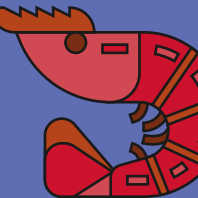
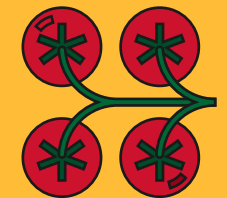
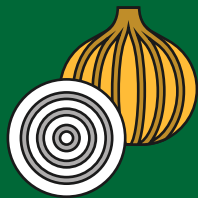
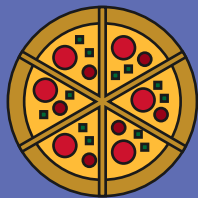
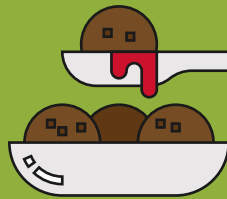
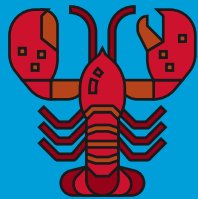
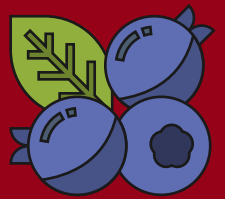
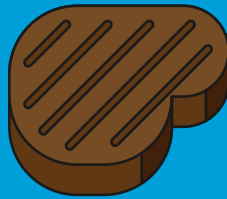
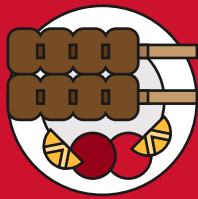
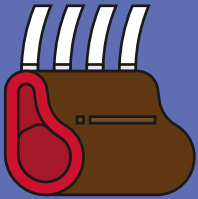
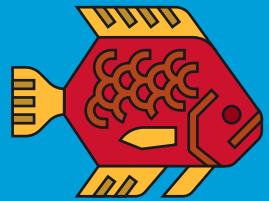
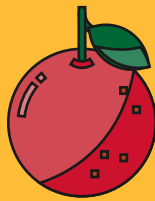
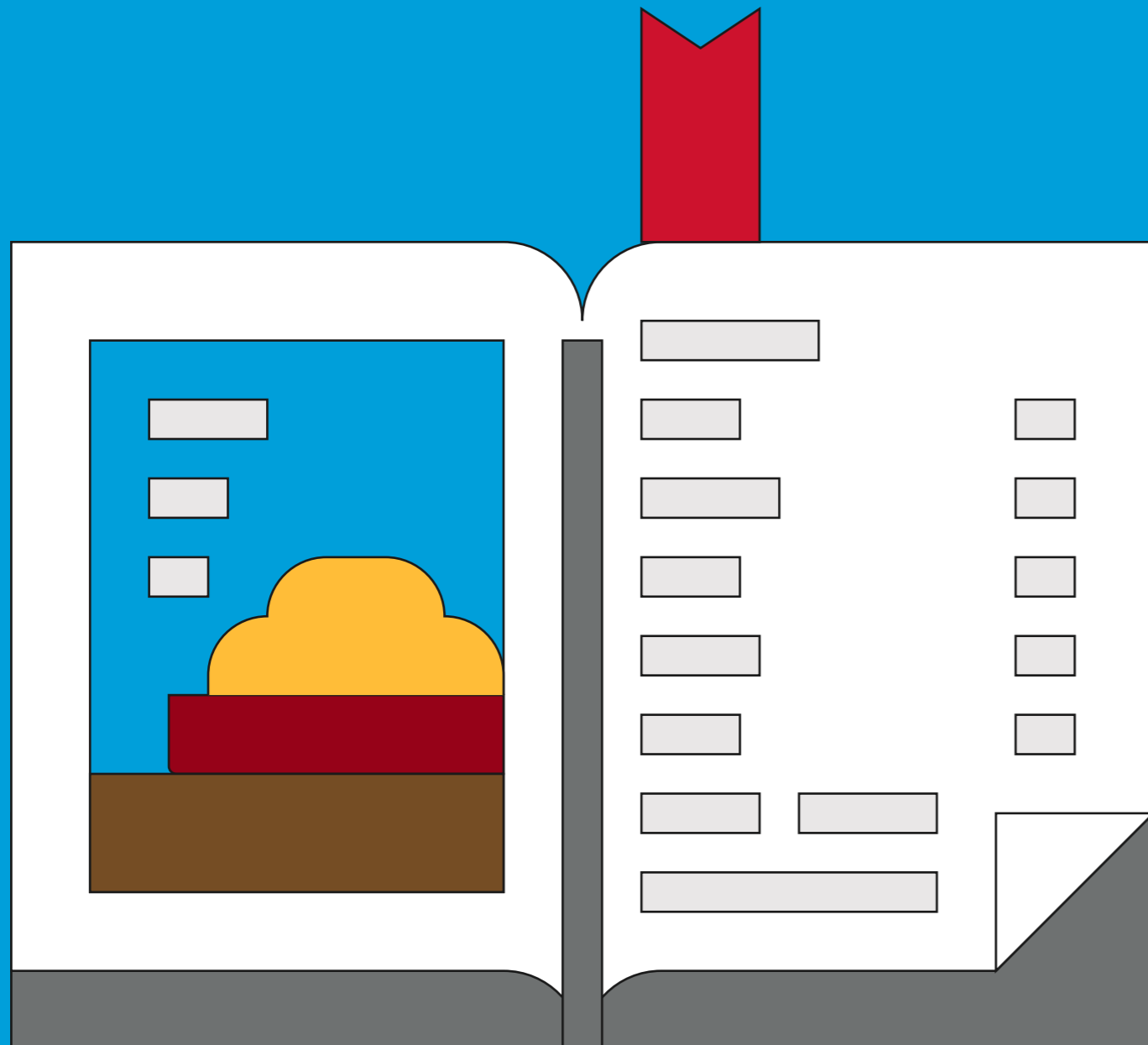














# Global Cookbook





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# Introduction

So much of what we do at OSI relates to food safety – from our values of Acting with Integrity and Putting People First, to our manufacturing operations and our reputation.

The need for food safety is constant and something that we must always give attention to. It's why we launched our **Food Safety Always** initiative last year and created the practices of Look Out. Speak Up. Act Now. **Food Safety Always** embeds a stronger ownership of food safety and help bring safe, quality food to families worldwide every day.

At OSI, we keep one another safe by taking ownership and being accountable for food safety every day in every action.

We reinforce our commitment to food safety by celebrating Food Safety Week. We Live Food Safety, and we are celebrating how food safety is not only crucial to our work, but an essential part of our lives.

Together at the OSI Table, around the world, OSI team members rally around **Food Safety Always** by collaborating and encouraging one another to live food safety, always.

"Food Safety Always is understood and viewed favorably across the globe. People are connecting with the brand – they are "getting it." Since its launch, I've constantly highlighted and connected the right food safety behaviors back to Food Safety Always. Doing this helps provide real-world connections to the brand – making it relatable for everyone and helping to drive day-to-day success at our sites.", says Dr Ken Petersen – Senior VP Quality Assurance and Regulatory Affairs

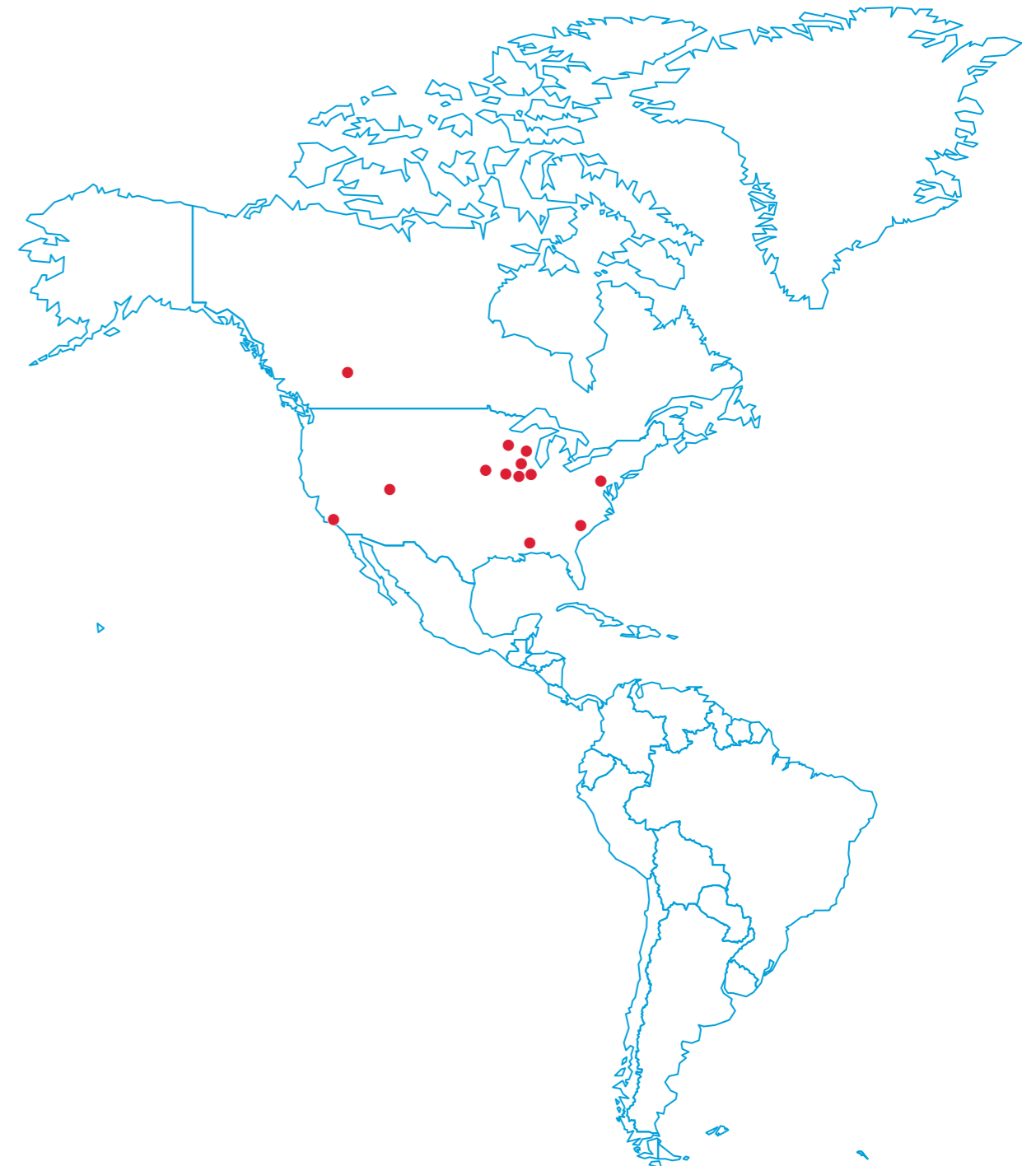
To celebrate this year, we are sharing favorite recipes from our team members around the world. Recipes that OSI team members put heart, soul and love into while we nourish our families with food, tradition and culture.

Most recipes include a few words about how food safety is practiced at home and include a photo of the dish or meal.

Try out some of the recipes from other areas of the world or other cultures. Share pictures of the prepared recipe or your family, friends, and loved ones enjoying the dish together at [osifoodsafetyculture@osigroup.com](mailto:osifoodsafetyculture@osigroup.com).

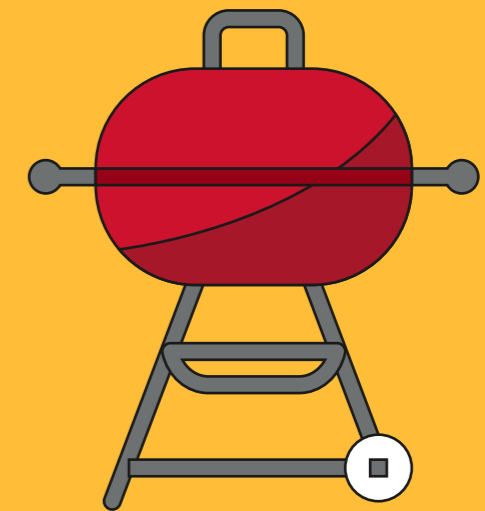
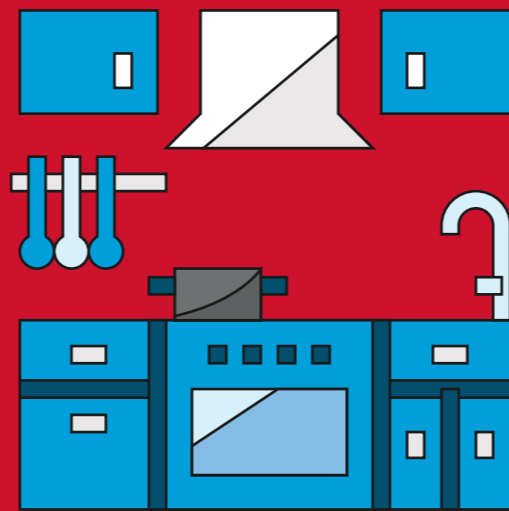
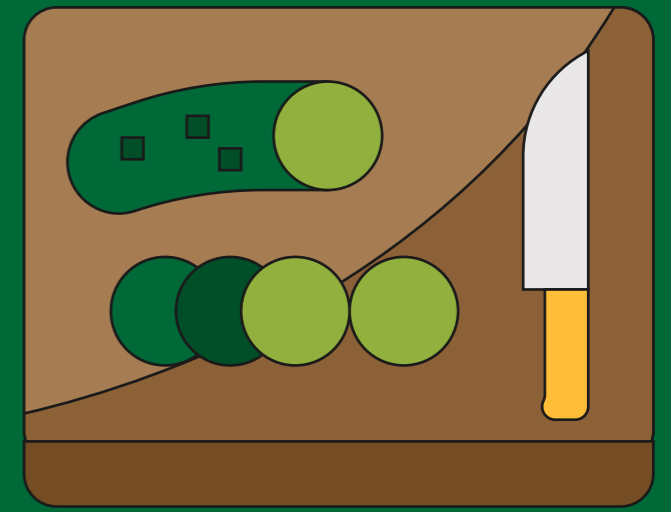
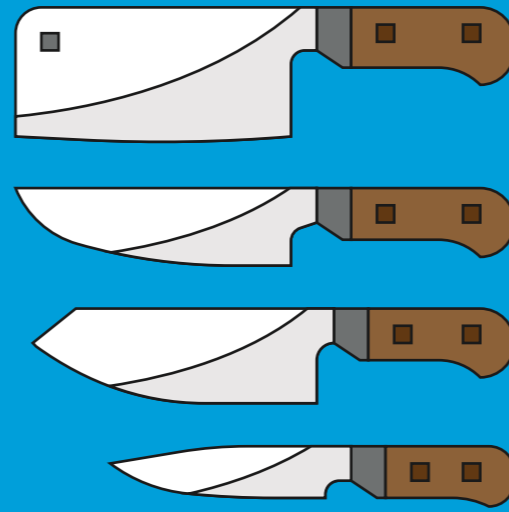
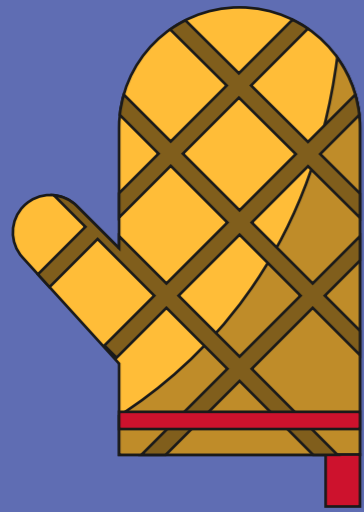


# OSI around the globe



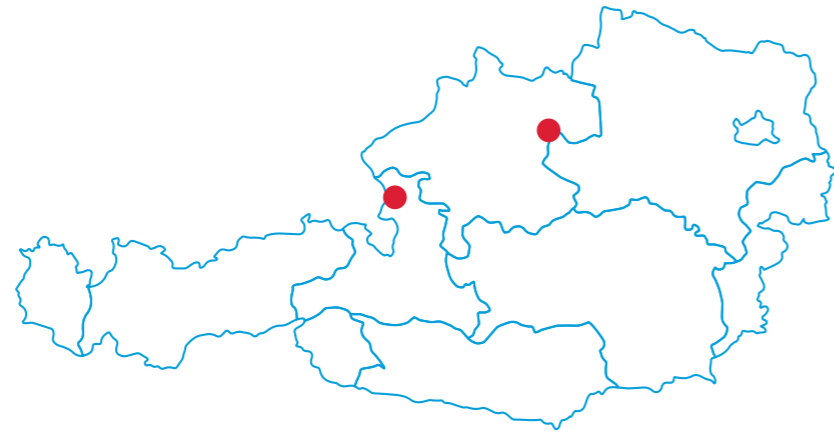


# Let's get cooking!





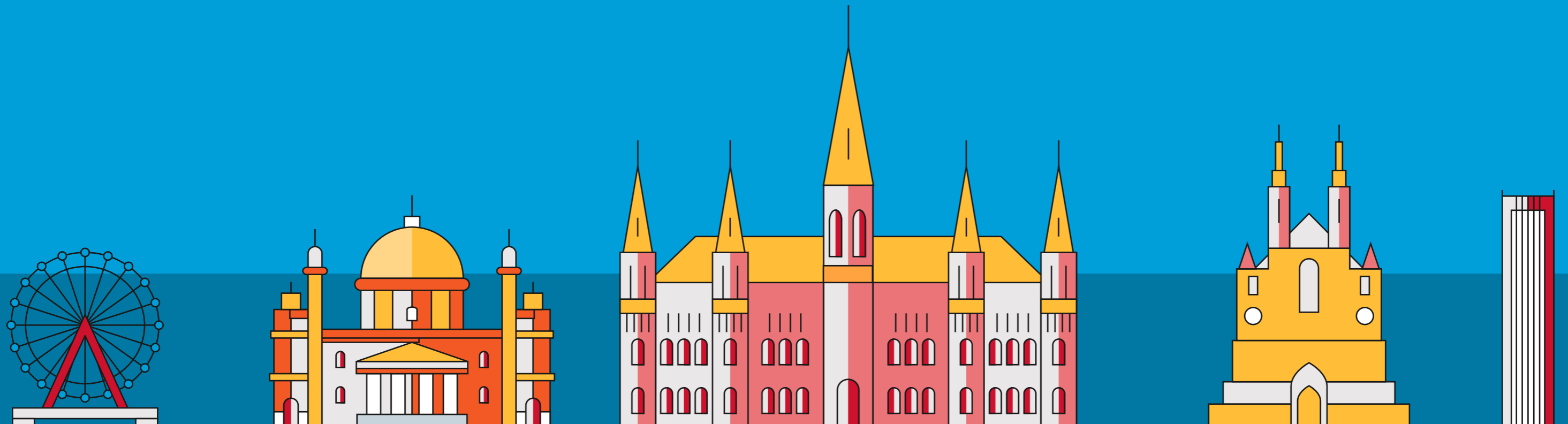
# 01



# Austria

Capital city:  
Vienna

German-speaking Austria, the mountainous European republic whose history dates to pre-Roman times, has served as an incubator of science and culture, boasting native luminaries including Mozart, Liszt, Schrödinger and Freud. Its capital and largest city is picturesque Vienna on the Danube, known for its imperial palaces, artistic legacy and cafe culture.





# 1.1

Mit freundlicher Genehmigung von:

Elisabeth, St. Johann im Pongau

Rezeptname:

Saltimbocca Vom Kalb



Zutaten:

- 4 Kalbschnitzel (aus der Schale)
- 1 EL Butter
- Etwas Olivenöl
- 4 frische Salbeiblätter
- 4 dünne Scheiben Schinkenspeck
- Salz
- Pfeffer
- Zahnstocher

Optional:

1 Schuss Weißwein, etwas Gemüsebrühe/  
Rinderfond.

Anweisungen:

- Die Schnitzel vorsichtig flachklopfen (am besten zwischen zwei Schichten Frischhaltefolie) und mit Salz und Pfeffer würzen.
- Auf jedes Schnitzel eine Scheibe Speck geben, auf den Speck in Salbeiblatt legen und mit einem Zahnstocher oder einer kleinen Spieß fixieren.
- In einer Pfanne Butter und Öl erhitzen und die Kalbsschnitzel darin etwa 2 Minuten auf der Fleischseite braten.
- Zum Schluss um drehen und die Seite mit dem Speck/Salbeiblatt kurz anbraten.
- Das Saltimbocca auf vorgewärmten Tellern anrichten.
- Wer möchte kann den Bratenrückstand in der Pfanne mit einem Schuss Weißwein ablöschen, die Sauce mit etwas Suppe/Fond aufgießen, abschmecken und als Sauce zum Saltimbocca servieren.
- Als Beilage passen hervorragend Rosmarinerdäpfel aus dem Backofen, Bandnudeln, Risotto oder gegrilltes Sommergemüse.

Courtesy of:

Elisabeth, St. Johann im Pongau

Recipe name:

Baby Beef

Ingredients:

- 4 veal escalope (topside)
- 1 tablespoon butter
- Some olive oil
- 4 fresh sage leaves
- 4 thin slices of bacon
- Salt
- Pepper
- Toothpick

Optional:

1 dash of white wine, some vegetable broth/beef stock.

Instructions:

- Carefully flatten the veal escalope (preferably between two layers of cling film) and season with salt and pepper.
- Place a slice of bacon on each escalope, place a sage leaf on top of the bacon and secure with a toothpick or small skewer.
- Heat the butter and oil in a pan and fry the veal escalopes on the meat side for about 2 minutes.
- Finally turn over and briefly sear the side with the bacon/sage leaf.
- Arrange the Saltimbocca on preheated plates.
- If you like, you can deglaze the drippings in the pan with a dash of white wine, add some soup/stock to the sauce, season to taste and serve as a sauce with the Saltimbocca.
- Rosemary potatoes from the oven, tagliatelle, risotto or grilled summer vegetables are excellent as a side dish.



# 1.2

Mit freundlicher Genehmigung von:

Theresa, Altenmarkt

Rezeptname:

Roastbeef



## Zutaten:

- 1,5 - 2 kg Beiried
- Salz
- Pfeffer
- 1 EL Estragonenf
- 4 EL Öl

## Für den Saft:

- ca. 250 ml Wasser oder Rindsuppe
- 40 g Suppe

## Anweisungen:

- Das Fleisch putzen, Haut und Sehnen abtrennen und et was Fett abschneiden.
- Eine Sete in kunzen Abständen mit ein paar Schnitten einschneiden.
- Das Fleisch kräftig salzen und pfeffern.
- Auf der angeschnittenen Seite mit Senf bestreichen.
- Dos Öl in der Pfanne erhitzen und das Fleisch mit der Fettseite nach unten in die Pfanne legen.
- Anschließend von allen Seiten scharf anbraten.
- Das Backrohr auf 200 °C vorheizen.
- Das Fleisch auf einem Blech ins Rohr geben und nach 30 Minuten die Hitze auf 150 °C reduzieren.
- Nach weiteren 30 Minuten auf 120 °C reduzieren und 2 Stunden braten lassen.
- Zwischendurch das Fleisch immer wieder mit Bratenfentt übergieBen.
- Fürden des Saft das überschüssige Fett abgeben und mit Wasser oder Suppe ablöschen, reduzierend kochen.
- Den Saft aufkochen, abseihen und zügig kalte Butter einrühren.
- Danach nicht mehr aufkochen.

Courtesy of:

Theresa, Altenmarkt

Recipe name:

Roast Beef

## Ingredients:

- 1.5 - 2 kg roast beef
- Salt
- Pepper
- 1 tbsp tarragon mustard
- 4 tbsp oil

## For the sauce:

- Approx. 250 ml water or beef broth
- 40 grams of broth

## Instructions:

- Clean the meat, separate the skin and tendons and trim off some of the fat.
- Make a few short cuts on one side of the meat.
- Generously salt and pepper the meat.
- Spread mustard on the cut side.
- Heat the oil in the pan and place the meat in the pan, fat-side down.
- Then sear on all sides.
- Preheat the oven to 200°C.
- Put the meat on a tray in the oven and after 30 minutes reduce the heat to 150 °C.
- After another 30 minutes, reduce to 120 °C and roast for 2 hours.
- In between, baste the meat with the roast fat drippings.
- For the sauce, pour off the excess fat and deglaze with water or broth, and cook to reduce.
- Boil the sauce, strain and quickly stir in the cold butter.
- After that, don't boil it again.





# 1.3

Mit freundlicher Genehmigung von:

AMA Kochbuch

Rezeptname:

Gulasch



Zutaten für 5 portionen:

- 1 kg Rindfleisch (z.B. Wadshinken, Hals, Schulterschere)
- 1 L Rindsuppe (Wasser)
- 75 dag Zwiebeln
- 20 dag Schweineschmalz
- 2 EL Paradeismark
- 3 EL Paprikapulver, edelsüß
- Salz, Pfeffer aus der Mühle
- 2 Lorbeerblätter
- 1 TL Kümmel
- Majoran
- 2 Knoblauchzehen
- 1/2 Chilischote

Anweisungen:

- Schmalz in einem großen Topf erhitzen.
- Fein geschnittene Zwiebeln dazugeben.
- Zwiebel unter ständigem Rühren goldgelb rösten.
- Paradeismark zugeben gut verrühren und den Topf von der heißen Herdplatte nehmen.
- Paprika einstreuen und ca. 2 Minute gut verrühren.
- Mit ca. 1 Liter Rindsuppe aufgießen und ca. 1/2 Stunde köcheln lassen.
- Gewürze begeben, abschmecken und weiterköcheln lassen.
- In der Zwischenzeit das Fleisch würfelig, schneiden und danach salzen und pfeffern.
- Das Fleisch zum Gulaschansatz geben und im offenen Topf ca. 2 Stunden dünsten, bis das Fleisch weich und mürb ist und das Gulasch eine sämige Konsistenz hat.

Courtesy of:

AMA Cookbook

Recipe name:

Goulash

Ingredients:

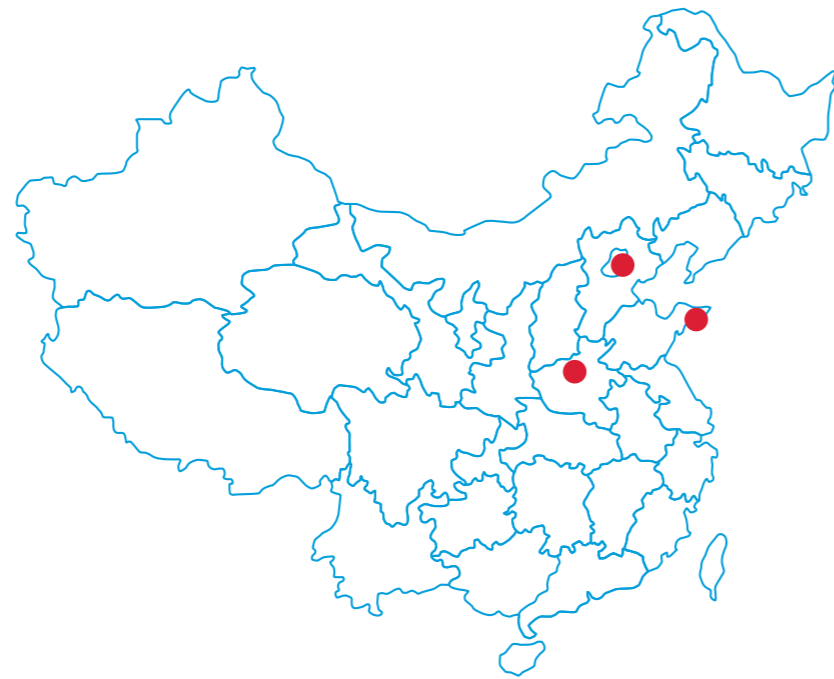
- 1 kg beef (e.g. leg, neck, top blade)
- 1 L beef broth (water)
- 75 g onions
- 20 g lard
- 2 tbsps tomato puree
- 3 tbsps paprika powder, sweet
- Salt, pepper from the mill
- 2 bay leaves
- 1 tsp cumin
- Marjoram
- 2 cloves of garlic
- 1/2 chili pepper

Instructions:

- Heat lard in a large saucepan.
- Add finely chopped onion.
- Fry the onion until golden, stirring constantly.
- Add the tomato puree, stir well and remove the pot from the hot stove.
- Sprinkle in the paprika and stir well for about 2 minutes.
- Pour in about 1 liter of beef broth and simmer for about 1/2 hour.
- Add spices, taste, and let simmer.
- In the meantime, dice the meat and then season with salt and pepper.
- Add the meat to the broth of the goulash and stew in an open pot for about 2 hours until the meat is soft and tender, and the goulash has a creamy consistency.



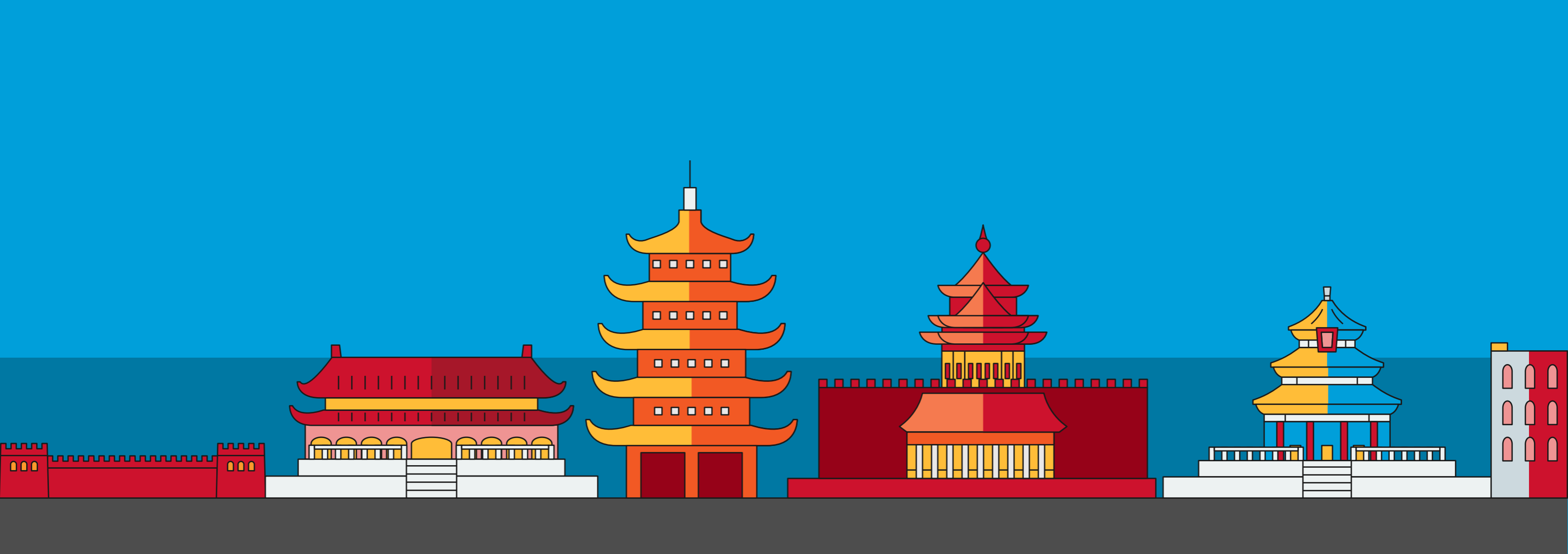
# 02



# China

**Capital city:**  
Beijing

The vast Asian nation of China, the world's most populous, has a rich and complex 4,000-year history spanning ancient imperial dynasties to the modern Communist state. Known for its diversity of geography, climate, culture, language and religious traditions, China boasts such World Heritage Sites as the wondrous Great Wall and the mysterious Forbidden City. China has given the world paper, printing, gunpowder, horticulture, acupuncture, kites, tofu and more.





# 2.1

## 你的名字:

Wenyu Sun, OSI Weihai

## 食谱名称:

葱香鸡丁



## 原材料:

- 鸡胸肉丁200g
- 葱50g
- 干辣椒15g
- 蒜末1/2茶匙

## 腌料:

- 盐1/2茶匙
- 淀粉1茶匙
- 米醋1/2茶匙
- 胡椒粉1/4茶匙
- 细砂糖少许

## 调味料:

- a、白醋一大匙  
乌醋一茶匙  
酱油一茶匙
- b、淀粉水适量

## 制作过程:

- 鸡胸肉切丁1.5cm，拌入所有腌料，备用。
- 葱切段，干辣椒泡水变软后沥干备用。
- 锅中倒入油烧至六七成热，放入腌好的鸡丁，不断翻炒，至肉色变白后捞出，油倒出备用。
- 重新把锅加热，放入葱段、泡软的干辣椒和蒜末，炒至辣椒呈棕红色，再加入调味料a，接着把略炒过的鸡丁下锅，继续翻炒1分钟，加入调味料b勾芡，最后炒匀盛出即可。

## 如何落实食品安全措施:

- 处理食物前先洗手。
- 过程中要防止飞虫接触食物。
- 制作过程要干净、卫生。



## Courtesy of:

Wenyu Sun, OSI Weihai

## Recipe name:

Chive Flavor Chicken Dices

## Ingredients:

- 200g diced chicken breast
- 50g green onion
- 15g dried chili
- 1/2 tsp minced garlic

## Marinade:

- 1/2 tsp salt
- 1 tsp starch
- 1/2 teaspoon rice vinegar
- 1/4 tsp pepper
- A little granulated sugar

## Seasoning:

- a) One tablespoon of white vinegar;  
One teaspoon of black vinegar;  
One teaspoon of soy sauce
- b) Appropriate amount of starch water

## Instructions:

- Cut the chicken breast into 1.5cm cubes, mix in all the marinade and set aside.
- Cut the green onion into sections, soak the dried chili in water to soften, drain and set aside.
- Pour oil into the pot and heat it until hot, add the marinated chicken, stir fry continuously until the meat turns white, remove it, and pour out the oil for later use.
- Reheat the pot, add the shallots, soaked dry chili, and minced garlic, fry until the chili is brown-red, then add seasoning (a).
- Then add the slightly fried chicken to the pot, continue to stir fry for 1 minute, add seasoning (b) to thicken, stir well and serve.

## How you put food safety practices into action:

- Wash hands before handling food.
- Prevent flying insects from contacting food during the process.
- The production process should be clean and hygienic.



## 2.2

### Courtesy of:

Pan Song, OSI Weihai

### Recipe Name:

Mixed Congee



### Ingredients:

- Tap water
- Red beans
- Cereal
- Rice
- Chinese date
- Lotus seed
- Sesame
- Peanuts

### Instructions:

- Rinse all the ingredients thoroughly.
- Soak all for about 2 hours
- Add twice the quantity of water and cover with the lid.
- Boil on high heat, and then simmer for 1 hour.

### How do you put food safety practices into action?

- Fully wash out all the ingredients to make sure no foreign body contamination.
- Boil and cook for more than 1 hour to avoid microbe risks and ensure ideal texture.

## 2.3

### Courtesy of:

Bingjian Yu, OSI Weihai

### Recipe name:

Tulip Chicken Drumettes



### Ingredients:

- Fresh chicken drumettes
- Black pepper
- Salt
- Cooking wine
- Spring onion
- Ginger
- Chicken stock
- Corn starch
- Egg (whisked)
- Breadcrumbs

### Instructions:

- Clean and wrap the bones of the chicken drumettes in foil.
- Season with black pepper and salt.
- Cooking wine, spring onion, ginger, and chicken stock is pickled for 20 minutes to taste.
- Marinate the drumettes in the mixture.
- Coat the chicken pieces with corn starch, dip them in the egg mixture and coat in breadcrumbs.
- Fry the chicken in oil until golden brown and crispy.

### How do you put food safety practices into action?

- Wash hands before making food and ensure that the tools and instruments for making food and the environment are clean.
- Select fresh raw materials and ingredients.
- Separate utensils, such as knives, cutting boards, and other utensils, that shall be used for processing fresh food.
- Pay attention to sufficient heating temperature and time of food materials to ensure that pathogenic bacteria in food can be fully eliminated.



## 2.4

### Courtesy of:

Jie Cui, OSI Weihai

### Recipe Name:

Pirate King Chicken Drumstick



### Ingredients:

- Chicken breast
- Chicken leg
- Bacon
- Egg
- Cheese
- Pepper
- Starch
- Cooking wine
- Five-spice powder
- Honey

### Instructions:

- Prepare two chicken legs, draw a circle along the root, cut the meat along the bone with scissors, and turn the whole meat over.
- Toss the chicken leg with a spoonful of cooking wine, half of a spoonful of salt, half of a spoonful of pepper, half of a tablespoon of five-spice powder and mix evenly. Marinate at room temperature for 15 minutes.
- Combine a whole piece of chicken cut into small pieces of chicken breast, half a spoon of salt, pepper, a spoon of starch, and an egg, and stir well.
- Brush the pan with a layer of oil, fill with bacon, a layer of chicken breast, two slices of cheese, two chicken legs, and a shelled cooked egg in the middle. Cover with a layer of chicken breast, two slices of cheese, wrap the bacon, turn the whole over in the pan, and wrap the chicken bones with tinfoil.
- Put in the preheated oven, bake at 180°C for 50 minutes, brush a layer of honey on them, and bake at 200°C for another 5 minutes.

### How do you put food safety practices into action?

- Clean hands, surfaces and kitchen utensils before cooking. Wear disposable gloves.
- Keep raw and cooked foods separate and purchase fresh food materials with safety inspection marks to ensure the food safety control of raw materials.
- Recycle waste food materials.
- There is no open flame or smoke and waste gas in the whole production process. The oven production process is adopted to save energy and protect the environment.

## 2.5

### Courtesy of:

Xiaohui Yan, OSI Weihai

### Recipe name:

Rise Higher and Higher



### Ingredients:

- Chicken breast
- Cucumber
- Carrot
- Corn kernels
- Peas

### Instructions:

- Cut the breast into diced pieces.
- Season with salt, black pepper, soy sauce, and oyster sauce.
- Cut the vegetables and blanch them for one minute.
- Add the oil in the wok and fry the chicken breasts until the meat is white and fully cooked.
- Add onion and garlic until fragrant.
- Add vegetables and stir well.
- Serve in hollowed-out chunks of cucumber, like in the picture.

### How do you put food safety practices into action?

- Wash your hands before and after handling the chicken, and keep the kitchen utensils clean.
- Keep raw and cooked foods separate.
- The food's core temperature should be 70°C and the meat must be thoroughly cooked.
- Keep food at the correct temperature.
- Choose responsibly treated food.
- Wash fruits and vegetables.
- Do not eat food that exceeded the shelf life.



# 2.6

## 你的名字:

周利杰, OSI Henan

## 食谱名称:

洋葱木耳炒鸡蛋



## 原材料:

- 食用油
- 盐
- 耗油
- 老抽
- 大蒜
- 洋葱
- 木耳
- 鸡蛋
- 青辣椒

## 制作过程:

- 适量木耳用滚水浸泡5分钟。
- 适量洋葱、青椒切块放入碗中备用，大蒜切片备用。
- 鸡蛋打入碗中，充分搅散成蛋液。
- 起锅热油，锅中加入适量食用油，将油温加热到九成热以后倒入鸡蛋液，鸡蛋定型后盛出。
- 锅中加入适量的食用油，加热到五成热后加入大蒜片，炒出蒜香味，再加入洋葱、木耳、青椒，小火翻炒，把洋葱炒断生后，往锅中加入 适量盐、老抽、耗油。翻炒至调料化开后，再加入鸡蛋翻炒均匀即可。

## 如何落实食品安全措施:

- 环境卫生整洁；选用新鲜的食材。



## Courtesy of:

LiJie Zhou, OSI Henan

## Recipe name:

Fried Egg with Onion and Mushroom

## Ingredients:

- Oil
- Salt
- Oyster sauce
- Dark Soy Sauce
- Garlic
- Onion
- Agaric (mushrooms)
- Egg
- Pepper

## Instructions:

- Soak an appropriate amount of mushrooms in boiling water for 5 minutes.
- A proper amount of onion and green pepper are cut into pieces and placed in a bowl for later use, and garlic slices are set aside for later use.
- Crack the eggs into a bowl and whisk well.
- Add cooking oil to a hot wok, heat the oil until it is 90% hot and then pour in the egg mixture. Remove the egg after it is set.
- Add an appropriate amount of cooking oil to the pot, heat it on 50% heat until hot, add garlic slices and fry until the garlic is fragrant.
- Then add onions, mushroom, green peppers and stir fry over low heat.
- Add salt, dark soy sauce, oyster sauce into the wok. Stir fry until the seasoning dissolves, then add the eggs and stir fry well.

## How you put food safety practices into action:

- Environmental hygiene and tidiness.
- Use fresh ingredients.



# 2.7

## 你的名字:

周爱香, OSI Henan

## 食谱名称:

食谱名称:西红柿炒蛋



## 原材料:

- 新鲜西红柿2个
- 新鲜鸡蛋4枚
- 清洗干净的葱1棵
- 植物油若干
- 用盐若干
- 白糖若干
- 生抽若干

## 制作过程:

- 西红柿洗净切块备用。
- 鸡蛋打散放入干净碗中备用。
- 葱切成小段状。
- 开火，热锅，放入适量植物油。
- 倒入打散的鸡蛋，炒散，8成熟的时候盛到盘子里备用。
- 在锅中放入适量植物油，放入葱煸炒，直到煸炒出香味。
- 将切好的西红柿放入锅中煸炒，炒到出现汤汁。
- 加入适量食用盐、白糖、生抽，翻炒均匀。
- 再放入之前炒好的鸡蛋，翻炒均匀。
- 盛到干净的盘子里。

## 如何落实食品安全措施:

- 开始做饭前做好手部卫生。
- 原 材料已被清洗干净且都在合适的地方存放。
- 过程中使用的工具和容器都提前清洗干净。
- 餐后及时做好厨房卫生，收拾工器具、容器、灶具卫生等。



## Courtesy of:

Aixiang.Zhou, OSI Henan

## Recipe name:

Scrambled Eggs with Tomato

## Ingredients:

- Two fresh tomatoes
- Four fresh eggs
- A clean spring onion
- Some vegetable oil
- Some salt
- Some white granulated sugar
- Some light soy sauce

## Instructions:

- Wash and dice the tomatoes.
- Beat eggs and set aside.
- Chop the spring onions into small pieces.
- Heat a wok and add some vegetable oil.
- Pour in the egg mixture and transfer to a serving plate.
- Add proper amount of vegetable oil in the wok and stir-fry shallots.
- Add the tomatoes to the wok and stir-fry until they are juicy.
- Add suitable amount salt, sugar, light soy sauce, stir well.
- Add the eggs and stir well.
- Serve on a clean plate.

## How you put food safety practices into action:

- Wash your hands.
- Cleaning raw material.
- Use clean utensils.
- Wash utensils after meals.



# 2.8

## 你的名字:

季盼, OSI Henan

## 食谱名称:

五彩缤纷



## 原材料:

- 适量鲜虾
- 黑木耳
- 荷兰豆
- 胡萝卜
- 莲藕
- 大蒜
- 适量盐
- 食用油
- 料酒
- 淀粉

## 制作过程:

- 食材处理：鲜虾去除虾头和虾皮清洗干净留虾仁备用，用少许盐和料酒腌制虾仁去腥，黑木耳泡发清洗干净，荷兰豆掐头去尾清洗干净，胡萝卜、莲藕削皮清洗干净后切片，大蒜扒皮洗净切片后备用。
- 锅中加凉水、少量食用油和盐，水开后放入所有蔬菜焯水30秒捞出投凉备用。
- 炒锅烧干加入食用油，下蒜片和虾仁，炒至虾仁变色，放入焯过水的蔬菜，再加入适量盐和淀粉水勾芡，翻炒15秒左右出锅盛入盘内即可食用。

## 如何落实食品安全措施:

- 处理食材前后均需保持双手干净卫生。
- 处理食材用的工具要确保清洗干净。
- 虾仁和蔬菜必须分开使用不同的菜板处理，避免交叉污染。
- 虾仁必须炒至变色熟了方可食用。
- 蔬菜焯水后投凉使用的水最好是纯净水或凉白开。



## Courtesy of:

Pan Ji, OSI Henan

## Recipe name:

Blazing with Color

## Ingredients:

- Fresh shrimp
- Black mushrooms
- Dutch beans
- Carrots
- Lotus root
- Garlic
- Salt
- Oil
- Cooking wine
- Starch

## Instructions:

- Remove the shell of fresh shrimp, marinate with a little salt and cooking wine.
- Clean black mushrooms after soaking.
- Slice carrot and lotus root.
- Fill a wok with cold water, a little cooking oil, and salt.
- Bring to a boil and add all the vegetables.
- Simmer for 30 seconds and set aside in cold water.
- Heat a wok with cooking oil, add garlic and shrimps, and stir fry until shrimp turn brown.
- Add vegetables, salt, and starchy water, stir fry for 15 seconds, then transfer to plate.

## How you put food safety practices into action:

- Wash your hands.
- Clean your utensils.
- Use separate cutting boards for shrimp and vegetables to avoid cross-contamination.
- Make sure the shrimp is cooked.
- Use boiling water to soak vegetables.





# 2.9

## 你的名字:

张艳龙, OSI Henan

## 食谱名称:

尖椒干豆腐



## 原材料:

- 干豆腐300克
- 尖椒两个
- 大葱一根
- 肉片 2两
- 食用油 适量
- 鸡精 适量
- 生抽 适量
- 水淀粉 适量

## 制作过程:

- 将干豆腐改刀切成菱形块，装盘备用。
- 将青椒清洗干净，切成菱形块装盘待用。
- 将五花肉切片放入盘中备用。
- 将淀粉倒入碗中加适量水搅拌均匀备用。
- 热锅放油，爆香肉片，葱花。
- 将干豆腐倒入锅中翻炒，加点水中火炖5分钟后改小火炖3分钟。
- 勾芡、加入青椒，精盐，翻炒。
- 最后放入鸡精，起锅装盘即可。

## 如何落实食品安全措施:

- 做饭前应先洗干净手，带上围裙。
- 盛放餐具、刀具应干净，生蔬菜板分开。
- 确保肉片炒熟。
- 餐后做好厨房卫生，并检查煤气是否关好。



## Courtesy of:

YanLong Zhang, OSI Henan

## Recipe name:

Peppered Pork and Tofu

## Ingredients:

- Dried tofu 300g
- Chili pepper 2
- Shallot 1
- Pork 200 g
- Oil
- Chicken stock
- Light soy sauce
- Starch

## Instructions:

- Cut dried tofu into rhombus and plate.
- Clean the green pepper, cut into a diamond, and plate for use.
- Slice the pork belly and set aside.
- Pour the starch into a bowl and mix well with water.
- Heat the wok with oil, then add the meat slices and chopped scallions.
- Stir fry dried tofu in a wok, add water, simmer over medium heat for 5 minutes, then reduce to low heat for 3 minutes.
- Pour in starch water, add green pepper and salt and stir fry.
- Finally, add chicken stock.
- Serve hot.

## How you put food safety practices into action:

- Wash your hands and wear an apron.
- Clean tableware and knives, separate raw and cooked cutting boards.
- Make sure the meat is thoroughly cooked.
- Clean up after dinner.



# 2.10

## 你的名字:

李仁军, OSI Henan

## 食谱名称:

白灼虾

## 原材料:

- 虾, 大蒜, 香菜, 酱油
- 八角, 花椒, 姜



## 制作过程:

- 虾线提前挑好。
- 锅中放入清水, 八角、花椒、姜片, 一勺食用油熬3分钟。
- 放入虾煮一分钟捞出。
- 调汁: 将蒜以及香菜切成粉末状, 加入适量酱油即可。



## Courtesy of:

RenJun Li, OSI Henan

## Recipe name:

Boiled Shrimp

## Ingredients:

- Shrimp
- Garlic
- Coriander
- Soy sauce
- Star anise
- Prickly ash
- Ginger

## Instructions:

- Process and clean prawns in advance.
- Put water, star anise, prickly ash, and ginger slices into the pot and cook for 3 minutes with one tablespoon of cooking oil.
- Add the prawns and cook for a minute.
- Sauce: chop garlic and coriander and add soy sauce.



# 2.11

## 你的名字:

金莉, OSI Henan

## 食谱名称:

青椒肉丝

## 原材料:

- 瘦肉丝
- 青椒
- 姜
- 蒜

## 制作过程:

- 青椒洗净切丝，姜切片，蒜切末备用。
- 调酱汁：半碗清水，加一勺生抽，一勺耗油，少许白糖，搅拌均匀备用。
- 热锅入油，放入姜蒜炒香，加入洗净的瘦肉丝大火翻炒至变色，再加入青椒丝翻炒，待青椒丝炒至变软，倒入调好的酱汁，大火煮开，收汁即可。



## 如何落实食品安全措施:

- 做好手部清洁。
- 容器和所使用的厨具清洗干净。
- 炒菜时油温不宜过热。
- 确保肉丝炒熟。
- 饭后及时清理厨房。



## Courtesy of:

Li Jin, OSI Henan

## Recipe name:

Minced Pork with Green Pepper

## Ingredients:

- Lean pork
- Green pepper
- Ginger
- Garlic

## Instructions:

- Wash green pepper and shred.
- Slice ginger and garlic, set aside.
- Sauce: half bowl of water, add a spoonful of light soy sauce, a spoonful of oil, a little sugar, stir well and set aside.
- Heat the wok with oil, add ginger and garlic and stir fry until fragrant.
- Add washed lean pork and stir fry until browned and fully cooked, then add green pepper and stir fry until green pepper and pork are softened.
- Pour in the sauce, bring to a boil over high heat and reduce the sauce.

## How you put food safety practices into action:

- Clean your hands.
- Clean containers and utensils used.
- Do not overheat the oil when cooking.
- Make sure the shredded meat is cooked.
- Clean up the kitchen after meals.



# 2.12

## 你的名字:

霍瑞瑞, OSI Henan

## 食谱名称:

糖醋土豆丝

## 原材料:

- 土豆2个
- 盐
- 醋
- 糖
- 蒜末



## 制作过程:

- 土豆削皮切丝，放入清水中洗去淀粉，捞出备用。
- 锅烧热放油，放入土豆丝，加入食醋一勺、糖半勺、盐少许。
- 翻炒至土豆熟。
- 加入蒜末调味，盛出装盘即可。



## Courtesy of:

Ruirui Huo, OSI Henan

## Recipe name:

Shredded Sweet and Sour Potato

## Ingredients:

- 2 potatoes
- Salt
- Vinegar
- Sugar
- Garlic

## Instructions:

- Peel and shred potatoes, wash in clean water, and remove for later use.
- Heat oil in a wok.
- Add potatoes, vinegar, half a spoon of sugar, and a little salt.
- Stir fry until potatoes are cooked.
- Add minced garlic to taste and serve.



# 2.13

## 你的名字:

高光耀, OSI Henan

## 食谱名称:

红烧排骨



## 原材料:

- 排骨
- 姜
- 蒜
- 大葱
- 冰糖
- 八角
- 香叶
- 干辣椒
- 生抽
- 蚝油
- 老抽
- 盐
- 料酒

## 制作过程:

- 剥好的排骨清洗干净，排骨冷水下锅。
- 加料酒和葱，大火烧开，撇去上面浮沫，捞出清洗干净，控干水分。
- 起锅烧油，放3-5颗冰糖，炒至焦糖色，放入排骨，使糖色裹上排骨。
- 下入八角、香叶、干辣椒、姜蒜和葱段，炒至表皮焦黄。
- 加入没过排骨的清水，开始调味，加入生抽、老抽、蚝油。
- 盖上锅盖，大火煮开后，转小火焖煮40分钟。
- 加入食用盐，翻炒均匀，焖煮15分钟，大火收汁，撒上葱花。

## 如何落实食品安全措施:

- 做好手部清洁。
- 容器和所使用的厨具清洗干净。
- 炒菜时油温不宜过热。
- 确保肉丝炒熟。
- 饭后及时清理厨房。



## Courtesy of:

Guangyao Gao, OSI Henan

## Recipe name:

Spare Rib Braised in Soy Sauce

## Ingredients:

- Spare ribs
- Ginger
- Garlic
- Scallions
- Rock sugar
- Star anise
- Bay leaf
- Dried chili
- Light soy sauce
- Oyster sauce
- Dark soy sauce
- Salt
- Cooking wine

## Instructions:

- Clean the chopped ribs and put them in cold water.
- Add cooking wine and green onions to a wok, bring to a boil over high heat, skim off the excess drippings on top.
- Heat oil in a pan, add 3-5 rocks of sugar, fry until caramelized, add pork ribs and stir fry them until golden brown.
- Add star anise, bay leaves, dried chili, ginger, garlic, and spring onion and saute until browned.
- Add clean water, light soy sauce, dark soy sauce, and oyster sauce.
- Cover the pot, bring to a boil over high heat, and simmer for 40 minutes on low heat.
- Add salt, stir fry evenly, simmer for 15 minutes and transfer to a plate.
- Sprinkle with chopped green onion.

## How you put food safety practices into action:

- Wash your hands.
- Clean containers and utensils used.
- The oil temperature should not be too hot when cooking.
- Make sure the shredded pork is cooked.
- Clean up the kitchen promptly after meals.



# 2.14

## 你的名字:

刘博文, 河北亿食特

## 食谱名称:

榴芒芝士披萨

## 原材料:

- 薄披萨饼底 51g
- 马苏里拉芝士 35g
- 卡仕达酱 15g
- 榴莲泥 6g
- 冷冻榴莲肉 24g
- 冷冻芒果肉 10g
- 糖粉 4g

## 制作过程:

- 披萨饼底完全解冻软化, 马苏里拉芝士提前解冻备用。
- 卡仕达酱与榴莲泥、糖粉混合搅拌均匀。
- 榴莲切成0.5mm自然片, 芒果切1cm左右的丁。
- 薄披萨饼底平铺, 饼底周边预留0.5cm的边, 将混合好的卡仕达榴莲酱均匀涂抹于整张饼上, 依次撒上榴莲片、芒果丁; 顶层均匀的撒上马苏里拉芝士。
- 烤箱提前预热至185°C, 烤制4min-4min30s, (表面芝士完全融化出现少许焦斑即可, 注意不要烤糊)。



## 如何落实食品安全措施:

- 控制制作环境温度, 确保榴莲片、芒果丁不融化出水。



## Courtesy of:

Bowen Liu, Hebei

## Recipe name:

Durian and Cheese Pizza

## Ingredients:

- Thin pizza crust 51g
- Mozzarella cheese 35g
- Custard sauce 15g
- Durian puree 6g
- Frozen durian 24g
- Frozen mango 10g
- Powdered sugar 4g

## Instructions:

- The pizza crust should be completely thawed and softened, and mozzarella cheese should also be thawed in advance.
- Mix Custard sauce with durian puree and powdered sugar and stir well.
- Cut durian into 0.5mm pieces and mango into 1cm cubes.
- Lay the pizza crust flat, reserve 0.5cm around the edge, evenly smear the mixed custard durian sauce on the whole base and sprinkle durian slices and diced mango in turn.
- Sprinkle mozzarella cheese evenly on the top.
- Preheat the oven to 185°C in advance and bake for 4 min-4 min 30 seconds (cheese on the surface should be completely melted and there should be a few charred spots - be careful not to burn).

## How you put food safety practices into action:

- Control the production environment temperature to ensure that durian pieces and mango cubes do not melt and release water.



# 2.15

## 你的名字:

刘博文, 河北亿食特

## 食谱名称:

鸡肉蔓越莓披萨



## 原材料:

- 薄披萨薄饼 51g
- 披萨红酱 21g
- 黄洋葱丝 5g
- 甜玉米粒 4g
- 速冻菠萝丁 11g
- 蔓越莓干 3g
- 奥尔良腿肉丁 18g
- 马苏里拉芝士 31.85g
- 牛至 0.05g
- 黑胡椒碎 0.05g
- 欧芹碎 0.05g

## 制作过程:

- 披萨饼底完全解冻软化, 马苏里拉芝士提前解冻备用。
- 黄洋葱切0.5cm自然长度的丝, 奥尔良腿肉条切成1.5-2cm自然宽度的丁备用。
- 将披萨红酱、牛至、黑胡椒碎搅拌均匀备用。
- 薄披萨饼底平铺, 饼底周边预留0.5cm的边, 将混合好披萨红酱均匀涂抹于整张饼上, 撒入玉米粒、菠萝粒、奥尔良腿肉丁、洋葱丝、蔓越莓干, 撒入马苏里拉芝士, 将欧芹碎撒在马苏里拉芝士上。
- 烤箱提前预热至185°C, 烤制4min-4min30s, (表面芝士完全融化出现少许焦斑即可, 注意不要烤糊)。



## Courtesy of:

Bowen Liu, Hebei

## Recipe name:

Chicken and Cranberry Pizza

## Ingredients:

- Thin pizza crust 51g
- Pizza red sauce 21g
- Shredded yellow onion 5g
- Sweet corn kernels 4g
- Quick frozen diced pineapple 11g
- Dried Cranberry 3g
- Orleans sliced chicken thigh 18g
- Mozzarella cheese 31.85g
- Oregano 0.05g
- Black pepper 0.05g
- Chopped parsley 0.05g

## Instructions:

- The pizza crust should be completely thawed and softened, and mozzarella cheese should also be thawed.
- Cut the yellow onion into 0.5cm long shreds, and cut the Orleans sliced chicken thigh into 1.5 - 2 cm wide dices
- Mix the pizza red sauce, oregano, and crushed black pepper evenly and set aside.
- Lay the pizza crust flat, reserving 0.5 cm around the edge. Evenly spread the mixed pizza red sauce on the whole base, sprinkle corn kernels, diced pineapple, Orleans sliced chicken thigh, onion shreds, dried cranberries, sprinkle mozzarella cheese, and sprinkle chopped parsley on mozzarella cheese.
- Preheat the oven to 185°C in advance and bake for 4 min-4 min 30 seconds (cheese on the surface should be completely melted and there should be a few charred spots - be careful not to burn).



# 2.16

## 你的名字:

陈艳红, 河北亿食特

## 食谱名称:

芝士牛肉卷



## 原材料:

- 肥牛卷 28g
- 马苏里拉奶酪碎 35g
- 意式白酱 8g
- 洋葱粒 4g
- 青椒粒 5g
- 冷冻面团 100g
- 色拉油 适量
- 黑胡椒碎 少许

## 制作过程:

- 冷冻面团冷藏解冻后，表面抹油醒发30min。
- 肥牛卷焯水后和洋葱粒、青椒粒、白酱拌匀后，再和芝士碎拌匀。
- 将醒发好的面团抻面团：手工抻成椭圆形，宽度约16-18cm（注意及时涂抹色拉油）。
- 将拌好的馅料放在椭圆面皮的的一边，卷制一圈，将两端的面饼向中心折1-2cm，将馅料包住，防止馅料露出，之后顺着折痕一直卷下去，卷制完成后将易开口处作为底端放在面板上。
- 卷好后在表面刷上色拉油，然后均匀撒上马苏碎和黑胡椒碎。
- 烤箱提前预热至170°C，烤制8 min，将烤箱温度升至190-200°C烤制2min左右（表面奶酪碎出现焦斑即可，注意烤糊）。

## 如何落实食品安全措施:

- 肥牛卷要焯水后使用。
- 冷冻面团解冻时盖膜放在冰箱冷藏解冻。
- 常温醒发时表面要盖膜。



## Courtesy of:

Yanhong Chen, Hebei

## Recipe name:

Beef Rolls with Cheese

## Ingredients:

- Beef Roll 28g
- Mozzarella cheese crumbs 35g
- Italian white sauce 8g
- Onion granules 4g
- Diced green pepper 5g
- Frozen dough 100g
- Soybean oil - appropriate amount
- Some black pepper

## Instructions:

- After the frozen dough is refrigerated and thawed, oil the surface and let it rise for 30 minutes.
- Blanch beef rolls with water, mix well with onion, green pepper, and white sauce, and then mix well with grated cheese.
- Stretch the dough after it has risen: manually stretch it into an oval shape with a width of about 16-18cm (pay attention to apply oil in time).
- Put the mixed filling on one side of the oval dough, roll it in a circle, fold the dough at both ends to the center by 1-2cm, wrap the filling to prevent it from being exposed, and then roll it along the crease.
- After the roll is completed, place the easy opening at the bottom end on the panel.
- After rolling, brush the surface with soybean oil, and then evenly sprinkle with mozzarella cheese and black pepper.
- Preheat the oven to 170°C in advance, bake for 8 minutes, raise the oven temperature to 190-200°C and bake for about 2 minutes (scorch spots should appear on the surface of the cheese, pay attention not to burn it).

## How you put food safety practices into action:

- Beef rolls should be blanched before using.
- When the frozen dough is thawed, cover it with film and put it in the refrigerator to keep it cool.
- Cover the surface with film when proofing at room temperature.





# 2.17

## 你的名字:

宋佳乐, 河北亿食特

## 食谱名称:

多彩可乐饼

## 原材料:

- 土豆泥 300g
- 培根 60g
- 稀奶油 40g
- 黄油 25g
- 玉米粒 20g
- 青豆粒 15g
- 胡萝卜粒 20g
- 切达芝士 20g
- 面包屑适量

## 制作过程:

- 土豆切块蒸熟后压成泥状。
- 培根煎熟后切碎丁使用。
- 玉米粒、青豆粒、胡萝卜粒焯水后过冷水沥水备用。
- 黄油融化后使用。
- 将土豆泥、黄油、稀奶油预先搅拌均匀后加入培根、玉米粒、青豆粒、胡萝卜粒和芝士碎，搅拌均匀。
- 将馅料团成团装后压成饼状，表面均匀裹上面包屑。
- 70-180°C油炸4-6min至表面金黄酥脆。



## 如何落实食品安全措施:

- 食材需要提前焯水或蒸熟后使用。



## Courtesy of:

Jiale Song, Hebei

## Recipe name:

Colorful Patty

## Ingredients:

- Mashed Potatoes 300g
- Bacon 60g
- Cream 40g
- Butter 25g
- Corn kernels 20g
- Green Beans 15g
- Diced carrots 20g
- Grated cheddar Cheese 20g
- Moderate amount of breadcrumbs

## Instructions:

- Cut potatoes into pieces, steam them, and then mash them up.
- Fry the bacon and dice it.
- Blanch corn kernels, green beans, and carrots in cold water and drain for later use.
- Melt the butter.
- Mix the mashed potatoes, butter, and cream in advance, then add bacon, corn kernels, green beans, carrots, and grated cheese, and mix well.
- Form the filling into a ball, press it into a cake shape, and coat the surface evenly with breadcrumbs.
- Deep fry at 70-180°C for 4-6min until the surface is golden and crispy.

## How you put food safety practices into action:

- The ingredients need to be blanched or steamed in advance before using.



# 2.18

## 你的名字:

梁丽, 河北亿食特

## 食谱名称:

烤肉串

## 原材料:

- 羊肉

## 腌料:

- 盐
- 酱油
- 植物油
- 烧烤蘸料
- 辣椒粉
- 孜然粉



## 制作过程:

- 原料准备。
- 把肉切丁。
- 腌制30分钟。
- 串在串上。
- 炭火烤制10分钟。
- 撒上调味料。
- 把它放在盘子上。

## 如何落实食品安全措施:

- 处理原料肉前后手部清洁。
- 刀具、案板为生制专用。
- 刀具、案板、腌制器具使用后应立即清洗。
- 保证烤制时间，确保肉熟制。



## Courtesy of:

Li Liang, Hebei

## Recipe name:

Kebabs

## Ingredients:

- Mutton

## Marinade:

- Salt
- Soy sauce
- Vegetable oil
- BBQ Dip
- Paprika
- Cumin powder

## Instructions:

- Prepare your raw meat.
- Dice the meat.
- Marinate for 30 minutes.
- String on stick (skewer).
- Grill for 10 minutes.
- Sprinkle with seasoning.
- Serve on a plate.

## How you put food safety practices into action:

- Clean hands before and after handling raw meat.
- Knives and chopping boards are dedicated to production.
- Use clean knives and chopping boards and clean utensils immediately after use.
- Watch the roasting time to ensure the meat is cooked.



# 2.19

## 你的名字:

王耿, 廊坊欧爵士

## 食谱名称:

啤酒鸡翅



## 原材料:

### 主料:

- 鸡翅中
- 鸡翅根

### 腌料:

- 料酒2勺
- 生抽2勺
- 老抽1勺
- 蚝油半勺
- 糖半勺
- 胡椒粉适量
- 姜3片
- 啤酒1罐

## 制作过程:

- 鸡翅解冻开刀。
- 放入腌料腌制10分钟。
- 鸡翅两面煎至金黄。
- 倒入剩余腌料和啤酒。
- 大火烧开，小火煮1小时。
- 趁热食用。

## 如何落实食品安全措施:

- 鸡翅冰箱解冻12小时以上。
- 腌制时间不宜过长。
- 100°C煮熟。
- 刀具、案板为生制专用。
- 腌制碗清洗干净后使用消毒柜消毒。



## Courtesy of:

Geng Wang, Hebei

## Recipe name:

Beer Chicken Wings

## Ingredients:

### Main ingredients:

- Chicken wing
- Chicken wing root

### Marinade:

- 2 tablespoons cooking wine
- 2 tablespoons light soy sauce
- 1 teaspoon of dark soy sauce
- Half a spoonful of oyster sauce
- Half a spoonful of sugar
- Proper amount of pepper
- 3 pieces of ginger
- 1 can of beer

## Instructions:

- Defrost chicken wings if frozen
- Put them in marinade for 10 minutes.
- Fry chicken wings until golden on both sides.
- Pour in remaining marinade and beer.
- Cover, bring to a boil, and simmer for 1 hour.
- Serve hot.

