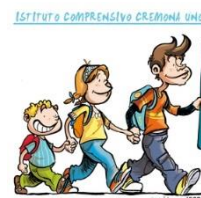




Traditional food

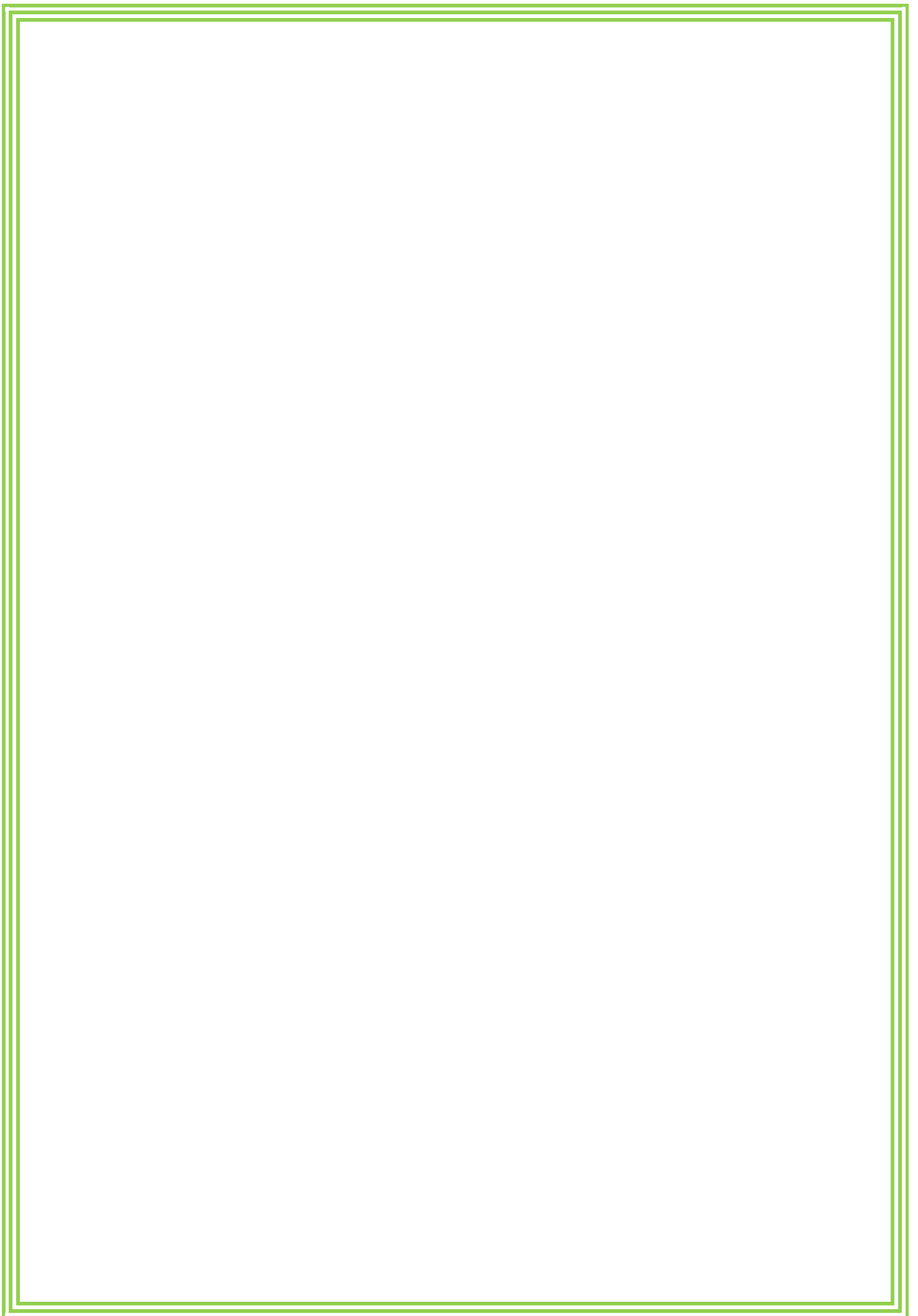
healthier



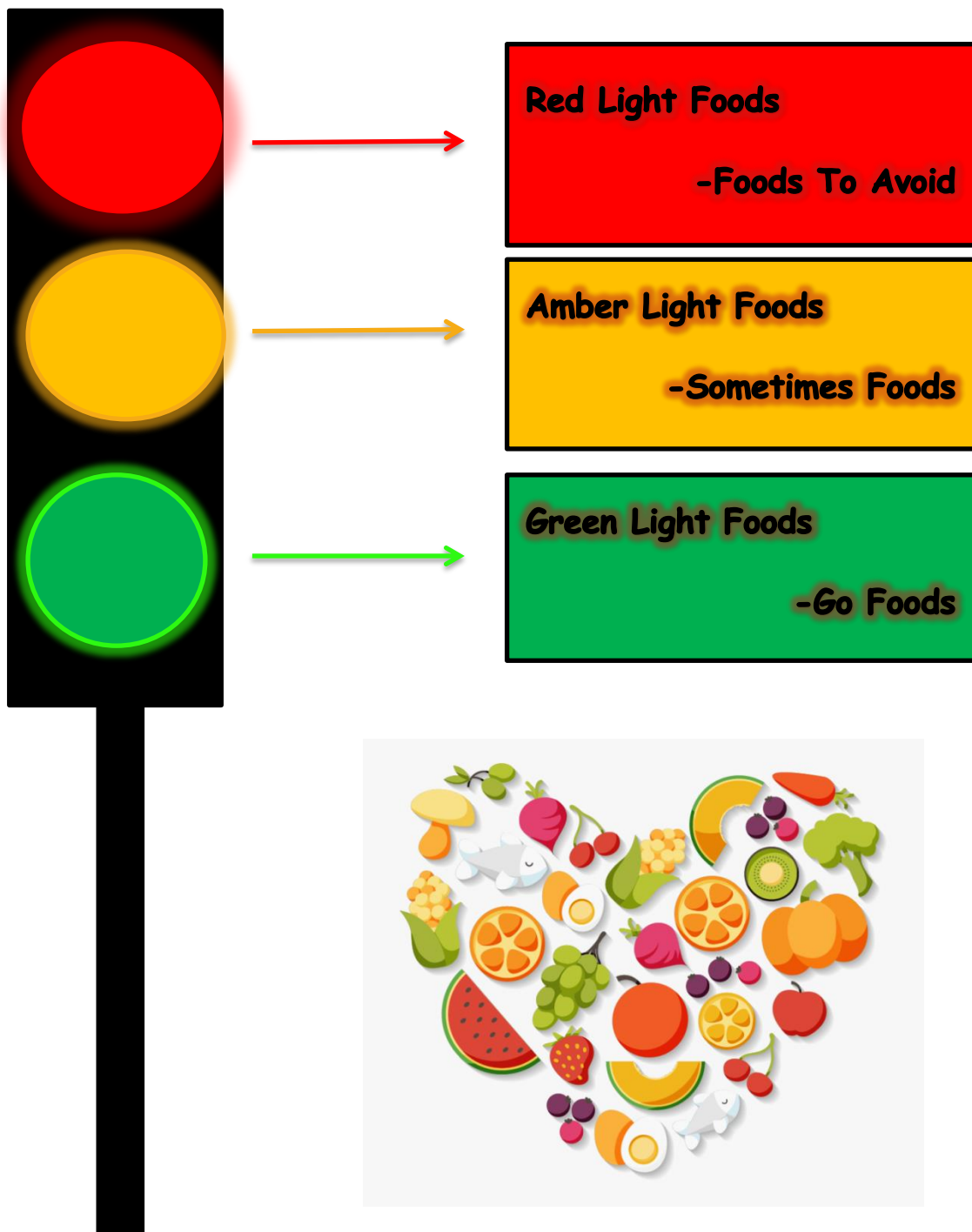
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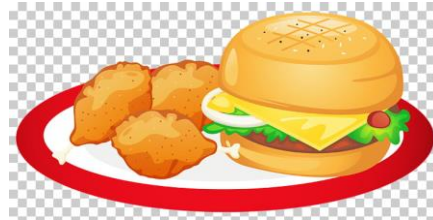
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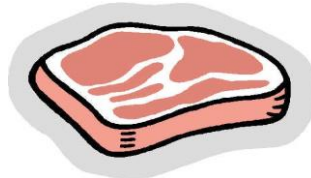
A Healthy lifestyle is a choice, because we can choose it, the way we live, the way we eat, the way we act, the way we think. We think it is necessary and important to develop among the young generations the awareness of the importance of a healthy life.



