

Mini  
**Cook Book:**  
Zero time to waste





# Introduction

We are delighted to present the result of months-long collaboration and dedication from all the participants of our project—a mini cookbook that is far more than just a collection of recipes. Our publication fuses traditional national flavors with the modern and increasingly necessary philosophy of Zero Waste. Our aim is not only to encourage the exploration of the culinary richness of different nations but also to promote a responsible and balanced approach to using the resources of our planet.

In this book, you will find recipes that are the fruit of collective work during our exchange. Each recipe has been carefully selected and tested to meet criteria for taste, authenticity, and alignment with the Zero Waste ideology. We want to demonstrate that respect for tradition can go hand-in-hand with care for the environment.

Food waste is an issue that affects us all, both at the individual and community levels. We believe that young people have the power to bring about positive change in this area, and we want to provide the tools that will enable this. Our cookbook is a step in that direction, combining practical culinary advice with deeper reflections on value and responsibility. Let it be an inspiration for anyone who wants to understand how to nourish themselves and others in a balanced and responsible manner.

Through this project, we hope to influence the way we think about cooking and consumption, and to inspire small changes that can make a big difference. We invite you to explore, experiment, and most importantly, to cook in the spirit of Zero Waste.





# The 5Rs in Culinary Context: Refuse, Reduce, Reuse, Recycle, Rot

→ **Refuse:** In the culinary context, refusing primarily pertains to unnecessary packaging and single-use plastic. One can refuse to accept a plastic straw at a restaurant, avoid using foil containers for food, and instead utilize reusable containers.

→ **Reduce:** Reduction in the kitchen may involve only purchasing those products that will surely be consumed to prevent food waste. You can also consider the energy efficiency of kitchen appliances and limit water usage during cleaning and cooking.

→ **Reuse:** In the kitchen, finding an additional purpose for items is often easy. Old jars can serve as containers for spices or for homemade preserves. Worn-out kitchen towels can become rags. Reuse is also possible in the context of food; for instance, vegetable scraps can be used to prepare broth.

→ **Recycle:** Recycling in the kitchen primarily involves waste segregation. Plastic, glass, and metal should be separated and sent for recycling. Some kitchen waste, such as coffee grounds or eggshells, can also be recycled in a special way, such as garden fertilizer.

→ **Rot:** In the kitchen, there is a large amount of organic waste, such as vegetable peels, fruit remnants, or tea leaves. These materials are ideal for composting. Through composting, we can reduce the amount of waste going to landfills while simultaneously producing valuable fertilizer for plants.

## Conclusion

Integrating the 5R principles into culinary practices is beneficial not only for the environment but also for the household budget. Implementing these principles into your everyday kitchen routine can also be educational for children, teaching them a conscious approach to resources and responsibility for the environment.





# A Recap of MASTERCHEF-Inspired Culinary Workshops with Elements of Sustainable Development

## **Taste, Creativity, and Sustainability:**

### An Experiment That Transcended the Kitchen

We invited you to unique culinary workshops inspired by the MASTERCHEF show. This extraordinary event was designed to challenge the cooking skills, creativity, and teamwork abilities of the participants, all within the context of sustainable development and conscious consumption.

### Cooperation and Responsibility in the Forefront

Participants were divided into four teams. Each team had the opportunity to present its own logo, name, and slogan, significantly impacting the spirit and atmosphere of the team. With a budget of 70 złoty for ingredient purchases, they proved that it's possible to prepare three tasty dishes—an appetizer, a main course, and a dessert—with minimal waste of resources.

### It Was More Than Just Cooking

The main goal of these workshops was not only to create appetizing and visually appealing dishes but also to promote a conscious, sustainable approach to utilizing the resources of our planet. The jury paid special attention to waste minimization, visual appeal, and taste during the assessment.

### An Excellent Lesson, Not Just Culinary

These workshops served not only as an excellent opportunity to learn new culinary skills but also as a stimulus for personal development. Participants demonstrated themselves to be conscious consumers, effectively communicating and collaborating within a team.

