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THE SCHOOL KITCHEN LAB RECIPE BOOK



Project expert Dzintra Kokta | Designer Ilze Bodža | Project expert Triin Muiste

ACKNOWLEDGEMENTS

The implementation of the event “**THE SCHOOL KITCHEN LAB**” was inspired by the exchange trip to Karlstad, Sweden, organized within the project “Solutions for Reducing Food Waste in School Canteens”, acronym: SchoolFood WasteSolutions, with the aim of learning about successful and sustainable approaches to school catering and food waste reduction.

This material compiles adapted recipes from the Swedish cookbook “**Nära mat till många gäster**”, tailored to the school catering environment by the project experts — Food Technologist Dzintra Kokta (Daugavpils University, Latvia) and Nutrition Therapist and Educator and Head Chef Triin Muiste (The Association of Municipalities of Tartu County, Estonia). The collection also includes original recipes created by the project experts.



Cookbook “**Nära mat till många gäster**”

by Authors: Averås, Katarina - Lund, Øyvind - Wigelius, Tin

The cookbook was created as a collaborative project with local producers in Värmland, Sweden, where chefs visited farms and explored local ingredients, drawing inspiration for the recipes.

We would like to thank our project partner **Alain Grenard** for the warm welcome in Sweden and the opportunity to gain first-hand insight into the school catering system of Karlstad Municipality, which, within the framework of the project, will serve as a successful example for driving change in the Latgale and Tartu regions.

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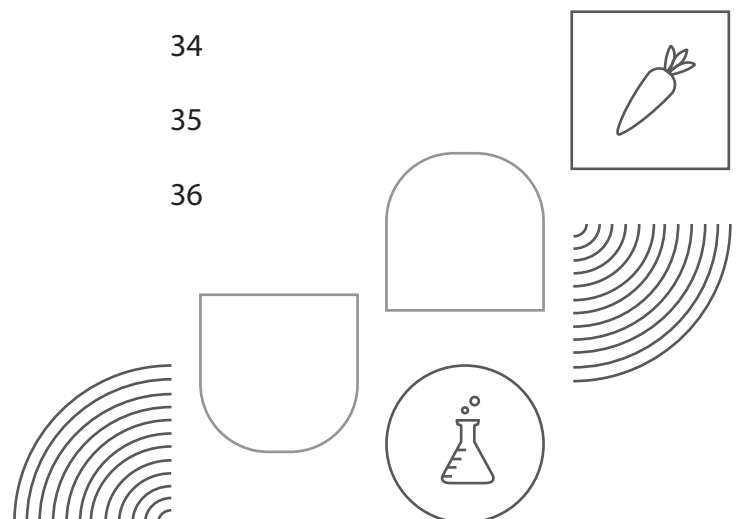
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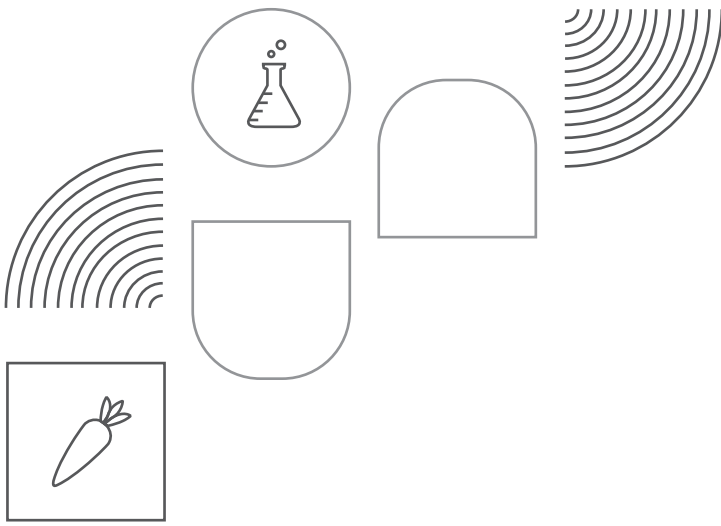
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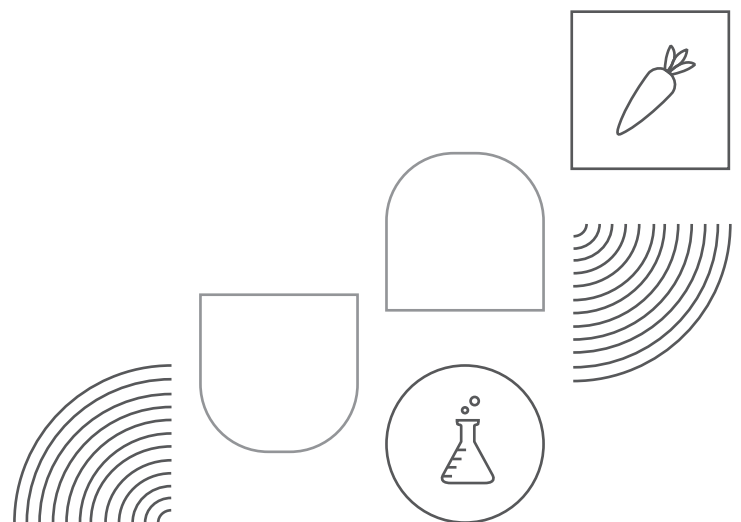
Oil-based base

Oil-based sauce with apple and honey

Oil-based sauce with herbs and mustard

Fresh cucumber and mint sauce

Apple tzatziki



OIL-BASED BASE

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Rapeseed oil	kg	0,01	10,05	10	0	9,2	0	82,4
Apple cider vinegar	l	0,004	3,535	3,5	0	0	0,193	0,77
Coarse salt	kg	0	0,15	0,15	0	0	0	0
TOTAL:			13,735	13,65	0	9,2	0,193	83,17

(Allergens are listed in italics)

Net weight (g) - 13

FOOD PREPARATION

- Whisk all the ingredients together by hand until the mixture forms an emulsified sauce and the salt has dissolved.

