



Twenty-seven kitchens

Europe's classic dishes,
reimagined

About the cookbook

The 27 recipes featured in this collection celebrate the rich diversity of culinary heritage found across the European Union, and demonstrate that traditional food practices are inherently climate-smart choices. Submitted by chefs from all 27 EU Member States, each recipe reflects the unique food culture of its country while showcasing cooking techniques that support a more eco-friendly food system.

The contributing chefs were invited to submit their take on a traditional dish that highlights seasonal ingredients, plant-forward cooking, food preservation methods, and the usage of typically discarded parts of ingredients. The recipe book is divided by seasonality, although some recipes have listed ingredient substitutions, to allow for the recipe to be modified cross-seasonally.

FoodChoices4LIFE recognises that meaningful change often begins with simple actions. By bringing together culturally diverse expertise, this recipe book aims to make climate-smart food choices known and easily replicable in kitchens across the European Union.

We hope these recipes inspire you to have fun experimenting with new cooking and food preservation techniques while deepening your understanding of the connection between kitchen choices, personal health, and planetary health.

This recipe book has been developed as part of the FoodChoices4LIFE project, an EU-funded initiative that aims to empower citizens to accelerate climate action and behavioural change through their food choices.



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Serving the future of food!

Together, with respect for our farmers, we can make our food even tastier and healthier, while also ensuring that our personal impact on the planet becomes smaller.

We believe that chefs have an important role to play as role models. They can demonstrate just how delicious vegetables, seeds, flowers, fruits, nuts, grains, fresh herbs, roots, and other low-impact foods can be when prepared with expertise, creativity, and love.

Everything starts with taste, and this recipe book, developed under FoodChoices4LIFE, aims to show that European cultures and chefs are fully capable of embracing this challenge. Inside, you will find 27 recipes, each presented with local and seasonal ingredients and inspired by the unique cultural perspectives of different EU countries.

This recipe book invites you on a journey across the 27 states in the European Union, and shows how food serves as a powerful bond between its people and their respective cultures.

Above all, let yourself be inspired. Follow the seasons in your own country and dare to experiment with flavor combinations, so that together we can move toward a better balance between plants and animals in our daily diets.

If you choose a pure plant or a plant forward diet, you are among the trendsetters and role models of our time.

Most importantly—enjoy!



Frank Fol – The Vegetables Chef®
Founder & Chairman of We're Smart® World
www.weresmartworld.com

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A collection of stylized, flat-design illustrations of various spring vegetables and herbs scattered across a light green background. The items include: a stack of four brown mushroom slices in the top left; several dark green kidney beans of various sizes; two green pea pods, one in the middle left and one in the top right, both containing yellow peas; two stalks of asparagus, one in the top center and one in the bottom left; a single dark green leaf in the top right; a large, dark green, lobed leaf in the bottom right; and a single brown potato in the bottom center. The word "Spring" is written in a bold, white, sans-serif font in the middle right area.

Spring

Fermented grilled asparagus

- BELGIUM -



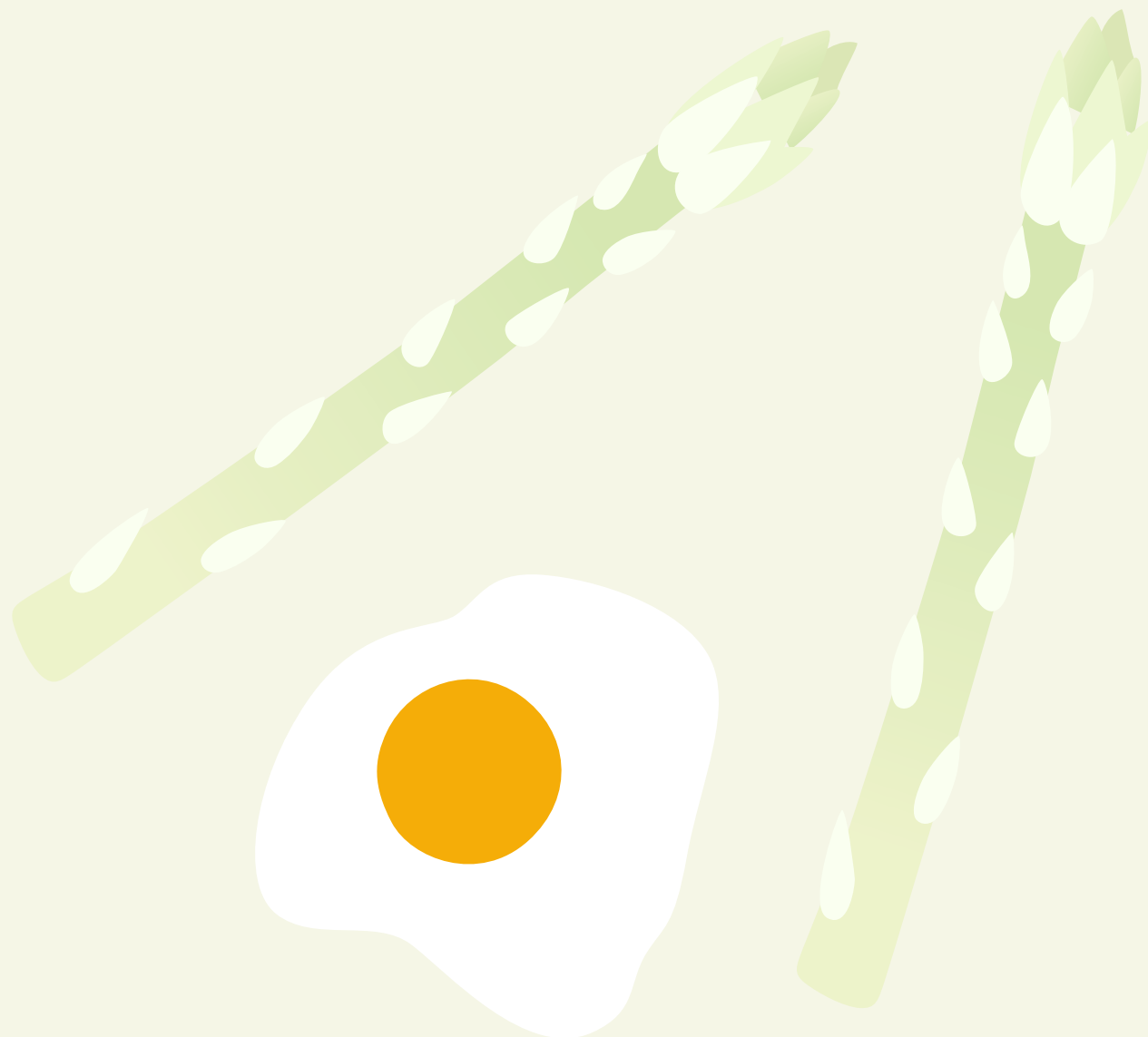
Season:
spring



Cooking time
1 - 1.5 hrs +
7 - 14 days of
fermentation



Difficulty:
medium - hard



Belgium is known for its asparagus and recipes that feature this ingredient. This is a zero-waste recipe that gives asparagus that little extra edge and flavor. The peels can be used to make delicious soups or sauces, or even to infuse your beurre blanc!

Hendrickx Jelbrich



Ingredients

- **1 kg** white asparagus
- **80g** lemon
- **2l** water
- **60g** salt
- **5g** ras el hanout spice mix
- **100ml** olive oil
- **1** poached egg
- **50g** parmesan or aged cow cheese
- **40g** gingerbread

Instructions

- 1.** Peel the asparagus and trim them so they are all the same length as the height of the preserving jar. Keep the peels and trimmings for another preparation.
- 2.** Place the asparagus and lemon slices in the jar and add enough water to completely cover them.
- 3.** Pour the water into a bowl, weigh the water and the asparagus together, then add 3% salt based on that total weight.
- 4.** Stir until the salt is fully dissolved, then pour the brine back into the jar to cover the asparagus completely.
- 5.** Fill a ziplock bag or vacuum bag with water and seal it without any air.
- 6.** Place this bag on top inside the jar and close it. This ensures the asparagus,

which tend to float, do not come into contact with oxygen.

7. Ferment the asparagus for 7 to 14 days, depending on the desired flavor.

8. Store for up to 7 days in the refrigerator at a maximum of 4°C.

9. Dry the asparagus, and meanwhile mix the olive oil with the ras el hanout.

10. Coat the asparagus in the olive oil mixture and grill for 3 minutes. Season further with salt and lemon zest.

11. Serve with a poached egg, gingerbread croutons and Parmesan cheese.



Millions of danish pulses

- DENMARK -



Season:
spring



Cooking time
2 - 2.5 hrs
PLUS overnight
soaking



Difficulty:
medium



Millionbøf (Danish Minced Beef Stew) is a traditional Danish comfort dish that became popular in the 1960s as a quick and affordable family meal. The name means "million beef," referring to the finely broken-up minced meat. It is typically made with ground beef, onions, and a simple brown gravy, and is most often served with mashed potatoes and pickled vegetables. Simple, hearty, and deeply nostalgic, it's a classic example of everyday Danish home cooking. This recipe is a vegetarian version.

Charlie Heglund



Ingredients

- **120g** organic fava beans (cooked)
- **180g** organic ingrid peas (cooked)
- **100g** organic grey peas (cooked)
- **100g** organic red or green lentils
- **200g** organic onions, diced (approx. 3 pcs)
- **150g** organic carrots, diced (approx. 3 pcs)
- **80g** tomato purée
- **50ml** oil
- **1l** mushroom stock
- zest and juice of 1 organic lemon
- **50ml** mushroom soy sauce or regular soy sauce (locally sourced)
- **50g** miso (preferably dark and locally sourced)
- **1 tbsp** worcestershire sauce
- **2 tbsp** freshly ground black pepper
- **1 tsp** gravy browning (colouring)
- **1 tsp** sugar
- **40 g** fried onions + 20 g for topping
- cress for topping
- new potatoes for topping

Sustainability tips

- Use leftover onions by finely slicing them or cutting them into large dice. Toss the onions with a little flour and fry until crispy to serve with the dish.
- Vegetable leftovers, together with mushroom trimmings, can be used to make a mushroom stock for the dish.



Instructions

1. Start the day before by rinsing the pulses and soaking them separately in plenty of water, or according to the instructions on the package.
2. The next day, drain the pulses and rinse them well.
3. Cook the pulses separately in plenty of water until completely tender, but not overcooked. Afterwards, let the beans/peas rest in the cooking liquid for at least 30 minutes before draining.
4. Fry the onions in oil until they take on good colour, similar to soft caramelised onions. Add the carrots and fry for a few more minutes, until both onions and carrots have colour and are lightly caramelised. Add the tomato purée and fry briefly.
5. Rinse the lentils and add them to the onion mixture along with the water and black pepper.
6. Once the lentils come to a boil, add the Worcestershire sauce and miso.
7. Let the lentils simmer gently under a lid for about 40 minutes, until nearly tender. The lentils should not boil vigorously. Then add the cooked pulses along with half of the mushroom stock, gravy browning, and soy sauce, and let everything simmer together for about 10 minutes.

8. Separately, boil the new potatoes for 10 minutes. Serve them crushed alongside the main dish.

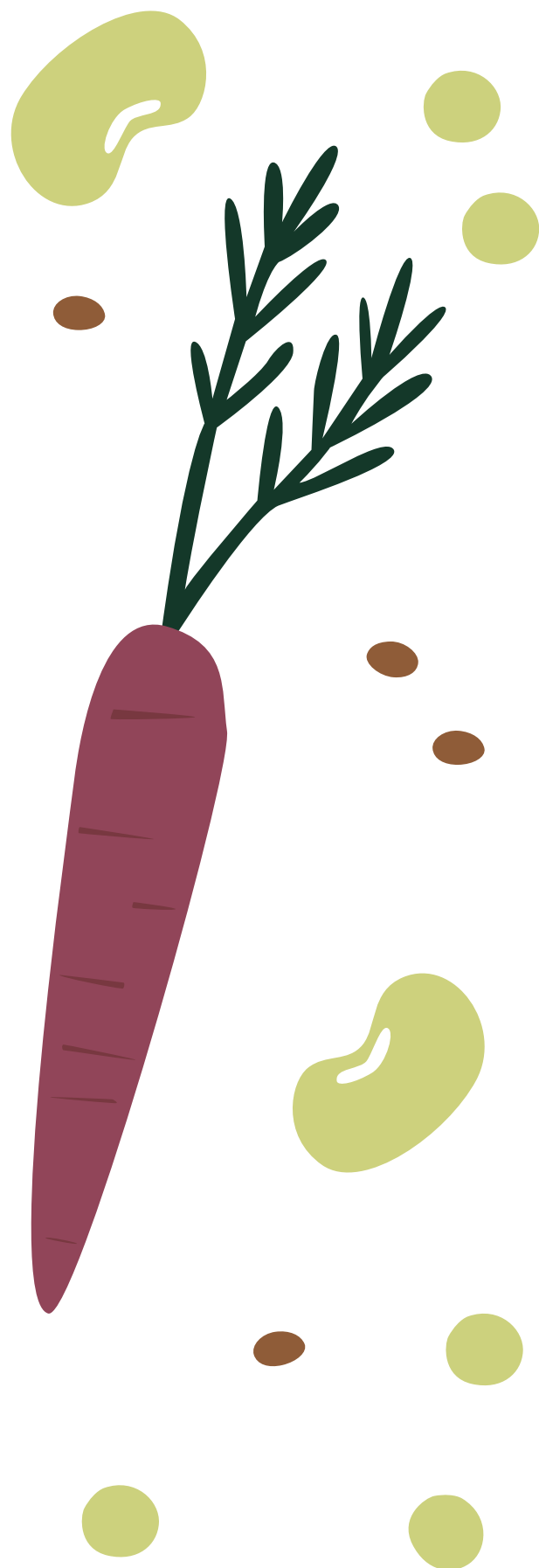
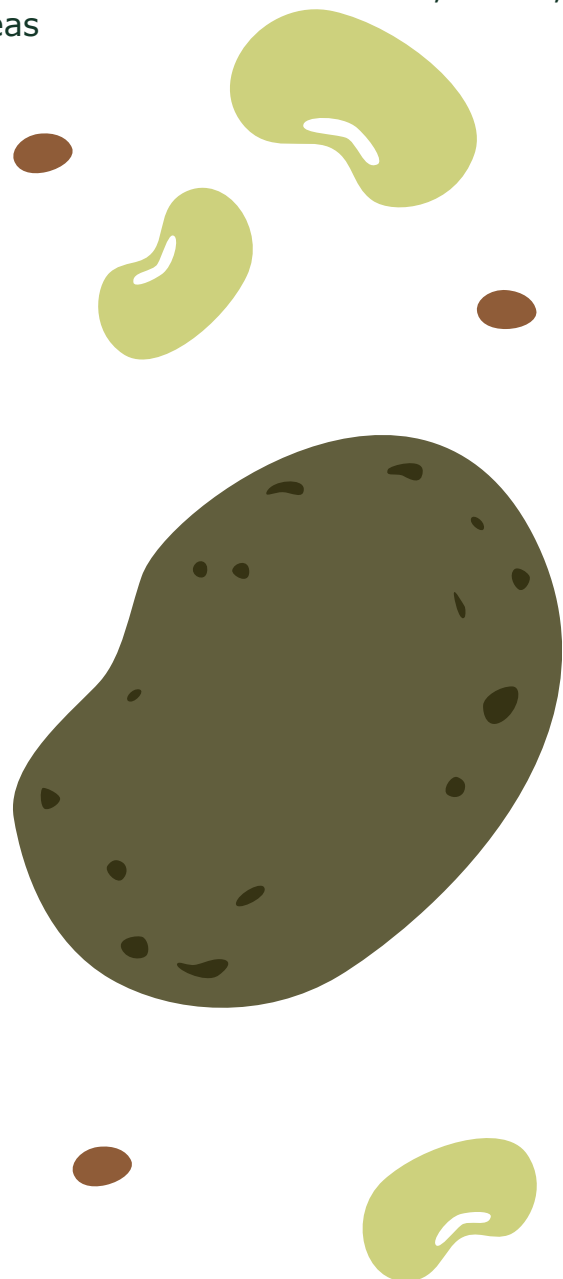
9. Add more water if the pot seems too dry.

10. Add the fried onions and let the dish simmer for another 5 minutes. The liquid should now come together into a thick sauce. Season to taste with additional mushroom stock, sugar, lemon juice and zest, and possibly more black pepper.

11. Serve with Lightly crushed new potatoes.

Note:

The pulses used in this recipe can be substituted with other beans, lentils, or peas



New season potatoes, spring greens & herb buttermilk

- IRELAND -



Season:
spring



Cooking time
1 - 1.5 hrs



Difficulty:
easy



This dish is a light, seasonal interpretation of "colcannon", one of Ireland's most traditional dishes, reimagined for spring using new season potatoes and fresh garden or wild foraged greens.

At this time of year, potatoes are naturally sweet with delicate skins, and the garden and the wild offers an abundance of tender leaves and herbs. This version keeps things simple, allowing the ingredients to speak for themselves while reflecting a more modern approach to Irish cooking - one that values seasonality, flavour, and using the whole ingredient.

Anthony O'Toole



Ingredients

- **250ml** buttermilk
- **30g** fresh herbs (parsley, chives, dill)
- **800g** new season potatoes, washed with skin on
- **300g** mixed spring greens (kale, chard, spinach, cabbage) – foraged greens like young nettles, wild garlic, or sea beet or sea spinach
- **50g** salted butter (or olive oil)
- **to taste**, flaky sea salt
- **to taste**, black pepper



Sustainability tips

- Any leftovers can be eaten cold as a salad the next day. Or heated up and served with a fried egg.
- New season potatoes can be cooked and eaten with their skins. If using larger potatoes, peel them and crisp the skins in the oven or air fryer for a simple garnish rather than discarding. Full of fibre and flavour. Can be used as chips as well as a snack with some dips.
- Always use the stalks of greens - finely chop and cook them first to unlock flavour and reduce waste.
- Slightly soured milk can be used in place of buttermilk - a traditional and practical way to avoid waste in the kitchen.
- Leftover greens can be added to soups, omelettes, or grain dishes.
- Extra herb buttermilk can be used in dressings, baking, or drizzled over roasted vegetables.



Instructions

Make the herb buttermilk dressing.

1. In a bowl, combine the buttermilk with the finely chopped herbs. Season with a pinch of salt and a little black pepper. Taste and adjust, it should be fresh, lightly tangy, and well-seasoned.

