

The Erasmus+ MEGA project schools
Gymnasium bilingvalne Zilina / Slovakia IES Miguel Catalan Zaragoza/Spain
I Liceum Ogólnokształcące im. Mikołaja Kopernika Torun/Poland Institut de la
Providence Champion Namur / Belgium Lycée Michel-Rodange Luxembourg/
Luxembourg Wittekind-Gymnasium Lübecke/Germany

proudly present their original

Vegetarian Recipe Collection



Idea and edition by MEGA Club Luxembourg

Design by Connie Faber and the students of year 12 specialising in arts

Elisa Bongiovanni



The Erasmus+ MEGA project schools

Gymnasium bilingvalne Zilina / Slovakia

IES Miguel Catalan Zaragoza/Spain

I Liceum Ogólnokształcące im. Mikołaja Kopernika Torun/Poland

Institut de la Providence Champion Namur / Belgium

Lycée Michel-Rodange Luxembourg/Luxembourg

Wittekind-Gymnasium Lübecke/Germany

proudly present their original



Vegetarian Recipe Collection

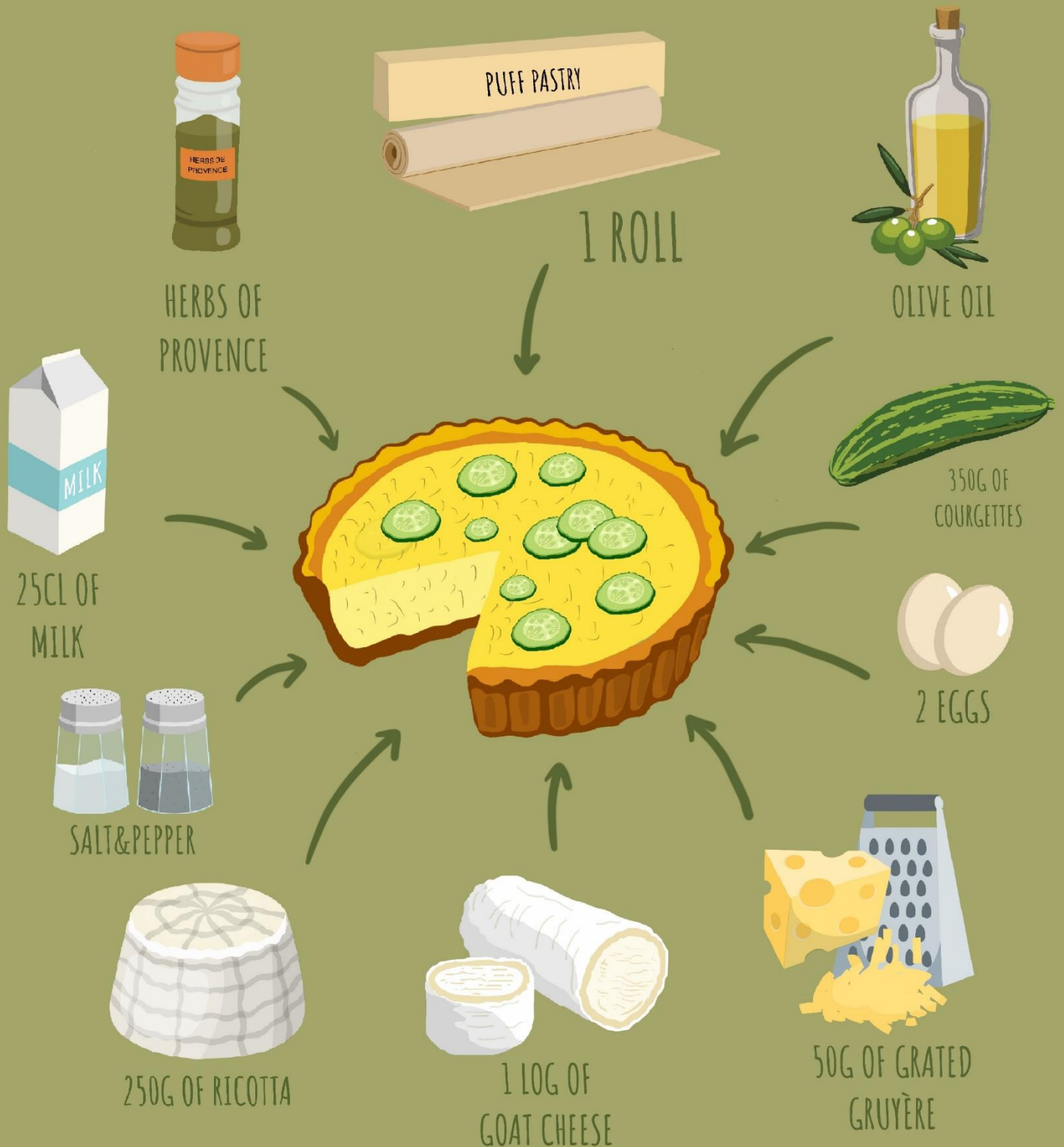
Idea and edition by MEGA Club Luxembourg 2021

Designs by Connie Faber and the students of year 12 specialising in arts

Edited by Patrick Brücher, Sandra Droste and Sandra Galli



QUICHE RICOTTA, GOAT CHEESE, COURGETTES



Institut de la Providence Champion Namur / Belgium: Starter

QUICHE WITH RICOTTA, GOAT CHEESE & COURGETTES

Preparation time: 20 minutes

Cooking time: 40 minutes

Ingredients (4 people)

- 350g courgettes
- 25cl milk
- 2 eggs
- 250g ricotta
- 50g grated gruyère cheese
- a lot of goat cheese
- herbs of Provence
- salt
- pepper
- olive oil
- a roll of puff pastry

Instructions

- Fry the courgettes in a pan with some olive oil for 12 minutes.
- Mix the eggs, the ricotta, the milk and the grated cheese in a bowl.
- Spice up as you please.
- Spread the puff pastry, then pierce it with a fork.
- Pour the courgettes on the puff pastry, then add the mixture.
- Cut some slices of goat cheese and put them above the quiche.
- Bake for 35 to 40 minutes.

