



International
Healthy
CookBook



**“Cooking is all about people.
Food is maybe the only universal
thing that really has the power
to bring everyone together. No
matter what culture, everywhere
around the world,
people eat together.**

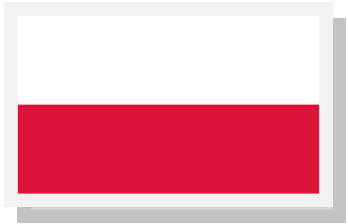
GUY FIERI



The International Healthy Cookbook is a collection created by *Erasmus + "Passport to Health" Team*, focused on healthful, homemade recipes for everyday life.

The book features 21 traditional recipes, including starters, soups, main courses and desserts, from countries as:

Poland, Germany, Romania, Greece, Slovenia and Spain.



Erasmus +



Recipes *Around the World*



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Appetizer / Soup



1.1 Pierogi

Polish Recipe

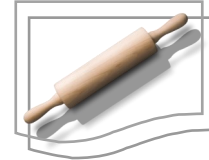


Pierogi Dough



Ingredients:

- 4 cups flour - 500g
- 1,2 glasses water - 280ml
- 3 tablespoons butter or vegetable oil
- 1 teaspoon salt



Instructions:

1. ADD THE FLOUR AND SALT INTO A LARGE BOWL, MIX TOGETHER.
2. IN A SMALL SAUCEPAN, WARM THE WATER WITH BUTTER UNTIL THEY ARE VERY HOT, BUT NOT BOILING.
3. POUR HOT WATER WITH BUTTER INTO THE BOWL WITH FLOUR, MIX WITH A SPOON UNTIL ROUGHLY COMBINED.
4. KNEAD THE DOUGH USING YOUR HANDS FOR ABOUT 5 MINUTES. THE DOUGH SHOULD BE SMOOTH, SOFT, AND ELASTIC, IT SHOULDN'T STICK TO YOUR HANDS.
5. LEAVE TO REST FOR ABOUT 30 MINUTES.

Pierogi Filling

Pierogi with Farm Cheese and Potatoes



Ingredients:

- 500g potatoes
- 300 g farm cheese
- 2 medium onions
- 4 spoons of oil
- salt
- pepper

Instructions:

1. Boil potatoes with salted water; drain and mash either potatoes and cheese using a potatoe masher.
2. In a frying pan fry up chopped onions until almost golden brown.
3. Add fried onion to potatoes and farmer cheese, some salt and pepper. Mix it.
4. Roll the dough until thin (like pasta) and using a glass cut out the circles; place 1 teaspoon of the fling in the middle of the circle and then seal it together.
5. Boil pierogi in a large pot of water and season with salt for few minutes and using slotted spoon take them out on a plate.



1.2 Vegetable Muffin

German Recipe



Vegetable muffins

Before you get the products you need, you have to prepare your working space and get the kitchen equipment.

1. Make sure your working area is clean and keep your working area clean!

2. Get the following kitchen equipment:



a chopping board and a knife



a bowl and hand mixer



a pan and a spatula









an ice cream portioner and muffin tins

What you need:

- 90 g wholemeal flour
- 3 tsp baking powder
- 75 g quark
- salt and peper
- 60 g emmentaler cheese
- 1 egg
- 3 tsp oil
- 3 tbsp milk
- 60 g spring onions
- 90 g red peppers



How to make your muffins:

<p>Step 1:</p> <p>Cut the red pepers and the spring onions to small pices.</p>	
<p>Step 2:</p> <p>Steam the red peper and the spring onions in the pan with oil.</p> <p>Allow to cool down.</p>	
<p>Step 3:</p> <p>Mix the flour with the baking powder and add the egg, the milk, quark, cheese, salt and pepper. Stir everything for a while.</p>	
<p>Step 4:</p> <p>Put the vegetables into the dough.</p>	
<p>Step 5:</p> <p>Put the dough evenly into about 12 muffin tins, for help you can use an ice cream portioner.</p>	
<p>Step 6:</p> <p>Bake for about 30 minutes at 180°C circulating air.</p>	

