



TRAINER'S *Guide*

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



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A Green Chef Project Game

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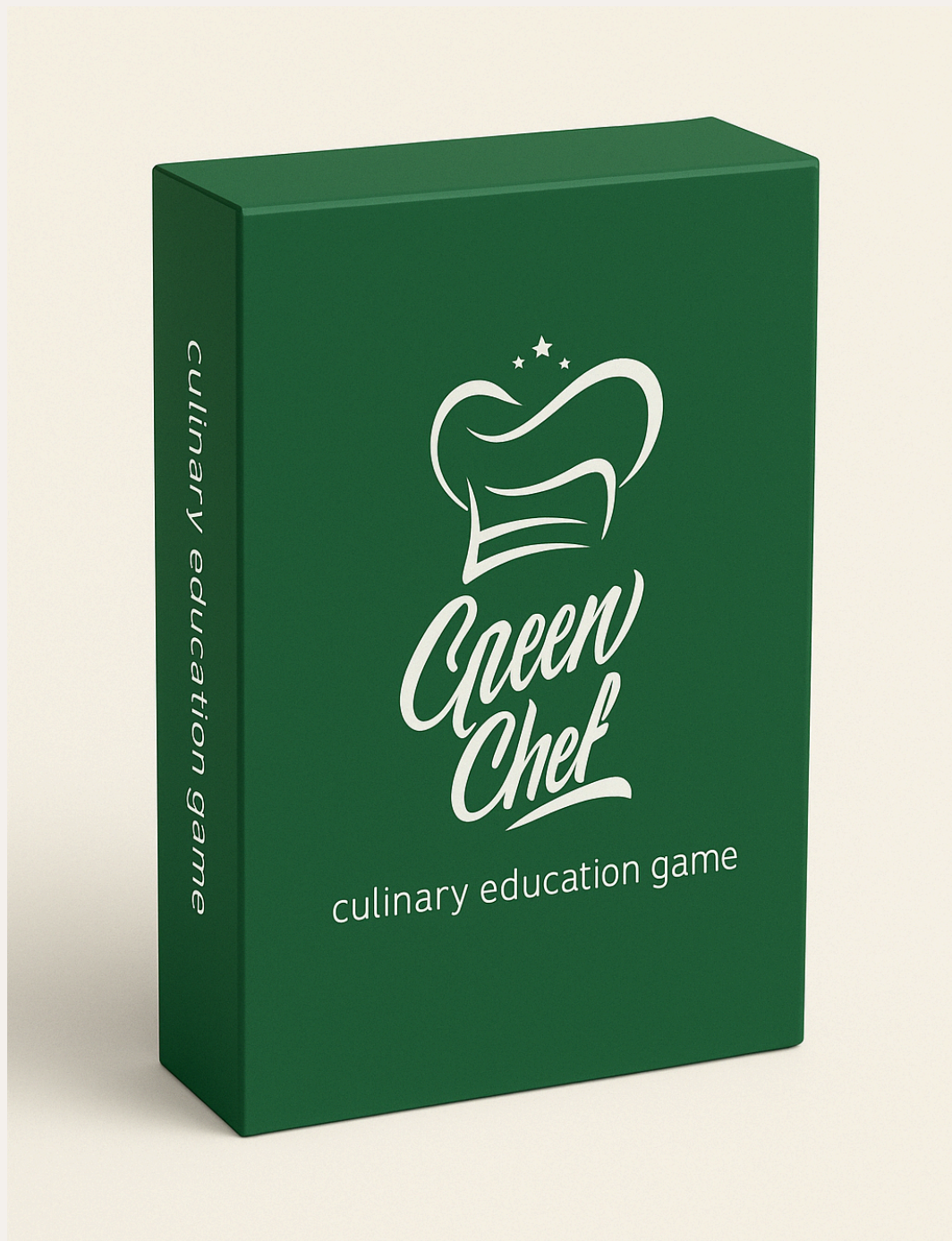


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Introduction to the GreenChef game

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, caffés 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):

01 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 footprint**³. **Reducing** meat and dairy consumption has a massive and underestimated **impact on the climate**⁴.
- ◆ 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 vegetables**⁹.
- ◆ **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**.

- 01** 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**.
- 02** 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		3
Mushrooms		1
Potatoes		1
Vegetable Fats		1
Cream		1
Parsley		1
Vinegars		1
Points		9

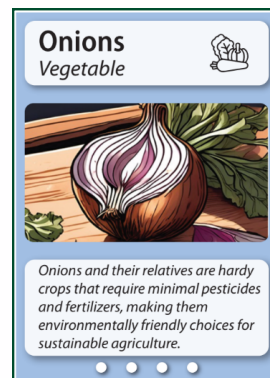


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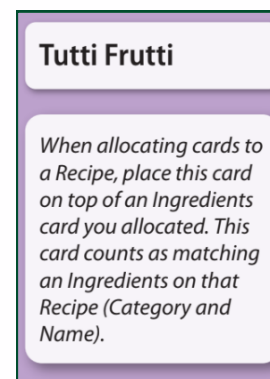
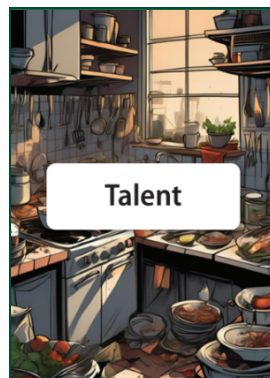
Ingredients Cards

