



PLANET SAVING MEALS

Cookbook

TASTY DISHES FOR
A THRIVING PLANET



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A THRIVING PLANET

Disclaimer:

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While the publication team takes its best steps to ensure all recipes are workable as per contributor's submission, the end result of the recipe depends on several factors - ingredients, types of equipment, the reader's cooking ability, judgement capabilities. We do not take responsibility for the outcome of the recipe. We strongly advice readers to take precaution on the allergies. Happy cooking!

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Foreword

Prof. Tan Sri Dr. Jemilah Mahmood



In many cultures, food is the central backdrop to our identities, telling the story of who we are, where we are from, what we value, and how we build our relationships in life. It is the bridge connecting people, blending conversations, and bringing joy to our tables. Unsurprisingly in the context of anthropogenic changes shaping the face of the planet, what we eat has significant impacts on both our health and the health of the planet.

In Malaysia, food is the language to which we express our care to our loved ones and to our community. Every festivity sees mountains of food as a gesture of welcome to guests, sharing and expressing our individual histories through cuisine. Even business meetings rarely come without some light refreshments – our traditional desserts, kuih, or in some cases, a full set of our rich and flavourful nasi lemak! Growing up in this culture however means our everyday diets are delicious but typically heavy, not necessarily healthy, and oftentimes, carnivorous.

Against this backdrop, I have challenged myself to transition to a more plant-based (flexitarian) diet and growing some of my own vegetables at home after seeing the cold hard facts that govern our existing global food systems. Almost one third of methane released into the

global atmosphere are a result of beef production. Food miles, or the carbon emissions generated from trading and transporting of food from its point of production all over the world to the neighbourhood supermarkets, grocery stores, and down to our households now amount to nearly 20 percent of global carbon emissions. Rarely do we question how far our food has travelled before it landed on our plates. Not to mention the higher carbon footprint of processed foods. Even more disappointingly is that so much of the food we prepare ends up rotting in landfills, wasting resources and releasing more methane – all simply from our greed and deep-rooted culture of overconsumption.

I must admit that this transition has not been easy, but I stand motivated not only from wanting to reduce my own individual carbon footprint but also in the simple pleasure of knowing that what I put into my body is healthy and ethically sourced. Some are directly from my own garden and so I take greater pleasure to know that it is the product of my own labour in planting and nurturing them.

While I advocate for everyone to reduce their meat consumption and shift to a more plant-based diet, we must acknowledge that access to healthy, nutritious food remains a challenge for many parts of the world. There is also no one single diet that fits everyone; it should be tailored according to our lifestyles, access, culture, and the needs of our own bodies. The climate crisis exposes the vulnerabilities of our existing food systems, and

its disproportionate impacts to already marginalized populations who now must struggle with food insecurity in addition to long-standing social and economic inequalities. Where choices are limited, many will have to sacrifice nutrition for affordability.

In a world facing these complex challenges and questions of equity, “Planet Saving Meals” offers a delicious revolution – bringing together a diverse group of people passionate about planetary health and featuring 30 recipe ideas that savour flavours from cultures all around the world while offering a chance to make a positive difference in your individual lives at your own pace and from the comfort of your homes. This book is more than just a collection of recipes. It is a call to action, framing food systems as solutions instead of problems. Within these pages, you will be taken on a culinary adventure to a world that embraces low-carbon, plant-based alternatives to your everyday meals yet bursts with flavour and creativity, and ready to be adapted to the locally sourced and produced ingredients that you have in your own localities. Whether you are a committed vegan, flexitarian, or simply interested and curious to explore more sustainable diets, this cookbook will be your trusted companion on the journey toward a healthier and more sustainable lifestyle.

Join us as we redefine our relationship with food. Let “Planet Saving Meals” be your culinary compass, leading you towards a future where every delicious bite nourishes you, your community, and our shared planet.



Building sustainability into food systems one plate at a time

Dr. Nadia Nantheni Rajaram

My journey with food began about 20 years ago, when I was first diagnosed with endometriosis. At the time, not much was not about this chronic disease, not what caused it nor how to effectively treat it. What we knew was that it was an inflammatory disease and diet was one of the tools we had to deal with inflammation. As a young researcher bound with so much uncertainty, I was convinced I'd find a solution to manage this disease through a deep dive of the internet. This led me through a handful of websites that advocated severe dietary modifications, removing almost everything that I typically ate. I was devastated by a chronic diagnosis and discouraged by the solutions in front of me.

Since then, I've learnt that food is more than its' power to harm. Rather than associating food with indulgence, gluttony, and disease, I've learnt to embrace food as comfort, as medicine, and as safety. This reframing of food as a solution rather than the problem has vastly changed my perspective

on how I choose and prepare my food and the power I have over my health. This is the lens though which I believe we can transform our food systems to benefit humanity and our environment.

There is a strong and complex relationship between the food we eat, the systems that produce it, our health, and the health of our planet. Food systems both affect and are affected by the climate crisis that we face. The poorest pockets of the population in growing economies face the brunt of this burden, having to cope with the impacts of climate change whilst dealing with worsening food, economic, and health insecurity, perpetuating the cycle of poverty.

To this end, we have put much of the blame on existing food systems across the globe. We have known for a long time that beef production is one of the biggest offenders due to large quantities of methane released into air (through belching and flatulence of cows, no less!) Globally, this amounts to 231 billion pounds of methane each year, making up almost one third of all methane released into the atmosphere.¹ This methane in our atmosphere leads to a greenhouse effect, resulting in global warming. The issue, however, extends beyond methane emission and climate change. About 1,800 gallons of water is needed to produce just 1 pound

of beef.² This is the same amount of water used if a person took 113 showers. Also, up to 2 billion hectares of land is used globally to rear and feed livestock, land that could otherwise be used for agriculture.³ Worst still, we anticipate that the livestock industry will require more natural resources to meet the growing demands of the population. In just over 50 years, the amount of beef that an average person consumes has almost doubled, now averaging at 42 kg per year per person.⁴ Even though red meat has been known as an important source of protein that is rich in iron, zinc, and B vitamins, eating red meat has been linked to an increase in risk of diabetes, cardiovascular disease, and cancer.⁵ Here, the conditions for human health and environmental health align.

The trajectory of global beef production is just one example of how current foods systems no longer support the needs of the population and planet. Another glaring example is our reliance (and love) for ultra-processed foods. Most people have some understanding of what a healthy diet is and know that ultra-processed foods flavoured with added sugar and trans-fat, made pretty by coloring, and stabilized with chemicals, are not good for our health. Yet, these foods have become the most accessible, affordable, and desirable food on the market. Ultra-processed foods rely heavily on environmentally unfriendly monoclonal crops, such as palm and soy, leading to deforestation and biodiversity loss.⁶ Also, the intensity in manufacturing and distribution of ultra-processed foods lead to high energy use and the release of greenhouse gas emissions, further threatening our environment.⁷ We do not need research to tell us that ultra-processed foods lead to poorer health outcomes, increasing the risk of heart

disease, mental health problems, and even death.⁸ Again, the conditions for human health and environmental health align. When it comes to how we produce and consume food, more often than not, the conditions for human health and environmental health will align.

To effectively and efficiently minimize the threats to food security, health, and climate change, though, we must reframe food systems as the solution, rather than the problem. Food systems should be designed to adapt to the changing climate as well as to mitigate future risks to our environment and health. For example, by implementing environmentally friendly livestock management, we could drastically reduce the amount of greenhouse gas emissions, by up to 41 percent. Shifting the emphasis from animal-based proteins to plant-based proteins, such as legumes, has been hailed as the “cornerstone” for transforming food systems towards sustainability.⁹ Legumes are resilient crops that grow under many conditions and are less affected by an unpredictable climate. Additionally, legumes can reduce the amount of carbon dioxide and nitrous oxide in our air, repurposing it to improve soil fertility.¹⁰

Like legumes, there are many opportunities to redesign food systems to become net carbon sinks, absorbing more carbon dioxide than it emits, whilst also meeting the nutritional needs of the people. By successfully transforming food systems globally and achieving dietary shift at the consumer-level, we could remove a whopping 33 gigatonnes of greenhouse gas emissions per year.¹¹ To put this into context, a meaningful change in the way we produce and consume food could be enough to prevent further global warming.¹²

If it feels like this is a problem far too great for any one individual to take on, it is not. As individuals, we can use the power of food to change the world. Here are some of the things you can do to make this happen:

- Reduce your intake of animal-based foods. Meat-less Mondays are a great place to start, but let's work towards more meat-less days every week.
- Drive demand for climate-friendly foods by increasing intake of whole-grain, legumes, fruits, and vegetables. Better still if you can buy locally, which has many benefits, including supporting your local produce suppliers, reducing greenhouse gas emissions, and minimizing food loss by shortening the supply chain.
- Reduce purchase of ultra-processed foods. Driving down demand for ultra-processed foods can lead to a shift in food system priorities.
- Consider how you can minimize the amount of food waste that ends up in landfills. Composting, for example, is an economical way to repurpose food waste into fertilizer.
- In this era of food delivery and take out services, opt out of single-use plastic packaging. Better still, use the recipes in this book to prepare delicious, planet-friendly meals at home!
- Educate and empower others to make better choices for themselves. Bring healthy meals and snacks to office parties and family gatherings.
- Get your community involved and your leadership invested in healthier food for people and the planet.

