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Discussion about Prompt #1:

In this week, after all the studies done so far, we can be able to think of healthier dishes, both as regards the choice of ingredients and the choice of cooking methods, taking due account of nutritional values, which are often set aside.

The main foods of the recipes will be listed below, with their replacements, the types of cooking planned and the changes chosen, as well as the replacement of some ingredients within the recipes.

All the nutritional components of each dish will be included, with the relative calories per portion, as well as indications for any restrictions due to allergies and / or food choices. This will allow to choose the recipes paying particular attention to the flavors, including herbs and spices, and to nutritional factors.

To develop this “prompt#1” I chose a complete meal consisting of:

- 1. Soup**
- 2. Main course**
- 3. Side dish**

1. SOUP

As for the **Soup** we have a main element, **“CARROTS”** and a secondary element “potatoes”, that will be replaced by **“EGGS”** and “meat broth”.

As for the cooking method we will use **“BOILING”** for vegetables and **“SAUTÉING”** to finalize the dish. They will be replaced by **“DEGLAZING”** for the meat broth and **“POACHING”** for the insertion of the egg.

Below is the recipe of the **“CREAM OF CARROT WITH CINNAMON”**, with all the ingredients and the most important phases of the execution, paying particular attention to the Cooking Technique, and then the replacement recipe **“EGGS IN THE MEAT BROTH”**, with the same indications as above.

Carrot Cream with Cinnamon – Ingredients per 4 persons:

- ✓ Carrots 500 g
- ✓ Potatoes 250 g
- ✓ Shallot 4
- ✓ Butter 20 g
- ✓ Laurel 4 leaves
- ✓ Thyme 3 sprigs

- ✓ Powdered cinnamon 1 tsp
- ✓ Salt as need
- ✓ Black pepper as need
- ✓ Water 1 lt
- ✓ to finalize the dish
- ✓ Shallot 2
- ✓ Butter 20 g
- ✓ Sugar 1 tsp
- ✓ Chives as need

Cooking Technique:



Energy Kcal 185 per portion

Carbohydrates g 22.4

of which sugars g 13.1

Proteins g 3.2

Fats g 9.2

of which saturated g 5.07

Fibers g 5.7

Cholesterol 25 mg

Sodium mg 315



SUBSTITUTE RECIPE

Eggs In The Meat Broth – Ingredients per 4 persons:

- ✓ Eggs (4 medium) 220 g
- ✓ Meat broth 1 lit
- ✓ Grated Parmesan cheese 100 g
- ✓ Nutmeg as needed
- ✓ Salt as needed

Cooking Technique:



Energy Kcal 179 per portion

Carbohydrates 0.2 g
 of which sugars 0.2 g
Proteins g 17.4
Fats 12.1 g
 of which saturated 6.65 g
Fibers g 0.2
208 mg cholesterol
Sodium 1315 mg



They are two fairly balanced recipes but while the first has a greater quantity of calories and carbohydrates, its replacement includes 2 healthier cooking techniques, a low number of calories, a low number of carbohydrates and a high number of

proteins. It must be said that with regard to the flavors both provide for the use of various spices that will make them both very tasty.

The substitution also includes another important component, i.e. without lactose, so it can be consumed by many people who have this type of allergy.

2. MAIN COURSE

As for the **Main Course** we have a main element, **"CALF MEAT"**, which will be replaced by **"CHICKEN BREAST"**.

