

COOKING RECIPES IN THE FIELD

SUSTAINABLE FOOD



FOR A LOCAL & SEASONAL CUISINE

Short circuits
Waste reduction
Nutritionality

Energy saving
Vegetarian and/or
vegan option

SUMMARY

THE KITCHEN IN THE FIELD

Regulations

Site conditions

Inclusive kitchen

TOWARDS A MORE SUSTAINABLE FOOD

Seasonal products

BIO product (organic)

Short circuits

Unprocessed products

Improving the life cycle of products

Saving energy

Greener diets

SEASONAL RECIPES



Spring



Summer

Fall



Winter

ACKNOWLEDGEMENTS

BIBLIOGRAPHY

DISCOVER AND REPRODUCE OUR GAME



THE KITCHEN IN THE FIELD



Regulations:

- *Understand the importance of hygiene rules: what are the risks for consumers?*

A dish can be contaminated by microbes.

Be careful: a visually "clean" dish is not necessarily healthy. The presence of germs can cause food poisoning.

In the community we talk about TIACS: collective food poisoning. At least 2 people must be sick after having eaten the same meal.

The risks: nausea, vomiting, headaches, up to spontaneous abortions and even fatal cases. It is therefore better to avoid them!

Sources of contamination: the 5 M's:

- Workforce
- Environment
- Raw materials
- Material
- Method



Factors favoring the multiplication of microbes:

- Time
- Temperature



The law requires the use of the **HACCP** method to determine the hygiene rules in collective catering:

- H as in Hazard
- A for Analysis
- C for Critical
- C for Control
- P for Point

In French it is translated as: analyse des risques, maîtrise des points critiques et auto-contrôles.

- *Analyze and control the risks at all stages of the day:*

What the law says: control of the 5 M's.

→ Proper work attire:

- Clean, cotton clothing
- Long sleeves
- Closed shoes
- Hair tied back
- Wearing a hair cap is mandatory
- Jewelry and nail polish are not allowed
- Gloves for direct handling of products, especially meat

→ Set up a changing room area:

- Wearing gloves in case of wounds
- Wearing a mask in case of coughing
- Prohibited dishcloths for wiping utensils and dishes, as well as picking up hot dishes.
- Household and metallic sponges are not allowed.



→ Hand washing:

- Install a non-manually operated hand wash station with a hygienic soap and towel dispenser.
- Before and after: serving, wearing gloves, handling food
- After: after each break (meal, cigarette...), after going to the toilet, after blowing your nose, sneezing, etc.

→ In the kitchen, it is forbidden to:

- Taste with your fingers
- Picking up products from the ground and incorporating them into preparations
- Use the same utensil for 2 different dishes
- Using your cell phone (contact with a tool contaminated by bacteria)

→ Work organization:

- Implement forward motion (in space or in time if the
- Configuration of the premises does not allow it).
- Separate clean and soiled areas.
- Have an appropriate waste disposal system.
- Ensure good ventilation (air renewal, air conditioning).
- Checking of the equipment: taking the temperatures of the refrigerators every morning and evening (+3°C maximum)

Control at reception of the products at each delivery

Storage rules in the refrigerators (from top to bottom) :

Finished filmed products

Cheeses

Fruit

Control dishes



Cleaning :

- Clean and disinfect work surfaces between each work step.
- Use various cleaning products. Clean AND disinfect.
- Display a cleaning plan
- Respect the instructions for using the products: time, type of product, temperature, dosage.

Store in cold room as soon as possible.

Control dishes

- **WHY:** to ensure compliance with hygiene rules in the event of a suspected CFTI.
- **WHEN:** just before each meal during the reception period. To be kept at least 5 days in a cold room or refrigerator,
- **WHAT :** all cooked products.
- **HOW :** take minimum 80g of each dish, close and identify the bags with labels + keep the menu of the day.

Keep the labels of the raw materials of meats, eggs, cheeses, etc (batch number, expiration date, name of the product, name of the manufacturer).

Prevent external sources of contamination, such as rodents, etc.

Implementation of other good hygiene practices:

- Regular cleaning of all equipment.
- Regular cleaning and disinfection of all refrigeration equipment (shelves, handles, door seals, etc.).



- In the kitchen and storeroom, no cartons, crates and bread bags on the floor.
- No original packaging (cartons, crates, etc.) on the worktops.
- Absence of wooden materials.
- Cleaning products stored in a locked cupboard or shelf.
- All prepared dishes must be protected with food-safe film.
- No freezing of foodstuffs can be carried out without approval.
- The defrosting can be done in 2 ways: by direct cooking or in cold room (no defrosting in the open air).



- What to do if the temperature $> +3^{\circ}\text{C}$?

→ Alert a permanent staff member.

→ Move the products to another fridge if the products $> +3^{\circ}\text{C}$ for up to 24h.

→ If the temperature of the products is between 4°C and 8°C : consume within 72h

→ If the temperature of the products is above 8°C : throw away the products.





Work site conditions:

The recipes in the booklet are adapted to the conditions of the volunteer work camp. They are quick enough to make, designed for small budgets, do not require too many utensils, and are still tasty!













Inclusive cooking:

Meals, if they are to be real moments of sharing and enjoyment, must respect the different diets of each person.

We have made a (non-exhaustive) list of the main diets that we may encounter in the workshops, and their needs.



Diets		
Vegetarian 	Animal chair (fish, meat)	Tofu, vegetable steak...
Vegan 	Animal products or derived from animals	Tofu, breadcrumbs, agave syrup, chickpea juice, vegan and plant-based products...
Gluten-free 	Gluten-based foods (wheat, spelt, barley, rye, beer...)	Quinoa, rice, potato starch, soya, millet, pulses, corn
Lactose free 	Animal milk-based foods (milk, yoghurt, butter, cream...)	Plant versions of products
Halal 	Alcohol, pork products, animal flesh products, non-certified animal flesh	Animal flesh products animal flesh certified
Kosher 	Pork, reptiles, amphibians, insects, seafood and marine mammals, non-kosher products	Kosher Animal products

SUSTAINABLE FOOD



Seasonal products:

In a concern of ecology and respect of the environment, the seasonal products are to be privileged. Indeed, these products encourage short circuits since they require less transport (consume less fuel, CO2 emissions, use of air conditioning ...), they also require less packaging for conservation and thus promote local food.