### In Summary...

These workshops turned out to be not just a culinary but also a life experience, focusing on developing creativity, understanding the principles of sustainable development, and building new, interesting relationships.

It was an exciting event that combined a passion for cooking with care for the natural environment. We warmly thank all participants for their active participation and commitment to creating something truly exceptional.





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# ARANCINI

Arancini, or „little oranges,” are versatile Italian rice balls originating from Sicily. Perfect for zero-waste cooking, they offer an excellent way to repurpose leftover risotto or rice. Sustainably sourced rice and local ingredients are preferable for minimizing environmental impact. Importantly, the dish’s adaptability allows you to utilize various ingredients you may already have in your refrigerator, reducing food waste. Leftover vegetables, cheese, or meat can serve as delicious fillings. For breading, stale bread can be ground into crumbs, and eco-friendly oils can be used for frying. Arancini stands as a delightful example of how culinary creativity can align with environmental responsibility, offering a flavorful experience while minimizing waste.

**Preparation time:** 2h 15 minutes

## Ingredients:

- 200 g of rice
- 1 onion
- 1 clove of garlic
- 2 eggs
- breadcrumbs
- grated cheese to taste
- spices to taste

## Preparation:

1. Make the rice and caramelize the onion.
2. Make a mixture with the rice, the caramelized onion, cheese, one egg and spices to taste.
3. Make balls with the mixture and leave to rest in the fridge.
4. Once the balls are cold and have a dense consistency, coat them in egg and breadcrumbs.
5. Fry them in a frying pan.
6. Mix the breadcrumbs with the onion skin powder. The powder is made as follows:
  - a. clean the onion skins
  - b. dehydrate them in the oven until they are crunchy
  - c. add them to the turbo mix with salt and grind them.





## Cheese sauce to be added to risotto and arancini (appetizer)

Ingredients:

- onion
- milk
- butter
- flour
- grated cheese

### Preparation:

1. Create a bechamel sauce: melt the butter and add the flour, once you have a homogeneous mixture add the milk and mix.
2. Add the cheese and caramelized onion to the bechamel sauce gradually. Add pepper and salt.
3. When the mixture is homogeneous, blend the sauce so that there are no pieces of onion and cheese still unmelted.





# RISOTTO

Zero Waste Risotto is a classic Italian dish that is perfect for using up leftover vegetables and other ingredients. Based on an aromatic broth, often made from vegetable scraps like peelings or stems, and Arborio rice, which excellently absorbs flavors, we create a meal that is not only delicious but also ecologically responsible. You can also add meat or fish leftovers from other meals or use cheese ends that would usually be thrown away to give the risotto a creamy texture. Creativity and the ability to use what's at hand are key in this dish, making every serving unique but always tasty and in line with zero waste principles.

**Preparation time:** 40 minutes

## Ingredients:

- 100 g mushrooms
- 1 onion
- 1 clove of garlic
- 150 g rice
- red wine
- grated cheese (to taste)

## Preparation:

1. Put the mushrooms in a frying pan with a little oil and let them cook and when they are cooked put them aside.
2. In the same frying pan with a little oil put the onion and garlic, when they are almost cooked add the rice, wait a few seconds and add a splash of red wine.
3. After a few minutes add the hot vegetable stock little by little.
4. Once cooked, add the remaining cheese.





# RICE PUDDING

Rice pudding is a zero-waste-friendly dessert made by simmering leftover rice in sustainably-sourced or plant-based milk. Flavor it with eco-friendly spices like cinnamon or nutmeg, and consider adding dried fruits or homemade jam from overripe fruits to minimize waste. This versatile dish can be served warm or cold, making it energy-efficient. A simple yet sustainable treat, rice pudding showcases how comfort food can be both delicious and environmentally responsible.

