

LOVE • EAT • PRAY

17. - 26. SEPTEMBER 2019

CHANIA, CRETE

KAI Youth Exchange

♥♥ Digital Menu LOVE ♥♥





In Chania, on the Greek island of Crete, teams from six countries came together to discuss and share healthy lifestyles and food of each of their countries.

This menu was made with the purpose of sharing a piece of what we learned in this project with the world.



About the project

The Youth Exchange “Love Eat Pray” with 6 partner organizations and 36 participants (5 participants + 1 leader per organization) from 6 different European countries (Greece, Latvia, Germany, Portugal, Slovenia and Finland) took a place in Chania, Crete on Greece 17 -26 September 2019.

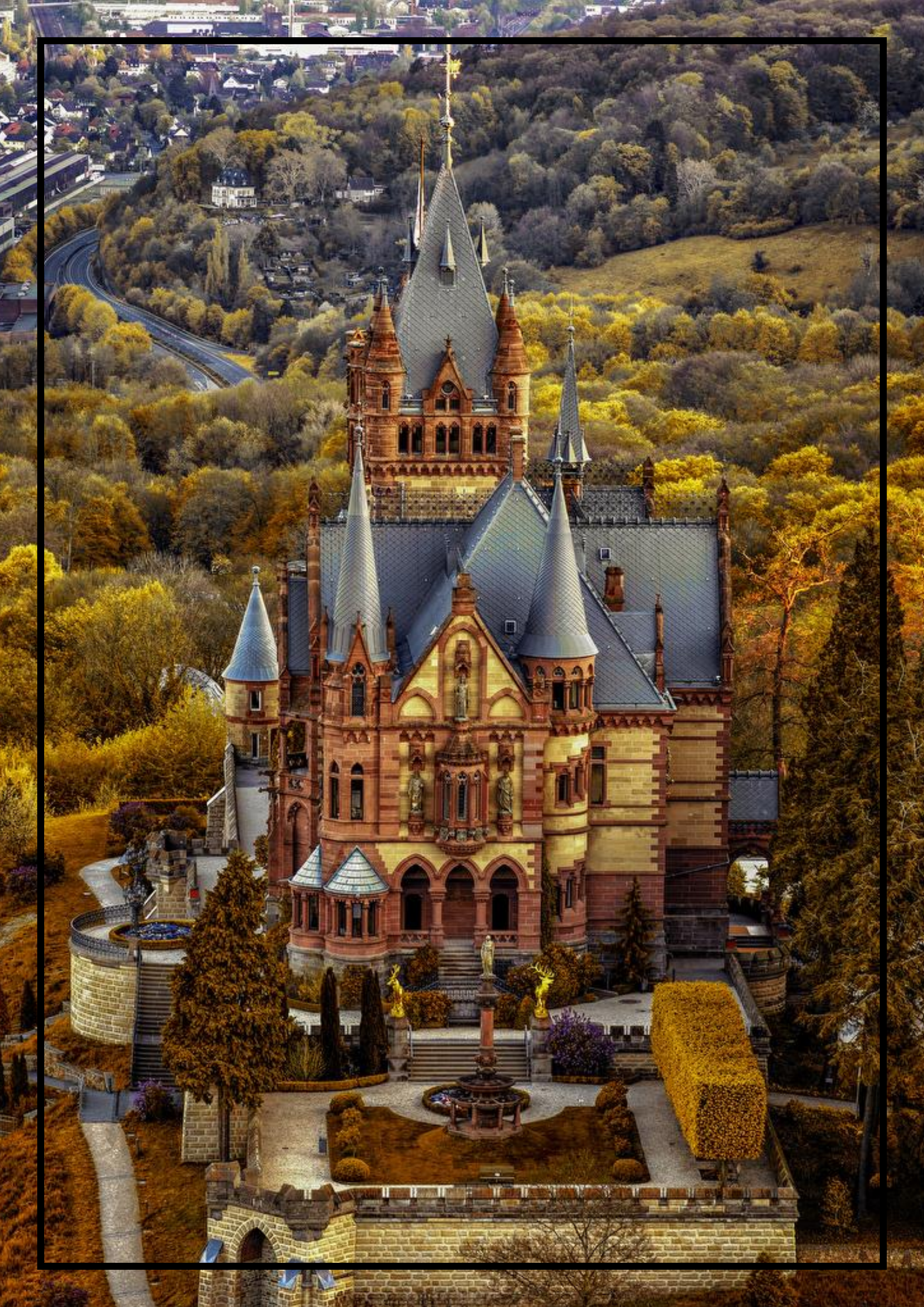
The Youth Exchange “Love Eat Pray” aimed to promote, encourage and develop environmentally friendly and healthy eating habits and acting in various situations and places, and to develop the understanding of how one's individual action influences his health and the environment.

