



**Food Ethos EDUcation  
in Schools  
RECIPE BOOK**

2018 - 2020

**“FEEDS”**



**“FEEDS”**  
2018-2020



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# Chapter 1: Chocolate Recipes



**NOWADAYS**



# Chocolate Truffles (Spain)

## Chocolate truffles Nutritional Information

### History:

Louis Dufour Baker of Chambéry, discovered the chocolate truffles. His warehouse had been empty because they were Christmas dates and Louis Dufour, invented chocolate truffles for his customers.

### Health benefits:

1. Cocoa has a great antioxidant power
2. Chocolate is beneficial for the heart



**NOWADAYS**



# Chocolate truffles Recipe



50 minutes

No Cooking

Difficulty

1 2 3 4 5

## Ingredients (for 25 truffles):

- ✓ 300g of chocolate
- ✓ 200ml of mounting cream
- ✓ 50g of butter
- ✓ Chocolate pips
- ✓ Chocolate powder

## Preparation

1. Melt the chocolate with the butter
2. When the chocolate and butter have melted, we have to add the cream
3. Then, we have to let the mixture cold
4. When the mixture is cooled, we have to take a spoonful and give a ball shape
5. Finally, we can decorate the balls with chocolate pips



NOWADAYS





# Choco Rocks (Greece)

## Choco Rocks Nutritional Information

**ALMONDS:** source of vitamin E, magnesium, calcium, protein, roughage , potassium, phosphorus and iron.

**HAZELNUTS:** source of vitamin E , protein, magnesium, carbs, manganese and roughage.

**CHOCOLATE:** source of phosphorus, magnesium, calcium, iron , vitamin A-E , cards and many others.



**NOWADAYS**



# Choco Rocks Recipe



20 minutes

Cool  
in the fridge

Difficulty

1

2

3

4

5

## Ingredients:

- ✓ 100 gr almonds
- ✓ 100 gr hazelnuts
- ✓ 300 gr dark and milk chocolate

## Preparation



First of all we melt the chocolate on a bain-marie



and we put the almonds and the hazelnuts on the frying pan for 3 minutes.



Then we add both almonds and hazelnuts in the chocolate.



NOWADAYS





We mix them and we use a spoon in order to take some almonds or hazelnuts with chocolate and put them on a baking paper .



Finally, we place them on the fridge until they cool down.



**NOWADAYS**



# Pasteli (Greece)

## Pasteli Nutritional Information

### Health benefits:

1. Sesame is a good source of fiber, lowers Cholesterol and Triglycerides
2. Honey is rich in Antioxidants



**NOWADAYS**



# Pasteli Recipe



15-20 minutes

Fry for couple of minutes

1 2 **3** 4 5

Difficulty

## Ingredients:

- ✓ 500 gr sesame
- ✓ 500 gr honey
- ✓ Finely chopped thyme
- ✓ 1 big lemon zest

## Preparation



1. We fry the sesame in a frying pan



2. and we boil the honey in a pan for 10 minutes.



3. Then we lower the heat and add the sesame, the thyme, the lemon zest and we stir well.



4. When the mix is ready, we put it on a baking paper and spread it to a one centimeter thick. We let it cool down for 15 minutes.



NOWADAYS





5. We cover it with a second sheet of baking paper and we roll it smooth with a baking roll.



6. Finally, we cut the pastel in strips and we let it cool down completely.



**NOWADAYS**



# Traditional Chocolate Candy (Slovakia)

## Traditional Chocolate Candy Nutritional Information

### History of chocolate

The history of chocolate can be traced to the ancient Mayans, and even earlier to the ancient Olmecs of southern Mexico. The word chocolate may conjure up images of sweet candy bars and luscious truffles, but the chocolate of today is little like the chocolate of the past. Throughout much of history, chocolate was a revered but bitter beverage, not a sweet, edible treat.

#### Health benefits of eating chocolate <sup>1</sup>

1. It's powerful source of antioxidants
2. It may help lower cholesterol levels
3. It may help with blood circulation
4. It may put you in a better mood
5. It could improve brain function

#### Health benefits of eating apples <sup>2</sup>

1. Prevent high blood pressure
2. Good for heart health
3. They can help asthma sufferers
4. Protect against osteoporosis
5. They help with lowering cholesterol levels

#### Health benefits of eating walnuts <sup>3</sup>

1. They are good for brain health
2. They are good for your hair and skin
3. They help keeping your bones healthy
4. They help with controlling diabetes
5. They cleanse digestive system

#### Health benefits of eating prunes <sup>4</sup>

1. They are rich with antioxidants
2. Good for heart health
3. Protect against osteoporosis
4. They are good for your hair and skin
5. May improve your vision

<sup>1</sup> <https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate#section6>  
<https://www.lifehack.org/articles/lifestyle/20-health-benefits-chocolate.html>

<sup>2</sup> <https://www.readersdigest.ca/food/healthy-food/7-health-benefits-apples/>

<sup>3</sup> <https://www.organicfacts.net/health-benefits/seed-and-nut/health-benefits-of-walnuts.html>

<sup>4</sup> <https://food.ndtv.com/health/7-amazing-prunes-benefits-1404766>



NOWADAYS



# Traditional Chocolate Candy Recipe



30 minutes

1 hour to set

Difficulty

1 2 **3** 4 5

## Ingredients

- ✓ 100g chocolate
- ✓ 100g cocoa
- ✓ 250g margarine
- ✓ 200g powder sugar
- ✓ Pack of prunes, dried apples or walnuts
- ✓ Paper baskets

## Preparation

1. First prepare paper baskets on a tray.
2. Then start melting the chocolate in water bath with cocoa, margarine and powder sugar. After creating melted substance let the substance set a little.
3. In the meantime chop prunes and dried apples for the filling.
4. Then pour the melted chocolate substance into the paper baskets with a spoon. Let the substance set a little and put chopped prunes, apples or nuts on top. Then pour the rest of the melted chocolate up to the edges of the baskets. Let it all set as well.
5. In the end take out the dried candies out of the baskets, and a chocolate fruit dessert is ready.



