

# Summer Barbecue



The meeting in Galkow near Lodz at the cottage of a member of the project „RECIPE for active life” - August 2014

# Goals

- Integration of members of the Recipe project
- Finding the dish for BBQ – inventing recipes
- Preparation of grilling dishes
- Artistic serving of food
- Training of cooking a dish for „ International Local Food Competition” in Turkey
- Choosing the recipes for a cook book

# Purchase of products

- Meat – pork neck
- Black pudding
- Vegetables
- Iceberg lettuce
- Watermelon
- Oil
- Spices



# Place – Small Galkow



# Arriving - Tereska



# Mirek



# Zenon



# Wanda and Zdzislaw



# Grażynka P., Tereska, Magda, Jagoda



# Grażyna M., Jadzia, Marysia



# Kryisia (*first on the right*)



# Firing of the grill Zdzisio i Mirek



# Menu

- **Grilled pork**
- **Black pudding grilled in aluminium foil**
- **Grilled vegetables**
- **Iceberg lettuce salad**
- **Green-red salad**
- **And others**

# Grilled pork

## Ingredients:

- meet / we used 1,5 kilos / has to be marinated
- for marinade:
  - 200ml of oil
  - 2 onions
  - a few squeezed cloves of garlic
  - provencal herbs
  - marjoram
  - 2 crushed bay leaves
  - 2 crushed pepper
  - 2 grains of crushed juniper
  - a big spoon of mustard
  - salt
  - freshly ground pepper
  - hot or sweet peppers

## Preparation:

- Meet has to stay in the prepared marinade for 3 hours before grilling.
- Then we grill the meet and serve it with salads.



# Black pudding grilled in aluminium foil

## Ingredients:

- black pudding - 1 piece / person
- 1 onion / person
- 1 pickled cucumber /person
- 5-7 cherry tomatoes /person
- aluminium foil
- mustard

## Preparation:

Dice onion into cubes. Add salt and pepper. Take the skin off the black pudding. Cut the aluminium foil into pieces of about 25 cm. Arrange black pudding on the foil. Put the onion along the black pudding. Wrap it all tightly in foil, carefully twisting both ends (it looks like a big candy wrapped in paper). Place it on the grill and cook for about 20-30 minutes. It can be served with cucumber and cherry tomato (see the picture below) or with mustard.



# Grilled vegetables

- eggplant
- zucchini,
- cauliflower,
- peppers,
- onions,
- green beans
- broccoli



# Iceberg lettuce salad

## Components of salad :

- 1 iceberg lettuce
- feta cheese
- 3 tomatoes
- green dill
- sunflower seeds

## Components of dressing:

- juice of half a lemon
- half glass of olive oil
- 1 clove of garlic
- a pinch of salt
- a few teaspoons of sugar

## Preparation:

- Shred lettuce. Cut feta cheese into small squares. Cut tomatoes into small pieces. Chop green dill. Combine all the ingredients.
- Prepare the dressing: squeeze the juice of half a lemon. Add a crushed glove of garlic, a pinch of salt and a few teaspoons of sugar. Stir until the sugar is dissolved. Add olive oil and stir again.
- Mix the prepared dressing with the ingredients of salad.
- Sprinkle the salad with toasted sunflower seeds.



# Green-red salad

## Ingredients:

- Lettuce, arugula and other eatable green leaves
- About 1kg piece of water melon
- For dressing sauce: olive oil, pepper, wine vinegar, minced fresh garlic, salt
- Roasted seeds of sunflowers or/and pumpkin