Bon appétit!

Asparagus Soup



Noël

Wittekind-Gymnasium Lübbecke / Germany: Starter

SPARGELCREMESUPPE (ASPARAGUS SOUP)

Ingredients

- 500 g asparagus
- salt
- pepper
- 1 pinch of sugar
- 1 bunch of spring onions or 1 normal onion
- 1 tbs butter
- 1 scarce tablespoon of flour
- 1 tbs sour cream
- 1 tbs lemon juice
- 1 tbs chives rolls

Instructions

Wash the asparagus, peel whole stalks and cut into smaller pieces. Pour almost 1 liter of water into a saucepan, add salt, a little bit of sugar and bring the whole mixture to boil. Cover and cook the asparagus until soft (it will take 20 minutes).

In the meantime, wash and clean the spring onions until all the withered and the tuft of roots are gone. Then cut the rest into fine rings.

Drain and puree the asparagus. Pick up the brew. Melt the butter, pour in the flour and sweat it until it is nice and dark yellow. Mix in the onion rings. Now the brew is gradually added. Continuously stir in order to avoid lumps.

The whole thing should now simmer for 10 minutes. Then add the asparagus puree, the sour cream and season everything with salt, pepper and lemon juice. Scatter chives on top.

Guten Appetit!



Riesling Soup

Wilhelmy Tanja

Lycée Michel-Rodange Luxembourg / Luxembourg : Starter

RIESLING* SOUP

Ingredients

- 1 onion (small-medium)
- 1 tbsp butter
- 1/8 litre Riesling (brut)
- 3/4 litre vegetable broth (make it instant)
- 4 tbsp crème fraîche
- 2 tbsp (flat) flour
- 150 ml heavy cream
- 1-2 tsp parsley, chopped
- salt, white pepper to taste
- 3 slices white toast bread
- 3 tbsp sunflower oil
- some ground cinnamon and ground ginger (optional)

Instructions

- chop onion fine and saute in butter until transparent, then add wine and let simmer for about 1 min.
- add broth, bring to a boil.
- mix the flour with the crème fraîche and add to soup.
- let soup simmer for 10-15 min, stir couple of times.
- add heavy cream and let simmer for another 10 min.
- cut out of the bread stars and fry them in hot oil until they are crunchy.
- place stars on kitchen paper (takes of the oil); sprinkle them very lightly with cinnamon and ginger (if you like); it adds a tiny touch of ginger/ cinnamon which is actually harmonizing very well with the other ingredients.
- spice soup with salt and white pepper to taste and puree with a stick mixer.
- add chopped parsley.
- serve with the cinnamon stars.

Buuden Appetit!

Tips

The soup should be thick. If the soup is too thin let it simmer longer so it will be thickening. You can use 1/2 l Riesling and less vegetable broth (stronger wine taste).

** The Luxembourg region is famous for its Riesling wine*

Sweet potato and spinach curry



1 Liceum Ogólnokształcące im. Mikołaja Kopernika Toruń / Poland:
Starter

SWEET POTATO AND SPINACH CURRY

Ingredients

- 1 tablespoon olive oil
- 2 red onions, thinly sliced
- 2 large garlic cloves, finely chopped
- 1 teaspoon freshly grated ginger
- 2 green chillies, thinly sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon black mustard seeds
- 1 heaped teaspoon turmeric
- 800g sweet potatoes diced into 3cm chunks with skins on
- 375ml vegetable stock
- 150g spinach leaves
- Coriander
- 1 tablespoon toasted flaked almonds, sea salt

Instructions

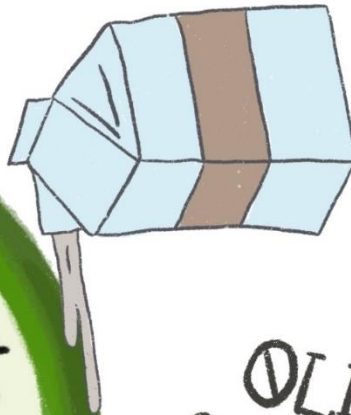
Heat the olive oil in a large pan over a medium heat, add the onions, garlic, ginger and chillies and cook for 4-5 mins or until softened. Add all the spices and stir until they become fragrant.

Add the sweet potatoes and stock and simmer for about 15-20 minutes or until the sweet potatoes are soft. Add the spinach leaves and season with salt. Once the spinach leaves are cooked, sprinkle with coriander and flaked almonds.

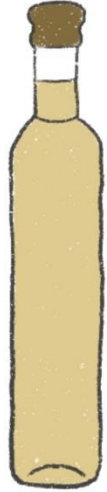
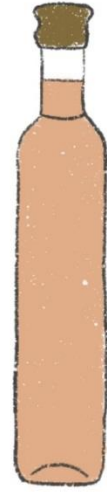
Serve immediately. It's great with cooked greens or even salad.

Smacznego!