NOWADAYS





# Banana in chocolate (Slovakia)

## Banana in chocolate Nutritional Information

### Health benefits of eating dark chocolate <sup>5</sup>

1. Quality dark chocolate is rich in fibre, iron, magnesium, copper, manganese and a few other minerals.
2. Cocoa and dark chocolate have a wide variety of powerful antioxidants.
3. The bioactive compounds in cocoa may improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.
4. Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.
5. A drastic reduction in heart disease risk among those who consume the most chocolate.
6. The flavones from cocoa can improve blood flow to the skin and protect it from sun damage.
7. Cocoa or dark chocolate may improve brain function by increasing blood flow. It also contains stimulants like caffeine and theobromine.
8. Dark chocolate is good for your heart, blood vessels or for people with diabetes

### Health benefits of eating bananas <sup>6</sup>

1. Are rich in fibre
2. Help with preventing asthma
3. Lower high blood pressure
4. Contains nutrients that moderate blood sugar levels
5. May improve digestive health

## Banana in chocolate Recipe

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<sup>5</sup> <https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate#section4>

<sup>6</sup> <https://www.healthline.com/nutrition/11-proven-benefits-of-bananas#section3>



NOWADAYS





10 minutes

10 minutes in  
cold place

Difficulty

1

2

3

4

5

## Ingredients:

- ✓ Pack of biscuits
- ✓ 2 medium bananas
- ✓ Any amount of peanut butter
- ✓ 100g butter
- ✓ 100g dark chocolate

## Preparation

1. Cut bananas into 1 cm slices
2. Dip banana slices into peanut butter (optional)
3. Put a banana slice between two biscuits and impale a toothpick to join them
4. Melt butter in a pot and add chocolate, stir it until the mixture is smooth
5. Dip ready cakes in melted chocolate to coat them



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Fruits,Oats,Nuts and Chocolate Bars (Cyprus)

## Fruits, Oats, Nuts and Chocolate Bars Nutritional Information

### Dates <sup>7</sup>

Dates are the fruit of the date palm tree, which is grown in many regions of the world. Dates have become quite popular in recent years.

Depending on the variety, fresh dates are fairly small in size and range in color from bright red to bright yellow. Medjool and Deglet Noor dates are the most commonly consumed varieties.

Dates are chewy with a sweet flavor. They are also high in some important nutrients and have a variety of advantages and uses.

- ✓ Dates contain several minerals, including phosphorus, potassium, calcium and magnesium. All of these have been studied for their potential to prevent bone-related conditions like osteoporosis.
- ✓ Dates have the potential to help with blood sugar regulation due to their low glycemic index, fiber and antioxidants. Thus, eating them may benefit diabetes management
- ✓ Here are 6 health benefits of Dates.

### Health benefits of Dates

1. It is very nutritious
2. Rich in fiber
3. High in antioxidants
4. May Promote brain Health
5. May promote natural labor
6. Excellent natural sweetener

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<sup>7</sup> <https://www.healthline.com/nutrition/benefits-of-dates>



NOWADAYS



# Fruits, Oats, Nuts and Chocolate Bars Nutritional Recipe

  
20 minutes

Cool for  
30 minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 250 gr soft and dry dates
- ✓ 1 ½ cup oatflakes in powder
- ✓ 3 tbsp. honey (lukewarm)
- ✓ 2 tbsp. whole wheat tahini
- ✓ 1 cup raw or roasted nuts cut in big pieces
- ✓ 100 gr. Dark Chocolate finely cut
- ✓ 1 tbsp. chia seeds
- ✓ 1 tbsp. ground flaxseed

## Preparation

1. Melt dates in a blender
2. Put dates in a ball and add the honey, the oats, the tahini, the nuts and the chia seeds.
3. Stir to become homogenous
4. Finally add the chocolate pieces and stir
5. Put in a square tray. Press to become even.
6. Cool for 30 min.
7. Cut in oblong pieces.
8. Keep the bars in an airtight glass bottle
9. Makes 9 bars.



**NOWADAYS**



# Apple Balls (Turkey)

## Apple Balls Recipe



20 minutes

No cooking

Difficulty

1 2 3 4 5

### Ingredients:

- ✓ 1 Pack of chocolate cake
- ✓ 6 Piece walnut
- ✓ 2 Piece apple

### Preparation

1. Crumble the cake first.
2. Shrink the walnuts.
3. Grate the apples.
4. Mix and knead them all. Then roll it into small balls.
5. Ready for service.



NOWADAYS



# Chapter 2: Traditional Recipes



**NOWADAYS**



# Paella (Spain)

## Paella Nutritional Information

### History of Paella:

Paella, arises in the rural areas of Valencia between the XV and XVI centuries due to the need of farmers and shepherds. Because it was easy meal to prepare and because they had the ingredients in the countryside.

### Health benefits:

1. Complete nutritional value
2. Provides energy
3. Many nutrients
4. Low fat



NOWADAYS



# Paella Nutritional Recipe



50 minutes

Cook for 15 minutes

Difficulty

1 2 3 **4** 5

## Ingredients (for 6 people):

- ✓ 480 of rice
- ✓ 1L of broth
- ✓ 8 prawns
- ✓ 8 mussels
- ✓ 1 medium sized sepia
- ✓ 200gr of clams
- ✓ A little saffron or food coloring

## Preparation

1. In a paella pan with a jet of oil, lightly fry prawns and set aside.
2. Add the garlic and the finely chopped onion, brown and then add the grated tomato.
3. Raise the heat and remove preventing the ingredients from sticking. Add the broth.
4. When it breaks to a boil, add the saffron and lower the heat to medium-low. Rectify salt and cook for 10 minutes.
5. Raise the heat, spread the rice, all over the surface of the paella. Once broken to boil, reduce heat and let cook for 10 minutes.
6. Spread the golden prawns before. Arrange the clams and cook another 5 minutes. Turn off and let stand covered with a cloth about 3-5 more minutes.



NOWADAYS





# Greek salad (choriatiki) in 3 ways (Greece)

## Greek salad Nutritional Information

### Health benefits of Greek Salad

1. Fresh vegetables are rich in vitamins
2. Easy to make and carry with you



**NOWADAYS**



# Greek Salad Recipe



15-20  
minutes

No cooking

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 tomato
- ✓ 1 cucumber
- ✓ ½ onion
- ✓ 3 slices green pepper
- ✓ 3 slices red pepper
- ✓ 75gr feta cheese
- ✓ 4-5 olives
- ✓ 2 small spoonfuls of olive oil
- ✓ 1 pinch of salt
- ✓ 1 pinch of oregano
- ✓ Sandwich breads
- ✓ Recycled plastic bowls or cups

## Preparation

### A. in a bowl



Wash the vegetables and cut them in slices (cucumber), rings (onion, peppers), cubes (tomato, feta)

Add the olives,



the oregano, the salt and the oil

Mix the ingredients



NOWADAYS



### *B. in a sandwich*



put the mixed above ingredients in the breads

### *C. in spits - souvlaki*



Wash the vegetables and cut them in cubes – the cucumber in slices

Take the pits out of the olives

Put the vegetables through the spits

Sprinkle the spits with salt, olive oil and oregano



**NOWADAYS**



# “Torrijas” (spanish easter treat) (Spain)

## “Torrijas” Nutritional Information

### History:

Formerly, they made the “torrijas” with the leftover bread they had because they only had bread and it became a typical dessert. Today is a typical dessert in Easter.

