



COOKING WITH KIDS



TASTE OF THE SEA



*We dedicate this brochure to all those who love
the Sea and its gifts!*

Many thanks to students' parents for their support!





Erasmus+

ONCE UPON A TIME... THE SEA

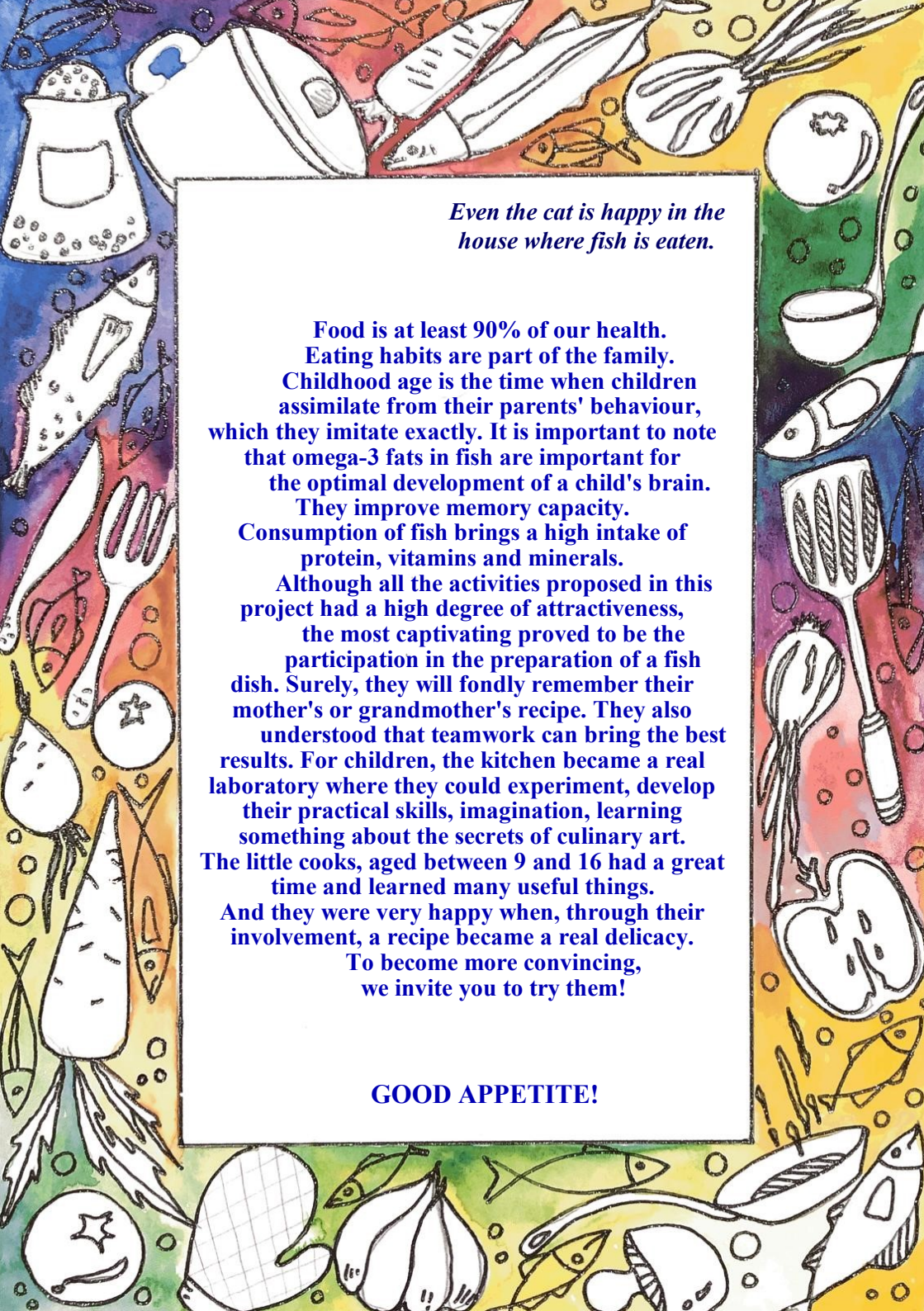


PROJECT FINANCED BY THE EUROPEAN UNION - ERASMUS + PROGRAMME

REFERENCE NUMBER: 2018-1-RO01-KA229-049131



**We invite you
to discover in the
pages of this
brochure how you
can cook
delicious dishes
with fish or
seafood!**



*Even the cat is happy in the
house where fish is eaten.*

Food is at least 90% of our health.
Eating habits are part of the family.
Childhood age is the time when children
assimilate from their parents' behaviour,
which they imitate exactly. It is important to note
that omega-3 fats in fish are important for
the optimal development of a child's brain.
They improve memory capacity.
Consumption of fish brings a high intake of
protein, vitamins and minerals.

Although all the activities proposed in this
project had a high degree of attractiveness,
the most captivating proved to be the
participation in the preparation of a fish
dish. Surely, they will fondly remember their
mother's or grandmother's recipe. They also
understood that teamwork can bring the best
results. For children, the kitchen became a real
laboratory where they could experiment, develop
their practical skills, imagination, learning
something about the secrets of culinary art.
The little cooks, aged between 9 and 16 had a great
time and learned many useful things.
And they were very happy when, through their
involvement, a recipe became a real delicacy.

To become more convincing,
we invite you to try them!

GOOD APPETITE!



ȘCOALA GIMNAZIALĂ *LUCIAN GRIGORESCU*
MEDGIDIA - ROMANIA



COORDINATING TEACHERS:

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TATIANA PENELEA
EMILIA CIOCAN

DESIGN,
ELENA DODIȘ

DOBROGEA



If you travel through Dobrogea, a region in southeastern of Romania, opened to the Black Sea, you will have the opportunity to taste tasty dishes, cooked according to local recipes, with fish or seafood. Over time, the inhabitants of the area have proved ingenious, always inventing and reinventing other culinary recipes using fish as the main ingredient.



