

Eat. Share. Connect.

Cook & Story Book



Powered by Thought For Food

EAT. SHARE. CONNECT. - A PLANT- BASED JOURNEY AROUND THE WORLD

What does it mean to travel? How do you get to know a foreign culture?

For me, sharing stories with locals and connecting over regional food is definitely a big part of travelling. I hope this book will bring a taste of different cultures and a glimpse into the lives – and the kitchens – of some amazing people from all over the world to your home. We will take you on a delicious journey from Brazil to India, from Germany to the Philippines, from Nepal to Colombia, sharing the stories of inspirational people working in the food and agriculture sector and beyond.

What does the justice of eating mean to you? How do you like to experience your food?

For me, there are three aspects to this question. First: humans. Whenever possible, we should try to share our food with those who are hungry or malnourished. This can be by making a donation or by inviting people for a meal. Second: animals. I love animals so much, they are beautiful beings with unique souls and feelings. Instead of exploiting them, we should coexist and share our food with them. Third: our planet. Avoiding food waste as well as respecting a regional and seasonal diet within the boundaries of our planet is also a form of justice. I love concepts like regenerative agriculture and permaculture that create better conditions for our soil and nature.

That said, we don't need a few people, organizations and companies who do all of this perfectly. Quite the opposite: What we need is the majority of people doing this imperfectly. Lots of people on an imperfect plant-based diet will have a much bigger impact than only a few doing it perfectly.

This book will be your personal guide, offering inspiration. You can see it as a friend who motivates you and shares which nutrients to look out for. We will show you how easy it is to cook plant-based dishes and will make sure to create plant-based versions of your favourite recipes. Have one in mind? Send it to us [here](#), include your story, and we'll create it for you.

Parts of our profits will go directly to the Thought For Food® Foundation, supporting projects that create a more just food sector.

We hope you enjoy this journey with us and look forward to hearing your story and tasting your recipe.

Janina & the Eat. Share. Connect team



FOR NOW I ASK
NO MORE
THAN THE JUSTICE
OF EATING.
- PABLO NERUDA



How to be a part of this?

This is a prototype. We are still accepting entries of stories and recipes through [this Google form](#) until May 1st. Find more information on how to participate on the [website here](#). We would love to have your recipe and story in the book <3

My name is Ghanshyam Bhattarai and I am from Nepal. In general, I would like to call myself an aspiring youth learner. As a student of Food Technology, I am super conscious, and somehow, looking for contributing to the food sector and its sustainability through new experiments and interventions. I have been contributing as a zero hunger activist and climate change learner to aware and encourage young minds to contribute towards Food, Agriculture, and Climate change for the last 3 years.



I have been trying to create a big impact through my small efforts at the ground level by working in different innovative platforms and opportunities with other diverse youth Next-Gen changemakers to enhance my knowledge and expertise on climate change and food sustainability. Currently, I am serving my tenure voluntarily as an ambassador of an international organization: Thought For Food (TFF) Foundation. Similarly, intending to conserve the environment and living creatures, I am functioning as a college ambassador at the Eco-Network organization, which works globally on different environmental and climatic issues.



GHANSHYAM

NEPAL

I love to meet new people, talk to them, visit new places, and work on social issues. I usually spend my time building the global network, professional experience, self-awareness, leadership capacity along with research and innovation skills that I need to create change.

I am always inspired by W.H. Auden's statement "We are all here on earth to help others; what on earth the others are here for I don't know." He wanted to tell us that as youth, We are not supposed to be silent, we have to push ourselves out of our comfort zone. And yes, likewise Auden's inspiring thought, I believed that I hold the power to lead our community and nation to a different level. I could see many youngsters like me making a difference, having impacts more than we could ever imagine; engaging themselves as activists, leaders in lots of community development organizations, and by their record levels of volunteerism in many parts of the world. Seeing their effort and determination for making the planet better ever, I had decided that I would follow their path.

I would like to share my motivation through a small story. When I was in my bachelor's, I got a chance to participate in the Asian Quiz Competition-'Surakshit Khadya Abhiyan' organized by FSSAI and FAO. Unfortunately, I couldn't secure any top position there but the organizer team assigned me for a work in which I had to run something in my community on food safety issues. There were around 10 participants from different colleges in the competition and the task was assigned to everyone but none of them took it seriously. Back then, I was the only person who was inspired by seeing the representatives from FAO and their degree of knowledge. That was the turning point in my life where I realized that being a youth, it is my primary responsibility to contribute to society. During the winter vacation, I went to my village and decided to run the 'Food Safety Awareness Program' in my school.

