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Introduction

Welcome to the Eatwise Cookbook, a culinary journey that brings together 30 sustainable, intercultural recipes designed to celebrate the gastronomic traditions of different parts of the world. This book is the result of a collaborative project involving 120 young migrants, whose food stories inspired us to create something special. Each recipe here is a small piece of history and culture, bringing together people, traditions, and ingredients with a strong focus on sustainability.

Every culture has a wealth of simple, everyday recipes, dishes that make use of leftovers and meals based on vegetables, legumes, and often vegetarian ingredients. However, when encountering a new culture, we are often introduced to festive dishes, those rich in meat, prepared in large quantities to impress guests. These elaborate dishes, though, are not typically part of daily cooking; they represent special occasions rather than the norm. In our work, we aimed to highlight these traditional, humble meals through deeper conversations with migrant participants. We explained that our focus was not on grand meat dishes prepared for celebrations, but on everyday vegetable- and legume-based meals—meals often made for the family, eaten over several days and created with a mindset of minimizing waste. This shift in focus brought to light memories of intimate food-sharing moments, often during times of scarcity when food had to be managed with care and creativity. Together, we transformed any discomfort linked to these memories into a source of pride, celebrating the resilience and resourcefulness of those who shared their stories with us.

The Eatwise Cookbook is not just a collection of recipes but it aims to be a resource for educators, trainers, and health professionals. It helps us better understand the food traditions of different cultures, providing those working with migrant communities the tools to incorporate new dietary habits into their daily practices. The goal is to foster more conscious eating that respects everyone's culture and traditions while minimizing cultural friction.



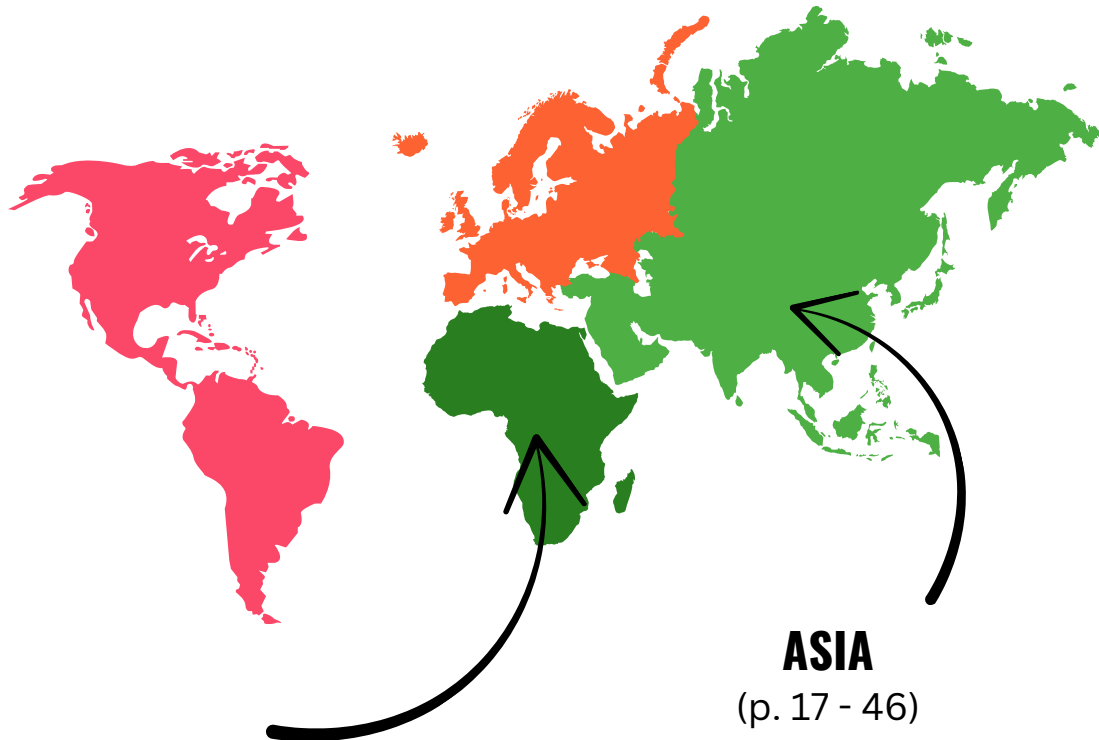
One of the most important lessons we've learned throughout this journey is that sustainability is not an abstract concept, but a set of practices deeply embedded in the food histories and cultures of many countries. Culinary traditions have always reflected the harmonious relationship between humans and the environment. The best way to promote sustainability is by recognizing and valuing traditional practices that have already been passed down through generations. Our work focused precisely on this: exploring different regions to uncover sustainable practices, collecting them to preserve their memory, and sharing them. By doing so, people from diverse cultural backgrounds can discover new, sustainable recipes and practices that not only respect the environment but are also economically viable and aligned with a zero-waste approach.

Our research also was focused on engaging young people in preserving these sustainable practices, helping them become ambassadors of this cultural heritage. Although these traditions originate from many parts of the world, they have now become an integral part of European culture in a multicultural society. The research that led to the development of these recipes also contributed to other outputs, such as the Training Module, training for 30 youth workers, and the EATWISE Culinary Collaborative Card Game. As the EATWISE project team, our primary goal was to train young people to promote inclusive, intercultural, and sustainable practices through food. Throughout our research, we discovered that many participants were unaware of the significance of these practices, and some even felt embarrassed by elements of reuse culture. This only strengthened our resolve: we want reuse and waste reduction to become sources of pride for future generations, everywhere in the world.

In this journey, we aim to challenge the idea that meat must always be the centrepiece of the plate, offering instead dishes rich in flavor, history, and respect for the environment. The Eatwise Cookbook is more than just a collection of recipes: it is an invitation to change eating habits, explore the world through taste, and promote a culture of mutual respect through food.



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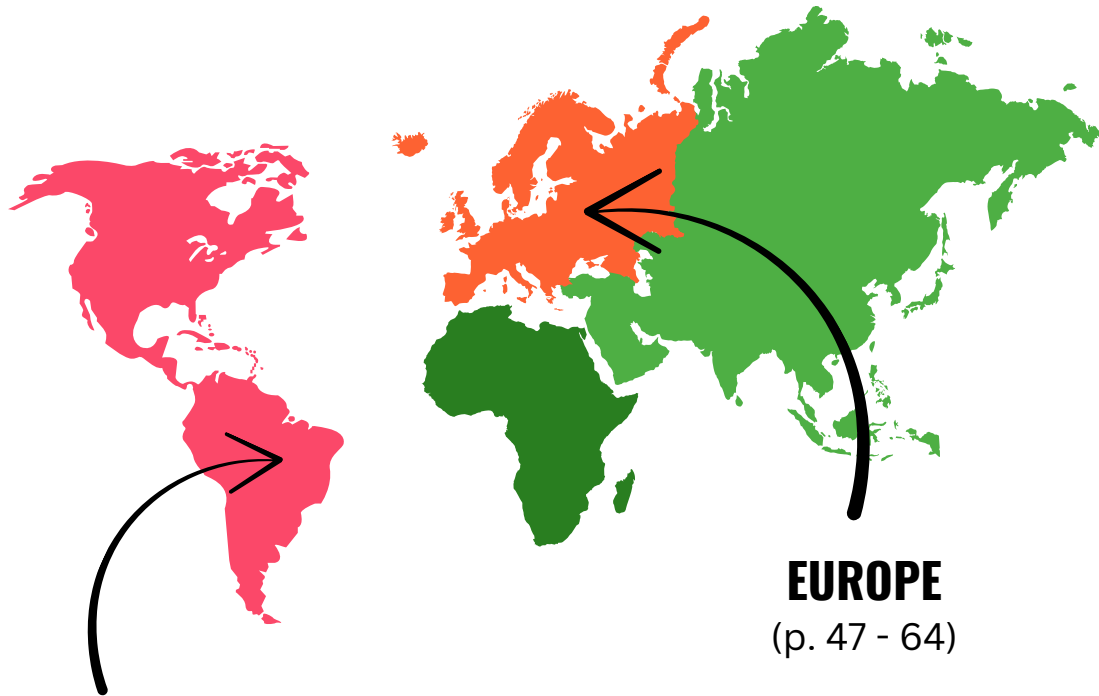
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Africa



Mhajeb

Algeria

Mhajeb are traditional Algerian flatbreads, filled with a vegetable or meat mixture. These stuffed crêpes are crispy on the outside, soft on the inside, and commonly served as a snack, appetizer, or even a main dish.