## How you put food safety practices into action:

- Thaw chicken wings in the refrigerator for at least 12 hours.
- The marinating time should not be too long.
- Cooked to 100°C.
- Knives and chopping boards are dedicated to production.
- Sterilize the pickling bowl after cleaning.



# 2.20

## 你的名字:

魏宝华, 河北亿食特

## 食谱名称:

饺子



## 原材料:

### 主料:

- 面粉
- 肉

### 调味料:

- 葱
- 姜
- 料酒2勺
- 生抽2勺
- 蚝油半勺
- 糖半勺
- 盐
- 鸡精
- 胡椒粉适量

## 制作过程:

- 准备肉馅。
- 调味。
- 做面团。
- 擀皮。
- 加入馅料，将饺子折叠起来。
- 煮饺子。

## 如何落实食品安全措施:

- 做饭前清洗手部。
- 工器具和葱姜清洗干净。
- 沸水将饺子煮熟。



## Courtesy of:

Sally Wei, Hebei

## Recipe name:

Dumplings

## Ingredients:

### Main ingredients:

- Minced meat
- Flour

### Seasoning:

- Green onion
- Ginger
- Cooking wine 2 tablespoons
- Light soy sauce 2 tablespoons
- Half teaspoon of oyster sauce
- Half teaspoon of sugar
- Salt
- Chicken essence
- Pepper

## Instructions:

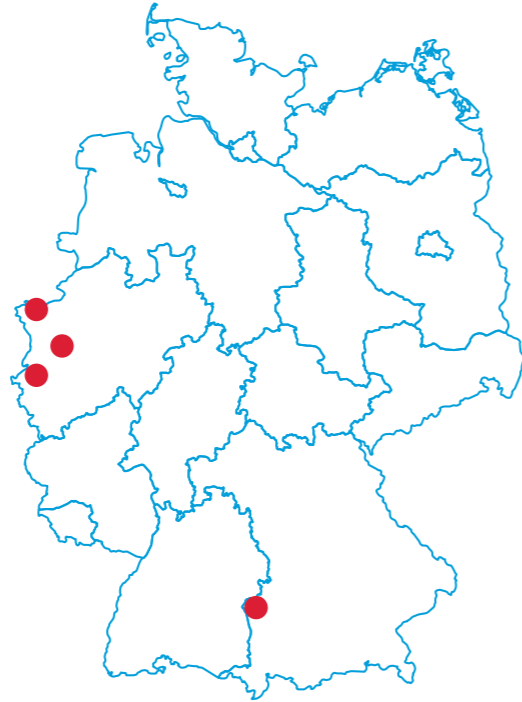
- Prepare the minced meat.
- Add seasoning (ingredients listed).
- Make the dough.
- Roll out the dumpling wrappers.
- Add the filling and fold the dumplings over.
- Boil dumplings.

## How you put food safety practices into action:

- Wash hands before cooking.
- Clean the tools, instruments, onions, and ginger.
- Boil the dumplings with boiling water.



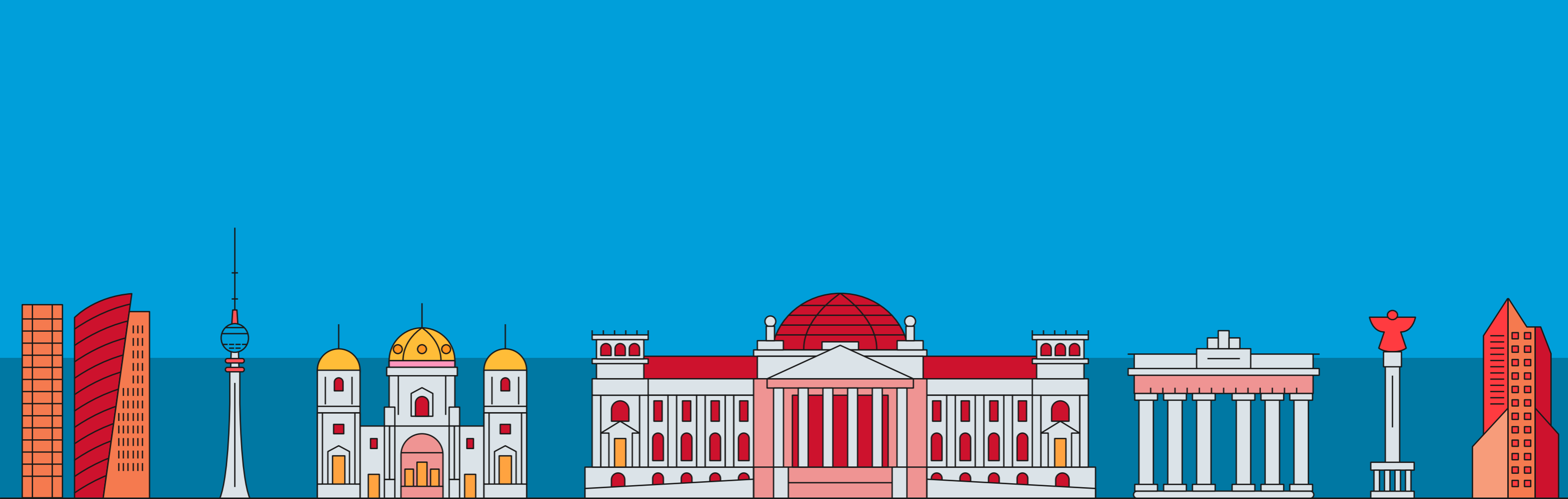
03



# Germany

Capital city:  
Berlin

One of Europe's largest countries and the anchor of the European Union, Germany's turbulent recent past remains on display, juxtaposed against its modern political stability and economic might. Nowhere is that more evident than the capital, Berlin, cleaved by the Communists after WWII and now reunified, a world center of power, culture and education. A refuge for many North African and South Asian migrants, Germany is today a melting pot brimming with the sounds, smells and tastes of diverse cultures.





# 3.1

Mit freundlicher Genehmigung von:

Joel, Gelderland

Rezeptname:

Speckknödel



Zutaten:

- 80 g Speck, gewürfelt
- 1/2 Zwiebel
- 150 g Weißbrot oder Knödelbrot
- 20 g Butter
- 40 g Mehl
- 100 ml Milch
- 2 Eier
- 1 tbsp Petersilie oder Schnittlauch, gehackt
- Salz

Anweisungen:

- Das Weißbrot in kleine Würfel schneiden.
- Die in feine Würfel geschnittene Zwiebel in der zerlassenen Butter anschwitzen, über das Brot geben und vermischen.
- Das Mehl und den Speck untermengen.
- Die Eier, die Petersilie, Milch und das Salz verrühren, die Mischung über die Brotmasse geben und alles gut vermengen.
- Alles etwa 15 min. ziehen lassen.
- Knödel formen und im Salzwasser halb zugedeckt kochen oder im Dampf für 15-20 min. garen lassen, bis die Kerntemperatur 75°C beträgt.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Die Garzeit wird erst beendet, wenn die Kerntemperatur 75 °C beträgt.



Courtesy of:

Joel, Gelderland

Recipe name:

Bacon Dumplings

Ingredients:

- 80 g bacon cubes
- 1/2 onion
- 150 g white bread or dumpling bread
- 20 g butter
- 40 g flour
- 100 ml milk
- 2 eggs
- 1 tbsp parsley or chives, chopped
- Salt

Instructions:

- Cut the white bread into small cubes.
- Sauté the finely diced onion in the melted butter, pour over the bread, and mix.
- Mix in the flour and the bacon.
- Mix the eggs, parsley, milk, and salt, and pour the mixture over the bread mixture and mix well.
- Let everything stand for about 15 minutes.
- Form dumplings and simmer in salted water, half covered, or cook in steam for 15-20 min. until the core temperature reaches 75 °C.

How do you put food safety practices into action?

- Only finish cooking when core temperature has reached 75 °C.



## 3.2

Mit freundlicher Genehmigung von:

André, Gelderland

Rezeptname:

Hähnchencurry



Zutaten:

- 300 g Hähnchenfilet
- 200 g Sahne (flüssig)
- 100 ml Rinderbouillon
- 15 g Weizenmehl
- Currypulver
- Salz
- Pfeffer

Anweisungen:

- Zuerst muss das Hähnchen in einer Pfanne scharf angebraten und mit Curry, Salz und Pfeffer gewürzt werden.
- Danach Sahne und Bouillon in die Pfanne hinzugeben und gut umrühren.
- Nach Belieben wird Currypulver hinzugegeben, bis eine schön gelbe Farbe entsteht.
- Zuletzt Mehl zur Andickung der Masse hinzufügen und die Masse 5 min aufkochen. (Durchgehend umrühren)

Tip:

Reis als Beilage servieren.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Nach einer Berührung des rohen Hähnchens müssen umgehend die Hände gewaschen werden, um eine Kreuzkontamination durch.
- Das Hähnchen muss beim Bratprozess vollständig durcherhitzt werden.



Courtesy of:

André, Gelderland

Recipe name:

Curry Chicken

Ingredients:

- 300 g chicken fillet
- 200 g cream (liquid)
- 100 ml beef broth
- 15 g wheat flour
- Curry powder
- Salt
- Pepper

Instructions:

- First you need to fry the chicken in a pan until hot and season with curry, salt, and pepper.
- Then add cream and broth to the pan and stir well.
- Add curry powder to taste until a nice yellow color is achieved.
- Lastly, add flour to thicken the mixture and bring to a boil for 5 min. (Stir thoroughly)

Tip:

Rice tastes good as a side dish.

How do you put food safety practices into action?

- After touching the raw chicken, hands must be washed immediately to prevent cross-contamination.
- The chicken must be completely cooked through during the frying process.



# 3.3

Mit freundlicher Genehmigung von:

Beyazkaya, Food Solutions Duisburg

Rezeptname:

Cağ Kebab



Zutaten:

- Lammfleisch
- Zwiebeln
- Pfeffer
- Salz

Anweisungen:

- Dieser außergewöhnlich zubereitete Kebab ist im Laufe der Jahre zu einem Markenzeichen der Stadt Erzurum (Türkei) geworden.
- Das Lammfleisch wird in Scheiben geschnitten in einer Gewürz-Mischung aus schwarzem Pfeffer, Salz, Zwiebeln mariniert und 24 Stunden geruht.
- Nach der Ruhezeit werden die Fleischscheiben an einem Spieß eingesteckt und horizontal vor einem Eichenholzfeuer gegart.
- Dann wird es auf einem \*Cağ (daher der Name) serviert.

Serviervorschlag:

Mit Lavaş und Şalgam Suyu.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Umgang mit rohem Fleisch: Händewaschen, Einweghandschuhe und strikte Kühlung des rohen Fleisches.



Courtesy of:

Beyazkaya, Food Solutions Duisburg

Recipe name:

Cağ Kebab

Ingredients:

- Lamb
- Onions
- Pepper
- Salt

Instructions:

- This specially-prepared kebab is becoming popular from the city Erzurum in Turkey.
- First, cut the lamb in slices and spice it with black pepper, salt, and onions.
- Now the lamb has to be placed on a special pike and rest with the marinade for about 24 hours.
- After that, it's placed on top of an oak fire in a horizontal position.
- Finally, it's served on an Cağ (hence the name).

Serving suggestion:

With wraps and turnip juice.

How do you put food safety practices into action?

- When handling raw meat, wash hands, use disposable gloves, and keep meat in strict cooling conditions.





# 3.4

Mit freundlicher Genehmigung von:

Wasantha, Food Solutions Duisburg

Rezeptname:

Mass Hodi



## Zutaten:

- 1 kg Hähnchenkeulenfleisch ohne Haut
- 4 große Kartoffeln
- 1 Zwiebel
- 300 g Tomaten
- 4 Knoblauchzehen
- Ingwer (1cm)
- 1 Zimtstange
- 3 St Kardamon
- 4 Nelken
- 30 g Tamarinde
- 1 EL Essig
- 1 Prise Senfkörner und Kreuzkümmel
- 3 EL geröstetes Currypulver
- 2 TL Chillipulver
- 1 TL schwarzer Pfeffer
- 7 Curryblätter
- 2 Pandanusblätter (7cm)
- Salz,
- Öl zum Braten

## Anweisungen:

- Hähnchenkeule in Würfel schneiden.
- 1 Knoblauchzehe und die Hälfte des Ingwers zu einer Paste zerkleinern und das Currypulver, Salz, Pfeffer, Essig und Chillipulver unterrühren.
- Das Fleisch mit der Paste über Nacht marinieren.
- Restlichen Knoblauch, Ingwer und die Zwiebel in Würfel schneiden.
- Die Blätter waschen und die Tamarinde in 2EL heißem Wasser einweichen.
- Öl in einem Topf bei mittlerer Hitze erhitzen, Senfkörner und den Kümmel kurz darin braten und die Blätter sowie Zimtstange dazugeben bis alles goldbraun ist.
- Fleisch hinzufügen und umrühren, den Topf mit einem Deckel schließen und alles 3-4 Minuten kochen lassen.
- Die Tomaten waschen, vierteln und mit der Tamarinde in den Topf geben.
- Kartoffeln schälen, zwei davon in 1x1cm große Stücke schneiden, den rest in kleinere Würfel und unter das Curry rühren.
- Sollte zu wenig Sauce durch die Tomaten entstanden sein, zum Garen der Kartoffeln etwas Wasser hinzufügen.
- Das Curry solange Garen bis das Fleisch und die größeren Kartoffelwürfel gar sind.
- Die kleineren Kartoffeln werden im Topf zerfallen und die Sauce abdicken.

## Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Hähnchenfleisch gründlich garen.
- Verwenden Sie verschiedene Schneidebretter.



Courtesy of:

Wasantha, Food Solutions Duisburg

Recipe name:

Mild Chicken Curry

## Ingredients:

- 1 kg chicken drum stick without skin and bone
- 4 huge potatoes
- 1 onion
- 300 g tomatoes
- 4 cloves of garlic
- Ginger (1cm)
- 1 cinnamon stick
- 3 pieces of cardamom
- 4 cloves
- 30 g tamarind
- 1 tbsp vinegar
- 1 pinch of mustard seeds and cumin
- 3 tbsp roasted curry powder
- 2 tsp chili powder
- 1 tsp black pepper
- 7 curry leaves
- 2 pandanus leaves (7cm)
- Salt
- Oil to fry

## Instructions:

- Cut the chicken drum sticks in cubes.
- Process one clove of garlic and the 1/2 ginger to a paste, spice it up with curry powder, salt, pepper, vinegar and chili powder.
- Marinade the meat with the paste and let it rest overnight.
- Cut the remaining garlic, ginger, and onions into small cubes. Wash the curry and pandanus leaves and put them together with the tamarind and two tbsp of hot water, let it rest until smooth.
- Heat the oil in a pot and sear the mustard seeds and the cumin shortly, then add the leaves and cinnamon stick until everything is brown.
- Add the chicken meat and stir carefully.
- Let the pot cook with a cover for 3-4 minutes.
- Wash the tomatoes and cut them in quarters, then put them with the tamarind into the pot.
- Peel the potatoes and cut two of them into cubes 1x1cm, the remaining goes in smaller pieces under the curry.
- If there isn't enough sauce, add a little bit of water with the potatoes to cook them.
- Simmer the curry until the meat and potatoes are well done.
- The smaller potatoes will break into pieces during cooking and thicken the sauce.

## How do you put food safety practices into action?

- Cook chicken meat thoroughly.
- Use different cutting boards.



# 3.5

Mit freundlicher Genehmigung von:

Kerstin, Food Solutions Duisburg

Rezeptname:

Nacho-Salat



Zutaten:

- 500 g Hackfleisch
- 2 Zwiebeln
- 2 Dosen Mais
- 2 Dosen Kidneybohnen
- 1 Flasche Salsa
- 1 Eisbergsalat
- Crème fraîche
- Gouda
- 1 Tüte Nachos
- Gewürze (Salz, Pfeffer, Paprika, Chili etc.)

Anweisungen:

- Die Zwiebeln schälen, klein schneiden und mit dem Hackfleisch zusammen anbraten.
- Nach belieben würzen. Abkühlen lassen und in eine große Schüssel füllen.
- 1 Dose Mais und eine Dose Kidneybohnen auf das Gehackte geben und die Hälfte der Salsa über die Masse verteilen.
- Dann noch einmal jeweils 1 Dose Mais, 1 Dose Kidneybohnen und den Rest der Sauce in die Schüssel schichten.
- Den Eisbergsalat klein schneiden und in die Schüssel füllen.
- Anschließend Creme fraîche und den geriebenen Gouda auf dem Salat verteilen.
- Vor dem Servieren die Nachos nach belieben als Topping oben drauf geben.

Der Salat ist ruckzuck zubereitet, als Mittag – oder Abendessen sehr lecker und als Partysalat schneller weg, als man gucken kann.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Hackfleisch frisch kaufen und gut durchbraten.
- Salat sorgfältig waschen
- Kidneybohnen gut abspülen
- Salat bis zum Verzehr kühl stellen.



Courtesy of:

Kerstin, Food Solutions Duisburg

Recipe name:

Nacho Salad

Ingredients:

- 500 g ground beef
- 2 onions
- 2 corn cans
- 2 cans kidney beans
- 1 bottle of salsa
- 1 iceberg lettuce
- Creme fraîche cheese
- Gouda cheese
- 1 nacho bag
- Spices (salt, pepper, paprika, chili etc.)

Instructions:

- Peel the onions and cut them into small pieces, brown them in a pan together with the ground beef.
- Spice like you want.
- Cool and fill in a huge bowl.
- Put one can of corn and kidney beans on top of the ground beef and distribute half of the salsa bottle on top of them.
- Next, same thing again, one corn can and one kidney bean can on top with the other half of the salsa bottle, so you get different layers in your bowl.
- Cut the iceberg lettuce into small pieces and fill them in the bowl.
- Lastly, top up with creme fraîche cheese and gouda cheese. Just before serving distribute the nachos on top.

The preparation of the salad goes really fast – perfect for lunch or dinner. Also at a party it's faster gone as you can see (German idiom).

How do you put food safety practices into action?

- Use fresh ground beef and brown it until clearly done.
- Wash the salad carefully.
- Rinse the kidney beans well.
- Cool salad until serving.



# 3.6

Mit freundlicher Genehmigung von:

Michael, Food Solutions Duisburg

Rezeptname:

Pasta mit Spinat in Gorgonzolasauce



### Zutaten:

- 200 g Kirschtomaten
- 100 g Blattspinat
- 2 Esslöffel Pinienkerne
- 1 Knoblauchzehe
- 1 Zwiebel
- 125 g Cremiger Gorgonzola (gerne auch etwas mehr)
- 300 g Nudeln
- 2 Esslöffel Olivenöl
- 200 g Schlagsahne
- 1-2 Teelöffel Zitronensaft
- Pfeffer
- Salz

### Anweisungen:

- Schritt: Pinienkerne in einer Pfanne ohne Fett rösten, dann herausnehmen.
- Tomaten waschen, abtropfen lassen.
- Spinat waschen, verlesen und abtropfen lassen.
- Knoblauch und Zwiebel schälen und fein würfeln.
- Nudeln in Salzwasser kochen.
- Olivenöl in einem Topf erhitzen und Tomaten darin anbraten, mit Salz würzen und herausnehmen.
- Zwiebel und Knoblauch im Bratfett andünsten. Sahne und 1 Kelle Nudelwasser (ca. 150 ml) zugießen und aufkochen.
- Mit Salz und Pfeffer würzen und den Gorgonzola darin schmelzen lassen.
- Spinat untermischen und 2-3 Minuten köcheln lassen.
- Tomaten hinzufügen, alles mit Zitronensaft, Pfeffer und Salz abschmecken.
- Nudeln abgießen, abtropfen lassen und mit der Sauce mischen.
- Mit Pinienkernen bestreuen und sofort servieren

### Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Allgemeine Regeln der Küchenhygiene beachten!



Courtesy of:

Michael, Food Solutions Duisburg

Recipe name:

Pasta with Spinach and Gorgonzola Sauce

### Ingredients:

- 200 g small tomatoes
- 100 g spinach
- 2 tablespoons pine nuts
- 1 clove of garlic
- 1 onion
- 125 g creamy gorgonzola (gladly also a little more)
- 300 g pasta
- 2 tablespoon olive oil
- 200 g whipped cream
- 1-2 tablespoons lemon juice
- Pepper
- Salt

### Instructions:

- Roast pine nuts in a pan without fat, then remove.
- Wash and drain tomatoes.
- Wash spinach, pick and have it dripped off.
- Peel the garlic and onion and dice finely.
- Cook pasta in salted water.
- Heat olive oil in a saucepan and fry tomatoes in it, spice up with salt and remove.
- Sauté the onion and garlic in frying fat.
- Add the cream and 1 trowel of pasta water (approx. 150 ml) and bring to a boil.
- Spice up with salt and pepper and melt the gorgonzola in it.
- Mix in spinach and simmer for 2-3 minutes.
- Add tomatoes, spice up with lemon juice, pepper, and salt.
- Drain the pasta and mix with the sauce.
- Sprinkle with pine nuts and serve immediately.

### How do you put food safety practices into action?

- Observe general rules of kitchen hygiene!



# 3.7

Mit freundlicher Genehmigung von:

Vera, Food Solutions Duisburg

Rezeptname:

Kräuterzupfbrot



Zutaten:

- 500 g Mehl
- 1 Päckchen Trockenhefe
- 200 ml lauwarmes Wasser
- 1 Teelöffel Zucker
- 150 g Butter
- 40 g Olivenöl
- 1 Bund Petersilie
- Schnittlauch
- Basilikum
- Oregano
- 1 Knoblauchzehe
- Chili
- Paprikapulver
- Salz
- Pfeffer

Anweisungen:

- Das Wasser mit dem Zucker anreichern und die Hefe zugeben, dann 10 min ruhen lassen.
- Mehl mit einer Prise Salz und dem Wasser-Hefegemisch vermengen und gut durchkneten.
- Jetzt 30-45min abgedeckt an einem warmen Ort gehen lassen.
- In der Zwischenzeit die Kräuterbutter zum bestreichen zubereiten.
- Dazu die Butter mit dem Olivenöl, den gehackten Kräutern, dem gepressten Knoblauch und den Gewürzen zu einer Masse verrühren.
- Anschließend den Teig ausrollen und in Streifen schneiden, die Streifen großzügig mit Kräuterbutter bestreichen und in Falten in eine Auflaufform geben. Nochmals 30 min gehen lassen.
- Bei 220°C für ca. 25 min backen.
- Am besten noch warm servieren.
- Wer mag, kann das Brot auch mit Schinkenwürfel oder Käse verfeinern.

Das Brot ist super als Beilage zum Grillen geeignet.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Verwendung von frischen Kräutern, diese vor dem Gebrauch gut abwaschen.
- Das Brot ausreichend durchgaren.



Courtesy of:

Vera, Food Solutions Duisburg

Recipe name:

Pickup Bread With Herbs

Ingredients:

- 500 g flour
- 1 parcel dry yeast
- 200 ml lukewarm water
- 1 teaspoon sugar
- 150 g butter
- 40 g olive oil
- Parsley
- Chives
- Basil
- Oregano
- 1 clove of garlic
- Chili
- Paprika powder
- Salt
- Pepper

Instructions:

- Mix the lukewarm water with a teaspoon of sugar and put the yeast inside.
- Give that 10 minutes to rest.
- Now, mix up the flour with a prize of salt and the water-yeast mixture.
- Knead well and let it rest, covered for 30-45 minutes in a warm place.
- In the meantime, prepare the herb butter for the coating.
- Mix the butter with some olive oil, the chopped herbs, the pressed garlic, and the spices until you get a homogeneous mass.
- Roll up the dough and cut it in long strips.
- Cover the strips well with herb butter and put them with folds inside a casserole dish.
- Let it rest for another 30 minutes.
- Finally, bake it at 220°C for about 25 minutes.
- Preferably, serve it warm. If you like, you can upgrade the bread with diced ham or cheese.

This bread makes an excellent side dish for a BBQ.

How do you put food safety practices into action?

- Use fresh herbs and wash them carefully before using.
- Cook the bread thoroughly.



# 3.8

Mit freundlicher Genehmigung von:

Wasantha, Food Solutions Duisburg

Rezeptname:

Ananas-Gurken Salat, 6 Personen



Zutaten:

- 1 süße Ananas (frisch)
- 1 Gurke
- 1 Rote Paprika
- 1 kleiner Bund Dill
- ½ Zitrone
- Etwas Zucker

Anweisungen:

- Gurken und Paprika waschen und abtrocknen. Beides in kleine etwa 1 cm große Würfel schneiden und in eine Schüssel geben.
- Die Ananas ebenfalls in etwa 1 cm große Würfel schneiden und mit in die Schüssel geben.
- Dill waschen und abtropfen lassen, Dillblätter abzupfen, klein hacken und zum Salat geben. Den Saft einer halben Zitrone über dem Salat verteilen und alles gut umrühren.
- Sollte die Ananas etwas bitter schmecken, eine Prise Salz hinzufügen und erneut verrühren.
- Salat abschmecken, evtl. mit etwas Zucker (1-3 El) verfeinern.
- Der fertige Salat sollte fruchtig süß und erfrischend schmecken und gut zu scharfem Curry mit Reis schmecken.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Saubere Schneidebretter verwenden.



Courtesy of:

Wasantha, Food Solutions Duisburg

Recipe name:

Pineapple and Cucumber Salad

Ingredients:

- 1 sweet pineapple
- 1 cucumber
- 1 red peppers
- 1 small bunch of dill
- ½ lemon
- Some sugar

Instructions:

- Wash and dry cucumbers and peppers.
- Cut both into small cubes about 1 cm in size and place in a bowl.
- Cut the pineapple into cubes about 1 cm in size and put them in the bowl.
- Wash and drain dill, pluck dill leaves, chop into small pieces and add to salad.
- Spread the juice of half a lemon over the salad and stir well.
- If the pineapple tastes a little bitter, add a pinch of salt and stir again.
- Season the salad to taste, possibly refine with a little sugar (1-3 tbsp).
- The finished salad should taste fruity, sweet and, refreshing and goes well with spicy curry with rice!

How do you put food safety practices into action?

- Use clean cutting boards.



# 3.9

Mit freundlicher Genehmigung von:

Tanja, Food Solutions Duisburg

Rezeptname:

Dicke Rippe mit Kartoffeln und Gemüse Allerlei aus dem Backofen



Zutaten:

- Dicke Rippe mit Knochen in Stücke gesägt
- Kleine Kartoffeln (Drillinge)
- Zwiebeln
- Gemüse nach Belieben und Saison
- Olivenöl
- Salz
- Pfeffer
- Paprika
- Knoblauch

Anweisungen:

- Kartoffeln waschen und halbieren oder vierteln. Knoblauch schälen.
- Gemüse putzen und waschen, Zwiebeln schälen und mit dem Gemüse zusammen in grobe Stücke schneiden.
- Alles zusammen in eine Auflaufform geben. Olivenöl und die Gewürze darüber verteilen und alles vermengen.
- Das Fleisch abwaschen und trocken tupfen.
- Mit einem Gewürzsalz aus Salz, Paprikapulver, Thymian und groben Pfeffer würzen.
- Mit Olivenöl einreiben.
- Das ganze kommt dann bei 180°C in den Ofen bis die Kartoffeln und das Fleisch gar sind.

Super lecker mit Sour Creme (Saure Sahne mit Salz und Pfeffer würzen). Das Rezept gelingt und schmeckt auch super mit Hähnchen-keulen.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Fleisch bei 4°C lagern.
- Separate Schneidebretter und Messer für rohes Fleisch und andere Lebensmittel nutzen.
- Nie das Gleiche Schneidebrett für das gegarte Fleisch nutzen.



Courtesy of:

Tanja, Food Solutions Duisburg

Recipe name:

Thick Rib with Potatoes and Vegetables from the Oven

Ingredients:

- Thick rib on the bone, cut into pieces
- Small potatoes (triplets)
- Onions
- Seasonal vegetables
- Olive oil
- Salt
- Pepper
- Paprika
- Garlic
- Thyme

Instructions:

- Firstly, wash potatoes and cut them into smaller pieces to your liking.
- For the next step, peel garlic and onions, clean the vegetables, cut the onions and vegetables together into rough pieces.
- Now put everything together in a casserole dish with some olive oil and spices on top, then mix it up.
- Wash off the meat with water and pat it dry, spice up with paprika powder, salt, thyme, and rough pepper.
- Rub in some olive oil.
- Finally, everything goes in the oven at 180°C until the meat and potatoes are done.

This dish goes excellent with sour cream (spice up sour cream with salt and pepper). It is also tasty with chicken drumsticks instead of ribs.

How do you put food safety practices into action?

- Store raw meat at least at 4°C.
- Use separate knives and cutting boards for raw meat and clean it before using for other ingredients.
- Never use the same cutting board for raw and cooked meat.



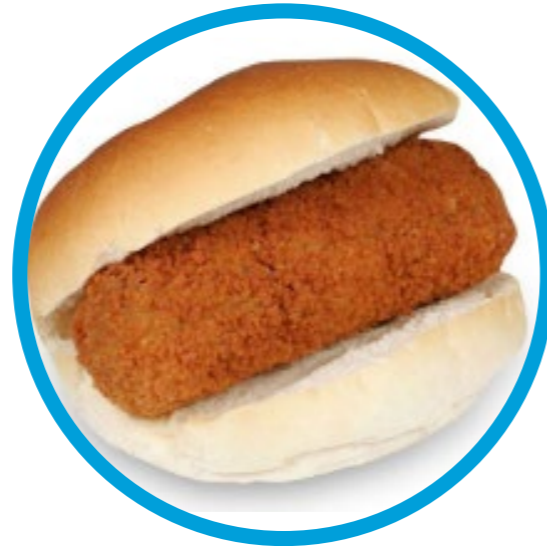
# 3.10

Mit freundlicher Genehmigung von:

Nico, Gelderland

Rezeptname:

Broodje Krokot



Zutaten:

- Niederländische Brötchen "witte Bollen"
- Tiefkühlkroketten
- Mayonaise oder Senf
- Fritteuse

Anweisungen:

- Fritteuse auf vorgeschriebene Temperatur der Tiefkühlkroketten vorheizen.
- In der Zwischenzeit die Brötchen aufschneiden und zur Seite stellen.
- Sobald die Fritteuse auf Temperatur ist, die Kroketten nach angegebener Zeit der Packung frittieren.
- Nach Ablauf der Zeit die Kerntemperatur der Kroketten messen und aus dem Fett nehmen.
- Die fertigen Kroketten einzeln auf ein Brötchen legen und mit der gewünschten Sauce überziehen.
- Das Brötchen zuklappen und anschließend warm genießen.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Vor Entnahme aus der Fritteuse wird geprüft, dass die Kerntemperatur der Kroketten 72 °C beträgt.



Courtesy of:

Nico, Gelderland

Recipe name:

Croquette Bun

Ingredients:

- Dutch Buns "Witte Bollen"
- Frozen croquettes
- Mayonnaise or mustard
- Deep fryer

Instructions:

- Preheat deep fryer to prescribed temperature of frozen croquettes.
- In the meantime, cut the buns and set aside. Once the fryer is up to temperature, fry the croquettes according to the time indicated on the package.
- When the time is up, measure the core temperature of the croquettes and remove them from the fat.
- Place the finished croquettes individually on a bun and top with desired sauce.
- Close the roll and then enjoy warm.

How do you put food safety practices into action?

- Before removing from the fryer, check that the core temperature of the croquettes is 72 °C.



# 3.11

**Mit freundlicher Genehmigung von:**

**Food Safety Champion, Gelderland**

**Rezeptname:**

**Kaiserschmarrn**



**Zutaten:**

- 4 Eier
- 125 g Mehl
- 125 ml Milch
- 1 Pinch Salz
- 1 tsp Backpulver
- 40 g Zucker
- 80 g Rosinen
- 4 tbsps Butter
- 1 tbsps Puderzucker zum Bestreuen

**Anweisungen:**

- Eier trennen.
- Eigelb mit Mehl, Milch, Salz, Backpulver und Zucker zu einem glatten Teig verarbeiten und 10 Min. ruhen lassen.
- Eiweiße zu einem stabilen Eischnee schlagen und vorsichtig unter den Teig heben. Anschließend die Rosinen hinzugeben.
- 2 EL Butter in eine Pfanne geben und bei mittlerer Temperatur einen knusprigen Pfannkuchen braten.
- Den Pfannkuchen wenden und die restliche Butter hinzufügen.
- Der Pfannkuchen muss fluffig aufgehen.
- Nach dem Backen den Pfannkuchen in Stücke reißen und mit dem Puderzucker bestreuen.

**Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?**

- Wenn der Schmarrn solange in der heißen Pfanne ist, dass er fluffig aufgegangen ist, sind Mikroorganismen abgetötet.



**Courtesy of:**

**Food Safety Champion, Gelderland**

**Recipe name:**

**Kaiserschmarrn**

**Ingredients:**

- 4 eggs
- 125 g flour
- 125 ml milk
- 1 pinch of salt
- 1 tsp baking powder
- 40 g sugar
- 80 g raisins
- 4 tbsps butter
- 1 tbsps powdered sugar

**Instructions:**

- Separate eggs.
- Mix egg yolks with flour, milk, salt, baking powder, and sugar to a smooth dough and let rest for 10 min.
- Beat the egg whites to a stable egg white foam and carefully fold into the dough.
- Then add the raisins.
- Put 2 tablespoons of butter in a frying pan and fry a crispy pancake at medium temperature.
- Flip the pancake and add the remaining butter.
- The pancake should rise fluffly.
- After baking, tear the pancake into pieces and sprinkle with the powdered sugar.

**How do you put food safety practices into action?**

- When the Schmarrn has been in the hot pan long enough to rise fluffily, microorganisms have been eliminated.





# 3.12

Mit freundlicher Genehmigung von:

Food Safety Champion, Gelderland

Rezeptname:

Mousse au Chocolat



Zutaten:

- 1050 g Kuvertüre dunkel
- 20 stk Eigelb
- 300 g Zucker
- 3 L Sahne
- 50 mL Grand Marnier
- 1 Pinch Salz
- 1 tsp Vanille
- 1 tsp Tonka Bohne (gemahlen)

Anweisungen:

- Die Schokolade über einem Wasserbad schmelzen.
- Die Sahne steif schlagen.
- Die restlichen Zutaten über einem Wasserbad zur Rose schlagen (auf 72,8° C aufschlagen und für 7 min halten).
- Die geschmolzene Schokolade unterziehen.
- Sobald die Temperatur der Masse nur noch Handwärme hat, die geschlagene Sahne nach und nach unterheben.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Die Eiermasse wird auf 72,8 °C erhitzt und die Temperatur für 7 min. gehalten.



Courtesy of:

Food Safety Champion, Gelderland

Recipe name:

Chocolate Mousse

Ingredients:

- 1050 g dark chocolate
- 20 egg yolks
- 300 g sugar
- 3 l cream
- 50 ml Grand Marnier
- 1 pinch of salt
- 1 tsp vanilla
- 1 tsp tonka bean (grounded)

Instructions:

- Melt the chocolate over a water bath.
- Whip the cream until stiff.
- Whip the remaining ingredients to a rise over a water bath (whip to 72.8° C and hold for 7 min).
- Fold in the melted chocolate.
- Once the temperature of the mixture is cool enough to place your hand on, gradually fold in the whipped cream.

How do you put food safety practices into action?

- The egg mass is heated to 72.8 °C and the temperature is maintained for 7 min.



# 3.13

Mit freundlicher Genehmigung von:

Joel, Gelderland

Rezeptname:

Salzburger Nockerl



Zutaten:

- 7 pcs Eiklar
- 200g Preiselbeeren aus dem Glas
- 100g Zucker
- 2 pcs Eigelb
- 20g Mehl
- 1 tbsp Vanillezucker
- Butter zum Ausfetten
- Staubzucker zum Berieseln

Anweisungen:

- Eiklar unter ständiger Beigabe von Zucker zu festem Schnee schlagen.
- Vanillezucker und Eidotter einrühren.
- Mehl vorsichtig unter die Masse heben.
- Flache Wanne oder Platte (Nirosta, feuerfestes Glas) mit Butter bestreichen und die Preiselbeeren auf dem Boden verteilen.
- Nocken mit der Teigkarte pyramidenförmig daraufsetzen und im vorgeheizten Backrohr bei 220°C für 9min backen.

Wie setzt Du Lebensmittelsicherheits-Praktiken in die Tat um?

- Die Kerntemperatur muss 75 °C erreichen, um Salmonellen abzutöten.



Courtesy of:

Joel, Gelderland

Recipe name:

Salzburg Dumplings

Ingredients:

- 7 egg whites
- 200 g jar of cranberries
- 100 g sugar
- 2 egg yolks
- 20 g flour
- 1 tbsp vanilla sugar
- Butter for greasing
- Powdered sugar for sprinkling

Instructions:

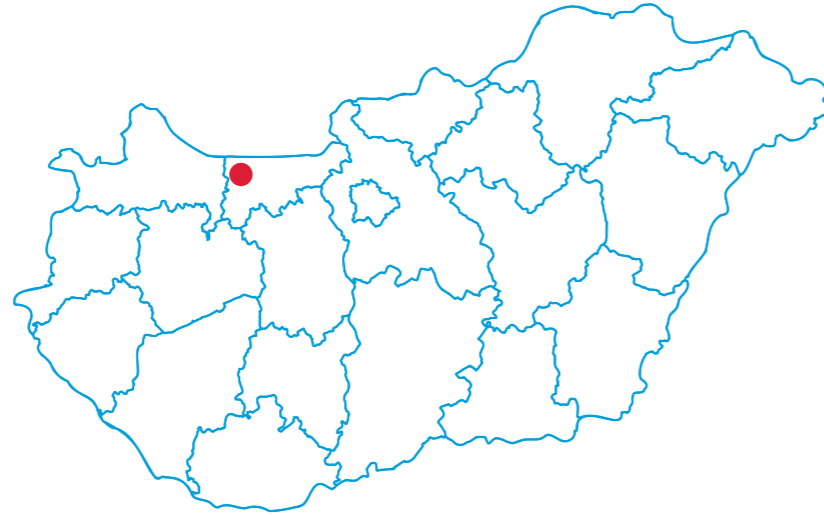
- Beat egg whites until firm, adding sugar constantly.
- Stir in vanilla sugar and egg yolks.
- Gently fold flour into the mixture.
- Brush shallow pan or plate (stainless steel, fireproof glass) with butter and spread cranberries on bottom.
- Use a pastry card to form pyramids and bake in a preheated oven at 220 °C for 9 minutes.

How do you put food safety practices into action?

- Core Temperature has to reach 75 °C to eliminate salmonella.



04



# Hungary

**Capital city:**  
**Budapest**

Once the bulwark against Ottoman expansion in Europe, life in Hungary revolves around Budapest, that magnificent center of science split by the Danube. Landlocked Hungary speaks a language unrelated to any other in Europe and helps distinguish the “land of the Huns” from its Romanic neighbors. Hungary is distinguished by 13 Nobel Prizewinners, all of whom emigrated from their native land.





# 4.1



## Jóvoltából:

Gyöngyi, Food Solutions Bábolna

## Recept név:

Székely Káposzta

## Összetevők:

- 70 dkg sertéslapocka
- 5 dkg zsír
- 2 gerezd fokhagyma
- pirospaprika őrlemény ízlés szerint
- 2 fej vöröshagyma
- 1 db pirospaprika
- Őrölt kömény
- Bors
- 1 db paradicsom
- 80 dkg savanyú káposzta
- 4 dl tejföl
- 5 dkg liszt
- Ízlés szerint füstölt szalonna vagy kolbász

## Utasítások:

- A felaprított vöröshagymát üvegesre pirítjuk zsírban. Hozzáadjuk a fokhagymát (zúzott), rászórjuk a pirospaprikát, felöntöm vízzel és zsírjára pirítjuk.
- Hozzáadjuk a felkockázott húst sóval, köménnyel és borsal fűszerezzük, majd betesszük a paprikát, paradicsomot.
- Fedő alatt 5 percen át párolom.
- A savanyú káposztát kimossuk, levét kinyomkodjuk, ezt követően a húshoz tesszük, majd vízzel felöntjük, hogy majdnem ellepje az egészet.
- Együtt tovább főzzük, amíg a hús és a káposzta meg nem puhul, azt követően tejfölös habarással behabarjuk.
- Habaráshoz a liszttel kikevert tejfölt egy külön edénybe tesszük, 2 dl hideg vízzel csomómentesre keverjük.
- A kész habarást a székelykáposztához öntsük, majd még 5 percig forraljuk.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- A zöldségeket, lapockát külön aprítom fel.
- Főzés közben ideális maghőmérséklet 60 – 70°C.



## Courtesy of:

Gyöngyi, Food Solutions Bábolna

## Recipe name:

Székely-style Pork Stew with Sauerkraut

## Ingredients:

- 700 g pork shoulder
- 50 g lard
- 2 cloves garlic
- Red paprika powder to taste
- 2 onions
- 1 red bell pepper
- Ground caraway seeds
- Black pepper
- 1 tomato
- 800 g sauerkraut
- 400 ml sour cream
- 50 g flour
- Smoked bacon or sausages to taste

## Instructions:

- Sauté the chopped onion in fat until it becomes translucent.
- Add the garlic (crushed), sprinkle with red paprika powder, add water and cook until browned.
- Add the diced meat and season with salt, caraway seeds, and black pepper, then add the bell pepper and the tomato.
- Cover and simmer for 5 minutes.
- Rinse the sauerkraut, squeeze out the juice, add the sauerkraut to the meat and add water so that it almost covers the whole mixture.
- Continue cooking together until the meat and sauerkraut are tender, then thicken with sour cream.
- For the thickening, put the sour cream and flour mixture in a separate bowl and blend it with 200 ml of cold water until lump-free.
- Pour the finished mixture onto the sauerkraut and boil for another 5 minutes.

## How you put food safety practices into action:

- I chop the vegetables and the pork shoulder separately.
- The ideal core temperature during cooking is 70°C.



# 4.2

## Jóvoltából:

Mariann, Food Solutions Bábolna

## Recept név:

Kovászos Uborka



## Összetevők:

- 2 kg uborka
- 3 szeletfehér kenyér
- 2 csokor kapor
- 2 evőkanál só

## Utasítások:

- A kovászos uborka elkészítéséhez az uborkát megmossuk, levágjuk a végeit és több helyen bevágjuk hosszában.
- Egy tisztára mosott 3 literes üveg aljára belenyomkodjuk az egyik szelet kenyeret, és rátesszük a kaprot, majd belerakjuk az uborkákat.
- A tetejére rárakjuk a másik csokor kaprot és a maradék kenyeret.
- Az uborkát felöntjük 2 liter langyos, sós vízzel, úgy, hogy az teljesen ellepje az uborkát, majd lefedjük az üveget és kiteszük a napos helyre.
- Ha meleg idő van, akkor kb. 3 nap alatt beérik az uborka.
- Ha a sós jól átjárta az uborkát, akkor kiszedjük az üvegből, lemossuk, a levét leszűrjük.
- Az uborkát tárolhatjuk üvegben, vagy műanyag dobozban úgy, hogy a levének egy részét visszaöntjük rá.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Megfelelően elmosott eszközök használata, alapanyagok tisztítása, munka közben maximális higiénia fenntartása.

## Courtesy of:

Mariann, Food Solutions Bábolna

## Recipe name:

Fermented Cucumber

## Ingredients:

- 2 kg cucumber
- 3 slices of white bread
- 2 bunches of dill
- 2 tbs salt

## Instructions:

- To make the fermented cucumber, wash the cucumber, cut off the ends and make several cuts lengthwise.
- Press a slice of bread into the bottom of a clean 3 liter jar, add the dill, and then the cucumbers.
- Put the other bunch of dill and the remaining bread on the top.
- Pour 2 liters of lukewarm, salted water over the cucumber so that it completely covers the cucumber, then cover the jar and place it in a warm, sunny place.
- In warm weather, the cucumbers will be ready to eat in about 3 days.
- When the salt has soaked through the cucumbers, remove them from the jar, rinse them and strain the juice.
- The cucumbers can be stored in a jar or a plastic container with some of the juice poured back over them.

## How you put food safety practices into action:

- Using properly cleaned equipment, cleaning the raw materials, and maintaining maximum hygiene while at work.



# 4.3

## Jóvoltából:

Nóra, Food Solutions Bábolna

## Recept név:

Rákóczi Túrós



## Összetevők:

### A tésztához:

- 30 dkg liszt
- 15 dkg margarin
- 10 dkg porcukor
- 2 db tojássárgája
- 1 késhegynyi szódadibikarbóna
- 1 csip só
- 1 dl tejföl

### A töltelékhez:

- 50 dkg túró
- 10 dkg kristálycukor
- 3 evőkanál búzadara
- 2 db tojássárgája
- 1 dl tejföl

### A tetejére:

- baracklekvár
- 4 db tojásfehérje
- 15 dkg porcukor

## Utasítások:

- A lisztből a margarinnal, a porcukorral, a tojások sárgájával, késhegynyi szódadibikarbónával, csipetnyi sóval és a tejjel tésztát gyúrunk.
- Kinyújtjuk 1 cm vastagra, sütőpapírral bélelt tepsibe tesszük, majd 180 fokon 10 perc alatt félig megsütjük.
- A töltelék elkészítéséhez a túró összekeverjük a kristálycukorral, a búzadarával, a tojás sárgájával és a tejjel.
- A tésztát vékonyan megkenjük lekvárral, azután rásimítjuk a tölteléket.
- Visszatesszük a sütőbe. 160 fokon 20 percig sütjük.
- A tetejére a tojásfehérjét a porcukorral (ki milyen édesen szereti), gőz fölött kemény habbá verjük, a túróra nyomjuk egy habzsákkal, rácsos alakzatban, majd így tovább sütjük 150 fokon 15 percig.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Mindig tiszta eszközöket használok, munka közben folyamatosan megmosom kezem, mielőtt újabb alapanyag felhasználását kezdeném meg.
- A kész sütemény által tartalmazott allergéneket a vendégeim tudomására hozom, ha szükséges a pontos összetevői listát is.



## Courtesy of:

Nóra, Food Solutions Bábolna

## Recipe name:

Cottage Cheese Cake

## Ingredients:

### For the dough:

- 300 g flour
- 150 g margarine
- 100 g icing sugar
- 2 egg yolks
- 1 pinch of baking soda
- 1 pinch of salt
- 100 ml sour cream

### For the filling:

- 500 g cottage cheese
- 100 g granulated sugar
- 3 tbsp semolina
- 2 egg yolks
- 100 ml sour cream

### For the topping:

- Peach jam
- 4 egg whites
- 150 g icing sugar

## Instructions:

- Work the flour into a dough with the margarine, icing sugar, egg yolks, a pinch of baking soda, a pinch of salt, and the sour cream.
- Roll out to a thickness of 1 cm, place on a baking tray lined with baking paper, and bake at 180 degrees Celsius for 10 minutes.
- To make the filling, mix the cottage cheese with the granulated sugar, semolina, egg yolks, and sour cream.
- Thinly brush the pastry with jam, then spread the filling over the top.
- Return it to the oven.
- Bake for 20 minutes at 160 degrees Celsius.
- For the top, beat the egg whites with the icing sugar (make it as sweet as you like) over steam until stiff, spread it onto the cottage cheese with a piping bag in a lattice shape, then bake at 150 degrees Celsius for 15 minutes.

## How you put food safety practices into action:

- I always use clean equipment, and I make sure to wash my hands while working whenever I start using any new ingredient.
- I will inform my guests of the allergens contained in the cake, and if necessary, I will provide a detailed list of ingredients as well.



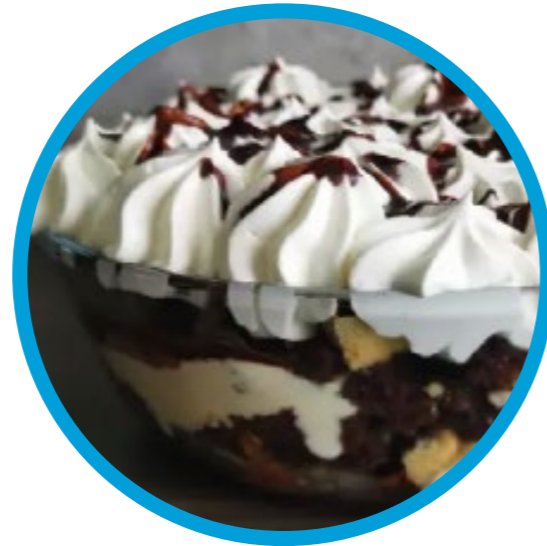
# 4.4

## Jóvoltából:

Judit, Food Solutions Bábolna

## Recept név:

Somlói Galuska



## Összetevők:

### A piskótához:

- 8 db tojás
- 8 evőkanál finomliszt
- 8 evőkanál porcukor
- 1 csomag sütőpor
- 5 dkg sárgabaracklekvár (a kész piskóta megkenéséhez)

### A csokiöntethez:

- 9 dl tej
- 1 tasak vaníliás pudingpor
- 5 dkg cukrozatlan kakaópor
- 5 evőkanál cukor
- 5 evőkanál porcukor
- 30 ml rum; 10 dkg dió (darált, a rétegezéshez)

### Utasítások:

- 500 ml habtejszín
- 1 evőkanál porcukor
- 1 evőkanál vaníliás cukor
- 1 késhegynyi szóda bikarbóna

## Utasítások:

- Piskóta tésztájához a tojások fehérjét kemény habbá verjük. Hozzáadjuk a tojások sárgáját. A száraz hozzávalókat, a lisztet, a porcukrot és a sütőport összekeverjük, majd a tojásokhoz adjuk. Sütőpapírral kibélelt tepsiben megsütjük. Sütés hőfoka: 180 °C, módja: alul-felül sütés, sütés ideje: 25 perc
- A csokiöntethez kb. 6 dl tejet felforralunk. A maradék tejjel simára keverjük a vaníliás pudingport, a kakaót. A felforralt tejhez adjuk a cukrot, majd a pudingporos kakaót, és sűrűre főzzük. Ha kihűlt, hozzáadjuk a vaníliás cukrot és a rumot. A tejszínhabhoz a tejszínt a porcukorral, a vaníliás cukorral és szóda bikarbónával együtt felforraljuk. A piskótát sárgabaracklekvárral (én anyukám házi lekvárját használom) vékonyan megkenjük, majd kockákra vágjuk.
- Egy tálba lerakunk egy sor piskótát, majd leöntjük csokiöntetrel, megszórjuk dióval, ezután a felvert tejszínhab következik, majd erre piskóta, csokiöntet, dió, tejszínhab... folytatjuk addig, amíg a tál meg nem telik. A rétegezést lehetőleg tejszínhabbal fejezzük be.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Mindig tiszta eszközöket használok, munka közben folyamatosan megmosom kezem, mielőtt újabb alapanyag felhasználását kezdeném meg.
- A kész sütemény által tartalmazott allergéneket a vendégeim tudomására hozom, ha szükséges a pontos összetevői listát is.

## Courtesy of:

Judit, Food Solutions Bábolna

## Recipe name:

'Somlói' Trifle

## Ingredients:

### For the sponge cake:

- 8 eggs
- 8 tbsp plain flour
- 8 tbsp icing sugar
- 1 packet baking powder
- 50 g apricot jam (to spread on the finished sponge cake)

### For the chocolate sauce:

- 900 ml milk
- 1 sachet vanilla pudding powder
- 50 g unsweetened cocoa powder
- 5 tbsp sugar
- 5 tbsp icing sugar
- 30 ml rum
- 100 g walnuts (ground, for layering)

### For the whipped cream:

- 500 ml whipping cream
- 1 tbsp icing sugar
- 1 tbsp vanilla sugar
- 1 pinch of baking soda

## Instructions:

- To make the sponge cake, beat the egg whites until stiff. Add the egg yolks. Mix the dry ingredients, flour, icing sugar, and baking powder and add to the eggs. Bake in a baking dish lined with parchment paper. Baking temperature: 180 °C, method: baking in a fan oven, baking time: 25 min
- Boil about 600 ml milk for the chocolate sauce. Mix the vanilla pudding powder and cocoa powder with the remaining milk until smooth. Add the sugar to the boiled milk, then the cocoa/pudding powder, and thicken. When it has cooled, add the vanilla sugar and rum.
- For the whipped cream, whip the cream with the icing sugar, vanilla sugar, and baking soda. Brush the sponge thinly with apricot jam (I use my mum's homemade jam) and cut into cubes.
- In a bowl, arrange a row of sponge cake, then cover with chocolate sauce, sprinkle with walnuts, then whipped cream, then sponge cake, chocolate sauce, walnuts, whipped cream.
- Continue until the bowl is full. Finish the layering with whipped cream if possible.

## How you put food safety practices into action:

- I only use sanitized equipment and maintain a high level of hand hygiene when processing raw materials.
- I inform my guests about the allergens contained in the dessert.



# 4.5

## Jóvoltából:

Péter, Food Solutions Bábolna

## Recept név:

Hagyományos Borsófőzelék



## Összetevők:

- 30 dkg zöldborsó
- Só
- 2 evőkanál olaj
- 1 evőkanál liszt
- 1dl tej
- Cukor

## Utasítások:

- A hagyományos borsófőzelék elkészítéséhez a borsót egy kevés sóval annyi vízben, hogy ellepje 8-10 percig főzzük.
- Egy lábosban felforrósítjuk az olajat, rászórjuk a lisztet, világosra pirítjuk, majd ráöntjük a borsót a levével együtt.
- Hozzáöntünk annyi tejet, hogy főzelék sűrűségű legyen. Megsózzuk és egy kevés cukrot is teszünk bele, és jól összeforraljuk.
- A feltét tetszőleges, általában virslit és tükörtojást sütök hozzá.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Alapanyagok: ismert helyről, elvárt minőségűek legyenek, biztonsági probléma nem megengedett.
- Eszközök, munkaterületek: csak megfelelően tisztított, kiváló higiénia állapotúak lehetnek.
- Az étel készítése során folyamatosan ügyelnünk kell: minden oda nem illő eszközt, allergén, anyagot időben el kell távolítanunk, hogy a készétel ne csak ízletes, tápláló de legfőképpen biztonságos legyen.



## Courtesy of:

Péter, Food Solutions Bábolna

## Recipe name:

Traditional Pea Stew

## Ingredients:

- 300 g green peas
- Salt
- 2 tbsp oil
- 1 tbsp flour
- 100 ml milk
- Sugar

## Instructions:

- To make a traditional pea stew, cover the peas with water with a little salt, and cook for 8-10 minutes.
- Heat the oil in a saucepan, add the flour, sauté until light, then add the peas and the juice.
- Add enough milk to make a thick consistency. Add salt and a little sugar and bring to a boil.
- The topping is optional. I usually serve it with fried sausages and eggs.

## How you put food safety practices into action:

- Ingredients: must be from a known source of expected quality with safety concerns allowed.
- Equipment, work surfaces: must be properly cleaned and in a state of excellent hygiene.
- During the preparation of food, we have to watch out: all inappropriate utensils and allergen substances must be removed in time to ensure that the food is not only tasty and nutritious, but most importantly, safe.





# 4.6

## Jóvoltából:

Renáta, Food Solutions Bábolna

## Recept név:

Somlói Galuska



## Összetevők:

### Pörkölt:

- 1 kg sertéscomb vagy lapocka
- 4 fej vöröshagyma
- 4 gerezd fokhagyma
- 2db paradicsom
- 2db paprika
- 1db hegyes paprika
- Olaj vagy zsír
- 1 kávéskanál őrölt kömény
- Só
- 1 teáskanál gulyáskrém vagy piros arany
- 1 evőkanál pirospaprika

### Nokedli:

- 50 dkg liszt
- 2 db tojás
- Só
- Olaj

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- A főzés megkezdése előtt alaposan megmosom a kezemet, eszközeimet, ezenfelül az alapanyagokat megfelelően megmosom, előkészítem.
- Főzés megfelelőségét a maghőmérséklet figyelemmel kíséréssel ellenőrzöm.

## Utasítások:

### Pörkölt:

- A sertéshúst megmossuk, kockákra vágjuk. A hagymákat felaprítjuk, a paprikát és paradicsomot kockákra szeljük.
- A zsíron megfonyasztjuk a vöröshagymát, rátesszük a fokhagymát, a paprika- és paradicsomszeleteket.
- Megszórjuk őrölt köménnyel, és pár percig együtt pároljuk.
- Rátesszük a felkockázott húst, ízlés szerint sózzuk, és fedő alatt lassú tűzön addig pároljuk, amíg a saját leve elfő és zsírjára pirul.
- Megszórjuk a pirospaprikával, hozzáadjuk a gulyáskrémet és kevés pici vizet aláöntve puhára főzzük a pörköltet.
- Folytatjuk addig, amíg a tál meg nem telik.
- A rétegezést lehetőleg tejszínhabbal fejezzük be.

### Nokedli:

- A lisztet a tojással, a sóval és annyi vízzel összekeverjük, hogy még könnyen keverhető, de sűrű masszát kapjunk.
- Lobogó, sós vízbe – amibe tehetünk 1 evőkanál olajat is – beleszagatjuk a tésztát (nokedliszagatóval, vagy, ha nincs, a türelmesebbek kiskanállal is nekiállhatnak). Többször megkeverjük, nehogy az edény alján leragadjon.
- Ha a nokedlik feljöttek a víz a tetejére, leszűrjük, leöblítjük. Lecsöpögtetve elkeverjük egy kevés felmelegített zsiradékkal.



## Courtesy of:

Renáta, Food Solutions Bábolna

## Recipe name:

Pork Stew with Dumplings

## Ingredients:

### Stew:

- 1 kg pork leg or shoulder
- 4 red onions
- 4 cloves of garlic
- 2 tomatoes
- 2 peppers
- 1 cayenne pepper
- Oil or fat
- 1 tsp ground caraway seeds
- Salt
- 1 tsp goulash or pepper paté
- 1 tbs red paprika powder

### Dumplings:

- 500 g flour
- 2 eggs
- Salt
- Oil

## How you put food safety practices into action:

- Before I start cooking, I wash my hands and the utensils carefully, and I also wash and prepare the ingredients properly.
- I ensure that the cooking is done properly by monitoring the core temperature.

## Instructions:

### Stew:

- Wash and dice the pork, chop the onions, dice the peppers and tomatoes.
- Sauté the onion in the fat, add the garlic, the pepper and tomato slices.
- Sprinkle with ground caraway seeds and simmer together for a few minutes.
- Add the diced meat, season to taste with salt, and simmer over low heat under the lid until the meat's own juices have evaporated and it is browned.
- Sprinkle with the red paprika powder, add the goulash cream and cook the stew in a little water until tender.

### Dumplings:

- Mix the flour with the egg, salt, and enough water to make a thick but easily workable batter.
- In boiling, salted water - in which you can also add 1 tablespoon of oil - you can cut the dough (with a dumpling shredder or, if there isn't one available, the more patient cooks can use a small spoon).
- Stir the dumplings several times to prevent them from sticking to the bottom of the pot.
- Once the dumplings float to the top, strain and rinse them.
- Drain and mix with a little heated fat.



# 4.7

## Jóvoltából:

Jánosné, Food Solutions Bábolna

## Recept név:

Bakonyi Húsgolyók



## Összetevők:

### Gombás szószhoz:

- 2 evőkanál napraforgó olaj
- 1 közepes db vöröshagyma
- 1 gerezd fokhagyma
- 200 g gomba
- 1 teáskanál fűszerpaprika
- 200 ml alaplé
- 150 g tejszínt
- 1 evőkanál finomliszt
- Só ízlés szerint
- Bors ízlés szerint
- 1 evőkanál petrezselyem

### A húsgombóchoz:

- 250 g darált sertéshús
- 1 db tojás
- 2 evőkanál zsemlemorzsza
- Só ízlés szerint
- Bors ízlés szerint

## Utasítások:

- A darált húst összedolgozzuk a tojással és a zsemlemorzsával.
- Sóval, borssal ízesítjük, majd apró gombócokat formázunk.
- A kétféle hagymát és a gombát megtisztítjuk. A hagymát és a fokhagymát apró kockákra, a gombát szeletekre vágjuk.
- A forró olajban a hagymát üvegesre dinszteljük, hozzáadjuk a gombát és a fokhagymát, további 3-4 percig sütjük, megszórujuk a paprikával, elkavarjuk, felöntjük a levessel. Sóval, borssal ízesítjük, felfőzzük, hozzáadjuk a húsgombócokat, lefedve, alacsony hőmérsékleten, néha megkavargatva, kb. 25 percig főzzük.
- A tejszínt simára kavargatjuk a liszttel.
- Ráöntjük a húsgombócokra, elkavarjuk, és további 5 percig főzzük.
- Sóval, borssal ízesítjük, és hozzákeverjük a petrezselymet.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- A főzés megkezdése előtt alaposan megmosom a kezeimet, eszközeimet, ezenfelül az alapanyagokat megfelelően megmosom, előkészítem.
- Csak megbízható forrásból származó alapanyaggal dolgozom, a hőkezeléseket a szükséges ideig végzem.



## Courtesy of:

Jánosné, Food Solutions Bábolna

## Recipe name:

Bakonyi Meatballs

## Ingredients:

### For the mushroom sauce:

- 2 tbsp sunflower oil
- 1 medium onion
- 1 clove garlic
- 200 g mushrooms
- 1 tsp paprika powder
- 200 ml stock
- 150 g sour cream
- 1 tbsp plain flour
- Salt to taste
- Pepper to taste
- 1 tbsp parsley

### For the meatballs:

- 250 g minced pork
- 1 egg
- 2 tbsp breadcrumbs
- Salt to taste
- Pepper to taste

## Instructions:

- Mix the minced meat with the egg and the breadcrumbs.
- Season with salt and pepper, then shape into small meatballs.
- Peel the onion, the garlic, and the mushrooms.
- Dice the onion and garlic and slice the mushrooms.
- In the hot oil, sauté the onion until translucent, add the mushrooms and garlic, sauté for 3-4 minutes, sprinkle with paprika, stir and add the stock. Season to taste with salt and pepper, bring to the boil, add the meatballs, cover, and simmer over a low heat, stirring occasionally, for about 25 minutes.
- Mix the sour cream with the flour until smooth. Pour over the meatballs, stir, and cook for 5 minutes.
- Season with salt and pepper and add the parsley.

## How you put food safety practices into action:

- Before I start cooking, I wash my hands and the utensils carefully, and I also wash and prepare the ingredients properly.
- I only work with ingredients from reliable sources and perform heat treatments for the required time.



# 4.8

## Jóvoltából:

Eszter, Food Solutions Bábolna

## Recept név:

Sajtos-tejfölös Házi Lángos



## Összetevők:

### Lángoshoz:

- 2.5 dl tej
- 3 dkg élesztő
- 65 dkg liszt
- 2.5 dl víz
- 1 teáskanál só

### Tetejére:

- 4 gerezd fokhagyma
- Víz
- Só
- 10dkg tejföl
- Sajt

## Utasítások:

- A sajtos-tejfölös házi lángos elkészítéséhez meglangyosítunk kb. 1 dl tejet, belemorzsoljuk az élesztőt, majd hozzáadunk kb. 1 ek lisztet, és meleg helyen hagyjuk kelni.
- A lisztet egy tálba szitáljuk, a közepébe mélyedést nyomunk, és beleöntjük a kovászt, majd hozzáadjuk a megmaradt langyos tejet és a langyos vizet, végül a sót.
- Addig dagasztjuk, amíg a tészta elválik az edény oldalától (ha kell, még adhatunk hozzá egy picit lisztet).
- Letakarva kb. 50 percig kelesztjük a tésztát, majd rúddá formázzuk, és 15 részre osztjuk.
- Kicsit gömbölyítünk rajta, majd ismét 30 percet kelesztjük. Amikor megkelt, forró olajban oldalaként 1-1 perc alatt kisütjük az olajos kézzel széthúzott, megformált tésztákat.
- Lecsepegtetjük és papírtörlőre szedjük.
- A fokhagymás feltétet lereszelve vagy apró darabokra vágjuk a fokhagymát, felöntjük egy kevés vízzel, megsózzuk, és a meleg lángos tetejére kenjük.
- Reszelt sajttal megszórva, valamint tejföllel megkenve kínáljuk.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Csak ismert forrásból, megfelelően tárolt, jó minőségű alapanyagokat használok, munka közben ügyelek a megfelelő higiéniai állapotok fenntartására.



## Courtesy of:

Eszter, Food Solutions Bábolna

## Recipe name:

Homemade 'Lángos' with Cheese and Sour Cream

## Ingredients:

### For the 'lángos':

- 250 ml milk
- 30 g yeast
- 650 g flour
- 250 ml water
- 1 tsp salt

### For the topping:

- 4 cloves garlic
- Water
- Salt
- 100 g sour cream
- Cheese

## Instructions:

- To make the homemade cheese and sour cream 'lángos', heat about 100 ml of milk, add the yeast, then add about 1 tbsp of flour and leave to rise in a warm place.
- Sift the flour into a bowl, make a well in the center and pour in the leaven, then add the remaining lukewarm milk and lukewarm water, and finally the salt.
- Knead the dough until it separates from the sides of the pan (if necessary, you can add a little more flour).
- Cover and let the dough rise for about 50 minutes, then shape it into bars and divide into 15 pieces.
- Roll it a little, then let it rise again for 30 minutes. When the dough has risen, fry the shaped dough, pulled apart with oiled hands, in hot oil for 1-2 minute per side.
- Drain and transfer onto paper towels.
- To make the garlic topping, grate or chop the garlic, add a little water, season with salt, and spread on top of the hot 'lángos'.
- Serve sprinkled with grated cheese and brushed with sour cream.

