



**Lifelong
Learning
Programme**

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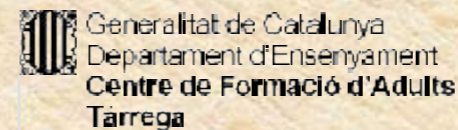
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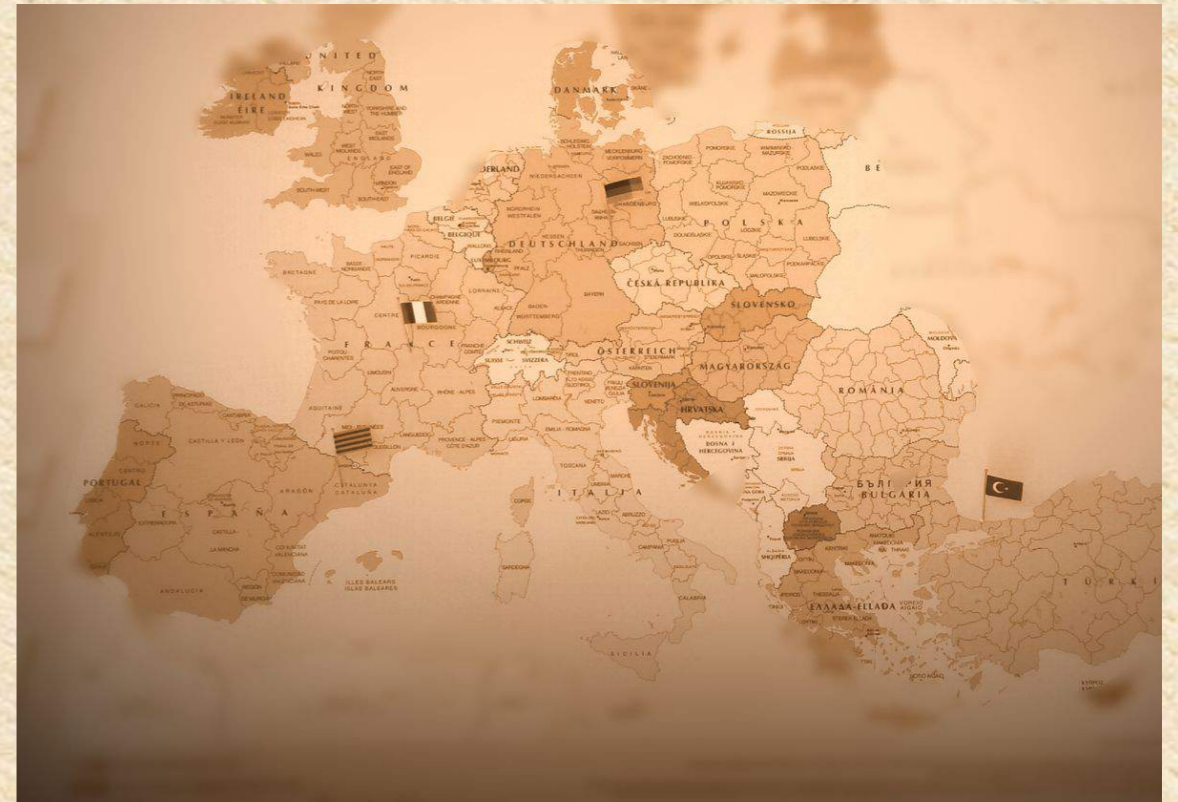
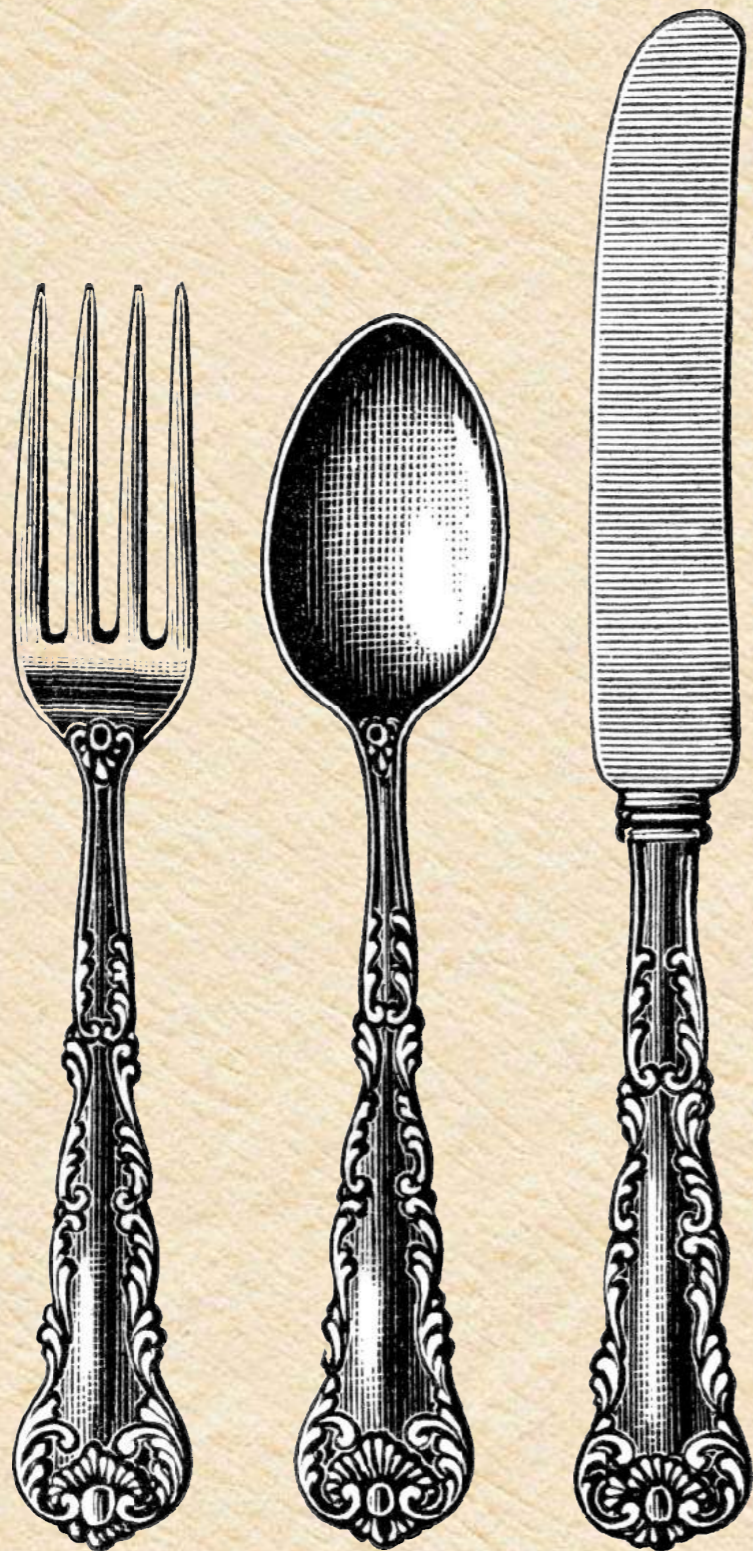
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Once upon a time there were four partners from four different countries who wanted to learn more about traditional and healthy food of the others. So they headed off for a two year long adventure to experience the culinary highlights of each partner region in Europe at first hand. These regions are Catalonia in Spain, the Auvergne in France, Saxony in Germany and Istanbul in Turkey. Awoken you interest? Then join us on our culinary discovery tour and maybe you will find one or two recipes that will enrich your cooking...

