

BEST RECIPES

SIMPLE | VEGETARIAN | DELICIOUS



OFFICE CUISINE

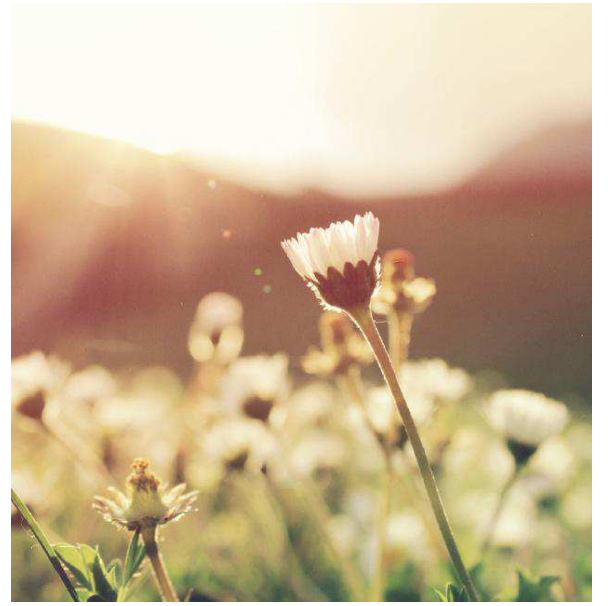
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EDITORIAL

The “Office cuisine” blog is a YEE initiative for young people interested in a healthier lifestyle. The campaign was started from the belief that, as a youth environmental network, YEE could be a source of ideas and good practices on how to develop sustainable eating and cooking habits, for individuals as well as for organisations and their working environment.

Throughout 2016, Office cuisine organised seasonal vegetarian recipe competitions. The competitions aimed to promote the significance of food diversity around the world and the intercultural value shared within YEE network.

Winter, spring, summer, autumn - 4 competitions, 14 recipes, 9 countries; from a Spanish dessert and Albanian vegetable sauce, to a Georgian mezze dish and Italian lasagna rolls. We decided to put all these interesting and tasty recipes together in one publication and share them with all food lovers, vegetarians, office cooks and supporters of healthy eating.

We therefore present to you "Best recipes", with which we hope to give you some answers to questions like “What to cook today?”, “Is there a new dish that I can try?” or “What could I prepare for my colleagues at work?”. Enjoy it and have good, healthy meals!

If you like our initiative and you want to find out more about Office cuisine...

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WINTER RECIPES

- Adjapsandali
- Chickpea Vegetable Soup
- Asturian “pisto”
- Risotto with Red Chicory
- Beigli (walnut and poppy seeds rolls)
- Muesli bars
- “Tocinillo de cielo” (pudding made with egg yolk and syrup)



ADJAPSANDALI

Ingredients:

- 600 g of potatoes
- 800 g of aubergine
- 4 large juicy tomatoes
- 3 large white onions
- 2 hot green peppers
- 30 g of fresh green coriander
- 30 g of fresh parsley
- Salt; half a teaspoon of black ground pepper
- 7 tablespoons of oil

Steps:

Chop the onions. Add the 7 tsp. of oil to a pan. Add the onions and fry on a high temperature for 2 minutes, stirring frequently. Slice the aubergine and add to the pan with onions. Stir and fry on a medium to high temperature for 5-6 minutes, stirring frequently. Peel and chop potatoes and tomatoes and add to the pan. If your tomatoes are not juicy, add up to 100 ml of water. Stir and cover on a low to medium temperature until the potatoes are cooked. Slice hot green peppers and finely chop the parsley and coriander. Add to the pan. Stir. Leave it to cook on a low temperature for 2-3 minutes and then remove from the heat.

Author: Tamar Chaduneli, Georgia

Photo retrieved from Georgian Recipes website by Georgia About (<https://commons.wikimedia.org/>)



CHICKPEA VEGETABLE SOUP

It is not an unfamiliar fact that Balkan cuisine, including the Macedonian, mostly consists of meat. Still, many people don't know that we also have many recipes that are made entirely of vegetables. The following recipe is one of the many Macedonian stews that are tasty, healthy and environmentally-friendly at the same time. This stew is not only healthy (rich with protein and fiber), but also easy to make, and it is perfect for warming you up in winter.

