





### the European Diet Handbook

made during the first Short-Term Exchange of Group of Pupils of the KA229 "Healthier Together" Erasmus+ Project held at Lycée Paul Hazard, 1 rue Paul Hazard 59280 Armentières FRANCE 29 NOV – 3 DEC 2021











Project number: KA229-EB9160E3





Smoothie with vegetables

### Ingredients:

- 1 large green apple 110 calories
- 1 tablespoon maple syrup 226 calories
- ½ cup water
- ¼ cup raw cashews 189 calories
- 3 cups spinach 21 calories
- 10 ice cubes
- 1 tablespoon fresh squeezed lemon juice 13 calories

# Instructions



- 1. Core the apple and cut it into chunks, leaving the skin on.
- 2. Place all ingredients a blender and blend. Add the lemon juice and blend for a few seconds again. Taste, and add a touch more maple syrup and/or lemon juice as desired. Serve immediately, or refrigerate for up to 1 day.





Vegetable smoothie

Calories: 120

Protein: 3 grams

Fat: 0 grams

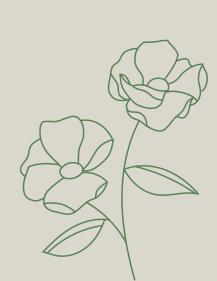
Carbohydrates: 30 grams

Fiber: 5 grams

Sugar: 15 grams

Good source of Vitamin C, A,

**Potassium and Calcium** 





Healthy pancakes

Ingredients:

- 50g self-raising flour 177calories
- 50g wholemeal or wholegrain flour
   123.5 calories
- 2 small eggs, separated 154 calories
- 150ml skimmed milk 50 calories
- Berries and low-fat yogurt or fromage frais to serve 88 calories

### Instructions

### STEP 1

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.



### STEP 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

### STEP 3

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.

# Nutrition facts

- 53 calories
- 1g fat
- 0.3g saturates
- 8g carbs
- 0.8g sugars
- 0.4g fibre
- 3g protein
- **0.1g** salt



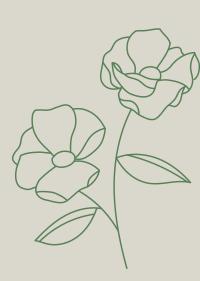




# wheat semolina poridge

ingredients

- 6 table spoons of wheat semolina (198 calories)
- 500ml milk (42 calories)
- 3 table spoons of sugar or honey
   (60 calories)
- ground cinnamon (247 calories)
- grinded apples





## instructions

1/ mix wheat semolina sugar and 100ml of milk
2/ rost of the milk probest untilboiling

2/ rest of the milk preheat untilboiling

3/ add mixture and stir until it reaches your desired consistency

4/ serve and top with some ground cinnamon or grinded apple



# Nutrition facts

calories: 120

**fat:** 0.3g

carbohydrates: 25.6g

sugar: 0.4g

fibers: 2.3

proteins: 2.8

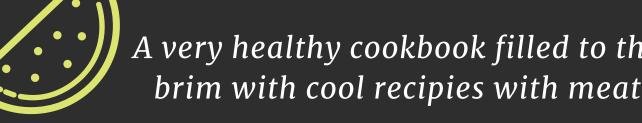
salt: 0

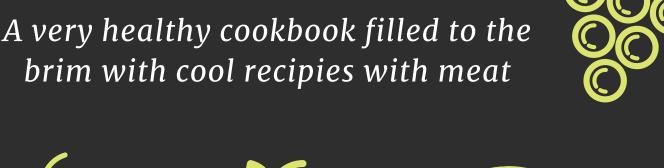




















### SAC KAVURMA

#### **INGREDIENTS:**

- ½ CUP GHEE[OR RENDERED LAMB FAT]
 - 1 ½ LBS LAMB KEBAB MEAT, FINELY DICED (LEG, BACKSTRAP, ETC)

- 1 LARGE ONION, CHOPPED

- 2-4 HOT CHILI PEPPERS (DICED)

- 1 SWEET PEPPER, SEEDED & CHOPPED

- 1 TSP OREGANO, DRIED

- 1 TSP RED PEPPER FLAKES, DRIED

- 1/2 TSP CUMIN, GROUND

- ½ TSP SALT (MORE TO TASTE IF DESIRED)

- 2 MEDIUM TOMATOES, CHOPPED

- COOKED RICE TO SERVE.

