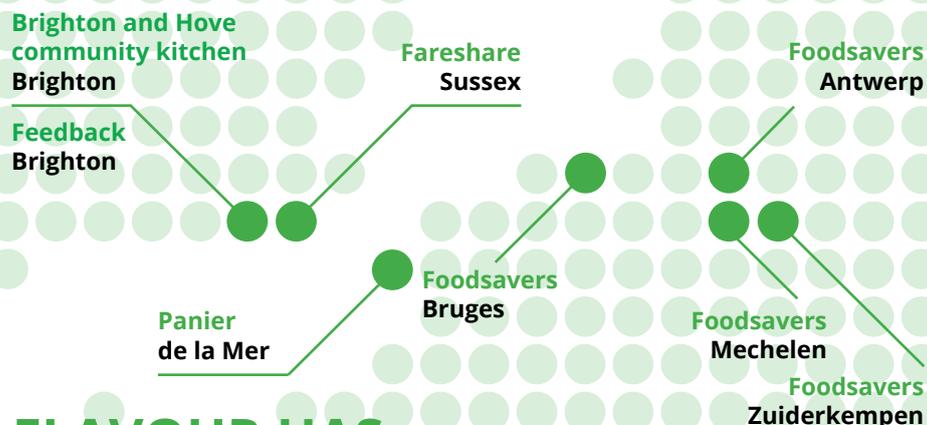


FLAVOUR

PILOT PROJECTS



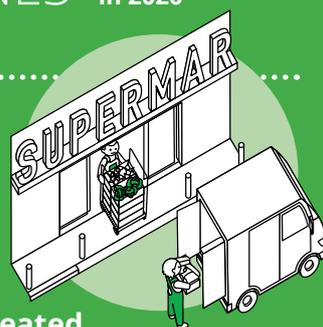
FLAVOUR HAS



collected and distributed **1250** TONNES of surplus food in 2020

Illustrations: Simon Barroo

avoided the equivalent of **4000** TONNES of CO2
(= the same emissions as 2000 cars driving 10,000 km)



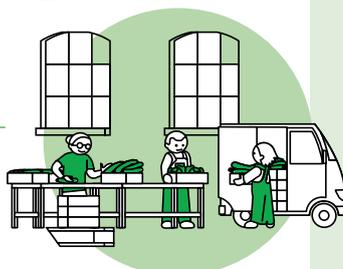
processed **>100** TONNES of surplus food in 2020
(Pumpkin soup, fish soup, dried vegetable mix, ...)

created **21** NEW JOBS in the distribution and processing of surplus food

WHAT ELSE ARE WE GOING TO DO?

Realistic calculation of the impact on society

Training guide for coaches in the workplace



WHAT ARE WE CONTINUING TO WORK ON?

- Regulations that reduce food waste, including mandatory reporting of waste for large businesses.
- A sustainable policy context drawing on the effective French system.

BY CHANGING POLICY

WE'LL MAKE A FAR BIGGER DIFFERENCE THAN WE CAN DIRECTLY!

What can you do?

Sign Feedback's petition to reduce the climate impact of food waste at: tinyurl.com/StopFeedingClimateChange

Stay up to date by signing up for our newsletter at <http://flavour2seas.eu>



This is a use
up recipe so
choose whatever
vegetables you
have left in equal
quantities



SEASONAL MINESTRONE



INGREDIENTS

- Start with 5 carrots, 3 onions and 2 sticks celery – all sliced thinly
- Add whatever you have left, for example:
 - 300g potatoes diced
 - 3 courgettes diced
 - 100g french beans sliced
 - 225g savoy cabbage shredded
 - You could substitute peas for beans, use butternut squash for courgette, kale for cabbage etc etc.
- 1.5 litres of veg stock
- parmesan rind
- 150g of pasta – snapped up spaghetti is perfect
- chopped herbs

METHOD

1. Gently heat 8 tbsp of olive oil and add onions, to soften but not brown
2. Add carrots, then celery and other veg available
3. Add each veg type one at a time to the carrot/onion/celery mix, cook for a few minutes and then add the next
4. Once all veg has been added, pour in 1.5 litres of veg stock and a parmesan rind
5. Cover the pan and let everything cook very very slowly for around 2 hours til thickened
6. Add the beans and cook for 5 minutes
7. Turn up the heat and add around 150g of pasta. This will take about 10 minutes.
8. Fish out the parmesan rind if used and stir!
9. Check for seasoning (basil, parsley,...)
10. provide some croutons (made from stale bread, dried in the oven or in a dry frying pan and seasoned with oregano and a splash of olive oil once toasted)



TIP

This recipe can be adapted so in autumn use squash, tomatoes, rosemary, peppers. In spring, new potatoes, spring cabbage, baby turnips, wild garlic.



