



Be Energetic

LET'S LEARN ABOUT FOOD

Start



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ADJUSTEMENT



HOW DO WE DECREASE THE CALORIES OF OUR DISHES?

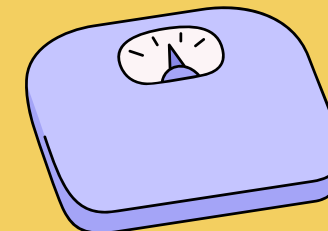
Some people need to have a specific regime with less calories. We will propose you some methods to reduce the calories of your dishes.



LESS CALORIES FOR LESS SUGAR



LESS CALORIES FOR LESS FAT



LESS CALORIES TO LOSE WEIGHT





Duck Confit

FOR 4 PEOPLE

INGREDIENTS:

- 4 DUCK LEGS (100G - 103 CALORIES)
- A PINCH OF SPICES
- 15G OF SALT
- A LITTLE BIT OF PEPPER
- A GENEROUS SPOON OF DUCK FAT (100G - 822 CALORIES)
- 1KG OF PERSLEY POTATOES WITH OIL AND BUTTER (100G-180 CALORIES)

Duck confit - less calories

FOR 4 PEOPLE

INGREDIENTS:

- 4 DUCK LEGS
- A PINCH OF SPICES
- 15G OF SALT
- A LITTLE BIT OF PEPPER
- A POULTRY STOCK CUB WITH 50 CL OF WATER (100G - 5 CALORIES)
- 1KG OF BAKED POTATOES (100G-93 CALORIES)

DIRECTIONS:

- MIX THE SALT, PEPPER AND SPICES IN A BOWL
- BRUSH THE MEAT SIDE OF THE DUCK LEGS WITH THIS MIXTURE
- PLACE THE DUCK LEGS IN THE DISH. LEAVE TO MARINATE IN THE FRIDGE FOR AT LEAST 24 HOURS.
- AFTER THIS TIME, BROWN THE POULTRY STOCK CUBE IN 50CL OF WATER WITH SPICES AND PEPPER.
- PLACE THE DUCK LEGS IN A LARGE FRYING PAN WITH THE POULTRY STOCK AND HEAT FOR AROUND 10 MINUTES.
- THEN REDUCE THE HEAT TO LOW AND LEAVE TO COOK FOR 2 HOURS AND PREHEAT THE OVEN TO 90°.
- ONCE THE LEGS ARE TENDER, PLACE THEM IN A DISH AND PUT THEM IN THE OVEN, THEN LEAVE TO COOK UNTIL THE SKIN IS GOLDEN BROWN.
- SERVE HOT WITH BAKED POTATOES

LESS
CALORIES



WHY MAKE PEANUT-FREE RECIPES?

Peanut allergy is one of the most common food allergies, affecting around 1% of the population to varying degrees. In Europe, no fewer than 17 million people are affected. This is a huge number, so it's only natural to think of these people so that they too can enjoy our delicious dishes.





Bourdalois apple pie

(533 calories)

FOR 6/8 PEOPLE

INGREDIENTS:

- 1 PUFF PASTRY
- 3 OR 4 APPLES
- 1 VANILLA POD

FOR THE ALMOND CREAM :

- 3 EGGS
- 125 G CASTER SUGAR
- 125 G ALMOND POWDER
- 125 G BUTTER
- 5 CL SINGLE CREAM



Bourdalon apple pie - peanut free

FOR 6/8 PEOPLE

(298 calories)

INGREDIENTS:

- 1 PUFF PASTRY
 - 3 OR 4 APPLES
 - 1 VANILLA POD
- FOR THE ALMOND CREAM :
- 3 EGGS
 - 125 G CASTER SUGAR
 - 125 G GRATED COCONUT
 - 125 G BUTTER
 - 5 CL SINGLE CREAM

DIRECTIONS:

- BEAT THE EGGS WITH THE SUGAR UNTIL THE MIXTURE WHITENS.
- ADD THE SOFT BUTTER, GRATED COCONUT, VANILLA POD SEEDS AND CRÈME FRAÎCHE AND WHISK UNTIL WELL BLENDED.
- LINE A TART TIN WITH PUFF PASTRY.
- PUT THE ALMOND CREAM IN THE BOTTOM.
- PEEL APPLES AND REMOVE CORE AND SEEDS.
- CUT INTO SLICES AND ARRANGE HARMONIOUSLY ON TOP OF THE ALMOND CREAM.
- BAKE FOR APPROXIMATELY 30 MINUTES AT 180°C (THE TART SHOULD BE GOLDEN-BROWN).
- LEAVE TO COOL BEFORE SERVING.

PEANUT-FREE



