



**OUR FOOD
OUR FUTURE**

WE ARE HUNGRY FOR JUSTICE

**SUSTAINABLE
COOKBOOK**

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OUR FOOD
OUR FUTURE

 CIR **romero**
initiative
STIMME FÜR GERECHTIGKEIT

 OXFAM
Deutschland

 KUPUJ ODPOWIEDZIALNIE

 Andalu1a Acoge

 TUDATOS
V1S1RL3K
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“Our Food. Our Future” brings together 16 civil society organizations across Europe and the world. We build a strong coalition of young Europeans and work together in the pursuit of our common vision: a socially just and sustainable food system that is human rights-based and agroecological. A system in which food sovereignty is real, and all workers, especially migrants and women, are treated fairly and equally.

Standing in solidarity, our mission is to fight for decent working conditions for all agricultural workers, to advocate for living wages and incomes, to improve the rights of migrant workers, and to stop the climate- and environment-destroying practices of food companies and supermarket chains. To bring change, we rely on our creativity, empathy, and vision as well as on the unity of the European youth.

As a consortium of various organizations that stand behind “Our Food. Our Future”, we advocate for rules and laws to change the way our food is produced. We hold talks with politicians, collect facts and data with the help of appropriate studies, and put public pressure on politicians and companies. The louder we become, the more effective we are.
Every voice counts.

GET ACTIVE WITH US!

ourfood-ourfuture.eu

OUR FOOD. OUR FUTURE

SUSTAINABLE RECIPES



SNACKS:

Tamales: stuffed corn leaves from Mexico (by CIR) **5**

Carrot in solitary confinement (by Oxfam Deutschland) **7**

Fuczki: sauerkraut pancakes (by FKO) **9**

Tortilla de patatas (by Andalucía Acoge) **11**

Winter freestyle salad (by TVE) **13**



MAIN COURSES:

Vegan stuffed pancakes (by Mai Bine) **15**

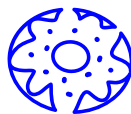
Brown bread dumplings (by Südwind) **17**

Colourful pumpkin pizza (by ActionAid France) **19**

Gnocchi alla sorrentina (by MIJARC Europe) **21**

Vegetarian meatballs (by KLJB) **23**

Canederli: the Italian Knödel (by WeWorld) **25**



CAKES & SWEETS:

Courgette and walnut cake (by IMVF) **27**

Prekmurska baklava (by Focus) **29**

Fatschenbrunner Hutzelbrot: dried pear bread from Fatschenbrunn (by Slow Food Deutschland) **31**

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TAMALES: STUFFED CORN LEAVES FROM MEXICO



Already the Maya and Aztecs rolled tamales as a precursor, so to speak, to storage cans: these stuffed corn leaves not only taste delicious but are also extremely transport-friendly and can serve as a good snack for the road or barbecues.

TAMALES:

STUFFED CORN LEAVES FROM MEXICO

by [CIR](#)

INGREDIENTS:

4 fresh corn on the cob
150 g cornmeal (polenta)
300 ml vegetable broth
2 tbsp. butter
1 egg
hard cheese
cayenne pepper and salt to taste
1 tomato, finely chopped

5 spring onions, finely chopped
1 tsp. cumin
1 tsp. sugar
2 tbsp. oil
optional: 1 tbsp. Aji Amarillo paste
optional: 2 tbsp. coriander leaves, chopped
½ cup white cheese (feta or mozzarella), crumbled

PREPARATION:

- 1** Wash the corn on the cob and carefully pull the light strings from the inside, do not remove the leaves. Bring the cobs to a boil in plenty of salted water and cook, half-covered, over medium heat for 30 minutes, turning the cobs occasionally. Leave to cool in the broth.
- 2** For the dough, put the cornmeal in a bowl. Boil the vegetable broth with the butter, pour it over the cornmeal, and let it swell for 15 minutes. Mix in the hard cheese and the egg, and season the mixture well with salt and cayenne pepper.
- 3** Carefully unbend the corn leaves and cut off the cobs just above the stalk. Separate the kernels with a sharp knife. Sauté the corn kernels with the tomato, spring onions, cumin, and sugar in a frying pan with oil over medium heat until the liquid has evaporated and the vegetables are fragrant. Optionally, stir in the coriander leaves and Aji Amarillo paste.
- 4** Place about 3 tablespoons of the cornmeal dough in the center of each corn leaf. Press the dough into a rectangle with your fingers and top with 1½ tablespoons of the corn and tomato mixture. Crumble about ¼ of the white cheese over the top and cover with another 2 tablespoons of the dough. Fold the ends of the corn sheet over and roll up – like a cabbage roll.
- 5** Fill a saucepan with a little water and place a steamer insert inside. Line the insert with a few corn leaves, then put the tamales in. Finish with another layer of the corn leaves. Cook the tamales over low heat for 1½ hours.
- 6** Alternatively, the tamales can be grilled. To do this, brush the rolls all over with oil and grill over medium heat until brown on all sides, about 30 minutes. Serve with spicy tomato sauce.

