

A taste of



150 years

syngenta





Foreword

In 2017, Syngenta celebrated 150 years of heritage in vegetable seeds. From our beginnings as cabbage seed exporters in the Netherlands, today we are a world leading vegetable seeds business.

Our Vegetable Seeds business is dedicated to supporting our customers and partners around the world in this unique and complex industry. We drive innovation to improve flavor, quality, convenience and productivity, for the benefit of growers, marketers, retailers, and consumers. We help growers increase marketable yield in a sustainable way, with new traits to increase productivity and quality, and integrated pest and disease management. This passion for innovation and our close connection with our customers, supports the industry to meet consumer demand for high quality vegetables all year round.

To celebrate our 150 year anniversary, we're pleased to publish our first Taste of Veg recipe book, packed full of recipes from employees around the world. Thank you to all of you who have contributed and shared your passion for veg!

Matthew Johnston

Head Vegetable Seeds and Flowers

Metric conversion



Oven Temp°

Gas	°F	°C	
½	250	120	Very Slow
1	275	140	
2	300	150	Slow
3	325	170	
4	350	180	Moderate
5	375	190	
6	400	200	Mod. Hot
7	425	220	
8	450	230	Hot
9	475	240	Very Hot



Weights

Imperial	Metric	Imperial	Metric	Imperial	Metric
½ oz	15g	7oz	200g	15oz	425g
¾ oz	20g	8oz	230g	16oz (1lb)	450g
1oz	30g	9oz	255g	24oz	680g
2oz	60g	10oz	285g	32oz (2lb)	0.9kg
3oz	85g	11oz	310g	48 (3lb)	1.4kg
4oz (¼lb)	115g	12oz (¾lb)	340g	64 (4lb)	1.8kg
5oz	140g	13oz	370g		
6oz	170g	14oz	400g		

Liquids

Pint Metric Cups Fl. oz.

	2.0L	8	70
3	1.7L		60
	1.3L	5	46
2	1.1L		40
1¾	1.0L	4	35
	750ml	3	26
1	570ml		20
	500ml	2	18
	400ml		14
	300ml		11
½	275ml		10
	250ml	1	9
	200ml		7
¼	150ml		5
	125ml	½	4 ½
	100ml		3 ½

One cup Imp. Metric

Flour	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Raisins	7oz	200g
Currants	5oz	140g
Golden Syrup	12oz	340g
Uncooked Rice	7oz	200g
Grated Cheese	4oz	110g

Cups



Letter from the editor

Dear colleagues,

To celebrate Syngenta's 150 years anniversary in vegetable seeds, we invited you to share your favorite vegetable recipes.

We were delighted to receive so many recipes from all around the world, and to see how vegetables are used differently from country to country, giving us a true taste of our cultural diversity. But what makes this book so unique are your own reasons for why each recipe is your favorite – the childhood memories, the family stories or the simple fact that it just tastes so good!

At first we tried to standardize all measurements but in the process came across conversions that did not make much sense. In the end we decided to remain true to each recipe and where it came from, so don't be surprised when you see some recipes using imperial, some metric, as well as the interchange of courgette or zucchini, aubergine or eggplant.

Please keep in mind this is not a professional cookbook – we didn't get the chance to test each recipe but it is a great collection of recipes to inspire you in the kitchen and to help you think of the many possibilities veggies offer.

A huge thank you to everyone for your contributions to our 'Taste of Veg' recipe book. We hope you, your family and your friends enjoy all these tasty dishes as much as we enjoyed gathering them.

Happy cooking!

Gabriela Borges
Editor

Recipe provided by
Tezer Barutcuoglu,
Izmir, Turkey.



Artichoke soup

6 artichoke hearts
6 shallots thinly sliced
400g mushrooms thinly chopped
200 ml cream
150 ml extra virgin olive oil
150 ml whole milk
2 lemons
2 tbsp flour
1 tbsp dill
½ tsp salt
¼ tsp black pepper freshly ground
1/8 tsp nutmeg freshly ground

In Turkey we eat a lot of artichokes, especially fresh ones when in season. This delicious soup recipe is one of my favourites. I hope you enjoy it as much as I do!

Add the juice of 1 lemon and 1 tbsp of flour to 300 ml of tap water and mix well.

Peel the artichoke leaves and take away the hairy fibres. Chop into small pieces, add to the flour, lemon juice and water mix, and leave to soak for 15 - 20 minutes.

Heat the extra virgin olive oil in a large casserole dish, add the shallots and stir over a moderate heat until translucent. Drain and add the chopped artichokes. Stir for 5 - 6 minutes then add the mushrooms. Continue to stir for a further 5 - 6 minutes.

Add the remaining flour, lemon juice and water mix to the casserole dish and boil for 15 minutes. Top up with 2 - 3 fingers of water, add the milk, and simmer with the lid on until soft.

Prepare a second flour, lemon juice and water mix. This time, add some of the liquid from the casserole to it and then pour back into the casserole dish and stir until the smell of flour disappears.

Finally, add the cream, stirring until it dissolves. Take the casserole dish off the heat, add dill to taste and season with salt, black pepper and nutmeg.

Recipe provided by
Daryna Potapenko,
Kiev, Ukraine.



Borscht

300g beetroot, peeled
50g butter
1 small onion
1 small carrot
1 stick of celery
1 small leek
2 grains allspice
½ bay leaf
1.5 l gelatinous beef stock
2 medium floury potatoes, peeled and diced
½ small cabbage, shredded
4 cloves garlic, peeled and crushed
2 tsp cider vinegar
1 tsp sugar
½ tsp ground black pepper
Sour cream and fresh dill, to serve

Everyone knows this healthy and nutritious dish. I hope you enjoy my take on this vegetarian classic.

Dice three-quarters of the peeled beetroot into small cubes and set the rest aside.

Melt the butter in a large pan, chop and add the onion and soften over a gentle heat for 5 minutes.

Slice and add the carrot, leek, celery, and diced beetroot along with the allspice and bay leaf. Stir well.

Cook for 10 minutes, adding a little of the stock if the vegetables look a little dry. Meanwhile, grate the remaining beetroot.

Pour in the rest of the stock, add the potatoes and simmer for a further 15 minutes. Then add the cabbage, garlic and grated beetroot.

Cook until all the vegetables are tender (about another 10 minutes).

Add the cider vinegar, sugar, black pepper and a pinch of salt to taste.

Serve garnished with sour cream and fresh dill.

Recipe provided by
Kathy Hedrick,
Iowa, US.



Carrot soup with ginger and lemon

- ¼ cup (½ stick) butter**
- 1 ½ cups onion chopped**
- 1 tbsp finely chopped peeled fresh ginger**
- 1 ½ tsp minced garlic**
- 1 ¼ pounds (about 3 cups) medium carrots, peeled, chopped**
- 2 tomatoes (about 1 ⅓ cups), seeded, chopped**
- 1 ½ tsp grated lemon peel**
- 3 cups chicken stock**
- 2 tbsp fresh lemon juice**
- 4 tbsp sour cream**
- 1 small carrot, peeled, grated**

These recipes are from my daughter, who is the healthiest eating person I know. She has lived abroad for many years now. I always look forward to her coming home so I get to try some of her amazing recipes!

Melt the butter in a heavy large pot over a medium-high heat.

Add the onion and sauté for 4 minutes. Then add the ginger and garlic and sauté for a further 2 minutes. Follow this with the chopped carrots, tomatoes and lemon peel, and sauté for 1 more minute.

Next add 3 cups of chicken stock and bring to the boil.

Reduce the heat, cover partially and simmer until the carrots are very tender (about 20 minutes). Then leave to cool slightly.

Purée the soup in batches in a blender. Return the soup to the large pot, mix in the lemon juice and season with salt and pepper.

Bring the soup to simmer, thinning with more stock if desired. Ladle into bowls and top up with sour cream and grated carrot.

Recipe provided by
Kathy Hedrick,
Iowa, US.

Optional toppings

Lime juice
Avocado
Cilantro
Tortilla strips
Cheese
Sour cream

1 tbsp olive oil
3 bell peppers diced
(1 red, 1 green, and 1 yellow)
½ red onion diced
1 jalapeño seeded and diced
3 cloves garlic minced or
pressed
2 tbsp ground cumin
½ tsp dried oregano
¼ tsp cayenne pepper
1 (28 oz) diced tomatoes
2 (4 oz) cans mild diced
green chilli pepper
8 cups vegetable broth
1 (15 oz) can corn drained
2 (15 oz) cans black beans
rinsed and drained
1 zucchini diced
Salt to taste

Mexican vegetable soup

Chop up a bunch of peppers and onion and you have yourselves some soup that tastes like taco night - not really, but there is a hint of Mexico in the cayenne and the spices. Also, it is relaxing to cook this when I need to zen out in prep for a few hours.

Heat the oil over a medium-heat in a large soup pot.

Add the diced bell peppers, red onion, jalapeño, and a touch of salt. Cook for 5 minutes, stirring occasionally.

Next add the minced garlic and spices (ground cumin, oregano, and cayenne). Stir and cook for 1 minute.

Add the diced tomatoes, green chillies, and vegetable broth. Turn the heat up to high and bring to the boil. Then lower the heat, cover, and simmer for 10 minutes before adding the beans, corn, and diced zucchini.

Re-cover and simmer for a further 15 minutes, or until the zucchini is tender. Serve immediately with toppings.



Recipe provided by
Antonio Salvador,
Almería, Spain.

Note

This recipe uses the kitchen appliance Thermomix. However, any good kitchen blender should also work – you might need to experiment with the settings.

500g Dulcemiel tomatoes
200g Dulcemiel tomato liquid
1 medium-sized red prawn per person
50g seedless cucumber
50g seedless pepper
1 chilli pepper
2 garlic cloves
50g stale bread
2 tsp of xanthan gum
500 ml very cold mineral water
Extra virgin olive oil
Salt, pepper, fresh basil, rosemary and chopped chives to taste

Green Dulcemiel tomato gazpacho



To make the gazpacho, first add the tomatoes, cucumber, pepper, stale bread and garlic clove to the Thermomix. Set it at maximum power for 2 minutes. Strain the juice and re-add to the Thermomix, including olive oil to taste, and set it at maximum power for 1 minute.

Put the gazpacho in a jar and place in a refrigerator for at least 2 hours.

In the meantime, put the Dulcemiel tomato liquid, 2 tsp of xanthan gum, 1 tsp extra virgin olive oil and a little salt, pepper and fresh basil to taste, in a saucepan. Bring to the boil and pour the thickened liquid into a steel bowl. Place on top of another bowl filled with ice and stir until cool and gel-like.

Mix the gel in a blender, run through a fine strainer, and put in a bottle.

When you are ready to eat, clean and peel the shrimps, making sure you remove their whiskers as well. Make an incision at the top of each shrimp to remove its entrails, leaving the tail and the head.

Skewer the shrimps on a long skewer and fry in olive oil at 180° without dipping in the tails. In another pan, heat some extra virgin olive oil and add a chili pepper and 1 garlic clove. As soon as the garlic starts to fry, add the very cold mineral water with a spoon and then carefully add and turn the shrimps.

Drain the shrimps well and garnish with sea salt and finely chopped chives.

Serve with the gazpacho in a cocktail glass, placing the shrimps over the glass and putting 3 generous dots of the gel on each shrimp. Garnish with basil or rosemary.

Recipe provided by
Tamir Basson,
Israel.

