



MONTHLY DELIGHTS

BY MAGDA GESSLER



DISCOVER THE BENEFITS OF FRUIT AND VEGETABLES IN TWELVE MEALS.

A simple change in the way you cook could do wonders for your health. We invite you to try out 12 new healthy meals to explore with your family the abundance of taste and fun fruit and vegetables can bring to your table. Enjoy eating healthy meals by Magda Gessler.

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Photographer: Rafał Latoszek

Ladies and Gentlemen,

Where do we say the most important things? In the kitchen!

It's a place where you can enjoy your morning coffee, start a day full of challenges, but also the space where we spend time with our loved ones. This is where we meet, where we experience magical moments together while cooking and sharing meals. What we eat should bring us closer to each other, but at the same time it should be healthy and wholesome. Cooking with our children will help them to develop healthy habits such as cooking on their own, carefully selecting the appropriate products and minding the way they are processed.

Polish culinary reality is constantly changing - we buy more and more "eco" and "bio" products; we are becoming conscious consumers. That makes me very happy, as in my restaurants and publications I promote eating fresh and regional products, which does not always mean expensive ones. "My healthy family" will help make you aware of the right choices.

In the packages you found the best that two Polish regions have to offer: products which are wholesome, fresh and local.

Fruit and vegetables, often neglected in our diet, provide us with the ingredients necessary for our well-being and may be the basis of many tasty, nutritious and affordable meals that can be prepared together with the whole family.

During the project I will introduce you to 12 menus which combine originality and tradition. In my work I focus on culinary discoveries: an innovative approach to products known for years. You don't have to be a chef to cook well – this is why I encourage you to treat "My healthy family" as an inspiration to spend time together and change your eating habits, so they will be better, more informed. Fruit and vegetables cannot be regarded as optional add-ons. They should be eaten every day – they are not only healthy, but have a full range of flavours and aromas, making them an ideal starting point for experiments in the kitchen.

I encourage you to cook dishes based on the recipes I provide and take pictures of the finished dishes, as well as the whole family during cooking. Years later it will be a great reminder of the time spent together.

Polish, tasty, free - fruit and vegetables from "My healthy family".



Miroslawa Cieslar

JANUARY

MONTHLY DELIGHTS

POTATO

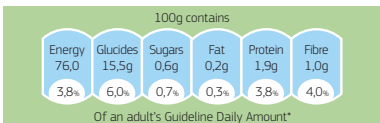


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APPLE

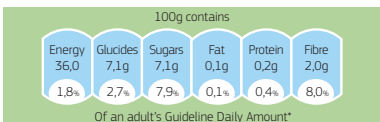


POTATO



Potatoes come in many shapes and colours, but they are always a natural source of vitamin B6, C as well as potassium and they contain almost no fat. However the vitamin content depends on cooking method: the cooking of unpeeled tubers is better.

APPLE



Apple is the fruit of fruits. It has been present on our tables for more than three thousand years with good reason. Apples are a natural source of C and B3 vitamin as they are tasty. Even though they are quite sweet they are not rich in calories (less than 40 per 100 grams on average).

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*Nutritional information based on European Food Safety Authority data

RECIPES

APPETISER



MULLED FRUIT PUNCH

INGREDIENTS

1 kg apples, 8 cups of water, piece of cinnamon bark, 1/2 teaspoon of ground ginger, 6 cloves, 5 tablespoons of honey, 1/3 cup of raisins

DIRECTIONS

• Peel the apples, slice and core them. Cook for 40 minutes in water with raisins and spices. When the punch cools a little, add honey and stir thoroughly.

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MAIN COURSE



BAKED POTATOES WITH GARLIC AND ROSEMARY

INGREDIENTS

2 kg potatoes, 1 clove of garlic, 2 fresh rosemary stems, olive oil, salt, pepper

DIRECTIONS

• Preheat the oven to 180 degrees. Line the cookie tray with aluminum foil. Cook the jacket potatoes in boiling salted water for 5 minutes.

• Drain the potatoes and place them on the tray. Cut the garlic clove in half and place both halves on the tray. Sprinkle with rosemary leaves, add salt to taste, pepper, and then sprinkle with olive oil. Bake for 30-40 minutes.

• Take the potatoes off the tray and put them on a large dish. Mash the baked garlic onto the potatoes and spread it evenly over the potatoes. Garnish with rosemary before serving.

• Potatoes prepared this way can be served with fish and meat or just a salad.

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DESSERT



CHARLOTTE

INGREDIENTS

Dough: 300 g coarse-ground whole-wheat flour, 100 g powdered sugar, 200 g butter, 3 egg yolks, 2 tablespoons of cream, 1 teaspoon of baking powder, pinch of salt

Cake meringue: 3 egg whites, 6 tablespoons of sugar, 1 teaspoon of potato flour

Cake filling: 2 kg apples, fistful of raisins, 1 tablespoon of cinnamon, 1 teaspoon of cardamom, butter (for the baking tray)

DIRECTIONS

• The most popular Polish cake should be made with russet, boiken or antonovka apples.

• Cut butter with flour, salt, baking powder and sugar. Add yolks and cream and quickly knead the dough. Divide the dough into two pieces, the smaller of which should be equal to 1/3 of the whole. Wrap the balls of dough up in film. Place them in the freezer. Peel and slice the apples. Put them in a saucepan and braise them for a while, but don't let them get too soft or they might fall apart.

• Add raisins and spices. Stir. Preheat the oven to 200 degrees. Whip the meringue adding sugar until firm. Add the potato flour last. Butter the baking tray or a cakepan. Coat the bottom and the sides of the tray with the bigger ball of dough. Put the apples on and cover them with the meringue. Grate the rest of the dough onto the meringue. Bake for about 40 minutes at 200 degrees without circulating the air in the oven.

FEBRUARY

MONTHLY DELIGHTS

ONION

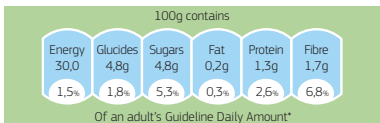


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KIWI

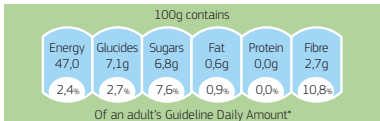


ONION



Onions are the basic ingredient of so many dishes that it's hard to think of a meal without them. Onions are rich in taste.