CARROT IN SOLITARY CONFINEMENT



This funky, vegan recipe comes from Oxfam Deutschland's campaign ambassador Ole Plogstedt. It is suitable as finger food or a small warm appetizer.

CARROT IN SOLITARY CONFINEMENT

by [Oxfam Deutschland](#)

INGREDIENTS:

small terracotta flowerpots (approx. 5-7 cm high)	vegetable oil
1 standard size carrot	1 onion
colourful baby carrots (broccoli florets also work)	vegan cream
pumpernickel (or other brown bread)	vegan butter
2-3 potatoes	nutmeg, ground black pepper, rock or sea salt
1-3 Jerusalem artichokes (alternatively celeriac)	optional: a little coarse mustard

PREPARATION:

- 1** Wash the flowerpots with hot water. Before filling, cover the hole in each flowerpot with a very thin slice of carrot.
- 2** Clean the colourful baby carrots (scrape off the skin with a knife and leave some of the green). Chop the pumpernickel and set aside (approx. 1 tbsp. breadcrumbs per portion). Peel the potatoes, Jerusalem artichokes and onion.
- 3** Quarter or halve the potatoes, depending on their size, add a little salt and boil.
- 4** Dice the onion and sauté in a little vegetable oil until colourless. Cut the Jerusalem artichokes into small pieces, add to the onion, sauté, add a little salt and fill up with the vegan cream so that the Jerusalem artichokes are covered. Simmer at a gentle temperature and purée finely with a blender.
- 5** When the potatoes are cooked, drain them and leave to steam off properly on the cooker. Mash them and mix together with the Jerusalem artichoke cream and a little vegan butter. If necessary, add a little more vegan cream until the consistency of nice creamy mashed potatoes is reached. Season with the grated nutmeg, black pepper from the mill, a little salt if necessary, and some coarse mustard if you like. Keep the puree warm for a short time.
- 6** Blanch the baby carrots briefly (about 1 to 2 minutes) in boiling salted water until tender.
- 7** Fill the flowerpots about two-thirds full with the puree (a piping bag is suitable here), sprinkle with the pumpernickel crumbs and plant a carrot in each.

FUCZKI: SAUERKRAUT PANCAKES



This dish comes from the Bieszczady Mountains (the southeastern tip of Poland, bordering Ukraine) and is very simple, like the whole local cuisine.

It is traditionally served with sour cream.

The recipe provided by Katarzyna Pilitowska ([Amamamusi](#)).

FUCZKI: SAUERKRAUT PANCAKES

by [FKO](#)

INGREDIENTS:

300 g drained sauerkraut
300 g flour
150 ml water
2 tbsp. linseed
salt and pepper

sunflower oil
2 garlic cloves
parsley
optional: cumin, savory

PREPARATION:

- 1** Soak the linseed in boiling water and wait about 20 minutes. Coarsely shred the sauerkraut, then mix it in a bowl with the linseed, flour, and water.
- 2** Peel and squeeze the garlic through a press and add to the sauerkraut. Add salt and pepper to taste as well as other spices, if you like, such as savory or cumin.
- 3** Pour 2 tablespoons of the sunflower oil into a frying pan and heat it well. Arrange small sauerkraut patties with a spoon. Fry until golden on each side. Serve with parsley, sour cream or your favourite sauce.

TORTILLA DE PATATAS



Tortilla de patatas, also called tortilla española, is a traditional Spanish potato and onion omelette, which is commonly served as a tapa. Made with three simple ingredients, it is a vegetarian and gluten-free dish, which is equally delicious when eaten hot or cold. It is also very versatile – it can be served as a snack, an appetizer, or a main course.

TORTILLA DE PATATAS

by [Andalucía Acoge](#)

INGREDIENTS:

extra virgin olive oil
600-750 g local potatoes
1-2 local onions

6-8 organic eggs
salt

PREPARATION:

- 1** Slice the onions. Peel and dice the potatoes into medium-size pieces. Heat the olive oil in a large frying pan, for which you have a lid, and add the potatoes and onions. When cooking them, don't forget to add the salt. Let the cooked potatoes and onions cool off.
- 2** Beat the eggs in a bowl and add the cooked potatoes and onions. Stir well and put the mixture back to the frying pan. Make sure you have a lid that fits the pan, so you can flip the tortilla.
- 3** Cook the tortilla well on one side before flipping it to the other using the lid. Slide the tortilla back into the frying pan after flipping it and cook the other side.
- 4** When done on both sides, serve the tortilla in slices on a plate.

