



Cook Book

BY THE AUSTRIAN GROUP

Comenius-Project

2013-2014





CONTENT

Dear Teachers, Students and Parents,

while spending time in Reunion, Norway, Spain, Turkey and Poland, we collected many recipes from each country. We thought it would be a nice idea to make a „Cook Book“, because our topic is “Food” and a cook book is something, we can hold onto for our whole life that will remind us of the great 2 years we had and new friends, we made.

So in this book you will find typical recipes from Reunion, Spain, Turkey, Poland, Norway and Austria. You should be able to cook these dishes easily by yourself.

We hope you enjoy!!!



This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Recipes from Reunion

Samoussas	5
Chili Bites	5
Fish Pickles	6
Vegetable Pickles or Achar	6
Creole-Style-Steak	7
Mauritius' Nationalfood	7
Coconut treats	8
Zambrecale Pomme De Terre	8
Rougail crèole	9
Creole Chicken Curry	9

Recipes from Norway

Oat-Pancakes	11
Boller	11
Creamed Cabbage	12
Norwegian Pancakes	12
Kjottkaker (Norwegian Meatballs) with Brown Gravy	13

Recipes from Spain

Paella	15
Tortilla	16

Recipes from Turkey

Meaty (kiymali) pides	18
Tarhana soup with long beans	19
Turkish candied pumpkin dessert	19
Prawns with tomato-saffron-sauce	20
Leaf Rolls	20

Recipes from Poland

Mushroom-Suop	22
Piroggen	22

Recipes from Austria

Wiener Schnitzel	25
Classic Tafelspitz (boiled beef)	26

Results of the Austrian Survey

28



Recipes from Reunion

Samoussas

INGREDIENTS:

- 350g flour
- 300g beef or pork
- green onion
- coriander
- Salt and pepper
- oil and chili (optional)



METHOD:

Sift flour into water and mix to obtain a smooth paste. Roll dough until wide and thin. Cut into rectangles. Place onto a booking shee. Cook in oven for 2 minutes. Mince the meat and add salt and pepper to taste. Simmer in oil and allow to cool. Chop the onions into small slices and add to meat with the coriander. Place spoonfuls of mince onto the middle of the dough reactangels, fold over in a triangular shape. Heat oil in a pot and fry the samoussas for about 10 minutes until golden brown. Remove them and place on absorptive paper.

Chili Bites

INGREDIENTS:

- 500g dhal peas
- 1/2 teaspoon cumin
- 10 chili peppers
- a couple of green coriander leaves
- Green onion
- salt and oil



METHOD:

Soak the dhal overnight; drip and discard the peel, then crush the peas very finally to obtain a paste. Slice the onions very thin, crush the chili peppers; mince the green onion and coriander. Mix the beans, garlic, coriander, chili and turmeric. Shape into small balls (about 2 cm thick) before flattening them. Heat the oil and fry the bites for 2 minutes. Take them out and drip before serving

Fish Pickles

INGREDIENTS:

- 500g fish filets
- 2 lemons, sliced
- Ginger
- 2 onionsthinly sliced
- 3 large chili
- Peppers
- oil

METHOD:

Rinse fish filets and let dry, then cut into pieces. Put some oil in a frying pan and cook the fish. Add the onions and some thyme; then add the lemons and the chili (sliced into discs) with the ginger. Let to cook for 10 minutes.



Vegetable Pickles or Achar

INGREDIENTS:

- 300g carrots
- 1 small cabbage
- 400g green beans
- 6 large chili peppers
- 6 small green chili (according to taste)
- 1 teaspoon cumin
- 50g ginger
- 6 cloves of garlic
- 2 large onions, 1 lemon, salt to taste

METHOD:

Halve the large chili peppers lengthwise and remove seeds. Put aside. Slice onions thinly; crush spices, garlic, salt and ginger together. In a large saucepan, stir onions in 4 tablespoons of oil until brown. Proceed by adding spices, turmeric and vegetables. Mix thoroughly and leave on medium heat for 3minutes. Add the chili and lemon, stir again. Remove from heat. Can be served immediately and is delicious with black pudding (or blood sausage).



Creole- Style- Steak

INGREDIENTS:

- 500g tenderloin or rib-eye (thinly sliced)
- Salt and pepper
- Thyme
- 2 large onions
- 6 cloves of garlic
- parsley

METHOD:

Season the meat, add crushed spices and thyme leaves. In a large pan, heat 3 tablespoons oil and add sliced onions and simmer until brown; put aside. Cook the meat over high heat for 15 minutes, add onions, stir well. Remove from heat and sprinkle with parsley. Serve with plain rice.



Mauritius' Nationalfood

INGREDIENTS:

- 2 large park sausages
- Tomato sauce
- Parstey
- Water
- Salt

SIDE DISH: (VERY HOT)

- Rougail Tomatos
- Salt

METHOD:

First cut the sausages into thirds. Then cook them in a pan. When they are brown add the tomato sauce. Steam the sausages and the tomato sauce for a bit, with the cover on the pan. Then add some water to our thing. But not too much! The sauce shoudn't be too thin. Then, cut the parstey and add to the pan. If you wish, add some salt. For the side dish, cut the Rougail Tomatos, so that they are easy to eat. Add some salt. Put the food on a banana leaf and eat it with your fingers. This is tradition in Mauritius. If you like, add some rice to the sausages.

Coconut treats



INGREDIENTS:

- 1 coconut
- 1/4L milk
- 500g sugar
- Vanilla pods

METHOD:

Halve the coconut and extract the juice. Grate the coconut in a bowl. Heat the sugar and milk and stir until the sugar dissolves. Add the grated coconut and stir mixture until thick. Separate into small sweets onto a tray and cool.

Rougail créole

INGREDIENTS:

- tomatoes
- tomato juice
- potatoes
- onions
- saffron
- garlic
- thyme
- creole sausage handmade (pork sausage)
- pork and bacon sausage
- ¼ litre water

METHOD:

Boil the creole sausage, which should already be tied with a cord, three times, so that the salt is removed- change the water continually. Then remove the string and cut the sausage into slices. After the water is removed from the pot, you have to cook garlic, onions and tomatoes together with the sausage slices in a pan. After that, add the second sausage together with water and bring to a boil. Put thyme, garlic, onions and tomato juice into the pot again. Then leave it to simmer for 1 hour and 45 minutes. When finished, serve it with rice.

