



Merry **Cooking**
with





Is there anything more comforting than a kitchen full of appetizing, festive fragrances? December is a great time for finishing off the year, especially one that has been as challenging as this one, by cooking our favourite seasonal dishes. The traditional Polish cuisine on Christmas Eve is something that we very much cherish. However, we can still give some of these recipes a modern day twist.

So, especially for the JLL team, clients, and business partners, I am sending some simple recipes consistent with the idea of zero waste, and which are 'healthy life-happy life' recipes that you can prepare on your own, or with the family or friends. Holiday time wouldn't be holiday time without desserts. So, I have included a recipe for truffles, which is great fun for children and adults alike, and can serve as an excellent gift for your loved ones. Enjoy!

Kludia Budny
Masterchef



Merry **Cooking** with JLL

In these strange days, when the whole world has been turned upside down, we all are dreaming about getting cosy in our safe havens and waiting for that Christmas magic. And is there anything better to warm our hearts than a kitchen full of the smells of delicious food? Is there any better remedy than making comfort food for our loved ones and... ourselves?

This year, we have decided to make our Christmas charity project about cooking tasty traditional dishes but with a modern twist. You can do it on your own, you can do it with the kids, or with friends (mind that distance). And you don't need to be a professional cook because we are teaming up with Klaudia Budny, MasterChef finalist, who has prepared some delicious, healthy, and easy to make recipes for the upcoming holiday season.

We hope that the taste of these dishes will fill you with the Christmas spirit!

You cook, and we pay! This year again we are making charity donations instead of gifts for our clients and business partners. We decided to make a contribution to the Siepomaga Foundation, which is collecting funds for oxygen therapy equipment for Polish hospitals. Number of your downloads will motivate us even more.

Merry Christmas and stay healthy!

JLL Team





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CHAPTER I

Start with a soup – queen of Polish cuisine

The vitamin bomb sour beetroots cream soup



Quantity: 4



Preparation time: 2 hours



Fit and healthy

1.5 l of vegetable broth

6 medium beets

half an onion

half an apple

2 garlic cloves

20 g of butter

100 ml beet leaven

Salt, pepper

Peel the beets and bake them for 1 hour at 180°C. Take them out and leave them to cool down.

Hollow out the apple and then cut all the vegetables into slices. In a pot, fry the onion in butter, add the beets, garlic and apple and stew for 15 minutes.

Add half the broth, cover with a lid and cook for another 30 minutes.

Then use a blender to mix the soup. If the cream is too thick, add more broth and beet leaven*. Season with salt and pepper.

**You can buy it in grocery stores or use beet concentrate.*



Healing holiday aroma

a traditional and tasty mushroom soup with parsley noodles



Quantity: 5



Preparation time: 2,5 hours



Zero waste*

1 pack of vegetables for broth
(2 carrots, 1 medium parsley root,
piece of celery, piece of leek)

1 large onion

100 g of dried boletus

2.5 l of water

2-3 tablespoons of whipping cream
(30%)

2-3 bay leaves

3 grains of allspice

2 thyme stalks

6-7 peppercorns

Salt, ground pepper

Soak the mushrooms in cold water for at least 4 hours. You can do it the day before but remember not to pour away the water after soaking. Take out the mushrooms and cut them into smaller pieces of about 3 cm.

Peel the vegetables, cut into smaller pieces, put into a larger pot, and pour in the water. Add allspice, thyme, bay leaves and peppercorns, and cook over a medium heat.

While the vegetables are cooking, cut an unpeeled onion into thick slices and fry till brown and then immediately add to the vegetables.

When the vegetables are soft and the water has been a little reduced, take out the vegetables* and add the mushrooms as well as half the water the mushrooms have been soaking in. Cook for about 45-60°C minutes until the mushrooms are soft.

Finally season with salt and pepper.

**zero waste*

broth vegetables can be cut into small cubes and added to the soup.

Noodles:

2 eggs

100 g of plain wheat flour

100 ml of water

A pinch of salt

Parsley

Parsley noodles (prepare while the soup is boiling)

Dice the parsley into fine parts and put it into a large bowl. Add eggs and water and whisk until the mixture is green in color. Add flour and mix.

