

# Cook with **Fats and oils** Recipe Collection



[www.fediol.be](http://www.fediol.be)



[www.imace.org](http://www.imace.org)

FEDIOL is the European federation for Vegetable Oil and Proteinmeal industries.

IMACE is the International Margarine Association of the Countries of Europe.

Both organisations are committed to giving consumers choice and improving consumer's health by reducing the intake of saturated fats and trans-fats and replacing them with unsaturated fats and essential fats, using constantly improving technologies to produce better products.

For this reason they support the recommendations of the Food and Agricultural Organization of the United Nations (FAO) and World Health Organization (WHO) Report on Fats and Oils in Human Nutrition.

Summarised as:

- Up to 30-35% of the energy in a consumer's total diet should come from fats
- 6-10% of the energy in a consumer's total diet should come from polyunsaturated fats
- Less than 10% of the energy in a consumer's total diet should come from saturated fats, and their intake of trans-fatty acids should be reduced



# Fats as part of a balanced diet

## Simple steps to a healthy lifestyle

- make sure that the food you eat brings you the right amount of energy or kilo calories (kcal) per day. On average a woman needs 2000 kcal per day; and a man needs 2400 kcal per day
- make sure that the energy comes from a range of food groups. Up to 30% of your daily energy should come from fats (and at least two-thirds of this from monounsaturated and polyunsaturated fats), 15% of your daily energy should come from proteins, and the remaining 55% from carbohydrates. And make sure that the foods you eat contain plenty of vitamins and minerals.
- make sure you spend your energy! Try to do at least thirty minutes of moderate physical exercise every day.

## Fat are an important part of our diets

It is therefore important to distinguish between the various types of fats. Fats are made of different fatty acids, each of which have a different effect on our body.

Unsaturated fatty acids (monounsaturated and polyunsaturated) have a beneficial effect on our cholesterol profile, and therefore at least two-thirds of the fat we eat should be unsaturated.

**Polyunsaturated fatty acids** include Omega 3 and Omega 6 fatty acids families, some of which are called ESSENTIAL fatty acids - those we need to eat because the body cannot produce them.

Saturated fatty acids can increase the levels of unhealthy LDL cholesterol. Western diets nowadays contain too much saturated fat.

The fourth main group of fatty acids, are called trans fatty acids. Not only do these raise the level of unhealthy LDL cholesterol, but they also lower the levels of good HDL cholesterol. The intake of trans fatty acids should be as low as possible.

## Your guide to healthy fats

**Monounsaturated fatty acids (MUFA)** include Omega 9 fatty acids. They are found in: olive, rapeseed, high oleic sunflower, nuts, palm olein, avocados tapenade, pesto, soft and liquid margarines and fat spreads

**Polyunsaturated fatty acids (PUFA)** include:

- Essential Omega 3 fatty acids (which we need to eat because our body cannot make them), found in rapeseed, soybean and linseed oils, walnuts, soft and liquid margarine and fat spreads
- Other Omega 3 fatty acids found in mackerel, herring, tuna, salmon, trout, sardines and other seafoods
- Essential Omega 6 fatty acids (which we need to eat because our body cannot make them), found in sunflower, corn and soybean oils, vegetables, nuts, cereal products, soft and liquid margarine and fat spreads

## SAFA-Saturated fatty acids

- found mainly in products of animal origin: fatty meat, full fat milk, cheese, butter and products made of these like sausages, pastry; also found in coconut and palm oil

## TFA-Trans fatty acids

- Found in beef, sheep, milk, cheese, butter and some frying and baking fat.
- today soft/liquid margarine is virtually transfat free

As laid down in the EU Food Information Proposal, Guideline Daily Amounts (GDAs) can also be indicated on a voluntary basis. GDA values have been developed by the Confederation of the Food and Drink Industries of EU (CIAA) for all major nutrients, based on an average daily energy of 2000Kcal. For fat, the GDA is 70g, of which

SAFA 20g

MUFA 34g

PUFA 16g ( 2.2 g of Omega 3 + 14g of Omega 6)

Carbohydrates: 270g

Protein 50g

Fibre 25g

Salt 6g

Sugars 90g

GDA values are usually based on the nutritional content per serving of a food.

