



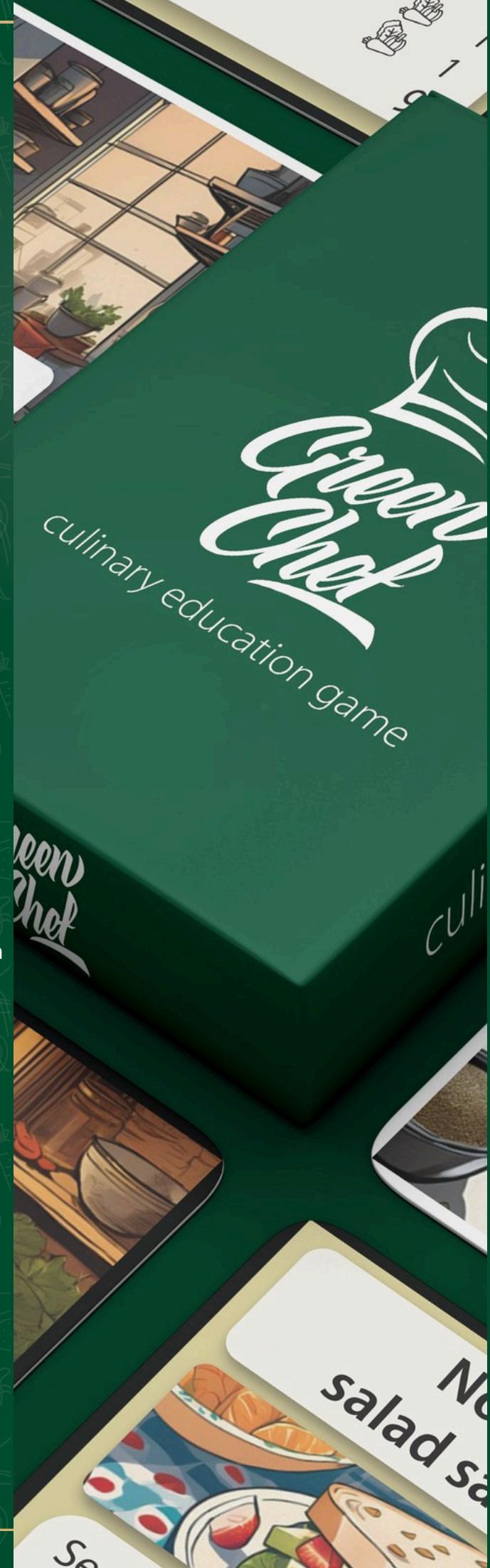
TRAINER'S Guide

**GreenChef: Gamifying sustainable
cooking and environmental education**



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GreenChef
culinary education game





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TRAINER'S *Guide*

A Green Chef Project Game

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Authors

Konstantinos Lekkas, Dracon Rules Design Studio Greece

Soós Géza, Climate Smart Elephant, Hungary

Soós Viktória, Climate Smart Elephant, Hungary

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Introduction to the GreenChef game

About the game:

GreenChef is a **card game** teaching students about **plant-based food choices** and the **environmental impact of food**. The game can be played in itself or as part of a **discussion** of the above mentioned topics.

We recommend this game to **VET students in the culinary/hospitality sector** or to any other students and schools where teachers would like to cover these topics.

We also recommend **English teachers** to teach **food item names** with the help of our card deck.

This game was created in a **Hungarian-Greek-Bulgarian** cooperation, funded by Erasmus+, the EU's programme to support education, training, youth and sport in Europe.

Climate Smart Elephant



A **sustainability communication and education agency** based in Budapest, Hungary, has been working on sustainability topics for over 10 years, and **delivering learning materials** to thousands of teachers and students on an international level.

HRC Academy



Founded in 2008, HRC Culinary Academy in Sofia, Bulgaria, **has trained over 800 students** to date. The school offers a variety of programmes that cover **general culinary theory**, as well as **essential and advanced culinary practice**.

Dracon Rules Design Studio



The **non-profit organisation**, based in Karditsa, Greece, specialises in creating and integrating **board games** and **gamified methods** into education to promote **inclusivity, creativity, and collaboration**.



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What is the aim of the GreenChef game?

The aim of the GreenChef game is to support the young generation in becoming more aware of the environmental effects of their food choices and also, learn more about plant-based ingredients and recipes.

This learning journey is especially important for the VET schools in the culinary/hospitality sector. According to our interviews, in many cases (e.g. in the Hungarian scene), the plant-based and environmental footprint of food topics are missing from the official curricula which makes it difficult to cater for an ever increasing demand for plant-based dishes and foods in restaurants, cafés and canteens.

Reasons for teaching about plant-based ingredients (+ discussion points for your activity)

Further reasons for why introducing a supplementary educational tool like the GreenChef card game is relevant (feel free to use this with your students/participants for discussion points):

O 1 Food production and climate change are closely related

- ◆ Food production is responsible for about 25-30% of total global greenhouse gas emissions. If you include all agricultural products, that share can rise to about one-third¹.
- ◆ Livestock production accounts for more than 25% of the greenhouse gas emissions from food systems².
- ◆ Different types of foods have different amount of carbon footprint³. Reducing meat and dairy consumption has a massive and underestimated impact on the climate⁴.
- ◆ While beef has one of the highest footprint from all food choices, opting for a plant-based dish made from locally grown veggies is a way more sustainable.
- ◆ The way we transport, process and package food matters. These contribute roughly 33% of food system emissions⁵.
- ◆ Food production erases the soil and reduces biodiversity. Half of the world's habitable land is used for agriculture, three-quarters of that is used for livestock (grazing and feed production)⁶.



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02 We don't consume enough vegetables and fruits

- ◆ **Plant-based diets** are often associated with **lower risks of chronic diseases** such as **heart disease, diabetes, and obesity**. Eating vegetables and fruits is key to health. However, across the EU, **daily fruit and vegetable consumption** remains **below recommended levels⁷**, Hungary⁸ and Bulgaria showing some of the **lowest figures**.
- ◆ In Hungary, only about **10% of the population** meet the WHO's guideline of **at least five portions a day**, with **daily vegetable intake** reported at roughly **30%** and **fruit intake** at about **40%**.
- ◆ Bulgaria performs slightly better on **vegetables** (around **45% daily**) but still lags behind the EU average, especially for the "**five portions per day**" target. Both countries face **strong socioeconomic disparities**: people with **lower income** and education levels consume significantly **fewer fruits and vegetables⁹**.
- ◆ Greece performs **somewhat better** than Hungary and Bulgaria, with a larger proportion of the **population eating fruits daily** and slightly higher **vegetable intake**. However, even in Greece, only a **small fraction of people** meet the recommended **five daily portions**.

