

Cheffing



A healthy diet includes a variety of foods of different colors that include proteins, fats, vitamins, minerals and complex carbohydrates. A diet rich in energy helps your body fight of diseases and allows you to move throughout life with minimal issues.

Maintaining a healthy weight is difficult for most people a, especially those that are already struggling with a disease, daily desk jobs, stress and hormonal changes. Keeping well nourished is vital for physical and mental health. Therefore this book can be used to personalise your own diet and pick out the health tips that work for you.

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DISCLAIMER: THIS BOOK IS NOT FINISHED, THEREFORE SOME PARTS ARE MISSING.

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The Book's nutrition guide

Everyone needs to eat. Food fuels our bodies throughout the day, but it is also something we share—a moment to pause and connect. Because our routines, workloads, and climates vary, the way we eat naturally differs. We are all born with unique bodies and microbiomes. As you read, keep in mind that you don't need to adopt every tip. Instead, choose what fits seamlessly into your life to support a healthy body and mind.

Stable Blood Sugar & Mental Well-Being Balanced meals focus on providing adequate vitamins while maintaining stable blood sugar levels. Preventing energy crashes gives your body the resources to heal faster from physical stressors while enabling your brain to function at its best. A growing body of research shows that a diet rich in healthy fats, quality proteins, and colorful vegetables significantly improves mood and reduces rates of depression.

Your Microbiome, Culture, and Cravings Your cravings are often just your gut bacteria searching for the foods they are accustomed to. If you grew up in a culture that eats a lot of bread or rice, your gut microbiome was populated early on with bacteria that thrive on those staples. This cultural adaptation also explains why certain populations digest lactose better than others: some lineages simply lack generations of gut bacteria equipped to process it smoothly.

The Power of Hormones Hormones are powerful chemical messengers that influence our minds and bodies deeply. Unlike many substances transported through the bloodstream that remain confined to blood vessels, hormones reach every single cell in the body. They even affect your skin from the inside out—as seen in hormonal acne.

Synergistic Living & The Value of Bacteria What if you could optimize your growth, muscle recovery, and mental health through targeted nutrition rather than relying solely on medications? Fascinating research into fecal microbiota transplantation (often delivered via specialized capsules) shows that introducing beneficial bacteria from a donor allows patients to digest foods they previously could not process. Without these specific microbes, our bodies lack the enzymes to break down certain elements.

We live synergistically with microscopic organisms. While bacteria are often viewed as disease-causing germs, most are beneficial. Your heritage shapes which foods your gut handles best, which is why fermented foods—introducing live, beneficial microbes—are so transformative for digestive health.

Rethinking Fats & Cholesterol Nutrients work best in combination: dietary protein requires healthy fats for optimal absorption. For decades, fat has been vilified, yet unsaturated fats are vital for cellular health and brain function. Similarly, LDL and HDL are commonly labeled as "bad" and "good" cholesterol, but they are essentially transport vehicles—like cellular mail carriers. When overall triglyceride levels are low and systemic inflammation is managed, higher transport numbers are often a sign of healthy metabolic transport rather than a cause for concern.

Blood glucose tips

- Eat foods in the right order: Consume vegetables (fiber) first, followed by proteins and fats, and save starches and sugars for last. This slows down gastric emptying and reduces glucose spikes.
- Start with a green starter: Begin your lunch or dinner with a savory, vegetable-first starter (like a side salad or raw veggies) to coat the digestive tract in fiber before eating main carbs.
- Stop counting calories, focus on spikes: Prioritize steady glucose levels over strict calorie restriction to maintain consistent energy, reduce cravings, and balance hormones.
- Flatten your breakfast curve: Switch from sweet, high-carb breakfasts (pastries, sweetened cereals, fruit juices) to savory breakfasts rich in protein, healthy fats, and fiber (eg, eggs, avocado, tofu).
- Have any type of sugar you like, but treat it as dessert: Eat sweet treats at the end of a balanced meal rather than on an empty stomach to buffer the glucose impact.
- Reach for vinegar before you eat: Drink a tablespoon of vinegar (like apple cider vinegar) diluted in a large glass of water up to 20 minutes before a meal to lower the resulting glucose and insulin spike.
- Move after you eat: Engage in 10 to 20 minutes of light physical activity (like walking, cleaning, or doing bodyweight squats) within 70 minutes after a meal so your muscles use up the incoming glucose.
- Create resistance starch by allowing your cooked potatoes, pasta or rice to completely cool down. When starchy foods are cooked in water, their starch granules swell and absorb liquid (gelatinization). As the food cools down, the starch molecules recombine into a tight, crystalline structure that digestive enzymes cannot easily break down. This process is called retrogradation. Once created, this resistant starch moves through your digestive system mostly intact, yielding several key benefits: 1) Lower Glucose Spikes: Fewer carbs are absorbed as free sugar, flattening your post-meal blood sugar curve. 2) Enhanced Gut Health: Your microbiome ferments the resistant starch into short-chain fatty acids (like butyrate), which nourish the colon wall and reduce inflammation. 3) Increased Satiety: Keeps you feeling full for longer without adding extra calories.
- microgreens: sprouting lentils, beans, broccoli seeds create nutrient powerhouses with an extremely high amount of antioxidants while keeping the carbohydrates lower since the plant used the sugars to grow and sprout.

The gut microbiome

The Gut-Brain Axis & Mood

About 90% of your body's serotonin (the "feel-good" hormone) is actually produced in your gut with the help of your microbiome. These bacteria communicate directly with your central nervous system through the vagus nerve. When your gut flora is diverse and thriving on fiber, healthy fats, and fermented foods, it produces short-chain fatty acids that reduce systemic inflammation, stabilize stress responses, and boost your overall mood.

Why Your Microbiome Drives Your Cravings

Cravings aren't just a lack of willpower; they are often driven by your gut microbes manipulating your appetite. Different species of bacteria thrive on different fuel sources:

- **Sugar & Starch Lovers:** Bacteria that feed on refined carbs can send chemical signals that trigger intense cravings for sweet or starchy foods to ensure their own survival.
- **Fiber & Polyphenol Lovers:** Microbes that digest complex plant fibers release signals that increase satiety and stabilize your appetite.

When you shift your diet, you change which bacteria get fed. Over time, feeding beneficial bacteria starves out the sugar-seeking microbes, effectively resetting your cravings, steadying your energy, and supporting a balanced mind.

Condiments



Kousa Ganoush

4 serves

10 min. prep time
& 25 min. cook time

Summer season,
vegetarian, low carb

Ingredients

3 zuchinni
2-5 garlic cloves
2 spoons tahini
2 spoons yogurt
½ lemon or 1 spoon of apple cider
vinegar
½ tS salt
¼ tS pepper
1 tS cumin

Workflow

1. Roast the garlic in the oven and mash it. Or mince the garlic.
2. Chop the zucchini in rough pieces.
3. Cook the zucchini for 20-25 minutes.
4. Add the zucchini and all other ingredients to a bowl.
5. Whisk well.

→ This can also be made with roasted feta cheese instead of yogurt.
→ This can also be made with roasted cashews instead of yogurt. (Vegan)
→ Adding a roasted and then blended red bell pepper will add more flavor.

Baba Ganoush

4 serves

10 min. prep time
& 25 min. cook time

Summer season,
vegetarian, low carb

Ingredients

2 eggplants
60 grams Tahini
2 cloves garlic
2 S lemon juice
2S olive oil
¼ tS salt
2S Parsley

Workflow

1. Roast the garlic in the oven and mash it. Or mince the garlic.
2. Chop the zucchini in rough pieces.
3. Cook the zucchini for 20-25 minutes.
4. Add the zucchini and all other ingredients to a bowl.
5. Whisk well.

→ This can also be made with roasted feta cheese instead of yogurt.

→ This can also be made with roasted cashews instead of yogurt. (Vegan)

→ Adding a roasted and then blended red bell pepper will add more flavor.

Tirokafeteri (Greek)

Baked feta & bell pepper

4 serves

2 min. prep time
& 15 min. cook time

Low carb,vegetarian

Ingredients

30 g Red bell pepper, roasted
1 garlic clove
200 g Feta cheese
Pepper
salt
1 S red wine vinegar
1 and ½ S olive oil
1 red chili pepper

Workflow

1. Cut the bell pepper open and take out the seeds.
2. Roast the bell pepper, garlic and feta cheese in a 200 degrees oven until browned. (This can also be done on an open fire)
3. Add the bell pepper, feta, garlic, red wine vinegar, chili and one spoon of olive oil to a food processor or blender. Blend until you have a smooth paste.
4. Add pepper and salt to taste.
5. Drizzle ½ spoon of olive oil over your fresh Tirokafeteri. You can garnish this with some fresh parsley and red pepper flakes as well.

Sofrito

an italian base to everything

Depending
on useage

5 min.

Used to flavor
sauzes, fish, stew,
chicken, beans

Ingredients

2 green bell peppers
1 large onion
1 head of garlic
20 g cilantro
20 g culantro
10-12 aji dulce (chili peppers)
2 tomatoes (optional)

Workflow

1. Roughly chop all the ingredients.
2. Pulse to a coarse blend in a food processor. Be careful to not make it watery.
3. You can freeze this mixture in an ice cube tray to portion it out or put it in a sterile jar for immediate use.