Although I was alone, I was motivated enough to educate school children about food safety and improve the health condition of my community. Through them, I planned on educating their parents as well as their whole family about food safety, and its health relation. I conducted the session in more than 10 government schools in my village, influencing thousands of young students. Throughout the period, I received tons of appreciation and support from school teachers, principals, and students who had understood the motto of my program. My efforts were deeply acknowledged and supported. Hence, people wanted me to work more on community development and livelihood. These experiences proved to be a turning point in my life where I finally had a deeper insight into my ambition and my desire to be an advocate for society.

My journey is always full of learning and advocating for a sustainable future by securing environmental biodiversity, food, and agriculture. As a big achievement, I was recently involved in REFT local hero challenge 2020 as a program Initiator and Coordinator. REFT 2020 (Redefining and Empowering Food Technologists) was a program organized by a group of highly enthusiastic youths under my leadership to address the biggest pressing crisis i.e. Food Crisis which can be seen in a different part of the world and within the country as well. We were able to bring lots of positive impacts on the grassroots level to ensure food accessibility to more than 1000 people in the different parts of Nepal.

Additionally, I am also working as a member of the Youth liaison group for the UN Food System Summit 2021 to engage and mobilize more people around different parts of the world. All of these activities make me feel good that I am putting all the possible efforts for the betterment of the world.

GHANSHYAM'S STORY

MEE KWA

The recipe is called “Mee Kwa”. It is a famous recipe in Newari Community (Newari is an ethnic group originally from Nepal). In English, ‘Mee’ means fenugreek seed and ‘Kwa’ means soup. Mee kwa can also be called a curry or soup of fenugreek seeds. It is one of the dishes prepared in the Newari feast. It is mainly prepared during main festival seasons like Dashain, Tihar, and almost every feast of the Newari community.



Ingredients:

- 150 grams of fenugreek seeds
- 50 grams of small green beans
- 1 small size onion
- 20 to 25 milliliters of mustard cooking oil
- 2 bay leaves
- 13 grams of ginger paste
- 15 grams of garlic paste
- 12 grams of salt
- 3 grams of turmeric powder
- 4 grams of cumin powder
- 2 grams of chili powder
- 3 grams of coriander powder (optional)
- 4 grams of curry powder (optional)
- 18 grams of bitten rice
- 600 milliliters of water

Steps:

1. Soak fenugreek seeds and small green beans overnight.
2. On the day of cooking, wash fenugreek seeds 2-3 times in order to remove their bitter taste. Wash small green beans.
3. Heat the pressure cooker in gas. Add oil and fry bay leaf finely chopped onions and then ginger, garlic paste, and fry bitten rice.
4. Add fenugreek seeds and small green beans and mix well. Add all dry ingredients salt, turmeric powder, cumin powder, chili powder, coriander powder, curry powder.
5. Add water and cover the lid. Cook until 4-5 whistles. Garnish with some freshly chopped coriander leaves and Mee Kwa is ready to serve.

Servings:

8 - 10

The major ingredient of Mee Kwa is Fenugreek seed which has higher nutritive as well as medicinal value. Fenugreek seeds are a good source of minerals, vitamins, phytochemicals, and soluble dietary fiber. A significant amount of dietary fiber present in the fenugreek helps to lower the blood cholesterol level, helps in smooth digestion, and relieves constipation, and minerals help to lower blood pressure. Fenugreek seeds are recommended in the diet of diabetic patients as it maintains the blood sugar level. Traditionally, fenugreek seeds were prepared as soup or curry and served to women during the post-pregnancy period because it is used to cure digestive problems and to improve breast milk secretion in nursing mothers.



I would like to share one thing about the indigenous food system of Nepal that we have been having for a long year. Mee Kwa is also an indigenous food of the Nepali community but it is just an example. Nepal is rich in such types of diversified, healthy, and nutritious plant-based food recipes as we have around 100+ ethnic groups living throughout the country and each group has different kinds of food recipes that do not only have nutritional importance but also bear cultural and traditional values of these groups. These homemade food recipes are considered more sustainable than packaged foods available in the market. However, since they are not practiced and commercialized by new generations, they are in the face of extinction. Young people are not even aware of such food recipes. Therefore, I would like to develop the same kind of recipe book consisting of different food recipes from all ethnic groups of Nepal. I believe that It will surely help to revise their own food recipes to those people who have forgotten to make food in their own kitchen. Similarly, It will create harmony among different ethnic groups through the taste of cross-cultural food recipes. Additionally, hotel owners can keep those foods in their menu by which people do not forget the taste of the foods. It may help in economic development too.



