

THE NEW CLIMATE FOCUS COOKBOOK



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THE NEW CLIMATE FOCUS COOKBOOK

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PLANT-BASED CUISINE: THE MOST DELIGHTFUL WAY TO MITIGATE GLOBAL HEATING

Colourful veggies, nourishing beans and meaty tubers: we love them. They feature on our dinner tables every day. In this cookbook, Climate Focus' second, we're happy to share our favorite recipes. We hope you like them as much as we do.

Friends and family often ask us about the unfolding climate crisis and how they can personally do something about it. Our answer is that it lies in your hands. Eating plants and plant-based food products is one of the most delightful and practicable things you can do to help turn the tide.

The amount of greenhouse gases emitted in the production of your mushroom schnitzel, for instance, is only a fraction of that of the meat equivalent. The beetroot burgers in this cookbook are as red and juicy as their well-known beef siblings, while keeping the rainforest intact and avoiding cows' destructive burps and farts.

Cooking the recipes in this book will let you indulge in the dishes we cook ourselves and forget about steaks and meatballs altogether. So, invite your friends and family and enjoy the wonderful dishes we have compiled for you.

**COOKING THE RECIPES
IN THIS BOOK
WILL LET YOU FORGET
ABOUT STEAKS
AND MEATBALLS
ALTOGETHER.**

While testing these recipes, we took some time to look back on what has happened since our 10th anniversary cookbook five years ago. The world in which we work has certainly changed. We witnessed the signing of the Paris Agreement in December 2015. This was a major milestone forward after struggling for decades to define a common framework for how to collectively confront disastrous climate change.

In the agreement, our governments have promised to limit the warming of the planet to well below 2°C above pre-industrial tempera-



tures. These same five years were also the warmest in human history. The average global temperature was already a good 0.85°C higher by 2018 than in the mid-1800s and the temperature continues to rise every year.

Hotter summers, ravaging forest fires, and the rapidly melting glaciers and ice sheets leave no doubt that the climate crisis has hit home. But climate action is picking up: a wave of innovations and break-through developments mark the start of a transition to a low-carbon, sustainable and fair society. Think of the boom in delicious plant-based food products in supermarkets and restaurants, the rapid expansion of solar panels on roofs and the growing movement towards deforestation-free commodities.

But more than this, over the past five years climate disruption has become a mainstream issue. Read any newspaper, watch a news show, or just listen to the ongoing debates on the streets: our hotter climate has – finally – made it to the public agenda. The relentlessness and legitimacy of thousands and thousands of teenagers that take to the streets every week has moved climate change to the top of the priority list of European policy makers.

Climate change has graduated from a niche subject to a number one policy priority in many European countries. In Africa, Asia and South America climate considerations form the basis of many national economic development policies, starting from the assumption that only independence from fossil fuels can bring a sustainable future. On bright days, the destructive forces of populist governments seem like the last cries of an antiquated and dying system of carbon exploitation.

Timing is tight to confront the systemic challenges of our economic system and to divert it to a more sustainable path. Our work at Climate Focus reflects the increased urgency. Our team of almost thirty extraordinary professionals from 13 countries and diverse professional backgrounds is committed to making a difference. Their knowledge and expertise, inventiveness and enthusiasm, paired with collegiality and responsibility makes them the best team ever.

Together we crunch numbers, devise policy solutions, mobilize finance, advise clients and publish landmark studies on topics ranging from carbon taxes to climate investments, from sustainable cattle ranching to reduced meat consumption. The Climate Focus family, with its current and former members, makes us happy and proud every day. It is a true delight to work with such a talented and dedicated group.

**WE COULD NOT BE
WHO WE ARE TODAY
WITHOUT OUR
WORLDWIDE NETWORK
OF PARTNERS,
CLIENTS AND PEERS.**

The ambition and vision of our clients and partners is also outstanding. We work with a wide variety of forward-thinking clients, from development banks to companies across the globe, from governments to think tanks, and from foundations to farmers and football fans. While we help them thrive in their drive to engage, invest and design policies to make the world more sustainable, we also continue to learn from all the committed individuals that support us.

**THE CLIMATE FOCUS
FAMILY, WITH
ITS CURRENT
AND FORMER MEMBERS,
MAKES US
HAPPY AND PROUD
EVERY DAY.**

We could not be who we are today without our worldwide network of partners, clients and peers. Our shared passion, values and goals inspires us every day. In the end, it is the collaborative energy and unique contribution of every individual in our project teams that enables the quality of our work.

Together, we focus our energy and expertise on where our added value is highest. Food is one of those areas, demonstrated by this cookbook. Whilst savoring the dishes in this book, we've pondered what the world will look like five years from now, in 2024.

What kind of foods will be included in our next cookbook? Will cultured meats and insects have hit the mainstream? Will our recipes feature novel protein products that are experiencing breakthroughs as we speak? How warm will the planet be by then?

The next five years will mark the difference between a warmer world and a hotter one, between manageable and out-of-hand climate change. We will continue to work hard to contribute to keeping the earth a livable planet. Until then, be inspired by our recipes. Eating from this cookbook is certainly the most enjoyable way to personally do something about climate change.

●
**Adriaan Korthuis &
Charlotte Streck**



**ENJOY YOUR MEAL!
EET SMAKELIJK!
GUTEN APPETIT!
¡BUEN PROVECHO!**

●



CONFRONTING THE WORLD'S INSATIABLE APPETITE FOR FOREST DESTRUCTION

Forests are precious. We need them to sustain our biodiversity, regulate our climate, avoid erosion and store huge amounts of carbon. And yet, we continue to eat our way into tropical forests.

Land harbours a tremendous wealth of plants and animals, and supplies us with clean air and fresh water. Forests are particularly generous with the services they provide. In addition to regulating our climate, they're also the most important on-land store of carbon, and hosts to enormous biodiversity.

Humankind has logged forests for many centuries, and the faster we develop, the less mercy we have. The once large forests of Europe now only survive in fairy tales, and those in the United States have been pillaged by an insatiable appetite for timber beginning in the 19th century.

In the past 50 years, our destructive behavior has fallen on tropical forests. Over the past five years alone, we've lost an area the size of Britain in tropical forest cover each year. The overwhelming share of that loss is driven by our appetite.

AGRICULTURE IS THE DRIVING FORCE BEHIND DEFORESTATION

Ninety percent of tropical deforestation is driven by agriculture. Almost 18 soccer fields of forests were cleared per minute between 2001-15 to make room for commercial farming. Southeast Asia and South America are the hotspots of deforestation from agricultural production. Cattle, palm oil, soy, and timber are the largest causes of forests loss. While palm oil is the main driver of deforestation in Malaysia and Indonesia, soy and cattle farming have caused most of the forest loss in South America.

Increasing wealth in emerging economies means more and more people shift to highly resource intensive meat-heavy diets. Food losses in developing countries and food waste among richer nations further exacerbate the pressures on our lands.



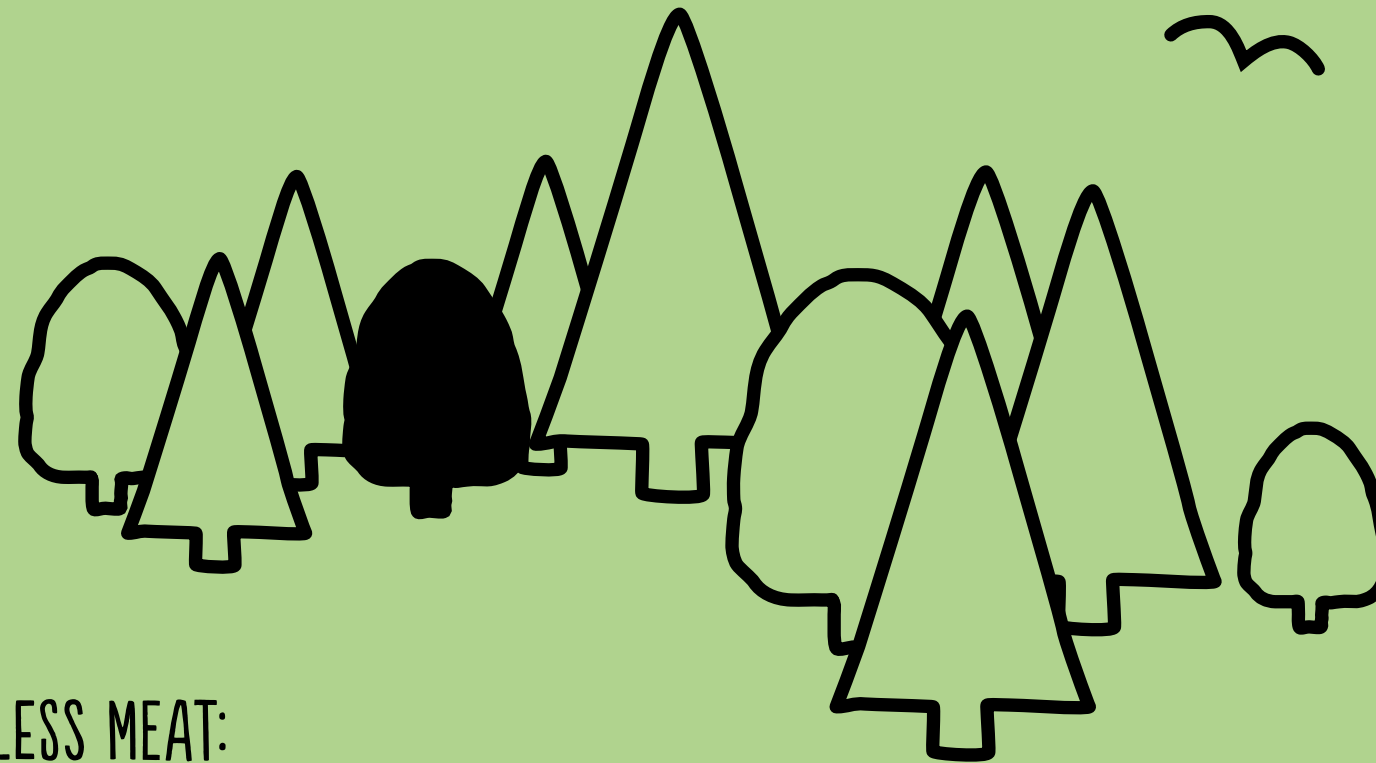
WE MUST ADJUST OUR CONSUMPTION TRAJECTORY

If consumption trends continue as projected, by 2050 the world will need to increase food production by more than 50 % and increase crop and pasture land by nearly 600 million hectares. This would leave very little land for forests, almost none for wilderness, and would deprive us of the essential ecosystem services the world's forests, mangroves, wetlands and other natural ecosystems provide for us. In short: continuing on our current consumption trajectory is not an option.

EATING LESS MEAT: HEALTHY FOR THE PLANET AND THE BODY

Eating less meat – especially red meat – can curb emissions from deforestation and live-stock production, and also improve our health. Meat is responsible for more than 15% of global greenhouse gas emissions and about two thirds of agricultural emissions. Feeding animals to feed us is not particularly efficient, even though it may yield juicy results.

Livestock uses two thirds of agricultural land, but only supplies about a third of our calories. Ruminants, such as cattle or sheep, are particularly inefficient in how they convert feed into meat; requiring enormous quantities of land. Cattle convert less than 10% of the calories they consume into meat or milk. Cattle is particularly resource intensive requiring 20 times more land and emitting 20 times more greenhouse gases per gram of edible proteins than peas or beans.



THE BEST NEGATIVE EMISSIONS TECHNOLOGY: FORESTS

In addition to protecting forests and other ecosystems, we also need to restore them. Climate models of the Intergovernmental Panel on Climate Change – the body of climate scientists convened by the United Nations – are very clear. We can only avoid catastrophic climate change and meet the goal of limiting global warming to 1.5°C or 2°C if we de-carbonize our economies very quickly, before 2050, and invest in technologies that absorb carbon. Forests are the best and most tested of these “negative emissions technologies” – the alternatives such as carbon capture and other storage or geoengineering solutions are insufficiently tested and involve much higher risks.

FORESTS ARE ESSENTIAL FOR LIMITING CLIMATE CHANGE

But restoring forests takes time. Regeneration of the most valuable, primary tropical rainforests can take up to 200 years, and some tree species need even longer to reach maturity. Where land is converted and forests are lost, biodiversity often can't be restored at all, and, in some instances, soils are so degraded that they're simply unable to regenerate into forests.

Together, stopping deforestation, restoring forests, peat and wetlands, and other land-based climate action can contribute roughly a third of the climate action needed to meet the goals of the Paris Agreement. Forests are an essential part of the solution, and we must protect and restore them if we are to have any chance of keeping warming well below 2°C above pre-industrial levels.







GETTING THRIFTY ABOUT FOOD WASTE

Every day we throw out perfectly good food that costs us money and costs the planet tons of resources – but there are ways to avoid this.

'Home economics' was a subject once taught in high schools around the world. The goal of the course was to teach kids, but mostly girls, how to efficiently run a household. One of the key principles of home economics was thrift – being efficient with your money. The course emphasized budgeting, menu planning, cooking – and avoiding waste.

Food is a resource just like money. Imagine if every day, a restaurant took whatever change was left over in their cash register, bagged it up, and chucked it out in the dumpster. Absurd, right? Just think how it would eat into their profits.

Now, imagine a family of four that buys a chocolate cake every day. Each of them eats a slice, then they throw a third of the cake into the trash. They do this every day. This illustrates the amount of food we waste globally – about a third of everything that we produce is not eaten.

