

SAFE CONSUME

# RECIP-E-BOOK

Learning to cook safely - Delicious recipes from across Europe

Developed by Public Health England  
and the SafeConsume team



# INTRODUCTION

**If you want to cook delicious, exciting, and new dishes from across Europe at school, by yourself, or with family and friends, this recipe book is designed for you!**

Whether you've been learning to bake with your grandmother, or cook for your siblings, home is the place you would have most likely learnt about food and picked up habits. This recipe book has been designed to help guide safer actions when it comes to cooking and food preparation, from washing hands at the start, to making sure your food has been cooked thoroughly. We have helpful rules and reminders to help keep food safety present when cooking.

We have selected recipes from Denmark, England, France, Greece, Hungary, Portugal, and Spain with the help of our European collaborators. Some are traditional recipes that you may not have tried before, while others are firm favourites. Most of these recipes have "high-risk" ingredients such as chicken, fish, and eggs, which if not cooked properly could lead to foodborne illness. You can get ill from any food, that may have become contaminated at any stage from food production to consumption. With the help of our food safety instructions, you will be able to make each delicious dish safely. Take your pick – we have included breakfast, lunch, dinner and dessert options!

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# USING THIS BOOK

All recipes follow a similar format.

**Serves:** all recipes indicate the number of portions you can expect to make. If you would prefer to make double the number of servings, simply double the ingredients. If you wish to make fewer servings, halve the ingredients.

**Recipe timings:** these are an indication of how much time is needed to make the dish. The total time is made up of the preparation and cooking time.

**Difficulty rating:**

Easy – simple recipes that are easy to make.

Moderate – requires a little more effort.

Hard – more difficult than others, but worth it.

**Tools needed:** everything you'll need to prepare each recipe, so you can get ready beforehand.

**Cooking techniques:** for example frying, baking, sautéing (frying quickly over a high heat).

**V** Vegetarian

Each recipe includes step-by-step instructions, with added food hygiene information in between each step.

⚠ **Food safety** refers to safe food preparation methods. For example, cut into the thickest part of the chicken to make sure there are no pink bits, and juices run clear.

⚠ **Tool hygiene** refers to the use of tools such as knives and chopping boards. For example, use a separate knife and chopping board to cut chicken.

⚠ **Surface hygiene** refers to kitchen surfaces or use of dish cloths. For example, clean all surfaces / dry dish cloths.

⚠ **Personal hygiene** refers to you, and how you can keep yourself and food safe. For example, wash your hands after touching raw meat.

The food hygiene instructions are there to remind you to carry out these activities the right way, and at the right times.

We hope you enjoy using this recipe book, as you discover new food from many different countries.

# INFORMATION FOR TEACHERS AND PARENTS

This recipe book is designed for children and young people to use at school, or alternatively at home, when cooking for friends, family, or themselves.

All recipes in this book have been provided by our group of European collaborators, and the e-Bug team at Public Health England have been leading the production of this resource.

It is part of a large European wide study called SafeConsume (2017 – 2023), which aims to reduce the health burden from foodborne illness by working to improve consumer behaviour around food hygiene and food safety. More information on the project can be found at <http://safeconsume.eu/>

Children and young people commonly start to learn about food in the family setting. Whether it's learning to bake with their grandmother, or cooking for their siblings, our research tells us that habits are often learnt at home. This research has led to the development of a recipe book for students that encompasses food hygiene rules and reminders to help keep food safety present when cooking.



Source: <https://pixabay.com/photos/food-table-egg-hand-natural-3230799/>

e-Bug is an educational resource that teaches children and young people about hygiene, infections and antibiotics, including food hygiene. More information on e-Bug can be found at <https://www.e-bug.eu/>

# KIKSEKAGE

(KEEK-SE-KAYG) 

Kiksekage means 'biscuit cake' in Danish – a delicious traditional non-bake chocolate cake with vanilla biscuits.

## INGREDIENTS:

150 grams of butter

300 grams of dark chocolate

50 grams of icing sugar

2 eggs\* (see footnote below)

20 square shaped vanilla biscuits

**Tools needed:** Saucepan, spoon, mixing bowls (x2), bread loaf tin, cling film, fridge

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



A chocolate treat - a non-bake cake with vanilla biscuits.  
Source: <https://nordicfoodliving.com/danish-chocolate-biscuit-cake-kiksekage/>

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

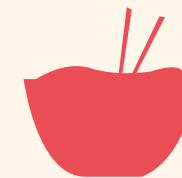
1. Melt the butter in a saucepan.
2. Break up the chocolate into small pieces.  
Remove the saucepan from the heat and add the chocolate. Stir in the mixture until all of the chocolate is melted.
3. Using two bowls, separate the egg yolks from the egg whites, by cracking the eggs in half and allowing the egg whites to drip into the bowl.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

4. Add the icing sugar and egg yolks to the melted chocolate mix. Stir until it is nice and smooth.
5. Cover the bottom and sides of a rectangular bread loaf tin with cling film.
6. Pour in a thin layer of the chocolate mix and add biscuits on top. Add another layer of chocolate, and another biscuit layer. Continue until you have four layers of biscuits, and finish off with a final layer of chocolate.
7. Place the tin in the fridge and leave it overnight before serving. Take the chocolate cake out of the fridge 10-15 minutes before serving to make it easier to cut.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination.



Serves 10



Prep: 60min

Cook: 0min

Total: 60min



Difficulty: Moderate

# KOLDSKÅL

(CUL-SKOL) 

A traditional Danish buttermilk dessert that's very popular in the summertime.

