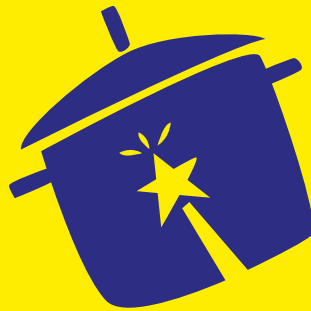




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EASY
COOKING

WRITERS:

Vocational Training Centre Margarita, Greece

E.PSY.ME., Greece

Organization Earth, Greece

Harokopio University, Greece

Arcil, Portugal

Orchardville Society, United Kingdom

Fundació Ramon Noguera, Spain

CREDITS:

Book Editing: Ioannis Bistas, Rozmari Kalogeria, Sofia Karagouni, Maria Mouka, Nikiforos Thomaidis

Photography: Giorgos Samiotis

Book Design: Molivi Design Studio

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Easy Cooking

Cookbook for students with Mental Disabilities

Athens 2019
Vocational Training Centre Margarita



INTRODUCTION

Easy Cooking – “Development of a Cookbook for Students with Mental Disabilities” is an Erasmus+ Project funded by the European Commission and the Greek State Scholarship Foundation.

With a team of aspiring chefs with intellectual disabilities and their supporters, we created this Cook Book in your hands. Easy Cooking Cook Book is full with easy and appetizing recipes from Greece, Spain, Portugal and the United Kingdom.

The project was implemented by the Vocational Training Centers Margarita (Athens, Greece), ARCIL (Lousa, Portugal), Fundacio Ramon Noguera (Girona, Spain), Orchardville (Belfast, UK), E.PSY. ME. (Piraeus, Greece), Organization Earth (Athens, Greece) and Harokopio University (Athens, Greece).

In this gourmet tour we invite everyone! It doesn't matter if you are a beginner in cooking, if you have troubles reading or you don't know the language. There is seat for everyone in our table! Our Cook Book is an easy to read guide.

So come on, get aboard our team! Every good story starts with good food, let us cook together!

easycooking.team

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This publication reflects the views only of the author and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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United Kingdom

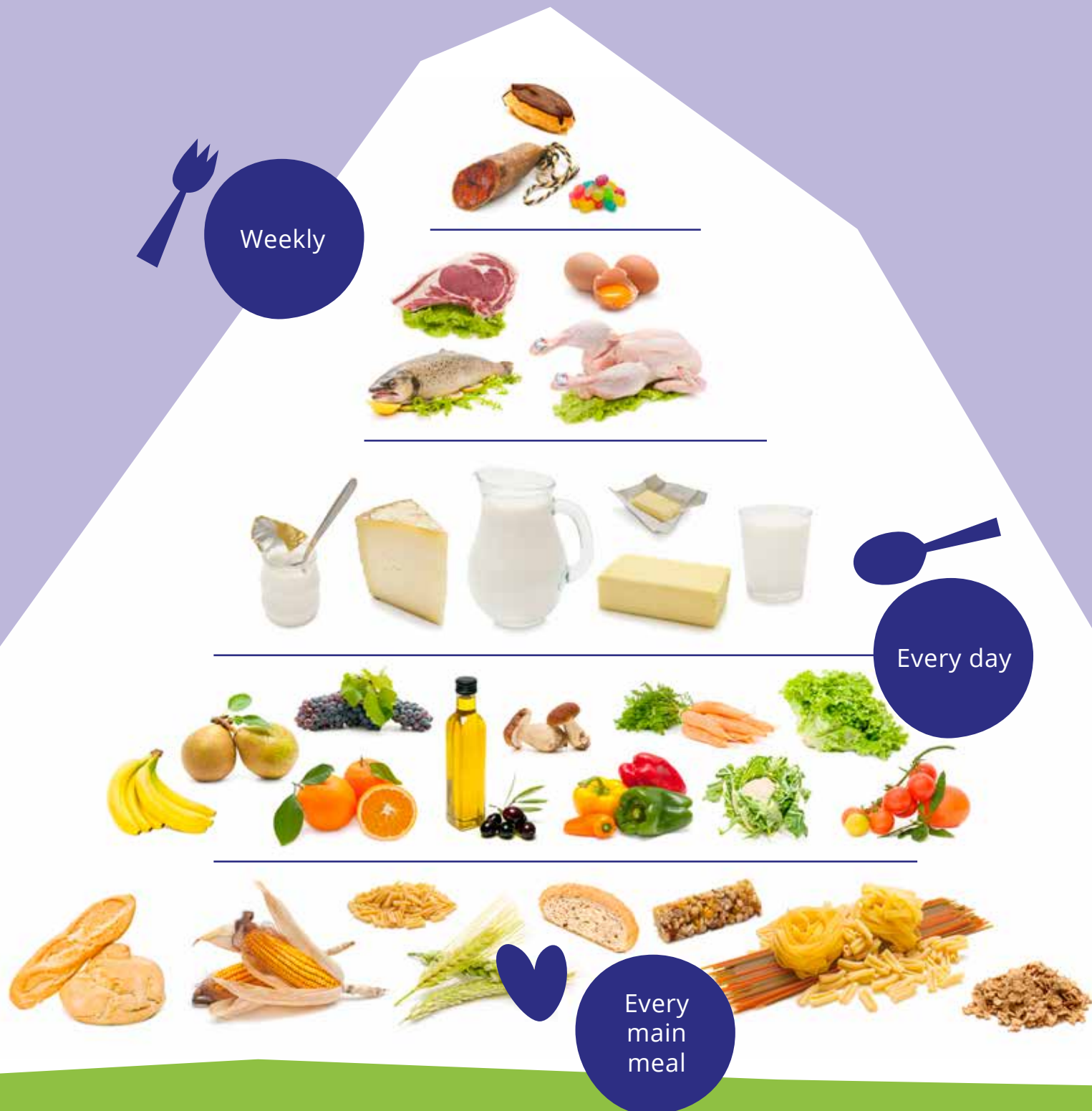


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MEDITERRANEAN DIET PYRAMID & HEALTHY TIPS