TIPS

Make sure to cut the potatoes small enough or they will take a long time to cook. For this recipe, it is suggested to use $\frac{1}{4}$ cup of oil, but bear in mind it is a lighter version of tortilla de patatas. It is important to underline that traditionally the potatoes are cooked in a lot more oil. So, if you don't mind using more oil, go ahead and double its amount, and fry the potatoes and onions in batches until tender.

WINTER FREESTYLE SALAD



This is a very easy recipe with seasonal fruits and veggies to get your vitamins during the winter. The recipe originates from Anna, whose farm is based on the principles of community-supported agriculture.

WINTER FREESTYLE SALAD

by [TVE](#)

INGREDIENTS:

apples	vegetable oil (e.g. olive, pumpkin seed)
beetroot	balsamic vinegar
carrots	salt
Jerusalem artichokes (unlike its English name, this is a very traditional veggie in Hungary)	pepper

PREPARATION:

- 1** Peel the beetroot and carrots, and wash the apples and the Jerusalem artichokes. If you get the ingredients from a reliable, chemical-free place, washing is sufficient, but in another case you may want to peel the Jerusalem artichokes as well. Also, if you prefer them peeled, then of course go ahead.
- 2** Chop up the vegetables – you can cut them into rings, slices, and matchsticks or grate them. Be bold to play with various shapes, as different chopping methods bring out different flavours.
- 3** Put the chopped vegetables in a bowl and make the salad dressing using one part balsamic vinegar and two parts olive oil. Season to taste with salt and pepper. You can also add a little honey, thyme, or mustard to the dressing.



VEGAN STUFFED PANCAKES



The vegan stuffed pancakes have been one of the signature dishes at CUIB – Mai Bine’s first green social enterprise that functions as a sustainable bistro serving local, natural and seasonal food, in slowly cooked vegan and vegetarian dishes. The pancakes can be adapted to different seasons, as the main ingredients can be found most of the year, and can be integrated with food waste reduction practices.

VEGAN STUFFED PANCAKES

by [Mai Bine](#)

INGREDIENTS:

(to prepare approx. 10 stuffed pancakes)

For the pancakes:

400 g flour
1 medium onion
2 medium garlic cloves
1 small carrot / red pepper (optional for colour)
1 spoonful cold-pressed sunflower oil
thyme, salt and pepper to taste
water (as much as you need to reach a homogeneous and dense composition)

For the filling:

600 g mushrooms
180 g soaked sunflower seeds
100 ml cold-pressed sunflower oil
3 garlic cloves
1 onion
juice from half a lemon
salt and pepper to taste

Optional: side dish of your choosing

PREPARATION:

- 1** To make the pancakes, start by chopping the onion and the carrot or red pepper as small as you can, then mince the garlic. In a bowl, add these ingredients along with the flour and sunflower oil. Add thyme, salt and pepper to taste. Mix all the ingredients with a spatula, adding water gradually with a glass, until you obtain a homogeneous and dense composition.
- 2** Pour the mixture with a ladle on a preheated frying pan, with just a little oil covering the surface of the pan. The pancakes are supposed to be thin, so pour just enough to cover the pan with a thin layer of the mixture. Cook the pancakes on both sides until they start to become brownish. Repeat this for all of the pancakes, just don't forget to add oil and have fun while cooking.
- 3** For the filling, you can start by making the sautéed mushrooms. In a frying pan, covered with just a little bit of cooking oil (10 ml), sauté the finely chopped onion and 1 garlic clove until they are slightly softened and translucent. Add the mushrooms, previously cut into thin slices of about 5 mm, and season it all with salt and pepper. From this point on, you can turn the heat up, stirring constantly until the water drops and the mushrooms start to sizzle. When all the water evaporates, close the heat and leave the mushrooms for a few minutes to slightly cool off.
- 4** During this time, you can prepare the seed pâté. In a blender bowl, add the soaked sunflower seeds (best if you put the seeds in water the day before in the fridge, or at least two hours before you start making the pâté), 90 ml of the sunflower oil, 2 garlic cloves, the lemon juice, and salt and pepper to taste. Mix it all until the pâté becomes smooth.
- 5** Spread the seed pâté on the pancakes, add the sautéed mushrooms in the desired quantity, and either roll the pancakes or put one half on top of the other. Place the stuffed pancakes in an oven preheated to 180 degrees for 5 minutes, after which they are ready to be served.
- 6** The stuffed pancakes are best enjoyed with a fresh salad of tomatoes (summer-autumn), pickles (winter) or any side dish you like that is made with local and seasonal vegetables.



