

OUR RECIPES



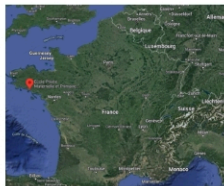
*Students from
Ste Marie Pie X - France
and*

Maria Rosa Molas School - Spain

An eTwinning project with



*Sainte Marie Pie X school
in Lorient, France*



and



*Maria Rosa Molas School
in Tarragona, Spain*



*Fifth grade
Sainte Marie Pie X school*



Fourth grade Sainte Marie Pie X school

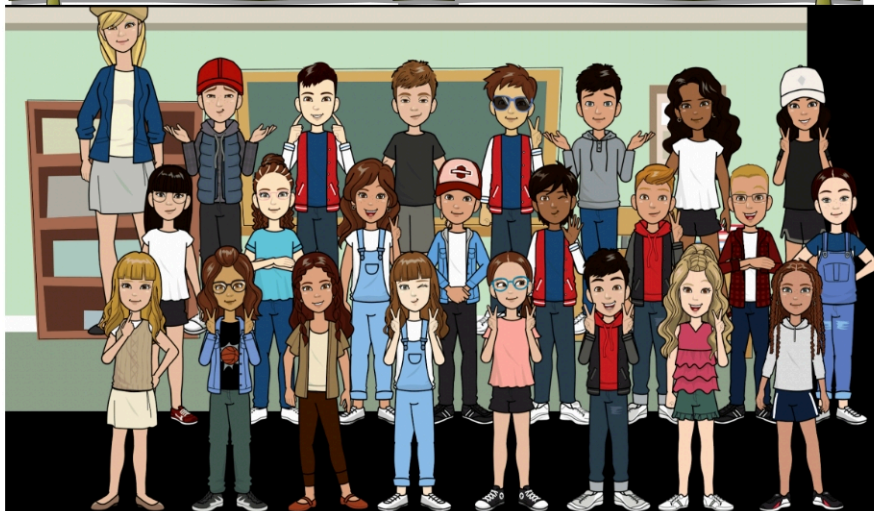


*Fourth and fifth grade
Sainte Marie Pie X school*



Fifth grade

Maria Rosa Molas School



CHOCOLATE CAKE

Salomé, Naïa, Mattéo



For 8 people

Preparation time: 20 min

Ingredients :

200g ok black chocolate

200g of sugar

200g of butter

1 soup spoon of flour

5 eggs

Preparation steps :

1. In a bowl, melt chocolate with the butter.
2. Mix together chocolate, sugar, butter and flour.
3. Add one by one the eggs and beat the mixture.
4. Cook in the oven for 25 min at 200°C.

Enjoy !

Lubin, Noah, Nolhan, Victor



For 4 people

Preparation time: 20 min

Ingredients :

400g of Potatoes

1 Reblochon (cheese)

2 Onions

A knob of butter

Bacon

A glass of white wine

TARTIFLETTE

Preparation steps :

1. In a fat pan with boiling water and salt, cook the potatoes before peeling them and drain-them.
2. Cook onions, white wine and bacon in a pan.
3. In a dish, put the potatoes cuted in slices.
4. Add onions and bacon.

Cut the reblochon in two parts and put it on the potatoes.

5. Cook 30 min to 180°C

« Bon appétit !

Elena, Anaïs, Nawel, Iris



SHORTBREADS COOKIES

STAR SHAPED

For 25 biscuits

Preparation time: 10 min

Ingredients :

60g of butter

60g of sugar

2 eggs

150g of flour

10ml of lemon juice

Vanilla flavour

Pink dye and Icing sugar

Preparation steps :

1. Whip the butter and the sugar.
2. Add eggs, vanilla flavour and whip again.
3. Pour the flour and knead to form a ball of dough.
4. Spread the dough with a rolling pin.
5. With a star-shaped cookie cutter, cut out the stars.
6. Put the stars on a baking sheet and cook 10 minutes and let cool.

The pastry icing :

1. Whip icing sugar, one egg white, the lemon juice and the pink dye.
2. Dip the top of the shortbreads cookies in the pastry icing.
3. Let stand overnight

Enjoy !