Handy hint

A good tip for peeling tomatoes is to lightly cut an X into the bottom of a tomato and put into a pan of boiling water with 1 tablespoon of cooking salt for 1 minute. Then, using a slotted spoon, place the tomato into a bowl of iced water. After a minute or two, the peel will come off very easily.



Tomato soup

Ingredients:

6 tomatoes, peeled

2 large onions

2 carrots

3 celery stalks

3 cloves garlic

3 tbsp flour

3 tbsp sugar

2 - 3 tbsp soup powder or

2 cups vegetable stock

4 tbsp regular or whole rice

A handful of parsley, chopped

½ tsp Tabasco sauce

Pepper and salt

Finely chop and fry the onions in a large pan until they are translucent.

Chop the garlic, cut the carrots into rings, and dice the celery stalks. Add to the onions and continue to fry for a few minutes.

Add the tomatoes and cook for 15 minutes, stirring every few minutes.

Then mix the flour in 2 cups of water or vegetable stock (if using water, add the soup powder at the same time), and add to the pan.

Add boiling water/vegetable stock to cover the vegetables. Add the sugar and rice, as well as salt and pepper to taste.

Bring to the boil, and continue to cook for about 1 hour over a low heat. Don't forget to stir from time to time to make sure the soup doesn't burn.

Add the Tabasco sauce and seasoning to taste.

Garnish and serve with chopped parsley.

Recipe provided by
Tamir Basson,
Israel.



Handy hint

To make the most of the flavors, pour a little of the clear soup into the baking tray and use the liquid to scrape the bottom of the pan. This is where the flavor lies! Add it to the soup – don't waste a drop!

Yellow pepper soup

½ cup olive oil

4 cloves garlic

1 onion

1 bay leaf

6 stalks thyme

6 meaty yellow bell peppers

**5 cups clear chicken soup /
clear vegetable soup / water**

40g butter

**Salt and coarse black pepper
to taste**

Sauté the coarsely chopped onion in a pan with a little olive oil until golden.

Put the garlic, sautéed onion, quartered peppers (seeds and stalks removed), bay leaf and thyme stalks on a baking tray. Sprinkle with salt and coarse black pepper and drizzle olive oil all over.

Cover with silver foil and put into a pre-heated oven at 200°C (390°F) for 45 minutes, turning the vegetables every 15 minutes, and then allow to cool.

Remove the bay leaf and thyme stalks. Purée the rest of the vegetables with a stick blender.

Put the purée into a pan and cover with 5 cups of clear chicken soup/ clear vegetable soup/water. Bring to the boil and simmer for 10 minutes. Add the butter, stirring all the time.

Serve with croutons, Parmesan cheese or a spoon of crème fraîche.



Recipe provided by
Cynthia Leininger,
Illinois, US.

Broccoli salad

1 head of broccoli – washed and cut into medium-sized pieces (raw)

1 sweet onion – cut into small pieces (raw)

½ pound of fried bacon – cooled and crumbled

Dressing

1 cup mayonnaise (or ½ cup of mayonnaise and ½ cup of salad dressing)

½ cup of sugar

1 tbsp white vinegar

Mix the mayonnaise, sugar and white vinegar together. Leave to stand for a little while so that the sugar merges with the rest of the dressing.

Put the broccoli, onion and bacon into a bowl and simply pour over the dressing and mix well.

As an option, you could add some cauliflower, celery and cheese. All very tasty!





Nana's lettuce salad

1 head of lettuce – gently torn

**1 sweet onion – finely
chopped**

3 hard-boiled eggs – sliced

**6 slices of cooked bacon –
crumbled**

Mayonnaise

Salt and pepper

My grandmother had a huge garden and when I was little I was often sent to pick vegetables for dinner. I was never sure how much to pick but Nana always looked at what I brought in and said she could make it work!

Simply mix all the ingredients together and add mayonnaise, salt and pepper to taste. Serve in a bowl – delicious!

Recipe provided by
Esra Koçyiğit,
Izmir, Turkey.



Purslane salad with garlic yoghurt

**60g / 2 oz fresh purslane
leaves, washed and drained**

8 oz / 1 cup plain yoghurt

1 garlic clove

**½ tsp Kosher or Maldon sea
salt**

1 tsp dried mint

2 tsp extra virgin olive oil

Red pepper flakes to sprinkle

This lovely, refreshing salad is very easy and quick to make. It's a wonderful appetizer, meze or side dish served with grilled meats, poultry and pasta.

Crush the garlic with a little salt to help soften its flavour but release its oils.

Then, in a large bowl, beat the garlic into the plain yoghurt and season with black pepper and the rest of the salt. Add the purslane and the dried mint. Mix well.

Transfer to a serving bowl, sprinkle with red pepper flakes and drizzle extra virgin olive oil all over. Serve immediately.

Sprouts and Stilton salad

250g Stilton cheese
4 celery stalks
1 tbsp chopped chives
6 tbsp vegetable oil
1 tbsp mustard powder
250g Brussels sprouts
200g can pimentos peppers
2 green dessert apples
2 tbsp cider vinegar
1 red bell pepper
Salt and pepper

To make the dressing, mix the vegetable oil, cider vinegar, mustard powder and chopped chives in a screw-top jar. Season with salt and pepper to taste, and then shake well.

Shred the Brussels sprouts and put in a large bowl. Pour over half of the dressing and toss to coat the sprouts thoroughly. Add the pimento peppers, Stilton cheese, sliced celery, sliced red peppers and chopped apples. Cover with the remaining dressing and toss until all the ingredients are coated.

Garnish with sliced chives and serve immediately.



Recipe provided by
Sanae Lferd,
Rabat, Morocco.

Taktouka salad

6 ripe fresh tomatoes, peeled, seeded and chopped

2 or 3 large fresh green peppers - roasted, peeled, seeded and chopped

3 large cloves of garlic - finely chopped or pressed

3 tbsp chopped fresh parsley

3 tbsp chopped fresh cilantro

½ tsp salt (or to taste)

¼ tsp black pepper

1 tbsp paprika

2 tsp cumin

Pinch of cayenne or red pepper (optional)

¼ cup olive oil

Mix all the ingredients together in a large skillet. Cook over a medium heat, occasionally stirring, for about 20 minutes or until the tomatoes are very soft. Adjust the heat if necessary to keep the tomatoes and peppers from burning as the liquid evaporates.

Crush the softened vegetables with a spoon and continue cooking for another 10 minutes, or until the liquid has reduced to oil. At this point, the salad should be well-blended and can be easily stirred away from the sides of the pan.

Serve warm or cold with crusty bread and garnish with fresh chopped parsley or cilantro and a drizzle of olive oil.



Recipe provided by
Yevgen Kolinko,
Kiev, Ukraine and
Vladimir Yakubchik,
Krasnodar, Russia.



Vinaigrette salad

1 beetroot
1 can of peas
2 carrots
5 potatoes
2 cucumbers
1 onion
100g sauerkraut
2 tbsp green onions, sliced
2 tbsp vegetable oil
Salt to taste

Chop the beetroot, carrots and potatoes into medium-sized pieces and boil. Leave to cool and dice the cucumbers, green onions and onion into small cubes.

Drain the canned peas and mix all the ingredients together, adding the sauerkraut.

Pour the vegetable oil all over and toss until all the ingredients are covered.

Serve with sprigs of greenery.

Recipe provided by
Sanae Lferd,
Rabat, Morocco.



Moroccan Zaalouk salad

1 large eggplant, peeled and chopped (or roasted)

4 large tomatoes, peeled, seeded and chopped

3 cloves of garlic, finely chopped or pressed

⅓ cup chopped fresh cilantro (coriander) and parsley, mixed

1 tbsp paprika

1 tbsp cumin

1 ½ tsp salt

1/8 tsp cayenne pepper (optional)

¼ cup olive oil

⅓ cup water

Small wedge of lemon (optional)

Zaalouk is one of the most basic salads of Moroccan cuisine. There are a million ways to prepare it and the recipe often differs from region to region or from family. This recipe is my mum's. It's easy, quick to make and only needs just a few ingredients.

Slice the eggplant lengthways and place skin side up under a broiler (grill). Roast for about 15 minutes, or until the skin is scorched and the eggplant is very tender.

Scoop out the roasted eggplant and purée it using a vegetable masher.

Mix the remaining ingredients together, except the tomatoes, in a large, deep skillet or pot. Cover and simmer over a medium to medium-high heat for 30 minutes, stirring occasionally. Adjust the heat if necessary to avoid burning.

Using a spoon or potato masher, crush and blend the eggplant purée and tomatoes together.

Add to the skillet or pot (you can also add a small wedge of lemon at this time if you wish) and continue simmering, uncovered, for a further 10 minutes or until the liquid has reduced and the mixture can be stirred into a heap in the centre of the skillet or pot.

Serve warm or cold with crusty bread.

Recipe provided by
Monica Sanders,
Enkhuizen, Netherlands.



Watermelon salad from the Netherlands

½ watermelon (seedless)
1 head of lettuce or similar
3 stems of mint
**2 tbsp Balsamic or
champagne vinegar**
200g feta cheese
**Dried hazelnuts or other dried
nuts**
Campanula, viola, or thyme
Herbs for salad

Tear the leaves of the lettuce and the mint into small pieces. Mix together with the other herbs and add balsamic vinegar. Put into a large bowl.

Slice the watermelon into small pieces and add on top of the lettuce mix. Slice the feta cheese into small pieces as well and add on top of the watermelon.

Crush the nuts and sprinkle all over. Garnish with campanula, viola or thyme and serve with bread or toast.

Recipe provided by
Vladimir Yakubchik,
Krasnodar, Russia.

Watermelon salad from Russia

To salt the watermelon

1 watermelon (about 5 kg) – use a good quality watermelon with a solid and hard rind and the flesh not too soft

2 cups of salt

10 l cold water

Salad

100g watermelon without rind

2 large tomatoes, diced

2 cucumbers

1 bell pepper

½ onion

50 - 70g feta cheese, crumbled or cut in cubes

1 tsp ground hot pepper

3 tbsp wine vinegar

1 tsp of salt

⅓ cup olive oil

Wash the watermelon, slice into triangles and remove the rind.

In a glass container – although plastic or enamel will do – dissolve 2 cups of salt in 10 litres of water. Use only cold filtered water.

Stir well and add the watermelon slices.

Leave to stand for one day. Then move to a cool dark place for a further 2-5 days. The time that it takes to pickle the watermelon will depend on the size of the watermelon triangles and taste (the longer, the saltier).

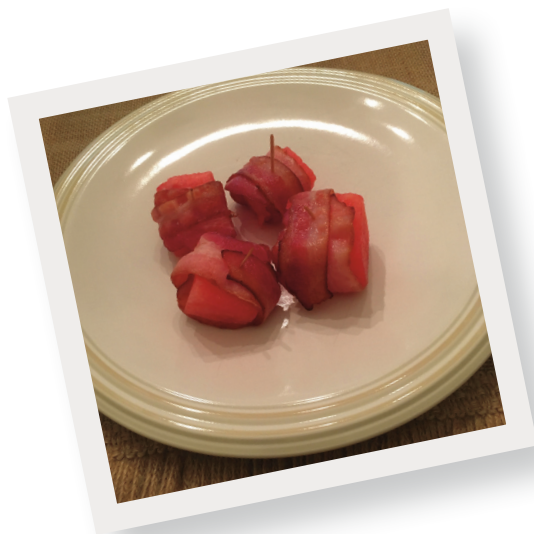
Add the ground hot pepper, olive oil and salt to the wine vinegar and mix vigorously. Peel and slice the cucumber, dice the tomato and feta cheese into small cubes, and cut the onion into half-rings. Remove the seeds and stalks of the bell pepper, and slice.

