

 **BORA**

365

DAYS

Everyday recipes – healthy and simple

**GRÄFE
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CATEGORIES AND THEIR SYMBOLS

As a guide, all recipes are organised in different categories.



does not contain nuts



keeps well



suitable for batch cooking



does not contain dairy
products



does not contain
gluten



good for preparing in advance

Shopping

for healthy everyday meals

Being prepared is half the victory, and this also applies to our diet: intelligent shopping will get you well on the way to a healthy lifestyle. You too can become experts as far as food and ingredients are concerned.

Fruit & veg

You should serve up as much fresh fruit and veg as possible in every meal. When choosing and buying, bear in mind which products are in season and where they come from. Exotic varieties can often be easily replaced by regional alternatives. A seasonal calendar will help you to choose the products that are currently in season and so rich in vitamins and nutrients. Frozen fruit and vegetables can be a good alternative if the ingredients on your shopping list can't be bought fresh when you need them.

Recommended foods: seasonal fruit and veg, if possible local and organic

Fish & meat

Meat and fish provide us with high-quality, easily digestible protein, as well as a good portion of iron and other important minerals. Sea fish such as herring, salmon and mackerel also contain healthy omega-3 fatty acids like iodine. For sustainability reasons, however, meat and fish should not be on your plate every day and when they are, they should be as unprocessed as possible (so not in the form of sausages or similar) and organically farmed. And it is even better if they come from a local source.

Recommended foods: salmon or white fish, and organic chicken, turkey breast or beef

Good sources of energy

It doesn't always have to be pasta! Supermarkets now offer an excellent range of alternatives for slow-release energy sources, which keep you full for longer and are digested slowly. Serve them up on the side

or as a main course. Depending on your tastes, mood and appetite you can creatively combine them with vegetables, fish, meat and vegan alternatives.

Recommended foods: wholegrain rice, quinoa, potatoes, sweet potatoes, pumpkin, oats

Pulse power

Pulses are a true power food. They are rich in protein and fibre and also contain plenty of micronutrients. What's more, they are incredibly versatile and taste good at any time of day. Pulses are proven to have a positive effect on our health as they regulate our blood sugar levels over long periods of time.

Recommended foods: lentils, beans, peas, chickpeas, lupin beans

So sweet

We all love sweet things and there's no reason why we should forgo them. But excessive use of sugar can affect our health – processed sugar in particular is simply too high in calories and changes our sense of taste in the long run. According to the WHO, adults should not consume more than 50 grams of sugar a day or, even better, should avoid it as far as possible. Natural sweeteners are a great alternative. They do of course contain sugar



The dough for the buckwheat wraps on page 43 is ready in a flash and you can add to the filling or change it according to taste. Instead of the avocado and cottage cheese filling, smoked salmon or turkey breast are excellent choices. The wraps can be eaten hot or cold and so are a great recipe for meal prep.

too, but alongside a good number of vitamins and minerals.

Recommended foods: maple syrup, rice syrup, dates, birch sugar, agave syrup, coconut sugar

Nuts and oils

Nuts are a great source of plant protein and keep you full for a long time. They also contain healthy fatty acids, especially omega 3 and omega 6. They have a positive effect on our health and can even protect us from heart disease. The fat can also be pressed out of nuts and seeds: the result is nutritious, high-quality oils that preferably shouldn't be heated.

Recommended foods: hazelnuts, walnuts, almonds, sunflower seeds, pumpkin seeds

Probiotic foods

They contain a wealth of good bacteria strains (e.g. lactic acid bacteria) which strengthen our intestinal flora and have an overall positive effect on our immune system. So that probiotic foods can work their magic,

we need to consume them regularly – preferably every day.

It is important to know that these good bacteria can only live in raw foods – they are no longer present in pasteurised products.

Recommended foods: raw sauerkraut, kimchi, yoghurt, fermented milk products, miso, kombucha

Fresh herbs

When seasoning our food, we shouldn't hold back – this not only makes dishes incredibly flavoursome, but also helps us to cut back on salt and other unhealthy flavour enhancers. All kitchen herbs are bursting with flavour and thanks to their plant derivatives they have a positive effect on our health and metabolism.

