

IMPROVING TRADITION

- Mediet4all -



SCIENTIFIC **INNOVATION**
IN HERITAGE RECIPES



Mediet4all

Embracing the power of the
Mediterranean Diet and Lifestyle



LENTIL SOUP

for 4 people

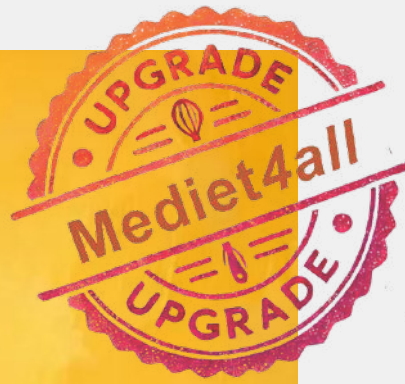


3 hours

- 250 g dried lentils
 - 1 onion
 - 2 carrots (medium-sized)
 - 2 potatoes (medium-sized)
 - 1 leek
 - 1.2 l water or vegetable stock
 - 1–2 tbsp oil
 - 4 sausages
- Salt and pepper to taste
(Optional) 1 dash of vinegar



1. Soak the lentils
Cover with cold water and leave to soak for 2 hours.
2. Prepare the vegetables
Clean, peel and dice.
3. Sauté the vegetables.
Heat the oil in a pan and sauté the vegetables.
4. Add the lentils and stock/water.
Cover and simmer until the lentils are soft.
5. Add the sausages.
Slice and heat in the soup (approx. 5 minutes).
6. Season to taste and serve.



No meat:
Plant-based and sustainable



Sauerkraut:
Fermentation power for the gut



Wholemeal:
Makes you strong and fills you up

LENTIL BURGER

for 4 people



30 minutes

- 2 tins of lentils (approx. 400 g)
 - 1 onion, finely chopped
 - 1 carrot, finely grated
 - 2 slices of wholemeal toast
or 3 tbsp potato starch
 - 60 g sauerkraut, finely chopped
 - 1 tbsp tomato purée
 - 4 tbsp oil for frying
- Salt and pepper to taste



1. Drain the lentils.
Collect the liquid in a bowl.
2. Soak the bread in the liquid for 5 minutes.
Squeeze well with your hands and place in a second bowl.
3. Mix all ingredients thoroughly.
Form patties from the mixture with damp hands.
4. Fry the lentil burgers.
Heat oil in a pan and fry burgers until golden brown.



MOROCCAN COUSCOUS

for 4 people



1 and 1/2 hours

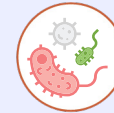
- 600–800 g lamb (shoulder or leg), cut into pieces
- 2 onions, 2 carrots, 1 bell pepper, 2 tomatoes, 1 piece of white cabbage, 1 courgette, 2 potatoes, diced
- 1 tin of chickpeas (approx. 240 g), put aside the brine
- 1 bunch flat-leaf parsley
- 1 bunch fresh coriander
- 2 tbsp vegetable oil
- 300–350 g fine couscous
- 700 ml hot water
- ½ tsp turmeric, ½ tsp ginger powder
- Salt and pepper



1. Fry the meat and onions in oil
Season with salt and pepper. Add tomatoes.
2. Add the firm vegetables first
Sauté the carrots, potatoes and cabbage briefly.
Add the spices
3. Prepare the couscous
Pour boiling water over it. Cook the couscous in a steamer basket over the pot, loosening it occasionally.
4. Add the peppers, courgettes and chickpeas
After 40 minutes, add the chickpeas along with the aquafaba (brine) and chopped herbs. Cook for another 15 minutes.
5. Serve
Arrange the couscous in a dome shape, place the meat and vegetables in the middle, pour over the stock as desired or serve separately.



More protein:
For healthy growth



Lactic acid fermentation
Fermentation power for the gut



Raw vegetables:
Packed with antioxidants!

VITALITY BOWLS

for 4 bowls



40 minutes

For fermented couscous

- 300 g fine couscous
- 1 tin chickpeas with aquafaba (approx. 240 g)
- 40 ml orange juice
- 1 large carrot, finely grated
- 1 bunch coriander, finely chopped

For the pepper sauce

- 2 red peppers and 2 cloves of garlic
- 1 handful fresh parsley
- 5 tbsp olive oil, salt

For the meat and vegetables

- 500 g lamb, cut into cubes
- 2 pre-cooked potatoes, diced
- 1 courgette, diced
- 1 small onion, finely chopped
- 2 handfuls of white cabbage, finely shredded
- 2 tbsp oil, salt, pepper



1. Ferment the couscous (the day before)

Place the ingredients in a bowl, cover and leave to stand for 12 to 24 hours. Loosen with 5 tablespoons of olive oil – serve raw!

2. Paprika sauce (fresh on the day)

Finely purée all ingredients. Chill – serve only at the very end.