Mix all ingredients together and add the pickled watermelon triangles.





Recipe provided by
Bert Stoddard,
Georgia, US.



Bacon wrapped watermelon

1 lb bacon

**½ watermelon, cut into
bite-sized cubes**

This recipe is not so much a choice but a necessity for me. Years from now someone will write a blockbuster dietary plan which will consist of various combinations of watermelons and bacon – and the world will be a better place!

Place the bacon strips on parchment paper in a baking pan and bake at 190° C (375° F) for 15 minutes.

Make sure that the bacon starts to go crispy around the edges but is still soft enough for wrapping.

While warm, wrap the bacon around the watermelon cubes and secure with a toothpick.

Eat immediately or refrigerate for later.

Recipe provided by
Yumi Kang,
Seoul, Korea.

Baechu-kimchi – Korean spicy pickled cabbage

2 heads Korean cabbage
(about 5 kg)
700g coarse salt
4.75 l water
1 kg radish
100g watercress
200g small green onions
200g mustard leaves
200g oyster
6g or ½ tbsp salt
475 ml water
30g ground red pepper
118 ml salted anchovy juice
100g salted shrimps
12g or 1 tbsp sugar
200g green onion
80g or 5 tbsp minced garlic
36g or 3 tbsp minced ginger

Kimchi liquid

120 ml water
2g or ½ tsp salt

The meaning of Baechu in Korean is cabbage. Baechu-kimchi is made by fermenting brined cabbage with radish, vegetables, salt-fermented seafood, ground red pepper and various seasonings.

Trim the bottom and outer leaves of the cabbage, make a deep knife cut lengthways and split the cabbage into two parts using your hands.

Sprinkle half the salt between the leaves. Then marinate in salt water (using the remaining salt) for up to 3 hours, and then turn the cabbage halves over and leave for a further 3 hours. Then rinse the cabbage well under running water, and leave on a tray to drain for about 1 hour.

Next, trim and wash the radish, watercress, small green onions and mustard leaves, and slice into thin strips.

Wash the fresh oyster gently in mild salt water and drain, and finely mince the salted shrimps (saving the juice). Soak the ground red pepper in the salted shrimp juice and salted anchovy juice.

Mix the vegetables, oyster, shrimp, red pepper and remaining seasoning. Now fill each cabbage leaf with the mixture, and fold over to hold in the seasoning.

Place in a jar one by one until 70-80 % of the jar is filled and cover the top with cabbage leaves.

To make the kimchi liquid, adding some water and salt into a container and pour into the jar and press down.

Let the kimchi ferment in a cool place for 2 to 3 days before serving or putting in refrigerator.



Recipe provided by
Yelda Atav,
Muradiye/ Manisa, Turkey.



Baked zucchini

- 4 small zucchini**
- 4 tbsp extra virgin olive oil**
- 1 medium onion**
- 4 - 5 cloves garlic**
- ½ tsp salt**
- 4 - 5 slices of mozzarella**

Slice the zucchini and the onion into rings. Place in a bowl and add the olive oil and salt.

Mix and then put in a Pyrex tray layer by layer, first putting a layer of zucchini rings at the bottom, then a layer of onion rings on top and repeat until all the zucchini and onion rings are used.

Add the garlic cloves and place the tray in a pre-heated oven and bake at 200° C (392° F) for around 25 minutes.

Add slices of mozzarella cheese on top and bake for a further 4 minutes.

Remove from the oven and serve warm.

Broccoli nuggets

450g broccoli

1 cup of breadcrumbs (or rice cereal)

1 cup shredded Parmesan cheese or similar

3 eggs

Salt

Sesame seeds (optional)

Chop the broccoli into as small pieces as possible. Put the breadcrumbs and grated cheese, eggs, salt and pepper in a bowl and mix vigorously to a smooth, uniform paste.

Add the broccoli pieces and roll into balls.

Place on an oven plate or tray and bake at 190° C (375° F) for about 20 minutes or until golden brown.



Recipe provided by
Lisa Asuncion,
Jealott's Hill, UK.



Courgette loaf

Dry ingredients

190g plain flour
1 tsp baking powder
¼ tsp baking soda
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp table salt

Wet ingredients

2 egg whites
1 cup grated courgette
180g caster sugar
¼ tsp lemon extract
½ cup plus 2 tbsp
vegetable oil

Optional ingredients

2 tbsp chopped walnuts

This is an excellent and unusual way of making use of courgettes. The loaves freeze well so I always make several batches, especially when my courgette plants are prolific. This can be eaten as is, but I prefer it toasted with a bit of butter.

Pre-heat a fan oven to 175° C (347° F).

Sift together the flour, baking powder, baking soda, cinnamon, nutmeg and table salt into a large bowl and mix thoroughly.

In a separate bowl, combine the eggs, courgette, sugar, lemon extract and vegetable oil and mix thoroughly.

Make a well in the middle of the flour mixture and add the eggs, courgette, sugar, lemon extract and vegetable oil mixture.

Mix together well and add the walnuts, if you like.

Divide the batter equally into two greased one-pound loaf tins (approximately 350g of batter per tin).

Bake for 30 - 40 minutes, leave to cool and eat with a little butter.

Creamy poblano pepper strips

6 fresh poblano chilli peppers
3 tbsp vegetable oil
1 medium white onion, thinly sliced
2 ears corn, kernels removed
¼ cup double cream
¼ cup Mexican crema or crème fraîche
½ cup shredded Monterrey jack cheese
Salt and fresh ground black pepper to taste

A great filling for tacos or topping for grilled arrachera (beef). You can use virtually any chilli but a mild poblano adds just about the perfect amount of spice to any dish.

Char the poblano chilli peppers directly over a gas flame on a stove or under a broiler (grill) until blackened on all sides.

Place in a plastic bag and let the peppers sweat for about 10 minutes.

Add vegetable oil to a heavy large skillet over a medium heat. When the oil is hot, add the onion and sauté for about 5 minutes until translucent.

Add the corn and cook for a further 3 minutes. Set aside.

Peel and seed the chilli peppers. Slice into ¼ to ½ inch strips (rajas) and add to the onion and corn mixture. Sauté for about 5 minutes until the corn is tender.

Add the double cream and Mexican crema (or crème fraîche) and heat until bubbling, about 8 minutes.

Add the cheese and stir until melted and smooth. Season the rajas with salt and pepper to taste.

Transfer to a bowl or dish and serve.



Recipe provided by
Juliette Buitter,
Basel, Switzerland.



Creamy spinach mushroom bites

20 medium-sized mushrooms

1 tbsp coconut oil

2 cloves of garlic

**4 cups fresh (or frozen)
spinach**

½ cup of cream cheese

Salt, pepper

¼ cup breadcrumbs

¼ cup parmesan

Pre-heat your oven to 190° C (374° F).

Remove and mince the mushroom stems. Place the mushroom caps on a baking sheet and set aside.

Heat the coconut oil in a pan. Add the minced stems and minced garlic. Stir and cook for 2 minutes.

Add the spinach, cooking it until it wilts, and then add the cream cheese, salt, and pepper. Stir until the cream cheese has melted and all the ingredients are well combined.

Take a spoonful of the spinach mixture and fill each mushroom cap.

Then mix breadcrumbs and Parmesan cheese in a bowl and sprinkle the mixture on top of the stuffed mushrooms.

Bake for 12 -15 minutes or until golden brown.

Margarita cauliflower

**1 whole head cauliflower
(remove core)**

1 tbsp coconut oil

**½ cup Casamigos Añejo
Tequila**

Zest and juice of 1 lime

Zest of 1 jalepeño

1 tbsp sugar

Ksalt (or table salt)

This recipe is an original creation from our kitchen in San Diego. It's simple, extremely flavoursome and a great focal point for the dinner table.

Rub the coconut oil on the cauliflower and salt with kosher salt.

Roast for 1 hour at 400° F (200°C).

Around 20 minutes before ready, start making the reduction.

On a medium heat mix and stir the Tequila, lime zest, lime juice, jalepeño zest, sugar, and a pinch of salt together in a saucepan.

Remove the cauliflower when tender and glaze with the reduction.



Recipe provided by
Montserrat Benitez,
Mexico City, Mexico.

Mexican guacamole

3 large Hass avocados (black in colour, soft to the touch)

1 medium white onion (diced)

2 large tomatoes (red and firm, diced)

2 jalapeño peppers (you can use more peppers if you dare!)

Juice of 1 lime (to prevent browning)

1 cup of cilantro (coriander) (finely chopped)

A little olive oil

Salt and pepper

I'm delighted to share my recipe for an *authentic* Mexican guacamole.

Slice the avocados in half. Discard the stones and scoop out the flesh with a spoon. Place in a bowl.

Add the lime juice immediately to prevent browning and mash until you reach a smooth consistency.

Add the chopped onions, tomatoes, cilantro and jalapeños to taste. Stir gently to mix the ingredients.

Serve in a bowl with tortilla chips.





Parsley and garlic stuffed eggplant

4 eggplant
10 cloves garlic, sliced
10 tsp fresh parsley, diced
1 red and 1 yellow pepper
4 medium / big size tomatoes
5 tbsp olive oil
Salt and pepper
2 dl white wine

My grandparents were farmers and meat was served only on a special occasions. We would often go early in the morning to our vegetable patch behind the farm house and fill a basket with fresh vegetables. So this is not any old vegetable dish, it is my Serbian childhood dream!

Remove the ends off the eggplants and peel.

Make a cut into the centre of each eggplant and stuff with the garlic, parsley and salt mix.

Slowly heat the olive oil in a pot.

Add the garlic, parsley and then add salt and pepper. Cook for about 30 seconds.

Place the stuffed eggplants into the pot, carefully turning regularly until they go a little brown.

Add the sliced tomatoes, red and yellow peppers, and the white wine.

Cook on a medium heat for around 30 minutes.

Served hot or cold with Feta cheese. This is also delicious with white or brown bread. But the very best taste is when you eat it with family or friends... never alone.

Recipe provided by
Andrea Lake,
Jealott's Hill, UK.

Port braised red cabbage

1 red onion – finely sliced

**1 red cabbage – finely
shredded**

**2 green apples (Granny Smith)
– peeled, cored and chopped
into small cubes**

50g unsalted butter

5 tbsp demerara sugar

100 ml red wine vinegar

At least 100 ml ruby port

2 star anise (optional)

2 cinnamon sticks

2 blades of mace

This recipe is great when autumn turns into winter and you look forward to hearty, warming food. The smell of this coming out of the oven is superb – this is what vegetables are all about!

Pre-heat your oven to 180° C (356° F) / Gas Mark 4.

Melt the butter in a large casserole dish and then add and cook the onion until soft.

Add the rest of the ingredients, stir well and cook for about 10 minutes until bubbling gently.

Cover with a lid and place in the oven for about 1 hour 45 minutes or until soft.

The juice can be supplemented with a little more port, depending on your personal taste!

This dish can served immediately or frozen and reheated just before serving.



Recipe provided by
Kathy Hedrick,
Iowa, US.

Spicy tomato sauce



3 cups white onion, chopped finely

10 cloves garlic, minced

9 - 10 cups chopped medium vine-ripe tomatoes

1 ½ cup chopped basil

2 tsp red crushed peppers (or red pepper flakes)

2 - 3 springs worth of fresh thyme leaves

¼ cup olive oil

Salt and freshly ground black pepper

Sugar (optional)

Heat the olive oil in a large pot on a medium heat.

