



CŒUR D'AFRIQUE  
ET D'AILLEURS



Co-funded by  
the European Union

# YOUTH UNITING MINDS



## EMBRACING DIVERSITY THROUGH MEALS



## A MULTICULTURAL COOKBOOK



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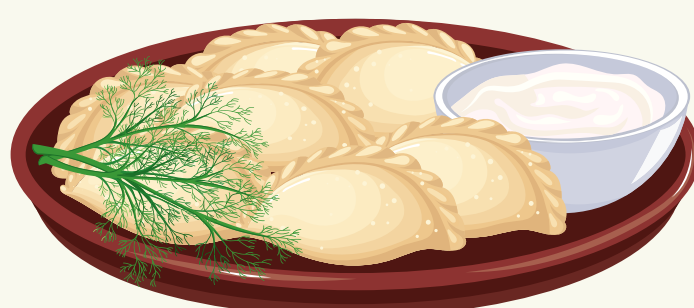


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# 1 INTRODUCTION

## ABOUT THE YUM PROJECT:

The #YUM (Youth Uniting Minds Embracing Diversity through Meals) project is an Erasmus+ youth exchange that brings together participants from across Europe to celebrate diversity around "One Table." Held in Orly-sur-Morin in April 2026, the project uses culinary workshops as a tool for peace and sustainable living. This cookbook is the heart of our collaboration, blending cultural heritage with a shared commitment to reducing food waste.

## OUR MISSION:

The mission of the YUM project is to promote intercultural dialogue and social inclusion through the universal language of food. By sharing traditional recipes and personal stories, the project fosters empathy, tolerance, and mutual respect among young people. Our goal is to break down cultural stereotypes and empower participants to become agents of positive change within their own communities.

## OUR OBJECTIVES:

- Promoting Intercultural Understanding

To foster empathy, tolerance, and mutual respect among young people by encouraging the exchange of cultural traditions through cooking, storytelling, and shared culinary experiences.

- Developing Leadership and Teamwork Skills

To empower participants to take active roles in planning, decision-making, and implementation of activities, strengthening their leadership, cooperation, and communication skills in multicultural teams.

- Creating Tangible and Digital Project Outputs

To produce concrete results such as a multicultural cookbook, social media reel videos from each participating country, and a final compilation video that documents the learning process and project impact.

- Facilitating Meaningful Cross-Cultural Exchange

To create safe and inclusive spaces where young people can exchange experiences, learn from one another, and build long-lasting international friendships and networks.

# 1 INTRODUCTION

## LEAD COORDINATOR:

For over 15 years, Coeur d’Afrique et d’Ailleurs (CAA) has been working closely with young people from the Friches district of Maurepas. Founded in 2008 and based in Maurepas, Yvelines (France), the association has been actively engaged since its creation in the fields of popular and cultural education, international solidarity, and the promotion of international mobility.

CAA is committed to strengthening social cohesion and fostering meaningful connections between the people of Maurepas and communities with African backgrounds. Our work is guided by a strong belief in living together, mutual understanding, and cooperation between cultures.

The social mission of the association is to promote mutual aid between populations and to encourage North–South cooperation. At the local level, CAA plays an important role in reinforcing social ties within the Friches district by facilitating dialogue and mediation between residents and municipal authorities.

We organize a wide range of activities for young people in Maurepas, including educational outings, Franco-German youth exchanges in collaboration with the Franco-German Youth Office (FGYO), and solidarity workshops in Africa, supported by the Yvelines Department and FONJEP.

Throughout the year, CAA also hosts various events aimed at raising awareness about its projects and supporting young people in their administrative and professional pathways, particularly in job searching. In addition, the association serves as a trusted intermediary between young people and local institutions, ensuring that youth voices are heard and valued.

## PARTICIPATING ORGANISATIONS:

- Jugendvision e.V. (Germany)
- Asociația Youth Competency Development (Romania)
- Territory of Ideas (Ukraine)
- United Equality (Sweden)
- Ankara Eğitim Gönüllüleri Derneği (Türkiye)
- Milano International Youth Group (Italy)

## 2 SUSTAINABILITY IN THE KITCHEN

During the YUM project, we integrated sustainable practices into every meal, proving that multicultural cooking can be both delicious and eco-conscious.

### Zero Waste & Food Rescue

We prioritized waste reduction by giving every ingredient a second life. Any food or ingredients unused from a previous meal or lunch were systematically repurposed into new dishes for dinner or the following day. This approach ensured that nothing edible was wasted.



### Eco-Friendly Habits & Adaptation

Sustainable cooking meant mindful consumption. We practiced energy efficiency and reduced waste throughout the cooking process. We also explored adapting traditional recipes to lower their environmental footprint, highlighting plant-based alternatives and sustainable substitutions.



### Local & Seasonal Sourcing

To minimize carbon emissions and support the local community, we focused on buying local and seasonal products. Choosing ingredients at their seasonal peak ensured better flavors while significantly reducing the environmental impact caused by long-distance transportation.



3 FLAVORS OF EUROPE AND BEYOND

DAY 1: FRANCE

THE MENU

PASTELS TUNA

WHITE  
THIEBOUDIENNE

BISSAP



ALEX, THALIA, MANSE, OUMAR, ABDOULAYE

# STARTER: PASTELS WITH TUNA

## THE CULTURAL STORY

The Spirit of Dakar Pastels are more than a snack; they are a ritual. In the vibrant evenings of Dakar, they are shared among friends to spark laughter and conversation. They are the ultimate symbol of conviviality.



Prep time:  
1h00



Cook time:  
2h00



Servings:  
4



## INGREDIENTS

- 250g flour
- 1 pinch of salt
- 1 tablespoon of oil
- 120ml water
- 1 can of Tuna
- 1 small Onion
- 1 handful of fresh Parsley
- 1 tablespoon of Tomato paste



### Tips & Variations

Don't leave them soaking in oil for too long, as they can harden.

## INSTRUCTIONS:

1. In a large bowl, Mix the flour and salt.
2. Add the oil, then the water gradually.
3. Knead until a smooth dough forms and Let it rest for 20–30 minutes.
4. In a pan, add the onion, tuna, parsley, and spices.
5. Cook for 2 minutes and let it cool completely.
6. Roll the dough very thin and cut it into circles.
7. Place a spoonful of tuna in the center.
8. Fold the dough into a half-moon and Seal the edges with a fork.
9. In a hot oil, fry it until golden and crispy.
10. Drain on paper towels and serve hot with sauce.

# MAIN DISH: TIEBOUDIENNE

## THE CULTURAL STORY

A 19th-Century Legacy, it all began in Saint-Louis with a cook named Penda Mbaye. She pioneered the "one-pot" meal, blending rice, fish, and vegetables to create a soul-warming tradition.