1.3 Stuffed Eggs

Romanian Recipe



Ingredients:

- a few boiled eggs
- 2 chopped pickles
- 2-3 tablespoons of mayonnaise
- 1 spoon of mustard
- a little chopped parsley
- salt
- pepper

Instructions:

1. Cut the eggs in half and separate the white from the yolk.
2. Crush the egg yolks in a bowl with a fork and add two tablespoons of mayonnaise, then mix.
3. Add pickled cucumbers and parsley, which have been cut very small, a little mustard, (optional liver pâté), salt and pepper.
4. After the filling is well mixed, fill the eggs and then the only thing left is to decorate and eat them.



1.4. Spanakopita

Greek Recipe



Spinach Pie

Ingredients:

- 3 tablespoons olive oil
- 1 bunch green onions, chopped
- 2 pounds spinach, rinsed and chopped
- ½ cup chopped fresh parsley
- 1 cup crumbled feta cheese
- ½ cup ricotta cheese
- 2 large eggs, lightly beaten
- 8 sheets phyllo dough

1. Gather all ingredients. Preheat the oven to 180 degrees C. Lightly oil a 9-inch square bakingpan.



2. Heat 3 tablespoons olive oil in a large skillet over medium heat. Saute the green onions in the hot oil until soft and lightly browned, about 5 minutes.

3. Stir in spinach and parsley, and continue to saute until spinach is limp, about 2 minutes. Remove from the heat and set aside to cool.



4. Mix feta cheese, ricotta cheese, and eggs in a medium bowl until well combined. Stir in spinach mixture.



5. Lay one sheet of phyllo dough in the prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top and brush with olive oil. Repeat the process with two more sheets of phyllo dough; the sheets will overlap the pan.

6. Spread spinach and cheese mixture into the pan. Fold any overhanging dough over the filling. Brush with oil.



7. Layer the remaining 4 sheets of phyllo dough, brushing each with oil. Tuck overhanging dough into the pan to seal the filling.



8. Bake in the preheated oven until golden brown, 30 to 40 minutes.

9. Cut into squares and serve while hot.



1.5. Greek Salad



Greek Recipe



INGREDIENTS AND PREPARATION

A traditional Greek salad consists of sliced cucumbers, tomatoes, green bell pepper, red onion, olives, and feta cheese. Also add a pinch of oregano or a handful of mint leaves for a fresh finishing touch.



1.6 Goveja Juha

Slovenian Recipe



Beef Soup

INGREDIENTS:

- 500 g of beef meat (shank)
- 2 bones
- 1 small onion
- 1 carrot
- 1 root parsley with leaves
- 1 teaspoon of salt

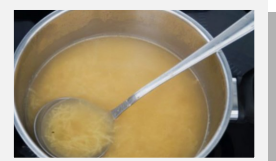
INSTRUCTIONS:

1. Put all the ingredients in a big pot. Add 3l of water.
2. Heat the water until it boils and then reduce the heat to low and simmer for approximately 2 hours.
3. When it is done, separate the soup from its ingredients by straining.
4. Add noodles, dumplings or grated porridge into the clear soup and serve.
5. Cut the meat into smaller pieces. It can be eaten together with the soup or as a one-course meal.



1.7. Caldo de Pollo Casero

Spanish Recipe

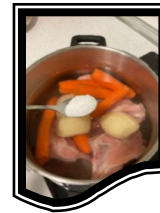
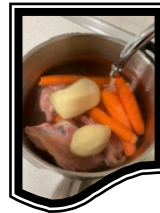
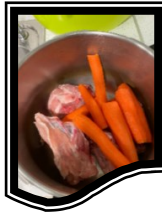


INGREDIENTES:

- 4 carcasas de pollo
- 7 zanahorias
- 2 patatas
- sal

PREPARACIÓN

1. Pela las zanahorias y las patatas.
2. En una olla, pon el pollo junto con las zanahorias y patatas peladas con agua que los cubra de sobra y una cucharadita de postre de sal.



