



MEALS WITH

EU ★

F O O D

P A C K A G E S



Table of contents

4

MAIN COURSES & SIDE DISHES

- 5 Chili con carne
- 5 Shepard's pie
- 5 Potato and vegetable soup
- 6 Macaroni oven casserole
- 6 Burgers
- 7 Pea balls
- 9 Gnocchi
- 9 Béchamel sauce and its variations
- 9 Queso (cheese sauce)
- 9 Spinach sauce
- 9 Mushroom sauce
- 9 Egg sauce
- 10 Potato pancake
- 10 Pizza pancake

11

PORRIDGE, SNACKS & DESERTS

- 11 Raw porridge
- 11 Yogurt trifle
- 11 Muesli porridge
- 13 Oven pancake
- 13 Crepes
- 13 Spinach crepes

14

SAVOURY & SWEET HOME BAKING

- 14 Unleavened barley bread
- 14 Unleavened potato bread
- 15 Unleavened carrot bread
- 15 Muesli bread
- 17 Mac & cheese muffins
- 17 Mushroom pie (and ham pie)
- 18 Apple crumble
- 18 Oat biscuits
- 18 Muesli bars

Milk powder can be used either as milk or in powder form mixed with other ingredients.

HOW TO MAKE MILK USING MILK POWDER

SKIMMED (FAT-FREE) MILK POWDER
2 dl of milk powder mixed with 1 litre of water

LACTOSE-FREE SEMI-SKIMMED (LIGHT) MILK POWDER
2,5 dl of milk powder mixed with 1 litre of water

→ In oven casserole dishes, eggs can be substituted with milk powder and water: 1 dl of milk powder and 2 dl of water.

To avoid scorching of milk when making soups, purees, or porridge, add milk powder only when the dish is nearly cooked.

Main courses & side dishes

Leftover chili con carne works well in Shepard's pie. It can also be used as tortilla or savoury crepe filling.

CHILI CON CARNE

1 tin of cooked meat

1 tbs oil
1 onion
2 garlic cloves
1 tin chopped tomatoes
1 tin beans (e.g. kidney beans)
4 dl water
1 tsp salt
2 tsp mixed dried herbs
0,5 tsp ground black pepper
Dried chili flakes (optional)

Macaroni

- Chop up the meat into small cubes and fry in oil.
- Peel and dice the onion and garlic cloves. Add the onion and garlic in the pan and sauté briefly. Add chopped tomatoes and drained beans.
- Fill up the empty chopped tomatoes tin with water and pour it into the pan. Season with salt, dried herbs, black pepper, and, if you like, chili. Leave to simmer for 20 minutes. Serve with boiled macaroni.

SHEPARD'S PIE

1,5 dl instant potato mash powder

6 dl hot water
400 g frozen vegetables
3 dl chili con carne
1 egg
1 dl grated cheese
1 tsp ground black pepper
1 tsp mixed dried herbs

- In a bowl, mix the potato mash powder and hot water. Allow the mash to cool.
- Defrost the frozen vegetables and spread into a greased oven dish. Pour in the chili sauce. Mix the egg, grated cheese, and seasoning into the mash. Using a big spoon, cover the vegetables and chili with mash.
- Cook in 200 C (400 F, gas mark 6) for 20-30 minutes or until golden brown.

Adding some cream or cream cheese into the soup will give it a more rounded flavour.

POTATO AND VEGETABLE SOUP

1 big onion
Oil
500 g vegetables (e.g. carrot, swede, parsnip, and/or cauliflower)
1,5 l water
1 vegetable bouillon
1 sachet (100g) potato mash powder
0,5 tsp ground black pepper

- Peel and dice the onion. Heat up a drop of oil in a pan and sauté the onion.
- Add the diced vegetables, half of the water, and the vegetable bouillon. Boil until the vegetables are softened, then purée using a hand blender.
- Add the remaining water and bring to boil. Add the potato mash powder, stir, and leave to thicken. Season to taste.

Chili con carne can be substituted with vegetarian, fish, or other meat sauce.

MACARONI OVEN CASSEROLE

1 tin cooked meat (or 400 g fresh mince)

1 onion

1 tsp salt

1 tsp ground black pepper

5 dl macaroni

2 tbs plain flour

2 dl milk powder + 1 l water (or 1 l milk)

- Pre-heat the oven to 200 C (400 F, gas mark 6). Use a drop of oil to grease an oven casserole dish.
- Chop up the tinned meat into small cubes. Finely dice the onion. Brown the meat and onion in a pan and season well.
- Place uncooked macaroni into the casserole dish. Add the flour and meat and stir. Mix the milk powder and water and pour into the casserole dish. Mix well.
- Cook on a middle rack of the oven for 45 minutes, then remove from heat, and allow to cool for 10 minutes before serving.

