



U. PORTO



FACULDADE DE CIÊNCIAS DA
NUTRIÇÃO E ALIMENTAÇÃO
UNIVERSIDADE DO PORTO



INTERNATIONAL CUISINE **CHRISTMAS DAY**

Recipes from different cultures for everyone.



The International Cuisine Christmas Day celebrates the meeting of cultures at FCNAUP. We are increasingly sought after by nutrition students from all over the world and it is in this environment of respect for diversity, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status, that we share a taste for the sciences of nutrition and also for being around a table. In freedom and in a fraternal way.





B R A Z I L

STUDENTS

Beatriz Contarato
Universidade Veiga de Almeida

Isadora Monteiro
Universidade do Extremo Sul Catarinense

Renato Amaral
FCNAUP



BRAZIL

Frango assado de Natal com farofa de castanha de caju e batatas assadas

INGREDIENTS

1 small chicken (500g)
2 English potatoes
1 onion
3 Garlic cloves
1 orange
1 branch of basil
1 branch of fresh thyme
Oregano
Salt
Olive oil
Black pepper
50 grams of walnut
50 grams of cashew nuts
300 grams of manioc flour



METHOD OF PREPARATION

For the farofa, braise the onion and garlic in olive oil, then add the walnuts, cashew nuts and manioc flour. Stir until the flour is golden. Keep it separately until using.

To prepare the chester seasoning, add the onion, garlic, basil, thyme and salt in a blender with a little water. Add the chicken and spices in a closed recipient for about 2 hours.

Remove from the recipient and place on a baking tray. Drizzle the chicken with orange juice, bake for 2 hours at 180 degrees (also add the potatoes to bake in the oven).

Remove from the oven and place it on a serving plate, then add the farofa and roasted potatoes.





CROATIA

STUDENTS

Katarina Milić
University of Zagreb

Matea Mihaljevic
University of Zagreb

Rita Branco
FCNAUP



CROATIA

Sarma



INGREDIENTS

FOR THE MINCED MEAT:

500g of minced meat
50g bacon
1 small onion
1 garlic clove
5g of salt
5g of spice mixture (from Croatia)
1/2 little Pepper
1.5 tablespoon of oil
Egg
25g of rice
5g sweet peppers (from Croatia)

ADDITIONALLY:

about 250g of dried meat (optional)
1 large head of sauerkraut / cabbage (from Croatia)
1 tablespoon of tomato sauce

ZAPRŠKA:

25ml oil
1 tablespoon of flour
5g sweet peppers (Croatia)

SIDEDISH MASHED POTATOES:

1 kg potatoes
200 mL milk
100 g butter

METHOD OF PREPARATION

Boil the dried meat (Dried meat can be bacon, smoked ribs, ...). Put the dried meat to cook for about 5 minutes in a special pot with water-» Optional:

After the time has elapsed, remove the dry meat and set aside until use.

Cut a little of bacon into small cubes and add to minced / stuffed meat.

Also chop the onion and garlic and add to the sarma mixture.

Add salt, pepper and a little oil, rice, egg and sweet ground pepper and mix everything well.

Separate about 10 outer larger leaves from the larger head of sauerkraut / cabbage and slice the remaining (middle) part.

Place half of the sliced sauerkraut / cabbage on the bottom of the pot and spread the wrapped sarma over it.

Add the meat that you have previously boiled and strained over the stacked sarma and cover with the remaining half of the sliced cabbage.

(continues)



CROATIA

Sarma

METHOD OF PREPARATION

(continues)

Add a little tomato sauce and pour about 2 liters of water.

Put to cook on low heat for an hour and a half. Feel free to add more water during cooking to keep the initial level.

After the time has elapsed, the sarma zaprška is prepared. Add oil and flour to the heated pan, fry briefly with stirring, then add sweet pepper, stir and add to the sarma.

Cook for a few more minutes and the sarma is ready to serve. We usually serve it with mashed potatoes.







ITALY

STUDENTS

Gianluca da Cunha
Università degli Studi di Milano

João Pinto
FCNAUP



ITALY



Lasagna

INGREDIENTS

750G RAGÙ:

450g grated beef
200 grated pork
100g bacon

1 carrot
1 celery
1 golden onion
50ml Red Wine
300g tomato sauce
Vegetable broth: 1 celery, 1 carrot and 1 onion)

Salt
Blackpepper
500g of dough for lasagna
Extra virgin olive oil
Butter
130g grated parmiggiano cheese

BESCIAMELLA:

70g butter
70g flour 00
1l whole milk
Nutmeg

METHOD OF PREPARATION

Ragù

To prepare lasagna bolognese, start with the meat sauce. Prepare the vegetable broth, which is always added hot. To prepare it add an onion, a carrot and celery in boiling water and wait 10 minutes. Then take the bacon and chop it well using a knife.

