

15 FARM TO FORK COOKING INSPIRATIONS

HAPPY
HOLIDAYS &
A HEALTHY
2021!



cscpp



Fair, Healthy, And Environmentally-Friendly Food Systems Are Key To The Good Life



Photo by Ivan Samkov from Pexels

This year has been a strong reminder that health, functioning ecosystems, and good food are key ingredients for a good life. For us at the CSCP, healthy and sustainable food systems are a top priority. Together with our partners, we will strive to support responsibly and sustainably sourced and produced food and its appreciation in society.

In these holiday greetings, our team members share some of their all-time favourite recipes. In the spirit of the **Farm to Fork Strategy**, we wish to spark inspiration for tasty, healthy, and low-carbon dishes that will add value on your dining table and more!

Stay and eat healthy!



Michael Kuhndt
Executive Director CSCP

Farm 2 Fork And Food Inspirations



Alternative proteins



Biodiversity



Climate friendly



Energy efficiency



Food waste reduction



Healthy



Less packaging



Microbial



Organic



Plant based



Traditional

Food systems cause one-third of all greenhouse emissions, are responsible for biodiversity loss and don't allow fair economic returns for everyone. To address these major challenges, the European Union has launched its [Farm to Fork Strategy](#), part of the **EU Green Deal**.

Farm to Fork lays out a comprehensive strategy to ensure that food systems have at least a positive environmental impact, support the mitigation of climate change, help biodiversity restoration, make sure that sufficient and healthy food is accessible to everyone, and ensure fair economic returns for all parties involved.



1

A Greener Holiday Classic



Veggie Wellington



Healthy



Plant-based

Before I became an IT Manager, I was a professional chef – I know, not your typical career change. For over 10 years, I'd spend my days trying out various ingredients, testing non-conventional cooking techniques, and developing new recipes.

Every year, as Christmas nears, I revisit my old recipe books and notes in search of inspiration. It's the perfect get-away from disk crashes and system glitches. This year, I tried out a leaner and cleaner version of the British Christmas centrepiece, the Beef Wellington.

TRY A
VEGGIE
XMAS
DISH!



Alan Brown
IT Manager

Veggie Wellington

Ingredients

500 g butternut squash	200 g breadcrumbs
2 tbsp of olive oil	½ tsp of mace
Small amount of sage	150 g cooked chestnuts
2 shallots	6-8 cooked beetroots
500 g mushrooms	1 egg
3 cloves of garlic	1 tbsp poppy seeds
150 ml double cream	Whole nutmeg
	Plain flour just for dusting

Preparation

Step 1 | Heat the oven to 200C/180C fan/gas 6. Toss the squash with 1 tbsp oil, half the sage and some seasoning. Tip onto a baking tray and roast for 25 mins until tender.

Step 2 | Meanwhile, heat 1 tbsp oil in a large frying pan and fry the shallots for 10 mins until tender. Add the mushrooms and fry for 15 mins until softened, and the liquid has evaporated.

Step 3 | Add the garlic and remaining sage to the mushrooms, fry for a minute, then add the double cream. Stir until it coats the mushrooms and no liquid remains. Fold in the breadcrumbs, mace, chestnuts and roast squash. Season everything well, adding a grating of nutmeg. Leave to cool before assembling the wellington.

Step 4 | Roll the pastry out on a floured work surface to a 35 x 45 cm rectangle. Transfer to a large parchment-lined baking sheet with one of the long lengths of the pastry facing towards you. Spoon the mushroom and squash mixture down the length of the pastry, leaving a 7cm border along the top and 1cm on both sides. Brush all the exposed pastry with beaten egg.

Step 5 | Put the beetroots in a line down the middle of the filling – they should be touching. Fold the filling-covered, long length of the pastry over the beets, using the paper to help you. Roll up and trim the pastry with a knife when it's overlapping by 1 cm.

Step 6 | Place the wellington seal-side down, and pinch the ends to seal. Egg wash the whole thing and use a fork or blunt cutlery knife to score the pastry in a pretty pattern. Chill until for at least 30 mins, or up to 24 hrs.

Step 7 | Heat the oven to 200C/180C fan/gas 6. Brush the wellington with more beaten egg, sprinkle with the sesame or poppy seeds and bake for 45-50 mins until golden brown and puffed up. Leave to rest for 10 mins before carve into chunky slices with a sharp knife to serve.

If you've ever thought that going for the more sustainable version of a classic feels like drawing the short straw, give this Veggie Wellington a try!



Photo by Christina Rumpfon Unsplash

2 Save Food & Time And Have A Healthy Lunch



The 'Flexible' Salad



Food waste
reduction



Healthy



Organic



Plant-based

A while ago, as part of the action week against food waste 'Germany saves food', I prepared an easy salad exclusively with left-overs. I have come to call it 'the flexible salad' since and it's a true win-win choice that I love to share with friends and family. You'll save food and time and still have a proper, healthy lunch that keeps you going for the rest of the day. It being the 'flexible salad' means that there isn't a proper list of ingredients to speak of, however some 'musts' for me include any greens, some type of carbs, and a nice topping/ dressing. Here are some valuable instructions for a non-failure salad that makes your home office lunch a treat.

GREAT
HOME-OFFICE
LUNCH!



Nora Brüggemann
Project Manager

Photo by Nadine Primeau on Unsplash

The 'Flexible' Salad

Total Time

20 Minutes

Servings

1 Bowl

ENJOY YOUR
SALAD,
FLEXIBLY!

Ingredients Preparation

There isn't a proper list of ingredients to speak of, however some 'musts' for me include:

Any greens

Some type of carbs

A nice topping/dressing

Step 1 | Have a look in your fridge. A thorough one. Any left-aside veggies that would not suffice for a whole family meal? What about the noodles from the day before? I am sure you'll find at least a few of those, so take them out of the fridge and onto the kitchen counter.

Step 2 | Open your cardboards. Maybe you'll realise some shelves need reorganising, but try to stay focused as that's a task for another day. For now, look for a forgotten apple, maybe some dried fruit, some crackers or old bread, or a few seeds? Take them out, too.

Step 3 | Now, take action: stir the cubed bread, noodles, potatoes or rice in a pan – you'll want to warm those up and add a bit of crustiness to your dish. Take the veggies next and cut them up nicely. Make a bed out of them and put the warm ingredients on top.

Step 4 | Take a few minutes for the dressing. If you have nothing else, some oil of your choice with a bit of seasoning will do. For a treat, try out some (left-over) hummus, tahini sauce, or something of the sort.



Photo by Mariana Medvedeva on Unsplash

3 Bake In Batches, Save Energy!



Photo by Helen Ast on Unsplash

Active Breaks Baguettes



Energy efficiency



Less packaging



Organic

Nothing beats the smell of freshly-baked bread. But, when it came to baking my own, for a very long time, I contemplated on the balance between effort and worthiness and generally ended up not baking.

