



- REcipe



# BUCKWHEAT AND PLUMS



4x



25 min

700 ml of milk or vegetable  
drink

200 g of buckwheat

100 g of dark chocolate

100 g of plums or other  
seasonal fruit

100 g of almond flakes  
or hazelnuts

Put a pot with milk on medium heat. Just before it boils, add the buckwheat and a pinch of salt. Cook in a covered pot for another 10 minutes. While the buckwheat is being cooked, roughly chop chocolate and hazelnuts. When buckwheat is cooked, add chopped chocolate, hazelnuts and almond flakes. Serve it in deep plates or cups, with sliced plums on top. You can also add a little maple syrup or honey. The prepared dish is served warm.

# OATS AND APPLES

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4x



20 min



700 ml of milk or  
vegetable  
drink

200 g of oatmeal

1 pinch of salt

2 apples or other  
seasonal fruit

4 tbs walnuts

cardamom

Put a pot of milk on medium heat. Just before boiling, add oatmeal, cardamom and salt. Cook in a covered pot for another 5 minutes. Put the cooked oatmeal in bowls or deep plates. Peel and slice an apple and arrange it on top of oatmeal. Last, add a spoonful of honey and nuts to the bowl.



# BREAD SLICES



4 slices of stale bread  
400 ml of milk  
2 eggs

2 tbs of honey  
50 g of butter  
cinnamon  
powdered sugar

Cut stale bread into approximately 1.5 cm thick slices. Mix the eggs, milk and honey. Place a pan on the stove and melt butter. Dip the slices of bread in the mixture that we prepared earlier. Fry in butter until golden brown. Turn them while baking so that they get nice golden on both sides. Finally, sprinkle with a mixture of powdered sugar and cinnamon.



# COLESLAW



4x



30 min

- 250 g of cabbage
- 1 red onion
- 2 carrots
- 3 tbs of sour cream
- 5 tbs yogurt
- 1 tbs mustard
- 1 apple
- 2 cloves of garlic
- 2 tbs of grainy mustard
- salt, pepper
- lemon juice

Clean the cabbage and cut it into thin slices (it can also be grated). Clean the carrots, if necessary, scrape it with a knife, wash it and grate it finely. Put chopped salad into a large salad bowl. In a cup, prepare the salad dressing out of sour cream, yogurt, mustard, salt and pepper, mix well all the ingredients. Pour the prepared dressing over the vegetables and mix everything well. Rinse the parsley under running water, dry it and chop it finely. Sprinkle the chopped parsley over the salad and the salad is ready.

# BREAD RISE SOUFFLE



350 g of stale bread  
500 ml of milk  
1 onion

3 cloves of garlic  
5 eggs  
200 g of sour cream  
parsley

Boil the milk and pour it over sliced bread. Sauté the onion and garlic in a pan and mix it with the bread soaked in milk, egg yolks, sour cream and whipped egg whites. Season it with herbal salt, ground pepper and fresh parsley. Bake in a model of your choice at 150 degrees Celsius for 40 minutes.

# PASTA SALAD



4x



30 min

500 g of mixed pasta  
250 g of mixed lettuce  
150 g of cherry tomatoes  
50 g of olives  
1 shallot

200 g of feta cheese  
100 g of sour cream  
5 tbs of olive oil  
5 tbs of vinegar  
salt, pepper

Cook the pasta in salted water. Wash lettuce, cut tomatoes, peppers and a shallot. In a large bowl, crush feta with a fork, then add oil, vinegar and sour cream. Add cooked pasta, chopped vegetables and lettuce in the bowl. If necessary, season and add water for juiciness.

# STEAK AND VEGETABLES

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4x



150 min

800 g beef loin  
6 carrots  
1 eggplant  
1 onion

1 head of garlic  
5 tbs of olive oil  
5 tbs of vinegar  
salt, pepper

Leave the meat at room temperature for at least 2 hours before baking, then salt it and brown it on both sides. Season sliced vegetables with salt, pepper, vinegar, olive oil and then bake it in an oven heated to 200 degrees for about 20 minutes. Then add steak and cook together for 8-10 minutes.





# CAULIFLOWER AND HAZELNUTS

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4x



30 min

1000 g cauliflower

200 g hazelnuts

50 g olive oil

50 g butter

200 ml kefir

curry, lemon

salt, pepper

Heat the oven on 200°C and bake cut cauliflower with hazelnuts, butter and olive oil. Bake until its nice and golden brown. Serve it warm in a deep plate with cold kefir. Drizzle with a bit of olive oil.

# POLENTA AND MUSHROOMS

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4x



25 min

1500 ml of water

250 g of cornmeal

500 g of fresh mushrooms

100 g of butter

100 g of Parmesan  
cheese

1 onion

3 cloves of garlic

1 dcl white wine

parsley

Put cornmeal in boiling salted water and stir the whole cooking time. When polenta is cooked, add butter and grated Parmesan cheese. Sauté onion and garlic in olive oil, when onions are translucent, add half of the cut mushrooms. Fry mushrooms over high heat until they turn golden. Add the rest of the mushrooms and pour over wine. Season with herbal salt, ground pepper and fresh parsley.

# \*ful cool SANDWICH



4x



20 min

8 slices of bread  
400 g of cold cuts  
4 tbs of mayonnaise  
1 tbs of mustard

200 g cheese  
50 g butter  
100 g red onion jam  
1 clove clove of garlic  
olive oil

Spread mustard and mayonnaise on the bread. Coat the bread with cold cuts, red onion jam and cheese. Fry it slowly in butter, turning it several times. When it is golden brown, rub it with a clove of garlic and drizzle with olive oil.



Javni zavod Tehno park Celje  
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Solidarnosti projekt REcept-trajnost po mojem okusu



sustainability  
to my taste