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Chapter 1: Spain



Tárrega, Catalonia

Our culinary journey begins in Southern Europe in a small town called Tárrega in Catalonia, Spain. Catalonia is famous for a whole bunch of things: the painters Salvador Dalí and Joan Miró, the architect Antoni Gaudí, the opera singers Montserrat Caballé and José Carreras or the writer Carlos Ruiz Zafón. Not to mention the queen of Spanish cities Barcelona.

You might ask yourself now: What does that have to do with food? Well, food is an important part of the culture and traditions of every country.

Just imagine you enjoy a delicious paella, sitting outside a small restaurant near the port of Barcelona, the sun is shining in your face, you feel a fresh breeze from the Mediterranean Sea and the city is pulsing around you.... Now you know why food and culture go hand in hand.

So let´s start with one of the most essential things in life: Food!

The Catalanian cuisine is very diverse. A famous cooking style is *Mar i muntanya* which means that seafood is combined with meat and the results are very tasty dishes. Of course the Catalanian cuisine is for geographical reasons also a Mediterranean cuisine which means that many vegetables like tomatoes, eggplants, peppers, zucchini, garlic and, of course, olive oil are used for cooking. And snails are not only eaten in France ...

Catalonia is home of the Cava, the famous sparkling wine like Freixenet which is known all over Europe. And if you go there you must try the tapas, they are phenomenal. Are you already hungry?

Then enjoy the following pages ...



Apple and nuts salad with honey vinaigrette
(Amanida de poma i nous amb vinagreta de mel)



Ingredients (4 persons)

- 1 iceberg lettuce
- 2 chicories
- 1 red lettuce
- 1 oak leaf lettuce
- 1 egg
- 2 red apples
- 2 green apples
- 100 g of nuts unshelled

Ingredients for the Vinaigrette:

- 1 coffeespoon of honey
- 8 coffeespoons of olive oil
- 3 coffeespoons of Modena
- Vinegar
- Salt
- Pepper



Directions

1. Select the best leaves of the red lettuce and the oak leaf lettuce. Cut the iceberg lettuce and the chicories into regular pieces.
2. Cook the egg for 10 minutes. Let it cool down, cut it into small dices and put it aside.
3. Wash the apples and cut them into segments, with the peel.

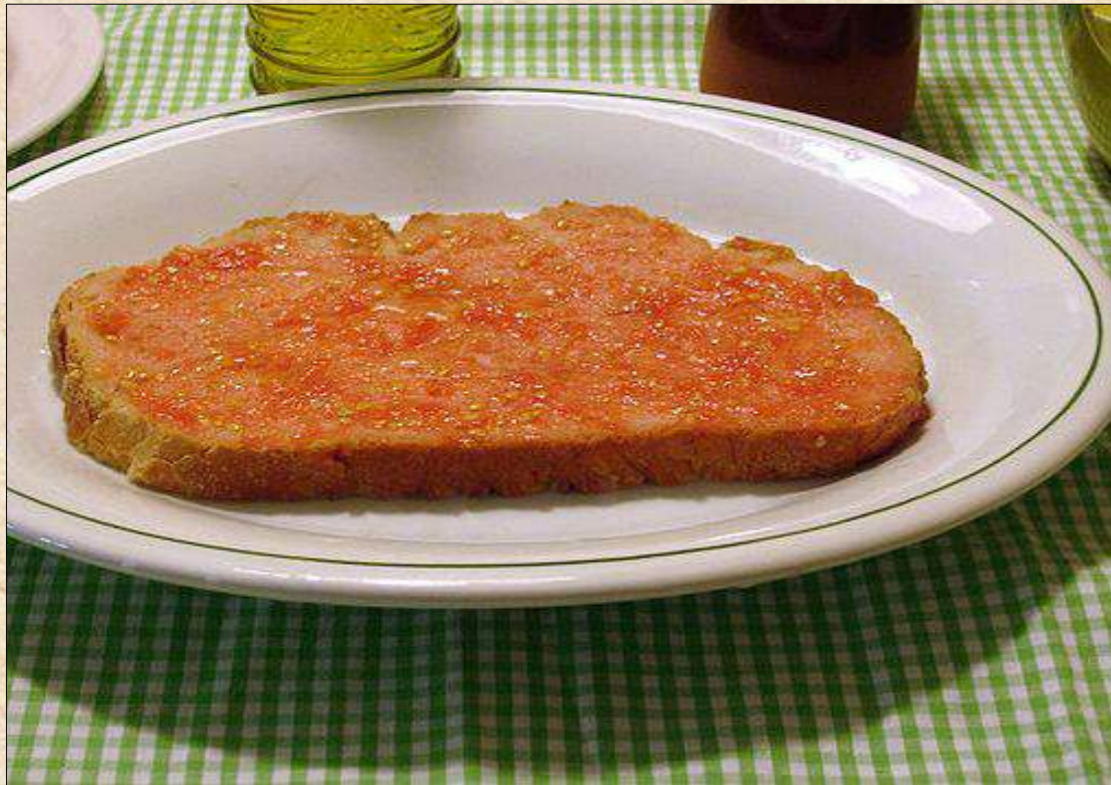
To make the honey vinaigrette, put the honey, the Modena vinegar, the oil, the salt and pepper in a bowl and mix it vigorously. Taste it and add more salt or pepper, if necessary.

Presentation

Put the lettuces in the centre of the plate, and decorate the sides with the apples, the nuts and the diced egg on top.



Catalan bread with tomatoes
(Pa amb tomàquet)



Ingredients (4 persons)

- rustic-style bread
- 2 large, round, ripe tomatoes
- 2 large cloves of garlic
- extra virgin olive oil
- salt to taste



Directions

1. Grab a ripe tomato and cut it in half.
2. Cut a nice slice of bread. You can either toast it or not.
3. Take half the tomato and rub it over the bread's surface.
4. Make sure you squeeze it while you rub it. The bread slice will absorb the tomato juice.
5. Sprinkle with some salt.
6. Add a generous quantity of extra virgin olive oil on top.