KIWI



It took the kiwifruit a large part of the last century to reach Europe from New Zealand (and from China before that). But it was worth waiting for: kiwi is high on vitamin C, 100 grams of kiwi provide a half of your daily need in vitamin C. Kiwis are a natural source of vitamin K (that is good for your bones). They also contain potassium (potassium is important for the health of your heart).

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RECIPES

APPETISER



CLASSIC ONION SOUP

INGREDIENTS

1 kg onion, 50 g butter, 4 cloves of garlic, 1 litre vegetable stock, 6 slices of baguette, 150 g cheese (it is best to use cheddar), chive to garnish

DIRECTIONS

- Peel the onions, slice them and thoroughly cut out the hard stems (finding one in the soup can be very unpleasant!). Fry onions until translucent using butter, pour in the stock. Add mashed garlic. Cook onions until soft. Season to taste with salt and pepper. Toast the baguette slices (in a toaster or an oven). Use the grilling/upper oven function. Pour the soup into heat-proof bowls. Gently place a toast on top of every portion and sprinkle with cheese. Put bowls into the oven and bake until the cheese melts.
- Serve straight away when very hot.

MAIN COURSE



MEAT PATTIES WITH CHAMPIGNONS AND ONION

INGREDIENTS

0,5 kg minced meat, 400 g champignons, 2 eggs, breadcrumbs, cooking oil, sweet pepper, 1 onion, 1 bell pepper, 1 zucchini, 1 cup of flour, 1 tablespoon of butter, salt, pepper

DIRECTIONS

- Season the minced meat to taste with salt, pepper and sweet pepper. Add an egg and mix.
- Slice the onion and champignons into cubes. Fry onion, until translucent using butter, add champignons, fresh paprika and zucchini, and then fry for about 4 minutes. Mix the onion, champignons, paprika, zucchini and meat. Shape into patties. Coat with breadcrumbs and an egg. Fry until golden. Garnish with fresh dill leaves.

DESSERT



GREEN SMOOTHIE

INGREDIENTS

2 kiwi, 1 very ripe avocado, 2 tablespoons of honey, 1 fresh cucumber, 300 ml of fresh yoghurt

DIRECTIONS

- Peel the kiwi, cucumber and avocado. Blend with yoghurt and honey. Serve straight away. A glass of vitamins perfect for any occasion.

MARCH

MONTHLY DELIGHTS

HORSERADISH

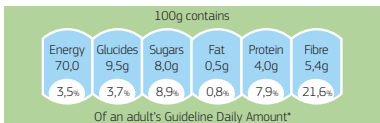


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ORANGE

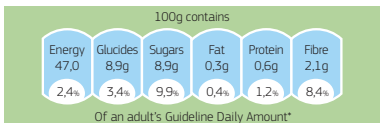


HORSERADISH



Horseradish comes from Europe and its unique taste makes it a 'must-have' in any kitchen. It is known as an appetite stimulant. Horseradish is a source of manganese and vitamin C.

ORANGE



Oranges are the apples of the south. They are as versatile. Like apples, they can stay fresh for quite a long time. They are a good source of vitamin C.

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RECIPES

APPETISER



MUFFINS WITH HORSERADISH MOUSSE AND SMOKED SALMON

INGREDIENTS

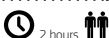
2 shortbread salty muffins, 100 g smoked salmon, 1 horseradish

Sauce: 1 tablespoon honey, 1 teaspoon apple vinegar, 1 teaspoon Dijon mustard, 1 teaspoon chopped dill

DIRECTIONS

- Ground the salmon and mix with grated horseradish. Thoroughly stir the ingredients of the sauce. Put the mousse into the muffins and pour sauce on it.

MAIN COURSE



LIGHT EASTER BORSCHT

INGREDIENTS

Big bundle of soup vegetables, e.g. carrot, celery and parsley, 2 litres of water, 3 bay leafs, 6 allspice grains, 1 tablespoon of dried marjoram, 6 pepper grains, 3 garlic cloves, 0,5 litre bottle of white borscht, 3 tablespoons of horseradish, 1,5 cup of 12% cream (you can consider replacing this ingredient with yoghurt and try your own variation of this recipe), 6 hardboiled eggs, salt and pepper to taste

DIRECTIONS

- Wash and clean, and then chop the carrot, celery and parsley. Cook a stock out of vegetables and spices: pepper, allspice, bay leafs and garlic. After 40 minutes add a bottle of well-stirred white borscht to the stock, add mashed garlic cloves, horseradish, marjoram and cream (alternatively yoghurt). Boil, season to taste with salt and pepper. Serve with hardboiled egg halves.

DESSERT



ORANGE TEA WITH CLOVERS

INGREDIENTS

4 cups of water, 4 bags of black tea, 1 orange, 1/4 teaspoon of powdered ginger, 4 clovers, 4 teaspoons of raspberry juice, 1 lemon, honey to sweeten (optional)

DIRECTIONS

- Slice the orange and the lemon. Pour freshly boiled water onto the black tea. Add spices. Brew for 5 minutes.
- Pour into tall glasses. Add two slices of orange and one slice of lemon into every serving. Add one teaspoon of raspberry juice into every serving.

APRIL

MONTHLY DELIGHTS

CHIVES

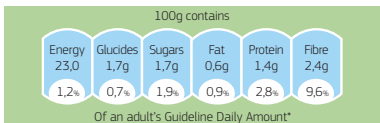


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BANANA

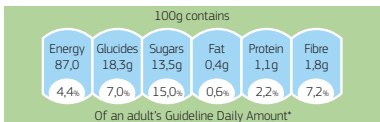


CHIVES



Chives don't look like much, but this slender herb is a source of vitamin K.

BANANA



Banana is nature's own power bar. Its sweet taste comes from different sugars that give you instant energy and it's also a natural source of potassium. Potassium plays a role in your heart's health, e.g. maintaining blood pressure or preventing cramps. Banana provides also vitamin B6.