Mediterranean diet pyramid today / Adult population



The everyday nutritional plan should contain three basic meals (breakfast, lunch, dinner). These meals should contain three basic elements: **whole grain cereals, vegetables, proteins** e.g. cheese, egg, fish, poultry, meat and seafood

Eat **fruits** between the main meals or as a dessert during the day.

Consume **low fat** dairy products such as low fat yoghurt, cheese and other fermented dairy products. Dairy products play an important role on bone health.

Consume two or more servings of fish (per week), two servings of white meat (per week) and two to four servings of eggs (per week) as good sources of animal protein. Consumption of red meat and processed meats should be in smaller quantity and frequency.

Consume more than two servings of legumes per week. When you combine legumes with cereals (for example lentils with rice) you eat a very good source of proteins.

Consume 1,5-2 liter of **water** during the day. You can reach your daily goal drinking herbal infusions and teas without sugar.

Try to consume seasonable, fresh and unprocessed foods so as to enhance your body with necessary nutrients and components.

As a main source of fat, choose **olive oil**, and preferably **virgin olive oil!** However, it should be used consistently (one-two tablespoon per meal and per person).

Reduce the use of salt. Give taste to your plate by using **spices, herbs, garlic, onions, lemon juice and vinegar.**

As far as potatoes go, eat less than three portions per week. Avoid fried potatoes.

Sweets such as cakes, candies, pastries and beverages with sugar should be consumed in small amounts and left for special occasions.

Moderation: Do not overdo it with the portions. Eat your meal slowly and give time (20 minutes) to your body in order to feel the satiety.

Conviviality is an important component for the social and cultural value of the meal. Cooking, socializing around the table and sharing food with friends and family brings people together.

Physical Activity: Have 30 minutes of moderate physical activity (walking, taking the stairs instead of lift, do the housework, walking from home to your work/school instead of taking the bus etc.) throughout the day.

Adequate Rest: A good night rest/sleep helps your body to stay healthy and full of energy and good mood. Moreover, it is proposed the midday siesta whenever someone have available time.

KITCHEN SAFETY & COOKBOOK SYMBOLS





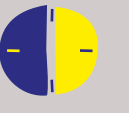

CAUTION!
High Value
Tips!



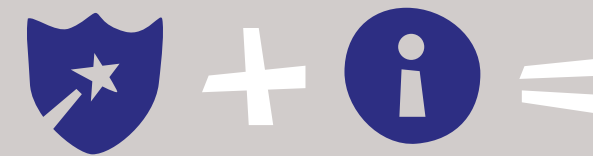
HOW TO USE THIS COOK BOOK

In this cook book, we like to make things easier. In cooking, we need the right quantities of the ingredients. Grams are not the only way to do it! That is why we present all measurements in cups, teaspoons and tablespoons.





So, let us present to you the symbols that you might come across in each recipe.

 Teaspoon (tsp.) = 5 grams*	 Tablespoon (tbsp.) = 10 grams*	 Kitchen temperature Low-Medium-High
 Cups (tea cup) = 200 grams*	 A clock/ timer is necessary for each recipe	 Oven symbol for conventional operation

*Depends to ingredient



BEFORE WE START COOKING...

 Put an apron on	 Put a chef hat on	 Remove any jewelry/ accessories	 Wash your hands
---	---	--	---

IN ORDER TO BE SAFE, MAKE SURE THAT...

 Turn pot and pan handles in the inner side of the kitchen	 Always wear oven gloves to remove anything from the oven or to remove the pot or the lid of the pot	
 Use a wooden board to place the hot pot	 Hold the handle of the knife and always cut on a cutting board	 Never touch a plug or an outlet with wet hands. Never pull by the cord to unplug anything!

Πράσινη Τυρόπιτα



INFO



NUMBER OF PORTIONS:
10 (160 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
Greece



TRADITION: Pies in all their forms and tastes are a traditional dish in Greece and it is believed that the pie pastry was originated in ancient Greece since in Aristophanes' plays there are references to pastries. This particular recipe is also known as the pie of the lazy housewife because it doesn't require you to roll the dough into pastry sheets



NUTRITIONAL VALUE:
It is great as a snack and as a main dish, appetizing and healthy! It is as high in calcium as a glass of milk! It is an antioxidant boost for your body that enhances your overall health!



Energy:
347,1 Kcal/ portion



17,4%

Each portion covers
17,4% of the daily
energy needs.

INGREDIENTS

1½ 



250 grams wheat
flour (1½ tea cups)



2 medium eggs

1½ 



250 ml fresh, low fat milk,
1,5% fat (1½ tea cups)

2 



10 grams baking
powder (2 tsp.)