Red - limit consumption - confectionery, saturated and trans fats and oils, fried foods, sweetened drinks, junk foods, sweet spreads and toppings;



Amber - choose carefully - grain foods, canned or dried fruits, roasted or pickled vegetables, regular-fat dairy products, meat with visible fat, salted nuts and seeds, juices;



Green - best choices - cereal foods, vegetables, legumes, beans, fruit, yoghurt, cheese, lean meat, poultry, fish, eggs, nuts, seeds, water, milk, tea, coffee;



Slovak cuisine

Typical are wheat, potatoes, milk and dairy products, pork meat, onion, cabbage - sauerkraut, eggs, local vegetables and fruit, wild mushrooms... Typical dishes are bryndzové halušky - a kind of potato gnocchi with sheep cheese, sauerkraut soup, demikát - sheep cheese soup, potatoe pancakes, and fried or steamed doughnuts.

Polish cuisine

It is rich in meat, especially pork, chicken and beef, in addition to a wide range of vegetables, spices and herbs, mushrooms, sour cream... Typical dishes are Polish pierogis, chicken broth, cabbage rolls, Hunter's stew - named bigos, or breaded pork cutlet.

Italian cuisine

It combines the health benefits of the Mediterranean diet with a wide choice of seasonal ingredients and regional flavors. Typical is a combination of vegetables, grains, fruits and seafood, fish, meat and olive oil. The most known dishes are pizza, spaghetti, risotto, mozzarella, tortellini, lasagna, foccacia, gnocchi, gelato...

POTATO PANCAKES

Ingredients:

- 4 large potatoes
- 1 egg
- 1 onion
- 1 teaspoon salt
- 2 tablespoons spelled flour
- Coconut oil for baking
- Sour cream and chives/parsley



Instructions:

1. Preheat the oven to 200°C.
2. Finely chop onion and set aside. Peel and grate potatoes.
3. Thoroughly mix together grated potatoes, onions, and 2 tablespoons of flour in a large bowl.
4. Add salt and egg. Mix well.
5. Put a little bit of coconut oil into a baking tray and grease it.
6. Carefully add potato mixture into the baking tray, place in oven and bake for 30-40 minutes or until nicely browned on top and tender in the middle.
7. Serve with sour cream and chopped chives/parsley.

ZEMIAKOVÉ PLACKY

Ingrediencie:

- 4 veľké zemiaky
- 1 vajce
- 1 cibuľa
- 1 lyžička soli
- 2 polievkové lyžice špaldovej múky
- kokosový olej na vymastenie plechu
- kyslá smotana a pažitka/petržlen



Postup:

1. Rúru predhrejeme na 200°C.
2. Cibuľu nakrájame najemno a položíme bokom. Zemiaky olúpeme a nastrúhame.
3. Vo väčšej mise dôkladne premiešame nastrúhané zemiaky, cibuľu a 2 polievkové lyžice múky.
4. Pridáme soľ a vajce. Dobre premiešame.
5. Na plech dáme trochu kokosového oleja a vymastíme ho.
6. Opatrne vylejeme zemiakovú zmes na plech, vložíme do rúry a pečieme 30-40 minút, alebo do zlatohneda.
7. Servírujeme s kyslou smotanou a pažitkou/petržlenom.

