



Recipes to  
combat  
food waste!

# ZERO WASTE HOLIDAYS



# TABLE OF CONTENTS

2 Chickpea Chestnut Soup

3 Rosolli (Beetroot Salad)

4 Lodeh (Vegetable Stew)

5 Sel Roti

6 Braised Pork Belly

7 Mie Goreng

9 Vegetable Khichuri

10 Steamed Sea Bass

11 Salpicão

12 Pan con Pavo

13 Honduran Tamales

15 Koshari

17 Snowball Cookies

18 Mukimo

# FOREWORD

- **Plan Your Meals Efficiently:** Craft a comprehensive meal plan before shopping. Consider family favorites, portion sizes and any anticipated guests. A structured list minimizes impulse purchases and potential food waste.
- **Mindful Portions for Feasts:** Have people serve themselves. This can help avoid over-serving and leaving uneaten food on plates (which ends up in the garbage); people can always help themselves to a second helping if they want more later.
- **Revamp Leftovers Creatively:** Transform leftover dishes into inventive new meals. Leftover roasted vegetables can become a flavorful soup, and turkey or ham can be used to make delicious sandwiches or wraps. Freeze portions for later use if needed. If you need some ideas, check out the recipes in this book! From a Salvadorian turkey sandwich to an Indonesian veggie dish, we have recipes from around the world.
- **Effective Storage Practices:** Properly store perishables, segregate raw and cooked foods, and seal items to prevent premature spoilage.
- **Support Communities through Donation:** If you will be traveling this holiday season or know you will not be able to eat everything in your pantry, consider donating unopened and surplus non-perishable foods to local food banks or shelters. Prioritize items with longer shelf lives and ensure they're within the donation guidelines.
- **Encourage Responsible Leftover Handling:** Encourage guests to take home leftovers or bring their reusable containers to pack food. Educate them on the benefits of minimizing waste.
- **Efficient Cooking Strategies:** Prepare smaller portions when possible and offer seconds instead of cooking excessively. This keeps meal sizes manageable and reduces uneaten food.
- **Conscious Shopping Practices:** Prioritize local, seasonal produce to support local farmers and reduce the carbon footprint associated with transportation. Shopping intentionally curbs unnecessary purchases and waste.
- **Mindful Pantry Management:** Regularly rotate items in your pantry and fridge, first using items that are nearing their expiration dates. This ensures older items are used before newer purchases.

Incorporating these practices can significantly reduce food waste and contribute to a more sustainable holiday season.

Our recipe book is a celebration of cultures, featuring a vibrant array of dishes gathered from our team members' homelands across the globe. Embrace the richness of global cuisine in this collection, where every recipe shares a piece of our heritage. From tantalizing vegan and vegetarian options to delightful desserts, there's something for everyone.

Crafted with care and passion, this compilation isn't just about delicious meals - it's a testament to our commitment to inspire and foster a waste-free holiday season. We invite you to explore, experiment and perhaps discover new tastes, all while embracing sustainable practices. Dive into this culinary adventure, savor the flavors, and join us in our mission to reduce waste while exploring world cuisine. Let these recipes spark joy and creativity in your kitchen, encouraging a mindful and sustainable approach to celebrating this holiday season.

# CHICKPEA CHESTNUT SOUP

*This hearty soup is traditional in central Italy. Perfect for the holidays, it also uses simple, local ingredients and items Italians typically have in the cupboard during this time of year!*

## INGREDIENTS

300 g Dried chickpeas  
**or** 600 g canned chickpeas  
2 bay leaves  
40 g EVOO  
2 cloves garlic  
700 g chestnuts  
Fennel seeds  
Fine salt  
Black pepper  
1 sprig rosemary



## DIRECTIONS

1. Soak the dried chickpeas for 24 hours.
2. Rinse the chickpeas thoroughly.
3. Boil the chickpeas in 1.2 l of water for 1 hour.
4. Wash the chestnuts and place in pot of cold water with the bay leaf and fennel seeds, boil for 25 minutes or until tender.
5. Peel the chestnuts, crumble coarsely.
6. Thinly slice garlic, sauté with oil in a pan.
7. Add crumbled chestnuts and sauté for several minutes until fragrant.
8. Add the chickpeas, their water (or some from the tap), a sprig of rosemary, salt and pepper. Cook for 15 minutes, stirring often.
9. Serve the chickpea chestnut soup hot with a drizzle of oil and ground pepper to taste.

