

Topic : Relationship

**International cookery book
of healthy food**

Recipes of countries:

Slovakia, Greece, Italy, Spain, Turkey



Created for Erasmus+ project :

Let's save the life on our planet



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In the topic Relationship

we were also talking about the relationship to our health.

Each partnership school organized different activities at school, for example cooking of healthy meals, Days of healthy diet - Days of fruits, Days of vegetables, exhibitions of healthy food, tasting, talks with the dietician, Sport days,...

Students especially enjoyed cooking and tasting food so we decided to create our own

International cookery book of healthy diet.

Slovak healthy food

We created several healthy meals, we organized Fruit and Vegetable Days and exhibitions, we created vegetable spreads and made sweet cakes - gingerbread typical for Christmas and Easter in Slovakia.

Spinach dumplings

Ingredients:

200g cooked potatoes
300g flour
1 egg
100ml hot water
1,5 tea spoon of salt
250g sheep cheese
spinach
sesame seeds
flax seeds



Instruction:

1. Mix potato, flour, egg, water, salt and spinach.
2. Make light dough.
3. Spread on 3-4 mm.
4. Make circles with form.
5. Put a little sheep cheese into each circle, put into the form and make dumplings with sheep cheese (when we haven't got form we can use a glass and a fork).
6. Cook in boiled salted water , where we added a little oil.
7. Mix it during cooking.
8. After 2-3 minutes they get in the top. Take it with a strainer and put on a plate.
9. Fry sesame seeds and flax seeds.
10. Cover dumplings with these seeds.



Vegetable - Celery salad

Ingredients:

1 piece of preserved celery without squeeze,
2 pieces of preserved corn
1 piece of preserved pineapple
5 pieces of cooked eggs
1 leek cut into thin slices
400g of ham chopped into cubes
2 apples chopped into small pieces
Dressing - mayonnaise



Instructions:

Put layers in order: celery, apples, pineapple, corn, leek, ham, eggs.
Put dressing - mayonnaise on the top.
Put into the fridge.
Mix only before serving.
You can serve this salad with bread, rolls, toasts.



Vegetable - Carrot spread

Ingredients:

2 pieces of carrot
120 grams of soft cheese
100 grams of butter
2 cooked egg
salt



Instructions:

Grate carrots and eggs. Add cheese and butter, salt and mix.



Gingerbread

cakes typical for Christmas and Easter

Ingredients:

700 -800 grams of flour
200 grams of honey
300grams of powdered sugar
150g vegetable fat
3 eggs
2 packets of gingerbread spice



Instruction:

1/ Melt eggs with powdery sugar, honey and fat over the steam , add the other ingrediens and spice, create a firm dough. Leave to rest 1 day.
2 / Spread the dough and cut to make different shapes 3-5 mm thick according to whether we will stick them or not.

3/ Bake in 180 °C for 5-7 minutes until they are brown.

4/ we can cover them with mixed raw egg

Egg white glaze to decorate gingerbread
Mix one egg white and 5 spoons of powdered sugar.



Slovak students tried to create pizza by the recipe from Italian students. We can say - it was delicious.

Here are some photos.



Greek healthy food

HEALTHY DIET - GREEK MEDITERRANEAN SALADS

For healthy eating in our school we created a Greek Mediterranean salad. Greek salad is made with pieces of tomatoes, sliced cucumbers, sliced carrots, sliced lettuces, sliced cabbages and onions, feta cheese and olives.

All these are typically seasoned with salt and oregano. They are dressed with olive oil. If you like you can add tuna fish in it as well.



Italian healthy food

FISH RECIPES

SARDE A BECCAFICO/STUFFED SARDINES

MAIN INGREDIENTS: FRESH SARDINES

INGREDIENTS FOR FOUR PEOPLE:

700 GR SARDINES,

WHITE FLOUR, MILK,

2 EGGS,

2 TABLE SPOONS GRATED CHEESE,

1 HANDFUL PARSLEY,

OLIVE OIL, SALT, BLACK PEPPER, BREAD CRUMBS.



PREPARATION:

Open the sardines, remove the heads and the backbone without separating them. Prepare a stuffing with the chopped parsley, the breadcrumbs dampened with milk, the cheese, one egg yolk, salt and pepper.

Place the open sardines on the table, put some mixture on half of the sardines and close with the other half.

Stuff all the fish with this mixture, press and dip first in flour, then in the beaten egg (one yolk and two whites) and lastly in the breadcrumbs.

Fry them, drain and serve the hot sardines with some slices of lemon.