2. If the buttermilk is very thick, loosen with a tablespoon of water to create a pourable consistency. Cover and set aside in the fridge.

Cook the potatoes

3. Place the potatoes in salted cold water in a saucepan and bring to a gentle boil. You can cut the bigger potatoes in half.

4. Cook until tender (15–20 minutes depending on size), then drain and allow to steam dry in the hot saucepan.

5. If using true new season potatoes, leave the skins on. If using larger potatoes, peel if preferred and reserve the skins.

Prepare the greens

6. Wash the greens well and shake to remove excess water. Separate stalks and leaves. Finely chop the stalks and roughly chop the leaves, keeping them separate.

Cook the greens

7. Heat butter or oil in a wide shallow pan. Add the chopped stalks first and cook gently for 2–3 minutes until softened, this builds flavour and ensures nothing is wasted.

8. Add the leaves and cook briefly until just wilted. Season with flaky sea salt and freshly cracked black pepper.

Crisp the potato skins (optional)

9. If using larger potatoes, toss the reserved skins in a little oil and cook in an oven or air fryer until crisp and golden. Season lightly.

Bring the dish together

10. Lightly crush the potatoes into large pieces using a big spoon. The idea is to burst the potatoes, not to mash them.

11. Add the cooked greens and gently fold together, keeping plenty of texture. Pour in half of the herb buttermilk and fold lightly through the potatoes and greens so everything is coated and glossy.

To serve

12. Spoon into warm bowls, drizzle with more herb buttermilk, and finish with crispy potato skins if using.

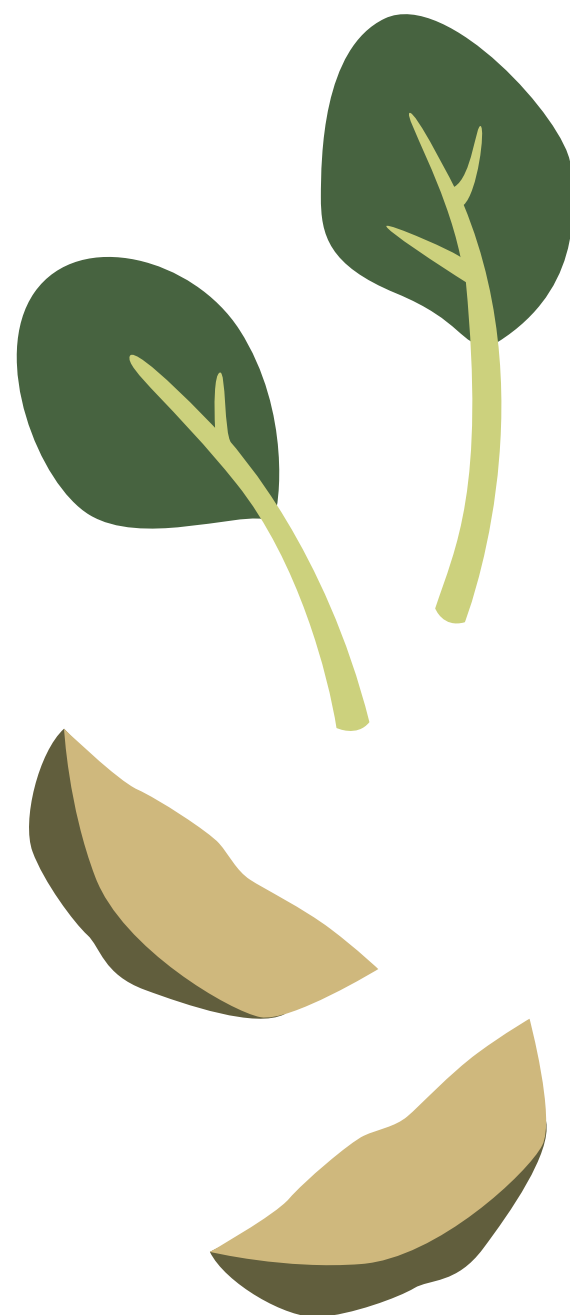
Optional Additions:

If you have them to hand, chopped fermented gherkins or pickled vegetables work beautifully here, adding a sharp contrast to the richness. A spoon of sauerkraut, a few capers, or even a squeeze of lemon can also lift the dish.

Seasonal Adaptation

Autumn/Winter: Use cabbage, leeks, and mature potatoes for a heartier version.

Late Summer: Add peas, broad beans, or courgettes, and increase fresh herbs for a lighter finish.



Bouneschlupp 2.0 (spring vegetable soup)

- LUXEMBOURG -



Season:
spring



Cooking time:
2 - 2.5 hrs +
day before prep



Difficulty:
hard



Bouneschlupp 2.0 is a contemporary, zero-waste interpretation of a traditional Luxembourgish spring soup, inspired by rural peasant cooking where nothing was wasted and everything was seasonal. Rooted in green beans, potatoes and aromatic herbs, this refreshed version celebrates local spring vegetables at their peak while transforming humble ingredients into a refined, modern dish.

Laurent Scheer
Hakim Al Charif



Ingredients

- **1** leek (or white cabbage)
- **8-10 (800g)** medium potatoes (or cauliflower)
- **400g** extra-fine green beans (or regular green beans)
- **8 (500g)** large carrots
- **100g** large onions
- **2** garlic cloves
- **a few sprigs 0.25g** fresh parsley
- **3l** water
- **1g** smoked salt
- **to taste**, savory (herb)
- **to taste**, rosemary
- **to taste**, sage
- **to taste**, chervil
- **5ml** olive oil
- **300-500ml** cream (same amount as pureed carrots)
- bread from the day before

Equipment: siphon, peeler, oven tray, saucepan, oven, hand blender (Bamix)

Note: This recipe can be adapted with seasonal vegetables.



Instructions

Preparation (Day before)

- 1.** Aromatic base (vegetable scraps):
Peel all the vegetables.
Reserve the potato peels in a dish and set aside separately.
Reserve the following peels/skins in an oven tray:
 - Green bean tips
 - Onion and garlic skins
 - Parsley stems
 - Half of the leek greensAdd a little savory (herb) and rosemary.
Dry in the oven at 70°C (160°F) for 8 hours.
Once dried, blend into a fine aromatic powder.

Main preparation (Day of)

- 2.** White soup base
Sweat the following ingredients in olive oil:
 - Leek whites
 - 1½ onions
 - 1 garlic cloveAdd potatoes and water. Cook until tender.
Blend, adding ¾ of the vegetable scrap powder.
Adjust seasoning → texture should be smooth and thick.
- 3.** Green beans
Cook the green beans à l'anglaise (in salted boiling water).
Immediately cool in ice water.
Cut beans into even pieces (~7 mm).

4. Smoked carrot espuma

Overcook the carrots until very soft.

Blend very finely, then strain.

Mix the following:

- 50% carrot purée
- 50% cream
- Smoked salt

Pour into a siphon and charge with 2 gas cartridges.

Keep warm.

5. Green herb oil

Blanche (30 seconds):

Parsley, savory (herb), rosemary, sage

Shock in ice water.

Drain, then blend with olive oil.

Strain → obtain a bright green oil.

6. Crispy garnishes

Bread: Cut into long sticks. Drizzle with olive oil. Bake until crisp.

Potato peels: Fry at 145°C (about 4 minutes). Drain and season with salt.

Leek greens: Finely slice the remaining leek greens. Fry until crispy.

Plating

Spread a layer of thick white soup over the bottom of the plate.

Arrange the green beans in the centre.

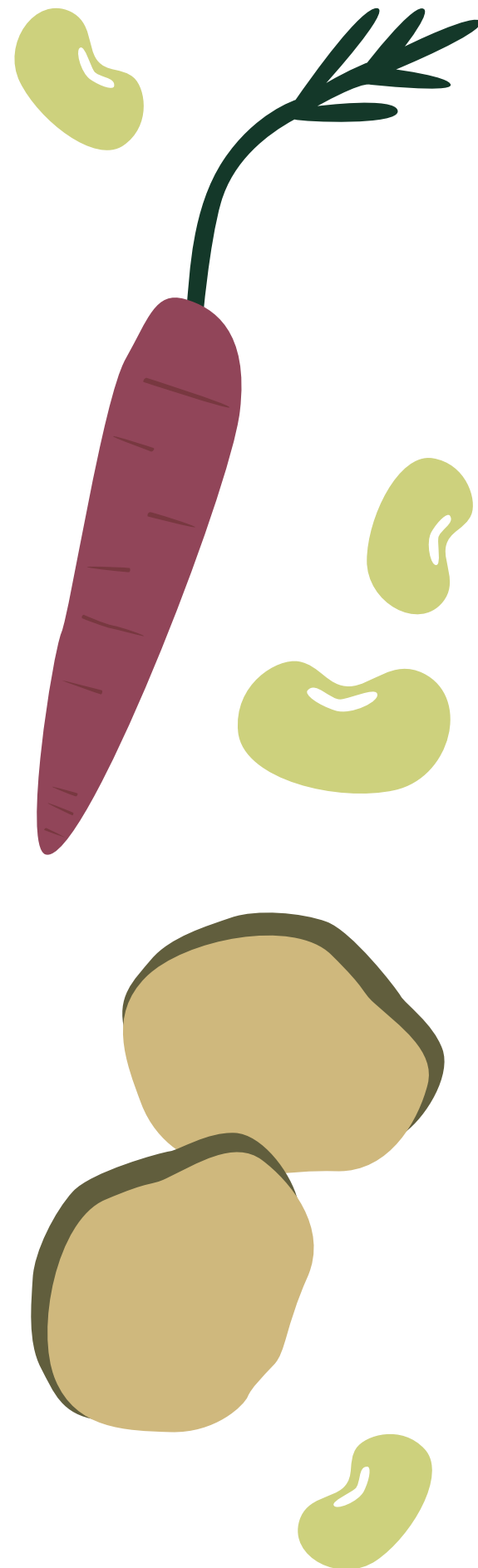
Add the crispy elements (potato peels and fried leek) for height and texture.

Dot with green herb oil (optionally mixed with olive oil).

Place the crispy bread sticks on the side.

Pipe the smoked carrot espuma using the siphon.

Garnish with fresh chervil and adding 1/4 of the vegetable scrap powder on the plate



Dutch potato pancake with seasonal vegetables

- NETHERLANDS -



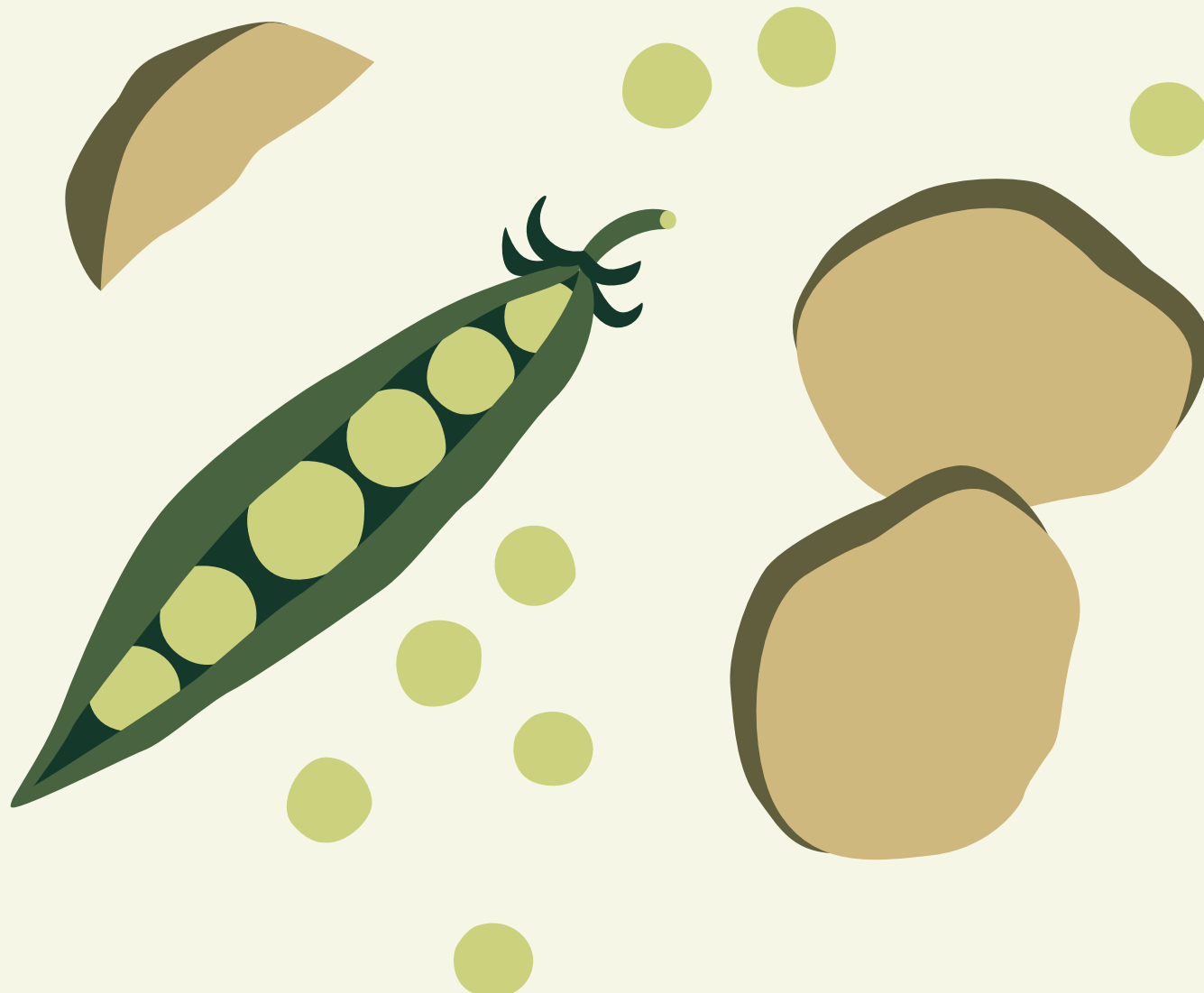
Season:
spring



Cooking time
1.5 - 2 hrs



Difficulty:
medium



The Dutch potato pancake from the Netherlands is made with potatoes and served with smoked sausage. However, this reinterpretation is developed with smoked almonds, that replace the smoky sausage flavour while giving the dish more character. Combined with young garden peas for colour, and the flavour of mushrooms and smoked almonds, the dish gains an extraordinary depth and richness.

Rene Bekker



Ingredients

PANCAKE

- **200g** waxy young potatoes with skin
- **100g** pointed cabbage
- **½** clove garlic
- **30g** onion
- **100g** flour
- **100g** oat milk
- **to taste**, chickpea water (aquafaba)
- **½ tsp** mustard powder
- **to taste**, salt and pepper
- **100ml** sunflower oil

GARDEN PEA CREAM

- **350g** garden peas
- **80g** vegetable stock
- **50g** plant-based cream
- **1 ½** tsp local miso

GARNISH

- **200g** mixed mushrooms
- **½** clove garlic
- **50g** red onion
- **to taste**, salt and pepper
- **1 tbsp**, olive oil

Sustainability tips

- This dish can be made using leftover boiled potatoes or even potato peels (make sure to wash them thoroughly first)
- Aquafaba is the starchy, protein rich liquid left over from cooked legumes, especially chickpeas



Instructions

1. Make a batter from the flour, oat milk, aquafaba, salt, pepper, and mustard powder.
2. Grate the potatoes into strips of about 5 mm using a mandoline if possible.
3. Fry the potatoes in a frying pan with half of the oil until almost cooked.
4. Add the onion, garlic, and pointed cabbage and stir-fry everything together.
5. When the cabbage is tender but still has a slight bite, remove from the heat and let it cool slightly.
6. Mix everything into the batter and let it rest briefly.
7. Bring a pan of vegetable stock to the boil and add the peas and miso.
8. Let it cook for 2 minutes, then remove from the heat.
9. Blend everything until completely smooth and add the plant-based cream.
10. Make sure the texture is like a thick guacamole. If not, repeat steps 7 and 8 with fresh peas, miso, and less stock, then add this to the earlier cream.
11. Season with salt and pepper if necessary and let it set, covered, in the refrigerator.
12. Take the batter with the potato and cabbage mixture and mix thoroughly one last time.