Add the minced garlic and fry for a few seconds until fragrant, stirring frequently.

Add the chopped onions and fry until the onions just start to become translucent (be sure not to burn or over-cook the onions).

Add the dried red crushed peppers and fresh thyme leaves and cook for about 30 seconds more.

Add all the chopped tomatoes and adjust the heat to maintain a gentle simmer.

Continue to simmer for about 1 hour (or until the desired sauce consistency is reached) to reduce the sauce by about a half or until it has a thick consistency. The time this takes may vary depending on how juicy your tomatoes are.

About half way through reducing (or around 20 minutes), add the chopped basil and mix in.

Season with salt and freshly ground black pepper to taste. Depending on the sweetness and acidity of your tomatoes, you may or may not need to add a little sugar to taste.

Once the sauce has reduced, serve with pasta, pizza, eggplants, and lasagne or as a dipping sauce.

You can also leave it to cool and then put in the refrigerator or freezer.

Recipe provided by
Elif Aydin,
Antalya, Turkey.



Spinach root with yoghurt

1 bunch spinach – fresh or frozen
3 - 4 tbsp extra virgin olive oil
1 small onion, chopped
1 garlic clove, mashed with salt
¼ cup canned chickpeas, rinsed
2 - 3 tbsp water, warm
½ cup creamy yoghurt
Salt and pepper to taste
Mint

Cut the roots and stems off of the spinach and soak in salted water to help get rid of any dirt.

Sauté the onion in olive oil for about 5 minutes. Stir in the garlic and continue to fry for about another 30 seconds.

Then add the chickpeas, spinach roots and stems, water, salt and pepper.

Cover and cook for 5 - 6 minutes on a medium heat or until the spinach roots are tender. Be careful not to overcook.

Pour the creamy yoghurt into a bowl. Add 2 - 3 spoons of juice from the dish to the yoghurt and whisk. Slowly pour this mixture over the spinach and stir.

Simmer for about 5 minutes without the lid on.

Garnish with mint and serve.

Stuffed artichoke

4 medium fresh artichokes
4 tbsp extra virgin olive oil
1 cup of rice
1 branch fresh green onion
2 tbsp green peas
1 medium carrot
1 tbsp of chopped fresh green dill
½ tsp salt
3 lemons

Rinse the artichokes well and remove all the leaves and stems from each heart.

Soak the hearts in a lemon juice and water mix for 5 minutes to prevent browning,

Meanwhile, mix the rice, extra virgin olive oil, salt and peas together in a bowl and add the chopped carrot, dill and green onion.

Stuff the artichoke hearts with the rice mixture and place in a pot. Pour in ½ glass of water and 1 tbsp of olive oil.

Put a lid on the pot and cook on a medium heat for 30 minutes. Then leave to cool for 10 minutes.

Garnish the stuffed artichokes with dill and lemon slices and serve.



Recipe provided by
Romano DeVivo,
Basel, Switzerland.



Sweet and sour peppers

1 yellow pepper,
1 red pepper,
1 tbsp of sugar,
1 tbsp of apple vinegar,
salt, olive oil.

This is a quite versatile and tasty way to prepare peppers as appetizers or as an accompaniment to meat, fish, eggs or pasta dishes. I like to eat them with pasta, adding a few capers, a little grated Pecorino cheese and some breadcrumbs... either warm or as a pasta salad.

Wash and dry the peppers, remove the seeds and slice into medium-sized pieces.

With the help of a peeler, remove the skin from each piece of pepper and then slice into thinner strips.

Pour the apple vinegar, sugar, salt into a large pan and cook on a low heat, stirring occasionally.

Once the sugar and salt has dissolved, add the pepper strips and cover. Cook for about 20 minutes, but check after 15 minutes as the cooking time can vary depending on the thickness of the strips.

Pour a little olive oil over the cooked peppers and serve.

Sweet dill cucumbers and onions

4 cucumbers, sliced
1 sweet onion, chopped
1 cup white vinegar,
½ cup water,
¾ cup sugar
1 tbsp dill
Salt, mustard seed and
pepper to taste

Each year during our family reunion at the beach there is a feeding frenzy in the kitchen whenever I make these. No one could care less about “refrigerate for 1 hour”!

Slice the cucumbers, chop the onion, mix together and sprinkle with salt.

Mix the white vinegar, water, and sugar together and heat for 1 minute in a microwave. Stir and make sure that the sugar has dissolved, and then pour over the cucumbers and onions.

Add dill, mustard seed and pepper to taste. Stir, cover and refrigerate for 1 hour.

Serve plain or with whipped cream cheese and your favourite crackers.



Recipe provided by
Elif Aydin,
Antalya, Turkey.

Turkish fava bean purée

2 ½ cups dry fava beans
8 cups water
1 ½ tsp salt
½ tsp white pepper
2 pinches of sugar
3 tbsp extra virgin olive oil
Chopped fresh dill for garnish

Boil the water in a covered saucepan. Add the dry fava beans, reduce the heat and cover again.

Let the mixture simmer slowly for about 20 minutes or until the fava beans have become soft and the water has reduced. Add the salt, pepper, sugar and olive oil and stir.

Place a large, fine wire strainer over another pan or large bowl. Pour some of the bean mixture into the strainer and press through using a wooden spoon. Repeat until you've pressed through all the mixture.

You should have a thick, pasty but smooth mixture with no lumps. If your paste seems a little thick and dry, stir in about 1 tbsp more of olive oil.

While the paste is still warm, spoon it into a shallow rectangular, square or circular-shaped serving dish about 3 inches deep. Glass works the best. I like to use a 9-inch round glass oven dish.

Smooth the top of the paste with the bottom of a spoon. Set it aside to cool and set.

Once it has cooled to room temperature, cover with plastic wrap and refrigerate for several hours.

Remove it from the refrigerator once the paste has set and is firm enough to slice. Wet the blade of a sharp knife and slice into squares or diamonds. Make sure to re-wet the blade often to prevent sticking.

Remove the blocks of fava gently and arrange them on your serving plate. Drizzle with a little extra virgin olive oil and sprinkle the chopped, fresh dill over the top.



Recipe provided by
Sabine Rietsch,
Basel, Switzerland.



Vegetable tian

1 zucchini
1 eggplant
3 tomatoes
1 or 2 onions
2 garlic cloves
Fresh thyme
Olive oil
Salt and pepper

Preheat your oven to 190° C (375° F)

Peel and slice the onions. Thinly slice the zucchini, eggplant and tomatoes.

In a gratin dish, put alternate slices of zucchini, eggplant, tomato and onion in rows lengthways along the dish.

Try to keep the rows tight and between the gaps add the peeled garlic cloves.

Add salt and pepper and a good quantity of olive oil. Sprinkle with fresh thyme.

Put in the oven and cook for 15 minutes.

Remove and using a spoon, gently press on the vegetable rows to extract the juice.

Pour the juice over the vegetable rows and put back in the oven for 30 - 40 minutes.

Recipe provided by
Laura Peterson,
Washington DC, US.

Zesty garlic roasted cauliflower

2 small or 1 large cauliflower

¼ cup grapeseed oil

2 tbsp minced garlic

1 tsp Italian seasoning

Slice the cauliflower into small pieces and place on a baking sheet.

Drizzle grapeseed oil over the cauliflower pieces and sprinkle with minced garlic.

Bake at 350° for 15-20 min.

Top lightly with Italian seasoning and serve.



Recipe provided by
Katie Hunter,
North Carolina, US.



Zucchini and tomatoes

2 (7 oz) zucchini, spiralized or julienne

4 cloves garlic, chopped

2 shallots, diced

3 tomatoes, diced

4 tsp olive oil

Salt and pepper

Crushed red pepper flakes to taste

8 oz spaghetti pasta

2 tbsp chopped fresh parsley

¼ cup low-sodium fat-free chicken stock or vegetable broth

½ cup grated Parmesan

In a large pot of salted boiling water, cook the pasta according to instructions.

While the pasta is cooking, heat a large sauté pan on a medium-high flame, adding the olive oil once the pan is hot.

Add the garlic and shallots to the pan and sauté for about 1 minute. Then add the zucchini and season with salt and pepper.

Cook for around 5 minutes, add the tomatoes, crushed red pepper flakes, parsley, chicken broth and a little more salt and pepper to taste. Stir for another minute.

Remove from the flame. Drain the pasta and using some of the water, toss the pasta and zucchini mix well.

Stir in the grated parmesan, add a little pasta water if needed, and serve.

Recipe provided by
Kathy Hedrick,
Iowa, US.



Baked eggplant with mushroom and tomato sauce

1 peeled eggplant, cut into ¼ inch thick slices (about 1 ¼ pounds)
Cooking spray
1 cup chopped onion
½ tsp dried Italian seasoning
¼ tsp salt
2 garlic cloves, chopped
1 (8 ounce) package sliced mushrooms
¼ tsp black pepper
1 can (8 ounce) no-salt-added tomato sauce
⅔ cup (~3 ounces) shredded part-skim mozzarella cheese
¼ cup (1 ounce) grated fresh Parmesan cheese

Preheat your broiler or grill.

Arrange the eggplant slices on a baking sheet coated with cooking spray. Broil/grill for 3 minutes on each side or until lightly browned.

Pre-heat your oven to 190° C (375° F).

Heat a large, non-stick skillet coated with cooking spray over a medium heat. Add the onion, Italian seasoning, salt, garlic and mushrooms. .

Cover and cook for 7 minutes or until tender, stirring the mixture occasionally. Increase the heat to medium-high, uncover and cook for a further 2 minutes or until the liquid evaporates.

Spread half the mushroom mix on the bottom of a 1 ½-quart round baking dish coated with cooking spray. Arrange half the eggplant slices over the mushroom mix and sprinkle with 1/8 tsp black pepper. Top with half the tomato sauce and half of the mozzarella.

Spread the remaining mushroom mix over the mozzarella and put the rest of the eggplant slices on top. Sprinkle with 1/8 tsp black pepper and top with the remaining tomato sauce. Cover and bake at 190° C (375° F) for 1 hour.

Take out of the oven, put the other half of the mozzarella and the grated Parmesan on top and then put back in the oven and bake, uncovered, for 5 more minutes or until the cheese melts.

Let it stand for 10 minutes before serving.

Recipe provided by
Fabiana Schweihert,
Sao Paulo, Brazil.



Braised mixed vegetables

1 small cauliflower
1 small broccoli
1 carrot, sliced
1 small onion cut into thin slices
2 cloves garlic, chopped
5 tbsp olive oil
½ cup of water
1 tsp of ground coriander
Salt and black pepper to taste

Here's a favourite recipe of mine. Being so busy, I often make this as it's quick and easy, nutritious, and everyone at home likes it!

Slice the cauliflower and broccoli into small pieces.

Heat the olive oil in a frying pan, add the cauliflower, broccoli, onion and carrot.

Season with salt and black pepper.

Cook over a low heat, add the water and stir so that it doesn't stick to the pan.

When the vegetables are 'al dente' add the coriander and serve.

Recipe provided by
Leena Luis,
Enkhuizen, Netherlands.



Braised peas with bacon and eggs

½ onion, chopped
2 cloves garlic
150g bacon, chopped
2 eggs
200g frozen peas
Salt and pepper to taste
Olive oil

This is a very easy, healthy and simple recipe. It's also a good option for vegetarians if you make it without the bacon.

Gently fry the chopped onion and crushed garlic in olive oil until soft and translucent.

Add the bacon and fry a little longer so that the onion absorbs the flavour of the bacon.

