

# The traditional taste of Denmark, Slovenia and Spain with a green twist

A cooking book developed by students with added learning about different food culture and sustainability in the kitchen.

**Enjoy!**



# Background

This material is developed as a result of an international cooperation project between Spanish, Slovenian and Danish schools, education institutions and restaurants. The project is funded by the European Union education program called Erasmus+.

In 2022-2024 school classes from the three countries visited each other and participated in courses concerning cooking and sustainability. The students have been visiting local restaurants and food producers, they have been cooking local food and learning about the connection between food and sustainability.

This cooking book is a result of the project. This material contains traditional and local recipes from the three countries. The recipes have been selected and tested by the participating students and restaurants. Some of the recipes are very sustainable and some are less sustainable as they e.g., contain meat. In older days it was more common, and it was part of people's prosperity to eat meat, therefore many traditional recipes contain meat. This material will present the traditional recipes and inspire to develop them in a more sustainable way. As an example, by changing different raw materials but still have the great taste.

In the material you will also find reflections and statements from the participating students about the culture and food culture they have been visiting. Though we seem very similar in Europe, you will find a lot of differences between the three countries when it comes to food culture.

The purpose of the cooperation and the material is to involve young people in sustainable cooking and cultural understanding. By providing knowledge and practical experience with sustainable cooking and by meeting other cultures, the purpose is to increase interest in cooking and in chef education. The purpose is also to increase knowledge about sustainable food and to present how easily you can act more sustainable in your everyday life when it comes to choosing and cooking food.

**Enjoy!**

**Over 100 students from Spain, Denmark and Slovenia participated in the project.**

*"I discovered that I am really interested in the eco-friendly ways of farming and caring for animals"*

*Luka Knez, Student from Slovenia*

# Food and sustainability

## **Does it really matter what food you eat when it comes to sustainability? The answer is yes!**

Our consumption of food, the type of food we eat and how we use it in the kitchen has a huge effect on climate and sustainability. By choosing sustainable food options, we can reduce the negative impact that food production and consumption have on the environment. We can all do small effective changes in our everyday life to keep both ourselves and the planet healthy.

There are many aspects when it comes to food and sustainability. One of them is the direct CO<sub>2</sub> emission that our food contributes to. You might have heard that beef emits a lot of CO<sub>2</sub> opposite vegetables that have a lower CO<sub>2</sub> emission. Depending on production, transport, storage and more each type of food emits a lot or less CO<sub>2</sub>. So actually, it is possible for us to contribute to less CO<sub>2</sub> emission by choosing some of the food types that do not emit as much CO<sub>2</sub> than others. In this material you will find different CO<sub>2</sub> calculations on different food types. You can also calculate CO<sub>2</sub> on your own meals by using the CO<sub>2</sub> calculator in this material. It is based on the so called Big Climate Database by Concito.

Another aspect of food and sustainability is food waste and utilization of the entire food product. In Europe we have a lot of food waste, and we also have a common goal on reducing it with 50% before 2030. We all must pay attention to how to use and share the global food resources better. Here it is also possible and quite easy for all of us to act in our everyday life.

With new ideas on how e.g., to use all part of our vegetables we can avoid throwing some of it out. By using leftovers or older food in a new way we can also reduce food waste. In this material you will find ideas on how to avoid food waste and to be more creative using leftovers.

Also, there is the social aspect of sustainable food. As a buyer and consumer of food it is possible to choose food that is produced in a social sustainable way. By buying food from producers who promote fair labor practices, improve working conditions for farmworkers, and support local economies you can support them and promote social sustainability. Often you can see on a label of the food where and how it is produced.

Biodiversity and environment are also important aspects. By supporting ecological farming and food produced without the use of synthetic pesticides and fertilizers you can minimize pollution and biodiversity loss.

As you see there are a lot of good and important reasons to act sustainable when it comes to our choices, consumption, and actions regarding food. Fortunately, there are just as many good ideas, tasty recipes and creative ways on how to do it. Let us start today and enjoy your next sustainable meal!

# 10 Sustainable actions



**1**

**Avoid food waste - e.g use leftovers in your lunch box, as pizza topping, in a pie or as a small snack.**



**2**

**Use local ingredients -investigate ingredients from your area or country.**



**3**

**Recycle as much as possible, especially fat.**



**4**

**Make use of all properties of the raw material – find creative ways at google.**



**5**

**Reduce energy consumption.**



**6**

**Choose organic.**



**7**

**Invent new dishes from surplus food (Empty the fridge).**



**8**

**Buy discounted items if it can be used within a short time.**



**9**

**Never let the water run unnecessarily.**



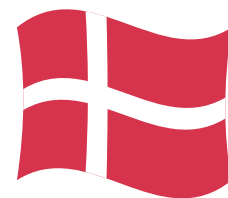
**10**

**Find food that makes you happy to cook and eat.**

# Recipes from **Denmark**



# Danish food culture



## **The Danish food culture has changes significantly over the last decades.**

Historically the Danes come from an old agricultural society with a climate that is moist and cold. The Danes ate a lot of carbohydrates in form of potatoes and grain product, which were a great source of energy for a hard-working people, with a lot of physical work. Meat and fish were not of course, but it was still something that was eating in a small quantity. Today most people also eat many carbohydrates based on pasta, rice and cereal product.

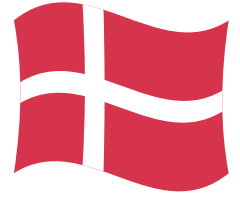
The food culture has changes from a farmer kitchen with food that is heavy and with a lot of calories to an office's kitchen. More and more people work at an office which do not demands a lot of energy. The calories are more needless and become a damn word. It has made a pressure on the Danish food culture.

The Danish kitchen has gone from a primitive kitchen with great taste to a much more refined and developed kitchen. The people who revolutionize the Danish food culture to the new name "New Nordic Food" are still active in 2023 and they are still developing and researching on what is possible when it comes to cooking.

The Danish food culture are not a subject to old family traditions that prohibit to changes anything. Today there is a movement of skilled chefs who constantly find new ways to merge international cooking with Danish ingredients to get new and unknown flavors.

The Danish food culture or what is now call New Nordic Food are still being created especially by the youth supplied by older people's experiences which contribute to a constant movement in new directions. Today it is very modern to use herbs and mushrooms that are collected in the nature, find local food producer that can supply with food in season. In the recipes from Denmark you will find both old traditional food and new Nordic food. Enjoy!

# Statements



## from Slovenian and Spanish students after visiting Denmark

*"I learned that the people that live in Denmark care a lot about the food that they make. They love to have all the vegetables they use in their food preparation planted right at home"*

**Nastja Pate**

*"They always have breakfast together in the morning."*

*Most of the students ride bikes to school and even if they go to the grocery shop they mostly go by bike"*

**Urša Vavtar**

*"In Denmark they have lunch very early"*

**Carla Pascual**

*"In Denmark they have chocolate with butter in mini breads for breakfast"*

**María Ramirez**

*"In Denmark first they have dinner and then they do their afternoon activities"*

**Ana Eraul**

*"I would like that we also could bring our own food to school for lunch because that would make less food waste. I think they have that organised very well in Denmark"*

**Ajda Mlakar**

# Frikadeller

## Meatballs with potato salad



The potato is used a lot in traditional Danish cuisine. You often have it boiled with different tasty sauces. But you can also eat it baked in the oven, fried on a pan or like here cold in a potato salad.

**Time:** 50 minutes.

**Recipe for 4 persons**

**Difficulty:** Medium

### Meatball

#### Ingredients

- 500 g minced veal and pork
- 2 tsp. salt (12 g)
- 45 g Flour
- 2 pcs. Egg (120 g)
- 1 piece. Onion (100 g)

#### Course of action:

1. Mix the minced veal and pork with the salt
2. Add flour and eggs and stir the stuffing
3. Then add the milk little by little while stirring.
4. Grate onion and stir it into the stuffing.
5. Season the stuffing with pepper
6. Then form approx. 16 small buns
7. Fry them until golden in rapeseed oil on a hot pan for approx. 8 minutes on each side.

**The potato is a good source of vitamins, it satiates well and it is a very sustainable food product.**  
**1 Kilo of rice has the same CO2 emissions as 16 kilos of potatoes.**

### Potato salad

#### Ingredients:

- 700 g Potatoes
- 3 tbsp. Mayonnaise (42 g)
- 2 dl. Greek yoghurt (200 g)
- 1 tbsp. Dijon mustard (15 g)
- 3 tbsp. Finely chopped red onion (300 g)
- 4 tbsp. Chopped chives (12 g)

#### Course of action:

1. Peel the potatoes and cut them into rough pieces
2. Cook them until tender for 12 minutes and let them cool.
3. Meanwhile, stir mayonnaise, Greek yogurt, Dijon mustard, paprika, lemon juice, red onion, salt and pepper
4. Toss the cooled potatoes with the homemade dressing and sprinkle with the chopped chives.
5. Serve the meatballs together with the potato salad.

#### For a more sustainable version:

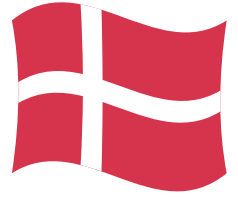
- Use only pork meat
- Change  $\frac{1}{2}$  of the meat with vegetables as carrots, potatoes and/or broccoli. Tear into small pieces and mix it in the meatball mix.
- Add fresh vegetables as a side dish and eat less meatballs.





# Tarteletter

## Small puff pastry bowls



The tartelet is a Danish classic. You can enjoy a small one as a starter or several as a main course. They are often a part of the food buffets for holidays such as Christmas, Easter and Pentecost. Tarteletter means “small pies”. The small bowl is made of puff pastry. You can buy them or make them yourself.

**Time:** 30 minutes

**Recipe for 4 persons**

**Difficulty:** Medium

### Ingredients:

- 2 chicken breasts (340 g)
- 3 dl vegetable broth (300 g)
- 1 carrot, diced (65 g)
- 1 onion, diced (100 g)
- 2 bay leaves (0,2 g)
- 5 peppercorns (0,3 g)
- 1 teaspoon of salt (6 g)
- 40 g of butter
- 2 tablespoons of wheat flour (18g)
- 4 dl milk (400 g)
- 200 g of white asparagus
- salt (6 g)
- black pepper, freshly ground
- 12 tartlets (125 g)
- 1 handful of parsley (100-150 g)
- salt (6 g)
- Black pepper, freshly ground

### Course of action:

1. Boiled chicken breast
2. Put the chicken breast in a pot with vegetable broth, a carrot, 1 onion, peppercorns, salt and bay leaves and let it simmer for 15 minutes.
3. Save 3 dl of boiling water for the tartlet sauce.
4. Melt the butter in a new pan and whisk in the flour to make a dough ball.
5. Then whisk in milk, little by little, until the sauce is completely smooth.
6. Bring to the boil and let the sauce cook for 1-2 minutes while stirring and season with salt and pepper and adjust the consistency with boiling water from the chicken.
7. Cut the chicken into cubes, drain the asparagus and add it to the sauce.
8. Warm the tartlets in the oven according to the instructions on the package.
9. Fill the warm tartlets with sauce and garnish with parsley and grind black pepper on top, as well as a small sprinkling of flaked salt.

**Make a vegan version and save CO<sub>2</sub>:  
Change the chicken breasts with mushrooms fried on the pan in butter.**

**Chicken emits 8 times less CO<sub>2</sub> than beef**



# Medisterpølse

## Coarse pork sausage with brown sauce



The Medisterpølse is a Scandinavian specialty. It is a thick, spicy sausage of minced pork stuffed in pig intestines. The word Medisterpølse is mentioned in the Swedish bishop Hans Brask's household book from the beginning of the 16th century, so the dish has been served for many generations. The sausage is made in one long piece and is cut out just before serving. You can buy it at the butcher or in the supermarket.