03 The rise of ultra-processed foods (UPFs) and the importance of Improving cooking habits

- ◆ In Europe, **ultra-processed food and drinks** account for about **27% of total daily energy intake** on average. In some countries this is as low as ~14% (e.g. Italy, Romania) and in others as high as ~44% (e.g. UK, Sweden)¹⁰. **Ultra processed foods** raise the health risk for **obesity, type 2 diabetes, cancer and mental health**.
- ◆ On the other hand, **frequent home cooking** is associated with several **health benefits**: consumption of **fewer UPFs, reduced weight** through **healthier food**. For this reason, getting to know **ingredients, cooking processes and recipes** is highly important from **an early age on**.



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How to use the GreenChef game in various educational settings?

You can integrate the game **several ways** into your **educational programme and curriculum**. Here are a few ideas:

Use it as a curricular or extracurricular activity:

You can use the game in one of your **classes or extracurricular activities**, during **sustainability days, school competitions or even summer camps**.

Use it as part of several school subjects:

The **topic of food and nutrition** is very versatile, so you can link the game to several subjects: **environment, biology, geography, chemistry, home economy, etc.**

Use it as a stand-alone class or part of a series of classes.

You can use the **card game** in itself or can expand the learning journey of your students as follows:

- **class: Introduction to the topic of food and sustainability.**

You can discuss the topic through the **above mentioned discussion points**, or you can use one of the **lesson plans** from [FoodEducators resources](#), e.g. try the [Sustainable Food Truck Challenge](#), [Challenges and Opportunities in the Food System](#), [What Does Healthy Eating Mean?](#)

- **class: Playing with GreenChef card game (for instructions, see below)**

- **class: Let's cook together: preparing the recipes**

All the **recipes** included in the game were **provided by HRC Culinary Academy**, therefore they can **be prepared and enjoyed in reality!** You can ask your students to prepare some of the recipes at home, or you can cook together if you have the means for it in your school. Another option is **cook together with your students online**, through an online platform (as seen in the [Kitchen Adventure](#) programme)

Always remember to have a closing/harvesting discussion about what your students learnt during the process!

Don't forget to **involve the parents** in the learning journey, if possible. For this, see some [tips in this article](#).



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GreenChef Playbook

Getting Ready

Before playing for the first time, a small amount of **preparation** is necessary, so that the trainer can be accustomed to the **game's components and concepts**.

- O1** **Firstly**, download and print the **game's token and card files**, in single-page printing, and supply yourself with a **simple pen and paper for scoring**.
- O2** **Cut the components carefully using their outline**, or preferably the **cut guide symbols** (especially if you intend to use sleeves).
 - For **sturdier card set-up**, we recommend that **board game sleeves and cards** are used; any **game store** selling market-popular **card games** will be able to accommodate the needs in **sleeves**, and often they can supply **cards they do not need** (such as Magic: the Gathering Lands and Commons) that can be used as **supporting structure**, otherwise any **playing card** would do (the cards have been designed for **card/sleeve size: 63,5*88mm**).
 - Should a **better print/cut quality** be needed, **many medium and large printing companies** offer to print and **machine-cut** the A4-paper cards at reasonable prices.
 - If you prefer, you can **print the cards in sticker paper** and use **waste material** such as **cereal boxes as a base** to stick the cards on.
 - As a **last resort**, we recommend **printing the cards on thicker paper**, although simple A4 would do.



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03

Finally, **cut the tokens carefully**; we recommend that they are either **printed in hard-paper**, or **sticker paper** and subsequently **stuck** on a **sturdier material** (we recommend using material that would be trashed, such as cereal boxes, cartons etc).

- **Alternatively**, you can use **beads** or other easy items in your possession to replace the tokens.

After doing the **preparatory steps**, the trainer will proceed to **read the game's rules**, and watch the **short how-to-play video**.

We recommend that the **rulebook is read first**, followed by the **video** which will clarify the way of play via example.



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Educational Aspect & Trainer's Role

In order to **maximize the impact**, the presence of a **Trainer** further promotes the **discussions** occurring **after each game**. As such, the trainer helps the game to **steer away from the majority of simple games** created in an educational context; it promotes **critical thinking** and **rationalization**, as well as allowing space to the chefs in **training** to experiment on recipes and **green combinations**.

The game's **Recipe cards** provide the **foundations** for some **Green Recipes**, and the **flexibility of the ingredients** according to the rules allows **room for experimentation**. It is the **trainer's contribution** to the **nutritional aspects** and **elements of the ingredients** used that will evolve the game into a learning activity, at the same time **opening up space** for exploring new combinations and **practicing them in real life**.

Recipe Cards

The **Recipe cards** were created by **HRC Culinary Academy**, and they represent **valid recipes** which are included at the end of this booklet, in a **gamified form**. Players need to **match the requirements** in the categories of the cards to gain points.



Braised Cabbage with Mushroom	
	Greens
	Mushrooms
	Potatoes
	Vegetable Fats
	Cream
	Parsley
	Vinegars
	Points



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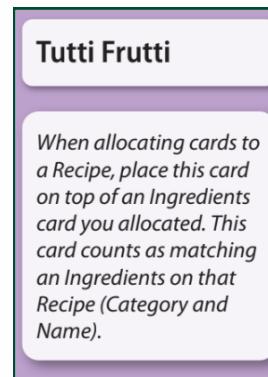
Ingredients Cards

Ingredient cards represent **elements used in the Recipe cards**, like **Tomatoes** and **Olives**. The players will be **gathering cards** in order to make the **exact or similar recipe**. Each card also has an **educational comment/information** on the **bottom part**.



Talent Card

Talent cards increase **replayability** for the game, ensuring that **players will keep wanting to play more times** as each time they will get a different random “**role**” to **spice up their play**.





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The Trainer's Role

- ◆ The **trainer** is a **crucial part** of the **educational process** of this game-tool; as it is meant to be used in the **context of education**, a **versed trainer** is at the **heart of the game**, instigating discussions and **managing its flow**.
- ◆ The **trainer will**:
 - **Dictate the pace** (faster or slower)
 - **Ask further questions** on the combination of played cards if needed
 - **Help the players** with prompts in order to inspire the curiosity of creative green cooking in them
 - **Modify the base game rules** to better accommodate their needs
 - **Simplify or enhance** the rule-set
 - **Create new cards** to be used within the game
- ◆ The game is designed to offer a **fun and engaging** time for the participants, allowing them to experience an **actual game** while at the same time leading to learning and **experimentation with green materials**.
- ◆ However, while its mechanics allow for a **trainer-free gaming experience**, the **trainer is the key** to promote the educational aspect and elevate the game to its true potential as a **learning tool**.