Modern everyday cuisine: always evolving, always excellent

We'd all like to make delicious meals with minimum effort – preferably every day and different every time. Everyday cuisine has long since needed to be more than just dishes you can cook up and serve in next to no time. It should also be light and healthy.



Modern cuisine provides a wide range of healthy, nutritious sides which also work great as a main dish.

The fact that a healthy diet is of enormous importance to our well-being in general greatly influences our meal planning. Fresh ingredients and individual preferences are a priority. Many people have a flexitarian diet: a flexible way of eating combining vegan, vegetarian and omnivore dishes – a little bit of everything. The focus is on plant-based nutrition, with fish, meat and dairy products only being consumed occasionally for enjoyment. Special value is placed on high-quality ingredients such as meat or fish from organic farms committed to species-appropriate husbandry. Living by these principles, flexitarian cuisine is the best basis for a healthy diet: you don't need to cut anything out and are focusing on the nutrients that are good for your body. If your family have different preferences as far as meat, fish and vegetables are concerned, simply swap out some of the ingredients. In this book you will find plenty of creative ways to tailor the dishes to your individual tastes and so feel happy and full every time you sit down to eat.



Ingredients that have been staples in Asian cuisine for a long time are now widely used here too: tofu, seitan and the like can be used as vegan alternatives in many dishes. Depending on the spices used, they are highly versatile and adapt to different tastes. Tofu, for example, is just as tasty in a curry as it is as a meat alternative in goulash.

What about when you have guests round?

As a good host, the best thing to do is simply ask about preferences and any intolerances beforehand – that way you can adapt. Rather than a main dish, when dining in larger groups it's a good idea to serve up a range of small dishes that everyone can help themselves to according to their tastes and mood. International cuisine offers many creative and diverse dishes that, for instance, are perfect for a Spanish tapas evening or a Dutch-style buffet. You can find the best of European regional cuisine in different chapters of this book, often with a vegan alternative. The range of vegan foods and substitutes is constantly growing and many products are now available in most supermarkets.

The stars of the show: herbs, spices & co.

When you want to pep up or transform everyday recipes, spices are the quickest and easiest way. They are a true secret weapon as even a small amount has a great effect. What's more, spices are full of healthy nutrients and, in the right dose, their flavours can transform every dish into a taste sensation.

Essentially, spices are none other than dried plant parts like bark, petals, roots, leaves or buds. Their country of origin, age, storage and cultivation methods can lead to great differences in flavour and effect. It's worth investing in quality organic ingredients and observing a few rules when storing them at home so that they retain their flavour.

As a general rule, whole spices keep for around three to five years. As soon as they are ground, they begin to lose flavour and then they keep for about two years. So, you should buy spices whole and in small amounts, store them appropriately and grind them as required.



Vanilla and saffron are two of the most precious spices: the farming and production processes are very complex and involve a lot of work. These spices are also delicate to handle. That's why it's worth making sure that they're kept in airtight packaging and that any oddments are used up in other recipes. Storing them correctly means you can make the most of their intense flavour for even longer.



The most intensive taste experience is provided by freshly ground spices. If you use the right tools, spices can be ground in the blink of an eye and release their full flavour when cooked.

The printed use-by or expiry date is prescribed by law, but that doesn't mean that a spice is perfectly fine one day and unusable the next.

The ageing process and loss of flavour are gradual and not dependent on a specific date. Trust your nose! Does the spice smell good? Does it make you want to cook with it? If so, you can use it, no problem.

However, if it smells earthy, or even fusty, and the colour and structure have changed drastically, then you definitely shouldn't use it.

Store your spices in a cool, dry place away from sunlight. Jars made of tin with airtight lids are very good and brown glass jars are even better. Store them in a cupboard or drawer at room temperature, never in the fridge.

When you need to use powdered spices, put the necessary amount on a spoon or in your palm and then add it to the pan. This prevents steam from entering the jar and making the spice unusable.

Spices release their flavour at different rates. Bay leaves, for example, need to be cooked with the food for a long time and chilli flakes should be sprinkled over a dish just a few moments before serving. So, add your spices at intervals and taste the food from time to time as it is cooking. Precious spices like saffron or vanilla should especially be used with care and in moderation to avoid overpowering your dishes.

