him find this magical recipe. The old woman was very wise and as soon as druid said: „Good day.“ and tried to pass by, she said: “I can see some heave thoughts on your forehead young man. Tell me, what's bothering you?” Surprised by her knowledge of his thoughts, druid told her his problem. The woman seemed surprised and asked: „Do you know what is a potato?“. The druid looked surprised. He had never heard of such a thing. The old woman reached for her pocket and gave him one potato. „Remember my words young man. If you want to stay young, use potatoes, not carrots.“ As soon as he got home, druid tried his fathers recipe again, but this time he added potato that the old woman gave him. And that is how the food for immortality was found.



TO PREPARE POTATO PANCAKES YOU WILL NEED

- 3 POTATOES
- 1 EGG
- 1 SPOON OF FLOUR
- LITTLE MARJORAM
- 1 TEASPOON SALT
- LITTLE PEPPER
- OIL

YOU MUST PARE A POTATOES AND STRAIN WATER OF POTATOES.
YOU ADD ONE EGG, FLOUR, LITTLE MARJORAM AND PINCH OF SALT WITH PEPPER AND MIX ALLTOGETHER.
FINALLY YOU FRY ON PAN WITH PREHEATED OIL.

... IN RUSSIA

(OR HOW THE WISE SOLDIER TRICKED OLD, GREEDY LADY AND MADE PORRIDGE)

It was many, many years ago when *Foodotopia* was in war with *Drinkomania*. The war was finished and soldiers were returning to their homes. An old soldier was passing through unknown village and he needed shelter and a bit of food. He knocked at the door of good decorated house and asked for couch for one night. „Could you share a little bit of food with me, please?“, he asked the old woman, the owner of house. She was very rich and greedy and she decided to cheat the soldier. „There is nothing to eat here, dear! I haven't eaten for days!“ she said. „Don't worry,“ said the soldier who understood everything, „let's make a porridge with an axe!“ „With an axe?“ the old woman was surprised. „I have never heard anything like that. What do you need for it?“ „Just an axe. I see that you have one near the door!“ „Ok,“ said the old woman, „take it and teach me!“ The soldier filled a pot with water, put it on the fire and put an axe into it. The old lady looked at him with enormous interest. „Hm... Everything is perfect, but it's unsalted,“ said the soldier tasting the water, Do you have some grams of salt?“ „Of course,“ said the old lady, „I could find some salt for this experiment.“ In half of hour soldier tasted water one more time and said: „This is almost ready, but it will be much tastier if I put a little bit of grains in there. Do you have any of it?“ „ There is a little if you really need it, I could find something for this case.“ said the old lady and gave him a pound of grain. „Splendid,“ exclaimed the soldier in ten minutes, „let's add some pieces of conserved meat and start to eat!“ There was nothing she could do, the old lady gave him meat. They had a brilliant dinner and the old lady wasn't able to understand the secret of the porridge with the axe. „Hm... I love it,“ said the soldier, „but the axe is not boiled to the end. I can take it and tomorrow I will make breakfast for myself from it, if you don't mind. So, the old, wise soldier got a good dinner and an axe as a bonus, and the old lady....well, she got what she deserved.



TO PREPARE AXE PORRIDGE YOU WILL NEED

- 200 GR OF BUCKWHEAT
- 300 GR OF MINCED MEAT
- ONE BIG ONION
- 50-70 GR OF BUTTER
- 2 TABLESPOONS OF VEGETABLE OIL
- PEPPER AND SALT

MIX IT ALL TOGETHER, COOK IT AND ENJOY!

CHAPTER III

STORY OF CABBAGE

CABBAGE IS THE METAPHOR FOR SOMETHING THAT UNITES US AND YET MAKE US DIFFERENT.

All present countries in the youth exchange had some cultural relationship with the cabbage. It was thought it will be interesting to tackle the layers of our identities (individual, national and intercultural) by putting on the scene the cabbage in all its forms and colours and all potential ways of preparing it in meals.

For the beginning, young people had an opportunity to reflect upon their weekly consumption and what is the percentage of meat, vegetables, water and other ingredients they have intence to consume.

This enabled each individual to be more aware of their own eating habbits and to see how the eating varies among group members.

Later on, the participants had a chance to explore identity on national level, by stating all the national dishes and ingredients that are among their favorites, not forgetting the ones with the cabbage.

Each national group presented and discuss their outcomes in the following pages.



... IN CZECH REPUBLIC NATIONAL DISHES THEY LIKE TO EAT >

- potato dumplings with smoked meat and cabbage
- goulash
- potato soup
- herring
- haggis
- ground beef with potato
- potato pancake
- pork with cabbage and dumplings
- schnitzel with mashed potato

...



... IN POLAND
NATIONAL DISHES THEY LIKE TO EAT >

- bigos
- potato pancake
- kaszanka
- zupek
- pierogi dumplings
- cutlet with cabbage and potatoes
- fasolka po bretońsku
- pyzie slaskie
- ...



... IN PORTUGAL
 NATIONAL DISHES THEY LIKE TO EAT >

- sopa, e.g. caldo verde
- bacalhau
- francesinha
- salsishas with cabbage
- beans
- rancho
- bitoque
- salads
- ...



... IN RUSSIA
NATIONAL DISHES THEY LIKE TO EAT >

- porridge
- ragout
- meatball soup
- pelmeni
- katyk
- cutleb
- fish
- pirog
- sour cabbage salad
- ...



CAN YOU ASSOCIATE THE ORIGIN WITH THE IMAGE?



A



B



C



D



E

- ___ HOLUBKY (CZECH REPUBLIC)
- ___ GOŁĄBKI (POLAND)
- ___ GOLUBTSY (RUSSIA)
- ___ SARMA (SERBIA)
- ___ SAUSAGE WRAPPED IN CABBAGE (PORTUGAL)

What happened was they could see, especially in slavic countries (Russia, Poland, Serbia, Czech Republic) that they have some things that look and maybe taste similar. They all call it their national dish. One of them are cabbage rolls that also exist in Portugal but instead of minced meat they use sausages.

