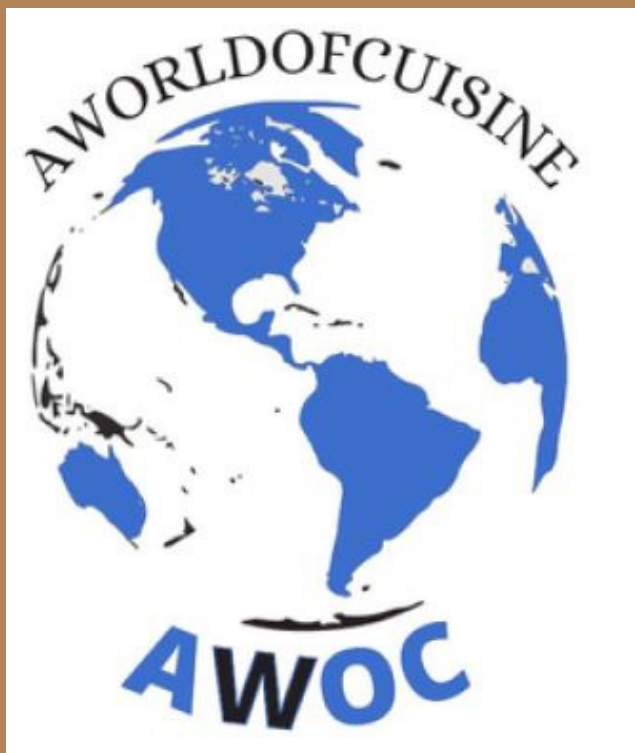


Sofia Aneculaeae

ROMANIA



Erasmus+





MENU

Starter

Mashed Beans with fried onion

Main Course

Chicken Rolls with garnish of boletus stew and sour cream

Dessert

Sponge cake

Starter

Mashed Beans with fried onion



Ingredients

200g beans
3 onions
salt
pepper
50ml sunflower oil
2g sweet paprika /
sumac

Boiled beans are crushed with a fork or a utensil for mashed potatoes, or crushed in a mixer with the addition of garlic, salt and pepper (optionally also paprika). Add oil during the process or, if it is omitted, a little juice left over from cooking and beat well. If the composition is produced by hand, it is recommended to pass the puree through a fine sieve or through a potato sieve to obtain a smooth and silky paste, and if it is prepared with the help of a blender, add garlic, oil (a little, as in a mayonnaise) and mix everything well. Sauté or fry the sliced onion in a pan with a little salt and add it over the beans.

Main Course

Chicken Rolls with garnish of boletus stew and sour cream sauce



Ingredients

7 boneless chicken legs
one egg
2 medium size onions
sour cream
cheddar cheese
sweet paprika
salt
pepper
red peppers
sunflower oil
parsley

Ingredients for the stew

milk
flour
sour cream
sunflower oil
onion
garlic
salt
pepper
boletus mushrooms
a carrot
2 bell peppers



Dried cranberries and thyme for decoration.

For the roulade , I had a very large piece of chicken breast. I cut it in half, then removed a few strips so that there were flat pieces. I put a cellophane foil over the large pieces, then I "stretched" them a little with a rolling pin, thinning the pieces of meat a little. I seasoned with salt, pepper.



I cut the chicken thighs in half. On top of one of the large pieces of chicken breast, I put two thin strips from the ones removed at the beginning (with a maximum thickness of 1 cm).

In the core of these strips, I added the bell pepper and cheddar, then covered with the second piece of chicken breast.

I then rolled the chicken and wrapped it in aluminum foil.

I baked the roulade of chicken breast and for 45 minutes , then took it out of the aluminum foil , drained the liquid into the pan and left it to brown for around 10 minutes on both sides.

For the stew, we put the mushrooms in a sieve to drain the juice. If you use fresh mushrooms, clean them, wash them and scald them a little before preparing the stew. Clean the onion, chop it finely, clean the garlic and cut it into slices. Heat the oil in a pan, put the onion, garlic, 4-5 tablespoons of water and let them simmer. After defrosting and draining the mushrooms, cut them into suitable pieces and add them over the onion.



Pour a cup of water, season with salt and pepper and let it cool down well. If it seems to you that the onions are not well done, sprinkle with a little hot water. In a bowl, mix the cream with the flour and when the mushrooms are reduced, add the cream mixture. We turn it well so that it doesn't stick to the pan, we lower the heat and let it boil for 4-5 more minutes.



Dessert

Sponge Cake



Ingredients

5 eggs

200g sugar

flour

2 packs of vanilla sugar

1 pack of baking powder

4 tbsp of sunflower oil

1g almond extract

1g rum extract

zest of half of a lemon

20g cocoa powder

a pinch of salt

Separate the whites from the yolks and beat the whites with a pinch of salt, using the mixer. When the egg whites have become foamy, add the bourbon vanilla sugar and the cast sugar until we get a hard and glossy foam.

Mix the egg yolks with the oil as for, pour a little at a time, and put the foam over the beaten egg whites, mixing from bottom to top with a spatula.

Mix the flour with the baking powder and put it over the mixture of egg whites and yolks, spoon by spoon, mixing also with the spatula with wide movements from bottom to top so as not to remove the air from the egg whites. We divide the composition into two and in one of them we put the cocoa that we mixed well with 2-3 tablespoons of hot water.

In a large cake pan lined with baking paper we start to form the cake. Put a spoonful of the white mixture and more of the cocoa mixture into the pan, proceed in the same way until you finish both ingredients.

Put the cake in the oven on the preheated stove at 180°C for 30-40 minutes until the cake is well baked.