

# **EuRoB.I.N. (Biological, Innovative, Nutrient) Food**

**Erasmus+ Youth Exchange**

**Amsterdam 15-25 September 2018**

## **The Diary of Pirates Cooks**

**(innovative recipes, intercultural dishes, pirate feeling, deep fried emotions, hugs & mugs breakfasts, histories left over...)**

**When Pirates, Vikings and Outlaws are gathering and meet each other, kitchen aprons are needed instead of shields, onion knives instead of swords and the dead man's chest is filled with bulbs and seeds, while the compass of emotions is placed on the map of confusion.**

**Introducing:**

<b>Giacomo</b>	<b>Melanie</b>	<b>Javier</b>	<b>Ivi</b>	<b>Dario</b>
<b>Wouter</b>	<b>Gimondi</b>	<b>Alvaro</b>	<b>Elefteria</b>	<b>Ana</b>
<b>Asli</b>	<b>Sabrina</b>	<b>Silvia</b>	<b>Xronis</b>	<b>Ines</b>
<b>Marluce</b>	<b>Paola</b>	<b>Guillermo</b>	<b>Dimitris</b>	<b>Diogo</b>
<b>Dorota</b>	<b>Filippo</b>	<b>Blanca</b>	<b>Stathis</b>	<b>Marco</b>
<b>Eline</b>	<b>Gennaro</b>	<b>Persa</b>	<b>Roach</b>	<b>Bogdan</b>

## DAY 1 - Getting to know each other

16.09.2018

Due to windy conditions we were a bit late on the scheduled activities. We managed to have an incredible breakfast that allowed us to keep travelling abroad.

To memorize everybody we made a drawing exercises of ourselves.

Nice start!

After some amazing crepes and oranges (and sexy coffee) we started the activities with the pirates crew. Then another challenge! To become a real pirate we had to build our own boat to cross the river, but just one was capable to finish it. Without success in the river we tried to plan how we could life (with the house of our dreams) in land as a society (community game). Then time for the Spanish night!! Arriba!!!

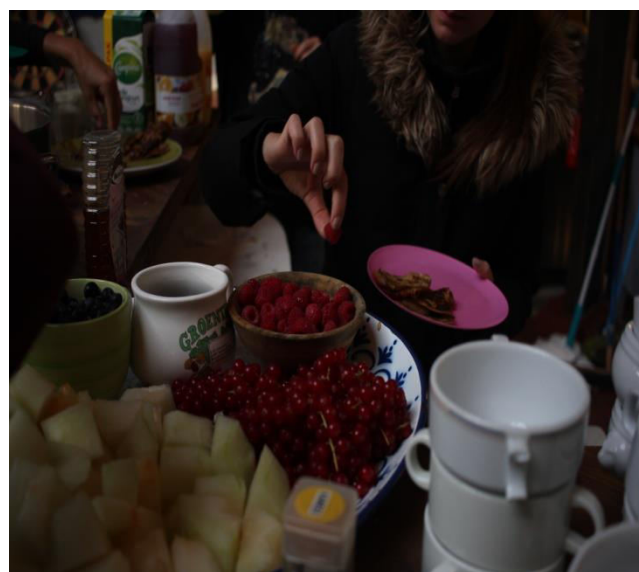


## LUNCH:

### Asli recipe

Ingredients ( for 30 people)

- 3 tbs ginger
- 4 tbs garlic
- 8 onions (thinly chopped)
- 2 cups of cherry tomatoes
- Handfull of beans (long)
- 1 whole cabbage
- 1 tbs garlic powder
- 2 bunches spring onions
- 6 paprikas (thinly chopped)
- 0,5 L Soy sauce + thick soy sauce ( ketchup mores)
- 10 eggs
- Rice



### **Gazpacho : recipe by Guillermo the cook!!**

Ingredients:

- Bread
- Little bit of water
- 1 kg of riped tomatoes
- 1 cucumber
- 2 green peppers
- 1 peace of garlic
- 2 spoons of apple vinegar
- 1/3 cup of olive oil extra virgin
- 2 tbs of salt

### **Tortilla de ortiga (for 4 people)**

Ingredients:

- 5 potatoes
- 4 eggs
- Ortiga
- Oil
- salt



17.9.2018

## **DAY 2 - Emotion: Selfishness and greed**

Some people take a shower; it smells better.

