



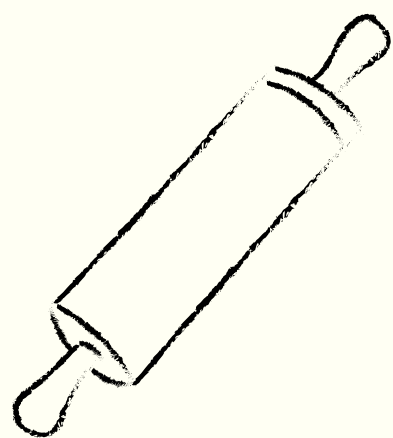
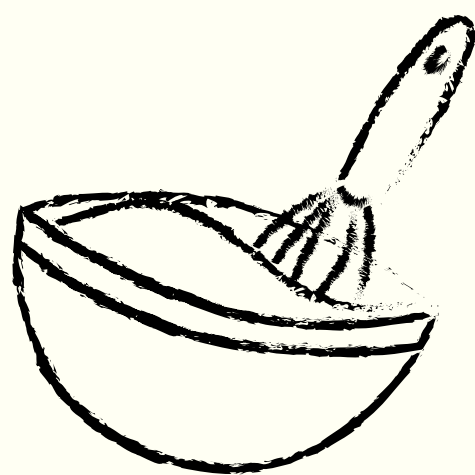
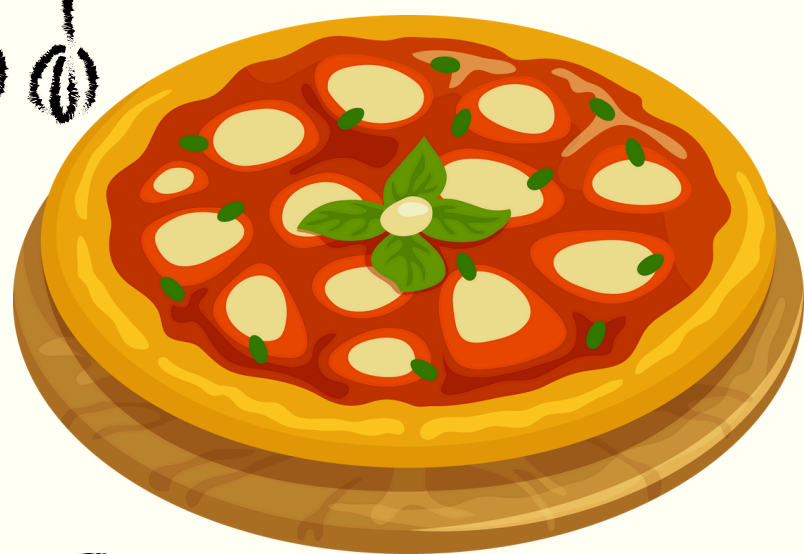
# MY RECIPE BOOK

PROJECT "ECOLOGICAL LIFESTYLE IN INTERNATIONAL  
CULTURE AS A SOURCE OF MOTIVATION FOR CHANGE FOR  
STUDENTS OF NSPI IN PSZCZYNA"

Pszczyna 2024 / 2025

nzpe





# ITALIAN PIZZA

## DOUGH INGREDIENTS:

300G FLOUR

10G YEAST

2 TEASPOONS OLIVE OIL

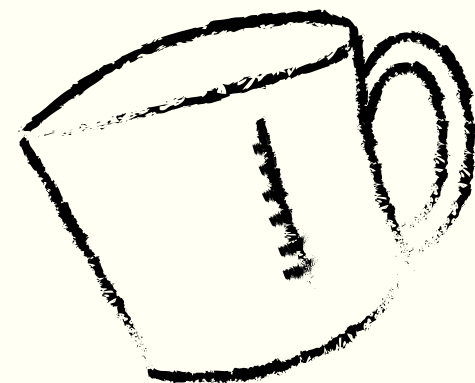
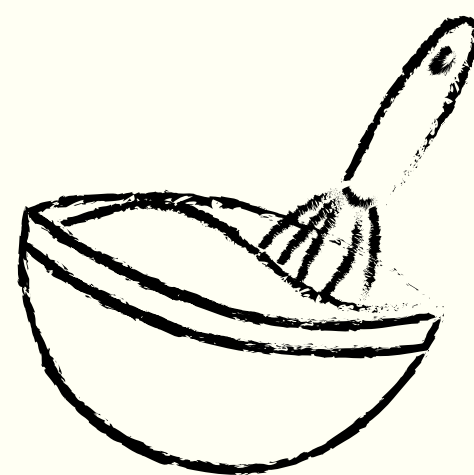
A PINCH OF SALT