SERVING AND STORAGE

- Store at a temperature of +18°C to +20°C for up to 48 hours.

Original recipe from the cookbook 'Nāra mat till mānga gāster', adapted by project expert Dzintra Kokta (Daugavpils University).

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OIL-BASED SAUCE WITH APPLE AND HONEY

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Oil-based base	ml	0,013	13,131	13	0	9,2	0,194	83,17
Apples	kg	0,004	4	3,2	0,013	0,026	0,314	1,536
Natural honey	kg	0,001	1,224	1,2	0,01	0	0,964	3,893
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
TOTAL:			18,505	17,55	0,023	9,226	1,472	88,599

(Allergens are listed in italics)

Net weight (g) - 17

PRE-TREATMENT

Wash the apples, peel them, remove the core, and grate them.

FOOD PREPARATION

- Add the grated apples, ground pepper, and honey to the oil-based sauce.
- Whisk with a hand whisk until a smooth, emulsified sauce forms.

SERVING AND STORAGE

- Store at a temperature of +18°C to +22°C for up to 48 hours.

Original recipe from the cookbook 'Nāra mat till mānga gāster', adapted by project expert Dzintra Kokta (Daugavpils University).

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OIL-BASED SAUCE WITH HERBS AND MUSTARD

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Oil-based base	ml	0,013	13,131	13	0	9,2	0,194	83,17
Fresh dill	kg	0,001	0,625	0,5	0,013	0,003	0,02	0,154
Parsley	kg	0,001	0,746	0,5	0,019	0,002	0,04	0,252
<i>Mustard</i>	kg	0,002	2,02	2	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Chives	kg	0,002	1,875	1,5	0,019	0	0,052	0,36
TOTAL:			18,547	17,65	0,051	9,205	0,306	83,936

(Allergens are listed in italics)

Net weight (g) - 17

PRE-TREATMENT

- Rinse the dill and parsley, pat dry, remove the stems, and chop finely.
- Rinse the chives, sort through them, and finely chop.

FOOD PREPARATION

- Mix the oil base with the mustard, then add the ground pepper, chives, and herbs.
- Whisk everything thoroughly by hand until an emulsified sauce forms.

SERVING AND STORAGE

- Store at a temperature of +18°C to +22°C for up to 48 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



FRESH CUCUMBER AND MINT SAUCE

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Oil-based base	ml	0,013	13,131	13	0	9,2	0,194	83,17
Cucumber	kg	0,003	2,841	2,5	0,02	0,002	0,065	0,353
Fresh peppermint	kg	0,002	2,222	2	0,07	0,016	0,106	0,84
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
TOTAL:			18,344	17,65	0,09	9,218	0,365	84,363

(Allergens are listed in italics)

Net weight (g) - 17

PRE-TREATMENT

- Rinse the mint, pat dry, remove the leaves from the stems, and chop finely.
- Wash the fresh cucumbers, peel them if necessary, and grate.

FOOD PREPARATION

- Add the chopped mint, ground pepper, and grated cucumber to the oil-based sauce.
- Whisk with a hand whisk until a smooth, emulsified sauce forms.

SERVING AND STORAGE

- Store at a temperature of +18°C to +22°C for up to 48 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



APPLE TZATZIKI

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
<i>Plain yogurt</i>	kg	0,068	68,031	66,67	3,4	3	3,267	54,003
Apples	kg	0,01	10,412	8,33	0,033	0,067	0,816	3,998
Garlic	kg	0,001	0,589	0,56	0,036	0	0,029	0,262
Parsley	kg	0,001	1,269	0,85	0,031	0,003	0,068	0,428
Rapeseed oil	kg	0,002	1,678	1,67	0	1,536	0	13,761
Coarse salt	kg	0	0,03	0,03	0	0	0	0
Ground pepper 15g	gab.	0,001	0,015	0,015	0	0	0	0
TOTAL:			82,024	78,125	3,5	4,606	4,18	72,452

(Allergens are listed in italics)

Net weight (g) - 70

PRE-TREATMENT

- Wash the apples, peel them, remove the cores, and grate.
- Peel the garlic, rinse it, and press it through a garlic press.
- Rinse the parsley, pat dry, remove the stems, and chop finely.

FOOD PREPARATION

- Strain the yogurt through a sieve or a coffee filter.
- Add the grated apples and garlic to the strained yogurt.
- Add the chopped parsley and rapeseed oil.
- Add salt and pepper. Whisk everything with a hand whisk until the sauce reaches a smooth, uniform consistency.

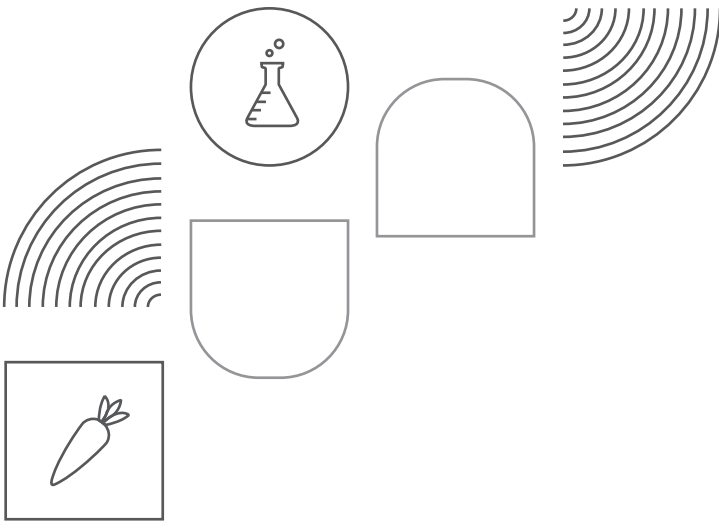
SERVING AND STORAGE

- Serve with fresh vegetables and salads.
- Store at a temperature of +2°C to +6°C for up to 4 hours.