Nowadays basic food needs are covered by fast food, industrialised meat and the connection / respect between humans and natural environment is missing in our eating habits in so called Western countries. But there are many related movements that young people they might find trendy to follow with great benefits both for their health and the environment. Love the others, Eat with respect and Pray for a better future!



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Germany

Müsli

Müsli is a nutritious and delicious breakfast cereal. It is very healthy and easy to make. Since there is no strict recipe, the varieties are endless. Not only the mixture of the cereals can be changed, one can combine it with fresh fruits, dry fruits, nuts or berries. Furthermore it makes a big difference if one uses yoghurt or milk from either cows, almonds or other ingredients. This and considering how highly nutritious this dish is, filled with fiber and vitamins, makes it easy to understand why it is that much appreciated around the world.



Ingredients:

- 4 1/2 cups rolled oats
- 1/2 cup toasted wheat germ
- 1/2 cup wheat bran
- 1/2 cup oat bran
- 1 cup raisins
- 1/2 cup chopped walnuts
- 1/4 cup packed brown sugar
- 1/4 cup raw sunflower seeds

Instructions:

Mix all the ingredients together and serve in a bowl of milk or yoghurt.

Eintopf

Germany is a country where potatoes are loved and deeply rooted in its cuisine for many years now. One of the popular ways to consume them is in the dish called Eintopf, which literally stands for „One Pot“. The popularity is based on the easiness in cooking and because one can vary the ingredients a lot. Below you will find one way of creating it. And if the ham and sausages are not used you get a nice vegetarian soup. And if you make enough you can freeze the soup too so you always can get a delicious soup quickly on the table.



Ingredients:

- 250 g ham or lean bacon (German Speck)
- 3 small onions
- 3-5 sausages (Knackwurst or Frankfurter)
- 3 bay leaves
- 4 pimento seeds or all spice – optional –
- 2 tbsp instant veggie broth
- salt, pepper, nutmeg to taste
- 3-5 tbsp chopped parsley
- butter as needed

Instructions:

- Peel potatoes, cut in small cubes, place in a pot with water (potatoes should be slightly covered), add some salt and bring to a boil.
- In a different pot melt the butter and fry the bacon on high heat (if the bacon contains a lot of fat don't use any butter).
- Peel onions and cut in smaller pieces, add to the bacon, fry them until they are transparent.
- Add the frozen vegetable or the chopped fresh vegetable, about 1/2 l water and boil it.
- Finally add bay leaves, all spice, instant broth and 1 tsp black pepper, mix well, let simmer until the potatoes in the other pot and the vegetable is soft.
- When the potatoes are done keep the water, mash the potatoes coarsely and add them to the vegetable broth. Also use the potato water with the soup.
- Add more water so you have about 5 liter soup. The soup should be thick and not too thin.
- Bring to a boil and let it simmer on low heat for some minutes.
- Cut sausages in 1/2 inch thick slices and add to the soup.
- Finally add chopped parsley and spice with salt and pepper to taste.

Potato Salad

Potato salad is a traditional dish in Germany. It is originating in Southern Germany but it has many varieties throughout country. Northern style of potato salad contains mayonnaise, others can be made with mustard, vinegar. This dish is consumed in every German family. You can find it also in restaurants, as a side dish with meat, fish or even as a main dish. It is very delicious and very easy to make.