Add the peas, cover with water and cook until the peas are tender.

Break the eggs, add them to the pan, and season lightly with salt and pepper. Cover the pan with a tightly-fitting lid.

Leave to cook gently for 5 minutes and serve.

Butternut squash baked with goats cheese

1 butternut squash
1 red onion
2 spring onions
1 garlic clove
Olive oil
3 tbsp raisins
60 ml white wine
Salt
Pepper freshly ground
Ginger
4 slices of goat cheese

This recipe is perfect for those dark, rainy autumn days. The sweetness of the raisins harmonizes perfectly with the butternut squash but contrasts with the sharpness of the ginger and the aromatic goats cheese. This is a delicious and healthy mood brightener!

Halve the butternut squash and remove the seeds. Peel one half and dice into cubes. Leave the other half whole and with its skin on.

Wash and slice the spring onions. Finely chop the red onions and the clove of garlic. Fry together in olive oil.

Add the butternut squash cubes and fry for a few more minutes. Then add the raisins and the wine and leave to cook.

Meanwhile pre-heat your oven to 220° C (425° F).

Put the butternut squash halve in a baking dish. Sprinkle with salt, pepper and ginger, and fill with the butternut squash cubes mix. Place goat cheese slices on top and cover.

Bake for about 30 minutes until the cheese melts and tans slightly.



Recipe provided by
Stephen Hall,
Grangemouth, UK.



Cauliflower and potato curry

2 tbsp of ghee

1 med white onion – diced

1 med size cauliflower –
broken up into florets

1 small red chilli – sliced

2 garlic cloves – finely
chopped

1 tin of chopped tomatoes
400g

½ tea spoon of turmeric
powder

2 tsp of med curry powder

1 tsp of ground cumin

1 tsp ground coriander

Chopped fresh ginger – 1 tbsp

2 med potatoes, skin on and
chopped into 20 - 30 mm
chunks

Low fat natural yoghurt –
1 - 2 tbsp

Tsp of creamed coconut to
sweeten

Fresh chopped coriander

Serves 2 - 3 without rice,
3 - 4 with rice

This is a dry, every day curry that can be frozen and reheated – good for lunch at work.

My family are mainly vegetarians and this is a favourite adapted over the years, eaten at least once a fortnight.

In a large lidded pan gently fry the onion in the ghee for around 4 minutes until soft, not brown.

Add the chilli, turmeric, garlic, curry powder, cumin, ginger, ground coriander and fry for a further minute, stirring all the time.

Stir in the tin of tomatoes. Add the creamed coconut, stirring until it melts. Add the potatoes and cauliflower and continue to stir.

Place the lid back on the pan and cook on a low heat for around 40 minutes, stirring occasionally until the potatoes can be pierced with a fork. Add a little water if it becomes too dry.

Serve in a bowl with yoghurt and coriander on top – and eat with a big spoon!

Cauliflower curry

500g cauliflower in florets
500g potatoes cut into cubes
3 tbsp olive oil
2 tsp black mustard seed
2 tsp cumin seeds
1 tsp chopped chilli pepper
3 garlic cloves – finely sliced
3 tsp ginger – finely sliced
2 tsp turmeric
2 tsp cumin powder
250 ml vegetable stock

As Syngenta is the market leader in cauliflower, why not prepare a great cauliflower dish? This one tastes amazing!

Heat the oil in a wok pan. Add the mustard and cumin seeds and fry until they start to jump.

Add the chopped chilli, garlic, ginger, turmeric and cumin powder and stir for 1 minute.

Add the potatoes and stir for a few more minutes. Then add the cauliflower and stir for 1 minute more.

Finally add the vegetable stock and leave to cook on a low heat for about 15 minutes.

Serve with a cucumber salad with finely sliced garlic and yoghurt.



Recipe provided by
Elif Aydin,
Antalya, Turkey.



Eggplant Kebab

2 Chinese or Japanese eggplants, washed and sliced into 3 cm thick pieces

3 - 4 cubanelle peppers, washed

2 - 3 medium tomatoes, washed, sliced in halves

4 - 5 garlic cloves, unpeeled

Meatball Ingredients:

300g medium minced beef

Salt

Pepper

Garnish:

Extra virgin olive oil

Mozzarella, grated

Crushed red pepper

Salt

Pepper

This eggplant kebab recipe is rich in flavour and very tasty. This recipe makes 2 servings. Enjoy!

Pre-heat your barbecue or oven grill.

Knead the minced beef, salt and pepper together. Shape into medium-size balls.

Place eggplant slices and meatballs alternately on skewers.

Place the skewers on the barbecue or in the oven grill on a rack along with the peppers, tomato halves (insides facing up) and garlic cloves.

Turn the skewers regularly so that the eggplants and meatballs cook evenly.

Take off the barbecue or out of the oven grill and serve while hot.

Recipe provided by
Chris Faull,
Idaho, US.

Handy hint

Be careful not to over use the soy sauce, due to its salt content.

Freestyle fried rice

Pre-cooked cold rice
(about 1 cup per person)

½ cup to 1 cup each of the following chopped vegetables:

Onion

Sweet pepper

Summer squash

Mushrooms

Carrot - sliced

Brussels sprouts

Shelled peas - fresh or frozen

Sweet corn kernels - fresh or frozen

Scallions (chopped green onions)

Greens

Kale, spinach or other - use twice as many greens as other vegetables.

Optional

Meat - a small amount of bacon or pork sausage (or left over chicken) - pre-cooked and set aside.

Tofu - cube, pre-cooked until brown and set aside.

Pre-cooked and chilled rice and three eggs with an Asian sauce. I use a bottled garlic hoisin, but any will do.

Remember how your mother would clean out the refrigerator vegetable drawer occasionally and make a pot of soup? This “no-recipe recipe” utilizes the same concept, but uses either cooked rice or cooked pasta to carry the vegetables. It’s fast, easy and pretty healthy!

It’s important to use a very hot pan – a large cast iron skillet, wok or similar.

Add a small amount of the vegetable oil to the pan. If you’re using meat or tofu, brown it and remove from the pan.

Add the vegetables one at a time to the pan. Cook slightly but keep the pan hot and allow each vegetable a little time to caramelize.

Then add the chopped scallions and then the greens. Cook just until they wilt.

Add the pre-cooked cold rice and keep stirring until hot. Then create a well in the vegetable-rice mix and add the eggs. Stir and continue cooking until the eggs are done.

Finally, add the cooked meat or tofu into the vegetable-rice mix.

Serve with sauce on the side.



Recipe provided by
Leena Luis,
Enkhuizen, Netherlands.

Fried green beans

500g green beans, trimmed

4 eggs

1 cup all-purpose flour

25 cl white wine

Water to boil

Olive oil, as needed

Salt and pepper to taste

Fried Green Beans, known in Portugal as “Peixinhos da Horta”, is a centuries old dish.

This is a perfect snack and great for serving when guests or children are around.

Rinse the beans, trim the tips and place in a saucepan with enough water to cover and add a little salt.

Boil until the beans are almost tender but still slightly crisp. Remove, drain well and place on paper towels to remove any excess water.

Heat about 1 cup of olive in a frying pan until hot but not smoking.

Add the eggs, flour, wine, a little olive oil, and salt and pepper to taste in a bowl. Whisk until the batter reaches a smooth and even consistency.

Dip the green beans individually into the batter and fry immediately until golden brown. Place on paper towels to remove excess of oil and sprinkle with salt and pepper.

Serve hot or at room temperature as an appetizer or a side dish.



Recipe provided by
Juliette Buitter,
Basel, Switzerland.



Fusion rainbow veggies rice wraps

Wraps

4 rice wraps

Fillings

Cooked rice noodles

1 zucchini, thinly sliced

2 carrots, thinly sliced

2 cups of green baby spinach

1 red bell pepper

1 cup of sweet corn

1 avocado

1 cucumber

½ cup mung beans

Packet of fresh coriander (this
is key!)

Toppings

¼ cup sesame seeds

½ cup crushed peanuts

Soy sauce

Dipping sauce

Spicy hummus

½ cup of peanut butter
mixed with several spoons of
soy sauce

Although there are authentic Thai or Vietnamese recipes which use very specific ingredients, I often try to be practical and use whatever I happen to have in my fridge – but coriander, peanuts and rice noodles are a must!

Dip the rice wraps in warm water for about 5 seconds until they become moist. Lay them on a work surface and using your hands rub in some more water.

Allow the wraps to soak up the water until they become soft. Leave to dry for about 1 minute.

Chop and slice your vegetables and herbs and separate by colour. Drop the rice noodles into some water and allow to sit for 4 minutes.

To fill your wraps, make sure you place your vegetables and herbs in the centre of the round wraps, add the rice noodles, and before closing add the salt, pepper and chilli flakes.

Cut each wrap in half and sprinkle on the toppings.

Recipe provided by
Matias Flores,
Argentina.

Grandmother's omelette

4 zucchini
2 green onions
3 carrots grated
250 - 500g spinach
4 eggs
**200g of quartirolo (or
mozzarella) cheese**

Slice the zucchini, onions and spinach into very small cubes.

Add the zucchini to a skillet and when half cooked add the onions, carrots and spinach. Cook on a low – medium heat for about 10 minutes.

Then add the 4 eggs. Mix well to homogenize the mixture.

Top with cheese and let it melt before serving.



Recipe provided by
Esra Koçyiğit,
Izmir, Turkey.



Mains

Kapuska

**½ head of medium cabbage ~
700 g - washed and coarsely
chopped (remove the hard
stalk in the middle)**

1 onion - finely chopped

**225g / 8 oz / 1 cup coarse
bulgur wheat**

**225g / 8 oz minced beef or
lamb**

**1 tbsp red pepper paste
(optional, may use additional 1
tbsp tomato paste if not using
red pepper paste)**

**1 tbsp double concentrated
tomato paste**

Juice of ½ lemon

10 ml or 2 tsp dried mint

**5 ml / 1 tsp red pepper flakes
(or more, if you like it spicier)**

16 fl. oz / 2 cups of hot water

30 ml / 2 tbsp olive oil

**Salt and ground black pepper
to taste**

Plain yoghurt to serve

Kapuska is a popular hearty stew and has many versions in Turkey. In the south-west of the country, we like to make Kapuska with bulgur, minced meat, onions and flavoured with red pepper paste, dried mint and red pepper flakes.

Served with plain yoghurt, this is such a comforting and wholesome meal – and easy to make, too. For a vegetarian version, simply leave out the meat.

Heat the olive oil in a large pan and stir in the minced meat. Sauté for 2 - 3 minutes over a medium heat.

Add the onions and coarsely chopped cabbage to the pan and sauté for a further 4 - 5 minutes.

Stir in the bulgur, tomato paste, red pepper paste and water. Mix well.

Then add the lemon juice, red pepper flakes, dried mint, and season with salt and ground black pepper.

Bring to the boil then cover and simmer over a low heat for 15 - 20 minutes.

Serve hot, with sprinkles of dried mint and red pepper flakes over the top and a dollop of plain yoghurt by the side.

Recipe provided by
Laszlo Laczko,
Basel, Switzerland.



Hungarian Lecsó

**3 tbsp bacon fat or
alternatively olive oil**

3 medium onions

**1kg Hungarian white conical
pepper or alternatively 1 kg
bell pepper mixed colours**

**1 hot pepper optional (for the
spicy lovers)**

**0.5kg fresh Roma or Beef
tomato**

1 tsp sweet Hungarian paprika

1 tsp salt

1/2 tsp pepper

**0.3kg Hungarian sausage
(or any smoked sausage)**

**3 large tomatoes, peeled
and chopped**

This is a simple Hungarian stew made from onions, peppers and tomatoes. It can be eaten on its own, with eggs or as a side dish.