Helori, Hector, Cassandra



For 3 people

Preparation time: 15 min

Ingredients :

Hazelnut chocolate or Nutella : 200g

Butter : 30 g

2 cookies

4 eggs

NUTELLA MOUSSE

Preparation steps :

1. Mix the butter with the Nutella in a bowl.
2. Separate whites and yolks eggs.
3. Add the yolks eggs in the Nutella melt.
4. Beat the eggs whites and add them in the mixture carefully.
5. Crumble the cookies and put them in the preparation.
6. Let cool in the fridge for 12 hours.
7. Serve and enjoy !

Tommi, Noah, Raphaël



WAFFLES

For 6 people

Preparation time: 20 min

Ingredients :

200g of flour

30g of sugar vanilla

30g of butter

25cl of milk

A pinch of salt

3 eggs

Yeast

Pearl sugar

Preparation steps :

1. In a bowl, mix the yeast with the flour, the sugar vanilla and the salt.
2. Mix the milk and the eggs and pour the mixture in the bowl, mix again.
3. Pour the mixture in the buttered waffle pan.
3. When it's ready, add the sugar pearl on the waffles.

Enjoy !

STRAWBERRIES PIE

Aristide, Driss



For 4 people

Preparation time: 30 min

Ingredients :

Dough :

125g of butter

250g of flour

1 egg

80g of sugar

Cream:

½ l of milk

4 eggs yolks

100g of sugar

60g of flour

500g of strawberries

Preparation steps :

Dough

1. In a bowl, knead egg, sugar, flour and butter cut in pieces to get a ball of dough.
2. Roll out the dough in a pie dish.

Cream

1. In a bowl, mix eggs yolks, sugar and flour.
2. Add the boiling milk and warm up to get a cream.
3. Pour the cream on the dough in the pie dish.
4. Cut the strawberries and put them on the pie.

Mathilda, Constance, Aelya



CHOCOLATE ECLAIRS

Preparation steps :

For the choux pastry

1. Preheat the oven at 120°C
2. Mix sugar, butter, water and salt in a pan and cook the mixture until it's boiling.
3. Add the flour and mix to have a compact dough.
4. Add the eggs in the dough and knead it.
5. On a plaque, do a dozen of sausages of dough.
6. Cook in the oven during 25 minutes and let it rest 10 min.

For 2 people

Preparation time: 25 min

Ingredients :

For the choux pastry

150g of flour

25cl of water

75g of butter

A soup spoon of sugar

A pinch of salt.

Oil

4 eggs

CHOCOLATE ECLAIRS (2)



Ingredients :

For the cream

2 soups spoons of flour

30cl of milk

50g of butter

210g of black chocolate

3 soup spoons of sugar

1 egg

2 egg yolks

Preparation steps :

For the cream

1. Melt 60g of chocolate broken in pieces in the milk. Cook over low heat.
2. In a bowl, whip eggs, egg yolks and sugar until mixture is homogeneous.
4. Add the flour and pour the mixture in the chocolate milk.
5. Whip the mixture constantly.
6. Add 20g of butter and let it cool.
7. When it's cold, garnish the eclairs with the cream.
8. In a little bowl, melt the rest of chocolate and melted butter and coat the mixture

Abril, Érika, Denis, Aris, Oumayma



POTATOE TORTILLA

For 3 people

Preparation time:

30-45 min

Ingredients :

2 eggs

5 potatoes

1 onion

Preparation steps :

1. First pick up a knife and a wooden board.
2. Then peel and dice the potatoes into small cubes. To continue put the potatoes in the pan and start cooking slowly for 10-15 min.
4. Take a bowl, break the two eggs and whisk the eggs with a balloon whisk. When you end whisking the eggs, add the potatoes and whisk again.
5. Peel and cut the onion, then, add it in the bowl. Put it in the pan. Wait 10-15 min. During that time, move the pan, slowly. Turn up and down the pan. Put the potatoe tortilla in the plate.