Further steps

The next part offers **modifications** or **advice for the trainer**, so that they can **unlock the game-tool's full potential** and **modify it according to their educational needs**, and the needs of their group.

We recommend that **the next part is read after** the first test-playthrough.



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Advanced Trainer's Guide

The next part of this document contains **two parts**:

- simple **practical advice** for the trainer,
- **alternate game modes** and rules modifications.

Practical advice

A part of the Guide includes common advice given to all games created by the participation of Dracon RDS, as they reflect general topics that must be mentioned, in addition to the project specific advice.

During the course of the game, it is easy for the **players to lose themselves** in the moment as they enjoy their participation. The **trainer** should be present to **monitor the group's progress**, and keep them on track of the educational aspect of the game.

Clean components and venue

This may seem obvious, but the **game components should be kept in a neat and tidy way**, to be inviting to the players and offer them a good participating experience. The venue should also have **good acoustics** and **ample light**, and the space should allow “round” sitting allocation with a **playing surface in the middle**.

Prior to initiating the game with the learners, the **trainer should ensure they know the rules themselves** and are **acquainted with the game's components**. In the opposite case, loss of interest will be incurred to the participants.

Keep the group on track

Provide **prompts, nods or quick comments** frequently to help the group stay on track.

For **example**, quick questions like:

👉 “**how would you act if the topic was left to you to decide**”, remind the players to promote **the topics and speech types**.



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Keep the group motivated

Remind the players of their need to **pay attention to the active players** and **ask them questions**; the game aims to promote participation, so the trainer should **verbally invite** the players to participate, and/or **break the game's rules** and award points for cases not mentioned in the rules as they see fit.

Feel your group's "vibe"

Not all people enjoy the **same kind of games**. Some would prefer **more discussion**, others **more strategy**, others **more fun**. Always know your group, and modify the game to their needs; examples of alternate modes can be found later on in this document.

Don't be afraid of change

The game is a **tool** more than a game. **Do not be afraid to break its rules**, to better serve your purposes. If a rule does not suit you, or hinders your progress, **change it!**

Put the Role in the Playing

The game is **better used after a session** providing information on a specific **culinary topic**, or using a recent example of an **inappropriate combination of ingredients**.

Ask your learners:

- How would the learners address the situation?
- Why do they think this occurred?
- How would it be prevented?
- What would they change?

These **questions** are a **good introduction to the game**, to open the player's minds to their role as a Green Chef.



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Alternate Game Modes

The game can be altered in many ways regarding its **gameplay**, so that it can serve the **trainer's** and the **group's needs**. Herein are some examples of alternate game modes, which can be used as they are presented, or serve as **sparks to the trainer's creativity**.

Extra Points

The trainer can implement a **different point system** for the use of **precise cards**, for **example**:

- **one point** per correct card,
- **more or fewer points** per exact recipe.

There is **no limit**, as long as your **players** know they can **gain extra points** based on that.

Cook it!

The whole purpose of the game is to **promote green cooking** and open up **discussions on green and healthy recipes**. Feel free to play the game as a starting **point for a real-time cooking class**:

- the **players** would have to **cook** the recipe,
- **substituting the items used in the game** versus the original recipe.

This gives the trainer and the players a chance to **taste their recipe** and **discuss improvements** as well as **educational/nutritional aspects**.

Ease-it-Up!

The **main goal of the game** is to provide players enough room to **create recipes** and move on to the **practical cooking & educational part**. With this in mind, please note that some players may be beginners or shyer than others; it is thus recommended that if your group belongs to these categories:

- you remove **scoring and points**,
- **simply play the game** promoting the fun of card collection and recipe creation,
- **allow extra turns** so that all players collect their cards and create at least one recipe.



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Fixed Cards

The trainer may decide they **want one, any or all decks of cards** to be set in a **specific way**, especially if the trainer wishes to **introduce Aspects** in a specific order, or the order in which they draw their **Importance cards**. There are **two ways** this could be implemented; “Pre-Setting” and “Controlled”.

- **Pre-Setting**

The **trainer** will set the decks of cards before the game in the order they wish, and instruct the players to **not shuffle them**.

- **Controlled**

The **trainer** keeps all decks of cards by them, and will **allocate the cards manually** to the players if they wish, choosing instead of drawing from the top.

Timed or Not

A **timer can be used** to promote **quick thinking and risk-taking**. The trainer **may freely introduce time limitations**, and reduce or increase the time allocated to each player.

Mot(ivat)ion

Some groups prefer more **energetic games**, where they would be able to also expend physical energy. **Including rules** such as :

► “**while drafting, all players must walk around the table, and you must finish and sit at the same time**”.

Babel

In modern **multicultural environments**, it is easy for people to feel uncomfortable when being **unable to formulate their speech** in a **foreign language**. Allow them the window to **express themselves** in a language they are comfortable with and the **help of their friends in translation**.

More Recipes & Ingredients

The game is provided with some **valid recipes** which can be tried and created. However, it is supposed to spark creation in the trainers, so that they **add extra cards and recipes**, including **ingredients** that are more **common/desired in their cultural background and taste buds**.



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Recipe List

Bolognese Pasta					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Pasta of your choice	0.230	kg	Begin by cooking your pasta of choice according to its package directions. Given amount makes about four servings.		
onion - finely chopped	0.100	kg			
Garlic - minced	4	cloves	Next, add the onion, garlic and water to a pot over medium heat. Cook them until the onion begins to soften and the water evaporates.		
Water	0.050	kg			
Oregano dry	0.005	kg			
Salt	A/N		Then add the oregano, salt and red pepper flakes. Cook for another minute.		
Red pepper flakes	A/N				
Red lentils	0.200	kg	Add the lentils. Stir them in along with the tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar.		
Tomato paste	0.040	kg			Notes/Changes
Vegetable stock	0.500	kg			
Tomato sauce	0.200	kg	Mix well. Bring the sauce to a gentle boil. Then reduce the heat and simmer for 30 minutes or until the lentils are very tender.		
Balsamic vinegar	0.025	kg			
			Finally, stir in the remaining balsamic vinegar and continue to simmer for an additional 2-3 minutes. Season with additional salt, if needed.		
Allergens					
Gluten	1				
Crustaceans	2				
Eggs	3				
Fish	4				
Peanuts	5				
Soy	6				
Milk	7				
Nuts	8				
Celery	9				
Mustard	10				
Sesame	11				
Molluscs	12				
Lupin	13				x
Sulphur	14				



