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We would also like to thank all those who in interviews shared their knowledge and recipes with us. We also thank Herdis Jensen as well as Sabine Yildirim and Gabi Amos for proof-reading the original version of the recipes.

You want to share a tasty recipe with us? Or you realised the measurements in one of the recipes should be changed? We're looking forward to your comments and recipes to iynf@iynf.org.

International Young Naturefriends is an international organisation bringing together Young Naturefriends and their organisations across Europe. IYNF's mission is to **connect and inspire** Young Naturefriends for living values of respect, solidarity, equality, sustainability, and love and care for nature. For more about our organization, please go to www.iynf.org.

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Preface

Food is an essential part of our life and for most of us it is more than just taking in the calories needed to survive. This is also the case when people meet and travel together. Cooking and eating in a group is often fun – so much the better when the food tastes good. Then again, there's no accounting for taste, or? Everyone brings with them their own special taste and food culture. And trying out new dishes is sometimes not that easy. For some a gherkin salad can be as “strange” as a true Hungarian Goulash is for others. Meeting the unknown is always an adventure – also in the kitchen. With this cookbook we want to invite you to taste beyond your own plate.

From all over the world we gathered many colourful recipes for you. All of them are suited for (bigger) groups. As eating cultures often don't pay attention to borders we assigned the recipes to regions and not countries And as food crosses borders just as humans do, the recipes come with small histories of migration and other information.

There are as many different kitchens in this world as there are recipes. In

these kitchens everyone has their own rituals and habits. To give some of these a face we interviewed people with various backgrounds about food and eating cultures. One thing becomes clear pretty quickly: normality is individual!

Sadly, this is not always easy to get across.

This is why we included some ideas for motivating children and young adults for trying out new tastes and dishes.

Of course food should be healthy and also good for our source, nature. We have the power to decide what food we eat, how we prepare it and how it is produced. It is always worthwhile to explore new paths: a small guide to sustainable shopping and seasonal food is also included in this book.

The recipes are suitable for both beginners and experienced cooks. We tried to keep the recipes simple and the instructions clear. These recipes – just like other good things in life – are there to be tried out, changed and mixed. Be it with meat or vegan, low budget or luxurious, summer or winter: the icons in the book will help you find the right dish for the right people.

All recipes in this book are calculated for groups of ten people. Those who want to cook for bigger or smaller groups can find a quantity calculator on the website www.reiseproviant.info. Apart from this the website features more information and advice on cooking, healthy food and games for inter-cultural eating.

We hope you enjoy reading this book and have fun trying out, tasting, cooking and eating new and old recipes!

“Bonan appetiton!”*

Jasmin Khalil



Educational expert

Young Naturefriends Germany

*“Enjoy your meal” in Esperanto!

Notes



About the cookbook

Measurements

All recipes in this book are calculated for 10 people.

Comments on deciding on the right measurements can be found on page 14. A quantity converter can be reached via

www.reiseproviant.info.

Abbreviations

g gram
kg kilogram
ml millilitre

l litre
TS Tea spoon
LS Large spoon
FF Frozen foods

Icons

The icons below will help you find the right recipe for every groups and occasion.

Ingredients



Vegetarian



Vegan



With meat, no pork

Workload



little



medium



intensive

Expenses



low



average



luxury

Season



spring



summer



autumn

About the cookbook



Pork meat



winter



all year round

About the cookbook

Participation

Children and youth can and should be part of cooking and kitchen rituals. Tips and methods on making sure this happens can be found on www.reiseproviant.info/weltwaerts. In the interviews section you can read how you can inspire people to try out unknown food.

It's all in the mix

What is eating culture? What's it to do with you? In the last section you can find interviews with people from around the world about food and eating.



In the kitchen

Cooking on a camping site or with a campfire can be a bit trickier than cooking in our own “normal” kitchen. Many bellies are waiting to be filled with tasty food. In order for the cooks to keep the overview, proper planning and equipment are essential.

Kitchen equipment

When cooking for 10 people or more these things should be close at hand. Real life has shown that you can cook with a lot less gear – so, no worries!

- 5 small knives
- 2 large knives
- barbecue
- 1 pair of barbecue gloves
- 2 bread knives
- 10 tea towels
- 3 peelers
- garbage bags
- washing liquid
- 1 pot (minimum 8 litres)
- 3 large plastic bowls (best with lid)
- 3 small plastic bowls
- 1 kettle
- sponges
- 1 large pan (minimum 40 cm) with lid

In the kitchen

- 1 large sieve
- 1 washing-up brush
- 1 large oven-proof dish
- 1 measuring cup
- wire sponges
- 2 large cooking spoons/ ladles
- knives, forks and spoons
- washing line and pegs
- 2 spatulas
- cups or mugs
- 1 whisk
- 2 large tea pots
- 1 strainer
- 1 potato masher
- 2 water canisters
- 1 barbecue grate
- 1 vegetable grater
- large, sealable boxes for storing ingredients
- 2 gas cookers and cooking gas
- 1 can opener
- first aid kit

Healthy food

Storing ingredients

When you don't have a fridge to store your ingredients, you need to keep some things in mind. Fresh ingredients like vegetables and fruit should be used up within three days of buying them. Dairy products like milk or yoghurt should be eaten on the same day it is bought. The same applies to fresh meat – always use straight away when you don't have a fridge.

If there is no fridge

- always store food in the shade
- use cooler bags and freezer packs
- store food in water-proof canisters in a stream
- put a moist cloth over food to keep away flies
- store food in dug holes in the ground
- buy UHT milk or soy milk
- only use hard-boiled eggs



Eat a lot but not too much

A balanced diet is the key to your own wellbeing. A mix of fruit, vegetables, cereals and other food is important as every ingredient contains essential nutrients. No food is harmful itself – unless you don't eat too much of it.

Potatoes, Pasta & Co

Potatoes, pasta, rice, and cereals should form the basis of our diet. They contain many nutrients and fibbers but almost no fat. Even better are wholemeal products as they hold more nutrients and also help our digestion.

Give me five! Fresh fruit and vegetables

Fruit and vegetables are full of nutrients while containing few carbohydrates. For a balanced diet, eat 5 portions every day. One way of including fruit and vegetables is offering them as a snack or side-dish during the day. Simply chop up and serve!

Animals?!

Products from animals – be it meat, fish, eggs or dairy - contain essential nutrients like calcium, iron or vitamin B. Dairy products should be offered at least once a day, fish once a week, meat and eggs only rarely as a part of a balanced diet. For those who chose to do without meat or animal products altogether they need to pay special attention to what they eat. Make sure to include soy products, lentils, beans and other legumes to compensate all nutrients.

And what about fat?

Fat is important for your body as it provides energy. However, too much of it can lead to obesity and diseases of the heart. Whenever possible, use vegetable fat and check pre-cooked food for hidden fat.