SEA BREAM WITH VEGETABLES

Sea bream is a fish with white, tender flesh, a sweet and pleasant taste, and few bones. It can be a delicious and healthy lunch or dinner.

INGREDIENTS:

a sea bream fish; 3 cloves of garlic; a lemon;
rosemary; thyme; olive oil; salt; pepper.

PREPARATION:

The fish is cleaned well, then washed. Grind the garlic. Mix with salt, pepper, rosemary, and thyme. Add olive oil and lemon juice. Grease the sea bream well with the prepared mixture and fill it with a few slices of lemon. Place on the hot grill and leave for about 20 minutes on each side.

BAKED VEGETABLES:

4 potatoes, an onion, a carrot, 100 g mushrooms,
salt and pepper as desired, a little vegetable oil.

HOW TO PREPARE:

Preheat the oven to 200° C. Place baking paper on a tray. Peel the potatoes and slice them. Do the same with the carrot. Crush the mushrooms as desired. Arrange the vegetables in the tray, season with salt and pepper, then sprinkle with a little oil and bake for 30 minutes.



**I caught the fish,
but only by its tail...**



**Vegetables were prepared
by my mother...**



**The grill was heated
by my father...**



**This is me and
my final product...**

**PETRU NECTARIE CIOBANU,
9 years**



PERCH ON A BED OF SALT

Perch has a delicate flesh structure and is therefore widely consumed throughout Europe.

INGREDIENTS:

1 perch
sea salt
1 lemon
2 cloves of garlic
green parsley
pepper
100 ml white wine

PREPARATION:

Put baking paper in a tray, to which you add a sufficiently thick layer of sea salt. The fish, cleaned of scales, drained and well washed, is placed on the bed of salt. Fill the fish with lemon slices, 2 cloves of garlic and green parsley. Sprinkle it with the juice of half a lemon, 100 ml of white wine and grind a little pepper on top. The oven must be heated. Cover the perch with a second layer of sea salt and place it in the oven for about 45 minutes, until the crust turns golden. Baking temperature should be 180° C. When the perch is ready to be served, remove the salt crust.



The perch rests on the salt layer.



It is wine in the cup, but only 100 ml...



The fish came out of bed, but I didn't go to bed until I tasted it...