DID YOU KNOW THAT CABBAGE ROLLS DISH IS THE BEST WHEN YOU EAT IT THIRD DAY? BY WARMING IT UP GETS BETTER AND BETTER.

A* SARMA (SERBIA)

- 1.5 - 2 kg of sour cabbage
- minced pork meat 500g
- minced beef meat 500g
- bit of smoked bacon (optional)
- 150g rice
- 2 onions
- 1 egg
- parsley
- salt
- pepper
- laurel
- dry meat

For the sauce:

- 0.5l tomato juice
- 2-3 spoons of flour
- 1-2 garlic
- red pepper in powder
- chilli (optional)

Cut onion in small cubes and fry it with the bacon. Add rice and then add minced meat. Leave it for a bit a side. When its not hot any more, add egg, salt, pepper, cut parsley and mix well. Prepare the leaves of sour cabbage. Take out the parts that are too tick (root). Stuff each leaf with mix above and roll it. Aline them in pot, in between put some dry meat. When you finish rolling and you have more cabbage, those leaves put on top. Fill in the pot with sauce you prepared or just with water. Add laurel. Cook around 2h. Add more water if needed.

B* GOŁĄBKI (POLAND)

- 1 whole head cabbage, about 2 kg
- 1 large onion, chopped
- 2 tablespoons butter
- 500 g ground beef
- 250 g ground pork
- 1 1/2 cups cooked rice
- 1 teaspoon finely chopped garlic
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup beef stock
- Sour cream for garnish (optional)

Preparation:

Heat oven to 350 degrees.

Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 18 leaves.

When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through.

Chop the remaining cabbage and place it in the bottom of a casserole dish.

Saute the chopped onion in butter in a large frying pan until tender, and let it cool.

Mix cooled onions with beef, pork, rice, garlic, salt and black pepper until well combined. Don't overmix or the meat will become tough. Place about 1/2 cup of meat on each cabbage leaf. Roll away from you to encase the meat.

Flip the right side of the leaf to the middle, then flip the left side. You will have something that looks like an envelope.

Once again, roll away from you to create a neat little roll.

Place the cabbage rolls on top of the chopped cabbage in the casserole dish or Dutch oven, seasoning each layer with salt and pepper. Pour beef stock over rolls, cover and place in oven. Bake for 1 hour or until cabbage is tender and meat is cooked.

Serve with pan juices and a drizzle of sour cream, or mix the pan juices with sour cream and ladle it over the cabbage rolls. Cabbage rolls freeze well before or after cooking, and can be made in a slow cooker.

C* GOLUBTSY (RUSSIA)

For 4 servings you need:

- 1 medium cabbage Kachan
- 500 grams of ground beef
- 1 tablespoon tomato paste
- 2 tablespoons vegetable oil
- 1 tablespoon flour
- 2 eggs
- 1 teaspoon salt

You need to separate 12 leaves of fresh cabbage and then you need to soften them. Before that, cut out the ticker parts of each leaf (root). Put them in pot and boil for 5-10 minutes, until they are soft. Take out the water and allow boiled leaves to cool down. Now prepare the stuffing. Mix ground beef, a teaspoon of salt and eggs. Divide the filling into 12 equal parts. In the middle of leaf, pour filling and wrap it up, tucking the edges inside. For the sauce, fry the flour in vegetable oil until it reach golden brown, not forgetting to stir it constantly with wooden spatula. Add the tomato paste, gradually pour in 1 liter of cold water, then stir well to avoid lumps. Bring to a boil and add salt (1/2 teaspoon of salt). We spread the cabbage rolls on the bottom of the pan or deep baking dish, pour the sauce and bake in the oven heated to 180 degrees for 1 hour. Bon appetit!

D* SAUSAGE WRAPED IN CABBAGE (PORTUGAL)

- sausages
- parsley
- virgin olive oil
- coarse salt
- pepper
- laurel
- 1 garlic
- 1 onion
- 2 peeled tomatoes
- bacon

Separate the larger cabbage leaves (one for each sausage), wash and scald in boiling water, until they begin to become shriveled. Drain the water and leave to cool.

Place one sausage in the leaf and roll it very good.

Place in pan chopped onion, the garlic, the bay leaf, olive oil and the diced bacon. When browned, added the finely chopped peeled tomatoes and cook a few minutes. Add a glass of water and when it boils, season it with salt and pepper.

Place carefully sausages in the pan, leaning them against each other not to crumble while cooking.

Allow to ascertain for half an hour until the liquid reduce by half. Sprinkle with chopped parsley and they are ready to be served.

E* HOLUBKY (CZECH REPUBLIC)

- 1 one head of cabbage
- 2 tbsp of oil or lard
- 1 onion
- 3 tsp flour
- 1 small container of sour cream
- paprika

Filling:

- 500 g ground beef
- 1tsp oil
- rice (half a cup to a cup)
- water (twice as much as rice)
- 1 small onion
- 1 egg
- black pepper
- one clove of garlic

Preparation:

Start by cutting out the core from the cabbage.

Also take an onion and grate it using a hand grater or a food processor. You will need two onions, one for the filling, and one for the sauce.

Stir the onion on a bit of oil until it foams. Add the rice. Next add water (twice as much as rice), cover, and cook until the rice is almost done. In the meantime, put the cabbage in a pot of hot water and bring to a slow boil. The leaves will start to fall off.

Carefully remove the leaves as they come off with a knife. Next cut off the bottom stiffer part so you get a flexible leaf that can be rolled. Save all pieces.

Chop the stiffer cut-off pieces into small strips.