## ADDITIONS:

MOZZARELLA

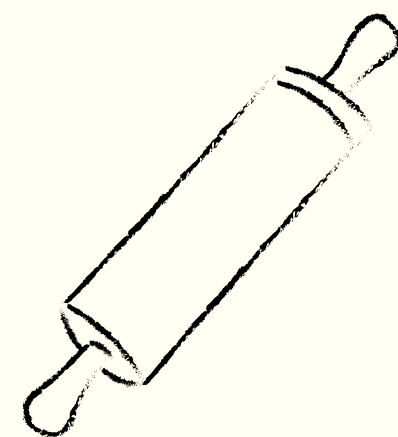
TOMATO SAUCE

BASIL



## Prepared:

Pour half a cup of warm water over the yeast. Once it has risen, combine with the other ingredients. Knead until the dough is smooth and elastic. Set aside to rise. Roll out the prepared dough and place on a baking sheet. Spread with tomato sauce and sprinkle with cheese. Bake in an oven preheated to 220°C (420°F) for 12 minutes.



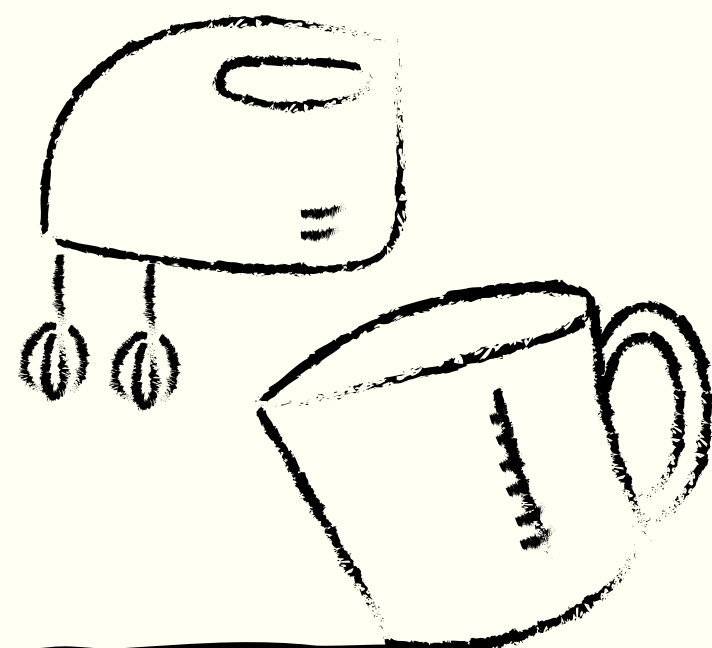




