



RECIPE BOOK

YOUNG
Friends of
the Earth
Europe

Dear friends,

The aim of this little book was to collect some recipes of the nice dishes we were lucky enough to get to know through the last year of activism with you. Thank you for your help in getting them together!

We hope this book gives you new tasty cooking inspiration for the New Year! Have energy and joy in 2015! Let's fight on for a transition to a sustainable agricultural system!

Sara, Jule, Miia and Max
for the Food and Agriculture Working Group



Vegan friendly

Kaiserschmarren

by Serina, Global 2000 (YFoE Austria)

Ingredients:

For 4 people

4 tablespoons flour
1 tablespoon soya flour
1 teaspoon baking powder
1 tablespoon brown sugar, optional
250 ml Soyamilk
1 tablespoon oil
A handful of rasins

Method:

1. Mix the flour, baking powder and sugar in a bowl. Add the soy milk and stir until it has a smooth consistency.
2. Heat the oil in a frying pan and add the dough.
3. Reduce the heat a little and fry the dough on both sides (flip the pancake when it's baked on one side).
4. After it's done rip the pancake into medium size pieces with a fork and fry for 2-3 more minutes (add extra oil if necessary).
5. Transfer to a serving plate, and if you like it sweeter dust with icing sugar. You can serve it with some homemade jam.

Guten Appetit!

Cabbage Rolls

by Miia, Maan Ystävät, Helsinki (FoE Finland)

Ingredients for the rolls:

70 g barley grains
1 cabbage
130 g ground dry broad beans (or ground dry soybeans)
2 onions, garlic
Syrup; oil
Spices: salt, black pepper, white pepper, marjoram, thyme

Ingredients for the sauce:

350 ml cabbage broth or vegetable broth
1/2 vegetable stock cube
500 ml oat cream
1 tablespoon of soy sauce
500 g wheat flour
Salt and black pepper

Method:

Rolls:

1. Boil the barley grains until they are soft (follow the instructions on the package, if there are any) - some types of barley take longer than others.
2. Remove the stem of the cabbage. Boil the rest in a big pan until it's soft. Save 350 ml of the cabbage broth that remains in the pan for later use.
3. Boil the broad beans in water for 10 minutes, then pour out the extra water. Chop the onions and the smallest cabbage leaves and cook them with the ground beans and the spices in a frying pan. Combine the boiled barley with the broad bean mixture and taste. Add more spices, oil and syrup if necessary.
4. Cut the leaf veins on the bigger cabbage leaves thinner with a sharp knife. Put a big spoonful of the stuffing onto a cabbage leaf and fold the leaf over to make a roll.
5. Place the rolls in a baking dish next to each other. Pour syrup and oil on the rolls. Bake the rolls first at 225 °C for 10 minutes. Lower the temperature to 175 °C and continue to bake them for an hour. Pour some of the cabbage broth (that you put aside earlier) on the rolls occasionally so that they don't burn.

Sauce:

1. Boil the cabbage broth with the 1/2 vegetable stock cube.
2. Add the oat cream.
3. Thicken the sauce with wheat flour.
4. Add soy sauce, black pepper and also salt if necessary.
5. Let the sauce boil on low heat.

For images see <http://vegaaniliittotampere.blogspot.fi/2012/10/kaalikokkailua.html>

Goutweed salad

by Algirdas, Žvejonė (YFoE Lithuania)



Ingredients:

- Goutweed leaves and stems (aka ground elder or bishop's weed)
- Linden buds or young leaves
- Coltsfoot and dandelion blossoms
- Nettles
- Sorrel leaves

Method:

Take fresh ingredients in any proportion you like, cut them into smaller pieces, add your favourite oil and mix. It's ready!

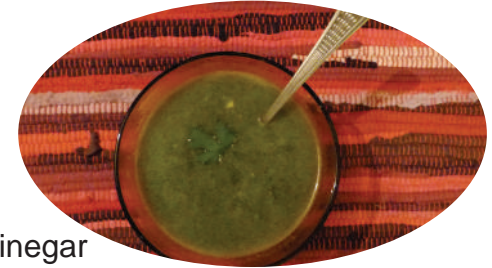


by BUNDjugend

Спаначена супа [spanachena supa] - Spinach soup

by Radi, Za Zemiata (FoE Bulgaria)

- 500 g spinach
- 1 onion
- 1 carrot
- 2 tablespoons flour
- 3 tablespoons oil
- Salt
- Lemon juice or wine vinegar



1. Cut into strips ½ kg spinach and drop it in boiling salted water with finely chopped onion and carrot.
2. When spinach is ready, fry 2 tablespoons of flour and 3 tablespoons of oil.
3. After a few minutes, dilute this mixture with water and add to spinach. Cook another 5-6 minutes.