### Health benefits:

1. The bread of the “torrijas” is rich in carbohydrates
2. The eggs provide protein
3. Milk is a source of calcium



**NOWADAYS**



# “Torrijas” Recipe



1 hour and 20 minutes

Fry for couple of minutes

1 2 **3** 4 5

Difficulty

## Ingredients (for 12 Torrijas):

- ✓ 1l of milk
- ✓ 3 tablespoonful of sugar
- ✓ 1 stick cinnamon
- ✓ 2-3 eggs
- ✓ Oil
- ✓ Sugar and cinnamon for sprinkling

## Preparation

1. Cut the bread into slices. Arrange them on a shallow dish that can hold the milk
2. Pour all the milk in a saucepan with the sugar and the cinnamon stick, bring to a boil. Turn off the heat the moment it starts to boil and leave to infuse for 5 minutes
3. Pour the milk on the bread and let soak for 30 minutes
4. Beat the eggs in a plate large enough
5. Heat the oil in a large pan. Using a spatula, take the slices and spread them over the egg and then transfer the slices to the hot oil
6. Fry for a couple of minutes on each side, until gold
7. Take out to a dish lined with a paper towel and thoroughly sprinkle with sugar and cinnamon. Enjoy warm or cold



NOWADAYS



# Rolls with tahini (tahinopitakia) (Greece)

## Rolls with tahini Nutritional Information

Tahini is a food made of 100% sesame, and helps at the intake of calcium, phosphorus, zinc and vitamin B and helps the immune system.



NOWADAYS



# Rolls with tahini Recipe



15 minutes

Cook  
15 minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 pack of puff pastry
- ✓ 350 gr tahini
- ✓ 50 gr brown sugar
- ✓ 250 gr brown raisins

## Preparation

1. We lay the puff pastry sheets and spread half of the tahini on every sheet.
2. Next we spread the raisins.
3. We roll the pastry sheet and cut each roll in 10 roll slices
4. We put the roll slices in the baking pan after we have laid some baking paper on it. We press the rolls slightly with a spoon and spread some sugar on them.
5. We bake at 180 degrees for 15-17'



NOWADAYS



# Cheese Pie (Greece)

## Cheese Pie Nutritional Information

### History of Cheese Pie:

Cheese pie is a pastry pie (eg puff pastry) or cheese and cheese filling. The cheese gives it a savory flavor, which is often accompanied by a spicy combination with various spices (eg pepper).

In Greece its filling is usually based on feta cheese and egg and is a very popular snack. Cheese pies are also made in neighborhood ovens, although they are mainly sold in a department store that offers other kinds or pieces of pie on hand (eg peinirli, spinach pie and bougatsa).

### Health benefits of feta cheese

1. It is full of nutrients
2. It is good for the bones
3. It's good in the digestive system
4. It has has good fat
5. It gives us vitamin B6 and histidine
6. It provides us with protein
7. It gives us vitamin A



**NOWADAYS**





# Cheese Pie, Greek traditional Pie Nutritional Recipe



1 hour

Bake for 1 hour

Difficulty

1 2 3 4 **5**

## Ingredients:

- ✓ 1 cup of water
- ✓ A teaspoon of salt
- ✓ A teaspoon of vinegar
- ✓ 1kg of flour
- ✓ A mug of oil
- ✓ 400 grams of cheese
- ✓ 1 piece of butter

## Preparation

1. First of all, we will need a basin to put the flour, creating a small puddle in the center where we will pour the first (5) ingredients.
2. Then, we mix all the above ingredients together, to make the dough and let it "rest" for half an hour.
3. After that, we cut the dough into 10 pieces, we take the roll with some flour, we open them and we have created the hard, outer piece of pie .
4. Finally, we spread these pieces with oil, add the cheese and put them all in a baking pan, in the shape of a bun .bake in the oven for about , an hour at 200 degrees, and our pie is ready.
5. Bake 200o for one hour



NOWADAYS



# Trahanas (Greece)

## Trahanas Nutritional Information

### History of Trahanas:

Trahanas is a pasta made of flour and milk and has a grainy and irregular shape. The granules have a diameter of about 2-3 mm. It is available in various varieties: sour and sweet, thick and thin. The sour trahanas is kneaded with yogurt.

From the 1st century AD, Apicius was mentioned by a viscous sliver called "tractae", who used it to make any kind of sauce. According to another historical version it is believed that the trachanus originated from the eastern Mediterranean had the name "tarkhaneh" and meant food in granular form made of cereals and dairy products.

### Health benefits of Trahanas:

1. It is rich in carbohydrates
2. It is rich in protein and calcium
3. It's rich in magnesium
4. It is a good source of vitamins, such as vitamin A, B1 and riboflavin (B2)
5. It is rich in carotenoids, substances with strong antioxidant properties



**NOWADAYS**



# Trahanas Recipe



a lot of days

Boil for 10-15 minutes

Difficulty

1 2 3 4 **5**

## Ingredients:

- ✓ wheat or semolina
- ✓ pure sheep
- ✓ locally produced milk
- ✓ salt

## Preparation

1. Boil the milk, mix with hard wheat or semolina depending on the type of trachan we want to make and salt based on the amount we have. The ratio of wheat or semolina to milk is 1: 2.
2. Knead the ingredients in the traditional way until they become a firm, non-stick pastry.
3. Then, once the dough is ready, it is rubbed into the "coarse-grained" so that the trachanum becomes its final shape.
4. Drying is the next step. It takes place in a specially designed space where constant temperature hot air permeates.
5. The trahana is cooked as a soup either with plenty of water or thicker. The cooking time of trahana is usually short.
6. Boil for 10-15 minutes



**NOWADAYS**



# Strapatsada (Greece)

## Strapatsada Nutritional Information

### History of Strapatsada:

Strapatsada (Greek: στραπατσάδα) is a popular dish in many regions of Greece, due to the availability and low cost of its ingredients (fresh tomatoes, eggs and olive oil). It is often prepared "on the spot" and served for lunch or a light snack; however, it can also be served cold. The dish is also known as kagianas and melemeni.

