



Cookbook for Project Coordinators

A DAILY PLATE OF PEACE AND NON-VIOLENCE

This cookbook was created during the project “A daily plate of peace and non-violence: How our values should and can be represented in our food consumption” in 2018/19.

The following participants of these three events have contributed to the publication:

Adriana Molenda, Ágota Rákos, Aongus Ó Muirí, Borbala Lipka, Christin Bühler, Cristina Roldán Calero, Dora Stilin, Dorina Pusztai, Dorota Skotak, Elena Lovato, Esther Wawerda, Francesco Godano, Gaëtan Vandenplas, Georgina Lannin, Hasnae El Hiyany, Ildikó Járđi, Leonie Jäger, Maria J. Trujillo, Martin Murphy, Matteo Nasuti, Mira Weinberger, Miriam Mlynarczyk, Patryk Dziekanowski, Paula Vera, Sara Ligarotti and Viktoria Zimmer.

The following organisations were part of the project:

SCI Austria, SCI Germany, SCI Hungary - ÚTILAPU, SCI Italy, SCI Madrid, SCI Poland, VCZ Croatia, VIA Belgium and VSI Ireland.

The publication was edited by Simon* Jakob and Valerie Weidinger, who facilitated the activities. It was developed together with the toolkit of the same name.

We thank all involved participants and organisations, SCI Germany, SCI Italy and SCI Austria as hosting organisations and ERASMUS+ for this opportunity!



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

The idea for this project was born by the team together with Steffi Koch, a long-standing and dedicated supporter of SCI. During the course of this project we had to say goodbye to Steffi and are mourning her passing.

This cookbook is dedicated to her and her memory. Thank you for all your efforts and ideas to make the world a more peaceful and sustainable place for us all!

Valerie, Simon*, John and the whole Team!

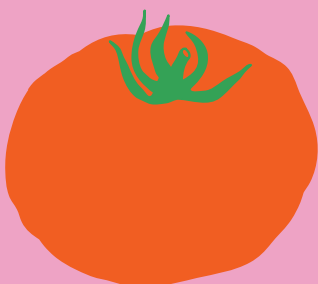
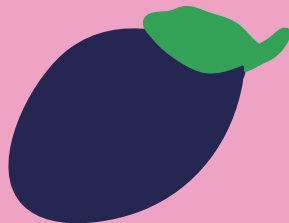
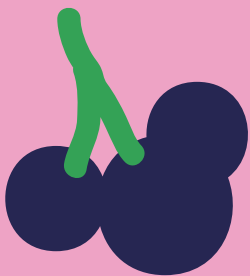
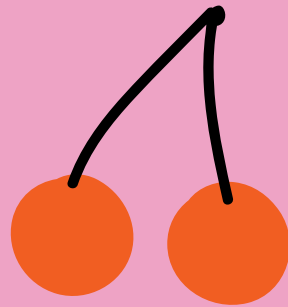
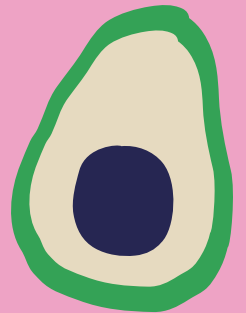
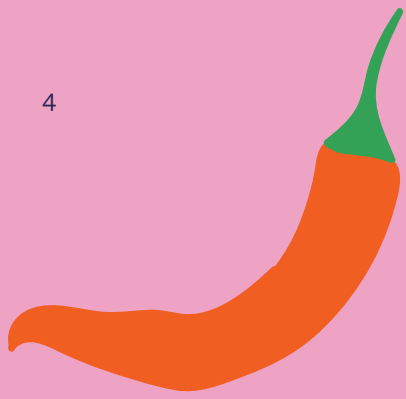


TABLE OF CONTENTS

INTRODUCTION	6
SHOPPING CONSCIOUSLY	7
LEGAL REGULATIONS	8
WHAT TO INCLUDE IN YOUR DIET	11
STORING YOUR FOOD	18
GENERAL TIPS FOR COOKING	22
RECIPES	24
Breakfast	25
Porridge	26
Main dishes	27
Rice and vegetables	28
Traditional pasta & vegan italian pesto	29
Pasta with radish leaves, pesto & broccoli	30
Curry dish	31
Pumpkin soup	32
Soup with veggie leftovers and lentils	32
Austrian millet stew	33
Spaghetti bolognese	34
Goulash	35
Cocido madrileño	36
Chilli sin Carne	37
Pumpkin dahl	38
Vegetable strudel	40
Side Dishes	41
Breadballs	42
Chickpea burgers	43
Carrot-apple-salad	44
Carrot-green-pesto	44
Spinach and radish salad with toasted pine nuts	45
Sweet millet	46
Frittata di bietole (spinache/chard omelet)	47
Cauliflower cream	48
Waldorf salad	49
Apple, fennel and endive salad	50
Spreads	51
Apple-onion spread	52
Lentils-curry-coconut spread	52
Hummus	53
Vegan lard spread	54
Tomato butter	54
Vegan mayonnaise	55
Desserts	57
Apple crumble with old bread	58
Chocolate dipped clementines with sea salt	59
Chocolate peanut butter granola apple bites	60
Vegan mousse au chocolat	60
Sweet strudel	61
Snacks	62
Fruit salad	63
Alternative ice cream	63
FIND FURTHER RECIPES	64

INTRODUCTION

First we eat, then we do everything else.

M.F.K. Fisher

Eating is one of the most important things we do, and it is especially important during volunteer projects. Cooking and eating helps to bring groups together, and they highlight different cultures and cuisine. Food is also important to keep physical and mental health strong during intensive projects. Our food consumption furthermore reflects many values, and it is connected to climate change, social injustice, human and animal rights, capitalism, and exploitation.

Since it was founded 100 years ago, SCI has worked with the goal of creating a culture of peace and non-violence. To reach this objective we have to consider the way food consumption impacts social inequalities and the environment, and we try to approach this in a holistic manner through “A daily plate of peace and non-violence: How values should and can be represented in our food consumption” (Erasmus+ funded). The project aims to raise awareness and promote critical reflection of current practices of food consumption in youth exchanges, seminars/trainings and volunteer camps/short term volunteer projects.

The project was divided into five stages:

In November 2018, we met in Witzenhausen, Germany, where we held a training week on the problems and challenges within our global food system. We also talked about how these topics are related to SCI, and started to develop a structure for the outputs - this cookbook and the combined toolkit. The participants came up with research questions to further investigate at home and with their organisations.

In March 2019 we held a seminar in Rome, Italy, where we further analysed some aspects that were not covered during the first training, like gender or food consumption on SCI projects. Most of our time there was spent working on the toolkit and the cookbook. We came up with a clear structure to present our messages and content. The resulting documents were tested over the summer of 2019 in various projects of the partner organisations.

Finally, we met in Krems, Austria, in September 2019, where we reviewed the feedback to the two publications. This feedback was considered for inclusion, and the publications were finalised, with our strategy for dissemination clearly defined.

This cookbook should be used together with our related toolkit (www.sci-d.de/dailyplate). While the toolkit gives you the methods and information to present to the participants/volunteers why you are putting an effort into consuming food in a certain way, the cookbook provides the information you need to provide your participants/volunteers with balanced plant-based food, which will keep them active and strong during the project.

SHOPPING CONSCIOUSLY

Before we eat, we shop for food. The project team has created the below graphics that should help you in considering what to buy. Try to fulfil as many aspects as possible in each of the products you buy. (It might help to print the graphics once and together with the below explanations give it to the shopping teams for them to be able to check.)

Seasonal: Usual/ appropriate during a particular season of the year. (Differs according to your location)

Plant-based focuses around plant derived foods such as fruits, veggies, legumes, grains, nuts and seeds and thus, avoiding meat, fish, eggs, dairy, gelatine and other animal by-products.

Organic: Not using artificial chemicals in the growing of plants for food but natural fertilizers instead.

But how Local: Grown in your local community, region or country.

Fair trade: Fair Trade guarantees farmers a reasonable minimum price for their crops. The importers work with producers as directly as possible.

Packaging: Products purchased are wrapped in plastic, paper, cardboard etc. These remain after consuming the food and become waste. Human rights: In food production, transport and sales workers are not always treated according to the human rights conventions.



LEGAL REGULATIONS

But how do you recognise whether a product falls into the category mentioned? Here we collected some examples for you.

LEGAL REGULATIONS FOR THE ORGANIC SECTOR

In accordance to European Union legislation for the organics sector, organic farming is an agricultural method that aims to produce food using natural substances and processes. This means that organic farming tends to have a limited environmental impact as it encourages:

- The responsible use of energy and natural resources;
- The maintenance of biodiversity;
- Preservation of regional ecological balances;
- Enhancement of soil fertility;
- Maintenance of water quality.

Additionally, organic farming rules encourage a high standard of animal welfare and require farmers to meet the specific behavioural needs of animals.

European Union (EU) regulations on organic farming are designed to provide a clear structure for the production of organic goods across the whole of the EU. This is to satisfy consumer demand for trustworthy organic products whilst providing a fair marketplace for producers, distributors and marketers¹.

Examples of organic food certification:



ECOCERT offers the certification of activities according to (EC) Regulations 834/2007, 889/2008 and 1235/2008 relative to organic farming in the European Union. These regulations cover:

- Processed and unprocessed plant products, farm animals and their products intended for human consumption;
- Other unprocessed plant products;
- Processed and unprocessed plants and nutritional supplements intended for cattle or aquaculture.²



AB (Agriculture Biologique) is France's national logo for organic products since 1985. Organic products carrying the logo must contain more than 95 percent organic components, and be produced or processed within the EU.³



Demeter is the worldwide brand for products from Biodynamic Agriculture. The verification process ensures organic regulations in the various countries; from agricultural production to processing and final product packaging. The holistic Demeter requirements exceed government mandated regulations. The certificate excludes the use of synthetic fertilisers and chemical plant protection agents in agricultural crop production, or artificial additives during processing. It requires very specific measures to strengthen the life processes in soil and foodstuffs.⁴

1 www.ec.europa.eu/info/food-farming-fisheries/farming/organic-farming/legislation_en
 2 www.ecocert.com/en/european-regulation-ec/
 3 www.ecolabelindex.com/ecolabel/ab-agriculture-biologique
 4 www.demeter.net/

! Each country may have its own trademarks for organic products. Remember to check the applicable certificates before going to a foreign country. Be aware that some companies may “green-wash” their products by trying to use eco-friendly, organic terms and traits or even graphics that are very similar to the original certificates in order to confuse customers.

LEGAL REGULATION OF VEGETARIAN AND VEGAN PRODUCTS

Unfortunately, there is no legally binding definition of the terms “vegan” and “vegetarian”, neither at EU level nor at member state level. Due to the lack of legal regulations, there is a lot of fraud on the part of food producers. Therefore is very important to choose the internationally recognised trademarks of vegetarian and vegan products.

Examples of vegetarian and vegan certification of vegan products:



The V-Label is an internationally recognised, registered symbol for labelling vegan and vegetarian products and services. For consumers, it is a simple and reliable guide to help them when they are shopping. With the V-Label, companies promote transparency and clarity.⁵

The Vegan Trademark is an internationally recognised standard for products that are free of all animal use, in ingredients and testing.⁶

! Be aware that some companies may be using the letter “V” or leaf graphic for their products, instead of official certificates. This symbol doesn’t necessarily mean that the product is vegan, or that it was not tested on animals, and may be confusing to customers.