Ingredients:

- 2 pounds medium red potatoes, unpeeled and halved or quartered (see notes)
- 1 tablespoon kosher salt, plus more as needed
- 8 ounces thick-cut bacon, 1/2-inch dice
- 1 medium yellow onion, finely chopped (about 1 cup)
- 1 tablespoon granulated sugar
- 1/3 cup apple cider vinegar or white vinegar
- 1 1/2 tablespoons whole-grain Dijon or German mustard, or more to taste (see notes)
- 1/2 teaspoon ground black pepper, or to taste
- 1/4 cup chopped Italian flat-leaf parsley leaves
- 1-2 tablespoons minced chives

Instructions:

- Place potatoes, 1 tablespoon salt, and water to cover in a Dutch oven or large saucepan, bring to boil over high heat, then reduce heat to medium and simmer until potatoes are tender but not mushy, about 10 minutes. Drain potatoes; return potatoes to pot and cover to keep warm.
- While the potatoes are simmering, cook the bacon in a large skillet over medium heat, stirring occasionally, until crisp, around 5 minutes. Using a slotted spoon, transfer the bacon to paper towel-lined plate or cutting board; discard all but 1/4 cup bacon grease (it's ok if you have a little less; the fattiness varies by brand).
- Add onion to the skillet and cook over medium heat, stirring occasionally, until soft and lightly caramelized, about 4 minutes. Whisk in the sugar, vinegar, mustard, black pepper, and 1 teaspoon salt. Cook, stirring, until sugar is dissolved and the liquid is reduced by around 75%, 3-5 minutes (you want the potatoes coated, not sitting in liquid). Add the reserved potatoes and bacon.

- Remove from heat, add the parsley, and stir until the ingredients are evenly combined and coated. Stir gently (almost more like folding) to avoid damaging the appearance of the potatoes. Taste; adjust seasoning if desired.
- Garnish with chives (garnish either individual servings or the full recipe in a serving dish), and serve warm. Leftovers will keep in the refrigerator for 3-4 days.





Latvia

Sour Soup With Quail Eggs

Sour leaves are very popular in Latvia. You can find this seasonal ingredient on many places. Barley is also very popular ingredient. Latvians usually cook this soup while camping or during time in nature.



Ingredients:

- 300 – 400 g sours leaves
- 200 g pearl barley
- 100 g celery stalk
- 4 – 6 carrots
- 2 onions
- 20 g butter
- 2l stock
- 8-12 nourished quail eggs
- Parsley for serving

Instructions:

- Heat 20g butter in a large pan, add 2 chopped onion and celery stalk, then fry for 5 mins until softened;
- Chopped sours leaves, carrots;
- Add the chopped carrots, sours leaves, pearl barley and 1.2l vegetable or chicken stock, bring to the boil, then reduce the heat;
- Cover and cook for 20 mins until the carrots and barley are tender;
- Serve with quail eggs and parsley

Cold Beet Soup

Beetroot soup is a unique Latvian dish, which is also very popular in Lithuania. Its name Auksta zupa means “cold borsch”. This soup is very healthy and delicious. It is full of vitamins and especially beet is known for its positive effect on health. Some of them are: blood cleaning, antioxidant and anticancer effects, good against anemia, strengthening hair and nails. Because this soup is served cold, it is refreshing and perfect for hot summer days. It also has a beautiful purple color and preparation is very quick. It is served with a topping of a cut up hard-boiled egg. The soup is best served the next day when the flavors have a chance to meld together.



Ingredients:

- 3 small-medium beets
- 2 green cucumbers (Persian)
- 3-4 green onions, chopped
- 3-4 Tbsp finely chopped fresh dill
- 1 quart kefir or buttermilk
- 1 Tbsp grated horseradish
- 1 Tbsp. fresh lemon juice
- salt, to taste
- freshly ground black pepper, to taste
- 2-4 eggs

Instructions:

- Cut off the greens and use for another purpose. Wash the beets, Put them in a pan with some water and cook until tender. About 30 mins. Let them cool completely, then peel and grate coarsely.
- Hard-boil the eggs, then cool under cold water Peel and cut into half lengthwise..
- Wash the cucumbers, cut into small dice.
- Take a large bowl, throw in the grated beets. Stir in some of the kefir, then season the soup base with horseradish and some salt and pepper. Add the rest of the ingredients, except boiled eggs.
- Adjust seasoning as necessary and refrigerate overnight is best but at least a couple of hours.
- Serve very cold, topping each portion with a boiled egg half or two.

Potato Pancakes

It was once mentioned to me that potato pancakes to Latvians is what spaghetti Bolognese is to Australians – it is a fairly quick mid-week meal that everyone knows how to make. In mid 2000's they became more than just a cheap meal at home to tie you over until the next payday as crispy potato pancakes started to appear on countless coffee shop menus in Riga. They were served with duck and lingonberry sauce or smoked salmon and sour cream, becoming quite a fancy meal.