35 grams fresh dill
(or 70 grams dry dill)



5 fresh onions
(80 grams)



3 zucchinis (300 grams)



Feta cheese
(500 grams)

½ 



100 ml olive oil
(½ tea cup)

½ 



3 grams salt (½ tsp.)

½ 



1 gram pepper (½ tsp.)

COOKING EQUIPMENT



Scale



Measuring jug



Medium bowls



Small bowls



Cutting board



Knives



Grater



Baking paper



Oven pan



Single-use gloves



Oven gloves



PREPARATION

1 Cut the ends of the onions



2 Wash the onions



3 Wash the dill



4 Wash the zucchinis



5 Preheat the oven to 200°C



6 Chop the dill



7 Peel the onions



8 Cut the onions in rings





PREPARATION

9 Cut both ends off of the zucchinis



10 Shred the zucchinis



11 Crumble the feta cheese



12 Crack the eggs



13 Whisk the eggs



14 Gather all the ingredients



15 Place a sheet of baking paper on the oven pan



16 Pour the eggs



17 Pour the milk



18 Pour the olive oil



19 Add the flour



20 Add the baking powder



21 Add the feta cheese



22 Add the onions



23 Add the zucchini



24 Add the dill





PREPARATION

25 Add the salt



26 Add the pepper



27 Mix all the ingredients



28 Put the ingredients in the oven pan



29 Cover the oven pan with mixture



30 Put the oven pan in the oven and bake for 30 minutes



31 Turn off the oven



32 Remove the oven pan



33 Serve



SERVING:

- It is served cold or hot in big pieces
- You can eat it on plate with a fork



HOMEGROWN INGREDIENTS:

Dill, green onion, zucchini



ALLERGENS: Cereals containing gluten, eggs, milk



SAFETY POINTS:

- Use oven gloves when extracting the baking pan from the oven
- Be careful handling the knife



CONTROL POINTS:

- Before cutting the pie let it for some minutes to cool down otherwise it may crumble.
- Completely drain the zucchinis



Pa amb Tomàquet



INFO



NUMBER OF PORTIONS:
4 (110 grams/ portion)



DIFFICULTY LEVEL:
Very Easy



COUNTRY OF ORIGIN:
Spain



TRADITION: Bread with tomato, Pa amb tomàquet as it is known in Catalonia is a sliced bread with half-ripe tomato and seasoned with olive oil and salt. The origin of bread with tomato is bread with oil, which exists throughout the Mediterranean. Tomato entered Europe from the 16th century but was not added to bread with oil, which was already traditional, until about two centuries later.



NUTRITIONAL VALUE:
A very healthy and tasty snack for any time of the day!
Low in calories, full of vitamins, great for your heart!



Energy:
215,3 Kcal/ portion



10,8%

Each portion covers 10,8% of the daily energy needs.

INGREDIENTS



4 big slices of rustic bread
(60 grams each slice)



2 small ripe tomatoes
(180 grams)

2



20 ml olive oil
(2 tbsp.)

1/2



1 gram salt
(1/2 tsp.)



1 clove of garlic

COOKING EQUIPMENT



Bread knife



Knife



Cutting board



Medium bowls



Plates



Toaster



Single-use gloves



PREPARATION

1 Wash the tomatoes



2 Cut the bread in 4 equal slices (60 grams/ slice)



3 Cut the tomatoes in 2 equal parts



4 Peel the garlic



5 Turn on the toaster



6 Toast the bread



7 Turn off the toaster



8 Gather all the ingredients



9 Drop olive oil



10 Rub the clove of garlic across the bread



11 Add a pinch of salt



12 Rub the half tomato across the bread



13 Serve



SERVING:

It can be served in many different ways. The normal thing is to lay the slices in a collective or individual plate. Normally it is eaten without a knife and fork but some people use them to cut the slices.



HOMEGROWN INGREDIENTS:

Tomato, garlic



ALLERGENS: Cereals containing gluten



SAFETY POINTS:

Be careful with bread knife when cutting the bread into slices.



ALTERATIONS:

- You can add basil or oregano, according to your preference, in order to have extra taste
- It is not necessary to toast the bread
- You can add fresh white cheese

Cottage Pie



INFO



NUMBER OF PORTIONS:
4 (370 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
United Kingdom



TRADITION: Cottage pie, is also known as shepherds' pie, is a British meat pie with a mashed potato top. It is traditionally made with left-over roast meat, but today it is more often made with fresh minced or ground meat, most commonly beef. When made with lamb, it is more commonly known as shepherds' pie.



NUTRITIONAL VALUE:
It is a hearty meal, great for hungry stomachs! The healthiest cottage pie you could ever eat since it is a great source of proteins, vitamins, minerals and fiber!



Energy:
345,8 Kcal/ portion



17,3%

Each portion covers 17,3% of the daily energy needs.

INGREDIENTS



Lean minced beef
(500 grams)



1 beef stock cube
(10 grams)



500 ml water (for the stock cube to melt)



2 carrots unpeeled
(144 grams)



1 big onion unpeeled
(110 grams)



15 grams tomato paste
(1 tbsp.)



6 potatoes (900 grams)
unpeeled + enough water
for boiling



5 grams corn flour (2 tsp.)



45 ml low fat milk (5 tbsp.)