Sweet and Salty

Sugar holds a lot of energy but almost no nutrients. So here again – be careful with how much you add. Eating sweet(s) and tasty desserts consciously is fine but try to stick to the minimum. The same goes for salt. It's only one amongst many fascinating and various spices.

Water is life

Water is essential. Make sure that your participants always have the opportunity to drink – either water or herbal tea. Children should drink approx. 1 litre a day, adults 1,5 litres. Our body needs more liquid on hot days or when the program contains physical activities.

* These guidelines follow the ten rules for a healthy diet by the German Society for Ernährung

Slow food

To keep the natural aroma and nutrients in the food, it's better to cook with lower temperatures and to use as little fat as possible. Short cooking times also preserve the taste.

Dinner time

Eating consciously helps eating properly. Sitting down as a group and taking enough time to eat is one way of introducing children and adults to a healthy eating behaviour.



Cooking for groups

Cooking for many people is not that easy – at least in the beginning. You need to get used to new measurements and food takes longer to cook. And there will always be people in your group who don't eat certain foods. Involving the participants in cooking activities – cutting vegetables, going shopping – or showing them new recipes are two things you can do to integrate the topic of food into the program of your activity.

Measurements

This table shows the approximate amount of food for children (10-12 years old). It offers only a rough guidance, as the amount needed to satisfy one person always varies: boys usually eat more than girls; older children eat more than younger. Also groups tend to eat more when they participate in active programmes (such as hiking or climbing) or when the food is very tasty. All recipes given in this cookbook are calculated for 10 people. When cooking for bigger or smaller groups you can find a quantity converter on www.reiseproviant.info (only in German).

How much?

- | | | | |
|-----------------------|------------|-----------------------------|----------|
| • soup as starter | 200 ml | • rice as main course | 70g |
| • soup as main course | 400 ml | • pasta as main course | 100-120g |
| • sauce | 100-150 ml | • vegetables as main course | 200g |
| • boiled potatoes | 150-200 g | • vegetables as side dish | 100g |
| • mashed potatoes | 200g | • salad | 50 g |

Cooking for groups

- minced meat 100-120 g
- poultry 150 g
- meat (without bones) 130-150 g
- fish 150 g
- dessert 150 g
- fruit 1 piece

General Advice

- Keep longer preparation times in mind and start early
- Be careful with spices and salt. Better spice up later!
- Use two bowls for washing up: one with warm and one with cold water
- Bear in mind that big pots preserve the heat even after you turned off the cooker
- Never stir burnt food. Remove the unburnt parts into a fresh pot
- Spread the work by forming teams responsible for cooking, preparing the



washing up or food transport

- Announce dinner in time or agree on fixed dinner times
- The best time for shopping is usually after breakfast
- Beware of ants! Store food in a way that ants cannot reach them
- Involve participants in kitchen activities whenever possible

Basics

Calculation table

Spicy!

Many recipes give their measurements in gram and kilogram. This table shows you alternative ways of calculating your ingredients – either because you don't want to count 20 small spoons of flour or forgot your scales.

TS tea spoon

LS large spoon

1 LS butter	15 g	1 TS butter	5g
1 LS yogurt	15g	1 TS yogurt	8 g
1 LS flour	10 g	1 TS flour	3g
1 LS nuts	10g	1 TS nuts	3g
1 LS oil	10g	1 TS oil	4g
1 LS white cheese	20 g	1 TS white cheese	5g
1 LS soy sauce	10g	1 TS (soy-)cream	5g
1 LS sugar	15 g	1 TS sugar	5g

Basics

1 LS salt	18 g	1 TS salt	5g
7 LS milk	10 ml	12-14 onions	1 kg
10-12 potatoes	1 kg	5-7 Apples	1 kg

Ingredients

It's all in the spices

Generally, with spices you're always on the safe side with careful dosage. It's better to season after cooking than having to serve a soup that is too salty or a curry that is too hot.

When cooking for more persons than in the recipes, pay attention to the amount of spices you use. For example, if you cook for 40 persons, it is not necessary to put four times the amount of spices, rather double it. Of course, the amount to be used depends also always on the intensity of the spices

Ingredients

Name	Use
Maple Syrup	This sweet syrup originally comes from North America. It is made from the sap from maple trees and later concentrated. Goes very well with salads and of course pancakes
Balsamic Vinegar	Aceto Balsamico or balsamic vinegar is a dark brown vinegar. It is made from grapes and tastes sour-sweet.
Basil	Fresh basil is very aromatic but you can also use it deep-frozen or dried.
Savory	Savory is quite spicy and tastes a bit like thyme. The longer you cook it the stronger its flavour becomes. Usually used in bean dishes.
Bulgur	Bulgur means wheat grouts in Turkish. Originally from the Middle East, it is nowadays used as an alternative to rice. Bulgur contains many nutrients, proteins and vitamins. Cook for approx. 15 minutes. Bulgur is done when it's soft and starts to get sticky.
Chilli Peppers	You can get chilli as powder, grated or husks. The basic rule with chilli peppers is: the smaller and redder, the spicier they are. Chilli powder is very hot so use in moderation. Beware: it burns like hell when you get it into your eyes or face.
Couscous	Couscous is the basic ingredient in the North African cuisine. It is made from ground and moisturised semolina, mostly from wheat. Couscous is never boiled but steamed. It's easier and quicker to douse with boiling water and leave it to draw. Preparation

Ingredients

time 10 -15 minutes.

Curry

Mix of spices – mostly tumeric, coriander, pepper, allspice, cumin, ginger, paprika, cloves, nutmeg and cinnamon. Usually curry from the Asian market tastes better than from the supermarket.

Dill

Delicious herb for fish, salads and 'green' soups. Of course it tastes the best when fresh but it can be used deep-frozen and dried as well. Add shortly before serving.

Vinegar

Used in almost all salad dressings. Also goes well with red cabbage and stews.

Tarragon

Tastes sweet and a bit like anise. Best with fish and vegetables.

Garam Masala

Mix of spices from Asia, usually cumin, cardamom, coriander, cinnamon, cloves, nutmeg and pepper.

Vegetable Stock

For 2 litres of vegetable stock simply add 4 large spoons of the stock to 2 litres of water (always consult package).

Rather buy as powder (instead of cubes) as the powder dissolves quicker and is easier to dose. Add salt in moderation when you use vegetable stock.

Gnocchi

Small dumplings made from potato dough – sometimes pumpkin or spinach are added.

Millet

Millet is one of the oldest cultivated plants and originated in Central Asia. It can be used in many ways: in bread, salads, soups, porridges, pancakes, casseroles or sweet cakes. It contains many nutrients and trace elements.

Ginger

Ginger is a tropical root and is common in Asian cuisine – either fresh or dried. Fresh ginger is peeled and chopped or grated, dried ginger usually comes as powder. It tastes like lemon and makes food hotter.