**Source:** www.ciaa.be

## Fat is important and should be part of our diet because it has:

- a role in the body:
  - for healthy cells and organ function
  - for helping maintain a healthy heart
  - for carrying and supplying those vitamins that only fat can deliver: "fat soluble" vitamins A, D, E
    - Vitamin A for good eye-sight, healthy skin, immune system;
    - Vitamin D for strong bones and teeth;
    - Vitamin E for protection of the body.
- a role in our life:
  - adds flavour and nice texture to our food

## Enjoy our recipe selection

Every recipe is labeled with nutritional values

PER PORTION

ABSOLUTE	% GDA	
Kcal:	%	Vit A:
Fat:	%	Vit D:
MUFA:	%	Vit E:
PUFA:	%	
SAFA:	%	

## Recommendations, based on FAO/WHO 2004:

- Up to 30% of daily calories to come from fats
- 6 to 10% of daily calories to come from PUFA
- less than 10% of daily calories to come from SAFA

## Recommendations for European adults:

- 800 µg (micrograms)/day of vitamin A
- 5 µg (micrograms)/day of vitamin D
- 10 mg (milligrams)/day of vitamin E

## Practical advice

It is easy to recognize the unsaturated fats as they are soft/liquid when taken straight out of the fridge (eg oils, margarine). And saturated fats because they are hard at refrigerator temperature (eg lard). Beware invisible fats from pastry, fatty meat, sausages and full fat dairy.

**Note:** for ease, the term "margarine" is used generically for margarines and spreads, but the fat level of the margarine used in the recipe is given.



# Walnut bread

**Serves** 24 slices

**Preparation Time** 2hr 45 minutes

550g brown flour with malted wheatgrains

200g strong white bread flour

2 teaspoons salt

15g liquid margarine (with 80% fat)

6g sachet of easy-blend dried yeast

50g walnuts, chopped

about 600ml warm water

## PER PORTION

ABSOLUTE	% GDA	
Kcal: 120	6%	Vit A: 4.78µg
Fat: 2.5g	4%	Vit D: 0.05µg
MUFA: 0.65g	2%	Vit E: 0.34mg
PUFA: 1.65g	10%	
SAFA: 0.2g	1%	

Mix together the brown flour with malted wheat grains, strong white flour and salt. Add the margarine and rub in with your fingertips until the mixture resembles breadcrumbs. Add the yeast and walnuts, then add enough warm water, stirring it in with a fork, to form a firm but soft dough. Turn the dough onto a floured surface and knead for about 10 minutes or until it is smooth and elastic. Place in a large greased polythene bag and leave to rise in a warm place for 1 hour or until doubled in size.

Turn the dough onto a floured surface and knead for 2-3 minutes. Divide the dough into two and shape into two round loaves. Place on two greased baking sheets, cover with oiled clingfilm and leave to rise in a warm place for 40 minutes or until the dough has doubled in size and is springy to the touch.

Preheat the oven to 220°C. Uncover the loaves and bake in the oven for 35 minutes or until they sound hollow when tapped on the base. Leave to cool on a wire rack.





# Rolls with ham and a herby savoury spread

Serves 4

Preparation Time 15 minutes

- 1 medium tomato
- 2 white onions
- 1 gherkin
- 50g soft margarine (with 40% fat)
- 1 tablespoon of chopped parsley
- 1 tablespoon of chopped chives
- salt
- ground pepper
- 30g of rocket
- 4 slices of ham

Chop the tomato into four pieces, remove the seeds and cut the flesh into small cubes. Place the cubes onto a piece of kitchen towel to dry. Cut the onions and the gherkin into small pieces. In a bowl stir together the soft margarine with the chopped tomato, onion and gherkin. Then add the herbs and a little salt or pepper to taste.

Cut the roll in half and put the herb spread on one half of the bread. Top the other half with the rocket and add one slice of ham on top of each roll. Put the halves together.

This herby spread also tastes great on toast or crackers as a savoury snack.