**Time:** 30-40 minutes

**Recipe for 4 persons**

**Difficulty:** Medium

### Ingredients:

- 750 grams of Mediterranean sausage
- 1 kilo of asparagus potatoes (small potatoes)
- 1 small bunch of small carrots or carrots (250 g)
- 1 broccoli - cut into florets (400 g)
- 25 grams of butter
- 2 dl of milk (200 g)
- 3 dl of boiling water from the sausage (300 g)
- half a bouillon/stock cube - preferably chicken stock (10 g)
- 3 sifted tablespoons of wheat flour (27 g)

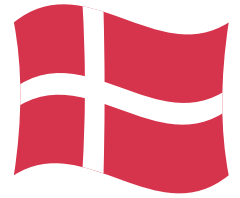


### Course of action

1. Put the sausage in a pot and pour cold water over it so that it is just covered. Now cook it for 15 minutes.
2. Put asparagus potatoes in a pan with salted water and cook the potatoes until tender. It typically takes 15-17 minutes - and then leave the potatoes to soak in the water for five minutes. Pour off the water - and let them steam off in the pot with the lid on.
3. When your medister sausage is cooked, add butter to a pan and let it sizzle. You pour the boiling water into a bowl - **YOU MUST NOT THROW IT OUT!**
4. Then fry the medister for 7-8 minutes on each side at medium heat. Not so hot that the medister sausage turns black. Prick it in a few places with a skewer or fork. In this way, you prevent the medister sausage from cracking during roasting.
5. Steam carrots and broccoli - remember not to boil them.
6. When the medister sausage has finished frying, we have to make the good sauce. Carefully place the medister on a cutting board and pour the cloud into a saucepan.
7. Warm up the cloud at a good and even heat, and now you have to pay attention. Put three tablespoons of flour in the saucepan and beat it well with a whisk.
8. Then whisk three deciliters of the cooking water from the medister sausage into the saucepan, and then two deciliters of milk. Whisk constantly so it doesn't burn.
9. Add half the bouillon cube and season with salt and pepper. If the sauce is too thick, just add more milk. Add a little food coloring and the food is ready.

Serve the medister sausage with boiled asparagus potatoes, steamed carrots and broccoli - and brown sauce.

# Bygotto med stegt torsk



## Barleyotto with roasted cod

Barleyotto is a Nordic version of the risotto. Barley contains more fiber than rice and it has a coarser structure. It is also more sustainable as the CO2 emission is lower.

**Time:** 30-40 minutes

**Recipe for 4 persons**

**Difficulty:** Medium

### Ingredients

- 200 g pearl barley
- 1 liter vegetable broth
- 2 tablespoons apple cider vinegar (30 g)
- 50 g. organic hard cheese
- 1 clove of garlic – chopped (4 g)
- 1 onion e.g. shallot – chopped. (100 g)
- Possibly a little white wine. (100-200 g)

### Seasonal fillings:

Peas and fried chanterelles for summer or Jerusalem artichokes for winter.

### Meat

- 500 g boneless cod fillet.
- Topping of herbs like dill or chervil.

## Cooking

### Food preparation

- Chop the onion and the garlic.
- Grate the cheese

### Cooking

- Roast the chopped onion and garlic at a pan with a little food oil until it is golden brown
- Add the pearl barley and the white wine.
- Add the vegetable broth little by little and stir. The barley should start to absorb the vegetable broth. Keep on adding the broth until there is no more left.
- Turn down the heat at the stove to a minimum.
- Add the cheese and the seasonal fillings.
- Taste with vinegar and salt.
- Use a new pan and add a little food oil.
- Roast the cod on high heat on the skin side until it is brown and crispy
- Turn the cod and roast it for a few minutes

### Arrangement of the plate

- Place the barleyotto in the bottom of a deep plate.
- Place the roasted cod at the top in the middle.
- In the end scatter the herbs on the top to add taste and appearance.

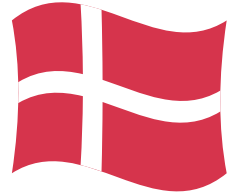
### Use all of the broccoli

- As French fries: cut them as sticks, add olive oil and salt and bake them in the oven for 20 min.
- As salad: Tear it into small pieces and add a little olive oil and lemon juice.
- As filling in: Lasagna, pies or stews

**It is sustainable to eat local fish that are not caught on the other side of the world.**

# Vafler med ærtehummus

## Waffles with pea hummus



You probably know the sweet waffles that you eat with sugar and jam? In the past ten years, many Danes have started making food waffles from coarser flour and vegetables. It's a good and healthy way to use up leftover vegetables. They can be topped with different fillings. In this recipe they are served with chicken.

**Time:** 50 minutes

**Recipe for 4 persons**

### Ingredients

#### Hummus

- 3 dl. peas - frozen can be used (300 g)
- ½ dl. Olive oil (50 g)
- 2 teaspoons crushed cumin (4,2 g)
- 1 handful of chervil (50 g)
- 1 clove of garlic – chopped (4 g)
- ½ lemon (45 g)
- Salt (6 g)

#### Waffles

- 250 g Millet flour.
- 250 g Quinoa flour.
- 10 g. Flea seed shells.
- 15 g fine salt.
- 75 g roasted sesame seeds.
- 625 g water.
- 120 g rapeseed oil.

#### Meat

- 400 g chicken fillet.

## Cooking

### Hummus

1. Boil the peas in clean water with the flake salt until the peas is tender.
2. Drain the water from the peas.
3. Blend the peas.
4. Chop the chervil and garlic
5. Add the olive oil, crushed cumin, chervil and garlic to the pears.
6. Squeeze the ½ lemon.

### Waffles

7. Mix all the waffles ingredients
8. Use a waffle iron to bake the waffles.
9. Add butter to make the waffle easier to release the waffle iron.

### Chicken

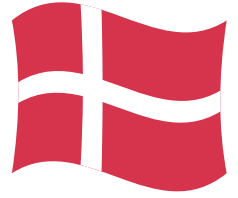
10. Roast the chicken on high heat until it is brown and crispy.
11. Turn the chicken and roast it until this side also is brown and crispy.
12. Cut the chicken into 4 pieces.
13. Place the waffles on the plates, add hummus on the waffles. Add the chicken on the hummus.

**Legumes as peas and beans or lentils are healthy and contains a lot of dietary fiber, vitamins and minerals. If you do not eat meat it is a very good way to get protein.**

**Legumes as peas, beans or lentils have a low CO2 emission. Dried peas and beans can be stored for a long time and used when they are not in season.**

# Suppe fra rødderne

## Soup from the roots



Root vegetables like carrots, beets and potatoes are used a lot in Denmark. They have a long shelf life and have been important raw material during the winter season in the past.

**Time:** 60 minutes

**Recipe for 4 persons**

**Difficulty:** Easy

### Ingredients:

- 1 onion (100 g)
- 1 clove of garlic (4 g)
- 2 carrots (120 g)
- 200 g. celeriac
- 1 parsley root (300-400 g)
- 200 g potatoes
- 1 leek (250 g)
- 10 g butter
- 1 bay leaf (0,1 g)
- 1 liter of water
- 2 chicken bouillon cubes (40 g)
- ¼ teaspoon salt (1,5 g)
- ¼ teaspoon pepper (0,75 g)

**For decoration:** A little bit of chopped top from the leek

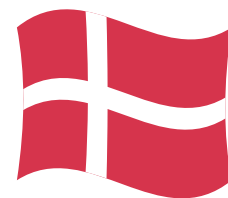
### Cooking

1. Peel and chop onion and garlic
2. Wash and peel carrots, celeriac, potatoes, and parsley root
3. Rinse and clean the leek – remember to save a little of the top for decoration
4. Cut the white part of the leek in rings.
5. Put the butter in a big pan and melt it
6. Put onion, garlic, carrots, celeriac, parsley root, potatoes and leek in the pan with the butter
7. Fry the vegetables for 5 minutes
8. Put bay leaf, water and bouillon cubes in the pan and mix på gryden og kog
9. Put a lid on the pot and cook the soup for 20 min until the vegetables are tender
10. Use a spoon to pick up the bay leaves from the pot
11. Put the pot in the kitchen sink
12. Use a stick blender and blend the soup until there are no more lumps
13. Add salt and pepper, taste if it needs more or less.
14. For decoration: use the top of the leeks and cut them into thin strips
15. Pour the soup into deep plates or bowls and decorate with the leek top

**Root vegetables are very tasty, sustainable and healthy. Also, they keep you full for a long time. There are many ways to prepare them. They can be boiled, baked, fried and mashed. Tjek google for inspiration.**

# Rødgrød med Fløde

## Red Porridge with whipping cream



**Time:** 60 minutes

**Recipe for 4 persons**

### Ingredients:

- 600 g. red berries, mixed after season (Strawberries, raspberries, currants, blackcurrants, blueberries, gooseberries)
- 100 g. Rhubarb
- 3 dl water
- 125 g. sugar
- 1 teaspoon vanilla sugar
- 1,5 tablespoon potato flour
- 1 dl cold water
- As topping: 2 dl whipping cream

### Cooking

1. Put the berries, rhubarb, water, sugar and vanilla sugar in a pot
2. Stir well and let it stand and absorb the flavor for 30 minutes (no boiling yet).
3. After 30 minutes: Bring the porridge to a boil over medium high heat. When it boils turn down to low heat
4. Let it simmer on a very low heat for around 3-4 minutes.
5. Remove the pot from the heat
6. Stir potato flour into cold water
7. Carefully (and a little at the time) stir the mixture of potato flour and water into the hot porridge
8. The consistency must be a little runny as it settles further during cooling
9. Pour the porridge into small serving bowls. Put it in the fridge to cool it down
10. Whip the cream
11. When the porridge is lukewarm or cold serve it with whipped cream on the top

**Overripe bananas, sloppy berries, and other fruit that is still good but not totally fresh can be used in smoothies. Mix it with milk or yoghurt and a little bit of vanilla sugar and find your favorite. You can also cut it into small pieces and freeze it for another day**

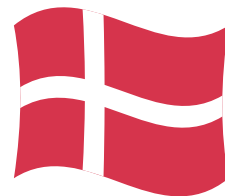
### Danish Desserts with a taste of summer – all year

There is nothing like the taste of a Danish strawberry. It is a very popular berry to use in desserts, to eat fresh or to mix in salads. In Denmark the strawberry season is quite short, around 4 weeks. Therefore, many desserts are made with frozen berries and the taste of summer last all year.

It is also a great way to use leftover berries or berries that are not totally fresh but still good. Also, you can use frozen berries and have the great summer taste in the winter season. The dessert called "Rød Grød med fløde" (Red Porridge with whipping cream) is an old traditional dessert. Danish people often challenge foreigners to pronounce the name of the dessert, because it is hard with all the Ø letters, that you don't have in other countries. Do you dare to try? Anyway, do not miss tasting it!

# Brunsviger

## Cake with brown sugar



Brunsviger is a classic Danish cake. It is often served for birthdays decorated with candles and flags. It can also be served warm as a dessert after breakfast in the morning. Depending on where in Denmark it is made, the decoration is different. In the northern part the cake is enjoyed with whipped cream, other places in Denmark it is enjoyed with chocolate, candy, glaze or just without decoration. It is a soft yeast dough topped with a mix of butter and brown sugar.

**Time:** 90 min. – working time 30 min.

**Difficulty:** Medium

### Ingredients:

#### Cake base:

- 2 deciliters of milk
- 50 grams yeast
- 1 egg
- 2 tbsp. sugar
- Approx. 450 g. wheat flour (7-8 dl.)
- 1 tsp. salt
- 75 g butter
- 1 tbsp. oil

#### Filling:

- 200 g. soft butter
- 200 g brown sugar
- 1 tbsp. syrup

#### Decoration:

- 100 g. small pieces of candy
- 2 dl cream for Wipped cream

## Cooking

### Cake base – the dough

1. Pour the milk into a small saucepan and heat it until it is lukewarm. The milk should be as warm as your finger. But not so hot that you burn yourself.
2. Pour the milk into a bowl and crumble the yeast into the milk. Stir until the yeast is dissolved.
3. Crack the egg into a cup, check for shells, and pour the egg and sugar into the bowl with yeast and milk. Stir it up.
4. Put the flour and salt in a new large bowl, and crumble the butter together with the flour and salt.
5. Pour the milk mixture into the bowl with the flour mixture.
6. Stir it all together. It turns into a fairly soft dough.
7. Grease a baking pan with a little oil and sprinkle with flour. Spread the dough in this and press it out to the edges. Place a clean tea towel on top.
8. Let the dough rise for about 30 minutes in a warm place.

### Filling:

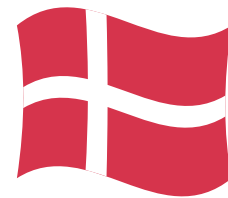
9. Put butter, brown sugar and syrup in a saucepan. Melt the filling over low heat until the brown sugar is completely dissolved. Stir in the meantime.
10. Remove the pan from the heat and allow the mass to cool slightly.

Put the cake together:

11. When the dough has risen, spread the filling on the dough. Remember to get it all the way to the edge.
12. Let the dough rise for another 20 minutes.
13. Turn on the oven at 200 degrees.
14. Press deep holes in the raised brownie with your fingers so that the filling flows into the small pockets.
15. Bake the cake for approximately 25-30 minutes.
16. Let the cake cool to room temperature
17. Whip the cream and decorate the cake with whipped cream and small pieces of candy.

