



Државно средно училиште Регионален центар за стручно образование и обука "КИРО БУРНАЗ" Куманово



Project no. 5791 - 2025/26 "Share a meal - Shape a future"

# Digital Cookbook TASTE OF THE BALKANS













#### SHOPSKA SALATA WESTERN BALKANS SCHOOL EXCHANGE SCHEME

SHOPSKA SALAD

#### **INGREDIENTS:**

- **TOMATOS**
- **CUCUMBERS**
- **ONIONS**
- **GREEN PEPERS**
- WHITE BRINED CHEESE

RYCO

- **OLIVE OIL**
- SALT

#### PREPARATION:

- WASH THE VEGETABLES
- CUT THE VEGETABLES
- PREPARE THE ONIONS
- COMBINE EVERYTHING
- ADD THE CHEESE
- **OPTIONAL GARNISH**

















## RUSKA SALATA



#### **INGREDIENTS:**

- 500 g chicken breast
- 2 medium potatoes
- 2 carrots
- 300 g peas
- 3 hard-boiled eggs
- 3 large pickles
- 200 g ham

- 2 eggs
- 2 tbsp senf
- 2 tbsp white vinegar
- 1 tsp salt
- 1 tsp suger
- 400ml sunflower oil

#### PREPARATION:

- Chop the potatoes and carrots into small cubes, add the peas, and cook everything together.

  Cook chicken breast and chop it into tiny pieces.
- Add the chicken, hard-boiled eggs, pickles, and ham to the vegetable mix.
- In a jar, make the mayonnaise by adding eggs, mustard, white vinegar, sugar, salt, and oil, and mix everything with a hand mixer.

Mix the mayonnaise with the vegetable mixture.
 Adjust the amount of mayonnaise to your preferent and add salt to taste.











## TURŠIJA

# EXCHANGE SCHEME

#### A Guide To Fermenting **Salad Veggies**

#### **INGRIDIENTS:**

- 2 kg of tomatoes (green, pink, or red)
- 2 kg of peppers
- 2 kg of cauliflower
- 2 kg of carrots
- · 2 kg of cucumbers For over-salting, you will need: Salt to taste, and a little more than that Water, enough to fill the container with the vegetables

#### PREPARATION:

Wash all the vegetables. Cut the top off the pepper. Prick the tomatoes with a fork in 2-3 places. Cut off the ends of the cucumbers, carrots divide the cauliflower into large florets. Place a large plastic bag in a container so that the edges hang over slightly. Add in a container water add salt. Stir well to boil the brine.

Put in a container with lid and place it in a cool place to













## **CHVARKI**



#### **INGREDIENTS:**

- FRESH BACON
- SALT
- WATER

#### PREPARATION:

- FIRST, WE CRUSH THE FRESH BACON
- WE PUT THE CRUSHED CRACKERS IN A CAULDRON
- THEN WE ADD SALT AND WATER
- WE START MIXING AND MIXING
- WHEN THEY GET A REDDISH COLOR THEY ARE READY TO EAT,
- WE TAKE THEM OUT AND WAIT FOR THEM TO COOL DOWN















## MUSAKA



#### **INGREDIENTS:**

- 1 kg of potatoes
- 500 g of minced meat
- 1/2-1 head of chromide
- 2-3 eggs

- 250 ml of milk
- spices... oregano, black pepper,
- vegetables, salt as neede

#### PREPARATION:

- PREPARE THE POTATOES
- FRY THE MEAT AND SEASON IT
- ARRANGE A ROW OF MEAT IN A BAKING TRAY. AND COVER IT WITH EGGS AND MILK
- BAKE AT TWO HUNDRED DEGREES AND SERVE WARM



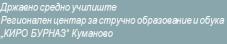
















## VARIVO CABAGE STEW

# SCHOOLS WESTERN BALKANS SCHOOL EXCHANGE SCHEME

#### **INGREDIENTS:**

- DRIED MEAT
- SAUERKRAUT
- WATER
- SALT

#### PREPARATION:

- FIRST, CHOP THE MEAT AND THE GREENS
- THEN THE CHOPPED IS PUT IN A POT AND SALT
- ADD WATER AND PUT TO BOIL
- NOW THAT IS HAS BEEN PUT IN, WAIT FOR IT TO BOIL AND BE READY TO EAT









## SARMA



#### **INGREDIENTS:**

- MEAT
- RICE
- CABBAGE LEAVES
- SALT,RED PEPPER, BUKOVAC ETC.

