



# ZERO WASTE E-COOKBOOK

All taste, no waste!



Co-funded by  
the European Union



InclusiGardens  
2024-1-SI01-KA210-ADU-000244829







# ZERO WASTE COOKBOOK

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All taste, no waste!

# Zero Waste e-Cookbook

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## Impressum

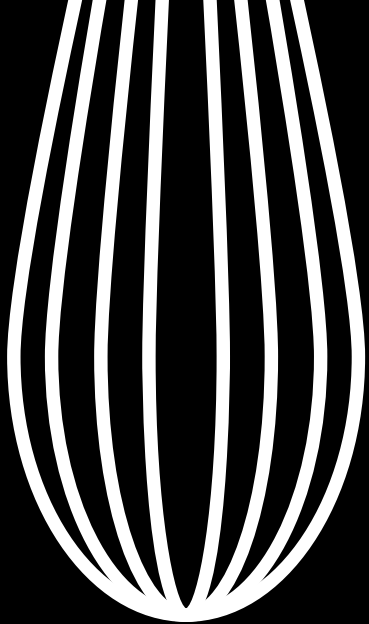
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|---------------------------------|---|
| <b>Title</b>                    | Zero Waste e-Cookbook: All taste, no waste!   |
| <b>Summary</b>                  | The zero-waste e-Cookbook combines sustainability with creativity, offering a collection of 30 delicious recipes that make full use of urban garden harvests. Designed to reduce food waste, the cookbook provides practical tips on using every part of your produce, from root to leaf. With budget-friendly and easy-to-follow recipes, it empowers individuals and families to embrace healthy, eco-conscious cooking habits. |
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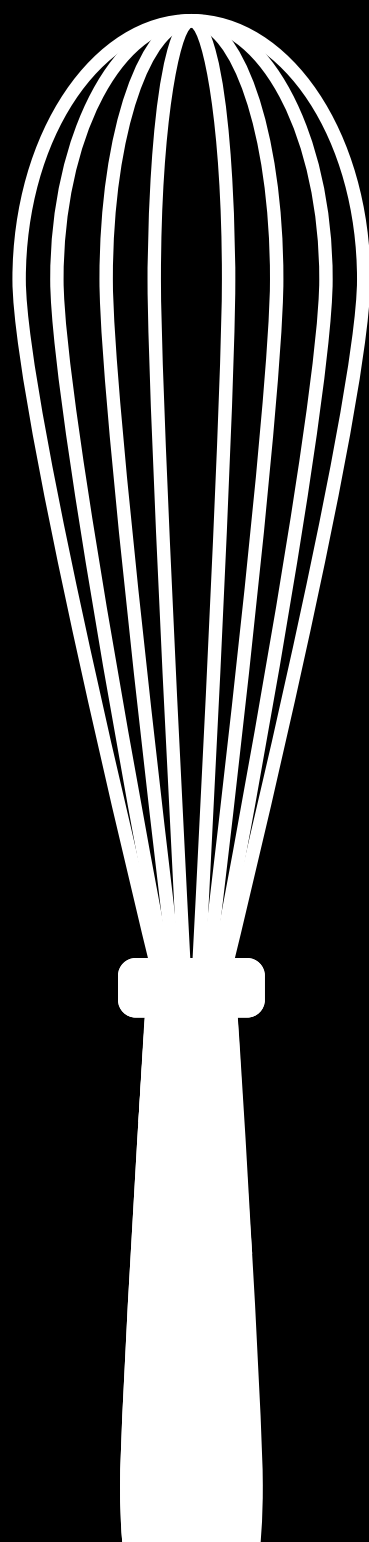
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# How to use this e-Cookbook

# How to use this e-Cookbook

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Welcome to the Zero-Waste e-Cookbook, your guide to sustainable and creative cooking. This section provides a detailed explanation of how to navigate and use the PDF version of the cookbook effectively. It also highlights unique features, such as chapter-specific colours, and offers guidance for maximising your experience.

## NAVIGATING THE PDF VERSION

- **Chapter colours:** Each chapter in this e-Cookbook is distinguished by a specific colour, making navigation easier and visually appealing. These colours are consistent throughout the document to help you quickly identify sections of interest.
- **Contents page:** The table of contents at the beginning serves as a detailed roadmap. Each chapter title is hyperlinked, allowing you to move directly to the desired section by clicking on the title.
- **Search functionality:** Use the search feature in your PDF reader to find specific topics, ingredients, or recipes with ease.
- **Offline accessibility:** This PDF format ensures that you can access the e-Cookbook at any time, even without an internet connection. This is especially beneficial for use in the kitchen, where connectivity may be limited.



## REFERENCING THE ONLINE VERSION

The e-Cookbook was initially created as an interactive online resource, which remains accessible at IncludiGardens Project Website. While the PDF version is designed for offline use, the online version offers additional features:

- **Interactive navigation:** A sidebar lists all chapters for instant access.
- **Accessibility tools:** Readers can adjust settings such as contrast, font size, and text alignment to suit individual preferences, making the content more inclusive.
- **Download and print options:** Users can download the entire e-Cookbook or print individual sections directly from the online platform.

## MAXIMISING THE BENEFITS OF THE E-COOKBOOK

This e-Cookbook is more than a collection of recipes; it is a comprehensive resource for zero-waste cooking. To make the most of it:

- **Explore cultural recipes:** The e-Cookbook includes recipes inspired by Slovenian, Croatian, and Dutch culinary traditions, showcasing sustainable practices through diverse perspectives.
- **Customise recipes:** Adapt recipes according to the ingredients you have available to minimise food waste and personalise flavours.
- **Apply practical tips:** Each chapter provides advice on preservation, storage, and creative cooking techniques, which can be immediately applied in your kitchen.

## A RESOURCE FOR SUSTAINABLE LIVING

This e-Cookbook is a tool for embracing sustainable cooking and reducing food waste. By engaging with its content and applying its principles, you contribute to a healthier planet. Whether you prefer the interactive features of the online version or the practicality of the PDF, this e-Cookbook is designed to support your journey towards a zero-waste lifestyle.

**Enjoy every page, every recipe, and every step  
towards sustainable cooking!**



# Introduction to zero waste cooking

# Introduction to zero waste cooking

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**Zero-waste cooking is about transforming the way we think about food. Instead of viewing scraps and leftovers as waste, we see them as opportunities – ingredients for new and creative meals.** This approach not only helps reduce food waste but also saves money and encourages resourcefulness in the kitchen. It is an everyday act that connects us to the bigger picture of sustainability, aligning with the European Green Deal's goals of creating a circular economy and tackling climate change.

Every year, **millions of tonnes of food are wasted across Europe**, with households being a significant contributor. For example, that slightly bruised apple or the wilted herbs at the back of the fridge might seem useless, but with a little creativity, they can be revitalised into apple compote or a flavourful herb-infused oil. Embracing zero-waste cooking means making the most of what we have, reducing the amount of food that ends up in landfills, and helping the environment in the process. **This cookbook is part of the InclusiGardens project**, which promotes urban micro-gardening as a way to empower individuals and foster sustainable living. Growing your own herbs, fruits, and vegetables – even in small urban spaces – can complement your zero-waste efforts. Imagine harvesting fresh basil from your windowsill garden to flavour a meal or using radish greens from your balcony planter in a hearty soup. Urban micro-gardens do not just provide fresh produce – they reconnect us with nature and the origins of our food.

**The European Union recognises the importance of addressing food waste and sustainable living** through strategies such as the Farm to Fork Strategy and the Circular Economy Action Plan. These policies encourage individuals and communities to adopt practices that minimise waste and make the most of resources. By incorporating zero-waste principles into your cooking routine, you are not only contributing to these broader goals but also enjoying tangible benefits, such as lowering your grocery bills and discovering new flavours. The pages that follow will guide you through **practical ways to make zero-waste cooking a part of your everyday life**. From learning how to store food properly to exploring creative recipes that use every part of an ingredient, you will find ideas that are easy to implement and rewarding. Whether you are a seasoned cook or just starting out, the journey to zero-waste cooking is accessible, fun, and impactful.



## FOOD WASTE IN NUMBERS

- In the EU, over **59 million tonnes of food waste** (132 kg/inhabitant) are generated annually, with an associated market value estimated at 132 billion euros.
- Households generate more than half of the total food waste (54%) in the EU (accounting for **72 kg per inhabitant**).
- The most wasted foods in EU households are vegetables (21.3% out of total food wasted), fruits (18.3%), meat (8%), dairy (7.1%) and cereals – mainly bread and bread products (6.5%).
- A 4-person household would save on average EUR 400 per year if food waste is reduced by 30%.
- At the same time, over **42 million people cannot afford a quality meal** – a meal with meat, chicken, fish, or vegetarian equivalent every second day – every second day.
- Food waste generates 16% of the total greenhouse gases from the EU food system.
- The **International Day of Awareness of Food Loss and Waste** is celebrated every year on 29 September!

*Sources: European Commission, Eurostat 2023, Eurostat 2024*

## RESOURCES TO EXPLORE

Here are some links to help you dive deeper into zero-waste practices and sustainable urban gardening:

- **Zero Waste Europe** – A European initiative focused on promoting sustainable systems and eliminating waste through better resource management.
- **Zero Waste, More Taste!** – A European Commission campaign highlighting creative ways to reduce food waste with inspiring recipes from top EU chefs.
- **ZeroW Project** – An EU-funded project focused on developing innovative solutions to achieve zero food waste and informing future EU policies.
- **URBACT** – Food and Sustainable Local Systems – A platform supporting sustainable food and urban agriculture initiatives through EU-wide collaboration and best practices.
- **EU Farm to Fork Strategy** – The EU's comprehensive plan for a sustainable food system, aiming to reduce environmental impact and improve food security.
- **European Circular Economy Action Plan** – EU policies promoting waste reduction, resource efficiency, and circular economic practices for sustainability.
- **U-Garden Project** – An initiative promoting capacity building and knowledge for the extension of urban gardens in European cities.
- **Urban Nature Platform** – A European Commission platform supporting urban greening plans to enhance biodiversity and sustainable urban development.
- **Urban Agro EU** – A platform dedicated to transforming urban spaces into sustainable agricultural hubs, providing resources and inspiration for urban farming initiatives.
- **EU-funded project Zero Waste Chefs EU** – An Erasmus+ funded project connecting vocational colleges in Ibiza and Estonia to train future chefs in zero-waste cooking practices.

# Cooking with leftovers

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Cooking with leftovers is not only practical but also a rewarding way to embrace creativity in the kitchen. Instead of viewing what remains after a meal as scraps to discard, you can **transform leftovers into entirely new and satisfying dishes**. A bowl of roasted vegetables can become the base for a rich and creamy soup, while cooked pasta can evolve into a hearty casserole with the addition of a few pantry staples. This approach saves money, reduces waste, and encourages a resourceful mindset. Leftovers are a treasure trove of possibilities, waiting to be reimaged.

This cookbook, created as part of the InclusiGardens project, highlights **the connection between sustainable cooking and urban gardening**. The project encourages individuals to cultivate their own produce, even in small urban spaces, and combine it with thoughtful cooking practices like repurposing leftovers. Adding fresh herbs or vegetables from your garden to meals made with leftovers not only enhances flavour but also reinforces the value of sustainability. InclusiGardens is about more than just growing food – it is about fostering a lifestyle where resources are maximised, and waste is minimised.

**Cooking with leftovers is an essential step towards a zero-waste lifestyle** and a more thoughtful relationship with food. By reimagining leftovers, you are not only reducing waste but also celebrating the ingenuity and creativity that cooking can inspire. In this chapter, you will find ideas and examples to help you turn everyday leftovers into exciting and delicious meals, showing how simple changes can make a big difference in your kitchen and beyond.



# 10 IDEAS FOR COOKING WITH LEFTOVERS



## **Cheese ends to fondue**

Melt leftover bits of cheese with white wine and garlic for a quick and delicious fondue. It allows you to enjoy every last morsel of cheese while avoiding waste.



## **Roasted vegetables to soup**

Blend leftover roasted vegetables with vegetable stock and herbs to create a creamy soup. This gives cooked vegetables a second life and provides a wholesome meal.



## **Rice to fried rice**

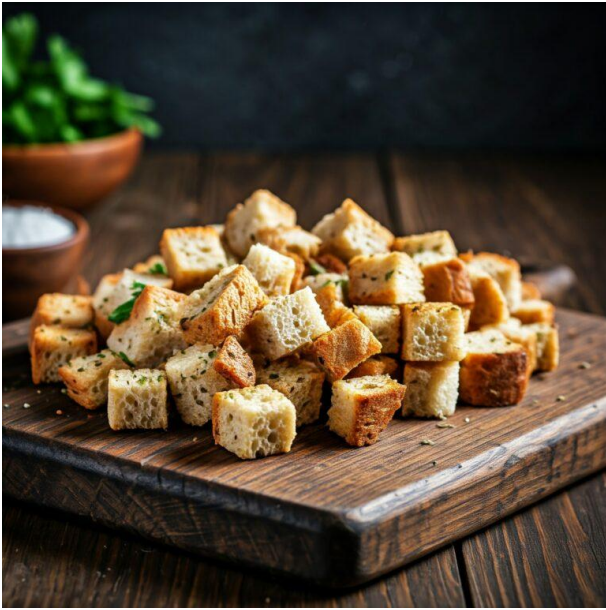
Sauté cooked rice with vegetables, eggs, and soy sauce to create a flavourful fried rice. It transforms plain rice into a vibrant dish while making use of what you already have.



## **Cooked pasta to bake**

Layer cooked pasta with tomato sauce, cheese, and vegetables, then bake until golden. This creates a comforting new meal and ensures no pasta is left uneaten.

# 10 IDEAS FOR COOKING WITH LEFTOVERS



## Stale bread to croutons

Melt leftover bits of cheese with white wine and garlic for a quick and delicious fondue. It allows you to enjoy every last morsel of cheese while avoiding waste.



## Fruit to smoothies

Blend overripe fruits like bananas or berries with yoghurt and milk for a refreshing smoothie. It is a simple way to preserve the natural sweetness of fruit and avoid waste.



## Mashed potatoes to pancakes

Mix leftover mashed potatoes with eggs and flour to create savoury pancakes. These bring variety to your meals and utilise a side dish that might otherwise go to waste.



