



**Super
schools**



*Embrace the differences,
celebrate the similarities*

Catalogue with dishes from Kratovo and Žagubica



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ABOUT THE BOOKLET

The booklet was designed by the students and their teachers from the secondary schools SOU “Mitko Pendzukliski” and “Техничка школа” for the purpose of an activity that is part of the students’ exchange agenda within the Superschools program. It was produced with the financial support of the European Union and the German Federal Ministry for Economic Cooperation and Development (BMZ) within the RYCO Superschools program implemented by Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH (GIZ) and the Regional Youth Cooperation Office (RYCO). Its contents are the sole responsibility of the supported schools and do not necessarily reflect the views of the EU, BMZ, GIZ or RYCO. With the aim to learn about the differences and similarities between the cultures of North Macedonia and Serbia, including all the ethnic communities, the students from Kratovo and Žagubica use gastronomy as a tool to achieve that goal. Therefore, this booklet includes the recipes of traditional dishes from the mentioned municipalities, both the dishes that are unique for the two cuisines and those that they have in common.

O KATALOGU

Katalog su dizajnirali učenici i profesori iz srednjih škola “Mitko Pendzukliski” i “Техничка школа” u svrhu jedne aktivnosti koja je deo agende za razmenu učenika u okviru programa Superškole. Nastao je uz finansijsku podršku Evropske unije i Nemačkog saveznog ministarstva za ekonomsku saradnju i razvoj (BMZ) u okviru RYCO programa Superškole koji sprovode Nemačka organizacija za međunarodnu saradnju GmbH (GIZ) i Regionalna kancelarija za saradnju mladih (RYCO). Za sadržaj su odgovorne isključivo podržane škole i on nužno ne odražava stavove EU, BMZ-a, GIZ-a ili RYCO-a. U svrhu uočavanja razlika i sličnosti između kulture Severne Makedonije i Srbije, uključujući sve etničke zajednice, učenici iz Kratova i Žagubice posredstvom gastronomije ostvaruju taj cilj. Stoga, ovaj katalog sadrži recepte tradicionalnih jela iz pomenutih opština, kako onih koja su specifična za te dve kuhinje, tako i onih koja se mogu naći u obema.

ЗА КАТАЛОГОТ

Каталогот го дизајнираа учениците и нивните наставници од средните училишта СОУ „Митко Пенџуклиски“ и „Техничка школа“ за целите на една активност која е дел од агендата за размена на ученици во рамките на програмата Суперучилишта. Реализиран е со финансиска поддршка на Европската унија и Германското сојузно министерство за економска соработка и развој (BMZ) во рамките на програмата RYCO Superschools имплементирана од Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH (GIZ) и Регионалната канцеларија за младинска соработка (RYCO). За содржината се одговорни исклучиво поддржаните училишта и не мора да ги одразува ставовите на ЕУ, BMZ, GIZ или RYCO. Со цел да се запознаат со разликите и сличностите меѓу културите на Северна Македонија и Србија, вклучително и на сите етнички заедници, учениците од Кратово и Жагубица ја користат гастрономијата како алатка за постигнување на таа цел. Затоа, овој каталог ги опфаќа рецептите на традиционални јадења од споменатите општини, како јадењата кои се единствени за двете кујни, така и оние што ги имаат заеднички.



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Mantii

Ingredients:

- 1 kg flour
- 400 ml water
- 2 tbsp yeast
- 500 ml sour milk
- 10 garlic cloves
- oil
- salt

Method:

Add flour to the bowl and add salt. Mix it and pour water in the middle of it. Knead the dough and let it rest. Then divide the dough into smaller balls. Roll out the dough, put oil in between, and then overlap it. Cut the dough into dices and put it in a baking tray. Bake it. Peel the garlic, chop it, and then add it, along with salt, to the bowl with the sour milk. Then pour the mixture over the baked mantii. Let it rest for 5 min and then serve it.



Vlach kachamak

Ingredients:

- 150 g corn flour
- 500 ml water
- 1 dry bacon
- oil
- salt

Method:

Put salt in the pot with water and let it boil. Put the corn flour into the pot and stir it. When it's cooked, serve it on a plate. Pour hot oil over it. Chop the dry bacon, fry it, and then spread it on the served kachamak. Cheese may be added if preferred.



Karadjordjeva stake

Ingredients:

- 200 g pork fillet
- 40 g old kaymak
- salt
- 1-2 l oil
- 100 g flour
- 2 eggs
- 150 g breadcrumbs

Method:

Spread salt over the stake and then pound it. Put kaymak on the meat. Roll it up and fry it in a pan in deep oil. Take it out once it has achieved a nice golden colour.