### **CALORIES:**

CAL: 305CAL CARBS: 4% (3G) FAT: 73% (24G) PROTEIN: 23% (17G)

#### PREPARATION:

BRING THE STOVE HEAT TO THE HIGH LEVEL AND PUT THE 'WOK' FRYING PAN ONTO THE STOVE. POUR THE VEGETABLE OIL AND THEN ADD THE LAMB MEAT CUBES. SAUTE THE LAMB MEAT AT HIGH LEVEL HEAT UNTIL IT ABSORBS ITS JUICE.

AFTER THE MEAT ABSORBS ITS JUICE AND THE COLOR TURNS BROWN, ADD THE DICED ONIONS AND SLICED GREEN CAYENNE PEPPER. SAUTE THEM UNTIL THE ONIONS GET SOFTY.

ADD THE DICED TOMATOES AND SAUTE THEM UNTIL TOMATOES LET LOOSE ITS JUICE AND GET SOFTY. THEN RIGHT AFTER THAT ADD THE 3 TBSP BUTTER AND CONTINUE TO SAUTE THEM.

ADD THE REMAINING INGREDIENTS AND SAUTE ALL ABOUT 3 MINUTES AND IT WILL BE READY TO SERVE.













#### **INGREDIENTS:**

(4 PERSONS)
-500 G OF LAMB OR GOAT ENTRAILS
-2 OR 3 LEMONS
-CHOPPED PARSLEY
-BAY LEAVES
-SALT

-GRATED PECORINO CHEESE
-BLACK PEPPER

**CALORIES** 

- 231 KCAL FAT - 14 G







#### PREPARATION:

FIRST OF ALL IT IS NECESSARY TO REPEATEDLY WASH THE ENTRAILS WITH WATER AND SALT, AND WATER AND LEMON;

THEN AGAIN RUB THEM WELL WITH THE SALT AND LEMON JUICE AND RINSE THEM AGAIN;
THEN PUT THE MEAT TO DRY FOR A FEW HOURS.

WHEN THE MEAT HAS DRIED, CUT THE ENTRAILS INTO LONGITUDINAL STRIPS AND WRAP THEM IN TURN WITH STRIPS OF GUT OR PERITONEAL MEMBRANE OF LAMB OR SUCKLING KID: FORM SMALL CYLINDERS.

ADD THE PARSLEY, SALT, PEPPER AND A SPRINKLING OF GRATED PECORINO CHEESE.

CLOSE EVERYTHING WITH THE SAME PERITONEUM BY KNOTTING THE TWO EDGES WELL: USE WOODEN TOOTHPICKS TO INSERT THE TORCINELLI AND BAY LEAVES ONE BY ONE.

COOK ON THE GRILL, OR IN THE PIGNATA IF YOU HAVE A WOOD OVEN, FOR A FEW MINUTES AND SERVE HOT.



### CARBONNADE "FLAMANDE" AU LÉGUMES

#### **INGREDIENTS:**

(4 PERSONS)

- **500 G OF BEEF MEAT**
- 2 PARSNIPS
- 2 ONIONS
- **ROSEMARY**
- 1L OF VEGETABLE BROTH
- **PEPPER**
- 1 KHOLRABI
- 1 CARROT
- **3 PIECES OF GARLIC**
- **SAVORY**
- LITTLE BIT OF BUTTER

#### **CALORIES**

- 517 CALORIES BY PERSON
  - FAT -6G
- CARBS 5G
- **PROTEINS 10G**







#### PREPARATION:

- PEEL THE ONIONS AND GARLIC AND THEN CUT THEM FINELY. SECONDLY, PEEL VEGETABLES AND CUT THEM INTO SMALL PIECES.
- MAKE LITTLE DICE WITH YOUR MEAT. THEN, IN A LARGE SAUCEPAN, MELT YOUR FAT OVER LOW HEAT. BROWN YOUR MEAT AND ADD PEPPER.
- ADD YOUR VEGETABLES, YOUR SPICES, YOUR ONIONS AND YOUR GARLIC. SLOWLY POUR IN YOUR STOCK. COOK ON LOW HEAT FOR ABOUT 1 HOUR.
  - ADJUST THE SEASONING OF THE CARBONNADE WITH VEGETABLES.