FIT BEAN CAKE

Ingredients:

- 2 cans (425 ml) red beans
- 3 eggs
- 1 cup cane sugar
- 6 tablespoons of coconut oil
- 6 tablespoons of cocoa
- 1 teaspoon of grounded cinnamon
- 1 and a half teaspoon of baking powder
- a pinch of salt



Instructions:

1. Preheat the oven to 200°C.
2. Mix cocoa, baking powder, cinnamon and a pinch of salt.
3. Put eggs, coconut oil and sugar into food procesor and blend it.
4. Then add drained beans (rinse them well) and mix again into a smooth consistency.
5. Finally, use a wooden spoon and mix the cocoa mixture with the wet one.
6. Pour the mixture into a small baking tray greased with coconut oil and bake fo 40 minutes.
7. Let cool and serve.

FIT FAZUĽOVÝ KOLÁČ

Ingrediencie:

- 2 plechovky (425 ml) červenej fazule
- 3 vajcia
- 1 šálka trstinového cukru
- 6 lyžíc kokosového oleja
- 6 lyžíc kakaa
- 1 lyžička mletej škorice
- 1 a ½ lyžičky prášku do pečiva
- Štipka soli



Postup:

1. Rúru predhrejeme na 200°C.
2. V miske zmiešame kakao, prášok do pečiva škoricu a soľ.
3. Vajcia, kokosový olej a cukor dáme do mixéra a rozmixujeme.
4. Pridáme precedenú fazuľu (dobre prepláchni vodou) a miešame do hladka.
5. Nakoniec drevenou vareškou zmiešame kakaovú zmes s tekutou zmesou.
6. Vylejeme zmes do malého plechu vymasteného kokosovým olejom a pečieme 40 minút.
7. Necháme vychladnúť a servírujeme.

DEMIKAT

Ingredients:

- 50 g sheep cheese
- 1 dl cream or milk
- 1/2 l water
- 1 onion
- ground red pepper
- salt
- crushed cumin
- chives/parsley
- whole grain bread



Instructions:

1. Cut the onion finely and put it in the water.
2. Add cumin, salt, ground red pepper and let it boil.
3. In a bowl, carefully mix the sheep cheese with cream or milk and let cook for a while.
4. Serve with chopped chives/parsley and a slice of wholegrain bread.

DEMIKÁT

Ingrediencie:

- 50g bryndze
- 1 dl smotany
- ½ litra vody
- 1 cibuľa
- 1 červená paprika
- soľ
- drvená rasca



Postup:

1. Nakrájajte cibuľu a dajte ju do vody.
2. Pridajte rascu, štipku soli, červenú papriku a nechajte variť.
3. V miske opatrne rozmixujte bryndzu so smotanou a zmes uveďte do varu.
4. Servírujte s posekanou pažítkou a krajcom celozrnného chleba.

OVEN-BAKED DONUTS

Ingredients:

- 500g spelled flour
- 250 ml milk
- 1 yolk
- 40g brown sugar
- 50g butter (melted)
- 42g yeast
- 20g vanilla sugar
- a pinch of salt
- yoghurt and honey for topping



Instructions:

1. Start by dissolving the yeast in little bit of warm milk. Combine all ingredients, except for yoghurt and honey in a bowl, and add the yeast. Mix for about 15 minutes, folding over, until the dough becomes smooth and no longer sticks to the wooden spoon. Dust with flour, cover with a cloth, and let rise for about 30 minutes.
2. After the dough has fully risen, transfer it out onto a board dusted with flour. Separate in halves and roll the dough out to about 1-1,5 cm thick. Then dust the rim of a small drinking glass with flour and use it to cut out circles. Put donuts on the baking tray covered with baking paper, cover them with a cloth and let rest for 20 minutes.
3. Heat the oven to 180°C. Bake the donuts for about 13 – 15 min until to gold brown. Carefully take them out with tongs onto a serving plate.
4. Finally, you can top the donuts with yoghurt mixed with honey.