What we might consider to be waste from spices is actually good for use elsewhere. If a recipe only requires the pulp from a vanilla pod, you can use the empty pod for many other dishes: simply add it to the dish while cooking, rinse it off afterwards, dry it and you can reuse it up to five times. Be creative and dare to conjure up unusual combinations – you might be surprised!

Old, dry pods can be placed in raw cane sugar to give you flavoursome vanilla sugar. The same applies to salt! Alternatively, you can grind the pod in a food chopper to make vanilla powder (or cut it into small pieces). If you mix one part vanilla pod and three parts black peppercorns, you get a sensational vanilla pepper. This mixture tastes best when freshly ground.



Preparation time: 30 min.

Serves 4

For the granola

100 g crunchy oats
30 g sunflower seeds
50 g coconut oil
2 tbsp maple syrup
salt
½ tsp cardamom (freshly
ground, as required)
20 g pecan nuts
20 g pistachios
30 g dried apricots
20 g pumpkin seeds

Additional items

500 g low-fat quark
(or soya quark)
200 g Greek yoghurt
(10% fat, or vegan skyr)
2 tbsp maple syrup
salt
¼ tsp ground Bourbon vanilla
250 g blueberries
125 g raspberries
2 sprigs of mint

Granola and fresh fruit breakfast bowl

This dish can be varied in many ways: according to taste and season, other fruits can be used instead of berries. Anything in the fruit bowl goes: fresh apples, pears, peaches, apricots, nectarines, strawberries, blackberries, mango, papaya or seedless grapes, the list goes on.

GRANOLA

1. To make the granola, mix the oats and sunflower seeds and roast in a large non-oiled frying pan for 2–3 minutes over a medium to high heat until fragrant and the oats turn a little darker. Push to the edges. Melt the coconut oil and add maple syrup and a good pinch of salt. Mix well and fry for approx. 2 minutes over a medium heat, stirring constantly. Season with cardamom to taste and leave to cool on a plate.

2. In the meantime, roughly chop the pecan nuts and pistachios and finely chop the apricots. Stir everything into the oat mixture together with the pumpkin seeds.

FINISHING TOUCHES

3. To serve, mix the quark with yoghurt and maple syrup until smooth and season with a pinch of salt and a little vanilla. Sort and wash the berries, wash the mint and shake dry. Divide the berries between 4 bowls, leaving a few berries to one side. Place the quark mixture on top and sprinkle with granola. Garnish the bowls with a few berries and mint leaves.





Preparation time: 25 min.

Serves 4

For the topping

80 g green pistachios

2 tbsp pickled green

peppercorns

8 sprigs of thyme

1 preserved lemon

1 organic lemon

For the pimientos

400 g pimientos

(Padron peppers)

3 tbsp olive oil

salt flakes

Pimientos with a peppery pistachio topping

Moroccan preserved lemons are a great ingredient for everyday dishes: they give the topping of this Spanish classic a special touch.

The topping is also delicious with green asparagus, green beans, hummus, feta and leafy salads!

TOPPING

1. Roughly chop the pistachios. Wash the peppercorns, dab dry and chop them. Wash the thyme, shake it dry, pluck the leaves and chop them, but not too finely. Quarter the preserved lemons, remove the pulp and cut the peel into approx. 0.3 cm cubes. Wash the lemon in hot water, dry it and grate 1 tbsp of zest. Mix all of the ingredients.

PIMIENTOS

2. Wash the pimientos and dab well until dry. Heat up the olive oil in a large frying pan. Place any larger peppers in the pan first and then add the others after approx. 1 minute. Fry for 4–6 minutes, stirring constantly, until the peppers are browned and soft. Then take them out of the pan and sprinkle with salt flakes before arranging on plates with the topping.

TIP

HOW TO MAKE PRESERVED LEMONS

You can easily make preserved lemons yourself. To do that, thoroughly wash 6 organic lemons. Squeeze the juice out of 2 of them. Cut into the rest of the lemons cross-wise but do not cut all of the way through. Rinse out two clean screw-top glass jars with boiling water and add 2 tbsp of sea salt to each. Put ½ tbsp of sea salt inside the cut on each lemon, place the lemons in the jars and press down well. Pour over the lemon juice and fill up with boiling water so that the lemons are completely covered. Close the jars and leave the lemons for 4–6 weeks to mellow.





