



Co-funded by
the European Union

"LIVING SUSTAINABLY AVOIDING OVERCONSUMPTION
THROUGH ZERO WASTE IN THE KITCHEN"

2021-2-PL01-KA210-VET-000050696



Zero Waste in the kitchen guide



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

CONTENTS

CHAPTER

01

ZERO WASTE **ITALY** Recipes

CHAPTER

02

ZERO WASTE **AUSTRIA** Recipes

CHAPTER

03

ZERO WASTE **ESTONIA** Recipes

CHAPTER

04

ZERO WASTE **POLAND** Recipes

CHAPTER

05

ZERO WASTE **PORTUGAL** Recipes

Introduction

Don't waste food - a guide to eating healthy and planet-friendly.

In today's society, food is often taken for granted. What many of us don't realise is that we waste huge amounts of food every day, and not wasting food is not only an important task for our diet but also protects our planet. Millions of tonnes of food are thrown away around the world every year, which is a serious problem both ethically and environmentally. The inappropriate use of food results not only in the loss of valuable nutrients but also in a negative impact on the environment. The production of food consumes significant amounts of water, energy and natural resources, and the excessive waste of these products leads to unnecessary emissions of gases harmful to the atmosphere. Not wasting food has many benefits for both ourselves and the environment. Firstly, turning leftover food into new meals or compost can significantly reduce food waste and the burden on landfills. Secondly, the essential nutrients in food can be used for a balanced diet, which translates into our health. So how can we avoid wasting food in our daily lives? It is worth considering some simple habits that can help reduce the amount of food thrown away.

Our guide includes tips on how to avoid wasting food and recipes that can inspire you to prepare healthy, tasty meals. Saving food is becoming not just a chore, but the art of taking care of our health and the environment around us.

Meal planning, creative use of leftovers, checking expiry dates and shopping accordingly can all contribute to reducing the amount of food thrown away and lead to a healthier and more sustainable lifestyle. Let's bear witness to the fact that not wasting food becomes a priority for our diet and affects the well-being of its inhabitants.

The small steps taken by each of us make a huge difference, so we encourage you to approach food with proper care and respect. Let's remember that irresponsible food waste not only harms us but also disrupts nature's natural processes.

For years, scientists have been sounding the alarm that our current way of life is contributing to increased environmental pollution and depletion of natural resources. One of the main culprits of this problem is food. A society based on consumerism generates huge amounts of waste that end up in landfills or oceans. But is there a way to reduce our ecological footprint without giving up tasty food?

The answer may lie in a "zero-waste"; attitude to everyday cooking. Zero waste, as the name suggests, is about minimising the amount of waste produced in food preparation. It is not only a method of caring for the environment but also for our wallets. By embracing the principle that everything we have in the kitchen can be used, we become more creative and innovative in our cooking.

The first step on the road to zero waste is meal planning. When looking through the fridge and pantry, it is worth considering what ingredients are in the wrong stage to eat in the traditional way.

Ugly fruits and vegetables, for example, can be used to turn into jams, pickles or soups.

Fatty meat leftovers can be used as a base for aromatic broths to add flavour to our dishes. Throwing food away is no longer an option. The next step is to learn to use all parts of the ingredients effectively. We often discard the stems, seeds or skins, yet they can be nutritionally valuable and add a unique flavour to a dish.


You can use the whole carrot, including the green tips when preparing soup. Lemon peels can be frozen and used later to flavour cakes or desserts. Ideas abound - just enter the world of culinary experimentation.

We provide in this guide international ideas that you can use in your favourite way.

Zero waste in everyday cooking is a challenge that requires changing our thinking and approach to food. We have to learn to be more flexible and creative in the kitchen.

But the result of this effort is priceless - a cleaner environment, financial savings and great culinary pleasures. Such a future is an alternative and worthy of competing with our current way of cooking.

CHAPTER 01



The bread balls

The kitchen of recycling in Campania region , has a large space dedicated to the reuse of leftovers.

The bread balls

Normally the best known in Campania and throughout Italy are meatballs. Fried or drowned in sauce, but the poor tradition provides for a type whose main ingredient is cheap stale bread.

Preparing this second dish is really simple. You don't need great skills in the kitchen, but a little attention and time are available.

