



HOME MADE DATE FOR SOUP

- 0,5 kg red pepper
- 1 kg onions
- 1.5 kg tomatoes
- 1.5 kg yoghurt
- 250 gr semolina
- Flour
- A bunch of parsley
- A few cloves of garlic



1. Remove the seeds of the peppers and the tomatoes
2. Slice or chop the peppers and the tomatoes into pieces (they shouldn't be very small)
3. Chop the onions and some garlic
4. Put everything into a pressure cooker or a pot (you don't need to add water) and boil until the vegetables are tender.
5. Add some flour, yoghurt, semolina and mix everything.
6. Leave the dough in a bowl for fermentation. You can close the lid of a container or pot you use for keeping the dough.
7. After 3 days form or make palm-size pancakes and put them on a cloth or special (butter) paper.
8. Dry the pieces of dough (you can put them in a warm oven for a faster drying process).
9. After the pieces of dough are dry, start the crumbling process. Then leave the small pieces on a clean cloth for some time (you can also put them into a warm oven for a while). Store in a cloth bag.

How to use? - For making a soup☺

- 3 spoons of crumbles pour in a bigger pot and add some water. Leave it for a while.
- Melt some butter in a frying pan.
- Put 1 spoon of the crumble paste into the hot butter and mix everything.
- Put everything the butter paste into the bowl and stir everything until the mixture bowls.
- You can add some salt, black pepper.
- Your soup is ready☺ Enjoy!

CANNED FOOD

Beans



Ingredients:

- 1 kg of green beans
- 1 large tomato
- water
- 1 pinch of salt
- 1 one liter or 2 x 500 g jar

Preparation:

1. Wash the beans. Cut the long ones into two parts.
2. Put the beans into boiling water, put 1 pinch of salt and boil for 5 minutes.
3. Wash the jars with hot water or boil the jars, then put one slice of tomato in each jar.
4. Take the beans out of the water and put them into the jars (remember that 2-3 cm space should be left at the mouth of a jar)
5. Put one slice of tomato on top of the beans and pour some boiled water. Stir gently with a knife to remove air between the beans.
6. Put canning lids on the jars.
7. Put the jars into a pot or bowl with water so that there were 4-5 cm of water above the jars and boil for about 40 minutes.
8. Take the jars out of the water and leave to cool. Put the jars upside down and leave for 1-2 hours in room temperature.