Original recipe from the cookbook 'Nāra mat till mānga gāster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES





SALADS

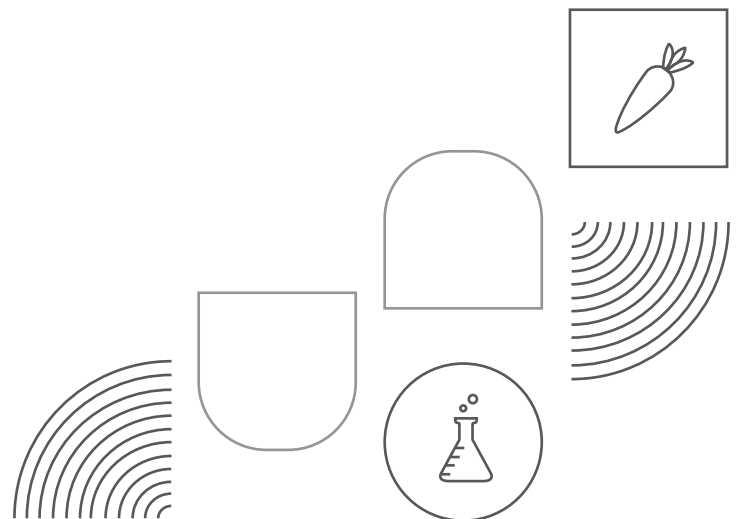
Warm buckwheat salad with chicken

Warm buckwheat salad, vegetarian

Salad with pearl barley and parsley

Vegetable salad with bulgur

Salad bar



WARM BUCKWHEAT SALAD WITH CHICKEN

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Onions (sweet)	kg	0,015	15,385	12	0,096	0,01	0,798	3,84
Carrots	kg	0,064	64,103	50	0,65	0,05	3,6	19,85
Bell peppers	kg	0,037	37,5	30	0,39	0	1,59	7,92
Garlic	kg	0,005	5,263	5	0,325	0	0,26	2,34
Buckwheat	kg	0,037	37	37	3,996	1,184	20,128	107,152
Water	kg	0,037	37	37	0	0	0	0
Lemon juice	ml	0,002	1,531	1,5	0,005	0,002	0,101	0,42
Lemons	kg	0,001	0,667	0,5	0,004	0	0,015	0,082
Coarse salt	kg	0	0,3	0,3	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Parsley	kg	0,03	29,851	20	0,74	0,08	1,6	10,08
<i>Butter</i>	kg	0,005	5	5	0,035	3,9	0,05	35,44
Olive oil 1l	gab.	0,005	5,025	5	0	5	0	45
Beans	kg	0,03	30	30	6,3	0,6	13,98	86,52
Green peas	kg	0,026	25,51	25	1,6	0,125	2,75	20,75
Chicken fillet	kg	0,053	52,632	50	11,8	0,95	0	56,55
TOTAL:			346,917	308,45	25,941	11,901	44,872	395,944

(Allergens are listed in italics)

Net weight (g) - 280

Original recipe from the cookbook 'Nāra mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



PREPARATION

PRE-TREATMENT

- Peel and rinse the onions and garlic. Slice the garlic thinly. Cut the onions into half rings or wedges.
- Wash the bell peppers, remove the seeds, and cut into strips.
- Rinse the parsley, pat dry, remove the stems, and chop.
- Rinse the green peas with pods, remove the peas from the pods, or use frozen green peas.
- Rinse the pod beans, trim the ends, and cut into pieces, or use frozen pod beans.
- Rinse the chicken meat, pat dry, and cut into strips.
- Wash, peel, rinse, and cut the carrots into strips.
- Wash the lemons, grate the zest, and squeeze the juice.

FOOD PREPARATION

- Preheat the oven to 200°C.
- Place the carrots, bell peppers, pod beans, and peas in a heat-resistant dish or baking tray and drizzle with a little olive oil.
- Roast the root vegetables in the oven until they are tender.
- Sauté the onions and garlic in oil. Add the chicken fillet and continue to cook.
- Add the buckwheat and butter, and sauté until slightly toasted.
- Add water and cook until the buckwheat is tender but not overcooked. (A slight chewiness gives the grains a pleasant, nutty flavor.)
- Add the lemon juice, zest, salt, pepper, and parsley.
- Mix the roasted vegetables with the buckwheat on the serving dish.

SERVING AND STORAGE

- Store at a temperature of +65°C to +68°C for up to 2 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



WARM BUCKWHEAT SALAD, VEGETARIAN

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Onions (sweet)	kg	0,026	25,641	20	0,16	0,016	1,33	6,4
Carrots	kg	0,071	70,513	55	0,715	0,055	3,96	21,835
Bell peppers	kg	0,05	50	40	0,52	0	2,12	10,56
Garlic	kg	0,005	5,263	5	0,325	0	0,26	2,34
Buckwheat	kg	0,045	45	45	4,86	1,44	24,48	130,32
Water	kg	0,045	45	45	0	0	0	0
Lemon juice	ml	0,002	1,531	1,5	0,005	0,002	0,101	0,42
Lemons	kg	0,001	0,667	0,5	0,004	0	0,015	0,082
Coarse salt	kg	0	0,3	0,3	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Parsley	kg	0,03	29,851	20	0,74	0,08	1,6	10,08
<i>Butter</i>	kg	0,005	5	5	0,035	3,9	0,05	35,44
Olive oil 1l	gab.	0,005	5,025	5	0	5	0	45
Beans	kg	0,045	45	45	9,45	0,9	20,97	129,78
Green peas	kg	0,041	40,816	40	2,56	0,2	4,4	33,2
<i>Cheese, Mocalella</i>	kg	0,03	30,303	30	5,7	5,55	0,12	73,2
TOTAL:			400,06	357,45	25,074	17,143	59,406	498,657

(Allergens are listed in italics)

Net weight (g) - 300

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



PREPARATION

PRE-TREATMENT

- Peel and rinse the onions and garlic. Slice the garlic thinly. Cut the onions into half rings or wedges.
- Wash the bell peppers, remove the seeds, and cut into strips.
- Rinse the parsley, pat dry, remove the stems, and chop.
- Rinse the green peas with pods, remove the peas from the pods, or use frozen green peas.
- Rinse the pod beans, trim the ends, and cut into pieces, or use frozen pod beans.
- Wash, peel, rinse, and cut the carrots into strips.
- Wash the lemons, grate the zest, and squeeze the juice.