Other important certifications:



Fair-trade is an ethical trade system that offers farmers and workers in developing countries a better deal for their goods, with the opportunity to improve their lives. Consumers can help reduce poverty, and instigate change through everyday shopping. When a product carries the Fair-trade Certification Mark, it means the producers and traders have met Fair-trade Standards, including social, environmental, and economic criteria, as well as progress requirements in terms of trade. Standards are designed to support the sustainable development of small-scale producers, and agricultural workers in the poorest countries in the world.⁷



Rainforest Alliance represents global sustainability standards and certification, which transform the way businesses operate. As a framework for change, certification delivers real business value including:

- Improved yields and quality of agricultural crops and forest products;
- Improved conditions for workers and relationships with local communities;
- Reduced operational and reputational risk;
- Access to markets and customers.

Beyond certification, the Rainforest Alliance provides technical and sourcing support, and training courses to further assist businesses.⁸

5 www.v-label.eu
 6 www.vegansociety.com
 7 www.ecolabelindex.com/ecolabel/fairtrade
 8 www.rainforest-alliance.org/business/solutions/certification/

ALLERGY INFOGRAPHICS

Food Allergy: Is an abnormal immune response to food. The symptoms of the allergic reaction may range from mild to severe. This typically occurs within minutes to several hours of exposure.

Food Intolerance: Intolerance is produced mainly due to the absence of enzymes, protein molecules that breakdown the food. People with intolerance might be able to eat food that they are intolerant to in a small portion without a reaction. It doesn't involve the immune system, and it is never life-threatening.

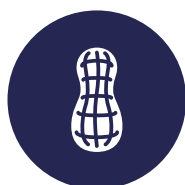
The symptoms occur more slowly, often many hours after eating the problem food and can be caused by many different foods.

Labelling is essential to ensure that consumers with allergies are not placed at risk. There are fourteen common allergens that typically carry the most risks, although all foods have the potential to cause an allergic reaction. Therefore it is important to note that not all allergens can be included in common allergy infographics.

<https://www.eufic.org/en/healthy-living/article/focus-on-food-allergens>



Gluten



Peanuts



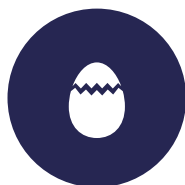
Tree nuts



Celery



Mustard



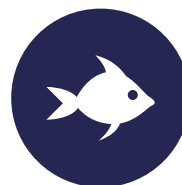
Eggs



Milk



Sesame



Fish



Crustaceans



Molluscs



Soya



Sulphites



Lupin

! Some products may contain the text “May contain traces of...”. This is to inform consumers that the product was produced in an environment where allergens may have been present. This does not mean there are allergens in the product, but cross-contamination may have occurred on a small level during processing. It is essential for producers to inform consumers of this so they can avoid any adverse reactions.

WHAT TO INCLUDE IN YOUR DIET⁹

It is a common myth that a plant-based diet will leave you feeling tired, and with less energy. In reality however, all that is required is a simple change from animal sources of protein to plant sources. For people new to (or with little experience) in plant-based diets, creating wholesome meals can be a challenge. This is especially true in a volunteer camp scenario, where you have to coordinate with others, and cook for large groups of people at the same time. For this reason we want to give you an understanding of what the body needs, and how to obtain it.

GENERAL RECOMMENDATIONS:

- **High in fibre**, whole grain when possible (whole-grain pasta, whole-grain bread, brown rice) - limit refined grains like white bread and white pasta
- Use a **healthy oil**, like olive or canola oil, for cooking and salad (instead of butter replacements)
- **Least processed food**
- **Variation in fruits and vegetables** (potatoes should not count as vegetables)
- Limit sugar drinks, **drink mainly tea and water**

Don't forget to ask about allergies and food intolerances! Hand a list on the wall in the kitchen to make sure everyone is aware.

A **full meal** contains the following:

- **Carbohydrates**
- **Healthy proteins**
- **Healthy oils/ fats**
- **Vegetables/ fruits**
- **Spices**

Plant-based proteins and fats can be hard to identify when you have never cooked vegan.

Here we will present you with both.

Sources of Protein:

Legumes	Almonds	Quinoa	Ezekiel bread
Seitan	Spirulina	Chia and hemp seeds	Baked potatoes

In smaller portions kale, broccoli, and mushrooms also contain protein. However, they should be used in combination with other sources, as they do not provide a sufficient source by themselves.

Recommendation: Combine rice and beans to create a complete serving of protein.

9

Sources for this chapter:
<https://veganoutreach.org/plant-based-nutrition/>
<https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you>
<https://www.medicalnewstoday.com/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>
<https://www.livestrong.com/article/25392-list-foods-high-vitamin-b12/>
<https://www.care2.com/greenliving/20-healthy-vegan-sources-of-fats-infographic.html>

Sources of **healthy fat**:

Nuts	Avocado	Tahini	Peanut butter	Olive (Oil)
Chia seeds	Flaxseed	Coconut Oil	Tofu	Olives

While considering this, here are some more nutrients that your meals should contain, whether you are eating plant-based or not: Individual meals may contain only a part of the above. Try to balance out the content of the meals to cover everything on a day level. To guarantee a diverse diet that covers all your needs we recommend you to write a week plan with your project group. In this plan breakfast, lunch and dinner as well as snacks, and including the side dishes. Sources of:

B12: Dried purple laver (Nori), nutritional yeast, fortified products such as non-dairy milk; some margarines, soy proteins, breakfast cereals. Be aware that for a long term plant-based diet that supplementation may be required.

Calcium: Fresh or dried figs; fortified orange juice; Turnip greens; Collard greens; Bok choy; Calcium-set tofu; Mustard greens; Kale; Oranges; Fortified soy milk.

Iron: Spinach; Swiss chard; Dried figs; Tofu; Raisins; Oatmeal; Almond; Chickpeas; Kidney beans; Lentils; Molasses
Recommendation: it is easier for your body to absorb iron if you include also vitamin C in the same meal. Coffee and tea have the contrary effect.

Vitamin C: Oranges; Strawberries; Grapefruit; Broccoli; Red or yellow pepper; Lemon; Kiwi - in general all citrus fruits.

Iodine: Iodized salt; Seaweed; Supplements.

Omega-3s: Canola oil; Walnuts; Flax seeds.

Vitamin A: Pumpkin; Spinach; Cantaloupe; Sweet potatoes; Butternut squash; Carrots and carrot juice.

Zinc: Whole wheat bread; Sunflower seeds; Pumpkin seeds; Almonds; Lentils; Tofu; Cashews; Hummus; Oatmeal.

Umamami: Miso; Tamari; Tomatoes; Sauerkraut; Dried sea vegetables; Olives; Nutritional yeast; Mushrooms; Balsamic vinegar.

! We are aware that this list might not be complete, and it does not mean that you should focus on eating only these ingredients. Do your own research about the local and seasonal food available during your project and what nutrients they can give you.

Especially important about a plant based diet is to know the benefits of **legumes and grains** and know how to use them. The **legume** family includes dried beans, peas, and lentils. They provide fibre, protein, carbohydrate, B vitamins, iron, copper, magnesium, manganese, zinc, and phosphorous. Plant-based legumes are naturally low in fat, and are practically free of saturated fat, and cholesterol¹⁰. Due to their taste and nutritional value, legumes are very important element of plant-based protein in a vegan diet. Below are some ideas of how to incorporate them into our menu:

- Lentils –Thanks to their short cooking time and softness they are perfect for stews, dahls, and soups.
- Beans – They come in many different sizes, shapes and textures and can be used in various ways. Simmered beans are great as a chili stew, cooked and roasted in the oven can be used as salad topping or simply blended into a creamy bread spread.
- Split peas –They are perfect addition to soups. During cooking, they break down and thicken to give a silky consistency.

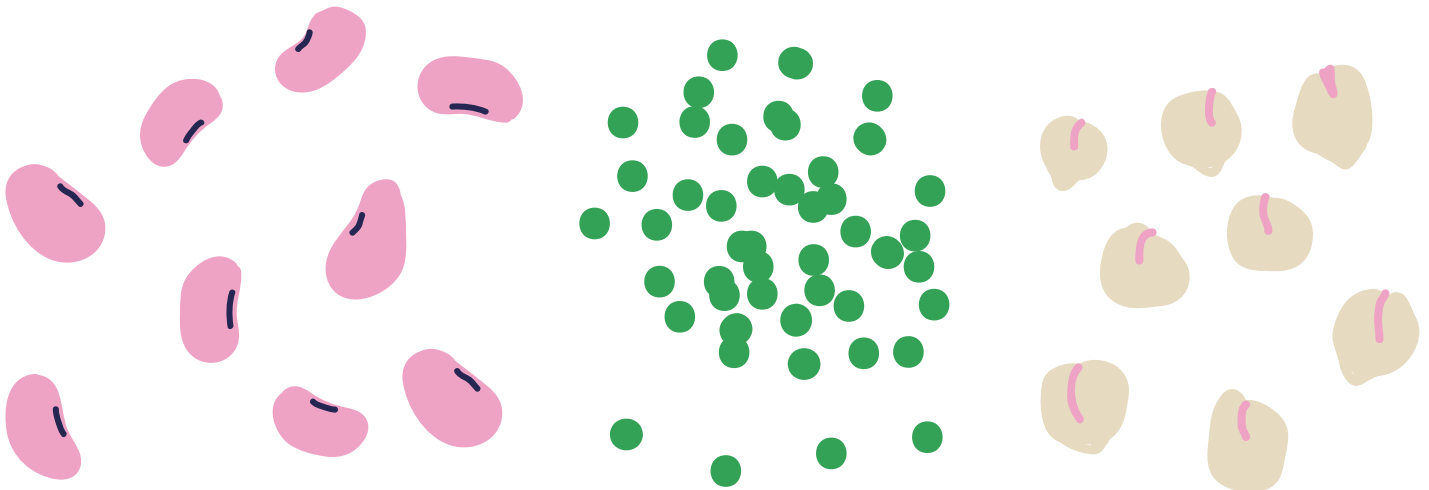
Dry or canned? Most legumes are available in these two varieties. The following table compares the characteristics of dry and canned beans.

DRY	CANNED
<ul style="list-style-type: none"> ✓ Less money ✓ No additional ingredients (preservatives and conservants) ✓ Long soak unlocks all the nutrients ✓ Less packaging waste ✓ Avoid BPA in cans ✓ More varieties available ✓ Low in sodium ✓ Seasoning to your taste ✓ Texture you like ✗ Long preparation time ✗ Must pre-plan 	<ul style="list-style-type: none"> ✓ Quick and easy ✓ Good nutritional value (unlike most canned foods) ✗ Heavier to carry due to liquids and can weight ✗ Higher cost ✗ High in sodium ✗ Limited variety ✗ Metallic taste ✗ Less nutritious due to manufacturers' cooking methods ✗ Might have added preservatives ✗ More waste ✗ Exposure to BPA in cans

LEGUMES

How to cook legumes?

1. Rinse the beans and soak if needed (see the chart below).
2. Drain legumes and transfer to a cooking pot.
3. Add water and bring to a boil (see the chart below).
4. Reduce to a low simmer and cook.
5. Add salt when legumes are just tender ($\frac{1}{2}$ tsp per cup of dry beans).
6. Drain the legumes into a colander. Rinse, and begin to cook according to your recipe.



