

Healthy homemade recipes to try out!

Cook compendium



Culture inspired and made by

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Introduction

In the past recent years we have seen big changes across many different parts of the world for example that climate change is altering the lives of the entire world's population. Due to climate change not only it is getting warmer but also different resources are available at later or earlier times of the year such as the growing of plants and agriculture which shifts due to increasing temperatures. Regarding human activity the global shipping and freight patterns also change which leads to this transformation of resource availability. This is why we need to adjust our lives to these alterations also in a nutritional regard. This is where we took the chance to create and design a cookbook that can be used as a guide for some healthy and nutritional recipes which are adjusted to the global sustainability goals leading us to contribute for a better environment and to mitigate excess waste and resources. We have created this compendium to inspire people for young students as well as other people to make a positive impact on our world by trying our recipes that were created by us and to receive different insights into the culture of healthy food that cannot be different from each itself. We wish you lots of fun and joy whilst trying out our recipes!

Your creators Maria, Pablo, and Victoria

FIT Healthy Salad



Ingredients >>>>>>

- **½ of a cucumber**
- **1 large pepper**
- **8-10 small vine tomatoes**
- **1 carrot**
- **1 small onion**
- **1 lettuce head**
- **Cashews (about 150g)**
- **Knorr dressing mix (7-Kräuter (7 herbs)) 1 ½ of the pack**

Utensils >>>>>>

- **cutting board and knife**
- **2 bowls of different sizes (one large for the entire salad and one for washing the vegetables)**
- **bowls depending on the number of people**
- **forks and 2 tablespoons**
- **kitchen roll**

Time: 30min

Preparation >>>>>>

1. Wash all of the vegetables carefully and prepare them on a free kitchen surface
2. Cut the cucumber into small pieces (preferably with the cucumber peel because important nutrients are included in it and it adds some crispiness)
3. Cut the pepper into cubes/squares and add them to the salad
4. half/quater the tomatoes and add them
5. Slice the carrots into round shapes and add them
6. Cut the onion and add it to the salad mix
7. Chop the salad head so the salad leaves become relatively equal and add it to the salad mix
8. Add a couple of cashews (because a protein spring is required and healthy)
9. Leave the salad mix on a kitchen surface
10. Prepare the dressing (1 pack) and add ¼ tablespoons of water and 3 of organic olive oil
11. Mix the dressing well with the salad mix
12. Now serve the salad in a bowl and enjoy!

Portion: 2-3 servings

Almond cake



Ingredients >>>>>>

- 225g almond powder
- 250g sugar
- 100g butter
- 5 eggs
- 1 coffee spoonful of ----
- 1 soup spoonful of kirsch

Preparation >>>>>>

- 1. Mix the almonds, sugar, kirsch in a bowl and add the eggs one by one while mixing.
- 2. Add the ---- and the butter into the bowl and keep mixing.
- 3. Butter the mold.
- 4. Add the mixture to the mold.
- 5. Cook at 150°C for 1 hour.

Utensils >>>>>>

- Mold
- Mixing bowl
- Whisk

Time: >>>>>>

- 30min cooking
- 1h baking

Quiche



Ingredients for stage 1: >>>>>

- 150g rice flour
- 75g maizena
- 75g Saracen flour
- 8 cl of water
- ½ spoonful of salt
- 150g butter

Ingredients for stage 2: >>>>>

- 1 ball of dough
- Grated Gruyere (or any similar cheese)
- Cream or fat yogurt
- 2cl Milk
- Complements (could be meat, vegetables, etc.)

Preparation stage 1: >>>>>

- 1. Mix the flour and salt
- 2. Add butter while mixing
- 3. Add water
- 4. Mix until it makes a solid dough, then take it out and finish with your hands.

Time: 50min

Portion: 4 servings

Preparation for stage 2: >>>>>

- 1. Spread the dough on a mold
- 2. Add the cheese to the bottom, (add some complements to the bottom if preferable)
- 3. Mix the cream and milk (the amount of cream depends on preference)
- 4. Add the mixture evenly
- 5. Add the complements
- 6. Put in the oven for 30 min at 180°C

Raspberry cupcakes

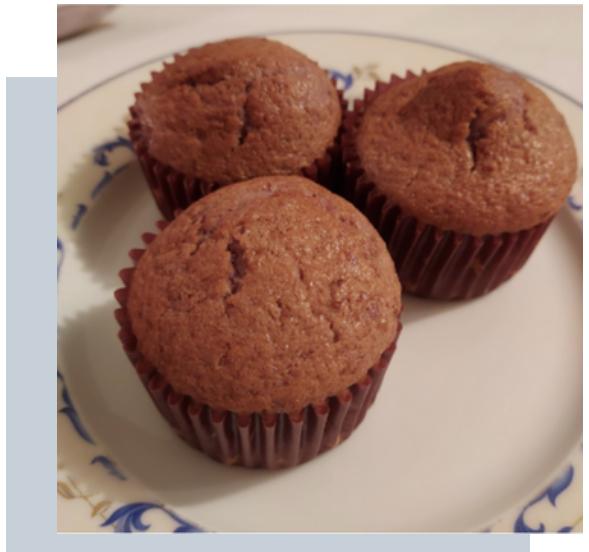
Ingredients: >>>>>>

- 2 egg
- 150g butter
- 100g sugar
- 150g milk
- 250g flour
- Raspberries
- 10g baking powder



Preparation: >>>>>>

- Preheat the oven to 180°C.
- Mix the flour sugar and baking powder.
- Then add the eggs, milk, and butter.
- Mix again for 2 minutes.
- Prepare muffin molds.
- Add the mixture to the molds.
- Add the raspberries.
- Bake for 30 minutes.