Ingredients:

- 1 tablespoon of butter
- 2 tablespoons of extra virgin olive oil
- 1 yellow onion, diced
- 3 carrots, sliced into thin rounds
- 4 celery stalks, thinly sliced
- 4 garlic cloves, minced
- 1 bay leaf
- Salt and fresh ground pepper, to taste
- 500 g of chickpeas, drained and rinsed well
- 500 g of diced tomatoes, undrained
- ½ teaspoon of ground turmeric
- 3 cups vegetable soup
- 1 cup water

WINTER RECIPES

Steps:

Heat butter and oil in a soup pot over medium heat.

Add onions, carrots, celery, garlic, bay leaf, salt and pepper; stirring occasionally, cook for 6 to 8 minutes, or until vegetables are tender.

Stir in chickpeas and tomatoes; season with turmeric.

Add vegetable broth and water; mix until well combined, turn up the heat to high and bring mixture to a boil.

Lower the heat to a simmer and continue to cook for 10 more minutes.

Remove from the heat.

Taste for seasonings and adjust accordingly.

Author: Vladimir Jordanov, Macedonia



ASTURIAN PISTO

Asturian "pisto", or Asturian ratatouille, is a traditional recipe from the region of Asturias, north-Cantabric coast of Spain.

Ingredients:

- ½ kg of onions
- 1 kg of peppers
- 1 kg of tomatoes
- 600 g of aubergines
- 1 egg
- Garlic, parsley, oil and salt

Steps:

Pour some olive oil in a frying pan. Chop the onions, the garlic and the parsley finely and put them in the pan when the oil is hot. When it is nearly done, we add the salt and the finely chopped pepper (if the pepper has been previously baked, even better). When the onion is well done – which takes a long time of waiting and stirring to avoid it sticking to the pan – we add the chopped tomato and the chopped aubergines, previously salted for about 30 minutes to get rid of their sourness. We adjust the salt if needed and let the mix fry slowly until done.

WINTER RECIPES



In that moment, and while we keep on stirring, we add a beaten egg and continue stirring until it is done. Some cooks prefer not to break the egg, but fry it and put it on top of the “pisto”, for the consumer to break it in his/her own time. This last version is the one shown in the picture. In spring we can substitute the aubergines by courgettes.

Author: Esther Vallado, Spain



RISOTTO WITH RED CHICORY

I am Spanish but my father and all his family are from Italy. My mum used to cook a lot of Italian meals at home and it is a cuisine that I really enjoy, so that's why I made a risotto. I made it with red chicory because it is a winter vegetable and it has a mild but great taste.

Ingredients for 2-3 people:

- 200 g of red chicory
- 200 g of arborio rice
- 1/2 of an onion
- 1 l of vegetable broth or water
- 1/2 a glass of red wine
- Butter
- Parmesan cheese

Steps:

Chop the onion and fry gently with the butter in a pot, for about 5-10 min. Meanwhile, chop the chicory. Put in the chicory and cook until it turns soft.