Zambrecale Pomme De Terre

INGREDIENTS:

- creole rice (3 pints)
- 3 potatoes
- 2 shallots
- 3 cloves
- thyme
- 2 teaspoons kitchen salt
- ½ teaspoons of curcuma (safran)



METHOD:

Peel and cut the potatoes in small pieces , cook them in the oil , and slightly salt. Simmer the shallot and clove with 3 teaspoons of oil and when the colour starts to change add the curcuma and the salt and mix. Add the creole rice , and stir for 4 minutes , add 4 tablespoons of water , add the potatoes and the thyme , simmer and stir from time of time . Supervise cooking for 15 inutes and add water if necessary. Serve lukewarm with a meat roast

Creole Chicken Curry

INGREDIENTS:

- A whole chicken
- 8 small tomatoes
- 2 onions
- 4 cloves of garlic
- 1 piece of ginger
- 1 branch of thyme
- Salt
- Pepper



METHOD:

First cut the chicken in to smaller pieces and fry in a pan on high heat. While the chicken is frying chop the onions and the tomatoes as well as the garlic and the ginger. Season this mixture with salt and pepper. When the chicken got a golden color add the onion, the garlic and the ginger and mix up the whole mixture. Then add the tomatoes and the thyme and stir together (if desired, add saffron). Finally, fill the pan with water and let the dish boil for approximately 15 minutes. After that take the curry off and serve with rice.



Recipes from Norway

Oat-Pancakes

INGREDIENTS:

- 1/8l milk
- a pinch of salt
- 2 eggs
- 60g oatmeal

METHOD:

Mix the milk and the eggs with the salt. Then put the oatmeal to this mixture and stir together. Let mixture stand for 5-7 minutes without touching it. Stir it again. Take a pan and put some oil in it. Heat the oil and put half of the batter in the pan. Wait till pancakes are cooked and flip it over. When it is completely cooked, put on a plate and serve with some fruit or marmalade on top.

Boller

INGREDIENTS:

- 500g flour
- 200ml milk
- 1 egg
- 100g butter
- 1 package of yeast
- 90g sugar
- 1 teaspoon cardamom
- ½ teaspoon salt

METHOD:

First melt the butter in a pot. Then add milk and yeast to the melted butter. While the yeast dissolves, mix flour, sugar, salt and cardamom in a separate pot. Add an egg. Then stir the mixture until it is a smooth paste. Then wait 30 minutes.

Then separate the paste into smaller portions and form bread loaves. Then bake in the oven for 12-15 minutes at 220°C.



Creamed Cabbage

INGREDIENTS:

- 1 lb cabbage, chopped
- 2 tablespoons butter
- 4 tablespoons flour
- 1 2/3 cups milk
- 1 teaspoon chicken bouillon
- 1/2 teaspoon nutmeg
- salt, to taste
- pepper, to taste



METHOD:

Boil cabbage until tender, approximately 30 minutes and drain well. Then make a roux from the butter, flour and milk stirring constantly until it becomes a light brown. Add bouillon and stir to combine. Add cabbage, salt, pepper and nutmeg and stir to mix together

Norwegian Pancakes

INGREDIENTS:

- 1 cup granulated sugar or 1 cup caster sugar
- 4 eggs, slightly beaten
- 1/2 teaspoon salt
- 2 cups milk
- 2 cups all-purpose flour
- nonstick cooking spray
- butter or margarine, to taste
- raspberry jelly, to taste



METHOD:

Whisk together the sugar, eggs, salt, milk, and flour in a large bowl until there are almost no lumps. Heat a medium-sized nonstick skillet or a crepe pan (sprayed first with nonstick spray) to medium-low. Then pour a THIN layer of batter into the skillet, about 1/4 cup or so- it should be just enough batter to coat the bottom of the pan. Swirl the pan to coat evenly with batter. Be careful but quick,

and flip the pancake as soon it looks like it has started to very lightly brown and has begun to bubble. Once flipped, the second side only takes a few more seconds to cook- move quickly to a plate. Immediately spread pancake with a small amount of butter and about 1/2 tsp of jelly or to taste (do not overfill with either or it will get soggy and too sweet). Now roll up into a tube, jelly-roll style and serve it.

Kjøttkaker (Norwegian Meatballs) *with Brown Gravy*

INGREDIENTS:

- 1 pound lean ground beef
- 1 pound ground pork
- 1 cup chopped bread or breadcrumbs
- 1 cup chopped onion
- 1/2 cup milk
- 2 eggs
- 1 teaspoon each salt, pepper and paprika
- 1/2 teaspoon nutmeg

GRAVY:

- 2 cubes margarine
- 1 1/2 cups flour
- 2 teaspoon sugar
- 2 cups water (preferably potatoe water)
- Corn or potato starch

METHOD:

Mix all the meatball ingredients together in a large bowl (smooshing with clean hands is easiest). Form into large meatballs, about 2 inches in diameter. Then fry them in a large skillet with some vegetable oil on medium heat until cooked through. Then put aside. For the gravy, melt 2 cubes of margarine over medium heat in a large cooking pan. Add around 1 cup (give or take) of flour, by large spoonfuls, blending well after each addition with a whisk until it is a thick, slightly grainy consistency. A flat bottom whisk works best. Add sugar and blend it well with a whisk. The sugar will enhance the browning process. Continue stirring constantly while the mixture browns. When the gravy is a rich, dark brown (be careful not to let it burn), remove it from the heat and add water slowly while still blending. Potato water is preferable as the starch in the water helps it thicken ... you should save the water from boiling your potatoes to use for this. If you don't have potato water, regular water will be fine. Add enough water to make the gravy creamy, but be careful not to make it too runny. Allow it to heat to a near boil to thicken. If the gravy is too thin, you can mix a tablespoon of cornstarch or potato starch with 1/2 cup of warm water and add it to the gravy to thicken. The gravy needs to heat to a near boil to thicken after you add the starch. Place the meatballs in the gravy, along with some of the drippings. Add salt and pepper to season. Let the meatballs steep in the sauce for about 1/2 hour on low heat. Tips and Warnings: Serve with boiled potatoes and Norwegian red cabbage and/or mixed vegetables. Use this brown gravy recipe for anything from turkey to roast beef or anything else! Flavor it with the drippings from your meat for a delectable flavor.