## INGREDIENTS:

2 eggs\* (see footnote below)

3 tablespoons of sugar

½ vanilla pod – only use the seeds

1 litre of buttermilk (if you want a thicker/creamier version, use

½ litre buttermilk + ½ litre soured milk)

2 tablespoons of freshly squeezed lemon juice

**Tools needed:** Paring knife, mixing bowls (x2), chopping board, whisk (or hand mixing bowls)

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



A traditional Danish buttermilk dessert perfect for summer.  
Source: <https://www.arla.dk/opskrifter/koldskal/>



## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Scrape out the vanilla seeds from the pod. Hold down the tip of the pod against the cutting board. Use the dull side of your paring knife to scrape the seeds out, carefully moving from the tip of the pod where you are holding it, to the other end.
2. Separate the egg yolks from the egg whites, by cracking the eggs in half and allowing the egg whites to drip into one bowl. Put the egg yolks into another bowl.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

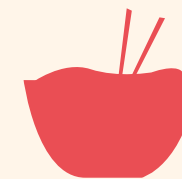
3. Add the sugar and vanilla seeds to the egg yolks. Whisk the egg yolks and the sugar together until they form a light and fluffy mixture. Use a hand mixer for best results.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination.

4. Add the buttermilk, soured milk and lemon juice, and mix them all together well.

## RECIPE TIPS:

This recipe can be made ahead of time and stored in the fridge overnight. Serve with sliced fresh strawberries or other delicious berries if you like! You can even serve the dish with “kammerjunker” (Danish sweet biscuits).



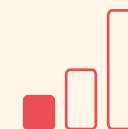
Serves 4



Prep: 15min

Cook: 0min

Total: 15min



Difficulty: Easy

# SOL OVER GUDHJEM

(SOLE-OWA-GUL-Y-EM)



An open sandwich with hot smoked herring, a very popular traditional dish on the Danish lunch table. Translates to 'sun over Gudhjem' - Gudhjem is a town in Denmark, and the egg yolk represents the sun!

## INGREDIENTS:

4 slices of rye bread

Butter for spreading

4 pieces of hot smoked herring

1 bundle of chives, chopped into small pieces

4 radishes

1 red onion

4 eggs\* (see footnote below)

Salt and pepper to taste

**Tools needed:** Chopping knife, boning knife, mixing bowls (x2), chopping board

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



An open sandwich with hot smoked herring.  
Source: <https://www.youtube.com/watch?v=7AnwlbPRNSk> By Foodie by Glam

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Remove the skin and bones from the hot smoked herring. Open up the fish from the stomach, loosening the bones to remove them.

**⚠ Personal hygiene** – wash your hands with soap after touching the herring.

2. Separate the egg yolks from the egg whites, by cracking the eggs in half and allowing the whites to drip into a bowl. Keep only the egg yolks in another bowl.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

3. Butter the rye bread. Place the hot smoked herring on top. Cut the radish into thin slices, cut the red onion into rings, and add both to the top of the fish. Chop up the chives into small pieces and sprinkle them on top. Season with salt and pepper.

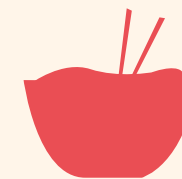
4. Carefully place an egg yolk on top of the sandwich and a few onion rings.

5. Repeat steps 3 and 4 for each sandwich.

**⚠ Tool hygiene** – use separate chopping boards and knives for the fish and vegetables.

**⚠ Food safety** – wash the radishes and chives before use.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination.



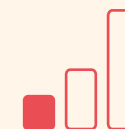
Serves 4



Prep: 10min

Cook: 0min

Total: 10min



Difficulty: Easy

# FISH AND CHIPS

Fish and chips is a classic British dish, ideal for a Friday night dinner. Perfect to serve with mushy or garden peas, a wedge of lemon, and a dollop of tartare sauce.

## INGREDIENTS:

4 large potatoes	250 millilitres of milk
125 grams of plain flour	1 egg* (see footnote below)
1 tablespoon of baking powder	1 litre of vegetable or sunflower oil
1 teaspoon of salt	4 cod fillets
1 teaspoon of ground black pepper	

**Tools needed:** Medium sized bowls (x2), whisk or spoon for stirring, potato peeler or a speed peeler, kitchen knives

**Cooking techniques:** frying

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



Battered cod with chips and mushy peas.  
Source: <https://www.pinterest.co.uk/pin/267401296609816240/>

## RECIPE TIPS:

**You can use a different variety of white fish for this recipe, such as haddock. You can make the recipe healthier by grilling fish, rather than frying in batter. Swap the chips for wedges, or season the peas with something different, such as basil, paprika or cumin.**

# METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Peel and cut the potatoes into strips using a potato peeler or speed peeler. Place them in a medium sized bowl of cold water.

**⚠ Food safety** – wash and scrub the potatoes before use, taking off any loose soil.

2. To make the batter, mix flour, baking powder, salt and pepper in a separate medium sized mixing bowl. Crack an egg into the mixture, and stir in the milk. Stir until the mixture is smooth. Let the mixture stand for 20 minutes.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Tool hygiene** – use a clean bowl for mixing.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

3. To cook the chips, preheat the oil in a large saucepan to 180°C. Carefully add the chips to the hot oil and fry until they are tender. Drain on kitchen towel. (You can check it is hot enough by adding the end of a wooden spoon to the oil and it is ready when bubbles form).
4. Carefully place each fish fillet in the batter you made in step 2, one piece at a time. Then gently place them in the hot oil. Cook two at time. Fry each piece of fish until it is golden brown. If necessary, increase the heat to maintain it at 180°C. Drain well on kitchen towels.