The bread balls

INGREDIENTS

- 500 gr of bread
- 250 grams of milk
- 1 egg
- 50 gr of Parmigiano Reggiano
- 30 grams of Pecorino Romano
- 1 sprig of parsley
- 1 clove of garlic
- salt up as required
- pepper as required
- 1 tablespoon of extra virgin olive oil

FOR THE BREADING

- 1 egg
- breadcrumbs as required
- salt up as required
- pepper as required
- For frying
- Sunflower oil as required



The bread balls

METHOD

The milk is poured into a bowl, in which to soak the bread, breaking it up to allow the liquid to penetrate better and faster. In the meantime, the sprig of parsley and garlic must be finely chopped and the cheeses must be grated.

Once the milk has been absorbed, it is time to add the egg, Parmesan, Pecorino, garlic and parsley.

The mixture can now be salted and peppered, also adding the required tablespoon of oil. We then proceed by mixing all the ingredients until a uniform mixture is obtained. It's time to form the meatballs, creating balls with the help of your hands. Now prepare the breadcrumbs in a bowl and the beaten egg with salt and pepper in another.

Each meatball is passed first in the egg and then in the breadcrumbs, making sure that it adheres to give it an excellent crunchiness. In a pan, heat a generous amount of seed oil into which very little breadcrumbs are then poured to test the heat. If the breadcrumbs sizzle, the oil is ready.

A few meatballs are therefore placed inside the pan at a time, turning them to ensure excellent browning and cooking.

CHAPTER 01

A stylized graphic of the Italian flag, consisting of three vertical stripes of green, white, and red. The stripes are rendered with a textured, brush-stroke effect, giving them a hand-painted appearance. The green stripe is on the left, the white stripe is in the middle, and the red stripe is on the right.

Frittata di pasta

The **pasta frittata** is a traditional recipe of Neapolitan and Campania region cuisine that was born as a recovery or recycling dish (especially with spaghetti and tomatoes).

The leftover pasta from the day before, in fact, was and is still now cooked with eggs in a pan or in the oven just as if you were preparing an omelette. In reality, this dish has a long line of admirers and many, by now, prepare it at the moment, with the pasta just cooked and left “al dente” (still firm when bitten). It is eaten sliced, especially on picnics and parties. Another famous version of pasta frittata is called “**frittatina**” (little frittata) which is small compared to the original one and is made in a different way: the pasta used is bucatini or spaghetti, and it is made with a filling of bechamel, provola, minced meat and peas, although some locals have created versions with friarielli, genovese and pasta and potatoes.

Dipped in a batter and then fried, it is crunchy on the outside and soft and creamy on the inside.

01

Frittata di pasta

INGREDIENTS

- 500 gr of Pasta (preferably spaghetti)
- 3 eggs
- Parmesan cheese
- Salt



Frittata di pasta

METHOD

Cook the spaghetti or macaroni in plenty of salted water if you do not have the leftover pasta from the day before. In the meantime, beat the eggs with salt and grated Parmesan cheese.

Once the pasta is cooked, it must be “al dente”, season it with butter and let it cool. Pour the beaten eggs over them and mix well. Heat the oil in a non-stick pan, pour the pasta and cook over low heat: as soon as the mixture is compact, and a golden crust has formed on top, turn the frittata with the help of a lid or a flat plate: cook at least 5 minutes per side, a couple of minutes more if the frittata is particularly high. Once ready, lay the frittata on absorbent paper, let it cool, cut it into slices and serve immediately, or cold.

If you prefer you can add also ham or salami in the frittata and some more cheese.

CHAPTER 02

Wild Garlic Soup

METHOD

PREPARATION

Peel the potato and cut it into cubes. The onion too. Then heat some butter in a saucepan and sauté the diced onions in it until translucent. Now add the potatoes. Later deglaze with the vegetable broth.

Cook until the potatoes are soft. Blend everything with a hand blender until creamy. Now add the wild garlic.

However, do not bring the soup to a boil any longer. Otherwise, the soup will turn grey. Before serving, season with salt and pepper and fold in some whipped cream.

Wild Garlic Soup

INGREDIENTS

- 500 grams of potatoes
- 1 onion
- 800 ml vegetable broth
- 150 g wild garlic
- little butter Salt
- pepper
- little whipped cream



CHAPTER 02

Apple-Schlangerl

METHOD

PREPARATION

Knead room-temperature butter, quark and flour with a pinch of salt into a dough. Let the dough rest in the fridge for at least 2 hours. Then divide the dough into 2 parts and roll out the dough. Then cover the dough with the apple filling and roll it up.

Brush the apple snakes with egg yolk.

To make the strudel shine, add a few drops of warm water to the egg yolk and brush over the strudel. Now put the apple snakes in the oven at 180 degrees for about 50 minutes.

