

TYDZIEŃ KULINARNY

**Podsumowanie działań uczniów
klas IV-VIII
w ramach projektu
międzyprzedmiotowego.**

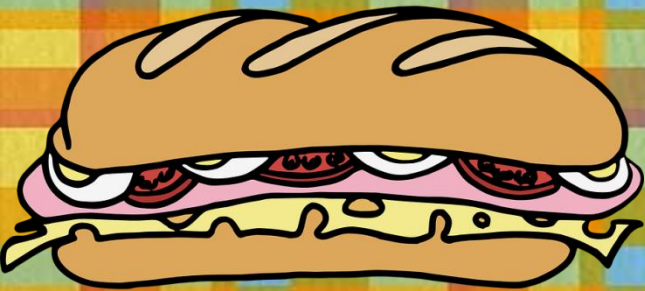
**Zapraszamy do obejrzenia
uczniowskich prac.**



MENU W J. ANGIELSKIM

W ramach tygodnia kulinarnego na lekcjach języka angielskiego klasy 5, zapoznały się z tradycyjnymi potrawami kuchni angielskiej i amerykańskiej, poznały słownictwo i przepisy na ciekawe potrawy, które zainspirowały ich do stworzenia interesujących przepisów na posiłki w ciągu dnia. Wszyscy uczniowie są gotowi do tworzenia menu w restauracji.

Recipe book





Breakfast: Omelette vegetable

time 6 minutes

Ingredients

:

2 eggs,
spoon of milk,
1/2 a small
tomato,
1/4 of the red
peper,
chives,
salt and pepper,
oil.

Preparation:

1. Dice the tomato and pepper into thick cubes.
1. Beat eggs for an omelette with a spoon of milk, season with salt and freshly ground pepper, mix.
2. Add vegetables, mix thoroughly.
3. In a small frying pan, heat the oil and pour the mixture of eggs and vegetables over the hot fat.
4. Fry the omelette covered for a few minutes until the eggs are tender.
5. Serve the omelette sprinkled with chives.
Optionally, you can add crushed feta cheese.

Diner: Fried beef steak

time 15 minutes

Preparation:

1. The meat must be washed and dried with a paper towel. Sprinkle them with salt and pepper and set aside.
2. We heat up the frying pan and pour olive oil on it. Fry the meat in the pan for the selected time. We take the meat off the pan and cover it with aluminum foil.
3. Melt the butter in the same pan and pour the garlic pressed through the press and the chopped herbs. We fry for a while. We pour this sauce over the steaks and let them rest for 2 more minutes.



Ingredients:

2 pieces of steak,
1 tablespoon of butter,
pinch of salt and pepper,
garlic, herbs.

Tea: Raspberry pancakes

time 25 minutes

Preparation:

1. Pour flour, sugar, salt, baking powder into a bowl, add egg and milk and mix.
2. Pour the melted and slightly cooled butter into the mixture and mix it.
3. We fry the pancakes on both sides.
4. We add with your favorite additions - e.g. raspberries.



Ingredients:

1,5 cups of milk,
2 cups of flour,
1 tablespoon of
butter, pinch of salt,
3 teaspoons of baking
powder, 1 egg, 4
teaspoons of sugar,
some raspberries

Bon appetit!





American cuisine



Pancakes

Ingredients:

- 1 egge
- 1 cup of flour
- 1 cup of buttermilk
- 1 cup of powdered sugar
- 1 teaspoon of baking powder
- 1 teaspoon soda
- 1 cup of vegetable oil
- pinch salt



Time: 15 minutes

Preparation:

In a blender mix all ingredients for a smooth mass. Heat the pan and over medium heat to fry pancakes with two sides. Serve with fruit and maple syrup.