# Smørrebrød

## Danish open-faced sandwich



Smørrebrød has been a part of the Danish food culture since Viking times. It is a very dark bread called rye bread with different toppings. At a traditional lunch table in Denmark you will see countless variations of the open faced sandwich. Often so much topping is added, so it is not possible to see the base of rye bread. The topping can be fish, egg, pate, meat, all decorated with different types of vegetables. Here you can try a typical variation with fish. The rye bread is very healthy and filling and it is often seen in the lunchboxes at school.

**Time:** 4 hours

**Difficulty:** Easy

### Rye Bread

#### Ingredients:

- 300 g. cracked rye kernels
- 5 dl boiling water
- 25 g yeast
- 3 dl lukewarm water
- 4 dl neutral yoghurt
- 2 dl. Dark beer
- 500 g. Wheat flour
- 250 g. Rye flour
- 200 g. Linseed
- 150 g. Sunflower seeds
- 125 g. Sesame seeds
- 2 table spoon coarse salt
- Butter to spread bread with before serving

#### Cooking:

1. Boil 5 dl of water.
2. Pour the rye kernels into a large bowl.
3. Pour boiling water over the rye kernels while stirring.
4. Leave it to rest for approx. 1 hour.
5. After one hour: find another bowl and stir the yeast into 3 dl. lukewarm water.
6. Add the mix of rye kernels and water.

7. Add the other ingredients and stir the dough well.
8. Cover the dough with, for example, a lid and leave it to rise in a warm place for approx. 1 hour.
9. Find two baking tins (of 1 ½ liters) and spread them with butter
10. Divide the dough into the two baking tins and let them rest and rise for app. 50 minutes.
11. Turn the oven on 200 degrees. (normal oven)
12. Bake the ryebread in the bottom of the oven for 1 hour and 15 min.
13. Let it cool before cutting it out.
14. Spread a slice of bread with butter.
15. Add Fish fillet on the bread. (Recipe on the next page)
16. Add remoulade and a slice of lemon on the fish fillet before serving. (Recipe on the next page)

### Fyld til smørrebrød - Toppings for open-faced Sandwich

#### Fish fillet with remoulade and lemon

**Difficulty:** Easy

**Time:** 30 min.

#### Ingredients:

- 6 plaice fillets - approx. 300 g
- 1½ dl breadcrumbs approx. 90 g
- 1 teaspoon fine salt
- Freshly ground pepper
- 1 dl wheat flour -approx. 60 g
- 2 eggs
- 100 g of butter

#### Cooking:

1. Take the plaice fillets and pat them dry with paper towel.
2. Beat the eggs in one plate and stir them together.
3. Take another plate and mix breadcrumbs, salt and pepper in that.
4. Put the flour in a third plate.

5. Dip the fillets one by one: first in the flour, then in the egg and finally in the breadcrumb mix.
6. Let half of the butter become golden in a pan.
7. Fry half of the fish fillets at even to high heat for approx. 2 minutes on every side.
8. Remove the fried fish fillets from the pan and keep them warm under a tea towel.
9. Wipe the pan.
10. Repeat with the rest of the butter and the last fish.

#### Remoulade:

#### Ingredients:

- 6 tablespoon mayonnaise
- 2 tablespoon sour cream 18%
- 4 tablespoon pickles
- 1 tablespoon pickled grape cucumbers
- 1 tablespoon capers
- 1 tablespoon mustard
- Salt and pepper
- ½ teaspoon turmeric

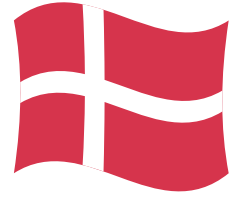
#### Cooking:

1. Mix mayonnaise and sour cream.
2. Finely chop pickles, gherkins and capers.
3. Stir it all together well.
4. Season with mustard, salt, pepper and turmeric.



# Dansk juleand

## Danish Christmas duck



In Denmark roasted duck (both as a whole duck or as duck breast) is very popular at Christmas. The Christmas dinner is typical, boiled potatoes, sugar browned potatoes, red cabbage and gravy served with the duck. Here you can make a light version with duck breasts, sugar brown potatoes and red cabbage.

**Time:** 60 minutes

**Recipe for 4 persons**

### Duck Breast

#### Ingredients:

- 2 duck breasts
- Oil or butter
- Rosemary
- Thyme
- Salt and pepper

#### Cooking:

1. Turn on the oven at 200 degrees (regular oven).
2. Cut the skin across the duck breast with approx. 1 cm spaces.
3. Add butter or oil to a medium-hot pan.
4. Add rosemary and thyme to the pan.
5. Fry the duck breast in a medium-hot pan, skin side down, for approx. 3-4 minutes.
6. Turn the duck breast over and fry it for another 30 seconds.
7. Add the duck breast to an ovenproof dish.
8. Spicy the duck breast with salt and pepper.
9. Add the duck breast to the preheated oven and let it roast for 12-15 minutes.

### Sugar browned potatoes

#### Ingredients:

- 1 kg small baby potatoes
- 1 dl. sugar
- 50 g butter

#### Cooking:

1. Clean and peel the potatoes.
2. Add the potatoes to a pot and add water until the potatoes is totally covered.
3. Add 1 spoonful salt to the water and let the potatoes

boil for around 15 minutes.

4. Pour the sugar in an even layer on a cold frying pan. Turn the heat on at a medium level and let the sugar melt without stirring in it.
5. Drain the water from the potatoes.
6. When the sugar is melted light brown (make sure it is not burned), then add the butter to the pan and let the butter melt.
7. Add the potatoes to the sugar and butter mixture.
8. Fry the potatoes in around 15 minutes. Turn the potatoes often.
9. When the sugar is sticking to the potatoes and the potatoes are light brown they are done.

### Danish Red cabbage

#### Ingredients:

- 1 kg red cabbage
- 2 dl vinegar
- 1,5 dl water
- 200 g. sugar
- 1 tsp salt

#### Cooking:

1. Finely shred the red cabbage but make sure that the pieces are not too long (between 3-4 cm).
2. Pour the vinegar in a pot, turn on the heat and add the cabbage.
3. Stir in the cabbage regularly for around 30 minutes and make sure that it doesn't burn to the bottom of the pot.
4. Add water, sugar and salt to the pot and let it simmer for another 30 minutes. The longer you made it simmer the softer it will get.

Serve the duck breasts with the brown potatoes and the red cabbage.

# Recipes from **Slovenia**



# Slovenian food culture



Are you familiar with the saying, "Tell me what you eat, and I'll tell you who you are?" If you wish to know what Slovenians usually eat, you should tuck into a typical Sunday lunch when you come to Slovenia, enjoy a stew during the week, and let's not forget the street food options offering local and world flavours. Whatever you eat, you will taste the characteristics of the region you're visiting in every mouthful. Slovenian people strive to use local produce grown in complete harmony with nature. Do you know what a typical Slovenian (Sunday) lunch is comprised of? Soup is served first, followed by meat with a side dish and a salad served together with the main course. The lunch is completed with a dessert. Typical soups include beef soup with noodles, selected vegetable soups, and often mushroom soup is served as well. A typical Sunday meat dish includes a roast or fried chicken. A very typical Slovenian side dish served with a meat dish is roast potatoes. A salad is a must for Slovenians. Many places offer Slovenian pumpkin seed oil or olive oil as a dressing. To enjoy a delicious Slovenian-style snack, you have to try a dish that is eaten with a spoon. You will find those, especially, when exploring countryside trails and mountain and other stopovers. Snack and brunch options often include the excellent Slovenian hot-pot dishes, such as goulash, stews, minestrone, including jota and ričet. Try the Kranjska sausage either on its own or with a stew. This typically Slovenian delicacy has also travelled into space with Sunita Williams, a US astronaut of Slovenian descent. You might be offered žganci with sour milk if you visit mountain pastures where shepherds live.

Particularly enticing smells come from kitchens on holidays when special delicacies are prepared. Certain dishes, for example potica, can be found on the festive table during all holidays, while others are typical of specific festive occasions. Learn about certain festive feasts in Slovenia. Maintaining garden plots, either in nature or on balconies and terraces in towns, is a special feature of Slovenian people. Different types of vegetables and herbs are grown in Slovenian gardens. Fruit trees, usually apple, pear, plum or cherry trees, grow in larger orchards and on plots surrounding farms. Different cereals, potatoes and other arable crops grow in fields. What could be better than to pick nature's own fresh fruits and immediately enjoy their full flavours? Marketplaces in Slovenian towns and cities provide great energising snacks. The famous Ljubljana marketplace, a much-loved feature of Slovenia's capital, along with the country's other marketplaces, also usually feature small food stalls with specialised offerings of meat, dairy, baked goods, vegetables and various delicacies. Foreigners are often fascinated when they see milk vending machines in Slovenia. These offer fresh milk from nearby farms 24 hours a day. If you want to take a little piece of Slovenia or the specific places you visited home with you, then look for products equipped with local certificates. You will find delicious food and handicraft products typical of certain regions under various destination brands.

# Statements



from Danish and Spanish students after visiting Slovenia

*"In Slovenia they have a different meal schedule that in Spain and they use a lot of different ingredients to cook dishes that we do not have in Spain."*

**Nuria López Valencia**

*"In Slovenia children help their parents to cook or cook the meal themselves"*

**Laura Linde López**

*"In Slovenia, rum is a popular ingredient in their meals, especially for desserts."*

**Pablo Álvarez Gastearena**

*"In Slovenia they have lunch and dinner earlier than us and children help their parents to prepare the food"*

**Malva Ramirez Elvira**

# SLIVOVİ CMOKI

## PLUM DUMPLINGS



When you have leftovers from puree potatoes, the best way to recycle it is to prepare sweet fruit dumplings. If you are not very keen on fruits, you can also use some nuts.

**Time:** 65 minutes

**Difficulty:** Medium

**Dessert and main dish**

**Recipe for 4 persons**

### Ingredients:

- 500 g of potatoes
- 2 teaspoon of salt for potatoes
- 200 g of flour (100g sharp and 100g soft)
- 1 egg
- Pinch of salt
- 12 pitted plums (or apricots)
- 12 teaspoons of sugar
- 50 g of butter
- 50 g of breadcrumbs
- Powdered sugar (for sprinkling)

### Cooking:

1. Wash, peel and slice the potatoes into 1 cm thick slices.
2. Place the slices in a pot. Fill the pot with enough cold water to cover the potatoes completely. Add salt, boil the water, then reduce the heat and cook the potatoes for another 20 minutes until the water is gently simmering.
3. Drain the water and place the cooked potatoes on a plate to dry.
4. Mash the potatoes with a fork and cool a bit.
5. Weigh the flour and put it into a large bowl, add the egg, warm potatoes and salt.
6. Quickly knead everything together to form a dough. If the dough is sticking to your hands, add flour.
7. Shape the dough into a large roll and cut it into 1-2 cm thick pieces. Make 12 pieces.
8. Form circles out of the dough pieces. Place a plum and a spoonful of sugar on each circle.
9. Form dumplings - fold the dough over the plum and close in on all sides to form a ball.
10. Boil 2 litres of water and add a pinch of salt.
11. Place the dumplings in the boiling water and when they float to the surface, cook them in the boiling water for another 5 minutes, then drain them.
12. Melt the butter in a pan and fry the breadcrumbs in it, then put them on the dumplings. Finally, sprinkle the dumplings with powdered sugar.



**Make your own  
breadcrumbs of leftover bread  
or dry bread.**

# FRTALJA

## FRITTATA



Frtalja is mainly typical of coastal, karst and Istrian cuisine. It is a seemingly simple egg dish, but it has countless variations. Did you know that in some places fritalja was mandatory on the table on May 1st? In some places, such as Volčji Grad and Temnica, frtalja was once a mandatory dish on May 1st. At that time, fennel frtalja was mandatory on the table for breakfast, because it was believed that the first fennel frtalja drives away the vipers. The custom is probably related to the fact that the snakes peek into the plain in May, when they are actively mating. Sweet anise or fennel is a very popular spice and vegetable in these regions. It is interesting that the ancient Greeks associated this plant with snakes. The Greek scholar Pliny believed that the snake was left with the help of fennel. Ancient Greek doctors, as well as in Chinese and Indian medicine, used it as an antidote to snake bites.