PER PORTION		
ABSOLUTE	% GDA	
Kcal: 271	14%	Vit A: 123µg
Fat: 9.5g	14%	Vit D: 0.92µg
MUFA: 4.5g	13%	Vit E: 1.96mg
PUFA: 3g	19%	
SAFA: 2g	10%	



# French baguette with apple, goat’s cheese and honey

Serves 2

Preparation Time 15 minutes

- half an apple
- 3 walnuts
- 25g goat cheese
- 1 tablespoon soft margarine (with 60% fat)
- ½ teaspoon of fresh thyme
- 2 teaspoons of honey
- 2 wholewheat small baguettes, sliced in half lengthways

Peel the apple; remove the core and cut a quarter of the apple into thin slices and chop the rest of the apple into tiny pieces. Chop one walnut into small pieces. In a bowl, use a fork to mix the goats cheese with the soft margarine, chopped apple, and walnut. Add 1 teaspoon honey and some thyme leaves to the mixture. Place the mix on the bread baguette and spread it evenly. Put the slices of apple on top in the shape of a flower and garnish it with some half walnuts. Drizzle some drops of honey on top.

This spread is also very tasty as a filling for bagels, especially if they are toasted first.

## PER PORTION

ABSOLUTE	% GDA	
Kcal: 364	18%	Vit A: 90µg
Fat: 11g	16%	Vit D: 0.078µg
MUFA: 2.3g	7%	Vit E: 2.4mg
PUFA: 5.7g	36%	
SAFA: 3g	15%	





# Italian-style grilled chicken sandwich

Serves 1

Preparation Time 10 minutes

- 1 tablespoon of soft margarine (with 60% fat)
- 1 roll, halved
- 2 green leaf lettuce leaves
- 1 small thin, grilled chicken breast (about 100g)
- 2 slices tomato
- 2 slices fresh mozzarella cheese (about 30g)
- 3 large fresh basil leaves

Evenly spread the margarine on the roll and then top with the remaining ingredients. Add salt and pepper to taste.

PER PORTION

ABSOLUTE	% GDA	
Kcal: 425	21%	Vit A: 228µg
Fat: 18g	26%	Vit D: 3.65µg
MUFA: 5.8g	17%	Vit E: 4.2mg
PUFA: 5.5g	34%	
SAFA: 6.7g	34%	

# Smoked salmon pieces

Serves 8

- 4 thin soft pitta or tortillas, or similar thin soft bread.
- 200g of smoked salmon in thin slices
- 50g of soft margarine, (60% fat)
- 2 tablespoon of chopped chives
- 1 tablespoon of chopped parsley

Mix the margarine with the herbs and spread the herb-margarine mix onto the slices of bread. Place the slices of smoked salmon in a thin layer on top of the bread. Starting at one side roll each slice of bread into a long roll. Wrap it in plastic and let it rest in the refrigerator for at least 30 min.

Before serving, take the roll out of the refrigerator and take away the plastic wrap. Slice the roll into slices approximately 4 cm thick. If you're having a dinner party you can prepare this ahead of time, and then just cut up the roll

about 15-30 minutes before your guests arrive. (For an extra touch, add some horseradish into the spread with herbs; it tastes great.)

PER PORTION

ABSOLUTE	% GDA	
Kcal: 100	5%	Vit A: 43µg
Fat: 5.2g	7%	Vit D: 1.4µg
MUFA: 2g	6%	Vit E: 1.3mg
PUFA: 2g	13%	
SAFA: 1.2g	6%	

# Potato salad with haricot beans and pesto dressing

Serves 4

Preparation Time 25 minutes

- 750g potatoes
- 500g haricot beans (fresh)
- 2 roasted peppers (from a jar)
- 1 lemon
- 4 tablespoons green pesto
- 4 tablespoons sunflower oil
- salt/pepper
- 2 spring onions, chopped

## PER PORTION

ABSOLUTE	% GDA	
Kcal: 325	16%	Vit A: 68,25µg
Fat: 20g	29%	Vit D: 0.02µg
MUFA: 7g	21%	Vit E: 13.1mg
PUFA: 10g	63%	
SAFA: 3g	15%	

Peel the potatoes and cut them into thin slices. Clean the haricots and cut them in half. Boil the potatoes and haricots together in a pan with plenty of boiling water and some salt for about 6-8 minutes.

Dry the peppers and chop them into thin slices. Clean the lemon and grate half of the zest. Squeeze the lemon into a bowl and make the dressing with 2 tablespoons of lemon juice, the zest of the lemon, the pesto and sunflower oil. Add salt and pepper to taste.