## INGREDIENTS



Prep time:  
2h00



Cook time:  
1h30



Servings:  
4

- 1 large fish (sea bream, capitaine, or thiof if possible)
- 300 to 400 g of rice
- 2 onions
- 3 fresh tomatoes or 2 tbsp tomato paste
- 2 carrots
- 1 piece of cabbage
- 1 cassava (optional)
- 2 cloves of garlic
- 1 chili pepper (optional)
- Oil, salt, pepper, bouillon cube

## INSTRUCTIONS:

1. Crush the garlic, onion, and spices together and use this mixture to stuff the fish.
2. Brown the fish in hot oil until golden and remove the fish and set it aside for later.
3. Sauté the onions in the same pot. Add the tomato, water, and bouillon, then let it simmer.
4. Add the carrots, cabbage, and cassava to the pot and cook them until they are tender.
5. Return the fish to the sauce to finish cooking gently. Then, remove the fish and vegetables and keep them warm.
6. Add the rice to the remaining sauce. Cook until the liquid is fully absorbed.
7. Serve everything together.



### Tips & Variations

If this is your first time, ask for help from someone who has already done it, because the recipe is not easy to make.

# DRINK: BISSAP

## THE CULTURAL STORY

Bissap is a traditional West African drink, especially popular in Senegal. It is prepared from dried hibiscus flowers, long known for their refreshing and medicinal properties.



Prep time:  
20min



Cook time:  
30min



Servings:  
4

## INGREDIENTS

- 1 cup dried hibiscus flowers (bissap)
- 1 liter of water
- 3 to 4 tablespoons of sugar (to taste)
- 1 small piece of fresh ginger (optional, but recommended)
- A few mint leaves (optional)
- 1 tablespoon of orange blossom water or vanilla extract (optional)

## INSTRUCTIONS:

1. Bring the water to a boil in a pot.
2. Add the hibiscus flowers and grated ginger.
3. Simmer for 10 to 15 minutes.
4. Remove from heat and strain the mixture.
5. Add the sugar and stir until dissolved.
6. Add mint or orange blossom for extra flavor.
7. Let it cool, then refrigerate.
8. Serve ice-cold.



### Tips & Variations

Respect the weights indicated in the recipe.

3 FLAVORS OF EUROPE AND BEYOND

DAY 2: ROMANIA

THE MENU

FRESH SALAD

TOCANITA

BULZ

PANDISPAN



RARES, LIANA, MAXIMA, GEORGE, VASI

## STARTER: FRESH SALAD

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### INGREDIENTS

- 1 large lettuce (about 300 g)
- 3 medium tomatoes (about 400 g)
- 2 cucumbers (about 300 g)
- 3 tablespoons olive oil
- 1/2 teaspoon salt



Prep time:  
15min



Cook time:  
0min



Servings:  
4

### INSTRUCTIONS:

1. Wash and chop vegetables.
2. Mix and season.



## MAIN DISH: BULZ

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### THE CULTURAL STORY

Bulz is a traditional Romanian dish from the mountain regions, especially the Carpathians. It was originally prepared by shepherds, who used simple ingredients they had with them, like cornmeal and sheep cheese. The dish is strongly connected to rural life and is often eaten during cold seasons because it is warm and filling. Today, bulz is popular across Romania and can be found both in homes and in traditional restaurants.

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### INGREDIENTS

- 300 g cornmeal
- 1.2 liters water
- 400 g brânză de burduf (or feta/telemea cheese)
- 150 g smoked bacon
- 30 g butter (or 2 tablespoons oil)
- 1 teaspoon salt



Prep time:  
15min



Cook time:  
30min



Servings:  
4

### INSTRUCTIONS:

1. Bring water to a boil with salt.
2. Add cornmeal slowly, stirring constantly.
3. Cook 10-15 minutes until thick.
4. Fry bacon until crispy.
5. Shape polenta with cheese inside.
6. Place in dish, add bacon and butter.
7. Bake at 180°C for 10-15 minutes.



### Tips & Variations

For the best flavor and texture, stir the polenta continuously until firm, then serve hot with high-quality cheese and crispy bacon.

# MAIN DISH: TOCANITA (CHICKEN STEW)

## THE CULTURAL STORY

Tocanita is a classic Romanian home-cooked meal, often served daily with polenta.



Prep time:  
20min



Cook time:  
45min



Servings:  
4

## INGREDIENTS

- 4 boneless chicken thighs
- 400 g onions
- 2 peppers
- 1 carrot (optional)
- 200 ml tomato sauce
- 2 tbsp oil
- 1 bay leaf
- salt, pepper
- 1 tsp sweet paprika

## INSTRUCTIONS:

1. Heat oil in a pot.
2. Add chopped onions and cook until soft.
3. Add diced chicken and cook until lightly browned.
4. Add peppers and carrots (cut small).
5. Pour tomato sauce and mix well.
6. Add spices and bay leaf.
7. Simmer for 30–40 minutes until tender.



## Tips & Variations

You can add garlic for stronger flavor.  
Replace chicken with mushrooms (vegetarian).  
Don't rush cooking, slow simmer = better taste.

# DESSERT: PANDISPAN

## THE CULTURAL STORY

Pandispan is a simple traditional Romanian dessert, often made at home for family gatherings.



Prep time:  
20min



Cook time:  
1h00



Servings:  
4

## INGREDIENTS

- 10 eggs
- 100 g sugar
- 100 g flour
- 1 tsp baking powder
- 1 packet vanilla sugar (optional)
- pinch of salt
- 150 g fruit (cherries or berries)
- lemon zest (optional)
- powdered sugar for decoration

## INSTRUCTIONS:

1. Preheat oven to 180°C.
2. Beat eggs with sugar until fluffy.
3. Add flour, baking powder, and salt gently.
4. Add vanilla and lemon zest.
5. Pour into baking tray.
6. Add fruit on top.
7. Bake for 25–30 minutes.
8. Let cool and sprinkle powdered sugar.



### Tips & Variations

Don't overmix batter — it must stay airy.  
You can use seasonal fruits.  
Test with a toothpick before removing.

### 3 FLAVORS OF EUROPE AND BEYOND

## DAY 3: TÜRKIYE

### THE MENU

CACIK  
EZOGELIN SOUP  
ÇIĞKÖFTE  
EZME  
ROASTED CHICKEN  
WITH VEGETABLES  
ŞEKERPARE



RECEP, BÜNYAMIN, KEMAL, ZEHRA, UFUK

# STARTER: CACIK

## THE CULTURAL STORY

Cacik is a staple of Turkish cuisine, traditionally served as a refreshing cold appetizer (meze) or a side dish to balance heavy, spicy meat courses like kebabs and stews.



Prep time:  
15min



Cook time:  
0min



Servings:  
4

## INGREDIENTS

- 2 cups of yogurt
- 2 cucumbers
- 1 cup of cold water
- 2 cloves of garlic
- 1 teaspoon of dried mint
- 2 tablespoons of olive oil
- 1 teaspoon of salt

## INSTRUCTIONS:

1. Cut the cucumbers in tiny cubes
2. Smooth the Yogurt
3. Add slowly the cold water until reach good thickness
4. Stir the cucumbers and dried mint



### Tips & Variations

For the best flavor and texture, stir the polenta continuously until firm, then serve hot with high-quality cheese and crispy bacon.