## Grilled meat to wraps

Shred leftover grilled meat and use it in wraps or tacos with fresh vegetables and sauce. This is an easy way to create a quick, satisfying meal without additional cooking.

# 10 IDEAS FOR COOKING WITH LEFTOVERS



## Vegetable peels to stock

Boil vegetable peels with onions, garlic, and herbs to make a rich vegetable stock. This turns what might be discarded into a versatile kitchen staple.



## Cereal or cookies to crusts

Crush leftover cereal or broken cookies to create a base for pies or cheesecakes. It transforms crumbs into a delightful dessert feature while reducing waste.

The inherent nature of utilizing leftovers allows for considerable culinary flexibility and diverse presentations. The accompanying images in this section were generated in collaboration with **Gemini AI**, employing **Imagen**'s advanced image synthesis capabilities, to provide visual examples of potential leftover transformations.

# Preservation and storage

# Preservation and storage

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Preservation and storage are the cornerstones of a zero-waste kitchen, helping to extend the life of your ingredients, reduce food waste, and ensure you always have something fresh and usable at hand. However, before exploring preservation techniques, the most crucial step is mindful planning. **Knowing how much food you need and will realistically use is the foundation of any zero-waste strategy.** Planning meals, making accurate shopping lists, and considering portion sizes help prevent over-purchasing and minimise waste. This approach is especially valuable for those participating in initiatives like the InclusiGardens project, which encourages urban dwellers to grow their own produce in micro-gardens. By planning meals that incorporate homegrown ingredients, you can strike a balance between what you harvest, buy, and consume, ensuring resources are used effectively. This alignment of planning and sustainability is the starting point for a truly zero-waste kitchen.

Understanding food labelling is another critical aspect of mindful planning and zero-waste living. **Labels such as “use by” and “best before” provide essential guidance on the safety and quality of food, but they are often misunderstood.** A “use by” date is about food safety – it indicates the final date by which a product must be consumed if stored correctly, as per the instructions (e.g., refrigerated). This label is commonly found on perishable items like meat, fish, dairy products, and fresh salads. Consuming food past its “use by” date can pose health risks, even if it appears and smells fine. On the other hand, a “best before” date is about quality, not safety. It marks the period during which a product retains its optimal flavour, texture, and nutritional value when stored correctly. Found on items like pasta, rice, canned goods, and biscuits, these foods are typically safe to eat after the “best before” date, though they may not be at their peak. By understanding these labels and applying them in your kitchen, you can make informed decisions, reduce unnecessary waste, and maximise the use of your ingredients.



**Proper refrigeration is one of the simplest and most impactful preservation methods.**

Understanding the ideal storage conditions for different types of food can significantly extend their freshness. Leafy greens and herbs, for example, thrive when wrapped in a cloth or paper towel and stored in an airtight container in the fridge. Similarly, root vegetables like carrots, potatoes, and onions fare best in cool, dark, and dry environments, such as a pantry or cellar. If you are growing your own herbs or vegetables in a micro-garden, harvesting them at their peak and storing them correctly can ensure they stay fresh for longer. This is particularly important in urban settings, where space may be limited, and resources like a small refrigerator or pantry need to be optimised. Effective refrigeration practices not only prolong the life of bought and homegrown produce but also reduce the frequency of shopping trips, saving time and effort.

**Freezing is another invaluable tool in a zero-waste kitchen.** It allows you to preserve a wide variety of foods, from fresh produce and cooked meals to leftover portions, for weeks or even months. Portioning food before freezing is especially useful, as it enables you to defrost only what you need, helping avoid over-preparation and unnecessary waste. For urban gardeners involved in the InclusiGardens project, freezing can be an excellent way to preserve seasonal harvests. Blanch and freeze vegetables like beans or peas, or freeze herbs in olive oil or broth for use in soups and sautés. Even small quantities of excess produce, such as berries or chopped peppers, can be frozen in airtight bags or containers to use in smoothies, sauces, or baking. In compact urban kitchens, a well-organised freezer becomes a vital ally in reducing waste and making the most of every ingredient, whether purchased or homegrown.



## 10 TIPS FOR FREEZING FOOD SAFELY

**Freezing is one of the most effective preservation techniques in a zero-waste kitchen, allowing you to extend the shelf life of fresh ingredients, leftovers, and even entire meals.** However, to ensure quality, safety, and optimal use, it is important to follow proper freezing practices. By freezing food correctly, you can save money, reduce waste, and always have ingredients ready when you need them. Below are ten essential tips for freezing food safely and effectively:

- **Freeze fresh and high-quality food:** Only freeze food that is fresh and in good condition. Do not freeze items that are already showing signs of spoilage.
- **Use proper containers:** Choose freezer-safe bags or containers and remove as much air as possible to prevent ice crystal formation. Leave room in glass containers for liquids to expand during freezing.
- **Cool food before freezing:** Allow hot or warm food to cool to room temperature before freezing to avoid raising the freezer's temperature and affecting other stored items.
- **Label and date your food:** Clearly label each item with its name and the freezing date, and use the "first in, first out" method to prevent forgetting about older items.
- **Portion food for convenience:** Divide food into smaller portions before freezing for easier defrosting and to minimise waste. Smaller portions freeze and thaw more efficiently.
- **Avoid refreezing thawed food:** Once food has been defrosted, do not freeze it again to avoid bacterial growth and potential safety issues.
- **Follow recommended storage times:** While frozen food does not spoil, its quality may degrade over time. For example, meats can be stored for 3–12 months, vegetables and fruits for 8–12 months, ready meals for 2–3 months, and bread for up to 3 months.
- **Defrost properly:** The safest way to defrost food is in the fridge. For quicker results, use the microwave (defrost setting) or cold water, but never leave food to thaw at room temperature.
- **Avoid freezing certain foods:** Some foods, like eggs in their shells, mayonnaise, cream, and water-heavy vegetables like cucumbers, do not freeze well and may lose their texture or taste.
- **Monitor freezer temperature:** Ensure your freezer is set to  $-18^{\circ}\text{C}$  or lower and regularly clean it to maintain optimal performance and food safety.



Traditional preservation techniques like **pickling, fermenting, and drying provide additional ways to maximise the life of your ingredients** while adding unique flavours to your meals. Pickling is a great way to use surplus vegetables, such as cucumbers, carrots, or radishes, turning them into tangy accompaniments for salads, sandwiches, or rice bowls. Fermentation, a time-honoured method, transforms vegetables like cabbage into sauerkraut or kimchi, enhancing their nutritional value while ensuring they last for months. Drying herbs, fruits, or even flowers from your micro-garden allows you to enjoy their flavours year-round. A handful of dried mint leaves can become a soothing tea, while dried apple slices make for a healthy snack. These preservation methods are not just practical; they are also deeply connected to the InclusiGardens ethos of combining sustainable gardening with resourceful cooking practices. They encourage a full-circle approach where nothing is wasted, and every element of your garden and kitchen contributes to nourishing your household.



Organising your kitchen is the final but critical piece in the puzzle of effective preservation and storage. **A well-organised pantry or fridge ensures that older items are used first, preventing food from being forgotten or wasted.** Label containers with dates and use clear storage solutions to keep track of your inventory easily. For participants in the InclusiGardens project, integrating homegrown produce into an organised kitchen ensures that each harvest is utilised effectively. Additionally, understanding which ingredients should be stored separately is key to maintaining freshness. For example:

- **Leafy greens** like lettuce and spinach should be stored in airtight containers with a paper towel to absorb excess moisture but kept away from ethylene-producing fruits like apples and tomatoes, which can accelerate spoilage.
- **Carrots** last longer when their tops are removed and stored in a sealed container with a damp paper towel, but they too should not be placed near ethylene-releasing fruits such as bananas.
- **Potatoes** thrive in a dark, cool, and dry environment, ideally in a mesh bag or cardboard box, but should never be stored alongside onions, as both release gases that speed up decay.
- **Bread**, on the other hand, is best kept in a cloth bag or wooden box to retain its texture and prevent mould, but it should not be refrigerated, as the cold environment can dry it out and make it stale.

When combined with thoughtful planning, preservation techniques, and proper storage practices, an organised kitchen becomes a powerful tool in reducing waste and enjoying fresh, flavourful meals every day. Together, these practices represent the heart of zero-waste living and the goals of InclusiGardens, where sustainable gardening and cooking intersect to create a more mindful way of life.

# PRESERVATION AND STORAGE OF COMMON MICRO-GARDEN PLANTS USED IN COOKING

| Ingredient      | Preservation technique                         | Storage technique   | Cooking notes  |
|-----------------|--|---|--|
| Basil           | Freeze in olive oil or make pesto              | Store fresh in a jar of water, covered loosely with a plastic bag in the fridge | Add frozen pesto cubes directly to pasta, soups, or sauces for quick flavouring. |
| Blueberries     | Freeze whole                                   | Store fresh in a breathable container in the fridge                             | Use frozen blueberries in muffins, pancakes, or smoothies.                       |
| Carrots         | Blanch and freeze or pickle                    | Store fresh in a dark, cool place or in the fridge in a sealed bag              | Use frozen carrots in soups or stews; pickled carrots add crunch to sandwiches.  |
| Cherry tomatoes | Roast and freeze or make into sauces           | Store fresh at room temperature out of direct sunlight                          | Use roasted tomatoes in pasta dishes or as a pizza topping.                      |
| Chillies        | Dry, freeze whole, or ferment into hot sauce   | Store fresh in the fridge in a perforated bag                                   | Add dried chillies to spice mixes or use fresh ones in sauces and stir-fries.    |
| Cucumbers       | Pickle or ferment                              | Store fresh in the fridge's crisper drawer                                      | Use pickled cucumbers in sandwiches, salads, or as a tangy snack.                |
| Kale            | Blanch and freeze                              | Wrap in paper towels and place in a plastic bag in the fridge                   | Use frozen kale in soups, stews, or as a smoothie ingredient.                    |
| Mint            | Dry leaves or freeze in ice cubes with water   | Store fresh in a damp cloth in the fridge or as a bunch in a water-filled jar   | Use dried leaves for tea or garnish desserts and cocktails with fresh leaves.    |
| Parsley         | Chop and freeze in small portions              | Wrap in damp paper towels and store in a resealable bag in the fridge           | Add frozen parsley directly to soups or stews for a burst of freshness.          |
| Radishes        | Pickle or ferment                              | Store fresh in a damp paper towel in a resealable bag in the fridge             | Pickled radishes are perfect for tacos or as a vibrant salad topping.            |
| Spinach         | Blanch and freeze or make into purées          | Store fresh in a perforated bag in the fridge                                   | Add frozen spinach to smoothies, curries, or soups.                              |
| Spring onions   | Chop and freeze or store in water for regrowth | Store fresh upright in a jar with water in the fridge                           | Add frozen spring onions to stir-fries, soups, or scrambled eggs.                |
| Strawberries    | Freeze whole or as purée                       | Store fresh in the fridge in a single layer to avoid bruising                   | Use frozen strawberries in smoothies, jams, or desserts.                         |
| Thyme           | Dry whole sprigs or freeze in butter           | Store fresh wrapped in a damp paper towel in the fridge                         | Use dried thyme in marinades or fresh sprigs for roasting meats or vegetables.   |
| Zucchini        | Grate and freeze or pickle                     | Store fresh in a perforated bag in the fridge                                   | Use grated zucchini in soups, sauces, or baked goods like muffins or breads.     |

# Practical tips for a zero waste kitchen

# Practical tips for a zero waste kitchen

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**A zero-waste kitchen is not built overnight – it is cultivated through mindful practices, resourceful habits, and a commitment to sustainability.** This chapter synthesises the principles from earlier chapters, offering practical advice to help you reduce waste, maximise your resources, and make the most of every ingredient. Central to this is the philosophy of the InclusiGardens project, which highlights the synergy between growing your own food and adopting sustainable cooking methods. Planning is the first and most critical step: knowing what you need, how much you will use, and how to store your ingredients effectively lays the foundation for a waste-free kitchen. Preservation techniques like freezing, pickling, and fermenting ensure that even surplus produce from your micro-garden can be saved and enjoyed later. Cooking with leftovers invites creativity, transforming scraps into delicious meals, while an organised kitchen streamlines the process, ensuring nothing is forgotten or wasted. With these strategies in mind, **the following tips provide actionable steps to implement zero-waste practices and prepare you for the 30 recipes ahead,** which showcase how to cook delicious, sustainable meals that align with the InclusiGardens ethos.

By implementing these practical tips, you will be on your way to creating a kitchen that is not only zero-waste but also more organized, cost-effective, and environmentally friendly. A zero-waste kitchen is not achieved overnight – it is about progress, not perfection. **Start small, build new habits, and enjoy the positive impact these changes bring to your home and the planet.**



## 20 PRACTICAL TIPS FOR A ZERO-WASTE KITCHEN

- 1. Plan your meals:** Create weekly meal plans to avoid overbuying and ensure you use everything you purchase.
- 2. Make a shopping list:** Stick to a list based on your meal plan to minimise impulsive purchases that may go to waste.
- 3. Organise your fridge and pantry:** Keep older items at the front and label containers with dates to track freshness.
- 4. Use clear storage containers:** Transparent containers make it easy to see what you have, reducing forgotten items.
- 5. Grow your own produce:** Start a micro-garden to cultivate herbs, vegetables, and fruits for fresh, sustainable ingredients.
- 6. Harvest only what you need:** Pick herbs and vegetables from your garden in small amounts to keep the rest fresh.
- 7. Preserve seasonal produce:** Freeze, pickle, or ferment surplus garden harvests to enjoy them year-round.
- 8. Save vegetable scraps:** Collect peels, stems, and trimmings to make homemade vegetable stock.
- 9. Repurpose leftovers:** Turn yesterday's dinner into a new dish, like pasta bakes, fried rice, or soups.
- 10. Store herbs correctly:** Wrap fresh herbs in damp paper towels or freeze them in olive oil for extended use.
- 11. Freeze in portions:** Divide large quantities of food into smaller portions before freezing to defrost only what you need.
- 12. Dry excess produce:** Dry fruits and herbs from your garden to use as snacks, teas, or seasonings.
- 13. Invest in reusable storage:** Use glass jars, silicone bags, or beeswax wraps instead of single-use plastics.
- 14. Compost food scraps:** Create a compost bin for items that cannot be repurposed, enriching your garden soil.
- 15. Batch cook:** Prepare meals in bulk and freeze portions for easy, waste-free dinners later.
- 16. Use up dairy and eggs:** Turn extra dairy or eggs into sauces, quiches, or baked goods to avoid spoilage.
- 17. Keep a "use-it-up" box:** Dedicate a section in your fridge for ingredients nearing their expiration date.
- 18. Shop local and seasonal:** Buy local produce to reduce packaging waste and support sustainable farming practices.
- 19. Utilise bread ends:** Turn stale bread into breadcrumbs, croutons, or bread pudding.
- 20. Get creative with recipes:** Adapt recipes to use what you already have at home, reducing the need for extra shopping.