BURGERS

ROLLS

3 dl oats

3 dl all-purpose flour

1 sachet dry yeast

1 tsp salt

2 tsp sugar

4 dl water

2 dl plain flour

0,5 dl oil

1 tin cooked meat

1 egg

6 cracker breads

(or some breadcrumbs)

Oil

Lettuce

Tomato

Mayonnaise

- Start by baking the rolls. Mix the oats, all-purpose flour, dry yeast, salt, and sugar in a bowl. Heat up the water to 40 C and pour into the mix. Add the plain flour and oil. Stir until the dough resembles very thick porridge. Cover with clean kitchen towel and leave to rise in a warm place for 30 minutes.
- Divide the dough into 15 equal pieces and shape into balls. Leave to rise on a baking tray covered with baking paper while the oven heats to 225 C (425 F, gas mark 7). Bake on a middle rack for 15 minutes.
- Cut the cooked meat into 4 or 5 evenly sized discs.
- Break the egg into a soup bowl and break up the yolk with a fork.
- Put the cracker breads in a small bag, and crush. Tip the (cracker) breadcrumbs onto a plate. Dip each meat disc first into the egg, then the crumbs, coating them well.
- Using low heat, fry the discs in an oiled pan, browning them for 2-3 minutes on each side.
- Cut a roll in half, and stack with a warm patty and your favourite toppings.

PEA BALLS AND MASHED POTATOES

2 garlic cloves

1 tin of pea soup

1-3 dl plain flour

2 cracker breads (crushed finely)

2 tsp ground black pepper

1-2 tsp chili powder

Plain flour and oil for frying

- Crush the garlic, add all ingredients into a bowl, and stir. Note that the amount of flour needed depends on the consistency of the pea soup being used.
- Add flour a small amount at a time until the dough is easily shaped into small balls. Lightly coat the balls in flour.
- Heat a generous amount of oil in a pan and fry the balls for 10 minutes or until they are golden brown. Remove from the pan and leave to drain on some kitchen roll. Serve with mashed potatoes, and yogurt or sour cream dip.





GNOCCHI

5 dl leftover mashed potatoes

1 egg

1 tbs oil

3 dl plain flour

- If the leftover mash was stored in the fridge, take the container out to warm before you start cooking. Mix the egg and oil with the mash. Sprinkle flour into the mix until it becomes doughy and firmer. Sprinkle some flour onto a work top and continue kneading there. The dough is ready when it feels solid to handle.
- Shape into thumb-sized sticks. Cut the sticks into 1 cm pieces. Roll into balls, then press a dimple in each with your finger, or imprint with the prongs of a fork.
- Boil in plentiful water for a few minutes until the gnocchi bob up to the surface. Drain using a sieve. Add a drop of oil to avoid sticking.
- Serve as is, or fry in a pan with some sauce. Gnocchi are delicious with grated cheese, garlic, black pepper, and herbs.

BÉCHAMEL SAUCE AND ITS VARIATIONS

1 dl milk powder

5 dl water

2 tbs butter or margarine

0,5 dl plain flour

0,5 tsp salt

0,5 tsp ground black pepper

- Mix the milk powder with water.
- Melt the butter in a pot.
- Add the flour and boil for about a minute. Add milk, a little at a time, stirring well. Bring to boil, stirring all the time, until thickened. Season to taste.
- By adding ingredients to this basic version, you can easily make varied sauces to accompany meals such as boiled pasta, potatoes, and gnocchi.

Options include:

CHEESE SAUCE

2 dl grated cheese

SPINACH SAUCE

1 bag frozen spinach (defrosted)

MUSHROOM SAUCE

2-3 dl fried mushrooms (e.g. wild mushrooms such as boletes, chanterelles, funnel chanterelles, or use farmed mushrooms)
1 diced and fried onion

EGG SAUCE

2 hard-boiled eggs, finely chopped

POTATO OVEN PANCAKE

6 dl water
1,5 dl milk powder
 3 eggs
1 dl potato mash powder
2 dl plain flour
 0,5 tsp salt
 0,5 dl oil

- Mix the milk powder with water. Add the eggs and mix well.
- Combine dry ingredients in a different bowl and stir into milk. Finally, pour in the oil.
- Cover a high-sided oven tray with baking paper, and pour the pancake mix on it. Bake in 225 C (435 F, gas mark 7) for about 30 minutes or until the pancake is nicely browned and congealed.
- Potato oven pancake is delicious with salad, tuna, and cottage cheese. Try it also as a sweet treat with jam.