## How you put food safety practices into action:

- I only use high-quality ingredients from reputable sources, properly stored, and I make sure to maintain optimal conditions of hygiene while working.



# 4.9

## Jóvoltából:

Csaba, Food Solutions Bábolna

## Recept név:

Bográcsgulyás



## Összetevők:

- 3 szál fehérrépa
- 6 szál sárgarépa
- 8 db krumpli
- 2db zsenge karalábé
- 0.5 db zellergumó
- 2 kg sertéscomb
- 3 fej vöröshagyma
- 3 evőkanál zsír
- 5 gerezd fokhagyma
- 1 evőkanál
- 1 marék őrölt bors
- 1 marék őrölt köménymag
- 2 marék őrölt pirospaprika
- 2 evőkanál csemege paprikakrém
- 2 evőkanál csemege gulyáskrém
- 1 evőkanál ételízesítő
- 1 csokor friss petrezselyemlevél
- 0.5kg füstölt főtt sonka

## Utasítások:

- A legfinomabb bográcsgulyáshoz a zöldségeket alaposan megtisztítjuk, a fehér és a sárgarépát vékony karikára, a krumplit, a karalábét, és a zellert kisebb kockára vágjuk.
- A húst apróra vágjuk, és lecsepegtetjük.
- A vöröshagymát felkockázzuk, és a bográcsban zsíron üvegesre pároljuk, majd hozzányomjuk a zúzott fokhagymát.
- Hozzáadjuk a húst, és fehéredésig pirítjuk rajta.
- Ízesítjük a fűszerekkel, felengedjük vízzel.
- Amikor felforr a leves, hozzáadjuk a répát, zellert az apróra vágott petrezselymet, és a karalábét.
- Ha már majdnem megfőtt a hús és a zöldség, akkor mehet bele a krumpli és a felkockázott füstölt sonka.
- Ha már minden puha, a hús, és a zöldség is megfőtt, érdemes megkóstolni, és ha szükséges, utána ízesíteni.
- Ha kész, akkor óvatosan leemeljük a tűzről.

## Hogyan alkalmazod az élelmiszerbiztonsági praktikákat:

- Minőségi alapanyagok, szakértelem, folyamatos ellenőrzés, odafigyelés – ételünk finom, tápláló lesz.



## Courtesy of:

Csaba, Food Solutions Bábolna

## Recipe name:

Hungarian Kettle Goulash

## Ingredients:

- 3 turnips
- 6 carrots
- 8 potatoes
- 2 tender kohlrabi
- 0.5 celery root
- 2 kg pork leg
- 3 heads of onion
- 3 tbsp fat
- 5 cloves garlic
- 1 tbsp salt
- 1 handful ground pepper
- 1 handful ground caraway seeds
- 2 handfuls ground red paprika powder
- 2 tbsp sweet paprika cream
- 2 tbsp sweet goulash cream
- 1 tbsp seasoning
- 1 bunch fresh parsley leaves
- 0.5 kg smoked cooked ham

## Instructions:

- To make the best kettle goulash, clean the vegetables thoroughly, cut the turnip and the carrots into thin slices, and dice the potatoes, kohlrabi, and celery.
- Chop the meat into small pieces and drain.
- Dice the onion and sauté it in the kettle in the fat until translucent, then add the crushed garlic.
- Add the meat and fry until white.
- Season with the spices and add water.
- When the soup has come to a boil, add the carrots, celery, chopped turnip, and kohlrabi.
- When the meat and vegetables are just about cooked, you can add the potatoes and the diced smoked ham.
- When everything is tender, the meat and the vegetables are cooked, it is worth tasting it and, if necessary, adjusting the seasoning.
- When cooked, carefully remove from the heat.

## How you put food safety practices into action:

- Quality ingredients, expertise, constant monitoring, attention - making our food delicious and nutritious.



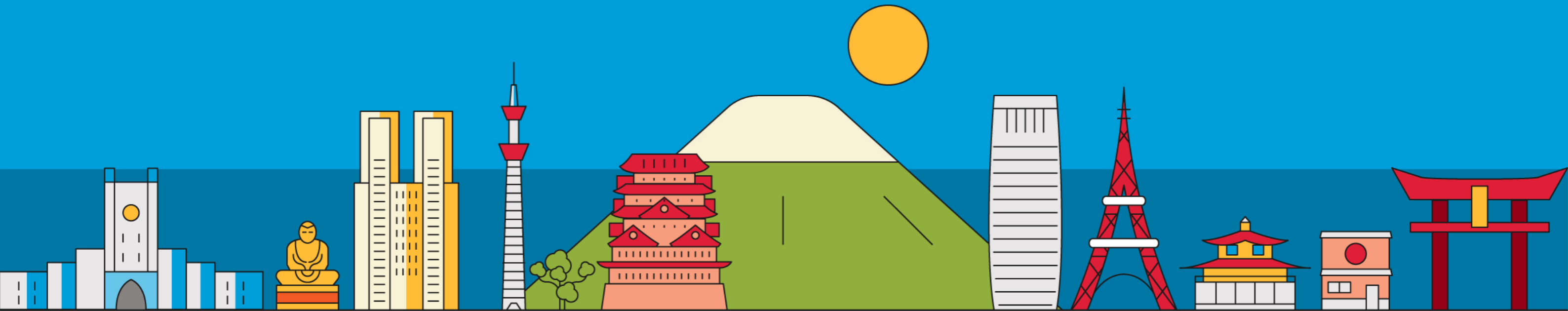
05



# Japan

**Capital city:**  
Tokyo

The East Asian island-nation of Japan balances ancient traditions, palaces and gardens with ultramodern technology and infrastructure for a unique national culture. From the ashes of defeat in WWII, it has risen to one of the world's most economically and technologically advanced and literate societies, and one of its most homogenous. A nation of contrasts, Japan is as renowned for the beauty and serenity of Mt. Fuji seen through blooming cherry blossoms as for its bustling cities with their modern skyscrapers.





# 5.1

## の礼儀:

吉本 誠

## レシピ名:

鶏肉団子と春雨のスープ煮



## 材料:

- 鶏肉ミンチ 約900 g
- 春雨 約100 g
- にんじん1/2本
- 玉ねぎ1個
- 卵 1 個
- ネギ (お好みで)
- 鶏ガラスープの素
- 砂糖
- 塩
- 生姜すりおろし (チューブでもOK)
- 片栗粉

## 調理方法:

- 鶏肉ミンチに、砂糖大さじ1、鶏がらスープ大さじ2、卵1個、生姜(少々)を加え、混ぜる。
- 約3cmくらいの団子に丸める。
- 水 約1000 mlに、鶏がらスープの素を大さじ3杯入れ火にかける。
- スライスした人参、玉ねぎを入れて煮込む。
- 野菜に火が通ったら、鶏肉団子を入れていく。
- 団子に火が通り、浮き上がってきたら、順次お皿に取り出す。
- 全て鶏肉団子を取り出したら、スープに塩を入れ、味を調える。
- スープに春雨をいれ、柔らかくなるまで煮込む。
- 春雨が煮えたら、鶏肉団子を入れ、混ぜ合わせる。
- お皿に盛り付け、お好みでネギをちらして、出来上がり。

## 食品安全のために必要な手順を記入してください。:

- 料理を作る前、生の鶏肉を触った後は、手を洗う。
- 生の鶏肉が触れた調理道具は、他の材料と共用しない。または、洗って使用する。
- 鶏肉団子は、中まで火が通るように過熱する。



## Courtesy of:

Makoto, Orange Bay Foods

## Recipe name:

Boiled Chicken Dumplings and Vermicelli Soup

## Ingredients:

- Minced chicken 900 g
- Vermicelli 100 g
- Carrot
- 1/2 an onion
- 1 egg
- Leek or spring onion (optional)
- Chicken soup base
- Sugar
- Salt
- Grated ginger (from a tube is fine)
- Starch

## Instructions:

- Add 1 tablespoon sugar, 2 tablespoons chicken broth, 1 egg, and a pinch of ginger to chicken mince.
- Roll into dumplings about 3 cm in diameter.
- Add 3 tablespoons of chicken broth to about 1000 ml of water and heat.
- Add sliced carrots and onions and cook.
- When vegetables are cooked, add chicken meatballs.
- When the dumplings are cooked and float to the top, remove them one by one to a plate.
- After all the chicken dumplings are removed, add salt to the soup and season to taste.
- Add vermicelli to soup and cook until tender.
- When vermicelli is cooked, add chicken dumplings and stir to combine.
- Arrange on a plate, sprinkle with cut leeks or spring onion, if desired, and serve.

## How you put food safety practices into action:

- Wash hands before cooking and after touching raw chicken.
- Cooking utensils that have come in contact with raw chicken should not be used for other ingredients. Or wash them before use.
- Heat the chicken dumplings so that they are cooked all the way through.



# 5.2

## の礼儀:

ゆみ

## レシピ名:

鶏と味玉の黒胡椒焼き



## 材料:

### 鶏の黒胡椒焼き:

- 手羽元 8本
- ブラックペッパー
- 酒 おおさじ2
- 塩、しょうゆ、みりん 少々

### あじたま:

- たまご 6個
- しょうゆ、みりん 80CC
- 酒 おおさじ2
- さとう おおさじ1

## 調理方法:

### 鶏の黒胡椒焼き:

- ビニール袋に具材と調味料をすべていれもみこむ。
- 冷蔵庫で半日ほど寝かすと味がよりしみる。
- グリルで両面をこんがり焼く。

### あじたま:

- 調味料をなべにすべて入れ、火にかける。
- 沸騰後、容器に移し冷ます。
- ゆでたまごを作る。写真くらいだと7分程度。
- たまごの殻をむき、調味料につけこむ。
- 4時間ほど冷蔵庫に置いたら完成。

## 食品安全のために必要な手順を記入してください。:

- 卵や生の鶏肉を触った後は手をあらう。



## Courtesy of:

Yumi, Orange Bay Foods

## Recipe name:

Black Pepper Grilled Chicken and Ajitama

## Ingredients:

### Black pepper grilled chicken:

- 8 chicken wings
- Black pepper
- 2 tablespoons sake
- Dash of salt
- Soy sauce
- Sweet sake

### Ajitama (ramen eggs):

- 6 Eggs
- 80 ml soy sauce
- Sweet sake
- 2 tablespoons sake
- 1 tablespoon sugar

## Instructions:

### Grilled chicken:

- Put all the ingredients and seasonings in a plastic bag.
- Store it in the refrigerator for about half a day to marinate.
- Grill 10 minutes.

### Ajitama:

- Put all the seasonings in a pot and heat.
- After boiling, transfer to a container and cool .
- Make boiled eggs. It takes about 7 minutes for the eggs to be perfectly cooked.
- Peel off the shell of the egg and mix with the seasoning .
- Put it in the refrigerator for about 4 hours and it's done!

## How you put food safety practices into action:

- Wash your hands after handling eggs or raw chicken.



## 5.3

### の礼儀:

ゆみ

### レシピ名:

肉じゃが



### 材料:

- ジャがいも 3つ
- 牛肉200g
- たまねぎ2つ
- 水1カップ
- しょうゆ、みりん、砂糖、酒 各大さじ2

### 調理方法:

- 玉ねぎとじゃがいもを食べやすい大きさに切る。
- 鍋に油少々を入れ、玉ねぎと牛肉を炒める。
- 少し色が変わってきたら、じゃがいもを入れ軽く炒める。
- 水と調味料をすべて入れ、15分ほど煮て出来上がり。

### 食品安全のために必要な手順を記入してください。:

- ジャがいもの芽を取る。
- お肉を触った後は手を洗う。



### Courtesy of:

Yumi, Orange Bay Foods

### Recipe name:

Niku-Jaga

### Ingredients:

- 3 potatoes
- 200 g sliced beef
- 2 onions
- 1 cup water
- 2 tablespoons each: soy sauce, sake, sugar, wheat sake

### Instructions:

- Cut onions and potatoes into bite-sized pieces.
- Add a little oil to the pan and fry the onions and beef.
- When the color changes slightly, add the potatoes and fry lightly.
- Add all the water and seasonings, boil for about 15 minutes, and it's done!

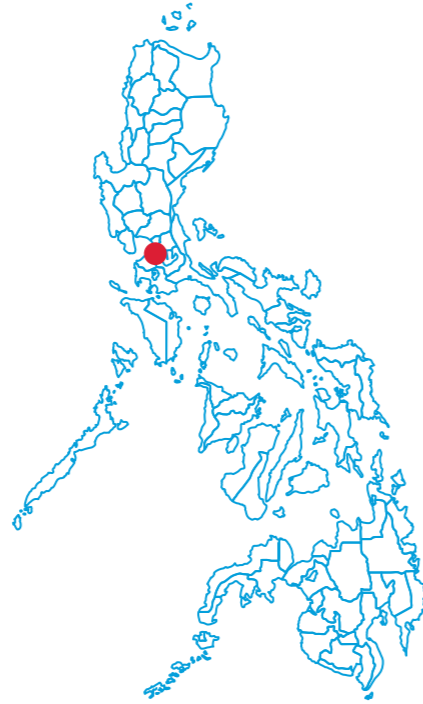
### How you put food safety practices into action:

- Remove the sprouts from the potatoes.
- Wash your hands properly after handling raw meat.





06



# Philippines

**Capital city:**  
**Manila**

This sprawling Southeast Asian archipelago emerged from Spanish rule and American domination before embracing independence after WWII. Rich in agricultural resources but beset by economic inequality, the Philippines is also only one of only two Roman Catholic countries in Asia. (East Timor is the other.) Known for its beautiful beaches and delicious native fruit, it has recently become the “text capital of the world.”





# 6.1

## Courtesy of:

Rutsel, GenOSI

## Recipe name:

Mango Graham Cake



## Ingredients:

- 3 pieces medium size ripe mangos (washed)
- 500 g all-purpose cream (chilled overnight)
- 390 g mango flavored condensed milk (chilled overnight)
- 200 g pack of crushed Graham Crackers
- 5-6 tbsp. melted butter
- 10 g pack unflavored gelatin

## Instructions:

- In a clean bowl, mix 1 1/3 cup of Graham Crackers and melted butter.
- Mix until well combined.
- Transfer combined graham and butter into the springform pan. Flatten the mixture firmly on the base of the pan to form a crust.
- Chill for 30 mins.
- In another clean bowl, beat the all-purpose cream using high speed for 5-8 mins until the volume doubles.
- Gradually add the condensed milk and beat for another 3 mins.
- Mix gelatin in 1/8 cup hot water until it dissolves.
- Fold in the dissolved gelatin into the cream.
- Assemble the cream, grahams, and sliced mangoes into layers in the previously prepared pan.
- Chilled for 12 hours or overnight. Serve chilled.

## How do you put food safety practices into action?

- Make sure that the ingredients are safe for consumption with good quality and buying only trusted brands (manufactured by companies with Food Safety Certification).
- I make sure that the area, utensils and my hands are clean before and during preparation.
- Use of serving knife upon serving so as not to contaminate leftovers.
- Leftovers are kept in a clean food keeper and stored in the refrigerator to maintain its good quality and longer shelf-life.
- Leftovers are checked for signs of deterioration prior to serving.

# 6.2

## Courtesy of:

Gretchen, GenOSI

## Recipe name:

Cheesy Steamed Rice Cake (Cheese Puto)



## Ingredients:

- 4 cups or ½ kilo all-purpose flour
- 2 cups water
- 1 cup pineapple juice
- 1 teaspoon salt
- 2 cups white sugar
- 4 eggs
- ½ cup butter or margarine
- 4 tablespoon baking powder
- 150 g powdered milk
- Cheese for toppings (sliced thinly, small square cut)

## Instructions:

- Pour the water into a steamer or cooking pot.
- Let boil.
- Sift all dry ingredients and combine in a bowl. Mix well using wire whip.
- Combine all liquid ingredients, and add to dry mixture gradually while stirring.
- Continue to stir until the texture of the mixture becomes smooth.
- Pour the mixture into medium-sized molds. Arrange in a steamer.
- Cover with clean cloth to absorb moisture, then steam for 10 mins.
- Top each puto with the sliced cheese.
- Steam for another 5 minutes.

## How do you put food safety practices into action?

- Before preparing and handling the ingredients make sure to wash your hand and clean the area.
- Sifting is important step in dry ingredients not just to break the lump but to remove potential contamination.
- It's best to serve and eat immediately after making to enjoy the airy and fluffy texture, but you can also store it in an airtight container in the fridge to consume on the following day.



# 6.3

## Sa kagandahang-loob ng:

Jerome, GenOSI

## Pangalan ng recipe:

Champorado Na May Gata



## Mga sangkap:

- 1/2 kilo malagkit na bigas
- 1 1/2 tasa kakang gata
- 1 tasa condensed milk
- 1/2 tasa cocoa powder
- Evaporated milk bilang toppings

## Mga tagubilin:

- Hugasan ng mabuti ang malagkit na bigas sa malinis na tubig.
- Pakuluan sa 4 litrong tubig ang hinugasang malagkit na bigas at haluin ito ng paminsan-minsan.
- Lutuin ito hanggang sa lumapot at lumambot ng maigi ang bigas.
- Tunawin ang cocoa powder sa katamtamang dami ng mainit na tubig.
- Ilagay ito sa malambot na bigas habang pinapakuluan.
- Magdagdag ng 1 tasa o mas kaunti pang condensed milk ayon sa iyong panlasa.
- Idagdag ang 1 1/2 tasa ng kakang gata.
- Hayaan pa itong kumulo habang hinahalo upang maiwasan na tumigas ang nasa ilalim.
- Gawin ito ng 5-8minutes hanggang sa lumapot.
- Ihain ito ng may evaporated milk na toppings.

## Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Kung sariwang gata ang gagamitin, bumili sa tindahan na may malinis na kayuran.
- Panatilihin malinis ang area at mga gamit sa pagluluto.
- Kung mayroong tira at kakainin sa mga susunod na araw, ilagay ito sa refrigerator at initin muli hanggang sa kumulo bago kainin.



## Courtesy of:

Jerome, GenOSI

## Recipe name:

Chocolate Rice Porridge with Coconut Milk

## Ingredients:

- 1/2 kg glutinous rice
- 1 1/2 cup coconut milk
- 1 cup condensed milk
- 1/2 cup cocoa powder
- Evaporated milk as topping

## Instructions:

- Wash glutinous rice thoroughly with clean water.
- Boil glutinous rice in 4 liters of water and mix occasionally.
- Cook it until it thickens and until the rice softens.
- Melt cocoa powder in warm water and add while boiling the rice.
- Add 1 cup or less of condensed milk according to taste.
- Add 1 1/2 cup coconut milk. Let it boil while stirring occasionally.
- Do this within 5-8 minutes until it thickens.
- Serve topped with evaporated milk.

## How you put food safety practices into action:

- If you prefer fresh coconut milk, buy this in a store equipped with their own clean coconut grating apparatus.
- Keep the area and cooking utensils clean.
- If you have leftover foods and you want to consume it on another day, place inside the refrigerator and re-heat until it boils before consuming.



# 6.4

## Sa kagandahang-loob ng:

Maria, GenOSI

## Pangalan ng recipe:

Sinaing Na Tulingan



## Mga sangkap:

- 4 sariwang tulingan
- 1/4 taba ng baboy
- 10 sariwang kamias
- Bawang
- Sibuyas
- Luya
- Asin

## Mga tagubilin:

- Tanggalin ang hasang, laman loob, at buntot ng tulingan kasama ang lason nito.
- Hugasan ito ng mabuti pagkatapos.
- Hiwain sa gitna ang laman ng tulingan at pipiin ito para maging flat.
- Pahiran ng asin ang isda at balutin ito sa malinis na dahon ng saging. Itabi.
- Sa palayok maglagay ng kamias, taba ng baboy, bawang, luya at sibuyas.
- Ipatong dito ang tulingan.
- Lagyan ito ng 4 na tasang tubig, asin ayun sa iyong panlasa, at lutuin ng 3-4 oras hanggang sa kumunti ang sabaw.
- Ihain sa pamilya na may kasamang mainit na kanin.

## Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Importanteng sariwa ang tulingan na bibilhin at matanggal ng maayos ang buntot kasama ang lason dahil ito ay maaring mgdulot ng masamang pakiramdam sa kakain nito tulad ng pagkahilo at pagsusuka.
- Dapat din na malinis ang lahat ng gamit sa pagluluto.



## Courtesy of:

Maria, GenOSI

## Recipe name:

Braised Fish

## Ingredients:

- 4 fresh tulingan (bullet fish)
- 1/4 pork fats
- 10 fresh kamias (bilimbi)
- Garlic
- Onion
- Ginger
- Salt

## Instructions:

- Remove fish gills, intestines and tail including its toxic part.
- Wash thoroughly.
- Cut at the center of the fish and flatten
- Rub fish with salt, wrap with banana leaf and set aside.
- In a pan, put the kamias (bilimbi), pork fats, garlic, ginger, and onions.
- Place the wrapped fish on top of the mixture.
- Pour 4 cups of water, adjust according to taste and cook for 3-4 hours or until sauce thickens.
- Best served with freshly cooked rice.

## How you put food safety practices into action:

- It is important that fish that are bought are fresh and the tail and the portion containing the toxic part should be properly removed as it may lead to food poisoning to anyone who will consume this.
- We also need to ensure that cooking utensils are clean.



# 6.5

Sa kagandahang-loob ng:

Mervin, GenOSI

Pangalan ng recipe:

Stirfried Chicken with Broccoli



### Mga sangkap:

- ½ kilo pitso ng manok
- ½ ulo ng broccoli
- Oyster sauce
- Bawang at sibuyas
- Asin at paminta

### Mga tagubilin:

- Hugasan ang manok at broccoli.
- Iprito ang manok hanggang sa maging half cooked.
- Maggisa ng bawang at sibuyas. Ilagay ang manok at oyster sauce.
- Lagyan ng asin, at paminta.
- Pagluto na ang manok, ilagay ang hiniwa na broccoli.
- Takpan at lutuin ng ilang sandali.
- Ihain.

### Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Kailangang malinis ang paraan ng pagluluto.
- Ang manok ay dapat na naluluto ng tama upang mamatay ang mga mikrobyo na mayroon ito.



Courtesy of:

Mervin, GenOSI

Recipe name:

Stirfried Chicken with Broccoli

### Ingredients:

- ½ kg chicken breast
- ½ head of broccoli
- Oyster sauce
- Garlic
- Onion
- Salt
- Pepper

### Instructions:

- Wash broccoli.
- Half-cook chicken breast.
- Sauté garlic and onion.
- Add the half-cooked chicken breast.
- Sprinkle with salt and pepper.
- When chicken breast is cooked, place chopped broccoli in pan.
- Cover and simmer shortly.
- Serve.

### How you put food safety practices into action:

- We need to observe proper cooking procedures.
- Chicken should be cooked properly to avoid contamination.



# 6.6

## Sa kagandahang-loob ng:

Roxette, GenOSI

## Pangalan ng recipe:

Sweet & Sour Fried Fish with Pineapple



## Mga sangkap:

- 4 na sariwang isda
- 1 bote ng sweet chili sauce
- 1 lata ng pineapple chunks
- Lara (pula at berde)
- Bawang at sibuyas
- Paminta at asin
- Mantika

## Mga tagubilin:

- Linisin at i-prito ang isda.
- Lagyan ng kaunting mantika ang kawali at igisa ang bawang at sibuyas.
- Ibuhos ang sweet chili sauce at juice ng pineapple chunks.
- Iilagay ang lara at pineapple chunks.
- Lagyan ng asin at paminta ayon sa panlasa.
- Pakuluan ng 10 mins.
- Ihain.

## Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Kailangang macheck ng maigi ang mga ingredients na gagamitin.
- Kung ang mga ito ay maayos at walang sira. Tulad ng lata ng pineapple chunks, dapat ito ay hindi deformed at maayos ang pagkakaseal upang masigurado na ito ay hindi contaminado ng C. Botulinum.
- Maging malinis sa kusina at sa pagluluto.



## Courtesy of:

Roxette, GenOSI

## Recipe name:

Sweet & Sour Fried Fish with Pineapple

## Ingredients:

- 4 fresh fish
- 1 bottle of sweet chili sauce
- 1 can of pineapple chunks
- Red and green bell peppers
- Garlic and onions
- Salt and pepper
- Cooking oil

## Instructions:

- Clean fish before frying then set aside.
- In a pan, heat cooking oil and sauté garlic and onion.
- Pour sweet chili sauce and the juice of pineapple chunks.
- Add the green and red bell peppers, and the pineapple chunks as well.
- Sprinkle with salt and pepper according to taste.
- Boil for 10 mins.
- Pour cooked sweet and sour sauce in the fried fish and serve.

## How you put food safety practices into action:

- Check ingredients to be used for any defects.
- Canned ingredients should not bear deformities in its packaging and these should be well-sealed. This is to ensure that they are not contaminated.
- Cook properly and keep cooking area clean.



# 6.7

## Sa kagandahang-loob ng:

Ryan, GenOSI

## Pangalan ng recipe:

Bread Roll



## Mga sangkap:

- 12 slices of Loaf bread
- Oil for frying
- 4 pieces Jumbo hot dog
- ¼ bar cheddar cheese
- Small red and green bell pepper
- Small white onions
- ½ cup pizza sauce or tomato sauce
- 1 large egg + 2 tbsp. milk or water
- Breadcrumbs as needed

## Mga tagubilin:

- Pipiin ang tinapay para mas maging flat. Pahiran ng pizza o tomato sauce.
- Balutin ang hotdog, bell pepper, white onion at cheese sa tinapay para maging roll.
- I-dip sa mixed na itlog at gatas ang bread roll at i-roll sa breadcrumbs.
- I-prito hanggang sa maging golden brown ang kulay.
- I-serve ng may kasamang mayo o ketchup.

## Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Bukod sa dapat maging malinis sa pagluluto, dapat din na nakastore ang mga ingredients sa tamang temperature habang hindi pa ito gagamitin upang ma-maintain ang quality nito at safe na gamitin.
- Tulad ng hotdog na dapat ay nakalagay sa freezer (<-18degC) at ang itlog naman ay dapat na nakalagay sa chiller (0-4degC).
- Bago naman gamitin sa pagluluto ang itlog, dapat ito ay hugasan sa running water dahil ito ay maaring may Salmonella na nakakadulot ng diarrhea kapag naconsume ng tao.
- Siguraduhin ding maluto ng wasto ang bread roll upang mamatay ang mga mikrobyo na nasa pagkain kasama na ang Salmonella.



## Courtesy of:

Ryan, GenOSI

## Recipe name:

Bread Roll

## Ingredients:

- 12 slices of Loaf bread
- Oil for frying
- 4 pieces Jumbo hot dog
- ¼ bar cheddar cheese
- Small red and green bell pepper
- Small white onions
- ½ cup pizza sauce or tomato sauce
- 1 large egg + 2 tbsp. milk or water
- Breadcrumbs as needed

## Instructions:

- Flatten loaf bread to form a pan.
- Spread pan with pizza or tomato sauce.
- Roll hot dog, bell pepper, white onion, and cheese altogether using a loaf bread.
- Dip rolls in a mixture of egg and milk before rolling these in a plate of bread crumbs.
- Fry rolls until golden brown.
- Best served with mayonnaise or ketchup.

## How you put food safety practices into action:

- Aside from responsible cooking, ingredients should be stored in proper temperature settings before these are used to maintain their quality for safe use.
- Hot dogs should be kept in the freezer (<-18degC) and eggs inside the chiller (0-4degC).
- Eggs should be washed in running water before using them as they may possess Salmonella.
- Ensure that bread rolls are cooked well to eliminate possible pathogens in the food.



# 6.8

## Courtesy of:

Nueleen, GenOSI

## Recipe name:

Pork Sinigang  
(Pork Sour Stew)



## Ingredients:

- 1 kilo pork liempo
- 1 bunch kangkong (water spinach)
- 1 bunch okra (lady finger)
- 1 med-sized labanos (raddish)
- 3 pcs. Medium tomatoes
- 1 bunch string beans
- 1-2 pcs long green chili
- 1 eggplant
- 1 pc. Onion
- Salt and pepper to taste
- 2 quarts water
- Sinigang mix
- Seasoning granules

## Instructions:

- Wash hands and wash all ingredients and equipment/utensils thoroughly
- Boil pork in the pot, add onion and tomatoes then simmer until pork is tender
- Add the labanos, sprinkle salt and pepper to taste, and mix seasoning granules with the ingredients
- Put in the sinigang mix and simmer.
- Add the okra and string beans and simmer again.
- Add the eggplant and long green chili and cook for about a minute
- Add the kangkong and cover the pot, turn off the heat (let it cook for 1-2 minutes) and serve.

## How do you put food safety practices into action?

- Make sure that all ingredients are fresh (if meat is frozen, defrost in the fridge or use the microwave rather than leaving to thaw out on a kitchen surface).
- Rinse off soil and other dirt from unwashed fruit/vegetables before cooking.
- Do not use the same chopping board and/or knife for raw and cooked foods.
- Wash chopping boards and/or other utensils before and after use.
- If necessary, use hand gloves when handling ingredients, otherwise, wash hands as often as needed to avoid food contamination.
- We do all this and we have food safety in place, because serving safe food is not an option – it's an obligation.

# 6.9

## Courtesy of:

Mark, GenOSI

## Recipe name:

Chicken Biryani



## Ingredients:

- 2 brown onions large
- 1/2 cup vegetable oil
- Chicken marinade
- 700 grams chicken thighs and drumsticks bone-in and skinless,
- 3/4 cup yogurt
- 1/4 cup tomato puree
- 1/4 cup vegetable oil
- 1 tablespoon ginger and garlic paste
- 1 tablespoon biryani masala powder
- 2 tablespoons brown onions
- 1 1/4 teaspoon salt

## Parboiled rice (70% cooked):

- 2 cups Basmati rice (washed and soaked at least 10-15 minutes)
- 6 cups water
- 2 tablespoon salt
- 1 bay leaf
- 3/4 cloves
- 2 cardamom seeds

## Instructions:

- To make the brown onions, pat the onion dry and if time permits, leave them out on a kitchen towel for 15-20 minutes to dry them out slightly.
- Heat oil in a pan and add the onions, on a medium flame, shallow fry the onions for 15 minutes till they are a deep golden brown, without burning them.
- Drain them out on a paper plate, and set

aside. These can be made ahead and stored in air tight container overnight. Burnt onions will add a bitter flavor to the biryani.

- Mix together all the ingredients under chicken marinade and marinate for at least two hours or overnight for the best results.
- When you are ready to make the biryani, soak saffron strands in hot milk and rub them slightly with the back of a spoon, Set this aside.
- Bring water to roaring boil and add salt, whole spices and basmati rice.
- Cook for exactly 5 minutes and drain completely, leaving the whole spices in the rice. This will cook the rice to about 70% doneness which can be checked by pressing a grain of rice between two fingers the rice should still be raw in the middle (or you can cook the basmati rice using a rice cooker adding 3 spoons of vegetable oil).

## Layering and cooking chicken biryani:

- Heat a heavy bottomed pot and add the chicken to it.
- Cook for 4 minutes and then turn the chicken pieces once, cover and cook for another 3 minutes.
- Turn off the heat, scatter half the onions all over the chicken, and half of the mixed herbs.
- Next layer the rice all over the mixed herbs and in the end drizzle saffron milk and ghee all over the rice, cover and cook on a low flame for 20 mins. This will help steam the rice.
- Once the biryani cook is cooked, let it rest for 5 minutes, and finish by scattering the remaining onion on top.





# 6.10

Sa kagandahang-loob ng:

Mauren, GenOSI

Pangalan ng recipe:

Sweet & Sour Chicken



### Mga sangkap:

- 1 kilo ng manok
- 1 carrots (cut into cubes)
- 1 patatas (cut into cubes)
- 1 can pineapple chunks
- Bell pepper
- Bawang at sibuyas
- Cornstarch
- Asin at paminta

### Mga tagubilin:

- Hugasan ang manok at iba pang ingredients.
- Iprito ang manok hanggang sa maging half cooked.
- Isangkutsa ang manok sa bawang at sibuyas.
- Iilagay ang juice ng pineapple at 2 cups ng tubig.
- Lutuin ng 5-8minutes. Idagdag ang carrots at patatas.
- Maglagay ng asin at paminta ayon sa panlasa.
- Maglagay ng cornstarch na tinunaw sa tubig upang lumapot.
- Iilagay ang bell pepper at pineapple.
- Ihain.

### Paano mo isasagawa ang mga kasanayan sa kaligtasan ng pagkain?

- Maghugas ng kamay palagian.
- Hugasan ang mga kagamitan upang maiwasan ang cross-contamination.



Courtesy of:

Mauren, GenOSI

Recipe name:

Sweet & Sour Chicken

### Ingredients:

- 1 kilo dressed chicken
- 1 carrot (cubed)
- 1 potato (cubed)
- 1 can pineapple chunks
- Bell pepper
- Garlic and onion
- Cornstarch
- Salt and pepper

### Instructions:

- Wash all ingredients.
- Half cook chicken meat.
- Boil chicken meat with garlic and onion.
- Add juice of pineapple chunks and water.
- Cook for 5-8 minutes.
- Add the carrots and potatoes.
- Sprinkle with salt and pepper according to taste.
- Add cornstarch mixed with water to thicken the sauce.
- Add the bell pepper and pineapple chunks.
- Serve.

### How you put food safety practices into action:

- Wash hands as often as needed.
- Wash all materials to avoid cross-contamination.



# 6.11

## Courtesy of:

Eddie, GenOSI

## Recipe name:

**Kinamatisang Bangus  
(Milk Fish with Tomatoes)**



## Ingredients:

- 1 kg Bangus (cut in 3 portions per fish)
- 2 medium-sized onion bulbs (chopped thinly)
- 4-5 medium-sized tomatoes (sliced)
- 1 medium-sized ginger root (chopped evenly)
- ½ tablespoon black pepper(ground)
- 1 - 1 ½ tablespoon salt
- 4 cups of water

## Instructions:

- In a saucepan, boil 4 cups of water.
- Add ginger, onions, and tomatoes then cover.
- Once the tomatoes are soft, lower the heat to medium, then add the fish to simmer for 5 minutes.
- While simmering, add the black pepper and salt and raise the heat until the broth starts boiling.
- Cover the saucepan, lower the heat to the lowest setting and cook further for 15 to 20 minutes.
- Serve and enjoy.

## How do you put food safety practices into action?

- Make sure to remove the scales and internal organs of the fish to prevent parasites.
- Use homegrown tomatoes or soak with vinegar for 15 minutes then rinse with water if store-bought in order to avoid ingesting pesticide residues.
- Cook all ingredients thoroughly.
- Use clean utensils for serving.

# 6.12

## Courtesy of:

Melvin, GenOSI

## Recipe name:

**Pinakbet  
(Vegetable Stew)**



## Ingredients:

- 4 eggplants (cut in half)
- 2 melons (quartered)
- ½ bundle string beans (cut into 2 inches length)
- 8 pieces okra
- 1 tomato (cubed)
- 1 onion (cubed)
- 1 ½ cup water
- ¼ kg pork (cubed)
- ¼ cup fish sauce
- 2 tablespoons cooking oil

## Instructions:

- Place oil in a pre-heated pan.
- Sauté onions, tomatoes, and pork until the meat turns brown.
- Add all vegetables and mix evenly
- Place 1 ½ cup of water in pan then cover.
- Wait till all vegetables are cooked then add the fish sauce.
- Keep cooking in low heat until some of the water evaporates.
- Turn off the heat and let it rest for 10 minutes
- Serve hot and enjoy.

## How do you put food safety practices into action?

- All utensils used for cooking and serving must be cleaned prior to use.
- Inspect pork for NMIS seal to ensure conformity to standards.
- Clean all vegetables and inspect for deformities and abnormalities.
- Cook ingredients to proper temperature.



# 6.13

Courtesy of:

Allen, GenOSI

Recipe name:

Chicken Vegetable Salad



## Ingredients:

- Lettuce
- Tomato, peeled and chopped
- Carrots, peeled and chopped
- Apple, peeled and chopped
- Cucumber, peeled and chopped
- Chicken breast, boiled and thinly sliced
- Egg, boiled
- Cheese, cubed
- Mayonnaise

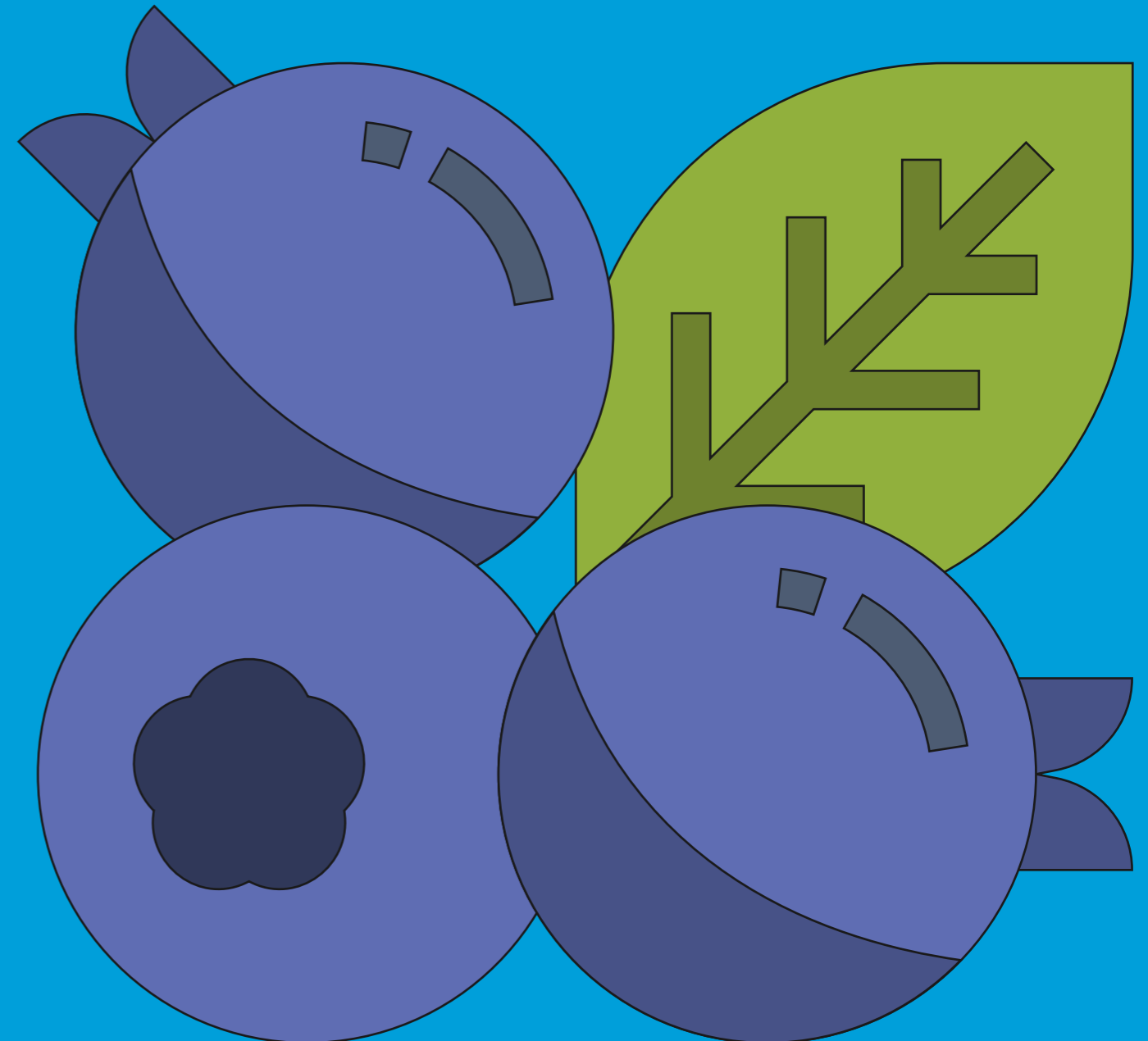
## Instructions:

- Boil chicken breast in a casserole pot for 15 minutes. Slice thinly then set aside
- Boil egg in a casserole pot for 10 minutes. Peel and chop then set aside.
- Toss lettuce, tomatoes, carrots, apples, cucumber, chicken, and egg in a large bowl.
- Top with cheese and mayonnaise.

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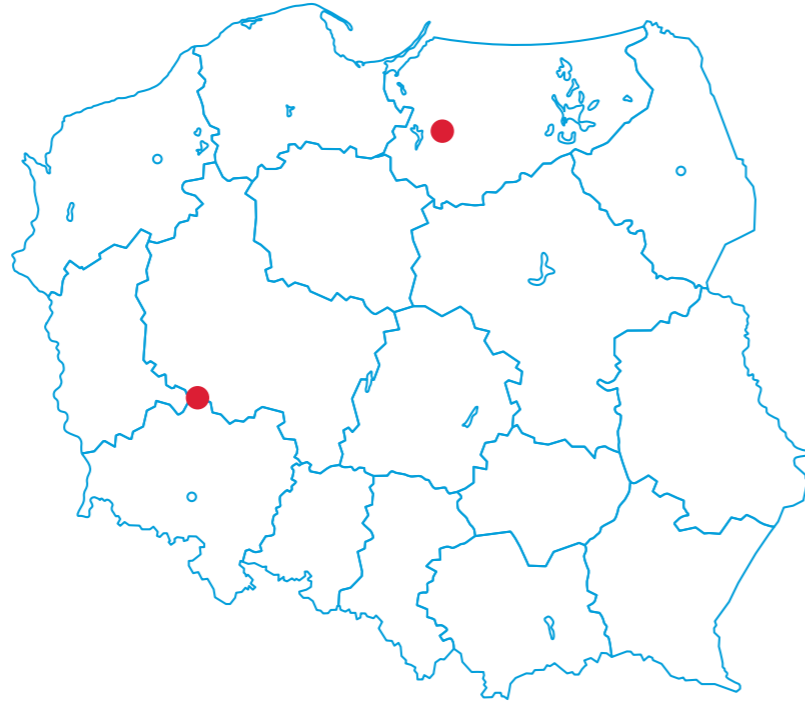
## How do you put food safety practices into action?

- Wash hands before preparing the ingredients and after touching other kitchen items during preparation.
- Wash ingredients and cooking wares thoroughly.
- Cook ingredients completely.
- Wash the used tableware and cooking wares immediately after cooking to avoid pests.





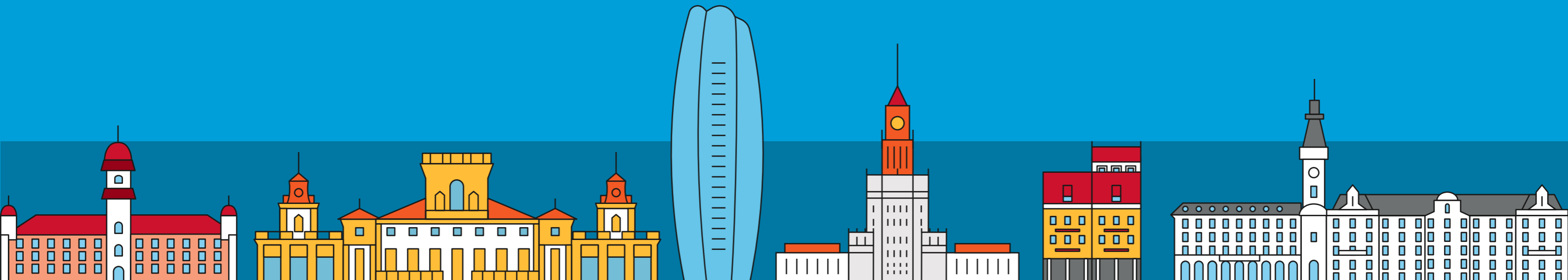
07



# Poland

**Capital city:**  
Warsaw

The birthplace of Solidarity, the union movement that laid the foundation for the end of Communist domination of Eastern Europe, Poland is the home of pierogis, kielbasa and Pope John Paul II. The capital, Warsaw, has one of the fastest-growing skylines in Europe, and the cultural center, Krakow, is often cited as one of Europe's most beautiful. Both enjoy rich academic, economic, cultural and artistic scenes.





# 7.1

## Dzięki uprzejmości:

Anna H, OSI Food Solutions Ostróda

## Nazwa przepisu:

Pizza



## Składniki:

- Drożdże świeże – pół kostki
- Mąka pszenna (najlepiej typ 00) – ok 700-750g
- Woda ciepła – chlust
- Oliwa z oliwek – chlust
- Sól – 1 łyżeczka
- Cukier – pół łyżeczki
- Dodatki – dowolne

## Sposób przygotowania:

- Drożdże rozpuszczamy w ciepłej wodzie, dodajemy cukier i 1 łyżkę mąki – odstawiamy w ciepłe miejsce.
- Po ok. 10 minutach do mąki dodajemy rozczyn, oliwę, sól i mieszamy do uzyskania jednolitego, odchodzącego od ręki ciasta.
- Odstawiamy w ciepłe miejsce aż ciasto podwoi objętość (około 1 godz).
- Kamień do pizzy wkładamy do zimnego piekarnika i ustawiamy temperaturę na maksymalny poziom – termoobieg.
- W momencie gdy piekarnik jest już nagrany zmieniamy ustawienia na „tylko dół” bez termoobiegu.
- Ciasto dzielimy na porcje. Każdą porcję wałkujemy, nakładamy dowolne dodatki, posypujemy serem oraz ziołami i wkładamy do piekarnika na około 6 minut.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przed rozpoczęciem gotowania myję ręce oraz wszystkie powierzchnie robocze i akcesoria które nie są na co dzień używane – np. wyjęty z szuflady watek.
- Stosuję oddzielne akcesoria do surowców mięsnych – oddzielna deska, nóż.
- Myję dokładnie wszystkie surowe składniki (np. rukolą).
- Krojąc składniki sprawdzam czy nie dostało się do nich ciało obce – np. folia z opakowania.
- Zawsze sprawdzam świeżość produktów oraz daty przydatności do spożycia umieszczone na opakowaniach – nie używam przeterminowanych składników.



## Courtesy of:

Anna H, OSI Food Solutions Ostróda

## Recipe name:

Pizza

## Ingredients:

- Fresh yeast – half of cube
- Wheat flour (the best type 00) – 700-750g
- Warm water – a splash
- Olive oil – a splash
- Salt – 1 teaspoon
- Sugar – half a teaspoon
- Toppings – any

## Instructions:

- We dissolve yeast in warm water, add sugar and 1 tablespoon of flour - we leave it in a warm place.
- After about 10 minutes, we add the yeast leaven, olive oil and salt to the flour and knead until homogeneous, and the dough is coming off the hand.
- We set it aside in a warm place until the dough doubles its size (about 1 hour).
- We put the pizza stone in a cold oven and set the temperature to the maximum level - hot air circulation.
- When the oven is heated up, we change the settings to “only down” without hot air circulation.
- We divide the dough into portions.
- We roll each portion, put any toppings, sprinkle with cheese and herbs and put in the oven for about 6 minutes.

## How do you put food safety practices into action?

- Before starting cooking, I wash my hands and all work surfaces and accessories that are not used on a daily routine.
- I use separate accessories for meat ingredients - a separate board and knife.
- I wash all raw ingredients thoroughly.
- While cutting the ingredients, I check that no foreign body has entered them.
- I always check the freshness of products and the use-by dates on the packaging.



# 7.2

## Dzięki uprzejmości:

Anna P, OSI Food Solutions Ostróda

## Nazwa przepisu:

Szakszuka



## Składniki:

- 2 cebule
- 3-4 ząbki czosnku
- 3 pomidory lub puszka pomidorów konserwowych
- 3 łyżki oliwy
- 3 jajka
- Przyprawy: sól, pieprz, papryka, bazylia, oregano
- Posiekana natka pietruszki, szczypiorek lub rukola – wg upodobań

## Sposób przygotowania:

- Pomidory sparzyć, obrać ze skórki, pokroić na kawałki
- Cebulę i czosnek obrać, pokroić, czosnek rozgnieść.
- Rozgrzać oliwę, podsmażyć cebulę na złoty kolor z odrobiną soli, dodać czosnek, chwilę smażyć
- Dodać pokrojone pomidory, wymieszać, dusić pod przykryciem na małym
- ogniu do wstępnego rozgotowania pomidorów - ok. 10-15min, od czasu do czasu przemieszać.
- Dodać przyprawy, wymieszać, chwilę dusić pod przykryciem.
- Zrobić w farszu wgłębienia, w które należy wbić jajka, przykryć i dusić do
- momentu ścięcia się białka. Żółtko powinno być płynne po przecięciu.
- Całość posypać świeżą natką pietruszki, szczypiorkiem lub rukolą

Szakszuke najlepiej podawać ze świeżym pieczywem lub grzankami.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce przed przystąpieniem do przygotowywania jedzenia i każdorazowo po kontakcie z zabrudzonymi powierzchniami.
- Używam czystych naczyń, desek, sztućców.
- Używam świeżych składników, które zawsze myję przed użyciem.
- Myję i sparzam jajka przed użyciem.



## Courtesy of:

Anna P, OSI Food Solutions Ostróda

## Recipe name:

Shakshuka

## Ingredients:

- 2 onions
- 3-4 cloves of garlic
- 3 tomatoes or 1 can of tomatoes
- 3 tablespoon of olive oil
- 3 eggs
- Spices: salt, pepper, paprika, basil, oregano, chopped parsley, spring onion, or rocket salad – to taste

## Instructions:

- Blanch tomatoes, peel and cut into pieces.
- Peel the onion and garlic, chop the onions, squeeze the garlic.
- Heat the olive oil, fry the onion until golden brown with a little salt, add the garlic, fry for a while.
- Add the chopped tomatoes, stir, stew under a lid, over a low heat until the tomatoes are cooked - about 10-15 minutes, stir from time to time.
- Add spices, stir, simmer covered for a while.
- Make holes in the stuffing where you should insert the eggs, cover, and stew until the egg white is cooked. The yolk should be liquid when you cut it.
- Sprinkle everything with fresh parsley, spring onion, or rocket salad.

Shakshuka is best served with fresh bread or toast.

## How do you put food safety practices into action?

- I wash my hands before I start cooking and every time after touching dirty surfaces.
- I use fresh ingredients, which I always wash beforehand.
- I wash and scald eggs before use.



# 7.3

## Dzięki uprzejmości:

Daria, OSI Foodworks Góra

## Nazwa przepisu:

Placuszki z Serka Wiejskiego



## Składniki:

- Małe opakowanie serka wiejskiego - 200 g
- 80 g mąki pszennej tortowej
- 2 średniej wielkości jajka
- 1 łyżka cukru np. waniliowego
- 1 łyżeczka proszku do pieczenia
- masło do smażenia placek

## Sposób przygotowania:

- Do miski wbij jajka i wsyp łyżkę cukru waniliowego. Jajka z cukrem napusz lekko np. przy pomocy różgi kuchennej.
- Do miski wsyp też mieszankę przesianej mąki z proszkiem do pieczenia oraz całe opakowanie serka wiejskiego o pojemności 200 gramów;
- Wszystkie składniki tylko wymieszaj dokładnie łyżką.
- Nagrzej dobrze patelnię na średniej mocy palnika; dodaj na patelnię łyżeczkę masła.
- Na dobrze nagrzaną patelnię daj po pełnej łyżce stołowej ciasta na 1 placek. Placek smaź na średniej mocy palnika. Jedna strona potrzebuje ok. 1-1,5 minuty, zanim placek przewróci się na drugą stronę (orientacyjnie). Placek są gotowe do przewrócenia, gdy urosną i zrobią się od spodu lekko rumiane.
- Po każdej serii przetrzyj patelnię używając kawałka ręcznika papierowego i dodaj nową porcję masła.
- Podawaj z ulubionymi dodatkami- owocami, cukrem pudrem, dżemem.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce przed przygotowaniem posiłku i przed jedzeniem.
- Produkty łatwopsujące się przechowuję w lodówce.
- Myję i sparzam wrzątkiem jajka.



## Courtesy of:

Daria, OSI Foodworks Góra

## Recipe name:

Cottage Cheese Fritters

## Ingredients:

- 1 small package of cottage cheese - 200 g
- 80 g of fine wheat flour
- 2 medium-sized eggs
- 1 tablespoon of vanilla sugar
- 1 teaspoon of baking powder
- Butter for frying

## Instructions:

- Crack the eggs into a bowl and add a tablespoon of vanilla sugar.
- Whisk lightly until fluffy.
- Pour a mixture of sieved flour and baking powder into the bowl as well as 200 grams of cottage cheese.
- Mix everything together with a spoon.
- Preheat the frying pan on medium heat.
- Add a teaspoon of butter to the pan.
- Put a full tablespoon of dough on a well-heated pan for 1 cake.
- Fry the pancakes on medium-high heat.
- Each side needs 1 - 1.5 minutes before you flip it over. The pies are ready to tip over when they rise and are slightly browned underneath.
- After each batch, wipe the pan with a piece of paper towel and add new butter.
- Serve with your favorite sides like fruit, powdered sugar, or jam.

## How do you put food safety practices into action?

- I wash my hands before preparing a meal and before eating.
- I keep perishable products in the refrigerator.
- I wash and scald the eggs with boiling water.



# 7.4



## Dzięki uprzejmości:

Dominik, OSI Foodworks Góra

## Nazwa przepisu:

Stek Wołowy

## Składniki:

### Mięso wołowe 600g

- Antrykot z kości dojrzewający 60 dni na sucho, stopień
- marmurkowatości mięsa II
- Gatunek: Jałówka
- Rasa: holsztyno-fryzyjska

## Sposób przygotowania:

- Mięso wyjąć z lodówki, aby nabrało temperatury pokojowej.
- Natrzeć mięso oliwą i przyprawami do steków z ziołami.
- Smażyć na rozgrzanej patelni (max temperatura) po 2 minuty z każdej strony.
- Włożyć do piekarnika 180 stopni - 5 minut.
- Wyjąć z piekarnika, dać stekowi „odpocząć” 6-8 minut, następnie pokroić w plastry.
- Podać z sałatką lodową, oliwą, papryką czerwoną, zieloną, żółtą oraz z pomidorami koktajlowymi.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Mycie rąk przed przyrządzeniem potrawy.
- Przechowywanie mięsa w odpowiedniej temperaturze.



## Courtesy of:

Dominik, OSI Foodworks Góra

## Recipe name:

Beef Steak

## Ingredients:

### Beef meat 600g

- Entrecôte on the bone, dry matured for 60 days
- Grademarbling of meat II
- Species: Heifers Breed or Holstein Friesian

## Instructions:

### Medium rare steak (3 cm thick)

- Take the meat out of the refrigerator to bring it to room temperature.
- Brush the meat with oil and season the steak with herbs.
- Fry in a hot pan (max temperature) for 2 minutes on each side.
- Put in the oven at 180 degrees Celsius - 5 minutes.
- Remove from the oven, give the steak a “rest” 6-8 minutes, then cut into slices.
- Serve with iceberg lettuce, olive oil, red, green and yellow peppers, and cherry tomatoes.

## How do you put food safety practices into action?

- Wash hands before cooking.
- Store the meat at the right temperature.





# 7.5

## Dzięki uprzejmości:

Dorota, OSI Foodworks Góra

## Nazwa przepisu:

Sałátka z Grillowanym Kurczakiem, Pomarańczą, Granatem i Sosem Pomarańczowym



## Składniki:

### Sałatki:

- Sałata mix lub lodowa
- Pierś z kurczaka lub dwie – wedle uznania
- 1 pomarańcza
- 1 granat
- Pomidorki koktajlowe Oliwa z oliwek
- Sól
- Pieprz
- Pestki dyni i słonecznika, orzechy Opcjonalnie – rzodkiewka, ugotowane jajko

### Sos:

- Miód – 3-4 łyżki
- Oliwa z oliwek – 1 łyżka
- Łyżka soku z cytryny
- Sok z pomarańczy

## Sposób przygotowania:

- Myjemy pierś z kurczaka i osuszamy ręcznikiem papierowym a następnie kroimy w większą kosteczkę lub paseczki.
- Myjemy rączki i na grillowej patelni rozgrzewamy olej ( ja używam kokosowego ale można użyć oliwę z oliwy lub inny olej), następnie grillujemy naszego kurczaczka (ok 5 min. Z każdej strony – tak by uzyskać temperaturę 70 stopni), wcześniej posolonego i popieprzonego (hihihi).
- Po zakończonym grillowaniu, odstawiamy patelnię, by piersi wystygły.
- Myjemy rączki i bierzemy się za sałatę, która również wcześniej myjemy i osuszamy – przekładamy do miseczki.
- Pomarańczę, jedną, obieramy i wycinamy miąższ pomiędzy błonkami.
- Owoc granatu pokroić i wydtubać z niego pestki. Dodać wszystko do sałaty, doprawić solą i pieprzem oraz dorzucić kawałki kurczaka.
- Wymieszać i połączyć wszystko sosem pomarańczowym – jeszcze raz wymieszać.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce po obrabianiu mięsa surowego.
- Myję i osuszam surowe mięso.
- Posiadam oddzielną deskę do krojenia mięs i do krojenia owoców, i warzyw.
- Mięso gotowane lub pieczone musi mieć min. 70 stopni.



## Courtesy of:

Dorota, OSI Foodworks Góra

## Recipe name:

Grilled Chicken Salad with Orange, Pomegranate and Orange Juice

## Ingredients:

### Salad:

- Mix lettuce or iceberg salad
- A chicken breast or two – how you like
- 1 orange
- 1 pomegranate
- Cherry tomatoes
- Olive oil
- Salt
- Pepper
- Pumpkin and sunflower seeds, nuts
- Radish, boiled egg (optional)

### Sauce:

- Honey - 3-4 tablespoons
- Olive oil - 1 tablespoon
- 1 tablespoon of lemon juice
- Orange juice

## Instructions:

- We wash the chicken breast and dry it with a paper towel and then cut it into larger cubes or strips – season with salt and pepper.
- We wash hands and heat up the oil in a grill pan (I use coconut oil but you can use olive oil or other oil), then grill our chicken (about 5 minutes on each side - until the temperature reaches 70°C),
- When the grilling is done, we put the pan aside to let the breasts cool down.
- We wash hands and chop the lettuce, which we also wash and dry before – we put it in a bowl.
- We peel an orange and cut the pulp between the membranes.
- Slice the pomegranate and remove the seeds from it.
- Add everything to the lettuce, season with salt and pepper, add pieces of chicken.
- Stir and pour the orange sauce over everything - stir again.

## How do you put food safety practices into action?

- I wash my hands after handling raw meat.
- I wash and dry raw meat.
- I have a separate board for cutting meat and cutting fruit and vegetables.
- Cooked or roasted meat must be min. 70°C.



# 7.6

## Dzięki uprzejmości:

Ewa, OSI Food Solutions Ostróda

## Nazwa przepisu:

Zupa Gulaszowa z Mięsa Wołowego



## Składniki:

- 200 g cebuli przekrojonej na pół
- 2 ząbki czosnku
- 2 płaskie łyżeczki papryki słodkiej mielonej
- 1 płaska łyżeczka papryki ostrej mielonej
- 1 łyżeczka kminku mielonego
- 1 płaska łyżeczka majeranku suszonego
- 30 g smalcu
- 500 g mięsa wołowego gulaszowego pokrojonego na 3cm kawałki (tnę w poprzek włókien)
- 30 g koncentratu pomidorowego
- 400 g krojonych pomidorów z puszki
- 700 g wody
- 1,5 łyżeczki soli
- 0,5 łyżeczki pieprzu czarnego mielonego
- 1 czubata łyżeczka koncentratu bulionu mięsnego
- 3 liście laurowe suszone
- 3 ziarna ziela angielskiego
- 360 g papryki czerwonej pokrojonej w 4 cm paski

## Sposób przygotowania:

- Do naczynia miksującego włożyć cebulę i czosnek, rozdrobnić, a składniki zgarnąć ze ścianek na dno naczynia.
- Dodać paprykę słodką, paprykę ostrą, kminek, majeranek i smalec, dusić bez założonej miarki 4 minuty /120stopni C.
- Dodać mięso wołowe i koncentrat pomidorowy, dusić 10 minut /120 stopni C.
- Dodać pomidory, wodę, sól, pieprz, koncentrat bulionu mięsnego, liście laurowe i ziele angielskie, gotować 60 minut /100 stopni C.
- Dodać paprykę i gotować 10 minut /100 stopni C.
- Zupę gulaszową podawać bezpośrednio po przygotowaniu.
- Można wydłużyć czas duszenia o 10 min gdyby mięso było jeszcze za twarde.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję dokładnie ręce wodą z mydłem przed przystąpieniem do gotowania przez co najmniej 20 sekund, optukuję i osuszam ręce
- Używam deski do krojenia, które myję z dodatkiem środka myjącego, a deski na których kroję surowe mięso nie używam do krojenia
- innych produktów
- Myję warzywa i osuszam ręcznikiem papierowym
- Myję mięso surowe i osuszam ręcznikiem papierowym
- Gotuję mięso- wołowinę w temperaturze 100-120 stopni C – doprowadzam do wrzenia
- Oddzielam żywność surową od gotowanej
- Nie pozostawiam ugotowanej żywności w temperaturze pokojowej na dłużej niż 2 godziny
- Utrzymuję wysoka temperaturę gotowanych potraw aż do momentu podania



## Courtesy of:

Ewa, OSI Food Solutions Ostróda

## Recipe name:

Beef Goulash Soup

## Ingredients:

- 200 g of halved onion
- 2 cloves of garlic
- 2 flat teaspoons of sweet ground paprika
- 1 flat teaspoon of hot ground paprika
- 1 teaspoon of ground cumin
- 1 flat teaspoon of dried marjoram
- 30 g of lard
- 500 g of goulash beef, cut into 3 cm pieces (cut across the grain)
- 30 g of tomato concentrate
- 400 g of chopped can tomatoes
- 700 g of water
- 1,5 teaspoons of salt
- 0,5 flat teaspoon of ground black pepper
- 1 heaped teaspoon of meat stock concentrate
- 3 dried bay leaves
- 3 allspice grains
- 360 g of red pepper, cut into 4 cm pieces

## Instructions:

- This meal is prepared in the Thermomix.
- Place the onion and garlic in the mixing bowl, crush them, and scrape the ingredients off the sides to the bottom of the bowl.
- Add sweet pepper, hot pepper, cumin, marjoram, and lard, and stew without a measuring cup for 4 minutes at 120°C.
- Add the beef and tomato concentrate and stew 10 minutes at 120°C.
- Add tomatoes, water, salt, pepper, meat stock concentrate, bay leaves, and allspice, cook 60 minutes / 100°C.
- Add red pepper and stew for 10 minutes / 100°C.
- Serve the goulash soup immediately after preparation.
- You can extend the cooking time by 10 minutes if the meat was not soft.

## How do you put food safety practices into action?

- I wash my hands thoroughly with soap and water for at least 20 seconds before cooking, I rinse and dry them.
- I use a cutting board that I wash with a detergent, and I don't use the board for cutting raw meat to cut other products.
- I wash the vegetables and dry them with a paper towel.
- I wash the raw meat and dry it with a paper towel.
- I cook meat-beef at 100-120°C - I bring it to the boil.
- I separate raw food from cooked food.
- I don't leave cooked food at room temperature for more than 2 hours.
- I keep the cooked food hot until the moment of serving.



# 7.7

## Dzięki uprzejmości:

Grażyna, OSI Foodworks Góra

## Nazwa przepisu:

Gulasz Wołowy Z Kociołka



## Składniki:

- 300 g wołowiny
- 2 strąki papryki
- 2 pomidory
- 250 g ziemniaków
- 1 cebula
- 500 g smalcu
- Sól
- Pieprz
- Papryka czerwona w proszku
- Czosnek 2 ząbki
- Kminek w proszku
- Majeranek

## Sposób przygotowania:

- Zrumienić na smalcu drobno posiekaną cebulę, dodać mięso pokrojone w kostkę – zrumienić, posolić, posypać pieprzem i czerwoną papryką w proszku, krótko dusić.
- Następnie podlać wodą i dodać pokrojone papryki.
- Po 30 min włożyć pokrojone pomidory, dodać kminek w proszku oraz oczyszczone i pokrojone ziemniaki, dodać wody i gotować do miękkości.
- Przyprawić czosnkiem i majerankiem.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przed i po kontakcie z surowym mięsem myjemy ręce.
- Używamy dwie deski – jedną do mięsa drugą do warzyw
- Noże używać osobno do mięsa surowego
- Biał kuchenny dezynfekujemy przed i po kontakcie z surowym mięsem.



## Courtesy of:

Grażyna, OSI Foodworks Góra

## Recipe name:

Beef Goulash in the Cauldron

## Ingredients:

- 300 g of beef
- 2 pods of peppers
- 2 tomatoes
- 250 g of potatoes
- 1 onion
- 50g of lard
- 2 cloves of garlic
- Salt
- Black pepper
- Red paprika
- Powdered cumin
- Marjoram

## Instructions:

- Brown the finely chopped onion in lard and add the diced meat.
- Brown it, salt it, sprinkle with black pepper and red paprika, stew shortly.
- Then add water and diced peppers.
- After 30 minutes, add the chopped tomatoes, powdered cumin, and the cleaned and chopped potatoes.
- Pour in water and cook until tender.
- Season with garlic and marjoram.

## How do you put food safety practices into action?

- I wash my hands before and after handling raw meat.
- I use two chopping boards – one for raw meat, another for vegetables.
- Knives – I use separate ones for raw meat.
- I disinfect kitchen worktops before and after contact with raw meat.