Separately, finely chop the carrots, onions, celery and set aside.

In a pan, put a little oil and bacon and let it brown for a few minutes. Then add the chopped vegetables and let it cook for 5-6 minutes. Then add the minced meat. Stir and raise the heat. Let the meat brown slowly, it should be well browned to seal the juices and be soft and non-sticky. Deglaze with the red wine, wait for it to completely evaporate and add the tomato sauce. Stir and cook for 4h.

When it boils again, you can add a soup ladle of broth or two. Then let the sauce cook for three hours at least. You should cook with the lid, not completely closed. Check and stir from time to time, add more broth as needed and cook during the complete period of time previously indicated.

(continues)



ITALY

Lasagna

METHOD OF PREPARATION

(continues)

Besciamella

In a saucepan, heat the milk, without letting it boil. In another pan, pour the butter and let it melt. Add the flour at once and cook for a few minutes until you have a golden roux. Then pour the hot milk in 3 times, stirring well. Add salt and season with nutmeg. Keep stirring until you get a creamy bechamel. Transfer to a small bowl, cover with plastic wrap and set aside.

Lasagna

Take a lasagna tray and place the butter in the bottom. Add a thin layer of besciamella and a thin layer of ragù. Then place the first sheet of dough (the dough sheets do not overlap). Add another layer of besciamella and sauce, add grated cheese, until you have 5 layers. After placing the last dough sheet, add the ragù so it can completely cover the dough. Sprinkle with grated cheese, add a few pieces of butter and place in the preheated oven at 170 ° for 40 minutes.





ITALY

Pan Dolce (DESSERT)

INGREDIENTS

300g of flour
100g sugar
80g of butter
1 egg
80ml whole milk
150g candied fruit
200g of dried grape
20g pine nuts
1 spoon of rum
Salt

METHOD OF PREPARATION

Begin the preparation by leaving the dried grapes in warm water, 5-10 minutes to rehydrate. It will be easier to insert into dough.

Mix the butter at room temperature and the sugar until smooth and creamy, then add the egg. No need to beat, just add it to the butter cream.

Add the rum and salt and allow them to absorb into the batter. Then place the candied fruits, pine nuts and raisins well squeezed into the dough. Also add the milk and let it soak into the dough.

Add the flour and yeast and continue to knead until you get a compact dough. It should have the consistency of broken dough and not be elastic.

Sprinkle the worktable with a little flour and work briefly with your hands. Then place on a baking sheet and flatten until it forms a disk about 4 cm thick.

Bake the pandolce in a static oven at the temperature of 180 ° for about 50 minutes. Before cooking it, make diamond-shaped incisions on the surface.







P O L A N D

STUDENTS

Kalina Majcherkiewicz
Warsaw College of Engineering and Health

Mafalda Pinto
FCNAUP



POLAND

Eve Dumplings with cabbage and mushrooms

INGREDIENTS

STUFFING:

0,5 l jar of dried mushrooms (approx. 100 g)
0,5 kg of sauerkraut
1/2 carrot
parsley
1,5 tablespoons of oil
1,5 onions

DUMPLING CAKE:

300g of wheat flour
1/4 teaspoon of salt
200 ml of boiling water
25g of butter

ADDINGS (OPTIONAL):

1,5 onions
2 tablespoons of vegetable oil

METHOD OF PREPARATION

Stuffing

Rinse the mushrooms, put them in cold water and set aside for 6 hours or overnight. The next day, put on to boil, add the peeled carrots and parsley and cook until it is soft. At the end of cooking, season with salt and pepper.

Squeeze the cabbage and boil it in 300 ml of water until it's tender with the addition of salt to taste (about 45 minutes), drain thoroughly.

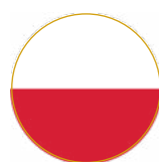
Drain the mushrooms, carrots and parsley, keeping the stock (use for example for mushroom soup). Squeeze the water very well and grind together with the cabbage in a meat grinder with very large holes, about 1 cm in diameter (or chop finely on a cutting board).

Soften the onions in a frying pan in oil, add to the stuffing. Knead the stuffing ingredients well, combine everything together, season with salt and pepper.

Dumpling Cake

Sift the flour into a bowl, add salt. Put the butter in hot water and melt it, gradually pour it into the flour, stirring everything with a spoon. Combine the ingredients and place them on the floured board.

(continues)



POLAND

Eve Dumplings with cabbage and mushrooms

METHOD OF PREPARATION

(continues)

Knead the dough for about 10 minutes until it's smooth and soft. Put the dough into a bowl, cover it tightly and set aside for 30 minutes.

Divide the dough into 4 parts, then roll out into pancakes. Cut out circles with a small glass, put the stuffing in the middle, fold in half and stick the edges together to make dumplings.

Cook until it's tender, about 3 minutes, but it's best to check if the dumplings are already soft by catching one on a slotted spoon and touching it with your finger.

