

THE SUSTAINABILITY COOKBOOK



FEED IT FORWARD
FOOD AS A HUMAN RIGHT

STUDY SESSION 2022





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MEET THE TEAM!

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LISTEN TO THE PODCAST!

We chat to the prep team, participants and the experts throughout the course of the Study Session, discussing how we can make our food systems more sustainable. Scan the code to listen.
Produced by Dan Grist.



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What is the Council of Europe?

The Council of Europe is a large international organisation dedicated to democracy, human rights and the rule of law. Not to be confused with the European Union, the Council of Europe was founded in 1949 and has its headquarters in Strasbourg, France with 46 members and 6 observer members.

The Council of Europe does not have the ability to make laws, however it works with its member organisations to produce and enforce international agreements known as treaties. The first treaty produced by the COE was the European Convention on Human Rights, drafted in 1950 and entered into force in 1953,

It is the cornerstone of all Council of Europe activities and ratification is a prerequisite for all members. The European Convention of Human Rights also forms the basis for the most famous of all the Council of Europe institutions, the European Court of Human Rights.

The Council of Europe also has a very important and active youth department with youth centres in both Strasbourg and Budapest, where young people are trained and supported and the Council of Europe priorities of democracy, human rights and the rule of law are presented to young people across Europe.

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE



What is a Study Session?

As part of the Council of Europe's youth programme, study sessions are held each year at the youth centres in Budapest and Strasbourg. A call for activities goes out each spring and autumn and interested parties may apply to hold a study session on a subject of their choosing as long as it meets the Council of Europe's priorities of democracy, human rights, supporting young people and the rule of law.

A study session runs for around a week and favours non-formal

education teaching methods, as well as paid experts from relevant fields to engage and educate young people from all across Europe. The European Youth Centres provide an amazing facility with conference rooms and dormitories for participants to use and stay in during the week.



Feed it Forward – Food as a Human Right!

The 2022 study session ‘Feed it Forward’ was organised by Rural Youth Europe in conjunction with The European Council of Young Farmers (CEJA) on the subject of food as a human right.

The aim of this study session was through understanding food as a human right in terms of availability, access, health and sustainability, to provide awareness on the consumers’ choices and how to empower rural youth in the sustainable change of the food systems, as well as to reflect on the contradictions in our current food system: obesity, malnutrition and food waste.

Through a series of activities and speakers, participants were taught about climate change, alternate food systems and meat vs plant based diets. Each participant was asked to bring a recipe from their home country. The learning outcomes from the week on how to make food more healthy and sustainable were then applied to the recipes while trying to keep in mind the cultural importance of food and culinary practices. In this cookbook we look at a range of recipes as provided by the participants of Feed it Forward as well as the suggestions on sustainability and health made during the activities in the week.



Rural Youth Europe

Rural Youth Europe is an international youth organisation dedicated to the empowerment and activation of young people in the countryside. Through organising trainings, teaching and events, Rural Youth Europe aims to engage young people and help them develop skills and friendships that will help them through life.



CEJA

CEJA acts as a forum for communication between young farmers and European decision-makers. Its main objective is to promote a younger and more innovative agricultural sector across the EU-27 and to create good working and living conditions for young people setting up in farming and those who are already “young farmers”.

How the cookbook works!

Each participant to the study session submitted a recipe. The idea of the activity was to highlight what kinds of things we can do to make food more sustainable and healthier, but also to respect that food is a very personal, very cultural thing and that it is not always as easy simply making these changes. All participants were put into groups and all the recipes of one group were swapped for the recipes of another. This ensured no one was working on their own recipe.

Then everyone was asked to consider the learning outcomes of the week. Everyone was asked to consider for each recipe could it be made healthier or more sustainable by swapping an ingredient for an alternative or by using a specific type of food

system. Once all observations were made and marked for each recipe they were swapped back so that each suggested change could also be looked at from a cultural point of view to discuss that even if it is healthier or more sustainable, it might not be culturally acceptable to make that change! So have a look through the recipes and enjoy. Alternate food systems and definitions can be looked up in the back of the cookbook!



For the upcoming recipes:

- RED is a suggested change of ingredient
- BLUE is a suggested alternate food system
- GREEN is a cultural item that needs to be used to keep it authentic.

