

## Enrichment

### Fat-based Enrichment

| Ingredients  | Usage Suggestions   |
|--|---|
| Butter/Margarine                                     | <ul style="list-style-type: none"> <li>- Use generously as a bread spread</li> <li>- Add over rice, pasta, potatoes, or cooked vegetables</li> <li>- Stir into sauces or creamy dishes like polenta, risotto, or mashed potatoes</li> </ul>                     |
| Cooking butter                                       | <ul style="list-style-type: none"> <li>- Use generously for frying</li> </ul>   |
| Vegetable oils<br>(preferably olive or rapeseed oil) | <ul style="list-style-type: none"> <li>- Drizzle over rice, pasta, potatoes, or cooked vegetables</li> <li>- Stir into soups and sauces</li> <li>- Use in salad dressings</li> <li>- Use generously for frying</li> </ul>                                       |
| Crème fraîche,<br>Mascarpone, Ricotta                | <ul style="list-style-type: none"> <li>- Stir into soups and sauces</li> <li>- Enrich dishes like polenta and risotto</li> <li>- Use in dessert preparation</li> <li>- Enrich salad dressings and casseroles</li> <li>- Use as a dip or bread spread</li> </ul> |
| Full Cream, Double Cream                             | <ul style="list-style-type: none"> <li>- Stir into soups and sauces</li> <li>- Prepare rich milk drinks like frappés</li> </ul>   |
| Whipped Cream  | <ul style="list-style-type: none"> <li>- Garnish desserts, fruit tarts, muesli/cereal or soups</li> </ul>   |
| Mayonnaise   | <ul style="list-style-type: none"> <li>- Enjoy with fish, potatoes, or boiled eggs</li> <li>- Use as a bread spread or dip</li> </ul>   |
| Peanut Butter,<br>Almond Butter                      | <ul style="list-style-type: none"> <li>- Use as a bread spread</li> <li>- Add to sauces and dips</li> <li>- Use in dishes like muesli/cereal or desserts</li> </ul>   |
| Avocado  | <ul style="list-style-type: none"> <li>- Use as a dip or bread spread</li> <li>- Enrich salads</li> </ul>   |
| Nuts, Seeds, Kernels                                 | <ul style="list-style-type: none"> <li>- As a snack</li> <li>- Use as a garnish for hot and cold dishes</li> <li>- Enrich curries, salads, or muesli/cereal</li> </ul>  |
| Olive Paste/Pesto                                    | <ul style="list-style-type: none"> <li>- Use generously as a bread spread or dip</li> <li>- Use as a sauce for pasta</li> </ul>   |
| Coconut Milk   | <ul style="list-style-type: none"> <li>- Use in dishes like soups and curries</li> <li>- Use in desserts and frappés</li> </ul>   |

### Sugar-based Enrichment

| Ingredients   | Usage Suggestions   |
|---|---|
| Sugar, Honey, Maple Syrup, Pear Syrup, Molasses (sugarcane syrup), Condensed Milk | <ul style="list-style-type: none"> <li>- Enrich beverages, casseroles, porridges, desserts, muesli/cereal or fruit compote</li> </ul> |

### Protein-based Enrichment

| Ingredients              | Usage Suggestions  |
|--------------------------|--|
| Grated Cheese            | <ul style="list-style-type: none"> <li>- Generously sprinkle over dishes like casseroles, rice, risotto, pasta, potatoes, cooked vegetables, or soups</li> </ul> |
| Egg                      | <ul style="list-style-type: none"> <li>- Stir into soups and sauces</li> <li>- Use hard-boiled as a salad topping</li> </ul>                                     |
| Cream quark/fresh cheese | <ul style="list-style-type: none"> <li>- Use as a dip for boiled potatoes, fish, or as a bread spread</li> <li>- Stir into soups and sauces</li> </ul>           |