## Preparation:

1. You start by boiling the rice until three quarters done in the water. After that you drain all the water, add the milk and the vanilla pod (you need to cut it up very finely first). When the rice is almost done, add the sugar.
2. Serve warm or cold, but it is best served warm.
3. For the sauce, add some crushed almonds in a pan until they are slightly roasted, add some butter (maybe half a stick), three table-spoons of honey, a teaspoon of cinnamon, a bit of lemon juice and some vanilla extract (measure with your heart).
4. Stir constantly so it doesn't burn - honey burns fast. When the mixture is golden brown, pour it out onto whatever dessert you want.
5. If you want your sauce to be more creamy, add more butter and if you want it sweeter, more honey.

**Preparation time:** 55 minutes

## Ingredients:

- 200 g of rice
- 250 ml of water
- 750 ml of milk
- 120 g of sugar
- half of a vanilla pod or a full one depends on the taste (you can replace it with vanilla extract or vanilla sugar)
- a pinch of salt





# FRIED BANANAS WITH CHOCOLATE

„Fried Bananas with Chocolate” is a zero-waste-friendly dessert that repurposes ripened bananas that might otherwise go to waste. Sliced and fried to a golden crisp, these bananas are then topped with sustainably sourced melted chocolate. Optional garnishes like nuts can be sourced from eco-friendly producers or can be remnants from previous culinary projects. If you wish to add a citrusy element, consider using orange slices that are leftovers from another meal. This quick and delightful dish showcases how you can satisfy your sweet tooth while adhering to sustainable and zero-waste practices.

**Preparation time:** 30 minutes

## **Ingredients:**

- bananas x2
- chocolate (over 60% cocoa) 1 bar
- butter
- handful of almonds and cashews
- orange x1

## **Preparation:**

1. We start by cutting the two bananas into more or less thin slices and fry them in a frying pan until they are golden brown.
2. We remove them from the pan and drain the excess oil.
3. While we let them rest, we melt the chocolate with some butter so that it is not too compact. We stir until we obtain a semi-liquid point.
4. Once we have the slices spread out on a tray, we cover them with the melted chocolate and decorate with nuts to taste.
5. We let it rest in the refrigerator until the chocolate has solidified and we serve it over some orange slices to provide a more citrus flavor. We can grate the orange peel on the plate to obtain an extra point of flavor.





# PASTA ALL'ASSASSINA

Pasta all'Assassina, or „Killer Pasta,” is a zero-waste-friendly Italian dish that pan-fries pasta and deglazes it with left-over broth or homemade sauce. The cooking method yields a unique crispy-yet-tender texture. The dish is versatile, allowing you to incorporate kitchen remnants like garlic ends or wilted basil leaves, and even bruised tomatoes for the sauce. Topped with eco-friendly Parmesan, this dish transforms common ingredients into an audacious culinary experience while aligning with sustainability.

**Preparation time:** 45 minutes

## Ingredients:

- spaghetti
- tomato sauce
- salt
- oil
- garlic
- tomato paste
- chili pepper

## Instructions:

1. You start by making a broth by boiling the paste in the water in a deep pot.
2. In the meantime, in a pan you have to stir fry the garlic and chili pepper. That you have previously cut finely.
3. When the garlic has a golden color you can add the tomato sauce, salt and some sugar if the tomato is too sour.
4. When the tomato is cooked you'll add pasta directly into the pan.
5. Fry the pasta in the sauce until it sticks to the bottom of the pan and at this point add a couple of spoons of the broth so the pasta absorbs it then and dries.
6. Repeat this process until the pasta is cooked.
7. Serve it with fresh basil and a spoon of parmesan cheese.





# JABOLCNI STRUDELJ (APPLE STRUDEL)

Jabolčni Strudelj, also known as Apple Strudel, is a zero-waste-friendly dessert using tart apples, ideal for repurposing fruit that's bruised but still flavorful. The homemade dough allows for controlled ingredient quality and minimal packaging waste. The filling can incorporate pantry surplus like sugar, raisins, and almonds, sourced sustainably. Homemade powdered sugar for garnish and sustainably packaged cream or ice cream complete the dish, offering a delightful blend of flavors and textures while promoting zero-waste and sustainability.