Recipes from Spain



Paella

INGREDIENTS:

- 2 medium, ripe tomatoes (about 12 ounces)
- 16 large shrimp (about 12 ounces), peeled and deveined
- 1 teaspoon smoked Spanish paprika (pimentón dulce)
- Freshly ground black pepper
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 8 ounces Spanish chorizo, cut into 1/4-inch-thick rounds
- 1 to 2 tablespoons olive oil, as needed
- 1 medium yellow onion, diced
- 2 medium garlic cloves, finely chopped
- 1 large pinch saffron threads
- 2 cups paella rice (about 1 pound), sometimes labeled Bomba or Valencia
- 1 teaspoon kosher salt, plus more for seasoning the shrimp and chicken
- 4 cups (1 quart) low-sodium chicken broth
- 16 mussels, Manila clams, or a combination, scrubbed
- 2 tablespoons coarsely chopped fresh Italian parsley leaves
- 2 medium lemons, cut into 8 wedges each, for serving

METHOD:

Core and halve the tomatoes. Grate the flesh side of each half on the large holes of a box grater placed over a medium bowl, stopping when you get to the skin. Discard the skins. Place the shrimp in a medium bowl, add 1/4 teaspoon of the paprika, and season with salt and pepper. Place the chicken in a medium bowl and season generously with salt and pepper; set aside. Add the chorizo to the pan, and cook, stirring occasionally, until the sausage starts to brown.. Using tongs or a slotted spoon, transfer the chorizo to a large bowl; set aside. There should be a thin layer of fat in the pan.

Add the seasoned chicken to the pan in a single layer, close the grill, and sear, stirring occasionally, until both sides of the chicken pieces are golden brown. Set aside. Add the onion to the pan, season with salt and pepper and cook, stirring occasionally, until softened. Add the garlic, remaining 3/4 teaspoon paprika, and saffron, stir to combine, and cook until fragrant. Add the remaining tomato pulp and juice and cook until the mixture has slightly darkened, scraping up any browned bits from the bottom of the pan.

Add the rice and measured salt and stir to coat in the tomato mixture. Add the broth and stir to combine. Arrange the rice mixture in an even layer. Distribute the reserved chorizo and chicken over the rice. Continue to simmer, checking occasionally, until the rice grains have swelled, most of the liquid has been absorbed, and the rice begins to make a crackling sound. Arrange the shrimp and the shellfish in the rice.

Close the pan and cook until the shellfish have opened, the shrimp are just cooked through, and the rice is tender but still al dente. Remove the pan, cover with foil, and let stand for 5 minutes.

Tortilla

INGREDIENTS:

- 3-4 big potatoes
- a pinch of salt
- 1 onion
- 4 eggs
- Olive Oil



METHOD:

Cut the potatoes into little slices and put the slices with some olive oil, an onion and salt in a pan on low heat. Now mix the eggs with some salt in a bowl, then also put the potatoes into the bowl. Then put it in a pan at high heat and with some olive oil. When the tortilla gets brown, prick holes with a fork. Then you can eat the finished tortilla, plain(typical) or in a sandwich with vegetables or any other way you want.



Recipes from Turkey

Meaty (kiymali) pides

INGREDIENTS FOR THE PIDE:

- 2 teaspoons dried yeast
- 1 teaspoon sugar
- 150 ml water or milk
- 300 grams flour (approx)
- 1 teaspoon salt
- 2.5 tablespoons olive oil

INGREDIENTS FOR THE TOPPING:

- 250 grams beef mince
- 1 peeled and diced tomato
- 1 onion, finely diced
- 3 tablespoons chopped parsley
- 1 pepper

METHOD FOR THE PIDE:

Warm the water or milk until it is lukewarm. Mix in the yeast and sugar. Sift the flour into a large bowl, add the salt, then stir in the yeast liquid, and add the olive oil. Mix together until all the ingredients are well blended; then knead the dough for about 2 minutes. Put the dough back in the bowl and dust some flour lightly over the top.

Then put a plastic bag over and around the bowl and leave it in a warm place for about 20 minutes. While the dough is rising, you can get started with your topping. Once the dough has risen take it out and knead well to get rid of any air bubbles. Cut the dough into four equal chunks and knead each of them well. Place one of the pieces on a lightly floured surface, and use a rolling pin to roll it into an elongated oval.

Spread your desired filling on top of the pide, and crimp the edges up 1-2 centimeters. Brush the sides and edges with olive oil; then bake for about 15 minutes at 250 degrees Celsius.

TO MAKE THE TOPPING:

Mix all the ingredients together in a large bowl, spread on top of the pide. Bake in the oven.



Tarhana Soup with Long Beans

INGREDIENTS:

- 3 tablespoons tarhana dough
- 4-5 long beans (Chinese beans)
- 1 tomatoe
- 1 clove of garlic mashed with salt 1/2 red pepper paste (hot, If you like)
- extra virgin olive oil

METHOD:

Soak 2 tablespoons of tarhana in water. Boil the long beans. Meanwhile, mix the olive oil with garlic and cook until fragrant for about 30 seconds at medium heat. Then, add the tomato, red pepper paste and salt, stir. Cook until the tomato is softened. Add the diluted tarhana and the water from the reserved long beans, stir. Put the beans into the pot. Cook and stir constantly at medium-low heat. Adjust the consistency of the soup to your liking by adding more water. Salt to taste. Serve while still warm.

Turkish candied pumpkin dessert

INGREDIENTS:

- 1 kilogram pumpkin
- 1 cups sugar
- pinch of salt
- 2 cinammon sticks
- Crushed walnuts for garnish

METHOD:

Cut the pumpkin into 2cm x 5cm pieces. Clean out the seeds and soft middle portions and cut off the outer skin of each sliver. Line the bottom of a large, shallow covered skillet or saucepan with the pumpkin. Pour the sugar evenly over the top. Sprinkle the salt over the top, add the cinammon sticks and cover the pan. Let the pan rest overnight. The next morning, you'll see that the pumpkin has released all of its juices. Place the pan still covered on stove and bring it to a boil, then reduce the heat. Let the pumpkin simmer until it becomes very soft and translucent and the juice and sugar are reduced to a thick, syrupy consistency. This can take from one to even two hours. Check the pan frequently to prevent the sugar from burning. Once the pumpkin is "candied," let it cool down in the pan for several minutes. Remove the pieces gently and arrange them on your serving platter. Discard the cinammon sticks. Just before serving, garnish your pumpkin pieces with crushed walnuts.