### SLOW-COOKED LAMB



#### **INGREDIENTS:**

- LAMB SHOULDER
- GARLIC
- OREGANO
- ROSEMARY
- ONION
- OLIVE OIL
- WATER
- CAROTS
- POTATOES
- ONE APPLE

#### **CALORIES**

- 225 KCAL

**FAT - 15 G** 







#### PREPARATION:

- MARINADE MIX THE ROSEMARY, GARLIC, SALT AND PEPPER WITH THE OLIVE OIL.
- SLATHER THEN OPTIONAL MARINADE SLATHER THE RUB ALL OVER THE LAMB SHOULDER, BEING SURE TO GET
  RIGHT INTO ALL THOSE CRACKS AND CREVICES
- ADD WATER POP THE ONION WEDGES UNDER THE LAMB THEN POUR THE WATER INTO THE PAN. PUT THE VEGETABLES AND THE APPLE IN THE PAN FOR A BETTER TASTE.
- BROWN 45 MINUTES POP THE LAMB IN THE OVEN FOR 45 MINUTES, UNCOVERED. THIS IS TO GIVE THE BROWNING
  A HEAD START. IT WILL BROWN FURTHER WHEN COVERED IN FOIL, BUT THIS JUST ENSURES OUR FINISHED
  PRODUCE IS REALLY NICELY BROWNED.
- 12 HOURS IN THE OVEN COVER LAMB WITH BAKING PAPER THEN TWO LAYERS OF FOIL, SEALED TIGHTLY (OR
  BETTER YET, A HEAVY ROASTING PAN LID) TO PREVENT EVAPORATING MOISTURE LEAKAGE. WE WANT ALL OF IT TO
  STAY LOCKED IN! THEN PLACE IN THE OVEN FOR 12 HOURS AT 100°C/212°F. NOW GO TO BED AND SLEEP WELL,
  RELAXED BY THE KNOWLEDGE THAT YOUR LAMB WILL TURN OUT BEAUTIFULLY TOMORROW.









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### FIŠ PAPRIKAŠ

### **INGREDIENTS:**

1 kg freshwater

1.5 L of water

200 mL of white wine

500 g of onion

3 cloves of garlic

4 tablespoons of vegetable oil

1 tablespoon of sweet paprika powder

1/3 tablespoon of hot paprika powder (or more)

1 teaspoon of salt

4-5 pepercorns

### NOODLES:

250 g integral flour (1 3/4 cups)

1 egg

pinch of salt

Calories per person/plate: 318 kcal



### STEPS FOR PREPARING THE DISH:

- 1. Remove the fish scales and remove all the fish's insides. Cut the fish into big chunks, around 3 cm thick.
- 2. In a cooking pot, saute the chopped onions in the vegetable oil until they start to become golden. Add pressed garlic, salt, powdered paprika, and peppercorns. Pour in some water over everything and continue to cook until it comes to the boil.
- 3. Add the remaining water and let it boil.
- 4. After around ten minutes add the fish and the white wine and continue to cook everything for around 25 to 30 minutes on medium heat.
- 5. Taste the soup before finishing and add in additional salt if required
- 6. Serve while hot with some wide noodles.

### **HEALTHY THINGS ABOUT FIŠ PAPRIKAŠ**

River fish is rich with vitamins and minerals. Of the vitamins it contains vitamins A, E, B vitamins, and of the minerals sodium, calcium, iron and zinc. It is rich in potassium and phosphorus.

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### FIRINDA PALAMUT

### **INGREDIENTS:**

2 palamuts (fish)
1 lemon
half a glass of oil
salt-sprinkled corn
vegetables (paper, onion, tomato)
a pinch of thyme
a pinch of mint
salt

**Calories:** This dish is prepared with 7 ingredients. 100 grams of dish contains 153.5 calories. 1 portion is 871.5 grams and contains 1337.5 calories. It is rich in Protein, Vitamin C, Fat.

### PREPARING THE DISH:

- 1. After we have wash our fish cleanly, we dip it in saltsprinkled corn, so we wait for a while.
- 2. We peel our vegetables, add half a glass of oil, a pinch of thyme, a pinch of mint, a pinch of chili pepper to a soup bowl.
- 3. We cut the vegetables and slice them round the edges of the fish.
- 4. After the fish and vegetables are placed, we pour greasy souce with a spoon on them.
- 5. We put our tray in the hot oven and bake until golden brown.

### Why should we eat this?

- It prevents hair follicles from hair loss.
- It makes the skin look brighter and more beautiful
- Thanks to the potassium it contains, it regulates cholesterol. It reduces blood pressure.
- It prevents visual disturbances by enriching the cells in the yellow spot in the eye.
- It makes nerve cells healthier. It increases the power of the memory part of the brain.
- It prevents the occurrence of cancer diseases by improving the cells that are prone to mutation in the digestive system.

