HEALTHY MEALS AND
TRADITIONAL MEALS

SLOVAK RECIPES, CZECH RECIPES, FINNISH RECIPES

FIT SCHOOL CHILDREN

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Základní škola, Třemošnice, okres Chrudim
ZŠ Sama Cambela, Slovenská Lupča
Kolin koulu, Lieksan kaupunki, North Carelia
HEALTHY MEALS
### Potato cakes

**Ingredients:**
- 6 potatoes
- 1 onion
- 3 cloves of garlic
- 1 egg
- pinch of salt
- ground black pepper
- 2 tbsp flour
- cooking oil

**Procedure:**
- Peel the potatoes and wash them.
- Grate the potatoes, onion and garlic.
- Add an egg, flour, salt, ground black pepper and mix it together.
- Take a spoon and put spoonfuls of the mixture into frying pan of very hot oil, making small round „cakes“.
- Put the cakes on paper towel to soak up excess cooking oil.
- Serve on a plate.

**To use these calories:**
- jog for 1 hour
- cycle for 1 hour
- play golf for an hour and a half
- walk for 3 hours
- play volleyball for 2 hours

**1 portion = 379 kcal**

### Vegetable gratin

**Ingredients:**
- tomato
- cucumber
- potatoes
- grated cheese
- cream
- black pepper
- 25g butter

**Procedure:**
- Slice the vegetables
- Butter a shallow ovenproof dish
- Layer the sliced vegetables into the dish
- Sprinkle with ground black pepper
- Pour over the cream and put pieces of butter on the top
- Sprinkle with grated cheese.

**To use these calories:**
- do athletics for an hour
- play basketball for an hour
- play badminton for an hour and a half
- do zumba for an hour

**1 portion = 650 kcal**
Healthy Finnish food

Outdoor grilled sausages with mixed salad

Light Sausages

Green salad ingredients:
- 1 piece Iceberg lettuce, 2 piece cucumber
- 5 tomatoes, 1 tin pineapple

Potato salad ingredients:
- 6 boiled cooled potatoes, ½ onion chopped
- 2 pickle cucumber, 2 decilitre light majonese
- ½ lime juice

Finnish Salmon Soup

Ingredients:
- 1 Teaspoon Butter
- 1 Yellow Onion finely chopped
- 4-5 Potatoes
- 1/2 kg Fresh Salmon Fillet cubed
- 500 ml milk, 500 ml water
- 1 cup Fresh Dill finely chopped
- 5 pieces Bay Leaf
- Dash of sea salt
- Dash of pepper
- 1 fish stock cube

Procedure:
Cut the potatoes roughly into 1-inch cubes. In a large saucepan, simmer the chopped onions in the butter over medium heat until soft.
Add peeled and diced potatoes and then enough water to just cover the potatoes. Turn up the heat to high, cover the saucepan with a lid, bring to a boil and cook the potatoes until they are just soft, adjusting the heat down as necessary.
Add the cubed salmon to the pot and cook until it is mostly opaque (this will take about 5 minutes, if that). Do not stir the soup so as not to break up the salmon.
Add the fish stock and milk, along with a sprinkling of salt and pepper to taste. Cook for 5-10 minutes.
Take off the heat and stir in the fresh dill.
Serve with rye bread and butter.

Sport activities to spend 292 calories
- Football 49 min
- Basketball 51 min
- Swimming 1 h 20 min
- Walking 1 h 50 min
- Volleyball 1 h 18 min
- Dance 1 h 32 min

Sport activities to spend 71 calories
- Football 9 min + Basketball 9 min
- Swimming 15 min + Walking 20 min
- Volleyball 14 min + Dance 17 min

1 portion = 292 kcal

100 g = 71 kcal
Risotto with chicken meat and vegetables

**Ingredients:**
- 500 g chicken breast
- 75 g butter/oil
- 200 g rice
- 200 g vegetables (carrots, peas, corn)
- 100 g grated cheese

**Procedure:**
Fry the cut onion in oil/or butter/softly, add the cut chicken meat and roast it.
Add boiled (or steamed) rice, vegetables, salt, and pepper, pour some water into it and stew it all until it is soft.
Sprinkle each portion on the plate with grated cheese.