Cold tomato soup (Gazpacho)



Ingredients (6 persons)

- 2 large tomatoes (about 1 pound)
- 1 large cucumber, peeled, halved lengthwise, seeded
- 1 medium onion
- 1 large roasted red bell pepper (available in jars)
- 3 cups tomato juice
- 1/2 cup chopped fresh cilantro
- 1/3 cup red wine vinegar
- 1/4 cup olive oil
- 1/8 teaspoon hot pepper sauce (such as Tabasco)



Directions

1. Cut 1 tomato, 1/2 cucumber and 1/2 onion into 1-inch pieces and transfer to processor.
2. Add bell pepper and puree.
3. Transfer to bowl.
4. Add tomato juice, cilantro, vinegar, oil and hot pepper sauce.
5. Seed remaining tomato.
6. Dice remaining tomato and cucumber and onion halves and add to soup.
7. Season with salt and pepper. Refrigerate. (Can be prepared 2 days ahead.)
8. Serve well chilled. Add the vinaigrette just before serving.



Bread and garlic soup (Sopa d'all)



Ingredients (4 persons)

- 2 tablespoons olive oil
- 1/4 pound stale bread, crusts removed, 1/2 inch cubes
- 4 garlic cloves, minced
- 1/2 teaspoon hot pimentón (Spanish smoked paprika)
- 4 cups chicken stock
- 3 poached eggs
- salt



Directions

1. Pour the olive oil into a pot. Turn the heat to medium-high and add the cubed bread. Cook for 5 minutes, stirring often, until the bread is lightly browned.
2. Toss in the garlic, pimentón, and a pinch of salt. Stir well, and cook for 3 minutes. Pour in the stock, bring to a boil, then reduce heat to a simmer. Cook for 15 minutes.
3. Poach the eggs. Ladle some soup into a bowl and top with a poached egg.

You can also fry the garlics before boiling them. In the País Valencià, people add a spoonful of red pepper and then the water.

A common variant is the garlic soup with thyme, two Catalan ingredients. We will do the same as above but putting the sprig of thyme to boil from the start.



Catalan-Style Spinach *(Espinaca A La Catalan)*



Ingredients (4 persons)

- 1,5 kg of fresh spinach
- 4 slices of cream cheese
- 4 good scoops of tomato jam
- a handful of seedless raisins
- a handful of pine nuts
- olive oil
- 1 pinch of pepper
- salt



Directions

1. Rinse the spinach thoroughly in cold water to remove all the dust.
2. Drain them well and boot or cut the hard stems.
3. In a saucepan put the oil, the raisins and the pine nuts. After a little while, add the spinach. Do this in two times.
4. Let the spinach lose all the water and add a pinch of salt and pepper.
5. Divide them in 4 heaps and place one in the centre of each plate.
6. On top of each one, put a slice of cream cheese and go through the grill just a moment, so that the cheese is heated but not melted.
7. Crown the cheese with a good scoop of tomato jam and serve immediately.



Artichokes with Clams (*Carxofes amb Cloïsses*)



Ingredients (4 persons)

- 1,5 kg of fresh spinach
- 4 whole artichokes
- 10 half-sized clams
- 1 small jar of white beans (125 g.)
- 1 grilled red pepper
- 2 garlic shoots
- 5 Padrón peppers
- 1 pinch of Provence herbs



Directions

Cut the stem of the artichoke where the heart is. Peel the heart as if it was an orange and do the same with the stem. Do not cut the white part of the core.

Take off the “hairs” in the artichoke, which are responsible of its bitter taste.

Put the chunks of artichoke in a pan with water and ascorbic acid, so as not to oxidize them.

Heat a pan. Don't put oil yet, it could burn.

Cut the garlicks in fine slices.

Cut the core of the artichoke radially, and the stem in little pieces.

Put a good stream of oil in a skillet and add the pieces of artichoke. Add a bit of salt and freshly ground pepper. Stir it to brown it.

Once the artichokes are brown, add the green pepper cut in dice and the green garlicks.

Remove the skillet from the stove and let it cool. Add half a glass of water to cook the artichokes. There shouldn't be much water left after they are cooked.

Add the herbs from Provence. When there isn't much water in the skillet, lower the heat and add the beans. Add the clams.

Put the lid, let it start to boil very gently and as soon as the clams are open, serve it.



Cod with Ratatouille (*Bacallà amb samfaina*)



Ingredients (4 persons)

- 800 g of desalted fresh cod
- 2 big aubergines
- 1 red pepper
- 4 ripe tomatoes
- olive oil



Directions

1. Desalt the cod and steep it for some time, but not too long, so that it keeps the salt a little bit.
2. Put the pepper and the aubergines cut in rough strips in a deep frying pan with the olive oil.
3. After 5 minutes, cut the tomatoes in small portions. Put them in the pan, and leave them to cook for 15 minutes.
4. Squeeze the cod with your hands, and put it in the pan with the tomatoes. Let it simmer for 30 minutes. Taste it and season, if necessary. Stir the pan so that the cod does not stick to the bottom of the pan.
5. Leave it to rest for 10 minutes, then serve.

The traditional way of eating this dish is using the bread as a fork, placing the cod and the ratatouille inside. It's delicious!



Paella



Ingredients (4 persons)

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 green pepper, seeded and finely chopped
- 1 red or orange pepper, seeded and cut into strips
- 2 carrots, peeled and cut into julienne strips
- 2 cloves of crushed garlic
- 2 tomatoes, skinned and finely chopped
- 1 teaspoon saffron
- 350 g long-grain rice
- 1 kg mixed seafood (fish, prawns, calamari and mussels)
- 2-3 tablespoons fresh coriander or parsley, chopped
- 200 g sugar snap peas, trimmed
- fresh limes or lemons, cut into wedges



Directions

1. Heat olive oil in a large frying pan.
2. Add onion, green and red peppers and carrots, and fry over a low heat for two minutes.
3. Add garlic, tomatoes and saffron and fry for three minutes.
4. Add the rice and stir well to make sure the rice is well coated.
5. Add about 800ml water or seafood stock and bring to the boil.
6. Simmer for 10 minutes.
7. Add seafood, coriander and sugar snap peas and stir well.
8. Cover and simmer for a further 10 -15 minutes.
9. Add a little water if it gets too dry.
10. The dish is ready once the mussels open and the rice is tender.



Fruits salad



Ingredients (4 persons)

- 1 Watermelon
- 1 Cantaloupe, halved and seeded
- Kiwi
- Apple
- Pear
- Banana
- Strawberries
- Orange



Directions

The amount of the ingredients depends on the people who want to have this dessert.

1. Peel and cut into small portions all the fruits, except the oranges.
2. In a bowl, mix all the fruits well and dress with the orange juice.

As you can see, it is a simple fruit salad that can be prepared with any other mixture of fruits you like.