And the water I the shower will be reused to cook the pasta for the dinner  
After breakfast we received some visits from some other pirate crew and told us about their travels during their life's (lots of myths and adventures).  
Pirate life is to easy for everybody.  
Today the pirate has problems with his English.

When we talk with EUROBIN pirates we understand the impact and importance to be aware from other

reality. For this reason we asked EUROBIN pirates how they feel. We found very different feelings like powerless (the ability to overcome yourself), fear (to share other reality), Curiosity (to discover other human experiences) and comfort (to speak to somebody in mother language. All the feelings make me hungry.



At the evening we learned how to plant seeds and the organic waste. It is cool because every group used a different team zone and shared funny videos. After dinner we learned the meaning of a lot of Italian expressions. And the rest we may not write down for the pirates privacy.

## **LUNCH:**

Ingredients:

- 200gr sugar
- 125gr butter
- 400gr white flour
- 8gr baking powder
- 1 egg

Steps (easy to do using electrical mixer):

- Mix the butter with the sugar
- Add the egg and keep mixing
- Add flour and baking powder
- Keep mixing
- When all the ingredients become one bake at 175C for 30min



## **DINNER:**

### **Pasta Alla Siciliana (for 4 people)**

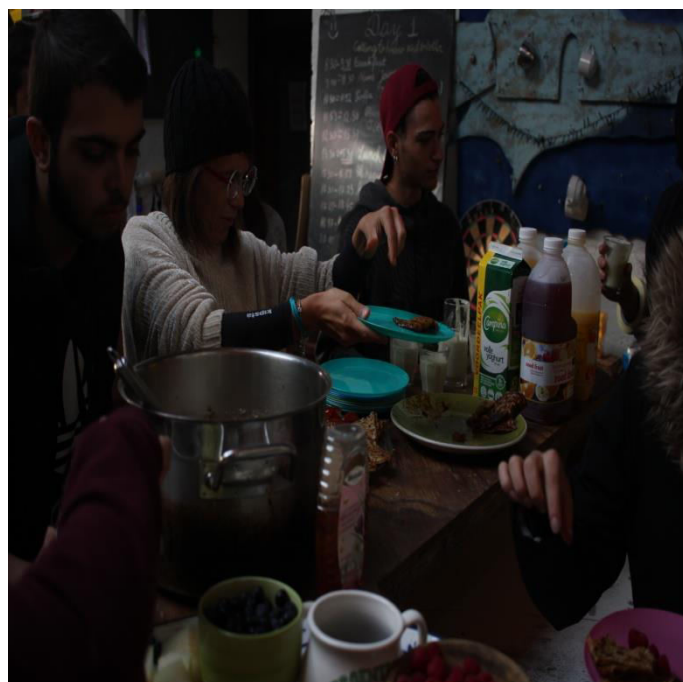
Ingredients:

- 300gr eggplant
- 3 bottles of tomato sauce
- 1 kg rigatoni pasta
- 300gr mozzarella
- 200gr parmezan

### **Chocolate cake by Malus**

Ingredients:

- 4 eggs
- 150 gr butter
- 150 gr sugar
- 200 gr dark chocolate( special chocolate for cooking)
- 1 spoon white flour
- salt





## **DAY 3 - Emotion: Shyness**

Today is a big day. Gimo took a shower!!!

Since now it smells better, we started to think about our lunch...

We did an Amsterdam MasterChef contest and the goal was to cook the best pasta and bread. Some teams tried to win but they couldn't ☹️ All the pasta that we cooked today was very tasty but one of them was the best (chosen by our "jury"). This is the recipe that won: CAVATELLI WITH Pesto .