4 portions

To use these calories:
- Running Uphill 21 min
- Running (10km/h) 29 min
- Swimming (breaststroke) 34 min
- Cycle 38 min
- Tennis 42 min
- Bowling 54 min
- Walk 82 min
- Working on PC 194 min
- Learning in a Class 214 min

Grilled salmon with potatoes

**Ingredients:**
- 1 kg salmon
- 75 g butter
- herbs (parsley or another according to taste)
- 1 kg potatoes
- caraway seeds

**Procedure:**
Mix melted butter with chopped herbs. Salt cleaned salmon fillets, sprinkle them with lemon juice and leave them to mature. Spread the fillets with mixture and place them on grill. Grill salmon on each side until golden. Spread the fillets with the rest of the mixture. Peel the potatoes, cut them and cook in salted water with caraway seeds until they are tender. Serve salmon with potatoes.

1 portion = 303 kcal

To use these calories:
- Running Uphill 25 min
- Running (10km/h) 34 min
- Swimming (breaststroke) 40 min
- Cycle 45 min
- Tennis 50 min
- Bowling 65 min
- Walk 97 min
- Working on PC 230 min
- Learning in a Class 254 min
Dumplings with sheep cheese

Procedure:
Peel the potatoes and grate them.
Add salt, egg and flour.
The mixture has good consistency, if a spoon stands up in the mixture.
Pour the mixture through the dumpling sieve into the pot with boiling water.
Let them cook for 10-15mins.
Stir the dumplings gently while cooking.
Cut the bacon into pieces and roast it.
Pour the water away from the cooked dumplings.
Put them into big bowl with sheep cheese, Greek yoghurt and roasted bacon.

Ingredients:
800g potatoes
(5 potatoes)
1 teaspoon salt
300g flour
1 tbsp plain/white yoghurt
300g sheep cheese
150g bacon

To use these calories:
- jog for 2 hours
- cycle for 2 hours and a half
- play squash for an hour and a half
- swim for 3 hours

1 portion = 950 kcal
Cheesecake

Ingredients:
- 500g curd
- 400g flour
- 50g powder sugar
- 100g butter
- pinch of salt
- lemon zest (skin)
- 2 egg yolks
- vanilla sugar
- raisins, yeast, milk

Procedure:
Make the dough by mixing milk, yeast and sugar and leave it to rise.
Sift the flour and sugar, then add the pinch of salt, melted butter, grated lemon zest, 1 egg yolk and the yeast made in step 1.
Make the above into the dough and leave it to rise on warm place.
Make the filling: mix the butter with vanilla sugar, curd, 1 egg yolk and raisins.
Then roll the dough with the rolling pin on a floured board.
Put the dough on a greased baking pan, cover it with the filling made in step 4.
Bake in the oven at 180°C.

Karelianpies

Procedure porridge filling:
Place milk, water, rice and salt into a large saucepan and bring to a simmer. Be sure to stir regularly and when it starts to thicken stir continuously so it does not stick to the bottom. It is ready once thickened and all the liquid is absorbed. It will resemble porridge.

Ingredients:
- Porridge filling:
  - 1 litre milk
  - 2 decilitres water
  - 2 decilitres short grain rice
  - Salt to taste

Ingredients:
- Crust:
  - 1,5 decilitres cold water
  - 1 decilitre plain flour
  - 3 decilitres rye flour
  - 1 tsp salt

Calories in 100g:
(P 4,1 H 23,6
R 3,2 in one pie 60g)
Procedure crust:
Mix cold water, salt, rye flour and plain flour into a hard dough. Roll the dough out into a log and cut it into 24 pieces. Roll each piece into a ball and press into a flat round cake on a floured board. Using a rolling pin, roll each cake into a paper thin round shape. Use flour sparingly to ensure surface and dough do not stick. Stack up the rolled out circles with a sprinkle of rye flour in between each sheet.
Once the filling has cooled down brush off excess flour and spread about 2 tablespoons of rice porridge in the middle of the dough in an oval shape. Ensure the filling reaches the top and bottom of the circle but leave the sides empty. Start to shape the pie by pinching the top end into a point, then with hands on either side of the circle pinch the sides from the top end to the bottom. As you pinch the dough will drag in, pinch the bottom end to a point (like the top).
Place finished pies onto a baking tray and bake in the oven at 275-300°C for approx 15 minutes until the crust is crispy and lightly browned. After you remove from the oven brush the top with butter while hot, and EAT!