Ingredients

<i>Cardamom</i>	<i>This spice from Asia gives an intense aroma to rice, vegetable and meat dishes. In Arabian countries it is common to add some cardamom to coffee. Use moderately as it has a very strong flavour.</i>
<i>Coriander</i>	<i>Coriander can be bought as seeds, ground or fresh herb - it tastes different each time. As powder or seeds it has a sweet taste and is used for Christmas cookies and in Indian dishes. Coriander as a herb has a strong, individual taste and quickly dominated the dish.</i>
<i>Cumin</i>	<i>Widespread in Asian cuisine and brings a strong, intense taste to the food. Add cumin seeds at the beginning or fry separately before adding.</i>
<i>Provencal herbs</i>	<i>Mix of spices from the Mediterranean region. Contains thyme, rosemary, oregano and savory.</i>
<i>Garlic</i>	<i>Tasty both as fresh cloves or dried powder. Careful with dosage!</i>
<i>Cress</i>	<i>Small buds which taste best in salads and with bread. Can be grown easily in a bowl at home.</i>
<i>Tumeric</i>	<i>The yellow spice is rarely used on its own, but often found in combination with other spices. Traditional Asian spice.</i>
<i>Laurel (leaves)</i>	<i>Increases aroma of soups when added to the pot. Laurel needs some time to unfold so add early. Remove before further processing.</i>
<i>Oregano</i>	<i>Actually wild marjoram and mostly used for tomato soups, courgettes, aubergines and pizza.</i>
<i>Mint</i>	<i>Fresh mint tastes best. In North Africa it is used to make tea and can often be found in salads.</i>

Ingredients

Nutmeg	<i>Gives a very strong flavour, so best add shortly before serving. Best add freshly grated or – if necessary – as powder.</i>
Oil	<i>Oil is a central ingredient in every kitchen. Olive and sunflower oil is often used for frying and in salads. Oil from nuts adds special taste to almost everything.</i>
Paprika	<i>Paprika powder gives a red colour to the food and adds some spice.</i>
Parsley	<i>All-round genius in the kitchen. Goes with salads, soups and stews. As usual it tastes best fresh!</i>
Pepper	<i>Can be bought grated or in whole seeds. Best freshly ground as it loses its aroma quickly. Red, green, black and white pepper have their own taste. Also work well when mixed with each other.</i>
Polenta	<i>Polenta is corn grouts and can still be found in Italian cuisine today. In the 17th century it was wide-spread in Europe as a poor people's food.</i>
Rosemary	<i>This herb is very aromatic, but fresh and dried. Better grate thoroughly as rosemary tends to stay hard even when cooked.</i>
Sambal Olek	<i>Thick sauce made from chopped chillies – very hot! Common in Asian cuisine.</i>
Salt	<i>Enough salt should always be in the kitchen and yet it is best used moderately. It brings out the inherent flavour of food. Taste for salt is individual so best put it on the table for everybody to choose.</i>
Chives	<i>For salads, dips, soups and potatoes. Chop up on the spot. Loses its taste when frozen or dried.</i>
Mustard	<i>Used to flavour all sorts of dishes, especially in salads, sauces and vegetable dishes. Mustard seeds are common in Indian cuisine.</i>

Ingredients

<i>Soy sauce</i>	<i>Asian sauce made from water, soy beans, wheat and salt. Quite salty so use salt sparingly when you want to add soy sauce later. Adds spice and taste to Asian dishes.</i>
<i>Thyme</i>	<i>Strong herb from the Mediterranean. Common in combination with rosemary and oregano. Also fine on its own.</i>
<i>Cinnamon</i>	<i>Used in Europe mostly for sweet dishes – either as powder or whole quills. In Asian and Arabian cuisine it is added to many rice, vegetable and meat dishes. Use with care! Cinnamon quills can also be used to flavour coffee and hot chocolate.</i>
<i>Sugar</i>	<i>Many salty dishes only regain their full flavour when a bit of sugar is added, e.g. tomato sauce. In Indian cuisine sugar is added to almost all dishes. In salads and sweets sugar can be substituted by honey or maple syrup.</i>

Notes



Soups

Tomato Soup

Origin: Italy



Ingredients

2000 g Tomatoes (fresh or canned)

4 Onions

3 Garlic cloves

200 ml vegetable stock

Olive oil

4 LS Tomato paste

3 TS Provencal herbs

Salt and Pepper

200 g Creme fraiche or Soy sauce

Immersion blender

Preparation

Parboil the tomatoes (only fresh): Immerse in hot water, take out and remove skin and trunks. Chop into squares. Peel and chop onions and garlic and simmer with oil in a large pot. Once the onions are transparent, add tomatoes and some vegetable stock (to prevent the tomatoes from burning). Add salt, tomato paste and Provencal herbs and cook for 20 minutes on a low flame. Flavour with olive oil and pepper before blending until smooth. Before serving add crème fraiche or soy sauce (for vegans). Gently stir in the soy sauce to prevent lumps.

Soups

! For a fresh note put in fresh basil before blending.

Soups

Turkish lentil soup

Origin: Turkey



Ingredients

- 3 Onions
- 5 Carrots
- 3 Potatoes
- 500 g Red Lentils
- 1000 ml vegetable stock
- 150 g Yogurt
- 6 LS Olive oil
- 1 lemon
- 3 TS Paprika powder, sweet
- 1 TS Cumin seeds

Salt and Pepper

Immersion Blender

Preparation

Cut onions, carrots, and potatoes into small cubes. Heat olive oil in a large pot and add onions and cumin seeds. Simmer until the onions are transparent. Stir in lentils, potatoes, and carrots until covered in fat. Add vegetable stock and continue stirring. Leave to cook on a low flame for 20 to 30 minutes. Blend when lentils are very soft. Before serving flavour with lemon, yogurt, salt and pepper.

Soups

Pumpkin-Coconut soup

Origin: Caribbean



Ingredients

- 1500 g Pumpkin
- 500 g Potatoes
- 5 Onions
- Vegetable stock
- 500 ml Coconut milk
- 2 TS fresh, chopped ginger
- 1½ TS Cumin seeds
- 1 TS Cinnamon
- Salt and Pepper
- Immersion blender

Preparation

Peel and chop onions. Cut potatoes into cubes. Wash the pumpkin, halve and scoop out the flesh. Cut the pumpkin flesh to quarters (if necessary peel pumpkin before). Simmer onions in a large pot. Peel the ginger and chop it. Mix it with the cumin seeds and add it to the onions. Once the onions are transparent add pumpkin and potatoes. Cover the vegetables with vegetable stock and cinnamon. Leave to cook. When the vegetables are done add the coconut milk and leave it on the heat for a while. Blend until smooth and flavour with salt and pepper.

Soups

Pumpkin is one of the oldest cultivated plants known. Originally from Africa, it quickly found its way to Europe. Today you can choose between 800 to 1000 different varieties. In Germany the Hokkaido pumpkin is very popular as you can eat its skin. Although coconuts have been cultivated in Europe for a long time, this recipe is from Jamaica. It's the home of the coconut with its delicious coconut milk.