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Recipe List

Braised cabbage with mushrooms			
Recipe Portions			6
Ingredients	QTY	UOM	Preparation
Red cabbage	1	head	1. Wash cabbage and cut in four, clean core part, place it in deep dish for baking.
Mushrooms - mix	0.400	kg	2. Add to cabbage water(covering half of it), add chopped shallots and garlic, salt and pepper.
Potatoes	0.300	kg	3. Cover with lid and place it in the preheated oven 150C until cabbage is cooked and almost all water evaporated. Approximately 1.5h-2h.
Leek	0.250	kg	4. While cabbage is braising, start to prepare mouseline garnish - wash potatoes and leek, peel potatoes. Leek and potatoes roughly chop and place it in the pot for cooking,
Shallots	0.080	kg	season with salt.
Garlic	0.010	kg	5. once mouseline vegetables are cooked, strain and blend it to very smooth consistency. Emulsify slowly with cream, to get silky and fluffy consistency, flavour it with wasabi powder, season if needed more.
Parsley	0.100	kg	6. Mushroom garnish - Start by cleaning mushrooms; in a hot pan pour a bit of olive oil, start searing mushrooms, add salt and pepper, once mushrooms get golden brown color on the sides, deglaze it with soy sauce and vinegar, right before finishing add pine nuts and pomegranate.
Pine nuts	0.010	kg	7. Parsley oil - Wash parsley, place it in the jug, heat some sunflower oil up to 30C, pour over the parsley and blend till smooth. strain oil from the pulp.
Soya sauce - dark	0.100	kg	8. once cabbage is ready, sear it on the pan to give more caramelization, season more if needed.
Rice vinegar	0.100	kg	9. Plating - place seared cabbage, on top of it mushrooms, next to cabbage mouseline and finish with parsley oil.
Salt	AN		
Pepper	AN		
Wasabi powder	0.012	kg	
Cream	0.150	kg	
Olive oil	0.040	kg	
Sunflower oil	0.070	kg	

Notes/Changes

- Further use for Cabbage core- vegetable stock
- Further use for Parsley pulp - parsley powder.

Allergens

Gluten 1	
Crustaceans 2	
Eggs 3	
Fish 4	
Peanuts 5	
Soy 6	x
Milk 7	
Nuts 8	x
Celery 9	
Mustard 10	
Sesame 11	
Molluscs 12	
Lupin 13	
Sulphur 14	x



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Recipe List

Walnut brownie				 CULINARY ACADEMY	
		Recipe Portions		1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Walnuts	0.070	kg	Preheat your oven to 180°C.		
dark chocolate	0.140	kg	Chop the walnuts and chocolate into small pieces.		
flour	0.200	kg	In a medium bowl, mix together the flour, cocoa powder, the two types of sugar, the baking powder, and the salt.		
Cocoa powder	0.100	kg			
sugar	0.200	kg			
cane sugar	0.080	kg	In a large bowl, puree the avocado, banana, and oil.		
baking powder	0.005	kg			
avocado	1small		Add the orange zest, water, and vinegar, and mix.		
banana	1small				
Rapeseed oil	0.100	kg	Add the mixture with the chopped walnuts, the chocolate, and the dry ingredients to the bowl with the wet ingredients and mix together.		
Orange zest	0.015	kg			
Water	0.270	kg			
Balsamic vinegar	0.015	kg	Line a baking tray with baking paper and spread the brownie mixture evenly.		
			Bake for 20 to 30 minutes.		
Soy cream for whipping	0.300	kg	After taking out of the oven, cool for 10 to 15 minutes, before cutting into small squares.		
vanilla					
whipping cream stabilizer	0.010	kg			
Raspberries	0.800	kg			
Notes/Changes					
Allergens					
Gluten	1	x			
Crustaceans	2				
Eggs	3				
Fish	4				
Peanuts	5				
Soy	6				
Milk	7				
Nuts	8	x			
Celery	9				
Mustard	10				
Sesame	11				
Molluscs	12				
Lupin	13				
Sulphur	14	x			



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Recipe List

Cheese cake			 CULINARY ACADEMY	
Ingredients	QTY	UOM	Preparation	
Cashew	0.130	kg	Add the cashews to a bowl and cover with boiling water. Let rest for 1 hour (uncovered), then drain thoroughly.	
Coconut cream	0.200	kg	Preheat the oven to 175 degrees and line a round baking tin with parchment paper.	
Vegan cream cheese	0.230	kg	Add the oats, almonds, sea salt, and coconut sugar to a high speed blender and mix at maximum power until ground to a fine flour.	
Cornstarch	0.015	kg	Remove the lid and begin to add the melted coconut oil. Add 4 tablespoons at first, but add more if the mixture remains too dry. Mix on a low setting until a loose dough is formed. You should be able to squeeze the mixture between two fingers and form a dough, instead of the mixture just crumbling. If it's still too dry, add a bit more melted coconut oil.	
Vanilla	0.005	kg	Transfer the dough to a parchment-lined loaf tin and spread it out evenly. Place a piece of parchment paper on top of the dough and press it down firmly using a flat-bottomed object, to spread the mixture out evenly over the tin. Allow the dough to come up the sides a little, otherwise the base will be too thick.	
Maple syrup	0.210	kg	Bake for 15 minutes, then increase the heat to 190 degrees and bake for a further 5-10 minutes, or until the edges are golden brown.	
Coconut oil	0.020	kg	Remove from the oven to cool slightly, then reduce the oven heat to 160 degrees.	
Lemon zest	0.005	kg	Once the cashews are soaked and drained, add to a high speed blender with the coconut cream, vegan cream cheese, cornstarch, vanilla, maple syrup, coconut oil, lemon zest, lemon juice, and sea salt. Blend on high power until very creamy and smooth.	
Lemon juice	0.015	kg	Pour the filling over the pre-baked crust and spread it out so it forms an even layer. Tap the tin on the counter to remove any air bubbles.	
Salt pinch			Bake for 50 minutes – 1 hour, until the edges look very slightly baked and the filling appears to be just slightly 'wobbly' but no longer a liquid.	
Rolled oats	0.060	kg	Remove from the oven and let the cake rest for 10 minutes at room temperature. When it's cooled, transfer it to the refrigerator uncovered to let it cool completely. Once cooled, cover and continue refrigerating for 5-6 hours, preferably overnight.	
Almonds	0.100	kg	To serve, lift the cake out of the pan with the parchment paper and cut into bars or triangles.	
Sea salt	pinch	kg		
Coconut sugar	0.040	kg		
Coconut oil	0.060	kg		
Notes/Changes				
Allergens				
Gluten 1				
Crustaceans 2				
Eggs 3				
Fish 4				
Peanuts 5				
Soy 6				
Milk 7				
Nuts 8				
Celery 9				
Mustard 10				
Sesame 11				
Molluscs 12				
Lupin 13				
Sulphur 14				