**Preparation time:** 2 hours 15 minutes

## Ingredients:

- 250 g flour
- 3 tablespoons oil
- 0,5 teaspoon salt
- 125 ml water
- 1,5 kg apples
- 80 g bread crumbs (old bread)
- 15 g sugar
- 65 g raisins
- 65 g almonds
- 1 bag vanilla sugar
- 1 bag cinnamon
- 125 ml creme
- 40 g butter

## Instructions:

1. To prepare the dough, combine oil, salt, and water with the flour. Form the mixture into a ball of dough and allow it to rest for 20 minutes.
2. Next, shred the apples, leaving the peel on, and mix them with breadcrumbs, sugar, raisins, almonds, vanilla sugar and cinnamon.
3. Preheat the oven to 200°C.
4. Divide the rested dough into four equal portions. Roll out each portion and spread cream over the surface. Then, layer the apple filling on top. Place the assembled strudel onto a well-buttered baking tray.
5. Bake the strudel for 60 minutes, occasionally basting it with butter. The strudel is ready when the crust turns brown.
6. Serve warm and enjoy.





# GAZPACHO

Gazpacho is a cold Spanish soup ideal for zero-waste cooking. Made from ripe or slightly bruised seasonal vegetables like tomatoes and cucumbers, it's a sustainable choice for hot summer days. Homemade to eliminate packaging waste, the soup can be customized in texture and garnished with repurposed leftover bread as croutons. This dish embodies both the freshness of Mediterranean cuisine and the principles of zero-waste living.

**Preparation time:** 25 minutes

## Ingredients:

- tomatoes 1 kg
- cucumber x1
- olive oil 50 gr
- green pepper x1
- garlic x2
- salt 5 gr
- water 250 gr
- lemon juice 30 gr

## Preparation:

1. Begin by thoroughly washing all vegetables and fruits. Once cleaned, proceed to dice or chop them into small pieces to facilitate easier blending. This includes any vegetables or fruits listed in your ingredients, such as tomatoes, cucumbers, or peppers.
2. In the blender jug or a mixing bowl suitable for blending, add olive oil, water, and lemon juice. These liquids will serve as the base for blending all the ingredients into a smooth mixture.
3. Place the chopped vegetables and fruits into the blender with the liquids. Ensure that you keep the peels on the tomatoes as they contain nutrients and fiber. Blend the mixture on a medium to high setting for approximately 5 minutes or until it reaches a well-mixed, slushy consistency.
4. After blending, pour the mixture through a fine-mesh strainer or sieve into a clean bowl or jug. Use a spoon to press the mixture down or stir to expedite the process. This step is crucial for removing any remaining peels or lumps, ensuring a smoother, more palatable texture.
5. Transfer the strained mixture into a container with a lid or cover the bowl with plastic wrap. Place it in the refrigerator for at least a couple of hours to allow the flavors to meld together and the mixture to chill.
6. Once the mixture is well-chilled, it is ready to be served. Pour into individual glasses or bowls, garnish as desired, and enjoy your meal.





# SARMALE

Sarmale is a Romanian dish of stuffed cabbage leaves ideal for zero-waste cooking. The filling, often made of minced meat and rice, can be prepared using leftovers or sustainably-sourced ingredients. Additional flavors like homemade tomato sauce or sauerkraut made from excess cabbage contribute to waste reduction. The dish is energy-efficient when slow-cooked and can be served with homemade sour cream or polenta to further align with zero-waste principles.