Variations:

Epis from Haiti:

20 g Parsley
1 green bell pepper
1 red bell pepper
1 head of garlic
4 twigs of fresh thyme
A handful cloves
2 spoons of olive oil
1-2 cubes Bouillon
30 g Scallians
water

Workflow:

1. Roughly chop all ingredients and remove the bell pepper seeds.
2. Take of the tiny leaves from the fresh thyme
3. Pulse the ingredients without the water.
4. Add water slowly until the required consistency is achieved. We're not looking for a fully blended mixture, rather a chunky but runny and wet paste.

Sazón from the Dominican republic:

30 g Anatto powder (Achiote)
2 S Coriander
½ head of garlic
1 S cumin
1 S salt
2 S black pepper
½ large onion

Follow the same workflow as the previous recipe.

Hollandaise

4 serves

1 min. prep time
& 5 min. cook time

The basic french
sauce.

Ingredients

5 egg yolks

300 g butter

1 S Lemon juice

White pepper

Salt

150 ml wine vinegar → this can be
left out

150ml White wine → this can be left
out and replaced with a bit of warm
water if needed

Workflow

1. Melt the butter and let it rest and cool down a bit.
2. Put a small saucepan on the fire and put a bowl on top of the saucepan. The bowl should not fit inside the pan, rather stay on top of the pan.
3. Put the egg yolks, a bit of the wine and wine vinegar inside the bowl and whisk over medium heat. It should create a creamy yellow base.
4. Add in the melted butter slowly while continuously stirring.
5. Add the lemon juice and the rest of the wine and wine vinegar while stirring.
6. Add the salt and pepper to taste.

Bechamel

4 serves

0 min. prep time
& 10 min. cook time

A classic white
sauce ideal with
pasta.

Ingredients

30g butter
40 g flour
7 dl Milk
0,5 lemon
White pepper
Salt
Nutmeg

Workflow

1. Start with making the roux. A base of butter and flour. In a saucepan melt the butter on low heat and add the flour while stirring continuously.
2. Slowly add the milk little by little while stirring with a whisk continuously.
3. Take the saucepan off from the fire.
4. Add lemon juice, salt, pepper and nutmeg to taste. Stir with a whisk.

If the mixture is too thick, add a little more milk.

!To make the sauce extra shiny, add an egg yolk while stirring at the end.

Gremolata

Depending
on usage

10 min. prep time
& 0 min. cook time

Flavorful mix for the
base of a salad or
paired with fish.

Ingredients

1 head Garlic, chopped finely
1 Lemon, zested peel
A Lot of Flat leaf Parsley, chopped
(-> ¼ of the parsley can be replaced by
mint for variations or added flavor)
Salt
1 S Olive oil

Workflow

1. Zest the peel of the lemon.
2. Chop the parsley and garlic finely.
3. Add everything to a jar or bowl and add a pinch of salt.
4. Drizzle olive oil over the mixture

Gochujang (Korean)

Depending
on usage

2 min. prep time
& 5 min. cook time

Very spicy, vegan

Ingredients

4 S Gochigaru chili powder
3 S glutenous rice flour
140 g White miso paste
3 S soy sauce
3 S honey or maple syrup
1 S rice vinegar
1 S garlic, minced
½ tS salt
120 g water

Workflow

1. Cook the rice flour with the water over low heat. Stir until it thickens into a paste. Then let it cool down.
 2. In a bowl, combine the red chili powder, miso paste, soy sauce, honey, rice vinegar, garlic and salt. Mix well.
 3. Stir the rice flour paste in the mixture until smooth.
 4. Transfer to a sterile, airtight jar.
- This paste stays fresh in the fridge for months.

Bearnaise

4 serves

5 min. prep time
& 20 min. cook time

Very difficult to
make

Ingredients

250 g butter
3 eggs
3 Shallots, diced finely
10 black peppers corns
0,5 dl water
0,5 dl dry white wine
0,5 dl dragon vinegar (white wine
vinegar infused with tarragon)
5 sprigs of thyme
½ lemon
pepper
salt
5 sprigs of chervil
5 sprigs of Tarragon

Workflow

1. In a cup add the water, white wine and dragon vinegar. Heat the mixture in a saucepan on medium heat.
2. Peel the shallots and dice them finely. Break and squish the peppercorn underneath a big pot.
3. Add the shallots, peppercorn and thyme to the saucepan.
4. Let the mixture slowly cook without a lid until ⅓ of the starting mixture remains. The water will evaporate and the flavors will be more enhanced.
5. Pour the mixture through a colander to take any chunks out.
6. Cut the butter in cubes and smelt it on low heat in another pan. Remove any white chunks that will float on the top. We want clarified butter.
7. Separate the egg yolks from the egg whites. Whisk the egg yolk with a bit of the mixture until you get a creamy strong blend.
8. Pour the mixture in a high saucepan. Put it on low heat and stir continuously with a whisk. To control the temperature, take the whole pan off the fire once in a while. Keep doing this until you have a schuimige stirdy sauce. The whisk should be able to leave its trace in the sauce.
9. Pour the clarified butter in to this mixture and whisk continuously. Keep whisking for a while
10. Bring to taste with lemon juice, salt and pepper. Add some finely chopped tarragon and chervil and stir them through the sauce.

Nam prik gang ped tai

Southern Thai sour curry paste

4 serves

15 min. prep time
& 2 min. cook time

Very spicy

Ingredients

3 small hot chili
6 dried small red spur chillies soaked in warm water
1 slice fresh turmeric
35g shallots, chopped
35g garlic, smashed
1 lemon grass
1S Galangan ginger
1S. Kaffir lime rind
2 tS black pepper corn
2 tS shrimp paste
½ tS Salt

Workflow

1. In a mortar, add dried chili and salt and pound into a paste.
2. Add all other ingredients, except the shrimp paste and pound into a fine paste.
3. Add the shrimp paste and continue to pound until everything is mixed well.
4. When used fry the curry paste in oil for at least 2 minutes. It should fry until you smell the flavours clearly and the oil separates.

This paste will last for several months in a refrigerator.

Nam prik gang kheao wan

Thai green curry paste

4 serves

15 min. prep time
& 2 min. cook time

Very spicy

Ingredients

1-2 Green spur chillies/ cut and seeds removed
1-2 green bird eye chillies
1 stalk lemongrass
1 slice galangan ginger
2-3 cloves of shallots
1 slice lime rind
2-3 clove garlic
1 stalk coriander chopped
½ tS Roasted coriander seeds
½ tS roasted cumin seeds
½ tS white peppercorn
½ turmeric powder
½ shrimp paste
¼ tS salt
+ sweet basil can be added instead of the green chillies if you do not like spicy.

Workflow

1. Pound dry spices in a mortar.
2. Add lemongrass, galangal, kaffir lime, coriander and chillies and pound. Then remove this paste from the mortar.
3. Add garlic and shallots and pound until it becomes a fine paste.
4. Combine all ingredients in a mortar. Using a pestle or food processor. Pestle and mortar is preferred.

This paste will last for several months in a refrigerator.

! Always pound the dry ingredients first before adding the wet ingredients (like garlic and shallots).

403 kcal

Eggplant zalouk

4 serves

5 min. prep time
& 30 min. cook time

Vegan

Ingredients

1-2 kg eggplant
3 tomatoes
4 cloves garlic
1S koriander, chopped
½ tS parsley, chopped
½ ts black pepper
1 tS Cumin
1 tS smoked paprika
4 S olive oil
1 tS salt
lemon juice

Workflow

1. Remove the stem of the tomatoes. Slice and remove the seeds. Then chop finely
2. Chop the garlic very small.
3. In a skillet, add the olive oil, garlic and tomatoes with cumin, paprika salt and pepper. Cook 5 to 10 minutes on medium heat.
4. Dice the eggplants and remove the stem.
5. Add the eggplants to the, now, creamy tomatoes. And add a glass of water. Cover with a lid and cook for 20 minutes.
6. Stir often and add water if needed.
7. Add the koriander and stir.
8. Mash with a fork. It does not have to be finely mashed. It's a warm salad that can be scooped out of a plate with some pita bread.
9. Top with Parsley and some lemon juice to taste.

Chutney

4 serves

5 min. prep time
& 50 min. cook time

vegan, gluten free,
lactose free

Ingredients

1 zucchini, in cubes
1 onion
2 tS cinnamon powder
1 tS ginger powder
1 tS kardemon powder
1 tS chili powder
2 tS koriander
2-3 S erythrol sugar or 5 soaked dates
150 ml apple cider vinegar
Salt
pepper

Workflow

1. Add the zucchini, onion, spices and sugar with the apple cider vinegar and a little bit of water to a saucepan.
2. Bring this mixture to a boil and then turn to fire on low heat. Let the zucchini become very soft and don't let it burn. The herbs need plenty of time to release their aromas into the zucchini.
3. After 30-45 minutes turn off the fire and pour the chutney into a sterilized, glass jar.

If the jar creates a good vacuum seal then this mixture can be preserved for months. Turn the jar upside down overnight to create an airtight seal.