Apple-Schlangerl

INGREDIENTS

- Dough: 250 g flour
- 250 grams of butter
- 250 g cottage cheese Filling: Approx. 1 ½ kg
- 2-3 apples
- Sugar to taste, raisins and
- cinnamon
- 1 pinch of salt



CHAPTER 03



Olivier salad

Olivier salad is a traditional salad dish in many countries.

The dish is commonly referred to as Russian salad, in Brazil it is called Maionese, in a few Scandinavian countries (Norway and Denmark) it is called italienisk salat (Italian salad, for the colours of the Italian flag are in the salad) and in Dutch it is called huzarensalade (hussars' salad).

In former Yugoslavian countries it is called ruska salata (Russian salad).

In America and some other countries it is potato salad.

Olivier salad

INGREDIENTS

- Diced boiled potatoes
- Brined dill pickles or cucumber
- Green peas
- Eggs
- Diced boiled chicken, bologna sausage or ham
- Salt and pepper
- Mayonnaise and sour cream



Olivier salad

METHOD

PREPARATION

Boil the potatoes in a large pot until they are easily pierced with a fork. Next, boil the eggs. Set the ingredients aside to cool at room temperature. If you have the time, cook them a couple of hours ahead to give them ample time to cool to room temperature.

Dice the salad ingredients with a sharp knife into small cubes. In a large bowl, mix the finely diced ingredients with the peas in a large bowl. Add diced cucumbers to the salad if you like a bit of a crunch. Stir with a spoon until well combined.

To prevent your salad from turning soggy, only toss the mayo and sour cream (50:50) in right before you plan to serve it. Season to taste with salt and pepper. Optionally, you can sprinkle in some fresh dill for a pop of flavour and colour. Enjoy!

CHAPTER 03



Seljanka soup

INGREDIENTS

- Ingredients
- Diced boiled potatoes
- Brined dill pickles or cucumber
- Green peas Eggs Diced
- Boiled chicken
- Bologna sausage or ham
- Salt
- Pepper
- Mayonnaise
- Sour cream

Seljanka soup

METHOD

PREPARATION

Cut the onions into quarters lengthwise and then thinly slice each sector. Heat the oil in a pot, add the onions and fry for a few minutes on low heat until the onions start to soften. Add hot water, peppercorns and bay leaves and simmer over low heat for about a quarter of an hour until the onion mass is soft and golden.

Add the tomato puree and simmer gently for a few more minutes. Add broth, halved and thinly sliced pickles, chopped smoked sausage, wieners and, if desired, leftovers. Bring the loin to a slow boil, then lower the heat and let it simmer gently for 10 minutes under the lid.

Remove the bay leaf with a slotted spoon. Season to taste, add a little lemon juice if desired.

Top each portion with thick sour cream.

03

Seljanka soup



CHAPTER 04

Pumpkin Soup

Homely, tasty and healthy! It is possible if only you share the joy of a meal with your family and friends!

Pumpkin cream soup with ginger and sour cream.

Traditional Polish pumpkin soup doesn't use herbs and a lot of spices, except for carrots, salt and pepper. In the proposed version are many ingredients like curry and more different vegetables.

We present one of our innovative recipes, that allows us to use all the vegetables that we have on the table.



CHAPTER 04

Pumpkin Soup



INGREDIENTS

- Pumpkin
- Onion
- Ginger
- Carrots
- A pinch of salt,
- Sugar
- Pepper olive oil
- 1 tbsp butter
- Vegetable stock
- Creamy yogurt or cream for decoration
and basil leafs

Pumpkin Soup

METHOD

PREPARATION

Pumpkin, carrot, ginger peel the skin, peel the onion from the shell. Cut all vegetables finely. Grate on ginger. Heat oil or butter in a saucepan, add onion and ginger to the hot fat. Reduce temperature, fry until ingredients begin to give off a pleasant aroma.

Add pumpkin and carrots (other vegetables can also be used). Season with salt and pepper to taste and stew under cover for a few minutes.

Pour hot vegetable stock and cook for about 30 minutes. Season before you finish cooking according to your taste. Blend all and before serving, decorate with yogurt or cream, some basil or other you favourite or seasonal vegetables or herbs.

Why zero waste? You can use different vegetable's, you can serve during a day, from the breakfast as a pumpkin-shot, main soup for dinner and small beverage till late evening.

Enjoy!