Seasonal products are also beneficial for health since foods are richer in nutrients when grown in good climatic conditions and require less pesticides or chemicals (or none at all). The nutritional benefits are more qualitative, as the human body does not need the same foods depending on the season. For example, in winter, with the lesser presence of sunlight, minerals and vitamin C are more in demand in the diet and it is during this period that we find products rich in these contributions (leeks, spinach, mandarins...)

Seasonal products have a better taste as they are more likely to have matured in the sun and not in transport.

Finally, these products tend to be sold at a lower price (less expensive to transport, no exorbitant transportation costs).

Faire ses courses avec les saisons

JANVIER

FRUITS
 pomme
 poire
 kiwi
 citron
 clémentine
 noix

LEGUMES
 épinard
 potiron
 courge
 betterre
 carotte
 céleri
 chou
 échalote
 oignon
 ail
 navet
 potirou
 panais
 betterave
 radis noir
 endive




FEBVRIER

FRUITS
 pomme
 poire
 kiwi
 citron
 clémentine
 pomélos

LEGUMES
 épinard
 potiron
 courge
 betterre
 carotte
 céleri
 chou
 potirou
 panais
 choux
 échalote
 oignon
 ail
 navet
 betterave
 radis noir
 endive




MARS

FRUITS
 pomme
 poire
 kiwi
 citron
 clémentine
 pomélos

LEGUMES
 épinard
 potiron
 betterre
 céleri
 potirou
 panais
 chou
 navet
 oignon blanc
 radis noir
 radis rose
 endive
 asperge




AVRIL

FRUITS
 pomme
 kiwi
 rhubarbe
 citron
 pomélos

LEGUMES
 fève
 épinard
 betterre
 céleri
 oignon blanc
 radis noir
 radis rose
 asperge
 potirou
 carotte
 ail
 chou
 navet
 endive




MAI

FRUITS
 fraise
 cerise
 pomélos
 rhubarbe

LEGUMES
 chou fleur, ail
 radis rose, asperge
 artichaut, chou
 pomme de terre
 oignon blanc
 céleri branche
 courgette
 petit pois
 fève
 fenouil
 carotte
 épinard
 potirou
 carotte
 ail
 navet




JUIN

FRUITS
 fraise
 framboise
 cerise
 abricot
 melon
 pêche
 pomélos

LEGUMES
 brocoli, ail
 radis rose, chou
 concombre, potirou
 artichaut, betterave
 betterre
 fenouil, tomate
 pomme de terre
 haricot vert
 courgette
 aubergine
 petit pois
 porron
 fève
 carotte
 navet
 céleri




JUILLET

FRUITS
 abricot
 brugnion
 cassis
 cerise
 fraise
 framboise
 melon
 pomme
 figue
 myrtille
 nectarine
 pêche
 pastèque
 poire

LEGUMES
 brocoli, radis rose
 concombre, artichaut
 betterre, fenouil
 haricot vert, maïs doux
 pomme de terre
 ail, chou, potirou
 échalote, oignon sec
 petit pois, potiron
 porron, aubergine
 tomate, courgette
 fève, carotte
 navet, céleri
 oignon blanc




AOUT

FRUITS
 abricot
 pêche
 prune
 raisin
 melon
 pastèque
 figue
 fraise
 framboise
 poire
 pomme
 mirabelle



LEGUMES
 brocoli, radis rose
 concombre, artichaut
 pomme de terre
 échalote, oignon sec
 haricot vert, maïs doux
 navet, oignon blanc
 petit pois, potiron
 porron, aubergine
 tomate, courgette
 haricot à écosser
 ail, chou, potirou
 betterre, fenouil
 fève, carotte




SEPTEMBRE

FRUITS
 coing
 figue
 raisin
 noix fraîche
 pêche
 prune
 pastèque
 raisin
 poire
 pomme
 mirre

LEGUMES
 concombre, courge
 haricot vert, maïs doux
 épinard, petit pois
 potiron, céleri
 porron, courgette
 tomate, aubergine
 échalote, oignon sec
 ail, haricot à écosser
 artichaut, fenouil
 carotte, potirou
 betterre, navet
 chou, radis

OCTOBRE

FRUITS
 pomme
 poire
 raisin
 noix fraîche
 châtaigne
 pêche (de vigne)
 figue
 coing
 framboise
 myrtille
 noix
 mirre

LEGUMES
 concombre, courge
 haricot à écosser, radis
 artichaut, fenouil, navet
 haricot vert, maïs doux
 épinard, petit pois, ail
 potiron, céleri
 aubergine, échalote
 carotte, potirou
 panais, porron
 courgette, tomate
 oignon sec
 betterre
 chou




NOVEMBRE

FRUITS
 châtaigne
 kiwi
 clémentine
 mandarine
 poire
 pomme
 raisin
 noix

LEGUMES
 chou, échalote
 radis, céleri
 ail, betterre
 courge, navet
 brocoli, panais
 oignon sec
 artichaut
 fenouil
 potiron
 carotte
 potirou




DECEMBRE

FRUITS
 kiwi
 mandarine
 poire
 pomme
 clémentine
 noix

LEGUMES
 chou, ail
 radis noir, céleri
 cardon, betterre
 potiron
 oignon sec
 salsifis
 fenouil
 épinard
 courge
 navet
 panais
 carotte
 potirou
 échalote






BIO products (organic)

In France, organic products are certified by two logos:



The AB logo:

Logo of the label created by the Ministry of Agriculture and Food, it certifies that at least 95% of the ingredients of a product are organically produced.



The Eurofeuille logo:

This logo is that of the European label which characterizes the products which respect the specifications of the organic farming.

Organic agriculture is an agriculture that meets several criteria in order to respect the environment and animal life, including :

- No use of synthetic chemicals (pesticides, fertilizers, weed killers ...)
- No use of GMOs
- Respect of the animal welfare (breeding, transport, slaughter...)

Why favour organic agriculture?

To consume products that are healthier for our health, that do not contain chemical residues or GMOs. But also products that are healthier for the planet and the animals, products that minimize animal suffering and respect the land on which they are produced.



