

Eat all over the world

International recipe book



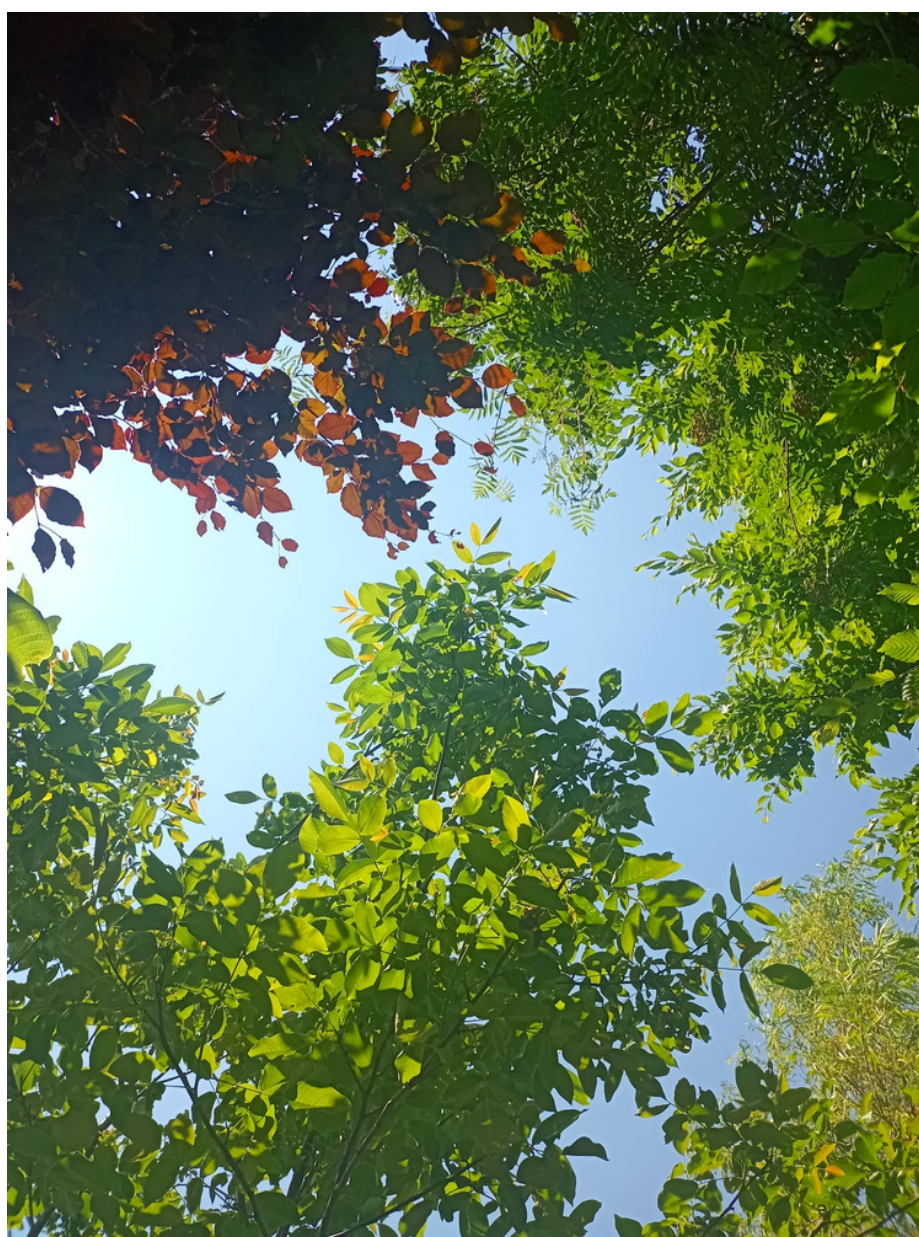
The Community Urban Farming Lifestyles (CUFL) is a project coordinated by the Centre for European Volunteering in the framework of the European Solidarity Corps, and it is supported also by: Regionalne Centrum Wolontariatu W Gdańsku, Visioneers Berlin, Municipality of Trento, CSVNet, Elegast, deVeldstraatzoersel, Vorselaar.

In general, the project involves 40 members of the European Solidarity Corps from various countries (Poland, Italy, Belgium and Germany) and they participate in a variety of activities with other young people who are interested in enhancing and expanding their healthy lifestyles through urban farming and gardening.