Put the water in a small pot, add salt and bring to the boil.

Put some dough on a flat plate and spoon the pieces of dough into lightly boiling water. Each time soak the spoon in boiling water, this will make your work much easier.



CHAPTER II

Can't have Christmas without mushrooms, can you?

Mushrooms al forno

crispy pasties with wild mushrooms and poppy seed



Quantity: 12 pieces



Time of preparation: 1 hour

2 sheets of ready-made puff pastry

20 g of dried boletus

400 g of frozen bay boletes

1 medium onion

2 cloves of garlic

2 spoons of breadcrumbs

1 egg

Poppy seed

Oil

Salt, pepper, rosemary or thyme

Stuffing

Soak the dried mushrooms for at least 2 hours. Thaw out the frozen mushrooms at room temperature.

Dice the onion, garlic and mushrooms. First, fry the onion and garlic in oil until it becomes golden brown. Then add the mushrooms, season with salt, pepper and herbs and fry until all is combined. Finally, add breadcrumbs and mix thoroughly before turning off the heat.

Pasty

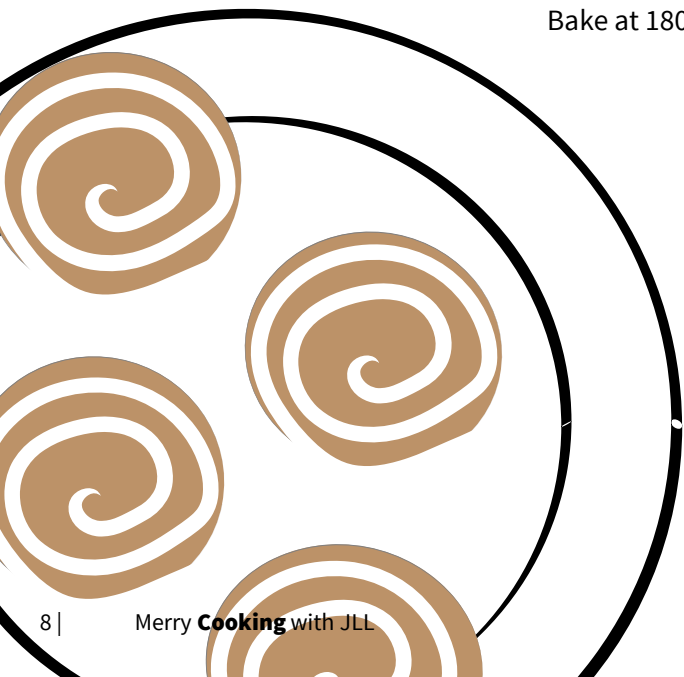
Place one piece of dough on top of the other, spread the mushroom stuffing evenly. Leave a 5 cm strip on the longer side of the dough. Brush this side with whipped egg.

Start rolling the longer part of the dough – begin with the part with the stuffing as a strip will help to stick the roll together.

Now cut the roll into 12 equal pieces. Put baking paper on a baking tray.

Place each slice flat on the baking tray and press lightly with your hand. Brush all the pieces with a beaten egg and sprinkle with poppy seeds.

Bake at 180°C for 20-30 minutes until golden brown.



Christmas evergreen

dumplings with sauerkraut and mushrooms



Quantity: approx. 40 pieces



Time of preparation: 2.5 hours



Zero waste*

Stuffing

500 g of sauerkraut
70 g of dried mushrooms
1 medium-sized onion

Dough

550 g of flour
350 g of hot water
30 g of butter
Salt, pepper, marjoram

Stuffing

You can soak mushrooms all night in cold water to shorten their cooking time.

Put the sauerkraut in a pot, pour in cold water and boil for about 30 minutes. Do not rinse the cabbage before cooking. But if the cabbage is too sour for your taste, you can rinse it and then squeeze it.

Drain the mushrooms*, put them in a pot, pour in cold water so that it covers the mushrooms and boil for about 45 minutes, until soft.