# Creative recipes from all around Europe

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Europe's culinary traditions are as diverse as its landscapes, offering a rich tapestry of flavours, techniques, and ingredients that have been shaped by history, culture, and the natural environment. This chapter celebrates that diversity with a selection of 30 recipes inspired by the unique culinary heritage of Slovenia, Croatia, the Netherlands, and other regions. Rooted in the principles of zero-waste cooking, these recipes highlight the use of seasonal, locally sourced ingredients and creative ways to minimise waste. Whether it is a hearty dish influenced by rural traditions, a flavourful meal that showcases fresh produce, or a reimagined classic that incorporates leftovers, each recipe reflects the ingenuity and sustainability inherent in European cuisines.

Inspired by the IncludiGardens project, these recipes also encourage the integration of micro-garden produce, demonstrating how small-scale urban gardening can enrich your cooking. By exploring these dishes, you will not only discover new flavours and techniques but also gain insight into how traditional European cooking aligns with modern sustainable practices, turning every meal into a celebration of culture, resourcefulness, and connection.



# Apple Fritters



Jabuke u šlafroku, or apple fritters, are a nostalgic Croatian dessert that evokes memories of childhood. The name translates to “apples in a dressing gown,” highlighting the warm, golden batter that encases slices of juicy apples. This simple yet delightful dish is a staple of Central European cuisine and is loved for its comforting aroma of apples, cinnamon, and vanilla. Perfect for the autumn and winter months, Jabuke u šlafroku combines the sweetness of apples with the crunch of fried batter, creating a dessert that warms both the heart and the palate.



# Jabuke u šlafroku



## INGREDIENTS

- 4 apples
- Juice of 1 lemon
- 200 g all-purpose flour
- 2 eggs
- 250 ml milk
- 50 g sugar
- 1 packet (8 g) vanilla sugar
- A pinch of salt
- Sunflower oil (for frying)
- Powdered sugar and cinnamon (optional, for garnish)

## INSTRUCTIONS

- 1. Prepare the apples:** Wash and peel the apples. Core them to remove the seeds, then slice them into 0.5 cm thick rings. Place the slices in a bowl and drizzle with freshly squeezed lemon juice to prevent browning.
- 2. Make the batter:** In a mixing bowl, whisk the eggs with sugar and vanilla sugar until frothy. Gradually add the milk, followed by the flour and a pinch of salt, whisking until the batter is smooth and slightly thicker than pancake batter.
- 3. Heat the oil:** In a large frying pan, heat a generous amount of sunflower oil over medium-high heat. The oil should be hot enough to sizzle when a drop of batter is added.
- 4. Fry the apple rings:** Dip each apple ring into the batter, ensuring it is fully coated. Gently lower the coated apple slices into the hot oil, frying them in batches. Cook for 2-3 minutes on each side, or until golden brown and crispy.
- 5. Drain excess oil:** Remove the fritters from the pan and place them on a plate lined with paper towels to absorb any excess oil.
- 6. Garnish and serve:** While still warm, dust the fritters with powdered sugar. For an extra touch of flavour, sprinkle with cinnamon.
- 7. Serve:** Enjoy the fritters hot and fresh, served on their own or with a dollop of whipped cream or a drizzle of honey.
- 8. Serving suggestions:** Jabuke u šlafroku are a versatile dessert that pairs beautifully with a warm cup of tea or coffee. For a richer experience, serve them with a scoop of vanilla ice cream or a dollop of yoghurt.



**PORTION SIZE**  
For 16-20 rings



**PREPARATION TIME**  
30 minutes

# ZERO WASTE TIPS

01

**Save apple scraps:** Use the apple cores and peels to make homemade apple syrup or jelly.

02

**Reuse frying oil:** Strain and store the frying oil if it has not burned, to use for future recipes.

03

**Leftover batter:** If you have extra batter, fry small spoonfuls to make mini pancakes or fritters.

04

**Customise fillings:** Try using overripe apples or other fruits like pears for a delicious variation.

# Cabbage and Pasta

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Krpice sa zeljem, a comforting and traditional dish, hails from the northern regions of Croatia. It reflects the simplicity and ingenuity of Croatian rural cuisine, combining caramelised cabbage with square-shaped pasta (krpice). Often enriched with a touch of bacon or pancetta, this dish has become a staple in many households, loved for its affordability and versatility. Whether served as a main course or a side dish, Krpice sa zeljem is a year-round favourite that embodies the rich agricultural and culinary heritage of Croatia.



# Krpice sa zeljem



## INGREDIENTS

### For the pasta (krpice):

- 300 g all-purpose flour
- 3 eggs
- A pinch of salt
- A few tablespoons cold water

### For the cabbage mixture:

- 1 large head of fresh cabbage (about 1 kg)
- 1 large onion, finely chopped
- 1-2 tablespoons lard (or vegetable oil, as a substitute)
- 1 tablespoon sugar
- Salt and black pepper, to taste

## INSTRUCTIONS

**1. Make the pasta:** Sift the flour into a bowl and add a pinch of salt. Make a well in the centre, add the eggs, and a few tablespoons of cold water. Knead into a smooth dough, adding more flour if the dough feels too sticky. Form the dough into a ball, cover with a clean cloth, and let it rest for 15-20 minutes. Divide the dough into three portions. Roll each portion out as thin as possible. Stack the sheets lightly dusted with flour to prevent sticking, and cut them into strips, then into squares to form krpice.

**2. Prepare the cabbage:** Remove the outer leaves and core of the cabbage, then slice it into thin strips. In a large pot, heat the lard or oil over medium heat. Add the onion and sauté until soft and translucent. Stir in the sugar and cook for another minute until lightly caramelised. Add the cabbage to the pot, season with salt, and sauté for 10-15 minutes, stirring occasionally, until the cabbage softens slightly.

**3. Cook the pasta:** In a large pot of salted boiling water, cook the krpice until al dente. Drain well.

**4. Combine and finish:** Add the cooked pasta to the cabbage mixture, stirring well to combine. Sauté everything together for another 2-3 minutes to meld the flavours. Season generously with black pepper and adjust salt to taste.

**5. Serve:** Transfer to a serving bowl or plates and enjoy immediately!

**6. Serving suggestions:** Serve Krpice sa zeljem warm as a main dish or pair it with grilled sausages, roasted meats, or even a dollop of sour cream for a complete meal.



**PORTION SIZE**

Serves 4-6



**PREPARATION TIME**

1 hour 30 minutes

# ZERO WASTE TIPS

01

**Cabbage trimmings:** Save the outer cabbage leaves and cores to make a homemade vegetable broth.

02

**Homemade pasta scraps:** Use leftover dough trimmings for soups or to make rustic crackers.

03

**Alternative sweeteners:** If you do not have sugar, use a drizzle of honey or a pinch of brown sugar for caramelisation.

04

**Repurpose leftovers:** Reheat leftover Krpice sa zeljem in a pan with a splash of water or stock for a quick meal. Alternatively, add an egg on top for a protein-packed variation.

# Carrot Cake Worteltaart

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Carrot cake, or Worteltaart, is a beloved dessert that never fails to impress. Its moist texture, warm spices, and sweet flavour make it a crowd-pleaser for any occasion. Carrots, cultivated on a large scale in the Netherlands since the 17th century, lend a unique charm to this cake. This recipe is designed for one person, making it a perfect treat for a small indulgence while embracing sustainable practices.



# Worteltaart



## INGREDIENTS

### Cake:

- 1 carrot, grated
- 50 g self-raising flour
- 50 g light brown sugar
- 25 ml neutral oil (e.g., sunflower oil)
- 25 ml milk (e.g., almond milk)
- ¼ teaspoon cinnamon
- ⅛ teaspoon ginger powder (optional)

### Buttercream:

- 25 g plant-based butter, room temperature
- 40 g powdered sugar

## INSTRUCTIONS

- 1.Preheat the oven:** Set the oven to 180°C (356°F) and prepare a small baking tin by greasing it or lining it with parchment paper.
- 2.Prepare the batter:** In a mixing bowl, combine the self-raising flour, light brown sugar, cinnamon, and ginger powder (if using). Mix well to remove any lumps. Create a well in the centre of the dry ingredients, add the oil and milk, and whisk until a smooth, thick batter forms. Fold in the grated carrot with a spatula, ensuring it is evenly distributed.
- 3.Bake the cake:** Pour the batter into the prepared tin and smooth the surface. Bake for 35 minutes, or until a toothpick inserted into the centre comes out clean. Allow the cake to cool in the tin for 30 minutes, then transfer it to a wire rack to cool completely.
- 4.Prepare the buttercream:** In a small bowl, beat the plant-based butter with an electric mixer until smooth and creamy. Gradually add the powdered sugar, sieving it first to remove lumps. Beat until the frosting is fluffy.
- 5.Assemble the cake:** Slice the cooled cake horizontally in half. Spread a generous layer of buttercream on the bottom half, then place the top layer back on. Spread buttercream over the top of the cake.
- 6.Serve:** Enjoy your individual-sized carrot cake as a delightful dessert or a special treat.
- 7.Serving suggestions:** Pair this carrot cake with a cup of tea or coffee for a cosy afternoon treat. Its modest portion makes it ideal for single servings while remaining rich in flavour and satisfying to the last crumb.



**PORTION SIZE**

1 individual serving



**PREPARATION TIME**

50 minutes (including cooling time)

# ZERO WASTE TIPS

01

**Make the most of carrot scraps:** Save small carrot scraps or ends in the freezer for use in soups, sauces, or vegetable stock.

02

**Choose local and organic ingredients:** Buy locally grown carrots and flour, preferably in bulk or without packaging, to reduce waste and support sustainable farming.

03

**Compost vegetable peels:** Compost carrot peels to enrich soil. If you don't have a compost bin, find a local community composting site.

04

**Repurpose leftover cake:** If the cake dries out, cut it into cubes and create a trifle with plant-based yogurt, fresh fruit, and leftover frosting.

05

**Experiment with substitutions:** Add leftover nuts, seeds, or dried fruits you have on hand for a personal twist and to prevent food waste.

# Chard Pie Soparnik



Soparnik is a traditional Dalmatian dish that has been recognised as part of Croatia's cultural heritage. Originally considered a food for the poor, this chard pie is now celebrated for its simplicity and flavour. Traditionally baked in a fireplace for Good Friday, Soparnik embodies the resourcefulness of Croatian cuisine, making the most of humble ingredients like chard, olive oil, and flour. This recipe offers a modern adaptation that can be prepared in a home oven, allowing you to enjoy the rich flavours of this iconic dish.



# Soparnik



## INGREDIENTS

- 500 g flour
- 2 tablespoons olive oil
- 250 ml water
- A pinch of salt
- 500 g chard (preferably older chard or softened in the fridge for a few days)
- 2 spring onions, finely chopped
- 1 tablespoon olive oil
- A pinch of salt
- 1 garlic clove, finely chopped
- 1 tablespoon olive oil

## INSTRUCTIONS

- 1. Prepare the chard:** Wash the chard thoroughly and let it dry completely (this can be done the night before). Once dry, remove the thick white stems and cut the leaves into strips. Place the chard in a large bowl, sprinkle with salt, and drizzle with olive oil. Add the chopped spring onions and mix well using your hands.
- 2. Make the dough:** In a mixing bowl, combine the flour, olive oil, salt, and water to form a dough. Knead the dough until it becomes smooth and elastic. Divide the dough into two equal parts and roll each piece into a thin, round sheet.
- 3. Assemble the pie:** Preheat the oven to 200°C (392°F). Grease a baking tray with butter and lightly dust with flour. Place one rolled-out dough sheet on the tray. Spread the prepared chard mixture evenly over the dough. Cover with the second sheet of dough, sealing the edges by pinching them together.
- 4. Bake:** Place the tray in the preheated oven and bake for approximately 45 minutes, or until the crust is golden brown and crispy.
- 5. Add the dressing:** While the Soparnik is still hot, brush the surface with a mixture of olive oil and finely chopped garlic to enhance its flavour.
- 6. Serving suggestions:** Soparnik pairs beautifully with red wine or bevanda (red wine diluted with water). Serve warm as a main dish or as an appetiser to share.



**PORTION SIZE**

Serves 4-6



**PREPARATION TIME**

1 hour 30 minutes (including baking time)

# ZERO WASTE TIPS

01

**Repurpose vegetable scraps:** If you have leftover chard stems, chop them finely and add them to soups or stews to avoid waste.

02

**Utilise dough remnants:** Use any excess dough scraps to make small crackers or breadsticks by baking them separately.

03

**Choose sustainable ingredients:** Old or wilting chard works best for this recipe as it softens easily, reducing food waste.

04

**Find flexible substitutions:** If you do not have spring onions, substitute with finely chopped onion greens or leek tops.

05

**Store leftovers thoughtfully:** Store any leftover Soparnik in an airtight container and reheat in the oven to maintain its crispiness.

# Chicory Mash Pot



This vegetarian chicory mash pot is a classic Dutch dish, perfect for the colder months. Chicory, a vegetable widely enjoyed in the Netherlands, is particularly abundant during winter and early spring. Its slightly bitter taste pairs wonderfully with creamy mashed potatoes, creating a surprisingly flavourful combination. This dish is easy to prepare, nutritious, and ideal for those looking for a vegetarian twist on a traditional Dutch meal.