The sugar can be replaced with sweet fruits like mango or peaches. Sweeten to taste, there is no exact amount.

Easy-throw-together dips

1 serve is 1
to 2 eggs

3 min. prep time
& 12 min. oven time

Vegetarian, nut free,
All seasons?

1) Real mayonnaise

Needed: 1 egg at room temperature. 1S Dijon mustard. 1 tS of lemon juice. 200 ml neutral oil. ½ tS salt.

Process: In a tall container add the egg, mustard and lemon juice. Then blend without moving the blender. After a few seconds, when the mixture has started to thicken, slowly pour in the oil while blending continuously. Once all the oil is incorporated, add salt and blend again using an up and down motion.

2) Tzatziki

Needed: 240 grams of greek yogurt. ½ large cucumber peeled. 1S of lemon juice. 1-2 cloves of garlic. 1 tS fresh dill. ¼ tS salt. A pinch of black pepper.

Process: Grate the cucumber and squeeze out as much water as you can using a clean towel. In a bowl combine the greek yogurt, garlic, lemon juice and olive oil. Add cucumbers and the dill. Season it with salt and pepper. Let it chill in the fridge for 30 minutes. (1-2 hours is better for the flavors to melt.)

3) Tahini-yogurt sauce

add two tablespoons of Tahini and 240 grams of yogurt to a bowl. Whisk. Add lemon juice, salt and pepper to taste.

4) Classic Pesto

Needed: 75 g toasted pine nuts., 75g Basil, 1 clove of garlic, ¼ tS salt, 50g grated parmesan cheese, 100ml olive oil.

Process: Toast the pine nuts and let them cool down afterwards. (Do not use butter or oil). Add everything to a food processor. Pulse the mixture into a paste.

5) Green goddess dip

Needed: 120 g greek yogurt. 60 g mayonnaise, 2 garlic cloves, 15ml olive oil, 30 ml lemon juice, 2 handfuls of fresh herbs (coriander, parsley), ½ tS salt, ½ tS black pepper, 1 tS water.

Process: Whisk all ingredients together in a bowl. Add the water for consistency. You can add an avocado and one jalapeño pepper, blended for variation.

6) Chimichurri

Needed: 60 grams of fresh parsley, 15 grams of oregano, 3 cloves of minced garlic, 1 chopped shallot, 100 grams olive oil, 1 spoon lemon juice, 2 S apple cider vinegar or red wine vinegar, ½ tS salt and ½ tS crushed red pepper.

Process: Add everything to a food processor and pulse in to a chunky sauce.

7) Mint pesto

Needed: 75 g toasted pumpkin seeds, 75 g mint, 1 tS chopped rosemary, ¼ tS salt, 50 g pecorino cheese.

Process: Toast the pumpkin seeds and let them cool down afterwards. (Do not use butter or oil) add everything to a food processor. Pulse the mixture into a paste

Banchan



Labneh balls

4 serves

10 min. prep time
& 25 min. cook time

Summer season,
vegetarian, low carb

Ingredients

500 g plain greek yogurt

½ tS salt

1 S olive oil

dried herbs, chili flakes, za'tar, sesame
seeds

Workflow

1. In a bowl, mix the yogurt and salt with a fork.
2. Drain the mixture in a cheesecloth over a strainer for 24 to 48 hours. You can use a can of beans as a weight to press it.
3. Strain a bit more by hand and roll into balls.
4. Coat the balls with herbs or spices.
5. Let the balls sit in olive oil for a day to enhance their flavor.

They can be eaten on top of pita bread or as a side dish.

Walnut bean taquito

4 serves

10 min. prep time
& 25 min. cook time

Vegan filling , plant
protein, gluten free

Ingredients

For the filling:

2 and ½ cup walnuts
1 carrot, grated
1 red onion, diced
1 can black beans, drained and rinsed
2 S white vinegar
4 tS nutritional yeast
3 cloves garlic, diced
1 S tomato paste
½ glass of vegetable stock
A pinch of turmeric powder
salt and pepper
A pinch of koriander
1 tS cumin
1 tS cayenne pepper
1 tS smoked paprika powder

For the shell:

3 small grated carrots
50 g hard grated cheese (cheddar, emmentaler,...)
1 or 2 eggs
2 S almond flour
a pinch of salt
1 tS baking powder

Workflow

For the filling:

1. Add all ingredients to a food processor. Pulse into a paste. (Optionally toast the walnuts and beans first for enhanced flavor.)
→ if you do not have a food processor, add all ingredients to a pan and stir on medium heat until it becomes a paste. For this version the walnuts have to be chopped finely.
2. Scoop the filling into a taco sheet. Roll the taco closed.
3. Bake the taquito in a pan with oil until crispy, golden.
4. serve with ketchup, guacamole, avocado-cilantro dressing or mustard sauce.

For the shell:

1. precook or microwave the vegetables.
2. Pat the vegetables dry to remove any moisture.
3. Combine the egg, cheese and flour with the vegetables.
4. Create similar sized flat discs from the mixture and place them on a baking sheet.
5. Bake for 15 min on 200 °C. The edges should be crispy. The taco should still be foldeble at this point.

Keto cauliflower hash browns

4 serves

5 min. prep time
& 8 min. cook time

Vegetarian, low
carb, gluten free

Ingredients

2 cups of riced cauliflower
1 egg
50 grams of shredded cheddar or
emmentaler cheese
1 S Olive oil
A pinch of Salt
A pinch of black pepper
A pinch of garlic powder
A pinch onion powder
2 S almond flour

How to make cauliflower rice:

1. Grate a cauliflower head or pulse in to a food processor until you have very small cauliflower pieces.
2. In a pan add one spoon of olive oil and fry the cauliflower a little on low heat. We want the moisture to evaporate.
3. Add garlic, pepper, salt to taste.

Workflow

1. When using frozen riced cauliflower, thawed first before using. The moisture level needs to be reduced.
2. To a large mixing bowl add the riced cauliflower, egg, cheese, almond flour, garlic powder, onion powder, black pepper and salt.
3. Mix until well combined.
4. Heat one tablespoon of olive oil in a skillet over medium heat.
5. Form 4 patties out of the mixture and place into the skillet.
6. Bake until both sides are golden brown.

Egg dishes

1 serve is 1
to 2 eggs

3 min. prep time
& 12 min. oven time

Vegetarian, nut free,
All seasons?

1) Hard boiled eggs: 7 minutes in boiling water. 3 minutes in cold water with ice. Then peel.

2) Egg cups (fast protein rich breakfast)

In a muffin tin crack open one egg. Add salt & pepper to taste. Bake the eggs in the oven for 12 minutes. You can choose to whisk the eggs with a fork. Variations on this dish:

- Whisking in leftover veggies. (F.e. peas, onions, broccoli)
- Using big cabbage or lettuce leaves as a quiche crust
- Using deli meat slices as a quiche crust
- cutting some wraps in smaller sheets and using them as the quiche crust.
- Topping the eggs with grated cheese.

3) Rolled omelet (Japanese style)

Whisk 2-4 eggs in a bowl. Use lard, butter or oil to create a layer of fat in a heated pan. Lard is the easiest to use, as you can push it around in the pan easily with chopsticks or a fork. Pour a little bit of the eggs into the pan. Wait until the edges are cooked and use a spatula or chopsticks to roll one side of the egg towards the other side and push it to the edge of the pan. Add a little layer of fat to the pan. Pour the next little bit of the eggs into the pan. Lift the rolled egg a little to let the uncooked egg seep underneath the rolled part. Wait until the newly added mixture cooks a bit and repeat the rolling process. Do this until all the egg is used. Chop off the edges of the omelet to make it look neat. Add some ketchup on the top.

4) Steamed egg pudding (Chinese)

Crack 2 eggs into a small bowl. Add one spoon of hot water and whisk. Warm up 100 ml of water in a pan and cover the pan with a lid. Place the bowl in the pan when the water is clearly steaming. Steam the egg till it is no longer liquid. The same result can be achieved in a microwave (2 to 3 minutes on high heat and covered with a plate). To top this off add soy sauce. It will look like crème brûlée. → Variation: add milk instead of water for a more pudding like texture.

5) Frittata (Italian variant on a tortilla)

You can add any leftover steamed/cooked or baked veggies to an oven friendly bowl. Whisk 8 eggs and add them to the bowl. Add salt and pepper. Bake in the oven on 180°C for 20-25 minutes. Your healthy dinner is ready. A must try variant: add caramelised red onions, kurkuma, garlic, koriander, pepper, salt, red chili pepper and cooked potatoes.

6) Tortilla de patatas

Cut the potatoes in very thin slices and bake them a little in a pan or boil them in water. Caramilise one onion or 3 shallots in butter in the pan. Whisk 4-5 eggs and add the veggies to the eggs. Let it rest for at least 5 minutes. Pour this mixture in a flat pan and let it cook for 7-8 minutes. Then use a plate bigger than the pan to flip the tortilla. Let the other side cook for 4-6 minutes. Serve hot or cold.