Catalan Cheese and Honey (*Mel I mató*)



Ingredients (4 persons)

- 4 ounces cream cheese (goat milk, if possible)
- 4 ounces ricotta cheese
- 1 cup walnuts, toasted
- 1/2 cup honey



Directions

1. Mix the cream cheese and ricotta cheese together until it forms a smooth paste.
2. Press the cheese into 4 molds, if desired, or serve free-form on chilled dessert plates.
3. Garnish each mound of cheese with 1/4 cup toasted walnuts and 2 tablespoons honey.

Chapter 2: France



Montluçon - Auvergne

In the heart of France there lies a green beautiful region, part of the Massif Central and culinary front runner of a country that is famous for food and gastronomic pleasure. You already guess of what we are speaking about? Yes - it's the Auvergne. When we talk about great food and France, I think everyone in the world knows that one cannot go without the other.

The French cuisine is not only, for many centuries now, one of the most important and influential cuisines in Europe but also famous worldwide. We all can eat à la carte and our dishes are à la minute, we all have heard about coq au vin, bouillabaisse, crêpes, baguettes, camembert, vinaigrettes, crème brûlée, quiches and so on and so on. There might be hardly anyone who has not got in touch with French food.

More than 400 sorts of French cheese exist nowadays and also French wine is delicious. And who has not heard of Champagne? To maintain the high quality of especially regional agricultural products (e.g. wines, cheese, butter, Champagne) France established the AOC seal (Appellation d'Origine Contrôlée) which guarantees high standards of regional products.

Well, the different regions also have their typical recipes. But that's enough theory for now. I think you are more looking forward to getting more practice in cooking the wonderful recipes of our second country - France.



Mixed Vegetables Salad (*Macédoine*)



Ingredients (4 persons)

- 600 g of carrots
- 400 g of turnips
- 200 g of french beans
- 200 g of garden peas

Mayonnaise Sauce:

- 2 egg yolks
- 20 g of mustard
- 30 cl of olive oil
- a little bit of vinegar

Dressing:

- Salt
- Cayenne spice



Directions

1. Peel all the vegetables and wash them, dice the carrots and turnips
2. Cook all the vegetables separately by putting them into salty boiling water ("cuisson à l'anglaise")
3. Prepare the mayonnaise.
4. Chop the french beans into logs.
5. Blend the vegetables with the mayonnaise.
6. Check the dressing and present the dish.



Mushrooms and Cauliflower, Greek style *(Chou-Fleur à la grecque)*



Ingredients (8 persons)

- 700 g Paris mushrooms
- 700 g cauliflowers
- 5 cl olive oil
- 10 cl white wine
- 2 lemons
- 1 bouquet garni
- 2 garlic cloves
- Salt
- Peppercorn
- Coriander



Directions

1. Prepare all the vegetables (peel, wash, slice...)
2. Sweat the mushrooms and cauliflowers in two different fryers, using olive oil
Link lemon juice, white wine, the bouquet garni, the grains of pepper and coriander, the garlic cloves and the cauliflowers' water.
3. Cover and boil.
4. Cook the mushrooms quickly (5 to 6 minutes)
5. Cook the cauliflowers for 20 to 25 minutes.
6. Boil down the cooking juice and coat the vegetables with it
7. Present them harmoniously in a small dish



Saint Germain Pottage

(Potage Saint Germain)



Ingredients (8 persons)

- 700 g split peas
- 40 g butter
- 100 g pork chest
- 80 g leek greens
- 80 g carrots
- 80 g onions
- One bouquet garni
- 2 garlic cloves
- 2l veal bouillon
- 60 g double cream
- 8 slices of sandwich loaf
- A little bit of salt and pepper
- Chervil leafs



Directions

1. Blanch the split peas.
2. Cook the pieces of chopped pork chest, the vegetables and the aromatic garnish.
3. Sweat the garnish and heat the pottage by wetting it with the veal bouillon. Once the pottage is cooked, process, then strain it.
4. Finish the pottage by adding the double cream.
5. Separate the sandwich loaf into croutons, dry them in the oven with olive oil and garlic.
6. Present the dish, with chervil leafs and croutons on the side.



Onion soup
(Soupe à l'oignon)



Ingredients (8 persons)

- 800 g onions,
- 200 g butter,
- 400 g grated Emmental,
- 200 g French baguette,
- 2 l poultry bouillon,
- a little bit of salt and pepper



Directions

1. Prepare the onions and slice them thinly.
2. Melt the butter and sweat the onions for around 10 minutes
3. Cut the French stick to slices; dry them up in the oven at 150° with a trickle of olive oil
4. Moisten the onions using the poultry bouillon, salt and pepper
5. Pour the soup into heatproof ramekins, add the bread, and cook "au gratin" at 200°



Veal stew
(*Blanquette de veau*)



Ingredients (4 persons)

- 1,5 kg veal shoulder or veal neck
- 200 g carrots
- 200 g onions
- 2 cloves
- 200 g leek whites
- 100 g celery sticks
- 1 aromatic bouquet
- 2 litres veal bouillon
- 60 g flour
- 60 g butter
- 1 litre of cooking bouillon
- 20 cl thick cream
- 2 egg Yolks
- 250 g Paris mushrooms
- half a lemon
- 250 g small onions



Directions

1. Prepare the meat - parboil the meat.
2. Prepare the aromatic bouquet (peel, wash and slice).
3. Gently cook the blanquette (stew) (moisten using the veal bouillon, salt and boil).
4. Melt the butter in a pan, then add the flour, cook until the taste of raw flour is gone ("roux blanc") but don't let the mix go brown.
5. Let it cool down.
6. Prepare the garnish, old-style.
7. Settle the meat and prepare the velouté.
8. Prepare the binding.
9. Finish preparing the blanquette's sauce.
10. Present the dish.



Pike Perch Fillet with Saint Pourçain Wine
(Filet de Sandre au vin de Saint Pourçain)



Ingredients (4 persons)

- 4 pike perch fillets (200 g each)
- 2 small carrots
- 4 shallots
- 25 cl white wine from Saint Pourçain
- 50 g butter
- 1 bouquet garni
- 1 teaspoon of cornflour
- 1 Soup spoon of oil



Directions

1. Peel and dice the carrots and the shallots.
2. Warm the oil in a fryer at high heat.
3. Fry the fillets skin-side for 2 minutes. Remove them from the fryer, and throw the oil away.
4. Melt the butter in the fryer at medium heat.
5. Boil off the carrots and the shallots for a few minutes. Sprinkle with cornflour, soak and whip with white wine and 25cl of water.
6. Add the bouquet garni, salt and pepper, bring to boiling point and let it boil off.
7. Put the pike perch fillets in the fryer, skin-side up, and continue cooking for 10 minutes.
7. Remove the fillets and the skin.
8. Present the dish.