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RECIPES

APPETISER



EGGS IN A COTTAGE CHEESE AND CHIVE SAUCE

INGREDIENTS

8 eggs, 250 g homogenised cottage cheese, 2 teaspoons of mustard, 1 tablespoon of lemon juice, big bundle of chive, salt and pepper to taste

DIRECTIONS

• Hard-boil the eggs, cool in cold water, peel them and cut lengthwise into halves. Arrange the eggs on a plate. Prepare the sauce by mixing the cottage cheese, mustard and lemon juice. Wash, dry and finely chop the chive. Season the cottage cheese to taste. Mix it with half of the chopped chive. Put the cottage cheese on the eggs. Serve with the rest of the chive sprinkled on the eggs.

MAIN COURSE



CROQUETTES WITH COTTAGE CHEESE, POTATOES AND SPINACH

INGREDIENTS

6 pancakes, 500 g potatoes, 200 g cottage cheese, 1 onion, fistful of chive, 1 cup of breadcrumbs, cooking oil, 1 tablespoon of butter, 1 egg, salt, pepper

DIRECTIONS

• Cook the potatoes, cool them, mash and mix with cottage cheese. Cut the onion into thin slices and fry in butter until translucent. Add to the potato stuffing and stir. Chop the chive, add to the stuffing, season to taste with salt and pepper. Put the stuffing on pancakes and wrap into croquettes.

• Coat with egg and breadcrumbs. Fry in oil until nicely brown or alternatively eat without frying for a lighter version.

DESSERT



ICED BANANA COFFEE

INGREDIENTS

1,5 tablespoons of coffee, 1 teaspoon of cane sugar, 100 ml of 12% fat cream, 1 very ripe banana, 3-5 ice cubes

DIRECTIONS

- A type of delicious coffee and banana shake.
- Crush the ice. The easiest way to do it is to wrap it in a clean tea towel and smash it with a mallet. Peel the banana. Make a strong espresso with the coffee. Mix all the ingredients of the drink.
- Alternatively replace the cream with milk to reduce the amount of calories.

MAY

MONTHLY DELIGHTS

ICEBERG LETTUCE

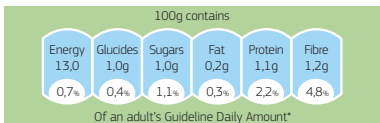


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LEMON

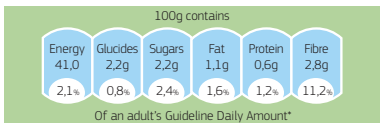


ICEBERG LETTUCE



Lettuce is one of the vegetables with fewer calories. Iceberg salad remains crispy, even after you have added your salad dressing. 100 grams of lettuce provide 20% of the daily dose of provitamin A. It is also a rich source of vitamin K and vitamin C and is a source of vitamins B5 and B6.

LEMON



Lemons are full of health-benefiting nutrients, like their cousins of the citrus family. And they are lower in calories. The lemon's acidic taste comes from the citric acid, which is a natural preservative and an aid to smooth digestion. Of course, like other members of its family, it is an excellent source of vitamin C.

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RECIPES

APPETISER



CESAR SALAD

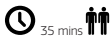
INGREDIENTS

2 romaine lettuces, 5 slices of a bread roll, 2 tablespoons of sunflower oil, 8 tablespoons of olive oil, 8 anchovies fillets, 1 egg, 2 cloves of garlic, 1 lemon, 100 g parmesan cheese, salt, pepper

DIRECTIONS

- Heat up the sunflower oil and 2 tablespoons of olive oil in a pan. Peel and crush the garlic. Cut the bread into cubes. Put the garlic in the pan. Add croutons. Fry until golden and drain on a tea towel. Put the egg into boiling salt water and cook for 2 minutes. Take it out, put in cold water. Chop the anchovies. Squeeze the lemon. Mix two tablespoons of lemon juice with the rest of the olive oil.
 - Add salt and pepper to taste. Add the egg while whipping with an eggbeater. Wash, dry and cut the lettuce. Pour the sauce on the lettuce and stir. Add anchovies and croutons, stir. Sprinkle with thin flakes of parmesan.
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MAIN COURSE



CHICKEN WITH OLIVES AND LEMON

INGREDIENTS

1 double chicken breast, dozen black olives, 2 lemons, 0,5 cup oil, pepper, salt

DIRECTIONS

- Wash, dry and slice the meat. Place into a bowl, drench in juice from 1/2 of a lemon and two tablespoons of oil. Season to taste with pepper and salt. Put into the fridge for one hour. Pour the remaining oil into a heat-resistant dish.
 - Put the slices of meat in. Add olives. Slice the rest of the lemon into half-slices and place on top of the dish. Place the meat in the oven preheated to 200 degrees. Cook for 25 minutes.
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DESSERT



LEMON CREAM

INGREDIENTS

3 eggs, 4 lemons, 150 g sugar, 1 tablespoon of potato flour

DIRECTIONS

- Grate the lemon peel and squeeze the juice. Mix the sugar with the potato flour. Add the lemon peel and juice. Whip eggs in a saucepan. Add sugar with flour and lemon juice.
- Put on the medium stove burner and heat while stirring vigorously. Take off the fire when it gets smooth and dense. Pour into a jar, and then put in the fridge. Serve with toasts, pancakes or tea.

JUNE

MONTHLY DELIGHTS

RADISH

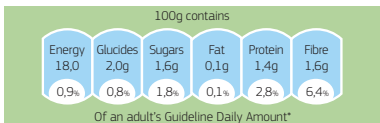


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SWEET CHERRIES

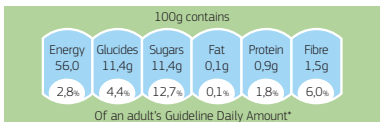


RADISH



Radish brings the taste of summer to the table. It is really low in calories and has a fresh taste.

SWEET CHEERIES



Sweet cherries are June's treasure, so shiny, bright and tender. The pigments that give them these wonderful colours. Sweet cherries are a good source of vitamin C.

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RECIPES

APPETISER



PICKLED RADISHES WITH GREEN PEPPER AND CARDAMOM

INGREDIENTS

2 bunches of radishes, 3/4 cup of apple or wine vinegar, 3/4 cup of water

Spices: 3 tablespoons of sugar, 2 teaspoons of coarse-granulated salt, 1 teaspoon of green pepper, 3 pods of cardamom

DIRECTIONS

- You can serve this snack by itself instead of traditional mushroom or onions or add to a salad.
- Wash, clean, pierce and cut the radishes in half. Put them in a jar, sprinkle with pepper and cardamom. For the marinade, boil vinegar, water, salt and sugar, and then pour onto the radishes. Seal the jar and shake. Eat after two days. On the second day the radishes will become pink. Ratio for one 0,5 litre jar.