Heat the bacon fat or olive oil in a heavy, straight-sided sauté pan or a casserole dish.

Core the bell peppers and slice each one into 4 to 6 long narrow strips. Cut the onions into half-moon slices and add them with the peppers to the sauté pan.

Cook on a high heat for about 6 - 8 minutes, stirring carefully with a wooden slotted spoon so that the peppers don't break up.

Cube the tomatoes and add along with the seasoning.

Take 2 Hungarian Kolbász sausages and slice them diagonally into small pieces. Add to the stew and simmer for about 4 - 6 minutes.

Serve with fluffy white jasmine rice or fresh Hungarian white bread – or both!



Menemen – Scrambled eggs with vegetables

2 cups green pepper, chopped
1 cup diced tomato
1 small onion, finely chopped
2 eggs, beaten
3 tbsp oil
½ tsp salt
1 pinch of black pepper
(optional)

Heat the oil in a pan and sauté the onion for 2 - 3 minutes over a low-medium heat.

Add the peppers and salt. Close the lid and cook until the peppers become soft, stirring occasionally.

Then add the tomatoes, stir and cook for 5 - 6 minutes with the lid closed. Finally, add the beaten eggs and stir.

It's ready as soon as the eggs are done.

Sprinkle some black pepper on top and serve with fresh bread.



Recipe provided by
Chuck Widney,
North Carolina, US.



Okra and shrimp over rice

1 lb young okra

1 lb peeled raw shrimp

2 large tomatoes

Olive oil

Salt and pepper to taste

**Optional: basil, oregano,
cayenne pepper flakes**

Rice prepared to taste

This is one of my favourite summer recipes using fresh okra and tomatoes from the garden. It's low in fat and sodium – and quick and easy to make!

Trim the okra and slice in half lengthways.

Peel the tomatoes and slice into chunks.

Cover the bottom of cast iron skillet with olive oil and heat.

Add the okra and cook on a high heat to slightly sear the cut edges.

Reduce the heat, add the tomatoes, salt, pepper and any other spices you like.

Cover and cook until the tomatoes soften.

Add the shrimps and continue to cook until done.

Serve over rice and enjoy!

Recipe provided by
Karolina Nizio,
Milan, Italy.



Pasta with broccoli-cream and smoked salmon

200g pasta
100g baked salmon
400g broccoli florets
1 clove garlic
Lemon juice
Olive oil

I really enjoy the contrast of tastes between broccoli and salmon in this light but satisfying dish.

Slice the salmon into small pieces and place in a bowl with a little lemon juice and olive oil.

Boil the broccoli for 5 minutes in a large pan of salted water.

Meanwhile, heat the olive oil and garlic in a pan. As soon as the garlic turns a golden colour, remove it.

Whisk the broccoli in a mixer and add to the pan along with a little black pepper. Stir to make a smooth sauce.

Boil the pasta in the same water that you used to boil the broccoli. Be careful not to overcook the pasta – it should be ‘al dente’.

Once the pasta is ready, add it to the broccoli sauce in the pan and add the salmon.

Cook for 1 minute more so that the pasta is just perfect!

Recipe provided by
Maryam Amini,
Enkhuizen, Netherlands.

Persian smoked eggplants with tomatoes and eggs (mirza ghasemi)

1 medium onion
1 clove of garlic
3 large eggplants
6 large tomatoes
5 eggs, medium
2 tsp turmeric
Salt
Black pepper
3 tbsp olive oil



I learned this recipe from a friend during my student days. It's a vegetarian dish from the Gilan province of Iran and can be eaten as either a starter or a main course.

The most authentic way to prepare the eggplants is to blister them whole over an open flame (either on a barbecue or over a domestic gas hob) until blackened and the flesh has softened right through to the centre.

Alternatively, bake the eggplants whole in a roasting tin in a pre-heated oven at 220°C (425° F) for 40 - 45 minutes.

Meanwhile, slice the onion and garlic. Boil the tomatoes for 5 minutes, then peel and dice them.

Put some olive oil in a large frying pan over a medium heat. First slowly fry the sliced onion and then add the garlic.

As soon as the garlic begins to brown around the edges, stir in the turmeric and add the tomatoes. Once the tomatoes are cooked through, turn off the heat and set the pan aside.

Take the cooked eggplants, score them and scoop out the flesh using a large spoon. Stir the flesh into the garlic and tomato mix.

Place the pan over a medium-high heat and cook for a few minutes, mashing a little as you go. Add the salt and pepper, stir well and cook for a further 6 - 8 minutes. Stir occasionally to prevent the mixture from browning.

Crack the eggs on top and let them cook for 5 minutes or until the egg white has solidified, but the yolk still remains soft. Alternatively, you can beat the eggs before adding to the pan.

Garnish with walnut pieces and serve with flatbread.

Recipe provided by
Lisa Asuncion,
Jeallots Hill, UK.



Roasted aubergine omelette (or Tortang Talong in Filipino)

1 small aubergine

1 egg, beaten and seasoned with salt and pepper

Rice flour

Salt and freshly ground black pepper

Vegetable oil for frying

Roasted aubergine omelette is a popular dish in the Philippines. This is the simplest version, others include a pork minced stuffing with peas and carrots. My husband and I cook this often because it's so easy to prepare and reminds us of home.

Pre-heat your grill.

Prick the skin of the aubergine on all sides with a fork. Lightly oil the skin, place on a baking tray and grill until charred. Make sure to flip the aubergine so that the skin is charred on all sides.

Let it cool and then peel the skin off. Flatten with a fork, taking care not to disturb the bottom so that the aubergine retains its shape.

Season the aubergine with salt and pepper.

Heat the vegetable oil in a frying pan over a medium heat.

When the oil is hot, dust the aubergine with flour on both sides (plain flour can be used but rice flour gives an omelette with a lighter and fluffier texture) and dip in egg until fully coated.

Fry in the hot oil until both sides are golden brown.

In the Philippines this is typically served with a banana-based ketchup but since this is not always readily available, serve with tomato ketchup or sweet chili sauce instead.

Recipe provided by
Aron Silverstone,
North Carolina, US.



Soy 3-ways stir fry

1 medium carrot - diced

3 cups soybeans (fresh or frozen)

1 pack dried tofu - diced

1 jar sliced cucumber pickled in soy sauce - drained and diced

2 tbsp canola oil

1 heaped tsp garlic hot pepper sauce

Salt and pepper to taste

Easy and quick to prepare, this dish is tasty with a great combination of textures and colours. High in protein, it's good for vegetarians and omnivores alike, and is delicious when served with rice.

Boil the soybeans and carrots for 10 minutes. Drain and set aside.

Heat the oil in a wok or stir-fry pan. Add the dried tofu, and cook for about 5 minutes on a medium-high heat until the pieces begin to brown.

Add the cucumber, carrot and soybeans. Cook on a medium heat for 5 minutes.

Then add the garlic hot pepper sauce, with salt and black pepper to taste, and serve warm.

Recipe provided by
Elisa Basso,
Sao Paulo, Brazil.

Spaghetti with leek and tomatoes

Spaghetti pasta
Cherry tomatoes
Sliced leek to taste
1 clove of garlic
1 tsp olive oil
Spring onions
Salt to taste
Parmesan

I love this dish because it is simple, easy to make, but has a taste that pleases everyone.

Heat the olive oil in a pan and sauté the sliced leek. Add the cherry tomatoes (ideally Syngenta's Angelle cherry tomatoes).

Boil the spaghetti and once it is 'al dente' drain the water and place the pasta in the pan along with the sautéed leek and tomatoes. Add a little garlic.

Drizzle olive oil all over, season with salt to taste, and serve with sliced spring onions and freshly grated Parmesan.



Recipe provided by
Pim Neefjes,
Enkhuizen, Netherlands.

Sprouts and farfalle

200g Brussels sprouts

200g Diced smoked bacon

500g Farfalle (pasta bows)

Sour cream

Black pepper

Serves 4 people

Trim and slice the Brussels sprouts. Boil in a pan of lightly salted water until just tender.

Dry fry the smoked bacon until lightly brown.

Drain the Brussels sprouts and add to the bacon, fry for a further 5 minutes.

Cook the pasta as per packet instructions and place on a serving dish.

Toss the bacon and Brussels sprouts, including the pan juices, with the pasta.

Season black pepper to taste and serve with a generous helping of sour cream on top.



Recipe provided by
Yelda Atav,
Muradiye/ Manisa, Turkey.



Stuffed eggplants

4 medium eggplants

4 tbsp extra virgin olive oil

**Pure olive oil to fry the
eggplants**

250g minced meat

1 medium onion, chopped

2 medium tomatoes, chopped

4 cloves garlic

½ tsp salt

Parsley leaves for garnishing

Rinse the eggplants well, remove the stems and slice into wedges.
Fry in pure olive oil.

In another pan, heat the extra virgin olive oil and add the minced meat, chopped onion, chopped tomatoes and salt. Cook for 15 minutes.

Stuff the fried eggplant wedges with the cooked minced meat mix and place in a pot.

Add a little olive oil, put a garlic clove on top of each eggplant, and cook for a further 15 minutes.

Serve on a plate of parsley leaves.

Recipe provided by
Zsolt Galli,
Ócsa, Hungary.



Stuffed kohlrabi

6 medium or bigger kohlrabies
500g minced pork (or beef)
80g rice
1 large finely chopped onion
1 ½ tbsp butter
1 large egg
1 finely chopped garlic clove
Dried red pepper (Hungarian
paprika)
Salt, pepper, 20 - 30 caraway
seeds
Cheese
1 cup sour cream

This is my favourite kohlrabi recipe. It's not a popular crop in most parts of the world, so there aren't many recipes available. This is just simply the best!

Peel away the tough, outer skin of the kohlrabies. Slice horizontally in half and parboil for 20 minutes.

Cool until they can be easily handled and then cut a little bit off the ends so they can stand straight.

Scoop out the flesh, making a well. Finely chop the flesh.

Boil the rice in salted water to almost ready.

In a skillet, sauté the onions in butter until tender. Add the chopped kohlrabi and cook for 2 more minutes.

Transfer to a large bowl, and mix with the minced meat, rice, egg, and caraway seeds. Add salt, pepper and dried red pepper to taste.

Fill the scooped-out half kohlrabies with the mix. Put some cheese on the top and place in a pre-heated oven at 180° C (356° F) for 45 - 50 minutes.

If there's any mix left over, you can make some meatballs and also put them in the oven to cook.

Remove the kohlrabies to a serving platter and keep warm.

Serve with sour cream.

Recipe provided by
Elif Aydin,
Antalya, Turkey.

Stuffed dried eggplants and peppers with beef

6 dried eggplants
6 dried peppers
2 cups hot water
1 tbsp butter, in small pieces

Filling:

~200g medium minced beef
1 small onion, grated
4 tbsp rice, washed, drained
1 tbsp red pepper paste
2 - 3 tbsp tomato paste
4 - 5 tbsp water
½ tsp red pepper flakes
(crushed red pepper)
Salt
Pepper

Garlic yoghurt sauce:

1 tsp chopped garlic
½ tsp kosher salt
1 cup plain yogurt (preferably whole-milk)
1 tbsp fresh lemon juice

Soak the dried eggplants in hot water for half an hour and then drain.