Buns/Queencakes

Amanda O' Sullivan



Ingredients

250g Butter/ Margarine
340g Self Raising Flour
**Gluten free alternative: rice flour/
legume flour.**
170g Fair Trade Caster Sugar
4 local, free range eggs

Optional ingredients:

Chocolate chips (fair trade
chocolate)
Cherries (organic or dried fruit)
Sultanas (organic or dried fruit)

To decorate:

Icing sugar
Fair Trade Chocolate (melted)
Sprinkles

Use organic or locally sourced
ingredients where possible.

Method

1. Pre-heat the oven to 200 degrees.
2. Put all the ingredients in a large bowl and mix until smooth.
3. Put bun cases in a baking tray.
4. Using a large spoon fill the bun cases.
5. Put in the oven for 20 minutes or until golden brown.
6. Take them out of the oven and cool on a wire tray.
7. Decorate as you please.

Pasta alla carbonara



Andrea Cesare Berardi

Ingredients

Pasta (Rigatoni or Spaghetti are preferable)

Eggs

Bacon (guanciale)

Olive oil

Pecorino cheese

Pepper

Use organic or locally sourced ingredients where possible.

Method

It takes few minutes (around 10) to prepare the dish:

1. Cook the pasta: boil some water and put the pasta in it for usually 11 minutes (anyway the cooking minutes are always indicated on the pasta envelopment)
2. Toast some bacon: if you have, sliced bacon is better
3. Whisk eggs, half of the pecorino cheese, and some pepper, in a bowl until creamy; stir in bacon
4. When pasta is cooked, just merge it with the bacon, pecorino and egg sauce

Potato salad: Kartoffelsalat



Andreas Weber

Ingredients

1 kg potatoes
150 g diced bacon
(Colza) Oil
Vinegar
Pepper
Salt
Vegetable broth
1 Onion

Use organic or locally sourced ingredients where possible.

Method

First the potatoes have to be cooked as jacket potatoes.

Then you have to remove the skin from the potatoes and slice them into a bowl.

In the bowl the potatoes have to be seasoned with vinegar, colza oil, salt and pepper.

For the real flavour the dressing has to be made: diced bacon in a pan needs to be rendered down and after one sliced onion has to be roasted gently in the pan.

Finally, add some water in the pan to cook vegetable broth in the pan with all the fixings and then mix it in the bowl with the potatoes. It tastes best if it's eaten warm.

Lentils

Anja Buck



Ingredients

300-400g lentils

2l water

2 bay leaves

1 onion

40g oil

40g flour

20ml vinegar

$\frac{3}{4}$ tbsp salt

$\frac{1}{2}$ tbsp pepper

$\frac{3}{4}$ Tbsp. Granulated broth

$\frac{3}{4}$ tbsp mustard

Wienerle

Spätzle

Suggested ingredient change: if you eat vegan, you can change it to vegetables or cheese tofu.

Use organic or locally sourced ingredients where possible.

Method

1. Rinse lentils briefly in a colander under running water.
2. Put lentils without salt in a pot with about two liters of water, a peeled and halved onion and the bay leaves, bring to a boil and then turn down and cook lentils at medium temperature for about 30 minutes with lid until tender.
3. Pour lentils over a bowl into a colander. Caution. The lentil cooking water is still needed for further preparation. Without it, the lentils will not get the typical dark color later!
4. Make a dark roux:
5. Put oil in hot pot and heat well, then add flour all at once. Mix everything, stirring and keeping it constantly moving. Brown roux over medium heat (takes about 3-5 minutes).
6. Gradually add lentil cooking water (deglaze). Stir after each “deglazing” until a homogeneous mass is formed again. Repeat the process about three times until 1-1.5 l of water is in the pot. Add salt, pepper and crowned broth. Bring to the boil briefly while stirring. Reduce temperature.
7. Stir in lentils, add vinegar and mustard. Allow lentils to cook fully. Watch out - can burn easily!
8. Season to taste. Lentils must be heartily seasoned.
9. Serve lentils with Wienerle and Spätzle.

Blueberry Pie

Essi Susanna Huhtamäki



Blueberry pie is one of the most popular desserts in Finland. There has been polls about Finnish food and people have been asked which are their most popular and loveable foods and always someone says blueberry pie. I agree with them! It can be easily changed into vegan version, too. In Finland the pie is made with forest bilberries (*Vaccinium myrtillus*), not highbush blueberries (*Vaccinium corymbosum*). Berry picking is also very popular among Finns. But of course, if you can't have bilberries in your country, you can use highbush blueberries.