MAIN COURSE



VILNIUS COLD SOUP BY IKONOWICZ FAMILY WITH CRAYFISH TAILS AND VEAL

INGREDIENTS

2 litres of curd, 1 litre sour Polish kefir (kind of buttermilk), 0,5 l of 36% fat sour cream (you can consider replacing this ingredient with yoghurt and try your own variation of this recipe), 1 litre beetroot stock, 1 bunch of fresh chard, 2 bunches of dill, 1 kg fresh prickly cucumber (wild cucumber), 2 bunches of radishes, baked veal and crayfish tails, hardboiled eggs to taste

Spices: 1 clove of garlic, sugar, salt, pinch of pepper.

For the stock: 3 kg grated beetroots, 1 litre of water, 1 tablespoon of vinegar, salt and sugar

DIRECTIONS

- To prepare the stock pour 1 litre of water onto 3 kg of grated beetroots. When it boils, acidify it with vinegar, season with salt and sugar. Cook on the small stove burner for about an hour. Add cleaned and cut chard to the stock and stew it for a while. Last add chard leafs so they can stay juicy. After the stock cools, add chopped dill, cucumbers, radishes, baked veal cut in thin strings, crayfish tails and a hardboiled egg. Smoothen the curd, add kefir and cream while stirring. Mix the cooled beetroot soup with this dairy base. You can acidify the cold soup with the natural beetroot acid.

DESSERT



CHERRY MOUSSE WITH TEA AND RED PEPPER

INGREDIENTS

1 kg sweet dark drilled cherries, 3 tablespoons of buckwheat honey, 1 tablespoon of red pepper, 250 g of Greek yoghurt, 1 tablespoon of Earl Grey tea (in leaves), 1 tablespoon of agar agar, 1 sachet of vanilla sugar with real vanilla

DIRECTIONS

- Crush the pepper in a mortar. Brew a cup (about 200 ml) of very strong tea, and then strain it. Soak the agar in the hot tea. Liquidise the cherries in a blender, and then add pepper, honey and the tea with agar, finally blend everything well.
- Put it in dessert cups. Keep it in a refrigerator for at least 3 hours. When the dessert congeals, serve it with yoghurt mixed with the vanilla sugar with real vanilla.

JULY

MONTHLY DELIGHTS

CUCUMBER

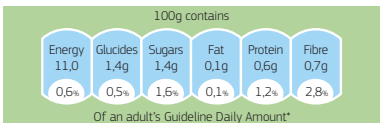


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RED CURRANT

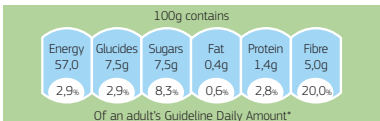


CUCUMBER



Cucumber is really low in calories and is a good source of vitamin K (which is good for your bones).

RED CURRANT



Red currants are tiny vitamin bombs. There is enough vitamin C in 100 grams of them to cover almost half of your daily need and quite a good amount of vitamins K as well. Red currants also provide a fair amount of minerals like manganese, iron, phosphorus and copper. They are also a source of dietary fibres.

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RECIPES

APPETISER



STUFFED CUCUMBERS

INGREDIENTS

2 fresh cucumbers, 1 bunch of chive, 200 g creamy cheese, 1 red pepper, pepper

DIRECTIONS

- Cut the cucumbers into approximately 5 cm pieces. Carve out the middle, but leave the bottom.
- Cut pepper into small cubes. Squeeze the surplus water out of the cucumber flesh and mix it with cheese and pepper. Season, and then stuff the cucumbers. Ready to be eaten raw.

MAIN COURSE



TRADITIONAL CUCUMBER SOUP

INGREDIENTS

500 g pork ribs, piece of celery, 1/2 leek, 1 carrot, 1 parsley, 6 pickled cucumbers, 6 potatoes, 1 teacup of 18% fat cream (you can consider replacing this ingredient with yoghurt and try your own variation of this recipe), 1/2 bunch of dill, salt, pepper

DIRECTIONS

- Cook the celery, parsley, leek and meat for about an hour. Take out the parsley, leek and celery. Peel and cube the carrot and potatoes. Add to the boiling stock. Cook for 15 minutes.
- Cut the cucumbers into thin slices and add them to the soup. Cook for 5 minutes. Add cream (alternatively yoghurt) and chopped dill.
- Serve the soup with the boiled rib meat.

DESSERT



REDCURRANT CHEESECAKE

INGREDIENTS

1 kg minced cottage cheese, 0,5 kg redcurrants, 1 cup of sugar, 6 eggs, 4 sachets of redcurrant jelly, pinch of salt to taste

DIRECTIONS

- Separate the whites from the yolks. Mix 3/4 of sugar with yolks until you get a fluffy cream. Beat the whites with a pinch of salt and the rest of the sugar. Mix the yolk cream with the cottage cheese. Carefully dissolve three jellies in one cup of water. When it cools down, mix it well with the cottage cheese. Pick the currants from their stems. Mix half of them with the cheese. Carefully blend the egg white foam with the rest of the dough and put it all in a round baking pan with a 23 cm diameter. Put it in a refrigerator for an hour.
- While the cheesecake is cooling down in the refrigerator, dissolve the last jelly in 1,5 cup of water. When it cools down, pour four tablespoons of the jelly on the congealing cheesecake, sprinkle with the rest of the redcurrants and put it in a refrigerator for another hour. When the first layer of jelly congeals and binds the currants, pour in the rest of the jelly onto the cake and put it in a refrigerator for 3 more hours.

AUGUST

MONTHLY DELIGHTS

STRING BEANS

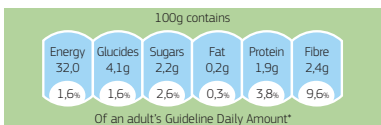


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RASPBERRY

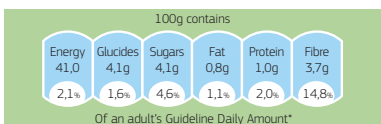


STRING BEANS



String beans are a treat, with their slightly sweet taste. They are a good source of provitamin A (beta-carotene). They are also a natural source of minerals like iron, molybdenum, chromium and selenium.