Until I heard about cold dough! After a few experiments (read: disastrous results) I finally developed a recipe that fits my lifestyle, sandwiched between children and work. What's more, baking time amounts to no longer than 20 minutes and baking a few batches at a time is even more energy efficient.

ENJOY
THE BEAUTY
OF THE
PROCESS!



Stephan Schaller
Senior Consultant

Active Breaks

Baguettes

Ingredients

1 kg spelt flour
(from wheat to wholegrain everything works)

One larger “crumb” of a cube of fresh yeast
dissolved in a 100ml cold water

2 tsp salt

Optional Ingredients

A pinch of sugar or agave syrup

Bread spice (fennel or coriander)

Preparation

The day before
(preferably 24 hours in advance)

Mix the ingredients in a kneading mixer or, if you want some upper-limb exercise, by hand.

While kneading, simply add the dissolved yeast with the water and add around 400 ml of water until the dough has a good consistency, i.e. it's nice and moist, but does not stick much to the bowl's rim. Take no longer than 7 minutes for this process. Put the dough in a large bowl and cover with a plate on top. The dough should rest at room temperature for up to 8 hours, after which time I recommend to pull and fold it a bit and then let it rest in the fridge.

THE WONDER
OF COLD DOUGH IS
THAT IT WILL
CONTINUE TO RISE
EVEN IN FRIDGE
TEMPERATURES.

The next morning

Step 1 | Preheat the oven to about 250 degrees, already with a tray of hot water on the lowest shelf.

Step 2 | Pour the dough out of the container and pull/press it to the desired thickness with wet hands. Don't knead too hard so as not to push out the air.

Step 3 | Cut the dough into approx. 6 cm wide strips; drag the top and bottom of the dough through a plate with water and then roll it into a plate with grains of your choice. Baguettes without grains should still be pulled completely through water for a nice crust.

Step 4 | Put the baguettes quickly in the hot oven trying to keep the steam in. After 10-11 minutes, remove the tray with water (be careful, very hot!), let the remaining steam escape briefly and lower the temperature to 225 degrees for another 5 minutes. In the final round, lower the temperature to 200°C and then bake for another 5-7 minutes with potholders at the top of the oven flap so that more steam and moisture can escape through a small gap. This is a guarantee for a nice crust!

Step 5 | Take out of oven once happy with the colour they've taken on. Be careful not to bake too short; nobody likes raw dough! It is best to cool the baguettes down on a wire mesh so that the crust remains crisp and does not soften by its own steam.

When you give it a try, which I urge you to, remember that every flour and oven is different. Don't give up if it doesn't fully play out on the first try. The beauty lies in the process, too!



Photo by Helen Ast on Unsplash

4 Climate-Friendly Comfort Food



Gallo Pinto



Biodiversity



Climate
friendly



Organic



Plant-based

One of the fondest memories of my childhood is waking up to the smell of rice and beans, the main ingredients of Gallo Pinto – ‘the’ Costa Rican breakfast dish. For Costa Ricans, Gallo Pinto is the basis of a good day and that’s no wonder when you consider the nutritional value packed in the dish.

Variations of the recipe are cooked across many Latin American cultures, but the original Costa Rican one is known for its ‘Salsa Lizano’, a typical herbal sauce and the generous amount of cilantro. Rice and beans top the list of climate-friendly ingredients and Gallo Pinto leftovers make a perfect side for later.

TASTE
LATIN
AMERICA!



Luis Esquivel
Consultant

Gallo Pinto

IMPORTANT HINT:
THE RECIPE ONLY
WORKS IF YOU COOK
WITH GRATITUDE
AND SHARE WITH
OTHERS!

Ingredients

1 tbsp
of butter or oil
1 chili finely sliced
1 onion chopped
1 can of black beans
1 cup of rice
½ tsp of salt
½ tsp of pepper
Salsa Lizano

Optional Ingredients

cilantro
Natilla (sour cream)
Fried eggs
tortilla

Preparation

Step 1

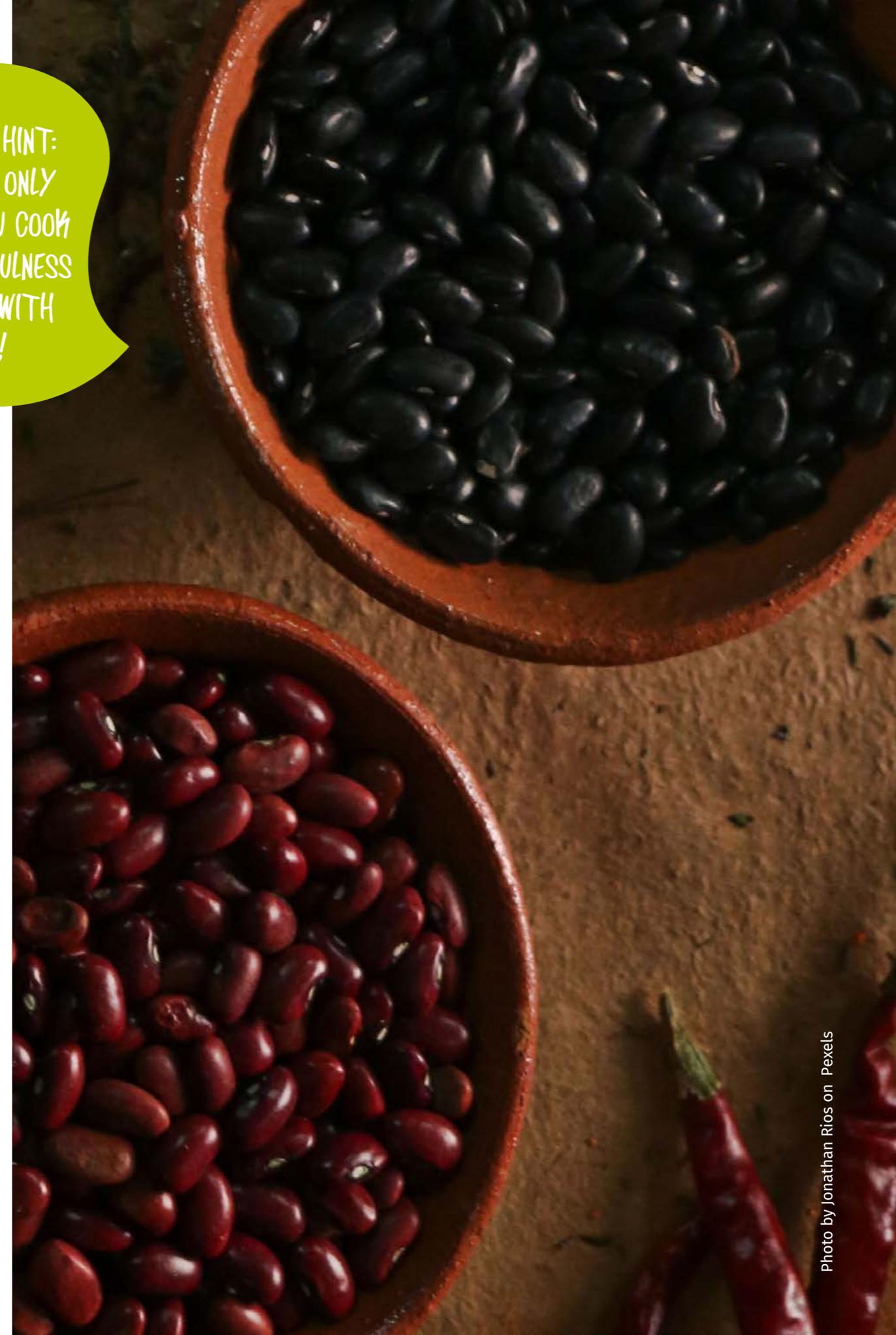
Heat the butter or oil in a deep pot and add the thin chili slices and chopped onion. Stir for a few minutes until the chili starts to release its characteristic aroma. At this point, add the beans (including the liquid), add salt, pepper and a bit of Salsa Lizano (if you can't get it in the shop, [make it yourself!](#)). Stir for 5 more minutes in medium temperature.