Legumes cooking chart¹¹

LEGUMES (1 CUP DRY)	SOAKING TIME	COOKING TIME	Yields
Adzuki Beans	8-12 hours	45-55 minutes	3 cups
Anasazi Beans	8-12 hours	45-55 minutes	2 ¼ cups
Black (Beluga) Lentils	—	20-25 minutes	2 cups
Black Eyed Peas	8-12 hours	1 hour	2 cups
Black Turtle Beans	8-12 hours	60-90 minutes	2 ¼ cups
Brown Lentils	—	20-25 minutes	2 ¼ cups
Cannellini Beans	8-12 hours	45 minutes	2 ½ cups
Cranberry (Roman) Beans	8-12 hours	40-45 minutes	3 cups
Fava Beans	8-12 hours	40-45 minutes	1 2/3 cups
French (Puy) Lentils	—	25-30 minutes	2 cups
Garbanzo Beans (Chickpeas)	19-12 hours	1-3 hours	2 cups
Great Northern Beans	8-12 hours	1 ½ hours	2 2/3 cups
Green Lentils	—	20-25 minutes	2 cups
Green Split Peas	—	45 minutes	2 cups
Green Whole (Marrowfat) Peas	10-12 hours	1-2 hours	2 cups
Kidney Beans	8-12 hours	1 hour	2 ¼ cups
Lima (Butter) Beans	8-12 hours	60-90 minutes	2 cups
Mung Beans	8-12 hours	1 hour	2 cups
Navy Beans	8-12 hours	45-60 minutes	2 2/3 cups
Pink Beans (butter beans)	—	1 hour	2 ¾ cups
Pinto Beans	—	60-90 minutes	2 2/3 cups
Red Lentils	—	15-20 minutes	2 cups
Soy Beans	10-12 hours	3-4 hours	3 cups
Yellow Lentils	—	15-20 minutes	2 cups
Yellow Split Peas	—	60-90 minutes	2 cups

! The chart represents approximate soaking and cooking time.



Don't panic if you forgot to soak your beans. Bring the beans to a boil, let them cook for two minutes, then cover the pot, remove them from the heat, and finally let them rest for an hour. This tip will make the cooking time shorter.

GRAINS

Grains are an excellent source of carbohydrates, and an important source of many nutrients, including fibre, B vitamins (thiamine, riboflavin, niacin and folate), E vitamin and minerals: iron, copper, magnesium and selenium.¹² Whole grains products contain more fibre, which help to keep blood sugar levels steady, and people feeling full for longer, and with fewer calories.¹³

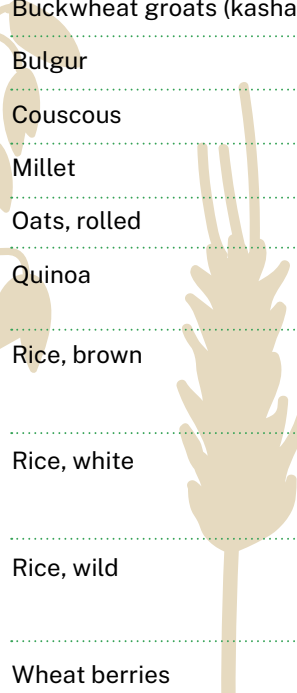
Types of grains:

- Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye, kasha in their unprocessed state. They contain the entire seed of a plant.
- Refined grains include white flour, white rice, white bread and degermed corn flour. The refining process extend the shelf life and give grains finer texture, but also removes valuable nutrients.
- Enriched grains, in which nutrients that are lost during processing are re-added to products like white bread.¹⁴

How to cook grains?

1. Rinse the grains thoroughly.
2. Bring the water to a boil (see the grain-to-water ratios in the chart below).
3. Add the grain, and return to a boil.
4. Reduce the heat, cover, and simmer for the indicated time.

Grains cooking chart



Grain (1 cup dry)	Water	Cooking time	Note
Amaranth	2-½ cups	25 to 30 minutes	
Barley, pearled (pot)	3 cups	45 to 60 minutes	
Buckwheat groats (kasha)	2 cups	20 minutes	
Bulgur	2 cups	5 minutes	
Couscous	1-½ cups	5 minutes	
Millet	3 cups	20 to 25 minutes	
Oats, rolled	3 cups	10 to 15 minutes	
Quinoa	2 cups	20 minutes	Rinse several times before cooking.
Rice, brown	2 cups	40 to 60 minutes	Cooked rice lasts longer with lemon added.
Rice, white	2 cups	15 to 20 minutes	Cooked rice lasts longer with lemon added.
Rice, wild	3 -½ cups	60 minutes	Cooked rice lasts longer with lemon added.
Wheat berries	3 cups	1-½ to 2 hours	Do not salt.

12 "The Role of Whole Grains in Disease Prevention" Joanne L. Slavin PhD, RD David Jacobs PhD Lenmar Quart PhD, RD Kathy Wiemers, RD Journal of the American Dietetic Association 2001

13 www.wholegrainscouncil.org/whole-grains-101/how-much-enough/us-dietary-guidelines-and-wg

14 www.choosemyplate.gov/grains

! The chart represents approximate amount of water and cooking time.



Some groats (like buckwheat, wheat or chickpeas) are available in the form of flour. Use them to make crepes, galettes, or high protein chickpea omelette. These can be filled with your favourite and serve your meals in a more interesting way.

SPICES



We are usually aware of where our food comes from, but we generally concentrate on fruits and vegetables, and forget about spices. We use spices on a daily basis to make our food taste even better, but are we thinking about the origin of the spice? The sustainability of the production? Or the working condition of the farmers?

Problems behind the production

To maximise their yields, small-scale spice farmers are forced to apply high-intensive agricultural practices involving the use of chemical fertilisers, herbicides/pesticides in their farming system. Other problems are water stress and weak supply linkages between farmers and exporters. Spice production can harm local communities, and food safety at consumer level. Solutions that may interest are:

- Traceability: being able to trace a product's source for food safety and sustainability concerns;
- Responsible water use: to prevent water stress in some areas;
- Sustainable use of soil: the goal is the conservation of soil for future production;
- Ban discrimination: based on gender, religion or ethnical background;
- Ban child labour.¹⁵

Sustainable spices exported/produced in Europe¹⁶

In Europe, sustainability is becoming increasingly important, and sustainable products are becoming more attractive to consumers.

- Spices are considered sustainable if they are produced within strict sustainability standards;
- Legal requirements regarding food safety, traceability, hygiene, and control measures;
- Sustainability requirements regarding the production of the spices;
- Quality requirements;
- Packaging requirements (the packaging must be free from insect infestation, fungus contamination, undesirable or bad odours, substances that may damage the contents). The sustainability certifications help to address social and environmental concerns;

Not all buyers require spices to be certified according to sustainability certification. They define sustainability standards by themselves (certifications cost a lot of money and a product can be organic, product according to fair trade and in a friendly environmental way even without a certification, but you have to trust your producer).

Many companies are looking for ways to produce in a sustainable way without following the sustainability standards, for example through low-cost certification.

¹⁵ http://www.nedspice.com/upload/docs/brochure-sustainability_Jan_2015.pdf
¹⁶ <https://www.cbi.eu/market-information/spices-herbs/sustainable-spices-herbs>

Many sustainability projects focus on increasing yields (by improving water management), ensuring a stable income for farmers, and reducing the use of chemicals.¹⁷

Another interesting field to explore are edible wild plants. You may find them growing directly around your house (even in the cities), in gardens, along paths, meadows, and forests. Young, fresh leaves may be served as a salad—perhaps with a topping of roasted nettle seeds, or colourful flowers like daisy, poppy, and dandelion. Fresh (or dried) leaves of more aromatic plants can help to season and spice, and will provide a unique taste to your dishes (e.g. wild garlic *Allium ursinum*, wild carrot *Daucus carota*). Plus, it is hard to beat the simple joy of walking through a woodland, and eating sweet, wild berries. The fruits of these wild shrubs, and trees (think walnuts, hazelnuts etc.) can represent a wonderful source of healthy, and nourishing carbohydrates, and fatty acids. However, it is critically important that foraging for wild plants is done with a reputable guide book, or preferably a person with lots of experience. There are many toxic plants, which may look confusingly similar to certain edible ones, and may vary from region to region, so therefore caution is always necessary.



STORING YOUR FOOD

It is also important how you **store your food**. Try to avoid using plastic bags. The use of plastic will cause fruits and veggies to ripen faster. But the most important thing about plastic is to reduce its overall consumption. Imagine a “Plastic-free World”. Here we give you some examples of how to store. Research how to store the fruits and vegetables you are using.



FRUIT & VEGETABLES	STORAGE METHOD	ROOM TEMP	REFRIGERATION	TIPS
Artichokes	Place in an airtight container sealed, with light moisture.		X	After having removed the outer leaves, rub half lemon on it.
Asparagus	Place them loosely in a glass or bowl upright with water at room temperature.		X	Cover with a damp cloth
Avocados	Avocados– place in a paper bag at room temperature.	X	X	To speed up their ripening- place an apple in the bag with them.
Beans	Open container in the fridge		X	Freezing them if not going to eat right away.
Broccoli	Mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate.		X	Do not store broccoli in a sealed container or plastic bag.
Cabbage	Left out on a cool counter is fine for up to a week.		X	Do not wash cabbage until you are ready to use it.
Carrots	Place them in a closed container with plenty of moisture wrapped in a damp towel		X	Cut the tops off to keep them fresh longer.
Eggplant (Aubergine)	Wrap the eggplant in a paper bag.	X		Don't cut it before storing it, since cut eggplant spoils very quickly
Onions	Store Onions in a Cool, Dry, Dark and well- ventilated Room	X		Store away from potatoes
Potatoes	Place it in a well-ventilated container and stored in a dry location, away from sunlight	X		Store away from onions
Lettuce	Dunk in cold water and spin or lay flat to dry		X	Wrapped with a dry towel to absorb any extra moisture.
Herbs	Airtight container/jar loosely packed with a small damp piece of paper inside-left out on a cool counter	X		Excessive exposure to light can damage chlorophyll, causing herbs to turn yellow.
Berries	Refrigerate the unwashed berries, loosely covered, in a single layer.		X	Avoid keeping your berries in the coldest part of your fridge, lest they suffer frost damage.

FRUIT & VEGETABLES	STORAGE METHOD	ROOM TEMP	REFRIGERATION	TIPS
Mushrooms	Keep them in their original packaging and put them in your refrigerator as soon as you get home		X	Avoid placing mushrooms near foods with strong odours or flavors because they'll absorb them like a sponge.
Cauliflower	Store it in a cold location such as a root cellar, basement, shed, or garage.	X	X	Moisture accelerates rotting and promotes bacteria and mold growth, so don't wash the cauliflower until you plan to use it
Celery	Wrap the celery in paper towels		X	To revive celery, soak a limp vegetable in water for a few hours and its cells will absorb water and reinflate.
Bananas	Store bananas at room temperature until you eat them or they are fully ripe	X		If you chill your bananas before they are ripe it's likely they will not be as sweet once you do consume them
Leek	Fresh leeks should be stored unwashed and untrimmed in the refrigerator		X	Do not wash or trim the dark leaves off the leeks before putting them in a refrigerator.
Brussel sprouts	If you store the whole stalk, wrap a moist paper towel around the stub to extend storage		X	Avoid washing them until you're ready to prepare it, as the moisture can cause decay
Beetroot	Store beets in a paper bag in the vegetable crisper drawer. Put it in the refrigerator crisper drawer		X	Don't wash roots before you store them; if you do, be sure to dry them thoroughly.
Courgette	Store it in a paper bag with some ventilation. Put it in the refrigerator crisper drawer		X	Cutting the zucchini will make it go bad much faster, so make sure it's whole before refrigerating
Garlic	Store it at room temperature in a dry, dark place that has plenty of air circulation, like in an open paper bag	X		If you've prepared more garlic than you need it, put the minced garlic in the refrigerator in an air-tight container
Lemons	Store them away from direct sunlight	X		Cut lemons; refrigerate them
Pumpkin	Store in a cold and dry place.	X		Do not store it on a cement floor, as they tend to rot

FRUIT & VEGETABLES	STORAGE METHOD	ROOM TEMP	REFRIGERATION	TIPS
Apples	Place them in the crisper drawer in a paper bag with ventilation or cover the apples with a damp paper towel		X	Store them in a cool place, never with other vegetables/ fruit
Tomatoes	Don't stack tomatoes on one another. The pressure can be enough to bruise the fruits and invite rotting.	X		Do not expose to direct sunlight.