Ingredients:

- 7 medium potatoes (around 1 lbs or 600g)
- 1 large egg
- 5 tbs flour
- Salt and pepper

Instructions:

- Finely grate potatoes in a large bowl. Squeeze grated potatoes and drain any excess liquid.
- Mix in egg, flour, salt and pepper. Combine well.
- Heat oil in a large frying pan.
- Drop four heaped tablespoon of potato mixture into the pan and flatten in to make four pancakes.
- Fry, turning once, until golden brown.
- Serve with sour cream, lingonberry sauce, green onions and/or butter.



Slovenia

Pečenica With Matevž & Turnips

On the 25th of June, the Slovenians are celebrating their National Day. On this occasion, many are going to prepare some pečenica and soured turnips with matevž or ajdovi žganci. The name žganci comes from the word žgati which means "to burn" or "to roast". There are many different variations of žganci throughout Slovenia. Žganci is a typical homemade winter meal. Matevž is also a very popular dish in Slovenia, especially in central and southeastern Slovenia.



Creamed Potatoes with Beans (Matevž)

Ingredients:

- 2 ½ cups dried beans, such as cannellini or red kidney
- 1 bay leaf
- A bunch of fresh parsley
- 1 ½ pounds medium potatoes, quartered
- 2 tablespoons butter
- ½ cup sour cream
- ½ cup pork crackling or diced cooked bacon
- 2 garlic cloves, crushed
- Salt

Instructions:

- Place beans in large pot, cover with plenty of cold water and soak at least 5 hours, or overnight.

- Drain and re-cover with fresh cold water. Add bay leaf and parsley, and bring to a boil. Boil hard 10 minutes, then reduce heat and cover pan. Simmer about 45 minutes, or until beans are tender. Drain well.
- Meanwhile, cook potatoes in boiling water 20 minutes, until tender. Drain and return them to the pan. Add butter, cream and beans and mash vegetables until smooth. Alternatively, put them through a potato ricer to make a smooth purée.
- Stir in the crackling or bacon and garlic with a little salt to taste, then pile the mash into a bowl to serve.

Žganci Buckwheat Porridge



Ingredients:

- 120 g buckwheat flour
- 1 ml water
- 1 pinch salt
- 1 tbsp oil

Instructions:

In a deep pot, bring the water to boil, then add salt and oil. Slowly add the buckwheat flour and stir. Once the flour has absorbed the water, reduce the heat and make a hole in the middle of the mash to let the steam out. Cover the pot and cook on low heat for 10-15 minutes (make sure to check regularly and reduce heat if it start turning brown at the bottom). Cut into big pieces to serve.

Soured turnips

Ingredients for 4 servings:

- 250 g sour turnpis
- 500 ml water
- 100 ml pork rind cut into small pieces

Instructions:

Boil soured turnips in water to reduce the sourness. At boiling point add pork rind, mix and simmer on low heat for 5 minutes or until the pork rind is soft. Serve with or without the broth from the turnips.

Pečenica (sausage)

Ingredients for 4 servings:

- 4-8 pečenica sausages
pork rind

Instructions:

If you are making homemade sausages, cook them on a barbeque, electric grill or frying pan without adding oil. Cook for 15 minutes on low heat until cooked.

Potica

Potica is a traditional festive pastry from Slovenia. It consists of a rolled pastry made of leavened paper-thin dough filled with any of a great variety of fillings, but the most popular is with walnut filling.



Ingredients:

- 1 ½ teaspoons active dry yeast
- ¼ cup white sugar
- ¼ cup milk, lukewarm
- 1 cup butter, softened
- 6 eggs yolks
- 1 1/3 cup milks
- 5 cups all-purpose flour
- 1 teaspoon salt
- 1 cup butter, melted
- 1 cup honey
- 1 ½ cups raisins
- 1 ½ cups chopped walnuts
- 1 tablespoon ground cinnamon

Instructions:

- In a small mixing bowl, dissolve yeast, 1 teaspoon sugar, and 3 tablespoons of the flour in warm milk. Mix well, and let stand until creamy, about 10 minutes.
- In a large mixing bowl cream the butter with the remaining sugar. Add the egg yolks one at a time, beating well after each addition. Add the yeast mixture, remaining milk, 4 cups of flour and the salt; mix well. Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Lightly grease one or two cookie sheets. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and roll out to 1/4 to 1/2 inch thickness. Spread each piece with melted butter, honey, raisins, walnuts and cinnamon. Roll each piece up like a jelly roll and pinch the ends. Place seam side down onto the prepared baking sheets. Let rise until double in volume. Preheat oven to 350 degrees F (175 degrees C).