Vrtena banica

Ingredients:

- 1 kg flour
- 1 tsp yeast
- salt
- 500 ml oil
- water
- 1 kg curd
- leeks
- 2 eggs

Method:

Place flour in a deep bowl. Add 1 tablespoon of salt and stir it. Add yeast and knead a medium-soft dough. Divide the dough into several balls and roll it out. Put them in a bowl and coat them with a lot of oil. Then leave them to stand for at least half an hour. Meanwhile, prepare the filling. Clean, wash, chop, and fry the leeks. Add the curd and eggs. Then stretch the dough with the tips of the fingers. Tear apart the ends. Spray it with cooking oil and spread the filling throughout the crust. Roll it and turn it into a "snail" shape. After the entire 'banica' is made, bake it for about 30 min at a temperature of 200°C. Finally, sprinkle it with a mixture of cold water and salt, and cover it.



Kachamak

Ingredients:

- 1,5-2 l water
- 500 g corn flour
- salt

Method:

Pour the water into a pot and let it boil. Then add flour, but do not stir it. The flour should remain on the surface of the water like a cup. Make indentations through the bowl with a soldering iron and let it cook on low heat. When the flour disappears from the surface of the water, stir it so that no lumps remain, and mash it for a few minutes.



Pastrmajka

Ingredients:

- 1 kg flour
- 2 tsp yeast
- salt
- oil
- sugar
- 1 kg smoked meat

Method:

Add the salt to the sifted flour and mix it. Make a hole in the middle and add yeast and sugar. Dissolve the yeast with warm water and also add cooking oil. Knead a soft and sticky dough. Let it rise for 45 min. After that, mix it and leave it to rise again for 45 min. Meanwhile, cut the meat. After the dough rises for a second time, form balls of about 250 g and leave them to rise again. With the help of greased fingers, stretch the dough in the shape of 'pastrmajka' and arrange the meat. Bake it for about 10 min at a temperature of 330°C. When it is taken out, grease the sides with cooking oil.



Aspic (Pihtije / Pivtii)

Ingredients:

- several pig legs
- 5 l water
- 10 g cayenne pepper
- 4 bay leaves
- garlic
- salt and peppercorn

Method:

Clean the pork legs well, dry them, put them in a large pot, pour 5 l of water, and let them cook on low heat. When it boils, remove and discard the foam. When the foam stops bubbling, add peppercorns, bay leaves, cayenne pepper, and a little salt. Cooking should last about 4-5 hours, that is until the meat starts to separate from the bones. The water should boil halfway and be more sticky.

Remove the pot from the heat and let the contents settle a little. Pick up and discard the fat that floats on the surface. Then strain through a thick strainer and separate the meat from the bones.

Place the meat in several bowls, sprinkle with finely chopped garlic, pour the strained broth, sprinkle cayenne pepper on top of it, and leave it in a cold place to harden.



K'cana salt

Ingredients:

- 4 dry roasted peppers or 2 large spoons of red pepper
- 1 tbsp satureia
- 1 handful of toasted corn (or about 50-60 g corn flour)
- sea salt
- roasted crushed chickpeas
- dried: basil, thyme, wild mint, clover

Method:

Bake the corn in a dry pan. Make sure it does not burn, just brown it a little and set it aside. Do the same with the red peppers. Put all the ingredients in the traditional tool called 'dibek' and smash it until it becomes powder. Sift the mixture and serve it.



Plashinte (Vlach pancakes)

Ingredients:

- 1kg flour
- 2 tsp yeast
- 300 ml water
- salt
- 1 tsp sugar
- 1 piece of cow cheese
- 2 eggs

Method:

Mix the flour, yeast, water, sugar, and salt in order to prepare the dough. The dough does not have to grow. For the filling, mix the eggs with ground cheese. Divide the dough into 4 balls, about 1 cm thick. Put the filling on one half of the dough, overlap it, and then squeeze the ends well. Fry it in deep oil on both sides until they get a golden colour.



Arm'k

Ingredients:

- 8 eggs
- 8 tbsp sugar
- 1 bag of vanilla sugar
- 8 tbsp flour
- 1 bag of baking powder
- 12 tbsp semolina

Syrup "sherbet":

- 1 kg sugar
- 1 bag of vanilla sugar
- juice of 1/2 squeezed lemon
- 700 ml water

Method:

Beat the eggs with the sugar and vanilla sugar using a mixer. Then gradually add the semolina, flour, and baking powder. Mix it using a spatula. Stir until the mixture is well combined. Pour the mixture into a baking tray and bake at 180°C. After baking, leave the dough to cool down. Bring the sugar, water, and vanilla to a boil. When the sherbet is ready, pour it over the pre-chilled dough.