Spices need to be stored in a sealed container so they won't change flavour or/and colour. Spices last much longer crushed or ground. These can be kept for up to two years, while ground spices should be refreshed every six months. The best modes of storage are in airtight tins or small spice jars.¹⁸



GENERAL RECOMMENDATIONS FOR COOKING

When preparing food be aware of:

- Avoiding food poisoning: Make sure to wash hands, surfaces, kitchen utensils, as well as the food itself before starting the preparation. Fruit and vegetables need to be washed with clean running water to remove bacteria, viruses, and harmful residues.
- Reheating leftovers of pre-prepared foods thoroughly. Brings soups and stews to the boil for at least 2 minutes.
- Keeping the food stored in adequate temperatures.
- Avoiding cross-contamination: This is what happens when bacteria or other micro-organisms, which are contained in food stuffs, are unintentionally transferred from one food to another. The most common example is the transfer of bacteria between raw and cooked food.
- Avoiding cross-contact: This happens when small amounts of food allergens are accidentally blended into other foods and their proteins mix. This is a big risk for people with allergies because it can cause allergic reactions.

How to remove pesticides from fruits and vegetables? Almost no food can claim to be 100% free of pesticides. Even organic produce may contain some pesticide residues. Washing your produce with vinegar or soda helps to break up pesticide molecules, and remove harmful bacteria. Here are some simple methods¹⁹:

1. Fill a large bowl with 4 parts water to 1 part plain white vinegar.
 2. Soak the fruit or vegetables in the mixture for 20 minutes.
 3. Rinse the fruit or vegetables well with water.
-
1. In a bowl, mix together one tablespoon of baking soda with six cups of water.
 2. Place fruits and vegetables in the mixture, and leave for 15 minutes.
 3. Drain and rinse.

Here is a list of most and least contaminated food produce, known as “The Dirty Dozen” and “The Clean 15”:²⁰

“THE DIRTY DOZEN”

Strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, kale, potatoes.

“CLEAN 15”

Avocados, sweet corn, pineapples, cabbage, onions, sweet peas (frozen), papayas, asparagus, broccoli, eggplant, honeydew melon, kiwi, cantaloupe, cauliflower, mushrooms.

Food preparation can affect the nutritional quality of foods. To keep the nutritional value as high as possible:

- Cut the food just before consuming.
- Keep the skin of vegetables (after a thorough scrub) or peel it as thinly as possible.
- Soaking with salt, discarding water and cooking in fresh water is the best method to reduce cooking time, and to improve the protein quality, texture and appearance of legumes.
- Wait to wash your vegetables until just before you cut.
- Reheating cooked vegetables further destroys vitamins. The sooner you eat the food, the less chance of nutrient loss.
- Keep the green in green vegetables! If a light green vegetable turns into yellowish green, it is overcooked!
- To test if a vegetable is cooked completely, use a fork.

Although there is no perfect method of cooking that will retain all nutrients, we can try to use methods that maximize the nutritional value of our meal. As a general rule it is best to keep cooking time, temperature and the amount of liquid to a minimum to achieve the best results.

Fruits and Vegetables give off an odourless, harmless and tasteless gas called ethylene after they have been picked. All fruits and vegetables produce it, but some foods produce it in greater quantities. When ethylene-producing foods are kept in close proximity with ethylene-sensitive foods, especially in a confined space, the gas will speed up the ripening process of the other produce. If you want your foods to last longer, remember to keep them away from ethylene-producing foods²¹. E.g. don't keep tomatoes and cucumbers next to each other.

Another thing to consider is the seasoning. When you cook for a big group it is easy to spoil by seasoning too much at a time. As a first recommendation we suggest you season in small steps until you reach the amount of salt e.g. that you need. Secondly, if you put too much salt there is no need to just keep it that way. For example, if something you cooked is too bitter you can add carrots to make it a bit sweeter. If something needs more salt you can add something sour, like vinegar, instead of more salt.

The idea of the below inventory is not looking at what is missing in the kitchen, but using what we already have to make a great meal. Doing so we will prevent food waste, and will save money for other necessities. We suggest you print this, and hang it on the kitchen wall, so all participants can add as necessary and strikeout.

	PANTRY	FRIDGE	FREEZER
WHAT DO I HAVE?	QUANTITY	QUANTITY	QUANTITY
BE AWARE OF THE <u>EXPIRY DATE</u> AND OF <u>EASILY PERISHABLE</u> FRUITS AND VEGETABLES	WHAT SHOULD I USE?	WHAT SHOULD I USE?	WHAT SHOULD I USE?
WHAT DO I REALLY NEED?			QUANTITY

21 WATADA, ALLEY E. "EFFECTS OF ETHYLENE ON THE QUALITY OF FRUITS AND VEGETABLE" <https://ucanr.edu/datastore-Files/234-1693.pdf>, last visited 10.04.19.



RECIPES

BREAKFAST

Suggestion: You can find many recipes spread among the side dishes. These can also be used for breakfast.



PORRIDGE



Ingredients

Dry Oats — 500 g/2 cups
Non dairy milk OR Water — 2500 ml/10 cups
Salt and coconut oil (optional)
Sunflower Seeds (optional)
Fruits in Season (optional)
Cinnamon (optional)

1. Put the oats and the milk or water in a pot and bring to boil.
2. Reduce the heat and let it simmer gently.
3. Cook gently on a medium-low heat for 10 minutes and stir frequently, oats stick to the pot very quickly.
4. Finish with a pinch of salt. If you want to make your porridge thinner, add more milk or water to it.
5. Serve immediately.
6. You can eat your porridge plain, or you can add a spoon of coconut oil, cinnamon, sunflower seeds and seasonal and local fruits.

Budget suggestion:



Porridge is very nutritious, extremely cheap and uncomplicated. However, try not to cook more than what you need in the morning as porridge dries up quickly and takes up a gooey texture that makes it hard to reheat. When on a tight budget, use water instead of non dairy milk, you will get enough sweetness from the fruits you're putting in.

If you need to adjust this recipe for larger or smaller groups the ratio is always 1:3 e.g. 50g of oats:250ml of water/milk.

MAIN DISHES



RICE AND VEGETABLES



Ingredients

Purple onions
Mushrooms
Zucchini
Rice
Soya sauce
Olive oil

1. Cook the rice by boiling it.
2. Wash and cut the vegetables.
3. Put some oil in a pan and brown the onion, then add the zucchini and mushrooms and let them cook until ready.
4. When the rice and vegetables are ready add some soya sauce to rice.



Budget suggestion:

This dish (either the vegetables or the rice) can be recycled as a side dish.

TRADITIONAL PASTA & VEGAN ITALIAN PESTO



Ingredients

Fresh basil
Garlic
Olive oil
Pumpkin seeds
Pasta
Salt
Pine nut
Nutritional yeast

1. Boil the water for the pasta (double amount of water than amount of pasta).
2. Put salt in boiling water.
3. Wash the fresh basil.
4. In one bowl put basil, garlic, olive oil, pumpkin seeds, nutritional yeast, pine nut, salt.
5. Blend it all together (add olive oil during the process if necessary).
6. When the pasta is cooked add the pesto sauce to it and plate is ready!

Budget suggestion:

Instead of pine nuts you can use other nuts or seeds, like sunflower seeds. Each change in recipe makes it less 'Italian'.



PASTA WITH RADISH LEAVES, PESTO & BROCCOLI



Ingredients

Pasta
Radish leaves
Olive oil
Salt
Water
Garlic
Nuts
Pepper
Broccoli
Lemon

1. Parboil the radish leaves until they are soft and squishy.
2. Then mix them with the nuts, olive oil, garlic, salt, pepper, lemon juice and some water used for the radish leaves. Blend it all together and here's your pesto!
3. Cook the broccoli asides and cut them in tiny pieces.
4. Cook the pasta.
5. When it's ready add the pesto and broccoli.
6. Food is ready!

CURRY DISH

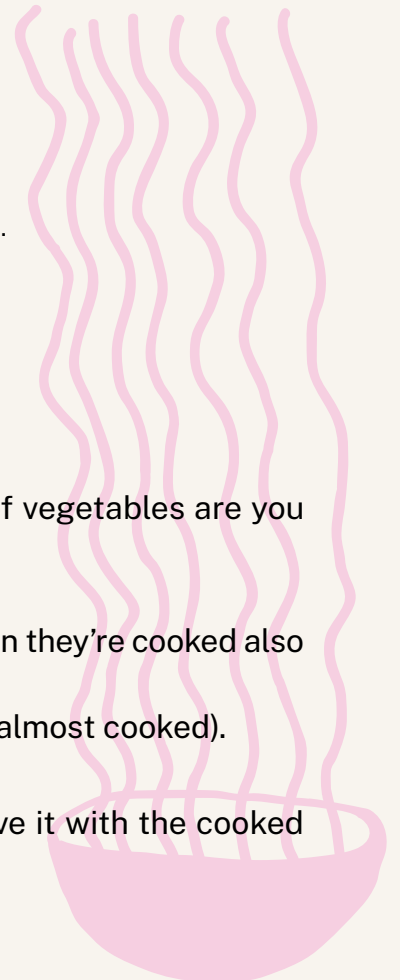


Ingredients

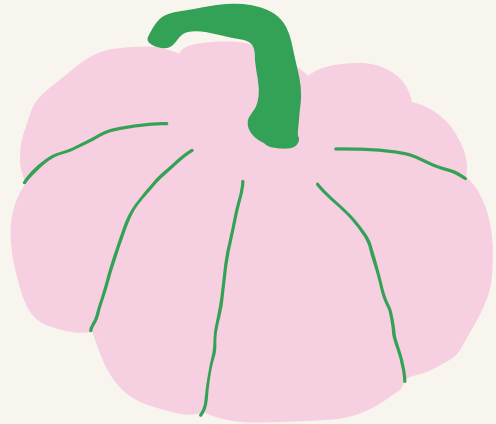
Rice/noodle
Chickpeas
Vegetables
Onions
Coconut milk
Curry paste
Garlic
Vegetable Oil

The vegetables could be broccoli, cauliflower, carrots, spinach, bell peppers, zucchini...

1. Soak chickpeas for at least 4 hours.
2. Boil the water for the rice/noodles.
3. Boil the water for the chickpeas.
4. Steam the broccoli/cauliflower/... (it depends on what kind of vegetables are you planning to use...) but leave them crunchy.
5. Cut the onion and fry them lightly in a pan with some oil.
6. Add the vegetables (raw and steamed) with the garlic and when they're cooked also add the chickpeas (already cooked).
7. Let them simmer together until all the veggies are 'al dente' (almost cooked).
8. Add the coconut milk, the curry paste and salt.
9. Let it thicken for a some minutes but not too long, then serve it with the cooked rice/noodles.



PUMPKIN SOUP



Ingredients

5kg pumpkin
1kg onion
Salt/broth
2kg celery (or anything leafy)
1kg carrotsoil/margarine
1 kg lentils/potato/celceriac

1. Soak red lentils for about 1 hour.
2. Chop & dice pumpkin, carrot (if you have organic pumpkin you can use the skin as well so no need of peeling).
3. Chop & slice celery (everything) and onion.
4. Fry onion with some salt and pepper, add celery until mixture is ready.
5. Add pumpkin, carrot, stir and season.
6. Add lentils (without water) and add water until all ingredients are covered).
7. Let it boil for 30 to 40 min.

Suggestion

Use spices like ginger, curry, garlic and chili to season the soup further based on your taste.

Texture tip: Add pumpkin seeds for extra texture (NOT mixing)

Seasoning tip: Add Black pepper, curcuma & curry for extra zing

Water tip: use sweet or salty left over soup as basis instead of broth. Spice accordingly

Waste tip: You can dry pumpkin seeds (takes 2 days in a dry warm place) and use them in another dish

SOUP WITH VEGGIE LEFTOVERS AND LENTILS

Look at the recipe above and replace pumpkin, celery and carrot with any left over veggies. The amount of onion, lentils & vegan roth stay the same.