### Des Noix de St Jacques

### **INGREDIENTS:**

20 St jacques salt pepper 15 cl of light cream curry



### PREPARING THE DISH:

- 1. Cook the st jacknuts with a bit of salt and pepper for 1 to 2 minutes on both sides.
- 2. While you are waiting, heat up the cream and add the curry.
- 3. Add the cream to the jack nuts and let then cool for about 2 minutes
- 4. Now you can serve the dish with salad, organic pasta or anything you want.

### **Calories:**

The jack nut has a value of 83.6 cal the cream adds 286 cal so the total for the all dish is 369.6. The jack nut provides protein of high nutritional value. Its lipids contain a majority of polyunsaturated fatty acids, omega 3,, whose protective properties on health are widely recognized. It is an excellent source of group B vitamins, especially B12 and B9.

### **PEȘTE LA CUPTOR**

### **INGREDIENTS:**

- 1.5 kg fresh fish
- 1 lemon
- 3 tablespoons oil
- 50 ml white wine
- 2 onions
- 5 cloves garlic
- 1 bay leaves
- 1 tablespoon tomato paste salt, pepper

This dish has 302 Kcal and more scecificly 7.80 g of carbohydrates, 32 g of proteins, 15.20g of fat and 5g of salt.

Garlic fights diseases like colds, onions permit good blood circulation, and laurel helps to repel aging... In short, all the ingredients are good in this dish!



### PREPARING THE DISH:

- 1. Clean fish from scales, gills and intestines, wash them in cold water. Sprinkled with lemon juice and let cool for 15 minutes.
- 2. Chop the onions and garlic into larger pieces and place them in a pan greased with oil. On top place the pieces of fish, which are drizzled with oil. Add the wine, the tomato juice diluted with a little water, a few grains of pepper, salt and the bay leaf.
- 3. Place the whole composition in the hot oven and leave for 50-60 minutes.
- 4. Regularly, the fish is taken out of the oven and sprinkled with the sauce from the pan, to penetrate better. If necessary, a few more tablespoons of water can also be added.

**Tip:** you can accompany the fish with potatoes and vegetables. As long as it's good for your health:)

### PACCHERI ALLA CERNIA

### **INGREDIENTS:**

400g of paccheri

2 cloves of garlic

1 glass of dry wine

A bunch of parsley

1 carrot, Salt

Hot pepper

1 big filet of grouper

3-4 glasses of extra virgin olive oil

500g of shrimp

1 stem of celery

1 onion, Black pepper

2 spoon of parmigiano reggiano.



### PREPARING THE DISH:

- 1. First prepare the broth which, subsequently, the pasta will be boiled, as follow: in a large pot boil the shrimp together with onion, carrot, celery, parsley and various aromas for fish.
- 2. when cooked, strain the broth and leave it aside (the shrimps will of course need little cooking time, and will only serve to flavour the broth.) in a large frying pan put the olive oil, the two cloves of garlic cut in half, plenty of chopped parsley, a little salt, a little hot pepper, a pinch og black pepper, a pinch of various aromas for fish and fry lightly.
- 3. Then add the diced grouper filet and, once browned, deglaze with wine and raise the heat to evaporate. Once the blanched paccheri has been drained very al dente in the broth previously prepared, complete their cooking by joining them with the grouper filet.
- 4. Before serving on the table, stir everything with two tablespoon of parmesan cheese and a generous handful of finely chopped parsley.











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- Potato salad
- Mushroom risotto

### Spinach soup

### **Ingredients:**

- 1 carrot
- 4 potatoes
- 500g of spinach
- 1 onion
- 50g of butter
- Salt,black peppepr
- 720ml of water
- chicken stock

### **Preparation:**

- 1. Heat olive oil in a pressure cooker, sweat the onion for a few minutes.
- 2. Add sliced carrot, potatoes and spinach
- 3. Add 750 ml of water, crumbled chicken stock, oregano and salt.
- 4. Cook for 15 minutes in a pressure cooker.
- 5. Mix in a blender with the butter.
- 6. Finally, Season with salt and pepper



### Nutritional value: (1 bowl - 501g)

- 140 calories
- 10g of fat
- 32% of vitamin A
- 36% of vitamin C
- 15g protein
- 3g dietary fiber

### Vegetable pie

### **Ingredients:**

- 3 tomatoes
- 1 zucchini
- 2 peppers
- olive oil
- 1 onion
- oregano
- parsley
- herbes de provence
- pastry

