



Cooking Healthy European Paths



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Università
degli Studi
di Palermo



LYCÉE HÔTELIER
DINARD
YVON BOURGES

 **la merced**
centro integrado de formación profesional

Cooking HEalthy European Paths - CHEEP

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Preface

The book "Cooking Healthy European Paths - CHEEP" is the result of a multidisciplinary and synergetic effort that integrates research, education and innovation with the aim of informing, supporting and directing families, students and operators towards achieving a correct nutritional style paired with a healthy diet and cuisine. The involved schools, the University of Palermo and the CNR have worked on the creation of this book with the cooperation of various professional figures such as doctors, researchers, teachers, cooks and students to create a collection of 72 recipes which reflect the pilot path of professional development in healthy cooking carried on by the students from the partner countries involved in the project. Following a journey through the European partner countries, the students had the opportunity to try their hand at making recipes from different cultures and traditions redesigned following a healthier approach.

The book consists of three parts: an introduction, a collection of recipes, and an interactive part that integrates the content.

The introduction allows the reader to acquire knowledge on the pathologies of diabetes, coeliac disease, obesity and food allergies, their causes and treatment. A collection of recommendations for each pathology enriches the students' skills in approaching cooking and nutrition with greater awareness in the management and use of food and in the preparation of recipes without losing the pleasure of eating tasty food.

The collection of 72 recipe cards is steeped in the flavours and traditions of the cuisine of the European partner Countries and is organized according to the different pathologies. Each pathology is identified by a colour: blue for diabetes, yellow for coeliac disease, green for obesity and red for food allergies. Each pathology has two Italian, French, Polish and Spanish menus created specifically for it, each of which consists of a first course, a main course and a dessert.

The recipe cards also have icons indicating the presence of one or more of the following ingredients: crustaceans, eggs, fish, milk, nuts,

shellfish, wheat, helping the reader to identify them. Properly reading the list of ingredients of each recipe is recommended for people with food allergies. The recipe cards are enriched with augmented reality content through the use of the CHEEP app. The students can use the app and capture the image of a dish, then access an augmented contents characterized by a video that describes the main steps in the preparation of the dish.

We would like to thank the schools, the teachers, the experts of the scientific committee who collaborated in drafting the recipes and the reader of all the schools of the partner Countries who actively participated in the creation of these health-focused dishes by sharing the traditions, flavours and aromas of their Countries.

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SPAIN

FRANCE

POLAND

CHEEP

CHEEP

CHEEP

ITALY

CHEEP



Introduction

Food and cuisine are one of the most important expressions of a community cultural identity. Traditional cuisine often becomes a symbol of nations and regions, reflecting their history, lifestyle and unique values. Europe, with its variety of cultural identities, represents a treasure trove of culinary traditions and high quality products, thanks to the considerable richness of its territory and the skill of its people. However, this huge variety is under constant threat. Our continent is slowly becoming more and more globalized and our lifestyle often leads us to quickly consume low quality meals, regardless of the negative effects they may have on our health. The most common consequences of an inadequate diet are obesity, heart disease, diabetes, allergies and intolerances which are growing worryingly even among young people. Modifiable lifestyle factors, such as maintaining a healthy diet, play an important role in preventing this type of disease. The output of scientific research data shows how a correct diet is a very valid prevention tool for many diseases. The creation of this book follows this mindset and offers an intercultural enrichment through the development and reinterpretation of traditional cuisine with a new healthy orientation. The book promotes simple and attractive recipes and presents tasty, healthy and nutritious dishes through Augmented Reality (AR) content with explanatory videos for the correct preparation.



Introduzione

Il cibo e la cucina sono una delle espressioni più importanti dell'identità culturale di una comunità. La cucina tradizionale diventa spesso un simbolo delle nazioni e delle regioni, dal momento che ne riflette la storia, lo stile di vita e i suoi valori unici. L'Europa, con la sua varietà di identità culturali, rappresenta uno scrigno di tradizioni culinarie e di prodotti di alta qualità, grazie all'incredibile ricchezza del suo territorio e alla maestria della sua gente. Questa enorme varietà è tuttavia costantemente minacciata. Il nostro continente sta diventando lentamente sempre più globalizzato e il nostro stile di vita spesso ci porta a consumare velocemente pasti di bassa qualità, indipendentemente dagli effetti negativi che possono produrre sulla nostra salute. Le conseguenze più comuni di una dieta inadeguata sono obesità, malattie cardiache, diabete, allergie e intolleranze che crescono in modo preoccupante anche tra i giovani. I fattori modificabili legati allo stile di vita, come il mantenimento di una dieta sana, svolgono un ruolo importante per la prevenzione di questo tipo di malattie. Le indicazioni provenienti dai dati della ricerca scientifica dimostrano come una corretta alimentazione sia un validissimo strumento di prevenzione per molte malattie. La realizzazione del libro va in questa direzione e offre un arricchimento interculturale attraverso lo sviluppo e la rivisitazione della cucina tradizionale con un nuovo orientamento salutistico. Il libro promuove ricette semplici e attraenti e presenta piatti gustosi, sani e nutrienti con contenuti in realtà aumentata e con video esplicativi per la loro corretta realizzazione.



Introduction

La nourriture et la cuisine sont l'une des expressions les plus importantes de l'identité culturelle d'une communauté. La cuisine traditionnelle devient souvent un symbole des nations et des régions, reflétant leur histoire, leur mode de vie et leurs valeurs uniques. L'Europe, avec sa variété d'identités culturelles, représente un trésor de traditions culinaires et de produits de haute qualité, grâce à la richesse considérable de son territoire et à l'habileté de ses habitants. Cependant, cette grande variété est constamment menacée. Notre continent se mondialise lentement et notre mode de vie nous amène souvent à consommer rapidement des repas de mauvaise qualité, quels que soient les effets négatifs qu'ils peuvent avoir sur notre santé. Les conséquences les plus courantes d'une alimentation inadéquate sont l'obésité, la maladie cardiaque, le diabète, les allergies et les intolérances qui se développent de manière inquiétante même chez les jeunes. Les facteurs de mode de vie modifiables, tels que le maintien d'une alimentation saine, jouent un rôle important dans la prévention de ce type de maladie. Les résultats de la recherche scientifique montrent comment une alimentation correcte est un outil de prévention très valable pour de nombreuses maladies. La création de ce livre suit cet état d'esprit et offre un enrichissement interculturel à travers le développement et la réinterprétation de la cuisine traditionnelle avec une nouvelle orientation saine. Le livre promeut des recettes simples et attrayantes et présente des plats savoureux, sains et nutritifs grâce à un contenu de réalité augmentée avec des vidéos explicatives pour la bonne préparation.



Wprowadzenie

Jedzenie i kuchnia są jednym z najważniejszych kwestii stanowiącymi o tożsamości kulturowej społeczeństwa. Tradycyjna kuchnia często staje się symbolem narodowym czy symbolem regionu, odzwierciedlając historię, styl życia oraz niepowtarzalne wartości. Europa, ze swoją różnorodnością tożsamości kulturowych, stanowi skarbnicę tradycji kulinarnych oraz produktów wysokiej jakości. Dzieje się tak dzięki znacznemu bogactwu związanemu z rozmiarem terytorium Europy oraz umiejętnościom jej mieszkańców. Jednak ta ogromna różnorodność jest stale zagrożona, gdyż nasz kontynent powoli staje się coraz bardziej zglobalizowany, a nasz styl życia często skłania nas do szybkiego spożywania posiłków niskiej jakości niezależnie od negatywnych skutków, jakie mogą mieć dla naszego zdrowia. Najczęstszymi konsekwencjami niewłaściwej diety są otyłość, choroby serca, cukrzyca, alergie i nietolerancje pokarmowe, które występują niepokojąco często, nawet wśród młodych ludzi. Modyfikowalny czynnik stylu życia taki jak utrzymywanie zdrowej diety, odgrywa ważną rolę w zapobieganiu tego typu chorobom. Wyniki badań naukowych pokazują, że prawidłowa dieta jest bardzo ważnym narzędziem zapobiegania wielu chorobom. Stworzenie tej książki jest zgodne z tym nastawieniem i oferuje międzykulturowe bogactwo poprzez rozwój i reinterpretację tradycyjnej kuchni w nowej, zdrowej wersji. Książka promuje proste i atrakcyjne przepisy oraz prezentuje smaczne, zdrowe i pożywne dania w zmienionej rzeczywistości wraz z filmami objaśniającymi ich prawidłowe przygotowanie.



Introducción

La alimentación y la cocina son una de las expresiones más importantes de la identidad cultural de una comunidad. La cocina tradicional se convierte a menudo en símbolo de naciones y regiones, reflejando su historia, estilo de vida y valores únicos. Europa, con su variedad de identidades culturales, representa un tesoro de tradiciones culinarias y productos de alta calidad, gracias a la considerable riqueza de su territorio y a la habilidad de sus gentes. Sin embargo, esta enorme variedad está en constante peligro. Nuestro continente se globaliza poco a poco y nuestro estilo de vida nos lleva a menudo a consumir rápidamente comidas de baja calidad, sin tener en cuenta los efectos negativos que pueden tener para nuestra salud. Las consecuencias más comunes de una dieta inadecuada son la obesidad, las cardiopatías, la diabetes, las alergias y las intolerancias, que crecen de forma preocupante incluso entre los jóvenes. Los factores modificables del estilo de vida, como el mantenimiento de una dieta sana, desempeñan un papel importante en la prevención de este tipo de enfermedades. La producción de datos de investigación científica muestra cómo una dieta correcta es una herramienta de prevención muy válida para muchas enfermedades. La creación de este libro sigue esta mentalidad y ofrece un enriquecimiento intercultural a través del desarrollo y la reinterpretación de la cocina tradicional con una nueva orientación saludable. El libro promueve recetas sencillas y atractivas y presenta platos sabrosos, sanos y nutritivos a través de contenidos de realidad aumentada con vídeos explicativos para su correcta preparación.



CHEEP

cooking healthy european paths



CHEEP Project aim

The CHEEP (*Cooking Healthy European Paths*) project was born from the idea of developing and enriching a very useful and positive experience carried out by the Italian National Research Council (CNR of Palermo) with the collaboration of the largest Hotel and Catering Vocational school in Italy, the school “Pietro Piazza” in Palermo.

In 2018, after observing the data about children suffering from health problems linked to specific dietary needs, the Institute of Biomedicine and Molecular Immunology (IBIM CNR, Palermo) in collaboration with the University of Palermo, Italy promoted the activation of the DADO project (acronym for **D**iet, **A**llergy, **D**iabetes and **O**besity) aimed at informing families and recommending a correct eating style to cope with food pathologies.

In continuity with the experience of the DADO project, the school “Pietro Piazza” promoted the creation of an international partnership and coordinated its work by curating the development of the CHEEP project which includes: the same school as project leader, the CNR of Palermo, the University of Palermo and other secondary schools as partners. These institutes are: the Centro Integrado de Formación Profesional “La Merced” in Soria (SPAIN), the Zespół Szkół Gastronomiczno – Hotelarskich in Gdańsk (POLAND) and the Lycée Hôtelier Yvon Bourges in Dinard (FRANCE).

The team from the CNR of Palermo is composed by researchers initially belonging to the Institute of Biomedicine and Molecular Immunology (IBIM CNR), merged into the Institute for Biomedical Research and Innovation (IRIB) and subsequently into the Institute of Translational Pharmacology (IFT) and researchers from the Institute of Didactic Technologies (ITD). The CHEEP project has also developed and realized a new school educational path that integrates and qualifies the curricula of the partner schools by offering scientific contents validated by selected experts from IFT CNR and the Institute of Food Sciences (ISA CNR) and the Department of Health Promotion, Maternal-Child and Specialist Excellence (ProMISE) “G. D’Alessandro”, University of Palermo, Italy.



This objective is also accompanied by the ambition of disseminating this new specializing path among other Italian and European Catering schools. At the end of the three-year course students will be provided, along with the National Diploma, with a certificate for the professional recognition of the skills and competences acquired.

This cookbook was created in collaboration with CNR-ITD and it represents an educational resource and a useful tool for all those living with chronic diseases. The book uses Augmented Reality (AR) technology and aims to develop an innovative learning path in the field of healthy cooking and experiment it at a European level.





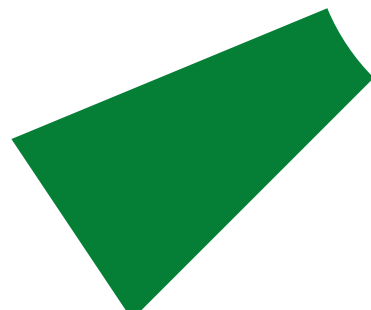
Scopo del progetto CHEEP

Il progetto CHEEP (*Cooking Healthy European Paths*) nasce dall'idea di sviluppare e arricchire un'esperienza molto utile e positiva promossa dal Consiglio Nazionale delle Ricerche (CNR) con la collaborazione dell'IPSSEOA "Pietro Piazza" di Palermo, il più grande Istituto professionale di Stato per i Servizi dell'Enogastronomia e dell'Ospitalità Alberghiera italiano. Nel corso del 2018, infatti, dopo aver osservato i dati sui bambini affetti da problemi di salute legati a specifici bisogni alimentari, i Ricercatori dell'Istituto di Biomedicina e Immunologia Molecolare, IBIM CNR di Palermo, Italia insieme con i Colleghi della Unità di Endocrinologia del Dipartimento ProMISe, Università di Palermo, Italia hanno promosso l'attivazione del progetto DADO (acronimo di Dieta, Allergia, Diabete e Obesità) mirato ad informare e suggerire alle famiglie uno stile alimentare corretto per far fronte alle patologie alimentari.

In continuità con l'esperienza del progetto DADO, l'I.P.S.S.E.O.A. "Pietro Piazza" ha promosso la creazione di un partenariato internazionale e ne ha coordinato i lavori curando la stesura e l'elaborazione del progetto CHEEP che comprende: lo stesso Istituto come capofila; il CNR di Palermo con i ricercatori afferenti inizialmente all'istituto IBIM CNR confluito nell'Istituto per la Ricerca e l'Innovazione Biomedica IRIB CNR di Palermo e successivamente afferenti all'Istituto di Farmacologia Traslazionale (IFT CNR) di Palermo ed i ricercatori dell'Istituto di Tecnologie Didattiche (ITD) CNR, Palermo, Italia; l'Università degli Studi di Palermo e i seguenti istituti professionali di II grado: il Centro Integrado de Formación Profesional "La Merced" di Soria (ES), la Zespół Szkół Gastronomiczno Hotelarskich di Danzica (PL) e il Lycée Hôtelier Yvon Bourges di Dinard (FR). Ciascun istituto, sulla base delle linee guida fornite dal CNR, ha individuato le ricette tradizionali della propria regione e le ha rivisitate e realizzate in chiave salutistica. La realizzazione laboratoriale dei menu salutistici ha avuto luogo durante le mobilità internazionali svoltesi nei diversi istituti e sono documentati dai video tutorial che integrano il presente lavoro. Il progetto CHEEP ha inoltre



istituito e - nel caso dell'Istituto capofila - formalizzato un nuovo percorso di studi specialistico che integra e qualifica i curricula dei diversi istituti offrendo contenuti scientificamente validati da esperti selezionati di IFT CNR di Palermo, Italia e dell'Istituto di Scienze dell'Alimentazione ISA CNR, Salerno, Italia e l'Unità di Endocrinologia del del Dipartimento di Promozione della Salute, Materno-Infantile e Specialistica di Eccellenza "G. D'Alessandro", (ProMISE) dell'Università degli Studi di Palermo, Italia. Quest'ultimo obiettivo si accompagna all'ambizione di disseminare e diffondere questo nuovo percorso professionalizzante tra gli altri Istituti alberghieri europei. Alla fine del percorso è previsto il riconoscimento professionale delle competenze acquisite con il rilascio di un titolo finale di specializzazione. In collaborazione con ITD CNR di Palermo, Italia, è stato realizzato questo ricettario, che rappresenta una risorsa educativa per fornire uno strumento utile a tutti coloro che convivono con le malattie croniche. Il libro utilizza la tecnologia della Realtà Aumentata (AR) e ha lo scopo di sviluppare e sperimentare a livello europeo un percorso di apprendimento innovativo nel campo della cucina salutistica.





Objectif du projet CHEEP

Le projet CHEEP (*Cooking Healthy European Paths*) est né de l'idée de développer et d'enrichir une expérience très utile et positive réalisée par le Conseil national italien de la recherche (Consiglio Nazionale delle Ricerche, CNR) avec la collaboration de la plus grande école professionnelle d'hôtellerie et de restauration d'Italie, l'école « Pietro Piazza » de Palerme.

En 2018, après avoir observé les données sur les enfants souffrant de problèmes de santé liés à des besoins alimentaires spécifiques, le CNR a promu l'activation du projet DADO (acronyme de **D**iet, **A**llergy, **D**iabetes and **O**besity) visant à informer les familles et à recommander un style d'alimentation correct pour faire face aux pathologies alimentaires.

Dans la continuité de l'expérience du projet DADO, l'école « Pietro Piazza » a encouragé la création d'un partenariat international coordonné son travail en organisant la rédaction et le développement du projet CHEEP qui comprend: la même école que le chef de projet, le CNR de Palerme, l'Université de Palerme et d'autres écoles secondaires en tant que partenaires. Ces instituts sont : le Centro Integrado de Formación Profesional « La Merced » à Soria (ESPAGNE), le Zespół Szkół Gastronomiczno - Hotelarskich à Gdańsk (POLOGNE) et le Lycée Hôtelier Yvon Bourges à Dinard (FRANCE).

L'équipe du CNR de Palerme est composée de chercheurs appartenant à l'origine à l'Institut de recherche et d'innovation biomédicales (IRIB) puis à l'Institut de pharmacologie translationnelle (IFT) et de chercheurs de l'Institut des technologies didactiques (ITD).

Chaque école partenaire a identifié 18 recettes supplémentaires de sa propre région et les a revisités et repensés de manière saine, en suivant les directives fournies par le CNR. En particulier, ces recettes ont été regroupées en trois menus adaptés aux personnes souffrant d'obésité, de diabète et de la maladie cœliaque. La réalisation de ces recettes saines a eu lieu lors des activités éducatives curriculaires et répétée lors des mobilités internationales organisées dans les différentes écoles, documentées par les tutoriels vidéo qui intègrent ce travail.



Le projet CHEEP a également développé et réalisé un nouveau parcours éducatif scolaire qui intègre et qualifie les programmes des écoles partenaires en offrant des contenus scientifiques validés par des experts sélectionnés de l'IFT CNR et de l'Institut des sciences de l'alimentation (Istituto di Scienze dell'Alimentazione, ISA CNR) et du Département de promotion de la santé, d'excellence mère-enfant et spécialisée (Dipartimento di Promozione della Salute, Materno-Infantile e Specialistica di Eccellenza, ProMISE) « G. D'Alessandro », de l'Université de Palermo en Italie.

Cet objectif s'accompagne également de l'ambition de diffuser cette nouvelle filière de spécialisation auprès d'autres écoles de restauration italiennes et européennes. À la fin du cours de trois ans, les étudiants recevront avec le diplôme national, un certificat de reconnaissance professionnelle des aptitudes et des compétences acquises.

Ce livre de recettes a été créé en collaboration avec ITD CNR et représente une ressource éducative et un outil utile pour tous ceux qui vivent avec des maladies chroniques. Le livre utilise la technologie de réalité augmentée (RA) et vise à développer un parcours d'apprentissage innovant dans le domaine de la cuisine saine et à l'expérimenter au niveau européen.



Cooking

Healthy

European

Paths



Cel projektu CHEEP

Projekt CHEEP (*Cooking Healthy European Paths*) zrodził się dzięki pomysłowi rozwinięcia i wzbogacenia bardzo przydatnego i pozytywnego doświadczenia wynikającego z eksperymentu przeprowadzonego przez włoską narodową radę ds. badań naukowych (Consiglio Nazionale delle Ricerche, CNR) we współpracy z największą szkołą we Włoszech, szkołą „Pietro Piazza” w Palermo.

W roku 2018, po przeanalizowaniu danych dotyczących dzieci cierpiących na problemy zdrowotne związane z określonymi potrzebami żywieniowymi, CNR wypromowało uruchomienie projektu DADO (skrót od **D**iet, **A**llergy, **D**iabetes oraz **O**besity), którego celem jest edukowanie rodzin oraz rekomendowanie prawidłowego stylu odżywiania się w celu radzenia sobie z patologiami pokarmowymi.

Kontynuując doświadczenia z projektu DADO, szkoła „Pietro Piazza” wypromowała utworzenie międzynarodowego partnerstwa koordynując pracę, nadzorując przygotowanie i rozwój projektu CHEEP, który jest realizowany przez szkołę - lidera projektu, CNR z Palermo, Uniwersytet w Palermo wraz z innymi szkołami średnimi, jako partnerami. Tymi instytucjami są: Centro Integrado de Formación Profesional „La Merced” w Soria (HISZPANIA), Zespół Szkół Gastronomiczno - Hotelarskich w Gdańsku (POLSKA) oraz Lycée Hôtelier Yvon Bourges w Dinard (FRANCJA).