KNÖDEL OR GERMAN- STYLE DUMPLINGS



INGREDIENTS

- (very) stale bread
- ½ litre milk
- 1 onion
- 2 eggs
- parsley
- knob of butter
- a little flour
- salt
- nutmeg
- pepper

METHOD

1. Cut the bread into small pieces.
2. Heat the milk in a saucepan.
3. Pour the milk over the bread.
4. Finely chop the onion and parsley.
5. Fry the onion in the butter.
6. Mix the eggs with the nutmeg, parsley, pepper and salt.
7. Knead the fried onion, bread mixture and egg mixture together.
8. Divide the mixture into balls, using a little flour to shape them.
9. Simmer the knödel balls in water for 15-20 minutes over a low heat.
10. Drain the knödel before serving.



TIP

Serve the knödel with goulash.

Use leftover fish and cooked vegetables to create a stunning dinner party dish!



FISH PIE



INGREDIENTS

- 400 g fish
- 2 carrots
- 1 onion or shallot
- Leftover boiled vegetables (beans, peas, etc.)
- Fresh herbs of your choice (coriander, parsley, chives, mint, etc.)
- 50 g crumbled rusk
- (homemade) fish stock
- 2 eggs
- 1 roll of puff pastry
- olive oil
- salt and pepper

METHOD

1. Preheat the oven to 180°C.
2. Wash and grate the carrots.
3. Chop the onion finely and caramelize in a frying pan with olive oil.
4. Poach the fish in the fish stock until it starts to fall apart.
5. Beat one egg and the white of the other egg in a large bowl. Keep the remaining egg yolk aside.
6. Add the caramelised onion, grated carrots, leftover boiled vegetables, flakes of fish, fresh herbs and crumbled rusk. Season with salt and pepper.
7. Roll out the puff pastry. You can choose whether you want to make four small pies or one large one. Spoon the filling onto the pastry. Roll the pastry up by folding the edges inwards.
8. Add a little water to the remaining egg yolk, combine and brush it over the pastry.
9. Bake in the oven for 20 minutes.



TIP

Serve with a fresh salad and vinaigrette.



Combine other fallen fruits depending on season and crop (eg blackberries, rhubarb or apples)



PLUM BETTY



INGREDIENTS

- 200g Old Bread
- 85g Butter or similar
- 85g Brown Sugar (white also works)
- 1 tsp Cinnamon
- 1.25 kg plums chopped up
- 1 tbsp Caster Sugar
- 1 tbsp Cornflower
- 200ml Water

METHOD

1. Preheat oven to 200 degrees
2. Tear bread into chunks
3. Spread chunks over large baking tray and bake for 10-12 mins- stirring occasionally until evenly crisp
4. Scrape bread into bowl, and stir in butter, brown sugar and cinnamon.
5. Reduce the oven to 160 degrees
6. Put plums, caster sugar and cornflower into a large lidded pan
7. On a medium heat, stir for 1-2 mins until the cornflower has dissolved.
8. Add 200ml of water (cold), cover and simmer for 15-20 mins
9. Layer the plums and bread chunks in an ovenproof dish and bake for 20 mins in the oven.
10. You can serve alone or with yoghurt, cream, ice cream.



TIP

You can try adding honey instead of sugar.

This healthy, filling salad has its roots in 'la cucina povera' or "cooking of the poor" style of dishes.



PANZANELLA



Hoofd (2p) - of voorgerecht (2p)

INGREDIENTS

- 250 g old bread cut into 2 cm cubes
- 250 g cherry tomatoes
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- ½ red onion
- 30 g anchovies
- 80 g black olives with the stones removed
- handful of basil leaves
- 3 eggs
- extras: capers, cucumber, peppers

METHOD

1. Boil the eggs as hard as you like them, remove the shells and cut into quarters.
2. Halve the cherry tomatoes, finely slice the red onion and add both to a large mixing bowl.
3. Chop the anchovies, olives and basil leaves, and add them to the bowl.
4. Cook the cubes of bread in the oven at 220°C for 10 minutes until they are crunchy.
5. Divide the salad into small bowls, then add the croutons and eggs.
6. Sprinkle with dressing (with 3 parts olive oil and 1 part lemon juice) and serve immediately!

To get in touch, visit: www.herwin.be/flavour

FLAVOUR projects are offering a practical, hands on demonstration of how the value of people and the value of food can come together to prevent waste and increase social value.