Prawns with tomato-saffron-sauce

INGREDIENTS:

- 500g Prawns
- 1 tin of sliced tomatoes
- 1 onion
- 2 cloves of garlic (finely chopped)
- a bit of salt
- ½ teaspoon saffron
- a bit of oil

METHOD:

Chop the onion and the garlic finely and put them into a hot pan with the oil. Then add the tomatoes, the saffron and the salt, wait until it boils. Put the prawns into the sauce and cook them until they turn red. Serve with rice.

Leaf Rolls

INGREDIENTS:

- 300 grams ground beef
- 1.5 cup of rice
- 1 large onion
- Salt
- Black pepper
- Parsley
- Dill
- Butter
- 2 tomatoes or 1 tablespoon tomato paste
- fresh or brine grape leaves



METHOD:

Cut the onion, the 2 tomatoes (or 1 tablespoon tomato paste), the dill and the parsley into small pieces. Add rice, salt, black pepper and ½ teaspoon oil to the ground beef and mix it. Wrap the mixture in the grape leaves (thin and small rolls). Put them into a saucepan, add water and butter. Cook over medium heat for ten to twenty minutes. Serve the leaf rolls when they are still hot with garlic yoghurt or deep-fried sauce (tomato paste and red pepper).



Recipes from Poland

Mushroom-Suop



INGREDIENTS:

- Suop-vegetables
- 5 potatos
- 500 g mushrooms
- 1 onion
- 1 litre water
- Salt and pepper

METHOD:

Wash the mushrooms and give them into cold water for 2 hours. Then cut them into little pieces and give them into hot water, add onions, which already were fried, and cook it together. Cut the vegetables into little cubes and cook it in another pot. Add the vegetables and the hot water to the mushrooms and add some salt or/and pepper. Serve it with noodle spots.

Piroggen

INGREDIENTS FOR THE DOUGH:

- 500 g flour
- Salt
- 1 egg

INGREDIENTS FOR THE MEAT-FILLING:

- Meat
- Vegetables
- 1 egg
- Flour
- Salt and pepper
- 1onion

INGRIDIENTS FOR THE QUARK-FILLING:

- 500 g Quark
- 1 egg yolk
- Vanilla sugar
- Raisins

METHOD FOR THE MEAT-FELLING:

Wash the meat and add it to a pan with oil. Cut the vegetables into little pieces and boil them. Then add the vegetables to the meat and let it cool down. Chop the meat with the mincer. Cut the onion into little pieces and sear them in a pan. Add the egg, flour, salt, pepper and the onions.

METHOD FOR THE DOUGH:

Knead the flour together with salt, egg and lukewarm water. Then roll the dough out and cut out little circles. (tipp: take a glas, to make the circles). Take one circle and give some of the filling in the middle. Now fold up the crusts. Go ahead with every circle.

METHOD FOR THE QUARK:

Mix the quark with all ingredients, add vanilla sugar as much as you like.





Recipes from Austria

Wiener Schnitzel

INGREDIENTS:

- 4 veal schnitzels, 150 – 180 g each (alternatively, use pork or turkey)
- 2 eggs
- Approx. 100 g coarse-ground flour
- Approx. 100 g breadcrumbs
- Salt, pepper
- Malted butter and/or plant oil
- Slices of lemon, to garnish

METHOD:

Lay out the schnitzel, remove any skin and beat with hammer or rolling pin until thin. Season on both sides with salt and pepper. Place flour and breadcrumbs into separate flat plates, beat the eggs together on another plate using a fork. Now Coat each schnitzel firstly on both sides in flour, then cover in the beaten eggs, ensuring that no part of the schnitzel remains dry.

Lastly, coat in the breadcrumbs and carefully press down the crumbs using the reverse side of the fork (this causes the crumb coating to "fluff up" better during cooking). In a large pan (or 2 medium-sized pans), melt sufficient butter for the schnitzel to be able to move freely in the oil (or heat up the plant oil with 1 – 2 tbsp of melted butter or butter).

Only place the schnitzel in the pan when the fat is enough hot that it hisses and bubbles up if some breadcrumbs or a small piece of butter is introduced to it. Depending on the thickness and the type of meat, fry for between 2 and 4 minutes until golden brown.

Turn using a spatula (do not pierce the coating!) and fry on the other side until similarly golden brown. Remove the crispy schnitzel and place on a paper towel to dry off.

Dab carefully to dry the schnitzel. Arrange on the plate and garnish with slices of lemon before serving. Serve with parsley potatoes, rice, potato salad, mixed salad or chips.



Classic Tafelspitz (boiled beef)

INGREDIENTS:

- 1 round of beef, approx. 2 kg (with a little fat)
- approx. 750 g beef bones
- 3 carrots
- 3 turnips/parsnips
- 1 small celeriac
- 1 onion
- 2 bay leaves
- 10 peppercorns
- 2 juniper berries
- salt
- chopped chives for decoration

METHOD:

Fill a large pot with about 5 liters of cold water. Wash the bones and boil in the water. Remove the sinew and skin from the beef but leave the fat on. Place the meat, bay leaves, peppercorns and juniper berries in the water and simmer just below boiling point on low heat for about 2–2 1/2 hours, regularly skimming off the fat.

Halve the unpeeled onion, and fry, without fat, preferably in old pan, on the cut surface until dark brown. Cut the vegetables into large cubes and add with the onion to the meat. Simmer for another hour until the meat is really tender. (Test the meat with a fork to see if it's ready: the fork should slide in easily when the meat is ready).

Remove the meat, strain the soup, and put the meat back in the soup for a while. Take note: as long as the meat is sitting in the soup, don't add salt, otherwise it will become red and dry up. Slice the meat, and arrange on a warmed plate. Pour a little soup over it, add salt to taste, and sprinkle with chives. Serve with extra-crispy fried potatoes, chive sauce and apple-horseradish sauce.

Cooking time: Depending on the quality of the beef, 3–3 1/2 hours

*We hope you enjoy trying
out the recipes!*

Austrian Survey

We created a questionnaire to find out more about the food shopping habits of people in other European countries. We asked them about their opportunities they have to buy food, the distance to the next market or grocery, how they go there and other questions. First we made a questionnaire which you can see below. Then we uploaded it on the internet so that people from other countries could answer it. At this point we would like to thank the high number of participants in our survey. There are over 350 answers from all the countries which take part in the Comenius project.