Ingredients

Pie Crust

125 grams of butter (or margarine for vegan version)

1,5 decilitres of sugar

1 egg (for vegan version you can skip the egg)

4 decilitres of wheat flour

1 teaspoon of baking powder

pinch of crushed cardamom if wanted

Filling

4 decilitres of bilberries

1,5 decilitres of sour cream (or plant based yogurt for vegan version)

0,75 decilitres of sugar

1 egg (for vegan version you can skip the egg)

1 teaspoon of vanilla sugar

Use organic or locally sourced ingredients where possible.

Method

1. Mix together the ingredients and melt the butter, add it to the mixture.
2. Spread the pie batter over the bottom of a round pie pan and also towards the edges.
3. Sprinkle most of the bilberries on the pie pan but save a small amount. If you use frozen bilberries, please mix 2 tablespoon of potato starch with bilberries before adding them.
4. Mix the yogurt and sugars together and pour the mixture over the bilberries. Sprinkle the rest of the bilberries on top.
5. Bake the pie in the lower part of oven in 200 Celsius for about 30 minutes until the crust is light brown. Let it cool before serving.
6. You can eat it just like that or with (vegan) vanilla ice cream or vanilla sauce!

Badrijani Nigvzit

Eggplant rolls with walnuts



Gvantsa Tvaliashvili & Lika Katsadze

Ingredients

3 **seasonal** medium-sized eggplants
Salt
Black pepper
Oil (All kinds **ecological** one)
150 grams or 1 1/2 cups **walnuts**
100 ml or 1/2 cup very hot water
2 cloves garlic minced
1 teaspoon **khmeli suneli**
1/2 teaspoon **ground coriander (seasonal)**
2 teaspoons white wine vinegar
3 tablespoons pomegranate seeds and parsley to serve.

Use **seasonal, organic or locally sourced ingredients where possible.**

Method

1. Preheat your oven to 180 °C (350 °F). Slice your eggplants lengthwise with a sharp knife. Put the oil on the sliced eggplant and on the tray, then sprinkle with salt and black pepper. Bake for 15 minutes, then flip them over and bake for 15 minutes more.
2. Meanwhile, prepare the filling: crush the walnuts with a mortar and pestle. Add minced garlic, “khmeli suneli”, ground coriander, white wine vinegar, salt and pepper. Mix everything and slowly add hot water in the bowl, stirring constantly, until you like the consistency. Don't pour in all the water at once, as you may not need that exact amount.
3. Fill each eggplant slice with 1-2 heaped teaspoons of the walnut mixture and roll.
4. Garnish with pomegranate seeds and parsley.

Best to taste with cornbread.

JABOLCNIK

Snack "soup" for dinner

Mateja Kopar



Ingredients

4 [Seasonal](#) Apples
Salt
Water
Sugar
Flour 3 tablespoons
Beans

[Use organic or locally sourced ingredients where possible.](#)

Method

1. Peel the apple and dice it.
2. Cook it in salty water, add some sugar as well.
3. When cooked in about 10 minutes, puree them.
4. Thicken the mixture by mixing in a little bit of flour (3 tablespoons).
5. Let it simmer for about 5 minutes, stir occasionally.
6. Serve with cooked beans on top.

Latvian Soup

Liena Smirnova



Ingredients

5 medium-sized, boiled, potatoes
1 cucumber
4 boiled eggs
300 g of sausage
30 g bow
30 g of dill
500 ml of pickled beets
2 l of kefir
A pinch of salt
A pinch of pepper

[Remove sausage for vegetarian option.](#)

[Use organic or locally sourced ingredients where possible.](#)

Method

1. Finely chop all ingredients
2. Add the kefir

Elderberry Soup

Jana Messerschmidt



Ingredients

Elderberries for 1L juice

Teaspoon **vanilla sugar**

20g **starch**

(Vegetarian) **cream** (to taste)

(Vegetarian) **butter** (to taste)

Fairtrade **sugar** (to taste)

Leftover bread/toast

Use organic or locally sourced ingredients where possible. You could also make your own juice!