ŠIŠKY PEČENÉ V RÚRE

Ingrediencie:

- 500g špaldovej múky
- 250ml mlieka
- 1 žĺtko
- 40g hnedého cukru
- 50g roztopeného masla
- 42g droždia
- 20g vanilkového cukru
- štipka soli
- jogurt a med na ozdobenie



Postup:

1. Začneme rozpustením droždia v troche teplého mlieka. V mise zmiešame všetky ingrediencie okrem jogurtu a medu a pridáme droždie. Miešame a prekladáme približne 15 minút, až kým nie je cesto vláčne a odliepa sa od drevenej varešky. Poprášime múkou, zakryjeme utierkou a necháme asi 30 minút kysnúť.
2. Po vykysnutí vyklopíme cesto na dosku poprášenú múkou. Rozdelíme na polovice a vyvaľkáme na hrúbku 1-1,5 cm. Potom poprášime okraj pohára múkou a vykrajujeme kolieska. Šišky poukladáme na plech vystlaný papierom na pečenie, prikryjeme utierkou a necháme 20 minút odpočívať.
3. Predhrejeme rúru na 180°C. Šišky pečieme približne 13-15 minút do zlatohneda a po upečení kliešťami opatrne preložíme na servírovací tanier.
4. Nakoniec môžeme šišky ozdobiť jogurtom zmiešaným s medom.

BREAD

Ingredients:

- 500g of white flour
- 2 tablespoons of salt
- 7g of dry yeast
- 3 tablespoons of olive oil
- 300ml of water



Instructions:

1. Mix flour, salt and yeast in a large bowl. Make a hole in the centre, then add olive oil and water. Mix well. If the dough seems a little hard, add extra water and mix (1-2 tablespoons). Sprinkle some flour of a work surface. Place the dough there and knead it for 10 minutes.
2. When the dough is smooth, put it in a lightly oiled bowl and cover with cling film.
3. Leave it to rise for about 1 hour. It will double its size.
4. Line a baking tray with baking paper.
5. Make a ball with a dough and place it on the baking tray. Let it grow for 1 hour.
6. Heat the oven to 220°C degrees.
7. Sprinkle the loaf with flour and cut a cross on the top of the loaf with a sharp knife.
8. Bake for 25-30 minutes until golden brown, then take it out and let cool.

CHLEB

Składniki:

- 500g mąki
- 2 łyżki soli
- 7 gramów suchych drożdży
- 3 łyżki oliwy z oliwek
- 300 ml wody



Przygotowanie:

1. Wymieszaj mąkę, sól i drożdże w dużej misce. Zrób dziurkę w środku. Dodaj oliwę i wodę. Dobrze wymieszaj. Jeśli ciasto jest zbyt twarde, dodaj wodę i wymieszaj (1-2 łyżki) Błat posyp mąką. Połóż ciasto i ugniataj przez 10 minut.
2. Gdy ciasto jest gładkie, przełóż do pokrytej oliwą miski i przykryj folią spożywczą.
3. Odłóż na godzinę. Ciasto urośnie i dwukrotnie powiększy swoją objętość.
4. Wyłóż papier do pieczenia na blaszce.
5. Uformuj kulę z ciasta, połóż na blaszce. Odstaw na godzinę, aby urosło.
6. Rozgrzej piekarnik do 220 C,
7. Posyp bochenek mąką. Na górze nożem natnij kształt krzyża.
8. Piecz przez 25-30 minut do uzyskania brązowego koloru. Wyciągnij z piekarnika do ostygnięcia.