3. Lamb stir-fry

Fry the vegetables in oil over a high heat, then add the lamb pieces. Fry everything vigorously, season with salt and pepper to taste.

4. Bowl effect

Serve everything in small bowls on a wooden board – each component separately – so guests can layer and discover for themselves.



MOUSSAKA

for 4 people



1 and 1/2 hours

- 3 eggplants
- 500 g minced lamb or beef
- 1 large onion
- 400 g tomatoes
- 3 tbsp olive oil
- 500 ml béchamel sauce,
- Salt and pepper



1. Slice and fry the eggplants and the onion in a pan. Season with salt and pepper. Set aside.
2. Add the meat. Add tomatoes and cook for about 20 minutes.
3. In a ceramic ovenproof dish. Layer the aubergines, the béchamel sauce and the meat. Cover the upper layer with the sauce.
4. Bake at 180° until golden



Vegetable oil and nuts:
healthy fats for your brain



Lactic acid fermentation:
Fermentation power for the gut



Raw vegetables:
Packed with antioxidants!

PICKLED BABY EGGPLANTS

for 4 persons



40 minutes

Ingredients

- 900 g baby eggplants
- 1 cup walnuts, chopped
- 4–5 cloves garlic, minced
- 1 red bell pepper, finely diced
- 1 teaspoon salt

For preserving:

- 1 large glass jar
- Extra-virgin olive oil, enough to fully cover



1. Boil the eggplants for 5-8 minutes

until tender but not falling apart. Drain and let them cool.

2. Stuff the eggplants

Make a lengthwise slit in each eggplant and stuff with all the ingredients.

3. Preserve in olive oil

Arrange the stuffed eggplants tightly in a clean glass jar. Cover completely with extra-virgin olive oil.

4. Seal the jar and let it rest at least 5–7 days before eating. Ideally 2–3 weeks for deeper flavor.



PIZZA MARGHERITA

for 3 pizzas



7 hours (incl. waiting time)

For the dough

- 150 g Manitoba flour
- 225 g 00 flour
- 225 g water
- 8 g salt
- 10 g fresh yeast

For the topping

- 200 g tomato sauce
- 150 g mozzarella
- 7 g olive oil (EVOO)
- a bunch of fresh basil



1. Mix and knead the dough

Dissolve the yeast in a bowl with lukewarm water, then add flour and salt and knead everything together.

2. Fold the dough and leave to rest

Cover and leave to rest for 10 minutes, then fold several times (from the outside in). Shape into a ball and leave to rise for 1 hour.

3. Divide the dough into portions

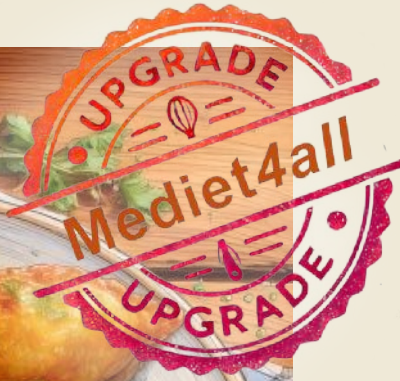
Divide the dough into 3 equal pieces, shape them into balls again and leave to rest for another 30 minutes. Preheat the oven to 250°C.

4. Shape the pizza and pre-bake

Flatten each piece of dough on some semolina and roll out to 25 cm. Brush with tomato sauce. Pre-bake for 6 minutes.

5. Add the toppings and finish baking

Tear the mozzarella into pieces and place on the pizza, bake for another 6 minutes. Garnish with basil and olive oil – serve hot!



Basil pesto:
Healthy fats and antioxidants



Sauerkraut:
Fermentation power for the gut



Long fermentation:
Less gluten!

Fermented Dumplings

for 4 people



30 minutes

Universal dough (prepare at least 1 day in advance)

- 500 g pizza flour (at least 13% protein)
- 350 ml water
- 3 g fresh yeast
- 10 g fine salt

For the filling:

- 150 g mozzarella, well drained
- 100 g sauerkraut, chopped
- 2-3 tbsp green pesto
- Optional: pepper, nutmeg



1. Prepare the dough (up to 10 days in advance)

Dissolve the yeast in a bowl with the lukewarm water, then add the flour and salt and mix well with a spoon.

2. Leave the dough to rise

Cover the bowl and leave to stand at room temperature for 1 hour. Then store in the refrigerator for up to 10 days.

3. Use the dough whenever needed

Remove the desired amount (approx. 500 g) from the refrigerator. Divide into 4 portions, cover and leave at room temperature for 30 minutes.

4. Shape the pastries and bake

Stretch each dough ball into a flat circle, place 1-2 tablespoons of filling in the centre. Fold the edges over and press down with your fingers.

Bake in the oven at 220°C for approx. 15-18 minutes until golden brown.