Dutch mustard soup with hot-smoked salmon

This soup may look simple, but it tastes surprisingly good and can be varied time and again. Instead of hot-smoked salmon, you can use strips of cold smoked salmon or marinated salmon. Diced hard-boiled eggs are also a great option!

1. Trim and halve the leek. You only need the white part (approx. 200 g, you can use the rest for another recipe). Slice a few wafer-thin rings, wash and place to one side. Wash the rest thoroughly and then slice it crosswise.

2. Heat the butter until foamy. Sauté the leek in the butter over a medium heat for approx. 2 minutes until translucent. Pour over the stock, bring to the boil, cover and simmer for 5–8 minutes until the leek is soft. Then blend into a fine purée with a hand blender.

3. Dissolve the starch in 2 tbsp of cold water. Bring the soup to the boil again and stir in the starch. Simmer, stirring constantly, until it thickens slightly. Stir the mustard and cream cheese into the soup and season with salt and pepper to taste.

4. Ladle the soup into 4 bowls. Shred the hot-smoked salmon a little, removing the skin and grey fat. Place the salmon pieces on the soup, garnish with the raw leek rings and serve immediately.



Preparation time: 30 min.

Serves 4

1 large leek
30 g butter
800 ml beef stock
(ready-made)
2 tbsp starch
2 tbsp wholegrain mustard
150 g double-cream cheese
(or vegan cream cheese)
salt
freshly ground green pepper
100 g hot-smoked salmon



Preparation time: 20 min.

Serves 4

salt

½ tsp raw cane sugar

2 tsp white balsamic vinegar

2 tsp Dijon mustard

2 tbsp mayonnaise

75 g Greek yoghurt

(10% fat, or vegan skyr)

freshly ground pepper

1 small garlic clove

100 g leaf lettuce

12 scallops without corals

a little starch

1 tbsp olive oil

Leafy salad with French dressing and sautéed scallops

This French dressing goes great with other lettuce varieties such as batavia, radicchio and frisée, but baby leaves are the best choice for these tender scallops with their delicate nutty and slightly sweet flavour.

1. Stir the salt and sugar into the vinegar to dissolve. Then mix with the mustard, mayonnaise and yoghurt and season with pepper to taste. Peel and finely chop the garlic and mix into the dressing.
2. Sort the leaf lettuce, cutting away any long stalks. Then wash it thoroughly, spin it dry and divide it between 4 shallow bowls.
3. Rinse the scallops in cold water, dab dry and then season with salt and pepper. Dust lightly with starch and remove any excess. Heat the oil in a non-stick frying pan, lay the scallops flat-side down in the pan and fry for 1½–2 minutes until golden brown without moving them. Turn them over and fry for another 1–1½ minutes – the scallops should be golden brown on the outside and translucent in the middle.
4. Place the scallops on top of the lettuce. Drizzle the French dressing around the edges and serve immediately.





Pizza bianca with cavolo nero and sultanas



Preparation time: 35 min.

Serves 4

White pizza doesn't need tomatoes; instead, a mixture of sour cream and grated Parmesan. This sophisticated blend of slightly bitter cavolo nero, a dark green cabbage from Italy, and sweet sultanas is the perfect topping.

1. Soak the sultanas in warm water. Remove the hard leaf veins from the cabbage. Cut the leaves into 2–3 cm pieces, wash and spin dry. Peel and slice the shallots into thin rings.

2. In the meantime, preheat the oven to 220°C (top/bottom heat). Roll out the dough and place on a tray with the paper underneath. Brush with the sour cream, leaving a 2 cm gap around the edges. Grate the Parmesan and sprinkle over the dough. Season with pepper. Then prebake in the hot oven (middle shelf) for 10–12 minutes.