Fry for few seconds on oil along with a grated onion and paprika. Cover with water and bring to a boil. Stir in 3 teaspoons of flour into the sour cream. Take a small amount of the liquid from the sauce pan, and stir into the sour cream mixture to dilute it. This is better than directly putting the cream in the sauce, as it will keep the cream from lumping up. Stir the diluted cream into the sauce.

Mix the meat, the egg, ground black pepper, salt, and a crushed clove of garlic. Add the cooked rice, and mix together.

Start filling the cabbage leaves. Take about a teaspoon of the filling and place it to one side of the leaf. Flip one side over. Ideally, do this diagonally, as if you were making a funnel. This is not shown too well in this set of pictures. Complete the roll, and finally tuck the end pieces in.

Place the holubky in the sauce and cover with a lid to keep them from coming apart. This may not be really required, since I cooked some separately and they stayed together.

Cook until done, the best way to check is to take one and try it. It cooked mine for about 30 minutes, until the cabbage leaves were nice and soft. By the way, you can also cook the holubky separately. This will give them a cleaner appearance. Enjoy!

As for the last part of the session *Story of cabbage* the youngsters had a challenge to experience their life abroad and how they would make their favourite national dishes.

The participants had a task to analyze and discuss their living in 4 different countries with other participants that are originally coming from there.

The objective was to raise the question:

How we meet different cultures without finding essential ingredients for our national dishes?

The reached outcomes were various: some of the participants could live normally without their national dishes, other ones found a way of managing to cook their dish by adjusting the recipes and ingredients.

The participants used moment also to speak about their traditions and what kind of recipes they use when you get ill. Some of the recipes were completely atypical and creative.

In the following days, *Mantosh* (the owner of the Nepalese restaurant in Hradec Králové) told his story and how he manages cooking of the most traditional nepalese meals in Czech Republic.





Flip

AMERT



CHAPTER IV
WE MADE...

TRADITIONAL FOOD OF CZECH REPUBLIC

ROAST PORK

- pork meat 3000g
- salt 90 g
- cumin 60 g
- flour smooth 60 g

Place the pork into a large roasting tin. Cook for 1 hour and 40 minutes. Remove the meat from the roasting tin and place onto a serving plate. Then place the pan on the stove top over a high heat until the meat juices begin to bubble but not burning. Add the flour, and stir to blend into the meat juices. Pour in the cider or wine and scrape all the juices from the bottom of the pan, reduce to a sticky glaze. Do not leave the pan unattended as the reduction happens very quickly. Add the stock and stir well, Strain the gravy through a fine sieve into a saucepan and reduce by one-third. Add the butter in tiny pieces shaking the pan gently until the all the butter is absorbed. Keep warm until needed. Carve into thick slices and serve.

SAUERKRAUT

- 2.7 kg sauerkraut
- 6 g cumin
- 300 g onion
- 150 g lard
- 60 g flour (smooth)
- 30 g salt
- 360 g sugar
- butter
- wine

Procedure: sauerkraut , pour boiling water, add the cumin. Cover and simmer until tender. Chop the onion finely and fry the finely ground flour in lard , add the sauerkrat , season with salt and add sugar sauerkraut stir, then serve.









TRADITIONAL FOOD OF PORTUGAL

CALDO VERDE (SOUP)

- 1 onion
- 1 chorizo (sausage)
- 3 cloves of garlic
- 1.5 l water
- 2 dl olive oil
- 400g cabbage
- 4 potatoes medium size
- salt

Boil the water with potatoes, onion, garlic cloves and half the quantity of oil indicated. Season it with salt and boil for 30 minutes to get the ingredients well cooked. You can boil longer if you want the broth to become thicker. Meanwhile, prepare the cabbage, washing it and cutting it into very thin slices. After the cooking, mash the potatoes, onion and garlic cloves. Add the chopped cabbage and cook about 15 minutes. While the cabbage is cooking, cut the sausage into slices. When the cabbage is ready, add the remaining oil to the broth and chorizo, letting it boil a bit more. Serve hot.

ALETRIA (DESERT)

- 250g pasta
- 5 dl milk
- 50 g butter
- 200 g sugar
- 4 egg yolks
- 1 lemon peel
- cinnamon powder

Cook the pasta in with a bit of salt in water. Drain the water. Separately, heat the milk with a thin lemon peel, then add it to the pasta gradually, keeping a low heat and stirring. Add the butter and then the sugar. Beat the egg yolks and mix a little milk. Remove pasta from the heat, adding to it the yolks carefully. Bring back to pot for a minute or two without boiling. Pour the still hot pasta on a platter. Let it cool slightly. Use your creativity to garnish it with the cinnamon. Enjoy!

READING THE RECPE...



IT IS GOING, IT IS GOING!



DONE. SIMPLY IRRESISTABLE!





TRADITIONAL FOOD OF PORTUGAL

CODFISH AND CHIPS (BACALHAU À BRÁS)

- 500 g dry codfish
- 2 spoons of olive oil
- 500 g potatoes
- 6 eggs
- 3 onions
- 1 garlic
- salt and pepper
- oil
- black olives
- parsley

Place codfish in bowl with water. Leave it inside at least 24h and then change water occasionally. Take out water, cut codfish in small pieces, take out bones if there are some.

Cut potatoes in thin sticks and fry it separately in pan with heated oil.

When done, put eggs and season it with salt and pepper.

In bowl mix sliced onion with garlic and codfish and then add them to potatoes in pan. Leave it cooking few minutes and take it out, when the eggs are still soft.

In the end, decorate it with some black olives and parsley.

WHILE COOKING IT,
TRY WITH THIS MANTRA:
BACALHIN, BACALHIN, BACALHAU!