**⚠ Personal hygiene** – always wash hands with soap after touching raw fish.

**⚠ Food safety** – check the fish is not past its use-by date.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination.

5. For extra crispiness, fry the potatoes again, for one or two minutes. Serve with mushy or garden peas.



Serves 4



Prep: 25min

Cook: 40min

Total: 1hr 5min



Difficulty: Hard

# HERBY OMELETTE <sup>Ⓥ</sup> WITH FRIED TOMATOES

This is a healthy, vegetarian breakfast with plenty of protein, and ready in just 10 minutes!

## INGREDIENTS:

1 teaspoon of rapeseed oil  
or sunflower oil

3 tomatoes, halved

4 large eggs\* (see footnote  
below)

1 tablespoon of chopped parsley

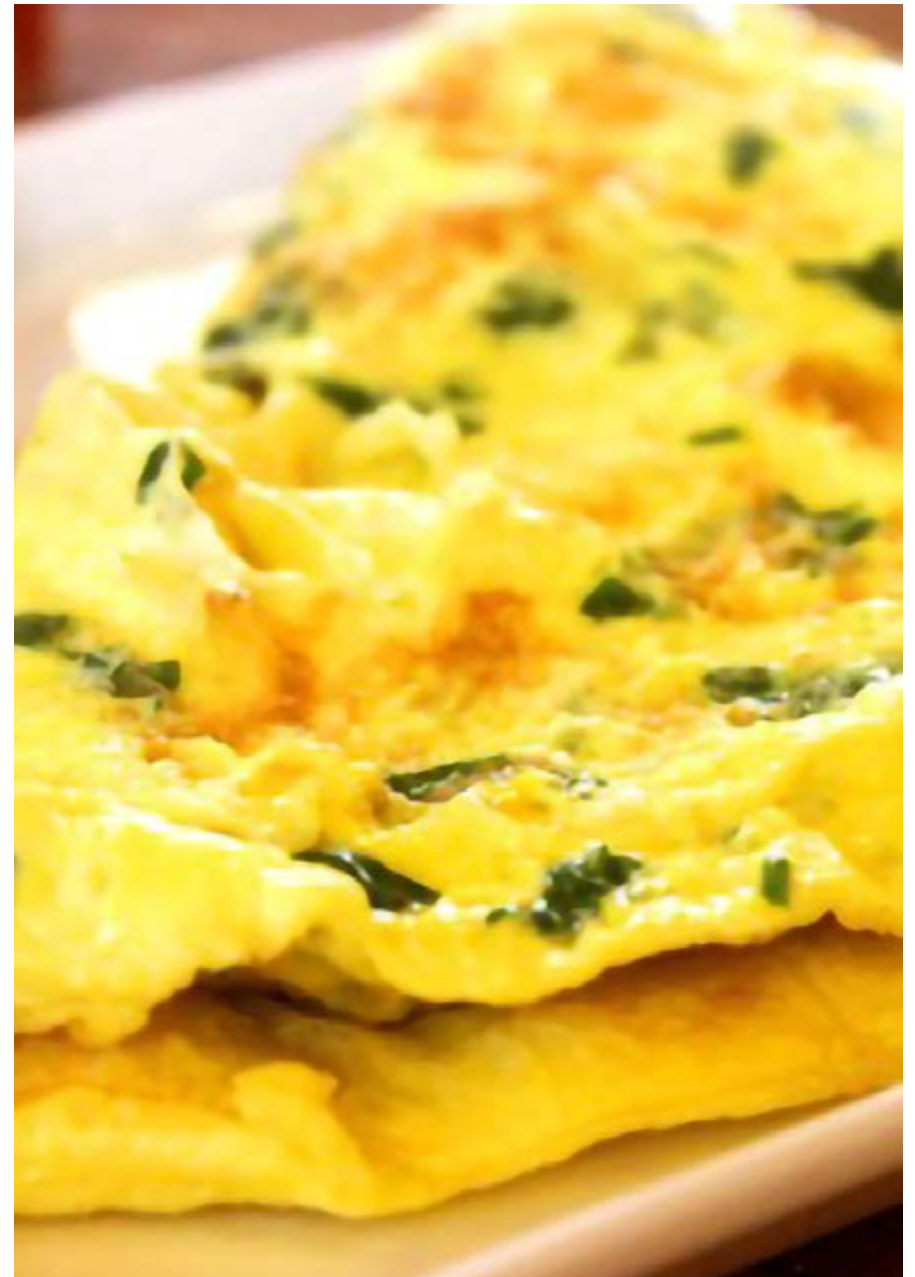
1 tablespoon of chopped basil

Salt and ground black pepper

**Tools needed:** Chopping knife, chopping board, wooden spoon,  
non-stick frying pan, whisk

**Cooking techniques:** Shallow fry

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



Vegetarian omelette packed with flavour.  
Source: <https://www.lessaveursgourmandes.fr/omelette-herbes-iraniennes/>

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Heat the oil in a non-stick frying pan.
2. Cut the tomatoes into slices.