VALENCIA'S PAELLA

Ester,
Hugo,
Pep



For 4 people

Preparation time: 1h

Ingredients:

- Rice; Salt
- Water
- Olive Oil
- Saffron
- Tomatoe Sauce
- Chicken
- Rabbit
- Green Beans

Preparation steps :

1. Put the paella on a cooker.
2. Pour olive oil and salt.
3. Then, put the chicken and rabbit till roast them.
4. Put the green beans and stir.
5. Later, pour the tomatoe sauce in the paella and stir it.
6. Put the rice in the paella and stir.
7. Pour water untill cover the rice.
8. Finally, pour saffron, stir and taste.

Bon Appetit!

Ainhoa, Xavi, Nekane, Javi



Cold tomatoe soup

For 2 people

Preparation time: 30 min

Ingredients:

Tomatoe

Pepper

Onion

Garlic

Preparation steps :

1. Take a blender and put tomatoe and vegetables and a little bit of oil. Mix then until is soft.
2. Then, put in the fridge for 2 hours.
3. After, take a bowl and pour tomatoe soup.

Bon profit

Luciana. Alicia. Mario. Adrian



For 1 people

Preparation time 25

Ingredients

Cinnamon

Sugar

Corn flour

Milk

Yack eggs

Lemon zest

Catalan cream

Preparation steps :

1. Warm up the milk in plate
2. Stir till the milk and yawk eggs and the corn flowr
3. Stir till the milk hot an the eggs
4. Warm an lemon zest
5. Stir till or the finally consistetion is creamous
6. The finall step is later in a bowls. put in bridge to set cold.

bon profit

Sarim, Aday, Raquel, Laia



GALETS' SOUP

For 5 people

Preparation time: 25 min

Ingredients:

Chicken soup

Galets pasta

Salt

Preparation steps :

1. Stir the chicken soup with spoon.
2. Put the galets in the soup.
3. Boil the soup on the cooker 70C and put the salt and check the pasta it is ready.

Enjoy the meal!

ALMOND CREAM

Adriel, Malak, Ariadna, Lucia



For 6 people

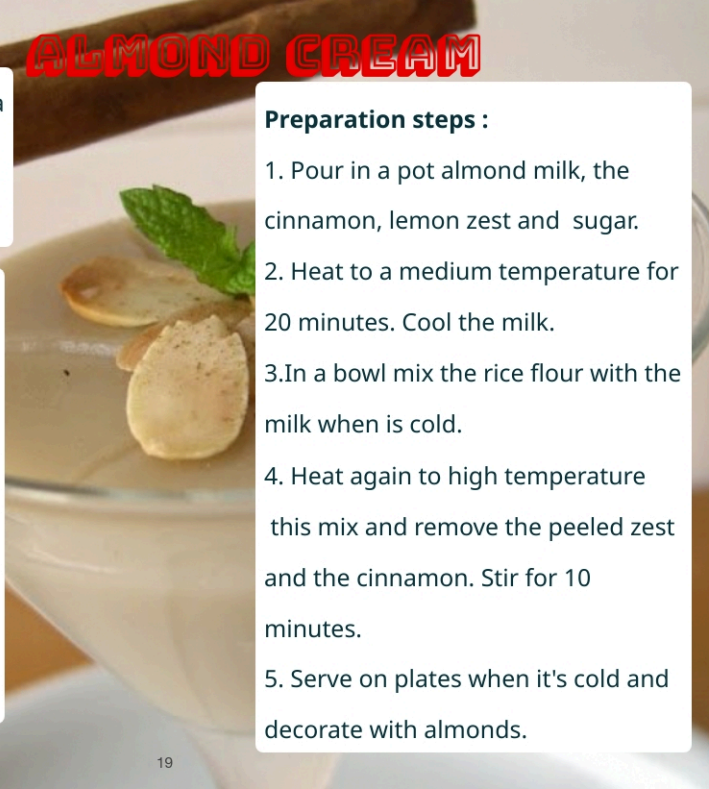
Preparation time:

Ingredients :

- 1 l almond milk
- 100g sugar
- 1 lemon zest peeled
- 150 rice flour
- 1 cinnamon stick

Preparation steps :

1. Pour in a pot almond milk, the cinnamon, lemon zest and sugar.
2. Heat to a medium temperature for 20 minutes. Cool the milk.
3. In a bowl mix the rice flour with the milk when it is cold.
4. Heat again to high temperature this mix and remove the peeled zest and the cinnamon. Stir for 10 minutes.
5. Serve on plates when it's cold and decorate with almonds.