Short circuits:

Today, 70% of the food we consume is sold in supermarkets and therefore passes through long circuits. This type of consumption is increasingly criticised for its environmental, food, economic and social impact.

It is therefore preferable to turn to the short circuit, which refers to a sales method in which there is no more than one intermediary between the producer and the consumer, preferably in a limited geographical area. This method of consumption, which is currently gaining in popularity, makes it possible to bypass the perverse effects of long circuits.

- Selling in a short circuit is not necessarily synonymous with eco-responsible production. However, a study by the CIVAM Bretagne has shown that when producers adopt short-line sales, they almost automatically move towards a less intensive or better managed production method.
- Using short circuits during a workcamp not only makes it possible to consume more ethical and responsible products, but also to introduce more sustainable modes of consumption to volunteers who have not necessarily been aware of them.
 - What if the supermarkets are unavoidable?

If you can't buy directly from the producer, you can always refer to labels that guarantee certain values.



Circuit-court

	LONG CIRCUIT	SHORT CIRCUIT
SALE	Supermarkets Hypermarkets	Direct sales: Markets, farms Collective sales points AMAPS
PRODUCTION	Intensive Chemicals Polluting	Reasoned or organic Respectful of nature
TRANPARENCE	none	Knowledge of the producer, the origin and the production method
FROM	France - 3 000km	0 - 250km
QUALITY	Standardised Calibrated Identical products	Freshly harvested Respecting the seasonality
PRICE	Cheap, at the expense of the environment and producers	Prices similar to those of the big distribution (with equal quality)
PRODUCER'S REMUNERATION	Bought at the lowest possible price, despite the working conditions	The price covers the producer's costs, without being inflated by intermediaries
SOCIAL LINK	Producers disconnected from consumers	Producers and consumers are in contact and communicate



Unprocessed products:

Even if prepared meals and other ready-to-eat products may seem easy for a meal on site because of their speed of preparation, unprocessed products are to be preferred for ecological, economic, health and organizational reasons.

First of all, from an ecological point of view, these products are much more respectful of the environment because they require less energy in their production. They are less packaged and often more local. Economically, it is important to note that unprocessed foods are often less expensive than prepared meals.

In terms of health, processed products are high in calories (sugar, salt, fat, little/no fiber) and are difficult to eliminate. They are the cause of many health problems (overweight, diabetes, cancer...) when unprocessed products are more interesting in their assimilation by the body and in their benefits.

Moreover, unprocessed products allow a group of people to participate in the preparation of meals and to (re)learn how to cook. Finally, these products do not require the conservation of batch numbers or packaging and therefore facilitate the management of meal preparation.



Improve the life cycle of products:

- **A damning observation:**

Most food products are over-packaged. Cardboard, plastic, chemical inks, metal...this packaging has enormous consequences on the environment and health.

According to ADEME, a French citizen produces 354 kg of waste per year. On a global level, only 9% of the plastic produced is recycled, the rest ends up incinerated or as waste in the oceans.



- **Levers for action during construction:**

The 5 R's rule:



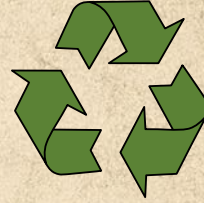
Refuse



Reduce



Reuse



Recycle



Give back
to the
Earth

Examples:

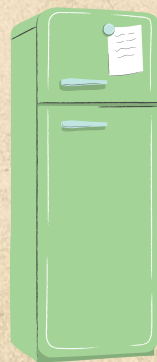
- Refuse to use packaging on bread at the bakery
- Reduce the purchase of non-recyclable packaged goods
- Reuse leftovers up to 24 hours later
- Recycle recyclable packaging
- Compost vegetable peelings



Save energy:

Tips for the refrigerator:

- Remove cardboard packaging that forms a barrier to the cold
- Avoid putting hot dishes in the refrigerator to prevent it from running at full speed. It is better to let the dishes cool down outside before putting them in the fridge.
- Store food without piling it up to let the cold circulate everywhere



Cooking tips:

- Put a lid on to bring the water to a boil
- Turn down the thermostat once the water is boiling to let it simmer
- Remember to use pans the size of the plates
- For legumes, remember to soak them the day before, or even two days before, to reduce cooking time or to sprout them and eat them raw.
- Choose raw recipes over cooked ones



GREENER DIETS:

Why move towards a less gnarly or even totally plant-based diet?

Meat production is very resource intensive

15,500 liters of water are needed to produce one kilo of beef according to the FOE report. This is the same as for 12 kilos of wheat or 118 kilos of carrots. If we make the comparison, a vegan dish consumes nearly 70% less water than a "carnivore" dish.

Today, more than 40% of the annual world production of wheat, rye, oats and corn is used for animal feed. These cereal crops are often GMO (for the sake of yield) and are harmful to the environment and biodiversity.

The production of meat generates different types of pollution

The intensive production of meat is very polluting. On the one hand, the manure and fertilizers rejected contaminate waterways and groundwater. On the other hand, the numerous antibiotics and hormones that the animals are given to accelerate their growth and allow them to survive in harsh breeding conditions (overcrowded, confined animals, no access to the outside world...). Once evacuated by animal waste, these products are discharged into the soil and waterways.

Livestock farming alone accounts for 15% of greenhouse gas emissions, compared to 13% for transport emissions (source: IPCC). Lamb, beef, cheese, pork and salmon from livestock farms are therefore at the top of the list of greenhouse gas emitters.

The growing demand for meat as a primary cause of deforestation

Raising animals to produce food is one of the main causes of the deforestation and destruction of biodiversity that we see on a global scale.

This phenomenon is particularly noticeable in South America and the Amazon where large areas are being slashed and burned to create more and more space for agricultural production and livestock.

It is the global ecosystem that is now threatened. The industrialists, to answer this demand, systematically exploit new lands, and the deforestations are the consequence. If ecology and animals are the first to be affected, it is finally the human being who finds himself in a very delicate situation since the state of our planet is deteriorating.

With a plant-based diet, the situation would be quite different. It takes almost 20 times more surface area to produce one animal calorie than to produce one plant calorie.

This problem and its consequences are likely to become even more worrying as meat production tends to increase by 58% by 2080 (source: FAO).