TRADITIONAL FOOD OF RUSSIA

CHAK - CHAK (DESERT)

Dough:

- 5 eggs
- ½ teaspoon salt/ sugar
- 1kg flour

Caramel:

- 1 glass sugar
- 1 glass honey
- ½ vegetable oil for frying

Preparation

We knead abruptly the dough, so that it could be rolled. Roll it about 3-4 mm thick and cut 0.5 -1.5 cm rolls or slices. Then fry all in hot pan until it reach golden colour (it is better to do in the small portions as slices increase in a size approximately as twice bigger than original). Get them to cool down.

To make caramel: mix 1 glass of sugar and 1 glass of honey and heat on fire until it gets dissolved.

Mix the caramel with fried dough and form a big pile, pressing the slices and not leaving any space in between. When caramel is stiffen, cut chak- chak to slices, and it is ready to be eaten.

BLINY (DESERT)

For liquid dough

- 1 liter of milk
- 8-10 eggs
- 4 tablespoons of vegetable oil
- 1 tablespoon of sugar
- 1 teaspoon of salt
- 12 overfull tablespoons of flour

Mix flour, salt, sugar and eggs. Add milk and mix it to reach consistency. Add vegetable oil and mix it again. With help of soup ladle make doses that you can fry on both sides, one by one.





Tatar
Chak-Chak

Tatar
Hvorost

Tatar
Be Lesh

Russian
Sgychenka

Russian
Moskvichki

Russian
Pryaniki

Sushki

BELESH

Dough

- 500 gr sour cream (15-20%)
- 500 gr kefir/ cardled milk
- 2 eggs
- 1 teaspoon of soda
- 5 glasses of flour
- salt/ sugar (to taste)

Broth

- 500 gr beef
- 500 gr goose
- 4-5 onions
- 8 potatoes
- pepper/ salt
- 1 glass of water with oil
- meat broath

Preraring

Mix all ingridients and knead the dough. Leave it for 20 minutes.

Broth

Peel the onions, cut in a small cubes, then cut meat in big cubes and mix with potatoes, peeled and cut as the same. Add the onions salt, pepper and mix.

Separate 1\4 part of dough. The remained big piece roll with a layer 6-7 mm thick. The size of rolled dough has to be such that its edges hanged down from a big round form.

Then take a prepared meat broth and lay out on the rolled dough, collect edges to the center.

From smaller part of dough tear off a slice size a ball like for ping-pong. Then roll the remained dough in a flate cake, close it, connect edges and pinch them.

In the middle make an opening and close with turned out ball. Top of belesh brush with an egg and put it in the hot oven for 1-1,5 h. After 30 min take it out, clean a ball pour in 3/4 broths, return ball into place. And again put in an oven on 1 hour.







Sushki
RUSSIA

Sgychenki
RUSSIA

Be Lesh
RUSSIA

Moskvicki
RUSSIA

Pryanic
RUSSIA

Hvorost
RUSSIA

Chak-chak
RUSSIA

Bliny
RUSSIA

Sushki

TRADITIONAL FOOD OF SERBIA

PROJA (PIE)

- 300 g smashed white cheese
- 4 eggs
- 400 ml milk
- 1 baking powder
- 200 g flour
- 400 corn flour
- 200 ml of oil

In milk at first add baking powder and all and mix until it dissolves into it. Mix it with the other ingredients and put it into the brass. Grease the oven plate and put a little bit of flour so that it wouldn't stick to the brass. Put the mixture in the oven and bake it on 180 degree for 30 min. Check every 10 min.

TARTAR SAUCE

- Mayonnaise 300 g
- 200 g sour cream
- 50 g mustard
- 5 pickles depending of the size of them

Preparation method:

Cut pickles in small cubes (3 x 3 x 3 mm or less), mix it with mayonnaise, sour cream and mustard, and add salt according to your taste.

KARADJORDJEVA (MAIN COURSE)

- 2 kg white chicken meat
- 200 g smoked ham
- 200 g of kajmak
- 200 g yellow cheese
- 6 eggs
- 2 packs of bread crumbs
- 300 g flour

Preparation process:

If it's chicken meat with bone, it will be divided into two parts. Take one part and cut it on half to form huge filets from it. Beat it hard with a kitchen hammer from the middle to sides. Cut the ham and yellow cheese in cubes. Meat width should be about 5 mm and it should be thinner on the sides for the rolling process. On one side put kajmak (1 teaspoon of it) and add the mixture of ham and yellow cheese. Then roll the meat around. Make sure that it is closed tightly. Dip the meat in the flour, then in eggs and then in bread crumbs. Repeat this process twice – flour, eggs, bread crumbs. Fry it in deep oil, or better in the frieze. You might want to add tartar sauce over the delicious Karadjordjeva steak.

FROM A SLICE OF MEAT...



...INTO PURE ART!





TRADITIONAL FOOD OF SERBIA

PLAZMA CAKE (DESSERT)

- crushed Plazma biscuits (Plazma is Serbian biscuit, but you can use any crushed biscuits)
- milk
- banana
- whipped cream
- crunched chocolate

Combine biscuit and milk until you have a mixture that can be molded. Split it into two halves. Take one half and shape it. Put crunched chocolate and chopped banana over it. Put the second half of the mixture over it and shape it the way you want. Decorate it with whipped cream and enjoy the beautiful Plazma cake!



IT SEEMS LIKE A PIECE OF CAKE!



DIFFERENT DELICACIES

CZECH REPUBLIC

Tlacenka

It is a traditional Czech's dish. Made with pork meet and jelly! Then, it's served with onions and vinegar!

Leco

It's made with some vegetables mixed with eggs. Then it's eaten together with pastry.

POLAND

Beef tripe

This is a kind of soup prepared from beef tripe and vegetables boiled in broth. It is supposed to be served and eaten with bread!

Kaszanka (Black pudding)

Product of porridge, blood and offal! Just with basic spices and onion, pepper and marjoram. This is served with bread or potatoes. It can be fried, boiled or grilled.

