



## LATVIA

# ABOLU PANKUKAS

(APPLE PANCAKES)

### INGREDIENTS

1. 200 grams plain flour
2. 300 ml pouring cream
3. 2 eggs separated
4. 30 g caster sugar
5. pinch of salt
6. 200 grams apple grated (around 3 medium apples)

### DIRECTIONS

1. In a medium bowl whisk together egg yolks, cream, sugar and salt. Then mix through the flour until completely combined.
2. While your dough is resting, whip up your eggs whites to soft peak stage.
3. Once your dough has rested, grate or thinly slice your apples.
4. Mix both apple and egg whites into your dough.
5. In a nonstick pan add  $\frac{1}{2}$  tablespoon of butter and melt over a medium/low heat. Once melted add  $\frac{1}{2}$ c of the mixture to your pan. Cook over medium/low heat. Repeat this process with the remainder of the mixture. It will make roughly six pancakes.
6. Serve with spiced sour cream: In a small bowl mix 150g sour cream, 1  $\frac{1}{2}$  teaspoons of brown sugar,  $\frac{1}{2}$  teaspoon nutmeg  $\frac{1}{2}$  teaspoon of cinnamon.



*Our suggestions to make it healthy!!*



1. **Oat Flour instead of plain flour:** This gluten-free flour is made from ground oats. It has a slightly nutty flavor that tastes great. The fiber from the oats makes it a healthy option.
2. **Use Custard than pouring cream:** Cream has more than three times more calories than bought custard. Although custard has quite a bit of sugar, cream has a lot more fat, which is what pushes up the calories. Plus, custard has twice the calcium.
3. **Serve with fresh fruits, honey or nuts**



## GERMANY GRIESSBREI (GERMAN SEMOLINA PUDDING)

### INGREDIENTS

1. 350ml milk
2. 1teaspoon vanilla extract
3. 2tablespoons sugar
4. 40g semolina

### DIRECTIONS

1. In a saucepan mix whole milk, sugar and vanilla.
2. Bring milk to a boil being careful not to burn it. Reduce heat to medium.
3. Using a wire whisk stir in semolina and simmer for 5 minutes until semolina has thickened lightly.
4. Remove from heat, fill into serving bowls and allow to chill until completely also eat this lukewarm, when it is still creamy.
5. Serve with compote of your choice, cream or cinnamon-sugar.



### Our suggestions to make it healthy!!

1. **Use almond milk:** Whole milk, also labeled as full-fat milk or vitamin D milk, has a fat content of at least 3.25%. No fat is removed from the milk during processing. **Almond milk** is a plant-based milk with a watery texture and nutty flavor manufactured from almonds. It does **not** contain cholesterol or lactose and is low in saturated fat.
2. **Use cane sugar.** Cane sugar is sugar that has not been refined. Since it has undergone less processing, it has more vitamins. Eating too much sugar can contribute to people having too many calories, which can lead to weight gain. Being overweight increases your risk of health problems such as heart disease and type 2 diabetes.
3. You can serve with **fresh fruit** instead of cream.





## GREECE MOUSAKA

### INGREDIENTS

1. 500g baby spinach, chopped
2. 2 leeks, halved lengthways and sliced
3. 5 tbsp olive oil, plus 6 tbsp to brush the pastry
4. a small bunch spring onions, sliced
5. 200g feta, crumbled
6. a handful dill, chopped
7. 150g (about 6 sheets) filo pastry

### DIRECTION

1. Put the spinach in a large colander and pour over boiling water to wilt it. Drain and cool and squeeze out as much water as possible.
2. Use a frying pan to gently cook the leeks and spring onions in olive oil with a pinch of salt until they are really soft. Add the spinach, feta and dill, and mix well.
3. Oil a 20 x 20cm baking tin. Brush 4 of the filo sheets with olive oil and use them to line the tin, leaving some of the pastry overhanging. Tip in the filling then cut the remaining filo sheets in half, brush with oil and drape over the top. Bring in the overhanging edges to seal everything in. Lightly score the top into 4 quarters but don't cut all the way through the pastry.
4. Bake in the oven for 30-35 minutes.



### Our suggestions to make it healthy!!

1. **Use low fat feta cheese:** Feta has a high sodium content. It contains saturated fats as well. Excessive sodium in your diet has been shown to contribute to high blood pressure.
2. **Filo pastry:** Instead of using filo pastry we are making a home-made pastry using healthy ingredients. Water, flour (whole wheat if you like) and little olive oil.
3. **Bake vegetables in the oven** instead of frying. Spread vegetables in a single layer on a large rimmed baking sheet; bake, flipping halfway through, until are really soft. Fried foods are high in saturated fat and trans-fat, so they promote plaque buildup in arteries that can put you at risk for coronary artery disease, heart failure, heart attack, and stroke