Pasta witch prawns

Time: 30 minutes

Ingredients:

- 200g frozen prawns
- 125g pasta
- 1 teaspoon of olive oil extra vergine
- $\frac{1}{3}$ onions
- $\frac{1}{2}$ spoons of butter
- $\frac{1}{2}$ teaspoon of dried oregano
- 2 cloves of garlic
- 6 cherry tomatoes
- 2 tablespoons of chopped parsley
- 125ml cream 30%



Preparation:

- Defrost the prawns, tear off the tails, rinse and dry.
- Boil the pasta in salted water according to the instruction on the package.
- In a large frying pan in a tablespoon of olive oil stew the diced onion. To add butter, oregano and grated garlic, fry together for a while.
- Add the prawns and cook for approx 1 minute stirring every now and then, season with salt and pepper.
- Add the quartered cherry tomatoes and parsley. Mix and fry together for half a minute.
- Pour the cream and boil it. Cook for about 1 minute until the sauce thickens, season with freshly ground pepper and salt if necessary.
- Add drained pasta and heat everything together.

Apple pie

Ingredients:

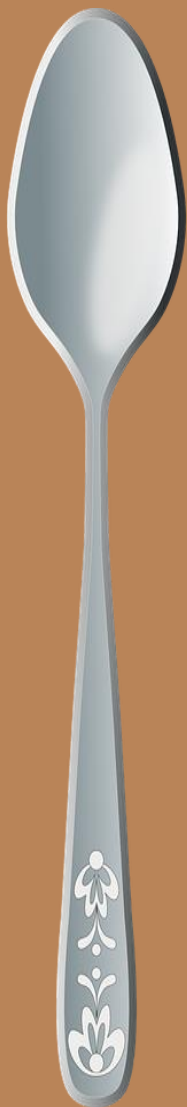
- 1,5 kg apples
- 5 spoons of sugar
- ½ teaspoons of cinnamon
- 300g flour
- 250g cold butter
- 1,5 teaspoons baking powder
- 5 spoons sugar
- 1 teaspoon of vanilla sugar
- 1 egg
- for sprinkling: icing sugar



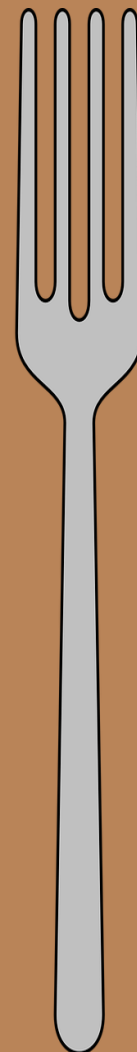
Time: 90 minutes

Preparation:

- Peel the apples, cut into quarters and remove the seeds. Cut into smaller pieces and put into a wide pot.
- To add sugar and cinnamon and fry for 20 minutes stirring every now and then, until the apples are soft.
- Add the diced cold butter to the flour, baking powder, sugar and vanilla sugar.
- Combine the ingredients into a uniform dough, a the and, add the egg.
- Divide them in half and put both halves in the freezer on 15 minutes.
- Preheat the oven to 180 degrees. Prepare a small form.
- Take one half of the dough out of freezer, cut into slices with a knife and use them to pat the bottom of the mold. Then put apples on it.
- Grate the rest of the dough directly onto the apples.
- Put in the oven and bake through 50 minutes, on golden color. Sprinkle the baked apple pie with powdered sugar.



Menu



Kacper Budziński

Breakfast:

Recipe for scrambled eggs.

Ingredients:

-5 eggs

-1 onion

-some butter and oil

Instruction:

Peel the onion. Then chop it. Heat the butter and oil on a frying pan. Put the onion on the frying pan and fry it for about 3 minutes. Break the eggs and add it to the onion.



Time: 10
minutes

Dinner:

Recipe for fish and chips

Ingredients

-4 fish fillets

-potatoes

-egg

-corn flakes

-flour

-baking powder

-oil

-salt

Instruction:

Fish slice, sprinkle with salt and flour. The flour, water, powder, and salt to make batter. Coat the fish in it, then the crushed petals. Fish fry in deep oil. Peel potatoes and cut into strips, fry, give the fish.



Time:
50
minutes

Tea:

Recipe for Fruits surprise.