Step 2

Take the rice, which you can cook in advance using only water and salt and add it to the bean mixture. Lower the temperature and let it cook slowly for about 10 minutes. Finally, add the cilantro, remove from the heat and stir well.

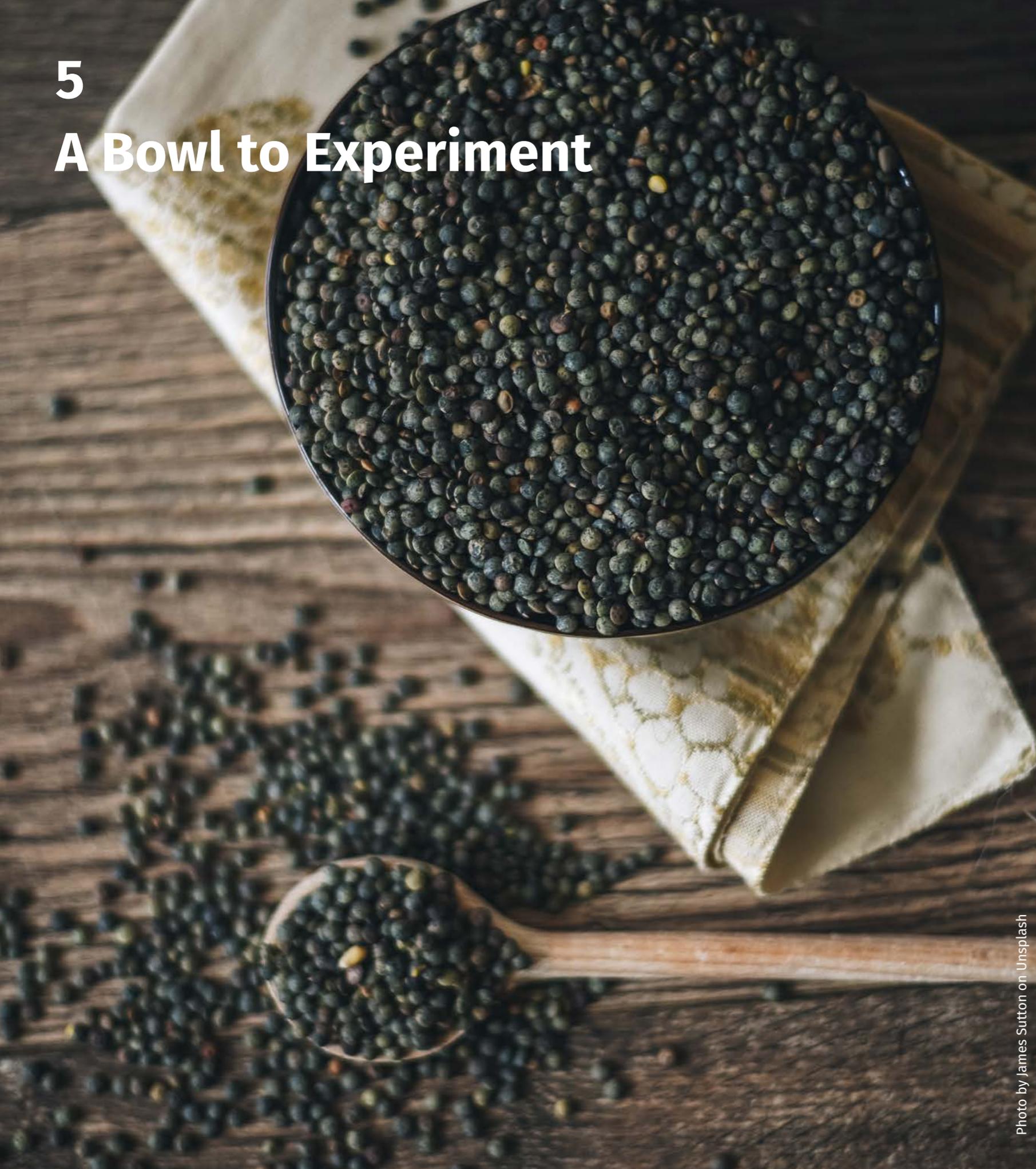
Step 3

If you wish, you can pimp your Gallo Pinto with natilla (sour cream), fried eggs, fried ripe plantains, tortillas and more Salsa Lizano. A fresh, hot mug of coffee is also an essential part of the dish. Enjoy your Gallo Pinto!



5

A Bowl to Experiment



Lentil Bowl



Alternative proteins



Climate friendly



Healthy

I have always been a huge fan of lentils, which being a native Colombian is not really a surprise. Since living on my own and far from Colombia, I started to cook lentils in an attempt to make the famous, traditional Colombian lentil soup. In the process, I realised that waiting 40 minutes for the soup to cook was too long for the quick fix that I was looking for.

I began to just boil the lentils and mix them with whatever I had at home. I will keep the recipes of those first attempts to myself. The one that I will share with you though, is the very best of all my lentil bowls!

AN IDEAL SIDE FOR YOUR FESTIVE DINING TABLE.



Sara Lucía Arbeláez
Student Assistant

Lentil Bowl

Total Time

20 Minutes

Servings

2–3 Bowls

For the Salad

250 g
of green or black lentils

100g of arugula

2 peeled potatoes

2 tomatoes

1 onion (optional)

4–6 radishes

Dried fruit (optional)

A handful of tofu feta

Ingredients

For the sauce

2 tbsp
of balsamic vinegar

1 lemon juice

2 tbsp of olive oil

1 lemon juice

1 tsp of honey

½ tsp of pepper

½ tsp of marine salt

2 chopped
cloves of garlic

Chopped cilantro

Sesame seeds

Preparation

Step 1

Boil 500 ml of water, once the water starts boiling add the lentils and the potatoes cut into cubes. Boil them for approx. 10 minutes.