Where your food is coming from?

1.) This information comes from

- Austria
- France/Réunion
- Norway
- Poland
- Spain
- Turkey

2.) How many people live in your household?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- more

3.) Which opportunities do you have to buy food?

- market
- small grocery
- supermarket
- farm

4.) Where do you usually buy your food?

- in a market
- in a small grocery
- in a supermarket
- at a farm

5.) How many times per week do you buy food?

- 1
- 2
- 3
- 4
- 5
- 6
- 7

6.) How often do you buy food, in bigger or smaller quantities?

- infrequently, but in bigger quantities
- more frequently, but in smaller quantities

7.) How far away from your home is the market/ supermarket/ small grocery/ farm, where you go shopping?

- 0- 2 km
- 2- 5 km
- 5- 10 km
- 10- 15 km
- 15- 20 km
- 20- 25 km
- > 25 km

8.) How do you usually go shopping?

- by foot
- by car
- by bicycle
- by bus/ train

9.) Do you look for regional products, when you buy food? Do you buy local products at all?

- yes
- no

10.) Do you look for seasonal products, when you buy food? Do you buy seasonal products at all?

- yes
- no

11.) Do you look for biological products, when you buy food? Do you buy biological food at all?

- yes
- no

12.) Do you have your own garden with fruit and vegetables?

- yes
- no

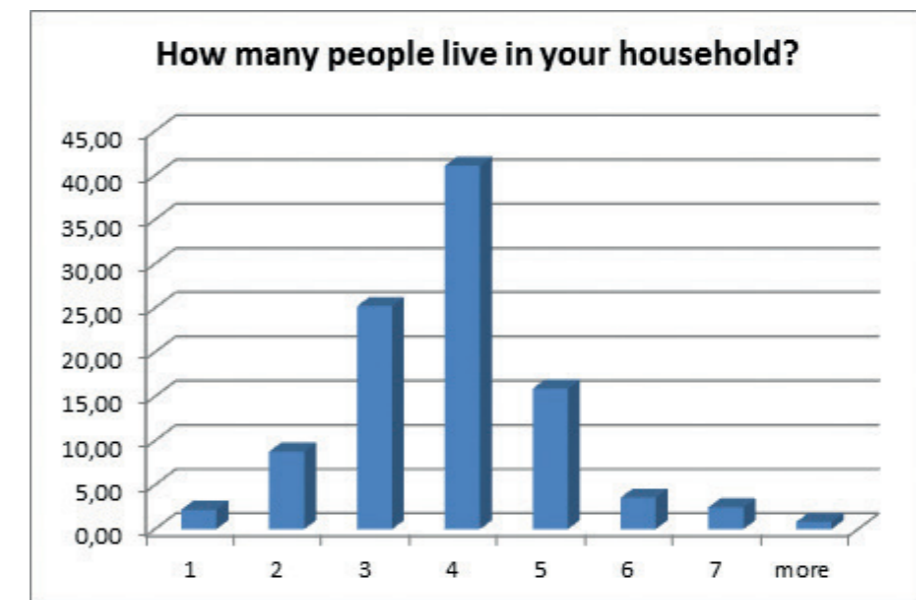
13.) Do you sometimes produce your own products at home? (Bread, jam, juices...)

- yes
- no

The survey & its results

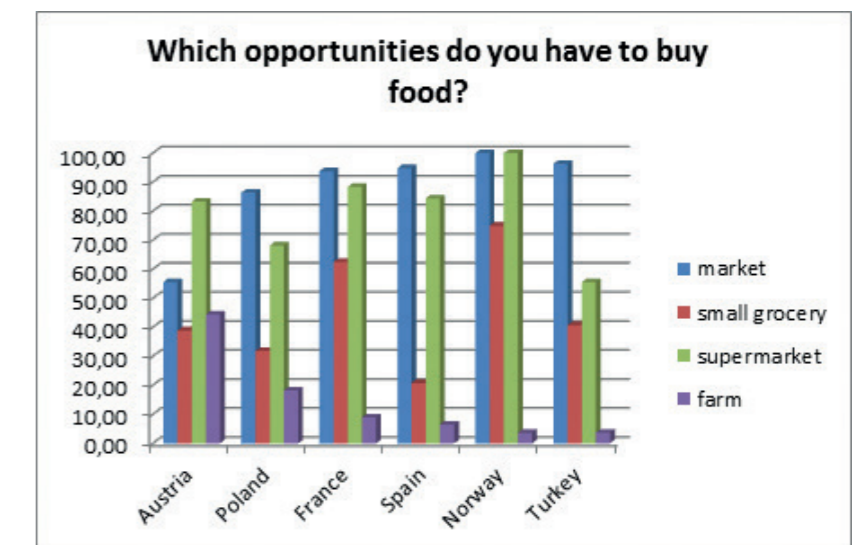
1. HOW MANY PEOPLE LIVE IN YOUR HOUSEHOLD?

We found out that most people (41%) live in a household with a total number of 4 members. The number of people who live in a household with less than 4 persons is higher than the number of people who live in a household with more than 4 persons. In Poland the percentage of people who live in a household with more than 4 persons is much higher than in the other countries. In Austria and Norway the percentage of people who live in a household with 3 persons is also higher than the percentage of people who live in a household with 4 persons.



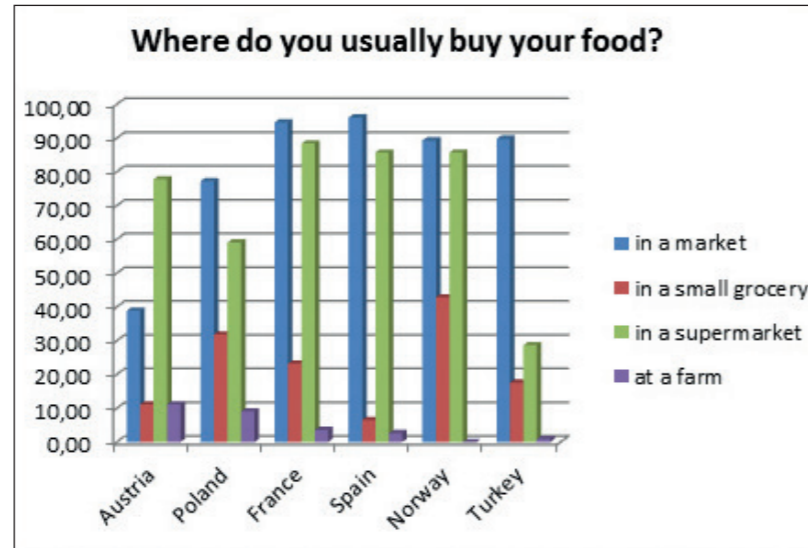
2. WHICH OPPORTUNITIES DO YOU HAVE TO BUY FOOD?