The dish is especially popular in the summer, when fresh tomatoes abound. Its name is derived from the Italian word strapazzare which means 1. to handle 2. to cut small pieces

### Health benefits of eggs:

1. They give us vitamin A, D, B12, B6, B2
2. They are good for the eye health
3. They help us to lose weight
4. They help us to build bones and muscle strength
5. They boost brain health
6. They can prevent heart disease and breast cancer
7. It gives us vitamin A



NOWADAYS



# Strapatsada Recipe



20 minutes

Fry for 20 minutes

Difficulty

1 2 **3** 4 5

## Ingredients:

- ✓ 4 ripe tomatoes
- ✓ ¼ cup of olive oil
- ✓ ¼ cup of grated cheese (feta)
- ✓ pepper
- ✓ salt
- ✓ fresh mint (for serving)
- ✓ toasted bread (for serving)

## Preparation

1. To make the strapatsada, first peel the tomatoes and cut them into small pieces.
2. Then, in a pan of moderate heat, leave the tomatoes for 10 minutes to absorb their moisture and then add the olive oil. In a bowl whisk the eggs with salt and pepper, add the cheese (feta) and stir them all together.
3. After that, add the tomatoes to the egg mixture and simmer over medium heat for a few minutes (5-10 minutes). Be careful: do not overcook the strapatsada because it will dry.
4. Serve with toasted bread and sprinkle with mint.
5. Fry for 20minutes



NOWADAYS



# Tratitional Lefkaritikos Tavvas (Cyprus)

## Tratitional Lefkaritikos Tavvas Recipe



30 minutes

Bake 3 hours

Difficulty

1 2 3 4 5

### Ingredients:

- ✓ 1 Kilo lamb in small chunks
- ✓ 1 cup rice
- ✓ 4-5 tomatoes 2 sliced, 2-3 grated
- ✓ 3 Potatoes sliced
- ✓ 2-3 onions finely chopped
- ✓ 1 zucchini sliced
- ✓ 1 artichoke sliced
- ✓ ½ cup olive oil
- ✓ 2 tbsp cumin
- ✓ Salt, pepper
- ✓ Plenty of water

### Preparation

10. Wash the rice and drain.
11. Coat the clay pot (Tavva) with oil
12. Put a layer of potatoes on the base and side walls of the clay.
13. Continue with layers of meat, rice onions, zucchini, artichokes and finish with grated tomatoes.
14. After each layer sprinkle with cumin salt and pepper. Finish with a last layer of sliced tomatoes.
15. Pour remaining of oil, plenty of water to reach the last layer of tomatoes.
16. Bake in preheated oven at 170o C for 2-3 hours.



NOWADAYS



# Vegetable stew „letcho“ (Slovakia)

## Vegetable stew „letcho“ Nutritional Information

### History of letcho:

Dish that landed in Slovak cuisine while we were under Hungarian rule between 1000 and 1918. There are various recipes ranging from a meatless option to an eggy one to a *letcho* with a spicy, Hungarian-style sausage. What all these recipes have in common is green peppers and tomatoes.

The best time to cook letcho is when people's gardens are laden with succulent green peppers and juicy tomatoes at the end of August. We often preserve letcho in jars for the winter.

### Health benefits of eating tomatoes: <sup>8</sup>

1. Manage diabetes
2. Improve vision
3. Prevent gallstones

### Health benefits of eating bell pepper:<sup>9</sup>

1. Anemia prevention
2. Good for eye health
3. They contain lot of vitamin C

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<sup>8</sup> <https://www.organicfacts.net/health-benefits/vegetable/tomatoes.html>  
<https://healthyeating.sfgate.com/health-benefits-eating-cooked-tomato-products-4444.html>

<sup>9</sup> <https://www.healthline.com/nutrition/foods/bell-peppers>  
<https://www.livestrong.com/article/520566-does-cooking-bell-peppers-affect-the-nutrition/>



# Vegetable stew „letcho“ Recipe



20 minutes

Cook for  
10 minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 medium size onion
- ✓ 2 pieces sausage (optional)
- ✓ 2 bell peppers
- ✓ 6 large tomatoes
- ✓ 2 tbl spoons sunflower oil
- ✓ Bread

## Preparation

1. Cut up all ingredients
2. In pan, saute the onion and after 7 min add sausage and peppers
3. Cook about 10 min and add tomatoes. Stir regularly
4. Cook until tomatoes are soft
5. Taste for seasoning as the amount of salt depends on the saltiness of your meal
6. Use salt to taste
7. Then add 2 mixed eggs and cook an additional 5 min



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**



# Tahini Pie (Cyprus)

## Tahini Nutritional Information

### History of Tahini <sup>10</sup>

- ✓ Tahini is a paste made from toasted, ground sesame seeds. It has a light, nutty flavor.
- ✓ It's best known as an ingredient in hummus but widely used in many dishes around the world, particularly in Mediterranean and Asian cuisine.

### Health benefits of Tahini

1. It is Highly nutritious
2. Rich in antioxidants
3. May decrease your risk of diabetes and heart disease
4. May have antibacterial properties
5. It contains anti-inflammatory compounds
6. May strengthen your central nervous system
7. May offer anticancer effects
8. Helps protect liver and kidney function

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<sup>10</sup><https://www.healthline.com/nutrition/tahini-benefits>



**NOWADAYS**



# Tahini Pie Recipe



90 minutes

Cook 35-40  
minutes

Difficulty

1 2 3 **4** 5

## Ingredients:

- ✓ 250 gr village flour
- ✓ 1 tablespoon olive oil
- ✓ 1 pinch of salt
- ✓ 1 sachet dry yeast
- ✓ 2 tablespoons sugar
- ✓ 140 gr water lukewarm

## Filling:

- ✓ 200gr tahini
- ✓ 110gr sugar
- ✓ 1 tablespoon cinnamon

## Syrup:(lukewarm)

- ✓ 200grwater
- ✓ 160grsugar
- ✓ 1 tablespoon cinnamon
- ✓ Boil for 3 min



## Preparation

1. Mix yeast, sugar and water medium hot
2. Put the salt in the flour, add oil and mix
3. Add the yeast mixture and mix well.
4. Cover with membrane and a towel and let it rise for one hour
5. Make a large rectangular piece.
6. Put the filling on top
7. Roll and cut every 5 cm. Press to make the flat.
8. Cooking Time:
9. Bake 180o in preheated oven for 30 minutes.
- 10.Put the warm pies in lukewarm syrup.
- 11.Makes 20 round balls pies



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Potato Pancakes (Slovakia)

## Potato Pancakes Nutritional Information

### History :

Duck and goose feast. This over 100 years old tradition is famous especially in small villages. The most famous dish there is roast duck with red cabbage and potato pancakes. Pancakes can be also filled with poppy, roast meat or cottage cheese. Potato pancakes can be savoury or sweet