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Recipe List

<i>Chia chocolate pudding</i>			
Recipe Portions		1	
Ingredients	QTY	UOM	Preparation
Dates	0.020 kg		Mix the chia seeds together with the plant milk, cinnamon and cocoa powder in a bowl.
Strawberry	0.050 kg		Stir well, cover and put in the refrigerator for at least 3 hours (or overnight).
Banana	1pcs		
Chia seeds	0.050 kg		After 3 hours, use the hand blender to mix the dates through the seed mixture. If using hard dates, soak them in warm water for 5 minutes first.
Hazelnut milk	0.300 kg		
Cocoa powder	0.010 kg		
Cinnamon	0.005 kg		
Walnut	a/n		Cut the strawberries and the banana into small pieces.
Sunflower seeds	a/n		Chop the walnuts finely.
Blackberries	a/n		Garnish your chocolate chia mix with the blackberries, banana, walnuts and sunflower seeds.
Notes/Changes			
Allergens			
Gluten	1		
Crustaceans	2		
Eggs	3		
Fish	4		
Peanuts	5		
Soy	6		
Milk	7		
Nuts	8		x
Celery	9		
Mustard	10		
Sesame	11		
Molluscs	12		
Lupin	13		
Suphur	14		x



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Recipe List

Cauliflower Curry			Base Recipe			
Ingredients	QTY	UOM	Preparation			
Onion -chopped	0.100 kg		Heat a large pot over medium heat. Add the onion, garlic, ginger and water. Cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.			
Garlic	3cloves			Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.		
Ginger-grated	0.010 kg			Add the cauliflower and sweet potato to the pot. Stir to combine, then cover with a lid and reduce the heat to medium-low. Cook for 15-20 minutes or until the vegetables are tender, stirring often.		
Water	0.070 kg			Season with additional salt if needed, and divide between bowls. Top with cilantro, if using, and enjoy.		
Red curry paste	0.025 kg					
Vegetable stock	0.300 kg					
Coconut milk	0.200 kg					
Red lentils	0.050 kg					
Cauliflowe head-small	1pcs					
Sweet Potato-med size	1pcs					
Cilantro	0.008 kg					
Salt to taste						
				Notes/Changes		
				Allergens		
				Gluten 1		
				Crustaceans 2		
				Eggs 3		
				Fish 4		
				Peanuts 5		
				Soy 6		
				Milk 7		
				Nuts 8		
				Celery 9		
				Mustard 10		
				Sesame 11		
				Molluscs 12		
				Lupin 13	x	
				Sulphur 14		



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Recipe List

Asparagus Frittata					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Chickpea flour	0.120 kg		In a bowl, combine the chickpea flour with the black salt, nutritional yeast, egg-replacer powder, flour, baking powder, water, and lemon juice, and mix well. Set aside while the mixture absorbs the moisture.		
Kala Namak/black salt	0.005 kg				
Eggs	7pcs				
Flour	0.020 kg				
Baking powder	0.008 kg				
Water	if needed		Using a blender, blend the whipping cream until foamy and thick. Put a medium-sized oven-safe pan on a medium heat, add the olive oil, and gently fry the spring onions for 1-2 minutes.		
Lemon juice	0.010 kg				
Vegan whipping cream	0.200 kg				
Green asparagus	0.200 kg				Notes/Changes
Salt	a/n kg				
Pepper	a/n kg				
Chives	0.010 kg		Cut the bottoms off the asparagus and discard. Then cut in half and add the asparagus to the pan. Stir-fry for another 1-2 minutes, then add the salt and pepper.		
Spinach	0.150 kg				
Plant based cheese	0.030 kg				
			In the meantime, add the chickpea mixture to the whipped cream and blend together. Stir in the chopped chives and spinach leaves, and add the mixture to the pan. Sprinkle the cheese shreds on top, lightly covering the frittata mixture and then gently press them into the mixture.		
					Allergens
			Over a medium heat, let the frittata cook for a few minutes, covered with a lid, until the edges start to get a golden crust. Then turn off the stove and put the pan with the frittata into the oven. Bake under the grill for 3-4 minutes at 180°C.		Gluten 1 x
					Crustaceans 2
			Once golden brown on top, remove the frittata from the oven and let cool before serving. Top with extra chives, fresh ground pepper, and other herbs of your preference, and serve.		Eggs 3 x
					Fish 4
					Peanuts 5
					Soy 6
					Milk 7
					Nuts 8
					Celery 9
					Mustard 10
					Sesame 11
					Molluscs 12
					Lupin 13
					Suphur 14 x



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Recipe List

<i>Green bean pasta with cashew pesto</i>				
		Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation	
Cashew	0.035 kg		For pesto, place cashews in a bowl. Add boiling water to cover. Let stand 30 minutes; drain. In a blender or food processor combine cashews and spinach, basil, garlic, vegetable stock.	
Spinach	0.600 kg			
Basil	0.200 kg			
Garlic	2cloves			
Vegetable stock	0.050 kg		Cook spaghetti according to package directions, adding green beans the last 2 minutes of cooking; drain, reserving 1 cup pasta cooking water. Return spaghetti to pan.	
Lemon juice	0.010 kg			
Whole wheat spaghetti	0.240 kg			
Green beans	0.200 kg			
Beans - canned	0.400 kg		Add pesto and beans; toss to coat. Add reserved pasta cooking water a little at a time to achieve desired texture, tossing to combine. Season with salt and black pepper. Sprinkle with crushed red pepper.	
Salt				Notes/Changes
Red pepper (optional)				
Allergens				
Gluten	1		x	
Crustaceans	2			
Eggs	3			
Fish	4			
Peanuts	5			
Soy	6			
Milk	7			
Nuts	8		x	
Celery	9			
Mustard	10			
Sesame	11			
Molluscs	12			
Lupin	13		x	
Sulphur	14			