Soups

Sliced pancake soup

Origin: Austria



Ingredients

2000 ml Vegetable stock

5 Eggs

300 g Flour

350 ml Milk

2 ½ TS salt

Oil for the pan

Chives

Beater or whisker

Preparation

Mix together eggs, milk, flour and salt until you have a smooth dough. Heat oil in a flat pan and add a thin layer of dough. Fry on both sides until brown. Repeat until the dough is used up. Leave pancakes to cool and cut into ½ cm thick slices. Heat water in a pot and stir in vegetable stock. Shortly before serving add the slices pancakes and decorate with chopped chives.

Soups

Parsnip or Potato soup

Origin: Germany



Immersion blender

Ingredients

2500 g Parsnips or Potatoes

2 Onions

1 Carrot

1 small piece of Celery

1 Nutmeg

200 ml cream

Oil

Preparation

Peel parsnips or potatoes, then wash and cut into small quarters. Peel carrot, celery and onions and chop. Sear everything in a large pot. Deglaze with water until vegetables are covered and leave to cook for 20 minutes. Flavour with nutmeg, salt, and pepper. Blend until smooth. Add cream before serving (if wished). Should the soup be too thick, add more water.

Soups

The parsnip has been long been forgotten. It tastes sweet and spicy and looks a bit like radish or a large parsley root. In Central Europe it used to be found in every household until replaced by the potato. Nowadays it is being rediscovered, especially for baby food and in Haute Cuisine. You can even buy parsnip crisps. Yummy!

Soups

Courgette soup

Origin: Cross-over



Ingredients

- 2000 g Courgettes
- 500 g Potatoes
- 1 Leek rod
- 5 Onions
- Vegetable stock
- 1 Parsley bunch
- 1 Dill bunch
- 5 LS lemon juice

Salt and Pepper

Preparation

Peel and chop onions. Cut vegetables into small squares. Simmer onions in a large pot. Add courgettes, potatoes and leek. Deglaze with vegetable stock until the vegetables are covered. The more stock you add the thinner the soup will become. Wash dill and parsley, chop and add to the pot. Once the vegetables are soft, blend until smooth. Stir in lemon juice and flavour with salt and pepper

Soups

Peanut soup

Origin: North America



Ingredients

2 Celery rods or ½ round celery
3 Onions
1500 ml vegetable stock
7 LS oil
3 Ls flour
300 g Peanut butter (sugar free)
4 LS lemon juice
Salt and Pepper

Preparation

Peel celery and cut into thin slices. Peel and chop onions. Heat oil in a pot and sear onions and celery for 3 minutes. Continue stirring during this time. Dust with flour and sauté. Take off the heat and slowly stir in vegetable stock. To prevent lumps and burning have one person stir and one person pour. Add peanut butter and leave to cook for 10 minutes on a low flame. Flavour with salt pepper, and lemon juice. (Attention! Peanut butter and vegetable stock already contain salt.)

Soups

Cacik / Cucumber soup

Origin: Turkey



Ingredients

2000 ml Yogurt

4 Cucumbers

4 Garlic cloves

Olive oil

Salt

300 ml Water

½ Dill or Mint bunch

Preparation

Peel the cucumbers, then chop or grate them. Chop the garlic and mix with salt. Add some water to the yogurt and stir it. Pour the cucumbers, yogurt-water and garlic-salt mix into a big bowl. Add some olive oil. Chopped mint or dill adds a fresh note.

Soups

Sent in by Berkan, Young Naturefriends Thuringia

Soups

Rhenish lentil soup

Origin: Germany



Ingredients

500 g brown lentils
Vegetable stock
1 Leek rod
1 Celery
5 Carrots
5 large Potatoes
5 small Mettwurst (tea sausage spread)
4 LS chopped bacon
3 Onions
Oil

Vinegar

Mustard

Preparation

Peel and chop onions. Heat oil in a large pot. Fry onions and bacon. Wash lentils and add to the pot. Fill up with vegetable stock (approx. twice the amount of the lentils) and boil. In the mean time peel celery, carrots, leek, and potatoes. Cut into large cubes. Add to soup and boil until done. Cut sausages into thick slices and cook for 5 minutes. Flavour with mustard, vinegar and salt.

Salt

Soups



Salads

Salads

Honey-Mustard-Dressing

Ingredients

3 LS Honey
3 LS Mustard
250 ml Olive oil
1 LS white Balsamic vinegar
2 LS dried herbs for salads
Mixer or whisk

Preparation

Mix honey, mustard, balsamic, and herbs in a bowl. While stirring slowly pour olive oil into the bowl. When poured too quickly the oil prevents the dressing from binding and keeps it too liquid.

Yogurt-Dressing

Ingredients

250 ml Yogurt
5 EL Tomato paste or Ketchup
2 Garlic cloves
2 LS Vinegar
1 TS lemon juice
1 LS Honey
Salt and Pepper

Preparation

Chop garlic into very small cubes and mix with other ingredients to a thick paste.

Salads

Lemon Vinaigrette

Ingredients

- 1 TS cleaned lemon skin (pesticide-free)
- 2 TS lemon juice
- 1 TS Vinegar
- 10 TS Olive oil
- ½ TS Salt

Preparation

Mix all ingredients except oil in a bowl. Slowly add the oil while stirring.

Sesame-Ginger Vinaigrette

Ingredients

- 2 TS finely chopped mandarin skin (pesticide-free)
- 4 TS fresh mandarin juice
- 4 TS freshly grated ginger
- 5 LS Vinegar (e.g. white Balsamic vinegar)
- 4 LS Olive oil
- 2 LS Sesame oil
- 2 TS Soy sauce
- ½ TS Salt
- Mixer or whisk

Preparation

Mix all ingredients except the mandarin skin until smooth. Slowly add the

Salads

mandarin skin.

All dressings by Herdis

Salads

Tomato-Mozzarella Salad

Origin: Italy



Ingredients

7 Tomatoes

5 Mozzarella cheeses (approx. 125 gr each)

Olive oil

Balsamic vinegar

Salt and Pepper

Basil

Preparation

Wash tomatoes, remove all green bits and cut into slices. Drain the mozzarella and also cut into slices. Now arrange tomatoes and mozzarella on the plate: first one tomato slice, then one mozzarella slice, then one tomato slice, and so on. Mix one part vinegar with three parts olive oil, and some salt and pepper and sprinkle on the salad. Decorate with fresh Basil leaves.

Carrot- Beetroot Salad

Origin: Crossover

Ingredients

1000 g Beetroot

1500 g Carrots

2 Apples

10 Ls Olive oil

1½ lemons

1½ LS Maple syrup or honey

½ Parsley bunch

5 LS Sunflower seeds or grated walnuts

Salt and Pepper



Salads

Preparation

Peel the beetroot and cut into very fine slices or grate. Do the same with the carrots. Peel the apples, remove the seeds and grate or chop into fine slices.

For the dressing mix olive oil, lemon juice, maple syrup, salt, and pepper.