Zespół CNR z Palermo składa się z naukowców, początkowo należących do Instytutu Badań i Innowacji Biomedycznych (IRIB), a następnie Instytutu Farmakologii Translacyjnej (IFT) oraz naukowców z Instytutu Technologii Dydaktycznych (ITD).

Każda szkoła partnerska przygotowała 18 tradycyjnych przepisów z własnego regionu, które zostały przeprojektowane na zdrowszą wersję, zgodnie z wytycznymi dostarczonymi przez CNR. Następnie przepisy zostały pogrupowane w trzy typy menu odpowiednie dla osób cierpiących na otyłość, cukrzycę i celiakię. Przygotowanie dań według przepisów w ich zdrowszym wydaniu miało miejsce podczas zajęć edukacyjnych w ramach programu nauczania, a następnie ponownie



podczas międzynarodowych mobilności organizowanych w różnych szkołach, co zostało udokumentowane samouczkami wideo.

W ramach projektu CHEEP opracowano i zrealizowano nową szkolną ścieżkę edukacyjną, która integruje i kwalifikuje programy nauczania szkół partnerskich, oferując treści naukowe zatwierdzone przez wybranych ekspertów z IFT CNR i Instytutu Nauk o Żywności (Istituto di Scienze dell'Alimentazione, ISA CNR) oraz Departament Promocji Zdrowia, Doskonałości Matki i Dziecka oraz Specjalistów (Dipartimento di Promozione della Salute, Materno-Infantile e Specialistica di Eccellenza, ProMISE) „G. D'Alessandro” z Uniwersytetu w Palermo we Włoszech.

Celowi temu towarzyszą również plany rozpowszechnienia tej nowej ścieżki edukacyjnej wśród innych włoskich i europejskich szkół gastronomicznych. Na zakończenie trzyletniego kursu uczestnicy projektu otrzymają dyplom oraz zaświadczenie poświadczające nabyte umiejętności i kompetencje.

Ta książka kucharska powstała we współpracy z ITD CNR i stanowi źródło wiedzy oraz przydatne wskazówki dla wszystkich osób żyjących z chorobami przewlekłymi. Książka wykorzystuje technologię Augmented Reality (AR) i ma na celu opracowanie innowacyjnej ścieżki edukacyjnej w dziedzinie zdrowego gotowania i eksperymentowanie z nią na poziomie europejskim.





Objetivo del proyecto CHEEP

El proyecto CHEEP (*Cooking Healthy European Paths*) nace de la idea de desarrollar una experiencia muy útil y positiva llevada a cabo por el Consejo Nacional de Investigación italiano (Consiglio Nazionale delle Ricerche, CNR) con la colaboración de la mayor escuela de Formación Profesional de Hostelería de Italia, la escuela “Pietro Piazza” de Palermo.

En 2018, tras observar los datos sobre niños que sufren problemas de salud vinculados a necesidades dietéticas específicas, el CNR promovió la activación del proyecto DADO (Dieta, Alergia, Diabetes y Obesidad) dirigido a informar a las familias y recomendar un estilo de alimentación correcto para hacer frente a las patologías alimentarias.

Para continuar con la experiencia del proyecto DADO, la escuela “Pietro Piazza” promovió la creación de un partenariado internacional y coordinó su trabajo comisariando la redacción y el desarrollo del proyecto CHEEP que incluye: la misma escuela como líder del proyecto, el CNR de Palermo, la Universidad de Palermo y otras escuelas secundarias como socios. Estos institutos son: el Centro Integrado de Formación Profesional “La Merced” de Soria (ESPAÑA), el Zespół Szkół Gastronomiczno - Hotelarskich de Gdańsk (POLONIA) y el Lycée Hôtelier Yvon Bourges de Dinard (FRANCIA).

El equipo del CNR de Palermo está compuesto por investigadores pertenecientes inicialmente al Instituto de Investigación e Innovación Biomédica (IRIB) y posteriormente al Instituto de Farmacología Traslacional (IFT) e investigadores del Instituto de Tecnologías Didácticas (ITD).

Cada escuela participante ha identificado 18 recetas tradicionales de su propia región y las ha revisado y rediseñado de forma saludable, siguiendo las directrices proporcionadas por el CNR. En concreto, estas recetas se han agrupado en tres menús adecuados para personas que padecen obesidad, diabetes y celiaquía. La realización de estas recetas saludables tuvo lugar durante las actividades educativas curriculares y se repitió durante las movilidades internacionales celebradas en los



distintos centros, documentadas por los videotutoriales que integran este trabajo.

El proyecto CHEEP también ha desarrollado y realizado un nuevo itinerario educativo escolar que integra y cualifica los currículos de las escuelas asociadas ofreciendo contenidos científicos validados por expertos seleccionados del IFT CNR y del Instituto de Ciencias de la Alimentación (Istituto di Scienze dell'Alimentazione, ISA CNR) y del Departamento de Promoción de la Salud, Materno-Infantil y Especialística de Excelencia (Dipartimento di Promozione della Salute, Materno-Infantile e Specialistica di Eccellenza, ProMISE) "G. D'Alessandro", de la Universidad de Palermo (Italia).

Este objetivo también va acompañado de la ambición de difundir esta nueva vía de especialización entre otras escuelas de Hostelería italianas y europeas. Al final de los tres cursos, los estudiantes recibirán, junto con el Diploma Nacional, un certificado para el reconocimiento profesional de las habilidades y competencias adquiridas.

Este libro de cocina fue creado en colaboración con el ITD CNR y representa un recurso educativo y una herramienta útil para todos aquellos que viven con enfermedades crónicas. El libro utiliza la tecnología de realidad aumentada (RA) y pretende desarrollar una vía de aprendizaje innovadora en el ámbito de la cocina saludable y experimentarla a nivel europeo.

Diseases

 Diabetes

 Coeliac disease

 Obesity

 Food allergies

Diabetes



What is diabetes

What we know

Symptoms

How to recognise it

How to intervene



○ Diabetes

What is diabetes

Diabetes Mellitus is a metabolic disorder induced by multiple causes characterised by chronic hyperglycaemia with alterations in carbohydrate (sugar) and fat metabolism resulting from defects in insulin secretion or insulin action or both.

Diabetes is now considered a serious health problem: almost half a billion people worldwide live with diabetes. Diabetes is one of the fastest growing global health emergencies.

What we know

Diabetes can be classified into the following general categories: Type 1 diabetes (T1DM): caused by an autoimmune destruction of insulin-producing β -cells, resulting in absolute insulin deficiency. The incidence of type 1 diabetes among children and adolescents, particularly in those under 15 years of age, is estimated to be increasing in many countries.

Type 2 diabetes: caused by a progressive loss of adequate insulin secretion by the β -cell often with an associated state of insulin resistance. Gestational diabetes mellitus: diabetes diagnosed in the second or third trimester of pregnancy that was not apparent before gestation.

Symptoms

Symptoms of type 1 diabetes (T1DM) include thirst (polydipsia) and dry mouth, frequent urination (polyuria), lack of energy, fatigue, blurred vision, constant hunger, sudden weight loss, nocturnal enuresis and increased ketogenesis with the detection of ketone bodies in the blood and urine.

Symptoms of type 2 diabetes include thirst (polydipsia) and dry mouth, frequent urination (polyuria), extreme fatigue, slow-healing wounds, recurrent fungal infections and blurred vision.



How to recognise it

The diagnostic criteria for diabetes include a fasting plasma glucose level (FPG) of 126 mg/dl (7.0 mmol/L) or higher, combined with a 2-hour post-meal plasma glucose level of 200 mg/dl (11.1 mmol/L).

How to intervene

People with diabetes have an increased risk of developing serious health problems. Consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In addition, people with diabetes also have a higher risk of developing infections. In almost all high-income countries, diabetes is a major cause of cardiovascular disease, blindness, kidney failure and lower limb amputation. Keeping blood glucose levels as close to normal as possible and blood pressure and cholesterol at or near normal levels can help delay or prevent the complications of diabetes.

Coeliac disease



What is coeliac disease

What we know

Symptoms

How to recognise it

How to intervene



Coeliac disease

What is coeliac disease

Coeliac disease (CD) is a permanent intolerance to gluten, a protein complex contained in many cereals such as wheat, rye, barley, spelt, kamut and triticale.

What we know

Gluten is a set of reserve proteins contained in certain cereals. It is found in food in the form of a viscous, elastic mass that retains the carbon dioxide molecules produced during fermentation and this allows the dough volume to increase. Gliadin and glutenin are the two main components of gluten.

Gluten can be present in many commercially available food products as a main ingredient, or as a secondary ingredient in all products resulting from the processing of cereals with gluten, having products containing thickeners, vegetable proteins, or products contaminated during industrial food processing, including during the preparation of dishes in the kitchen. Contamination of food may, in fact, be cross-contamination, i.e. due to “cross-breeding” of the gluten-free product with the gluten-containing product throughout the production process. The risk of gluten contamination increases with each manipulation: products whose production process involves many manipulations are more at risk than those that have undergone few manipulations.

Symptoms

Clinical signs and symptoms of CD include general symptoms such as weight loss, growth retardation, dwarfism, fatigue, abdominal bloating, gastrointestinal symptoms such as diarrhoea, flatulence, nausea, vomiting, steatorrhea, flatulence, nausea, vomiting, meteorism, extra-intestinal symptoms, such as anaemia, osteoporosis and tooth enamel abnormalities, haemorrhage (vitamin K deficiency), neurological disorders, fertility disorders, elevated liver values, Dühring’s dermatitis herpetiformis.



How to recognise it

The serological test of choice for screening is the IgA-TG2 (transglutaminase) assay.

How to intervene

Complete and permanent elimination of gluten from the diet is the only treatment currently available to achieve remission of the symptoms and the signs of the disease. Mucosal damage is reversed with the initiation of a strictly gluten-free diet.

Obesity



What is obesity

What we know

The causes

How to intervene



Obesity

What is obesity

Obesity is a complex disease influenced by the interaction of genetic, epigenetic, environmental and behavioural determinants. Excessive fat accumulation results from an imbalance between energy intake and energy expenditure with consequent health risks.

The most easily used methods to identify overweight and obesity in the population are the body mass index (BMI, calculated by dividing body weight in kilograms by height in square metres, kg/m^2) and waist circumference (measured at the level of the iliac crest). According to the World Health Organisation (WHO) classification, an adult with a BMI between 25 and 29.9 kg/m^2 is classified as overweight, while an adult with a BMI $\geq 30 \text{ kg}/\text{m}^2$ is defined as obese. The other parameter associated with an increased risk of non-communicable diseases is waist circumference, which is a marker of visceral adiposity. A waist circumference greater than 102 cm for men and 88 cm for women is considered high cardiovascular risk, even with a BMI $< 30 \text{ kg}/\text{m}^2$.

What we know

Today, worldwide, one in two adults and one in six children are overweight or obese, so much so that the WHO has declared obesity a global epidemic. The prevalence of overweight and obesity has tripled in the last 40 years, with increases also in middle- and low-income countries.

Obesity is one of the biggest health problems in the world today, being the biggest cause of mortality even compared to malnutrition. In Europe, obesity represents an unprecedented health challenge, being a modifiable risk factor for 86% of deaths and 77% of non-communicable diseases. Overweight children are more likely to become obese adults. Obesity and related conditions, starting in childhood, are also costly. There is therefore an urgent and obvious need to develop prevention and intervention strategies at individual and community levels that involve a radical change in lifestyle.



The causes

The main cause of the rise in BMI is energy-dense diets, increased portion sizes, low levels of physical activity and the adoption of sedentary lifestyles. Recent estimates from the Organisation for Economic Co-operation and Development (OECD) suggest that 40% of adults worldwide do not consume fruit or vegetables on a daily basis and 31% are physically inactive. Obesity is gradually increasing and extending in families as unhealthy eating habits grow with higher consumption of fast-foods, energy-dense foods, alcohol and sugary drinks.

How to intervene

Low-cost and easy-to-implement population-directed policies and programmes are a successful long-term strategy to achieve large-scale lifestyle changes. The main interventions are aimed at reducing the consumption of animal fats and promoting the consumption of vegetable oils and fruit and vegetables. Within intervention programmes, health education approaches and multimedia campaigns, also aimed at increasing physical activity levels, are particularly important in promoting structural changes, including pricing policies, food labelling and mass catering interventions.

Food allergies



What are food allergies

What we know

Symptoms

How to recognise them

How to intervene



Food allergies

What are food allergies

Food allergy (FA) is an abnormal response triggered by adverse reactions to foods commonly consumed without problems by the majority of individuals. In FA the reaction is triggered by immune reactions (specifically immunoglobulin class E, IgE). FA is different from food intolerances in which there are no immune reactions.

What we know

The occurrence of FA seems to have increased over the last 10-20 years. In Europe, depending on the different age groups, the self-reported occurrence ranges from 5% to 38%. Food allergens can cause allergic reactions by ingestion, contact or inhalation.

Symptoms

Symptomatology caused by FA can present with skin symptoms (urticaria, angioedema, erythema, itching, eczema), gastrointestinal symptoms (vomiting, colic, abdominal pain, diarrhoea, constipation), respiratory symptoms (rhinorrhoea, sneezing, coughing, dyspnea) and circulatory symptoms (cardiovascular collapse). Anaphylaxis is the most severe and life-threatening allergic reaction, characterised by rapid (a few minutes) onset of a swollen feeling in the throat, swelling of the lips, hives, abdominal cramps, difficulty breathing, cyanosis and collapse. Milk, peanuts, eggs, nuts, soya, fish, wheat, shellfish are the foods most frequently causing an anaphylactic reaction.

The causes

There are more than 170 foods reported to cause allergic reactions. In children, allergic reactions are caused mainly by eight foods (cow's milk, eggs, wheat, soya, peanuts, nuts, fish and shellfish). The prevalence of cow's milk and egg allergy is higher in younger age groups than in older age groups. In contrast, the prevalence of peanut allergy, nut allergy, fish allergy and shellfish allergy is higher in older age groups.



How to recognise them

The diagnosis of FA is mainly based on an accurate collection of clinical history and symptoms, paying particular attention to the interval between food intake and the onset of clinical signs. To complete the diagnostic procedure, skin prick tests and blood sample determination of specific IgE antibodies (RAST) to suspected allergens must be performed. However, the decisive test to prove that the food is indeed the cause of the symptoms is to start a suspected food exclusion diet for a short period of time (2-4 weeks).

How to intervene

The primary intervention in FA is to eliminate the identified foods from the diet. People with FA must be well educated in the interpretation and reading of labels in order to learn how to avoid hidden allergens. However, even in children with severe FA, avoiding the introduction of the offending foods can be difficult and accidental ingestion of food can occur, triggering allergic reactions, even severe ones. Therefore, individuals at risk of anaphylaxis should be provided with an emergency action plan for anaphylaxis management and a self-injectable intramuscular adrenaline device.

Recommendations for the preparation of healthy recipes

 **Diabetes**

 **Coeliac disease**

 **Obesity**

 **Food allergies**





○ Diabetes

Foreword

Nutritional therapy plays a fundamental role in the overall management of diabetes, and each person with diabetes must be actively involved in education, self-management and planning of a personalised dietary plan necessary to achieve treatment goals. For all patients with diabetes and pre-diabetes who are overweight or obese, lifestyle modifications are recommended to achieve and maintain a minimum weight loss of 5%.

The mediterranean diet

The Mediterranean diet was declared an Intangible Cultural Heritage of Humanity by UNESCO in 2013. Choosing the Mediterranean diet means having a variety of colours and tasty recipes on your plate. It is also a sustainable diet with a low environmental impact. The Mediterranean diet is known to be one of the healthiest eating patterns. The Mediterranean Diet is characterised by a high intake of vegetables, fruit, legumes, nuts and whole grains, medium to high fish consumption, a high intake of unsaturated fatty acids (olive oil), a low intake of saturated fatty acids and dairy products, a low intake of meat, especially red meat, and a moderate intake of salt. The Mediterranean diet has a high nutritional pattern, providing an adequate intake of micro- and macronutrients.

How to modify the diet

An eating plan that favours the elements of a Mediterranean-style dietary pattern, rich in monounsaturated and polyunsaturated fats can be considered to improve glucose metabolism and reduce the risk of cardiovascular disease.

Carbohydrates

Carbohydrate intake should favour fibre-rich, minimally processed carbohydrate sources. Diet plans should favour non-starchy vegetables, minimal added sugars, fruit, whole grains and dairy products.



In the daily diet, the intake of fast-absorbing simple sugars (glucose and sucrose) should be carefully evaluated, favouring slow-absorbing complex sugars (starch). The total daily intake of carbohydrates should not exceed 50-55% of total calories, provided that at least 80% is starch and the remaining 20% non-insulin-dependent sugars and fibres.

Fibres

Fibres should be taken in high quantities, especially water-soluble fibre, which is able to slow down the intestinal absorption of carbohydrates and cholesterol.

Proteins

Protein must represent about 15-20% of the total calories, and at least one third should be animal protein, as it contains the indispensable essential amino acids (present, for example, in eggs, meat, milk). We should give priority to proteins from fish, lean meats, eggs and fresh dairy products such as milk and yoghurt, and limit "red" meats and cold cuts/cheeses to a minimum.

Fats

Fats must provide the remaining 25-30% of the total calories and those of vegetable origin with a high content of mono- and polyunsaturated fatty acids (which we find, for example, in fish, olive oil, nuts) should be preferred for their role in the prevention of cardiovascular diseases. Both saturated fatty acids and cholesterol-rich foods (e.g. chicken, pork or calf liver) should be limited, which could promote dangerous hyperlipidemia. Most fats should be of the "unsaturated" type and especially of the monounsaturated subtype, that is, the one that is contained in excellent quantities in extra virgin olive oil, but also in some seed oils (such as peanut oil). In addition, polyunsaturated fats such as those found in fish and fishery products and dried fruit must also be present.

Caloric sweeteners are safe when consumed in moderation. The habitual consumption of foods rich in antioxidants, trace elements and other vitamins should be encouraged.



Recommended foods

- Partially skimmed milk.
- Yogurt (white).
- Pasta/spelt/barley/rice: preferably parboiled rice maximum twice a day and whole grain.
- Bread: preferably whole grain.
- Meat: rabbit, turkey, turkey beef, lean pork.

Fish: fresh or frozen fish, prefer blue fish (sardines , anchovies), squid, octopus. Cod, hake, mackerel or sea bass better no more than once a week. Crustaceans and bivalve mollusks occasionally. To avoid large fish (swordfish and tuna).

- Fruit 2-3 times a day. Kiwi, grapes, banana, and pineapple: no more than 2-3 times a week.
- Vegetables: fresh or frozen vegetables, not smoothie or soup, twice a day.

Recommended ways of cooking

- Grilled, baked, steamed, bain-marie and baked in foil.
- For fried food, use olive oil or seed oil, but do not exceed 180° in temperature during cooking (it must not smoke and the oil must not turn dark).
- Legumes and vegetables must be cooked in very little water and in a closed container so as not to lose their vitamin and mineral wealth.
- Vegetable fats (olive oil or seed oil) are preferred for seasonings.
- No particular salt restriction is necessary, except in the presence of hypertension, chronic renal insufficiency or other contraindications.
- Special types of sodium-free salt that can be bought in pharmacies can be used to add flavour to food.
- All spices such as pepper, paprika, chilli, mustard, nutmeg, cinnamon, saffron, ginger, fennel seeds, thyme, marjoram, sage, rosemary, basil, bay leaf, mint, lemon juice, vinegar, meat extracts, stock extracts and stock cubes can be used.





Coeliac disease

Foreword

The gluten-free diet is based on eliminating all foods containing cereals with gluten and replacing them with specifically created substitute products or with other foods altogether.

How to modify the diet

The following are considered gluten-free: foods that are naturally gluten-free or processed foods that are gluten-free and are the result of a risk-free production process which makes them suitable for coeliacs or people intolerant to gluten.

“Gluten free” foods are accompanied by the words: “specifically formulated for people intolerant to gluten” or “specifically formulated for coeliacs”.

In the National Register of the Italian Ministry of Health, gluten-free products are marked “SPIGA BARRATA”, which are included in Italy in the AIC’s Prontuario degli Alimenti senza glutine (Gluten-free Food Handbook).

It is important to inform consumers about the absence of gluten or its presence to a limited extent, and to do this the following wording must be used

- gluten-free: the gluten content in foods sold to the end consumer must not exceed 20 mg/kg;
- very low gluten: the gluten content in food sold to the final consumer must not exceed 100 mg/kg.

The above food information may be accompanied by the words: “suitable for people intolerant to gluten” or “suitable for coeliacs”.

Prohibited foods

- Wheat, barley, rye, oats, kamut, spelt, triticale.
- Derived from cereals containing gluten.
- Beware of particular foods that may contain gluten, such as foods composed of many ingredients that have undergone complex



processing (due to contamination of the product and/or individual ingredients during processing, or due to the presence of gluten in individual ingredients).

Suspect foods

- Mustard, chocolate, mayonnaise, ice cream, potato snacks, pudding.
- Foods consisting of many ingredients that have undergone complex processing either due to contamination of the product and/or individual ingredients during processing, or due to the presence of gluten among the ingredients.