**Preparation time:** 1 hour

## Ingredients:

- cabbage leaves
- rice 150g
- beef meat 1 kg
- onions x1
- cabbage
- tomato sauce
- salt, pepper, thyme, bayleaves
- oil, water

## Toppings:

- sour cream
- polenta
- bread

## Preparation:

1. Combine the pre-fried rice (as per Step 2) with the beef in a large mixing bowl.
2. In a separate frying pan, sauté the onions along with the rice until the onions turn golden.
3. Add the tomato sauce to the pan and stir well to incorporate.
4. Pour in enough water to fully cover the onions, then bring the mixture to a boil. Continue cooking until the onions have softened.
5. Mix the softened onion mixture from Step 4 into the bowl containing the beef and rice. Season with desired spices.
6. Spoon a portion of the filling mixture onto a leaf.
7. Carefully roll up the leaf to encase the filling, forming a compact roll.
8. Place all the rolled leaves into a pot and cook until they are thoroughly done.
9. Serve and enjoy with sour cream or polenta as an accompaniment.





# AUTHENTIC CREMA CATALANA

Crema Catalana is a Spanish dessert perfect for zero-waste cooking. Use bulk-bought sugar and local organic milk, along with repurposed citrus peels for zest. Egg yolks, often left over from other recipes, find a purpose here. The dessert can be served in reusable clay dishes, and a kitchen torch can caramelize sustainably-sourced sugar for the iconic crust, reducing waste and energy use.

**Preparation time:** 40 minutes

## Ingredients:

- 1 l whole milk
- $\frac{3}{4}$  cups granulated sugar (150 g)
- 1 cinnamon stick
- 1 lemon peel
- 8 egg yolks
- 2 tablespoons cornstarch
- 1 tablespoon sugar per serving for caramelized crust optional

## Preparation:

1. In a saucepan, add milk, a cinnamon stick and a lemon peel.
2. Put it over high heat and when it starts to boil, lower the heat and let it cook for 5 more minutes. Set aside with the saucepan covered.
3. Separate 8 egg yolks from 8 egg whites. In a mixing bowl, beat the egg yolks and sugar with a hand held mixer at medium speed until foamy and pale yellow.
4. Add 2 tablespoons of cornflour to the mixture and beat with the hand mixer until well integrated.
5. Pour the milk into the mixture through a sieve, removing the cinnamon stick and the lemon peel. Whisk with the hand mixer for one second.
6. Once you have all the mixture integrated, put it back on the stove over a medium heat. Stir with a whisk until it starts to boil.
7. As soon as you see the first boiling bubble, remove it from the heat and pour it into traditional clay dishes.
8. Leave to cool for 10 minutes and place the cream in the fridge for 3 hours until it rests and cools down.





# TIRAMISU

Tiramisu, a luscious Italian dessert, can be adapted for zero-waste cooking. Utilize leftover coffee grounds for soaking the sponge cake, and consider homemade or sustainably-packaged mascarpone. Bulk-purchased cocoa can be used for dusting, and the dish can be served in reusable glassware. These measures make Tiramisu not only a treat for the palate but also eco-friendly.

## Preparation:

1. First of all, make the coffee so that it has enough time to cool off or use cold coffee left from yesterday.
2. Then, separate the egg whites from the yolks. Set aside the yolks.
3. In a bowl, add to the egg whites 4 tablespoons of sugar and a pinch of salt and whip them until stiff: you will get at it when the egg whites will not move if you turn the bowl over. You should use an electric mixer for that.

REMEMBER that to whip egg whites to stiff peaks, there should be no trace of yolk. Once ready, set aside.

4. In another bowl beat the egg yolks with the remain sugar until light and smooth, around 3 to 5 minutes. Combine it after with mascarpone and mix until it is fully incorporated.

5. Combine the egg whites mixture with the egg yolks. Mix with a wooden spoon, from bottom up. Mix slowly until smooth and creamy.

6. Now let's prepare the layers of ladyfingers and mascarpone cream. You can make 2 or more layers, depending on the width and depth of your pan.

7. Dip the ladyfingers quickly (1 or 2 seconds) into the coffee. Then arrange the ladyfingers in the casserole of your liking. For a fancy presentation you can use a glass.