SEASONAL RECIPES

Recipes where the number of servings has not been specified are for 10 people.



SPRING

STARTERS

Sweet and Sour Salad

White asparagus

Gaspacho

Artichokes Italian style

DISHES

Greek salad

Lasagne a la bechamel

Zucchini gratin

Pasta with vegetables and
tahini

DESSERTS

Energizing balls

Pancakes



STARTER



SWEET & SOUR SALAD

INGREDIENTS

- 4 endives
- 2 apples
- 2 fennels
- 2 handfuls of raisins
- 1 handful of almonds
- 1 green salad
- 1 red onion

RECIPE

- Wash vegetables and apples.
- Cut them into thin strips.
- Put everything in a large salad bowl.
- Chop the red onion and add it to the preparation.
- Add raisins and almonds.
- Mix everything together and serve fresh!





STARTER

WHITE ASPARAGUS



INGREDIENTS

- 2 kg of white asparagus
- 2 tbsp mustard
- 2 tablespoons of vinegar
- 6 tablespoons of olive oil
- salt and pepper
- a few sprigs of chives

RECIPE

- Peel the asparagus to remove the hard part and cut the stem.
- Rinse asparagus in cold water.
- Cook asparagus in water for 15 minutes.
- Prepare the vinaigrette with the mustard, vinegar and oil.
- Drain the asparagus, pour a thread of vinaigrette and serve warm.





STARTER



GASPACHO

INGREDIENTS

- 5 cucumbers
- 4 onions
- 2 cloves of garlic
- 20 tablespoons of olive oil
- 25 cl of soy cream
- black pepper
- salt

RECIPE

- Peel the cucumbers and cut them into fine pieces.
- Chop the onions and garlic, and mix with all the ingredients.
- Serve in large glasses.





STARTER

ARTICHOKES ITALIAN STYLE



INGREDIENTS

- 10 artichokes
- 125 g grated parmesan / breadcrumbs
- 4 cloves of garlic
- 5 cl of olive oil
- 25 sprigs of flat parsley
- 1 lemon, squeezed
- 5 tablespoons of breadcrumbs
- salt and pepper

RECIPE

- Wash the artichokes and remove the first few leaves from the outside. Cut the artichokes in eight and remove the hay.
- Mince the garlic and chop the parsley.
- Drain artichokes. Heat oil in a frying pan and brown artichokes.
- Add the garlic and sprinkle with 20 cl of water. Season with salt and pepper.
- Cook for 35 minutes over low heat, stirring.
- Mix the parmesan and breadcrumbs and sprinkle over the artichokes.
- Cook for 5 minutes and serve hot.





DISH



GREEK SALAD

INGREDIENTS

- 20 potatoes
- 600g of quinoa
- 300g of white beans
- 5 large tomatoes
- 2 cucumbers
- 4 red onions
- 5 tablespoons of olive oil
- 3 tablespoons of vinegar / mustard
- salt and pepper

RECIPE



DISH



ZUCCHINI GRATIN

INGREDIENTS

- 20 potatoes
- 8 large zucchini
- 10 cloves of garlic
- 6 onions
- 500 g of tofu
- 1 L of liquid cream / soy cream
- 250 g grated cheese / 15 tablespoons brewer's yeast / malt
- chili powder
- salt, pepper

RECIPE

- Preheat oven to 200°C or 390°F.
- Chop the garlic, cut the onions and place them in a baking dish.
- Cut the potatoes into thin slices and place them on top of the garlic and onions.
- Drizzle with soy sauce and sprinkle with cayenne pepper. Season with salt and pepper.
- Crumble the tofu and distribute it in the dish.
- Cut zucchini into rounds and divide evenly.
- Cover with cream and sprinkle with yeast/grated cheese.
- Bake at 200°C or 390°F for 45 minutes or until the potatoes are cooked and the top of the gratin is golden brown.
- Translated with www.DeepL.com/Translator (free version)





DISH



BECHAMEL LASAGNA

INGREDIENTS

- 1 package of lasagna dough / special gluten free lasagna (corn/rice)
- 1.5 kg frozen spinach (or 1 kg fresh)
- 300 g mushrooms
- 2 onions
- 1 L milk / vegetable milk
- 10 tablespoons of wheat/quinoa flour
- 10 tablespoons of olive oil for the béchamel, oil for the dish
- salt, pepper
- nutmeg

RECIPE

- **Filling:** Thaw the spinach the day before. Preheat oven to 200°C. Wash mushrooms and cut into slices. Chop the onions. Cook the spinach and mushrooms in a pan with the onions.
- **Béchamel:** Heat 10 tablespoons of oil in a small saucepan over medium heat. Add flour, stirring vigorously with a whisk. Mix well with a whisk until the mixture is homogeneous without lumps. The mixture will already start to thicken. Pour in the cold milk and stir. Continue to stir over low heat with the whisk until the sauce thickens. Add salt, pepper and nutmeg. Cook for a few more minutes until desired consistency is reached.
- **Assembly:** Oil the lasagna dishes. Arrange a layer of lasagna dough, a layer of béchamel, a layer of filling, a layer of béchamel and so on. Bake for 40 minutes, checking with a knife.



DISH



PASTA WITH VEGETABLES & TAHINI

INGREDIENTS

- 1 kg of pasta of your choice
- 2 green cabbages
- 2 bunches of spring onions
- 500 g shelled peas
- olive oil
- salt, pepper
- 4 tablespoons of tahini

RECIPE

- Cook pasta according to package directions
- Wash cabbage and cut into strips
- Mince the onions and sauté in a pan.
- Add the cabbage when the onions are caramelized and season with salt and pepper.
- Cook for a few minutes and add the shelled peas with 25 cL of water.
- Cook for 10 minutes and mix in the tahini at the last minute.
- Add the drained pasta and serve hot.



DESSERT



ENERGIZING BALLS (16)

INGREDIENTS

- 20 pitted dates
- a handful of cashew nuts
- 3 tablespoons of chocolate chips
- 3 tablespoons dried fruit of your choice (cut up)

RECIPE

- Soak dates in cold water for 10 minutes.
- Mix dates with cashews.
- Shape balls and roll in chocolate chips / dried fruits.