For the dinner, it is time for the Portuguese team. They did a very nice dinner, as they cooked the typical food from Portugal.

### For the entrances:

- olives with garlic,
- parsley and olive oil,
- bolo do coco.

### For the main dish:

- Barbecue of vegetables (sweet potatoes, peppers, courgette, onions, mushrooms...) and some meat
- White rice of carrot
- Caldo verde (the soup)

### For the desserts:

- Leite crème
- Fogaca( Santa Maria da Feira)

## **LUNCH:**

### **Cavatelli with Pesto** (10-12 people)

Ingredients:

For the pasta:

- 250gr flour
- 250gr whole flour
- 2 spoons olive oil
- Water

For the sauce (pesto with tomato):

- Basil
- Pine nuts
- Parmesan cheese
- Olive oil
- Garlic
- 10 cherry tomatoes



### **Bolo do Caco**

(Bread), portuguese recipe

Ingredients:

- 1 Kg Farinha
- 750 gr Batata doce
- 25 gr Fermento de padeiro
- 1 spoon sal
- Water

For the garlic butter:

- Butter 500gr
- 4 Garlicks Alho
- Hand of Saca



## **DINNER:**

### **Gnocchi**

For the pasta (10 people approximately)

Ingredients:

- 1 Kg potatoes
- 300 gr flour



### **Caldo Verde**

Ingredients:

- Water
- Potatoes
- Onions
- Cabbage (couve gallego)



### **Fogaca (Santa Maria da Feria)**

Ingredients:

- 150ml warm water
- 200 gr yeast flour
- 50 gr fermento fresh (yeast)
- 1 lemon
- 10 gr salt
- 120 gr butter
- 150 gr sugar
- 3 eggs + 1 to brush
- 600 gr flour wheat
- Linamon (enough)





## DAY 4 - Emotion: Guilt

Today is a great day because it's Greek night! But first let's start from the beginning. We had taken our breakfast and then played some energizers. After, we had discussed about the emotion of the day and that was 'guilty'. Also today was a gardening day: "Hands on the earth and keep it moist. By the end we prepared a tutorial of "how to take advantage of seeds/branches to make them (re)grow". During the afternoon the caption gave us a free afternoon. Now the Greek nights begin (tripsto tripsto). Like being in a restaurant we sit and the entrances were on the table, namely: tzatziki, fakosalata (lentils salade), ntakos (paksimadi bread with feta, tomato and olive oil). Main dish: Gemista (filled pepper with meat, rice or only rice for vegans). And last but not least for desert, Xalvas.



20.09.2018

## DAY 5 - Emotion: Anger

Before this amazing surprise though, the day started once again with a breakfast followed by energizers. Then we discussed about "what makes us feel anger". In order to understand what can make us anger we went to a treasure hunt trough the Amsterdam . What a challenge! Then we had done pic-nique in the Vondelpark. It was a good moment, but strange reality to come back to the society. Before leaving we had a group picture and we were presented by the concept of DE peper. It is a self-managed (not) restaurant by volunteers were "costumers" can enjoy as they were in a restaurant but not in a formal way. This place lives through the will of people to provide donations. After an amazing job of the pirate team in taking care De peper, we had a concert of jazz. Top! Then we came back home and prepared for a stormy night.





De Peper. It is not a restaurant.. The menu was:



- De peper & vabbant
- Outlaw salada
- Tak's roasted veggies
- Tempura of the Caribbean
- Kokosherwood cake
- Tortuga soup

21.09.2018

## DAY 6 - Emotion: Fear

After the storm we were all alive and the Portuguese survived in their open air tent. Lazy breakfast, once again delicious. We had as an energizer a theater warming up game and also games related to focus. The temperature changed and we can say that we have arrived to the Netherlands. The question: "What makes us feel fear?" We had a role-playing game. A congress consisted of Momanto, Farmers and Activists. It was a great activity. The lunch was o combination of leftovers from the peper and previous national nights. Then since we were kind of tired , the captains decided to give us a resting moment but without sleeping. Some did gardening, some just chill out. At the night, we had a dinner and then a "Karaoke night". Each nationality had to sing a song from another country. The outcome: Gennaro "won" or "stole" 5 coins!