BROWN BREAD DUMPLINGS



If you have brown bread at home, you can dry it and use it to make delicious dumplings. You can enjoy them alone or as a side dish to different kinds of meals and with seasonal vegetables such as mushrooms.

BROWN BREAD DUMPLINGS

by Südwind

INGREDIENTS:

300 g dry brown bread cut into small cubes
(cut bread into cubes before it is completely
hard, then dry well and store in a paper bag)

300 ml hot milk

1 bunch of parsley

2 small onions

50 g butter

3 eggs

flour

salt

optional: pepper, nutmeg

PREPARATION:

- 1** Put the diced bread in a bowl and pour the hot milk over it, cover, and let it sit for about 30 minutes. Melt the butter in a small frying pan, add the chopped onions, salt a little and sauté on low heat, covered, for 5 minutes. Add the parsley to the onions and pour on the soaked bread mixture.
- 2** Beat the eggs, add to the mixture, and knead it together. Add a little flour, season with the salt, pepper and nutmeg to taste. Form the dumplings with wet hands and then turn them in flour.
- 3** Bring a large pot of salted water to a boil. Put in the dumplings and let them steep on low heat for about 10-15 minutes. Carefully lift them out with a slotted spoon and serve.



COLOURFUL PUMPKIN PIZZA



Best between September and December, this dish can be vegetarian/vegan, depending on preference, or lactose- and gluten-free.

COLOURFUL PUMPKIN PIZZA

by [ActionAid France](#)

INGREDIENTS:

1 large butternut squash or 2 smaller ones
(preferably not very bulbous)
½ tube tomato paste
2 garlic cloves
some oil for frying
approx. 300 g fresh, blanched or frozen spinach

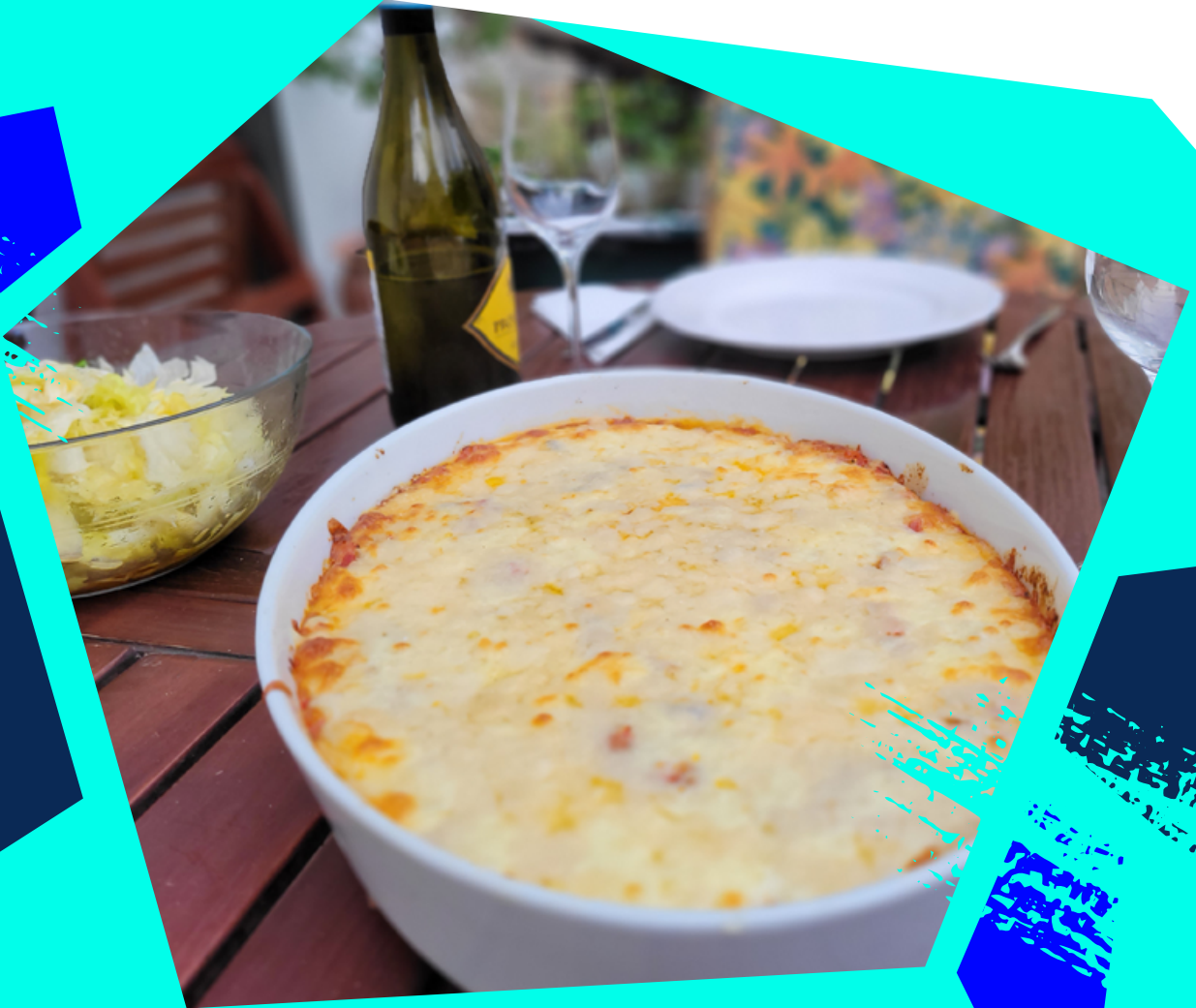
approx. 20 olives, finely chopped
200 g sheep cheese or vegan substitute
some vinegar for brushing
rocket salad with dressing to serve