13. Fry pancakes in the remaining oil, about 15 cm in diameter, over medium heat.

14. When you see bubbles forming, it is time to flip the pancake.

15. Meanwhile, fry the mushrooms and garnish ingredients in olive oil until just tender.

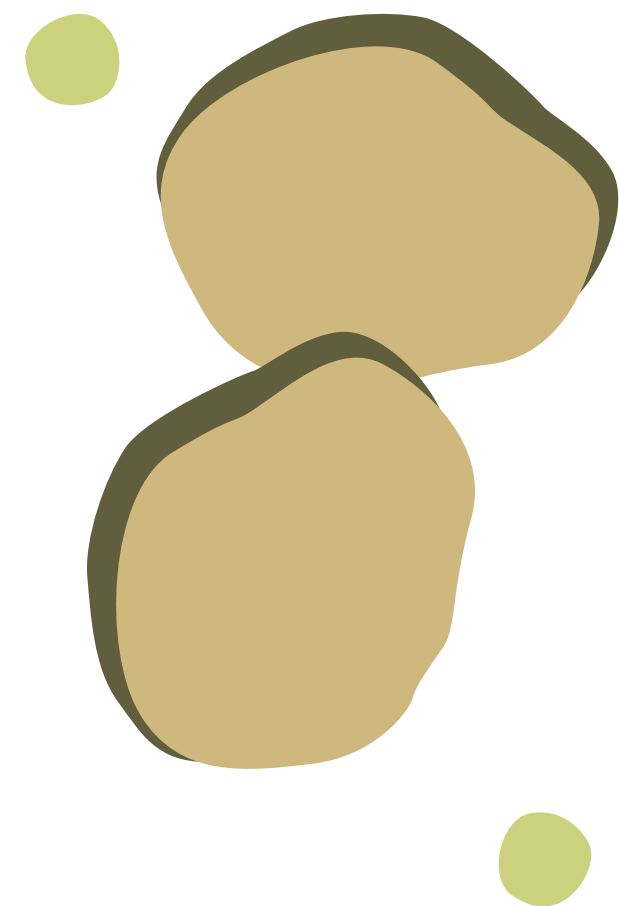
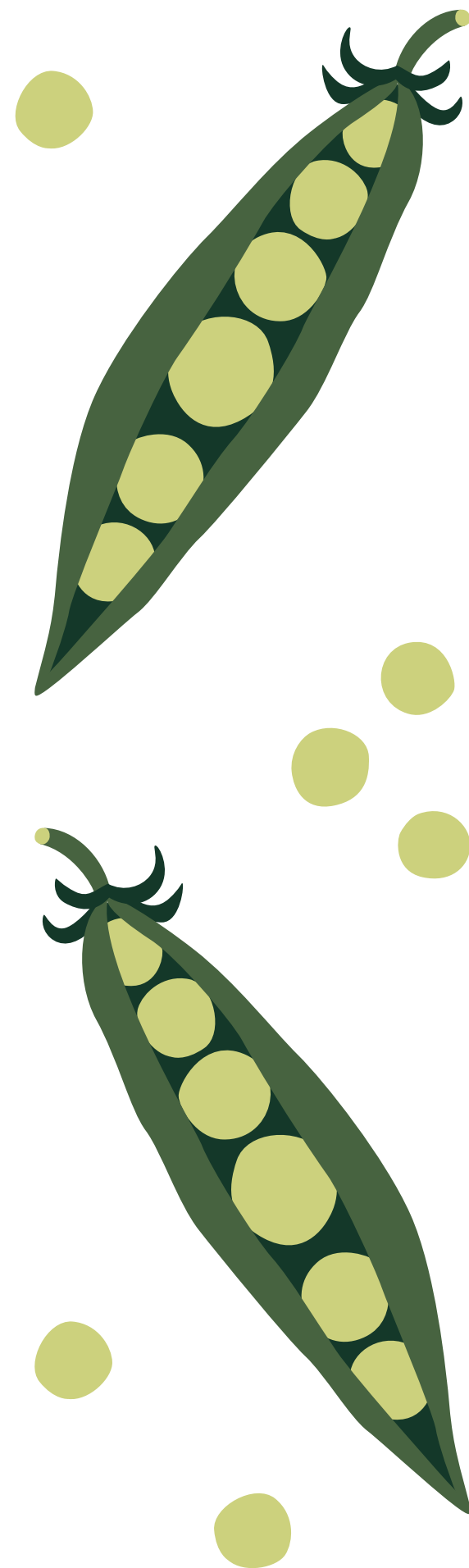
16. When all the batter is used and the pancakes are ready, begin plating.

17. Place the pancake in the centre of the plate.

18. Make three quenelles of the pea cream with spoons, or pipe three dots onto the pancake using a piping bag.

19. Arrange the mushrooms and torn lettuce playfully in the open spaces between the pea cream.

20. Finally, sprinkle the chopped smoked almonds over the pancake. If you cannot find these, puffed chickpeas or wasabi nuts are a nice alternative.



Red clover crackers with sorrel spread

- SLOVENIA -



Season:
spring



Cooking time:
1.5 hrs +
overnight soak



Difficulty:
medium



This dish highlights a plant-forward approach rooted in foraging traditions and everyday cooking. The recipe emphasizes minimal processing, seasonal ingredients, and mindful use of local resources. Served together and finished with fresh red clover blossoms, it brings meadow flavors into a simple, contemporary dish grounded in heritage and open to reinterpretation.

Katja Rebolj



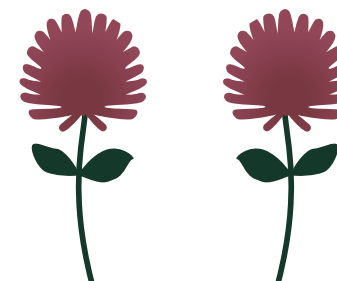
Ingredients

For the Spread

- **200g** yellow lentils
- **2** bay leaves
- **pinch** of thyme
- **150g** shallots
- **1** clove garlic
- **70ml** olive oil
- **to taste**, salt
- juice of one lemon
- **a handful**, common sorrel (can be picked or substituted with arugula)

For the crackers

- **200g** all-purpose flour
- **50ml** olive oil
- **120ml** cold water
- **70g** sunflower seeds
- **to taste**, salt and pepper
- **30g** red clover flower heads



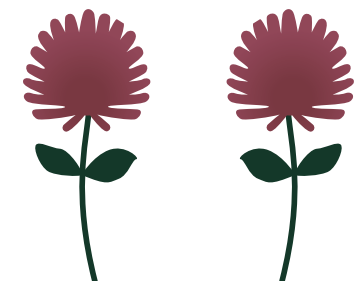
Instructions

For the spread

- 1.** Soak the lentils in water for at least two hours (or overnight).
- 2.** Discard the soaking water and cook the lentils in fresh water with bay leaf and thyme until soft.
- 3.** Finely chop the shallots and sauté them in oil. Add salt and garlic and cook until fragrant.
- 4.** Drain the lentils and add them to a multi-purpose food processor with the cooked shallots and garlic. Blend until smooth.
- 5.** Let the mixture cool slightly, then add coarsely chopped sorrel and the juice of one lemon. Blend until smooth.

For the crackers

- 6.** Harvest clover from your garden or a meadow.
- 7.** Preheat the oven to 390°F (200°C).
- 8.** Blend the flour, cold water, olive oil, sunflower seeds, salt, pepper and red clover heads in a food processor until a dough ball forms.
- 9.** Knead the dough briefly by hand and divide it into two parts.
- 10.** Roll out each portion between two sheets of baking paper into a thin layer. Cut into squares of any size.
- 11.** Bake for 7 minutes.
- 12.** Let the crackers cool and serve with the spread and some fresh red clover flowers.





summer

Bulbs and flowers

- CYPRUS -



Season:
summer



Cooking time:
2 – 2.5 hrs



Difficulty:
easy - medium



This dish is a tribute to Mediterranean culinary heritage and sustainable practices. Inspired by ancient stuffed vegetable dishes, it combines onions and courgette flowers with seasonal vegetables like carrots, courgettes, spinach, and fresh dill. The dish is a celebration of local, fresh ingredients and traditional cooking methods, minimizing food waste and water usage. Slow cooking enhances flavors while reducing energy consumption, creating a delicious and sustainable meal that honours tradition and innovation.

Evi Chioti



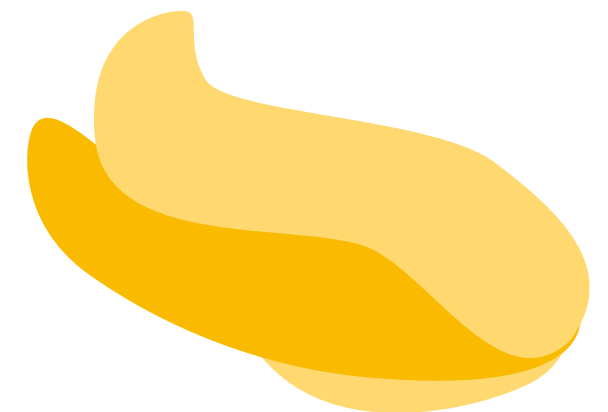
Ingredients

- **1/2 kg** onions (medium size)
- **20 pcs** courgette flowers
- **330g** fresh spinach
- **5** spring onions
- **200g** lentils red
- **2** carrots medium
- **2** courgettes
- **2** medium tomatoes fresh
- **20g** tomato paste
- **150g** semolina
- **40ml** olive oil
- **500ml** vegetable stock
- **10g** or to taste salt,pepper
- **400 g** greek yogurt
- **100g** fresh dill



Instructions

- 1.** Prepare the onion shells by cutting them in the middle until the center point of the bulb. Boil for ten minutes in salted water, then separate the shells and leave them aside.
- 2.** Soak the courgette flowers in cold water.
- 3.** Prepare the stuffing by cutting the spring onions, carrots, and courgettes into very fine pieces. Cook them in a casserole with oil, salt, and herbs until soft. Add fresh tomato cut into small cubes, lentils, spinach, dill, and vegetable stock preserved from other preparations. Cover the casserole and cook for 10 min. over low heat. Add the semolina, cook for two more min., then leave the stuffing to cool.
- 4.** Stuff the onion shells and courgette flowers with the cooled stuffing.
- 5.** Prepare a marinade with fermented tomato paste, olive oil, bay leaf, and vinegar. Place the stuffed onions and courgette flowers in a pan, add the marinade, and cook in a moderately heated oven for 30 min. Then increase the oven temperature and cook until golden.
- 6.** Reduce the cooking juices to a lightly thickened sauce. Serve the onions and courgette flowers on a bed of Greek yogurt and garnish with the sauce and fresh dill.



Spring petits farcis niçois (stuffed vegetables) with stale bread pangrattato

- FRANCE -



Season:
summer



Cooking time:
2 hrs



Difficulty:
easy



Petits farcis niçois is a classic dish from Nice and the wider Provence region, traditionally prepared by stuffing vegetables and baking them slowly. This version keeps the spirit of the dish while shifting it toward a more plant-forward household recipe for spring and early summer. Round courgettes and sweet onions are filled with Camargue rice, white beans, Swiss chard, herbs and preserved tomato, showing how French culinary identity can evolve through seasonal produce and low-waste cooking.

Celia Lapeyronie



Ingredients

- **4 pieces / about 800g** round courgettes
- **4 small-medium / about 500g** yellow onions
- **240g** cooked cannellini beans
- **180g** cooked camargue brown rice
- **250g** swiss chard (leaves + stems)
- **80g** spring onions incl. greens
- **40g** sun-dried tomatoes, drained
- **5** cloves garlic
- **20g** flat-leaf parsley
- **15g** basil
- **4g** fresh thyme leaves
- lemon zest from **1** lemon
- **90ml** olive oil
- **120g** stale country bread
- **150ml** vegetable stock or water
- **15g** capers
- **8g** fine sea salt
- **2g** black pepper

Sustainability tips

- Use all vegetable trimmings for a light broth or soup base.
- Any leftover stuffing can be baked into patties or folded into a grain salad the next day.
- Store leftover baked vegetables for up to 2 days and reheat covered so they stay moist.
- The pangrattato is also an excellent use for extra stale bread and can be kept in an airtight jar for 3 days.



Instructions

1. Preheat the oven to 180°C fan / 200°C conventional.
2. Prepare a baking dish large enough to hold all the vegetables snugly. Bring a large pot of salted water to the boil.
3. Peel the onions and blanch them whole for 8 minutes.
4. Drain, cool slightly, then gently separate the outer 2 layers to create onion shells.
5. Finely chop the onion centres and reserve.
6. Slice the top third off the courgettes, scoop out the flesh with a spoon, and finely chop the flesh.
7. Reserve the courgette lids.
8. Finely chop the Swiss chard stems and leaves.
9. Slice the spring onions, keeping the greens.
10. Chop the sun-dried tomatoes.
11. Mince 3 garlic cloves.
12. Roughly crush half of the cannellini beans with a fork and keep the rest whole for texture.

- 13.** Heat 30 mL olive oil in a large sauté pan over medium heat.
- 14.** Add the chopped onion centres, courgette flesh, chard stems and spring onions.
- 15.** Cook for 7–8 minutes until softened.
- 16.** Add the garlic, chard leaves, sun-dried tomatoes, thyme and capers, and cook for 3 minutes more until the mixture is concentrated and no longer watery.
- 17.** Transfer the mixture to a bowl.
- 18.** Add the cooked rice, beans, chopped parsley and basil, lemon zest, 6 g salt and black pepper.
- 19.** Mix well and taste. The stuffing should be well seasoned and hold together.
- 20.** Fill the courgettes and onion shells generously.
- 21.** Arrange them in the baking dish, add 150 mL vegetable stock to the base, drizzle with 15 mL olive oil, and cover loosely with baking paper or foil.
- 22.** Bake for 25 minutes.
- 23.** Remove the cover, add the courgette lids, and bake for a further 15–20 minutes until tender and lightly golden.
- 24.** While the vegetables bake, make the pangrattato. Pulse or grate the stale bread into coarse crumbs.
- 25.** Heat 30 mL olive oil in a frying pan over medium-low heat.
- 26.** Add the remaining 2 garlic cloves, thinly sliced, and cook until golden and fragrant.
- 27.** Add the bread crumbs and toast for 4–5 minutes, stirring often, until crisp and evenly browned. Season lightly with the remaining salt.
- 28.** Rest the baked vegetables for 5 minutes.

29. Finish with the pangrattato and a little extra chopped parsley or basil.

30. Serve warm as a main dish.



Mountain cretan wild & cultivated greens, heirloom fava & cracked olives

- GREECE -



Season:
summer



Cooking time:
2 hrs +
overnight soaking



Difficulty:
medium



Born in the semi-arid landscapes of Crete, this dish reflects a culinary system shaped by ecological constraint, biodiversity, and seasonal intelligence. Traditionally composed of wild and cultivated seasonal leafy greens slowly reduced in olive oil, it expresses a dry land food model where flavor emerges through concentration and respect for intrinsic plant character.

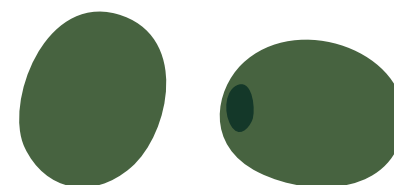
In this contemporary interpretation, heirloom fava beans introduce plant-based protein while preserving regional seed heritage. Cracked lemon-preserved olives contribute natural acidity through fermentation, and a restrained carob element references climate-resilient tree crops and circular ingredient logic.

Artemis Diane Bemplidaki



Sustainability tips

- Fava beans are used whole, with only minimal outer fragments removed after soaking, preserving both nutritional value and edible mass. Any remaining soaking liquid may be incorporated into vegetable broths.
- Excess cooked greens may be repurposed the following day as a filling for flatbread or stirred into grains, extending the life of the dish without additional resource input.
- Cracked olives preserved in lemon and brine naturally extend seasonal abundance without industrial additives.



Ingredients

GREENS CORE

- **600g** wild and cultivated seasonal leafy greens
- **120ml** extra virgin olive oil
- **to taste**, sea salt

HEIRLOOM FAVA

- **200g** dried heirloom fava beans (rain-fed), soaked overnight
- **to taste**, freshly ground black pepper

LEMON PRESERVED OLIVE EMULSION

- **120g** cracked green olives preserved with lemon
- **30ml** olive oil from the olives
- **1-2 tsp** natural brine

CAROB-FAVA CRISP

- **15g** carob flour
- **25g** finely milled dried fava skins or legume flour
- **35ml** water
- **10ml** extra virgin olive oil
- a pinch (or to taste) sea salt



Instructions

1. Soak the dried fava beans overnight.
2. Drain and remove only loose outer fragments while keeping the beans intact.
3. In a wide pan over medium heat, sauté gently in olive oil. Cook slowly without adding water until tender yet structured. Season lightly.
4. Wash and dry the greens thoroughly.
5. Heat olive oil in a heavy pot and immediately add the greens. Season lightly with salt. Cook over medium heat, allowing the greens to release their intrinsic moisture.

6. Reduce heat and continue cooking without adding water until fully softened and concentrated, with only olive oil remaining as visible moisture.

7. Blend the lemon-preserved olives with their own oil until smooth. Adjust texture with minimal brine only if necessary to achieve a thick, spoonable emulsion.

8. Combine carob flour, milled fava skins (or legume flour), water, olive oil and salt into a thin batter. Spread very thinly on a silicone mat.

9. Bake at 140–150°C until fully dehydrated and crisp without browning. Break into irregular shards.

Plating (Degustation Format)

10. Place a compact oval of reduced greens at the center of the plate.

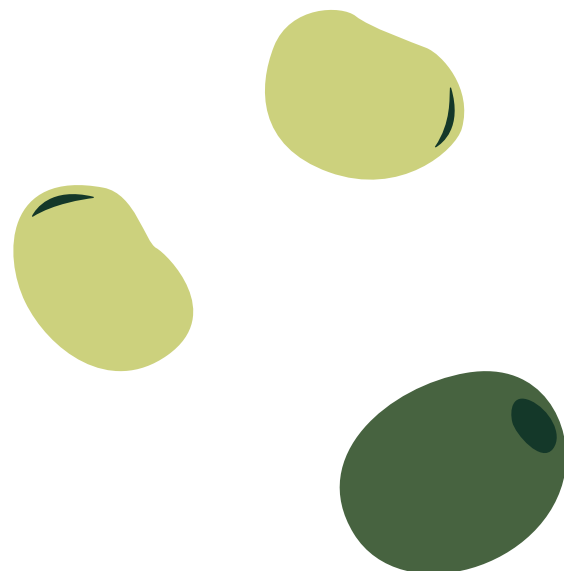
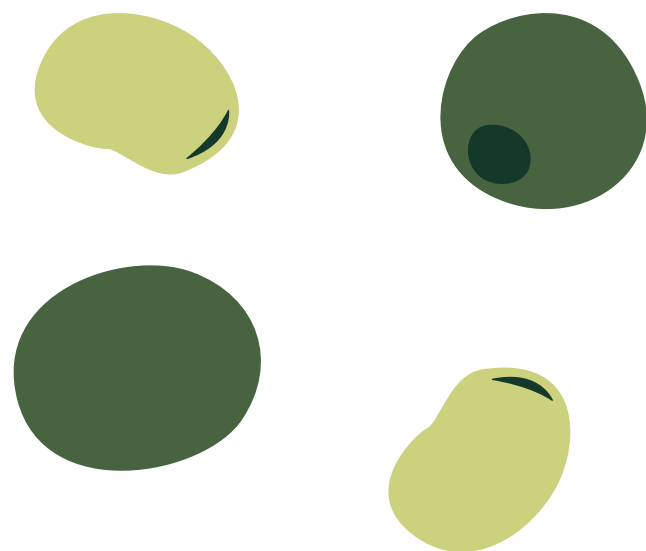
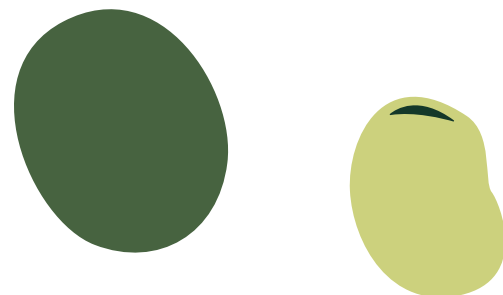
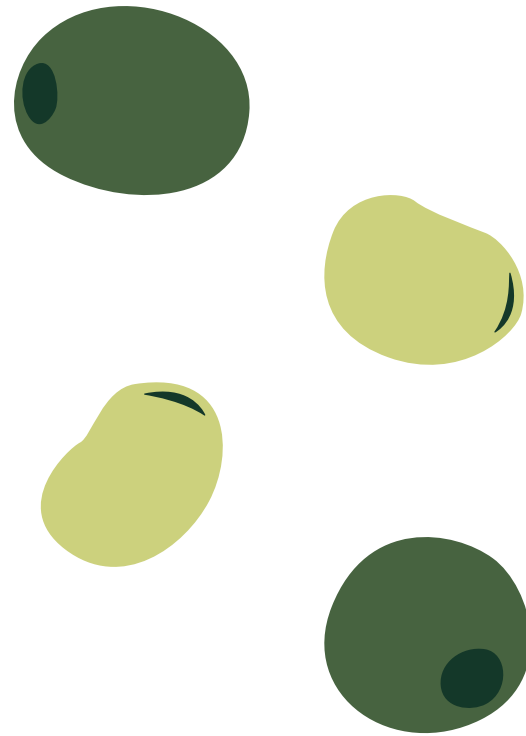
11. Arrange whole and diagonally sliced fava beans architecturally around and partially over the greens.