Specifically, our group joined the project in Vorselaar, a small village near Antwerp, in Belgium. We were living all together and everyday we carried out different actions: volunteering for the local community, helping with events and initiatives of Elegast, and helping in taking care of two different gardening projects, also involving people with disabilities. Indeed, the initiative encourages a healthy lifestyle, physical exercise, and general well-being by making our urban places more attractive, green, and sustainable. Moreover, it was important for us to work together as a group of young people from different backgrounds, ages, and nationalities and to create a more inclusive and active community.

As an end result of this project, we wanted to create a legacy for the local community, and so we decided to write this small recipe book for you all. In the book you will find twelve recipes, three for each season, so you can use the seasonal and local products to cook them. Moreover, the recipes come from different traditions and countries, reflecting the diversity of our group. We hope that you can discover and try new food!

The authors of this book are ten volunteers of CUFL. You can see us in the cover's picture while we were volunteering for one of the gardening projects. From the right to the left: Luca (Italy), Romuald (France), Misha (Ukraine), Jeroen (one of the Elegast's volunteers), Martina (Italy), Bart (the founder of deVeldstraatzoersel), Abdallah (Tunisia and Italy), Mohammed (Palestine), Anastasiia (Ukraine), Anastazja (Poland) and Camilla (Italy), lastly on the floor you can see Mouataz (Morocco).



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Spring

Starter with peas guacamole

Ingredients:

300g of fresh peas
1 fresh spring onion
2 tablespoons of extra virgin olive oil
1 lime juice
fine salt

Preparation:

Blanch the peas in boiling water for a few minutes. Drain them and let them cool. Blend the peas with the chopped spring onion, lime juice, oil, and salt. Add a little water if the mixture is too thick. Blend until you obtain a creamy consistency. Transfer the guacamole to a bowl. Cover with plastic wrap and refrigerate for at least 3 hours. Your pea guacamole is ready to be served. You can serve them with nachos!





Beetroot greens soup

Ingredients:

2 bunches of beetroot greens and 1 medium beetroot
2 spoons of butter
4 cups vegetable broth
lemon juice and sugar to taste
1/2 cup sour cream
flour for thickening
2-3 tbsp chopped fresh dill
1 hard-boiled egg per person

Preparation:

To clean beetroot greens, remove any damaged leaves, remove the skin from the miniature beets, wash and shake off excess water. In a pot, melt butter and add chopped beets, stems, and leaves. Sauté for about 10 minutes, then pour in the vegetable broth and bring to a boil. Season the soup with sugar, salt, and lemon juice. Combine the sour cream with a small amount of flour, add a few tablespoons of hot soup, mix well, pour into the pot and bring to a boil. Add dill. Serve with hard-boiled eggs.



Poêlée de pommes de terres nouvelles - Pan-fried New Potatoes

Ingredients:

500 grams of new potatoes

1 sprig of thyme

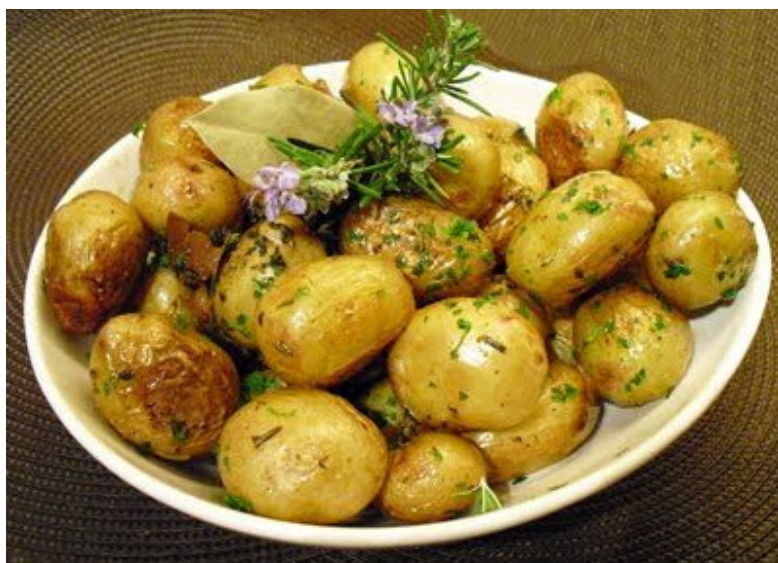
salt

pepper

olive oil

Preparation:

Wash the new potatoes without peeling them, then cut them into equal-sized cubes. Pour a little olive oil into a skillet with a lid. When the oil is hot, add the new potatoes. Add the thyme, then cover and cook over low heat. Stir frequently. When the potatoes are tender, remove them from the heat. Season with salt and pepper, and serve immediately.