Method

Soup

1. Harvest elderberries
2. Remove berries from stems
3. Boil berries with some water, till they pop
4. Pass berries through a sieve
5. Boil elderberry juice
6. Add vanilla sugar and starch, till desired consistency is yielded.
7. Add cream and butter for taste and creaminess
8. Add sugar as needed
9. Serve with croutons

Croutons

1. Cut leftover bread/toast into small pieces
2. Toast toast with butter in pan till light brown

Jezerškov Šmorn

Julija Kordež



Ingredients

0.5 liters of milk

6 eggs

400 g of **wholegrain organic** flour
or **smashed muesli**

Sea Salt

Vegetable Oil

50 g butter

50 g of **fairtrade** sugar

20 g powdered sugar

1 fist of raisins or **dried plums**

1-2 tablespoons rum

Purée made from apples or forest
fruits

Use **organic** or **locally sourced**
ingredients where possible.

Method

1. Shake the raisins in a bowl and pour over the rum.
2. Mix flour and eggs in a bowl and add milk while constantly mixing.
3. We add salt. We step it till we get a smooth mass.
4. Heat the oil in a frying pan and pour in a height of a finger of the šmorn mass.
5. Sprinkle with soaked raisins and wait for it to bake nicely in the moderate heat, approx. 5 minutes.
6. Using a spatula, cut into cloths and then turn. When they get stuck on the underside, take them tear into even smaller pieces. We do it with a spatula space in the middle of the pan by pushing the šmorn along edge.
7. Pour sugar in the middle and place on it butter. When it begins to melt, mix that soak in butter caramel and mix with šmorn.
8. Serve sprinkled with powdered sugar and with selected purée.

Żurek / Polish Sour Rye Soup



Justyna Czopek

Ingredients

For the starter:

5 Tbsp of wholemeal rye flour
600 ml of lukewarm water
4 cloves of garlic (cut in halves)
Few bay leaves
5 corns of allspice

For the soup:

The starter (to taste)
1 litre of bone broth
3 white Polish sausages (cooked and sliced)
Few slices of bacon (diced)
2-3 hard boiled eggs (cut in halves)
Few cooked potatoes (diced)
Few Tbsp of heavy cream (optional),
Seasonings to taste: salt, pepper, marjoram, fresh parsley

Use organic or locally sourced ingredients where possible.

Method

Prepare the starter 5 to 6 days before preparing the soup:

1. Place all the starter ingredients in a big jar and mix.
2. Cover the jar with the paper towel and secure the mouth of the jar with a rubber band.
3. Mix with the spoon once a day.

After 5-6 days the starter should be ready: it smells/tastes tangy.

Prepare the soup:

1. Add the starter to the warm bone broth and season to taste (the soup should be tangy and spicy).
2. Add the heavy cream and simmer for few minutes.
3. Fry the bacon, until crispy.
4. Place the eggs, bacon, sliced sausages and potatoes in the plates, cover with warm soup
5. Sprinkle with parsley.

Kirju Koer

(Spotted Dog Cake)



Krista Tõnuri

Ingredients

150 g Butter
100 g Dark chocolate
100 g Cookies
Marmalade, raisins and nuts
(can use different things that are local)

Use organic or locally sourced ingredients where possible.

Method

1. Chop marmalade into cubes and smash cookies. Cookies smashed can contain some bigger pieces.
2. Melt butter and chocolate and mix everything all together.
3. Roll mixture in folio or baking paper and leave it to the refrigerator to set for overnight.

Irish Stew

Robert Lally



Ingredients

Carrots
Potatoes
Onions.
Stewing beef.
Oxtail soup or gravy

Use organic or locally sourced ingredients where possible.

Method

1. Chop carrots and onions
2. Add to the pot with meat water and gravy
3. Leave on low heat for six hours plus

Welsh Cakes

Megan Powell



Ingredients

225g plain flour (or flour alternative)

85g fairtrade caster sugar

½ tsp mixed spice

½ tsp baking powder

50g butter, cut into small pieces

50g lard, cut into small pieces, plus extra for frying

50g currant

1 local and free range egg, beaten

Splash milk (sourced from farmgate if possible)

Method

1. Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl.
2. Rub in the butter and lard until crumbly. Mix in the currants. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as shortcrust pastry.
3. Roll out the dough on a lightly floured work surface to the thickness of your little finger.
4. Cut out rounds using a 6cm cutter, re-rolling any trimmings.
5. Grease a flat griddle pan or heavy frying pan with lard, and place over a medium heat.
6. Cook the Welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through.
7. Simply sprinkled with caster sugar. Cakes will stay fresh in a tin for 1 week.