Bake at 350 degrees F (175 degrees C) for about 60 minutes or until the top is golden brown



Finland

Morning porridge

Porridge is part of healthy Finnish eating habits and many enjoy it at breakfast because it is easy to make and it keeps you full for a long time.



Ingredients:

- 5dl of water
- 2dl of oats pinch of salt
- Some berries

Instructions:

- Boil the water and add little bit of salt
- Stir in the oats
- Boil for about 10 min
- Serve with berries

Fish soup

Finland is full of lakes and rivers so you can get your food yourself or go to the market and get fresh fish.



Ingredients:

- 6 potatoes
- 2 carrots
- 400g of fish
- 1dl of water
- 5 black peppers
- 2dl oat cream
- 1 fish stock
- dill
- salt

Instructions:

- heat butter in a large saucepan over medium-high heat
- add leeks and cook stirring for 5- 6 minutes or until leek is wilted
- add cubed potatoes, carrot and fish stock.
- boil for 10-15 minutes depending on the size of the vegetables.
- add salmon and cream and peppers, let simmer for 5-6 minutes,
- season and sprinkle with chopped dill and serve.

Blended vegetable soup

Finnish vegetable soup is healthy and easy dish made with carrots, potatoes, onions, leek and ginger and blended for a thick, hearty texture. Perfect meal for vegans and vegetarians.



Ingredients:

- 6 potatoes
- 3-4 carrots
- 1 onions
- 1 leek
- fresh ginger
- water
- 3 garlic
- pepper
- cream cheese

Instructions:

- chop the vegetables
- fry the onions and garlic
- add the rest of the vegetables
- put some water till it covers all the veggies
- season according to your taste
- blend everyhting together and add the the cream cheese



Greece

Dakos "Cretan Salat"

A traditional meze or light meal on the island of Crete, is often called "Greek bruschetta," and is easy to make with few ingredients and no cooking.



Ingredients:

- 1/2 of a large round barley rusk (about 5 inches diameter)
- 1 large tomato (or 2 small ripe tomatoes, coarsely grated, discard skin)
- 2 to 3 heaping tablespoons of feta cheese (or aged myzithra, crumbled or grated)
- 2 to 3 teaspoons olive oil (extra virgin)
- Black pepper to taste
- Pinch oregano (Greek rigani)

Instructions:

- Run the rusk under a spray of water (about 4-6 tablespoons) to moisten. Grate the tomato with a vegetable grater (or the large grate on a multi-grater) into a strainer over a bowl so most of the liquid drains off.
- Spread the grated tomato on the rusk and top with cheese. Sprinkle with pepper and a good amount of oregano, and drizzle with olive oil.

Vegetarian Moussaka

Vegetarian Moussaka is a classic Greek dish that it's packed full of flavor and textures. Layers of eggplants, zucchinis, spinach, feta, potatoes, and tomato sauce with a hint of cinnamon and cheesy béchamel, marry together to create an unforgettable experience.



Ingredients:

- 160g/5½oz red lentils
- 650g/1lb 7oz potatoes, scrubbed
- 1 tsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 4 sprigs thyme, leaves picked
- ½ tsp dried oregano
- ½ tsp ground cinnamon
- 1 tbsp tomato purée
- 400g tin chopped tomatoes
- 1 vegetable stock cube
- ½ tsp sea salt
- 2 large aubergines, thinly sliced
- 2 tbsp roughly chopped flat leaf parsley
- 250g/9oz ricotta cheese
- 50g/1¾oz mature cheddar cheese, grated
- black pepper

Instructions:

- Preheat the oven to 200C/180C Fan/Gas 6.
- Put the lentils into a bowl. Cover with water and set aside to soak.
- Put the potatoes into a saucepan, cover with water and bring to the boil. Turn the heat down and simmer for 15–18 minutes until just tender.