**⚠ Food safety** – wash the tomatoes first to remove any dirt or loose soil.

3. Add the tomatoes to the pan and cook them until they start to soften and gain some more colour.
4. Mix the eggs and herbs into a bowl, and add salt and ground black pepper.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

5. Scoop the tomatoes from the pan and place them on serving plates.
6. Pour the beaten egg mixture into the pan, making sure that it covers the surface of the pan.

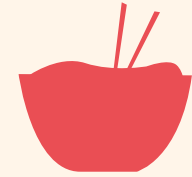
**⚠ Tool hygiene** – wash the bowl used for the egg with warm, soapy water.

7. Stir the egg mixture with a wooden spoon so that any uncooked egg can start to cook.
8. Stop stirring when it is nearly all cooked, to allow the egg to set into an omelette.
9. Fold the omelette in half when the centre is only slightly liquid. It will continue to cook when you fold it over and will no longer be runny.
10. Slide it onto a plate and serve with the tomatoes.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination.

## RECIPE TIPS:

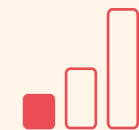
This is a basic recipe that you can add several other ingredients to. Mushrooms and peppers are a good option to add, as well as cheese.



Serves 2



Prep: 5min  
Cook: 5min  
Total: 10min



Difficulty: Easy

# CORDON BLEU

## (CORD-ON BLUH)

Cordon bleu is a typical French meal. You can have it at lunch or dinner, served with vegetables or salad on the side.

### INGREDIENTS:

4 skinless, boneless chicken breast halves

Non-stick cooking spray or oil

$\frac{1}{4}$  a teaspoon of salt

$\frac{1}{8}$  a teaspoon of ground black pepper

6 slices of Swiss cheese

4 slices of cooked ham

**Tools needed:** oven, cling film, baking tray, tenderiser / rolling pin, toothpicks



Chicken filled with ham and cheese.  
Source: [https://en.wikipedia.org/wiki/Cordon\\_bleu\\_\(dish\)](https://en.wikipedia.org/wiki/Cordon_bleu_(dish))



## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Preheat your oven to 175°C (gas mark three).
2. Coat a 7x11 inch baking dish with non-stick cooking spray or oil.

**⚠ Tool hygiene** – make sure all tools are clean before use.

3. Pound the chicken breasts to 1/4-inch thickness with a tenderiser or cover the chicken in cling film and pound with a rolling pin. Be careful!

**⚠ Personal hygiene** – always wash your hands with soap after touching chicken.

**⚠ Food safety** – do not wash chicken, to prevent cross-contamination onto other foods and surfaces.

5. Season each chicken breast with salt and pepper on both sides. Place one cheese slice and one ham slice on top of each chicken breast.

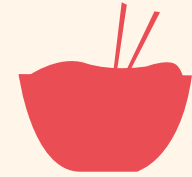
6. Roll up each chicken breast, and stick a toothpick through to keep in place. Place in a baking tray, and sprinkle breadcrumbs evenly on top.

7. Bake for 30 to 35 minutes. Remove from the oven, and place half a cheese slice on top of each chicken breast. Return to the oven for three to five minutes, or until cheese has melted.

**⚠ Food safety** – cut into the thickest part of the chicken to make sure there are no pink bits, and juices run clear.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

8. Remove toothpicks, and serve hot.



Serves 4



Prep: 10min

Cook: 35min

Total: 45min



Difficulty: Moderate

# CRÈME BRÛLÉE

## (CREM BRU-LAY)

Crème brûlée is a typical French dessert. Gently tap the hard sugar surface with a spoon to uncover the creamy custard underneath – delicious!

## INGREDIENTS:

- 6 eggs\* (see footnote below)
- 6 tablespoons of white sugar
- ½ a teaspoon vanilla extract
- 2.5 cups of heavy cream
- 2 tablespoons of brown sugar

**Tools needed:** oven, three bowls, mixing bowl, whisk, saucepan, double boiler, heat-proof dish

**Cooking techniques:** baking

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



A hard sugar shell with a deliciously creamy custard underneath.  
Source: [https://commons.wikimedia.org/wiki/File:Creme\\_Brulee.jpeg](https://commons.wikimedia.org/wiki/File:Creme_Brulee.jpeg)

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Preheat the oven to 150°C (gas mark two).
2. Separate the egg yolks from the egg whites, by cracking the eggs in half and allowing the whites to drip into one bowl. Save the yolks in another bowl.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Tool hygiene** – make sure your bowl is clean before use.

3. Whisk the egg yolks, four tablespoons of white sugar and vanilla extract in a mixing bowl until thick and creamy.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

4. Pour the cream into a saucepan and stir over low heat until it starts bubbling. Then remove from the heat immediately. Stir cream into the egg yolk mixture, and mix until combined.

5. Pour cream mixture into the top pan of a double boiler. Stir over simmering water for about three minutes until the mixture lightly coats the back of your spoon. Remove mixture from the heat immediately and pour into a shallow heat-proof dish.

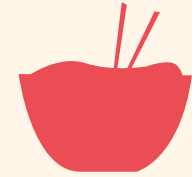
6. Bake in preheated oven for 30 minutes. Remove from oven and let it cool to room temperature. Refrigerate within two hours, for at least one hour, or overnight.

7. When ready to serve, first preheat the oven to grill to 230°C

8. In a small bowl, combine two tablespoons of white sugar and brown sugar. Sift this mixture evenly over the custard. Place dish under grill for two minutes, or until all the sugar melts. Watch carefully so as not to burn.