# 7.8

## Dzięki uprzejmości:

Grzegorz, OSI Food Solutions Ostróda

## Nazwa przepisu:

Lasagne Bolońska



## Składniki:

- 200 g sera parmezan
- 250 g makaronu suchego typu lasagne

## Sos boloński:

- 200 g warzyw mieszanych (selera naciowego, marchewki, cebuli)
- 40 g oliwy z oliwek extra virgin
- 800 g mięsa mielonego (wołowego lub wołowo-wieprzowego)
- 100 g białego wina wytrawnego
- 300 g przecieru pomidorowego
- sól i pieprz do smaku

## Sos beszamelowy:

- 500 g mleka
- 40 g miękkiego masła
- 60 g mąki pszennej
- 1 - 2 szczypty mielonej gałki muszkatołowej
- sól do smaku

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce przed kontaktem i po kontakcie z surowym mięsem.
- Dezynfekuję powierzchnie, na których pracuję.
- Dokładnie myję produkty (warzywa i mięso), które dodaję do przygotowywanych dań.
- Kupuję mięso i warzywa tylko u sprawdzonych dostawców.

## Sposób przygotowania:

### Sos boloński:

- Warzywa rozdrobnić i podsmażyć na oliwie z oliwek.
- Do podsmażanych warzyw dodać mięso mielone i dalej razem dusić.
- Dodać białe wino i gotować do odparowania.
- Dodać przecier pomidorowy, zagotować i odstawić.

### Sos beszamelowy:

- Do oddzielnego garnka wlać mleko i dodać miękkie masło.
- Zagotować i powoli dodawać mąkę, cały czas mieszając.
- Do smaku dodać 2 szczypty gałki muszkatołowej i szczyptę soli.
- Gotować do otrzymania konsystencji gęstego sosu.
- Naczynie żaroodporne wysmaruj odrobiną masła. Na dół wyłóż odrobinę sosu bolońskiego. Następnie wypełnij powierzchnię makaronem, na niego wyłóż część sosu bolońskiego, posyp rozartym parmezanem i polej częścią sosu beszamelowego.
- Powtarzaj do wykorzystania wszystkich składników – na samą górę wyłóż makaron, polej go odrobiną beszamelu i obficie posyp serem.
- Wstaw do piekarnika rozgrzanego do 180 stopni na około 45 minut. Po upieczeniu odstaw na 15 minut do przestygnięcia.
- Pokrój i podawaj na ciepło.

## Courtesy of:

Grzegorz, OSI Food Solutions Ostróda

## Recipe name:

Bolognese Lasagne

## Ingredients:

- 200 g of Parmesan cheese
- 250 g of lasagne pasta

## Bolognese sauce:

- 200 g of mixed vegetables (celery, carrot, onion)
- 40 g of olive oil extra virgin
- 800 g of minced meat (beef or beef-pork)
- 100 g of white dry wine
- 300 g of tomato concentrate
- Salt and black pepper to taste

## Béchamel sauce:

- 500 g of milk
- 40 g of softened butter
- 60 g of wheat flour
- 1 - 2 pinch of ground nutmeg
- Salt to taste

## How do you put food safety practices into action?

- I wash my hands before and after handling raw meat.
- I disinfect the surfaces I work on.
- I thoroughly wash the products (vegetables and meat) that I add to the prepared dishes.
- I only buy meat and vegetables from reliable suppliers.

## Instructions:

### Bolognese sauce:

- Chop the vegetables finely and fry in olive oil.
- Add minced meat to the fried vegetables and continue stewing together.
- Add white wine and cook until it evaporates.
- Add the tomato concentrate, bring to a boil and set aside.

### Béchamel sauce:

- Pour the milk into another pot and add the softened butter.
- Bring it to a boil and add slowly the flour, stirring constantly.
- Add 2 pinches of nutmeg and a pinch of salt to taste.
- Cook until the consistency of a thick sauce.
- Grease an oven proof dish with a little butter.
- Put a little of the Bolognese sauce on the bottom. Then fill the surface with the pasta, place part of the Bolognese sauce on it, sprinkle with grated Parmesan cheese and pour a part of the béchamel sauce.
- Repeat until all ingredients are used - place the pasta on the top, pour a little béchamel over it and sprinkle generously with cheese.
- Put in the oven, preheated to 180 degrees Celsius, for about 45 minutes.
- After baking, set aside for 15 minutes to cool down.
- Slice and serve warm.



# 7.9

## Dzięki uprzejmości:

Iwona M, OSI Foodworks Góra

## Nazwa przepisu:

Spaghetti z Cukinii z Czosnkowymi Krewetkami



## Składniki:

- 3 cukinie
- 150 gram masła
- 10 ząbków czosnku
- 800 gram krewetek królewskich
- 0,5 łyżeczki soli
- 0,5 łyżeczki pieprzu
- 1 łyżeczka ziół włoskich

## Sposób przygotowania:

- Cukinię zetrzeć na temperówce do warzyw. Zagotować.
- Czosnek przecisnąć przez praskę do warzyw. Na patelni rozpuścić masło, dodać czosnek i przyprawy.
- Na tak przygotowanym sosie zagrzać krewetki.
- Na talerzu ułożyć warzywne spaghetti wraz z czosnkowymi krewetkami.
- Danie gotowe do spożycia.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przed przygotowaniem posiłku myję ręce.
- Następnie myję warzywa, sztućce których używam podczas przygotowania posiłków, temperówkę do cukinii oraz praskę do czosnku.



## Courtesy of:

Iwona M, OSI Foodworks Góra

## Recipe name:

Zucchini Spaghetti with Garlic Prawns

## Ingredients:

- 3 zucchini
- 150 g of butter
- 10 cloves of garlic
- 800 g of king prawns
- 0,5 teaspoon of salt
- 0,5 teaspoon of pepper
- 1 teaspoon of Italian herbs

## Instructions:

- Grate the zucchini on a vegetable sharpener. Cook it.
- Squeeze the garlic through a garlic press.
- Melt the butter, add squeezed garlic and spices and herbs.
- Add the prawns and cook all together.
- Arrange on a plate: the cooked zucchinis and garlic prawns.
- The meal is ready to enjoy.

## How do you put food safety practices into action?

- Before the preparation of meal, I wash my hands.
- Next, I wash the vegetables, the kitchen utensils which I use for meals preparation, the vegetable sharpener, and the garlic press.



# 7.10

## Dzięki uprzejmości:

Iwona P, OSI Food Solutions Ostróda

## Nazwa przepisu:

Pótkule Czekoladowe z Brownie



## Składniki:

### Brownie:

- 185 g deserowej czekolady 50%
- 185 g miękkiego masła
- 3 jajka
- 200 g cukru trzcinowego lub białego
- 85 g mąki pszennej typ 450
- 40 g kakao gorzkiego

### Mus czekoladowy:

- 10 g żelatyny (ok 2 tyżeczek)+ 50 ml zimnej wody
- 350 ml śmietany kremówki 36%
- 100 g deserowej czekolady 50%
- 70 g mlecznej czekolady
- 80 g kremu czekoladowo- orzechowego

### Polewa lustrzana:

- 100 ml słodzonego mleka skondensowanego
- 150 g cukru
- 75 ml wody
- 175 g deserowej czekolady 50%
- 9 g żelatyny+ 60 ml wody

### Dodatkowo:

- pokruszone ciasteczka oreo
- złoty barwnik spożywczy+ odrobina spirytusu
- dekoracja z czekolady

## Sposób przygotowania:

### Brownie:

- Czekoladę posiekać i razem z masłem umieścić w metalowej misce. Miskę umieścić w garnku z wodą tak aby nie dotykała powierzchni wody. Garnek postawić na średnim ogniu. Kiedy czekolada z masłem się rozpuszczą, zdjąć miskę i mieszać do całkowitego połączenia. Odstawić do wystudzenia.
- Piekarnik nagrzać do 180°C góra-dół. Formę o wym: 39x29 cm wyłożyć papierem do pieczenia.
- Jajka i cukier ubić na jasną i puszystą masę. Do masy wlać czekoladę i za pomocą szpatułki wymieszać delikatnie aby nie naruszyć puszystej struktury jajek..Do masy wsypać mąkę z kakao i bardzo delikatnie wymieszać tylko do połączenia składników.
- Gotowe ciasto przelać do formy. Piec w nagrzanym piekarniku ok 20 min. Wystudzić a następnie wykroić krążki o śr. 6 cm. Odłożyć na bok. Resztę brownie zjeść lub zamrozić. Można też zrobić deserki brownie.

### Mus czekoladowy:

- Do przygotowania monodeserów będzie potrzebna forma w kształcie półkuli o średnicy 7 cm. Żelatynę zalać zimną wodą i odstawić do namoczenia na ok 10 min.

- Czekolady połamać, przełożyć do miseczki i dodać krem czekoladowo- orzechowy. Całość rozpuścić w kąpeli wodnej lub w mikrofalówce.
- Do rondelka wlać 50 ml śmietany i zagotować.
- Do gorącej śmietany dodać namoczoną żelatynę i wymieszać dokładnie aby się rozpuściła. Całość przelać do rozpuszczonych czekolad z kremem orzechowym i dokładnie wymieszać. Jeśli zrobią się grudki można ponownie rozgrzać nad kąpielą wodną i dokładnie rozpuścić.
- Pozostałą schłodzoną śmietaną (300ml) ubić na sztywno a następnie 1/3 przełożyć do masy czekoladowej i dokładnie rozprowadzić. Następnie całość przełożyć do ubitej śmietany i wymieszać na jednolity mus. Mus przełożyć do rękawa cukierniczego, odciąć końcówkę i wypełnić formę do 3/4 jej wysokości. Na musie ułożyć krążki z brownie i lekko docisnąć. Tak przygotowane desery należy mrozić w zamrażalniku przez ok 5-6 godz.

### Polewa lustrzana:

- Żelatynę zalać wodą i odstawić do napęcznienia na ok 10 min. W garnku umieścić wodę i cukier. Gotować aż cukier całkowicie się rozpuści. Zdjąć z palnika, dodać napęczniałą żelatynę, dokładnie wymieszać. Dodać czekoladę i dokładnie wymieszać aż całości się rozpuści. Na samym końcu dodać mleko skondensowane. Wymieszać. Całość można zmiksować blenderem a

- następnie przelać przez gęste sito aby pozbyć się pęcherzyków powietrza. Polewę należy wystudzić do temperatury pomiędzy 35-37°C.
- Zamrożone półkule należy ostrożnie wyjąć z formy i ułożyć na kratce, pod kratką ustawić tacę lub pojemnik w który będzie ściekał nadmiar polewy. Polewać powoli każdą półkulę od samego czubka dokładnie ku zewnętrznej stronie. Ostrożnie podnieść szpatułką deser wyrównując resztę zastygniętej glazury z dołu. Brzegi obtoczyć w pokruszonych bardzo drobno ciasteczkach oreo.
- Złoty barwnik spożywczy wymieszać z odrobiną spirytusu i za pomocą pędzelka spryskać z bliskiej odległości deserki.
- Na czubku każdego deseru ułożyć dekorację z czekolady.



# 7.10

## Courtesy of:

Iwona P, OSI Food Solutions Ostróda

## Recipe name:

Chocolate Brownie Hemispheres



## Ingredients:

### Brownie:

- 185 g dark chocolate 50%
- 185 g of soft butter
- 3 eggs
- 200 g of cane or white sugar
- 85 g of type 450 wheat flour
- 40 g of bitter cocoa

### Chocolate mousse:

- 10 g of gelatin (about 2 teaspoons) + 50 ml of cold water
- 350 ml heavy cream 36%
- 100 g dark chocolate 50%
- 70 g of milk chocolate
- 80 g of chocolate-nut cream

### Mirror glaze topping:

- 100 ml of sweetened condensed milk
- 150 g of sugar
- 75 ml of water
- 175 g dark chocolate 50%
- 9 g of gelatin + 60 ml of water

### Additionally:

- Crushed Oreo cookies
- Golden food coloring + a little spirit
- Chocolate decoration

## Instructions:

### Brownie:

- Chop the chocolate and place it with the butter in a metal bowl. Place the bowl in a pot of water so that it does not touch the water surface. Put the pot on medium heat. When the chocolate and butter have melted, remove the bowl and stir until completely combined. Set aside to cool.
- Preheat the oven to 180 ° C top and bottom. Form size: 39 × 29 cm with baking paper.
- Beat eggs and sugar until light and fluffy. Pour the chocolate into the mass and use a spatula to mix gently so as not to disturb the fluffy structure of the eggs. Pour cocoa flour into the mass and mix very gently until the ingredients are combined.
- Pour the finished dough into the mold. Bake in a preheated oven for about 20 minutes. Allow to cool and then cut out the rings - 6 cm. Put aside. Eat or freeze the rest of the brownie. You can also make brownie desserts.

### Chocolate mousse:

- You will need a hemispherical form 7 cm in diameter to prepare the desserts. Pour the gelatin with cold water and set aside to soak for about 10 minutes. Break the chocolates, put them into a bowl and add the chocolate-nut cream. Dissolve everything in a water bath or in

a microwave oven. Pour 50 ml of cream into a saucepan and bring to a boil. Add the soaked gelatin to the hot cream and mix thoroughly to dissolve. Pour everything into melted chocolate with nut cream and mix thoroughly. If it becomes lumpy, you can reheat it over a water bath and dissolve it thoroughly.

- Beat the remaining chilled cream (300ml) until stiff, then put into the chocolate mass in thirds and spread thoroughly. Then put everything into the whipped cream and mix to a homogeneous mousse. Put the mousse into a pastry bag, cut off the tip and fill the form up to 3/4 of its height. Place brownie discs on the mousse and press lightly. Such prepared desserts should be frozen in a freezer for about 5-6 hours.

### Mirror glaze:

- Pour gelatine with water and let it swell for about 10 minutes. Put water and sugar in a pot. Cook until the sugar is completely dissolved. Remove from the burner, add swollen gelatin, mix thoroughly. Add the chocolate and mix thoroughly until it is completely dissolved. At the very end, add the condensed milk. Mix. The whole thing can be mixed with a blender and then poured through a fine sieve to get rid of air bubbles. The coating should be cooled down to a temperature between 35-37 ° C.
- The frozen hemispheres should be carefully removed from the mold and placed on a

grate, under the grate, place a tray or a container into which the excess icing will drip. Slowly pour over each hemisphere from the very tip to the outside. Carefully lift the dessert with a spatula, leveling the rest of the solidified glaze from the bottom. Coat the edges in very finely crushed Oreo cookies.

- Mix the golden food coloring with a little spirit and use a brush to spray the desserts at close range.
- Place a chocolate decoration on top of each dessert.



# 7.11

## Dzięki uprzejmości:

Jarosław, OSI Foodworks Góra

## Nazwa przepisu:

Sałátka Cezar



## Składniki:

- Chleb Grahama,
- Mięso z piersi kurczaka,
- Ogórek kwaszony
- Sałata,
- Sok z cytryny
- Suszone pomidory w oleju z ziołami

## Sposób przygotowania:

- Filet zamarynować w oregano i oliwie z oliwek, doprawić solą i pieprzem i upiec w folii.
- Następnie pokroić na kawałki.
- Pomidory i ogórki pokroić w kostkę, podzielić sałatę na mniejsze kawałki.
- Wymieszać wszystkie składniki.
- Połączyć oliwą i sokiem z cytryny.
- Podawać z chlebem.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Warzywa i owoce dokładnie umyj przed jedzeniem.
- Używaj oddzielnych desek krojenia warzyw i mięsa.
- Żywność przechowuj w lodówce.
- Spożywaj produkty przed upływem daty ważności.



## Courtesy of:

Jarosław, OSI Foodworks Góra

## Recipe name:

Caesar Salad

## Ingredients:

- Graham bread
- Chicken breast meat
- Pickled cucumber
- Lettuce
- Lemon juice
- Dried tomatoes in oil with herbs

## Instructions:

- Marinate the chicken breast in oregano and olive oil, season with salt and pepper, and bake in foil.
- Then cut into pieces.
- Dice the tomatoes and the cucumbers and break the lettuce into smaller pieces.
- Mix all the ingredients.
- Drizzle with olive oil and lemon juice.
- Serve with bread.

## How do you put food safety practices into action?

- Wash vegetables and fruit thoroughly before eating.
- Use separate boards for cutting vegetables and meat.
- Store food in the refrigerator.
- Always check the expiration dates.





# 7.12



## Dzięki uprzejmości:

Jolanta, OSI Foodworks Góra

## Nazwa przepisu:

Koktajl „Breja Shreka”

## Składniki:

- Świeże liście szpinaku
- 3 duże jabłka
- 2 łodygi selera
- 1 szt awokado
- 1 szt banana
- 1 szklanka soku jabłkowego
- 0,5 szklanki wody

## Sposób przygotowania:

- Umyj i obierz owoce, wydrąż awokado, odmierz składniki.
- Najpierw zmiksuj seler z wodą i szpinakiem do uzyskania jednorodnej masy.
- Następnie dodaj resztę składników i miksuj, aż do połączenia.
- Podawać schłodzone.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Zawsze utrzymuję miejsce pracy w czystości podczas gotowania.
- Jajka wyparzam, aby uniknąć ryzyka salmonelli.
- Nie przygotowuję dań z surowego mięsa.
- Zdejmuję biżuterię na czas gotowania i związuję włosy.



## Courtesy of:

Jolanta, OSI Foodworks Góra

## Recipe name:

“Shrek’s Slush” Smoothie

## Ingredients:

- Fresh spinach leaves
- 3 large apples
- 2 stalks of celery
- 1 avocado
- 1 banana
- 1 cup of apple juice
- 0.5 glass of water

## Instructions:

- Wash and peel the fruit.
- Hollow out the avocado,
- First, blend the celery with water and spinach to make a homogeneous mass.
- Then add the rest of the ingredients and blend until combined.
- Serve chilled.

## How do you put food safety practices into action?

- I always keep workplace clean while cooking.
- I scald the eggs to avoid the risk of salmonella.
- I don't prepare raw meat dishes.
- Take off my jewelry while cooking and tie my hair.



# 7.13

## Dzięki uprzejmości:

Jowita, OSI Food Solutions Ostróda

## Nazwa przepisu:

Mięsne Kulki z Parmezanem w Sosie Pomidorowym



## Składniki:

### Kulki:

- mięso mielone – 500 g
- starty ser parmezan – 100 g
- jajko – 1 szt.
- pietruszka – pęczek
- gałka muskatołowa – do smaku (ale od serca)
- Sól – do smaku
- Pieprz – do smaku
- oliwa z oliwek – do smażenia

### Sos pomidorowy:

- passata pomidorowa – 500 ml
- zioła prowansalskie – do smaku
- papryka ostra – do smaku
- sól – do smaku
- pieprz – do smaku

## Sposób przygotowania:

- Mięso przekładam do miski, wbijam uprzednio umyte i wyparzone jajko, dodaję ser parmezan, dodaję uprzednio umytą i posiekaną (na zielonej desce) pietruszkę, doprawiam gałką muskatołową, solą i pieprzem, mieszam, formuję kulki i obsmażam na oliwie z oliwek (powcześniej przynajmniej 30 sekundowym myciu rąk wg schematu Ayliffe'a).
- Passatę wlewam do garnka (jeśli za gęsta – dolewam wody), dodaję przyprawy, doprowadzam do wrzenia – dodaję obsmażone kulki, gotuję około 20-30 minut – przed podaniem sprawdzam termometrem bagnętowym temperaturę wewnątrz potrawy – wymagana temperatura: minimum 60°C
- Podawać z ugotowanym makaronem lub bagietką – u mnie z ekstra parmezanem i łyżką oliwy (keto).

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Wszystkie składniki wybieram z lodówki / szafek zgodnie z zasadą FI-FO!



## Courtesy of:

Jowita, OSI Food Solutions Ostróda

## Recipe name:

Parmesan Meatballs with Tomato Sauce

## Ingredients:

### Meatballs:

- 500 g minced meat
- 100 g grated Parmesan cheese
- 1 egg
- Parsley – a bunch
- Nutmeg – to taste (but from the heart)
- Salt – to taste
- Black pepper – to taste
- Olive oil – for frying

### Tomato sauce:

- 500 ml tomato passata
- Provençal herbs – to taste
- Hot paprika – to taste
- Salt – to taste
- Black pepper – to taste

## Instructions:

- Put the meat into a bowl.
- Add the washed and scalded egg, add the Parmesan cheese, add the washed and chopped (on a clean board) parsley, season with nutmeg, salt and pepper, mix, form balls, and fry in olive oil.
- After at least 30-second hand washing according to Ayliffe's scheme, I pour the passata into a pot (if too thick – add water), add spices, bring to a boil, add fried meatballs, cook for about 20-30 minutes.
- Before serving, I check the temperature inside the dish with a bayonet thermometer - required temperature: minimum 70°C.
- Serve with cooked pasta or a baguette - for me with extra Parmesan and a spoon of olive oil (keto).

## How do you put food safety practices into action?

- I choose all ingredients from the refrigerator / cabinets in accordance with the FI-FO principle!



# 7.14



## Dzięki uprzejmości:

Karolina, OSI Foodworks Góra

## Nazwa przepisu:

Owocowe Placuszki

## Składniki:

- 150 g sera twarogowego tłustego
- 2 jajka
- 2 łyżki oleju
- 1,5 szklanki maki
- 2 łyżeczki proszku do pieczenia
- 150 g mieszanki owoców jagodowych (malin, jagód)
- szczypta soli
- olej do smażenia
- opcjonalnie: łyżka miodu dla łasuchów

## Sposób przygotowania:

- Ser zmiksować z jajami i olejem, przelać do miski.
- Dodać mąkę i proszek do pieczenia, dokładnie wymieszać.
- Do ciasta dodać owoce, delikatnie potęczyć.
- Na teflonowej patelni rozgrzać olej, smażyć niewielkie placuszki z obu stron na złoty kolor.
- Po zdjęciu z patelni odłożyć na chwilę na ręcznik papierowy, ułożyć na talerzu- opcjonalnie posypać cukrem pudrem i owocami (albo polać miodem).

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Sporządzam listę zakupów dzięki, której nie kupuje niepotrzebnych rzeczy- to najczęstszy pod marnowania żywności- kupowanie zbyt dużych ilości i niepotrzebnej żywności.



## Courtesy of:

Karolina, OSI Foodworks Góra

## Recipe name:

Fruit Fritters

## Ingredients:

- 150 g of fat cottage cheese
- 2 eggs
- 2 tablespoons of oil
- 1.5 cups of flour
- 2 spoons of baking powder
- 150 g of a mixture of berries (raspberries, blueberries)
- Pinch of salt
- Frying oil
- Optional: a spoon of honey for gourmands

## Instructions:

- Mix cheese with eggs and oil into a bowl.
- Add flour and baking powder, mix thoroughly.
- Add fruit to the dough and gently combine.
- Heat the oil in a Teflon frying pan and fry small pancakes on both sides until golden brown.
- After removing from the pan, put it on a paper towel.
- Arrange it on a plate - optionally sprinkle with powdered sugar and fruit (or pour over some honey).

## How do you put food safety practices into action?

- I make a shopping list, that way I do not buy unnecessary things - this is the most common food waste: buying too much and unnecessary food.



# 7.15

## Dzięki uprzejmości:

Katarzyna, OSI Foodworks Góra

## Nazwa przepisu:

Kimchi- Najzdrowsza Potrawa Świata



## Składniki:

- Kapusta pekińska
- 3 dymki ze szczypiorkiem
- 1/2 szklanki soli
- Pasta: 2 łyżeczki mąki ryżowej (ryż można zmielić)
- 1 szklanka wody
- 1 łyżka czubatych płatków papryki (specjalne do kimchi)
- 1 łyżeczka drobno startego imbiru
- 1 łyżeczka cukru
- 1 jabłko
- Rzodkiewki
- Różyczki kalafiora

## Sposób przygotowania:

- Pokrój kapustę wzdłuż na 4 części.
- Posyp solą zwłaszcza w okolicach głąbu.
- Przydusić talerzem i odstawić na trzy godziny.

## Pasta:

- Zagotować szklankę wody z mąką ryżową.
- Do kleiku dodać posiekane lub starte na tarce warzywa i paprykę.
- Następnie kapustę należy optukać dobrze 2 razy z soli. Nałożyć pastę między pióra kapusty.
- Przełożyć do słoika i przycisnąć. Trzymać w ciepłym miejscu przez jeden dzień.
- Następnego dnia zaś w chłodniejszym.
- Po tygodniu kimchi jest gotowe .Im jest starsze, tym jest ostrzejsze. Idealny jako dodatek do dań głównych.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Utrzymuję w czystości miejsce przygotowywania posiłków.
- Kroje warzywa i mięso na osobnych deskach.
- Pilnuję terminów przydatności produktów spożywczych.
- Myję warzywa i owoce przed spożyciem i osuszam ręcznikiem papierowym lub bawełnianym.



## Courtesy of:

Katarzyna, OSI Foodworks Góra

## Recipe name:

Kimchi- The Healthiest Food in The World

## Ingredients:

- Chinese cabbage
- 3 spring onions with chives
- 1/2 cup of salt

## Paste:

- 2 teaspoons of rice flour (you can grind the rice)
- 1 cup of water
- 1 tablespoon of heaped paprika flakes (special for kimchi)
- 1 teaspoon of finely grated ginger
- 1 teaspoon of sugar
- 1 apple
- Radishes
- Cauliflower florets

## Instructions:

- Cut the cabbage lengthwise into 4 parts.
- Sprinkle with salt, especially around the hollow.
- Smash with a plate and set aside for three hours.

## Paste:

- Boil a glass of water with rice flour.
- Add chopped or grated vegetables and peppers to the gruel.
- Rinse the cabbage well, twice.
- Apply the paste between the cabbage feathery.
- Transfer to a jar and press.
- Keep in a warm room for one day.
- The next day, in a cooler place.
- After a week, the kimchi is ready.
- The older it is, the spicier it is.
- Perfect as an addition to main courses

## How do you put food safety practices into action?

- I keep clean in the place where the meal is prepared.
- Cut vegetables and meat on separate boards.
- I keep an eye on the expiry dates of food products.
- I wash vegetables and fruits before meal.
- I dry it with a paper or cotton towel.



# 7.16

## Dzięki uprzejmości:

Kinga, OSI Food Solutions Ostróda

## Nazwa przepisu:

Karkówka Kebabowa W Piekarniku



## Składniki:

- 1 ½ karkówki wieprzowej pokrojonej w plastry
- 3 duże cebule
- 1 przyprawa kebabowa
- Sól
- Pieprz
- 3 ząbki czosnku przeciśniętego przez praskę
- 1 ½ szklanki ketchupu pikantnego
- 2 łyżeczki musztardy
- 2 łyżki majonezu
- 1 łyżka jogurtu naturalnego

## Sposób przygotowania:

- Karkówkę pokroić w plastry o grubości 1 cm i posypać solą i pieprzem.
- Cebulę pokroić w krążki a paprykę w duża kostkę.
- Resztę składników ze sobą razem wymieszać.
- Z wymieszanych składników powstanie sos w którym zamoczyć mięso i zostawić na 2h.
- Po dwóch godzinach włożyć mięso do szkła żaroodpornego na przemian warstwa mięsa posypać cebulą i papryką i znowu mięso do wyczerpania składników.
- Tak przygotowane mięso wstawić do piekarnika nagrzanego do 200°C i piec przez około 1h i 30min.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przed rozpoczęciem dokładnie myjemy ręce i osuszamy.
- Myjemy mięso i kroimy w plastry po pokrojeniu ponownie dokładnie myjemy ręce.
- Na drugiej desce kroimy umyte warzywa.
- Temperatura pieczenia 200°C.



## Courtesy of:

Kinga, OSI Food Solutions Ostróda

## Recipe name:

Oven-baked Pork Chuck Steaks

## Ingredients:

- 1 ½ kg of sliced pork neck
- 3 big onions
- 1 red pepper
- 1 kebab seasoning
- Salt
- Black pepper
- 3 pressed cloves of garlic
- 1 ½ of glass of hot ketchup
- 2 tablespoons of mustard
- 2 tablespoons of mayo
- 1 tablespoon of yogurt

## Instructions:

- Cut the pork neck into 1 cm slices and season with salt and pepper.
- Cut the onion into rings and the red pepper into big cubes.
- Mix the rest of ingredients together to form a sauce and marinate the meat in it for 2 hours.
- After 2 hours, put the meat into a glass oven proof dish, alternately a layer of meat, sprinkle with onion and red pepper and then meat again until all the ingredients are used.
- Preheat the oven to 200°C and bake the dish for about 1 hour and 30 minutes.

## How do you put food safety practices into action?

- Before starting, wash hands thoroughly and dry them.
- We wash meat and wash hands again after handling/cutting the meat.
- Prepare the vegetables on a separate chopping board.
- Keep the temperature of baking at 200°C.



# 7.17



## Dzięki uprzejmości:

Leszek, OSI Food Solutions Ostróda

## Nazwa przepisu:

Rogaliki Drożdżowe

## Składniki:

### Rozczyn:

- 50g drożdży,
- 2 łyżki kwaśnej śmietany,
- 1 łyżka cukru

Wymieszać, pozostawić do wyrośnięcia.

### Ciasto:

- 1 kostka masła
- 0,5kg mąki
- 2 jajka
- Gęsty dżem lub pokrojone jabłka z cynamonem

## Sposób przygotowania:

- Masło, mąkę, jajka i rozczyn zagnieść.
- Wyrobite ciasto wstawić do lodówki na 1 godzinę.
- Po schłodzeniu ciasto dzielimy na 2-3 porcje.
- Każdą rozwałkowujemy na okrągły placek. Przecinamy na trójkąty.
- Na każdy trójkąt nakładamy gęsty dżem lub jabłka pokrojone na małe kawałki z cynamonem.
- Zawijamy od szerszej strony w rogalik.
- Pieczemy w temp. 190C przez ok 20min. Na złoty kolor.
- Schłodzone rogaliki polewamy polewą z cukru pudru z sokiem z cytryny i gorącej wody.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce.
- Parzę i myję jajka.
- Piekę we właściwej temperaturze, sprawdzając czy ciasto nie jest surowe.
- Używam czystych naczyń.



## Courtesy of:

Leszek, OSI Food Solutions Ostróda

## Recipe name:

Croissants

## Ingredients:

### Yeast leaven:

- 50g of yeast
- 2 tablespoons of sour cream,
- 1 tablespoon of sugar

Mix, leave to rise

### Dough:

- 1 cube of butter
- 0,5 kg of flour
- 2 eggs
- Thick jam or cut apples with cinnamon

## Instructions:

- Knead the butter, flour, eggs, and the leaven.
- Put the kneaded dough in the fridge for 1 hour.
- After cooling, we divide the dough into 2-3 portions.
- We roll out each of them into a round cake.
- We cut it into triangles.
- On each triangle, we put thick jam or apples cut into small pieces and sprinkle with cinnamon.
- We wrap from the widest side of the triangle and roll into a croissant.
- Bake at 190°C for about 20 minutes to get the golden color.
- Pour the chilled croissants with icing made of powdered sugar, lemon juice and hot water.

## How do you put food safety practices into action?

- I wash my hands.
- I scald and wash eggs.
- I bake at the right temperature, checking to make sure dough isn't raw.
- I use clean dishes.



# 7.18

## Dzięki uprzejmości:

Lila, OSI Foodworks Góra

## Nazwa przepisu:

Langosz



## Składniki:

- 1 kg mąki– można zrobić na pół porcji
- 5 dag drożdży
- 0,5 l mleka
- 1 śmietana duża 18% lub 12%
- 1 łyżeczka sody
- 1 łyżeczka soli

## Sposób przygotowania:

### Ciasto:

- Połączyć wszystkie składniki, zagnieść ciasto i wstawić do lodówki na około 1 godziny. Wyrośnięte ciasto jeszcze raz zgnieść, wałkować na placki o grubości 1 cm. Piec na patelni z dużą ilością oleju placek ma pływać, smażyć z dwóch stron na złoty kolor. Ciasto można przechowywać w lodówce 2 dni (surowe) a usmażone placki można zamrozić.
- Sposób podania– surówka o dowolnym smaku i gęście.
- Można usmażyć pierś z kurczaka tak jak na gyros, podsmażyć pieczarki.
- Placek polewamy ketchupem, kładziemy kawałki usmażonego kurczaka i pieczarki oraz surówkę, ponownie polewamy ketchupem oraz sosem czosnkowym według uznania.
- Placki smakują również „na sucho”, bez żadnych dodatków.
- Smacznego!

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Odpowiednie przechowywanie produktów w pojemnikach lub woreczkach do tego przeznaczonych.
- Sprawdzanie dat ważności produktów.
- Mycie produktów lub obróbka termiczna przed przyszykowaniem posiłku.
- Dbanie o czystość; częste mycie rąk.



## Courtesy of:

Leszek, OSI Foodworks Góra

## Recipe name:

Langosz Pastry with Chicken and Vegetables

## Ingredients:

- 1 kg of flour - can be made in half a portion
- 50 grams of yeast
- 0.5 l of milk
- 1 large cream 18% or 12%
- 1 teaspoon of baking soda
- 1 teaspoon of salt

## Instructions:

### Ciasto:

- Combine all ingredients, knead the dough and refrigerate for about 1 hour. Crush the dough once again, roll it into cakes 1 cm thick. Bake in a pan with plenty of oil, the cake is supposed to float, fry on both sides until golden. The dough can be stored in the refrigerator for 2 days (raw) and the fried pancakes can be frozen.
- Serve with a side salad of any kind.
- You can fry the chicken breast or add fried mushrooms.
- Pour ketchup over the cake, bring together the pieces of fried chicken and mushrooms and salad, pour ketchup and sauce, and again garlic at your discretion.
- The pancakes also taste “dry”, without any additives.
- Bon Appetit!!!

## How do you put food safety practices into action?

- Appropriate storage of products in containers or pouches.
- Checking the expiry dates of products.
- Washing products or heat treatment prior to preparing a meal.
- Taking care of cleanliness; frequent hand washes.



# 7.19

## Dzięki uprzejmości:

Magdalena, OSI Foodworks Góra

## Nazwa przepisu:

Pizza Margherita



## Składniki:

- 220 g mąki
- 120 ml ciepłej wody
- 1/4 kostki drożdży
- Szczypta soli i cukru
- Trochę oleju
- Sos pomidorowy
- Ser

## Sposób przygotowania:

- Mąkę wymieszać z solą i rozpuścić drożdże i cukier w wodzie.
- Wszystko wymieszać, energicznie zagnieść ciasto przez kilka minut i odstawić do wyrośnięcia w ciepłym miejscu.
- Po wyrośnięciu uformuj cienkie placek.
- Posmaruj sosem pomidorowym i posyp serem.
- Rozgrzej piekarnik do 250 stopni i piecz przez kilka minut.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Mycie warzyw i owoców przed jedzeniem.
- Przechowywanie produktów w lodówce.
- Niejedzenie zepsutych potraw.
- Kupowanie jedzenia tyle, ile potrzeba.



## Courtesy of:

Magdalena, OSI Foodworks Góra

## Recipe name:

Pizza Margherita

## Ingredients:

- 220 g of flour
- 120 ml of warm water
- 1/4 cubes of yeast
- A pinch of salt and sugar
- A little oil
- Tomato sauce
- Cheese

## Instructions:

- Mix the flour with salt and dissolve the yeast and sugar in water.
- Mix everything together, knead the dough vigorously for a few minutes and set aside to rise in a warm place.
- After rising, form a thin cake, spread with tomato sauce and sprinkle with cheese.
- Preheat the oven to 250 degrees and bake for a few minutes.

## How do you put food safety practices into action?

- Washing vegetables and fruits before eating.
- Storing products in the refrigerator.
- Not eating spoiled foods.
- Buying only as much food as needed.





# 7.20



## Dzięki uprzejmości:

Małgorzata, OSI Foodworks Góra

## Nazwa przepisu:

Grilowane Warzywa

## Składniki:

- 2 bataty
- 2 marchewki
- Kilka różyczek kalafiora
- 200 g gotowanej ciecierzycy
- Oliwa z oliwek
- Sok z cytryny
- Sól i pieprz
- Ulubione zioła
- Garść rukoli

## Sposób przygotowania:

- Marchew obieramy i kroimy w talarki, wrzucamy do miski.
- Bataty kroimy na kawałki, kalafiora na mniejsze różyczki i dorzucamy do marchwi.
- Polewamy oliwą z oliwek, przyprawiamy solą i pieprzem, posypując ziołami.
- Wykładamy płasko na blachę.
- Ciecierzycę osączamy z zalewy, wycieramy ręczniczkami papierowymi do sucha.
- Rozkładamy na blasze, skrapiamy oliwą i doprawiamy solą i pieprzem wg uznania.
- Wstawiamy do piekarnika nagrzanego do 200 stopni z termobiegiem na ok. 25 min.
- Po upieczeniu wykładamy na talerz, dokładamy rukolę i skrapiamy sokiem z cytryny.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- W miejscu przygotowania posiłku zachowuję czystość.
- Na osobnych deskach kroję warzywa i mięso.
- Pilnuję terminów przydatności produktów spożywczych.
- Warzywa i owoce myję przed posiłkiem.
- I osuszam ręczniczkami papierowymi bądź bawełnianymi.



## Courtesy of:

Małgorzata, OSI Foodworks Góra

## Recipe name:

Grilled Vegetables

## Ingredients:

- 2 sweet potatoes
- 2 carrots
- A few cauliflower florets
- 200 g of canned chickpeas
- Olive oil
- Lemon juice
- Salt and pepper
- Favorite herbs
- A handful of arugula

## Instructions:

- Cut the sweet potatoes into pieces.
- Cut the cauliflower into smaller florets and add the chopped carrots.
- Pour in olive oil, season with salt and pepper and sprinkle with herbs.
- We put it flat on the tray.
- Drain the chickpeas and wipe it with a towel paper until dry.
- Spread the chickpeas on a baking tray, drizzle with olive oil and season with salt and pepper as desired.
- Put in an oven preheated to 200 degrees on the fan setting for about 25 minutes.
- After baking, arrange everything on a plate, add the arugula and sprinkle with lemon juice.

## How do you put food safety practices into action?

- I keep clean in the place where the meal is prepared.
- Cut vegetables and meat on separate boards.
- I keep an eye on the expiry dates of food products.
- I wash vegetables and fruits before meals and dry it with a paper or cotton towel.



# 7.21



## Dzięki uprzejmości:

Marcin N, OSI Foodworks Góra

## Nazwa przepisu:

Sushi

## Składniki:

- 250 g ryżu do shushi
- 3 łyżeczki octu ryżowego - zalewa
- 2 łyżeczki cukru - zalewa
- 1 łyżeczka soli - zalewa
- płaty NORI - prasowane algi

## Dodatki:

- Wasabi, serek homogenizowany, łoś wędzony, ogórek bez pestek, sos sojowy, imbir marynowany

## Sposób przygotowania:

- Ryż płuczemy 8-10 krotnie, następnie zalewamy ryż świeżą wodą i gotujemy
- na małym ogniu przez 10 minut pod przykryciem. Później odstawiamy na 15 minut. Składniki do zalewy mieszamy i dodajemy do ryżu -> delikatnie mieszamy i odstawiamy do całkowitego ostygnięcia, przykrywając wilgotną ściereczką. NORI rozkładamy na macie bambusowej, a na nim nakładamy około 1cm grubości warstwę ryżu. Na środku rozkładamy dodatki.
- Zwijamy rolkę przy pomocy maty bambusowej. Podajemy z sosem sojowym i imbirem.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Warzywa, owoce i mięso przechowuję osobno w lodówce, przed użyciem ich do przygotowania jedzenia starannie myję.
- Do warzyw stosuję osobną deskę do krojenia, do mięsa osobną - rozróżnienie po kolorach.
- Podczas przygotowania surowych materiałów stosuję rękawiczki.



## Courtesy of:

Marcin N, OSI Foodworks Góra

## Recipe name:

Sushi

## Ingredients:

- 250 g of sushi rice
- 3 teaspoons of rice vinegar - pickle
- 2 teaspoons of sugar - pickle
- 1 teaspoon of salt - pickle
- Nori sheets - pressed algae

## Extras:

- Wasabi, homogenized cheese, smoked salmon, pickled cucumber, soy sauce and pickled ginger

## Instructions:

- Rinse the rice 8-10 times, then pour fresh water over the rice and cook on low heat for 10 minutes, covered.
- Then set aside for 15 minutes.
- Mix the ingredients for the pickle and add to the rice - gently mix and set aside to cool completely, cover with a damp cloth.
- Place the nori on a bamboo mat and put a 1cm thick layer of rice on top of it.
- Put the extras in the middle.
- Roll the sushi with a bamboo mat.
- Serve with soy sauce and ginger.

## How do you put food safety practices into action?

- I keep vegetables, fruit and meat separately in the refrigerator and wash them carefully before using them to prepare food.
- I use a separate cutting board for vegetables, and a separate cutting board for meat - differentiation by color.
- I use gloves when preparing raw materials.



# 7.22

## Dzięki uprzejmości:

Marcin S, OSI Foodworks Góra

## Nazwa przepisu:

Zupa Meksykańska z Nachosami



## Składniki:

- Mięso mielone, najlepiej wołowe, mogą być nasze burgery
- Cebula i czosnek
- Bulion, najlepiej wołowy
- Pomidory krojone i koncentrat pomidorowy
- Kukurydza i czerwona fasola, czerwona i zielona papryka
- Ser cheddar tarty
- Nachos kukurydziane
- Sól, chilli, wędzona papryka w proszku, pieprz, oregano
- Ew. szczypior lub czerwona cebula do dekoracji

## Sposób przygotowania:

- Mięso smażymy. Dodajemy pokrojoną cebulę oraz czosnek i smażymy aż cebula zmięknie.
- Przekładamy wszystko do garnka i wlewamy gorący bulion.
- Dodajemy krojone pomidory i koncentrat pomidorowy jak ktoś lubi mocno pomidorowe.
- Dodajemy sól, pieprz, chilli, wędzoną paprykę, oregano.
- Dodajemy pokrojoną paprykę czerwoną i zieloną.
- Dodajemy kukurydzę i czerwoną fasolę.
- Gotujemy min. 30 minut. Jak zrobi się za gęsta można dolać wody lub więcej bulionu.
- Sposób podania: do miski wlewamy zupę i posypujemy tartym serem cheddar – zupa musi być bardzo gorąca. Czekamy chwilę, aż ser się rozpuści i zupa trochę ostygnie.
- Na wierzchu kładziemy garść kukurydzianych nachos.
- Można posypać szczypiosem lub surową czerwoną cebulą.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Mięso kupuję tylko w sklepach, żeby mieć gwarancję, że pochodzą od producentów objętych nadzorem weterynaryjnym i są bezpieczne do spożycia.
- Nie kupuję na bazarach, od zaufanej pani ze wsi lub koleżanki z pracy.
- Nie myję mięsa wodą z kranu.
- Myję ręce po kontakcie z surowym mięsem.
- Smażę mięso mielone aż zmieni kolor z czerwonego na brązowy i później jeszcze kilka minut dla pewności, że żaden kawałek nie jest surowy.



## Courtesy of:

Marcin S, OSI Foodworks Góra

## Recipe name:

Mexican Soup with Nachos

## Ingredients:

- Minced meat, the best beef, it could be from our OSI burgers
- Onion and garlic
- Stock, the best beef stock
- Chopped tomatoes and tomato concentrate
- Corn, red bean, red and green pepper
- Grated cheddar
- Corn nachos
- Salt, chili, smoked paprika, black pepper, oregano
- Chives, red onion for a decoration (optional)

## Instructions:

- We fry the meat.
- We add the chopped onion and garlic and we fry it until the onion is soft.
- We move all to a pan and pour a hot stock.
- We add the chopped tomatoes or a tomato concentrate, if you like, with stronger tomato flavor.
- We add salt, pepper, chili, smoked paprika, oregano.
- We add the chopped green and red pepper.
- We add the corn and red bean.
- We cook it about 30 minutes. If it becomes too thick you can pour water or more stock.
- The way of serving: we pour soup to a bowl and sprinkle it with grated cheddar – the soup has to be very hot.
- We wait a minute until the cheese gets melted and the soup gets a little bit colder. We put corn nachos on top.
- You can sprinkle with chives or chopped red onions.

## How do you put food safety practices into action?

- I buy meat only in stores where I am sure that it comes from producers under veterinary supervision and is safe for consumption.
- I do not buy in bazaars, from a trusted lady from the village or a colleague from work.
- I don't wash the meat with tap water.
- I wash my hands after handling raw meat.
- I fry the minced meat until it turns from red to brown and then a few more minutes to make sure none of the pieces are raw.



# 7.23

## Dzięki uprzejmości:

Mariusz, OSI Foodworks Góra

## Nazwa przepisu:

Placuszki Bananowe



## Składniki:

- Ser twarogowy półtłusty 100g
- Banan 60g
- Owoce 60g
- Jajo 1 szt.
- Mąka pszenna typ 550 23g
- Oliwa z oliwek 5g

## Sposób przygotowania:

- Banana i twaróg rozgnieść widelcem, dodać jajko i mąkę.
- Smażyć do zrumienienia na patelni wysmarowanej oliwą.
- Podawać z dowolnymi owocami.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Mycie owoców.
- Wyparzenie jajek gorącą wodą.

## Courtesy of:

Mariusz, OSI Foodworks Góra

## Recipe name:

Banana Fritters

## Ingredients:

- 100 g semi-fat cottage cheese
- 60 g banana
- 60 g fruit
- 1 egg
- 23 g wheat flour (type 550)
- 5 g olive oil

## Instructions:

- Mash the banana and cottage cheese with a fork.
- Add the egg and flour.
- Fry until browned in a pan greased with olive oil.
- Serve with any fruit you prefer.

## How do you put food safety practices into action?

- Wash the fruit.
- Steam the eggs with hot water.



# 7.24

## Dzięki uprzejmości:

Marta, OSI Foodworks Góra

## Nazwa przepisu:

Puszyste Bułeczki



## Składniki:

- 1 kg mąki pszennej
- 50 g drożdży
- 350 ml mleka
- 170 g margaryny
- 8 łyżeczek cukru
- 3 jajka (w tym 1 do posmarowania)
- 1,5 łyżeczki soli

## Sposób przygotowania:

- Drożdże wymieszać z odrobiną ciepłego mleka, 1 łyżką mąki i 1 łyżeczką cukru, pozostawić do wyrośnięcia.
- W misce mieszamy wszystkie składniki i dodajemy wyrośnięte drożdże.
- Wyrabiamy ręką ciasto, formujemy bułeczki i układamy na blaszce.
- Dla uzyskania połysku smarujemy rozmąconym jajkiem, możemy posypać makiem.
- Pieczemy ok. 20 min w temperaturze 180°C.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przed rozpoczęciem pracy myję ręce.
- Myję blat kuchenny, używam czystych naczyń.
- Myję jajka przed użyciem.



## Courtesy of:

Marta, OSI Foodworks Góra

## Recipe name:

Fluffy Buns

## Ingredients:

- 1 kg of wheat flour
- 50 g of yeast
- 350 ml of milk
- 170 g of margarine
- 8 teaspoons of sugar
- 3 eggs (including 1 for spreading on)
- 1,5 teaspoons of salt

## Instructions:

- Mix the yeast with a little warm milk, 1 tablespoon of flour, and 1 teaspoon of sugar, leave to rise.
- In a bowl, we mix all the ingredients and add the grown yeast.
- We knead the dough by hand, we form buns and put them on a baking tray.
- To gain a gloss, we spread the buns with a whisked egg, and can sprinkle them with poppy seeds.
- We bake the buns for about 20 minutes at 180°C.

## How do you put food safety practices into action?

- Before starting work, I wash my hands.
- I clean the kitchen worktop and use clean dishes.
- I wash the eggs before use.



# 7.25

## Dzięki uprzejmości:

Marta J, OSI Foodworks Góra

## Nazwa przepisu:

"Beza Martlova"



## Składniki:

### Składniki na bezę:

- 8 białek
- 400 g cukru
- 1 łyżka mąki ziemniaczanej
- 1 łyżka soku z cytryny
- szczypta soli

### Składniki na krem:

- 500 ml śmietanki 30% lub 36% dobrze schłodzonej
- 250 g mascarpone,
- 2 łyżki cukru pudru

## Sposób przygotowania:

- Białka ubijamy na sztywną pianę ze szczyptą soli- jak zaczną się pieniść dodajemy stopniowo cukier.
- Gdy piana będzie sztywna dajemy mąkę ziemniaczaną, sok z cytryny i delikatnie mieszamy łyżką.
- Na papierze do pieczenia rysujemy okrąg. Na odwrotnej stronie papieru wykładamy bezę, łyżką od dołu do góry formujemy boki, w środku robimy lekkie wgłębienie.
- Piekarnik nagrzewamy do 150 stopni C. gdy włożymy bezę do piekarnika zmniejszamy temperaturę do 100 stopni C i pieczemy na termoobiegu 2-2,5 h.
- Studzimy w zamkniętym piekarniku.
- Składniki kremu przekładamy do miski i miksujemy do momentu uzyskania odpowiedniej konsystencji i wykładamy na bezę.
- Dekorujemy ulubionymi owocami.
- Smacznego!

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję żywność przed przygotowaniem.
- Zachowuje czystość podczas gotowania.
- Myje ręce przed kontaktem z żywnością.



## Courtesy of:

Marta J, OSI Foodworks Góra

## Recipe name:

"Martlova Meringue"

## Ingredients:

### For the meringue:

- 8 egg whites
- 400 g of sugar
- 1 tablespoon of potato flour
- 1 tablespoon of lemon juice
- Pinch of salt

### For the cream:

- 500 ml of 30% or 36% cream, well chilled
- 250 g of mascarpone
- 2 tablespoons of powdered sugar

## Instructions:

- Beat egg whites until stiff with a pinch of salt - when they start foaming, gradually add sugar.
- When the foam is stiff, add potato flour, lemon juice and gently mix with a spoon.
- We draw a circle on the baking paper.
- On the reverse side of the paper, lay out the meringue, form the sides with a spoon from the bottom up, and make a light recess in the middle.
- Preheat the oven to 150 degrees C.
- When we put the meringue into the oven, reduce the temperature to 100 degrees C and bake it with convection for 2 - 2.5 hours.
- Cool it in a closed oven.
- Put the ingredients of the cream into a bowl and mix it until it reaches the right consistency and spread it on the meringue.
- We decorate with our favorite fruit.
- Bon Appetit!

## How do you put food safety practices into action?

- I wash the food before preparing it.
- Keep the kitchen clean while cooking.
- I wash my hands before handling food.



# 7.26

## Dzięki uprzejmości:

Marzena D, OSI Foodworks Góra

## Nazwa przepisu:

Udka z Kurczaka z Warzywami



## Składniki:

- Udka z kurczaka
- Przyprawa do kurczaka,
- Warzywa

## Sposób przygotowania:

- Udka z kurczaka lub pałki, oprószyć przyprawą do pikantnego kurczaka Knorr, odstawić do lodówki na kilka godzin albo samodzielnie przygotować marynatę (kurkumą, papryką, oregano i tymiankiem, dodać starty ząbek czosnku, sok z cytryny i oliwę).
- Wymieszać natrzeć dokładnie mięso z każdej strony.
- Piekarnik nagrzać do 220 stopni C.
- Ułożyć udka w naczyniu żaroodpornym razem z całą marynatą, na wierzchu można położyć wiórki masła.
- Wstawić do nagrzanego piekarnika i piec bez przykrycia przez 1 godzinę i 15 minut (całe uda - ćwiartki).
- W trakcie pieczenia dobrze jest 2 - 3 razy polać udka powstałymi sokami.
- Można podać z ziemniaki i sałatką np. z sałaty, papryki, cebuli, pomidora i mini mozzarelli + MIODOWY WINEGRET (oliwa, sok z cytryny, miód, sól, pieprz).
- Smacznego!

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Zawsze wybieraj mięso pod koniec zakupów i sprawdzaj datę ważności.
- Pakuj produkty mięsne w osobne torby na zakupy.
- Umyj ręce i nie zaniedbuj nadgarstków, kciuków i obszarów między palcami.
- Przechowuj mięso w odpowiedniej temperaturze i nie zostawiaj w temperaturze pokojowej na dłużej niż 2 godziny.
- Używaj oddzielnych desek do krojenia surowego mięsa i innych świeżych składników, takich jak warzywa.



## Courtesy of:

Marzena D, OSI Foodworks Góra

## Recipe name:

Chicken Thighs with Vegetables

## Ingredients:

- Chicken thighs or drumsticks
- Chicken seasoning
- Vegetables

## Instructions:

- Sprinkle the chicken with Knorr spice chicken seasoning and put in the refrigerator for a few hours OR prepare the marinade yourself (turmeric, paprika, oregano and thyme, adding grated garlic clove, lemon juice and olive oil).
- Preheat the oven to 220°C.
- Place the chicken with all the marinade in an oven proof dish.
- You can put butter shavings on top.
- Put into the preheated oven and bake uncovered for 1 hour and 15 minutes.
- During baking, it is a good idea to pour the leftover juices on the chicken 2 or 3 times.
- It can be served with potatoes and salad, e.g. lettuce, pepper, onion, tomato and mini mozzarella + honey vinaigrette (olive oil, lemon juice, honey, salt, pepper).
- Enjoy your meal!

## How do you put food safety practices into action?

- Always choose your meat at the end of shopping and check the expiration date.
- Pack meat products in separate shopping bags.
- Wash your hands and don't neglect your wrists, thumbs, and areas between your fingers.
- Store your meat at the right temperature and don't leave at room temperature for more than 2 hours.
- Use separate chopping boards for raw meat and other fresh ingredients like vegetables.



# 7.27

## Dzięki uprzejmości:

Marzena G, OSI Foodworks Góra

## Nazwa przepisu:

Sernik z Rosą



## Składniki:

### Ciasto kruche:

- 250 g mąki
- 1 łyżeczka proszku do pieczenia
- 150 g masła (zimnego)
- 1/2 szklanki cukru pudru
- 1 jajko
- 2 żółtka

### Masa serowa:

- 1 kg zmielonego twarogu
- 2 jajka
- 4 żółtka
- 1 szklanka cukru
- 2 opakowania cukru wanilinowego
- 2 budynie śmietankowe lub waniliowe
- 3 szklanki mleka
- 1/2 szklanki oleju roślinnego

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Jajka przechowuje na wyznaczonej półce w lodówce.

## Sposób przygotowania:

- Zagnieść ciasto kruche, włożyć na 2 godziny do lodówki.
- Po wychłodzeniu wyłożyć nim blachę do ciasta wyłożoną papierem do pieczenia.

### Masa serowa:

- 2 jajka i 4 żółtka (4 białka odłożyć na bezę) ubić z dodatkiem cukru i cukru wanilinowego na puszysty biały krem (ok. 8 minut).
- Następnie stopniowo dodawać twaróg cały czas miksując.
- W oddzielnej misce wymieszać mleko z syrkami budyniami.
- Stopniowo wlewać otrzymaną mieszankę do masy serowej miksując na małych obrotach.
- Na koniec wlewać olej roślinny.
- Delikatnie wylać ją na spód i wstawić do piekarnika nagrzanego do 180 stopni C.
- Piec przez ok. 45 minut do ścięcia się masy.
- Po upieczeniu piekarnik przestawić na 150 stopni C.

### Beza:

- Białka ubijać z cukrem przez ok. 8 - 10 minut na sztywną i gęstą pianę.
- Wyłożyć ją na gorący sernik i wygładzić powierzchnię.
- Piec w 150 stopniach C przez 15 minut.



## Courtesy of:

Marzena G, OSI Foodworks Góra

## Recipe name:

Cheesecake with Meringue

## Ingredients:

### Shortcrust pastry:

- 250 g of flour
- 1 teaspoon of baking powder
- 150 g butter (cold)
- 1/2 cup powdered sugar
- 1 egg
- 2 yolks

### Curd:

- 1 kg of ground curd
- 2 eggs
- 4 yolks
- 1 cup of sugar
- 2 packets of vanilla sugar
- 2 cream puddings or vanilla (powdered)
- 3 glasses of milk
- 1/2 cup of vegetable oil

## How do you put food safety practices into action?

- Eggs are stored on a designated shelf in the refrigerator.

## Instructions:

- Knead the shortcrust dough and leave in fridge for 2 hours.
- After it has cooled down, put it on a baking sheet lined with paper for baking.

### Curd:

- Beat 2 eggs and 4 yolks (put 4 egg whites in the meringue) with sugar and vanilla sugar to a fluffy white cream (about 8 minutes).
- Then gradually add the curd while mixing.
- In a separate bowl, combine the milk and powdered puddings.
- Gradually pour the resulting mixture to the cheese mass by mixing at low speed.
- At the end, pour in vegetable oil.
- Gently pour it on the bottom and put it in the oven preheated to 180 degrees C.
- Bake for about 45 minutes until the mixture is solid, then adjust the oven after baking to 150 degrees C.

### Meringue:

- Beat egg whites with sugar for about 8 - 10 minutes until it forms stiff peaks.
- Put it on the hot cheesecake and smooth it out on top.
- Bake at 150 degrees C for 15 minutes.





# 7.28

## Dzięki uprzejmości:

Marzena R, OSI Foodworks Góra

## Nazwa przepisu:

Owsiane Jeżyki z Bakaliami



## Składniki:

- 3 średnie dojrzałe banany
- 1 szklanka płatków owsianych (górskich)
- 2 łyżki sezamu
- ½ szklanki drobnych rodzynek
- 4 łyżki suszonej żurawiny, po 4 łyżki posiekanych orzechów włoskich i laskowych

## Sposób przygotowania:

- Banany obierz i zmiksuj blenderem na gładką masę.
- W miseczce wymieszaj płatki owsiane z sezamem, orzechami, rodzynekami, żurawiną.
- Mus bananowy połącz z płatkami i bakaliami.
- Dobrze wymieszaj masę łyżką.
- Blachę z piekarnika wyłóż papierem do pieczenia.
- Łyżką natóż porcje masy.
- Lekko ją spłaszcz formując ciastka.
- Wstaw je do piekarnika do temperatury 180°C.
- Piecz około 10 minut.
- Potem je delikatnie zdejmij i odłóż do całkowitego wystudzenia.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję surowe jajka przed użyciem.
- Utrzymuję czystość w kuchni.
- Używam różnych desek do krojenia innych do warzyw, mięs, pieczywa i ryb.
- Zakupione mięso surowe chowam do lodówki i przechowuję w odpowiedniej temperaturze.



## Courtesy of:

Marzena R, OSI Foodworks Góra

## Recipe name:

Oat "Hedgehogs" with Dried Fruit

## Ingredients:

- 3 medium size matured bananas
- 1 glass of oat flakes
- 2 tablespoons of sesame seeds
- ½ glass of small raisins
- 4 tablespoons of dried cranberries
- 4 tablespoons of chopped walnuts
- 4 tablespoons of chopped hazelnuts

## Instructions:

- Peel the bananas and blend them until it forms a smooth mousse.
- In a bowl, mix the oat flakes with sesame seeds, nuts, raisins and cranberries.
- Combine banana mousse with flakes and dried fruits.
- Stir the mass well with a spoon.
- Line a baking tray with a baking paper.
- Put a portion of the mass on the tray, flatten it slightly to form a cookie.
- Put them in an oven preheated to 180°C.
- Bake for about 10 minutes until they turn light brown.
- Cool the cakes on a baking tray for 15-20 minutes.
- Then remove them gently and set aside until they are completely cool.

## How do you put food safety practices into action?

- I wash eggs before use.
- I keep a clean kitchen.
- I use different chopping boards for vegetables, for meat, for bread and for fish.
- After buying meat, I put it into a fridge and store in it at the right temperature.



# 7.29

## Dzięki uprzejmości:

Patrycja, OSI Foodworks Góra

## Nazwa przepisu:

Sałátka z Truskawkami i Ricottą



## Składniki:

- 3 garście Rospunkli
- 300g świeżych truskawek
- 150 g sera ricotta (można użyć mozzarelli lub serka kanapkowego)
- 4 łyżki płatków migdałowych
- Winegreł miodowo-imbrowy
- 2 łyżki miodu
- 3 łyżki oleju,
- 4 łyżki soku z cytryny, 2 łyżeczki świeżo startego imbiru

## Sposób przygotowania:

- Truskawki umyć, osuszyć, oderwać szypułki i pokroić na ćwiartki.
- Sałatę umyć, osuszyć, posypać truskawkami i wyłożyć ser łyżeczką.
- Wymieszać składniki na winegreł, doprawić solą i pieprzem.
- Połączyć sałatkę - posyp płatkami migdałów przyrumienionymi na suchej patelni.

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Zawsze wybieram świeże produkty.
- Używam sezonowych warzyw i owoców, które mogę znaleźć w moim ogrodzie, tak jak w powyższym przepisie.
- Produkty przechowuję w wyznaczonych miejscach w pojemnikach na żywność.



## Courtesy of:

Patrycja, OSI Foodworks Góra

## Recipe name:

Strawberry and Ricotta Salad

## Ingredients:

- 3 handfuls of Rapunzel
- 300g of fresh strawberries
- 150 g ricotta cheese (you can use mozzarella or sandwich cheese)
- 4 tablespoons of almond flakes
- Honey and ginger vinaigrette (2 dippers of honey, 3 tablespoons of oil, 4 tablespoons of lemon juice, 2 teaspoons of freshly grated ginger)

## Instructions:

- Wash strawberries, dry, tear off the stalks and cut into quarters.
- Wash the lettuce, dry, sprinkle with strawberries and scoop the cheese with a teaspoon.
- Mix the ingredients of the vinaigrette, season with salt and pepper and pour over the salad.
- Sprinkle with almond flakes browned in a dry frying pan.

## How do you put food safety practices into action?

- I always choose fresh products.
- I use seasonal vegetables and fruit that can be found in my garden, as in the above recipe.
- I store products in designated places and use food containers.



# 7.30

## Dzięki uprzejmości:

Paulina, OSI Foodworks Góra

## Nazwa przepisu:

Sałátka Krewetkowa



## Składniki:

- krewetki, ok. 10 sztuk
- Masło
- 3-4 ząbki czosnku
- Pół pęczka pietruszki
- Sól
- Pieprz
- Mieszanka sałat
- Pomidory koktajlowe
- Ser mozzarella
- Przyprawy
- Oliwa z oliwek

## Sposób przygotowania:

- Oczyszczyć krewetki.
- Rozgrzeć masło na patelni.
- Dodaj drobno posiekany czosnek.
- Smaż chwilę i dodaj krewetki.
- Po usmażeniu dodaj posiekaną natkę pietruszki.
- Sałatka: mix sałat, pokrojone pomidory, pokrojona mozzarella.
- Przyprawy.
- Smacznego!

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Myję ręce przed kontaktem z jedzeniem i podczas przygotowywania posiłku.
- Używam oddzielnych desek do krojenia i noży do przygotowania surowej żywności.



## Courtesy of:

Paulina, OSI Foodworks Góra

## Recipe name:

Shrimp Salad

## Ingredients:

- Approx. 10 shrimp
- Butter
- Garlic: 3-4 cloves
- Half a bunch of parsley
- Salt
- Pepper
- Salad mix
- Cherry tomatoes
- Mozzarella cheese
- Spices
- Olive oil

## Instructions:

- Clean the prawns.
- Heat the butter in a pan.
- Add finely chopped garlic.
- Fry for a while and add the prawns.
- After frying, add the chopped parsley.
- Salad: mix of lettuce, sliced tomatoes, sliced mozzarella.
- Season.
- Bon Appetit!

## How do you put food safety practices into action?

- I wash my hands before handling food and while preparing a meal.
- I use a separate chopping board and knives to prepare raw food.



# 7.31

## Dzięki uprzejmości:

Sylwia, OSI Foodworks Góra

## Nazwa przepisu:

Bułeczki Dyniowe



## Składniki:

- 2,5 szkl mąki pszennej
- 15g świeżych drożdży
- 1 łyżeczka soli
- 1 łyżeczka cukru
- 1 łyżeczka miodu
- pół szklanki mleka
- pół szklanki ugotowanej dyni
- 1 żółtko
- pestki dyni

## Sposób przygotowania:

- Myję, wydrążam dynię, gotuję na puree, chłodzę.
- Drożdże mieszam z cukrem i ciepłym mlekiem, odstawiam na 20 min.
- Mąkę mieszam z solą, dodaję drożdże, miód i dynię. Wyrabiam ciasto i odstawiam na 1,5 h.
- Później formuję bułeczki, znowu odstawiam na 30 min.
- Bułki przekładam na blachę, smaruję żółtkiem, posypuję pestkami i wstawiam do piekarnika nagrzanego do 200 stopni na 20 minut.
- Bułki najlepiej smakują z wołowiną z OSI!

## Jak wprowadzasz w życie praktyki dotyczące bezpieczeństwa żywności?

- Przechowuję żywność na odpowiednich półkach w lodówce.
- Myję żywność.
- Utrzymuję czystość podczas gotowania.
- Wybieram produkty ekologiczne.



