



GO 4
HEALTH!

HEALTHY
RECIPES
TRADITIONAL
CHRISTMAS
RECIPES

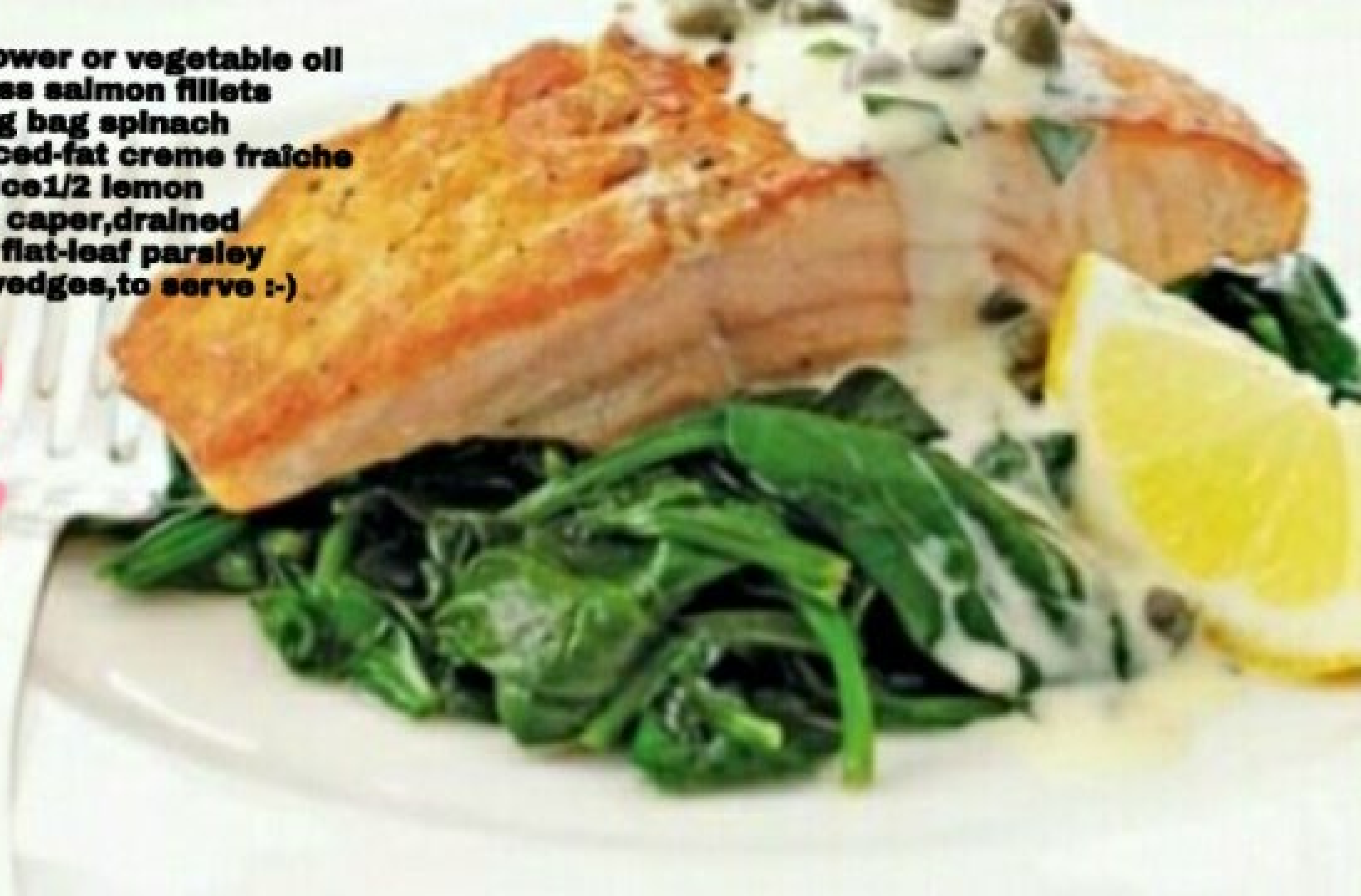




LICEUL TEHNOLOGIC OCTAVIAN GOGA

ROMANIA

1tsp sunflower or vegetable oil
2skinless salmon fillets
250g bag spinach
2tbsp reduced-fat creme fraiche
Juice 1/2 lemon
1tsp caper, drained
2tbsp flat-leaf parsley
lemon wedges, to serve :-)





**Two eggplants
Two zucchini
Two peppers capa
a handful of cherry tomatoes
3-4 onions
garlic
oil
spices**

All of this is mixed and fried and then placed in plates

Good appetit!



