

A ONE HEALTH APPROACH TO FOOD

THE DOUBLE PYRAMID CONNECTING FOOD CULTURE, HEALTH AND CLIMATE





CHEF DEBBY LAATZ

YEMISER SELATTA, SPICY KALE AND AYIB

Yemiser Selatta is traditionally served as a Coptic Christian Lenten Fasting meal. Eaten across Ethiopia, this classic lentil salad adaptation is a fantastic lunch or light supper.

Ayib Cheese is Ethiopian cottage cheese, similar in process to a ricotta, but a slightly sourer form made from whole milk. Ayib serves as a fantastic compliment to spicy or hot wats (stews) that are typical of the Ethiopian cuisine.

Yemiser Selatta and the kale salad can be served independently as an even lighter lunch or simple supper. The combination of the three highlights the complexities of Ethiopian flavours.



METHOD AND PRESENTATION

AYIB CHEESE

1. In a heavy-bottomed saucepan, bring the milk to a slow simmer. It should be foamy and steamy and if using a thermometer just reach 85°C. Do not let it boil.
2. Slowly pour in the lemon juice and stir for a few seconds, then remove from the heat. Allow to stand undisturbed for about 15 minutes until curds form.
3. Moisten a piece of muslin with water, wring it out, and use it to line a large colander which is resting on a bowl. Gently ladle or pour out the curds, draining the liquid through the colander.
4. Set aside to drain for 20–60 minutes until the curds are “dry”. 1 liter of milk should yield approximately 400g of curds. Transfer to an airtight container. The whey liquid can be used to cook your lentils in for additional nutrient uptake.
5. Store ayib in a sealed container in the refrigerator for up to three days.

KALE SALAD AND SPICY DRESSING

1. Thoroughly wash and then rinse the kale.
2. Chiffonade the kale and place in ice water to retain crispness. Do this as close to eating/service as possible.
3. Combine the chili, garlic and lime juice with a whisk in a bowl.
4. On service, toss the dressing, toasted seeds through the well-drained kale. Garnish with the onion flakes, garlic and sweet potato crisps if desired for extra crunch and a touch of sweetness.

YEMISER SELATTA

1. Rinse the lentils and split peas under running water in a sieve.
2. Bring a medium size pot of water to boiling, enough to cover the lentils by 5 cm.
3. Add the lentils and split peas, simmer for approximately 30 minutes until al dente. Do not overcook.
4. Drain thoroughly, rinse and set aside.
5. Meanwhile heat oil in a sauté pan and add the cumin, coriander, garlic and ginger.
6. Add the onions and carrots and gently fry until translucent about 5 minutes.
7. Add the lentils and split peas and mix well. Transfer to a bowl.
8. Stir in the toasted seeds and lemon juice. Season with salt and pepper.
9. Serve warm/room temperature with dressed kale and ayib cheese.

INGREDIENTS 4/6 PEOPLE

	G
KALE SALAD	
Ethiopian cabbage / kale / spinach	130
Toasted sesame seeds	20
Toasted sunflower seeds	20

SPICY DRESSING

Chopped chili	10
Crushed garlic	10
Lime juice	30 ml
Honey	10 ml

YEMISER SELATTA

Red lentils	200
Split peas	50
Vegetable oil	20 ml
Ground cumin	5
Ground coriander	5
Crushed garlic	2,5
Fresh ginger, grated	15
Brunoise carrot	80
Brunoise red pepper	80
Fresh lemon juice	60 ml
Salt and pepper to taste	

AYIB

Full cream milk (better not UHT)	1000 ml
Lemon juice (freshly squeezed)	60 ml

ENERGY AND NUTRIENTS, PER PERSON

Kcal	421
Proteins	24 g
Fat	21 g
Carbohydrates	28 g
Fibre	21 g

CARBON FOOTPRINT, PER PERSON

0,07 Kg CO₂ eq



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CHEF JOHAN SEBASTIAN
CHEF KENNETH KAM

CHAPATI, CHICKPEAS AND VEGETABLE DALCHA

Chapati is an unleavened flatbread originating from the Indian subcontinent, made of whole-wheat flour. Chapati was introduced to other parts of the world by immigrants from the Indian subcontinent, particularly by Indian merchants to Central Asia, Southeast Asia, East Africa & the Caribbean islands.