ENDING FOOD WASTE STARTS AT THE FARM, BUT ENDS WITH US

Less waste in the food system isn't just about the food in our homes. It goes all the way back to the farmers and the land that is used to grow food.

Many farmers in developing countries lack storage and cooling facilities, which leads to spoilage. Over half of total food loss in these countries happens before it even reaches the market. And on farms in developed countries, about one tenth of all crops go unharvested, often because of overproduction or a lack of labor to pick it.

The food waste problem continues even after the produce leaves the farm. In rich countries, most waste – up to a quarter of all food – happens at the consumer level. We don't like the looks of a wonky potato at the market, or we buy one cheese but our cravings change by the time we get home. We order too much food, throw away what we cooked, and let items spoil in our overstuffed fridges.

Food losses cost us about \$1 trillion every year. But reducing food waste (in the home) and loss (on the farm) could prevent the release of greenhouse gases equal to the European Union's total emissions every year.

Planning our meals, getting used to eating more seasonal food, and including unfamiliar and unusual foods in our diets can help to promote the diversity of our farm and food systems while reducing waste. For every carrot, there are carrot tops. We don't usually eat the greens – but why not? They're nutritious, and they are basically free. So try something new today, and be mindful of buying only what you are sure to eat.

WHAT YOU CAN DO AT HOME

- **EAT YOUR LEAFY GREENS FIRST.** Have a nice fresh salad as soon as you buy your lettuce – don't let it get all slimy in the back of your fridge.
- **RETHINK PEELING.** Do you have to peel your potatoes before you cook them? The peels have nutrients and fiber, just scrub them well and have flakes of skin in your mashed potatoes. Same with carrots. Apples, kiwis, eggplants, and cucumbers all have edible and nutritious skins.

- **EMBRACE YOUR FRIDGE AND FREEZER.** And hang a pen nearby to label what your food is, and the date it was stored.

Pop your fresh fruits and vegetables straight into the fridge when you come home from grocery shopping. This includes your apples, your oranges and all that fresh produce that isn't usually refrigerated in the supermarket.

Store your food in see-through containers so you can easily see what you've got next time you're rummaging through the fridge. No more opening that dreaded moldy box you forgot at the back of the fridge.

Save vegetable scraps in the freezer to make soup broth – save your onion skins, carrot peels, mushroom bottoms, celery ends/greens, parsley and thyme stems – make a habit of throwing them in the freezer bag as you collect them. When you have a full bag, simmer the contents covered in water for 30 minutes until you have a savory soup stock.

Any fruit about to go bad? Chop it up, spread it out on a sheet pan, and pop it in the freezer for a day. Once it's frozen, pour the pieces (now nice and individually frozen) into a bag or container for smoothies.

TIPS FOR AVOIDING FOOD WASTE

WHAT YOU CAN DO WHILE SHOPPING

- **PLAN MENUS BEFORE YOU SHOP** (yes, this is technically something to do before you are actually shopping!). We all know that when we shop hungry, we buy more than we need (and we buy more junk food). Take a second before you start throwing items in your basket to think about what you have at home, and what you'll need for the meals you will eat that week. Then only buy what you need.
- **SHOP MORE OFTEN, AND BUY LESS.** Try popping by the grocery store on your way home two to three times per week, rather than just buying groceries once a week or every other week. You'll get fresher veggies that way, and each time you can buy just what you know you'll eat in the next two days.
- **DON'T PICK THE PRETTIEST PRODUCE.** Try picking out some of the "uglier" fruits and veggies in the bunch next time you go shopping. That way these items won't get thrown away.





CHAPTER I

PULSES & BEANS



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HEALTHY FOR YOU: Pulses and beans are rich in protein and dietary fiber. Fiber reduces blood sugar spikes after eating and makes you feel fuller for longer, both of which can help you maintain a healthy weight. And these cheap and portable nutrient packs are a great source of the essential amino acid lysine, one of the building blocks of protein that our bodies need to survive. Lysine helps you absorb calcium and improves wound healing.

HEALTHY FOR THE PLANET: Beans and pulses are by far one of the most efficient ways to get your daily protein, based on the land area and water needed to produce them compared to meat. Plus, bean crops are good for the soil! The growing plants draw nitrogen from the air and fix it into the ground, reducing the need to apply other fertilizers (like synthetic nitrogen fertilizers) that lead to higher greenhouse gas emissions.

This dish is my personal fusion of the classic Afghan palau my mum used to make for me and my siblings, and other rice dishes I tasted while studying in India.

PALAU

INGREDIENTS

serves 4

- 360 g | 10 oz basmati rice
- 6 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seeds
- 1 teaspoon chili powder
- 2 medium carrots, cubed
- 2 medium potatoes, cubed
- 400 g | 14 oz green peas
- 2 medium tomatoes, chopped
- 1 lemon, juiced
- 1 handful fresh cilantro, chopped
- 250 g | 9 oz plain yoghurt



Haseeb Bakhtary

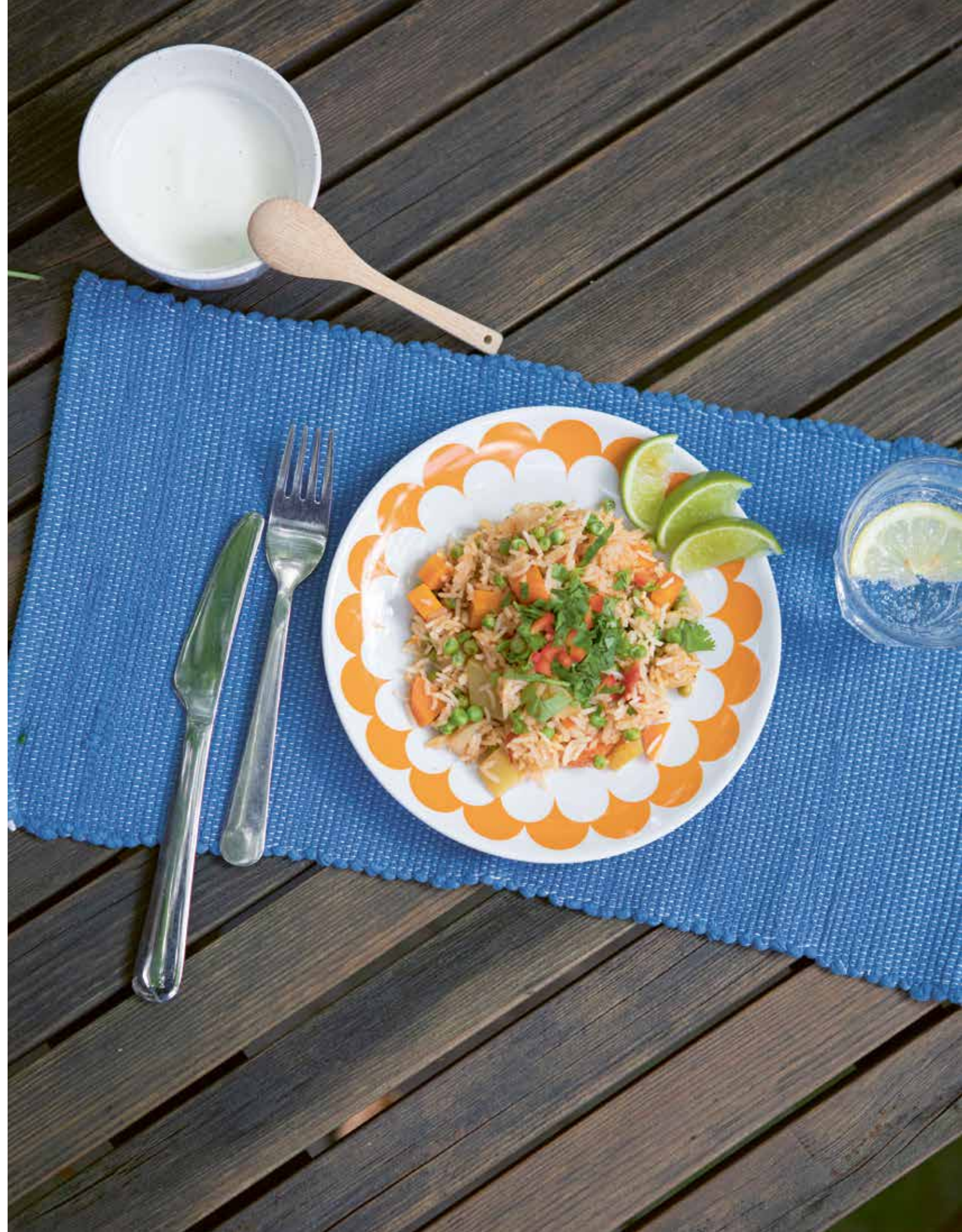
PREPARATION

Soak the rice in water for 10 minutes.

Sauté the onion in olive oil in a large pot over medium heat until it is golden. Add the garlic, cumin, coriander seeds, chili powder, salt and pepper and stir. Add the carrots and potatoes, and cook for about 10 minutes until they are medium soft. Now add the tomatoes and peas and cook for another 5 minutes.

Add 500 ml | 17 fl oz of water to the pot and bring to a boil. Add the rice and lemon juice and cook uncovered over a low heat until almost all the water has been absorbed. Cover the pot with a clean kitchen towel and cook on low heat for another 5-7 minutes. Switch off the heat and wait for 10 minutes before removing the cloth.

Serve with cilantro and yoghurt.



This mix of ingredients – avocado, black beans, and corn – put a Californian take on Mexican tacos. This recipe is vegetarian, but you can also easily incorporate your choice of fish or seafood.

CALIFORNIA TACOS

INGREDIENTS

serves 4

- 4-6 medium tomatoes, diced
- 2 small onions, finely chopped
- 1 garlic clove, minced
- 2 chilis, minced
- 1 handful cilantro, chopped
- 1 lime, juiced
- 2 tablespoons olive oil
- 350 g | 12 oz sweet corn, cooked
- 150 g | 5 oz black beans, cooked
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika powder
- 1 teaspoon red chili pepper
- 8-10 small tortillas – corn or flour
- 2 medium avocados, thinly sliced
- 250 g | 9 oz grated cheese of your choice



Ashley Thomson

PREPARATION

For the salsa, mix the tomatoes, one onion, garlic and chilis. Either mix with a blender or chop extra-finely and hand-mix in a bowl. Add a squeeze of lime, a pinch of salt, and mix in half of the chopped cilantro. Set aside.

For the filling, sauté the remaining onion in olive oil in a large pan. Add the corn, either prepared from freshly shucked, rinsed, and sliced corn on the cob, or rinsed and drained from a can. Add the beans – again prepared beforehand or rinsed and drained from a can. Add cumin, chili and paprika and season with salt and lots of freshly ground pepper. Keep on low heat and stir for a few minutes. Add the remaining cilantro and transfer the filling to a large mixing bowl.

Take one tortilla at a time and heat it directly on the pan for about 30 seconds, flipping once. Add 2-3 heaped tablespoons of the taco filling mixture onto the tortilla, your desired amount of salsa, and a slice or two of avocado. Sprinkle with cheese and enjoy!



I adapted this stew from my grandmother in the Philippines, and it reminds me of home. Mung beans are rich in folate, fiber, iron, vitamin B, potassium and are one of the best plant-based sources of protein.

MUNG BEAN STEW

INGREDIENTS

serves 4-6

300 g | 10 oz red, brown or white rice
2 tablespoons sunflower oil
1 medium onion, finely chopped
2-3 garlic cloves, minced
2 tablespoons fresh ginger, grated
1-2 small jalapeño chilis, minced
3 medium tomatoes, diced
1 teaspoon ground cumin
400g | 14 oz mung beans, soaked for 3-4 hours
1.25 l | 0.3 gal vegetable broth
400 g | 14 oz fresh moringa leaves, or spinach
300 ml | 10 fl oz tamari or soy sauce
2 tablespoons sesame oil
400 g | 14 oz extra firm tofu, diced
4 tablespoons corn starch
1 handful fresh cilantro, finely chopped
2 spring onions, sliced
1 lime, juiced



Stephanie Roe

PREPARATION

Cook the rice according to the package instructions to have it ready for serving.

In a large pot, sauté the onion, garlic, half of the ginger and 1 jalapeño in oil over medium heat until soft. Add one third of the tomatoes and cumin. After a few minutes, add the mung beans to the pot with the vegetable broth and bring to a boil. Simmer for 45 minutes until the beans are soft. Now add the moringa or spinach leaves and season with salt and pepper, simmer for 2-3 minutes.

Preheat the oven to 220°C | 420°F. Combine 60 ml | 2 fl oz of tamari or soy sauce, the sesame oil and 1 tablespoon of jalapeño in a large bowl, then toss and lightly coat the tofu in the mixture. Once coated, sprinkle with cornstarch making sure all sides are covered. Place the tofu evenly on a greased baking pan and bake for 10 minutes, flip, and bake for another 10 minutes until crispy.

For the topping, mix the remaining tomatoes, spring onions, cilantro, ginger, lime juice and tamari or soy sauce. If you like heat, add another jalapeño to the sauce. To serve, put rice in a bowl, top with a ladle of mung bean stew, then tofu, and finally the topping.



My mum runs a kindergarten in South West France and one of the most important values shared there is diversity. She has worked with people from all over the world. As a kid, I remember Melouka, her Algerian colleague, sharing this recipe with us. Twenty years on, we still eat chorba every winter around Christmas time.