**"GOOD FOOD MAKES
YOU FEEL GOOD."**

I am a sustainability professional who puts environmental and social sustainability at the heart of everything. Through my philanthropic projects and speaking engagements, I raise awareness to the UN SDGs. I practice meditation and yoga and I am inspired by strong political leaders such as Jacinda Ardern.

If I was able to change one thing in the world of food, I would increase the education around plant-based food and plant-based proteins.

A fun fact about me is that none of my family want me to cook for them, because I am still in the process of convincing them to become plant-based :)

Food is the nourishment of the body and the souls. But also my way to care for and connect with other people. I like to share meals with my loved ones.



GIULIA MARZETTI

BELGIUM

FLUFFY PANCAKES & CHIA JAM

Steps for the pancakes:

1. Mix all the dry ingredients
2. Add the milk and mix thoroughly until you get a smooth consistency
3. Heat up a teaspoon of vegetable oil onto a non-sticking pan
4. Ladle a small part of the mixture onto the hot skillet until a circular form will appear
5. When bubbles start forming flip the pancakes (usually 2 min)
6. After 90 seconds you pancakes should be done on both sides

Steps for the chia jam:

1. Heat up the fruits with the sugar and the lemon juice until they mash up and become a compote in consistency
2. Let the fruits cool down to lukewarm temperature
3. Add up the chia seeds and let them absorb the liquid - it should become a jam-like consistency (you can add more chia see or more juice to adjust for your consistency)

Servings:

2 large servings

Giulia's special tip:

You can add protein powder or blueberries in the mix to spice it up



Ingredients for the pancakes:

- 400 milliliters flour (can use white, whole flour, buckwheat or a mix of those)
- 60 milliliters cane sugar
- 8 milliliters bicarbonate of soda
- 300 milliliters plant-based milk (soy, almond or oat work great)
- some oil to oil the pan (less than 10ml)
- a pinch of cinnamon to taste if you want as extra flavour

Ingredients for the jam:

- 50 grams of fresh or frozen berries
- 20 grams of chia seeds
- 10 grams of sugar (may add more depending on how sweet you like them)
- lemon juice to taste (optional)

ANUSHA

NEPAL

From the beautiful country Nepal, this is Anusha Pokharel. I am a student of food technology. I love my course because it is very innovative. My hobbies are related to my study. I love to make dishes, evaluate their nutritional value, especially with my traditional food.

Food being the basic of life, for me it's all about variety. We eat millions of different things. From the shore of the sea to the base of himalayas, a variety of food is available to us. More exploring of food is necessary these days. And my passion is the same: Food inspires me. Our eating habits inspire me.

We are a group with the shared curiosity of experimenting with various dishes. We made green noodles with palung leaf and red noodles with beetroot. And interestingly, those noodles were tasty and very nutritious.

For me, food is my occupational. It is my passion and my living source.

I like to share food with my friend Sunita Karki.



"Dal vaat tarkari Jeu dhan sarkari"

It means "rice pulses vegetable
health wealth government"

DHIDO WITH GUNDRUK AND SPINACH

Steps for Dhido:

1. Put some vegetable oil in a pan and roast the millet flour for 2 to 3 min
2. Pour water into the pan and cook it for 10 min. Stir constantly so there will be no balls in the Dhido.

Steps for Gundruk (fermented mustard leaf):

Preparing Gundruk takes at least 3 days.

1. Clean the mustard leaves and let them dry for 1 day (not in direct sunlight)
2. Pack the leaves tightly in an earthen jar or a glass jar for 1 week so the natural fermentation process can start.
3. After one week, pour the water and dry the leaves in the sun and it is ready to eat. You can also dry them in an oven at 50 to 60°Celsius. Make sure to leave the door open for 2 to 3 cm.
4. To serve Gundruk: wash the leaves again and marinate it with a mixture of some cutted chilly, salt and mustard oil.

Steps for Spinach:

1. Clean the spinach leaves
2. Put some vegetable oil in a pan and roast the spinach for about 5 min adding also a pinch of salt.