Ingredients :

- 500 g fine semolina
- 1 teaspoon salt
- Warm water
- Olive oil
- 2 large onions
- 2 ripe tomatoes
- 1 green or red bell pepper
- 2 garlic cloves
- 1 teaspoon paprika
- 1 teaspoon harissa (optional, for a spicy kick)
- Salt and pepper



How To Make :

1 Preparing the dough:

In a large bowl, mix the semolina and salt. Gradually add warm water while kneading until you get a soft, elastic dough, similar to bread dough. Divide the dough into small balls. Lightly coat them with olive oil, cover with a cloth, and let them rest for about 30 minutes.



2 Preparing the filling:

In a skillet, heat olive oil and sauté the onions and garlic. Add the tomatoes and bell peppers, along with paprika, harissa, salt, and pepper. Cook until the vegetables are soft and most of the liquid has evaporated. The filling should be thick and dry. Set aside to cool slightly.

3 Forming the mhajeb:

On an oiled surface, take one dough ball and stretch it out thin, almost transparent. Use your hands and a little oil to prevent sticking. Place a spoonful of filling in the center of the stretched dough. Fold the sides over the filling, forming a square and sealing the edges. Repeat with the remaining dough balls and filling.

4 Cooking:

Heat a non-stick skillet or griddle over medium-high heat. Cook the mhajeb on both sides until golden brown, about 3-5 minutes per side, flipping once.



Djouka de Fonio

Mali

Djouka de fonio is a traditional dish from Mali, prized for its unique flavor and delicious texture. Fonio is a highly valued ancient grain considered a superfood, widely used in West Africa, and similar in texture to couscous. One of the things that makes djouka de fonio a sustainable recipe is the cultivation of fonio itself. This grain is extremely hardy, able to thrive in harsh weather conditions and requiring less water than other more common grains.



Ingredients :

For the Fonio:

- 150 grams fonio (you can find fonio Asian/African stores if you don't find it in your local market)
- 500 milliliters water
- 1/2 teaspoon salt

For the Sauce:

- 2 spoons of vegetable oil
- 1 onion
- 2 cloves garlic
- 1 bell pepper
- 200 grams tomatoes
- 150 grams mixed vegetables (such as carrots, green beans, and peas)
- 1-2 teaspoons ground cumin
- 1 teaspoon of paprika
- 2 grams ground coriander
- 1 teaspoon of dried thyme
- 1 gram chili powder or cayenne pepper (adjust to taste)
- Salt and black pepper
- 120 milliliters water or vegetable broth
- Fresh herbs (such as parsley or cilantro) for garnish (optional)



How To Make :

1 **Preparing the Fonio:**

Rinse 150 grams of fonio under cold water to remove any dust or impurities. In a pot, bring 500 milliliters of water to a boil. Add 3 grams of salt and the rinsed fonio. Reduce the heat to low, cover, and simmer for about 5 minutes, or until the fonio is tender and the water is absorbed. Fluff with a fork and set aside.

2 **Preparing the Sauce:**

Heat vegetable oil in a large pan over medium heat. Add 150 grams of chopped onion and cook until it becomes translucent and golden brown, about 5-7 minutes. Add minced garlic and cook for another minute. Add chopped bell pepper, chopped tomatoes, and mixed vegetables. Cook for about 5 minutes, until the tomatoes start to break down. Stir in ground cumin, of paprika, ground coriander, dried thyme, chili powder (or cayenne), salt, and black pepper. Cook for another 2-3 minutes to allow the spices to release their flavors. Add water or vegetable broth to the pan. Stir well and let the mixture simmer for about 10-15 minutes, or until the vegetables are tender and the sauce has thickened to your liking.

3 **Serving:**

Serve the cooked fonio on a plate or in a bowl. Top with the vegetable sauce. If desired, garnish with fresh herbs such as parsley or cilantro.



Vegetable Tajine

Morocco

The tajine is a traditional Moroccan pot with a distinctive shape, from which the dish cooked inside it also takes its name. The unique design of the conical lid allows steam to rise, condense, and drip back into the pot, contributing to a slow and gentle cooking process that enhances the flavors of the ingredients. If you don't have a tajine, you can use a casserole or a sturdy pot with a tight-fitting lid as an alternative.



Ingredients :

- olive oil
- 1 large onion
- 3 cloves garlic
- 2 carrots,
- 2 zucchinis
- 1 red bell pepper
- 1 yellow bell pepper
- 1 large potato
- 250 g cherry tomatoes
- 240 g chickpeas
- Vegetable broth
- 75 g green olives
- 75 g dried apricots
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon saffron threads
- Salt and pepper to taste
- 60 g fresh cilantro or parsley



How To Make :

1 Prepare the Base:

Heat the olive oil in a large tagine or a heavy-bottomed pot over medium heat. Add the chopped onion and garlic. Sauté until the onion is soft and translucent, about 5 minutes.

2 Cook the Vegetables:

Add the carrots, zucchini, bell peppers, and potatoes to the pot. Stir well to combine. Cook the vegetables for about 5 minutes, allowing them to begin to soften.

3 Add the Spices and Tomatoes:

Sprinkle in the cumin, coriander, paprika, turmeric, cinnamon, and saffron (if using). Stir to coat the vegetables evenly with the spices. Add the tomatoes and cook for another 5 minutes until the tomatoes start to break down.

4 Simmer the Tagine:

Pour in the vegetable broth and bring the mixture to a gentle boil. Reduce the heat to low, cover, and simmer for about 30 minutes, or until the vegetables are tender.

5 Add Chickpeas and Finish:

Stir in the cooked chickpeas, green olives, and dried apricots (if using). Adjust seasoning with salt and pepper to taste. Cover and simmer for an additional 10 minutes, allowing the flavors to meld together.

6 Garnish and Serve:

Garnish the tagine with chopped cilantro or parsley before serving. Serve hot with couscous, bread, or on its own.



Nigerian Cabbage Rolls

Nigeria

Nigerian Cabbage Rolls with cheese are a unique twist on the classic cabbage roll, bringing together the flavors of Nigerian cuisine with a cheesy, comforting filling.



Ingredients :

For the Cabbage Rolls:

- 1 large cabbage (for rolling)
- 2 tablespoons vegetable oil (or any preferred oil)
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 cup cooked rice (you can use long grain or basmati)
- 1 cup Nigerian-style tomatoes, pureed (or use canned tomatoes if fresh is unavailable)
- 1 medium bell pepper, finely chopped
- 1 cup grated cheese (cheddar, mozzarella, or a blend)
- 1 teaspoon thyme
- 1 teaspoon curry powder

- 1 teaspoon paprika
- Salt and pepper to taste
- 1/2 teaspoon ground nutmeg (optional, for extra flavor)
- 1/2 teaspoon ginger powder (optional)
- 1 tablespoon soy sauce or 1 teaspoon vegetable broth
- 1 cup vegetable broth or water (for simmering the rolls)

For the sauce:

- 2 tablespoons tomato paste
- 1/2 cup vegetable broth
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon curry powder
- Salt and pepper to taste



How To Make :

1 **Prepare the cabbage:**

Carefully remove the leaves of the cabbage, trying to keep them whole. You will need about 8–10 large leaves. To make them pliable, blanch the leaves in boiling water for 2–3 minutes, then transfer them to ice-cold water to stop the cooking process. Drain and set aside.

2 **Prepare the filling:**

Heat the vegetable oil in a large pan over medium heat. Add the chopped onions and minced garlic, sautéing until fragrant and golden (about 3–4 minutes).

Add the chopped bell pepper and cook for another 2 minutes.

Add the pureed tomatoes, curry powder, thyme, paprika, nutmeg (if using), ginger powder (if using), soy sauce or vegetable broth, and salt and pepper. Let the sauce simmer for about 5–7 minutes to reduce and thicken.

Add the cooked rice to the pan and mix well to combine. Remove from heat.

Let the mixture cool down slightly before adding the grated cheese. Mix the cheese into the filling until it's well incorporated.

3 **Assemble the cabbage rolls:**

Lay a cabbage leaf flat on a clean surface. Place a generous spoonful of the rice and cheese mixture in the center of the leaf. Fold the sides of the leaf in, then roll it tightly from the bottom upwards, securing the filling inside. Repeat with the remaining cabbage leaves and filling.

4 **Prepare the sauce for cooking:**

In a separate pan, heat the oil and sauté the tomato paste for 2 minutes, stirring constantly. Add the vegetable broth, thyme, curry powder, and salt and pepper. Stir well and bring to a simmer for a few minutes to combine the flavors.