Step 2

In the meanwhile, wash the arugula and add them to the bottom of a bowl. Cut the tomatoes, the cucumber, the onions, and the Tofu Feta into 1 cm cubes. Slice the radishes. Add all of them to the bowl.

Step 3

The sauce preparation is important – so, focus! In a bowl mix the balsamic vinegar, the olive oil, and the lemon juice. Add a spoon of honey, garlic, and chopped parsley. Let the mixture sit for 3 minutes. Then add salt and pepper.

Step 4

Remove the cooked lentils and potatoes from the pot rinse with cold water and let them cool down. Once they are at room temperature, add them to the bowl. Put the sauce on top and mix them thoughtfully and carefully.

Enjoy your lentil bowl!

THE SECRET OF
A GOOD LENTIL
BOWL LIES IN THE
SAUCE.



6 The Most Flavourful Rice And Veggie One-Pot



Kenyan Pilau



Healthy



Plant-based



Traditional

If I had to think of Kenya in terms of food that would not be hard at all: time and again my pick would be Pilau. This rice-based dish is both colourful and flavourful in true reflection of the rich Kenyan culture. While the traditional recipe includes beef, this vegetarian version allows for various alternatives like Seitan or Black Eyed Peas. The freshness of the vegetables mixes nicely with the nutty and floral flavour of basmati rice, earning you respect as a cook. For the festive period, when we tend to cook more than we can eat in one day, Pilau makes for ideal leftovers. Stored properly, it will taste even more delicious in days to come.

IMPRESS
YOUR GUESTS
WITH A TON
OF FLAVOUR



Joshua Aseto
Consultant

Kenyan Pilau

Total Time

1 hour 10 min.

Servings

4

A COLOURFUL
AND
FLAVOURFUL
DISH



Photo by Pratiksha Mohanty on Unsplash

Ingredients

300 g of basmati rice

250 g waxy potatoes
peeled and diced

300 g Seitan or
black-eyed peas

2 tbsp of vegetable oil

1 red onion
finely chopped

2 tomatoes
finely chopped

3 cloves of garlic finely
chopped or pound

1 tbsp of grated fresh
ginger

1 chopped chili

2 tbsp raisins (optional)

10 g cilantro leaves

1 stock cube

1 cinnamon stick

2 ground cloves

½ tsp of black pepper

1 tsp of ground cumin

½ tsp of cardamom

1 tsp of paprika

1 tsp of sea salt

850 ml of hot water

Preparation

Step 1 | Heat a large pot over the stove add in the oil and onions over high heat until golden brown. Should take about 5 minutes.

Add in the garlic and pre-mixed spices (cloves, black pepper, cumin, cardamom and paprika) and stir them for about 10 seconds and leave to cook for another 20 seconds. Next, add the ginger, chili and cilantro and stir. Leave to cook for about 2 minutes.

Step 2 | Add the tomatoes and stir. Let them cook making sure to stir them every minute or so till they form a paste. Put in the stock cubes, add in the potatoes and make sure everything is well mixed. Let cook for about 1 minute.

Step 3 | Add the hot 850 ml of water, stir the mixture in the pot gently, cover the pot and bring to a boil. At this point you can use high heat. Let the mixture boil for about 5 minutes.

Step 4 | Add the salt, rice and cinnamon stick and stir to ensure well distribution. Add the raisins if you like a little sweet in your spices. Cover the pot and let it continue boiling at high heat for 2 minutes.

Step 5 | Reduce the heat to low setting and let it cook for 20-25 minutes until all the water is absorbed. Remove from the cooking pot and set aside still covered for 5 minutes.

Your Pilau is ready to serve!

7

The Local Pan

Wild Herb Pan



Climate friendly



Healthy



Less packaging



Organic

The recipe for this Wild Herb Pan was created during one of our BOOM career orientation camps (a CSCP project) which focused on the topic of food. In a 'back-to-the-roots' walk, the participants collected edible wild herbs that we decided to turn into a hearty dish. Usually, herbs are used either to add flavour to or to garnish dishes. Our dish is special because herbs are its main ingredient. For guidance on distinguishing between edible and non-edible wild herbs, check out various APPs that support you in finding edible plants like "Essbare Wildpflanzen" or "Edible Plant Guide".

GET SUPPORT FROM A BOOK OR APP FOR EDIBLE HERBS



Marius Mertens
Project Manager

Wild Herb Pan

Total Time

2,5 hours including collection of ingredients

A HEALTHY,
HEARTY DISH
WITH THE MAGIC
OF HERBS!

Ingredients

2 Sweet potatoes

20 g ginger

20 g curcuma

1 small radish

1 small onion

2 garlic cloves

1 ripe pear

1 handful of walnuts

1 bundle of wild amaranth

1 handful of nettle seeds

1 medium sized bowl of fresh nettle shoot tips

2 young rough goose thistles

1 handful of fresh dandelion leaves

1 handful of fresh chickweed

1 pinch of garlic rocket seeds or pepper

1 pinch of fennel seeds

1 shot of herb vinegar

1 shot of plant oil

Preparation

Step 1

Chop the sweet potatoes and dice the radishes finely. Dice the pear, onion, garlic, ginger and tumeric. Crack and roughly chop the walnuts.

Step 2

Crush the amaranth in a large tub and separate the seeds from the shells. Cut the dandelion leaves, nettle leaves and goose thistle into small pieces.

Step 3

Boil the amaranth seeds with double the amount of water at medium heat for 25 minutes, then cover up the pot and leave to stand. Sauté the onions, ginger and tumeric in a large pan, add the fennel seeds. Add sweet potatoes and radish and fry for about 8-10 minutes.

Add dandelion, nettle leaves and goose thistle and continue cooking for about 5 minutes. Add a dash of herb vinegar and stir in the amaranth.

Step 4

Lastly, add the walnuts and pears and mix well. Season to taste with salt and garlic, arugula seeds (or pepper). Serve sprinkled with fresh chickweed and nettle seeds!



8

An Organic One-Pot



Dhal Curry Sri Lankan Style



Climate friendly



Healthy



Organic



Traditional

I am so fond of this recipe and even more so of the story behind. Shortly after the end of the Civil War in Sri Lanka, I embarked on a journey with my mother, who is of Sri Lankan origin. We went up to the north and stopped by a snack bar, which was basically a tent behind a war-torn house. The bar was run by four ladies who served as simple naan bread and a lentil curry, which absolutely blew our minds! It was so good that even my mother, who is a passionate cook, felt almost intimidated. You could feel the love and passion in every spoonful. I am sharing the recipe with you so that you can cook and eat it with your loved ones.

A DHAL WITH A STORY!



Ramon Külpmann

Communications and Events Manager

Photo by Anton Darius on Unsplash

Dhal Curry

Sri Lankan Style

MIXING
SPICES
AND
MEMORIES...