# Witlof stampopot



## INGREDIENTS

- 400 g potatoes
- 1 parsnip
- 1 zucchini
- 1 vegetable bouillon cube
- 100 g grated plant-based cheese
- 2 tablespoons olive oil
- 3 chicory heads
- 30 g smoked almonds
- Salt
- Pepper

## INSTRUCTIONS

- 1. Prepare the potatoes and parsnip:** Peel the potatoes and parsnip using a vegetable peeler and cut them into large chunks.
- 2. Cut the zucchini:** Cut the zucchini into large chunks and rinse all the vegetables.
- 3. Cook the vegetables:** Boil the potatoes, parsnip, and zucchini in a pot of boiling water with the bouillon cube for 10–12 minutes, or until tender. Drain well.
- 4. Sauté the chicory:** Wash the chicory, slice it in half lengthwise, then cut into strips. Heat the olive oil in a frying pan and sauté the chicory for 5–10 minutes. The longer you cook it, the softer it becomes. Taste to find your preferred texture.
- 5. Mash the mixture:** Mash the potatoes, zucchini, and parsnip until smooth. Add the grated plant-based cheese and season with salt and pepper.
- 6. Combine:** Stir the sautéed chicory into the mash.
- 7. Garnish:** Coarsely chop the smoked almonds and sprinkle them over the mash pot for garnish.
- 8. Serving suggestions:** Serve this mash pot with a fresh salad or crusty bread. For extra flavour, add a splash of mustard or a hint of spicy sambal.



**PORTION SIZE**

Makes 2 servings



**PREPARATION TIME**

55 minutes

# ZERO WASTE TIPS

01

**Use the whole chicory:** Avoid cutting off too much of the base and incorporate the outer leaves into the mash pot to prevent waste.

02

**Cook potatoes with skin:** Boiling the potatoes with their skins retains more nutrients, saves time, and reduces waste while also adding flavour.

03

**Choose loose ingredients:** Opt for loose vegetables like chicory, potatoes, and parsnip instead of pre-packaged options to minimize plastic waste.

# Classic Asparagus



Asparagus has been a cherished delicacy in the Netherlands since large-scale cultivation began in the 19th century. The asparagus season, lasting only about two months, is a celebration of fresh, local flavours. This dish showcases the tender white asparagus paired with crispy baby potatoes, savoury tofu, tempeh bacon, and a velvety hollandaise sauce, creating a delightful plant-based variation of this Dutch classic.



# Klassieke asperges



## INGREDIENTS

### Main ingredients:

- 100 g tofu, crumbled
- 125 g baby potatoes, halved
- 100 g white asparagus, peeled and ends removed
- 3 g chives, finely chopped
- ¼ teaspoon turmeric
- ½ tablespoon sunflower oil
- Salt and pepper to taste

### Tempeh “bacon”:

- 75 g tempeh, sliced into thin 0.5 cm strips
- ¼ tablespoon soy sauce
- ¼ teaspoon agave syrup
- ¼ teaspoon smoked paprika

### Hollandaise sauce:

- 40 ml oil
- 20 ml unsweetened soy milk
- ½ teaspoon lemon juice
- ⅓ teaspoon cayenne pepper
- ⅓ teaspoon salt
- ⅓ teaspoon turmeric

## INSTRUCTIONS

**1. Preheat the oven:** Set the oven to 175°C (347°F).

**2. Prepare the tempeh bacon:** Mix the soy sauce, agave syrup, smoked paprika, and a bit of sunflower oil in a shallow dish. Marinate the tempeh strips for 2 minutes. Arrange them on a parchment-lined baking sheet and bake for 20 minutes, turning halfway through, until golden brown.

**3. Roast the baby potatoes:** Spread the halved baby potatoes on a parchment-lined baking sheet. Drizzle with sunflower oil, season with salt and pepper, and roast in the oven for 20 minutes until golden and crispy.

**4. Cook the asparagus:** Bring a large pot of water to a boil and cook the asparagus for 10 minutes, or until tender.

**5. Prepare the tofu:** Heat sunflower oil in a frying pan over medium heat. Add the crumbled tofu, turmeric, and season with salt and pepper. Fry for 7 minutes until crispy.

**6. Make the hollandaise sauce:** Combine the oil, soy milk, lemon juice, cayenne pepper, salt, and turmeric in a small saucepan. Whisk well and heat over low heat until warmed through.

**7. Assemble the dish:** Plate the cooked asparagus alongside the roasted potatoes. Drizzle with the warm hollandaise sauce and top with the crispy tofu. Add the tempeh bacon slices and garnish with chopped chives.

**8. Serve:** Enjoy immediately as a light and elegant seasonal dish.

**9. Serving suggestions:** Pair Klassieke Asperges with a refreshing white wine or a light herbal tea for a perfect spring or summer meal. Its delicate flavours and harmonious textures make it an ideal dish for showcasing the best of Dutch seasonal produce.



**PORTION SIZE**

1 individual serving



**PREPARATION TIME**

40 minutes

# ZERO WASTE TIPS

01

**Use asparagus peels and ends:** Boil the peels and ends of the asparagus to create an aromatic broth. This can be used as a base for soups or sauces, ensuring none of the vegetable is wasted.

02

**Choose local and fresh:** Opt for fresh, locally grown asparagus during its short season. This reduces packaging waste and supports local farmers while ensuring the best flavour.

03

**Repurpose potato peels:** Turn baby potato peels into crispy chips by baking them with a little oil, salt, and seasoning. These make a delightful snack or garnish.

04

**Compost vegetable scraps:** Leftover scraps like chive stems or additional asparagus trimmings can be composted to enrich soil and promote a circular food system.

# Cornmeal Cake

## Kukuruzna Zlevanka

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Kukuruzna zlevanka, or zlevenka, is a traditional dish from Central Croatia, particularly popular in regions like Zagorje, Međimurje, and Zagreb County. Historically enjoyed during Lent, it reflects the simplicity and ingenuity of rural Croatian cuisine. Made with cornmeal, eggs, and local dairy products, this dish can be served as a savoury side or a sweet treat, depending on the accompaniments. Its versatility makes it suitable for breakfast, lunch, or dinner, and its comforting flavours evoke memories of shared meals and the loving care of grandmothers in traditional kitchens. Whether served with plum jam, sour cream, or garlic spreads, zlevenka is a dish that nourishes both body and soul.



# Kukuruzna zlevka / zlevanka



## INGREDIENTS

- 120 g cornmeal
- 150 g all-purpose flour
- 1 packet baking powder
- 3 eggs
- 100 ml sunflower oil
- 170 g melted butter
- 180 g sugar
- 1 teaspoon salt
- 500 g fresh cottage cheese
- 350 ml milk
- 200 ml sour cream

## INSTRUCTIONS

- 1. Prepare the oven and ingredients:** Preheat your oven to 180°C (356°F). In a large mixing bowl, whisk together the eggs and sugar until light and fluffy.
- 2. Combine the mixture:** Gradually add the cornmeal, flour, baking powder, sunflower oil, melted butter, cottage cheese, milk, and salt to the egg mixture. Mix well until you have a smooth batter.
- 3. Prepare the baking tray:** Grease a 40×20 cm baking tray with butter and pour in the batter, spreading it evenly across the tray.
- 4. Add the sour cream:** Using a spoon, gently place dollops of sour cream on top of the batter, distributing it evenly across the surface.
- 5. Bake:** Place the tray in the preheated oven and bake for approximately 40 minutes, or until the zlevanka develops a beautiful golden-brown crust.
- 6. Serve:** Allow the zlevanka to cool slightly before slicing. Serve warm or at room temperature with your choice of accompaniments.
- 7. Serving suggestions:** Enjoy Kukuruzna zlevka as a stand-alone dish with a glass of milk, or pair it with jam, garlic spreads, or cured meats for a satisfying meal. Whether sweet or savoury, this dish is sure to delight all tastes while showcasing the charm of Croatian culinary traditions.



### PORTION SIZE

For 40×20 cm tray



### PREPARATION TIME

1 hour (including baking time)

# ZERO WASTE TIPS

01

**Make the most of dairy leftovers:** Use any leftover sour cream or cottage cheese from the recipe in other dishes, such as soups or spreads, to avoid waste.

02

**Store cornmeal properly:** If you have leftover cornmeal, store it in an airtight container and use it for polenta or breading.

03

**Adapt with flexible substitutions:** Substitute ingredients based on availability – yoghurt can replace sour cream, and ricotta or cream cheese can stand in for cottage cheese.

04

**Revive stale slices:** Stale Zlevanka can be reheated in the oven or toaster, maintaining its texture and flavour. It also makes an excellent addition to a packed lunch.

05

**Repurpose crumbs creatively:** Repurpose any crumbs or scraps from the Zlevanka as a topping for soups or salads, adding a rustic touch to your meals.

# Creamy Pumpkin Soup



Pretepena juha od buče, or creamy pumpkin soup, is a quintessential autumn dish from Medimurje, a region in northern Croatia. The name “pretepena” refers to the unique thickening method used in this dish, involving a mixture of sour cream, flour, and milk known locally as pretep. This hearty soup combines the earthy sweetness of pumpkin with the smoky richness of sausages or cured meat, making it both comforting and satisfying. Served with toasted pumpkin seeds and a drizzle of pumpkin seed oil, this traditional recipe captures the essence of Croatia’s rural culinary heritage and is perfect for chilly evenings.



# Pretepena juha od buče



## INGREDIENTS

- 1 medium pumpkin (peeled and diced)
- 2 sausages or a small piece of cured meat (e.g., garlic sausage or smoked bacon)
- 1 small onion, finely chopped
- 1 clove of garlic, minced
- 1 tablespoon pork lard (or vegetable oil)
- 1 tablespoon all-purpose flour
- 200 ml sour cream
- 50 ml milk
- 1 teaspoon sweet paprika
- Salt and pepper, to taste
- 1 handful fresh parsley, chopped
- 1 litre broth (beef or vegetable, or water if no broth is available)
- 500 ml cooking water from sausages
- Optional: Toasted pumpkin seeds and pumpkin seed oil for garnish

## INSTRUCTIONS

- 1. Prepare the base:** Boil the sausages or cured meat in water until cooked through. Reserve the cooking liquid. Dice the cooked sausages into small pieces and set aside.
- 2. Sauté the vegetables:** Heat the lard or oil in a large pot over medium heat. Add the chopped onion and garlic and sauté until soft and fragrant.
- 3. Add the pumpkin and meat:** Stir the diced pumpkin into the pot, followed by the chopped sausages or cured meat. Cook for a few minutes, stirring to coat the pumpkin with the aromatics.
- 4. Add the liquids:** Pour in half the reserved sausage cooking water and half the broth (or water if no broth is available). Bring to a simmer and cook until the pumpkin is tender, about 20–25 minutes.
- 5. Prepare the thickener (pretep):** In a small bowl, whisk together the sour cream, milk, flour, and sweet paprika until smooth and lump-free.
- 6. Thicken the soup:** Once the pumpkin is soft, gently mash some of the pieces in the pot to create a slightly creamy texture. Slowly stir the pretep into the soup while continuously whisking to prevent lumps.
- 7. Season and finish:** Let the soup simmer for a few more minutes to thicken. Season with salt and pepper to taste, and stir in the chopped parsley.
- 8. Serve:** Ladle the soup into bowls, garnish with toasted pumpkin seeds and a few drops of pumpkin seed oil, and serve warm.
- 9. Serving suggestions:** Pair this hearty soup with rustic bread and a glass of dry white wine. The addition of pumpkin seed oil and toasted seeds elevates the dish with a rich, nutty finish, making it a true autumnal delight.



**PORTION SIZE**

Serves 4-6



**PREPARATION TIME**

1 hour

# ZERO WASTE TIPS

01

**Use the whole pumpkin:** Save the pumpkin seeds, toast them, and use them as a garnish for added texture and flavour.

02

**Repurpose the cooking liquid:** The water used to boil the sausages adds depth to the soup, reducing the need for additional broth.

03

**Substitute creatively:** If you do not have sour cream, yoghurt works as a great alternative. Similarly, smoked bacon or ham can replace sausages.

04

**Enhance leftovers:** Leftover soup can be reheated the next day and served with crusty bread or added to a casserole as a sauce.

05

**Reuse pumpkin scraps:** Peel and trim scraps can be composted to minimise waste or used to flavour homemade vegetable stock.

# Dutch Döner Kapsalon (Vegan)



The Kapsalon is a popular dish in the Netherlands, originating in Rotterdam in the early 2000s. A hairdresser ordered a combination of fries, shawarma, cheese, and salad at his regular shawarma spot, which quickly became a sought-after snack. The mix of flavors and textures makes it a favorite choice, especially as a quick bite or late-night snack. Over time, various versions have emerged, including vegetarian and vegan options. These sustainable alternatives cater to the growing demand for environmentally conscious and healthier choices, ensuring the Kapsalon remains a beloved part of Dutch cuisine.



# Kapsalon (Vegan)



## INGREDIENTS

- 700 g fresh French fries
- 12.5 g fresh chives
- 4 tablespoons vegan mayonnaise
- ½ tablespoon water
- 1 clove garlic
- 2 tablespoons mild olive oil
- 350 g fresh vegan shawarma
- 100 g vegan grated cheese
- 1 red onion
- 5 vine tomatoes
- 1 cucumber
- 100 g shredded iceberg lettuce

## INSTRUCTIONS

- 1. Preheat the oven:** Set the oven to 200°C (392°F). Spread the fries on a baking tray lined with parchment paper, sprinkle with salt if desired, and bake for about 25 minutes until golden and cooked through. Turn halfway.
- 2. Make the sauce:** Meanwhile, finely chop the chives and mix them with the mayonnaise and water in a small bowl. Press the garlic into the mixture using a garlic press, and season with pepper and salt to taste.
- 3. Cook the vegan shawarma:** Heat the oil in a non-stick frying pan and cook the vegan shawarma until golden brown, following the package instructions. Remove the fries from the oven, distribute the shawarma over them, sprinkle with the vegan grated cheese, and return to the oven for about 10 minutes, until the cheese melts.
- 4. Prepare the toppings:** Dice the red onion, cut the tomatoes into 1 cm cubes, and slice the cucumber. Remove the tray from the oven and top with lettuce, cucumber, tomato cubes, and onion. Drizzle with the homemade garlic sauce.
- 5. Serving suggestions:** Serve this vegan kapsalon immediately, optionally with a fresh salad or spicy sambal for extra flavour.



**PORTION SIZE**

Makes 4 servings



**PREPARATION TIME**

55 minutes

# ZERO WASTE TIPS

01

**Use leftover vegetables:** Add any vegetables you have in the fridge, such as bell peppers or extra tomatoes, to prevent food waste and enhance flavor.

02

**Make your own fries:** Instead of buying prepackaged fries, cut potatoes (skin-on) and bake them. This reduces packaging waste and retains more nutrients.