# STARTER: EZME

## THE CULTURAL STORY

Ezme is a fresh and spicy salad from southeastern Türkiye, especially linked to the Gaziantep region. It represents the rich flavors of Turkish cuisine, where simple ingredients like tomatoes and peppers are turned into vibrant, flavorful dishes often shared at the table.

## INGREDIENTS

- 2 large tomatoes
- 1 cucumber
- 2 green peppers
- 1 small red onion
- 1/4 bunch parsley
- 1–2 cloves garlic
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp pomegranate molasses
- 1 tsp tomato paste
- 1 tsp red pepper paste
- 1/2 tsp chili flakes (optional)



Prep time:  
25min



Cook time:  
40min



Servings:  
4

## INSTRUCTIONS:

1. Finely chop tomatoes, cucumber, peppers, onion, and parsley.
2. Crush or finely chop the garlic.
3. Mix all ingredients in a bowl.
4. Add olive oil, lemon juice, pomegranate molasses, and spices.
5. Stir well and adjust salt and spice to taste and serve fresh.

# STARTER: EZOGELIN SOUP

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## THE CULTURAL STORY

Named after the legendary 20th-century beauty "Ezo the Bride," this soup honors Zöhre Bozgeyik, who lived in exile in Syria after an unhappy marriage. The dish serves as a legacy of her deep homesickness and enduring longing for her Turkish homeland.

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## INGREDIENTS

- 1 cup red lentils
- 2 tbsp coarse bulgur
- 1 tbsp rice
- 1 medium onion
- 2 cloves of garlic
- 1 tbsp tomato paste
- ½ tbsp pepper paste
- 2 tbsp butter
- 1 tbsp olive oil
- 1.5 liters hot water (or vegetable broth)
- 1 tsp dried mint
- 1 tsp pul biber
- salt to taste



Prep time:  
50min



Cook time:  
35min



Servings:  
4



## INSTRUCTIONS:

1. Soften onions and garlic in butter/oil, then stir in the pastes and grains until evenly coated.
2. Add hot liquid and salt, then simmer covered for 25–30 min until tender.
3. Stir in a sizzled mixture of butter, dried mint, and red pepper flakes, then serve hot with fresh lemon wedges.



### Tips & Variations

To elevate your soup, drizzle it with a sizzled butter-spice mix and fresh lemon, ensuring you let it rest for 10 minutes to allow the flavors to fully meld.

# STARTER: ÇIGKÖFTE

## THE CULTURAL STORY

Legend has it that çigköfte was invented in southeastern Turkey during the time of King Nimrod, who had confiscated all firewood to build a massive pyre for Prophet Abraham. To feed her family without a fire, a hunter's wife kneaded raw deer meat with bulgur and intense spices, using the heat from the friction and the "cooking" power of hot peppers to make the meal edible.

 Prep time:  1h00  Cook time:  0min  Servings: 4

## INGREDIENTS

- 2 cups fine bulgur
- 1 cup hot water
- 2 tablespoons tomato paste
- 1 tablespoon pepper paste
- 2 tablespoons isot (Urfa chili flakes)
- 1 teaspoon paprika, cumin, salt
- 1 teaspoon black pepper
- 3 tablespoons olive oil
- 1 tablespoon pomegranate molasses
- Juice of 1 lemon
- 1 small onion (finely grated)
- 2 cloves garlic (crushed)
- 4–5 green onions (finely chopped)
- 1/2 bunch parsley (finely chopped)

## INSTRUCTIONS:

1. Place 2 cups of fine bulgur into a large mixing bowl.
2. Pour 1 cup of hot water over the bulgur.
3. Cover and let it rest for 10–15 minutes until softened.
4. Add tomato paste, pepper paste, grated onion, and crushed garlic.
5. Start kneading the mixture thoroughly with your hands.
6. Add isot, paprika, cumin, salt, and black pepper.
7. Continue kneading for about 10–15 minutes until the mixture becomes darker and slightly sticky.
8. Add olive oil, pomegranate molasses, and lemon juice.
9. Knead again for 5–10 minutes until the mixture becomes soft and elastic.
10. Add finely chopped green onions and parsley.
11. Gently knead for 2–3 minutes to mix everything evenly.
12. Take small portions and shape them by squeezing in your palm to form traditional çigköfte pieces.



### Tips & Variations

To ensure the perfect texture and flavor, knead fine bulgur for at least 20 minutes, using finely grated and drained onions while adjusting moisture and spices gradually before letting the mixture rest.

# MAIN DISH: ROASTED CHICKEN WITH VEGETABLES

## THE CULTURAL STORY

Roasted chicken with vegetables is a common homemade family meal in Türkiye. It is often prepared for large gatherings because it is simple, filling, and easy to cook in big portions. The dish reflects Turkish hospitality, where sharing warm oven meals with guests is an important tradition.

## INGREDIENTS



Prep time:  
40min



Cook time:  
1h30



Servings:  
4

- 8 chicken drumsticks
- 700–800g potatoes
- 250g carrots
- 1 green bell pepper
- (bell or Italian green pepper)
- 1 red capia pepper
- 1 medium onion
- 3–4 cloves of garlic
- 1 small bowl of cherry tomatoes
- 120ml olive oil
- spices: salt, black pepper, paprika, and a generous amount of thyme or oregano.

## INSTRUCTIONS:

1. Preheat the oven to 200°C.
2. Wash and chop all vegetables into large pieces.
3. Place chicken drumsticks on large baking trays.
4. Add potatoes, carrots, peppers, onions, garlic, and cherry tomatoes around the chicken.
5. Drizzle olive oil over all ingredients.
6. Season with salt, black pepper, paprika, and thyme.
7. Mix everything well to coat evenly.
8. Cover trays with foil and bake for 45 minutes.
9. Remove foil and bake for 35–40 more minutes until golden brown.
10. Serve hot.



### Tips & Variations

Do not overcrowd the trays for even cooking.  
Potatoes should be cut large so they do not become too soft.  
Rosemary can be added for extra flavor.  
Check that chicken is fully cooked before serving.

# DESSERT: SEKERPARE

## THE CULTURAL STORY

:Şekerpare is a traditional Turkish dessert from the Ottoman era. It reflects the culture of sharing sweets during holidays and special occasions, especially during Eid al-Fitr. Its syrupy sweetness symbolizes hospitality and generosity in Turkish culture.