Ingredients:

-4 bananas

-bunch of grapes

-3 kiwi

-2 oranges

-5 peaches

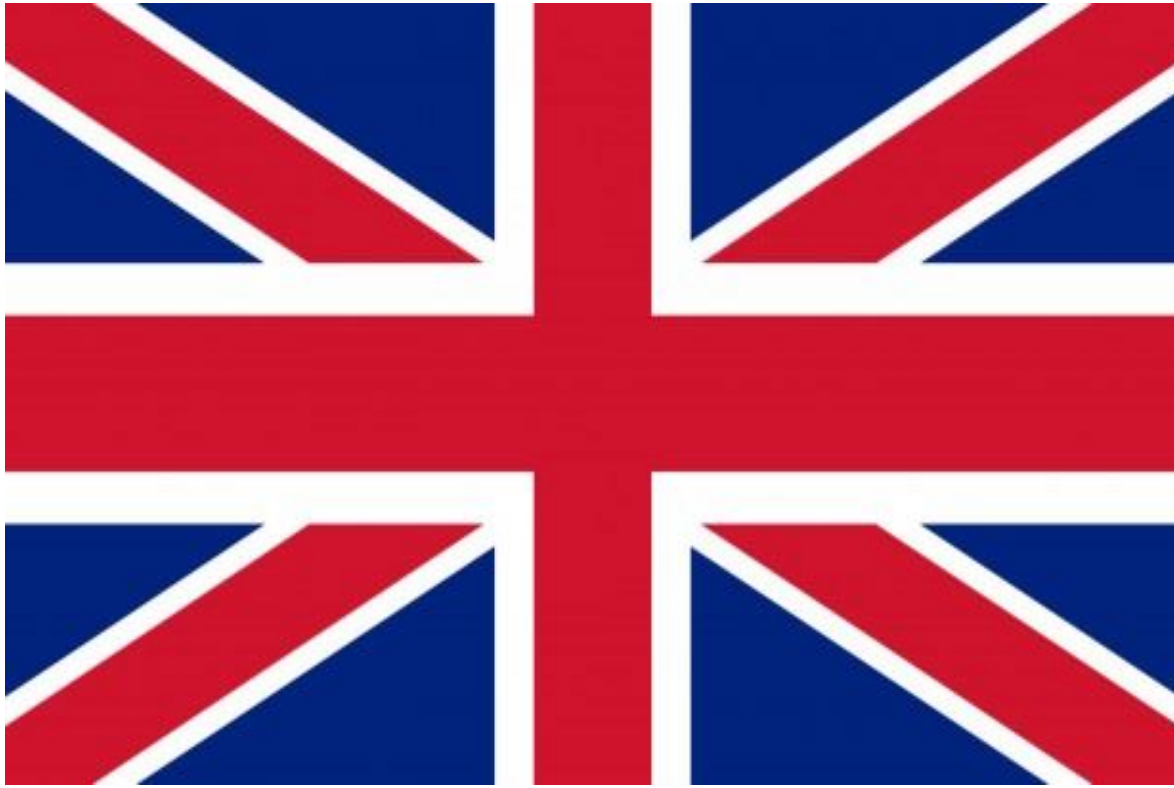
Time:
20
minutes



Instruction :

Peel bananas, kiwi, and oranges. Slice all fruits and put into the bowl. After that, add grapes and peaches. When we put fruits into bowl, we must mix all.

This moment we can serve this nice surprise.



Recipes in English

Recipe for pancakes

Breakfast:

ingredients:

1 egg

1 cup of flour

1/2 glass of milk

1 teaspoon of baking
powder

a pinch of salt

some still or sparkling
water

oil

jam



Step in the bowl and combine all the ingredients.
Pour the oil over the hot pan and a frying pan the
dough on the a frying pan. Serve with jam.

Recipe for pasta

Dinner:

ingredients:

150 grams of pasta

1 onion

1 can tomatoes

10 olives

salt

red pepper

basil

Pasta simmer to the recipe. To peel onion. Fry the onion, add tomatoes. After Add olive, salt, red pepper. Finally, mix with pasta. Sprinkle with basil.