- Heat the oil in a large sauté pan, add the onions and cook over a medium heat for 5–6 minutes until just softening.
- Add the garlic, thyme, oregano and cinnamon and cook for 1 minute, stir in the tomato purée and cook for a further minute.
- Add the tomatoes, salt and pepper and bring to a simmer. Fill the tomato tin with water and add to the pan. Do this another two times and add the stock cube (this should be 800ml/1pint 8fl oz of water in total).
- Drain the lentils and stir into the tomato sauce, bring to the boil and simmer over a medium heat, stirring occasionally, for 20 minutes until the lentils are soft and the liquid nearly all absorbed.
- Meanwhile, drain the potatoes and run under cold water until cool enough to hold. Using a spoon, scrape the skin off of the potatoes, then cut into slices about 7mm/¾in thick and set aside (if using new potatoes, keep the skin on).
- Heat a griddle pan until hot then griddle the aubergine in batches until browned and softened.
- Spoon half the lentil sauce into a medium ovenproof dish then layer half the potatoes and aubergines over the top. Top with the remaining lentils, potatoes and aubergines.
- Put the ricotta into a small bowl and stir in the grated cheese. Spoon the mixture over the aubergines and smooth out to cover the top.
- Bake in the oven for 20–25 minutes, or until heated through and golden brown.
- Serve with a green salad.

Gamista

The combination of a Greek style Risotto and stuffed vegetables. A delicious vegetarian recipe using in-season vegetables. Create a full flavored baked dish using the same ingredients you would use to make a salad. Good in appearance, healthy for the body and it keeps one full for a long time.

A Greek style Risotto! A delicious vegetarian recipe using in-season vegetables. Create a full flavored baked dish using the same ingredients you would use to make a salad.



Ingredients:

- 500 g baby potatoes
- 2 tablespoon(s) olive oil
- salt
- pepper
- 3 onions
- 6 tomatoes
- 3 green bell peppers
- 4 tablespoon(s) olive oil
- 350 g glutinous rice
- 600 ml water
- 1 vegetable bouillon cube Maggi
- 2 clove of garlic
- 1 tablespoon(s) tomato paste
- 1 zucchini
- 1 carrot
- 1 tablespoon(s) granulated sugar
- salt, generous amount
- pepper, generous amount
- 1 bunch parsley
- 1 bunch mint
- 1/3 bunch dill
- 2 tablespoon(s) olive oil
- To serve
- olive oil
- mint leaves

Instructions:

- Preheat oven to 180°C (350°F) Fan.

For the potatoes

- Place a pan over high heat and let it get very hot.
- Wash and scrub the baby potatoes but leave the skin on since it adds a lot of flavor.
- Cut them in to wedges.
- Add 2 tablespoons of olive oil to the pan and add the potatoes.
- Season with salt and pepper and sauté for 4-5 minutes, just until golden. You don't want to cook them through since they will cook further in the oven.
- Spread them in a baking dish and set aside.

For the vegetables

- Slice off the top of 3 onions.
- Scoop out most of the inner layers leaving about 3-4 outer layers intact, creating a sturdy shell.
- Place them in the baking dish with the baby potatoes.
- Finely chop all of the inner layers you removed. Put them in a bowl and set aside until needed.
- Slice off the bottom side of the tomatoes with a sharp knife, cutting about ½ - 1 mm from the edge. This way they can hold more of the filling.
- Carefully scoop out the flesh, making sure you do not rip the outer shell.
- Put the flesh in a separate bowl and set aside until needed.
- Place the tomato shells in the baking dish stem side down, arranging them nicely in the dish.
- Mash the tomato flesh in the bowl with your hands and set aside until needed.
- Slice the tops off of the bell peppers, cutting about ½ - 1 mm under the stem and just a little off the bottom to help them stand better.
- Remove any flesh and seeds and arrange them nicely in the baking dish among the rest of the vegetables and potatoes.