The most surprising fact is that more than 90% of all asked people have the opportunity to buy food at a market. In Norway the percentage is 100%! This might be due to the high number of fish markets. The percentage of people who have the opportunity to buy food at a farm is very low except in Austria. Most of the people can also buy food in a supermarket.



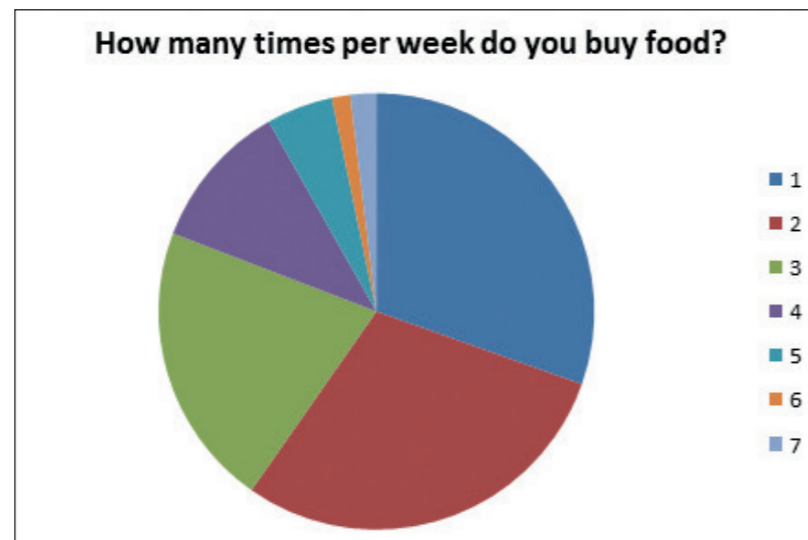
3. WHERE DO YOU USUALLY BUY YOUR FOOD?

In the diagram below you can see that most people either buy their food in a market or in a supermarket. In Norway the percentage of people who buy food in a small grocery is much higher than in the other countries.



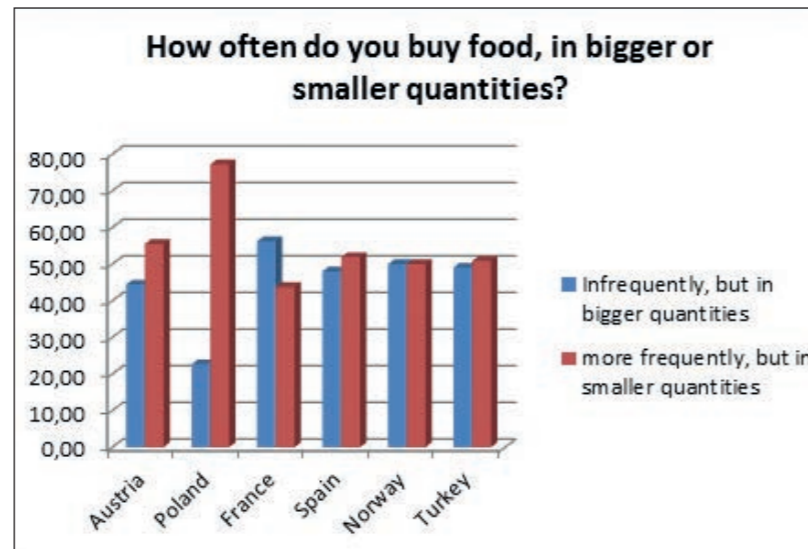
4. HOW MANY TIMES PER WEEK DO YOU BUY FOOD?

Most people buy their food only once a week. Only very few people buy food daily.



5. HOW OFTEN DO YOU BUY FOOD, IN BIGGER OR SMALLER QUANTITIES?

In most countries the percentage of people who buy their food infrequently but in bigger quantities and the percentage of people who buy their food more frequently but in smaller quantities is nearly the same. Only in Poland the people seem to prefer to shop more often but in smaller quantities.



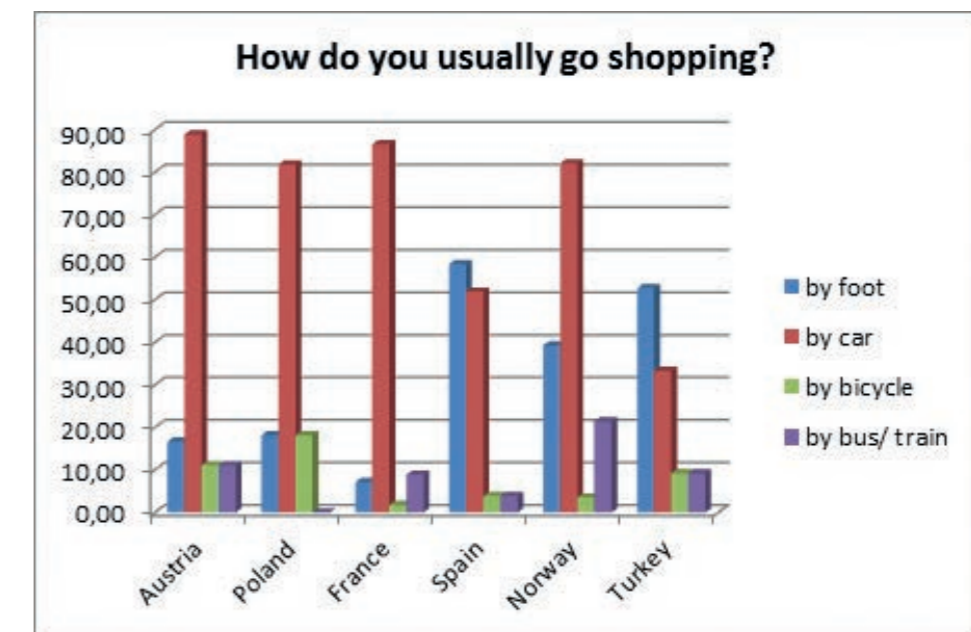
6. HOW FAR AWAY FROM YOUR HOME IS THE MARKET/ SUPERMARKET/ SMALL GROCERY/ FARM, WHERE YOU GO SHOPPING?