3. In the meantime, sauté the onions in oil until translucent. Add the cabbage and sauté for approx. 3 minutes, stirring occasionally. Strain the sultanas and add to the pan with the wine. Cover and simmer over a low heat for about 5 minutes. Season with salt and pepper. Then spread the cabbage over the pizza, sprinkle with the grated mozzarella and bake for another 7–8 minutes until the edges are crisp and golden brown.

4. Meanwhile, toast the pine nuts in a non-oiled frying pan until golden and leave to cool on a plate. Sprinkle over the cooked pizza.

TIP

MAKE THE DOUGH YOURSELF

Finely sieve 350 g of spelt flour (type 630) into a bowl. Add 1 packet of dry yeast, ½ tsp of raw cane sugar, 1 tsp of salt, 175 ml of lukewarm water and 2 tbsp of olive oil. Mix it all together and knead for 10 minutes with the dough hook of your food processor until the dough separates from the edges of the bowl. Cover and leave to prove for about 1 hour in a warm place (or refrigerate overnight). Then evenly roll out the dough to the edges of a baking tray lined with baking paper. Then continue as described in the recipe above.

35 g sultanas
300 g cavolo nero (or kale)
3 shallots
1 XXL roll of ready-made pizza dough (approx. 550 g, 29 × 38 cm)
200 g sour cream (or vegan cream cheese)
50 g Parmesan (block)
freshly ground pepper
2 tbsp olive oil
70 ml white wine (or vegetable stock)
salt
75 g grated mozzarella (chilled section)
30 g pine nuts

PREPARATION WITH THE BORA X BO

Leave the dough to prove in the X BO (35°C/40% humidity, special programme “Prove dough”) for 15 minutes. Then evenly roll out the dough to the edges of the universal tray. Add the topping and bake in the X BO (200°C/40% humidity, preset “Bake pizza”) until crisp and golden brown.



Preparation time: 35 min.

Serves 4

For the parsley potatoes

700 g mainly firm potatoes

salt

½ bunch of smooth parsley

20 g butter

For the trout fillets

4 large trout fillets with skin

(approx. 120 g each)

salt

freshly ground pepper

3 tbsp spelt flour (type 630)

30 g flaked almonds

20 g clarified butter

20 g butter

“Miller’s” trout fillet with almonds and parsley potatoes

“Miller’s trout” is actually an invention of the German millers who had flour on hand at all times. In this recipe, we use trout fillets, which are easier to digest than the whole fish.

PARSLEY POTATOES

1. Peel the potatoes, cut into even-sized pieces and cook in plenty of salted water for approx. 20 minutes until done.
2. In the meantime, wash the parsley, shake dry and chop. Strain the potatoes and allow the steam to evaporate for a moment. Melt the butter over the warm potatoes, toss to coat evenly and sprinkle with the parsley.

TROUT FILLETS

3. Remove any bones from the trout. Wash the fillets in cold water and dab dry, then season with salt and pepper on both sides. Dust with flour, rub the flour in a little, then remove any excess. Toast the flaked almonds in a non-oiled frying pan until golden and leave to cool on a plate.
4. Heat the clarified butter in a roaster (or 2 large frying pans). Fry the fillets skin-side down for about 1 minute, pressing down a little with a spatula so that they remain flat. Turn down the hob to medium heat and fry the fillets for another 2 minutes. Then reduce to a low heat, turn the fish over and fry flesh-side down for about 1 more minute.

FINISHING TOUCHES

5. Arrange the trout fillets with the parsley potatoes on pre-heated plates. Heat the butter in a small frying pan until foamy. Immediately pour a little over each fillet. Sprinkle with the flaked almonds and serve.





Preparation time: 30 min.

Serves 4

For the orange and lemon curd

1 organic lemon
1 organic orange
50 g honey
5 egg yolks (size M)
50 g raw cane sugar
180 g butter

For the sponge pudding

1 organic lemon
70 g butter
70 g raw cane sugar
2 eggs (size M)
140 g spelt flour (type 630)
2 tsp baking powder
1 tsp vanilla extract

Additional items

4 Dariole moulds
(or muffin moulds)

Orange and lemon sponge pudding

Lemon curd is a classic British toast topping and an essential ingredient for cooking desserts. Home-made lemon curd in an airtight container keeps for up to 4 weeks in the fridge.