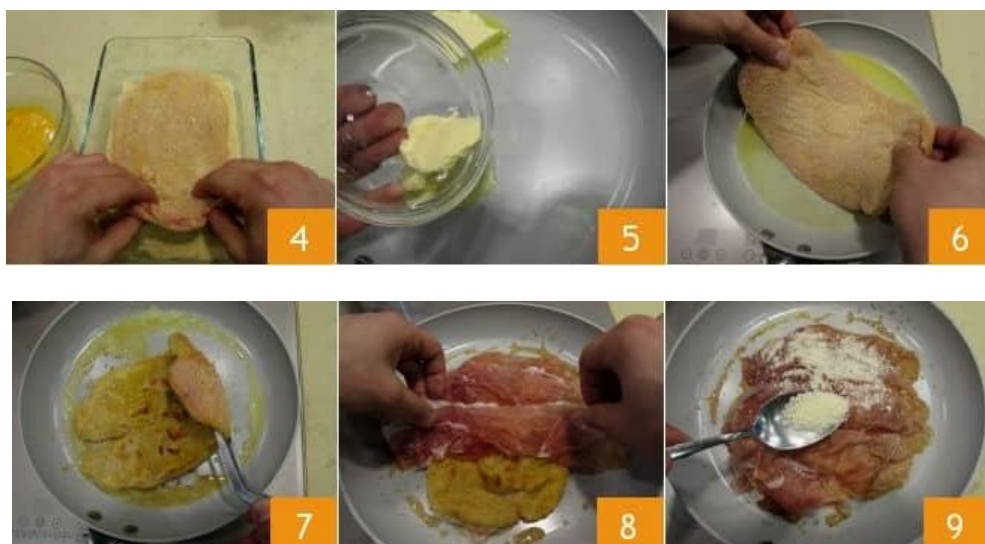
As for the cooking method we will use **"STIR-FRYING"** for meat and **"ROASTING"** for chicken.

Below is the recipe of **"BOLOGNESE CUTLET"**, with all the ingredients and the most important phases of the execution, paying particular attention to the cooking technique, and therefore the substitute recipe **"PALERMO STYLE CUTLET"**, with the same indications as above. The inclusion of herbs and spices in the replacement of ingredients will ensure that, for those who do not want to give up a good and tasty "cutlet", they can do it in a healthy way.

Bolognese Cutlet – Ingredients per 4 persons:

- ✓ Veal (4 slices of 200 g each) 800 g
- ✓ Breadcrumbs 200 g
- ✓ Flour 100 g
- ✓ Eggs (medium) 2
- ✓ Butter 50 g
- ✓ Raw ham 300 g
- ✓ Parmigiano Reggiano grated 170 g
- ✓ Meat broth 250 g
- ✓ FOR SEASONING
- ✓ Tomato sauce 100 g

Cooking Technique:



Energy Kcal 976 per portion

Carbohydrates g 59.2

of which sugars 2.5 g

Proteins g 88.4

Fats g 42.8

of which saturated 20.85 g

Fiber g 2.6

Cholesterol 364 mg

Sodium mg 2901

SUBSTITUTE RECIPE

Palermo Style Cutlet – Ingredients per 4 persons:

- ✓ Chicken breast 400 g
- ✓ Breadcrumbs 130 g
- ✓ Pecorino to be grated 30 g
- ✓ Extra virgin olive oil 50 g
- ✓ Parsley 2 g
- ✓ Salt as need
- ✓ Black pepper as need
- ✓ Lemons as need
- ✓ Mint as need

Cooking Technique:



Energy Kcal 364 per portion

Carbohydrates g 25.4

of which sugars g 1

Proteins g 29.4

Fats g 16.1

of which saturated g 3.51

Fibers g 1.4

Cholesterol 68 mg

Sodium mg 718

In these two recipes we note that the difference in calories is very high, moreover, when we look at the nutritional values, it is immediately clear that the replacement recipe is much healthier, all this mainly due to the cooking technique which, apparently is a substitute that influences the taste but, through the use of various herbs and spices, allows us to obtain an equally tasty and delicious result.

3. SIDE DISH

As for the ***Side dish*** we will find various types of **VEGETABLES** in both recipes, but will change the cooking method and mainly the seasoning. While for the first recipe all the ingredients will be used before cooking, in the second recipe various spices and raw herbs will be used for a delicious and fresh final seasoning.

As for the cooking method we will use **"BRAISING"** for vegetables and it will be replaced by **"GRILLING"** for the second recipe.