Drain cabbage and mushrooms and chop them up to about 1 cm pieces. Dice the onion and fry in butter until it turns brown. Add the sauerkraut and the mushrooms and simmer for about 15 minutes seasoning with salt, pepper and marjoram.

Dumpling dough

Pour the flour into a bowl.

Heat the water with butter in a saucepan and gradually add hot water to the flour and mix.

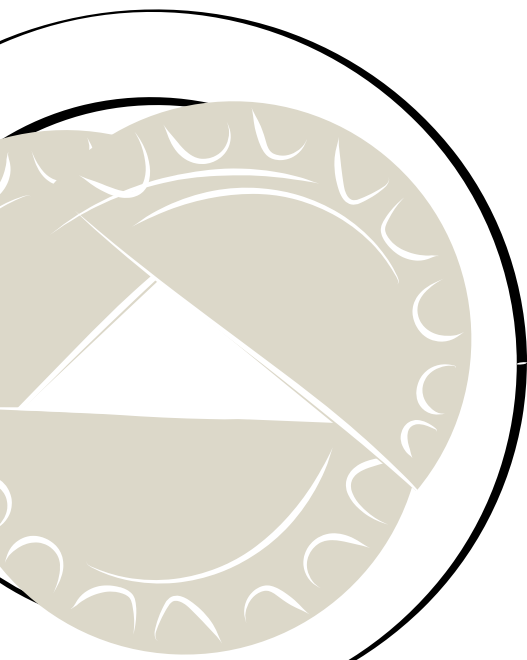
Then start kneading the dough for about 2-3 minutes. Put the dough on a large board/table which has been sprinkled with flour and cover for 10 minutes with a very hot bowl. Alternatively, you can heat the bowl in the oven.

Then start rolling out the dough, often repositioning it so that it does not stick to the countertop and cut out circles using a glass.

Place 1 tablespoon of the stuffing in the middle of the circle, fold it in half and glue the corners together by firmly squeezing the edges.

In a large pot (approx. 5 l), pour water to 3/4 of its volume, add 1 teaspoonful of salt and boil. When the water has boiled, add 12-15 dumplings and stir gently. Boil for 3 minutes after the dumplings have risen to the top.

**Remember that you can also use this water later – to the mushroom soup or mushroom risotto.*



CHAPTER III

3xF – fit but filling and fantastic

Mediterranean inspirations

trout served with parsley pesto



Quantity: 4



Time of preparation: 50 mins



Fit and healthy

4 headless gutted trout

Put all of the ingredients into a tall container and thoroughly mix.

Then spread it on both sides of the fish and bake on a baking sheet or in the ovenproof dish, for about 20-30 minutes at 180°C.

Pesto:

a large handful of parsley leaves
(about 1 glass)