Carrots' Custard tart, Bourbonese style
(*Flan de carottes à la Bourbonnaise*)



Ingredients (4 persons)

- 600 g sliced carrots
- 1 or 2 spoonfuls of flavor
- 4 egg yolks
- 4 whipped egg whites
- 25 g butter
- Salt
- Peppercorn
- nutmeg



Directions

1. Cook the carrots in salty water, strain them, mash and sieve them.
2. Put the mashed carrots in a casserole, sprinkle with flour; blend and let it boil over low heat for about 10 minutes. Remove from the stove.
3. Once the mash is cooled down, add the egg yolks, pepper, nutmeg and egg whites at the last moment. Butter a heat-proof ramekin and pour the mash into it.
4. Cook in the oven (moderate) for around 25 minutes.



*Sliced Potatoes Baked with Milk
and Brown on top (Gratin Dauphinois)*



Ingredients (8 persons)

- 2 kg firm-fleshed potatoes
- 50 cl thick cream
- 30 cl milk
- 1 garlic clove
- Salt
- Pepper
- nutmeg



Directions

1. Peel the potatoes and slice them thinly.
2. Rub the garlic clove inside a gratin dish, and butter generously.
3. Arrange the potatoes in layers while seasoning them with salt, pepper and nutmeg.
4. Blend milk with cream, spread it harmoniously inside the dish and sprinkle with nuts of butter.
5. Put the gratin in the oven, heat at 150°/160° for around 1h30.
6. Cream and butter must be boiled off and the potatoes must become very tender.



Cherry Clafoutis (*Millard aux Cerises*)



Ingredients (8 persons)

- Black cherries (hulled but not stoned)
- 125 g flour
- 50 g butter
- 3 eggs
- 75 cl milk
- 200 g sugar
- 1 spoon of Kirsch
- a sachet of alsacian yeast
- a little bit of salt



Directions

1. Blend flour, eggs, salt, sugar, yeast and Kirsch.
2. Butter the mould and put the cherries on the bottom.
3. Pour the blend on the cherries and sprinkle with nuts of butter.
4. Cook the clafoutis in the oven (200°, 45 minutes).
5. Dust with sugar before serving.



Apple pie
(*Tarte aux pommes*)



Ingredients (8 Persons)

Shortcrust:

- 250 g flour
- 25 g granulated sugar,
- a pinch of salt
- 125 g extra-fine butter
- 1 egg yolk
- 5 cl water

Apple Compote:

- 600 g apples
- half a lemon
- 40 g granulated sugar

Garnish:

- 600 g apples
- half a lemon
- 140 g apricot topping



Directions

1. Make the shortcrust.
2. Cook the apple compote.
3. Spread the pie, stuff with the apple compote and put the apple slices (spread them up into the shape of a rose).
4. Cook the pie at 190°, remove the sides of the mould at two thirds of the baking.
5. Top the pie.

Chapter 3: Germany



Leipzig – Saxony

From the green Massif Central our journey leads us now further East - to Leipzig in Germany, the land of poets and thinkers and the city with more bridges than Venice, also known as Little Paris.

Germans are well known for many things: hardworking, always on time, high quality cars and the Oktoberfest which is famous worldwide. One culinary thing that everyone in the world combines with Germany is beer, beer and even more beer.

More than 1300 breweries exist in the country plus many taverns with an own small brewery attached.

Germans are also known for potatoes, bratwurst and kraut. But honestly, there is much more to discover than only potatoes and beer.

Yes, it's true that the Saxony cuisine, and German cuisine as well, is a rather solid cuisine. Germans eat a lot of meat, enjoy sauces and of course, have the biggest bread variety worldwide. More than 600 different types are known and Germans often eat bread with sausages or cheese as dinner.

Leipzig also has a long coffee tradition. One of the oldest continually run European Coffee restaurants can be found here, the famous "Zum Arabischen Coffe Baum".



Pumpkin Cream Soup (*Kürbiscremesuppe*)



Ingredients (4 persons)

- 500 g Calabaza Pumpkin
- 40 ml sunflower oil
- 50 ml Riesling white wine, dry
- 500 ml vegetable stock
- 1/4 piece of lemon (juice and grated skin)
- 100 ml whipping cream
- salt, sugar, nutmeg, clove, cinnamon stick
- 20 ml pumpkin seed oil



Directions

1. Peel the pumpkin. Remove the core and cube the pumpkin. Slightly roast the pumpkin seeds.
2. Wash the lemon and grate the skin.
3. Warm the sunflower oil and sweat the pumpkin cubes but take care that they don't change their color. Deglaze the pumpkin with white wine and boil it down a little bit.
4. Add the vegetable stock and also the spices. Cook it until pumpkin is soft.
5. Remove the cinnamon stick and clove.
6. Mash the soup. Add some whipping cream and season the soup with some lemon juice.
7. Garnish the soup with roasted pumpkin seeds and pumpkin seed oil.



Cucumber salad (*Gurkensalat*)



Ingredients (4 persons)

- 2 cucumbers
- 1/2 lemon
- salt, sugar
- 1/2 bunch of dill
- 40 ml sunflower oil



Directions

1. Clean and peel the cucumbers.
2. Wash the dill, pick the leaves and mince it.
3. Shred the cucumbers into thin slices.
4. Add the spices and lemon juice.
5. Add the minced dill and leave it for a while.
6. Add the oil and some additional seasoning, if necessary.

Apple-Carrots-Salad
(*Apfel-Karotten-Salat*)



Ingredients (4 persons)

- 300 g apples
- 400 g carrots
- 1/2 piece of lemon
- 50 ml orange-juice
- salt, sugar

Directions

1. Clean and peel the carrots.
2. Peel the apples and remove the core. Marinate the apples with some lemon juice to avoid a discoloration.
3. Grate the carrots and marinate them with orange juice. Add the spices and wait for a while.
4. Grate the apples and add them to the carrots.
5. Add some lemon juice and spice again, if necessary.



Asparagus Soup (*Spargelcremesuppe*)



Ingredients (4 persons)

- 200 g white asparagus
- 40 g onions
- 20 g butter
- 40 g flour
- 50 ml Riesling white wine, dry
- 1/4 piece of lemon
- salt, sugar
- 120 ml whipping cream
- 1/4 bunch of parsley



Directions

1. Wash and peel the asparagus. Put the peel in a pot with 1.5 litres of water. Add lemon, some salt and sugar and let it boil. Wait for 20 minutes and then strain the stock through a sieve.
2. Cut the asparagus in small pieces and add them to the stock until they are cooked. Then remove the asparagus pieces and put them aside.
3. Peel the onions and cut them into slices. Wash and mince the parsley. Braise the onions lightly in some butter and add the flour.
4. Reduce the heat and stir the mixture. Then let it cool down a bit.
5. Add the strain and boil the mixture with constant stirring. Skim it off. Let it boil for at least 20 minutes and then add the white wine.
6. Stock it through a sieve and cook the soup again.
7. Add the whipping cream, spices and lemon juice. Then add the asparagus pieces. Dredge with parsley.



