



BIOVALUE

New Recipes by



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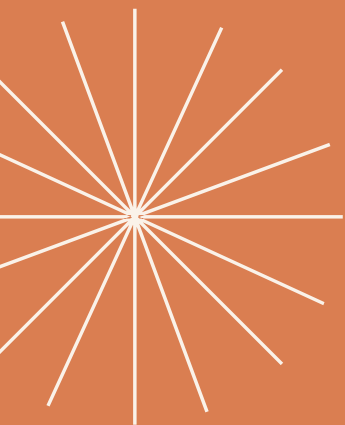


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BIOVALUE NEW FOOD

The BioValue project aims to create healthy, nutritionally balanced, attractive, innovative new dishes that comply with a healthy diet. In addition, it provides relevant information on nutritional characteristics and nutritional quality of newly designed recipes.



New food dishes are created to employ locally grown, climate adjusted, and environmentally friendly underutilized crops. Prototypes of new dishes were prepared in the experimental kitchen. Each recipe was blind tasted, following a systematic approach, evaluated, and scored based on its intrinsic organoleptic quality. The sensory evaluation of the recipes was carried out in five countries: Serbia, Greece, France, Hungary, and Turkey, and involved both professional taste experts and lay public representatives.

Following the feedback, the recipe design optimization was done to achieve a stimulating and satisfying flavor and aroma with appropriate texture and mouthfeel for each dish. Additional modifications proposed during sensory evaluation exercises are provided as Remarks within each recipe. Finally, certain adjustments were suggested to additionally enhance the nutritional value of the newly created recipes. The original ingredients are displayed in brackets.



New ideas and recipes with

**Buckwheat, Lentils,
Eggplant, Sowthistle,
Tomato ...**

...and other amazing ingredients

DANDELION & TOMATO SALAD

A healthy explosion of flavor,
excellent aftertaste!

Ingredients

150g of dandelion leaves (or sowthistle or chicory)
2-3 medium size fresh tomatoes – Rousiko
4 small zucchini (ideally Armenian cucumber)
8 sundried tomatoes – Rousiko

Dressing:

4 tsp. of balsamic vinegar
1 tbsp. of olive oil
2-3 tsp. of dandelion syrup
1 tsp. of yellow mustard
Himalayan salt and black pepper to taste

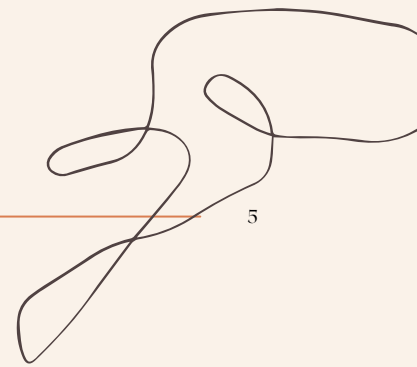


Directions

- 1 Wash and clean the dandelion leaves, tomatoes, and zucchini. Slice the zucchini thin (or Armenian cucumber), and cut the tomatoes into slices.
- 2 Leave the sundried tomatoes to drain from the oil; Cut tomatoes into small pieces and save two tbsp. of this oil for dressing.
- 3 Prepare and combine sundried and fresh tomatoes, zucchini (or Armenian cucumber), and dandelion in a salad bowl.
- 4 In a small bowl, make the dressing by whisking together the olive oil, vinegar, salt, pepper, sundried tomato oil, syrup, and mustard.
- 5 Pour the dressing over the salad and toss to combine. Add more spices to taste.
- 6 Garnish the salad with dandelion flowers.

Note:

Dandelion (or sowthistle) leaves might have a slightly bitter taste; season the salad as desired considering the bitter flavor.



BUCKWHEAT & GRASS PEA STEW WITH EGGPLANT

It can be your new
favorite stew!

Ingredients

200g of buckwheat seeds
1 medium size onion
1 small eggplant - Tsakoniki or
Santorini
1 medium green pepper
300g of grass peas
50g of Quark cheese 0.2 milk fat
0.7dl of olive oil
1 egg
Himalayan salt and pepper to taste

Directions

- 1 Clean and rinse buckwheat grains several times until the water is clear. Soak in water overnight.
- 2 Clean and finely chop the onion, cut the eggplant and pepper into cubes. Boil the peas in salted water for 5 minutes and rinse with cold water to keep their beautiful color.
- 3 Cut the cheese into larger cubes.
- 4 Pour the onion in hot oil in a pan, stirring occasionally. Pour the eggplant and pepper into the pan, season and stew for another 5 minutes.
- 5 Mix the buckwheat seeds with the beaten egg, add the peas, and combine everything with the fried vegetables.
- 6 Cook, adding water, until the buckwheat softens. Finally, add olive oil to the dish and mix with the rest of the composition.
- 7 Serve the dish in a bowl garnished with cheese.

Note:

Use cheese as preferred, e.g., mozzarella, cheddar, or any other according to personal preferences. If required, the dish can be baked in the oven before serving. If desired, fresh vegetables can be added as a side dish, e.g., green pepper or cucumber. Consider the cooking time of ingredients of different consistencies, e.g. cook the buckwheat for a shorter time, the peas required longer cooking.



BAKED EGGPLANT & POTATO ALAPAPA ALEXIE

Something old, something new
- new inspiration from good
old recipes!

