



TASK 6. 1. Work in pairs. Read the recipes in English (Recipe 1: Seasonal Salad, Recipe 2: Seasonal Fruit Tart). Follow to the steps to prepare both dishes using seasonal fruits or berries (e.g., strawberries, cherries, or other local produce).

Focus on:

- Understanding instructions in English
- Teamwork and hygiene
- Using seasonal, local ingredients

(CLIL Lesson Plan –National Cuisine. Seasonal Ingredients in Sustainable Cooking)

RECIPE 1: Seasonal Salad with Strawberries

Dish Type: Starter

Preparation Time: 15 minutes

Seasonal Ingredient: Strawberries (spring/summer)

Ingredients (for 2 portions):

- 100 g fresh strawberries
- 50 g lettuce or spinach leaves
- 30 g soft cheese (e.g., bryndza or feta)
- A few walnut halves (optional)
- 1 tbsp sunflower or olive oil
- 1 tsp honey or balsamic vinegar (optional)
- Salt and pepper to taste

Instructions:

1. Wash and dry the strawberries and lettuce/spinach.
2. Slice the strawberries.
3. Tear the lettuce or spinach into smaller pieces.
4. Crumble the cheese.
5. In a bowl, mix the greens, strawberries, and cheese.





6. Add walnuts if using.
7. In a small cup, mix oil and honey or vinegar.
8. Pour the dressing over the salad.
9. Add a little salt and pepper. Mix gently and serve fresh.



RECIPE 2: Seasonal Fruit Tart

Dish Type: Dessert

Preparation Time: 30–40 minutes

Seasonal Ingredient: Strawberries, cherries, or plums (summer/autumn)

Ingredients (for 2–4 portions):

For the base:

- 200 g flour
- 100 g butter (cold)
- 2 tbsp sugar
- 1 egg yolk
- 1–2 tbsp cold water

For the filling:

- 200 g fresh strawberries or other seasonal fruit
- 1 tbsp sugar
- Optional: 1 tsp starch or semolina to prevent sogginess

Instructions:

1. Preheat the oven to 180°C.
2. Mix flour, sugar, and butter to form crumbs.
3. Add egg yolk and cold water. Mix into a dough.
4. Roll out the dough and place it in a tart tin.
5. Sprinkle starch or semolina on the base.
6. Wash and slice the fruit, then place it on the dough.
7. Sprinkle with sugar.
8. Bake for 25–30 minutes until golden.
9. Let cool before serving.





2. After cooking, present your dishes to the class:

- Say the name of each dish
- Mention the main ingredients
- Explain how it is seasonal and sustainable