Summer



Crostata alla marmellata

Ingredients:

300 gr 00 flour
150 gr of sugar
100 gr of cold butter
1 egg and 1 egg yolk
1 teaspoon baking powder
1 pinch of salt
1 jar of jam of your favorite flavor

Preparation:

Mix flour, baking powder, sugar and salt. Add the soft butter in small pieces and knead until you have a sandy mixture. Make a hole in the center and add the egg and yolk. Knead until you get a soft but not sticky dough. Form it into a ball and wrap it in cling film. Let it rest in the fridge for half an hour. Then set a third aside. Roll out the two-thirds on baking paper (3/4 mm thick). Lay it in a baking pan. Prick the base of the tart with a fork and spread the jam evenly over the pastry disk. Roll out the remaining shortcrust pastry and cut strips about 2 cm wide. Use these strips to form the classic center grating. Bake the jam tart in a ventilated oven for 30 minutes at 180 °C. Once it is well browned on the surface, take it out of the oven and let it cool before removing it from the pan.



Pomodori ripieni di riso (Tomatoes stuffed with rice)

Ingredients:

8 big tomatoes
160g of parboiled/Ribe rice
5 potatoes
1 tablespoon chopped parsley
extra virgin olive oil
basil and oregano
salt and pepper

Preparation:

Cut off the top of the tomatoes, keeping what will later become the "hat" of the stuffed tomato. Hollow out the inside and mash the pulp with a vegetable mill. Then season it with salt, pepper, oil, a few basil leaves, chopped dried oregano and the chopped parsley. Add the rice to the pulp and let it soak for one and a half hours. When the time is up, fill the tomatoes with the rice, then close each one with the previously cut upper tomato cap. Arrange the rice-stuffed tomatoes inside a baking dish greased with oil and add the potato wedges as well. Add salt and extra virgin olive oil to the potatoes and bake for about 1 hour at 200 °C. Take the tomatoes with rice out of the oven and eat them hot or cold.





Okroshka

Ingredients:

300g of potatoes
5 eggs
300g of radish
300g of cucumbers
1 bunch of green onions
1 bunch fresh parsley -
1 bunch of fresh dill
1 tablespoon of mustard (spicy)
1 liter of 3.2% kefir
300 ml mineral water
salt to taste

Preparation:

Boil the potatoes and eggs. In the meantime, dice the radish and cucumbers into small cubes. Chop the onions, a bunch of parsley, and a bunch of dill. Peel the boiled eggs and cut them in half. Remove the yolks and place them in a separate deep bowl. Add the mustard to the yolks. Mash everything with a fork, cut the remaining egg whites into cubes. Dice the boiled potatoes. Put the ingredients in a pot. Season everything with salt. Then pour kefir over everything and dilute it with mineral water. Mix and refrigerate the okroshka to infuse for 30 minutes.





Autumn



Briouats

Ingredients:

- 10 sheets of phyllo dough
- 2 cups cooked vegetables (spinach, potatoes, and peas)
- 1 small onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- salt and pepper to taste
- vegetable oil for frying

Preparation:

In a pan, heat oil over medium heat. Add chopped onions, minced garlic and sauté until they become soft and translucent. Add the vegetables to the pan and mix. Sprinkle it with ground cumin, paprika, salt, and pepper. Stir and let it cook for a few minutes. Let the mixture cool. Take one sheet of phyllo dough and cut it into three long strips. Take a strip and brush it with oil. Place a spoonful of the mixture at one end of the strip. Fold the corner of the strip over the filling to form a triangle. Continue folding the strip in a triangular shape until you reach the end. Repeat the process with the other strips. In a deep frying pan, heat oil over medium heat. Fry the briouats in batches until they turn golden brown and crispy. Drain on a paper towel to remove excess oil. Serve the briouats hot.





Slata Mechouia (Grilled Salad)

Ingredients:

3 medium-large green peppers

3 tomatoes

1 medium onion

3 cloves garlic

1/2 tsp ground caraway

3 Tbsp olive oil

1 tsp salt

1/8 tsp black pepper

Optional garnishes:

2 hard-boiled eggs

A dozen olives

2 tsp finely chopped fresh parsley

Preparation:

Grill all the vegetables on a medium-hot grill. Grill until softened and skins are charred. Remove the vegetables from heat source and place in a tightly-lidded pot for easy removal of the skins. Once cool enough to handle, remove all the skins as well as any seeds from tomatoes and peppers, and any charred flesh. Finely chop everything together until the pieces are smaller than or about the size of peas. Transfer to a bowl and add the ground caraway, salt, black pepper, and olive oil. Taste, and add more seasonings if needed. Top with the optional garnishes if you wish, and serve with a fresh or toasted baguette.



