



Erasmus+



ONCE UPON A TIME...THE SEA

**PROJECT FINANCED BY THE EUROPEAN UNION THROUGH ERASMUS + PROGRAMME
INTER-SCHOOL EXCHANGE PROJECTS**

REFERENCE NUMBER: 2018-1-R001-KA229-049131_4

APRIL 2020 Monthly Report

The European Commission support for the production of this material does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Erasmus+



ORGANIZING ACTIVITIES ONLINE TO CONTINUE WITH THE PROJECT





Erasmus+



EXPLANATION ABOUT HOW TO WRITE A FOOD RECIPE

We shared some models of how to make a recipe:

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

<https://www.facebook.com/romitaesport.romitaesport.1/videos/330362297924816/>

<https://www.facebook.com/romitaesport.romitaesport.1/videos/329969431297436/>

<https://www.facebook.com/romitaesport.romitaesport.1/videos/331060351188344/>

My favourite dish

Pasta with bacon
and tomato sauce

Ingredients

1 red onion
2 red peppers
120 g bacon
1 can (450 g) tomatoes
1 cup water
olive oil
garlic
oregano
50 g pasta per person



Method

- 1 Cut the onion, red peppers and bacon into small pieces.
- 2 Heat some olive oil in a pan and fry the onion, red peppers and bacon.
- 3 Add oregano, garlic, tomatoes and water and cook for 20 minutes.
- 4 Cook the pasta in a big pot of boiling water.
- 5 Serve the pasta with the sauce, and enjoy!

Top Tips for writing

1. When writing a recipe or instructions, use numbers to indicate the stages and use the base form of the verb (imperative) to give instructions.
2. Use commas between things in a list. Use 'and' between the last two things.



Erasmus+



CREATION OF A FISH -BASED FOOD RECIPE

Salmon farfallette recipe

Ingredients:

- | | | |
|----------|----------------------|-------------------------|
| - Onion | - Brandi or cogent | - Lumpfish eggs |
| - Butter | - 100g smoked salmon | - 350g farfallette tipe |
| - Milk | - 1 bag of cream | |

Cut a small piece of onion very finely and brown it in a pan with 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 boil water. As soon as they are they, pour them into the saucepan and mix well. Serve and add the egg.

OUSSAMA BOURKISSI

MUSTARD FISH

INGREDIENTS:

FISH, OLIVE OIL, SALT, PEPPER, MUSTARD, BUTTER, GARLIC, LEMON, PARSLEY

TOOLS:

BOWL, SPOON

PREPARATION:

WE PAINT THE FISH WITH OLIVE OIL, SALT AND PEPPER ON BOTH SIDES, WE TAKE IT IN THE OVEN AT 180° Celsius 10 MIN, WE PREPARE THE FISH IN A BOWL WE ADD 2 SPOONS OF MUSTARD 70 G OF BUTTER 1 TABLESPOON OF LEMON, 1 TEASPOON OF PARSLEY, PEPPER, SALT AND MIX IT, WE PUT OUR DRESSING ON TOP OF THE FISH AND AGAIN IN THE OVEN AT 180° Celsius FOR 10 MIN.

JUAN TORO



Erasmus+



CHOOSE OF SOME MATERIALS FOR THE FINAL PRODUCT “TASTE OF THE SEA” MADE BY ALL PARTNERS

Here we have Rihab preparing Sardines Croquetas:

<https://www.youtube.com/watch?v=0enwV6qzgIc&feature=youtu.be>

Here Ossama preparing another fish recipe, and.....



here Juan and Laura preparing their recipe:





Erasmus+



PUBLICATION OF ACTIVITIES PRODUCED ON FACEBOOK, INSTAGRAM, OUR BLOG, AND TWITTER.