COOKING EQUIPMENT



Cutting board



Knife



Peeler



Ladle / serving spoon

COOKING EQUIPMENT



Scale



Measuring jug



Potato masher



Big bowl



Table spoon



Tea spoon



Pot



Ovenproof dish



Fork



Oven gloves



Single-use gloves



Strainer



PREPARATION

1 Wash the carrots



2 Peel the carrots



3 Cut the carrots in rounds



4 Peel the onion



5 Cut the onion in cubes



6 Put 500ml boiled water in a measuring jug



7 Add the beef stock cube



8 Dissolve the beef stock cube in the water



9 Peel the potatoes



10 Wash them thoroughly



11 Cut the potatoes in 4 equal parts



12 Gather all the ingredients





PREPARATION

13 Put the pot and turn the hotplate on at high temperature



14 Put the minced beef in the cooking pot



15 Stir well until the minced beef turns brown (10 minutes)



16 Add the onion



17 Add the carrots



18 Add the tomato paste



19 Add the dissolved beef stock cube



20 Stir well



21 Reduce the hotplate to a medium temperature



22 Leave the pot lid half open and simmer for 30 minutes



23 Turn the hotplate off



24 Fill a pot with water



25 Turn the hotplate on at a high temperature



26 Add the potatoes



27 Close the lid and Boil for about 20 minutes (until are soft)



28 Turn the hotplate off



29 Put the boiled potatoes in the strainer



30 Strain the potatoes



31 Preheat the oven to 200°C



32 Dissolve the corn flour in 10 ml water



33 Mash the potatoes while pouring in the milk



34 Put the cornflour and mash



35 Mash until get mashed (almost 5 minutes)



36 Put the cooked minced beef in an ovenproof dish





PREPARATION

37 Spread



38 Put the mashed potatoes



39 Spread the mashed potatoes and cover the minced beef



40 Spread with a fork



41 Roast for 20 minutes



42 Turn the oven off



43 Remove the ovenproof dish



44 Serve



SERVING:
Serve with a small salad garnish



HOMEGROWN INGREDIENTS:
Carrot, onion, garlic, tomatoes, potatoes



ALLERGENS: Milk



SAFETY POINTS:

- Wear oven gloves when putting dishes in and out of the oven
- Be careful using the peeler, making sure you peel away from your fingers
- When mixing the stock cube up, be careful with the boiling water
- If eaten straight away, the meat will be extremely hot under the mashed potato



CONTROL POINTS:

- Stir the minced beef well, so that it doesn't stick.
- Mash the potatoes while pouring the milk until it forms a soft puree.

Σαλάτα Φακές



INFO



NUMBER OF PORTIONS:
4 (440 grams/ portion)



DIFFICULTY LEVEL:
Easy



COUNTRY OF ORIGIN:
Greece



TRADITION: This recipe is a mix of various traditional Greek ingredients.

- Feta is a protected designation of origin product (P.D.O.). Traditionally is made by sheep's milk or by blending 30% of goat's milk with sheep
- Lentils are the meat of the poor due to its high protein source and they have been a source of sustenance for our ancestors since prehistoric times.



NUTRITIONAL
VALUE:

It is an appetizing dish, light, mouth-watering and full of energy! High in protein, high in fiber, high in good fats, high in vitamins, high in minerals... An abundance of nutrients in your plate!



Energy:
588,2 Kcal/ portion



29,4%

Each portion covers
29,4% of the daily energy needs.

INGREDIENTS



Large lentils
(500 grams)



2 medium red sweet
peppers (200 grams)

1



100 grams sun-dried
tomato (1 tea cup)



Feta cheese
(300 grams)



Fresh parsley
(30 grams)



1 fresh green onion
(25 grams)

5



65 ml olive oil (5 tbsp.)

6



60 ml balsamic vinegar
(6 tbsp.)

1/2



3 grams salt (1/2 tsp.)

COOKING EQUIPMENT



Pot



Strainer



Knife



Cutting board



Ladle / serving spoon



Small bowls



Big bowl



Single-use gloves



PREPARATION

1 Half fill the pot with water



2 Place the pot and turn the hotplate on high temperature (15 minutes)



3 Add the lentils and cook for 30 minutes



4 Turn the hotplate off



5 Strain the lentils



6 Cut the ends of onion



7 Wash the onions



8 Wash the parsley



9 Wash the peppers



10 Chop the parsley



11 Peel the onions



12 Cut the onions in rings





PREPARATION

13 Cut the peppers in cubes



14 Cut the sun-dried tomatoes in small pieces



15 Rub the feta cheese



16 Gather all the ingredients



17 Add the lentils in the big bowl



18 Add the peppers



19 Add the sun-dried tomatoes



20 Add the balsamic vinegar



21 Add the fresh onions



22 Add the parsley



23 Add the feta cheese



24 Add the olive oil



25 Add the salt



26 Mix all the ingredients together



27 Serve



SERVING: Serve it in the glass bowl with a ladle/serving spoon inside for the people to put a portion in their own plate. It is served cold and it is eaten with a fork



HOMEGROWN INGREDIENTS: Lentils, parsley, green onion, peppers.



ALLERGENS: milk



SAFETY POINTS:

- Be careful while boiling and draining the lentils
- Be careful when handling the knife
- Use oven gloves when touching hot objects: putting the cooked products in the bowls, moving the pot, and touching the strainer



CONTROL POINTS:

Boil the lentils for only 30 minutes to make sure they are not over-cooked



ALTERATIONS: A soft cheese of your choice or thick yogurt

Καλοκαιρινό



INFO



NUMBER OF PORTIONS:
4 (350 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
Greece



TRADITION: This recipe is met all over Greece with different names. In the villages of north Serres (a region in the north of Greece) it is called Kalokerino, which means summery because it is a "Summer food". All the vegetables used in this recipe are cultivated during Summer. The variety of vegetables makes it delicious!