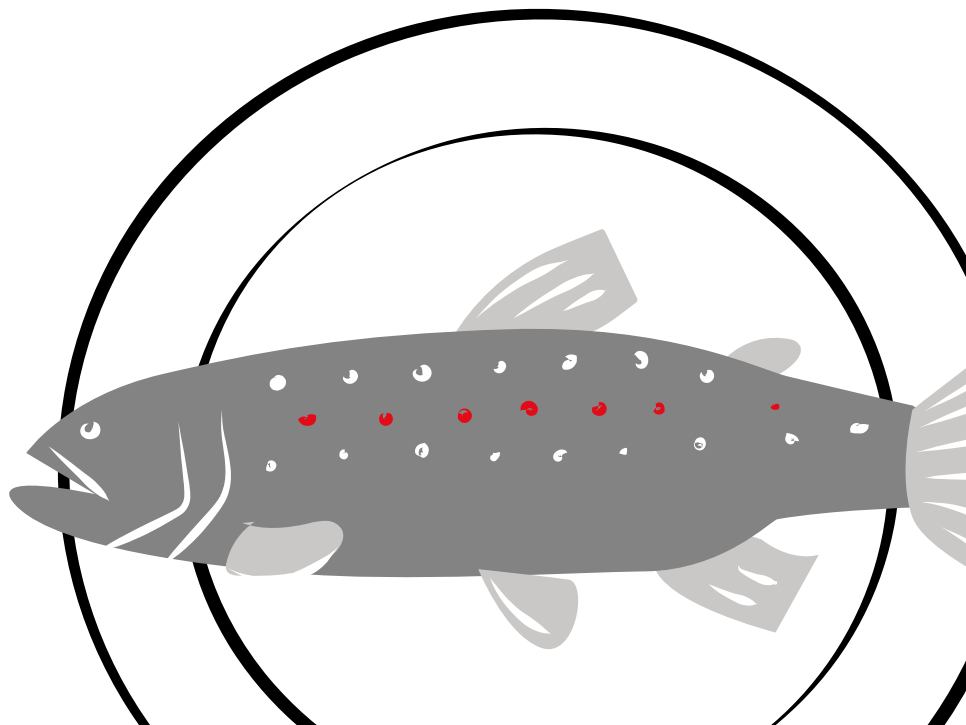
2 small garlic cloves

Lemon juice from half a lemon

1 spoon of sunflower seeds

70 ml of oil of your choice

Salt, pepper



Tradition moves with the times

carp in almonds



Quantity: 6-8



Time of preparation: 45 mins



Fit and healthy

3 medium-sized skinless carp fillets

1 l of milk

2 eggs

3 garlic cloves

200 g of flaked almonds

Cabola or almond oil for frying
(coconut fat alternatively)

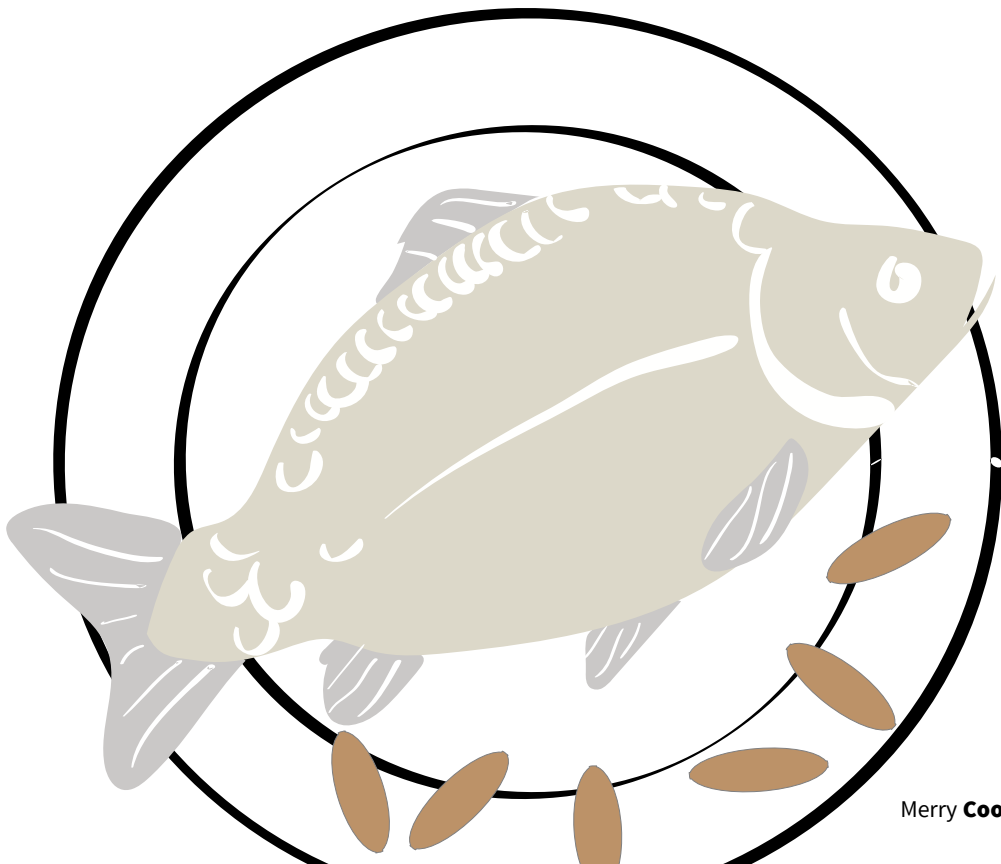
Salt, pepper

Put the carp fillets in a large bowl, add slices of garlic. Pour in the milk, cover and put overnight in the fridge.