Ingredients

- 1 cup red lentils
- 1 tsp turmeric
- 1 medium onion, diced & divided in half
- 1 tbsp fresh sliced ginger
- 1 cinnamon stick
- 5-6 curry leaves
- 1 tbsp veg oil
- dried red chili (to taste)
- lime (to taste)
- 1 cup of thick coconut milk
- salt (to taste)

Preparation

Step 1

Wash the lentils thoroughly until the water comes out clear. Put lentils in pan and cover with water (about 1/2 inch above the lentils). Add turmeric, half the onion, ginger, cinnamon stick, and curry leaves. Cover and boil until most of the water is absorbed.

Step 2

Take the lentils off the stove and place in bowl. Add oil to the pan and fry the remaining onions and dried red pepper. Cook until pale gold in colour.

Step 3

Combine the cooked lentils, the onion-chili mixture and the coconut milk. Return to the stove to warm it up.

Step 4

Salt to taste. Finish with a squeeze of lime and stir well. Serve with rice or naan bread.



9

A Low-Carb And Low-Carbon Ice Cream



The N'ice Cream



Climate friendly



Healthy



Organic



Plant-based

On weekday afternoons, when everyone was tired and sugar-low, we'd take the kids to our local pastry shop and after a few scoops of ice cream all was well again. But as lockdown hit this spring, we not only ran out of options – our patience was wearing thin, too. In an urge to find a solution that would keep the kids busy and make everyone happy, we developed our own ice cream recipe. We had no ice cream maker and just our old blender to rely on. We used mixed berries but any fruit of your taste, as long as frozen, would do the trick. You'll also need coconut milk and honey.

WE BELIEVE IN N'ICE CREAM!



Flandra Sylva-Beqiri
Communication Expert

Photo by Anton Darius on Unsplash

The N'ice Cream

Ingredients

400 g frozen berries
(or any other
frozen fruit)

100 g coconut milk

1 tbsp of honey

Walnuts for the topping
(optional)

Preparation

In a few easy steps and with only three ingredients you will have a low-carb, low-carbon and still very nice ice cream!

Step 1

Put the fruit, the coconut milk and the honey in a blender. Blend until nice and smooth.

Step 2

Top with chopped walnuts or sprinkles of your choice.

Enjoy!

SUGAR-FREE,
DIARY-FREE
AND
STILL NICE!



10

Indulgent Vegan Brigadeiros



Photo by João Pedro Freitas on Unsplash

Brigadeiros



Climate
Friendly



Healthy



Organic



Plant-based



Traditional

Brigadeiros' are probably the queen and king of all Brazilian sweets and desserts!

The traditional recipe consists of condensed milk, butter, and chocolate powder with plentiful chocolate sprinkles. I remember how exciting it was for me as a child to help my aunt and cousins roll hundreds of brigadeiros every time we had a birthday in the family.

As years went by, I grew curious about finding a dairy-free alternative recipe that would still taste, look, and feel like the brigadeiros of my childhood. Finally a lovely Brazilian friend of mine suggested a climate-friendly recipe. In blind-tasting none can tell the difference, but once you know they're this sustainable, you can enjoy them without the slightest feeling of remorse!

ADD A
TOUCH OF
BRAZIL!



Mariana Nicolau
Project Manager

Brigadeiros

Ingredients Preparation

100 g of coconut milk powder

120 ml of hot water

75 g of xylitol or demerara sugar

2 tbsp of cocoa powder

30 g of 70% cocoa chocolate bar without milk,
cut in small pieces

Pinch of salt

Colourful sugar sprinkles to decorate

Step 1

Prepare first your condensed milk and mix well the coconut milk powder, the hot water and the xylitol or sugar in a mixer, until you reach a smooth and homogenous result. Put the mixture into a pan and add the cocoa powder, the chocolate pieces and the pinch of salt. Cook in medium heat until you get a homogeneous mixture that comes off the bottom of the pan when you tilt the pan. Use a whisk instead of a spoon to stir as it will get you a smoother texture.

Step 2

Once your chocolate mixture is ready, take it off the heat and continue whisking for another 3-5 minutes. Let it cool down.

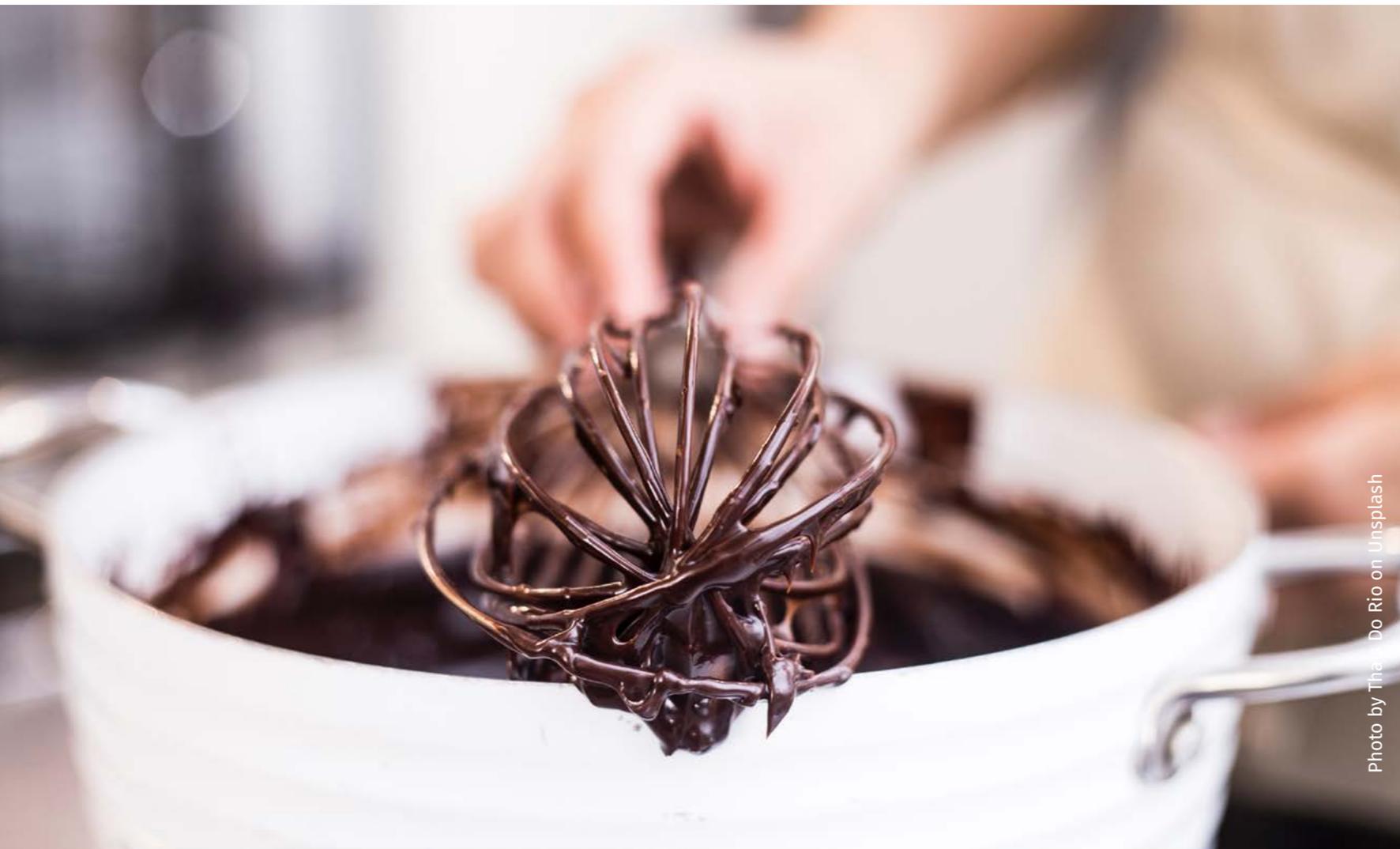
Step 3

Grease the palm of your hands with coconut oil or another plant-based oil of your choice. Use a teaspoon to take small amounts of your brigadeiro paste, roll it in your hands and pass it through the sugar sprinkles or in cocoa powder. It is ready!