### Health benefits of potatoes :<sup>11</sup>

2. Potatoes are rich in vitamins – C, B6
3. They boost the immune system and improve energy levels
4. They contain minerals – magnesium, calcium and iron
5. Potatoes are gluten, fat, sodium and cholesterol free so they are used in gluten-free diet

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<sup>11</sup> <https://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/are-potatoes-healthy>



NOWADAYS



# Potato Pancakes Recipe



10 minutes

Cook for  
30 minutes

Difficulty

1 2 **3** 4 5

## Ingredients:

- ✓ 1kg potatoes
- ✓ 300g plain flour
- ✓ 1 teaspoon salt
- ✓ 100g melted butter

## Preparation

1. First cook unpeeled potatoes in water.
2. Drain cooked potatoes and let them cool.
3. Peel the potatoes and grate them into bigger pieces in a bowl. Add flour and salt and then mix it into smooth dough.
4. Roll the dough and cut 2cm circles from it.
5. Roll out the circles into thin flat cakes and bake them on a ceramic pan on both sides.
6. When all the potato pancakes are ready smear them with melted butter and place a spoonful of sour cream on the top.



NOWADAYS



# Pumpkin Pie - Kolokotes (Cyprus)

## Pumpkin Nutritional Information

### History of Pumpkin <sup>12</sup>

The pumpkin is a variety of winter squash, a member of the gourd family, and comes in a variety of sizes, shapes, and colours. The fruit grows on vines and is ready to be harvested in early autumn. Orange-skinned, round pumpkins are the most familiar varieties that fill pumpkin patches. These are better for carving and decoration than eating. Pie pumpkins and sugar pumpkins are the best choices for cooking.

Though the skin is not edible (a characteristic of winter squash), the sweet flesh inside the pumpkin and the fruit's seeds and blossoms are used in cooking. Pumpkins are generally easy to prepare, inexpensive, and they can be found in cuisines throughout the world.

While you might associate this variety of squash with Halloween decorations and holiday pumpkin pies, it's a surprisingly diverse ingredient that is grown on every continent, except Antarctica. Pumpkins can be cooked into a variety of sweet and savory dishes, from bread and muffins to soups and casseroles.

### Health benefits of Pumpkin <sup>13</sup>

1. Highly Nutritious and Particularly Rich in Vitamin A.
2. High Antioxidant Content May Reduce Your Risk of Chronic Diseases.
3. Packs Vitamins That May Boost Immunity.
4. Vitamin A, Lutein and Zeaxanthin May Protect Your Eyesight.
5. Nutrient Density and Low Calorie Count May Promote Weight Loss.
6. Antioxidant Content May Lower Your Risk of Cancer
7. Potassium, Vitamin C and Fiber May Benefit Heart Health
8. Contains Compounds That Promote Healthy Skin
9. Incredibly Versatile and Easy to Add to Your Diet

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<sup>12</sup> <https://www.thespruceeats.com/history-of-pumpkin-1807652>

<sup>13</sup> <https://www.healthline.com/nutrition/pumpkin>



NOWADAYS



# Pumpkin Pie Recipe



90 minutes

Cook 25-30  
minutes

Difficulty

1 2 **3** 4 5

## Ingredients:

### Filling

- ✓ 3 cups butternut squash or sugar pumpkin, chopped into small pieces
- ✓ 1 cup raisins
- ✓ 1/2 cup coarse bulgur wheat
- ✓ 1/3 cup olive oil
- ✓ 1 tbsp sugar
- ✓ 1 1/2 tsp cinnamon
- ✓ 1/2 tsp salt
- ✓ 1/2 tsp black pepper

### Dough

- ✓ 3 cups bread flour
- ✓ 1 cup all purpose flour
- ✓ 1 tsp salt
- ✓ 1/2 cup olive oil
- ✓ 1 tbsp vinegar
- ✓ 1 cup warm water



## Preparation

1. Peel the pumpkin and remove the seeds and threads with a spoon and cut in small cubes of about 1 cm thick.
2. Prepare the filling the night before. Add all ingredients to a large bowl. Cover and place in refrigerator overnight, or for at least 3 hours so that the bulgur can absorb the liquids.
3. Prepare the dough by combining flours and salt in the bowl of an electric mixer. Add the oil and mix on low speed with the hook attachment. Add the vinegar and the warm water and mix until dough forms a ball. Cover with plastic wrap and let sit for 1 hour.
4. Preheat oven to 180°C
5. Separate dough into 3 or 4 pieces so that it is easier to work with. Roll the dough into a circle on a lightly floured surface. Cut out 10-15 cm circles. Place 2 heaping tablespoons of filling in the centre of each circle. Fold one side over to form a half-moon shape. Pinch the edges tightly together and place on baking sheet lined with cooking paper.
6. Bake in preheated oven at 180 o C for 25-30 minutes or until tops are golden brown.
7. Allow to cool and enjoy.



CHOCOLATE

NOWADAYS



CANTEEN



TRADITIONAL

# Halloumi Pie (Cyprus)

## Halloumi Nutritional Information

### History of Halloumi <sup>14</sup>

Cyprus most famous cheese - Halloumi - is a delicious and versatile product that has a distinctive texture and is fantastic both cold and cooked (grilled or fried).

This white, semi-hard cheese has been produced on the island for centuries and is traditionally prepared with a precise quantity of goat or sheep's milk in order to qualify as authentic Halloumi. It can also be made with cow's milk, or even a mixture of all three milks. Mint is often added to this salty cheese, and it has a long shelf life.

### Health benefits of Halloumi <sup>15</sup>

1. It's easier to digest
2. It's good for the skin
3. It's high in calcium and other minerals
4. It has healing properties
5. It contains fewer allergens
6. It's good for your cholesterol

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<sup>14</sup> <https://www.visitcyprus.com>

<sup>15</sup> <http://home.bt.com>



NOWADAYS



# Halloumi Pie Recipe



80 minutes

Cook 45-50  
minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 Kilo village flour
- ✓ 1 cup olive oil
- ✓ 1 pinch of salt
- ✓ 2 cups fresh orange juice lukewarm
- ✓ 2 sachets dry yeast
- ✓ 1 teaspoon sugar
- ✓ 2 village halloumi from goat and sheep cut in one cm cubes
- ✓ ¼ fresh mint finely chopped

## Preparation

1. Mix yeast, sugar and orange juice medium hot
2. Put the salt in the flour, add oil and mix
3. Add the yeast mixture and mix well.
4. Cover with membrane and a towel and let it rise for one hour
5. Finally add the halloumi pieces and the mint



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**



# Meatball (KÖFTE) (Turkey)

## Meatball Nutritional Information

### History of Meatball <sup>16</sup>

In Turkey, meatballs are called köfte and are extremely popular, there are many different versions with a variety of shapes – not necessarily round. Meatballs in Turkey are usually made with minced lamb or a mix of minced beef and lamb. Variants are mostly named after their traditional cities; such as İnegöl köfte, İzmir köfte, Akçaabat köfte .