A close-up photograph of a plate of food. The main focus is a piece of salmon, cut into several thick, parallel slices. The salmon has a golden-brown, slightly charred exterior and a moist, pinkish interior. It is garnished with fresh green herbs, likely parsley. Surrounding the salmon are various vegetables: sliced cucumbers, sliced tomatoes, and what appears to be a slice of zucchini or courgette. The background is slightly blurred, showing more of the plate and the vibrant colors of the ingredients.

This recipe is ideal for lunch or dinner.

Prepare very easily, especially if you have pre-cooked and cleaned foods.

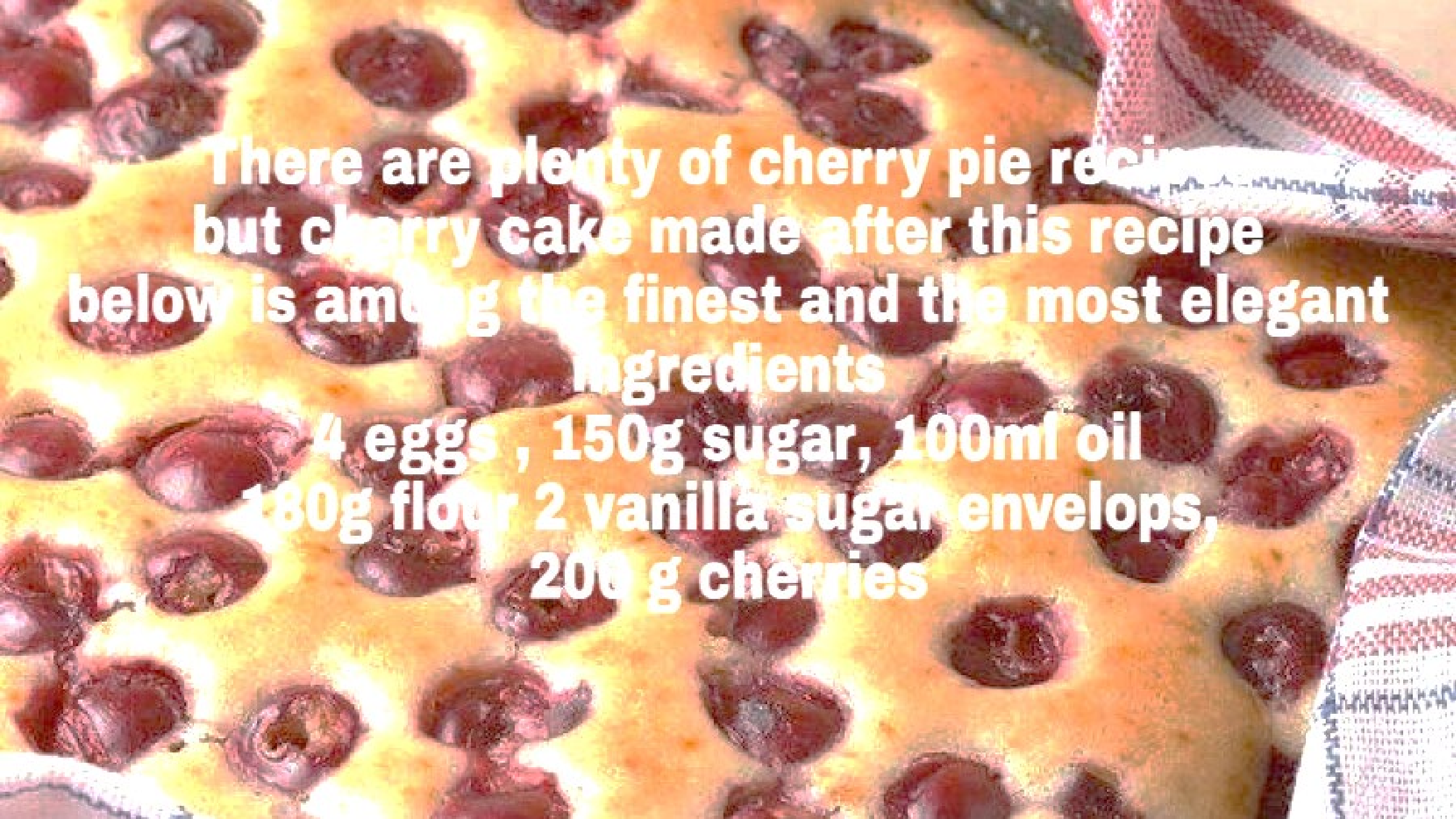
healthy food recipes

Sliced salmon is spiced and placed on the grill, with low heat to medium.

Avoid cooking the salmon quickly, because in order to preserve its beneficial properties the interior is a little crumbly.

I like to eat salmon with vegetables on the grill. Put on what vegetables you like without bothering to choose between cucumbers or tomatoes and spice them as you like.

My favorite vegetables are: tomatoes, courgettes, pepper, carrot, bacon and onion.



**There are plenty of cherry pie recipes
but cherry cake made after this recipe
below is among the finest and the most elegant**

Ingredients
4 eggs , 150g sugar, 100ml oil
180g flour 2 vanilla sugar envelopes,
200 g cherries



Ribbony Prawns Spaghetti

225g wholewheat spaghetti
1 yellow squash
1 courgette
450g peeled and deveined medium prawns ,tails removed
Freshly ground black pepper
Salt
2tablespoons olive oil
Handful cherry tomatoes ,halved
4cloves garlic ,Finley chopped
Pinch crushed red chilli flakes ,optional