Take the potatoes and haricots out of the boiling water and rinse them with cold water. Let them dry well. Coat the potatoes, haricots and spring onions with the dressing and let the salad rest for about half an hour.

This salad is a particularly good accompaniment to grilled salmon.



# Mixed salad leaves with mackerel and oranges

Serves 4

Preparation Time 10 minutes

- 2 oranges
- 300g steamed mackerel
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 150g mixed salad leaves
- 2 spring onions, chopped
- 2 tablespoons fresh coriander or basil, chopped
- 12 black pitted olives, in halves

Peel the oranges and cut them into thin slices. Remove the skin from the mackerel and divide the fish into pieces.

Stir the olive oil together with the balsamic vinegar in a bowl. Take another bowl and mix the salad leaves with the spring onion, coriander and half of the dressing. Divide the salad onto four plates. Put the orange slices, mackerel and olives on top of the salad and sprinkle over the remaining dressing.

Serve the salad with ciabatta or Turkish bread.

PER PORTION		
ABSOLUTE	% GDA	
Kcal: 410	21%	Vit A: 50µg
Fat: 35g	50%	Vit D: 6µg
MUFA: 20g	59%	Vit E: 1.4mg
PUFA: 8g	50%	
SAFA: 7g	35%	





# Chilli & garlic shrimp

Serves 4

- 400g raw big shrimp, scampi or gambas
- 1-2 cloves of garlic, finely chopped
- 1 small red chilli, finely chopped
- 1 tablespoon liquid margarine
- 2 tablespoon parsley, chopped

**PER PORTION**

ABSOLUTE	% GDA	
Kcal: 105	5%	Vit A: 15.28µg
Fat: 3.5g	5%	Vit D: 0.66µg
MUFA: 1.2g	4%	Vit E: 1.94mg
PUFA: 1.27g	8%	
SAFA: 0.6g	3%	

Heat the margarine and add the garlic and chilli for 1 minute then add the shrimps and leave until they are cooked (approximately 3-4 minutes, the shrimps will turn lightly red). Stir occasionally in the pan to make sure the shrimp is cooked on both sides (but do not burn).

Garnish with some chopped parsley.

Serve on a bed of lettuce, with a green salad and some fresh wholegrain bread.



# Mediterranean toast

Serves 4

For the aubergine pâté:

- 1 small aubergine
- 1 garlic clove, peeled
- 1 bay leaf
- 3 sprigs thyme
- 1 tablespoon Greek yoghurt
- 1 large handful parsley, chopped finely
- 2 teaspoons olive oil
- 2 teaspoons lemon juice
- salt and freshly ground black pepper

For the garlic cheese spread:

- 1 large handful parsley, chopped finely
- ½ garlic clove, crushed
- 85g skimmed milk soft cheese
- salt and freshly ground black pepper

For the pepper salad:

- 1 red pepper
- 1 yellow pepper
- 2 teaspoons olive oil
- salt and freshly ground black pepper

To serve:

- 12 thin slices French bread
- green salad

Preheat oven to 200°C.

To make the aubergine pâté:

Remove the stalk from the aubergine. Cut lengthways slits 1 cm / 1/2 inch apart leaving about 2 cm / 3/4 inch uncut at either end. Cut the garlic clove into thin slivers and insert the bay leaf and thyme into the slits.

Wrap the aubergine tightly in tin foil and bake in the oven for about 30 minutes or until soft. Allow to cool slightly

## PER PORTION

ABSOLUTE	% GDA	
Kcal: 225	11%	Vit A: 54.5µg
Fat: 8g	11%	Vit D: 0.08µg
MUFA: 4g	12%	Vit E: 0.62mg
PUFA: 1g	6%	
SAFA: 3g	15%	

Place the aubergine, yoghurt, parsley, oil, lemon juice, salt and black pepper in a food processor and liquidize. Place in a bowl and when cool, put in the refrigerator and leave to chill.

To make the garlic cheese spread: mix together the parsley, garlic, cheese, salt and pepper in a bowl. Refrigerate.

To make the pepper salad: heat the oven to 200°C. Place the peppers on a baking sheet and bake in the oven for about 15 minutes, turning once, until they are soft and the skins are shrivelled and black. Place the peppers in a plastic bag, close and leave for 20 minutes. Allow to cool. Pour any juices that have accumulated in the bag into a mixing bowl. Peel off the skins, then discard the stalks, membrane and seeds.