Boeuf bourguignon

A recipe from Thomas and Sinan



For 6/8 people

Preparation time: 1.00

Ingredients :

- 800g of beef
- 250g mushrooms
- 100g bacon
- 2 carrots
- 2 onions
- 50g butter
- 2c tablespoon of flour

Preparation steps :

- 1 - put some oil in a heavy-bottomed saucepan
- 2 - once the oil is hot put the beef
- 3 - after 5 minutes turn the beef
- 4 - when the pieces are well browned put them on a plate and set them aside
- 5 - cook in the same saucepan without rinsing the onions
- 6 - when the onions are hot enough we put the flour in it and mix
- 7 - when everything is mixed we put the carrots and we mix beef back
- 8 - when everything is well mixed we put the beef back and we mix
- 9 - we heat everything for 2h30
- 10 - add the mushrooms and mix
- 11 - cook again for 30 minutes

SWEET CREPES

A recipe from Laura, Elyse and Mai Linh



For 6 people

Preparation time: 1h 25 min

Ingredients :

.wheat flour=250g

.vanilla sugar=10g

.butter=30g

.semi –skimmed milk=50cl

.Eggs=4

.half-salt butter=20g

1. Sift the flour in a bowl, then make a well and crack the eggs in the center . Mix the eggs with flour and the sugar, first gradually then vigorously, in order to obtain a dense and homogeneous paste. Melt the semi – salted butter over low heat in a saucepan (or in the microwave) , then add it to the dough . Then gradually pour in the milk , stirring to obtain a smooth , fluid and lump – free dough .

2. Let the dough stand covered fridge at least an hour .3. In the frying pan melt a knob of butter medium heat then to pour a bit of dough for realize a pancake .cook it for about 1min on each side .repeat the operation for each pancake.The +of the chef “you can replace vanilla sugar with conventional sugar and add the seeds half a vanilla pod.”

A recipe from Annaelle and Kaylee



For 4 people

Preparation time: 40 min

Ingredients :

266 g of County cheese

266 g of Beaufort

133 g of emmental cheese

20 cl of dry white wine

2/3 spoon of nutmeg

2/3 spoon of cornstarch

2/3 glass of kirsch liquor

2/3 clove of garlic

2/3 pinch of pepper

FONDUE SAVOYARDE

Preparation steps :

1. Cut the three cheeses into small cubes

2. Rub the caquelon with the clove of garlic and leave it in.

3. Pour 25 cl of white wine and heat

4. In a small container, pour the remaining white wine (5cl), cornstarch and nutmeg.

Stir and set aside.

5. When the wine « wriggles », pour the cheese (in several times) without ceasing to stir with a wooden spatula, over low/medium heat.

6. When the cheese is well melted, pour the glass of wine, cornstarch, nutmeg and continue to stir gently.

7. The preparation begins to be creamy and foamy, still a little liquid.

Pepper and pour in the kirsch. It's ready to serve

8. The egg yolk is to be put in the caquelon when there is no more liquid left, in order to recover the rest of the cheese at the bottom.

Cake Breton

A recipe from Elisa and Elaya



For 6- 8 people

Preparation time:

Ingredients :

350 g of flour

350 g of butter

300 g of sugar

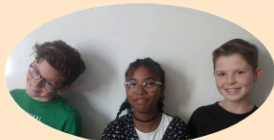
6 eggs yolk + 1 to brown

A little of rum (optional)

Preparation steps :

- 1. Mix the flour and the sugar then add the butter, piece by piece*
- 2. Add eggs yolks, kneading the dough (normally by hand) and rum. Don't knead the dough too long. As soon as the ingredients are incorporated, stop mixing.*
- 3. Add eggs yolks, kneading the dough (normally by hand) and rum. Don't knead the dough too long. As soon as the ingredients are incorporated, stop mixing.*
- 4. Draw streaks on the cake with a fork then brush with egg yolk to cook for about 45 mins at 180°, leave to cool and unmold.*