240 ML
OF PLANT
MILK

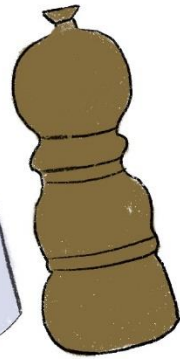
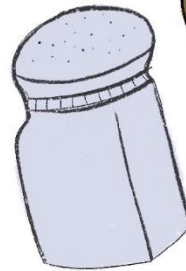


OLIVE
OIL OR
SUNFLOWER
OIL

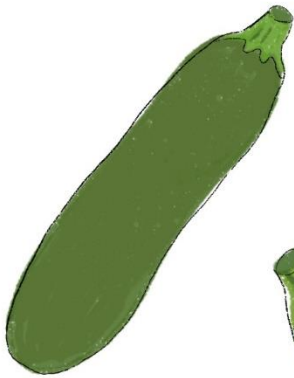


ZUCCHINI CHIPS

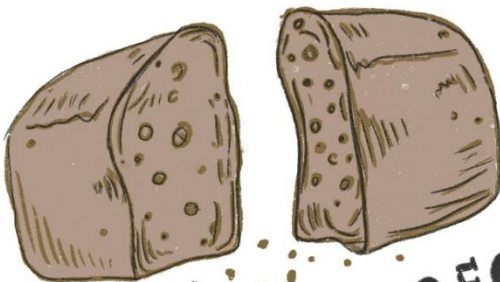
SALT
AND
PEPPER
to
TASTE



A BIG
ZUCCHINI
OR TWO MEDIUM
ZUCCHINIS



125 G
OF FLOUR



120 G OF BREAD
CRUMBS



1/2
TSP
GARLIC
POWDER



3 TSP
SALT

IES Miguel Catalan Zaragoza/ Spain: Starter

ZUCCHINI CHIPS

Ingredients

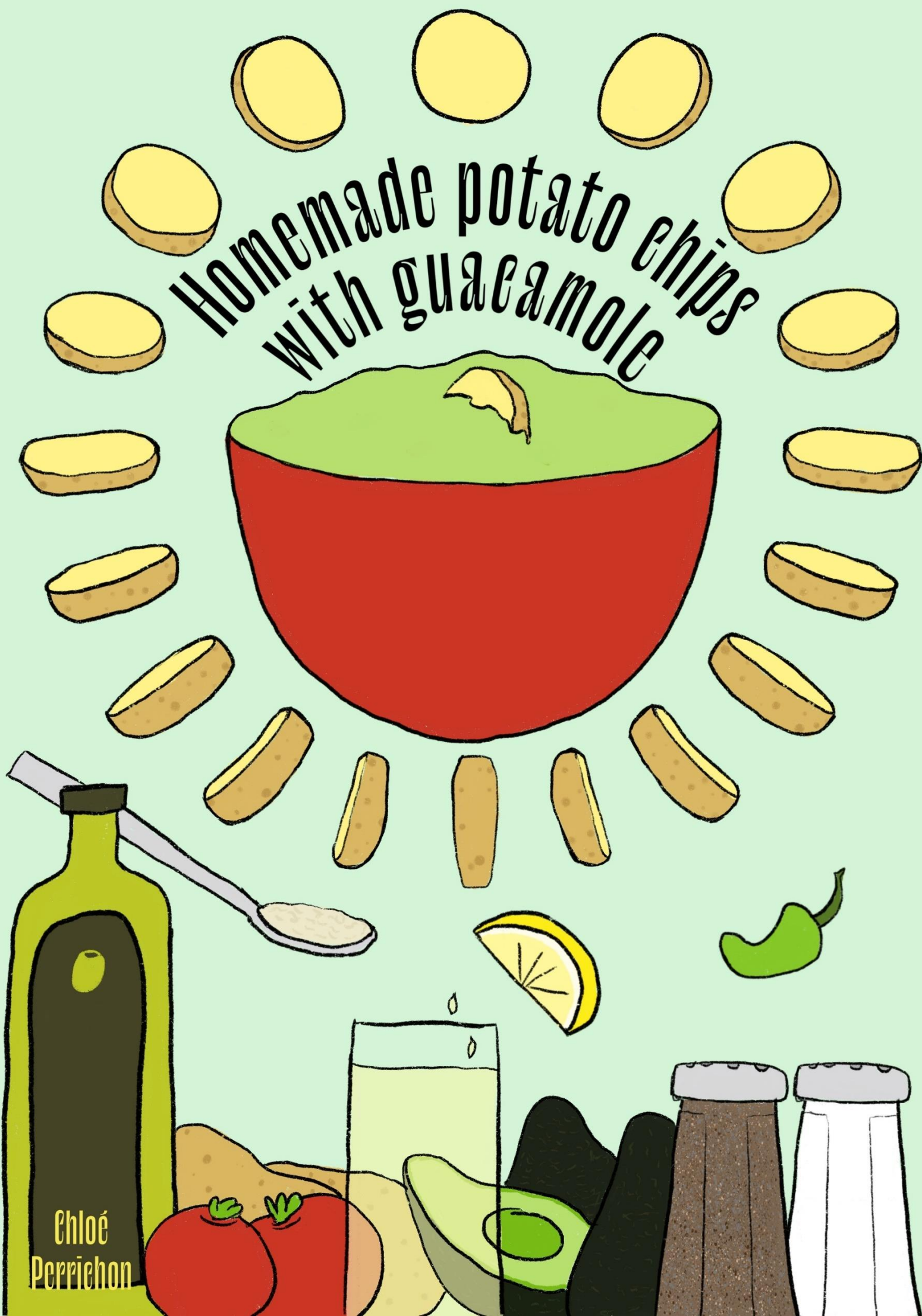
- 1 big zucchini or two medium zucchinis
- 3 teaspoons of salt
- 125g flour
- 120g breadcrumbs
- 1/2 teaspoon garlic powder
- 240 ml plant milk (preferably almond milk)
- olive oil or sunflower oil
- salt and pepper to taste