Cut the flesh into thin strips and mix with the reserved juices, oil, salt and pepper in a bowl. Chill until ready to serve.

To serve: toast the French bread on both sides under the grill. Spread 4 slices with the aubergine pâté, 4 slices with the garlic cheese spread and divide the pepper salad between the remaining 4 slices. Give each person 1 slice of each of the different toppings and serve the green salad separately.





# Avocado cream dip

- Serves 4
- 2 avocados
  - 1 lime
  - 2 gloves of garlic
  - lemon pepper to taste
  - salt to taste

PER PORTION		
ABSOLUTE	% GDA	
Kcal: 55	3%	Vit A: 1.5µg
Fat: 5.2g	7%	Vit D: - µg
MUFA: 4g	12%	Vit E: 1mg
PUFA: 0.5g	3%	
SAFA: 0.7g	4%	

Split the avocados and remove the stone and peel the flesh from the skin. Place the flesh into a bowl and mash with a fork. Wash the lime carefully and use a zester or peeler to finely peel the skin of the lime into the bowl with the mashed avocado. Cut the lime into two halves and squeeze the limejuice into the bowl. Press the garlic into the bowl and add lemon pepper and salt to taste.

Serve the dip with raw vegetable crudité (i.e. carrot sticks, red pepper slices etc).



# Carrot & courgette soup

Serves 4

Preparation Time 55 minutes

- 25g liquid margarine (with 80% fat)
- 1 large onion, chopped
- 250g courgettes, sliced
- 425g carrots, chopped
- 125g potato, chopped
- 900ml vegetable stock
- pepper

Melt the margarine in a saucepan and fry the onion over a medium heat for 5-10 minutes or until the onion is golden and translucent. Add the courgettes, carrots, potato and stock and season with pepper. Cook for 20-25 minutes or until the vegetables are soft.

Leave the soup to cool slightly, then purée in a blender or food processor until smooth. Return to the pan, heat through and serve with fresh crusty bread.

PER PORTION		
ABSOLUTE	% GDA	
Kcal: 130	7%	Vit A: 809µg
Fat: 7.6g	11%	Vit D: 0.82µg
MUFA: 4g	12%	Vit E: 2.49mg
PUFA: 2.8g	18%	
SAFA: 0.8g	4%	





# Black & white pasta with prawns

Serves 4

- 450g raw prawns head removed, in their shells
- 1½ tablespoon chilli oil
- 3 tablespoons vodka
- 1 tablespoon sunflower oil
- 2 shallots, finely chopped
- zest of 1 lime
- 1 teaspoon horseradish relish
- salt and freshly ground black pepper
- 225g white tagliatelle
- 225g black tagliatelle
- 2 tablespoons freshly chopped dill

Peel and de-vein the prawns. Wash and pat dry. Put into a bowl, pour in the chilli oil and vodka mix gently. Cover and refrigerate for 1 hour.

Heat the sunflower oil in a wok and add the shallots.

Lift the prawns from the marinade with a perforated spoon, add to the wok in a single layer and fry for about 1 minute. Reduce the heat if they begin to burn. Turn over to fry on the other side for about 1 minute. Transfer to a plate. Pour the marinade into the pan and add the lime zest and horseradish relish. Reduce the liquid by boiling until syrupy. Return the prawns to the pan and season to taste with salt and pepper.

In a large pan of boiling salted water cook the tagliatelle until al dente, about 3 minutes. Drain and toss with the prawn mixture. Stir in half the chopped dill.

Transfer to a large dish, sprinkle with the remaining dill and serve.

PER PORTION

ABSOLUTE	% GDA	
Kcal: 544	27%	Vit A: - µg
Fat: 8g	11%	Vit D: 0.58µg
MUFA: 2g	6%	Vit E: 5.49mg
PUFA: 4.8g	30%	
SAFA: 1.2g	6%	



# Chicken with prunes, olives & capers

Serves 4

- 1 chicken, jointed and skinned
- 2 garlic cloves, crushed
- 2 tablespoons cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano
- salt and freshly ground pepper
- 12 prunes, stoned
- 12 green olives, stoned
- 4 tablespoons capers, drained and rinsed
- 2 tablespoons caster sugar
- 8 tablespoons dry white wine
- 2 teaspoons tomato purée
- 3 tablespoons water

In a large bowl combine the chicken with the garlic, vinegar, oil, oregano, salt, pepper, prunes, olives and capers. Cover and leave to marinate in the refrigerator for at least 2 hours.