For the filling

- Place a pan over high heat and add 4 tablespoons olive oil.
- Add your chopped onion and sauté.
- Thinly slice the garlic and add it to the pan. Sauté.
- Add 1 tablespoon of granulated sugar. Mix and sauté until the vegetables caramelize nicely.
- Add a generous amount of salt and freshly ground pepper, since you will be adding the rice also and it needs a good amount of seasoning.
- Add the rice and sauté for 3-4 minutes, until it turns light golden.
- Sautéing the rice "seals" it, so it doesn't let it get mushy when cooking.
- Add the tomato paste and sauté.
- Add the 400 ml of water and the reserved tomato flesh. Let it simmer for 5 minutes.
- Stir and remove from heat. The rest of the cooking will take place in the oven.
- Finely chop the parsley, dill and mint leaves and add them to the pan. Stir.
- Drizzle vegetables in pan with a generous amount of olive oil, both inside and out and season with salt and pepper.

To assemble

- Use a spoon to help you add the filling to the vegetables. Fill them $\frac{3}{4}$ of the way because the rice will expand while cooking.
- Add any of the leftover filling over the potatoes to add even more flavor.
- Add the 200 ml of water to the pan and drizzle with olive oil.
- Cover with aluminum foil and bake for 60 minutes.
- Remove foil and bake for another 10-20 minutes, until most of the liquid has evaporated and the stuffed vegetables are cooked and golden.
- To serve, drizzle with some extra virgin olive oil, add a few mint leaves and enjoy!





Portugal

Açorda Alentejana

A typical portuguese soup from the Alentejo region that, unlike most soups, is not cooked. The recipe is not universal as it changes from zone to zone and even from family to family.

The Açorda was one of the candidates for the 7 Wonders of Portuguese Gastronomy.



Ingredients:

- 1 coriander sauce or a small sauce of pennyroyal or a mixture of the two herbs
- 4 cloves of garlic
- 1 tbsp coarse salt
- 4 tablespoons olive oil
- 1.5L boiling water
- 400 g bread
- 4 eggs

Instructions:

- On a mortar, grind the coriander and garlic reducing them to porridge.
- Add salt.
- Pour the porridge onto a bowl.
- Water it with olive oil and boiling water where the eggs were previously poached.
- Stir.
- Add sliced or diced bread.
- Add the eggs on the bowl.

Caldo Verde

A frequent presence in traditional Portuguese festivals in honor of the patron saint of each city, caldo verde is a soup made with potatoes, onion, kale and chorizo slices. It is the perfect comfort food and can be served as supper or before any main course. Caldo verde is a cabbage soup typical of the northern region of mainland Portugal but frequently consumed throughout the country and also in other Lusophone countries such as Brazil. It is a cabbage from the “Kale” family, very trendy food of healthy diets. In 2011, Caldo Verde was elected one of the Seven Wonders of Portuguese cuisine.



Ingredients:

- 1 kg of potatoes
- 200 gr. Onion
- 150 gr. of chorizo
- 1/2 cabbage
- 100 ml of olive oil
- Salt

Instructions:

Peel and slice the onions and potatoes and bake in 2 litres of water. Add the chorizo and leave until cooked. Remove it from water, cut it into slices and set aside. Reduce the mashed potatoes and onions. Bring to the boil again. Wash the cabbage and chop them finely, season with salt and boil for three or four minutes without lid. Remove from heat and serve with a slice of chorizo and a drizzle of olive oil.

Bacalhau à Bras

Cod fish is rich in magnesium and potassium and must be salted to maintain its conservation. The cod is soaked and then cooked in the oven, skillet, ember or simply boiled in water. In Portugal there are 1001 ways to cook cod, some more traditional and more creative. The Portuguese love and consume cod anywhere in the country.



Ingredients:

- 400 gr cod soaked
- 500 gr crisps straw in packs
- 2 large onions
- 3 cloves garlic
- 3 tablespoons olive oil
- 6 eggspearl

Instructions:

If you have chosen to use frozen cod you just need to let it thaw and it is ready to use. If you prefer to use salted cod, you should soak for at least 20 to 24 hours in plenty of water. Scald the cod for about 10 minutes in a pan of boiling water. Remove from water and allow to cool slightly before removing skin and pimples. You can now shred it in chips. Sauté the onions and garlic in the olive oil, add the cod and let it soak in the olive oil a little for 2 to 3 minutes. Then add the well wrapped potato chips. When hot, add the eggs previously beaten and seasoned with salt and pepper. Please note that if you use packet potatoes you do not even need to add salt. Keep the heat low and wrap well, always stirring with a wooden spoon until the eggs are of a similar consistency to the scrambled eggs.

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