DESSERT

PANCAKES



INGREDIENTS

- 250 g wheat/rice flour
- 1 pinch of salt
- 20 g neutral oil
- 400 mL milk / vegetable milk
- 20 g sugar
- 1 half bag of baking powder

RECIPE

- In a bowl, mix flour, sugar, yeast and salt.
- Whisk in the oil/butter and milk to obtain a smooth, slightly thick mixture.
- In a hot frying pan (or crêpe pan), drizzle the oil, then pour a small ladle of batter.
- Let the batter spread and cook for a few minutes over medium heat.
- When small bubbles appear and the surface begins to dry, turn the pancake over with a thin spatula.
- The pancake should release easily. Cook each side for a few minutes, until golden brown.



SUMMER

STARTERS

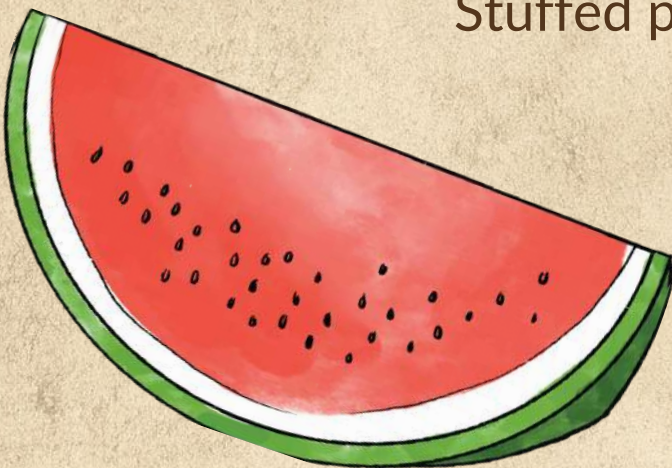
Greek Salad Cube
Sweet and Sour Salad
Falafels
Toast

DISHES

Ratatouille
Sudanese eggplant salad with rice
Tabbouleh
German potato salad

DESSERTS

Rhubarb crumble
Peach and verbena compote
Stuffed prunes





STARTER

GREEK SALAD CUBE



INGREDIENTS

- 9 beef heart tomatoes
- $\frac{3}{4}$ of watermelon
- 3 cucumbers
- 400 g feta cheese / 400 g white beans
- 40 black olives
- 1 bunch of mint
- 20 tablespoons of olive oil

RECIPE

- Cook the white beans beforehand.
- Wash the vegetables, cut them into cubes and mix them in a dish.
- Cut the olives into small pieces and add them to the feta cheese, the cold white beans and the olive oil.
- Serve cool.



STARTER

SWEET & SOUR SALAD



INGREDIENTS

- 1.5 kg of peas
- 3 handfuls of watercress
- 400 g strawberries
- 3 shallots
- 1 bunch of mint
- 300 g feta cheese / green lentils
- 6 tablespoons of olive oil
- 3 tablespoons of balsamic vinegar

RECIPE

- Remember to soak the lentils 2 days before in cold water so that they sprout if the recipe is vegan.
- Hull and cook the peas in boiling water for 10 minutes.
- Drain the peas and rinse them in cold water.
- Wash the watercress, strawberries and mint.
- Cut strawberries and shallots into pieces and chop mint.
- Add watercress.
- Sprinkle with crumbled feta cheese / add lentils.
- Season and serve chilled!





STARTER



FALAFELS (16)

INGREDIENTS

- 350 g dry chickpeas to soak in water for at least 12 hours
- 1 yellow onion
- 1 small bunch of parsley
- 5 sprigs mint/basil
- ground coriander
- ½ tsp green cardamom
- 1 tsp cumin powder
- 2 cloves of garlic, chopped
- 1 tsp salt + pepper
- 1 packet of baking powder
- 1.5 tbsp wheat flour / corn flour
- 8 tablespoons sesame seeds
- olive oil for cooking

RECIPE

- Preheat oven to 180°C.
- Mince the onion and chop the garlic and parsley.
- Blend all ingredients to obtain a sandy texture.
- Form balls with an ice cream scoop and place on a sheet of parchment paper on a baking sheet.
- Sprinkle with seeds and drizzle with olive oil.
- Bake for 20 minutes.



STARTER

TOASTS



INGREDIENTS

- 2 baguettes / corn bread
- 2 bricks of goat cheese / hummus for vegan
- 10 tablespoons of olive oil
- 2.5 sprigs of thyme
- 1 bag of arugula
- 4 tomatoes
- vinaigrette

RECIPE

- Cut baguettes into thin slices.
- Cut the bricks of goat cheese/hummus and garnish the bread with them.
- Sprinkle with thyme leaves and drizzle with oil.
- Grill for a few moments.
- Wash the arugula and tomatoes and cut them into pieces.
- Serve the toast with the arugula-tomato salad with vinaigrette.





DISH



RATATOUILLE

INGREDIENTS

- 600 g of rice
- 1 kg of zucchini
- 1 kg of eggplant
- 1 kg of peppers
- 1 kg of onions
- 800 g of onions
- 8 cloves of garlic
- 1250 g of tomatoes
- 15 tablespoons of olive oil
- 3 sprigs of thyme
- 3 sprigs of bay leaf

salt, pepper

RECIPE

- Wash the vegetables and cut them into cubes (strips for the peppers).
- Mince onions and sauté in a pan with oil.
- Add peppers until tender.
- Add the rest of the vegetables, the chopped garlic and the herbs. Add salt and pepper and cook covered for 45 minutes.
- Meanwhile, cook the rice.





DISH



SUDANESE EGGPLANT SALAD WITH RICE

INGREDIENTS

- 9 large eggplants
- 3 onions
- 12 tablespoons of peanut butter
- sprigs of parsley
- 1 lemon juice
- 150 cL of water
- 6 tablespoons of tomato paste
- olive oil
- salt and pepper
- 600 g of rice

RECIPE

- Brown the chopped onions in a pan.
- Wash and cut the eggplants into small pieces. Add them to the pan until they turn golden.
- Add tomato paste, half the water and salt.
- Cover and cook for 15 minutes.
- Cook the rice as indicated on the package.
- Add remaining ingredients and cook for 15 minutes.
- Serve warm with the rice, sprinkled with parsley.