Serve warm with a few added drops of freshly squeezed lemon juice or wine vinegar.

Nettle Pistou

by Celine, YFoE France and Switzerland

- Two handfuls of nettle leaves (careful!)
- Olive oil
- One clove of garlic
- 10 nuts
- Salt and lemon

1. Cut the nettles into the smallest pieces you can. Do the same with the garlic and the nuts, and cover with olive oil.
 2. Add some salt, and lemon juice to taste.
- You can eat it on bread.

Lentil veggie burger

by Juraj, Priatelia Zeme (FoE Slovakia)



Ingredients:

2 handfuls of lentils
1 handful of oat flakes
1 big onion
5-10 mushrooms (diced)
Soy sauce (if you like)
Curry spice, Salt
Tomato paste/puree or ketchup
Wheat flour (if necessary)

Method:

1. Soak lentils in water overnight, and then boil them in the same water until they're soft. Before they finish boiling, add the chopped mushrooms and onion (in tiny pieces) and the tomato paste or ketchup.
2. When the lentils are soft, take the pan off the heat, add the oat flakes and mix so it becomes a thicker substance from which you can make small and flat balls - veggie burgers. If the substance is too watery add more flour and oat flakes. If it is too dense/heavy add a little water.
3. Shape the mixture into 8-10 cm circles and fry in oil on both sides. Serve in a wholegrain bagel with vegetables.



Roasted Zucchini

by Erini, FoE Cyprus

Ingredients:

6 zucchini
2 medium potatoes
2 spring onions
Dill, Mint
1 teaspoon of garlic powder
2 tablespoons oil
2 handfuls of breadcrumbs
1 teaspoon salt
1 teaspoon black pepper, 1 teaspoon red pepper

Method:

1. Slice the potatoes and zucchini and boil together until they are soft enough to be smashed with a fork, and then smash together. Leave the mixture to cool, and preheat the oven to 200°C.
2. Finely chop the onions, and put them in a bowl with the potatoes, zucchini, herbs, salt, garlic and pepper, and stir.
3. Squeeze the mixture with your hands to get rid of as much of the water as possible. Taste it to check for seasoning - add salt, pepper and garlic as needed.
4. Mix in the breadcrumbs and oil.
5. Conjure the mixture into balls, and place on baking paper in a baking tray. Bake at 200°C until they reach a golden colour - this should take 15 to 20 minutes.

You can also add chopped tomato, oregano, yo-yurt...



Avocado Tomato

Salad

by Fatima, Jongeren Milieu Actief
(YFoE Netherlands)

Ingredients:

2 ripe avocados
1/2 red onion
1 lemon
Around 10 cherry tomatoes
1 handful of parsley
Salt and pepper
Olive oil

Method:

1. Halve the cherry tomatoes and cut half the onion in to thin rings.
2. Cut the avocado into slices and drizzle with lemon juice.
3. Remove the stems from the parsley and chop finely. For the dressing, mix olive oil, lemon juice, lemon zest and salt and pepper.
4. Drizzle the dressing over the rest of all the ingredients.

This salad is delicious fresh and summery and is also delicious as a lunch!



Беран таратор Vegan tarator (Cold cucumber soup)

by Radi, Za Zemiata (FoE Bulgaria)

Ingredients:

300 g Sunflower seeds (raw, peeled)
50 g Olive oil
300 g Lemon
400 g Cucumbers
1 bunch of Dill
2 cloves of Garlic
Salt and Walnuts



Method:

1. Soak sunflower seeds in water overnight. Then drain, rinse well and place in a tall, narrow container.
2. Blend with a little water, lemon juice, olive oil, garlic and salt until they become a fine and smooth mash. Gradually add more water (about half a liter of water) until you reach the desired consistency - it should feel like yoghurt.
3. Finely chop the dill, cut into small cubes or grate the cucumbers and mix them with the resulting «yogurt». Tarator is served cold, sprinkled with crushed walnuts.