120ml low-sodium vegetable or chicken
2 tablespoons chopped fresh chives

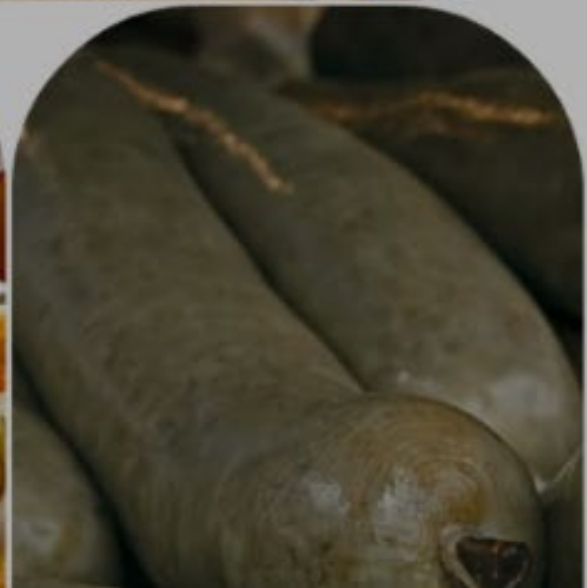
Traditional Christmas recipes

Every year, the Christmas menu gets improved. Depending on the budget, the tastes of those invited to the table, the culinary skills of each housewife. However, there are some recipes that have to be found on the table of any Romanian, wherever he is in the world. If for the rest of the year we have a bad taste of international cuisine, at least the Christmas menu is mostly Romanian.

Below are some traditional Christmas recipes that should not be missed on your festive table.



Jelly
Pig steak with beer
Traditional homemade sausages





LA SALLE PALMA

SPAIN

INGREDIENTS:

- The peel of a lemon
- Raw almond
- Sugar
- Cinnamon
- The juice of two oranges
- 8 "Neulas"

PREPARATION:

- First we crush lemon peel
- We add the almonds and chop them
- Add the sugar and cinnamon and mix it
- We add the orange juice
- Repeat the operation until there is a homogeneous mass.
- We put the dough on a baking paper and finish it kneading helping with the paper and make 4 equal portions.

COCARROIS

INGREDIENTS PREPARATION

- 1 bunch spring onion
- 1 handful of raisins
- 1 glass of water
- 1 glass olive oil
- 1/2 kg normal flour
- 1 bunch of chard
- oil, salt and sweet paprika (to dress vegetables)
- 1 small cauliflower

- For the dough: in a bowl put the glass of water, the glass of oil, the flour and a pinch of salt, knead well until it separates from the bowl.
- Cut the small vegetables, add the raisins, oil, salt and sweet paprika.
- Make the form of the cocarrois and cook in the oven at 200°C about 30 minutes or until golden brown.