Prep time:  
50min



Cook time:  
30min



Servings:  
4

## INGREDIENTS

- 1 cup flour
- 1/2 cup semolina
- 1/2 cup powdered sugar
- 1/2 cup butter
- 1 egg
- 1/2 packet baking powder (about 1 tsp)
- 1/2 vanilla sugar
- 2 tbsp vegetable oil
- 1.5 cups sugar
- 1.5 cups water
- A few drops of lemon juice
- 8-10 hazelnuts or almonds

## INSTRUCTIONS:

1. Preheat the oven to 180°C.
2. Mix butter, powdered sugar, egg, and oil in a bowl.
3. Add semolina, flour, baking powder, and vanilla; knead into a soft dough.
4. Shape into small balls, place on a tray, and add a hazelnut or almond on top.
5. Bake for about 20-25 minutes until golden.
6. Boil sugar and water, add lemon juice, then let the syrup cool.
7. Pour the cooled syrup over hot şekerpare and let it absorb.
8. Ezme - Preparation Steps
9. Finely chop tomatoes, cucumber, peppers, onion, and parsley.
10. Crush or finely chop the garlic.
11. Mix all ingredients in a bowl.
12. Add olive oil, lemon juice, pomegranate molasses, and spices.
13. Stir well and adjust salt and spice to taste and serve fresh.



### Tips & Variations

- Do not overmix the dough, or the cookies will turn out too hard.
- Butter Swap: Use olive oil instead of butter for a lighter version.
- Quality First: Always use fresh, high-quality ingredients for the best flavor.

### 3 FLAVORS OF EUROPE AND BEYOND

## DAY 4: UKRAINE

### THE MENU

SALO  
GARLIC SPREAD  
BORSCH  
VARENYKY  
SYRNKY



OLHA, YULIIA, KATERYNA, MARIIA, SOFIIA

# STARTER: SALO

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## THE CULTURAL STORY

Salo is a traditional Ukrainian dish, often eaten with bread and garlic. It is simple but very popular and represents Ukrainian food culture.

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 Prep time:  10min Cook time:  Servings: 4

## INGREDIENTS

- 250 g pork fat (salo)
- 1.5–2 tablespoons coarse salt
- 2–3 cloves of garlic
- ½ teaspoon black pepper (optional)
- 1–2 bay leaves (optional)

## INSTRUCTIONS:

1. Cut the pork fat into medium pieces.
2. Rub each piece well with salt.
3. Crush the garlic and spread it over the salo.
4. Add black pepper and bay leaves if desired.
5. Place everything in a container.
6. Leave in the fridge for 3–5 days.



# STARTER: GARLIC SPREAD

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## THE CULTURAL STORY

This Ukrainian garlic spread—made with processed cheese, eggs, garlic, and mayonnaise—is a popular everyday snack and festive staple. Often served at family gatherings on bread or in tartlets, it is a nostalgic appetizer that remains a classic part of holiday spreads.

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 Prep time:  20min Cook time:  Servings: 4

## INGREDIENTS

- 200 - 250 g processed cheese
- 3 hard-boiled eggs
- 3 - 5 cloves garlic
- 2 - 3 tablespoons mayonnaise
- Salt, to taste
- Optional: black pepper or fresh dill

## INSTRUCTIONS:

1. Boil the eggs. Place eggs in boiling water and cook for about 9 - 10 minutes. Cool them, then peel.
2. Prepare the base. Grate the processed cheese and eggs using a fine grater.
3. Add garlic. Crush or finely mince the garlic and add it to the mixture.
4. Mix everything. Add mayonnaise and mix well until smooth and spreadable. Season. Add salt and optional pepper or herbs to taste. Mix again.



### Tips & Variations

To achieve the perfect consistency and flavor, gradually add mayonnaise one spoonful at a time until creamy, and wait until the end to season with salt, pepper, or herbs.

# MAIN DISH: BORSCH

## THE CULTURAL STORY

Popular across Eastern Europe and central to Ukrainian identity, borscht is a culturally significant soup symbolizing home and family tradition. We chose this internationally recognized dish to represent our heritage and introduce the authentic flavors of Ukrainian cuisine to others.



Prep time:  
1h30



Cook time:  
1h00



Servings:  
4

## INGREDIENTS

- 500 g chicken (or beef)
- 3 medium potatoes (about 400–500 g)
- 1 medium beetroot (150–200 g)
- 1 carrot
- 1 onion
- 200 g cabbage
- 2 tbsp tomato paste
- 2–3 cloves garlic
- 2 tbsp vegetable oil
- Salt and black pepper (to taste)
- 1–2 bay leaves
- Fresh parsley (optional)
- 2–3 tbsp sour cream (for serving)
- 1.5–2 liters of water

## INSTRUCTIONS:

1. Boil water with meat for 30–40 minutes.
2. Add chopped potatoes and cook for 10–15 minutes.
3. Add shredded cabbage.
4. Fry onion, carrot, and beetroot with tomato paste.
5. Add fried vegetables to the soup.
6. Add salt, pepper, garlic, and bay leaf.
7. Cook for 10–15 minutes.
8. Serve hot with sour cream.



### Tips & Variations

Use fresh beetroot for better color and taste.  
Add a little lemon juice or vinegar to keep the red color.  
For a vegetarian version, use vegetable broth instead of meat.  
You can replace chicken with beef or make it meat-free.  
Do not overcook the vegetables – they should stay slightly firm

# MAIN DISH:VARENYKY

## THE CULTURAL STORY

Varenyky are a versatile Ukrainian staple, served as a daily comfort meal or as a mandatory "lean" dish during the Christmas Holy Supper. Their half-moon shape historically symbolizes the moon and fertility, often appearing in folklore as "miracle" dumplings. Beyond the food itself, the dish represents collective memory, frequently prepared during family gatherings or used in New Year's "surprise" traditions to predict luck and wealth.



Prep time:  
1h15



Cook time:  
45min



Servings:  
4

## INGREDIENTS

- 500 g of wheat flour
- 1 egg
- 0.5 tsp of salt
- 25 g of vegetable oil
- 250 ml of water
- 2 Potatoes



## INSTRUCTIONS:

1. Mix flour and salt in a bowl and pour in the boiling water and oil, stirring with a spoon.
2. Once slightly cooled, stir in the egg and knead until smooth and elastic.
3. Wrap the dough in plastic and let it rest for 30 minutes.
4. Roll the dough thin on a floured surface. Cut out circles using a glass.
5. Place a teaspoon of potato in the center, fold and press the edges firmly to seal.
6. Drop into boiling salted water and cook for 2–3 minutes after they float to the surface.
7. Drain and serve hot with fried onions and sour cream.



### Tips & Variations

For the best results, use boiling water to ensure dough elasticity and let it rest for 30 minutes to prevent snap-back. Maintain a soft texture by incorporating room-temperature ingredients gradually, keeping the dough covered to avoid drying out, and leaving a border when filling to ensure a perfect seal.

# DESSERT: SYRNYKY

## THE CULTURAL STORY

A popular Ukrainian breakfast or dessert, Syrnyky are a cherished "домашня" (homemade) staple. Simple, affordable, and comforting, they evoke nostalgic childhood memories of family cooking. Our team chose this dish to represent the heart of Ukrainian culture and tradition.