Completely drain the fillets from the marinade. Dry them with a paper towel. Cut across the fillet and divide into thick strips.

Beat the eggs and add 1 tablespoon of cold water. Put the almonds into a bowl. Sprinkle the fish fillets with salt and pepper. Then soak them in the egg mixture and coat them generously in almonds.

Fry both sides in oil until they become brown. If the fish and the almonds start to burn, bake the fillets in the oven at 160°C for about 10 minutes.



The Baltic twist

the basil herring



Quantity: 8



Time of preparation: 30 mins

500 g of herring matias

1 pot of basil

1 small red onion

1 garlic clove

2 tablespoons of lemon juice

1 tablespoon of shelled sunflower seeds

100 ml of sunflower oil

50 ml of olive oil

Salt, pepper

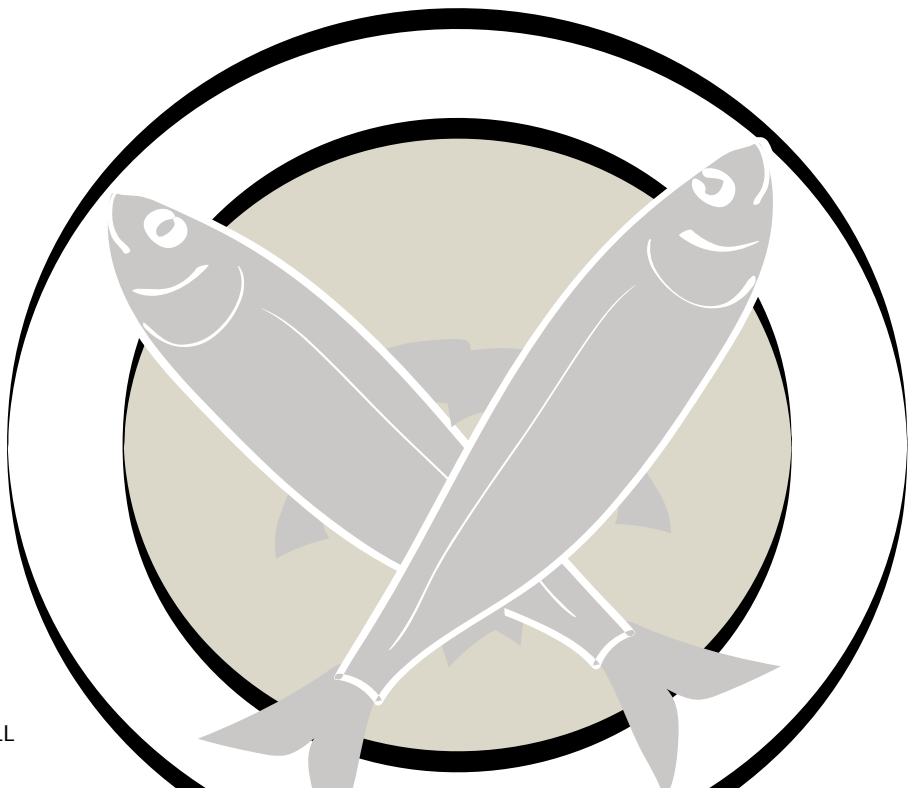
Pour cold water over the herring and leave for 2 hours. Change the water and leave again for another 1-2 hours.

Put the oil, olive oil, lemon juice, the pressed garlic, sunflower seeds, a pinch of salt, pepper and basil in a blender and mix.

Cut the herring into large pieces, put it in a bowl and pour in the pesto oil.

Dice the red onion and put it into the herring. Mix everything thoroughly and wrap in food wrapping paper or put in a jar and seal it.

Leave in the fridge for 48 hours.