Dalcha is a lentil curry that is made from dried split pulses originating in the Indian subcontinent. Dalcha is traditionally prepared mutton, however it can be replaced with chickpeas to produce an equally flavorful dish on its own. This recipe was recreated using vegetable trimmings and unused ingredients from kitchen classes.

CHAPATI: METHOD AND PRESENTATION

1. Sieve and weigh 200 g of flour in a large mixing bowl. Remaining flour will be used for dusting and rolling the chapati later. Add in salt.
2. Add in the $\frac{3}{4}$ of water. Mix gently in a circular motion until it forms a mass. Add more water if it is too dry and firm.
3. Knead until it becomes soft and pliable and does not stick to your fingers.
4. Once done, the dough should be smooth. Press the dough with your fingers, it should leave an indentation.
5. Cover with a damp cloth and rest for 1 hour at room temperature.
6. After the dough has rested, give it a quick knead again.
7. Divide into 8 equal size balls (47 g). Cover the rest.
8. Take one of the balls and press it between your fingers to make it smooth. Then roll it between your palms to make it round and smooth.
9. Dust area with remaining flour, flatten with your hands and roll it with a rolling pin into a 7 inch disk. Dust surface with flour if dough sticks.
10. Place chapatti on a hot griddle and cook for 30 seconds or until bubbles appear on the surface.
11. Flip and cook the other side for 45 seconds.

12. Use a tong to remove the chapati and place it on an open flame. If the chapati has been rolled properly, it will puff up at this point.
13. Flip and repeat until it has brown spots.
14. The chapattis are best serve warm accompanied with a chickpea and vegetable dalcha. (see next recipe).

**CHAPATI:
INGREDIENTS 4/6 PEOPLE**

	G
Whole wheat flour	225
Water	147 ml
Sunflower oil	8 ml
Salt	3

**CHAPATI:
ENERGY AND NUTRIENTS, PER PERSON**

Kcal	103
Proteins	15
Fat	8
Carbohydrates	1
Fibre	0

CARBON FOOTPRINT, PER PERSON

0,53 Kg CO₂ eq



DALCHA: METHOD AND PRESENTATION

1. Rinse lentils and transfer to medium size pot. Add water, ginger and garlic.
2. Bring to a boil on medium heat. Skim any scum that forms.
3. In a separate sauté pan, add in 2 tablespoons of sunflower oil.
4. Add in tempering ingredients, sauté until fragrant and onions lightly browned.
5. Stir continuously, followed by adding the spice mix. Lower the flame down.
6. Continue cooking until the spice mix is cooked and forms a paste. Set aside.
7. Check simmering lentils as it should be soft (12-15 minutes of simmering).
8. Add in chickpeas and vegetables. Simmer for 8 more minutes.
9. Ensure vegetables are tender and cooked. Add in cooked spice mix paste.
10. Followed by coconut milk, tamarind juice and check for taste.
11. Adjust with salt and white pepper.
12. Serve with warm chapatti.

**DALCHA:
INGREDIENTS 4 PEOPLE**

	G
Split yellow lentils	100
Garlic, minced	5
Ginger, minced	5
Carrot, diced	100
Chickpeas, drained	100
Eggplant, diced	100
Long beans	100
Water	500 ml
Low fat coconut milk	100 ml
Tamarind juice	80 ml

TEMPERING INGREDIENTS

Sunflower oil	20 ml
Red onion, sliced	200
Cinnamon stick	2"
Star anise	n. 1
Cloves	n. 2
Cardamom pods	n. 2
Curry leaves	n. 2
Dried chillies	n. 2