Пълнени чушки с ориз и гъби Stuffed peppers with rice and mushrooms

by Radi, Za Zemiata (FoE Bulgaria)

- 12 dry peppers
- 1 cup of rice
- 10-12 mushrooms
- 1 onion
- 5 tablespoons cooking oil
- 4-5 tomatoes
- Black pepper
- Parsley
- Salt



1. Remove the seeds from the peppers and add some salt inside.
2. Chop the mushrooms and the onion and then stew them slowly in a closed container with 3 tablespoons of oil and a pinch of salt.
3. Add the rice, after 3-4 minutes add a cup of hot water and a pinch of salt and let it simmer until the rice absorbs the water.
4. Add black pepper and finely chopped parsley.
5. Fill the peppers with the mixture and arrange them close to each other, then pour the grated tomatoes and remaining oil over the top. Add salt and 1 cup of hot water.
6. Cook the dish on low temperature or bake in a moderate oven.



Vegan Nutrition

by the vegetarian resource group www.vrg.org

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron. Sources of iron: Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale...

Calcium

Calcium, needed for strong bones, is found in dark green leafy vegetables, tofu made with calcium sulfate, calcium fortified soy milk and orange juice, and many other foods commonly eaten by vegans. Although lower animal protein intake may reduce calcium losses, there is currently not enough evidence to suggest that vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement. Other good sources of calcium include: okra, turnip greens, soybeans, tempeh, almond butter, brocco-

li, bokchoy, calcium fortified soy yogurt...

Note: It appears that oxalic acid, which is found in spinach, rhubarb, chard, and beet greens, binds with calcium and reduces calcium absorption. Calcium is well absorbed from other dark green vegetables.

Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

Vitamin D

Vitamin D is not found naturally in the vegan diet, but can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified plant milks and mushrooms that have been exposed to ultraviolet light.

Protein

It is very easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. The key is to eat a varied diet. Sources of protein: Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale and more.

Vitamin B12

The requirement for vitamin B12 is very low but it's an essential nutrient. It's especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Non animal sources include cereals, soy milk, rice milk, and meat analogues that have been fortified with vitamin B12. Also, around two teaspoons of Red Star nutritional yeast T6635, often labeled as Vegetarian Support Formula, supplies the adult Recommended Dietary Allowance. Read labels carefully since fortification levels

Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha linolenic acid in their diet such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

can change. Vitamin B12 supplements are another option. There are supplements which do not contain animal products. (...) No plant food contains significant amounts of active vitamin B12.

Fat

Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. Most dietary fat should be monounsaturated fat from foods like nuts, seeds, olives, avocados, canola oil, and olive oil.

Lingonberry Pie

by Miia, Maan ystävät (FoE Finland)

The crust:

100 g margarine
40 g sugar
40 g oatmeal
175 g wheat flour
50 ml oat or soy milk
1 tsp baking powder

The topping:

200 g lingonberries
500 g unsweetened soy yogurt
40 g sugar
1 tsp vanilla sugar

Method:

1. Mix the margarine and sugar and then all the crust ingredients together.
2. Spread crust into a casserole and bake for 10 minutes in 200°C. Mix the ingredients for the topping together and spread it on the crust. Then bake at 200°C for 15 minutes and another 5 minutes at 150°C.

The pie is great warm but gets better if you leave it in the fridge overnight.



by Miia Komulainen

Pizza with fake cheese

by Katharina and Andreas Pfrengle (Foto), YFoE Germany

dough:

300 g wheat flour
1 active dry yeast
sachets (7g)
pinch of salt
160 ml water



topping:

250 ml tomato sauce,
spiced with salt, pepper and oregano
and whatever you like, for exa-
mple onions, sweet pepper/paprika,
zucchini/courgette, spinach, olives,
garlic, artichokes, ...

dough:

1. Mix the flour, dry yeast and salt than add the water. Beat well until a stiff dough has formed. Leave it in a warm room or in an oven at 50°C for at least 30 min.
2. Roll it out as thin as you want. If you have the time let it sit for another 30 min or put it directly on the baking tray (but line with baking paper first!)

nooch fake cheese :

1. Cut the garlic into small pieces and put it with the millet, soy milk, soy cream, nutritional yeast, the yeast cube (crushed), and the spices into a saucepan. Let it boil and than simmer at a low heat for 20 to 30 min. Some yeast cubes don't melt! You have to try to find one that does. Now refine it with wine and margarine.
2. Preheat the oven on the highest temperature.