5 Cook the cabbage rolls:

Place the rolled cabbage rolls in a large pot or pan. Pour the sauce over the rolls, ensuring they are partially submerged. Cover and simmer on low heat for 20–25 minutes, allowing the cabbage to soften and the flavors to meld.

6 Serve:

Once done, remove the cabbage rolls from the pot and serve hot. You can drizzle some extra sauce over the top before serving for added flavor.

If you want a creamier texture, feel free to add a bit of cream cheese or sour cream to the filling. Enjoy your Nigerian-inspired vegetarian cabbage rolls!





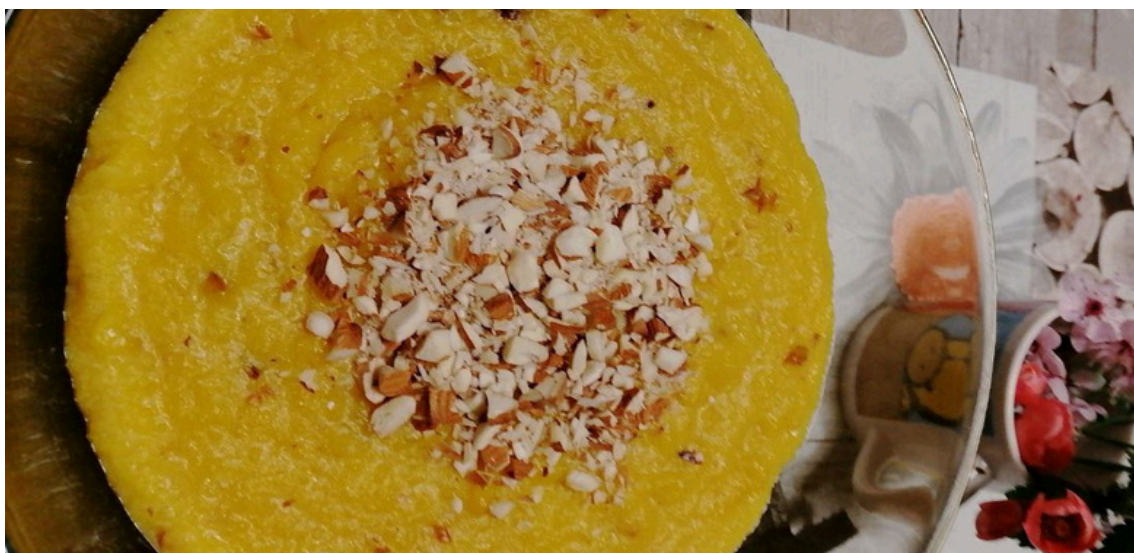
Asia



Kheer

Bangladesh

Kheer is a traditional dessert in Bangladeshi cuisine, prized for its sweetness and creaminess. This dessert is often prepared during festive occasions, family celebrations and religious rituals, symbolizing joy and abundance. Making kheer is often a communal activity, with family and friends coming together to cook and share the dessert. It's also a popular dish during the festival of Eid in Bangladesh, where it's enjoyed by family members after a day of fasting.



Ingredients :

- 100 grams basmati rice
- 1 liter full-fat milk
- 150 grams sugar
- 1/4 teaspoon ground cardamom
- 2 tablespoons chopped nuts (such as almonds, cashews, or pistachios)
- 2 tablespoons raisins or dried fruit
- 1 tablespoon ghee (clarified butter) or oil
- A few saffron strands
- A pinch of salt

How To Make :

- 1 Prepare Rice:**
Rinse the basmati rice under cold water until the water runs clear. Soak the rice in water for about 30 minutes, then drain.
- 2 Cook Rice:**
In a heavy-bottomed pan, add the drained rice and 1 liter of milk. Cook over medium heat, stirring frequently to prevent the milk from sticking to the bottom of the pan. Simmer gently until the rice is cooked and the milk has reduced slightly, about 30-40 minutes. The mixture should thicken and become creamy.



How To Make :

3

Add Flavorings:

Once the rice is cooked and the kheer has thickened, add sugar and a pinch of salt. Stir well to dissolve the sugar. If using whole cardamom pods, lightly crush them and add them to the pan. If using ground cardamom, add it directly. Stir to combine. Cook for an additional 5-10 minutes, allowing the sugar and cardamom to infuse into the kheer.

4

Prepare Nuts and Raisins (optional):

In a small pan, heat the ghee or oil over medium heat. Add the chopped nuts and cook until they are lightly golden. Be careful not to burn them. Add the raisins or dried fruit and cook for an additional 1-2 minutes. Remove from heat.

5

Add Garnishes:

Stir the toasted nuts and raisins into the kheer. If using saffron, dissolve it in a tablespoon of warm milk and add it to the kheer. Mix well and cook for another 2-3 minutes.

6

Cool and Serve:

Allow the kheer to cool slightly before serving. It can be enjoyed warm or chilled. Garnish with additional chopped nuts or a sprinkle of ground cardamom if desire.



Moong Dal

India

As it is vegetarian and easy to digest, moong dal is often included in meals prepared for religious fasting or festivals like Navratri or Janmashtami. It is commonly prepared for young children, the elderly, or those recovering from illness due to its nutritional richness and digestibility. Moong dal also reflects India's emphasis on balance in meals, providing a rich source of protein for vegetarian diets. It's a dish that resonates with simplicity and tradition, yet adapts effortlessly to contemporary tastes.

Ingredients :

- 90 g of moong dal (lentils)
- 1 tablespoon ghee/oil
- 1 tablespoon cumin seeds
- 1 finely chopped onion
- 2 garlic cloves
- Ginger – by taste
- Green chillis – by taste, chopped
- Tomato paste
- Turmeric powder, red chilli powder, garam masala powder, salt – measure by taste
- Water
- Coriander

How To Make :

- 1 Rinse dal:**
Wash the dal thoroughly as you would rice.
- 2 Cook dal:**
In a pot add the dal, 2 cups of water, and bring it to a boil. Once it boils, reduce the heat and let it simmer for about 20-25 minutes.
- 3 Prepare the Tadka** (rest of the ingredients):
Heat ghee/oil in a pan. Add cumin seeds, chopped onion, garlic, ginger and chilli. Sauté all the ingredients. Add tomato sauce, turmeric, red chilli powder and salt, and let it cook until the sauce and the oil start to separate.



How To Make :

- 4 Combine the tadka with the dal:**
Add the cooked dal to the pan where the tadka has been prepared. Mix it well and it simmer down for another 10 minutes. You can adjust the consistency by adding water, or boiling it down.
- 5** Once you remove from heat, add garam masala and coriander.



Roti

India

Roti is a key component of traditional Indian meals, served with vegetarian or non-vegetarian curries, dals, or dry stir-fried vegetables. Roti is often recommended for health-conscious individuals due to its high fiber content and low glycemic index compared to white rice.



Ingredients :

- 240 g of flour
- 180 g of water (adjust if needed)
- Sprinkle of oil
- Salt
- Ghee/butter

How To Make :

- 1 Dough:**
In a bowl combine the flour and salt. Gradually add water and mix until you form a soft dough. Knead the dough for max 10 min until its soft and elastic. Coat it with oil if necessary.
- 2** Let the down rest for 15-20 min, an cover it with a damp cloth.