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Asia

Nyonya Style Acar Awak

(pickled vegetables)

Contributor Prof. Tan Sri Dr. Jemilah Mahmood
Executive Director
Sunway Centre for Planetary Health
Sunway University

Description This is a traditional recipe usually available in nyonya (Straits Chinese) refrigerators at home. The quantity of this recipe serves ten people. The pickles can be eaten on their own, as an accompaniment to rice and other dishes, and can even be added to a sandwich for added spiciness and flavour.



Nyonya Style Acar Awak (pickled vegetables)

INGREDIENTS

Vegetables

0.2 kg carrot, peel, sliced into 3cm length
0.2 kg long beans, destring and sliced into 3cm length
0.2 kg cucumber, sliced lengthwise deseed and sliced into 3cm length
0.2 kg cabbage, sliced into 3cm squares
0.3 kg pineapple (optional)

Spice paste

0.15 kg lemongrass, sliced thinly
0.2 kg red chillies, deseed
0.08 kg shallots, peel and cut into quarters
0.03 kg garlic, peel and crushed
0.012 kg galangal (lengkuas), peel and sliced into 1cm thick
0.05 kg dried chilli, remove seed and soak in warm water
0.03 kg fresh turmeric, peel or 0.015 g turmeric powder
0.160 g cooking oil
0.015 kg salt

To taste

0.010 kg cooking oil
0.150 kg rice vinegar
0.100 kg sugar
0.015 kg salt

To finish

0.100 kg sesame seeds, toasted over medium heat until golden brown and fragrant.
0.100 kg roasted peanuts nibs

INSTRUCTIONS

Blanch carrots and cabbage

Bring a pot of water to boil. Add in carrots and cabbage. Allow to blanch for 30 seconds. Remove from boiling water and strain off excess water with kitchen towel.

Macerate mix vegetables

Rub 0.015 kg salt over mix vegetables and allow it to macerate in a large bowl for 30 minutes. After 30 minutes, remove vegetables from the bowl. Discard the macerated liquid. Rinse the vegetables under running water, toss and pat dry with kitchen towel to remove excess liquid.

To prepare spice paste

Pound lemongrass, fresh chilis, shallots, garlic, galangal, hydrated dried chilis, fresh turmeric into a fine paste. Continuously add in cooking oil to smoothen the paste. In a sauce pot, heat up cooking oil over medium heat. Pour in spice paste and stir continuously over medium heat for 8–10 minutes or until fragrant.

To finish

Pour in rice vinegar and season to taste with sugar and salt. Bring mixture to boil over high heat. Skim off excess oil from the spice mixture. Once boiled, remove from heat and stir in mix vegetables. Stir and mix well to ensure each piece of vegetable is coated in the spice mixture. Stir in peanut nibs. Allow pickle to cool down at room temperature before transferring into jar for storing. Keep chilled. Best served overnight. Sprinkle toasted sesame seed before serving.

Nyonya Style Jiu Hoo Char

(stew vegetables)

Contributor Prof. Tan Sri Dr. Jemilah Mahmood
Executive Director
Sunway Centre for Planetary Health
Sunway University

Description This is our family go-to-recipe when we want to have a good vegetarian meal and can be eaten with rice or on its own wrapped in any type of large lettuce leaves with the iceberg lettuce preferred if you like added crunchiness. This quantity serves four people.



Nyonya Style Joo Hoo Char (stewed vegetables)

INGREDIENTS

0.8 kg jicama (sengkuang), peeled and julienned into matchstick pieces
0.100 kg carrot, peel and julienned into matchstick size pieces
0.100 kg red onion, peel and thinly sliced
0.020 kg dried mushroom, soaked in warm water
0.050 kg garlic, peel and finely chopped.
0.100 kg cooking oil

To taste

0.010 kg mushroom/vegetable bouillon
0.015 kg salt
0.010 kg white pepper powder

To finish

0.200 kg lettuce
Sour-spicy chilli dip

INSTRUCTIONS

Strain the mushrooms. Reserve the mushroom liquid for the vegetable stew. Slice off the stem. Slice the mushroom heads into thin slice.

In a big pot, heat up cooking oil over medium heat. Add in sliced mushrooms. Sweat until fragrant. Add in garlic, sliced onion, carrots, and jicama. Stir-fry and mix well all vegetable. Continue to stir fry for 8–10 minutes until vegetables start to soften. Pour in reserved mushroom liquid. Allow vegetables to stew over medium heat. Add in mushroom/vegetable bouillon.

Seasoned to taste with salt and white pepper. Remove from heat and allow to cool down at room temperature.

To finish

The best way to enjoy Joo Hoo Char is to wrap with crispy lettuce into bite-size parcels and dip into sour-spicy chilli.

Khao Yum (Thailand rainbow rice salad)

Contributor Dr Phayong
Sirindhorn College of Public Health
Trang Trang Alternative Cuisine Restaurant
Thailand

Description Khao Yum, is a specialty of Southern Thai cuisine that has become popular in Bangkok in recent years because of the healthy, clean eating trend!



Khao Yum (Thailand rainbow rice salad)

INGREDIENTS

Butterfly pea flower liquid

30 g butterfly pea flower
500 ml water

Butterfly pea flower rice

300 g rice
450 ml butterfly pea flower liquid

50 g bean sprouts, derooted
30 g wild betel leaves, thinly sliced
(chiffonade)
20 g kaffir lime leaves, thinly sliced
(chiffonade)
50 g pomelo flesh, tear to chunks
30 g acacia seeds/bitter beans
15 g lotus petal
30 g long beans, destring and slice
450 g butterfly pea flower water
200 g lemongrass, thinly slice
20 g desiccated coconut, toasted
10 g white sesame seeds, toasted
20 g cashew nuts
5 g dried chilli flakes

INSTRUCTIONS

To extract butterfly pea flower liquid

Bring water to a boil over high heat. Add in butterfly pea flower and allow to soak until visible blue colour is extracted. Remove butterfly pea flower and strain liquid. Allow to cool at room temperature.

To prepare butterfly pea flower rice

Rinse rice until water is clear.

In a small sauce pot, bring liquid to simmer over medium heat.
Pour in rinsed rice, turn to low heat. Cover with lid and allow to cook for 12–15 minutes. Once rice is cooked, allow to cool down.

To finish

Place a bowl of butterfly pea flower rice in middle of serving dish, surrounded by vegetables, herbs and pomelo. Sprinkle toasted desiccated coconut, toasted white sesame and dried chili flakes over the dish.

Mee Kolok

(Malaysian-Sarawak eggless noodle)

Contributor Anwar Felix
YouthCare Malaysia

Description Mee Kolok is a signature noodle dish in Sarawak, Malaysia, known for its dry preparation and unique blend of flavours.



Mee Kolok (Malaysian-Sarawak eggless noodle)

INGREDIENTS

Fragrant garlic-shallots oil sauce

200 ml vegetable oil
30 g garlic, peeled and minced
15 g shallots, peeled and thinly sliced.
20 ml light soy sauce
10 ml sesame oil
10 g sugar
5 g white pepper powder

Mushroom topping

20 ml cooking oil
20 g shitake mushrooms, sliced
30 g shitake mushrooms, finely chopped
30 ml oyster flavoured sauce
20 g garlic, peel and chopped
20 g shallots, peel and fine diced
10 ml light soy sauce

To assemble

225 g eggless noodles
10 g bok choy, blanched
100 ml fragrant garlic-shallots oil sauce
10 g spring onions, sliced

INSTRUCTIONS

To prepare crispy shallots and fragrant garlic shallots oil

In a sauce pan, heat up vegetable oil over high heat. Add in spring onions, crushed garlic and shallot trimmings. Once vegetables have wilted, remove pan from heat. Strain and discard the vegetables. Return the oil into the saucepan. While the oil is still warm, add in chopped garlic and sliced shallots. Carefully stir over medium heat. Once the garlic starts to turn golden, remove from heat. strain the garlic and shallots. Reserved the fragrant oil for the sauce. Add in light soy sauce, sugar, white pepper and sesame oil into the fragrant oil. Mix well and set aside.

To prepare mushroom topping

Heat up cooking oil in a saucepan over high heat. Add in chopped garlic and shallots. Once fragrant, add in all mushrooms. Stir fry for 2–3 minutes. Add in light soy sauce and oyster flavoured sauce and continue stir fry until mushrooms are cooked. Season to taste. If mixture is too dry, adjust with warm water.

To assemble

In a pot of boiling water, blanch the eggless noodles. Once soft, remove and toss away excess water. In a bowl, add in 100 ml fragrant garlic-shallots soy sauce, eggless noodles and tossed evenly. Transfer the noodles into separate bowl. Top with mushroom toppings and blanched bok choy. Garnish with crispy garlic and shallots, and sliced spring onions.

Pani Puri

(crispy semolina puffs filled with potato chat, mint chutney and sweeten

Contributor Chef Boobalan Arumugam
Vice President of Community Outreach
Engagement and Sustainability
Professional Culinaire Association

Description A common street snack in the Indian subcontinent, this dish has the best of textures and flavours: crispy on outside, soft in inside, sweet, salty, spicy and tangy making it a perfect snack at any gatherings.



Pani Puri (crispy semolina puffs filled with potato chat, mint chutney and sweeten tamarind liquid)

INGREDIENTS

Puri (puffed semolina balls)

150 g semolina
15ml vegetable oil
10 g baking soda
10 g salt.
30 g all purpose flour
30 ml water

Potato chat filling

150 g potatoes, peel and dice (macedoine)
10 g salt
70 g red onion, peel and dice (ciseler)
5 g cumin powder, toasted
5 g chat masala
15 g coriander leaves, finely sliced
(chiffonade)

Pani (herb-tamarind liquid)

30 g mint leaves
30 g coriander leaves
10 g green chillies, sliced
10 g ginger, peel and sliced
15 g tamarind paste, seeds removed
20 g palm sugar,
5 g cumin powder, toasted
5 g masala powder
100 ml cold water

INSTRUCTIONS

To prepare puri

Mix well semolina, baking soda, all-purpose flour and salt. Pour in oil and mix all ingredients evenly. Slowly pour in water and mix to form a dough. Knead to get a smooth dough, adding more water as necessary.