Tomato galette

1 serve

15 min. prep time
& 30 min. oven time

Vegetarian, summer
season

Ingredients

180g All-purpose Flour

¼ S Salt

8 S cold butter

3 S cold milk

1-2 S orange zest

tomatoes

cream Cheese or cheese of choice

basil

a bit of olive oil

A choice of fresh herbs

Workflow

1. Place th flour, salt and cold butter in a bowl. Pulse in a food processor.
2. Add the orange zest and milk and mix again.
3. Form a ball out of the pulsed dough. No need to knead the dough, we don't want heat up the butter yet.
4. Wrap it in plastic wrap and keep it refridgerated for atleast 1 hour.
5. After waiting, roll out the dough on parcement paper. Make something circular, but it doesn't have to be a perfect circle.
6. Spread some cheese in the centre of the dough. 1-2 cm towards the ends should not have cheese.
7. Cut the tomatoes in slices and place them over the cheese.
8. Fold the ends of the galette towards the centre, slightly over the edges of the first pieces of tomatoes.
9. Drizzle olive oil over the galette
10. Bake in the oven on 180 degrees for 30 to 45 minutes.
11. add salt, pepper and fresh herbs to taste (basillicum, oregano).

Zuchinni rosti

2 serves
(2 rostis = 1
serving)

10 min. prep time
& 10 min. cook time

Plantbased, freezer
friendly

Ingredients

2 large potatoes
1 courgette
1 red onion
1-2 handful parsley (roughly chopped)
2 tS. olive oil

Workflow

1. Grate the potato and courgette into a bowl
2. Peel and thinly slice the onion and add this to the bowl along with the parsley.
3. Give the ingredients a good mix and drain out any excess liquid into a bowl.
4. Heat a frying pan with oil and place a quarter of the mixture into the pan at a time - forming a thick pancake shape.
5. Push down the sides and cook on high heat for 2 minutes. Then turn down the heat and cook for 4 minutes each side.
6. Serve with some leftover sauce or baked beans.

Cold potato salad

x

15 min. prep time
& 20 min. cook time

Ingredients

2 eggs, hard boiled
1 S apple cider vinegar
½ tS salt
750g potatoes, boiled
1 big carrot, boiled
80 g ham, diced
1 handful salad and cucumber
1 spoon honey
5 S mayonaise
½ tS salt

Workflow

1. Make sure all boiled veggies are dried well.
2. Mash the potato and carrot.
3. Mix all the ingredients well in a bowl.

Salmon/Tuna fishcakes

4 serves

10 min. prep time
& 30 min. cook time

Low carb, freezer
friendly

Ingredients

4 medium potatoes, chopped into small pieces (600 g)
2 x 180g. tins of skinless and boneless salmon flakes or tuna flakes
3g. zest of a lemon
15g fresh chives, finely chopped
1S. almond flour (15g.)
1 medium egg
30g. Grated parmesan
Black pepper
2S. olive oil (30 ml)

Workflow

- 1.Preheat the oven to 180°C. (fan setting)
- 2.Put the potato pieces into a pot. Cover them with water and bring to a boil. Cover with a lid, turn down the heat to medium and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potatoes afterwards. Then allow them to cool.
- 3.Add the salmon flakes, lemon zest, flour, chives, egg, parmesan and a pinch of pepper to the bowl and mix well until all ingredients are combined.
- 4.Divide the mixture into 8 cakes, roughly 2 cm thick and shape well.
5. Place the cakes on a baking tray and brush with olive oil.
- 6.Cover with tin foil and bake for 10 to 15 minutes until heated all the way through
- 7.This pairs well with some fresh guacamole.

Pajeon

(Korean scallion pancake)

2 serves of
25 cm

5 min. prep time
& 20 min. cook time

Plantbased, freezer
friendly

Ingredients

200 g Scallions
1 egg
240 ml water
100 g squid or shrimp
2 S Soy sauce
125 g pancake flour or all purpose flour
cooking oil

Instead of scallions you can use any
leftover veggies and chop them finely.

Workflow

1. Mix the flour, water, egg into a batter.
2. Trim the scallions to fit the length of your pan.
3. Heat the oil in the pan and arrange the scallions in an even layer.
4. Pour the batter over the scallions.
5. Top with seafood, if using.
6. Fry the pancake over medium-low heat, flipping once, until crispy on both sides.

Endive-apple salad

4 serves

15 min. prep time
& 0 min. cook time

Low carb, freezer
friendly

Ingredients

6 Belgian endives

5 apples

4S mayonaise

Workflow

1.finely chop the endives.

2.Finely chop the apples. Remove the stem and seeds.

3.Mix them in a bowl together with the mayonaise.

A perfect BBQ side dish.

Arayas (Lebanese)

4 serves

10 min. prep time
& 30 min. cook time

Low carb, freezer
friendly

Ingredients

2 cloves of garlic
½ onion
350 g lamb or beef
1 tS coriander
1 tS allspice
1 tS paprika spice
1 tS cumin
1 tS cayenne
1 tS salt
A handful of fresh parsley (optional)
8 halves pita bread

Workflow

1. Grate the onion and garlic in a bowl with a standard grater.
2. Add the meat, spices and parsley and mix well with your hands.
3. Stuff the meat mixture inside a half pita bread.
4. Drizzle olive oil over the uncooked arayas.
5. Heat a pan with some olive oil. Bake the arayas on the open end first until the meat is browned.
6. Then thoroughly flip them to the side to bake on all sides for 2-3 minutes.
7. Heat them further in the oven for an even bake.

Soups



Zesty parsnip, carrot & ginger soup

6 serves
of 350ml

10 min. prep time
& 45 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

Olive oil (45ml)
1 medium onion
1 clove of garlic
2 large parsnips
3 medium carrots
A piece of ginger (2cm)
5g of orange zest
1 l of chicken stock
1x400g chickpeas drained and rinsed or
1 large sweet potato
120 g skimmed milk powder
200ml double cream
150ML orange juice
Black pepper & salt

Workflow

- 1.Heat the oil in a pot, add the onion and let those caramelize for 5 min on medium-low heat.
- 2.Add garlic, parsnip, carrot, ginger, orange zest. Cook on medium-low heat for 5 min.
- 3.Add the chicken stock and chickpeas and turn the heat up. The pot needs to boil.
- 4.Turn the heat to a low setting and boil for 30min. This way the water can evaporate to create a thicker and creamier soup. All the vegetables need to be soft. (small cut pieces will be soft faster than larger cuts)
- 5.Mix the skimmed milk powder with cream and add to the soup. Also add the orange juice and add pepper to taste.
- 6.Blend the soup and add more liquid if required. (To taste)

Nutrients

Energy	403 kcal
Fat	26.3
Carbohydrates	30.5
Protein	11.9
Salt	1.1
Fibre	6.7

Secret world of arietty stew

2 serves

10 min. prep time
& 25 min. cook time

good use of
Leftover-veggies

Ingredients

6 potatoes, boiled
2 carrot, chopped
200 grams pre-boiled broccoli
1 onion
6 S flour
600 ml milk
150 g chicken, rough chunks
3 tS butter
cooking oil
600 ml water
1 bay leave
garlic, salt and pepper

Workflow

1. Roughly chop all the vegetables.
2. Add the milk and flour to a bowl or cannister and stir until the flour is combined with the milk without clumps.
3. Add cooking oil to a pot and cook the chicken chunks until well cooked. You can always cut a piece open to check if the chicken is cooked throughout.
4. Add the onion, carrot, potatoes and butter to the pot.
5. Stir for 2 minutes.
6. Add the water to the pot and one bay leave. Cover with a lid. Leave this to steam on medium heat for 10 to 15 minutes.
7. Add in the prepared roux and stir well. Leave the lid off
8. Add in the broccoli.
9. Salt and pepper to taste. Watch your soup become thicker because of the roux.

Nutrients

Energy	690 kcal
Fat	20 g
Carbohydrates	122 g
Protein	36 g
Salt	2 g
Fibre	11 g

Tuscan soup

6 serves

20 min. prep time
& 30 min. cook time

high in fibre, easily
adjustable

Ingredients:

1 large onion, chopped
3 cloves of garlic, minced
1 tS oregano
1 bay leave
1 tS thyme
1 tS Rosemary
1 S tomato paste
6 cups beef broth
60 grams Kale or spinach
¾ cup heavy cream
¼ cup parmesan
Parsley, finely chopped for topping
2 cans white beans
0,5 kg Italian sausage
3 ribs celery, diced
2 carrots, diced
salt and pepper
olive oil for cooking
white wine

Workflow

1. In a pot on medium-high heat, add olive oil to a pan and cook the diced onion, celery and carrots
2. Once the onion is a bit caramilized, add the meat. Cook until browned.
3. Add the tomato paste to the pot. and adjust the heat to medium-low.
4. Add rosemary, thyme, oregano and garlic.
5. Deglaze the pot with white wine without removing the veggies. Stir for 3 minutes and add the beef broth. This step can also skipped and just the beef broth can be added.
6. Add the cans of white beans. Salt and pepper to taste.
7. Add half the parmesan and a bay leave.
8. bring to a boil and then reduce the heat. Cover with a lid and let it simmer for 20 minutes.
9. Add the remaining parmesan to the pot and the kale or spinach.
10. Finish with a bit of lemon juice or apple cider vinegar. And serve with parsley on top.