Instructions

- Preheat the oven to 200 ° C and line a baking sheet with greaseproof paper.
- Wash, pat dry and trim the ends of the zucchini, then cut the zucchinis into thin slices.
- Place each slice on a piece of parchment paper and sprinkle it with salt (this will dry up the excess water and make the zucchini crispier). Let it „rest“ for fifteen minutes.
- In a medium bowl mix the breadcrumbs, garlic powder, seasoning, salt and pepper.
- Put the flour in one bowl and the almond milk in the other.
- Wipe off excess water from the zucchini slices (you will probably need an extra cloth if your zucchini has a lot of water).
- One by one, dip the slices in the flour and then in the almond milk to form the batter. Press both sides of the zucchini into the breadcrumb mixture. Repeat this process with the rest of the zucchini and spread them evenly on the baking sheet.
- Bake for 15 minutes, flip, and bake for another 10 minutes, or until golden brown and crisp.

Buen apetito!

Homemade potato chips with guacamole



Chloé
Perriehon

Gymnasium bilingválne Zilina / Slovakia: Starter

HOMEMADE POTATO CHIPS WITH GUACAMOLE

Ingredients

- Potatoes (all you can eat...)
- Olive oil
- Salt
- 3 avocados - peeled, pitted, and mashed
- Lime juice
- 1 teaspoon salt
- ½ cup diced onion
- 2 tomatoes(diced)
- 1 teaspoon minced garlic
- 1 pinch of pepper
- Jalapeño (optional)

Instructions

Preheat the oven at 200°C. Slice the potatoes into a bowl and toss them with the oil. Season lightly with salt and arrange them in a single layer on a baking sheet. Bake in the oven until golden brown (for about 20 minutes).

While the potato chips are baking, make the guacamole. In a large bowl, mix the avocados, tomatoes, onion, jalapeño, garlic, lime juice, salt and pepper. Stir well and serve with the potato chips.

Dobrú chuť!

*Sweet potato stuffed with feta cheese
and herbs, served with salad*



Institut de la Providence Champion Namur / Belgium :

Main Dish

SWEET POTATO STUFFED WITH FETA CHEESE AND HERBS, SERVED WITH SALAD

Preparation time = 20 minutes

Cooking time = 50 minutes + grill

Ingredients (for 4 people)

- 2 nice big sweet potatoes
- 100g of feta cheese
- 10cl soy cream
- 1 shallot
- 2 cloves of garlic
- 2 tablespoons chopped chives
- 1 tablespoon chopped coriander (+1 for dressing)
- 1 tablespoon chopped parsley
- sea salt with herbs
- pepper
- olive oil

Instructions

1. Preheat the oven to 180°.
2. Brush the sweet potatoes well under water. Dry them and wrap them in aluminum foil. Bake for 50 minutes.
3. Remove the aluminum foil and cut the sweet potatoes in half.
4. Remove 2/3 of the flesh from each half and set aside.
5. Peel and chop the shallot and garlic. Brown them in a drizzle of olive oil. Cut the feta cheese into small cubes.
6. In a salad bowl: crush the sweet potato flesh then add the shallot and garlic, the herbs, a good pinch of sea salt, pepper and the soy cream. Mix and then add the feta cheese.
7. Fill the sweet potato halves with the filling. Drizzle with olive oil.
8. Place under the grill for a few minutes. Sprinkle with coriander and serve.
9. Accompany with a salad, seasoned and composed to your liking.

Bon appétit!

Kartoffelsalat *(potato salad)*



Wittekind-Gymnasium Lübbecke / Germany : Main Dish

KARTOFFELSALAT (POTATO SALAD)

Ingredients

- 500 g potatoes
- 100 ml vegetable stock (cubes or homemade)
- 2 onions - medium-sized (can also be red onions)
- 3 tablespoons vegetable oil (neutral in taste, e.g. rapeseed oil)
- 2 tablespoons white wine vinegar
- 1 tablespoons mustard - medium hot
- 1/2 bunch of leaf parsley - freshly chopped
- 1 pinch of sugar
- 1 pinch of nutmeg
- salt
- pepper - from the mill

Instructions

Cook the unpeeled potatoes in a saucepan with salted water over medium heat. Depending on the size, this takes about 20 to 25 minutes. In the meantime you can chop the onions and sauté in a saucepan with 1 tbsp oil until glassy.

Meanwhile prepare the broth. Pour the stock into the pot with the onions and boil them. Remove from stovetop and season well with vinegar, salt, pepper, sugar and mustard. Drain the potatoes and let them cool down. Peel and cut into slices straight into a bowl. Pour warm broth / vinaigrette over them.

Ideally, the salad should rest for 30 minutes. Finally, season again to taste and mix in the remaining 2 tablespoons of oil. Garnish with parsley.

Guten Appetit!

KARTOFFELPUFFER



2 ONIONS



2 EGGS



1 PINCH
OF SALT



1KG OF
POTATOES



2TBS OF
CLARIFIED BUTTER

Wittekind-Gymnasium Lübbecke / Germany : Main Dish

KARTOFFELPUFFER (POTATO ROSTI)

Ingredients

- 500 g potatoes
- 100 ml vegetable stock (cubes or homemade)
- 2 onions - medium-sized (can also be red onions)
- 3 tablespoons vegetable oil (neutral in taste, e.g. rapeseed oil)
- 2 tablespoons white wine vinegar
- 1 tablespoons mustard - medium hot
- 1/2 bunch of leaf parsley - freshly chopped
- 1 pinch of sugar
- 1 pinch of nutmeg
- salt
- pepper - from the mill