Katmer

Ingredients:

- 1 kg flour
- 200 ml oil
- water
- 150 g lard
- 1 tsp yeast
- 1 tbsp salt
- 1 tsp sugar
- 400 g leeks
- 300 g cheese

Method:

In the sifted flour, add salt and mix it. In the middle, add a little bit of yeast, warm water, and dissolve it. Knead a medium soft dough. Let it stand for 15 min. In the meantime, clean and cut the leeks. Fry the leeks in heated oil and, after it softens, add the cheese. Divide the dough into two parts and shape them. One part should be bigger. Roll out the larger part. Coat with melted lard and oil. Make a circle in the middle with your finger and cut it like a sun. Fold each part over the middle to make a puff pastry, spreading fat between each part. When the dough is collected, leave it to rest and then roll out the crust again. Put it in a baking tray, so that the ends come out of the baking tray. Spread the leeks and cheese filling over the crust. Repeat the same procedure with the smaller piece of dough. Put the second crust over the filling. Close the borders by twisting. Sprinkle fat over the 'katmer' and bake it at a temperature of 220°C for about 45 min. In the end, sprinkle it with cold water and salt, and leave it for a short time in the turned-off oven. Cover with a clean cloth.



Lamb in milk

Ingredients:

- 1.5 kg lamb (shoulder or ribs)
- 6-7 carrots
- 500 g potatoes
- 5-6 onions
- 1/2 bunch of parsley
- 1 tbsp vegetable seasoning
- garlic
- a little pepper
- 1 l milk

Method:

Cut the meat into small pieces and place them in a deep pan. Add cleaned garlic, herbs, pepper, and salt. Pour the milk over the meat. Cut the carrot into long strips and put them in the mixture. Chop the parsley and add it. Put everything to cook on low heat for 60 min. Raise the lid a little, while the meat is simmering so as not to create a lot of foam. Peel the potatoes and cut them into larger pieces. Put a little oil in the baking pan and then put the potatoes seasoned with herbs. Pour the meat that has been cooked for 60 min over the potatoes. Place in the oven to bake at 220°C for about 60 more min. Towards the end, remove the lid to brown the meat. Serve the baked lamb with vegetables on a plate. Decorate with parsley.



Rice pudding (Sutlijas)

Ingredients:

- 1 cup of rice
- 3 glasses of water
- 3 cups of milk
- 1 bag (8-10 g) of vanilla sugar
- 8-10 tbsp sugar
- cinnamon and nuts for decoration (optional)

Method:

Pour the water into a pot and put it on the stove. When the water boils, reduce the heat and add the rice. Stir it from time to time so that it does not stick to the bottom. When the water evaporates and the mixture thickens, add a cup of milk and stir occasionally until it thickens again. The procedure is repeated until the third cup of milk is poured. After the third cup of milk, stir well and add 8 (to 10) tablespoons of sugar and vanilla sugar.

Pour it into the dishes in which you want to serve it, dust them with cinnamon if desired, and/or decorate them with grated nuts.

Note: If you want your children to eat the rice pudding, grind chocolate on top of it.



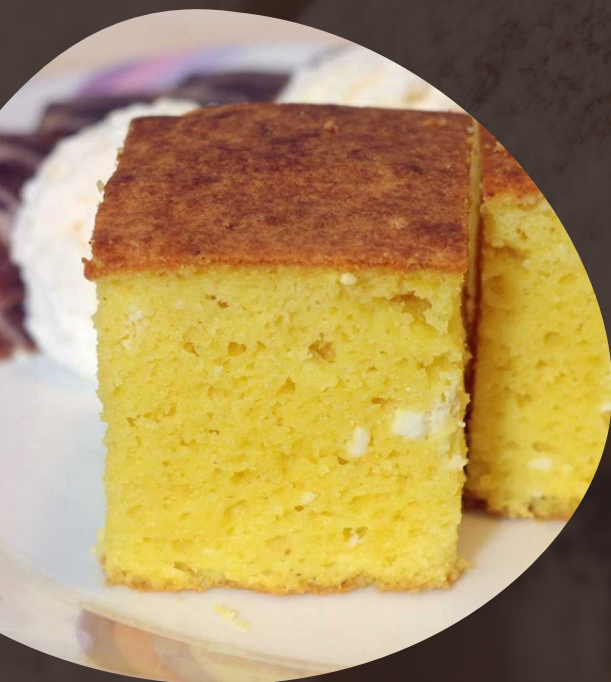
Cornbread (Proja)

Ingredients:

- 2 cups of corn flour
- 1 cup of wheat flour
- 1 tsp baking powder
- 1 cup of mineral water
- 4 tbsp oil
- 1/2 tsp salt

Method:

Preheat oven to 175°C. Grease the baking pan with oil and ensure all corners and sides are well greased. Set aside. Put water in a bowl and then add the oil, salt, baking powder, and lastly the flour. Mix well to combine all the ingredients. Transfer the mixture to the greased baking pan. Bake it for around 30 min. Remove from the oven, cool slightly, and serve.