Permitted foods

- Naturally gluten-free foods that do not contain gluten and have not undergone any processing and/or transformation processes such as: rice, corn, meat, fish, milk, eggs, legumes, potatoes, vegetables, fruit.
- Processed foods (which do not contain gluten) but for which there is no risk of cross-contamination or environmental contamination during their production process, such as: tinned tuna or tomato puree

Safety In The Kitchen

- X Toasters, deep fryers and ventilated ovens may not be used together, due to the possible presence of flour dust.
- X Do not treat meat or fish with flour derived from prohibited cereals before cooking.
- X Do not use grated bread or bread crumbs.
- X Do not flour cake moulds or cakes, prefer using silicone moulds that do not need to be dusted with flour of any kind.
- X Do not use cooking water used for foods containing gluten (such as the water used for cooking pasta).
- X Do not use frying oil already used for food containing gluten; if you do not have a dedicated fryer, change the oil and fry the gluten-free first.



- X Do not use the coffee machine if it is also used for barley coffee (not permitted).
- X It is mandatory to have dedicated tubes and to run running water to the top of the coffee machine before use (flushing of the delivery tubes).
- X Do not use the oven for non-gluten-free and gluten-free products at the same time. Before gluten-free baking, clean the oven using appropriate procedures.
- X Do not use multi-baking racks.
- X Do not use products whose exact composition is not known.
- X Do not handle food with floured hands or unwashed utensils (pots, strainers, ladles, cutlery, etc.) after using them for food not permitted for coeliacs.
- ✓ Use exclusive utensils/dishes (e.g. distinguishing by colour). Wash the surfaces, plates and utensils used for preparing other dishes containing gluten (e.g. pasta).
- ✓ Use a pasta cooker exclusively for gluten-free pasta.
- ✓ Use pans with raised edges and lids if using a shared oven
- ✓ Prefer fresh products to preserved ones.
- ✓ Always check labels for the absence of cereals containing gluten (such as wheat, barley or rye), as well as the ingredients of pre-packaged products such as potato flakes, meat sauces, cooked preparations for desserts, sauces, ready meals, yoghurt.
- ✓ Perishable products and frozen ready meals if a dedicated refrigerator and freezer is not available must be stored in containers with appropriate markings; once the container is opened, it must be carefully covered, closed or otherwise protected to avoid any form of contamination.





Obesity

Foreword

The European Guidelines for Obesity Management recommend:

- Increase consumption of fruit and vegetables, pulses, whole grains and nuts, unsweetened and fibre-rich cereals, and to prefer dairy products and lower-fat meats.
- Increase fish consumption.
- Limit consumption of sugary drinks and alcohol.
- Avoid or strongly reduce processed and refined products as they are high in sugar, fat and/or salt and have a low nutritional content; all fried and breaded foods, sugary drinks, salty and sweet snacks and ice cream belong to this food group.

How to modify the diet

Various dietary patterns, such as the Mediterranean diet and the Nordic diet (based mainly on whole grains, fruit and vegetables) contribute to weight loss. Daily consumption at each meal should be distributed as follows: 15-20% of total energy intake at breakfast and 35-40% of total energy intake at both lunch and dinner. Snacks should not exceed 5-10% of total energy intake.

- Prepare a meal that is low in energy density and balanced, i.e. low in calories but satiating. Prefer vegetables and fibre-rich foods and limit fat as a condiment or fatty food. The diet should favour moderate portions of energy-dense foods and increase the proportion of vegetables.
- Choose mainly plant-based, satiating and low-calorie foods and create tasty dishes. Choosing a greater variety of vegetables has been shown to increase their consumption.
- The use of herbs and spices or moderate amounts of healthy fats and sauces can help make the dish tastier.
- Prepare low-carbohydrate meals, keeping in mind that portions should be small and favouring the consumption of foods rich in fibre or containing slow-absorbing starches, such as vegetables



(spinach, cabbage, tomatoes, broccoli, cauliflower, cucumbers), whole grains, oats, buckwheat, quinoa and pulses (lentils, beans, peas, chickpeas, soya, broad beans).

- Reduce the use of fats! Use as little as possible, favouring extra virgin oil for seasoning and avoid saturated fats (butter, cream, fatty meat). Limit cheeses, preferring low-fat ones.
- Extra-virgin olive oil, the main source of fat in the Mediterranean Diet, significantly reduces the risk of cardiovascular disease.
- Protein should be of good biological value and come from both animal and vegetable sources. In each meal, choose foods rich in protein and low in carbohydrates and fat. Accordingly, elect lean meat and fish as sources of animal protein and legumes as sources of vegetable protein. Protein is considered the most satiating macronutrient and is often recommended to promote satiety and decrease daily energy intake.
- Limit simple sugars! Consume fruit and milk without adding other sugar sources. WHO guidelines recommend that added sugars account for no more than 5 % of total calorie consumption.
- Limit the salt content without sacrificing the taste of the dish. Choose appropriate cooking methods, high-quality ingredients and use spices and flavourings.
- Avoid sugary drinks.
- Choose quality ingredients with a preference for fresh, local produce.



Food allergies

Foreword

The management of FA requires providing caterers with knowledge on how to avoid or reduce the risk of accidental allergic reactions to food. Information should be provided on an appropriate healthy diet to maintain all nutritional requirements and adequate calorie intake, without losing the pleasure of eating tasty, healthy and nutritious food.

How to modify the diet

The intervention of first choice in FA is to eliminate the identified foods from the diet.

Some foods have a lower allergenic potential if they are cooked at very high temperatures, e.g. many people tolerate milk or eggs used in baking recipes (>200°C)

Some foods, such as peanuts, have a higher allergenic potential when roasted.

Allergy to milk proteins

People allergic to cow's milk react to all dairy products, including cheese, yoghurt, butter and cream. Those allergic to cow's milk should also avoid products consuming goat's or sheep's milk. Indeed, goat's and sheep's milk contain proteins similar to those of cows.

- Soy milk may be useful provided that the nutritional evaluation and the relative presence of phytates and phytoestrogens are taken into account.
- Rice milk has recently been introduced to the market in some European countries, but further research is needed to compare it with soy milk.
- As for the use of camel, donkey and horse milk, there is no firm evidence to recommend it.
- Protein hydrolysates, as well as amino acid-based formulas, meet the hypoallergenic standard, but have poor palatability, high cost and risk of metabolic imbalances.



Fish allergy

People with fish allergies do not tolerate all types of fish
Most people allergic to fish can eat shellfish.

Safety in the kitchen

- Optimise communication between food preparation staff and front-of-house staff in order to prevent risks
- Give more training to restaurant staff on how to manage the emergency plan.
- Provide information sheets on FA in the host language and have emergency medicines at the ready (self injectable intramuscular adrenaline device)..

Eu legislation on food allergens

Current food allergen legislation requires that any of the 14 EU regulated allergens, when used as an ingredient, BE CLEARLY DECLARED in the list of ingredients of pre-packaged foods. As of December 2014, the Regulation on Food Information for Consumers (EU REGULATION No. 1169/2011) will also require information to be provided on allergenic ingredients.

1. Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except: (a) wheat-based glucose syrups, including dextrose; (b) wheat-based maltodextrins; (c) barley-based glucose syrups; (d) cereals used for the production of alcoholic distillates including ethyl alcohol of agricultural origin.
2. Crustaceans and products thereof.
3. Eggs and products thereof.
4. Fish and products thereof , except: (a) fish gelatine used as carrier for vitamin or carotenoid preparations; (b) fish gelatine or isinglass used as fining agent in beer and wine.
5. Peanuts and derived products.
6. Soybean and products thereof , except: (a) fully refined soybean oil and fat; (b) natural mixed tocopherols (E306), natural D-alpha







tocopherol, natural D-alpha tocopherol acetate and natural D-alpha tocopherol succinate from soybean sources; (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources.



7. Milk and products thereof (including lactose), except (a) when used for making alcoholic distillates, including ethyl alcohol of agricultural origin; (b) lactitol.
8. Nuts, namely:
 - a. almonds (*Amygdalus communis* L.)
 - b. hazelnuts (*Corylus avellana*)
 - c. walnuts (*Juglans regia*)
 - d. cashews (*Anacardium occidentale*)
 - e. pecan nuts (*Carya illinoensis*)
 - f. Brazil nuts (*Bertholletia excels*)
 - g. Pistachio nuts (*Pistacia vera*)
 - h. macadamia or Queensland nuts (*Macadamia ternifolia*) and products therefrom, except for nuts used for making alcoholic distillates, including ethyl alcohol of agricultural origin.
9. Celery and derived products thereof.
10. Mustard and products thereof.
11. Sesame seeds and products thereof.
12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the manufacturers.
13. Lupin and its products thereof.
14. Mollusks and products thereof.




Diabetes


- 1 Maltagliati Norma style
 - 2 Blue fish "Sfincione" with apple "Caponata"
 - 3 Cinnamon sorbet
- 
- 4 Ancient Sicilian grain pasta "Margherita" with red anchovies
 - 5 Stuffed sardines with sweet and sour pumpkin
 - 6 "Testa di Turco" dessert
-
- 7 Creamy cauliflower soup
 - 8 Mackerel, citrus, carrot juice and black rice
 - 9 Chocolate mousse
- 
- 10 Pollack tartare with seaweed
 - 11 Pork loin, small spelt and broad bean stew
 - 12 Apple bavarois
-
- 13 Polish herring in rapeseed oil with onion, parsley and cranberry sauce served with a whole grain toast
 - 14 Roasted pork chop served with buckwheat and pickled cucumber
 - 15 Baked "Angel wings" for diabetics
- 
- 16 A graham toast with smoked trout and a poached egg
 - 17 Poultry meatballs with dill sauce, brown rice, and green beans
 - 18 Lemon cream
-
- 19 Lentils with rice
 - 20 Hake in green sauce
 - 21 Pears in wine
- 
- 22 Cod salad
 - 23 Pork trotters in Soriana style
 - 24 Mango sorbet

Celiac


- 25 "Busiate" pasta with Trapanese pesto sauce
 - 26 Rabbit Cacciatora-style with "Nero d'Avola" wine and seasonal vegetable "Caponata"
 - 27 Sicilian cassata made with rice flour sponge cake, ricotta cheese mousse and candied orange
- 
- 28 Gluten free "linguine" pasta with sardines
 - 29 Swordfish rolls with pine nut breading
 - 30 Fresh fruit jelly tart
-
- 31 Crustless quiche
 - 32 Buckwheat crepe /galette from Brittany
 - 33 Whisky - buckwheat - chocolate
- 
- 34 Grilled scallops and pumpkin
 - 35 Turkey blanquette (stew) and quinoa
 - 36 Swiss roll with applesauce





- 37 Gluten-free dumplings with cabbage and mushrooms
 - 38 Herrings in tomato and honey brine
 - 39 Gluten-free poppy seed cake
- 
- 40 White bean lard
 - 41 Potato cake
 - 42 Gluten-free apple pie
-


- 
- 43 Potatoes with niscalos mushrooms
 - 44 Roasted suckling pig
 - 45 Rice pudding
- 46 Thistle in almonds
 - 47 Cod with fried vegetables
 - 48 Fried milk
-

Obesity

- 
- 49 "Tumminia" pasta with cauliflower sauce
 - 50 Baked "open-faced" sardines with vegetables "Canazzo"
 - 51 Modica dark chocolate mousse and almond brittle
- 52 Broad beans "Macco" with wild fennel and herbs
 - 53 Sicilian fish balls with protected geographical indication (PGI) "datterino" tomato sauce
 - 54 PGI Sicilian blood orange cream with chickpea biscuit crumble
-




- 
- 55 Vegetable tartlet
 - 56 Cod filet with beetroot juice paste and vegetable tagliatelle
 - 57 Mango mousse
- 58 Vegetable gazpacho, beetroot sorbet
 - 59 Poultry skewers with steamed apples
 - 60 Chocolate cake
-

- 
- 61 Salad with beetroot, rocket and feta cheese
 - 62 Stewed veal with vegetables
 - 63 Baked apple mousse
- 64 Turkey sirloin with carrots and fennel
 - 65 Baked fish on spinach with Jerusalem artichoke puree and boiled vegetables
 - 66 Sour milk jelly with raspberry mousse
-

- 
- 67 Pumpkin and apple cream
 - 68 Rabbit a la "Cazadora"
 - 69 Toasted cream
- 70 White beans with pickled quails
 - 71 Galician octopus
 - 72 Baked apples



General info	
Difficulty	Easy
Preparation time	40 mins
Cooking time	40 mins
Servings	4

Presence of	
	Wheat
	Egg
	Milk



M.U.	Q.	Ingredients
For the pasta		
g	300	"Tumminia" flour
g	120	Water
	1	Fresh egg
g	3	PGI sea salt from Trapani
For the sauce		
g	500	PGI cherry tomatoes from Pachino
g	40	Golden onion
	1	Bunch of fresh basil
g	40	EVO oil
	1	Aubergine
g	40	Salted ricotta cheese
g	20	PGI sea salt from Trapani



Nutrition facts per serving		
Energy	Kcal	587,36
Total Carbohydrates	g	73,52
• of which Sugars	g	
• of which Fiber	g	
Proteins	g	13,22
Total Fats	g	19,44
• of which Saturated	g	
Cholesterol	mg	54,25
Vitamins	mcg	
Minerals	mg	

Preparation for the pasta

Into a bowl, create a well in the flour and pour the egg, then the water. First, mix with a fork and then knead vigorously until the dough is elastic. Let the dough rest for 15 minutes covered with a cloth, then roll it out on a pastry board with a rolling pin. Cut the dough into same sized rhombuses using a smooth wheel.

Preparation for the sauce

Chop the golden onion and let it cook into a "weck" vase in the microwave oven. Cut the cherry tomatoes into halves and put them into a casserole together with the cooked onion, the basil and a pinch of salt. Cook, covered with a lid, for about 20 minutes on a low fire. When cooked, pass the sauce through a blender. Dice the aubergine, arrange it on a baking tray, sprinkle with a drizzle of oil and bake in a pre-heated oven at 200° C for a few minutes. Boil the "maltagliati" in salted boiling water. Once "al dente", strain the maltagliati and sauté with the tomato sauce, some shredded basil leaves and the aubergine cubes. Place on a dish and complete the maltagliati with some grated salted ricotta cheese.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	50 mins
Cooking time	30 mins
Servings	4

Presence of

 Fish

 Wheat



M.U.	Q.	Ingredients
For the blue fish "Sfincione"		
g	800	Blue fish (paddlefish, mackerel, dolphin fish, anchovies)
g	400	White onion
g	20	Anchovies in oil
g	60	EVO oil "Valli trapanesi" DOP
g	4	Oregano
g	50	Breadcrumbs
g	40	Tomato concentrate
For the apple Caponata		
g	500	Pink Lady apples
g	40	PGI salted capers from Pantelleria
g	40	Red onion
g	40	"Nocellara del Belice" olives DOP
g	60	Celery
g	5	Cane sugar
g	10	Vinegar from Marsala wine



Nutrition facts per serving		
Energy	Kcal	537,98
Total Carbohydrates	g	31,07
• of which Sugars	g	
• of which Fiber	g.	
Proteins	g	45,05
Total Fats	g	25,88
• of which Saturated	g	
Cholesterol	mg	123,7
Vitamins	mcg	
Minerals	mg	

Preparation for the blue fish Sfincione

Cut the white onion into julienne strips and let it cook with a small quantity of water and a small quantity of oil in a jar in the microwave oven.

When it is cooked, transfer it into a casserole together with the anchovies and the tomato concentrate and let it cook on a low heat.

Bone and fillet the fish. Lay the fish fillets on a baking tray covered with baking paper and cover them with the sauce, sprinkle with the breadcrumbs and finish with a small quantity of oil and oregano.

Bake at 180° C for about 12 minutes.

Preparation for the apple Caponata

Peel and dice the apples. In a casserole boil, for a few seconds, the julienne stripped onion, the celery, and the olives cut into small pieces. Drain the vegetables and add them to the apples together with the desalted capers, the sugar, the vinegar and a small quantity of oil and mix.

Pour the mixture into a "weck" vase, lock it and cook in the microwave, preset at 700 watt, for 7 minutes.

Remove the vase from the microwave and let it cool for about 20 minutes in the locked vase. Serve the blue fish "Sfincione" with the apple "Caponata".

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	Freezing for about 120 mins
Servings	4



Presence of	
	Egg



M.U.	Q.	Ingredients
For the sorbet		
g	40	Stevia
	1	Egg white
g	3	Cinnamon powder
g	400	Water
g	20	Cinnamon bark
	1	Clove



Nutrition facts per serving	
Energy	Kcal 78,95
Total Carbohydrates	g 17,38
• of which Sugars	g
• of which Fiber	g 4,98
Proteins	g 1,23
Total Fats	g 0,27
• of which Saturated	g
Cholesterol	mg 0
Vitamins	mcg
Minerals	mg

Preparation

Bring to the boil 250 g of water and pour it on the cinnamon bark and the clove: let it rest for about 20 minutes.

In the meantime, warm the remaining water and dissolve the stevia and the cinnamon powder in it. Strain the cinnamon bark infusion in the cinnamon syrup and let cool.

Put the mixture into the freezer and, after 30 minutes, mix it with the immersion blender.

Repeat this operation for 3 more times. After 30 minutes, blend the mixture adding the whipped egg white.

Put the mixture into the freezer again for 15 minutes.

Lightly mix before serving.

Serve the sorbet into the chosen cups and decorate.

Storage

Variations or suggestions



Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	30 mins
Servings	4

Presence of	
	Fish
	Pine Nuts
	Wheat



M.U.	Q.	Ingredients
For the pasta		
g	280	Pasta "Margherita" made with ancient Sicilian grains
g	50	White onion from Giarratana
	2	Red garlic cloves from Nubia
g	80	Fillets of anchovies in oil
g	150	Tomato concentrate
g	40	Raisins
g	30	Pine nuts
g	40	Breadcrumbs
g	60	EVO oil



Nutrition facts per serving		
Energy	Kcal	521,3
Total Carbohydrates	g	77,03
• of which Sugars	g	14,92
• of which Fiber	g	3,72
Proteins	g	13,12
Total Fats	g	19,22
• of which Saturated	g	
Cholesterol	mg	0
Vitamins	mcg	
Minerals	mg	

Preparation

Chop the onion and sauté it in a pan with a small quantity of oil and water. When it is soft, add the fillets of anchovies and let them melt on a low heat.

Then, add the tomato concentrate and dilute with 1-2 small ladles of hot water. Add the raisins, previously softened in warm water, and the pine nuts. Reduce the sauce on a medium heat until it thickens.

Into a non-stick pan, put the breadcrumbs with a small quantity of oil and the crushed garlic and toast until they become amber.

Boil the "Margherita" pasta in salted boiling water. Strain the pasta when "al dente" and sauté it with the sauce in the pan.

Mix well and serve with the toasted breadcrumbs sprinkled on top.

Storage

Variations or suggestions

To aromatize the dish, add wild fennel in the pasta cooking water.




Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	60 mins
Cooking time	40 mins
Servings	4

Presence of	
	Fish
	Pine Nuts
	Wheat



M.U.	Q.	Ingredients
For the stuffed sardines		
g	500	Sardines
g	25	Raisins
g	25	Pine nuts
g	30	Anchovies in oil
g	100	Breadcrumbs
g	30	EVO oil
	1	Orange
	1	Lemon
g	60	White onion from Giarratana
		Bay leaves
For the sweet and sour pumpkin		
g	450	Pumpkin
	2	Red garlic cloves from Nubia
g	30	EVO oil
g	50	Cane sugar
g	100	Apple cider vinegar
		Some mint leaves



Nutrition facts per serving		
Energy	Kcal	489,92
Total Carbohydrates	g	28,35
• of which Sugars	g	20,96
• of which Fiber	g	8,09
Proteins	g	27,03
Total Fats	g	23,41
• of which Saturated	g	
Cholesterol	mg	63,67
Vitamins	mcg	
Minerals	mg	

Preparation for the stuffed sardines

Clean the sardines: remove the head and entrails. Very gently, remove the bone and open the sardines like a book, leaving the tail. Toast the breadcrumbs for a couple of minutes, trying not to burn them, in a non-stick pan. Transfer the breadcrumbs into a bowl, add the oil, the pine nuts, the salt, a piece of orange and lemon juice and the raisins, previously softened in cold water for about 30 minutes. Mix well to obtain a homogeneous mixture.

Place a small portion of the mixture on a sardine and roll it up on itself. Place the rolls on a baking dish, alternate with bay leaves and lemon slices cut in half. When the baking dish is full, drizzle the stuffed sardines with a drizzle of orange juice and another small quantity of oil. Bake in the oven at 180° C for about 15 minutes.

Preparation for the sweet and sour pumpkin

Chop the golden onion and let it cook into a "weck" vase in the microwave oven.

Peel and slice the pumpkin and place the slices on a baking tray covered with baking paper. Drizzle with a small quantity of oil and a pinch of salt and bake at 180° for 20 minutes.