#### PREPARATION:

- BOIL THE CABBAGE: BOIL THE CABBAGE LEAVES UNTIL SOFT, THEN TRIM THE THICK VEIN AND BLANCH THEM IN AN ICE BATH TO PRESERVE COLOR AND TEXTURE.
- MAKE THE FILLING: MIX GROUND MEAT, RICE, ONION, GARLIC, SALT, PEPPER, AND PAPRIKA.
- ROLL THE CABBAGE LEAVES: PLACE THE FILLING ON A CABBAGE LEAF AND ROLL TIGHTLY.
- LAYER THE ROLLS: LAYER THE ROLLS SEAM-SIDE DOWN IN A BAKING DISH.
- BAKE: POUR TOMATO SAUCE OVER THE ROLLS, COVER WITH FOIL, AND BAKE AT 350°F FOR 60–75 MINUTES.









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## CAPSICUMS STUFFED WITH CHEESE



#### **INGREDIENTS:**

- 8 CAPSICUMS OR LARGE BANANA PEPPERS
- 2 EGGS
- 250G. FETTA CHEESE
- SALT AND PEPPER TO TASTE

#### PREPARATION:

MIX EGGS WITH YOGURT AND CHEESE & SALT AND PEPER CUT CAPSICUMS IN HALF AND STUFF THEM WITH MIXTURE PUT THEM IN AN OLIED BAKING DISH,SPRINKLE WITH SOME OLI AND BAKE UNTIL GOLDEN BROWN.









## ZELJANICA



#### PIE WITH CABBAGE AND CHEESE

#### **INGREDIENTS:**

- 500 G OF PHYLLO DOUGH
- 1 KG OF HARD CHEESE
- 500G OF CABBAGE
- 4 EGGS

#### PREPARATION:

- 1 CUP OF YOGURT
- 1 CUP OF OIL
- 1 CUP OF MINERAL WATER
- 1 PACKET OF BAKING PAWDER
- 100G MARGARINE

• Whisk the eggs, add crumbled cheese, oil, yogurt, and baking powder. Split the mixture in two, then add chopped jelly to one half.

• Cut the pastry in half, place the spinach filling on one side, and fold the edges like an envelope to form a small square shape.

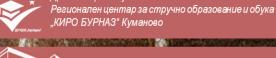
Spread the ends with filling and then roll them up into a roll.

• Spread the other half of the dough with cheese and roll up the rolls. Grease a baking tray with margarine, arrange the rolls of cabbage and cheese on it, and grate the remaining margarine on top. Bake at 200°C for about 30 minutes.









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## **MEKICI**



#### **INGREDIENTS:**

- •Flour (500 g)
- •Water or milk (250 ml)
- •Fresh yeast (20 g) or dry yeast (1 packet)
- ·Salt (1 tsp)
- •Sugar (1 tsp for activating the yeast)
- •Sugar (1 tsp for activating the yeast)
- •Oil (1–2 tbsp for the dough)
- •Yogurt (optional 2–3 tbsp for softer dough)
- ·Oil for frying

#### PREPARATION:

- •Mix warm milk/water with yeast and sugar; let it activate.
- •Add flour, salt, oil, and yogurt; knead a soft, elastic dough.
- $\bullet$ Let the dough rise for 30–60 minutes.
- •Form small pieces, stretch by hand, and fry in hot oil until golden.







## GJOMLEZE



#### **INGREDIENTS:**

- Flour 1 kg
- Water about 1 liter (as needed)
- Salt 1 teaspoon
- Oil 200 ml

- Eggs 2
- Yogurt 200 ml
- Butter 100 g (for brushing)
- Cheese 300 g (optional,

traditional version can be without it

#### PREPARATION:

- POUR A THIN LAYER OF BATTER, BAKE BRIEFLY, AND BRUSH WITH OIL.
- REPEAT THE LAYERING UNTIL ALL BATTER IS USED.
- TOP WITH A MIXTURE OF EGGS AND YOGURT AND BAKE UNTIL GOLDEN.











