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Erasmus+





Starter

Tomatoes, stuffed with eggplant salad

Main dish

Chicken, stuffed with mushrooms

Dessert

Brownie / Negresa





Starter

Tomatoes,
stuffed with eggplant salad

Ingredients

1kg eggplant, 0,7kg tomatoes, 2eggs,
100ml sunflower oil, 10ml lemon juice
(freshly squeezed), 3red onions, 5g salt



Wash the eggplant and grill/bake them. Leave them covered, with sprinkled salt on top.

Boil one egg for 6 minutes and let it cool.

When the eggplant are cooled, peel them and let them drain the liquid. In the meantime, , prepare a mayonnaise from the boiled egg yolks, lemon juice and oil. Strain the boiled egg yolks, add one raw egg yolk, lemon juice and then stir, adding oil, with every drop.

Season it with salt and pepper. Chop the eggplants. Wash the tomatoes. Cut them using a decoration knife, in form of flowers. Remove the pulp and seeds. Divide the chopped eggplant paste in two. Add the mayonnaise in one half. In the other one, add the chopped onion. Fill the tomatoes with the two spreads. Decorate with olives and valerian.



Main dish

Chicken, stuffed with mushrooms

Ingredients

An organic chicken, 1/2kg mushrooms, 3 onions, 20g butter, a bunch of thyme, 5g black pepper, 25g salt, 2 carrots, 200g celery root, an apple, 3 tomatoes, a bay leaf, 10 ml oil, 100ml white wine.



Wash the vegetables. Dice the onion, grate the rest. Slice the mushrooms. Wash the chicken, sprinkle salt and pepper. Fry the chopped and the mushrooms. Add the tomatoes and leave to cook for another 4min. Heat the oven at 180 oC . Fill in the chicken with the stuffed vegetables. Add the thyme. Roast it for an hour. Then, add the wine and bake for another 10 minutes.

Chop an onion and a bell pepper, grate a carrot and the zucchinis. Stew all the vegetables in 20ml oil. Add the rice and 250ml water and leave for 20min to cook at low heat. Stir continuously.

Slice the chicken, add a portion of rice using a cooking ring and decorate with herbs and fresh cherry tomatoes.



Dessert

Brownie/Negresă

Ingredients

250ml milk, 250g wheat flour, 250g sugar, 50g grinded walnuts, 100g melted butter, 50g cocoa powder, 5g baking powder, 3 eggs.

For the cover: 200g dark chocolate, 100 ml sweet cream



Mix the solid ingredients: flour, sugar, cocoa and baking powder. Mix the whipped eggs with milk. Pour the liquid over the flour mixture, whisking gently. Add the melted butter and the grinded walnuts and stir. Put in a baking pan. Sprinkle some whole walnuts on top. Bake at 180 degrees Celsius for approx. 30 minutes.

When cold, prepare the chocolate couverture: tear the chocolate in pieces, put it to melt with the cream and place it on the top of the cake. Leave it for another 30 min, before cutting in into slices.

Decorate with red berries and mint leaves