CHORBA HAJALA



INGREDIENTS

serves 4

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 small zucchini, sliced
- 1 small potato, cubed
- 1 small carrot, sliced
- 1 celery stalk with leaves, sliced
- 2-3 tablespoons ras el hanout (a North African spice mix comprising cardamon, cumin, chili powder, coriander seeds, sweet and hot paprika, cinnamon and fenugreek)
- 1 tablespoon tomato paste
- Salt and pepper to taste
- 500 g | 18 oz canned tomatoes
- 1.2 l | 0.3 gal vegetable broth
- 260 g | 9 oz canned chickpeas or 130 g | 4.5 oz dry chickpeas (soaked the day before)
- 70 g | 2.5 oz risetti or risoni pasta
- 1 handful fresh mint leaves, chopped
- 1 handful cilantro, chopped
- 1 lemon, cut into wedges for serving

PREPARATION

Heat the oil in a pot and sauté the onion for 3-4 minutes on medium heat. Add the zucchini, potato, carrot and celery, followed by the spice mix and the tomato paste. Stir well and season with salt and pepper. Now add the tomatoes and cook on medium heat for about 15 minutes.

Add the vegetable broth and turn everything into a smooth soup, by using a blender or mixer. Return the soup to the pot, add the chick peas, more spices to taste and cook on low heat for another 15 minutes.

In a separate pot, cook the pasta until al dente.

To serve, fill a bowl with a small portion of pasta, add the soup and garnish with mint, cilantro and a lemon wedge.



Leo Mongendre



Tiny, black and round, beluga lentils are named for the caviar they resemble and look very pretty. This salad serves well as a starter or as a main course on a hot day.

BELUGA LENTILS SALAD WITH APPLES & FETA



Judith Csaba

INGREDIENTS

serves 4

- 250 g | 9 oz black beluga lentils
- 1 shallot, finely chopped
- 1 teaspoon dried thyme
- 8 tablespoons balsamic vinegar
- 6 tablespoons olive oil
- 250 g | 9 oz mixed salad greens such as baby spinach, arugula, frisée, lamb's lettuce or swiss chard
- 2 green apples, finely sliced
- 200 g | 7 oz feta cheese, crumbled
- 2 teaspoons dijon mustard

PREPARATION

In a large soup pot, sauté the shallot in 2 tablespoons of olive oil, add lentils and thyme, stir, then add half of the balsamic vinegar. Simmer for 30 minutes, adding water to keep the lentils covered while cooking.

For the dressing, mix the rest of the olive oil, balsamic vinegar, mustard, salt and pepper.

In a large bowl, combine the salad greens, apples and feta. Toss with the dressing and add the lukewarm lentils on top before serving.





EGGPLANTS, PEPPERS & TOMATOES

◦ ◦ ◦ ◦

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Colombian Shrimp Cocktail — 40

New Mexico Chile Verde — 42

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HEALTHY FOR YOU: These colorful foods will not only lift your mood, but are also full of nutrients. Eggplants contain tons of vitamins and potassium, which can lower blood pressure and tomatoes are a major source of cancer-fighting antioxidants that can also protect your heart. And did you know that red bell peppers have almost 11 times more beta-carotene and 1.5 times more vitamin C than green bell peppers?

HEALTHY FOR THE PLANET: Have you always wanted to taste the rainbow? These bright fruits and veggies will let you do just that! We recommend trying to grow them yourself. Besides being tastier, this lowers the travel footprint of your food and you'll know exactly where they come from. If you don't have a yard or garden, these plants grow easily and don't have deep roots, making them ideal for balconies or window sills.

This beautifully colorful dish is easy and always a hit. It is a warm salad but can easily be served cold as well, making leftovers a delight.

RED PEPPERS & CAULIFLOWER SALAD

INGREDIENTS serves 4

- 1 cauliflower, chopped into bite sized pieces
- 4 tablespoons olive oil
- 1 small red onion, halved and thinly sliced
- 2 tablespoons currants (Corinth raisins)
- 2 tablespoons red wine vinegar
- 2 tablespoons sugar
- 4 red bell peppers, thinly sliced in rings
- 1 handful flat-leaf parsley, chopped



Caroline Blanchet

PREPARATION

Place the cauliflower on a baking sheet and season with olive oil, salt and pepper. Roast in a preheated oven at 250°C | 475°F for about 20 minutes.

While the cauliflower roasts, combine the onion, currants, sugar, vinegar, a large pinch of salt and 60 ml | 2 fl oz water in a small saucepan. Place over a low heat. Once the sugar has dissolved and the water is somewhat reduced (after about a minute or two), remove from the heat and allow the mix to pickle.

Once the cauliflower is done roasting, combine the pickled mixture, cauliflower, parsley, bell peppers and as much of the pickling liquid as you would like. Drizzle with olive oil and season with salt and pepper to taste.



This is a traditional Middle Eastern breakfast dish that also makes for an excellent light lunch or dinner. The bell peppers caramelize and become part of a spectacularly sweet red tomato sauce.

SHAKSHUKA



INGREDIENTS

serves 4

- 2 tablespoons olive oil
- 300 g | 10 oz red bell peppers, finely cubed
- 1 medium onion, finely chopped
- 1 tablespoon sugar
- 2 garlic cloves, minced
- 2 tablespoons harissa paste
- 2 teaspoons tomato paste
- 1 teaspoon ground cumin
- 800 g | 28 oz tomatoes, diced – either fresh or canned
- 8 eggs
- 1 handful fresh flat-leaf parsley or fresh cilantro, chopped

PREPARATION

In a large pan, sauté the onions and bell peppers in olive oil on medium heat for several minutes. Now add the sugar and salt to taste. Wait until the sugar has caramelized before adding garlic, harissa paste, tomato paste and cumin. Stir and simmer on low heat for 15 minutes or until the peppers are really soft.

Add the tomatoes, bring to boil, then simmer on low heat for another 15 minutes. Do not cover so that the sauce can reduce and become thick and sweet.

Before adding the eggs, form eight little dimples in the sauce with a tablespoon. Carefully break the eggs and let each of them slide into a dimple. Poach the eggs in the sauce for about 7 minutes, until the egg whites have solidified.

Top off with a little chopped parsley or cilantro and serve immediately with pita or soft white bread and a green salad.



Growing up in Colombia, our holidays were often spent by the sea. At meal times, my mum sometimes simply handed us glasses with shrimp cocktail, sold by a lady at the beach. It was cold and tasted like heaven – and it gave us kids the energy to continue playing until sunset.

COLOMBIAN SHRIMP COCKTAIL



Juan Pablo Castro

INGREDIENTS

- serves 4
- 500 g | 18 oz large shrimp, deveined but uncooked
 - 2 medium tomatoes, finely cubed
 - ½ cucumber, finely cubed
 - 1 red onion, minced
 - 1 garlic clove, minced
 - 1 handful fresh cilantro, chopped
 - 4 limes, juiced
 - 2 splashes Worcester sauce
 - 2 splashes hot chili sauce
 - Salt and pepper to taste
 - 150 ml | 5 fl oz clamato juice – a mix of tomato and clam juice that can be bought ready-made (OPTIONAL)
 - 2-3 avocados, cubed
 - Crackers, to serve

PREPARATION

To cook the shrimp, bring a large pot of water to boil. Add salt, then shrimp and stir to separate. Remove the pot from the stove, cover with a lid and let it sit for 5-7 minutes, depending on the size of the shrimp. Now drain the shrimp in a colander and place them in ice water for a moment before draining again.

In a large bowl, mix shrimp, tomatoes, cucumber, onion, garlic and cilantro. Season with lime juice, Worcester sauce, chili sauce, salt and pepper and Clamato juice (optional). Cool in the fridge for about 15 minutes. Mix in the avocados and serve with crackers.



My grandma's family is from New Mexico, and Chile Verde is a staple of her diet. She serves it with cotija cheese, roasted potatoes, homemade flour tortillas, and pinto beans.

NEW MEXICO CHILE VERDE



Ashley Thomson

INGREDIENTS

serves 4

350 g | 12 oz green chilis such as hatch green chilis, poblano peppers, jalapeños or tomatillos

1 small onion, chopped

4 garlic cloves, chopped

2 tablespoons corn starch

5 tablespoons Mexican powdered chili mix – comprising chili powder, garlic powder, paprika, cayenne, oregano, salt and black pepper

½ teaspoon ground cumin

25 g | 1 oz mixed fresh green herbs, chopped – ideally oregano, cilantro, sage and basil (if you need to substitute with dried herbs use about 1 tablespoon of each)

2 tablespoons olive oil

1.2 l | 0.3 gal vegetable broth

200 g | 7 oz cotija cheese (alternatively feta or coarsely grated parmesan cheese)

PREPARATION

Roast the fresh green chilis in the oven at 180°C | 350°F until charred on the outside. Once cooled, peel off the skins, deseed, chop and set aside.

Sauté the onion and garlic in olive oil on medium heat, then change to low heat. Add the corn starch, followed by roasted green chilis, the chili powder mix, the cumin and the herbs.

Now add one ladle of broth at a time to get to the desired consistency. If you have too much liquid, add another tablespoon of corn starch. Add salt to taste.

Let it cook for about an hour, then blend it with a hand mixer or in a blender.

Serve in a bowl, with cotija cheese, tortillas or as a side dish to a Mexican meal.



When I grew up, my mum treated us to a variety of lovely dishes from her homeland Turkey. Today, with my family scattered across several continents, this dish always takes me right back home!

KARNIYARIK — STUFFED EGGPLANT

INGREDIENTS

serves 4

- 4 tablespoons olive oil
- 2 medium onions, finely sliced
- 7 garlic cloves, minced
- 2 large tomatoes, peeled and cubed
- 2 green bell peppers, thinly sliced
- 4 medium eggplants
- 250 g | 9 oz full fat plain yoghurt
- 1 medium cucumber, peeled and finely cubed
- 1 handful fresh flat-leaf parsley, chopped
- 1 handful fresh dill, chopped
- 1 handful fresh mint, chopped

PREPARATION

Heat half of the olive oil in a pan. Add the onions and sauté until caramelized. Now add garlic, tomatoes, green peppers and season with salt and pepper. Simmer on low heat for about 10 minutes. Set aside.

Wash and partially peel the eggplants from top to bottom to create a striped pattern. In a large frying pan, heat the rest of the oil and char the eggplants on all sides until nicely browned.

Cut the eggplants in half lengthwise and fill each with the tomato and pepper mix. Add 180 ml | 6 fl oz of water to the pan and simmer the stuffed eggplants for about 20 minutes.

Now prepare the dip, Cacik, by mixing yoghurt, cucumber, and the herbs. Season with salt and pepper and a drop of olive oil. Serve the eggplants either hot or cold with Cacik.



Nicole Krämer





LEAFY GREENS & HERBS



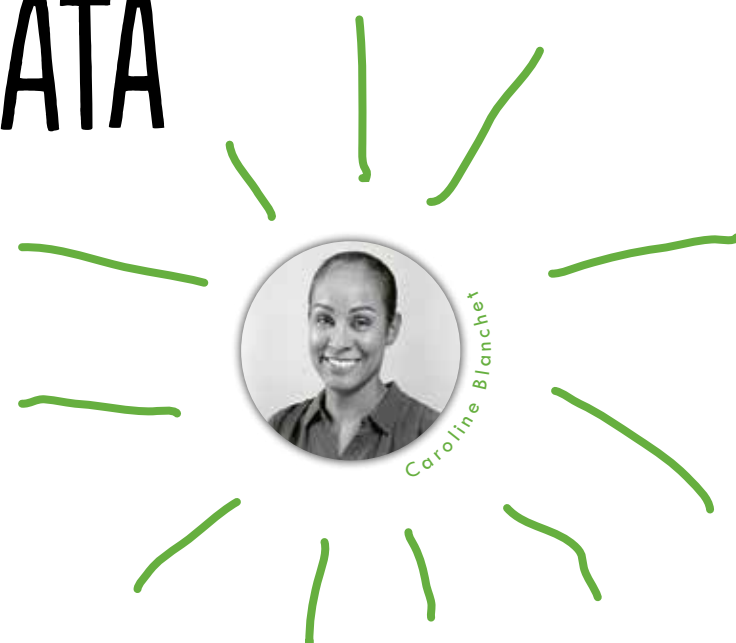
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HEALTHY FOR YOU: Dark leafy greens like spinach and kale pack a nutritional punch with heavy doses of folate, iron, and calcium, while light and crunchy lettuce provides a low-calorie salad base with plenty of vitamins to boot! Herbs – fresh and dried – have been used for centuries to treat ailments and prevent disease because of their antioxidant and anti-inflammatory properties. Use them liberally for big flavor without added salt.

HEALTHY FOR THE PLANET: The biggest part of greens' carbon footprint comes from the energy it takes to refrigerate and ship them. That means that buying local greens and herbs can cut this footprint in half or more! Plus, the relatively high value per pound of these veggies makes them a good investment for small farmers. Pick some up at your local farmers' market and enjoy the freshest greens you've ever tasted.

This is my go-to for any brunch. I get to fully enjoy my guests instead of being preoccupied in the kitchen since it only needs to be popped into the oven on the day.

SPINACH STRATA



INGREDIENTS

serves 4-6

- 450 g | 1 lb fresh spinach, wilted and squeezed dry
- 1 tablespoon olive oil
- 3 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- ½ teaspoon grated nutmeg
- 1 baguette, cubed (2.5 cm | 1 inch)
- 250 g | 9 oz gruyère cheese, grated
- 120 g | 4 oz parmesan cheese, finely grated
- 9 eggs
- 650 ml | 22 fl oz milk
- 2 tablespoons dijon mustard

PREPARATION

Sauté the spinach in a large pan with a drizzle of olive oil. Remove and finely chop. Cook the butter, onions and garlic in the same pan until softened over medium heat, season with salt and pepper. Add the chopped spinach and nutmeg to the onion and garlic mix. Remove from heat and set aside.

