

HEALTHY, FIT AND NEVER QUIT

Vegan, Vegetarian, Pescetarian and Whole Food recipes

GREEK team recipes

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VEGAN

Moussaka without minced meat

Preparation: 30 minutes

Cooking time: 40 minutes

Servings: 8-10

Some things about vegan moussaka:

This moussaka is made with aubergines and without minced meat (as the regular moussaka is made)! The whole secret in the taste is hidden in the mushrooms that just take it off. This moussaka with potatoes and aubergines is wonderful!

Recipe ingredients

- * 4 large eggplant flasks (sliced)
- * 5 large zucchinis (sliced lengthwise)
- * 4 boiled potatoes (sliced)
- * 2 large ripe and firm tomatoes (sliced)
- * 10 large white mushrooms or 6 portobellos
- * 1 cup grated plant-based cheddar cheese
- * 1/4 cup olive oil
- * salt
- * pepper
- * a little garlic oil
- * 4 tbsp. bread crumbs for the pan
- * a little olive oil for the pan

For vegan bechamel sauce

- * 4 tbsp. margarine
- * 4 tbsp. flour
- * 1 litre of hot plant-based milk
- * 1 cup strained plant-based yogurt
- * 2 tbsp. broken flaxseed
- * 1/2 cup soft plant-based feta cheese chunks
- * 1/2 cup grated plant-based cheddar cheese
- * 2-3 pinches of nutmeg
- * salt
- * pepper

Procedure:

For vegetables

- i. For the vegetable moussaka without minced meat, first cut the aubergines and zucchini into 0.5 cm-thick slices.
- ii. Place the vegetables in rows in a shallow oven pan.
- iii. Brush them with olive oil, sprinkle them with salt and bake them at 220 ° C for 15' in a preheated oven to soften.
- iv. Boil the potatoes and cut in thick slices.
- v. Cut the mushrooms into slices.
- vi. Heat a pan to burn well.
- vii. Add a little garlic oil and sauté the mushrooms for a few minutes on high heat to evaporate their liquids.
- viii. Add salt and pepper.

For vegan bechamel

- i. Melt the margarine in a saucepan.
- ii. Add the flour and bake, stirring with a whisk for 2'.
- iii. Remove from the heat and stir little by little while pouring the plant-based milk and the flaxseed.
- iv. Continue stirring over medium heat until the cream thickens.
- v. Add salt and pepper and grate nutmeg.
- vi. Remove from the heat and add the vegan feta cheese, stirring quickly.
- vii. Finally, add half of the grated vegan cheddar cheese. Mix well.

Setting up

- i. In a deep slightly oiled oven pan, sprinkle some bread crumbs.
- ii. Make layers of vegetables (potatoes, eggplant, zucchini) alternately with grated vegan cheese.
- iii. Spread the mushrooms in one layer.
- iv. Cover with tomato slices.
- v. Sprinkle with the remaining vegan cheese and finally cover the moussaka with all the cream.
- vi. Sprinkle with the remaining vegan cheese.

Baking

- i. Bake in a well preheated oven at 180 ° C for about 35-40', until the surface is golden brown.

(This recipe may also be vegetarian if we choose regular feta cheese and parmesan and it could also be whole food if we use minced meat, which is a classic Greek recipe)



VEGETARIAN

Zucchini balls with feta cheese and tzatziki

Preparation: 20 minutes

Cooking time: 30 minutes

Servings: 10

Recipe ingredients:

- * 1 kilo zucchinis, grated
- * 500 gr. grated feta cheese
- * 1 bunch parsley, finely chopped
- * 1/2 bunch dill, finely chopped
- * 1/2 bunch of mint, only the leaves, finely chopped
- * 4 spring onions, finely chopped
- * lime or lemon zest, from 2 limes/lemons
- * 1 tbsp. ground cumin
- * 2 pinches of bukovo pepper
- * 2-3 tbsp. olive oil
- * 2 beaten eggs
- * 150-200 gr. plain flour
- * 20 gr. baking powder
- * salt
- * pepper
- * olive oil for frying

For tzatziki:

- * 1 kilo strained yogurt
- * 1-2 cloves garlic, mashed
- * 2-4 tbsp. vinegar
- * 6 tbsp. olive oil
- * 1-2 large cucumbers, grated
- * 1 tbsp. chopped dill
- * a pinch of salt
- * a pinch of pepper

Procedure:

For zucchini balls

- * Grate the zucchinis on a coarse grater and put the chunks with a little salt in a towel. Squeeze firmly to remove all their juices.
- * Put the zucchinis in a bowl and set aside.
- * Add the onions, the mint, the dill, the parsley, the zest, the cumin, the boukovo, the feta cheese, the eggs and mix with a ladle until all the ingredients are mixed.
- * It would be good to leave the mixture for 30 minutes in the refrigerator.
- * Put a non-stick pan on medium to high heat and pour a bit of olive oil to fry the zucchini balls.
- * As soon as the olive oil heats up (we do not want it to burn too much because our meatballs will burn) we add them and as soon as they get a nice golden color on one side with the help of a spoon we turn them on the other.