Prep time:  
10min



Cook time:  
25min



Servings:  
4

## INGREDIENTS

- 500 g cottage cheese (preferably 5–9% fat, not too wet)
- 1 egg
- 2–3 tbsp sugar (to taste)
- 1 tsp vanilla sugar (optional)
- 3–4 tbsp flour (+ extra for coating)
- A pinch of salt
- 2–3 tbsp oil for frying

## INSTRUCTIONS:

1. Prepare the cottage cheese: drain excess moisture or mash until smooth.
2. In a bowl, mix cottage cheese, egg, sugar, vanilla sugar, and salt.
3. Add flour gradually and mix until a soft dough forms.
4. Shape small balls and flatten them into thick pancakes.
5. Coat each piece lightly with flour.
6. Heat oil in a frying pan over medium heat.
7. Fry syrnyky for 3–4 minutes on each side until golden brown.
8. Optionally cover and cook for another 2–3 minutes to ensure they are fully cooked inside.
9. Serve warm with sour cream, honey, or jam.



### Tips & Variations

To ensure soft, perfect syrnyky, use dry cottage cheese and minimal flour to prevent toughness, cooking on medium heat for an even golden finish. For a lighter or personalized version, try baking them instead of frying and experiment with additions like raisins or gluten-free flour.

# 3 FLAVORS OF EUROPE AND BEYOND

## DAY 6: ITALY

### THE MENU

BRUSCHETTE  
CAPRESE SALAD  
PARMIGIANA DI  
MELANZANE  
PASTA AL PESTO  
TIRAMISU



IRENE.E, YAREN, IRENE.C, ASLI, LORENZO

# STARTER: BRUSCHETTE

## THE CULTURAL STORY

Originating in central Italy as a simple "peasant dish," bruschetta is now a popular summer aperitif prized for being fresh, fast, and made from basic seasonal ingredients.

 Prep time: 15min  Cook time: 0min  Servings: 4

## INGREDIENTS

- 1 bread (baguette or casareccio)
- 4/5 medium tomatoes
- olive oil
- basil, salt



## INSTRUCTIONS:

1. Wash and dice 4-5 medium tomatoes in small pieces.
2. Add tablespoons of olive oil, a pinch of salt, and a few chopped basil leaves.
3. Slice the bread and toast it in the oven until golden and crispy.
4. Spoon the tomato mixture onto each slice of bread.
5. Add a little more olive oil on top if desired
6. Serve and enjoy!

# STARTER: CAPRESE SALAD

## THE CULTURAL STORY

Mostly eaten in summer season, this dish was born in Capri as a tribute to Italian flag, the color of this dish are green, white and red.

 Prep time: 20min  Cook time: 0min  Servings: 4

## INGREDIENTS

- 200 - 250 g processed cheese (about 2 standard blocks)
- 3 hard-boiled eggs
- 3 - 5 cloves garlic (adjust to taste)
- 2 - 3 tablespoons mayonnaise
- Salt, to taste
- Optional: black pepper or fresh dill

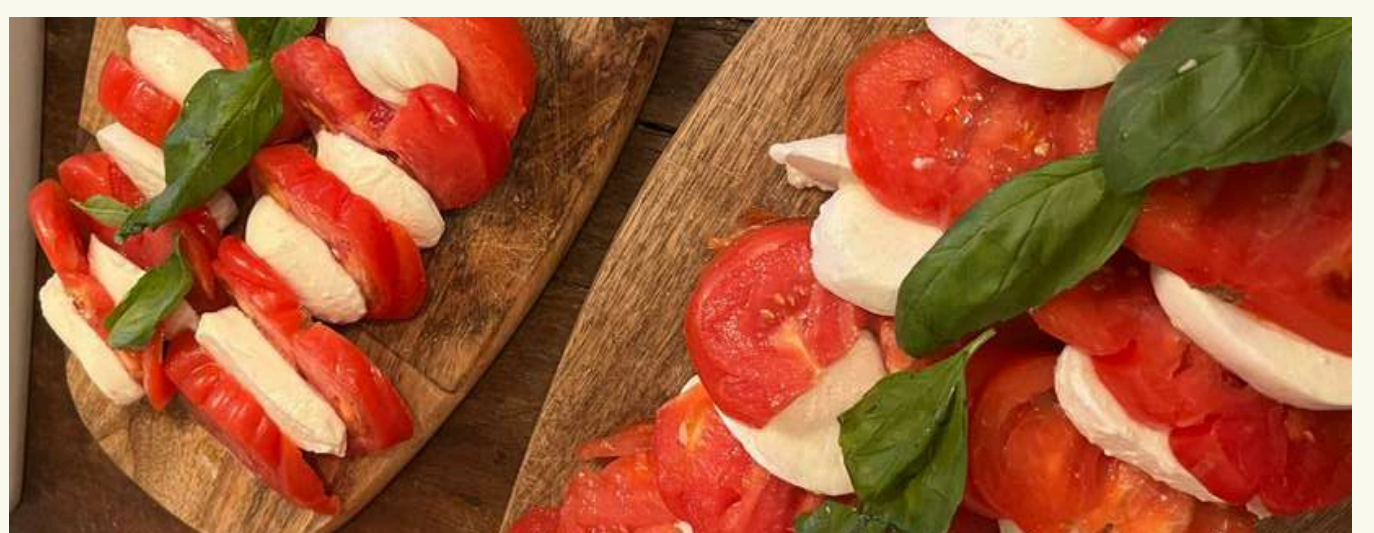
## INSTRUCTIONS:

1. Wash the tomatoes and slice them into medium thick rounds.
2. Drain the mozzarella and slice into rounds.
3. Arrange the tomatoes and mozzarella slices alternately on a large serving plate.
4. Tuck fresh basil leaves between the slices. Drizzle extra virgin olive oil.
5. Season with salt and serve immediately.



### Tips & Variations

Just use local food and if desired use vegan mozzarella



# MAIN DISH: PARMIGIANA DI MELANZANE

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## THE CULTURAL STORY

Strongly associated with region such as Sicily and Campania where eggplants grow well in the mediterranean climate.

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 Prep time:  30min Cook time:  50min Servings: 4

## INGREDIENTS

- 3 large eggplants
- 700mL tomato sauce
- 4 eggs
- 300 gr of flour
- 1 onion
- fresh basilic leaves
- 250 gr mozzarella
- 100 gr grated parmigiano
- olive oil, salt



### Tips & Variations

It's better to change the oil used to fry when it's brown.

## INSTRUCTIONS:

1. Wash the eggplants and cut them into slices.
2. Sprinkle the slices with salt and let them rest for 30 min to remove the excess water.
3. Put the eggplant in the mixed eggs and then in the flour.
4. Fry the eggplant slices in hot oil until golden and set aside on paper towels.
5. Prepare the tomato sauce in a pot with olive oil and onion.
6. Preheat the oven to 180°C.
7. In a baking dish, spread a thin layer of tomato sauce on the bottom, then add a layer of eggplant slices, mozzarella, and parmigiano.
8. Repeat the layers until all ingredients are used.
9. Bake for about 40 min until golden.
10. Let rest for at least 10 min before serving.