Rest dough in a large bowl and cover with damp cloth. Allow to rest for 30 minutes. Once rested, knead the dough again for 3–5 minutes. Dust the working surface with flour and roll the dough into a thin sheet using a rolling pin. Use a circular shaped cookie cutter and cut out multiple small discs.

Heat up a pot with vegetable oil over high heat until about 180°C. Slide the dough discs into the frying oil. Do not overcrowd the oil as the dough will puff up. flip the puffs so the dough puffs evenly on all sides. Once it is evenly puffed, transfer the puffs out from the oil and drain on cooling rack. Transfer to a tray lined with kitchen paper towel to absorb excess oil.

To prepare potato chat filling

In a sauce pot, add in diced potatoes and salt. Cover with water. Bring to boil over high heat. Allow potatoes to boil until cooked. Once potatoes are cooked, remove from pot, drain away excess water transfer to bowl to allow to cool down. Add in diced red onions, cumin powder, chat masala and coriander leaves. Season to taste.

To prepare pani

Grind mint leaves, coriander leaves, green chillies, ginger, palm sugar, tamarind paste into a smooth and fine paste. Add in little amount of cold water as necessary to aid the grinding process. Dilute the paste with balance of cold water. Season to taste. Place the bowl of pani in chiller or over ice bath to keep it chill.

To serve

Break the centre of the puri with thumb. Fill in with the potato masala filling. Dunk the puri into the chilled pani.

Gỏi Cuốn

(Vietnamese rice vermicelli and vegetable rolls)

Contributor Linh To
Vietnamese Foodie Worldchefs

Description A salad wrap with rice paper featuring local vegetables and herbs paired with a peanut dipping sauce.



Gỏi Cuốn (Vietnamese rice vermicelli and vegetable rolls)

INGREDIENTS

Summer rolls

300 g dried rice paper
50 g dried thin rice vermicelli, soak in water until soft, drain and pat dry
50 g bean sprouts
30 g butter lettuce
30 g carrots, peel and julienne
20 g Thai basil
10 g coriander
10 g mint

Nước chấm bơ đậu phộng

(peanut dipping sauce)
15 ml vegetable cooking oil
100 ml water
10 g garlic, peel and finely chopped
10 g fermented black bean sauce
20 ml light soy sauce
15 ml lime juice
20 g brown sugar
50 g peanut butter
10 g red chillies, deseeded and finely diced (brunoise)
20 g peanuts/cashew nuts, roasted and coarsely chopped

INSTRUCTIONS

To prepare summer rolls

Fill up a plate with water. Dip the dried rice paper in the water for just few seconds and place it on chopping board. Layer the bottom part of hydrated rice paper with lettuce, followed by rice vermicelli, carrots, bean sprouts, Thai basil, coriander and mint. Carefully fold both sides of the rice paper and roll from bottom to up to form a tight cylinder shape wrap.

To prepare dipping sauce

In a saucepot, heat up cooking oil over medium heat. Add in garlic and sweat until fragrant. Pour in water, light soy sauce, lime juice, peanut butter and fermented black bean, whisk to combine well. Bring to boil over high heat and then simmer over low heat for 5–7 minutes. Remove from heat, add in diced red chillies and allow to cool at room temperature. Before serving, sprinkle chopped nuts.

Kinoko Nabe

(Japanese vegetables and mushrooms hot pot)

Contributor Akimi Yamaguchi
Osaka, Japan

Description This Japanese hot pot is delicious, comforting, and good for what ails you.



Kinoko Nabi (Japanese vegetables and mushrooms hot pot)

INGREDIENTS

Broth

150 g kombu (dried kelp)
200 g dried shiitake mushrooms
1 litre warm water
30 ml shoyu (light soy sauce)
30 ml mirin
Mushroom seasoning

To assemble

200 g Chinese cabbage, slice to squares,
separating the stems and leafy part.
100 g leek (only white part), slice diagonally
150 g carrots, peel and slice (paysanne)
50 g fresh shiitake mushroom, remove stalk
50 g enoki mushroom
100 g shimeiji mushrooms, remove stalk
100 g king oysters mushrooms, slice
300 g white bean curd, slice thickly

INSTRUCTIONS

To prepare broth base

In a soup pot, soak kombu and dried shiitake mushrooms in warm water for 30 minutes. Cover the pot with lid. Remove kombu. Bring broth to quick boil over high heat and simmer over medium heat for 10 minutes. Strain liquid to get a clear broth. Add shoyu and mirin. Season to taste.

To assemble nabe

Place the cabbage stems on the bottom of the clay pot. Layer the cabbage stems with mixed mushrooms, carrots, leeks, leafy cabbage and white bean curd.

Bring broth to a quick boil. Once boiled, carefully pour over clay pot. Place clay pot on a stove. Cover with lid. Bring to boil over high heat and simmer over medium heat. Once carrots are soft, it is ready to be serve.

Gado Gado (Indonesian salad with peanut sauce)

Contributor Renzky Kurniawan
Sous Chef
Amici By Enrico Bartolini Bali-indonesia

Description 'Gado gado' means 'mix mix', in which the salad condiments is tossed with the peanut sauce to create a dish with vibrant flavours, highlighting the richness of Indonesian food culture.



Gado Gado (Indonesian salad with peanut sauce)

INGREDIENTS

Spice paste

60 g shallots, peeled
15 g garlic, peeled
20 g lemongrass, (white part), finely sliced
30 g galangal, peeled and finely sliced
15 g dried chillies, remove seed, soaked in hot water
10 g birds eye chillies
5 g fresh turmeric, peeled and thinly sliced

Peanut Sauce

200 g peanuts, roast until fragrant, remove skin and pound coarsely
100 g tamarind paste, soaked in 100ml warm water, squeeze and strain to extract tamarind juice.
60 g palm sugar, coarsely pounded
150 ml water
50 ml coconut milk
15 g kaffir lime leaves
120 g spice paste
30 ml cooking oil

Condiments

100 g potatoes, peel
50 g tempeh (fermented soybean cakes), slice thickly
30 g long beans, slice to matchsticks length
100 g cabbage, sliced to bite size
100 g beansprouts, remove roots
100 g water spinach
100 g cucumber, quartered and slice
50 g firm bean curd, diced
20 g vegetable crackers
30 ml oil
15 g salt

INSTRUCTIONS

To prepare spice paste

Pound all ingredients into a smooth paste.

To prepare peanut sauce

Heat up cooking oil in a sauce pot over medium heat. Pour in spice paste and continue stirring for 10–15 minutes until fragrant. Pour in water and bring to boil over high heat. Pour in pounded peanuts, coconut milk, tamarind liquid, palm sugar, and kaffir lime leaves. Bring to boil again over high heat, then stir continuously over medium heat until mixture thickens. Remove from heat and discard kaffir lime leaves. Season to taste.

To prepare condiments for gado gado

In a sauce pot, put in potatoes and cover with water and a tsp salt. Bring to boil over high heat. Allow potatoes to boil in water for 10–12 minutes. Check potatoes' doneness with skewer. Once soft (no resistance when skewer is inserted into potatoes), remove potatoes from pot and allow to cool down to room temperature. Slice potatoes (demilune) and set aside. Reserve water in pot for blanching of vegetables. Bring water to boil over high heat. Blanch long beans, bean sprouts and water spinach separately. Toss vegetables to remove excess water. Cut water spinach to bite size.

In a saucepan, heat up cooking oil over medium heat. Shallow fry diced bean curd, and sliced tempeh until golden brown, followed by vegetable crackers until crispy. Remove from pot and drain on kitchen paper towel to absorb excess oil.

To assemble

Place water spinach on the base of the serving plate. Layer with cabbage, potatoes, bean sprouts, long beans, cucumbers, beansprouts, bean curd, tempeh and vegetable crackers. Drizzle peanut sauce over salad.

Lei Cha

(Chinese Hakka rice with vegetable toppings and pounded herb-tea broth)

Contributor Chef Philip Chui
Founder
PC Studio Café and PCS Culinary Academy

Description Often mistaken as thunder (lei) tea (cha) rice, lei is actually the action of herbs pounding. This dish features an array of local herbs made into a paste, then diluted with warm liquid to form a flavourful and healthy broth.



Lei Cha (Chinese Hakka rice with vegetable toppings and pounded herb-tea broth)

INGREDIENTS

Pounded herb-tea broth

200 g mint leaves
100 g tea leaves (green/oolong tea)
250 g sweet potato leaves
200 g thai basil
200 g coriander
150 g sawtooth coriander
150 g mug wort leaves
150 g cashew nuts, toasted
50 g peanuts, toasted and skin removed
80 g white sesame seeds, toasted
250 ml water

To assemble

50 g salted radish, chopped
100 g sweet leaves, (breyntia androgyna)
100 g purple cabbage, finely sliced
(chiffonade)
50 g black eye beans, soaked and boiled
until soft
50g four angle beans, sliced
50 g long beans, sliced, stir fry with garlic
and set aside
50 g choy sum, sliced, stirfry with garlic and
set aside
50 g Chinese celery, sliced
50 g firm bean curd, cubes, shallow fry until
golden brown and set aside
20 g peanuts, roasted.
300 g cooked rice (white/brown)

INSTRUCTIONS

To prepare pounded tea broth

Heat up a saucepan over low heat. Add in tea leaves, basil leaves, coriander, sawtooth coriander, mug wort leaves and lightly toast until fragrant. Remove from heat and transfer into a bowl.