## Preparation (directly before serving)

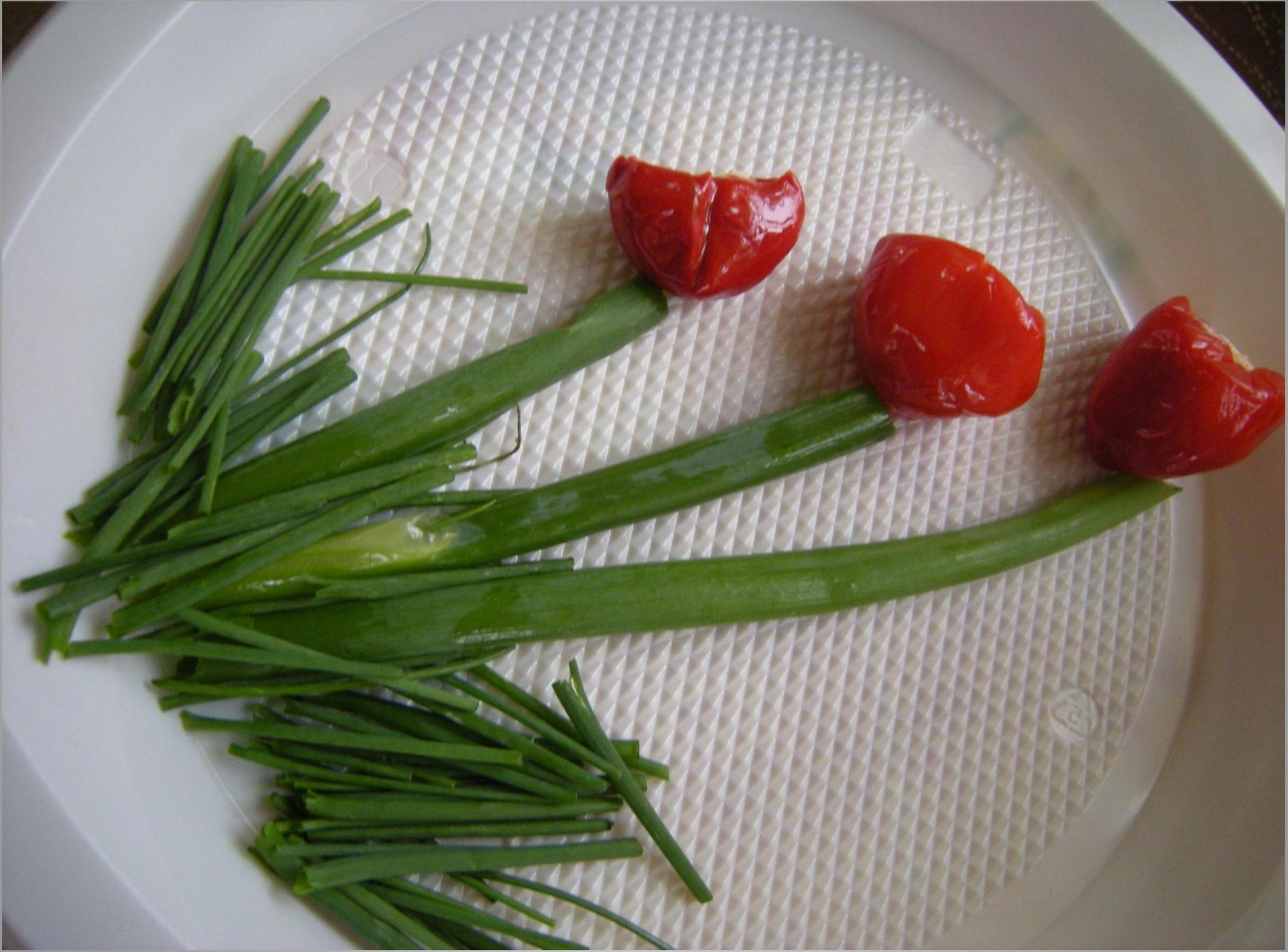
- Washed and dried green leaves put into a big bowl
- Mixed ingredients of dressing sauce and put it on the leaves
- From watermelon cut small round pieces with special spoon and put them to the bowl.
- Mix all the ingredients and decorate plentifully with seeds on a surface.



# Artistic inspirations









# At the table



# At the table



# At the table



# Enjoyment of nature



See you next time

**POLISH TEAM**