Chop parsley and stir all ingredients in a large bowl. Fry the sunflower seeds brown in olive oil and sprinkle on the salad (alternatively use grated walnuts).

Stir properly.

Salads

Shepherd's Salad

Origin: Turkey



Ingredients

1000 g Tomatoes

3 Cucumbers

4 Onions

4 Marinated green Pepperoni (mild or moderately hot)

500 g Feta cheese

2 Garlic cloves

1/2 Bunch fresh mint

1/2 Bunch parsley

10 LS Lemon juice

4 LS Black olives

Salt and Pepper

10 LS Olive oil

Preparation

Cut tomatoes and cucumbers into 1 cm large cubes. Peel onions and cut into fine rings and cut feta cheese into cubes. For the dressing peel and chop garlic and mix with lemon juice, salt, and pepper until smooth. Add Olive oil. Mix tomatoes, gherkins, onions, pepperonis, cheese and herbs in a bowl and shortly stir. Gently add the dressing and cover the salad with olives.

Salads

! Works just as well without garlic and pepperoni!

Salads

Lamb's lettuce with fried mushrooms

Origin: Germany

Ingredients

1000 g Lamb's lettuce

500 g Champignons (or other mushrooms)

10 LS Olive oil

4 LS Balsamic vinegar

2 TS Mustard

2 TS Honey

Salt and Pepper

Preparation

Wash and clean the lamb's lettuce. For the dressing, mix olive oil and vinegar.

Later add mustard, honey, salt, and pepper, and stir thoroughly. Cut mushrooms into fine slices and fry in olive oil. Flavour with salt and pepper.

When the mushrooms have cooled down, spread over the salad.



Italian Paste Salad

Origin: Italy

Ingredients

1250 g Pasta (Spirelli or Penne)

250 g marinated, dried tomatoes

1 Bunch spring onion

3 Garlic cloves

250 g Black olives (without stones)

250 g Parmesan

10-15 EL Olive oil

Herbal salt

Preparation



Salads

Cook pasta in plenty of salted water. Leave in a sieve to drain and cool. Peel and chop the garlic. Mix with olive oil and herbal salt. Pour the sauce over the pasta. Drain the tomatoes and chop. Cut spring onions into rings and cut the

olives. Add everything to the pasta. Mix properly and leave for 2-3- hours to set.

Salads

Taboulé

Origin: North Africa



Ingredients

Salt and Pepper

500 g Couscous

Vegetable stock

7 Tomatoes

2 Salad gherkins or 1 cucumber

2 Onions

3 Lemons

150 ml Olive oil

1 bunch of parsley

1 Bunch mint

1½ TS Cinnamon

Preparation

Boil the couscous with vegetable stock (approx. two parts water, one part couscous). The couscous is done when it is soft and the water has been absorbed. Chop tomatoes and gherkins. Cut onions into small cubes and add to the couscous. Wash parsley and mint, remove the trunks and cut into fine slices. Squeeze the lemon. Add the lemon juice to oil, salt, pepper and mix it in a separate bowl. Finally pour the dressing over the salad and leave to set in a cool place.

Salads

Rhenish Potato Salad

Origin: Germany



Ingredients

- 2000 g Potatoes
- 2 Onions
- 2 Apples
- 400 g Gherkins
- Vinegar
- Salt and Pepper
- 2 Egg yolks
- 4 TS Mustard
- 1 Lemon
- 320 ml Sunflower oil
- 3 LS Flour
- 320 ml Liquid, e.g. gherkin water

Mixer or whisk

Preparation

Wash potatoes and boil in salted water. When the potatoes are cooked take them out the pot and douse with cold water. When they have cooled down, peel and cut into slices. Peel apples and onions and chop into small cubes. Slice the gherkins. Add apples, onions, and gherkins to the potatoes and mix. Season with some vinegar, salt and pepper. For the mayonnaise mix the egg yolks, mustards, salt, sugar, and lemon juice. Blend with the mixer or whisk. Slowly add oil and keep blending. Then mix the flour into the vegetable stock and bring to boil. Leave to cool and then add the paste to the other mayonnaise ingredients. You can also add some spoons of salad mayonnaise

Salads

later. Mix the potatoes and the mayonnaise and leave to set for 2-3 hours.

Then season again.

Potato salad isn't a purely German affair. This tasty way of preparing potatoes is known also in Spain, France, and the Middle East. Depending on the region different ingredients and spices are added.

Wild Herb Salad

Origin: Crossover



Ingredients

10 Hands of wild herbs (e.g. dandelion, sorrel, ribwort, daisy)

1 Apple

4 LS Vinegar

1 TS Mustard

3 LS Apple or Orange juice

10 LS Olive oil

2 TS Maple syrup

Salt and Pepper

Salads

Preparation

First the wild herbs. They can be found on meadows or ditches. Make sure only to collect where no dogs are walked, no pesticides are used, and no traffic passes. Only pluck the young shoots. Collect plenty, as the herbs tend to

shrink after washing. Wild herbs contain more nutrients than normal salad, so the portions can be a bit smaller.

Wash the herbs and drain. Chop very finely. Peel apples, grate finely and add to herbs. Mix all ingredients for the dressing and stir. Pour over the salad, mix and season of necessary.

Notes



Dips, pâtés and more

Dips, pâtés and more

Green Pesto

Origin: Italy

Ingredients

500 g Chopped nuts (hazel nuts or walnuts)
1 Bunch smooth parsley
Olive oil
Salt
3 Garlic cloves
100 g grated Parmesan cheese
Immersion blender

Preparation

Finely chop nuts. Wash herbs, chop finely. Peel and chop garlic. Mix all ingredients; add some olive oil and parmesan. Add the rest of oil, season with salt and blend.



Red Pesto

Origin: Italy

Ingredients

500 g Cashew nuts (or other nuts)
30 g Dried tomatoes
4 Garlic cloves
100 g Parmesan cheese
Olive oil
Salt
Immersion blender or mixer

Preparation

Finely chop nuts. For a special taste fry the nuts until brown before (without oil!). Boil dried tomatoes for 2 minutes. Chop



Dips, pâtés and more

tomatoes and garlic. Grate parmesan. Mix all ingredients and blend. Add oil and salt, and blend again.

For a vegan pesto omit the Parmesan.

By Yilmaz

Dips, pâtés and more

Isot-e kuya/ Mashed Pepper paste



Origin: Turkey

Ingredients

7 red peppers

2 garlic cloves

Butter

Salt and Pepper

Preparation

Remove trunks from peppers and bake whole peppers in oven until soft.

Gently peel off skin and mash peppers. Peel and chop garlic. Add butter, salt, and pepper. Fry everything for 3-5 minutes in a pan. Add any spices you wish.

Babaganoush/ Aubergine paste

Origin: Middle East

Ingredients

4 aubergines

5 EL sesame paste (Tahin)

1 lemon

5 LS Olive oil

3 garlic cloves

1 bunch parsley



Dips, pâtés and more

salt and pepper

immersion blender

Preparation

Wash aubergines, chop and fry with some water until soft. To this add tahin, lemon juice and olive oil. Blend all until smooth. Peel, chop and mash garlic.