### Health benefits of Meatballs <sup>17</sup>

1. It reduces appetite and increases metabolism.
2. It provides retention of muscle mass.
3. It strengthens bones
4. It provides better iron absorption.

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<sup>16</sup> <https://www.youtube.com/watch?v=HT2SCfPGWIk>

<sup>17</sup> <https://www.skylife.com/tr/2016-08/koftenin-yolculugu>



NOWADAYS



# Meatball Recipe (KÖFTE)



90 minutes

Cook 10  
minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 medium onion
- ✓ 1/2 bunch of parsley
- ✓ 2 tablespoons butter
- ✓ 1 kg minced meat
- ✓ 1/2 cup soft bread crumbs
- ✓ 1 egg
- ✓ 1 teaspoon salt
- ✓ 3 to 4 tablespoons butter or margarine, for cooking meatballs
- ✓ 3 tablespoons all-purpose flour
- ✓ 1 cups beef broth or bouillon

## Preparation

1. Cook onion in 2 tablespoons of butter.
2. Mix 1 kg minced meat, 1/2 cup soft bread crumbs, 1 egg, 1 teaspoon salt
3. Chop the parsley.
4. Mix together and form into firm balls about 1-inch diameter.
5. Cook in small batches with a little butter or margarine and shake pan frequently to help prevent sticking.
6. When all meatballs have been browned on all sides.



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Chapter 3: Nowadays Recipes



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Strawberry Gazpacho (Spain)

## Strawberry Gazpacho Nutritional Information

### History:

The origin of “gazpacho” is in the south of Spain. The “gazpacho” was the main food of peasants. It's a very old recipe but nowadays can be used other ingredients to make a modern gazpacho like in this case which is made with strawberries.

### Health benefits:

1. Rich in minerals
2. Increase defences
3. Hydrates our body



**NOWADAYS**



# Strawberry Gazpacho Recipe



15 minutes

No Cooking

Difficulty

1 2 3 4 5

## Ingredients (for 4 people):

- ✓ 500g of tomato
- ✓ 0,5g of cucumber
- ✓ 0,5g of green pepper
- ✓ 500g of strawberries
- ✓ 90ml of olive oil
- ✓ 50g of bread
- ✓ If you want some water and salt

## Preparation

1. Cut all vegetables and put them in a bowl
2. Put the bread in water and when it softens put the bread with the vegetables
3. Crush the vegetables next to strawberries with a blender and pour the oil. If you want you can add water of salt
4. When it is beaten, we have to remove the skin of vegetables with a colander
5. The last step is serve very cold



NOWADAYS



# Marmalade (Greece)

## Marmalade Nutritional Information

### History of Marmalade:

Marmalade is a fruit preserve made from the juice and peel of citrus fruits boiled with sugar and water. The best-known version is made from peach, bitter orange, but it is also made from lemons, limes, grapefruits, mandarins, sweet oranges, bergamots and other citrus fruits, or a combination.

The word "marmalade" is borrowed from the Portuguese marmelada, from marmelo 'quince'.

Marmalade is generally distinguished from jam by its fruit peel. However, it also may be distinguished from jam by the choice of fruit, though historically, it has often been used for non-citrus preserves.

### Health benefits of peach:

1. It gives us vitamin A, C, carbohydrates, proteins
2. It lowers blood pressure
3. It has laxative properties
4. It contains essential plant nutrients, antioxidants and carotenoids,
5. It is rich in potassium, sodium and calcium



**NOWADAYS**



# Homemade Peach Jam Recipe



30 minutes

Bake for 1 hour

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 1 kg of peaches purified (about 1½ kg gross)
- ✓ 750 grams of sugar
- ✓ ½ cup of water
- ✓ 2 tbsp lemon juice

## Preparation

1. Choose ripe and sweets peaches.
2. Wash them thoroughly and with a knife clean the peel.
3. Cut them into small pieces. When cut, transfer them all to a saucepan, alternating with the sugar and then squeeze them to melt.
4. Cover the pot with a lid or food film and refrigerate for at least 1-2 hours.
5. Then put the pot with the peaches on fire. Once boiling, lower the heat to the lowest setting, (because they are very inflated) and simmer, stirring regularly with a wooden spoon for about 15' - 20', frying the foam with a spoonful.
6. When our jam stops foaming and knead we pour the lemon juice and remove the pan from the heat and melt the peaches as much as we like.
7. Refrigerate the jam, stir it, let it boil for a couple of minutes, and when ready, remove it and put it in sterile jars, filling it up.
8. We try to make sure the jam is tied properly when there is a thin layer on our spoon.
9. If we want to store the jam out of the fridge, we turn the jars full, sealing them with their lids, then with the lid resting on a kitchen towel and leaving them to cool.
10. If the canning is done correctly, the lid of the jar will be pressed in and our jam will be ready for storage in a dry and shady place. If for some reason the lid is not pressed and to be sure, store it in the refrigerator, just as when opening the jar.
  - If the jam binds us hard, then add a little water to dilute it and boil it again for 1' - 2' more.
11. Bake in the oven 200o for one hour



NOWADAYS



# Baked Vegetables (Slovakia)

## Baked Vegetables Nutritional Information

### Health benefits of eating broccoli:<sup>18</sup>

1. It contains lots of vitamins, minerals and bioactive compounds
2. Antioxidants and fibre may help with blood sugar control
3. It promotes healthy digestion

### Health benefits of eating carrots:<sup>19</sup>

1. Promotes eye health
2. Helps prevent cancer
3. Are good for the teeth and gums

### Health benefits of eating cauliflower:<sup>20</sup>

1. It contains many nutrients
2. It's high in fibre
3. Helps your body to detox

---

<sup>18</sup> Σφάλμα! Η αναφορά της υπερ-σύνδεσης δεν είναι έγκυρη.