How To Make :

- 3 After the dough rested, divide it into small balls and flatten then with a rolling pin. Dust with flower to prevent sticking.
- 4 **Cooking the roti:**
Heat a flat iron skiller over medium heat. Place the rolled-out dough on the skillet. Cook until it starts to form bubbles on the surface, then flip it. Once it is brown on both sides, you can press it until it starts to puff up.
- 5 You can either brush the roti with melted ghee or put ghee on the skillet before cooking it. (it depends on the region of India)



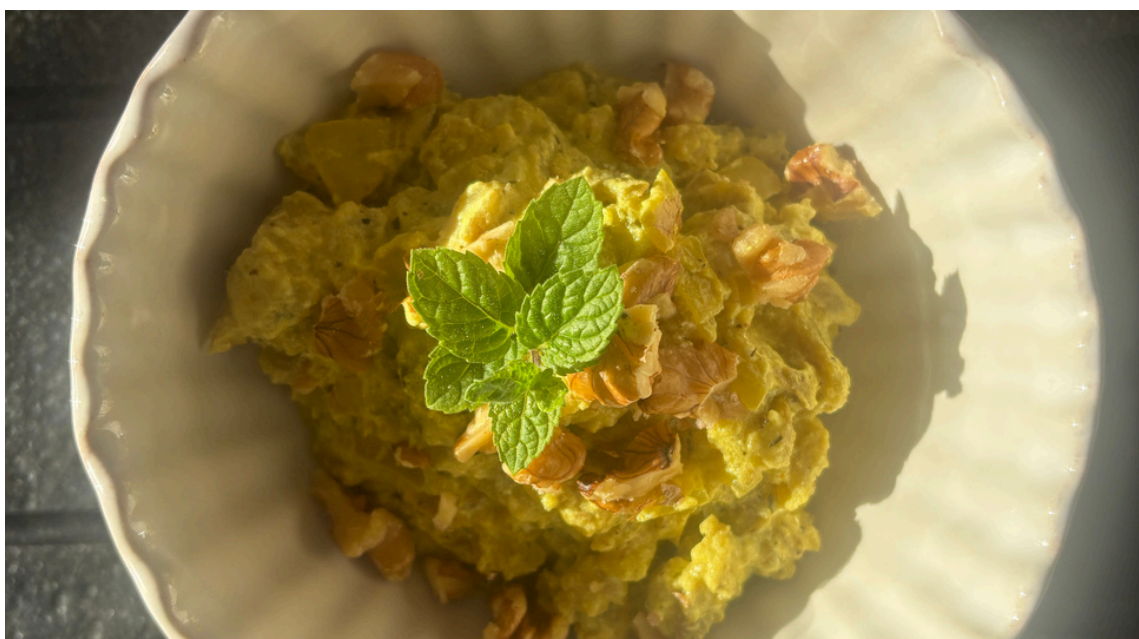
Kashk-e Bademjan

Iran

Many Iranians agree that it's one of the most beautiful dishes in Persian cuisine. The smell of roasted eggplants soaking up that smoky aroma, then mixed with the rich, tangy kashk – is a true paradise for the taste buds. This recipe is centuries old, although, of course, every family makes it in their own way. But one thing is common – everyone would use the best eggplants, the largest and freshest ones. For most Iranians Kashk-e Bademjan isn't just a dish – it's a collection of memories. It's the meal that connects them with family, with those special moments when they all gather around the table, talking and laughing together. In that dish is the whole soul of Iran – simple yet rich, full of love, full of flavor.

Ingredients :

- 2 large eggplants (~600-700 g)
- 150 g of onion, finely chopped
- 12-15 g of garlic, minced (about 4 cloves)
- 120 g of kashk (liquid whey) or Greek yogurt
- 2 g of turmeric
- 1 g of dried mint
- 5 g of olive oil
- Salt and pepper to taste (~5-10 g)
- 7-10 g of walnuts, chopped (optional, for garnish)
- Fresh mint leaves (optional, for garnish)
- Pomegranate seeds (optional, for garnish)



How To Make :

- 1 Preheat oven to 200°C. Prick the eggplants with a fork and place them on a baking sheet. Roast for 30-40 minutes until the skin is charred and the flesh is soft. Alternatively, you can grill them over an open flame.
- 2 Let the eggplants cool, then peel off the skin and mash the flesh with a fork. In a large pan, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and sauté until golden brown.
- 3 Add the minced garlic and turmeric, and cook for another minute. Add the mashed eggplant to the pan and mix well. Cook for about 10 minutes, stirring occasionally.
- 4 Add kashk or Greek yogurt, salt, and pepper to the eggplant mixture. Stir well and cook for another 5-10 minutes until well combined and heated through.
- 5 In a small pan, heat the remaining tablespoon of olive oil and add dried mint. Fry for a few seconds until fragrant, then add this to the eggplant mixture.
- 6 Transfer the dip to a serving dish and garnish with chopped walnuts, fresh mint leaves, and pomegranate seeds if using. Serve warm or at room temperature with flatbread or pita bread.
- 7 This eggplant dip is creamy, flavorful, and makes for a perfect appetizer or side dish in any Persian meal.



KuKu

Iran

This recipe, traditionally prepared in Iranian households, stands out for its simple ingredients and rich, nourishing flavor. By using ingredients that are available at any time, you can create something that are is nutritious and flavorful.



Ingredients :

- 2-3 medium potatoes
- Flour
- 3-4 eggs
- Salt and pepper

How To Make :

- 1 Grate the potatoes and leave them in water to release the starch. Take them out and dry them with a napkin.
- 2 Add the beaten eggs over the potatoes, another handful of flour, and salt and pepper to taste. Then shape the mixture into patties like a hamburger.
- 3 Put oil in a pan, enough to cover the patties by a few centimetres, and let it heat up. Fry the Kuku on both sides.
- 4 It can be served with yogurt and bread.



Kuku Sabzi

Iran

The symbolism of Kuku Sabzi is actually very interesting. It is a traditional dish for Nowruz (Persian New Year), which marks the arrival of spring and symbolizes renewal and rebirth. The abundance of green herbs in Kuku Sabzi—parsley, cilantro, chives, and dill—represents growth, health, and prosperity. During Nowruz, the dish is typically served as part of a celebratory spread that includes other symbolic foods, reflecting the promise of a fresh start and the joy of the coming season.

Kuku Sabzi is a “superfood” from the time when no one even talked about the “superfoods” yet! With plenty of fresh herbs, Kuku Sabzi is packed with vitamins, antioxidants, and fibre, giving it serious nutritional value. The parsley, cilantro, and dill provide vitamin K, vitamin C, and iron, while the walnuts (if included) add omega-3 fatty acids. It’s a true superfood dish that’s been enjoyed in Iran long before “superfoods” became a trend.

Ingredients :

- 60 g of parsley, chopped
- 60 g of cilantro, chopped
- 60 g of dill, chopped
- 60 g of chives or scallions, chopped
- 60 g of walnuts, chopped
- 70 g of barberries (or substitute with dried cranberries)
- 5 large eggs (for vegan, use an equivalent substitute like chickpea flour mixture)
- 5 g of baking powder
- Salt and pepper to taste (~5-10 g)
- 45 g of olive oil



How To Make :

- 1 Preheat oven to 180°C. Mix the chopped herbs, walnuts, and barberries in a large bowl.
- 2 In another bowl, beat the eggs (or chickpea flour mixture) with baking powder, salt, and pepper. Combine the herb mixture with the egg mixture.
- 3 Heat olive oil in an oven-safe skillet, pour in the mixture, and cook on medium heat for about 5 minutes.
- 4 Transfer the skillet to the oven and bake for 15-20 minutes until set.
- 5 Let cool slightly before cutting into wedges.



Kibbet Lakteen

Lebanon

This recipe comes from a traditional dish from the Christian Maronite regions of Lebanon, typically prepared during Lent, a period when meat is avoided. Originally associated with the concept of sacrifice and limitations, it has since been embraced as a beloved dish. It aligns with the goal of reducing environmental impact while still being as enjoyable as the original kibbeh, which traditionally includes meat and bulgur. The blend of spices enhances the tangy flavor of sumac and the sweetness of pomegranate molasses, making it highly appetizing. With a combination of grains (bulgur), proteins (chickpeas), and vegetables (pumpkin), this dish is a well-rounded meal, deserving of recognition for its taste and nutritional value worldwide.

Ingredients :

- 1 pumpkin (around 3 kg)
- 300 g fine bulgur
- 1 large onion
- 1 tsp cayenne pepper (optional)
- Black pepper
- Ground cinnamon
- Allspice
- Salt
- 60 g flour
- 200 g dried chickpeas, soaked overnight, or 400 g canned chickpeas, drained and peeled
- 1 kg onions,
- 2 tbsp sumac
- 4 tbsp pomegranate molasses
- Olive oil
- Cumin powder
- Shredded Swiss chard or another leafy green like spinach or sorrel



How To Make :

1 General Directions:

- If using dried chickpeas, boil them after soaking overnight until soft. For canned chickpeas, skip this step. Peel the chickpeas by gently pressing them under a plate on a countertop.
- Peel the pumpkin and cut it into medium pieces. Cook in a pot of boiling water for 40 minutes or until fork-tender.
- Place the cooked pumpkin in a colander and press to remove as much water as possible. Let it drain for at least 5 hours.
- Blend the drained pumpkin into a purée using an immersion blender.
- In a large bowl, mix the bulgur (dry) with the pumpkin purée.
- Add the chopped onion, spices, and salt, then let rest for 20 minutes.
- Add the flour to the mixture and knead into a dough.

2 For the Filling:

- Heat the olive oil in a skillet and sauté the onions until translucent.
- Add the chickpeas and Swiss chard, cooking for 2 minutes.
- Stir in the sumac, pomegranate molasses, cayenne pepper, and cumin.
- Cook for another minute, then let cool completely.