Vanilice

Ingredients:

- 200 g fat
- 1 egg
- 2 egg yolks
- 500 g flour
- 5 tbsp sugar
- juice of 1 lemon
- 2 bags of vanilla sugar
- jam

Method:

Preheat the oven to 180°C. Beat the fat until foamy, then add egg yolks and 1 whole egg, sugar, and juice of 1 lemon. Then add flour, knead the dough, and roll out the crust 1/2 cm thick. Remove the vanilla pods from the dough with a cup and arrange them on an ungreased baking sheet. Bake, but so that they are not overbaked but lightly baked. Stick two at a time with jam, then roll each one in powdered sugar to which you have added 2 bags of vanilla sugar.



Sarma

Ingredients:

- 1 kg minced pork
- 200 g white rice
- 2 onions
- 1 garlic clove
- 150 g dry bacon
- salt
- red pepper
- 1/2 ground hot peppers
- 1 tbsp ground sweet pepper
- 2 sour cabbages
- 2 bay leaves
- oil
- 1 tbsp flour
- 1 cup of crushed sweet pepper

Method:

Saute diced onion, then add finely chopped garlic and parsley. Simmer a little more. Add finely chopped bacon to fry it a little. Add the rice and mix with the onion and bacon mixture. Remove from the heat and add the minced meat and spices and mix everything well. Stuff the cabbage leaves with that mixture and roll them. Fold the edges and arrange them in a pot. Cover the bottom of the pot with a cabbage leaf. Put hot water over them and bake them for at least 2 hours on medium heat.



Tavche - gravche

Ingredients:

- 1 kg tetovo beans
- 500 g onions
- 1 leek
- 2-3 garlic cloves
- 100 ml oil or fat
- 2 tbsp flour
- 1 tbsp ground red pepper
- half a tsp hot ground pepper
- 1 bay leaf
- 5-6 leaves of fresh mint / mint
- 1 tbsp finely chopped parsley
- 1 fresh tomato
- 2-3 fresh peppers

Method:

Wash the beans and soak them overnight. Cook them, but you need to make sure that the beans remain whole. Drain them from water but leave a little water with beans. In a deep saucepan pour oil (or fat) and add finely chopped onions and leeks, and fry it at a low temperature until both onions are completely slipped. In the softened onion, add bay leaf, red ground pepper, flour, salt, pepper, and dry spice, and mix everything well with fried onions. Finally, add finely chopped garlic. Boil edible beans with water and mix everything well. See if you need more salt. Pour the prepared beans into a clay pot. Sprinkle with finely chopped mint and parsley. Put over the tomatoes cut into rings, peppers cut in half, and cleaned of seeds. Bake in a preheated oven at 185°C for about 30 to 45 min. When the foreskin forms on the top layer and slowly simmers, the gravche is ready.



Baklava (Turkish and Roma recipe)

Ingredients:

- 1 large egg
- 125 ml cooking oil
- 240 ml milk
- 500 g flour
- 2 ½ tsp baking powder
- a pinch of salt
- 250 g walnuts
- 150 g butter
- 400 g cornstarch
- 1 kg sugar
- 700 ml water
- 1 lemon

Method:

Mix the eggs, milk, oil, most of the flour, baking powder, and salt. Knead it. Add the flour gradually until you get a soft, non-sticky dough. Leave to rest for 15 min. In the meantime, the sherbet is prepared - boil water for 15 min on low heat. The dough is divided into 3 parts. Each part is divided into 4 parts and they are into 4 more parts the size of a walnut. Make smooth balls and cover them with a cloth. They are dipped in starch and rolled out. Place 16 on top of each other with starch in between. Then a larger crust is rolled out and placed in a tray. Add half the walnuts, then the second crust, then the remaining half of the walnuts. In the end, the last crust is put on. Cut it and pour it with melted butter. Bake for 50 min at 175°C. Leave it for 10 min to cool and pour the sherbet on top of it.



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