*Rosolli Salad, a Finnish winter delight, is a colorful recipe with simple ingredients that makes a humble but delicious salad.*

# ROSOLLI

## INGREDIENTS

### *Salad:*

2 potatoes  
2 beetroots  
2 carrots  
1 onion  
1 pickled cucumber  
1 apple

### *Dressing:*

1 dl heavy cream  
1 tsp white vinegar  
Pinch of sugar  
Salt and pepper to taste  
Some water from the boiled beetroots (for colour)

## DIRECTIONS

1. Boil the potatoes, beetroots and carrots with their skins until cooked. Cook the beets in their own pot so they don't color the other vegetables. Drain and cool. (Reserve a little of the beetroot broth for coloring the whipped cream.)
2. Peel the vegetables and cut them into small cubes.
3. Chop the peeled onion, and dice the cucumbers and peeled apples.
4. Mix all vegetables, the pickled cucumbers and apples together.
5. Whip the heavy cream and add vinegar and spices. Color the whipped cream with a splash of beetroot water.
6. You can either serve the sauce on the side or mix it in with the salad.

Serves  
4

# LODEH

*This vegetable stew in coconut milk has no fixed rules on which vegetables to use. As long as you have the ingredients to prepare the spiced coconut milk broth, you can create your own version of this dish from whatever vegetables you already have!*

## INGREDIENTS

1 chayote  
1 eggplant  
2 cups green beans  
2 carrots  
1 cup pumpkin or cooking squash  
2 Tbsp coconut or vegetable oil  
3 Salam leaves or 1 bay leaf  
2 Kaffir lime leaves  
1 piece fresh (or dried and rehydrated) galanga  
1 piece fresh ginger  
salt  
1 ½ cups coconut milk

## BUMBU

¼ cup fried shallots  
¼ cup garlic  
sweet and hot peppers to taste  
1 tsp coriander seeds  
2 slices fresh ginger

## DIRECTIONS

1. Peel and clean vegetables. Cut into pieces.
2. Grind bumbu ingredients to a paste-like consistency.
3. Cook bumbu in 2 Tbsp of oil for about 5 minutes.
4. Add coconut milk and remaining spices.
5. Simmer 5 minutes.
6. Add vegetables and simmer another 10 minutes.
7. Serve warm.

*A delightful Nepalese treat  
for festivals and special  
occasions!*

# SEL ROTI

## INGREDIENTS

1.5 kg rice powder made by grinding at least 6 months old rice grains (1 kg amount)  
100 g cow ghee or butter  
100 g sugar  
Pinch of salt  
1/4 tsp or 0.25g of cardamom powder  
200 g flour  
Enough water to make the batter



About 30 pieces

*Total preparation time takes around 5 hours while the cooking time takes around 1 hour.*

## DIRECTIONS

1. Mix all the ingredients listed above, for around 5 minutes.
2. Use enough water to make a thick liquid batter.
3. Cover the batter and let rest for 3 hours.
4. Heat sunflower oil in a deep and heavy metal pan (keep the heat high) .
5. Once the oil is hot enough, pour the batter in the oil making a circle (you can use your hands/a funnel/a vessel/or any device that is handy; requires practice and patience) and fry it unless it gets golden brown.
6. Voila, the sel roti is ready!

*Slow-cooked to perfection in a sweet and aromatic blend, this dish boasts tender, sticky and incredibly flavorful results.*

# BRAISED PORK BELLY

## INGREDIENTS

500 g of pork belly  
Light soy sauce to taste  
Dark soy sauce to taste  
Rock sugar  
Ginger  
Cooking wine to taste



## DIRECTIONS

1. Cut the pork belly into chunks, blanch in boiling water until the color changes, then set aside.
2. Heat the wok with cold oil, add rock sugar and stir-fry until the sugar caramelizes.
3. Add the pork belly and stir-fry until golden.
4. Pour in light soy sauce, dark soy sauce, cooking wine, and enough water.
5. Simmer on low heat until the sauce thickens and the meat is tender.