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Recipe List

<p><i>Lentil and Roasted vegetable salad</i></p>			
		Recipe Portions	2
<p>Ingredients</p>			Preparation
Lentils - green/brown	0.100	kg	1. Choose vegetables up to season availability. Wash and chop it, place it in the bowl.
Vegetables - seasonal mix	0.200	kg	2. mince garlic add to vegetables, ad a little bit of olive oil and season. Mix well. Place vegetables on the tray for baking and place it in the oven 200C until nicely roasted.
Red onion	0.050	kg	3. after taking out vegetables in the same tray crumble cheese, and bake it for 7min.
Garlic	0.010	kg	4. Boil lentils, rinse it with cold water and strain.
Salt	AN		5. Make dressing - emulsify together olive oil, dijon mustard, red wine vinegar and honey. Season up to taste.
Pepper	AN		6. Mix together lentils, vegetables and dressing. Place it in the plates and finish up with baked cheese crumbles.
Olive oil	0.050	kg	
Red wine vinegar	0.015	kg	
Dijon mustard	0.008	kg	
Honey	0.020	kg	
White fresh cheese	0.100	kg	
			Notes/Changes
			- for freshness and sweetness can be added seasonal berries or fruits
			Allergens
			Gluten 1
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5
			Soy 6
			Milk 7
			Nuts 8
			Celery 9
			Mustard 10
			Sesame 11
			Molluscs 12
			Lupin 13
			Sulphur 14



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Recipe List

Matcha sponge cake			HRC CULINARY ACADEMY
Recipe Portions		1	
Ingredients	QTY	UOM	Preparation
Oil	0.060 kg		Preheat your oven to 180 degrees.
Rice milk	0.230 kg		In a bowl, mix together the vegetable oil, rice milk, lemon juice, maple syrup, vanilla, salt and ground almonds.
Lemon juice	0.040 kg		
Agave nectar	0.040 kg		Add the flour, baking powder, baking soda and matcha powder.
Vanila	0.002 kg		
Salt	pinch		Mix well, adding a tiny splash more plant milk if it's looking too dry.
Almonds	0.150 kg		
Flour	0.150 kg		Divide the mixture between two small, greased baking tins lined with parchment paper.
Baking powder	0.008 kg		
Matcha powder	0.010 kg		Bake in the oven for around 15 minutes until risen and an inserted toothpick comes out clean.
Coconut milk	0.400 kg		
Strawberry jam	0.050 kg		Once out of the oven, remove the cakes from the baking tins immediately to cool.
Fresh mint			Method for the strawberry frosting (optional)
Blueberries			It's important to keep your tin of coconut milk in the fridge overnight so that the rich creamy part separates from the watery liquid. Make sure to use full fat coconut milk, otherwise the thicker coconut fat won't separate from the liquid and you won't be able to make this cream!
			Open the tin upside down – the coconut cream will be at the bottom and you can just pour off the watery liquid.
			Pour the thick, creamy part into a bowl.
			Add the strawberry jam.
			Use an electric whisk to whip up the coconut cream until light and fluffy.
			Method for the decoration
			Once the sponge cake bases have cooled completely, place one sponge on a large plate or cake stand, and spread half of the cream on top.
			Spread the strawberry frosting over this layer of cream and add half of the berries.
			Place the other sponge on top and cover with the remaining frosting,
			Top it off with the remaining berries.
			Best eaten on the day or day after it's made.
			Notes/Changes
			Allergens
			Gluten 1 x
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5
			Soy 6
			Milk 7
			Nuts 8 x
			Celery 9
			Mustard 10
			Sesame 11
			Molluscs 12
			Lupin 13
			Suphur 14 x



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Recipe List

Meat loaf'			HRC CULINARY ACADEMY
		Recipe Portions	
Ingredients	QTY	UOM	Preparation
Celery	2stalks	kg	Preheat the oven to 190°C.
onion- chopped	1medium		Sauté the celery, onion, and garlic on high heat in a skillet with a few drops of water for 5 minutes, until tender. Remove from heat and cool.
garlic	2cloves		
Firm tofu	0.300	kg	Mash the tofu in a large bowl. Stir in the
walnuts-ground	0.050	kg	cooked mixture and remaining ingredients,
lentils -cooked	0.100	kg	and combine well.
Quick oats	0.250	kg	Spoon the mixture into a parchment-lined loaf
Soy sauce	0.040	kg	pan. Top with a layer of ketchup sauce.
Ketchup	0.050	kg	Bake for 55–60 minutes, or until a toothpick
Dijon mustard	0.025	kg	inserted in the center comes out clean.
Parsley - dry	0.020	kg	
thyme - dry	0.005	kg	
Sage - dry	0.005	kg	
Rosemary - dry	0.005	kg	
			Notes/Changes
			Allergens
			Gluten 1 x
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5
			Soy 6 x
			Milk 7
			Nuts 8
			Celery 9 x
			Mustard 10 x
			Sesame 11
			Molluscs 12
			Lupin 13 x
			Suphur 14 x



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Recipe List

<i>Gluten-free pumpkin muffins</i>			
		Recipe Portions	1
Ingredients	QTY	UOM	Preparation
Peanut butter	0.100 kg		Preheat oven to 200 degrees.
Pumpkin - cooked,pureed	0.400 kg		Measure out peanut butter alternative into a microwave safe bowl and microwave it for 20 seconds.
Oat milk	0.100 kg		
Sugar	0.100 kg		Pour in the pumpkin and oat milk, stir very well.
Vanilla	pinch		
Cinnamon	0.005 kg		Dump in the sugar and vanilla then stir again.
Cloves-ground	0.002 kg		Sprinkle all of the spices, salt, and baking soda into the batter.
Ginger-ground	0.002 kg		
Salt	pinch		Pour in the gluten-free flour blend and mix everything together. After everything is mixed together you may add chocolate chips if desired.
Baking soda	0.005 kg		
Gluten-free flour	0.300 kg		Spray cooking oil into muffin pan and scoop batter into muffin cups.
Choco chips (optional)	0.080 kg		Bake for 30 minutes (you can test at 25) but allow to cool for 10 minutes at least.
			Notes/Changes
			Allergens
			Gluten 1
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5 x
			Soy 6
			Milk 7
			Nuts 8
			Celery 9
			Mustard 10
			Sesame 11
			Molluscs 12
			Lupin 13
			Suphur 14



