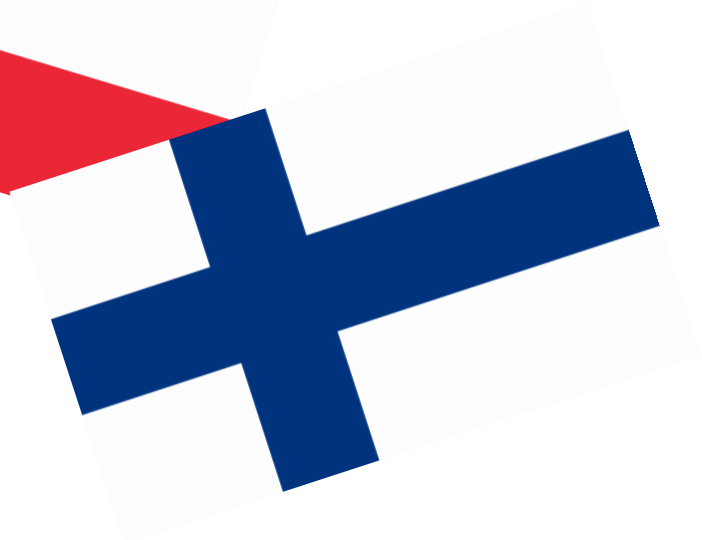
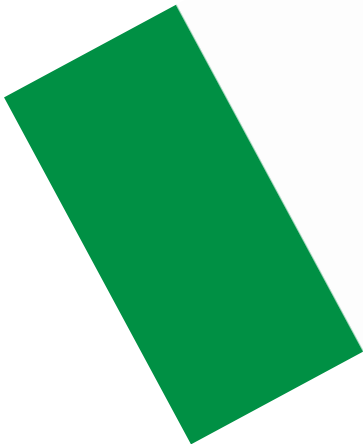


**Healthy food from our countries  
-YEAH!**



# Austria

## **Erdäpfelwuzerl mit Sauerkraut**

1 kg potatoes

salt, nutmeg

50 g Butter

100 g flour

2 eggs

1 kg Sauerkraut

2 bayleaves

5 juniper berries

pepper

Put Sauerkraut into a pot. Add water, pepper, bayleaf and juniper berries.

Let it simmer.

Boil potatoes and cook (for about 20 minutes) until soft.

Peel them.

Press them through a sieve or mash them thoroughly.

Add eggs, butter, flour, salt, nutmeg and knead.

Form "Wuzerl". That's the Austrian word for dumplings.

Heat butter in a pan, add some "Wuzerl" and fry them gently on low heat.

Serve with Sauerkraut.

ENJOY!

### **Apple Dumplings**

½ kilo roughly grated apples

50 g bread crumbs

50 g flour

pinch of salt

1 egg

2 tbs butter

1 cup bread crumbs

Natural sweetener e.g. rice malt, maple syrup or coconut sugar

Mix all the ingredients with a wooden spoon .

Let it rest for 7 minutes.

Form dumplings with wet hands, put them into boiling water and let them simmer for 13 minutes.

Roast breadcrumbs in butter and add sweetener. Then roll the dumplings in it. They should be covered.

### **Thick Plum Sauce**

1 kg plums

Natural sweetener, cinnamon

Wash plums, take the seeds out and cut them into slices.

Boil ½ l of water, add the cinnamon, natural sweetener and plums.

Let them simmer 3-4 minutes.

If the sauce is too watery add some maizena (thickener).

Cyprus

## Starter - Quinoa salad

### **Ingredients:**

- ▣ 1 Tomato
- ▣ 3 cups of Quinoa
- ▣ 1 can of Red Kidney Beans
- ▣ 1 Onion
- ▣ Cabbage
- ▣ 1 table spoon of Olive Oil
- ▣ 2 tea spoons of Lemon Juice
- ▣ Salt, Pepper

∅ Add 6 cups of water, bring the water to boil in a large saucepan. Add the quinoa, stir continuously. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water.

∅ When dry, transfer the quinoa to a large bowl. Add the onion, tomato, red kidney beans, cabbage, olive oil, lemon juice, salt and pepper, toss well and serve.

