



KartOls (+90 542 634 69 66) Kuşadası

Medieval Menu Book

A Scottish Menu

Cullen Skink

Cullen is a wee town here in the North east of Scotland and **Cullen Skink** is traditionally made with Finnan haddock, potatoes and onions. Finnan haddock is often called Finnan haddie. The word skink means soup or stew. The Cullen Skink recipe may also be called Smoked Haddock Chowder in some restaurants.

Ingredients For Cullen Skink:

Smoked Haddock
Water
1 Onion
1 pint of milk
Mashed Potato
Salt and pepper
25g butter

Cooking Directions For Cullen Skink:

1. Skin the smoked haddock and cover with just enough boiled water to cover it.
2. Bring to the boil and then add the chopped onion.
3. Remove the haddock once it's cooked and remove the bones. Remove the head and tail.
4. Break up the fish into a dish and replace the bones into the pot and boil for one hour.
5. Strain the stock and put back to the boil. Boil the milk in a separate pot and then add to the stock along with the fish.
6. Add the salt and boil for several minutes then add the mashed tatties until you get a nice consistency.
7. Add the butter and pepper and serve.

Haggis, Neeps and Tatties

Haggis Recipe

Haggis is a braw dish, so long as ye dinnae look at the ingredients! The dish was traditionally made out of cheap or left over ingredients to make a tasty filling meal. This haggis recipe isn't for the faint-hearted! Personally I prefer to buy my haggis.

Haggis Ingredients:

1 sheep's stomach bag
1 sheep's pluck - liver, lungs and heart
3 onions, 250g beef Suet
150g oatmeal, salt and black pepper
a pinch of cayenne
150mls of stock/gravy

Haggis Cooking Directions:

1. Clean the stomach bag thoroughly and soak overnight. In the morning turn it inside out.
2. Wash the pluck and boil for 1.5 hours, ensuring the windpipe hangs over the pot allowing drainage of the impurities.
3. Mince the heart and lungs and grate half the liver.
4. Chop up the onions and suet.
5. Warm the oatmeal in the oven.
6. Mix all the above together and season with the salt and pepper. Then add the cayenne.
7. Pour over enough of the pluck boiled water to make the mixture watery.
8. Fill the bag with the mixture until it's half full.
9. Press out the air and sew the bag up.
10. Boil for 3 hours (you may need to prick the bag with a wee needle if it looks like blowing up!) without the lid on.
11. Serve with neeps and tatties.

Cloutie Dumpling - Scottish Suet Pudding

Cloutie refers to the cloth that this fruit pudding is traditionally made in. Delicious served hot with jam and/or cream or custard. Leftovers can be fried in a wee bit of butter to re-heated.

Ingredients For Cloutie Dumpling:

125g suet
250g plain flour
125g oatmeal
250g mixed sultanas and currants
1 tablespoon of golden syrup
75g sugar
2 lightly beaten eggs
1 teaspoon of ginger
1 teaspoon of baking powder
1 teaspoon of cinnamon
4 tablespoons of milk
1 tablespoon of flour for the cloth

Cooking Directions For Cloutie Dumpling:

1. Rub the suet into the flour and add oatmeal, baking powder, sugar, sultanas and currants and the ginger and cinnamon. Blend together and add the eggs and syrup. Stir well and add just enough milk to firm.
2. If you are using a cloth (clout), put it into boiling water first then spread onto your table and sprinkle a liberal amount of flour over the inside. Put the mixture into the middle and tie up, leaving a wee bit of space for the mixture to expand.



A Spain Menu

FRESH BEANS WITH MEAT STOCK

Ingredients:

Fresh beans or peas or other fresh vegetable (which is European, before the discovery of America), peeled or not.

A good stock:

Salted meat - I think a reasonable substitute is diced ham.

A good bunch of fresh parsley, finely chopped - as needed for the soup is dyed green.

It helps to crush in the mortar.

A bunch of chopped mint (peppermint or yerbabuena, I suppose).