Prepare the sweet and sour sauce in a pan: brown the crushed garlic with a drizzle of oil. Then, add the sugar and the vinegar and reduce it. Add the cooked pumpkin in the pan together with the mint leaves and let it flavor.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	30 minutes + 120 mins in the fridge
Cooking time	20 mins
Servings	4

Presence of	
	Egg
	Milk
	Wheat



M.U.	Q.	Ingredients
For the pastry		
g	100	Flour 00
	1	Egg
g	20	Sugar
g	2	Salt
g	15	Seed oil
For the blancmange		
ml	500	Low-fat milk
g	50	Corn flour
	1	Grated lemon zest
		Powdered cinnamon
g	40	Dark chocolate flakes from Modica PGI



Nutrition facts per serving	
Energy	Kcal 392
Total Carbohydrates	g 68,47
• of which Sugars	g 35,9
• of which Fiber	g 1,44
Proteins	g 9,7
Total Fats	g 11,45
• of which Saturated	g
Cholesterol	mg 57,16
Vitamins	mcg
Minerals	mg

Preparation for the pastry

Put the egg, the sugar, the salt and the flour in a bowl and mix until the dough is smooth and homogeneous. Roll out a very thin dough on a pastry board until you have some pastry layers. After brushing them with seed oil, cook them in the preheated oven at 190° C, until they are golden.

Preparation for the blanchmange

Pour almost all the milk (keep 50 ml aside) with the lemon zest and the sugar in a saucepan and warm on a low heat. While the milk is warming, put the corn flour in a bowl and mix it with the remaining milk, until is melted. Add the melted corn flour to the milk into the saucepan and continue whisking it. When the mixture reaches the boiling point, remove it from heat.

Making the Testa di Turco

Put a pastry layer at the bottom of a serving cup and pour some of the cream on it homogeneously. Repeat, alternating layers of pastry and cream. Complete the last layer with cream and sprinkle it with the cinnamon powder. Keep the “Testa di Turco” in the fridge for at least a couple of hours. Before serving, decorate with dark chocolate flakes.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	10 mins
Cooking time	40 mins
Servings	4



Presence of	
	Milk



M.U.	Q.	Ingredients
For cauliflower soup		
g	50	Light butter
g	50	Onions
g	500	Cauliflower
g	50	Potatoes
For white poultry stock		
g	250	Poultry carcass
g	50	Carrot
g	50	Onions
l	1	Water
Finishing touch		
l	0,1	Liquid cream



Nutrition facts per serving		
Energy	Kcal	230,7
Total Carbohydrates	g	16,2
• of which Sugars	g	10,1
• of which Fiber	g	6,8
Proteins	g	5,7
Total Fats	g	18,5
• of which Saturated	g	20
Cholesterol	mg	56
Vitamins	mcg	
Minerals	mg	

Preparation for the white poultry stock

Peel the vegetables and cut them into mirepoix.
Bleach poultry carcasses and rinse with water.

Preparation for the creamy cauliflower soup

Slice the onion. Cut the cabbage and the potatoes in mirepoix.
Sweat the onions in butter, add cauliflower and potato and then wet with white stock.
Cook the soup for about 40 minutes. Mix. Add the cream and then reduce. Mix again.
Season to taste.

Storage

Variations or suggestions

It is possible to replace cauliflower with parsnips or Jerusalem artichokes.
You can also add an original touch by adding fruit such as diced pears.

Notes

Food and wine matching

A warm starter that requires a dry white wine with some substance: AOC Bourgogne aligoté, AOC Arbois White (Jura).

Equipment - note

**General info**

Difficulty	Hard
Preparation time	20 mins
Cooking time	30 mins
Servings	4

Presence of

Fish

Milk



M.U.	Q.	Ingredients
For citrus mackerel		
g	500	Mackerel
br	0,25	Basil
g	250	Orange
For roasted squash and carrots		
g	250	Pumpkin
g	250	Carrot tops
g	5	Butter
l	0,05	Olive oil
br	0,05	Thyme
For black rice		
g	250	Black rice
		Carrot juice
g	150	Carrots
g	25	Butter
br	0,125	Basil



Nutrition facts per serving	
Energy	Kcal 485,3
Total Carbohydrates	g
• of which Sugars	g
• of which Fiber	g
Proteins	g 45,3
Total Fats	g 33,8
• of which Saturated	g 8,1
Cholesterol	mg 124,3
Vitamins	mcg
Minerals	mg

Preparation for the mackerel

Gut and fillet the mackerel and remove the bones. Peel the oranges and remove the segments. Roll up the fillets, garnishing them with orange segments and basil leaves. Cook for 15 to 20 minutes in a steam oven at 63° C.

Preparation for the pumpkin squash and roasted carrots

Wash the pumpkin and cut into quarters. Scrape the carrot tops. Roast with butter, oil and thyme at 150° C for 30 minutes.

Preparation for the black rice

Cook the black rice "à la créole" (in a large volume of salted water). Wash and centrifuge the carrots. Reduce the juice with the basil stems. Strain through a sieve. Whisk in butter. Add the chopped basil leaves.

Storage

Serve hot.

Variations or suggestions

Orange peels can be dried and powdered.

Notes

Food and wine matching

A firm-fleshed fish with orange flavours that requires a chewy and fresh wine with citrus aromas: AOC Savennieres (Loire Valley), AOC Corbières blanc (Languedoc).

Equipment - note

Juice extractor.



General info	
Difficulty	Easy
Preparation time	5 min
Cooking time	Freezing for about 120 mins
Servings	4

Presence of



Milk



Egg



M.U.	Q.	Ingredients
For the mousse		
g	250	Dark chocolate
P	4	Egg whites
l	0,25	Coconut milk
g	10	Agave Syrop
g	2	Agar-agar



Nutrition facts per serving		
Energy	Kcal	389,4
Total Carbohydrates	g	26,4
• of which Sugars	g	22,5
• of which Fiber	g	
Proteins	g	7
Total Fats	g	27,3
• of which Saturated	g	19,4
Cholesterol	mg	5,8
Vitamins	mcg	
Minerals	mg	

Preparation

Melt the chocolate and 0,1 l of coconut milk in a bain-marie.
 Heat the remaining 0,4 l of coconut milk and dissolve the agar-agar in it.
 Whip the egg whites until stiff and then fold in honey.
 Gently mix the results of steps 1 and 2.
 Then incorporate, with the maryse, the mounted whites.
 Pour into ramekins and chill for 2 hours.

Storage

Cool at +3° C.

Variations or suggestions

You can replace the coconut milk with any other milk.

Notes

Food and wine matching

Very smooth and round, this dessert calls for a wine in its image, sweet and smooth, with a hint of oxidation to go with the cocoa or a sparkling wine that will bring finesse and freshness: AOC Rivesaltes (Roussillon), AOC Clairette de Die (Rhône).

Equipment - note



General info

Difficulty	Hard
Preparation time	15 mins
Cooking time	0
Servings	4



Presence of

 Fish


M.U.	Q.	Ingredients
For the tartare		
g	320	Fillet of pollack
g	20	Shallots
P	1	Lime
g	30	Wakame
g	5	Fresh ginger
l	Pm	Grape seed oil
g	120	Arugula
l	0,060	Grape seed oil
P	1	Yellow lemon
		Salt and pepper



Nutrition facts per serving		
Energy	Kcal	462,9
Total Carbohydrates	g	3,5
• of which Sugars	g	1,6
• of which Fiber	g	
Proteins	g	16,2
Total Fats	g	15,8
• of which Saturated	g	1,8
Cholesterol	mg	53,8
Vitamins	mcg	
Minerals	mg	

Preparation for the tartare

Cut the pollack into small cubes, chop the shallots, zest the lime, grate the ginger and finely chop the wakame.

Mix all the ingredients and add the lemon juice and grape seed oil.

Adjust the seasoning if necessary.

For the side

Clean the arugula and make a vinaigrette with the lemon juice and grape seed oil.

Storage

Cool at +3° C.

Variations or suggestions

You can replace fish with others such as sea bass, mullet or sea bream...

Notes

Food and wine matching

A fresh and spicy dish with its iodine and vegetal flavours, which calls for a dry white wine, in a fresh, fruity and fragrant style: AOC Sancerre White (Loire Valley), AOC Entre-deux-Mers (Bordeaux).

Equipment - note

**General info**

Difficulty	Medium
Preparation time	25 mins
Cooking time	25 mins
Servings	4

**Presence of**

Wheat



M.U.	Q.	Ingredients
For the pork loin		
g	480	Pork loin
l	Pm	Sunflower oil
g	150	Onions / carrots
		Salt and pepper
For the sauce		
l	0,050	White wine
l	0,200	Meat juice
Sides		
g	200	Small spelt
g	200	Broad beans
g	20	Shallots
l	0,030	Meat juice



Nutrition facts per serving	
Energy	Kcal 576,1
Total Carbohydrates	g 38,3
• of which Sugars	g 6,5
• of which Fiber	g
Proteins	g 42,6
Total Fats	g 15
• of which Saturated	g 10,7
Cholesterol	mg 94,7
Vitamins	mcg
Minerals	mg

Preparation for the pork loin

Prepare the pork tenderloin, cut the aromatic garnish into mirepoix. Sear the pork loin and add the GA. Bake at 150° C for 25 minutes.

Preparation for the sauce

Once pork is cooked remove it and keep it warm. Deglaze the cooking juices, reduce and add the meat juice. Reduce and adjust seasoning.

For the toppings

Cook the spelt in a large volume of boiling salted water. Blanch the beans. Sweat the chopped shallots, then add the beans and the meat juice and cook for a few minutes.

Storage

Keep hot.

Variations or suggestions

Notes



Food and wine matching

A roasted meat served with cereals and legumes that can be accompanied with a red wine with tannins that are not very firm and uncomplicated like the dish: AOC Côtes de Bourg red (Bordeaux), AOC Sancerre red (Loire Valley).

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	5 mins + fridges times 120 mins
Servings	4

Presence of	
	Milk
	Egg



M.U.	Q.	Ingredients
For the bavaois		
l	0,100	Milk
l	0,150	Apple pulp
P	3	Egg Yolks
g	60	Fructose
g	4	Gelatine
l	0,200	Liquid cream
g	100	Apples



Nutrition facts per serving	
Energy	Kcal 193,6
Total Carbohydrates	g 25,1
• of which Sugars	g 8,4
• of which Fiber	g
Proteins	g 5,7
Total Fats	g 12,2
• of which Saturated	g 6,5
Cholesterol	mg 130,3
Vitamins	mcg
Minerals	mg

Preparation for the bavaois cream

Heat milk and apple pulp.

Blanch the egg yolks with fructose, pour in the milk-apple pulp mixture and cook like custard.

Add the softened gelatine and cool.

Add the whipped cream, mould and set aside in a cool place for 2 hours.

For the sides

You can use the apples as a side dish by working them either raw or cooked according to your convenience.

Storage

Variations or suggestions

Notes

Food and wine matching

A light apple mousse that goes well with a rather "young" white wine, sparkling or sweet, or a brut cider: AOC Montlouis sur Loire sparkling, AOC Clairette de Die, AOC Muscat de Frontignan.

Equipment - note



General info	
Difficulty	Easy
Preparation time	90 mins
Cooking time	
Servings	4



Presence of	
	Fish



M.U.	Q.	Ingredients
For the polish herring		
g	240	Herring fillets in brine with salt
g	80	Onion
ml	120	Rapeseed oil
g	20	Dried cranberries
		A bunch of parsley
g	120	4 slices whole grain bread



Nutrition facts per serving		
Energy	Kcal	451,59
Total Carbohydrates	g	8,99
• of which Sugars	g	8,44
• of which Fiber	g	0,59
Proteins	g	8,78
Total Fats	g	43,44
• of which Saturated	g	3,77
Cholesterol	mg	32,5
Vitamins	mcg	101,69
Minerals	mg	1436,03

Preparation

Rinse herring fillets with salt (brine with salt) in cold water before slicing. How many times you rinse your herring depends on how salty the herring is. Put the fillets in a bowl with cold water. After about 20 minutes, change the water. Repeat the procedure up to three times, but each time it would be better to cut off a small piece of herring and taste to decide how salty you want the herring to be.

Dampen and draine the herring fillets, then cut into smaller pieces.

Peel the onions and cut into small cubes.

Wash and chop the parsley.

Arrange the herring in a jar alternately with onions, parsley and cranberries.

Once the jars are filled with herring, onion, parsley and cranberry just pour the oil and stir gently or wait for the oil to penetrate the free spaces.

Bake the toast in the oven until golden brown.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	12 hours (meat marinating) + 40 mins
Cooking time	80 mins
Servings	4



M.U.	Q.	Ingredients
For the pork		
g	560	Pork
g	240	Buckwheat
g	400	Pickled cucumbers
		3 cloves of garlic
	to taste	Marjoram, salt, herb pepper, black pepper



Nutrition facts per serving		
Energy	Kcal	386,7
Total Carbohydrates	g	16,79
• of which Sugars	g	14,62
• of which Fiber	g	2,17
Proteins	g	28,76
Total Fats	g	111,67
• of which Saturated	g	5,84
Cholesterol	mg	82,8
Vitamins	mcg	105,43
Minerals	mg	1436,03

Preparation

Wash the pork loin quickly and efficiently (not too long) in the sink using cold, running water and dry immediately with a paper towel.

Prepare a marinade of marjoram, salt, herb pepper, black pepper and garlic cloves squeezed through the press.

Cover the meat thoroughly with the marinade of the prepared spices. Rub the pork loin and wrap it tightly in foil. Place the pork in the fridge for a minimum of twelve hours. You can marinate such a loin for up to 48 hours.

On the baking day, remove the foil and any marinade excess from the meat. Place the pork in the baking sleeve. Tie both ends. Keeping some space inside the sleeve. Do not wrap the meat tightly. Additionally, make a few holes in the bag. Place the pork in a bag on a baking tray or in a baking tin.

Place the meat in preheated oven at 180 °C. On the middle shelf of the oven. Bake the pork for 80 minutes.

In the meantime, cook the buckwheat and cut the pickled cucumber into smaller pieces. When the pork is ready, cut it into pieces about 1,5 cm thick.

Put a portion of buckwheat on a plate, with a piece of pork loin and cucumber.

Storage

Variations or suggestions

You can pour the pork loin sauce over the meat.



Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	45 mins
Cooking time	10 mins
Servings	4

Presence of	
	Egg
	Milk
	Wheat



M.U.	Q.	Ingredients
For baked Angel wings		
piece	1	Egg yolk
g	40	Natural yoghurt 3%
g	8	Vanilla sugar
		Pinch of salt
g	80	Whole wheat flour
g	8	Powdered sugar for sprinkling



Nutrition facts per serving		
Energy	Kcal	133
Total Carbohydrates	g	24,34
• of which Sugars	g	23,77
• of which Fiber	g	2,3
Proteins	g	19,13
Total Fats	g	7,54
• of which Saturated	g	2,56
Cholesterol	mg	204,00
Vitamins	mcg	0,02
Minerals	mg	550,51

Preparation

In a deep bowl, combine egg yolk, yoghurt, vanilla sugar and salt using a whisk (or a blender with a whisk). When the mass is fluffy, add the flour and make an elastic dough. Shape into a ball and set aside for a few minutes.

Roll out the dough into a very thin cake (about 2 mm) and, using a knurling wheel, cut it into fairly even strips, for this recipe, 20 is a good reference number. Make an incision in the middle of each strip through which you thread one end of the wings and gently straighten them (taking care not to tear them off).

Place the strips on a baking tray lined with baking paper and bake for 10 minutes at 180° C, hot air. Take out and sprinkle everything with a teaspoon of powdered sugar sifted through a sieve.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	30 mins
Cooking time	30 mins (egg)
Servings	4

Presence of



Milk



Egg



Fish



Wheat



M.U.	Q.	Ingredients
For the toast		
g	200	Cold smoked rainbow trout
g	50	Red onion, diced very finely
g	3	Salt
g	3	Pepper
ml	10	Lemon juice
g	120	4 slices of whole grain graham toast with rye bran (4 x 30g)
g	20	Linseed oil
g	20	Butter, for spreading
g	200	4 medium eggs (4 x 50g)
ml	10	Vinegar
For decoration		
g	20	Lettuce
g	10	Arugula
g	20	Radish slices
g	10	Chives



Nutrition facts per serving		
Energy	Kcal	286,2
Total Carbohydrates	g	14,64
• of which Sugars	g	11,74
• of which Fiber	g	2,9
Proteins	g	19,26
Total Fats	g	10,06
• of which Saturated	g	5,63
Cholesterol	mg	210,4
Vitamins	mcg	192,3
Minerals	mg	1238,86

Preparation

Sort out the trout. Carry out the pretreatment of vegetables. Prepare red onion jam. Boil a poached egg in water with the addition of vinegar. Brush the toast with butter, grill. Arrange in layers on toast: red onion jam, trout and rocket sprinkled with lemon juice and linseed oil, poached egg and garni.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Hard
Preparation time	60 mins
Cooking time	30 mins
Servings	4

Presence of

	Milk
	Egg
	Nuts and walnuts
	Gluten



M.U.	Q.	Ingredients
For the meatballs		
g	400	Poultry fillet
g	70	Bread roll 3
g	40	Egg-yolk
ml	60	Milk (used only for soaking a roll, the roll is squeezed after soaking so about 20 ml will be used in the dish)
g	30	Wheat flour
ml	400	Vegetarian broth
g	4	Salt
For the dill sauce		
g	60	Dill- 2 bunch
g	30	Wheat flour
ml	60	Cream (12%)
g	30	Butter
g	2	Salt
g	200	Brown rice
For the green beans with nuts and sheep cheese (smoked cottage cheese)		
g	400	Green beans
g	100	Walnuts
g	60	Bryndza cheese (Polish sheep white cheese)
g	40	Butter



Nutrition facts per serving		
Energy	Kcal	674,45
Total Carbohydrates	g	22,94
• of which Sugars	g	14,93
• of which Fiber	g	8,01
Proteins	g	33,45
Total Fats	g	33,44
• of which Saturated	g	10,62
Cholesterol	mg	120,67
Vitamins	mcg	105,47
Minerals	mg	1569,2

Preparation

Carry out pre-treatment raw products. Soak the bun in milk, drain it and mince it with the weighed meat. Then add egg and spices to the mixture, mix thoroughly. Shape into 4 round meatballs of equal size. Roll in wheat flour, put in boiling stock and cook.

Chop the dill. Make a first degree roux with the butter and flour, spread it in the meatballs stock and bring to the boil. Add cream, chopped dill and season to taste. Do not lead to the boiling.

Perform the pretreatment and heat treatment of the beans, brown the crumbled cheese and chopped nuts in butter. Sprinkle them over the beans.

Storage

Variations or suggestions

Notes


Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	30 mins
Cooking time	120 mins (cooling)
Servings	4



Presence of	
	Egg



M.U.	Q.	Ingredients
For the lemon cream		
g	200	Eggs - 4 pcs
g	260	Lemon - 2 pc 260 g (lemon juice squeezed 100 ml)
g	20	Gelatin
ml	120	Water
g	60	Xylitol
g	10	Mint leaves



Nutrition facts per serving		
Energy	Kcal	162,2
Total Carbohydrates	g	6,39
• of which Sugars	g	4,79
• of which Fiber	g	1,6
Proteins	g	6,65
Total Fats	g	6,04
• of which Saturated	g	1,65
Cholesterol	mg	208
Vitamins	mcg	150,44
Minerals	mg	322,47

Preparation

Squeeze the lemon and pre-treat the eggs. Liquify the gelatin in a water bath.
 Beat yolks with xylitol, beat egg whites until stiff, finally add lemon juice (pitted).
 Combine the foam with the yolks and cooled down gelatin.
 Portion and set aside to cool for 2 hours.
 Before serving, garnish with mint leaves and a lemon slice.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	45 mins
Servings	4



M.U.	Q.	Ingredients
For the lentils with rice		
g	250	Lentils
l	2	Water
	2	Carrots
	1	Onion
	½	Green pepper
ml	20	Olive oil
g	50	Brown rice
g	3	Salt



Nutrition facts per serving	
Energy	Kcal 297
Total Carbohydrates	g 44
• of which Sugars	g
• of which Fiber	g 7
Proteins	g 17
Total Fats	g 5
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Cut the onion, the carrots and the green pepper into brunoise, then sauté in oil without allowing it to brown.

Once the vegetables are cooked, add the lentils and cover with water, leaving them to cook until they are about 40 minutes from being cooked.

Then add the brown rice and cook until it is soft.

Storage

Variations or suggestions




Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	60 mins
Cooking time	30 mins
Servings	4

Presence of	
	Fish/Shellfish
	Wheat
	Egg



M.U.	Q.	Ingredients
For the hake		
g	800	Hake
	2	Garlic cloves
	1/2	Onion
g	10	Flour
ml	50	White wine
ml	500	Fumet
	12	Clams
g	50	Peas
	2	Sprigs of parsley
g	3	Salt
	1	Boiled egg
ml	20	Olive oil



Nutrition facts per serving	
Energy	Kcal 252
Total Carbohydrates	g 10
• of which Sugars	g
• of which Fiber	g 2
Proteins	g 29
Total Fats	g 9
• of which Saturated	g
Cholesterol	mg 172
Vitamins	mcg
Minerals	mg

Preparation for the green sauce

To make the sauce, start by frying the chopped garlic and then the onion in a little oil. Then, add a spoonful of flour, stir well and pour in a little white wine. When the alcohol has evaporated, add the fumet and cook slowly to bind the sauce.