**And I said: Yammy, yammy in my tummy!
It's delicious!**

TEODOR CONSTANTINESCU, 9 years



SQUID RINGS WITH AVOCADO CREAM

Squid is part of the seafood category. It is most suitable for consumption, due to the healthy fats it contains and the small amount of mercury.

INGREDIENTS:

500 g squid rings
1-2 pieces of avocado
2 limes
1 orange
fennel (turnip)
olive oil
salt
pepper

PREPARATION:

Squid rings are passed through the flour (or bread-crumbs) mixed with a pinch of salt. They will be fried in hot oil over medium heat until golden. Avocado is passed very well, and the paste obtained is mixed with the juice of a lemon, salt and pepper. If desired, add 2-3 cloves of finely chopped green garlic. Optionally it can be served with fresh fennel salad (or turnip) matched with a few slices of orange, which can be seasoned with salt, pepper and olive oil.



After learning that the benefits of seafood are greater than any other meat, my mother decided to make squid rings.


The squid rings quickly turned golden.



I put them in order on the plate...

And I prepared the delicious avocado cream.

MARIO FABIAN BUSUIOC, 12 years



SALT-CRUSTED SEA BREAM

Sea bream is a delicate white fish, very tasty - baked, fried or steamed.

INGREDIENTS:

- 1 sea bream
- 2-3 eggs
- 1,5 kg coarse salt
- garlic
- parsley
- olive oil
- lemon

PREPARATION:

Make a mixture of aromatic herbs (garlic, parsley, lemon) and olive oil. Score the sea bream with small cuts. Cover the fish with the prepared mixture. Mix the salt with the eggs. Make a bed of salt and put the sea bream. Cover the fish with the salt mixture. The sea bream thus prepared is placed in a tray wrapped in baking paper. Bake at 200° C for 45 minutes. Cut the salt crust and take out the fish.

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2-3 eggs
1,5 kg coarse salt
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parsley
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lemon**

PREPARATION:

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Make a bed of salt and put the sea bream.

Cover the fish with the salt mixture.

The sea bream thus prepared is placed in a tray wrapped in baking paper.

Bake at 200° C for 45 minutes.

Cut the salt crust and take out the fish.



The ingredients are waiting for me...



Sea bream on a bed... of salt...



Well wrapped in baking paper...



It's time to remove the salt crust...



**With the same smile on my face,
I invite you to test my recipe!**

<https://www.facebook.com/ciocan.emilia/videos/10220419897320025>

**DARIA ANDREEA VOLINTIRU,
11 years**



SPAGHETTI WITH SEAFOOD

Seafood grows and feeds freely in an uncontrolled environment. They help improve memory and protect the brain.

INGREDIENTS:

300 g spaghetti
3-4 tablespoons olive oil
2-3 garlic cloves
250 g cherry tomatoes
500 g seafood
(300 g frozen seafood - mix
200 g favourite shrimp)
1 bunch of parsley
salt

PREPARATION:

Boil the spaghetti in 3 l of water with 3 teaspoons of salt. Meanwhile, the seafood is being prepared. Heat the oil in a pan. Add the chopped garlic and stir until golden brown, then remove so as not to become bitter. After 30-40 seconds, add the cherry tomatoes and the seafood mix. Leave on medium heat for 5-8 minutes, cover with a lid and stir occasionally. Add salt to taste. Shrimp are boiled separately, maximum 2 minutes, then put at the end, directly on the plate. Drain the spaghetti in water, then put it over the seafood and boil everything for 1 minute, over high heat. Sprinkle with freshly chopped green parsley and serve while still hot.



Ingredients arranged according to the recipe...



It is obvious that I have experience in the kitchen...



Beautifully colored, ready to be tasted...



I was the first to eat this wonderful food...

EDUARD BONE, 11 years



OCTOPUS IN THE FRYING PAN

Octopus is a popular food in Mediterranean cuisine, being an important source of protein. It is highly appreciated for its unique and incomparable taste.