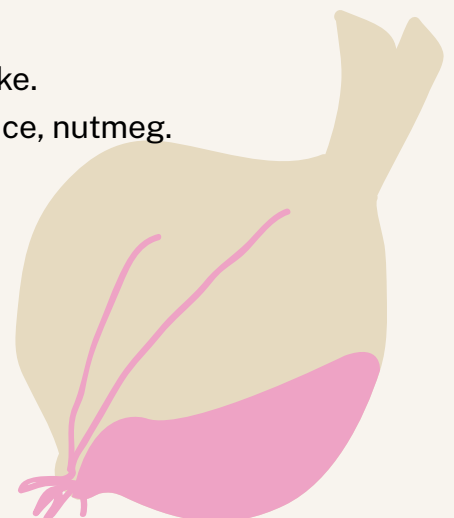
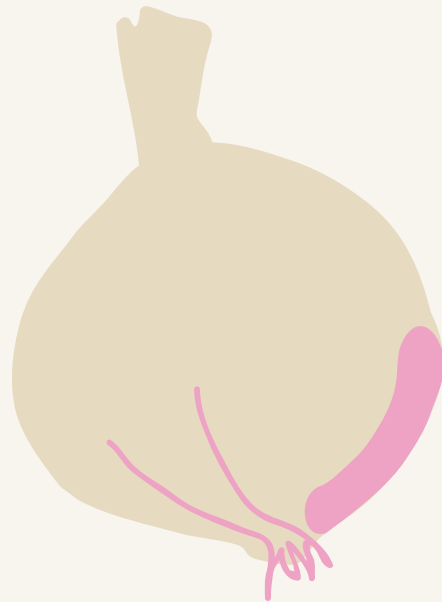
AUSTRIAN MILLET STEW



Ingredients

3 onions
Carrots
Swiss chard
500g green lentils
Italian spices
3 garlic
Smoked tofu
700g millet
Tomatoes (puree)
Nutritional yeast

1. Fry 3 onions and garlic with olive oil in a really big pot.
2. Add carrots, smoked tofu and swiss chard and fry some minutes.
3. Add 700g millet and water (with broth) and boil until everything is soft.
4. Boil 500g of green lentils in a separate pot.
5. Mix everything.
6. You can add tomato puree or fresh tomatoes as you like.
7. Season with Italian spices, nutritional yeast, lemon juice, nutmeg.



SPAGHETTI BOLOGNESE



Ingredients

Substitute for minced meat: fine soy bean granules/red lentils/finely
Ground tofu/minced mushrooms
400 g spaghetti
1 carrot
1 celery stick
0,7 -0,8 l of tomato pasta/chopped tomatoes
Vegetable stock/tomato juice
2 onions
3 cloves of garlic
Olive oil
Fresh or dried basil, dried oregano, fresh bay leaves,sugar,
salt, pepper, nutritional yeast

1. Cook spaghetti according to package directions. Meanwhile, heat the frying pan and add olive oil.
2. Sauté the onion, celery, carrot, mushrooms, garlic in oil until tender. Add the sauce, tomato pasta, sugar and all the spices.
3. Bring to a boil, cover and simmer for 15-20 minutes. Soya granules and lentils may soak a lot of liquid from your sauce. Add vegetable stock / tomato juice if needed.
4. Discard bay leaf.
5. Drain spaghetti; top with sauce and nutritional yeast.

GOULASH



Ingredients

Shallots
Carrots
Celery
200g brown lentils
Potatoes
3 garlic cloves
Smoked Paprika (1 tsp)
Caraway seeds (1 tsp)
Tomatoes (puree) (400 g)
* Serve with rice



1. Chop the potatoes, carrots, celery and garlic into bite-size pieces.
2. Peel the shallots, and cut off the top and bottoms (leaving mostly whole).
3. Heat 1 tsp oil, and add all chopped veggies with one teaspoon of caraway seeds to the pot, and cook for 10 minutes on medium-high heat (stir often).
4. Add lentils, and one teaspoon of smoked paprika, and stir through the veggies.
5. Add tomato pasta (and a little water if necessary).
6. Bring to a gentle boil, and then simmer until lentils and veggies are tender (40-50 minutes).
7. Season to taste (with sea salt, freshly ground black pepper and dill).

COCIDO MADRILEÑO



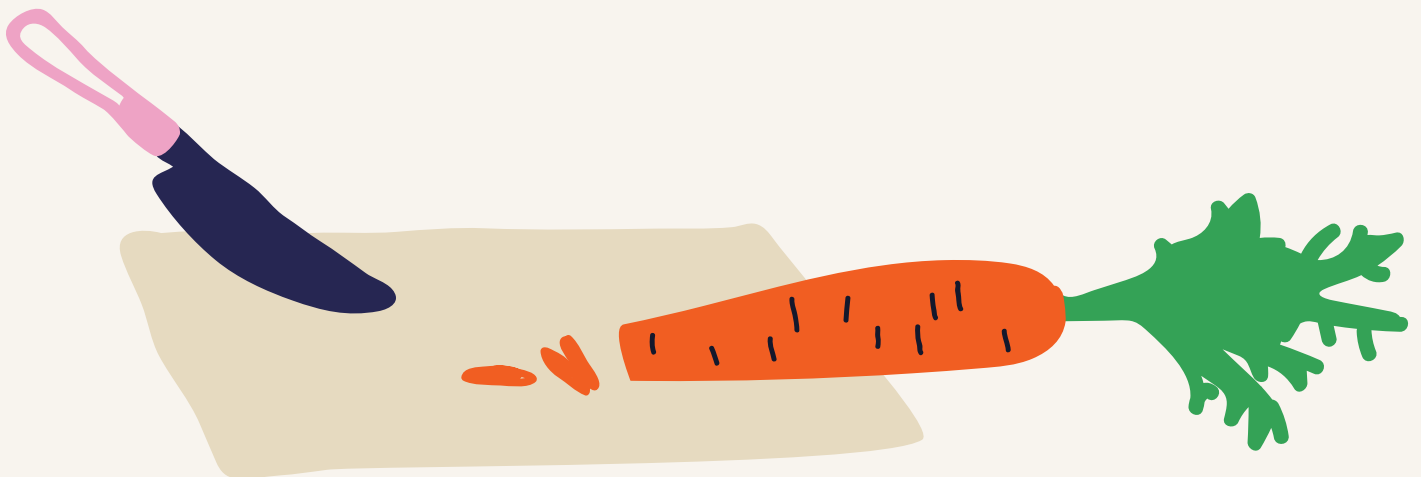
Ingredients

3-4 potatoes
3 carrots
1 leek
1 garlic clove
2 onions
300-500gr chickpeas
Water

1. Brown the garlic and the onions, then add the rest of the vegetables and some water and let it cook for a while.
2. Cook the chickpeas aside and add them to the rest of the veg and the cabbage.
3. Once it's cooked, you can eat the stew and use the broth to cook some rice or pasta.

Suggestion

What's left from the "cocido/vegetables stew" could be reused as a new dish... "OLD CLOTHES" ("Ropa vieja"). Just brown the leftovers chickpeas and vegetables with some olive oil and use it as a side dish or eat with some soup.



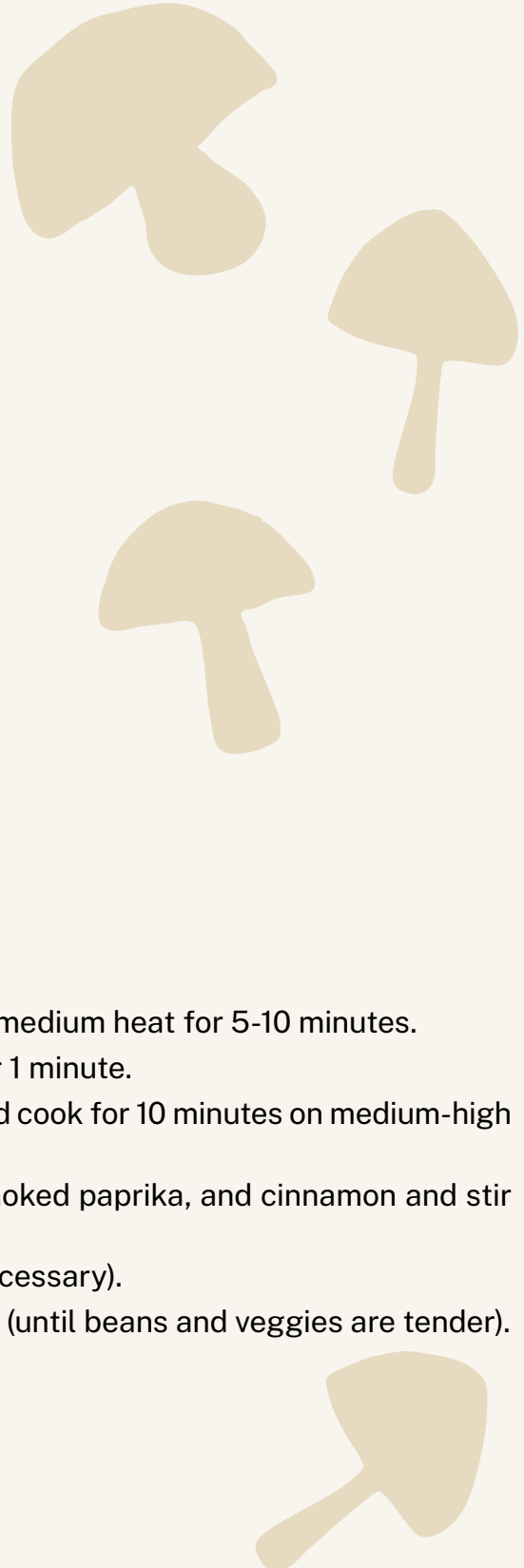
CHILLI SIN CARNE



Ingredients

Onions
Courgettes
Mushrooms
200g black beans
Peppers
3 garlic cloves
Smoked paprika (1 tsp)
Cinnamon (1 tsp)
Ground cumin (1 tsp)
Tomatoes (puree) (400 g)

1. Chop the vegetables into bite-size pieces.
2. Chop the onions, fry in 1 tsp of oil in a pot on medium heat for 5-10 minutes.
3. Chop the garlic, add to the onions and stir for 1 minute.
4. Add the chopped veggies and black beans and cook for 10 minutes on medium-high heat (stir constantly).
5. Add one teaspoon each of ground cumin, smoked paprika, and cinnamon and stir through for one minute.
6. Add the tomato puree (and a little water if necessary).
7. Cook for 40-50 minutes on low-medium heat (until beans and veggies are tender).



PUMPKIN DAHL



Ingredients

Rice
Onion
Garlic
Ginger
Spices
Pumpkin
Potatoes
Tomato sauce



1. Cook Rice.
2. Fry onions, garlic, ginger, and some spices, if you have them in a big pan.
3. Add the lentils and water.
4. After some time you can add the pumpkin (potatoes are also possible).
5. Add tomato sauce (and coconut milk if you feel like it's necessary).
6. Season with salt, pepper, garam masala, chili.

