The Melting Pot Cookbook

Recipes and tips on how to cook and care for the environment, by ISARO's Climate Challenge Initiative





Sprinkled with a dash of community togetherness







The Melting Pot Cookbook









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Climate Change; (noun)

A pattern of change affecting global or regional climate, as measured by average temperature and rainfall, and how often extreme weather events like heatwaves or heavy rains happen.

This variation may be caused by both natural processes and by humans. Global warming is an informal term used to describe climate change caused by humans.

The Melting Pot Cookbook

The Melting Pot Cookbook is part of ISARO's Climate Challenge Initiative (CCI). CCI brings communities together to learn more about climate change issues, how our lifestyle contributes to it, the changes we can adopt to reduce our carbon footprint and protect our planet. Along our journey, we found no better way to discuss the link between food and climate change than around a cooked meal.

"Food and Climate" workshops provided a peer learning environment to discuss how we can reduce rampant food waste and adopt planet-friendly food shopping habits. We are committed to being part of the change to reduce greenhouse gases associated with food. Each workshop culminated in a cookery session where participants shared their favourite recipes, and we share some with you in this book.

Food, glorious food! Around the globe, families, friends and communities all come together united by food. Food is a universal language, transcending differences to become a connective force.

Enjoy the Melting Pot Cookbook and care about our planet.



FAVOURITE RECIPES

Beans & Spinach

A homey, simple dish enjoyed in most parts of Africa and beyond.

SERVES 4

- 2 cups of beans
- 1 garlic clove, crushed
- 1 tbsp fresh ginger
- 2 onions, chopped
- 2 cups of chopped tomatoes
- 2 3 cups of stock
- Vegetable oil
- · Spinach, washed
- Salt and pepper as needed
- 1. Wash beans, add to a large pot and soak with cold water overnight for 8 hours.
- 2. Drain the soaked beans, rinse, and cook in a pressure cooker for 15 minutes (or in a pot until soft), drain and put aside.

Skip the above if using canned beans

- 3. Heat oil in a large pan over medium heat and sauté chopped onions for a couple of minutes. Add garlic, ginger, chopped tomatoes and stir for another couple of minutes and let the sauce simmer for 5 minutes adding water if needed.
- 4. Add beans and water then bring to boil and simmer for another 15 minutes.
- 5. Add spinach in the last 3 to 5 minutes of simmering.
- 6. Season with salt and pepper.

Best served with local potatoes

You can substitute spinach with any local seasonal vegetables you like and enjoy the dish all year around while reducing your food carbon footprint.



Goulash

A hearty dish popular in Roma cuisine and perfect for gatherings.



SERVES 8

- 500g chicken/any meat, chunks
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 2 bell peppers, seeds removed & chopped
- 2 cups of chopped tomatoes
- 250ml water
- 4 tablespoons paprika
- 50g tomato purée
- Salt
- Cooking oil



- 2. Fry the meat in the same pot until it is brown on all sides.
- **3.** Return the onions to the pot, add spices, chopped vegetables, tomato purée and water in the pan and stir.
- 4. Allow to simmer on low heat until meat is tender.
- **5.** Serve and enjoy! Invite your friends to a bowl of this amazing dish! Goes well with most side dishes, from potato scones to bread.

You can freeze any leftovers into portions for future use.

aside.