Instructions

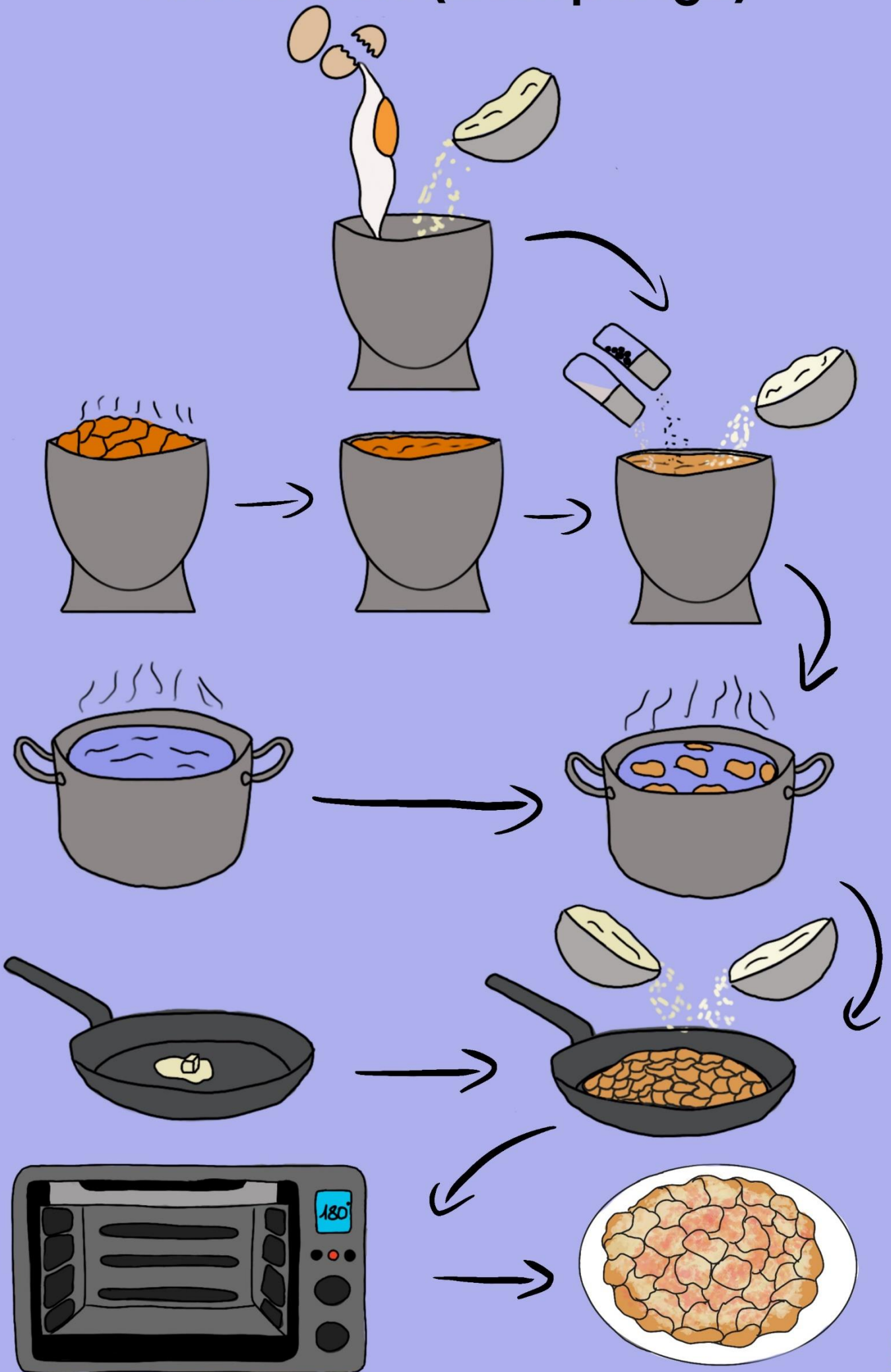
Cook the unpeeled potatoes in a saucepan with salted water over medium heat. Depending on the size, this takes about 20 to 25 minutes. In the meantime you can chop the onions and sauté in a saucepan with 1 tbsp oil until glassy.

Meanwhile prepare the broth. Pour the stock into the pot with the onions and boil them. Remove from stovetop and season well with vinegar, salt, pepper, sugar and mustard. Drain the potatoes and let them cool down. Peel and cut into slices straight into a bowl. Pour warm broth / vinaigrette over them.

Ideally, the salad should rest for 30 minutes. Finally, season again to taste and mix in the remaining 2 tablespoons of oil. Garnish with parsley.

Guten Appetit!

Kniddelen (dumplings)



Lycée Michel-Rodange / Luxembourg: Main Dish

Kniddelen (Dumplings)

Ingredients

- 450g steamed pumpkin
- 2 eggs
- 250g ricotta/cream cheese
- 250g flour
- 100g Parmesan or any other very savory cheese
- butter (to taste)
- Salt & pepper (to taste)

Instructions

Mix the eggs, 50g grated cheese and the cream cheese in a bowl. In another bowl, mix the pumpkin until it becomes puree-like. Mix the two bowls' content to one and add the flour, salt, and pepper. Mix everything until you get a nice dough.

Fill a pot with water and cook it until it boils. Form some dumplings out of the dough and put them into the water. In the meantime, put some melted butter in a baking pan. Once the dumplings float up to the surface, put them into the baking pan and cover them with the remaining grated cheese and some butter.

Eventually, put the baking pan in the oven at 180 degrees until a nice golden crust is formed.

Buuden Appetit!