Alternative suggestion

You can add coconut milk to make it sweeter if tomato sauce tastes a bit acid boil a little longer (no need for adding something sweet)





VEGETABLE STRUDEL



Ingredients

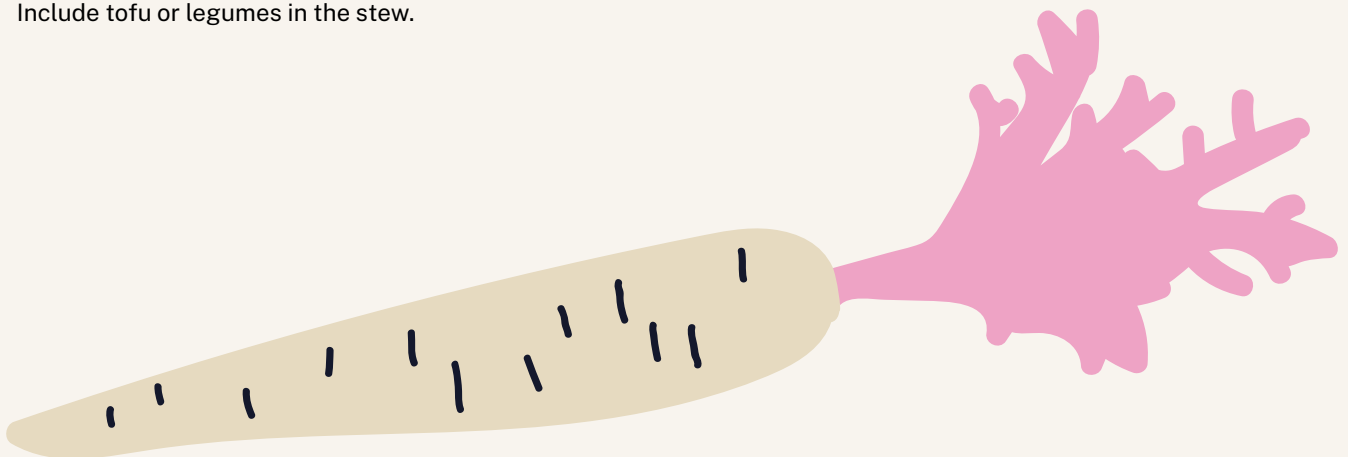
Vegetables that don't lose a lot of water
Strudel dough
Salt
Spices

1. Cut the vegetables and cook them together in a pot until they become one stew with little liquid.
2. Spice it with salt and any other spices you like.
3. Spread out the strudel dough and put the vegetable along the line in the middle.
4. Fold the dough around it so it closes the stew on all sides and on the top.
5. Bake according to time and temperature given to you on the strudel dough.

When buying strudel dough be aware that it is long and square, not for quiche. Not all the strudel doughs are plant-based. Make sure to check that.

Variation

Include tofu or legumes in the stew.



SIDE DISHES



BREAD BALLS ²²



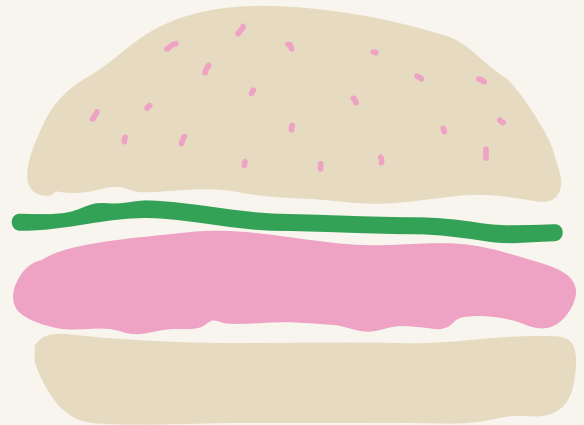
Ingredients

6 slices of old bread
 ½ onion
 1 part garlic
 1 spoon salt
 Spices
 Some flour
 Handful of parsley
 100ml plant based milk
 4 spoons of olive oil
 2 spoons agave syrup/honey
 1 spoon of neutral oil

1. Preheat to 200°C.
2. Shred bread.
3. Cut or blend onion, garlic and parsley.
4. Fry onion mixture for a few minutes in some oil.
5. Mix bread with everything except olive oil and agave syrup = MIX1.
6. Make a mixture of 50% olive oil and 50% agave syrup = MIX2.
7. Make a mixture of 30% salt and 70% flour = MIX3.
8. Roll balls (meatball sized) of MIX1, Dip it in MIX2 and roll it in MIX3.
9. Put balls on an oven plate.
10. Put in preheated oven (200°C) for 40 min.



CHICKPEA BURGERS



Ingredients

- 1/2 onion
- 1 stalk celery
- 1 carrot
- 1/4 cup flour
- Dash salt
- 2 cups cooked chickpeas
- Dash pepper
- Vegetable oil
- 1/2 teaspoon garlic powder (or other seasoning)

1. Soak & cook chickpeas (or buy jar ones).
2. Slice and dice celery and onion.
3. Grate carrot.
4. First, mash the cooked chickpeas in a large bowl using a potato masher or a large fork until nearly all is mashed (you could also use a blender or a food processor to prepare this recipe, but hand mashed is best since the mixture will be fairly thick).
5. Next, mash in the celery, carrot, onion, garlic powder or other seasoning and the flour, and season well with sea salt or kosher salt and a bit of black pepper.
6. Once your ingredients are thoroughly mashed, heat a bit of oil in a skillet, or you can use a lightly greased grill pan. Form your mixture into patties and lightly pan-fry for 3 to 4 minutes on each side until golden brown.
7. Serve and enjoy!

Gluten free suggestion

Replace flour with corn or chickpeas flour.

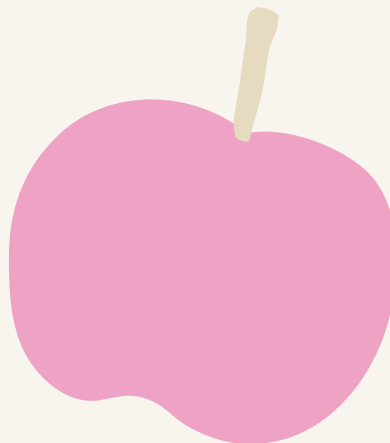


CARROT-APPLE-SALAD



Ingredients

Equal amount apples and carrots
Salt
Sugar
Lemon- or orange juice
Oil



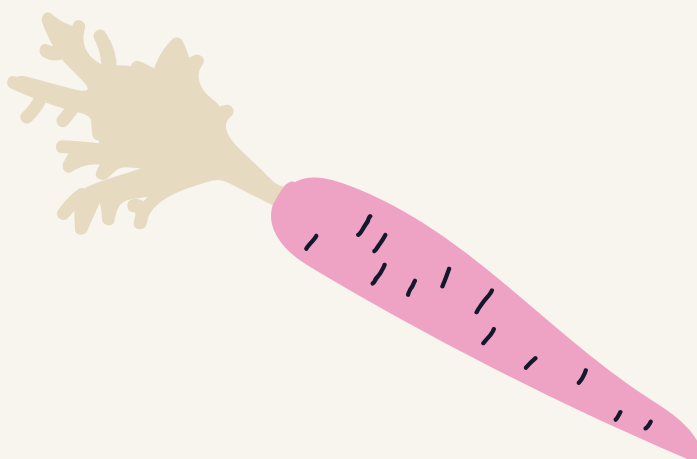
1. Grate equal amounts of apple and carrots (you can also use beetroot and celeriac).
2. Add salt, sugar, lemon- or orange juice and a little bit of oil.

CARROT-GREEN-PESTO



Ingredients

Olive oil
Lemon juice
Garlic
Salt
Pepper
Seeds/nuts
Green carrot leaves without stem



1. Cut and mix carrot-green (without the big stems) with a lot of oil.
2. Season with lemon juice, garlic, salt, pepper, ...
3. You can add sunflower seeds or other seeds/nuts to make the spread heavier.

SPINACH AND RADISH SALAD WITH TOASTED PINE NUTS

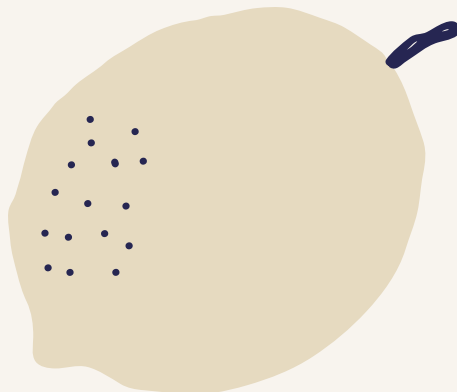


Ingredients

Spinach
Radishes
Pines nuts
White wine vinegar
Dijon mustard
Lemon slice
(Honey)
Olive oil



1. In a small pan, heat pine nuts over medium heat until golden brown (~2-3 minutes).
2. Rinse spinach leaves and radishes. Pat dry.
3. Thinly slice radishes.
4. In a small bowl, mix white wine vinegar, Dijon mustard, lemon juice, (honey) and olive oil.
5. Whisk everything together.
6. Place spinach, radishes and toasted pine nuts in a large bowl and toss with salad dressing.
7. Enjoy!

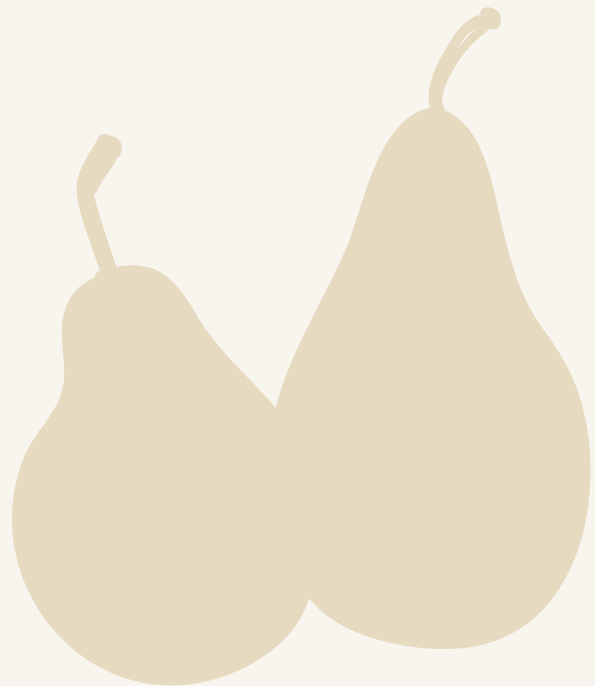


SWEET MILLET



Ingredients

Millet
Water
Coconut oil
Apples
Pears
Nuts
Figs
Raisins
Cinnamon
(sugar)



1. Mix the millet with the same proportion/amount of water, add some coconut oil and let it cook on a small fire for 10-15 minutes.
2. After that add fruits: apples, pears, figs, nuts, raisins.
3. Season to taste with sugar and cinnamon.

Alternative suggestion

Cut fruit small and fry them with some cinnamon before adding to millet.
Use figs and/or raising instead of sugar

FRITTATA DI BIETOLE (SPINACH/CHARD OMELET)



Ingredients

300gr chickpeas flour
600ml plant based milk without sugar
2 onions
500gr chard or spinach
Olive oil
Salt

1. Mix milk/water with flour and let it rest for 2 hours (all night)
2. Separate stems from chard, wash and cut in pieces
3. Cut onion in small pieces and throw in a pan with some olive oil
4. Fry lightly & add chard/spinach
5. Stir for 2 minutes
6. When veggies are cooled add to flour mix
7. Heat up pan with some olive oil then pour one laddleful in pan
8. Serve still warm



CAULIFLOWER CREAM



Ingredients

cauliflowers (2)
tofu
garlic
Salt or vegan broth
Sesame seeds
sunflower
Oil or margarine
soy milk



1. Chop cauliflower (both white and green part) in small pieces
2. Put it in a pot and fill with water till all parts are under water.
3. Add salt or vegan broth
4. Boil for 30 min
5. Take out the cauliflower and put it in a bowl
6. Cut tofu in small pieces and fry it in a pan with a bit of oil, butter or margarine
7. When done put it in the same bowl as cauliflower.
8. Mix it. Add a bit of (soy)milk to mix easier
9. Roast sesame seeds without oil or butter in a pan.
10. Add these to mix and stir.