PREPARATION:

- 1** Heat the oven to 220 degrees or 150 degrees convection. If needed, defrost the spinach.
- 2** Wash the pumpkin well and cut it from the base into slices about 1 cm thick, peeling is not necessary. When you get to the seeds, cut the slices around. Put the core aside. Next score the slices lengthwise a few times with a knife, rub with vinegar and leave in the oven for about 10 minutes.
- 3** In the meantime, chop the garlic, fry it in a pan with a little oil, and add the tomato paste and a few spoons of water to make a sauce. Brush the butternut slices with the sauce and bake for another 5 minutes.
- 4** Top the slices with the spinach, olives and crumbled sheep cheese. Bake further in the oven until the edges are brown and the pumpkin is easy to cut.
- 5** Serve the pizzas on a bed of rocket, with baked potato slices or your favourite bread.
- 6** Of course, the butternut slices can also be prepared with any other pizza topping, e.g. raw ham, parmesan cheese and/or antipasti, camembert cheese with roasted onions, honey and pears, mozzarella with pumpkin seeds.



GNOCCHI ALLA SORRENTINA



This is a famous Italian dish originating in the Sorrento area in the Campania region.

GNOCCHI ALLA SORRENTINA

by [MIJARC Europe](#)

INGREDIENTS:

For the gnocchi dough:

1 kg potatoes
1 egg
200 g flour
salt

For the sugo (sauce):

1 kg tomatoes
1 garlic clove
1 eggplant
olive oil
basil
salt to taste

For the topping:

200 g grated mozzarella
50 g grated parmesan cheese
(try to experiment with vegan substitutes
for cheese, such as yeast flakes)

PREPARATION:

1

Gnocchi dough: Boil the potatoes and mash them thoroughly, add salt, and let the mash cool down. Add the flour and egg and knead together. Leave the dough to rest. Roll finger-thick strings of dough and cut them into pieces of about 2 cm. You can also give them the typical shape of gnocchi by using the tines of a fork.

2

Sugo: Fry the sliced eggplant in the olive oil until golden brown. In a different pan, fry the garlic in some olive oil. Cut the tomatoes into small pieces and add them to the olive oil and garlic mix. Add the basil and salt, and cook the tomatoes until they turn into a creamy sauce.

3

Cooking the gnocchi: Put your prepared gnocchi into simmering salted water, and as soon as they float to the surface, skim them off with a slotted spoon and put them in an oven dish. Layer the slices of eggplant on top and add the sugo on top of these again. Cover with the mozzarella and parmesan cheese, or vegan substitutes, and finally bake in the oven at 200 degrees for about 10 minutes, or until the cheese has melted.



VEGETARIAN MEATBALLS



These delicious vegetarian meatballs are quick to prepare and offer a great alternative to meat-based meals! They go well with a fresh salad.

VEGETARIAN MEATBALLS

by [KLJB](#)

INGREDIENTS:

1 l vegetable broth
150 g rice
150 g Emmental cheese
2 carrots
2 onions

2 eggs
salt and pepper
3 tbs. mixed herbs
breadcrumbs
clarified butter

PREPARATION:

- 1** Bring the broth to a boil, add the rice and cook for 15 minutes. It should then still be somewhat “al dente”. Drain the rice and let it cool down.
- 2** Grate the cheese and carrots (whether finely or coarsely is up to your own taste). Finely dice the onions.
- 3** Mix the rice, cheese, carrots, onions, and eggs together. Add the pepper (feel free to use plenty), salt and herbs. Stir in the breadcrumbs until the mixture has some consistency. Let it swell for about 15 minutes. Check whether the mass can be formed into small balls with your hands. If so, then roll them lightly in the breadcrumbs.
- 4** Fry the balls carefully on both sides in plenty of clarified butter over low heat until golden brown. After frying, drain the fat on kitchen paper.