03

**Homemade sauce:** Prepare your own garlic sauce or sambal using ingredients you already have at home to avoid plastic bottles and unnecessary additives.

# Easter Sweet Bread Pinca



Pinca, also known as Sirnica, is a traditional Croatian sweet bread baked during Easter. Its soft, enriched dough, delicately flavoured with candied orange peel, is a symbol of celebration and renewal. Often braided or shaped into a round loaf, Pinca is garnished with almonds and powdered sugar, creating a beautiful centrepiece for festive gatherings. The recipe is versatile, allowing for variations with lemon peel or raisins, and is a testament to the rich culinary heritage of Croatia.



# Pinca



## INGREDIENTS

- 21 g fresh yeast (or 7 g dry yeast)
- 100 ml warm milk
- 1 teaspoon sugar (for yeast activation)
- 500 g all-purpose flour
- A pinch of salt
- 4 eggs
- 100 g sugar
- 50 g softened butter
- 100 g candied orange peel (or a mix of lemon peel and raisins)
- 1 egg (for glazing)
- Peeled and chopped almonds (for garnish)
- Powdered sugar (for dusting)

## INSTRUCTIONS

- 1. Activate the yeast:** In a small bowl, crumble the fresh yeast and mix it with warm milk, a teaspoon of sugar, and a little flour. Stir well and let it rise in a warm place for about 10 minutes until frothy.
- 2. Prepare the wet ingredients:** In a separate bowl, whisk together 3 eggs and 100 g of sugar until well combined. Add the warm milk to this mixture.
- 3. Combine the dough:** In a large bowl, sift the flour and add a pinch of salt. Pour in the egg mixture and the activated yeast. Mix well, then incorporate the softened butter. Knead the dough by hand or with a mixer until it is smooth and elastic.
- 4. First rise:** Cover the dough with a clean cloth and let it rise in a warm place for about 1 hour, or until it doubles in size.
- 5. Add flavourings:** Once risen, knead the dough again, incorporating most of the candied orange peel (reserve a small amount for garnishing).
- 6. Second rise:** Let the dough rise again for about 1 hour.
- 7. Shape the Pinca:** Lightly flour a surface and shape the dough into a braid or a round loaf. Grease a round baking pan with butter and sprinkle with flour. Arrange the dough in the pan.
- 8. Prepare for baking:** Beat the remaining egg and use it to glaze the top of the dough. Sprinkle with chopped almonds and the reserved candied orange peel.
- 9. Bake:** Preheat the oven to 180°C (356°F). Bake the Pinca for about 40 minutes, or until golden brown and cooked through.
- 10. Serve:** Slice and enjoy warm or at room temperature.
- 11. Serving suggestions:** Pinca is perfect for Easter celebrations, but its light sweetness and festive appearance make it suitable for any special occasion. Pair it with fruit preserves, butter, or honey, and enjoy its tender, fragrant crumb with a cup of coffee or tea.



**PORTION SIZE**

Makes 1 loaf



**PREPARATION TIME**

3 hours (including rising time)

# ZERO WASTE TIPS

01

**Repurpose stale bread:** Leftover Pinca can be transformed into French toast, bread pudding, or even croutons for a sweet salad.

02

**Use leftover orange peels:** Make homemade candied orange peel by boiling and sugaring the skins of unused oranges.

03

**Freeze extras:** Pinca freezes well. Slice and wrap individual portions in plastic wrap for easy defrosting.

04

**Save almond skins:** If blanching almonds yourself, use the skins in homemade granola or infuse them in hot water for a mild almond tea.

# Farmer's Omelette

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The farmer's omelette is a simple and hearty meal that combines basic ingredients characteristic of traditional Slovenian cuisine. Its simplicity and quick preparation make it a popular choice for breakfast, lunch, or dinner. Rooted in Slovenian rural tradition, this dish is highly adaptable, allowing you to substitute ingredients based on your preferences or what's available in your kitchen. This reflects the resourcefulness and practicality of Slovenian households.



# Kmečka omleta



## INGREDIENTS

- 4 eggs
- 4 tablespoons milk
- 40 g smoked bacon (vegan alternative: toasted seeds – sunflower, pumpkin, flax, or sesame)
- 2 tablespoons chopped onion
- 2 tablespoons oil
- 2 tablespoons chopped parsley or chives

## INSTRUCTIONS

- 1. Prepare the ingredients:** Cut the bacon into small cubes. Chop the parsley or chives. Beat the eggs with milk to create a uniform mixture.
- 2. Sauté onion and bacon:** Heat the oil in a pan, add the chopped onion, and sauté until golden. Add the bacon cubes and fry until golden brown.
- 3. Add the egg mixture:** Pour the beaten eggs with milk into the pan over the bacon. Sprinkle the mixture with fresh parsley or chives.
- 4. Cook the omelette:** Let the eggs set. Once the omelette is cooked, gently fold it in half and serve immediately on a warmed plate.
- 5. Vegan alternative:** Replace the bacon with toasted seeds (sunflower, pumpkin, flax, or sesame). Slowly toast the seeds in a heated pan, optionally with oil, and lightly season with salt for enhanced flavour.
- 6. Serving:** Serve the omelette warm, ideally with a slice of bread or as a side to a fresh salad.
- 7. Serving suggestions:** Pair the omelette with toasted bread slices, a fresh seasonal salad, or mashed potatoes. For a richer flavour, sprinkle grated cheese or additional chives on top.



**PORTION SIZE**

Serves 2



**PREPARATION TIME**

30 minutes

# ZERO WASTE TIPS

01

**Leftover omelette:** If you have leftover omelette, combine it with boiled potatoes to make mashed potatoes or serve it with toasted bread slices.

02

**Using old ingredients:** If you have leftover vegetables, chop them up and add them to the egg mixture for a richer version of the omelette.

03

**Reusing toasted seeds:** If you have leftover toasted seeds, use them as a topping for salads or other dishes.

04

**Buy without packaging:** Opt for local and seasonal ingredients without packaging, such as eggs, herbs, and dairy products, to reduce waste.

# Flatbread with Asparagus and Broccoli

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This flatbread with asparagus and broccoli is a tasty and sustainable choice, especially in the spring when these vegetables are at their peak season in the Netherlands. The fresh asparagus and crunchy broccoli make a delicious, plant-based topping for the dough, while the hummus provides a rich, creamy base. This dish is not only easy to make but also highly adaptable to your own preferences and seasonal ingredients.



# Plaattaart met asperge en broccoli



## INGREDIENTS

- 1 roll of fresh dough for pizza, savory tart, or flammkuchen
- 200 g hummus of your choice (e.g., beet, harissa, or roasted red pepper)
- 1 broccoli
- 500 g white asparagus (fresh or from a jar)
- 2 handfuls of lamb's lettuce or arugula

## INSTRUCTIONS

- 1. Preheat the oven:** Set the oven to 200°C (392°F) and let it preheat.
- 2. Prepare the vegetables:** Peel the asparagus and cut it into large pieces. Wash the broccoli and cut the florets into small pieces. Dice the stalk into small chunks.
- 3. Cook or steam the vegetables:** Steam the asparagus for 8–10 minutes and the broccoli for 4–6 minutes. Alternatively, you can boil both until tender. Drain the vegetables well.
- 4. Spread the dough:** Place the pizza dough on a baking sheet and spread it with the hummus of your choice. Evenly distribute the steamed vegetables over the dough.
- 5. Bake the flatbread:** Put the baking sheet in the oven and bake the flatbread for 15 minutes until golden brown and cooked through.
- 6. Add fresh toppings:** Just before serving, sprinkle the lamb's lettuce and/or arugula over the flatbread for a fresh touch.
- 7. Serving suggestions:** Serve this flatbread with a fresh seasonal vegetable salad or a lightly spiced tomato sauce as a dip. Pair it with a glass of white wine or lemon water for the perfect complement.
- 8. Variation:** For extra flavour, brush the asparagus with plant-based butter and sage before adding it to the flatbread.



**PORTION SIZE**  
Makes 4 servings



**PREPARATION TIME**  
30 minutes

# ZERO WASTE TIPS

01

**Make your own pizza dough:** Mix flour, water, olive oil, yeast, and salt to create a simple dough. Let it rise and roll it out for a fresh base with less packaging.

02

**Make your own hummus:** Blend chickpeas, tahini, olive oil, lemon juice, garlic, and a bit of salt into a smooth paste to avoid the packaging of store-bought hummus.

03

**Buy seasonal vegetables:** Asparagus is best in the Netherlands from March to June, while broccoli is typically at its peak in autumn and winter. Using these vegetables during their overlapping seasons not only reduces food waste but also supports sustainable eating habits.

# Jota (Thick Stew with Sauerkraut or Turnip)



Jota is a hearty stew originating from Slovenia, specifically from the Istrian region, and is an integral part of Slovenian culinary tradition. It is typically made with sauerkraut, although in some areas, fermented turnips are used instead. This traditional Slovenian dish combines simple, accessible ingredients that are available year-round and is especially popular during the colder months when it provides a filling and flavourful meal.



# Jota (gosta enolončnica s kislim zeljem ali repo)



## INGREDIENTS

- 300 g beans
- 600–700 g sauerkraut
- 0.5 kg potatoes
- 300 g smoked meat
- 60 g fat
- 40 g flour
- 40 g onion
- 1 clove garlic
- Salt and pepper
- Soup concentrate

## INSTRUCTIONS

- 1. Prepare the beans and meat:** Soak the beans overnight in water. Rinse and cook the beans together with the smoked meat.
- 2. Add the potatoes:** When the beans and meat are halfway cooked, add diced potatoes. Allow them to cook until soft, even to the point of breaking apart.
- 3. Cook the sauerkraut:** In a separate pot, cook the sauerkraut until tender.
- 4. Combine the ingredients:** Once all the ingredients are cooked, combine them in a single pot. Add enough water to create a medium-thick consistency where the ingredients float evenly.
- 5. Make the roux:** Prepare a roux using fat, flour, onion, and garlic. Mix it into the jota.
- 6. Season the stew:** Add soup concentrate, pepper, and salt to taste.
- 7. Vegan version:** For a vegan option, omit the meat. Add peeled onion, diced carrot, and spices of your choice while cooking the beans for additional flavour.
- 8. Serve:** Serve hot in deep bowls for a complete meal.
- 9. Serving suggestions:** Jota is an excellent standalone meal, but it can be paired with a slice of fresh homemade bread, such as rye or buckwheat. For an extra flavour boost, add a dollop of sour cream or drizzle with pumpkin seed oil. If you have leftovers, the flavours meld beautifully overnight, making the dish even tastier the next day.



PORTION SIZE

Serves 4



PREPARATION TIME

2 hours

# ZERO WASTE TIPS

01

**Use all parts of vegetables:** Save leftover sauerkraut leaves or potato peels to make a homemade vegetable broth.

02

**Freeze leftovers:** Store leftover jota in the freezer for a quick meal on busy days.

03

**Vegan alternative:** Replace the meat with chopped mushrooms or additional beans for a richer texture and flavour.

# Kale with Sausage (Vegan)



Boerenkool met worst, or kale with sausage, is a quintessential Dutch comfort food. This traditional dish combines creamy mashed potatoes with earthy kale and is typically served with sausage and a rich gravy. While the original recipe often features smoked sausage or bacon, this vegan adaptation highlights plant-based options while preserving the hearty and satisfying qualities of the classic meal.



# Boerenkool met worst (Vegan)



## INGREDIENTS

### Mash:

- 300 g potatoes, peeled and cut into equal-sized pieces
- 150 g kale, washed, stems removed, and sliced thinly
- 25 g plant-based butter
- 50 ml plant-based milk
- Salt and pepper to taste

### Gravy:

- 0.5 onion, finely chopped
- 1 teaspoon stock cube dissolved in 50 ml water
- 0.5 tablespoon soy sauce
- 10 g self-raising flour
- 0.5 tablespoon sunflower oil

### Sausage:

- 1 vegan sausage

## INSTRUCTIONS

**1. Prepare the kale and potatoes:** Wash the kale thoroughly, remove the tough stems, and slice the leaves into thin strips. Peel the potatoes, cut them into equal-sized pieces, and place them in a large pot. Add enough water to just cover the potatoes, season with salt, and add half of the chopped onion and the kale. Cover with a lid and bring to a boil.

**2. Cook and mash:** Simmer the potatoes and kale for 25 minutes or until tender. Drain the water, then add the plant-based milk and half of the butter. Mash until smooth, and season with salt and pepper to taste.

**3. Cook the vegan sausage:** Heat a drizzle of sunflower oil in a frying pan over medium heat. Add the vegan sausage and cook for 7-8 minutes, turning occasionally, until golden and cooked through.

**4. Make the gravy:** In another pan, heat the remaining butter and sauté the rest of the chopped onion for 5-6 minutes until it begins to colour. Sprinkle in the self-raising flour and cook for 1 minute, stirring constantly. Gradually add the stock and soy sauce while stirring, and bring to a boil until the gravy thickens.

**5. Assemble the dish:** Divide the mashed potatoes and kale onto a plate. Place the vegan sausage on top and drizzle generously with the gravy.

**6. Serve:** Enjoy this hearty and comforting meal as a plant-based twist on a Dutch classic.

**7. Serving suggestions:** Pair this hearty Boerenkool met Worst with a crisp Dutch beer or a glass of apple cider for a true taste of the Netherlands. Leftovers can be creatively reimaged into new meals, making this dish both versatile and sustainable.



PORTION SIZE

1 individual serving



PREPARATION TIME

40 minutes

# ZERO WASTE TIPS

01

**Use all parts of the kale:** Finely chop the tough stems and add them to soups, stir-fries, or vegetable broth to utilise their nutrients and reduce waste.

02

**Repurpose leftovers:** Transform leftover stamppot into crispy patties by shaping the mash into discs and frying them. Serve for lunch or as a snack. Gravy leftovers can add flavour to stews.

03

**Cook with potato peels:** Clean potato peels thoroughly, coat them lightly with oil, and bake until crispy to create a delicious snack.

04

**Make your own vegetable broth:** Collect onion skins, potato peels, and other vegetable scraps in the freezer, then boil them to make a homemade broth.

05

**Buy local and seasonal:** Opt for locally grown kale and potatoes to reduce packaging waste, support local farmers, and lower your ecological footprint.