Mustikkakukko

Blueberry pie with rye

Janet Aila Valliovo



Ingredients

Organic 200 g butter
Fairtrade $\frac{3}{4}$ dl sugar or honey/
syrup
Organic $3 \frac{3}{4}$ dl rye flour or
wholewheat flour
 $\frac{3}{4}$ teaspoon of baking powder

Filling:

8 dl blueberries
1 dl sugar
Organic $\frac{1}{2}$ dl potato starch

Use organic or locally sourced ingredients where possible. You can use whatever berries that are available to you.

Method

1. Whisk together butter and sugar and add mixed flour and baking powder.
2. Take $\frac{1}{3}$ of the dough and roll it for a lid. You can refrigerate the lid for a moment.
3. Form rest of the dough into a pan.
4. Mix blueberries with sugar and potato starch and add filling on top of the dough
5. Cover with the lid you made out of dough earlier.
6. Bake in the oven at 200 degrees for about 40 minutes.
7. Serve warm with whipped cream/ice cream/alternatives.

Speķa Pīrādziņi

Latvian bacon patties

Samanta Augucevica



Ingredients

Dough:

Organic 1 kg flour
200g of butter/margarine or
vegetable oil
30g of yeast
0,5 l of milk or **milk alternatives**
Salt
1 egg for greasing

For filling:

**600 g of dried bacon (alternatives:
vegetables/cheese/tofu/seiten)**
2 onions
Pepper

Use organic or locally sourced ingredients where possible.

Method

Preparation (80min).

1. Chop finely chopped dried bacon with onions, add pepper.
2. Finish yeast dough: Melt the butter, heat the milk, stir in

yeast, add flour, salt. Knead until the dough bounces off your hands.

3. Make the pies as usual – squeeze a piece of dough to get a circle, put the bacon filing, close the window, forming a crescent.
4. Leave the patties to rise
5. Preheat the oven to 210 to 220 degrees C.
6. Before placing the patties in the oven, smear with beaten egg.
7. Bake for 15-20 minutes. And yum!



Rupjmaizes Kārtojums

Sandra Eimane



Ingredients

200 g of sour cream
Half a rye bread
Lingonberry or cranberry jam (so not too sweet)

Use organic or locally sourced ingredients where possible. You could also make your own bread or jam.

Method

1. The rye bread is crushed into small pieces and toasted in the oven until the pieces are firm.
2. When the bread has cooled, grind it in a blender.
3. Pour the cream into a bowl, add 1 tablespoon of sugar, and whip it until firm foam.
4. Take a deep dish or several small dishes so that it is already divided into portions.
5. First put the minced bread, then top with jam and then whipped cream. Then again the breadcrumbs, jam, whipped cream.
6. You can put berries or fruit on top.
7. Put the layer in the refrigerator for at least a couple of hours to allow the ingredients to soak.



Potato Soup

Siri Bøje Kvandalsvoll



Ingredients

1 Onion
2 Garlic Cloves
1 Leek (The white part)
400g Potatoes
1 ss Butter
1 L Water
2 Vegetable broth cubes
200g Bacon
¼ tsp Salt
¼ tsp Pepper
3 tbs Parsley
4 tbs Olive oil

Use organic or locally sourced ingredients where possible.

Remove bacon for vegetarian alternative.

Method

1. Cut onion, garlic and leek. Peel potatoes and cut them in cubes. Fry onion, garlic, leek and potatoes in butter a few minutes without turning it brown.
2. Pour over water and the broth cubes and boil for about 20 minutes.
3. Cut the bacon in strips. Fry until crispy while the soup is boiling.
4. Mix the soup evenly with a hand mixer. Taste and season with salt and pepper. Serve with crispy bacon, parsley and olive oil.

Tip: You can use the parsley and the olive oil to make a parsley oil you can have on the soup.