*Mie Goreng is an Indonesian noodle dish. With a sticky, savoury, sweet sauce, noodles are tossed with prawns, vegetables and egg. A street food favourite!*

# MIE GORENG

## INGREDIENTS

Yellow egg noodles  
Large eggs  
Leeks  
Shrimp (or shredded chicken, beef or pork)  
Cabbage  
Large tomatoes (or Roma tomatoes)  
Kecap Manis  
Soy Sauce (Kecap Asin)  
Candlenuts (Kemiri) (*You can substitute candlenuts with macadamia nuts or skip them altogether*)  
Shallots  
Garlic  
Sambal Oelek or rawit/thai green chili  
Neutral cooking oil (*like grapeseed oil, avocado oil or vegetable oil*)

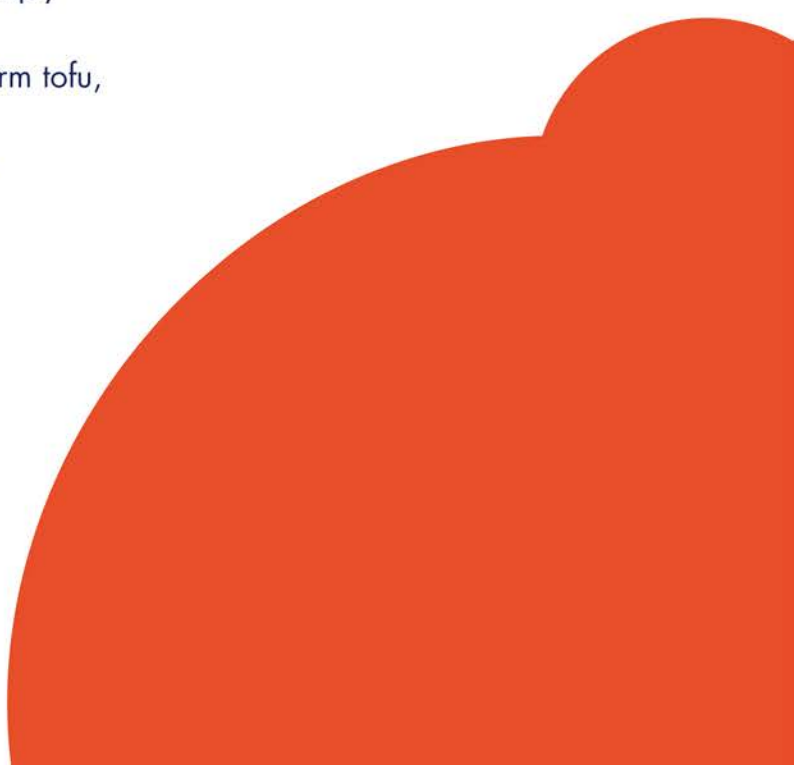
## DIRECTIONS

1. Preheat wok/pan: A cold wok/pan is a nemesis for stir-frying. Once the wok/pan is really hot, add cooking oil.
2. Cook the shrimp/meat first: Whether you are using shrimp or other meat, we suggest stir frying them first and then taking them out to avoid overcooking.
3. Crack the eggs into the wok/pan and let them cook for about 10 seconds undisturbed. Then start to scramble the yolks. The eggs should be in large chunks. Take them out and put aside.
4. Add the ground/finely chopped shallots, garlic, and candlenuts and stir fry until fragrant.
5. Add the cabbage next. Pour some water to help soften the cabbage while stir frying it and close with the lid and let it cook for about 1 minute.

6. Uncover the lid and add carrots and tomatoes and stir fry for another minute. If you are using leftover cooked meat (like shredded chicken for example), add it at this stage.
7. Add the noodles, shrimp, eggs and seasonings. Stir to mix everything. Make sure the seasonings are coating the noodles and everything in the wok/pan. Adjust by adding more kecap manis and soy sauce. The final taste should be savory, slightly sweet, and spicy (if using sambal oelek).
8. Garnish with a sprinkle of bawang goreng (if you like) and serve.