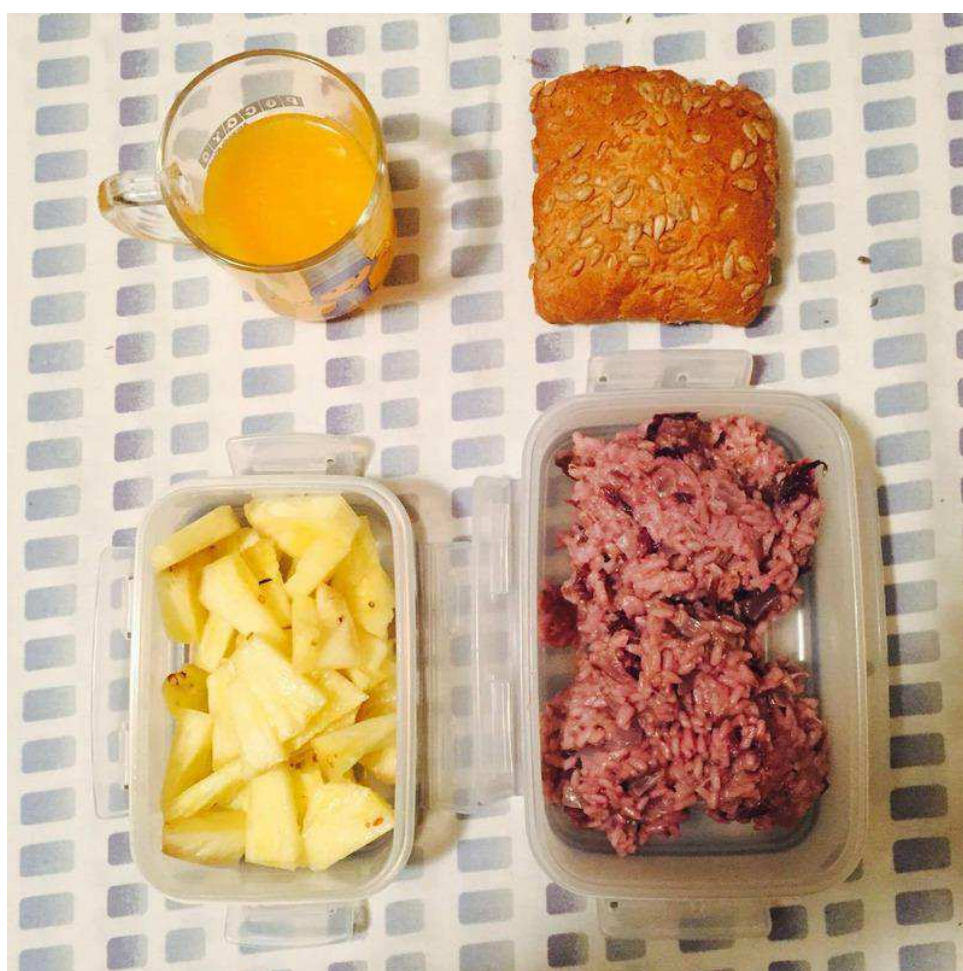
WINTER RECIPES



Add the rice and stir really well. When the rice is transparent you can add the wine and let it evaporate. Then add a cup of the vegetable broth and stir it well. When there is almost no water left add another cup and keep stirring. Continue to add a little bit of water at every time until the rice is cooked.

Turn off the flame and add some grated parmesan cheese. Leave it with the lid on for 10 minutes.

Author: Muriel Nicoli Godon, Spain





BEIGLI

Beigli is an authentic Hungarian pastry roll that is often served for Christmas. It is sweet and has many varieties of fillings, the most common of which are poppy seeds and walnuts. One can find Beigli in other flavours, such as chestnut or plum filled, in many shops. Beigli has German origins and in the 19th century it became popular in Hungary, for the Christmas season. It is common for Hungarian families to have their own Beigli recipe and you can try to have your own. It is not a “piece of cake”, but the result is well worth the effort!

Ingredients:

For the poppy seed filling:

- 300 g of ground poppy-seed
- 200 g of sugar
- 1 vanilla-sugar
- 50 g of raisins
- 2 tablespoons of lemon juice
- 100 ml milk

For the walnut filling:

- 300 g of minced walnut
- 200 g of sugar



WINTER RECIPES

- 10 g of vanilla-sugar
- 50 g of raisins
- Zest of one lemon
- 2 tablespoons of sugar
- 100 ml milk

For the dough:

- 500 g of flour
- 250 g of butter
- 50 g of sugar
- 2 eggs
- 20 g of fresh yeast
- 100 ml milk
- Pinch of salt

Steps:

Start by preparing the poppy seed filling:

Boil the water with sugar.

Once it is boiling, pour it onto the ground poppy seed.

Add the raisins and the vanilla sugar, grated peel from one lemon and one tablespoon of the lemon juice.

Then for the walnut filling:

Boil the milk with sugar.

Once the milk is boiling, mix it with the ground walnuts.

Add the raisins, the vanilla sugar and grate the peel of a lemon in the mixture.