9. Remove from the heat and allow to cool. Refrigerate until the custard is set again.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.



Serves 5



Prep: 1hr 10min

Cook/Chill: 1hr 30min

Total: 2hr 40min



Difficulty: Hard

# PAN BAGNAT

## (PAHN BAN-YA)

Pan bagnat is a typical lunch from the south of France. It can also be cut into small slices to serve as an appetiser. Serve with a napkin!

## INGREDIENTS:

1-pound loaf of unsliced round French bread

¼ of a cup extra-virgin olive oil

⅓ a cup of basil leaves, plus sprigs for garnish

2 x 170 grams cans of tuna packed in olive oil, undrained

2 tomatoes, diced

⅔ of a cup of coarsely chopped pitted assorted brine-cured olives

½ a cup of chopped sweet onion

2 tablespoons of fresh lemon juice

Salt and pepper to taste

**Tools needed:** bread knife, brush, spoon, mixing bowl, two baking pans, cling film



Bread roll filled with tuna and salad.  
Source: [https://fr.m.wikipedia.org/wiki/Fichier:Pan-bagnat\\_1.jpg](https://fr.m.wikipedia.org/wiki/Fichier:Pan-bagnat_1.jpg)

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Slice the bread in half, lengthwise. Using your hands, scoop out the interior of the loaf, leaving  $\frac{3}{4}$  inch shell. Brush the inside of both halves with olive oil and line with a single layer of basil leaves.

**⚠ Tool hygiene** – make sure all tools are clean before use.

2. Mix undrained tuna, tomatoes, olives, onion, and lemon juice in a medium sized bowl to make the salad. Season with salt and pepper.

**⚠ Personal hygiene** – always wash your hands with soap and water after handling fish or vegetables.

**⚠ Food safety** – wash all vegetables before use, including tomatoes and basil leaves to remove any dirt or loose soil.

3. Spoon the salad evenly into your bottom bread shell. Cover with the top half of the bread and wrap everything tightly with cling film. Place in a shallow baking pan, then add another baking pan on top, and weigh it down with heavy cans. Let stand for 20 minutes before serving.

4. Unwrap the sandwich and serve!

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

## RECIPE TIPS:

You could also add anchovies, hard boiled eggs, radish, or lettuce. You can even rub the bread with garlic before brushing on the olive oil, to give it a garlicky taste!



Serves 4



Prep: 50min

Cook: 0min

Total: 50min



Difficulty: Easy

# CHICKEN SOUVLAKI

## (SOO-VLA-KEE)



An alternative to the traditional pork meat Greek souvlaki (meat on a stick). This dish can be served on a plate or in a sandwich, for lunch, dinner, or as part of a buffet.

## INGREDIENTS:

500 grams of chicken breast, cut into cubes

½ a red pepper

1 medium onion, cut into slices

6 medium white mushrooms

2 tablespoons of low fat yoghurt

1 teaspoon of paprika

1 teaspoon of curry powder

Salt and pepper to taste

**Tools needed:** kitchen knives (x2), mixing bowl, spoon for mixing, cling film, skewers (x36), baking tray, aluminium foil

**Cooking Techniques:** Baking



Chicken and vegetables served on a skewer.  
Source: <https://cookpad.com/gr/sintages/3086956-marinarismeno-kotopoulo-souvlaki-sto-phourno>

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Preheat the oven to 180°C (gas mark 4).
2. Cut up the chicken into small pieces and transfer to a bowl. Add the yoghurt, paprika and curry powder. Mix all the ingredients together.

**⚠ Food safety** – do not wash chicken, to prevent cross-contamination onto other foods and surfaces.

**⚠ Tool hygiene** – always use separate knives and chopping boards for meat and vegetables.

**⚠ Personal hygiene** – always wash your hands with soap after touching raw chicken.

3. Cover the bowl with cling film and place it in the fridge for 15 mins.
4. Cut up the onion and red pepper into slices that can fit onto on a skewer.
5. Remove the bowl from the fridge and prepare each souvlaki one by one. Place a chicken cube onto a skewer, followed by an onion slice, a pepper slice, and a whole mushroom piece. Repeat until you reach the end of the skewer.

**⚠ Food safety** – wash all vegetables under running water before use to wash off any dirt or loose soil.

6. Place the “loaded” skewers on a baking tray, sprinkle with salt and pepper, and cover with aluminium foil.

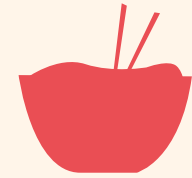
**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

7. Bake at 180°C for 25 minutes and serve.

**⚠ Food safety** – cut into the thickest part of the chicken to make sure there are no pink bits, and juices run clear.

## RECIPE TIPS:

The souvlaki can be heated once more - for 5 minutes at 180°C, before serving. You could also add tomatoes, baby potatoes or other vegetables, for example aubergines or courgettes!



Serves 6



Prep: 20min

Cook: 25min

Total: 45min



Difficulty: Moderate

# TZATZIKI SAUCE

(JA-JI-KI) 

This is a traditional Greek sauce that accompanies meat and vegetables. It can be served on a plate or as part of a sandwich for lunch or dinner, and can also form part of a buffet or a “mezze” platter.

## INGREDIENTS:

500 grams of strained Greek yoghurt (thick and creamy)

1 medium sized cucumber

1 medium clove of garlic, pressed or finely grated

2 tablespoons of chopped fresh dill

2 tablespoons of olive oil

1 tablespoon of lemon juice

A pinch of salt

**Tools needed:** fine grater or garlic press, vegetable peeler, serving bowl, kitchen knife, mixing bowl, cling film or lid for bowl



Traditional Greek sauce to accompany meat and vegetables.