RICE PAPER VEGETABLE ROLLS

Ingredients:

- 8 small rice-paper wrappers
- 1 medium red pepper
- 1 medium avocado
- 1 medium cucumber
- sweet chili sauce
- 3/4 cup beansprouts
- soy sauce
- 1 small carrot
- one cup of warm water
- a handful of radish



Instructions:

1. Dip a rice paper wrapper in warm water for 30 seconds.
2. Put the vegetables and tofu on top.
3. Fold in the ends.
4. Roll it up firmly.
5. Cover the roll with a damp towel for 20 seconds.
6. Serve with chili sauce and hot sauce.
7. Dip in sauce

SAJGONKI WARZYWNE Z PAPIERU RYŻOWEGO

Składniki:

- 8 sztuk papieru ryżowego
- 1 średnia czerwona papryka
- 1 średnie awokado
- 1 średni ogórek
- 1/2 kubka sałaty lodowej
- sos chili
- 3/4 kubka kiełków fasoli
- sos sojowy
- 1 mała marchewka
- 1 kubek ciepłej wody
- Garść rzodkiewek
- 1 opakowanie tofu



Przygotowanie:

1. Namocz papier ryżowy w ciepłej wodzie na 30 sekund.
2. Połóż warzywa i tofu na płat ryżowy.
3. Zawień końce do środka.
4. Zwiń papier, mocno go zaciskając.
5. Połóż mokry ręcznik na sajgonce.
6. Podawaj z sosem chili lub sosem sojowym.
7. Zamocz w sosie.

HOMEMADE PIZZA

Ingredients:

- 1 package powder yeast
- 500 g flour
- water
- 3 teaspoon oil
- 1 teaspoon salt
- 1 can tomato sauce
- oregano
- 2 mozzarella cheese (200gr)



Instructions:

1. In large bowl, put flour, salt, oil and yeast.
2. Mix and slowly add 250 ml water until a soft dough forms.
3. Form a ball.
4. Press it into a pizza pan on a oven paper.
5. Top with tomato sauce, oregano and some oil.
6. Bake at 180° for 30 minutes or until crust is lightly browned.
7. Cut Mozzarella cheese in little cubes.

PIZZA FATTA IN CASA

Ingredienti:

- bustina di lievito in polvere
- 500 g farina
- acqua
- 3 cucchiaini di olio
- 1 cucchiaino di sale
- 1 lattina di salsa di pomodoro
- origano
- 2 confezioni di mozzarella (200gr)



Istruzioni:

1. In una casseruola metti la farina, il sale, l'olio e il lievito.
2. Mischia e lentamente aggiungi 250 ml di acqua fino a che si forma una pasta morbida.
3. Forma una palla.
4. Stendi la pasta su carta da forno.
5. Metti sulla pasta la salsa di pomodoro, l'origano e l'olio.
6. Inforna a 180° per 30 minuti fino a che la crosta diventa dorata.
7. Taglia la mozzarella a cubetti e farcisci la pizza.
8. Togli la pizza dal forno, tagliala e servila.

CHOCOLATE SALAMI

Ingredients:

- 300 g rich tea biscuits
- 150 g butter
- 200 g dark chocolate or cocoa
- 100 g caster sugar



Instructions:

1. Cut the butter into pieces and let it warm to room temperature.
2. Add sugar and mix or use hands to form a ball
3. Add the cocoa powder and mix
4. Break the biscuits using the back of a spoon;
5. Make them into crumbs.
6. Take the dough and make the shape of a salami.
7. Put the chocolate salami onto a layer of cling film
8. Wrap it with the film
9. When wrapping, press the chocolate salami to make it compact.
10. Then seal the sides and put the chocolate salami in the fridge for a couple of hours.
11. After a couple of hours, you can slice your chocolate salami and serve it with coffee or tea.