# Mixed Fruit Jam

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Mixed fruit jam is an excellent solution for processing surplus fruit and preparing preserves for the winter months. It reflects the frugality characteristic of Slovenian households and traditions. This recipe is highly adaptable, allowing for different combinations of fruit based on the season or available supplies, showcasing Slovenia's commitment to sustainable living.



# Mešana marmelada



## INGREDIENTS

- 3 kg plums
- 1 kg apples
- 1 kg sugar

## INSTRUCTIONS

**1. Prepare the fruit:** Clean the plums, remove the pits, and cut them into pieces. Peel the apples, remove the cores, and dice them.

**2. Cook the fruit:** Place the fruit in a large pot and simmer over medium heat for 3–4 hours, stirring occasionally, until the jam begins to thicken.

**3. Blend or leave chunky:** For a smooth texture, blend the jam with a hand mixer. Alternatively, leave the pieces intact for a more rustic appearance.

**4. Add sugar:** Stir in the sugar, mix well, and cook for another hour until the jam thickens further.

**5. Fill the jars:** Pour the hot jam into clean and preheated jars, which have been warmed in the oven.

**6. Seal and cool:** Seal the jars tightly with washed and heated lids. Cover the jars with a blanket and allow them to cool gradually.

**7. Serving suggestions:** Serve the jam as a spread on freshly baked bread, drizzle over pancakes, or pair with soft cheeses for a delightful flavour contrast. You can also use it as a filling for pastries or doughnuts.



**PORTION SIZE**

5 kg of jam



**PREPARATION TIME**

5 hours

# ZERO WASTE TIPS

01

**Use the leftovers:** Any jam that doesn't fit in jars can be used as a filling for pancakes, a spread for bread, or served alongside soft cheeses.

02

**Creative combinations:** Experiment with other seasonal fruits like pears, peaches, or strawberries to create unique flavour profiles.

03

**Apple peel uses:** Save apple peels and scraps to make homemade apple juice or jelly.

04

**Less sugar:** Reduce the amount of sugar and substitute it with natural sweeteners like honey, or adjust based on the sweetness of the fruit.

# Parsnip-Peanut Soup



This spicy parsnip-peanut soup is a surprising and heartwarming combination of flavours that perfectly suits Dutch cuisine. The Dutch love peanut butter and peanuts, making this soup a recognizable and beloved taste. Parsnip, a typical Dutch winter vegetable, is not only easy to grow locally but also provides the soup with a delicious, sweet, and creamy base. This dish is simple to make and ideal for a nutritious lunch or dinner on cold days.



# Pastinaak-pinda soep



## INGREDIENTS

- 3 peeled parsnips, cut into small pieces
- 1 red onion, quartered
- 2 garlic cloves, peeled
- 2.5 cm (1 inch) ginger
- 720 ml vegetable broth
- 2 tablespoons peanut butter
- 2 tablespoons coconut cream
- Pinch of chili powder
- 2 teaspoons cumin
- 30 g coriander leaves
- 1 tablespoon pumpkin seeds
- 15 g chopped coriander
- Sea salt
- Black pepper

## INSTRUCTIONS

- 1. Preheat the oven:** Set the oven to 200°C (392°F). Line a baking dish with parchment paper, place the parsnips, onion, garlic, and ginger inside, and roast for 20 minutes.
- 2. Make the topping:** Mix the topping ingredients (pumpkin seeds, chopped coriander, salt, and pepper) in a bowl. Set aside.
- 3. Prepare the soup base:** Add the vegetable broth, peanut butter, coconut cream, chili powder, cumin, and coriander leaves to a blender. Blend until smooth.
- 4. Add roasted vegetables:** Remove the roasted vegetables from the oven and add them to the blender with the soup base. Blend for 1–2 minutes at medium speed until smooth. Add water if the soup is too thick.
- 5. Serve:** Pour the soup into bowls and garnish with the prepared topping.
- 6. Serving suggestions:** Serve the soup with freshly baked bread or crispy croutons for a complete meal. A drizzle of extra coconut cream or a squeeze of lime juice can enhance the flavours.



### PORTION SIZE

Makes 2 servings



### PREPARATION TIME

30 minutes

# ZERO WASTE TIPS

01

**Use the entire parsnip:** The skin contains many nutrients and can be cooked along with the vegetable, reducing cutting waste. Just make sure to wash the parsnip thoroughly with a brush.

02

**Buy peanuts and spices in bulk:** Purchasing ingredients like peanuts and spices in bulk helps avoid unnecessary packaging and plastic waste.

03

**Reuse leftovers:** Leftover soup can be frozen or used as a sauce for rice or noodle dishes the next day, ensuring nothing goes to waste.

# Pašta Fižol (Bean Stew with Pasta)



Pašta fižol is one of the most recognizable stews originating from the Primorska region of Slovenia. This simple, hearty, and nutritious dish was once popular for its affordability and ease of preparation. Today, it is considered an indispensable part of traditional Slovenian cuisine. With its rich flavor, it is an ideal choice for colder days, though locals enjoy it year-round, often as a main dish or a hearty appetizer.



# Pašta fižol (Fižolova enolončnica s testeninami)



## INGREDIENTS

- 1 litre cooked beans (approximately 300 g dried beans)
- 3 tablespoons fat (e.g., oil or lard)
- 1 onion
- 3 cloves garlic
- 2 tablespoons flour
- 1 bay leaf
- A handful of pasta
- Salt and pepper to taste
- 1 tablespoon vinegar (optional, to taste)

## INSTRUCTIONS

- 1. Prepare the beans:** Wash the beans and soak them overnight in water. The next day, replace the water, add a bay leaf and a pinch of salt, and cook the beans until they are partially softened.
- 2. Prepare the base:** In a pot, sauté finely chopped onion, crushed garlic, and flour in fat until golden. Add a little tomato paste and deglaze with water, letting the roux simmer briefly.
- 3. Add the beans:** Mash a portion of the cooked beans to thicken the base, then stir them into the pot. Add more water as needed to achieve the desired consistency.
- 4. Add the pasta:** Add a handful of pasta and cook until the pasta is tender. Season the dish with salt, pepper, and vinegar, according to taste.
- 5. Serve:** Serve pašta fižol warm, either as a standalone dish or with fresh, homemade bread.
- 6. Serving suggestions:** Serve pašta fižol with a slice of homemade bread or cornbread. Enhance the dish with a dollop of sour cream or a drizzle of olive oil. For a spicier version, add some freshly ground black pepper or chili flakes.



PORTION SIZE

Serves 4



PREPARATION TIME

80 minutes

# ZERO WASTE TIPS

01

**Better the next day:** This dish often tastes even better the next day, as the flavours meld and the stew thickens.

02

**Excess beans:** If you have leftover cooked beans, turn them into a delicious spread by adding herbs and spices and blending them with an immersion blender.

03

**Buy local:** If you don't grow your own beans, purchase them from local markets or nearby farmers to support local production, native bean varieties, and reduce transportation emissions.

04

**Use bean cooking water:** The water used to cook the beans can be repurposed for deglazing the roux or as a base for other soups.

05

**Leftover pasta:** If you have leftover cooked pasta, use it the next day in a salad or as a side dish for other meals.

# Plum Dumplings



Plum dumplings, or *Knedle sa šljivama*, are a beloved dessert in Croatia, deeply rooted in the culinary traditions of Central and Eastern Europe. Made with a soft potato dough and filled with sweet, juicy plums, these dumplings are cooked and rolled in buttery breadcrumbs for a delightful combination of flavours and textures. While traditionally enjoyed warm, they are equally delicious served cold, making them a versatile treat for any season. Their adaptability allows for variations with different fruits or fillings, such as apricots or jam, making them a perfect addition to a zero-waste kitchen.



# Knedle sa šljivama



## INGREDIENTS

### For the dough:

- 500 g potatoes
- 1 egg
- 1 tablespoon semolina
- 1 tablespoon oil or softened butter
- 200 g flour (adjust as needed)
- A pinch of salt

### For the filling:

- 5–6 plums (or apricots)
- A little sugar or honey
- For the topping:
  - 50 g butter
  - Bread crumbs (about 100 g)

## INSTRUCTIONS

- 1. Cook the potatoes:** Boil the unpeeled potatoes in salted water for about 30 minutes, or until soft. Test with a fork to ensure they are cooked through. Allow them to cool slightly, then peel and mash them in a large bowl.
- 2. Prepare the dough:** Add the egg, semolina, oil (or softened butter), and a pinch of salt to the mashed potatoes. Mix well. Gradually add the flour, a little at a time, until a pliable dough forms. The dough should be soft but not sticky. Adjust the flour as needed depending on the moisture content of the potatoes. Refrigerate the dough for at least 1 hour to firm up.
- 3. Shape the dumplings:** Divide the chilled dough into 5–6 equal pieces. Roll each piece into a ball and flatten it slightly into a circle. Wash the plums, remove the pits, and optionally sprinkle the inside of each plum with sugar or honey for extra sweetness. Place a plum in the centre of the dough circle and wrap it carefully, sealing the edges and shaping it into a ball.
- 4. Cook the dumplings:** Bring a large pot of water to a boil. Reduce to a simmer and gently add the dumplings. Cook for about 10 minutes, or until they float to the surface.
- 5. Prepare the topping:** In a pan, melt the butter over medium heat and add the breadcrumbs. Fry until golden and fragrant.
- 6. Coat the dumplings:** Using a slotted spoon, remove the cooked dumplings from the water, drain well, and roll them in the toasted breadcrumbs until evenly coated.
- 7. Serve:** Place the dumplings on a serving platter or individual plates and enjoy!
- 8. Serving Suggestions:** Plum dumplings can be served as a dessert, a snack, or even a light meal. They pair beautifully with sour cream, yoghurt, or a fruit compote. Whether warm or cold, these sweet dumplings are a comforting taste of Croatian tradition and a delightful addition to any zero-waste kitchen.



### PORTION SIZE

For 5-6 dumplings



### PREPARATION TIME

1 hour 30 minutes (including resting time)

# ZERO WASTE TIPS

01

**Use leftover breadcrumbs:** If you have stale bread, make your own breadcrumbs by drying and blending the bread, reducing waste.

02

**Repurpose potato skins:** Save the potato peels for vegetable stock or bake them for a crispy snack.

03

**Freeze extras:** If making a larger batch, freeze the raw dumplings on a tray before transferring them to containers. Cook them directly from frozen when needed.

04

**Alternative fillings:** Use jam, overripe fruit, or small apple slices as a filling for variety and to prevent food waste.

# Polenta with Mushroom Sauce



Polenta z gobovo omako is a comforting and hearty dish that reflects the simplicity and richness of Slovenian culinary traditions. While polenta has Italian origins, it is deeply embedded in the cuisine of Slovenia's coastal regions. The forests of Slovenia provide an abundance of edible mushrooms such as porcini, chanterelles, and trumpet mushrooms, which are often dried for long-term use. This dish pairs creamy polenta with a savoury mushroom sauce, making it a perfect winter meal.



# Polenta z gobovo omako



## INGREDIENTS

### Polenta:

- 100 g polenta

### Mushroom sauce:

- 300 g fresh mushrooms (or 200 g preserved mushrooms)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons flour
- 2 tablespoons oil
- 1 cup water or vegetable broth
- Salt, to taste
- Spices (optional): cumin, nutmeg, parsley, soy sauce

## INSTRUCTIONS

- 1. Cook the polenta:** Prepare the polenta according to the package instructions. Once cooked, set it aside to rest.
- 2. Prepare the mushrooms:** Clean and chop the mushrooms into bite-sized pieces. Mince the garlic and finely chop the onion.
- 3. Make the mushroom sauce:** Heat oil in a pan over medium heat. Add the onion and sauté until it becomes translucent. Stir in the mushrooms and cook for 5 minutes, stirring occasionally.
- 4. Add a splash of water** or broth to the pan, then season with salt and spices to taste. Mix in the garlic and cook for another 2 minutes.
- 5. Thicken the sauce:** In a small bowl, mix the flour with a bit of water to create a slurry. Add this mixture to the pan, stirring constantly to avoid lumps. Cook for an additional 5–7 minutes until the sauce thickens.
- 6. Serve:** Spoon the mushroom sauce over the cooked polenta and garnish with fresh parsley if desired. Serve warm for a satisfying meal.
- 7. Serving suggestions:** Pair Polenta z Gobovo Omako with a fresh green salad or a side of roasted vegetables for a balanced meal. Its earthy flavours and creamy texture make it an ideal comfort dish for cold winter evenings.



### PORTION SIZE

Makes 2 servings



### PREPARATION TIME

30 minutes (including cooking time)

# ZERO WASTE TIPS

01

**Use dried mushrooms:** If you have dried mushrooms, rehydrate them in warm water and use the soaking liquid as part of your broth for extra flavour.

02

**Save vegetable scraps:** Leftover mushroom stems, onion skins, or garlic peels can be used to make a flavourful vegetable broth.

03

**Repurpose leftover polenta:** Allow leftover polenta to cool, then slice it into pieces and pan-fry for a crispy side dish the next day.

04

**Buy local and seasonal mushrooms:** Choose mushrooms from local markets to support sustainable foraging practices and reduce transportation emissions.

05

**Compost waste:** Any unused vegetable scraps or mushroom trimmings can be composted to enrich garden soil.

# Potato and Swiss Chard Soup

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Swiss chard is a vegetable that has been grown and eaten in the Netherlands for centuries. Although it originates from the Mediterranean region, it has adapted well to the Dutch climate and has been cultivated in gardens and farms since the Middle Ages. Its resilience and fast growth made Swiss chard a common crop in times of food shortages. Loved for its versatility in the kitchen and nutritional value, Swiss chard is regaining popularity today, especially with the focus on local and seasonal eating.



# Aardappel-snijbietsoep



## INGREDIENTS

- 500 g floury potatoes
- A large bunch of Swiss chard, thoroughly washed
- 2 cloves of garlic
- 1 onion
- 750 ml vegetable broth
- 1 lemon

## INSTRUCTIONS

- 1. Prepare the vegetables:** Finely chop the onion and garlic. Peel and cut the potatoes into small pieces. Slice the Swiss chard leaves into strips and cut the stems into 1 cm pieces.
- 2. Cook the base:** Heat 1 tablespoon of oil in a large pot and sauté the onion and garlic for a few minutes. Add the potatoes and broth, and bring the mixture to a boil.
- 3. Add the Swiss chard:** After 5 minutes, add the Swiss chard stems and cook for another 5 minutes. Finally, add the chard leaves and cook for an additional 5 minutes. By this point, the potatoes should be tender, the chard stems soft, and the leaves slightly wilted.
- 4. Blend and season:** Use an immersion blender to puree the soup until smooth. Squeeze the lemon and add half of the juice to the soup to balance the slightly bitter flavour of the chard. Taste and add more lemon juice, salt, and pepper as desired.
- 5. Serving suggestion:** Serve the soup warm, garnished with a drizzle of olive oil or a sprinkle of freshly ground black pepper. Pair it with freshly baked bread or a side salad for a complete meal.
- 6. Tip:** This recipe also works well with radish greens (for a spicier flavour) or beet greens. Yes, those are edible!