# MAIN DISH: PASTA AL PESTO

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## THE CULTURAL STORY

This sauce was born in Genova, Liguria. What began as a regional sauce became one of Italy's most internationally loved dishes.

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 Prep time:  20min Cook time:  15min Servings: 4

## INGREDIENTS

- 400 gr pasta
- 150 gr of basil pesto
- 30 gr of parmigiano reggiano,
- 2 tablespoon of extra virgin olive oil



### Tips & Variations

It's better to make homemade pesto.

## INSTRUCTIONS:

1. Fill a large pot with water, bring to boil and add salt.
2. Add the pasta to the pot and cook until al dente.
3. While the pasta cooks place the pesto in a large bowl.
4. Drain the pasta.
5. Add the hot pasta to the bowl with the pesto and mix.
6. Stir in grated parmigiano and a drizzle of olive oil.
7. Serve immediately with more parmigiano.

# DESSERT: TIRAMISU

## THE CULTURAL STORY

Most known italian dessert. It's considered a modern italian dessert and most historians trace tiramisu back to the region of veneto.



Prep time:  
30min



Cook time:  
0min



Servings:  
4

## INGREDIENTS

- 250 gr of mascarpone cheese
- 2 large eggs
- 80 gr of sugar
- 250 gr of savoiardi
- 200 ml espresso coffee
- cocoa powder



## INSTRUCTIONS:

1. Make espresso coffee and put it in a plate.
2. For the cream, separate egg yolks and whites.
3. Mix yolks with sugar until light and creamy.
4. Add mascarpone and mix until smooth.
5. In another bowl, whip egg whites until stiff peaks form, then gently add them into the mascarpone mixture.
6. Dip each savoiardo into the coffee.
7. Arrange a layer of soaked biscuits in a dish.
8. Spread half of the mascarpone cream over the biscuits.
9. Repeat with another layer of coffee-soaked biscuits and the remaining cream on top.
10. Smooth the surface and dust with cocoa powder.
11. Refrigerate for at least four hours before serving.



### Tips & Variations

Don't soak for too long the savoiardo biscuits or they will fall apart

3

## FLAVORS OF EUROPE AND BEYOND

# DAY 7: GERMANY

### THE MENU

KARTOFFELSALAT

GURKENSALAT

SCHNITZEL

KÄSEPÄTZLE

ROTE GRÜTZE



BEGÜM, NARMIN, DIANA, BARIS, DENNIS

# STARTER: GURKENSALAT

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## THE CULTURAL STORY

Reflects Germany's love for fresh, simple, and seasonal side dishes.

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Prep time:  
10min



Cook time:  
0min



Servings:  
4

## INGREDIENTS

- 2 large cucumbers
- 250 g yogurt
- 50 ml sour cream (optional)
- 1 tbsp vinegar
- 1 tbsp lemon juice
- 1 bunch dill, 1 garlic
- Salt and pepper (as needed)

## INSTRUCTIONS:

1. Slice the cucumbers into thin rounds. Add vinegar and mix gently.
2. In a bowl, combine yogurt, sour cream (if using), chopped dill, lemon juice, salt, and pepper. Mix until smooth.
3. Add the cucumbers to the dressing and mix well until evenly coated.
4. Let the salad rest briefly before serving for the best flavor.



# STARTER:KARTOFFELSALAT

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## THE CULTURAL STORY

A staple of German home cooking and a traditional side dish served at celebrations and picnics.

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Prep time:  
30min



Cook time:  
20min



Servings:  
4

## INGREDIENTS

- 6 medium waxy potatoes
- 1 medium red onion
- 6 small pickles
- 200 g yogurt
- 1 tbsp vinegar
- 2 tbsp neutral oil
- ½ tbsp mustard
- ½ bunch parsley
- Salt and pepper (as needed)

## INSTRUCTIONS:

1. Cut into cubes the potatoes and cook them until just tender, and Let them cool slightly.
2. Mix the potatoes with vinegar and let them absorb the flavor.
3. In a bowl, add yogurt, oil, mustard, chopped parsley, salt, and pepper. Mix until smooth.
4. Finely chop the red onion and pickles.
5. Add the onions and pickles to the potatoes, then pour over the dressing and gently mix until well combined.
6. Let the salad rest for a bit before serving so the flavors can mingle.

# MAIN DISH: SCHNITZEL

## THE CULTURAL STORY

Symbolizes Germany's Central European culinary heritage and is commonly served at family gatherings and restaurants.



Prep time:  
30min



Cook time:  
20min



Servings:  
4

## INGREDIENTS

- 2 large chicken breasts
- 2 eggs
- 250 g flour
- 350 g breadcrumbs
- Oil for frying (as needed)
- Salt, pepper, paprika (to mix into the flour, as needed)
- 1 lemon (cut into wedges or slices)



## INSTRUCTIONS:

1. Cut each chicken breast into 2 thin pieces and flatten the chicken
2. Place the pieces between sheets of paper or plastic wrap and gently pound them with a meat hammer until thin and even.
3. Pat the chicken pieces dry with a paper towel.
4. Place the spiced flour on one plate, beat the eggs in a bowl and spread breadcrumbs on another plate.
5. Coat each piece first in flour, then dip into the eggs, and finally cover with breadcrumbs.
6. Heat oil in a pan over medium-high heat and fry the schnitzels until golden and crispy on both sides and fully cooked.
7. Cut the lemon into wedges and serve with the schnitzel.



### Tips & Variations

The Original Schnitzel is made out of pork, but to make it more enjoyable for everyone (especially people from different cultures and religions), chicken is a valid option!

# MAIN DISH: KÄSESPÄTZLE

## THE CULTURAL STORY

Represents the warm, homemade comfort food of Southern Germany, especially in the Swabian region.

 Prep time:  15min Cook time:  30min Servings: 4

## INGREDIENTS

- 500 gr Spätzle
- 200 gr grated cheese (Emmental + Bergkäse)
- 2 medium onions
- 50 g butter
- Milk (a small amount, for the sauce)
- Salt, pepper, parsley (as needed)

## INSTRUCTIONS:

1. Slice the onions and fry them in butter until golden and slightly crispy
2. Add grated cheese to a pan with a splash of milk and gently heat until melted into a creamy sauce.
3. Add in a boil of salted water the Spätzle
4. Mix the cooked Spätzle with the cheese sauce until evenly coated.
5. Transfer the mixture to an ovenproof dish, sprinkle additional cheese on top, and add the fried onions.
6. Bake at 200–220°C for about 10 minutes, until the top is melted and slightly golden.
7. Garnish with parsley and serve hot.

# DESSERT: ROTE GRÜTZE

## THE CULTURAL STORY

A staple of German home cooking and a traditional side dish served at celebrations and picnics. Represents Northern Germany's coastal fruit traditions and is a nostalgic dessert for many families.