A recipe from Cameron, Fathia and Paul



For 4 people

Preparation time: 30 min

Ingredients :

1,5 liters of water

80g of butter

$\frac{1}{2}$ spoon of fine salt

120g of flavour

1tbsp orange blossom water

10 of sugar

3 eggs

Pets de nonnes

Preparation steps :

- 1.Put 150 cl of water
- 2.Add 80g soft butter
- 3.Then $\frac{1}{2}$ c fine salt
- 4.Add 120 g flour and stir
- 5.And 1.tbsp orange blossom water
- 6.Add 10g of sugar
- 7.And break 3 eggs
- 8.And finally of icing sugar
- 9.Heat the fryer (the oil should be hot but it should not smoke).
- 10.Drop the dough by small teaspoons using a second spoon (do not put too much in the fryer).
- 11.When the donuts are puffy and firm remove them, drain them and sprinkle them with icing sugar or sugar.

Tarte Tatin

A recipe from Pacôme and Noevan



For 8 people

Preparation time: 1h15

Ingredients :

- 8 to 10 apples
- 150g butter
- 150g caster sugar
- 200g shortcrust pastry or sweet pastry
- Cinnamon powder (optional)

Preparation steps :

- 1. Peel and cut the apples in half. Remove the stems.*
- 2. In a tarte tatin mould, melt the butter.*
- 3. Add the powdered sugar, Mix gently until the two ingredients are well combined*
- 4. Make a brown caramel. Be careful not to let it darken too much.*
- 5. Arrange the apple halves on the warm caramel.*
- 6. Cook for ten minutes over high heat.*
- 7. Take the disc of dough gently with your hands and place it on the still warm apples. Tuck the edges of the dough that protrude inside the mold. Do not hesitate to push them in well with your fingers.*
- 8. Bake in a hot oven (180-200°C), for 20 to 25 minutes, until the dough is fully cooked.*
- 9. Cover with a dish, Catch the two dishes at the same time and return the assembly Lift the cooking dish.*

A recipe from Camille and Macil



Gratin Dauphinois

For 4/6 people

Preparation time: 1h00

Ingredients :

- 5 cups whole milk*
- 2 pounds baking potatoes, peeled and cut crosswise into 1/4 inch slices*
- 1 and 1/2 cups heavy cream*
- 1 and 1/2 cups c1 teaspoon salt*
- 1/4 teaspoon ground black pepper*
- 1/16 teaspoon (pinch) freshly grated nutmeg*
- 2 tablespoons butter, softened*
- 2/3 cup grated Gruyere cheese*

Preparation steps :

- 1. Peel the potatoes and cut them into thin round slices. the butter.*
- 2. Grease the gratin dish with the margarine.*
- 3. Place the first layer of potatoes in the dish and then a layer of cheese and so on. Salt and pepper.*
- 4. Mix together the milk and crème fraîche and pour the mixture over the potatoes. Cook in the oven for 60 minutes at 200°C.*

A recipe from Lily-Rose, Kahil and Axelle



Cannelés de Bordeaux

For 20 cannelés

Preparation time: 1h00

Ingredients

500 grams whole milk
50 grams butter
185 grams white granulated sugar
150 grams bread flour
3 egg yolks
3 grams salt
1 vanilla bean
50 grams cognac or dark rum

Preparation steps :

1. Melt the butter and the beeswax together and Brush the insides of the molds with
2. whisk the yolks together with the sugar, salt, and sifted flour
3. Temper the egg yolks by whisking in $\frac{1}{3}$ of the milk, then the another $\frac{1}{3}$, then the last $\frac{1}{3}$ of the mixture
4. Pour the batter $\frac{4}{5}$ up the mold
5. Bake the cannelés for 10 minutes at 230°C) then lower the temperature to $180/190^{\circ}\text{C}$) and continue to bake for 45 minutes or more if necessary.