WINTER RECIPES



Make the dough:

Warm the milk up to the point when it is moderately warm.

Mix the egg into the milk.

Add crumbled yeast to the mixture.

Cut butter into small pieces and mix with flour, add 50 g of caster sugar and a pinch of salt.

Add milk with the yeast to the flour and form a dough.

Make 4 loaves of dough, wrap them in plastic foil and put them in the fridge for at least 2 hours (or overnight, if possible).

When taking out the loaves, roll them out into a 1/2 cm thick rectangle on a bit of flour.

Spread filling onto the dough; remember to keep 2-3 cm of the longer side of the dough without filling.

Fold back a 2-3 cm strip at the shorter sides (so that the stuffing does not come out).

Roll the dough up and place it in an oven tray that was previously spread with butter.

Scramble one egg yolk then brush it over the rolls and wait for 30 minutes. Then brush the rolls with egg white for glazing. Wait another 30 minutes before putting the rolls in the oven.

Use a fork to make small holes on the top of the rolls, to avoid cracking of the dough.

Preheat the oven at 180 °C and bake the rolls for about 40 minutes until you see a nice brown colour on top. Do not open the oven for the first 20 minutes of baking.

Let the rolls rest a bit in the oven after turning it off.

Author: Judit Suveges, Hungary



MUESLI BARS

This recipe is not only vegan but is also without added sugar. If bananas are sweet enough, you do not even have to add honey.

Ingredients:

- 3 bananas
- 3 spoons of honey
- 1 glass of oat flakes
- 70 g of sunflower seeds
- 70 g of pumpkin seeds
- 70 g of cranberries
- 70 g of nuts
- Any other seeds, nuts, dry fruits you like

Steps:

These healthy muesli bars are perfect as a snack or dessert. Cut and smash bananas into puree. Then add all other ingredients and mix it together. You can fry a bit seeds and nuts before adding them. Put a baking paper on the baking pan and spoon mixture into pan. Use a large metal spoon to press down firmly. Bake 20 minutes in temperature 180 degrees. Then let it to cool and cut into squares.

Author: Malgorzata Zubowicz-Thull, Poland

TOCINILLO DE CIELO

This recipe is traditional from the region of Asturias, north-Cantabric coast of Spain.

Ingredients:

- 12 eggs
- ½ kg of sugar
- 300 g of water

Steps:

We boil the sugar with the water in a pan for 15 minutes to make a syrup; we take it off the fire and let it cool down. We beat the egg yolks and, slowly and while we stir, we mix them with the syrup.

Aside of this, we caramelize some sugar in another pan and pour it in a mould, covering all its base. When the caramelised sugar cools down, we add the mix that we prepared in the first step, passing it through a colander, to avoid lumps.

We put the mould in a pan with water and we cook it in a “bain-marie” for about 20 minutes. We let it cool down and then store it in the fridge. To remove the pudding from its mould we just have to slightly heat its base.

Author: Esther Vallado, Spain



SPRING RECIPES

- Albanian "Ferges"
- Sicilian Salad

FERGES

‘Ferges’ with tomatoes and peppers, which originally means something fried, in fact it is a thick sauce which can be eaten with bread.

Ingredients:

For 4 persons you need:

- 5 fresh tomatoes
- 5 peppers (yellow, green, red - depends on your choice)
- 3 cloves of garlic
- 5 spoons of curd (cottage cheese)
- 3 eggs
- Chili powder
- Parsley
- Salt, pepper
- Olive oil

Steps:

We start by cleaning the peppers with water and by removing the seeds. We cut the peppers into small pieces. We fry the peppers and garlic in a pan with olive oil in a medium temperature range of an oven for approximately 10 minutes.



SPRING RECIPES

In the meantime we mix the tomatoes in a mixer until we get a pure mass of fresh tomatoes. We add the mass of tomatoes into the pan and low the temperature and let it cook till all of the oil comes to the surface. Subsequently we add the curd, eggs, chili powder, pepper, parsley according to our taste. We mix everything with a spoon and let it for cook for additional 3-4 minutes. The dish can also be eaten cold.