## DAY 7 - Emotion: Disgust

So we woke up and, we had a breakfast and an energizer and we had a momentary decision, “What do you want to do?” – An open event. So we started to organize everyone in order to make the party Rock! The Departments were: Communication, Arts, performance, activities, food, logistics. As a director: Paula & Ines. Then we had as a lunch some other leftovers and combination of couscous with tomato. Continuation of the work:

- Building beats, weapons, bridges,
- Posters , maps, signs,
- Food (tortillas, etc),
- Shops ,
- Games creation,
- Etc



And last but not least, we had dinner: Ashley’s recipe “Japanese dumplings”





## DAY 8 - Emotion: Friendship

Sooo LET'S WAKE UP !!! Today is a freezing cold day, as well as yesterday. We had altogether a group shower (in the rain) and then a breakfast with very special stuff (as everyday), including different types of cheese, balty and sweet pancakes, oat port, fruits and of course, COFFE! Also today we had eaten a new delicious thing (like a cheesecake). Then we had some pirate & funny energizers, such as: "This is a Tic. A what? ". Continuation of "open event" in the pirate camp, without expectations, just simply to enjoy this day and imagine today is everybody's birthday. Yeah!!! I see almost everyone sooo occupied and that give an amazing feeling!!! (Fine tuning of decoration, speeches, games, costumes, others cooking, others making a pirate ship, others cleaning our poo in the toilet , others having sex in the rain/in the tents/in the bathrooms. At the same time, people

continue to cook for the afternoon event, cooking tortillas, caldo verde, salad with lentils, carrot cake, rice, vegetables and falafel. Last but not least, I would like personally to give a HUGE thanks and a hug to the following 2 guys, SILVIA & JIMBO who created an amazing atmosphere during our preparations for the party tonight. The first with her <sup>smile</sup> and her kindness, and the second for his craziness and amazingness. You,guys, rock



## DAY 9 - Emotion: Sad-sweet Good Bye

Summary of strengths and weaknesses, reaching a common point in vulnerability, where differences and similarities joint hands towards a horizon of possibilities, where solidarity is the raft on which we all fit and where the tears clean the stains of the soul.

Ideas for the follow-up started to fly around like seagulls around the boats of tomorrow.

The neighbors came to join the “Thank you” and the “Fare well” and the hug became bigger and warmer and more collective.

We start an introspective activity during which all of us wrote a letter for a friend to explain to them this adventure of cooking emotions and exploring the appetite of Vikings and pirates.

In a full immersion of spirituality we’ve continued the day talking with the neighbors about our sensations, sea of tears filled the sea of experience, words waving on our spiritual boat and at the end hugs like a spiral of the Kraken.

Now it’s time to say goodbye, the earth divided us in different places but forever here we are pirates and this place became our cave where the food, the music, the smiles, the water and the fire have one language.

Bye pirates, we see again in other raid!





## **Special thanks:**

**Giacó Ardo:** <https://www.facebook.com/capitan.jack.cardoso>

**Y.E.S. – Youth Exchange Service:** <http://yesprograms.org>

**2+2 Asociacion:** <https://www.facebook.com/pg/2plus2asociacion>

**Outside the box:** <https://www.facebook.com/pg/ApsOutsideTheBox>

**Quinta das Relvas:** <http://www.quintadasrelvas.pt>

**TrikalAct:** <http://www.trikalact.com>

**Proeftuin De Luwte:** <http://proeftuindeluwte.nl>

**De Peper:** <http://depeper.org>