PIZZA OVEN PANCAKE

6 dl water
1,5 dl milk powder
 4 eggs
3 dl plain flour
 1 tsp salt
 0,5 dl oil
0,5 tin cooked meat

1 small onion
 1 tomato
 1 pepper
 2 dl grated cheese
 2 tsp dried herbs
 1 tsp ground black pepper
TO GARNISH
 rucola or fresh basil

- Mix the milk powder with water. Add the eggs and mix well. Stir in the flour and salt, then add the oil. Stir until smooth and leave to sit while you prepare the toppings.
- Chop up the tinned meat into small cubes. Peel and halve the onion, then cut into slices.
- Fry the meat on a hot pan until slightly browned. Add the onions and continue to fry for a few minutes.
- Slice the tomato and pepper.
- Cover a high-sided oven tray with baking paper and pour the pancake mix on it. Bake in 220 C (435 F, gas mark 7) for 15 minutes.
- Remove from the oven and sprinkle the grated cheese, meat and onion mix, tomatoes, peppers, and seasoning on top. Place back into the oven for another 15 minutes to brown. Leave to sit for a moment before serving. Garnish with rucola or fresh basil.

RAW PORRIDGE

1 banana or 2 dl berries
 4 dl water + **1 dl milk powder**
4 dl oats
 0,5 dl sugar

- Mash the banana or purée the berries. Mix the milk powder with water and pour over the banana or berries.
- Add the oats and stir.
- Leave to sit in the fridge for a few hours or overnight.

MUESLI PORRIDGE

1 l water
2 dl oats
2 dl muesli
 0,5 tsp salt
 0,5 tsp cinnamon

- Bring the water to boil, add the oats and muesli. Leave to simmer on low heat for 20 minutes. Season with the salt and cinnamon. Serve with berries or chopped fruit.

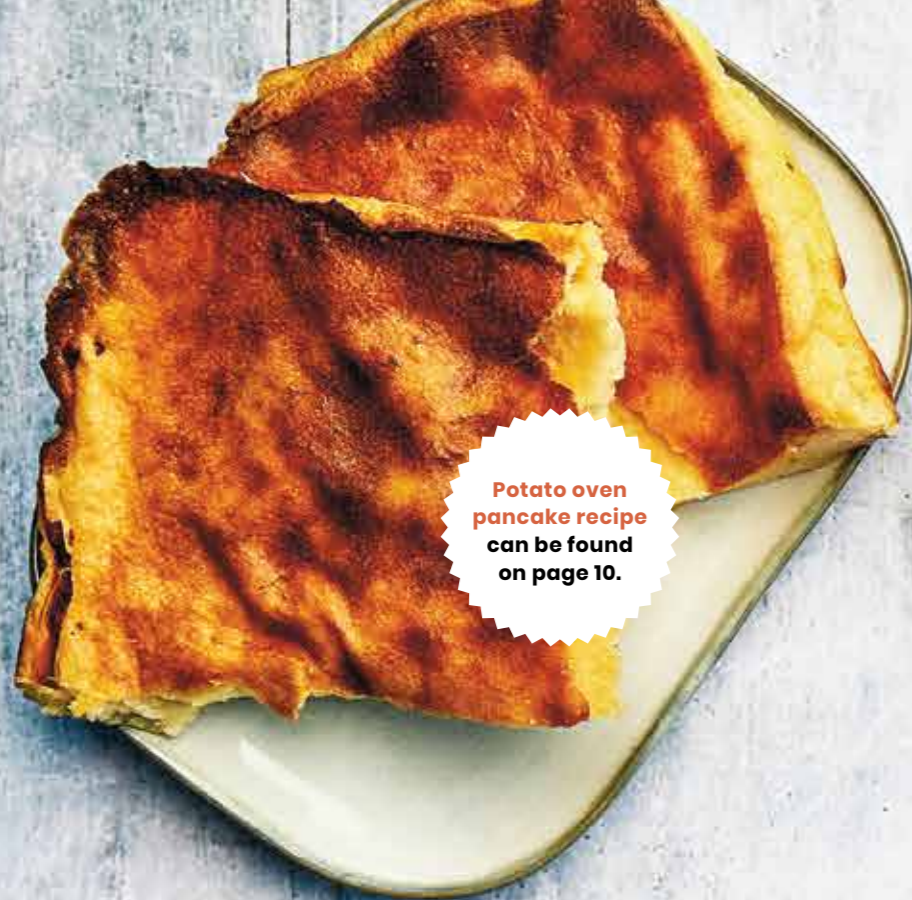
Leftover porridge can be used to make bread rolls.

YOGURT TRIFLE

5 cracker breads
 2 tbs butter or margarine
1 dl oats
 1,5 tbs sugar
 0,5 tsp cinnamon
 5 dl yogurt
 1 banana

- Crush the cracker breads into coarse crumbs. Heat the butter in a pan. Add the breadcrumbs, oats, sugar, and cinnamon. Fry until the mix is granola-like crumble. Leave to cool.
- Slice the banana. Using one big serving dish, or several small dishes, layer the yogurt, crumble, and banana slices on top of each other.

Photo of yogurt trifle can be found on page 19.



Potato oven pancake recipe can be found on page 10.



SPINACH CREPES
Add 75 g of defrosted spinach into basic crepe batter. Serve with lingonberry jam.