More than two thirds of the people have a shop where they can buy food that is closer than 5 km from their home. At Reunion the distances to the next shop are sometimes a bit longer because for some people the next shops are 20-25 km or more than 25 km away.



7. HOW DO YOU USUALLY GO SHOPPING?

The majority of people take the car for shopping. Only in Turkey going on foot is more popular than going by car. In Spain and Norway the percentage of people who go on foot is also rather high. This might be due to the fact that the people asked in those countries live in urban regions with a high density of shops.



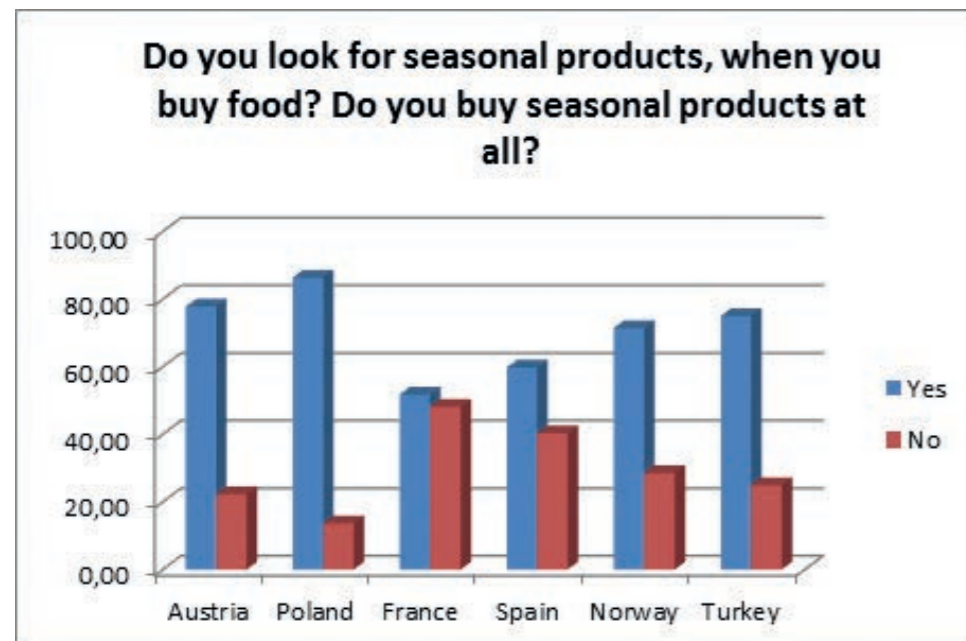
8. DO YOU LOOK FOR REGIONAL PRODUCTS, WHEN YOU BUY FOOD? DO YOU BUY LOCAL FOOD AT ALL?

Most people answered that they look for regional food. Only in Spain more people answered that they do not buy local food.



9. DO YOU LOOK FOR SEASONAL PRODUCTS, WHEN YOU BUY FOOD? DO YOU BUY SEASONAL PRODUCTS AT ALL?

The majority of people in all countries look for seasonal food. Especially in Austria and Poland the percentage is very high.



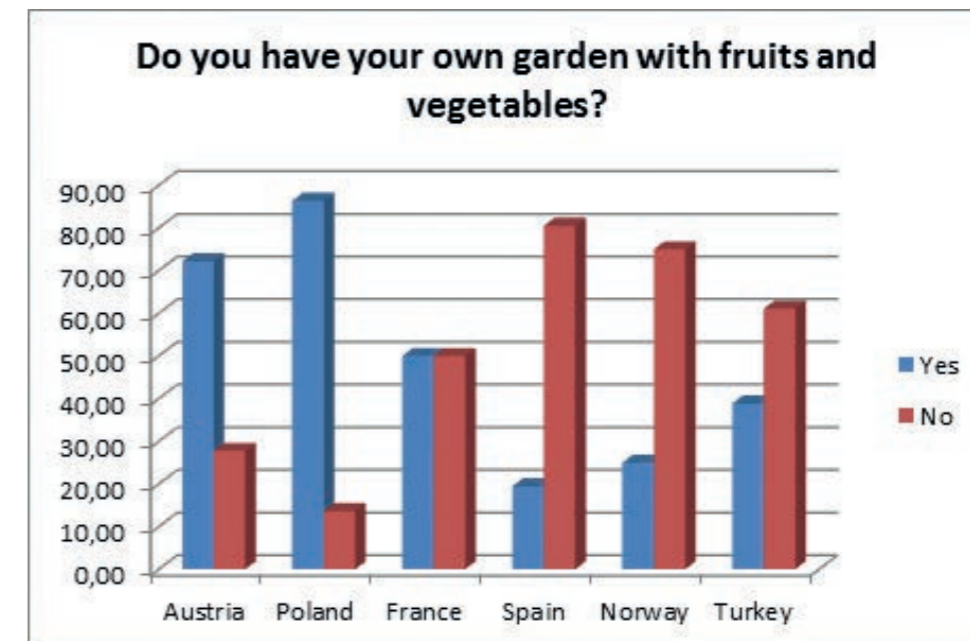
10. DO YOU LOOK FOR BIOLOGICAL PRODUCTS, WHEN YOU BUY FOOD? DO YOU BUY BIOLOGICAL FOOD AT ALL?

The answers to this question are very different. While people from Austria and Poland often buy biological food it is not that common in France and Spain. In Norway and Turkey the percentage of people who buy biological food is as high as the percentage of people who do not buy biological food.