Preparation:

Cook beans or peas in broth. When they are done add the parsley, mint and some salt meat. Boil it. The soup should be something green "to be more beautiful"

SCRAMBLED EGGS WITH MUSHROOMS

In my many wanderings through the kindongs, I often had to resort to any food I could find, so I acquired the habit of collecting any garlic, onions and the like that found my way, however, my face lit up when encountering good mushrooms.

Ingredients:

- Mushrooms
- Garlic
- Eggs
- Onions
- Wine

Preparation:

Clean the mushrooms in a river, chop the garlic and put to fry in a pan, add finely chopped mushrooms and wait until they are brown adding a little wine. When they are golden brown and wine is almost consumed, add onions and / or peppers. Finally get a bird's egg of good size and mix everything. (if the bird eggs are small put 3 or 4 and if is an ostrich egg look for 3 or 4 people to invite). Just a recommendation, make sure the egg is not a dragon; they get angry if you eat their progeny.



PIGGY IN A CLAY OVEN

The suckling pig is bought in the market and it's ready for preparation, bled, gutted and open at the belly. Make an incision along the spine to not close when cooked.

Ingredients:

A suckling pig weighing about 4 weeks 4 to 4 ½ kilos, 100 grams of fine lard, 4 cloves of garlic, a glass of dry white wine, branches of laurel, salt barbecue.

Preparation:

Crush the garlic cloves and mix with lard. This spreads the small pasta in all its parts. Put some salt. In a large clay oval dish, put in the bottom a few sprigs of laurel, to make aromatic function and grid, and on it the pig with the leather bag down. Throw a glass of wine above the belly and a glass of water in the bottom of the pan. Cooking in the clay oven to about 220 ° C temperature 1 hour or so and turning it over another ½ hour. It should prick in the neck to be well and degreasing spray with the liquid from the bottom of each well. It should be left with no residue of fat and very crispy. It is usually served in amud big dish. You can pair it with fresh salads, chips...



HONEY DRINK (HIDROMIEL)

Probably one of the most widespread primitive forms of obtaining alcohol has been fermented honey mead or honey as the set of magical and medicinal substances oldest well known and common to all cultural traditions. A formula can be this. Put one part honey and six of water. These elements are placed in a container rather voluminous, and they are boiled until they are more or less half the volume that had at first. The product is introduced in a wooden barrel and kept at temperature of sun for about six weeks, in order to provoke the fermentation of the product. If the sun is not enough for the task indicated, then will proceed to artificially heat the liquid for a period of approximately two months. Then move to the warehouse where it will be in a wine store. The proportion of honey can vary to suit the beekeeper. This product supports flavours, so you can add cinnamon, nutmeg, cloves and other spices.



OMELETTE OF ORANGES

Johannes Bockenheim (or Buckehen) was the cook of Pope Martin V and the decade of 1430 wrote a cookbook short but original, recently published by Bruno Laurioux. Since medieval oranges were more acidic, we suggest a mixture of oranges and lemons.

Ingredients:

- 6 eggs, 2 oranges, 1 lemon, 2 tablespoons sugar
- 2 tablespoons olive oil, salt

Preparation:

Take some eggs and mix them with oranges, as you like, squeeze its juice and add to eggs with sugar, then with olive oil or fat, heat it in the pan and add the eggs. Squeeze the oranges and lemon. Beat eggs, add the juice, sugar, and salt to taste, and cook in olive oil omelette. Serve hot.



A medieval Italian meal

Year 5 A&B – Morelli School – Ravenna, Italy

...Meat pies filled with pork, beef, raisins and dates, topped with whole chicken pieces; soups flavored with wine and thickened with almonds; vegetables and fruit marinated in wine, honey, & herbs and savory sauces & stews of all varieties! Venison pies & rabbit in gravy; beef roasts, stuffed goose, & fish marinated in wine; sweet pastries fried in oil, fruit confections, and sculptures made of sugar - this is the food of the Middle Ages!