3. Sube el fuego para que esté fuerte y cuando hierva la cierra la olla.



4. Una vez cerrada la olla, mantén el fuego fuerte durante 30 minutos, pasado ese tiempo apaga el fuego y espera a que se vaya la presión de la olla (se ve que saca mucho vapor). Una vez salga ese vapor ya puedes abrirla.

5. Con un cucharon saca los ingredientes más grandes y los colocas en un plato aparte.



6. Finalmente prueba el caldo, por si necesitara un poco más de sal.

7. Y ya esta listo el caldo de pollo para que prepares la sopa.

¿QUÉ HACER CON EL CALDO ?

- Preparar unos fideos. Consiste en calentar un poco el caldo y echar unos pocos fideos muy finos al cazo. En 3 minutos tienes una sopa.



- Coger las carcasas y las desmenuzas, saca toda la carne, la corta a trocitos muy pequeños, corta la zanahoria y la patata y lo pones en el caldo.



- Hacer un puré. Bate la zanahoria, la patata, caldo y un poquito de aceite de oliva y lo bates todo bien hasta que no quede ni un grumo.



1.7. Ensalada de Arroz

Spanish Recipe



INGREDIENTES

- 1-Arroz
- 2-Una lata de atún
- 3-Maíz dulce
- 4-Huevo cocido
- 5-Un tomate
- 6-Palitos de cangrejo
- 7-Aguacate
- 8-Guisantes
- 9-Aliñar la ensalada

1. CALIENTA EL ARROZ

Primero debes cocer el arroz, normamel si es precalentado debes meterlo 2 minutos al microondas, pero si prefieres hacerlo casero obviamente lo deberás hacer a tu gusto.

2. AÑADE EL ATÚN

Desbes abrir la lata de atún, a continuación deberás tirar el aceite que tiene con cuidado, ya que no lo necesitamos, finalmente deberás añadir el atún con el arroz.

3. AÑADE EL MAÍZ DULCE

Deberás añadir el maíz dulce, así que tendrás que abrir la lata y tirar todo el líquido que contiene la lata, a continuación.

4. AÑADE UN HUEVO COCIDO

Deberás cocer un huevo, a continuación deberás quitarle la cáscara con cuidado y fijándote que no se quede ningún trozo de cascara, finalmente lo añadirás a la ensalada.

5. AÑADE UN TOMATE

Deberás coger un tomate, tendrás que cortarlo en seis trozos, a continuación deberás apartarlo, ya que lo añadiremos al final, con los guisantes.

6. AÑADE PALITOS DE CANGREJO

Deberás comprar un paquete de palitos de cangrejo, a continuación cogerás tres palitos y los cortarás en cuatro trozos cada uno y finalmente lo añadirás al plato con los demás ingredientes.

7. AÑADE UN AGUACATE

Coge un aguacate maduro, cortelo por la mitad y sacale la semilla, a continuación coge un cuchillo y parte en muchos trozos el aguacate, con la finalidad de que cuando tengas que separar el aguacate de la piel, saldrán todos los trozos ya cortados.

8. AÑADE GUIANTES

Al igual que con el maíz, deberás coger una lata de guisantes y abrirla, a continuación sacamos todo el líquido porque no lo vamos a utilizar, a continuación los añadiremos a la ensalada con los demás ingredientes y finalmente aliñará la ensalada con aceite de oliva virgen extra, con sal y con vinagre con la finalidad de darle un toque de sabores a la ensalada.