Servings:

5



Ingredients for the Dhido:

- 500 grams millet flour
- 2 tablespoons of vegetable oil

Ingredients for spinach:

- 1 kilogram spinach
- 2 tablespoons of vegetable oil
- 1 pinch of salt

Ingredients for Gundruk:

- 500 grams of mustard leafs
- 1 chili
- 5 tablespoons of mustard oil
- salt

I'm a Chemist and Food Technologist with experience in R&D projects for food product development and innovation. Food is part of everything in my life; foodie by heart and by profession, I enjoy finding new ingredients, mixing flavors, and creating new recipes based on what I taste while travelling. I would like to share a plant-based version of two recipes from my native country Colombia: tamales and arepas both use the same main ingredient - cornmeal flour - but with different and tasty results.



For me, making tamales means that Christmas and New Year's Eve are coming. Tamales are normally shared with the family during these two holidays. That day the whole family gathers around a table in the morning to make the tamales that we will eat at night. However, tamales are eaten as a breakfast with hot chocolate and bread. The preparation process is long, so in my family we divide responsibilities for each part of the recipe, it's a wonderful way to share. In the case of arepas, we eat at any time with any filling, they are the way to go for a fast recipe.



EVA

COLOMBIA

COLOMBIAN CORNMEAL BASED RECIPES

TAMALES

1. For the marinate, pan-fry the onions and red pepper, and then blend with water and spices.
2. Pour the water and marinate in a bowl
3. Add the flour and mix with your hands until well incorporated.
4. Let rest for 2 minutes.
5. Form dough balls of 200 g
6. Clean and cut the banana leaves
7. Heat the leaves again on a hot surface until they get a shiny appearance and become more flexible.
8. Put each dough ball in a piece of banana and press it to form patties.
9. Separately cook the filling ingredients
10. Pan-fry red peppers and oyster mushrooms adding salt, cumin, black pepper and paprika.
11. Boil in water the carrots, potatoes, and chickpeas
12. Divide uniformly and add a part of the filling with some parsley to each dough patties and enclose the filling around with the dough.
13. Fold the banana leaves up, one of the four sides at the time, like wrapping a package or present. Tie with the string. Continue the process until all the tamales are wrapped and tied.
14. Cook the tamales in a food steamer for 2 hours.

For 12 tamales

Time 4 to 6 h



Ingredients

Dough

1 kilogram yellow precooked cornmeal flour commonly named "harinapan"
1 liter of water
125 gram of coconut oil
Salt
110 milliliters marinade

Marinade

300 milliliters water
1 onion, chopped
1 garlic clove
1 small red bell pepper, chopped
3 tablespoons ground cumin
1 tablespoon of paprika
1 tablespoon of coriander
Salt
450 milliliters water

Filling

1 red pepper, cut into 12 pieces
12 oyster mushrooms, cut into pieces
3 large potatoes, peeled and diced
120 grams chickpeas diced
120 grams carrots, peeled and diced
1 spoon of diced parsley

Wrapping

300 grams of banana leaves, cut into pieces about 25 cm x 25 cm
String

AREPAS

For 6 hand size arepas

Time 20 min

Ingredients

550 milliliters of water

450 grams of precooked cornmeal flour
commonly named "harinapan"

1 teaspoon of salt

1 tablespoon avocado, coconut, or vegan
butter for cooking



Steps

1. Pour the water in a bowl and add the salt
2. Add the flour and mix with your hands until well incorporated.
3. Let stand for 2 minutes.
4. Form dough balls according to the size
5. Pan fry until golden brown, 4 to 5 minutes per side.
6. Cut and fill



ENJOY THESE COLUMBIAN TREATS :)

Growing up, I've always had an abundance of nutritious food. My mom made sure I ate healthy from the beginning and educated me on the importance of nutrition. I love to cook and always make sure to follow a regional, seasonal and plant-based diet. I know it is a privilege that I can decide what, when and how much I want to eat.

If we keep going as is, the number of hungry people is estimated to reach 840 million by 2030, even though there is enough food in the world. I want to use my knowledge and skills to change this.

I work as an independent consultant and use social innovation to make the world a better place. Working in the GIZ's communications department, I fell in love with using innovation for good, like monitoring crops in Asia with satellites or supporting African farmers with mobile applications that provide market prices. This passion brought me to the World Food Programme's fundraising and advocacy app ShareTheMeal, which allows you to feed a child for a day with just 70 cents and your smartphone. Besides working towards such a worthwhile goal, I got to collaborate with inspiring innovative colleagues and an amazingly generous community.