## Main Dish: Mediterranean Cod with Rice

### Ingredients:

Ø 1 cup of Brown Rice

Ø Cod Fish

▣ 4 Cod Fillets

▣ 1 cup of Bread Crumps

▣ 2 Eggs

▣ 1 cup of all-purpose Flour

▣ Salt, Pepper

Ø Preheat oven to 200 degrees C.

Ø Mix in a bowl, all-purpose flour, salt and pepper.

Ø In another bowl beat the eggs well.

Ø In a third bowl put the bread crumps.

Ø Pat fish fillet dry.

Ø Dip fish in the egg mixture, then dip it in the flour mixture. Shake off excess flour and dip each fillet in bread crumps.

Ø Bake in the heated oven until it turns orange and it begins to flake easily with a fork

Ø For the brown rice side dish: Add 3 cups of water, bring the water to a boil in a large saucepan. Add 1 cup of brown rice, stir continuously. Cook uncovered, over medium heat for 20 minutes.

## **Dessert: Yogurt with Homemade Apricot Jam and Apples**

### **Ingredients:**

Ø 250 gr Strained Yogurt

Ø 1 Apple

Ø 5 table spoons of Homemade Apricot Jam

Ø Mix in a bowl 250 gr Strained Yogurt, a diced apple and 5 tablespoons of Homemade Apricot Jam.

Ø Stir well to combine.

Finland

## Chili sin carne

4 portions

- 130 g onion
- 2 garlic cloves
- 1 can crushed tomatoes
- 1 can kidney beans
- 1 red pepper
- 2 tsp salt
- pinch of parsley
- 1 tbsp olive oil
- 3 dl water
- 1 dl dark kibbled soy
  
- 300 g dark rice/ dark spaghetti



Dice the onion and garlic into small pieces and fry them for a few minutes on low heat.

Add the crushed tomatoes, water, dark kibbled soy and red pepper. Add also drained and rinsed kidney beans.

Stir occasionally.

To finish, add salt and a pinch of parsley.

Boil the water and pour the rice/spaghetti to the water. Let it boil for 11 mins.

# Apple oat crumble and vanilla custard

## Ingredients:

4 portions

1 kg	apples
1 tsp	cinnamon
100 g	butter
½ dl	sugar
3 dl	oat flakes



## Instructions:

30-60 mins

1. Preheat oven to (200°C)
2. Peel and slice apples. Butter a baking dish and put the apple slices in it.
3. season with cinnamon. Melt the butter on a pan and stir in the sugar and oat flakes. Spread it on top of the apple slices. Bake for 20 minutes in the oven until it looks golden brown and bubbly.



## Italy

### *Quick and Easy Pizza Crust*

This is a great recipe when you don't want to wait for the dough to rise. You just mix it and allow it to rest for 5 minutes and then it's ready to go!! It yields a soft, chewy crust. For a real treat, I recommend you use bread flour and bake it on a pizza stone, but all-purpose flour works well too. Enjoy!



### *THE RECIPE*

#### *INGREDIENTS*

1. (.25 ounce) package active dry yeast
2. cup warm water (110 degrees F/45 degrees C)
3. 2 ½ cups bread flour
4. 2 tablespoons olive oil
5. 1 teaspoon salt

**Step 1**

Preheat oven to 450 degrees F (230 degrees C). In a medium bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

**Step 2**

Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.

**Step 3**

Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan or baker's peel dusted with cornmeal. Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.

The Netherlands

## Zoete Aardappelstampot ( Sweet Potatomash)

### Ingredients

1.2 kg sweet potato's

800 g leaf spinach

250 g bacon

50 g unsalted butter

### Preperation

Step 1: peel the potatoes in equal discs, then cook for 10 minutes.

Step 2: Add the spinach to the cooked potatoes, then cook them for another 5 minutes.

Step 3: Cook the bacon until there a bit crispy.

Step 4: mix everything together, and begin to mash.

Step 5: Add some salt or Knorr spices to add extra taste.

ENJOY YOUR MEAL!



## Stamppot – Traditional Dutch Winterfare

preparation in advance 15 minutes;

preparation 25 minutes.