Main Course



2.1. Golabki

Polish Recipe



Cabbage Rolls

Ingredients:

- 1 Large Green Cabbage
- 300 g Lean Ground Beef
- 300 Ground Pork
- 2 Onions (grated)
- Large Egg (beaten)
- 2 cups cooked rice
- 3 tablespoons oil
- 6 crushed tomatoes (crushed)
- ½ cup water
- 1 teaspoon salt
- ¼ teaspoon black pepper

Instructions:

1. First, boil the cabbage, let it cool, separate the leaves, and cut out the hard stem.
2. Stir together the filling (meat, rice, fried onions, salt and pepper).
3. Make the tomatoe sauce and spread some on the bottom of the baking dishes.
4. Stuff and roll the cabbage leaves.
5. Cover the cabbage rolls with the remaining sauce.
6. Then, bake the cabbage rolls for 50- 60 minutes.



[2.2. Cheese Spaetzle]

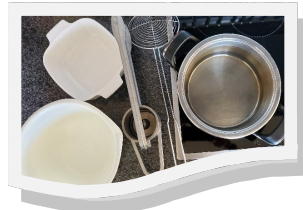
German Recipe



Ingredients:

- 500 g flour (Spelt haze)
- 3 - 4 eggs
- 200 g cheese
- salt

Devices:



1. Put all ingredients in a mixing bowl and stir them with a wooden spoon with hole to a dough, there should be bubbles when beating. Let the dough rest for 15 minutes.
2. Boil about 3 l of water in a high cooking pot.
3. Now put a large spoonful of dough into the „Spätlesdrücker“.
4. Press the dough slowly in to the boiling water until everything is in it.
5. Wait until all spaetzle swim on the surface. Then get them out with the spaetzles sieve.
6. Put the spaetzle in an ovenproof dish, put a layer of cheese on top and keep it warm in the oven.
7. Repeat steps 4 to 6 until all spaetzle are ready.
8. Cut 1 to 2 onions into half rings and roast them in butter until they are golden brown.
9. Pour the golden brown onions over the cheese spaetzle and serve them with a green salad.

2.3. Mămăligă cu brânză

Polenta with Cheese

Romanian Recipe



Ingredients:

- 200 g of sorghum flour
- 1.2 l of water
- 15 g salt (1 teaspoon)
- 200 g smoked bacon
- 500 g of bellows cheese
- 500 g homemade sausage
- 3-4 eggs, depending on the diameter of the pot in which you will put it in the oven.

Instructions:

1. Cut the bacon into small cubes, put it in a pan and fry it until it leaves a little fat. Add the sliced sausage and continue to fry until the bacon is golden brown and the sausage has also left its fat.
2. Boil water with salt in a pot. When it reaches the boiling point, add the sorghum flour and mix vigorously to avoid lumps. Boil for 15 minutes on low heat, stirring constantly.
3. In a saucepan, put half the amount of jumera with sausage, half the amount of bellows cheese on top and half of the polenta. We repeat this operation once more.
4. With the help of a spoon, make small holes above the last layer of polenta and put the eggs.
5. Put in the oven for 15-20 minutes or until the eggs are cooked. Remove hot onto plates and serve with sour cream.



2.4. Gemista

Classic Greek Stuffed Peppers & Tomatoes

Greek Recipe



Instructions:

1. Cut the tomato on the bottom side and use a spoon to carefully remove the flesh without tearing its skin.
2. Put the flesh of the tomato into a bowl and set it aside. Follow the same process for all the tomatoes.
3. Put the tomatoes and the peppers into a baking pan and set it aside.
4. Cut the top “lid” of the peppers, remove the seeds, and set them aside.
5. Grate the big tomato pieces in a box grater or mash them in a chopper blender.