## **GIBANICA**



#### FETA CHEESE PIE

#### **INGREDIENTS:**

- 500G PHYLLO **DOUGH**
- **6 LARGE EGGS**
- 120ML OIL
- 400G CRUMBLED FETA
- 200G COTTAGE CHEESE
- 14G BAKING POWDER
- 330ML SPARKLING WATER

#### PREPARATION:

- MIX THE EGGS, THEN ADD SPAKLING WATER, BAKING POWDER AND OIL. SALT IF NEEDED. ADD FETA AND COTTAGE CHEESE TO THE MIX.
- SET THE DOUGH SHEETS INTO A PAN, AND ADD A LADLE OF THE MIX.
- CONTINUE LAYERING THE SHEETS AND THE MIX, TUCK THE SHEET CORNERS INTO THE BAKING PAN USIN A FORK.
- LET SIT FOR 15MIN TO ABSORB THE LIQUIDS.
- BAKE UNTILL GOLDEN-BROWN ON 200C. COVER ALUMINIUM FOIL
- ONCE FULLY COOKED, REMOVE THE FOIL AND OVER WITH A TOWEL AS IT COOLS.







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## PASTRMAJLIJA



#### MACEDONIAN PIZZA

#### **INGREDIENTS:**

- 1200GR FLOUR
- 750ML WATER
- 3-4 T OLIVE
- 1T SUGAR AND SALT
- 40GR FRESH YEAST
- 5GR BAKING POWDER
- 1KG PORK
- 100GR BUTTER

#### PREPARATION:

- PREPARE THE MEAT ONE DAY EARLIER SO IT CAN BE SOFT AND SOAK UP THE SPICES
- FOR THE DOUGH, MIX THE YEST WITH MILK AND SUGAR
- WHEN THE DOUGH GROWS SHAPE THEM LIKE PASTRMAJLIJA ACCORDING TO THE SIZE OF THE PAN
- ADD MEAT ON THE PASTRMAJLIJA
- BAKE IN HEATED OVEN AT 200C DEGREES















### CHEESE PIE



#### **INGREDIENTS:**

- 500G OF COTTAGE CHEESE
- 1 EGG
- 1 TABLESPOON OF SOUR CREAM
- READY-MADE PHYLLO PASTRY
- OIL OR BUTTER
- SAIT TO TASTE
- 200ML YOGURT

#### PREPARATION:

- PREPARATION OF THE FILING: IN A LARGE BOWL, MIX THE COTTAGE CHEESE, EGG SOUR CREAM, AND SALT. MIX WELL UNTIL YOU GET A SMOOTH MIXTURE
- PREPARATION OF THE DOURGH: TAKE ONE SHEET
   OFDOUGH, THEN PLASE ANOTHER SHEET ON TOP.REPEAT
   THIS PROCESS WITH ONE MORE SHEET.

 BAKING: PREHEAT THE OVEN TO 200 DERGEES CELSIUS.BAKE FOR 20 MINUTES















## CHEESE CRESCENTS WESTERN BALKANS SCHOOL



#### **INGREDIENTS:**

- 500 g all-purpose flour
- 250 ml warm milk
- 100 ml sunflower oil
- 20 g fresh yeast (or 7 g dry yeast)
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 egg .
- 200 g feta or white cheese
- 1 egg yolk (for brushing)

#### PREPARATION:

1. Activate the yeast: Mix yeast with warm milk and sugar. Let it sit for 10 minutes until foamy.

2.Make the dough: In a large bowl, combine flour, salt, oil, egg, and yeast mixture. Knead until smooth. Cover and let rise for 1 hour.

3. Shape crescents: Divide dough into 4 parts. Roll each into a circle, cut into triangles (like pizza slices). Place a spoon of cheese on the wide end and roll into crescent shape.

4. Arrange and brush: Place crescents on a baking tray lined with parchment paper. Brush with egg yolk.

5.Bake: Bake at 200°C (390°F) for 20–25 minutes until golden brown.

















### PALACHINKI PANCAKES



#### **INGREDIENTS:**

- 1 EGG
- WATER
- VERY LITTLE SALT
- ONE SPOON SUGAR
- 3 LARGE SPOONS COOKING OIL
- FLOUR AS NEEDED
- FILLING: NUTELLA, JAM, HONEY, PLAZMA, FRUIT...