FOOD PREPARATION

- Preheat the oven to 200°C.
- Place the carrots, bell peppers, pod beans, and peas in a heat-resistant dish or baking tray and drizzle with a little olive oil.
- Roast the root vegetables in the oven until tender.
- Sauté the onions and garlic in oil.
- Add the buckwheat and butter, and sauté until lightly toasted.
- Add water and cook until the buckwheat is tender but not overcooked. (A slight chewiness gives the grains a pleasant, nutty flavor.)
- Add lemon juice, zest, salt, pepper, and parsley.
- Mix the roasted vegetables with the buckwheat on the serving dish, and sprinkle with mini mozzarella balls or grated mozzarella cheese.
- Optionally, place everything in the oven at 220°C for 5 minutes to melt the cheese.

SERVING AND STORAGE

- Store at a temperature of +65°C to +68°C for up to 2 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



SALAD WITH PEARL BARLEY AND PARSLEY

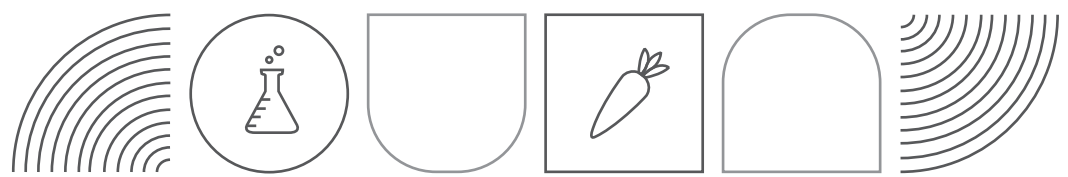
Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
<i>Pearl barley</i>	kg	0,03	30	30	2,1	0,66	20,7	101,4
Apple cider vinegar	l	0,003	2,525	2,5	0	0	0,138	0,55
Rapeseed oil	kg	0,025	25,126	25	0	23	0	206
Natural honey	kg	0,004	4,469	4,38	0,035	0	3,517	14,209
Onions (sweet)	kg	0,016	16,026	12,5	0,1	0,01	0,831	4
Oregano	kg	0,001	0,63	0,63	0	0	0	0
Sweet paprika, ground	kg	0,001	0,636	0,63	0,093	0,082	0,351	1,821
Bell peppers	kg	0,1	100	80	1,04	0	4,24	21,12
Coarse salt	kg	0	0,3	0,3	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Parsley	kg	0,03	29,851	20	0,74	0,08	1,6	10,08
Water	kg	0,03	30	30	0	0	0	0
TOTAL:			239,713	206,09	4,108	23,832	31,377	359,18

(Allergens are listed in italics)

Net weight (g) - 200

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



PREPARATION

PRE-TREATMENT

- Wash the bell peppers, remove the seeds, and cut into small pieces.
- Peel the onions, rinse them, and finely chop.

FOOD PREPARATION

- Bring water to a boil, add a little salt and pearl barley. Cook for 15 to 20 minutes.
- Prepare the dressing by mixing vinegar, oil, honey, and spices (oregano, ground sweet paprika, salt, ground pepper).
- Combine the barley with finely chopped onions, the mixed dressing, and bell peppers. Let marinate for at least one hour.

SERVING AND STORAGE

- Garnish with parsley before serving.
- Store at a temperature of +18°C to +20°C for up to 6 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



VEGETABLE SALAD WITH BULGUR

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
<i>Whole grain bulgur</i>	kg	0,035	35	35	4,305	0,455	20,16	114,8
Rapeseed oil	kg	0,005	5,025	5	0	4,6	0	41,2
Natural honey	kg	0,004	3,571	3,5	0,028	0	2,811	11,354
Red onions	kg	0,016	16,026	12,5	0,175	0,037	1,112	4,375
Oregano	kg	0,001	0,6	0,6	0	0	0	0
Sweet paprika, ground	kg	0,001	0,606	0,6	0,089	0,078	0,334	1,734
Ground pepper 15g	gab.	0,033	0,5	0,5	0	0	0	0
Coarse salt	kg	0,002	1,5	1,5	0	0	0	0
Paprika	kg	0,016	15,625	12,5	0,162	0	0,663	3,3
Parsley	kg	0,01	10,448	7	0,259	0,028	0,56	3,528
Apple cider vinegar	l	0,001	1,263	1,25	0	0	0,069	0,275
Water	kg	0,06	60	60	0	0	0	0
Turmeric	kg	0,001	1	1	0	0	0	0
Green peas	kg	0,026	25,51	25	1,6	0,125	2,75	20,75
Olive oil 1l	gab.	0,007	7,035	7	0	7	0	63
Rutabaga	kg	0,019	18,75	15	0,18	0,03	1,08	5,205
TOTAL:			202,459	187,95	6,798	12,353	29,539	269,521

(Allergens are listed in italics)

Net weight (g) - 170

Original recipe from the cookbook *Nära mat till många gäster*, adapted by project expert Dzintra Kokta (Daugavpils University) and project expert Triin Muiste (The Association of Municipalities of Tartu County).

NOTES



PREPARATION

PRE-TREATMENT

- Peel, rinse, and finely chop the red onions.
- Wash the bell peppers, remove the seeds, and cut into small cubes.
- Rinse the parsley, pat dry, remove the stems, and chop.
- Rinse the green peas with pods, remove the peas from the pods, or use frozen green peas.
- Wash, peel, rinse, and cut the rutabaga into thin strips.