NUTRITIONAL VALUE:
It is a rainbow of colors in your plate! It is a light and very healthy dish that lowers blood pressure and protects your heart!



Energy:
254,1 Kcal/ portion



12,7%
Each portion covers 12,7% of the daily energy needs.

INGREDIENTS



2 potatoes (300 grams)
peeled



1 eggplant
(300 grams)



3 peppers
(300 grams)



2 zucchinis (200 grams)
with the ends removed



2 medium onions (200
grams) peeled



200 grams rushed tomato
(1 tea cup)



20 grams tomato paste
(2 tsp.)



5 grams sugar (1 tsp.)



1 clove garlic (optionally)



50 ml olive oil (5 tbsp.)



30 grams fresh parsley



3 grams salt (½ tsp.)

INGREDIENTS



A pinch of pepper



Water (250 ml)



2 grams oregano (1 tsp.)

COOKING EQUIPMENT



Cutting board



Knife



Peeler



Scale



Measuring jug



Pot



Ladle / serving spoon



Medium bowls



A small plate



Single-use gloves



PREPARATION

1 Wash the eggplant



2 Wash the peppers



3 Wash the parsley



4 Wash the zucchini



5 Cut the ends of the eggplant



6 Cut the eggplants in cubes



7 Cut the ends of the peppers



8 Cut the peppers in cubes



9 Cut the ends of the zucchini



10 Cut the zucchini in cubes



11 Chop the parsley



12 Cut the ends of the onions





PREPARATION

13 Peel the onions



14 Cut the onions in cubes



15 Peel the potatoes



16 Wash the potatoes



17 Cut the potatoes in cubes




18 Peel the garlic



19 Gather all the ingredients



20 Put the pot and turn the hotplate on a high temperature 



21 Pour the olive oil



22 Add the onion



23 Add the garlic



24 Sweat for 2 minutes 



25 Add the potatoes



26 Add the peppers



27 Add the zucchini



28 Add the eggplants



29 Stir the ingredients



30 Add the tomato paste



31 Add the crushed tomatoes



32 Add the sugar



33 Add the water




34 Add the salt



35 Add the pepper



36 Lower the temperature to medium 





PREPARATION

37

Cover with the lid and boil for 40 minutes



38

Add the oregano



39

Add the parsley



40

Mix



41

Turn the hotplate off



42

Serve



SERVING:

Served with fork. Accompanied with feta cheese



HEMGROWN INGREDIENTS:

Eggplant, potato, pepper, zucchini, onion, parsley, garlic, tomatoes (instead of tomato paste or canned tomatoes)



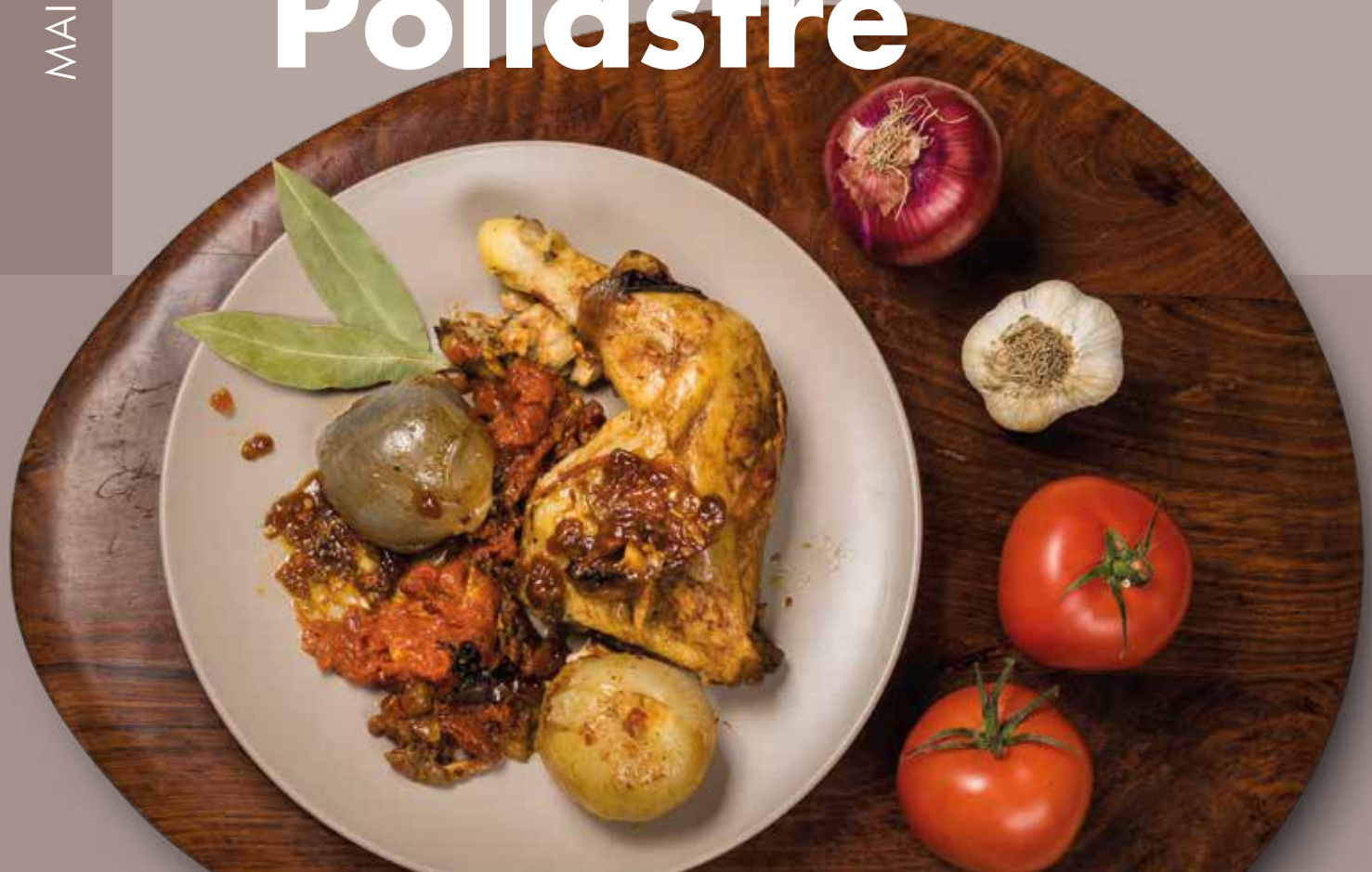
CONTROL POINTS:

- We add the oregano at the end of the cooking in order not to give a bitter taste
- We add the fresh parsley at the end in order not to wither a lot
- Firstly, we add the potatoes and the peppers, because they are harder vegetables and they need more time to be cooked. Afterwards, we add the zucchini and the eggplant that are softer vegetables
- We do not stir with a lot of power or with speed, so not to "destroy" the soft vegetables. If we want to stir the vegetables, we shake the pot and we do not use a scoop



ALTERATIONS: Instead of crushed tomato, you can add canned tomatoes or fresh tomato pulp

Rostit de Pollastre



INGREDIENTS



2 kilograms free range chicken cut in 6 pieces (with bones, and skin)



2 medium onions (300 grams)



1 garlic (20 grams)



1 bay leaf



5 grams salt (1 tsp.)



A pinch of pepper



20 ml olive oil (2 tbsp.)



2 matured tomatoes (240 grams)



50 ml red wine (5 tbsp.)

INFO



NUMBER OF PORTIONS:
6 (350 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
Spain



TRADITION: Traditionally it was a recipe for big celebrations. The poultry was the property of clergymen and wealthy people, or of special occasions. In fact, since middle ages until the middle of the 20th century, peasants raised hens for eggs, but not everyone grown chickens and if they grew up it was to sell them and they saved one to be able to kill it for Christmas or other important occasions.



NUTRITIONAL VALUE:
It is a great dish low in calories and full of proteins. It is great for a healthy immune system and strong muscles!



Energy:
532 Kcal/ portion



26,6%

Each portion covers 26,6 % of the daily energy needs.

COOKING EQUIPMENT



Pot



Wooden spoon



Knife



Measuring jug



Tea spoon



Scale



Cutting board



Medium bowls



Single-use gloves



PREPARATION

1 Wash the chicken



2 Wash the tomatoes



3 Cut the ends of the onions



4 Peel the onions



5 Peel the external cockle of garlic



6 Gather all the ingredients



7 Put the pot and turn the hotplate on on high temperature



8 Put the chicken in the pot until the skin turns brown (10 minutes)



9 Add the olive oil



10 Add the onions



11 Add the garlic



12 Add the bay leaf





PREPARATION

13 Add the salt



14 Add the pepper



15 Lower the heat on medium temperature



16 Keep the pot closed for 10 minutes



17 Stir



18 Add the tomatoes



19 Add the wine



20 Stir and cook for 1 hour (60 minutes)



21 Turn off the hotplate



22 Stir



23 Serve



SERVING:

You weigh 1 piece of ready-to-eat chicken and you put as much as onions and garlic as you like and 2 tablespoons of sauce over the pieces.

The roasted chicken is much better if we cook it the day before. The next day we make a few minutes of "xup-xup" before eating. Xup-xup is a Catalan phrase about warming up yesterday's food taken from the fridge!



HOMEGROWN INGREDIENTS:

Tomato, onion, garlic



SAFETY POINTS:

- The cooking of roast chicken is slow, with patience (speed doesn't work)
- You should wash the onions and garlic after peeling them



CONTROL POINTS:

The mixture is left to boil until the chicken softens (almost 1 hour)



ALTERATIONS:

- You can add a cinnamon stick to the roast. You can make a sofrito of onion, tomato and garlic
- You can add pine nuts and prunes at the end of the bake
- It can also be made with mushrooms, previously sautéed with some oil and garlic
- It can be done with chicken and rabbit in equal parts, and you can add a pork rib
- Prunes are tastier with pits (the seed) although you can choose prunes without pits

Polvo à Lagareiro



INGREDIENTS



Raw octopus (1.8 Kg)



1 small onion (70 grams)



1 gram salt (1/2 tsp.)



Potatoes (1.2 Kg)



6 cloves of garlic (18 grams)



1 bunch of parsley (60 grams)



10 grams fresh coriander (2 tsp.)