INGREDIENTS:

50 g butter
1Kg of fresh octopus
6-7 cloves of garlic
1 bunch parsley
1 glass of white wine
salt and pepper

PREPARATION:

Peel the octopus and cut it into pieces. Put the meat in a pot of boiling water and leave it on the fire for 45-50 minutes. Remove the octopus and, after it has cooled down a bit, clean the skin. In a pan, put the butter and, when it has melted, add the octopus, garlic and wine and cook until the meat turns golden. After the wine has evaporated, add the finely chopped parsley, salt and pepper. The octopus must be served immediately.



**I look at the octopus with emotion...
I need dexterity in preparing it...**



**But I start with
a lot of courage...**



Here it is already in the pan...



**I assure you that it tastes
delicious...**

CRINA BLAGA, 11 years



ISTITUTO COMPRENSIVO STATALE *FRANCESCO RISO*
ISOLA DELLE FEMMINE (PALERMO) – ITALY



COORDINATING TEACHERS:
ANNA MARIA DURANTE
PIA FRANCO

SICILY



Sicilian cuisine combines the benefits of a healthy Mediterranean diet with a wide range of seasonal ingredients and regional flavors. It is based on fresh ingredients cooked on-site and a combination of tasty vegetables, cereals and seafood, fish, and olive oil.



PASTA WITH SALMON

INGREDIENTS:

(for 4 persons)

150 g of salmon

1 pack of cream

400 g of pasta

oil

parsley

salt

PREPARATION:

Cut the salmon into small pieces and place it in a pan with oil. Meanwhile, while the salmon is frying, put the pasta to boil in a pot of water. Add the cream, salt, and pepper to taste over the salmon in the pan and mix everything.

Add the salmon over the cooked pasta arranged on a plate and sprinkle with finely chopped parsley.

Good appetite!!



FLAVIA ALFANO, 12 years



SALMON FARFALLETTE

INGREDIENTS: (for 4 persons)

1 onion
butter
milk
brandy or cognac
100g smoked salmon
1 bag of cream
lumpfish eggs
350 g pasta (farfallette)

PREPARATION:

Finely chop the onion and fry it in a pan with a cube of butter. Add the smoked salmon, cut into small pieces, then quench with a tablespoon of brandy. Add the cream and a tablespoon of milk and cook over low heat. Meanwhile, boil the water, add salt, and put the pasta in boiling water. After that, add them to the salmon pan and mix well. Serve with caviar.

Enjoy your meal!!



<https://www.facebook.com/romitaesport.romitaesport.1/videos/332000827760963/>

FABIO PICONE, 12 years



BAKED SEA BREAM FISH

INGREDIENTS:

sea bream
garlic
chopped parsley
lemon
olive oil
salt
pepper
greaseproof paper
tinfoil
baking dish

PREPARATION:

Clean the fish, removing the fins, scales, and entrails. Put the fish on an aluminum foil.

In a bowl, squeeze a lemon and add the garlic, chopped parsley, a pinch of salt, pepper, and olive oil.

Put this mixture and lemon slices inside the fish. Wrap the fish in aluminum foil and place in a baking dish. Place the dish in the hot oven at 180⁰ C for 30 minutes.

It can be served with orange slices...



[https://youtu.be/ 5Ra-p0Hu9A](https://youtu.be/5Ra-p0Hu9A)

AIDA LO BELLO, 12 years



HAKE FILLETS WITH TOMATO SAUCE

INGREDIENTS:

300g hake
tomato sauce
oil
salt
pepper
parsley

PREPARATION:

Place the pieces of hake in a saucepan,
sprinkle with salt and pepper.

Add the tomato sauce and oil.

Leave it on the fire for 20 minutes,
then remove the hake on a plate and
sprinkle finely chopped parsley over it.