Ingredients

1.5 kg of potatoes
7 medium size eggplants - Tsakoniki
or Santorini
9 medium size onions, thinly sliced
2 kg tomatoes - Rousiko (peeled and
diced)
3 cloves of garlic, pressed or minced
300g breadcrumbs
3dl of olive oil
cinnamon powder, to taste
cumin powder, to taste
pepper and Himalayan salt, to taste

Directions

- 1 Peel and wash the potatoes and eggplants. Cut the potatoes and eggplant lengthwise into thin slices.
- 2 Salt the eggplant slices and let them sit in a covered bowl. The eggplant prepared in this way will release the liquid and thus expel the bitterness. After half an hour, transfer the eggplant to a colander and gently squeeze the eggplant to extract the salty juice.
- 3 Heat oil in a large saucepan, coat each slice of eggplant with olive oil, and fry eggplant in a heated pan, turning occasionally, for about 15 min.
- 4 Fry potatoes cut into circles in a little oil for five minutes, then spread them nicely on the bottom of a glass fireproof bowl. Spread half of the eggplant over the potatoes.
- 5 Heat olive oil in a large, deep pan over medium to high heat. Stew onion and tomatoes. Season with salt and pepper. After 10 minutes of stewing, add the garlic and stew for another 10 minutes.
- 6 Prepare a baking dish with non-stick pan. Arrange potato and eggplant slices into the bottom of the prepared baking dish.
- 7 When the stewing is finished, pour the mixture over the eggplants and spread it evenly. Spread the remaining slices of eggplant over the filling, then sprinkle breadcrumbs, salt and pepper over everything.
- 8 Bake in preheated oven on 180°C for 1 hour.

Note:

Peel the eggplant. If desired, the amount of garlic and/or onion can be added or reduced. Regulate the cooking time of ingredients of different consistencies.



LENTILS AS AN APPETIZER

Your new favorite appetizer!

Ingredients

300g red lentils
200g of brown rice
a bunch of parsley – 55g
4 - 5 pickled peppers
4 - 5 pickled cucumber (ideally Armenian cucumber)
Himalayan salt – 4 g
balsamic vinegar and oregano, to taste

Directions

- 1 Clean and wash the lentils, and leave them in cold water to stand overnight. Wash the rice, finely chop the parsley. Cut the pickles and peppers into cubes.
- 2 Pour the lentils into a fine-mesh colander and rinse under running water, then dump the lentils into a medium saucepan.
- 3 Add the water and bring the mixture to a boil over medium-high heat. Reduce heat to maintain a gentle simmer and cook, season with salt and stir occasionally, until the lentils are tender, for about 25 to 35 minutes.
- 4 Drain the lentils and return them to the pot to cool for about 5 minutes.
- 5 Cook the rice in salted water until it is completely soft.
- 6 Combine the rice with red lentils, add peppers and pickles, spices and mix everything well.

Note:

If desired, add rocket along with oregano. Cook the lentils as desired until they are soft. Add or reduce the amount of pickles and/or paprika as preferred. Use additional spices, such as: coriander, lemon, garlic.



BUCKWHEAT POCKETS FILLED WITH WALNUTS & DRIED FRUITS

Mmmm... the new favorite treat!

Ingredients

500g buckwheat phyllo pastry
50g ground or chopped walnuts
50g buckwheat sprouts
150g rye and oat flakes (each)
125g yellow sugar
100g dried raisins
100g dried cherries (or cranberries)
1 tbsp. of dandelion syrup
1 tbsp. of honey
100g butter (melted)
1 medium size lemon

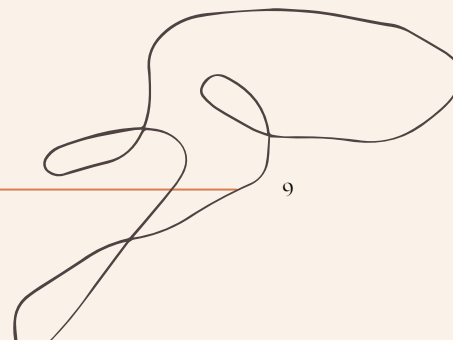


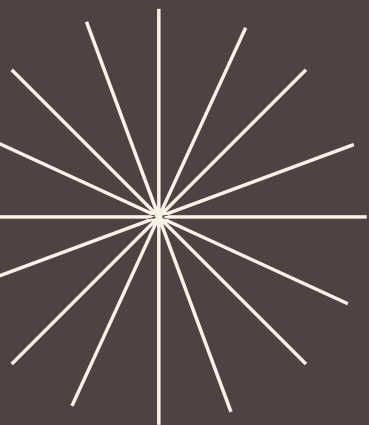
Directions

- 1 Prepare filling mixture: Mix well-chopped walnuts, buckwheat sprouts, oat and rye flakes, raisins, cherries, yellow sugar, and dandelion syrup & honey.
- 2 Unroll buckwheat phyllo pastry sheets and cut all pastry sheets in half.
- 3 Mix 2 dl of water with 100g of melted butter.
- 4 Stack two sheets of phyllo pastry, brushing with butter between each layer, sprinkle it with 2-3 tbsp. of the filling mixture, and cover with another two sheets of pastry brushed with melted butter. Pack the lined crusts (with filling) to look like a triangle or pocket. Repeat this process several times until the filling mixture is gone.
- 5 Bake at 180°C for 25-30 min, until golden and crisp.
- 6 Make the dandelion/honey syrup while the dish is baking. Boil the yellow sugar with 3dl of water until sugar is melted. Add two tsp. of dandelion syrup, and lemon juice. Simmer for about 20 min.
- 7 Remove the pockets from the oven and immediately pour the remaining syrup over them. Allow cooling to room temperature.

Note:

Fill the pockets with pumpkin, apple, or any other dry fruit. If desired, add more dandelion syrup or mixture of honey and dandelion syrup. Use the buckwheat flour for the preparation of homemade phyllo dough whenever possible.





*Certain dishes can be
served with meat or fish!*

happy eating



BioValue

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