Author: Ines Cilka, Albania

SICILIAN SALAD

Ingredients (for 4 people):

- 3 oranges
- 2 fennels
- 1 shallot
- Black olives as required
- 2 kiwi
- Extra virgin olive oil, salt, pepper as required

Steps:

Wash the fennels and cut them into slices, peel the oranges and cut them into wedges, peel the two kiwi and cut them into small pieces, finally, cut also the shallot into small pieces. Mix all fruits and vegetables in a bowl, adding the black olives too.

Dress the salad with extra virgin olive oil, salt and pepper as desired. Mix well and serve.

Author: Maria Giulia Spinoso, Italy



SUMMER RECIPES

- Papaya Chili Salad
- Vegan Eggplant Noodles
- Summer Lasagna Rolls



PAPAYA CHILI SALAD

Ingredients:

- 3 carrots
- 1 papaya
- Mint
- Sesame seeds
- Lemon
- Olive oil
- A pinch of salt
- Chili sauce
- Peanuts

Steps:

Peel the carrots and the papaya. Wash and chop the mint.

Grate the carrot and papaya. Mix all the ingredients together. You can add a bit of salad for decoration. Sauce: mix the olive oil, lime, chili and chili sauce.

Author: Elise Blandin, France

EGGPLANT NOODLES

Ingredients:

- 5 or 6 medium eggplants, spiralized
- 2 red bell peppers
- 1 yellow bell pepper
- 2 cloves garlic, minced
- 2 red onions, chopped
- 2 medium tomatoes, chopped
- 2 medium carrots, ribboned with a vegetable peeler
- 1/4 teaspoon red pepper flakes
- 1 teaspoon of Herbes de Provence
- Fresh parsley optional
- 1/2 teaspoon of sea salt
- 8 leafs of Lettuce, 1/4 medium carrot and one eggplant for decoration

Steps:

Place the spiralized eggplant on a cutting board and sprinkle the eggplant with salt and let stand. After about 30 minutes, water droplets will form on the surface of the eggplant. Rinse salt from the eggplant thoroughly and pat dry. This will reduce their bitterness, help them absorb less oil when you sauté them and make them cook faster, as you have got rid of all the water. Just be sure to squeeze them well after salting.

SUMMER RECIPES



While you are waiting for the eggplant, seed the bell pepper, then cut it into long thin slices. Cut the slices in half. Heat the oil in a deep skillet. Add in the onion, carrot and bell pepper. Sauté for a few minutes, and add the garlic and tomato. Cook until most of the water from the tomatoes evaporates – about 5 minutes. Then add red pepper flakes, Herbes de Provence and parsley and place the sauce on a plate or bowl. When eggplants become “sweated”, heat oil in a skillet, add eggplant noodles and sauté till the edges begin to brown, 4-5 minutes. Then mix eggplants with sauce and serve.

You can make flowers with carrot and eggplant peel, also make a cute penguin with eggplant and decorate the dish; this is just for fun.

Author: Tamar Lomsadze, Georgia



LASAGNA ROLLS

Do you know that feeling when you are craving a big plate of delicious and creamy lasagne, but it's definitely too hot to turn on the oven? Well, being Italian and great fan of meat free lasagne, I know what I mean. Therefore, here I am with a healthy and fresh summer version of this beloved dish.

Ingredients:

4 lasagna sheets

For the filling:

- 200 g of ricotta cheese (or silken tofu for a vegan version)
- 50 g of fresh baby spinach
- 1 tablespoon of olive oil
- 1 tablespoon of lemon juice
- Spices to taste (salt, black pepper, garlic powder)

For the sauce:

- 200 g of cherry tomatoes
- 4 sun-dried tomatoes
- 2 spring onions (only the white part)
- 1 tablespoon of olive oil
- 1 tablespoon of salt
- Pinch of sugar
- Fresh basil

SUMMER RECIPES



Steps:

Chop the spinach and season with olive oil, lemon juice, salt, pepper and garlic powder.

Add the ricotta cheese (or the tofu) and stir well to combine. Set aside.

Soak the sun-dried tomatoes in hot water for 10/15 minutes. Meanwhile, cut the fresh tomatoes and remove the seeds.