CREPES
2 eggs
5 dl water
1 dl milk powder
2,5 dl plain flour
0,5 dl oil
0,5 tsp salt
Butter, margarine, or oil for frying

→ Crack the eggs, and whisk adding the milk, flour, oil, and salt until thick, smooth batter. Set aside for 30 minutes. Heat up a frying pan to high heat, add a drizzle of oil (or use a little butter or margarine), then add batter to just cover the surface and fry turning the crepe over once light brown.

OVEN PANCAKE
You can use crepe batter to make an oven pancake. If your stove is 50-60cm wide, you will need to increase batter ingredient measurements by 50 per cent (i.e. 2 eggs + 1 egg, 5 dl water + 2,5 dl water, and so on). Cover a high-sided oven tray with baking paper and pour the batter on it. Bake in 225 C (435 F, gas mark 7) for about 30 minutes or until the pancake is nicely browned and congealed. Serve with jam and whipped cream.



Pizza oven pancake recipe can be found on page 10.

You can also make one big bread by leaving the dough soft and spreading it to cover a baking tray covered with baking paper.

UNLEAVENED OAT BREAD

3-6 dl oat porridge
2-4 dl plain flour
2-3 dl water
1 tsp salt
2 tbs oil or melted butter

- Combine all ingredients and stir until the dough is smooth. Depending on how much porridge you use, either increase or decrease the amount of flour. The dough can be quite soft. Using a spoon, place small lumps of dough on a baking tray covered with a baking sheet. First, dip your hand in flour, then press down flattening each lump into a disc.
- Score with a fork and bake in 250 C (475 F, gas mark 9) for 15 minutes or until golden brown.

UNLEAVENED POTATO BREAD

0,5 dl potato mash powder
2 dl hot water
3 dl all-purpose flour or plain flour
1 egg
salt

- Quickly stir all ingredients into dough. Divide the dough into smallish lumps and place them on a baking tray covered with a baking sheet. Dip your hand in flour first, then press down flattening each lump into a disc. Score with a fork and bake in 250 C (475 F, gas mark 9) for 15 minutes.

Add 1 dl of defrosted spinach or blanched and finely chopped nettles into the dough.

UNLEAVENED CARROT BREAD

4 dl grated carrots
2 dl water
1 tbs milk powder
5 dl all-purpose flour
0,5 tsp salt
0,5 dl oil

- Combine all ingredients and stir. Divide the dough into smallish lumps and place them on a baking tray covered with a baking sheet. Dip your hand in flour, then shape and flatten each lump into a disc. Score with a fork and bake in 250 C (475 F, gas mark 9) for 15 minutes.

MUESLI BREAD

6 dl flour
1-2 dl muesli
2 tsp salt
1 sachet dry yeast
3,5 dl cold water

- In a bowl, combine and mix all ingredients, then cover with clingfilm and leave to rise in room temperature for 2-3 hours.
- Sprinkle some flour onto a work top and briefly knead the dough. Shape into a log and place onto a heated baking tray covered with baking paper.
- Bake in 220 C (400 F, gas mark 6) for about 30 minutes.



MAC & CHEESE MUFFINS (MAKES 12)

400 g macaroni
3 tbs margarine or butter
4 tbs plain flour
5 dl hot water
1 dl milk powder
0,5 tsp ground black pepper
200 g grated cheese

- Cook the macaroni according to pack instructions, then drain.
- Melt the butter in a pot and add the flour. Stirring constantly, cook on medium heat for a few minutes.
- Mix the milk powder with hot water and pour, a small amount at a time, into the pot and whisk. Bring to boil, stirring all the time, until the sauce thickens. Season to taste.
- Fold in half of the grated cheese and the boiled macaroni.
- Spoon the mixture into a muffin tin or 12 muffin cases, sprinkle the remaining grated cheese on top, and bake in 200 C (425 F, gas mark 7) for about 30 minutes.
- Leave to cool. Muffins are a perfect accompaniment to vegetable soup, among other dishes.

You can substitute the mushrooms with some ham and make a ham pie. Use 150 g of diced ham and one finely chopped pepper.

MUSHROOM PIE

BASE

1 dl potato mash powder
3 dl flour
1 tsp baking powder
150 g margarine or butter
1 dl water

FILLING

1 onion
2-3 dl cooked and diced wild mushrooms (e.g. boletes, russulas, chanterelles, or funnel chanterelles)
1 tbs oil
0,5 tsp salt
2 dl sour cream
2 eggs
1-2 dl grated cheese
1 tsp dried herbs
salt and ground black pepper to season

- Prepare the base first. Combine the dry ingredients in a bowl and, using your fingers, rub the oil in the mix. Continue until the mixture looks like breadcrumbs, then add the water, and stir until the dough begins to come together. Press the dough into the sides and the bottom of an oven pie dish. Place in the fridge to chill while you prepare the filling.
- Peel and halve the onion and dice finely. Sauté the onion and mushrooms in a drop of oil, then remove from the heat.
- Once the onion and mushroom mix has cooled down, spread it in the pie dish.
- Combine and mix the remaining ingredients and pour over the onion and mushroom mix.
- Bake in 200 C (425 F, gas mark 7) oven for 30-40 minutes. Allow to cool for a moment before serving.