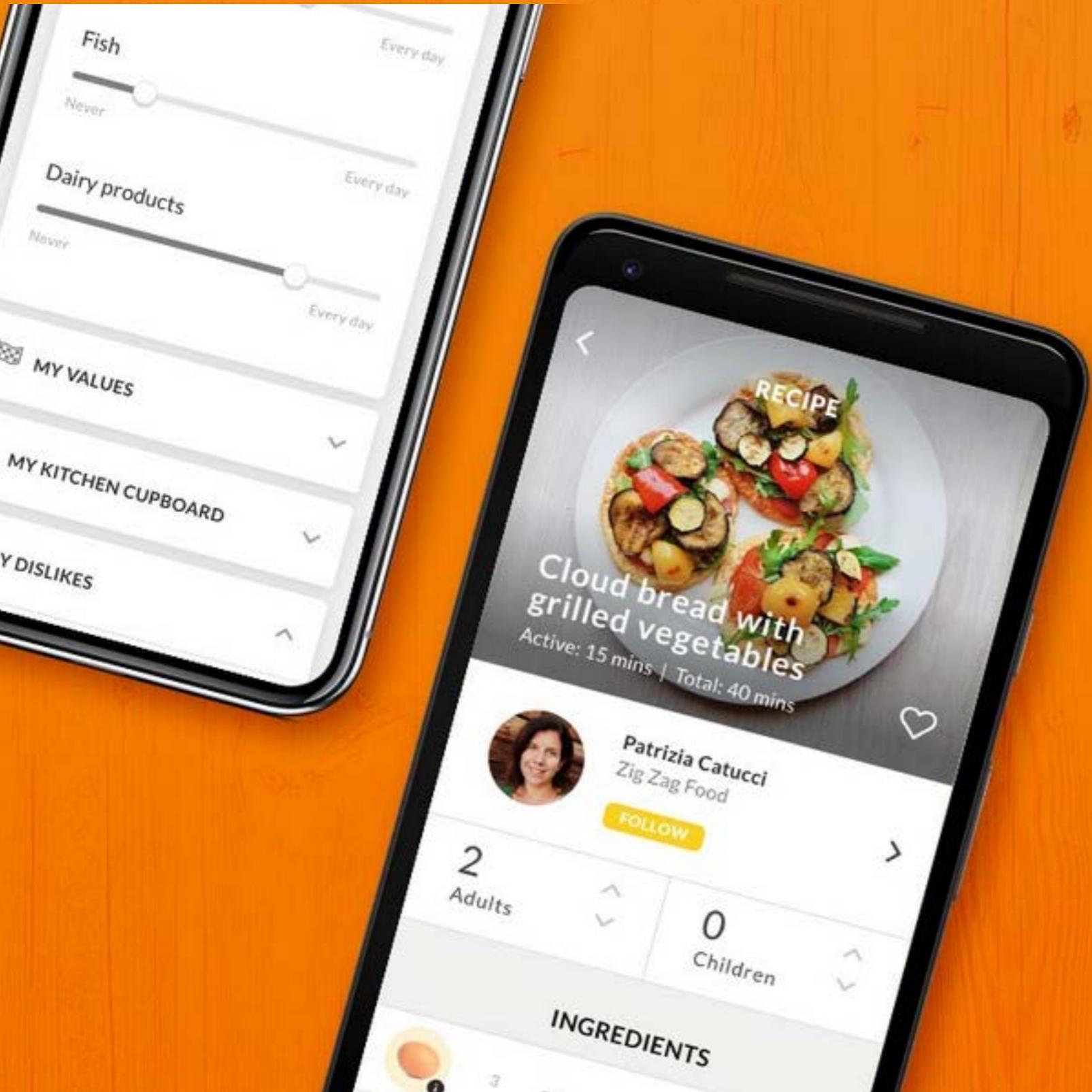
Tip

Instead of using coconut milk powder, you might want to use the actual fruit if you have access to it! For that:

Replace the coconut powder with the inside part of one dried coconut; double the amount of hot water; mix first only the hot water with the coconut fruit pieces very well and strain the resulting mixture; add this mixture to the pan and only then add the xylitol or sugar, cooking for 20-30 min; use a mixer to further mix it for a smooth result and put it in the fridge afterwards for about 2h then, your condensed milk is ready to continue from the second step above on.



11 Digitalisation For Less Food Waste



Lentil-Orange Salad



Over the summer, the CSCP team tested the MyFoodways app, which works this way: it allows you to cook recipes flexibly by switching ingredients for the ones you already have on hand. I had a package of beluga lentils sitting in my shelf since forever but was lacking inspiration as to what to do with them. With the app I found a recipe for a nice salad, which combines lentils with mandarins adding a special fruitiness to it. As I had no mandarins, I used some very ripe oranges which would have gone bad otherwise. That's the beauty of the app! A quick tip: if you cook your lentils in (organic) orange juice instead of water, the salad tastes even better.



Rosa Strube
Head of Sustainable Lifestyles

Lentil-Orange Salad

Servings

2

Ingredients

200 g beluga lentils

200 g carrots
in small pieces

20 g ginger,
finely chopped

1 large orange

200 ml orange juice

2 table spoons
of olive oil

A bit of cilantro
to garnish

Preparation

Step 1:

Cook the lentils in the orange juice until soft. If you prefer water, go for it.

Step 2:

Gently fry the carrots and ginger in olive oil or a vegetable oil of your choice.

Step 3:

Peel the oranges and cut them in bite size cubes. Add all ingredients together with a bit more of olive oil, salt and pepper. Garnish with cilantro and enjoy!



12

Make an Imaginary Trip to China



Jiaozi (Chinese Dumplings)



Healthy



Climate
friendly



Traditional

Our late colleague, the beloved Yang Deng “Sunny”, was a passionate cook, which is why some of the fondest memories we have of her are about food. Anytime we cooked and ate together it felt as if we were doing an imaginary trip to China: she always had a few secrets up her sleeve that made her dishes so extraordinary. This time, I will share with you my favourite Dumpling recipe, which Sunny introduced me to. They are not easy to make, but if – as Sunny would say – you add just enough garlic, they will be a treat!