Tea:

ingredients:

1 jar stewed apples

175 grams flour

110 grams caster

sugar

110 grams cold

butter

pinch of salt

Recipe for apple crumble



Heat the oven to 190 degrees celsius. Put the apples into the baking dish. Put flour, sugar and salt into a big bowl. Add butter and rub it in with your fingertips. Pour the crumb mix over the apples. Place the dish in the oven and bake for 35 minutes until the top is golden.

Serve with ice cream.



BREAKFAST

- TOAST,SCRAMBLED EGGS,BAKED SAUSAGES

LUNCH

- BAKED BEANS

TEA

- PANCAKES



BREAKFAST INGREDIENTS:

- 3 EGGS
- 5 SLICES OF BACON
- 2 SAUSAGES
- 1 TOMATO
- CHIVES
- 1 ONION

PREPARATION:

FIRST WE WARM UP PANTS NEXT CROSS ONION AND WE FRY.

SECOND BREAK EGGS WE WAIT UNTIL IT IS DONE.

NEXT CUT,SAUSAGE AND FURNISH.

THIRD KROOM TOMATO AND CHIVES.

MAKE TOASTS IN A TOASTER.

LOAD IT NICE ON A PLATE.



LUNCH INGREDIENTS:

- 0,5 WHITE BEANS**
- 1 SAUSAGES**
- 1 MEDIUM ONIONS**
- 3 CLOVES OF GARLIC**
- 200 G TOMATO PASTE**
- 4 SPOONS MUSTARD**
- SALT, PEPPER,PAPRIKA**

PREPARATION:

**FIRST WASH THE BEANS AND COOK BY 30 MINUTES.
NEXT CROOM SAUSAGES,ONIONS AND GARLIC AND
FRY IN A PAN.**

**DENCE BEANS PUT IN THE POT AND MIX WITH THE
REST.**

ADD SPICES AND MIX.

**FLOOD TOMATO PASTE ARE STILL COOKING 10
MINUTES AND READY.**

LOAD IT NICE ON A PLATE.



TEA INGREDIENTS:

- 1 GLASSES OF FLOUR**
- 1 ½ TEASPOON SPOON BAKING POWDER**
- 1 TEASPOON SALT**
- 1 TEASPOON SUGAR**
- 1 EGG**
- 3 TABLESPOONS OF MELTED BUTTER**
- MILK**
- MAPLE SYRUP**
- BLUEBERRY**

PREPARATION:

IN A LARGE BOWL MIX TOGETHER FLOUR,BAKING POWDER,SALT AND SUGAR.

SECOND INSIDE MAKE A HOLE AND POUR THE MILK, MELTED BUTTER

AND BEAT THE EGG. BLEND EVERYTHING WELL.

THIRD PUT THE PAN OVER MEDIUM HEAD AND HEAT A LITTLE OIL

ON IT.

POUR SOME OF THE DOUGH ON IN AND FRY.

SERVE HOT WITH MAPLE SYRUP AND BLUEBERRY.



ENJOY YOUR MEAL - PATRICK :)



Culinary recipes



recipe for breakfast

Ingrediensst:

- two eggs
- glass of
- tea
- salt and pepper
- tost
- bacon
- onion
- frying pan

Instruction:

Put the eggs in the pan. Add the onion and bacon. Sprinkle with salt and pepper. Make tea in a mug. Then make toast.

TIME: 20 minutes.



Dinner

Ingredienst:

- chicken
- an oven
- spices
- cucumber
- tomato
- lettuce
- a plate

Instruction:

Season the chicken. Then put it in the oven. Then slice the tomato cucumber lettuce. Take the chicken out of the oven and move it to a plate.

TIME: One hour
and 30 minutes



Tea:

Ingredients:

- milk
- egg
- water
- oil
- blueberry
- bananas
- strawberry
- whipped cream

Instruction:

Mix ingredients for pancakes. Then pour the dough into the pan. Garnish the fried pancakes with fruit and whipped cream.



TIME: 40 minutes