FOOD PREPARATION

- Heat the water to boiling, then add turmeric, salt, and bulgur.
- Simmer over low heat for about 10 to 13 minutes or until the bulgur is cooked. Cover and let it rest for about 10 to 15 minutes.
- Drain or strain any excess water.
- Heat olive oil in a pan and add the cooked bulgur, rutabaga, and green peas. Stir well and sauté.
- Prepare the dressing by mixing apple cider vinegar, rapeseed oil, honey, and spices. Use a whisk to emulsify the dressing.
- Combine the cooked bulgur with the dressing, bell peppers, and onions.
- Add salt and pepper. Let the salad marinate for at least one hour.

SERVING AND STORAGE

- Before serving, garnish with chopped parsley.
- Store at a temperature of +65°C to +68°C for up to 2 hours.

Original recipe from the cookbook *Nära mat till många gäster*, adapted by project expert Dzintra Kokta (Daugavpils University) and project expert Triin Muiste (The Association of Municipalities of Tartu County).

NOTES



SALAD BAR

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Cucumbers	kg	0,028	28,409	25	0,2	0,025	0,65	3,525
Tomatoes	kg	0,033	33,333	30	0,33	0,06	1,14	6,42
Bell peppers	kg	0,025	25	20	0,26	0	1,06	5,28
Onions (sweet)	kg	0,019	19,231	15	0,12	0,012	0,997	4,8
Chinese cabbage	kg	0,025	25	20	0,6	0,08	0,48	4,98
Coarse salt	kg	0	0,2	0,2	0	0	0	0
Lemon juice	ml	0	0,306	0,3	0,001	0	0,02	0,084
Apple cider vinegar	l	0,001	1,212	1,2	0	0	0,066	0,264
Water	kg	0,025	25	25	0	0	0	0
Sugar	kg	0	0,4	0,4	0	0	0,392	1,56
TOTAL:			158,091	137,1	1,511	0,177	4,805	26,913

(Allergens are listed in italics)

Net weight (g) - 130

Original recipe from the cookbook 'Nāra mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



PREPARATION

PRE-TREATMENT

- Wash the Chinese cabbage, remove any damaged leaves, cut out the core, and chop.
- Wash the bell peppers, remove the seeds, and cut into medium-sized strips.
- Wash the cherry tomatoes or large tomatoes, remove the stem end. Cut large tomatoes into wedges.
- Wash fresh cucumbers, peel if necessary, and slice into rounds.
- Peel the sweet onions, rinse, and cut into thin half rings.

FOOD PREPARATION

- Prepare the marinade for the onions. Cool boiled water to 70°C, dissolve salt and sugar in it, then add apple cider vinegar.
- Add lemon juice to the prepared onions. Mix and massage the juice into the onions by hand.
- Pour the hot prepared marinade over the onions, cover the container, and shake well. Let sit for about 10 to 15 minutes.
- Drain excess liquid.
- If you want the pickled onions to be crunchier, pour cold water over them to cool, then drain the excess liquid.

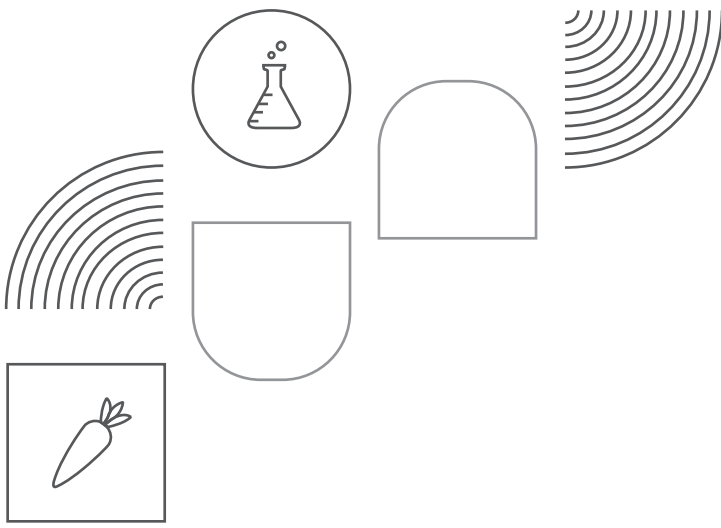
SERVING AND STORAGE

- Place each salad bar item in a separate serving dish.
- Store at a temperature of +2°C to +10°C for up to 4 hours.

Original recipe from the cookbook 'Nāra mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES





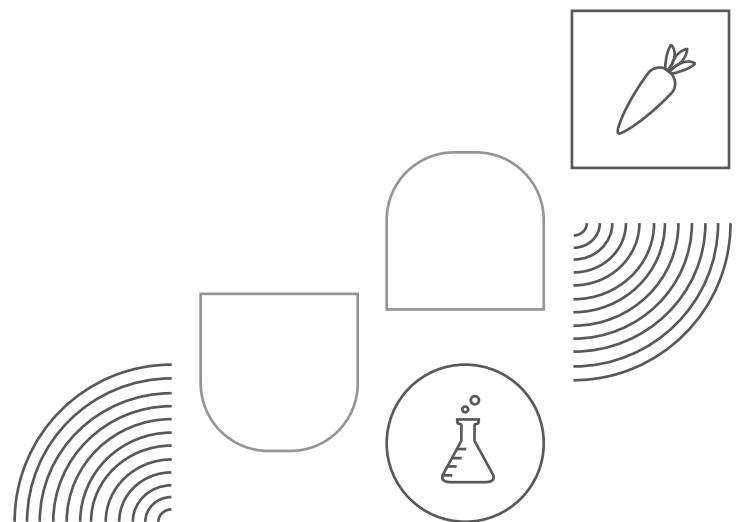
MAIN COURSES

Seasonal vegetable stew with chicken

Mushroom and barley pie – patties

WOK with pork and vegetables

Vegetable pizza



SEASONAL VEGETABLE STEW WITH CHICKEN

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Chicken fillet	kg	0,053	52,632	50	11,8	0,95	0	56,55
Onions (sweet)	kg	0,026	25,641	20	0,16	0,016	1,33	6,4
Parsnip	kg	0,011	11,111	10	0,14	0	1,05	4,76
Potatoes	kg	0,015	15,385	10	0,2	0,01	1,48	7,02
Carrots	kg	0,026	25,641	20	0,26	0,02	1,44	7,94
<i>Celery root</i>	kg	0,013	13,333	10	0,13	0,03	0,61	3,23
<i>Heavy cream 35%</i>	kg	0,031	30,928	30	0,75	10,5	0,9	101,1
Vegetable broth	ml	0,005	5	5	0	0	0	0
Fresh champignon	kg	0,026	26,316	25	1,075	0,25	0,025	6,65
<i>Soy sauce</i>	kg	0,005	5,051	5	0,5	0	0,16	3,85
Coarse salt	kg	0	0,3	0,3	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Thyme	kg	0,002	2	2	0,111	0,034	0,489	2,02
Cranberry jam	kg	0,016	15,789	15	0,075	0,075	5,25	22,5
<i>Butter</i>	kg	0,005	5	5	0,035	3,9	0,05	35,44
Potato starch 0.4kg	gab.	0,013	5	5	0,03	0,005	4,155	16,78
Water	kg	0,03	30	30	0	0	0	0

TOTAL:	269,277	242,45	15,266	15,79	16,939	274,24
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(Allergens are listed in italics)

Net weight (g) - 220

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES

[illegible]

PREPARATION

PRE-TREATMENT

- Wash the chicken fillet, pat dry, and cut into strips.
- Peel, rinse, and chop the onions.
- Wash, peel, and cut the parsnip, potatoes, celery root, and carrots into thin sticks.
- Rinse the thyme, pat dry, and strip the leaves from the stems.
- Clean the champignon mushrooms and slice them.

FOOD PREPARATION

- Brown the meat in a small amount of butter and add salt and pepper.
- Place the meat in a pot and add enough water to cover it.
- Add the dry vegetable broth and thyme. Let the meat simmer over medium heat for 20 minutes.
- Brown the root vegetables and onions in a small amount of butter.
- Add the browned root vegetables and mushrooms to the meat in the pot.
- Stew for another 20 minutes.
- Add the cream and a little soy sauce (for color).
- If necessary, add dissolved potato starch.
- Add the cranberry jam and bring to a boil again.

SERVING AND STORAGE

- Store at a temperature of +63°C to +68°C for up to 2 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES



MUSHROOM AND BARLEY PIE – PATTIES

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Barley	kg	0,037	37,5	37,5	3,487	0,412	24,937	117,412
Fresh champignon	kg	0,017	17,105	16,25	0,699	0,163	0,016	4,322
Onions	kg	0,01	10,41	8,12	0,114	0	0,739	3,492
Celery root	kg	0,005	4,667	3,5	0,046	0,011	0,214	1,131
Water	kg	0,062	62,5	62,5	0	0	0	0
Large eggs 50g	gab.	0,32	15,988	13,75	1,746	1,583	0,096	21,6
Garlic	kg	0,003	2,632	2,5	0,162	0	0,13	1,17
Balsamic vinegar	kg	0,002	2,02	2	0	0	0	0
Coarse salt	kg	0	0,3	0,3	0	0	0	0
Ground pepper 15g	gab.	0,01	0,15	0,15	0	0	0	0
Parsley	kg	0,022	22,388	15	0,555	0,06	1,2	7,56
Oil 1l	gab.	0,007	7,035	7	0	7	0	63
TOTAL:			182,695	168,57	6,809	9,229	27,332	219,687

(Allergens are listed in italics)

Net weight (g) - 150

Original recipe by project expert Triin Muiste (Association of Municipalities of Tartu County).

NOTES



PREPARATION

PRE-TREATMENT

- Clean the champignon mushrooms and slice them.
- Peel, rinse, and chop the onions and garlic.
- Wash the eggs and separate them from the shells.
- Wash, peel, and grate the celery root.
- Rinse, dry, and remove the parsley leaves from the stems. Chop finely.

FOOD PREPARATION

- Sauté the onions, garlic, mushrooms, and grated celery root in oil.
- Add the groats and lightly fry while stirring.
- Add water and simmer over low heat until most of the liquid is absorbed and the texture resembles minced meat.
- Blend the mixture with a blender until smooth and let it cool.
- Add the eggs, balsamic vinegar, chopped parsley, salt, and pepper.
- Form patties and fry them in a pan or bake in the oven.

Original recipe by project expert Triin Muiste (Association of Municipalities of Tartu County).

NOTES



WOK WITH PORK AND VEGETABLES

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Pork ham	kg	0,1	100	85	12,75	23,12	0	261,8
Onions (sweet)	kg	0,019	19,231	15	0,12	0,012	0,997	4,8
Bell peppers	kg	0,025	25	20	0,26	0	1,06	5,28
Carrots	kg	0,032	32,051	25	0,325	0,025	1,8	9,925
Fresh cabbage	kg	0,042	41,667	25	0,45	0,025	1,425	5,725
Broccoli	kg	0,025	25	20	0,66	0,04	0,5	5,2
Fresh champignon	kg	0,042	42,105	40	1,72	0,4	0,04	10,64
Coarse salt	kg	0,001	0,7	0,7	0	0	0	0
Ground pepper 15g	gab.	0,02	0,3	0,3	0	0	0	0
Oil 1l	gab.	0,007	7,035	7	0	7	0	63
Leek	kg	0,019	19,481	15	0,33	0,045	0,48	3,735
Soy sauce	kg	0,051	50,505	50	5	0	1,6	38,5
Oyster sauce	l	0,051	50,505	50	0,95	0	14,3	62
Water	kg	0,1	100	100	0	0	0	0
Garlic	kg	0,005	5,263	5	0,325	0	0,26	2,34
Natural honey	kg	0,004	4,082	4	0,032	0	3,212	12,976
Chili flakes	kg	0,001	0,5	0,5	0,066	0,05	0,284	1,85
TOTAL:			523,425	462,5	22,988	30,717	25,958	487,771

(Allergens are listed in italics)

Net weight (g) - 330

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES

[illegible]

PREPARATION

PRE-TREATMENT

- Rinse the pork, pat it dry, and cut into thin strips.
- Peel and rinse the onions and garlic. Slice the onions into thin half rings. Press the garlic through a garlic press.
- Wash the bell peppers, remove the seeds, and cut into thin strips.
- Wash, peel, and grate the carrots.
- Rinse the cabbage, remove any damaged leaves, and grate.
- Rinse the broccoli and divide into small florets.
- Clean the champignon mushrooms and slice them thinly.