JUST ADD
ENOUGH
GARLIC!



Alexandra Kessler
Project Manager

Chinese Dumplings

Total Time

90 min

Servings

8

Ingredients

For the Jiaozi Dough

3 cups flour

1/4 tsp salt

About 1 1/4 cups cold water

For the Filling

2 1/2 cups vegetables of your choice: cabbage, mushrooms, carrots, etc

1/2 scallion (finely sliced)

1/4 cup bamboo shoots

2 slices fresh ginger

1 clove garlic (at least!)

1 chili (if you like)

1 tbsp soy sauce

1 tsp salt

1 tbsp Chinese rice wine (or dry sherry)

1/4 tsp freshly ground white pepper

3 tbsp sesame oil

For Cooking the Dumplings

1 cup cold water (divided)

3 tbsp oil for pan-frying (optional)

For the dipping sauce:

1 cup Chinese black vinegar

10-15 cloves garlic

For Serving

Garnish: chopped scallions

Preparation

Step 1 | Prepare the sauce some days in advance, a week would be good, and it can't soak too long. Pour the vinegar into a jar and add the whole cloves of garlic.

Step 2 | To make the dough, mix the flour with the salt in a bowl. Add the water slowly, small portions at a time, until you have a smooth dough. Knead the dough lightly, form it into a ball, cover and let it rest for at least 30 minutes.

Step 3 | Chop all your ingredients finely, add the spices, the vinegar and the soy sauce. Mix everything.

Step 4 | After your dough has rested for 30 minutes or longer, knead the dough again for a few minutes. Divide the dough into around 60 smaller pieces and roll each piece into a circle of ca. 3 inches in diameter.

Step 5 | Place one table spoon of the filling into the middle of each dough piece, which you have flattened beforehand. Wet the edges of the dumplings with some water and fold the dough over, making half-moon shapes. Seal the edges. There are several ways of folding dumplings: From very pragmatic – one side on top of the other – to very artistic with several folds in a row. Check out some youtube tutorials after you've managed the first batch of Jiaozi if you want to master your folding technique ;)

Step 6 | To cook the dumplings, bring a large pot of water to a boil. Add one part of the dumplings, stirring them gently and pour 1/2 cup of cold water to the pot and cover it with a lid. Once the water comes to a boil again, add another 1/2 cup of cold water and cover again. When the water comes to a boil the second time, the dumplings are ready. Remove from the pot and drain them well. Repeat the procedure with the second part half of the dumplings.

Step 7 | At this point, you can gently pan-fry the dumplings if you wish. To do so, add some oil into a pan and cook them until they turn slightly golden.



13

Reducing Waste, Adding Taste

Vegan Dauphinoise Potatoes



Food waste
reduction



Healthy



Organic

There's a little shop just around the corner of my apartment in Cologne that has the best concept: it saves food from farmers and supermarkets by collecting products whose best-before dates have expired but which are still fine and safe to eat. There are no fixed prices and customers have to rely on their own judgment. The other day, I saw a sack of lonely potatoes waiting for my rescue and bought them in an instant. The vegan dauphinoise potatoes that I made were all I could ask for: decadent and filling and yet healthy and low-carbon. Plus, that small, good deed of reducing food waste!

BE A FOOD
SAVER - IT'S
YUMMY!



Eva Rudolf
Creative Designer

Vegan Dauphinoise Potatoes

Ingredients

8-10 potatoes (rescued ones taste best)

500 ml oat milk

500 ml oat double cream

As many garlic cloves as you wish (I go for three)

Fresh thyme leaves

Nutmeg, salt, pepper to taste

Vegetable oil of your choice (I love the rapeseed oil with butter taste – no real butter of course)

Preparation

Step 1 | Most potato dauphinoise recipes require that you combine the (oat) milk and double cream and then simmer the potatoes for a few minutes. As a practical person, I skip this step. Move to step 2 please.

Step 2 | Slice your potatoes nicely, with love and care. The thinner, the better. A mandoline slicer is an investment worth its money for this purpose. Take a big casserole dish and brush it with oil and one clove of garlic. Set aside.

Step 3 | Mix your oat milk and oat cream double, add the remaining crushed garlic cloves, salt, pepper and nutmeg. Judge yourself what's the seasoning of your taste. Don't overdo it with the nutmeg.

Step 4 | Put one layer of potatoes in the pre-set casserole dish, sprinkle with a little bit of salt then pour over a layer of the milk-cream mixture. Repeat until you run out of ingredients.

Step 5 | Put a few thyme leaves on top of your potatoes, but make sure to soak them in the milk-cream mixture so as not to dry up in the oven. Bake at 190 degrees for 30 mins. Enjoy!



14

Ferment Anything To Make It Last Longer, Taste Even Better!



Kimchi



Food waste reduction



Healthy



Microbial



Traditional

Fermenting is an age-old way to preserve foods, ‘unlock’ nutrients or break down hard-to-digest molecules by using microbes. Fermenting vegetables in particular is an easy way to make produce in your fridge last longer and ‘spice’ it up to create various kinds of lacto-fermented pickles like kimchi, sauerkraut, carrots and others. Here is my favorite and easiest Kimchi recipe. Kimchi ferments nicely in a brine – a salt water solution that is very conducive to the friendly probiotics that turn the veggie’s carbohydrates into lactic acid. That’s why fermented foods have a nice sour tang.

BRING
TRADITIONAL
METHODS
BACK TO
LIFE!



Nikola Berger

Head of Creative and Communication

Kimchi

Ingredients Preparation

Veggies:

1 large head of Nappa
(Chinese) cabbage

60 g sea salt
(don't use salt with iodine)

1 small daikon radish
(but other radishes also work fine!)

1 – 3 Spring onions

1 – 2 Red hot chilies peppers
(if you like it very spicy)

Paste:

1 tsp of grated ginger

1 – 5 tbsp of Chili flakes (Gochugaru is a mild
fruity type used usually in kimchi)

3 – 6 cloves of grated Garlic
(if you like a garlicky kimchi)

The key to a good ferment is that the brine has the right amount of salt and oxygen is kept out of the process. Most veggies require a brine of 2 – 5% salt in solution, [here](#) is a nice calculator for future endeavors. For this simple vegetarian kimchi recipe I use a 1 or 1.5 liter glass jar (with a rubber band top that lets gasses out but no air in) and something to push the kimchi below the solution like a small glass, clean rock or saucer.

Tip: This process can easily be divided into evening prep and morning finishing – but at least have some hours for the cabbage to soak. Use household gloves if you can – chili and garlic can be intense on your hands. Also if you want your kimchi ready for a special date make it a week in advance to have the right taste. It can last in your fridge for months!