- * Once they are ready, place them on a plate with absorbent paper to drain the oils of the zucchini balls.
- * Once we fry them all, we leave them aside.
- * If we prefer our zucchini balls to be even healthier, we can bake them so we have to turn the oven to 180 degrees in the air mode.
- * Put in a slightly oiled pan oil. Bake in the preheated oven, on the middle grill for about half an hour.
- * If necessary, turn them with a fork in about 25 minutes

For tzatziki

- i. Mix the ingredients together to make a very tasty fresh sauce
- ii. Dip the warm zucchini balls in to taste



PESCETARIAN

Sesame fish fillet with Fava (split beans)

Preparation: 20 minutes

Cooking time: 40 minutes

Servings: 6

Recipe ingredients:

• For sesame fish fillet:

- * 6 fish fillets (any fish)
- * 6 cloves of garlic
- * 3 beaten eggs
- * Sesame, black and white
- * Salt
- * Pepper
- * Rosemary
- * White vinegar
- * Olive oil

For fava:

- * 1 liter of water, hot
- * 200 gr. fava beans
- * 1 carrot
- * 1 onion
- * 1 clove of garlic
- * 6 tbsp. olive oil
- * pepper
- * salt
- * 1 pinch of brown sugar
- * 2 bay leaves
- * 1,200 gr. of water or vegetable stock/broth
- * 1 tbs rosemary
- * lemon zest, from 1 lemon
- * lemon juice, from 1 lemon

Procedure:

For fava (split beans)

- * Put the fava beans in a bowl, pour hot water on top and mix with a wooden spoon. Leave it until the water darkens.
- * Strain the fava beans into another bowl and set aside.
- * Cut the carrot, onion and garlic into thin slices and put them in a saucepan. Add 2 tbsp. of olive oil, pepper, salt, brown sugar and bay leaves.
- * Put the pot on high heat and sauté the vegetables for 2-3 minutes until golden brown. Be careful, we do not want to get too much color.
- * Then add the fava beans to the pot, mix with a wooden spoon and directly add the broth. Add the rosemary.
- * Boil on low heat, stirring constantly, until the water evaporates and the fava beans soften.
- * Then remove from the heat, remove the rosemary and bay leaves.
- * Pour the fava beans in the food processor with the knives, add the zest and the lemon juice, 4 tbsp. olive oil and beat until smooth (puree).

For sesame fish fillet

- * Wash and dry the six fillets. Add salt and pepper.
- * Beat the eggs. Dip the fillets in the beaten egg.
- * Right after that, dip the fillets in a deep plate with the black-white sesame mix.
- * Add a tiny bit of olive oil to a frying pan.
- * Gradually put the fish fillets in the frying pan, to fry on both sides.
- * Add the garlic cloves in the pan (one for each fillet) and some rosemary.
- * Add a bit of vinegar and let it simmer.
- * Once fried, serve with the ready fave.



Picture source:
<https://sofeto.gr/?p=137>

WHOLE FOOD

Greek Chickpea soup (Revithia)

Preparation: overnight / 20 minutes

Cooking time: 2 hours

Servings: 6

This is also a vegan recipe.

Recipe ingredients:

- * 500g dry chickpeas (revithia)
- * 1 large red onion, chopped
- * ½ a cup olive oil
- * 1 bay leaf
- * 2 tsp oregano (optional)
- * salt and pepper
- * juice of 1–2 lemons
- * 2 tbsp flour
- * vegetable stock (optional)

Procedure:

- * To prepare this Greek chickpea soup recipe (revithia soupa), start by washing the chickpeas and let them soak in plenty of cold water overnight (ideally for 18 hours).
- * When you are ready to make the recipe, drain the chickpeas (revithia) and discard the soaking water.
- * Place the chickpeas in a colander and rinse very well with plenty of water (4-5 times). Put your hands in the colander and rub them well.
- * Place the revithia in a large pan with enough cold water to cover them (about 4cm over the chickpeas).
- * Turn the heat up and bring to the boil. Keep removing the froth from the top with a wooden spoon for about 15 minutes.
- * Drain the chickpeas and then put them back in the pan and add enough warm water to cover them again. Bring to the boil and add the olive oil, chopped onion, oregano and bay leaves.
- * Turn the heat down to a simmer and place the lid on. Let the revithia cook for 1-2 hours, depending on the chickpeas, until tender. Add more water if necessary in order not to dry.
- * If you prefer your soup to be thicker, during the end of cooking time, add in a bowl the flour and lemon juice and pour gradually 1-2 ladles of the soup and whisk. Add the mixture slowly in the pan with the chickpeas and season. Stir gently for 2-3 minutes until the soup thickens.
- * Serve this Greek chickpea soup while still warm with crusted bread aside. Enjoy!





We really hope you enjoy our recipes!!!

Thank you!

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