Zanzerelli

Per fare dece menestre:
 toglì octo ova et meza libra de caso grattugiato,
 et un pane grattato, et mescola ogni cosa insieme.
 Dapoi toglì una pignatta con brodo di carne
 giallo di zafrano et ponila al focho;
 et como comincia a bollire getta dentro quella materia,
 et dagli una volta col cocchiaro.
 Et como te pare che sia presa togli la dal focho,
 et fà le menestre, et mitivi de le spetie di sopra.

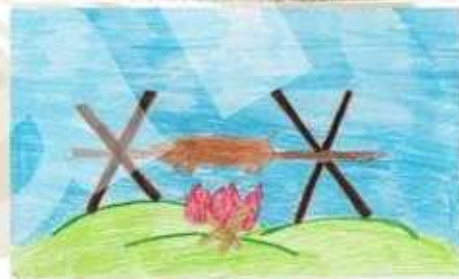
Ingredients

- Chicken broth
 - Parmesan cheese
 - Eggs
 - Hard bread
 - Saffron
 - Spice nutmeg
 - Cinnamon
 - Pepper
 - Cloves
 - ginger
- Boil the chicken broth. While it boils, flavor it with saffron, making it yellow! Beat two eggs in a bowl. Add 4 tablespoons of Parmesan cheese and two tablespoons of bread crumbs. Mix everything together and, when the broth begins to boil, pour the mixture into the pan. Mix vigorously immediately, so that the egg and other ingredients bind, divided into many pieces. Add the other spices and serve it!

Herbed Roast Pork

Ingredients:

- Boneless pork loin or thigh
 - Garlic powder
 - Onion powder
 - Dried thyme
 - Parsley
 - Pepper
 - Lard
- Rub pork loin with garlic powder, onion powder, thyme, then sprinkle with pepper, wrap it around the lard; place pork loin in roasting pan. Roast it, grill it or broil it! Enjoy it!



Apple Mash

Ingredients:

- Cooking apples
 - White wine
 - Lemon peel
 - Cinnamon
- Peel, core, and slice apples. Place in a pot with the lemon peel and a pinch of cinnamon. Cook with the white wine. Cook until soft. Strain, drain and mash thoroughly.

Almond milk

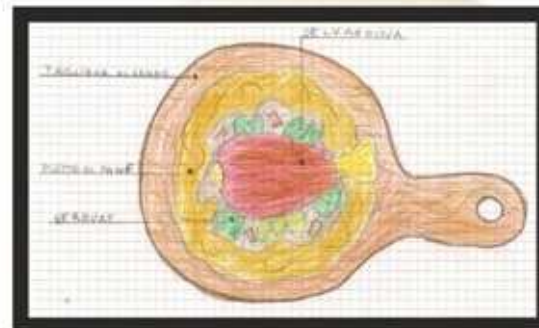
Ingredients:

- A slice of toasted bread
- Almonds
- Orange flower water
- Milk
- Honey

Soak the almonds in water overnight; drain the water from the almonds; mix all the ingredients together and boil for five minutes; strain...get cold and serve!

Did you know...?

- Rich people usually ate spiced game
- Poor people ate legumes instead
- At the table the lord was sit in a higher chair
- After their meals people cleaned their hands on dogs' coats or on table clothes. They also could wash their hands with rose water.
- Dogs were free to walk around the tables and eat bones.
- Salt was very rare and for this reason very expensive. Venice enriched itself with spices and salt trade. Salt was used as money and swap. For this reason guests had to ask the permission to the king for using the salt.
- The plate was made by bread
- They cleaned their noses with their hands. Hands were cleaned on their clothes...
- They used to pass just one knife for everyone and usually drink in a glass each two...



A breadboard with bread, vegetables and game

A typical table



Some tools



Vegetables soup



Typical dishes



A Poland Menu

1. STARTER

KASZA GRYCZANA ZE SKWARKAMI I KWAŚNYM MLEKIEM
(BUCKWHEAT WITH CRACKLINGS AND CLABBER)

INGREDIENTS

- 1 cup of buckwheat
- 50 g of pork fat
- 1 small onion
- 1 cup of clabber or natural yoghurt

HOW TO MAKE IT?