**Time:** 40 minutes

**Recipe for 4 persons**

**Difficulty:** Easy

**Starter or breakfast**

**Ingredients:**

- 12 eggs
- 4 Handful of herbs (50 % feverfew, lemon balm, chives fennel or any herbs you like)
- Pinch of salt
- 8 tablespoons flour
- 400 ml cold water

**Cooking:**

1. Whisk the eggs and water.
2. Add the chopped herbs, flour and salt.
3. Stir well and pour the batter into a skillet greased with one tablespoon of oil. Make sure the skillet is hot.
4. Cook on both sides and serve with the local white polenta.



**Grow your own herbs and save CO2 for transport and money. Parsley, basil and mint are easy to grow indoors.**

# MEDENJAKI

## SLOVENIAN HONEY SPICE COOKIES



According to an ancient tradition, honey cakes are baked everywhere in Slovenia during the December holidays. The Perger family from Slovenj Gradec has been delighting us with their lects since 1757. The honey dough or lect, which was made by the lecters as the predecessors of confectioners, belongs to Slovenian cultural heritage. It comes from a time when sugar was not yet widely available. Even today, it is used to make the famous lect hearts, which are a unique souvenir from Slovenia.

### Recipe for 4 persons

**For dessert /Christmas**

**Difficulty:** Medium

### Ingredients:

- 1 cup unsalted butter
- 1/2 cup honey
- 1 cup white sugar – or brown sugar for better color
- 1 egg
- 3-1/2 cups flour (approx.)
- 1 teaspoon baking soda
- 1 tablespoon cinnamon
- 1 teaspoon cloves
- 1/2 teaspoon cardamom
- 1/2 teaspoon anise
- Optional glaze: 1 egg white beaten with 2 teaspoons water

### Cooking:

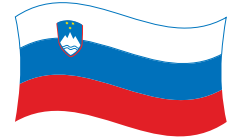
1. In a saucepan, warm up the butter and honey over medium heat until the butter is melted.
2. Remove from heat and stir in sugar until dissolved. Set aside to cool. When cool, beat in the egg.
3. While the liquid mixture is cooling, prepare the spice mixture.
4. If using whole spices, grind with a mortar and pestle or a spice grinder. Combine spices in a small bowl.
5. Sift spice mixture, baking soda and flour into a large bowl,
6. Pour liquid mixture into the flour mixture and stir well until dough forms a ball.
7. Knead briefly, wrap and refrigerate for an hour or two.
8. To make cut-out shapes, roll to a thickness of 1/4 inch (or a little thicker if desired) and cut out.
9. Brush with egg white glaze.
10. If using a mold, you might want to add a little more flour.
11. Easiest of all: shape dough into walnut-sized balls, rolled in granulated sugar, and flatten with the bottom of a glass before baking.
12. Bake on lined baking sheets at 325-350 degrees for 10-17 minutes. Watch carefully. The timing will depend on the thickness of the dough and on whether you are aiming for a cake-like texture or something closer to a crisp gingersnap



**Grow your own herbs  
and save CO2 for  
transport and money.  
Parsley, basil and mint are  
easy to grow indoors.**

# YOTA

## JOTA



The name yota comes from the Gaelic word for soup. This rustic dish should be thick, if it is served with larger pieces of potatoes and whole beans, and also (homemade) bread.

### Recipe for 2 persons

**Difficulty:** Medium

**Main dish**

### Ingredients:

150 g beans  
300 g sauerkraut  
200 g potatoes  
500 g smoked spare ribs  
100 smoked bacon (panceta)  
20 g garlic  
Parsley  
Salt  
2-3 pepper corns  
2 bay leaves

### Cooking:

1. The beans should be soaked in water for 24 hours.
2. Wash and drain the sauerkraut.
3. Wash the spare ribs.
4. Prepare pest: finely chop the bacon (known locally as panceta), garlic and parsley to a paste-like consistency (pesto - pešt).
5. Peel and slice (or dice) the potatoes.
6. Boil the sauerkraut and spare ribs together and the beans separately.
7. When half cooked, combine the beans, sauerkraut and spare ribs and continue cooking.
8. Add bay leaves, pepper corns and pešt.
9. Just before cooking is completed add the potatoes and cook until they soften.
10. Remove the spare ribs and serve separately from the yota.



You can also prepare Yota without meat, if you don't like it. Try to calculate how much CO<sub>2</sub> you save in a meat free version of Yota.



# AJDOVA KAŠA Z JURČKI



## BUCKWHEAT KASHA WITH PORCINI MUSHROOMS

Buckwheat is simple grain that thrives even in the most unfavorable conditions, it is resistant to many problems. It thrives in poor soil, in both drought and cold climates, and is ideal to grow for anyone who is not too familiar with it, as it is anything but difficult.

### Time:

Recipe for 2 persons

### Ingredients:

- Buckwheat kasha
- 30 dah fresh porcini mushrooms (or any other mushrooms that you have)
- 1 small onion
- 3 garlic
- Oil or lard
- Salt
- Black pepper
- Thyme
- Fresh parsley leaves
- 2 dcl vegetable soup stock
- 1 dl white wine
- Water
- Sour cream
- lemon

### Cooking:

1. Saute the sliced onion in a pan with oil or lard until soft.
2. Add chopped garlic and cook for 1 minute.
3. Add sliced mushrooms and quickly fry.
4. Next add buckwheat kasha and gradually add the water or soup stock and some dry white wine so the buckwheat absorbs all the liquid.
5. The kasha is ready after more or less 15 minutes of cooking.
6. Spice the kasha with thyme, pepper, salt and sliced parsley.
7. As a final step mix sour cream, lemon juice and olive oil – this is easy and great sauce to lift up the flavors.



**Buckwheat contains a lot of B- and E-vitamins and can be used as a substitute for pasta, rice and potatoes Buckwheat does not contain gluten.**

# PROSENA KAŠA Z JABOLKI



## MILLET PORRIDAGE WITH APPLES

Boiled millet porridge with apples is a great idea for a healthy breakfast or dinner. Millet has many healing effects on our body, which is why it is also important in a healthy way of eating. Millet porridge can also be prepared in advance and enjoyed the next day at work. Prepare it according to the recipe below and refrigerate. Put it in the fridge when it has cooled down and you can eat it the next day for breakfast, lunch, or dinner. You can also add dry or fresh fruit, raisins and make the meal richer in energy and nutrients. Serve warm or cold, depending on the taste of each individual.

**Time:**

**Recipe for 4 persons**

**Difficulty:** Easy

**Dessert or Main dish**

**Ingredients:**

- 2 big apples
- 200 g millet flakes
- 800 ml water
- Raisins or dried fruits (optionally)
- Cinnamon

**Cooking:**

1. Peel the apples
2. Cut them into small pieces and put them in a pot
3. Wash the millet flakes and add it to the apples
4. Cover with water
5. Cook it for around 15 minutes on low heat while you stir
6. Serve with raisins, dried fruit cinnamon or fresh fruit on the top

The order of adding the ingredients is not important, the main thing is to cook all the ingredients together, because the apples will release their juice and the millet porridge will be tastier.



The porridge is  
both healthy,  
filling and sustainable

# SKUTNI ŠTRUKLJI

## COTTAGE CHEESE ROLLED DUMPLINGS



In traditional Slovenian cuisine, it would be difficult to find a dish that surpasses štruklje in terms of variety and versatility. These can be an excellent stand-alone dish, side dish or dessert, and can also be used as an addition to soup. We know almost countless recipes for their preparation, but among the most popular are certainly curds or cheese štruklji, as many people like to call them. They can be salty or sweet, in which raisins are often found in the filling in addition to cottage cheese.

**Time:** 1 hour 15 min

**Recipe for 4 persons**

**Difficulty:** Hard

**Main dish or dessert**

### Ingredients for dough:

350 g white wheat flour

1 egg

150 ml warm water

2 tablespoons oil

1 tablespoon of vinegar

a pinch of salt

### Filling:

500 g cottage cheese

1 cup sour cream

1 egg

### Topping:

60 g butter

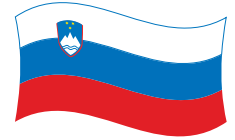
3 tablespoons of breadcrumbs

### Cooking:

1. Put the flour in a bowl, add the egg, water, oil, vinegar and salt.
2. Mix all the ingredients with a fork, then knead the dough well with your hands. The dough should be smooth and soft, and must not be sticky. If it sticks to your hands or the table, add a little flour and continue kneading.
3. Form the dough into a ball, grease the top with oil and place it on a floured surface. Cover it with a bowl and leave to rest for half an hour.
4. Prepare the filling. Put the cottage cheese in another bowl and mash it with a fork. Add the eggs and sour cream and mix well. To make sweet rolled dumplings, add 1-2 tablespoons of sugar.
5. Place tablecloth on the table and sprinkle it with flour.
6. Place the dough in the middle of the tablecloth and roll it out thinly into a rectangular shape.
7. Stretch the rolled out dough with your hands. Do so by placing one or both hands under the dough and then slowly and carefully pull it with the back of the hands from the centre towards the edge or towards you, so that the dough is thin enough in the middle. Stretch the thick edge at the sides.
8. Spread the prepared filling over the dough and, using the tablecloth, carefully roll it up.
9. Cut the rolls into pieces about 15 cm long.
10. Wrap the prepared roll in a damp cloth or gauze that has been sprinkled with breadcrumbs and tie the edges with string.
11. Boil the water in a large pot and add a pinch of salt.
12. When the water begins to boil, place the rolled dumplings in the water and cook for 30 minutes. The water should be boiling gently.
13. When the rolled dumplings are cooked, take the pot off the heat and leave the dumplings to rest for 15 minutes in the water in which they were cooking.
14. Melt the butter in a pan and fry the breadcrumbs in it until golden brown. Unwrap the cooked rolled dumplings and serve on a large plate or platter. Cover them with the fried breadcrumbs and cut into pieces.

**Instead of curds (the filling),  
you can use any filling you want.  
As an example herbs, nuts, or  
vegetables. Try to calculate CO<sub>2</sub>  
and find the most  
sustainable version.**

# BELOKRANJSKA POGAČA



## BELA KRAJINA FLATBREAD

The Bela Krajina flatbread was brought to Bela Krajina by the Uskoks, who settled on the slopes of the Gorjanci as protection from the Turks. Later, individuals moved or moved to lower villages and thus passed on their habits and thus the baking of flatbread.

What is a good Bela Krajina flatbread? One that was created under the hands of a skilled housewife. The appearance of the cake reflects effort and energy. It is round, which means unity and infinity. Its cut gives everyone an equal share. The appearance of the slice reflects the method of preparation and the energy released while the housewife was kneading the dough. The abundance of salt and cumin shows the accuracy of the housewife. The taste of the cake says a lot about the quality of the ingredients. Of course, the smell of the cake is also important, which transports us to grandma's kitchen. Belokranjska pogača is a welcome dish that reflects the mood of the housewife. The traditional way of serving with breaking connects everyone present.

**Time:** 1 hour 25 minutes

**For 8 persons**

**Difficulty:** Easy

**Appetizer**

### Ingredients:

- 500 g of white wheat flour
- 20 g of yeast or a tablespoon of dry yeast
- 1/2 teaspoon of sugar
- 2 teaspoons of salt
- a little oil (2 tablespoons)
- 2,5 dl of warm water
- 50 ml of warm water
- coarse salt and cumin for sprinkling

### Cooking:

1. Prepare the yeast starter. Put the yeast in a cup. Add 3 teaspoons of flour and 50 ml of warm water. Mix and leave for long enough for the volume to increase more than twice.
2. Preheat the oven to 180°C.
3. Put the flour in a large bowl. Add the sugar, salt, the rest of the water and the prepared yeast starter.
4. Mix all the ingredients with a spoon. Then knead the dough with your hands. Make a softer dough. Knead for 10 minutes.
5. Put baking paper on a baking tray, put the dough on it, grease it with oil, cover it with a kitchen towel and then leave it to rise (30 minutes).
6. When the dough has risen, stretch it with your hands from the centre to the edge until it is 30 cm in diameter. Press the dough to a thickness of 1 to 2 cm. Make sure that the dough becomes thinner towards the edge. The dough must not touch the sides of the baking tray.
7. Using a wide wooden spoon, make lines in the dough by pressing down. First make a line down the centre and then three more lines on each side. Rotate the dough and repeat the process to make squares. The edges of the loaf must stay whole.
8. Cover the dough with a whisked egg, sprinkle with coarse salt and cumin.
9. Bake for 20-25 minutes at 220° C. Serve while still warm.