Butter a baking dish and layer with about one third of the bread. On top, spread one third of the spinach mixture, one third of the gruyère and one third of the parmesan. Repeat the layers twice more making sure to end with cheese on top.

In a bowl, whisk the eggs, mustard, and milk together. Season with salt and pepper. Pour the mixture evenly over the strata. Cover and place in the refrigerator. Allow to chill for at least 8 hours (can be chilled for up to 24 hours).

Preheat the oven at 180°C | 350°F and remove the strata from the fridge and let it stand at room temperature for half an hour.

Bake in the oven uncovered for 50-60 minutes (until completely cooked and browned). Let the strata rest for 5 minutes before serving.



These dumplings are a great way to make use of old leftover bread! We often make them with a mix of baguette, pretzels and ryebread. For the herbs, you can collect ground elder, sorrel or dandelion, but spinach or parsley work just as well!

LITTLE HERB DUMPLINGS

INGREDIENTS

serves 4

- 1 tablespoon olive oil
- 1 large shallot, finely chopped
- 300 g | 11 oz fresh mixed herbs/greens (e.g. ground elder, sorrel, dandelion, spinach, parsley), washed and drained
- 300 g | 11 oz old bread of all sorts, diced
- 1 egg
- 8 tablespoons parmesan cheese, grated
- 4-6 tablespoons all-purpose flour
- 3 tablespoons butter



PREPARATION

Sauté the shallot in oil over medium heat for a few minutes. Add the herbs and cook for another few minutes, stirring often. Remove the mix from the pan, chop it up finely, season with salt and pepper and set aside to cool.

Mix the bread, egg, half of the parmesan and 4 tablespoons of flour and then combine it with the herbs. Add more flour until you can easily form a dough. Now form small round dumplings of about 2.5 cm | 1 inch diameter.

Bring a large pot of lightly salted water to a boil. Drop in the dumplings and let them boil for a minute, then turn down the heat. Leave to simmer until all dumplings have risen to the surface, then drain.

In a pan fry the butter on high heat until it turns slightly brown. Serve the dumplings with brown butter and more grated parmesan.



Salads are my personal comfort food and an essential element of every meal I prepare. I really enjoy the endless variability of taste that comes with lettuces, herbs and other leafy greens.

SALAD WITH TARRAGON, GRAPES, AVOCADO & PECORINO



Charlotte Streck

INGREDIENTS

serves 4-6

- 4 medium shallots, thinly sliced
- 180 ml | 6 fl oz white wine vinegar or sherry vinegar
- 3 handfuls tarragon, roughly chopped
- 2 handfuls watercress or arugula, roughly chopped
- 200 g | 7 oz mixed red and green seedless grapes, halved
- 1 large avocado, cubed
- 150g | 5 oz shaved pecorino cheese
- 5 tablespoons extra-virgin olive oil
- 1 tablespoon dijon mustard

PREPARATION

Marinate the shallots in the vinegar for 15 minutes. In a salad bowl, combine the tarragon, watercress, grapes, avocado and pecorino cheese and gently toss.

For the dressing, mix the oil, the shallots in vinegar, the mustard and salt and pepper until the texture is smooth. Pour the dressing onto the salad and toss well before serving.



Empanadas are a very common side dish in Colombia. Usually the best are found in street food stalls.

CHEESE & SPINACH EMPANADAS



Felipe Orjuela

INGREDIENTS

makes 30 empanadas

- 250 g | 9 oz all-purpose flour
- 2 tablespoons olive oil
- 60 ml | 2 oz milk
- 450 g | 16 oz fresh spinach
- 120 g | 4 oz parmesan cheese, grated
- 220 g | 8 oz mozzarella, diced
- 2 garlic cloves, minced
- A pinch of nutmeg

PREPARATION

For the dough, mix the oil with the flour, a pinch of salt and slowly add the milk and 250 ml | 8 oz water. Knead until you have a smooth dough. Set aside and preheat the oven at 180°C | 350°F.

For the filling, cook the spinach in salt water for 3 minutes, drain and roughly chop it. Mix in the parmesan, mozzarella and garlic and season with nutmeg, salt and pepper.

Roll out the dough with a rolling pin on a surface lightly covered in flour until it is about ½ cm | ¼ inch thick. Using a cookie cutter or a glass, cut out circles with a diameter of about 6 cm | 3 inch. Place a tablespoon of filling on each circle, fold over and seal the edges well.

Bake the empanadas in the oven on a tray covered in parchment paper for about 20 minutes or until lightly browned. Let them cool for a few minutes before serving.



This recipe is full of flavor, relatively quick to make, and stores well. It is a nice twist on the usual Thai red curry and you can be creative with what kind of greens you throw in.

KALE & SWEET POTATO CURRY



Simon König

INGREDIENTS

- serves 4
- 1-2 tablespoons coconut oil
 - 1 medium shallot, finely chopped
 - 2 tablespoons fresh ginger, minced
 - 5 garlic cloves, minced
 - 1 medium Thai red chili, thinly sliced with seeds
 - 3 tablespoons red curry paste
 - 1 large sweet potato, cubed
 - 900 ml | 30 fl oz coconut milk
 - 2 tablespoons maple syrup or honey
 - 2 teaspoons ground turmeric
 - 150 g | 10 oz green peas or edamame beans
 - 150 g | 10 oz kale, chopped
 - 75 g | 2.5 oz cashew nuts
 - 1 lemon, juiced
 - 1 splash fish sauce

PREPARATION

Sauté the shallot, garlic and ginger in oil over medium heat for 2-3 minutes, stirring frequently. Add the curry paste and the sweet potato, stir and cook for 2-3 minutes. Add the coconut milk, maple syrup, turmeric and season with salt and pepper. Turn down the heat and simmer for about 10 minutes, stirring occasionally.

Meanwhile roast the cashews in a pan without oil until they are lightly browned. Set aside.

When the sweet potato is nearly soft, add the peas and cook for 2 minutes. Season with more turmeric, salt or fish sauce, curry paste or maple syrup according to your taste. Add kale, cashews and lemon juice, before covering and simmering for another 3-4 minutes.

Serve with rice, quinoa or steamed broccoli.





SQUASHES, PUMPKINS & ZUCCHINIS



Butternut Squash Soup — 60

Vegetable Pie — 62

Pumpkin Coconut Rice Splendor — 64

Hobak Jun – Egg-fried Zucchini — 66

HEALTHY FOR YOU: Pumpkins, squashes and zucchini are high in vitamin A and C, minerals potassium and copper and antioxidants, such as alpha-carotene and beta-carotene, which protect human skin against sun damage and help lower the risk for cancer and other chronic conditions. In addition, both pumpkins and zucchinis contain nutrients important for reducing your risk of age-related eye diseases.

HEALTHY FOR THE PLANET: Pumpkins, squashes and zucchini are seasonal vegetables – mostly harvested at the end of the summer. However, stored in moderately cool spaces such as basements they keep well for several weeks or even months. They are very versatile and can be used for soups, main courses or even in cakes. The seeds can be roasted or used to grow new pumpkins in spring. So nothing is wasted!

This recipe is surprisingly simple but very tasty and unbelievably creamy – although it does not call for cream. Easiest to make if you have a good blender!

BUTTERNUT SQUASH SOUP



INGREDIENTS

serves 4

- 1 large butternut squash (about 1.3 kg | 3 lbs), halved vertically and de-seeded
- 1 tablespoon olive oil, plus more for drizzling
- 1 large shallot, finely chopped
- 1 teaspoon salt
- 4 garlic cloves, minced
- 1 teaspoon maple syrup (or honey)
- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper to taste
- 1 l | 0.25 gal vegetable broth
- 1-2 tablespoons butter, to taste
- 1 lime, juiced

PREPARATION

Preheat the oven to 220°C | 425°F and place the squash onto a parchment paper lined baking sheet. Drizzle each half with just enough olive oil to lightly coat it on the inside. Season with salt and pepper. Turn the squash face down and roast it until it is soft, about 45-50 minutes. Set aside to cool for 10 minutes, then scoop the flesh into a bowl with a spoon.

Meanwhile, in a large pot sauté the shallot over medium heat until golden. Add garlic and salt and stir frequently while cooking for another 1-2 minutes.

In a blender, add the squash, shallots, maple syrup, nutmeg and a few twists of freshly ground black pepper. Add vegetable broth to just below the maximum line of your blender and blend until smooth. Transfer the soup back to the pot, add butter, lime juice to taste and more stock – until you reach the desired creaminess. You may not need all the broth. Warm the soup and serve it hot.



This pie is a good way to work in all your left-over vegetables instead of throwing them away. You can essentially use anything you happen to have in the house. As long as you keep the proportions of the recipe, you will always end up with a tasty pie!

VEGETABLE PIE



Marta Garcia

INGREDIENTS

serves 4-6

- 200 g | 7 oz all-purpose flour
- 150 g | 5 oz butter, diced
- 1 egg
- 1 tablespoon cold milk
- 4 tablespoons olive oil
- 2 medium carrots, diced
- 1 chili pepper, minced
- A few sprigs fresh rosemary, finely chopped
- A few sprigs fresh thyme, finely chopped
- 2 medium zucchini, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 4 spring onions, sliced
- 1 small eggplant, diced
- 200 g | 7 oz gruyère cheese, grated

PREPARATION

For the dough, sift the flour and form a hollow in the middle for the butter, egg and a pinch of salt. Add the milk and knead the dough well. Cover and leave to rest in the fridge for 1 hour.

Preheat the oven at 200°C | 400°F.

For the filling, heat the olive oil in a large pan and sauté chili, carrots, rosemary and thyme for 5 minutes. Add the other vegetables, season with salt and pepper, cover and simmer for about 10-15 minutes – until all vegetables are al dente.

Roll out the dough to form a large circle with a diameter of about 35 cm | 14 inches. Place it on a baking tray covered with parchment paper. Drain the vegetables of all the liquid and spread them on the dough, leaving some space at the border to form the crust by folding over the dough.

Add the cheese on top and bake the pie in the oven for about 30 minutes.

Serve hot with a green salad.



This simple dish can be served as a main or a side – it will add a touch of sweet glamour to your otherwise simple white rice.

PUMPKIN COCONUT RICE SPLENDOR



INGREDIENTS

serves 4

- 350 g | 12 oz jasmine rice
- 1 pumpkin (about 1 kg | 2.2 lbs), halved and seeded
- 180 ml | 6 fl oz coconut milk
- 3 tablespoons olive oil
- 3-4 medium onions, finely chopped
- 3 garlic cloves, minced
- 1 fresh chili, minced
- 1 tablespoon ginger, grated
- 1 lime, juiced
- 120 ml | 4 fl oz vegetable stock
- 1 handful cilantro, chopped
- 1 handful raisins

PREPARATION

Preheat the oven at 200°C | 400°F. Cook the rice according to the instructions on the package.

Lightly drizzle the pumpkin halves with 1 tablespoon of olive oil and season with salt and pepper. Place them face down on a parchment paper lined baking sheet to roast until soft – about 45-50 minutes. When ready, set aside to cool for 10 minutes. Then, scoop the pumpkin flesh into a bowl with a spoon.

In a large pan, lightly fry the onion and garlic in the remaining olive oil. Add ginger, chili and lime juice and simmer for a few minutes. Add the pumpkin flesh and the coconut milk and blend or mash until the mix is smooth and creamy.

Now add the cooked rice and add as much vegetable stock as necessary to get the desired consistency. Simmer over low heat for another 5 minutes.

Serve with fresh cilantro and raisins as toppings.



A quick and tasty starter introduced to me by a Korean flatmate I once had in Dublin.

HOBAK JUN – EGG-FRIED ZUCCHINI

INGREDIENTS serves 4-6

2 medium zucchinis, sliced
1 teaspoon salt
60 g | 2 oz all-purpose flour
2 eggs, beaten
3 tablespoons vegetable oil
Soy sauce to serve
Hot chili sauce to serve



Darragh Conway

PREPARATION

Distribute the salt over the zucchini slices. Heat the oil in a pan on medium heat.

Coat the zucchini slices first with flour, then dip them in the beaten egg and place them into the pan. Shallow-fry each slice for about 3 to 4 minutes per side, turning once, or until they are a light golden brown.

Serve hot with soy sauce and chili sauce as dips.





ROOTS & TUBERS



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HEALTHY FOR YOU: Roots are where plants absorb moisture and nutrients, while starchy tubers are natural stores of energy. These hearty characteristics are passed on to you when you consume them. Roots and tubers have been an important part of the human nutrition for thousands of years, and are staple foods in most cultures. The main nutrient supplied by roots and tubers is dietary energy provided by carbohydrates.

HEALTHY FOR THE PLANET: These veggies are best consumed in colder months when not much else is in season. They are filling, keep well and are a good base for making soups. They're also versatile and easy to substitute for each other. We recommend finding out what is native to your region of the world. Our tip: try eating the tops of the root vegetables (not tubers) too! This can add some brightness to your dish, and avoid food waste.

This dish brings back memories of when I was a student living in Sweden during wintertime. I still consider it my favorite comfort food, suitable for a cold evening in Bogotá or a winter's day in Europe.

SWEDISH ONION SOUP



INGREDIENTS

serves 4

- 2 tablespoons butter
- 6 tablespoons olive oil
- 300 g | 10 oz onions, thinly sliced
- 1 tablespoon sugar
- 3 tablespoons all-purpose flour
- 90 ml | 3 fl oz white wine
- 1 l | 0.25 gal vegetable broth
- 1 baguette
- 2 garlic cloves, crushed
- 150 g | 5 oz Swiss cheese, grated

PREPARATION

Melt the butter in a pan on medium heat, then add 4 tablespoons olive oil and the onions. Cover the pan and sauté for about 15 minutes. Now, turn the heat down, add sugar and continue cooking for about 40 minutes, stirring occasionally until the onions are golden brown.