Grind the toasted herbs, nuts and seeds, into paste. Bring water to boil over high heat. Slowly pour boiling water into herb paste, mix to combine well until desired consistency. Allow to rest for 10–15minutes for the pounded herb-tea paste to infuse its flavours into the hot liquid. Season to taste.

To assemble

Place a bowl of cooked rice in the centre of serving bowl. Arrange the condiments surrounding the rice.

To serve

Pour the warm herb-tea broth over the rice. Mix all condiments

Japchae

(Korean Stir-fry sweet potato noodles with vegetables and mushrooms)

Contributor Chef Jake Kim Dong Suk
Vice President
Korean Chefs Association

Description Japchae is a comfort food and one of the most popular dishes in Korean cuisine. Almost every family has its own version of the sauce and garnish.



Japchae (Korean stir-fry sweet potato noodles with vegetables and mushrooms)

INGREDIENTS

Noodle sauce

50 ml soy sauce
15 g sugar
15 ml sesame oil
5 g salt
10 g black pepper, ground

Condiments

50 ml vegetable oil
30 g yellow onion, peel and sliced
30 g fresh shiitake mushrooms, stem removed and caps sliced
150 g carrots, peel and julienne
30 g spring onion
150 g capsicum, julienne
100 g spinach

300 g dangmyeon (sweet potato starch noodles)

30g white sesame seeds, toasted

INSTRUCTIONS

To prepare sauce for noodle

Mix well all ingredients in a big mixing bowl.

To prepare condiments

In a frying pan, heat up vegetable oil over high heat. Add in sliced mushrooms, yellow onion, spring onion, carrots and capsicum. Continuously stir fry until mushrooms are cooked. Remove pan from heat and season to taste. Bring a pot of water to boil. Blanch spinach for 30 seconds. Remove spinach from pot and run under cool water. Squeeze out excess water and transfer into a separate bowl. Reserve pot of boiling water for blanching of noodles.

To assemble

Pour the noodle sauce into a big mixing bowl. Bring the pot of water back to boil. Blanch the sweet potato noodles until cooked. Once cooked, remove from pot, strain and toss away excess water. Transfer noodles into noodle sauce. Add the stir fried vegetables and mushrooms into the noodles. Mix the noodles, vegetables, mushrooms well so that the sauce is distributed evenly. Season to taste.

To serve

Transfer japchae to serving plate. Drizzle with balance of noodle sauce from the mixing bowl and garnish with toasted white sesame.

Beriani Cendawan

(Malaysia-Johor styled long grain rice cooked in spices with mushrooms)

Contributor Nur Hazirah Marzuki,
Communications Manager
Sunway Centre for Planetary Health
Sunway University

Description *Beriani Johor* is a beloved Malaysian delicacy from the state of Johor, featuring fragrant basmati rice layered with tender meat and a medley of spices. Slow cooked to perfection, it's served with pickled onions, boiled eggs, and curry gravy, offering a delicious taste of Malaysian cuisine.



Beriani Cendawan (Malaysia-Johor styled long grain rice cooked in spices with mushrooms)

INGREDIENTS

Spice paste

300 g dairy-free ghee
10 g cinnamon sticks
10 g cardamoms
10 g cloves
10 g star anise
200 g red onion, peel and pound to fine paste
60 g garlic, peel and pound into fine paste
80 g ginger, peel and pound into fine paste
4 sprigs coriander leaves
4 sprigs spring onions
1 sprig mint leaves
12 green chillies
80 g lemongrass (white part), peel and pound into a fine paste

Rice

3 cloves of garlic thinly sliced
5 cm ginger, thinly sliced
10 cloves
15 cardamom seeds
6 cm cinnamon sticks
6 star anise
30 g beriani mixed spices
250 ml evaporated milk
2 kg basmati/long grain rice, rinse until water is clear and drain
100 g cashew nuts, toasted
50 g mint leaves, finely slice (chiffonade)
30 g coriander leaves finely slice (chiffonade)
2.5 litre vegetable broth

Mushroom garnish

Mushrooms
30 g dairy-free ghee
20 ml cooking oil
50 g shallots, peel and thinly sliced
100 g oyster mushrooms, thinly sliced

To assemble

50 g raisins
5 g saffron
20 g dairy-free ghee
50 g fried shallots
15 g mint leaves, finely sliced (chiffonade)
15 g coriander leaves finely sliced (chiffonade)

INSTRUCTIONS

To prepare spice paste:

Heat up dairy-free ghee in a large pot over low heat. Add in cinnamon sticks, cardamoms, cloves, star anise. Sweat the dry spices in melted dairy-free ghee until fragrant. Pour in pounded yellow onion, garlic, ginger and lemongrass. Continue to sweat over medium heat until pounded vegetables are cooked, about 10–15 minutes.

To prepare beriani rice

Add in ghee with garlic, ginger, cardamom seeds, cinnamon sticks, star anise, beriani mix spice, evaporated milk and vegetable broth. Bring to boil over high heat. Once boil, pour in rinsed rice, cashew nuts, mint leaves and coriander leaves. Allow rice to boil for 5 minutes before cover with lid and continue to cook over low heat for 20–25 minutes until rice is cooked.

To prepare mushroom garnish

Heat up cooking oil in a frying pan over medium heat. Add in shallots and sweat until translucent. Add in mushrooms and continue to sauté for 5 minutes. Once mushrooms are cooked, add in dairy-free ghee and allow the dairy-free ghee to coat the mushrooms. Season to taste.

To assemble

Once rice is cooked, fluff rice with wooden fork. In a separate small pot, warm and melt the dairy-free ghee. Once melted, add in saffron and allow to rest for 10 minutes for the saffron to diffuse its colour. Sprinkle raisins, mint and coriander leaves on top of rice. With a wooden spoon, make a hole in the middle of the pot. Pour the saffron liquid into the rice. Carefully fold and spread the saffron liquid evenly in the rice. Sprinkle with fried shallots and mushroom garnish.





Middle East

Mhadjeb

(Algerian flatbread with spicy tomato, caramelized onions and carrots filling)

Contributor Nour El Houda, Tebessa, Algeria
Description Mhadjeb, also called Mahjouba which means "covered" or "veiled", is very popular in all the regions of Algeria. It is one of the essential dishes offered in Algerian street foods.



Mhadjeb (Algerian flatbread with spicy tomato, caramelized onions and carrots filling)

INGREDIENTS

Flatbread dough

240 g fine semolina
240 g wheat flour
5 g salt
250 ml warm water

spicy tomato with caramelized onions and carrots filling

30 ml vegetable oil
150 g yellow onions, peeled and sliced
50 g garlic, peeled and finely chopped
15 g chili flakes
5 g paprika
60 g tomato coulis
120 g tomatoes, deseed and diced (concasse)
150 g carrots, peel and thinly sliced (julienned)

Assemble

60 ml vegetable oil

INSTRUCTIONS

To prepare flatbread dough

Combine well semolina, flour and salt. Gradually add in warm water and mix until a cohesive soft and light dough forms. Knead the dough for about 15 minutes, gradually incorporating warm water until it becomes soft and slightly sticky.

Brush a layer of oil on tray. Divide dough into small/medium sized balls. Cover and allow to rest for 60–75 minutes.

To prepare spicy tomato with caramelized onions and carrots filling

In a pan, heat up half of the vegetable oil over medium heat. Add in garlic and sweat until fragrant. Add in tomato coulis, chili flakes and paprika. Continue to stir for another 5–8 minutes. If mixture is too dry, add a small amount of warm water. Remove from heat and add in diced tomatoes.

In a separate pan, heat up balance oil over medium heat. Add in onions and allow to caramelize over low heat. Once caramelized, add in julienne carrots. Stir to mix well.

Combine caramelized onions-carrots mixture in spicy tomato sauce. Season to taste.

To assemble

Grease work surface with little amount of oil. Place a small dough on surface, flatten and stretch until transparent. Drizzle little amount of oil on stretch dough. Place filling and fold in the edges of dough to centre, making into square shape.

In a frying pan, heat up oil over low heat. Place wrapped dough on pan and pan-fry until golden brown on both sides.

Mayla Çorbası

(Turkish yogurt soup with mint oil)

Contributor Asst. Prof. İlkay Gök
Head of Department Department of Gastronomy
Istanbul Okan University
Türkiye

Description Turkish yogurt soup, or highland meadow soup, is the perfect option for a light meal. This warm yogurt soup is simple, healthy, and naturally vegetarian and is popular.



Yayla Çorbası (Turkish yogurt soup with mint oil)

INGREDIENTS

Yayla Çorbası

60 ml plant based yogurt
15 g rice
400 ml water/vegetable broth
15 g all-purpose flour
5 ml lemon juice
2 g white pepper powder
2 g salt
30 ml olive oil or 30g dairy-free butter
15 g garlic, peel and finely chopped
5 g dried mint powder

Serve

5 g dried mint

INSTRUCTIONS

To prepare Yayla Çorbası

In a pot, bring water or vegetable broth to boil over high heat. Add the rice into boiling liquid and allow to cook until tender, about 15–20minutes. In a bowl, whisk well yogurt, flour, lemon juice, pepper and salt. Gradually add a ladle of hot broth into yogurt mixture, stirring continuously to temper the yogurt. Pour the tempered yogurt mixture into the pot while stirring continuously. Reduce heat to low and simmer soup, stirring occasionally for about 10–15minutes.