PESCEPADA A GHIOTTA/SWORDFISH IN GHIOTTA

MAIN INGREDIENTS: SWORDFISH

INGREDIENTS FOR 4 PEOPLE:

800 GR OF SWORDFISH,
100 GR OLIVE OIL, 20 GR CAPERS,
12 GREEN OLIVES,
MINCED PARSLEY,
100 GR OF TOMATO SAUCE,
50 GR OF SLICED ONIONS,
FLOUR, BLACK PEPPER AND SALT.



PREPARATION:

Cut the swordfish into 4 slices and coat them in flour and cook in a frying- pan with oil on both sides until nicely browned.

Remove from the pan and put them on a dish.

In the same frying -pan and using the same oil, brown the onion, add the capers, the parsley, the tomato sauce, salt and pepper and lastly add the olives.

Cook for a couple of minutes and pour over the hot fish.

Serve immediately.

Pizza



HOW TO MAKE PIZZA

INGREDIENTS FOR 5 PEOPLE:

1 Kg. Flour
Water
Salt
25 gr. brewer's yeast

Instruction:

Mix flour and water, add salt and brewer's yeast to get a smooth mixture and put into a bowl. It will take 2 hours to rise in a warm place.



At this point roll out the mixture and put it into a large baking tray. Now add the basic ingredients : tomato sauce, mozzarella cheese, origan, salt, pepper, oil, basil leaves. You can vary your pizza, adding many other condiments such as ham, olives, mushrooms, grilled vegetables, salami, boiled eggs and whatever you like.

Spanish healthy food

MENJAR BLANC ("white food")



Ingredients:

1l of milk
200g of sugar
60g of rice flour
1 lemon skin
A piece of cinnamon.
A bit of cinnamon powder

How to make it?

- First you have to boil the liter of milk with the lemon skin and the piece of cinnamon in a casserole.
- When the milk starts to boil, add the sugar and then the rice flour very slowly .
- Remove it all with a spoon.
- When the mixture becomes thicker, take it out of the casserole and pour it in small cups which contain some smashed almonds.
- Let it cool.
- Spread a bit of cinnamon powder on top of the cream before serving.

ENJOY YOUR DESSERT!!!

SPANISH OMELETTE



Ingredients:

4 eggs
olive oil
6 potatoes
salt
1 onion

How to make it:

- First peel the potatoes and onions.
- Chop them and fry them in a pan with olive oil. Add some salt
- break the eggs and pour them in a bowl.
- beat the eggs with a bit of salt.
- when the potatoes and onion are ready, mix them with the eggs
- Cook the omelette on one side, and then turn it over to cook it on the other side.
- ...And ready to serve on a plate.

iBon apétite!

SUC D'ANGUILA FROM DELTA DE L'EBRE

EELS WITH GARLIC AND PEPPER SAUCE

This dish is entirely made with products from the region of Montsià and in particular made with the eels of the Ebro Delta.

INGREDIENTS (for 2 people):

1/2 kgr. of eels from Delta de l'Ebre
200 ml. of fish stock from Sant Carles de la Ràpita fish market
flour
2 cloves of garlic
a pinch of Parsley
black pepper
1 tomato
1/2 onion
1/2 chilly pepper
extra virgin olive oil from Montsià



PREPARATION

We clean the eels well (in our region people use ashes to clean them) and cut them in pieces.

We heat the oil in a clay casserole

Prepare a chopped garlic and parsley

We grate the onion and we slightly fry it.

Next we add the tomato and when they are half-fried we add the spices: the black pepper, the chopped garlic and the parsley that we have previously prepared.

Add a spoonful of flour to thicken the sauce and immediately after add the fish broth.

When it begins to boil we add the eels and we will cook them for about 15 minutes.

We add salt, if necessary.

... AND NOW WE CAN ENJOY THIS EXQUISITE "SUC D'ANGUILES"!!

TOMATO PIE

Ingredients:

a glass of water (250 grams)
half a glass olive oil (125 grams)
yeast (15 grams)
1 teaspoon of salt
Flour (aprox. 600 grams)
10-12 ripe tomatoes
1 red pepper
1 green pepper
Pine nuts (50 grams)
Tuna fish (100 grams)



How to make it:

Pour the liquids (water and olive oil) in a bowl and add the salt and yeast.
Mix it well. Gradually add the flour and form a dough.
Knead the dough until the ingredients are well combined (for about 10 minutes).
Cover the dough with a cotton cloth and let the dough settle for about 30 minutes.

While the dough is settling...

Chop the peppers (both red and green) and fry them in a saucepan.

After two minutes add the tomatoes already peeled and chipped to form a sauce.

Cook the sauce for about 20 minutes.

Spread some oil on a baking sheet.

