

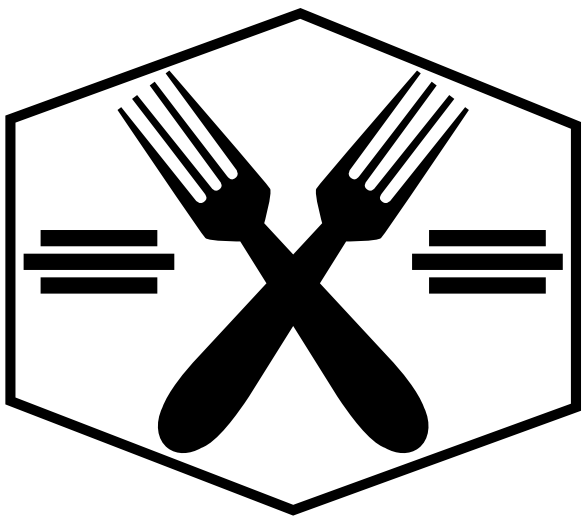
MENU

ARITON ALEXIA
ROMANIA



Erasmus+





➔ S T A R T E R ➔

Potato meatballs with forest mushrooms

Feta cheese and pressed cheese croquets

Beetroot and horseradish salad

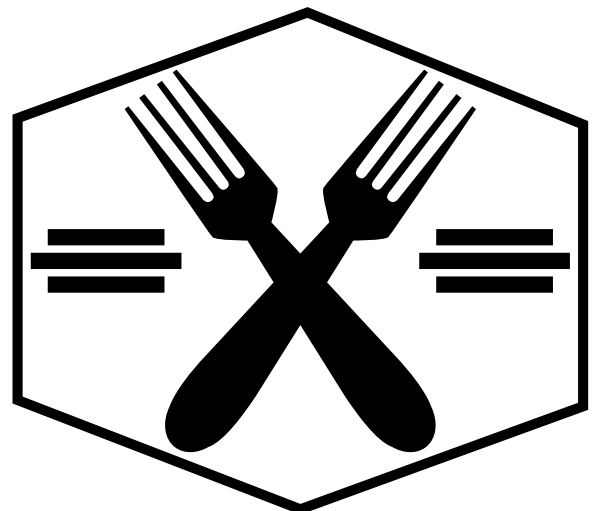
Cucumbers, stuffed with cream cheese and salmon

➔ M A I N C O U R S E ➔

Roast beef with stuffed potatoes

➔ D E S S E R T ➔

Biscuit cake



◆ Potato meatballs with forest mushrooms ◆

★ Ingredients:

700g forest mushrooms (boiled and well-drained)

5 medium size potatoes

1 carrot

2 onions

2-3 cloves of garlic

a bunch of parsley leaves

a pinch of salt

1 g black pepper (minced)

4-5 tablespoons flour (approx. 50g)

250 ml sunflower oil for frying

★ Preparation:

1) Put the peeled potatoes to boil for 25 min.

2) Dice the onion.

3) Peel and grate the garlic cloves and carrot.

4) Fry the vegetables in 20ml oil.

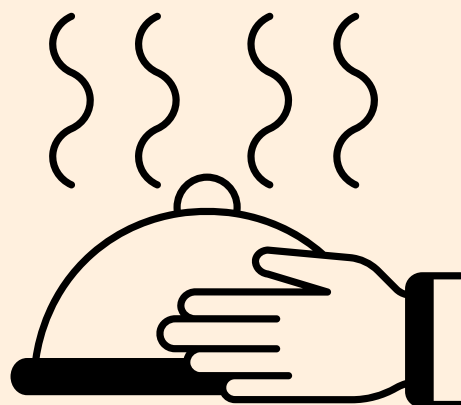
5) Mince first the boiled mushrooms and potatoes, then the fried onion, garlic and carrots.

6) Mix all in a bowl, with salt and pepper.

7) Add the flour and the chopped parsley.

8) Form small and flat meatballs and fry them on both sides.

9) Serve them hot or cold.



◆ Feta cheese and pressed cheese croquets ◆

★ Ingredients:

One medium-size egg

150g feta cheese

100g pressed cheese

a pinch of salt

1g black pepper

250g wheat flour

10g backing powder

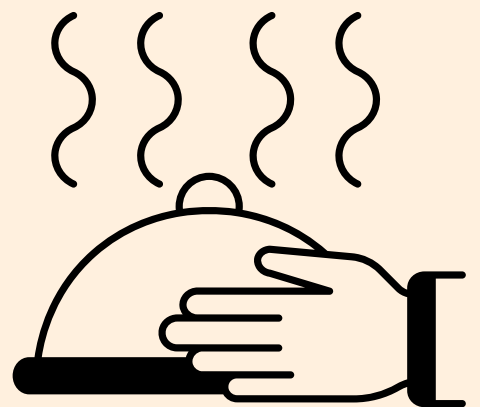
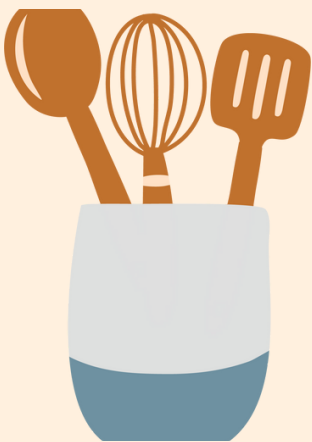
★ Preparation:

1) Grate the two cheeses through a fine grater.