PORTION SIZE

Serves 2



PREPARATION TIME

30 minutes

# ZERO WASTE TIPS

01

**Use the entire Swiss chard:** The stems are just as nutritious as the leaves and can be finely chopped and added to the soup or stir-fried as a side dish.

02

**Save vegetable scraps for broth:** Onion skins, potato peels, and Swiss chard trimmings can be collected and used to make a flavourful vegetable broth for future soups.

03

**Buy local and unpackaged:** Get Swiss chard and potatoes from a local farmer or market to reduce packaging waste and use fresh, seasonal produce.

04

**Grow your own Swiss chard:** Swiss chard is an easy vegetable to grow, even in a small garden or on a balcony. It grows quickly and allows for multiple harvests from the same plant, reducing waste and providing fresh chard whenever you need it.

# Potatoes in Sauerkraut



Krompir v zevnici is a traditional Slovenian dish rooted in the country's rich culinary heritage. Known for its simplicity, this one-pot dish combines the tangy flavour of sauerkraut with hearty potatoes. Often enriched with cracklings (ocvirki), this comforting meal is especially popular during the colder months, embodying a resourceful use of preserved foods. While optional, the cracklings add a depth of flavour that complements the natural earthiness of the ingredients.



# Krompir v zevnici



## INGREDIENTS

- 500 g sauerkraut
- 1 kg potatoes, peeled and cut into large pieces

### For the topping:

- 3-4 tablespoons dry cracklings (ocvirki)
- 1-2 tablespoons lard (can be substituted with sunflower oil for a vegetarian option)

## INSTRUCTIONS

- 1. Prepare the potatoes and sauerkraut:** Peel the potatoes and cut them into large chunks. In a large pot, layer the potatoes first, then cover them with the sauerkraut.
- 2. Cook the dish:** Add enough water to just cover the sauerkraut. Bring the pot to a boil, then reduce the heat to low. Cover and simmer for about 45 minutes, or until the potatoes are tender.
- 3. Prepare the cracklings:** In a small frying pan, heat the lard over low heat. Add the cracklings and cook, stirring occasionally, until golden and crispy. If desired, add a pinch of salt to taste.
- 4. Assemble and serve:** Plate the cooked sauerkraut and potatoes. Drizzle with the prepared cracklings and their rendered fat. Serve immediately with a slice of hearty rye bread for a complete meal.
- 5. Serving suggestions:** Pair Krompir v Zevnici with a slice of hearty rye or buckwheat bread for a satisfying and rustic meal. This dish is perfect for cold days, offering warmth and nourishment while showcasing the sustainable ingenuity of traditional Slovenian cooking.



PORTION SIZE

Serves 4-6



PREPARATION TIME

50 minutes

# ZERO WASTE TIPS

01

**Utilise vegetable scraps:** Save any leftover potato peels to make crispy chips. Toss them with a bit of oil, salt, and pepper, then bake until golden.

02

**Reimagine leftovers:** If you have extra cooked sauerkraut and potatoes, mash them together to create a filling for dumplings or patties, which can be pan-fried for a quick meal.

03

**Compost sauerkraut brine:** If there is excess sauerkraut liquid, consider composting it or using it as a base for soups and stews for added tanginess.

04

**Substitute creatively:** If you do not have cracklings, use toasted breadcrumbs or roasted seeds for a crunchy topping.

05

**Buy local and seasonal:** Opt for locally sourced sauerkraut and potatoes to support sustainable farming practices and reduce packaging waste.

# Prežganka (Soup from Roux)

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Prežganka, or roux soup, holds a special place in Slovenian cuisine and is a true treasure of tradition. Slovenian grandmothers often prepared it as a simple yet effective home remedy for various ailments. They would serve it on days when they wanted to warm the body and soul. With its basic ingredients, this soup symbolizes the simplicity and resourcefulness that reflects the richness of Slovenian rural cuisine. Not only is it nutritious, but it is also exceptionally flavorful, making it an essential dish in colder months.



# Prežganka (juha iz prežganja)



## INGREDIENTS

- 1 tablespoon lard or oil
- 1 tablespoon unsalted butter
- 1 tablespoon breadcrumbs
- 250 ml cold water
- 1 litre warm water
- Salt, cumin
- 1-2 eggs
- Toasted bread slices

## INSTRUCTIONS

- 1. Prepare the base:** Heat a pot and add the lard, butter, and breadcrumbs. Stir constantly while roasting until the breadcrumbs turn golden brown.
- 2. Add flour:** Mix in the flour and roast until it reaches a golden-brown colour.
- 3. Add cold water:** Pour in 250 ml of cold water and stir until the roux fully dissolves, forming a smooth mixture.
- 4. Add warm water and spices:** Slowly add 1 litre of warm water. Season with cumin and salt, then stir well.
- 5. Incorporate eggs:** Once the soup boils, stir in the whisked eggs gently, distributing them evenly throughout the soup.
- 6. Finish:** Let the soup simmer for a few more minutes to allow the flavours to meld. Serve immediately with toasted bread slices.
- 7. Serving suggestions:** Serve prežganka garnished with fresh herbs such as chives or parsley for an extra burst of aroma. Pair the soup with a glass of homemade white wine or fruit tea for a harmonious blend of flavours. For a heartier meal, complement it with a simple salad made from sauerkraut or pickled vegetables.



**PORTION SIZE**  
For 4 servings



**PREPARATION TIME**  
30 minutes

# ZERO WASTE TIPS

01

**Leftover bread:** Instead of discarding stale bread, use it to make breadcrumbs or toasted slices.

02

**Save leftover fat:** Any leftover lard or butter can be stored and reused in other dishes.

03

**Reuse the soup:** If there's any leftover soup, refrigerate it and use it the next day as a base for a richer stew or soup.

# Pumpkin and Bean Salad



This nourishing salad is well-suited to the Dutch climate, where cold and wet months call for hearty and warming dishes. Ingredients like pumpkin and cavolo nero thrive in the Dutch season and are packed with vitamins and minerals to support your body during the darker months. Lupine beans, increasingly popular as a local protein source, fit perfectly within a sustainable diet.



# Pompoen-bonen salade



## INGREDIENTS

### Salad:

- 1 small chestnut pumpkin (max. 1 kg)
- 350 g cavolo nero (or kale)
- 1 jar lupine beans (340 g)
- Olive oil
- Salt and pepper

### Dressing:

- 100 ml rice vinegar
- 100 ml light soy sauce, such as low-sodium
- 3 tablespoons sesame oil

### Garnish:

- A handful of mixed seeds

## INSTRUCTIONS

**1. Preheat the oven:** Set the oven to 180°C (356°F).

**2. Prepare the pumpkin:** Cut the pumpkin into wedges (you can leave the skin on) and place them on a baking tray lined with parchment paper. Drizzle generously with olive oil and season with salt and pepper. Roast for 30 to 40 minutes, until soft and slightly charred at the edges.

**3. Prepare the kale:** Remove the tough stems from the cavolo nero and tear the leaves into smaller pieces. If using pre-cut kale, no preparation is necessary. Blanch the kale in a pan with a small amount of boiling water for about 5 minutes. Drain and rinse with cold water. Set aside until ready to use.

**4. Make the dressing:** In a small bowl, combine the rice vinegar, soy sauce, and sesame oil. Whisk until smooth and set aside.

**5. Toast the seeds:** Heat a small frying pan over medium heat and toast the mixed seeds for about 1 minute. Let them cool.

**6. Assemble the salad:** In a large bowl, combine the roasted pumpkin and blanched kale. Add the lupine beans and garnish with the toasted seeds. Drizzle with the dressing.

**7. Serving suggestions:** Serve this salad warm or at room temperature. Pair with crusty bread or a bowl of soup for a complete meal.

**8. Tip:** Outside the kale season, replace cavolo nero with raw spinach for a lighter alternative.



**PORTION SIZE**

Makes 2 servings



**PREPARATION TIME**

60 minutes

# ZERO WASTE TIPS

01

**Use the whole pumpkin:** Don't throw away the pumpkin skins or seeds! Roast the seeds with spices for a crunchy snack and use the skins to add flavour to broths.

02

**Save leftovers smartly:** Leftover salad can be used the next day as a wrap filling or as a topping for toast, ensuring nothing goes to waste.

03

**Grow your own kale:** Cavolo nero is a hardy vegetable that's easy to grow in your garden or on a balcony, reducing packaging waste and transportation emissions.

# Ričet (Barley Stew)

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Although barley was once considered the food of the poor, it is incredibly nutritious, rich in protein, minerals, and fiber, aiding digestion, lowering cholesterol, and supporting various health conditions. Barley is believed to have originated in Ethiopia and Southeast Asia, where it was cultivated over 7,000 years ago. Today, it is primarily grown in Germany, France, and Spain in Europe. In Slovenia, barley stew is most popular during autumn and winter and is a staple on the menus of alpine huts.



# Ričet (ječmenova enolončnica)



## INGREDIENTS

- 1.5 liters of water
- 100 g barley
- 2 large potatoes, diced
- 200 g smoked pork (vegan alternative: beans or lentils)
- 1 small container of cooked beans
- A small amount of peas and carrots
- Onion, garlic, parsley
- Salt and pepper
- Bay leaf

## INSTRUCTIONS

- 1. Soaking the barley:** Soak the barley overnight in cold water. The next day, rinse it and cook it in fresh water.
- 2. Adding ingredients:** Add the meat, vegetables, and spices to the pot with the barley and cook for approximately one hour.
- 3. Thickening:** If cooking barley with pork, additional thickening is unnecessary. Otherwise, prepare a thickening by frying onion and garlic in fat or oil, adding a spoonful of flour and some mashed tomatoes, and stirring this mixture into the stew.
- 4. Vegan version:** Substitute the meat with cooked beans or lentils and replace animal fat with plant-based oil.
- 5. Serving:** Serve the barley stew in deep plates and garnish with fresh parsley for extra flavour.
- 6. Serving suggestions:** Pair barley stew with fresh homemade bread or whole-grain rolls for a complete, hearty meal. Add a dollop of sour cream or a vegan alternative for a richer flavour. Complement the dish with homemade pickles or pickled beets for a refreshing side.



### PORTION SIZE

For 4 people



### PREPARATION TIME

1.5 hours

# ZERO WASTE TIPS

01

**Excess cooked barley:** Toss cooked barley with vinegar and oil, season, and serve as a cold salad or main dish with added pickled vegetables.

02

**Blending the soup:** If the meat is in large pieces, remove it and blend the remaining soup with an immersion blender. Add herbs or spices as needed and serve the meat separately alongside the soup.

03

**Using vegetable scraps:** Save carrot peels, onion skins, or parsley stems and use them to prepare homemade vegetable stock, which can be frozen for later use.

# Sautéed Zucchini with Eggs



Pražene bučke z jajci is a quick and versatile dish that highlights the simplicity and resourcefulness of Slovenian cuisine. Made with just a few ingredients, this dish can be prepared in under 15 minutes, making it perfect for breakfast or a light dinner. The combination of tender zucchini, sautéed onions, and eggs creates a comforting and nutritious meal, often paired with a slice of rye bread for a complete experience.



# Pražene bučke z jajci



## INGREDIENTS

- 1 small zucchini, diced
- 2 eggs
- Onion (quantity to taste), finely chopped
- A pinch of salt
- A pinch of turmeric (optional, for flavour and colour)
- Oil for frying

## INSTRUCTIONS

- 1.Sauté the onion and zucchini:** Heat a small amount of oil in a frying pan over medium heat. Add the chopped onion and sauté until translucent. Add the diced zucchini and cook for about 8 minutes, stirring occasionally.
- 2.Add seasoning and eggs:** Season the zucchini with a pinch of turmeric and mix well. Crack the eggs directly into the pan or whisk them in a bowl beforehand, depending on your preference.
- 3.Cook the eggs:** Stir the mixture thoroughly and cook for 1–2 minutes, or until the eggs are fully set and lightly browned.
- 4.Serve:** Season with salt to taste and serve immediately, ideally with a slice of rye or sourdough bread for a balanced and satisfying meal.
- 5.Serving suggestions:** Pair Pražene Bučke z Jajci with a slice of fresh or toasted rye bread and a side salad for a light yet satisfying meal. The dish's versatility also makes it a great option to customise with herbs or additional spices based on your taste preferences.



**PORTION SIZE**  
Makes 1 serving



**PREPARATION TIME**  
15 minutes

# ZERO WASTE TIPS

01

**Use zucchini peels:** If you peel the zucchini, save the peels to add to soups, stews, or even smoothies for extra nutrients.

02

**Save onion scraps:** Onion skins and trimmings can be frozen and used to make homemade vegetable stock.

03

**Repurpose leftovers:** If you have leftover sautéed zucchini with eggs, use it as a filling for wraps or sandwiches the next day.

04

**Optimise bread usage:** Serve this dish with stale bread, toasted or baked into croutons, to reduce food waste.

05

**Choose seasonal and local produce:** Buy zucchini and onions from local farmers to minimise packaging waste and reduce your ecological footprint.

# Sweet Toast Baškotin

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Baškotin, a sweet and crisp toast, is one of the oldest delicacies from the island of Pag. Proudly bearing the labels Originally Croatian and Croatian Island Product, this treat has been crafted by the Benedictine nuns of St. Margarita Monastery for over 300 years. Traditionally served with white coffee, Baškotin was a staple at celebrations and a symbol of hospitality in Pag households. While the original recipe remains a monastery secret, this version captures the essence of the fragrant and crunchy delicacy, allowing you to enjoy the flavours of Pag in your own home.