Since then, my journey has taken me from organizing digital impact hackathons over teaching Ukrainian NGOs social entrepreneurship to co-creating the Nutrition Innovation Hub in India. I am passionate about food and a trained nutritionist. I love connecting people and building partnerships. I am excited about being a Food Systems Hero for the United Nations Food Systems Summit, serving as the Europe Partnership Lead for Thought For Food and building a future full of equality that feeds the whole world.



JANINA

GERMANY, CURRENTLY
TRAVELLING THE WORLD
IN A CAMPERVAN

POTATO BREAD WITH CASHEW- BASED OVEN CHEESE

Steps for the cashew-based oven cheese:

1. Soak the cashews in water for at least 30 minutes, the longer the better.
2. Drain the cashews and blend them with all the other ingredients.
3. Boil the mixture in a small pot and let it simmer for about 2 to 3 minutes at medium heat.
4. Prepare a baking dish with parchment paper and put the mixture in it
5. Bake the mixture for about 20 minutes at 180° Celsius. For the first 15 minutes, cover it with parchment papers. Then, take away the parchment paper to let the cheese develop a brown crust on top.

Steps for the potato bread:

1. Mash the potatoes with a fork and add salt, sugar and some of the sunflower seeds.
2. Dissolve the yeast in the oat drink and the hot water and mix it with the potatoes and the collection of flours until it is a sticky dough.
3. Leave the dough in a warm place and let it rise for 30 minutes. You can cover it with a clean dish towel.
4. Put the dough in a baking dish, flatten it with a wet fork and put the rest of the sunflower seeds on top. Cover the baking dish with parchment paper to avoid a dark crust and bake it for 55 min at 200° Celcius.

Servings:

1 break, 5 - 6 servings of cashew cheese

Janina's special tip:

Enjoy the first slice of bread when it is still warm, ideally with some plant-based butter - I promise, it is delicious. The recipe of the potato bread has been passed down in my family. I received it from my mom and slightly adapted it to create a plant-based version. The recipe was initiated as a way to avoid waste by using leftover potatoes - zero waste in its origins. You can easily change the recipe to include other leftovers, for example add a grated carrot, some walnuts or even dried tomatoes.



Ingredients for cashew-based oven cheese:

- 100 grams of cashews (or sunflower seeds)
- 200 milliliters of water
- 2 tablespoons of tapioca starch
- 2 garlic cloves
- 1 tablespoon of apple cider
- 4 tablespoons of nutritional yeast
- Rosemary (or other herbs)
- Salt & pepper

Ingredients for the potato bread:

- 6 potatoes (ideally leftovers from the day before)
- Sunflower seeds
- 100 grams rye grist (if not available take more rye flour)
- 150 grams rye flour
- 750 grams spelt (dinkel) wheat
- 2 tablespoons of sugar
- 1 tablespoons of salt
- 2 yeast cubes
- 300 milliliters of oat drink (or other plant-based drinks)
- 300 milliliters of hot water

I love to share food with friends, family and colleagues. I also love to get to know people through food. Last but not least, I like to share with those who can't afford their own food.



Food is something that brings people together, that nourishes not only our bodies but also our minds and that introduces us to other cultures. It is a way of travelling to foreign places without actually going somewhere. Food is our source of life and, at times, it can feel like a hug from your family. At least that is what it feels like when I eat my family's potato bread <3



ONE CANNOT THINK WELL, LOVE WELL,
SLEEP WELL, IF ONE HAS NOT DINED WELL.

JOHN'S NUTRITION TIPS

SPECIFIC NUTRIENTS TO WATCH
OUT FOR IN A PREDOMINANTLY
PLANT-BASED DIET



Vitamin B12

Vitamin B12 helps to keep our blood cells and nerves healthy. It is one of the most well known natural deficiencies in all kinds of diets. B12 is produced by bacteria. Animals obtain some B12 through their diets and are often supplemented with B12, for example through injections, which is why many people assume meat is the source of B12.

How to consume enough vitamin B12?

1. Supplementation
2. Fortified nutritional yeast
3. Chlorella
4. Fortified foods

Vitamin D3

Vitamin D3 is one of the most important vitamins as it plays a role in the immune system, bone health and much more. Vitamin D3 can be naturally synthesized by the body from the sun's UV rays but there are some limitations to this. Too much sun can harm skin, windows block the UV rays needed for vitamin D3, and the further away you are from the equator or the darker your skin is, sunshine becomes less effective.