IMPORTANT The ladyfingers should not soak too much coffee, otherwise the tiramisu will be too rich in coffee and runny. And also after each layer of cream-sprinkle some cocoa powder.

8. Arrange them so that they cover the bottom of the casserole. Then spread the mascarpone cream over the ladyfingers.

9. Add another layer of ladyfingers and then top with more mascarpone cream. If you are making the last layer, spread the mascarpone cream generously and sprinkle some more cocoa powder.

10. Allow to rest 3 hours in the refrigerator before serving. Even better if you prepare the tiramisu the day before, letting it rest overnight.

**Preparation time:** 50 minutes

## Ingredients:

- 500 g mascarpone
- 500 ml sweetened coffee
- 400 g ladyfingers
- 8 tablespoons sugar
- 5 eggs separated
- 3 tablespoons cocoa
- 1 vanilla essence
- a little salt





# RADISH LEAF PESTO FOR JARS

Homemade pesto is a great addition to everyday cooking. It's a tasty complement to many dishes, especially quick pasta or rice dishes.

**Preparation time:** 10 minutes

## Ingredients:

- radish leaves (2 cups, packed)
- garlic (2-3 cloves)
- toasted sunflower seeds (1/2 cup)
- grated yellow cheese (1/2 cup)
- olive oil (1/2 to 3/4 cup)
- seasonings

## Preparation:

1. Simply blend all these ingredients and transfer them to a glass jar.
2. It's best to store pesto in the fridge. If you want it to stay fresh for longer, you can top it with a thin layer of olive oil.





# VEGETABLE RAGOUT

Vegetable ragout is a dish whose core consists of fresh vegetables such as pumpkin, zucchini, onion, and celery, as well as legumes, including red and white beans. Spices such as curry, chili con carne, and Chinese seasonings give it an oriental flavor. The recipe for vegetable ragout is easy to prepare and perfect for vegetarians and vegans.

**Preparation time:** 30 minutes

## Ingredients:

- zucchini 1 piece
- pumpkin 150 grams
- mix of ground chili pepper, cumin, garlic powder, and a pinch of salt
- red onion 2 pieces
- celery stalk 1 piece
- red canned kidney beans 3 tablespoons
- white canned beans 3 tablespoons
- fresh cilantro 1 bunch
- olive oil 3 tablespoons
- water 250 milliliters

## Preparation:

1. Drain both types of beans. Chop the zucchini, pumpkin, and onions into pieces. Peel and chop the celery as well.
2. Use a mix of ground chili pepper, cumin, garlic powder, and a pinch of salt with water.
3. In heated olive oil, sauté the onion pieces. Then add the zucchini, pumpkin, and celery. Pour the prepared mix of ground chili pepper, cumin, garlic powder, and a pinch of salt over it and bring to a boil.
4. Reduce the heat and simmer the vegetable ragout for another 10 minutes.
5. Towards the end of simmering, add both types of beans and chopped cilantro. Serve the finished dish with rice.





# PATE

Pâté can be a great idea for a daily dinner. Such a dish allows you to use previously cooked vegetables and meat. Get to know the recipe for pâté from leftover broth ingredients. Its preparation won't give you any trouble. You can easily customize this recipe to your liking and use the ingredients you have on hand.

**Preparation time:** 60 minutes

## Ingredients:

- 3 cups of blended leftover vegetable broth
- 1 can of white beans or chickpeas
- 1 egg 4 tablespoons of soy sauce
- 4 tablespoons of honey
- 1 1/2 cups of breadcrumbs 1 teaspoon of spiciness, e.g., Harissa, sambal, cayenne pepper, etc.
- 1 clove of garlic grated on a fine grater
- 1/2 teaspoon of salt

## Preparation:

1. Blend the leftover vegetable broth with white beans and mix thoroughly with the rest of the ingredients.
2. Pour about 1 cm of water into a baking sheet. Transfer the vegetable mixture to a loaf pan, place it on the baking sheet with water, and bake for about 40-50 minutes in an oven preheated to 180 degrees Celsius.