FOOD PREPARATION

- Sauté the vegetables in heated oil, add a little salt, and set aside.
- Sauté the meat in heated oil, adding a bit of salt and pepper.
- Prepare the Wok sauce by whisking together soy sauce, oyster sauce, water, honey, chili flakes, and pressed garlic.
- Place the cooked meat and vegetables in a hot pan and mix thoroughly.
- Pour over the Wok sauce, stir well, and let it cook for 2–3 minutes.

SERVING AND STORAGE

- Portion and serve.
- Store at a temperature of +65°C to +68°C for up to 2 hours.

Original recipe from the cookbook 'Nära mat till många gäster', adapted by project expert Dzintra Kokta (Daugavpils University).

NOTES

[illegible]

VEGETABLE PIZZA

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Oat flakes	kg	0,003	3,12	3,12	0,343	0,193	1,563	9,366
Large eggs 50g	gab.	0,32	15,988	13,75	1,746	1,583	0,096	21,6
Water	kg	0,013	12,5	12,5	0	0	0	0
All-purpose flour	kg	0,001	1,25	1,25	0,133	0,016	0,845	4,056
Fresh cabbage	kg	0,062	62,5	37,5	0,675	0,038	2,138	8,587
Bell pepper	kg	0,023	23,438	18,75	0,244	0	0,994	4,95
Carrots	kg	0,024	24,038	18,75	0,244	0,019	1,35	7,444
Coarse salt	kg	0,001	0,7	0,7	0	0	0	0
Ground pepper 15g	gab.	0,033	0,5	0,5	0	0	0	0
Chives	kg	0,016	16,25	13	0,169	0	0,455	3,12
Parsley	kg	0,015	14,925	10	0,37	0,04	0,8	5,04
Thyme	kg	0,005	5	5	0,278	0,084	1,223	5,05
Parmigiano cheese	kg	0,013	12,626	12,5	4	3,75	0	50,25
TOTAL:			192,835	147,32	8,202	5,723	9,464	119,463

(Allergens are listed in italics)

Net weight (g) - 110

Original recipe by project expert Triin Muiste (Association of Municipalities of Tartu County).

NOTES

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PREPARATION

PRE-TREATMENT

- Grate the cheese or use pre-grated cheese.
- Wash the eggs and remove the shells.
- Rinse the fresh cabbage, remove any damaged leaves, and grate.
- Wash the fresh bell pepper, remove the seeds, and grate.
- Rinse the chives, pat dry, sort, and chop.
- Rinse the thyme and parsley, pat dry, remove the stems, and chop.

FOOD PREPARATION

- In a large bowl, thoroughly mix the oat flakes, eggs, flour, salt, pepper, and water.
- Add the vegetables, chopped thyme and parsley, and $\frac{1}{4}$ of the cheese. Mix until the mixture is evenly combined.
- Line a baking tray with parchment paper and spread the mixture evenly over the surface.
- Sprinkle the remaining grated Parmesan cheese on top.
- Place the tray in a preheated oven at 200°C and bake for 20–25 minutes, until the vegetable “pizza” is golden brown and cooked through.
- Let it cool slightly before cutting into squares.

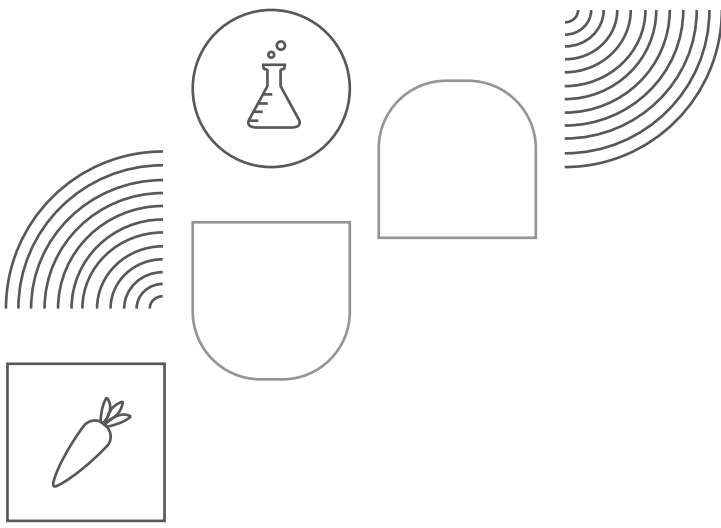
SERVING AND STORAGE

- Serve warm, sprinkled with chopped chives, either on its own or with salad.
- Store at a temperature of +20°C to +24°C for up to 4 hours.

Original recipe by project expert Triin Muiste (Association of Municipalities of Tartu County).

NOTES

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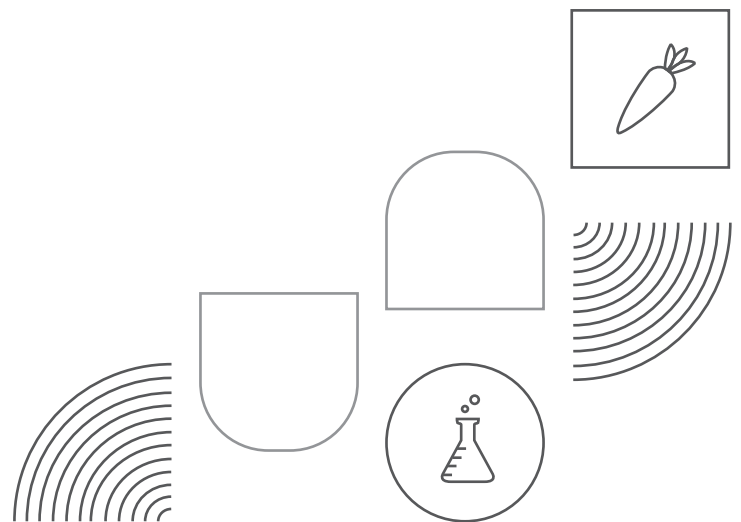