Zucchini and barley stew

Ingredients:

3 zucchinis,
3-4 peppers (red or multi-colored),
4 ripe tomatoes (preferably raspberry),
1 onion, garlic,
100 g barley,
tomato passata with 200 ml broth or canned tomatoes,
optional: 1 package of smoked tofu,
seasonings: salt, pepper, sweet and smoked paprika,
favorite herbs

Preparation:

We fry the onion and garlic in a little oil, then add chopped tofu. In a pot, we sauté chopped peppers until they become translucent, then add tomatoes and fry until they release their juice. Next, we add the previously fried tofu, pour in tomato passata with broth or canned tomatoes with their juice. At the end, we add chopped zucchini and dry barley, season to taste, and cook on low heat until the barley and vegetables are tender.





Winter

Orange cake with nuts

Ingredients:

350g of flour
250g of brown sugar
4 eggs
180ml of milk
100ml of vegetable oil
Juice and zest of 2 oranges
200g of walnut kernels
1 packet of baking powder

Preparation:

Beat the eggs and sugar together until the mixture becomes frothy and white; Slowly add the vegetable oil while continuing to mix the batter; Keep working on the batter and add the milk, orange juice, and zest; Sift the dry ingredients, including the flour and baking powder, then incorporate all the ingredients together and add the chopped walnut kernels. Transfer the batter into a buttered and floured cake pan (a bundt cake pan is recommended) and sprinkle some additional walnut kernels on top. Bake at 180°C for approximately 35 minutes. Once it's fully cooked (always perform the toothpick test to ensure the cake is done in the center), remove the bundt cake from the pan only when it has cooled down slightly. You can serve it!





Couscous with Vegetables

Ingredients:

- 1 ½ cups couscous and 1 ½ vegetable broth
- 2 tablespoons olive oil
- 1 onion, finely chopped, 2 cloves of garlic, minced
- 2 carrots, peeled and diced, 1 zucchini, diced
- 1 red bell pepper, diced
- 1 cup peas (fresh or frozen)
- 1 ts ground cumin and 1 ts ground coriander
- ½ teaspoon paprika
- Salt and pepper to taste

Preparation:

Bring the vegetable broth to a boil. Place the couscous in a large bowl and pour the boiling broth over it. Stir briefly, then cover the bowl with a lid. Let it sit for 10 minutes. In the meantime, heat the oil over medium heat. Add the onion and garlic to the pan, and sauté until they become fragrant and translucent. Add the carrots, zucchini, pepper, and peas to the pan. Stir and cook the vegetables for about 5-7 minutes until they are slightly tender.

Sprinkle ground cumin, ground coriander, paprika, salt, and pepper over the vegetables. Cover the pan and let it cook for another 5 minutes until they are fully tender but still retain some crunch. Fluff the couscous with a fork to separate the grains. Transfer the cooked vegetables to the bowl with the couscous and mix. Garnish with fresh parsley or cilantro.





Orange-carrot soup

Ingredients:

3/4 kg of carrots

1 onion

2 oranges

30g of butter

4g of dried coriander seeds

salt and pepper

950ml chicken broth

250g of sweet cream, e.g. 18%

Preparation:

Peel and slice the carrots. Finely chop the onion, squeeze the juice from the oranges and grate the zest from one of them. In a pot, sauté the onion in butter for about 2-3 minutes. Add the carrots, orange zest, coriander, salt, and pepper, and sauté for about 10 minutes. Then add the chicken broth, reduce the heat, and cook for about 30 minutes. Next, blend the soup in a blender and pour it back into the pot. Add the cream and orange juice. Season with salt and pepper to taste.



Eet smakelijk!

Buon appetito!

Enjoy your meal!

Guten Appetit!

Bon appétit!

Buen provecho!

Ciesz się posiłkiem!

شهية طيبة

Приємного апетиту

Desfrute da sua refeição!

Do you want to discover more
about the other CUFL activities
across Europe?

Check it out here:

<https://www.europeanvolunteercentre.org/cufl>

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