PORTUGAL

Dobrada

Made out of the intestines of a cow, where you can actually see and eat pieces of intestine, that presents itself as a spongy, wavy and white part of the food! (No need to tell it should be very well cleaned before used!)

Arroz de Cabidela

A special rice made and boiled into the blood of chicken! So, in the end it presents itself as a really dark rice, almost as if it was black!

RUSSIA

Jelly

A dish from condensed up to the jellylike weight from cooling of meat broth with meat slices. It's made from the cow head, brains and its feet, sometimes it also contains parts of meat or tail. If you prefer to, you can also cook it with pig parts, such as ears, tail or feet.

Marinated Apples

A traditional dish which is cooked from apples soaked in marinated water together with different spices.

SERBIA

Boiled Pig Feet

From the name of the meal, you can imagine what sort of meat it is! We can't tell you what's better: the taste, the smell or the look of it!

Pihtije

This meal is prepared based on soup with pig parts, carrots and other vegetables! When you touch it, it behaves like a drunk jellyfish!



WHERE THE WILD THINGS ARE



VISIT TO OPEN AIR MUSEUM

...TO MAKE SOME BREAD FOR OUR BREAKFAST...



...AND OF COURSE TO FEED A HORSE.





HUNGARIAN GOULASH BY ILDI (10 PORTIONS)

- beef – 140 dkg
- potato – 120 dkg
- paprika – 15 dkg
- tomato - 12 dkg
- lard (sunflower oil) – some tablespoons
- onion - 30 dkg
- garlic – 3-4 cloves
- cumin (whole) – 2-3 teaspoons
- paprika powder – 2-3 tablespoons
- Salt

Pasta:

- flour - 14 dkg
- egg – 1
- salt – 1 pinch

Put lard or oil in a bigger kettle, add the fine chopped onion with cumin and some salt to it and give time to become it soft, be careful, not let to burn down. Don't be afraid to use enough lard or oil, we need to fry onion and beef in it, but the food won't be fatty, if you don't use more than the amount of these needs. If the onion is still not soft you can pour a little water, but then you need to steam away totally, because we need the pure lard with onion again.

Now you can add beef cubes, give bigger heat and mix it carefully, you can also add fine-chopped garlicks. Wait some minutes, the beef has to loose its colour, they will be greyish. Comes the paprika powder, remove the kettle from the heat, mix it, put back on the stove and pour water on it, not more then to cover the meat. At this point, put paprika and tomato pieces to the Goulash, cut them into really small because we don't want to see them in the end at all, we need them to give taste and make the food thicker.

When it is boiling, increase the heat to the minimum, and cover it. Important to keep it still boiling but have to be really slow to become the beef soft enough. In the meantime, you need to give the water again and again; your sauce will be the best if you are enough patient: add the water when you see the bottom of the kettle – of course be careful not to burn the ingredients – and never more than just to cover the meat. It will last for a long time, so now you have time to make its traditional pasta.



Put an egg into a bowl, give a pinch of salt on, and about 3 tablespoon of flour. Mix it, maybe you need more flour, your dough is good if it is not sticking to the bowl. Then make small paste pieces, not bigger than a piece of pea, best shape something like a small dried bean. Be careful, pastas want to stick together so try to separate them.

Beef usually need 2-4 hours, so after 1,5-2 hours you can check it. Taste it, add more salt, hot paprika if you like it. If the beef is soft, you can give potato cubes to the food, potato and beef cubes have to be the same size. Pour water, the rule is still alive not more than to cover everything and of course minimum heat. Probably you will need more salt, since potato will steal it.

In an another kettle boil some water with salt, put the pasta in it, it will be ready when after boiling, they will come to the top, leave them in the water until serving.

Depends on the size of the ingredients but you can count like after adding potato it will be ready in 40-50 minutes.

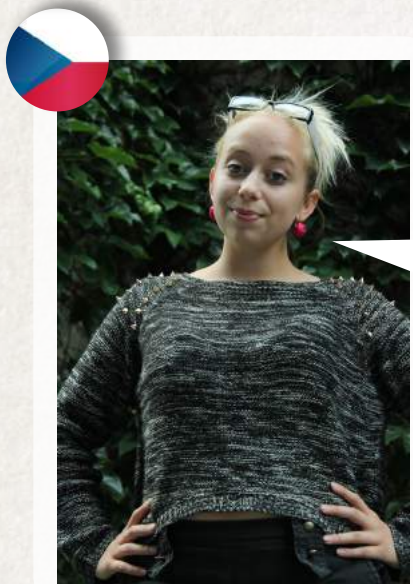
When you serve the Goulash don't forget to add some pasta in every plate. As it is a "one-plate-dish" you don't need anything else just some fresh bread.

Tip: In Hungary we cook it outside as well, on fire by firewood, in that way you can make a nice event with friends or family, and the Goulash will get an extra smoky taste.

CHAPTER V

THE OPINIONS





FOR ME, THIS WAS VERY GOOD, BECAUSE THERE WAS A LOT OF GOOD PEOPLE. I LOVE MEETING NEW CULTURES! AND I CAN SPEAK ENGLISH BETTER NOW THAN I DID BEFORE THIS YE! I HAD AN UNBELIEVABLE EXPERIENCE!

- BARBORA



FOR ME, IT WAS A VERY GOOD EXPERIENCE! I LIKE MEETING DIFFERENT COUNTRIES AND PEOPLE. I WANT TO KEEP DOING YOUTH EXCHANGES! I LIKE HAVING THE OPPORTUNITY TO WORK WITH PEOPLE FROM OTHER COUNTRIES AND I'M HAPPY FOR SPEAKING ENGLISH WITH THEM!

- KUBA



I MET NEW PEOPLE, CULTURES, FOOD... I'M VERY HAPPY THAT I COULD COOPERATE WITH OTHER PEOPLE!