Preparation for the hake

After 10 minutes, add the chopped parsley. Put the seasoned hake slices, the clams and the peas into the sauce. Cover to allow the steam to open the clams and leave to cook for a further 5 minutes. Serve with quartered hard-boiled egg.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	90 mins
Cooking time	60 mins
Servings	4



M.U.	Q.	Ingredients
		For the pears
	4	Pears
ml	500	Red wine
g	60	Sugar
	3	Units of star anise
	1	Cinnamon stick
	1	Lemon peel
	1	Orange peel



Nutrition facts per serving	
Energy	Kcal 246
Total Carbohydrates	g 38,42
• of which Sugars	g
• of which Fiber	g 5
Proteins	g 1
Total Fats	g
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Peel the fruit. Make a cut at the base so that they can be left standing upright and leave the stalk. Simmer them with the rest of the ingredients for 60 minutes. It is important to keep turning the pears over so that you can pour the wine over them every 5 minutes. Once this time has elapsed and they are a maroon colour, allow the wine syrup to reduce. Once cool, cut them in half and fan them out, adding the syrup on top.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	20 mins
Cooking time	10 mins
Servings	4



Presence of
 Fish

M.U.	Q.	Ingredients
For the cod		
g	400	Desalted cod
g	300	Tomato
g	100	Onion
g	100	Black olives
ml	40	Extra virgin olive oil
g	3	Salt



Nutrition facts per serving	
Energy	Kcal 277
Total Carbohydrates	g 5
• of which Sugars	g
• of which Fiber	g 2
Proteins	g 26
Total Fats	g 8
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Bake the cod for 7 minutes in a baking dish with a little oil so that it does not stick. Cut the tomatoes and onion into a mirepoix and add them to the cold, sliced cod. Drizzle with olive oil, adjust salt if necessary, add the black olives and serve.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	60 mins
Cooking time	40 mins
Servings	4



M.U.	Q.	Ingredients
For the pork		
kg	1	Pork trotters
g	300	Onion
g	100	Carrot
	2	Garlic cloves
	2	Bay leaf
g	200	Green pepper
g	300	Crushed tomato
g	3	Salt
ml	40	Olive oil



Nutrition facts per serving	
Energy	Kcal 865,59
Total Carbohydrates	g 10,6
• of which Sugars	g
• of which Fiber	g 3,7
Proteins	g 2,36
Total Fats	g 62,9
• of which Saturated	g
Cholesterol	mg 62
Vitamins	mcg
Minerals	mg

Preparation

Split the trotters lengthwise and widthwise into 4 pieces.

Put them in the pressure cooker with carrot, onion, 2 garlic cloves and bay leaf and leave to cook for 20 minutes.

In a frying pan, fry some onion, garlic, green pepper and crushed tomato.

Blend the sauce and add the cooked pork trotters with a small quantity of the cooking broth.

Cook for about 10 minutes.

This preparation will be tastier from one day to the next.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	30 mins
Cooking time	20 mins
Servings	4



M.U.	Q.	Ingredients
For the sorbet		
g	600	Ripe mango
ml	60	Water
	1	Tablespoon of orange juice
	1	Teaspoon of orange zest
	1	Mint leaf



Nutrition facts per serving	
Energy	Kcal 88,5
Total Carbohydrates	g 20,1
• of which Sugars	g
• of which Fiber	g 3,45
Proteins	g 0,9
Total Fats	g 0,3
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Cut the mangoes into small squares and place them in the blender (or in a bowl if you use a hand blender).

Add the water, orange zest and orange juice.

Blend to a smooth puree and pour this mango puree into the sorbet maker until it reaches a medium-frozen consistency.

Accompany with a mint leaf.

Storage

Variations or suggestions

Notes




Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	90 mins
Cooking time	20 mins
Servings	4



Presence of	
	Milk
	Egg
	Almond

M.U.	Q.	Ingredients
For the "Busiate" pasta		
g	300	Buckwheat flour
g	70	Egg whites
g	130	Water
g	2	Salt
For the pesto sauce		
g	250	Peeled ripe tomato
g	50	Pecorino cheese
g	80	Toasted almond flakes or whole peeled
g	20	EVO oil
g	50	Fresh basil
g	2	Salt
g	1	Pepper
g	20	Nubia garlic



Nutrition facts per serving		
Energy	Kcal	588,8
Total Carbohydrates	g	57,65
• of which Sugars	g	
• of which Fiber	g	11,5
Proteins	g	50,15
Total Fats	g	22,85
• of which Saturated	g	
Cholesterol	mg	11,3
Vitamins	mcg	
Minerals	mg	

Preparation for the “Busiate” pasta

Place the flour on a pastry board, create a well and pour the egg whites and the water and knead them. If the dough is too stiff, add some tablespoons of water or, on the contrary, add some buckwheat flour. Form a loaf, wrap it in the film and let it rest for an hour.

To work the dough better, it is ideal to use a pasta machine. Divide the dough into small portions and pass them several times in the roller, set to number 1 (this serves to make the dough more elastic and easily workable). Once the sheets are obtained with the roller in position 1, they must be kneaded by hand and are ready to make any pasta shape. Now, prepare the “busiate” pasta: cut the pasta sheets into stripes and starting from one end, roll each of them around a “buso” (a knitting needle) (you can also use a wooden skewer), giving the characteristic spiral shape.

Place the “busiate” on a floured worktop and let them dry some hours before cooking them.

Preparation for the pesto sauce

Make a cross incision at the bottom of the tomatoes. Blanch them in boiling water for a few minutes and then cool in iced water. Eliminate the skin and the seeds.

In a mortar, put the oil, the tomato, the cheese, the almonds and the garlic. Pound the ingredients to obtain a homogeneous mixture. Season with salt and pepper. Cook the “busiate” pasta in plenty of salted boiling water until it rises to the surface, drain and sauté with the pesto sauce in a pan. Serve, decorated with toasted almond flakes and a basil leaf.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	50 mins
Cooking time	85 mins
Servings	4



Presence of

 Milk



M.U.	Q.	Ingredients			
For the rabbit loin					
g	600	Rabbit loin			
	1	Sprig of rosemary			
g	50	Clarified butter			
g	100	Tomatoes			
g	40	Onion			
g	50	Mushrooms			
	1	Garlic clove			
g	70	Peppers			
g	2	Oregano			
g	10	Capers			
g	25	Green olives			
g	25	Black olives			
ml	50	Nero d'Avola wine			
g	40	EVO oil			
For the vegetable "Caponata"					
g	100	Aubergines	ml	40	Apple cider vinegar
g	100	Courgettes	g	30	Sugar
g	100	Pumpkin	g	20	Honey
g	100	Potatoes		1	Sprig of mint
g	100	Carrots		2	Sprigs of thyme
g	50	Red onion			



Nutrition facts per serving		
Energy	Kcal	389,63
Total Carbohydrates	g	23,65
• of which Sugars	g	
• of which Fiber	g	5,26
Proteins	g	29,03
Total Fats	g	31,98
• of which Saturated	g	
Cholesterol	mg	96
Vitamins	mcg	
Minerals	mg	

Preparation for the rabbit loin

Clean the rabbit loin, put it into a vacuum bag together with a drizzle of oil, a sprig of rosemary and salt. Cook for 2 hours in a vacuum at 63° C. Remove from the saucepan and cool in the blast chiller or immerse in ice and water. Remove the loin from the bag and dab with absorbent paper. Brown the loin in a pan with the clarified butter. Recover the cooking juices that will be used for the preparation of the sauce.

Preparation for the sauce

Make a cross incision on the bottom of the tomatoes. Blanch them in boiling water for a few minutes and then cool in ice and water. Remove the skin and the seeds, dice the tomatoes and brown in a saucepan with oil, onion, garlic and the deseeded peppers, cut into stripes, for 15 minutes on a low heat. Add the mushrooms, the olives and the desalted capers and cook for 20 minutes over a high heat, deglazing with the Nero d'Avola wine. Let the wine evaporate and add the cooking juices of the loin. Cook for 5 minute more, turn off and add the oregano. Blend the sauce with the immersion blender.

Preparation for the vegetable "Caponata"

Clean the vegetables and cut them into 5-6 mm dices and put them into a bowl. Add the vinegar, the honey, the sugar, the oil, the mint leaves and mix. Pour the vegetables into "weck" vases, lock them and cook in the microwave for about 7/8 minutes at the maximum power. Remove the vases from the microwave and keep them upside down for some minutes. Serve the sauce at the bottom of the dish, place the rabbit loin and the vegetable Caponata and decorate with some sprigs of thyme.

Storage

Variations or suggestions

Notes

Food and wine matching



General info	
Difficulty	Difficult
Preparation time	120 mins
Cooking time	30 mins
Servings	4



Presence of	
	Milk
	Egg
	Almonds/Pistachio

M.U.	Q.	Ingredients			
For the sponge cake					
g	300	Eggs			
g	150	Cane sugar			
g	150	Rice flour			
	1	Vanilla pod			
For the ricotta cheese mousse					
g	150	Sheep ricotta cheese			
g	25	Sugar			
g	50	Orange juice			
	1	Grated orange peel			
g	125	Fresh cream			
g	4	Gelatine sheets			
g	25	Toasted and crushed almonds			
For the candied orange					
	1	Orange			
g	15	Cane sugar			
For the marzipan			For the dripping wet		
g	125	Icing sugar	g	100	Water
g	75	Pistachio flour	g	70	Sugar
g	25	Glucose syrup	g	60	Grand Marnier
ml	15	Water		2	Sprigs of thyme



Nutrition facts per serving		
Energy	Kcal	144,18
Total Carbohydrates	g	
• of which Sugars	g	3,97
• of which Fiber	g	20,23
Proteins	g	24,68
Total Fats	g	22,85
• of which Saturated	g	
Cholesterol	mg	274,98
Vitamins	mcg	
Minerals	mg	

Preparation for the sponge cake

Whip the eggs and the cane sugar at medium speed for at least 10-15 minutes (at room temperature), until the dough is foamy and light yellow. Add the vanilla seeds and continue whipping for a couple of minutes. When the volume doubles, add the sifted flour little by little, homogeneously. Mix with a spatula, paying attention not to disassemble the dough. Butter and flour with the rice flour a 24 cm diameter cake mould. Pour the dough and level. Bake at 180° C for 35-40 minutes (do not open the oven door before 30 minutes).

Remove the cake mould from the oven and let the sponge cake cool inside the mould. Remove it from the mould only when cold.

Preparation for the ricotta cheese mousse

In a bowl, mix the sugar to the sheep ricotta cheese, and put in the fridge for an hour. Then sift the ricotta cheese cream in a fine mesh sieve. Pour the orange juice in and continue mixing. Add the mixture to the semi-whipped cream and finally the gelatine sheets, soaked in cold water and melt at 50°/60° C.

Preparation for the candied orange

Cut the orange peel into stripes and cook in boiling water for a minute. Drain and, in a saucepan, put the blanched orange peel with very little water, the cane sugar and caramelize on a low heat.

Preparation for the marzipan

In a bowl or in a planetary mixer, put the icing sugar, the pistachio flour, the glucose and the water. Mix to obtain a homogeneous dough. Roll it and wrap with the film and let it rest for half an hour.

Preparation for the dripping wet

In a saucepan, put the sugar with the water. Bring to a boil and let it boil for about 5 minutes. Let it cool. Then, add the Grand Marnier.

Making the Cassata

In large Martini cups, alternate layers of ricotta cheese mousse and sponge cake soaked with the dripping wet, starting and finishing with the ricotta mousse. Decorate with the diced candied orange peel, some diced marzipan and sprinkle with toasted almonds.



General info	
Difficulty	Medium
Preparation time	60 mins
Cooking time	50 mins
Servings	4



Presence of	
	Pine Nuts
	Fish
	Milk

M.U.	Q.	Ingredients
For the gluten free "linguine"		
g	340	Gluten free "linguine" pasta
g	200	Wild fennel
	1	Saffron bag
g	250	Boned sardines
g	40	Anchovies
g	30	Pine nuts
g	30	Raisins
g	50	Onion
g	20	EVO oil
g	60	Gluten free Breadcrumbs
g	5	Sugar
g	1	Salt
g	1	Pepper



Nutrition facts per serving	
Energy	Kcal 618
Total Carbohydrates	g 95,14
• of which Sugars	g 13,16
• of which Fiber	g 3,05
Proteins	g 23,86
Total Fats	g 16,01
• of which Saturated	g
Cholesterol	mg 0,82
Vitamins	mcg
Minerals	mg

Preparation for the gluten free "linguine"

Soak the pine nuts and the raisins in warm water.

In a pot, sauté the chopped onion, the anchovies and the drained pine nuts and raisins.

Remove the hardest parts of the wild fennel and boil, in salted water. Put the cooking water aside.

Add the chopped wild fennel to the onion, add some water and bring to the boil. Add the sardines and the saffron diluted with a tablespoon of wild fennel water. Cook for 10 minutes on a medium heat. Boil the linguine pasta in the wild fennel cooking water. Drain the linguine when "al dente" and sauté them in a pan with the sauce.

Preparation for the toasted gluten free breadcrumbs

In a small pan, put the breadcrumbs, a small quantity of oil, the sugar and toast, paying attention not to burn them. You can bake it at 120° C.

Serve the linguine pasta topped with a generous handful of toasted breadcrumbs.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note

**General info**

Difficulty	Medium
Preparation time	45 mins
Cooking time	35 mins
Servings	4

Presence of
 Fish/Shellfish/Crustacean

 Nuts


M.U.	Q.	Ingredients
For the swordfish rolls		
g	400	Swordfish
g	80	Peeled pink shrimps
g	120	Squid
g	60	Onion
g	250	Gluten free breadcrumbs
g	200	Gluten free white bread
	1	Orange peel
	1	Orange juice
	1	Bunch of mint
	1	Bunch of parsley
ml	80	EVO oil
g	50	Pine nuts
g	20	Raisins
	q.b.	Salt and pepper
g	70	Pine nut flour or chopped pine nuts



Nutrition facts per serving		
Energy	Kcal	250
Total Carbohydrates	g	60
• of which Sugars	g	1,64
• of which Fiber	g	1,54
Proteins	g	42,96
Total Fats	g	48,95
• of which Saturated	g	
Cholesterol	mg	126,9
Vitamins	mcg	
Minerals	mg	.

Preparation

Remove the skin from the swordfish and cut into thin slices of about 25 g.

In the meantime, take half of the breadcrumbs, add a small quantity of oil, the salt and toast in the oven for 3-4 minutes at 120° C.

Peel the onion and chop it. In a pan with plenty of olive oil, add the chopped onion, the raisins and some of the pine nuts. Cook for 5 minutes on a low heat, paying attention not to burn the onion. Let it cool.

In a pan, sauté the diced squid and shrimps with a little oil and a garlic clove, sprinkle with white wine and let it cook on a high heat for a few minutes. Drain the squid and shrimp cooking juice.

Add the chopped mint and parsley to the onion, add the toasted breadcrumbs together with the grated orange peel and the orange juice. Mix well and if the mixture looks dry, add some of the squid and shrimp cooking juice.

Place a tablespoon of this mixture on one end of each swordfish slice and roll it up, making a roll. Bread the oiled roll in the breadcrumbs and white bread mixed to the crushed pine nuts. Put the roll onto a wooden skewer alternating an orange triangle to a slice of onion and a bay leaf, and repeat 3-4 times.

Char-grill the swordfish rolls or roast them in a preheated oven at 180° C for 12-15 minutes.

Storage

Variations or suggestions




Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	30 mins + 8h cooling time
Cooking time	40 mins
Servings	4

Presence of	
	Egg
	Milk
	Pistachios



M.U.	Q.	Ingredients
For the shortcrust pastry		
g	300	Rice flour
g	170	Yellow cornmeal
g	300	Butter
g	180	Icing sugar
g	90	Egg yolks
g	2	Salt
g	4	Baking powder
For the jelly		
g	500	Fresh seasonal fruit juice
g	150	Sugar (can vary according to the sweetness of the juice)
g	100	Cornstarch
g	2	Cinnamon berry
	q.b.	Chopped pistachios
g	40	Dark chocolate drops



Nutrition facts per serving		
Energy	Kcal	785,25
Total Carbohydrates	g	111,12
• of which Sugars	g	51
• of which Fiber	g	2
Proteins	g	7,56
Total Fats	g	37,18
• of which Saturated	g	
Cholesterol	mg	488,25
Vitamins	mcg	
Minerals	mg	

Preparation for the shortcrust pastry

Mix the softened butter with the icing sugar. Add the egg yolks, the flours and the baking powder. Knead the dough until it is homogeneous. Put in the fridge for 6 hours. Roll out the shortcrust pastry with the rolling pin and create a disc half a centimeter thick. Lay on a 24-26 - wide non-stick pan and bake in a pre-heated oven at 180° C for 30 minutes.

Preparation for the fruit jelly

Extract one litre of juice from fresh seasonal fruit (watermelon, citrus fruit, ...) and filter. In a saucepan, mix the sifted cornstarch to the juice. Filter and add the sugar to the mixture and place the saucepan on a low heat and stir carefully until the juice becomes sticky enough and has an intense color. Remove from the fire and pour it into the shortcrust pastry base. When the fruit jelly is cold, refrigerate it for at least two hours. Before serving, decorate the tart with the dark chocolate drops and the chopped pistachios.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info

Difficulty	Easy
Preparation time	15 mins
Cooking time	20 mins
Servings	4

Presence of



Egg



Milk



M.U.	Q.	Ingredients
For the mixture		
P	3	Eggs
g	100	Cornstarch
l	0,5	Milk
For the topping		
g	150	Smoked bacon
g	75	Mushrooms
g	40	Onions
g	75	Grated cheese



Nutrition facts per serving		
Energy	Kcal	321,1
Total Carbohydrates	g	22,8
• of which Sugars	g	0,7
• of which Fiber	g	0,4
Proteins	g	17,3
Total Fats	g	17,9
• of which Saturated	g	8,3
Cholesterol	mg	190
Vitamins	mcg	
Minerals	mg	

Preparation for the mixture

Beat the eggs, add the cornflour and then the milk. Whisk until smooth.

Preparation for the topping

Chop the onions and mushrooms.

Fry the bacon without adding any fat, then pat dry on kitchen paper.

Sweat the onions and add the mushrooms.

Cook until all the water has evaporated.

Mix with the bacon.

Assembly

Pour the filling into a silicone mould, then fill with the mixture and finish with the grated cheese.

Bake in the oven at 170° C for 15 to 20 minutes.

Leave to cool and remove from the mould.

Storage

These quiches can be stored for 3 days at 3° C.

Variations or suggestions

You can change the toppings as you wish.

Notes

Food and wine matching

A savoury, rather round dish with some smoky notes that calls for a dry white wine that has evolved a little: AOC Alsace Pinot White, AOC Graves White (Bordeaux).

Equipment - note



General info

Difficulty	Medium
Preparation time	20 mins
Cooking time	10 mins
Servings	4



Presence of



Milk



Egg

M.U.	Q.	Ingredients
For the dough		
g	250	Buckwheat flour
g	7	Coarse salt
P	0,5	Egg
l	0,25	Water
l	0,05	Water
l	0,25	Water
For the toppings		
g	250	Ham
P	4	Eggs
g	150	Mushrooms
g	200	Grated cheese



Nutrition facts per serving		
Energy	Kcal	520,8
Total Carbohydrates	g	36,1
• of which Sugars	g	0,6
• of which Fiber	g	2,4
Proteins	g	39,9
Total Fats	g	24,2
• of which Saturated	g	11,8
Cholesterol	mg	396,1
Vitamins	mcg	
Minerals	mg	

Preparation for the dough

Combine flour, coarse salt, egg and 0,5 l water, mix until smooth.

Cover with 0,1 l of water.

Leave to stand in a cold room (3° C) for at least 6 hours.

After 6 to 24 hours of rest, add 0,5 l of water and mix until the mixture is homogeneous.

Cooking the galettes

Heat your pan to 250° C.

Spread a ladleful of dough.

Place your filling on top, starting with the egg, ham, sliced mushrooms and finishing with the cheese.

Fold in the sides of the galette (leaving the egg visible).

Serve hot.

Storage

The dough must be stored in a cool place at +3° C.

Variations or suggestions

You can change the toppings according to your wishes.

Notes

Food and wine matching

A savoury dish which is traditionally accompanied by cider, but for those who prefer wine, a bit of substance is needed to counter the galette, and some structure to respond to the buckwheat and the toppings: AOC Cidre de Cornouaille brut, AOC Bourgueil Red Wine.