In a separate saucepan, heat up olive oil or butter over medium heat. Add in garlic and sauté until fragrant. Remove from heat, add in dried mint and allow mint to infused into warm olive oil. Pour the garlic-mint infused butter/olive oil into soup and stir well. Season to taste.

To serve

Scoop yogurt soup into serving bowl. Garnish with dried mint.

Imam Bayildi

(Turkish Otoman brinjal stuffed in stew vegetables simmered in olive oil)

Contributor Asst. Prof. İlkey Gök
Head of Department
Department of Gastronomy
Istanbul Okan University, Türkiye

Description Imam Bayildi (stuffed eggplants) is a simple, delicious vegan dish, packed with so much flavor! An amazing combination of fresh aubergines stuffed with a juicy tomato based filling, caramelised onions, garlic with aromatic herbs and spices!



Imam Bayildi (Turkish Otoman brinjal stuffed in stew vegetables simmered in olive oil)

INGREDIENTS

120 g brinjal, whole
15 ml olive oil
60 g yellow onion, peel and sliced
15 ml olive oil
30 g garlic, peel and finely chopped
50 g tomatoes, diced
5 g parsley, finely chopped
3 g mint, finely chopped
60 ml olive oil
100 ml water

Serve

120 g Lemon, slice to wedges
30 ml olive oil
10 g parsley, finely chopped

INSTRUCTIONS

To prepare brinjal

Slice brinjal lengthwise. Score the flesh side of the brinjal. Drizzle olive oil on the flesh side. Place brinjal in oven and roast at 190°C until flesh is golden brown. Scrape the flesh out and reserve for the stew vegetable. In a frying pan, heat up olive oil over medium heat. Add in onions and garlic, sweat until fragrant and translucent. Add in diced tomatoes, parsley and mint. Allow to cook until tomatoes softened, add in the brinjal flesh. Continue to cook until all vegetables are soft. Remove from heat. Season to taste.

Spoon the filling mixture evenly over the brinjal halves, pressing down gently to pack the filling into the slits. Pour water on a baking dish. Transfer the stuffed brinjal to the baking dish. Pour olive oil over the stuffed brinjal. Cover the baking dish with aluminium foil, bake in oven at 180°C for 45–50 minutes. Remove tray from oven, remove aluminium foil and return to the oven and continue to bake for another 15–20 minutes until surface is golden brown.

To serve

Transfer the stuffed brinjal onto the serving dish. Drizzle with olive oil, serve with lemon wedges and garnish with chopped parsley.

Shirin Polo

(Persian jeweled rice)

Contributor Dr. Sara Abhari
Tehran, Iran

Description Shirin polo, also commonly known as Persian wedding rice or Rosh Hashanah rice, is a traditional Persian rice pilaf that is commonly served to mark special occasions such as weddings.



Shirin Polo (Persian jeweled rice)

INGREDIENTS

100 g long grain rice (basmati/jasmine),
rinse
30 g golden raisins
30 g barberries/dried cranberries
2 g saffron threads, soaked in 15 ml warm
water
30 ml vegetable oil
100 g carrots, peel and julienned
10 g orange peel, julienne
200 ml sugar syrup
5 g cinnamon stick
5 g ground cardamom
5 g cumin
150 ml hot water
15 g salt

serve

30 g sliced almond
30 g sliced pistachio

INSTRUCTIONS

To prepare Shirin polo:

Blanch julienned orange peel in boiling water. Discard water. Repeat for three times. In a small pot, bring sugar syrup to warm over low heat. Place in blanch orange peel and allow to rest for 8–10 minutes. Remove from heat, leave julienne orange in warm syrup. Set aside candied orange zest as garnish.

Mix golden raisins and barberries. Cover with warm water for 10–15 minutes and drain.

In a large pan, heat up half olive oil over medium heat. Add in carrots and sweat for 2 minutes until soft but not mushy. Transfer the sweated carrots into a pot. In the same pan, heat up balance olive oil and sauté raisins and barberries for only 30 seconds. Add the sauteed raisins and berries into the pot. Add the rice, cinnamon stick, cardamom and cumin into the pot. Stir to mix well so each rice grain is coated in fat. Pour in hot water and salt. Bring to boil over high heat. Stir and cover tightly. Bring to low heat and allow rice to steam for 20–25 minutes. Halfway through steaming, drizzle in saffron liquid over rice. Gently fluff and stir rice to distribute saffron liquid, ensuring some grains turn yellow but not all. Season to taste.

To serve

Transfer rice into large serving platter. Garnish with mixed nuts and candied orange zest.

Zeytoun Parvardeh

(Persian Marinated Olive)

Contributor Dr. Sara Abhari
Tehran, Iran

Description Originated from the Northern provinces of Iran, (southern of Caspian sea) this dish can be served immediately or stored in chiller until ready to serve as an appetizer or snack.



Zeytoun Parvardeh (Persian Marinated Olive)

INGREDIENTS

300 g pitted green olives (unseasoned)
100 g walnuts, finely chopped
15 ml pomegranate molasses (sweet & sour)
50 g pomegranate seeds
60 ml pomegranate juice
15 g coriander leaves, finely chopped
10 g mint leaves, finely chopped
10 g garlic, peel and chopped
15 ml extra virgin olive oil
5 g dried rose petal (powder)
5 g salt

INSTRUCTIONS

To prepare zeytoun parvardeh

Combine chopped herbs with pomegranate molasses, chopped walnuts, garlic, pomegranate juice, half of pomegranate seeds, rose powder, salt and olive oil into a coarse paste. Add in pitted olives, mix well to ensure olives are well coated with paste. Sprinkle the balance pomegranate seeds for garnish.

Ash Reshteh

(Persian Green Noodle Soup)

Contributor Dr. Sara Abhari
Tehran, Iran

Description Generally speaking, ash is a type of soup with more ingredients. A hearty soup and can be considered as a lunch or dinner itself.



Ash Reshteh (Persian Green Noodle Soup)

INGREDIENTS

30 ml vegetable oil
50 g yellow onion, peel and sliced thinly
30 g garlic, peel (half finely chopped, half slice thinly)
5 g turmeric powder
120 g chickpeas, soaked in water overnight
120 g pinto beans
120 g navy beans, soaked in water overnight
2 liter water for vegetable broth
15 g salt
120 g lentils
60 g spinach, chopped
30 g coriander, chopped
30 g parsley, chopped
30 g chives, sliced
30 g dill, chopped
10 g dried mint leaves, ground

Serve

100 g reshteh (Persian noodles), blanch until 'al dante'
20 ml onion-mint oil (reserved earlier)

INSTRUCTIONS

In a large pot, heat up vegetable oil over medium heat. Add in sliced onions and sauté until golden brown, about 10–15 minutes. Add in chopped garlic and sauté until fragrant. Set aside one third of the onion oil mixture in a separate pan. Add in dried mint leaves and turmeric while oil is still warm. Set aside as garnish.

In a separate pot, combine chickpeas, navy beans, pinto beans, vegetable broth and salt. Bring to boil over high heat. Once boiled, bring to simmer over medium heat. After simmering for 45 minutes, add in lentils. Once beans are softened, add in all chopped herbs and greens. Stir and allow it to simmer for about 30–45 minutes, until it reaches a soft, almost thick soup consistency. Add in more vegetable broth or water if needed.

Add all the chopped herbs and greens to the large pot with vegetable stock, along with the cooked beans. Stir and let it simmer for about 30 to 45 minutes, until it reaches a soft, almost thick soup consistency. Add more water or stock as needed. Season to taste.

To serve

Place the reshteh into a serving bowl. Pour green soup over noodles. Drizzle with onion-mint oil and garnish with sliced garlic.





Europe

Fasoloda

(Greek white bean soup)

Contributor Maria Bakola
Department of Public Health
Medical School
University of Patras, Greece

Description Derived from the word, 'Fasóli' (which means beans), this dish is considered the national dish of Greece



Fasoloda (Greek white bean soup)

INGREDIENTS

Bean soup

500 g white beans, soak with 5 g salt in water overnight, drained
30 ml olive oil
200 g carrots, peel and slice
100 g yellow onions, peel and diced (ciselar)
15 g garlic, peel and finely chopped
50 g celery, destirng and sliced
100 g tomatoes, diced
15 g tomato paste
5 g oregano
5 g paprika
2 litre vegetable broth

Serve

10 g olives, chopped

INSTRUCTIONS

To prepare bean soup

In a large pot, heat up olive oil over medium heat. Add in onions, carrots, celery, garlic and sweat until fragrant. Add in diced tomatoes. Continue to sir until vegetables are softened for another 10–15 minutes. Add in tomato paste and stir for 1 minute. Add in drained beans, oregano and paprika. Pour in vegetable broth, ensure broth covers all ingredients. Cover with lid and bring to boil over high heat. Once boil, bring to simmer over low heat. Allow to simmer for or 1 to 1.5 hours. This allows the flavours to meld together and the beans to become tender. Check periodically and add more vegetable broth as needed to maintain the desired consistency. Remove from heat, season to taste.

To serve

Scoop a portion of the soup into serving bowl. Garnish with chopped olives.

Ratatouille

(French-Provencal Vegetable Stew)

Contributor Lee Han Ying
CY Cergy Paris Université
France

Description Ratatouille is rich and flavourful, incredible fresh from the tomatoes and sweet from the onions and bell peppers. It is a delicious late summer dish, creamy from the zucchini and eggplant, balanced by the savory garlic and herbs.