Step 1 | Cut the cabbage lengthwise into half

and then quarters. Slice the quarters again so you have 8 long skinny pieces. Soak them in a bowl or pot that you have prepared with about 1 liter of water and 30 grams of salt mixed in for a few hours or overnight.

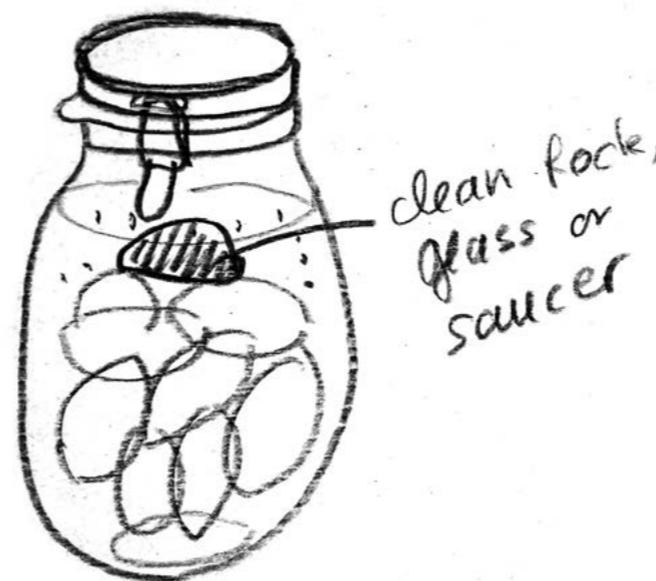
Step 2 | Prepare a paste of the chili flakes, ginger and garlic. I use a mixer but you can fork it up if you grated everything finely.

Step 3 | Take the cabbage out of the brine (which can be discarded) and rinse it thoroughly! Mix it with slices of radish, and thin strips of spring onion and the remaining salt. Now massage the paste into the veggies (with gloves).

Step 4 | Stuff everything into your clean jar and add water until the veggies are submerged. Make sure you don't pack the veggies too tightly – the gasses need to be able to get out. Place something on top so the veggies stay submerged and cover the top lightly (i.e. gasses out, no oxygen in)

Step 5 | I place my jar of fermenting kimchi in an old cooler because it can smell quite intense and bubbles can overflow. Check it (taste it!) every day and shake it up a bit to let the bubbles out. After a few days of bubbling you can move it to the fridge where the fermentation process will be much slower. It's ready to be eaten! For example with some other Asian taps or Korean pancakes!

*Sometimes things go wrong. Don't despair and trust your nose and taste buds and try again. If it works out well experiment with other veggies!



15

Small Footprint, Excellent Taste!



Vegan Lemon Meringue Tarte



Alternative proteins



Organic



Plant-based

In my former job as a pastry chef, I tried to combine my passion for sustainable food systems and diets with my love for superb pastries. I am particularly fond of my sustainable version of the French classic, the Lemon Meringue Tarte. It is 100% plant-based with a comparably low-footprint and has a powerful and underestimated ingredient: beans! Beans are a perfect source of alternative proteins. The “aquafaba” – the water in which beans are cooked – is an ideal replacement for egg white. You can make the recipe even more sustainable if you choose local and organic ingredients and make sure your lemons are fair-trade. It is not the easiest recipe, but if you follow the steps diligently and are up to the challenge, this will be your showpiece!

A CULINARY CHALLENGE THAT'S WORTH IT!



Lea Leimann
Student Assistant

Vegan Lemon Meringue Tarte

Ingredients

Shortcrust pastry:

440 g margarine

1 pinch of salt

175 g powdered sugar

600 g flour

Lemon „Cremeux“:

280 g sugar

400 ml lemon juice of
approx. 8 lemons

100 ml water

65 g starch

400 g white beans,
cooked (glass)

120 g margarine or
coconut oil

1 knife point
tumeric powder

Decoration

According to season

e.g. lemon zests,
berries, edible flowers
or chopped pistachios

„Aquafaba Meringue“:

130 g Aquafaba (the
cooking or draining
water of the beans)

½ TL Tartar
(baking powder)

200 g sugar

5 g Agar

80 ml water

Preparation

Step 1 | For the shortcrust pastry, mix margarine, sugar and salt. Add the flour and knead the mixture as briefly as possible. With 405 wheat flour the dough becomes finer, but wholemeal flour and spelt flour also work very well. Chill for at least half an hour. Roll out the dough in 3-5mm thin sheet, cut it out in a circle and put it into the tartelette moulds or into a tart tin. Prick the middle with a fork. Bake at 160-170°C for about 10-25 minutes until golden brown.

Step 2 | For the lemon cremeux, bring sugar, lemon juice, water and starch to the boil and simmer for a few minutes, stirring to ensure that the starch binds. Put drained beans with margarine or coconut oil in a measuring cup.

Add the hot lemon mixture and blend everything without adding air. Do not colour too much with turmeric powder, otherwise the turmeric taste will be too stark. Pour the mixture directly into the baked tartelettes and let it cool down.

Step 3 | For the aquafaba meringue, whip the aquafaba (the liquid of the drained beans) with tartar (baking powder) in a metal bowl for about 10 minutes or until it remains stable.

Boil the sugar with water and agar to 121°C and carefully run it in at the edge of the bowl, i.e. let it run down. Since this is very hot, I use a metal bowl. If you don't have a thermometer: at 121°C the bubbles are thicker and heavier and move more slowly. With raw cane sugar the syrup, and therefore the meringue, becomes amber; with household sugar it becomes clear. When pouring the sugar mass, set the broom a little slower, otherwise the sugar will splash against the wall of the bowl. Beat until cold. This can take a few minutes and you have to patiently continue beating the mass for a while. The bowl should not be warmer than your hands or room temperature.

Step 4 | Put the mass into a piping bag with a spout of your choice, but not too small, and “dress” it, that is the technical word for piping. You can also use a bunsen burner to caramelize it afterwards. To decorate, you can use lemon zests, berries, edible flowers or chopped pistachios, depending on the season. Store the finished tartelettes in a cool place and not for too long.



Photo by Ghislaine Gerin on Unsplash

Circular Economy

#CircularTuesdays - connect with us on LinkedIn to follow our Circular Economy Series.

Food

Let us know how you liked our recipes and learn about the great work our food experts are doing against food waste: REIF & National Dialogue Forum.

Digitalisation

There almost isn't a project that does not have a component on how digitalisation can support sustainability - but one project that wants to create an overarching framework is our Charter for Sustainable Digitalisation.

Behaviour Change

Listen to our podcast series on applied behaviour change interventions for more sustainable lifestyles.

This holiday card on food is part of one of the four focus topics that we are featuring this anniversary as we celebrate the impact 15 years of the CSCP has had through collaborations around the globe. A special thanks to those who have been part of this journey and shared our passion to have an impact in the field.

Now we want to look ahead and take these and other important topics and their intersections with the Green Recovery, the Green New Deal as well as the SDGs – forward in collaboration with you!

Connect with us on our special 15cscp webpage:

scp-centre.org/15cscp