# PANCAKES WITH LEFTOVER POTATOES

If you have some leftover potatoes from dinner, you have almost everything you need to make delicious and easy pancakes. To prepare pancakes from leftover potatoes, you only need a little flour. The dish is super simple; you just have to knead a simple dough from the leftover potatoes and flour. In fact, they don't have to be leftovers at all. For the purpose of this dish, it's really worth cooking potatoes specifically to make pancakes.

**Preparation time:** 10 minutes

## Ingredients:

- 240 g cooked potatoes – approximately 3 medium-sized potatoes
- 120 g all-purpose flour

## Preparation:

1. Peel the potatoes, slice them or cut them into cubes, cover them with cold water, bring to a boil, reduce the temperature, cover, and simmer until soft – about 15 minutes. Uncover and mash them thoroughly until smooth, so that there are no lumps.
2. Pour the flour into a bowl, add the potatoes, and begin mixing with a fork. Then knead by hand until a firm and smooth dough forms. Shape the dough into a ball and cut it into 8 parts. Roll each into a smaller ball.
3. Lightly flour the countertop, place one dough ball, and roll it out into a thin pancake, flouring the rolling pin so it doesn't stick to the dough.
4. Heat the pan quite hot. Place the pancakes on it and fry without fat for one minute on one side and half a minute on the other.
5. Serve sweet or with savory accompaniments.





# VEGETARIAN DUMPLINGS

The recipe for vegetarian dumplings is perfect for using up leftover mashed potatoes from yesterday's dinner. To the potato mixture, we add potato flour. Wheat flour is also needed – for coating the finished dumplings. This will prevent them from falling apart during cooking.

**Preparation time:** 30 minutes

## Ingredients:

### ● Dough for dumplings

4 raw potatoes

4 cooked potatoes

3 tablespoons of potato flour

2-3 tablespoons of wheat flour

1 tablespoon of butter

2 tablespoons of milk

1 large onion

2 tablespoons of oil

Salt

### ● Filling

100 g mushrooms

½ package of tofu

1 small onion

3 tablespoons of cashew nuts

3 tablespoons of sunflower seeds

1 tablespoon of oil

Salt

Pepper

## Preparation:

1. Dice the onion. Heat a tablespoon of oil in a pan and add the onion. Sauté for 5 minutes. Rinse the mushrooms quickly in a sieve or wipe them with a kitchen towel, roughly chop them, and add to the onion. Season with salt. Sauté for a few minutes until the mushrooms are lightly browned and all their water has evaporated.

2. Add cashews and sunflower seeds to a blender. Blend into a powder. Add the sautéed mushrooms and onion as well as the tofu. Blend again. Season well with salt and pepper. Mix together.

3. Mash the cooked potatoes into a uniform mass. Add butter and milk, and mash again. Peel the raw potatoes and grate them on the finest part of the grater. Thoroughly drain the water using a sieve. Combine the raw and cooked potatoes, add potato flour, and mix very thoroughly.

4. Dust the countertop with potato flour. Take a bit of flour in your hands, tear off a piece of the potato mixture, flatten it, and make an indentation in the center. Put a teaspoon of the filling in it. Pinch the ends together, form a ball, and coat in wheat flour. Repeat the process, forming dumplings roughly the size of a golf ball. Remember to coat each dumpling in flour.

5. In a large pot, bring water to a boil and salt generously. Carefully place the dumplings in the pot, stir with a spoon to prevent sticking to the bottom. Cook on low heat for 6-8 minutes – depending on the size of the dumplings. Remove with a slotted spoon. Serve hot, drizzled with crisply fried onions, or melted butter. Vegetarian dumplings are ready. Enjoy!