## VARIATIONS FOR INDONESIAN MIE GORENG

Like many stir-fried noodles recipe, this mie goreng recipe is not written in stone. You can change it up to suit your taste or dietary needs. Here are some options:

- **Noodles:** Instant noodles like chow mein noodles, Indomie or ramen, angel hair pasta, spaghetti
  - **Protein:** chicken, beef, pork, or you can use leftover rotisserie chicken for example (simply shred the meat)
  - **Plant-based version:** You can use extra firm tofu, or tofu puffs
  - **Vegetables:** You can add mushrooms, or beansprouts
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*Vegetable Khichuri is a delicious and nutritious dish made with rice, lentils and various vegetables. It is a popular comfort food in Bangladesh, especially on rainy days or cold winter nights. It is also eaten in festivals, especially in Durga Puja, Saraswati Puja, and Kali Puja in Bengal.*

# VEGETABLE KHICHURI

## INGREDIENTS

1 cup of rice  
¼ cup of red lentils  
¼ cup of yellow lentils  
¼ cup of cauliflower florets  
¼ cup of green beans,  
chopped  
¼ cup of carrots, diced  
¼ cup of spinach, chopped  
2 tsp of vegetable oil  
1 tsp of ginger paste  
½ cup of onion, sliced  
2 green chilies, slit  
1 tsp of salt  
1 tsp of turmeric powder  
4 cups of water

## DIRECTIONS

1. Wash and rinse the rice and lentils together and drain the water. Soak them for 30 minutes.
2. Heat oil in a large pot over medium-high heat. Add the onion, ginger paste, green chilies, salt and turmeric powder. Fry for about 10 minutes, stirring occasionally, until the onion is golden brown.
3. Add the cauliflower, green beans, carrots and spinach. Stir well and cook for another 10 minutes, until the vegetables are slightly tender.
4. Add the rice and lentils, and mix well with the vegetables and spices. Add the water and bring to a boil.
5. Reduce the heat and cover the pot with a lid. Simmer for about 20 minutes, or until the rice and lentils are cooked and the water is absorbed. Fluff with a fork and serve hot.



*Steamed Sea Bass is a typical Lunar New Year's dish, symbolizing prosperity and wealth for the coming year.*

# STEAMED SEA BASS

## INGREDIENTS

1 sea bass (about 500 g)  
Sliced ginger  
Green onions  
Cilantro for garnish  
Soy sauce  
Cooking wine  
Salt to taste



## DIRECTIONS

1. Clean the sea bass and sprinkle some salt on it, marinate for 10 minutes.
2. Place ginger slices and green onion on the fish.
3. Bring water to a boil in a steamer, then steam the sea bass for 10 to 15 minutes.
4. After steaming, drizzle with soy sauce, cooking wine and hot oil, then garnish with cilantro.

*Warm and saucy, this dish combines an assortment of everyday ingredients to make one of the best comfort foods of all time.*

# SALPICÃO

## INGREDIENTS

250 g cooked and shredded chicken breast or shredded smoked tofu

1 large carrot, grated

½ can of peas

½ can of corn

100 g raisins

½ apple, diced

Mayonnaise to taste (vegan mayo can be used as a substitute)

Parsley and chives, chopped, to taste

Thin potato straws (can be found in international markets or wavy chips, finely crushed)

*Adjust the quantities of ingredients and mayonnaise according to your taste preferences.*

## DIRECTIONS

1. In a large mixing bowl, combine the shredded chicken or smoked tofu, grated carrot, peas, corn, raisins, diced apple, chopped parsley and chives.
2. Add mayonnaise to the mixture according to your taste preference. Mix everything thoroughly until well combined.
3. Once the ingredients are thoroughly mixed, transfer the salad to a serving dish or bowl.
4. Create a layer of thin potato straws on top of the salad. (Ensure the potato straws are added just before serving to maintain their crispiness!)
5. The Salpicão is now ready to be served! Enjoy your flavourful and colourful salad.

*If you have left over turkey after the holidays, do not let it go to waste! Make some delicious turkey sandwiches, Salvadorian style.*

# PAN CON PAVO

## *or Pan con Chumpe*

### INGREDIENTS

Leftover Turkey  
4 French bread rolls  
Romaine lettuce  
Watercress  
Tomatoes  
Fresh cucumbers  
Radishes  
Pickled beets (optional)  
Pickled sauce  
Recaudo or turkey sauce



### DIRECTIONS

1. Cut the bread in half lengthwise without fully separating the halves.
2. Prepare each loaf with the sliced baked turkey, fresh lettuce, large sliced tomatoes, sliced radishes, several sprigs of watercress and a few slices of cucumber, then add 2 or 3 tablespoons of the sauce or dressing.