# Paški baškotin



## INGREDIENTS

- 500 g all-purpose flour
- 100 g sugar
- 2 eggs
- 150 ml milk
- 50 ml olive oil
- 1 packet (7 g) dry yeast
- 1 packet (8 g) bourbon vanilla sugar
- 1 tablespoon grated orange zest
- 1 tablespoon grated lemon zest
- A pinch of salt

## INSTRUCTIONS

- 1. Prepare the dough:** In a large mixing bowl, combine the flour, sugar, dry yeast, vanilla sugar, orange zest, lemon zest, and a pinch of salt. Add the eggs, milk, and olive oil, and mix with an electric mixer using spiral dough hooks until a smooth dough forms.
- 2. First rise:** Cover the dough with plastic wrap or a clean kitchen towel and let it rise at room temperature for about 2 hours, or until it doubles in size.
- 3. Shape the loaves:** Once the dough has risen, gently knead it and divide it into 8 equal portions. Shape each portion into a small loaf.
- 4. Second rise:** Line a baking tray with parchment paper and place the loaves on the tray, spaced slightly apart. Cover and let them rise for another 20 minutes.
- 5. Bake the loaves:** Preheat the oven to 180°C (356°F). Bake the loaves for about 30 minutes, or until golden brown.
- 6. Cool and slice:** Remove the loaves from the oven and let them cool slightly. Using a sharp knife, slice each loaf into thin pieces.
- 7. Toast the slices:** Return the slices to the oven and bake for an additional 10 minutes, or until lightly toasted and golden.
- 8. Serve:** Allow the toasted slices to cool completely before serving or storing.
- 9. Serving suggestions:** Serve Baškotin with white coffee, tea, or as a snack on its own.



**PORTION SIZE**

Makes 1 loaf



**PREPARATION TIME**

3 hours

# ZERO WASTE TIPS

01

**Use leftover bread:** Stale Baškotin slices can be crushed into breadcrumbs or used as a topping for desserts.

02

**Repurpose citrus zest:** Freeze leftover orange and lemon zest for future baking or cooking projects.

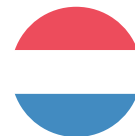
03

**Freeze extra loaves:** Unbaked loaves can be frozen after the first rise. Thaw and bake fresh when needed.

04

**Reuse parchment paper:** If clean, reuse parchment paper for multiple baking sessions to reduce waste.

# Vegetable Burgers



Homemade vegetable burgers are a perfect sustainable alternative to store-bought versions, especially in the Netherlands, where local vegetables and legumes are widely available. By using seasonal ingredients such as carrots, chickpeas, and oats, you create a nutritious meal that contributes to a more sustainable diet. These burgers are not only delicious but also simple to make, making them ideal for a healthy, plant-based option on a bun or as a side dish. Perfect for anyone who wants to cook locally and sustainably!



# Groenteburgers



## INGREDIENTS

- 1 large carrot
- 135 g chickpeas
- ½ onion
- 1½ cloves garlic
- 75 g oats
- ½ tablespoon tomato paste
- ½ teaspoon turmeric
- ½ teaspoon cumin powder
- ¼ teaspoon ground black pepper
- Salt to taste
- ½ teaspoon smoked paprika
- 10 g walnuts
- 3 buns of your choice
- Toppings of your choice
- Sauce of your choice

## INSTRUCTIONS

- 1. Rinse and grate the carrots:** Thoroughly rinse the carrots, grate them, and place them in a bowl. Rinse the chickpeas well and pat them dry with a tea towel.
- 2. Prepare the mixture:** Chop the onion and garlic into pieces. Add them, along with the grated carrot, chickpeas, oats, tomato paste, spices, and walnuts, to a food processor. Blend into a firm mixture. You should be able to easily form burgers. If the mixture is too sticky, add more oats.
- 3. Preheat the oven:** Preheat the oven to 180°C (356°F) and line a baking tray with parchment paper.
- 4. Shape the burgers:** Using your hands, form 6–8 burgers and place them on the baking tray. Use a brush to lightly coat them with a bit of oil.
- 5. Bake the burgers:** Bake the burgers in the oven for 30 minutes. Flip them halfway through to ensure even cooking on both sides.
- 6. Prepare the buns:** Slice the buns open and spread them with your favorite sauce. Place the burgers on the buns and add your favorite toppings.
- 7. Serving suggestions:** Serve the burgers with sweet potato fries or a fresh salad for a complete and balanced meal.
- 8. Tip:** You can vary the spices and toppings, such as avocado, red onion, or grilled vegetables, to suit your preferences.



**PORTION SIZE**

3 servings



**PREPARATION TIME**

40 minutes

# ZERO WASTE TIPS

01

**Store long-term:** Keep leftover burgers in the refrigerator for 3–4 days or freeze them for up to 2 months.

02

**Use leftovers:** Incorporate different vegetables and legumes from your pantry or leftover meals to prevent food waste.

03

**Avoid packaging:** Choose unpackaged products at the local market and use reusable bags to minimize waste.

04

**Make it yourself:** By making the burgers yourself, you can carefully measure ingredients and avoid unnecessary packaged items.

# Vegetable Rice Stew Đuveč



Đuveč, or vegetable rice stew, is a classic dish enjoyed throughout Croatia and the Balkans. Originating from the rural countryside, this hearty dish is a celebration of seasonal vegetables, gently simmered in their own juices to create a rich and flavourful base. Traditionally prepared without meat, the dish highlights fresh, local ingredients and showcases how simple cooking can produce complex flavours. Whether served as a light main dish or a versatile side, Đuveč is a nostalgic comfort food that reminds many of summer gardens and family kitchens. Its adaptability makes it perfect for a zero-waste kitchen, as it can be customised with whatever vegetables you have on hand.



# Đuveč



## INGREDIENTS

- 3 sweet bell peppers
- 2–3 red horn peppers
- 1 courgette
- 3–4 large, ripe tomatoes
- 1 onion
- 2 garlic cloves
- 3 tablespoons olive oil
- 100 g white rice
- 1 bay leaf
- Salt and black pepper, to taste
- ½ teaspoon sugar
- Fresh basil and parsley, for garnish

## INSTRUCTIONS

- 1. Prepare the vegetables:** Peel and finely chop the onion and garlic. Wash the peppers, remove the seeds and stems, and dice into small cubes. Cut the tomatoes into chunks—there is no need to remove the skin or seeds. Dice the courgette.
- 2. Sauté the onion and garlic:** Heat the olive oil in a large pot over medium heat. Add the onion and sauté for about 5 minutes, until softened. Stir in the garlic and cook for another 2–3 minutes, stirring frequently.
- 3. Cook the peppers:** Add the diced peppers to the pot and sauté for about 10 minutes, stirring occasionally.
- 4. Add the courgette:** Stir in the courgette and cook for an additional 5 minutes until all the vegetables begin to soften.
- 5. Simmer the stew:** Add the chopped tomatoes, mix well, and season with salt, black pepper, bay leaf, and sugar to balance the acidity of the tomatoes. Cover and simmer gently for about 30 minutes, stirring occasionally.
- 6. Cook the rice:** While the vegetables simmer, cook the rice according to package instructions but reduce the cooking time by 5 minutes. This will leave the rice slightly undercooked.
- 7. Combine the rice and vegetables:** Add the partially cooked rice to the vegetable mixture, stirring well to combine. Allow the rice to finish cooking in the stew, absorbing the flavours of the vegetables, for about 5 minutes.
- 8. Serve:** Remove the bay leaf and ladle the Đuveč into bowls or plates. Serve warm or at room temperature and enjoy!
- 9. Serving suggestions:** Serve Đuveč as a main dish with a sprinkle of fresh basil and parsley, or pair it with roasted meats or grilled fish for a heartier meal. For a creative twist, use leftovers as a stuffing for peppers or courgettes, or enjoy it cold with a slice of crusty bread. Pair Đuveč with freshly baked bread, a crisp green salad, or even a dollop of yoghurt for added creaminess. Whether as a standalone dish or a side, its vibrant flavours and versatility make it a timeless favourite for any meal.



PORTION SIZE

Serves 4



PREPARATION TIME

1 hour

# ZERO WASTE TIPS

01

**Use any vegetables you have:** This dish is perfect for utilising surplus or wilting vegetables from your fridge or garden.

02

**Save tomato scraps:** Use tomato skins and cores to make a quick vegetable broth for future recipes.

03

**Repurpose leftovers:** Store leftover Đuveč in an airtight container in the fridge for up to three days, or freeze in portions for later.

04

**Make a winter stash:** Preserve Đuveč by canning it in sterilised jars or freezing it in ziplock bags for a taste of summer during colder months.

05

**Rice alternatives:** Substitute rice with other grains like quinoa, bulgur, or barley if you have them on hand.

# Vegetable Stew Sataraš

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Sataraš is a simple yet flavourful vegetable stew originating from Baranja, a region in eastern Croatia. Known for its versatility, this dish is enjoyed across Croatia and beyond. Its basic ingredients – onion, peppers, and tomatoes – can be adapted with seasonal or available produce, such as zucchini, eggplant, or beans, making it a staple for zero-waste cooking. Often served as a side dish alongside meats or as a vegetarian main with rice, mashed potatoes, or polenta, Sataraš is a nostalgic reminder of summer kitchens and family traditions. Whether eaten warm or cold, it is a dish that perfectly balances simplicity and deliciousness.



# Sataraš



## INGREDIENTS

- 500 g peppers
- 500 g tomatoes
- 1 large onion
- 5 tablespoons oil
- Salt, to taste
- Black pepper, to taste
- Optional: other spices or herbs (e.g., basil, paprika, chilli flakes, or mint)

## INSTRUCTIONS

- 1. Prepare the vegetables:** Peel and finely chop the onion. Wash the peppers, remove the seeds, and dice them. Wash the tomatoes and cut them into small pieces.
- 2. Cook the onion:** Heat the oil in a large pot over medium heat. Add the chopped onion and sauté until softened and translucent.
- 3. Add the peppers:** Stir the diced peppers into the pot, sprinkle with salt, and cover with a lid. Allow the mixture to simmer gently. If the vegetables start to stick, add a splash of water.
- 4. Add the tomatoes:** Once the peppers have softened, add the diced tomatoes. Stir well, and allow the mixture to simmer. The tomatoes will release their juices, creating a rich base for the stew.
- 5. Season and finish:** Add black pepper and any desired spices or herbs. Continue to simmer on low heat until all the vegetables are tender and the flavours have melded together.
- 6. Serve:** Remove from heat and serve warm or cold. Sataraš can be enjoyed as a side dish or a main meal when paired with rice, mashed potatoes, or crusty bread.
- 7. Serving suggestions:** Sataraš pairs beautifully with a range of sides, such as polenta, rice, couscous, or freshly baked bread. For a heartier variation, crack eggs into the simmering stew, cover, and cook until the whites are set. Alternatively, use Sataraš as a stuffing for zucchini or eggplant, top with cheese, and bake for a comforting dish.



**PORTION SIZE**

Serves 4



**PREPARATION TIME**

40 minutes

# ZERO WASTE TIPS

01

**Use overripe tomatoes:** Slightly soft or overripe tomatoes work perfectly in Sataraš, reducing food waste while enhancing flavour.

02

**Repurpose leftovers:** Leftover Sataraš can be stored in the fridge for up to three days or frozen for longer storage. Use it as a pasta sauce, pizza topping, or filling for stuffed vegetables.

03

**Save pepper scraps:** Finely chop any leftover pepper tops or stems to add to stocks or other vegetable dishes.

04

**Incorporate rice:** Add a handful of cooked rice to the stew to absorb extra liquid and create a heartier meal.

05

**Make a winter stash:** Preserve Sataraš by canning it in sterilised jars, ensuring you have a taste of summer ready to enjoy year-round.

# Walnut Crescents - Half Moons

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Walnut crescents are a simple yet exceptionally delicious pastry that pairs perfectly with a cup of coffee or tea. This traditional Slovenian dessert is suitable for various occasions and often surprises even the most passionate dessert lovers. Its preparation is quick and straightforward, resulting in a soft and aromatic treat that delights every guest.



# Orehove lunce - polmeseci



## INGREDIENTS

- 4 eggs
- 250 g sugar
- 200 g flour
- ½ packet of baking powder
- 120 g margarine
- ½ lemon (juice)
- A handful of chopped walnuts

## INSTRUCTIONS

- 1. Prepare egg whites and yolks:** Separate the egg whites from the yolks. Beat the egg whites until stiff peaks form. Whisk the yolks separately until they become frothy.
- 2. Add the ingredients:** Gradually add the flour and melted (but not too hot) margarine to the yolks. Mix in the lemon juice and gently fold in the egg whites.
- 3. Prepare the baking tray:** Evenly spread the mixture onto a large, shallow baking tray, previously greased with oil and lightly floured.
- 4. Add the walnuts:** Sprinkle the chopped walnuts and a little granulated sugar evenly over the surface of the batter.
- 5. Bake:** Place the tray in the centre of a preheated oven and bake at 190°C for 20–25 minutes, or until the cake is golden brown.
- 6. Cut into crescents:** Once baked and while still warm, use a round cutter to cut the pastry into crescent shapes.
- 7. Serve:** Arrange the crescents on a tray or store them in a box, ready to serve.
- 8. Serving suggestions:** Serve the crescents with a cup of coffee, tea, or milk. For an extra touch, pair them with homemade jam, fruit syrup, or whipped cream. Decorate the crescents with grated chocolate or powdered sugar for a festive look.



### PORTION SIZE

For one tray of pastries



### PREPARATION TIME

25 minutes

# ZERO WASTE TIPS

01

**Utilize the edges:** The leftover edges after cutting the crescents can be turned into a new dessert. Cut them into smaller pieces and mix with yogurt, vanilla cream, or pudding to create a rich and moist dessert.

02

**Storage:** Store the crescents in an airtight container in a dry place to preserve their freshness and softness.

03

**Use homemade ingredients:** Prepare your own walnuts, jam, or fruit syrup for a more sustainable approach and unique flavour.



# ZERO WASTE COOKBOOK

The online version of the  
cookbook is available [here](#).

Share your feedback of the  
cookbook by clicking [here](#).



All taste, no waste!





The Zero Waste e-Cookbook combines sustainability with creativity, offering a collection of 30 delicious recipes that make full use of urban garden harvests. Designed to reduce food waste, the cookbook provides practical tips on using every part of your produce, from root to leaf. With budget-friendly and easy-to-follow recipes, it empowers individuals and families to embrace healthy, eco-conscious cooking habits.