Blend all the ingredients for the sauce, except the basil, adding a splash of water if necessary. Chop the basil and add it to the sauce. Set aside.

Boil the lasagna sheets in salted water, following the instructions on the package.

Assemble the rolls by spreading 2 tablespoons of filling on each one. Roll it and cut in half.

Author: Maria Laura Calia, Italy



AUTUMN RECIPES

- Mchadi with fried eggplants, spicy tomato sauce and pickled vegetables
- Spelt-Pumpkin-Risotto



MCHADI WITH FRIED EGGPLANTS, SPICY TOMATO SAUCE AND PICKLED VEGETABLES

1. Mchadi

Ingredients (for 6 servings):

- 400 g of stone-ground cornmeal (preferably white)
- 1/4 teaspoon of salt
- 1 cup of cold water (may need more depending on the cornmeal)

Steps:

Add water to the cornmeal little by little so that the cornmeal becomes firm but not wet. When the dough is ready, take a piece and make a small ball. Shape the ball in the palm of your hand until it looks like the one in the picture above.

Heat the oil in a pan (medium heat) and add the dough. Smooth each piece with the back of a wet spoon. Cover and cook for 5-6 minutes. Turn the dough over and cook uncovered for another 5-6 minutes.

The Mchadi are golden brown when ready.

AUTUMN RECIPES



2. Eggplant with garlic

Ingredients:

- 1 eggplant
- 7 tablespoon of oil
- Garlic

Steps:

Slice the eggplant and add to a pan with the 7 tbs of oil. Fry (covered) on a low temperature until one side is cooked. Remove cover and fry the other side. Repeat until the whole eggplant is fried. Then add some crushed garlic over it.