Topping:

1. Cover the dough with the spiced tomato sauce and add the veggies. Then spread the nooch fake cheese on the pizza. Then bake the pizza on the lowest rack until golden.

nooch fake cheese :

100 g millet
500 ml soy milk
100 ml soy cream
30 g nutritional yeast
1 yeast cube
2 cloves of garlic
75 g margarine/vegan
butter
20 ml white wine
salt, pepper, basil, dill,
nutmeg

Autumn Salad

by Lukas and Anne, BUNDjugend (YFoE Germany)

Ingredients:

1 iceberg lettuce
1 grated carrot

Dressing:

Dark Balsamico
Olive oil
Salt
Pepper
Dill (dried or fresh)
Vegetable broth powder

1 teaspoon mustard
Italian herbs
Chives (dried or fresh)
A pinch of sugar or
Agave syrup

Topping:

Dried tomatoes
Mushrooms
Walnuts

Method:

Mix all the ingredients for the dressing in a bowl (to get the dressing creamy, use a whisk).
Clean and cut the lettuce, then mix it with the grated carrot.
Pour the dressing over the salad and mix it well. Stir-fry the ingredients for the topping, season it to taste and add it to the salad right before serving.



by Anika Osbelt

Sarma (stuffed cabbage leaves)

by Sara, Zelena akcija (YFoE Croatia)

Ingredients:

2 tablespoons olive oil
1 onion, finely chopped
2 carrots, finely diced
1 stick celery, finely diced
3 tomatoes, chopped
1 yellow pepper, finely chopped
1 cup of long grain rice, rinsed
(2 tablespoons of soy sauce, optional)
1 teaspoon dried marjoram
1 tablespoon fresh (or dried) oregano
3 cloves garlic, finely chopped
Salt and pepper to taste
1 cabbage
½ kg sauerkraut
1 can pureed tomatoes
(3 tbsp soy sauce, optional)
1 cup of water

Method:

1. Preheat the oven to 180°C.
2. Heat oil in a large saucepan and sauté the onions until softened. Add the carrot and celery and continue to sauté on a medium-low heat about 10 mins until the vegies are softened.
3. Add the rice, tomatoes, pepper, herbs and seasonings (and soy souce) plus 1 cup of water to the saucepan and cook, covered, on a low heat for 10-15 minutes. The rice should start to soften but not be completely cooked. Remove from the heat and stir in the chopped garlic.
4. Remove as many of the bigger outer leaves of the



Sarma continued

cabbage as you can and slice the rest of the cabbage very thinly.

5. Layer this cabbage along the bottom of a big lasagne/casserole dish. Next spread the sauerkraut over the top of it.

6. Remove the thick stems out of the cabbage leaves and begin rolling. Add about 2 tablespoons of the rice mixture to the edge of the cabbage leaf and roll over once. Fold in both of the edges and then continue rolling to the end.

7. Then place the rolls into a dish, on top of the sauerkraut and the sliced cabbage, tucking them in close to each other so that they hold each other together. Keep going until you use up the rice filling.

8. Mix the tomato puree (soy sauce) and water together and pour over the top of the cabbage rolls. Cover with aluminium foil and bake for 30 minutes.

9. After 30 minutes remove the aluminium foil and continue to bake for another 20 minutes (keeping your eye on it to make sure the tops of the cabbage rolls don't burn.

12. Remove from the oven and let it stand for about 10-20 minutes before serving.

Serve with cooked or oven baked potatoes.

This recipe is good to make in advance - it can be kept in the fridge for about 3 days and can also be frozen.



Shepherd's pie

by Sophie, YFoE Europe

For the base

1 big white onion, diced
2 garlic cloves
2-3 carrots, diced
2-3 sticks of celery, diced
200 g mushrooms, chopped
Herbs: 1 large teaspoon thyme, 2 bay leaves,
500 g puy (green) lentils (washed)
1.5 litre vegetable stock
1 large tablespoon tomato puree
Oil, for frying

1. First, make the bottom lentil layer

In a large pan, fry the onions and garlic in the oil gently, until golden brown. Add the carrots and celery and cook for 10 minutes until they start to soften. Add the mushrooms and cook for a few minutes, then add the herbs and the lentils. Cover with the stock, and let this all simmer and cook for 30-45 minutes, until the lentils are ready and it is not watery (keep checking and stirring it). If all the water keeps evaporating and the mix is burning, add more stock. The end result should not be very watery, but a thick sauce. Add salt and pepper as necessary and stir in the tomato puree.