Ratatouille (French-provencal segetable stew)

INGREDIENTS

Ratatouille

30 ml olive oil
150 g brinjal, cubes
150 g zucchini, cubes
100 g tomatoes, dice
60 g yellow onion, peel and dice (ciséler)
15 g garlic, peel and finely chopped
40 g red capsicum, deseed and diced
5 g parsley, finely chopped (chiffonade)
5 g thyme, finely chopped

INSTRUCTIONS

To prepare ratatouille

In a sauté pan, heat up 15 ml olive oil over medium heat. Add in brinjal and sauté for 2–3 minutes. Season to taste and set aside. On the same sauté pan, repeat the steps for zucchini. In a separate pot, heat up balance olive oil over medium heat. Add in onions and garlic, sweat for 3–5 minutes. Add in capsicum and continue stir for another 3 minutes. Add in tomatoes and allow tomatoes to slowly cooked until a puree texture. Add in parsley and thyme. Add back sautéed brinjal and zucchini, continue to stir all ingredients to mix well. Allow brinjal and zucchini to stew in the pot for 5–6 minutes. Remove from heat. Season to taste.

Risotto con funghi

(Risotto with mushrooms)

Contributor Chef Renzky Kurniawan
Sous Chef
Amici By Enrico Bartolini Bali-indonesia

Description One of the earliest dish I learn to cook as a young culinary student in Colorno, Italy was risotto con funghi. The dish sings the flavours of the earthy mushrooms. Leftovers of this dish can be repurpose as another dish – arancini di riso con funghi.



Risotto con funghi (Risotto with mushrooms)

INGREDIENTS

60 ml olive oil
150 g yellow onions, peel and diced (ciséler)
30 g garlic, peel and finely chopped
200 g button mushrooms, slice
100 g portobello mushrooms, dice
10 g thyme leaves
200 g yellow onions, peel diced (ciséler)
50 g garlic, peel and finely chopped
400 g Arborio/ shortgrain rice
100 ml white wine (or replaced with 90ml
vegetable stock with 10ml lemon juice)
2 litre vegetable broth
20 g flat leaf parsley, fine chopped
(chiffonade)
30 g dairy-free parmesan cheese

INSTRUCTIONS

To prepare risotto

Heat up half olive oil in pot over medium heat. Add in garlic and onions. Sweat until fragrant. Add in mushrooms and continue to sauté for 3–5 minutes. Once mushrooms are fragrant, add in thyme leaves. Season to taste, remove sautéed mushrooms and keep aside. Pour balance olive oil into the same pot. Heat up over medium heat. In a separate pot, bring vegetable broth to boil over high heat and keep warm over low heat. Pour in balance onions and garlic, sweat until fragrant or onions are translucent.

Pour in rice and continue sweat for 3–5 minutes. Deglaze with white wine (or vegetable stock with lemon juice). Once white wine is absorbed, slowly pour in warmed vegetable broth gradually, ladle by ladle while continuously stirring the rice. Only adding vegetable broth once the earlier liquid is absorbed. The risotto is ready once the texture is *al dante*, 'firm to the bite'. Add the sautéed mushrooms, grated dairy-free parmesan cheese and mix well. Season to taste. Garnish with sliced flat leaf parsley.

Erdäpfelgulasch (Austrian potato goulash)

Contributor Assoc Prof Dr Alexander Trupp
Associate Dean (Research and Postgraduate
Studies) and Head - Asia Pacific Centre for
Hospitality Research
Sunway University

Description As a young boy, Erdäpfelgulasch is a traditional
dish in my home region that we always had as
lunch on Christmas eve before the heavy
meat dishes.



Erdäpfelgulasch (Austrian potato goulash)

INGREDIENTS

1 kg potatoes, peel and cut into cubes
400 g yellow onions, peeled and
diced(ciseler)
20g garlic, peeled and finely chopped
30 ml cooking oil
50 g tomato paste
20 g sweet paprika powder
20 g hot paprika powder
10 g dried marjoram
5 g bay leaves
1 litre vegetable broth

Serve

10 g flat leave parsley, fine chopped
(chiffonade). Alternatively you can also
use coriander
20 g dairy-free sour cream

INSTRUCTIONS

To prepare goulash

In a big soup pot, heat up oil over medium heat. Pour in onions and sweat until soft and golden to light-brown in colour. Do not brown them too much as they will taste bitter. Add in garlic and continue to cook for another 3 minutes. Add in tomato paste and spices (paprika powder and marjoram). Stir so the tomato paste and spices are spread out evenly. Be careful that the paprika powder does not burn. Add the potatoes and pour in vegetable broth. Bring to boil over high heat. Add in bay leaves. Once boiled, bring to simmer over medium heat. Cover with lid and continue to cook over medium heat until potatoes are tender (about 20–30 minutes). Season to taste.

To get a really creamy and smooth consistency, remove 15 to 20 potato cubes, put them into a small bowl, and thoroughly mash them with a fork. Add some of the goulash sauce to the mashed potatoes, stir and, if needed, mash again so you will get a smooth paste. Add again to the rest of the goulash (alternatively, you can also use a hand-held blender).

To serve

Scoop potato goulash into serving bowl. Garnish with a dollop of dairy-free sour cream and sprinkle with chopped flat leaf parsley.

Ribollita

(Tuscan bread soup)

Contributor Alice Bencini & Irene Carrubba
Italy

Description This Tuscan traditional dish can be served hot or cold, depends on your preference.



Ribollita (Tuscan bread soup)

INGREDIENTS

Ribollita

30 ml olive oil
100 g yellow onion, peel and sliced (ciselé)
20 g garlic, peel and sliced
5 g chilli flakes
100 g tomato puree
30 g basil leaves
2 litre vegetable broth
100 g stale Tuscan bread (slice to bite-size pieces)

Serve

10 ml olive oil
5 g basil, finely sliced (chiffonade)

INSTRUCTIONS

To prepare ribollita

In a pot, heat up olive oil over medium heat. Add in onions and garlic, sweat until fragrant and translucent. Add in chilli flakes and continue to sweat over low heat for about 15 minutes. Pour in tomato coulis. Allow to cook until thickened, and most of the liquid has evaporated. This is to enhance/intensify the flavour of the tomato puree. Pour in vegetable broth, stale bread and basil. Bring to boil over high heat and simmer over low heat for 10 minutes, stirring regularly to allow stale bread to break down and thicken the soup. Season to taste.

To serve

Scoop the soup into serving bowl. Drizzle with olive oil and garnish with basil.

Beany Shepherd's Pie

Contributor Karen Lee
The Sensitive Foodie Kitchen
United Kingdom

Description A delicious tasty comfort food is a one-pot dish and can serve some green vegetables on the side for added colour and nutrition.



Beany Shepherd's Pie

INGREDIENTS

Base

30 ml vegetable oil
100 g yellow onion, peel and dice (ciséler)
50 g leek, rinse and finely chopped
200 g carrots, peeled and dice (macedoine)
30 g celery, rinse and dice (brunoise)
5 g bay leaves
5 g mixed herbs
3 g dried thyme
400 g tomato coulis
500 g mixed beans, soaked overnight.
10 ml tamari
30 ml water
130 g peas

Toppings

200 g potatoes, peel and rough cuts
15 g salt

Assemble

15 ml olive oil

INSTRUCTIONS

To prepare base

In a saucepan, heat up oil over medium heat. Add in onions and sweat until fragrant and translucent. Add in leeks, celery and carrots. Continue to sweat until soft about 8–10 minutes. Add in soaked beans. Pour in tamari, water and tomato coulis. Add in bay leaves, mixed herbs, dried thyme and allow to simmer over low heat for 8–10 minutes until mixture thickens. Remove from heat. Stir in peas. Season to taste.

To prepare toppings

Place potatoes in a large pot and cover with water and salt. Add in salt. Bring to boil over high heat until potatoes are soft. Once soft, drain potatoes and transfer to a large bowl. Mash the potatoes with fork. Season to taste.

To assemble

Place a layer of base on the bottom of a oven dish. Follow by a layer of toppings. Drizzle olive oil on top. Transfer dish into oven and bake at 180°C until top surface is golden brown, about 10–12 minutes.

Ukraine Borshch

(Ukraine beet soup)

Contributor Catrina Demianova
Kyiv Oblast
Ukraine

Description This is a traditional recipe from my mother-in-law passed down by her grandmother from generation to generation with every household has their own secret recipe. Traditionally borshch is often paired with dark rye bread and lard or pampushka (Ukrainian garlic bread). Nowadays, it is served with pancakes or dumplings.



Borshch (Ukraine beet soup)

INGREDIENTS

Borshch

30 ml vegetable cooking oil
500 gm red beet root, peeled and cut into thin strips
400 gm potatoes peeled and cut into cubes
300 gm cabbages cut into thin strips
200 gm carrots, peeled and cut into thin strips
100 gm onions diced
20 g tomato paste
100 gm bell pepper, deseed cut into thin strips
10 ml lemon juice
100 gm beetroot greens, slice thinly
100 gm dill, spring onion & garlic, chopped thinly
2 litre vegetable broth

To serve

5 g dill & parsley, finely sliced (chiffonade)
5 g dairy free sour cream
dark rye bread

INSTRUCTIONS

To prepare borshch

In a pot, heat up oil over medium heat. Sweat onions until translucent. Add in paprika and mixed spices. Continue to stir until fragrant. Add in potatoes, carrots, cabbages, bell pepper and tomato paste. Stir to ensure tomato paste is evenly distributed. Continue sweat for 3–5 minutes.