Sprinkle the flour into the pan and stir quickly, then add the white wine, followed by the warm vegetable broth. Season with salt and pepper. Cook on low heat with the lid on for 30 minutes.

Meanwhile, slice and toast the bread. Sprinkle each slice with olive oil and rub the crushed garlic clove over it. Now add grated cheese on top and place in the oven for 10 minutes at 180°C | 350°F until crunchy.

Serve the soup very hot with the bread on the side.



This is one of my favourite dishes to make for friends and family. It looks really good and has convinced some rather fundamental carnivores with its taste.

BEETROOT BURGERS



Tobias Hunzai

INGREDIENTS

serves 4

- 2 large beetroots, peeled and grated
- 3 eggs
- 1 handful fresh basil, finely chopped
- 1 handful fresh cilantro, finely chopped
- 1 handful fresh mint, finely chopped
- 200 g | 7 oz oats
- 8 tablespoons olive oil
- 1 medium sweet potato, thinly sliced
- 1 large onion, cut into rings
- 2 avocados
- 1 lemon, juiced
- 2 handfuls lamb's lettuce or arugula
- 4 large burger buns
- 1 mango, sliced
- 2 handfuls sprouts (alfalfa or other)
- Hot chili sauce to serve

PREPARATION

Mix beetroots, eggs, basil, cilantro, mint and oats. Make sure to add enough oats to have a manageable patty mix. Season generously with salt and pepper. Now form four large patties and set aside.

Heat 4 tablespoons oil in a pan and fry the sweet potato until slightly brown. Place them on plate and set aside. Now fry the onion rings until nicely browned. Set aside.

Slice or mash the avocados. Season with salt, pepper and half of the lemon juice.

Prepare a simple side salad of lettuce and a dressing made of the rest of the lemon juice, 2 tablespoons olive oil, salt and pepper. Set aside.

Slightly roast the insides of the burger buns with some olive oil. In a pan, shallow fry the patties in 2 tablespoons oil for about 5 minutes per side.

When assembling the burger, be creative! Here is how I like to do it: bun, thick layer of avocado, fried onions, patty, mango slice, sweet potato, sprouts, salad, top bun with more avocado and hot sauce on the side. Make sure to have napkins at hand!



To me, this soup tastes of summer holidays in Sweden when you can find fresh dill and peas in every market stall. But the soup also works well with frozen peas – so it can be made throughout the year.

POTATO & PEA SOUP WITH SALMON

INGREDIENTS

serves 4

- 1 large onion, finely chopped
- 3 tablespoons olive oil
- 1 kg | 2.2 lbs waxy potatoes, cubed
- 150 ml | 5 fl oz dry white wine
- 1 l | 0.25 gal vegetable broth
- 600 g | 21 oz fresh or frozen peas
- 400 g | 14 oz fresh salmon, cubed
- 200 g | 7 oz sour cream
- 1 handful fresh dill, chopped



Judith Csaba

PREPARATION

In a large soup pot, sauté the onion in the olive oil. Add the potato cubes, stir and season with salt and pepper. Now deglaze with wine. Simmer for about 5 minutes, or until the wine has reduced.

Add the vegetable broth and leave to simmer over medium heat for another 10 minutes. Add the salmon and simmer for 2-3 minutes, then add the peas and simmer for another 2-3 minutes.

To serve, add a tablespoon of sour cream to each bowl and top with fresh dill.



Influenced by Indian flavours, this Kenyan street food recipe takes simple potato chips to a whole new level. I became addicted to this lunch special when visiting Nairobi on numerous occasions.

SPICY MASALA 'CHIPSY'

INGREDIENTS serves 4

- 12 medium potatoes, washed well and cut into wedges
- 1 l | 0.25 gal vegetable oil for frying – less if baked in the oven
- 2 tablespoons butter
- 3 medium red onions, finely chopped
- 5 garlic cloves, minced
- 2 sprigs fresh rosemary
- 300 g | 10 oz canned tomatoes
- 1-2 teaspoons ground cumin
- 1 teaspoon chili paste
- 1-2 teaspoons turmeric
- 1-2 teaspoons paprika powder
- 1 handful fresh cilantro, chopped
- 200 ml | 7 fl oz plain yoghurt

PREPARATION

Either fry the potatoes or bake them in the oven. Kenyan street vendors would not approve of the latter. To fry, pour the vegetable oil into a large sauce pan and heat it until you see small bubbles rise on the side of the pan. Throw the wedges in the oil and fry for 10 minutes until golden-brown, turning them occasionally. For the leaner version, coat the wedges with a little bit of sunflower oil and bake them in the oven at 200°C | 400°F for 25 minutes.

For the sauce, melt the butter in a medium sauce pan on low heat. Add the onions, garlic and rosemary and sauté until everything is fragrant and the onion starts to brown – about 5 minutes. Add the tomatoes, the chili paste and the other spices, a splash of water and let it simmer until nicely thickened – about 10 minutes.

When all is set, add the wedges into the sauce pan and gently toss them until coated. Garnish with yoghurt and cilantro.



Szymon Mikolajczyk



When I lived in Shanghai I would often indulge in this Cantonese classic. Steaming the fish infuses it with the aromatic flavours of the ginger root and the garlic that satisfy both body and soul.



STEAMED GINGER FISH CANTONESE STYLE



INGREDIENTS

serves 4

- 1 white fish of about 1.6 kg | 3.5 lbs (gutted and de-scaled but whole with head and tail intact – sea bass works well)
- 4 tablespoons Chinese rice wine
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- 1 large piece of ginger, julienned
- 3 spring onions, white and light green parts only, julienned
- 3 garlic cloves, coarsely chopped
- Rice to serve

PREPARATION

In a shallow dish combine the rice wine, soy sauce, sesame oil and sugar. On a large piece of tinfoil, place a couple pieces of ginger and some spring onion. Place the fish on top, season with salt and pepper, and pour the marinade over it. Top with garlic, and the rest of the ginger and spring onions. Close the tinfoil wrapper carefully around the fish, making sure not to lose any of the marinade. Refrigerate for at least 30 minutes.

Prepare to steam the fish by pouring a couple inches of water into a large pot and placing the steaming basket above this. Make sure the water does not touch the bottom of the steamer. Bring the water to a boil over high heat. Transfer the foil-wrapped fish into the steamer and steam it for 20 minutes.

Serve hot with a bowl of white rice.



My dad is from Poland and brought this recipe into our family. We moved around a lot but no matter where we lived we always found the ingredients for this pink soup that makes for a perfect meal on a warm day.

CHŁODNIK

INGREDIENTS

serves 4

- 1 l | 0.25 gal vegetable broth
- 2-3 large beetroots, peeled and grated
- 250 ml | 8 fl oz plain yoghurt
- 250 ml | 8 fl oz sour cream
- ½ cucumber, peeled and finely chopped
- 1 handful radishes, finely sliced
- 2 spring onions, finely sliced
- 2 eggs, boiled and cut lengthwise into 6 pieces each
- 10-12 cornichons, finely sliced
- 1 handful fresh dill, chopped

PREPARATION

In a large pot, heat up the vegetable broth, add the beetroots and cook lightly for about 15 minutes – until the beetroots are tender. Set aside to cool.

Once the soup has reached room temperature add yoghurt, sour cream, fresh dill and season with salt and pepper. Stir gently until smooth and cool in the fridge for at least 30 minutes.

Serve with cucumber, radishes, spring onions, eggs and pickles in small bowls so that everyone can help themselves to their individual mix of toppings.



Nothing beats the sweet flavor of this resourceful root vegetable. This creamy soup is deceptively easy to make, and truly delicious.

CREAMY PARSNIP SOUP

INGREDIENTS

serves 4

- 1 large onion, roughly chopped
- 4 large parsnips
- 4 tablespoons olive oil
- 1 bay leaf
- 1 sprig fresh sage
- 1 l | 0.25 gal vegetable broth



Hilda Galt

PREPARATION

Peel and roughly chop three of the parsnips. Heat the olive oil in a deep pan and gently cook the onion and the chopped parsnips over a low heat for 10 minutes until softened. Add the bay leaf, sage and vegetable broth. Simmer for 15 minutes.

While the soup is simmering, peel the remaining parsnip and use the vegetable peeler (or a sharp knife) to cut from top to bottom in paper-thin slices. Brush each slice with olive oil and arrange on a baking tray. Season with salt and pepper and bake for 10 minutes at 200°C | 400°F.

Remove the bay leaf from the soup and puree. On each bowl of soup, add the parsnip chips with a little olive oil just before serving.





TOFU, SEITAN & TEMPEH



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HEALTHY FOR YOU: Eating less meat can lower your risk of heart disease. These plant-based foods can help diversify your diet. Tofu, or bean curd, is full of essential amino acids. Seitan, made of hydrated wheat gluten, is a great option if you can't eat soy, or if you just want to try something different. Tempeh is also soy-based, but fermented – so it contains tons of microorganisms and probiotics to keep your gut healthy!

HEALTHY FOR THE PLANET: Tofu, seitan, and tempeh come in various forms and are an easy way to replace some of the meat in your recipes and diet with a protein-rich and tasty alternative. This can help reduce pressure on the environment by reducing demand for meat. Beef has the highest greenhouse gas footprint, so next time you're craving a burger or a sausage, why not try a soy-based one! You might be surprised.

This dish is perfect for a night on the couch watching your favorite TV series, because all you need is a bowl and a fork!

TOFU & MIE NOODLES TERIYAKI

INGREDIENTS

serves 4

2 tablespoons olive oil
1 large onion, finely chopped
2 garlic cloves, minced
A small piece of ginger, grated
250 g | 9 oz tofu, cubed
500 ml | 17 fl oz vegetable broth
6 tablespoons teriyaki sauce
400 g | 14 oz sugar snaps
250 g | 9 oz mushrooms, sliced
1 red bell pepper, sliced
400 g | 14 oz fresh pineapple, cubed
30 g | 1 oz cashew nuts
400 g | 14 oz mie noodles (ideally thick flat ones)
2 tablespoons sesame oil
1 handful bean sprouts
1 spring onion, finely sliced
1 handful fresh basil, chopped

FOR THE SIDE

½ fresh chili, finely sliced
2 tablespoons soy sauce



Sandra Greinet

PREPARATION

Fry the onion, garlic and ginger in olive oil in a large pot before adding the tofu. After 5-10 minutes add the vegetable broth and teriyaki sauce. Now, add the mushrooms, bell pepper, sugar snaps, pineapple and cashews. Cook until vegetables are al dente.

In a separate pot, cook the mie noodles as indicated on the package. When ready add sesame oil to prevent the noodles from sticking to each other.

Mix chili and soy sauce in an extra bowl so people can add spiciness to taste.

To serve, place a portion of noodles in a bowl, add the vegetable mix and sprinkle with spring onions and bean sprouts or serve the toppings in small bowls as extras.



I developed a love for satay when traveling in Southeast Asia. When I got home to Ireland, I started looking for recipes so I could eat it whenever I wanted. Over the years I adapted the recipes and, after giving up meat, added tempeh to the mix.

TEMPEH IN SATAY SAUCE

INGREDIENTS

serves 4

- 8 tablespoons peanut or other vegetable oil
- 200 g | 7 oz tempeh, cubed
- 6 garlic cloves, minced
- 2 small chilis, finely chopped
- 1 leek, finely sliced
- 4-5 tablespoons peanut butter
- 400 ml | 14 fl oz coconut milk
- 3 tablespoons soy sauce
- 1 small head of broccoli, cut into florets
- 1 red bell pepper, cut into small pieces
- 200 g | 7 oz mushrooms, quartered
- 2 tablespoons ground peanuts
- 1 handful fresh cilantro, chopped
- 1 lime, cut into wedges



PREPARATION

In a large frying pan, heat 4 tablespoons of oil on medium to high heat and fry the tempeh until it is a golden yellow. Keep tossing to make sure it is covered in oil (adding more if needed). When ready, set aside.

For the sauce, heat 2 tablespoons of oil in a small sauce pan on low to medium heat and, once hot, add garlic, chili, and leek. Cook for a few minutes and then add the peanut butter and let it melt. Add coconut milk and soy sauce gradually and stir until there are no lumps and the sauce has a creamy texture. Set aside.

In the same pan used for the tempeh, heat 2 tablespoons of oil on medium heat and stir-fry broccoli, bell pepper and mushrooms for a few minutes. Add the ground peanuts for extra crunch. Now add both tempeh and sauce and cook on low heat for 10 minutes, stirring occasionally.

To serve, sprinkle with cilantro and add a lime wedge on to each plate.



My mother is from the Philippines and I feel most connected to that culture through the food. At home, prepping and wrapping the egg rolls is a nice way to spend some quality time with her.

FILIPINO LUMPIA — EGG ROLLS



Ingrid Schulte

INGREDIENTS makes 50 eggrolls

- 1/3 small cabbage, minced
- 3 stalks of celery, minced
- 4 medium-sized carrots, minced
- 3 spring onions, thinly sliced
- 1 teaspoon fresh ginger, minced
- 1 medium sweet potato, cooked and mashed
- 250g | 9 oz package soya mince
- 4 tablespoons oyster sauce
- 3 tablespoons sesame oil
- 1 egg, separated into the yolk and white
- 50 sheets of medium-sized spring roll pastry wrappers
- 250 ml | 9 fl oz frying oil e.g. sunflower, canola
- Sweet chili sauce to serve

PREPARATION

If you happen to have a food processor, you can use it to mince the vegetables. Otherwise, you need to chop them very finely, as this makes for the perfect filling texture.