1 bay leaf



65 ml olive oil (6 tbsp)

INFO



NUMBER OF PORTIONS:
5 (460 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
Portugal



TRADITION: Lagareiro is a style of cooking fish and mollusks, which has many variants but typically ends in dressing the fish generously with extra virgin olive oil (lagareiro is the owner of an olive oil press) after grilling or roasting.



NUTRITIONAL VALUE:
It is an extremely nutritious and filling dish, equivalent and even better than a multivitamin supplement! It is a balanced dish exceptionally high in protein! It reinforces the immune system and helps to build strong muscles!



Energy:
641,3 Kcal/ portion



32,1%

Each portion covers 32,1% of the daily energy needs

COOKING EQUIPMENT



Pot



Ovenproof dish



Cutting board



Knife



Scale



Measuring jug



Table spoon



Plate



Ladle / serving spoon



Oven gloves



Single-use gloves



PREPARATION

1 Wash the octopus



2 Wash the parsley



3 Wash the coriander



4 Fill the pot with water



5 Put the pot and turn the hotplate on at high temperature



6 Peel the onion



7 Peel the garlic



8 Cut the garlic in slices





PREPARATION

9 Chop the parsley



10 Chop the coriander



11 Put the octopus in the pot



12 Add the parsley



13 Add the onion



14 Close the lid and boil for 80 minutes



15 Turn the hotplate off



16 Wash the potatoes



17 Fill the second pot with water



18 Put the pot and turn the hotplate on at high temperature



19 Put the potatoes in the pot



20 Add the salt



21 Close the lid and boil for 30 minutes



22 Turn the hotplate off



23 Preheat the oven to 180°C



24 Gather all the ingredients





PREPARATION

25 Put the octopus (with onion and parsley) in the ovenproof dish



26 Put the potatoes in the oven proof dish



27 Add the garlic



28 Add the bay leaf



29 Add the olive oil



30 Put the oven-proof dish in the oven for 35 minutes



31 Use a tablespoon to drizzle the octopus and the potatoes with the sauce



32 Turn the oven off



33 Remove the oven-proof dish



34 Serve



SERVING:
Serve in each plate 150 grams of octopus and 3 potatoes (egg sized)



HOMEGROWN INGREDIENTS: Onion, garlic, coriander



ALLERGENS: Mollusc



SAFETY POINTS:

- Carefully rinse the octopus before cooking
- You should wash the onions and garlic after peeling them



CONTROL POINTS:
There are great myths about octopus, its tenderness and how not to get it to taste like rubber.
In general, it is easier to work with frozen octopus than with a fresh one. Octopus does shrink considerably when cooking.

Apple Crumble



INFO



NUMBER OF PORTIONS:
4 (230 grams/ portion)



DIFFICULTY LEVEL:
Normal



COUNTRY OF ORIGIN:
United Kingdom



TRADITION: Crumbles became popular in Britain during World War II, when the crumble topping was an economical alternative to pies due to shortages of pastry ingredients as the result of rationing. To further reduce the use of rationed flour, fat and sugar, breadcrumbs or oatmeal could be added to the crumble mix. The dish was also popular due to its simplicity.



NUTRITIONAL VALUE: It is a healthy choice of fruit dessert, scrumptious and delicious. Good source of fiber for regular bowel function!



Energy:
355,9 Kcal/ portion



17,8%

Each portion covers
17,8% of the daily energy needs.

INGREDIENTS



3 apples unpeeled
(675 grams)



1/2 waterglass



5 grams cinnamon powder (1 tsp.)



50 grams margarine without salt (2 tbsp.)



100 grams caster sugar (6 tbsp.) 3 for apples, 3 for topping



75 grams plain wholemeal flour (3 tbsp.)



25 grams oat flakes (3 tbsp.)

COOKING EQUIPMENT



Peeler



Apple corer



Knife



Pot



Scale



Table spoon

COOKING EQUIPMENT



Tea spoon



Silicone spatula



Measuring jug



Medium bowls



Fork



Oven pan



Sieve



Cutting board



Baking paper



Oven gloves



Single-use gloves



PREPARATION

1 Preheat the oven to 200 °C



2 Wash the apples



3 Remove the apple cores



4 Peel the apples



5 Cut in slices



6 Put the cooking pot and turn the hotplate on on medium temperature



7 Put the apples in



8 Add the water



9 Add the cinnamon



10 Add the 50 grams caster sugar



11 Stir the mixture



12 Close the lid and boil for 20 minutes





PREPARATION

13 Press the apples with a fork



14 Turn the hotplate off



15 Place a piece of baking paper in the ovenproof dish



16 Gather all the ingredients together



17 Sift the flour



18 Add the margarine



19 Add the oat flakes



20 Add the rest of the caster sugar



21 Mix the ingredients



22 Put the cooked apples in the ovenproof dish



23 Spread all the mixture (until the bottom is covered)



24 Pour the crumb mixture over the apples



25 Spread



26 Bake to 200°C for 15 minutes



27 Lower the temperature to 180°C and bake for 45 minutes



28 Turn the oven off



29 Remove the ovenproof dish



30 Serve



SERVING:
Serve in plate by the slice, or with fromage frais or custard if desired



ALLERGENS: Cereals containing gluten



SAFETY POINTS:

- Wear oven gloves when putting dishes in and out of the oven
- Crumble will be very hot when taken out of the oven, so be careful if eating it straight away



CONTROL POINTS:

- Close the lid of the pot and boil until the apples are soft (20 minutes)
- Rub the mixture in with your fingertips until it looks like breadcrumbs
- Spread evenly and gently the crumb mixture
- Lower the temperature to 180 °C for 45 minutes (or until the upper part's colour turns gold)



ALTERATIONS: This is also delicious made with rhubarb or plums, or a mixture of 2 or more fruits e.g. apple and rhubarb, plum and cherry or apple and blackberry. It will also work well with tinned fruit in natural juice (drained) for example tinned peaches or pears.