Nutrients

Energy	430 kcal
Fat	23 grams
Carbohydrates	32 grams
Protein	24 grams
Salt	1,9 grams
Fibre	8 grams

Kuay teow mootoon

Thai braised pork noodle soup

6 serves
of 350ml

10 min. prep time
& 45 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

500 g Rice/egg or zuchinni noodles
500 g Pork shank/brisket
500 g pork balls
¼ C Garlic
¼ C spring onions
¼ C coriander
1C Cabbage
2C bean sprouts
1C Sweet basil
cooking oil
1/2kg pork marrow bone
2 tS peppercorn
150g white radish
1 tS coriander seeds
2 cinnamon sticks
4 star anise
5 coriander roots
2-3 galangan ginger chunks

Workflow

- 1.Heat the oil in a pot, add the onion and let those caramelize for 5 min on medium-low heat.
- 2.Add garlic, parsnip, carrot, ginger, orange zest. Cook on medium-low heat for 5 min.
- 3.Add the chicken stock and chickpeas and turn the heat up. The pot needs to boil.
- 4.Turn the heat to a low setting and boil for 30min. This way the water can evaporate to create a thicker and creamier soup. All the vegetables need to be soft. (small cut pieces will be soft faster than larger cuts)
- 5.Mix the skimmed milk powder with cream and add to the soup. Also add the orange juice and add pepper to taste.
- 6.Blend the soup and add more liquid if required. (To taste)

Pumpkin soup

4 serves

30 min. prep time
& 90 min. cook time

Vegetarian, nut free,
winter staple

Ingredients

1 carrot
1 celery
4 cloves of garlic
½ whole large pumpkin
2 cans of chickpeas
½ chili pepper
4 onions
A pinch of Thyme
A pinch of Rosemary
2 cans of tomato chunks
200 g feta cheese
A pinch of salt
A pinch of kurkuma
A pinch of tandoori
3 S vegetable stock
1 S olive oil
1 bay leave
For toppings:
Feta cheese and curly parsley

Workflow

1. Chop the chili pepper and onions and stew them in a large casserole with some olive oil.
2. Chop the celery and carrot and add them to the slightly browned onions.
3. Peel the garlic and add them whole to the stew.
4. Remove the seeds and peel from the pumpkin. Cut the pumpkin roughly and add it to the stew when you can clearly smell the garlic.
5. Rinse the chickpeas and add them to the stew.
6. Make a bouquet of thyme, bay leave and rosemary and add this to the casserole.
7. Add the canned tomatoes and vegetable stock. Turn the heat on low and let the casserole stew for 90 minutes with the lid on.
8. Remove the bouquet and add the remaining herbs to the casserole.
9. Blend all ingredients together.
10. Top the soup with fresh, curly parsley and feta cheese.

Tarator

cold yogurt soup

4 serves
of 350ml

5 min. prep time
& 30 min. cook time

Vegetarian, vegan in
case of oat yogurt

Ingredients

2 large cucumbers
245 g of greek yogurt
1 clove of garlic, minced
2 S lemon juice
2 S olive oil
2 S fresh dille
2 S fresh mint
A pinch of salt
A pinch of black pepper
cold water or ice cubes

Workflow

1. Dice the cucumber. Keep 1/6 cucumber aside.
2. Add 5/6 cucumber, yogurt, lemon juice, oil, salt, mint, dille and pepper to a blender.
3. Blend until smooth.
4. Taste and adjust the seasonings. Add ice cubes to create a thinner consistency.
5. Chill in the refrigerator for 30 min.
6. Add the rest of the chopped cucumber to the soup.
7. Drizzle with some olive oil and fresh herbs to finish.

Chervil soup

4 serves
of 350ml

10 min. prep time
& 45 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

3 liter vegetable stock
200 g chervil
2 onions
2 stocks of celery
4 potatoes
4 leaves of bay leave
1 S Thyme
1 S butter
a pinch of salt
Parsley
200 g white or black fatty sausage
or bacon pieces

Workflow

1. Peel the onions and dice the onion.
2. Cut off the darkest leaves from the leeks and then cut the stalks into very fine pieces.
3. Sauté the chopped onions in the butter. Stir regularly and let them cook for a few minutes until translucent.
4. Add the finely chopped pale leeks and sauté them along with the onions. Stir regularly and reduce the heat after a few minutes.
5. Gather the sprigs of thyme, the bay leaves, and some parsley stems. Make a bouquet and add it to the pot.
6. Pour the stock over the vegetables and let the soup simmer for 10 minutes over a medium to low heat.
7. Chop the potatoes finely and add them to the stew. Do not let them dis-color.
8. Cut the meat into cubes or chops and add it to the stew.
9. Finely chop the chervil leaves and add them to the pot. Let the soup simmer for a few more minutes, and then it is ready to serve.

Nettle soup

4 serves
of 350ml

10 min. prep time
& 45 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

400 g nettle
400 g spinach or goutweed
3 large potatoes
1 celery
3 onions
2 cloves of garlic
3 L vegetable stock
Thyme
1 spoon of butter
a pinch of black pepper
4 bay leaves
4 eggs
1 spoon of milk
A pinch of tarragon
A pinch of rumex (Dock)

Workflow

1. Young nettle is the best for this dish. If possible forage young nettle tops from stinging nettle.
2. Remove the stem from the leaves of the nettle. If using fresh spinach, also remove the stem from the leaves.
3. Peel the onions and garlic cloves. Chop the onion roughly.
4. Melt some butter in a large pot over medium heat and sauté the onions and garlic for a few minutes.
5. Cut the potatoes and leek in coarse pieces and add them to the pot.
6. Add the spinach and young nettle to the pot and sauté this briefly.
7. Pour in the vegetable stock and add the bouquet of herbs to the pot. Turn the heat on low and let this simmer for 30 min.
8. In a bowl, break the eggs, add a splash of milk, pepper, salt, tarragon and herbs. Whisk the mixture well.
9. Fry the eggs in a pan little by little. We don't need one big omelet. We need smaller chunks of omelet or omelets that resemble thick pancakes.
10. Blend the soup with a hand-held blender until smooth.
11. Top off the soup with your omelets.

French onion soup

4 serves
of 350ml

15 min. prep time
& 60 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

3 large onions
2 S butter
1 S olive oil
900 ml vegetable broth
100 ml dry white wine
2 S worcesterhire sauce
a pinch of salt
a pinch of pepper
4 slices of old bread
225 g grated Gruyere cheese

Workflow

- 1.Shred the onions and bake them in an oven friendly pot with olive oil and butter untill browned.
- 2.Add wine, worcetershire sauce and vegetable broth. Shimmer on low heat for 30 minutes with the lid on.
- 3.Place the old bread on top of the soup and drizzle the grated cheese over that.
- 4.Broil the pot in 180 degree oven until the cheese is golden and bubbly.

! in case of more old bread, you can make a first layer of bread and cheese. Then pour some soup over that. Then add another layer of bread and cheese.

Siberian Borstj

4 serves
of 350ml

15 min. prep time
& 90 min. cook time

Vegetarian, even more
delicious the next day

Ingredients

2 carrots
2 turnips
0,5 chinese cabbage
6 red beets
500 g Potatoes
400 g soup meat or soy chunks
200 g bacon pieces
3 L chicken stock
3 red onions
2 cloves of garlic
200 g sour cream
1 star anise
7 juniper berries
1 bay leaf
1 tS thyme
1 tS butter

Workflow

1. Peel and dice the onion and garlic. Cut the carrots and turnips in not-too-small pieces. Clean the cabbage and cut it in long pieces.
2. Cut the potatoes in bite sized pieces and peel the beets. 3 beets can be chopped in pieces .
3. In a big pot, heat up the butter and caramelise the onions on medium heat.
4. then add the carrots, turnips and cabbage and stir well.
5. After stewing the vegetables for 4-5 minutes, add the potatoes and chopped beets to the pot. Grate the remaining beets over the pot.
6. Add the vegetable stock and the soup meat.
7. Cut the bacon in big pieces and let it boil with everything else.
8. Smash the juniper berries underneath a big pan. Add the berries and spices to the soup.
9. Let this simmer for at least an hour on low heat. Keep the lid on with a slight gap, where air and steam can escape. (The longer it can simmer, the better the soup will be.)
10. Top the soup with sour cream upon serving.

Summer Corn Chowder

4 serves
of 350ml

30 min. prep time
& 20 min. cook time

Summer, lactose
free, gluten free

Ingredients

4 strips bacon (or leftover chicken, tofu)
A little butter
½ large onion, diced
2 ribs of celery, diced
5 ears of corn, kernels cut from the cob
4 cloves of garlic, minced
1 L chicken broth
2 sweet potatoes, diced in small cubes
1,5 tS Salt
½ tS black pepper
½ tS paprika
½ tS parsley
¼ tS thyme
a pinch of cayenne pepper
1 zucchini, chopped
(Optional: 1 yellow squash, sliced)
500-600 ml almond milk or hemp milk

Workflow

1. Sauté the diced onion in a large pot with the butter until caramelized.
2. Add the corn, and let it cook for 4 minutes while stirring regularly.
3. Add the potatoes, and the broth. Let this boil with the lid on for 10 minutes.
4. Add the other veggies and let this simmer for 5 more minutes on low-medium heat.
5. Stir in the milk slowly with the lid off and cook for 5 more minutes on medium-low heat.
6. Cut the bacon into strips and bake it in a pan. Once well cooked and browned, add it to the chowder.
7. Season with spices to taste.