2) Add an egg, flour, the backing powder, some white pepper and stir.

3) Make small balls.

4) Fry them at small-medium heat.



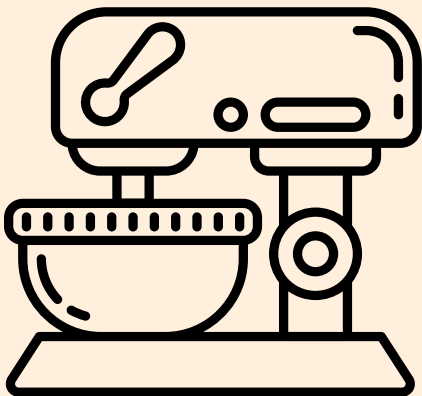
◆ Beetroot and horseradish salad ◆

★ Ingredients:

500g beetroot
100g horseradish
5g salt (a teaspoon)
20-30 ml vinegar
5ml sunflower oil

★ Preparation:

- 1) Boil the beetroot in salty water.
- 2) When is ready, peel it and grate it using the small grater.
- 3) In the meantime, peel the horseradish and grate it in the same way.
- 4) Mix it with the beetroot and add salt and vinegar.



◆ Cucumbers, stuffed with cream cheese and salmon ◆

★ Ingredients:

- 1 Fabio cucumber (250g)
- 1 pack of cream cheese (200g)
- 100g smoked salmon fillet

★ Preparation:

- 1) Cut the cucumbers in 3cm pieces.
- 2) Empty the seeds and core for a cm, using a teaspoon or a knife.
- 3) Fill it with the cream cheese.
- 4) Cut salmon fillet slices and make ornaments in the shape of flowers/leaves, to place them on top.
- 5) Decorate with lemon slices.
- 6) Form a plate with them, adding the cheese croquettes and the beetroot salad.
- 7) Garnish with fresh dill leaves and a roll, made of thin cucumber slices.





◆ Roast beef with stuffed potatoes ◆

★Ingredients:

1kg beef sirloin
600-700ml red wine
200g feta cheese
1kg potatoes
2g black pepper (beans)
30ml sunflower oil (to fry)
2-3 bay leaves
valerian and roast peppers for
decoration
salt



★Preparation:

- 1) Cut the meat into 4 pieces.
- 2) Put the beef to marinade for 72h with 250ml wine, water, salt, pepper and the bay leaves.
- 3) Place it in the cooking rings (you need to grease the meat with oil first).
- 4) Fry the pieces in a pan with sunflower oil, on both sides.
- 5) Put the meat and the juices in a tray.
- 6) Pour a tablespoon of red wine on the top of each ring.
- 7) Add the rest of the wine (save 70ml for the sauce).
- 8) Cover with aluminum foil.
- 9) Put the tray in the oven, for 20 min at 160 °C temperature.
- 10) In the meantime, wash the potatoes and put them in a pot in salty water, to boil, for at max. 10 minutes.
- 11) Grate the cheese.
- 12) Take the semi-boiled potatoes and cover them, one by one, with aluminum foil.
- 13) Make for each one a hole on top of the aluminum foil and remove the upper part (keep the aluminum foil lid – do not remove it!).
- 14) Fill them with the grated cheese.
- 15) Cover with the aluminum foil lid and put them in another tray.
- 16) Put them in the oven for „5 min, at 180 °C.
- 17) Make a reduction for the sauce with the strained liquid from the meat tray, the saved wine and forest fruit.
- 18) Decorate with valerian, roast peppers, the sauce and forest fruit

◆ Biscuit salami with walnuts and Turkish delight ◆

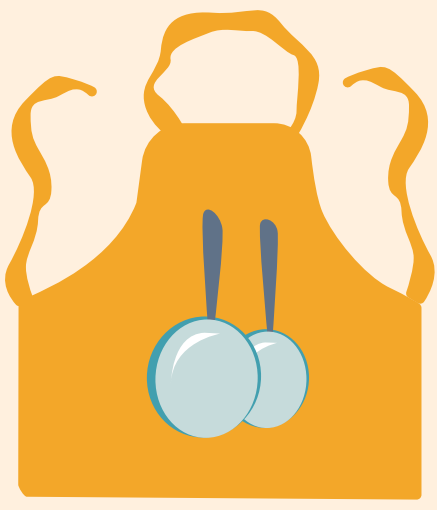
★ Ingredients:

500g biscuits
100g walnuts
20g cocoa powder
200g Turkish delight (lokum)
150ml water
300g salted butter 82% fat
150g sugar

★ Preparation:

- 1)Crush roughly the biscuits, by hand.
- 2)Chop the walnuts.
- 3)Dice the Turkish delight in cubes about 1cm size each.
- 4)Mix the butter with sugar and cocoa powder.
- 5)Melt them with the water.
- 6)When cooled, add the biscuits, walnuts and lokum (Turkish delight).
- 7)Stir until mixed.
- 8)Put a plastic foil on the table, pour the mixture and form a roll.
- 9)Shape well, roll in the foil and put it in the fridge for a couple of hours.
- 10)Serve it sliced.





Bon
appetit