12. Dot small amounts of olive emulsion strategically to provide controlled acidity.

13. Insert a shard of carob-fava crisp vertically to create height and textural contrast.

14. Finish with a minimal glaze of raw extra virgin olive oil.

15. Serve warm.



Hungarian lecsó summer stew

- HUNGARY -



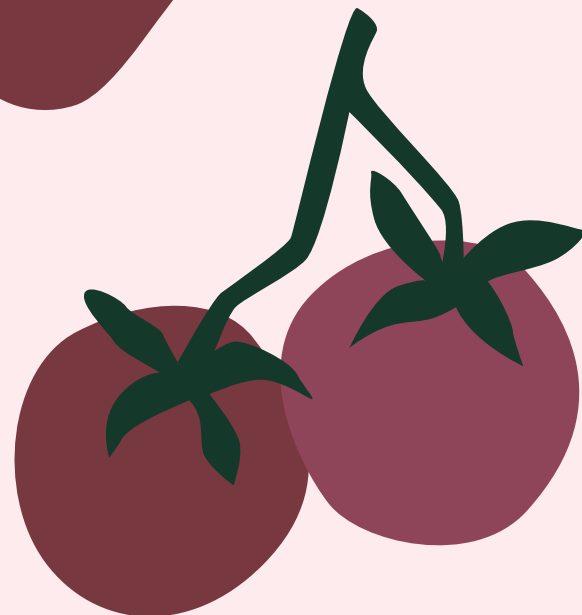
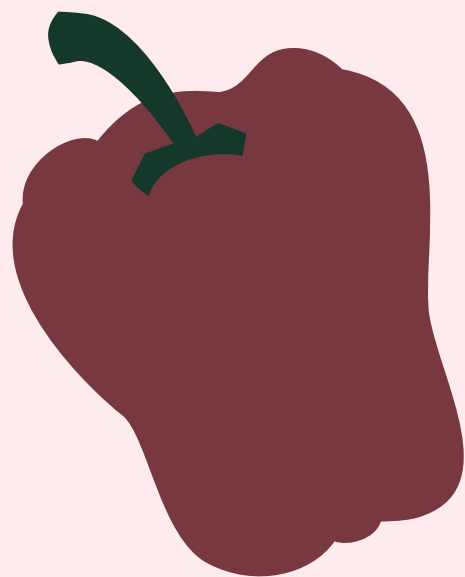
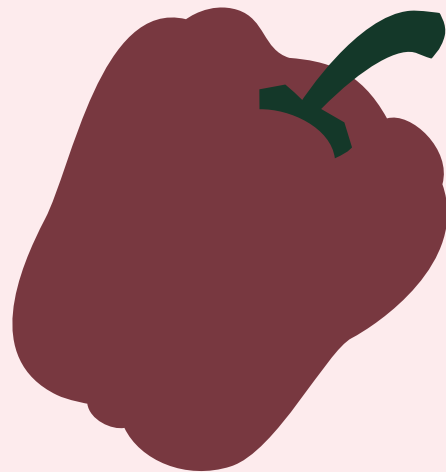
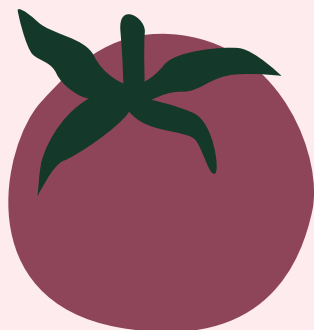
Season:
summer



Cooking time:
1 hrs



Difficulty:
easy



This is a very popular Hungarian dish in the summer that features simple ingredients and unique spices. It can also be preserved in a jar for storage and consumption at a later date. In autumn time we can add eggplant or zucchini for this dish, but also we can use lecsó as a base for some stew or ragout soup dish.

Barnabás Hack



Ingredients

- **100g** onion
- **700g** yellow hungarian paprika
- **350g** tomato
- **100g** pork lardo (optional)
- **2tbsp** sunflower oil
- **2tbsp** sweet paprika spice
- **to taste**, salt

Instructions

- 1.** Peel and cut the onion to dices.
- 2.** The paprika needs to be washed, cut in half and deseeded, then cut into slices.
- 3.** Blanch the tomatoes and remove skin and cut into 6.
- 4.** In a pan first we saute the onion in oil or pork fat.
- 5.** Remove from heat then season it with sweet paprika spice. When put back to heat, be careful, because the sweet paprika can burn easily and the dish will be bitter.
- 6.** Then add the tomato slices, cook for 10 mins.

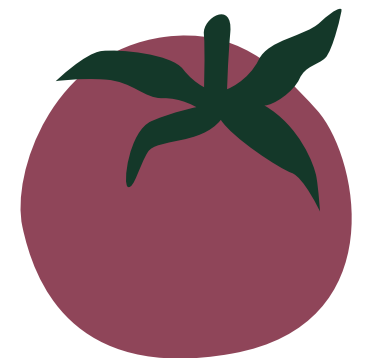
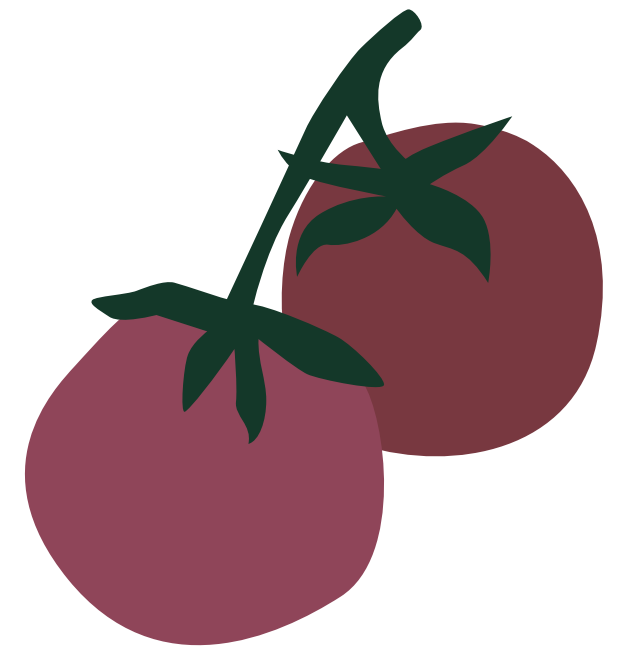
7. When the tomatoes are cooked, add the sliced paprika and then cook for another 10-15 mins.

8. Season with salt to taste.

Note:

The dish can be served in different ways, with fresh sourdough bread, poached egg, or fried sausage but also we can add to a main dish for example on top of a fried pork loin garnished with potato.

Also if you have the opportunity make the dish in a „bogrács” on open fire. You will get the real authentic hungarian dish that way.



Passatelli pasta with leeks and figs

- ITALY -



Season:
summer



Cooking time:
2 – 2.5 hrs



Difficulty:
medium - hard



This recipe is a seasonal take on Passatelli, traditionally served in the Emilia Romagna region as a winter dish, usually as a soup in a warm broth. This version does not feature a broth and instead highlights figs and leeks, ingredients commonly available in Italy between late August and early September. Passatelli are made primarily from stale bread, showcasing traditional Italian ingenuity and food-waste reduction.

Futura Gazzana



Ingredients

- **150g** stale bread
- **150g** parmigiano reggiano
- **3** whole eggs
- **2** leeks
- **4** figs
- **30g** gorgonzola cheese (optional)
- **1** stem thyme
- **100ml** extra virgin olive oil, plus extra as needed
- **2 cups** frying oil of choice
- butter, **to taste**
- white pepper, **to taste**
- salt, **to taste**

Equipment: Pots and pans , potato ricer, blender or immersion blender, fine mesh strainer

Sustainability tips

- Use stale bread and every part of the leeks so that no edible ingredients are wasted.



Instructions

For the Passatelli

- 1.** Dry stale bread at 130°C for about 10 minutes if needed.
- 2.** Blend into fine breadcrumbs.
- 3.** Mix breadcrumbs, Parmigiano Reggiano, eggs, salt and white pepper.
- 4.** Adjust texture if needed with a little flour or water.
- 5.** Rest dough under a damp towel.

For the Leek Sauce

- 6.** Slowly sauté the white part of the leeks with olive oil, salt and thyme.
- 7.** Cook until very soft, about 10 minutes.
- 8.** Blend with butter until smooth.
- 9.** Blend in Gorgonzola if using.
- 10.** Keep warm in a saucepan.

For the Fried Leeks

- 11.** Slice the light green leek sections into thin ribbons.
- 12.** Heat frying oil to about 170°C.
- 13.** Fry until golden, about 1 minute.
- 14.** Drain on paper towels.

For the Leek Oil

- 15.** Blend the dark green leek tops with olive oil.
- 16.** In a pan, pour the mixture in and bring to a boil while stirring.
- 17.** After a couple of minutes, cool in the mixture in a small bowl placed in a larger bowl of ice.
- 18.** Strain through a fine sieve

For the Figs

- 19.** Cut figs into wedges.
- 20.** Heat the butter and thyme in a pan, add the figs, season with white pepper,

and cook for 3-4 minutes until slightly caramelised.

Assembly

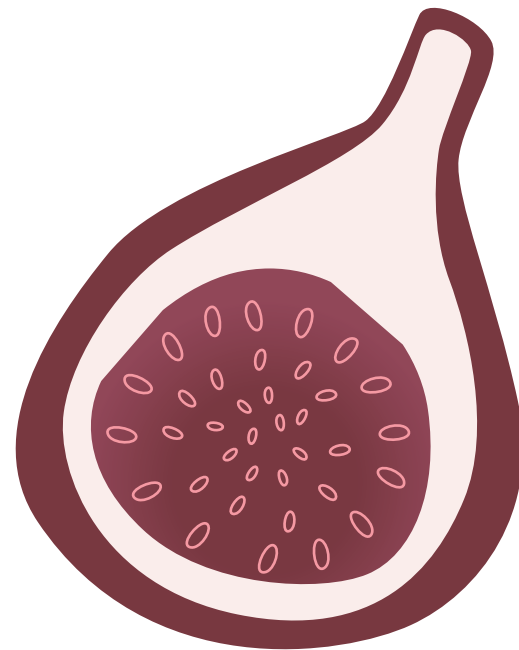
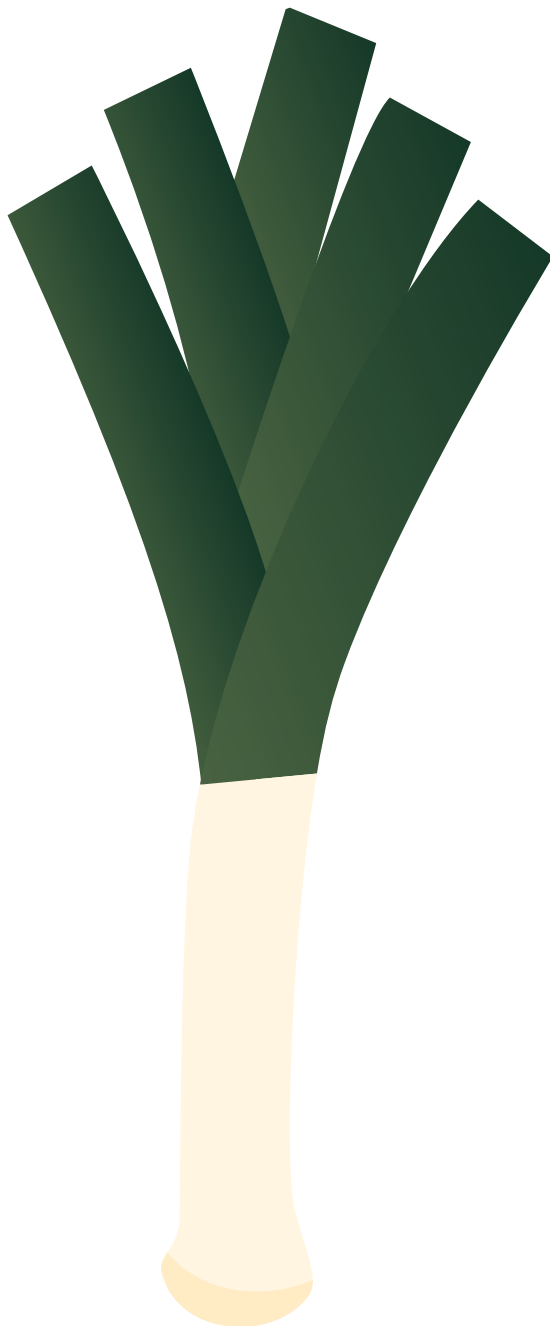
21. Boil salted water.

22. Warm leek sauce and figs.

23. Press Passatelli dough through a potato ricer.

24. Cook Passatelli until they float.

25. Plate with leek cream, Passatelli, figs, fried leeks and leek oil.



Fish croquettes with melon rind tartar sauce

- LITHUANIA -



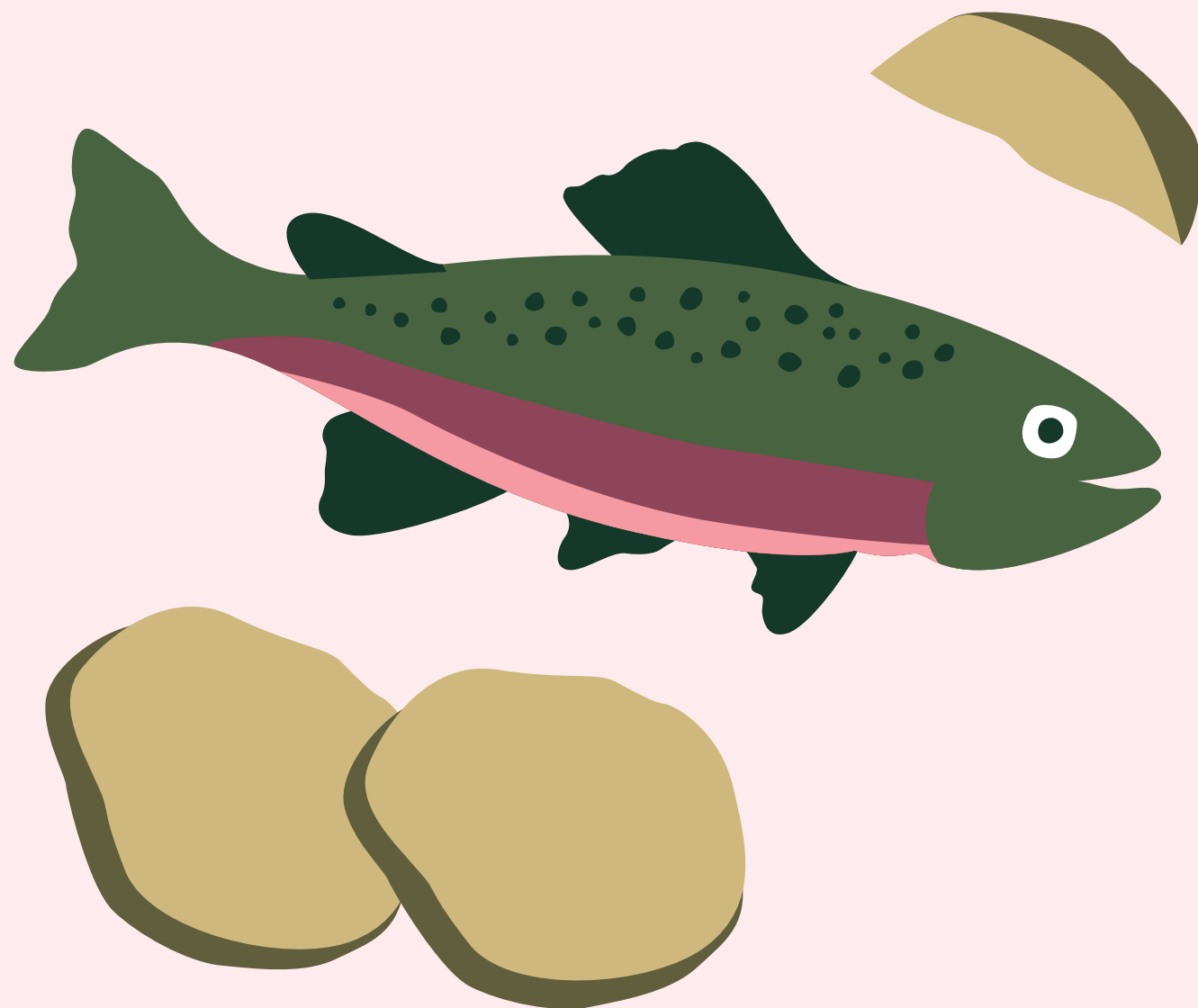
Season:
summer



Cooking time:
2 hrs +
24 hrs pickling



Difficulty:
medium



Use of leftover fish and melon rinds in the recipe is a great way to reduce waste.

Justinas Kapkovicus



Ingredients

CROQUETTES

- **200g** boiled potatoes
- **100g** leftover fish
- **20g** creamy mustard
- **1** egg
- **to taste**, dill
- **2** scallions
- **to taste**, salt
- frying oil

CROQUETTES COATINGS

- **50g** flour
- **100ml** milk
- **70g** panko breadcrumbs

PICKLED MELON RINDS

- **300g** leftover melon peels
- **150ml** water
- **150ml** apple cider vinegar
- **25g** sugar
- **1** bay leaf
- **to taste**, salt and pepper

TARTAR SAUCE

- **150g** mayonnaise
- **25g** marinated melon rinds
- **5g** mustard
- **to taste**, chives
- **to taste**, salt and pepper
- **just a splash**, vodka



Instructions

Pickled Melon Peels:

- 1.** First, cut the melon peels into 2cm cubes.
- 2.** Place them in a 500ml jar or container.
- 3.** Mix the remaining ingredients in a saucepan and bring to a boil.
- 4.** Pour marinade on the chopped melon peels and leave to cool.
- 5.** Then place in the refrigerator and keep there for at least 24 hours.