Good appetite!



https://youtu.be/_grBth1saQ8

LUDOVICA CANDELA, 12 years



RED MULLET FISH WITH TOMATOES

INGREDIENTS:

(for 4 persons)

8 red mullets

3 tomatoes,

garlic

onion

oil

salt,

pepper

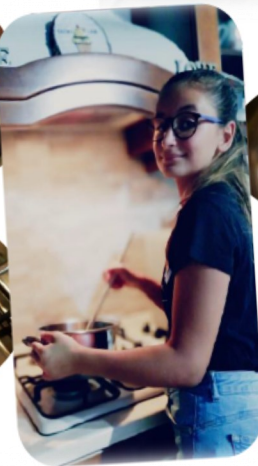
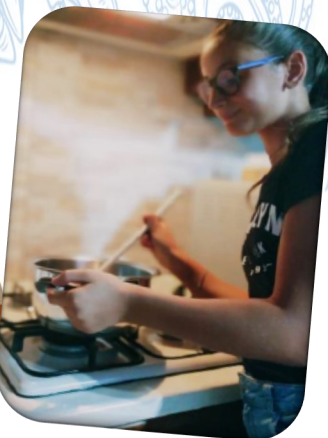
leaves of basil

or parsley

PREPARATION:

In a saucepan, fry the garlic and onion in a little olive oil, add the fresh tomato pulp, mix a few minutes.

Then add mullets, salt, and pepper to taste. Leave everything on the fire for 10 minutes. In the end, add a little parsley or basil leaves.



SARA D'AMIATA, 12 years

**ESCOLA *GABRIEL CASTELLÀ I RAICH*
IGUALADA, CATALONIA – SPAIN**



COORDINATING TEACHERS:

NÚRIA RAMON ARIBAU

EVA CASTELLS SOLÉ

BERTA RIBERA I SIERRA

CATALUNYA



Catalunya is considered to be the most distinctive and interesting culinary region of Spain.

In this area of Spain, creativity in the culinary field knows no bounds. Fish and seafood are combined in an infinite variety of fruits and different extraordinary flavors.



COD WITH ASPARAGUS AND TOMATO VINAIGRETTE

INGREDIENTS:

asparagus
cod
cherry tomatoes
white wine vinegar
fresh herbs (tarragon, basil, parsley and dill)
olive oil
salt and pepper

PREPARATION:

Preheat the oven at 200°C and stuff the asparagus sprayed with a splash of oil, ½ teaspoon of salt and pepper. In a second baking sheet place the cod with a little rain of oil, salt and pepper. Cook both trays until the asparagus is tender and the cod made about ten or fifteen minutes. Then, in a separate bowl add the cherry tomatoes, 1 tablespoon of vinegar, the fresh herbs and a little of the oil. Finally, put the sauce on the fish plate and serve along with the asparagus.



FATOUMATA BINTA BAH, 12 years



COD WITH "SAMFAINA"

INGREDIENTS:

4 cod fillets
2 tomato
eggplant
1 zucchini
½ aubergine
1 onion
1 red and green pepper
olive oil
salt and sugar

PREPARATION:

First you put salt and oil in the pan with the codfish and take it out when it's fried.
Then you cut all the vegetables and put them in the same pan for a while and at the end you add the smashed tomatoes and sugar.
You add the fish, salt and pepper and let it rest for 10 minutes.
You can already enjoy it!



TONI BANDE ARJONA, 12 years



FISH IN MUSTARD

INGREDIENTS:

- fish
- olive oil
- salt
- pepper
- mustard
- butter
- garlic
- lemon
- parsley

PREPARATION:

Grease the fish with olive oil, salt and pepper on both sides, put it in the oven at 180° C for 10 minutes. Put the fish in a bowl in which you add 2 tablespoons of mustard, 70 g of butter, 1 tablespoon of lemon, a little parsley, pepper, salt and mix. Put the mixture on top of the fish and bake again at 180° C for 10 minutes.

fish
olive oil
salt
pepper
mustard
butter
garlic
lemon
parsley

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LAURA (12 years) AND JUAN TORO TABORDA (10 yrs)



SALMON FARFALLETTE

INGREDIENTS:

onion
brandi or cogent
lumpfish eggs
butter
100g of smoked salmon
350g of farfallette tipe
milk
1 bag of cream

PREPARATION:

Cut a small piece of onion very finely and brown it in a pan with a knob of butter. Add the smoked salmon cut into small pieces. Deglaze with a spoonful of cognac or brandy. Add the cram, remove-it, and add a spoonful of milk and turn off the heat. In the meantime, boil the water for the pasta, add the salt and put farfallette in the boiling water. As soon as they are they, pour them into the saucepan and mix well. Serve and add the egg.