ENSAIMADA

INGREDIENTS

- 1 kilogram of wheat flour
- 40 grams of Bakers yeast
- 1 glass of lukewarm milk
- 5 units of eggs
- 1 pinch of salt
- 70 grams of lard

PREPARATION

- To make the ensaimada, prepare a soft and tender dough. To do this, mix the sifted flour with the yeast and milk.
- Knead with all ingredients, use integrated and form a ball, leave to rest, covering with a cloth, in a warm place until it doubles in size.
- When the dough has doubled in volume, pour the dough over a flat surface and roll with your fingers one by one, knead until everything is integrated and leave the dough of the ensaimada to rest in a warm place for about 30 minutes.
- The rest, lay out small portions of dough and stretch them into long thin strips that roll them into a spiral and let them rest in a warm place for about 20 minutes.
- Finally, cook the ensaimada in the oven at 200°C for about 20 minutes, without opening the oven during the cooking process.



Bon
Appetit

INGREDIENTS:

- Pork
- Juice of three lemons
- Olive oil
- Wine
- Salt
- Pepper
- Rosemary
- thyme
- Laurel
- Oregano
- One little chilli

UTENSILS:

- Skillet
- Spoon
- Knife
- Fork



PREPARATION:



- First macerate the suckling pork 24 hours
- Before cooking by placing it on its back and marinating the inside with salt and pepper
- Preheat the oven to 250°.
- Introduce the suckling pork on the floor and, when 15 minutes of cooking take place, lower the temperature to 180°
- After 2 hours, add one side of the suckling pork, previously poached, and go around the diary leaving the skin up.
- Stop reading for another 30 minutes. And ready.
- When removing it from the oven, the skin should be crispy



Majorcan Christmas

RECIPE

Galets soup:

Ingredients:

- 1 chicken leg.
- 1 onion.
- 1 chicken stock cube.
- 1 or 2 cloves.
- Water (4 or 5 litres).
- 1 egg yolk
- 2 or 3 garlics.
- 1 tomato

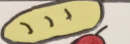







How to do it?

Put in a pot to boil the chicken leg, the tomato and the onion cut into pieces, the chicken stock cube **WITH** cloves and water. When it starts to boil, lower heat, cover half and cook 45 minutes - one hour.

Throw away the vegetables and take only the chicken. Chop the chicken and **MIX** it with an egg yolk, garlic, salt and make the meatballs. Put them in flour and fry. Boil the **GALETS** for 20 minutes and the

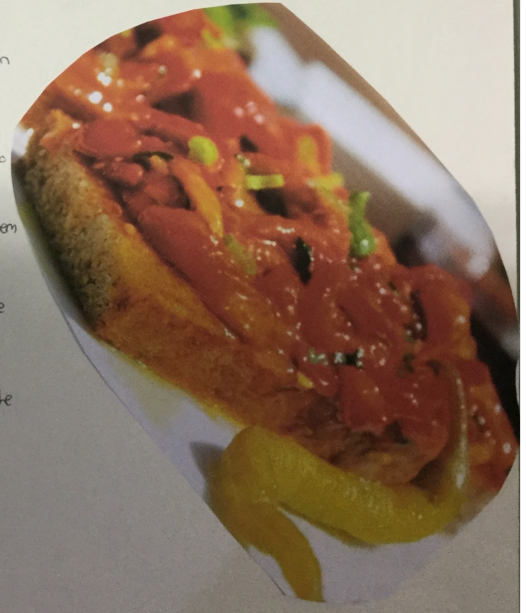
"PA AMB OLI"

WITH VEGETABLES



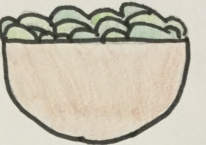




INGREDIENTS	UTENSILS	NUTRIENTS
HEALTHY BREAD 	KNIFE	CARBOHYDRATES
TWO ROASTED RED PEPPERS 	SKILLET	VITAMINS AND MINERALS
ONE ROASTED EGGPLANT 	BOWL	
THREE ROASTED TOMATOES 	PLATE	
OLIVE OIL 		
SALT 		