PUMPKIN CURRY WITH CHICKPEAS



Serve with
rice

*1 Liceum Ogólnokształcące im. Mikołaja Kopernika Toruń / Poland:
Main Dish*

PUMPKIN CURRY WITH CHICKPEAS

Ingredients

- 1/2 pumpkin
- 1 can of chickpeas
- 2 small onions
- spices: 1 teaspoon of grated garlic, ginger, curry, smoked paprika; half a teaspoon of hot paprika, turmeric
- half a can of coconut milk
- ~ 1/2 cup of vegetable broth
- salt and pepper

Instructions

- Dice the pumpkin, prepare the chickpeas, cut the onions into cubes.
- Fry the spices in a pan with 2 tablespoons of coconut milk. Add pumpkin and onion. Add salt and fry, stirring for about 2 minutes.
- Add ground turmeric and chickpeas. Add another 2 tablespoons of milk and fry for 1 minute.
- Pour the remaining coconut milk and boil. Cook for about 15 minutes while stirring. Pour in the broth gradually and cook for about 5 - 10 minutes until the pumpkin is soft. In the meantime, stir.
- Serve with rice.

Smacznego!

SPANISH PISTO



LÉONIE
DONDELINGER

IES Miguel Catalán Zaragoza / Spain: Main Dish

SPANISH PISTO

Pisto is a traditional Spanish dish similar to ratatouille.

Ingredients

- ½ diced potato
- ½ diced zucchini
- Extra virgin olive oil
- 2 cloves of garlic (sliced)
- ½ diced onion
- ½ diced green bell pepper
- ½ diced red bell pepper
- Sea salt to taste
- ½ cup tomato sauce (125 g)

Instructions

- Steam the potato and the zucchini for about 15 minutes, but you can also boil or fry them.
- Heat some oil in a frying pan and sauté the rest of the veggies for 5 or 10 minutes. Add sea salt to taste.
- Add the potato, the zucchini (cooked) and also the tomato sauce.
- Cook over medium heat for about 10 minutes.

Buen apetito!



50g

1x

250ml



Yogurt



2x



4 TB



Hausky with Bryndaza



2-3



1 TB

2 TB



750g



190g



250g

Gymnasium bilingválne Zilina / Slovakia: Main Dish

HALUSKY WITH BRYNDZA

Ingredients

- 750g potatoes
- 250g plain or semi - coarse flour
- 1 teaspoons salt
- 190g smoked tempeh (or smoked tofu)
- Chive
- 2x white tofu
- 250ml sour soy cream or other sour white vegetable yogurt
- 50g white onions
- 4 TB delicatessen yeast
- 2-3 lemons

Instructions

Start with 1 kg potatoes, peel and grate finely on a fine grater - 750g of raw potato "puree" remains. Add 1 tablespoon of salt and 250g of plain flour. When the water boils, start throwing dumplings into it. When the dumplings are coming out on the surface, take them out and drain them.

As for "bryndza", you will need a mixer. Cut tofu and onions into smaller pieces, squeeze the lemons and prepare measuring spoons for the spices. Put onions, white tofu on the bottom into the blender, pour cream over the mixture, add spices and mix until smooth.

The last step is to cut the smoked tempeh into smaller cubes and fry it in oil. Mix the dumplings with vegan "bryndza", add tempeh and put chives on top.

Dobrú chuť!



rhubarb tart

Baking
POWDER

Vanilla
SUGAR

ESTELLE KRIPPS

Institut de la Providence Champion Namur / Belgium : Dessert

RHUBARB TART

Ingredients

- +/- 800 g rhubarb
- 100 g sugar
- 1 sachet of vanilla sugar
- 3 eggs
- 100 g butter
- 150 g flour
- 1 pinch of salt
- 1/2 sachet of baking powder
- 2 tablespoons sunflower oil
- 150 ml cream

Instructions

- Preheat the oven (170-180*)
- Grease the pan and add the flour
- Peel the rhubarb and add a little bit of sugar on it
- Put the sugar, vanilla sugar and two eggs in a bowl
- Mix it
- Melt the butter (not too hot) and add it into the bowl
- Add the flour
- Add a pinch of salt and the baking powder
- Add 2 tbs sunflower oil
- Spread the dough in the pan
- Add the rhubarb
- Grab a second bowl and put an egg, a tbs of sugar and 150ml cream in it
- Mix it
- Pour it onto the dough
- Put it in the oven for +/- 20-30min
- Add some powdered sugar (optional)

Bon appétit!

Black forest

..... Cream



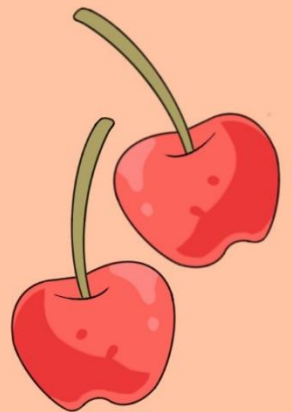
WHITE CHEESE



SUGAR



VANILLA SUGAR

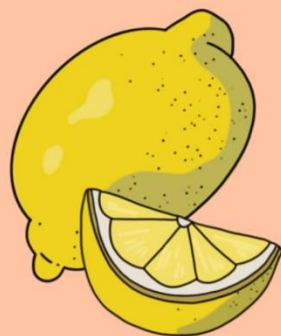


CHERRIES



CREAM

LEMON



SALT



CHOCOLATE FLAKES

Wittekind-Gymnasium Lübbecke / Germany : Dessert

BLACK FOREST CREAM

Ingredients

- 400 g cherries (without pits)
- 500 g white cheese (low fat "quark")
- 1 lemon
- 1 pinch of salt
- 3 tablespoons sugar
- 500 ml cream, 250 ml for the quark mixture, 250 ml extra
- 2 pck. vanilla sugar (1 for curd mixture, 1 for cream)
- 2 pck. chocolate flakes

Instructions

The first thing to do is to strain the cherries.