Croquettes:

- 6.** Place the potatoes in a bowl and crush them with a pestle.
- 7.** Add the torn fish, egg, mustard, and chopped herbs.
- 8.** Mix everything well. Form croquettes weighing 30g from the mixture.
- 9.** Place the croquettes in the refrigerator to rest for an hour.
- 10.** Then dip them in flour, milk, and panko breadcrumbs.
- 11.** Heat the oil for frying to 180 degrees and fry until the croquettes are nicely browned.

Tartar sauce:

- 12.** Chop the pickled melon rinds into smaller pieces.
- 13.** Add the mayonnaise, chopped melon rinds, chopped chives, and mustard to a bowl. Season with salt, pepper, and a splash of vodka.

Arroz a banda rice and summer vegetables with saffron aioli

- SPAIN -



Season:
summer



Cooking time:
1.5 - 2 hrs



Difficulty:
hard



Rooted in the coastal traditions of Alicante, Spain, Arroz a Banda—literally “rice on the side”—was born from the resourcefulness of local fishermen. Historically, a rich stock was simmered from unsold “trash fish,” with the flavorful rice served separately from the seafood. This dish stands as a testament to the zero-waste ethos deeply embedded in Spanish culinary heritage.

This modern, plant-forward interpretation honors that legacy through sustainable innovation.

The result is a “Garden Style” centerpiece, topped with a vibrant sauté of seasonal green beans, zucchini, tri-color peppers, and meaty oyster mushrooms.

Ramon Salto



Sustainability tips

- If you have leftover rice, pan-fry it the next day to make crispy Socarrat cakes topped with a quick garlic aioli.
- Always save clean vegetable trimmings in a freezer bag until you have enough to make the peels broth.

Seasonal Adaptation:

- Autumn: Swap the summery topping for roasted butternut squash cubes and wild foraged mushrooms.
- Spring: Top the rice with blanched fresh asparagus spears, tender artichoke hearts, and sweet green peas.



Ingredients

- **400g** bomba rice
- **150g** red onion
- **150g** green beans
- **150g** three-color bell peppers (red, yellow, and green, diced)
- **150g** purple broccoli
- **150g** zucchini (yellow and green, diced)
- **50g** garlic (15g for the rice, 35g for the aioli)
- **60ml** extra virgin olive oil (20ml for topping, 40ml for rice)
- **50g** dehydrated tomato powder
- **5g** sweet paprika (pimentón dulce)
- **50ml** olive oil (for aioli)
- **1g** saffron threads
- sea salt, **to taste**
- **100g** ripe tomatoes (peeled, seeded, and diced)
- white pepper, **to taste**
- **20g** flat-leaf parsley, finely chopped
- **20g** chives, finely chopped
- **1** lemon (zest and juice for aioli)
- **2l** bottled water

Instructions

Prepare the Ingredients

- 1.** Peel and trim all the vegetables, reserving all peels and trimmings for the broth.
- 2.** Thinly chop the onion, parsley, and chives. Roast the whole head of garlic.
- 3.** Cut the yellow and green courgettes into small cubes. Peel, seed, and dice the tomatoes into small cubes. Separate the broccoli into florets, and cut the three-colour bell peppers into small cubes.

Prepare the Broth

4. In a large pot, combine the vegetable scraps (onion skins, garlic peels, tomato ends, herb stalks, etc.) and roast until they get a bit of color.

5. Add 2L of water, half of the saffron and the dehydrated tomato.

6. Bring to a boil over medium-high heat, then reduce to a simmer.

7. Cook for 30–40 minutes to extract maximum flavor.

8. Strain the broth, season with salt and white pepper to taste, and keep it hot on a low simmer.

9. You will need exactly 1.2 L for the rice.

Prepare the Summery Topping

10. Heat 20 mL of extra virgin olive oil in a wide paella pan (approx. 30–34 cm) or a large, wide skillet over medium-high heat.

11. Add the broccoli florets and sear for about 3 minutes.

12. Add the sliced 3-color peppers, diced zucchini, and green beans.

13. Sauté for another 5–7 minutes until the vegetables are tender-crisp and vibrant.

14. Season lightly with salt and white pepper.

15. Remove the vegetables from the pan and set aside to keep their fresh, summery texture.

Prepare the Sofrito

16. Caramelize the thinly chopped red onion in 40ml of olive oil until it has a brown colour (not burnt).

17. Lower the heat to medium and add the 15 gr of roasted garlic and cook for 1 minute until fragrant.

18. Stir in the sweet smoked paprika and tomato into small cubes, cooking for 3 minutes (stir constantly to prevent

burning).

19. Immediately add the Bomba rice, stirring for 2 minutes to coat the grains in the sofrito.

Cook the Rice

20. Crush the saffron threads and add them to the hot scrap broth.

21. Pour the 1200 mL of hot broth into the paella pan with the rice.

22. Gently shake the pan to distribute the rice evenly—do not stir from this point forward.

23. Boil on high heat for 5 minutes, then reduce the heat to low and simmer uncovered for 13–15 minutes.

Achieve the Socarrat

24. Once the liquid is almost completely absorbed and the rice is tender, turn the heat up to medium-high for 1–2 minutes.

25. Listen closely for a crackling sound and smell for a toasted aroma—this creates the prized crispy bottom layer known as the socarrat.

26. Remove from heat immediately.

Rest and Plate

27. Cover the pan with a clean kitchen towel and let it rest for 5 minutes to allow the starches to settle.

28. Uncover the rice and beautifully arrange the reserved fresh summery topping (green beans, zucchini, peppers, and broccoli) over the surface of the rice.

Prepare Saffron Aioli

29. While the rice rests, take half of saffron threads and warm in 20 ml of warm water for 5 minutes.

30. In a small bowl, whisk together the remaining 35 gr of roasted garlic cloves and the saffron infusion.

31. Slowly drizzle in the 100 ml of olive oil while whisking vigorously to emulsify.

32. Stir in 1 tablespoon of fresh lemon

juice and the lemon zest.

33. Season with a pinch of salt.

Serve

34. Present the paella pan with the rice topped with the vegetables.

35. Add dollops of saffron aioli.

36. Sprinkle the fresh chopped herbs parsley and chives.

37. Serve with fresh lemon wedges on the side.





Autumn

Plant-forward austrian potato goulash with root vegetables & bread dumplings

- AUSTRIA -



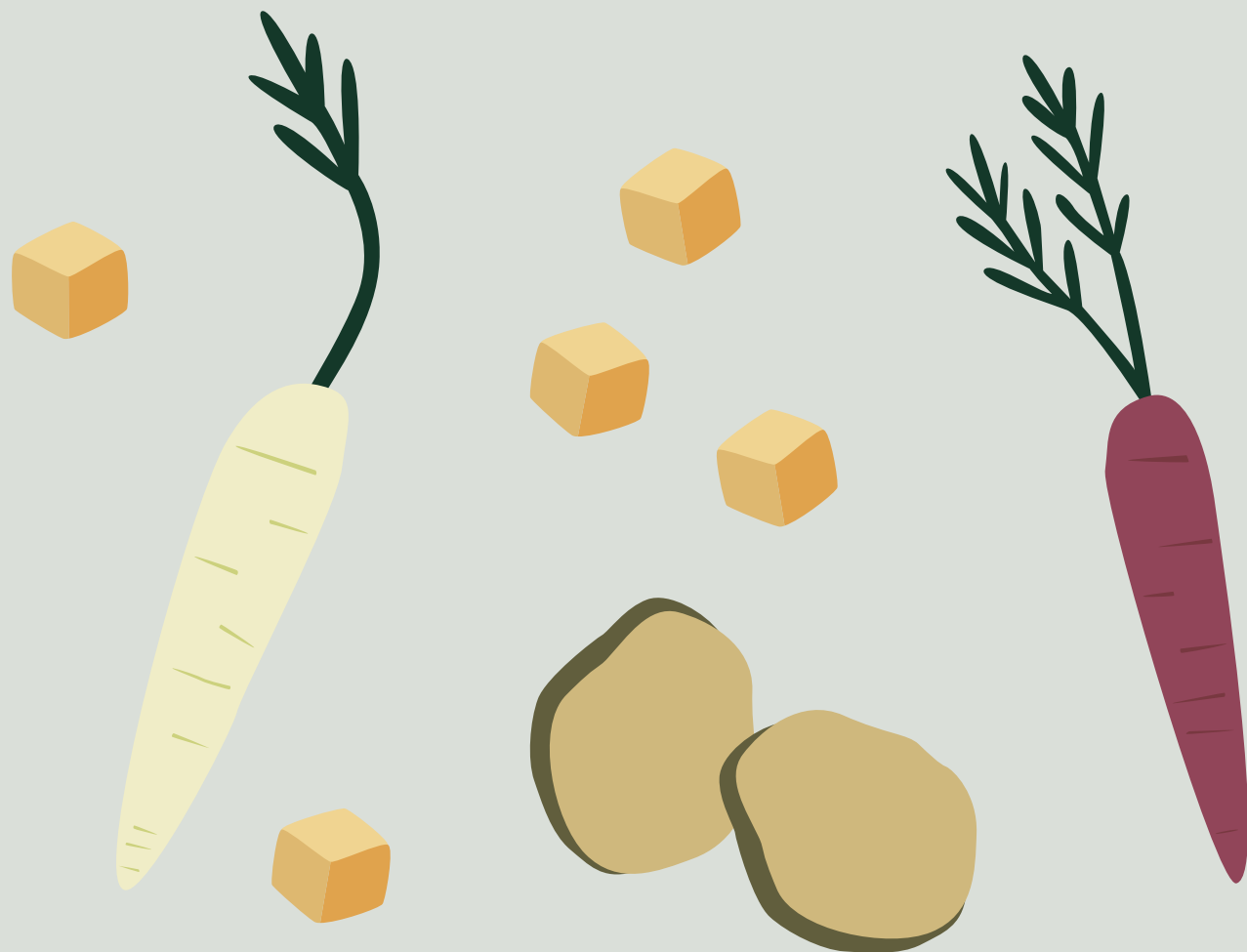
Season:
autumn



Cooking time:
1.5 - 2 hrs



Difficulty:
low-medium



A plant-forward interpretation of a beloved Austrian classic, this Potato Goulash celebrates the depth and comfort of slow-cooked onions, sweet paprika, and seasonal root vegetables. Waxy potatoes, carrots, parsnip, and celeriac simmer gently in a rich vegetable stock, creating a naturally thick and warming stew layered with caraway and marjoram. A splash of apple cider vinegar adds brightness and balance. Served alongside soft bread dumplings made from stale bread, this dish embraces zero-waste principles without compromising flavor.

Simone Walli



Ingredients

for dumplings

- **300g** stale bread, cubed
- **200ml** milk
- **2** medium eggs
- **80g** onion, diced
- **10g** parsley incl stem, chopped
- **5g** salt
- **1g** nutmeg
- **15ml** oil or butter
- **800g** potatoes waxy, peeled and diced
- **300g (2 large)** onions, finely sliced
- **200g** carrots, diced
- **120g** parsnip, diced
- **300g** celeriac, diced
- **10g** (2cloves) garlic, minced
- **30g** tomato paste
- **14g** sweet paprika powder
- **2g** smoked paprika powder
- **3g** caraway seeds
- **750ml** vegetable stock
- **30ml** apple cider vinegar
- **30ml** sunflower or rapeseed oil
- **both to taste** salt and black pepper
- **5g** fresh marjoram
- **30g** for topping sour cream

Sustainability tips

- Use vegetable peelings to prepare homemade stock.
- Turn potato or carrot skins into baked crisps.
- Herb stems can be finely chopped and added to the dumpling mixture.
- Leftover dumpling slices can be pan-fried the next day.



Instructions

Prepare the Dumplings

- 1.** Place the stale bread cubes in a bowl and pour over the warm milk. Let soak for 10 minutes.
- 2.** Sauté the diced onion in a little butter or oil until translucent.
- 3.** Add onions, eggs, parsley, salt, and nutmeg to the soaked bread. Mix gently.
- 4.** Shape into a roll using kitchen cloth or plastic wrap and tie the ends.
- 5.** Simmer gently in salted water for about 25 minutes.
- 6.** Remove, unwrap, and slice before serving.

Cook the Potato Goulash

- 7.** Heat oil in a large pot. Slowly sauté the onions until golden and slightly caramelized.
- 8.** Add garlic and tomato paste; cook briefly.
- 9.** Stir in paprika powder and caraway seeds (remove from heat briefly to avoid burning the paprika).
- 10.** Add diced root vegetables and potatoes.
- 11.** Pour in vegetable stock and simmer gently for 25–30 minutes until tender.
- 12.** Season with salt, pepper, vinegar, and fresh marjoram.

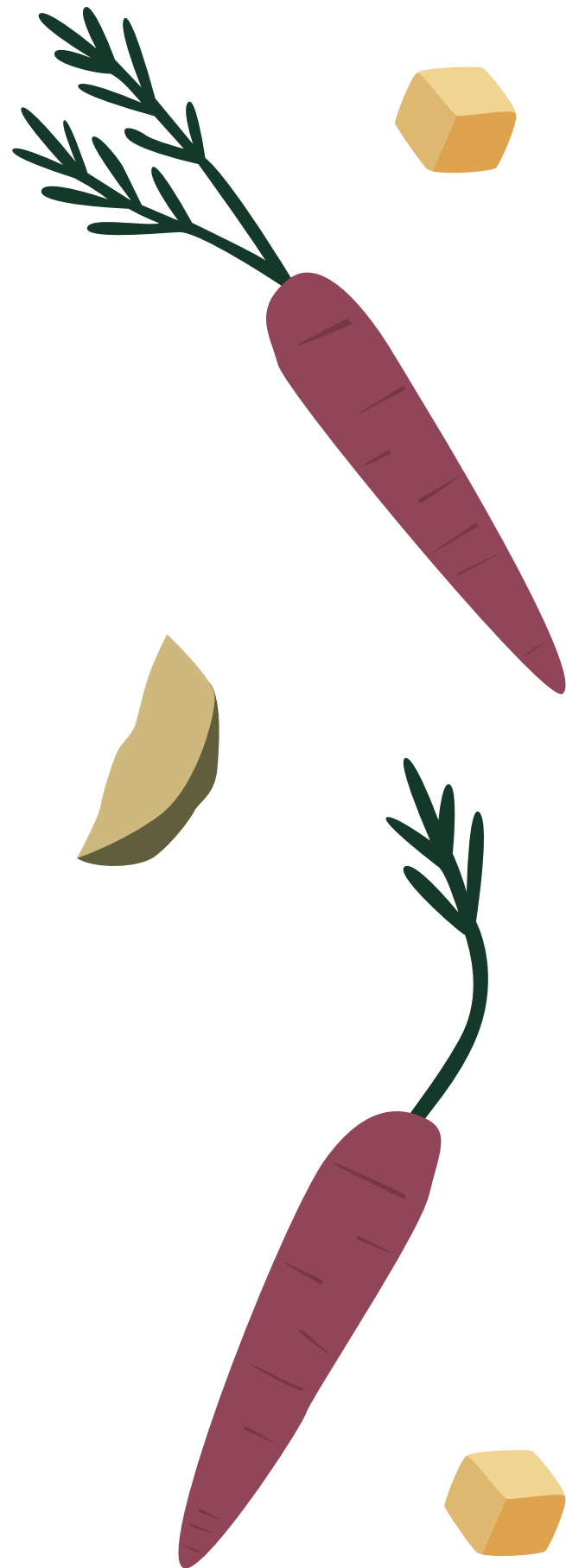
13. Adjust consistency — the goulash should be thick and slightly creamy.

SERVE

14. Ladle the potato goulash into warm bowls.

15. Top with a spoonful of sour cream (optional).

16. Serve with sliced bread dumplings on the side.



Stuffed fermented cabbage leaves with white beans, roasted pumpkin and walnut crumb

- BULGARIA -



Season:
autumn



Cooking time:
1.5 - 2 hrs



Difficulty:
medium



This dish is a contemporary, plant-forward interpretation of traditional Bulgarian postni sarmi (meatless stuffed cabbage leaves), historically prepared during the autumn season using fermented vegetables, legumes, and stored crops. Fermented cabbage leaves are filled with a mixture of white beans, roasted pumpkin, onions, carrots, walnuts, and aromatic herbs, then gently baked until tender. The dish reflects Bulgaria's culinary heritage of seasonal preservation, fermentation, and whole-ingredient use, while responding to modern sustainability principles.

Petya Tsankova



Ingredients

- **12** large fermented cabbage leaves (or fresh cabbage leaves)
- **300g** white beans, cooked and drained
- **250g** pumpkin, peeled and cubed (or any seasonal squash)
- **150g** onion
- **100g** carrot
- **40ml** sunflower oil
- **60ml** walnuts, finely chopped (plus some whole walnuts for the topping)
- **30g** sunflower seeds
- **10g** thyme or dried oregano
- **10g** sweet paprika
- **to taste**, black pepper
- **20g** breadcrumbs (optional)
- **as needed**, water or light vegetable stock

Sustainability tips

- Fermented cabbage trimmings can be dehydrated and ground into a seasoning powder.
- Pumpkin peel and seeds can be roasted and reused as a crunchy garnish or dukkah.
- Sauerkraut brine may be reduced and used as a light plant-based sauce.
- Onion and carrot skins can be roasted and used to prepare vegetable stock, ensuring maximum use of all ingredients.



Instructions

1. Rinse fermented cabbage leaves briefly if very salty. Trim thick veins and reserve trimmings.
2. Roast pumpkin at 190°C for 25–30 minutes until soft and lightly caramelised; mash coarsely.
3. Sweat chopped onion and carrot in sunflower oil until soft. Add beans, pumpkin, spices, and walnuts; mix gently.
4. Place filling onto cabbage leaves and roll tightly into compact parcels.
5. Arrange rolls in a pot or baking dish, add hot water or light vegetable stock halfway up, cover, and cook at 180°C for 45–50 minutes.
6. Toast walnuts, sunflower seeds, and breadcrumbs until golden. Sprinkle over the dish before serving.