### Ingredients:

500 to 600 gr (8½ to 10 cups) chopped kale

1 kilo (2.2 lbs) potatoes

50 gr/3 Tbsp lard or butter

1 good rookworst (or several Frankfurters)

2 onions, chopped

100 to 150 gr (½ to ⅔ cup) bacon, chopped

1 meat stock cube (optional)

freshly ground black pepper to taste

salt (optional, lard, bacon and stock cube also contain  
salt, so taste first)

2 Tbsp white vinegar

## Preparation in advance

Peel the potatoes and cut them in two to six pieces, depending on the size of the potatoes.

### Preparation

Cooking the potatoes and kale – Peel the potatoes, cut large ones in half, so that all potatoes are about the same size. Put in a large pan and add as much water as needed to just submerge the potatoes. Add the stock cube. Put the kale on top of the potatoes, and the rookworst on top of the kale. Cover with a lid, bring to the boil and then lower the fire. Let simmer for about twenty minutes, Prick the potatoes with a fork to see if they're done.

Braising bacon and onions – As soon as potatoes and kale are cooking, start with the bacon and onions. Heat the bacon in a thick-bottomed skillet (I use a cast-iron one). You don't need to add any fat, but a spoonful of lard or butter won't hurt. When the bacon fat has melted, add the onions and lower the heat. Stir occasionally, and keep covered. Braise for fifteen minutes. The onions will caramelize, the bacon won't burn. If you'd like to have browner onions and crispier bacon, remove the cover for the last minutes and raise the heat. Mashing potatoes and kale – When the potatoes are done, remove the rookworst. Pour off the liquid, but retain it. Take a good masher and mash potatoes and kale without turning it into a purée. Now add as much of the cooking liquid as you need to get a savoury consistency, Mix in bacon and onions, lots of black pepper, a dollop of lard or butter, and the vinegar.

Now taste to see if any extra salt is needed (bacon and stock cube also contain salt). You could also let everyone add salt to their own plate.

To serve

Stamppot is served piping hot, with the rookworst on top, whole or in thick slices. If you have real gravy, serve that along with the stamppot. My Dutch taste panel however liked this stamppot just as well without the gravy.



Spain

## Gazpacho

### Ingredients:

6 mature big and beefy tomatoes  
2 green peppers  
1 red pepper  
1 cucumber  
1 onion

2(optional) clove of garlic  
2 slices of bread  
salt, olive oil, vinegar

### Nutritional fats:

19kal fats



## Preparation:

- } Cut the bread in slices and let dip in water
- } Peel the tomatoes, the peppers, the cucumber, the onion and the garlic, remove the seeds and cut in cubes.
- } Mix them and mash with the electrical mixer
- } Add the bread, oil, salt and vinegar
- } Strain the mixture to eliminate the rest of vegetable skin
- } Add water if it is necessary to obtain a texture of liquid cream
  
- } Serve it cool

**Time:** 60min aprox.

# Paella

**Time:** 60 min aprox.

## Ingredients:

Rice, 600 grams  
Clams, 500 grams  
Prawns, 300 grams  
2 tomatoes  
Green Pepper  
Garlic  
Parsley  
Chicken, 800  
grams  
Squid, 200 grams  
1 Small onion  
Peas, 150 grams  
Saffron  
Salt  
Olive oil

## Nutritional fats:

200 kal



## Preparation:

- } Wash the clams in cold salted water, open them in a saucepan with water, strain and reserve the clams and broth separately
- } Wash the peppers, remove the seeds and chop them. Wash the chicken and cut it. Wash the squid and cut into strips.
- } Peel the prawns and cook the shells and heads for 10 minutes, strain and
- } reserve the broth
- } Heat oil in a frying pan and fry the chicken, add the squid, sauté a couple of minutes

and add the diced onion, peppers, peas and peeled tomatoes. Sauté for 15 minutes.

- } Add rice, stir and pour the hot broth and clam shrimp (over water),
- } calculating the volume twice that of the rice.
- } Make a paste with garlic cloves, parsley and saffron and add to the pan,
- } season and add food coloring.
- } Reduce heat and cook for 6-7 minutes add the shrimps and clams. Let stand 3-4 minutes and serve