How to consume enough vitamin D3?

1. 30 minute walks outside when it is sunny with as much skin exposed as possible
2. Brown mushrooms (vitamin D2)
3. Fortified foods
4. Supplementation

Disclaimer: Our nutrition content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

My name is Mateusz Ciasnocha and I am a regenerative farmer from Poland, who is on the mission of transitioning global agriculture from conventional to regenerative and therefore, making agriculture the key part of the climate change solution. My goal is to encourage people not to leave any uneaten food, when they are eating out.

For me food my source of energy and joy. It reminds me of farmers each time I take a bite :)

I like to share food with my friends and colleagues and especially people that I have a hard time being with. I believe that food changes people.



IF YOU SEE
FOOD,
THINK:
"THANK YOU,
FARMERS!"



MATEUSZ
POLAND

BEETROOT SOUP WITH DUMPLINGS (BORSCHT)



Ingredients for the soup:

- 3.5 small beets
- 1.75 liters of vegetable broth
- a handful of dried mushrooms
- 1 clove of garlic
- dried herbs: 1 bay leaf, 1 tablespoon of marjoram, 3 black peppercorns
- grains of allspice
- ½ lemon
- salt and pepper

Ingredients for the dumpling filling:

- 75 g of dried mushrooms
- oil for frying
- 1 onions
- salt
- pepper

Ingredients for the dumpling dough:

- 110 gramm of wheat flour
- 1 tablespoon of soy flour
- about 25 ml of water

Mateusz' special tip:

Add a few pieces of dried apple to the soup - it will make it even more delicious.

Preparing the soup:

1. Prepare the mushrooms one day before you plan to serve the soup. Rinse the mushrooms, put them in a saucepan and pour two glasses of cold water. Add two cloves of garlic and two bay leaves. It is best to leave the mushrooms overnight to soak.
2. On the second day, boil the mushrooms in soaking water for about 15 minutes, until they are soft and put everything aside.
3. Heat the water and add the vegetable broth. Wash the beets, peel them, cut them in small cubes and put them in the hot vegetable broth. Add marjoram, pepper and allspice to the broth. Season with salt and bring to the boil.
4. Once the broth boils, reduce the heat and cook everything covered for about 40 to 60 minutes until the beets are soft.
5. Take the borscht from the fire and leave everything for a few hours. The borscht will take on a more intense red color.
6. Take out a few of the beet cubes, add the mushroom-water (not the mushrooms) and blend everything until it is creamy. Add lemon juice and season with salt and pepper to taste.
7. Cut the boiled mushrooms into strips and add them together with the cubes to the soup.

Preparing the dumplings:

1. Prepare the mushrooms one day before you serve the dumplings. Rinse the mushrooms, pour water and let them soak overnight.
2. Mix the wheat flour with the soy flour and add water as needed. Knead until the dough does not stick on your fingers anymore.
3. Boil the mushrooms until soft, let them cool down and chop them finely. Fry olive oil in a pan, chop the onions and add mushrooms, salt and pepper. Fry the filling until it is sticky.
4. Roll out the dough very thinly and cut it into 4 cm squares. Put a little filling on each of the squares, fold it in half to form a triangle and pinch the edges together. Take the opposite corners of the triangle and glue them together. Put the prepared dumplings on a tray and freeze them.
5. Before serving the soup, cook the dumplings in boiling salt water. The dumplings are finished 3 minutes after they start floating on the surface.
6. Add the dumplings to the soup.

I am a young agronomist trying to discover the world! Since I was little, my dream was to travel around the world and meet different cultures - and this is my biggest hobby to this day. When I talk about discovering the world ... food is also something that I keep in mind! In my daily life, I am a researcher in plant ecophysiology and Regional Coordinator of Thought for Food in Europe. In my free time I love travelling, painting and meditation.

**"I LOVE TRYING NEW
DIETS, EVEN IF
SOMETIMES THEY
ARE A BIT STRANGE!"**

I just wanted to share with you the fact that I love to eat meat! So you are going to ask me the question "what are you doing in this book then?!" ... well, I wanted to tell you how I recently discovered that plant-based dishes can be very good! Indeed I discovered this during a 10-day silent meditation session to learn the Vipassana technique at the Dhamma Mahi centre. By passing 10 days with an exclusively vegetarian diet, I could immediately feel the changes and the lightness of my body, it was great! Today I still enjoy meat a lot, but I try to reduce the amount and focus on quality, not quantity. That's the little anecdote... that's also why I'm sending you a picture of my dish with the Buddha too.