PREPARATION →

- 1 First we roast the bread in the oven
- 2 We separated the tomatoes, the peppers and the eggplant separately, we clean them and cut them into strips
- 3 Mix the vegetables and season them and a little oil
- 4 In the other slice of bread, we place the vegetables and on them some slices
- 5 And finally before serving, put the toast in the oven for 3 minutes

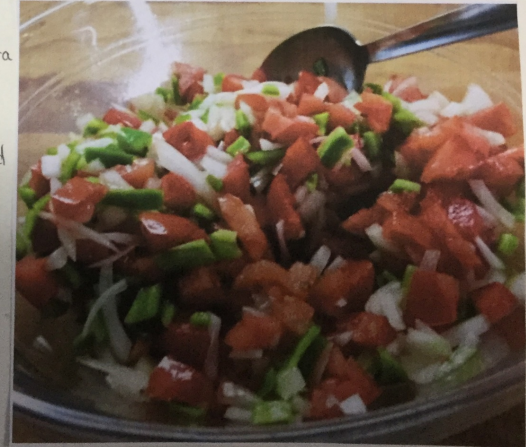


"TRAMPO"

INGREDIENTS	NUTRIENTS	UTENSILS
THREE TOMATOES 	VITAMINS AND MINERALS	KNIFE
TWO PEPPERS 		BOWL
ONE WHITE ONION 		
EXTRA VIRGIN OLIVE OIL 		
SALT 		

PREPARATION

- 1 Chop all the ingredients into small pieces.
- 2 Then mix and season with extra virgin oil and salt to taste
- 3 Optimally vinegar can be added





