



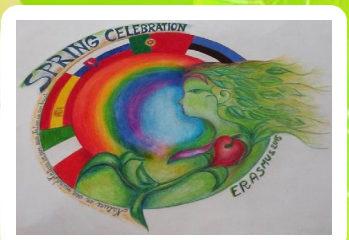
Erasmus +



HAPPY EATER

The Book of Recipes

**Spring Celebration Project
(2015 – 2018)**



Preface

This publication was created by Spring Celebration team under Erasmusplus project. The main idea was to present healthy food and meals which could be easily prepared by everyone. In today's world we can hardly say what is healthy and good for people to eat, but we must try to avoid unhealthy and junk food which are bad for our bodies. This book of recipes was done in cooperation of all participated countries in this Erasmusplus project. Respectively you can try to prepare and taste different light meals offered from these countries:

Slovakia



Estonia



Italy



Portugal



Spain



Your Spring Celebration team,



Enjoy your meal!

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Broccoli cake

(Quiche with broccoli, ham and cheese.)

Dough: 180 g flour
1 egg
100 g soft butter
little salt



Stuffing: 250 ml sour cream
200 g cooked broccoli
100 g ham
2 eggs
50 g hard cheese (Emmental)
1 onion / or leek
little salt and pepper



Instructions:

1. Put flour, egg and butter together and make a soft dough.
2. Roll it with rolling pin into 3 cm wider shape than prepared cooking form.
3. The dough put into greased baking tin and form the sides.
4. Put chopped onion on a pan and stew it.
5. Add chopped ham into pan and stew it on onion for few mins.
6. Let it cool.
7. In a bowl, mix sour cream with eggs, add spices and pour cooled ham mixture.
8. Cover it with small slices of broccoli.
9. Spread the mixture over the dough and put it into the oven for 25 minutes at 180 °C.
10. Take it out from oven and cover it with chopped hard cheese and bake it for 10 mins.
11. Let it cool, cut it in small pieces and serve it as a broccoli cake.

Homemade baked muesli



Ingredients: 150 g oat flakes (75 g classic and 75 g spelt – optional)
60 g mix of dried nuts and seeds (walnuts, hazel nuts, almonds, flax seeds, sunflower seeds)
50 g dried fruit – raisins, cranberries, apples
50 g coconut
2-3 tbsp honey
1 teaspoon of ground cinnamon

Instructions:

1. Put oat flakes together with coconut, chopped nuts and cinnamon into a bowl.
2. Mix it all with a fork.
3. Add honey (as needed, usually 2 or 3 tablespoons)
4. Mix it all again.
5. Spread the mixture over the baking tin (plate) lined with baking paper
6. Put it into the oven for approximately 10 mins at 150°C
7. Take it out of the oven and cover the baked mixture with dried fruit (raisins, cranberries and apples)
8. Put it into the oven for next 10 mins.
9. After it is ready put it out and let it cool. Keep it in closed bowl.
10. Serve it according to your taste with milk, yoghurt or hot pudding.





Healthy vegetable spreads.



a) Carrot – curd cheese spread.

- Ingredients:**
- 100 g soft curd cheese
 - 100 g margarine
 - 1 carrot
 - 1 garlic
 - little of chopped ginger
 - chopped fresh chive
 - little salt

Instructions:

1. Mix curd cheese with margarine in a bowl.
2. Add softly chopped carrot, pushed garlic, chopped ginger and salt.
3. Mix it all together.
4. Spread it all over small pieces of rolls or croissants (bread slices).
5. Cover with chopped fresh chive.

b) Broccoli spread.

- Ingredients:**
- 150 g broccoli
 - 2 tbsp white yoghurt
 - 2 tbsp margarine
 - 50 g hard cheese
 - 2-3 spring onions
 - rucola (or parsley)
 - little salt and pepper

Instructions:

1. Cook broccoli on steam to be soft for approximately 10 mins.
2. Chop hard cheese.
3. Mash cooked broccoli and mix it with yoghurt, margarine and chopped cheese.
4. Add chopped onions and little of salt.
5. Spread it all over small pieces of rolls or croissants (bread slices).
6. Cover with chopped parsley (or rucola).

c) Beans with cheese spread.