RASPBERRY



Fresh raspberries contain vitamins C and K.

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RECIPES

APPETISER



30 mins



ROCKET SALAD

INGREDIENTS

1 bunch of rocket, 100 g of blue cheese, 1 cup of raspberries, 4 tablespoons of oil, 2 teaspoons of lemon juice, 1 teaspoon of honey, salt, ground white pepper

DIRECTIONS

• Wash and dry the rocket. Cube the cheese. Mix the oil, lemon juice, honey, salt and pepper to get a smooth sauce. Instead of ground white pepper, you can also use white pepper seeds and grind them in a mortar. Put the cheese cubes and raspberries on the rocket. Douse it with the sauce. You may decorate the plates with a chocolate glaze.

• In case you are using frozen raspberries: defrost them, mix them with the sauce, and then pour the sauce over the rocket, finally put the cheese cubes on top.

MAIN COURSE



15 mins



GREEN BEANS WITH GARLIC

INGREDIENTS

1 kg green beans, 5 tablespoons of olive oil, 6 cloves of garlic, salt and pepper to taste

DIRECTIONS

• For a change use garlic and olive oil with your beans instead of breadcrumbs and butter.

• Peel, wash and boil the beans with 1 teaspoon of sugar and 1 teaspoon of salt. Peel and slice the garlic. Heat up the oil in a pan or saucepan, add garlic. Stir and fry until golden (be careful not to burn the garlic or it will get bitter). Drain the beans, add to the pan. Stir, sprinkle with salt and pepper to taste.

• Could be served with any grilled meat.

DESSERT



40 mins



RASPBERRY PANCAKES

INGREDIENTS

Pancakes: 375 ml of milk (1,5 standard glass), 375 ml glass of water (1,5 standard glass), 2 eggs, 340 g of flour (2 standard glasses)

Filling: 500 g country cottage cheese, 1/2 cup of dense cream, 3 tablespoons homemade vanilla sugar, 500 g raspberries

DIRECTIONS

• Prepare the pancakes by whisking the eggs with a pinch of salt. Then add flour, pour in milk and water. Mix well and check if the dough has a proper texture by raising the spoon vertically – it should drip at the same time covering the surface of the spoon. Fry the pancakes on a flat pan using clarified butter.

• Mix cottage cheese with cream and vanilla sugar. Put a thin layer of cheese on the fried pancakes. Fold, place on the plates, sprinkle with raspberries. You can use blackberries or blueberries instead.

SEPTEMBRE

MONTHLY DELIGHTS

TOMATO

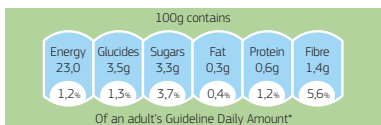


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GRAPES

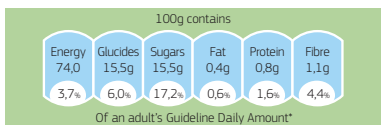


TOMATO



In some languages, its name means "golden apple". The tomato is probably the tastiest and the most versatile of all vegetables. The tomato is a natural source of iron and selenium and it provides also vitamin C and provitamin A. It's all there! Tomatoes are low in energy.

GRAPES



Grapes extract the best nutrients from the soil they grow in, and pass them on to you. They are a good source of minerals and vitamins C, K and B. Dark grapes contain anthocyanins, whereas green or yellow provide other polyphenolic antioxidants.

(EU) REGULATION No 1169/2011 of the European Parliament and Council.
*Nutritional information based on European Food Safety Authority data

RECIPES

APPETISER



BAGUETTE WITH TOMATOES AND GARLIC

INGREDIENTS

9 slices of baguette, 3 tomatoes, 3 cloves of garlic, 1/2 teaspoon of basil, salt and pepper to taste, sugar to taste

DIRECTIONS

• Peel and cube the tomatoes. Peel and cut garlic into small pieces. Mix tomatoes with garlic and basil. Season to taste with oil, salt, pepper and sugar. Pre-bake the baguette slices. Place the tomatoes on top of them. If you want to serve it hot, place them for a moment in an oven set to grill.

• Garnish with fresh basil leafs. Instead of dried basil add chopped fresh basil leafs to the tomatoes.

MAIN COURSE



CREAM TOMATO AND PEPPER SOUP

INGREDIENTS

6 big round red peppers, 1 kg tomatoes, 1/4 cup olive oil, 1/2 cup of 12 % cream - optionally, 3 cloves of garlic, 4 celery stems, 1,5 litres vegetable stock, fresh herbs to garnish, 1 teaspoon of sweet paprika, 1-2 chili peppers

DIRECTIONS

• Bake the peppers in the oven for 20 minutes in 200°C. Peel the peppers keeping aside the juice for cooking. Peel and seed the tomatoes. Chop the celery and garlic. Clean and chop chili. Preheat the oil in a pot with a thick bottom. Fry the celery, chili and garlic until translucent. Pour stock over it. Cook until celery gets soft. Add sliced tomatoes and pepper. Boil, blend. Cook until achieving desired density. Gently whip the cream.

• Serve the soup with a blotch of whipped cream and a side of fresh dark baguette.

DESSERT



CELERY SALAD WITH GRAPES

INGREDIENTS

300 g black grapes, 1 celery, 2 apples, 3 fistfuls of walnuts, lemon juice, 3 table-spoons of natural yoghurt

DIRECTIONS

• Wash and dry the grapes. Cut each grape in half and seed it. Peel the hard fiber off the celery. Slice the celery and keep the green leafs for garnish. Wash and cube the apples. Do not peel the apples. Fry the walnuts for a while in a dry pan. Mix yoghurt with lemon juice. Mix all the ingredients. Serve after a few minutes.

• To make the salad more filling, you can add cubed cheese, mind though this also adds calories.