Ingredients:

- 6 medium tomatoes
- 5 large bell peppers
- 4-6 potatoes, peeled and sliced into wedges

For the stuffing:

- As many table spoons of Carolina rice as the peppers and the tomatoes adding two more
- 2 medium onions, finely chopped
- 1 match parsley
- Some oregano
- Some basil leaves
- 1 1/2 cups of olive oil
- 2 tablespoon(s) tomato paste
- 250 g water
- 100 g dry breadcrumbs



6. Grate the onion into the bowl and add the parsley finely chopped, salt and pepper, and mix well. Taste to check the seasoning. Put the rice into the bowl and mix.
7. Season the tomatoes with salt and pepper and divide the filling among the vegetables. Pour one cup of olive oil in the bowl.
8. Preheat the oven to 180. C (350. F) set to fan.
9. Cut the potatoes into wedges and put them in the pan.
10. In a bowl add the tomato paste, water, 2 tablespoons of olive oil, salt, and pepper, and mix them well.
11. Pour the sauce over the pan, add 3-4 tablespoons of olive oil, and spread the dried breadcrumbs over the tomatoes.
12. Cover the pan with aluminum foil and bake the vegetables in the oven for 30-40 minutes. Remove the aluminum foil and bake them for another 30-40 minutes.



The same recipe can be done using mince meat for the filling along with rice. In this case, less rice is used. Both versions feature traditional summer dishes.

2.5. Fasolada

Greek Recipe



Instructions:

1. To prepare the fasolada (Greek bean soup), place the beans in a saucepan with plenty of cold water to cover them. Bring to the boil, turn the heat down to medium and parboil for 30-35 minutes, until slightly tender. Drain and set aside.

2. Finely chop the onion, celery and carrots. Add 3-4 tbsps of olive oil in a deep pan, add the chopped vegetables and blend. Sauté for about 2 minutes and add the tomato paste and continue cooking for a minute.

Traditional Greek Bean Soup

Ingredients:

- 500g dry white kidney beans
- 3–4 carrots, finely chopped
- 1 large white onion, finely chopped
- 3 stalks of celery, finely chopped
- 130ml extra virgin olive oil (1/2 cup)
- 2 tbsps tomato paste
- a pinch of paprika (hot or sweet, according to preference)
- salt and freshly ground pepper, to taste (min 2 flat teaspoons each)



3. Add the parboiled beans in the pan and pour in enough boiling water to cover the beans and little bit more and blend lightly. Place the lid on and simmer the fasolada for about 35 minutes, until the beans are tender.

4. Towards the end of cooking time, pour in the remaining olive oil and season with salt and pepper. Boil for a few more minutes, until the soup becomes thick and creamy.

5. Serve this traditional Greek bean soup (fasolada) while still steaming hot with Kalamata olives and some toasted bread.



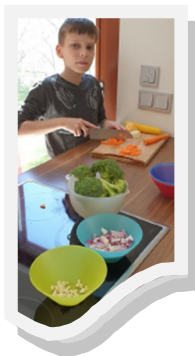
[2.6. The One Pot King]

Slovenian Recipe



Ingredients:

- 1 cup of barley
- 300 g of canned beans
- 400 g of smoked meat (pork neck)
- ½ cup of lentil
- 2 onions
- 2 garlic cloves
- 2 red carrots
- 1 yellow carrot
- ½ of yellow kohlrabi
- ¼ of celery tuber
- ½ of broccoli
- 2 bay leaves
- Parsley
- olive oil
- salt



Barley And Bean Stew With Smoked Meat

Instructions:

1. Chop the onions and stir fry them in the olive oil (10 minutes). Meanwhile dice the other vegetables (carrots, kohlrabi and broccoli). Chop up the garlic as well. Pell the celery tuber and leave it in one piece, so that it doesn't lose too much of its flavour. Soak the barley and the lentil in the water separately. Add fried onions to the diced meat and slowly fry for a few minutes. Then add the garlic. After about 30 seconds add diced vegetables, but not the broccoli, which is added in the end.
2. Wash barley and lentil and remove the excess water. Put washed barley and lentil into the pot with fried vegetables and add a large amount of water.
3. Add salt, peppercorns, ground pepper, bay leaves and parsley. Wait until it boils, then add the rest of the meat, so that it coddles. Leave it for half an hour, so that it boils slowly.
4. Add canned beans and chopped broccoli. Try it and season it if necessary. Coddle it for about an hour, so that the barley is fully cooked and that the ričet is thick enough.
5. Serve it with a slice of home-mead bread and lick your fingers.