Beef Roulade with Red Cabbage with Apples and Dumplings

(Rinderroulade mit Apfelrotkraut und Klößen)



Ingredients (4 persons) - Beef Roulade:

- 4 pieces of beef roulade from topside (appr. 200 g each)
- 100 g onions
- 8 slices of bacon
- 2 pieces pickled cucumber (including stock)
- 40 g mustard
- Spices: salt, pepper
- 40 ml sunflower oil
- 50 ml red wine, Dornfelder, dry
- 400 ml brown basic stock
- laurel, allspice, peppercorns, salt
- 10 g starch

Red Cabbage with Apples:

- 750 g red cabbage
- 80 g smoked bacon
- 60 ml red wine, Bordeaux, dry
- 50 g onions
- Spices: laurel, allspice, clove, cinnamon stick, peppercorns
- 200 g apples
- Spices: salt, sugar, vinegar
- Honey (according to personal taste)

Dumplings:

- 750 g floury potatoes
- 2 egg yolks
- 60 g flour
- 90 g semolina
- 2 toasts
- 50 g butter

Beef Roulade with Red Cabbage with Apples and Dumplings



Directions Beef roulade

Peel the onions and cut them into strips. Cut the pickled cucumbers lengthwise and quarter them. Spice the roulade meat and coat them on one side with mustard. Now put the bacon, onion strips and pickled cucumbers on each meat (mustard side). Curl the roulades up and fix them each with a toothpick. Heat the oil and sear the roulades from all sides. Deglaze it with red wine and let it boil down. Add the brown basic stock, spices and the pickled cucumbers stock. Cover the roulades and let them simmer for 1,5 hours. Remove the roulades when they are soft and strain the simmer stock through a sieve. Stir the starch in cold water until it is viscous. Now boil the simmer stock and add the starch until the sauce has the consistency you like. Then serve with the roulades.

Directions Red Cabbage with apples

Clean the red cabbage and remove the stem. Cut it into strips. Cut the bacon into small cubes. Peel the onions and lard them with the spices. Peel the apples, cut them into quarters and remove the core. Cut them into slices. Cook the bacon until crisp. Add the red cabbage and braise it lightly. Add the spices onions and also sugar and salt. Deglaze it with red wine. Add some water. Cover it and let it simmer. When the cabbage is almost ready, add the apples and some vinegar. Let it simmer until everything is soft. Remove the spiced onions and add some honey according to your personal preference.

Directions Dumplings

Peel the potatoes. Remove the toast crust. Cut the toast into cubes. Heat the butter in a pan, add the toast cubes and prepare croutons. Spice them. Boil the potatoes in salted water. Remove the water and let the potatoes steam some minutes more. Strain the potatoes and let them cool down (to 70 °C). Now add egg yolk, flour, semolina, salt and nutmeg and knead it thoroughly. Now shape same size dumplings and put croutons in the middle of each dumpling. Heat water until the temperature is short below the boiling point. Add the dumplings and let them simmer at this temperature until they are soft.



Trout “Müllerin Art” with Parsley Potatoes
(Forelle “Müllerin Art” mit Petersilienkartoffeln)



Ingredients (4 persons)

Trout:

- 4 trouts
- salt, pepper
- 1 piece of lemon
- 50 g flour
- 100 g clarified butter
- 60 g butter
- 1/2 bunch of parsley

Parsley Potatoes:

- 900 g primarily waxy potatoes
- Salt
- 1/2 bunch of parsley
- 40 g butter



Directions Trout

1. Wash and mince the parsley. Cut the lemon into slices.
2. Clean the trout, sprinkle them with some lemon juice, spice them and toss them in flour.
3. Heat the clarified butter in a pan and cook the trouts from both sides until they are golden brown (douse the trouts regularly with the hot butter).
4. Remove the trouts from the fat. Now add butter and parsley to the pan and heat again.
5. Pour the parsley butter over the trouts and garnish with lemon.

Directions Parsley Potatoes

1. Peel the potatoes and wash them. Wash and mince the parsley. Cook the potatoes in boiling salty water. Remove the water.
2. Heat the butter in a pan, add the parsley.
3. Now add the potatoes to the pan and toss them in the parsley butter. Add some salt.



Potatoes with spinach and scrambled eggs
(Kartoffeln mit Spinat und Rührei)



Ingredients (4 persons)

Spinach:

- 450 g chopped deep frozen spinach
- 75 g onions
- 40 g butter
- salt, pepper, nutmeg

Scrambled eggs:

- 8 eggs
- 40 ml milk
- salt
- 1/4 bunch of parsley
- 40 g butter



Directions Potatoes

Prepare the potatoes according to the parsley potatoes in the trout recipe.

Directions Spinach

Peel the onions and cut them into small dices. Braise them lightly in butter. Add the spinach and heat it slowly. Spice it.

Directions Scrambled eggs

1. Take a bowl and break the eggs open.
2. Add milk and salt and mix until egg yolk and egg white are totally mixed.
3. Clean and mince the parsley.
4. Heat the butter in a pan and add the egg mixture.
5. Stir from the brim to the middle of the pan until the egg is curdled.
6. Serve and garnish with parsley.



Carrot-Veggie-Burger (*Vegetarischer Karottenbratling*)



Ingredients (4 persons)

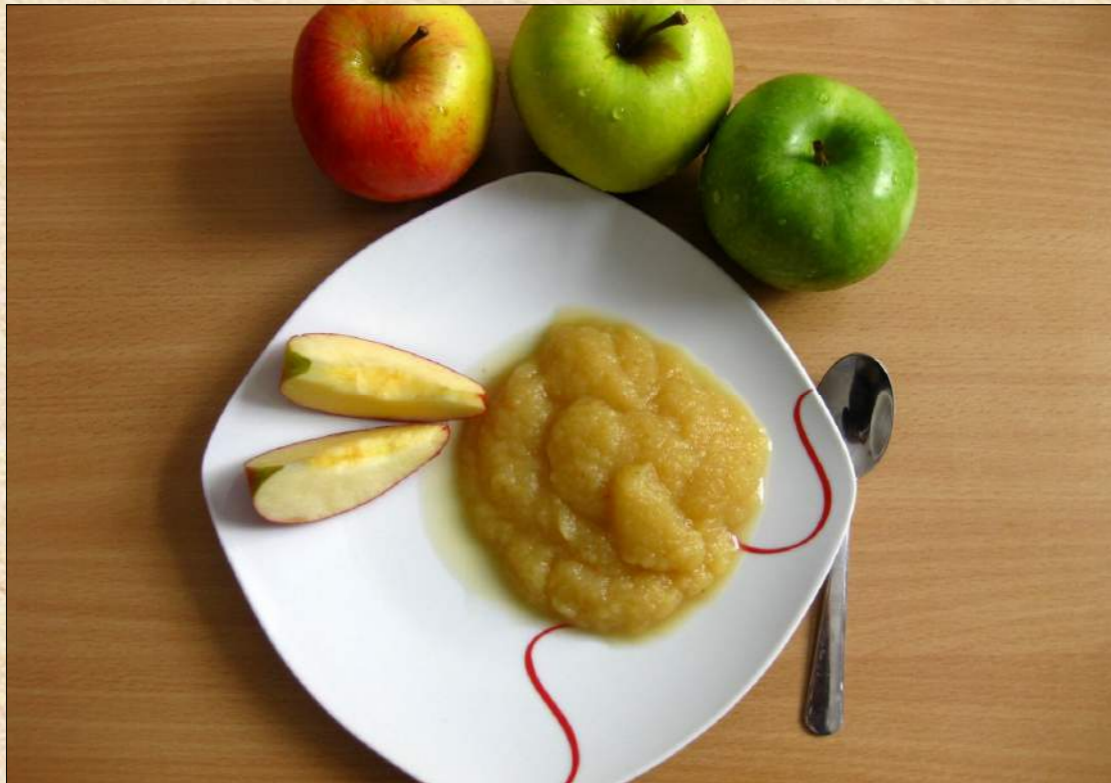
- 200 g carrots
- 80 g fine oat flakes
- 200 ml vegetable stock
- 40 g onions
- 80 g flour
- 1 egg
- 10 g sunflower seeds, peeled
- 10 ml sunflower oil
- salt, pepper, nutmeg
- 20 ml cooking oil