Rice & Peas

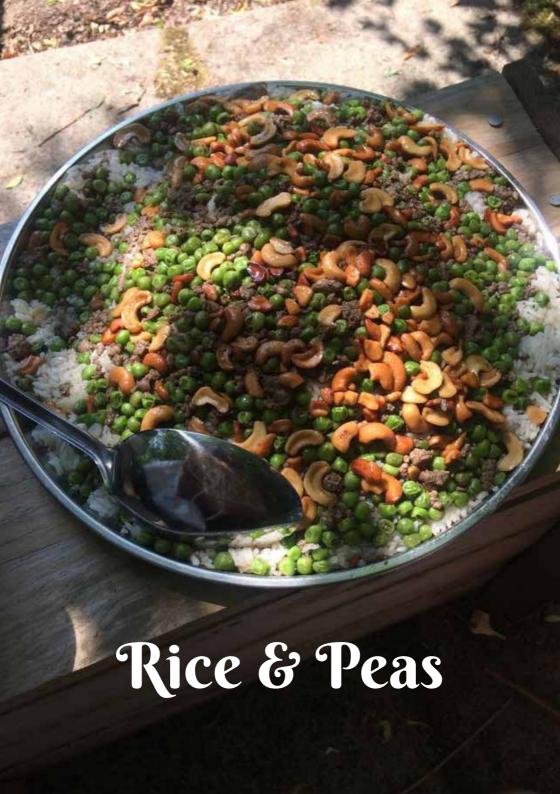
An easy to prepare wholesome Syrian dish.

SERVES 4

- 2 cups of rice
- 2 cups of green peas
- 1 cup of minced meat
- 2 tbsp of butter
- Water
- Chicken bouillon cube or stock
- Almonds
- 1 tsp salt
- ½ tsp ground black pepper
- 1. Fry the minced meat with butter, season and set aside.
- 2. In a separate pot, heat the peas with about a teaspoon of butter. Add water, bring to the boil then remove from heat and set aside.
- 3. In a separate pot, add 3 cups of water, the rice and a bouillon cube. Bring to the boil then simmer until the water is almost absorbed. Then reduce heat, cover pot and cook until rice is cooked through and all liquid is absorbed.
- 4. Fry the almonds until they turn golden brown.
- 5. Serve by layering rice, peas, minced meat and almonds.

Serve with yoghurt or salads.

A good recipe to use leftovers. Another variation would be to use meat substitutes.

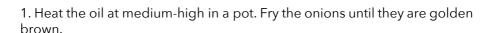


Lentil Curry

An easy to make Curry. Curry dishes are universal and continue to grace many dining tables.

SERVES 4

- 1 onion, chopped
- 2 tomatoes, chopped
- 1 cup of lentils
- 2 cups of water
- 1 tsp coriander powder
- Ginger, fresh or 1 tsp ground ginger
- Garlic, fresh or 1 tsp ground garlic
- 1 tsp garam masala
- 1 tsp salt
- 4 tbsp oil



- 2. Turn heat to low. Add the chopped tomatoes, garlic, ginger and salt to the pot. Cook until the onions are tender.
- 3. Add the lentils, water, coriander and garam masala to the pot and cook at medium heat for 15 minutes.
- 4. Reduce heat to low and cook for 20 minutes.

Serve with a side dish of your choice.

A variation of this dish can be made substituting lentils for vegetables.

Lentil Curry



Courgette Fritters

A delicious seasonal snack or side dish.

SERVES 4

- 2 medium courgettes, grated
 - 1 medium onion, choppped
- 3 garlic cloves, crushed and chopped finely
- Grated zest of 1 lemon, organic if possible
- 3 tbsp of gram flour, 1 tbsp fine semolina flour and 3 tbsp plain flour
 - 1 egg, lightly beaten
- 2 tbsp whole coriander seeds, 1 tbsp cumin seeds, 1 tbsp black peppercorns
 - 1 finger chili, finely chopped
 - ½ tsp chili powder
 - 2 tsp salt
 - 1 tsp ground pepper
 - Vegetable oil, enough for deep frying in pan
 - 1. Grate courgettes, add salt and mix. Leave for ten minutes in a colander; the salt helps to draw out the moisture.
 - 2. Squeeze all moisture from courgettes.
 - 3. Meanwhile, dry roast 2 thsps whole coriander seeds, 1 tsp cumin seeds and 1 tsp black peppercorns in a pan. Grind in mortar and pestle.
 - 4. In a bowl, mix together the grated drained courgettes, onion, garlic, lemon zest, egg, salt, pepper, chopped fresh chili, chili powder, all the types of flour and the ground spices.
 - 5. Put oil in a frying pan and use medium heat.
 - 6. Slide a dollop of mixture in for frying, turn upside down to fry other side when edges look brown.
 - 7. Add fresh coriander on top to garnish.