DISH



TABOULEH

INGREDIENTS

- 500 g of medium couscous
- 1 kg of tomatoes
- 2 cucumbers
- 375 g spring onions
- 2 lemon juices
- 1 bunch of flat parsley
- 1 bunch of mint
- 1 bunch of coriander
- olive oil
- pepper, salt

RECIPE

- Put the couscous in a bowl and cover with cold water.
- Leave for half an hour, lifting the seeds with a fork from time to time to aerate the couscous.
- When the water has been completely absorbed by the couscous, sprinkle with lemon juice, add salt and pepper and mix with a fork. Wash tomatoes and remove seeds.
- Peel the cucumbers and cut them into small cubes.
- Peel the onions and chop them finely.
- Add them to the couscous, sprinkle with olive oil and mix.
- Finely chop the herbs with a knife and add to the salad, mix.
- Adjust the seasoning if necessary and chill for at least 2 hours.





DISH



GERMAN POTATO SALAD

INGREDIENTS

- 3 kg of potatoes
- 9 tablespoons of olive oil
- 2 red onions
- 600 ml vegetable stock
- a few sprigs of chopped parsley
- a few sprigs of chopped spring onions
- 3 tbsp mustard
- 3 tablespoons of vinegar
- salt and pepper

RECIPE

- Prepare the broth and keep it warm.
- Wash the potatoes and boil them in salted water for 30-40 minutes without peeling them.
- Drain, peel and cut into slices about 1~2 cm thick.
- Chop the onion and add the rest of the ingredients cut into small pieces.
- Add the broth to the mixture and stir well.
- Pour the mixture over the potatoes and let cool in the refrigerator for at least 1 hour.



DESERT



RHUBARB AND ALMOND CRUMBLE

INGREDIENTS

- 1.5 kg of rhubarb
- 420 g sugar
- 12 tbsp. water
- 180 g wheat/rice flour
- 180 g butter / vegetable margarine
- 90 g almond powder

RECIPE

- **For the compote:** in a saucepan, pour the rhubarb (peeled and cut into pieces), 240 g of sugar and water. Cover and simmer over low/medium heat for 10 to 15 minutes, stirring occasionally. Preheat oven to 200° (th.7).
- **For the crumble:** in a bowl, pour the flour, the remaining sugar, the butter / margarine and 60 g of almond powder. Mix with your fingertips until you obtain a sandy dough. Spread the remaining almond powder in the bottom of the ramekins. Pour the rhubarb compote and crumble batter into the ramekins and bake for 20 to 25 minutes. Eat warm.



DESSERT



PEACH-VERBENA COMPOTE

INGREDIENTS

- 2 kg of peaches
- 1 kg of apples
- 200 g powdered sugar
- Verbena (found in herbal teas)

RECIPE

- Wash the fruits and cut them into cubes.
- Heat them in a saucepan with the sugar.
- Put the verbena in a tea ball and place it in the pan.
- Cook over medium heat for 20 minutes.
- Remove the ball and blend the compote.
- Serve cold or hot.



DESSERT

STUFFED PRUNES



INGREDIENTS

- Prunes (as many as you like)
- Almond butter / peanut butter
- Oilseeds (walnuts, hazelnuts..)

RECIPE

- Open the prunes in 2
- Fill them with almond butter and oilseeds

AUTUMN

STARTERS

Crumbled cauliflower salad

Beet salad

Squash soup

Tortillas

DISHES

Leek Quiche

Curry

Tagliatelle with mushrooms

Wheat and cabbage casserole

SNACK

Hummus & Chewy Vegetables

DESSERTS

Apple Cake

Baked apples



STARTER

CRUMBLED CAULIFLOWER SALAD



INGREDIENTS

- 3 small cauliflowers
- 2 bunches of pink radishes
- 3 onions
- 3 cucumbers
- 200 g feta cheese / 200 g red beans
- olive oil
- salt and pepper

RECIPE

- Start by cooking the red beans if the salad is vegan.
- Wash the vegetables.
- Cut the radishes, onions and cucumbers into thin strips.
- Cut the cauliflower florets and crumble them (or blend them if it is too difficult).
- Pour all the vegetables into a dish, add the feta cheese / cooked red beans.
- Toss with olive oil, salt and pepper, adjusting.
- Serve chilled!



STARTER

BEET SALAD



INGREDIENTS

- 8 beets
- 1 celery
- 400 g lamb's lettuce
- 3 shallots
- 1 small bunch of parsley
- 2.5 tbsp vinegar (preferably raspberry)
- 2.5 tbsp mustard
- 5 tablespoons of olive oil
- salt and pepper

RECIPE

- Cook the beets in boiling water for 40 minutes.
- Remove the beets from the water and let them cool.
- Wash the vegetables and spin dry the lamb's lettuce.
- Slice the celery, dice the beets and chop the shallots.
- Pour into a salad bowl.
- Chop the parsley and add it to the mixture.
- Mix the seasonings in a bowl and pour over the salad.
- Serve fresh!



STARTER

SQUASH SOUP



INGREDIENTS

- 2 kg of squash
- 2.5 onions
- 1 clove of garlic
- 500 mL soy cream
- oil (hazelnut or olive oil preferred)
- salt, pepper
- a few pinches of cinnamon

RECIPE

- Peel and cut the onions into small cubes and fry them in 2 tbsp. oil.
- Meanwhile, cut the squash into cubes and add them to the onions.
- Cook for 15 minutes over medium heat, stirring regularly.
- Transfer the contents of the pan to a saucepan, cover with water to the level of the vegetables.
- Bring to a boil, crush the garlic clove and add it, along with a few pinches of cinnamon, salt and pepper.
- Simmer over medium heat for about 30 minutes.
- Add the soy cream and blend.





STARTER



TORTILLAS

INGREDIENTS

- 10 large potatoes
- 15 eggs
- 250 g grated cheese
- 15 salad leaves
- 2 onions
- olive oil
- balsamic vinegar
- salt and pepper

RECIPE

- Pre-cook the potatoes and cut them into cubes. Fry the onions.
- For each tortilla, put some of the potatoes and onions in the pan, add some of the beaten eggs.
- While cooking, sprinkle the tortillas with grated cheese.
- Prepare a green salad with a sauce made of olive oil, balsamic vinegar, salt and pepper.
- Serve the salad with the tortillas.