### **Preparation:**

- 1. Heat olive oil in a pressure cooker, sweat the onion for a few minutes.
- 2. Add sliced carrot, potatoes and spinach
- 3. Add 750 ml of water, crumbled chicken stock, oregano and salt.
- 4. Cook for 15 minutes in a pressure cooker.
- 5. Mix in a blender with the butter.
- 6. Finally, Season with salt and pepper



### Nutritional value: (1 slice - 150g)

- 125 calories
- 12g of fat
- 27% of vitamin A
- 24% of vitamin C
- 9,5g protein
- 1,9g dietary fiber

### Potato salad

### **Ingredients:**

- 1kg small potatoes
- 3 shallots, finely chopped
- 1 tbsp small capers (optional)
- 2 tbsp cornichons, finely chopped (optional)
- 3 tbsp mayonnaise, or to taste
- 3 tbsp extra-virgin olive oil
- 1 tbsp white wine vinegar
- small handful parsley leaves, roughly chopped

### **Preparation:**

- 1. Boil the potatoes in salted water for 20 mins until just cooked, drain, then cool.
- 2. Cut the potatoes into chunks, then throw into a bowl with the shallots, capers and cornichons, if using.
- 3. Add enough mayonnaise to bind, then mix together the olive oil and vinegar and add just enough to give a little sharpness to the salad.
- 4. Stir in the finely chopped parsley and serve.



### Nutritional value: (1 bowl - 250g)

- 258 calories
- 21g of fat
- 7,9% of vitamin A
- 42% of vitamin C
- 6,7g protein
- 3,2g dietary fiber

### **Mushroom risotto**

### **Ingredients:**

- 500g (1 lb) risotto rice
- 250g (1/2 lb) fresh porcini or other wild mushroom, or 50g (1-2 oz) dried porcini
- 1 medium onion, finely chopped
- White wine
- Broth, either meat or vegetable, preferably homemade
- 100g (3-1/2 oz) freshly grated Parmesan cheese
- Butter and/or olive oil

### Nutritional value: (100g)

- 365 calories
- 4g of fat
- 17% of vitamin A
- 81% of vitamin C
- 7,5g protein
- 0,9g dietary fiber

### **Preparation:**

- 1. If using fresh mushrooms, clean off any lingering dirt with a pastry brush, then cut them into strips or dice. If using dried mushrooms, soak them for 20 minutes, or until soft, in lukewarm water, then drain them (reserving the liquid), squeeze them dry and chop them roughly.
- 2. Sauté the onion over gentle heat in butter, or in a mixture of equal parts butter and olive oil, until the onions have softened and are just starting to turn color. Raise the heat a bit, add the mushrooms and let them soak up the flavors of the onion for a few minutes, until they are also soft and any liquid has cooked off.
- 3. Add the rice and let it, too, soak up the flavors of the onion and mushroom. When the rice has turned a chalky white, add a splash of white wine and let that cook off.
- 4. Now, following the usual technique for making risotto, add the broth, one ladleful at a time, letting each ladleful cook off before adding the rest. The heat should be moderate, [so that it bubbles in a lively but not aggressive way.] The rice should take about 20 minutes total to cook.
- 5. When the rice is done, take if off heat and add the grated cheese and, if you like an even richer risotto, another nob of butter. Stir vigorously for about a minute, so that the rice becomes creamy and smooth.
- 6. Serve immediately.

### Mushroom risotto







A FRENCH RECIPES

### Ingredients for 4 people

- 8 toast of bread
- 25 cl of milk
- 1/2 of pack of vanilla sugar
- 2 eggs
- a little bit of coconut oil
- seasonal fruits

### **Preparation**

- In a plat, you have to mix milk, vanilla sugar and eggs.
- Soak the toast in this mixture
- After that, you can heat the pan with coconut oil.
- And made the toast golden
- Let's eat with some fruits

### Nutrient informations

### For 100g:

- 229 calories
- 8g of protein
- 10g of carbohydrates



### Ingredients

- -4 glass of milk
- -3,5 glass of sugar
- -4 spoons starch
- -1 glass of rice
- -1/2 teaspoon salt

### Preparation

- Cook the rice in abundant water then filter it.
- Boil the milk in another pot, add rice and the sugar to milk.
- Add the starch slowlyand mix after it boils.
- Pour the blend into small bowls.
- Pour some water into the oven tray and put the bowls into the tray.
- Bake it in 250 C oven for 35-40 minutes.
- Take it from the oven and put into the refrigerator.

