



Searching for traces of migration

CULTURAL FOOTPRINTS



INTRODUCTION

SUSTAINABLE COOKING GUIDELINES

1. Plan your meals: Buy what you need. You'll save money and potential food waste.
2. Cook in bulk: You will save time and also use less fuel.
3. Reuse: Reuse tubs, bottles, and containers, such as yoghurt pots, takeaway containers, jars, etc.
4. Support local: You will save huge amounts of plastic and reduce transport emission.
5. Eat seasonally: Seasonal produce is usually cheaper.
6. Eat together: Friends, family, flatmates – if only one meal is being prepared, then it saves so much cooking fuel.
7. Water storage: Storing extra boiled water will prevent boiling the kettle multiple times and you will save energy.
8. Use all you can: Use all parts of the food – the stalks of mushrooms, leaves of celery, apple peel, potato skin, etc.
9. Vegan \neq environmentally friendly: Choosing vegan packaged foods are usually wrapped up in loads of plastic.
10. Cut down on meat and dairy: There is a growing market of veggie-friendly foods.



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Zucchini Pasta

Ingredients

- 1250 gr Noodles
- 12-13 Zucchini
- 250 gr Parmesan
- Extra virgin olive oil
- some garlic cloves
- 2 1/2 Italian red chili
- Coarse cooking Salt
- some basil leaves

Directions

1. In a pot, put 3 liters (minimum) of water on the heat to boil.
2. In the meantime, gently brown the garlic in the oil in a saucepan for a few minutes, add the small spicy red pepper.
3. Add the zucchini, previously washed and cut into small cubes, leave to brown gently for 7-8 minutes (until they become tender), then remove from the heat and cover.
4. When the water in the pot begins to boil, add the pasta and cook for the minutes indicated on the envelope.
5. Once the pasta has finished cooking, drain the pasta (but keep the cooking water) and put it into the zucchini pan which you will put back on the heat for 1 or 2 minutes (adding a few spoonfuls of the cooking water, if necessary)
6. Simmer everything, sprinkle with grated Parmesan, check if you need to add salt, add a few basil leaves and serve on plates.

Mrs Caldagnetto

Mrs Caldagnetto was born in the North of Italy. When she was 5 years old, she moved to Luxembourg because their parents found a job in the country. She had to return to Italy because of her mother, but 30 years ago she came back to Luxembourg.

Mrs Caldagnetto chose this recipe because it was her favourite dish that her grandmother cooked for her. She continued doing it when she was living in Luxembourg because the ingredients were easily found and it is easy to choose. She wanted us to taste this healthy meal from her hometown.



Cape Verdean Stew

Ingredients (for 12 servings)

- 1 tablespoon olive oil
- medium white onion or 1 cup frozen chopped onion
- 2 large carrots
- 1 medium sweet potato
- 4 cloves garlic
- 2 bay leaves
- 8 ounces linguíça (chorizo)
- 15 ounces tomatoes
- 2 quarts low sodium chicken broth
- 3 cups green cabbage
- 1 tablespoon chili powder
- 1/2 tablespoon black pepper
- 1 teaspoon salt
- 4 cups frozen chopped kale
- 15 ounces can hominy
- 15 ounces can low sodium kidney beans
- 1/4 cup basil

Cooking time

- prep time: 15 minutes
- cook time: 35 minutes

Origin & short story

We got this recipe from Ana who migrated from Portugal to Luxembourg. This Cape Verdean stew reminds her of her origins as her mother used to make this for her every Sunday.

Directions

• Step 1

In a large pot over medium heat, add oil. Once heated through add onions, carrots and sweet potato, and cook until lightly-softened, about 5 minutes.

• Step 2

Add garlic, bay leaves, linguíça and continue cooking 5 more minutes or until linguíça is lightly browned

• Step 3

Add tomatoes (with juice), broth, cabbage, chili powder, black pepper and salt. Bring to a boil and reduce heat to simmer for about 15 minutes.

• Step 4

Stir in kale, hominy, and kidney beans and cook until heated through.