## Courtesy of:

Sylwia, OSI Foodworks Góra

## Recipe name:

Pumpkin Buns

## Ingredients:

- 2.5 cups of wheat flour
- 15 g of fresh yeast
- 1 teaspoon of salt
- 1 teaspoon of sugar
- 1 teaspoon of honey
- Half a glass of milk
- Half a cup of cooked pumpkin
- 1 yolk
- Pumpkin seeds

## Instructions:

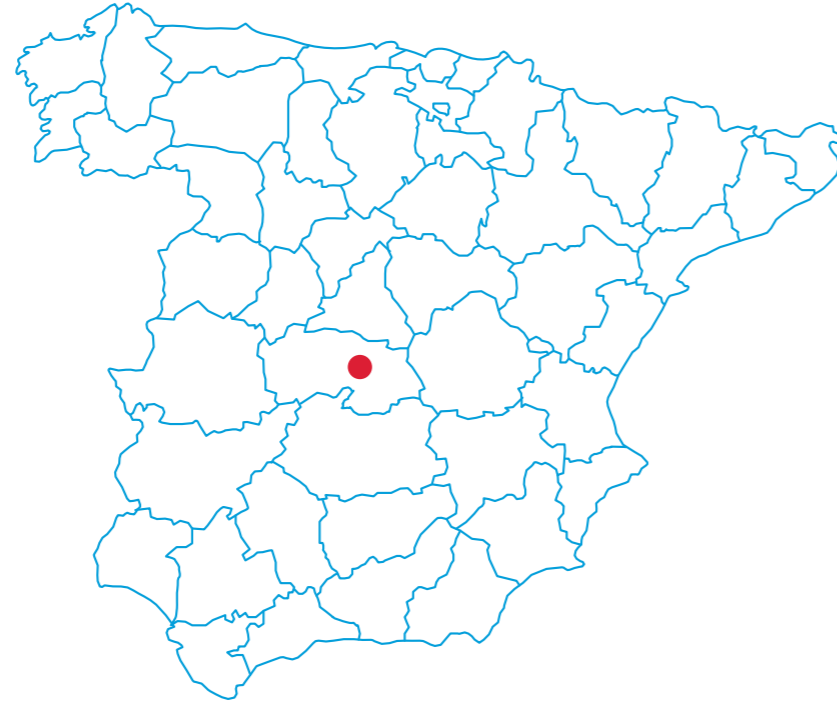
- Wash and hollow out the pumpkin.
- Cook it until it forms a puree, and cool it.
- Mix yeast with sugar and warm milk, set aside for 20 minutes.
- Mix the flour with salt, add yeast, honey, and pumpkin.
- Knead the dough and set aside for 1.5 hours.
- Then form the buns and put them aside again for 30 minutes.
- Put the buns on a baking sheet, brush with yolk, sprinkle with seeds and put in the oven preheated to 200°C for 20 minutes.
- The rolls go great with OSI beef!

## How do you put food safety practices into action?

- I store food on the appropriate shelves in the refrigerator.
- I wash the food.
- I keep clean while cooking.
- I choose organic products.



08



# Spain

**Capital city:**  
**Madrid**

A favored travel destination for its stone castles, snow-capped mountains and multicultural history, soccer-mad Spain boasts two of Europe's most beguiling cities. The capital, Madrid, features the royal palace, the Prado Museum, grand plazas and elegant boulevards. In the unique cultural mashup of Catalonia, tourists flock to polyglot Barcelona for the distinctive architectural masterpieces of Gaudi, museums dedicated to Picasso and Miró, and glistening Mediterranean beaches.





# 8.1

## Cortesía de:

Olga, Food Solutions Toledo

## Receta nombre:

Verde



## Ingredientes:

- Brócoli
- Queso feta
- Piñones
- Vinagre de arroz
- Sal
- Pimienta

## Instrucciones:

- Hervir el brócoli.
- Mezclar con el queso feta y los piñones, aceite de oliva, vinagre de arroz, sal y pimienta.
- Servir y disfrutar.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Lavar el brócoli con 3 gotas de lejía.
- Cocinarlo al dente para mantener las vitaminas y los minerales.



## Courtesy of:

Olga, Food Solutions Toledo

## Recipe name:

Green

## Ingredients:

- Broccoli,
- Feta Cheese
- Pine nuts
- Rice vinegar
- Salt
- Pepper

## Instructions:

- Boil the broccoli
- Mix with feta cheese and pine nuts, olive oil, rice vinegar, salt, and pepper.
- Serve and enjoy!

## How do you put food safety practices into action?

- Washing broccoli with 3 drops of bleach.
- Cooking it al dente to keep in vitamins and minerals.



## 8.2

### Cortesía de:

Raquel, Food Solutions Toledo

### Receta nombre:

Tortilla de Patata



### Ingredientes:

- Patatas
- Cebolla
- Huevos
- Sal
- Azúcar

### Instrucciones:

- Freír la cebolla a fuego lento para que se caramelice y añadir sal y azúcar.
- Fríe las patatas hasta que estén blandas.
- Mezclar las patatas, la cebolla y la sal.
- Dejar reposar y luego freír en una sartén.

### ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Comprobando que los huevos no están rotos, para evitar que entren los gérmenes.
- No enjuagar los huevos con agua para mantener su protección exterior.



### Courtesy of:

Raquel, Food Solutions Toledo

### Recipe name:

Spanish Omelette

### Ingredients:

- Potatoes
- Onion
- Eggs
- Salt
- Sugar

### Instructions:

- Fry the onion at a low heat so that it caramelizes, then add salt and sugar.
- Fry the potatoes until they are soft.
- Mix together the potatoes, onion and salt and leave to stand
- Then fry all together in a frying pan.

### How do you put food safety practices into action?

- Checking that eggs aren't cracked, to prevent germs getting in.
- Not rinsing eggs with water, to keep their outer protection.



## 8.3

### Cortesía de:

Azucena, Food Solutions Toledo

### Receta nombre:

Pasteles Rellenos de Crema



### Ingredientes:

- Pan de brioche
- Crema patissiere
- Azúcar
- Canela
- Aceite de girasol

### Instrucciones:

- Freír el pan de brioche hasta que esté dorado.
- Cubrir con azúcar.
- Hacer la crème patissiere.
- Cortar el pan por la mitad y rellenar con la crema patissiere.
- Espolvorear con azúcar y canela.

### ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- No conservar la crema pastelera en la nevera durante más de 3 días.
- Es importante lavarse las manos.



### Courtesy of:

Azucena, Food Solutions Toledo

### Recipe name:

Crème-filled Pastries

### Ingredients:

- Brioche bread
- Crème patissiere
- Sugar
- Cinnamon
- Sunflower Oil

### Instructions:

- Fry the brioche bread until golden brown.
- Coat with sugar.
- Make the crème patissiere.
- Cut the bread in half and fill with crème patissiere.
- Sprinkle with sugar and cinnamon.

### How do you put food safety practices into action?

- Not keeping crème patissiere in the fridge for more than 3 days.
- It's important to wash your hands.





# 8.4

## Cortesía de:

María, Beef Quality Control

## Receta nombre:

Tarta de Chocolate Blanco



## Ingredientes:

- 150 g de chocolate blanco
- 500 g de nata
- 250 g de leche
- 100 g de azúcar
- 250 g de queso crema (Philadelphia o similar)
- 1½ sobres de cuajada
- ½ paquete de ricas galletas de té
- 150 g de sirope
- Batidos de chocolate

## Instrucciones:

- Picar el chocolate y cocerlo.
- Con la nata y la leche a fuego lento añadir el azúcar y los sobres de cuajada y reservar.
- Colocar los bizcochos en un molde desmontable, cubriendo toda la superficie, y cubrir con la mezcla.
- Dejar enfriar.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Lavar todos los utensilios y lavarse las manos almacenamiento.
- La tarta en un lugar fresco.



## Courtesy of:

María, Food Solutions Toledo

## Recipe name:

White Chocolate Tart

## Ingredients:

- 150g white chocolate
- 500g cream
- 250g milk
- 100g sugar
- 250g cream cheese (Philadelphia or similar)
- 1½ sachets of curd, ½ packet of rich tea biscuits
- 150g syrup
- Chocolate shavings

## Instructions:

- Chop the chocolate and cook with the cream and milk at a low heat.
- Add the sugar and sachets of curd and set aside.
- Lay the biscuits in a detachable mold, covering the whole surface.
- Cover with the mixture.
- Leave to cool.

## How do you put food safety practices into action?

- Washing all utensils and washing my hands.
- Storing the tart somewhere cool.



# 8.5

## Cortesía de:

María José, Food Solutions Toledo

## Receta nombre:

Tarta de Yogur



## Ingredientes:

- 1 yogur
- 3 huevos
- 3 vasos de harina
- 3 sobres de gasificante
- 1 vaso de azúcar
- ½ vaso de aceite de girasol
- Opcional: chips de chocolate/fruta

## Instrucciones:

- Precalentar el horno a 200°C.
- Mezclar todos los ingredientes secos y añadir poco a poco los líquidos mezclando con la ayuda de una espátula o batir a mano.
- Engrasar el molde con un poco de aceite de girasol y verter la mezcla.
- Hornear durante 20 minutos sin abrir la puerta del horno.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Esta receta se puede adaptar fácilmente para personas con alergias o intolerancias, por ejemplo:
- Alergia al huevo - cambiar por un vaso extra de yogur.
- Intolerancia a la lactosa - cambiar el yogur por un yogur de soja, preferiblemente aromatizado.
- Intolerancia al gluten - utilizar harina de arroz.



## Courtesy of:

María José, Food Solutions Toledo

## Recipe name:

Yogurt Cake

## Ingredients:

- 1 cup of yogurt
- 3 eggs
- 3 cups of flour
- 3 sachets of raising agent
- 1 cup of sugar
- ½ cup of sunflower oil.
- Optional: chocolate chips / fruit

## Instructions:

- Preheat the oven to 200°C.
- Mix all the dry ingredients and gradually add the liquids, mixing with the help of a spatula or hand whisk.
- Grease the mold with a little sunflower oil and pour the mixture in.
- Bake in the oven for 20 minutes without opening the oven door.

## How do you put food safety practices into action?

- This recipe can be easily adapted for people with allergies or intolerances, for example:
- Egg allergy – swap for an extra cup of yogurt.
- Lactose intolerance – swap the yogurt for a soy yogurt, preferably flavored.
- Gluten intolerance – use rice flour.



# 8.6

## Cortesía de:

Valle, Food Solutions Toledo

## Receta nombre:

Flor de Alcachofa



## Ingredientes:

- 8/10 alcachofas
- Perejil
- Limón
- Aceite de oliva
- Sal
- Pimienta
- Agua

## Instrucciones:

- Lavar bien las alcachofas y ponerlas en remojo en agua con limón para que no se pongan marrones.
- Confitar las alcachofas en una sartén con aceite (o agua) durante 30 minutos hasta que estén tiernas, a fuego lento para que no se quemen.
- Escurrir las alcachofas bien y abrirlas con cuidado en forma de flor.
- En una sartén con una cucharada de aceite, dorar las flores de alcachofa por ambos lados.
- Sacar y servir.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Lavarse las manos antes de manipular y limpiar el trabajo superficies.
- Aclarar las verduras después de limpiarlas.
- Cambiar los utensilios durante la preparación de los alimentos.



## Courtesy of:

Valle, Food Solutions Toledo

## Recipe name:

Artichoke Flowers

## Ingredients:

- 8/10 artichokes
- Parsley
- Lemon
- Olive oil
- Salt
- Pepper
- Water

## Instructions:

- Wash the artichokes thoroughly and soak them in water with lemon so that they don't turn brown.
- Candy the artichokes in a pan with oil (or water) for 30 minutes until tender, at a low heat so as not to burn them.
- Drain the artichokes thoroughly and carefully open them in a flower shape.
- In a frying pan containing a spoonful of oil, brown the artichoke flowers on both sides.
- Season and serve.

## How do you put food safety practices into action?

- Washing hands before handling and cleaning work surfaces.
- Rinsing vegetables after cleaning.
- Changing utensils during food preparation.



# 8.7



## Cortesía de:

José, Food Solutions Toledo

## Receta nombre:

Mousse de Setas con Picatostes

## Ingredientes:

- Setas mixtas, queso
- Nata para cocinar
- Cebolla
- Sal y pimienta
- Picatostes hechos non pan y queso

## Instrucciones:

- Saltear la cebolla y los champiñones en una sartén y salpimentar al gusto.
- Reservar unos pocos en un bol para colocarlos en la base.
- Cocer el resto de las setas con la nata en la misma sartén.
- Verter en un recipiente y mezclar con un batidor de mano para hacer la mousse.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Higiene de manos y utensilios.
- Productos e ingredientes aptos para el consumo (fecha de caducidad, etc.).



## Courtesy of:

José, Food Solutions Toledo

## Recipe name:

Mushroom Mousse with Croutons

## Ingredients:

- Mixed mushrooms
- Cheese
- Cooking cream
- Onion
- Salt and pepper
- Croutons made with bread and cheese

## Instructions:

- Sauté the onion and mushrooms in a frying pan and add salt and pepper to taste.
- Set aside a few in a bowl to place in the base.
- Cook the remaining mushrooms with cream in the same frying pan.
- Pour into a container and mix with a hand whisk to make the mousse.

## How do you put food safety practices into action?

- Hand and utensil hygiene.
- Products and ingredients suitable for consumption (expiry date, etc).



# 8.8



## Cortesía de:

Irene, Food Solutions Toledo

## Receta nombre:

Ensalada del País

## Ingredientes:

- Patatas
- Pimientos
- Tomate,
- Pepino
- Comino
- Aceite de oliva
- Vinagre
- Sal
- Aceitunas
- Huevo cocido

## Instrucciones:

- Hervir las patatas y escurrirlas bien con un colador.
- Picar y añadir todos los demás ingredientes.
- Aliñar al gusto.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Lavar muy bien todas las verduras para eliminar la tierra, los productos químicos y los gérmenes.



## Courtesy of:

Irene, Food Solutions Toledo

## Recipe name:

Country Salad

## Ingredients:

- Potatoes
- Peppers
- Tomato
- Cucumber
- Cumin
- Olive oil
- Vinegar
- Salt
- Olives
- Boiled egg

## Instructions:

- Boil the potatoes and drain them thoroughly with a colander.
- Chop and add all the remaining ingredients.
- Dress to taste.

## How do you put food safety practices into action?

- Washing all vegetables very thoroughly to remove soil, chemicals, and germs.



# 8.9

## Cortesía de:

Lisbeth, Food Solutions Toledo

## Receta nombre:

Lambada



## Ingredientes:

- 1 lb de alubias rojas
- 1-2 hojas de laurel
- Hojas de laurel
- Una pizca de tomillo
- 3 cucharadas de raíces de cilantro
- 3 cucharadas de hojas de apio
- ½ cebolla (picada)
- 2 dientes de ajo (picado)
- Tortillas de maíz fritas con salsa BBQ
- 1 lechuga iceberg lechuga
- 2 tallos de apio
- ½ chile
- 7 tomates
- 1 manojo de cilantro
- 500g de carne picada
- 1 cucharadita de sal
- ½ cebolla queso duro guatemalteco
- Crema agria

## Instrucciones:

- Hervir las alubias con las hojas de laurel, tomillo, raíces de cilantro, cebolla, ajo y apio durante 1 hora a fuego lento (remojar los frijoles por lo menos 6 horas).
- Fríe la cebolla y el ajo y añadir la carne picada. Añadir el apio picado, la guindilla pimienta, 5 tomates y cilantro y mezclar con la mezcla de alubias.
- Cocinar a fuego lento durante 15 minutos. En un plato, añada la lechuga iceberg picada, la mezcla de carne y alubias, los tomates picados, cebolla, queso duro, cilantro, crema agria y tortillas.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Cocinar la carne correctamente.
- Desinfectar las manos antes de cocinar.
- Lavar las verduras.



## Courtesy of:

Lisbeth, Food Solutions Toledo

## Recipe name:

"Lambada"

## Ingredients:

- 1lb red kidney beans
- 1-2 bay leaves
- Pinch of thyme
- 3 spoonfuls of coriander roots
- 3 spoonfuls of celery leaves
- ½ onion (chopped)
- 2 cloves of garlic (chopped)
- Fried corn tortillas with BBQ sauce
- 1 iceberg lettuce head
- 2 celery stalks
- ½ chili pepper
- 7 tomatoes
- 1 bunch coriander
- 500 g minced meat
- 1 teaspoon of salt
- ½ onion
- Guatemalan hard cheese
- Soured cream

## Instructions:

- Boil the kidney beans with the bay leaves, thyme, coriander roots, onion, garlic, and celery for 1 hour at a low heat (soak the beans for at least 6 hours).
- Fry the onion and garlic and add minced meat. Add chopped celery, chili pepper, 5 tomatoes, and coriander and mix with the bean mixture.
- Cook at a low heat for 15 minutes. On a plate, add chopped iceberg lettuce, the meat and bean mixture, chopped tomatoes, onion, hard cheese, coriander, soured cream, and tortillas.

## How do you put food safety practices into action?

- Cooking meat correctly.
- Disinfecting hands before cooking.
- Washing vegetables.



# 8.10

## Cortesía de:

Gema, Food Solutions Toledo

## Receta nombre:

Flan de Coco



## Ingredientes:

- 1 lata de leche condensada (370g)
- 100g de coco desecado
- 3 huevos

## Instrucciones:

- Separar las yemas y mezclarlas con la leche condensada.
- Añadir el coco desecado y ¼ de litro de agua.
- Mezclar.
- Batir las claras de huevo a punto de nieve y añadir a la mezcla.
- Caramelizar un molde de flan y verter la mezcla.
- Poner en el horno al baño maría durante 30 minutos.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Lavarse las manos antes de comenzar.
- Asegurarse de que los huevos no estén sucios.
- No separar las yemas de las claras usando la cáscara, sino usar un colador.



## Courtesy of:

Gema, Food Solutions Toledo

## Recipe name:

Coconut Crème Caramel

## Ingredients:

- 1 tin of condensed milk (370g)
- 100 g desiccated coconut
- 3 eggs

## Instructions:

- Separate the yolks and mix with the condensed milk.
- Add the desiccated coconut and ¼ liter of water.
- Mix together.
- Whisk the egg whites until stiff and add to the mixture.
- Caramelize a flan mold and pour in the mixture.
- Place in a bain-marie in the oven for 30 minutes.

## How do you put food safety practices into action?

- Washing hands before beginning.
- Ensuring that eggs aren't dirty.
- Not separating egg yolks from whites using the shell – using a strainer instead.



# 8.11

## Cortesía de:

José L, Food Solutions Toledo

## Receta nombre:

Tarta de Queso



## Ingredientes:

- 1 kg de queso de crema (Philadelphia o similar)
- ½ litro de nata para montar
- 6 huevos grandes
- 340 g de azúcar blanco
- 50 g de harina de maíz tamizada (almidón)
- 1 sobre de azúcar con sabor a vainilla o 2 gotas de esencia de vainilla

## Instrucciones:

- Precaliente el horno a 250°C (arriba y el fondo, sin ventilador).
- Forrar un molde de 22 o 24 cm con papel antigrasa.
- Poner todos los ingredientes en un molde y verter la mezcla.
- Ponerlo en el horno.
- Reducir la temperatura del horno a 200°C.
- Dependiendo del horno, el pastel estará listo entre 50 y 60 minutos.
- Después una vez dorado, apagar el horno y mantenerlo dentro durante 30 minutos con la puerta del horno entreabierta.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Ya que los huevos son el ingrediente más peligroso, mantenerlos en la nevera después de la compra (junto con la crema y la nata lavar los huevos antes de usarlos y asegurarse de que su cáscara no está dañada).
- Evitando romperlas en el recipiente donde se preparará la mezcla.
- Pasteurizar los huevos en agua caliente entre 60° y 64°C durante 4 minutos.
- Lavar los utensilios y las manos.



## Courtesy of:

José L, Food Solutions Toledo

## Recipe name:

Cheesecake

## Ingredients:

- 1 kg cream cheese (Philadelphia or similar)
- ½ Liter of whipping cream
- 6 large fresh eggs
- 340 g white sugar
- 50 g sifted cornflour (corn starch)
- 1 sachet of vanilla-flavored sugar or 2 drops of vanilla essence

## Instructions:

- Preheat the oven to 250°C (top and bottom, no fan).
- Line a 22- or 24- cm mold with greaseproof paper.
- Put all the ingredients into a single container and mix well.
- Pour the mixture into the mold and put it in the oven.
- Reduce the oven temperature to 200°C.
- Depending on the oven, the cake will be ready between 50 and 60 minutes later.
- Once golden brown, switch off the oven and keep inside for 30 minutes with the oven door ajar.

## How do you put food safety practices into action?

- Since eggs are the most dangerous ingredient, keeping these in the fridge after purchase (along with the cream and cream cheese).
- Washing eggs before use and ensuring that their shell isn't damaged.
- Avoiding cracking them on the container where the mixture will be prepared.
- Pasteurizing eggs in hot water between 60° and 64°C for 4 minutes.
- Particularly washing utensils and hands.





# 8.12

## Cortesía de:

María G, Food Solutions Toledo

## Receta nombre:

Huevos Rellenos



## Ingredientes:

- Huevos
- Atún
- Cebolla
- Salsa de tomate
- Mayonesa

## Instrucciones:

- Hervir los huevos y luego cortarlos por la mitad y retirar las yemas.
- Añadir las yemas al atún y picar la cebolla en trozos pequeños.
- Mezclar y añadir la salsa de la salsa de tomate a la mezcla.
- Rellenar los huevos con la mezcla y servirlos dándoles la vuelta.
- Volteándolos, por último.
- Cubra con mayonesa.

## ¿Cómo se ponen en práctica las prácticas de seguridad alimentaria?

- Hervir los huevos entre 10 y 12 minutos para que no estén crudos.
- Lavarse muy bien las manos.
- Refrigerar la mayonesa para evitar que se estropee.



## Courtesy of:

María G, Food Solutions Toledo

## Recipe name:

Stuffed Eggs

## Ingredients:

- Eggs
- Tuna
- Onion
- Tomato sauce
- Mayonnaise

## Instructions:

- Boil the eggs and then cut in half and remove the yolks.
- Add the yolks to the tuna and chop the onion into small pieces.
- Mix together and add the tomato sauce to the mixture.
- Fill the egg halves with the mixture and then serve by turning them over.
- Finally, cover with mayonnaise.

## How do you put food safety practices into action?

- Boiling eggs for between 10 and 12 minutes so that they are not raw.
- Washing hands very thoroughly.
- Refrigerating mayonnaise to prevent it going off.



09



# Taiwan

Capital city:  
Taipei City

Situated off the coast of China and north of the Philippines, Taiwan is a densely populated nation with a thriving economy. It is anchored by its capital, Taipei, a global metropolis with a lively street food scene and impressive skyline crowned by one of the tallest skyscrapers in the world, the Taipei 101.





# 9.1

## 禮貌:

高于婕, K & K Foods

## 名字:

紅龍雞腿堡



## 食材原料:

- 乳酪餅 一片
- 紅龍雞腿堡 一塊
- 雞蛋 一顆
- 起司 一片
- 吐司 一片
- 番茄 片

## 做法說明:

- 乳酪餅煎好備用。
- 紅龍雞腿堡炸好切半備用。
- 雞蛋煎好備好。
- 組合
- 將吐司放在步驟1.乳酪片上，再依序放上起司片、番茄、煎好的雞蛋。
- 最後放上紅龍雞腿堡，就完成囉!

## 您如何確保食品安全:

- 雞蛋、番茄都要清洗乾淨。
- 雞蛋、紅龍雞腿堡要加熱>74 °C 至全熟。
- 雙手清洗乾淨。



## Courtesy of:

Jasmin, K & K Foods

## Recipe name:

KK Chicken Fillet Burger



## Ingredients:

- 1 piece of cheese flatbread
- 1 chicken fillet
- 1 egg
- 1 piece of cheese
- 1 piece of toast
- Tomato slices

## Instructions:

- Grill cheese flatbread.
- Deep fry chicken fillet and cut in half.
- Fry egg.
- Build up.
- Grilled cheese flatbread, toast, then put cheese, tomato, and egg.
- Place fried chicken fillet on flatbread.

## How you put food safety practices into action:

- Clean egg and tomato.
- Fry egg and chicken fillet until more than 74°C
- Wash hands before cooking.



# 9.2

## 禮貌:

郭淑萍, 品管部

## 名字:

愛這味脆瓜



## 食材原料:

- 小黃瓜:600g
- 醋:100g
- 醬油:300g
- 糖:250g

## 做法說明:

- 將小黃瓜洗淨去頭尾，切成約1cm大小。
- 把所有食材原料放進鍋內煮滾。
- 將小黃瓜撈起放涼。
- (把小黃瓜放入醬汁內煮滾。
- 將小黃瓜撈起放涼，此動作重複共3次。
- 將冷卻後的小黃瓜和醬之裝罐，放置冰箱內1天即可食用。

## 您如何確保食品安全:

- 食材與醬汁會煮滾之後才能食用
- 裝罐用的罐子須用滾水殺菌後再使用



## Courtesy of:

Teresa, K & K 1

## Recipe name:

Love Crisp Cucumber



## Ingredients:

- 600 g cucumber (gherkin)
- 100 g vinegar
- 300 g soy sauce
- 250 g sugar

## Instructions:

- Wash cucumber and cut off the ends of cucumber, then slice cucumber in 1 cm thick chunks.
- Put all ingredients into pot and boil.
- Pick out the cucumber pieces and let them cool.
- Add the cucumber back to the sauce and boil again.
- Repeat this process three times.
- Finally, put the cucumber and sauce in can, close top and store in refrigerator for 1 day.

## How you put food safety practices into action:

- Ingredients and sauce should be boiled before eating.
- Cans must be sterilized by boiling water before use.



# 9.3

## 禮貌:

夏思源, 品管部

## 名字:

麻油雞

## 食材原料:

- 雞肉:1000g
- 薑母:30g
- 麻油:20c.c
- 米酒: 1瓶
- 鹽: 適量



## 做法說明:

- 雞肉切塊。
- 薑母切片。
- 鍋內放麻油,加入薑片爆香。
- 放入雞肉,肉色加熱至略白後加入米酒。
- 蓋上鍋蓋悶煮。
- 加入鹽,翻炒均勻後即可起鍋。

## 您如何確保食品安全:

- 購買食材前確認效期。
- 砧板刀具生熟食分開。
- 可使用烹調溫度計量測是否加熱到可食用溫度。

## Courtesy of:

Brian, K & K 2

## Recipe name:

Sesame Oil Chicken Soup

## Ingredients:

- 1 kg chicken
- 30 g ginger
- 20 ml sesame oil
- 1 bottle rice wine
- A little bit of salt

## Instructions:

- Cut chicken roughly.
- Slice ginger.
- Place sesame oil into pan and fry ginger.
- Add chicken and fry until medium-rare, then add the rice wine.
- Put the lid on and boil.
- Season with salt and stir just before serving.



## How you put food safety practices into action:

- When you buy ingredients, you should check expiration date.
- Kitchen utensils of raw or cooked should be separate.
- Use a cooking temperature to measure product temperature and confirm that it is heated to edible temperature.



# 9.4

## 禮貌:

蔡雅婷, 工管部

## 名字:

煙燻雞片炒時蔬



## 食材原料:

- 小黃瓜 一根
- 紅黃椒 一顆
- 鴻喜菇 一包
- 煙燻雞片 500g
- 蒜頭 3瓣
- 味素,鹽,油,少許

## 做法說明:

- 準備所需食材，並清洗處理成適當大小。
- 煮水加入油和鹽，水滾放入小黃瓜、紅黃椒、鴻喜菇川燙5分鐘後撈起。
- 熱鍋後放入少許油爆香蒜頭加入煙燻雞片拌炒。
- 最後加入小黃瓜、紅黃椒、鴻喜菇拌炒均勻和調味即可。

## 您如何確保食品安全:

- 所需食材需使用飲用水洗過。
- 使用器具分生熟食要分開使用如:刀具、砧板、盤子。
- 尚未使用之食材要放冰箱冷藏。
- 肉片拌炒要均勻受熱。
- 處理食材前，要先洗手。



## Courtesy of:

蔡雅婷, K & K 2 Foods

## Recipe name:

Fried Vegetables with Smoked Chicken



## Ingredients:

- 1 small cucumber
- 1 red and 1 yellow bell pepper
- 1 bag beech mushrooms
- 500 g smoked chicken slices
- 3 cloves of garlic
- A little seasoning (MSG), salt and oil

## Instructions:

- Clean the materials and cut.
- Boil water with oil and salt then add sliced cucumber, bell pepper and beech mushrooms for 5 minutes, then take out the ingredients from the pan.
- Heat up oil in the hot pan and fry the garlic.
- Then add and fry the smoked chicken.
- Finally, add the cucumber, bell pepper and beech mushrooms before seasoning with salt.

## How you put food safety practices into action:

- Clean ingredients with drinking water.
- Kitchen utensils such as knives, cutting board and plates used for raw and cooked meat should be kept separate.
- Unused ingredients should be in refrigerator.
- Fry the chicken until fully cooked.
- Wash hands before cooking.



# 9.5

## 禮貌:

曹俊清, 工管部

## 名字:

滷控肉



## 食材原料:

- 蒜: 1球
- 蔥: 3支
- 辣椒: 1根
- 五花肉: 1斤
- 油: 少許
- 蠔油: 1大匙
- 醬油: 適量(覆蓋鍋子底層)
- 胡椒粉: 1匙
- 五香粉: 1匙
- 冰糖: 6匙
- 油: 1匙

## 做法說明:

- 蒜拍碎去皮, 蔥切四段、辣椒去頭尾切段備用。
- 豬肉依據喜好大小切塊, 下少許油熱鍋, 先煎豬肉。
- 豬肉先煎皮面至微焦, 再煎各面慢慢逼出豬油後把肉夾起放盤子備用。
- 不熄火直接下辛香料用豬油炒, 上色後把豬肉倒回去。
- 加入胡椒粉、五香粉拌炒出香氣後, 下醬油及蠔油。
- 翻炒上色及炒出味道後加水, 與肉平高即可, 轉中火。
- 取另一平底鍋, 先下油一匙, 加熱後下冰糖炒至融化呈現焦糖色即可。
- 將炒好的糖色直接加入到滷肉鍋! 很會噴要注意!!
- 蓋上蓋子轉小火滷半小時, 開蓋收汁10分鐘。

## 您如何確保食品安全:

- 購買肉品需注意「屠宰衛生檢查合格」之紅色合格戳章或具有CAS驗證的新鮮豬肉, 確保豬肉品質。
- 五花肉有碎骨或軟骨, 需仔細剔除避免食安風險。

## Courtesy of:

Ching, K & K 2 Foods

## Recipe name:

Taiwanese Stewed Pork



## Ingredients:

- 1 bulb of garlic
- 3 green onions
- 1 chili
- 1 kg pork belly
- Oil
- 1 tbsp oyster sauce
- A little soy sauce
- 1 tsp pepper
- 1 tsp allspice powder
- 6 tsp rock sugar
- 1 tsp oil

## Instructions:

- Chop the garlic and peel it, cut the onion into four sections, and cut the head and tail of the pepper into sections for later use.
- Cut the pork into pieces according to your preference, heat a pan with a little oil, and fry the pork first.
- First fry the pork skin until it is slightly charred, then fry all sides slowly to force out the lard, then pick up the meat and put it on a plate for later use.
- Without turning off the heat, add the spices and fry them in lard. After coloring, put the pork back.
- Add pepper and five-spice powder and stir fry until fragrant, then add soy sauce and oyster sauce.
- Stir fry to color and taste, add water, level with the meat, and turn to medium heat.
- Take another frying pan, put a spoonful of oil first, heat it, add rock sugar, and fry until it melts and turns caramel color.
- Add the fried sugar color directly to the braised pork pot! It is very likely to spray, so be careful!!
- Cover the lid, turn to low heat, and marinate for half an hour, open the lid and collect the juice for 10 minutes.

## How you put food safety practices into action:

- When purchasing meat, pay attention to the red qualified stamp of "Qualified Slaughtering Hygiene Inspection" or fresh pork with CAS verification to ensure pork quality.
- Pork belly has broken bones or cartilage, which should be carefully shaved to avoid food safety risks.



# 9.6

## 禮貌:

陳嘉琳, 儲運管理部

## 名字:

香煎鮭魚



## 食材原料:

- 鮭魚: 片
- 鹽: 1小匙
- 黑胡椒粒: 少許

## 做法說明:

- 先使用清水沖掉鮭魚片上髒污或殘留的魚鱗後，使用紙巾擦乾。
- 分切成4等份(方便家人食用，可省略)。
- 將鹽均勻塗抹在鮭魚片上並靜置10分鐘。
- 將鮭魚片放入平底鍋煎大約10分鐘。
- 鮭魚片兩正呈現金黃色後，灑上少許黑胡椒粒。

## 您如何確保食品安全:

- 新鮮鮭魚肉會有水光帶有鮮亮橘紅光澤(但不可太過鮮豔)，魚肉狀態要有彈性、魚皮黏在魚肉上為佳。
- 購買冷藏/冷凍產品，應使用保冷袋，避免因溫度升高，影響食材新鮮度。
- 生鮮食材要完全煮熟。



## Courtesy of:

Alrene, K & K Foods

## Recipe name:

Sautéed Salmon



## Ingredients:

- Sliced salmon
- 1 tsp salt
- Crushed black peppercorns

## Instructions:

- First rinse off the dirt or remaining scales on the salmon fillets with clean water, then wipe with a paper towel.
- Divide into 4 equal portions (for family convenience, can be omitted).
- Spread the salt evenly over the salmon fillets and let stand for 10 minutes.
- Fry the salmon fillets in the pan for about 10 minutes.
- When the salmon fillets are golden brown, sprinkle with little crushed black peppercorns.

## How you put food safety practices into action:

- Fresh salmon meat will have water light with bright orange-red luster (but not too bright), and the fish should be elastic and the skin should stick to the fish.
- When purchasing refrigerated/frozen products, you should use a cold storage bag to avoid affecting the freshness of the ingredients due to the increase in temperature.
- Fresh ingredients should be fully cooked.





# 9.7

## 禮貌:

張以芳, K & K Foods

## 名字:

紅蘿蔔青龍炒肉絲



## 食材原料:

- 紅蘿蔔, 半條
- 青椒, 2條
- 青龍, 10條
- 肉, 200g
- 辣椒, 2條
- 油、鹽、黑胡椒, 適量

## 做法說明:

- 將所有蔬菜洗淨、切片、切塊。
- 先放入油,熱油鍋。
- 先放入肉絲炒成絲絲分明(表面呈現微乾)。
- 放入辣椒、鹽、黑胡椒拌炒30秒。
- 放入紅蘿蔔拌炒約2分鐘。
- 放青椒拌炒90秒。
- 最後放入青龍拌炒90秒。

## 您如何確保食品安全:

- 蔬菜經過清洗。
- 肉絲全程在4°C解凍。
- 豬肉絲炒至全熟。



## Courtesy of:

Yvonne, K & K Foods

## Recipe name:

Fried, Shredded Pork with Carrot and Green Pepper



## Ingredients:

- 1/2 carrot
- 2 bell peppers
- 10 Manganji green peppers
- 200 g shredded or minced pork
- 2 chilis
- Oil
- Salt
- Black pepper to taste

## Instructions:

- Wash, slice and dice all vegetables.
- Put the oil in the pan and heat.
- First put in the shredded pork and fry until it is separated (the surface is slightly dry).
- Add chili, salt, and black pepper and stir fry for 30 seconds.
- Add the carrots and stir fry for about 2 minutes.
- Add green peppers and stir fry for 90 seconds.
- Lastly, add Manganji green peppers and stir fry for 90 seconds.

## How you put food safety practices into action:

- Clean the vegetables.
- Defrost the shredded pork at 4°C.
- Fry pork until fully cooked.



# 9.8

## 禮貌:

吳泯鋒, 工管部

## 名字:

鳳梨苦瓜雞湯



## 食材原料:

- 去骨雞腿, 2支
- 苦瓜, 400g
- 鹹鳳梨(醃製類食品) 肉絲
- 丁香魚乾 10g
- 薑片 10g
- 米酒 30g

## 做法說明:

- 苦瓜帶籽切大塊, 鹹鳳梨切小塊備用。
- 取炒鍋, 下雞腿煎出油香(約七分熟), 取出切大塊備用。
- 同上鍋餘雞油, 下做法1苦瓜炒香後, 下薑片炒香。
- 再加丁香魚乾炒香, 加熱水蓋鍋蓋煮滾後, 下鹹鳳梨、做法2雞肉煮約10分鐘。
- 起鍋前, 下一半的米酒煮勻。另一半的米酒放入成品碗, 再倒入成品即可。

## 您如何確保食品安全:

- 雞肉需煮熟至71°C。
- 舀鹹鳳梨須注意器具乾燥及乾淨。



## Courtesy of:

Min Feng, K & K 1 Foods

## Recipe name:

Chicken Soup with Pineapple and Bitter Gourd



## Ingredients:

- 2 pieces of deboned chicken drumsticks
- 400 g bitter gourd
- 50 g fermented pineapple pickle (preserved)
- Shredded pork
- 10 g dried clove fish
- 10 g ginger slices
- 30 g rice wine

## Instructions:

- Cut bitter gourd with seeds into large pieces and cut fermented pineapple into cubes for later use.
- Take a wok, fry the chicken drumsticks until fragrant (about 70% cooked), remove and roughly cut into pieces for later use.
- Same as above, add the remaining chicken oil in the pot, and then stir fry the bitter gourd until fragrant, then add the ginger slices and fry until fragrant.
- Add dried clove fish and fry until fragrant, heat water and cover the pot and bring to a boil, add fermented pineapple, and cook chicken for 10 minutes.
- Before serving, add the first half of the rice wine. Put the other half of the rice wine into your bowl, and then pour all the remaining food into the bowl.

## How you put food safety practices into action:

- Chicken should be cooked to 71°C.
- When scooping up the fermented pineapples, make sure that you use a clean, dry spoon.



# 9.9

## 禮貌:

詹昆桓, 人資部

## 名字:

美人腿 佐澎湖小卷



## 做法說明:

- 筊白筍 洗淨後，滾刀切備用
- 小卷清除內臟洗淨，滾水加米酒川燙3分鐘，冰水靜置備用。
- 熱鍋加油薑絲放入爆香，加入筊白筍拌炒至熟化。
- 加入小卷拌炒、黑醋少許、鹽巴調味後即可上桌。

## 食材原料:

- 筊白筍: 6支
- 澎湖小卷: 3尾
- 食用油: 少許
- 薑絲: 少許
- 黑醋
- 米酒
- 鹽巴: 少許

## 您如何確保食品安全:

- 處理生食及熟食沾版、刀具分開。
- 海鮮小卷烹煮前置放冰箱，避免失溫變質。
- 食材確保充分熟化。



## Courtesy of:

Alan, K & K Foods

## Recipe name:

Water Bamboo and Neritic Squid



## Ingredients:

- 6 water bamboo shoots
- 3 pieces of neritic squid
- A little oil
- Some shredded ginger
- Black vinegar
- Rice wine
- Salt to taste

## Instructions:

- Wash the bamboo shoots, cut with a hob, and set aside
- Remove the squid's internal organs and wash them, then blanch with boiling water and rice wine for 3 minutes and set aside in ice water for later use.
- Add oil in a hot pan, add shredded ginger, and sauté until fragrant, add bamboo shoots and stir fry until cooked.
- Add the squid, stir fry, add a little black vinegar, and season with salt to serve.

## How you put food safety practices into action:

- Kitchen utensils for raw and cooked food should be separated.
- Seafood should be placed in the refrigerator before cooking to avoid loss of temperature and deterioration.
- Make sure the ingredients are fully cooked.



# 9.10

**禮貌:**

陳玉佩, 品管部

**名字:**

絲瓜麵線

**食材原料:**

- 絲瓜: 一條
- 生薑: 1條
- 麵線: 11份
- 白精靈菇: 1份
- 鹽: 1茶匙
- 食用油: 1茶匙

**做法說明:**

- 先將材料(絲瓜, 薑絲, 白精靈菇)洗淨。
- 將絲瓜削皮並切成長條狀, 生薑切絲。
- 先熱鍋放入食用油再放入薑絲爆香。
- 將絲瓜下鍋炒在加入水再放入麵線及白精靈菇。
- 但水滾材料煮熟後加入一茶匙的鹽巴即可起鍋。

**您如何確保食品安全:**

- 所有食材需清水洗過。
- 使用生食的刀具及砧板。

**Courtesy of:**

陳玉佩, K &amp; K 2 Foods

**Recipe name:**

Loofah Soup and Noodles

**Ingredients:**

- 1 loofah
- 1 stick of ginger
- Noodles (11 servings)
- 1 serving of White Shimeji Mushroom
- 1 tsp salt
- 1 tsp cooking oil

**How you put food safety practices into action:**

- All ingredients need to be washed with water.
- Use clean knives and cutting boards.

**Instructions:**

- Wash the ingredients (loofah, ginger, mushroom) first.
- Peel the loofah and cut into long strips, shred the ginger.
- First heat a pan, add cooking oil, and then add shredded ginger and sauté until fragrant.
- Fry the loofah in the pan, add water, then add the noodles and White Shimeji Mushrooms.
- After all the ingredients are cooked, add a teaspoon of salt and serve immediately.



# 9.11

## 禮貌:

黃莉容, K & K Foods

## 名字:

涼拌小黃瓜

## 食材原料:

- 小黃瓜: 3條
- 蒜頭: 2瓣
- 鹽: 1茶匙
- 糖: ¼小匙
- 白醋: ½小匙
- 辣椒: 半根



## 做法說明:

- 先將材料(小黃瓜、蒜頭、辣椒)洗淨。
- 小黃切橫條狀及放入碗裡。
- 小黃瓜加入1茶匙鹽巴混合均勻，放置冰箱靜置15分鐘。
- 蒜頭及辣椒切末。
- 將釋出的水倒掉
- 加入糖、蒜末、辣椒末、醋，混合均勻放置冰箱15分鐘即可食用。

## 您如何確保食品安全:

- 所有食材需使用飲用水清洗過。
- 使用熟食用之刀具及砧板。



## Courtesy of:

Joyce, K & K Foods

## Recipe name:

Cucumber Salad

## Ingredients:

- 3 cucumbers
- 2 cloves garlic
- 1 tsp salt
- ¼ tsp sugar
- ½ tsp white vinegar
- ½ a chili

## Instructions:

- Wash the ingredients (cucumber, garlic, chili) first.
- Cut the cucumbers into strips and remove the seeds from the center, then place cucumbers in a big bowl.
- Add 1 teaspoon of salt to the cucumbers, mix well, and place in the refrigerator for 15 minutes.
- While waiting for the cucumber to cool, mince garlic and chili.
- Rinse the cucumber slices with water to wash off the salt.
- Add sugar, minced garlic, minced chili pepper, vinegar, mix well, and place in the refrigerator for 15 minutes before serving.

## How you put food safety practices into action:

- All ingredients need to be washed with water.
- Use clean knives and cutting boards.





# 9.12

## 禮貌:

王淑姿, K & K Foods

## 名字:

排骨蘿蔔魚丸湯



## 食材原料:

- 排骨: 600g
- 白蘿蔔: 1條
- 魚丸: 15顆
- 芹菜: 20g
- 香菜: 10g
- 鹽巴 & 白胡椒

## 做法說明:

- 先將排骨放入沸騰的熱水川燙, 後撈起備用。
- 湯鍋中倒入2000c.c的水, 加入燙好的排骨, 一起煮滾。
- 白蘿蔔去皮切塊, 加入湯鍋中。
- 小火燉煮, 直到白蘿蔔呈現半透明、變軟。
- 放入魚丸, 再煮滾。
- 加鹽巴、白胡椒調味。
- 關火加入芹菜和香菜末。

## 您如何確保食品安全:

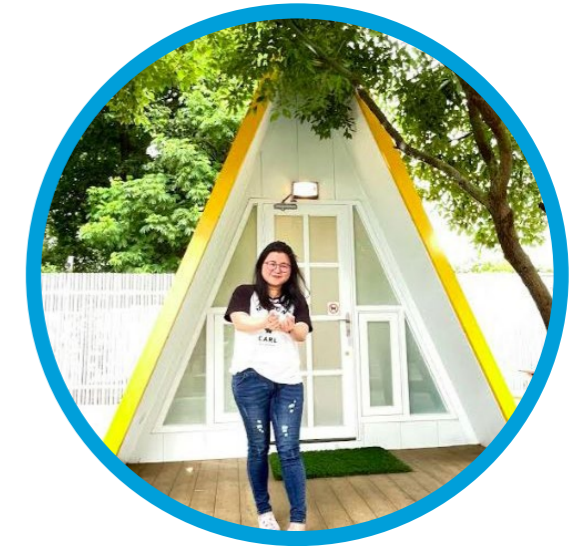
- 用洗手乳清潔手部。
- 排骨川燙至無血水, 並用清水去除表面雜質。
- 加入蘿蔔前, 用湯勺撈去浮在湯表面的肉末雜質。

## Courtesy of:

Bonnie, K & K Foods

## Recipe name:

Pork Ribs, Radish, and Fish Ball Soup



## Ingredients:

- 600 g ribs
- 1 white radish
- 15 fish balls
- 20 g celery
- 10 g cilantro
- Salt
- White pepper

## Instructions:

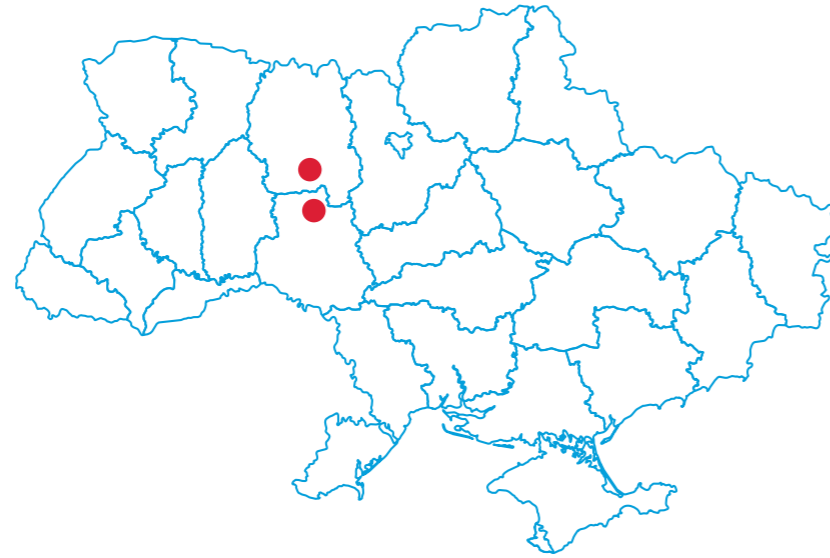
- First put the ribs in boiling hot water and blanch, then remove, and set aside.
- Pour 2 liters of water into the stock pot, add the blanched ribs, and bring to a boil.
- Peel and cut the radish into pieces and add to the soup pot.
- Simmer over low heat until the white radish is translucent and soft.
- Add the fish balls and bring to a boil.
- Season with salt and white pepper.
- Turn off the heat and add the celery and cilantro.

## How you put food safety practices into action:

- Clean your hands with hand soap.
- Blanch pork ribs until there is no blood and use clean water to remove surface impurities.
- Before adding the radish, use a spoon to remove the minced meat impurities floating on the surface of the soup.



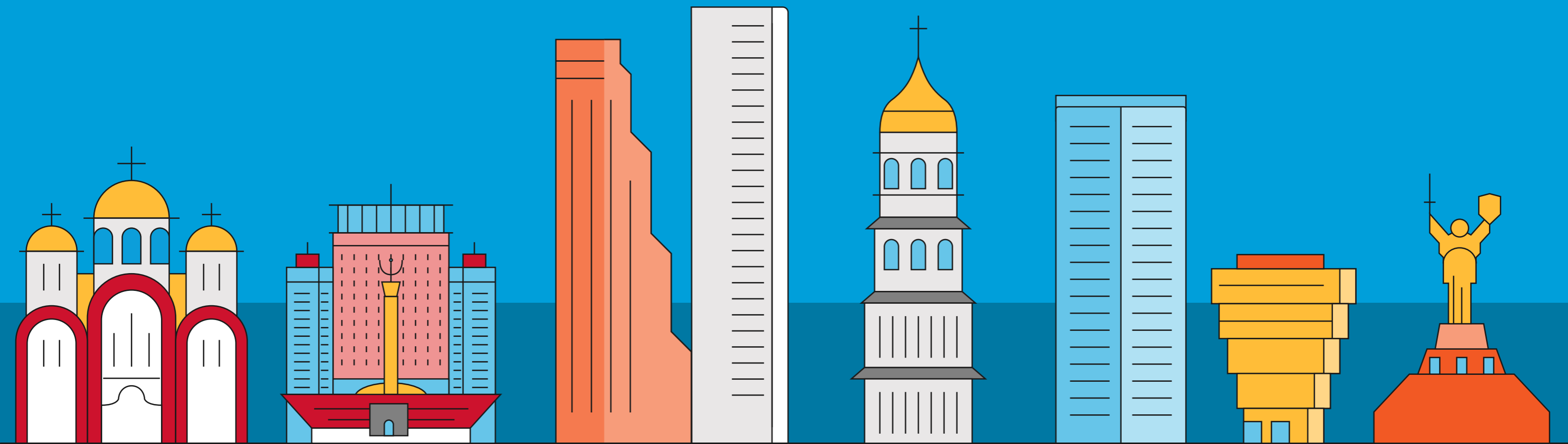
10



# Ukraine

Capital city:  
Kiev

Known for its Black Sea beaches, which have long drawn visitors from around the region, at peace, Ukraine is a mix of Old World European charm and modern urban life. Dubbed the breadbasket of the world for its wheat production, Ukraine has spent most of its history absorbing influences from occupiers and neighbors, and as a result enjoys a rich cultural, linguistic and culinary life.





# 10.1

## Люб'язно надано:

Олена

## Назва рецепту:

Борщ зелений



## Інгредієнти:

- вода -3л
- м'ясо (яловичина/свинина/курятина) -0,5 кг
- щавель -200г
- рис - 2 столових ложки
- петрушка, кріп
- картопля 3-4 штуки
- сіль, перець, лавровий лист
- цибуля – 1 штука
- варене куряче яйце
- морква – 1штука
- сметана

## Інструкції:

- Відварюємо м'ясо до готовності з додаванням цибулини, періодично знімаючи піну.
- Виймаємо цибулю.
- В бульйон кладемо 2 столові ложки рису, натерту на тертці моркву та дрібно порізану картоплю.
- Солимо, перчимо, додаємо лавровий лист та нарізаний щавель.
- В кінці кладемо дрібно нарізані петрушку та кріп.
- В тарілку додаємо 1 подрібнене яйце та сметану

*Найчастіше готую зелений борщ з настанням весни, коли на городі з'являється перша зелень і ніби сама проситься до каstrулі. Рецепт дуже простий, але смачний, іноді щавель можна замінити кропивою, теж виходить дуже смачно.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Ретельно мию руки, мию овочі.
- Овочі та м'ясо нарізаю на різних дощечках.
- Мию яйця.

## Courtesy of:

Olena, Foodworks Kazatin

## Recipe name:

Green Borscht  
(Green Soup)

## Ingredients:

- Water - 3 liters
- Meat (beef/pork/chicken) - 0.5 kg
- Sorrel -200g
- Rice - 2 tablespoons
- Potatoes - 3-4 pieces
- Onion - 1 piece
- Carrots - 1 piece
- Salt, black pepper, bay leaf
- Parsley, dill
- 1 boiled chicken egg
- Sour cream

## Instructions:

- Boil the meat until ready with the addition of onion, periodically removing the foam.
- We take out the onion.
- Put 2 tablespoons of rice, grated carrots, and finely chopped potatoes into the broth.
- Add salt, pepper, bay leaf, and chopped sorrel.
- At the end, we put in chopped parsley and dill.
- Add 1 chopped boiled egg and sour cream to the plate.

*Most often, I prepare green borscht with the onset of spring, when the first greens appear in the garden and seem to beg to go into the pot by themselves. The recipe is very simple, but tasty, sometimes sorrel can be replaced with nettle, it also turns out very tasty.*

## How you put food safety practices into action:

- I wash my hands thoroughly, wash vegetables.
- I cut vegetables and meat on different boards.
- I wash eggs.





# 10.2

## Люб'язно надано:

### Команда кухарів їдальні

#### Назва рецепту:

#### Борщ український з пампушками

#### Інгредієнти:

##### Борщ:

- 3 л води
- 500-600 г м'яса з кісточкою ( яловичина, або свинина, або м'ясо птиці)
- 1 штука столового буряку
- 4-5 штук картоплі середнього розміру
- 500 г білокачанної капусти
- 2 штуки моркви (1 в бульйон і 1 в заправку для борщу)
- 2 штуки цибулі (1 в бульйон і 1 в заправку для борщу)
- 2 штуки солодкого болгарського перцю (можна червоного і жовтого кольору)
- 1 середній м'ясистий помідор
- 1 столова ложка томатної пасту
- 3 зубчики часнику
- кріп, петрушка
- сіль, цукор, чорний мелений перець, лавровий лист
- олія соняшникова (для заправки для борщу)

##### Пампушки з часником:

- 400 г борошна пшеничного
- 250 мл теплої води, або молока
- 1,5 чайної ложки сухих дріжджів
- 0,5 чайної ложки солі
- 1 столова ложка цукру
- 1 столова ложка соняшникової олії

##### Пампушки з часником:

- 5 зубчиків часнику розчавити, додати 0,5 столової ложки солі, 3 столових ложки олії, 5 столових ложок води все добре змішати, можна додати посічену зелень кропу

#### Інструкції:

- М'ясо заливаємо водою і варимо бульйон, постійно знімаючи піну, коли м'ясо закипить, кладемо очищену і нарізану кубиками цибулю, натерту, або нарізану соломкою моркву, лавровий листок, трохи солимо, зменшуємо вогонь і варимо 1-1,5 години. Цього часу нам вистачить, щоб підготувати всі овочі і тісто для пампушок.
- Для приготування пампушок потрібно, в теплій воді, або молоці розвести дріжджі, цукор, сіль, всипати половину просіяного борошна, замісити тісто і дати йому підійти.
- Часник очищаємо, а з помідора знімаємо шкірку, розрізаємо на дольки, очищаємо від насіння, дрібно нарізаємо.

#### Смажена заправка:

- На сковороді з невеликою кількістю олії обсмажуємо спочатку нарізану цибулю. Коли цибуля злегка зарум'яниться, додаємо потерту моркву. Обсмажуйте суміш на невеликому вогні. Коли цибуля та морква обсмажилися до золотистого кольору, додаємо натертий буряк, подрібнений помідор, половину посіченого свіжого болгарського перцю, трохи солі, цукор, томатну пасту і трішки бульйону, все ретельно перемішуємо і тушкуємо на повільному вогні 15-20 хвилин.
- Бульйон тим часом зовсім уже готовий. Виймаємо м'ясо, відокремлюємо кістки і ріжемо на шматочки.
- Бульйон процідити, додати порізане м'ясо, доводимо до кипіння і варимо 5 хвилин. Потім додаємо картоплю, капусту, решту порізаного болгарського перцю і варимо 15 хвилин.
- Додаємо овочі зі сковороди. Перемішуємо, додаємо до смаку сіль, чорний мелений перець, цукор. Варити 15 хвилин на маленькому вогні.
- Тісто для пампушок тим часом уже підійшло і збільшилося в 2 рази. Форму для випічки змащуємо шматочком вершкового масла. Духовку включаємо на 180 °С. Тісто обминають. Потім треба відірвати від нього шматочки розміром з яйце, скачати в кульки і викласти у форму, щільно один до одного, дати їм трохи підійти і протягом 20-25 хвилин випікати в духовці. Коли пампушки спечуться, відразу ж їх розділити, полити заправкою і кілька разів струснути.
- Борщ подавати зі сметаною та дрібно посіченою зеленню кропу та петрушки.



## Courtesy of:

### Canteen team, Foodworks Kazatin

#### Recipe name:

#### Ukrainian Borscht (Red Soup) with Donuts

#### Ingredients:

##### For the borscht:

- Water - 3 liters
- Meat bone-in (beef/pork/poultry) - 0.5 -0.6 kg
- Beetroot- 1 piece
- Potatoes - 4-5 pieces medium-sized
- Cabbage – 500g
- Carrots - 2 pieces (1 in broth and 1 in borscht fried dressing)
- Onions - 2 pieces (1 in broth and 1 in borscht fried dressing )
- Sweet bell pepper - 2 pieces (can be red or yellow)
- Fleshy tomato – 1 piece
- Tomato paste - 1 tablespoon
- Garlic - 3 cloves
- Dill, parsley
- Salt, sugar, ground black pepper, bay leaf
- Sunflower oil (for borscht fried dressing)

##### For the donuts with garlic:

- Wheat flour - 400 g
- Warm water or milk - 250 ml
- Dry yeast - 1.5 teaspoons
- Salt - 0.5 teaspoon
- Sugar - 1 tablespoon
- Sunflower oil - 1 tablespoon

##### Sauce for the donuts:

- Press 5 cloves of garlic, add 0.5 tablespoons of salt, 3 tablespoons of oil, 5 tablespoons of water, mix everything well, add chopped dill if desired.

#### How you put food safety practices into action:

- We use beef produced by "Koziatynskyi miasokombinat" LLC only (verified supplier).
- We wash hands before cooking and during the process.
- We use only fresh, unspoiled vegetables.

## Instructions:

- Pour the meat with water into a pot and boil the broth, constantly removing the foam, when the meat boils, put the peeled and diced onion, grated or chopped carrot, bay leaf, and a little salt in the pot, reduce the heat, and cook for 1-1.5 hours.
- This time is enough for us to prepare all the vegetables and the dough for donuts.
- To prepare donuts, you need to dissolve yeast, sugar, salt in warm water or milk, pour in the sifted flour, knead the dough, and let it rise.
- Peel and press the garlic, remove the skin from the tomato, cut it into wedges, remove the seeds, and finely chop.

#### Fried dressing:

- First, fry the chopped onion in a pan with a small amount of oil. When the onion is slightly browned, add grated carrots. Fry the mixture over low heat. When the onion and carrot are fried to a golden color, add grated beetroot, chopped tomato, half of chopped fresh bell pepper, a little salt, sugar, tomato paste, and a little broth, mix everything thoroughly and simmer on low heat for 15-20 minutes.
- Meanwhile, the broth is completely ready. We take out the meat, separate the bones, and cut meat into pieces.
- Strain the broth, add chopped meat, bring to a boil, and cook for 5 minutes.
- Then add potatoes, cabbage, the rest of the chopped bell pepper and cook for 15 minutes.
- Add vegetables from the pan. Mix, add salt, ground black pepper, and sugar to taste. Cook for 15 minutes on low heat.
- Meanwhile, the dough for donuts has already risen and doubled in size.
- Grease the baking form with a piece of butter. Turn on the oven at 180 °. Re-knead the dough. Then you need to roll balls of 30 g from it and put them in a mold, tightly one to the other, let them come up a little and bake in the oven for 20-25 minutes. When the donuts are baked, immediately separate them, pour the sauce, and shake several times.
- Serve borscht with sour cream and finely chopped dill and parsley.

- We maintain cleanliness at the workplace.
- We wash work equipment and tools thoroughly.
- We wear special clothes while cooking.



# 10.3

## Люб'язно надано:

Інна, Foodworks Kazatin

## Назва рецепту:

Булочки з маком



## Інгредієнти:

- 1 кг пшеничного борошна
- 0,5 л молока
- 50 г дріжджів
- 150 г вершкового масла
- 2-3 столових ложки сметани
- 3 штуки яєць
- дрібка солі
- 10 г ванільного цукру
- 0,5 чайної ложки соди
- Макова начинка (до смаку)

## Інструкції:

- В теплому молоці розчиняємо дріжджі з цукром та додаємо попередньо розтоплене масло та сметану і до цієї маси вливаємо збиті яйця з сіллю та ванільним цукром.
- Висипаємо просіяне борошно та замішуємо м'яке тісто та ставимо в тепле місце на 60-90 хв.
- Тісто ділимо на три частини і розкачуємо пласти, змащуємо начинкою та закручуємо рулет і розрізаємо на кільця по 5 см.
- Гарненько викладаємо на деко наші булочки, змащуємо яйцем та випікаємо у розігрітій духовці при  $t = 180-200^{\circ}\text{C}$ , 20-25 хв.

*Вже багато років користуюсь цим рецептом, щоб приготувати щось на швидку руку до чаю. В нашій родині ці булочки користуються попитом і завжди швиденько з'їдаються ще гарячими.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Миємо руки перед початком роботи і в процесі
- Використовуємо свіжі продукти,
- Дотримуємося температурних режимів випікання.



## Courtesy of:

Inna, Foodworks Kazatin

## Recipe name:

Buns with Poppy Seeds



## Ingredients:

- Wheat flour - 1 kg
- Milk - 0.5 l
- Fresh yeast - 50 g
- Butter - 150 g
- Sour cream - 2-3 tablespoons
- Eggs - 3 pieces
- Pinch of salt
- Vanilla sugar – 10g
- Baking soda - 0.5 teaspoon
- Poppy filling (to taste)

## Instructions:

- Dissolve yeast and sugar in warm milk, add pre-melted butter and sour cream, and add eggs, beaten with salt and vanilla sugar, to this mass.
- Pour the sifted flour and knead the soft dough and put it in a warm place for 60-90 minutes.
- We divide the dough into three parts and roll out the layers, grease with the filling and twist the roll, and cut it into 5 cm rings.
- Neatly spread our buns on a baking sheet, brush with egg, and bake in a preheated oven at  $t = 180-200^{\circ}\text{C}$ , 20-25 minutes.

*I have been using this recipe for many years to make something quick for tea. In our family, these buns are in demand and are always quickly eaten while they are still hot.*

## How you put food safety practices into action:

- Wash hands before starting work and during the process
- Use fresh products
- Follow the baking temperature regimes.



# 10.4

Люб'язно надано:

Наталія

Назва рецепту:

Булочки з повидлом



### Інгредієнти:

- Тепле молоко або вода - 1,5 склянки
- Цукру – 2 ст.ложки
- Солі - 1 ч. ложка
- Сухі дріжджі – 1 ст. ложка
- Рослина олія - 2-3 ст.ложки
- Пшеничного борошна-4 склянки
- **Начинка за бажанням:** повидло, вишні, яблука, сир, мак

### Інструкції:

- До теплого молока додати: цукор, дріжджі, 3 ст. ложки борошна. Замішати та залишити на 15 хв.
- До опари додати сіль, олію, борошно та замісити тісто щоб не прилипало до руки; після чого накрити посуд з тістом рушником та прибрати в тепле місце на 15 хв.
- Підготувати начинку за бажанням.
- Сформувати вироби та залишити 40 хв.
- Розігріваємо духовку, і випікаємо при температурі 180°C 25-40 хвилин.

*Солодка випічка була відома ще в давнину – булочки використовувалися як пожертви богам. У наші дні така випічка – це улюблені ласощі багатьох, яке легко приготувати на власній кухні.*

### Як Ви втілюєте в життя методи безпечності харчових продуктів:

- просіюю борошно.
- купую продукти лише перевірених виробників.
- зберігаю молоко в холодильнику.
- мию руки перед приготуванням і під час процесу.

Courtesy of:

Natalia, Foodworks Kazatin

Recipe name:

Buns with Jam



### Ingredients:

- Warm milk or water – 375 ml
- Sugar - 2 tablespoons
- Salt - 1 teaspoon
- Dry yeast - 1 tablespoon
- Sunflower oil - 2-3 tablespoons
- Wheat flour – 640g
- **Optional filling:** jam, cherries, apples, cottage cheese, poppy seeds.

### Instructions:

- Warm the milk and sugar, yeast, 3 tablespoons of flour.
- Mix and leave for 15 minutes.
- Add salt, oil, flour and knead the dough so that it does not stick to your hands.
- Then cover the bowl with the dough with a towel and put it in a warm place for 15 minutes.
- Prepare the filling as desired. Shape the products and leave for 40 minutes.
- Preheat the oven and bake at 180°C for 25-40 minutes.

*Sweet pastries have been known since ancient times - buns were used as offerings to the gods. These days, such pastries are a favorite delicacy of many, which is easy to prepare in your own kitchen.*

### How you put food safety practices into action:

- I sift flour.
- I buy products from proven manufacturers only.
- I store milk in the refrigerator.
- I wash my hands before cooking and during the process.



# 10.5

## Люб'язно надано:

Марія, Foodworks Kazatin

### Назва рецепту:

Голубці «Домашні»



### Інгредієнти:

- Капуста – 1 штука

### Начинка:

- М'ясний фарш FOODWORKS (яловичий, або свинячий) -0,5кг
- Рис – 100 г
- Цибуля – 1 штука
- Перець чорний мелений та сіль

### Соус:

- Томатна паста – 3 столових ложки
- Сметана – 150 г
- Вода – 50 г
- Сіль – 2 г

### Інструкції:

- У велику каструлю налити і закип'ятити воду, опустити цілу капустину з вирізаним качаном і варити по 5 хв з кожного боку, виловлюємо та розбираємо на окремі листочки, необхідно зрізати, або злегка відбити потовщення на листках.

### Начинка:

- У м'ясний фарш додаємо дрібно нарізану цибулю, відварений рис (до півготовності) та сіль з перцем і все перемішуємо до однорідності.
- Завертаємо фарш у пропарене листя капусти конвертом і викладаємо в чашу мультиварки і готуємо соус: змішати воду, сметану, томатну пасту, додати сіль, перемішати і залити голубці. Режим тушкування на 1,5 – 2 години ( в залежності від товщини капусти)

*Цей рецепт голубців мені передала моя бабуся, яка часто готує цю страву для нас, а так як я дуже сильно люблю голубці, то завжди намагаюся притримуватись її порад. Тоді голубці виходять дуже смачні, соковиті та ніжні завдяки соусу.*

### Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Для соусу використовую кип'ячену воду
- Ретельно мию руки
- Купую фарш лише ТОВ «Козятинський м'ясокомбінат».