How To Make :

3 Assembly:

- Divide the dough into two equal portions. Grease a 33 cm round baking tray.
- Spread half the dough firmly across the bottom. Evenly distribute the filling over the dough layer.
- Cover the filling with the second half of the dough.
- Wet your hands and smooth the surface. Score the top in a diamond pattern with a paring knife.
- Drizzle the olive oil evenly over the top.
- Bake in a preheated oven at 200°C for 30 minutes or until cooked through.
- Broil for 5 minutes to achieve a golden crust. Serve warm or at room temperature. Enjoy!



Manoucheh Zaatar

Lebanon

Zaatar is considered in Lebanon a spice mix that provides strength and vigor. In fact, in Lebanon, a good manoucheh with zaatar is considered the typical “breakfast of champions”! The zaatar mixture is also used in Jordan, Israel, Palestine, and each country has its own version: for example, some add anise, others add pistachios. Sumac is a spice that gives zaatar its typical citrus flavor. There is also manoucheh with cheese (manoucheh a jebneh), or with zaatar and cheese (zaatar w jebneh), but the traditional one is with zaatar, topped with cucumbers, tomatoes, olives, and a spoonful of cream cheese (labneh).

Ingredients :

- Flour
- Instant yeast
- Salt
- Sugar
- Olive oil
- A mixture of sesame seeds, thyme or marjoram, cumin, and sumac
- Parsley
- Mint



How To Make :

1

Make the dough:

Place flour in a large bowl. Whisk in salt, sugar, and instant yeast. Drizzle in the olive oil and water, starting with 220 ml and adding more as needed. Use a wooden paddle to mix the dough, using just enough water to incorporate all of the flour.

Knead and let rise:

Knead 8-10 minutes with damp hands until it is silky smooth. Lightly oil all sides of the dough and place in the bowl to rise with a damp kitchen towel over top. Let rise 2 hours- the dough should be at least doubled in size.

Prep dough:

Preheat the oven to 220 C. Knock back the dough and pour onto a floured surface. Divide into 8-10 equal portions and shape into balls. Transfer to a parchment-lined sheet pan, seam side down. Cover the pan with a damp towel and let sit 15 minutes.

Prepare Zaatar Paste:

Mix the spices (sesame seeds, thyme or marjoram, cumin, and sumac) with olive oil and salt in a small bowl.

Bake:

2

Roll out a disk 15-20 cm in diameter, no more than 0,5 cm thick. Place on parchment or a pizza peel. Spoon a little zaatar paste on top, leaving 1 cm around the edges. Transfer to a sheet pan and bake until bubbly and golden. Then roll 2-3 at a time and bake in batches. Wrap in a clean kitchen towel to keep warm.

Serve:

Place warm Manoushe bread in a towel-lined basket or platter, stacked or arranged.



Biryani

Pakistan

Biryani is synonymous with celebration in Pakistan, often served at weddings, festivals like Eid, and other joyous gatherings. Many households prepare biryani as a comfort dish to mark important family moments or simply enjoy a hearty, satisfying meal.

Ingredients :

- Basmati Rice: 400g, rinsed and soaked
- Cooking Oil: 30-45 ml
- Onion: 1 large, diced or thinly sliced
- Garlic: 3 to 4 cloves, minced
- Fresh Ginger: 10 g, grated
- Garam Masala: 4g
- Chili Powder: 2g
- Cinnamon: 1g
- Cumin: 1g
- Turmeric: 1 g
- Cayenne Pepper: 1g
- Black Pepper: Pinch
- Salt: 12g
- Tomato: 1 medium, chopped
- Vegetable Broth: 840 ml
- Potatoes: 2-3, peeled and chopped
- Cauliflower: 100g , small florets
- Bell Pepper: 1 half, diced
- Carrot: 1, grated
- Green Peas: 75g, frozen
- Raisins: 50g, roughly chopped
- Cilantro: 15g, chopped
- Mint Leaves: 5g, finely chopped
- Star Anise: 3 whole pieces

Masala Powder Ingredients:

- 1 to 2 bay leaves
- 1 star anise
- 10 to 12 green cardamoms
- 2 two-inch pieces of cinnamon
- 1 black cardamom
- 1.5 g of fennel seeds
- 1 g of black pepper
- 2 g of cloves (8 cloves)
- 1 g of caraway seeds
- 0.5 g of mace (2 strands or half of a small mace)
- 0.5 g of grated nutmeg



How To Make :

- 1 On low to medium heat, dry roast the bay leaf, star anise, green and black cardamoms, mace, and cinnamon stick for 1–2 minutes, until they release a mild fragrance.
- 2 Then, add cloves, fennel seeds, caraway seeds, and black peppercorns, and continue roasting on low heat for another 1–2 minutes until aromatic.
- 3 Add the nutmeg, then turn off the heat. Allow the mixture to cool before grinding it into a fine powder. You can prepare this in advance or make a larger batch.
- 4 Store the powder in an airtight glass or steel jar and keep it in the refrigerator for up to two months.



Falafel

Syria

Falafel, a beloved Middle Eastern dish, likely originated in Egypt with fava beans before spreading to the Levant, where chickpeas became common. This plant-based, flavorful dish reflects regional culinary traditions and uses sustainable, locally-sourced ingredients like legumes and herbs.



Ingredients :

- 200 g of dried chickpeas
- 75 g of onion, roughly chopped (about 1/2 large onion)
- 8 g of finely chopped fresh parsley
- 8 g of finely chopped fresh cilantro
- 5 g of salt
- 1-2 g of dried hot red pepper
- 12-15 g of garlic (about 4 cloves)
- 2 g of cumin
- 5 g of baking powder
- 30-45 g of flour
- Soybean or vegetable oil for frying (amount as needed)

How To Make :

- 1 Place the dried chickpeas in a bowl and cover with cold water. Allow to soak overnight, then drain. Do not use canned chickpeas as they are too soft!!!
- 2 Place drained uncooked chickpeas, onions, parsley, cilantro, salt, hot pepper, garlic, and cumin in the bowl of a food processor.
- 3 Process until blended but not pureed. The mixture should be coarse in texture, not smooth.
- 4 Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse until incorporated.
- 5 Test by forming a small ball. If the mixture holds together well, it's ready. If it's too crumbly, add more flour. You need to form them into walnut-sized balls. You can use a spoon to do this
- 6 Heat 3 inches of oil in a deep pot or wok. Fry the falafel in batches, about 6 at a time, for 3-5 minutes or until golden brown and crispy.
- 7 You can serve with whatever you want such as cucumber and tomato, also special sauce and yogurt.

Some notes from chef: Herbs and Spices: Feel free to adjust the amount of parsley, cilantro, and spices to taste.



Fette

Syria

Fette, a traditional dish from the Middle East and Mediterranean regions, holds a significant place in both daily life and festive occasions. Its roots trace back to ancient times, where it was prepared as a means of utilizing leftover bread, turning humble ingredients into a nourishing and satisfying meal. The dish varies by country, often featuring a mix of pita or flatbread, olive oil, and a blend of spices, sometimes topped with yogurt or vegetables. Historically, Fette served as a practical meal for families, reflecting the region's culture of sustainability and resourcefulness.

Ingredients :

- Chickpeas
- Pita bread
(you can also use stale bread)
- Butter
- Red pepper flakes
- Mint
- Yoghurt.

How To Make :

- 1 First, we start by arranging our bread slices nicely at the bottom of our serving plate. Make sure the bread covers the entire base evenly.
- 2 Next, we take about 1 bowl of previously boiled chickpeas and spread them evenly over the bread layer. This provides a hearty base for our dish.
- 3 After that, we add a generous amount of yogurt on top, spreading it evenly to cover the chickpeas.



How To Make :

- 4 In a small pan, melt 1 tablespoon of butter until it's completely liquid. Once melted, drizzle the butter over the yogurt layer, ensuring it spreads across the entire dish. This adds a rich flavor to our Fette
- 5 Finally, sprinkle your choice of spices over the top to enhance the taste. Common choices include cumin, paprika, and black pepper, but feel free to adjust according to your preference. After adding the spices, our Fette is ready to be served. Enjoy your meal!
- 6 If you want, you can slice tomatoes, cucumbers to eat with it. (If you have boiled chickpeas, it takes even less than 10 minutes).

NOTE: Fetteh is also a great example of sustainable food (best practice). You can use stale bread, and if you have extra chickpeas left over from making a chickpea dish, you can use them the next day as well.