### Nutrient informations

#### **CALORIES**

1 medium portion = 1 medium bowl (215 g) baked rice pudding 286 kcal 1 large bowl (300 gr) ) baked rice pudding 399 kcal 100 grams of ) baked rice pudding 133 kcal

#### **VITAMINS**

Baked rice pudding contains 48.94 Carbs (g), 6.54 Protein (g), 5.60 fat (g), 0.27 fiber (g), 82.67 Sodium (mg), 270.15 potassium (mg) It contains 199.52 Calcium (mg), 210.00 Vitamin A (ui), 1.67 Vitamin C (mg), 0.34 and Iron.



RECIPE FROM CROATIA

### Ingredients for 5 people

- 250g Flour
- 90g Butter
- 225g Brown sugar
- 2 Egg yolks
- Baking powder
- · A pinch of salt
- •2 cups Milk
- Vanilla
- •150g Custard

### Nutrient informations

### For 100g:

- 380 calories
- 14g of carbohydrates
- 7g of protein

### Preparation

- Place the flour with the yeast, sugar and add the lard
- Add the egg yolks, a pinch of salt and continue to knead until you obtain a homogeneous an compact mixture
- Cover in plastic wrap and rest for 30 min
- For custard put four egg yolks and sugar in a saucepan and whip until fluffy
- Add the beans of a vanilla stick and two tablespoons of flour while mixing
- Now take two cups milk and pour slowly over the egg yolks
- Set pot over heat until it starts to boil
- Once the cream has thickened, remove it from the heat and let cool



RECIPE FROM CROATIA

### Ingredients

#### Dough

- 1 cup of warm milk
- 1 packet of vanilla (or two teaspoons of vanilla essence)
- 1 tablespoon dry yeast
- 1 large egg
- 1 teaspoon salt
- 1/2 cup brown sugar
- 1/2 cup melted butter
- Zest of 1 lemon
- 1 teaspoon rum, dark
- 3.5 cups all-purpose flour
- 1 teaspoon warm butter

#### **filling**

- 2.5 cups walnuts, ground
- 1 cup milk
- 2 tablespoons honey
- 2 tablespoons plum jam
- 1/2 a cup raisins (optional)
- Zest of a lemon
- 3/4 cup brown sugar
- 1 teaspoon cinnamon, ground
- 1 tablespoon rum, dark
- 2 tablespoons butter, melted

### **Preparation**

- 1. Make the dough by mixing the ingredients and let it rest for 10 minutes
- 2. Shape the dough into a ball and place it into a bowl
- 3. Cover the dough with plastic wrap and let it rise for 1.5 hours
- 4. Make the filling by mixing milk, wallnuts, honey, plum jam and the lemon zest
- 5. Cook the filling mixture for 10 minutes
- 6. After rolling the wallnut roll bake it uncovered at 150 degrees for 20 minutes and then bake it for an extra 40 minutes covered with an aluminium foil

### Nutrient informations

### For 100g:

- 427 calories
- 8.7g of protein
- 52.1g of carbohydrates



RECIPE FROM ROUMANIA

### Ingredients

- 250 g cow's sweet cheese (or ricotta/cottage cheese)
- 1 large egg
- 50 g brown sugar
- 200 g flour
- ½ teaspoon baking powder
- Vanilla extract
- Lemon zest
- 500 ml oil for frying the papanasi
- 200 g fruit preserve
- 150 g sour cream

### Nutrient informations

- 235kal
- 17% carbs (10g)
- 66% fat (17g)
- 17% protein (10g)

### Preparation

- With a fork, mix the cheese, sugar, vanilla extract and lemon zest.
- Separately, mix the flour with the baking powder.
- Gradually add the flour mixture to the cheese mixture.
   Depending on the cheese you're using, you might need to add more or less flour. The dough should be soft and just a bit sticky, but firm enough to form doughnut balls with your hands.
- Spread some flour on your working surface and knead the dough for a bit to fully combine the ingredients.
- Form 6 large balls and 6 small balls, like in the photo.
- Using your finger, form a hole in each large ball.
- Heat enough oil in a pot to cover the papanasi. Make sure
  the oil is hot to do this, drop a bit of dough in the oil and
  see if it sizzles.
- Fry two large doughnuts ant two small doughnuts at a time, until they're golden brown on each side.
- Transfer the doughnuts to a platter covered with absorbent paper to remove the excess oil.

SAYING IN OUR LANGUAGES

# BON APPÈTIT DOBAR TEK AFIYET OLSUN BUON APPETITO POFTĂ BUNĂ

ENJOY OUR FOOD AND STAY
HEALTHY