OCTOBER

MONTHLY DELIGHTS

ZUCCHINI

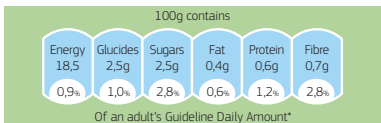


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PEAR

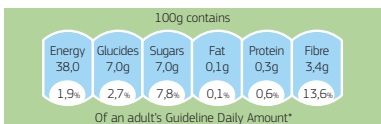


ZUCCHINI



Zucchini are succulent. They can be used as binding in soups, offering a very low-calorie alternative to cream, flour or starch. They contain potassium. They are a natural source of vitamin C and carotene (provitamin A).

PEAR



Pears come only in one shape, but they take many forms. They can be firm, sweet and juicy, and they can also be cooked. They may be yellow, red or green, and they are a source of fibre.

(EU) REGULATION No 1169/2011 of the European Parliament and Council.
*Nutritional information based on European Food Safety Authority data

RECIPES

APPETISER



GRILLED ZUCCHINI WITH FETA CHEESE AND MINT

INGREDIENTS

4 zucchinis, 200 g feta cheese, fistful of mint, 4 tablespoons of olive oil, pepper

DIRECTIONS

• Wash the zucchinis and cut them into thick slices. Grease them with oil and grill. Meanwhile cut feta cheese into cubes, wash and dry the mint. Sprinkle the grilled zucchinis with the rest of the oil (if there is any left), sprinkle with feta and pepper and garnish with mint leafs. Serve warm, but not hot. Bread would be a good side dish, as it helps gather the sauce off the plate. Feta is salty, so don't use any salt on the zucchinis.

MAIN COURSE



CHICKEN BREAST WITH ZUCCHINI AND TOMATOES

INGREDIENTS

4 tomatoes, 1 onion, 4 cloves of garlic, 1 yellow zucchini, 1 green zucchini, bundle of fresh thyme, 1 teaspoon of dried thyme, 4 tablespoons of oil, salt and pepper to taste

DIRECTIONS

• Rinse, dry and slice the chicken breast and mix it with dried thyme, pepper and salt to taste. Peel and chop the garlic. Preheat the oven to 200°C. Line the cooking tray with baking paper. Put the meat on the tray, sprinkle with oil and chopped garlic. Put it into the oven and bake for 15 minutes. Wash the zucchini and make 1 cm thick slices. Cut the tomatoes in quarters. Cut the onion into half-moons. Pick the leafs off of the thyme branches or chop it if the branches are soft.

• Take the tray out of the oven. Turn the meat, add vegetables sprinkled with oil and half of the fresh thyme. Put the tray back into the oven and bake for 25 minutes longer. Serve hot, sprinkled with the rest of the thyme.

DESSERT



PEAR CAKE WITH CARDAMOM

INGREDIENTS

1,5 kg unpeeled ripe pears, 4 tablespoons of lemon juice, 2 tablespoons of sugar, cardamom

Dough: 250 g cake flour, pinch of salt, 100 g butter, 1 tablespoon of 22% fat cream, lemon juice and peel, oil (as much as necessary)

DIRECTIONS

• Cut the butter with the flour on a breadboard, add salt, sugar, cream, lemon peel and juice. Knead an elastic dough adding oil to make it sticky. Wrap in film and put into the fridge. Cut pears into quarters and core them. Sprinkle with lemon juice. Crush cardamom in a mortar. Sprinkle pears with cardamom and sugar. Coat the buttered baking tray with the dough so that a lot of the dough hangs off the sides. Place the pears on the bottom and fold the hanging sides of the dough creating a decorative edge.

• Bake for about 30 minutes in an oven preheated to 200 degrees.

NOVEMBER

MONTHLY DELIGHTS

BEETROOT

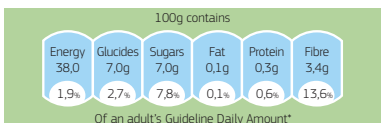


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APPLE

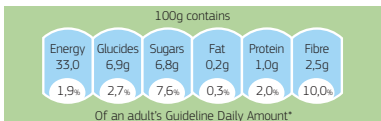


BEETROOT



Beetroot has an unmistakable earthy taste. The root itself is low in calories. Beetroots are a natural source of potassium.

APPLE



Apple is the fruit of fruits. It has been present on our tables for more than three thousand years with good reason. Apples are a natural source of C and B3 vitamin as they are tasty. Even though they are quite sweet they are not rich in calories (less than 40 per 100 grams on average).

(EU) REGULATION No 1169/2011 of the European Parliament and Council.
*Nutritional information based on European Food Safety Authority data

RECIPES

APPETISER



2 hours



BAKED BEETROOTS WITH GOAT CHEESE

INGREDIENTS

4 medium round beetroots, 1 cup of goat cheese, olive oil, balsamic vinegar

DIRECTIONS

• Wrap each beetroot separately in aluminum foil and bake in an oven preheated to 200 degrees. Depending on the variety it takes up to one hour. Cool, peel and slice the beetroots. Grease the slices with oil and vinegar. Arrange 3-4 slices on top of each other sandwiching them with goat cheese.

MAIN COURSE



30 mins



CRUNCHY LIVER WITH APPLES

INGREDIENTS

500 g veal liver, 500 ml milk, 4 tablespoons of flour, 100 ml oil, 1 tablespoon of butter

Sauce: 1/2 cup of sugar, 4 tablespoons of red wine vinegar, juice of 1 orange, 1 teaspoon of honey, 1 orange peel

Apples to go with the liver: 1/2 cup of apple vinegar, 2 sweet and hard apples

DIRECTIONS

• Prepare the apples: cut the fruit into quarters (eight pieces) and core them. Boil the sugar with vinegar. Place the apples into hot syrup and cook for a few minutes (duration depends on apple variety) until soft, but not falling apart.

• Prepare the sauce: make caramel out of sugar lightly sprinkled with water (heat up on a pan until golden). Take off the burner. Pour in orange juice and vinegar. Cook and stir until caramel melts and half of the juice evaporates. Add honey. Boil, add butter, and boil again.

• Clean and saturate the liver in milk (2-3 hours or put aside overnight). Drain, dry and slice. Heat the oil in a pan. Cover the liver slices in flour and fry in oil for 2-3 minutes on each side (do not add salt!). Add the butter last. Pour the sauce onto the liver. Serve with apples.