Once this is done, create your filling by mixing all the ingredients (except the wrappers, egg white, and frying oil) together in a large bowl until the sauces are blended in evenly.

To assemble the rolls, lay a pastry wrapper flat on a plate. Orient it so it looks like a diamond. Place a large tablespoon of the filling about two thirds down the wrapper. Fold the bottom point of the wrapper up and over the filling and tuck as your roll. Be careful not to make your eggrolls too full, as this might cause them to fall apart during frying! Fold the left and right corners in. Your egg roll should look a bit like a weirdly-shaped envelope. Continue to roll the egg roll from bottom up. Brush some egg white onto the top point and fold over to seal the egg roll.

Heat oil for frying in a small pot. Fry 4-6 egg rolls at a time at medium heat until they turn golden brown. Remove the egg rolls and let excess oil drip on a paper towel or metal strainer.

Serve with sweet chili sauce and enjoy!



Traditionally, this is a Moroccan recipe for chicken, but it works surprisingly well with tofu. I added a bit of celery to give it some crunchiness.

TOFU MAROCAIN

INGREDIENTS

serves 4

120 g | 4 oz pitted mixed green and black olives

1 pickled lemon

50 g | 2 oz butter

2 medium onions, finely chopped

2 garlic cloves, finely chopped

1 teaspoon chili flakes

1 teaspoon ginger powder

1 teaspoon saffron threads (steeped in a bit of warm water) or ½ teaspoon saffron powder

400 g | 14 oz tofu, drained and diced

1 handful fresh flat-leafed parsley, chopped

3 stalks of celery, sliced

1 handful fresh cilantro, chopped

Bread or rice to serve



Adriaan Korthuis

PREPARATION

Blanch the olives in boiling water for 30 seconds. Drain, rinse with cold water and drain again. Repeat this procedure twice. Cut the pickled lemon in quarters and remove the flesh. Dry the skin with a paper towel and cut it into thin slices.

Heat the butter in a heavy sauce pan. Add the onions and stir until glazed. Add garlic, chili flakes, ginger powder and saffron and stir while simmering. Add the tofu and stir well until it is completely covered in the spice mix.

Add 300 ml | 10 fl oz water. Bring to a boil and add the olives, pickled lemon and parsley. Lower the heat and simmer for 10 minutes. Add the celery and let it simmer for another 5 minutes. Season with salt and pepper to taste.

Sprinkle with fresh cilantro and serve with rice or bread. A salad of oranges and tomatoes goes well with this dish.



This recipe is my adaptation of an irresistible Mauritian dish: Rougail Saucisse – sausages in spicy tomato sauce. It combines Indian fusion with a gentle touch of tropical island flavors.

SAUSAGES IN SWEET MASALA SAUCE

INGREDIENTS serves 4

- 250 g | 9 oz basmati rice
- 3 tablespoons olive oil
- 700 g | 1.5 lbs smoked seitan sausages, cut into finger-thick slices (alternatively, smoked tofu, cubed)
- 2 medium onions, finely chopped
- 2 garlic cloves, crushed
- 2 sprigs fresh thyme
- 2 tablespoons ginger, minced
- 1 chili, minced
- 1 tablespoon of sweet garam masala (alternatively regular garam masala and 2 tablespoons sugar)
- 1 tablespoon turmeric
- 5 ripe tomatoes, finely chopped
- 2 spring onions, finely sliced
- 1 handful fresh cilantro, chopped



PREPARATION

Prepare the rice to have it ready for serving.

In a pan, heat the olive oil and fry the sliced sausages for a few minutes. Add the onions and sauté for about 5 minutes. Now add garlic, thyme, ginger, chili, garam masala, turmeric and salt. Stir and after a few minutes add the tomatoes. Mix well, cover with a lid and simmer on a low heat for 25-30 minutes. Occasionally lift the lid to allow the sauce to reduce slightly.

Remove the thyme, garnish with spring onions and cilantro and serve with rice.



Our Berlin office is located across from a wonderful vegetarian Vietnamese restaurant. One of our favorite dishes there is a delicious and flavorful soup, which serves as the inspiration for this recipe. Make sure you try the real thing next time you're in town!

VIETNAMESE COCONUT CURRY SOUP



Ingrid Schulte

Ingredients serves 4-6

SOUP

- 2 tablespoons olive oil
- 1 package of firm tofu, cubed
- 3 garlic cloves, minced
- 1 medium onion, finely chopped
- 1 red bell pepper, diced
- 200 g | 7 oz mushrooms
- 3 tablespoons red curry paste
- 1 tablespoon freshly grated ginger
- 1.2 l | 0.3 gal vegetable broth
- 450 ml | 15 fl oz coconut milk
- 12 oz rice noodles
- 2 tablespoons soy or fish sauce

GARNISH

- 3 spring onions, thinly sliced
- 1 handful fresh cilantro, chopped
- 1 handful fresh basil, chopped
- 1 lime, juiced

PREPARATION

In a small pan, fry the tofu in half of the oil until it is golden brown and set aside.

Heat the rest of the oil in a large pot over medium heat. Sauté the garlic and onions. Cook for a few minutes, then add the bell pepper and mushrooms. Stir in the curry paste and ginger and after about a minute, pour in the vegetable broth and coconut milk. Bring to a boil and then reduce the heat and simmer for about 10 minutes. Add the soy or fish sauce.

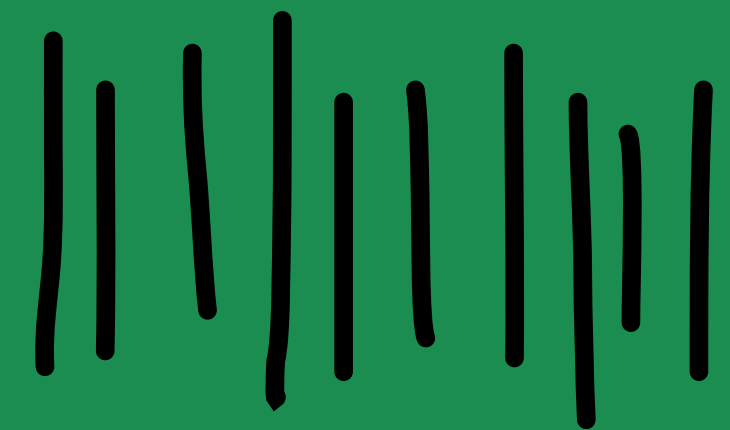
In a separate pot cook the noodles.

To serve, fill a portion of noodles into a bowl, then add soup and garnishes.





MUSHROOMS



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HEALTHY FOR YOU: Besides being a great addition to plant-based diets by supplying protein and fiber, mushrooms also support a healthy immune system by providing selenium, a powerful antioxidant. Their savory, meaty flavor (known as umami) makes mushrooms a satisfying centerpiece for any meal. As an added bonus, mushrooms are also one of the only non-animal sources of Vitamin D, an essential ingredient for building healthy bones.

HEALTHY FOR THE PLANET: Broadly speaking, mushrooms (or more accurately, fungi) are essential climate change fighters, helping forests sequester carbon into the soil through vast underground mycorrhizal networks. But even just the mushrooms we eat are climate heroes. Mushroom farming reuses and recycles waste from other sectors of food production and requires relatively little water and energy per pound of mushrooms produced.

I've been traveling a lot in Eastern Europe, and dumplings of all sorts are my favorite thing to try wherever I go. Besides mushrooms and potatoes you could also fill them with cottage cheese or berries.

VARENYKY



Erin D. Matson

INGREDIENTS

serves 4

1 egg, lightly beaten
 160 g | 6 oz sour cream
 350 g | 12 oz all-purpose flour
 Salt and pepper to taste
 1 medium potato
 (about 140 g | 5 oz), cubed
 Sea salt flakes
 2 tablespoons butter
 170 g | 6 oz cremini mushrooms,
 finely diced
 1 medium onion, finely chopped
 2 garlic cloves, minced
 A handful of fresh parsley,
 finely chopped
 A handful of fresh dill,
 finely chopped

TO SERVE

2-3 large onions, julienned
 3 tablespoons butter
 Sour cream
 Chopped fresh dill

PREPARATION

For the dough, mix the egg, about 75 ml | 2.5 fl oz water, and half of the sour cream with a fork. Add in the flour and a large pinch of salt. Knead the dough on a floured surface until it feels tight and elastic. Cover and cool in the fridge for about 30 minutes.

For the filling, boil the potato cubes in a small pot until soft, then drain and mash, adding salt and pepper. Meanwhile, heat the butter in a large skillet. Sauté the chopped onion with a pinch of salt over medium heat until soft. Add the mushrooms and cook until browned.

Transfer the mushrooms into a bowl and mix with the mashed potatoes, parsley and dill - save some dill for serving. Season with salt and pepper.

In the same skillet, add another tablespoon of butter. Cook the julienned onions over medium to low heat for 20-30 minutes until they are caramelized.

Now, divide the cold dough in half and roll out each half on a floured surface to about ½ cm | ¼ inch thick. Use a cookie cutter to cut out rounds. Put a teaspoon of filling onto each round, moisten the edge, fold the dough over the filling, and crimp the edges of the dumplings.

Cook the dumplings in batches for about 6 minutes each in salted water – until about 2 minutes after they float to the surface. Serve with caramelized onions, sour cream, and fresh dill.



I love hunting for mushrooms in the forest. Last year, I found a wild chicken mushroom and prepared it like a schnitzel. It was so tender and juicy – no kind of meat could even get close.

MUSHROOM SCHNITZEL WITH POTATO SALAD



INGREDIENTS

serves 4

- 1 kg | 2 lbs golden, firm cooking potatoes, unpeeled and boiled whole
- 150 g | 5 oz small pickled cucumbers, sliced
- 1 small bunch red radishes, sliced
- 1 small bunch spring onions, sliced
- 4 teaspoons capers
- 3 heaped tablespoons mayonnaise
- 3 heaped tablespoons of plain yoghurt
- 3 tablespoons white wine vinegar
- 750 g | 1.5 lbs flat mushrooms (oyster, maitake, portobello, parasol or chicken mushrooms)
- 450 g | 16 oz breadcrumbs
- 1 handful fresh thyme, chopped
- 4 eggs
- 6 tablespoons olive oil
- 2 tablespoons butter
- 1 lemon, wedged

PREPARATION

For the salad, boil the potatoes until cooked but still firm. Let them cool, cut them into chunky cubes, and place them in a large bowl. Remove the peel, if you prefer. Drizzle with vinegar and add pickled cucumbers, capers, spring onions and radishes. Then set aside.

In a small bowl, combine yoghurt, mayonnaise, a few tablespoons of pickle juice, salt and pepper. Mix well and add it to the potatoes. The salad keeps well in the fridge for several days.

For the schnitzels, clean the mushrooms well. If they are not quite flat enough, cut them into 2 cm | 1 inch thick slices. Season the breadcrumbs with thyme, salt and pepper and place them on a large plate. Beat the eggs in a medium sized bowl with a tablespoon of water.

One by one, double-bread the mushrooms: dip in the egg mixture, then turn them in the breadcrumbs until covered, dip in egg again and cover with breadcrumbs again, then set aside on a clean dish. Heat up olive oil and butter in a large heavy pan. Fry the mushroom schnitzels in batches on medium heat on both sides until golden brown.

Serve immediately, with potato salad and lemon wedges as garnish.



This dish reminds me of the Andes mountains where I come from. The quinotto stands as a symbol of blending cultures, letting new and old flavors mix in delicious ways.

QUINOTTO WITH MUSHROOMS & GOAT'S CHEESE

INGREDIENTS

serves 4

- 30 g | 1 oz butter
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 300 g | 10 oz mushrooms, finely sliced
- 1 handful fresh flat-leaf parsley, finely chopped
- 1 medium onion, finely chopped
- 1 large tomato, cubed
- 1 yellow or red bell pepper, cubed
- 250 g | 9 oz quinoa
- 250 ml | 8 fl oz white wine
- 1 teaspoon turmeric
- 1 l | 0.25 gal vegetable broth
- 60 g | 2 oz parmesan cheese, grated
- 30 g | 1 oz soft goat's cheese, crumbled
- 2 tablespoons mixed nuts, finely chopped

PREPARATION

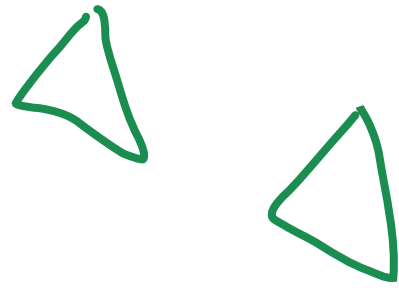
In a pan, heat one third of the butter and 1 tablespoon of olive oil and sauté the garlic and the mushrooms. Season with salt and pepper. When nearly done, add half of the parsley and set aside.

In a large pot or wok heat the remaining olive oil and sauté the onion, tomato and bell pepper for about 5 minutes on medium heat. Add the quinoa, stir and deglaze with the white wine. Season with salt and turmeric.

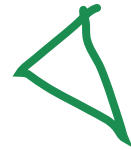
Once the wine is absorbed, add the broth, ladle by ladle, always waiting for the liquid to be absorbed before adding the next. When the quinoa is soft after about 20 minutes, add the cooked mushrooms, the remaining butter, the goat's cheese and half of the parmesan. Add a little broth and stir well.