Directions

1. Wash, clean, peel and grate the carrots.
2. Cut the onions into small dices.
- 3 Soak the oat flakes in hot vegetable stock and let it cool down.
4. Brown the sunflower seeds in hot sunflower oil.
5. Add the onion cubes.
6. Now mix the carrots with oat flakes, flour, egg, spices and sunflower-seed-oil mixture.
7. Form burgers and fry them in hot oil.
8. Serve like a Hamburger or enjoy them with potatoes and sauce.

Apple puree
(*Apfelmus*)



Ingredients (4 persons)

- 600 g apples
- 1/4 piece of lemon
- sugar, clove, cinnamon stick
- 200 ml water

Directions

1. Peel the apples, remove the core and cut them into small pieces.
2. Wash the lemon thoroughly and also cut it into small pieces (including the peel).
3. Put the apples, lemon, spices and water in a pot and slowly cook it.
4. Boil the apples until they are soft. Then remove the apples and stock them through a sieve.
5. Add some apple fond until you are satisfied with the consistency.
6. Let it cool and serve it.

Red Berry Compote
(Rote Grütze)



Ingredients (4 persons)

- 1.25 kg red berries (strawberries, currants, blackberries - also frozen berries can be used)
- 20 g custard powder
- 500 ml juice (berries or cherry)
- 100 g sugar

Directions

1. Use 3 tbs of the juice for the custard powder but wait with mixing them.
2. Put the rest of the juice in a pot and add sugar and cleaned berries.
3. Wait for apparently 2 hours.
4. Boil the mixture and add the mixed juice and custard powder.
5. Stir the mixture. Remove the pot from the stove.
6. You can either eat it warm or let it cool in the fridge in little bowls. You can also add vanilla ice cream.

Chapter 4: Turkey



Istanbul - Turkey

Our journey now ends in the only metropolis worldwide that is located in two continents - Istanbul in Turkey. This mega city is a good example for the mixture of tradition and modernity. It has a history of more than 2000 years and you will understand that there is not enough space in this tiny book to tell you all interesting things about it. At least you might have heard of the ancient name Constantinople.

In Istanbul you find a variety and craziness of different cultures and influences. Therefore Turkish cuisine has more to offer than simply sweet tea and kebab. Legumes and vegetables are preferred food like fish and seafood as well. No wonder, as Istanbul is located between two seas (the Marmara Sea and the Black Sea). Turkish sweets like Lokum (better known among foreigners as Turkish Delight) and Baklava are very popular. The meze offers are uncountable. Meze are small appetizers and can be found in dozens of varieties. On the numerous bazaars the smell of the exotic spices make you feel like being in an Arabian Nights story.

Coffee is also very important for the Turkish folk. There is a famous saying in Turkey: The relation/friendship with a person with whom you shared a cup of coffee will last for 40 years. Drinking coffee in Turkey is more a celebration than simply getting some caffeine.

Follow us now, at the end of our journey, to the culinary world of an Arabian Nights fairy tale and have fun with the Istanbul recipes.



Dry Cracked Wheat Stuff (*Bulgurlu Kuru Dolma*)


Ingredients (4 persons)

- 8 dry egg plants fit for stuffing
- 8 dry pepper for stuffing
- 250 g mince meat
- 1 onion
- two garlic cloves
- one tea glass of cracked wheat
- a food spoon of tomato paste

- a food spoon of pepper pasta
- a food spoons of pomegranate syrup
- two food spoons of olive oil
- salt
- pepper
- cummin

Directions

Among the practical recipes, this has a special place. Boil the dry eggplants and peppers for a quarter, later add the mince meat. Take the tomato paste, oil, garlic, cracked wheat, pomegranate syrup, salt and spices and mix them all. Stuff the mixture into the egg plants and peppers. After that straiten their mounts and stick them, then put them into the stew pan side by side. Mix the olive oil, tomato paste and some hot water, and pour this mixture over the stuffed eggplants and peppers. Cook them until they become soft.



Red Lentil and Mint Soup (*Ezo Gelin*)

Ingredients (2 persons)

- 1 glass of water red lentil
- 1/2 tea glass rice
- 1 coffee cup fine grain bulgur
- 2 tablespoon noodles
- 1 tablespoon flour
- 3 tablespoon butter
- 2 tablespoon tomato sauce
- 8 glass of water
- 2 glass of gravy/boullion

- paprika
- mint
- salt

Directions

Clean the red lentil and put it in a deep pot. Add 8 glasses of water in it. Boil them until they cook. Add the rice and fine grain bulgur. Then add some salt and cook them about 15 minutes. Melt the 2 tablespoon butter in a pan. Then add the noodles and flour. Make them pink and add the tomato sauce. Brown all of them. Add some water and mix them. Put the bouillon and mixture with red lentil in a pot. Cook them about 8-10 minutes too. Melt the rest of the butter in a small pan. Add the paprika and mint, then brown them. Pour it into the soup, stir and serve it warm.

Cardak Kebab
(*Cardak Kebabi*)



Ingredients (4 persons)

- 1/2 kg of meat cubes
- two onions
- four cloves of garlic
- two tomatoes
- three long green peppers
- two or three water glasses of milk
- 5 tea spoons of flour
- one egg
- salt
- pepper
- thyme
- a slice of fresh stager
- tomato paste

Directions

Firstly, cook the lamb meat cubes, by adding the onion, garlic, tomatoes, pepper and also water, salt and oil. Take the cooked meat into another up by filtering and add it some thyme. Mix the flour, egg and milk nicely. Be careful and do not leaving ant hunches. By taking one scoop from the crêpe dough, cook this on a Teflon pan on both sides for 3 minutes. Since the recipe is for four persons, four crêpes will be enough. Put the crêpe in a bowl, and place the cooked meat into it, and close its mount with pending piece of crêpe. Upside down the bowl, then place it in the tray. Over the crêpes, put some stager as large as the crêpe pack. And also over the stager, some amount of tomato paste . Then roast it in the over at 150°C until the stager is melting.