This dish can be slightly adapted to make foraged elderberry flowers fritters when in season.







Climate Change & You!



Many human activities release carbon gases into our atmosphere, which act like a blanket around our planet and cause it to heat up faster than ever before (aka **Global Warming**).

In Scotland, a climate change emergency has been declared and targets are set to reduce greenhouse gas emissions to net-zero by **2045**.

Food's carbon footprint is the greenhouse gas emissions produced by growing, rearing, farming, processing, transporting, storing, cooking and disposing of the food you eat.

Food waste is becoming more and more of an issue. We throw away around 600,000 tonnes of food from our homes every year in Scotland. Sad, isn't it? What a waste of money.

Let's tackle food waste together!

Scotland aims to reduce its food waste by a third by 2025, so let's eat our way to a smaller food carbon footprint!



Some tips to reduce Food's Carbon Footprint

Tackling climate change can seem like a daunting task, but even simple lifestyle changes in your everyday routine can make an impact. You can eat your way to a smaller carbon footprint:

- Wherever possible, buy local and in-season food. This will reduce
 the distance your food has to travel before arriving at your
 plate, hence the associated carbon emissions.
- Cook smarter. Your cooking methods can influence the carbon footprint of food. Adopt those using less energy and cover pots while cooking. Save water when preparing food and washing dishes.
- Consider reducing your meat and/or dairy consumption within your diet and shrink your food's carbon footprint.
- Avoid excessive food packaging when shopping.
- Recycle all you can. Check if you can recycle your packaging and food waste at home.
- Say no to plastic bottles.
- Why not try growing some food at home? And if you can, create your own compost.
- Minimise food waste. This is a simple yet effective way to reduce your food footprint.

More on food waste reduction

Food Waste is a serious environmental and economic issue. Let's protect our planet and future generations.

Plan your meals and buy food accordingly. Having a plan and a list when shopping instead of just putting items in the trolley will prevent you from overspending and throwing out food that has gone off because you didn't use it in time.

Know your dates and save lots of food being thrown out unnecessarily. "Use By" is about food safety and means you shouldn't eat it after this date or it could contain harmful bacteria and make you ill. "Best Before" is about food quality and means that you can still eat it after the date but it may not taste as good.

Be smart about food storage. If you leave cereal open in the box it will likely go stale quicker. Try popping it into an airtight container and it will keep fresher for longer. If you like bread but aren't going to get through a whole loaf in a few days then take out what you'll use and store the rest in the freezer.

Buy frozen. One way of preventing food waste is to buy more frozen food. From vegetables, meat and fruit; buying frozen will allow the food to last much longer and you won't have to keep an eye on the dates as you would with fresh. Although some people may prefer fresh products, for us frozen food has been a godsend. They're cheaper and just as good for you.

Have a use-it-up meal day. One day a week, instead of cooking a meal with new items, hunt around the cupboards and fridge for leftovers and make use of food that might otherwise get overlooked.

Put leftovers to good use. Don't throw your leftovers away. Instead keep them for next day's lunch or reuse them in a new meal. Be creative with delicious leftover recipes.

Reduce food waste, reduce your carbon footprint and save money!



Leftovers Samosa

This recipe uses leftovers to make samosa - a popular snack in many cuisines.

SERVES 4

- 1/2 onion, chopped
- 2 cloves of garlic, chopped finely
- 1 tsp fresh ginger, chopped
- Leftover vegetables or /and minced meat
- 1 tbsp olive oil
- 1 handful of fresh coriander
- Spices of your choice (or curry powder)
- Filo pastry
- 1. Chop your leftovers if needed.
- 2. Heat oil and cook onions, garlic, and ginger over medium-high heat for 3 minutes, then add leftover vegetables and cook for another 5 minutes over medium-high heat, stirring occasionally. Add the coriander and the spices. Stir to combine and cook for 2 minutes or until the spices are nice and aromatic.
- 3. Make sure the vegetables are nice and soft. Remove from the heat and leave the stuffing to cool to room temperature.
- 4. Stuff the pastry dough making the triangular samosa shape. Add about one teaspoon of your stuffing and close tightly.
- 5. Fry for about 2 3 minutes or until crispy and golden brown, turning them occasionally. Once fried, take them out on a plate lined with kitchen towels to absorb the excess oil. You can also cook them in the oven with a little oil.