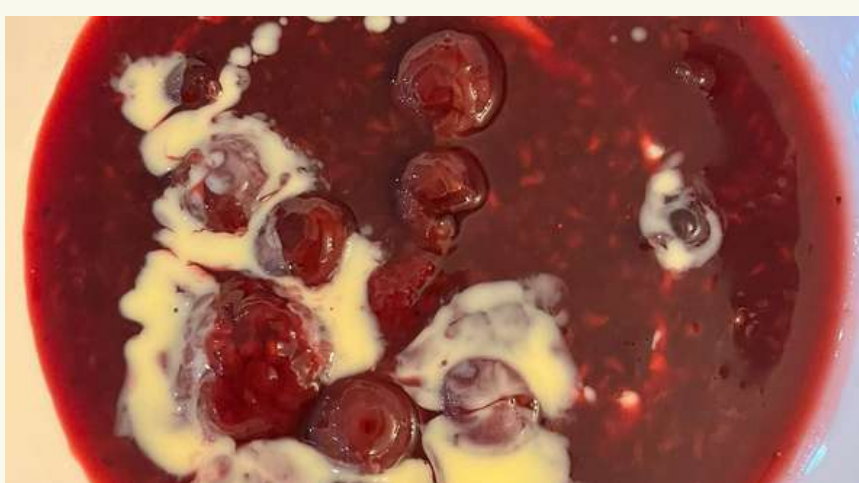
## INGREDIENTS

 Prep time:  2h00 Cook time:  1h30 Servings: 4

- 500 g mixed red berries
- 300 ml berry juice (or cherry juice)
- 200 ml water
- 60–70 g cornstarch
- 80–120 g sugar (depending on sweetness of berries/juice)
- 1 tsp vanilla extract
- Zest of ½ lemon
- Vanilla sauce (about 300–400 ml total)

## INSTRUCTIONS:

1. Wash the fresh fruits or if it is frozen fruits use them directly.
2. In a large pot, combine the cherry juice and add some sugar in it.
3. In a glass, mix the cornstarch with water until the mixture is completely smooth.
4. Lower the heat and slowly whisk in the starch slurry. Stir constantly for about 1 minute until the mixture becomes thick and clear.
5. Add the berries to the pot. Simmer gently for 2–3 minutes, keeping the fruit intact.
6. Serve chilled with vanilla sauce or cream and refrigerate until cold.



3 FLAVORS OF EUROPE AND BEYOND

DAY 8: SWEDEN

THE MENU

SPREE SALAD  
TOAST SKAGEN  
MASHED POTATOES  
MEATBALLS  
KANELBULAR



SAID, OGEE, YARYNA, AFZAAL, IRIS

# STARTER:SPREE SALAD

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Prep time:  
20min



Cook time:  
0min



Servings:  
4

## INGREDIENTS

- 2 cucumbers
- 1 tsp salt
- 100 g sour cream (or Greek yogurt)
- 2 tbsp white wine vinegar
- 1 tsp sugar
- 1 small red onion, finely diced
- 1 bunch fresh dill, finely chopped
- ½ tsp black pepper

## INSTRUCTIONS:

1. Thinly slice the cucumbers using a mandoline or a sharp knife.
2. Place slices in a colander, sprinkle with salt, and let sit for 15 minutes to draw out excess water. Pat dry with a paper towel.
3. In a medium bowl, whisk together the sour cream, vinegar, sugar, and black pepper until smooth.
4. Add the dried cucumber slices, diced onion, and fresh dill to the dressing.
5. Toss well and refrigerate for at least 30 minutes before serving to let the flavors marry.



# STARTER:TOAST SKAGEN

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## THE CULTURAL STORY

Created in the 1950s by Tore Wretman, Toast Skagen is a Swedish classic named after a Danish port. This quintessential shrimp appetizer is a national staple, representing the fresh flavors of the Swedish archipelago and summer.

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Prep time:  
15min



Cook time:  
10min



Servings:  
4

## INGREDIENTS

- 400 g peeled small shrimp
- 4 slices white bread
- 3–4 tbsp mayonnaise
- 2 tbsp crème fraîche
- 2 tsp Dijon mustard
- 1 small shallot
- 1–2 tbsp fresh dill
- 1–2 tsp lemon juice
- Salt and black pepper,
- Butter
- Lemon wedges
- Extra dill for garnish

## INSTRUCTIONS:

1. Roughly chop the shrimp if they're large, then mix with mayonnaise, crème fraîche, mustard, chopped shallot, dill, and lemon juice. Season with salt and pepper.
2. Fry the bread slices in a pan with butter until golden and crispy on both sides.
3. Spoon the shrimp mixture generously onto each piece of toast and garnish with extra dill on top.
4. Plate with a wedge of lemon on the side and serve immediately while the toast is still crisp.



# MAIN DISH: MEATBALLS

## THE CULTURAL STORY

Although a Swedish icon, köttbullar were influenced by recipes King Charles XII brought from the Ottoman Empire in the 18th century. Since then, Sweden has transformed them into a comfort food staple, delicately spiced and served with cream sauce and lingonberries for both daily meals and festive holidays.

 Prep time:  20min Cook time:  25min Servings: 4

## INGREDIENTS

- 500 g ground beef (or mix beef + veal for extra tenderness)
- 1 small onion
- 1 garlic clove
- 1 egg
- 50 ml milk
- ½ cup breadcrumbs
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp ground allspice
- ¼ tsp nutmeg
- Butter or oil for frying
- 2 tbsp butter
- 2 tbsp flour
- 400 ml beef stock
- 100 ml heavy cream
- 1 tsp soy sauce
- Salt & pepper to taste

## INSTRUCTIONS:

1. Soak breadcrumbs in milk for 2–3 minutes.
2. Mix with ground meat, onion, egg, garlic, and spices.
3. Roll into small balls (about walnut size).
4. Fry meatballs in batches until browned on all sides and cooked through, remove and set aside.
5. In the same pan, melt butter and whisk in flour.
6. Then gradually add beef stock and stir until smooth and thickened.
7. Add cream and soy sauce and season to taste.
8. Return meatballs to the sauce and simmer for 5–10 minutes so they soak up flavor.
9. Serve it hot.



### Tips & Variations

Prepare meat overnight

Don't overwork the meat → keeps meatballs soft, not dense

Use allspice → gives the signature Swedish taste

Serve hot with mashed potatoes and a spoon of lingonberry jam—the sweet contrast is traditional and important.

# SIDE DISH: MASHED POTATOES

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 Prep time: 20min  Cook time: 10min  Servings: 4

## INGREDIENTS

- 800 g potatoes (floury/starchy, e.g. Maris Piper or King Edward)
- 50 g butter
- 100 ml milk (or cream for richer taste)
- Salt (to taste)
- Optional: white pepper, garlic, or nutmeg

## INSTRUCTIONS:

1. Peel the potatoes and cut them into evenly sized chunks.
2. Place them in a pot, cover with cold salted water, and bring to a boil.
3. Cook for 15–20 minutes until soft (you should be able to pierce them easily with a fork).
4. Drain the potatoes well and let them steam dry for a minute.
5. Mash using a potato masher or press until smooth.
6. Heat the milk slightly, then add it together with the butter.
7. Mix until creamy and smooth.
8. Season with salt and optional spices to taste.