I would like to change the way food is distributed in the world, to increase equality. Everyone should have access to at least one full meal a day and I hope that this will become a reality all over the world!

A funny fact about me is, that I love trying new diets, even if sometimes they are a bit strange!

For me food offers a convivial moment with family and friends. It is an opportunity to relax, to tell the news, to laugh together... food is a good time with the people we love!

Family, my boyfriend, my friends... but also with people I don't know yet but with whom I could have a good time.



LETHICIA

**FROM BRAZIL, NOW LIVING
IN FRANCE**

YELLOW COCO- CURRY VEGETABLES

Ingredients:

- 200 grams of soy protein (optional)
- 100 grams of fresh onions
- 400 grams of courgettes
- 200 grams of yellow pepper
- 100 grams of pitted green olives
- 250 milliliters of coconut milk
- 10 milliliters of olive oil
- 10 grams of garlic powder
- 10 grams of curry powder
- Salt and pepper



Steps:

1. Rehydrate the soy proteins (in a volume of water, following the specific instructions). This is optional, you can also make the recipe only with vegetables.
2. Wash and cut the vegetables into cubes. Reserve it separately.
3. In a frying pan, add the olive oil and the fresh onions. Wait until the onions were nicely coloured and add the soy protein.
4. Add the courgettes, the yellow pepper and the green olives. Simmer for 15 minutes.
5. Add the coconut milk and the condiments (salt, pepper, garlic and curry powder) to taste.
6. Reduce the heat to medium and simmer for 15 minutes.
7. When the vegetables have an "al dente" texture, it is ready! Let it stand for 10 minutes before serving with white rice.

Hi! My name is Janica from the Philippines! I represent our group with my friend, Gera Cortez, who is on a plant-based diet. Although I am not a vegan myself, however, I love eating vegetables, cooking vegetables, and making healthy foods. Gera and I love to try out dishes from different parts of the world, experiment within our household, and turn our meat-based recipe into a plant-based one.

If I could change one thing, it would be to educate people around the world about what they eat, why they eat it, how these foods were produced, and who produces them. We just eat depending on the taste of the food, but we forget to assess if it has the right nutrients for our body, we forget to think about how it was produced and where it came from. If we only give importance to how, where, and who produces our foods, the world may have a different view on the environment, their health, and to farmers.

Gera's 2-year-old son is a vegan, which was decided by her mother and not his own. So, when we visit Gera, we always tease her son to eat chicken! We show a photo of fried chicken, introduce eggs, and describe how delicious chicken is. And Gera always gets mad, of course! :)

For me Food is a blessing. It is something to celebrate every day, something not to be taken for granted. I like to share food with my Family, friends, colleagues, and sometimes, even strangers.

"EAT YOUR FOOD
AS YOUR
MEDICINES.
OTHERWISE YOU
HAVE TO EAT
MEDICINES AS
YOUR FOOD."



JANICA SOLIS & GERA
CORTEZ

TOFU CALDERETA



Ingredients:

- 3 blocks tofu firm
- 2 tablespoons vegetable oil
- 1 piece of chopped red onion
- 5 chopped garlic cloves
- 2 pieces of diced green pepper
- 2 pieces of diced carrots
- 2 pieces of diced potatoes
- 120 grams of green peas
- 120 grams of chickpeas
- 330 milliliters of soy milk
- 120 grams tomato paste
- 2 tablespoons pepper sauce
- 1 tablespoon powdered black pepper
- 1 tablespoon thyme
- 1 tablespoon salt

Steps:

1. Prepare all the ingredients according to the sizes and cuts specified.
2. Air-fry tofu for 20 minutes.
3. Heat the oil in a wok. Sauté the onions and garlic until slightly brownish in color.
4. Add the carrots and potatoes, and stir-fry for 3 minutes.
5. Add 220 milliliters of soy milk and put the lid until boiling.
6. Add the green peas, chickpeas, bell pepper, and stir-fry for 2 minutes.
7. Pour in the remaining 110 milliliters of soy milk, tomato paste, and pepper sauce and stir-fry for 5 minutes at a higher temperature.
8. Add the black pepper, salt, and thyme. Put the lid for the last boil.
9. Put in a bowl and serve while hot.

I love being part of global and local food initiatives that empower people to eat well. This cookbook collaboration is definitely one for the books!