DESSERTS AND BREAKFAST

Overnight oats

Chia seed pudding

Apple-carrot pie



OVERNIGHT OATS

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
<i>Oat flakes</i>	kg	0,012	12	12	1,32	0,744	6,012	36,024
<i>Almond milk</i>	ml	0,05	50	50	0,2	0,55	0	6,5
<i>Plain yogurt</i>	kg	0,01	10,204	10	0,51	0,45	0,49	8,1
Bananas	kg	0,05	50	35	0,525	0,035	7,35	31,815
Vanilla paste	kg	0,001	0,838	0,83	0,001	0,001	0,39	1,892
Raspberries	kg	0,009	8,5	8,33	0,067	0,025	0,691	3,257
Mixed berries	kg	0,01	10,204	10	0,121	0,015	0,92	4,3

TOTAL: **141,746** **126,16** **2,744** **1,82** **15,853** **91,888**

(Allergens are listed in italics)

Net weight (g) - 120

PRE-TREATMENT

- Peel the banana and mash it with a fork.
- Sort through the raspberries and mash them together with vanilla paste using a fork or blend with a hand blender.
- Sort through the berries; if necessary, you can rinse them.

FOOD PREPARATION

- Place the oats, mashed banana, nut milk, and yogurt in a bowl.
- Mix everything with a whisk or a fork.
- Leave overnight to allow the oats to swell. Keep at a temperature between +2°C and +6°C.

SERVING AND STORAGE

- Serve by topping with mashed raspberries and garnish with fresh berries.
- Store at a temperature between +2°C and +6°C for up to 12 hours.

Original recipe by project expert Dzintra Kokta (Daugavpils University).

NOTES



CHIA SEED PUDDING

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
<i>Almond milk</i>	ml	0,04	40	40	0,16	0,44	0	5,2
<i>Plain yogurt</i>	kg	0,017	16,837	16,5	0,841	0,742	0,809	13,365
Chia seeds	kg	0,012	12,121	12	2,64	4,08	0,312	55,68
Bananas	kg	0,047	47,143	33	0,495	0,033	6,93	29,997
Vanilla paste	kg	0,001	0,838	0,83	0,001	0,001	0,39	1,892
Mixed berries	kg	0,061	61,224	60	0,726	0,09	5,52	25,8
TOTAL:			178,163	162,33	4,863	5,386	13,961	131,934

(Allergens are listed in italics)

Net weight (g) - 155

PRE-TREATMENT

- Sort through the berries, rinse if necessary, and blend half of them.
- Peel the bananas and mash them with a fork.

FOOD PREPARATION

- Mix almond milk with plain yogurt, mashed banana, and vanilla paste. Use a whisk or a fork for mixing.
- Pour the mixture over the chia seeds, stir thoroughly, and let it sit for 10 minutes at room temperature. After 10 minutes, the seeds will have swollen slightly. Stir the pudding thoroughly again and let it sit for another 10 minutes at room temperature. This second stirring helps prevent clumping of the seeds. After 10 minutes, stir once more thoroughly, divide into serving containers, cover with plastic wrap or lids, and place in the refrigerator overnight to swell at a temperature between +2°C and +6°C.

SERVING AND STORAGE

- Top with the blended berries. Garnish with fresh berries.
- Store at a temperature between +2°C and +6°C for up to 6 hours.

Original recipe by project expert Dzintra Kokta (Daugavpils University).

NOTES



APPLE-CARROT PIE

Name	Unit	Amt.	Amt. (B)	Amt. (N)	Prot.	Fat	Carbs	Kcal
Apples	kg	0,075	75	60	0,24	0,48	5,88	28,8
Carrots	kg	0,077	76,923	60	0,78	0,06	4,32	23,82
Water	kg	0,01	10	10	0	0	0	0
Cardamom	kg	0,004	4	4	0	0	0	0
<i>Butter</i>	kg	0,01	10	10	0,07	7,8	0,1	70,88
Dates, dried	kg	0,022	22,222	20	0,5	0,08	13,4	59,6
<i>All-purpose flour</i>	kg	0,01	10	10	1,06	0,13	6,76	32,45
<i>Whole grain rye flour</i>	kg	0,007	7	7	0,595	0,077	4,34	22,75
Brown sugar	kg	0,008	8	8	0	0	7,936	32,08
Whole grain oat flour	kg	0,007	7,071	7	0,91	0,469	4,2	25,9
TOTAL:			230,216	196	4,155	9,096	46,936	296,28

(Allergens are listed in italics)

Net weight (g) - 170

PRE-TREATMENT

- Wash, peel, and grate the carrots.
- Wash, peel, core the apples, and cut them into small pieces.
- Rinse the dried dates, remove the pits, and blend them.

FOOD PREPARATION

- Boil a syrup from sugar and water.
- Cook the carrots in the sugar syrup flavored with ground cardamom.
- After the carrots have cooked for 10 minutes, add the apples. Stop cooking when the apples are soft.
- Grease a baking dish.
- Place the cooked apples and carrots into the greased pie dish.
- Prepare a crumbly dough from the remaining ingredients (blended dates, all-purpose flour, rye flour, oat flour, butter).
- Sprinkle the dough over the apples and carrots and bake in the oven at +200°C (392°F) for 20 minutes.

SERVING AND STORAGE

- Cool and cut into portion-sized pieces.
- Store at a temperature between +18°C and +22°C for up to 48 hours.

Original recipe from the cookbook *Nāra mat till mānga gāster*, adapted by project expert Dzintra Kokta (Daugavpils University) and project expert Triin Muiste (The Association of Municipalities of Tartu County).



NOTES

Handwriting practice area with 20 horizontal dashed lines.