# SPANISH GOFIO



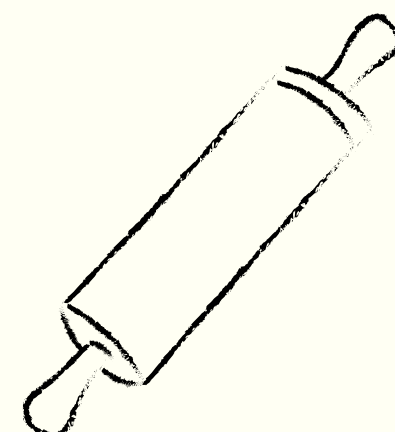
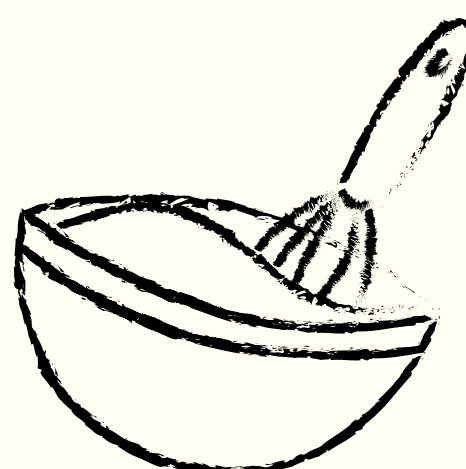
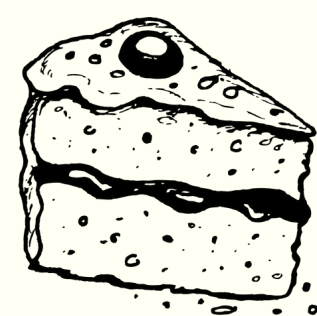
DOUGH INGREDIENTS:  
20 DAG GOFIO CORN FLOUR  
1/3 CUP WATER  
3 TABLESPOONS SUGAR  
2 TABLESPOONS OLIVE OIL



Preparation:



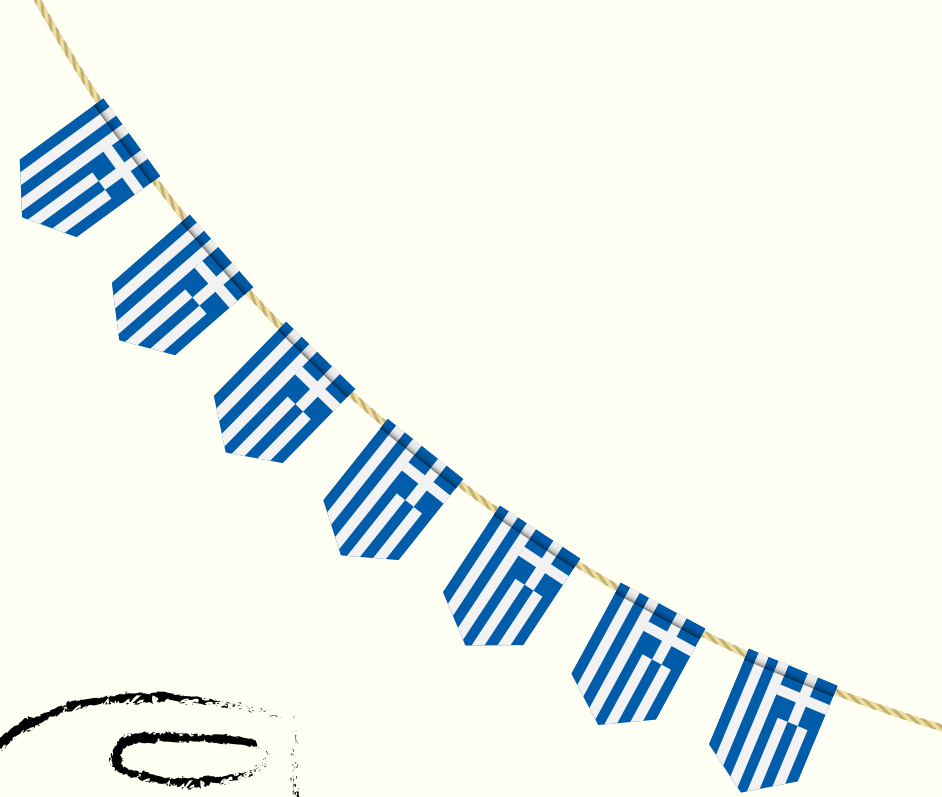
Mix all ingredients in a bowl and knead thoroughly. Form the mixture into a loaf shape and cut into 1-centimeter-thick slices. Your dessert is ready. Enjoy!