I thrive on a 5-day workweek as a digital marketer and strategist for a leading healthcare startup based in the Philippines. Given a tight hustlin schedule which includes jam packed meetings and personal family time, preparing good food for your body shouldn't be an excuse. And it's exciting to know that plant-based meals are very easy to prepare. You can start your morning right with #plantpowerfoods.

Fun fact 1: I am a morning person.

My morning schedule is pretty flexible and I spend time for self-care as my no.1 priority before I start hustling.

I usually start my day with a 15-30 minute core exercise, followed by a refreshing cool shower. Some days, I read a book with a coffee brew on the side. Or listen to a podcast. On weekends, I write journals, attend online workshops or do quick meditations that improve my focus.

"I WOULD LOVE TO HAVE MY OWN FOOD SHOW OR CHANNEL ABOUT PH' LOCAL INGREDIENTS SOMEDAY."



Fun fact 2: I crave oats as my go-to #plantpowerfood

I crave everything about oats and for me oat recipes are so easy-to-prepare. It's a food hack type of #plantpowerfoods that give you the energy you need for a morning rush. It can be a good afternoon snack too!

Fun fact 3: I would love to have my own food show or channel about PH' local ingredients someday.

I am passionate about knowing the simplicity of food that nourishes you and is something available locally. Jackfruit is known in the Philippines and I was amazed that I can eat corned beef made from jackfruits! It is fun to eat (and learn) plant based and to feel good with what you eat.

How I define the concept of food (and taste): Grow your taste vocabulary! Go out there and taste food that is unknown to you (even try to prepare it too!). Be experimental and open to new kinder food options!

I share food and prepare easy meals with my family. I love how they embrace #plantpowerfoods even as a dessert. Yes, overnight oats can be a good midnight snack. Try it!

Sharing my Delightful Oats recipes, curated and inspired by my morning cravings about oats.



JAZEL ANN CASTILLO

MORNINGS WITH 'NANA'

Steps:

1. Put 2 tablespoons of pre-cooked rolled oats in your glass jar
2. Next, put half of sliced banana
3. Again, put the remaining 2 tablespoons of pre-cooked rolled oats.
4. Next, put all the remaining banana slices.
5. Top it off with yoghurt.
6. Put the 1 tablespoon of chia seeds.
7. Drizzle the tablespoon of agave syrup on top. Feel free to create swirls and add art.
8. You may add cocoa nibbles.

The Delightful Oats fun fact: enjoy it in 3 ways!

1. You can add water if you prefer it as a loaded oat-smoothie
2. Or, you can mix it all together. Put it in a baking pan at 150c and heat it at 10-15min. Now, you have a chewy cookie version.
3. Or, just enjoy it as an overnight oats breakfast.



Ingredients:

- 1 banana (sliced)
- Yogurt (plant-based, e. g. coconut)
- 1 tablespoon chia seeds
- 4 tablespoons pre-cooked rolled oats
- Cocoa nibbles (optional)
- 1 tablespoon of agave syrup

Equipment:

- Glass jar, glass or mug
- Small baking pan (if you prefer it baked)
- tablespoon(s)

REMEMBER ME COCO



Ingredients:

- 8-10 tablespoons of rolled oats
- 8-10 tablespoons of walnuts and/or rice crispies
- Yogurt (plant-based, e. g. coconut)
- 4-5 tablespoons of coconut baking flour
- 2 tablespoons of baking powder
- 4-5 tablespoons of agave syrup
- 4-5 cocoa blocks (pre-heated)
- 110 milliliters of water

Things you need:

- Mixing bowl
- Baking pan
- Tablespoon(s)

Steps:

1. Put all the rolled oats in the mixing bowl.
2. Then, put all the coconut baking flour
3. Put 110 milliliters of water. Then mix it.
4. Then, add 2 tablespoons of baking powder.
5. Pour on the agave syrup. Again, mix it.
6. Top it off with the preheated liquid cocoa. Mix it all together.
7. Then, put it in a baking pan. Spread evenly.
8. You can put all the walnuts and rice krispies on top. Or, mix it all together in step 6.
9. Once ready, put in a baking oven at 200 Celsius for 10-15 minutes.
10. You have the option to do square slices (once baked) or you can do a cookie version and use a table spoon to pour the mixture into circular form. You can make 8-10 pieces with this recipe.

*"There is no sincerer Love
than the Love of Food"*



Made with Love