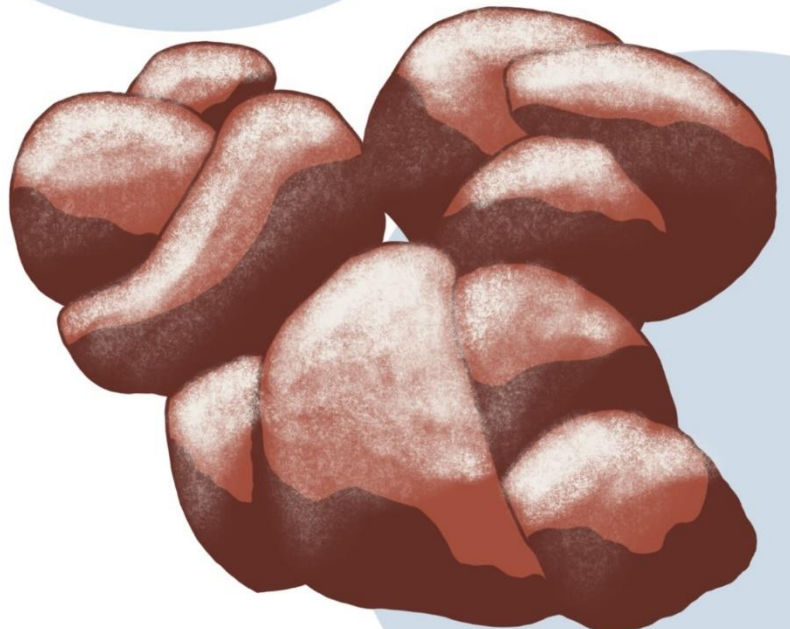
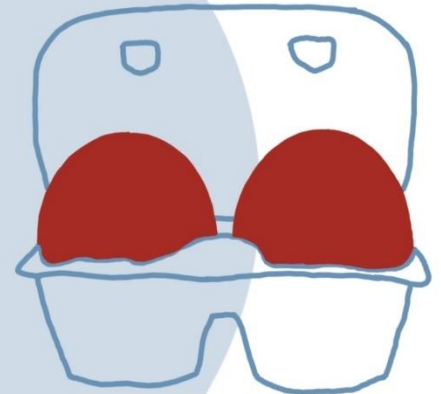
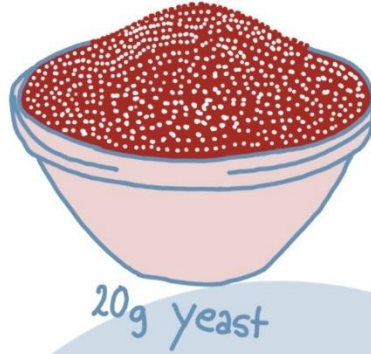
Then mix the white cheese , lemon juice, salt and sugar. The cream and vanilla sugar must be mixed and whipped until stiff. Half of the cream is now added to the white cheese mixture.

Then fill the two creams into a bowl layer by layer. This should be done as follows: cherries, cream, chocolate, cream, cherries, cream.

Finally, decorate with chocolate.

Guten Appetit!

Fueskichelcher



Lycée Michel-Rodange Luxembourg / Luxembourg : Dessert

FUESKICHELCHER* (LUXEMBURGISH DOUGHNUTS)

Ingredients

- 500 g flour
- 20 g fresh yeast
- 200 ml milk
- 80g sugar
- 2 whole eggs + 1 egg yolk
- 10-15g salt
- 100 g butter
- 2 tablespoons liquid cream
- frying oil

Instructions

- Take the eggs, milk and butter out of the fridge.
- Sprinkle yeast on top of the warm milk. Add 100g flour and mix gently.
- Add 400g flour, sugar, eggs, butter, cream and salt and knead into a smooth dough.
- Let dough rest in a bowl covered with a kitchen towel for 45 minutes.
- Roll out the dough lengthwise into 1cm thick and 5cm long strips and make a knot of each strip. Let them rest some time.
- Deep-fry them in hot oil until they are baked. Sprinkle them with some sugar. These doughnuts are best served fresh the same day.

Buuden Appetit!

Chia seed pudding



1 Liceum Ogólnokształcące im. Mikołaja Kopernika Toruń / Poland:

Dessert

CHIA SEED PUDDING

Ingredients

- 2 cups unsweetened or regular coconut or almond milk
- 1/2 cup chia seeds
- 1/2 tablespoon vanilla extract
- pure maple syrup
- coconut nectar or stevia to sweeten (optional): 1/4 tablespoon cinnamon powder