# GREEK MOUSSAKA



## INGREDIENTS:

1 EGGPLANT

2 MEDIUM TOMATOES

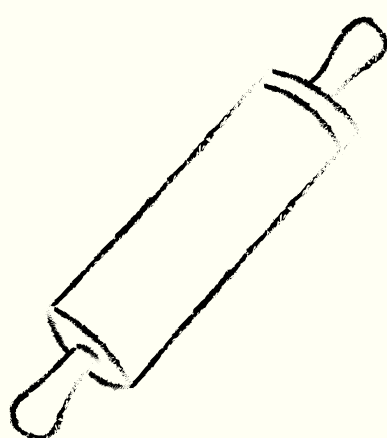
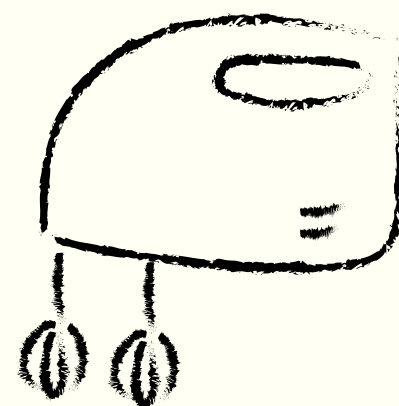
4 BOILED POTATOES

200G GROUND MEAT

2 TABLESPOONS BUTTER

4 TABLESPOONS FLOUR

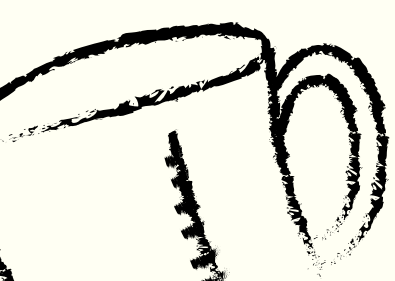
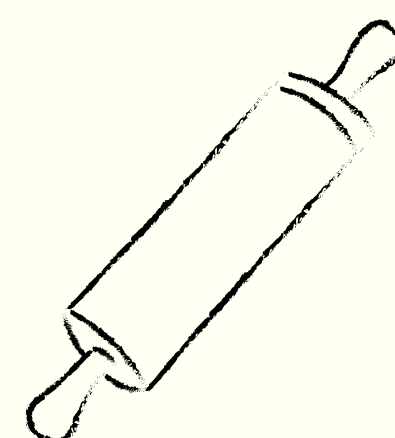
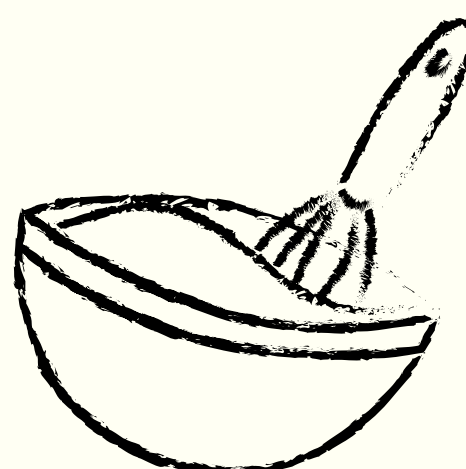
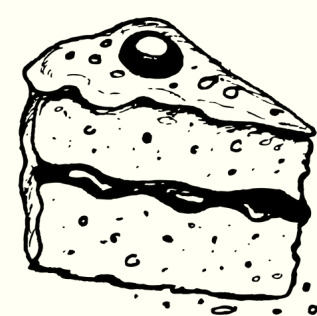
1/2 CUP MILK



## Preparation:

Slice all the vegetables and arrange them in layers in an ovenproof dish, sandwiching the ground meat between each layer. Season with pepper and salt to taste. Pour the béchamel sauce over the prepared casserole.

Prepare the sauce: Melt the butter in a saucepan, then add the flour and stir until golden brown. Then add the milk and whisk vigorously. Once the sauce thickens, pour it over the casserole. Bake in the oven at 220°C (420°F) for 25 minutes.





This mini cookbook was created following the project "Ecological Lifestyle in International Culture as a Source of Motivation for Change for Students of the Primary School No. 1 in Pszczyna."

The recipes were created by students participating in educational mobility as part of the international project.

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