# DESSERT: KANELBULLAR

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## THE CULTURAL STORY

Kanelbullar is more than just a pastry, it is the heart of the Swedish tradition known as fika, a daily break centered on slowing down to enjoy coffee and conversation with friends or colleagues. Every October 4th for Kanelbullens dag (Cinnamon Bun Day), a national celebration created to honor Sweden's baking heritage.

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 Prep time: 1h00  Cook time: 30min  Servings: 4

## INGREDIENTS

- 375 ml milk
- 25 g fresh yeast
- 75 g sugar
- 75 g butter (softened)
- 1 Small egg
- 700 g flour
- 0.5 tsp salt
- 0.5 tsp ground cardamom
- 75 g softened butter
- 50 g sugar
- 1–2 tbsp ground cinnamon
- 1 small egg (for brushing)
- Pearl sugar

## INSTRUCTIONS:

1. Warm the milk and dissolve the yeast in it.
2. Add sugar, eggs, softened butter, cardamom, and salt.
3. Gradually add flour and knead into a soft dough.
4. Let the dough rise for 40–60 minutes.
5. Divide the dough into 2–3 parts and roll each out.
6. Spread the filling (butter + sugar + cinnamon).
7. Roll into a log and cut into buns.
8. Place on baking trays and let rise again for 20–30 minutes.
9. Brush with beaten egg and sprinkle with sugar.
10. Bake at 200°C for 10–15 minutes.



## 4

## THE YOUTH EXCHANGE EXPERIENCE



*"We are very happy to have worked as a team; we learned a lot."*



*"Working on this project has been a profound learning journey for our entire team."*



*"We learned how to prepare a traditional dish. Cooking together was easy and enjoyable."*



*"This project has sparked a true passion for international exchange in me. I can't wait to bring this energy into my next Erasmus+ adventure!"*

## 4 THE YOUTH EXCHANGE EXPERIENCE



*"I am leaving this experience with a clear vision and new goals, feeling inspired to promote inclusion and sustainability back in my own community."*

*"These workshops were a real eye-opener; they made me realize how much we can learn and achieve simply by sharing a meal and our stories."*



*"It was a positive experience that strengthened our collaboration and made the process more fun."*



*"This experience has not only sharpened our technical skills but also taught us the true value of collective creativity."*



*"Everyone did on step, and we learn how to collaborate."*

## 5 PROJECT CONSORTIUM



CŒUR D'AFRIQUE ET D'AILLEURS  
(FRANCE)



JUGENDVISION E.V. (GERMANY)



MILANO INTERNATIONAL YOUTH GROUP  
(ITALY)



UNITED EQUALITY (SWEDEN)



ANKARA EĞİTİM GÖNÜLLÜLERİ DERNEĞİ  
(TÜRKİYE)



TERRITORY OF IDEAS (UKRAINE)



ASOCIATIA YOUTH COMPETENCY DEVELOPMENT  
(ROMANIA)

## 6 CONTACT

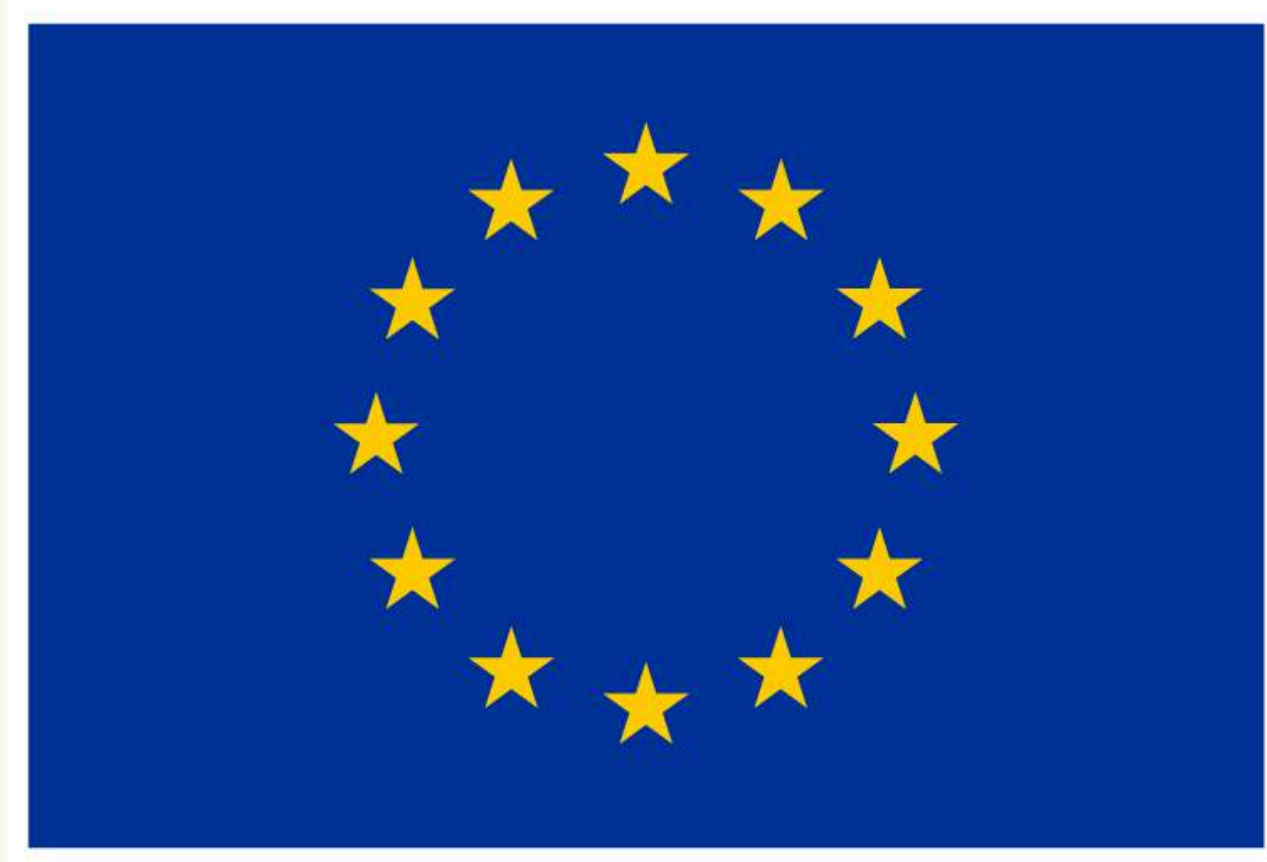


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THROUGH MEALS