- Ingredients:**
- 150 g beans
 - 2 tbsp margarine
 - 2-3 soft cheese (triangles)
 - little mustard
 - parsley / chive
 - little salt

Instructions:

1. Cook beans so they are soft.
2. Mix margarine with cheese.
3. Mash the beans and add them into cheese and margarine mixture.
4. Add mustard and little of salt.
5. Spread it all over small pieces of rolls or croissants (bread slices).
6. Cover with chopped parsley or chive.





Apple bombs

Ingredients:

- 2,5 dl white flour
- 0.75 tsp baking soda
- 3 tsp sugar (powder / crystal)
- 75 g butter or margarine
- 4 tsp water
- 4 small or 2 big apples
- 1 tsp cinnamon
- Whisked egg



Instructions:

1. Put flour, baking soda and butter into the bowl.
2. Stir flour, baking soda and butter.
3. Add water and stir more carefully.
4. Put the dough to the fridge: +5 degrees for 5 minutes
5. Peel the apples and remove the core.
6. Take out the dough from the fridge.
7. Roll the dough and divide it to the pieces according to the numbers of apples.
8. Cover the apples with cinnamon and sugar.
9. Wrap apples with dough and brush with whisked eggs.
10. Bake 225° degrees for 20 minutes.



Barley scones



Ingredients:

- 2,5 dl sour milk
- 1 egg
- 0,5 tsp salt
- 1 tsp sugar
- 2 tbsp oil or melted butter
- 3 dl barley flour
- 1 tsp baking soda
- cumin

Instructions:

1. Put egg, salt and sugar into bowl.
2. Whisk egg with salt and sugar.
3. Add sour milk, melted butter, cumin, barley flour and baking soda.
4. Mix and stir everything into dough.
5. Put the dough on the cooking tray.
6. Create different shapes (hearts, triangles, rolls, squares etc.)
7. Put them on a baking tray and put it into the oven.
8. Bake it in the oven 200° degrees for 20-25 min.
9. The best is served when still warm.





Mashed eggbutter

Ingredients:

- 100 g butter (on room temperature)
- 4 boiled eggs
- salt
- chopped parsley or chives

Instructions:

1. Put the eggs into water and boil them. (10 minutes)
2. Take out the eggs, peel them and cut them into thin pieces.
3. Add butter, chopped parsley or chives and mix it all together.
4. Eat with dark bread.



Pizza scima

Ingredients:

- 1 kg of flour
- 1 glass of extra virgin olive oil
- 1 glass of white wine
- 1 glass of water
- A pinch of salt
- Cooking salt to taste

Instructions:

1. Pour sieved flour thinly on the pastry board and make a hole in it.
2. Add oil, wine, water and a pinch of salt little by little.
3. Knead the dough, and shape a soft loaf of bread.
4. Lay the dough and draw rhombuses with a knife on the surface.
5. Bake it at 180 °C for 20 minutes.





Sagne e fagioli

(Pasta and beans)

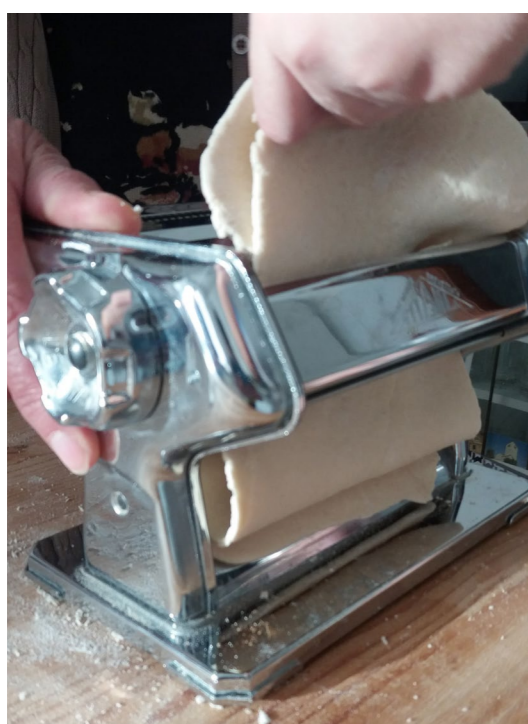


Ingredients:

50 g of flour
125 ml of water
a teaspoon of salt

Instructions:

1. Mound the flour on a kitchen work and make a well in the middle.
2. Add salt and water.
3. Knead with hands.
4. The dough is hard to work: use the palm of the hands.
5. Roll out the dough with a rolling pin or with a pasta machine: pass it several times until the dough becomes smooth and thin.
6. Add flour when you need.
7. Make several strips, first vertical and then horizontal.
8. Take a strip and dust with flour.
9. Cut the sagne: size should be 1 cm in width and 6-8 cm in length, 1.5 mm thick.



Ingredients:

400 g Borlotti canned beans
4 tablespoons olive oil
2 slices of onion
2 carrots
2 stalks of celery
66 ml of tomato sauce
a pinch of salt

Instructions:

1. Put the Borlotti beans in a pan, add water, a stalk of celery and carrot.
2. When the water is hot add salt.
3. Cover the pot and cook for about 45 minutes.
4. In a pan put the olive oil, the carrot, the onion and the celery.
5. Brown for a couple of minutes.
6. Add the tomato sauce and cook for about 10 minutes.
7. Add the beans and a ladle of beans cooking water and continue cooking for about ten minutes. 8. Boil water in a pot, add salt and put the sagne.
9. Stir gently.
10. Bring back to the boil for two minutes.
11. Drain the pasta.
12. Put the sagne into the saucepan with the beans.
13. Add a ladle of cooking water from the beans.
14. Stir for a few minutes.



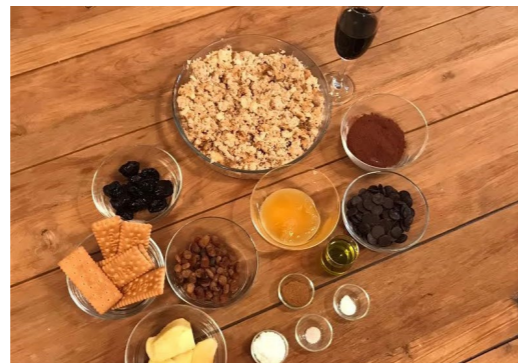


Torta al pane ortonese

(Ortonese bread cake)

Ingredients:

- 440g dried bread
- 400g dried bread
- 200g biscuits
- 200g dried fruit
- 100g raisins
- 150g honey
- 150g dark chocolate
- 50g unsweetened cocoa powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 glass “mosto cotto” (grape syrup)
- 1 small glass extra virgin olive oil
- 3 spoons icing sugar
- 1 pinch salt
- 1 glass milk



Instructions:

1. In a large bowl crumble dried bread together with biscuits; pour in grape syrup (mosto cotto), honey and milk, mix all the ingredients slowly.
2. When mixture is quite soft add cocoa, dark chocolate or chocolate chips, raisins, dried fruit, vanilla and salt.
3. Mix all ingredients.
4. Oil a cake pan, pour the mixture in and bake at 180 C for 40 mins.
5. When cake is ready and cool, sprinkle with icing sugar.

Broccoli cream soup



Ingredients:

- 1 medium size zucchini
- 2 medium size onions
- 3 big garlic cloves
- 1 small size cauliflower
- 400 g broccoli
- 1 tbsp salt
- 2 ½ tbsp olive oil
- 2 tbsp sour cream
- water



Instructions:

1. Put the water, the salt and 2 tablespoons of olive oil into a saucepan.
2. Peel the onions and cut them in halves. Peel the garlic cloves. Cut the zucchini into slices and the cauliflower and the broccoli into small pieces.
3. Put all cut vegetables into the saucepan: the onions, the garlic cloves, the zucchini, the cauliflower and the broccoli.
4. Bring to boil.
5. Add the remaining ½ tablespoon of olive oil and the sour cream and stir everything very well until creamy.
6. Serve warm





Grilled chicken with brown rice

Ingredients:

- 2 chicken steaks
- ½ tsp salt
- ½ tsp olive oil
- 1 cup rice
- 2 ½ cups water
- 2 big garlic cloves
- 1 medium leek
- 4 spring onions
- red hot pepper

Instructions:

1. Put water into a saucepan and bring it to a boil.
2. When boiling place the rice and lower the temperature.
3. Let it cook for 30 minutes.
4. While rice is cooking cut the vegetables into very small pieces.
5. When the rice is cooked remove the rice from the heat.
6. Add salt and olive oil to the rice and mix it.
7. Add the vegetables and wrap (mix) everything up nicely.
8. Fry the chicken steaks, put it all together and serve.