Mix into aubergines. Season with salt and pepper. Wash and chop parsley and sprinkle onto paste.

Dips, pâtés and more



Guacamole

Origin: Mexico

Ingredients

5 ripe avocados

1 lemon

2 ripe tomatoes

salt and pepper

Preparation

Halve the avocados, discard the stones and scoop out the flesh. Squeeze the lemon and pour the juice over the avocados. Add salt and pepper and mash.

Cut tomatoes into small cubes and mix into avocados.

Nut Sauce

Origin: Italy

Ingredients

400 g walnuts

100 g butter

2 garlic cloves

100 ml cream

400 ml water

salt and pepper

100 g Parmesan cheese

Preparation

Blend walnuts into small pieces. Peel and finely chop garlic. Heat butter in a pot. Add nuts and fry for 5 minutes, then add garlic.

Mix the Parmesan with hot water and cream. Add this sauce to the nuts and stir. Season with salt and pepper.



Dips, pâtés and more

The sauce comes with pasta. Simply pour the sauce over the pasta before serving.

This dip is originally from Mexico where it is usually eaten with Tortillas. The word “Guacamole” is related to the Nahuatl word for avocado sauce, “ahuacamolli”.

Nahuatl is the language of the Mexican indigenous people.

Dips, pâtés and more



Tzatziki

Origin: Greece

Ingredients

1000 ml yogurt
250 g white cheese
1 cucumber
5 garlic cloves
2 LS vinegar
2 LS olive oil
Salt

Preparation

Peel and grate cucumber. Pour yogurt and white cheese in a bowl and add cucumber. Peel and mash garlic. Add vinegar and olive oil. Stir properly and season with salt.

Mint Dip

Origin: India

Ingredients

500 g fresh green mint or
2 LS dried mint
250 ml yogurt
½ TS cumin powder
chilli powder
salt

Preparation

Remove trunks from mint and chop finely. Mix mint with yogurt and other ingredients. Season with salt.



Dips, pâtés and more

This dip is common in India as a starter or side dish.

What we know today as tzatziki was originally a mix of drained yogurt, cucumber, garlic, and olive oil. The ingredients are wide-spread in the Mediterranean and the recipe has been known for a long time. Variations of this recipe were known in ancient Mesopotamia, what is nowadays Iraq. Tzatziki is related to many other dishes, e.g. the Turkish Cacik, Albanian Teratro, Bulgarian Taraor, or the Persian Mest.

Dips, pâtés and more

Feta Cream

Origin: Turkey



Ingredients

400 g mild Feta cheese

200 g yogurt

1 bunch parsley

3 garlic cloves

pepper

Preparation

Crumble the feta and mash with the yogurt. Wash the herbs and shake until dry. Pick the leaves and chop. Peel and chop garlic. Mix everything and season with pepper. Salt is usually not needed as the feta is quite salty.

You can also add some ajvar (red pepper paste) to get a pepper-feta cream.

immersion blender

Dips, pâtés and more

Sheep milk is probably one of the oldest foods around as sheep were tamed long before cattle. Especially on the Balkan and around the Mediterranean sheep were the original food source, for example yogurt originally used to be made from sheep milk. In Central Europe sheep milk was less prominent. Sheep and goats used to be milked only in times of hardship.



Belly-fillers

How to cook

Potatoes

Ingredients

2200 g potatoes

1500 ml water

1,5 TS salt

Preparation

Wash and peel potatoes. Cut into pieces of roughly the same size.

Fill into pot with water, add salt and bring to boil. Leave the lid on. Boil until done. Usually this takes 15-20 minutes. When done remove water.

Pasta

Ingredients

1250 g pasta

water

3 LS salt

2 LS oil

Preparation

Boil water in a large pot. Add salt and pasta. Cook until the pasta is soft. Drain water and serve.

Rice

Ingredients

700 g rice

1050 ml water (1 ½ times the amount of rice)

3 LS salt

How to cook

Preparation

Fill rice, salt, and water into a pot and bring to boil under a closed

lid. Leave to cook on a low flame until the water has been absorbed. The rice should be done by then. Whole rice needs double the amount of water.

Oven Potatoes

Origin: Cross-over

Ingredients

2200 g potatoes

10 EL Olive oil

salt and pepper

bowl, add oil and salt, and mix thoroughly. Put potatoes on a baking sheet.

Bake for ca. 45 minutes with 200°C until brown.

Also tasty with herbs and garlic sprinkled over the potatoes.

Best accompanied by guacamole and (baked) vegetables.



Preparation

Peel and wash potatoes. Cut into quarters, eights, or slices. Place potatoes in a

Potato Gratin

Origin: Cross-over

Belly-fillers

Ingredients

2000 g potatoes

4 garlic cloves

500 ml cream

250 ml water

salt and pepper

500 g grated cheese



Preparation

Cut potatoes into slices and fill into oven form. Chop garlic and mix in a bowl with water, salt, pepper, and cream. Pour over potatoes and mix. Make sure the potatoes are covered by ca. 2 cm of sauce. If needed, add some water.

Sprinkle cheese on top and cover. Bake in oven for ca. 45 minutes with 180 °C.

Remove lid towards end to ensure a crusty top.

Belly-fillers



Polenta

Origin: Italy

Ingredients

500 g polenta
1000 ml water
330 ml (soy) milk
2 TS salt
2 LS butter
150 g Parmesan

Preparation

Fill water into a pot, add salt, and bring to boil. Stir polenta into boiling water and leave to soak, if necessary add water. Stir properly to avoid lumps in the polenta. When done add cheese and butter.

Chapati

Origin: India

Ingredients

750 g flour
1 TS salt
2 LS vegetable oil
375 ml water

Preparation

Mix salt and flour. Add water and knead the dough. Leave to rest for 30 minutes. Knead again and cut into small pieces. Form little cakes (roughly the size of a golf ball). Roll dough into flat cakes (ca. 10 cm diameter). Fry in an (iron) pan for 3-5 minutes with moderate heat until brown. The bread should show no moist patches when done.



Belly-fillers

Belly-fillers

Potato bread/ Focaccia

Origin: Italy



Ingredients

1000 g wheat flour
3 potatoes, floury
2 LS salt
1 TS sugar
100 ml olive oil
1 yeast pack
450 ml warm water
5 tomatoes
rosemary
4 LS EL coarse salt

Preparation

Cut potatoes into small pieces and cook until soft. Remove water and mash. Dissolve the yeast in a little warm water and sugar. Add flour, salt, olive oil, potatoes, and the rest of water. Knead until you have a smooth, homogeneous dough that is a bit sticky. Leave to rest for 30 minutes. Meanwhile cut the tomatoes into small pieces and remove the fruit pulp. When the dough has rested, knead again and form three (or five) cakes. Sprinkle some flour on a baking tray and place cakes on it. Pour some olive oil into your hands and gently rub onto the dough. Spread tomato pieces on top. Finally, sprinkle coarse salt over the bread.