A feast for both vegetarians and meat-eaters

addictive lentil and carrot pate



Quantity: 10



Time of preparation: 2 hours



Fit and healthy



Zero waste*

500 g carrots*

100 g of raw millet

300 g of raw red lentils

250 g of canned chickpeas

2 spoons of oil

1 garlic clove

600 ml of vegetable broth

2 eggs

1 teaspoon of smoke-dried paprika

Half a teaspoon of sweet paprika

Half a teaspoon of turmeric

Half a teaspoon of curry

50 g of butter

Dice the onion and garlic and thickly grate the carrots.

Gently fry the onion and garlic in a large frying pan, then add the carrots and fry for about 2-3 minutes.

Pour 250 ml of broth and cook until the carrots soften.

Then add the rest of the broth, butter, dry lentils and dry millet, slightly season with salt, pepper and the rest of the spices. Cook for about 15 minutes until the ingredients are soft and all the liquid has been absorbed. Leave it to cool.

Mix the drained chickpeas with a blender, add the contents of the pan and mix for a few more minutes. The mixture does not have to be perfectly smooth, it should have the consistency of hummus. Finally add the eggs and again mix thoroughly.

Line a cake tin with baking paper, put the mixture in the tin and bake for about 1 hour at 180°C using top and bottom hitting mode. Let it cool before slicing!

**zero waste
you can use carrot shavings that will remain
after squeezing the carrots for juice to reduce waste.*



CHAPTER IV

It's dessert time!

Italian pasta in sweet mode

conghilioni with poppy seed, caramel sauce and almonds



Quantity: 5



Time of preparation: 1.5 hours

300 g of conghilioni pasta

400 g of ready-made poppy-seed mixture

200 ml of whipping cream (36%) (chilled)

50 g of almonds in flakes

100 g of sugar

30 g of butter

80 ml of whipping cream (30%)

Boil the pasta until it becomes soft and pour into a sieve. Then pour cold water over the pasta. Fry the almonds in a pan – no oil.

Whisk the 36% cream in a ceramic bowl and place the poppy seed mixture in a large bowl. Then mix the cream into the poppy seed mixture adding small batches of cream and stir slowly. Spoon the mixture into the pasta shells. Arrange the shells on a plate and pour the sauce or honey over the pasta and sprinkle with roasted almonds.

Caramel sauce:

Put 100g of sugar in a cold frying pan and heat it up until it melts and turns golden. Add 30 g of butter, stir, and then slowly add 80 ml of cream (30%) while stirring.

You can use honey instead of the sauce.



It's not only about gingerbread

carrot flavored muffins



Quantity: 12 pieces



Time of preparation: 45 mins



Zero waste*

3 medium-sized carrots or 2 glasses of carrot shavings*

120 ml of vegetable oil

250 ml of milk

1 egg

300 g of wheat flour

150 g of cane sugar

1 teaspoon of baking powder

1 teaspoon of baking soda

3 teaspoons of gingerbread spice (without starch)

Wash the peeled carrots or the carrot chips and put in a bowl. Add oil, milk, egg and whisk.

Add flour, sugar, baking powder, soda and gingerbread spice and gently mix to combine all ingredients. Do not do it for too long.

Put the muffin paper cases into the muffin baking tray and fill them up with the mixture. Bake for 20-25 minutes at 180°C.