Pour in vegetable broth. Add in julienned beet root. Bring to boil over high heat. Pour in lemon juice. Cover with lid and bring to simmer over medium heat for 20–30 minutes. Remove from heat, open lid, add in beetroot greens, dills, spring onions, garlic and cover to allow the steam to soften the greens. Season to taste.

To serve

Scoop the beet soup and vegetables into serving bowl. Top with a dollop of dairy-free sour cream. Garnish with sliced dill and parsley. Serve with dark rye bread.

Greek Dolmades

Contributor Chef Christos Gkotsis
Vice Chairman
Culinary Professionals Greece

Description Unlike other versions of dolmades in the surrounding Mediterranean, the Greek version of dolmades incorporates lemon, dill and mint.

(Greek stuffed vine leaves with rice and herbs)



Dolmades (Greek stuffed vine leaves with rice and herbs)

INGREDIENTS

Rice and herbs stuffing

30 ml olive oil
50 g yellow onions, peel and dice (cisele)
15 g garlic, peel and finely chopped
200 g short grain rice
250 ml vegetable broth
15 g mint leaves, finely slice (chiffonade)
15 g flat leaf parsley, finely sliced (chiffonade)
30 g dill, finely sliced (chiffonade)
5 g lemon zest
15 ml lemon juice

Assemble

30g (approx. 10 pcs) vine leaves, rinse and pat dry.

To cook dolmades

15 g (approx. 5 pcs) vine leaves, rinse and pat dry.
50 g lemon, slice evenly
50ml lemon juice
60 ml olive oil

Serve

30 g dairy free yogurt
5 g lemon zest
5 ml lemon juice
15 ml olive oil

INSTRUCTIONS

To prepare rice and herbs stuffing

In a sauce pot, heat up olive oil over medium heat. Pour in diced onions and chopped garlic. Sweat until translucent, about 7–8 minutes. Add in rice and continue to stir for 3–5 minutes. Pour in vegetable broth. Bring to boil over high heat. Remove from heat and allow to cool at room temperature. Pour in lemon juice, lemon zest, sliced herbs and mix well. Season to taste.

To assemble dolmades

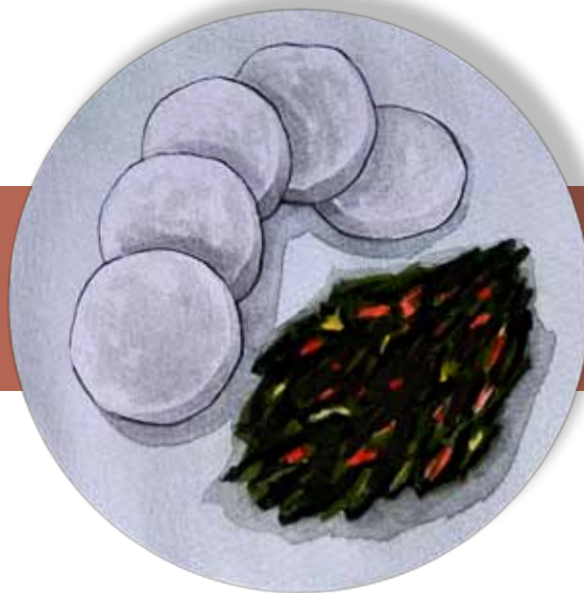
Lay vine leaves on flat surface. Scoop a spoon of rice fillings and place on bottom of vine leaves. Fold the bottom of vine leaf to centre, followed by both sides. Roll the vine leaf to top part, forming a cylinder roll. Repeat till all fillings are used up.

To cook dolmades

In a large pot, lay a layer of vine leaves. This will act as a protection layer to avoid the dolmades direct contact with the pot. Layer with lemon slices. Carefully placed rolled up dolmades on top of the lemon slices. Pack tightly so dolmades will stay in place and will not float around when it is being cooked. Once first layer of dolmades is arranged, arrange second layer of dolmades. Pour the lemon juice and olive oil on top of the dolmades. Place a small plate on top dolmades to act as weight. Pour water just nice to cover the dolmades and plate. Cover pot with lid. Bring to simmer over low heat, allow to cook for 40–60 minutes. Remove from heat and allow to rest in covered lid for another 60 minutes, this will allow the rice filling to absorb the cooking liquid and cook.

To serve

Mix well dairy free yogurt, lemon zest and lemon juice. Season to taste. Place a dollop of lemon yogurt sauce on plate. Place dolmades on top of the sauce. Drizzle with olive oil.





Africa

Salata Aswad

(Sudanese brinjal salad
with peanut butter)

Contributor Sara Abdalla
Omdurman, Sudan

Description More as a eggplant-based dip rather than a salad, this Sudanese dish is flavoured with peanut butter and tahini.



Salata Aswad (Sudanese brinjal salad with peanut butter)

INGREDIENTS

Brinjal salad

300 g brinjal
60 ml vegetable oil
30 g garlic, peeled and finely chopped
50 g peanut butter (runchy/coarse texture)
10 g green chili paste
5 g paprika
50 g tomato puree
150 g tomatoes, diced
100 ml water
60 g dairy free yogurt
10 ml lemon juice
20 g tahini

Tahini Sauce

45 g dairy-free yogurt
15 g tahini
10 g garlic, peel and fine chopped
10 ml lemon juice

Serve

10 g rocket leaves, chopped,
5 g pomegranate seeds

INSTRUCTIONS

To prepare brinjal salad

In a frying pan, heat up oil over medium heat. Add in brinjal and shallow fry until golden brown and soft. Remove brinjal from pan and drain of excess oil. Pour half of the oil out from the pan. On the same pan, sweat garlic over medium heat until fragrant. Add back brinjal into the pan, followed by peanut butter, green chilli paste, paprika, tahini and tomato puree. Allow to cook over medium heat, stirring continuously for four minutes. Add in diced tomato and water. Allow to simmer for 6–7 minutes until tomatoes are softened. Mash all mixture until desired consistency. Fold in dairy-free yogurt and lemon juice. Season to taste.

To prepare tahini sauce

In a bowl, whisk all ingredients until smooth and creamy. Season to taste.

To serve

Place brinjal salad in serving dish. Drizzle with tahini sauce, garnish with rocket leaves and pomegranate seeds.

Jollof Rice

(West African dish of long grain rice cooked in spices and tomatoes)

Contributor Damilola Oluwemimo
Western Illinois University
Nigeria, West Africa

Description Jollof Rice is a beloved West African dish known for its flavourful and aromatic tomato-based sauce that coats long-grain parboiled rice. It has sparked friendly culinary rivalry, known as the "Jollof Wars," with enthusiasts from different West African countries debating the tastiest regional variations of this iconic dish.



Jollof Rice (West African dish of long grain rice cooked in spices and tomatoes)

INGREDIENTS

Tomatoes and pepper paste

200 g tomatoes,
100 g red capsicum
20 g habanero peppers
50 ml vegetable broth

Rice

150 g long grain rice, rinse until water is clear, drain
30 ml vegetable cooking oil
100 g onions, peeled and diced (ciselers)
20 g garlic, peel and fine chopped
20 g tomato paste
10 g thyme
5 g curry powder, toasted
5 g bay leaves
15 g vegetable stock powder
5 g dried thyme
5 g dried rosemary
5 g paprika
175 ml water

INSTRUCTIONS

To prepare tomatoes and pepper paste

Pound tomatoes, red capsicum, habanero peppers into a smooth, thick paste. Add broth to moist and dilute the paste.

To prepare jollof rice

Heat up vegetable oil in a large pot over high medium heat. Add in onions and garlic. Sweat until onions becomes translucent. Stir in tomato paste, thyme, curry powder, vegetable stock powder, dried thyme, dried rosemary, and paprika. Sweat for few minutes to allow flavours to meld.

Pour in tomato and pepper paste, allow to cook over low heat for 15–20 minutes, stir continuously. Pour in rice, stir to spread evenly. Add in water and bay leaves. Cover with lid. Allow rice to cook at low heat for 15–20 minutes. Remove from heat. Do not uncover, allow internal heat to steam up the rice in the pot for about 10 minutes.

Once rice is cooked, fluff it with wooden fork. Season to taste.

Ugali & Sukuma Wiki

Contributor Zainab Mussa Makame
Dodoma, Tanzania

Description Ugali and sukuma wiki is an East African dish made with collard greens, known as sukuma, cooked with onions and spices. It is often served and eaten with ugali (made from maize flour).

(Swahili corn meal with collard greens)



Ugali & Sukuma Wiki (Swahili corn meal with collard greens)

INGREDIENTS

Ugali

200 g maize flour (corn meal)
400 ml water
15 g salt

Sukuma Wiki

200 g of collard greens, chopped to
bite-size pieces
120 g tomatoes diced
15 g garlic, peel and finely chopped
100 g onion, peel and slice
30 ml vegetable oil
3 g smoked paprika powder
3 g coriander powder
3 g curry powder
10 ml lemon juice

INSTRUCTIONS

To prepare ugali

In a large pot, bring water and salt to boil over high heat. Gradually add in maize flour, stirring continuously to prevent lumps from forming over medium heat. Continue to stir until mixture thickens and pulls away from the side of the pot.

Once a dough consistency is reached, reduce heat to low. Cover with lid and allow to rest for 5 minutes. Remove from heat and transfer to bowl. Allow to cool at room temperature before slicing or shaping by hand.

To prepare sukuma wiki

2–3 minutes until fragrant and translucent. Add in tomatoes, curry powder, coriander powder and continue to stir for about 2 minutes. Add tomatoes, spices and stir for about 2 minutes. Add in collards, sauté for 5–10 minutes until collards are cooked. Add in lemon juice and stir well. Remove from heat. Season to taste.