#### PREPARATION:

- GATHER ALL THE INGREDIENTS
- PUT ALL THE DRY INGREDIENTS IN A BOWL

PUT THE WET INGREDIENTS IN THE BOWL













## SUTLIJASH



#### **INGREDIENTS:**

- 200G SHORT-GRAIN RICE
- 1L WHOLE MILK
- 350ML WATER
- 4-6 TBSP SUGAR
- 1 TSP VANILLA SUGAR OR ½ TSP VANILLA EXTRACT
- PINCH OF SALT
- CINNAMON FOR TOPPING

#### PREPARATION:

 Cook rice in water until soft, then add milk and simmer until creamy.
 Stir in sugar, pour into bowls, and top with cinnamon.















## KOH

# EXCHANGE SCHEME

#### SPONGECAKE

#### **INGREDIENTS:**

- 8 eggs
- 8 tbsp of sugar
- 9 tbsp of wheat semolina 6 spoons of sugar
- 1 liter of milk
- 2 vanilla sugar

#### PREPARATION:

- TURN ON THE OVEN AT 200 DEGREES
- BEAT EGG WHITES WITH SUGAR, THEN ADD ALL OTHER INGREDIENTS AND BAKE
- POUR FLAVORED MILK OVER THE BAKED CRUST









## HURMASICE



#### **INGREDIENTS:**

- 2 EGGS
- 2 CUPS OIL
- 2 KUPS OF SUGAR

1/2 BAKING POWDER

- 1 BAG OF VANILA SUGAR
- LESS THAN 7 CUPS OF FLOUR

#### PREPARATION:

BEAT, SUGAR, OIL, BAKING POWDER AND VANILA SUGAR WITH A FORK, GRADUALLY ADD FLOUR AND KNEAD THE DOUGH, FROM BALLS FROM THE DOUGH, FLATTEN THEM A LITTLE AND PRESS THEM A LITTLE AND PRESS THEM TO TAKE.

ARRANGE THE PRESIMMONS SLIGHTLY APART FROM EA OTHER, AS THEY WILL GROW DURING BAKING, IN AN UNDEREASED PAN AND BAKE IN A PREHEATED OVEN AT DEGRESS C FOR ABOUT 20 MINUTES.













### VANILICE

# SCHOOLS WESTERN BALKANS SCHOOL EXCHANGE SCHEME

#### **INGREDIENTS:**

- 250 LARD (OR 200 G IF YOU DO NOT HAVE LARD)
- 100G POWERERED SUGAR
- 1 EGG
- 1 PACKET VANILA SUGAR
- 1TBS VANILA
- 400-450 G ALL PURPOSED FLOUR 9ADD AS NEED)
- 1 TBS BAKEING POEDER
- 200G APRICOT OR ROSEHIP JAM

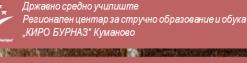
#### PREPARATION:

- 1. BEAT THE LARD (OR BUTTER) WITH PWDER SUGAR AND VANILA SUGAR NTIL LIGHT AND FLUFFY.
- 2. ADD EGG AND MIX IT
- 3. GRADUALLY ADD THE FLOUR MIXED WITH BAKEING POWDER
- 4. MIX IT UNTIL IT IS SMOOTH AND SOFT
- 5. MIXTURE WRAP IN PLASTIC AND PUT IT IN FRIDGR
- 6. ROLL OUT THE DOUGH TO 5 MM TICKNESS
- 7. BAKE IT FOR 10 MIN AT 170 C
- 8. WHEN THE COOKIES HAVE COMPLETELY COOLED, SENDWICH THEM IN PEIRS AND ROLL IN POWDER SUGAR AND VANILA SUGAR











## EKLER



#### **INGREDIENTS:**

- Water
- Butter
- Flour
- Eggs

- Milk
- Sugar
- Vanilla
- Custard or pastry cream

#### PREPARATION:

- Heat water and butter, then add flour to form the choux dough.
- Add eggs one at a time and mix until smooth.
- Pipe the dough into eclair shapes and bake until puffed and golden.

• Fill with vanilla custard and top with chocolate glaze.