**Leftover or dry bread?  
Do not throw it away  
– make bread curtins for salad,  
breadcrumbs or what about a  
tasty Italian bread soup?  
Use google for recipes and  
more inspiration.**



# OREHOVA POTICA

## WALNUT ROLL



Walnut potica is a classic on every festive table. It always reigns supreme among all other dishes and is truly indispensable. It's fluffy, juicy, and delicious and you just have to try it.

The nutcracker is the thing that always reminds of the Easter holidays. A fully covered table, all the locals gathered and lots of laughter. Potica has become a kind of symbol of all the good things that the holidays bring.

Preparing potica is easy but preparing the perfect potica is a little more difficult. But don't let that put you off baking. Also, if something goes awry, the walnut pod is always delicious.

We can prepare different potica rolls: raisin, vanilla, hazelnut, poppy seed, walnut, chocolate, almond, honey, carob, taragon, chives and speho potica. In Slovenia there is a book with over 40 potica recipes.

### Recipe for 6 persons

**Difficulty:** Hard

**Dessert**

### Ingredients dough:

- 400 grams wheat flour
- 2 tablespoons of dry yeast
- 40 grams butter
- a pinch of salt
- 2 egg yolks
- 1 teaspoon vanilla sugar
- 1 teaspoon rum
- up to 200 ml milk
- lemon peel



### Ingredients for walnut filling:

- 300g ground walnuts
- 2 tablespoons sugar
- 2 egg whites
- 1-2 knives cinnamon tips
- 250-300 ml milk
- 1 tablespoon rum

### Cooking:

## Dough instructions

1. Knead all the ingredients for the dough into a smooth and soft dough.
2. Mix and knead the dough until it is cohesive, non-sticky, and smooth.

## Preparation of walnut filling and potica

1. Beat 1 egg white and add 2 tablespoons of sugar.
2. Mix all the ingredients for the walnut filling in another bowl.
3. Add the whipped cream and sugar. The filling must be spreadable so that the dough does not break during spreading.
4. Potica should have 3-4 turns.
5. Spread the dough with the filling.
6. Roll the dough tightly into a roll and place it in a round pan, which can be greased with butter and floured. The ends of the roll must be in good contact.
7. Leave the potica to rise in the baking dish.
8. Before baking, coat the potica with a mixture of butter, milk, and egg yolks, if desired.
9. Pierce the surface in several places, but we recommend baking at 160-180 ° C for at least 40 minutes. Irrespective of the recommended temperature, the temperature and baking time can be adjusted according to the type of the oven and the size of the potica.
10. Leave the baked potica in the pot for 5-10 minutes. Then shake it out of it so that the top is below and let it cool.
11. Sprinkle with powdered sugar and serve sliced into wedge slices – if desired.

# JOGURTOVE MIŠKE

## YOGHURT MICE



Yoghurt mice are an excellent dessert for the festive period, which you can prepare at home. They are soft, fluffy and full of flavor, making them popular among all generations. This easy recipe includes the use of yogurt, which adds a pleasant sourness and freshness to the mice. Yoghurt mice are very simple to make and do not require a lot of ingredients or time, so you can quickly prepare them for all those with a sweet tooth who enjoy the carnival atmosphere.

**Time:** 50 min

**Difficulty:** Easy

**Recipe for 4 persons**

**Dessert**

### Ingredients:

- 2 eggs
- 1 teaspoon of rum
- a little lemon zest
- 180 g plain yoghurt
- 2 tablespoons of powder sugar
- 2 cups of flour (200g)
- 1 pinch of salt
- 1/2 packet of baking powder (8 g)
- 0,5 l of frying oil

### Cooking:

1. Crack the eggs into a bowl, add rum, lemon zest and yoghurt.
2. Mix all the ingredients well.
3. Add powdered sugar, flour, salt and baking powder to the same bowl.
4. Mix all the ingredients well to form a smooth thick dough without lumps.
5. Let the dough rest for 20 minutes.
6. Heat the oil in a large pot to 180 °C (if you don't have a thermometer, you can use the handle of a wooden spoon. The oil is hot enough when bubbles start to form around the handle).
7. Take a tablespoon and dip it in the heated oil for a few seconds. Then use the spoon to scoop up the dough and place it in the oil. The dough will easily slide off the greased spoon. You can use a second spoon to help push the dough off the spoon and into the oil. Repeat the process so many times that the floating mice cover half the surface of the oil. When they are golden brown on one side, turn them over and fry them on the other side. Repeat the process until all the dough is used. If the oil gets too hot, lower the heat.
8. Remove the fried mice from the oil with a skimmer and place them on a plate covered with paper towels. Make sure that the mice are fried enough. Let the excess oil drain off.
9. Serve the mice while they are still warm on a large plate or platter, sprinkle with powdered sugar and serve.



**If you have a sweet tooth, you can add raisins, dried fruit, chocolate sprinkles, any kind of fruit or whatever you want in to the recipe. Use the CO2 calculator and find the most sustainable version.**

# GINGERBREAD COOKIES



## GINGERBREAD COOKIES

**Time:** 1 hour and 10 min.

**4 persons**

**For Christmas/dessert/coffee**

**Diffucility:** Easy

### Ingredients:

- 300 g of flour
- 100 g of sugar
- 100 g of honey
- 80 g of soft butter
- 2 eggs
- 2 level teaspoons baking soda
- 1 tablespoon of gingerbread spice

### Instructions:

1. Crack the eggs into a bowl and add the sugar. Whisk the ingredients with a hand mixer until the mixture is foamy.
2. Add the softened butter and keep mixing well.
3. When you have a nice yellow cream, add the honey and finally the flour, baking soda and spices. Knead the ingredients into a soft dough. If the dough is sticking to your hands and work surface, add flour. Let the dough rest in the refrigerator for at least half an hour.
4. Preheat the oven to 180°C.
5. Cover the baking tray with baking paper.
6. Sprinkle the work surface with flour.
7. Roll out the dough to a thickness of 3-5 millimetres.
8. Cut out any shapes you like with cookie cutters.
9. Place the cookies on the baking tray with enough space between them.
10. Bake for about 7 minutes.
11. They should be soft when they are taken out of the oven. They will become firm when cooled.
12. You can decorate them with melted chocolate.

The biscuits will puff up and expand slightly during baking, giving them their typical soft, rounded shape - so make sure they are placed on the baking tray with enough space between them before baking.



# CHICKEN STEW

## CHICKEN STEW



**Time:** 1 hour 15 min

**Difficulty:** Easy

**For 4 persons**

**Main Dish**

### Ingredients:

- 2 tablespoons of oil
- 6 pieces of chicken meat (thighs, legs, wings)
- 1 onion
- 2 large carrots
- 1 parsley root
- celery (small piece of tuber or a stalk of stem celery)
- 2 cloves of garlic
- 150 g of frozen peas
- any spices (parsley, marjoram, thyme, bay leaf, lemon zest, etc.)
- salt and ground pepper (to taste)
- 1,2 l of water

### Semolina spoon dumplings:

- 1 medium egg
- 40 g of melted butter
- pinch of salt
- 80 g of semolina

### Cooking:

1. Clean and rinse the vegetables (carrots, parsley root, celery) under running water. Cut them into small pieces.
2. Peel the garlic and onion and finely chop them separately.
3. Place a large pot on the stove and heat the oil in it. Briefly fry the chicken pieces in the heated oil (just enough for the skin to become crispy).
4. Add the chopped vegetables and onion to the pot and fry over medium heat for about 5 minutes, stirring from time to time.
5. Add the chopped garlic and the spices (marjoram, thyme, dried parsley, bay leaf or lemon zest). Stir-fry the ingredients for another minute to give them a lovely aroma.
6. Add water to the pot, stir and wait for the stew to start boiling. Season with salt and pepper, cover the pot with a lid and leave the stew to cook on low heat for 35-40 minutes.
7. Add the frozen peas and cook the stew for another 10 minutes.

### While the stew is cooking, prepare the mixture for the spoon dumplings

1. Crack an egg into a bowl and whisk it well with a fork or whisk.
2. Slowly pour in the melted and cooled butter while stirring.
3. Season with a pinch of salt. Gradually add the semolina while constantly whisking. Stop mixing when you have a smooth, medium thick mixture.
4. Cover the bowl and leave it to rest for about 15 minutes, until the semolina has puffed up nicely.

### When the stew is ready, cook the semolina spoon dumplings

1. Dip a spoon in the hot broth beforehand. Then use the spoon to scoop up a small amount of the mixture and place it in the gently simmering water. The spoon dumpling will easily detach itself from the spoon when it comes into contact with the hot water.
2. Boil the spoon dumplings with the lid on the pot for 10-15 minutes until they are nicely puffed and softened. The water must not boil too much while the spoon dumplings are cooking.
3. Before serving, add a teaspoon of sour cream, if preferred.



# Recipes from **Spain**



# Spanish food culture



Spain has a rich and diverse food culture that is celebrated around the world for its vibrant flavours, regional specialities, and social dining traditions. Spaniards take a great pride in their kitchen, and food plays a central role on their daily lives and social gatherings.

## **Mediterranean Diet**

Spanish food culture is based on the Mediterranean diet. Mediterranean cuisine is known for its many ingredients; fruit, vegetables, or legumes; plenty of bread, pasta, rice, nuts, extra virgin olive oil, garlic, fish, seafood, various types of meat, cheese, yoghurt, and, of course, wine. This varied diet, traditionally found around the Mediterranean Sea, is considered one of the healthiest in the world.

## **Tapas and shared dining**

Tapas are small flavourful dishes that are often shared among friends and family. Spaniards enjoy going out for tapas, walking from one bare to another, trying a variety of dishes along the way. This social and communal style of dining is an integral part of Spanish food culture.

## **Bars and Restaurants in Spain**

Spain holds the European record for being home to the most bars per inhabitant, according to a recent EU study, with as many bars, restaurants, pubs, and cafés as Ireland, Denmark, Finland and Norway combined (almost 300,000, meaning one for every 160 residents).

Most Spanish bars are restaurants, and vice versa. These establishments are social meeting places where people can have fun, watch a football game, have a coffee, eat, drink, party, or just socialise.

## **Meal times**

Spanish mealtimes are completely different from those found in other parts of the world. In Spanish culture, breakfast is easily the least important meal, it's usually something light and simple, such as coffee, hot chocolate, or fresh juice with a croissant, pastry, or toast with ham and tomato.

After a light breakfast (between 10:30 a.m. and noon) you'll find the bars full of workers (office workers, construction workers, executives, etc.) taking their coffee break and enjoying a drink and a small snack to keep them going until lunchtime.

Lunch is the most important meal of the day, and it generally includes multiple courses of Spanish cuisine. The first course is light, often soup or a salad, while the second course is more substantial, such as fish or meat. For dessert, options usually include fruit and sweet recipes like the so-called flan (crème caramel), arroz con leche (rice pudding), or a piece of cake.

This meal is always accompanied with bread, wine, and water. Lunch and the lunch break (sometimes with a siesta) take place between 2 and 4 p.m. That's why most stores and other establishments are closed during this part of the day so workers can go home to eat.

And, since many bars are also restaurants, most of them offer a menú del día (a three-course meal offered at a fixed price, the typical Spanish lunch), platos combinados (one plate with different types of food), and raciones (large portions of food to share with the entire group).

Due to the long midday break, many workers don't get home after work until 8 p.m. Dinner, which is similar to lunch but lighter, is eaten late in Spain (between 9 and 10 p.m). Of course, another popular option is to "irse de tapas/pinchos", which means hopping from one bar to the next, enjoying a pincho or tapa at each place.

Like any other place in the world, you'll find both healthy and not-so-healthy dishes in Spain. However, given that Spanish cuisine follows the Mediterranean diet, it is incredibly healthy overall. Even seemingly unhealthy dishes such as cakes and omnipresent fried foods are healthier than their international counterparts due to the fact that they're often prepared with extra virgin olive oil.

Spain makes healthy eating both accessible and enjoyable. Dozens of fruits and vegetables are in season at any given time, nearly 5,000 kilometres of coastline provide unbeatable access to seafood, and more olive oil is produced there than in any other country in the world.

# Statements



from Danish and Slovenian students after visiting Spain

*"Their groceries came from very local farms."*

**Emma Bøhrenz Christensen**

*"In Spain they put potatoes in the omelet, and there was a war about putting onions in it or not. Just like pineapple on pizza."*

**Nanna Østergaard Nielsen**

*"We ate a lot of bell peppers, and every dinner there were bell peppers."*

**Frederikke Lee Dyrehauge**

*"We noticed that they only ate white bread, and that was very different from our rye bread."*

**Mathias Lindstrøm Johansen**

*"At dinner it often wasn't just one meal. It was almost like tapas."*

**Nanna Østergaard Nielsen**

# Totilla de patata

## Spanish (potato) omelette



The Spanish omelette or Spanish tortilla is a national dish from Spain, and an essential part of the Spanish cuisine. This dish was first mentioned in the early 19th century, although it is believed to have existed earlier. There are many legends and stories associated with the origin of the tortilla de patatas.