TIPS

You can of course also use leftover rice from the previous day. Then, however, do not season it with the salt later, as the rice should already be nice and spicy.



CANEDERLI: THE ITALIAN KNÖDEL



Canederli are bread dumplings typical of Trentino-Alto Adige, a region in the north of Italy. This dish is a delicious way to use up stale bread, which is its main ingredient. There are several variations of the dish, in this case we present the canederli with cheese. They are usually served in warm broth or with melted butter – perfect for winter!

CANEDERLI: THE ITALIAN KNÖDEL

by [WeWorld](#)

INGREDIENTS:

300 g stale bread
2 eggs
200 g cheese (typically Italian cheese Fontina or Asiago, but you can use any type of cheese, preferably a hard paste one)
125 ml milk

30 g onions
20 g '00' flour
butter (approx. 8 g per person)
chives
salt and pepper
parmesan

PREPARATION:

- 1** Start by removing the crust from the bread, cutting the bread into small pieces, and putting them in a bowl. Add the milk and mix well to soften the bread.
- 2** Beat the eggs and add them to the soaked bread. To the mix in the bowl add also the chopped onions and chives as well as salt and pepper to taste.
- 3** Cut the cheese into small cubes and add it to the other ingredients in the bowl. Mix again with your hands, and make sure to soften any pieces of bread that might still be hard.
- 4** Let's make canederli! Wet your hands and use the mixture to make balls roughly the size of a golf ball, being careful not to leave holes inside. Roll the canederli in the flour and place them on a tray.
- 5** Boil the salted water, put the canederli in it and lower the heat to medium. Cover with a lid, leaving a small slit on one side. Cook them for 15 minutes.
- 6** Melt the butter. Once the canederli are ready, remove them with a slotted spoon and put them on plates. Sprinkle each plate of the canederli with a spoonful of parmesan. On top of the parmesan, put 2 tablespoons of melted butter and decorate with half a tablespoon of chives.

COURGETTE AND WALNUT CAKE



Don't be turned off by the courgette, this is a sweet and fresh cake with a delicious cinnamon flavour. Walnuts are the third most important nut in Portugal. They are appreciated in dozens of recipes throughout the country and islands, especially in confectionery, in which they are used in such famous desserts as Madeira's honey cake. They are also a regular presence on the Portuguese Christmas tables, in the king and queen cakes.

COURGETTE AND WALNUT CAKE

by [IMVF](#)

INGREDIENTS:

3 eggs (only from happy chickens)	1 pinch salt
370 g sugar (or 220 g yellow sugar)	275 g flour
100 ml oil (e.g. coconut oil)	1 tsp. baking powder
1 tsp. vanilla extract	1 tsp. baking soda
280 g courgette	lemon zest
2 tsp. cinnamon powder	125 g walnuts

PREPARATION:

- 1** Beat the eggs with the sugar. Add the oil and vanilla extract. Add the grated courgette (no need to peel), salt, cinnamon, flour, baking powder, and baking soda. Stir well. Add the lemon zest and then the chopped walnuts. Stir again.
- 2** Place the dough in a 30 x 20 cm baking tray lined with baking paper or greased with butter or margarine or coconut oil. Bake in the oven at 190 degrees for 40 to 45 minutes (in the gas oven it may be much shorter, so be careful).
- 3** Before removing from the oven, check if the cake is done with a toothpick. Allow to cool. Remove the cake from the baking tray and serve it cut into squares.

PREKMURSKA BAKLAVA



Prekmurska baklava is an example of a hybrid dessert that represents the social realities in Slovenia and the contemporary coexistence of cultural influences. It is a combination of the Balkan and Slovenian culinary traditions. Prekmurska baklava is very popular and is known to cause constant laughter. The recipe provided by Danilo Ivanuša ([Knedl](#)).

PREKMURSKA BAKLAVA

by [Focus](#)

INGREDIENTS:

500 g rolled dough

250 g ground poppy seeds

250 g carob flour

250 g ground walnuts

4 sweet and sour apples

200 ml yoghurt

200-300 g fair trade cane sugar

100 ml sunflower oil

300-500 ml water

20 g fair trade cinnamon powder

2 tbsp. honey + 400 ml warm water

PREPARATION:

1

In small bowls, mix the poppy seeds and carob flour separately with $\frac{1}{3}$ of the sugar each. Grease a baking tray with oil, using a pastry brush. Place two sheets of dough in it. It is important to moisten each new layer of dough with 1 tablespoon of oil and 1 to 2 tablespoons of water. Sprinkle the first layer with the poppy seeds and carob flour, the second with the walnuts, and repeat this until the dough is half the height of the baking tray.