Serve with diced onion, glazed in oil.



POLAND

Kutia (DESSERT)

INGREDIENTS

BASE:

1/2 cup of millet
1/2 cup of poppy seeds
280 ml of water/milk
a pinch of sea salt

ADDITIVES:

25g of raisins
25g of almonds
25g of walnuts
1 teaspoons of natural almond extract
2 tbsp honey
1/4 cup of powdered sugar (or less)

METHOD OF PREPARATION

Rinse the millet in warm water, drain. Put it in a pot, add the ground poppy seed, pour water/milk and add a pinch of salt.

Bring to a boil, reduce heat, cover and cook for approx. 20 minutes until all the liquid is absorbed.

If you use them, add raisins to the hot mixture and mix. Add the rest of the ingredients.







SPAIN

STUDENTS

Alba Orrite Martín
Universidad Autonoma de Madrid

María José Navarro
Universidad Pablo de Olavide

Noelia García Carrasco
Universidad de Granada

Susana Dias
FCNAUP



SPAIN

Tortilla de Patatas

INGREDIENTS

400g - 500g potatoes (4 - 5 standard potatoes)
5 eggs
1 onion
Salt
Extra virgin olive oil

METHOD OF PREPARATION

Cut the onion.

Peel, wash and cut the potatoes into slices or strips.

Add in a medium-sized frying pan an abundant amount of oil and fry the potatoes with the onion in a slow heat for about 20-25 minutes.

Add salt to the mixture.

Break the eggs in a bowl and beat them together with a pinch of salt.

When the potatoes are ready we mix them with the beaten eggs in the container.

Put a teaspoon of oil in the pan and let it heat.

Pour the mixture into the pan on medium heat.

Turn the tortilla and let it settle for the other side (for more or less time, depending on preferences).

Serve it after cooked on both sides.





SPAIN

Arroz con Leche (DESSERT)

INGREDIENTS

200g of round rice
400g of water
1L of milk
3 or 4 pieces of lemon peel
1 stick of cinnamon
100g of sugar
Cinnamon powder to serve



METHOD OF PREPARATION

In a pressure cooker (or other regular pan) put the water until it boils, add the rice and let it cook for 5 minutes (or more time if you do not use the pressure cooker) while you stir.

Add the milk, the lemon peel (without the whitest part because of its bitterness) and the cinnamon stick.

Close the pot and let it boil for 7 minutes in the pressure cooker (or more time in a regular pan).

Add the sugar and stir for 1 minute.

Check that the rice is soft.

Serve in bowls and pour the ground cinnamon on top.







TURKEY

STUDENTS

Aysenur Alkın
Kirkklareli University

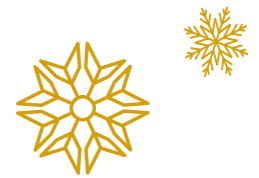
Bahar Küçükkul
Kirkklareli University

Defne Parlak
Ankara University

Rita Salomé Morais
FCNAUP



TURKEY



Ali Nazik

INGREDIENTS

FOR THE MINCED MEAT:

250g medium fat ground beef
1 onion
1 tomato
1 green pepper
3-4 drops of oil
1 teaspoon of chili paste (wipe)

600g eggplant (3-4 medium size)

1 cup of strained yogurt
2 cloves of garlic
Salt
Black pepper

METHOD OF PREPARATION

Put the minced meat and oil in your frying pan, fry it lightly with the edible chopped onion.

Add your chopped green pepper and diced tomatoes. When the tomatoes release water, add your pepper paste, and adjust the salt and pepper.

Roast your eggplants the way you prefer, peel off their skins and cut them into small cubes.

Separately, prepare crushed strained yogurt with garlic.

Warm the eggplants in the pan.

Mix the garlic yoghurt with the eggplants you took of the fire, and let them mix well.

Add salt, pepper.

Put on the serving plate.

Add the hot ground beef on it.

If your ground beef is lean, heat it with butter and flakes and drizzle over it.

Garnish with tomatoes and green peppers (roasted optionally).



¡Feliz Navidad!! ❄️
MUSTLW
Noeller! 2022 ❄️
Feliz Natal! ❄️
Sretan Božić! ❄️
Buon Natale! ❄️



TEACHERS

Bela Franchini
Cecília Morais
Patrícia Padrão
Pedro Graça

WE WISH U A
Merry Christmas





U. PORTO



FACULDADE DE CIÊNCIAS DA
NUTRIÇÃO E ALIMENTAÇÃO
UNIVERSIDADE DO PORTO



FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO DA UNIVERSIDADE DO PORTO
Rua do Campo Alegre, 823 | 4150-180 Porto | Portugal | +351 225 074 320 | webmaster@fcna.up.pt

WWW.FCNA.UP.PT

© FCNAUP | 2021