DESSERT



1 hour



APPLE TART

INGREDIENTS

200 g flour, 100 g butter, 200 g sugar, 1 egg yolk, 5 big apples, cinnamon, almond flakes

DIRECTIONS

• Cut the flour with butter. Add sugar, egg yolk and knead a crumbly dough. Put in a fridge for a few minutes.

• Wash the apples and dry them thoroughly. Do not peel. Cut them in thin slices. Roll the dough till flat and coat the baking tray with it. Decorate the top with apples creating a nice pattern. Sprinkle the apples with a pinch of sugar, cinnamon and almond flakes.

• Bake for around 30 minutes in an oven preheated to 200 degrees.

DECEMBER

MONTHLY DELIGHTS

CARROTS

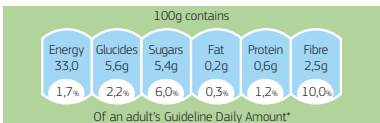


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MANDARINES

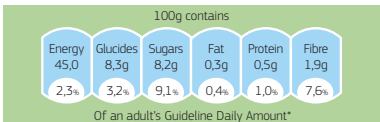


CARROTS



Carrots are full of many good things, such as carotenes (which is where their name comes from). Carrots contain provitamin A (β -carotene) which is important to the health of your eyes and skin. They are also rich in fibre and sweet while at the same time being low in calories. And you can eat them any way you like.

MANDARINES



Mandarines are not just small oranges. They contain provitamin A (β -carotene) and iron. Of course, like oranges and lemons, they provide you with large amounts of vitamin C. And they give off that slight but special aroma, which makes you feel like the festive season is already upon us.

(EU) REGULATION No 1169/2011 of the European Parliament and Council.
*Nutritional information based on European Food Safety Authority data

RECIPES

APPETISER



10 mins



NUT LETTUCE WITH FRUIT

INGREDIENTS

100 g soft cheese, 150 g nut lettuce, 1 pomegranate.

Sauce: 1 teaspoon of honey, 2 tablespoons of lemon juice, 4 tablespoons of oil, salt, 2 mandarins, 1 red onion

DIRECTIONS

• Wash and dry the nut lettuce. Cube the cheese. Peel the mandarins and separate the pieces. Peel the onion and cut into half-moons. Prepare the sauce by mixing the ingredients until you get an emulsion. Arrange the nut lettuce on the plates, sprinkle with mandarins and onion half-moons. Garnish with cheese. Douse with the sauce.

MAIN COURSE



30 mins



TROUT SOUP

INGREDIENTS

3 carrots, 2 branches of celery, 1 red pepper, 1 green pepper, 2 big ripe tomatoes, 2-3 pickled cucumbers, 100 g of black olives, 1/2 kg of trout fillet with no fishbone or skin, 4 tablespoons of tomato paste, 1/2 cup of 12% cream, salt, black pepper, sugar, mild and spicy dried paprika to taste

For the stock: trout leftovers from making the fillets (complete head, the skin and fishbone), piece of celery, 1 parsley root, 2 carrots, 3 allspice grains, 2 bay leaves, salt and pepper to taste, 2 litres of water

DIRECTIONS

• Clean the vegetables for the stock and cook them with trout leftovers on a small burner for an hour. In the meantime wash, peel and grate the rest of fresh carrot using the big grating slots. Cut the peppers, celery and pickled cucumbers into cubes. Clear the stock and mix it with fresh grated carrots and cubed peppers, celery and tomatoes. Cook for 15 minutes. Add pickled cucumbers and tomato paste. Boil, and then season to taste with salt, sugar, pepper, mild and spicy dried pepper. Put in the fish fillets cut into 4 cm pieces. Cook for 5 minutes.

• Serve with olives, a big spoon of sweet cream and a slice of good country bread.

DESSERT



1 hour 40 mins



CARROT CAKE WITH HONEY

INGREDIENTS

6 eggs, 2 cups of honey, 1,5 cups of oil, 5 cups of grated carrot, 1,5 teaspoons of baking powder, 1,5 teaspoons of baking soda, 2 teaspoons of cinnamon, pinch of ground clovers, pinch of nutmeg, salt, 2 tablespoons of butter, 0,5 cup of breadcrumbs

Meringue: 250 g mascarpone cheese, 250 ml sweet cream, 2 tablespoons powdered sugar, 4 cups flour

DIRECTIONS

• Separate the egg yolks and whites. Whip the whites with a pinch of salt. Blend the yolks with honey and oil until you get an even cream. Add carrot, stir. Mix flour with baking powder, soda and spices. Add to the carrot cream. Gently mix with whipped whites. Butter a 30 cm cake-pan and cover it with breadcrumbs. Pour the dough into the cake-pan and bake for around an hour in 180 degrees. Check with a stick. Cool. Whip cream with sugar, gently mix with mascarpone. Put the cream inside the cake or just smear it on the top.

	Distance			Preparation				
	Local	European Union	World	Fresh	Cooked	Steamed	Fried	Baked
Apple								
Banana								
Blackberry								
Black currant								
Cherry								
Gooseberry								
Grapefruit								
Grapes								
Kiwi								
Lemon								
Melon								
Mandarin orange								
Orange								
Peach								
Pear								
Plum								
Pineapple								
Quince								
Raspberry								
Redcurrant								
Rhubarbe								
Sweet cherry								
Strawberry								
Walnut								
Watermelon								

	Distance			Preparation				
	Local	European Union	World	Fresh	Cooked	Steamed	Fried	Baked
Asparagus								
Avocado								
Beetroot								
Broccoli								
Brussels sprout								
Carrot								
Cauliflower								
Celery								
Chinese cabbage								
Chives								
Cucumber								
Eggplant								
Gherkin								
Herbs								
Horseradish								
Iceberg lettuce								
Leek								
Onion								
Parsley								
Pepper								
Potato								
Radish								
Red cabbage								
Savoy cabbage								
String bean								
Tomato								
Turnip								
White cabbage								
Zucchini								