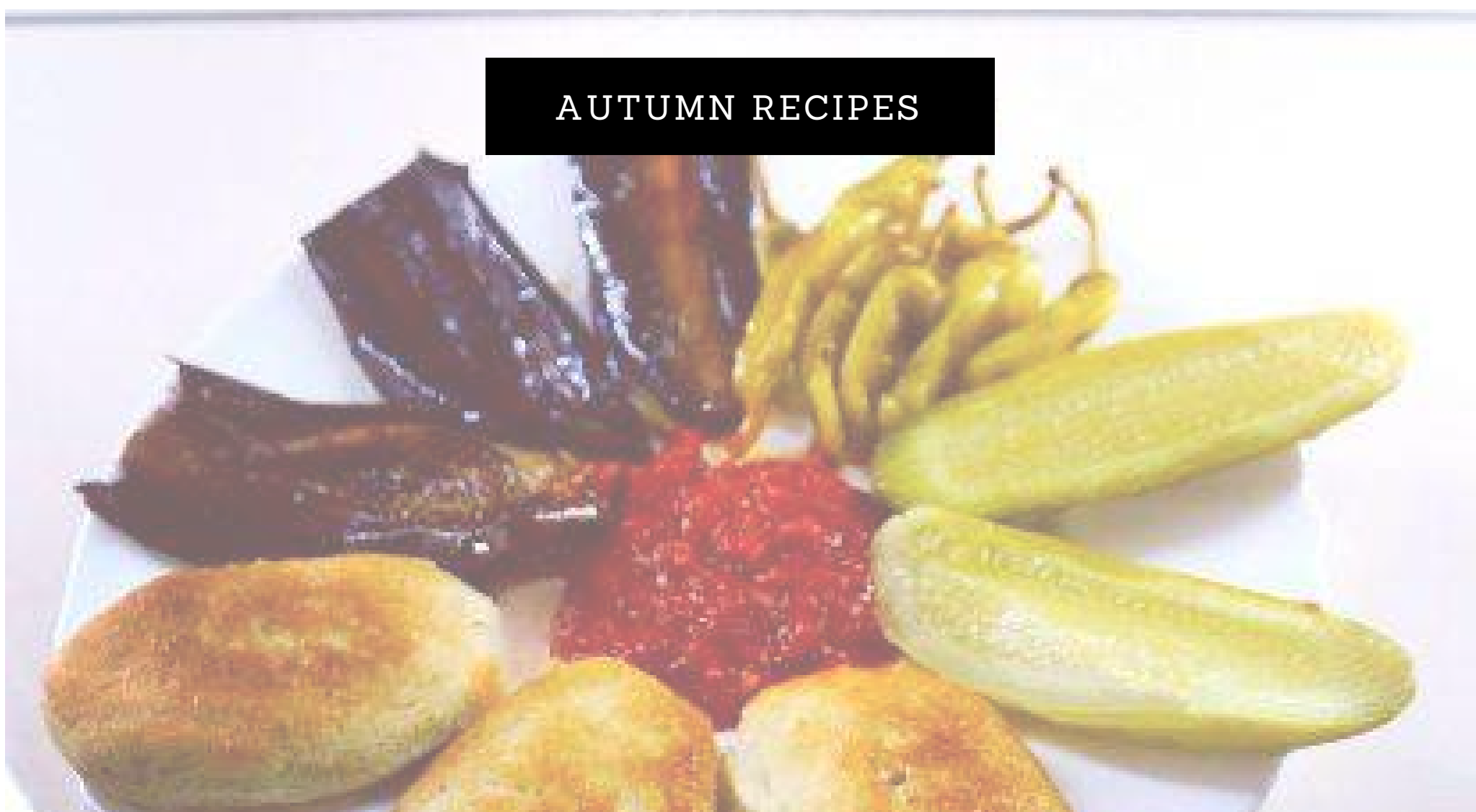
3. Ajica

Ingredients:

- 3 kg of tomatoes
- 1.5 kg of sweet red peppers
- 250-500 g of hot red peppers
- 200 g of garlic
- 2 heaped tablespoons of dried coriander
- Salt (amount dependent upon personal preference).

Please note: The picture above depicts all of the ingredients but does not show the full quantities.

AUTUMN RECIPES



Steps:

Put the peppers onto newspaper and leave overnight to thoroughly dry. When ready to make the AJIKA, remove all of the seeds from the hot red peppers. Save the seeds – dry them and use them in other recipes. Remove all of the seeds from the sweet red peppers. Remove the skins from the garlic. Remove the skins from the tomatoes. Crush the hot and sweet peppers and the tomatoes. We used a meat grinder to do this. Crush the garlic. Add the dried coriander and salt (amount dependent upon personal preference). Use your hands to thoroughly mix the AJIKA. CAUTION: Wear gloves to do this or your fingers and hands will burn from the capsaicin (heat producing chemical) contained in the peppers.