Extend the dough on the baking sheet.

First spread the sauce on the dough and then do the same with the tuna fish and the pine nuts.

Sprinkle some flour on the surface and introduce it in the oven.

Let it cook for about 40 minutes at 190 degrees.

Let it cool before eating!!!!

Turkish healthy food

Vegetable mixed Pickle

Preparation

Let's wash all the vegetables well.

Let's chop the cabbage in mid-thickness

Let's cut green pepper and red pepper from their edges (for pickle water to be able to enter inside)

Let's open little holes on the cucumbers via a knife

Let's chop the carrots in mid-thickness in ring shapes

Let's chop the cauliflower into pieces.

We can have green tomato either in slices or unsliced.

We can have green beans either chopped or in one piece

Let's slice the lemon in ring shape

Let's put some chickpeas in the bottom of the jerry can or the jar

Let's put the vegetables inside in a mixed order and let's put some garlic inside.

Let's put the lemon rings inside the jar around the pickle.

For pickle water, citric acid, brine salt, grape vinegar and water is put in a pot and let's mix well.

Let's put the pickle water in the jar in a way that the water must surpass the vegetables and let's close the jar tightly.

Let's save our mixed pickle in an environment that is away from sunshine and humid.

Pickle will be ready to be served in 30-45 days.



Benefits of Pickle

Pickle that is made up of many vegetables that are beneficial for health and enriched with vinegar, carrot, cucumber, green tomato, pepper, onion, garlic and cabbage leaves, is a nutrient that can be used for keeping fit because it doesn't contain any fat in addition all the vegetables carry almost zero calories. Pickle can be consumed not only for losing weight but also because of its many other benefits.

1. It contains high amount of loofah

Pickle is a healthy food in many aspects. There are benefits for the people to eat pickle that is made up of vegetables who suffer from stomach and bowel problems and especially indigestion complaints.

2. It is the resource of vitamin and mineral

Pickle and pickle water highly contains magnesium, iron, potassium, calcium, zinc that are necessary for human body to carry on its survival functions.

3. It offers anti-aging and natural therapy

In addition these facts pickle comes forward among the foods good for digestion sicknesses such as ulcer and constipation.

4. pickle reduces the blood pressure

Lactic acid that is obtained during yeasting process, reduces the blood pressure and shows a vessel enlarging function by enhancing the blood circulation.

5. Pickle empowers the immunation

Vegetables that are used in pickle and especially vinegar is good for digestion and they empower the immune system, it cures the urethra and prevents the generation of bacteria in bowels.

6. It is herbal solution for heart and vessel diseases

Grape vinegar and apple vinegar that are used for the production pickle contain a biological substance that is called pectin which is beneficial for the heart.

Home Made Yogurt

1-2 lt milk

1-2 tbsp plain yogurt

Please keep in mind that the most important points in making yogurt are adding sample yogurt to the milk at the right temperature and keeping it warm for a while. The exact temperature for fermentation is between 42-45 C.

Place the milk in a pot and heat it until the boiling point. If you like creamy yogurt, simmer the milk a few more minutes to let the water evaporate more. Take the milk from the stove and wait about 10-12 minutes. Occasionally, dip your finger into the milk and try to count till 7. If you can bear the heat till 7, it means the milk is ready for fermentation. Don't let the milk cool more than that since if the milk is not hot enough, fermentation won't take place.

In a small bowl, mix 1 tbsp of yogurt with lukewarm milk by using a wooden spoon (don't use metal spoons). Add this mixture to the milk and stir with the wooden spoon. Then, pour the milk to the containers and close their lids. The best container for making yogurt is glass. To keep the milk warm, cover the container completely with a cloth and then cover again with a blanket or something similar. Make sure to cover tightly to keep the milk warm for a while. Generally, it takes 5-6 and 7-8 hours for fermentation in summer and winter, respectively. After fermentation, take yogurt out of its cover without shaking. Store in the fridge for at least 3-4 hours before serving.

And enjoy your meal. :)

The benefits of yogurt

- * Resistance to diseases increases
- * It strengthens the immune system and protects it from many diseases, including fungi that cause disease, from the microbes to digestive system cancers.
- * Growth-accelerates the development of teeth and bones in the age of development.
- * Protect from child paralysis.
- * After menopause, it strengthens the bones in women and old men, preventing breaks.
- * Yogurt is one of the first foods added to the infant after the sixth month. This helps babies to develop bones and teeth.
- * Yogurt is a large Calcium source.

Yogurts made by our students...



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We enjoyed cooking and spend great time together.

**We are happy we know more recipes from our
partnership countries.**



Created by

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