Broccoli cheddar soup

4 serves
of 350ml

10 min. prep time
& 45 min. cook time

Vegetarian, nut free,
All seasons?

Ingredients

2 broccoli
2 S butter
1 S olive oil
2 cloves garlic
1 onion, diced
1 L chicken broth
600 g heavy cream
360 g cheddar cheese
1 large carrot, grated
2 S almond flour

Workflow

- 1.Heat the butter in a large pot on medium heat and add the diced onions.
- 2.After 2 min. add the grated carrot and 2S of almond flour.Stir well
- 3.Add the chicken broth and stir well.
- 4.Add the broccoli florets and let this cook for 8 minutes.
- 5.Add the heavy cream and cheese. Stir well and let this cook until the cheese is well melted.
- 6.Add the spices, to taste.
- 7.Best served along sides some bread.

! cutting the broccoli heads from the stem and letting the broccoli rest for at least 15 minutes before use allows Sulforaphane to get properly activated. This is a compound that protects DNA damage and neutralises toxins.

Mains



Shepherd's pie

4 serves

10 min. prep time
& 40 min. cook time

highly customisable,
childhood favorites

Ingredients

4 potatoes, peeled & chopped (400 g)
2 tS. Olive oil (30 ml)
1 small onion, chopped (60 g)
350g minced beef
100 g mushrooms, chopped
2 medium carrots, chopped (150 g)
100 g roux (50g butter + 50g flour)
→ can be replaced by blended
cauliflower. Or left out entirely.
350 ml beef stock
2 S. Tomato relish (30 g)
80 ml full-fat milk
80 ml cream
40 g butter
100 g grated cheese

Workflow

1. Boil the potatoes until they are soft
2. Heat the olive oil in a pan and add the onions. Add the minced meat after the onions have softened and let the beef brown.
3. Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on medium heat setting. Stir regularly.
4. To make the roux, melt the butter in a small saucepan. Using a whisk add the flour and mix until well combined. (To make a healthy alternative blend some cauliflower with cheese.)
5. Add the beef stock, a little at a time, to the roux whisking very well with each addition to make a thick sauce.
6. Add the sauce and the tomato relish to the minced beef and stir well.
7. Mash the potatoes well. Heat the milk, cream and butter in a pan and add to the potatoes.
8. In a casserole dish, place the meat mixture in the bottom and layer the creamy mash on top.
9. Sprinkle the grated cheese over the top and bake/grill for 10 minutes until melted.

Khao pad jay

Thai style vegan fried rice

4 serves

10 min. prep time
& 40 min. cook time

highly customisable,
childhood favorites

Ingredients

1C of left over cooked white rice
½ C firm tofu
1-2 garlic cloves, chopped
¼ C Sweer corn
½ C bell pepper, cubed (Yellow, green)
¼ C Mushroom
¼ C Carrots
1 hot chili
2 stalks sweet basil
1 S vegetable oil
2S mushroom sauce
1 tS dark soy sauce
pinch of pepper powder
pinch of salt
Coriander leaves (for garnishing)
1 lime
Optional to add 1 tS Honey

Workflow

1. In a wok add the vegetable oil and fry the garlic and tofu until fragrant.
2. Add the vegetables and stir fry until nearly cooked.
3. Push the vegetables and garlic to the side of the wok, out of the oil.
4. Add the mushroom sauce, honey, salt and soy sauce. Add the rice.
5. continue to stir fry on high heat for 1 to 2 minutes.
6. Add the vegetables and garlic back in and serve.
7. To the side of the dish add the sliced lime and coriander leaves. As with anything Thai-kitchen, adjust the flavor to your own preferences with the prepared sides.

Okonomiyaki

1-2 serves

10 min. prep time
& 10 min. cook time

Low carb, freezer
friendly

Ingredients

1 carrot
2 green onions
½ Napa cabbage
3 eggs
150 g almond flour
1 tS salt
2 tS butter
12 shrimp, peeled and chopped
2 tS bonito flakes (*)
50 ml Okonomiyaki sauce
2 S furikake seasonings (*)
½ tS white pepper
3 S kewpie mayonaise
170 ml water

(*) these elements might be hard to find and are added to the dish for the umami flavor. Therefore these can be replaced with Miso paste, soy sauce, finely chopped nori sheets or some shiitake mushrooms blended into powder.

Workflow

1. In a bowl add the flour, eggs, water and spices. Mix well with a hand whisk.
2. Chop the carrots and cabbage into strips. Mix them.
3. Add the batter and shrimp.
4. Melt the butter in a pan. This is the easiest if you find a pan smaller than a very large flat plate (in case the okonomiyaki is not easily flipped).
5. Add the mixture in the hot pan and let it cook on medium heat until one side is slightly browned.
6. Then flip the okonomiyaki.
7. After both sides are browned, top it off with okonomiyaki sauce and kewpie mayonaise in lines that make a cross. Top that with some bonito flakes and furikake.

Savory curried oatmeal

6 serves

10 min. prep time
& 40 min. cook time

Vegan, budget meal

Ingredients:

Steel cut oats
350 g frozen peas
2 S tomato paste
1 can coconut milk
1 can chickpeas
4 spoons roasted pumpkin seeds
2 spoons roasted cashews
2 carrots, grated
2 S curry powder
A pinch of salt
1 S soy sauce or miso paste
1- 2 S nutritional yeast
A pinch of black pepper
1 tS kurkuma
1 tS Tarragon
1 zuchinni grated
1 bag of spinach
1 S tahini
1 S butter
1 can of chopped tomatoes, not passata
water (keep warm water in a kettle)

optional:

fried eggs to top it off

Workflow

1. In a large pot, toast the oats and carrots in the butter for 2 minutes on medium heat while stirring slowly.
2. Add the tomato paste and canned tomatoes and stir well. cook for 2 minutes.
3. Add the chickpeas, frozen peas and water. Turn the heat to low-medium and let this slowly cook without the lid to let the water escape.
4. After +/-20 minutes add the chopped zuchinni, tahini and coconut milk. Cover the pot now with the lid. Do not let it boil over and stir regularly so the bottom will not burn) This will cook for atleast another 10 minutes.
5. In a separte pan roast the pumkin seeds and cashews.
6. Add the spices, soy sauce, spinach and nutritional yeast the the pot. and mix well. Use spices to taste.
7. Right before serving add the roasted seeds and cashews and mix well.
8. Tjis is served beautifully with an egg or mungbean-pancake on top.

potato crusted quiche

4 serves

30 min. prep time
& 15 min. cook time

Easy, vegetarian,
gluten free

Ingredients:

6 potatoes
1 glass grated cheese
4 eggs
1 small jar of cottage cheese
1 bag of spinach or 1 grated zucchini
2 shallots
A pinch of salt
1 clove of garlic
a pinch of black pepper

Workflow

1. Cut the potatoes in half. Place the potatoes on an oven friendly dish and place them in the oven for 20 min. 180 degrees.
2. While this is baking in the oven, caramilse the chopped onions in a pan with a little bit of oil or butter.
3. whisk the eggs with the cottage cheese spices and drop in the cooked onions.
4. Take the potatoes out of the oven and push them flat against the edges of your baking dish with a glass.
5. Top the potato with the grated cheese and put it back in hte oven for 2 to 5 minutes.
6. Take the dish back out of the oven and pour in the egg-cheese mixture.
7. Bake this for 10 to 15 minutes untill well cooked in the middle.
8. Best served with a salad on the side.

Tortang talong (Phillipino)

1 serve

10 min. prep time
& 5 min. cook time

Easy, fast, vegetarian,
gluten free, lactose free

Ingredients

1 eggplant
a pinch of pepper
a pinch of salt
1 S soy sauce
2 eggs
1 S white sesame seeds
1 Spring onion, cut into small circles

Workflow

1. Roast the eggplant over a gas fire until the skin becomes burned.
2. Peel off the skin of the eggplant.
3. Place the eggplant on a plate and mash it flat with a fork.
4. Whisk the 2 eggs with the spices, soy sauce and sesame seeds.
5. Dip in both sides of the eggplant in the egg mixture.
6. Bake the eggplant on both sides. Pour over the left over egg mixture on the eggplant
7. Top with spring onion and some more sesame seeds.

Original Ratatouille

4 serves

10 min. prep time
& 40 min. cook time

highly customisable,
childhood favorites

Ingredients

1 zucchini
1 yellow zucchini
1 eggplant
2 cans of tomatoes
2 onions or 4 shallots
2 cloves of garlic
Thyme
Salt
black pepper
tomatoes
1 red bell pepper
1 yellow bell pepper

Workflow

1. Roughly chop the eggplant and zuchinnis in bite size pieces. Sprinkle with salt.
2. In a pan on medium heat, stir fry the zucchini and eggplant in some olive oil. After the veggies are browned a little, put them aside.
3. Do the same thing for the bell peppers, onion and tomatoes. Cook the tomatoes at the end, they will stay in the pan.
4. Add tomato paste to the fresh tomatoes and add the spices.
5. Now stir all veggies back in to the pan and put the full pan in the oven for 40-50 minutes.
6. Best served topped with basil and along side potatoes or puree.