The first known document where it appears dates to 1817, in a letter explaining the conditions of scarcity faced by farmers in contrast to the people living in Pamplona and other areas of Navarre.

Another popular tale states that it was an army general called Tomás de Zumalacárregui who first invented the dish as a cheap and easy way to feed his troupes during the siege of Bilbao, in 1835.

Another theory described in the book "The Potato in Spain" marks the origin of the Tortilla in the city of Villanueva de la Serena (Extremadura) in 1798.

As there are so many different accounts, we'll probably never know the real origin of the Spanish omelette, but the truth is that its history represents an example of how simple ingredients can turn into a dish that becomes a symbol of family traditions and national cuisine. The tortilla de patatas is an integral part of Spanish culture and its gastronomic heritage, and its popularity continues to grow around the world, thanks to its simplicity and universality.

**Time:** 45 mins

**Difficulty:** Easy

(\*the only tricky part might be flipping over the omelette)

**Starter, sandwich, or main dinner course**

**4 persons**

### Ingredients:

- 4 medium-sized potatoes
- 6 eggs
- (Optional) 1 onion
- Olive oil
- Salt

### Cooking:

1. Peel and wash the potatoes. Optionally, peel the onion.
2. Slice the potatoes (and optionally the onion) thinly.
3. Add the sliced potatoes (and onion if you want to) to hot olive oil, making sure the potatoes are covered with oil. (Don't worry, you can reuse the oil a few times, so it won't go to waste.)
4. Cook over a medium heat for 15-20 minutes, being careful not to let them brown too much.
5. While the potatoes are cooking, beat the eggs.
6. Once the potatoes are ready, add them to the beaten eggs.
7. Next, pour the tortilla (eggs and potatoes) in a frying pan over medium heat.
8. Cook it on the first side for five minutes ( a spatula can be used along the sides to make sure the tortilla is not sticking).
9. In order to flip the tortilla and cook the other side, grab a plate larger than the frying pan, put the plate on top of the pan and flip it over quickly and confidently.
10. Put everything back into the pan to cook the other side.
11. Slide the tortilla back into the frying pan and cook the other side for another five minutes.
12. Finally, slide it on a plate, and your delicious tortilla de patata will be ready !

**Eat the omelette hot or cold and bring leftovers to your lunchbox in school next day. Eat the omlette with your favorite vegetable or bread.**



# Croquetas de pollo

## Chicken croquettes



The origin of croquettes comes from France, and the reason why they were created is because back in the 17th century there was an abundance of flour, plus, in important places, every day there used to be tons of leftover, so they decided to combine them and create a dish called croquettes out of it. The history of Spanish croquettes (which are always made with bechamel and never with potatoes) starts years later (20th century). In this case, Spaniards started cooking croquettes almost as a necessity instead of coming from leftovers from banquets as it happened in France. Whenever there was something left or cheap ingredients could be bought, Spaniards did their best to create croquettes and have something else to eat.

Here you will find two different recipes on croquettes: one with chicken and one with leeks.

**Time:** 45 minutes

**Difficulty:** Easy

**6 persons**

**Starter**

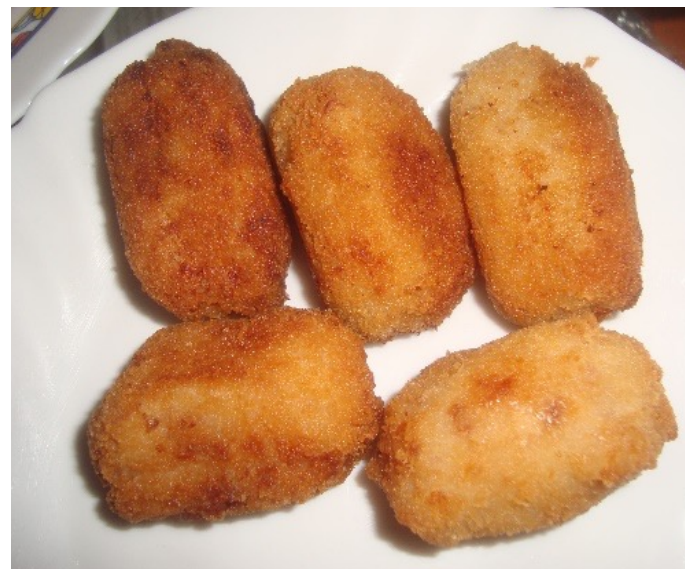
### Ingredients

- 50 g. butter
- 200 g chicken
- 50 g. flour
- 750 ml. milk
- 2 eggs
- Bread crumbs
- 300 ml oil
- A pinch of salt

### Cooking:

1. In a pan with hot oil, cook the chicken in small pieces for 5-10 minutes.
2. In a different pan, make the bechamel, adding the 50 gr of butter and the flour.
3. Gradually add the milk, stirring constantly, over the next 15-20 minutes. Every time the mixture gets dry, add some more milk.
4. Once all the milk has been added and the dough is creamy and thick, remove it from the heat, and mix it with the cooked chicken in a different recipient (for example, a tray), letting it cool to room temperature.
5. To start the breading and frying part, prepare the flour, beaten eggs, and breadcrumbs in three separate bowls.
6. Taking the dough with your hands, shape the mixture into croquettes, bread them in flour, dip them in egg and coat them in breadcrumbs.
7. Once all the croquettes have been shaped and battered in flour, egg, and breadcrumbs, heat olive oil in a frying pan and once hot (but not smoking), add the croquettes.
8. Fry each of them for 5 minutes, turning halfway through to ensure they brown evenly on all sides.
9. Drain on a paper towel, and let them cool for a few minutes, then enjoy!

**For a meat free version you can replace the chicken with vegetables.**



# Croquetas de puerro

## Leek croquettes



**Time:** 45 minutes

**Difficulty:** Easy

**4 persons**

**Starter**

**Ingredients (4 people):**

- 300 g. leeks
- 100 g. onions
- 50 g. butter
- 50 g. flour
- 500 ml. milk
- 2 eggs
- Bread crumbs
- 300 ml oil
- A pinch of salt

**Cooking:**

1. Chop the leek an onion and sauté them in a pan with olive oil over medium heat.
2. In order to make the bechamel, in a medium-sized pot melt the butter and add flour and the milk, stirring and cooking until the bechamel thickens.
3. When it's ready, mix it with the sautéed leeks and onions, put everything in a container and let it cool (2-3 hours)
4. Once the dough is cold, shape the mixture into croquettes.
5. Then, dip each of them in flour, beaten egg, and bread-crumbs.
6. Finally, fry them until they are golden brown, remove from oil, drain well, place them on a paper towel plate or tray, and serve them hot.

You can also use potatoes, broccoli, cheese, mushrooms or other instead of leeks. If you have leftovers, it is a great idea to use them in croquettes



# Paella de marisco

## Seafood Paella



According to legend, paella comes from the smart way the Moors tackled their leftovers. Servants in the noble courts of Arabic Spain would take home the leftovers from the royal tables, and put them together in a pan with some rice (both rice and saffron arrived in Spain with the Moors. That's why modern Spanish still uses versions of the Arabic words for rice -arroz- and saffron -azafrán-), so the word "paella" could come from the Granadan Arabic word baqiyyah—, which means "leftovers".

A few centuries later, Spanish farmers (from the Valencia region) took the rice that they grew and added rabbit, snails, vegetables, and whatever else they could find into a large pan. They often gathered the food and cooked it in the middle of the field—talk about fresh ingredients!

The dish took on a new look in the 1800s as people became aware of it. Paella spread beyond the fields and gained popularity. Rabbits and snails were replaced with more expensive chicken. A new paella was born, but the change didn't stop there, since it spread along the Spanish coasts, fresh seafood was added, and another version of this versatile dish was created (again).

**Mussels contain as much protein as beef but emits 125 times less CO2**



**Time:** 1h 30 mins

**Difficulty:** Medium

**Main course**

**4 persons**

**Ingredients (4 people):**

- 300 gr of rice
- 8 mussels
- 8 shrimps
- 8 clams
- 1 small squid
- 1 green pepper
- 1 onion
- 2 garlic cloves
- 1 tomato
- Oil
- Salt

**Cooking:**

1. Chop the onion, garlic, the green pepper, the tomato, and cook them in a pan until they are tender.
2. Add the garlic and stir everything ("sofrito") for 5 minutes.
3. Add the diced squid.
4. In another bowl, boil the shrimps, clams and mussels, and keep the broth to cook the rice later on.
5. Add the rice to the "sofrito" cooked before (onions, garlic, pepper, tomato) and boil it using the broth just made. The amount needed should be a bit more than twice the amount of rice (a glass of rice = two glasses of broth/water).
8. Cook the paella until the rice is ready. If dry, add more water until it's prepared.
9. Finally, add the shrimps, mussels, and clams, and optionally, a few drops of squeezed lemon.

**Try to replace half of the rice with chopped cauliflower for a more sustainable version**

# Gazpacho

## Andalusian Gazpacho



Traditional Spanish gazpacho is easy to make and very healthy. In hot days, this cold soup is usually served as an appetizer in a small bowl with toppings, or from a glass as a drink.

Original from the southern regions of the Iberian Peninsula and spread into other areas, gazpacho is widely eaten in Spain and Portugal, and it is especially popular in the southern region of Andalusia during the hot summer months due to its refreshing qualities.

This popular cold soup has many different influences from Greece and Rome, but also from the Moors and the Arabic culture.

It is an ancient dish mentioned in Greek and Roman literature, although two of the main ingredients of the modern version, tomatoes and green peppers, were taken to Spain from the New World in the 16th century, after Spaniards returned from America.

Gazpacho is not just a summer soup but an iconic representation of the real Spanish cuisine.

**Time:** 15 mins

**Difficulty:** Easy

**2 persons**

**Starter (summer)**

### Ingredients:

- 2 tomatoes
- 30 gr green pepper
- 60 gr cucumber
- 30 gr onion
- Half a clove of garlic
- 2 tablespoons of olive oil
- 2 tablespoons of vinegar
- A pinch of salt
- Optional (bread croutons)

### Cooking:

1. Wash and dry the vegetables (cucumber, pepper, tomatoes, onion) very well.
2. Cut the tomatoes into slices and put them into the blender.
3. Cut the pepper into a few slices and add it to the blender.
4. Slice the garlic, onion, and cucumber and add them to the blender too.
5. Blend all the vegetables together at a high speed until the mixture is completely pureed.
6. Add a pinch of salt, the vinegar, and the olive oil.
7. Taste it and adjust salt and vinegar. If the texture is too thick you can add some cold water.
8. Refrigerate and serve cold. Optionally, add bread croutons as topping (you can also add other veggies or fruit as toppings).

Make your own bread croutons from left over or dry bread.

This meal is very sustainable and easy to make with local ingredients.





# Arroz con leche

## Rice pudding



Rice pudding can be found in the Middle East, Africa, Asia, Europe, Latin America and the Caribbean, and its recipes can vary even within a single country. The dessert can be boiled or baked. Different types of pudding change depending on preparation methods and the selected ingredients. The following ingredients are usually found in rice puddings around the world: rice, milk, spices (nutmeg, cinnamon), flavorings, sweeteners, and sometimes eggs.

It's hard to establish the origin of the Spanish recipe, but the Catalan chef Robert de Nola (or Mestre Robert) wrote a recipe book around 1490 ("Llibre del Coch") where he mentioned a sweet dish made from milk, sugar, spices, and rice flour. But the first and oldest official rice pudding recipe known in Spanish was found in the "Book of the Art of Cozina", published in 1607, and written by Domingo Hernández de Maceras, a cook from Salamanca.

**Time:** 45 minutes

**Difficulty:** Easy

**Dessert**  
**4 persons**

### Ingredients:

- 600 ml milk
- 150 g. rice
- 150 g. sugar
- 2 pieces of lemon skin
- 1 cinnamon stick
- Cinnamon powder

### Cooking:

1. Warm the milk in a sauce pan until it boils.
2. Add the rice, the stick of cinnamon, and the two pieces of lemon skin to the boiling milk.
3. Stir it and cook it for about 20-25 minutes
5. Add sugar and mix it.
6. Then, put it in the fridge and keep it there until it's cold.
7. Remove the cinnamon stick and the lemon skins.
8. Serve the rice pudding in mini bowls (you can add cinnamon powder as a topping).