SPICE MIX

Cumin powder	5
Fennel powder	5
Turmeric	10

**DALCHA:
ENERGY AND NUTRIENTS, PER PERSON**

Kcal	362
Proteins	20 g
Fat	5 g
Carbohydrates	48 g
Fibre	6 g

CARBON FOOTPRINT, PER PERSON0,09 Kg CO₂ eq





CHEF **SHINYA ENDO**

(Recipe inspired by The Japanese Culinary Academy's Complete Japanese Cuisine Book)

CHAWAN MUSHI STEAMED EGG CUSTARD

The Chawan Mushi Steamed Egg Custard has a long history starting from the eighteenth century. It is said that its roots can be traced to Nagasaki's banquet cuisine also called Shippokku. Its soft and smooth texture is completed by an explosion of umami in the mouth. This dish is one of the most appreciated dishes in the Japanese cuisine.



METHOD AND PRESENTATION

DASHI (5,5 L)

1. Place water and kombu in a large pot.
2. Heat over low heat, slowly raising temperature to 60°C.
3. Once liquid has reached 60°C, simmer for one hour, adjusting heat to maintain even temperature. This step brings out maximum umami.
4. Remove kombu and raise temperature to 85°C over high heat. When temperature reaches 85°C remove pot from heat and add bonito flakes.
5. Wait for the bonito flakes to thoroughly soak up water.
6. 10 seconds later, strain liquid through a fine-mesh cloth and leave to drain naturally, without squeezing the cloth.

EGG CUSTARD

1. Cut chicken slantwise into six pieces and sprinkle with dark soy sauce to pre-flavor and eliminate gamy odor. Knead briefly to help soy sauce penetrate.
2. Clean lily bulb and detach petals.
3. Steam lily bulb at 100°C for 4 minutes.
4. Remove from steamer and sprinkle with 4 percent salt by weight.

EGG MIXTURE AND FINISH

1. Beat eggs well, cutting through the whites with chopsticks to ensure they are evenly blended with the yolks.
2. Add dashi to beaten eggs, sieve mixture and add soy sauce.
3. Place chicken, lily bulb and gingko nuts in.
4. Pour in egg mixture and steam at 85°C for 20-30 minutes.
5. Garnish with yuzu strips.