Meanwhile, mix the minced beef, onion, rice, red pepper paste, tomato paste, red pepper flakes, and water in a bowl. Add salt and pepper to taste,

Stuff the eggplants with the mix using a tablespoon. Leave a little space at the top.

Squeeze the tops of the eggplants to close, and put in a medium-sized pot.

Pour in 2 cups of hot water, cover and cook on a medium-low heat until just a little juice is left. If necessary, add more hot water.

Sprinkle the butter pieces over the top, cover and let the dish settle.

Serve with garlic yoghurt sauce.



Recipe provided by
Fabiana Bernardini,
Buenos Aires, Argentina.



Steamed fresh corn cakes – Humitas (sweet or salty)

12 fresh corn ears, with husks
300g fresh mozzarella cheese
100g pork fat
1 onion diced
1 red bell pepper
Salt or sugar
Paprika
Pepper
Optional:
Milk (if the corn is not tender)

This is one of my family's favourite dishes. It's a whole ceremony from buying the corn to the choice of husks and sitting at the table to share - this brings back memories of my childhood.

Remove the husks from the corn, just keeping the better ones. Place in a pot of boiling water for a few minutes, then drain.

Remove the silky hairs from the corn and use a knife to cut the corn kernels from the cob. Blend in a food processor.

In a saucepan, sauté the onion in the pork fat, add the finely chopped pepper and seasoning to taste. If the corn is firm, pour in some milk before adding it. Mix thoroughly and remove from heat.

Overlap two corn husks, and place a portion of cheese in the centre. Cover with two or three tablespoons of the humita filling, wrap and tie with shavings of corn husks.

Place in a steaming pot and cover with a lid. Steam for about 20 minutes, until soft and heated through.

Recipe provided by
Elif Aydin,
Antalya, Turkey.



Turkish okra and tomato with olive oil

2.5 lb/ 1kg young okra, fresh or frozen

Juice of ½ lemon

1 large onion

2 tbsp olive oil

1 cup vinegar

1 large, ripe tomato

3 tsp salt

½ tsp black pepper

3 tbsp sugar

⅓ cup extra virgin olive oil for garnish

If you are using fresh okra, trim the rough stems from the ends of the pods and remove the thin membrane covering the stem end.

Rinse them several times in a wire strainer under ice cold water, turning them with your hands. Drain and leave soak in one cup of vinegar for about 30 minutes. Wash to remove all the vinegar. Repeat this process twice.

If you're using frozen okra, it's ready to use right out of the bag.

Peel the onion and coarsely chop it. Heat the olive oil in a medium-sized saucepan and fry the onions until tender and reduced.

Add the fresh or frozen okra. Wash and peel the tomato. Dice into small cubes and add it to the pan.

Add the lemon juice, salt, pepper and sugar and turn the mixture gently with a large wooden spoon. Add the water, and bring to the boil. Reduce to a low heat and cover.

Simmer until the okra are tender and the liquid has almost evaporated completely. If the okra is tender but there is still a lot of liquid, remove the lid so the liquid evaporates more quickly.

Turn off the heat and let the pan cool down to room temperature. Transfer the okra to your serving platter and drizzle olive oil over the top.

This can be served at room temperature or covered and refrigerated before serving later.

Recipe provided by
Daryna Potapenko,
Kiev, Ukraine.



Ukrainian cabbage rolls – Holubtsi

1 cabbage head of medium size

4 l of water

1 tbsp salt

Filling

500g minced meat

300g boiled rice (white or brown)

1 onion

1 tbsp vegetable oil

Salt, pepper to taste

Tomato sauce

Fresh tomatoes or tomato paste

1 onion

1 carrot

Vegetable oil

Salt, pepper to taste

Every Ukrainian family has the best cabbage roll recipe. There aren't any secret ingredients – just high-quality and made with love!

Pre-cook the cabbage leaves in salted boiling water.

To make the filling, chop an onion and add to a pre-heated frying pan greased with vegetable oil for 3-4 minutes.

Add the minced meat and continue to fry for a further 3-4 minutes, stirring occasionally. Mix in the boiled rice and add salt and pepper to taste.

To make the cabbage wraps, place a cabbage leaf on a flat surface. Put some of the minced meat and rice mix into the centre and roll the leaf over the filling.

For the tomato sauce, chop another onion and slice a carrot. Pre-heat a frying pan greased with vegetable oil. Add the chopped onion. Fry for 3-4 minutes.

Add the chopped carrot and fry for a further 3-4 minutes. Then add the fresh tomatoes or tomato paste, and salt and pepper to taste. Leave to stew for 5 minutes.

Finally, pour 100ml–150ml of the tomato sauce into a saucepan to prevent the cabbage wraps from sticking to the bottom. Place the cabbage wraps seam-side down and add the rest of the sauce.

Cook on a low heat for 40-50 minutes.

Recipe provided by
Meisner Wallie,
North Carolina, US.

Vegetable zucchini boats

Zucchini
Squash
Eggplant
Carrots
Bell peppers
Mushrooms
Potato
Onion
2 garlic cloves

What I like about this recipe is that it's adaptable to whatever vegetables and seasonings that happen to be on-hand, and cleverly makes use of a zucchini as a baking dish – who wants to wash more dishes than necessary!

Peel and slice the vegetables into bite-size pieces. Add some olive oil, and mix in. Add your favourite seasoning. My favourite includes salt, sugar, pepper, ginger, paprika, cardamom, nutmeg and more. Add the garlic cloves whole.

Slice the zucchini lengthways, scrape out the soft centres, and rub inside and out with olive oil. Put on a baking sheet and into a hot oven. After 5 minutes or so, the zucchini should be nicely toasted on the outside.

Make up your favourite sauce. Mine is butter, olive oil, flour, seasoning, light cream, sour cream, mayonnaise, and bean paste.

When the zucchini are cool, mix the vegetables with the sauce, stir in an egg, and fill the zucchini boats.

Bake at 175° C (350 ° F) for about 30 minutes.

Once done, add some cheese, broil for a few minutes and then serve.



Recipe provided by
Karolina Nizio,
Milan, Italy.



Zucchini parmigiana

4 long zucchini

**200g of mozzarella or
scamorza**

100g of ham (optional)

Parmigiano cheese

Olive oil

Basil

This is a light but very tasty version of a traditional eggplant parmigiana.

Wash and slice the zucchini into long slices. Season with salt, pepper and olive oil.

Place on parchment paper and bake at 180° C (350° F), or grill, for about 15 minutes until soft.

Add a little olive oil to a baking dish and place a layer of the baked or grilled zucchini slices in it.

Add some mozzarella (or scamorza cheese), basil, salt and pepper, and pieces of ham. Sprinkle with Parmigiano cheese.

Repeat the layering until all the ingredients are used.

On top of the last layer of zucchini add only mozzarella (or samorza cheese) and sprinkle with Parmigiano cheese and toasted breadcrumbs.

Put it in the oven for 20 - 30 minutes 180° C (350° F) or until the top layer becomes golden.



Recipe provided by
Beth Williard,
North Carolina, US.

Broccoli casserole

4 heads of chopped fresh
broccoli
8 oz velveeta cheese, or
shredded cheddar cheese
8 tbsp butter
1 sleeve of Ritz Crackers
(or Tuc)

This is my grandmother's recipe for southern style broccoli casserole. This is my favorite veggie dish to make because it is quick and easy. I've even had family members who don't otherwise like broccoli ask me to make this dish.

Pre-heat your oven to 180° C (350° F).

Boil the broccoli for 1 minute. Drain and place aside in a bowl.

In a saucepan over a medium heat, add the cheese and half of the butter. Stir until both have completely melted.

Add this cheese mixture to the broccoli and stir to ensure that the broccoli is completely coated. Transfer to a baking dish.

Melt the remaining butter. Crush the crackers and add the melted butter. Sprinkle over the broccoli mixture.

Bake for 30 minutes or until the topping has browned.



Recipe provided by
Bert Stoddard,
Georgia, US.



Grandprize casserole

3 lbs yellow squash - try Syngenta's new Grandprize
1 stick of butter, melted
1 sleeve of Ritz Crackers (or Tuc), crushed
2 eggs, beaten
1 cup evaporated milk or Half n' Half
8 oz shredded cheddar cheese
Salt and pepper to taste

Grandprize casserole is best served on days that end in a 'Y'. Named after Syngenta's new headliner yellow squash, this dish is packed with rich flavour that would make Paula Dean jealous. It is a must for holiday meals or family get-togethers. Don't hesitate to take a big scoop home with you and eat it left over!

Slice and cook the squash to soften. Drain well and mash to preference.

Mix in melted butter, crushed Ritz crackers (or Tuc), beaten eggs, evaporated milk or Half n' Half, and shredded cheddar cheese.

Add salt and pepper to taste.

Pour the mixture into a casserole dish and bake for 45 minutes at 176° C (350° F).

Remove when the edges of the casserole begin to turn golden brown.

Recipe provided by
Florian Schleth,
Münchwilen, Switzerland.

Vegetable amounts and combinations can be adjusted as preferred

2 zucchini

1 eggplant

1 red pepper

1 - 2 yellow pepper

1 large onion (Spanish onion)

2 - 3 cloves of garlic

250 - 400g mushrooms

Rosemary, ideally fresh

Thyme, ideally fresh

Marjoram, ideally fresh

Salt

Pepper

Sugar

Olive oil

200g grated cheese (Gouda/
Emmental/ mozzarella)

Sauce

250 ml sour cream

250 ml milk

3 eggs

40g tomato paste

Salt

Pepper

Vegetable casserole

I have a passion for cooking – and not only because I am a chemist! This is my favourite vegetable dish as it is an explosion of flavours and is very colourful – almost every bite tastes differently.

Wash and slice each vegetable individually into bite-size chunks and peel the mushrooms. Put some olive oil in a frying pan over a medium-high heat.

Sequentially and individually fry each vegetable using the following vegetable and spice combinations:

Peppers (red and yellow combined): salt and pepper, sugar, rosemary, thyme, 1 crushed clove of garlic

Eggplant: salt and pepper, 1 - 2 crushed cloves of garlic

Zucchini: salt and pepper, marjoram

Onion: salt and pepper

Mushrooms: salt and pepper, fry until brown and almost crispy

Between frying each vegetable add more olive oil as needed.

Put each fried vegetable batch in a casserole dish. Mix well once all the vegetable types have been added.

Mix the sour cream, milk, eggs and tomato paste to a pink sauce.

Add salt and pepper (you can also add a crushed garlic clove).

Pour the sauce over the vegetable mix in the casserole dish.

Sprinkle some grated cheese on top and bake for around 45 minutes at 160-170° C (320 – 338° F).

Once the cheese has formed a golden-brown crust, remove from the oven and allow to rest for 5 - 10 minutes. Serve with rice or white bread – or just on its own. It's also delicious when cold or when re-heated.



Recipe provided by
Brigitte Reus,
Enkhuizen, Netherlands.



Broccoli pie

2 broccoli heads, cut into florets
1 roll ready-made puff pastry
1 large onion
125 ml crème fraîche
2 eggs
Bacon strips, cut
Herbs, e.g. Italian mix
Parmesan cheese, grated
Salt and pepper to taste

For years this has been an absolute favourite in our family. Apart from its delicious taste, it can also be prepared well in advance.

Pre-heat your oven to 180° C (350° F).

Boil the broccoli florets for about 6 minutes. Drain well and run under cold water to cool.

Cover a springform pan with the puff pastry.

Fry the bacon and the onion.

Mix the broccoli, bacon, onion, herbs and some grated cheese and add to the springform pan.