Ratatouille from the movie:

1. Chop the zucchini, tomatoes and eggplant in roughly the same sized circles.
2. In a pan add the tomato paste, some of the fresh tomatoes, bell peppers, onion, and spices.
3. Thoroughly cook this into a tomato sauce where most water has evaporated. Then blend everything together.
4. Place the sauce in an oven friendly baking dish at the bottom. Layer eggplant, zucchini and tomatoes in a re-occurring order vertically on top of the tomato sauce. They can be placed in a circle or diagonally.
5. Cover the dish with baking paper and bake for 45 minutes. Then remove the paper and bake for another 10 min.

polenta with mushrooms in brown sauce

4 serves

10 min. prep time
& 40 min. cook time

highly customisable,
childhood favorites

Ingredients

1 package of polenta
1 onion, diced
600 g Mushrooms, best if you have a variety
4 garlic cloves
1 yellow bell pepper
100 g Chickpeas
2 S red wine vinegar or balsamic vinegar
1 tS black peppercorn
1 tS salt
1 tS cumin seeds
1 tS fennel seeds
2-4 cubes vegetable stock
2 S almond flour
½ S butter
curley parsley for toppings

Workflow

1. Dice the onion, bell pepper and garlic and bake it in some olive oil until caramelised. (or take out a pre-made sofrito, see condiments section)
2. Cut the mushrooms if they are large. Some mushrooms release a lot of water, then it is better to bake them in the oven for 10-15 minutes with some olive oil on 180 degrees.
3. In a mortar grind down the fennel, cumin and black peppercorn.
4. To your pan add the red wine vinegar, spices and the vegetable stock with a splash of water. Then cover the pan with a lid. (You can always add more water to get a more runny sauce later on).
5. In a different pot add the polenta with 4 times the amount of water and cook on low-medium heat. Slowly this will become a puree-looking slurry.
6. After 25-30 min, add in the butter and salt to the pot and keep stirring slowly for another 3 minutes.
7. Top the polenta with the mushroom sauce

Roast fennel on a bean dip

4 serves

10 min. prep time
& 40 min. cook time

highly customisable,
childhood favorites

Ingredients

1 package of white beans or butterbeans
1 fennel
1 large clove of garlic, grated
6 S olive oil
salt
3 S tahini
½ lemon or 1 S lemon juice
3 ice cubes
Black pepper

Workflow

1. Cut the fennel in half and then cut the halves into bit sized pieces. Place them on a baking tray with a spoon of olive oil and salt. Bake for 15 minutes on 180 degrees and 5 more minutes under the grill setting.
2. In a blender add the beans, the garlic, 5S olive oil, salt pepper, lemon juice, tahini and 3 ice cubes. Blend until you achieve a smooth mixture.
3. Add the roasted fennel on top of the white bean dip.
4. This dish is amazing paired alongside some white fish or a peanut-tofu saté.

Bibimbap

4 serves

40 min. prep time
& 10 min. cook time

staple meal for
leftovers

Ingredients:

400 g Whole grain rice or cauliflower rice
1 Zucchini, jullienne strips
2 carrots, jullienne strips
1 can of mushrooms, chopped
1 clove garlic, grated
1 bag of spinach
1 bag of bean sprouts
4 S sesame oil
1 daikon radish or 2 packs of small
radishes, jullienne strips
Gochigaru (or sweet paprika)
rice vinegar
Fish sauce
2 cloves of garlic, grated
300 g Minced beef or shredded tofu
2 S soy sauce
Sesame seeds for topping
1,5 S gochujang

Workflow

1. Chop the radish, pour on the gochigaru (or sweet paprika, if you do not like spicy food), fish sauce, soy sauce and rice vinegar. Set this aside for a day to let it fully marinate.
2. Rinse your rice thoroughly. Possible even 3x until the water looks clear.
3. Whole grain rice is cooked either in water or in the oven for 1 hour. (The oven is ideal when making a large amount for mealpreps or a party).
The stove top: start boiling 800 to 900 g of water in a large pot. When the water is boiling add the rice and boil for 45 minutes. For the oven method: Place the rice in a baking tray. Drizzle some oil over the rice. Pour water and bake on 190 degrees for 1 hour. The ratio rice to water is 1 to 2+ 1/4.
4. Chop all the veggies in matchsticks. Cook them all separately (except the radish) in a high heat for a short time in a pan with some oil. Then pour on a bit of salt, a bit of grated garlic and a bit of sesame oil.
5. In a hot pan stir fry the beef or tofu until browned. Then add the gochujang, mirin, some water and a spoon of soy sauce and mix well.
6. The rice is the base of the dish. All the side dishes are best layered on top, leaving the middle open for the beef, tofu or an additional fried egg.

Bolognaise over zuchinni pasta

4 serves

10 min. prep time
& 60 min. cook time

highly customisable,
childhood favorites

Ingredients

2 jars of passata
salt (2% of the amount of passata)
pepper
A little piece of pure dark chocolate
400 g small paris champignons
300 g minced beef
3 red bell peppers, roughly chopped
1 can of tomato paste
2 cloves of garlic, grated
3 onions, roughly chopped
4 zuchinni, sliced into long noodles
Grated cheese, for topping
parley, for topping
3 carrots, chopped
1 celery, chopped
1 bay leave

Workflow

1. With a special peeler or potato peeler slice then sheets from the zuchinni (now turned into zoodles). Drizzle a large amount of salt over the zoodles and set it aside. This will pull the water out.
2. Roughly chop the onions, mushrooms, and bell pepper and chop finely the carrots and celery.
3. In a large pot on medium heat add some butter and the minced meat. Stir and cook until the meat has browned. Then set aside.
4. In the fat of the butter and meat throw in all the vegetables and tomato paste. Stir well
5. Then add in the meat again and the passata.
6. fill one jar of passata with water and pour it in to the pot.
7. Add a bay leave and let this simmer on low-medium heat without a lid. The longer it's allowed to simmer, the better it will taste.
8. 10 minutes before serving add salt and the small piece of dark chocolate. Stir well.
9. Rinse the salt off your zoodles and heat them up in a pan briefly.

Kare kare (Philipino peanut stew)

4 serves

10 min. prep time
& 210 min. cook time

Low carbohydrate,
gluten free, lactose
free

Ingredients

2 Eggplants
300 g long beans (or green beans)
600-700 g Oxtail or beef shank
6 S peanut butter
4 cloves of garlic, grated
1 onion, sliced
2 S olive oil
1 S shrimp paste
2 S almond flour, rice flour or corn starch
1 S fish sauce
2 S annato powder (this can be replaced with a blend of smoked paprika and hemp powder)
½ S salt
½ S black pepper
400 g bok choy
1 S honey
100 g Peanuts, roasted & crushed

Workflow

1. In a pot on high heat add oil the diced onion and grated garlic. Stir well and cook until the smells completely release themselves.
2. Add the oxtail to dish with black pepper and water. (The water needs to slightly cover the meat) Cover the pot and let this simmer on low heat for 2 to 3 hours.
3. Cut the vegetables in long pieces and roughly all the same size.
4. Blanch all the beans and bok choy and set aside. (Blanching is cooking them in boiling water for only 4-5 minutes and then cooling them completely)
5. In a pan, char the egg plant with some oil until slightly browned.
6. In a separate bowl or container, mix the peanut butter, annato powder, salt, pepper, fish sauce, shrimp paste, almond flour and a spoon of honey.
7. Pour this mixture with the oxtail (when the oxtail is tender) and stir well. Then cover the pot again briefly until the dish is boiling, thickened and showing bubbles again.
8. Then top this dish off with your blanched vegetables and peanuts.

Breads



Multiple grain breadrolls

6 serves

15 min. prep time
& 40 min. cook time

Low carb., low salt
All seasons?

Ingredients

4 eggs
200 gr. quark or cottage cheese
100 gr. dairy spread
30 gr. Coconut flour
¼ tS Baking powder
½ tS baking soda
20 g. broken flaxseeds
20 g. chia seeds
30 g. psyllium husk
Salt

Workflow

1. Preheat the oven on 180 degrees on the fan heating setting.
2. Whisk the eggs and steer the quark and dairy spread through the mixture.
3. Mix these ingredients well until they become a smooth batter all throughout.
4. In another bowl mix the coconut flour, baking powder, baking soda, chia seeds, psyllium husk, broken flaxseeds and a pinch of salt.
5. Mix the dry ingredients slowly into the wet ingredients and let the batter rest for at least 15 minutes.
6. Use your hands to shape the dough into 6 balls
7. Bake the balls for 38-40 minutes.
8. Check the insides with a poke test (toothpick in the middle of the ball. If there is nothing sticking to the toothpick, it is cooked) Bake for a few more minutes if the poke test failed.