Serve with a dip.

Leftovers Samosa



Leftovers Omelette

Omelettes are not just for breakfast!

SERVES 4

- Leftover vegetables or/and meat
- Eggs
- Cooking oil
- Onions, chopped
- Fresh herbs (parsley, coriander, etc.)
- A little milk (optional)
- 1. Gather your leftovers and chop them if needed.
- 2. Heat butter or oil in a pan over medium to low heat. Brown onions then add your leftovers in the pan to warm them.
- 3. While your leftovers are warming in the pan, beat your eggs in a bowl. If you have milk which needs used up, you can add a tiny amount to the egg mix to make it lighter and fluffier.
- 4. Pour the eggs into the pan. Tilt the pan around or use your spatula to spread the egg evenly to the edges of the pan.
- 5. Flip or cover your omelette to finish the cooking and cook all the way through.
- 6. Add spices, herbs, salt and pepper to taste. If you like cheese sprinkle some on top.



Aloo Tikki

This fried potato dish is a popular Pakistani and Indian street food and makes a great starter or snack. A delicious way to enjoy leftover potatoes.

SERVES 4

- Leftover potatoes
- ¾ cup of peas, fresh or frozen
- 1 medium onion, chopped
- 1 jalapeño pepper, minced
- 2 tbsp breadcrumbs
- 3 tbsp flour
- 1 tsp chili powder
- 2 tsp garam masala
- 1 tsp cumin powder
- 1 tbsp ginger, grated (or 1 tsp ginger powder)
- 1 handful fresh parsley, chopped
- · Cooking oil
- 1. Mash your leftover potatoes.
- 2. Combine mashed potatoes with all the other ingredients.
- 3. Form the mixture into round patties.
- 4. Heat a pan to medium-high heat with some oil, and fry the patties for a couple of minutes on each side, until golden brown. Once evenly cooked, place the patties on paper towels to dry off excess oil.
- 5. Serve with any kind of sauce you like.



Fridge Harvest Soup

Use all your vegetables to make a hearty and healthy soup.

SERVES 4

- Those bits of vegetables left in your fridge before the next big shop
- Any other leftovers (e.g. chicken, potatoes, etc.)
- 2 large garlic cloves, chopped
- 2 medium leeks, sliced
- 2 stock cubes or broth
- Water
- Salt and pepper to taste
- 1. Check your fridge for leftover meat and vegetables, soon to be wasted.
- 2. In a large pot, sauté garlic in olive oil until golden, 1-2 minutes.
- 3. Add leek then water and the broth. or stock cubes.
- 4. Stir in vegetables, season and bring to a boil.
- 5. Add in leftovers (chopped if required), reduce heat and simmer for 5 minutes.

Serve with bread.



French Toast & Honey

Bread gone stale again? This recipe only takes 10 minutes and will make a delicious breakfast treat. Recipe can be found on Love Food, Hate Waste website.

SERVES 2

- 2 eggs, lightly beaten
- 150ml warm milk, dairy or plant-based
- Pinch of ground cinnamon
- Pinch of ground nutmeg
- Pinch of ground cardamom (optional)
- Pinch of dried ground cloves (optional)
- 2 slices of stale bread
- 25g unsalted butter (or cooking oil)
- 1. Warm the milk, then mix with the beaten eggs and all spices.
- 2. Add the bread slices into a shallow container and cover with the milk mixture. Leave to soak for 5 minutes.
- 3. Heat the butter in a large non-stick frying pan until it is frothy. Add the bread slices and fry on high heat for 1 minute on each side. When both sides are golden, drizzle with honey and serve immediately.
- 4. You can also add a spoonful of Greek yoghurt and berries of your choice.



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