Kässpätzle

Tabea Volz



Ingredients

Serves: 2

For the spätzle:

250 g / 1 3/4 cups flour

5 eggs + 1 egg yolk

A good pinch of salt

2-3 tbsp water (if necessary)

2 tbsp butter

150 - 200 g / 5 - 7 oz cheese,
grated (Emmentaler, Gruyere or
similar)

For the onions:

70 g / 3 oz butter

2 mid-sized onions, cut into rings

Vegan Alternative:

Replace the eggs with an Egg Replacer, Butter with margarine and the cheese with a vegan cheese. [Use organic or locally sourced ingredients where possible.](#)

Method

Step 1: Start by combining flour, eggs, and a good-sized pinch of salt. Blend well and add, if necessary, water spoon by spoon. The dough should not be runny, but soft enough

to gradually follow gravitation. Then set aside and allow the dough to rest for 20 to 30 minutes.

Step 2: Meanwhile, heat the butter in a frying pan over low to medium heat, add onions, and let them slowly gain a golden brown colour. Don't let them get too dark, as they tend to become bitter. Drain on a paper towel and then set aside.

Step 3: Bring a large pot of water briefly to a boil, add a pinch of salt and then reduce heat. The water should simmer throughout the whole process. You can either cut and shape the spaetzle by hand or use a spaetzle maker or a colander. Cook spaetzle for about 2-3 minutes until they float back to the surface then remove them.

Step 4: When done, drain the water, melt 1-2 tbsp of butter, and return spaetzle to the pot. Shake the pot a few times to evenly distribute the butter, then add the grated cheese and mix well. Now simply add the browned onions and chopped chives on top and serve.

Khachapuri

Vegetarian Pie



Tamriko Esebua

Ingredients

All-purpose flour

Salt

Dry active yeast

Granulated sugar

Milk

Olive oil

Farmer's cheese

Shredded mozzarella

Feta cheese

Eggs

Unsalted Butter

For the dough:

1 tsp salt

1 tsp dry active yeast

1 tbsp granulated sugar

3 1/2 cup all-purpose flour

1 cup water

1/2 cup milk

1 tbsp olive oil

For the filling:

1 1/2 cup Farmers cheese

1 1/2 cup Shredded mozzarella

1 1/2 cup Feta cheese

4 eggs + 1 for egg wash

[Use organic or locally sourced ingredients where possible.](#)

Method

1. Combine flour, salt, yeast, and sugar in a bowl. Then add warm milk.
2. Using the hook attachment, knead the dough until it takes shape. Then add oil and knead some more.
3. Place the dough in a greased bowl. Cover and let it double in size.
4. Remove from bowl and divide the dough into 4 boat-shaped pieces. Place the bread boat on a baking sheet lined with parchment.
5. Combine the three kinds of cheese and fill each bread boat
6. Using a pastry brush, brush with egg wash and bake for 15 minutes at 450 degrees Fahrenheit.
7. Pull the khachapuri out of the oven, then make a well in the middle.
8. Drop the egg in the center, add pieces of butter to the melted cheese, and bake for another 5-6 minutes.

Roast Sirloin in Cream Sauce with Dumplings

Vítezslav Škoda



Ingredients

1.5 lb (680 g) beef sirloin (or round rump)
2 oz (55 g) bacon fat
1 cup (235 ml) beef or vegetable stock
Salt
Pepper
1 tbsp vinegar
1 large carrot, diced
7 oz (200 g) root celeriac (1 medium root), diced
1 medium parsley root, diced
1 large onion, chopped
3.5 oz (100 g) butter, melted
10 black peppercorns
4 allspice berries
2 bay leaves
Juice from 1 lemon or 1 tbsp vinegar
1 cup (235 ml) heavy cream (plus some milk)
All-purpose flour if needed
Sugar if needed

Dumplings:

2 pinches of salt
½ tsp ground mace (and a bit of turmeric if you want to have a tasty-looking yellow tint to the dumplings; the flavor is good too)
2 cups (475 ml) coarse flour
2 cups (475 ml) semi-coarse flour
Approx. 1 cup (235 ml) lukewarm

Milk (more if the dough is dry)
2 tsp sugar
2-3 rolls or buns (the traditional sized ones, they're about 70g each)
1 egg
1 cube fresh yeast (or the dried yeast equivalent)
Use organic or locally sourced ingredients where possible.
Use seitan instead of beef/tofu/vegetables.

Method

Lard the meat (prick it with a knife or a big kitchen needle and stuff strips of the bacon fat through the sirloin. If you are using big piece of meat, freeze the fat beforehand; it is easier to get through the whole length), season with salt and pepper, add the spices, diced root vegetables, lemon juice, vinegar and pour melted butter over the meat to seal it. Let it marinate in a fridge overnight.