Bake for 40 minutes with 200°C.

Belly-fillers

Focaccia can be easily combined with many other vegetables and herbs. Onions and olives are popular, either in combination with tomatoes or without.

Belly-fillers

Potato Pancakes

Origin: Germany



Ingredients

2500 g potatoes
4 eggs
3 onions
5 LS flour
nutmeg, freshly grated
oil for frying
salt and pepper
grater or mixer

Preparation

Peel, wash and grate potatoes. Chop onions into very small pieces and mix with eggs and mashed potatoes. Season with salt, pepper and nutmeg. Pour oil into a pan and heat.

Scoop out large spoons of dough, place into oil, and fry until brown on both sides. Should the pancakes fall apart, mix in more flour. Best accompanied with apple puree, sugar beet or cranberries. Sometimes they are eaten with dark rye bread.

Potato pancakes are wide-spread in Germany. This recipe comes from the Rhineland, where they are called 'Reibekuchen'. Elsewhere they are also known as : Badscherla, Rievkooche, Riwwes, Schepperlinge, Kröbbelche, Kribbelcher, Kräbbelcher, Kräppel, Hatscheln, Bagggers, Flinsen, Klitscher, Fratzen, Bambis, Reiberdatschi, Pickert, Dätscher, Dotsch, Datsche, Pratsch, Quaddelpratschen, Krumber Schnietchen, Krumperpankisch, Grumbärekiechle, Grumbeerpannekiechle,

Belly-fillers

Grummbearponnekuche, Reibepuffer, Rebkocken, Möder, Kartoffelküchle, Kaduffelpannkuche, Rippspfannkuchen, Pratschen, Platz or Tetscher.



Vegetarian Main Courses

Vegetarian Main Courses

Pita Pizza

Origin: Crossover



Ingredients

4 pita breads (large, Turkish variety)

8 tomatoes

3 onions

1000 g vegetables (e.g. courgettes, mushrooms, peppers)

150 ml olive oil

600 g grated cheese or Mozzarella

salt and pepper

oven

Preparation

Carefully slice pita breads into two (upper and lower half). Slice tomatoes and other vegetables into thin slices, chop the onions. Mix the onions with plenty of salt and pepper, and olive oil. Spread this onto the pita bread.

Lightly braise the vegetables (for approx. 10 minutes) and flavour with salt.

Cover the bread with the desired ingredients. Spread cheese on top and bake for around 10 minutes until brown and crispy.

Vegetarian Main Courses

Italian-Turkish crossover pizza. Quick and tasty!

Vegetarian Main Courses

Filled Puff Pastry

Origin: Greece



Ingredients

1000 g deep-frozen puff pastry

1000g deep-frozen spinach or fresh spinach

1 leek stem

250 feta cheese

2 eggs

10 LS olive oil

150g sesame seeds

salt and pepper

oven

Preparation

Take the puff pastry out of its wrapping and leave to defrost on a plate. When using fresh spinach: remove the hard pieces and cut into large stripes. Cut the

leek into rings. Wash both. Heat olive oil in a pan, add the vegetables and braise until the vegetables collapse. Sometimes some water needs to be added. When using deep-frozen spinach: Only braise the leek and add the frozen spinach after a while. When the spinach is defrosted add salt and take off the heat.

Mash the feta with the fork and mix in with the spinach. Season with pepper. Fry the sesame seeds without oil in a pan and then mix in with the spinach. Whisk the eggs in a bowl. Preheat the oven with 200°C. Sprinkle some flour on your working surface. Halve the puff pastry and roll out on the flour. In the middle of each half place a bit of the filling. Cover the edges of both halves with egg. Then fold both puff pastries on each other, so that the filling is enclosed in the middle. Put the pastries onto a buttered oven tray. Cover with the leftover egg and sprinkle sesame on top. Bake in the oven for 15-20 minutes until golden-brown.

Vegetarian Main Courses

Works also without egg!

Filled puff pastry with spinach or chard is popular and wide-spread in the Mediterranean region. However, recipes where vegetables and meat are enclosed in dough (e.g. Maultaschen, Samosas or Tortellini) have been common for a long time in many parts of the world.

Falafel

Origin: Middle East



Ingredients

500 g dried chickpeas

4 garlic cloves

3 onions

1 bunch parsley

some chilli powder

2 TS ground coriander

1 TS ground cumin

2 TS baking powder

2 LS flour

100 g breadcrumbs

salt and pepper

1000 ml vegetable oil for frying

mixer or mincer

Preparation

Vegetarian Main Courses

Leave the chick peas with plenty of water over night to soften them. On the next day wash the chickpeas and leave to dry in a sieve. Chop onions, parsley and garlic and together with the chickpeas and mince either in the mixer or the mincer. Add all spices, salt, flour and baking powder and knead until you

have a homogeneous dough. Form small balls. Heat oil in a large pot or chip pan. Deep fry the balls. You need less oil when you use a pan. Leave the falafel to cool on a plat covered with kitchen paper (also to remove some of the fat).

Serve with salad and pita bread.

The vegetarian answer to Kebab. Tasty with pita bread, with cucumber-tomato salad and sesame paste. Very popular as a snack, not only in the Middle East.



Interviews

Meet the IYNF team!

1. Who are you?

Ilze, Ewa, Adela and Ivan. In one word: the IYNF secretariat in Prague.

2. What is in the IYNF fridge right now?

Ivan: Mould, dirt and the foul smell of rotten cucumber.

Ilze: A diversity of vegetables, some fruits, pre-cooked home made lunches. Ketchup, flaxseed oil, Latvian black balsam. Some products with very close expiry date.

Adela: Delicious salad and cheese, dried tomatoes, whole-grain black buns, fruit, and probably some forgotten food from before the meeting. Also, we have a bottle of non alcoholic champagne, to be open at the launching of the new IYNF website :)



Interviews

Ewa: There is also some food we brought back from travel to GA, including the delicious Hungarian aubergine spread.

3. How do your experience food in Prague? Do you have favourite Czech dishes?

Adela: Since I am a big dairy products lover, I enjoy smažený sýr (fried cheese) and some newly discovered types of cheese like blaťácké zlato and tvaroh!

Ilze: I am not big fan of the Czech food, but enjoy the diversity of the vegetarian restaurants in Prague.

Ewa: I used to be a big fan of Czech cheese products - the fried cheese and the pickled hermelin (brie-style cheese) and I still find them delicious. I feel Prague caters for all my food needs, I am happy with all the eco-stores where I can choose from 11 varieties of tofu, as well as with the farmers market where I can get some affordable straight-from-the-field items

Ivan: I am not a big fan of the Czech cuisine, but Prague offers a variety of eating options from all around world, which keeps me happy. The only thing I miss is fresh fish.