DISH

LEEK QUICHE (1)



INGREDIENTS

Shortcrust pastry:

- 125 g wheat/rice flour
- ½ c.c. of salt
- 35 g oil
- 30 g water

Accompaniment: 2 green salads

Garniture:

- 125 g tofu / 125 g goat cheese
- 3 leeks
- 20 cL fresh cream / soy cream
- 2 tablespoons wheat / rice flour
- salt and pepper

RECIPE

- Cooking the leeks: Rinse the leeks, remove the top of the leaves that are really damaged, then the root. Cut into slices about 1 cm thick. Steam for about 15 minutes. The leeks will then be translucent.
- Prepare the shortcrust pastry: In a bowl or in the bowl of your mixer, mix all the ingredients until you obtain a ball. Roll out the dough thinly. The quantity is just right for a quiche. Put the dough in a quiche mould.
- Prepare the filling: Using a blender or hand blender, blend all the ingredients together until smooth. Place the leeks in the bottom of the shortcrust pastry, drained well, then pour the filling on top. Bake at 200°C for about 30 minutes.
- Wash and spin-dry the salad and serve with it.





DISH

CURRY



INGREDIENTS

The sauce:

- 37.5 ml olive oil
- 2.5 shallots, minced
- 5 cm ginger, grated
- 5 tbsp red curry paste
- 100 cl coconut/soy milk
- 50 cl vegetable stock
- 75 ml soy sauce
- 5 tbsp agave syrup

Trim:

- 1kg of rice
- 37,5 ml olive oil
- 1000 g firm tofu
- 250 g carrot, thinly sliced
- 250 g red cabbage, grated

RECIPE

- Prepare the curry. Heat oil in a large saucepan.
- Add shallots and ginger, cook 2 minutes.
- Add the curry paste and cook for 3 minutes.
- Add milk, broth, soy sauce, agave syrup, reduce heat to medium, cover and simmer.
- Cook rice according to package directions.
- Drain and press the tofu. Cut into cubes.
- Heat olive oil in a pan, add tofu.
- Cook on both sides until lightly browned.
- Add a little curry sauce and cook for another 2 to 3 minutes until curry is absorbed. Set aside.
- Add carrots, red cabbage and snow peas to the pan and cook for about 3 minutes.
- Serve the curry soup, tofu, rice and vegetables.



DISH

TAGLIATELLE WITH MUSHROOMS



INGREDIENTS

- 1 kg of tagliatelle / gluten free pasta
- 700 g mushrooms
- 5 cloves of garlic
- 80 g grated parmesan / vegan parmesan
- 50 cL of liquid cream / soy cream
- 15 sprigs of flat parsley
- olive oil
- pepper, salt

RECIPE

- Wash and cut the mushrooms.
- Fry them in oil and add garlic, cream and cheese at the end of cooking.
- Cook the pasta in the meantime.
- Season with salt and pepper.
- Drain the pasta and add the preparation.
- Sprinkle with parsley.
- Serve hot.



DISH



WHEAT AND CABBAGE PAN

INGREDIENTS

- 1250 g of pumpkin
- cabbage 1 kg
- 2 white onions
- 150 g hazelnuts
- 3 cloves of garlic
- 5 tablespoons of oil
- 10 eggs
- salt, pepper
- 2 kg of wheat / millet

RECIPE

- Preheat oven to 220°. Place the hazelnuts on a baking sheet and bake for 10 minutes. Remove them from the pan.
- Peel and chop the garlic and onion. Wash the pumpkin, open it in half and remove the seeds. Cut into quarters and then into cubes, keeping the skin on.
- Wash the cabbage and cut into chiffonade. Heat a little olive oil in a thick-bottomed pan. Sweat the onion and garlic. Add a pinch of salt and the diced pumpkin. Sweat for a few minutes.
- Add cabbage and a little water. Continue cooking for about 10 minutes on high heat, lower the heat and continue cooking for another 5 minutes.
- Break the eggs one by one into ramekins. Make 4 holes in the vegetable mixture. Pour an egg into each hole, season with salt and pepper and place in the oven for 4 to 5 minutes.
- Cook the wheat for 10 minutes and serve on the side.





SNACK



HOUMOUS & VEGETABLES TO CRUNCH

INGREDIENTS

- 600 g chickpeas
- 2 tbsp cumin
- 2 tbsp coriander powder
- 6 tablespoons of olive oil
- 2 cloves of garlic
- 1 tsp of chilli powder
- 2 tablespoons of tahini
- a few leaves of flat parsley
- vegetables (carrots, cucumber)
- 1 lemon to squeeze
- 1 teaspoon of salt

RECIPE

Cook the chickpeas in advance or buy them cooked. Rinse the chickpeas, drain them and blend them, adding a little water to obtain a smooth cream. Add the tahini, lemon juice, spices and garlic and mix again. Serve in a bowl and decorate with chili powder and flat parsley leaves.



DESSERT

APPLE CAKE (1)



INGREDIENTS

For the cake:

- 3 apples
- 250 g flour
- 80 g sugar
- 150 g applesauce
- 40 g sunflower oil
- 1 tablespoon vanilla extract
- 1/2 sachet of baking powder

For the crunchy topping:

- 2 tablespoons oil
- 3 tbsp brown sugar
- 1 tbsp cinnamon

RECIPE

- Mix the "liquid" ingredients in a bowl: compote, vegetable oil, vanilla.
- Add sugar and mix well.
- Add the dry ingredients: flour, yeast, salt, bicarbonate, mix.
- Pour into an oiled cake pan and set aside in the refrigerator for 15 minutes.
- Peel the apples and slice them thinly, place them on the cake on the whole length.
- Mix the 2 tablespoons of oil, brown sugar, cinnamon, and brush on the cake.
- Bake at 180°C for 45 to 55 minutes (stick a knife into the cake to check if it is cooked through).