2.7. Pečenice Z Zeljem In Matevžem

Slovenian Recipe



Slovene Pork Sausage With Sauerkraut And Puréed Beans With Cracklings

Ingredients:

- ½ kg of potatoes
- 400 g of canned brown beans
- 2 garlic cloves
- 25g of butter
- 1 dl of milk

Other ingredients:

- ½ kg of Slovene pork sausages
- 25 dg of sauerkraut
- 15 dg of bacon
- 1 garlic clove
- 2 bay leaves
- salt, pepper, ground sweet pepper

1. Peel the potatoes, cut them and cook them. Add garlic and salt into the water. Let the potatoes boil for approximately 10 minutes. After 10 minutes, add a can of beans. When the potatoes are cooked, mash them and add butter and milk. Add salt if necessary.

2. Boil some water in a pot and add 2 bay leaves. Put the Slovene pork sausages into the boiled water. Let the water boil slowly. When they are cooked, remove the excess water and dry the sausages. Put some oil into the frying pan and fry the sausages on both sides.

3. Finally, fry chopped garlic in a pan on hot oil. Add sauerkraut after 30 seconds. Then add salt, pepper and ground sweet pepper.

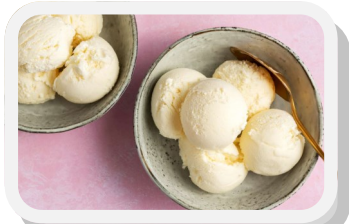
4. Fry the bacon diced into cubes separately and then add it to the sauerkraut. Add some water from the potatoes or the sausages (approximately 5 – 10 spoons). Braise the sauerkraut for approximately 10 minutes.

Dessert



[3.1. Homemade Ice Cream]

Polish Recipe



Ingredients:

- 1 $\frac{3}{4}$ cups heavy cream
- 1 $\frac{1}{4}$ cups whole milk
- $\frac{3}{4}$ cup sugar
- pinch sea salt
- 1 tablespoon vanilla extract
- add-ins (optional, soft brownies, cookies)



Instructions:

1. Pour 1 cup of the cream into a saucepan and add the sugar, salt and the vanilla pod to the pot.
2. Warm the mixture over medium heat, just until the sugar dissolves. Remove from the heat and add the remaining cream, milk, and vanilla. Stir to combine and chill in the refrigerator.
3. Mix it from time to time.
4. Serve with fresh fruits.

3.2. Milk Slice

German Recipe

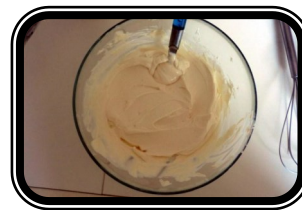


Ingredients:

- 15 slices pumpernickel
- 375g cream cheese
- 375g curd
- 3 teaspoons honey
- $\frac{3}{4}$ sachet vanilla sugar

Instructions:

1. Combine 375g cream cheese with 375g curd in a large bowl.
2. Add 3 teaspoons honey and $\frac{3}{4}$ of a sachet vanilla sugar.
3. Stir everything in the bowl until the mixture is smooth.
4. Cut the 15 slices pumpernickel in half, so you get 30 slices.
5. Spread the mixture from Step 3 on 15 pumpernickel slices.
6. Use the last 15 pumpernickel slices to cover the slices you prepared in Step 5.