2

Fill the middle layer with the grated apples to which the cinnamon and remaining sugar have been added. Then repeat the layers with the poppy seeds, carob flour and walnuts. Cover the last layer with the dough, moistening it slightly. Mix the yoghurt with a little water and pour over the top.

3

Cut the baklava into squares of any size you like. Bake for 30 minutes in the oven preheated to 180 degrees. Mix the warm water and honey. When the dessert is baked, pour the honey water over it immediately so that the hot baklava drinks up all the liquid. Cool the baklava and cut it again into squares with a knife.

FATSCHENBRUNNER HUTZELBROT: DRIED PEAR BREAD FROM FATSCHENBRUNN



Hutzeln are pears that are dried with stems in wood-heated kilns using traditional methods. They contain in a concentrated form everything that makes the pear valuable: intensive aromas as well as vitamins and nutrients. The pears used for the Hutzeln from Fatschenbrunn, a village in Germany, come from extensively cultivated tree fields and orchards, which are made up of over 30 different varieties of standard pear trees that are up to 180 years old.

The recipe provided by Franz Hümmer, producer of the Hutzeln from Fatschenbrunn.

FATSCHENBRUNNER HUTZELBROT: DRIED PEAR BREAD FROM FATSCHENBRUNN

by SlowFood Deutschland

INGREDIENTS:

1½ kg bread dough	100 g raisins
500 g Hutzeln (dried pears)	100 g lemon peel
250 g dried plums	vanilla sugar
250 g dried figs	1 tsp. cinnamon
100 g hazelnuts (whole)	3 cloves

PREPARATION:

- 1** First, the Hutzeln must be soaked overnight.
- 2** The day after, add the plums and figs and bring to a boil. Drain, reserve some stock, and let them cool. Then chop everything up. Stems should be separated beforehand.
- 3** Knead the ingredients into the bread dough. Form 4 small buns and let them rise a bit. Spread with water. Preheat the oven to 175 degrees and bake the buns for approx. 50-60 minutes.

Join us!

Romero Initiative (CIR) is a German NGO that works for a just and solidary world, in which a good life is possible for all. We support grassroots movements in the struggle for human, labour and land rights in Central America and Brazil. Respect for these rights in food supply chains is one of the main focus of our work.

You can get more delicious recipes from Latin America and the background information about them from our cookbook "Gutes Essen für Alle": ci-romero.de/produkt/kochbuch



Learn more about us and our work here:

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GO TO RECIPE

Oxfam Deutschland is a member of the international Oxfam network – one of the world's largest relief and development organisations. At Oxfam, we believe that a better, more just world is possible, in which everyone can live a dignified life. We believe in a world where no one must suffer from hunger, where wages are enough to live on, and where everyone can kiss whoever he or she wants without being discriminated against. A world in which there is a good, free education and health system available everywhere. And in which the rich take responsibility for the environmental destruction, climate crisis and common good.

To keep up to date with future opportunities for participation, you can sign up to our activist newsletter:

oxfam.de/mitmachen/aktions-newsletter



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oxfam.de

GO TO RECIPE

Fundacja Kupuj Odpowiedzialnie / Buy Responsibly Foundation (FKO) is a Polish organization working for sustainable development and environmental protection, responsible consumption and production as well as respect for human rights and environmental standards in business. We conduct awareness-raising and education projects, cooperate with teachers and other NGOs, reach out to businesses and governments.

Get involved in our work: ekonsument.pl/dolacz

Download our app and check which brands are more

environmentally friendly and socially responsible: dobrezakupy.app



Learn more about us and our work here:

ekonsument.pl
facebook.com/kupujodpowiedzialnie
instagram.com/kupujodpowiedzialnie

GO TO RECIPE

Federación Andalucía Acoge is a social organisation operating in the south of Spain and in the cities of Ceuta and Melilla (in the north of Morocco). We offer social and legal support to migrants, people linked to migration, asylum, and refugee processes, and the population in general. We carry out our work through community, training, legal, awareness-raising and social transformation actions. We also act as a lobbying and advocacy group.

You can join the "Our Food. Our Future" team by participating as a virtual activist in Spain: bit.ly/ACTIVISTA_VIRTUAL_OFOF_ES

Application form: bit.ly/ACTIVISTAFOF



Learn more about us and our work here:

acoge.org

GO TO RECIPE

Tudatos Vásárlók Egyesülete / The Association of Conscious Consumers (TVE)

has been working for a more ethical and environmentally conscious consumption in Hungary already for 20 years. We believe in the power of community, therefore we have several projects that people can join. We have groups in which the participants aim to make their daily habits – related for example to cleaning or diet – more sustainable. We also promote the community-supported agriculture movement in Hungary and organize special events to facilitate meeting of the farmers and consumers.