Wali wa Nazi & Maharaage Ya Nazi

(Swahili rice cooked in coconut milk with beans cooked in coconut milk)



Contributor Zainab Mussa Makame
Dodoma, Tanzania

Description The fluffy and aromatic rice cooked in coconut is accompanied by beans which is also cooked in coconut milk, reflects the flavourful tradition of Swahili cuisine.

Wali wa Nazi & Maharaage Ya Nazi (Swahili rice cooked in coconut milk with beans cooked in coconut milk)

INGREDIENTS

Wali wa nazi

150 g shortgrain rice
270 ml coconut milk (not cream)
10 g salt

Maharaage ya nazi

120 g *Maharaage* (red kidney beans),
soaked in warm water for overnight
200 ml coconut milk
30 g shallots, peeled and finely chopped
20 g tomato, diced
10 g fresh coriander, chopped
15 g garlic, peel and chopped
15 g ginger, peel and pound to a paste
15 ml vegetable oil
10 g coriander powder

INSTRUCTIONS

To prepare wali wa nazi

In a big pot, bring coconut milk and salt to a boil over high heat. Add in rice, bring to medium heat. When liquid almost dried up, lower heat to low heat. Remove from heat and cover with lid. Allow rice to steam and cook in covered pot.

To prepare Maharaage Ya Nazi

Place soaked red bean in pot and cover with water. Bring to boil over high heat and simmer over medium heat until it is soft. Drain and set aside.

In a pot, heat up oil over medium heat. Add in shallots and garlic, sweat until soft and translucent. Add in ginger paste and continue to cook for 2 to 3 more minutes. Add diced tomatoes, allow tomatoes to softened and mixture is thick. Add the beans. Mix well. Pour in coconut milk, enough to cover beans. Cook over medium heat for 5–8 minutes until sauce has thickened. Season to taste. Add in chopped coriander and mix well.

Matooke Meal

(green banana consumption
in Uganda food culture)

Contributor Owekitibwa Nuwa Wamala Nnyanz
Kampala, Uganda



Matooke Meal (green banana consumption in Uganda food culture)

Matooke is a Luganda word for green bananas, it's a staple food of Uganda especially in Buganda, Western and Eastern Uganda. Matooke grows on *kitooke* (banana plant) and it is harvested when it is ready but before it ripens because few people enjoy it when it's ripe. Fresh matooke leaves are used for wrapping when cooking, it is used to cover the pot in order to retain the heat when preparing matooke for *omuwumbo*. It's the steam that cooks the matooke. Dry banana leaves (*ndagala*) are used as strings to tie the bundle of matooke being prepared for cooking. The same banana leaves that were used when cooking matooke is used as a tray when serving the *omuwumbo*. When serving a small piece is cut off the banana leaf (*akawuwo*) and used as a serving spoon. There are three common ways of preparing matooke namely *omuwumbo* (mashed), *katogo* (stewed) and *mpogola* (roasted or baked).

Omuwumbo (Mashed)

Peel the matooke using a sharp knife. But while peeling, careful in order not to cut into flesh of matooke. Remove the backpart/stem (*omuzingoonyo*) of the banana leaves. Wrap the peeled matooke in banana leaves, securing it with dried banana fibres. The *omuzingoonyo* is cut according to the size of the pot, and is placed them at the bottom of the pot to serve as a rack, to prevent direct contact of boiling water to the wrapped matooke. Pour water into the pot to submerge the *mizingoonyo*. Place the wrapped matooke into the pot on top of *mizingoonyo*

and cover with banana leaves. Fold the banana leaves into sides of the pot so it will trap the steam when cooking. Bring the pot to boil over high heat. The boiling water will create the steam that will cook the matooke, about 60 minutes. Water can be added into the pot if needed so the pot is not burned when the water is dried up. Remove wrapped matooke from pot. Press the steamed matooke (still wrapped) until totally mashed. Transfer the wrapped matooke back into pot and cover with banana leaves on reduced heat (*okuboobeza*) to keep it warm before serving,

Steamed matooke is often served with peanut sauce, meat stews, beans, peas and green vegetables.

Katogo (stewed)

Peel matooke and cut into half. Place into a pot and filled up with water about quarter pot. Place pot to cook at simmering over medium heat.

Add in sliced onions, tomatoes, spices into the pot. Allow to cook for 30 minutes. Add in beans or peas and continue to cook for another forty five minutes. Season to taste.

Empogola (roasted/baked)

Place unpeel matooke on a wire mesh above charcoal ember. Allow to grill until surface turn dark and easy to peel off like ripe sweet bananas. *Empogola* are served at cultural/traditional ceremonies and often accompanied with roasted meats.





Americas

Jaca Empanadas

(Brazilian fried turnover
with green jackfruit filling)

Contributor Jonathan Vicente dos Santos Ferreira
University of São Paulo/Global Mental Health Action Network/
Planetary Health Alliance
Brazil

Description Jackfruit *Empanadas* are a savoury dish with a filling made from green jackfruit, often called the “meat of the vegetable world” due to its meaty texture. The jackfruit filling is encased in wheat flour dough, fried to a golden-brown crisp, and served as a popular vegan and vegetarian alternative to traditional empanadas.



Jaca Empanadas (Brazilian fried turnover with green jackfruit filling)

INGREDIENTS

Dough

500 ml vegetable broth
400 g wheat flour
10 g salt
15 ml olive oil

Filling

500 g of green jackfruit, separate the flesh and seeds from the fruits pulp. dice the flesh (brunoise).
30 ml vegetable oil
15 g garlic, peel and coarsely chopped.
30 g yellow onion, peel and diced (ciséler)
100 g tomato coulis

Assemble

strong flour for breading
oil for frying

INSTRUCTIONS

To prepare dough

In a mixing bowl, combine all ingredients. Knead dough until it becomes smooth and elastic. Cover mixing bowl, allow dough to rest in chiller for 20–30 minutes.

To prepare filling

In a sauce pan, heat up oil over medium heat. Add in garlic and yellow onions. Sweat until fragrant and translucent. Add in diced green jackfruit and continue to sweat for 5–8 minutes. Pour in tomato coulis and continue to cook for another 5–8 minutes. Stir evenly so the jackfruit is fully coated with the tomato coulis. Season to taste. Set aside to cool at room temperature.

To assemble

Roll dough flat with rolling pin. Use cookie cutter to cut out multiple disc shape dough.

Place a spoonful of the jackfruit filling in the centre of the dough disc. Fold the dough over to create a half-moon shape, enclosing the filling. Use a fork to crimp the edges to seal the empanada. Bread empanada with strong flour.

In a separate sauce pan, heat up vegetable oil over high heat to 180°C. Carefully insert empanadas into hot oil. Allow to shallow fry until golden brown and both sides are crispy. Remove empanadas from pot and place on cooling rack. Transfer to paper kitchen towel to drain excess oil.

Black Bean & Sweet Potato Chili

Contributor Juliet M Tempest
Department of Anthropology
Stanford University

Description It's basically a giant party in a pot and it's addictive. Make it, enjoy it, and then take it for lunch.



Black Bean & Sweet Potato Chili

INGREDIENTS

30 ml vegetable oil
150 g yellow onion, chopped (ciséler)
500 g sweet potatoes, peel and dice
(macedoine)
50 g garlic, peel and chop
10 g chipotle chilies, finely chopped
5 g ancho chili powder
10 g cumin powder
5 g smoked paprika
5 g cinnamon powder
5 g cocoa powder
100 g tomatoes, diced
150 g black beans, soaked overnight,
rinsed and dried.
100 ml vegetable broth

Serve

300 g avocado, sliced
20 ml hot sauce
10 g coriander

INSTRUCTIONS

To prepare

In a large pot, heat up vegetable oil over medium heat. Add in onions and garlic, sweat until fragrant and translucent. Add in chopped chipotle, stir to combine. Add in chili powder, cumin powder, smoke paprika, cinnamon powder and cocoa powder. Allow to cook together for about 1 minute, stirring frequently to prevent spices from burning. Add in diced sweet potatoes and stir to coat with spice mixture. Pour in diced tomatoes, vegetable broth and black beans. Bring to boil over high heat, and simmer over medium heat. Partially cover and allow to cook for 20 minutes, stirring occasionally. Once chili has thickened to desired consistency, remove from heat. Season to taste.

To serve

Scoop into serving dish. Garnish with sliced avocado and coriander. Drizzle with hot sauce for extra spiciness.

Planet Saving Meals is a call to action for a healthier planet. We believe that every meal can be an opportunity to make a positive impact. Our cookbook showcases an extensive range of delectable, sustainable recipes that are not only good for your body but also the planet. From vibrant plant-based dishes bursting with flavours to ethically sourced protein options and creative recipes created from “food scraps” or “ugly food”, we offer a diverse and inclusive approach to sustainable cooking.

This cookbook is designed for environmentally and health-conscious individuals, and novice cooks eager to make a difference. “Planet Saving Meals” caters to those seeking to align their dietary choices with the well-being of the planet. Whether you’re a committed vegan, flexitarian, or simply interested in exploring sustainable eating, this cookbook will be your trusted companion on the journey toward a healthier and more sustainable lifestyle. The goal is to make cooking enjoyable and approachable to everyone, regardless of their culinary expertise.

Project Manager

Nur Hazirah Marzuki
Sunway Centre for Planetary Health
Sunway University

Lead Chef

Chef Soon Pau Voon
School of Hospitality and Service Management
Sunway University

Illustration

Cheang Sweetie

Designer

Rachel Goh