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Recipe List

Not-tuna salad sandwich			 CULINARY ACADEMY
		Recipe Portions	1
Ingredients	QTY	UOM	Preparation
Chick peas - canned	0.400 kg		Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
Tahini	0.060 kg		
Dijon	0.010 kg		
Agave nectar	0.015 kg		
Red onion - diced	0.050 kg		
Celery - diced	0.050 kg		
Pickles - diced	0.040 kg		
Capers - chopped	0.007 kg		
Salt			
Sunflower seeds	0.020 kg		
Whole wheat bread			
Lettuce			
Tomato			
			Notes/Changes
			Allergens
Gluten 1			
Crustaceans 2			
Eggs 3			
Fish 4			
Peanuts 5			
Soy 6			
Milk 7			
Nuts 8			
Celery 9			x
Mustard 10			
Sesame 11			
Molluscs 12			
Lupin 13			x
Sulphur 14			x



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Recipe List

Panna cotta			HRC CULINARY ACADEMY		
Ingredients		Recipe Portions			
Ingredients	QTY	UOM	Preparation		
Coconut milk	0.400	kg	Place all the ingredients in a small saucepan and heat over a medium heat. Allow the mixture to thicken, stirring constantly, until bubbles form. Remove the pan from the heat and allow the mixture to cool.		
Palm tree sugar	0.060	kg			
Agar agar	0.010	kg			
Vanila	0.005	kg			
strawberries			Rinse 4 small ramekins with a little water and pour the mixture into the ramekins in equal amounts (about half a cup per ramekin). Now place the ramekins in the fridge for 2 hours for the panna cotta to set.		
			Once the panna cotta has completely cooled down, carefully remove it from the ramekins with a knife and turn out onto a plate. decorate with fresh strawberries		
Notes/Changes					
Allergens					
Gluten 1					
Crustaceans 2					
Eggs 3					
Fish 4					
Peanuts 5					
Soy 6					
Milk 7					
Nuts 8					
Celery 9					
Mustard 10					
Sesame 11					
Molluscs 12					
Lupin 13					
Sulphur 14					



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Recipe List

Black bean quesadillas				 HRC CULINARY ACADEMY	
Ingredients			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Sweet potato	1large		Preheat oven to 200 degrees. Prepare a sheet pan with parchment paper.		
Brown rice - cooked	0.200 kg		An hour before you plan to eat, peel and quarter the sweet potatoes.		
Red beans - canned	0.230 kg		Bake sweet potatoes in the oven for 45 minutes to one hour, until soft.		
Avocado	2pcs		In the meantime, prepare rice in a rice cooker or on stove top as directed.		
Spinach	0.200 kg		Remove sweet potatoes from oven and toss into a mixing bowl. Mash sweet potatoes with the salsa, rice and fresh spinach.		Notes/Changes
Tomato	0.120 kg		Place sweet potato mash in a sauce pan and mix in black beans and refried beans, heating mixture thoroughly over medium heat. Add onion powder, chili powder and cumin to taste and stir.		
Red onion-chopped	0.050 kg		Place a tortilla in a frying pan on medium heat, and slather the side facing up with sweet potato and bean mixture. Add jalapeños if desired.		
Garlic powder	0.005 kg		Place another whole wheat tortilla on top. Press down on top tortilla with spatula with pan on medium heat for about 3 minutes. Flip with spatula and cook for another three minutes.		Allergens
Chili powder	0.005 kg		Mash avocado, chop in red onion and tomato, mix well, season with lime juice, salt. serve it together with quesadilla.		Gluten 1
Cumin	0.005 kg				Crustaceans 2
Jalapeno pepper	opt				Eggs 3
Whole wheat tortillas	8pcs				Fish 4
Lime juice	0.005 kg				Peanuts 5
Salt					Soy 6
olive oil					Milk 7
					Nuts 8
					Celery 9
					Mustard 10
					Sesame 11
					Molluscs 12
					Lupin 13
					Sulphur 14
					x



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Recipe List

Quinoa and roasted beets			HRC CULINARY ACADEMY		
Recipe Portions		1			
Ingredients	QTY	UOM	Preparation		
Red beetroots	0.400	kg	Preheat the oven to 225°C. Place the beetroot and onion slices upright in a roasting tin and sprinkle half of the oregano, salt and black pepper over them. Drizzle the oil and balsamic vinegar on top of everything.		
Yellow beetroot	0.350	kg			
Oregano-fresh	0.020	kg			
Oil	0.025	kg			
Balsamic vinegar	0.015	kg			
Quinoa	0.275	kg			
Vegan white cheese	0.200	kg			
			Notes/Changes		
			Allergens		
			Gluten 1		
			Crustaceans 2		
			Eggs 3		
			Fish 4		
			Peanuts 5		
			Soy 6		
			Milk 7		
			Nuts 8		
			Celery 9		
			Mustard 10		
			Sesame 11		
			Molluscs 12		
			Lupin 13	x	
			Sulphur 14		x



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Recipe List

<i>Shakshuka with mushrooms and pita bread</i>			
		Recipe Portions	1
Ingredients	QTY	UOM	Preparation
Mushrooms - portobello	0.400 kg		Heat oil, and fry the mushrooms for 5 minutes.
Onion - diced	1big		Slice the onion into thin rings.
Oil	0.040 kg		Cut the red bell peppers into strips.
Red bell pepper	0.250 kg		Add the onion and pepper strips, and fry for 5 minutes.
Canned tomatoes	0.600 kg		Add the tomato cubes, cumin, chili powder, and paprika. Bring to the boil, and reduce the heat to low.
Paprika powder	0.020 kg		Season with salt and pepper.
Chili powder	0.005 kg		Meanwhile, heat the pita bread in the toaster, according to the instructions on the packet.
Cumin	0.005 kg		Crumble the feta over the shakshuka and garnish with parsley.
Parsley	0.010 kg		Serve the shakshuka with the pitas.
Large pita breads	4pcs		
Plant based feta cheese	0.050 kg		
			Notes/Changes
			Allergens
			Gluten 1 <input checked="" type="checkbox"/>
			Crustaceans 2 <input type="checkbox"/>
			Eggs 3 <input type="checkbox"/>
			Fish 4 <input type="checkbox"/>
			Peanuts 5 <input type="checkbox"/>
			Soy 6 <input type="checkbox"/>
			Milk 7 <input type="checkbox"/>
			Nuts 8 <input type="checkbox"/>
			Celery 9 <input type="checkbox"/>
			Mustard 10 <input type="checkbox"/>
			Sesame 11 <input type="checkbox"/>
			Molluscs 12 <input type="checkbox"/>
			Lupin 13 <input type="checkbox"/>
			Sulphur 14 <input type="checkbox"/>