To serve, garnish with nuts, parsley and parmesan.

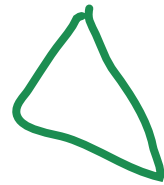




My heart always jumps for joy when I spot the bright orange tops of these mushrooms bursting from a mossy knoll in the forest. This recipe, from my Swedish grandmother, lets their unique flavor be the center of attention. Thank you, mormor!



WILD CHANTERELLES ON TOAST



Hilda Galt

INGREDIENTS

serves 4

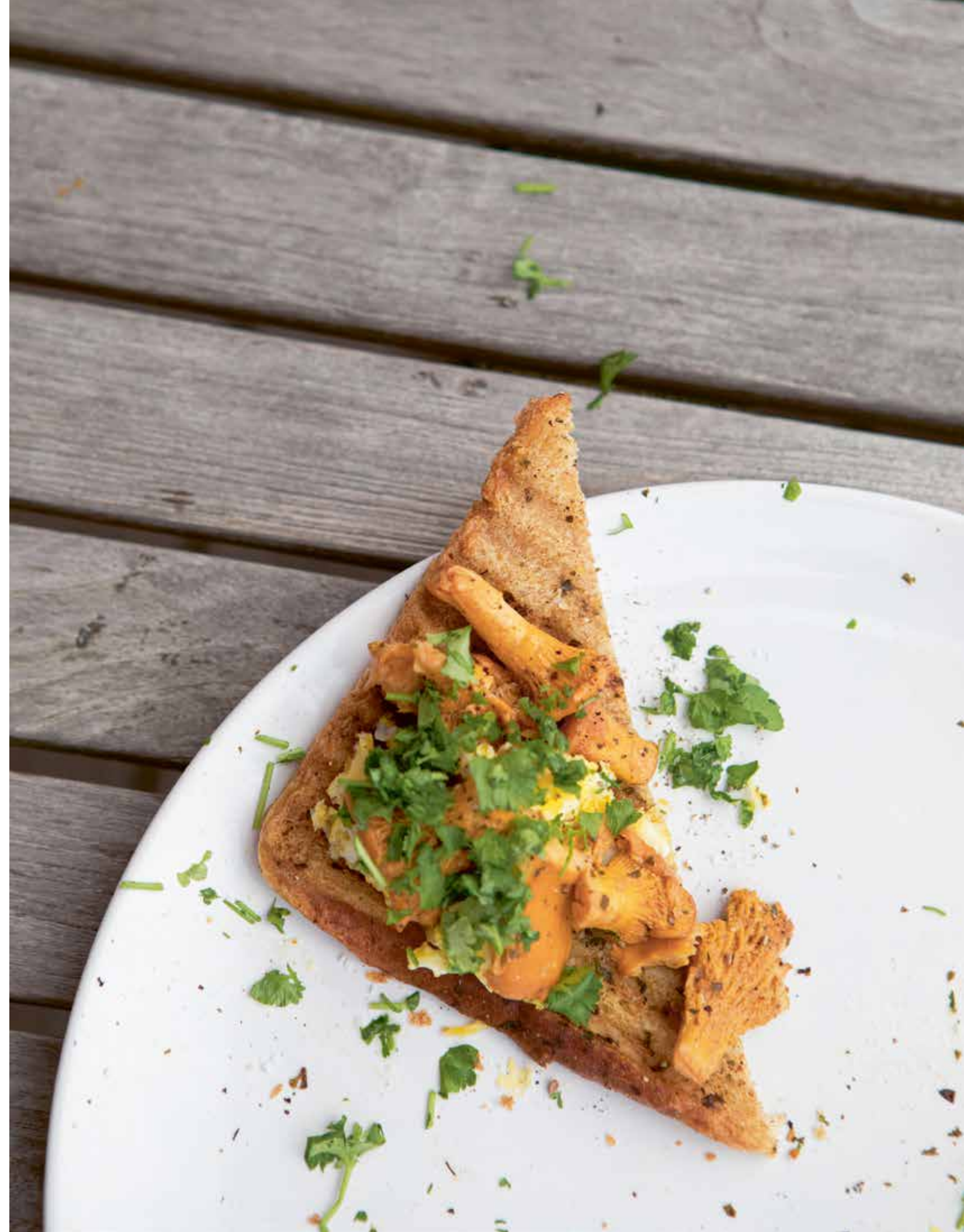
- 500 g | 18 oz fresh chanterelles
- 6 tablespoons salted butter
- 2 teaspoons fresh parsley, finely chopped
- 4 large eggs
- 4 slices crusty brown bread (ideally sourdough)

PREPARATION

Start by cleaning the chanterelles – gently brush off any soil or sand with a vegetable brush. Don't run the mushrooms under water! Slice the larger mushrooms in half or quarters from top to bottom: you want to keep the profile of the whole mushroom visible in the finished dish. No need to cut the smaller mushrooms.

Melt the butter in a large non-stick frying pan. Add the chanterelles and gently fry for 5 minutes until they soften and turn golden. Push the mushrooms to one side and break the eggs into the pan, cooking them in the flavored butter. You can either lightly scramble the eggs, or fry them leaving the yolk runny: as you prefer. Meanwhile, toast the bread.

On each slice of bread, pile the egg followed by the warm chanterelles. Finish with a sprinkling of fresh parsley, and salt and pepper to taste.



Every region in Colombia has a different type of arepa. My parents used to send me arepas from Bucaramanga to Bogotá so I could taste a piece of home.

AREPAS WITH SPINACH & MUSHROOMS



Luis Carlos Cote

INGREDIENTS

serves 4

DOUGH

500 g | 16 oz arepa flour
(precooked corn flour)

1 teaspoon salt

4 tablespoons vegetable oil

SPINACH FILLING

125 g | 4 oz quinoa

30 g | 1 oz fresh spinach,
roughly chopped

2 medium tomatoes, diced

1 avocado, diced

1 lemon, juiced

2 tablespoons olive oil

MUSHROOM FILLING

250 g | 8 oz mushrooms, sliced

250 ml | 8 fl oz milk

60 g | 2 oz parmesan cheese, grated

1 tablespoon butter

2 tablespoons all-purpose flour

1 handful fresh chives, chopped

Truffle oil to taste

PREPARATION

For the dough, combine arepa flour and salt in a bowl. Add 500 ml | 17 fl oz of warm water. Knead the dough well and let it rest for 5 minutes. Divide the dough into 12 balls and pat each into a patty. Heat the oil in a large skillet and, working in batches, cook the patties in hot oil until golden brown, 5 to 7 minutes per side.

Transfer cooked arepas to a paper towel-lined plate to drain until cool enough to handle. Now slice halfway through each cake horizontally with a knife to form a pita-like pocket. To serve fill each arepa with one of the fillings below.

For the spinach filling, prepare the quinoa as indicated on the package. When ready, add the spinach, tomatoes, avocado, lemon juice and olive oil. Mix well and season with salt and pepper.

For the mushroom filling, melt the butter in a medium-sized pot. Add the mushrooms, season with salt and pepper, and transfer to a plate once cooked. Now add the flour to the pot. Whisk until the flour is toasted then add the milk. Whisk continuously, then add parmesan and season with salt and pepper. Add the cooked mushrooms, chives and some sprinkles of truffle oil.



MUSHROOM RISOTTO

INGREDIENTS

serves 4

30 g | 1 oz dried porcini mushrooms

1.6 l | 0.4 gal mushroom bouillon

30 g | 1 oz butter

2 tablespoons olive oil

1 large onion, finely chopped

300 g | 11 oz risotto rice

150 ml | 5 fl oz dry white wine

500 g | 18 oz mushrooms, sliced or quartered

2-3 garlic cloves, minced

2 handfuls fresh parsley, finely chopped

110 g | 4 oz parmesan cheese, freshly grated

I love cooking and have collected many recipes over the years – but according to my family, risotto is my signature dish. When the tender rice almost melts in your mouth, all the flavours come out at once – simply delicious!



PREPARATION

Soak the porcini in a bowl with 125 ml | 4 fl oz hot water for about 10 minutes. Chop the porcini into fine slices, but keep the water and add it to the bouillon. Now heat up the mix and keep it warm on low heat.

Melt two thirds of the butter in a large pot or pan, add 1 tablespoon of olive oil and sauté the onion until it is soft and golden brown. Add the rice and half of the porcini and stir constantly for a few minutes, until the rice is slightly translucent. Deglaze with white wine and let it simmer while stirring constantly, until the wine has completely reduced.

Add the bouillon one ladle at a time, while stirring. Wait until the liquid is nearly absorbed before adding the next ladle. The rice is done in 20-25 minutes.

In another pan, fry mushrooms, garlic and remaining porcini in olive oil. When nearly done, add two thirds of the parsley and mix well. Add half of the mushrooms, two thirds of the parmesan and the rest of the butter to the risotto and mix well. Season with salt and pepper.

When serving, top each plate with extra mushrooms, parsley and parmesan cheese.



FRUIT



White Cheddar & Apple Savory Pie — 114

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HEALTHY FOR YOU: Fruit provide an excellent source of vitamin C, potassium, fibre and anti-oxidants. Including fruit in your daily diet can reduce the risk of developing chronic diseases such as diabetes or high cholesterol. Of course, fruit can also help satisfy a sweet tooth without reaching towards high-fat and high-sugar foods such as chocolate, candy or ice cream. So as part of a healthy diet, an apple a day really can keep the doctor away.

HEALTHY FOR THE PLANET: The further fruit travels, the larger its carbon footprint. The fruit found in supermarkets today come from farms an average of 1500-2500 miles away. Buying fruit from local farmers – on markets, through shopping cooperatives, or directly from farm shops – is a nice way of cutting down on food miles. That way you can also get fresher fruit and in many cases avoid unnecessary waste from food packaging.



A great Thanksgiving main dish for vegetarians; this recipe helped me get through many holidays with my family when they were all eating turkey!

WHITE CHEDDAR & APPLE SAVORY PIE



Erin D. Matson

INGREDIENTS

serves 6-8

FOR THE PIE CRUST

170 g | 6 oz cold unsalted butter
 350 g | 12 oz flour – half spelt and half all-purpose works well
 ½ teaspoon fine sea salt
 8 to 10 tablespoons ice water

FOR THE FILLING

2 tablespoons butter
 1 large onion, julienned
 3 medium apples, peeled and cubed
 3 large eggs
 60 ml | 6 fl oz heavy cream
 4-5 sprigs fresh thyme and/or rosemary, finely chopped
 255 g | 9 oz white cheddar, coarsely grated

PREPARATION

For the dough, cut the butter into cubes. Mix flour, salt, and butter in a large bowl. Slowly add the water, a little at a time, until the dough starts to hold together. Then, divide it into two fat disks. Wrap these in plastic or a reusable beeswax wrap, and place in the fridge for an hour or more.

For the filling, sauté the onions in butter over medium to low heat for 10 minutes in a large skillet – until they are a little caramelized. Remove the onions. Add a little more butter if needed, turn up the heat to medium, and cook the apple cubes for 8 to 10 minutes.

Separately, whisk the eggs in a large bowl. Reserve a little of the whisked eggs on the side, to glaze the pie later. Then add the cream, chopped herbs, salt, and pepper to the big bowl, and whisk again. Mix in the onions, apples and grated cheddar.

Preheat the oven to 220°C | 425°F. Roll out one piece of dough into a large circle that fits in the bottom of your pie pan. Add the filling, then roll out the other piece of dough to add on top. Crimp the edges of the crust to close and brush it with the egg glaze. Cut some vents into the top crust. Bake the pie for 35 to 40 minutes, until it is golden brown. Enjoy warm or at room temperature.



When we were kids, my mum sometimes warned us not to eat too much during dinner because there would be a special dessert. My brother and I knew to expect the baked apples.

BAKED APPLES WITH VANILLA SAUCE



Lieke 'r Gilde

INGREDIENTS

serves 4

4 apples (a kind that bakes well such as Jonagold)

60 g | 2 oz raisins

4 tablespoons sugar

Cinnamon to taste

30 g | 1 oz butter

FOR THE SAUCE

250 ml | 8 fl oz milk

¼ vanilla pod or 1 teaspoon of vanilla extract

15 g | 0.5 oz cornstarch

30 g | 1 oz sugar

A pinch of salt

1 egg yolk

PREPARATION

Preheat the oven at 180°C | 350°F. Peel and core the apples, and put them into an oven dish with a thin layer of water. Mix the raisins, sugar and cinnamons and stuff them into the apples. Put a small piece of butter on top of each apple and bake them until soft for about 20-30 minutes, depending on their size.

For the sauce, bring 220 ml | 7 fl oz milk to boil in a large pan, add the vanilla. When boiling, turn down the heat and leave the vanilla milk in the pan for about 15 minutes just below cooking temperature, while stirring regularly.

Mix the cornstarch, sugar, salt, egg yolk and the remaining milk and stir until smooth. Remove the vanilla milk from the stove and add the sugar mixture while stirring until completely blended. Then, put the mixture back on the stove and boil for about five minutes, while stirring until thickened. Remove the vanilla pod.

The apples are best enjoyed straight out of the oven with the warm vanilla sauce on top.



Summers can get really hot where I come from in France, making warm desserts unappealing. The Charlotte with fresh berries solved that issue throughout my childhood.

CHARLOTTE AUX FRAISES



Leo Mongendre

INGREDIENTS

serves 6-8

60 g | 2 oz ladyfinger biscuits (also known as savoiardi, sponge fingers and boudoir)

500 g | 18 oz strawberries / raspberries

1 lemon, juiced

6-8 tablespoons sugar

250 g | 9 oz fromage blanc or crème fraîche

PREPARATION

First and foremost, you need a medium Charlotte mold – either made of steel or silicone.