1. Get a cup of buckwheat and rinse it 2-3 times in a bowl.
2. Bring two cups of water to a boil.
3. Add the buckwheat, put on the lid, and turn the heat down.
4. After 15 minutes remove from heat and let sit for another 10 minutes.
5. Dice the pork fat in small cubes.
6. Put them into a pot or a frying pan and render them over medium heat, occasionally steering.
7. Chop an onion and, when the cracklings turn slightly brown, add the onion.
8. Pour the cracklings over the buckwheat.
9. Serve with some clabber or natural yoghurt.

2. SOUP

ZUREK (SOUR RYE SOUP)
THE BASE FOR ZUREK (called in Polish "zakwas")

INGREDIENTS

- 3 cups of rye flour
- a small piece of crust from rye bread
- 2 minced cloves of garlic
- 2 cups of warm water

HOW TO MAKE IT?

1. Place ingredients in a jar, mix them well.
2. Cover the jar with a piece of clean cloth and let the jar stay in a warm place for 4-5 days.
3. If mold forms on top, remove it before using the zakwas.
4. Discard the bread crust and garlic before using.

ZUREK

INGREDIENTS

- 2 cups of zakwas
- 300 g of white sausage chopped (or just use polska kielbasa)
- 200 g of bacon,
- 1 minced onion
- 2 minced cloves of garlic
- 1/2 cup of sour cream
- 1 Tbsp of flour
- 1 bay leaf, 2 corns of allspice,
- 5 black peppercorns,
- 1 Tbsp of marjoram

HOW TO MAKE IT?

1. Fry chopped bacon.
2. Add onion, garlic, and sausage and fry a little more.
3. Add 3 cups of boiling water.
4. Add bay leaf, black pepper, allspice. Cook for 20 minutes.
5. Add zakwas.
6. Mix sour cream with flour. Add to the soup.
7. Add marjoram and mix the soup well.
8. Bring to a boil.
9. You can also add a chopped, hard-boiled egg.



3. MAIN COURSE

PIECZONE ŻEBERKA
(BAKED RIBS)
INGREDIENTS

- 4 kg of beef ribs
- 1-2 large minced onions
- 2 cups of currants
- 1 Tbs. each pepper, cinnamon, & cloves (or use to taste)
- a few threads of saffron
- 1 tsp. salt
- 3 liters of red wine
- 1 ½ cup red wine vinegar

HOW TO MAKE IT?

1. Roast or grill the beef until done.
2. Place it in a large baking pan.
3. In a separate pot, combine all the other ingredients. Bring to a boil, then reduce to a simmer and cook until currants are plump and soft and the onion is cooked.
4. Pour this mixture over the beef ribs.
5. Cover the baking pan with foil and place it in a 190° C oven for 30 to 45 minutes.
6. Remove from the oven. Place the beef on a serving platter and spoon on currants, onions & syrup. Serve.

4. DESSERT

KASZA JAGLANA Z BAKALIAMI
(MILLET WITH DELICACIES)
INGREDIENTS

- 1/3 glass of millet
- 2/3 glass of water
- 1/3 glass of milk
- 1 tbsp of wheat bran
- 1 tbsp of linseed
- 1 tbsp of shelled sunflower seeds
- Cinnamon and honey

HOW TO MAKE IT?

1. Rinse the millet.
2. Bring 2/3 glass of water to a boil.
3. Add the millet, put on the lid, and turn the heat down.
4. After 15 minutes add milk and stir well.
5. Add all other ingredients.

5. BEVERAGES

GRZANE PIWO
(MULLED BEER)
INGREDIENTS

- 1L of beer
- a few cloves
- 3 tablespoons of brown sugar or honey
- a pinch of cinnamon
- a pinch of ginger
- 2 tablespoons of raspberry

HOW TO MAKE IT?

1. Gently pour 1L of beer into a pot.
2. Heat up the beer, but don't boil it.
3. Add honey, cinnamon, ginger and a few cloves. Wait until honey melts. Still don't boil it.
4. Add raspberry juice.
5. Serve till it's warm!