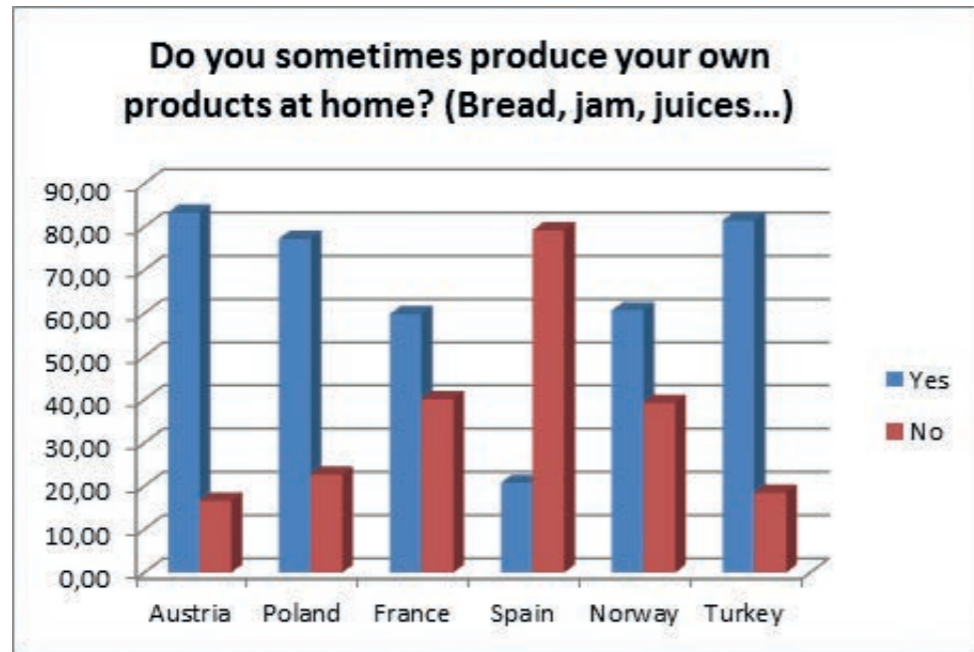
11. DO YOU HAVE YOUR OWN GARDEN WITH FRUITS AND VEGETABLES?

Many Austrians and Poles have their own gardens to grow vegetables and fruits. In Spain, Norway and Turkey the majority do not own a garden maybe because most of them live in cities where it is not very common to own a garden.



12. DO YOU SOMETIMES PRODUCE YOUR OWN PRODUCTS AT HOME? (BREAD, JAM, JUICES...)

In all countries with the exception of Spain people tend to produce their own food at home. In Austria, Poland and Turkey the percentage of people who produce their own food is exceptionally high.



INFORMATION

Where does your food come from?

The number of people who participated in the survey from each country can be seen in the orange fields.
The percent on the right side of the yellow boxes refer to the number of students asked.
The percent on the right side of the green boxes refer to the total number of students asked.
As there are more answers possible, the total of percent can be more than 100%

	Total	Austria	Poland	France	Spain	Norway	Turkey	
Persons asked	365	18	4,55	22	6,33	131	36,88	
Questions								
1) How many people live in your household?								
1	8	2,15	1	5,58	3	4,35	5	4,46
2	52	8,77	1	5,58	2	4,55	27	25,38
3	70	15,23	7	58,89	2	5,99	20	27,86
4	132	41,18	5	33,33	5	22,73	43	38,39
5	58	15,89	5	38,67	8	36,36	28	36,96
6	12	3,26	2	8,69	2	8,69	2	2,69
7	5	2,47	0	0,00	3	13,94	3	2,89
more	2	0,92	0	0,00	0	0,00	2	1,79
2) Which opportunities do you have to buy food?								
market	358	92,88	13	55,56	19	88,56	125	91,75
small grocery	348	95,23	7	38,89	7	31,82	70	62,82
supermarket	352	96,44	15	85,15	15	68,18	95	88,59
farm	52	14,32	6	44,44	4	18,18	30	26,92
3) Where do you usually buy your food?								
in a market	226	61,92	7	38,89	17	77,27	126	94,64
in a small grocery	71	19,45	2	11,11	7	31,82	5	4,49
in a supermarket	247	67,67	14	77,78	12	54,55	89	65,71
at a farm	12	3,32	2	11,11	2	9,09	4	3,57
4) How many times per week do you buy food?								
1	112	30,68	3	16,67	2	9,09	57	42,86
2	107	29,32	5	27,78	6	27,27	31	22,46
3	77	21,18	6	44,44	8	36,36	14	10,29
4	40	10,96	2	11,11	3	13,64	5	3,64
5	18	4,93	1	5,56	3	13,64	1	0,73
6	5	1,37	1	5,56	3	13,64	0	0,00
7	2	0,55	1	5,56	0	0,00	1	0,73
5) How often do you buy food, in bigger or smaller quantities?								
infrequently, but in bigger quantities	180	49,32	8	44,44	5	22,73	51	37,25
more frequently, but in smaller quantities	285	78,08	10	55,56	17	77,27	49	35,96
6) How far away from your home is the market/ supermarket/ small grocery/ farm, where you go shopping?								
0-2 km	249	68,22	8	44,44	5	22,73	7	5,11
2-5 km	77	21,18	3	16,67	7	31,82	14	10,29
5-10 km	58	15,94	4	22,22	20	90,91	23	16,96
10-15 km	52	14,26	2	11,11	0	0,00	11	8,04
15-20 km	18	4,93	2	11,11	0	0,00	13	9,56
20-25 km	10	2,74	1	5,56	0	0,00	9	6,59
>25 km	5	1,37	0	0,00	0	0,00	5	3,64
7) How do you usually go shopping?								
by foot	128	35,07	3	16,67	4	18,18	8	5,88
by car	273	74,53	15	83,33	18	81,82	97	70,81
by bicycle	22	6,03	2	11,11	1	4,55	2	1,46
by bus/ train	31	8,49	2	11,11	0	0,00	10	7,33
8) Do you look for regional products, when you buy food? Do you buy local food at all?								
Yes	219	59,73	12	66,67	14	63,64	55	40,38
No	146	40,27	6	33,33	8	36,36	44	32,29
9) Do you look for seasonal products, when you buy food? Do you buy seasonal food at all?								
Yes	218	59,45	14	77,78	20	90,91	58	42,78
No	147	40,55	4	22,22	3	13,64	31	22,71
10) Do you look for biological products, when you buy food? Do you buy biological food at all?								
Yes	204	55,89	14	77,78	22	99,09	37	27,27
No	161	44,11	4	22,22	1	4,55	63	45,91
11) Do you have your own garden with fruits and vegetables?								
Yes	162	44,38	12	72,22	20	90,91	35	25,56
No	203	55,62	5	27,78	3	13,64	65	47,44
12) Do you sometimes produce your own products at home? (Bread, jam, juices...)								
Yes	223	61,12	15	83,33	17	77,27	87	63,11
No	142	38,88	3	16,67	5	22,73	44	32,29