3.3. Papanashi

Romanian Recipe



Cheese Dumplings

Ingredients:

- 500 g of sweet cow's cheese
- 300 g flour
- 200 g sour cream
- 150 g jam
- 30 g vanilla sugar
- 2 eggs
- 1 teaspoon of orange essence
- 1 grated teaspoon of sodium bicarbonate
- the peel of a lemon
- a little salt

Instructions:

1. In a bowl, add the cheese, the two eggs, a little salt, orange essence, vanilla sugar, lemon peel and sodium bicarbonate.
2. Mix everything very well, then add the flour little by little while still mixing.
3. Let it rest for about 10 minutes.
4. Weigh each piece so that they are about 120g each and the little balls on top are 40g each.
5. Shape them and fry them in oil on low heat until they are golden brown.
6. The only thing left to do now is top them with sour cream and jam, and enjoy every single last piece.



3.4. Rizogalo

Rice Pudding

Greek Recipe



Ingredients:

- ½ cup round grain rice
- 1 ½ cup water
- salt
- 5 cups ml whole milk
- 2 tbsps corn flour
- ½ cup sugar
- vanilla
- cinnamon, ground and some sticks

Instructions:

1. In a pot, add the rice and the water with a little salt and boil for 15 minutes stirring it.
2. Add the milk slowly slowly and let it boil over medium heat for 15 more minutes stirring the mixture.
3. Dissolve the corn flour in 5 tablespoons of water and add it to the mixture.
4. Let it boil for 15 more minutes.
5. Add the vanilla and serve in small bowls adding cinnamon at the top /Decorate with the cinnamon sticks.



3.5. Yoghurt with Honey and Walnuts



Greek Recipe

Ingredients:

- 200 grams strained yoghurt
- 1 tablespoon honey
- 8 walnuts



!!! **Yoghurt** is a good source of protein and calcium, contains live bacterial content, probiotics, which can help improve the immune function, improve digestion and even protect against infections from harmful bacteria.

!!! The health benefits of **honey** are many due to its nutrient rich content and anti-microbial properties.

!!! **Walnuts** are an excellent source of vitamins and minerals, they have a higher antioxidant activity than any other common nut, being a super plant source of omega-3s.

3.6. Tarta de Avena

Spanish Recipe

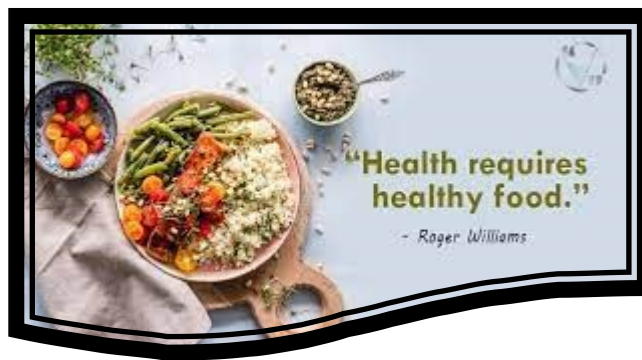


Ingredientes:

- 300g de avena
- 3 plátanos
- nueces
- 2 huevos
- pasas
- agua

1. Aplastar la avena añadiendo moderadas cantidades de agua.
2. Cuando la masa este totalmente picada procederemos quitar la cascara de los plátanos.
3. Ahora debemos aplastar los plátanos en un recipiente a parte hasta que se haga una masa homogénea.
4. Cuando este lista la masa de plátano la debemos juntar con la avena.
5. Cuando juntemos la avena y el plátano debemos unificarlas añadiendo 2 huevos.
6. Cuando la masa este homogénea le añadiremos pasas y nueces a una cantidad que te gusta.
7. Cuando ya tengamos nuestra masa lista procedemos a untar mantequilla a el recipiente donde quieras hacer la tarta.
8. Cuando ya hayamos untado la mantequilla debemos poner la masa en el recipiente.
9. En el momento en el que tengamos la masa en el recipiente lo ponemos en el horno a 180 grados.
10. La tarta debe estar en el horno aproximadamente unos 30 minutos pero depende de la cantidad que hallas querido hacer has de tardar más o menos.
11. Cuando ya halla pasado el tiempo debes sacar la tarta del horno y ya estará lista.

Healthy
FOOD
for wealthy
MOOD





To Erasmus + "Passport to Health" Team