APPLE CRUMBLE

BASE

1,5 dl sugar
4 dl plain flour
0,5 tsp salt
2,5 tsp baking powder
2 tsp cinnamon
2,25 dl water
1 dl oil
3-4 apples, cubed

You can substitute the apples with frozen or fresh berries.

CRUMBLE

1,5 dl oats
0,5 dl melted butter or margarine
1 tsp cinnamon
1 tbs sugar
salt

- Start by making the base. Combine and mix the dry ingredients. Add the water and oil and stir into a smooth dough.
- Using a baking dish covered in baking paper, spread the dough covering its base. Add the apple cubes on top.
- Mix the crumble and sprinkle over the apple cubes.
- Bake in 200 C (425 F, gas mark 7) for 20-25 minutes.
- Allow to cool for a moment before serving.

OAT BISCUITS (MAKES 20-25)

2,5 dl oats
0,5 dl plain flour
1 tsp baking powder
1,25 dl sugar
1 egg
1 dl water

- Combine and mix all dry ingredients. Add the egg and water, mix well.
- Using a spoon, drop small spoonfuls on a baking tray covered with baking paper, leaving room for them to spread.
- Bake in 225 C (450 F, gas mark 8) for 5-7 minutes.

MUESLI BARS (MAKES 8)

1 big banana
1 dl oats
1,5 dl muesli
1 tsp oil
cinnamon

- Mash the bananas. Mix in the other ingredients.
- Shape 8 bars on a baking tray covered with a baking sheet. Bake in 200 C (425 F, gas mark 7) for 20 minutes.

Yogurt trifle recipe can be found on page 11.

Storing food



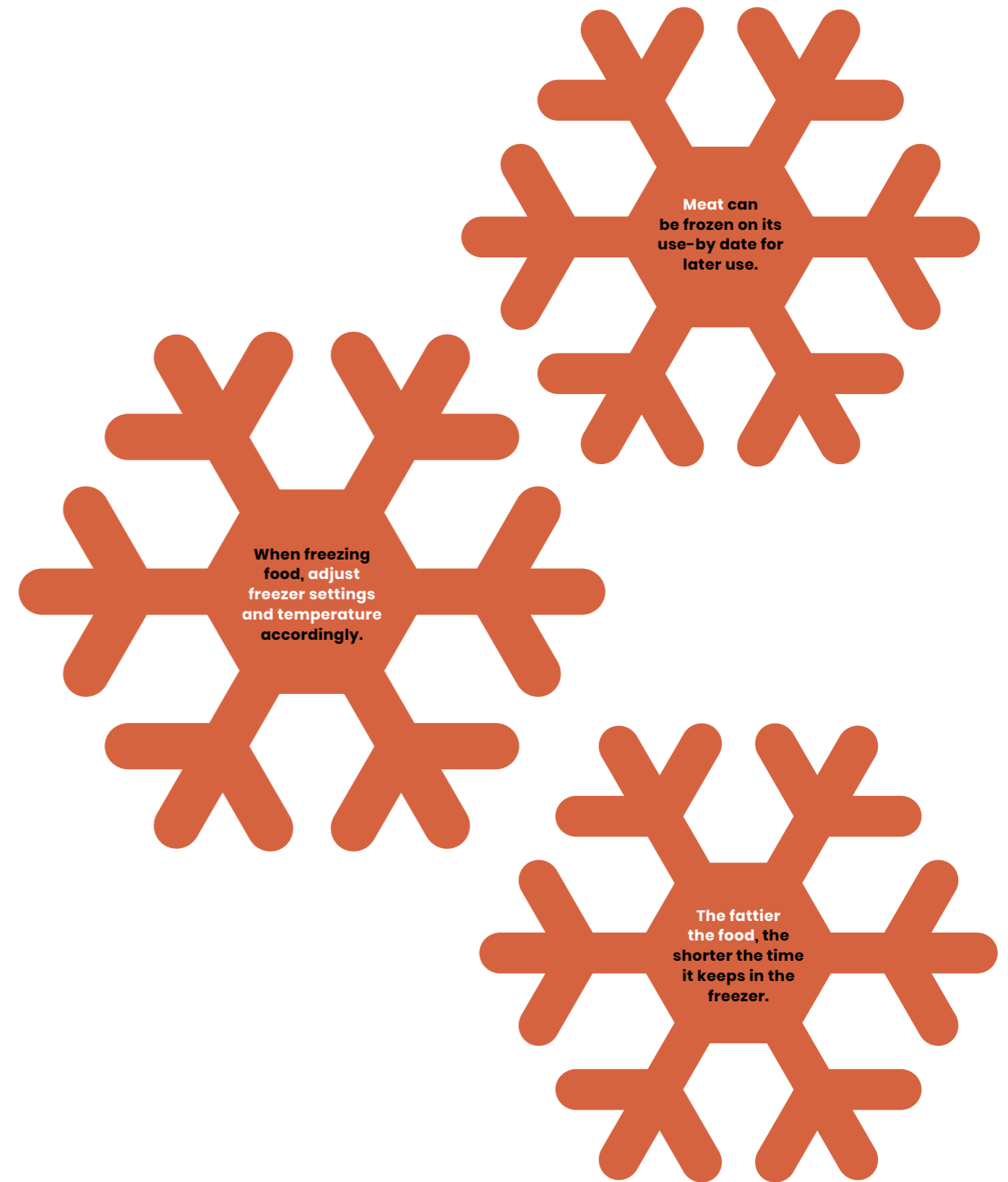
STORING FOOD CORRECTLY HELPS TO KEEP IT FRESH FOR LONGER, AND TO AVOID WASTE.