INGREDIENTS 4/6 PEOPLE

	G
DASHI	
Water	7200
Kombu seaweed	120
Bonito flakes	200

STEAMED EGG CUSTARD

Prawns	80
Chicken breast	80
Lily bulbs	26
Gingko nuts	8
Dark soy sauce	5

EGG MIXTURE

Eggs	n. 3
Dashi	350
Light soy sauce	2.5
Strips yuzu	n. 3

ENERGY AND NUTRIENTS, PER PERSON

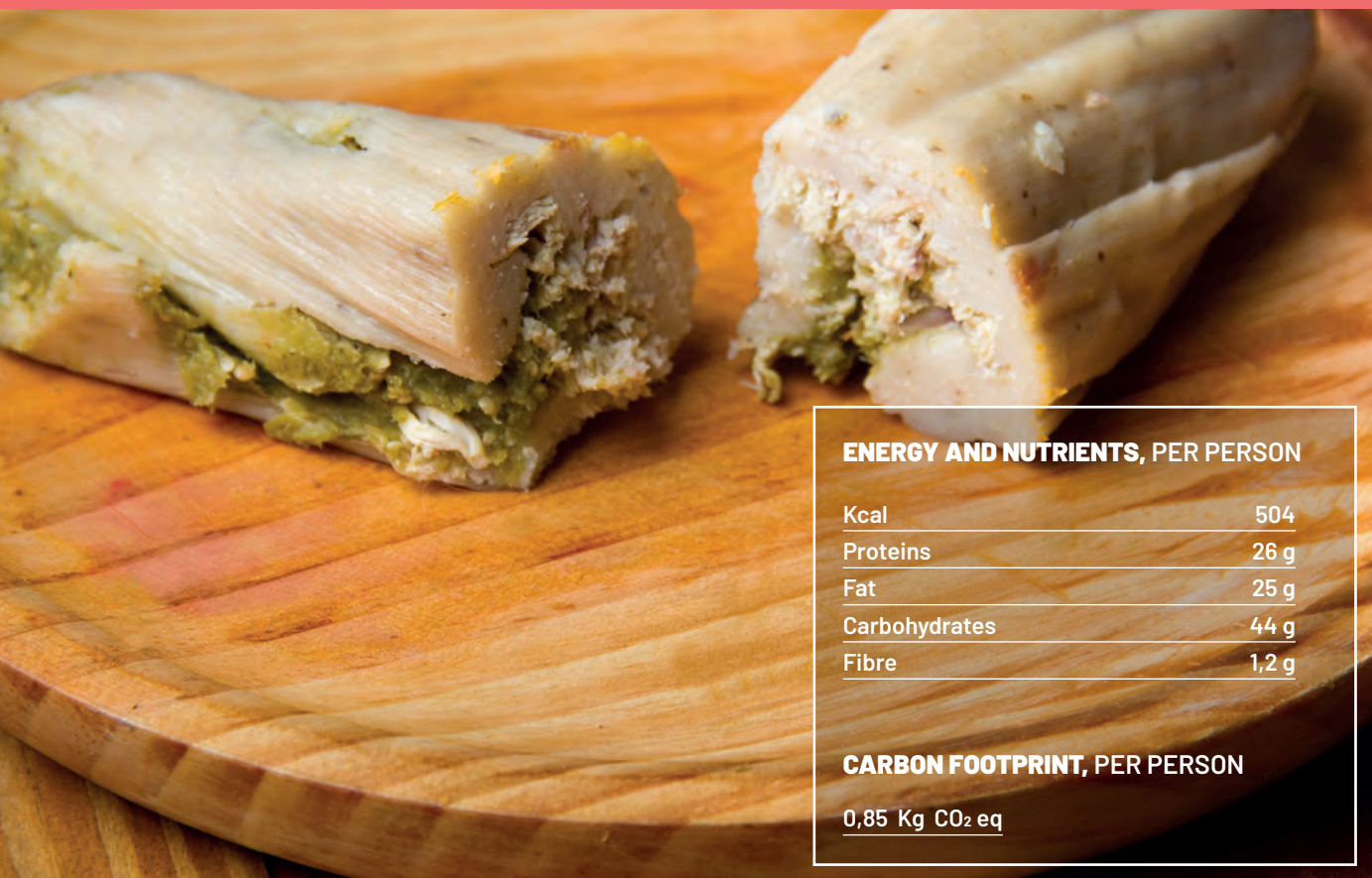
Kcal	103
Proteins	15
Fat	8
Carbohydrates	1
Fibre	0

CARBON FOOTPRINT, PER PERSON

0,53 Kg CO₂ eq

CORN TAMALS WITH PORK MEAT IN GREEN TOMATO SAUCE

Corn has been cultivated in Mexico approximately since 10,000 BC. The oldest evidence we have is 6,250 years ago, evidence found in the Guila Naquitz cave, in Oaxaca, a few kilometers from Mitla. Corn, as well as chili and beans are an ancient heritage from our ancestors. These ingredients have survived the cultural miscegenation and the passage of time, which makes them historical treasures, which continue to be present in the daily diet of texican. Since 2010, Mexican food is considered Intangible Cultural Heritage of Humanity by the United Nations Educational, Scientific and Cultural Organization, UNESCO.



ENERGY AND NUTRIENTS, PER PERSON

Kcal	504
Proteins	26 g
Fat	25 g
Carbohydrates	44 g
Fibre	1,2 g

CARBON FOOTPRINT, PER PERSON

0,85 Kg CO₂ eq

METHOD AND PRESENTATION

1. Place water and kombu in a large pot.

TO PREPARE THE PORK

1. Chop the onion and garlic finely; Reserve.
2. Clean the pork.
3. Chop the pork into small cubes.
4. Heat oil in a frying pan.
5. Sauté the onion with a little salt until it is transparent.
6. Add the garlic, a little more salt and pepper.
7. Add the pork and stir, add the chopped epazote
8. Rectify seasoning, let cool and reserve.