Add the stock, cover with a lid and braise in the oven at 160 °C until the meat is very soft – you should be able to cut it with a fork. This usually takes 2-4 hours.

Roast Sirloin in Cream Sauce with Dumplings continued

Remove the meat and press the vegetables through a fine sieve (you can even use cloth for an extra fine texture). Use a hand blender if the texture is still not very fine and creamy.

Add the cream and bring to boil; add salt, lemon, vinegar or sugar to taste (I don't use sugar, carrots are usually sweet enough). If the sauce is not thick enough, you can thicken it with a little flour, but hopefully you'll manage without it.

Cut the sirloin into half-inch thick circles; put these back into sauce to heat them through. Serve with cranberry preserve. Putting a little dollop of whipped cream in the sauce is also quite a traditional way of serving your *svíčková*.

Dumplings

First, mix the flours with the salt and spices. Dissolve the sugar in half the milk, add crumbled yeast and let it grow there a bit, until "islands" of new yeast start to form on the surface. Pour the egg into the flour, then pour in the milk (bit by bit) and yeast, and knead with your hands. Keep adding milk until you have a nice dough that's not too dry and not be too sticky (though it can be slightly wetter and stickier than your

instinct would suggest – you'll still add the buns that soak up a bit of the milk).

Cut the rolls or buns into a small dice (a little smaller than half an inch cubed). Gently mix the bread into the dough. Then form the dumpling mixture into a roll(s) – a 2-3 inch diameter will give you sufficiently big dumplings after you've left the dough to rise for about 45 minutes.

Gently lower the roll into salted boiling water and cook for 16-19 minutes. You want to take it out before the crust gets slimy. Prick with a fork (this prevents it from collapsing after it cools down a bit)

When you're ready to serve, cut the dumpling into circles 2/3 inches thick – preferably using a floss or cheese wire.



Organic Food

What it means exactly for food to be organic can vary from place to place and from country to country, however it generally relates to a product or system of farming that avoids the use of GMO crops and does not use man made pesticides or fertilisers. Organic farming tries to approach a more environmentally and socially sustainable farming model that is closer to nature by relying on crop rotation, biological pest control and the use of animal and plant manures for fertilisation resulting in less chemical run-off and pollution. The goal of organic farming is to limit environmental impact by encouraging the use of responsible and natural energy use and resources, to maintain biodiversity and ecological balance, to preserve or enhance soil quality and to maintain water quality. Organic farms also often lead to a higher standard of animal welfare, as animals are required to be kept in more natural, free range conditions.

There are numbers of different types of organic certification and rules can vary from country to country across the world. Different organisations and bodies certify products and farms as organic under often strict rules in order to foster trust in organic produce and ensure that what the consumer pays for does strive for the ideals described above. In the EU the organic logo provides a visual identity and gives consumers the assurance that what they pay for is organic.



Local & Seasonal Food



Buying local to support your local store or local farm can be a great idea. This provides a type of social sustainability where you know who you pay and you support their work. Maybe you have been to the farm and know what quality you are getting or want to support your local shop selling local produce. For many types of produce however, buying local does not affect sustainability as much as you might think. This is because greenhouse gasses produced by transport are generally quite small compared to the rest of the life cycle of the food product. On top of that, while buying local can be good sometimes, buying local out of



season is worse than buying from far away where the product is in season. If fruit or veg is grown out of season, then it might need to be kept for a long time in large store houses which need to be chilled using a lot of energy or grown in large indoor space which need to be heated using a lot of energy. Often this uses more energy than the transport from buying something from far away. So often the best thing to do is to buy seasonal. Buying seasonal means to buy the food that grows naturally at the time of year it actually is for you.

Short Supply Chains

The supply chain is the distance and network of people and processes that any product has to travel through from its very beginning to its very end. Supply chains can be very complicated, the more people and processes something travels through the more people need paid and often the less the food producer at one end receives of the whole final

cost to the consumer at the other end. Also the further a product travels increases the possibility of higher transport costs and pollution. By reducing supply chains to as short as possible, food producers can be given a better price for their goods and the climate impact of transport is reduced.