Zagorje cabbage salad with buckwheat and pumpkin seed oil

- CROATIA -



Season:
autumn



Cooking time:
1 – 1.5 hr



Difficulty:
easy



This dish is inspired by traditional cuisine from the Hrvatsko Zagorje region and northern Croatia, where cabbage has been a staple food throughout the year. While fermented (sauerkraut) cabbage was dominant in winter, in late summer fresh grated cabbage from home gardens was commonly used, often seasoned with pumpkin seed oil and homemade vinegar. This modern plant-based interpretation combines fresh late-summer cabbage with buckwheat—a traditional grain widely used in Zagorje cuisine—and incorporates a quick pickling (short fermentation) technique to preserve seasonality and extend the ingredient’s usability.

Ivan Tomas

Ingredients

- **1** small head (about 600g) fresh cabbage (or fermented cabbage)
- **200g** buckwheat groats
- **1** red bell pepper
- **1** tomato
- **1** spring onion (white and green parts)
- **2-3 slices** stale bread
- **3 tbsp** pumpkin seed oil
- **1-2 tbsp** apple cider vinegar
- **qb** salt
- **handful** fresh parsley

Sustainability tips

- Leftovers can be baked the next day as a casserole
- Use outer cabbage leaves for vegetable stock
- Extra buckwheat can be used for patties
- Grind unused stale bread into breadcrumbs

Instructions

- 1.** Finely shred the cabbage, salt it, and gently massage it with your hands. Leave for 20–30 minutes to release its juices (quick natural pickling).
- 2.** Rinse the buckwheat and cook for about 15 minutes until tender, then drain.
- 3.** Cut the stale bread into cubes and toast them without added fat.
- 4.** Add finely chopped red pepper, tomato, and spring onion (including the green part) to the cabbage.
- 5.** Mix in the cooked buckwheat, pumpkin seed oil, and vinegar to taste.
- 6.** Add chopped parsley (including the stems).
- 7.** Serve topped with crispy bread cubes.

Creamy mushroom soup with fried wild mushrooms

- CZECH REPUBLIC -



Season:
autumn



Cooking time:
1 - 1.5 hrs



Difficulty:
medium



Creamy mushroom soup is a beloved part of Czech cuisine, reflecting the country's long tradition of gathering and cooking with wild mushrooms. This creamy mushroom soup celebrates the mushroom in two ways: as the star ingredient of the soup itself and as a garnish that adds texture, aroma, and visual appeal. The rich, earthy flavours are balanced by a smooth, velvety consistency, creating a dish that is both rustic and elegant. Rooted in tradition yet suitable for modern tables, this recipe showcases one of the Czech Republic's most treasured culinary ingredients.

Tomas Popp



Ingredients

Soup

- **300 g** potatoes
- **500 ml** vegetable stock
- **100 ml** heavy cream (33% fat)
- **100 g** dried mushrooms
- **100 g** butter
- **2** medium onions
- **1/4** celery root (celeriac)
- **3** cloves garlic
- **3** sprigs fresh marjoram
- salt and black pepper, **to taste**
- **1** bay leaf
- ground caraway seeds

Fried Mushrooms

- **100 g** porcini mushrooms (or other wild mushrooms)
- **1** free-range egg
- **2** tbsp all-purpose flour
- **4** tbsp corn breadcrumbs (or fine breadcrumbs)
- **500ml** frying oil



Instructions

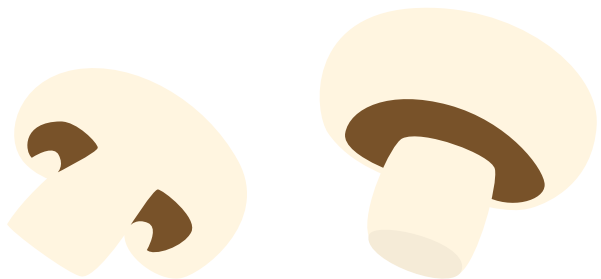
Soup

- 1.** Pour hot water over the dried mushrooms and let them soak for 20 minutes.
- 2.** Melt the butter in a pot and sauté the onions and celeriac until softened. Season with salt, pepper, ground caraway, and fresh marjoram.
- 3.** Add the bay leaf.
- 4.** Add the peeled and diced potatoes along with the soaked mushrooms, including their soaking liquid.
- 5.** Pour in the vegetable stock and cook until the vegetables are tender.
- 6.** Remove the bay leaf and marjoram sprigs.

- 7.** Blend the soup until smooth.
- 8.** Stir in the cream and a small knob of butter to enrich the texture.
- 9.** Adjust the seasoning with salt and pepper to taste.

Fried Mushrooms

- 10.** Clean the mushrooms and cut them into evenly sized pieces.
- 11.** Coat them first in flour, then in beaten egg, and finally in breadcrumbs. Do not salt the mushrooms before frying.
- 12.** Deep-fry until golden brown and crispy. Serve on top of or alongside the soup.



pumpkin pie with rice

- MALTA -



Season:
autumn



Cooking time:
3 hrs



Difficulty:
medium



Pumpkin pie with rice is a cherished example of Maltese home cooking, combining simple seasonal ingredients into a hearty and satisfying dish. Savoury pies have long been a feature of Malta's culinary tradition, reflecting the island's Mediterranean influences and the resourceful use of locally available produce. In this recipe, sweet pumpkin is paired with rice, herbs, olives, and a flavourful filling enclosed in crisp shortcrust pastry.

The dish highlights pumpkin as a versatile ingredient, balancing its natural sweetness with savoury Mediterranean flavours.

Guido Debono



Ingredients

Ingredients for Dough

- **600gr** flour
- **200gr** margarine
- **200ml** water
- **pinch** of salt

Ingredients for Filling

- **1kg** pumpkin or butternut squash.
- **10gr** fresh mixed herbs (basil, marjoram, parsley and thyme)
- **2** onions
- **1** leek
- olive oil – for frying
- **1/2 tsp** pepper
- **20** de-stoned black olives
- **100gr** long grain rice
- **180gr** salted tuna or **1 x 160gr** or canned tuna + **small cut 8 fillets** of anchovies
- ground pepper
- **1tsp** sesame seeds

Sustainability tips

- If you want to make the dish vegetarian, substitute the tuna and anchovies for 200gr of sundried tomatoes.
- I suggest to add 200 grams of sundried tomatoes that can replace the tuna and the anchovies.
- Some recipes also include 200gr of raisins and 100gr of kidney beans to balance the saltiness.



Instructions

Short crust pastry

1. In a food mixer or by hand mix the margarine and the sifted flour with salt, (rubbing method) add the water to create a soft dough.

2. Wrap the dough in cling film and allow to rest in the fridge for at least one hour.

Pie filling

3. Peel the pumpkin and cut into small cubes.

4. Place the pumpkin in a strainer and add some salt to help drain the extra liquid. Put the strainer in a container to hold the liquid. Cover and place in the fridge overnight.

5. Bring your water to a boil, add the rice, cover, and boil for about 5 minutes. Then drain, cool, and store it until you are ready to finish cooking.

6. Wash and chop the leek, onion and the garlic and saute' in some olive oil until transparent.

7. Remove from heat. Add the herbs, black olives, drained pumpkin and rice, tuna, anchovies and seasoning. Mix well.

8. Grease the pie dish with olive oil or margarine.

9. Roll out the pastry thinly and line the pie dish.

10. Add the filling and press lightly.

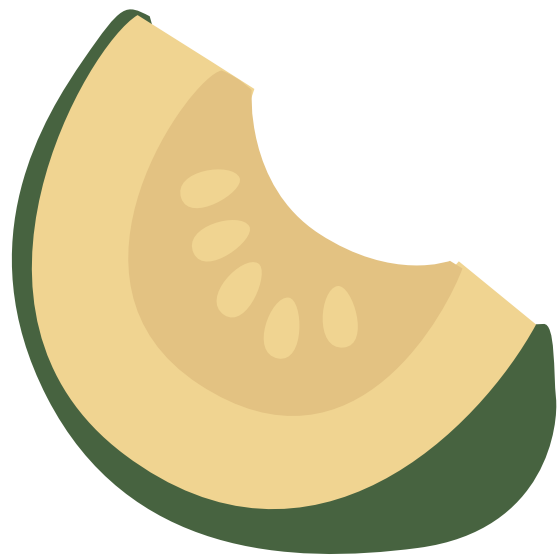
11. Roll out the remainder of the dough and cover the pie. The side pastry and the top have to be bonded together with an egg wash. (1beaten egg, 2 spoons milk and touch of salt).

12. Gently prick the top of the pie with a fork to allow the steam to escape.

13. Brush the top with egg wash.

14. Decorate with the extra pieces of pastry and brush with egg wash. Sprinkle with sesame seeds.

15. Place the pie in a preheated oven at 200C and cook for about 1hour 15 minutes, until the base is cooked and the top is browned



Autumn forest sarmale with leek leaves

- ROMANIA -



Season:
autumn



Cooking time:
1.5 - 2 hrs



Difficulty:
medium



Autumn Forest Sarmale reinterprets the traditional Romanian stuffed rolls using seasonal forest ingredients. Tender leek leaves replace cabbage and are filled with porcini mushrooms, walnuts and Arborio rice, inspired by Orthodox fasting traditions where walnuts often replaced meat. The dish celebrates Romanian autumn flavors while highlighting sustainable cooking techniques and the use of whole ingredients.

Paduraru Dalia Maria



Ingredients

- leaves from **2** large leeks
- **90g** arborio rice
- **120g** fresh or rehydrated porcini mushrooms
- **70g** red walnuts
- **1** onion
- **1** carrot
- **1** white part of leek
- **1** red bell pepper
- **30ml** olive oil
- **to taste**, salt and black pepper
- **150ml**, tomato sauce
- **20ml** olive oil
- **to taste**, thyme and basil
- **200ml**, vegetable stock made from vegetable peels
- **50ml**, white wine
- **1tbsp** cashew paste
- **1tbsp** nutritional yeast
- **a few drops** lemon juice
- **a few drops** dill oil

Sustainability tips

- Vegetable peels and trimmings can be used to prepare a flavorful stock.
- Leftover sarmale can be refrigerated for up to 2 days and reheated gently. They can also be frozen for longer storage.
- Extra sauce can be used as a base for soups or vegetable stews.



Instructions

- 1.** Finely chop the porcini mushrooms. Dice the onion, carrot, white part of leek and red bell pepper.
- 2.** Sauté the vegetables in olive oil until soft, then add the mushrooms and cook briefly.
- 3.** Add the washed Arborio rice to the hot vegetables and remove from heat. Allow the rice to hydrate and absorb the flavors for about 30 minutes.
- 4.** Add chopped walnuts and season with salt and pepper.
- 5.** Blanch the leek leaves until flexible and roll the filling into small sarmale.
- 6.** Place wide leek leaves on the bottom of a clay pot, add tomato sauce, olive oil and herbs, then arrange the sarmale inside.
- 7.** Bake in the oven at 180°C for approximately 30 minutes.
- 8.** For the sauce, prepare a vegetable stock from the carrots, onion, leeks and pepper peels. Add wine and reduce slightly.
- 9.** Once reduced, add in cashew paste, nutritional yeast and a few drops of lemon juice.
- 10.** Serve three sarmale with a thin layer of sauce, dill oil and crispy leeks

Sweet potato galushki dumplings

- SLOVAKIA -



Season:
autumn



Cooking time:
2.5 hrs



Difficulty:
hard



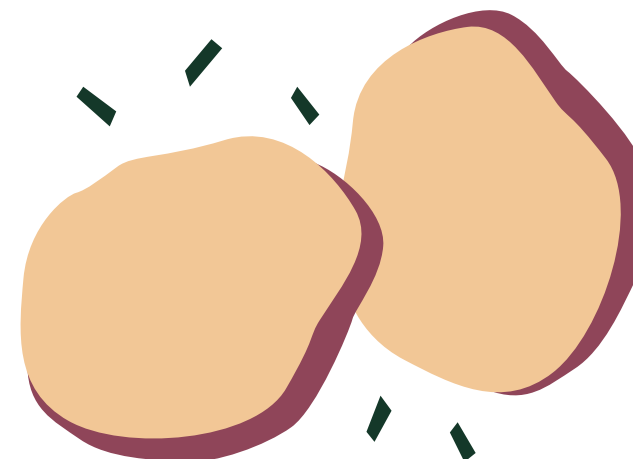
This is one of the national dishes and a staple in the culinary heritage of Slovakia. It traces back to the cultural and culinary developments in the Kingdom of Austria and Hungary, especially in transalpine landscapes of Eastern Europe. The meal consists of lumps of shredded raw potato dough similar in appearance to gnocchi and a soft sheep cheese, optionally sprinkled with spring or caramelized onions, crispy bacon, chives or other ingredients.

Jaroslav Guzanik



Ingredients

- **750-800g** sweet potatoes
- **250-300g** flour all-purpose or plain flour
- **2** large eggs
- **250-300g** sheep cheese ("bryndza", feta or local sheep cheese)
- **250g** white onion
- **3 tbsp** sour cream
- **50g** butter
- **100g** blackcurrants
- **3 tbsp** balsamic vinegar
- **100g** chives
- dried alpine flowers (optional)



Instructions

Caramelize the onions

1. Dice the onions
2. Fry them slowly in a pan with butter until browned and caramelized. Keep the rendered fat.

Cure the black currants

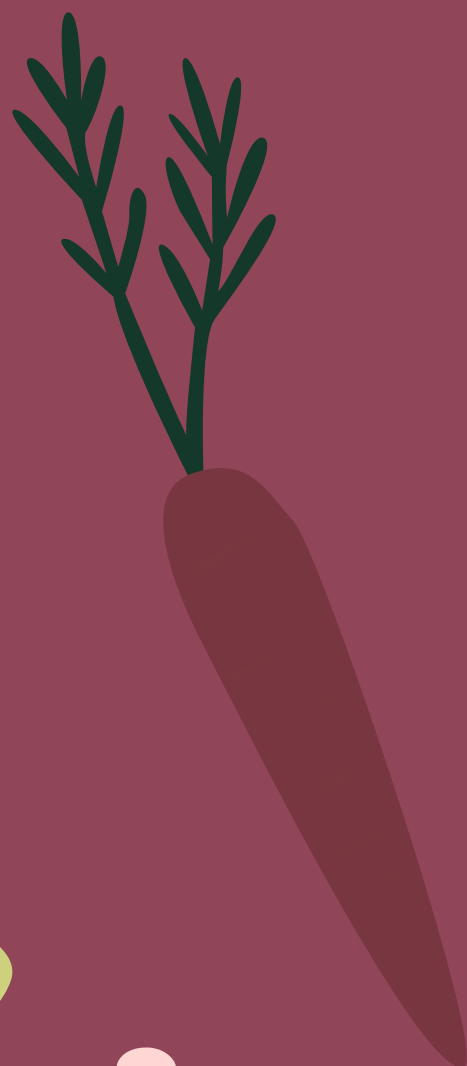
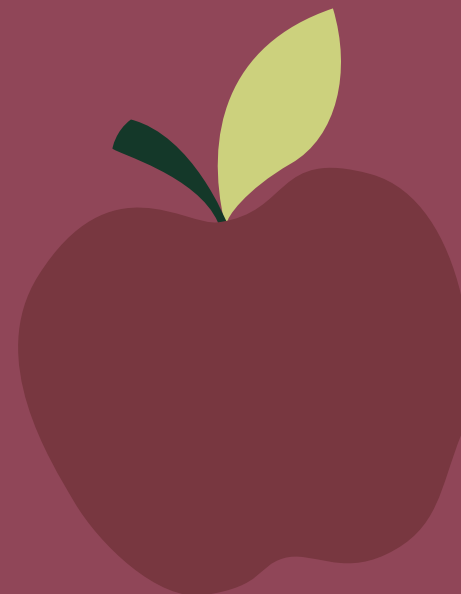
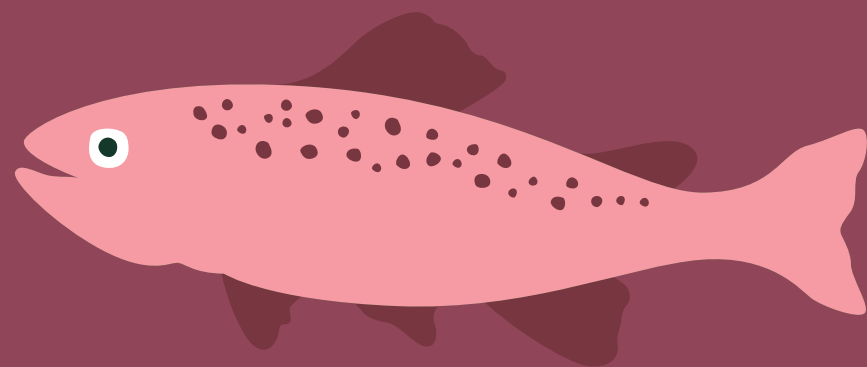
3. Combine the black currant berries with a high quality balsamic vinegar in a separate bowl and set aside at room temperature for at least 2 hours.

Prepare the Dumplings

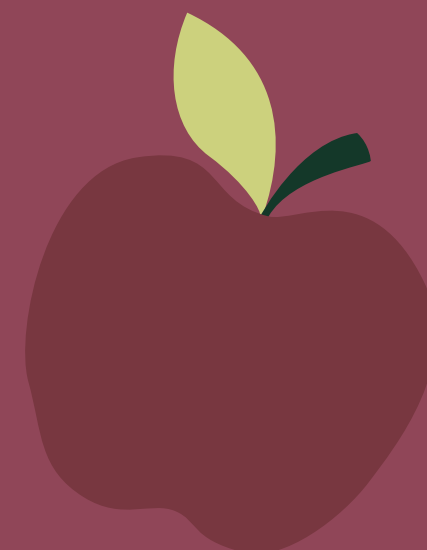
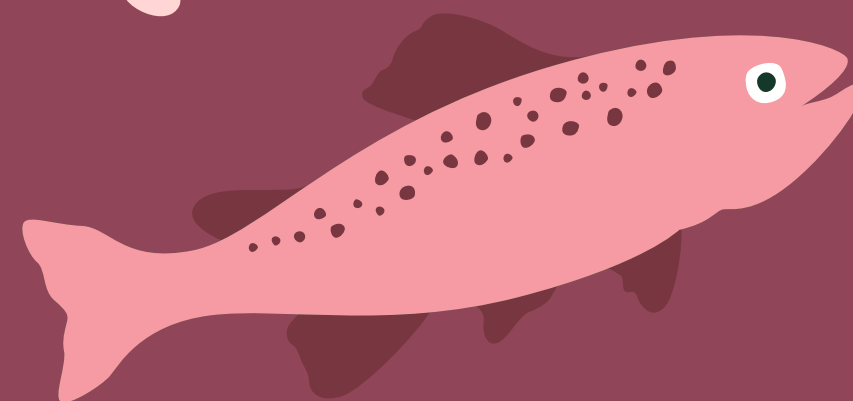
4. Peel and finely grate the raw sweet (unskinned) potatoes (or other starchier types, such as Russet) using the smallest holes of a hand grater or a food processor. Do not squeeze out the moisture.
5. Mix in the egg, salt, and flour gradually until you get a thick, sticky dough that just barely drops off a spoon.
6. Bring a large pot of salted water to a boil.
7. Use a galushki/dumpling maker (a specialized perforated plate) to press the dough into the water. Alternative: Use a cutting board and a knife to flick small, thumbnail-sized pieces of dough into the water.
8. Cook until they float to the surface (usually 2–3 minutes), then drain.