Kaymakli Irmik Helvasi

Syria

Kaymaklı irmik Helvası, also known as Semolina Dessert with Clotted Cream, holds a special place in Syria's rich culinary tradition. The dish has its roots in the broader Middle Eastern dessert culture and has been influenced by the Ottoman Empire's culinary practices. Over centuries, it evolved into a uniquely Syrian delicacy, particularly in cities like Aleppo and Damascus, known for their vibrant food culture.



Ingredients :

- 30 g of butter
- 160 g of semolina
- 200 g of granulated sugar
- 200 g of clotted cream
- 240 g of milk
- 240 g of water
- 8 g of vanilla
-

You can adjust the ingredients according to the number of members in your family.

How To Make :

- 1 Put the butter in the pot. After melting the butter, we add 1 cup of semolina and saute until its color changes.
- 2 When it turns "golden yellow" (important point) we add 1 cup of sugar.
- 3 After mixing the two, a little (5 minutes), we add the clotted cream and stir until it melts. In a separate bowl, we mix the milk and water. Then we pour it over the semolina.
- 4 Finally, we add the vanilla and mix well. Then we cover the pot and let it rest for 15 minutes. And our semolina dessert with clotted cream is ready. Enjoy your meal!



Lentil soup

Syria

Lentil soup is a common meal in Syrian households, served as a light dinner or starter to larger meals. It's a traditional dish for iftar (the evening meal to break the fast), as it is light, nutritious, and gentle on an empty stomach. With its warming and hearty nature, lentil soup is especially popular during colder seasons.



Ingredients :

- 150 g of onion, chopped
- 120 g of green bell pepper, diced
- 200 g of red lentils, rinsed in cold water
- 120 g of rice and lentils (half and half)
- 130 g of carrots, chopped
- 3 g of ground cumin
- 9 g of salt (or to taste)
- 1 g of pepper (optional)
- 45 g of tomato paste
- 2 lt of water or chicken broth

How To Make :

- 1 In a large pot, sauté the onion and bell pepper with a little water until they soften.
- 2 Add the lentils, rice, carrots, cumin, and water. Let it simmer for 30 minutes on low heat (or until both the rice and lentils are almost cooked).
- 3 Add the tomato paste, salt, and pepper, and cook for another 10 minutes or until everything is fully cooked.
- 4 Serve with squeezed lemon juice.



Şam Tatlısı (Damascus dessert)

Syria

Şam Tatlısı, originating from Damascus, Syria, is a beloved dessert symbolizing the city's rich culinary heritage. Made with semolina, syrup, and fragrant spices, it reflects the Middle Eastern tradition of sweet, indulgent treats. Passed down through generations, it remains a staple at celebrations and gatherings, showcasing Syrian hospitality and culture.



Ingredients :

- 240 g of all-purpose flour
- 80 g of semolina
- 120 g of milk
- 80 g of vegetable oil
- 3 g of instant yeast (1 teaspoon)
- 100 g of granulated sugar
- 80 g of yogurt
- 80 g of water
- 60 g of vegetable oil (for syrup)
- 400 g of granulated sugar (for syrup)
- 480 g of water (for syrup)
- Juice of half a lemon (about 15 g)

Tips from the chef: This dessert is slightly less sweet. However, if you prefer or enjoy sweeter desserts, you can use 1 cup of sugar instead of 1/2 cup.



How To Make :

- 1 In a bowl, mix together flour, semolina, milk, vegetable oil, yeast, sugar, and yogurt. Gradually add water until you form a soft dough.
- 2 Allow the dough to rest in a warm place for about 30 minutes.
- 3 Once the dough has risen, divide it into walnut-sized pieces, roll them into balls, and place them on a greased baking tray.
- 4 Bake them in a preheated oven at 180 degrees Celsius (350 degrees Fahrenheit) until they are golden brown, which should take about 20-25 minutes.
- 5 While the pastries are baking, prepare the syrup by boiling sugar and water together.
- 6 Add lemon juice and let it simmer for another 5 minutes.
- 7 Pour the hot syrup over the freshly baked pastries and let them rest until they absorb the syrup.
Enjoy your dessert!



Tebbule

Syria

Tebbule (also known as tabbouleh) is a traditional Levantine dish with origins in the Eastern Mediterranean, particularly in Lebanon and Syria. It dates back to ancient times, with its name derived from the Arabic word "tabbuleh," meaning "to season" or "to spice." The dish primarily consists of parsley, tomatoes, bulgur wheat, onions, mint, olive oil, lemon juice, and salt. Initially, it was served as a simple dish in rural areas, but over time, it became a popular part of Middle Eastern cuisine and spread to other regions. Today, it is a beloved salad known for its refreshing and healthy ingredients.



Ingredients :

- 160 g of fine bulgur
- 240 g of hot water
- 60 g of olive oil
- 30 g of lemon juice
- Salt to taste
- Pomegranate molasses to taste
- Black pepper to taste
- Red pepper flakes
- Greens (parsley, green onions, etc., about 30 g)

How To Make :

- 1 First, we begin by placing our bulgur in a bowl. To ensure the bulgur softens properly, we add hot water and let it sit for about 10–15 minutes. This soaking process is crucial for achieving the right texture.
- 2 Once the bulgur has softened, we proceed by adding lemon juice to give it a tangy flavor. You can also add pomegranate molasses at this stage for a hint of sweetness and additional depth of flavor.



How To Make :

- 3 Next, we sprinkle salt and a variety of spices over the bulgur, mixing everything thoroughly to ensure the flavors are well-distributed.
- 4 In addition to the bulgur, we incorporate finely chopped greens that we have prepared beforehand. This typically includes ingredients such as parsley, mint, and green onions, which add freshness and a burst of color to the dish.
- 5 After adding the greens, we mix everything together once more to fully integrate all the components.
- 6 Finally, we transfer the mixture onto plates. You can choose to serve it with a bed of lettuce leaves or on its own, depending on your preference. Enjoy your meal!





Europe



Draniki

Belarus

Draniki are more than just a dish in Belarus—they embody the cultural importance of potatoes in the diet and the close connection between the people and the land. Draniki are a versatile dish, often made for breakfast, lunch, or dinner. They are especially common in households across Belarus, where they might be served as a side dish alongside meats, stews, or soups, or as the main course with a dollop of sour cream. While draniki are a common everyday meal, they also make an appearance on special occasions. In Belarus, they are sometimes prepared during festive gatherings or family celebrations, such as holidays like Christmas and Easter, or when there are guests visiting. They represent hospitality and home-cooked comfort.



Ingredients :

- Potatoes
- Sour Cream
- Flour
- Salt

How To Make :

- 1 Grate potatoes finely and slightly squeeze the mass.
- 2 Add sour cream, flour, and salt.
- 3 Fry pancakes on both sides.
- 4 Eat them hot with sour cream.



Grah

Bosnia and Herzegovina

Bosnian brothy beans (Grah) is a beloved, hearty dish that is often prepared in Bosnian households, especially during the colder months. It consists of tender beans cooked in a flavorful, aromatic broth with vegetables and a variety of spices. This dish is comforting, simple to make and incredibly satisfying, often served with crusty bread on the side for dipping.



Ingredients :

- 2 cups dried white beans (such as cannellini or navy beans)
- 2 tablespoons olive oil (or any vegetable oil)
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 large carrot, peeled and chopped into small pieces
- 2 medium potatoes, peeled and chopped
- 1 bell pepper, chopped (optional)
- 1-2 tablespoons tomato paste
- 1 teaspoon paprika (preferably smoked paprika for extra flavor)
- 1 teaspoon dried oregano (optional)
- 1-2 bay leaves
- Salt and pepper to taste
- 4 cups vegetable broth (or water, but broth adds more flavor)
- 1 tablespoon vinegar (optional, for brightness)
- Chopped parsley for garnish (optional)



How To Make :

1 **Prepare the beans:**

Rinse the beans under cold water and check for any stones or debris. Soak the beans overnight in plenty of water. If you're short on time, you can use the quick-soak method: bring the beans to a boil in a large pot with water, let them boil for 2 minutes, then remove from heat and let them sit, covered, for 1 hour. After soaking, drain and rinse the beans.

2 **Sauté the vegetables:**

In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté until it becomes translucent, about 5-7 minutes. Add the minced garlic and chopped carrots. Stir and cook for another 2 minutes.

3 **Add the seasonings:**

Stir in the tomato paste, paprika, oregano, and bay leaves. Let the spices cook for about a minute to release their flavors.

