

BANANA CRUST SAUCE

MATERIALS

- 5 pieces of Banana peel
- 1 small red onion
- 1 tablespoon Coriander seeds
- 2 tablespoons of butter
- 1 tablespoon Olive oil
- 1 red pepper
- 1/2 teaspoon Cinnamon
- 2 capia peppers
- 1 teaspoon salt
- 1 finger-sized piece of Ginger



RECIPE

Wash the banana peels thoroughly, boil them in boiling water for 10 minutes and drain the water.

Chop it small and set aside.

Chop the onion into small pieces.

Add the butter and olive oil to the pan and stir.

Add the onion and cook for 2-3 minutes.

Grate the ginger into it, crumble the peppers and add all the spices and mix.

Chop the capia peppers into small pieces and add them to the saucepan along with the banana peels and mix.

Add salt and cook, stirring Decently, for 20-25 minutes.



APPLE SEEDS AND PEELS VINEGAR

MATERIALS

- 1 kg of apples
- 1 liter of water
- A piece of bread
- 1 tablespoon bulghur
- Half a tablespoon of salt
- Half a tea cup of natural apple vinegar
- 1 tablespoon of honey



RECIPE

After washing the apples, cut them into eight, first throw a little from the apples into the jar.

Then put bulgur, a piece of bread, salt on it and fill it with apples.

At the end, fill the jar with apple cider vinegar, honey and water and cover it with cheesecloth or a napkin.

Tighten it with a rubber.

Leave in a dark and cool place for four months, then drain.

Let it stand for 1/2 month and it is ready for use.

A WATERMELON PEEL PICKLES

MATERIALS

- 1 kilogram of watermelon peel
- 4-5 cloves of garlic
- 1 and a half cups of grape vinegar
- 2 and a half tablespoons of rock salt
- 1 and a half liters of boiled rested drinking water
- 4 – 5 fresh peppers
- Half a bunch of parsley
- 2 glass jars



RECIPE

Peel the green parts of the watermelon rinds, chop them small.

Place some watermelon rind on the bottom of the jar with garlic and peppers cut into 3-4 pieces on it, a little parsley on top.

Place the watermelon rind and garlic on it again, and a little parsley on top again.

Add 2 and a half tablespoons of rock salt to the boiled and cooled water and stir, let the salt melt.

Close the lids of the jars tightly, leave for 20 – 25 days in a cool place.

At the end of the time, your pickles will be ready.





Erasmus+

ORANGE PEEL JAM

MATERIALS

10 oranges
 For sherbet;
 3 cups sugar
 1 cup water
 1 cup orange juice

RECIPE

Peel the peel from the oranges.

Slice the orange peels lengthwise so that they are a little thinner than 1 cm. Wrap the remaining white parts in the slices in the form of a roll with your hands without cleaning them.

String the orange rolls you have wrapped with a clean needle and thread so that they do not open while baking.

Place the orange peels you have prepared in a bowl and add enough water to pass over them.

In order for the bitterness of the orange peels to go away, let it stand for 1 night, changing the water 4 times in this way.

The next day, take the orange peels that you have kept in the water and place them in a suitable pot.

Add enough of our normal water to pass over the orange peels. 4-5 minutes after it starts to boil, put our orange peels on a plate, drain the bitter water from the saucepan.

Taking the orange peels into the saucepan, add fresh water again.

Change the juice 4 times in this way to get all the bitterness from the orange peels. With the last water, boil the orange peels until tender.

Remove the softened orange peels from the water and drain the yellow bitter juice.

For the syrup, take granulated sugar and water in a saucepan, stir until the sugar dissolves and boils.

After boiling for 2-3 minutes, add the orange peels, leave to simmer in this way for 10 minutes.

Add the orange juice last and continue cooking for about 20 minutes.

While it is hot in the washed jar, put your jams together with the string and close the mouth tightly.

Keep the jam in cool places.

RECYCLE
RE-CONSUME

THE PROJECT MENU