CHAPTER 04

Žurek

HŽurek is a soup traditionally prepared for Easter. To cook traditional Žurek, you need a rye starter. You can buy or make it yourself. It is easy!

The traditional way it takes a few days for the fermentation to make rye starter.

Anyway you can prepare Žurek using the following



CHAPTER 04

Zurek

INGREDIENTS

- 6 cups vegetable stock
- 5 cups buttermilk
- 120 g/ 4 oz bacon
- vegetables: carrots, potatoes, onions
- 3 tablespoons grated horseradish
- 3 tablespoons rye flour
- 3 bay leaves
- 5 seed all spice
- 1 tablespoon marjoram
- 300 g / 1 lb fresh polish white sausages
- 2 hard-boiled eggs
- salt and pepper

Zurek

METHOD

PREPARATION

Prepare vegetable stock: boil 30 minutes vegetables (except potatoes) and mushrooms in a big pot.

Add sausage and potatoes for next 30 minutes pour stirred sour soup starter. Let the flavor mix for 15 minutes.

Add horseradish and cream, first stir them in a cup of soup, then pour it to the pot.

Add salt and pepper and marjoram.

Take sausages out, diced them, and put them back to the soup.

Serve with boiled eggs. You can cut in your favorite stripes.

Enjoy!

CHAPTER 05

Banana Bread

A tasty and healthy way to make use of overripe bananas that nobody eats at home.

It is a good suggestion for breakfast or lunch.



CHAPTER 05

Banana Bread



INGREDIENTS

- 300 grams of oat flour
- 10 grams of olive oil
- 3 ripe bananas
- 3 eggs
- 2 teaspoons of baking powder
- 1 teaspoon of cinnamon
- 1 teaspoon of salt

Banana Bread

METHOD

PREPARATION

1. Add all the ingredients and blend in a blender for one minute at maximum speed.
2. Place the dough in a rectangular mould, lined with parchment paper, and bake in a preheated oven at 180 degrees for 25 to 35 minutes.

CHAPTER 05

Biryani rice with vegetables

Try making this biryani rice with vegetables and surrender to a unique combination of flavours.

With the remains of boiled white rice and a colourful touch given by turmeric, it is a dish that you will want to repeat.



CHAPTER 05

Biryani rice with vegetables



INGREDIENTS

- 30 laminated almonds
- 1 cinnamon stick
- 1 teaspoon fennel powder
- 1 bay leaf
- 2 tablespoon extra virgin olive oil
- 50 grams of onion
- ½ red chilli
- 1 tablespoon of turmeric
- 1 teaspoon cumin powder
- 400 grams of Chinese frozen vegetable mix
- 1 coffee spoon of salt
- 40 grams of golden sultana
- Leftover cooked white rice (basmati or needle)
- Fresh coriander (to taste)

METHOD

PREPARATION

1. Heat the almonds in a wide non-stick frying pan and let them brown. Remove and book.
2. In the same pan, heat the cinnamon stick, fennel and bay leaf. When it starts to release aroma, add the olive oil, the peeled and chopped onion and the sliced chilli.
3. Sprinkle in the turmeric and cumin, stir and add to the vegetable mixture. Season with salt, add the sultanas and cook over medium to high heat, stirring frequently, for about 10 minutes.
4. Add the cooked rice, mix very well and let it heat for 2 to 3 minutes.
5. Sprinkle with coriander and toasted almonds.

Tips for users

How to apply zero waste principles to your shopping:

1. Avoid plastic packaging: Choose products sold in reusable packaging or eco-friendly materials.
2. Buy local: By choosing local products, you reduce your carbon footprint and support local communities.
3. Avoid disposable products: Choose reusable items such as water bottles, cups or shopping bags.
4. Plan your shopping: Create a shopping list before visiting the shop to avoid impulsive purchases.
5. Buy loose products: Choose foods, such as rice, pasta or nuts, in shops with the option to fill your own containers.
6. Limit takeaway food: Avoid plastic packaging and disposable cutlery by choosing to eat out or cook at home.
7. Choose products with minimal packaging: Look for brands that promote minimalist packaging.
8. Recycle and upcycling: recycle according to local regulations and try to give a second life to some products.
9. Choose eco-friendly cleaning products for your kitchen: Avoid chemicals that are harmful to the environment and health.

Remember that implementing zero waste principles in your kitchen and shopping takes time and effort, but every small step contributes to protecting our planet.



Co-funded by
the European Union



Partners



WIR

Poland



Austria



Italy

Mitra

Estonia



Portugal

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.