*Delight in the taste of Honduras with these Honduran tamales. Bursting with flavourful fillings wrapped in a maize dough, these aromatic parcels are a culinary delight.*

# HONDURAN TAMALES

## INGREDIENTS

1 pound of pork  
2 cloves of minced garlic  
½ pound of chopped onion  
½ pound of chopped tomato  
2 green chilies, chopped  
2 teaspoons of complete seasoning  
1 tsp of achiote  
2 pounds of corn flour (masa)  
Water, as needed  
¾ pound of lard or pork fat  
Salt and spices, to taste  
Chili powder and liquid chili, to taste  
1 roll of banana leaves  
1 pound of cooked, skinless potatoes, chopped  
¼ pound of cooked rice  
Olives, as needed  
Peas, as needed  
Raisins, as needed

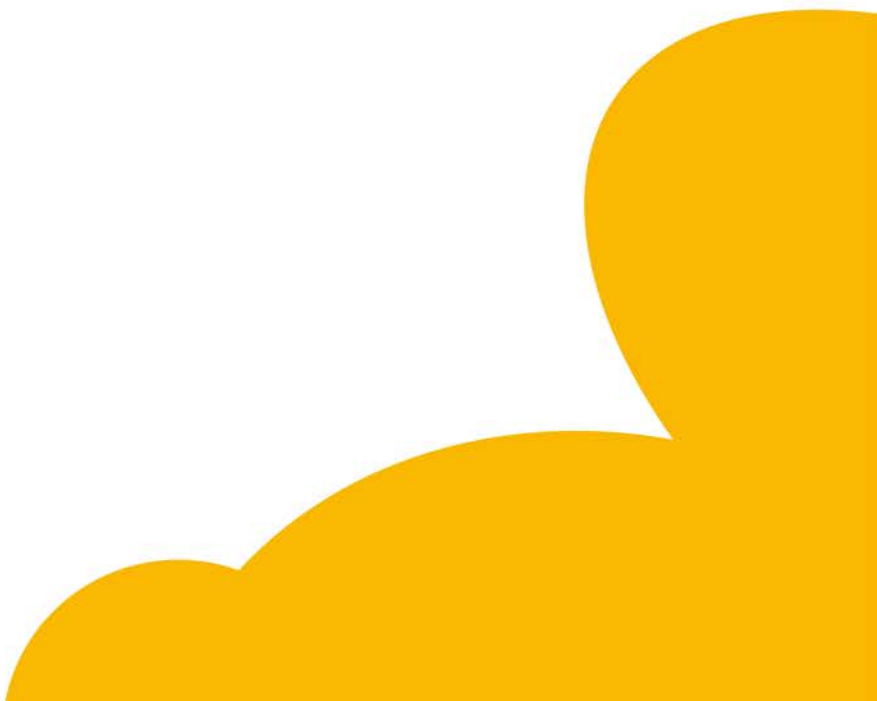


## DIRECTIONS

1. Cut the pork into pieces. Season with 2 cloves of minced garlic, ½ finely chopped onion, ½ chopped tomato, 1 chopped chili, and 1 tsp of complete seasoning. Cook, and when the juices are released, add the achiote. Mix well and let it cook completely. Turn off the heat and set aside.
2. In a blender, combine the remaining tomato, onion, chili, garlic and 2 cups of water. Blend until smooth.
3. Heat the mixture from the blender on the stove and add the corn flour. Cook over low heat, gradually warming the mixture, stirring constantly to avoid sticking to the bottom.
4. Add the lard (or pork fat) and season with the remaining seasoning, salt, pepper, and chili; keep stirring constantly. Add more water if needed. When it's boiling and bubbling, remove from heat, adjust seasoning, and set aside.

5. For the recado (orange-colored dough): Mix a little masa with the pork juice, so the dough turns red. Adjust seasoning, place it back on the heat, and stir constantly until it thickens. Remove and set aside.
6. Wash, drain and dry the banana leaves. Pass them quickly over a very hot griddle to seal them on both sides.
7. Wrap tightly and make sure nothing spills out. Fold the ends so they are well closed to prevent water from getting in or the tamale from falling apart. Repeat until all the mixture is used.
8. Place a lid at the bottom of a large pot, arrange the tamales and cover with water. Cook for 2 to 3 hours. Serve hot.