- Keep your store cupboards and pantry clean and well organised. That way, you will know, and can easily check, what you already have at home.
- Check the contents of your fridge every week. Use up opened packs first. Throw away any food that has gone off.
- Once you open a pack, the food will not keep as long anymore. Store all opened packs in sealed bags or containers.
- Easily perishable food items must be stored in the fridge in +5 C. Check the fridge temperature every now and then to make sure your fridge is cold enough.
- Cool down any leftovers as quickly as possible, then store in the fridge. Cooked food keeps 2-3 days in the fridge.

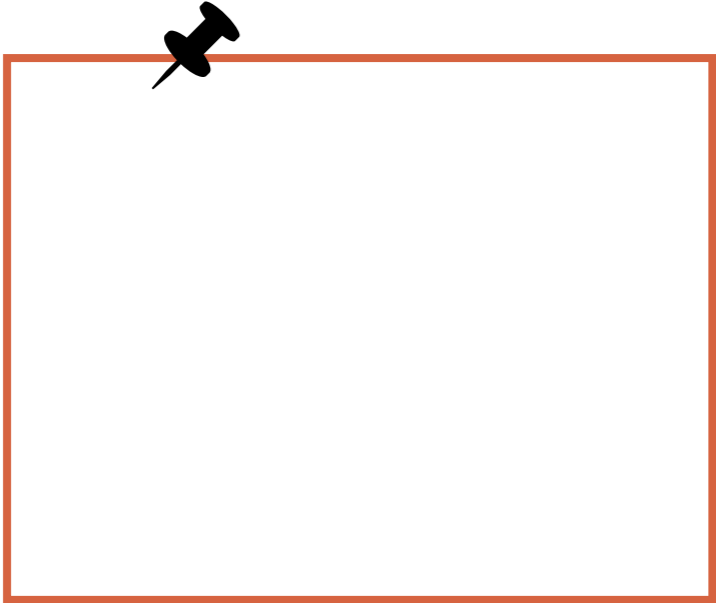
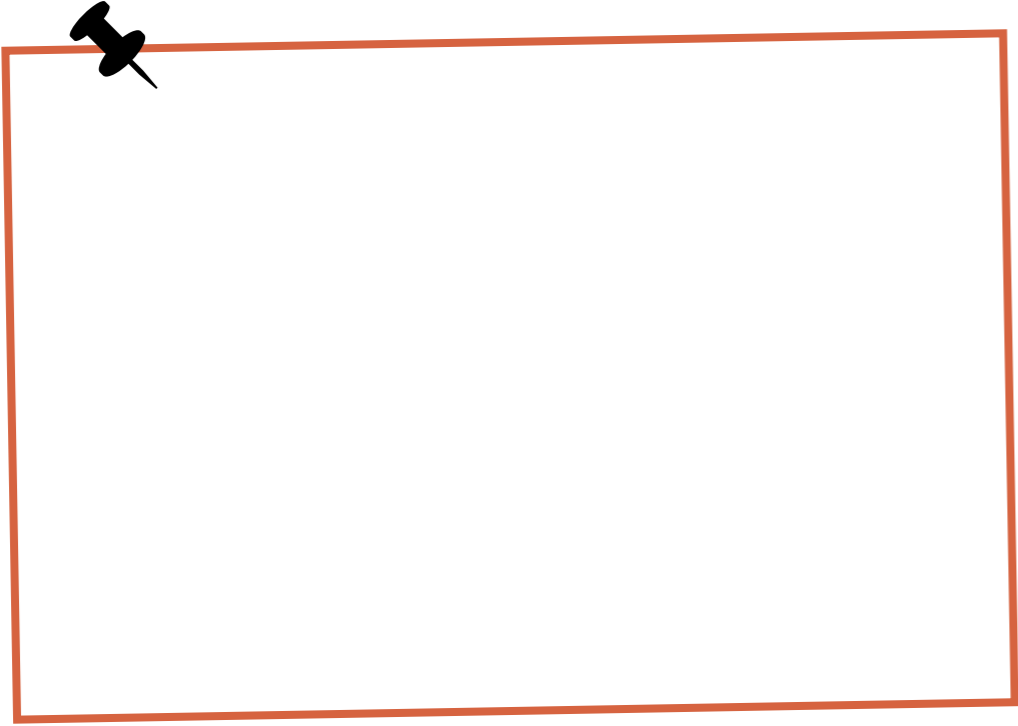