Avocado and banana chocolate mousse

Ingredients:

- 1 medium avocado
- 1 medium banana
- 2 dried figs
- 5 tbsp cocoa
- 125 g natural yoghurt

Instructions:

1. Place the peeled and cut fruit into the mixer cup.
2. Add the cocoa and the yoghurt.
3. Mix everything and serve fresh.





Allioli

Ingredients:

- 1 egg
- 2 cloves of garlic
- 250ml of Olive oil
- a pinch of salt
- bread and tomato

Instructions:

1. Put the raw egg, peeled garlic and salt in a bowl.
2. Mix them with a mixer and add oil slowly while you mix.
3. Add a few drops of lemon juice to finish. The sauce will be ready in 5 minutes
4. Spread allioli on toasted bread.
5. You can also use allioli on grilled meat or oven baked potatoes.



Calçots

(A type of onion)

Ingredients:

- 3 Dry red pepper roasted
- 3 boiled tomatoes
- 2 head of garlic
- vinegar
- oil
- 100g of almonds
- 75g of hazelnuts
- fried bread

Instructions:

1. Put the garlic and tomatoes together in the oven for 30' in a tray
2. Put the bread, dry red pepper, almonds, hazelnuts, vinegar and oil in the mincer to make a sauce.
3. Mix it.
4. Put the sauce in a bowl to dip the special onions called "Calçots"





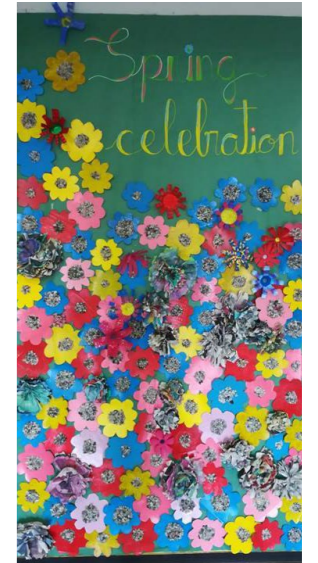
Catalan cream

Ingredients:

- 6 big egg yolks
- 1 litre of milk
- 200gr of sugar
- 50gr of cornstarch
- lemon peel and orange peel
- 1 stick of cinnamon

Instructions:

1. Put milk and lemon and orange peel in a pot to heat.
2. Add cinnamon.
3. Bring it to a boil and then take out the peels.
4. Mix raw egg yolks with cornstarch and sugar and beat them.
5. Add them to the warm milk and don't boil it just heat until creamy.
6. Remove from the heat.
7. Leave it to cool down in clay dishes.
8. Put in the fridge for 3 hours.
9. Sprinkle a thin layer of sugar and caramelize with a kitchen blowtorch.



About us.



Our project „Spring Celebration“ is predominantly aimed at environmental activities so we want to emphasize the importance of environmental education as well as to make students aware of environmental issues, healthy life, sport and protecting the nature. One of the main objectives will be to work out the pedagogical document which will include detailed steps how to teach environmental education (give some lessons), by using various activities as well as by using other subjects (non environmental) for reaching this objective. But the most important objective of all will be to activate and engage all students into this process, to teach them how to be ecological, how to care about our environment, how to treat with nature, how to look at our planet and its resources, how to create better world to live in.



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This publication offers you 15 light meals which are delicious and easy to prepare. Each recipe is described in details and illustrated by some photos. We tried to offer you healthy and typical food from the countries of our Erasmusplus partnership. You can taste meals from the following countries: Slovakia, Estonia, Italy, Portugal and Spain.

Enjoy your meal!