Mash 8-10 strawberries and/or raspberries and mix with the lemon juice and 2-3 teaspoons of sugar. Briefly soak the biscuits in the mash. Be sure to coat them fully but remove them fast or else they will get soggy. Now layer the bottom and sides of your mold with the biscuits.

Mix your fromage blanc or crème fraîche with the remaining sugar. Cut the remaining fruit into small pieces. Break 5-10 biscuits into very small pieces. Add fromage blanc /crème fraîche, fruit and biscuits in layers until the mold slightly overfills. Close the mold with its lid (it should be pretty packed) and store in the fridge for 2 hours before serving.

Charlottes are best eaten relatively shortly after making as they tend to get soggy if left in the fridge overnight.



Apple Pie – a German classic.
It is easy to make
and delicious to eat.

GERMAN APPLE PIE

INGREDIENTS

serves 6-8

- 150 g | 5 oz unsalted butter
- 60 g | 2 oz plain fine breadcrumbs
- 150 g | 5 oz sugar
- 300 g | 10 oz all-purpose flour,
plus more for dusting
- 1 egg
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1 kg | 2 lbs apples (a kind that is not
too sweet and bakes well)
- 1 lemon, juiced
- 1 teaspoon cinnamon
- 60 g | 2 oz almonds, chopped or
ground

PREPARATION

Preheat the oven to 180°C | 350°F. Grease the bottom and sides of a baking pan with a bit of butter, then coat it with breadcrumbs.

Set a little bit of sugar aside. Now whisk remaining sugar, flour, 1 egg, a pinch of salt, butter and vanilla extract in a large bowl. Knead very gently until the dough comes together. Cut off a quarter of the dough and put it in the fridge. Roll the remaining dough around the rolling pin and unroll onto the pan making sure the dough reaches all edges.

Peel, slice and core the apples and sprinkle them with lemon juice. Add cinnamon, almonds and the sugar set aside earlier. Now put the mix onto the dough in the pan. Remove the rest of the dough from the fridge, flatten it with the rolling pin and form a circle that fits the baking pan. Cover the apple mix with the dough. Lightly prick the dough cover with a fork. Whisk the egg yolk and brush it over the pastry lid.

Bake the pie in the preheated oven for about 45 minutes and enjoy it warm or cold.



This traditional Brazilian red wine pudding is my all-time favorite and typically eaten around Christmas time. No matter where I am in the world, its taste transports me back home and to my childhood.

SAGU DE VINHO



Barbara Hermann

INGREDIENTS

serves 4

350 ml | 12 fl oz water
 350 ml | 12 fl oz red wine
 300 g | 10 oz sago pearls
 made of cassava or other starch
 250 g | 9 oz sugar
 2 cinnamon sticks
 1 clove
 250 g | 9 oz heavy cream,
 lightly sweetened

PREPARATION

In a large pot, bring wine and water to boil. Add the sago, sugar, cinnamon sticks and cloves, allowing the mixture to simmer over low heat. Continuously stir the pot for approximately 30-40 minutes. The sago is done once the sago pearls are translucent and have a gummy texture.

Discard the cinnamon and cloves. Pour the sago into a serving bowl or individual dessert bowls and place it in the fridge to chill.

The chilled dessert is best served cold with 2-3 tablespoons of sweetened heavy cream.





COCOA



- Brigadeiros — 132
- Mousse au Chocolat — 128
- Chocolate Avocado Truffles — 130
- Chocolate Cake with Apples & Nuts — 126

HEALTHY FOR YOU: Cocoa's minerals and antioxidants protect your heart and fight cancer. The less processed the product and the darker the chocolate, the higher the antioxidant punch. So don't overdo it on milk chocolate and cakes since these calorie-dense foods might offset the benefits of cocoa. But, consumed in moderation, dark chocolate and cocoa powder can be a powerful medicine – not to mention a treat.

HEALTHY FOR THE PLANET: Cocoa is often grown in ways that are harmful for the environment, mostly through clearing native forests to plant cocoa plantations. But farmers, companies and consumers have become much more aware of the need to improve cocoa production. Producers are working on eliminating deforestation and integrating cocoa into diverse agroforestry systems that store much more carbon than single-crop plantations.

I really don't know how to cook at all – but even I can make Brigadeiros. This traditional Brazilian confectionary is loved by anyone with a sweet tooth.

BRIGADEIROS

INGREDIENTS
makes 15 - 20 brigadeiros

400 g | 14 oz condensed milk
3 tablespoons 70% cocoa
1 teaspoon butter and a little extra to grease the plate

FOR THE COATING

Chocolate sprinkles or
Chopped nuts or
Coconut flakes or
Sugar sprinkles or any other coating you like



Thiago Chagas

PREPARATION

In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.

Pour onto a greased plate, then chill for one hour.

Shape and roll the chilled mixture into 15-20 small balls and then roll the balls in chocolate sprinkles or any other topping.

Enjoy immediately or store in the fridge.



Starting when I was 14 and for decades thereafter I brought this mousse to essentially every party I was invited to. I also prepared it in industrial quantities for my high school graduation. It is timeless and still a hit!

MOUSSE AU CHOCOLAT



Charlotte Streck

INGREDIENTS

serves 4

3 eggs
 200 ml | 7 fl oz whipping cream
 200 g | 7 oz dark chocolate
 (60% cocoa or more)
 40 g | 1.5 oz sugar
 3 tablespoons warm water
 30 ml | 1 fl oz strong espresso or
 almond liqueur

PREPARATION

Separate the egg yolks and whites carefully. Whisk the egg whites to stiff peaks until a fork holds in the foam. Then put it in the fridge to cool. Now, whip the cream and also put it in the fridge.

Melt the chocolate in a double-boiler or in the microwave. Beat the egg yolks with a mixer and gradually add the sugar and water, beating constantly. Continue for about 5 minutes until the mixture is creamy. Add the espresso, coffee or liqueur and stir in the melted chocolate.

Carefully add the whipped cream and egg foam to the chocolate mixture and fold in with a whisk. Pour into a large bowl and let the mousse cool in the fridge for a minimum of two hours.



Using avocado instead of the traditional heavy cream gives these truffles a creamy texture, boosts the healthy fats and makes them a delicious vegan snack for all to enjoy.

CHOCOLATE AVOCADO TRUFFLES

INGREDIENTS

makes 8-10 truffles

- 1 large ripe avocado, peeled and pitted
- 150 g | 5 oz dark chocolate
- ¼ teaspoon vanilla extract
- 2 tablespoons brown sugar (optional)

FOR THE COATING

- Cocoa powder or
- Chopped pistachios or
- Coconut shreds or
- Chocolate sprinkles

PREPARATION

In a food processor, mix the avocado until smooth and add in the vanilla extract, a pinch of salt and brown sugar. Melt the chocolate in a double-boiler, combine it with the avocado mix and continue to process until the texture is creamy.

Let the truffle mixture chill in the fridge for 30 minutes or until it is firm enough to be rolled into 8-10 balls. Cover in any of the coating options and keep truffles in the fridge until serving.



Nicole Krämer



I have known this recipe by heart for more than 20 years now and it never disappoints. The cake always turns out juicy and full of flavor.

CHOCOLATE CAKE WITH APPLES & NUTS

Ingredients
serves 8-10

3 eggs
200 g | 7 oz margarine
200 g | 7 oz all-purpose flour
200 g | 7 oz sugar
3 heaped tablespoons cocoa
1 tablespoon baking soda
200 g | 7 oz almonds or hazelnuts,
finely ground
4 medium apples, peeled and grated
5 tablespoons rum or 2.5 tablespoons
rum extract
60 g | 2 oz powdered sugar to serve



Franziska Haupt

PREPARATION

Preheat the oven to 180°C | 350°F. Grease a 25 cm | 10 inch springform pan with a tablespoon of margarine.

In a large bowl, combine the rest of the margarine, the eggs and the sugar. Now sift the flour, cocoa and baking soda into the bowl and mix well before folding in the grated apples, nuts and rum.

Transfer the cake mix into the springform pan.

Bake the cake in the preheated oven for about 45 minutes and enjoy either warm or cold. Dust the top with powdered sugar before serving.



EATING MORE PLANTS

If we've written this book well, you'll have learned something new about our Climate Focus colleagues, had a chuckle at the pictures, and enjoyed the mouth-watering recipes. And you will have noticed that one ingredient is absent: meat.

SO, WHERE'S THE BEEF?

Meat is an excellent source of protein and nutrition, but it is not the only one. We can get all the protein we need with plant-based foods. Eating plenty of fruits, vegetables, grains and pulses is a nutritious way to keep our body healthy, lowering our risk of obesity, high cholesterol levels, high blood pressure, and heart disease. Many top athletes, including world champions, have adopted plant-based diets while staying at the top of their game.

WHAT TYPE OF PLANTS?

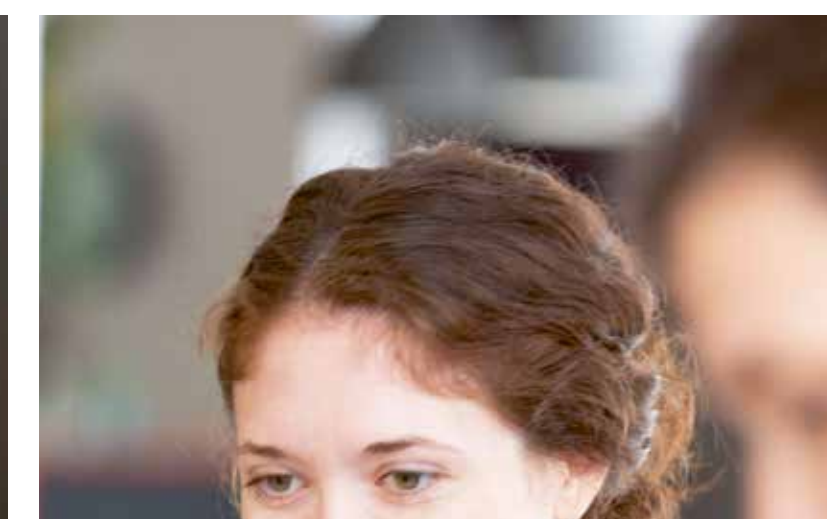
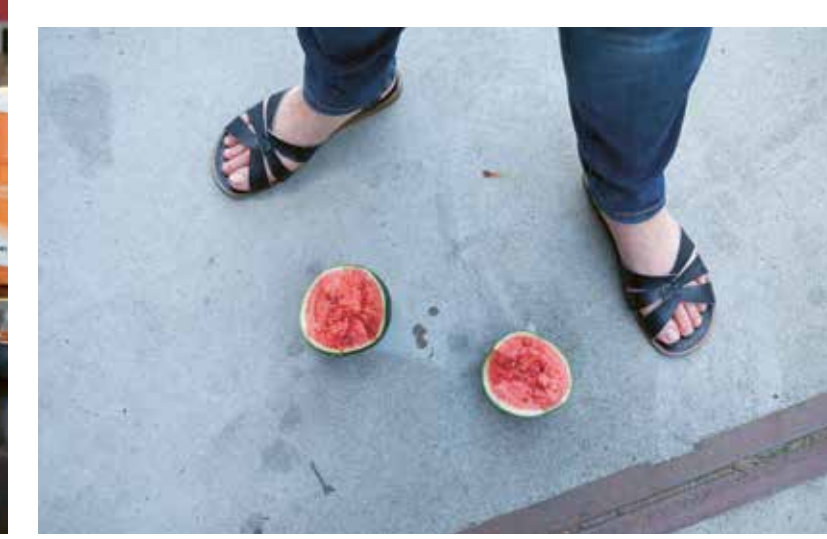
A plant-based diet includes fruits and vegetables, nuts, seeds, oils, whole grains, legumes, and beans. Adopting a healthy diet does not mean that you have to cut meat fully from your diet. A healthy diet recommends not more than an average of 50-60 grams of meat per day – instead of the 200-300 grams that are the average daily amount in developed countries. This translates into eating one steak every week instead of eating five.

We hope that this book has shown that there is more to a plant-based diet than spaghetti with tomato sauce. In fact, there is an almost unlimited variety of plants, a world of herbs, and countless flavors that can help to inspire the vegetarian cook. You will see, once you have started exploring and testing vegetarian dishes, you will soon discover how boring meat is.

WHAT ENVIRONMENTAL BENEFITS?

Besides your health, there are many bonus environmental benefits that come from eating a plant-based diet. This includes using less resources such as land and water; and helping to protect our forests for future generations. Replacing animal-sourced foods with plant-based ones can reduce the climate footprint of your diet – by as much as 84%. Greenhouse gas emissions arise from the animals themselves through what is known as enteric fermentation (think belching animals), from clearing land for grazing these animals and for growing the huge amounts of feed that is needed to nourish them.

So, let's eat less meat and help fight climate change by adopting new eating habits. We hope we've provided you with some inspiration.



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ENJOY YOUR MEAL!
EET SMAKELIJK!
GUTEN APPETIT!
¡BUEN PROVECHO!



Timing is tight to confront the systematic challenges of our economic system and to divert it to a more sustainable path.

The next five years will mark the difference between a warmer world and a hotter one, between manageable and out-of-hand climate change. We will do what we can to contribute to keeping the earth a livable planet.

Eating plants and plant-based food products is one of the most delightful and practicable things we can do to help turn the tide.



Climate Focus was launched 15 years ago – for our anniversary we want to share our team’s best recipes with you as well as some thoughts on the links between food and climate change.