Assemble and Serve

9. While the dumplings are still hot, toss them immediately with the bryndza cheese and sour cream. The heat from the dumplings will melt the cheese into a creamy sauce.
10. Top each serving with the caramelized onions, cured black currants, chives, and optionally with crispy bacon or plant-based bacon or smoked Tofu strips. Put an extra table spoon of sour cream on top, decorate with dried alpine flowers (optional) and serve immediately.



Winter



Mulgipuder (barley and potato porridge)

- ESTONIA -



Season:
winter



Cooking time:
1 hr + 6-8 hrs of
dehydration



Difficulty:
medium - hard



This dish is a contemporary interpretation of Mulgipuder, one of Estonia's most iconic heritage foods, now recognised as part of UNESCO cultural heritage. Traditionally rooted in rural life, it reflects simplicity, resourcefulness, and deep respect for seasonal ingredients.

In this version, mulgipuder is presented as a plant-forward dish, highlighting the natural richness of barley and potatoes.

Kairi Timusk



Ingredients

- 200g barley
- 800g potatoes
- 300g wild mushrooms (chanterelles, porcini, or similar)
- 150g onion
- potato peels (reserved from the potatoes)
- oil
- salt and pepper
- 250g pickled cucumbers
- fresh dill
- fresh parsley
- 100g savoy cabbage leaves



Instructions

Mulgipuder

1. Rinse the pearl barley and place it in a pot with water (approx. 2-3 times the volume).
2. Bring to a boil and simmer for about 15 minutes.
3. Add the peeled potatoes and salt. Continue cooking on low heat until both the barley and potatoes are very soft and most of the liquid has absorbed (about 20-25 minutes).
4. Mash everything together directly in the pot until thick and creamy but still slightly textured.
5. Stir in rapeseed oil and keep warm.

Mushrooms and onions

6. Clean the mushrooms and cut into bite-sized pieces.
7. Slice the onions.
8. Heat oil in a pan, sauté the onions until golden, then add the mushrooms.
9. Cook until the liquid evaporates and the mushrooms are lightly browned.
10. Season to taste.

Crispy potato skins

11. Heat oil to 180°C.
12. Fry the potato skins until golden and crisp.
13. Drain on paper and season lightly with salt.

Dried savoy cabbage (traditional method)

14. Cut cabbage leaves into pieces and lightly toss with oil and salt.
15. Dry in a food dehydrator, or alternatively in your oven, at 50-55°C for 6-8 hours until crisp and fully dry.

Serve

16. Spoon the mulgipuder onto plates, top with mushrooms and onions.

17. Finish with crispy potato skins.

18. Serve with pickled cucumber ribbons and fresh herbs

Note:

Using traditionally preserved cucumbers reflects Estonian autumn preservation practices and adds acidity that balances the richness of the dish.

Drying cabbage reflects traditional Northern European preservation methods, allowing vegetables to be stored and used throughout the winter while intensifying flavour and reducing waste

You can add green herbal oil.

Sustainability tips

1. Use the whole potato

- Wash potato thoroughly and collect peels to fry into crispy garnishes (as in this dish). This adds texture while eliminating waste.

2. Repurpose mushroom trimmings

- Stems and less attractive pieces can be finely chopped and cooked into the porridge base or used to make a simple vegetable stock for added depth.

3. Onion skins for stock

- Instead of discarding onion skins and ends, use them in a homemade stock. They add colour and flavour and can be frozen until needed.

4. Cook once, eat twice

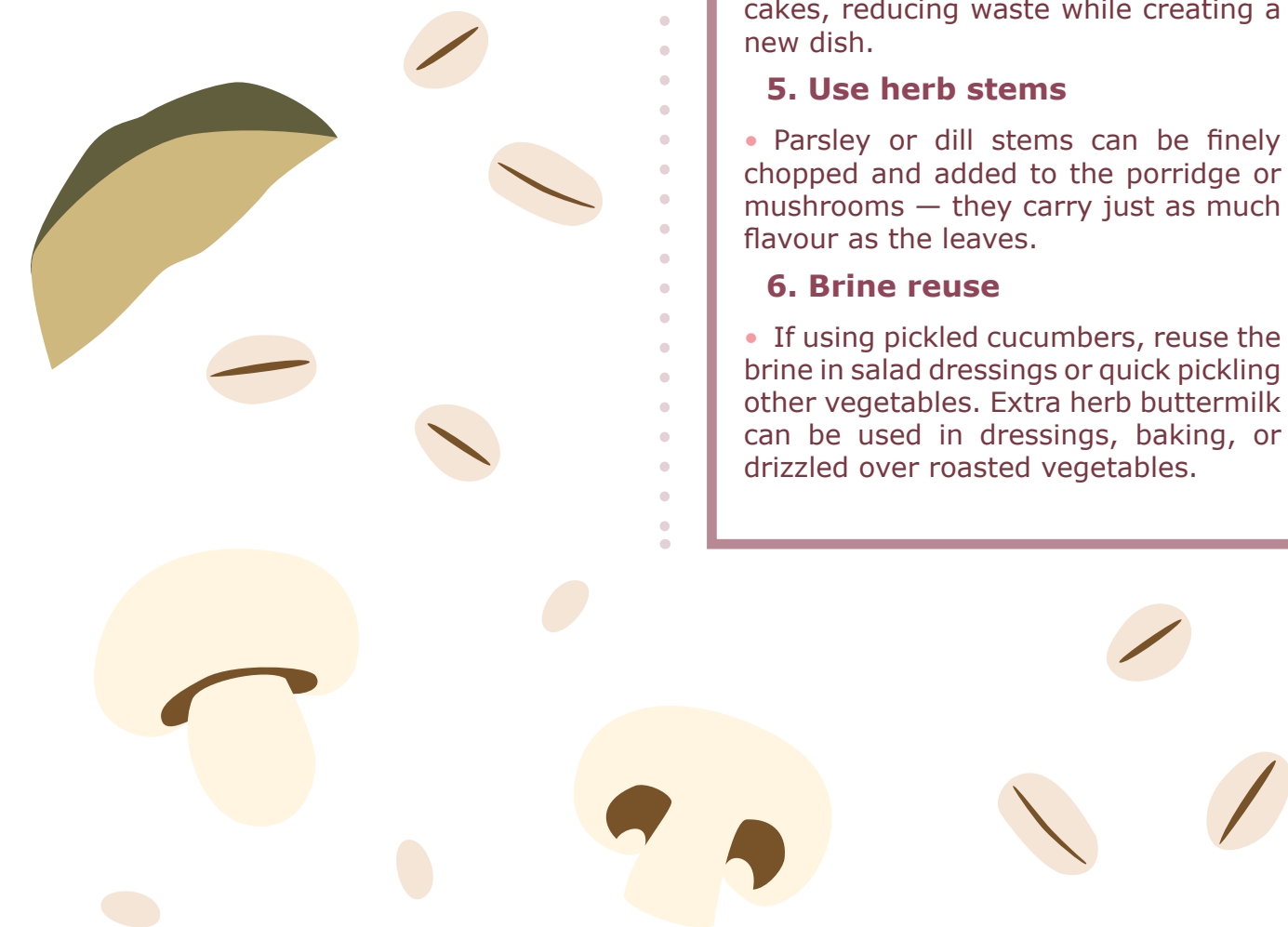
- Leftover mulgipuder can be pan-fried the next day into crispy patties or cakes, reducing waste while creating a new dish.

5. Use herb stems

- Parsley or dill stems can be finely chopped and added to the porridge or mushrooms — they carry just as much flavour as the leaves.

6. Brine reuse

- If using pickled cucumbers, reuse the brine in salad dressings or quick pickling other vegetables. Extra herb buttermilk can be used in dressings, baking, or drizzled over roasted vegetables.



Reindeer Karelian stew with Lapland Puikula potato mash

- FINLAND -



Season:
winter



Cooking time:
4 hrs



Difficulty:
medium



This dish is a simple celebration of the pure nature of Lapland, enriched with traditional wisdom from Kainuu and Karelia. At its heart is reindeer, a prized northern ingredient whose true season peaks in autumn and early winter, when fresh meat is at its best. Traditionally meat has been the center of this dish, however, in this version it is more plant-forward. Used sparingly, reindeer adds depth and character while allowing seasonal vegetables to take centre stage.

Based on Natural Resources Institute of Finland, the carbon footprint of reindeer meat is about 3.47 kg CO2e per kg, whereas the carbon footprint of beef is more than tenfold and chicken about 30% more.

Sami Metsi



Ingredients

For the stew:

- **400g** reindeer roast from Lapland (or other local game)
- **300g** onion
- **300g** carrot
- **300g** parsnip
- **5ml** oil
- **3g** allspice
- **1g** bay leaf
- **10g** salt
- **1l** water

For the potato mash:

- **400g** Lapland Puikula potatoes (or local floury potatoes)
- **100g** milk
- **20g** butter
- **3g** salt

Sustainability tips

- This reindeer Karelian stew keeps well in the refrigerator for up to 4 days, and the flavour often improves the next day. The dish is so good that there is rarely any waste. If there happens to be leftovers, they can be used to make a shepherd's pie-style dish: place the stew in an oven dish, top with mashed potatoes, and bake at 200°C for 30 minutes, or until the mashed potatoes are nicely browned.

Instructions

Reindeer Karelian Stew

1. Wash the root vegetables and onions thoroughly.
2. Peel the onions and cut everything into fairly large pieces.
3. The onion skins can be tied into a bundle and simmered in the pot—the skins give the sauce a beautiful colour.
4. Remove the skins before serving.
5. Cut the reindeer roast into large cubes and brown in oil.
6. Add the root vegetables and onion.
7. Add the spices and water, and simmer over low heat for 3 hours.

Lapland Puikula Potato Mash

8. Wash and peel the potatoes.
9. Boil until tender, then drain.
10. Add the heated milk and butter, mash, and season with salt.
11. Save the potato peels and deep-fry them until crispy at 180°C for about one minute.
12. Use them to garnish the dish.

Deconstructed westphalian lentil stew (zero-waste approach)

- GERMANY -



Season:
winter



Cooking time:
2.5 - 3 hrs



Difficulty:
medium



A traditional Westphalian lentil stew is reinterpreted into a structured, modern household dish.

Lentils, root vegetables, and potatoes remain at the core, while smoked paprika, roasted onion, and tomato paste replace the traditional meat component.

All vegetable parts are used: peels are turned into a rich stock, reduced for the dish and preserved for later use, while remaining trimmings are transformed into a crunchy topping and a long-lasting seasoning.

Tim-Colin Gerhardt



Ingredients

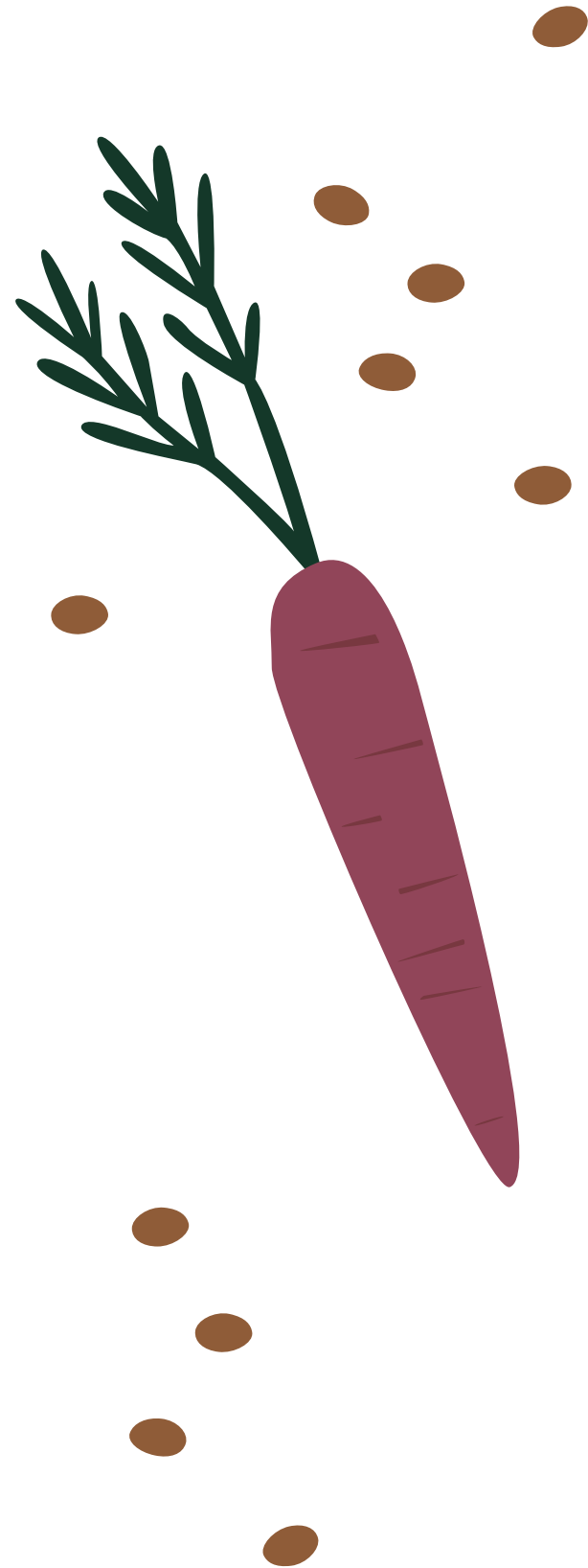
- **250g** brown lentils
- **1** celery root
- **2–3** carrots
- **1** leek
- **2–3** medium potatoes (skin on)
- **1** large onion
- **1 tbsp** tomato paste
- **1 tsp** smoked paprika
- **1–2** bay leaves
- **small handful** lovage (optional, but recommended)
- pinch marjoram
- **to taste**, apple cider vinegar
- optional, pinch sugar
- **to taste**, salt
- **to taste**, pepper
- **to taste**, butter
- **to taste**, milk
- optional, starch (for thickening the stock)

Instructions

- 1.** Wash and peel the vegetables. Reserve all peels and trimmings. Prepare the celeriac for the purée, cut the carrots into pieces, cut the leek into large segments or rings, and cut the potatoes into wedges, leaving the skin on.
- 2.** In a large pot, sauté the diced onion in oil until well browned. Add the tomato paste and cook until slightly caramelized, then stir in the smoked paprika. Add the vegetable peels and trimmings, bay leaves, and a small amount of lovage.
- 3.** Cover with water, bring to a full boil, then reduce the heat and simmer gently for 20–30 minutes.
- 4.** Remove from the heat, let the stock steep briefly, then strain it.
- 5.** Return the strained stock to the pot and bring it back to a boil. While it is simmering, fill part of the hot stock into clean jars and seal them immediately for later use.
- 6.** Continue reducing the remaining stock until concentrated, then lightly thicken it with a small amount of starch if desired. Finish with a little butter and a splash of vinegar.
- 7.** Cook the lentils in water until tender, about 20–25 minutes. Season with salt and add a small amount of vinegar (start with about 2 tsp and adjust to taste).
- 8.** Dice the celeriac and cook it in milk until soft. Drain, reserving a little of the cooking liquid if needed, then blend into a smooth purée. Add a small amount of butter and season with salt.
- 9.** Sauté and lightly glaze the carrots. Roast or pan-fry the leek until well coloured. Toss the potato wedges with oil and salt, then roast or air-fry at 200°C until golden.

10. (Optional) Finely shred the leftover vegetable trimmings and dry them in the oven or air fryer at 70–90°C until fully crisp. Use part as a crunchy garnish and grind the rest into a homemade vegetable seasoning.

11. Spread the celeriac purée onto the plate as a base. Add the lentils, arrange the carrots and leek on top, and place the potato wedges on the side. Spoon the lightly thickened stock over the dish and finish with a light sprinkle of the vegetable crunch.