4 **Cook the beans:**

Add the soaked and drained beans to the pot along with the vegetable broth (or water). Bring to a boil, then reduce the heat to low. Cover and simmer for 1-1.5 hours, or until the beans are tender. Stir occasionally and add more water if needed to maintain a broth-like consistency.

5 **Add potatoes and bell pepper:**

About 20 minutes before the beans are done, add the chopped potatoes and bell pepper (if using) to the pot. Continue cooking until the potatoes are tender and the broth has thickened a bit.

6 **Finish and adjust seasoning:**

Once the beans are fully cooked and tender, remove from heat. Stir in salt, pepper, and a tablespoon of vinegar (if using) for extra brightness. Taste and adjust seasonings as necessary.

7 **Serve:**

Ladle the grah into bowls, garnishing with fresh chopped parsley if desired. Serve hot with crusty bread on the side.

Serve your Bosnian brothy beans hot, with some crusty bread on the side. The dish is warming, rich and perfect for a cozy meal.



Sirnica

Bosnia and Herzegovina

Bosnian Sirnica is a traditional Bosnian pastry that is made from dough and stuffed with cheese, typically a combination of white cheese, yogurt, and sometimes eggs. It's a delicious, savory dish that is often served for breakfast or as a snack.



Ingredients :

For the dough:

- 500g (4 cups) all-purpose flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 packet (7g) dry yeast
- 1 cup warm milk (or water)
- 2 tablespoons vegetable oil
- 1 egg (optional, for a richer dough)
- 1 tablespoon vinegar or lemon juice (optional, helps with dough texture)

For the filling:

- 300g white cheese (such as feta, or Bosnian cheese if you can find it)
- 1/2 cup plain yogurt
- 1 egg (optional)
- Salt, to taste (depending on the saltiness of the cheese)
- Black pepper (optional)

For brushing:

- 1 tablespoon vegetable oil or melted butter
- 1 egg (for egg wash, optional)



How To Make :

1 **Prepare the Dough:**

In a large mixing bowl, combine the flour, salt, sugar, and dry yeast. In a separate bowl, mix the warm milk (or water), oil, and vinegar (if using). Add the wet ingredients to the dry ingredients and mix well. Knead the dough for about 10 minutes until smooth and elastic. If it's too sticky, add a little more flour. If it's too dry, add a little water or milk. Once the dough is well kneaded, cover it with a clean towel or plastic wrap and let it rise in a warm place for about 1 hour or until it doubles in size.

2

Prepare the Filling:

While the dough is rising, crumble the cheese into a bowl. Add the yogurt, egg (if using), and season with salt and pepper. Mix until everything is well combined. Set the filling aside.

3

Assemble the Sirnica:

Once the dough has risen, punch it down to release the air. Divide the dough into 2 or 3 equal portions (depending on how many layers you want). Roll out one portion of the dough into a large, thin circle on a floured surface. It should be quite thin but not so much that it tears. Spread a thin layer of the cheese filling evenly over the dough. Roll the dough into a tight log or cylinder. Twist the dough into a spiral shape (like a coil). Place it into a greased baking dish. Repeat with the remaining dough portions and cheese filling, stacking the spirals on top of each other in the baking dish.

4

Bake:

Preheat the oven to 180°C (350°F). If you like, you can brush the top of the sirnica with a little oil or melted butter, and optionally brush with a beaten egg for a golden finish. Bake for 30-40 minutes or until the sirnica is golden brown on top. Once done, remove it from the oven and let it cool slightly before serving.

5

Serve:

Sirnica is typically served warm, either as a snack, breakfast or with a nice cup of yogurt!



Bulgur with tomatoes

Türkiye

While it can be made year-round with canned tomatoes, the dish is at its peak during the summer and early autumn when fresh, ripe tomatoes are plentiful. This dish is more than just food; it represents the heart of Turkish cooking—simple, hearty, and full of flavor. Bulgur itself is celebrated as a "people's ingredient," connecting rural traditions with urban kitchens.



Ingredients :

- Yellow wheat, shelled, boiled
- One medium onion
- 2 garden tomatoes
- Butter
- Sunflower oil

How To Make :

- 1 Use one measure of washed wheat/1+1/2 measure of water, 2 large ripe tomatoes, one medium onion, butter, and sunflower oil.

- 2 Wash the bulgur and drain it, chop the onion and sauté it in butter and oil (2 tablespoons) until golden, then add the diced tomatoes, followed by the washed bulgur and salt to taste.



How To Make :

- 3 Sauté everything, then add water as I mentioned: 1+1/2 measure of water for the amount of bulgur (for example: one glass of bulgur, one and a half glasses of water).

Note: use hot water. Simmer on low heat, covered, until all the water evaporates. Serve warm, with a generous handful of chopped parsley on top, along with a healthy glass of ayran.



Hummus

Türkiye

In Turkish households -and not only!- hummus is prepared for simple meals, often paired with fresh pita bread, olives, and vegetable



Ingredients :

- Chickpeas
- Sesame paste tahini
- Lemon
- Garlic
- Salt

How To Make :

- 1 Use one cup of boiled chickpeas, one tablespoon of tahini (sesame paste), 2 cloves of garlic, one teaspoon of lemon juice, and salt.
- 2 Mix in a blender until it becomes a spreadable cream.
- 3 Place on a plate and decorate with various spices, roasted nuts, or other seeds according to taste. You can also decorate it with a topping made from onions, tomato paste, and olive oil.
- 4 Serve with chips made from fried flatbread.



Mercimek Köftesi

Türkiye

Mercimek Köftesi is a popular dish that is ideal for community gatherings and sharing.



Ingredients :

- 200 g of red lentils
- 480 g of water
- 160 g of fine bulgur
- 150 g of onion, finely chopped
- 45 g of tomato paste
- 60 g of olive oil
- 2 g of cumin
- 1 g of paprika
- 30 g of parsley, chopped
- 30 g of green onions, chopped
- Salt and pepper to taste
- Lettuce leaves for serving
- Lemon wedges for garnish

How To Make :

- 1 First, cook the lentils: rinse them and boil them with water until they are soft and the water is absorbed about 15–20 minutes. Second, remove from heat and stir in the bulgur. Cover the pot and let it sit for 15 minutes, allowing the bulgur to absorb the remaining heat and swell.
- 2



How To Make :

- 3 Next, in a skillet, heat half the olive oil and sauté the onion until translucent. Add the tomato paste, cumin, and paprika, cooking until aromatic and well-mixed.
- 4 Then add the onion and spice mixture to the lentil and bulgur mixture. Mix in the chopped parsley and green onions. Season with salt and pepper.
- 5 In the end, when the mixture is cool enough to handle, shape it into small balls or patties. Drizzle with the remaining olive oil. Serve on lettuce leaves with lemon wedges on the side.



Turkish kisir

Türkiye

Kisir is a Turkish bulgur salad made with fresh parsley, tangy pomegranate molasses, and red pepper paste. Naturally vegan and packed with flavor, it gets its signature reddish color from the pepper paste and is typically served cold with fresh vegetables. It's a quick, healthy dish perfect for meal prepping lunches or dinners throughout the week.



Ingredients :

- 80 g of fine bulgur
- 30 g of green onions
- 30 g of parsley
- 45 g of red pepper paste
- 120 g of pomegranate molasses
- 240 g of olive oil

How To Make :

- 1 Place the bulgur in a mixing bowl and add enough warm or cold water to cover it. Stir well until the bulgur absorbs the water and softens.
- 2 Add 3-4 tablespoons of red pepper paste (Salça) along with the desired spices. Knead the mixture until the bulgur is fully flavored and soft.



How To Make :

- 3 Pour in the pomegranate molasses and knead again to ensure it's evenly incorporated.
- 4 Add the chopped greens (parsley and mint) and drizzle in the olive oil. Continue kneading until everything is well combined.
- 5 Your kisir is now ready! Serve it with fresh tomatoes, cucumbers, lettuce, and pickles for a delicious, refreshing meal.



Turşu

Türkiye

Turşu uses the principle of preservation. It extends the shelf life of produce and enhances nutritional content with probiotics.



Ingredients :

- 1 kg of mixed vegetables (cucumbers, carrots, green beans, cauliflower, and bell peppers)
- 1l of water
- 240 g of white vinegar
- 30 g of salt
- 12 g of garlic
- 5 g of black peppercorns
- 5 g of coriander seeds
- Fresh dill sprigs to taste
- Chilli peppers to taste

How To Make :

- 1 First, prepare the vegetables. Wash them. Cut them into bite-sized pieces or leave small ones whole.
- 2 Second, prepare the brine. In a large pot, combine water, vinegar, and salt. Bring to a boil, then remove from heat and let cool slightly.