About Kuşadası and environment

Kuşadası is the heart of the Turkish Aegean seaside. It is one of the most beautiful places for recreation and fun holidays. Thanks to the marina and great harbour, Kuşadası is a favorite calling place for yachts and tour vessels with the result that there are many good shopping opportunities to be found. Also is a very good start point for trips at Ephesus, Pamukkale, Milos, etc.



Turkey's national language is Turkish. In Turkey, especially in Kuşadası, most people can speak English and also some can speak some other foreign languages such as German, French, Italian and other languages. The national currency is the Turkish Lira (TL). But currencies like USD, GBP or DEM are universally accepted at various places at current exchange rates.

Foreign currencies and travellers cheques can be changed all over Kuşadası in banks, hotels and money exchange offices. Banks are open nationwide Monday through Friday except public holidays between 8:30 am and 17:00 pm. Some banks and money exchange offices remain open until midnight, especially in summer. Major international credit cards, such as Visa, MasterCard, Maestro, American Express and Dinners Club are accepted by all major banks, restaurants, hotels and shops.

In Kuşadası, you have the perfect mix of Eastern mysticism and modern western technology that is one of the reasons why Kuşadası is a shopper's paradise and why shopping remains a top tourist attraction. Kuşadası is one of those remarkable places where shopping is a not just a journey around shops. Its more like a journey for your personal gain.



You will enjoy the fun of bargaining while a smiling salesman speaks many languages negotiating for their goods while you still feel at home. Shopping is high on most Kuşadası itineraries and deservedly so as it creates competitive prices. All this helps to make your spending spree a memorable experience.

One of the delights of shopping in Kuşadası is that most shops are open seven days a week. There are no set hours of business but generally shops in Kuşadası remain open from 09:00 am to 12:00 AM in summer. Every Tuesday and Friday there is a large open market that sells locally grown fruit, vegetables, household items, Turkish embroideries and textiles.

HISTORY of KUŞADASI

It is not very well known when and by whom the city was founded, but was most probably by the Ionians who called it "Neopolis". Ruins of this early settlement can be seen at the "Yılanlı Burnu" (under water). Neopolis was bound to Ephesus and functioned as a holiday resort for the Ephesians. Neopolis has been governed by the Lydians and Persians before the Romans occupied it. During the Byzantine period, Kuşadası became a harbour town mostly used by the Venetians and Genoese who called it "Scalanova" (New Harbor).



When Kuşadası became a part of the Ottoman Empire, Turkish monuments started to be built such as the city walls and the Kervansaray (can still be seen today). It then became an important military protection basis against pirate attacks. In 1865 Kuşadası was declared an independent district. Jews, Greeks, Armenians and Italians settled around the harbor and remained there till W.W.I.

C a s t l e s

Our project, castles where our common European values were born, is a LLP comenius project and Poland is the coordinator of this project. Project consists of 4 other partner countries Italy, Turkey, Spain and Scotland.

Students and teachers can observe the differences and similarities between countries in their authentic places and they have a chance to see foreign cultures in their real places.

Project will be during the 2011-2013 education years. Some student teacher visiting programs are going to take place during these 3 years.

A Turkish Menu

BADEM SOUP

INGREDIENTS

- 2 tablespoons of flour
- 1 cup of heavy cream
- 1 cup of almond
- 4 cups of water
- Half cup corn oil
- Salt to taste

PREPARATION

Robbed of their shells through to the robot until the almonds into a powder. Put the cooking oil, flour and powdered almonds in the saucepan and cook until them smell away. Stir in juice, mix well and leave to boil. Boil the cream and stir in the milk after boiling. Serve while hot.



HÜNKAR BEĞENDİ

Hünkar means king and Beğendi means like something. It is a traditional meal and was cooked for the king years ago.