Farm Box Scheme

Many farms these days use farm box home delivery schemes to directly connect that they grow to consumers. This provides people at home the opportunity to get fresh produce directly from the source to their door and allows the farmers to receive a good price for their goods and to know what the consumers want and what they don't.





Online Platform

Another way to receive food directly from a range of suppliers and guarantee fresh produce is through an online platform. These are beginning to take hold and allow consumers a place to browse the produce of a number of different food producers selling a number of different products. They allow the consumers to connect more directly with the seller and to browse through a range of products from different farms. Online platforms often have home delivery or access to a central collection point where consumers can go and pick up their goods in one easy to access

location. This provides the farmers a good way to directly access consumers and to showcase and market their goods, while providing consumers an easy way to access a good range of quality food from a range of locations with the convenience of one shopping list and one pickup point.

Community Supported Agriculture

Community supported agriculture (CSA) is a system by which farmers can market their upcoming harvest and produce and the community can buy into a subscription for the farm. This often results in consumers receiving a weekly farm box of fresh produce throughout the season, exposing them to new vegetables and different farm produce as well as providing them with a connection to how their food is grown. For the farmer this provides payment earlier in the

season and gives a more steady cash flow, as well as allowing them to develop a close relationship with the consumer where they can learn more about what is popular and when. Sometimes CSA involves the consumer providing actual labour on the farm in return.



Urban Farming

Most food is produced in rural areas while most people live in cities in most countries. Urban farming is an attempt to address this imbalance by producing food inside city areas, often inside large warehouses or on rooftops. Rooftop greenhouses often use hydroponics to maximise growing space in a city with limited space and grow fresh produce in the city with no transport distances. Growing in greenhouses with hydroponics also allows cold weather cities to extend their short growing season and the use of hydroponics means the rooftop gardens can minimise water use

allowing rainfall to be recycled and recirculated in a closed loop. Growing on rooftops also means that no new land is used and instead growing within the city on land already used for other purposes. All green waste can be composted on site allowing to cut down transport and costs for compost. Urban farming provides a way to grow food for use within the city with a very short supply chain providing a way for consumers to receive their food and reduce the climate costs of doing so.

Food Waste

So much food is simply thrown away ending up in landfill or other waste sites. This is known as food waste. Food waste is often not paid for and so is a cost to the producer that they do not recoup. Even food that does provide an income to the producer but is eventually thrown away is a problem as food decomposes into methane and contributes to climate change, as well as using up limited natural resources to only produce waste.

Zero-Waste

A new way of working with food and other products is emerging in the form of zero waste. This is all about ensuring that nothing is wasted and every part of the product and packaging can be used. Zero-waste businesses take any form, but the underlying philosophy of reducing waste to zero is the same.

For a restaurant this could involve instead of ordering specific food, the producers say what they have to sell and the restaurant plans the menu around what is available.

In the EU, around 88 million tonnes of food waste is generated annually with associated costs estimated at 143 billion euros. Globally approximately a third of all food produced for human consumption is lost or wasted.

Reducing food waste is essential for the environment and in order to ensure the best fairest prices for producing the food.



Everything can be made from recycled materials from the plates to workers clothes. All food can be used in the kitchen and served for consumption where possible, anything left over can be composted on site. For things like large bones which cannot be composted, a different novel

use can be found such as sending them off to another company who turns the bones into charcoal which can then be used to power a grill. Compost can be given to farms that produce the food in order to complete the zero-waste chain or used on site in a urban rooftop farm. Since all the food is local and seasonal, winter can be a challenging time to source food and as such making pickles and preserves in winter when local and seasonal food is limited is

Permaculture

Permaculture is a type of whole systems thinking that incorporates regenerative agriculture, community engagement and resilience and rewilding. It comes from observing natural ecosystems where each output is returned to the natural cycle thereby removing waste. Every output of the farm is either sold at the market or is returned to the natural cycle by composting. The farm produces its own compost from all organic waste. It uses a grey water tank using natural bacteria to clean the water and uses composting toilets

another way zero waste can work, as is using food scraps to produce mash for a microbrewery.

Zero-waste is about looking at the world a different way and coming up with new solutions instead of just taking the easy route of throwing things away. Supporting zero-waste businesses can help or simply reducing your own waste by recycling or purchasing vegetables without plastic wrapping.

for workers and guests. The farm produces its own organic seedlings using compost and materials from the farm.





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