ORANGE AND LEMON CURD

1. Wash the lemons and limes in hot water, dry them, grate the zest, then squeeze the juice. Mix the honey with the egg yolks in a bain-marie bowl. Add the orange and lemon zest and juice and the sugar and stir until you have a smooth mixture.
2. Put the bowl over the boiling water in the bain marie (the bowl must not touch the water) and allow the mixture to thicken, stirring constantly. Remove the bowl from the bain marie when the mixture runs slowly off the spoon – this takes 5–6 minutes. Melt the butter in the hot curd and mix well. Then sieve the mixture into a clean jar and leave to cool.

SPONGE PUDDING

3. To make the pudding, put 1 tsp of orange and lemon curd in each mould. Wash the lemon in hot water, dry it, zest it and then squeeze the juice.
4. Whisk the butter and sugar with a hand mixer until creamy. Beat the eggs in one at a time. Mix the flour and baking powder, then add it to the mixture with the vanilla extract, lemon juice and zest and stir well.
5. Divide the batter between the moulds and cover them with cling film. Put the moulds in the steam oven and steam at 100°C for approx. 25 minutes (or cook in a pan using a steamer basket). Then take out of the oven, remove the cling film and serve on pre-heated plates.

TIP

BAKE WITH THE BORA X BO

Steam the sponge at 100°C/100% humidity for about 25 minutes, remove from the oven and serve. In the BORA X BO steam oven it even works without cling film.





Preparation time: 15 min.
Resting time: 2 hrs 30 min.
Serves 4

1 jar of sour cherries
(350 g drained weight)
3 tbsp cherry brandy (as
desired)
75 g raw cane icing sugar
(tip on page 200)
40 g dark cocoa powder
(slightly de-oiled)
salt
200 g cream (or soya whipping
cream)
3 chocolate cookies
30 g raw cane sugar
2 tbsp dark chocolate shavings

Additional items

ice-cream maker

Black Forest gateau ice-cream with cookies and cherry syrup

This cake made of dark sponge with cherry compote, cream and chocolate sprinkles is the German classic par excellence. In our twist on the recipe, we've come up with a super quick Black Forest gateau ice-cream.

1. Put the cherries in a colander and leave to drain. Catch the juice and set aside. Roughly chop a quarter of the cherries and also put to one side.
2. Using a hand blender, blend the remaining cherries to a fine purée with cherry brandy as desired, icing sugar, cocoa and a pinch of salt. Whip the cream until soft peaks form and then gradually stir it in to the purée. Then transfer the mixture to the ice-cream maker and freeze for about 30 minutes until it has a creamy consistency.
3. In the meantime, roughly chop the cookies. Reduce the cherry juice with the sugar until you have approx. 80 ml of syrup and then place in a clean screw-top jar until needed.
4. Stir the chopped cherries and cookies into the ice-cream while still soft. Put the mixture in a tub and freeze for approx. 2 hours until it becomes more solid.
5. Take the ice-cream out of the freezer around 30 minutes before you intend to serve it. Scoop out the ice-cream and arrange in dessert bowls. Drizzle with the cherry syrup and sprinkle with chocolate shavings to serve.

TIP

NO ICE-CREAM MAKER?

You can also put the ice-cream mixture in a metal bowl and then in the freezer. Stir well every 30 minutes so that no large ice crystals form. Ensure that you stir in any ice-cream that has already solidified around the edges. Repeat this process several times until the mixture is creamy.



Everyday inspiration



Healthy enjoyment made easy – draw inspiration from over 90 recipes from Germany, Spain, France, Italy, England and the Netherlands that are bound to delight you with their ‘je ne sais quoi’. This cookbook turns classic recipes into exciting taste combinations which make you really keen to try out some European cuisine. Whether you use it for preparing small dishes, starters, main courses or desserts – its varied dishes and pro tips by BORA experts make everyday cooking fun. There’s a slice of enjoyment and inspiration for all tastes, including a breakfast bowl with granola, leafy salad with scallops and French dressing, pizza bianca or a Black Forest gateau made of ice cream, for a change.

A cookbook that you’ll gladly reach for time and again.