ENJOY YOUR MEAL!



OUSSAMA BOURKHISSI, 11 years



HAKE WITH POTATOES

INGREDIENTS:

(for 4 people)

400g of hake

3 potatoes

1 onion

salt and pepper

oil

aromatic herbs

PREPARATION:

Prepare the potatoes, peel them well and cut them into thin slices. Chop an onion into small pieces and mix both ingredients, distributing it on a baking sheet. Add a little salt and a good drizzle of olive oil. Then you will bake in the oven at 150° C for 15 minutes. When the 15 minutes are up, open the oven and turn the potatoes over. You will take the hake and put it with the potatoes in the oven with some aromatic herbs and add a few drops of oil on the loins and you will raise the temperature to 200° C and bake the hake with the skin down for 10 minutes. When this time has passed, you will take the tray out of the oven, remove the fish and put the potatoes back to brown them a little more and after a while, it can be placed on the table to eat them.



RAÚL DOMINGUEZ, 12 years



AGRUPAMENTO DE ESCOLAS DE VALE DE OVIL
BAIÃO - PORTUGAL



COORDINATING TEACHERS:

SANDRA MATOS

NUNO MOTA

PEDRO MIRANDA

Porto Region



Portuguese cuisine varies from one region of the country to another, but the invariable presence of fish and seafood can be seen. Therefore, it is not surprising that the national specialty is represented by the salty and dry code, a dish called "bacalhau".

This dish has been popular since the time of the discoveries, when sailors caught fish, salted it, and dried it to make it last on long journeys between continents. In fact, there are 365 ways to prepare cod, one for each day of the year.

The students of the professional classes with culinary art profile will present in the following pages five of the representatives recipes for the PORTO region.



CODFISH À BRÁS

INGREDIENTS:

600 g cod
0.5 dl of olive oil
30 g margarine
1 clove of garlic, 1 large onion
150 g of beef chorizo
750 g of potatoes
6 eggs, salt and pepper
parsley and olives

PREPARATION:

Clean the cod, remove any pimples you can and cut it into 1 cm cubes, approximately. Cut the chorizo also into small equal dice. Peel the potatoes cut them into small cubes, wash them thoroughly, drain and fry them; season them after frying (with salt). Break the eggs into a container and beat them.

Coarsely chop the onion and garlic clove, pour them into a large pan, bring to a boil, and as soon as you start to brown, add the chorizo and cod and stir constantly over the heat for 2 minutes. Then add the potatoes, stir well another minute and then add the beaten eggs. Stir carefully until the eggs are more or less ironed to your liking. Serve warm, sprinkled with chopped parsley and olives.
Can decorate with parsley chopped.

Good appetite!





CODFISH GOMES DE SÁ

INGREDIENTS:

500 g cod
500 g potatoes
1.5 dl olive oil
1 clove of garlic
2 onions
2 boiled eggs
black olives
parsley
5 dl. of milk
salt and pepper

PREPARATION:

Soak the code in a pot of boiling water.
Cover the pot and let it sit for 20 minutes.
Drain the cod, remove the skin and bones,
and cut it into pieces. They are placed in a deep
pot, covered with very hot milk, and left
to infuse for 1.5 to 3 hours.

Meanwhile, cut the onion and garlic cloves into
slices that are lightly browned in olive oil.
Add the boiled potatoes, cut into slices, and the
cod. Mix everything lightly. Season with salt and
pepper. Immediately pour into a Jena bowl or clay
pan and bake in the hot oven for 10 minutes.

Serve sprinkled with chopped parsley and
garnished with boiled egg slices and black olives.

This is the real recipe for the code Gomes de Sá,
who created it as a code trader in the city of Porto.

Good appetite!





GRATIN COD FISH

INGREDIENTS:

400 g of cod, 2 onions
2 cloves of garlic, 4 large potatoes
1 glass of condensed milk, butter
a pinch of pepper and nutmeg

PREPARATION:

Soak the dried salted cod in cold water with the skin side up for 24 hours changing the water about 4 times.