- LUCKA



I THINK IT WAS A NEW EXPERIENCE. I MET A LOT OF NEW FRIENDS AND I THINK THAT MY ENGLISH IS BETTER NOW THAN AT THE BEGINNING OF THE YE!

- EVA



IT WAS A GOOD WAY TO LEARN SOMETHING AND MEET NEW PEOPLE, THEIR TRADITIONS AND CUISINE! THE CITY IS BEAUTIFUL AND I'M VERY HAPPY FOR BEING HERE!

- IZABELLA



I WAS VERY INSPIRED BY THE ARCHITECTURE IN HRADEC KRALOVE AND PRAGUE. I HAVE FELT COMFORTABLE ENOUGH TO SPEAK ENGLISH AND I'VE MET NEW CULTURES! THIS WAS A NEW EXPERIENCE FOR ME!

- OLA



BEFORE COMING TO THIS YE, HERE IN HRADEC KRALOVE, I TOTALLY DIDN'T KNOW WHAT TO EXPECT FROM IT. MY LEADER TOLD ME A LOT ABOUT THE EXCHANGE, BUT THIS WAS MY FIRST TIME IN SOMETHING LIKE THIS! I SEE NOW, THAT I'M PARTICIPATING IN THE YE, THAT I HAVE AN OPPORTUNITY TO MEET NEW PEOPLE FROM OTHER COUNTRIES, KNOW THEIR CULTURES, THEIR TRADITIONS, THEIR BEHAVIOR, THEIR SENSE OF HUMOR AND THEIR PERSONALITY! AN OPPORTUNITY THAT MEANS A LOT FOR ME IS THAT I CAN ALSO IMPROVE AND PRACTICE MY ENGLISH LANGUAGE SKILLS! I ADMIRE THE CITY. EVERY PARTICIPANT IS NICE AND GENTLE, LEADERS ALSO. MY OPINION ABOUT THIS YE IS GOOD!

- ADAM



I HAVE LEARNED HOW TO COOPERATE AND I HAVE IMPROVED MY LANGUAGE SKILLS.

- RADEK



IT WAS A VERY GOOD EXPERIENCE AND A CURIOUS ONE, BECAUSE WE HAVE FOUND DIFFERENCES BUT ALSO SIMILARITIES BETWEEN ALL THESE COUNTRIES, THAT ARE NOT SO FAR AWAY FROM ONE ANOTHER.

- JOANA



FOR ME, IT WAS MY FIRST EXPERIENCE ON THESE THINGS. I LOVED IT! I'VE MET WONDERFUL PEOPLE, I LOVED THE CITY AND THE PLACES WE WENT TO!

- DIOGO



THIS YE HAS ALLOWED ME TO LEARN THAT WE ARE FROM 5 DIFFERENT COUNTRIES, BUT WE ARE NOT THAT DIFFERENT AND WE CAN SEE THAT IN TERMS OF FOOD (THE CABBAGE STORY) I REALLY LEARNED A LOT ABOUT THE OTHERS AND MYSELF, WITHIN A VERY AMAZING EXCHANGE!

- JULIANA



FOR ME, THIS WAS AN EXCELLENT OPPORTUNITY TO CHALLENGE MYSELF, BOTH AS A "COOK" AND A PERSON. I ENJOYED MY TIME HERE VERY MUCH AND I TRULY HOPE OUR PURPOSE TO BE HERE HAS BEEN ACHIEVED AND ALSO THAT WE ALL, AS PIONEERS, HAVE OPENED A "NEW DOOR" FOR THOSE WHO WILL COME AFTER US!

- MARTA



I WILL NEVER FORGET THIS YE. I HAD A WONDERFUL TIME HERE. THE TOWN IS BEAUTIFUL, BUT A LITTLE BIT QUITE FOR ME. I MET GREAT PEOPLE HERE AND I HOPE WE'LL SEE EACH OTHER AGAIN! I LAUGHED HERE LIKE I'VE NEVER LAUGHED BEFORE!

- MINJA



I THINK THAT THIS YE WAS PERFECT! A LOT OF NEW PEOPLE AND WE ALL HAD A GOOD TIME! ALSO, YE LIKE THIS ONE SHOULD HAPPEN MORE OFTEN!

- MARKO



I HAD A WONDERFUL TIME HERE, MEETING PEOPLE FROM ALL OVER EUROPE AND THEIR DIFFERENT CUISINE. THE ONLY PROBLEM WAS THE LANGUAGE BARRIER, WHICH MADE THINGS A BIT DIFFICULT.

- MIODRAG



THIS YE WAS A GREAT OPPORTUNITY FOR ME TO MEET WONDERFUL PEOPLE AND PRACTICE MY ENGLISH. BESIDES THAT, I HAVE LEARNED HOW TO COOK A LOT OF NEW TASTEFUL DISHES AND I'M MORE THAN HAPPY THAT I WAS A PART OF THIS AMAZING PROJECT!

- MARIJA



IN MY OPINION, THIS EXCHANGE PROGRAM IS A VERY GOOD OPPORTUNITY FOR IMPROVEMENT OF YOUR ENGLISH AND OTHER SKILLS. ALL ORGANIZERS AND ALL PARTICIPANTS ARE VERY FRIENDLY! I HAVE FOUND A LOT OF FRIENDS HERE, I LEARNT A LOT OF NEW INTERESTING INFORMATION AND ALSO NOW I CAN COOK MANY INTERESTING AND UNUSUAL DISHES, FOR RUSSIAN DISHES!
THIS YOUTH EXCHANGE IS REALLY AMAZING!
THANK YOU!

- OLGA



WE LEARN A LOT ABOUT OUR IDENTITY WHEN WE ARE AWAY FROM EVERYTHING FAMILIAR. THAT IS CALLED INTERCULTURAL LEARNING. I ENJOYED CHALLENGING MYSELF AND PARTICIPANTS FOR THE EXPERIENCE.