Instructions

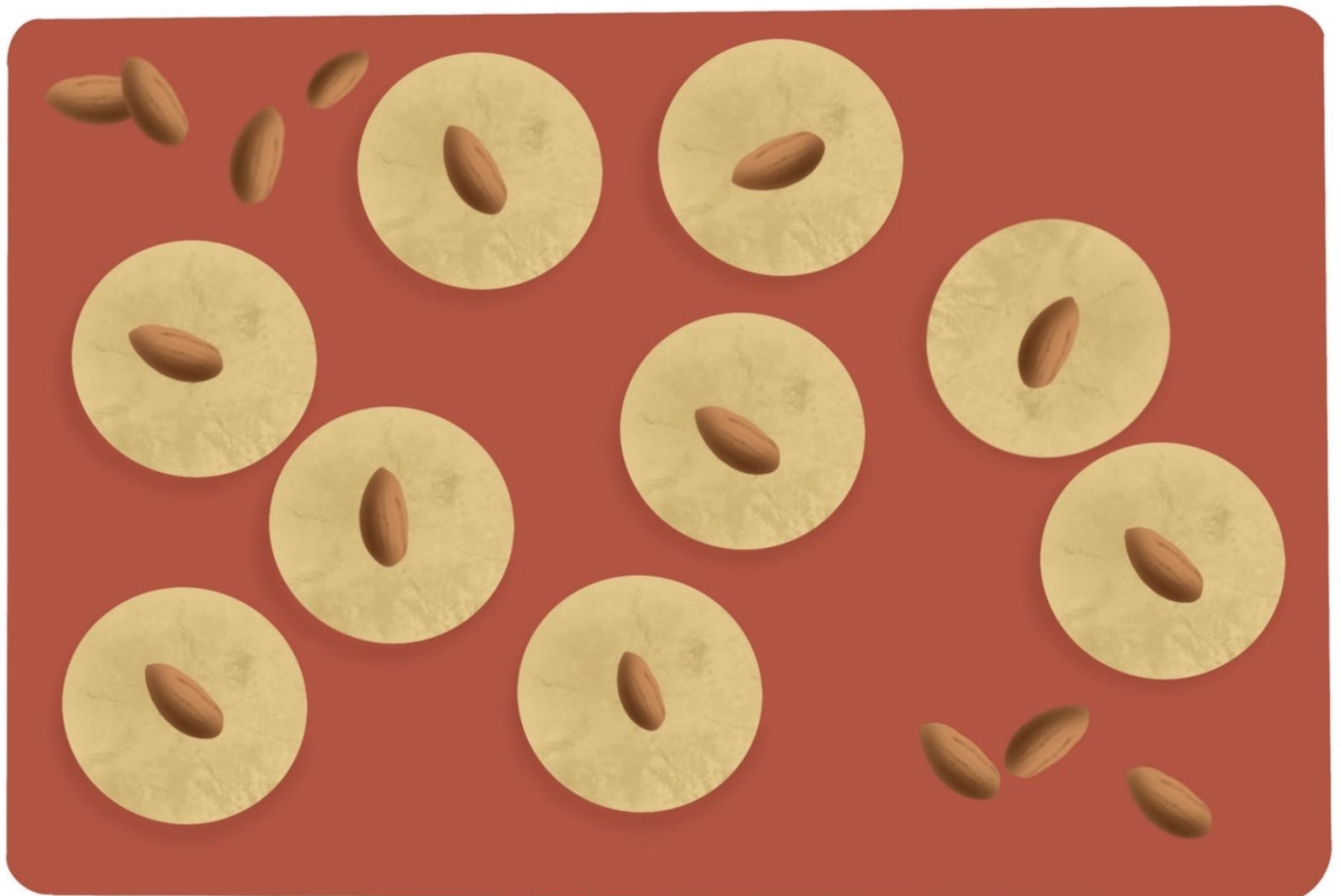
Blend all ingredients, except chia seeds, in a blender until smooth. Whisk in chia seeds. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours to let it gel.

You can also do this overnight to have it ready for a fast breakfast the next day. It's also great to make it in the morning in order to enjoy a delicious ready-made dessert later that day. It will keep up to 2 days in tightly sealed boxes.

You can change what you put into the mixture these ingredients are just a suggestion. Feel free to use blueberries, blackberries or other berries instead of the strawberries, or use walnuts or pecans instead of the almonds. Have fun and be creative!

Smacznego!

ALMOND POLVORON



IES Miguel Catalan Zaragoza/ Spain: Dessert

ALMOND POLVORON

This is a typical Christmas dessert in Spain.

Ingredients

- 2 cups whole Raw Almonds
- 2 cups all Purpose Flour
- 1/2 teaspoons salt (if your vegan butter contains salt skip adding additional salt)
- 1/2 teaspoon ground Cinnamon
- 1/2 Lb. vegan butter, room temperature
- 1/3 cup Sugar
- 1 teaspoon vanilla extract
- 1 cup powdered sugar, for rolling

Instructions

- Preheat the oven at 160 degrees.
- Shred almonds in your food processor until they have a powder texture.
- Mix the almonds, flour, salt and ground cinnamon in a medium bowl, set aside.
- Blend butter and sugar until the mixture gets light and creamy. After 3 minutes; beat in the vanilla.
- Add flour mix to the butter, beat at low speed until the dough begins to blend.
- Roll the dough into balls, place them (on plain oven baking paper) about 1 inch apart. Bake for 15-20 minutes until cookies are golden brown.
- Put cookies onto a grid in order to cool for 2-3 minutes. Roll them in the powdered sugar and put them back to the grid. Allow cookies to cool for another 15 minutes, roll again in powder sugar for a thicker coating. Let them cool completely and ...

Buen apetito!

MUFFINS



Gymnasium bilingválne Zilina / Slovakia: Dessert

MUFFINS

Ingredients

- 100g oats
- 100g fruit by choice
- 1 teaspoon baking powder
- 2 tablespoons maple syrup
- 1,5 dl vegetable milk of your choice
- handful of crushed almonds

Instructions

First we mix oats, baking powder, maple syrup and milk together, cut our fruit and put it into our mix.

We pour it into our muffin pan / tins, put almonds on top and then bake at 180 degrees Celsius for 25 minutes.

Dobrú chuť!



The Erasmus+ MEGA project schools

Gymnasium bilingvalne Zilina / Slovakia

IES Miguel Catalan Zaragoza/Spain

I Liceum Ogólnokształcące im. Mikołaja Kopernika Torun/Poland

Institut de la Providence Champion Namur / Belgium

Lycée Michel-Rodange Luxembourg/Luxembourg

Wittekind-Gymnasium Lübecke/Germany

Vegetarian Recipe Collection



Erasmus+