Source: <https://www.yiannislucacos.gr/recipe/ellinika-spitika-orektika-ntip/7483/tzatziki>



## METHOD:

**Wash your hands and ensure all surfaces are clean.**

### 1. Wash and peel the cucumber.

⚠ **Tool hygiene** – use a clean grater to grate the cucumber.

⚠ **Personal hygiene** – wash your hands after handling the cucumber.

### 2. Add the yoghurt, olive oil, dill, lemon juice, grated garlic, and salt to the bowl, and stir to blend. Let the mixture rest for at least five minutes. Taste and add additional chopped dill, lemon juice, and/or salt, if necessary.

⚠ **Food safety** – place the bowl in the fridge, if you aren't eating it right away.

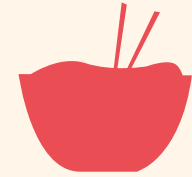
### 3. Serve tzatziki immediately or chill in the fridge. Leftover tzatziki can be kept for up to four days.

⚠ **Tool hygiene** – use a clean bowl with a lid, or use cling film to cover and store in the fridge

⚠ **Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

## RECIPE TIPS:

Tzatziki sauce is traditionally made with strained sheep or goat milk and it is often served on the side with warm pitta bread, or used as a condiment for souvlaki (meat on a stick). The better the straining of the grated cucumber, the better the taste.



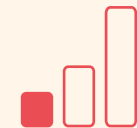
Serves about 16



Prep: 10min

Cook: 0min

Total: 10min



Difficulty: Easy

# CHICKEN PAPRIKASH WITH DUMPLINGS (PAP-REE-CASH)



Chicken with paprika is an undeniable part of classic Hungarian cuisine. Suitable for any occasion, even birthdays or weddings. It is often eaten for lunch or dinner, all year round.

## INGREDIENTS:

### For the paprikash:

4 chicken drumsticks  
4 chicken wings  
2 onions  
3 cloves of garlic  
100 millilitres of olive oil  
1 teaspoon of course  
black pepper

1 teaspoon of marjoram  
1 teaspoon of ground red  
paprika  
1 bay leaf  
2 teaspoon of salt  
175 grams of sour cream  
2 teaspoons of flour

### For the dumplings:

2 eggs\* (see footnote)  
100 millilitres of cold water

100 millilitres of milk  
500 grams of flour  
A pinch of salt



Classic Hungarian chicken dish with paprika.  
Source: <https://www.mygorgeousrecipes.com/chicken-paprikash/>

**Tools needed:** chopping knives (x2), chopping boards (x2), large saucepan, frying pan, mixing bowls (x2), slotted spoon, whisk

**Cooking techniques:** stir-frying, boiling

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Take the chicken drumsticks and wings and cut them at the joints.

**⚠ Tool hygiene** – use separate knives and chopping boards for chicken and vegetables.

**⚠ Food safety** – do not wash chicken, to prevent cross-contamination onto other food and surfaces.

**⚠ Personal hygiene** – always wash your hands with soap after touching chicken.

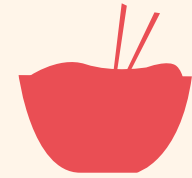
2. Heat the olive oil in a pan. Peel and chop the onion into small pieces and add to the oil. Cook until translucent. Finely chop the garlic and add to the pan.
3. Move the chicken to the pan and cook on all sides until brown.
4. Add the spices, salt and water to the pan, until the chicken is covered. Boil on a low heat and then simmer gently for one hour, until the meat is tender and cooked all the way through.

**⚠ Food safety** – cut into the thickest part of the chicken to make sure there are no pink bits, and juices run clear.

5. Mix the sour cream with the flour and a little water in a bowl. Add the flour to the mixture after sifting. Add the mixture to the paprikash.
6. For the dumplings, boil the water in a saucepan, adding a little salt and oil.
7. Break the eggs into a bowl, with the water, milk and salt. Add the flour to the mixture, stir and start making a dough, tear the dough into the boiling water. Try to make sure the dough pieces don't touch each other.
8. When the dumplings float to the surface of the water, take them out and strain them. Mix them with a little oil and put them on a plate, ready to serve with the paprikash.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.



Serves 4



Prep: 30min

Cook: 1hr 30min

Total: 2hrs



Difficulty: Hard

# TRADITIONAL BEEF GOULASH SOUP (GOO-LASH) 🍲

Beef goulash is probably the most well-known dish of the traditional Hungarian cuisine. It's warming and packed full of flavour (and added vegetables).

## INGREDIENTS:

500 grams of beef leg

2 onions

3 tablespoons of lard, or  
sunflower oil if you prefer

2 teaspoons of ground paprika

2 teaspoons of ground cumin

500 millilitres of red wine

500 millilitres of water

2 cloves of garlic

2 tomatoes

2 sweet green peppers

500 grams of potatoes

Soup vegetables (carrot,  
turnip, celery)

A pinch of salt

**Tools needed:** large saucepan with lid, hob, fine grater, or a garlic press, kitchen knives (x2), chopping boards (x2), measuring jug



A warm and hearty bowl of Hungarian soup.  
Source: <https://sefbaber.adonisz.com/blog/hamis-gulyas-leves/>

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Heat the lard or oil in a large saucepan. Peel and chop the onion into slices and add to the pan. Fry for five minutes. Then peel and finely chop the garlic into the pan.