PLUM TART

(approx. 30 cm)



1 and 1/2 hours

For the shortcrust pastry:

- 250 g flour
- 125 g cold butter
- 80 g sugar
- 1 egg
- 1 pinch of salt

For the topping:

- Approx. 800 g plums (ripe but firm)
- 2–3 tbsp breadcrumbs or ground almonds
- Cinnamon or vanilla sugar



1. Prepare the shortcrust pastry

Knead the ingredients into a dough, shape into a ball, wrap in cling film and chill for approx. 30 minutes.

2. Wash, halve, and stone the plums

Preheat the oven to 180°C.

3. Roll out the dough and place it in the greased tin.

Prick the base with a fork and sprinkle with breadcrumbs or almonds.

4. Add the filling

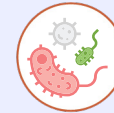
Arrange the plums in a circle on the dough, skin side down, and sprinkle with vanilla sugar/cinnamon.

5. Bake

Bake on the middle shelf for approx. 40–45 minutes until the edges are golden brown and the fruit is soft.



More protein:
for healthy growth



Yoghurt:
fermentation power for the gut



Raw fruit: more vitamins

PLUM-VERRINES

for 6 Verrines



40 minutes

Plum filling

- 400 g plums, pitted and diced
- 2 tbsp honey
- Fresh mint leaves, chopped

Quick shortcrust pastry:

- 1 egg
- 5 tbsp sugar (approx. 50 g)
- 5 tbsp oil (approx. 50 g)
- 10 tbsp flour (approx. 100 g)
- 1 tsp baking powder
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Yoghurt layer

- 300 g natural yoghurt
- 1 tsp cinnamon



1. Prepare the plum filling.

Mix everything together and leave to stand for approx. 10–15 minutes.

2. Prepare the shortcrust pastry.

Preheat the oven to 180°C. Mix all the ingredients together with a spoon.

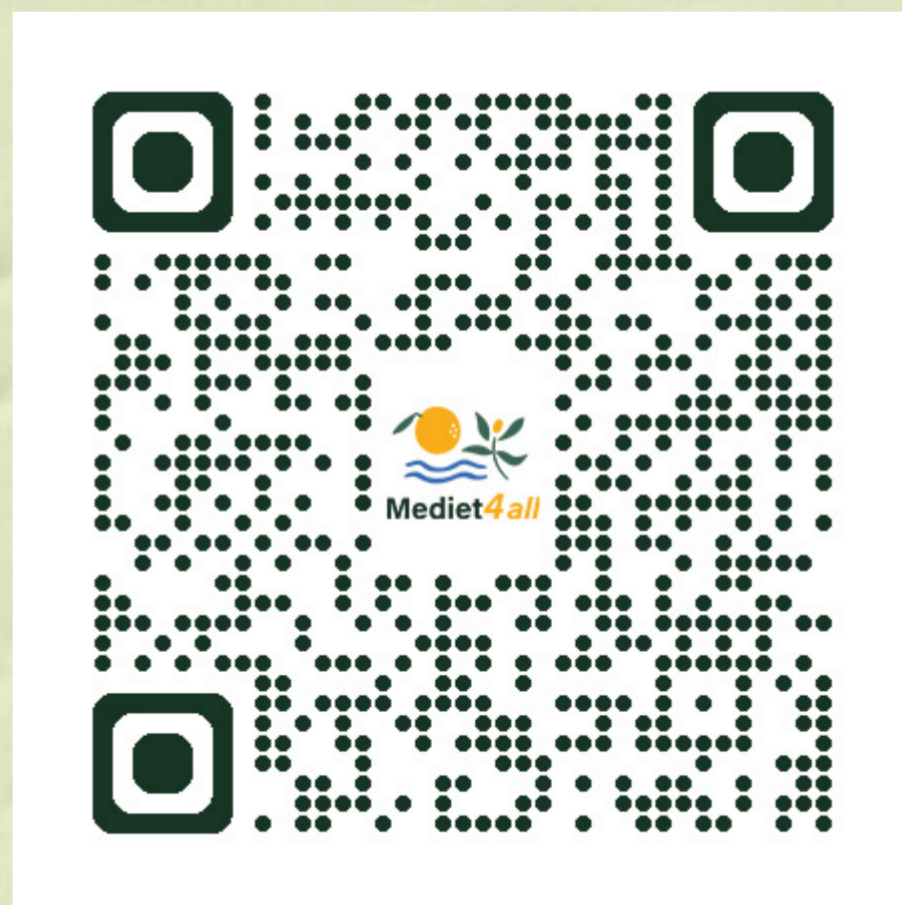
3. Roll out the dough to a thickness of approx. 0.5cm.

Cut out circles using a glass. Place on baking paper and bake for approx. 10–12 minutes.

4. Layer the verrines.

First layer the plums, then the yoghurt with cinnamon and shortcrust pastry, repeat and finish with plums. Garnish with mint leaves.

Keeps in the refrigerator for 1 week.



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