Calf Sirloin Wrapping

(Dana Bonfile Sarma)

Ingredients (3 persons)

- 200 g fine beaten sirloin
- 1 pumpkin, outer part sliced like matchsticks
- 2 carrots, sliced like peeled match sticks
- 1 onion sliced finely
- 5 beans (green) finely sliced
- 3 green peppers finely sliced
- 6 parslets cut finely into pieces
- 1 spoon of tomato paste
- 4 cloves of crushed garlic
- 1 tea spoon of pomegranate syrup
- 1 dessertspoon of salt
- 1 teaspoon of pepper
- 1 dessertspoon of flour
- 1 cup of liquid oil
- 2 finely peeled and sliced tomatoes



Directions

Put oil into the frying pan.
Fry the onions until they are getting light brown
Add the carrots and green beans
Fry for 2 minutes, then add the pumpkin
Fry three more minutes
Add the parsley
Take the cooking pan off the oven
Add salt to the mixture, and add pepper
Deliver the mixture you made over the sirloins
equally
Wrap the meat (sirloins) tightly
Oil the oven tray and roast the sirloins
Roast them at 15°C for 15 minutes.
Again, put the oil into a new frying pan
Then put the garlics, tomatoes, green peppers into it
and fry them, and also add the tomato paste, flour,
pepper, pomegranate syrup, one teaspoon water
and let them boil over low flame for about 5
minutes
Slice the cooked meats (sirloins)
Pour sauce to the ones you'll serve.

Bean Patties
(*Fasulye Mücveri*)

Ingredients (8 persons)

- 1 kg green beans
- One woman beans 500 g ayşe
- 2 eggs
- enough flour
- parsley, a pinch of
- a pinch of dill
- 1 onion
- 1 teaspoon paprika

Directions

Filtered and boiled beans are finely chopped.
Beat the eggs are broken.
Onion finely chopped.
Finely chopped parsley and dill.
All the ingredients are in a bowl.
Spices added and mixed and cooked
Plenty of olive oil is added after it gets like
lukewarm.
Service via a paper towel on the plate

Keskül

Ingredients (4 persons)

- 2 liter milk
- 2 tablespoons of starch
- 3 tablespoons of rice flour
- 3 cups grape extract (pekmez)
- 1 egg yolk
- half cup of coconut
- 3 tablespoons sliced almonds
- nuts, peanuts, almonds, coconut (decoration)

Directions

1 cup of milk is separated, and the remaining milk
in a pan.
It is added grape extract (pekmez) ,coconut and
sliced almond then it is boiled
Separate ayırdığımız place of milk, starch, rice flour
and egg yolks are added.
After stirring thoroughly boiling milk is added.
Until the consistency of custard is cooked.
Taken from January bowls are emptied.
When cool, decorated it.



Ottoman Ashura (*Osmanlı Asuresi*)

Ingredients (8 persons)

- 1 Glass Ashura wheat
- 1 Glass Haricot beans
- half Glass Chickpea
- 10 Glasses Water
- 2 Glasses Grapes extract (Pekmez)
- 150 g dried fig
- 100 g dried apricot
- 100 g Sweet almond
- 1 dessertspoon salt
- 100 g Raisins
- 50 g Currants
- 50 g Pinenuts
- 2 tablespoons of Cinnamon
- 4 tablespoons of Rose water
- 1 piece Apple
- 1 piece Orange



Directions

Put wheat, haricot beans and chickpeas into lukewarm water for 8 hours in separate containers. The following day cook them in separate pots. Let dried figs, dried apricots and raisins soften in the lukewarm water. Let the almonds boil in hot water about two and three minutes then take them out and peel their crusts. Put the wheat in hot water and when you observe the wheat begins to crack add chickpeas and haricot beans then constantly stir the mixture for 15 minutes and during this process, add apple and orange peelings then squeezing orange juice into the pot. After this add the remaining ingredients following each other and continue stirring the mixture. Also add the rosewater mixed with cinnamon then cooking it ten more minutes. Take the pot from cooker and empty them into several bowls. After this, spatter the topping ingredients on bowls and later let them become cooler for service.

Barge
(Sultanat Kaylgi)

- Ingredients (8 persons)**
- 4 pieces of courgette
 - 1 piece of onion
 - oil
 - 2 tablespoons flour
 - 2 tablespoons butter
 - 2 glasses of milk
 - half bunch of parsley
 - half bunch of dill
 - cheddar cheese (grated)
 - salt
 - pepper
 - paprika

Directions

Courgettes carved, engraved on the inside is divided lengthwise into two.

Boiled less until tender.

Melt the butter in a pan and put into.

First, add some roasted chopped onion.

Then saute until juice evaporates added and the insides of the pumpkin.

After taking back it from oven spatter salt, spices and finely chopped parsley.

Separately butter, milk and flour are mixed up and cooked on the cooker until it thickens.

And this mixture are out into courgette.

Grated parmesan cheese sprinkled on top.

They are lined into oiled oven tray.

Cheese is kept in the oven until melted.

Finely chopped parsley sprinkled on it when it is taken from oven.

Palace Lemonade
(Saray Limonatası)

Ingredients (8 persons)

- 8 lemons
- 2 liter Water
- 400 g Honey
- 2 bunches fresh mint (only leaves)

Directions

Squeeze the lemons to get their juice. Then add water and mix.

Put mint leaves with honey into a mortar and pestle until it forms a paste. Put it in a double-layered cheese cloth.

Release the mint in cheese cloth into lemonade. By pressing the cheese cloth let the aroma of peppermint transfers to lemonade. By repeating this process several times let it rest in the fridge at least 2 hours.

Remove the mint with cheese cloth then add the sugar into lemonade if necessary. By putting it into glasses serve them.

Olive salad (Zeytin Salatası)

Ingredients (4 persons)

- 25 green olives (string the core and divide into 2-3 pieces)
- 10 black olives (string the core and divide into 2-3 pieces)
- 1 teaspoon savory (it may be fresh)
- 2 pickles (cut them lengthwise and cut into pieces)
- some mint leaf
- some parsley
- 1 cucumber (cut it lengthwise and cut into pieces)
- 2 tomatoes (cut it square)
- 1 tablespoon dip roman
- 1 teaspoon paprika
- salt
- 2 tablespoon olive oil

Directions

Mix all of the ingredients in a big pot. Add the spice, salt, olive oil, and the dip roman as the last one. Then mix all of them again and serve it.

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