FOOD PACKAGING AND LABELS ARE DATE MARKED, AND IT IS IMPORTANT TO INTERPRET THEM CORRECTLY:

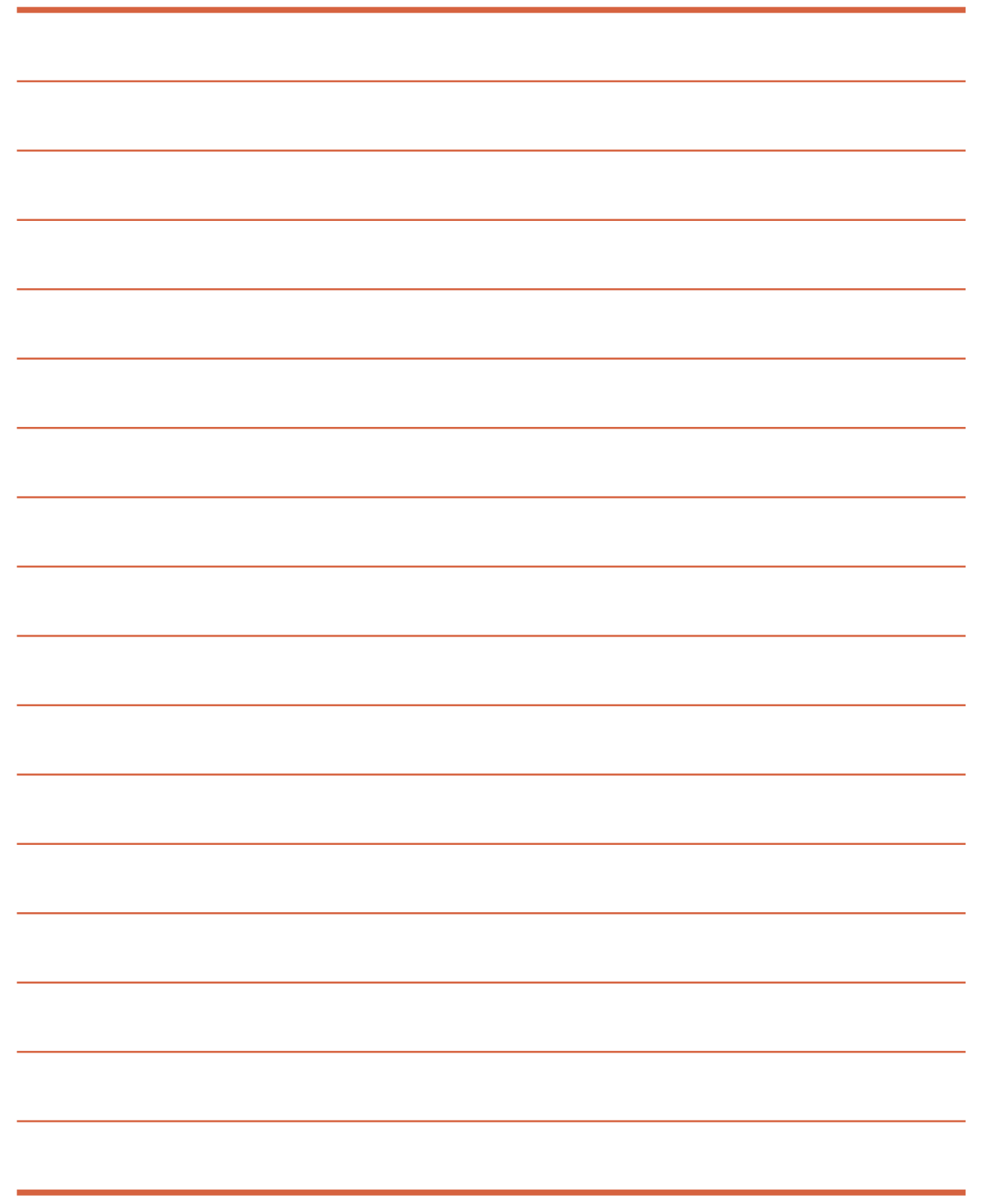
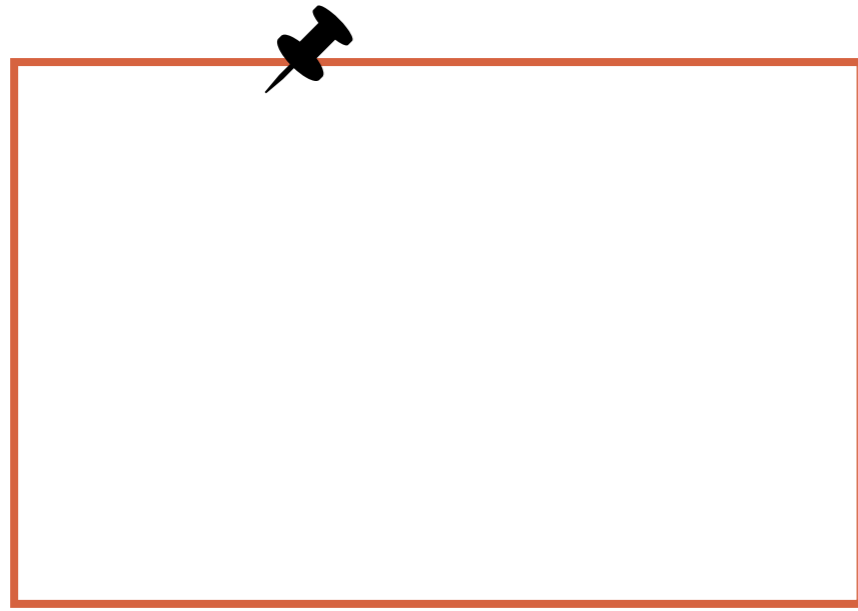
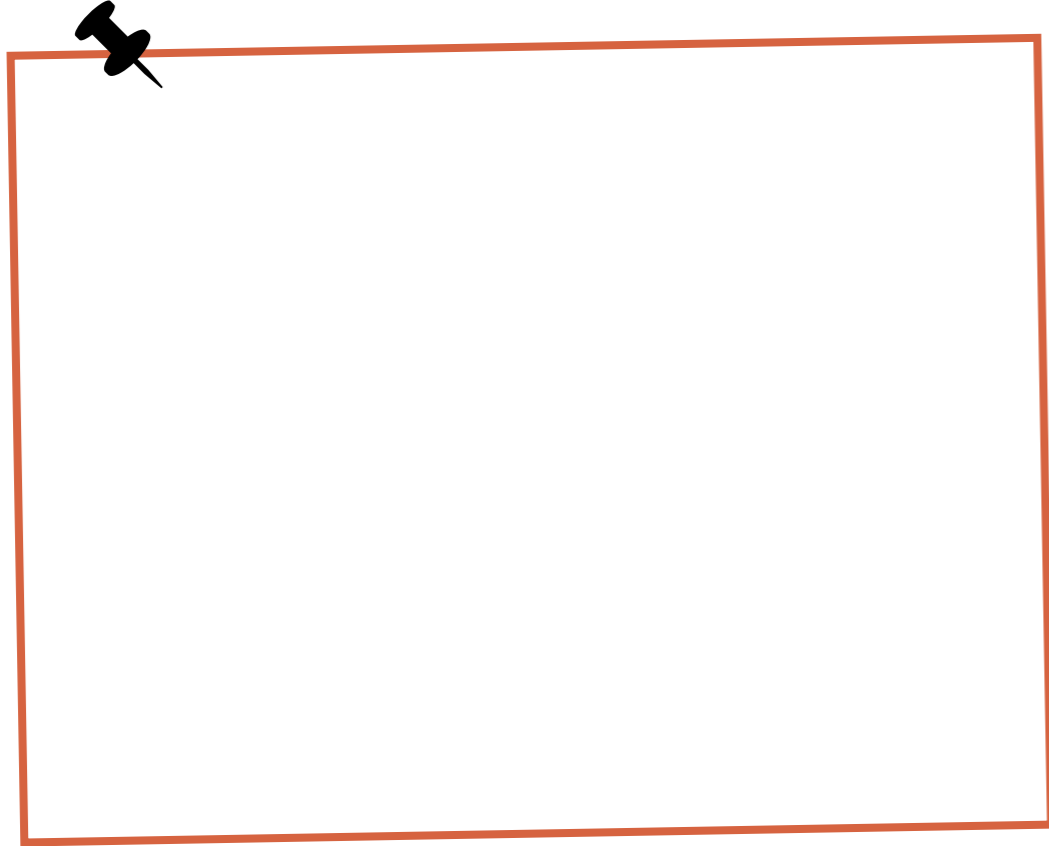
- **Best before:** the item is not easily perishable, and it can be consumed after the date marked.
- **Use by:** the item is highly perishable, and it must not be used beyond the date marked.



Notes



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FINNISH FOOD
AUTHORITY



European Union

Fund for European Aid
to the Most Deprived (FEAD)