ZÁKLADNÍ ŠKOLA A
MATEŘSKÁ ŠKOLA
CZECH REPUBLIC



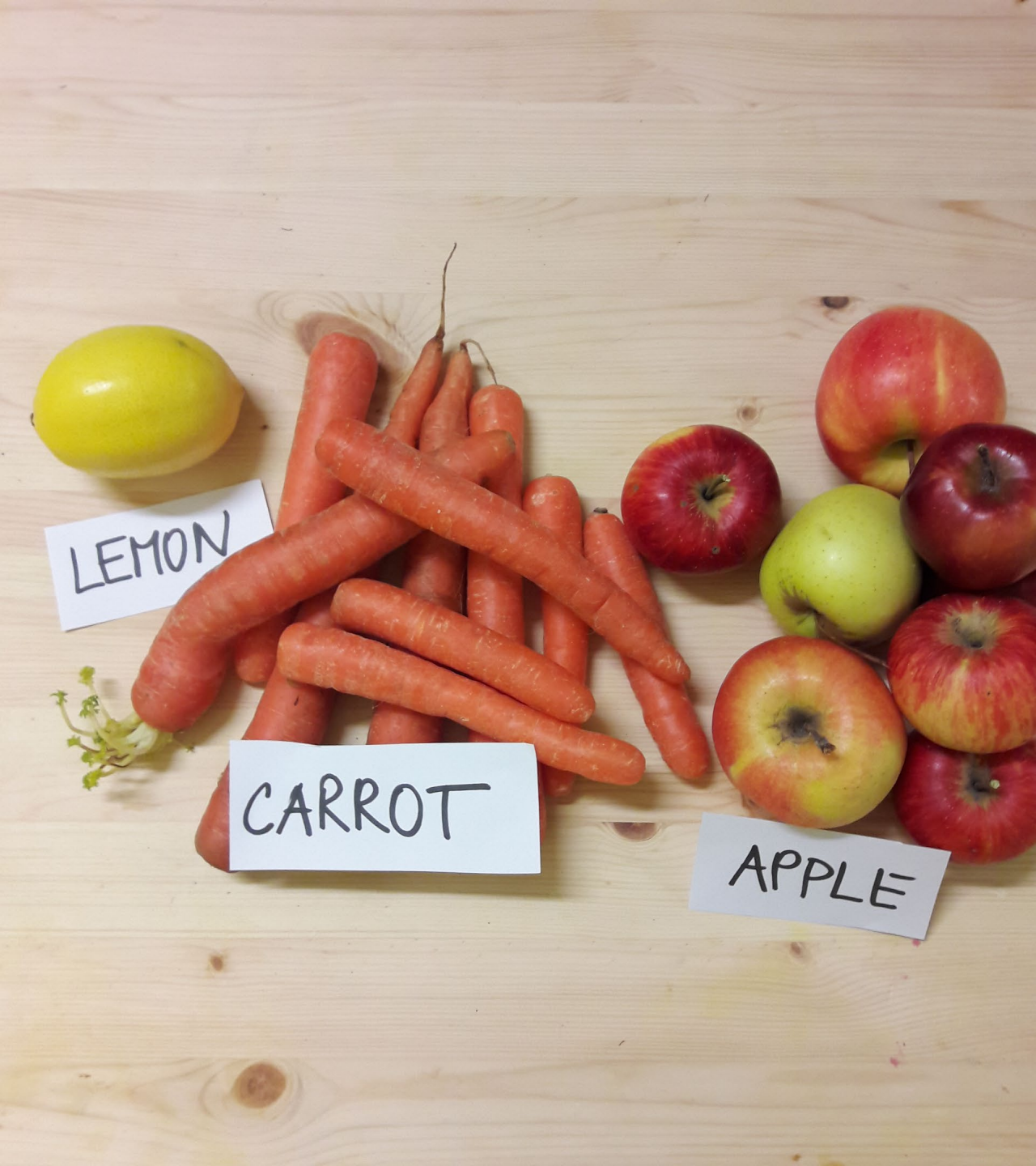
Uzech Ginger Bread

Ingredients

- 600g Flour
- 100g butter
- 120g sugar
- 250g honey
- 1 spoon cinnamon
- 1 spoon cocoa
- 1 egg

Method

- Mix all ingredients
- Put it into the fridge for 2 hours
- Make different shapes
- Cook it in the oven for 10 minutes





ANDERSENSCHOOL, WOERDEN

The NETHERLANDS

Hutspot

A healthy and popular food in The Netherlands

Ingredients for a recipe for three to four person in a time of 30 to 35 minutes:

- 750 gr crumbly potatoes
- 750gr carrots or winter carrots
- 1big onion
- 25 gr butter
- 50 ml milk
- A pinch of salt and pepper

Stock Graphic
Background by Frans Schalekamp

Method of preparation:

1. Peel the potatoes.
2. slice the potatoes in the same sized.
3. slice the onions in half rings.
4. Peel the winter carrots or carrots in smaller size.
5. Put the potatoes, the carrots and the onions in the pan.
6. Fill the pan with water.
7. Cook the whole pan for approx 20 to 25 minutes with the pinch of salt
8. Remove the water from the pan.
9. Stamp the Hutspot with a potato stamper. Its not necesairy to remove the remaining pieces of potato
10. stir the butter and the milk to the hutspot and bring the hutspot on taste with a pinch of salt and pepper.

PosterMyWall.com

Frans Schalekamp
Getty Images

NOTE: Watermark not on
Purchases

how to make poffertjes?

Ingredients for 4 portions:

- 250 grams of flour
- 1.5 teaspoon baking powder
- 1 pinch of salt
- 300 ml of milk
- 2 eggs

Baking stuff

- mixer
- Poffertjespan
- whisk
- butter tassel
- fork


Any extras

- Melted butter to grease the pan
- Powdered sugar

Preparation

1. Put the flour, baking powder and salt in a bowl and whisk together with a whisk.
2. Then put the milk and the eggs in the bowl and mix into a smooth batter.
3. Poffertjes batter is a bit thicker, so you would use a piping bag.
4. Secure the poffertjes pan to the fire (medium) so that it can become hot.
5. Then heat a clump of butter in another pan. When it is melted you use a brush to grease the poffertjespan.
6. Fill the dimples up to 2/3 with batter.
7. When there are bubbles at the top you can turn them over with a fork. Do not let them go completely, wait a while.
8. Grease the poffertjes pan for each round.
9. Serve immediately after making.



A large, dark-colored pot filled with pea soup. The soup is topped with several slices of smoked sausage, green herbs, and small pieces of vegetables. The pot is sitting on a dark surface, and a white lid is visible in the background. The text 'PEA SOUP' is written in pink, stylized letters across the lid.

Bring the water with the salt, the peas, pork chops and bay leaf to a boil in a soup pot. Leave to simmer for 20 minutes with the lid on the pan.