4. Pickled cucumbers

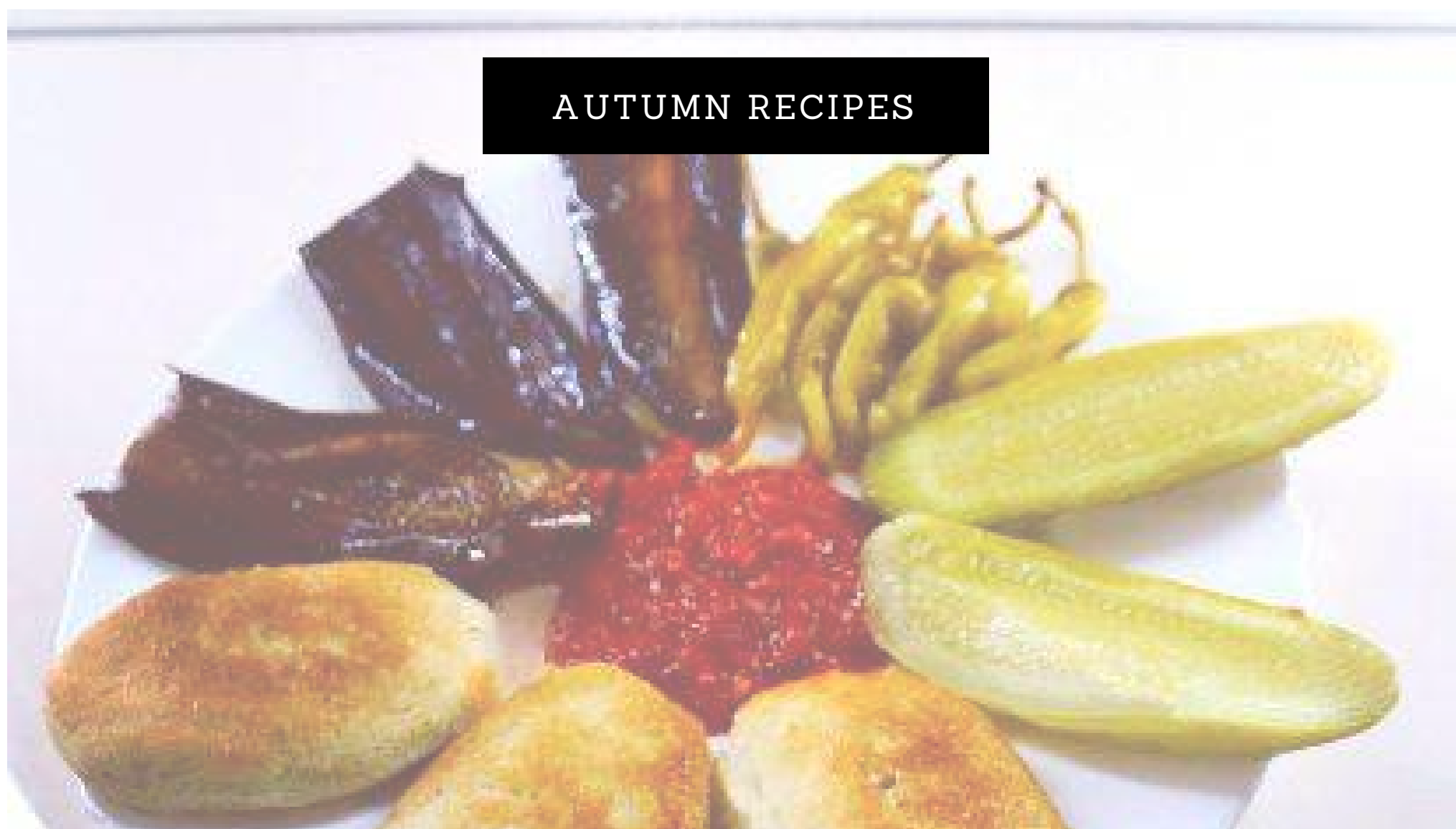
Ingredients for pickled cucumbers:

- Water
- Dried red hot papers
- Cucumbers
- Salt
- Sugar
- Laurel

Steps:

Mix all these ingredients in container and pour cool water till it will be full. Cover it with cap and leave 5-7 days.

AUTUMN RECIPES



5. Pickled peppers

Ingredients:

- Green pepper
- Laurel
- Quince and cherry leaves
- Dried dill
- Water
- Salt

Steps:

Mix all these ingredients in container and pour cool water till it will be full. Cover it with cap and leave 10-14 days.

Author: Ketevan Pasikashvili, Georgia



SPELT PUMPKIN RISOTTO

Ingredients:

- 250 g of spelt (preferably soaked overnight)
- 350 g of pumpkin (Hokkaido)
- 1 onion
- 1 l of vegetable stock
- 90 g of shaved Parmesan
- Rapeseed oil
- Salt, pepper

If you're feeling fancy:

- 4 tablespoons of pumpkin seeds
- Pumpkin seed oil

Steps:

Dice the onions and sweat them a little in rapeseed oil, add the spelt. Now add vegetable stock, only a little a time, just like you would cook a risotto. Stir constantly. Add pumpkin when the spelt will take about 10 more minutes. Keep cooking until everything is soft, you might want to add a little more vegetable stock.

AUTUMN RECIPES



Mix in the Parmesan and season the dish with salt and pepper to taste. If you like you can garnish it with pumpkin seeds and pumpkin seed oil.

Depending on what type of spelt and pumpkin you use the timing and needed amount of vegetable stock might change a little, but it is generally pretty simple to make. You can also use different cheese if you like.

Author: Christiane Klemm, Germany



This publication was created in the frame
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