Latvian salmon and sorrel terrine

- LATVIA -



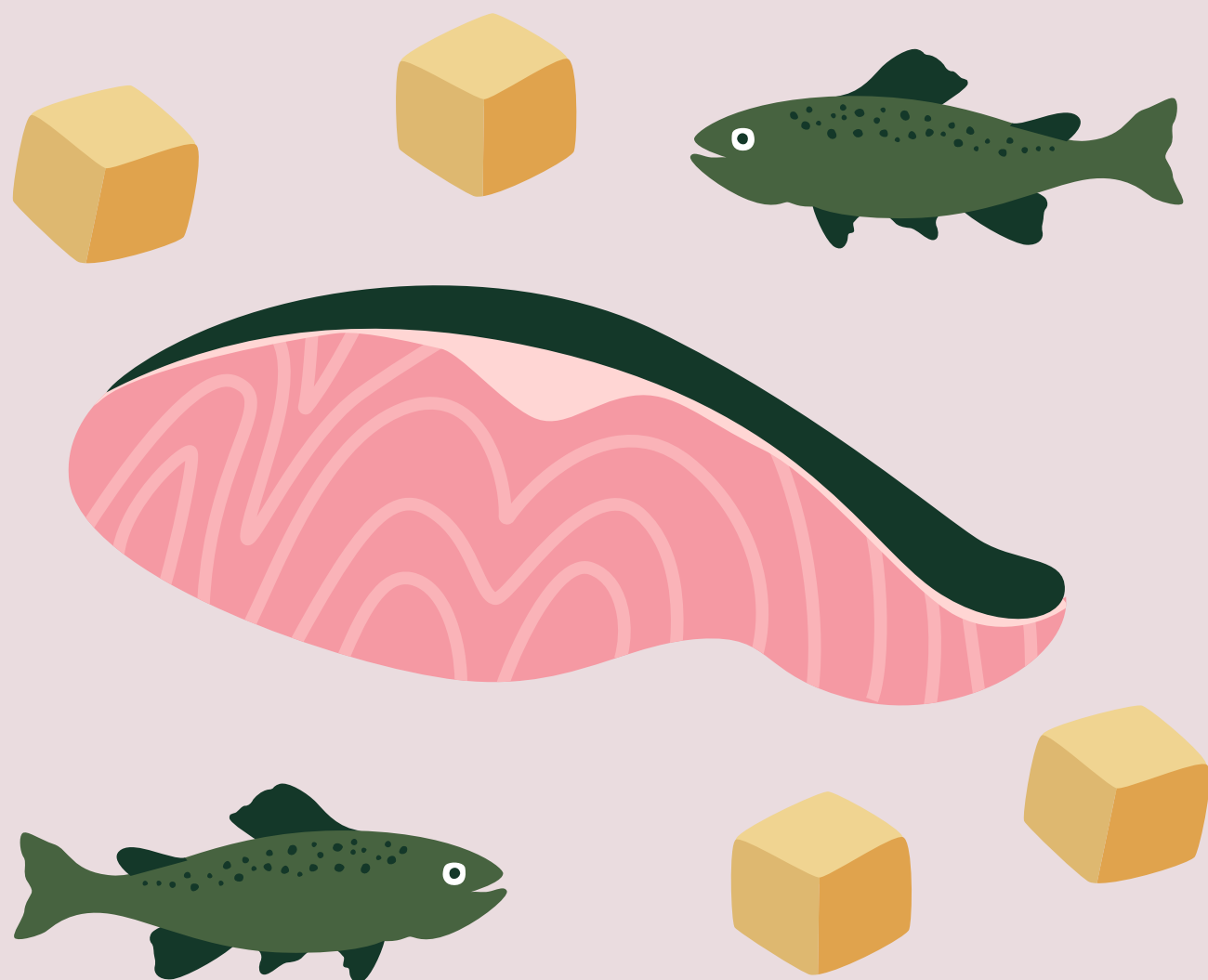
Season:
winter



Cooking time:
2 - 2.5 hours



Difficulty:
medium



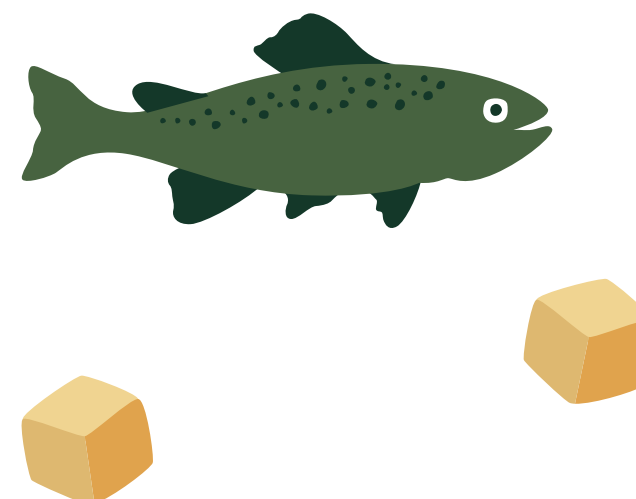
Latvian Salmon and Sorrel Terrine is a refined winter dish that showcases the flavors of the Baltic region. Delicately poached salmon and whiting are blended with fresh sorrel, cream, and eggs to create a light yet rich terrine with a smooth texture and vibrant herbal notes. Baked gently in a bain-marie, the terrine balances the richness of the fish with the bright acidity of sorrel. Served chilled with homemade mayonnaise and a touch of lemon, it offers an elegant interpretation of traditional Latvian ingredients.

Denis Ivankov



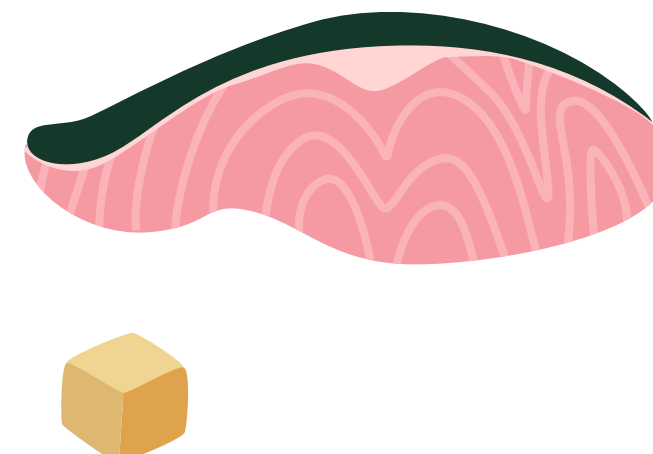
Ingredients

- **500g** salmon fillet
- **500g** whiting fillet
- **1l** court bouillon
- **100g** breadcrumbs
- **10cl** milk
- **25cl** thick cream (crème fraîche)
- **6** eggs
- **1 bunch**, sorrel
- **to taste**, salt
- **to taste**, pepper



Instructions

1. Bring 1 liter of water to a boil with the court bouillon.
2. Lower the heat and gently poach the two types of fish for 10 minutes.
3. Remove, drain, allow to cool, then flake the fish into pieces.
4. Preheat the oven to th. 6 (180°C).
5. Trim the sorrel stalks, rinse the leaves thoroughly, and pat dry with absorbent paper.
6. Soak the breadcrumbs in the milk.
7. In a bowl, combine the flaked fish with 2 whole eggs and 4 egg yolks, the thick cream, the sorrel leaves, and season with salt and pepper.
8. Mix until smooth and well blended.
9. Whisk the 4 egg whites with a pinch of salt until firm and airy.
10. Fold them delicately into the mixture to preserve the lightness.
11. Pour into a silicone cake tin and bake using a bain-marie for 40 minutes.
12. Let the terrine cool before serving.
13. Accompany with a light homemade mayonnaise, finished with a few drops of lemon.



Savoy cabbage stuffed with buckwheat and mushrooms

- POLAND -



Season:
winter



Cooking time:
2.5 - 3 hrs



Difficulty:
medium - hard



Savoy Cabbage Stuffed with Buckwheat and Mushrooms is a modern vegan interpretation of a traditional Polish winter dish that celebrates whole-ingredient cooking and zero-waste principles. Tender Savoy cabbage leaves are filled with a hearty mixture of buckwheat, wild mushrooms and braised cabbage, then baked until golden. The dish is served with a velvety mushroom sauce, salt-baked beetroot, crisp potato-onion croquettes and fresh dill accents. Aquafaba-based dill mayonnaise and the reuse of mushroom soaking liquid ensure every ingredient is used to its fullest potential, creating a flavorful and sustainable seasonal meal.

Joanna Nowak



Ingredients

- **640g** savoy cabbage
- **70g** buckwheat groats (raw)
- **10g** dried wild mushrooms
- **200g** onion
- **50ml** rapeseed oil
- **2g** marjoram
- **8g** salt
- **2g** black pepper
- **15g** breadcrumbs
- **100ml** mushroom soaking liquid
- **30ml** plant-based cream
- **320g** beetroot
- **480g** coarse salt (for baking)
- **1.6g** fresh thyme
- **8ml** lemon juice
- **280g** potatoes
- **50g** flour
- **100ml** aquafaba
- **50ml** neutral oil
- **10g** fresh dill
- **1.5ml** vinegar
- **2g** mustard
- **1g** sugar
- **to taste**, flaky salt

Instructions

Preparing the Savoy Cabbage

- 1.** Separate the outer leaves and reserve for wrapping.
- 2.** Finely chop the inner leaves and core for the filling.
- 3.** Blanch leaves for 2-3 minutes and cool in ice water.
- 4.** Drain and set aside.

Cooking the Buckwheat

- 5.** Rinse thoroughly.
- 6.** Cook in lightly salted water until tender.
- 7.** Allow to steam briefly and set aside.

Preparing the Mushrooms

- 8.** Soak dried mushrooms for at least 20 minutes.
- 9.** Finely chop mushrooms.
- 10.** Reserve soaking liquid.

Making the Filling

- 11.** Sauté 100g of onion in rapeseed oil until soft.
- 12.** Add chopped cabbage and cook until moisture evaporates.
- 13.** Add mushrooms, marjoram, salt and pepper.
- 14.** Combine with cooked buckwheat and breadcrumbs.

Filling and Baking the Cabbage Parcels

- 15.** Fill cabbage leaves and roll into parcels.
- 16.** Arrange in an oiled baking dish.
- 17.** Bake at 170°C for 25 minutes.

Mushroom Sauce

- 18.** Sauté 100g of onion until soft.
- 19.** Add mushroom soaking liquid and

simmer for 15 minutes.

20. Add plant-based cream and seasonings.

21. Blend until smooth.

Salt-Baked Beetroot

22. Cover beetroot completely in coarse salt.

23. Bake at 170°C for 90 minutes.

24. Peel and season with thyme, lemon juice and oil.

Potato-Onion Croquettes

25. Boil and mash the potatoes.

26. Mix with onion, flour, salt and pepper.

27. Shape into croquettes and fry until golden.

Dill Mayonnaise

28. Blend dill with neutral oil.

29. Combine aquafaba, mustard, vinegar, sugar and salt.

30. Slowly emulsify with dill oil.

Serving

31. Serve cabbage parcels with mushroom sauce, beetroot, croquettes and dill mayonnaise.

32. Finish with fresh dill and flaky salt.



Vegetables “bulhão pato”

- PORTUGAL -



Season:
winter



Cooking time:
1 - 1.5 hrs



Difficulty:
easy



This recipe is based on the original recipe of clams “bulhão Pato” style. A very traditional Portuguese dish composed with simple ingredients like: clams, olive oil, garlic, chillies, coriander and white wine.

It's a wonderful starter for winter/early spring seasons.

I'm reproducing this recipe using the leftovers of vegetables and stalks instead of the clams.

Ricardo Jorge Natálio Sousa

Ingredients

- 40ml olive oil
- 1 clove garlic
- 1 chilli
- 1 tsp salt
- 80ml white wine
- 50g coriander
- 100g broccoli stalk
- 100g carrot trimmings
- 50g potato trimmings
- 100g cabbage stalks

Sustainability tips

- This recipe is a great way to use leftover vegetables/stalks from soups or other dishes

Instructions

1. Chop all the vegetables into a short, thin size.
2. Add olive oil into a pan, with thin sliced garlic and chilies on medium heat for 3 minutes.
3. Turn it up to high heat for 2 minutes then add all the vegetables, and sauté them for 3 minutes.
4. Add the salt and white wine, leave them to cook for 5 minutes, stirring a couple of times.
5. Taste and adjust seasoning if needed. Finish with the fresh chopped coriander.



Plant-based Biff Lindström

- SWEDEN -



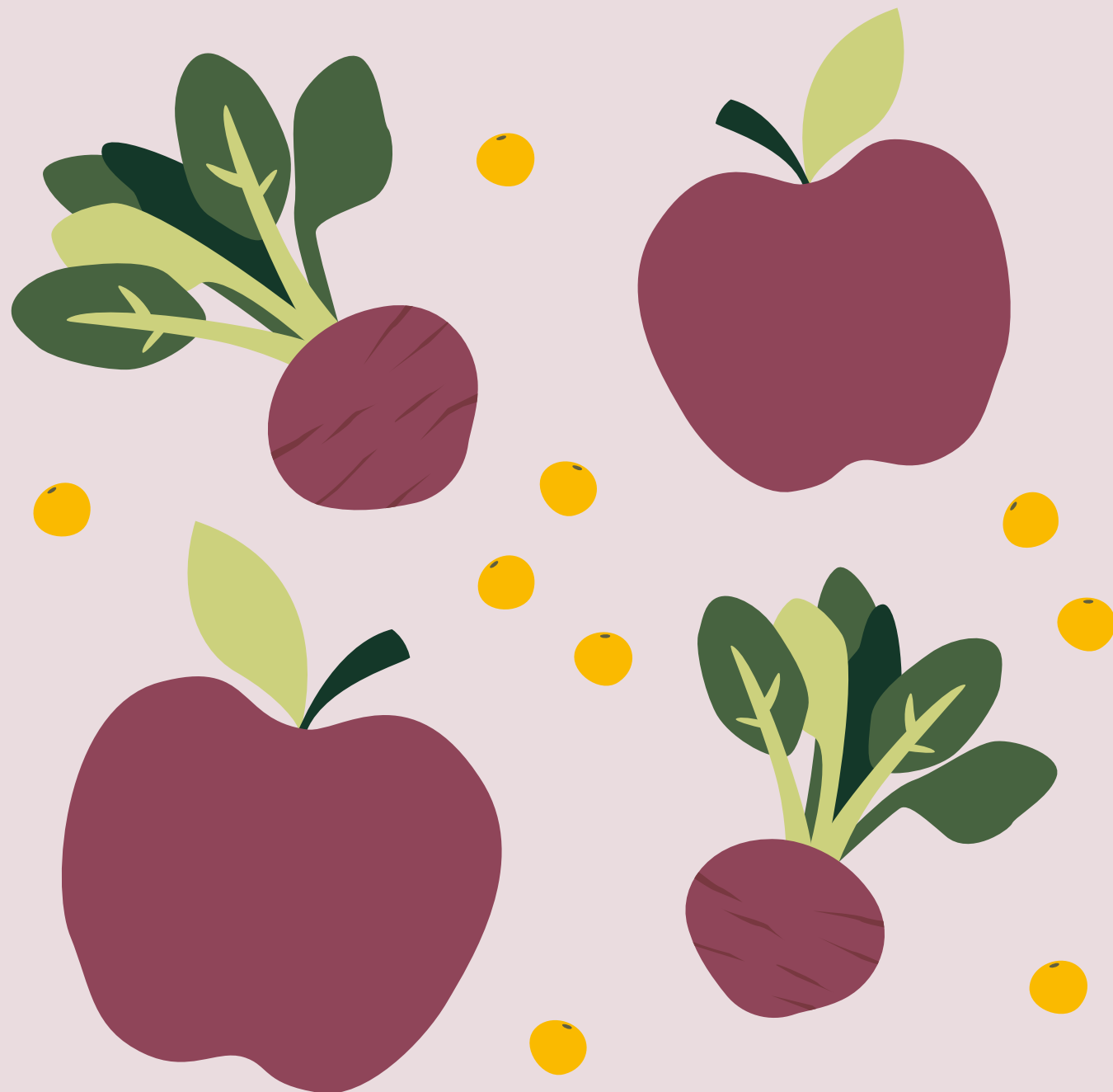
Season:
winter



Cooking time:
2 hrs +
24 hrs pickling



Difficulty:
medium-hard



A modern plant-based interpretation of the Swedish classic Biff Lindström. This version celebrates the traditional flavours of beetroot, mustard and onion while replacing the meat with a hearty combination of mushrooms, lentils and oats. Served with pickled beetroot, roasted potatoes, a rich apple-beetroot sauce and a creamy mustard crème, this dish delivers all the comfort and heritage of the original in a sustainable, plant-based format.

Oliver Hans Inge Ahlin
Hanna Kristoffersson



Ingredients

Pickled beetroot

- **700g** beetroot
- **1l** water
- **500g** sugar
- **500ml** apple cider vinegar
- **10g** mustard seeds

Plant-based lindström patties

- **400g** plant-based mince
- **200g** cooked brown lentils
- **150g** cooked beetroot, finely diced
- **200g** yellow onion, finely diced
- **50g** rolled oats
- **100ml** oat milk
- **20g** dijon mustard
- **15g** soy sauce
- **10g** potato starch
- **2 tbsp** rapeseed oil
- **to taste**, salt and black pepper

Roasted potatoes

- **600g** potatoes
- **50ml** rapeseed oil
- **to taste**, salt

Apple-beetroot sauce

- **1 kg** apples (or organic apple juice)
- **1** yellow onion, diced
- **1** carrot, diced
- **50g** tomato purée
- reserved beetroot peel
- **to taste**, pickling liquid

Mustard crème

- **150g** oat fraîche or oat crème fraîche
- **15g** dijon mustard
- **to taste**, salt and black pepper

Garnish

- **2** white onions, very thinly sliced
- fresh parsley (optional)

Instructions

THE DAY BEFORE

1. Wash all the beetroot thoroughly.
2. Peel half the beetroot and boil until tender. Reserve the peel for the sauce.
3. Thinly slice the remaining beetroot using a mandoline, leaving the skin on.
4. Bring the water, sugar and apple cider vinegar to the boil.
5. Pour the hot pickling liquid over the cooked beetroot, sliced beetroot and mustard seeds.
6. Refrigerate overnight.

THE DAY OF

Roast the potatoes

7. Preheat the oven to 200°C.
8. Toss the potatoes with oil and salt.
9. Roast for 30–35 minutes, turning halfway through.

Prepare the sauce

10. Juice the apples or use organic apple juice.

11. Sauté the diced onion and carrot with the tomato purée until caramelised.

12. Add the apple juice and reserved beetroot peel.

13. Simmer on medium heat until reduced by half.

14. Add a splash of the beetroot pickling liquid for colour and acidity. Strain if desired.

Prepare the patties

15. Sauté the diced yellow onion until soft.

16. Combine the plant-based mince, cooked lentils, diced beetroot, sautéed onion, oats, oat milk, dijon mustard, soy sauce and potato starch.

17. Mix well and let the mixture rest for 10 minutes.

18. Shape into four equal patties.

19. Fry in a little rapeseed oil over medium heat for 4–5 minutes per side, until nicely browned and heated through.

Prepare the mustard crème

20. Mix the oat fraîche with dijon mustard and season with salt and pepper.

To serve

21. Place a plant-based lindström patty in the centre of each plate.

22. Arrange the roasted potatoes around the patty.

23. Add slices of pickled beetroot.

24. Spoon over the apple-beetroot sauce.

25. Add a dollop of mustard crème.

26. Top with the chilled sliced white onion and garnish with fresh parsley if desired.

27. Serve immediately.

Sustainability tips

- Use the leftover apple pulp from juicing in muffins, porridge or jam.
- Reuse the beetroot pickling liquid to pickle onions or cabbage.
- Save the beetroot peel to enrich the sauce.