Pamian Jovanović, Kumanovo

Damian Jovanović, Kumanovo









## **BOSNIAN TUFAHIJE**



#### **INGREDIENTS:**

- 6 small to medium-sized apples (firm and slightly tart variety)
- 1 cup sugar
- 2 cups water
- 1 lemon

- 1 cup walnuts, finely chopped
- 1 teaspoon ground cinnamon (optional)
- Whipped cream, for serving
- fresh cherries, for serving

#### PREPARATION:

- The apples are first peeled and cored, then gently cooked in sugar water until tender.
- Once softened, they are stuffed with ground walnuts mixed with sugar and sometimes a touch of cinnamon or vanilla.
- Finally, the apples are topped with whipped cream and served chilled, creating a light yet rich dessert.





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## TRES LECHES CAKE SCHOOLS WESTERN BALKANS SCHOOL WESTERN BALKANS SCHOOL EXCHANGE SCHEME

#### **INGREDIENTS:**

#### For the sponge cake:

- •2 cups (≈ 240 g) all-purpose flour
- •3/4 teaspoon baking powder
- •1/2 teaspoon salt (optional, but gives balance)
- •5 large eggs
- •1¼ cups (≈ 250 g) granulated sugar
- •½ cup ( $\approx 120 \text{ ml}$ ) whole milk
- •2 teaspoons vanilla extract

#### For the "three-milk" mixture (soak):

- •1 (14-oz) can sweetened condensed milk
- •1 (12-oz) can evaporated milk
- $^{\circ 2}$ /<sub>3</sub> cup (≈ 160 ml) whole milk

#### For the topping (whipped cream):

- •2 cups heavy whipping cream (≈ 480 ml)
- •2 tablespoons powdered sugar (or sugar, to taste)
- •Optional: fresh berries or fruit for garnish

#### PREPARATION:

- •Preheat oven to 350 °F ( $\approx$  180 °C). Grease and flour a rectangular or square baking pan (e.g. 9" $\times$ 13" or  $\sim$ 20-22 cm square).
- ·Make the batter
- •In a large bowl, beat the eggs and sugar with an electric mixer until pale and fluffy.
- •Stir in vanilla and milk. Then gently fold in the flour + baking powder + salt until combined but mix carefully so the batter stays airy.
- •Bake the batter for about 30 minutes (or until a toothpick/skewer inserted in center comes out clean). Then take the cake out and allow to cool.
- •Prepare the milk soak in a bowl, combine the sweetened condensed milk, evaporated milk, and whole milk (or milk/cream). Mix well.
- •Soak the cake once cake is cooled, use a fork or skewer to poke many holes all over the top. Slowly pour the milk mixture over the cake so it seeps down into holes. Let it absorb for a while (some recipes recommend chilling for at least 1 hour, better if longer / overnight).
- •Make the topping whip the heavy cream with powdered sugar until soft (or medium-firm) peaks form. Spread the whipped cream over the soaked cake evenly.
- •Garnish & serve add fresh farit (berries, peaches, etc.) if desired, or simple sprinkle of cinnamon or dusted sugar. Serve chilled.
- •Storage tip: Keep the cake refrigerated. It often tastes even better after a few hours or the next day, because it has more time to soak and flavors meld.

Anastasija Veličkovska, Kumanovo







## RAKIJA TRADITIONAL BALKAN SPIRIT



#### **INGREDIENTS:**

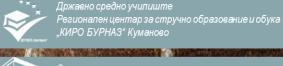
- • Plums / Grapes / Apricots (depending on the rakija type)
- • Water
- • Sugar (optional)
- Yeast (optional)
- · Fermentation Barrel
- Distillation Pot (Kazán)
- Glass Bottles
- Oak Barrel (optional, for aging)

#### PREPARATION:

- Wash and mash the fruit, then place it in a fermentation barrel.
- Allow the fruit mash to ferment for 2–4 weeks until the sugars fully convert into alcohol.
- Distill the fermented mixture slowly using a traditional pot still.
- Collect the distilled rakija, optionally age it in oak barrels, then bottle and enjoy responsibly.









## MASTIKA



#### **INGREDIENTS:**

- ANISE (MAIN FLAWOR)
- MASTIC RESIN
- WATER
- SUGAR



1 PREPARING THE ALCOHOL BASE 2 FLAVORING WITH THE ANISE

3 DILUTION & BALANCING **4 FILTRATION & BOTTLING** 





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