## Courtesy of:

Maria, Foodworks Kazatin

### Recipe name:

Homemade Golubtzi  
(Cabbage Rolls)

### Ingredients:

- Cabbage - 1 piece

### For the stuffing:

- Minced meat (FOODWORKS beef or pork) - 0.5 kg
- Rice - 100 g
- Onion - 1 piece
- Ground black pepper and salt

### For the sauce:

- Tomato paste - 3 tablespoons
- Sour cream - 150 g
- Water – 50 g
- Salt - 2 g

### Instructions:

- Pour water into a large pot and boil it, lower the whole cabbage (inside head is cut out) and cook for 5 minutes on each side.
- Fish it out and separate it into separate leaves, it is necessary to cut or slightly chop off the thicker on the leaves.

### Stuffing:

- Add finely chopped onion, boiled rice (until semi-cooked) and salt and pepper to the minced meat and mix everything until smooth.
- Wrap the minced meat in steamed cabbage leaves (like envelope) and put it in the bowl of the slow cooker and prepare the sauce: mix water, sour cream, tomato paste, add salt, mix and pour the cabbage rolls.
- Stewing mode for 1.5 - 2 hours (depending on the thickness of the cabbage).

*This recipe for cabbage rolls was given to me by my grandmother, who often prepares this dish for us, and since I love cabbage rolls very much, I always try to follow her advice. Then the cabbage rolls are very tasty, juicy, and tender thanks to the sauce.*

### How you put food safety practices into action:

- I use boiled water for the sauce.
- I wash my hands thoroughly.
- I buy minced meat produced by "Koziatynskiy miasokombinat" LLC only.





# 10.6

Люб'язно надано:

Олександр, Foodworks Kazatin

Назва рецепту:

Гуляш у горщиках



### Інгредієнти:

- 1, 5 кг яловичини для гуляшу
- 4 зубчики часнику
- 200 мл яловичого бульйону
- 3 столових ложки олії
- 3 стебла селери
- 3 столових ложки вершкового масла
- 2 великі морквини
- 100 г пшеничного борошна
- 3 солодких болгарських перці
- 2 столових ложки угорської паприки
- 2 стиглих томати
- 2 лаврові листки, сіль, перець

### Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Ретельно мити овочі, очищати від шкірки.
- Різати м'ясо та овочі на окремих дошках, або ретельно вимивати дошку при зміні продукту.
- Готувати м'ясо до повної готовності.

### Інструкції:

- Цибулю нарізати не крупними напівкільцями, часник та селеру тонкими пластинами.
- Нагріти в пательні олію, пасерувати цибулю, потім в кінці додати часник та селеру.
- М'ясо нарізати великими шматками, обвалити у борошні, обсмажити з усіх боків на розтопленому маслі до золотистого кольору.
- З'єднати м'ясо та вміст пательні.
- Перемішати, додати перець та лавровий лист. Розкласти вміст у глиняні горщики.
- Залити бульйон.
- Закрити кришкою та поставити у розігріту до 150°C духовку на 2 год.
- При википанні додавати по трохи бульйон.
- Моркву почистити та порізати великими скибками.
- В солодких перцях видалити насіння та порізати невеликими кубиками.
- Томати очистити від шкірки, порізати великими шматками.
- Додати солодкий перець, паприку, томати та моркву у горщики.
- Томити у духовці ще 20 хв. Дістати горщики та дати їм постояти ще 10 хв.

Ця страва захоплює різноманіттям інгредієнтів, які створюють особливий та неповторний смак. Страва дуже смачна та ситна, куштую її із задоволенням і в святкові, і в звичайні дні, коли є натхнення зайнятись готуванням.



Courtesy of:

Oleksandr, Foodworks Kazatin

Recipe name:

Goulash in Pots



### Ingredients:

- Beef - 1.5 kg
- Beef broth - 200 ml
- Celery - 3 stalks
- Carrots - 2 large pieces
- Sweet bell pepper - 3 pieces
- Tomato - 2 pieces
- Garlic - 4 cloves
- Sunflower oil - 3 tablespoons
- Butter - 3 tablespoons
- Wheat flour - 100 g
- Sweet Hungarian paprika - 2 tablespoons
- 2 bay leaves, salt, black pepper

### How you put food safety practices into action:

- Wash the vegetables thoroughly, peel them.
- Cut meat and vegetables on separate boards or wash the board thoroughly when changing the product.
- Cook the meat until fully cooked.

### Instructions:

- Cut the onion into not large half-rings, garlic, and celery into thin plates.
- Heat the oil in a pan, saute the onion, then add the garlic and celery at the end.
- Cut the meat into large pieces, roll in flour, fry on all sides in melted butter until "golden". Combine the meat and the contents of the pan.
- Mix, add pepper and bay leaves. Pour the contents into clay pots. Pour the broth. Close with a lid and put in an oven heated to 150°C for 2 hours.
- When boiling, add a little broth.
- Peel the carrot and cut it into large slices.
- Remove seeds from sweet peppers and cut into small cubes.
- Peel the tomatoes, cut them into large pieces.
- Add sweet pepper, paprika, tomatoes, and carrots to the pots.
- Bake in the oven for another 20 minutes. Remove the pots and let them stand for another 10 minutes.

This dish fascinates with the variety of ingredients that create a special and unique taste. The dish is very tasty and filling. I enjoy it both on holidays and on ordinary days when I have the inspiration to cook.



# 10.7

Люб'язно надано:

Дарина, Foodworks Kazatin

Назва рецепту:

Деруни класичні



## Інгредієнти:

- 5 середніх картоплин
- 1 яйце
- Пшеничне борошно 1-2 столових ложки
- Олія соняшникова для смаження
- сіль, перець, сметана

## Інструкції:

- Картоплю очистити й натерти на крупній тертці.
- Відтиснути сік, додати яйце та борошно, щоб вийшло тісто по густині, як сметана.
- Смажити деруни у великій кількості олії.
- Обсмажуємо деруни на повільному вогні 3 хвилини з кожного боку.
- Подавати деруни зі сметаною

*Ця традиційна українська страва дуже легка та швидка у приготуванні. Тому після важкого робочого дня, коли необхідно приготувати щось смачне та ситне на швидку руку, то завжди звертаюсь до цього рецепту. Його приготування не займає багато часу, а результат виходить дуже смачний.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Обов'язково ретельно мию картоплю.
- Мию руки після виконання кожного етапу готування.

Courtesy of:

Daryna, Foodworks Kazatin

Recipe name:

Classic Deruns  
(Potato Pancakes)

## Ingredients:

- Potatoes - 5 medium pieces
- Egg - 1 piece
- Wheat flour - 1-2 tablespoons
- Sunflower oil for frying
- Salt
- Pepper
- Sour cream

## Instructions:

- Peel the potatoes and grate on a coarse grater.
- Squeeze out the juice, add the egg and flour so that the dough is as thick as sour cream.
- Fry the deruns in a large amount of oil.
- Fry the deruns over low heat for 3 minutes on each side.
- Serve the deruns with sour cream.

*This traditional Ukrainian dish is very easy and quick to prepare. Therefore, after a hard day at work, when I need to cook something tasty and filling quickly, I always turn to this recipe. Its preparation does not take much time, and the result is very tasty.*

## How you put food safety practices into action:

- I wash the potatoes thoroughly.
- I wash my hands after each stage of cooking.





# 10.8

## Люб'язно надано:

Євген, Foodworks Kazatin

## Назва рецепту:

Запіканка кабачкова з курятиною



## Інгредієнти:

- кабачки 3 штуки
- помідори 2-3 штуки
- філе куряче 400-500 г
- гриби шампіньйони 200 г
- цибуля 2 штуки
- сир твердий 250-300 г
- сіль, перець
- майонез або сметана
- соняшникова олія для смаження

## Інструкції:

- Кабачки, помідори, цибулю, гриби, куряче філе нарізати дольками (кільцями).
- Нарізане куряче філе перемішати з сметаною або майонезом, посолити та поперчити.
- Цибульку з грибочками трохи підсмажити на сковорідці до золотистого кольору.
- Твердий сир натерти на крупну тертку та отриману масу поділити на 2 частини
- Усі інгредієнти викласти у форму для запікання шарами: кабачок, помідор, філе, цибуля з грибочками, сир, кабачок, помідор.
- Запекати в духовці при 180 °C протягом 25-30 хв, після чого дістати форму та засипати залишком сиру і залишити в духовці ще на 10 хв, для появи рум'яної скоринки із розплавленого сиру.

*Смачна і водночас дуже легкозасвоювана (майже дієтична) страва.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Ретельно мию овочі та гриби.
- Овочі та м'ясо нарізаю на різних дощечках.
- Мию руки після кожної операції.
- Дотримуюсь температурних та часових режимів готування.

## Courtesy of:

Yevhen, Foodworks Kazatin

## Recipe name:

Zucchini Casserole with Chicken



## Ingredients:

- Zucchini - 3 pieces
- Tomato - 2-3 pieces
- Chicken fillet - 400-500 g
- Champignons - 200 g
- Onion - 2 pieces
- Cheese - 250-300 g
- Salt, pepper, mayonnaise, or sour cream
- Sunflower oil for frying

## Instructions:

- Cut zucchini, tomatoes, onions, mushrooms, chicken fillet into slices (rings).
- Mix the chopped chicken fillet with sour cream or mayonnaise, salt, and pepper.
- Fry the onion and mushrooms a little in a pan until "golden".
- Grate the cheese on a coarse grater and divide the resulting mass into 2 parts.
- Put all the ingredients in a baking dish in layers: zucchini, tomato, fillet, onion with mushrooms, 1/2 cheese, zucchini, tomato.
- Bake in the oven at 180 °C for 25-30 minutes, then take out and cover it with the remaining cheese and leave it in the oven for another 10 minutes, so that a ruddy crust from the melted cheese appears.

*This is a tasty and at the same time very easily digestible (almost dietary) dish.*

## How you put food safety practices into action:

- I wash vegetables and mushrooms thoroughly.
- I cut vegetables and meat on different boards.
- I wash my hands after every operation.
- I follow the temperature and time modes of cooking.



# 10.9

## Люб'язно надано:

Олена, Foodworks Kazatin

## Назва рецепту:

Картопля смажена з овочами



## Інгредієнти:

- Картопля 1 кг
- Сало 200 г
- Соняшникова олія 125 мл;
- Цибуля 2 штуки
- Морква 1 штуки
- Суміш: Броколі, стручкова квасоля, цвітна капуста – 0,5 кг.

## Інструкції:

- Розігріваємо пательню.
- Тим часом чистимо та миємо овочі.
- Картоплю ріжемо дольками та середніми шматочками нарізаємо сало.
- Коли сковорідка нагріється наливаємо соняшникової олії.
- Через кілька хвилин додаємо сало та даємо йому підрум'янитися.
- Далі кладемо картоплю.
- Нарізаємо цибулю кільцями, моркву тремо на крупну тертку або нарізаємо соломкою.
- Коли картопля буде майже готова додаємо цибулю, моркву та суміш овочів після чого смажимо ще 10 хв.
- Солимо та додаємо спеції за смаком.

*Картоплю в Україні по праву вважають другим хлібом. Існує безліч рецептів картоплі, але моя сім'я полюбляє картоплю смажену на вогні на мангалі, так як до процесу приготування залучені всі члени сім'ї. Хоча їсти смажену картоплю часто, не рекомендую!*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- купую продукти лише перевірених виробників.
- зберігаю сало в холодильнику.
- очищую та мию овочі перед застосуванням.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Olena, Foodworks Kazatin

## Recipe name:

Fried Potatoes with Vegetables



## Ingredients:

- Potatoes - 1 kg
- Lard - 200 g
- Sunflower oil - 125 ml
- Onions – 2 pieces
- Carrots - 1 piece
- Vegetable Mixture: broccoli, green beans, cauliflower - 0.5 kg

## Instructions:

- We heat up the pan.
- Meanwhile, clean and wash the vegetables.
- Cut the potatoes into wedges and cut the lard into medium pieces.
- When the pan is heated, pour sunflower oil.
- After a few minutes, add lard and let it brown. Then we put potatoes in.
- Cut the onion into rings, grate the carrot on a coarse grater or cut it into strips.
- When the potatoes are almost ready, add onions, carrots, and a mixture of vegetables, then fry for another 10 minutes.
- Salt and add spices to taste.

*Potatoes in Ukraine are rightfully considered the second bread. There are many recipes for cooking potatoes, but my family's favorite is barbecued potatoes because the whole family is involved in the cooking process. Although eating fried potatoes often, I do not recommend it!*

## How you put food safety practices into action:

- I buy products only from proven manufacturers.
- I store lard in the refrigerator.
- I clean and wash vegetables before use.
- I wash my hands before cooking and during the process.





# 10.10

## Люб'язно надано:

Анна, Foodworks Kazatin

## Назва рецепту:

Каша «Дружба» з м'ясом



## Інгредієнти:

- М'ясо яловиче варене - 300г
- Морква -1 штука
- Цибуля- 1 штука
- Олія соняшникова- 2 столових ложки
- Рис – 240г
- Гречана крупа – 210г
- Вода – 750г
- Сіль та перець за смаком

## Інструкції:

- М'ясо нарізати шматочками.
- Моркву натерти на тертку.
- Дрібно нарізати цибулю.
- Взяти каструлю з товстим дном.
- Коли каструля нагріється додати соняшкову олію та через кілька хвилин додати м'ясо, моркву та цибулю.
- Щоб всі інгредієнти підрум'янились.
- Після чого додати попередньо промитий рис та гречану крупу.
- Всі інгредієнти залити водою. Варимо на повільному вогні протягом 45-50хв.

*Раніше кашу варили під час укладання миру між ворогуючими сторонами. На знак дружби противники збиралися за одним столом, щоб скуштувати кашу «Дружби».*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- купую продукти лише перевірених виробників.
- зберігаю м'ясо в холодильнику.
- очищую та мию овочі перед зстосуванням.
- мию та перебираю крупи.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Anna, Foodworks Kazatin

## Recipe name:

Porridge with Meat "Friendship"



## Ingredients:

- Boiled beef - 300g
- Carrot - 1 piece
- Onion - 1 piece
- Sunflower oil - 2 tablespoons
- Rice - 240 g
- Buckwheat groats – 210 g
- Water – 880 ml
- Salt and pepper to taste

## Instructions:

- Cut the meat into pieces.
- Grate the carrot.
- Finely chop the onion.
- Take a pan with a thick bottom.
- When the pan heats up, add sunflower oil and after a few minutes add meat, carrots, and onions so that all the ingredients are browned.
- Then add prewashed rice and buckwheat groats.
- Pour all the ingredients with water.
- Cook over low heat for 45-50 minutes.

*Previously, porridge was cooked during peacemaking between warring parties. As a sign of friendship, opponents gathered at the same table to taste "Friendship" porridge.*

## How you put food safety practices into action:

- I buy products only from proven manufacturers.
- I store meat in the refrigerator.
- I clean and wash vegetables before use.
- I wash and sort the cereals.
- I wash my hands before cooking and during the process.



# 10.11

## Люб'язно надано:

Ірина, Foodworks Kazatin

## Назва рецепту:

Каша пшенична з полуницею



## Інгредієнти:

- 220г пшеничної крупи
- 500 мл води
- 1 столова ложка цукру
- Дрібка солі
- Вершкове масло
- 5-6 полуниць

## Інструкції:

- Промиваємо крупу та висипаємо її у підсолону воду.
- Варимо 30 хв.
- Потім додаємо вершкове масло та цукор.
- Закриваємо кришкою та даємо настоятись разом із маслом.
- Нарізаємо полуницю на шматочки та додаємо до каші.

*Каші — джерело вуглеводів, вітамінів, мікроелементів, харчових волокон, які необхідні для нормальної роботи організму. А також вони дуже прості у приготуванні.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Ретельно промивається крупа.
- Дотримання тривалості приготування каші.
- Досконало миються ягоди та обриваються хвостики.

## Courtesy of:

Iryna, Foodworks Kazatin

## Recipe name:

Wheat Porridge with Strawberries



## Ingredients:

- Wheat groats – 220g
- Water – 500 ml
- Sugar – 1 tablespoon
- A pinch of salt
- Butter
- 5-6 strawberries

## Instructions:

- Wash the groats and pour them into salted water.
- Cook for 30 minutes.
- Then add butter and sugar.
- Cover with a lid and let it infuse with butter.
- Cut the strawberries into pieces and add to the porridge.

*Porridges are a source of carbohydrates, vitamins, micro-elements, dietary fibers, which are necessary for the normal functioning of the organism. And they are also very easy to prepare.*

## How you put food safety practices into action:

- Groats are washed thoroughly.
- Compliance with the duration of cooking porridge.
- Berries are washed thoroughly and tails are broken off.



# 10.12

## Люб'язно надано:

Наталя, Foodworks Kazatin

## Назва рецепту:

Кекси на молоці



## Інгредієнти:

- Молоко – 250г
- Цукор – 200 г
- Пшеничне борошно – 320г
- Сода – 1 чайна ложка
- Ванільний цукор – 1 чайна ложка
- Курячі яйця – 2 штуки
- Соняшникова олія

## Інструкції:

- Яйця розбити в миску, збити блендером.
- Влити тепле молоко, додати цукор та ванільний цукор, соду, борошно та олію.
- Викласти тісто в змащені олією формочки
- Випікати 25 хв при температурі 180 °С.

*Цей рецепт не несе в своєму змісті ніяких складнощів, все дуже легко та просто, а головне дуже смачно. Цей рецепт мені порекомендувала моя сусідка, а вона прочитала його в журналі. Тепер як печу ці кексики, то обов'язково її пригощаю.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Мити яйця.
- Ретельно просіювати борошно.

## Courtesy of:

Natalia, Foodworks Kazatin

## Recipe name:

Cupcakes with Milk



## Ingredients:

- Milk – 250 ml
- Sugar - 200 g
- Wheat flour – 320 g
- Soda - 1 teaspoon
- Vanilla sugar - 1 teaspoon
- Chicken eggs - 2 pieces
- Sunflower oil – 1 tablespoon

## Instructions:

- Put the eggs into a bowl and beat with a blender.
- Pour warm milk, add sugar and vanilla sugar, soda, flour, and oil.
- Put the dough in greased molds.
- Bake for 25 minutes at a temperature of 180 °C.

*This recipe does not contain any complications in its content. Everything is very easy and simple, and most importantly, it is very tasty. This recipe was recommended to me by my neighbor, who read it in a magazine. Now when I bake these cupcakes, I will definitely treat her.*

## How you put food safety practices into action:

- Wash the eggs.
- Carefully sift the flour.



# 10.13

## Люб'язно надано:

Максим, Foodworks Kazatin

## Назва рецепту:

Котлети яловичі «по-французьки»



## Інгредієнти:

- Заморожені яловичі котлети – 18 штук
- Цибуля – 2 штуки
- Шампінйони – 300 г
- Помідори – 2 штуки
- Сир твердий – 200 г

## Інструкції:

- Одну цибулину порізати кубиками, спасерувати, іншу порізати кільцями.
- Помідори порізати кільцями, гриби – кубиками, сир натерти на тертці.
- Викласти котлети 9 шт. на деко змащене олією, зверху покласти спасеровану цибулю, потім накрити другим шаром котлет.
- Зверху покласти помідори, цибулю кільцями, гриби, натертий сир.
- Запекати у духовці на протязі 15 хв при  $t = 125^{\circ}\text{C}$ .
- Подавати з гарніром.

*Це дуже смачна страва, яка швидко готується за рахунок придбання готового напівфабрикату від ТОВ «Козятинський м'ясокомбінат». Чудово смакує разом з будь-яким гарніром та різноманітними соусами.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Перед приготуванням гігієна рук та обробка поверхонь столу і дощочок для нарізки продуктів, миття овочів перед приготуванням страви.
- Дотримання температурних режимів на всіх етапах.

## Courtesy of:

Maksym, Foodworks Kazatin

## Recipe name:

Beef Cutlets "French Style"



## Ingredients:

- Frozen beef patties - 18 pieces
- Onions - 2 pieces
- Champignons - 300 g
- Tomatoes - 2 pieces
- Cheese – 200 g
- Sunflower oil

## Instructions:

- Cut one onion into cubes and to sauté and cut the other into rings.
- Cut the tomatoes into rings, mushrooms into cubes, grate the cheese.
- Lay out 9 patties on a baking sheet greased with oil, put the braised onion on top, then cover with the second layer of patties.
- Put tomatoes, onion rings, mushrooms, and grated cheese on top.
- Bake in the oven for 15 minutes at temperature  $125^{\circ}\text{C}$ .
- Serve with a side dish.

*This is a very tasty dish, which is quickly prepared by purchasing a semi-finished product from Koziatynskiy meat plant LLC. It tastes great with any side dish and various sauces.*

## How you put food safety practices into action:

- Hand hygiene and treatment of table surfaces and cutting boards before cooking.
- Washing vegetables before cooking.
- Compliance with temperature regimes at all stages.



# 10.14

## Люб'язно надано:

Марина, Foodworks Kazatin

## Назва рецепту:

Оладки кабачкові



## Інгредієнти:

- Кабачки 2-3 штуки
- Цибуля 3 штуки
- Яйця курячі 2 штуки
- Часник 2-3 зубчики
- Борошно пшеничне 2 столові ложки
- Сіль, перець з смаком
- Олія для смаження

## Інструкції:

- Кабачки натерти на тертці та відтиснути зайву вологу;
- Цибулю та часник натерти на тертці та додати до кабачків.
- Додати яйця.
- Сіль та перець за смаком.
- Все змішати.
- В кінці додати борошно;
- Смажимо оладки у добре розігрітій соняшниковій олії.

*На початку паркового літа стають у пригоді цікаві та прості рецепти із сезонних продуктів. Особливу увагу завжди приділяють сніданкам — легким, але поживним. Оладки з кабачків — справді ідеальна страва: це і корисно, і ситно, просто та швидко у приготуванні й неймовірно смачно.*

## Як Ви втілюєте в життя методи безпечності харчових продуктів:

- купую продукти лише перевірених виробників.
- зберігаю яйця в холодильнику у спеціальному лотку.
- мию овочі та яйця перед застосуванням.
- просію борошно.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Maryna, Foodworks Kazatin

## Recipe name:

Zucchini Fritters



## Ingredients:

- Zucchini - 2-3 pieces
- Onions -3 pieces
- Chicken eggs - 3 pieces
- Garlic - 2-3 cloves
- Wheat flour - 2 tablespoons
- Salt, pepper to taste
- Oil for frying

## Instructions:

- Grate zucchini and squeeze out excess moisture.
- Grate the onion and garlic and add to the zucchini.
- Add eggs, salt, and pepper to taste.
- Mix everything.
- Add flour at the end.
- Fry the fritters in well-heated oil.

*At the beginning of hot summer, interesting and simple recipes from seasonal products come in handy. Special attention is always paid to breakfast - light, but nutritious. Zucchini fritters are truly the perfect dish: they are both healthy and hearty, simple and quick to prepare, and incredibly tasty.*

## How you put food safety practices into action:

- I buy products only from proven manufacturers.
- I store eggs in the refrigerator in a special tray.
- I wash vegetables and eggs before use.
- I sift flour.
- I wash my hands before cooking and during the process.



# 10.15

## Люб'язно надано:

Руслан, Foodworks Kazatin

## Назва рецепту:

Омлет «Холостяцький»



## Інгредієнти:

- Яйця курячі 6 штук
- Перець болгарський 1 штука
- Помідори 1 -2 штуки
- Цибуля 1 штука
- Ковбаси: «Салямі з сиром», «Салямі копчено-варена» - 200 гр
- Бекон копчено варений – 100гр
- Соняшникова олія- 2 столових ложки
- Сіль, перець, зелень за смаком

## Інструкції:

- Перець болгарський, помідори та цибулю нарізати квадратиками.
- На розігріту сковорідку наливаємо соняшкову олію та через кілька хвилин додаємо цибулю.
- Коли цибуля підрум'яниться додаємо нарізану соломкою ковбасу, бекон.
- Обсмажуємо та додаємо помідори і перець болгарський.
- Протушувати на маленькому вогні 10 хвилин.
- Збиваємо яйця, додаємо сіль та спеції за смаком, заливаємо протушковані овочі.
- Доводимо до готовності.
- Зверху притрусити зеленню.

*Українські чоловіки найсильніші, наймужніші та найвинахідливіші. Навіть в приготуванні вишуканих страв.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- купую ковбасні вироби лише ТОВ «Козятинський м'ясокомбінат».
- зберігаю яйця та ковбасу окремо в холодильнику у спеціальних лотках.
- мию овочі та яйця перед застосуванням.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Ruslan, Foodworks Kazatin

## Recipe name:

Bachelor's Omelet



## Ingredients:

- Chicken eggs – 6 pieces
- Bell pepper - 1 piece
- Tomatoes – 1-2 pieces
- Onion - 1 piece
- Sausages: salami with cheese, smoked salami or your favorite others - 200 g
- Smoked boiled bacon - 100g
- Sunflower oil - 2 tablespoons
- Salt, pepper, herbs to taste.

## Instructions:

- Cut bell pepper, tomatoes, and onions into cubes.
- Pour sunflower oil into a heated pan and add onion after a few minutes.
- When the onion is browned, add sausage and bacon that is cut into strips.
- Fry and add tomatoes and bell pepper. Simmer over low heat for 10 minutes.
- Beat eggs, add salt and spices to taste, pour to stewed vegetables.
- Bring to readiness.
- Sprinkle greens on top.

*Ukrainian men are the strongest, most courageous, and most resourceful. Even in the preparation of exquisite dishes.*

## How you put food safety practices into action:

- I buy sausage and bacon produced by Koziatynskyi meat plant LLC only.
- I store eggs and sausage separately in the refrigerator in special trays.
- I wash vegetables and eggs before use.
- I wash my hands before cooking and during the process.



# 10.16

## Люб'язно надано:

Марина, Foodworks Kazatin

## Назва рецепту:

Пиріжки з яблуками та корицею



## Інгредієнти:

- Вода – 125 мл;
- Соняшникова олія - 0,5 склянки;
- Цукор – 100гр;
- Сіль - 0,5 чайної ложки;
- Свіжі дріжджі - 50гр;
- Пшеничне борошно- 960гр.

## Начинка:

- Цукор - 2-3 столових ложки;
- Яблука – 5-6 штук;
- Кориця.

## Інструкції:

- Воду, олію, цукор та сіль – закип'ятити, охолодити до кімнатної температури.
- Додати свіжі дріжджі. Замішуючи тісто досипаємо просіяним борошном.
- Накриваємо, щоб підійшло на 15-20 хв.

## Начинка:

- Очищаємо та нарізаємо яблука квадратами та посипаємо їх цукром.
- Розкатати тісто на порції, в центр покласти яблука та посипати корицею.
- Змащуємо деко олією, та викладаємо сформовані пиріжки.
- Розігріваємо духовку і випікаємо при температурі 180°C 20-30 хвилин.

*Раніше наявність пиріжків на домашньому столі вважалося запорукою благополуччя. Молодих дівчат навчали пекти пиріжки змолу – в 14-15 років. Пиріжки можна випікати з різними начинками, але найбільш мені смакує з яблуками та корицею під чашечку трав'яного чаю в родинному колі.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- просіюю борошно.
- ретельно мию та очищаю яблука.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Maryna, Foodworks Kazatin

## Recipe name:

Apple and Cinnamon Pies



## Ingredients:

- Water - 125 ml
- Sunflower oil – 120g
- Sugar - 100g
- Salt - 0.5 teaspoon
- Fresh yeast - 50g
- Wheat flour - 960 g

## For the filling:

- Sugar - 2-3 tablespoons
- Apples - 5-6 pieces
- Cinnamon powder to taste

## Instructions:

- Boil water, oil, sugar, and salt, cool to room temperature.
- Add fresh yeast.
- Sprinkle the sifted flour while kneading the dough.
- Cover with towel to let it sit for 15-20 minutes in warm place.

## Filling:

- Peel and cut the apples into squares and sprinkle them with sugar.
- Roll out the dough into portions, put apples in the center, and sprinkle with cinnamon.
- Grease the baking sheet with oil and lay out the formed cakes.
- Preheat the oven and bake at a temperature of 180°C for 20-30 minutes.

*Previously, the presence of pies on the table at the home was considered a guarantee of well-being. Young girls were taught to bake pies from a young age - at 14-15 years old. Pies can be baked with various fillings, but I like them best with apples and cinnamon with a cup of herbal tea in the family circle.*

## How you put food safety practices into action:

- I sift flour.
- I thoroughly wash and peel the apples.
- I wash my hands before cooking and during the process.



# 10.17

Люб'язно надано:

Ліна, Foodworks Kazatin

Назва рецепту:

Піца із сирними бортиками



## Інгредієнти:

### Для тіста:

- 300 г борошна (і додатково для замішування тіста)
- 20 г живих/пресованих дріжджів (або 8-10 г сухих)
- 180 мл води
- ½ ч. л. цукру
- 1 ч. л. солі
- 2,5 ст. л. оливкової олії

### Для начинки:

- 2 ст. л. томатного соусу
- Ковбаски «Мисливські» (або ж чудово смакує будь-яка інша ковбаска ТОВ «Козятинський м'ясокомбінат»)
- 1 томат
- 4-5 шт. печериць
- 150 г сиру Моцарела (твердого)
- Консервована кукурудза (за смаком)
- Зелень (базилік, кріп, рукола)

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- мию руки, ретельно мию всі інгредієнти, просіваю борошно перед приготуванням, дотримуюсь необхідних температурних режимів.

## Інструкції:

- У миску з просіяним борошном (300 г) додаємо 1 ч. л. солі, ½ ч. л. цукру, перемішуємо.
- Далі додаємо 20 г пресованих дріжджів (можна замінити на 8-10 г сухих дріжджів), добре все перетираємо руками.
- Додаємо 180 мл теплої води і 2,5 ст. л. оливкової олії. Попередньо необхідно розігріти воду до 38 градусів. Це оптимальна температура для активації дріжджів
- Замішуємо дуже м'яке тісто, яке не липне до рук. Накриваємо серветкою і прибираємо в тепле місце для підйому на 40-45 хвилин. Тісто має збільшитися в обсязі в 2-3 рази.
- Тісто, що піднялося, обминаємо руками, викладаємо на робочу поверхню, посипану борошном. Ще раз замішуємо до отримання однорідної консистенції, розкачуємо його максимально.
- Для начинки нарізаємо все тоненькими слайсами.
- Частина моцарели нарізаємо брусочками зі стороною 0,5-1 см та викладаємо їх по краю основи, захищаючи тістом.
- Таким чином загортаємо сир тістом всередину по всьому колу, сформувавши бортики.
- Рівномірно розподіляємо начинку на тісто, тремо моцарелу, що залишилась на крупній тертці та ставимо піцу в попередньо розігріту до 230 градусів духовку на 5-7 хвилин.
- Ще теплою піцу відразу ж подаємо до столу. Смачного!

*Перевірений сучасний рецепт для приготування піци на основі сухих дріжджів. Завжди передбачуваний результат та ідеальний смак вам гарантований!*

Courtesy of:

Lina, Foodworks Kazatin

Recipe name:

Pizza with Cheese and Sides



## Ingredients:

### For the dough:

- Wheat flour - 300g (and additionally for rolling out of the dough)
- Live/pressed yeast – 20g (or 8-10 g dry)
- Water – 180ml
- Sugar – 0.5 tablespoon
- Salt -1 teaspoon
- Olive oil – 2.5tablespoon

### For the topping:

- Tomato sauce - 2 tablespoons
- Semi-smoked sausage -150g
- Tomato – 1 piece
- Champignons - 4-5 pieces
- Cheese – 150g
- Canned corn (to taste)
- Greens (basil, dill, arugula)

## How you put food safety practices into action:

- I wash my hands, wash all the ingredients thoroughly, sift the flour before cooking, observe the necessary temperature regimes.

## Instructions:

- Into a bowl with sifted flour (300 g) add salt, sugar and mix. Then add yeast, rub everything well with your hands.
- Add warm water and olive oil. It is necessary to preheat the water to 38°C . This is the optimal temperature for yeast activation
- Knead a very soft dough that does not stick to your hands. Cover with a napkin and put in a warm place to rise for 40-45 minutes. The dough should increase in volume by 2-3 times.
- Knead the risen dough with your hands and place it on a floured work surface.
- Knead again until a homogeneous consistency is obtained, roll it out as thinly as possible.

### For the topping:

- Cut everything into thin slices.
- Cut part of the cheese into bars with a side of 0.5 -1 cm and spread them along the edge of the pizza base, pinching them with dough. In this way, we wrap the cheese with the dough inward around the entire circle, forming sides.
- Evenly distribute the filling on the dough, grate the remaining cheese on a coarse grater and put the pizza in an oven preheated to 230 °C for 5-7 minutes.
- Immediately serve the still warm pizza.

*Proven modern recipe for making pizza based on dry yeast. You are always guaranteed a predictable result and perfect taste!*





# 10.18

## Люб'язно надано:

Надія, Foodworks Kazatin

## Назва рецепту:

Рогалики з повидлом



## Інгредієнти:

- Вода – 125 мл;
- Соняшникова олія – 125мл;
- Цукор – 100г;
- Сіль - 0,5 чайної ложки;
- Свіжі дріжджі - 50г;
- Пшеничне борошно -1200г.

## Для начинки:

- Повидло за смаком( яблучне, вишневе, полуничне)
- Цукор - 1-2 столових ложки (для посипання)

## Інструкції:

- Воду, олію, цукор та сіль – закип'ятити, охолодити до кімнатної температури.
- Додати свіжі дріжджі. Замішуючи тісто досипаємо просіяним борошном. Накриваємо, щоб підійшло на 15-20 хв.;
- Розкатуємо тісто тоненько, ріжемо на трикутники. У кожен трикутник кладемо начинку на ваш розсуд.
- Загортаємо: від широкої сторони - до вузької;
- Змащуємо деко олією.
- Рогалики вмоуємо спочатку в олію, а потім в цукор і викладаємо на деко;
- Розігріваємо духовку, і випікаємо при температурі 180°C 20-30 хвилин.

*Рогалики з повидлом, особливо яблучним та вишневим, це улюблена випічка моїх внучок. Ми з великим задоволенням випікаємо рогалики разом.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Просіюю борошно.
- Дотримуюсь температурних режимів випікання.
- Мию руки перед приготуванням і під час процесу.

## Courtesy of:

Nadia, Foodworks Kazatin

## Recipe name:

Croissants with Jam



## Ingredients:

- Water - 125 ml
- Sunflower oil - 125 ml
- Sugar - 100g
- Salt - 0.5 teaspoon
- Fresh yeast - 50g
- Wheat flour - 1200g

## For filling:

- Jam to taste (apple, cherry, strawberry)
- Sugar - 1-2 tablespoons (for sprinkling)

## Instructions:

- Boil water, oil, sugar, and salt, cool to room temperature.
- Add fresh yeast.
- Sprinkle the sifted flour while kneading the dough. Cover with a napkin to let it sit for 15-20 minutes.
- Roll out the dough thinly, cut into triangles. In each triangle put the filling at your discretion. Wrap: from the wide side - to the narrow.
- Grease the baking sheet with oil, dip the bagels first in oil, and then in sugar and put them on a baking sheet.
- Preheat the oven and bake at 180°C for 20-30 minutes.

*Croissants with jam, especially apple and cherry, are my granddaughters' favorite pastries. We bake bagels together with great pleasure.*

## How you put food safety practices into action:

- I sift flour.
- I follow the baking temperature regimes.
- I wash my hands before cooking and during the process.



# 10.19

## Люб'язно надано:

Людмила, Foodworks Kazatin

## Назва рецепту:

Сирні палочки з соусами



## Інгредієнти:

- 250 г твердого сиру
- 2 яйця
- 250г води
- кілька дрібок солі
- 160г пшеничного борошна
- Олія соняшникова

## Інструкції:

- Сир ріжемо брусочками орієнтовно 10 см завдовжки і 1 см завтовшки.
- Для кляру в мисочці за допомогою віничка збиваємо воду, яйця, сіль і борошно.
- Розігріваємо олію, потім сирні брусочки змочуємо в клярі і відразу опускаємо в гарячу олію.
- Обсмажуємо протягом 1-2 хвилин.
- Потім шумівкою витягуємо всі палички, кладемо на паперові рушники, щоб стекли надлишки олії.

*Сирні палички – прекрасний варіант закуски для дружніх посиденьок, святкового столу або різноманітності щоденного меню. Готуються досить швидко та не складно.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Перед приготуванням ретельно миються руки.
- Завжди ретельно прибираю свою кухню.

## Courtesy of:

Lyudmila, Foodworks Kazatin

## Recipe name:

Cheese Sticks with Sauces



## Ingredients:

- Cheese - 250 g
- Eggs - 2 pieces
- Water - 250ml
- Salt - few pinches
- Wheat flour - 160 g
- Sunflower oil (for frying)

## Instructions:

- Cut the cheese into bars approximately 10 cm long and 1 cm thick.
- For the batter, whisk water, eggs, salt, and flour in a bowl using a whisk.
- Heat the oil, then dip the cheese bars in the batter and immediately drop them into the hot oil.
- Fry for 1-2 minutes.
- Then take out all the sticks with a slotted spoon, put them on paper towels to drain the excess oil.

*Cheese sticks are a great snack option for friendly gatherings, a festive table, or a variety of daily menu. They are prepared quickly enough and not difficult.*

## How you put food safety practices into action:

- I wash my hands before cooking thoroughly.
- I always clean my kitchen thoroughly.



# 10.20

Люб'язно надано:

Мар'ян, Foodworks Kazatin

Назва рецепту:

Смузі фруктове



## Інгредієнти:

- Банани – 2 штуки
- Яблука – 2 штуки
- Ківі – 1 штука
- Апельсин – 1 штука
- Кефір або натуральний йогурт (жирність 1%) -0,5 л

## Інструкції:

- Очищаємо всі фрукти від шкірки, нарізаємо їх кубиками та поміщаємо в посуд для збивання.
- Блендером все перебиваємо разом з кефіром до однорідної маси.
- Розливаємо по склянках та смакуємо.

*Основними плюсами приготування фруктового смузі являється те, що воно готується досить швидко, є поживним, а також дуже смачним та корисним, адже до його складу входить багато різних фруктів.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Ретельно миемо руки, добре вимиваємо фрукти.
- Обов'язково перевіряємо термін придатності кефіру.

Courtesy of:

Marian, Foodworks Kazatin

Recipe name:

Fruit Smoothie



## Ingredients:

- Bananas - 2 pieces
- Apples - 2 pieces
- Kiwi - 1 piece
- Orange - 1 piece
- Kefir or natural yogurt (1% fat) - 0.5 l

## Instructions:

- Peel all the fruits, cut them into cubes and place them in a mixing bowl.
- Blend everything together with kefir with a blender until smooth.
- Pour into glasses and taste.

*The main advantages of making a fruit smoothie are that it is prepared quickly, it is nutritious, and it is also very tasty and healthy, because it includes many different fruits.*

## How you put food safety practices into action:

- Wash hands thoroughly, wash the fruit well.
- Be sure to check the expiration date of kefir.



# 10.21

## Люб'язно надано:

Андрій, Foodworks Kazatin

## Назва рецепту:

Стейк «Терес Мажор»



## Інгредієнти:

- Стейк «Терес мажор» FOODWORKS – 1 штука
- Розмарин – 2 гілочки
- Масло вершкове -20г
- Часник – 2 зубчики
- Сіль, перець чорний мелений

## Інструкції:

- Звільнити стейк від пакування.
- Смажити стейк на грилі до ступеня просмажки «medium-rare».
- Стейк кладемо на харчову фольгу, зверху викладаємо шматочки масла кімнатної температури, солимо, перчимо, додаємо розмарин та розрізаний часник.
- Щільно загортаємо та залишаємо на 5-7 хв.
- Подаємо на підігрітій тарілці, або дерев'яній дошці.

*Один із найкращих альтернативних стейків. Особливо, коли готуєш і споживаєш його у хорошій компанії*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Використовую м'ясо від виробника, якому довіряю. Це ТОВ «Козятинський м'ясокомбінат».
- Зберігаю сире м'ясо в холодильнику у спеціальній секції.
- Ретельно мию руки перед приготуванням і в процесі.

## Courtesy of:

Andriy, Foodworks Kazatin

## Recipe name:

Steak "Terres Major"



## Ingredients:

- Steak "Terres Major" FOODWORKS - 1 piece
- Rosemary - 2 sprigs
- Butter - 20g
- Garlic - 2 cloves
- Salt, ground black pepper

## Instructions:

- Remove the steak from the packaging.
- Grill the steak to medium-rare.
- Place the steak on foil, spread pieces of butter of room temperature on top, salt and pepper, add rosemary and chopped garlic.
- Wrap tightly and leave for 5-7 minutes. Serve on a warmed plate or wooden board.

*One of the best alternative steaks. Especially when you prepare and consume it in good company.*

## How you put food safety practices into action:

- I use meat from a producer I trust. This is "Koziatynskyi meat plant" LLC.
- I keep raw meat in the refrigerator in a special section.
- I wash my hands before cooking and during the process thoroughly.



# 10.22

## Люб'язно надано:

Богдана, Foodworks Kazatin

## Назва рецепту:

Тістечка моєї бабусі



## Інгредієнти:

- Борошно пшеничне – 400г
- Масло вершкове (жирність 72,5%) – 350г
- Яйця курячі -2 штуки
- Сметана (жирність не менше 35%) – 6 столових ложок
- Для посипання тістечок: цукор, мак, ванільний цукор

## Інструкції:

- Просіяти борошно, додати дуже холодне масло (можна з морозилки), посікти ножом до дрібної крихти, додати жовтки і сметану, швидко замісити м'яке тісто і покласти в холодильник.
- Білки збити виделкою, змішати цукор, ванільний цукор та мак.
- ½ тіста вийняти з холодильника, розкочати пласт товщиною 0,5 см, вирізати тістечка, змастити білком та посипати маково-цукровою сумішшю.
- Тістечка викласти на деко змочене водою та випікати 15-20хв при температурі 190-200 °С.
- Далі так само продовжувати з рештою тіста.

*Моя бабуся (вже покійна) народилася у 1913 році. Цей рецепт їй дістався від її бабусі. І це перша моя випічка з дитинства, яку вона навчила нас із сестрою виготовляти.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- просіюю борошно.
- купляю продукти лише перевірених виробників.
- зберігаю яйця в холодильнику у спеціальному лотку.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Bogdana, Foodworks Kazatin

## Recipe name:

My Grandmother's Cakes



## Ingredients:

- Wheat flour - 400g
- Butter (fat content 72.5%) - 350 g
- Chicken eggs - 2 pieces
- Sour cream (at least 35% fat) - 6 tablespoons
- For sprinkling cakes: sugar, poppy seeds, vanilla sugar

## Instructions:

- Sift the flour, add very cold butter (can be from the freezer), chop with a knife to small crumbs, add egg yolks and sour cream, quickly knead a soft dough and put it in the refrigerator.
- Beat the whites with a fork in a bowl; mix sugar, vanilla sugar, and poppy seeds in a plate.
- Remove ½ of the dough from the refrigerator, roll out a layer 0.5 cm thick, cut out cakes, brush with egg white and sprinkle with poppy-sugar mixture.
- Put the cakes on a baking sheet moistened with water and bake for 15-20 minutes at a temperature of 190-200 °C.
- Then continue in the same way with the rest of the dough.

*My grandmother (now deceased) was born in 1913. She got this recipe from her grandmother. And this is my first pastry since childhood, which she taught me and my sister to make.*

## How you put food safety practices into action:

- I sift flour.
- I buy products only from proven manufacturers.
- I store eggs in the refrigerator in a special tray.
- I wash my hands before cooking and during the process.



# 10.23

## Люб'язно надано:

Наталія, Foodworks Kazatin

## Назва рецепту:

Торт Медівник



## Інгредієнти:

### Для коржів:

- Борошно пшеничне – 500 г
- Мед – 3 столові ложки
- Цукор – 200 г
- Яйця – 2 штуки
- Вершкове масло – 50 г
- Сода – 1 чайна ложка

### Для крему:

- Сметана – 500 г
- Цукрова пудра – 250 г
- Чорнослив – 300 г

## Інструкції:

- У каструлю кладемо масло, цукор, мед та ставимо на водяну баню до розплавлення. Збиваємо яйця та додаємо до суміші.
- Додаємо соду, маса спіниться, перемішуємо та додаємо 160г борошна, перемішуємо та знімаємо з вогню. Охолоджуємо.
- Додаємо решту борошна і вимішуємо.
- Ділимо на 10-12 частин. Розкачуємо тоненько на пергаменті і випікаємо коржі при температурі 180oC протягом 5-7хв, кожен до золотистого кольору.
- Для крему сметану збиваємо з цукровою пудрою, додаючи подрібнений чорнослив.
- Змастити коржі кремом, прикрасити за бажанням. Залишити у холодильнику протягом 4-5 годин для просочування.

*Жодне свято в нашій родині не проходить без цього смачнющого тортика. Мої донечки його дуже любляють, тому я із задоволенням його печу, щоб посмакувала вся родина.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Чистота рук, робочих поверхонь та інструментів.
- Використовую лише свіжі продукти.
- У холодильнику сири та приготовані продукти зберігаю окремо і в контейнерах.

## Courtesy of:

Natalia, Foodworks Kazatin

## Recipe name:

Honey Cake



## Ingredients:

### For the cakes:

- Wheat flour - 500 g
- Honey - 3 tablespoons
- Sugar - 200 g
- Eggs - 2 pieces
- Butter - 50 g
- Soda - 1 teaspoon

### For the cream:

- Sour cream - 500 g
- Powdered sugar - 250 g
- Prunes - 300 g

## Instructions:

- Put butter, sugar, and honey in a saucepan and put it in a water bath until it melts. Beat the eggs and add to the mixture.
- Add soda, the mass will foam, mix and add 160g of flour, continue to mix, remove from heat and cool it.
- Add the rest of the flour and mix.
- Divide into 10-12 parts. Roll out thinly on parchment and bake the cakes at a temperature of 180oC for 5-7 minutes, each until golden.
- For the cream, whip sour cream with powdered sugar, adding chopped prunes.
- Brush the cakes with cream, decorate as desired. Leave in the refrigerator for 4-5 hours for infiltration.

*No holiday in our family is complete without this delicious cake. My daughters love it very much, so I am happy to bake it for the whole family to taste.*

## How you put food safety practices into action:

- Cleanliness of hands, work surfaces and tools.
- I use only fresh products.
- I store raw and cooked products separately and in containers in the refrigerator.



300



# 10.24

## Люб'язно надано:

**Богдана, Foodworks Kazatin**

## Назва рецепту:

**Торт Полуничний**

## Інгредієнти:

### Світлий корж:

- Яйця курячі -3 штуки
- Цукор – 167г
- Ванільний цукор - 5г
- Вода – 5 столових ложок
- Борошно пшеничне –130г +1 ½ столових ложки
- Розпушувач для тіста – 2г

### Темний корж:

- Борошно пшеничне – 130г
- Какао - 1 ½ столових ложки
- Горіхи - 50г
- Ізюм – 50г

### Крем:

- Сметана (жирність 30%) - 600г
- Цукрова пудра – 250-300г ( потрібно пробувати, якщо любите солодке, додайте більше)
- Ванільний цукор -10г
- Міцна солодка кава - 250 мл (для просочування темного коржа)
- Банани – 3шт
- Полуниця – 500 г
- Чорний шоколад, мелісса (для прикрашання)
- Кругла форма для торту - діаметром 25 см

## Інструкції:

### Світлий корж:

- Просіяти борошно, додати розпушувач.
- Жовтки збивати з цукром, ванільним цукром до світлого кольору, додаючи по одній ложці холодної води, в кінці вимішати з борошном.
- Білки збити до міцної піни, обережно змішати із сумішшю жовтків та борошна.
- Тісто викласти у змащену форму та випікати 20-25хв при температурі 190 °С.

### Темний корж:

- Просіяти борошно, додати розпушувач і какао
- Жовтки збивати з цукром, ванільним цукром до світлого кольору, додаючи по одній ложці холодної води, в кінці вимішати із сипучими інгредієнтами, додати подрібнені горіхи та ізюм.
- Білки збити до міцної піни, обережно змішати із сумішшю жовтків та борошна.
- Тісто викласти у змащену форму та випікати 20-25хв при температурі 190 °С.
- Обидва коржі добре охолодити

### Крем:

- дуже холодну сметану збити з цукровою пудрою та ванільним цукром

### Формування торту:

- Частину полуниці розрізати навпіл та залишити для прикрашання торту
- Банани та решту полуниці порізати кружечками
- Темний корж просочити кавою, змастити кремом (2-3 столових ложки) викласти кружечки банану та полуниці.
- Світлий корж розрізати на кубики. Кожен кубик занурювати у сметанний крем і викладати у вигляді гірки на темний корж, між кубиками вкладати кружечки бананів і полуниці. Верх торт змастити кремом. Торт поставити у холодильник не менше ніж на 12 годин. Потім прикрасити полуницею, розтопленим чорним шоколадом, листочками меліси.

*Цей торт можна готувати з різними сезонними ягодами та фруктами, але найбільше він смакує з полуницею. Такий торт готую практично на кожен день народження у нашій родині.*

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## Courtesy of:

**Bogdana, Foodworks Kazatin**

## Recipe name:

**Strawberry Cake**

## Ingredients:

### For the light cake:

- Chicken eggs - 3 pieces
- Sugar - 167g
- Vanilla sugar - 5 g
- Water - 5 tablespoons
- Wheat flour - 130 g + 1 ½ tablespoons
- Baking powder for dough - 2 g

### For the dark cake:

All the ingredients are the same as for the light cake, with the exception of:

- Wheat flour - 130g
- !!!Cocoa - 1 ½ tablespoons
- Nuts - 50g
- Raisins - 50g

### For the dark cake:

- Sour cream (30% fat) - 600g
- Powdered sugar - 250-300g (must taste, if you like very sweet, add more)
- Vanilla sugar - 10 g
- Strong sweet coffee - 250 ml (for infusing the dark cake)
- Bananas - 3 pieces
- Strawberries - 500 g
- Dark chocolate, lemon balm (for decoration)
- Round cake form - 25 cm in diameter

## Instructions:

### For the light cake:

- Sift flour, add baking powder. Beat the egg yolks with sugar and vanilla sugar until light in color, adding one spoonful of cold water at a time, then mix with flour at the end. Beat the egg whites to a stiff foam, carefully mix with a mixture of yolks and flour. Put the dough in a greased form and bake for 20-25 minutes at a temperature 190 °C.

### For the dark cake:

- Sift flour, add baking powder and cocoa. Beat the egg yolks with sugar and vanilla sugar until light in color, adding one spoonful of cold water at a time, then mix with the loose ingredients at the end, add chopped nuts and raisins. Beat the egg whites to a stiff foam, carefully mix with a mixture of yolks and flour. Put the dough in a greased form and bake for 20-25 minutes at a temperature 190 °C.
- Cool both cakes well.

### For the cream:

- Beat very cold sour cream with powdered sugar and vanilla sugar.

### Forming the cake:

- Cut a part of the strawberry in half and leave it for decorating the cake.
- Cut the bananas and the rest of the strawberries into circles. Soak the dark cake with coffee, spread cream (2-3 tablespoons) and lay out banana and strawberry circles. Cut the light cake into cubes. Dip each cube in sour cream and lay out in the form of a slide on a dark cake, put banana circles and strawberries between the cubes. Cover the top of the cake with cream. Put the cake in the refrigerator for at least 12 hours. Then decorate with strawberries, melted dark chocolate, lemon balm leaves.

*This cake can be prepared with various seasonal berries and fruits, but it tastes best with strawberries. I make such a cake for almost every birthday in our family.*





# 10.25

## Люб'язно надано:

Ольга, Foodworks Kazatin

## Назва рецепту:

Торт «Солодка Бджілка»



## Інгредієнти:

### Тісто:

- 2 яйця
- 2 столових ложки меду
- 2 чайних ложки соди
- 150 г цукру
- 100 вершкового масла
- 500-600 г пшеничного борошна

### Крем:

- 4-5 столових ложки картопляного крохмалю
- 500 мл молока
- 180 г цукру
- 1 чайна ложка ванільного цукру
- 2 яйця
- 200 г вершкового масла

## Інструкції:

### Тісто:

- мед ставимо на вогонь разом із содою до повного розтоплення меду. Додаємо масло, щоб розтопилось, додаємо цукор і 2 яйця до повного розчинення цукру. Знімаємо з плити та змішуємо з борошном. Формуємо 8-10 коржів та випікаємо при температурі 170-180 °C протягом 5 хв.

### Крем:

- Всі інгредієнти (крім масла) змішуємо, все варимо на паровій бані до загущення. Знімаємо з плити та ставимо, щоб охоллоло, масло розім'яти та додати до охолодженого крему і збивати 2-3 хв.

*Цей торт являється улюбленим десертом мого синочка. З усіх солодоців його він любить найбільш за все, тому я із задоволенням його печу, щоб порадувати такою смакотою.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Просіювати борошно.
- Ретельно мити руки.

## Courtesy of:

Olha, Foodworks Kazatin

## Recipe name:

"Sweet Bee" Cake



## Ingredients:

### For the dough:

- Eggs - 2 pieces
- Honey - 2 tablespoons
- Soda - 2 teaspoons
- Sugar - 150g
- Butter - 100g
- Wheat flour - 500-600 g

### For the cream:

- Potato starch - 4-5 tablespoons
- Milk - 500 ml
- Sugar - 180 g
- Vanilla sugar - 1 teaspoon
- Eggs - 2 pieces
- Butter - 200 g

## Instructions:

### Dough:

- Heat honey together with soda until the honey melts completely.
- Add butter to melt, add sugar and 2 eggs, heat until sugar is completely dissolved.
- Remove from the stove and mix with flour.
- Form 8-10 cakes and bake at a temperature 170-180 °C for 5 minutes.

### Cream:

- Mix all ingredients (except butter), cook everything in a steam bath until thickened.
- Remove from the stove and leave to cool, knead the butter and add to the cooled cream and beat for 2-3 minutes.

*This cake is my son's favorite dessert. Of all sweets, he likes it more than anything, so I gladly bake it to please him with such deliciousness.*

## How you put food safety practices into action:

- Sift the flour.
- Wash hands thoroughly.





# 10.26

Люб'язно надано:

Наталя, Foodworks Kazatin

Назва рецепту:

Фленк Стейк



### Інгредієнти:

- Фленк Стейк FOODWORKS – 1 кг

### Маринад:

- Розмарин 1 г
- Олія оливкова 28 г
- Олія соняшникова 56 г
- Сіль морська 11 г
- Перець чорний мелений 2г
- Прованські трави 1 г
- Соевий соус 78 г
- Імбир свіжий тертий 28 г
- Часник свіжий тертий 28 г

### Інструкції:

- Звільнити стейк від пакування.
- Приготувати маринад із всіх інгредієнтів.
- Витримати м'ясо у маринаді в холодильнику не менше 8 годин (можна і 24).
- Вийняти стейк з маринаду, обсушити паперовою серветкою.
- Смажити стейк на грилі до ступеня просмажки «medium».
- Стейк кладемо на харчову фольгу, щільно загортаємо та залишаємо на 5-7 хв.
- Подаємо на підігрітій тарілці, або дерев'яній дошці.

*Ніжний стейк у маринаді. Хороший вибір для сімейного барбекю.*

### Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Використовую м'ясо від виробника, якому довіряю. Це ТОВ «Козятинський м'ясокомбінат».
- Зберігаю сире м'ясо в холодильнику у спеціальній секції.
- Підтримую чистоту у холодильнику, періодично мию і дезінфікую його.



Courtesy of:

Natalia, Foodworks Kazatin

Recipe name:

Flank Steak



### Ingredients:

- Flank Steak FOODWORKS - 1 kg

### Marinade:

- Rosemary - 1 g
- Olive oil - 28 g
- Sunflower oil - 56 g
- Sea salt - 11 g
- Ground black pepper - 2 g
- Provence herbs - 1 g
- Soy sauce - 78 g
- Fresh grated ginger - 28 g
- Fresh grated garlic - 28 g

### Instructions:

- Remove the steak from the packaging.
- Prepare the marinade from all the ingredients.
- Keep the meat in the marinade in the refrigerator for at least 8 hours (or 24).
- Remove the steak from the marinade, dry with a paper towel.
- Grill the steak to medium.
- Place the steak on food foil, wrap tightly and leave for 5-7 minutes.
- Serve on a warmed plate or wooden board.

*Tender steak in marinade - a good choice for a family barbecue.*

### How you put food safety practices into action:

- I use meat from a producer I trust. This is Koziatynskyi meat plant LLC.
- I store raw meat in the refrigerator in a special section.
- I keep my refrigerator clean, periodically wash and disinfect it.



# 10.27

## Люб'язно надано:

Неля, Foodworks Kazatin

## Назва рецепту:

Хліб «Домашній»



## Інгредієнти:

- Вода тепла - 210 мл
- Соняшникова олія - 30 мл
- Сіль - 1 чайна ложка
- Сухі дріжджі - 5 г
- Цукор - 1 чайна ложка
- Борошно пшеничне - 450 г
- Молоко для змащування

## Інструкції:

- Просіємо борошно, додаємо цукор та сіль, додаємо дріжджі і добре перемішуємо, вливаємо теплу воду, додаємо соняшкову олію, починаємо змішувати тісто;
- Посипаємо дошку борошном; перекидаємо тісто та вимішуємо 5-7 хвилин;
- Перекладаємо тісто в миску і накриваємо рушником і ставимо в тепле місце;
- Розкатуємо тісто і скручуємо рулетиком, кладемо на деко та чекаємо щоб піднялося;
- Ріжемо навскоси та перемашуємо молоком;
- Розігріваємо духовку, і випікаємо при 180 °C протягом 35-45 хвилин.

*За всіх часів і у всіх народів було найбільшою святістю, коли лежав хліб на столі. Нічого найсмачнішого за хліб спечений своїми руками немає.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- просіюю борошно.
- купую продукти лише перевірених виробників.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Nelya, Foodworks Kazatin

## Recipe name:

Homemade Bread



## Ingredients:

- Warm water - 210 ml
- Sunflower oil - 30 ml
- Salt - 1 teaspoon
- Dry yeast - 5 g
- Sugar - 1 teaspoon
- Wheat flour - 450 g
- Milk

## Instructions:

- Sift flour, add sugar and salt, add yeast and mix well, pour warm water, add sunflower oil, start mixing the dough.
- Sprinkle the board with flour; turn the dough over and knead for 5-7 minutes.
- Transfer the dough to a bowl and cover with a towel and put in a warm place.
- Roll out the dough and twist it with a rolling pin, put it on a baking sheet and wait for it to rise.
- Cut diagonally and brush with milk.
- Preheat the oven and bake at 180 °C for 35-45 minutes.

*At all times and among all nations, it was the greatest holiness when there was bread on the table. There is nothing tastier than bread baked with your own hands.*

## How you put food safety practices into action:

- I sift flour.
- I buy products only from proven manufacturers.
- I wash my hands before cooking and during the process.



# 10.28

## Люб'язно надано:

Ольга, Foodworks Kazatin

## Назва рецепту:

Філе куряче



## Інгредієнти:

- Філе куряче 1 штука
- Сир домашній 300 гр
- Яйце куряче 1 шт
- Сир твердий 150гр
- Помідори 2 шт
- Соевий соус 1 ст. ложка
- Мед 1 ч.ложка
- Сіль, перець, зелень, приправи

## Інструкції:

- Філе розділити на 2-3 частини, відбити, замаринувати: (сіль, перець, соєвий соус, мед);
- Помідори різати кружечками;
- Сирна маса (до сиру додати подрібнену петрушку, сіль та перець за смаком);
- Викласти частинки філе на деко зверху сирну масу, помідор та затерти твердим сиром.
- Розігріваємо духовку, і випікаємо при 180 оС 25-35 хвилин.

*Дана страва є дуже смачною та корисною. Я її люблю їсти на обід з овочами.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- купую продукти лише перевірених виробників.
- зберігаю яйця, сир домашній, сир тведий та філе в холодильнику у спеціальних лотках.
- мию овочі та яйця перед застосуванням.
- мию руки перед приготуванням і під час процесу.

## Courtesy of:

Olha, Foodworks Kazatin

## Recipe name:

Chicken Fillet



## Ingredients:

- Chicken fillet - 1 piece
- Cottage cheese - 300 g
- Chicken egg - 1 piece
- Cheese 150 g
- Tomatoes - 2 pieces
- Soy sauce - 1 tablespoon
- Honey - 1 teaspoon
- Salt, pepper, herbs, spices.

## Instructions:

- Divide the chicken fillet into 2-3 parts, beat, and marinate (salt, pepper, soy sauce, honey).
- Cut the tomatoes into circles.
- Cheese mass: add to cottage cheese chopped parsley, salt and pepper to taste .
- Put the pieces of fillet on a baking sheet, top with cheese mass and tomato, and cover with grated cheese.
- Heat the oven and bake at 180 °C for 25-35 minutes.

*This dish is very tasty and healthy. I like to eat it for lunch with vegetables.*

## How you put food safety practices into action:

- I buy products only from proven manufacturers.
- I store eggs, cheese, cottage cheese and fillets in special trays in the refrigerator.
- I wash vegetables and eggs before use.
- I wash my hands before cooking and during the process.



# 10.29

## Люб'язно надано:

Наталія, Foodworks Kazatin

## Назва рецепту:

Штрудель «Весняний»



## Інгредієнти:

### Тісто:

- 150 г води
- 150 г олії
- 640 г борошна пшеничного
- 1 чайна ложка розпушувачу
- Дрібка солі
- Кунжут для посипання

### Начинка:

- 1 пучок зеленої цибулі
- яйця варені – 4 штуки
- 1 пучок кропу
- яйце для змащування

## Інструкції:

- Воду з олією закип'ятити і 5 хв настояти для охолодження, додаємо борошно, розпушувач та сіль.
- Спочатку розмішуємо ложкою, а потім рукою вимішуємо.
- Ділимо на дві частини.
- Тісто розкачуємо тонесенько, щоб воно просвічувалось, якщо розкатати грубо, не буде смачно.
- Зверху кладемо нарізані дрібно яйця, цибулю, кріп, згортаємо рулетиком, зверху змащуємо яйцем та посипаємо кунжутом.
- Випікаємо 25-30 хв при 180°C до утворення рум'яної скоринки.

*В цьому рецепті мене дуже приваблює його простота та легкість в приготування. Тому як тільки весною з'являється перша зелень, я із задоволенням випікаю штрудель та подаю його до столу.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- Закриваю волосся хустиною під час готування.
- Ретельно мию яйця, цибулю, кріп, дощечки для тіста та обов'язково ретельно мию руки.

## Courtesy of:

Natalia, Foodworks Kazatin

## Recipe name:

“Spring” Strudel



## Ingredients:

### For the dough:

- Water - 150 ml
- Oil - 150 g
- Wheat flour - 640 g
- Baking powder - 1 teaspoon
- A pinch of salt
- Egg for greasing

### For the filling:

- Green onions - 1 bunch
- Dill - 1 bunch
- Boiled chicken eggs - 4 pieces
- Salt (to taste)
- Sesame seeds for sprinkling

## Instructions:

- Boil water with oil and let it cool for 5 minutes, add flour, baking powder and salt.
- First, we stir with a spoon, and then we knead with our hands.
- Divide into two parts and we will receive 2 strudels from all these ingredients.
- Roll out the dough thinly so that it shines through, if you roll out roughly, it will not be tasty.
- Place finely chopped eggs, onion, dill, salt on top, roll up with a roll, brush with egg on top and sprinkle with sesame seeds.
- Bake for 25-30 minutes at 180°C until a golden crust forms.

*I am very attracted to this recipe by its simplicity and ease of preparation. Therefore, as soon as the first greens appear in spring, I gladly bake strudel and serve it for my family.*

## How you put food safety practices into action:

- I cover my hair with a scarf while cooking.
- I wash eggs, onions, dill, boards for the dough and be sure to wash my hands thoroughly.



# 10.30

Люб'язно надано:

Наталя, Foodworks Kazatin

Назва рецепту:

Яечня зі шкварками



## Інгредієнти:

- Сало 200 г
- Яйця курячі 4 штуки
- Цибуля 1 штука
- Огірок 1 штука
- Кріп - 1 пучок
- Кетчуп - 1 чайна ложка та огірок (для декору)

## Інструкції:

- Нарізаємо сало середніми шматочками, викладаємо на пательню та ставимо на вогонь, періодично перемішувати.
- Коли з сала витопиться жир додаємо яйця і готуємо доки білок загусне.
- Додаємо дрібно нарізаний кріп та цибулю.
- Сіль та перець додаємо за смаком.
- Викладаємо на тарілку та прикрашаємо кетчупом та огірком.

*Фахівці довели, що регулярне вживання яєць допомагає підтримувати хорошу фізичну форму, сприяє підтримці хорошого самопочуття і розумових здібностей.*

## Як Ви втілюєте в життя методи безпеки харчових продуктів:

- купую продукти лише перевірених виробників.
- зберігаю яйця та сало в холодильнику у спеціальних лотках.
- мию овочі та яйця перед застосуванням.
- мию руки перед приготуванням і під час процесу.

Courtesy of:

Natalia, Foodworks Kazatin

Recipe name:

Scrambled Eggs with Greaves



## Ingredients:

- Lard - 200 g
- Chicken eggs - 4 pieces
- Onion - 1 piece
- Dill - 1 bunch
- Cucumber - 1 piece (for decoration)
- Ketchup - 1 teaspoon (for decoration)

## Instructions:

- Cut the lard into medium pieces, put it in a pan and fry, stirring occasionally.
- When the fat melts from the lard, add the eggs and cook until the protein thickens.
- Add finely chopped dill and onion.
- Add salt and pepper to taste.
- Place on a plate and garnish with ketchup and cucumber.