A recipe from
Krystofer, Rodéric, Ilyess

Lorraine tart

Preparation steps :

1 Wash your hands

2 Preheat the oven to 180°C.

3 Fry the bacon and the onions with the butter in a pan. Let cool

4 In a bowl, mix the eggs, fresh cream and Gruyère cheese. Salt and pepper.

5 In a buttered pie dish, put the dough and distribute the bacon bits and onion

6 Pour the mixture over the bacon and onion

7 Bake for 30 to 40 minutes

For 6 persons

Preparation time: 20 minutes

Ingredients :

1 shortcrust pastry

2 eggs

20cl fresh cream

200g of bacon

100g Gruyere cheese

1 onion

1 teaspoon of butter

Salt Pepper



French omelet

A recipe from
Noam, Constance, Eyüp

For 2 persons

Preparation time: 5 minutes

Ingredients :

4 eggs

1 slice of ham

40g of cheese

1 teaspoon of milk

20g of butter

Salt

Pepper

Preparation steps :

1 Wash your hands

2 Break the eggs above a bowl and whip them with the milk and a little of salt and pepper.

3 Heat the butter in a pan. Add the eggs, beat and cook on, low medium, in bringing back the edges towards the center.

4 When the omelet takes off, garnish it with the ham and the cheese grated. Fold it back on itself. Continue cooking for a few minutes



Kouign Amann

A recipe from

Manon - Clarisse - Jeanne P

For 20 persons

Preparation time: 20 minutes

Ingredients :

1kg of raw bread dough

500g of half-salt butter

500g of sugar

Preparation steps :

- 1 Wash your hands
- 2 Spread the butter
- 3 Roll out the bread dough
- 4 Place the butter and sugar in the center of the bread dough.
- 5 Close the dough.
- 6 Roll it all out (7mm thick)
- 7 Fold the dough into three equal parts. Fold the right part towards the center and then the left part towards the center.
- 8 Redo the operation.
- 9 Roll out the dough (6mm thick) to form a rectangle and cut into small rectangles according to the desired size.
- 10 Spoon into buttered and sweetened muffin tins.
- 11 Cook for 30 minutes



Hachis parmentier

A recipe from
Théo, Jayden-Prince, Nolan



For 4 persons

Preparation time: 30 minutes

Ingredients :

600g of ground beef

1kg of potatoes

30cl of milk

80g of butter

Salt

Pepper

1,5 l of water

1 carrot

2 onions

40g of grated cheese

5 sprigs of parsley

1 pinch ground nutmeg

Preparation steps :

1 Wash your hands

2 Cook the potatoes, wash them and cut them into large cubes. In a large saucepan filled with salted water, put the potato pieces. When they are cooked, drain them and blend them with a vegetable mill.

3 Mix them with the hot milk and 30g of butter. Season with salt and pepper then add the nutmeg. Mix well.

4 Peel and finely chop the onions. In a pan, melt 30g of butter and cook the onions for 5 minutes.

5 Peel, wash and cut the carrot into small dice and put it in the pan with the minced meat. Salt and pepper. Cook for 10 minutes over medium heat, stirring regularly

6 Preheat the oven to 210°C. Put the mixture of carrots, onions and ground beef in a buttered gratin dish. Put the mash on top. Sprinkle with grated cheese and brown in the oven for 15 minutes



Breton salted pancakes

A recipe from
Ethann, Adam, Tao

For 5 persons

Preparation time: 15 minutes

Ingredients :

For the dough :

165g of black wheat flour

50g of flour

1 teaspoon of oil

1 spoon of salt

1 half liter of water

1 egg

For garnish :

5 slices of ham

10 eggs

100g of cheese (gruyère)

Preparation steps :

1 Wash your hands

2 Mix the flour, oil, egg and salt, then add the water little by little. The dough should be smooth.

3 Let the dough rest for 1 hour, then cook the pancakes in a very hot and lightly buttered pan

4 Flip the crepe and crack an egg on it. Add 1/2 slice of ham and 10g of Gruyère

5 Fold the sides of the crepe towards the center. Salt, pepper and serve.



A recipe from
Camille, Baptiste

Lemon Pie

For 8 persons

Preparation time: 20 min

Ingredients :