- OLJA



IT'S A GOOD WAY TO MEET FRIENDS FROM OTHER COUNTRIES AND THE PEOPLE WERE VERY NICE AND COOPERATIVE TO ONE ANOTHER! THEY ALL HAD BOTH POSITIVE AND NEGATIVE THINGS AND I HOPE IT WILL BE BETTER WITH OTHER EXCHANGES, BECAUSE WE LEARN MANY THINGS FROM THIS!

- JITKA, THE LEADER



THIS WAS THE FIRST TIME FOR ME IN A PROJECT LIKE A YOUTH EXCHANGE. SO, I WAS A LITTLE SCARED. BUT NOW I SEE THAT IT IS A GREAT OPPORTUNITY TO IMPROVE LANGUAGE SKILLS, TO CONNECT WITH PEOPLE FROM OTHER COUNTRIES AND I CAN REALLY USE THE EXPERIENCE I'VE BEEN THROUGH DURING THIS YE IN MY FUTURE!

- DAGMARA, THE LEADER



THIS EVENT WAS A REALLY GOOD OPPORTUNITY FOR THE PARTICIPANTS AND THE ORGANIZERS AS WELL. PARTICIPANTS COULD MAKE FRIENDS, GET NEW INTERESTS, VISIT THIS COUNTRY AND SPEND SEVERAL DAYS HERE. FOR ORGANIZERS, KURO, THIS WAS THEIR FIRST EXCHANGE, SO WE GOT THE CHANCE TO SEE HOW IT WORKS, WHAT IS RIGHT AND WHAT SHOULD WE CHANGE. FOR US, IT WAS A HUGE EVENT TO BE STUDIED AND DEVELOPED.

- ILDI, ORGANISER



I HAD A POSITIVE EXPERIENCE OF THE YOUTH EXCHANGE THAT I HAD THE CHANCE TO PARTICIPATE IN! I SEE AND FEEL THE ENERGY AND EXCITEMENT OF ALL THESE YOUNG PEOPLE AND I'M PROUD OF THEM FOR BEING SO ACTIVE! YOUTH EXCHANGES ARE REALLY WORTH EXISTING!

- PYYNÖ, ORGANISER

CHAPTER VI

NGO PRESENTATION

KURO HRADEC KRALOVE (CZECH REPUBLIC)

Kuro is a young, non-profit, non-governmental organization founded in Hradec Kralove on 20.08.2012. Kuro's main goal is development of the cultural actions and volunteering in the city of Hradec Kralove. Kuro focuses mainly on cultural events of the smaller scale with the support of international volunteers. Kuro works on spreading knowledge about volunteering as a real life and work experience beside the personal development of the volunteer. Kuro promotes volunteering by cultural actions showing the public the variety of work done by the volunteers and the dimensions of the volunteering, which leads to improvement of the life of the society.

Kuro is accredited host organization for European Voluntary Service (EVS) since 2012. Since 2013 Kuro is also accredited as sending and coordinating organization for EVS.

CONTACTS

website: www.kuro.cz

facebook: [KuroHradecKralove](https://www.facebook.com/KuroHradecKralove)

e-mail: info@kuro.cz



STŘEDNÍ ŠKOLA SLUŽEB, OBCHODU A GASTRONOMIE (CZECH REPUBLIC)

The Secondary School of Business, Services and Gastronomy is situated in Hradec Králové. This town has rich history dating back to the 12 century.

We have more than 1000 students and 130 teachers. In our school students are learnt in the following professions: cook, waiter, hairdresser, beautician, gardener, decorator, tourist guide, sport manager, business manager. In our school we give theoretical and practical education and training to our students.

During their study the students have practice in the companies in the Czech Republic which are focused on their subject. We are trying to find every opportunity to participate in the international project to help our students develop not only language skills but also key competences.

By involving in this project we believe we contributed to the cultural and vocational development of our staff and students.

CONTACTS

website: www.sssoghk.cz

e-mail: sekretariat@sssoghk.cz



MERKURY FOUNDATION (POLAND)

"Merkury" Foundation is a private non-governmental and non-profit organisation registered in January 2004 on the base on Jowisz Association. The mission of the Foundation is "to change reality with joy". The objectives of the Foundation are: to help disadvantage people in social inclusion, to help youngsters and their parents in solving family problems, to help addicted people and people who suffers AIDS, to raise awareness of young people about social and medical problems concerning drug abuse, to cooperate with other non-governmental and public bodies in creation local partnership acting for local society.

We are working for:

- Children
- Youngsters
- Adults
- Seniors
- Local community
- Other organizations.

CONTACTS

website: www.tcav.eu/en/1/about-project

facebook: [fundacja.merkury](https://www.facebook.com/fundacja.merkury)

e-mail: merkury@merkury.org.pl



DÍNAMO (PORTUGAL)

Dínamo is a local youth NGO active in Sintra, Portugal in the field of Youth Participation and counts with the active participation of young people between 15 and 30 years old [mostly].

Since 2011 Dínamo is implementing its long term strategy 'Sintra is Also Yours!' [http://www.dinamo.pt/downloads/regional_project_english_summary.pdf], officially recommended by Council of Europe, aiming at provide to young people tools, competences, activities conditions and alternatives in a way to promote, motivate, enhance, strengthen and facilitate their active participation in civil society.

Dínamo is tackling Youth Participation in different dimension, namely:

- Promoting activities targeting young people;
- Supporting young people in their initiatives;
- Providing learning opportunities through voluntary service and trainings;
- Promoting the quality of participation in youth organizations;
- Supporting young people's participation in decision-making processes;
- Promoting good practices and co-management mechanisms involving young people.