How To Make :

- 3 Next, layer the ingredients: In clean jars, layer the vegetables with garlic, peppercorns, coriander seeds, dill sprigs, and chilli peppers if using.
- 4 Then add the brine. Pour the warm brine over the vegetables in the jars, submerging all the ingredients.
- 5 Finally, seal and store. Close the jars tightly and store them in a cool, dark place for at least one week before opening. For best results, wait two to three weeks. Refrigerate after opening.



Kutya

Ukraine

This is a very Slavic dish, however, it has variations in the Middle East. Different countries substitute raisins with plumes or barley with rice or wheat. This is one of our participants' versions.



Ingredients :

- 500g barley
- 1/2 litre water
- 125g sugar
- 70g roasted chopped walnuts
- 100g raisins
- 80g poppy seeds

How To Make :

- 1 First, boil the barley. Cool it down completely.
- 2 Second, mix the barley, walnuts, raisins and poppy seeds in the water and the sugar.
- 3 Leave in the fridge overnight.
- 4 Serve at room temperature.

Kvasenye Pomidory

Ukraine

Ukrainian fermented tomatoes (Kvasenye Pomidory) are a classic Eastern European delicacy, often enjoyed as a tangy and crunchy snack or a side dish. This dish is popular in Ukrainian cuisine, especially in rural areas, where homemade fermented foods are a staple. The fermentation process imparts a unique sour flavor to the tomatoes, making them a refreshing contrast to the richness of many Ukrainian meals. The tomatoes are usually fermented in a brine made with garlic, dill, and other spices, and can be enjoyed cold or at room temperature. They're great alongside meats, stews, or on their own.

Ingredients :

- 2 kg small, firm tomatoes
- 3-4 cloves garlic, smashed
- 2-3 sprigs fresh dill (or 2 tbsp dried dill seeds)
- 2 tbsp sugar
- 2 tbsp salt
- 1 tsp black peppercorns
- 1-2 bay leaves
- 1 liter (4 cups) water
- 1 tbsp vinegar (optional, for added tanginess)

How To Make :

1

Prepare the tomatoes:

Wash the tomatoes thoroughly and remove any stems. Use a fork to poke a few small holes in each tomato to help the brine penetrate.

2

Prepare the brine:

In a pot, bring the water to a boil, then add the salt, sugar, and any optional spices like mustard seeds. Stir until the salt and sugar are dissolved. Remove from heat and let the brine cool completely.

3

Pack the jar:

Sterilize your jar by boiling it or washing it in hot water. Place the garlic, dill, bay leaves, and peppercorns at the bottom of the jar.

Pack the tomatoes tightly into the jar, ensuring they are evenly distributed.



How To Make :

4

Add the brine:

Pour the cooled brine over the tomatoes, making sure they are fully submerged. If necessary, you can place a clean weight (like a small plate or a jar lid) on top to keep the tomatoes below the liquid level.

5

Ferment the tomatoes:

Cover the jar loosely with a lid or cloth and place it in a cool, dark area to ferment for about 3-7 days, depending on the temperature and your preference for tanginess. You may want to check on them daily to ensure they remain submerged and to taste for the desired sourness.

6

Store the fermented tomatoes:

Once the tomatoes have reached the desired level of fermentation, seal the jar tightly and refrigerate. They can be stored in the fridge for up to a month.





Latin America



Brigadeiro (Chocolate Truffles)

Brazil

This is by far the most famous and beloved Brazilian sweet. The name brigadeiro has an interesting story. It's named after Brigadier Eduardo Gomes, a Brazilian Air Force officer who ran for president back in the 1940s. This was a time when women had recently won the right to vote (1932) and were becoming more involved in public and political spheres. As Gomes campaigned, his supporters, particularly women from high society in Rio de Janeiro, organized fundraisers to support his campaign. To raise money, they made and sold these homemade chocolate treats that eventually became known as brigadeiros in his honor. Gomes didn't win, but these women helped popularize the treat, and their active participation in the campaign reflected a new level of civic engagement for Brazilian women. The brigadeiro, born from a political campaign, became a symbol of Brazilian celebration, connecting it in a small way to the era when women in Brazil were first stepping into a more public and participatory role in society.

Ingredients :

- 1 can sweetened condensed milk
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon butter
- Chocolate sprinkles for coating

How To Make :

- 1 Cook the Mixture:**
In a medium saucepan, combine the condensed milk, cocoa powder, and butter. Cook over medium heat, stirring continuously to prevent burning.
- 2** Continue to stir until the mixture thickens and starts to pull away from the bottom and sides of the pan (about 10 minutes).



How To Make :

3

Cool the Mixture:

Transfer the mixture to a greased plate or bowl. Let it cool to room temperature, then refrigerate for at least 1 hour to firm up.

4

Form the Truffles:

Spread the chocolate sprinkles on a flat plate. Grease your hands with a bit of butter. Scoop small amounts of the chocolate mixture and roll them into balls (about the size of a walnut). Roll each ball in the chocolate sprinkles to coat.

5

Serve:

Place the brigadeiros in small paper cups. Serve at room temperature.



Pudim de Leite (Brazilian Flan)

Brazil

Pudim Flan and a strong Brazilian coffee are like best friends. Many people order a little slice of pudim with their cafezinho. The caramel sweetness and creamy texture of the pudim go so well with the bitterness of coffee—it's an irresistible combo. Some Brazilians even dip their pudim in the coffee!



Ingredients :

For the Caramel:

- 200 g of sugar
- 120 g of water

For the Custard:

- 1 can of sweetened condensed milk
- 2 cans (using the same can) of whole milk
- 3 large eggs
- 5 g of vanilla extract

How To Make :

1 Prepare the Caramel:

- In a saucepan, combine sugar and water.
- Cook over medium heat without stirring until the sugar dissolves and turns a deep amber colour.
- Carefully pour the hot caramel into a bundt pan or round cake pan, tilting to coat the bottom and sides evenly. Set aside.



How To Make :

2

Prepare the Custard:

- Preheat the oven to 175°C.
- In a blender, combine sweetened condensed milk, whole milk, eggs, and vanilla extract. Blend until smooth.

3

Assemble and Bake:

- Pour the custard mixture over the hardened caramel in the pan.
- Place the pan in a larger roasting pan filled with hot water, creating a water bath.
- Bake for about 60 minutes or until the custard is set (a knife inserted in the center should come out clean).

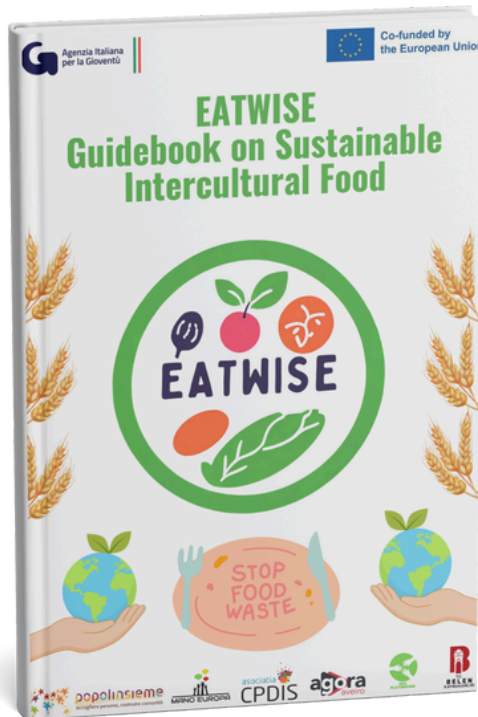
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Cool and Unmold:

- Remove the pudim from the water bath and let it cool to room temperature.
- Refrigerate for at least 4 hours or overnight.
- To unmold, run a knife around the edges, place a serving plate on top, and invert quickly. Slice and serve chilled.



Peržiūrėkite Vadovą!



Taip pat perskaitykite EATWISE tvaraus tarpkultūrinio maisto Vadovą – šaltinį, skirtą ištirti ir pasidžiaugti kulinarine praktika, kuri skatina aplinkos tvarumą ir kultūrinę integraciją.

Peržiūrėkite tvaraus
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Thank you for reading

Now, it's up to you! We encourage you to experiment boldly with these recipes, share them with your loved ones, and embrace greener habits inspired by diverse, sustainable culinary traditions. May your kitchens always be places of discovery, connection, and mutual respect.