FOR THE GREEN SAUCE

1. Heat water in a pot.
2. Bring the tomatoes, onion, garlic and chili peppers to a boil.
3. Once cooked, place in the blender.
4. Add a little salt and blend.
5. Add the coriander and blend again.
6. Heat oil in a pot.
7. Pour the liquefied sauce into the hot oil, for 4 minutes.
8. Rectify seasoning and bring to a boil again for 1 minute.
9. Cool and reserve.

FOR THE DOUGH

1. Mix flour, salt and baking powder in a bowl.
2. Add the water.
3. Knead until mixture is smooth; if need add more water.
4. Place the dough in the mixer.

5. Start beating with the mixer paddle utensil.
6. Put the lard in a bowl and beat by hand to soften it.
7. Integrate the lard into the dough, little by little.
8. Once the lard has been added, stop the mixer and lower all the dough from the edges.
9. Keep beating for a few minutes until the mixture is light and fluffy.

TO ASSEMBLE THE TAMALES

1. Drain the corn leaves that were previously hydrated.
2. Place a portion of dough on a sheet and spread.
3. Put the pork and green sauce in the center.
4. Close the tamale.
5. Repeat until finished with all.
6. If you like, you can tie each one with a strip of the remaining corn husks.

FOR STEAM COOKING

1. Put enough water in the steamer and a couple of coins.
2. Cover with the perforated metal base.
3. Make a bed of corn leaves.
4. Arrange the tamales standing on the leaves.
5. Cover with more tamale leaves.
6. Cover the steamer.
7. Tie two strips of corn husk to each ear of the steamer.
8. Place over high heat and when it starts to boil, lower the heat.
9. Cook for an hour to an hour and a half, over low heat.

INGREDIENTS 4/6 PEOPLE

	G
CORN DOUGH	
Corn flour	300
Water	500 ml
Lard	150
Baking powder	1
Salt and pepper	To taste
Corn leaves	n. 20

FILLING

Pork loin	300
Onion	n. 1
Epazote	5 leave

	G
Garlic	1 clove
Oil	10 ml
Salt and pepper	To taste

GREEN SAUCE

Green tomato	250
Onion	n. ½
Garlic	1 clove
Serrano green chili	n. 2
Coriander	2 branches
Salt and pepper	To taste



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CHEF MARTA CONFENTE

CHICKPEAS RAVIOLI, SMOKED EGGPLANT AND PAPRIKA

We thought about a pasta dish that could express Italian principle and at the same time keep in consideration the whole Mediterranean basin. The inspiration for this dish came from a recipe linked to the ancient Rome, "lasagne with chickpeas". Durum wheat pasta becomes a stuffed pasta, welcoming chickpeas, eggplants and sweet paprika, symbols of the Mediterranean culture.



METHOD AND PRESENTATION

FILLING

1. Soak the chickpeas in water overnight.
2. When ready, cook them in abundant water until soft, drain them.
3. Keep a spoon on the side for the decoration.
4. Finely chop the onion, cook it with the extra virgin olive oil, salt and thyme until golden brown.
5. Deglaze with the apple vinegar.
6. Blend the rest of the chickpeas with the onion until a smooth, add little water if needed.

PASTA

1. Mix semola and water together, let it rest in the refrigerator for 30 min.
2. Roll the pasta into thin sheets, place the filling then fold the pasta over it, making sure not to leave any extra air in it.
3. Cut the ravioli, then fold the edges together, keep on a tray ready to cook.