• Step 5

Remove bay leaves and garnish with basil.



Moussaka

Ingredients (for n° servings)

2 eggplants	1 big red paprika
2 onions	Extra virgin olive oil
4 cloves garlic	Salt
12 juicy tomatoes	Pepper
2 cans of peeled tomatoes or tomato sauce	2 packs of tortilla bread

Origin & short story

Moussaka is a traditional dish that originated in the Mediterranean region, specifically in Greece it has been adopted and adapted in Lebanese cuisine. However, according to Greeks, this dish was introduced by the Arabs when they brought the eggplant. Today moussaka is a common dish in Lebanon and the Arab world.

Cooking time & temperature

The dish has 15 minutes of preparation time and it takes 30/40 minutes to make it.

Directions

- Step 1
we wash the Paprika, cut it into slices and fry it in a pan.
- Step 2
we wash the Paprika, cut it into slices and fry it in a pan.
- Step 3
Afterwards we fry the eggplants.
- Step 4
Mix everything together and let the aromas flow into each other.
- Step 5
Let the freshly cooked meal cool down and serve it with the tortilla bread. You can take a portion and wrap in in the tortilla.



Bifinhos com cogumelos

Steaks with mushrooms

Ingredients

Rump Steaks
Salt & black pepper
Butter
Chopped garlic
Fresh sliced mushrooms
English sauce
Cream
Fresh rosemary

Origin & history

It's a dish originary from Portugal. This dish is made of very common things there, the mushrooms and the pork so it wasn't too expensive for families.

Directions

- Step 1

Season the steaks with salt and pepper

- Step 2

Fry the steaks in butter. Remove the meat and set aside

- Step 3

In the same frying pan, add garlic and mushrooms and sauté until golden

- Step 4

Add the Worcestershire sauce and stir well

- Step 5

Add the cream and stir until it thickens

- Step 6

Add the steaks to the sauce and mix well

- Step 7

Sprinkle with fresh rosemary



Arepas

Ingredients (for n°10 servings)

1 kg Cornflower

4 tbl Salt

0,8 l Watter

Cooking time & temperature

Cook on medium heat
for 10 minuts on every
side

Origin & short story

Arepas are originated from pre-Columbia
(Venezuela, Panama and Columbia)

But they are not sure from where exactly it is
from

Directions

- Step 1
- In a bowl, mix 2 and a half cups of water, a tablespoon of salt and 2 cups of breadcrumbs. Until a dough is formed.
- Step2
- When we have the dough, we make small balls, which will then have to be flattened. When they are flattened, we take a frying pan and add a little oil.
- Step 3
- Finally, we put the arepas in the pan for 10 minutes, until they are cooked. Once cooked, you can add ham, cheese, egg and many more things.



Filling with chicken and avocado

Ingredients (for n° servings)

500g shredded chicken

2 ripe avocado

2 tbsp mayonnaise

1 onion

1 red chilli

2 limes

salt, pepper or any

spices you want

Origin & short story

Arepas are originated from pre-Columbia (Venezuela, Panama and Columbia)

But they are not sure from where exactly it is from

Directions

- Step 1

Cook the chicken

- Step 2

Ripp the chicken in little parts

- Step 3

Put the avocados in a bowl with the chicken, the onion, the chilli and the lime juce and mash it together

- Step 4

Put the filling in the Arepas



Arepas with egg, ham and cheese

Ingredients (for n° servings)

4 Eggs

150 g of Ham

150 g of Cheese

Origin & short story

Arepas are originated from pre-Columbia (Venezuela, Panama and Columbia)

But they are not sure from where exactly it is from

Directions

- Step 1
- Mix flour, water and salt in a bowl. Until forming a dough
- Step 2
- After making the dough, they are made into balls and flattened to put them in the pan until they are cooked.

- Step 3

When the arepas are ready, we open them with a knife and add the egg, ham and cheese.

Poftă bună!

Buen apetito!

Smakelijk!

Guten Appetit!

Enjoy your meal!

Bom appetite!!





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