DESSERT

BAKED APPLES



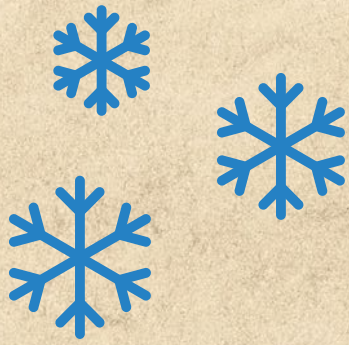
INGREDIENTS

- 10 apples
- filling: butter/ jam/ raisins/ sugar/ oilseeds/ agave syrup/ cinnamon

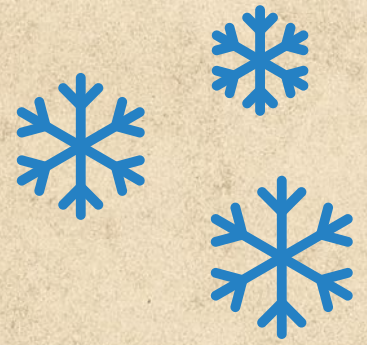
RECIPE

- Preheat oven to 180°C.
- Wash the apples and remove the seeds with an apple corer.
- Garnish according to your choice, and put in a dish for 30 minutes.





WINTER



STARTER

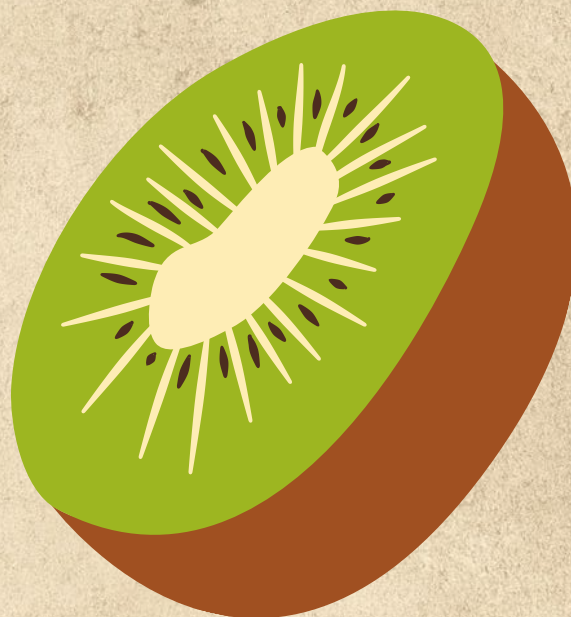
Comforting Winter Vegetable Soup
Stuffed Potatoes with Mascarpone

DISHES

Leek Fondue
Spinach with cream

DESSERTS

Pancakes
Raw muesli bars



STARTER



COMFORTING WINTER VEGETABLE SOUP

STARTER

- 5 carrots
- 5 potatoes
- 2.5 leeks
- 2.5 zucchini
- 2.5 pinches of salt
- 2.5 pinches of pepper
- 5 tablespoons of olive oil
- 2.5 pinches of herbs de provence
- 50 cl of vegetable cream
- 2.5 turnips
- 625g pumpkin / squash
- 2.5 red onions

RECIPE

- Wash, peel and cut the vegetables.
- Fry the onions and vegetables for 10 minutes over low heat.
- Add salt and pepper, and a pinch of herbs de Provence.
- Cook for another 1 hour.
- Mix the whole, add the cream, serve.



STARTER

POTATOES STUFFED WITH MASCARPONE



INGREDIENTS

- 14 potatoes
- 140g of mushrooms
- 140g of heavy cream / mascarpone / vegetable mascarpone
- 2 bunches of chives
- Some olive oil
- Nutmeg
- Pepper

RECIPE

- Wash and cut the potatoes.
- Cook them for 20-30 minutes in water or steam. Let them cool down.
- Wash and chop the mushrooms, fry them in a pan.
- Hollow out the potatoes.
- Mash the removed flesh, mix with the cream/mascarpone, chives, pepper, salt and nutmeg.
- Stuff each potato.
- Sprinkle with mushroom pieces.



DISH

LEEK FONDUE



INGREDIENTS

- 4 cloves of garlic
- 5 onions
- 10 leeks
- 100 mL water or vegetable stock
- 600 mL fresh cream/almond or rice
- salt, pepper

RECIPE

- Wash the leeks and cut them finely.
- Also finely chop garlic and onions.
- In a frying pan, cook the garlic, onion and leeks in olive oil for 10 minutes (covered), stirring regularly.
- Add broth (or water) if leeks are sticking. Reduce heat if necessary.
- Add the cream.
- Simmer for another 5 minutes.
- Season with salt and pepper and serve.



DISH

CREAMED SPINACH



INGREDIENTS

- 4 kg fresh spinach
- 250 mL fresh cream / soy
- 10 tbsp sunflower oil
- 2 cloves of garlic
- salt, pepper

RECIPE

- Remove the stems from the spinach and wash it thoroughly in water to remove all the soil, then spin it dry.
- Bring salted water to a boil in a large saucepan.
- Add the spinach and cook for 10 minutes.
- Squeeze the spinach dry with a slotted spoon.
- Chop the spinach more or less finely with a knife or kitchen scissors.
- In a frying pan, over low heat, pour the oil. Crush and scatter the garlic clove in the oil.
- Add the spinach and stir gently for 10 minutes.
- Drizzle with soy cream. Season with salt and pepper and sprinkle with grated nutmeg.
- Serve immediately.



DESSERT

CREPES (12)



INGREDIENTS

- 900 g wheat/rice flour
- 150 g cornstarch
- 6 tablespoons of vegetable oil (sunflower...)
- 150 cL of milk / vegetable milk
- 60 cL of water

RECIPE

- Mix the liquids together then add the flour and cornstarch, stirring until there are no lumps.
- Let stand 1 hour at room temperature.
- Cook on a greased pan.



DESSERT



MUESLI CRUNCHY BARS

INGREDIENTS

- 150 g date paste
- 100 g dried apricots
- 50 g dried figs
- 200 g mixed nuts
- 80 g almond powder
- 1 pinch of ground cinnamon
- 1 pinch of salt
- 1 pinch of ground ginger

RECIPE

- Place ingredients in a blender.
- Blend in short bursts until nuts are well chopped.
- Oil the bottom of a small rectangular tin.
- Fill with the mixture and tap with the back of a spoon to flatten.
- Let stand in refrigerator for a few hours.
- Cut into as many portions as you like.



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