

FOOD CULTURE AND HEALTH

COMENIUS PROJECT 2008-2010



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COVER AND LAYOUT

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Preface to the international cookbook

Did you know that the preparation of Sauerkraut has a long tradition in China? Culinary historians tell us that the Chinese craftsmen ate the soured cabbage and rice as far back as in the third century B.C., about the same time as the Great Wall of China was built. Following the historical tradition, Mongolian tribes and the Tartars brought Sauerkraut from China to the Western world. This was long before salmon and Sauerkraut were served together in Colmar and Straßburg- an uncommon combination for the German cuisine.

Considering the historical background it seems a natural progression to invite Alsatian and Chinese people to experiment together in the kitchen with these recipes? Why not also invite Finns, Icelanders, Spaniards, Italians and Germans to do the same?



Comenius meeting in Teningen. Students from Italy, France, Iceland, Finland, Spain, China and Germany in front of Teningen town hall

Over a two year period (2008-2010) the Comenius-Project “Food Culture and Health” facilitated this type of sharing culture and cuisine. This project was supported by the European Union. Traditional recipes from the partner schools were researched, cooked and tasted, shared and explained to each other and translated into English, as our only common language.



You are holding the results of their work in your hands: our multi-cultural cookbook created by the participants in this project.

Pupils and teachers of the following schools have contributed:

Theodor-Frank- Haupt- und Realschule Teningen, Germany; Garðaskóli Garðabæ, Iceland; Istituto Professionale di Stato per i Servizi Sociali “S. De Lilla”, Bari, Italy; IES Màrius Torres, Lleida, Spain; Collège Frison Roche, La Broque, France; Lahden yhteiskoulu, Lahti, Finland and Experimental High School, Tianjin, China.

Our collaboration produced not only this cookbook, it also facilitated a cultural exchange of pupils and teachers. This Comenius-Project allowed pupils from neighboring countries as well as countries that are far away to meet and get to know each other. The highlight of these meetings were the shared cooking events in the schools, where children and adults were learning from each other. An example of this was the discovery that chicken boiled in Coca Cola and soy sauce tastes delicious!

On the following pages you will find recipes from the different regions and countries of our partner schools. Be inspired, follow the recipes and enjoy the dishes!

Our recommendation: try your own variations – for example with Sauerkraut!

We would like to say a big thank you to all pupils, parents and teachers, who enabled this project to take place. A special thank you to Mr. Peter Vollherbst who was the project manager and coordinator for his commitment to the project and his additional help with the final editing and the layout of this cookbook.

Best international regards,

Markus Felder
Principal

Theodor-Frank-Schule Teningen, Germany