To make the egg topping mix boiled eggs with creamed butter (6 eggs to 1/2 cup butter) and salt, then smother on top.

Minced meat soup

Procedure:
Sear the minced meat in the frying-pan
Chop the onion small pieces
Cut the potatoes and vegetables into easy-to-eat pieces.
Put the minced meat, potatoes and vegetables in water and salt into a pan and bring to a boil. Add black peppercorns and chopped onion. Let it boil about 40 minutes until vegetables are soft.
Taste and add salt and pepper if needed. Garnish with parsley.
Roast sirloin in sour cream sauce with dumplings

Procedure:
Cut through the meat with pork bacon fat, cover it with salt and pepper and fry it in oil in a frying pan on all sides. Then put it in a roasting pan and put the roasting pan into the oven.
When the meat is ready, put the cut vegetables in cubes into the sauce of meat, add the onion and the other spices.
When the vegetables are ready add hot boiling water under meat with vegetables, put the dish cover on the roasting pan and put it all into the oven to bake. Time to time pour the meat with its own meat sauce and hot bouillon until the meat turns soft.
When meat is soft take it out of the roasting pan and keep it warm.
Take the soft vegetables and sauce of baked meat and mix it
Mix the milk with 25 grammes of flour add it into the mixture made of the vegetables and the meat sauce.
Add cream to make sauce smooth and a bit of lemon and perhaps a bit of salt.
Slice the meat and serve it with the sauce and rolls dumplings.

4 portions

Dumplings

Procedure:
Put sieved flour into a bowl.
Make a little hole into the flour and put the leaven, a half of the lukewarm milk into it and let it rise. Mix the second half of the milk with the egg, salt and put the mixture into the bowl to make dough.
Mix the dough with wooden spoon until the dough is glossy, doesn’t make bubbles and doesn’t stick the spoon. Cover the dough with flour, put a dish towel over the bowl and let the dough to rise. Cut the rolls in cubes.
When the bowl is almost full of risen dough mix it with cubes made of rolls. Take the dough out and make two cylinders of dumplings and let them have a rest for a while.
Boil water in a big cooking pot with a spoon of salt and put the cylinders of dumplings into it. Cook them for 20 minutes on both sides (10 minutes each side).
Take the cooked dumplings out of water, prick them with a fork and slice them with a thread. (Make 1,5cm wide slices)

6 – 8 portions
Chicken schnitzel

Ingredients schnitzel:
- 800 g chicken breasts
- 100 g all-purpose flour
- 200 g bread crumbs
- 2 eggs, salt, frying oil

Ingredients potato salad:
- 750 g potatoes, 2 eggs, 1 carrot,
  1/4 celery, 60 g peas, 1 onion
- 2 – 3 pickled cucumbers
- 200 g mayonnaise
- 1 tablespoon of mustard
- salt, pepper

Procedure schnitzel:
Clean the breasts and cut them so they are of the same thick. Pound them and salt both sides. Dust each breast with flour, coat them in egg mixture (eggs mixed with water) and in the bread crumbs. Fry the breasts (each side) in the sufficient amount of oil until golden. Place on a serviette and let the oil drip off.

Procedure potato salad:
Boil potatoes with the skin on and peel them when they are cold. Boil eggs for about 10 minutes and peel them. Cook cleaned carrot and celery in salted water. Dice all into small pieces, chop onion and pickled cucumbers. Add peas. Mix all ingredients together adding mayonnaise, mustard, salt, pepper and pickles (according to your taste). Refrigerate and leave salad to mature.

To use these calories:
- Running Uphill 28 min
- Running (10km/h) 39 min
- Swimming (breaststroke) 46 min
- Cycle 50 min • Tennis 57 min
- Bowling 73 min • Walk 109 min
- Working on PC 259 min
- Learning in a Class 285 min

1 portion = 340 kcal