Beat the eggs and add in the crème fraîche and some of the grated cheese.

Pour the crème fraîche mixture over the broccoli mixture in the springform pan.

Bake for 30 minutes at 180° C (350° F), then for a further 5 minutes with the sides of the springform pan removed.

Recipe provided by
Elif Aydin,
Antalya, Turkey.

Tomato pie

Pie dough

- 1 ½ cup flour
- 80g of butter
- 3 tbsp yogurt
- ½ package of baking soda
- 1 tsp salt
- 2 tbsp mayonnaise
- 2 tbsp fresh lemon juice

Topping

- 3 large Torry tomatoes or other tomato, sliced
- 4 slices of cheddar cheese
- 1 cup canned corn
- 4 fresh thyme
- 4 basil leaves, chopped
- 1 tsp salt
- ½ tsp freshly grated black pepper

Mix the butter, yoghurt and salt in a bowl. Add the flour and baking powder. Knead the dough.

Spread the dough as thinly and as smoothly as possible using a rolling pin. Place on a sheet of baking paper and make some small holes in the dough with a fork.

Mix the mayonnaise and freshly squeezed lemon juice in a bowl.

Using a brush, coat the dough with half of the mixture.

Place half of the tomato slices on the dough. Add the slices of cheddar cheese and then the chopped basil leaves, thyme, canned corn and the rest of the tomato slices. Add salt and freshly grated black pepper to taste.

Fold the sides of the dough inwards.

Use the remaining mayonnaise mixture to coat the dough edges.

Bake in a pre-heated oven at 180° C (356° F) until crisp.



Recipe provided by
Noelia Rodriguez,
Almería, Spain.



Babyplum Angelle quiche

**250g Babyplum Angelle
tomatoes or other cherry
tomatoes halved**

**1 ready-rolled shortcrust
pastry**

2 eggs

150 ml milk

150 ml single cream

100g mozzarella cheese

30g melted butter

1 finely chopped onion

**Salt and pepper, oregano,
and spices to taste**

I discovered this recipe during our last cherry tomato specialties 'Realm of Flavours' event in Spain. So I decided to cook my own version – it's very simple!

Butter a pie mold. Cover with the shortbread pastry and trim any excess on the sides. Prick the surface with a fork so that it doesn't swell when baking.

Put some oven paper on top of the dough and fill with the dried chickpeas. Bake for 10 - 12 minutes at 200° C (392° F).

While baking the base, finely chop the onion. Beat the milk, adding in the cream, eggs and mozzarella. Add the chopped onion, salt and spices to taste.

After baking the base for 10 - 12 minutes, remove from the oven and add the cream mixture and the tomatoes, distributing them throughout the quiche.

Bake for around 30 minutes or until a toothpick comes out of the quiche clean.

Leave to cool a little and serve while still warm or wait until cold.

Recipe provided by
Pim Neefjes,
Enkhuizen, Netherlands.

Sprouts quiche

**375g ready-rolled
shortcrust pastry**

4 eggs

150g diced bacon

Flaked almonds

**240g (or 1 small cup) of
crème fraîche**

100g grated cheese

**200g Brussels sprouts,
thinly sliced, stem ends
removed**

250g mushrooms

**Breadcrumbs to taste,
for topping**

Lightly boil the Brussels sprouts, leaving them a little underdone.

Dry fry the bacon, then add the mushrooms.

Mix the crème fraîche, eggs and grated cheese together.

Line a flan case with thinly rolled puff pastry and sprinkle over with some breadcrumbs. Then fill with the Brussels sprouts and the bacon and mushrooms.

Pour the crème fraîche, eggs and grated cheese mixture over and sprinkle with flaked almonds.

Bake in a pre-heated oven at 175° C (347° F) for about 40 minutes.



Recipe provided by
Carolina Djonsiles,
Buenos Aires, Argentina.



Artichoke pie

Dough

300g flour

1 cup water

1 cup corn oil

1 tbsp paprika

Salt

Filling

4 - 5 medium to large
artichokes

1 large onion

2 eggs

1 cup grated cheese

This is one of my grandmother's specialties
that I like the most.

Boil the artichokes until the top of the stem feels soft when pricked.

Put the flour, water, corn oil, paprika and salt into a food processor and mix to a dough. If you don't have a food processor, mix all the ingredients on a work surface and knead to form a dough.

Leave in the refrigerator.

Peel the leaves of the artichokes with a spoon and slice the hearts into small pieces. Slice the onion and fry.

Put the artichoke pieces, fried onions, grated cheese and eggs in a bowl and mix.

Remove the dough from the refrigerator and divide into 2 pieces (bottom and top) and knead.

Line a pie dish with one of the pieces of dough and add the artichoke filling. Cover with the other piece of dough to form a lid.

Bake on a medium heat for 40 – 45 minutes or until the dough lid is cooked.

Recipe provided by
Nathalie Labbe,
Saint-Sauveur, France.



Onion tart

2 - 3 onions

200g of bacon - smoked or plain

½ pepper

3 eggs

200 ml cream

Pepper, olive oil, butter

150g of grated cheese (Emmental, Gruyère)

Optional

Puff pastry

At an onion exhibition in the north of France, we prepared 15 onion quiches made with our Motion and Medaillon varieties. Visitors loved them!

Pre-heat your oven to 180° C (350° F).

Sauté the onions in olive oil until golden brown.

Fry the bacon in another pan (not oiled), draining the fat away during cooking.

Slice the pepper into small cubes. Add uncooked to the fried onions and bacon. Season with a little pepper.

In a salad bowl, beat the eggs, add the cream and a little pepper, and mix.

Option A: Butter a pie dish. Add the onion, bacon and pepper mixture and then pour over the egg and cream mixture. Cover with grated cheese.

Option B: Line a pie dish with the puff pastry. Add the onion, bacon and pepper mixture and then pour over the egg and cream mixture. Cover with grated cheese.

Place in the oven at mid-height at 180 ° C for 30 to 40 minutes.

The pie must be well browned. Remove it from the oven and wait until it cools down.

Recipe provided by
Romy Gamba,
Milan, Italy.

Vegetable tart

Carrots

Celery

Tomatoes

Peppers

Zucchini

Fresh Onions

Olive oil

Salt

Tzatziki sauce

1 English cucumber, peeled

500g Greek yoghurt

4 cloves garlic, pressed

This recipe works as either a starter to a fish or meat main course or as a side dish. I like this recipe because it's simple, quick and easy to make – and is always appreciated!

Vegetable tart: Slice the vegetables into small pieces and season with the olive oil and salt.

Leave to stand for 30 minutes.

Place vegetables inside a steel ring to form a small cake.

Garnish with Tzatziki sauce in the center and a small tomato on the side.

Tzatziki sauce: Dice the cucumber and leave to rest in a bowl with a little salt for around 30 minutes. Strain the juice and drain any excess liquid.

Mix the cucumber, yoghurt, lemon juice, garlic cloves, dill, and salt and black pepper to taste.

Refrigerate for about 1 hour before serving.



Recipe provided by
Juliette Buiter,
Basel, Switzerland.



Green smoothie

2 cups frozen spinach

1 frozen banana

$\frac{2}{3}$ cup Greek yoghurt or quark - add more if you like it creamy

$\frac{1}{2}$ cucumber

$\frac{1}{2}$ kiwi

A good squeeze of honey - add more if you like it sweet

100 - 200 ml of soy milk or water, if needed

Green smoothies are a great way to get your daily dose of vegetables and fruits!

Start by adding the yoghurt, honey and milk (or water) to your blender followed by the banana, kiwi and cucumber.

Add the frozen spinach and blend for 30 - 45 seconds or until the smoothie is creamy and without chunks.

Serve in a glass (or a bowl) with some sprigs of mint.



Cucumber cocktail

2 cucumbers

Vodka

Ice

1 lime

Syrup

Mint

Tonic water

Peel and slice a cucumber, add to a pitcher and cover with vodka.

Leave to stand for a couple of hours.

Then peel and slice another cucumber and blend it. You could strain the juice to remove some of the pulp if desired.

In a cocktail shaker, add some ice, $\frac{1}{2}$ cup of the flavoured vodka, $\frac{1}{4}$ cup cucumber juice, a good squeeze of fresh lime juice and a couple of tablespoons of syrup.

Shake it up and pour into a glass and add some sprigs of mint, a splash of tonic water and a couple slices of cucumber.



Recipe provided by
Inge van Hogendorp,
Andijk, Netherlands.

Banana bread with zucchini

I like this recipe because it's easy to make and healthy, too. I make this at least once a week and freeze individual slices so I have a yummy fresh slice every day!

Pre-heat your oven to 200° C (392° F).

Peel the zucchini and chop in a food processor. Leave to drain in a sieve to get most of the moisture out.

Add the baking powder and flour to a large bowl and mix.

Put the bananas, eggs and yoghurt in a food processor and mix until the bananas are nicely chopped. Add the chopped zucchini and give it another swirl.

Pour in the bowl with the baking powder and flour and mix with a spoon.

Line a cake tray with baking paper or grease it with some spraying oil. Put the banana bread mix in the cake tray and bake in the middle of your oven for approximately 1 hour.

The banana bread should feel firm but a little moist inside when you take it out of the oven.

3 ripe bananas

1 zucchini

225g whole grain flour

1 tbsp of baking powder

100g Greek yoghurt

3 eggs

Recipe provided by
Rita Farkas,
Basel, Switzerland.



Chocolate avocado cake

100g dark chocolate, finely chopped or melted

30g baking cocoa, sugar free

1 tsp cinnamon

200g wholegrain flour mixed with ½ tsp of baking soda

1 large avocado, mashed (no chunks)

50g coconut oil (or butter), melted

50g cane sugar, xylitol or erythrit for people on a diet (add the sugar into the melted chocolate or butter during preparation)

3 eggs

I'd like to share this recipe because not many people know that a vegetable can be used as the healthy basis of a delicious cake.

Mix the dark chocolate, baking cocoa, cinnamon, and wholegrain flour together. Then add the avocado, coconut oil, cane sugar and eggs. Continue mixing until smooth.

Pour into a buttered cake tin - either for muffins or a larger classic square-shaped one.

Bake at 160° C (320° F) for about 20 minutes.

Recipe provided by
Monica Sanders,
Enkhuizen, Netherlands.



Zucchini and raisin muffin

Option A

2 tbsp unsweetened cocoa

¼ tsp of cinnamon

Option B

1 tsp spicy herbs (mix of
cinnamon, coriander, nutmeg,
clover, ginger)

Both

100g plain flour

¼ tsp salt

1 tsp baking powder

1 large egg

100g caster sugar

60 ml vegetable oil

125g grated zucchini

40g raisins

These muffins are topped with cream cheese and flowers. My 93-year-old mother's reaction was "these look so nice and festive".

Line a muffin tray with paper cases.

Mix the flour, salt, baking powder and either the cinnamon or the herbs in a bowl.

Beat the egg, sugar, and vegetable oil together in a large bowl.

Fold the grated zucchini and raisins into the egg mixture until evenly mixed.

Stir in the flour mixture to the egg and zucchini mixture to make a smooth batter.

Divide the batter into 12 muffin cases, each about two-thirds full.

Bake in a pre-heated oven at 180° C (350 ° F) for about 25 minutes until brown and the top springs back when lightly pressed.

Leave the muffins to cool and then add some cream cheese as a topping and decorate with flowers.

Flowers that go well with these muffins are Topspin begonias from Syngenta or any other begonia, verbena, phlox, rose petals, fuchsias, and lavender.



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