*Experts have proven that regular consumption of eggs helps to maintain good physical shape and contributes to maintaining good health and mental abilities.*

## How you put food safety practices into action:

- I buy products only from proven manufacturers.
- I store eggs and lard in the refrigerator in separate special trays.
- I wash vegetables and eggs before use.
- I wash my hands before cooking and during the process.



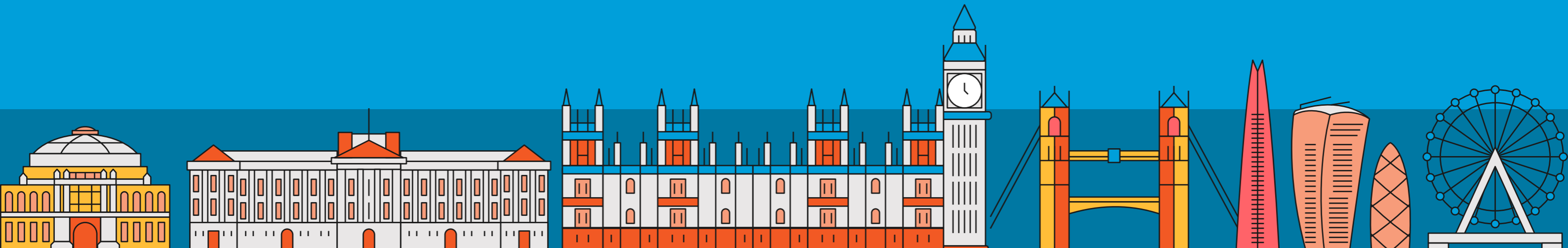
11



# United Kingdom

**Capital city:**  
London

England, Scotland, Wales and Northern Ireland comprise the UK, a nation of rocky coasts, windswept towns, and an expansive history dating back to Roman times. Its epicenter, London, is a global financial and cultural hub with iconic sites including the Houses of Parliament, Westminster Abbey, Big Ben, and the Tower of London. Scotland's rich storytelling culture and Welch songs describing their rugged landscape add to the allure of the globe's most visited island kingdom.





# 11.1

## Courtesy of:

Michael, OSI Creative Foods

## Recipe name:

Irish Wheaten Soda Bread  
(Guinness optional)



## Ingredients:

- 450 g whole meal wheat flour
- 175 g white flour
- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 450 ml of buttermilk. **Tip:** If you can't find buttermilk, mix 225ml whole or semi-skimmed milk with 25ml fresh lemon juice, then set aside to thicken for 5 minutes
- 1 tablespoon of honey (optional)

## Guinness Variation:

Make it a Guinness Wheat Soda Bread – by switching 250ml of buttermilk with 250 ml of Guinness

## Instructions:

- **Tip:** For a successful bread knead swiftly and not too much!
- Unlike other bread recipes this recipe doesn't use yeast instead it relies on a reaction between baking soda and buttermilk to make it rise! The reaction is limited which is why you need to knead the bread quickly. If your bread is tough, then you've kneaded it too much!
- Preheat the oven to 200°C/400°F
- Mix together all the dry ingredients in a large mixing bowl, then make a well in the center.
- Add the remaining ingredients to the well, then work the mixture with your hands to make a loose, smooth, and wet dough.
- Put the dough in the prepared tin. Bake for 15 minutes, then turn down the oven to 190°C/170°C fan/gas 5 and bake for a further 35-40 minutes. Remove the bread from the tin, then bake directly on the oven rack for 5 minutes more or until the loaf sounds hollow when tapped on the bottom.
- Remove from the oven and cool on a wire rack. Serve sliced with salted butter.

## How do you put food safety practices into action?

- Ensure your work surface and utensils are clean and intact to avoid contamination especially with other allergens in the kitchen.
- Ensure your ingredients are within their use by dates to keep your bread as tasty as possible.
- Raw flour can be a source of E.coli and Salmonella do not eat raw dough, ensure your bread is fully baked and your utensils are fully cleaned down.



# 11.2

## Courtesy of:

Kate, Creative Foods Camberley

## Recipe name:

Roast Baby Potatoes with Salmon & Sundried Tomatoes



## Ingredients:

- 1 kg baby potatoes
- 4 fresh salmon steaks
- 100 g sundried tomatoes in oil, chopped
- Juice of half a lemon
- Salt & freshly ground pepper

## Instructions:

- Preheat oven to 200°C / Fan 180°C.
- Slice baby potatoes in half horizontally, place in ovenproof dish, drizzle with some oil from sundried tomatoes and season well.
- Place potatoes in oven and cook for 50 minutes, turning halfway through.
- Once the potatoes have cooked, remove from oven and place the salmon fillets on top.
- Brush salmon with more sundried tomato oil.
- Sprinkle with chopped tomatoes and add lemon juice.
- Return to the oven and cook for an additional 20 minutes.
- Serve immediately.

## How do you put food safety practices into action?

- Wash hands before starting to prepare food.
- Keep salmon chilled in fridge until ready to use.
- Use separate chopping boards and utensils for the raw salmon and remaining ingredients.
- Ensure salmon reaches core temperature of 75°C. Alternatively, after the recommended cooking time gently press down on the top of the salmon fillet with a fork, if the flesh of the salmon flakes easily then it is cooked.



# 11.3

## Courtesy of:

Adam, Creative Foods, Burton Upon Trent

## Recipe name:

Salted Caramel Cheesecake



## Ingredients:

### For the base:

- 250 g digestive biscuits
- 125 g unsalted butter, melted
- 2 tbsp homemade salted caramel sauce

### For the caramel sauce:

- 200 g granulated sugar
- 90 g salted butter
- 120 ml heavy cream
- 1 teaspoon salt

### For the filling:

- 750 g full-fat soft cheese
- 2 tbsp homemade salted caramel sauce
- 3 tbsp icing sugar
- 1 tsp vanilla extract

### For the topping:

- 90 g Maltesers
- 2 Crunchie bars
- 3 tbsp homemade salted caramel sauce

## Instructions:

### For the salted caramel sauce:

- Heat granulated sugar in a medium heavy-duty saucepan (avoid using non-stick) over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon.
- Sugar will form clumps and eventually melt into a thick brown, amber-colored liquid as you continue to stir.
- Be careful not to burn it.
- Once sugar is completely melted, immediately stir in the butter until melted and combined.
- Be careful in this step because the caramel will bubble rapidly when the butter is added. If you notice the butter separating or if the sugar clumps up, remove from heat and vigorously whisk to combine it again.
- If you're nervous for splatter, wear kitchen gloves. Keep whisking until it comes back together, even if it takes 3-4 minutes. It will eventually—just keep whisking. Return to heat when it's combined again.
- After the butter has melted and combined with the caramelized sugar, cook for 1 minute without stirring.
- Very slowly stir in the 120ml heavy cream. Since the heavy cream is colder than the hot caramel, the mixture will rapidly bubble when added. After all the heavy cream has been added, stop stirring and allow to boil for 1 minute. It will rise in the pan as it boils.
- Remove from heat and stir in the salt.
- Allow to slightly cool down before using. Caramel thickens as it cools.

## Instructions:

### For the cheesecake:

- Tip the digestive biscuits into a food processor and pulse to fine crumbs.
- Pour in the butter and caramel sauce and pulse again until damp and sandy.
- Tip the mixture into a 20cm springform cake tin and use a spoon to press it into an even layer in the base of the tin.
- Chill for 30 mins.
- For the filling, mix together the soft cheese, salted caramel sauce, sugar and vanilla extract.
- Once the base is cold and has firmed up, spoon over the filling and smooth the top with the back of the spoon.
- Chill for at least 4 hrs.
- To serve, carefully remove the cheesecake from the tin and put onto a serving platter or cake stand.
- Scatter over the shop-bought chocolates, crushing the Crunchies over top, placing the Maltesers around the top; then drizzle with the salted caramel sauce before cutting into slices.

## How do you put food safety practices into action?

- Wash your hands, clean work surfaces, allergen & cross contamination control.
- Use correct colored boards, store ingredients & finished product at the correct temperatures, store correctly in the fridge according to the fridge planner, also making sure the product is covered up.





# 11.4

## Courtesy of:

Tano, Creative Foods Camberley

## Recipe name:

Tiramisu



## Ingredients:

### For the Pâte a bombe (Eggs pasteurization):

- 170 g sugar
- Water
- 5 egg (room temperature)

### For the tiramisu:

- About 26 Savoiardi (Ladyfingers)
- 500 g mascarpone
- 300 g coffee
- 1 vanilla pod
- Cocoa powder (enough to dust)

## Instructions:

- Pour water and sugar in a saucepan and simmer on low heat until the temperature reaches 121°C.
- In the meantime, whisk the yolks (either with a hand whip or electric mixer).
- Once the water and sugar mixture reaches the right temperature, take it off the heat and pour in the whisked yolks, keep stirring until you have a fluffy and clear cream. This is called Pâte a bombe.
- Put the mascarpone cheese in a bowl, add the seeds from the vanilla pod and whisk briefly with a hand whip until softened.
- Add the Pâte a bombe and keep whisking until the cream is well combined and smooth.
- Keep chilled and start preparing the coffee, add sugar according to your preference; let it cool down.
- In a baking tin spread a thin layer of the mascarpone cream; soak briefly the biscuits in the coffee and lay them on top of the cream. Once the 1st layer is completed, cover with cream and repeat with another layer of soaked biscuits. Once you used all your biscuits (or the tin is full), finish with a last layer of cream, thoroughly spread and dust with cocoa powder.
- Keep it in the fridge for a couple of hours before serving.

## How do you put food safety practices into action?

- Pasteurization of raw eggs, washing hands after handling eggshells, keeping the tiramisu at chilled temperature (2-5°C).

# 11.5

## Courtesy of:

Daniela, Creative Foods Camberley

## Recipe name:

Keto Avocado Brownies  
(gluten, sugar, lactose free, low carb)



## Ingredients:

- 1 large avocado (approx. 7.5 oz. flesh)
- 2 large eggs
- 78 ml sweetener (or to taste)
- 118 ml blanched almond flour (finely ground)
- 118 ml cacao powder
- 3 g baking soda
- 20 ml coconut oil
- 4 g vanilla extract
- 70 g chocolate (sugar-free)
- 40 ml sugar-free chocolate chips
- 12.6 g walnuts (crushed, almonds, or hazelnuts)

## Instructions:

- Preheat the oven to 350°F (175°C) and line a standard 8-inch square baking tin or a loaf pan with parchment paper.
- Peel and slice the avocado and place its flesh into a food processor.
- Add in eggs and vanilla extract, and pulse at high speed until smooth and creamy.
- Transfer the avocado mixture into a medium bowl and add sieved almond flour, sweetener, baking soda, and sieved cacao powder.
- Combine well with an electric mixer.
- In a microwave-safe bowl, melt the chopped chocolate with coconut oil.
- Heat in one-minute intervals and stir until you have a smooth texture.
- Add the melted chocolate to the avocado mixture and combine well with a rubber spatula.
- Transfer the brownie batter into the baking tin and optionally top with chocolate chips.
- Bake for 30 minutes, and cool on a wire rack before removing from the tin.

## How do you put food safety practices into action?

- Wash your utensils, cutting boards, and counter tops with hot, soapy water after preparing each food item.
- Keep your refrigerator at 5°C or below.
- Keep refrigerated and store separately away from raw ingredients such as raw meat.
- Make nut-free by removing the nuts within the recipe and replace almond flour with standard flour.



# 11.6

## Courtesy of:

Alina, Creative Foods,  
Burton Upon Trent

## Recipe name:

Green Peas with Bacon



## Ingredients:

- 5 slices bacon, cut into 1/2-inch pieces
- 2 packages (10 ounces each) frozen peas
- 1 teaspoon white-wine vinegar
- Coarse salt and ground pepper

## Instructions:

- In a large skillet cook bacon over medium, stirring occasionally until fat is rendered and bacon is crispy, 5 to 7 minutes.
- With a slotted spoon, transfer bacon to a paper towel-lined plate, leaving fat in skillet.
- Add peas to skillet.
- Cook, stirring frequently until heated through, 4 to 6 minutes.
- Remove from heat, stir in vinegar, and season with salt and pepper.
- Serve peas topped with bacon.

## How do you put food safety practices into action?

- Wash hands after handling raw bacon pieces.
- Don't cross-contaminate - keep away from raw meat during storage.

# 11.7

## Courtesy of:

Skaidrius, Creative Foods,  
Burton Upon Trent

## Recipe name:

Lithuanian Cepelinai (Zeppelin) Dumplings



## Ingredients:

- 3 small white onions
- 2 garlic cloves finely chopped
- 1½ tsp olive oil
- 500 g beef or pork mince or 250 g of each
- 2 tbsp potato starch or cornflour
- Soured cream, to serve (optional)
- 2½ kg Agrida, Maris Piper or similarly starchy potatoes, peeled 150g smoked pancetta, sliced into strips
- ½ tsp citric acid or lemon juice
- 1 medium egg
- ¼ small bunch of dill, chopped

## Instructions:

- Cook the onion and garlic with 1 tsp oil in a frying pan over a medium heat, stirring occasionally, until softened. Remove half the mixture from the pan and put in a large bowl to cool. When cool, add the mince and egg, season well and mix together. Remove the rest of the onions and garlic from the pan and put in another bowl.
- Heat the remaining ½ tsp oil in a frying pan over a medium-low heat and fry the pancetta for a couple of minutes until the fat starts to melt. Tip in the reserved onions and garlic and cook for 8-10 minutes until golden. Set aside.
- Take a third of the potatoes, chop each into four and put in a large pan of cold salted water. Bring to the boil and simmer for 15 minutes until cooked. Drain in a colander, then leave to steam-dry for 5 minutes. Crush the potatoes

- as smooth as you can with a masher or use a potato ricer.
- Finely grate the remaining raw potatoes using a food processor. Squeeze the grated potatoes through a muslin or tea towel over a bowl to squeeze out as much liquid as possible. Set the bowl of liquid aside and after 5-10 minutes it will separate with the potato starch at the bottom of the bowl. Carefully drain off the water, then scrape the starch back into the bowl of raw potatoes. Stir in the citric acid or lemon juice - this will prevent the cepelinai becoming very dark. Add the cooked mashed potato to the raw, add the 2 tbsp. potato starch or corn flour, season well and mix to combine.
- Bring a large pan of salted water to the boil. Season the potato mixture and shape into palm-sized 2cm thin cakes. Add the mince mixture and roll between your palms into large egg shapes, packing the potato around the mince tightly - it helps to wet your hands for this. Add them to the simmering water one at a time and cook for 20-25 minutes - when they float to the surface they are done.
- To serve, warm up the pancetta mix. Put two cepelinai on each plate, add a dollop of soured cream and top with the pancetta mix and dill.

## How do you put food safety practices into action?

- Wash your hands and surfaces often.
- Keep raw meat away from cooked.
- Cook to the right temperature.



# 11.8

## Courtesy of:

Casey, Creative Foods,  
Burton Upon Trent

## Recipe name:

Easy Peasy Seafood Paella



## Ingredients:

- 1 tablespoon olive oil
- 1 chopped white onion
- 1 teaspoon hot smoked paprika
- 300 g paella or risotto rice
- 900 ml chicken stock
- 3 tablespoons white wine (optional)
- 400 g chopped tomatoes with garlic
- 1 teaspoon dried thyme
- 400 g cooked chorizo - cubed
- 400 g frozen & defrosted seafood mix
- 1 lemon ½ juiced, ½ cut into wedges
- Handful of flat-leaf parsley, roughly chopped

## Instructions:

- Heat the olive oil in a large frying pan or wok.
- Add the onion and soften for 5 mins.
- Add the smoked paprika, thyme, chorizo, and paella rice.
- Stir for 1 min, then splash in the white wine, if using.
- Once evaporated, stir in the chopped tomatoes and chicken stock.
- Season and cook, uncovered, for about 15 mins, stirring now and again until the rice is almost tender and still surrounded with some liquid.
- Stir in the seafood mix and cover with a lid.
- Simmer for 5 mins, or until the seafood is cooked through and the rice is tender.
- Squeeze over the lemon juice, scatter over the parsley and serve with the lemon wedges.

## How do you put food safety practices into action?

- Defrost the seafood mix thoroughly overnight in the refrigerator, defrost on plate to avoid dripping and ensure to store separate from cooked items or ready to eat ingredients.
- Wash hands after handling raw seafood.
- Ensure to use different utensils for raw and cooked ingredients.

# 11.9

## Courtesy of:

Emilia, Creative Foods,  
Burton Upon Trent

## Recipe name:

Polish Bigos:  
Stewed mix of cabbage and meats



## Ingredients:

- 1 kg of sauerkraut (available in Polish shop)
- 1 kg of pork of choice (loin, shoulder)
- 250g of smoked bacon
- 250g of Polish sausage of choice
- 2 small onions
- 150g of dried plums (no pips)
- 20g of dried mushrooms
- 500ml of dry red wine
- Oil to fry the meat
- 1 spoon of tomato concentrate
- Herbs and spices: 4 bay leaves, dash of allspice, 10 whole black peppercorns, 4 juniper grains, half a spoon of mustard seed, a spoon of sugar, salt and ground pepper, optionally spoon of red and sweet ground pepper

## Instructions:

- Place mushrooms in a bowl of cold water and leave to soak for one hour. Then cook in boiling water for 10-15 mins
- Cut dried plums with no pips in halves and leave to soak in the red wine (ensure quality check on the wine is carried out: take a sip or two to confirm this is a good wine! :))
- Drain the sauerkraut, rinse with cold water.
- Chop the white cabbage, salt and leave for 30 mins. Dice the pork meat into 2-3cm cubes; heat the oil in a large dish and pan fry the meat for 3-4 mins.
- Chop the onions and add to meat, fry for 4-5 mins.
- Add sauerkraut and white cabbage to meat and onions, pour over water so all ingredients are covered, add all the herbs and spices and slow cook for an hour stirring from time to time
- Cut the smoked bacon and sausage into smaller pieces and fry it in the frying pan; once fried, add to cabbage mix and stir, leave to stew for another 30 mins.
- Add some water if needed.
- Drain the mushrooms and add to mix.
- Add soaked plums with the wine; stew for another hour, stirring from time to time.
- Add tomato concentrate and spoon of sugar, season with salt and pepper as to your personal preference.
- Stew for another half an hour, or the longer, the better!
- Serve with mashed potato or bread.

## How do you put food safety practices into action?

- Wash your hands.
- Use separate chopping boards for raw and cooked meats.
- Use the probe: ensure the protein reaches min 72C for 2 mins.
- Once cooled, ensure it's kept in the fridge.



# 11.10

## Courtesy of:

Barbara, Creative Foods,  
Burton Upon Trent

## Recipe name:

Polish Cheesecake - Cold Version



## Ingredients:

- 1 kg white (curd) cheese (in bucket)
- 100 g soft biscuits
- 600 g strawberries
- 1 strawberry jelly
- 2 spoons of gelatine
- ½ cup of milk
- 150ml double cream
- 2 spoons of vanilla sugar
- ¾ cup of fine sugar

## Instructions:

- Prepare the jelly according to the instructions on the package, subtracting 50 ml of water.
- After preparation, pour the jelly into a clean bowl to cool it down faster and set aside
- Rinse the strawberries and dry them thoroughly.
- Put baking paper on the bottom of the spring form pan with a diameter of 26 cm, fasten the hoop by releasing the paper outside.
- Arrange the biscuits on the bottom
- Boil the milk, put it aside from the heat, add gelatin and dissolve while stirring.
- Put the cheese curd into a larger bowl, add cream, sugars and mix with a spoon.
- To the still warm and liquid gelatin, add 1-2 tablespoons of cheese mass and mix with a whisk.
- Add another 2-3 tablespoons of cheese mass and mix again with a whisk.
- Then put it in the remaining cheese in the bowl and mix it with a whisk until smooth
- Add 2/3 of the strawberries cut into halves, gently mix with a spoon and put on the bottom of the biscuits, even out the surface and put in the fridge for about half an hour.
- During this time, the jelly will cool down and the cheesecake will slightly thicken
- Remove the cheesecake from the fridge and press the rest of the strawberries, cut into halves, into it.
- Spoon the jelly and refrigerate until it is completely concentrated.

## How do you put food safety practices into action?

- Wash your hands.
- Ensure the ingredients are within temperature.
- Ensure product is stored and served chilled.

# 11.11

## Courtesy of:

Raheem, Creative Foods,  
Burton Upon Trent

## Recipe name:

Chicken Biryani



## Ingredients:

- 1 kg rice soaked with 2 kg water
- 1 kg chicken tikka (sliced)
- 130 g biryani masala spice (one packet)
- 500 g onion
- 500 g tomatoes
- 250 g garlic
- 100 g ginger
- 20 g lemon juice
- 6 green chillies
- Green and yellow colored foods
- Oil
- Salt

## Instructions:

- Soak the rice for 25 minutes.
- Dice the onion and add it to oil in a large pot.
- Cook on a medium heat until brown.
- Add the chicken and cook for 20 minutes.
- Add the ginger and garlic to the pot.
- Add biryani masala.
- Add salt and lemon juice, mix the chicken well and let it cook for 20 minutes on medium heat.
- In a large bowl, layer in half the rice and then half the chicken.
- Add your yellow and green colored foods to the pot and cook for 20 minutes on low heat.
- Add the mixture to the bowl and mix well with the chicken and rice.
- Ready for serving!

## How do you put food safety practices into action?

- Wash your hands.
- Use clean utensils.
- Cook the chicken to the right temperate and make sure it's cooked through.
- Wash hand after handling raw meat.



# 11.12

## Courtesy of:

Imran, Creative Foods,  
Burton Upon Trent

## Recipe name:

Parmesan Sauce



## Ingredients:

- 2 teaspoons butter
- 2 cups skim milk
- 2 tablespoons flour
- 1 cup Parmesan cheese, shredded
- 2 teaspoons garlic
- Salt
- Pepper

## Instructions:

- Melt butter in small skillet or sauce pan over medium heat.
- Whisk in flour to make a roux and gradually stir in milk.
- Heat to a boil stirring frequently.
- Reduce heat to thicken and add Parmesan cheese and stir until melted.
- Season with garlic, salt, and pepper to taste.

## How do you put food safety practices into action?

- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Divide warm foods into several clean, shallow containers so they will chill faster.

# 11.13

## Courtesy of:

Michael, Creative Foods,  
Burton Upon Trent

## Recipe name:

Chocolate Brownies



## Ingredients:

- 150 g dark chocolate
- 200 g unsalted butter
- 250 g caster sugar
- 3 medium-sized eggs
- 5 ml vanilla extract
- 50 g cocoa powder
- 70 g plain flour

## Instructions:

- Preheat the oven to 108°C / 160°C on fan.
- Place chocolate and butter in a microwaveable bowl and melt in the microwave, stirring every 30 seconds.
- Add sugar into the bowl and mix until smooth.
- Add eggs and vanilla extract and whisk until mixed.
- Sieve flour and cocoa powder into mix and fold through.
- Pour mixture into a greased and lined baking tin and cook for 30 minutes.

## How do you put food safety practices into action?

- Wash all surfaces and hands before you start.



# 11.14

## Courtesy of:

Sylwia, Creative Foods,  
Burton Upon Trent

## Recipe name:

Chicken Noodle Soup



## Ingredients:

- 1 chicken weighing approx. 1,2 - 1,5 kg (or parts of chicken with bones like legs, wings, etc.).
- 3 liters water
- 2 carrots
- Parsley
- 1/4 of a celery root
- 1 onion
- 1 piece of leek
- 2 bay leaves
- 4 grains of all spice
- Approx. 10 black peppercorns
- 1/2 tbsp salt
- A sprig of fresh lovage (or 1 tsp dried)
- Pasta (approx. 50 g per person)
- Chopped parsley for garnish

## Instructions:

- Cut the chicken into parts, add 3 liters of cold water and bring to a boil.
- Prepare the vegetables, cut them, and add them to the chicken pot.
- Cook for 1 hour.
- Season with salt, pepper, and parsley.
- Cook for a further 30 minutes.
- Serve the broth with the cooked noodles (threads), pieces of chicken meat and chopped parsley.

## How do you put food safety practices into action?

- Wash chicken and vegetables.
- Wash your hands after handling meat and vegetables.
- Boil the chicken for about 2 hours in 96°C water.

# 11.15

## Courtesy of:

Ilona, Creative Foods,  
Burton Upon Trent

## Recipe name:

Potato Pancakes



## Ingredients:

- 6 potatoes
- Juice of half a lemon
- 1 onion (thinly sliced)
- 2 cloves garlic (minced)
- 1 whole egg (lightly beaten, or 1/4 cup yogurt)
- 59 ml all-purpose flour (Maida)
- 128 ml whole wheat breadcrumbs
- Parsley leaves (finely chopped)
- Chives (finely chopped, or any other herb)
- Salt
- Pepper
- Peanut oil (for pan frying)

## Instructions:

- To begin making the potato pancakes, peel the potatoes and soak them in water to prevent them from browning.
- Using the grater attachment on a food processor, shred the potatoes into a medium bowl.
- Add lemon juice and onions to the shredded potatoes and toss to coat evenly.
- Let the onion and potato mixture sit for about 10 minutes.
- Drain the potatoes and squeeze out the excess liquid.
- Place the squeezed potatoes in a muslin cloth or on a metal sieve.
- In a large mixing bowl, combine the potato mixture, minced garlic, egg (or yogurt), flour, breadcrumbs, parsley, and chives.
- Season with salt and pepper.
- Combine the ingredients to form a thick paste-like mixture.
- Fill a frying pan an inch deep with oil and heat the oil over a medium heat.
- Take a small portion from the potato mixture and shape it into a palm sized pancake of medium thickness.
- Shallow fry the pancake on both sides until crisp and golden - about 5 - 7 minutes on each side.
- Drain on paper towels and repeat the process with the remaining potato mixture.
- Serve hot with spicy Mexican salsa for a delicious weekend breakfast, or as a teatime snack along with masala chai.



# 11.16

## Courtesy of:

Borislava, Creative Foods,  
Burton Upon Trent

## Recipe name:

Bulgarian Stuffed Cabbage (Sarmi)



## Ingredients:

- 1 (4 pound) whole cabbage head
- 1 bunch green onions, finely chopped
- 1 medium carrot, finely chopped
- ½ cup raw rice
- 2 tablespoons olive oil, divided
- 1 cup broth or water
- 1 ½ pounds ground veal
- ½ pound ground pork
- Salt to taste
- ½ teaspoon fresh ground black pepper
- 1 tablespoon finely chopped parsley
- 1 teaspoon finely chopped mint
- 1 (32 oz) can tomato juice
- 1 cup plain Bulgarian yogurt
- 1 tablespoon paprika (hot or sweet – to taste)

## Instructions:

- Place whole head of cabbage in a large pot filled with boiling salted water, cover and cook 3 minutes or until softened enough to pull off individual leaves.
- Remove cabbage from water, when cool to handle, pull off 24 leaves.
- Using a paring knife, cut away the thick center stem from each leaf, without cutting all the way through.
- Chop the remaining cabbage and place in the bottom of a large, oiled casserole dish or Dutch oven.
- In a medium skillet, sauté chopped onion, carrots, and rice in 1 tablespoon of oil until rice grains are completely coated with oil

- Add 1 cup broth or water and stir until water has been absorbed. Let cool and transfer to a large bowl.
- Add veal, lamb, salt, pepper, parsley, and mint and mix until well combined. Do not over mix or the meat will become tough.
- Place about ½ cup of meat on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side. You will have something that looks like an envelope.
- Once again, roll away from you to create a neat little roll.
- Pre heat oven to 350oF.
- Place the cabbage rolls on top of the chopped cabbage in the casserole dish (or Dutch Oven), seasoning each layer with salt and pepper.
- Pour enough tomato juice over the rolls so it comes up 2/3 up the side of the Dutch oven or casserole dish.
- Bring to a boil, turn off the heat, place a weighted ovenproof dish on the cabbage rolls, cover and place in oven
- Bake for 1 hour or until cabbage is tender and meat is cooked.
- Make a sauce in a small bowl by combining yogurt, paprika and a little olive oil, mixing until smooth. Transfer stuffed cabbage to a serving plate and cover with sauce.

# 11.17

## Courtesy of:

Paul, Food Solutions Scunthorpe

## Recipe name:

BBQ Beer Can Chicken



## Ingredients:

- 1 medium whole chicken
- 1 can of beer or soft drink
- BBQ sauce

## Dry rub recipe:

- 2 tablespoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper

## Instructions:

- Set up your BBQ for indirect cooking with coals only on half. Use the side with coals for direct cooking and the side without coals for indirect cooking.
- Mix the dry rub ingredients together and set aside.
- Open the can of beer (or soft drink) and pour out half the contents.
- Place can on cast iron pan or tray.
- Place chicken cavity side down on top of can.
- Massage dry rub all over the chicken.
- Place pan on Indirect side of the BBQ.
- Close lid and cook for 1 hour 10 minutes.
- Open lid and baste chicken in BBQ sauce.
- Close lid and cook for a further 10 minutes.
- Remove from BBQ and allow to rest for 10 minutes.

## How do you put food safety practices into action?

- Always store raw meat at the bottom of the fridge.
- Wash hands after handling raw meat.
- Ensure poultry is fully cooked with clear juices and no pink meat.
- Always use separate utensils for raw and cooked meat.



# 11.18

## Courtesy of:

Jane, Food Solutions Scunthorpe

## Recipe name:

Carrot Courgette Cake



## Ingredients:

- 250 g butter
- 200 g caster sugar
- 3 eggs
- 250 g flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon mixed spice
- 100 g grated carrot
- 100 g courgetti (zucchini) grated
- 140 icing sugar
- Zest and juice of 1 orange

## Instructions:

- Preheat oven 160°C.
- Beat butter, sugar, eggs, flour, bicarbonate, and mixed spices.
- Add carrots and courgetti.
- Pour into a lined tray (loaf pan).
- Bake for 20 to 25 minutes, or when the cooking skewer comes out clean.
- Cool.
- Make icing sugar, orange juice and zest – pour over top of cake.

## How do you put food safety practices into action?

- Clean as you go.

# 11.19

## Courtesy of:

Jane, Food Solutions Scunthorpe

## Recipe name:

A Little Bit Of Everything From The Salad Drawer



## Ingredients:

- 2 mixed peppers
- 2 red onions
- 8 mushrooms
- 4 courgette (zucchini)
- 6 tomatoes
- Favorite sausage (for 2 people)
- 1 packet of couscous
- Sweet chili sauce
- Any other vegetables that will roast

## Instructions:

- Cut peppers, red onions and mushrooms, courgettes, tomatoes and place in pan for roasting.
- Add a little oil and herbs.
- Roast for 30 minutes at 150°C.
- Cut sausages in half and add to mixture.
- Cook for another 30 to 40 minutes.
- Add couscous and cook 5 to 10 minutes.
- Serve hot and add sweet chili sauce.

## How do you put food safety practices into action?

- Clean as you go.





# 11.20

## Courtesy of:

Maggie, Food Solutions Scunthorpe

## Recipe name:

Gluten Free Chocolate Orange Cheesecake



## Ingredients:

- Base (crust):
- 300 g gluten free digestive cookies (base)
- 150 g unsalted butter
- Cheesecake filling:
- 500 g cream cheese
- 300 g double cream
- 75 g icing sugar
- 300 g Terry Chocolate Orange

## Instructions:

- Melt butter in bowl, crush biscuits.
- Mix biscuits and butter and press in tin. Refrigerate for 1 hour.
- Melt chocolate orange, let cool.
- Mix cream cheese with icing sugar.
- Whip double cream until thick in a separate bowl.
- Mix the double cream, chocolate orange and cream cheese together.
- Pour on top of biscuit base.
- Refrigerate overnight.

## How do you put food safety practices into action?

- Make sure to cook properly.
- Wash your hands.



# 11.21

## Courtesy of:

Ant, Food Solutions Scunthorpe

## Recipe name:

Beef Stew



## Ingredients:

- 1 kg stewing steak cut into cubes
- 1 chopped onion
- 1000 ml stock
- 700 g potatoes cut into chunks
- 25 g plain flour
- 75 ml vegetable oil
- 1 teaspoon of Worcestershire sauce
- Salt and pepper
- 450 g carrots cut into chunks
- 2 leeks cut into chunks
- 1 swede cut into cubes
- 3 parsnips cut into cubes

## Instructions:

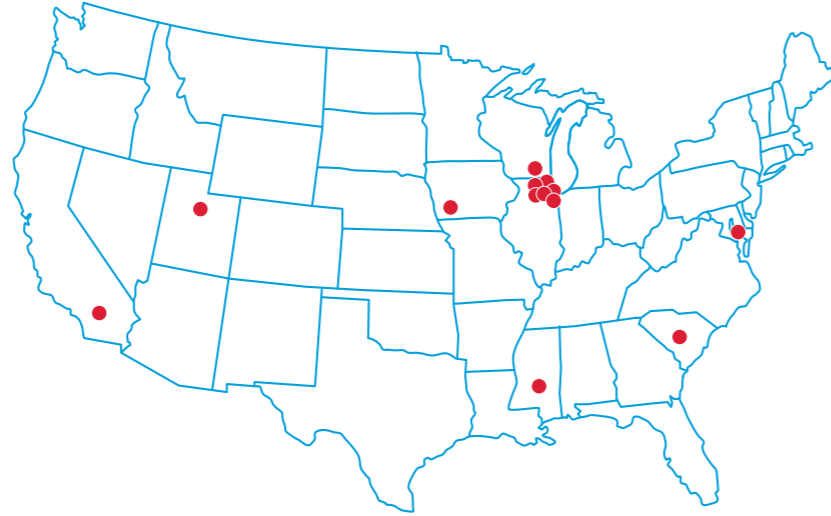
- Coat steak with flour, keeping left over flour.
- Heat the vegetable oil in a large pot.
- Add steak and cook until brown then remove the steak and reduce the heat.
- Add onion and slowly cook until the onion is tender.
- Add remaining flour.
- Slowly stir in stock, add Worcestershire sauce, salt, and pepper.
- Cook, stirring until all the ingredients in the pot are blended together and the mixture gets thicker.
- Put steak back in the pot, reduce the heat and simmer for about 2 ½ hours.

## How do you put food safety practices into action?

- Wash hands.
- Wash vegetables.
- Use different knives for meat and vegetables.
- Cook for the correct amount of time.



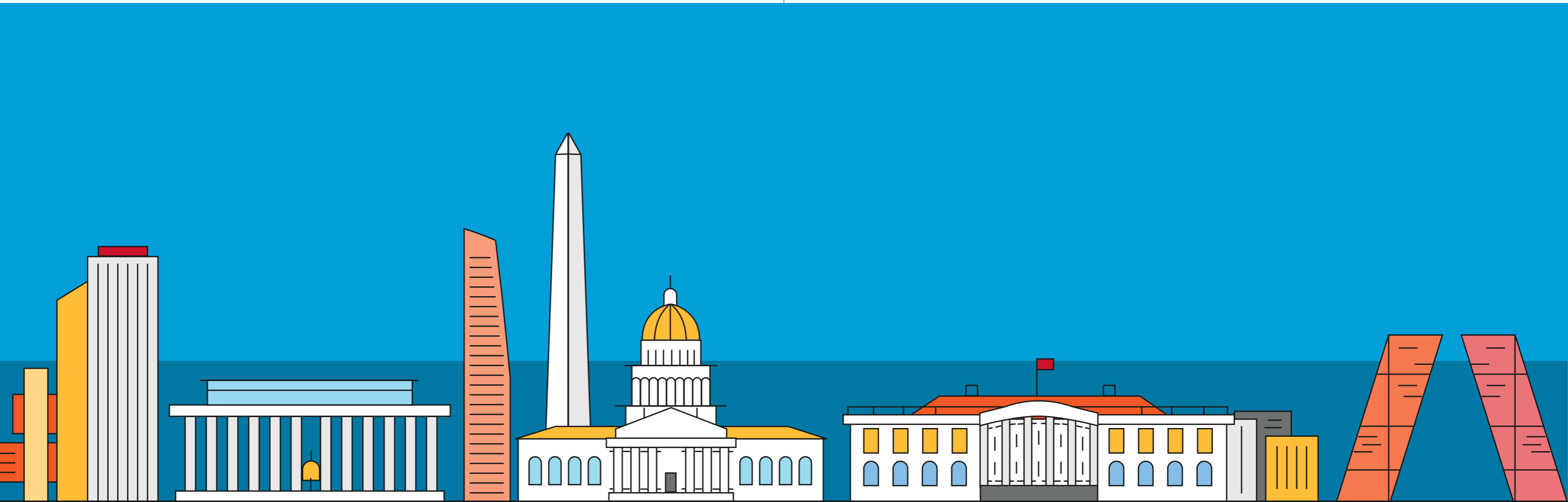
12



# U.S.A.

**Capital city:**  
Washington, DC

The mosaic of nationalities, ethnicities, cultures and languages that define the United States span sea to shining sea and beyond. Optimistic, and friendly, America's cultural influence crosses the globe thanks to the power of Hollywood and the reality of English as the world's de facto lingua franca. The world leader in innovation, the US is home to the spectacular Grand Canyon; unique Yellowstone Park; and New York City, a key cultural and economic capital of the world.





# 12.1

## Courtesy of:

Ema, OSI West Chicago, Illinois

## Recipe name:

Meatball Soup



## Ingredients:

- Ground Beef
- Eggs
- Rice
- Carrots
- Zucchini
- Onions
- Cilantro
- Cumin powder
- Chili peppers

## Instructions:

- First mix the ground beef, egg, rice, and cumin.
- Form mixture into meatballs
- Then grind the chili in a blender.
- Boil water in a pan with the vegetables and then place the meatballs.
- Cover and let simmer.

## How do you put food safety practices into action?

- Separate: don't cross contaminate
- Wash fruits and vegetables before peeling or cutting.
- Check internal temperature for egg/animal protein dishes.
- Wash hands before preparation.
- Clean working surfaces.
- No danger zone: 40°F to 140°F for +2 hours



# 12.2

## Courtesy of:

Claire, OSI Ashland, Chicago

## Recipe name:

Angel Food Cake



## Ingredients:

- 1 1/2 cup all-purpose flour, minus 2 tablespoons
- 2 tablespoons cornstarch
- 1 1/2 cup powdered sugar
- 12 egg whites, at room temperature
- 3/4 teaspoon cream of tartar
- A pinch of sea salt
- 3/4 cup powdered sugar
- 1 teaspoon real vanilla extract
- Berries or your favorite fruit sauce, and whipped
- Cream for serving

## Instructions:

- Preheat your oven to 325 degrees Fahrenheit.
- Measure the flour, cornstarch and 1 1/2 cup powdered sugar very carefully into a large bowl. Whisk together with a wire whisk.
- Sift the flour mixture into another large bowl using a fine sieve or flour sifter. Sift the flour mixture back into the first bowl and then again into the second bowl (so, you're sifting the mixture 3 times). Set aside.
- Add the egg whites to a large mixing bowl, or to the bowl of your stand mixer fitted with the whisk attachment.
- Whip on medium speed until foamy. Add the cream of tartar and salt.
- Continue whipping on high speed until soft peaks form.
- While continuing to whip on medium-high speed, add the 3/4 cup powdered sugar slowly - about 2 tablespoons at a time - until it's fully incorporated.

- Increase the speed to high and whip until hard peaks form, adding the vanilla as it whips.
- Using a wire whisk, fold the flour mixture into the whipped egg whites about 1/4 cup at a time, making sure to fold very gently and slowly, so as not to deflate the egg whites. This is a critical step, so take care and take your time.
- Pour the batter slowly into an un-greased 10-inch Angel Food Cake or tube pan and smooth out the top carefully.
- Bake for 35-40 minutes at 325 degrees Fahrenheit, or until the top of the cake is golden brown and the cake springs back when you touch it gently.
- Invert the cake to cool (turn it upside down) on a glass to promote air flow. Cooling the cake upside down with lots of airflow will ensure that it doesn't fall as it cools and that it maintains its grand height.
- Let the cake cool completely to room temperature (I let it cool for at least an hour) before slicing and serving with fresh berries (or your favorite fruit sauce) and whipped cream.

## How do you put food safety practices into action?

- Follow the baking instructions.



# 12.3

## Courtesy of:

Dennean, OSI Ashland, Chicago

## Recipe name:

Chile Rellenos



## Ingredients:

- 6 poblano chiles
- 8 ounces Oaxacan-style string cheese, mozzarella, or Monterey Jack
- 1 1/2 cups all-purpose flour, plus more for dredging
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cumin
- 1 teaspoon fine salt, plus more for sprinkling
- 1 (12-ounce) bottle or can lager-style beer
- Vegetable oil, for deep-frying
- 2 pounds ripe tomatoes, cored and roughly chopped
- 1/4 medium yellow onion
- 6 cloves garlic
- 5 sprigs fresh coriander (cilantro)
- 1 serrano chile (with seeds)
- 1 tablespoon kosher salt
- 1/2 teaspoon ground cinnamon (preferably Mexican)

## Instructions:

- Position a rack on the upper most shelf of the broiler element and preheat. Put the chiles on a foil-lined broiler pan and broil, turning occasionally with tongs, until the skin is charred, about 10 minutes. Transfer the chiles to a bowl, cover, and cool for 10 minutes.
- Carefully rub the charred skin off the chiles. Using a small knife, make a lengthwise slit along the side of each chile to form a pocket. Carefully cut out and discard the seeds.
- Cut the cheese into 6 (1/4-inch-thick) slabs,

about 3/4 the length of each chile (your chiles probably vary in length, so tailor the cheese to the chiles). Slip the cheese pieces into the pocket of each chile so they're 2/3 full. (If the cheese protrudes from the chiles, just cut a little off.) "Sew" each chile shut with a wooden skewer or long toothpick. (The skewers should be longer than the chiles, so they can be easily pulled out after frying.)

- Whisk the flour, baking powder, cumin, and salt in a large bowl. Stir in the beer to make a smooth batter.
- In a large, wide, heavy-bottomed pot, pour in the oil to a depth of about 3 inches. Heat over medium heat until a deep-fry thermometer inserted in the oil registers 365 degrees F.
- Put the flour for dredging on a plate. Working in 2 batches, dredge the chiles in the flour (the dampness of the chiles creates a light paste with the flour that seals over any tears), dip in the batter, and carefully add to the oil. Fry, turning the chiles once, until golden brown and crispy, about 4 minutes per batch. Using tongs, transfer the chiles rellenos to a dry paper towel-lined baking sheet to drain. Sprinkle with salt, to taste. Gently pull out and discard the skewers.
- Heat the sauce. Spoon some of the sauce on a plate and set 1 chile relleno on top. Repeat with the remaining sauce and chiles.

## How do you put food safety practices into action?

- Make sure that the meat reaches its temperature.



# 12.4

## Courtesy of:

Susana, OSI Ashland, Chicago

## Recipe name:

Chilaquiles



## Ingredients:

- 4 cup vegetable oil, for frying
- 12 corn tortillas, cut into 8 wedges each
- Kosher salt

## For salsa roja:

- 4 Roma tomatoes or 2 large tomatoes (about 1 1/2 pounds), chopped
- 1/2 large yellow onion, chopped
- 1 medium jalapeño, sliced (remove the seeds for a less spicy dish)
- 2 cloves garlic
- 1 1/4 cups low-sodium chicken or vegetable broth, divided
- 2 teaspoons vegetable oil
- Kosher salt

## How do you put food safety practices into action?

- Check all expiration dates before I use any ingredients.

## Instructions:

- **Fry the tortillas.** Heat 1/4 cup oil in a large skillet over medium-high heat until shimmering. Add about a quarter of the tortilla wedges and cook, flipping once, until lightly brown and crisp.
- **Drain the tortilla chips.** Drain the freshly fried tortilla chips on a paper towel-lined baking sheet. Sprinkle lightly with salt. Repeat this process until all tortillas are fried, adding more oil if needed.
- **Make the salsa roja.** Place the tomatoes, onion, jalapeño, and garlic in a blender or food processor fitted with the blade attachment. Pour in 1 cup of the broth. Blend until smooth.
- **Cook the salsa.** Heat 2 teaspoons oil in a large skillet over medium-high heat until shimmering. Add the salsa and cook, stirring occasionally, until slightly thickened, 5 to 10 minutes (the consistency of the salsa will vary depending on the size and juiciness of the tomatoes). Add additional broth to thin out the salsa, if needed. Taste and season with salt as needed.
- **Coat the chips with the salsa.** Add the tortilla chips and stir carefully to coat the chips. Cook until the tortillas are heated through, about 3 minutes. Taste and season with salt as needed.
- **Serve warm.** Serve warm garnished with avocado or guacamole, crema, queso fresco, and/or fried eggs, if desired.



# 12.5

## Courtesy of:

Olga, OSI Ashland, Chicago

## Recipe name:

Jibarito



## Ingredients:

- 2 x 4 oz hanger steaks
- 2 teaspoons adobo
- 3 tablespoon ketchup
- 2 tablespoon mayonnaise
- 1/2 teaspoon garlic powder
- 1 green plantain, peeled
- Vegetable oil
- Lettuce
- Tomato
- Onions

## Instructions:

- Pat steaks dry with a paper towel. Drizzle with olive oil and sprinkle with adobo on both sides of the steaks, cover with plastic wrap and set aside.
- In a small bowl combine ketchup, mayonnaise, and garlic powder. Mix until well combined, taste and add more garlic powder if desired, set aside.
- Pour enough vegetable oil to cover the plantains in a heavy bottom pot or countertop deep fryer. Heat oil to 350 degrees. Cut the peeled plantain in half. Cut the plantain halves lengthwise. Carefully drop the plantain slices in the hot oil.
- Fry the plantains in batches until tender and just golden, 2 to 3 minutes each side. Transfer to a paper towel-lined plate to drain.
- Using a plate or small cutting board, press the plantain slices between parchment paper. Return the pressed plantains to the oil and fry until golden and crisp, about 3 minutes. Transfer to a paper towel-lined plate to drain then season with salt.
- Heat a skillet over medium-high heat. Place the steaks in the skillet, careful not to crowd the pan. Cook the steaks for 3 to 4 minutes each side, or until the internal temperature reaches 135 degrees. Set aside on a plate to rest for 5 minutes.
- Spread sauce on the plantain slices. Top one-two slices with steaks, tomatoes, onions, lettuce, and remaining plantain slices.

## How do you put food safety practices into action?

- Make sure meat reaches temperature.



# 12.6

## Courtesy of:

Carlos, OSI Ashland, Chicago

## Recipe name:

New England Clam Chowder



## Ingredients:

- 4 cup vegetable oil, for frying
- 4 slices of thick cut bacon diced into small pieces
- 3 cups clam juice or chicken stock see note
- 4 6.5 oz cans of chopped clams, liquid reserved (see step 2)
- 1 small onion diced
- 3 stalks celery diced
- 2 cloves of garlic minced
- 1/3 cup all-purpose flour
- 1 1/2 pounds red potatoes about five medium diced into 1/2 inch pieces
- 8 oz heavy cream
- 1/4 tsp dried thyme
- 2 bay leaves
- 2 tbspc well minced parsley
- Salt
- Pepper

## Instructions:

- In a large stew pot, cook the bacon over medium heat until crisp, stirring often.
- While the bacon is cooking, drain the clam juice from the canned clams into a measuring cup. You will need approximately 3 cups more of clam juice or chicken stock to get a total of 4 1/2 cups of liquid.
- Add the diced celery and onions, cooking until they are translucent and very soft.
- Add the minced garlic and cook, stirring, until fragrant, about 30 seconds, being careful that the garlic doesn't burn.
- Stir in the flour, coating all the veggies and the bacon. Continue cooking about a minute until the flour begins to brown.
- EXTREMELY gradually, pour in the clam juice (or clam juice/chicken stock mixture). Pour about two tablespoons at a time (no need to measure, this is just an estimate), whisking it into the flour veggie mixture. There should be no visible liquid between each pour. The veggies should look like a gummy mess. Continue this way until you use all the liquid, pouring more quickly at the end.
- Add the potatoes, thyme, and bay leaves and increase the heat to high and bring to a boil (you are looking for big bubbles at the surface). Then reduce to a simmer (the lowest you can go heat wise and still see bubbles) and continue cooking for 20 minutes or until the potatoes are soft.
- Stir in the cream and chopped clams and let heat through for a minute. Remove from the heat stir in the fresh parsley. Season with salt and pepper to taste.

## How do you put food safety practices into action?

- By following the cooking instructions.



# 12.7



## Courtesy of:

Jorge, OSI Ashland, Chicago

## Recipe name:

### Oreo Cheesecake

## Ingredients:

### For the Oreo crust:

- 35 Oreo cookies
- 5 Tablespoons unsalted butter melted (75g)

### For the cheesecake:

- 15 Oreo cookies
- 32 oz cream cheese softened (use full-fat brick-style cream cheese) (907g)
- 1 cup granulated sugar (200g)
- ¾ cup sour cream (180g)
- 1 teaspoon vanilla extract
- 4 large eggs lightly beaten (room temperature preferred)

## Instructions:

### For the Oreo crust:

- Preheat oven to 325°F (160°C).
- Twist apart the 35 Oreo cookies, use a butter knife to scrape out the filling (discard the filling) and toss cookies into the basin of a food processor.
- Pulse until cookies are ground into fine crumbs.
- Combine cookie crumbs and melted butter in a large bowl and toss together until all crumbs are moistened. Press crumbs evenly into the bottom and up the sides of 9" springform pan (go as high up the pan as you can, this will help prevent cracks!). I like to use a glass to help with this. Set aside while you prepare

cheesecake filling (you do not need to bake the crust on its own).

### For the cheesecake:

- Place 15 Oreo cookies in a large Ziploc bag and use a rolling pin to smack them repeatedly until cookies are broken up into coarse pieces (don't break too small or grind too fine you want substantial cookie pieces in your cheesecake!). Set aside.
- In a large mixing bowl or the bowl of a stand mixer, combine cream cheese and sugar. Use an electric mixer (or stand mixer) to beat on medium-low speed until cream cheese and sugar are completely combined and no lumps remain (scrape sides and bottom of the bowl to ensure no lumps).
- With mixer on low-speed, stir in sour cream and vanilla extract until completely combined and batter is smooth.
- Add eggs one at a time, stirring until just combined after each addition (eggs should be well combined, but don't overbeat or the texture of the cheesecake could be affected). Scrape sides and bottom of bowl to ensure all ingredients are well incorporated.
- Use a spatula to fold in Oreo pieces.
- Pour batter into prepared springform pan and use a spatula to smooth the surface.
- Place cheesecake on a foil lined baking sheet and transfer to the center rack of 325°F (160°C) oven and bake for 50-60 minutes. Center should be set but spring back lightly to the touch and if jostled the center will slightly jiggle like set Jello but should not be liquidy. The very edges of the cheesecake may be turning a very faint brown or very slightly cracking when the cheesecake is finished.
- Remove cheesecake from oven and if any of the cheesecake filling is touching the springform pan and isn't enclosed by the crust, use a sharp knife to gently loosen it (this will prevent cracks as the cheesecake settles). Allow cheesecake to cool for about an hour at room temperature, then transfer to refrigerator to chill for at least 6 hours, preferably overnight.

# 12.8



## Courtesy of:

David, OSI Ashland, Chicago

## Recipe name:

### Tacos Pastor

## Ingredients:

- 5 lbs pork shoulder (boneless)

### For the marinade:

- 1/3 cup chili seasoning
- 2 tbsp achiote paste
- 1 white onion peeled and halved
- 3/4 cup pineapple juice
- 1/4 cup white vinegar
- 5 cloves garlic
- 3 tsp salt
- 1 tsp Mexican oregano
- 1/2 tsp ground cumin
- 1/2 tsp cinnamon
- 1/8 tsp ground clove
- 2 tsp epazote

## Instructions:

### Chile powder:

- Using gloves, remove the stems and scrape out the seeds from the dried chiles. Toast over low heat in a dry skillet for a few minutes.
- Allow chiles to cool, then grind to a powder in a spice/coffee grinder. Alternatively, soak the peppers in hot water for 20 minutes, then blend with the marinade ingredients.

### Marinade:

- To a blender, add the chili powder, achiote paste, onion, pineapple juice, vinegar, garlic,

salt, Mexican oregano, cinnamon, clove and epazote (optional). Blend until pureed.

- Place pork in a sealable food storage bag or container that can be covered with a lid. Pour the chile marinade over the pork.
- Wearing kitchen gloves, use your hands to toss the chile marinade and pork together, then cover container.
- Chill in refrigerator a minimum of 4 hours, or up to 10 hours.
- Allow meat to come to room temp prior to cooking.

### For the Grill:

- Preheat grill to 250°F.
- Shake off excess marinade. Place cut pineapple bottoms into a cast iron skillet or shallow baking pan.
- Insert a wooden or metal skewer or long wooden chopstick through the center of the pineapple.
- Start layering slices of marinated pork, repeating until meat is used, or you have 1 inch of skewer left. Leave 1 inch of skewer on top and cap it with trimmed pineapple top.
- Grill at 250°F for 3 1/2 hours, or until internal temp reaches 145°F-150°F. Start basting with pan juices in last hour.
- Outside should be caramelized and crispy. Use large chef's knife to slice meat in downward motion. Put pan back on grill to crisp up the edges as you continue to slice remaining meat.

### How do you put food safety practices into action?

- By using a thermometer to make sure the temperature of the meat was at a proper level.



# 12.9

## Courtesy of:

Greg, OSI Ashland, Chicago

## Recipe name:

Smoked Brisket



## Ingredients:

- One 8-to-9-pound brisket flat
- ¼ cup kosher salt
- 1½ tablespoons freshly ground black pepper
- 1 tablespoon dark brown sugar
- 2 teaspoons Aleppo pepper flakes
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- Two 9-by-13-inch aluminum pans, for smoking
- 8 cups water, for smoking
- Lump charcoal, for smoking
- Hickory wood, for smoking Spray bottle, for smoking
- ½ cup apple juice
- ½ cup apple cider vinegar
- Butcher's paper, for smoking
- White bread, for serving
- Barbecue sauce, for serving

## Instructions:

- Place the brisket on a large baking sheet and pat dry with paper towels. In a small bowl, mix together the salt, pepper, brown sugar, pepper flakes, garlic powder and cumin. Rub the spice mix all over the brisket and let sit for 1 hour while you prepare the smoker.
- In a barrel smoker, place a 9-by-13-inch aluminum pan underneath the grill grates on the side opposite the firebox. Place another pan on top of the grate closest to the firebox and fill it with the water. Light a chimney starter full of lump charcoal and let burn until bright

red, about 10 to 15 minutes. Fill the firebox with the hot charcoal and top with 3 pieces of hickory wood. Keep the lid open until the wood catches fire. Using tongs, turn the wood and close the lid. Maintain a temperature of 250° in your smoker.

- Place the brisket on the grate directly over the empty aluminum pan. Close the grill lid and smoke until the meat is dark in color, about 6 hours.
- Every hour, add more wood to maintain the fire. In a spray bottle, combine the apple juice and apple cider vinegar, and liberally spray the brisket, working quickly as to not let heat escape. Spray the brisket each time you refresh the wood.
- After 6 hours, remove the brisket from the smoker and wrap tightly in butcher's paper. Return to the smoker and cook until the brisket has reached an internal temperature of 200°Fahrenheit, another 2 to 3 hours. Continue refreshing the wood every hour. Remove the package and transfer to a cutting board. Let the meat rest, still wrapped in the paper, for 1 hour.
- Unwrap the brisket and slice against the grain. Serve atop slices of white bread with barbecue sauce, pickles, coleslaw, and potato salad.

## How do you put food safety practices into action?

- Wiping down the counters, keeping my hands clean, and using a thermometer.

# 12.10

## Courtesy of:

Jazmin, OSI Ashland, Chicago

## Recipe name:

Pepperoni Pizza



## Ingredients:

### For the dough:

- 1 package (1/4 oz.) Active Dry Yeast
- 1 tbsp Sugar
- 1¼ C Water (heated about 110° to 115° F)
- ¼ C Olive Oil
- 1 tsp Salt
- 3¾ C All-Purpose Flour

### For the toppings:

- 2-3 packages sliced Pepperoni
- 1 can (15 oz) Tomato Sauce
- 4 C (16 oz) shredded Mozzarella Cheese

## Instructions:

- In bowl, dissolve yeast and sugar in water and let sit for about 5 minutes.
- Add in olive oil and salt.
- Mix in flour until a soft dough forms.
- Turn onto floured surface and knead until smooth and elastic for about 2 to 3 minutes.
- Place in a greased bowl and turn once to grease the top of dough.
- Cover dough and let rise in a warm place until dough has doubled for about 45 minutes.
- Punch down dough and divide in half.
- Press each pizza dough into a greased 12 in. pizza pan.
- Spread tomato sauce over each crust.
- Top with cheese and pepperonis.
- Bake at 400° F for about 25 minutes or until crust is lightly browned.
- Add as many veggies or meats for toppings as desired.

## How do you put food safety practices into action?

- Making sure my hands are clean.



# 12.11

**Courtesy of:**

Paris, OSI Ashland, Chicago

**Recipe name:**

Ground Beef Tacos

**Ingredients:****For the seasoning:**

- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 teaspoon Kosher salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne powder
- 1 cup water

**For the tacos:**

- 1 pound ground beef, (80/20)
- 6 taco shells
- 1 cup lettuce, shredded
- 1 cup sour cream
- 1 cup cheddar cheese, finely shredded
- 1 tomato, diced
- 1/2 cup black olives, sliced

**Instructions:**

- Add the Taco Seasoning ingredients to the water and stir well.
- Add ground beef to a large skillet on medium-high heat and break it apart as it cooks, 6-8 minutes until no longer pink.
- Pour the taco seasoning water mixture into the pan and stir well.
- Let cook until almost all the water has evaporated.
- To Serve: Add taco meat to taco shells, then top with lettuce, sour cream, cheddar cheese, tomatoes, and olives.

**How do you put food safety practices into action?**

- By keeping a clean kitchen

# 12.12

**Courtesy of:**

Yesenia, OSI Ashland, Chicago

**Recipe name:**

Flank Steak Tacos

**Ingredients:**

- 1 pound flank steak trimmed of excess fat
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic minced (about 2 teaspoons)
- 1/4 cup freshly squeezed orange juice
- 2 tablespoons freshly squeezed lime juice
- 1/2 tablespoon ground cumin
- 1/2 teaspoon kosher salt plus additional for grilling the steak
- 1/4 teaspoon black pepper plus additional for grilling the steak
- Canola oil for coating the grill

**Instructions:**

- Place the flank steak in a baking dish. In a medium mixing bowl or large measuring cup, stir together the olive oil, garlic, orange juice, lime juice, cumin, salt, and pepper. Pour over the steak. Cover tightly with plastic and refrigerate for at least 1 hour or up to 8 hours (do not marinate for more than 8 hours or the steak will break down and soften too much).
- When ready to grill, remove the steak from the refrigerator and let stand at room temperature while you prepare any toppings and preheat the grill.
- Preheat an outdoor grill or indoor grill pan over medium-high heat (alternatively, you can cook the steak under your broiler—place your oven rack in the upper third, usually the second closest rack to the top). Brush the grill grates with oil. Remove the steak from the marinade, shaking off any excess. Grill (or broil) the steak for about 3-4 minutes per side, flipping once, until medium-rare (The steak should read 135 degrees Fahrenheit on an instant-read thermometer.)
- Remove the steak to a cutting board and cover with foil. Let rest for 5 minutes (this allows the juices to sink into the meat), then cut the steak into thin, 1/4-inch slices, slicing it across the grain.
- Next, warm the tortillas. Place them in a dry skillet heated over medium-high or heat them on the grill for about 30 seconds per side, until warmed through.
- To serve, fill the tortillas with a few slices of beef. Sprinkle with cheese and any desired toppings.

**How do you put food safety practices into action?**

- Using a thermometer.





# 12.13

## Courtesy of:

Adam, OSI Ashland, Chicago

## Recipe name:

Chicken Burrito



## Ingredients:

- 1 package (7.6 oz) Old El Paso Spanish Rice
- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken breasts, cut into 1/2-inch pieces
- 1 packet (1 oz) Old El Paso Original Taco Seasoning Mix
- 2/3 cup water
- 1 can (15 oz) black beans, drained, rinsed
- 1 medium red bell pepper, chopped (1 cup)
- 1/3 cup sliced green onions (about 5 medium)
- 1/2 cup chopped fresh cilantro
- 1 package (11 oz) Flour Tortillas for Burritos (8 Count), heated as directed on package
- 1 1/2 cups shredded Cheddar cheese, taco-seasoned cheese blend or Mexican cheese blend (6 oz)

## Instructions:

- In 3-quart saucepan, make rice as directed on package, omitting butter.
- In 10-inch skillet, heat oil over medium-high heat 1 to 2 minutes.
- Add chicken; cook 3 to 4 minutes, stirring occasionally, until no longer pink in center. Stir in taco seasoning mix and water.
- Cook 3 to 4 minutes, stirring occasionally, until most of liquid is absorbed.
- Stir chicken mixture, beans, bell pepper, onions, and cilantro into hot rice mixture. If necessary, cook until hot, stirring occasionally.
- Spoon slightly less than 1 cup chicken mixture down center of each warm tortilla.
- Top with cheese.
- Fold bottom of each tortilla 1 inch over filling. Fold in sides, overlapping to enclose filling. Fold top over sides. Serve with guacamole, salsa, and sour cream.

## How do you put food safety practices into action?

- Washing my hands and keeping my kitchen clean.



# 12.14

## Courtesy of:

Miguel, OSI Ashland, Chicago

## Recipe name:

Mango Habanero Wings



## Ingredients:

### For the sauce:

- 1 1/2 cups diced peeled ripe mango
- 3-6 habanero peppers, to taste
- 1/3 cup rice vinegar
- 1/4 cup light brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon canola or vegetable oil
- 2 teaspoons finely chopped fresh ginger
- 2 teaspoons finely chopped fresh garlic (about 2 medium cloves)
- Kosher salt, to taste

### For the wings:

- 1 tablespoon baking powder
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground white pepper
- 1 teaspoon paprika
- 1/2 teaspoon chipotle powder
- 3 pounds chicken wings, cut into drumettes and flats
- 2 tablespoons finely chopped fresh cilantro, for garnish

## Instructions:

### To make the sauce:

- Place mango, 3 habanero peppers, vinegar, brown sugar, and soy sauce in the jar of a blender and puree until smooth. Taste sauce and add in more habanero peppers to taste to reach desired spiciness, pureeing after each pepper addition until sauce is smooth.

- Place oil, ginger, and garlic in a medium saucepan set over medium heat and cook until garlic and ginger but not browned, 2 to 3 minutes. Pour in mango and habanero puree, stir to combine, and bring to a boil. Reduce heat to medium-low and let sauce simmer until slightly thickened, about 15 minutes. Remove sauce from heat and allow to cool. Transfer sauce to an airtight container and store in refrigerator until ready to use.

### To make the wings:

- In a small bowl, mix together baking powder, salt, white pepper, paprika, and chipotle powder. Place wings in a large bowl, pat dry with paper towels, and sprinkle in seasoning mixture. Toss until wings are evenly coated in the seasoning. Arrange wings in a single layer on a wire rack set inside a baking sheet lined with aluminum foil, leaving a little space between each wing. Place baking sheet with wings in the refrigerator for 8 hours to overnight.
- Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Place the wings skin side up over the cool side of the grill, cover, and cook until skins are crisp and browned, about 45 minutes.
- Transfer wings to a large bowl. Add in sauce and toss to thoroughly coat wings. Transfer wings to a platter, garnish with cilantro.

## How do you put food safety practices into action?

- Making sure to follow proper storing conditions.



# 12.15

## Courtesy of:

Jerry, OSI Ashland, Chicago

## Recipe name:

Marinated Greek Lamb Souvlaki



## Ingredients:

- One 8-to-9-pound brisket flat
- 1kg lamb leg or shoulder, cut into chunks (35 oz.)
- 80ml olive oil (approx. 5–6 tbsps)
- 2 cloves of garlic, crushed
- Juice of 1 lemon
- 2 red onions, roughly chopped
- 1 tsp dried Greek oregano
- 1 tsp dried thyme or some fresh thyme, chopped
- 1/2 tsp smoked sweet paprika (optional)
- 1/2 tsp cumin (optional)
- Salt and freshly ground pepper
- 10 metal or wooden skewers

### For the tzatziki sauce:

- 1 cucumber
- 2 cloves of garlic, minced
- 1/4 of a cup extra virgin olive oil
- 500g of strained yogurt (18 ounces)
- 1–2 tbsps of red wine vinegar
- a pinch of salt

## Instructions:

- Prepare the marinade for the lamb kebab. In a large bowl add the olive oil, garlic, lemon juice, the herbs and spices and season with freshly ground pepper. Whisk all the ingredients to combine. Add the meat and the chopped onions and blend to coat. Cover the bowl with plastic wrap, chill and let marinade for at least 4 hours. It's best to leave the meat for the lamb souvlaki marinade overnight.

- Prepare the tzatziki sauce. Pour in a blender the olive oil and grated garlic and blend until combined. Remove the skin and the seeds of the cucumber and grate it into a large bowl. Season with salt and pepper and leave aside for 10 minutes. Wrap the grated cucumber in a towel and squeeze, in order to get rid of the excess water. In a bowl, add the cucumber, the blended garlic and oil, the yogurt, 1-2 tbsps of red wine vinegar, a pinch of salt and blend, until the ingredients are combined. Store the tzatziki sauce in the fridge and always serve cold.
- To assemble the lamb kebab you can either use wooden or metal skewers. For this lamb souvlaki recipe, you will need about 10 skewers, depending on the size of each souvlaki. If using wooden skewers, cut them to fit your griddle pan and soak them in water. (This will prevent them from burning.) Lift the chunks of lamb out of the marinade and thread the pieces, comfortably, on the skewers.
- Heat a grill, barbecue or griddle pan and cook the lamb kebab for about 10-15 minutes, until cooked.
- Preheat the oven to 250°C. Use a cooking brush to lightly oil the pita breads on both sides and season with salt and oregano. Place a large oven tray at the bottom of the oven and place the pita breads on top of the tray. Bake for 2-3 minutes.