Directly linked with Youth Participation Dínamo is also active in Human Right Education, Education for Democratic Citizenship, Advocacy in the Youth Field and Recognition of Non Formal Education by developing projects and partnership at local, national and international level.

Dínamo cooperate with a large network of partners and institutions such as European Commission, Council of Europe and Calouste Gulbenkian Foundation.

Dínamo follows transversely - in its activities and processes - the principles of Non Formal Education.

CONTACTS

website: www.dinamo.pt

facebook: [dinamo.pt](https://www.facebook.com/dinamo.pt)

e-mail: info@dinamo.pt



SELET (RUSSIA)

Selet (tat. Sələt - "talent") - a youth organization for gifted children and teenagers. One of the largest youth organizations in the Republic of Tatarstan, with more than 10,000 graduates. Initially, the camp "Selet" could get only the participants and winners of city and regional competitions, and various creative competitions, was also the prerequisite knowledge of the Tatar language at a level not lower than the initial, but the selection criteria have recently changed. "Selet" holds summer camps, autumn and winter sessions, the annual "Bilyar" festival of gifted children and youth, the annual festival of poetry and art song of Rustem Bikmullin, International Youth Film Festival "Жисем", and also visiting international schools within the project "Efek Kanat."

CONTACTS

website: selet.biz/tat

e-mail: xat@selet.biz



SFERA (RUSSIA)

SFERA is an international youth movement supporting voluntary activities. SFERA is a non-governmental organization that helps to organize international volunteering projects in Russian Federation and send Russian volunteers to other countries. The beginning of SFERA activity is connected with the program of international exchanges organized first time in 2001 by its "mother organization" - Nizhny Novgorod Voluntary Service. During the first year only one international volunteer workcamp was organized in Russia and 11 Russian volunteers took part in similar workcamps in different countries. With each year the number of workcamps organized in Russia and number of people who participated in workcamps abroad was increasing and finally in 2006 after 5 years of exchange programs SFERA organized 18 workcamps and a lot of foreign volunteers took part in them. More than 600 young people went abroad to take part in different workcamps all over the world. In 2003 SFERA started to take part in a new program – Youth in Action supported by European Commission. In the frame of "YiA" SFERA promotes Action 2 (EVS) and Action 3.1 (Youth Exchanges and Networking projects). Since 2003 Young people from European countries have a possibility to live and work as volunteers in Russian Federation for 3,6,9 or 12 months long projects. Russian volunteers have the same opportunity and can participate in similar programs in European countries. In 2003 SFERA started with sending two Russian volunteers abroad and hosting two European volunteers in Russia. Nowadays the number of volunteers coming for long term voluntary service to Russia and Europe has increased and differs every year. The program is developing and there are more and more possibilities for volunteers to choose their countries and projects. With an increasing number of people and regions taking part in international exchange SFERA became an independent organization on 6th of March 2007. Now SFERA is the head office of a network of different exchange organizations all over Russia. (Irkuck, Joshkar Olya, Kirov, Niznij Novgorod, Novosibirsk, Perm', Sankt Petersburg, Saransk, Samara, Cheboksary Ulyanowsk.)

CONTACTS

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ORGANIZATION OF CREATIVE GROUPING (SERBIA)

“Organization of Creative Grouping” (OOCG) was established in November 2005, as a non-partisan, non-governmental, and non-profit organization with an idea to improve institutional and non-institutional cooperation in the field of education, culture and art.

Organization’s main mission is development of a society consisting of equal and diverse citizens among whom there is trust, support and respect of human rights. We believe that arts and culture belong to everyone and that they represent a universal language which brings people together, a force that acts towards changing the world and for the benefit of all.

The objectives of the Association are: promoting and enhancing education, culture and art, contemporary performing shapes and internet culture, while preserving the cultural and spiritual values, protection of human and minority rights, peace and civic initiatives, humanitarian work, international cooperation, environmental protection.

The basis of the previously set goal will be gathering and cooperation of young people, artists and experts from various fields that will be achieved through multidisciplinary research, artistic and educational work and professional training.

OOCG has 50 active members, of which 90% of youngsters aged between 15 and 30.

OOCG is actively involved in the work of international associations with similar orientation and activities since its foundation.

Member of the European off Network (EON), which consists of a network of over a thousand non-institutional theater groups in Europe and the world.

OOCG is a member of Y-PEER Serbia, the network that brings together organizations that promote peer education as a methodology for changing attitudes and behavior of youth. OOCG is one of the founders of NAPOR (National Association of Practitioners in youth work). Member of the Serbian Youth Organization Umbrella (KOMS) and the Network for Serbian children protection (Mreza za decu).

CONTACTS

website: <http://www.okoorg.rs/>

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„Organizacija kreativnog
okupljanja“ - OKO

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BY THE DESIGNERS



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BY THE BLOGGERS



BY THE EDITORS



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RESOURCES

IMAGES

ROMAIN KURDI

<http://romainkurdi.blogspot.pt/>

BERNHARD RODE

http://de.wikipedia.org/wiki/Bernhard_Rode

DRINKUN CELESTRIAL BY LIANG KAI

<http://upload.wikimedia.org/wikipedia/commons/4/43/DrinkunCelestial.png>

FOOD IMAGES

www.google.com

LITERATURE

HISTORY OF CABBAGE ROLLS

http://en.wikipedia.org/wiki/Cabbage_roll



ACHTUNG, ACHTUNG!

WE HOPE YOU WILL FIND GOOD USE OF THIS COOKBOOK.
IF YOU DECIDE TO TRY OUT SOME OF OUR RECIPES,
OR YOU WANT TO SHARE SOMETHING RELATED TO FOOD AND YOUTH,
OR TO SIMPLY GIVE US FEEDBACK, CONTACT US:
WWW.FACEBOOK.COM/FOOD4YOUTH

THANK YOU!

YOURS,
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THANK YOU FOR YOUR PARTICIPATION!