For the potato top

1 kilo potatoes (floury version, for making puree)
100ml soya milk (or normal milk, if making non-vegan version)
Soya margarine (or butter, if making non-vegan version)
Optional 85 gram grated cheddar cheese

Shepherd's pie continued

2. Make the top layer

Whilst the lentils are cooking, wash and boil your potatoes for the top layer. When tender, drain them, add the butter/margarine and milk/soya milk, and mash it! Season with salt and pepper as necessary.

3. Put it all together

Get a big square or rectangle pie dish, and put the lentil mix on the bottom. Cover it with all the potatoes. Ideally the lentil layer will be 4-5 cm thick, and the potato layer 3-4 cm thick. If you're making a non-vegan version, you can sprinkle it with cheese.

4. Bake it in the oven then eat!

Put the pie in the oven at 170°C or gas mark 5, and heat it for 30 minutes, until the top is crispy and golden and the pie is really hot all the way through. Serve with green garden peas and some British chutneys or pickles.

This is a recipe for a very traditional dish from Britain/UK, called "Shepherd's pie". Originally it was made with minced lamb, but the vegetarian versions made with lentils or soya or fake meat work perfectly, so it's become a very traditional, nutritious and filling winter veggie dish!

It's not your usual "pie" with a pastry crust. In stead it has a layer of lentil and vegetable mix on the bottom, then a layer of mashed potato on top. We then bake it in the oven so it gets a crispy top and eat it with green garden peas (and in my family tomato ketchup (yes!) or pickled red cabbage). Yum! I usually just make it up as I go along, so you can adapt the recipe as you wish.

Grandma's Beans and Sauerkraut Stew

by Iva, Zelena akcija (YFoE Croatia)

Ingredients:

500 g sauerkraut, sliced
500 g white beans
1 big onion
1 tablespoon of ground red pepper
1 bay leaf
1 tablespoon of flour
Oil
Salt and Pepper
Tomato paste (about a spoonful)

Method:

1. Boil the beans and sauerkraut together with a bay leaf.
2. Drain when the beans are cooked.
3. In a deep bowl, simmer one finely chopped onion in a little bit of oil. When it softens up a bit add 1 tbsp of flour and 1 tbsp of ground red pepper and let it fry for a few minutes. Add water if necessary.
4. Gradually add the beans and sauerkraut.
5. Add water until it's all covered.
6. Add about a spoonful of tomato paste, and the salt and the pepper and cook for at least 20 minutes (It depends on how much time you've got but the longer it all cooks the better the flavors mix together).

Extra tip: you can add slices of carrots when preparing the onions!

Finnish homemade potato casserole (for Christmas time)

by Heli, Maan ystävät (FoE Finland)

Ingredients:

1kg floury potatoes
2 cups of wheat flour
50g of dairy-free butter
0.5-0.75 litres of soya milk
2 teaspoons of salt

Method:

1. Peel potatoes and boil in a small amount of water until they are soft enough to mash. Pour out the water, and mash the potatoes. Allow the mash to cool to hand temperature so that the flour does not burn.
2. Stir in the half of the dairy-free butter and half of the flour over the potato mixture and sprinkle rest the rest over the top.
3. Cover the pot and leave overnight (or for at least 5-6 hours) at room temperature, stirring a couple of times (if you are awake). When it tastes sweet it will have undergone some gastronomic changes and now it should be more liquid. If you do not see any changes after 6 hours, don't worry. Add a couple of spoons of syrup.
4. After that, stir in the cold soya milk so that the mixture has the consistency of loose pudding. Add salt to taste.
5. Pour the mixture into one or two greased baking

Finnish homemade potato casserole continued

dishes. Note that the casserole will rise in the oven, so remember to leave 2-4 cm at the top of the baking dish.

6. Bake for about 30 minutes at 200°C, so the casserole will start to boil. Then reduce the heat to 150°C and continue cooking for another couple of hours. If the casserole is starting to look too dark, cover it with aluminum foil.

This is very typical food in Finland at Christmas time. It is traditional basic Finnish cuisine and chosen because it has simple ingredients but also the way of cooking makes it so good. Even then, it's a good choice when you don't have many ingredients and want to have something good to eat like at Christmas time or at other festivals. This dish is not served this way anywhere else besides Finland/Scandinavia.

As it sounds simple, it is! You should have this with lots of vegetarian salads and as a holiday food because it tastes so sweet. The key is in the baking and also in the flour: when they are mixed together the flavour will make the perfect combination. And as you know: we Finns love potatoes. You definitely should have this with some some finnish beetroot salad and the dressing. Greetings and vegetarian love from Finland!



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