**⚠ Tool hygiene** – make sure that clean knives and a clean chopping board are used.

2. Cut the beef into small bite-sized cubes and add to the pan, increase the heat, and let it brown.

**⚠ Food safety** – do not wash raw meat to prevent cross-contamination onto other foods and surfaces.

**⚠ Tool hygiene** – always use separate chopping boards for meat and vegetables.

**⚠ Personal hygiene** – always wash your hands with soap after touching raw meat.

3. Add the ground paprika, salt and ground cumin. Pour the wine over the stew, and 500 millilitres of water. Cut the tomatoes in half and add to the stew.

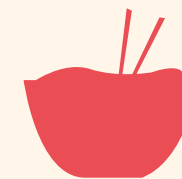
4. Cover and continue to cook the meat gently for 90 minutes or so, or until it is tender.

5. While the stew is simmering, prepare the vegetables. Cut the carrots, green peppers and turnip into small pieces. Dice the potatoes and add them to the stew, along with the other vegetables. Add the celery in the last 30 minutes of cooking. Simmer until the vegetables have softened.

**⚠ Food safety** – check the surface of the meat has been cooked on all sides and there are no pink bits.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

6. Serve with chopped parsley and fresh bread.



Serves 4



Prep: 30min

Cook: 1hr 30 min

Total: 2hrs



Difficulty: Moderate

# BABA DE CAMELO

## (BAH-BA DE CA-ME-LOO) Ⓟ

A typical Portuguese dessert made from condensed milk and eggs, with a tasty, creamy texture. The original recipe uses raw eggs, which raises concerns about the risk of *Salmonella*. But why take risks? We've put together an equally delicious recipe.

## INGREDIENTS:

1 can of cooked, sweetened condensed milk (like Carnation caramel or Portuguese dulce de leche)

4 eggs\* (see footnote below)

Crushed Maria biscuits (Portuguese) or Rich Tea biscuits

**Tools needed:** mixing bowl (x2), whisk or mixer, spatula, serving bowl(s)

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



Traditional Portuguese dessert, tasty and creamy, serve with crushed biscuits.

Source: <https://www.foodfromportugal.com/pt-pt/receitas/baba-camelo>.

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Using two bowls, separate the egg yolks from the egg whites, by cracking the eggs in half and allowing the whites to drip into the bowl.
2. Mix the egg whites in a clean metal bowl until stiff peaks form. If there is any grease, they won't whip properly. A few drops of lemon juice can help.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

**⚠ Tool hygiene** – make sure a clean bowl is used during preparation.

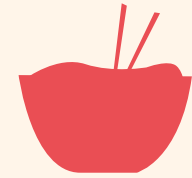
3. Whisk the yolks and add the can of cooked condensed milk. Mix well.
4. Add the whipped egg whites to the egg yolk and condensed milk mixture, and gently fold them together until combined.
5. Sprinkle with crushed Maria biscuits, or Rich Tea biscuits.
6. Pour the mixture into a large serving bowl or individual bowls, and store in the fridge for at least two hours before serving.

**⚠ Food safety** – store leftovers in the fridge and consume within three days.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.

## RECIPE TIPS:

Baba de camelo can be garnished with grated almonds, chopped walnuts, or even slices of strawberry!



Serves 6



Prep: 15min

Cook: 0min

Total: 15min



Difficulty: Moderate

# BACALHAU À BRÁS

## (BA-CA-LLIAW AH BRAS)



Bacalhau à Brás is one of the most famous Portuguese recipes. This dish is made with salt cod, potatoes and eggs, and served hot with parsley and black olives.

## INGREDIENTS:

1 onion	200 grams of potatoes
2 cloves of garlic	6 medium-sized eggs* (see footnote below)
4 tablespoons of olive oil	1 teaspoon of chopped parsley
600 grams of shredded soaked cod	50 grams of black olives

**Tools needed:** chopping board, knife, mixing bowl (x2), fryer or pan, deep frying pan

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



A famous Portuguese salt cod dish with egg, black olives and potatoes.  
Source: <https://www.pingodoce.pt/receitas/bacalhau-a-bras/>

## RECIPE TIPS:

**For the best results, soak the salt cod overnight in cold water (12 to 18 hours) in the fridge, changing the water twice. Drain the fish, gently rinse again under cold water, then pat dry with paper towels.**



# METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Remove the skin and bones of the soaked salt cod. Shred it into bite sized pieces.

**⚠ Personal hygiene** – always wash your hands with soap after touching raw fish.

**⚠ Food safety** – check the fish is not past its use-by date.

2. Cut the potatoes into thin matchstick-sized strips and cut the onion into fine rings.

**⚠ Tool hygiene** – always use separate knives and chopping boards for fish and vegetables.

**⚠ Tool hygiene** – always use clean knives and a clean chopping board.

3. Fry the potatoes in a little olive oil and set to the side, drying them on kitchen paper.
4. Sauté the onions in olive oil, in a deep-frying pan. Crush the garlic and add it to the pan. Cook both until golden.

5. Add the salt, cod and potatoes to the pan. Mix well, letting the potatoes soften.

6. In a bowl, lightly beat the eggs with a fork and season with salt and pepper.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

7. Add the beaten egg mixture to the salt, cod and potato mixture, and scramble lightly until the eggs are cooked.

**⚠ Food safety** – always wash your hands after handling raw egg.

8. Stir in the parsley, add black olives, and serve immediately.

**⚠ Food safety** – store leftovers in the fridge within two hours of cooking. Consume within three days.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.