Course

Snack
Appetizer
Soup
First
Main
Dessert

Apple



Banana



Blackberry



Black currant



Cherry



Gooseberry



Grapefruit



Grapes



Kiwi



Lemon



Melon



Mandarin orange



Orange



Peach



Pear



Plum



Pineapple



Quince



Raspberry



Redcurrant



Rhubarbe



Sweet cherry



Strawberry



Walnut



Watermelon



Course

Snack

Appetizer

Soup

First

Main

Dessert

Asparagus



Avocado



Beetroot



Broccoli



Brussels sprout



Carrot



Cauliflower



Celery



Chinese cabbage



Chives



Cucumber



Eggplant



Gherkin



Herbs



Horseradish



Iceberg lettuce



Leek



Onion



Parsley



Pepper



Potato



Radish



Red cabbage



Savoy cabbage



String bean



Tomato



Turnip



White cabbage



Zucchini

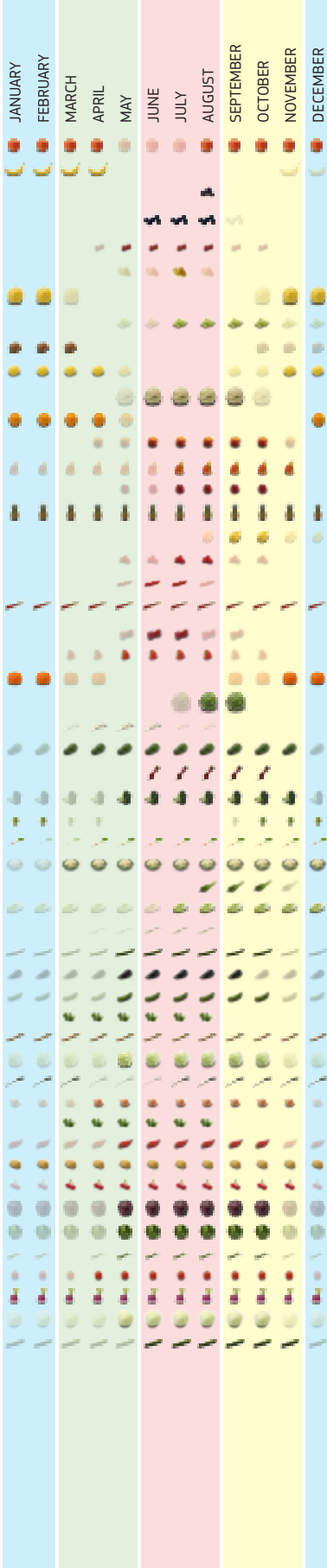


	Health				
	Vitamins	Minerals	Essential Lipids	Proteins	Fibre
Apple	V	M			F
Banana	V	M			F
Blackberry	V	M			F
Black currant	V	M			F
Cherry	V	M			F
Gooseberry	V	M			F
Grapefruit	V	M			F
Grapes	V	M			F
Kiwi	V	M			F
Lemon	V	M			F
Melon	V	M			
Mandarin orange	V	M			F
Orange	V	M			F
Peach	V	M			F
Pear	V	M			F
Plum	V	M			F
Pineapple	V	M			F
Quince	V	M			F
Raspberry	V	M			F
Redcurrant	V	M			F
Rhubarbe	V	M			F
Sweet cherry	V	M			F
Strawberry	V	M			F
Walnut	V	M			F
Watermelon	V	M			

	Health				
	Vitamins	Minerals	Essential Lipids	Proteins	Fibre
Asparagus	V	M			F
Avocado	V	M	L		F
Beetroot	V	M			F
Broccoli	V	M		P	F
Brussels sprout	V	M		P	F
Carrot	V	M			F
Cauliflower	V	M			F
Celery	V	M			F
Chinese cabbage	V	M			F
Chives	V	M			F
Cucumber	V	M			F
Eggplant	V	M			F
Gherkin	V	M			F
Herbs	V	M			
Horseradish	V	M			F
Iceberg lettuce	V	M			F
Leek	V	M			F
Onion	V	M			F
Parsley	V	M			F
Pepper	V	M			F
Potato	V	M			F
Radish	V	M			F
Red cabbage	V	M			F
Savoy cabbage	V	M			F
String bean	V	M			F
Tomato	V	M			F
Turnip	V	M			F
White cabbage	V	M			F
Zucchini	V	M			F

	Conservation						
	Open air	Fridge	Few days	One week or more	Preserved/Pickled	Marmelade	Frozen
Apple	°C			7			
Banana	°C		2				
Blackberry		°C	2				
Black currant		°C	2				
Cherry	°C		2				
Gooseberry		°C	2				
Grapefruit	°C			7			
Grapes	°C		2				
Kiwi		°C	2				
Lemon	°C			7			
Melon	°C		2				
Mandarin orange	°C			7			
Orange	°C			7			
Peach		°C	2				
Pear	°C			7			
Plum	°C		2				
Pineapple	°C			7			
Quince	°C			7			
Raspberry		°C	2				
Redcurrant		°C	2				
Rhubarbe		°C	2				
Sweet cherry	°C		2				
Strawberry		°C	2				
Walnut	°C			7			
Watermelon	°C		2				

	Consevation						
	Open air	Fridge	Few days	One week or more	Preserved/Pickled	Marmelade	Frozen
Asparagus		°C	2				❄️
Avocado	°C						
Beetroot		°C		7	👉		❄️
Broccoli		°C	2				❄️
Brussels sprout		°C		7			❄️
Carrot		°C		7	👉		❄️
Cauliflower		°C		7			❄️
Celery		°C		7	👉		❄️
Chinese cabbage		°C		7			❄️
Chives		°C	2				❄️
Cucumber		°C		7			
Eggplant		°C		7			❄️
Gherkin		°C		7	👉		❄️
Herbs		°C	2				❄️
Horseradish		°C		7	👉		❄️
Iceberg lettuce		°C		7			
Leek		°C		7			❄️
Onion	°C			7	👉	🫙	❄️
Parsley	°C		2				❄️
Pepper		°C		7	👉		❄️
Potato	°C			7			❄️
Radish		°C	2				
Red cabbage		°C		7	👉		❄️
Savoy cabbage		°C		7			❄️
String bean		°C	2		👉		❄️
Tomato		°C		7	👉	🫙	❄️
Turnip		°C		7			❄️
White cabbage		°C		7	👉		❄️
Zucchini		°C		7			❄️





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"My healthy family" is organised by the European Commission and its aim is to promote eating fruit and vegetables. Fruit and vegetables given to participants come from local suppliers and are mostly seasonal.