**Can you make a more sustainable version of this delicious dessert? Try to change the ingredients as rice with millet or the cow milk with a plant based version. Calculate how much CO2 you can save**



# Merluza en salsa verde

## HAKE IN GREEN SAUCE



Hake in Green Sauce has a long-standing history in Basque cuisine. With its proximity to the Bay of Biscay, the Basque region has an abundance of fresh fish, including hake. This dish emerged as a flavourful way to show the taste of hake while incorporating the rich flavours of parsley, garlic, and olive oil. Combining these ingredients creates a delicious green sauce that perfectly complements the mild and tender taste of hake.

**Time:** 45 minutes

**Difficulty:** Medium

**Main Course**

**4 persons**

### Ingredients:

- 2 onions
- 2 leeks
- 2 carrots
- 1 kg of boneless hake with skin
- 1 hake head and spines
- 2 tablespoons of flour
- 50 ml white wine
- 50 ml oil
- Parsley

### Cooking:

#### To make the fish broth:

1. Cut one of the onions, the leeks and the carrots.
2. Put them in a pot and add the hake head and spines. Cook everything in water for 45 minutes.

#### In another pot:

1. Put oil and one finely chopped onion, and cook for 5 minutes.
2. Add 2 tablespoons of flour, and fry lightly for 1 minute.
3. Add the fish broth made before and also the white wine.
4. Cook this sauce for 5 minutes and season with salt.
5. Add the hake to the sauce just prepared and cook it for about 2 or 3 minutes on each side.
6. Finally, add chopped parsley (or parsley powder) in order to get the green sauce and cook for a minute.



**It is sustainable to eat local fish that are not caught on the other side of the world.**

# Lentejas con verduras, curcuma y leche de coco



## Lentils with vegetables, curcuma and coconut milk

Dating back to ancient civilizations, lentil stew has been a nourishing and satisfying meal for centuries. Its origins can be traced to the Middle East and Mediterranean regions, where lentils were valued for their affordability, long shelf life, and exceptional nutritional content.

Greek comedy-writer Aristophanes (400 BC) called lentil soup the “sweetest of delicacies.” Remains of lentils were found in royal tombs in the Theban necropolis (Greece), dating to 2400 BC. The Roman cookbook Apicius, compiled in the 1st century AD, includes a recipe for lentil soup with chestnuts, while lentil soup is also mentioned in the Bible.

This Spanish lentil soup was originally developed in Southern Spain during the 18th century.

**Time:** 1 hour

**Difficulty:** Easy

**2 persons**

**Main course**

### Ingredients:

- 200 grams of lentils
- 100 ml coconut milk
- 50 grams of butter
- 2 leeks
- 1 onion
- 1 carrot
- 1 green pepper
- A splash of olive oil
- A teaspoon of turmeric
- a splash of vinegar

### Cooking:

1. Chop the vegetables (leeks, onion, carrot and pepper) finely.
2. Pour the oil and butter into a pan and add the finely chopped vegetables.
3. Cook in the pan for 5 minutes.
4. Add the turmeric and cook for 5 more minutes.
5. Put everything in a big bowl, add one litre of water, the lentils, and cook for about 45 minutes (or until the lentils are soft).
6. Add the coconut milk and the vinegar and cook for 5 more minutes.
7. The lentils are ready to serve.

**Legumes as peas and beans or lentils are healthy and contains a lot of dietary fiber, vitamins and minerals. If you do not eat meat it is a very good way to get protein.**

**Legumes as peas, beans or lentils have a low CO2 emission. Dried peas and beans can be stored for a long time and used when they are not in season.**



# Tacos rellenos de pisto

## Pisto tacos



Pisto is the Spanish version of France's ratatouille, Italy's caponata, or Turkey's imam bayildi. It's a vegetable stew made with zucchini, onion, tomatoes, red and green peppers, and olive oil.

**Time:** 45 minutes

**Difficulty:** Easy

**4 persons**

**Starter**

### Ingredients:

- 8 Tacos
- 2 zucchini
- 2 tomatoes
- 1 onion
- 1 green pepper
- 1 red pepper
- 100 ml tomato sauce

### Cooking:

1. In order to make the pisto, first dice the peppers, onion, tomato, and the zucchini.
2. Over medium heat, cook the diced onion, peppers and tomato, stirring regularly.
3. Once they are soft, add the zucchini.
4. Stirring regularly again, cook everything for 10-12 minutes.
5. Add the tomato sauce, mix well, and let the pisto simmer on low heat for 20 minutes.
6. Finally, fill the tacos with the pisto sauce and serve.

**You can also use different leftovers of vegetables or other ingredients as filling in tacos. It is an easy way to avoid food waste.**



# Tallarines de remolacha

## Beetroot tagliarini



**Time:** 1 hour

**Difficulty:** Medium

**Starter**

**2 persons**

**Ingredients:**

- 200 gr flour
- 2 eggs
- 200 gr beetroot
- 100 gr Parmesan (or grated) cheese
- 50 ml oil
- 1 lime
- 20 gr salt
- 10 gr basil
- (Optional) 50 gr nuts

**Cooking:**

1. First of all, boil the beetroot in salty water for 15-20 minutes, until they are tender.
2. Once boiled, drain them and keep the cooking broth on a side, a part of it to cook the pasta and the other part to make the sauce.
3. Make the pasta mixing together the flour, the eggs, the beetroot broth and a bit of salt. Add the necessary broth until you have a purple dough.
4. Mix the dough and let it settle for 30 minutes.
5. To make the sauce, blend the beetroot together with some of the cooking broth, oil, salt, a bit of grated cheese, and some lime juice.
6. Back to the dough, stretch it, cut it in strips (tagliarini), and boil the tagliarini for 10 minutes in salty water.
7. Drain them and serve them with the sauce. The sauce will be at the bottom of the plate and the pasta on top. The plate can be decorated with grated lime, cheese, nuts, and finally one basil leaf.

Root vegetables like beets are in season and stay fresh for a long time. They are also very sustainable and healthy.



# Torrijas

## Spanish-style toasts or fried bread pudding



Torrijas are a classic Spanish dessert that has long been part of Spanish cuisine (believed to be from the 15th century), they used to be an Easter dish eaten by religious people fasting on meat during the Holy Week, and nowadays it is also a common Christmas recipe.

While torrijas and French toast share about the same ingredients, there is a major difference: torrijas are fried in olive oil, while the French toast is fried in butter. Besides, torrijas are soaked in flavoured milk and then dipped in beaten egg, whereas in the French toast recipe, eggs and milk are commonly combined.

**Time:** 45 mins

**Difficulty:** Easy

**6 persons**

**Easter /Christmas dessert**

### Ingredients:

- 1 loaf of bread (day-old bread, the staler the better, since it will absorb more liquid. Toasted bread could be an alternative for stale bread)
- 1 litre of milk
- 3 eggs
- 100 gr of sugar
- 1 piece of lemon skin
- 1 cinnamon stick (optional)
- Cinnamon powder
- Oil

### Cooking:

1. Mix milk, the cinnamon stick (optional) and sugar in a bowl, and warm the mixture a little bit (not boiling).
2. Cut the bread into slices and soak them in the mixture on both sides, letting them soak in for a minute.
3. Crack the eggs into another bowl and beat them well until smooth.
4. Next, batter the soaked-bread slices in the beaten eggs.
5. Pour oil (olive oil if possible, otherwise sunflower oil) in a pan- it is best to pan-fry the torrijas!
6. Cook in the pan for several minutes, flipping and frying both sides until they become golden brown.
7. Next, torrijas should be rested on paper towels after being fried in order to absorb extra oil.
8. Finally, you can add cinnamon powder or powdered sugar as a topping and they will be ready to serve.



# CO2 Food Calculator

CO2 is a greenhouse gas, which means it traps heat in the Earth's atmosphere and contributes to the Earth's temperature rise. Large CO2 emissions from various sources including food productions, have led to an enhanced greenhouse effect, resulting in some environmental effect like more frequent and seriously weather event, melting ice caps, rising sea levels and disruptions to ecosystems.

Today is the food supply chain often very long because we live in a global world. Most people buy food that have travel a long distance which has add some new tastes from all round the world to the local kitchen. But it also influences the foods CO2 emission. All the steps in figure 1, food production, packaging, transport, and retail has a CO2 emission.

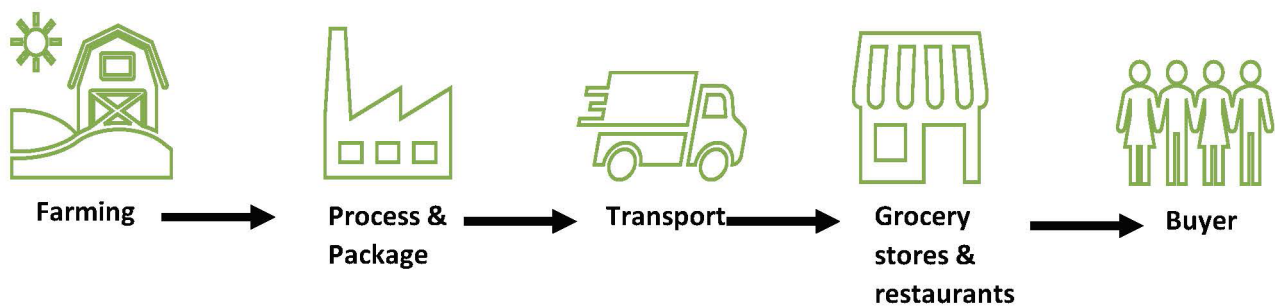


Figure 1: Food supply chains

Globalization is here to stay but it is important to buy local when it is possible. It is a good idea to think about the four point below, when you choose and buy food.

## 1. Food transport and Distribution:

The global food supply chain involves transporting food over long distances, which requires energy. Buying foods that are transported from far away can lead to higher CO2 emissions compared to consuming locally produced foods.

## 2. Resource Intensity:

The production of food, especially meat and dairy products, can be resource intensive. It requires large amounts of energy, water, and land. These resources contribute to CO2 emissions during various stages of production, such as livestock rearing, fertilization, and transportation.

## 3. Deforestation:

Some agricultural practices, especially in the case of large-scale monoculture farming, can lead to deforestation. Trees act as carbon sinks, absorbing CO2 from the atmosphere. Deforestation releases stored carbon into the atmosphere and reduces the planet's capacity to absorb CO2.

## 4. Food waste:

A significant amount of CO2 is emitted due to food waste. When food is produced but not consumed, all the energy and resources used in its production, including CO2 emissions, go to waste.

## Local Food

Local Food is considered good for several reasons.

### **1. Reduced CO2 footprint**

Local food has a lower carbon footprint because it travels shorter distances from farm to table. This reduces the energy required for transportation and the associated CO2 emissions.

### **2. Support for Local Economy**

Purchasing local food supports local farmers and businesses, contributing to the local economy and helping to create jobs.

### **3. Freshness and Nutrition:**

Local food is often fresher and more nutritious because it spends less time in transit and on shelves. This can lead to better taste and higher nutritional value.

### **4. Community connections:**

Buying local food can foster a sense of community and a connection between consumers and producers. Consumers may have the opportunity to learn about farming practices and build relationships with the people who grow their food.

### **5. Resilience:**

Local food systems can be more resilient in the face of disruptions such as supply chain issues or extreme weather events. They rely less on long-distance transportation and are better equipped to adapt to local conditions.

While local food has many benefits, it's important to note that the overall sustainability of a food product depends on various factors beyond its locality, including production methods, resource use and waste management. A holistic approach to addressing food-related CO2 emission involves considering both the origin and the broader environmental impact of the food.

## The Big Climate Database

The Big Climate Database from CONCITO, Denmark's green think tank, it gives companies, authorities, and the public free access to life cycle assessments of the climate impact of 500 of the most common food products on the Danish market. The database is a unique tool, and it sheds light on the climate impact of our food consumption more accurately than ever before, thus promoting more climate-friendly dietary habits.

The Database has its focus on the Danish market so beware of it is not 100 % correct if you live in another country. But it gives a good understanding about the CO2 impact on meat, vegetables, beverage and so on. Use it as a learning tool about CO2 calculation and not as a correct CO2 result.

<https://denstoreklimadatabase.dk/en>



# Use of the CO2 calculator

Find the ingredients at <https://denstoreklimadatabase.dk/en>

Climate footprint calculated in kg. Click on column titles to sort.