INGREDIENTS

- 500 g mutton
- 2 tablespoons of butter
- 2 onions
- 1 spoon of vinegar
- 2 tomatoes
- 2.5 cups of hot water
- 5 eggplants
- 2 tablespoons of butter
- 1.5 tablespoons of flour
- 1.5 cups of milk
- 2 tablespoons of grated sheep cheese
- Salt and thyme

PREPARATION

Roast the minced mutton. Add the butter, minced onion and roast again for 3 minutes. Add 1 tablespoon of vinegar, grated tomatoes, thyme, hot water and salt cook until mutton is soft. Grill eggplants. After peeling the eggplants put them in a bowl full of water with lemon juice and wait for 5 minutes. Strain and minced chop up very thin. Melt the butter. Add 1.5 tablespoons of flour. Roast it for 2 minutes until it will turn yellow. Add cold milk when mixing the flour. Cook mixture until get thick. Add eggplant, sheep cheese, salt and mixed them. Put them in a service plate. Put the mutton on it. It is ready to serve.



YAPRAK SARMA

INGREDIENTS

- 500g grape leaves
- Half cup of olive oil
- 2 cups of hot water
- Half lemon juice

PREPARATION

- Put the olive oil in the saucepan. Add pine nuts, minced onion and salt cook them until pine nuts get pink.
- Add the rice on the hot mixture and roast them 1 minute.
- Add all the inner ingredients in it and mixed them, add half cup of boiled water to the mixture and cook for five minute
- And when waiting the rice get cold wash the leaves and await leaves in hot water for 5 minutes
- Put the rice in the leaves and roll on. And put them on saucepan.
- Add some water, olive oil, salt to the rolled leaves with rice, we call it SARMA, and put a plate on the top of them.
- Cook them for 35-40 minutes. Serve cold.



ŞEKERPARE

INGREDIENTS FOR THE DOUGH

- A packet of margarine
- 4 tablespoons of semolina
- 2 eggs
- 1 cup of powdered sugar
- 2 tablespoons of coconut
- 1 packet of vanilla
- 1 packet of baking powder
- 4 cups of flour

Combine all ingredients except flour. Knead the flour for dough. Pluck, take small pieces from dough round it, and put them in a oily tray. If you wish you can put a nut on the top of each round dough. Place it in a 180 centigrade degrees oven for 15 -20 minutes.



INGREDIENTS FOR SYRUP

- 3 cups of sugar
- 4 cups of water
- 3 drop of lemon juice & syrup. Serve.

Put the sugar and water in a saucepan add lemon juice and boiled 10 minutes. And As soon as the pastry cooked pour the warm syrup on them.

İSLİM KEBAP

INGREDIENTS

- 2 kg. lamb chunks
- 4 table spoons butter
- 4 onions, sliced
- 5 tomatoes
- 1 table spoon flour
- 1 tea spoon salt
- thyme
- 2 cloves garlic
- 1/2 tea spoon pepper grains.
- 1 pinch parsley stems
- 5 cups water
- to wrap the egg plants:
- 1 kg. eggplants
- 2 cups sunflower oil
- 3 tomatoes
- 5 bell peppers
- 1 wax paper
- 10 tooth picks



INSTRUCTIONS

Melt the butter in a pan add the meat and roast until the liquid has evaporated. Add the sliced onions and roast further. Chop the tomatoes in chunks, add to the meat, roast for 2 minutes and add the flour. Put the thyme, garlic, pepper grains and parsley stems into a fine muslin and tie tightly. Add this pack to the meat with salt and water. Simmer and cook over low heat for 30 minutes. Throw the herb pack away. Take the cooked meat, put in a bowl and simmer the juice to a pot. Peel the eggplants, cut off their stems and cut into elongated slices 1/2 cm. thick.

Put in a bowl and sprinkle salt and rub the eggplants. Wash and drain after 30 minutes. Fry in hot oil. Cut the tomatoes into two pieces. Remove the stems and the seeds of the peppers and cut into 4 pieces. Place two eggplant pieces in a coffee cup diagonally, halves overhanging the edges of the cups, put 4 pieces of meat inside, fold the ends of the eggplants over the top. Carefully, turn the bowls upside down into an oven tray. Put a pepper slice and half a tomato overeach package and hold in place with tooth picks. Add the meat juice, top the tray with a wax paper and bake in the oven for 15 minutes. Remove the toothpicks and serve.