For the dough :

200g of flour

100g of icing sugar

80g of butter

1 egg

1 pinch of salt

For the cream of lemon :

4 lemons

125g of sugar

50g of butter

3 eggs

1 teaspoon of cornflour

Preparation steps :

1 In a bowl, add the flour, icing sugar and salt. Add the butter. Knead the dough and add the egg. Knead and cover the dough for 2 hours in the refrigerator

2 Preheat the oven to 200°C. Roll out the dough and put it in a buttered pie dish. Prick the dough with a fork. Put the dish in the oven for 10 minutes. Lower the oven to 180°C and bake the dough for 15 minutes.

3 Prepare the lemon curd. Grate the zest of 3 lemons and squeeze the juice from all the lemons to obtain 15cl.

4 In a bowl, beat the eggs with the lemon zest and sugar. Add the flour.

5 In a saucepan, bring the lemon juice to a boil and pour it over the eggs. Whisk. Pour the lemon cream into the saucepan and allow to thicken for 3 minutes over low heat, stirring constantly. Add the butter.

6 Put the lemon cream on the dough. Let cool and refrigerate for at least 1 hour.



Far breton

A recipe from
Afeni, Jeanne B, Salomé

For 4 persons

Preparation time: 20 minutes

Ingredients :

200g of flour + 2 spoons

75cl of whole milk

4 eggs

150g of sugar

2 bags of vanilla sugar

1 spoon of butter

20 prunes

Preparation steps :

1 Wash your hands

2 In a bowl, mix 200g of flour, milk, eggs, sugar and vanilla sugar. Let the dough rest for an hour.

3 Preheat the oven to 200°C. Butter a dish.

4 Pour the batter into the dish. Put prunes in the bottom of the dish.

5 Put the far breton in the oven for 30 minutes.
Turn off the oven and leave the dish for 30 minutes.
Do not open the oven during cooking.



A recipe from
Lohitia, Ambre, Maxine

For 3 persons

Preparation time: 15 minutes

Ingredients :

250g of flour
125g of sugar
125g of butter
1 egg white
A little of milk
1 pinch of salt

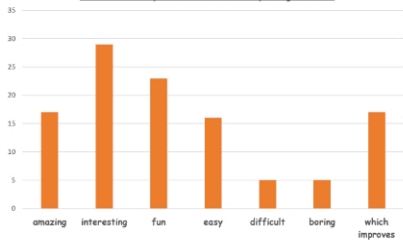
Butter cookies

Preparation steps :

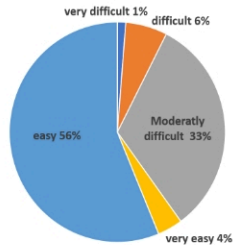
- 1 Wash your hands
- 2 Preheat the oven to 180°C.
- 3 Pour the flour into a bowl. Make a well in the center and add the butter, sugar, egg white and pinch of salt. Mix.
- 4 Cover the salad bowl. Leave to rest for 30 minutes in the refrigerator.
- 5 Knead the dough again, roll it out.
- 6 Cut out circles using a small glass.
- 7 Place the circles on the baking sheet.
- 8 Decorate the circles with a little milk. Bake and cook for 20 minutes.

At the end of the project our students answered a questionnaire. Here are their answers.

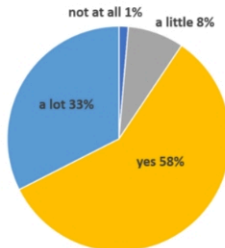
How did you find the project ?



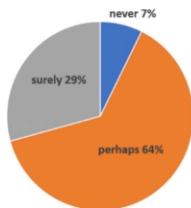
Do you find this project difficult?



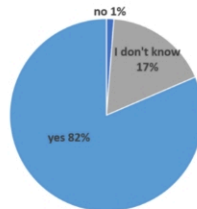
Did you like discovering other participants ?




Do you think you will use the book for cooking?



Do you want to have another international project?





*This book has been created thanks to the
amazing collaboration between children
from Spain and France.*



storyjumper.com