<https://www.healthline.com/nutrition/benefits-of-broccoli>

<sup>19</sup> <https://www.stylecraze.com/articles/benefits-of-carrots-for-skin-hair-and-health/#gref>

<sup>20</sup> <https://www.healthline.com/nutrition/benefits-of-cauliflower#section1>



NOWADAYS





# Baked Vegetables Recipe



15 minutes

Bake for  
30 minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 300g mixed vegetables
- ✓ 500g broccoli, cauliflower and carrots
- ✓ 2 eggs
- ✓ 1 cup sour cream
- ✓ 200g cheddar cheese
- ✓ salt and ground black pepper to taste

## Preparation

1. Prepare vegetables and boil them.
2. Prepare baking pan and mixture with which we will bathe the vegetables in.
3. Make the mixture by mixing sour cream, eggs, grated cheese, salt and black pepper.
4. Put the boiled vegetables into a baking pan, pour the prepared mixture over it and grate cheese on the top.
5. Bake it in the oven for 30 minutes on 180° C



NOWADAYS



# KAYSERİ MANTI (TURKISH RAVIOLI)

## Manti Nutritional Information

### History of Manti <sup>21</sup>

Ravioli is one of my favorite Turkish traditional dishes. Ravioli is very popular and common in Turkey/ Kayseri. It takes time to prepare, but it's really worth of your time. You should try it to taste a real Turkish flavor. Preparing ravioli is very fun and easy if you make it a team work.

### Health benefits of Manti

1. The carbohydrate in it provides the necessary energy in our body.
2. It removes the body's need for the meat it contains.
3. Yogurt placed on it strengthens the muscles in terms of protein and calcium.

---

<sup>21</sup><https://www.healthline.com/nutrition/foods/olives>



NOWADAYS



# KAYSERİ MANTI Recipe



90 minutes

Boil  
10-15 minutes

Difficulty

1 2 3 **4** 5

## Ingredients:

- ✓ 600 gr flour
- ✓ 1 egg
- ✓ Salt
- ✓ Water
- ✓ 250 g minced beef meat
- ✓ 1 large onion
- ✓ Red pepper flakes
- ✓ 300 g yoghurt
- ✓ 1 garlic clove
- ✓ 1/2 tbs tomato paste
- ✓ Butter
- ✓ Green Pepper flakes.



## Preparation

1. Mix flour, egg, salt and water
2. Knead until you have stiff dough. Let it rest in the fridge
3. Dice onion and stir fry them until translucent
4. Add minced beef meat, salt and pepper flakes, and let it cook. (You can also leave it raw if you like it that way.)
5. Spread the dough and cut into small squares (it should be slightly thicker than dumpling wrappers)
6. Put a pinch of beef-mixture into every square, and put the edges together as if you were making dumplings.
7. When ready, place the ravioli in boiling water and boil them until they float
8. Whisk yoghurt with grated garlic and salt.
9. Place as much ravioli as you want in your plate and top with some garlic yoghurt to your taste
10. In a small sauce pan, heat up some butter and tomato paste, and put some of this sauce onto your food.



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Chapter 4: Canteen Healthy Recipes



**NOWADAYS**



# Potato Omelette (Spain)

## Potato Omelette Nutritional Information

### History:

There are several legends, one of them is that the omelette was invented by an anonymous Navarre housewife, in whose house the general Zumalacárregui stopped and the lady, as she was poor and all she had were eggs, onions and potatoes, ended up doing a stir with all this and the general liked it a lot.

### Health benefits:

1. Protein source
2. Vitamins A/E/D



NOWADAYS



# Potato Omelette Recipe



40 minutes

Cook for 15 minutes

Difficulty

1 2 **3** 4 5

## Ingredients (for 5 people):

- ✓ 6 eggs
- ✓ 5 potatoes
- ✓ Olive oil
- ✓ 1 onion (optional)
- ✓ Salt

## Preparation

1. Peel and wash the potatoes and cut into thin slices. Heat enough oil in a frying pan and add the potatoes and salt. If you are adding onion, add it after the potatoes. The heat shouldn't be too high
2. When they start to turn golden move them away (from the heat), put them in a large colander. To avoid excess oil put them on a plate with absorbent paper. Meanwhile beat the eggs and add the potatoes
3. Heat the frying pan again with oil to cover the bottom of the pan. Add the mixture of egg and potatoes and lower the heat. Move with circular movements so that the omelette doesn't stick to the bottom of the frying pan
4. When it starts to make bubbles this is because it has set, and that is when to turn it over. Use a flat plate. If necessary, put a little more oil into the frying pan before gently sliding the omelette from the plate to the frying pan, and move around again with circular movements.



NOWADAYS



# Olive buns(Eliopsomakia) (Greece)

## Olive Nutritional Information

### Health benefits of Olive buns

3. Good for health
4. Fantastic flavour
5. Easy-peasy to make
6. Beautiful outcome



**NOWADAYS**



# Olive buns(Eliopsomakia) Recipe



90 minutes

Bake  
2 hours

Difficulty

1 2 **3** 4 5

## Ingredients:

- ✓ 1 packet of yeast
- ✓ 1 tea spoon of salt
- ✓ 1 tea spoon of sugar
- ✓ 1 cup of cool water
- ✓ 1 cup of corn oil
- ✓ 4 cups of flour
- ✓ 1 pinch of oregano
- ✓ 1 cup of olives cut in small pieces

## Preparation

17. In the cool water we melt the yeast and mix.
18. Next we cool the salt and the sugar until they melt as well.
19. Then, pour the olive oil and the oregano and last the flour.
20. After the dough is done we let it rest for one hour and a half until it rises.
21. We preheat the oven at 170-180 degrees.
22. Pour the olives at the dough and mix.
23. Last, brush some olive oil at the cooking pan and you pour the dough.
24. We bake for 1h and 30min and keep an eye on it while it's baking.



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**



# KUMPIR ( BAKED POTATOES) (Turkey)

## Kumpir Nutritional Information

### History of Kumpir <sup>22</sup>

"Kumpir" is a potato baked in aluminum foil in Turkey with a salad. The potato that is eaten by putting sauce in it, was brought to our country in 1991 and became a brand new product by filling it with rich appetizers unique to us.

### Health benefits

1. It protects against lung cancer and heart attack.
2. It energizes, body workers feel less tired thanks to potatoes.

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<sup>22</sup> <https://www.hurriyet.com.tr/kampus/ogrenci-evi-iftari-icin-19-pratik-yemek-tarifi-40118404>  
<http://wowturkey.com/forum/viewtopic.php?t=132649>



NOWADAYS



# KUMPIR (BAKED POTATOES) Recipe



30 minutes

Cook  
10-20 minutes

Difficulty

1 2 **3** 4 5

## Ingredients:

- ✓ 3-4 potatoes
- ✓ 1 Bowl of Kashar cheese (grated)
- ✓ 2 tablespoons butter
- ✓ Sausage
- ✓
- ✓ Tomato paste or grated tomato
- ✓ Salt
- ✓ For the above:
- ✓ Pea
- ✓ Carrot
- ✓ Corn
- ✓ Pickled gherkin
- ✓ Stuffed green olives
- ✓ Ketchup, mayonnaise

## Preparation

1. Boil the potatoes.
2. Add hot water and put the sausages into the pot
3. Boil the peas, chop the carrots into cubes and boil them, chop the gherkins in small cubes and slice the olives.
4. Mix peas, carrots, corn and marinade in a bowl and spread on potatoes.
5. Garnish with ketchup and mayonnaise.