Meanwhile, peel the celeriac and cut into cubes. Rinse the blocks in a colander under running water and drain. Cut the bottom and the dark green leaf of the leek. Cut the stalks into rings of 1 cm thick and wash them in a colander. Let it drain well.

Cut the celery fine. Take the pork chops out of the pan, remove the bone and cut the meat into small cubes.

Stir the meat, the celeriac, leeks and $\frac{3}{4}$ of the celery through the soup. Put the smoked sausage in the pan and let it simmer for 20 minutes until all the vegetables are tender. Stir frequently.

Remove the smoked sausage from the pan, cut into slices and stir in the soup. Garnish with the rest of the celery.

pea soup INGREDIENTS for 4 people

- 11/2 liters of tap water
- 1 tablespoon of salt
- 300 grams of split peas
- 2 shoulder seams
- 1 dried laurel leaves
- 1 celeriac
- 2 leeks (thin)
- 25 g of fresh celery
- 1 fine smoked sausage

Ingrediënten

50 grams of butter

60 grams of flour

Beef cube (broth)

Pulled pork

Pinche of salt, pepper and nutmeg

3 eggs

150 grams of fine breadcrumbs

150 grams of coarse breadcrumbs

It's pretty hard to make this bitterbal. So we advice you to go to a café or restaurant in the Netherlands and just order them.

Or you can buy them in the supermarket and put them in the fiying pan or oven.

Or visit this website: <http://www.bitterballen.net/ingredienten-recept-rundvleesbitterballen/>





5TH PRIMARY SCHOOL OF TRIKALA

GREECE



Organic tomato balls

1 kilo organic tomatoes

organic spearmint

1/2 kilo organic onions

salt and pepper

1/2 kilo organic flour

2 organic eggs

**X 400gr chicken breast cut into
small pieces
5tbl mustard
4 slices of rye bread
1bunch of fresh herbs(mint,
basil,thyme, parsley)
salt
pepper**



Diples

4 whole eggs

4 egg yolks

2tsp sugar

juice and zest of 2 oranges

corn oil

450 gr flour

1/2tsp bakery powder

salt

syrup

2cups of honey

1cup of water



apples

oranges

cherries

pears

strawberries

kiwi

grapes

honey

*Cut all the fruit and put them o
n a bowl. Add honey.*





100ml of olive oil
2eggs
2vanillas
3ripe bananas
250gr wheat flour
pinch of salt
1 teaspoon baking soda
3 tbls strained yoghurt



×

4 apples

100 gr sugar

200gr margarine

3eggs

200gr flour

2teaspoons bsking powder

1/2cup of milk

1vanilla



Souvlaki with vegetables

150gr onions

200gr tomatoes

200gr white mushrooms

2 fennels

oil for spread

salt

freshly -ground pepper

parsley



lettuce
2eggs
2-4 pieces of chicken breast
2spoonfuls of bread crumble
s
1spoonful of olive oil
salt
walnuts

**Cut the lettuce, boil the eggs
and the chicken breast. Put t
hem in a bowl and add the re
at of the ingredients.**



✕ 500gr flour
250gr sugar
250gr margarine
pinch of salt
2-3oz milk
2teaspoons cocoa (optional)
3egg yolks

Mix the flour with the sugar and the salt. Pour the egg yolks and mix with a fork. Melt the butter and add it. Knead the dough with your hands. Bake in pre heated oven.

Κρήτη:
ζαστρονομικός
ωερίδιους



*a packet of sfoliata dough
yellow cheese
peppers
bacon*

*Put the sfoliata dough in a pan.
Cut it in small pieces, fill them
with yellow cheese, peppers and
bacon. Bake in the oven at 180C
for about 30 min.*





2 eggs
baking powder
1 vanilla

1 glass of fresh orange juice
1 cup of yoghurt
1 cup of butter
2 cups of sugar
3 cups of flour

Beat the ingredients together. Bake for 45 min in 180C.



Beat sugar with oil and the rest of the ingredients. Use hands to mix into oval shape. Place on trays. Bake for 20min. Allow to cool. Make syrup. Put ingredients in a saucepan. Stir for 5min. Simmer for 5 more min. Dip cooled biscuits into hot syrup. Put walnuts on top.

**ENJOY YOUR
MEAL!**