Set the oven to 180°C.

Arrange the chicken in a single layer in a large, shallow baking dish. Mix together the marinade, sugar, wine, tomato purée and water. Pour over the chicken.

Bake for 40-50 minutes, or until the chicken is tender, turning once.

PER PORTION		
ABSOLUTE	% GDA	
Kcal: 390	20%	Vit A: 32.5µg
Fat: 18.5g	26%	Vit D: 2.5µg
MUFA: 13.5g	40%	Vit E: 1.7mg
PUFA: 2g	13%	
SAFA: 3g	15%	





# Honey-roast sea bass with pickled ginger

Serves 4

- 1.35kg sea bass cleaned and scaled
- 1 teaspoon roasted Sichuan peppercorns, crushed
- 2 tablespoons clear runny honey
- 1 tablespoon sunflower oil
- salt
- For the marinade:
  - 2 tablespoons sesame oil
  - salt and pepper
  - 2 tablespoons medium sherry
  - 1/3 of the pickled ginger (see Note)
  - zest of 1 lime
  - 1 garlic clove, crushed
- For the lime and ginger sauce:
  - 2/3 of the pickled ginger (see Note)
  - 1 tablespoon sesame seeds, toasted
  - 2 spring onions, sliced
  - juice of 1 lime

With a sharp knife cut 3 slashes into both sides of the fish. Rub the fish skin with the peppercorns and honey.

Mix the marinade ingredients together and pour over and inside the fish. Cover and refrigerate for 30 minutes.

Set the oven to 190°C.

Brush a large piece of tin foil with the oil. Place the fish, with its marinade, on the foil. Season with salt, wrap loosely, securing the edges firmly, and place on a baking sheet. Bake for 30 minutes.

Meanwhile, mix together the pickled ginger, sesame seeds, spring onions and lime juice.

When the fish is cooked, remove it from the foil, place on a warmed serving dish, pour over any juice from the foil, and sprinkle with the ginger and lime mixture.

NOTE: To make pickled ginger, peel and slice very finely a 7½cm / 3" inch piece of root ginger. Marinate in 2 tablespoons rice wine vinegar for 1 hour. Drain and use as required.



PER PORTION		
ABSOLUTE	% GDA	
Kcal: 425	21%	Vit A: - µg
Fat: 18g	26%	Vit D: 2.55µg
MUFA: 6.5g	19%	Vit E: 9.23mg
PUFA: 8.5g	53%	
SAFA: 3g	15%	

# Thin pancakes (crêpes) with berries and ice cream

Serves 4

3dl wheat flour (half cupful)

½ tea spoon salt

600ml low-fat milk

3 egg

2 tablespoons liquid margarine

extra liquid margarine for frying

500g of strawberries or mixed berries

4 scoops of vanilla ice cream

Mix flour and salt in a bowl Add half the milk and the eggs Mix until the batter is smooth and no lumps Add the rest of the milk and the 2 tablespoons of liquid margarine. Mix again until the batter is smooth. Let the batter rest in the refrigerator for 30 minutes

Heat a frying pan on medium heat. Put one tablespoon of liquid margarine into the pan. When the margarine stops to bubble add approximately 50 ml of the batter into the pan. The layer should be thin and cover the bottom of the pan. (The amount of batter can differ dependent on the size of pan.)

When the pancake is ready put it aside on a big plate and start the next one. When needed add extra liquid margarine to the pan.

When all the pancakes are done, arrange two pancakes on a plate for each person. Garnish with sliced strawberries and one scoop of vanilla ice cream.



## PER PORTION

ABSOLUTE	% GDA	
Kcal: 510	26%	Vit A: 289µg
Fat: 22g	31%	Vit D: 2µg
MUFA: 10g	29%	Vit E: 4.75mg
PUFA: 5g	31%	
SAFA: 7g	35%	