Serves 4



Prep: 10min

Cook: 30min

Total: 40min



Difficulty: Moderate

# PA AMB TOMÀQUET

## (PAMB TO-MA-KET) Ⓥ

A very simple vegetarian dish – considered a staple of Catalan cuisine. Translates to tomato bread – generally eaten for breakfast or dinner, shared with friends during a main meal.

## INGREDIENTS:

2 small slices of bread

1 tomato

Sea salt

1 tablespoon of extra-virgin olive oil

**Tools needed:** toaster or oven, kitchen knife, chopping board



Simple and delicious tomato bread.  
Source: <https://www.barcelonaturisme.com/wv3/en/enjoy/8/the-sacred-principles-of-pa-amb-tomaquet.html>

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Toast the bread slices in the toaster, or bake them in the oven at 200°C (gas mark 6) until golden.
2. Cut the tomato into two halves. Rub the cut side all over the top of the bread, to spread the tomato juice.

**⚠ Tool hygiene** – make sure that clean knives and a clean chopping board are used.

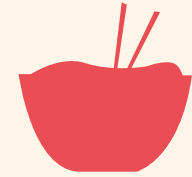
**⚠ Personal hygiene** – wash your hands with soap and water before handling the tomato.

**⚠ Food safety** – wash the tomato before use to remove any dirt or loose soil.

3. Add a little bit of sea salt along the bread slices.
  4. Drizzle the olive oil along the bread slices.
- ⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.
5. Serve straight away, while they are nice and warm!

## RECIPE TIPS:

Pa amb tomàquet is typically served with ham, cheese, tuna, anchovies, or tortilla.



Serves 1



Prep: 5min

Cook: 5min

Total: 10min



Difficulty: Easy

# TORTILLA DE PATATAS

## (TOR-TI-YA DE PA-TA-TAS) V

Spanish omelette - A very simple, delicious, and popular Spanish dish. Could be eaten for breakfast, lunch or dinner.

## INGREDIENTS:

500 grams of potatoes

1 onion

2 tablespoons of olive oil

5 large eggs\* (see footnote below)

**Tools needed:** potato peeler or speed peeler, chopping knife, chopping board, kitchen towel, spatula, mixing bowl, non-stick frying pan, dinner plate

\*Use commercial/store-bought eggs or those that are known to come from *Salmonella*-vaccinated hens. In the UK, use eggs with the British Lion mark.



Potato omelette style dish from Spain perfect for any time of the day.  
Source: <https://www.cocinacaserayfacil.net/tortilla-de-patata-rellena-de-queso-de-cabra-y-cebolla-caramelizada/>

## RECIPE TIPS:

**Tortilla de patatas can be served hot or cold and delicious with alioli, a traditional Spanish garlic dip.**

## METHOD:

**Wash your hands and ensure all surfaces are clean.**

1. Peel the potatoes using a potato peeler or speed-peeler, then carefully cut them into thin half centimeter slices. Pat the potato slices dry with a clean tea towel.

**⚠ Food safety** – wash and scrub the potatoes before use, taking off any loose soil.

**⚠ Tool hygiene** – make sure that clean knives and a clean chopping board are used.

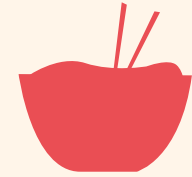
2. Peel and finely slice the onion.
3. Drizzle two tablespoons of oil into a small frying pan over a medium heat. Then add the onion and potatoes.
4. Turn the heat down to low and cook for 25 to 30 minutes, or until the onions are turning golden and the potato slices are cooked through. Try not to stir too much or the potatoes will break up – just use a spatula to flip them over halfway through.
5. Crack the eggs into a mixing bowl, season with a tiny pinch of sea salt and black pepper, then whisk together with a fork.

**⚠ Food safety** – make sure your eggs have been kept in the fridge to stay fresher for longer and always check the use-by date.

**⚠ Personal hygiene** – always wash your hands after handling raw egg.

6. When the onions and potatoes are cooked, remove the pan from the heat and carefully tip them into the eggs.
7. Transfer the mixture back into the frying pan and cook over a low heat. Cook for around 20 minutes, or until there is almost no runny egg on top.
8. Use a spatula to slightly lift and loosen the sides. Carefully flip the pan over a dinner plate and tip out the tortilla. Slide it back into the pan and cook for another five minutes, or until golden and cooked through.

**⚠ Surface hygiene** – clean all surfaces and tools to prevent cross-contamination. Dry your dish cloths.



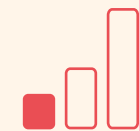
Serves 6



Prep: 5min

Cook: 50min

Total: 55min



Difficulty: Easy

# FOOD HYGIENE CURRICULUM AND LEARNING OUTCOMES

**The recipes within this book can link to several practical food hygiene and food safety lessons in schools including:**

- **Food Preparation and Nutrition**
- **Food Science and Nutrition**
- **Design and Technology**

**Key learning outcomes covered in this book include:**

- **To understand cross-contamination and how it occurs**
- **To develop and normalise skills for good hand and food hygiene and food preparation in everyday life**

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**Hungary:** National Food Chain Safety Office

**Portugal:** University of Lisbon; Ministry of Education; The Catholic University of Portugal

**Spain:** University of Barcelona

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