Nutrients

Energy	160 kcal
Fat	8,5 g
Carbohydrates	12 g
Protein	11 g
Salt	15 mg
Fibre	8

Steamed buns

4 serves

10 min. prep time
& 30 min. cook time

Low carb, freezer
friendly

Ingredients

4 medium potatoes, chopped into small pieces (600 g)
2 x 180g. tins of skinless and boneless salmon flakes or tuna flakes
3g. zest of a lemon
15g fresh chives, finely chopped
1S. almond flour (15g.)
1 medium egg
30g. Grated parmesan
Black pepper
2S. olive oil (30 ml)

Workflow

- 1.Preheat tge oven to 180°C. (fan setting)
- 2.Put the potatoe pieces into a pot. Cover them with water and bring to a boil. Cover with a lid, turn down the heat to medum and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potatoes afterwards. Then allow them to cool.
- 3.Add the salmon flakes, lemon zest, flour, chives, egg, parmesan and a pinch of pepper to the bowl and mix well until all ingredients are combined.
- 4.Devide the mixture into 8 cakes, roughly 2 cm thick and shape well.
5. Place the cake son a baking tray and brush with olive oil.
- 6.Cover with tin foil and bake for 10 to 15 minutes until heated all the way through
- 7.This pairs well with some fresh guacamole.

Nutrients for 2

Energy	342 kcal
Fat	15.2 g
Carbohydrates	27.4 g
Protein	25.8 g
Salt	1.1 g
Fibre	2.9 g

High fiber Bagels

5 serves

20 min. prep time
& 60 min. cook time

Low carb., low salt
All seasons?

Ingredients

80 grams of almond flour
1 tS of baking powder
25 g Psyllium husk
1 tS baking soda
2 S apple cider vinegar
3 egg whites
160 ml boiling water
20 g coconut flour
sesame seeds (for toppings)

Workflow

- 1.Preheat the oven on 175 degrees on the fan heating setting.
- 2.Sieve the almond flour, baking powder, psyllium husk, baking soda and salt above a bowl and mix them well with a fork.
- 3.Add the apple cider vinegar and the egg whites to the mixture and mix well.
- 4.Add the hot water and coconut flour to the batter and mix with a handmixer
- 5.It will look like oatmeal paste in the beginning, mixing it more will make it look like the desired bread mixture.
- 6.Let it rest for atleast 5 minutes.
- 7.Divide the dough in 5.
- 8.Shape each piece into a ball and make a hole in the middle. A bigger hole is better because the dough will rise a lot.
- 9.Sprinkle some sesame seeds on top.
- 10.Bake for 55 to 60 minutes.

Flatbread

5 serves

20 min. prep time
& 60 min. cook time

Low carb., low salt
All seasons?

Ingredients

80 grams of almond flour
1 tS of baking powder
25 g Psyllium husk
1 tS baking soda
2 S apple cider vinegar
3 egg whites
160 ml boiling water
20 g coconut flour
sesame seeds (for toppings)

Workflow

1. Preheat the oven on 175 degrees on the fan heating setting.
2. Sieve the almond flour, baking powder, psyllium husk, baking soda and salt above a bowl and mix them well with a fork.
3. Add the apple cider vinegar and the egg whites to the mixture and mix well.
4. Add the hot water and coconut flour to the batter and mix with a handmixer
5. It will look like oatmeal paste in the beginning, mixing it more will make it look like the desired bread mixture.
6. Let it rest for at least 5 minutes.
7. Divide the dough in 5.
8. Shape each piece into a ball and make a hole in the middle. A bigger hole is better because the dough will rise a lot.
9. Sprinkle some sesame seeds on top.
10. Bake for 55 to 60 minutes.

Finnish rieska

(potato bread)

4 serves

10 min. prep time
& 30 min. cook time

Low carb, freezer
friendly

Ingredients

4 medium potatoes, chopped into small pieces (600 g)
2 x 180g. tins of skinless and boneless salmon flakes or tuna flakes
3g. zest of a lemon
15g fresh chives, finely chopped
1S. almond flour (15g.)
1 medium egg
30g. Grated parmesan
Black pepper
2S. olive oil (30 ml)

Workflow

- 1.Preheat the oven to 180°C. (fan setting)
- 2.Put the potato pieces into a pot. Cover them with water and bring to a boil. Cover with a lid, turn down the heat to medium and cook for 10-15 minutes, until the potatoes are soft. Drain and mash the potatoes afterwards. Then allow them to cool.
- 3.Add the salmon flakes, lemon zest, flour, chives, egg, parmesan and a pinch of pepper to the bowl and mix well until all ingredients are combined.
- 4.Divide the mixture into 8 cakes, roughly 2 cm thick and shape well.
5. Place the cakes on a baking tray and brush with olive oil.
- 6.Cover with tin foil and bake for 10 to 15 minutes until heated all the way through
- 7.This pairs well with some fresh guacamole.

Nutrients for 2

Energy	342 kcal
Fat	15.2 g
Carbohydrates	27.4 g
Protein	25.8 g
Salt	1.1 g
Fibre	2.9 g

Flatbread

5 serves

20 min. prep time
& 60 min. cook time

Low carb., low salt
All seasons?

Ingredients

80 grams of almond flour
1 tS of baking powder
25 g Psyllium husk
1 tS baking soda
2 S apple cider vinegar
3 egg whites
160 ml boiling water
20 g coconut flour
sesame seeds (for toppings)

Workflow

1. Preheat the oven on 175 degrees on the fan heating setting.
2. Sieve the almond flour, baking powder, psyllium husk, baking soda and salt above a bowl and mix them well with a fork.
3. Add the apple cider vinegar and the egg whites to the mixture and mix well.
4. Add the hot water and coconut flour to the batter and mix with a handmixer
5. It will look like oatmeal paste in the beginning, mixing it more will make it look like the desired bread mixture.
6. Let it rest for at least 5 minutes.
7. Divide the dough in 5.
8. Shape each piece into a ball and make a hole in the middle. A bigger hole is better because the dough will rise a lot.
9. Sprinkle some sesame seeds on top.
10. Bake for 55 to 60 minutes.

Desserts



KA NOM TUAYI

(Thai coconut milk custards)

5 serves

20 min. prep time
& 60 min. cook time

Vegan, Low carb,
Low salt

Ingredients:

1/2 cup rice flour
2 S Palm sugar or 2 S of Stevia
½ cup of coconut milk
2 S Pandanus leaves juice
¾ cup coconut cream
1 tS sugar or 1S of Stevia
¼ tS Salt

! Pandanus leaves have a grassy, vanilla-nutty taste. This taste and color is replaceble with a vanilla bean paste, spinach (or matcha) and a drop of almond extract.

Workflow

1. Mix half of the rice flour with half the coconut milk, half the coconut cream, the pandanus juice & palm sugar. Stir until the sugar is dissolved.
2. In a different cup mix half the rice flour, half the coconut milk, half the coconut cream, sugar and salt.
3. Pour the mixture with pandanus juice in to small cups while making sure the cup is only filled half way. Steam these cups for +/- 10 minutes.
4. Pour the other mixture on top of the first mixture and steam for 10 more minutes.
5. Take all the cups off the steamer and let them cool down.
6. When serving remove the dessert with a spatula. It will have two layers. Sweet, dull and white-greenish layer and a whiter and salty layer on top.

Frozen yogurt bites

4 serves

5 min. prep time
& 30min. freeze time

Vegan, Low carb,
high calcium & iron

Ingredients:

500 g Greek yogurt

(!Real Greek yogurt has a carbohydrate
content of 4 or less per 100 grams)

500 g frozen raspberries/berries

5 S. Honey (75g)

50 g. of chopped dark chocolate

(!To keep things healthy it has to be
dark chocolate of 85% or higher)

Workflow

1. For food safety, fresh or frozen berries have to be stewed first.
2. Place the yogurt, frozen berries and honey in a food processor. Mix until blended and seeing a smooth mixture.
3. Add chocolate pieces and stir by hand until combined
4. Chill in the freezer for at least 30 minutes and serve. Or freeze 🧊 in funny-shaped ice cube trays for a praline-sized bite to share.

This dessert can also be made with condensed milk instead of yogurt and honey. This does change the nutritional value. If you'd like a healthier option, Skyr can also be used.

Chia pudding

1 serve

5 min. prep time
& 6 hours fridge
time

Vegan, Low carb,
high fibre

Ingredients:

variation 1:

2 S. of cacao powder
1tS Warm water
40g chia seeds
200 ml almond milk or kefir
2S. maple syrup

Variation 2:

30g chia seeds
200g greek yogurt
berries for topping

Workflow

1. In a small bowl mix the cocoa powder with a tablespoon of warm water to create a chocolate paste.
2. In a bowl or glass stir together chia seeds, milk, maple syrup and the chocolate paste.
3. Once the chia pudding is mixed well, let it sit for 5 minutes. Then give it another stir/shake to break any clumps of chia seeds. Cover the pudding and put it in the fridge. It has to sit in the fridge for a minimum of 2 hours, but it is a lot better to keep it there for atleast 6 hours or overnight.
4. When serving the pudding should have a thick consistency and can be topped with berries. The pudding can be stored in the fridge for 5 to 7 days.

Nutrients

Energy	454 kcal
Fat	22 g
Carbohydrates	39g
Protein	16g
Salt	0.2mg
Fibre	17 g