Equipment - note

**General info**

Difficulty	Medium
Preparation time	30 mins
Cooking time	20 mins
Servings	4

Presence of

Milk



Egg



M.U.	Q.	Ingredients
For the buckwheat shortbread		
g	125	Butter
g	50	Icing sugar
g	150	Buckwheat flour
P	1	Egg Whites
g	0,5	Vanilla
For the chocolate cream		
l	0,075	Whole milk
l	0,075	Liquid cream
P	1	Egg Yolks
g	6	Sugar
g	66	Dark Chocolate
For the whisky buckwheat mousse		
l	0,17	Whole Milk
g	5	Roasted buckwheat seeds
P	2	Egg Yolks
g	30	Sugar
g	5	Gelatine
l	0,04	Whisky
l	0,15	Liquid cream



Nutrition facts per serving		
Energy	Kcal	53,4
Total Carbohydrates	g	3
• of which Sugars	g	1,7
• of which Fiber	g	0,2
Proteins	g	1
Total Fats	g	22,85
• of which Saturated	g	3,6
Cholesterol	mg	2,2
Vitamins	mcg	16,5
Minerals	mg	

Preparation for the buckwheat shortbread

Mix the butter with the icing sugar. Add flour, vanilla and egg whites. Roll out into two sheets of baking parchment. Chill for 15-20 minutes, then bake at 160° C for 4 minutes. Cut out with a cookie cutter and finish baking for 10-12 min.

Preparation for the chocolate cream

Boil the milk and cream. Pour a small amount over the blanched yolks. Heat the mixture until it reaches 82° C, stirring constantly. Pour over the couverture and mix with a spatula until smooth. Mould into small spherical moulds.

Preparation for the buckwheat Whisky mousse

Bring the milk to the boil, infuse (covered) the roasted buckwheat seeds for 10 to 15 minutes. Pour some of the milk over the blanched yolks and cook until 82° C, stirring constantly. Remove from the heat and add the softened gelatine and whisky. Cool and add the whipped cream.

Assembly

In a half-spherical mould, fill with mousse, add a ball of cream, mousse and finish with the shortbread. Allow to set in the freezer. Unmould and roll in the roasted buckwheat seeds.

Storage

Cool at +3° C.

Variations or suggestions

You can change the intensity of the chocolate to suit your taste.
This dessert can be accompanied by a scoop of vanilla ice cream.

Notes

This dessert can be stored for several weeks in the freezer.

Food and wine matching

A complex dessert with marked aromatic notes to be accompanied by a wine in the same register: AOC Crémant d'Alsace, AOC Maury vin doux naturel or more originally, Eddu Breton Whisky with buckwheat..



General info	
Difficulty	Medium
Preparation time	20 mins
Cooking time	20 mins
Servings	4



Presence of	
	Milk
	Crustacean/Fish

M.U.	Q.	Ingredients
For the Saint Jacques		
g	400	Scallops
		Salt
For the sides		
g	1000	Pumpkin
l	0,05	Sunflower oil
g	50	Butter
		Thyme
For the sauce		
g	1	Vanilla
l	0,25	Fish fumet
l	0,1	Thick cream
g	30	Butter



Nutrition facts per serving		
Energy	Kcal	335,2
Total Carbohydrates	g	19,1
• of which Sugars	g	9,3
• of which Fiber	g	4,9
Proteins	g	11,4
Total Fats	g	23,3
• of which Saturated	g	9,6
Cholesterol	mg	52.4
Vitamins	mcg	
Minerals	mg	

Preparation for the scallops

In a non-stick pan, sprinkle with fine salt and heat.
Then cook the scallops for 30 seconds on each side.

Preparation for the sides

Clean the pumpkin without peeling it. Cut into quarters (4) 1,5 cm thick, then roast them (butter, oil, thyme) at 150° C for 20 minutes.
Cut up the rest of the pumpkin and make a smooth purée.

Preparation for the sauce

Infuse the vanilla in the fish stock, reduce by half, then add the cream (reduce again).
Whisk in the butter.

Storage

Serve hot.

Variations or suggestions

You can replace the pumpkin with: parsnips, cauliflower, sweet potatoes...

Notes

Food and wine matching

Texture, softness and finesse for this dish which calls for a wine in its image: AOC Languedoc white wine, AOC Côtes du Jura white wine.

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	40 mins
Servings	4



Presence of	
	Milk



M.U.	Q.	Ingredients
For the base		
g	600	Turkey filet
For the aromatic garnishing		
g	100	Carrots
g	100	Onions
g	100	Leek whites
g	50	Celery
For the stew		
l	1	Vegetable broth
For the blanquette sauce		
l	0.5	Cooking juice
g	150	Celery puree
l	0,1	Thick cream
For the sides		
g	200	Quinoa
l	0,350	Vegetable broth



Nutrition facts per serving		
Energy	Kcal	323,8
Total Carbohydrates	g	21,3
• of which Sugars	g	5,2
• of which Fiber	g	5,4
Proteins	g	40,8
Total Fats	g	7,3
• of which Saturated	g	12,2
Cholesterol	mg	96,5
Vitamins	mcg	
Minerals	mg	

Preparation for the turkey blanquette

Cut 80 g of turkey into small pieces.

Blanch (start with cold water), remove at the first boiling and then rinse the pieces in clear water.

Peel the vegetables and cut them into mirepoix.

Combine the blanched pieces of meat, the aromatic garnish and the vegetable stock; simmer (with regular skinning) for 35 to 40 minutes.

Preparation for the sauce

Recover 0,5 litre of cooking juice, remove the fat then mix with the celery purée, add the cream and reduce, then adjust the seasoning.

Preparation for the quinoa

Cook the quinoa in boiling salted water.

Storage

Hot at 63° C.

Variations or suggestions

It is possible to replace the turkey with chicken, veal, etc.

Notes

Food and wine matching

A melty meat dish in a creamy white sauce, which requires a balanced white wine to match or a light red wine if you do not like white:

White: AOC Saint-Péray (Rhône), AOC Pinot gris (Alsace).

Red: AOC Givry (Burgundy), AOC Saumur Champigny.

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	10 mins
Servings	4

Presence of



Milk



Egg



M.U.	Q.	Ingredients
For the biscuit		
g	60	Egg white
g	60	Skimmed milk powder
g	40	Fructose
For the applesauce		
g	250	Apples (reinette type)
g	10	Honey
g	20	Butter



Nutrition facts per serving		
Energy	Kcal	297,7
Total Carbohydrates	g	28,2
• of which Sugars	g	17,2
• of which Fiber	g	1
Proteins	g	7,1
Total Fats	g	4,4
• of which Saturated	g	2,8
Cholesterol	mg	12,9
Vitamins	mcg	
Minerals	mg	

Preparation for the biscuit

Mix the fructose and skimmed milk powder.
 Beat the egg whites until stiff and add to the fructose/milk powder mixture.
 Spread onto a baking sheet.
 Bake at 180° C for 6 to 8 minutes.

Preparation for the applesauce

Peel the apples, cut them into quarters.
 Sauté in butter, add the honey and a little water and cook over a low heat.
 Blend until smooth.

Assembly

Spread the stewed fruit onto the biscuit and roll up tightly. Leave to set in the fridge.

Storage

Cool at +3° C.

Variations or suggestions

You can replace the apple sauce with the fruit of your choice.

Notes

Food and wine matching

A tasty dessert, with texture and roundness, which calls for a young white wine with a little freshness to awaken the ensemble, or a liqueur wine, or even a brut cider: AOC Vouvray pétillant (sparkling wine), AOC Crémant de Bourgogne (sparkling wine), AOC Macvin du Jura White Wine or AOC Cidre De Cornouaille Brut.

Equipment - note



General info	
Difficulty	Difficult
Preparation time	15 mins
Cooking time	60 mins
Servings	4



M.U.	Q.	Ingredients
For the gluten-free dumplings		
g	300	Universal blend of gluten-free flour
ml	500	Boiling water
ml	90	Oil
g	800	Sauerkraut
g	80	Dried mushrooms
g	150	Onions
	to taste	Salt and pepper



Nutrition facts per serving		
Energy	Kcal	349,35
Total Carbohydrates	g	47,16
• of which Sugars	g	33,94
• of which Fiber	g	13,22
Proteins	g	13,55
Total Fats	g	8,8
• of which Saturated	g	1,49
Cholesterol	mg	0
Vitamins	mcg	6,228
Minerals	mg	673,33

Preparation for the stuffing

Rinse the mushrooms, soak them in 1 glass of lukewarm water for 10-15 minutes, boil them in the soaking water, strain (keep the stock), finely chop the mushrooms. Peel the onion, rinse, chop and fry in 2 tablespoons of oil.

Chop the cabbage, pour over the mushroom decoction and cook for about 1 hour in an open dish. Add fluid as needed. When the cabbage is soft, drain it, add the fried onion and mushrooms, season with salt and pepper and stew without a lid for about 15-20 minutes to evaporate the stuffing. If the stuffing is still thin, add 1-2 tablespoons of gluten-free breadcrumbs. From this amount, we obtain about 1 cup of stuffing.

Preparation for the dough

Put all dry ingredients in a bowl, pour hot water and mix with a wooden spoon, add oil. When the ingredients are combined, knead the dough with your hands until the dough is smooth and springy. Divide the dough. Cover one part with a cloth so that it does not dry out, and roll out the other part and cut out the discs with a large glass. Put the stuffing on each disc and stick it together, preferably by hand, pressing the edges firmly. Boil the prepared dumplings in salted water with a little oil. Remember not to cook for too long to avoid tearing apart.

Storage

Variations or suggestions

Notes

Food and wine matching

Dry white or semi-dry white wine.

Equipment - note

**General info**

Difficulty	Easy
Preparation time	15 mins
Cooking time	60 mins
Servings	4

**Presence of** Fish Milk

M.U.	Q.	Ingredients
For the herring		
g	300	Herring flaps previously soaked in milk
g	200	Onions
g	20	Raisins
ml	400	Thick tomato puree or thick tomato juice
g	20	Honey
		Salt
		Pepper
ml	25	Oil for frying



Nutrition facts per serving		
Energy	Kcal	255,7
Total Carbohydrates	g	4,33
• of which Sugars	g	3,14
• of which Fiber	g	1,19
Proteins	g	16,11
Total Fats	g	16,9
• of which Saturated	g	2,28
Cholesterol	mg	52,5
Vitamins	mcg	108,01
Minerals	mg	420,68

Preparation

Chop the onions into feathers and stew in hot oil.

When the onions are translucent put a little water to prevent from burning.

When soft, add tomato puree and raisins.

Finally, add a tablespoon of honey.

Stew all together until boiling, season to taste with pepper.

Cut the herring slices into pieces, at your discretion, put on a serving plate and pour over the cooled tomato sauce.

Another variant: pour cold sauce over the pieces of herring arranged in the jar.

Set aside to snack boxes.

Storage

Variations or suggestions

Notes

Food and wine matching


Dry or semi-dry white wine.

Equipment - note



General info	
Difficulty	Hard
Preparation time	30 Mins + soaking poppy seeds (8 hours)
Cooking time	50 Mins
Servings	4



Presence of	
	Milk
	Nut/Almond/Walnuts



M.U.	Q.	Ingredients
For gluten-free poppy seed cake		
g	100	Poppy seeds
g	200	Apples
	1,5	Eggs
g	30	Honey
g	50	Butter
g	40	Millet
g	16	Almond flakes
g	24	Delicacies (raisins, dried apricots, nuts)
g	6	Teaspoons of gluten-free baking powder
		1 almond oil
To garnish		
		Chocolate glaze or powered sugar, Walnuts



Nutrition facts per serving		
Energy	Kcal	375,29
Total Carbohydrates	g	16,09
• of which Sugars	g	9,82
• of which Fiber	g	6,27
Proteins	g	11,27
Total Fats	g	28,91
• of which Saturated	g	8,73
Cholesterol	mg	121
Vitamins	mcg	222,21
Minerals	mg	696,15

Preparation

Pour boiling water over the poppy seeds overnight (do not cover), grind twice the next day. Add to the ground poppy seeds: yolks, melted butter, grated apples (on a coarse grater), liquid honey, raw millet, raisins, almond flakes, dried fruit, oil almond, gluten-free baking powder, and finally whipped egg whites. Mix everything thoroughly. Prepare the glaze or sprinkle with powdered sugar decorate with nuts as desired. Bake at about 180 degrees for about 50 minutes.

Storage

Variations or suggestions

It is suggested to prepare the dough in a 25 x 35 tin, which will give 20 portions of the finished product. Therefore, the amount of ingredients should be increased by multiplying the given number by 5. The preparation and baking time applies to the preparation of the dough for the baking sheet.

Notes

The preparation and baking time applies to the preparation of the dough for the baking sheet.

Food and wine matching

Red sweet or semi-sweet wine.

Equipment - note



General info	
Difficulty	Easy
Preparation time	30 Mins (tinned bean)
Cooking time	about 2 - 3 hours in case of dry bean (plus soaking time)
Servings	4



M.U.	Q.	Ingredients
For the white bean lard		
g	80	White beans
g	50	Cooked beans
g	10	Onion
g	2	Vegetable oil
g	6	Smoked plums
g	200	2 slices of bread for celiac disease without gluten
		Salt and pepper and marjoram



Nutrition facts per serving		
Energy	Kcal	287,12
Total Carbohydrates	g	51,82
• of which Sugars	g	37,84
• of which Fiber	g	13,98
Proteins	g	18,13
Total Fats	g	2,63
• of which Saturated	g	0,52
Cholesterol	mg	0
Vitamins	mcg	39,31
Minerals	mg	1314,89

Preparation for the white bean lard

Drain the beans, keeping a few tablespoons of the brine.

Peel the onion and dice it, toss in a frying pan with oil and, stirring repeatedly, fry for about 10 minutes, until the onion is translucent, it will soften and finally turn a little brown. In the meantime, add salt and season the onion pepper. Keep smoked plums in hot water for 15 minutes and then drain and blend.

Add fried onion to the beans and mash the whole with a potato press or fork (do not use a blender!), add blended plums.

If necessary, you can add some brine saved after draining the beans in case the paste is too dry.

How to cook white beans

Pour 1 cup of white beans with 3 cups of lukewarm boiled water and allow to soak overnight. The next day, add a pinch of salt and bring to the boil.

Cover and cook until tender for about 2-3 hours (depending on the size of the beans and type). Top up with water if necessary. Measure out the required amount for the recipe.

Storage

Variations or suggestions

In case of using dry bean, preparation time is longer: soaking 8 hours, cooking time of bean 2-3 hours (depending on bean size).

Notes

2 slices of bread are used for 1 serving.

Food and wine matching

Equipment - note



General info	
Difficulty	Hard
Preparation time	45 min
Cooking time	90 mins
Servings	4



Presence of	
	Egg



M.U.	Q.	Ingredients
For the potato cake		
g	1500	Potatoes
	1,5	Eggs
g	50	Onions
g	35	Rice flour
g	150	Smoked (raw) bacon
g	150	Sausage (Polish traditional sausage)
ml	35	Oil
bunch	1/4	Chopped parsley
		Salt, pepper, marjoram, sweet pepper, hot pepper, nutmeg
To garnish		
g	250	Peeled ripe tomato



Nutrition facts per serving		
Energy	Kcal	600,75
Total Carbohydrates	g	60,47
• of which Sugars	g	54,63
• of which Fiber	g	5,84
Proteins	g	28,38
Total Fats	g	26,00
• of which Saturated	g	3,93
Cholesterol	mg	163,5
Vitamins	mcg	130,687
Minerals	mg	492,28

Preparation

Dice the smoked bacon, cut the sausage into half-slices, and dice the onion.

Heat the oil, bacon, sausage, onion in a skillet and fry. Set aside to cool.

Peel the potatoes, rinse and grate on a medium mesh grater.

Squeeze out the excess of the potato juice, wait until the starch is formed, and then add the starch to the potato mixture.

Add the fried bacon, sausage and onion to the grated potatoes. Add the eggs, spices, chopped parsley and rice flour.

Mix all ingredients thoroughly.

Grease a plate measuring 10/21 cm with fat, sprinkle with breadcrumbs and place potato mass.

Cut the bacon strip about 70 grams into strips and arrange in traces on the potato mass.

Bake in preheated oven to 180 degrees for about 1,5-2 hours.

Serve with a teaspoon of sour cream or serve with mushroom sauce.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Hard
Preparation time	25 mins + 120 mins (cooling)
Cooking time	65 mins
Servings	4

Presence of



Milk



Egg



M.U.	Q.	Ingredients
For the gluten-free apple pie		
g	80	Corn flour
g	20	Potato flour
g	30	Powdered sugar
g	60	Butter, cold
	0,5	Teaspoon of gluten-free baking powder
g	10	Egg, cold
g	5	Yolk, cold
g	300	Apples (slightly sour)
	0,5	Teaspoon of cinnamon
	0,5	Teaspoon of vanilla sugar
	0,5	Teaspoon of lemon juice
	1	Tablespoon of gluten-free breadcrumbs or corn grits
To garnish		
		Powdered sugar



Nutrition facts per serving		
Energy	Kcal	262,63
Total Carbohydrates	g	53,82
• of which Sugars	g	47,89
• of which Fiber	g	5,93
Proteins	g	4,11
Total Fats	g	2,2
• of which Saturated	g	0,33
Cholesterol	mg	18
Vitamins	mcg	5,026
Minerals	mg	481,75

Preparation

A baking tin with dimensions 25 × 35 cm line with baking paper.
 Sieve the flour together with the powder and powdered sugar. Add salt and butter cut into pieces.
 Chop the mass with a knife. Add the yolks and the egg and knead them thoroughly.
 Divide the dough into two parts, wrap it in foil and put it in the fridge for 2-3 hours.
 Peel the apples and cut them into slices. Sprinkle with lemon juice and mix with sugar and cinnamon.
 One part of chilled dough grate on a coarse-mesh grater. Transfer to the form and press lightly.
 Bake at 180° C for about 15 minutes. Then add the apples.
 Grate the rest of the dough and spread it evenly over the apple layer. Bake for about 50 minutes until golden brown.
 After baking, sprinkle with powdered sugar.

Storage

Variations or suggestions

It is suggested to prepare the dough in a baking tray size 25 x 35 cm, which will give 20 portions of the finished product. Therefore, the amount of ingredients should be increased by multiplying the given number by 5.

Notes

The preparation and baking time applies to the preparation of the dough for the baking sheet.

Food and wine matching

Equipment - note

**General info**

Difficulty	Medium
Preparation time	60 mins
Cooking time	40 mins
Servings	4



M.U.	Q.	Ingredients
For the potatoes with niscalos		
kg	1	Potatoes
	1	Onion
	2	Garlic cloves
	2	Teaspoons of chorizo pepper flesh
	1	Bay leaf
g	2	Salt
ml	20	Extra virgin olive oil
ml	300	Water or meat stock
g	250	Niscalos



Nutrition facts per serving		
Energy	Kcal	190
Total Carbohydrates	g	32
• of which Sugars	g	6
• of which Fiber	g	5
Proteins	g	4
Total Fats	g	25
• of which Saturated	g	
Cholesterol	mg	
Vitamins	mcg	
Minerals	mg	

Preparation

Peel and brown the onion and the garlic cloves.

Put both in the frying pan with the extra virgin olive oil and cook over a low heat. Add the potatoes, which have been peeled, washed and cut into cubes.

Add the salt, a bay leaf and the piece of chorizo pepper. Mix and fry the potatoes for a couple of minutes.

Cover with water or stock and leave to cook for about 10 minutes, add the niscalos mushrooms and cook until the potatoes are tender.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Hard
Preparation time	60 mins
Cooking time	50 mins
Servings	4



M.U.	Q.	Ingredients
For the roasted suckling pig		
g	480	Suckling pig
	1	Spoon of coarse salt
	1	Spoon of pepper
ml	200	Water



Nutrition facts per serving	
Energy	Kcal 326,4
Total Carbohydrates	g
• of which Sugars	g
• of which Fiber	g
Proteins	g 20,4
Total Fats	g 27,6
• of which Saturated	g
Cholesterol	mg 86,4
Vitamins	mcg
Minerals	mg

Preparation

Preheat the oven to 180° C.

Dry the inside of the suckling pig thoroughly, add salt and pepper.

Place an earthenware dish or oven tray in the oven and add a finger of water and the bay leaves to the bottom. Then place the suckling pig, skin side down, on some bay leaves or the oven rack so that it is not in contact with the tray.

Put the suckling pig in for an hour. Take it out and turn it over (skin side up). Prick it all over so that air bubbles do not form and the water comes out, thus making it crispy.

Put back in the oven for about 45 minutes, after which the suckling pig will have a nice golden colour, evenly browned, and the skin will be crispy.

If the oven does not have much power, the temperature will drop drastically when the piglet and the water are introduced and will no longer rise, so the skin will not be crispy. In this case, there is no choice but to leave out the water.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	100 mins
Cooking time	85 mins
Servings	4



Presence of	
	Milk



M.U.	Q.	Ingredients
For the rice pudding		
ml	600	Whole milk
g	50	Round rice
ml	100	Water
g	80	Sugar
	1	Lemon peel
	1	Orange peel
	1	Cinnamon stick



Nutrition facts per serving		
Energy	Kcal	185
Total Carbohydrates	g	38
• of which Sugars	g	
• of which Fiber	g	
Proteins	g	5
Total Fats	g	5
• of which Saturated	g	
Cholesterol	mg	21
Vitamins	mcg	
Minerals	mg	

Preparation

Put the milk on a low heat together with the cinnamon sticks, lemon and orange peel and bring to a gentle boil for 5 minutes. Turn off the heat, strain the milk and set aside.