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Olive Pie (Cyprus)

## Olive Nutritional Information

### History of Olives <sup>23</sup>

Olives are small fruits that grow on olive trees (*Olea europaea*).

They belong to a group of fruit called drupes, or stone fruits, and are related to mangoes, cherries, peaches, almonds, and pistachios.

Olives are often enjoyed in salads, sandwiches, and pies. The average olive weighs about 3–5 grams.

Some immature olives are green and turn black when they ripen. Others remain green even when fully ripe.

In the Mediterranean region, 90% of olives are used to make olive oil

### Health benefits of Olives

Olives are very high in vitamin E, iron, calcium, copper, and sodium as well as other powerful antioxidants such as oleuropein, hydroxytyrosol, tyrosol, oleanolic acid, and quercetin. Studies show that they are good for the heart and may protect against osteoporosis and cancer. Also they prevent liver damage, regulate blood fats, reduce inflammation and lower blood pressure.

The healthy fats in olives are extracted to produce olive oil, one of the key components of the incredibly healthy Mediterranean diet.

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<sup>23</sup> <https://www.healthline.com/nutrition/foods/olives>



NOWADAYS



# Olive Pie Recipe



90 minutes

Cook 35-40  
minutes

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 4 cups village flour
- ✓ 1 cup olive oil
- ✓ 1 cup fresh orange juice
- ✓ 1 teaspoon Baking Powder
- ✓ 2 cups black Cyprus olives cut in big chunks
- ✓ 1 onion finely chopped
- ✓ ½ fresh mint finely chopped
- ✓ 1 cup fresh colliander finely chopped
- ✓ ½ cup sesame seeds

## Preparation

1. Mix olives, colliander, mint and onions in one ball
2. In another ball mix well the flour, BP and olive oil
3. Pour in the orange juice and knead
4. Add the olive mixture and half the sesame seeds and mix
5. Make round balls and sprinkle with the remaining sesame
6. Bake 180o in preheated oven for 35-40 minutes.
7. Makes 8 round olive pies.



**CHOCOLATE**

**NOWADAYS**



**CANTEEN**



**TRADITIONAL**

# Rice Pudding(Cyprus)

## Rice Nutritional Information

### History of Rice <sup>24</sup>

- ✓ One of the oldest cereal grains, rice (*Oryza sativa*) is believed to have been grown for at least 5000 years.
- ✓ It is a staple food for more than half of the world's population, particularly those living in southern and eastern Asia.
- ✓ White rice is the most commonly consumed type, but brown (whole grain) rice is becoming increasingly popular in some Western countries due to its health benefits.
- ✓ Various products are made from rice. These include rice flour, rice syrup, rice bran oil, and rice milk.
- ✓ It is usually white in color, but brown rice can come in a variety of shades; brown, reddish, purplish, or black.

### Health benefits of Rice

Brown rice is a food often associated with healthy eating. It retains the nutrients that white rice lacks such as vitamins, minerals, and antioxidants.

Brown rice contains more fiber than refined grains like white rice. Choosing fiber-rich whole grains like brown rice may reduce belly fat and help you lose weight.

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<sup>24</sup> <https://www.healthline.com/nutrition/is-brown-rice-good-for-you>



NOWADAYS



# Rice Pudding Recipe



90 minutes

Cool in  
the fridge

Difficulty

1 2 3 4 5

## Ingredients:

- ✓ 4 cups Milk 1,5% fat
- ✓ 1 ½ cups water
- ✓ 1 cup brown rice washed
- ✓ ½ cup sugar
- ✓ 4 tablespoons honey
- ✓ 1 tablespoons corn flour
- ✓ 4 tablespoons flower water

## Preparation

1. In a large saucepan boil the water. Wash the rice and add it to the water.
2. Pour in the milk, the sugar and the honey.
3. When it boils reduce the heat to low.
4. Stirring occasionally, cook for 20 to 30 minutes until it absorbs the milk.
5. Once thickened, add the flower water.
6. Remove from the heat.
7. Pour in small balls.
8. Let cool and then refrigerate.
9. Sprinkle with cinnamon.
10. Makes 5 balls.



**CHOCOLATE**

**NOWADAYS**



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**TRADITIONAL**

# Spinach Gnocchi (Slovakia)

## Spinach Gnocchi Nutritional Information

### History of Bryndza:

In Slovakia, bryndza serves as the main ingredient to halushkis with bryndza (sheep cheese), which is regarded the national speciality (halušky - small gnocchi - are mixed with bryndza and topped with fried chops of fatty bacon). Bryndza is therefore regarded as typically Slovak product. The modern version of the soft spreadable bryndza is believed to have been developed by entrepreneurs from Stará Turá (Western Slovakia) toward the end of the 18th century who founded bryndza manufactures in mountainous regions of Central and Northern Slovakia where sheep cheese production had deep roots in the local cheese manufacturing tradition, and traded with it, popularizing bryndza all around the Austrian Habsburg Monarchy.

### Health benefits of bryndza:<sup>25</sup>

1. It is cleaning blood
2. It is good for bones
3. It is strong probiotic
4. It is natural antibiotic

### Health benefits of spinach:<sup>26</sup>

1. Helps keeping your eyes healthy
2. Strengthens muscles
3. Maintains blood pressure
4. Helps in bone mineralization
5. Helps with fetal development

## Spinach Gnocchi Recipe

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<sup>25</sup> <https://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/are-potatoes-healthy>

<sup>26</sup> <https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-spinach.html>





30 minutes + defrost

Cook for  
10 minutes

Difficulty

1 2 **3** 4 5

## Ingredients:

- ✓ 350g fresh or frozen spinach
- ✓ 300g flour
- ✓ 2 eggs
- ✓ ½ teaspoon of salt
- ✓ 250g bryndza
- ✓ 1dcl milk

## Preparation

1. Defrost spinach. If you use fresh spinach, chop it thoroughly.
2. Put spinach in a bowl and add salt, eggs, flour and mix it.
3. Boil water in a larger pot.
4. Put dough through the sieve for gnocchi into the boiling water.
5. Boil them for about 5 minutes until they emerge.
6. When they are cooked drain them well and rinse them in warm water.
7. Then place gnocchi in the bowl.
8. Mix bryndza with milk and then mix it with gnocchi.
9. Cook for 10 minutes



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