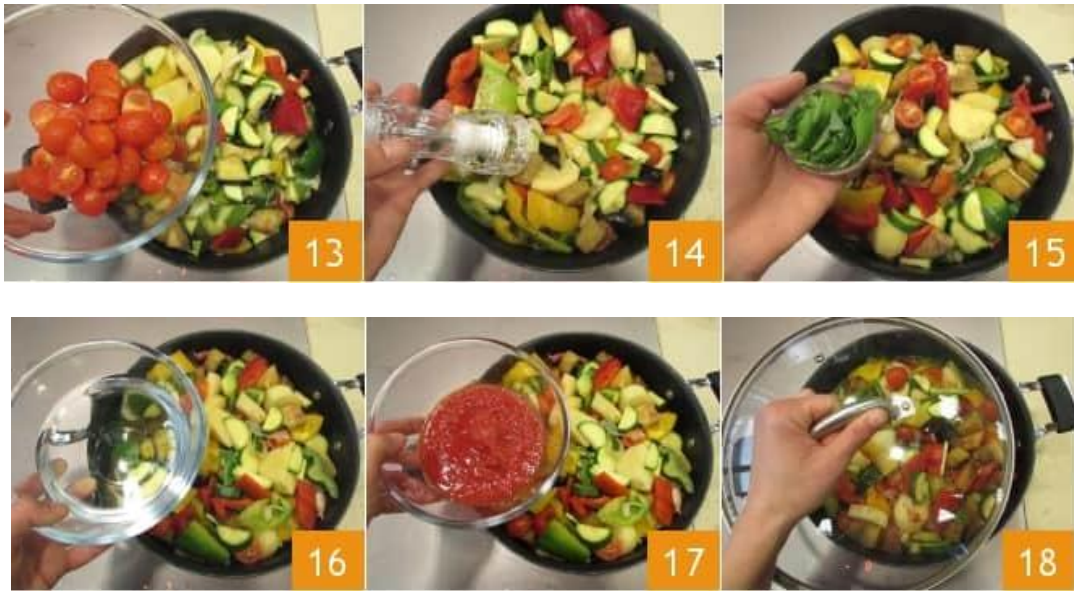
Below is the recipe of the **"VEGETABLE STEW"**, with all the ingredients and the most important phases of the execution, paying particular attention to the cooking technique, and then the replacement recipe **"GRILLED VEGETABLES"**, with the same indications like above.

Vegetable Stew – Ingredients per 4 persons:

- ✓ Green, yellow, red peppers 600 g
- ✓ Courgettes 570 g
- ✓ Potatoes 350 g
- ✓ Aubergines 235 g
- ✓ Cherry tomatoes 250 g
- ✓ White onions 140 g
- ✓ Water 300 g
- ✓ Tomato pulp 210 g
- ✓ Basil as need
- ✓ Extra virgin olive oil as need
- ✓ Salt as need
- ✓ Black pepper as need

Cooking Technique:





Energy Kcal 208 per portion

Carbohydrates g 27.8

of which sugars g 14.9

Protein g 6.9

Fats g 7.7

of which saturated g 1.13

Fiber g 8.8

Sodium mg 524



SUBSTITUTE RECIPE

Grilled Vegetables – Ingredients per 4 persons:

- ✓ Zucchini 300 g
- ✓ Aubergines 450 g
- ✓ Peppers 850 g
- ✓ Tomatoes 200 g
- ✓ Salt as need
- ✓ Black pepper as need

The seasoning will be based on extra virgin olive oil and balsamic vinegar and with the following herbs and spices:

mint, parsley, cloves, sesame seeds and ginger.

Cooking Technique:



Energy Kcal 78 per portion

Carbohydrates g 13.6

of which sugars g 13.3

Proteins g 4.1

Fats g 0.8

of which saturated 0.12 g

Fibers g 5.6

Sodium mg 375



As we can see in these last 2 recipes even if the ingredients are for both vegetables, we will notice that:

- ✓ the quantity of calories per portion is very different (78 vs. 208)
- ✓ the quantity of fat per portion (Fats g 0.8 versus Fats g 7.7), obviously linked to the cooking method.
- ✓ the recipe of grilled vegetables requires a cold dressing after preparation and just before serving, that will make all the difference in the aroma and taste of the dish.

Finally, let's take a look at the total calories that in a complete meal should not exceed the number of 800:

1. Soup **179 calories**

2. Main Dish **364 calories**

3. Contour **78 calories**

Total of **621 calories**, well below the maximum expected in a single meal.

References:

By Blog Giallo Zafferano. Web
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