Before adding the milk, it is necessary to "open the rice" to make it tastier and creamier. To do this, put the rice and water (twice as much water as rice) in a saucepan. Let it boil over a medium heat until the water evaporates and becomes a kind of paste.

Add the milk and simmer for 50 minutes, stirring continuously.

Lower the heat to the minimum and add the sugar, stir for 30 minutes until everything is dissolved and integrated.

Serve in bowls and put in the fridge covered with cling film until completely cold.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	40 mins
Cooking time	30 mins
Servings	4



Presence of
 Almonds



M.U.	Q.	Ingredients
For the Thistle in almonds		
g	600	Thistle
	1	Lemon
ml	30	Olive oil
	2	Garlic cloves
	1	Teaspoon chopped parsley
ml	250	Stock from the stew
l	2	Mineral water
g	75	Toasted almonds
g	1	Ground pepper
g	20	Corn starch
g	3	Salt



Nutrition facts per serving		
Energy	Kcal	223
Total Carbohydrates	g	12
• of which Sugars	g	0
• of which Fiber	g	5
Proteins	g	6
Total Fats	g	19
• of which Saturated	g	
Cholesterol	mg	
Vitamins	mcg	
Minerals	mg	

Preparation

Clean the thistle and cut the stalks into pieces one to two centimetres thick and boil in water with lemon for ten minutes, when tender, set aside in their own broth.

Put olive oil in another pan and fry a clove of garlic and a few sprigs of parsley along with corn starch in this oil, all finely chopped. Add the stock or, failing that, water. If the sauce is not very thick, add a little cornflour dissolved in cold water.

Bring this sauce to the boil and, after draining the cooking broth, add the sauce you have just prepared and let it simmer for five minutes.

In the meantime, grind the toasted almonds with two tablespoons of water until a very fine paste is formed.

Dissolve with a small quantity of the sauce from the thistle and mix with the stew.

Finally add the salt. Add the ground pepper and boil for ten minutes.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	50 mins
Cooking time	30 mins
Servings	4



Presence of	
	Fish



M.U.	Q.	Ingredients
For the cod with fried vegetables		
g	800	Loins of cod
	3	Ripe tomatoes
	1	Onion
	1	Green pepper
ml	30	Olive oil
	1	Cup of white wine
g	3	Salt



Nutrition facts per serving		
Energy	Kcal	288
Total Carbohydrates	g	15
• of which Sugars	g	0
• of which Fiber	g	4
Proteins	g	38
Total Fats	g	8
• of which Saturated	g	
Cholesterol	mg	
Vitamins	mcg	
Minerals	mg	

Preparation

Cut the onion into julienne, add peppers and blanched seedless tomatoes. In a pan with oil, fry them in the above order over a low heat for 20 minutes and pour the white wine over them. Add the cod loins to the frying mixture and cook for 5 minutes.

Storage

Variations or suggestions

Notes


Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	45 mins
Cooking time	30 mins
Servings	4



Presence of	
	Milk
	Egg



M.U.	Q.	Ingredients
For the fried milk		
ml	500	Milk
g	60	Sugar
g	75	Corn starch
		Lemon peel
	2	Eggs
	2	Teaspoon of cinnamon
ml	100	Sunflower oil



Nutrition facts per serving		
Energy	Kcal	497
Total Carbohydrates	g	38
• of which Sugars	g	
• of which Fiber	g	
Proteins	g	7
Total Fats	g	34
• of which Saturated	g	
Cholesterol	mg	139,30
Vitamins	mcg	
Minerals	mg	

Preparation

Mix the corn starch in $\frac{1}{4}$ cup of cold milk. Dissolve sugar.

Infuse $\frac{3}{4}$ of the milk with the lemon peel.

Mix all together and pass through a gauze to remove any lumps, put it on the heat and work it vigorously with a whisk until it thickens.

Add to a plate, greased with sunflower oil to a thickness of at least 1,5 cm. Leave to cool, cut into squares, coat in corn starch and egg and fry in sunflower oil.

Mix the remaining hot milk with cinnamon and lemon peel and add it to the previous starch and sugar.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	1h 20 mins
Cooking time	20 mins
Servings	4

Presence of

 Wheat

 Fish



M.U.	Q.	Ingredients
For the home-made pasta		
g	90	"Tumminia" durum wheat flour
g	30	Re-milled durum wheat flour
g	40	Natural water
g	5	EVO oil
g	1	Iodized salt
For the cauliflower sauce		
kg	1	Cauliflower
g	150	Giarratana white onions
g	20	Anchovies in oil
g	20	Raisins
g	10	EVO oil
	2	Saffron pkts
g	20	Breadcrumbs
g	1	Iodized salt
g	1	White pepper



Nutrition facts per serving		
Energy	Kcal	300
Total Carbohydrates	g	38
• of which Sugars	g	12
• of which Fiber	g	8
Proteins	g	14
Total Fats	g	8,5
• of which Saturated	g	2
Cholesterol	mg	4,25
Vitamins	mcg	
Minerals	mg	28,5

Preparation for the home-made pasta

Sift the two flours on the worktop. Make a nest and pour half of the water together with oil and salt. Knead the dough starting from the middle. Then, add the remaining water and knead energetically until the dough is smooth and elastic. Cover with a clean cloth and let it rest for 30 minutes.

Then, roll out the dough with a rolling pin and cut your favorite shape or use a pasta making machine to create your favorite pasta shapes. (The quantity of water can vary, more or less, according to the 'W' strength of the flours, so pour the water little by little).

Preparation for the cauliflower sauce

Soak the raisins in warm water. Cut the cauliflower into florets and wash in cold water. Boil the florets in water (to be saved to cook pasta). Finely chop the onion and stew it, over a light fire, in a covered pan with anchovies and drained raisins. Let it cook for a few minutes.

Add the boiled cauliflower and sprinkle with freshly ground white pepper. Stir well (arriminate) with a wooden spoon, add one saffron pkt dissolved in some of the cauliflower water and cook for about 5 minutes. Boil the pasta in the saved cauliflower water (to be salted). Drain the pasta when still "al dente". Add the other saffron pkt, mix with the cauliflower sauce and serve warm.

If you want, you can sprinkle some toasted breadcrumbs (muddica atturrata) on the top and serve. To obtain 'muddica atturrata', toast the breadcrumbs in a small pan until brown.

Storage

Variations or suggestions

Notes

Please note: this recipe can be finished putting pasta in a roasting tin, covered with breadcrumbs (not toasted) to be au gratin in the oven.

Food and wine matching



General info	
Difficulty	Medium
Preparation time	80 mins
Cooking time	40 mins
Servings	4

Presence of

 Fish

 Wheat



M.U.	Q.	Ingredients
For the baked sardines		
kg	1	Fresh sardines
g	175	Breadcrumbs
g	100	White wine vinegar
g	20	EVO oil
g	1	Iodized salt
g	5	Fresh thyme
For the vegetables "Canazzo"		
	1	Red pepper
	1	Aubergine
	2	Courgettes
g	150	"Giarratana" onion
g	500	Piccadilly tomatoes
	1	Bunch of fresh basil
g	1	Iodized salt
g	20	EVO oil
g	1	Black pepper
g	20	Nubia garlic



Nutrition facts per serving	
Energy	Kcal 493
Total Carbohydrates	g 46,25
• of which Sugars	g
• of which Fiber	g
Proteins	g 38,75
Total Fats	g 16,5
• of which Saturated	g
Cholesterol	mg 114
Vitamins	mcg
Minerals	mg

Preparation for the baked sardines

Scale the sardines, remove the heads and open them as a book. Remove the fishbone but leave the tail. Wash well and let them drain. Put the sardines on a dish and cover with the white wine vinegar. Soak for 30 minutes, dry with absorbent paper to remove excess vinegar and crumb them with the breadcrumbs flavored with thyme leaves. Lay the sardines a baking tray covered with baking paper and bake for 20 minutes in a preheated oven at 180° C.

Preparation for the vegetables "Canazzo"

Wash and drain all the vegetables. Peel the onion and cut into julienne strips. Top and tail the courgettes and cut into medium-size cubes. Remove the stem from the aubergine and dice it. Cut the peppers into pieces, cube the potatoes and cut the tomatoes into quarters. Put all the ingredients in a glass jar and add the EVO oil. Clean the jar edge, close and lock it. Schedule the microwave oven at 750 watt, put the jar in and start cooking for 8 minutes. Remove the jar from the microwave and leave it closed for at least 20 minutes. While cooling in the sous-vide jar, the sauce will continue to cook, forming a vacuum. Add the fresh basil leaves before serving.

Storage

Variations or suggestions

Notes

There also exists the bitter-sweet version for 'Canazzo' vegetables: in this case, when the cooking process has finished, add half a glass of vinegar in which you have already dissolved a tablespoon of sugar. Let the vinegar evaporate on a vivid flame and turn it off.


The Sicilian "canazzo" can be eaten hot, warm and even cold.

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	30 mins
Cooking time	30 mins
Servings	4

Presence of	
	Almonds
	Milk



M.U.	Q.	Ingredients
For the mousse		
g	95	Aquafaba
g	30	Sicilian black bee honey
g	20	PGI Modica 85% dark chocolate
g	3	Lemon juice
For the almond brittle		
g	30	Shelled DPO Avola almonds
g	6	Sicilian black bee honey



Nutrition facts per serving	
Energy	Kcal 49,78
Total Carbohydrates	g 1,55
• of which Sugars	g
• of which Fiber	g
Proteins	g 1,66
Total Fats	g 4,15
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation for the mousse

Coarsely chop the dark chocolate, put it into a thick bottom casserole and melt in a bain-marie on a low heat, whisking. Let it cool. Whip the very cold "aquafaba" for 5 minutes, until it becomes white and foamy. Add the filtered lemon juice and continue whipping. Add the honey and whip until the mixture is stiff. Add the melted chocolate and continue whisking. Combine the chocolate and the "aquafaba", stirring gently, and obtaining a shiny batter, without lumps. Pour the mousse into the chosen glasses/ cups. Let the mousse cool in the fridge for about 4 hours before serving.

Preparation for the almond brittle

Put the almonds into a baking tin and bake in the preheated oven at 180° C for 4-5 minutes, or enough to toast them without burning. Pour the honey into a little pot, it is very important to allow it to melt without stirring. When it is completely melted and a very pale yellow, stir with a wooden spoon and add all the hot almonds. Stir on a low heat until it is completely combined and coated. Lay the almond mixture on a baking paper sheet already prepared on the worktop. Cover with a second sheet, and flatten with a rolling pin, creating a 1cm thick layer. When the crispy almond is still warm, chop it with a large knife.

Storage

Variations or suggestions

Notes

Finely chop the crispy almond and sprinkle on the top of the mousse (you can also put the chopped almonds in the bottom of the glass or create a layer in the middle of the mousse).

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	45 mins
Cooking time	40 mins
Servings	4



M.U.	Q.	Ingredients
For the broad beans "Macco"		
kg	1	Fresh Leonforte broad beans (400 g net)
g	100	Giarratana white onion
g	10	Wild fennel
g	50	Borage
g	50	Chicory
g	50	Chard
g	1	Iodized salt
g	20	EVO oil
g	1	Black pepper



Nutrition facts per serving		
Energy	Kcal	82,62
Total Carbohydrates	g	4,9
• of which Sugars	g	3,01
• of which Fiber	g	3,82
Proteins	g	4,5
Total Fats	g	5,37
• of which Saturated	g	
Cholesterol	mg	0,25
Vitamins	mcg	
Minerals	mg	

Preparation

Shell the broad beans.

Remove the broad beans and wash them under cold running water.

Slice the onion, stew it in a coffee spoon of EVO oil, then add the broad beans, salt and let them flavour. Cover the broad beans with some water and cook for about 25 minutes.

At the end of cooking, when all the liquid has evaporated, switch it to the mixer until the mixture becomes velvety and add the black pepper. Peel and wash the wild fennel and the wild herbs. Boil them separately and coarsely cut them with a knife.

Add the wild fennel and the herbs to the "Macco", and cook it for about 5 minutes on a low heat. Serve hot decorating with a wild fennel sprig and adding the remaining EVO oil.

Storage

Variations or suggestions

Notes

The broad bean "Macco" can be served with croutons or toasted homemade bread.

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	35/40 mins
Cooking time	40 mins
Servings	4

Presence of

 Fish

 Egg

 Pine Nuts

 Milk



M.U.	Q.	Ingredients
For the fishballs		
g	200	Swordfish
g	250	Cod
	1	Egg
g	20	Raisins
g	20	Pine nuts
g	10	Caciocavallo cheese
g	80	Breadcrumbs
	1	Nubia garlic clove
g	5	Fresh mint
g	10	EVO oil
g	60	Carob flour
g	1	Iodized salt
g	1	Black pepper
For the "Datterino" tomato sauce		
g	750	"Datterino" tomato PGI
	1	Nubia garlic clove
g	5	Fresh mint
g	10	EVO oil
g	2	Iodized salt



Nutrition facts per serving	
Energy	Kcal 333
Total Carbohydrates	g 30,25
• of which Sugars	g 12,25
• of which Fiber	g 10,5
Proteins	g 24
Total Fats	g 13,75
• of which Saturated	g
Cholesterol	mg 104,5
Vitamins	mcg
Minerals	mg

Preparation for the fishballs

Clean the cod thoroughly of all internal organs. Remove head and central bone.

Wash under cold water. Drain the cod and chop it coarsely on a blue cutting board for fish. Cut the swordfish as well.

Put the fish into a bowl with the other ingredients (all chopped), except for flour and oil.

Knead them with your hands mixing everything. If the mixture is too soft, add a little more breadcrumbs. Shape the fish balls, flour them and put them into the oven for 7 minutes at 180° C.

Put the already cooked sauce in a pan, add the fish balls and warm for about 4 minutes.

Serve on a serving dish and decorate with fresh mint.

Preparation for the PGI "Datterino" tomato sauce

Remove the leafstalk from the tomatoes and wash. Peel the garlic clove and chop it.

Fill a 750g sous-vide glass jar with the chopped garlic and the diced tomatoes, flavour with mint leaves, salt and season with oil. Clean the jar edge, close and lock it.

Schedule the microwave oven at 750 watt, put the jar in and start cooking for 6 minutes. At the end, remove the jar from the microwave and leave it closed for at least 20 minutes.

While cooling in the sous-vide jar, the tomato sauce will continue to cook, forming a vacuum.

Storage

Once cold, you can leave it in the fridge for 15-20 days.

Variations or suggestions

Notes

Fishballs can also be served warm.

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	30 mins + 120 mins in the fridge
Cooking time	20 mins
Servings	4



Presence of



Hazelnuts



M.U.	Q.	Ingredients
For the mousse		
g	300	Blood orange juice
g	200	Blood orange pulp
g	5	"Manna" from Castelbuono
g	20	Corn flour
	1/2	Grated orange peel
For the biscuits		
g	90	Chickpea flour
g	30	Coconut flour
g	5	Hazelnuts
g	50	Agave juice
g	10	EVO oil
g	3	Grated orange peel
g	1	Powdered cinnamon
g	20	Natural water



Nutrition facts per serving		
Energy	Kcal	230,48
Total Carbohydrates	g	33,96
• of which Sugars	g	11,93
• of which Fiber	g	4,68
Proteins	g	5,8
Total Fats	g	9,24
• of which Saturated	g	
Cholesterol	mg	
Vitamins	mcg	
Minerals	mg	

Preparation for the mousse

Peel the orange, removing both the white and the orange skins, set them aside (they will be used to flavour the dessert). With the help of a well sharpened knife, obtain wedges without skins. Obtain 300 ml orange juice and set aside 200 g of pulp wedges. Pour the orange juice into a casserole together with Manna, corn flour and the grated orange peel. Warm on a low heat, without bringing to the boil, as soon as the cream thickens. Remove from the stove and add the diced orange pulp. Pour some cream into four Martini glasses, crumble 4 chickpea biscuits and sprinkle over the cream. Cover with the remaining cream, not reaching the edge of the glasses. Put the glasses in the fridge for about two hours. Before serving, decorate with curls of orange peel. The remaining biscuits will be used to accompany the dessert.

Preparation for the chickpea biscuits

Pour the chickpea flour into a warm pan and lightly toast. Put the hazelnuts, the orange peel and the cinnamon into a mixer and mix until you obtain a very light powder. Let the chickpea flour cool and then add the hazelnut mix and the agave juice. Combine with the water, the coconut flour and the oil, as soon as you obtain a smooth but a little greasy dough. Transfer the dough onto a worktop, covered with baking paper and roll it out with a rolling pin until it is 5 mm thick. Using a 5 cm diameter pastry ring, cut the biscuits and arrange them on a baking tray covered with baking paper. Bake at 180° C in a preheated oven for about 10 minutes or until golden. Let the biscuits cool before tasting them.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	25 mins
Cooking time	15 mins
Servings	4

Presence of



Wheat



Milk



Egg



Walnut



M.U.	Q.	Ingredients
For the shortbread dough		
g	115	Flour
g	80	Butter
g	1	Salt
P	1	Egg yolks
g	8	Baking powder
For the toppings		
g	150	0% cottage cheese
g	125	Green asparagus
g	100	Peppers 3 colours
B	0,5	Radish
g	50	Carrots
g	75	Courgette
g	75	Cherry Tomatoes
B	0,5	Coriander
g	50	Mesclun
For the sauce		
g	125	Carrots
l	0,05	Walnut oil
l	0,25	Water
l	0,05	Cidre vinegar
		Salt and pepper



Nutrition facts per serving	
Energy	Kcal 209,6
Total Carbohydrates	g 24
• of which Sugars	g 5,9
• of which Fiber	g
Proteins	g 6,8
Total Fats	g 9
• of which Saturated	g 16,7
Cholesterol	mg 38,8
Vitamins	mcg
Minerals	mg

Preparation for the shortbread dough

Make the shortcrust pastry. Form into a ball and leave to rest for 1 hour in the refrigerator. Cut out rounds, fill individual pie circles, brown, bake at +180° C for 8 minutes. Leave to cool before unmoulding.

Preparation for the topping

Cook the asparagus with bicarbonate of soda. Peel and finely chop the peppers. Slice the courgettes and carrots and cook to roll. Slice the radishes and plunge them into iced water. Cut the tomatoes into quarters.

Preparation for the vinegarettes

Put the carrots in the processor, add the oil/vinegar/salt and pepper, pour in the (cold) water little by little, emulsifying with a hand blender.

Preparation for the dressing

Place dots of cottage cheese on the shortbread, garnish with the filling to give it volume. Arrange the vinaigrette around the plate. Serve chilled.

Storage

Cool at +3° C.

Variations or suggestions

You can change the vegetables according to the season.




Notes

Food and wine matching

An aromatic and structured dish, that is fine, chewy and fresh, requiring a lively wine to support the ensemble: AOC Côte de Blaye white (Bordeaux), AOC Reuilly white (Loire Valley).



General info	
Difficulty	Hard
Preparation time	40 mins
Cooking time	15 mins
Servings	4

Presence of	
	Fish
	Egg
	Milk



M.U.	Q.	Ingredients
For the fish		
g	480	Cod fillet
	Pm	Curry
For the tagliatelle of vegetables		
g	250	Courgettes
g	250	Carrots
For the beetroot pasta		
g	100	Flour
g	750	Raw beetroot
P	0,050	Egg yolk
For the low fat Hollandaise sauce		
P	2	Egg yolk
g	50	0% cottage cheese
l	0,01	Water
P	0,5	Lemon



Nutrition facts per serving		
Energy	Kcal	366,66
Total Carbohydrates	g	31
• of which Sugars	g	14,8
• of which Fiber	g	
Proteins	g	37,9
Total Fats	g	7,1
• of which Saturated	g	18,8
Cholesterol	mg	153,7
Vitamins	mcg	
Minerals	mg	

Preparation for the fish

Cut the cod into 0,120 kg portions, season with curry powder and steam for 8 minutes.

Preparation for the vegetable tagliatelle

Peel and wash the vegetables and cut into thin strips. Steam them.

Preparation for the pasta with beetroot juice

Wash the beetroot and spin it, reduce the juice over a low heat to a syrupy consistency. Mix flour, salt, egg yolks and add the cold beetroot juice until you have a smooth dough.

Roll out with a dough machine to the desired shape. Cook in boiling salted water for 3 minutes.

Preparation for the Hollandaise sauce

Whisk the egg yolks with the water in a bain-marie, whisk until you obtain a stiff sauce (80° C), add the lemon juice and then the cottage cheese.

Storage

Keep warm, be careful not to exceed 80° C for the sauce.

Variations or suggestions

You can flavour your sauce with herbs and/or spices.

You can use another vegetable for your pasta depending on the season.

Notes

Food and wine matching

A spicy dish served with a creamy sauce that requires freshness so as not to overwhelm the dish and spicy aromatic notes to match the seasoning: AOC Menetou-Salon red (Loire Valley), AOC Alsace Riesling.