SALAME DI CIOCCOLATO

Ingredienti:

- 300 g (11 oz) Biscotti secchi
- 150 g (5 oz) Burro
- 200 g (4 oz) Cacao in polvere o cioccolato fondente
- 100 g (4 oz) Zucchero



Istruzioni:

1. Taglia il burro a pezzi e lascialo scaldare a temperatura ambiente.
2. Aggiungi lo zucchero e mescola o usa le mani per formare una palla.
3. Aggiungi il cacao in polvere e mischia.
4. Rompi i biscotti usando il retro di un cucchiaio.
5. Falli a pezzettini.
6. Prendi la palla e dalle la forma di un salame.
7. Metti il salame di cioccolato su uno strato di pellicola.
8. Avvolgilo con la pellicola.
9. Mentre lo avvolgi, premilo fino a renderlo compatto.
10. Sigilla le estremità e metti il salame in frigorifero per un paio di ore.
11. Dopo un paio di ore, puoi affettarlo e servirlo con il tè o il caffè.

FRUIT STICKS

Ingredients:

Choose the fruit that you prefer or seasonal fruit

For example:

- 4 Bananas
- 4 Kiwi
- 4 Apples
- 4 Tangerines



Instructions:

1. Wash the fruit.
2. Peel it .
3. Cut it in pieces
4. Take some sticks
5. Stick the fruit in the sticks and
6. Create different shapes

SPIEDINI DI FRUTTA

Ingredienti:

Scegli la frutta che più ti piace o frutta di stagione

Esempio:

- 4 Banane
- 4 Kiwi
- 4 Mele
- 4 Mandarini



Istruzioni:

1. Lava tutta la frutta.
2. Sbucciala.
3. Tagliala a pezzettini.
4. Prendi dei bastoncini lunghi.
5. Infila nei bastoncini tutta la frutta e crea le forme e le fantasie che vuoi.

FROM MILK...TO CHEESE!

Ingredients and tools:

- fat milk (it has to be fresh, not UHT)
- pot
- cooking fire
- yogurt jar with live lactic cultures
- canvas
- rennet (2 ml),salt
- colander
- spoon
- thermometer
- pipete
- oil
- trap

Instructions:

1. Put the milk and the yogurt in the pot, stir upon the fire and wait until the temperature reaches 38°C.
- 2 Once you've reached the 38°C, add the rennet and turn off the fire.
3. Stir until the curd appears.
4. Collect the curf using the colander, put on the canvas and tightly press it in order to eliminate the residual serum and give it a round and compact shape.
5. Wash the cheese using lightly salted water and leave it to ripen at least for a few days in a cool place. Turn the cheese upside down wetting it with lightly salted oil every two/three days, to flavor it and avoid undesired mold.



DAL LATTE AL FORMAGGIO

Ingredienti e materiali:

- 1 litro di latte intero (deve essere fresco, non UHT)
- Pentola, fornello
- 1/2 vasetto di yogurt con fermenti lattici vivi
- canovaccio
- caglio (2 ml), sale
- colino
- cucchiaio
- termometro
- pipeta, olio
- vaschetta



Procedimento:

1. Mettere il latte e lo yogurt nella pentola e mescolarli sul fornello acceso, aspettare che la temperatura arrivi a 38°.
2. Quando si raggiungono i 38° C, aggiungere il caglio e spegnere il fornello.
3. Mescolare fino a quando si osserva la formazione della cagliata.
4. Con il colino raccogliere la cagliata, metterla nel canovaccio e pressarla con forza in modo da allontanare il siero residuo e darle una forma arrotondata e compatta.
5. Lavare il formaggio con acqua poco salata e lasciarlo maturare almeno per qualche giorno in un posto fresco. Girare la forma bagnandola ogni due/tre giorni con olio leggermente salato, per darle un gusto più saporito e non far crescere muffe indesiderate.



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