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“Share a meal – Shape a future”

Digital Cookbook TASTE OF THE BALKANS



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DEUTSCHE ZUSAMMENARBEIT

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SHOFSKA SALATA

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WESTERN BALKANS SCHOOL
EXCHANGE SCHEME

SHOFSKA SALAD

INGREDIENTS:

- TOMATOS
- CUCUMBERS
- ONIONS
- GREEN PEPERS
- WHITE BRINED CHEESE
- OLIVE OIL
- SALT

PREPARATION:

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



Marija Manevska, Kumanovo



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

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 preference, and add salt to taste.



Sofija Drobnjak, Čačak



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TURŠIJA

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 ferment.



Sara Veselinovska, Kumanovo



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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



Damjan Nedeljković, Kumanovo



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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 needed

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



Kalina Argirovska, Kumanovo



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VARIVO CABAGE STEW

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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



Nikola Stojčevski, Kumanovo



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

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.



Ana Stojanovska, Kumanovo



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CAPSICUMS STUFFED WITH CHEESE

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EXCHANGE SCHEME

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 PEPPER
CUT CAPSICUMS IN HALF AND STUFF THEM WITH MIXTURE
PUT THEM IN AN OILED BAKING DISH, SPRINKLE WITH SOME OIL AND BAKE UNTIL GOLDEN BROWN.



Dijana Novevska, Kumanovo



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ZELJANICA

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EXCHANGE SCHEME

PIE WITH CABBAGE AND CHEESE

INGREDIENTS:

- 500 G OF PHYLLO DOUGH
- 1 KG OF HARD CHEESE
- 500G OF CABBAGE
- 4 EGGS
- 1 CUP OF YOGURT
- 1 CUP OF OIL
- 1 CUP OF MINERAL WATER
- 1 PACKET OF BAKING PAWDER
- 100G MARGARINE

PREPARATION:

- 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.



Danica Gojković, Čačak



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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.
- Let the dough rise for 30–60 minutes.
- Form small pieces, stretch by hand, and fry in hot oil until golden.



Damjan Mladenovski Kostić, Kumanovo



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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.



Pavel Gruevski, Kumanovo



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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 SPARKLING 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 USING 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 COVER WITH A TOWEL AS IT COOLS.



Tijana Knežević, Čačak



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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
- WHEN ITS DONE SERVE IT WITH PEPPERONI



Mila Gjoševska, Kumanovo



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CHEESE PIE

INGREDIENTS:

- 500G OF COTTAGE CHEESE
- 1 EGG
- 1 TABLESPOON OF SOUR CREAM
- READY-MADE PHYLLO PASTRY
- OIL OR BUTTER
- SALT 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 DOUGH: TAKE ONE SHEET OF DOUGH, THEN PLACE ANOTHER SHEET ON TOP. REPEAT THIS PROCESS WITH ONE MORE SHEET.
- BAKING: PREHEAT THE OVEN TO 200 DEGREES CELSIUS. BAKE FOR 20 MINUTES



Boris Radulović, Čačak



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

CHEESE CRESCENTS

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.



Marija Stanojkovska, Kumanovo



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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
- MIX ALL THE INGREDIENTS
- YOU FRY THEM IN A PAN



Ana Jakimovska, Kumanovo



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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.



Sofija Ristanović, Čačak



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KOH

SPONGECAKE

INGREDIENTS:

- 8 eggs
- 8 tbsp of sugar
- 9 tbsp of wheat semolina
- 1 liter of milk
- 2 vanilla sugar
- 6 spoons of 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
- COOL THE CAKE AND SERVE.



Marija Marković, Čačak



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HURMASICE

INGREDIENTS:

- 2 EGGS
- 2 CUPS OIL
- 2 KUPS OF SUGAR
- ½ 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 EACH OTHER,AS THEY WILL GROW DURING BAKING,IN AN UNDEREASED PAN AND BAKE IN A PREHEATED OVEN AT 180 DEGRESS C FOR ABOUT 20 MINUTES.



Nikolina Jovanović, Čačak



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VANILICE

INGREDIENTS:

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

PREPARATION:

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



Andelina Milojević, Čačak



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

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.



Damjan Jovanović, Kumanovo



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

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.



Nikolina Kurćubić, Čačak



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TRES LECHES CAKE

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INGREDIENTS:

For the sponge cake:

- 2 cups (≈ 240 g) all-purpose flour
- ¾ teaspoon baking powder
- ½ teaspoon salt (optional, but gives balance)
- 5 large eggs
- 1¼ cups (≈ 250 g) granulated sugar
- ½ cup (≈ 120 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
- ⅓ 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 (≈ 180 °C). Grease and flour a rectangular or square baking pan (e.g. 9"×13" or ~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 fruit (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



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ПРЕХРАМБЕНО УГОСТИТЕЛСКА ШКОЛА ЧАЧАК

RAKIJA

TRADITIONAL BALKAN SPIRIT

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EXCHANGE SCHEME

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.



Pavel Cvetkovski, Kumanovo



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MASTIKA

INGREDIENTS:

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

PREPARATION:

1 PREPARING THE ALCOHOL BASE
2 FLAVORING WITH THE ANISE

3 DILUTION & BALANCING
4 FILTRATION & BOTTLING



Veljko Jović, Kumanovo



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ПРЕХРАМБЕНО УГОСТИТЕЉСКА ШКОЛА ЧАЧАК

Enjoy your meal!
Bon appetit!



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