*Adjust cooking times as needed based on consistency and tenderness.*





*Koshari is a popular Egyptian dish made with pasta, lentils, tomato sauce and fried onions.*

# KOSHARI

## INGREDIENTS

1 cup of small pasta shapes  
(such as macaroni or ditalini)  
1 cup cooked lentils  
1 can (14 oz) diced  
tomatoes  
½ cup tomato sauce  
¼ cup fried onions  
¼ cup chopped fresh parsley  
¼ cup chopped fresh  
cilantro  
¼ cup crumbled feta cheese  
(optional)  
Salt and pepper  
Vegetable oil for frying

## DIRECTIONS

1. **Prepare the Lentils:** Rinse the lentils under cold water and drain. In a medium saucepan, cover the lentils with water and bring to a boil. Reduce the heat and simmer for about 20 minutes or until the lentils are tender. Drain any excess water and set aside.
2. **Cook the Rice and Pasta:** In separate pots, cook the rice and pasta according to package instructions. Once cooked, set aside.
3. **Prepare the Chickpeas:** Rinse the canned chickpeas under cold water and drain. Set aside.
4. **Make the Tomato Sauce:** In a large skillet, heat some vegetable oil over medium heat. Add the sliced onions and cook until they are caramelized. Add the minced garlic and cook for another minute. Stir in the diced tomatoes, tomato paste, cumin, coriander, cayenne pepper and salt. Simmer for about 10 minutes.

5. **Fry the Onions:** In a separate pan, heat some vegetable oil over medium-high heat. Add the thinly sliced onions and fry until they are crispy and golden brown. Remove from the oil and place on paper towels to drain excess oil.
  6. **Make the Sauce:** In a small saucepan, heat vegetable oil over medium heat. Add minced garlic and cook until fragrant. Stir in the tomato sauce, cumin and salt. Simmer for about 10 minutes.
  7. **Assemble the Koshari:** In individual serving bowls, layer the cooked lentils, rice, pasta, chickpeas and tomato sauce. Top with crispy fried onions. Serve with the prepared sauce on the side.
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*These delightful treats offer a blissful, crumbly, melt-in-your-mouth experience with just a few ingredients.*

# SNOWBALL COOKIES

## INGREDIENTS

8 oz (1 cups) pecans  
2 cups all-purpose flour  
¼ tsp salt  
1 cup butter, softened  
¼ cup granulated sugar  
1 teaspoon vanilla extract  
½ cup powdered sugar

## DIRECTIONS

1. Heat oven to 160° C.
2. Process pecans in food processor until finely chopped. Transfer chopped pecans to bowl; stir in the flour and salt. Set aside.
3. Cream butter and granulated sugar in a medium bowl for 2 minutes or until fluffy. Beat in vanilla. Reduce speed to low and add the nut mixture. Beat just until the dough is combined.
4. Working with 1 tsp dough, shape the dough into 1-inch balls. Place, 1 inch apart, onto ungreased cookie sheets. Bake 16 to 18 minutes or until very lightly browned. Let cookies cool on cookie sheet for 5 minutes; transfer to cooling rack to cool completely.
5. Place powdered sugar in a shallow bowl; roll cooled cookies in sugar to coat. Store in an airtight container. If necessary, re-roll cookies in powdered sugar before serving.

*This East African dish called Mukimo (mashed potatoes but with a twist) is a staple in Kenyan cuisine that originated in central Kenya but is now enjoyed in many countries in the region.*

# MUKIMO

## INGREDIENTS

1 Tbsp cooking oil  
1 kg potatoes  
2 handfuls of pumpkin leaves  
or spinach  
3 cups corn  
A bunch of spring onions,  
finely chopped  
Salt to taste

Serves  
4

## DIRECTIONS

1. Peel the potatoes, cut in half, wash them and set aside.
2. Prepare the pumpkin leaves by removing the stalk and chopping them.
3. Mix the pumpkin leaves, maize and potatoes in a *sufuria* (cooking pot) and add just enough water for everything to cook well.
4. Place the *sufuria* or cooking pot over medium heat and boil for 30 minutes.
5. Add a pinch of salt and cook for another 10 minutes.
6. Reduce the heat and mash everything together using a wooden spoon until well blended.
7. Remove from heat and set aside.
8. In another larger pot, heat the oil and sauté the spring onions.
9. When golden brown, turn the heat down to a minimum and add the mashed potato mixture. Mix well.
10. Remove from the heat and serve while hot.
11. Mukimo can be served hot with beef stew, *mbuzi* (goat), or *matumbo* (tripe), together with a portion of green veggies, or avocado.