Learn more about us and our work here:
tudatosvasarlo.hu
facebook.com/tudatosvasarlokegyesulete
instagram.com/tudatos.vasarlok

GO TO RECIPE

Mai Bine is a non-governmental organisation from Iasi in Romania, which envisions a world governed by sound ethical rules and principles, environmentally sustainable, and socially equitable. We work towards our mission through a holistic approach, which includes two green social enterprises: CUIB – a sustainable bistro (incuib.ro) and REDU – a slow fashion workshop (redu.org.ro), as well as several other projects that contribute to or build capacity on topics related to food, textiles, forest conservation, and active citizenship.



Learn more about us and our work here:
maibine.eu
facebook.com/mai.bine
youtube.com/@maibine8815

GO TO RECIPE

Südwind is an Austrian NGO working for over 40 years on the topics of sustainable development, human rights, fair working conditions, migration, climate justice, and youth participation. There are different ways to get involved with us – via joining our activist groups or participating in training events.



Learn more about us and our work here:
suedwind.at

GO TO RECIPE

ActionAid France is an association of international solidarity created to allow everyone to be an actor in the construction of a world where fundamental rights are universally respected.

You can act alongside women and men who fight for their rights. Join our movement: actonaid.fr/agir-avec-nous



Learn more about us and our work here:
actonaid.fr

GO TO RECIPE

International Movement of Catholic Agricultural and Rural Youth – MIJARC Europe is an independent, democratic, youth-led platform for rural youth and by rural youth. We represent 10 youth organisations in the European Union and beyond. On the basis of the Christian values, we strive for the personal development of young people, using non-formal learning opportunities, in a sustainable and culturally sensitive manner. We encourage the participation of young people to build the Europe of tomorrow. Our methodology of "see-judge-act" is an invitation to any young person to take action and shape the future of Europe.



Learn more about us and our work here:
mijarc.eu

GO TO RECIPE

Katholische Landjugendbewegung Deutschlands (KLJB) has represented the interests of young people in rural areas in Germany since 1947. Our members engage in building the future of society and work actively for a just and sustainable world. We see ourselves as pioneers of environmentally conscious actions, in the sense of protecting the creation, and as a professional association with extensive expertise on the issues of agriculture, sustainability, environment and climate change, critical consumption, peace, migration and diversity.



Learn more about us and our work here:
kljb.org

GO TO RECIPE

WeWorld is an independent Italian organisation active in 25 countries, including Italy, focused on projects concerning development cooperation and humanitarian aid to guarantee the rights of the most vulnerable communities, especially women and children.



Learn more about us and our work here:
weworld.it

GO TO RECIPE

Instituto Marquês de Valle Flôr (IMVF) is a Portuguese foundation for development cooperation that started its activity as an NGDO more than 30 years ago. We believe in working in partnership to promote human dignity, empower people and communities, and support sustainable development.



Learn more about us and our work here:
imvf.org

GO TO RECIPE

Get in touch with us: linktr.ee/imvfongd

Focus, društvo za sonaraven razvoj / Association for Sustainable Development is an independent, non-governmental, non-profit and apolitical association of individuals. Focus is committed to promoting comprehensive socioeconomic changes towards a decent life within planetary boundaries. We fulfil our mission through research, awareness-raising, advocacy, and participation in policy-making processes. We provide the local and international environment with ideas about new possibilities of life practices and social orders.



Learn more about us and our work here:
focus.si
facebook.com/drustvoFocus
twitter.com/Focus_drustvo
instagram.com/drustvo_focus

GO TO RECIPE

Follow our activities in “Our Food. Our Future” project here:
instagram.com/futrzejutr, facebook.com/FutrZajutr

Slow Food Deutschland is a part of the global Slow Food network. In the current food system, many foods are considered unprofitable due to their comparatively complex and rare production and have gone ‘out of fashion’. The Slow Food project “Ark of Taste”, on the other hand, protects regionally important foods, livestock species, cultivated plants, and traditional methods of preparation from being forgotten and disappearing. The motto is: Eat what you want to rescue! Because: What is not eaten is not in demand, so it cannot be sold and is therefore not produced.



Learn more about us and our work here:
slowfood.de

GO TO RECIPE

You can find out more about the “Ark of Taste” here:
fondazioneSlowFood.com/the-ark-of-taste



**OUR FOOD
OUR FUTURE**

WE ARE HUNGRY FOR JUSTICE

ourfood-ourfuture.eu