Drain and discard the water.

Preheat an oven to 180 degrees C.

Place the cod in a saucepan with enough water to cover. Bring to a boil and cook for 10 minutes. Remove the cod from the saucepan then remove and discard the skin and bones. Cut the cod into chunks and set aside.

Heat 2 tablespoons olive oil in a frypan then cook the potatoes in the hot oil until just cooked (5 minutes).

Transfer to a plate lined with paper towels to drain.

Pour 2 tablespoons more olive oil to the frypan then cook the onion and garlic until the onion is translucent.

Add the cod to the frypan then cook another 3 minutes before stirring the potatoes into the mixture; cook another 1 to 2 minutes. Reduce heat to low.

Melt the butter in a separate frypan over medium-low heat then vigorously stir the flour into the melted butter.

Slowly stream the hot milk into the mixture while stirring; cook and stir until thick.

Season with the nutmeg.

Pour into the frypan with 1 cup thickened cream stirring to coat. Allow the mixture to simmer together for about 2 minutes. Season with salt and pepper then transfer to a small baking dish.

Drizzle another 1/2 cup of thickened cream over the mixture then sprinkle with the Parmesan cheese. Bake in the preheated oven until the top is browned (30 to 40 minutes). Serve hot.

To enrich this dish, you can add mussels.





ROASTED COD WITH PUNCHED POTATOES

INGREDIENTS:

4 cod slices
2 tomatoes
1 yellow pepper
1 red pepper
1 green pepper
12 potatoes
1 onion
100 g of pitted black olives

For the sauce:

1 dl of olive oil
1/2 dl of vinegar
peeled and chopped garlic
salt and freshly ground black pepper

PREPARATION:

Soak the cod in cold water, changing the water several times, then wipe with a clean cloth.

Cut the peppers in half, the tomatoes into quarters and clean the seeds. Bake the cod slices on the grill. Cut the onion into thin slices that are passed through flour and fried in hot olive oil. Then drain on paper towels.

Bake the potatoes in their skins.

When they are ready, they are easily flattened. To prepare the sauce, place all the ingredients in a glass jar with a lid. Stir vigorously, then add the chopped olives. Pour the sauce over the cod and the potatoes on the plate.

The dish is served hot.





CODFISH WITH PEPPERS

INGREDIENTS:

2 potatoes, peeled, sliced
2 cloves garlic minced
1 onion sliced
1 red pepper sliced
1 green pepper sliced
1 teaspoon of paprika
1 cup of white wine
1,2 kg cod fillets
purpose flour
salt
fresh parsley chopped

PREPARATION:

Clean, peel and cut the potatoes into 1/8-inch thick slices. Season potatoes with salt and fry the potatoes slices in olive oil at high heat. Add sliced onions and garlic to a pan with olive oil and a pinch of salt. Stil until onion starts turning translucent and soft. Add paprika and stil for 10-15 seconds continuously. Add in the white wine and mix well. Let it simmer for 5 minutes until the wine reduces and remove from the stove. By now the potato slices should be done and we can remove them from the stove. Take the slices and lay them down on a baking pan.

Slice 1 red and 1 green bell peppers. Fry sliced red and green bell peppers in enough oil that they are covered. We do not have to cook them completely as they will finish cooking in the oven.

Dry the cod fillet with paper towels until completely dry.

Toss the cod fillets in all-purpose flour until evenly coated. Fry the cod fillets in a good amount of olive oil. Once the flour coating has turned golden brown you can remove them from the pan, as the fillets will finish cooking in the oven. Place the cod fillets over the potato slices in the baking pan. Spoon some of the frying oil used for the cod on top. Next we layer the onion and garlic mixture followed by the green and red bell pepper mixture on top. Place the pan in the bottom rack towards the center of the of the preheated oven and bake for 15 minutes.

Once baked completely, remove from the oven and sprinkle some chopped parsley on top.

Serve and enjoy!







**We hope
you enjoyed it
and that you will
try our recipes!**

**Love and protect
our SEAS and
OCEANS!**





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If more people would love the SEA
and its gifts,
the world would be a better place...