## POLAND

### BABKA BREAD

#### INGREDIENTS

1. 1/2 cup (113g) whole milk
  2. 3 large eggs, at room temperature
  3. 1/4 cup (50g) sugar
  4. 4 tablespoons (57g) butter, 2 cups (240g) All-Purpose Flour
  5. 2 teaspoons instant yeast
  6. 1/4 cup (43g) currants or raisins, 1/4 cup candied mixed peel or mixed dried fruit
- Rum syrup
- 1/2 cup (99g) sugar, 1/4 cup (57g) water, 2 tablespoons rum



#### DIRECTIONS

1. Place everything except the fruit in a mixing bowl, and beat at medium speed until cohesive.
2. Add the fruit, beating gently just to combine. Cover the bowl, and let it for 60 minutes
3. Scoop the butter into a greased pan and bake the babka for 35 to 40 minutes least 190°F.
4. While the babka is baking, prepare the rum syrup. Combine all of the syrup ingredients in a small saucepan set over medium heat. Bring the mixture to a bowl, and boil, swirling the liquid in the pan, until the sugar dissolves. Remove from the heat.
5. Remove the babka from the oven and slowly pour the syrup over the babka's surface.

#### Our suggestions to make it healthy!!

1. **Use soya milk:** Whole milk, also labeled as full-fat milk or vitamin D milk, has a fat content of at least 3.25%. No fat is removed from the milk during processing. **Almond milk** is a plant-based milk with a watery texture and nutty flavor manufactured from almonds. It does **not** contain cholesterol or lactose and is low in saturated fat.
2. **Use Stevia:** Cane sugar is sugar that has not been refined. Since it has undergone less processing, it has more vitamins. Eating too much sugar can contribute to people having too many calories, which can lead to weight gain. Being overweight increases your risk of health problems such as heart disease and type 2 diabetes.
3. **Oat Flour instead of all-purpose flour:** This gluten-free flour is made from ground oats. It has a slightly nutty flavor that tastes great. The fiber from the oats makes it a healthy option.





## SPAIN

## HAM CROQUETAS



### INGREDIENTS

1. 150g serrano ham, chopped into small pieces
2. 1 bay leaf, 75g butter, 75g whole brown flour
3. 500ml whole milk, 50g Manchego, grated
4. a grating nutmeg, 2 eggs beaten, 100g dried breadcrumbs
5. groundnut oil, for deep frying

### DIRECTIONS

1. Heat a non-stick pan and fry the ham and bay leaf gently until any fat has melted off the ham, then scoop it out leaving the fat behind.
2. Add the butter to the pan and, when it has melted, stir in the flour to make a thick paste.
3. Gradually stir in the milk until you have a smooth sauce.
4. Add back the bay leaf and ham and simmer over a low heat for 10-15 minutes. Add the cheese and stir until melted, then add a good grating of nutmeg and season really well.
5. Mix and roll each into balls. Put the beaten egg on one plate and breadcrumbs on another. Roll the balls in the egg then the crumbs.
6. Fill a pan no more than  $\frac{1}{3}$  full with oil and heat to 180C, then deep fry the balls in batches for 2-3 minutes until crisp and golden.

### Our suggestions to make it healthy!!

1. **Manchego** cheese is high in saturated fats and cholesterol. You can use Monterey cheese it is lower in fat and cholesterol content.
2. **Use skimmed milk:** is made when all the milkfat (**Cream**) is removed from whole milk
3. **Bake in the oven. Don't deep fry**





# TURKEY

## MANTI (RAVIOLI WITH LAMB)



### INGREDIENTS

#### Dough:

- 2 cups all-purpose flour, ½ teaspoon salt
- 2 large eggs
- ½ teaspoon water, or as needed

#### Filling:

- 2 onions, peeled
- ½ pound ground beef
- salt and pepper to taste

#### Yogurt Sauce:

- 1 (8 ounce) container plain yogurt
- 1 tablespoon minced garlic

### DIRECTION

1. Make filling: Shred onions and place them in a colander or sieve set over a bowl; drain and discard juice. Combine drained onion, ground beef, salt, and pepper in a medium bowl; mix well with a spoon until mashed. Set filling aside.
2. Lightly flour a work surface and a large plate.
3. Divide dough in half. Roll dough on the floured surface as thin as possible. Cut into 2-inch squares
4. Place about 2 teaspoons filling in the center of each square. Gather the edges of dough and pinch them together at the top to form a bundle.
5. Make sauce: Stir together yogurt and garlic in a small bowl
6. Bring a large pot of salted water to a boil over medium-high heat. Cook manti in boiling water for 20 to 25 minutes. Drain well. Spoon yogurt sauce over manti and serve

### Our suggestions to make it healthy!!

1. **Oat Flour instead of all-purpose flour:** This gluten-free flour is made from ground oats. It has a slightly nutty flavor that tastes great. The fiber from the oats makes it a healthy option.
2. **Use Cottage Cheese instead of yogurt:** Cottage cheese is an excellent source of calcium, a mineral that plays a major role in tooth and bone health, and in the prevention of osteoporosis. It also helps you to regulate your blood pressure