## How do you put food safety practices into action?

- Following the recipe. Washing vegetables thoroughly.



# 12.16

## Courtesy of:

Frida, OSI West Jordan, Utah

## Recipe name:

Bacon Wrapped Salmon Skewers



## Ingredients:

- 2 lb. boneless salmon fillets such as Sockeye or Kokanee Salmon
- 8-12 strips of bacon
- 8- 12 skewers
- Potlach seasoning or salt and pepper or your favorite seafood seasoning
- Real maple syrup (if desired)

## Instructions:

- Remove skin from salmon fillets and cut lengthwise into 1" strips.
- Insert skewers into salmon, running lengthwise.
- Season both sides of fish.
- Wrap with bacon, spiraling around salmon strip, as shown in picture.
- Tuck ends to secure bacon, or secure with toothpick.
- Grill on indirect, medium-high heat for 5-6 minutes on each side or until internal temperature reaches 145 degrees Fahrenheit.
- Brush with real maple syrup and grill for additional 1-2 minutes.

## How do you put food safety practices into action?

- Making sure my hands and surfaces are clean.
- Making sure meat reaches temperature.



# 12.17

## Courtesy of:

Diana, OSI Ashland, Chicago

## Recipe name:

Banana Nut Bread



## Ingredients:

- 2-3 very ripe bananas
- 1/3 cup melted butter
- 1/2 tsp baking soda
- 1 pinch of salt
- 3/4 cup sugar
- 1 large egg (beaten)
- 1 tsp vanilla
- 1½ cups all-purpose flour
- 1 cup chopped nuts

## Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- Butter a 4x8 loaf pan.
- Mash bananas in a bowl.
- Stir in melted butter.
- Mix in baking soda and salt.
- Stir in sugar, beaten egg and vanilla.
- Mix in the flour and stir in the nuts.
- Pour the batter into the prepared pan and bake for 50 minutes - 1 hour.
- Insert a toothpick in the middle to check if the bread is cooked - if it comes out clean it's done, if it leaves streaks of wet batter, it is not ready.
- Cool in the pan for a few minutes before you remove the bread.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- Say no to raw doughs or batter tasting.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.18

## Courtesy of:

Dan, OSI Oakland, Iowa

## Recipe name:

RMD's Pulled Pork



## Ingredients:

- Boston butt (pork shoulder)
- Favorite pork rub
- Hickory and Peach wood chips
- Brown sugar
- Honey

## Instructions:

- Rinse Boston Butt and pat dry.
- Use favorite pork rub and cover entire roast.
- Cook low on grill or smoker at temp not to exceed 250°F for 5 hours, adding two tablespoons of wood chips each hour.
- At end of 5 hours, remove Butt from Smoker and sprinkle brown sugar and drizzle honey.
- Wrap tight in foil and continue to cook at 250°F for 3 hours.
- Roast should be tender and made into pulled pork. Let rest for 30 minutes and pull the pork apart per your specification.
- Pulled pork can be served on sandwiches.

## How do you put food safety practices into action?

- Pulled pork must be served immediately after pulling apart or chilled ASAP to ensure pathogen growth does not occur.



# 12.19

## Courtesy of:

Daniel, OSI West Chicago, Illinois

## Recipe name:

Beef Stew



## Ingredients:

- Chuck roast
- Salt
- Pepper
- Yellow onion
- Yukon potatoes
- Carrots
- Parsley

## Instructions:

- Season the chuck roast with salt and pepper.
- Pour 1 cup of water in a slow cooker.
- Cut the onion in half and place in the slow cooker.
- Place the seasoned check roast in the slow cooker and set to high.
- After the meat is browned (about 1 hour) add the cut up carrot and potato halves in the slow to the slow cooker.
- Cook for about 4 hours or until the vegetables are soft.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.20

## Courtesy of:

Ken, OSI West Chicago, Illinois

## Recipe name:

Beer Can Chicken



## Ingredients:

- Whole chicken
- Vegetable oil
- Beer
- Salt
- Pepper
- Garlic powder
- Onion powder

## Instructions:

- Preheat your coals and set for indirect cooking.
- Drink half of the beer and place the seasoning in the can.
- Stand the chicken upright on the grill using the can to balance it.
- Place the chicken in the center of the grill and cook it for 1.5 - 2 hours, or until the temperature reaches 166°F.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.



# 12.21

## Courtesy of:

Jared, OSI West Chicago, Illinois

## Recipe name:

Bacon and Egg Breakfast Bagel



## Ingredients:

- Bacon
- 2 eggs
- American cheese
- Bagel

## Instructions:

- Crack two eggs into a bowl and whisk them up.
- Toast your bagel.
- Put the bowl in the microwave for 1 minute and 30 seconds.
- Add your cheese to the bowl and cook for 30 more seconds.
- Fry the bacon in a pan until crispy.
- Assemble and enjoy!

## How do you put food safety practices into action?

- Wash hands before preparation.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.22

## Courtesy of:

Adam, OSI West Chicago, Illinois

## Recipe name:

Pan Roasted Brussels Sprouts with Bacon



## Ingredients:

- 4 strips thick cut bacon
- 2 tablespoons butter
- 1 pound brussels sprouts
- 1/2 large onion (chopped)
- Salt
- Freshly ground black pepper

## Instructions:

- Cook bacon in large frying pan until crispy.
- Remove bacon and roughly chop.
- Melt the butter in the same pan with the bacon fat.
- Add the onions and brussels sprouts to the pan.
- Cook on high heat until golden brown (10 - 12 minutes).
- Season with salt and pepper.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.



# 12.23

## Courtesy of:

Bryon, OSI West Jordan, Utah

## Recipe name:

Sausage, Egg, and Cheese Biscuit Casserole



## Ingredients:

- 1 16oz can jumbo buttermilk biscuits
- 1lb hot sausage cooked and crumbled
- 2 cups Colby & Monterey jack cheese shredded
- 6 large Eggs
- ½ cup milk
- Salt & pepper to taste
- 1-2.75oz packet of country sausage gravy mix
- 2 cups water

## Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- Spray a 9x13 inch baking dish with cooking spray.
- Cut each biscuit into eighths.
- Line bottom of pan with the biscuits.
- Sprinkle cooked sausage evenly over biscuits.
- Then sprinkle shredded cheese over sausage.
- In a medium bowl, whisk together the eggs and milk (for two minutes) and season with a pinch of salt and pepper.
- Pour egg mixture over the cheese layer.
- In a medium bowl, combine packet of gravy mix with 2 cups of water.
- Whisk until combined.
- Pour gravy over egg mixture layer.
- Cover with foil and bake for about 45-55 minutes .
- Slice and serve!

## How do you put food safety practices into action?

- Make sure to wash hands before starting and after handling raw meat and eggs.
- Cooked the sausage to an eternal temp of 158-160 degrees Fahrenheit.



# 12.24

## Courtesy of:

Darren, OSI West Chicago, Illinois

## Recipe name:

Buffalo Chicken Dip



## Ingredients:

- 2 x 10 oz chunk chicken cans
- 2 x 8 oz cream cheese
- 1 cup ranch dressing
- ¾ cup Frank's Red Hot Sauce
- 1.5 cups cheddar cheese
- 2 bags tortilla chips

## Instructions:

- Heat all the ingredients in a skillet (except the tortilla chips).
- Transfer to a shallow baking dish.
- Sprinkle extra cheese on top.
- Bake at 350° Fahrenheit for 20 minutes.
- Serve with tortilla chips and enjoy!

## How do you put food safety practices into action?

- Wash hands before preparation.
- Clean working surfaces.
- Allergen awareness.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.25

## Courtesy of:

Kaitlin, OSI West Chicago, Illinois

## Recipe name:

Buffalo Chicken Dip



## Ingredients:

- 1 cup shredded cheese
- 2 cups cooked chicken
- 1/2 cup buffalo sauce
- 1/2 cup ranch
- 8 oz cream cheese

## Instructions:

- Combine all ingredients in a bowl and mix thoroughly.
- Place ingredients in a baking pan or crock pot.
- Bake in the oven at 350° Fahrenheit for 1 hour.
- In a crock pot, cook on medium-high for one hour.
- Make sure to mix regularly.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Clean working surfaces.
- Allergen awareness.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.26

## Courtesy of:

Meagan, OSI Fort Atkinson, Wisconsin

## Recipe name:

Chicken Enchiladas



## Ingredients:

- 3 boneless/skinless chicken breasts
- 1-2 onions
- 1 1/2-2 cups of sour cream
- 1 large can of cream of chicken soup
- 3 serrano peppers
- 1 package of corn tortillas
- 1 can of Rotel Original diced tomatoes and green chilies
- 1 package of shredded mozzarella cheese

## Instructions:

- Season chicken breasts with your choice of seasonings.
- Cut the onion in large pieces and place in a large pot with the chicken breasts, cover with water.
- Boil the chicken until fully cooked (approximately 30-40 minutes depending on the size of the breasts).
- Remove chicken from the pot and shred it in a bowl.
- Drain the can of diced tomatoes and add it to the shredded chicken. Set aside.
- In a blender: blend the sour cream, cream of chicken soup and the serrano peppers until smooth.
- Place the sauce in a pan and heat on the stove for 15-20 minutes on medium heat.
- Remove the tortillas from the package and heat each one over medium high heat in a frying pan with a little oil, until soft. (Skipping this step will result in the tortillas tearing when you try to roll them).
- Place shredded chicken mixture in a tortilla, roll and place in a 9x13 baking pan.
- After each tortilla is rolled and placed in the pan, pour the sour cream/soup mixture over the top.
- Sprinkle the mozzarella cheese on top
- Bake uncovered at 350° Fahrenheit for approximately 30 minutes or until cheese is melted. Remove from the oven and let rest 10 to 15 minutes.
- You can adjust the number of serrano peppers. Using 3 makes the sauce spicy. If you want less heat, only use 1-2 peppers.



# 12.27

## Courtesy of:

Wendy, OSI West Chicago, Illinois

## Recipe name:

Chicken with Mac and Cheese



## Ingredients:

- 32 oz water
- Chicken breasts
- Salt
- Pepper
- 1/2 tsp avocado oil
- American cheese
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp lemon
- 3 cups milk
- 8 oz elbow macaroni
- 1/4 butter

## Instructions:

- Wash the chicken breasts with hot water.
- Use a cutting board to cut the chicken into slices.
- Add all the seasonings (listed in the ingredients) to the chicken.
- Heat a heavy-duty grill pan to high heat for 2 -3 minutes.
- Lower the heat and add the avocado oil.
- Add chicken breasts to pan and cook for 5 - 6 minutes.
- Flip the chicken breasts until it turns dark brown on both sides.

## For the mac and cheese:

- Add water, salt, and butter to a pot.
- Once it's boiling, add the elbow macaroni and stir a bit until cooked.
- Save one cup of pasta water from the pot and remove the rest.
- Using a pan, add the pasta water, milk, salt, pepper, and macaroni.
- Add the American cheese and stir.
- Yummy!

## How do you put food safety practices into action?

- Wash hands before preparation.
- Separate: don't cross contaminate.
- Say no to raw doughs or batter tasting.



# 12.28

## Courtesy of:

Dan, OSI Oakland, Iowa

## Recipe name:

Denise's Seafood Vegetable Spread



## Ingredients:

- 2 (8 oz.) pkg. Cream cheese, softened
- 1 (8 oz.) container sour cream
- 1 (1.7 oz.) pkg. Mrs. Grass homestyle vegetable recipe soup and dip mix
- 3/4 cup Bennetts' cocktail sauce, chilled
- 1 (6 oz) can Orleans or Harris fancy white crab meat; rinsed, drained, and chilled
- 1 (4 1/2 oz) can Orleans shrimp, rinsed and soaked.

## Instructions:

- In large mixer bowl beat cheese until fluffy, beat in sour cream and dip mix.
- On serving plate, spread cheese mixture into circle.
- Chill at least 1 hour.
- Just before serving, top with cocktail sauce, then crab meat and or shrimp.
- Garnish as desired.
- Serve with assorted crackers.

## How do you put food safety practices into action?

- Please advise guest that this tasty appetizer contains shellfish / milk allergen.





# 12.29

## Courtesy of:

Jennifer, OSI Corporate, Aurora

## Recipe name:

Big Salad with Grilled Salmon



## Ingredients:

- 24 oz assorted mixed greens (lettuce, mesclun mix, spinach, baby kale, arugula, Swiss chard)
- 1 cup each Garden vegetables (tomatoes, peppers, beans, peas, broccoli, radishes, carrots, green onions)
- Salmon (or other protein source)
- Balsamic vinegar to taste
- Olive oil to taste

## Instructions:

- Combine mixed greens and vegetables in large bowl.
- Place salmon skin-side down on hot grill.
- Grill until skin is crispy and fish is cooked halfway through.
- Flip and cook until you have nice grill marks.
- Enjoy!

## How do you put food safety practices into action?

- All items are organically grown in my garden.



# 12.30

## Courtesy of:

Delishdlites.com

## Recipe name:

Enterprise Arroz con Gandules  
(Puerto Rican Rice with Pigeon Peas)



## Ingredients:

- 1 tablespoon olive oil
- 1/3 cup country ham or bacon, diced (optional)
- 1/3 cup sofrito
- 3 cups water or low sodium chicken broth
- 1 1/2 tsp sazón con achiote y culantro
- 1 cube chicken bouillon or more if needed
- 2 tbsp tomato paste or 1/3 cup tomato sauce
- 1 teaspoon dried Italian seasoning or oregano either one works • 1/4 cup fresh cilantro, chopped (optional)
- 2-3 bay leaves
- 2 tablespoons pimento stuffed olives optional
- 15 ounce can Pigeon Peas (Gandules), drained and rinsed or 2 cups of fresh or frozen
- 2 cups parboiled rice

## Instructions:

- Heat your caldero or Dutch oven to medium heat, and add your olive oil, bacon/ham (if using) and sofrito. Stir constantly until fragrant and tender, but not browned, about 4 minutes.
- Next add in the Sazón, tomato sauce or paste and chicken bouillon. Stir to combine.
- Add in the drained pigeon peas, Italian seasoning or oregano, bay leaves, and water/broth. Add the cilantro and/or olives, if using. Allow the liquid to come up to a boil.
- Once the mixture is boiling, add the rice. Stir the rice to get it submerged and distribute the pigeon peas throughout.
- Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again. Lower the flame to low and allow it to steam for 20-25 minutes.
- It's done when all the liquid is absorbed and the grains are fluffy and fully cooked.

This recipe freezes very well, so make a big batch and portion it into storage bags for a quick weeknight side dish. To reheat, transfer into a microwave safe bowl and cover with plastic wrap. Microwave for a few minutes, stirring occasionally until the rice is hot & fluffy.



# 12.31

## Courtesy of:

Matalyn, OSI Oakland, Iowa

## Recipe name:

Goulash



## Ingredients:

- 1 lb ground beef
- 1 onion diced
- Italian seasoning
- Garlic salt
- 1 box favorite pasta
- 1 quart tomatoes, crushed or whole
- 1 can tomato paste

## Instructions:

- Brown ground beef and cook onions until translucent. Season with Italian seasoning and garlic salt to taste.
- Drain meat and onion mixture.
- Combine meat mixture with pasta, tomatoes, and tomato paste and simmer until pasta is fully cooked.
- Water can be added if too much liquid cooks off.
- Top with Parmesan cheese and serve with green beans for a complete meal.

## How do you put food safety practices into action?

- Cook ground beef to 160°F and refrigerate leftovers immediately to reduce risk of pathogenic growth.

# 12.32

## Courtesy of:

Nicole, OSI Corporate, Aurora

## Recipe name:

Grandma Rosa's Cucumber Salad



## Ingredients:

- 4 large cucumbers
- 1/2 cup granulated sugar
- 1/3 cup white vinegar
- 1 teaspoon salt
- 1/4 teaspoon ground, black pepper
- 1 heaping teaspoon dried dill

## Instructions:

- Mix sugar, white vinegar, salt, pepper & dried dill in a large serving bowl until the sugar dissolves. Set aside.
- Peel cucumbers with a potato peeler.
- Using a dinner fork, scrape the fork tines down all sides of the cucumber lengthwise. Grandma Rosa warned NOT to skip this step as it, "increases the surface area to allow more flavor from the dressing to get in & it makes it the cucumber slices look prettier too."
- Slice the cucumbers in thin circles through the length of the cucumber.
- Place them in the bowl with the dressing.
- Mix to coat evenly.
- Chill for at least an hour before serving.
- Enjoy!

## How do you put food safety practices into action?

- For food safety, wash cucumbers thoroughly under running water before use, even if you plan on removing the skin.



# 12.33

## Cortesía de:

Maria, OSI West Chicago, Illinois

## Nombre de la receta:

Hallacas



## Ingredients:

- Tomatoes
- Onions
- Peppers
- Chicken
- Beef shank
- Pork
- PAN Flour
- Raisins
- Banana leaves
- Salt
- Wine
- Olives
- Ham
- Annatto/anchione seeds

## Instructions:

- Cut and wash the vegetables very well.
- Cook the meat, chicken, and pork until softened, prepare the pre-cooked corn meal, mixing slowly until you have no lumps, sauté the spices and put the meat.
- On top of the banana leaves spread the dough, put the meats and on top garnish with olives, raisins, ham, and finally the stew.
- Bring to a boil and serve.

## How you put food safety practices into action:

- Separate: don't cross contaminate.
- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- Say no to raw doughs or batter tasting.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.34

## Courtesy of:

Lisa, OSI Oakland, Iowa

## Recipe name:

Heaven on Earth Cake



## Ingredients:

- 1 cup Sour Cream
- Sliced Almonds for garnish
- 1.5 cups Milk
- 1 Prepared Angel Food Cake
- 1 Can Cherry Pie Filling
- 1 Package 4-Serving instant pudding
- 8 Ounces Cool Whip

## Instructions:

- Cut the angel food cake into 1-inch cubes.
- Layer half the cake pieces in a 9x9 cake pan.
- Spread 2/3 of the cherry pie filling evenly over the cake.
- Layer the other half of the cake over the cherry pie filling.
- In a medium bowl stir together the pudding mix, milk, and the sour cream until smooth. This is about 2 minutes.
- Spread evenly over the top of the cake.
- Spread the cool whip evenly over the top of the pudding layer.
- The last layer would be to add the rest of the pie filling over the top.
- Let it chill for 4 to 5 hours.
- Sprinkle slivered almonds on top of the cake before you serve it.

## How do you put food safety practices into action?

- Keep counter tops clean and refrigerate this item.
- Let those eating the dessert know that it does contain milk.



# 12.35

## Courtesy of:

Hollie, OSI West Chicago, Illinois

## Recipe name:

Mushroom and Leek Risotto



## Ingredients:

- 4 cups vegetable broth
- 2 tbsp olive oil
- Salt
- Pepper
- 8 oz mushrooms
- 3/4 cup sliced leeks
- 1 cup Arborio rice
- 1/4 cup dry white wine
- 1 tbsp butter (vegan)
- 1/4 cup Parmesan cheese (vegan)
- Chopped parsley

## Instructions:

- Heat the vegetable broth in a pan.
- Sauté the mushrooms in a pan with oil and spices, then set aside.
- Sauté the leeks with oil and spices.
- Add uncooked Arborio rice and white wine until absorbed.
- Add the broth half a cup at a time, continuously stirring.
- Let the risotto simmer before adding more broth.
- Cook until al dente.
- Remove from the heat and add the vegan butter, vegan Parmesan cheese and mushrooms.
- Serve with chopped parsley.

## How do you put food safety practices into action?

- Separate: don't cross contaminate.
- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.



# 12.36

## Courtesy of:

Kathy, OSI Corporate, Aurora

## Recipe name:

Moussaka



## Ingredients:

- 3 eggplants, peeled and cut lengthwise into 1/2-inch-thick slices
- Salt to taste
- 1/4 cup olive oil
- 1 tablespoon butter
- 1 pound lean ground beef
- 2 onions, chopped
- 1 clove garlic, minced
- Ground black pepper to taste
- 2 tablespoons dried parsley
- 1/2 teaspoon fines herbs
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg, divided
- 1 (8 ounce) can tomato sauce
- 1/2 cup red wine
- 1 egg, beaten
- 4 cups milk
- 1/2 cup butter
- 6 tablespoons all-purpose flour
- Ground white pepper, to taste
- 1 1/2 cups freshly grated Parmesan cheese

## Instructions:

- Lay eggplant slices on paper towels, sprinkle lightly with salt. Let sit for 30 minutes to draw out moisture, then pat dry with paper towels.
- Warm olive oil in a skillet over high heat. Fry eggplant until browned, 2 to 3 minutes per side. Drain on paper towels; set aside.
- Melt 1 tablespoon butter in a large skillet over medium heat. Stir in ground beef, onions, and garlic, season with salt and black pepper. Cook and stir until beef is browned, 8 to 10 minutes. Add parsley, fines herbs, cinnamon, and 1/4 teaspoon nutmeg. Pour in tomato sauce and wine; mix well. Simmer for 20 minutes. Allow to cool, then stir in beaten egg.
- Scald milk in a saucepan over medium heat.
- At the same time, melt 1/2 cup butter in a large skillet over medium heat. Whisk flour into butter until smooth. Lower heat and gradually pour in scalded milk, whisking constantly until it thickens. Season béchamel sauce with salt and white pepper.
- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Arrange a single layer of eggplant in the prepared baking dish. Cover eggplant with meat sauce, then sprinkle 1/2 cup Parmesan cheese on top. Cover with remaining eggplant and sprinkle another 1/2 cup cheese on top. Pour béchamel sauce on top and sprinkle with remaining 1/4 teaspoon nutmeg. Cover with remaining cheese.
- Bake in the preheated oven until bubbly and browned, about 1 hour.



# 12.37

## Courtesy of:

Chandra, OSI Fort Atkinson, Wisconsin

## Recipe name:

Sancocho Dominicano



## Ingredients:

- 1 Lb. of beef chuck, cubed
- 1 Lb. of Pork belly, cubed
- 1 Lb. Chicken
- 1 Lb. Smoked pork chops or pork neck bones
- 1/2 lbs. Yucca (cassava) peeled, washed, and diced
- 1/2 lbs. yautia (tarot root) peeled, washed, and diced
- 1/2 lbs. Potatoes, peeled, washed, and diced
- 3 green plantains, peeled and cut into round pieces
- 1/2 cup of butternut squash, cubed
- 3 whole corns, cut into 3 or 4 pieces
- 2 large carrots, peeled, washed, and diced
- 2 stalks of celery, diced
- 1 large onion, diced
- 4 garlic cloves, mashed
- 1 green pepper, diced
- 3/4 teaspoon dry oregano
- 1/2 cup cilantro leaves
- 3 tablespoons of Beef or Chicken Bouillon
- 3 tablespoons of canola oil
- Salt to taste

## Instructions:

- In a large bowl season, all the meats with the dry oregano, lime juice, and salt.
- Let it marinate in the fridge for at least 30 minutes.
- Over medium-low heat, cook the meat in a large-deep pot until tender.
- Remove the meat from the pot and set aside.
- In the same pot, heat the 3 tablespoons of canola oil; add the onions, green peppers, celery, garlic, and chicken or beef bouillon. Let it cook for about 2 minutes.
- Add the peeled vegetables (except for the cilantro) and cooked meat, stir and cover with water (about 3/4 of the pot).
- Bring to a boil.
- Add the cilantro, lower the heat, and let the sancocho simmer until all vegetables are tender.
- Taste for salt and add more if necessary.

## How do you put food safety practices into action?

- Wash the vegetables in warm water to remove bacteria off the exterior of the ingredient before placing into the soup.



# 12.38

## Courtesy of:

Rosanna, OSI Fort Atkinson, Wisconsin

## Recipe name:

Spanish Seafood Paella



## Ingredients:

- 3 cloves garlic
- 1/2 onion
- 1/2 red bell pepper
- 1 tube of squid cleaned
- 12 raw jumbo shrimp peeled & deveined
- 8 fresh mussels cleaned
- 1/3 cup extra virgin olive oil 80 ml
- 1/2 cup tomato sauce 112 grams
- 1/2 tsp sweet smoked Spanish paprika 1.30 grams
- 2 1/2 cups fish broth 600 ml
- 1/4 tsp saffron threads or powder .17 grams
- 1 cup uncooked round rice 200 grams
- 2 lemon wedges
- Handful finely chopped parsley
- Sea salt & black pepper

## Instructions:

- Roughly chop 3 cloves of garlic, finely dice 1/2 onion, finely chop 1/2 red bell pepper and cut 1 cleaned tube of squid into small squares
- Heat a paella pan with a medium-high heat and add in 1/3 cup extra virgin olive oil, after 1 minute season the olive oil with sea salt and add in the cut squid, mix with the olive oil and cook for 1 1/2 to 2 minutes, then remove from the pan and set aside, then add in the diced onion & chopped garlic into the pan, mix with the olive oil, after 1 minute add in the chopped bell pepper and continue to mix so everything evenly sautés.
- After 3 minutes, add in 1/2 cup tomato sauce and season everything with 1/2 tsp sweet smoked paprika, sea salt & black pepper, mix together, after 2 minutes and the tomato sauce has thickened, add the squid back into the pan, mix together and then add in 2 1/2 cups fish broth.
- Once the broth comes to a boil add in 1 cup round rice, give it one final mix so everything is evenly distributed, after 5 to 6 minutes add in the shrimp and the cleaned mussels, after another 5 minutes, lower the fire to a low-medium heat and simmer until all the broth has been absorbed by the rice, then hit back to a medium-high heat to achieve the socarrat, just go between 1 to 2 minutes, then remove the pan from the heat and cover.
- After 5 minutes uncover the pan, and garnish the paella with lemon wedges and finely chopped parsley, enjoy!

## How do you put food safety practices into action?

- When prepping the chicken and seafood make sure to not cross contaminate the ingredients to avoid food poisoning.



# 12.39

## Courtesy of:

Yuderka, OSI Fort Atkinson, Wisconsin

## Recipe name:

Locrio De Pollo  
(Rice & Chicken)

## Ingredients:

- 4 lbs roasting chickens, cut into parts
- 4 cups long grain white rice
- 8 cups water
- 5 tablespoons oil
- 2 tablespoons lime juice
- 1 teaspoon white sugar
- 4 tablespoons tomato paste
- 1/4 cup cubanelle pepper, chopped
- 1 small red onion, finely chopped
- 1 pinch ground oregano
- 1 teaspoon crushed fresh garlic
- 1 pinch ground black pepper
- 1/8 cup pitted olive, chopped (optional)
- 1/4 cup fresh cilantro, chopped
- Salt
- 1 chicken bouillon cube
- 3 tablespoons adobo seasoning



## Instructions:

- Wash the chicken parts in cold water. In a large plastic bag or air-tight container with lid, place the chicken, add the cilantro, lime juice, garlic, onions, pepper, oregano, adobo seasoning and black pepper. Allow it to marinate for at least 10 minutes.
- In a large cast iron pot over high heat, add 3 tbsp of oil (reserve 2) add sugar to heated oil, and quickly stir. Don't allow it to burn. When sugar turns brown (this will happen very quickly) add the chicken without the vegetables but don't discard them. Stir the chicken and cover. Reduce heat to medium and let it simmer for 10 minutes Adding tablespoons of water regularly if needed to prevent it from burning/ sticking.
- After 10 mins add the remaining water, the tomato paste, the reserved vegetables, and the chicken bouillon cube, and stir to combine until well mixed and paste and bouillon are dissolved. Taste and add salt to taste. Should be just a little saltier than you'd prefer, because the rice and chicken will absorb a lot of it.
- Add the rice, once all the water has evaporated, cover and simmer over minimum heat. Wait 15 mins, uncover give it all a good stir from bottom to top and add the remaining 2 tbsp oil. Cover and wait another 5 minutes Taste rice for to see if it's done, it should be firm but tender inside. If necessary, cover and leave another 5 minutes.

## How do you put food safety practices into action?

- Properly wash, clean, and filter rice to make sure it has no more release of dyes.



# 12.40

## Courtesy of:

Roberto, OSI Fort Atkinson, Wisconsin

## Recipe name:

Mofongo Dominicano  
(Mashed Plantains)

## Ingredients:

- 3 cups vegetable oil
- 4 green plantains
- 4-5 garlic cloves
- 1 cup chicharrón (crispy pork skin)

## Optional toppings:

- Cilantro
- Lime juice
- Chicken broth
- Camarones guisados (stewed shrimp / shrimp in red sauce)



## Instructions:

- Start by heating your oil in a heavy bottomed frying pan over medium heat.
- While the oil is heating, prep the plantains by peeling and slicing them into 1-inch slices.
- Once the oil is hot, gently add in the plantain slices and fry until golden brown and cooked through (about 10 minutes), making sure to move them around in the oil occasionally so they cook evenly.
- Once they are cooked, remove from the oil and dry on a paper towel lined plate.
- In a large bowl or mortar and pestle, add the garlic cloves, chicharrón, and mash (using the back of a wooden spoon if you don't have a mortar and pestle).
- Add in the fried plantain slices and mash those in with the garlic and pork rinds.
- To serve, fill a small bowl with your mofongo and flip onto a plate, to get that perfect dome-like shape.
- Top with cilantro, lime juice and serve with chicken broth or camarones guisados (shrimp in red sauce).

## How do you put food safety practices into action?

- Make sure no contamination with the lime seeds in the preparation of the meal.



# 12.41

**Courtesy of:**

Lussis, OSI Fort Atkinson, Wisconsin

**Recipe name:**

Pastelon De Platano Maduro  
(Ripe Plantain Casserole)

**Ingredients:**

- Ripe banana
- Ground meat
- Ham
- Cheese
- Butter
- Milk
- Sugar
- Mechavel cream

**Instructions:**

- Start with cooking the ground beef, then smashed the bananas.
- After that put butter inside your mold.
- First layer of the smashed bananas then a layer of the ground beef.
- Next add the ham, the cheese, and the mechavel cream.
- Add another layer of bananas and another layer of ground beef.
- Add more ham, cheese, and another layer of bananas.
- For the last part add cheese and mechavel cream.
- Bake in the oven for 20 minutes at 200 degrees Fahrenheit.

**How do you put food safety practices into action?**

- Store ripe bananas in an open area to avoid mold or cross contaminations.



# 12.42

**Courtesy of:**

Kelly, OSI Fort Atkinson, Wisconsin

**Recipe name:**

Scotcheroos

**Ingredients:**

- 1 cup sugar
- 1 cup light corn syrup
- 1 ½ cups peanut butter
- 6 cups Rice Krispies
- 1 cup Chocolate chips
- 1 cup butterscotch chips

**Instructions:**

- Melt together corn syrup and sugar.
- Turn off heat add peanut butter.
- Stir in cereal.
- Dump in lightly buttered pan (9 x 13).
- Press down lightly with buttered fingers or wax paper.
- Melt together chocolate chips and butterscotch chips in microwave until completely melted.
- Spread over bars and allow to cool.

**How do you put food safety practices into action?**

- Wash the utensils before and after usage to make sure no contaminations.



# 12.43



**Courtesy of:**

Monse, OSI Fort Atkinson, Wisconsin

**Recipe name:**

Corn in a Cup

**Ingredients:**

- Corn
- Mayo
- Cheese
- Chile Pepper
- Salt

**Instructions:**

- Boil the corn with salt.
- Take the leaves off when cooked.
- Put mayo, cheese, and a little bit of chile pepper on the corn.
- Place it in a cup to your liking.
- Add the ingredients as desired.

**How do you put food safety practices into action?**

- Wear clean protective clothing, such as an apron when preparing food.



# 12.44



**Courtesy of:**

Don, OSI Fort Atkinson, Wisconsin

**Recipe name:**

ChilliWundo

**Ingredients:**

- Ground beef
- Chili powder
- Smoked Hungarian paprika
- Diced Vidalia onion
- Can tomato paste
- Canned chili beans
- Wundoemus Spice Blend

**Instructions:**

- Brown ground beef and drain fat.
- Add all other ingredients and stew at medium heat for at least an hour.
- Enjoy!

**How do you put food safety practices into action?**

- Do not wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.





# 12.45

**Courtesy of:**

Maria, OSI Fort Atkinson, Wisconsin

**Recipe name:**

Cold Salad

**Ingredients:**

- Chicken
- Lettuce
- Vegetables in a can
- Mayonnaise
- Sour cream

**Instructions:**

- Cook the chicken until boiled.
- Shred the chicken and mix with vegetables from the can.
- Chop up the lettuce and mix the mayonnaise and sour cream.
- Mix all and it is ready to be served.

**How do you put food safety practices into action?**

- Cook the chicken to the right temperature and make sure that it is not raw



# 12.46

**Courtesy of:**

Alexandra, OSI Fort Atkinson, Wisconsin

**Recipe name:**

Lasagna

**Ingredients:**

- Cheese
- Pasta
- Oil
- Ground beef
- Tomato sauce
- Desired spices

**Instructions:**

- Boil the water.
- Add a pinch of salt.
- Then place the pasta into the boiling water.
- Add some oil to the boiling water.
- Cook the ground beef to your liking with the desired spices.
- Once pasta is cooked through drain with cold water.
- Begin to assemble your layer by placing pasta, tomato sauce, cheese, then meat sauce until you run out of pasta or one of the other ingredients.
- Add to oven at 400 degrees Fahrenheit.
- Cook until fully cooked to your liking or until dark brown on the top layer.

**How do you put food safety practices into action?**

- Cook to the correct temperature for no raw meat with the ground beef.



# 12.47

## Courtesy of:

Luz, OSI Fort Atkinson, Wisconsin

## Recipe name:

Green Spaghetti



## Ingredients:

- 1 pound spaghetti
- 8 chile Poblano
- 1 cream cheese
- 2 cans of half cream
- 1 spoon Knor Suiza
- 1 large spoon of butter

## Instructions:

- The chiles get put on the burner to get charred.
- The chiles get put in a bag to remove the peel and remove the seeds.
- In a pan put the large spoon of butter and mix in the Knor Suiza.
- In a blender place the chiles, half cream and cream cheese.
- Then when it is well blended cook it with the butter.
- Add the pasta into the mixture and add the cream for the final touch.

## How do you put food safety practices into action?

- Clean the counter tops with disinfectant to make sure that all cooking surfaces are clean and sanitized.



# 12.48

## Courtesy of:

Yannis, OSI Fort Atkinson, Wisconsin

## Recipe name:

Shredded Beef Meat



## Ingredients:

- Meat
- Chile Guajillo
- Garlic cloves
- Green tomato
- Cinnamon
- Black pepper
- Red tomato
- Cloves
- Spices
- Salt

## Instructions:

- Add meat into a crock pot.
- Add in mashed garlic.
- Add in chile guajillo.
- Peel green tomato and add to crock pot.
- Add black pepper.
- Add Red tomato.
- Add spices, clove, and cinnamon at the top of the mix.
- Add a handful of salt.
- Cook for 8-10 hours on high on a crock pot.

## How do you put food safety practices into action?

- Wash all the ingredients before using or cooking.
- Use gloves to remove the seeds from the chillies



# 12.49

## Courtesy of:

Elizabeth, OSI Fort Atkinson, Wisconsin

## Recipe name:

Pozole (Red Pork Soup)



## Ingredients:

- Pork feet
- Pork meat
- Hominy
- Chile pods
- Oregano
- Onion
- Garlic
- Salt
- Bay leaves

## Instructions:

- Boil the pork feet for 2 hours.
- Then add the pork meat chunks.
- Boil chile after the chile pods rise clean the insides.
- On medium heat, fry the chile, oregano and onion.
- Blend all the ingredients and add salt.
- Once all the meat is tender add all the blended ingredients to the pot.
- Let the pot boil for 20 minutes.
- Prepare the hominy until it is soft.
- Once everything is cooked it is ready to be served in a deep bowl.

## How do you put food safety practices into action?

- Make sure that temperatures reach the correct cook temperature.



# 12.50

## Courtesy of:

Gabriella, OSI Fort Atkinson, Wisconsin

## Recipe name:

Tomato Soup with Pasta



## Ingredients:

- Farfalline pasta or any small kind of pasta
- Tomato
- Chicken broth
- Garlic
- Desired spices

## Instructions:

- Boil tomatoes.
- Blend tomatoes with garlic and a little bit of tomato water.
- Strain and set aside.
- Heat some oil in a pot.
- Put in pasta and toast until golden brown.
- Strain pasta to get rid of oil.
- Put back in pot and lower flame.
- Add strained tomato.
- Let simmer until it doesn't taste sour anymore.
- Add chicken broth.
- Simmer until pasta is fully cooked.
- Add spices you want.

## How do you put food safety practices into action?

- Wash hands with soap and water for 20 seconds.



# 12.51

**Courtesy of:**

Jeremy, OSI West Chicago, Illinois

**Recipe name:**

Omelet

**Ingredients:**

- 3 eggs
- Steak
- Mexican style cheese
- Bacon
- Mozzarella cheese

**Instructions:**

- Whisk up your eggs and put them in a frying pan, but don't start cooking them yet.
- In a separate frying pan, cook the bacon and the steak for 10 - 12 minutes at around 200 - 210° Fahrenheit.
- Now start frying the eggs for 3 minutes before you add the bacon and steak on top of the eggs.
- Add the cheese and season to taste.

**How do you put food safety practices into action?**

- Separate: don't cross contaminate.
- Wash hands before preparation.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.52

**Courtesy of:**

Maria, OSI West Chicago, Illinois

**Recipe name:**

Pasticho

**Ingredients:**

- Spaghetti
- Ground beef
- Cheese
- Ham
- Heavy cream

**Instructions:**

- Boil the spaghetti.
- Spread a layer of spaghetti on a tray, then a layer of meat, a layer of cheese and ham and finally the heavy cream is added.
- Bake at 350° Fahrenheit for 35 minutes.

**How do you put food safety practices into action?**

- Separate: don't cross contaminate.
- Check internal temperature for egg/animal protein dishes.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.53

**Courtesy of:**

Enrique, OSI West Chicago, Illinois

**Recipe name:**

Pizza

**Ingredients:**

- Wheat flour
- Butter
- Yeast
- Water
- Tomato sauce
- Tomatoes
- Mozzarella cheese
- Green peppers
- Mushrooms
- Eggplant
- Parmesan cheese
- Pepperoni
- Olives
- Olive oil
- Onions
- Oregano

**Instructions:**

- In a bowl, mix, flour, salt, water, yeast, olive oil and let it stand until the dough rises.
- Then stretch the dough and turn on the oven.
- Place the sauce on top of the pizza dough.
- Add the mozzarella, ham, and other ingredients.
- Then place the pizza in the oven for 30 minutes, cut into slice and eat.

**How do you put food safety practices into action?**

- Separate: don't cross contaminate.
- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- Say no to raw doughs or batter tasting.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.54

**Courtesy of:**

Isabel, OSI West Chicago, Illinois

**Recipe name:**

Eggs and Tortilla

**Ingredients:**

- 2 tomatoes
- 2 green onions
- 1 Jalapeño
- 2 tortillas
- Salt
- Oil
- Fresco cheese
- 2 eggs

**Instructions:**

- Disinfect vegetables and your prep station.
- Cut the vegetables into small squares.
- Set your stove to a medium heat.
- Add oil to a pan and wait for it to get hot.
- Add the tortillas to the pan until they get crunchy.
- Take out the tortillas and add the eggs to the same pan, cooking them over medium heat.
- Place the cooked eggs on top of the tortillas on a plate.
- Add all the vegetables to the same pan and fry them for a few minutes.
- Once they are done add them on top of the eggs.
- Finally, top off the dish with crumbled cheese.

**How do you put food safety practices into action?**

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.



# 12.55

**Courtesy of:**

Grant, OSI West Chicago, Illinois

**Recipe name:**

Ramen Chicken Salad

**Ingredients:**

- Cabbage
- Cranberries
- Walnuts
- Chicken breasts
- Ramen noodles (dry)
- Raspberry vinaigrette dressing

**Instructions:**

- Slice the cabbage into thin strips and add it to a bowl.
- Add the cranberries and walnuts to the same bowl.
- Cook the chicken to 165° Fahrenheit in the oven.
- Slice the chicken into pieces and add it to the bowl.
- Crush up the dry noodles and add it to the bowl.
- Add the desired amount of dressing and mix it all together.

**How do you put food safety practices into action?**

- Separate: don't cross contaminate.
- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- Allergen awareness.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.56

**Courtesy of:**

Miguel, OSI West Jordan, Utah

**Recipe name:**

Frijoles Charros  
(Charro Beans)

**Ingredients:**

- 8-12 oz cooked beans (black or pinto)
- 2-4 oz chorizo or bacon
- 1 onion
- Garlic
- 1 Serrano pepper
- 2 tomatoes
- Pepper
- Oregano
- Cilantro
- Mexican beer if desired
- Cheddar cheese or queso fresco

**Instructions:**

- In a large skillet, sauté some chorizo and/or bacon, about 2-4 oz total, until fat is rendered, and meat is crispy.
- Add a diced onion, a couple of cloves minced garlic, ½-1 diced serrano pepper, and 2 chopped fresh tomatoes.
- Cook over medium heat until tomatoes have released their juices and onions are translucent.
- Stir the mixture into your reserved beans (frijoles de la olla) and simmer for 15 minutes to let the flavors meld.
- Stir in some chopped cilantro and taste for salt before serving.
- To make them frijoles borrachos, simply add ½ a bottle of your favorite Mexican beer and let it simmer with the rest of the ingredients.
- Chop some tomatoes and serve it with queso fresco or cheddar cheese.

**How do you put food safety practices into action?**

- Make sure to cook sauté for about 15 minutes.
- Don't mix utensils.



# 12.57

## Courtesy of:

Miguel, OSI West Jordan, Utah

## Recipe name:

Mamma's Instant Pot Homemade Tinga



## Ingredients:

- 1 Large onion sliced
- 4 chicken breasts
- 6 fresh tomatoes
- 3 cloves of garlic
- Chipotle in adobo sauce (amount as desired)
- 2 tbsp of chicken bouillon
- Salt and pepper to the taste
- Chopped lettuce
- Sour cream
- 1 cup of queso fresco
- 12 tostadas

## Instructions:

- Add 4 chicken breasts into an Instant pot and add sliced onion.
- In the blender add 6 boiled tomatoes, 3 cloves of garlic, 2 tbsp of chicken bouillon, salt and pepper, and Chipotle in adobo sauce.
- Cook for 45 minutes.
- When it's done, grab a fork and the chicken should fall apart easily.
- Get your tostadas and spread sour cream (Mexican table cream) on the tostada.
- Add the chicken Tinga, chopped lettuce and queso fresco.

## How do you put food safety practices into action?

- Make sure to cook for 45 minutes.
- Don't mix utensils and raw chicken.
- Wash hands after handling the raw chicken.



# 12.58

## Courtesy of:

Alex, OSI West Jordan, Utah

## Recipe name:

Al's Grilled Ginger Chicken



## Ingredients:

- 5 Pounds boneless and skinless chicken thighs
- 1 lime cut in half
- 1 ½ cups soy sauce (wheat free)
- 1 ½ cups high quality ginger beer
- 1 ½ cups roughly chopped fresh ginger
- 2 roughly chopped garlic cloves

## Instructions:

- In a large bowl or Ziploc bag mix the soy sauce, ginger beer, fresh ginger, garlic, lime (squeeze first then add two halves).
- Add chicken to marinade and submerge completely, wash hands with soap for 20 seconds.
- Marinate the chicken in the refrigerator for 3-4 hours at 40-42 degrees Fahrenheit.
- Heat barbecue grill to 325 degrees Fahrenheit.
- Cook chicken on grill, rotating 3 times, until it reaches an internal temperature of 165-175 degrees Fahrenheit.
- Serve and enjoy!

Pairs well with a Moscow mule, rice, corn, and fresh pineapple. Or makes a great sandwich.



# 12.59

## Courtesy of:

Frida, OSI West Jordan, Utah

## Recipe name:

Chapli Kabab  
(Afghan)



## Ingredients:

- 3lb ground meat of your choice
- 2 cloves ground garlic
- 1 tsp baking soda
- 1/2tsp salt
- 2 chopped onions (squeeze to remove some of the juice)
- 2 diced tomatoes
- 1/2 cup chopped cilantro
- 3 chopped peppers of your choice
- 1 tsp coriander seed
- 1 tsp black pepper
- 1 tsp cumin seed
- 4-5 cups all-purpose flour
- 3 eggs

## Instructions:

- Mix meat, garlic, salt, soda, and flour, knead 15-20 minutes.
- Mix onion, tomato, cilantro, coriander, pepper, black pepper, cumin.
- Mix everything together for 5-10 minutes.
- Take a piece, flatten and cook in hot oil.
- Flip until both sides are light brown.



# 12.60

## Courtesy of:

Frida, OSI West Jordan, Utah

## Recipe name:

Buñuelos



## Ingredients:

- 2 cups whole milk, room temperature
- 2 cups all-purpose flour
- 1 tablespoon vanilla extract
- 1 pinch salt (1/8 teaspoon).
- 2 eggs
- 1 tablespoon ground cinnamon
- Vegetable oil
- 2 1/2 cups granulated sugar

## Instructions:

- Whisk together milk, flour, vanilla, salt, eggs, and cinnamon in a large bowl.
- Run through a fine mesh sieve into another large bowl.
- Cover and set aside for 10 minutes.
- Batter should be thin and runny, resembling pancake batter.
- Place sugar in a large shallow plate and set aside.
- Heat approximately 1-inch depth of oil in a frying pan over medium heat.
- Dip rosette mold or buñuelera in oil, making sure mold is evenly covered by hot oil.
- Working quickly, dip hot-oiled mold into batter, covering bottom of mold and sides, do not cover top of mold.
- Dip in hot oil, carefully shaking mold up and down until batter unsticks into hot oil.
- Fry for 10 seconds or until browned lightly.
- Transfer buñuelo to a paper towel-lined plate to absorb excess oil.
- Place in shallow plate with sugar and cover lightly with sugar using a spoon.
- Place on a large tray and repeat until all batter has been used.

## How do you put food safety practices into action?

- By washing hands and cleaning all utensils as well as surfaces.





# 12.61

## Courtesy of:

Frida, OSI West Jordan, Utah

## Recipe name:

Naan Bread  
(Afghan)



## Ingredients:

- 6-7 cups of flour
- 1 tsp yeast
- 1 stp baking powder
- 4-5tbs water
- 3-4 tsp salt

## Instructions:

- Mix flour, yeast, baking soda.
- Mix in water by hand.
- Knead for 20-25 minutes.
- Add in salt halfway through kneading.
- Let rise until its double in size (approximately 2 hours).
- Separate into small roll size balls and let stand for 10 minutes.
- Roll balls until flat and bake for 10-15 minutes at 350 degrees Fahrenheit.



# 12.62

## Courtesy of:

Tino, OSI West Jordan, Utah

## Recipe name:

Papa's Adobo



## Ingredients:

- 2 lbs chicken cut into serving pieces
- 3 pieces dried bay leaves
- 8 tablespoons soy sauce
- 4 tablespoons white vinegar
- 5 cloves garlic crushed
- 1 1/2 cups water
- 3 tablespoons cooking oil
- 1 teaspoon sugar
- 1/4 teaspoon salt optional
- 1 teaspoon whole peppercorn

## Instructions:

- Combine chicken, soy sauce, and garlic in a large bowl and mix well.
- Marinate the chicken for at least 1 hour. Note: the longer the time, the better.
- Heat a cooking pot. Pour cooking oil.
- When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side.
- Pour-in the remaining marinade, including garlic.
- Add water and bring to a boil
- Add dried bay leaves and whole peppercorn.
- Simmer for 30 minutes or until the chicken gets tender.
- Add vinegar.
- Stir and cook for 10 minutes.
- Add the sugar and salt.
- Stir and turn the heat off.
- Serve hot. Share and enjoy!

## How do you put food safety practices into action?

- Make sure the chicken is completely cooked.



# 12.63

## Courtesy of:

Emelia, OSI Enterprise, Illinois

## Recipe name:

Naan Bread  
(Afghan)



## Ingredients:

- Olive oil
- Yellow onion, finely chopped
- Garlic, minced or (garlic paste)
- Cumin
- Oregano
- Salt
- Cannellini beans
- Black beans
- Roasted diced tomatoes
- Green chiles (make it spicy!)
- Cream-style corn (if you want the soup to come out thicker- I personally just use the whole kernel corn)
- Whole kernel corn
- A few breasts, or whole chicken, bones removed, meat shredded (really depends how many people you are making for)
- Juice of limes (I love lime, so I add A LOT - about 4)

## Instructions:

- Heat 1 tablespoon of olive oil in a large pot over medium heat. Add 1 finely chopped medium yellow onion to the pot and sauté with 2 cloves minced garlic (or 2 tablespoons of garlic paste) until the onion softens and becomes translucent.
- Stir in 2 teaspoons cumin, 2 teaspoons dried oregano, and 1 teaspoon sea salt.
- Add 2 cans of cannellini beans, squish some of them or if you have time to puree it in a blender that would work. Stir beans into the pot with the onion and garlic.
- Add 2 cans diced tomatoes, green chiles, 1 can of cream-style corn (if you want it to be a thick soup), add 1 can of whole kernel corn to the pot. Do not drain any of the cans.
- Add shredded chicken to the pot.
- Mix in 1 can black beans.
- Add lime juice, salt, and pepper to taste. Stir to combine.
- Let the soup simmer over medium heat for 20 to 30 minutes.

You can be fancy and add toppings like tortilla chips, lime slices and avocado.

## How do you put food safety practices into action?

- Make sure you wash your hands for 20 seconds and was any surfaces/utensils after they have come into contact with the raw chicken.



# 12.64

## Courtesy of:

Ryan, OSI Enterprise, Illinois

## Recipe name:

Papa's Adobo



## Ingredients:

- ½ Cup Packed Brown Sugar
- ½ Cup Ketchup
- ½ Cup CK Masterpiece BBQ Sauce
- 1 Pound Lean Ground Beef
- ¾ Pound Ground Turkey
- ¾ Cup Milk
- 2 Tablespoons Worcestershire Sauce
- 1 ½ Teaspoons Salt
- ¼ Teaspoon Ground Black Pepper
- 1 Small Onion Chopped
- 2 Eggs
- 1 Packet of Lipton's Savory Herb & Garlic Mix
- ¾ Cup Finely Crushed Saltine Cracker Crumbs

Be creative with what you have around the house to use what you have, it's a forgiving recipe. Use your favorite BBQ sauce. Use all ground beef or a blend with pork. I guess you could even try newer meat free options. Substitute other types of crackers, breadcrumbs, even rice. Dried onions and other spices can replace the Lipton's blend. You must have the eggs, crumbs, and milk for texture.

## Instructions:

- Preheat oven to 350°F (175°C)
- Lightly grease a 5x9 inch loaf pan
- Press the brown sugar in the bottom of the prepared loaf pan and evenly spread the ketchup and BBQ sauce over the brown sugar, just enough to cover the brown sugar.
- In a large mixing bowl, thoroughly mix all the remaining ingredients first, then add the meat mixture and mix evenly. Don't overmix.
- Shape into a loaf the size of the pan.
- Place the meatloaf on top of the brown sugar/ BBQ Sauce and ketchup layers.
- Drizzle the ketchup and BBQ sauce on top for flavor and display.
- Place in oven.
- Spoon the juices on the bottom of the pan (stirring the mixture prior to spooning) over the meatloaf at the 30-minute mark.
- Bake for 1 hour or until juices are clear.

## How do you put food safety practices into action?

- Check the internal temperature of the meatloaf with a food safety thermometer to ensure a minimum temperature or 165°F (74°C).



# 12.65

## Courtesy of:

Ricardo, OSI West Chicago, Illinois

## Recipe name:

Shrimp Dish



## Ingredients:

- 1 pound peeled and deveined raw, medium shrimp
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup freshly squeezed lime juice
- 2 medium tomatoes
- 1/2 red onion
- 1 medium jalapeño
- 1/2 cup chopped cilantro
- 1/2 tsp kosher salt
- 1 medium avocado
- Tortilla chips

## Instructions:

- Keeping all components separate, get your shrimp peeled and deveined.
- Squeeze the lemon and lime juice.
- Finely chop the jalapeño and cilantro.
- Cut the red onion and tomato.
- Toss everything together in a mixing bowl and let it sit in the fridge for at least 1 - 2 hours.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Clean working surfaces.
- Allergen awareness.



# 12.66

## Courtesy of:

Brenda, OSI West Chicago, Illinois

## Recipe name:

Spaghetti Marinara



## Ingredients:

- 1 stick of butter
- 1 tbsp of olive oil
- 1 onion diced chopped
- 150 g of ground beef
- Sal and peppers
- 1 can of tomatoes paste
- 1/2 spaghetti
- Parmesan cheese

## Instructions:

- Spray a large sauté pan with cooking spray and over medium high heat ass onion and cook for 3 minutes.
- Add garlic and cook 2 more minutes.
- Add ground beef and cook breaking up until browned.
- While cooking the beef, bring large pot of salted water to boil and add spaghetti.
- Cook spaghetti 10-15 minutes.
- Drain beef and return to pan.
- Add marinara pasta sauce and let simmer on med-low heat while the spaghetti cooks.
- Drain spaghetti and rinse with hot water, return to pan.
- Add pasta sauce to spaghetti and mix well.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Check internal temperature for egg/animal protein dishes.
- No danger zone: 40°F to 140°F for +2 hours.



# 12.67

## Courtesy of:

Catalina, OSI West Chicago, Illinois

## Recipe name:

Strawberries and Cream



## Ingredients:

- Sour cream
- Strawberries (sliced)
- Evaporated milk
- Heavy cream
- Sweetened condensed milk
- Vanilla

## Instructions:

- Slice the strawberries.
- Add the sour cream, evaporated milk, heavy cream, sweetened condensed milk and vanilla to a mixing bowl.
- Beat with an electric mixer for 2 minutes.
- Scoop half a cup of freshly sliced strawberries into a cup.
- Pour half a cup of the cream mixture over the top.
- Serve it with whipped cream on top, if desired.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Allergen awareness.



# 12.68

## Courtesy of:

Angelique, OSI West Chicago, Illinois

## Recipe name:

Strawberry Pretzel Salad



## Ingredients:

- 2 cups crushed pretzels
- 3/4 cup melted butter
- 3 tbsp sugar
- 2 cups whipped cream
- 8 oz cream cheese
- 6 oz strawberry gelatin
- Sliced strawberries
- 2 cups boiling water

## Instructions:

- Combine the pretzels, butter, and sugar. Press into an ungreased pan.
- Bake at 350° F for 10 minutes, then let it cool.
- Beat the whipped cream, sugar, and cream cheese until it's smooth, then spread it over the pretzel crust.
- Dissolve the gelatin in boiling water and stir in the strawberries.
- Once the gelatin is partially set, put it on top of the crust / filling.
- Chill for 4 - 6 hours and cut into squares.
- Serve with additional whipped topping and pretzels, if desired.

## How do you put food safety practices into action?

- Wash hands before preparation.
- Wash fruits and vegetables before peeling or cutting.
- Clean working surfaces.
- Allergen awareness.



# 12.69

## Courtesy of:

Jessica R, OSI West Jordan, Utah

## Recipe name:

Cheese Enchiladas



## Ingredients:

- Tortillas
- Huajillo chile
- Garlic
- Onion
- Queso fresco
- Sour cream

## Instructions:

- Bring Chiles to boil in a pan.
- Liquify in a blender the chiles, onion, garlic, and salt.
- In a frying pan add a tablespoon of oil and fry the salsa for about 3-5 min.
- Dip in the salsa the tortillas and add cheese in the middle of the tortilla, to then roll it.
- Once all enchiladas are rolled decorate with sour cream and more cheese on top.

## How do you put food safety practices into action?

- Wash hands and vegetables with clean water.
- Store leftovers in refrigerator.



# 12.70

## Courtesy of:

Jessica K, OSI West Jordan, Utah

## Recipe name:

Fruit Pizza



## Ingredients:

- 1 roll (16.5 oz) Pillsbury refrigerated sugar cookies
- 1 pkg (8 oz) cream cheese
- 1/3 cup sugar (I use Splenda)
- 1/2 teaspoon Vanilla Extract
- My secret ingredient is 1 tablespoon of honey)

## Instructions:

- Heat oven to 350 degrees Fahrenheit.
- Spray 12-inch cookie sheet with cooking spray.
- Break up cookie dough in the pan.
- Press the dough evenly in bottom of pan (leave room on the outer edge for expansion of the dough or it will spill over the edge).
- Bake 13 minutes or golden brown (the center will still be soft, but it will set during the cooling process).
- Make sure to cool completely before you spread the frosting on it (I do 30 minutes minimum).
- With a mixer, beat cream cheese, sugar, and vanilla on medium speed until fluffy.
- Almost fluffy, add the tablespoon of honey and medium speed mix. (SO YUMMY)
- Add cut fruit.
- Recommendations: kiwi, raspberries, strawberries, blueberries, bananas.

## How do you put food safety practices into action?

- Always make sure to wash hands between each task.



# 12.71

**Courtesy of:**

Kathryn, OSI Corporate, Aurora

**Recipe name:**

West African Peanut Stew

**Ingredients:**

- 3 pounds chicken legs (thighs and/or wings)
- 3 tablespoons vegetable oil
- 1 white onion (or large yellow, sliced)
- 1 3-inch piece ginger (peeled and minced)
- 8 garlic cloves (chopped roughly)
- 3 pounds sweet potatoes (peeled and cut into chunks)
- 1 15-ounce can tomatoes (crushed)
- 1 quart chicken stock
- 1 cup peanut butter
- 1 cup roasted peanuts
- 1 tablespoon ground coriander
- 1 teaspoon cayenne (or to taste)
- Salt and black pepper
- ½ Cup cilantro (chopped)

**Instructions:****Brown the chicken:**

- Heat the vegetable oil in a large soup pot set over medium-high heat. Salt the chicken pieces well, pat them dry and brown them in the oil. Don't crowd the pot, so do this in batches. Set the chicken pieces aside as they brown.

**Sauté the vegetables:**

- Sauté the onions in the oil for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1-2 minutes, then add the sweet potatoes and stir well to combine.

**Cook the stew:**

- Add the chicken broth, crushed tomatoes, peanut butter, peanuts, coriander and cayenne and stir well to combine. Add the chicken. Bring to a simmer and taste for salt, adding more if needed. Cover the pot and simmer gently for 90 minutes (check after an hour), or until the chicken meat easily falls off the bone and the sweet potatoes are tender.

**Remove bones and chop the cooked chicken:**

- Remove the chicken pieces and set them in a bowl to cool, until cool enough to touch. Remove and discard the skin if you want, or chop it and put it back into the pot. Shred the meat off the bones and put the meat back in the pot.

**Adjust seasonings:**

- Adjust the seasonings for salt and cayenne, then add as much black pepper as you think you can stand—the stew should be peppery. Stir in the cilantro and serve by itself, or with simple steamed rice.

# 12.72

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Broccoli, Rice, and Cheese

**Ingredients:**

- 2 packages of frozen chopped broccoli
- 2 stalks celery
- 1 medium onion
- Butter
- 2 cans cream of chicken (or substitute with cream of mushroom)
- 2 8oz jars cheese whiz
- 3 cups rice (cooked)
- 1 can French fried onions (topping)

**Instructions:**

- Preheat your oven to 350 degrees Fahrenheit.
- Sauté celery and onion in butter.
- Cook the Broccoli a little first.
- Combine Broccoli, celery, onion, cheese, soup, and rice in a 3 qt casserole dish.
- Bake uncovered for 30 minutes at 350°F.
- Place onion rings on top for the last 10 minutes of cook time.
- Serve hot.



# 12.73

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Scalloped Corn

**Ingredients:**

- 1 can cream style corn
- 1 cup milk
- 1 egg, beaten
- 1 cup cracker crumbs
- 1 tablespoon onion
- ¼ teaspoon Salt
- ½ cup cracker crumbs (buttered) optional

**Instructions:**

- Preheat your oven to 350 degrees Fahrenheit.
- Heat the corn and milk.
- Add beaten egg slowly.
- Combine the remaining ingredients.
- Put into a casserole dish.
- Top with buttered cracker crumbs (optional).
- Bake uncovered for 20 minutes at 350°F.
- Serve hot.



# 12.74

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Lasagna

**Ingredients:**

- 1 container ricotta cheese
- Mozzarella cheese
- ¾ cup Parmesan cheese (grated)
- 4 tablespoons oleo
- 3 tablespoons flour
- 2 cups milk
- 2 egg yolks
- 2 pounds ground beef
- 1 chopped onion
- 2 jars spaghetti sauce

**Instructions:**

- Preheat your oven to 350 degrees Fahrenheit.
- Brown beef with onion, drain, set aside, season with Italian seasonings.
- Prepare white sauce - Melt 4 tablespoons oleo, add flour, mix. Add Parmesan cheese and milk. Set aside.
- Whip 2 egg yolks, add 2 tablespoons white sauce, blend and then add remaining white sauce.
- Add ricotta cheese to white sauce.
- Add spaghetti sauce to the cooked ground beef and onion.
- Layer noodles, meat sauce, white sauce, mozzarella cheese. Repeat.
- Top with Parmesan cheese.
- Bake covered with foil for about 45 minutes at 350°F or until cheese is melted in the middle.
- Serve hot.



# 12.75

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Salmon with Avocado Salsa

**Ingredients:****Salmon:**

- 2 (4-6oz) salmon fillets
- 2 tablespoons olive oil
- 1 clove of garlic (minced or crushed)
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon onion powder
- ¼ teaspoon black pepper and salt each

**Avocado salsa:**

- 1 ripe avocado, pitted and diced
- ½ cup diced tomato
- 2 tablespoons diced onion
- 2 tablespoons minced cilantro
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

**Instructions:**

- Stir together olive oil, garlic, and spices in a small bowl. Brush or rub salmon with the mixture.
- Heat a large heavy duty non-stick pan or grill on medium high heat.
- To bake salmon, preheat oven to 400°F, place salmon on a sheet pan and bake for 12-15 minutes or until cooked through.
- Add salmon to the pan and cook for 5-6 minutes each side. Remove from pan and top with avocado salsa.

**To prepare avocado salsa:**

- Add avocado, tomato, onion and cilantro to a large mixing bowl. Drizzle with olive oil, fresh lime juice and salt and pepper.
- Gently mix with a spoon until fully combined.
- Cover until ready to serve.
- Serve hot.



# 12.76

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Tex Meatloaf

**Ingredients:**

- 1 cup diced onion
- 1 diced pepper
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon red pepper
- 1 teaspoon garlic
- 1 ½ pounds ground turkey
- 2 cups breadcrumbs
- 1 cup corn
- 1/3 cup + 2 tablespoons ketchup
- 1/3 cup milk
- 1 egg + 1 egg white
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon oil

**Instructions:**

- Preheat oven to 350°F.
- Cook onion, pepper and spices.
- Mix with all other ingredients.
- Spread mixture in 9 x 5 loaf pan.
- Spread 2 tablespoons ketchup on top.
- Bake at 350°F for 75-80 minutes.
- Serve hot.





# 12.77

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Macaroni & Ham Casserole

**Ingredients:**

- 2 cans cream of mushroom soup
- 2 cups cooked macaroni
- 1 small onion, chopped
- 1 small green pepper, chopped
- 2 cups ham, chopped
- 3-4 tablespoons oleo
- 1 can milk (using empty soup can)
- 1 small jar pimentos (optional)
- Shredded Swiss or Velveeta cheese

**Instructions:**

- Preheat oven to 350°F.
- Sauté onion, pepper and ham in oleo.
- In a large casserole dish, combine macaroni, onion, pepper, ham, soups, milk, and cheese.
- Bake at 350°F for 40-45 minutes until heated through and cheese melted.
- Serve hot.



# 12.78

**Courtesy of:**

Cole, OSI Oakland, Iowa

**Recipe name:**

Sausage Squares

**Ingredients:**

- 1 pound Jimmy Dean™ sausage, browned
- 2 (8 oz) packages of cream cheese, softened
- ½ cup shredded cheddar cheese
- 2 packages crescent rolls

**Instructions:**

- Preheat oven to 325°F.
- Brown sausage and drain.
- Add cream cheese and cheddar cheese to sausage.
- Spread 1 package crescent rolls in 9 x 13 pan.
- Spread sausage/cheese mixture on top.
- Spread the second package of crescent rolls on top of sausage/cheese mixture.
- Bake at 325°F for 20 minutes or until brown.
- Serve hot (serves 20 – 24).



# 12.79

## Courtesy of:

Cole, OSI Oakland, Iowa

## Recipe name:

Olive Oil Baked Shrimp



## Ingredients:

- 2 cans cream of mushroom soup
- 2 cups cooked macaroni
- 1 small onion, chopped
- 1 small green pepper, chopped
- 2 cups ham, chopped
- 3-4 tablespoons oleo
- 1 can milk (using empty soup can)
- 1 small jar pimentos (optional)
- Shredded Swiss or Velveeta cheese

## Instructions:

- Preheat oven to 350°F.
- Sauté onion, pepper and ham in oleo.
- In a large casserole dish, combine macaroni, onion, pepper, ham, soups, milk, and cheese.
- Bake at 350°F for 40-45 minutes until heated through and cheese melted.
- Serve hot.



**Enjoy your meal!**