ROASTED EGGPLANT CREAM

1. Poke the eggplants with the tip of a knife, bake them at 220°C until black outside and soft inside.
2. Scoop the inside with the help of a spoon, let the pulp drain over a sieve.
3. In a large pan, heat the extra virgin olive oil, add the chopped garlic and paprika, nicely fry them.
4. Add the eggplant pulp and cook until dry.
5. Season with salt and pepper then blix it into a cream.

PRESENTATION

- Place the cooked chickpeas into a bowl, season with paprika.
- Toast them in the oven at 200°C for around 30 min, chop them and reserve.
- Cook the ravioli in abundant boiling salted water, drain them.
- On a plate, place a full spoon of the roasted eggplant cream.
- Place the ravioli.

INGREDIENTS 4 PEOPLE

G

PASTA

Semolina Flour	200
Water	100 ml

FILLING

Chickpeas dried	200
Salt	7
Apple vinegar	10
Extra virgin olive oil 1	5
Onion	60
Fresh thyme	8

ROASTED EGGPLANT CREAM

Eggplant	600
Extra virgin olive oil	50
Garlic	25
Paprika	10
Salt	8
Black pepper	2

TO FINISH

Fresh thyme leaves	12
Paprika	3
Fresh oregano leaves	12

ENERGY AND NUTRIENTS, PER PERSON

Kcal	558
Proteins	19 g
Fat	21 g
Carbohydrates	71 g
Fibre	15 g

CARBON FOOTPRINT, PER PERSON

0,14 Kg CO₂ eq



CHEF PATRICK SECORD

RAINBOW TROUT WITH CARROT, FENNEL AND DRIED BLUEBERRY PILAF

The Mi'kmaq and Indigenous communities first taught settlers around 1600 about distilling maple sap to make syrup. Today the eastern provinces of Canada are known for their cabane à sucre (sugar house), with maple syrup production long being a part of the cultural fabric of Canada. During February and March, the sap runs best for collection, with cold nights and warmer days. It takes about 40 L of sap to reduce to make 1L of maple syrup.

Canada is the third largest barley producer in the world, producing over 10 million metric tonnes in 2019/2020, all mostly from the western provinces. Cereal grains have long been cultivated in the prairie provinces and are being currently grown by over 23,000 farmers, making it Canada's third largest crop after wheat and canola (GoBarley.com). Grains native to Canada, such as wild rice, may be used to compliment the barley in this dish.

RAINBOW TROUT: INGREDIENTS 4 PEOPLE

	G
Whole rainbow trout, scaled	800
or Skin on trout fillets	600
Cedar board	1 piece
	(roughly 20x35x2 cm)
Red bell pepper	n. 1
Canola oil	5 ml
Maple Syrup	45 ml
Smoked hot paprika	2
Ground cumin	2
Garlic	1 clove
Tomato paste	10 ml
Canola oil	10 ml
Salt and pepper	To taste

RAINBOW TROUT: ENERGY AND NUTRIENTS, PER PERSON

Kcal	260
Proteins	31 g
Fat	9 g
Carbohydrates	12 g
Fibre	1 g

CARBON FOOTPRINT, PER PERSON

0,89 Kg CO₂ eq

RAINBOW TROUT: METHOD AND PRESENTATION

1. Preheat oven to 400°F/205°C.
2. Fillet and debone trout, keeping skin intact. Portion to 150 g per person.
3. Rub skin with oil and place on cedar board, skin side down. Place in fridge uncovered to allow flesh to dry slightly.

RED PEPPER GLAZE

1. Rub red pepper with 5 ml canola oil and roast over open flame to char the skin, or roast in the preheated oven till soft and skins are loose.
2. Cool, then peel and seed the pepper.
3. In a blender, purée cleaned pepper and the remaining ingredients and transfer to a saucepan. Heat through and reduce to the desired consistency.

PRESENTATION

- Brush glaze onto fish.
- Roast in oven at 400°F or on the cool side of BBQ grill with no flame beneath the plank just until cooked through and fish flakes easily.