**zero waste
you can make a carrot juice and use the shavings left to make a cake.*



A fit and healthy Christmas time option fit

baked apple with nuts



Quantity:4



Time of preparation: 1 hour



Fit and healthy

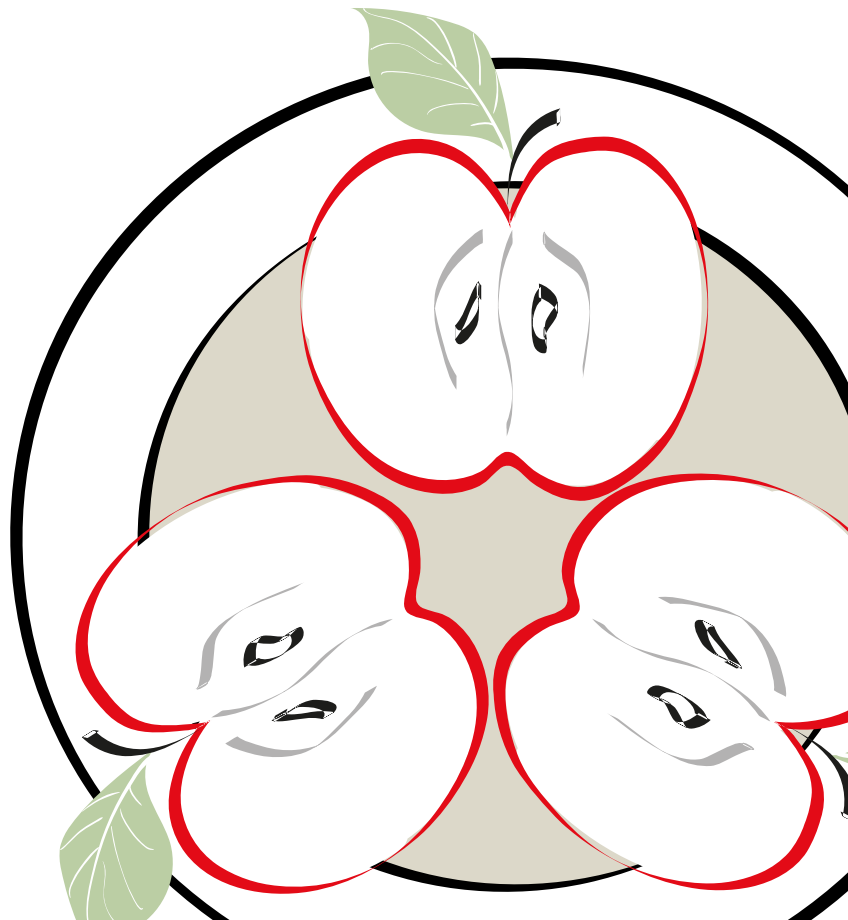
4 large apples
50 g of dry millet
30 g of raisins
30 g of cranberries
6 dried plums
30 g spoonful of walnuts
50 g of hazelnuts
Honey
10 g of candied orange peel
Cinnamon
Ground cardamom
1 vanilla cane

Cook the millet according to the instructions found on the package and dice the plums.

Cut off a third of the apple with the stalk. Hollow out the center until the apples are about 1 cm thick.

Mix the apple flesh with the millet, fruits, chopped nuts, 2 tablespoons of honey, vanilla seeds, a pinch of cinnamon and cardamom.

Put the stuffing into the apples. Cover the apples with the parts that had been cut off. Bake for about 25 minutes at 180°C. Pour honey over the apples before serving.



Christmas gift

lavish chocolate truffles



Quantity: 20-30



Time of preparation: 2.5 hours

White chocolate with coconut

200 g of white chocolate

30 g of sweet cream (30%)

30 g of butter

Coconut chips

2 drops of almond oil

Milk chocolate with oranges and chilli

200 g of milk chocolate

60 g of sweet, liquid cream 30%

30 g of butter

50 g of candied orange peel

1o pack of ground chilli

Dark chocolate with nuts

250 g of bitter chocolate with min. 55% cocoa

200 g of cream (30%)

10 g of sugar

50 g of butter

30 g of hazelnuts

30 g of walnuts

Sprinkling: cocoa, coconut chips, chopped nuts, sesame, etc.

Add crushed chocolate, milk, and butter to a metal bowl.

Fill a saucepan halfway up with water and boil.

Slightly reduce the heat and place the bowl on the saucepan. Gently stir the mixture until the chocolate has dissolved.

When the mixture is smooth, add flavoring additives. You can also create your own version by adjusting the ingredients.

Then leave the mixture to cool down, and then preferably put it in the fridge.

After a few hours, take out the mixture. With a small teaspoon, form a ball with a diameter of about 2-3 cm and coat it in sprinklings of your choice.

Truffles can be kept in the refrigerator for up to 7 days.





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