Category	Food	CO2e pr kg	Agriculture	ILUC	Processing	Packaging	Transport	Retail
Beverages	BITTER, Gammel Dansk Bitter Dram	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Brandy, cognac	8.22	0.99	-0.02	4.80	0.37	2.07	0.01
Beverages	Vodka	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Aquavit, 40 % vol., average values	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Tomatojuice, canned	1.26	0.13	0.02	0.20	0.22	0.68	0.01
Beverages	Wine, white, average values	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, rosé	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, red	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, white, sparkling, champagne	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Icetea, peach	0.82	0.20	0.02	0.37	0.13	0.08	0.01

SEARCH

Search

GOODS CATEGORY

- Beverages (32)
- Bread/bakery products (34)
- Candy/sugar products (13)
- Cereal/grain/pulse products (22)
- Fruit/vegetable products (75)

The search function is not the best, so use “Goods Category” to reduce the ingredients.

Climate footprint calculated in kg. Click on column titles to sort.

Category	Food	CO2e pr kg	Agriculture	ILUC	Processing	Packaging	Transport	Retail
Beverages	BITTER, Gammel Dansk Bitter Dram	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Brandy, cognac	8.22	0.99	-0.02	4.80	0.37	2.07	0.01
Beverages	Vodka	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Aquavit, 40 % vol., average values	2.04	1.10	-0.05	-0.11	0.37	0.72	0.01
Beverages	Tomatojuice, canned	1.26	0.13	0.02	0.20	0.22	0.68	0.01
Beverages	Wine, white, average values	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, rosé	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, red	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Wine, white, sparkling, champagne	1.87	0.31	0.07	0.40	0.41	0.68	0.01
Beverages	Icetea, peach	0.82	0.20	0.02	0.37	0.13	0.08	0.01
Beverages	Energy drink	0.53	0.14	0.00	0.17	0.16	0.06	0.01
Beverages	Alcoholic soda, 4%	0.72	0.25	0.00	0.21	0.19	0.07	0.01
Beverages	Cider 4.5%	1.10	0.28	0.01	0.53	0.19	0.08	0.01
Beverages	Apple juice	1.64	0.32	0.02	0.61	0.31	0.37	0.01
Beverages	Smoothie, strawberry blueberry	2.16	0.40	0.07	0.10	0.31	1.29	0.00
Beverages	Beer, lager, alc. 4.4 % by vol.	0.60	0.07	0.05	0.24	0.16	0.07	0.01
Beverages	Beer, Danish household, low alcohol	0.60	0.07	0.05	0.24	0.16	0.07	0.01
Beverages	Beer, strong, alc. 7.6 % by vol.	0.60	0.07	0.05	0.24	0.16	0.07	0.01
Beverages	Tea, leaves	8.41	2.50	1.61	1.87	1.94	0.47	0.01

SEARCH

Search

GOODS CATEGORY

- Beverages (32)
- Bread/bakery products (34)
- Candy/sugar products (13)
- Cereal/grain/pulse products (22)
- Fruit/vegetable products (75)
- Fruits (27)
- Meat/poultry (62)
- Milk/eggs/substitute products (31)
- Oils/fats edible (4)
- Prepared/preserved foods (61)
- Seafood (51)
- Seasonings/preservatives/extracts (32)
- Vegetables (56)

If you can't find the ingredients in the database, then find something similar e.g., if you are going to make “Stuffed leeks”. Then you can't find thyme in the database, but you can find basil. Both are herbs and the packaging, transport and retail are similar. Just make a note, so you can explain why you use the basil data. As showed in figure 2 with the red circle.

Ingredients	Weight in grams	Climate footprint	Total no local	No Transport	Local food	Total with local
Minced pork 5-10% fat	400 gram	2,9 CO <sub>2</sub> /kg	1,16 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	1,16 CO <sub>2</sub>
Egg	60 gram	0,85 CO <sub>2</sub> /kg	0,05 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	0,05 CO <sub>2</sub>
Onion	100 gram	0,9 CO <sub>2</sub> /kg	0,09 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	0,09 CO <sub>2</sub>
Garlic raw	8 gram	1,22 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>
Thyme (basil dried data)	3 gram	4,44 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>
Wheat flour	15 gram	0,84 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>

Figure 2: Enter ingredients



## Use of local ingredients

If you use local ingredients e.g., onion from your own garden, you have to minus the processing, packaging, transport and retail factors.

Original Dish: Stuffed leeks									
Numbers of people		2							
Ingredients	Weight in grams	Climate footprint	Total no local	No Transport	Local food	Total with local			
Minced pork 5-10% fat	400 gram	2,9 CO <sub>2</sub> /kg	1,16 CO <sub>2</sub>		0,00 CO <sub>2</sub>	1,16 CO <sub>2</sub>			
Egg	60 gram	0,85 CO <sub>2</sub> /kg	0,05 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,05 CO <sub>2</sub>			
Onion	100 gram	0,9 CO <sub>2</sub> /kg	0,09 CO <sub>2</sub>	0,67 CO <sub>2</sub> /kg	-0,07 CO <sub>2</sub>	0,02 CO <sub>2</sub>			
Garlic raw	8 gram	1,33 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>			
Thyme (basil dried data)	3 gram	4,44 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>			
Wheat flour	15 gram	0,84 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>			
Milk 1,5% fat	100 gram	0,61 CO <sub>2</sub> /kg	0,06 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,06 CO <sub>2</sub>			
Black pepper	10 gram	4,3 CO <sub>2</sub> /kg	0,04 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,04 CO <sub>2</sub>			
Salt	6 gram	0,44 CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,00 CO <sub>2</sub>			
Leeks	430 gram	0,32 CO <sub>2</sub> /kg	0,14 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,14 CO <sub>2</sub>			
Wheat flour	9 gram	0,84 CO <sub>2</sub> /kg	0,01 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,01 CO <sub>2</sub>			
Egg	60 gram	0,85 CO <sub>2</sub> /kg	0,05 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,05 CO <sub>2</sub>			
Bread-crumbs	100 gram	1,26 CO <sub>2</sub> /kg	0,13 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,13 CO <sub>2</sub>			
Salt	6 gram	0,44 CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,00 CO <sub>2</sub>			
Black pepper	10 gram	4,3 CO <sub>2</sub> /kg	0,04 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,04 CO <sub>2</sub>			
Butter	25 gram	3,92 CO <sub>2</sub> /kg	0,10 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,10 CO <sub>2</sub>			
Olive oil	15 gram	3,83 CO <sub>2</sub> /kg	0,06 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,06 CO <sub>2</sub>			
	gram	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,00 CO <sub>2</sub>			
	gram	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,00 CO <sub>2</sub>			
	gram	CO <sub>2</sub> /kg	0,00 CO <sub>2</sub>		0,00 CO <sub>2</sub>	0,00 CO <sub>2</sub>			
<b>Total</b>	<b>1,36 Kg</b>		<b>1,97 CO<sub>2</sub></b>		<b>-0,07 CO<sub>2</sub></b>	<b>1,90 CO<sub>2</sub></b>			

Category	Food	CO2e pr kg	Agriculture	ILUC	Processing	Packaging	Transport	Retail
Meat/poultry	Meatballs	3,00	1,97	0,35	0,28	0,26	0,11	0,03
Vegetables	Red onion	0,90	0,18	0,04	0,00	0,06	0,60	0,01
Vegetables	Onion, raw	0,90	0,18	0,04	0,00	0,06	0,60	0,01
Vegetables	Onions, spring, raw	0,90	0,18	0,04	0,00	0,06	0,60	0,01

Figure 4: Local ingredients

As showed in figure 4, you can find the processing, packaging, transport, and retail factors under every ingredient in the big climate database.

You have to plus the numbers from processing, packaging, transport, and retail together.

$$0,00 + 0,06 + 0,60 + 0,01 = 0,67.$$

Then add the number at No Transport as showed in figure 4.

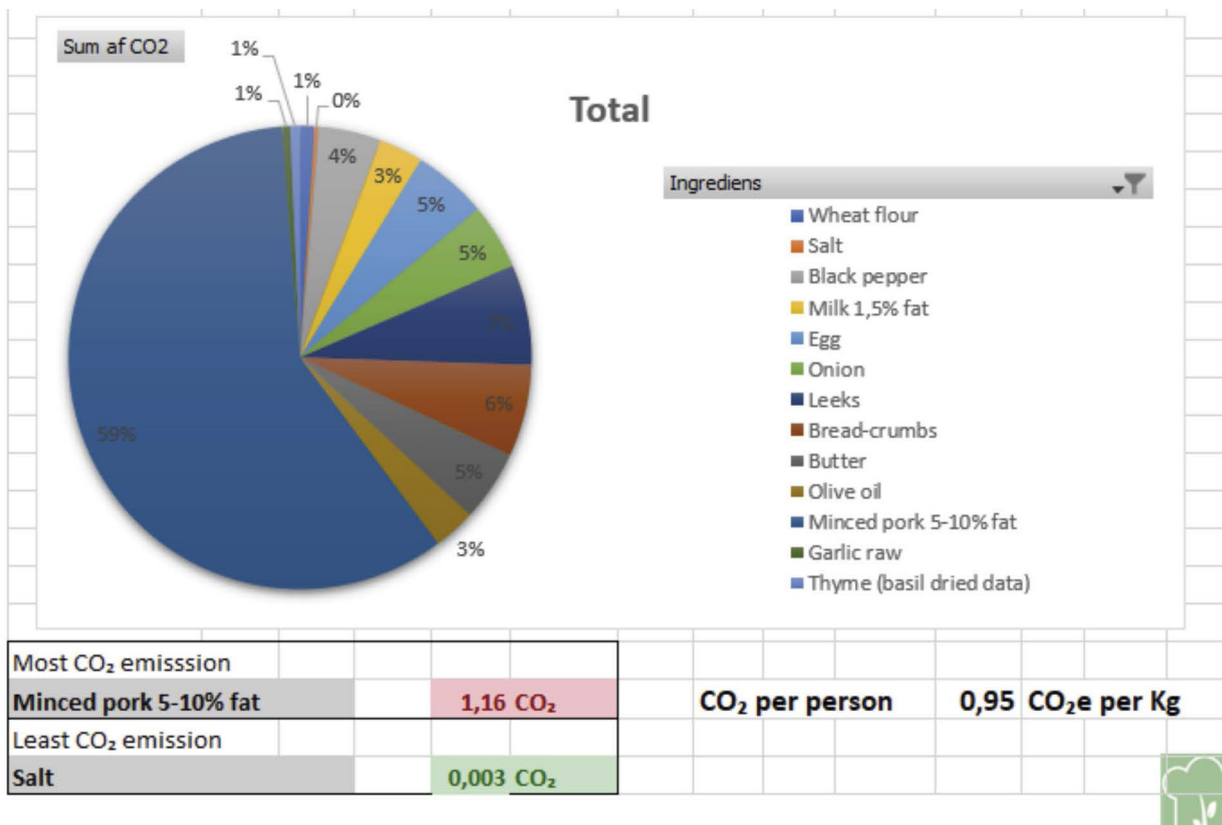


Figure 5: The pie chart showed shows the dishes distributions of CO2 in %

The CO2 calculator will automatically add the local food value to the CO2 emission. So, by adding a local onion to the Stuffed leeks dish you reduce the CO2 emission by 0,07 CO2e per kg.

The pie chart showed at figure 5 is automatically changing when you are updating the data in the CO2 calculator in Excel.

You are updating the data by enter "Data" in the upper fan and enter "Refresh All" as showed in figure 6 or enter (Ctrl+Alt+F5).

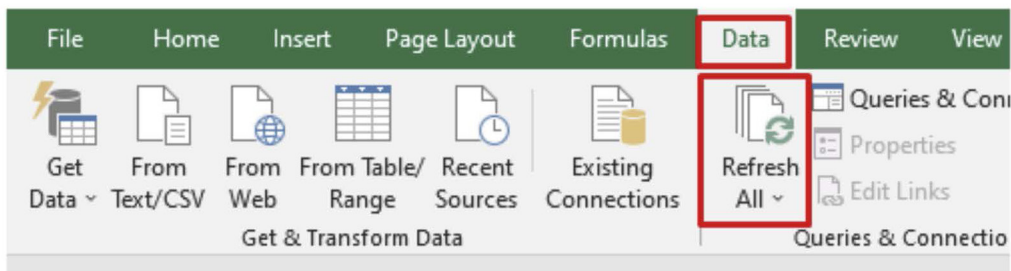


Figure 6: How to update the data in Excel

# Quiz

Webpage or QR code

<https://kahoot.it/challenge/09958905>

Pinkode: 09958905