Tigelada



INGREDIENTS

1

150 grams sugar
(1 tea cup)

3

30 grams flour
(3 tbsp.)

6 eggs



Zest of 1 lemon

3

15 grams cinnamon
powder (3 tsp.)

4

750 ml low fat milk, 0-1,5%
fat (4 tea cups)2 cinnamon sticks
(for decoration, not edible)A few slices of lemon
(for decoration)

INFO

NUMBER OF PORTIONS:
6 (210 grams/ portion)

DIFFICULTY LEVEL: Easy

COUNTRY OF ORIGIN:
Portugal

TRADITION: Tigelada is a sweet speciality (traditionally prepared in ceramic or terra cotta pans) that was firstly baked in the kitchens of convents. It resembles creme-brulee but has slightly different components.



NUTRITIONAL VALUE:
It is a delicious dessert, ideal for people for a sweet tooth! It is a great source of vitamin D for healthy bones!

Energy:
252,2 Kcal/ portion

12,6%

Each portion covers
12,6% of the daily energy
needs

COOKING EQUIPMENT



Ovenproof dish



Medium bowls



Small bowls



Measuring jug



Whisk



Zester



Knife



Single-use gloves



PREPARATION

1 Preheat the oven to 220°C



2 Wash the lemon



3 Cut the lemon



4 Shred the lemon



5 Peel the lemon



6 Crack the eggs



7 Whisk the eggs



8 Gather all the ingredients





PREPARATION

9 Add the lemon zest (in the bowl with eggs) and whisk



10 Add the cinnamon powder and whisk



11 Add the milk and whisk



12 Add the sugar in the flour



13 Mix sugar with flour



14 Add the mix of flour and sugar



15 Mix all the ingredients



16 Put all the ingredient in an ovenproof dish



17 Bake in the oven for 40 minutes to 220°C



18 Turn the oven off



19 Remove the oven proof dish and let it cool



20 Serve



SERVING:
Garnish with the lemon peels and the cinnamon quills



ALLERGENS: Cereals contain gluten, eggs, milk



ALTERATIONS:

- Put 1 tablespoon of sugar at the bottom of the saucepan
- Use the "terra cotta", in order to have the best flavour

Παστέλι



INFO

15
NUMBER OF PORTIONS:
15 sesame bars

High
DIFFICULTY LEVEL: High

Greece
COUNTRY OF ORIGIN:
Greece



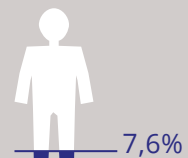
TRADITION: Pasteli or in English Sesame Bar is a sweet made in Greece from the ancient years till nowadays. It is a sweet traditionally offered in weddings in many Greek islands as it symbolizes fertility.



NUTRITIONAL VALUE: The best choice of a sweet snack you could ever make! Extremely high in calcium for strong bones. It has essential fats for healthy brain function and a mood booster!



Energy:
152,9 Kcal/ portion



Each portion covers
7,6% of the daily
energy needs

INGREDIENTS

3



300 grams of sesame
(3 tea cups)

 $\frac{3}{4}$ 

125 grams of honey
($\frac{3}{4}$ tea cup)

3



25 grams of sugar
(3 tbsp.)

COOKING EQUIPMENT



Fry Pan



Small pot



Baking paper



Rolling pin



Knife



Scale



Silicone spatula



Single-use gloves




PREPARATION

- 1** Put the frying pan on hotplate and turn on the hotplate at a medium temperature. 



- 2** Put the sesame in the frying pan.



- 3** Roast the sesame seeds for 10 minutes (until they have a golden color). Stir the mixture continuously. 



- 4** Turn off the hotplate and remove the frying pan.



- 5** Put the pot on a hotplate and turn it on at a medium temperature. 




- 6** Put the honey in the pot.



- 7** Then add the sugar.



- 8** Stir for 2-3 minutes (until it starts boiling). After it starts boiling wait for three more minutes for the mixture to thicken. 



- 9** Put the sesame in the pot.



- 10** Stir the mix until it becomes paste.



- 11** Spread one baking paper sheet.





PREPARATION

12 On the half baking paper sheet put the mixture.



13 Use the other half to cover the mixture.



14 Then using the rolling pin spread the mixture with the rolling pin (until it is 1 centimeter thick).



15 While the mixture is still warm mark the pieces and cut.



17 Serve and Enjoy!



SERVING:

- If you want to keep it for many days wrap each sesame bar with a piece of zelatine.
- It is best served on lemon leaves for additional flavor and aroma.



ALLERGENS: Sesame seeds



SAFETY POINTS:

- Be careful of the hotplate.
- Be careful when handling the hot cooking equipment.



CONTROL POINTS:

- If the honey is crystallized warm it up first with bain-marie (water bath).
- At the moment you spread the mixture to the paper sheet, you have to mark it in pieces.
- While it is still warm, mark the cutting lines, let it stand in room temperature for a couple of hours before cutting.



ALTERATIONS: You can add in the sesame bar almonds and pistachios for extra taste!

Enjoy!