Time: 40min

Portion: 8 servings

Flammenkueche

Ingredients: >>>>

Pâte brisé:

- 300g flour
- $\frac{1}{2}$ spoonful of salt
- 8cl of water
- 150g butter

Topping:

- 100g of cream
- 1 onion
- Other selected ingredients

Time: 40min

Portion: 8 servings



Preparation: >>>>

Pâte brisé:

- Mix the flour, salt, and butter for 2-3min.
- Add water in small bits while mixing.
- Take the dough with your hands and knead it until you get a homogeneous ball.
- Spread the ball over a cooking paper on an oven plate to make a thin circle or rectangle

Topping:

- Spread a very thin layer of cream (too much and your pastry will become wet).
- Cut the onion into small bits, and spread them on your cream.
- Add other ingredients you might want (meat, vegetables, cheese, etc.)
- Put it in the oven for 15min max, keep a close eye on it so the onion or pastry does not burn
- Serve hot.



Canadian Pancake

Ingredients: >>>>

- Milk (preferably Almond or lactosefree milk (1.5%))
- Flour
- Sugar (3 tablespoons)
- eggs (depending on the amount being required)

For the topping: >>>>

- Maple syrup
- Fruits of own choice (I like strawberries, raspberries, and/or blueberries, sometimes I like to add apple)

Preparation: >>>>

- Placing all ingredients with their supposed amount on a table
- (2 eggs, 500ml of milk (low fat, I prefer to choose plant milk like almond milk), 2 full and about a quarter of flour, the 3 tablespoons of sugar)
- Mixing firstly the milk with the eggs until it is fluid enough
- Mixing the flour in step by step and mix about 2-5 minutes so that it is becoming a nice consistency
- Preheat the pan about medium level so the pancake mix goes in well
- Add a bit of butter or plant-based oil
- Put a decent amount of the pancake mix into the pan
- Leave it until bubbles become more visible and the outer edges become slightly golden
- Flip it until the lower edges become also a little bit brown
- Check the lower part if it is brown yet
- Then take it from the pan and add more (the preferred amount wished)
- When finished add about 2 to 3 large spoons of maple syrup onto it and add some topping of your choice :)
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Crumble

Ingredients: >>>>

- - 3 apples
- - 150g flour
- - 100g sugar
- - 75g butter



Preparation: >>>>

- 1. preheat the oven to 180C
- 2. Butter a rectangular mold
- 3. Cut your apples into small pieces
- 4. Mix the flour and sugar together in a bowl
- 5. Then add butter
- 6. Take the mixture out of the bowl and malax it with your hands
- 7. Add the apples to the bottom of the mold
- 8. Add the mixture on top
- 9. Put in the oven for 25 min



Cherry Oatmeal

Ingredients:>>>>

- Water
- Sugar (2 tablespoons)
- Oats (Kölln Flocken)
- Cinnamon

Topping >>>>

- Cherries
- Raspberries
- Blueberries
- Apples
- Oranges
- Maple syrup (your choice)

Preparation: >>>>

- Firstly prepare all the ingredients on a kitchen table for having them right in place
- Prepare the toppings first because doing the oatmeal requires a bit of focus
- Put a cookpot on a stove plate and the oats (one glass as a measuring cup) with 1 ½ glass of water (same measurement like from the oats)
- Mix it together during medium heat (my stove has 1-9, I take 5-6 as the intensity)
- Mix it as long as it gets to a nice consistency, for the sweet flavor you can add 1 teaspoon of cinnamon and 1 teaspoon of maple syrup
- Take it out and put it in a bowl
- Add the topping and enjoy!

Christmas Bûche

Ingredients: >>>>

- 100g sugar
- 100g flour
- 200g chocolate
- ½ egg
- 150g butter



Preparation: >>>>

- 1. Separate the white and yolk of the egg and preserve them
- 2. Mix the yolk and sugar together strongly
- 3. Add the flour at small bits at the time
- 4. Preheat the oven to 180°C
- 5. spread the mixture over a rectangular flat oven plate
- 6. Cook it for 10 - 15min until it is light golden
- 7. Put the biscuit on top of a clean humid towel
- 8. Roll the biscuit with the towel
- 9. Melt the chocolate and mix it with the butter
- 10. Unroll the biscuit and spread $\frac{2}{3}$ of the chocolate on it
- 11. Roll it again
- 12. Spread the rest over the top
- 13. Put the finished cake in the fridge and serve cold

Belgian Waffle

Ingredients:>>>>

- 3 eggs
- 420 ml milk
- 125 g butter
- 200 g flour
- 50 g sugar
- Baking powder

Preparation:>>>>

- preheat the waffle cooker
- Separate the yolk from the white of the egg and add some salt to the white and beat it until it takes form and is hard
- Mix the yolk with the milk
- Add the sugar, flour and baking powder and mix
- As you mix add the butter and the vanilla extract
- incorporate the the whites gently so to not break the bubbles
- Finally cook it for about five minutes each depending on the machine and your preference
- Server hot.