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	120 mins
Servings	4

Presence of



Egg



Milk



M.U.	Q.	Ingredients
For the mango mousse		
g	125	Mango puree
P	0,5	Mango
g	125	0% cottage cheese
l	0,075	Liquid cream
g	5	Gelatine
g	10	Agave sirop
g	30	Egg white



Nutrition facts per serving	
Energy	Kcal 161,2
Total Carbohydrates	g 9
• of which Sugars	g 8,4
• of which Fiber	g
Proteins	g 4,2
Total Fats	g 2,3
• of which Saturated	g 1,4
Cholesterol	mg 10,5
Vitamins	mcg
Minerals	mg

Preparation for the fruit mousse

Soften the gelatine in very cold water (6 times the weight of gelatine). Whip the cream until stiff. Heat the fruit puree and add the softened gelatine. Whip the egg whites and fold in the honey. Fold the whipped cream into the cottage cheese and gently fold the mixture into the cold fruit purée. Finally, fold in the whipped egg whites. Cut the mango into brunoise.

Assembly

Place the diced mango in the bottom of a glass and cover with the mousse. Chill for 2 hours.

Storage

Cool at +3° C.

Variations or suggestions

You can change the mango to the fruit of your choice.

Notes

Food and wine matching

A mango mousse that will go very well with an aromatic wine with exotic notes: AOC Alsace Muscat late harvest, AOC Coteaux du Layon (Loire Valley).

Equipment - note

Mousse ring or ramekins.



General info	
Difficulty	Easy
Preparation time	20 mins
Cooking time	0
Servings	4

Presence of



Wheat



Egg



Milk



M.U.	Q.	Ingredients
For the vegetable gazpacho		
P	1	Cucumber
l	0,100	Water
l	0,200	Light cream
B	¼	Mint
		Salt and pepper
For the toppings		
g	30	Yellow peppers
g	30	Red peppers
g	30	Green peppers
g	30	Tomato
g	30	Bread
For the beet sorbet		
g	125	Cooked red beets
l	0,030	Lemon juice
kg	25	Sugar
P	½	Egg white



Nutrition facts per serving		
Energy	Kcal	126,6
Total Carbohydrates	g	12
• of which Sugars	g	19,2
• of which Fiber	g	
Proteins	g	3,5
Total Fats	g	2,9
• of which Saturated	g	1,5
Cholesterol	mg	15,2
Vitamins	mcg	
Minerals	mg	

Preparation for the gazpacho

Peel and seed cucumbers. Infuse mint in cream. Blend and pass the ingredients then rectify.

Preparation for the garnishes

Peel and seed peppers and cut into fine brunoise.

Peel and seed the tomatoes (keep the skins) then cut into fine brunoise.

Make small breadcrumbs.

Preparation for the sorbet

Make beet mirepoix and freeze.

Put all the ingredients in the thermomix for 1 minute at speed 10. Add the whisk and blend for 30 sec at speed 3. Make the quenelles and freeze.

Storage

Cool at +3° C.

Variations or suggestions

Notes

Food and wine matching

A dish served cold and reminiscent of the sun, which is best paired with a fresh, supple and aromatic wine: AOC Tavel (Rhône), AOC Bordeaux Clairet.

Equipment - note



General info	
Difficulty	Easy
Preparation time	15 mins
Cooking time	15 mins
Servings	4



M.U.	Q.	Ingredients
For the poultry skewers		
g	480	Turkey breast
g	80	Chervil
g	80	Tarragon
g	80	Parsley
g	80	Rosemary
g	80	Lemon juice
g	80	Water
For the side		
g	600	Potatoes



Nutrition facts per serving	
Energy	Kcal 326
Total Carbohydrates	g 29,5
• of which Sugars	g 2,4
• of which Fiber	g
Proteins	g 34,5
Total Fats	g 3,5
• of which Saturated	g 1,1
Cholesterol	mg 68,4
Vitamins	mcg
Minerals	mg

Preparation for the poultry skewer

Wash and chop the herbs. Bring the water to a simmer, add the herbs off the heat, strain and infuse for 25 minutes. Add lemon juice and let cool. Cut up the chicken and soak in the infusion for 2 hours. Drain the chicken after soaking. Assemble the skewers. Cook in the steam oven at +80° C for 10 minutes.

For the garnishes

Peel the potatoes. Turn them and steam them.

Storage

Variations or suggestions

Notes

Food and wine matching

A meat that is macerated in an infusion of herbs and lemon, which will want to be accompanied by a young and dry wine with lemony and vegetal notes, its minerality will keep the freshness of the dish: AOC Mâcon (Burgundy), AOC Bandol white (Provence).

Equipment - note



General info	
Difficulty	Easy
Preparation time	5 mins
Cooking time	2 mins
Servings	4



Presence of	
	Egg



M.U.	Q.	Ingredients
For the chocolate cake		
P	6	Egg white
g	40	Fructose
g	40	Cocoa powder



Nutrition facts per serving		
Energy	Kcal	100,3
Total Carbohydrates	g	11,5
• of which Sugars	g	0,4
• of which Fiber	g	
Proteins	g	7,1
Total Fats	g	2,2
• of which Saturated	g	1,2
Cholesterol	mg	
Vitamins	mcg	
Minerals	mg	

Preparation

Beat eggwhites. Gently fold in the fructose and cocoa. Mold in a dish.
Cook for 1' to 1,30' in the microwave at maximum power. Let cool and unmould.

Storage

Variations or suggestions

Notes

Food and wine matching

A classic gourmet dessert that likes to be enjoyed with a sweet natural wine or a sparkling wine: AOC Banyuls, AOC Crémant de Limoux.

Equipment - note



General info	
Difficulty	Easy
Preparation time	20 mins
Cooking time	180 mins altogether with the time for boiling beetroots
Servings	4



Presence of



Milk



M.U.	Q.	Ingredients
For the salad		
g	240	4 Small beetroots
g	80	Feta cheese (in Poland we used Polish product <i>Solan</i>)
g	40	Rocket salad (arugula)
g seeds	40	1/2 Pomegranate
g	24	4 tbs Balsamic vinegar
g	40	4 tbs Extra virgin olive oil



Nutrition facts per serving		
Energy	Kcal	166,58
Total Carbohydrates	g	8,42
• of which Sugars	g	6,54
• of which Fiber	g	1,88
Proteins	g	4,78
Total Fats	g	13,22
• of which Saturated	g	2,07
Cholesterol	mg	17,8
Vitamins	mcg	103,21
Minerals	mg	654,23

Preparation

Wash the beetroots and boil them. Separate the pomegranate seeds. Mix the balsamic vinegar and olive oil thoroughly.

Peel the cooled beetroots and cut them into thin half-slices. Arrange the rocket on plates, arrange the sliced beetroots, add little pieces of feta cheese and pomegranate seeds.

Sprinkle with balsamic vinegar dressing.

Storage

Variations or suggestions

Notes

4 handfuls of rocket (arugula) = 40 g

Pomegranate is often substituted with season berries: red currant or cut strawberries or raspberries.

Pomegranate - 40 g seeds after peeling the fruit.

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	40 mins
Cooking time	40 mins (approx. Meat, must be soft)
Servings	4



M.U.	Q.	Ingredients
For the veal stewed with vegetables		
g	500	Boneless veal
g	80	Carrots
g	80	Parsley
g	80	Leek
g	80	Celery
g	80	Red pepper
g	200	Dry brown rice
	to taste	Salt, parsley



Nutrition facts per serving		
Energy	Kcal	330,76
Total Carbohydrates	g	38,21
• of which Sugars	g	31,00
• of which Fiber	g	7,21
Proteins	g	30,75
Total Fats	g	5,39
• of which Saturated	g	1,49
Cholesterol	mg	95,22
Vitamins	mcg	472,84
Minerals	mg	1211,86

Preparation

Pour a little water over the veal, stew it covered.

Cut vegetables (carrots, parsley and red pepper) into sticks, irregular cubes the celery and dice the leek and finely chop the parsley.

When the meat is tender, remove, divide into portions, put in a pot, add vegetables and simmer together until soft. After stewing, season to taste, sprinkle with parsley.

Serve with loose-cooked rice.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	120 mins (cooling)
Servings	4



M.U.	Q.	Ingredients
For the baked apple mousse		
g	500	Apples
szt.	2	Proteins
g	10	Gelatin
ml	50	Cold boiled water
	to taste	Lemon juice
To decoration		
		Mint leaves, fresh strawberries



Nutrition facts per serving	
Energy	Kcal 73,6
Total Carbohydrates	g 12,77
• of which Sugars	g 10,27
• of which Fiber	g 2,5
Proteins	g 2,68
Total Fats	g 0,54
• of which Saturated	g
Cholesterol	mg 5
Vitamins	mcg 5,07
Minerals	mg 253,37

Preparation

Bake the apples, sieve. Soak the gelatin in cold water, then liquefy in a water bath.

Beat the egg whites.

Mix the apple puree with the liquefied gelatin, add the egg white foam and mix gently.

Season the mousse with lemon juice to taste, stir gently until the mass solidifies, pour out the mousse and cool.

Before serving, garnish with mint leaves and fresh strawberries.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	45 mins
Cooking time	75 mins
Servings	4



M.U.	Q.	Ingredients
For the turkey sirloin		
g	320	Turkey sirloin
g	40	Burnt onion powder
g	200	Fennel
g	400	Young carrots



Nutrition facts per serving		
Energy	Kcal	116,23
Total Carbohydrates	g	6,52
• of which Sugars	g	1,10
• of which Fiber	g	5,42
Proteins	g	17,90
Total Fats	g	1,0
• of which Saturated	g	0,35
Cholesterol	mg	39,27
Vitamins	mcg	32,27
Minerals	mg	1322,20

Preparation

Pre-treatment of turkey tenderloin.

Rub the turkey with burnt onion powder, roll up, wrap in foil and simmer for about 30 minutes.

Pre-treatment of the carrots, then steam and finally add the dill.

Storage

Variations or suggestions

Notes

Food and wine matching

Dry white wine, semi dry white wine.

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	85 mins
Servings	4



Presence of	
	Fish
	Milk

M.U.	Q.	Ingredients
For the baked fish		
g	600	Cod fish
g	800	Spinach
ml	40	Olive oil
g	320	Jerusalem artichoke
ml	320	Milk
g	400	Vegetable mix
		Spices: salt, white pepper, dried tomatoes



Nutrition facts per serving		
Energy	Kcal	371
Total Carbohydrates	g	15,78
• of which Sugars	g	6,7
• of which Fiber	g	9,08
Proteins	g	37,07
Total Fats	g	12,71
• of which Saturated	g	2,48
Cholesterol	mg	79,0
Vitamins	mcg	186,11
Minerals	mg	2954,04

Preparation

Pretreatment of the fish. Slice and season with spices.

Pre-treatment of spinach. Mix the spinach with the olive oil.

Put the spinach and fish into an ovenproof dish and bake for 25 minutes at 180° C.

Then carry out the preliminary treatment of Jerusalem artichoke, cut into pieces and put into boiling milk and water (1:1) and cook until soft.

Sieve.

Boil the vegetables in boiling water.

Storage

Variations or suggestions

Notes

Food and wine matching

Dry white wine, semi dry white wine.

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	4 mins (time for cooking raspberries)
Servings	4



Presence of	
	Milk



M.U.	Q.	Ingredients
For the sour milk jelly		
g	40	Xylitol
g	200	Sour milk
g	20 or	Pork gelatin or
g	4	Agar
g	400	Fresh raspberries
	to taste	Vanilla
To decoration		
		Mint leaves, fresh, whole raspberries



Nutrition facts per serving		
Energy	Kcal	83,40
Total Carbohydrates	g	14,50
• of which Sugars	g	7,80
• of which Fiber	g	6,70
Proteins	g	7,16
Total Fats	g	1,05
• of which Saturated	g	0,49
Cholesterol	mg	2,50
Vitamins	mcg	33,57
Minerals	mg	505,15

Preparation

Stir sour milk with xylitol, add vanilla, mix well with a mixer.

To the resulting mass, add the liquefied gelatin and mix thoroughly.

Pour into cups and leave to solidify.

Pre-treatment of raspberries.

Boil the raspberries slowly for a while and then rub through a sieve until the mousse is obtained.

Pour on the surface of the jelly.

Before serving, garnish with mint leaves and fresh, whole raspberries

Storage

Variations or suggestions

Notes

Food and wine matching

Sweet or semi-sweet white wine

Equipment - note



General info	
Difficulty	Easy
Preparation time	60 mins
Cooking time	40 mins
Servings	4



M.U.	Q.	Ingredients
For the pumpkin and apple cream		
g	600	Pumpkin
g	100	Onion
g	100	Leek
g	150	Apple Reineta
ml	20	Olive oil
g	3	Salt
ml	500	Water



Nutrition facts per serving	
Energy	Kcal 93,92
Total Carbohydrates	g 11,31
• of which Sugars	g
• of which Fiber	g 3,85
Proteins	g 1,78
Total Fats	g 4,60
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Remove the skin from the pumpkin and dice it.
 Pour the oil into a saucepan and let onion, leek, pumpkin, and apple fry for a few minutes.
 When sautéed, add water to cover and salt and leave to cook for about 30 minutes.
 Blend in a blender and pass it through gauze.
 Thickness and seasoning are adjusted.
 Serve the cream.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Medium
Preparation time	90 mins
Cooking time	70 mins
Servings	4



Presence of



Wheat



M.U.	Q.	Ingredients
For the rabbit a la "Cazadora"		
g	800	Rabbit
ml	40	Olive oil
g	10	Flour
	2	Garlic cloves
g	250	Onion
g	250	Ripe tomato
g	200	King Oyster mushrooms
g	200	Mushrooms
ml	500	Meat stock or water
	1	Teaspoon of thyme
	2	Sprigs of rosemary
g	3	Salt
	1	Teaspoon of white pepper



Nutrition facts per serving	
Energy	Kcal 284,59
Total Carbohydrates	g 11,39
• of which Sugars	g
• of which Fiber	g 4,15
Proteins	g 26,94
Total Fats	g 15,26
• of which Saturated	g
Cholesterol	mg 90
Vitamins	mcg
Minerals	mg

Preparation

Cut the rabbit into pieces and season with salt and pepper.

Heat the oil in a casserole and brown the rabbit, remove and set aside.

Fry the garlic and onion (cut into brunoise), add the rabbit pieces, sprinkle with flour and allow to fry lightly.

Add the peeled and chopped tomato, sauté for a few minutes and add the thyme and rosemary, and stock or water to cover.

Leave to simmer, covered, for an hour.

Finally add the king oyster mushrooms and the mushrooms cut into julienne strips and leave to cook for a few more minutes.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	40 mins
Cooking time	5 mins
Servings	4

Presence of



Milk



Egg



M.U.	Q.	Ingredients
For the toasted cream		
ml	500	Skimmed milk
	3	Egg yolks
g	50	Sugar
g	10	Corn starch
	1	Lemon peel (or to taste)
	1	Orange peel (or to taste)
		Caramelising sugar (to taste)
	1	Cinnamon stick



Nutrition facts per serving		
Energy	Kcal	482,86
Total Carbohydrates	g	91,90
• of which Sugars	g	
• of which Fiber	g	0,24
Proteins	g	15,58
Total Fats	g	5,06
• of which Saturated	g	
Cholesterol	mg	170
Vitamins	mcg	
Minerals	mg	

Preparation

Separate the egg whites and yolks.

Heat the milk in a saucepan with the lemon and orange peel and the cinnamon stick.

In a bowl, stir the sugar and starch together well, add the egg yolks and mix everything together with a whisk.

When the milk comes to the boil, pour it thinly over the mixture of egg yolks, sugar and starch. Pass the mixture through a gauze and bring back to the boil in a saucepan, stirring constantly with a whisk to prevent from sticking. Once it has boiled, it will thicken slightly.

Pour into individual bowls.

Leave to cool and sprinkle with the remaining sugar that has been divided. Burn with a blowtorch or kitchen spatula until the sugar caramelises.

Serve cold.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	90 mins
Cooking time	70 mins
Servings	4



M.U.	Q.	Ingredients
For the white beans with pickled quails		
g	320	White beans
	4	Garlic cloves
	1	Crystal/green pepper
	1	Teaspoon fried tomato
	2	Pickled quails
	1	Carrot
	1	Bay leaf
ml	400	Water
ml	20	Olive oil
g	3	Salt



Nutrition facts per serving	
Energy	Kcal 258
Total Carbohydrates	g 33
• of which Sugars	g
• of which Fiber	g 15,7
Proteins	g 17,7
Total Fats	g 5,6
• of which Saturated	g
Cholesterol	mg
Vitamins	mcg
Minerals	mg

Preparation

Cook the white beans in cold water with a carrot and a bay leaf for approximately 1 hour.

In a frying pan with oil, sauté the finely chopped garlic and then add the brunoise green pepper. Add the fried tomato and fry everything for a while.

After 50 minutes of the beans cooking, add the fried vegetables and let everything continue cooking.

Cut the pickled quail into quarters and add to the stew with some of the marinade.

Leave for a couple more minutes and remove from the heat.

It can be served in an earthenware bowl.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	45 mins
Cooking time	35 mins
Servings	4



Presence of

 Shellfish


M.U.	Q.	Ingredients
For the Galician octopus		
kg	1,5	Octopus
g	3	Coarse salt
	1	Tablespoon of sweet or spicy paprika
ml	40	Extra virgin olive oil
ml	400	Water



Nutrition facts per serving	
Energy	Kcal 358
Total Carbohydrates	g 4
• of which Sugars	g
• of which Fiber	g
Proteins	g 53
Total Fats	g 24
• of which Saturated	g
Cholesterol	mg 142
Vitamins	mcg
Minerals	mg

Preparation

Take the octopus out of the freezer a day before and put it in the fridge to defrost.

When cooking, we run it under cold water to remove any possible impurities.

Put a casserole dish (the biggest you have) on the heat with water, do not add salt as the octopus will be salted at the end, in the presentation.

When it comes to the boil, add the octopus, take it by the head and "scare" it. This technique consists of taking the octopus in and out of the pot 3 times to ensure that the octopus remains stiff and the skin does not fall off during cooking.

Cook the octopus for about 30-35 minutes over medium heat.

It is necessary to prick it from time to time to see how hard it is.

When cooked, slice and place on a plate, adjust salt, a dash of olive oil and a little paprika.

Storage

Variations or suggestions

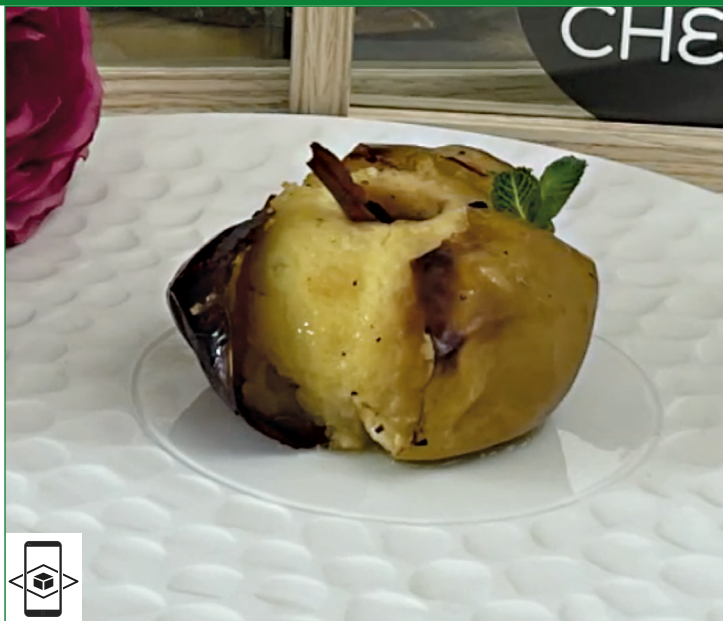
Notes

Food and wine matching

Equipment - note



General info	
Difficulty	Easy
Preparation time	40 mins
Cooking time	30 mins
Servings	4



Presence of



Milk



M.U.	Q.	Ingredients
For the baked apples		
	4	Apples Reinette
ml	50	Brandy
g	50	Brown sugar
g	20	Butter
	1	Cinnamon stick



Nutrition facts per serving	
Energy	Kcal 133
Total Carbohydrates	g 35
• of which Sugars	g
• of which Fiber	g
Proteins	g 3
Total Fats	g 27,94
• of which Saturated	g
Cholesterol	mg 35,60
Vitamins	mcg
Minerals	mg

Preparation

Wash the apples, remove the inner part, and make a small base on which to rest them, slightly cutting the lower part of the apples.

Make a small cut in the skin around the apples to prevent them from bursting in the oven. Place the apples on a tray, and inside each one add the sugar with the butter, sprinkle with Brandy and a little water, and place a small piece of cinnamon stick.

Bake in the oven at 180° C for 20 to 30 minutes.

Storage

Variations or suggestions

Notes

Food and wine matching

Equipment - note

The book "Cooking Healthy European Paths - CHEEP" is the result of a multidisciplinary and synergetic effort that integrates research, education and innovation with the aim of informing, supporting and directing families, students and operators in the towards achieving a correct nutritional style paired with a healthy diet and cuisine.

The 72 recipes in the book reflect the professional training in healthy cooking undertaken by the students, giving them the opportunity to express themselves in the preparation of recipes from different cultures and traditions revisited in a healthy way.

The book represents a valuable learning resource with dynamic and multimedia contents through the use of a CHEEP augmented reality application that allows the images of the dishes illustrated in the recipes to be animated with the videos of their preparation.