BARLEY PILAF: METHOD AND PRESENTATION

1. Preheat oven to 400°F/205°C.
2. Spread barley on an unlined sheet pan and toast barley until fragrant.
3. In a heavy bottomed pot or Dutch oven over medium heat, add 5 mL of the vegetable oil. Fry caraway and fennel seeds for 30-60 seconds. Add onion and sauté until softened and translucent.
4. Add garlic to the pan and cook for 1 minute.
5. Add toasted the barley and stir to coat the kernels with oil.
6. Add the stock and bay leaves spice bag; bring to a low simmer, cover, and cook until barley is tender.
7. Meanwhile, toss the fennel in the remaining oil and season with salt and pepper. Place on a parchment lined baking sheet and roast until tender (approximately 15-20 minutes). Remove from oven and set aside to cool.
8. When barley is cooked, add the roasted carrots, fennel, dried blueberries, and parsley and herbs.
9. Season to taste. Serve with Cedar Plank Trout

**BARLEY PILAF
INGREDIENTS 4 PEOPLE**

	G
Pot barley (or pearl barley)	175
Canol oil	10 ml
Fennel or caraway seeds	1
Cooking onion, diced	100
Garlic	1 clove
Chicken stock, hot (or vegetable stock)	600 ml
Bay leaves	n. 2
Fennel, medium dice (1 cm)	250
Carrot, medium dice (1 cm)	200
Dried blueberries	30
Parsley, chopped	10
Fresh thyme leaves, chopped	7
Rosemary leaves, chopped	2
Salt and pepper	To taste

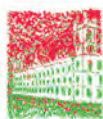
**BARLEY PILAF:
ENERGY AND NUTRIENTS, PER PERSON**

Kcal	310
Proteins	10 g
Fat	5 g
Carbohydrates	58 g
Fibre	11 g

CARBON FOOTPRINT, PER PERSON

0,07 Kg CO₂ eq





ROASTED TURKEY WITH CORN SAUCE

SERVED WITH SPINACH SALAD, ROASTED TOMATO
AND SWEET POTATO MASH

It would be hard to pick a single recipe that could express the vast American territory. We started selecting some representative ingredients, each of which brings with it stories, consumption occasions, traditions. The most important characteristics though are their simplicity, being inexpensive and everyday food. Nonetheless, these ingredients can become part of a healthy and fancy recipe.



METHOD AND PRESENTATION

1. Marinate the turkey breast with 50 g of buttermilk, 10 g of salt and 2 g of black pepper overnight
2. The day after, drain the marinade then cook the breast at 200°C until it reaches 72°C
3. Mix the cooking juices with the cooked corn, adjust with salt if needed, reserve the sauce on the side
4. Cut the tomatoes in half, season it with 5 g of salt and let it marinate for couples of minutes
5. In a no-stick pan, gently roast the tomatoes, allowing the flavors to concentrate, reserve
6. Wash the spinach, dry them and put them in a large bowl
7. Toast the peanuts, mix half of them with the canola oil until smooth, keep the dressing on the side
8. Chop the rest of the peanuts and add it to the spinach leaves, season with the dressing
9. Boil the sweet potatoes in salted water until soft, drain them then pass them through a sieve
10. Add the rest of the buttermilk, some black pepper then the finely cut chive, then reserve warm



PRESENTATION

- Carve the breast into thin slices.
- On a plate arrange the turkey, one half roast tomato, the spinach and peanut salad and one spoon of the sweet potatoes mash.
- Put the sweet corn sauce on the turkey then serve.

INGREDIENTS 4 PEOPLE

	G
Turkey breast	400
Sweet corn, cooked	100
Peanuts	30
Canola oil	10
Tomatoes	n. 2
Black pepper	4
Buttermilk	75
Baby spinach leaves, fresh	240
Sweet potato	100
Salt	20

ENERGY AND NUTRIENTS, PER PERSON

Kcal	391
Proteins	37 g
Fat	15 g
Carbohydrates	29 g
Fibre	3,6g

CARBON FOOTPRINT, PER PERSON

0,52 Kg CO₂ eq



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