Interviews

4. How important is food for you personally? How important is it for INYF?

Ewa: Food is more important for me than I would like - I think I should spend more time thinking about history of science or great developments of art in the 20th century than on what I will have for lunch. However, I enjoy the fact that in INYF the food is an important topic, I am happy that recently there is much discussion in the organization about the source and impact of food. I am happy that steps were taken to ensure we live what we preach at least to some extent. These discussions have also increased my awareness and personally enriched me.

Ilze: For me the food is very important as to keep my body and mind healthy. In the office we do discuss much about the food, especially these topics are brought up by our EVS volunteers :). We strive to provide healthy and mostly vegetarian, locally sourced food in our activities. In the office meetings we often go to vegetarian restaurants and places which support small local enterprises to flourish and develop, thus also promoting local community development and resilience.

Ivan: It has become very important only recently, due to my trying to influence my health by eating foods supposedly helpful for that. I felt that food had been a neglected part of INYF meetings, but I can only hear words of praise when it comes to the recent meetings.

Adela: There is well-known saying that we also use in Romania: you eat in order to live, not live in order to live. This resumes my approach to food: I prefer to eat fast, something easy to prepare, and use my time to do something else. Though, since I have started volunteering in INYF I have become more aware of the influence of food on my body and pay more attention to what I eat. I did change, up to a certain level, my eating habits. I'm still not a big fan of cooking, but I eat more vegetables and fruit.

Interviews

5. What do you think, how can young people best be motivated to try out unknown food?

Adela: This is a difficult question for me, since I am quite conservative when it comes to what I eat. In my case, it usually works by the power of example: seeing some one else doing it and then being allowed the liberty of choice.

Ivan: Free samples!

Ilze: Well, if you have open mind, then you might have an open mouth! but when it comes to trying healthy food, if the food is well and tasty made in our events, young people will become more interested in exploring opportunities to better up their diet.

Ewa: I totally second Ilze here – let's make healthy and ethical food delicious, then less people will have doubts when it comes to switching their habits.

6. A vegetarian TYNF?

Ewa: Yes!

Ilze: Yes, certainly.

Ivan: Rather organically sourced / bio, than vegetarian ;)

Interviews

Adela: Since I am still eating meat (less, but still...) I cannot say yes. But I totally agree with Ivan, organically sourced / bio.

7. Which dish represents INYF?

Ilze: Have no idea, others?

Ewa: Peanut butter soup? Vegan, fresh and funky :) Among my best memories from NC 2011 ;)

Adela: I would go for vegetarian dishes, but I couldn't name just one.

Ivan: Beer and booze!

Interviews

Interview with Tim and Anni

1. Who are you ?

Tim (29), London, England. I work in a café and a food market.

Anni (25), London, England. I am a teacher.

We lived in Dublin and Germany before.



2. Which importance has food for you? Which functions (e.g. social) does food realise for you (apart from making sure you survive)?

Tim: I love food – cooking, eating. I also work in a shop that sells food, so it's also important in that way these days. But, and maybe for this reason, food is something that we always gather around. We always eat breakfast and dinner together, and most week-ends have people over for meals. I really enjoy cooking for others and eating in large groups has always been something my family did so it only seems natural to keep doing it.

Interviews

Anni: There is nothing more important than food... I mean... Food is the stuff we put into our bodies and that, eventually, *becomes* our body. Good food makes me happy, it is as simple as that.

3. How would you describe Irish/English food? Which dishes are typical for the country you live in?

Tim: I found attitudes about food in Dublin a bit frustrating at times. It often seemed like people's favourite things to eat were whatever could most easily be taken in while walking. That people in Dublin typically eat "classic" Irish cuisine – stews, soda bread, kale – seems about as accurate as a St. Patrick's day parade. There are wonderful places that aren't simply exceptions but parallel sets of attitudes. So many places in Dublin, just around the corner from that rubbish bin stuffed with Styrofoam boxes and greasy wax paper, are little buildings full of people making good things to eat. Cornucopia (the best vegetarian café going) and Evergreen (my favourite greengrocer) are just two examples.

Anni (I am talking about London here): The food at schools is a bit disappointing, really, and most lunches could be squeezed into balls the size of a chestnut –

Interviews

which means it's not very wholesome. Although... I've come to love London for its infinite variety of foods, food markets and restaurants. There's a farmer's market around the corner from our house in Brockley that makes me cry with joy on every Saturday. And then there is the Queen of Queens: "Tibits" just off Regent Street! You wouldn't believe it, but it's actually affordable, clean, stylish, friendly, and has the BEST vegetarian food I've ever eaten (sorry, Cornucopia!).

4. Which dishes are typical for your home country?

Tim: I'm from Alberta in Canada, which is driven by ranching and oil. So a typical Albertan dish is a steak the size of "x". But there is also this small town nearby called Taber, which is famous for the corn that is grown there. It is sold right from the back of people's trucks from the end of August and it is the best corn I've ever tasted!

Anni: I'm from a forgotten corner in the West of Germany, and people there have been poor for centuries... So "traditional" meals would include a lot of potatoes,

Interviews

herbs, and anything that you can grow in your own garden. My grandma makes amazing “Krebbelchen”, small potato cakes, and serves them with Quark (a less rich variety of cream cheese) and a beautiful garden-salad. Imagine that on an August night on the patio – makes life worth living!!

5. How would you describe the eating culture in London? How does it differ from that of your home country?

Tim: England’s eating culture is, in London at least, chaotic. Street vendors are pretty faddish at the moment. There is an unspoken competition to find the best black rice noodles North of the Thames, or the finest truffle-risotto-serving streetcar in East London. I think that week-end markets do sum up London food culture quite well, though, in their variety, fast pace, and long line-ups!

Anni: I have to say: speed! I am always impressed by how much people here in London can shove into their mouths within five minutes. People don’t care what they eat, as long as it’s filling, fat, and sugary. That’s come as a shock for me, because, really, food is very precious where I am from. It might not be fancy (again: potatoes, herbs, vegetables, that’s pretty much it), but it is always enjoyed.

Interviews

6. In your opinion, how can young people best be motivated to try out unknown food?

Tim: Show them celebrities eating it. Or, failing that, spend time talking to them about food. I think talking where food comes from, how to cook it, why, what they like, what you like, how things grow, why, is the best way to make it meaningful.

Anni: Have them grow it themselves! Kids LOVE the feeling of success, and they love to see things develop! I promise you, no 12-year old will refuse to try beetroot curry if they have grown the beets themselves. Plus: Beetroot curry is pretty f* awesome!

7. What is your favourite dish?

Tim: I'm rather fond of beetroot curry.

Interviews

Anni: told you!

Imprint

About us

International Young Naturefriends is an international organisation bringing together Young Naturefriends and their organisations across Europe. IYNF's mission is to **connect and inspire** Young Naturefriends for living values of respect, solidarity, equality, sustainability, and love and care for nature.

Cooking for Groups

Food for and from travels around the world

by Jasmin Khalil

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