# BAJADERKI MADE FROM LEFTOVER CAKES

An ideal, simple, popular way to use dry leftover pastries. They are no longer attractive to us, but transforming them into 'bajaderki' magically enchants them. Bajaderki are delicious sweets that we mainly prepare from a mix of different pastries. The recipe for bajaderki always comes in handy when we have several different baked goods at home but no longer have a desire for them.

**Preparation time:** 15 minutes

## Ingredients:

- 250 g of dry pastries
- 50 g of currant jam
- 50 g of almonds
- 1/4 teaspoon of salt
- 30 ml of Amaretto, cognac, or rum
- for cocoa glaze 100 g of any chocolate cream

## Preparation:

1. Crumble the chosen pastry. Add jam, cream, nuts, and alcohol.
2. Mix thoroughly. Optionally, add more or less cream or jam. Everyone has different types of leftover pastries. Form balls of your chosen size from the mixture.
3. Coat the Bajaderki in cocoa, coconut flakes, or nuts. You can also pour glaze over them. Bajaderki taste best at room temperature. Delicious!





# GUACAMOLE

Guacamole is a versatile Mexican dip made from ripe avocados, tomatoes, and onions. For a zero-waste version, use overripe avocados to prevent waste, and compost the peels of the onions and tomatoes. Serve in reusable dishes and store leftovers in reusable containers to further minimize waste.

**Preparation time:** 20 minutes

## Ingredients:

- 2 avocados, ripe
- 1 tomato
- ½ lemon, juiced
- ½ red onion, chopped
- 1 teaspoon oil (maybe 2 if needed)
- salt
- pepper

## Preparation:

1. Slice the avocados in half, remove the pit and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lemon juice if needed.
4. Serve the guacamole with tortilla chips or homemade tortillas.





# CHICKPEA CURRY

Chickpea Curry is a vegan dish with accents of curry and ginger. For a zero-waste version, purchase chickpeas and spices in bulk, make your own coconut milk, and compost peels.

**Preparation time:** 45 minutes

## Ingredients:

- half of onion, sliced
- 1 tablespoon of oil
- 1 teaspoon curry
- 1 teaspoon ginger
- 1 teaspoon paprika
- 2 or 3 garlic cloves
- salt
- pepper
- 2-3 tablespoon of yogurt
- 1 can of coconut milk
- 1 little can of tomato paste or can crushed tomatoes
- 1 tablespoon of cream cheese
- 1 can of chickpeas

## How to make coconut milk:

### Ingredients:

- 1 cup of unsweetened coconut flakes
- 4 cups of hot water

### Instructions:

1. Blend coconut flakes with hot water in a blender for 1-2 minutes.
2. Strain through a cloth into a bowl.
3. Transfer to a bottle and store in the fridge.

## Preparation:

1. In a large, heavy bottomed pot or high-walled pan, heat the oil over medium-low. Add the sliced onion and garlic to the pot. Cook, stirring occasionally, until the onion is softened and deep golden, about 15 minutes. Add a tablespoon of water at a time if the onions get dry.
2. Increase the heat to medium. Add the spices and stir until toasted, about 1 minute. Add the crushed tomatoes and gently scrape the bottom of the pan with a wooden or rubber spoon to release any browned spices or onions stuck to the bottom.
3. Pour in the coconut milk, yogurt and add the chickpeas to the pot. Stir and reduce to low heat. Let simmer until the sauce is thickened and the chickpeas are slightly softened, about 10 minutes, stirring occasionally. At the end add the cream cheese. Season with salt and pepper to taste, and adjust other seasonings as necessary.





Thanks to zero waste recipes, we learn that every part of food has its place and value. It's not just a way to reduce food waste but also to save resources consciously. We hope that these recipes will encourage you to experiment in the kitchen, discover new flavors, and nurture our planet. It's worth remembering that change is not always easy, but every step towards a sustainable lifestyle is of great significance. Therefore, we encourage you to share this book with your family and friends and to raise awareness about zero waste. Together, we can make our planet a better place for future generations.



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