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Recipe List

Souvlaki - meat skewers					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Beetroot	1small		Put the soya medallions and the vegetable broth in a medium-sized pot over a medium-low heat. Peel the beetroot and add it to the pot. Let simmer for about 15 minutes, until the soya meat is tender. Remove from the stove and let cool. Then strain the soya chunks and press them firmly to drain the water.		
Soya medallions	0.125 kg				
Vegetable stock	0.750 kg				
Olive oil	0.040 kg				
Worcestershire sauce	0.040 kg				
Oregano - dried	0.008 kg				
Thyme - dried	0.004 kg				
Rosemary - dried	0.003 kg				
Juniper berries	0.003 kg				
Smoked paprika	0.005 kg				
Chili powder	0.003 kg				
Black pepper	0.002 kg				
Garlic	1clove				
			For the marinade: Put all the marinade ingredients into a container and mix well. Then dip each soya medallion in the marinade, making sure that they are all thoroughly covered. Mix well, and let them marinate in the container for at least an hour.		Notes/Changes
			Once properly marinated, the medallions are ready to grill. Put them on skewers (4-5 per skewer depending on size), brush them with a bit of extra oil and grill them for 3-4 minutes, until they have a nice brown crust and slight grill marks.		Allergens
			For serving: Serve with lemon wedges and sprinkle with a pinch of dried herbs and smoky cajun spice. Delicious!		Gluten 1
					Crustaceans 2
					Eggs 3
					Fish 4
					Peanuts 5
					Soy 6
					Milk 7
					Nuts 8
					Celery 9
					Mustard 10
					Sesame 11
					Molluscs 12
					Lupin 13
					Sulphur 14



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Recipe List

Kale stew			Base Recipe	
Ingredients	QTY	UOM	Recipe Portions	1
			Preparation	
Potatoes 1.000 kg Kale 0.500 kg Butter 0.040 kg Vegan bacon 0.200 kg Mustard 0.030 kg Soy milk 0.150 kg 0.000 kg			Peel the potatoes and cut them in half. Boil the potato halves until they are soft (about 20 minutes). Add the kale (or leafy green of choice) halfway through boiling the potatoes and add 10 minutes to the cooking time. Add liquid margarine (or butter) to a large baking pan and use it to fry the diced onions for about 2 to 3 minutes. Add the vegan bacon to the pan and cook for 5 to 10 minutes. Drain the kale and potato mix (You can store the liquid to use as vegetable stock later) and add the plant milk and mustard. Use a potato masher to turn the mixture into a smooth puree, adding more plant milk and mustard depending on the smoothness you prefer. Once your desired texture is achieved, add the baking pan contents in and stir until you have a somewhat uniform puree-to-bacon ratio. (Optional) Leave a little bit of vegan bacon to place on top of the final product for an nice photo finish.	
			Notes/Changes	
			Allergens	
			Gluten 1	
			Crustaceans 2	
			Eggs 3	
			Fish 4	
			Peanuts 5	
			Soy 6	x
			Milk 7	
			Nuts 8	
			Celery 9	
			Mustard 10	x
			Sesame 11	
			Molluscs 12	
			Lupin 13	
			Sulphur 14	



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Recipe List



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Recipe List

Energy truffles			HRC CULINARY ACADEMY		
		Recipe Portions			
Ingredients	QTY	UOM	Preparation		
Dates	0.250	kg	Grind the nuts finely with a regular or immersion blender. Put the resulting nut flour in a bowl, then add the cocoa powder and a pinch of salt. Stir well until the mixture reaches a uniform colour.		
Walnuts	0.100	kg			
Cashew	0.050	kg			
Salt	pinch	kg			
Cocoa powder	0.030	kg			
Coconut flakes	0.030	kg			
Sesame seeds	0.030	kg			
			Notes/Changes		
			Allergens		
			Gluten 1		
			Crustaceans 2		
			Eggs 3		
			Fish 4		
			Peanuts 5		
			Soy 6		
			Milk 7		
			Nuts 8	x	
			Celery 9		
			Mustard 10		
			Sesame 11	x	
			Molluscs 12		
			Lupin 13		
			Suphur 14		



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Recipe List

Veggie Burger			HRC CULINARY ACADEMY
Ingredients	QTY	UOM	Recipe Portions
Olive oil	0.030 kg		1
Shallots	2pcs	kg	Base Recipe
Mixed mushrooms- cooked and chopped	0.450 kg		
Tamari sauce	0.025 kg		
Balsamic vinegar	0.020 kg		
Maple syrup	0.008 kg		
Garlic - minced	2cloves		
Smoked paprika	0.010 kg		
Sriracha	0.010 kg		Notes/Changes
Walnuts - chopped	0.050 kg		
Flaxseed	0.025 kg		
brown rice - cooked until sticky	0.200 kg		
Bread crumbs	0.150 kg		
Worcestershire	a/n		
Burger buns			
Lettuce			
Tomato			
Salt			Allergens
			Gluten 1
			x
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5
			Soy 6
			Milk 7
			Nuts 8
			Celery 9
			Mustard 10
			Sesame 11
			Molluscs 12
			Lupin 13
			Sulphur 14
			x



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Recipe List

Yogurt parfait with Honey and Nuts			
Recipe Portions			2
Ingredients	QTY	UOM	Preparation
Yogurt plain	0.200	kg	1. Mix yogurt with honey, until well combined.
Honey	0.050	kg	2. in a pan toast nuts and after chop it in small pieces.
Walnuts	0.050	kg	3. Toast oats in a pan or oven, leave aside.
Seasonal fruits	0.120	kg	4. Choose fruits or berries up to the season. Wash it and slice it in small pieces.
Oats rolled	0.030	kg	5. Layer everything in ramekins or bowls, depending how you want it to look like.
*** Yogurt can be strained and whipped to reach fluffier consistency; can be blend together with fruit and so on. Walnuts and oats can be substituted to another ingredients which would give crunchiness for parfait.			Notes/Changes
			Allergens
			Gluten 1
			Crustaceans 2
			Eggs 3
			Fish 4
			Peanuts 5
			Soy 6
			Milk 7 x
			Nuts 8 x
			Celery 9
			Mustard 10
			Sesame 11
			Molluscs 12
			Lupin 13
			Sulphur 14 x



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A Green Chef Project Game

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