Texture tip

Add sunflower for extra texture (NOT mixing)

Seasoning tip

Add mustard or chili for extra zing

Water tip

Use salty water for other veggies or soup if needed

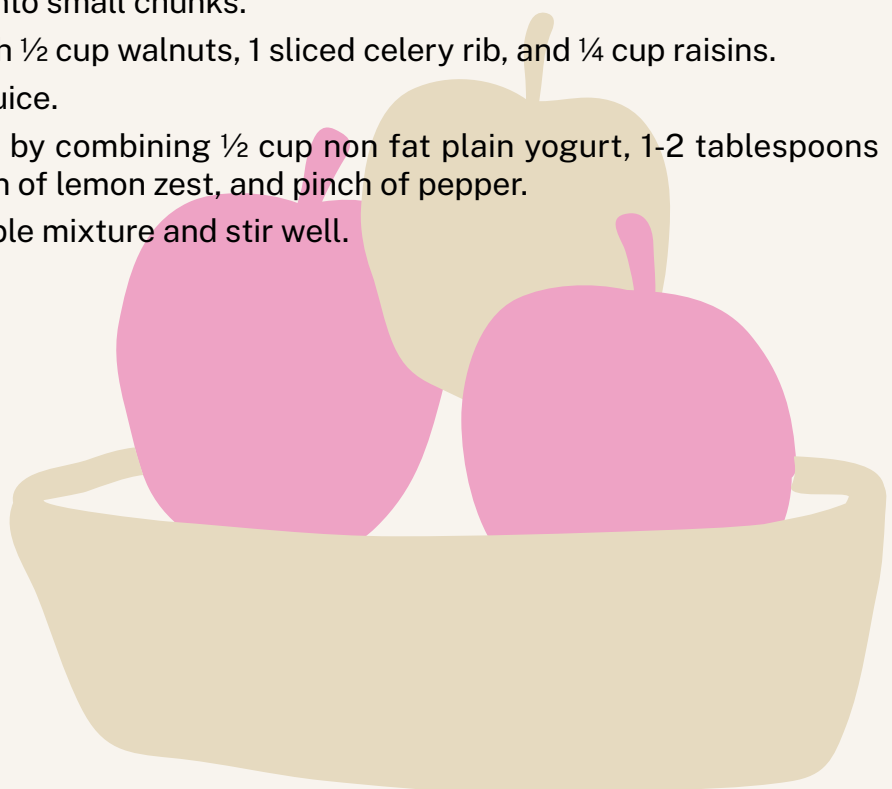
WALDORF SALAD



Ingredients

2 large apples
½ cup walnuts
1 celery rib
¼ cup raisins
Lemon (juice)
Teaspoon of lemon zest
Pinch of pepper
1-2 tablespoons mayonnaise
½ cup of non fat plain yoghurt

1. Chop 2 large apples into small chunks.
2. Add to large bowl with ½ cup walnuts, 1 sliced celery rib, and ¼ cup raisins.
3. Sprinkle with lemon juice.
4. Prepare the dressing by combining ½ cup non fat plain yogurt, 1-2 tablespoons mayonnaise, teaspoon of lemon zest, and pinch of pepper.
5. Fold dressing into apple mixture and stir well.



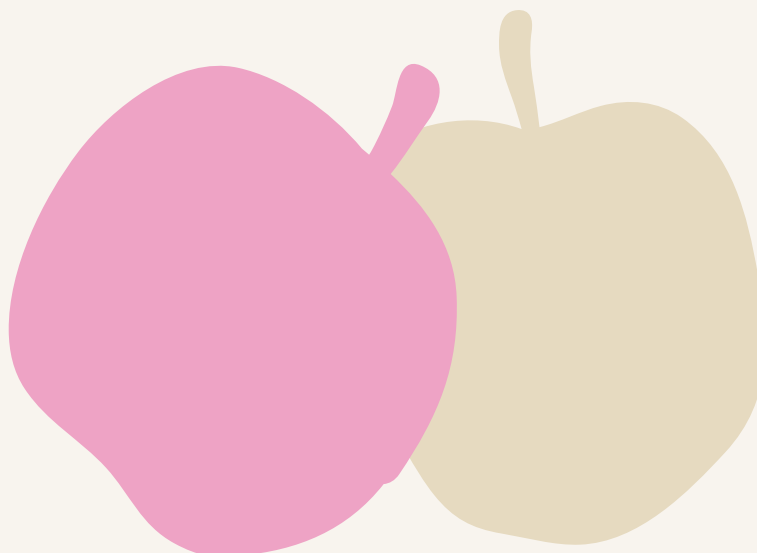
APPLE, FENNEL AND ENDIVE SALAD



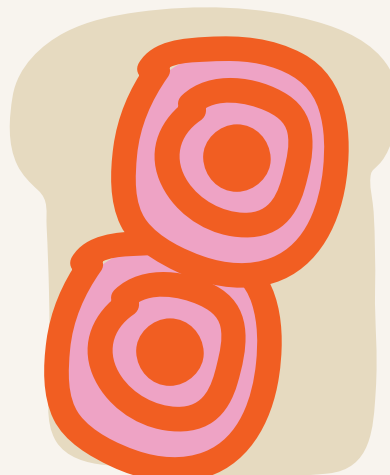
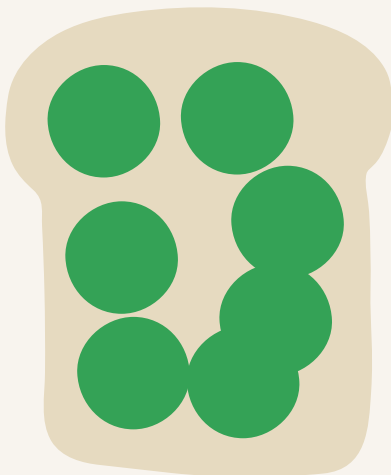
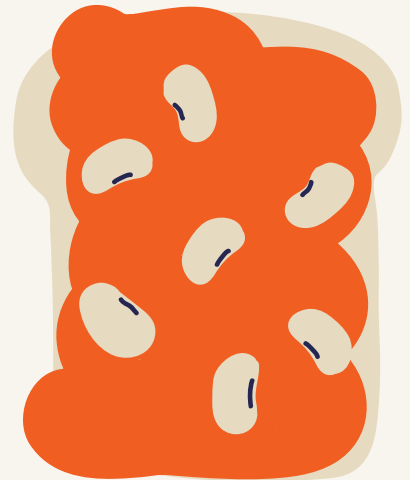
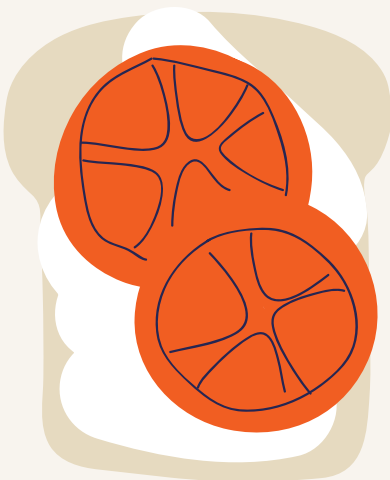
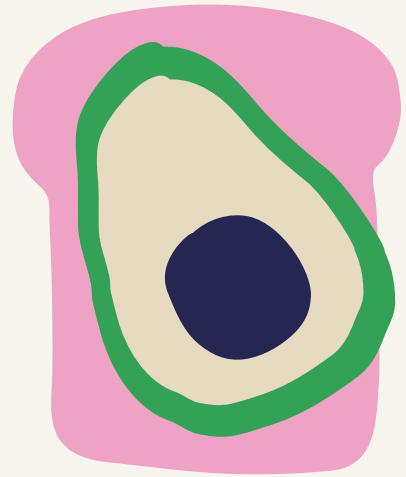
Ingredients

2 large apples
Bulb or fennel
3 small endives
Half of a lemon
White balsamic vinegar
Olive oil
Pepper
Salt

1. Thinly slice 2 large apples, 1 bulb of fennel, and 3 small endives.
2. Squeeze over half of a lemon and add white balsamic vinegar, olive oil, salt and pepper to taste.
3. Add chopped pecans for an additional crunch.



SPREADS



APPLE-ONION SPREAD



Ingredients

Sunflower seeds
Pepper
Yeast flakes
Caraway

Margarine
Salt
Marjoram
Same amount of apples and onions



Peel apples and onion and cut into cubes. Fry in a pot in plenty of margarine until everything is well done. Add some sunflower seeds and fry with it. Season with salt, pepper, marjoram, yeast flakes and if wanted caraway and mash everything with a blender. Put warm into glasses and let cool upside down.

LENTILS-CURRY-COCONUT SPREAD



Ingredients

Onions
Red lentils
Coconut flakes
Curry
Curcuma

Salt
Vinegar
Apple syrup
Water



Fry the onions in a pot until they are glassy. Add the lentils and add a little more than twice the amount of water (preferably boiling directly from the electric water heater). Add the spices directly and cook for about 10 minutes until the lentils can be crushed to a viscous quantity with a spatula. Add the coconut flakes, crush everything and season to taste with salt, vinegar and apple syrup (or other sweeteners). Pour warm into glasses and leave to cool upside down.

Variations

Cook lentils in coconut milk; cook lentils in strained tomatoes; vary seasoning; put no coconut flakes.

HUMMUS



Ingredients

200gr dried chickpeas/500gr from tin can
3-4 tablespoons Tahini sesame-paste
1-4 garlic cloves
Lemon (juice)
Vegetables of your choice
Cumin, optionally: salt, curry, paprika
Fresh parsley
Olive oil

1. Place all the ingredients in a food processor or high-speed blender.
2. Blend until creamy and smooth, scraping down sides as needed.
3. At this point, you can add extra spices and herbs (optional). Blend and taste. Adjust flavour as needed, adding more salt for saltiness, lemon juice for acidity, garlic for “zing”, tahini for nuttiness, or fresh herbs for color and herbal flavour.
4. If the hummus is quite thick, add cold water (or additional oil) to thin until a creamy dip has formed.

With vegetables

For example, fry parsnips or carrots beforehand with garlic and possibly onions and let them braise until they are done. Season the vegetables in the pan with salt and cumin. Then puree everything with chickpeas, oil and lemon. Pour warm into glasses and let cool upside down.

With other spices

For further variations also fresh parsley and/or wild garlic, curry, paprika are suitable.

TIP

To make hummus even more creamy, to cook chickpeas faster and to give your hummus a creamier consistency, soak them with a bit of baking soda, change water and add half of teaspoon of soda for cooking. You can also overcook the chickpeas to have the same result.

VEGAN LARD SPREAD



Ingredients

1 ½ cup cooked butter beans 2 onions

1 apple

Optionally: 1 package of smoked tofu/ natural tofu + smoked paprika
Oil

Black pepper, salt, favourite herbs

1. Chop onions finely.
2. Heat the pan with oil and add onions, smoked tofu and spices.
3. Grate the apple and add to the onions, fry for 5 more minutes.
4. Blend bean until smooth and add the rest of the ingredients. Mix all together.

TOMATO BUTTER



Ingredients

Margarine

Tomato puree

(Italian) herbs, Salt

Warm the margarine so that it is smooth but not liquid. Mix with plenty of tomato paste, herbs (basil, oregano), salt and garlic as desired. Done!

Variations: It is also possible to add roasted seeds (pumpkin, sunflower...

VEGAN MAYONNAISE



Ingredients

- ½ glass of aquafaba/unsweetened soy milk
- 2 spoon of apple vinegar/lemon juice
- ¾ teaspoon of mustard
- 1 ¼ – 2 glass of oil neutral in taste, preferably rapeseed oil
- ¼ spoon of agave syrup or any other sweetener
- 1 spoon of nutritional yeast
- ½ teaspoon of kala namak salt/regular salt

1. Place all ingredients except oil in a container and blend for 1-2 minutes on high speed.
2. Slowly add the oil, and keep the mixture up and down blending up and down.
3. Once it gets solid, it is ready and there is no need to add more oil.
4. Add smashed garlic, chopped dill or spring onion to give extra taste to your sauce. Keep in the fridge.



DESSERTS



APPLE CRUMBLE WITH OLD BREAD²³



Ingredients

Slice old bread
Fat (butter/ margarine)
2 apples
1 spoon of sugar
Spoon of neutral oil
Dash of cinnamon

1. Heat oven till 180°C.
2. Melt 1 spoon full of fat in pan, together with spoon full of sugar.
3. Take pan of the heat source and keep stirring.
4. Crumble bread and add sugar mixture.
5. Peel apple and cut in small cubes.
6. Put cubes in pot and stew shortly, add some neutral oil and cinnamon.
7. Anoint some fat to the sides of the oven dish, put apples first and then bread and sugar mixture.
8. Put oven for 20min in preheated oven. Serve warm.

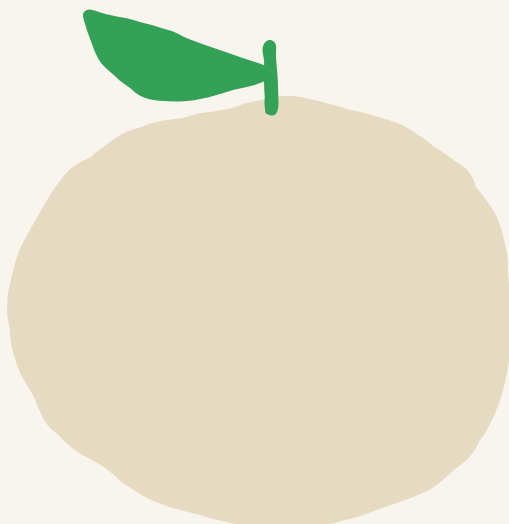
CHOCOLATE DIPPED CLEMENTINES WITH SEA SALT²⁴



Ingredients

7-8 clementines
4oz. Dark chocolate, finely chopped
A few pinches of sea salt

1. Line a large baking sheet with parchment paper. Peel and segment clementines; set aside.
2. In a small bowl in the microwave or over a double boiler, melt dark chocolate. Dip clementine segments in chocolate and transfer to prepared sheet. Immediately sprinkle with tiny pinches of salt before the chocolate sets.
3. Once all pieces are dipped, set sheet aside until chocolate hardens. To quickly harden chocolate, refrigerate sheet for 10 minutes. Store in the refrigerator up to 3 days.



CHOCOLATE PEANUT BUTTER GRANOLA APPLE BITES²⁵



Ingredients

2 apples
¼ cup peanut butter
¼ cup granola
¼ teaspoon ground cinnamon
(Semisweet chocolate chips)



1. Coat tops of apple wedges in peanut butter and sprinkle with granola and cinnamon.
2. Melt chocolate chips in the microwave, stirring in 30 second increments until melted. Be careful not to overheat.
3. Drizzle wedges with melted chocolate, set on a large platter and serve.

VEGAN MOUSSE AU CHOCOLATE



Ingredients

400gr silken tofu
200gr dark chocolate
1 little bag vanilla sugar



1. Mix the tofu in a blender.
2. Melt the chocolate in a water bath.
3. Add chocolate with the vanilla sugar to the tofu.
4. Mix all.
5. Put the mousse into the fridge until serving.

SWEET STRUDEL



Ingredients

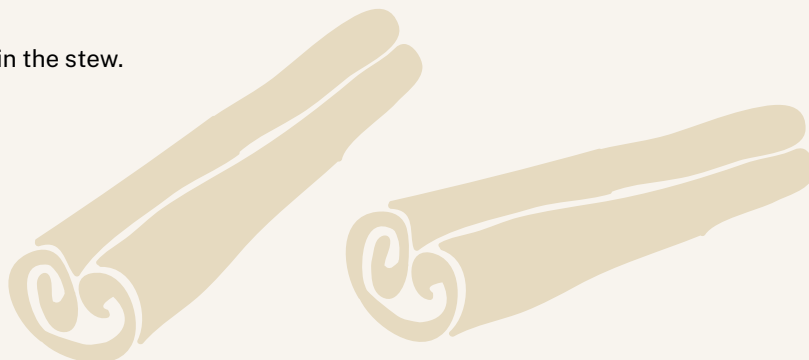
Fruits (most commonly apples)
Strudel dough
Raisins (optional)
Spices like cinnamon

1. Thinly peel fruits like apple or pears.
2. Cut the fruits and cook them together in a pot until they become one stew with little liquid. You will need to start with a little water on the bottom so the fruits don't burn, but can take water out as soon as the fruits are soft.
3. Spice it with cinnamon and/or any other spices you like (sugar is not necessary as the fruits have enough sugar).
4. Spread out the strudel dough and put the fruits along the line in the middle.
5. Fold the dough around it so it closes the stew on all sides and on the top.
6. Bake according to time and temperature given to you on the strudel dough.

When buying strudel dough be aware that is long and square, not for quish. Not all the strudel doughs are plant based. Make sure to check that.

Variation

Include nuts in the stew.



SNACKS

Between meals it is important to have snacks. These will help to keep your strength and attention levels high throughout the day.

Below are some good examples of healthy and nutritious snacks:

- Apples (with skin, if possible), bananas, grapes, blueberries and basically any fruit that is local.
- Dried fruits and nuts are high in nutrients and are easy to carry.
- The same can be done with any vegetables, such as cucumbers, peppers, tomatoes.

But remember to vary every day. For a balanced diet it is necessary to switch between different fruits, dried fruits, nuts and vegetables.

Dry fruits	Quantity	Calories	Protein	CHO	Fats	Fiber	CAL	Iron	Potassium	GI
Raisins	1/2 cup	217	2.2 g	57 g	0.3 g	2.7 g	36 mg	1.4 g	543 mg	54-66
Apricots	1/2 cup	157	2.2 g	41 g	0.3 g	4.7 g	36 mg	1.73 g	755 mg	30-32
Prunes	1/2 cup	209	2.0 g	56 g	0.3 g	6.2 g	37 mg	0.8 mg	637 mg	29
Figs	1/2 cup	186	2.5 g	48 g	0.7 g	7.3 g	121 mg	1.5 mg	507 mg	61
Almonds	1 cup	529	20 g	20 g	45 g	11 g	242.9 mg	3.7 mg	648.6 mg	0
Cashews	100g	553	18 g	30 g	44 g	3.3 g	37 mg	6.7 mg	660 mg	22
Peaches	100g	39	0.9 g	10 g	0.3 g	1.5 g	6 mg	0.3 mg	190 mg	35
Walnuts	100g	654	15 g	14 g	65 g	7 g	98 mg	2.9 mg	441 mg	0
Peanuts	100g	567	26 g	16 g	49 g	9 g	92 mg	4.6 mg	705 mg	12
Apples	100g	52	0.3 g	14 g	0.2 g	2.4 g	6 mg	0.1 mg	107 mg	29
Dates	100mg	282	2.5 g	75 g	0.4 g	8 g	39 mg	1 mg	656 mg	63
Pistachios	100g	562	20 g	28 g	45 g	10 g	105 mg	3.9 mg	1025 mg	15

Source: https://www.researchgate.net/figure/Nutritional-value-of-different-dry-fruits-and-nuts-16-18_tbl1_316753959

Chocolate might seem like a great option for snacks as well, but as you choose chocolate consider:

1. It does not provide you with all the nutrients the above options will give you.
2. Spending some extra money to buy organic and fair trade products. In most cases, chocolate won't be local and its production is often connected to human rights violations and exploitation.

People might also want to consume coffee and tea. If so, be sure to check the origin of these products, and look for fair trade or organic options.

FRUIT SALAD



Ingredients

Any combination of fruits/berries
Lemon/lime



Chop all the fruits and berries in equally sized pieces. In the bowl mix them together. Add lemon or lime juice and mix it again.

Tip

This can be served with plant-based plain yoghurt.

ALTERNATIVE TO ICE CREAM



Ingredients

Bananas
Water
Any flavour you want to add, like nuts, cacao etc.



Place the peeled and cut bananas in the freezer until they are frozen. Blend them with a couple of spoons of water until its on creamy mass. Add any flavour you want to add and blend again.

FIND FURTHER RECIPES:

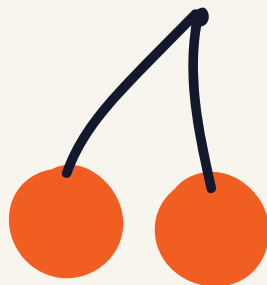
<https://veganoutreach.org/vegan-food/>

<https://www.goodhousekeeping.com/food-recipes/healthy/g807/vegan-recipes/>

<https://www.bbcgoodfood.com/recipes/collection/vegan>

<https://simpleveganblog.com/simple-vegan-jambalaya/>

<https://www.peta.org/living/food/easy-vegan-3-ingredient-recipes/>



Thank you for using this cookbook !

The daily plate of peace and non-violence team

ABOUT THE PUBLISHER

SERVICE CIVIL INTERNATIONAL

is a volunteer organisation dedicated to promoting a culture of peace by organising international voluntary projects for people of all ages and backgrounds since 1920. The organisation consists of 45 branches and a constantly growing number of partner organisations.

We believe that living and working together with people of different backgrounds helps volunteers to break down barriers and prejudices. It allows them to experience a world of mutual respect and understanding. SCI offers a variety of volunteer opportunities to people, such as short-, mid- and long term projects, but also the possibility to become active for a local branch or participate in a seminar or training.

SCI has also organised, coordinated and joined many international campaigns that aim at raising people's awareness about global and local issues related to peace, migration, climate justice, active citizenship, human rights, development education, volunteering and more. In the last period we were working on our latest campaign, "Create a Climate for Peace", transforming SCI's activities into sustainable, climate friendly and just activities for the future.

LEGAL NOTICE / IMPRESSUM

The daily plate of peace
and non-violence

Cookbook for project coordinators

March 2020

Publisher: Service Civil International – Deutscher Zweig e.V.

Edited by: Valerie Weidinger, Simon* Jakob

Design: Izabela Markova [izabelamarkova@gmail.com]

Print: Kessoprint Bonn, Printed on 100% FSC-Recycling-Paper

All additional materials for the methods as well as the whole cookbook as well as the toolkit of the same name and additional materials can be downloaded here: www.sci-d.de/dailyplate



This cookbook is published under a Creative Commons License.

You may reproduce, distribute, publish, make available to the public and make modifications or adaptations of the cookbook or parts of it under the following conditions:

Attribution: The Publisher must be named in the following manner: Service Civil International – Deutscher Zweig e.V. (2020): A daily plate of peace and non-violence, Cookbook.

No Commercial Use: The cookbook or the content may not be used for commercial purposes

ShareAlike: If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original.

Excluded are those materials and contents that have been provided by other organisations and are marked with their own source.

In case of doubt please contact info@sci-d.de



Food is part of everyday life and is omnipresent in our society. But our food not only satiates us, it also has an enormous impact on the environment, people and society. Food production produces about 25% of global greenhouse gas emissions and is therefore strongly responsible for the climate crisis and its consequences. At the same time, a growth-based capitalist economy is visible in our current food system. Here, human rights are often ignored due to poor working conditions and animals are primarily considered as commodities. The current food system promotes global inequalities, reproduces colonial structures and destroys our environment. Even though in the last few years a stronger social debate has begun on this issue, our food is currently anything but peaceful.

The “daily plate of peace and non-violence” cookbook is divided into two large chapters in which tips and tricks for conscious cooking in groups are given and many recipes for a plant-based, regional and seasonal diet during group projects are presented. The cookbook is addressed to everyone who wants to cook in a responsible way with groups of young people or adults. Together with the cookbook the toolkit “a daily plate of peace and non-violence” has been published, which contains many methods of non-formal education on the topic as well as summarised background knowledge. Both publications were created in the context of the ERASMUS+ funded project “A daily plate of peace and non-violence: How our values should and can be represented in our food consumption” of the Peace-NGO Service Civil International (SCI).