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 shy 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			HRC CULINARY ACADEMY	
			Recipe Portions	1
Ingredients	QTY	UOM	Preparation	
Pasta of your choice	0.230	kg	<p>Begin by cooking your pasta of choice according to its package directions. Given amount makes about four servings.</p> <p>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. Then add the oregano, salt and red pepper flakes. Cook for another minute.</p> <p>Add the lentils. Stir them in along with the tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar. 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.</p> <p>Finally, stir in the remaining balsamic vinegar and continue to simmer for an additional 2-3 minutes. Season with additional salt, if needed.</p>	
onion - finely chopped	0.100	kg		
Garlic - minced	4	cloves		
Water	0.050	kg		
Oregano dry	0.005	kg		
Salt	A/N			
Red pepper flakes	A/N			
Red lentils	0.200	kg		
Tomato paste	0.040	kg		
Vegetable stock	0.500	kg		
Tomato sauce	0.200	kg		
Balsamic vinegar	0.025	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	



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Recipe List

Braised cabbage with mushrooms				HRC CULINARY ACADEMY	
			Recipe Portions	6	Compound Recipe
Ingredients	QTY	UOM	Preparation		
Red cabbage	1 head		<p>1. Wash cabbage and cut in four, clean core part, place it in deep dish for baking.</p> <p>2. Add to cabbage water(covering half of it), add chopped shallots and garlic, salt and pepper.</p> <p>3. Cover with lid and place it in the preheated oven 150C untill cabbage is cooked and almost all water evapourated. Approximately 1.5h-2h.</p> <p>4. While cabbage is braising, start to prepear mousseline garnish - wash potatoes and leek, peel potatoes. Leek and potatoes roughly chop and place it in the pot for cooking, season with salt.</p> <p>5. once mousseline 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.</p> <p>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 gets golden brown color on the sides, deglaze it with soy sauce and vinegar, right before finishing add pine nuts and pomegranate.</p> <p>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.</p> <p>8. once cabbage is ready, sear it on the pan to give more caramelization, season more if needed.</p> <p>9. Plating - place seared cabbage, on top of it mushrooms, next to cabbage mousseline and finish with parsley oil.</p>		
Mushrooms - mix	0.400	kg			
Potatoes	0.300	kg			
Leek	0.250	kg			
Shallots	0.080	kg			
Garlic	0.010	kg			
Parsley	0.100	kg			
Pine nuts	0.010	kg			
Soya sauce - dark	0.100	kg			
Rice vinegar	0.100	kg			
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				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Walnuts	0.070	kg	<p>Preheat your oven to 180°C.</p> <p>Chop the walnuts and chocolate into small pieces.</p> <p>In a medium bowl, mix together the flour, cocoa powder, the two types of sugar, the baking powder, and the salt.</p> <p>In a large bowl, puree the avocado, banana, and oil.</p> <p>Add the orange zest, water, and vinegar, and mix.</p> <p>Add the mixture with the chopped walnuts, the chocolate, and the dry ingredients to the bowl with the wet ingredients and mix together.</p> <p>Line a baking tray with baking paper and spread the brownie mixture evenly.</p> <p>Bake for 20 to 30 minutes.</p> <p>After taking out of the oven, cool for 10 to 15 minutes, before cutting into small squares.</p>		
dark chocolate	0.140	kg			
flour	0.200	kg			
Cocoa powder	0.100	kg			
sugar	0.200	kg			
cane sugar	0.080	kg			
baking powder	0.005	kg			
avocado	1small				
banana	1small				
Rapseed oil	0.100	kg			
Orange zest	0.015	kg			
Water	0.270	kg			
Balsamic vinegar	0.015	kg			
Soy cream for whipping	0.300	kg			
vanilla					
whipping cream stabilize	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		
			Suphur 14	x	



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Recipe List

Cheese cake				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Cashew	0.130	kg	<p>Add the cashews to a bowl and cover with boiling water. Let rest for 1 hour (uncovered), then drain thoroughly.</p> <p>Preheat the oven to 175 degrees and line a round baking tin with parchment paper.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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. Remove from the oven to cool slightly, then reduce the oven heat to 160 degrees.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>To serve, lift the cake out of the pan with the parchment paper and cut into bars or triangles.</p>		
Coconut cream	0.200	kg			
Vegan cream cheese	0.230	kg			
Cornstarch	0.015	kg			
Vanilla	0.005	kg			
Maple syrup	0.210	kg			
Coconut oil	0.020	kg			
Lemon zest	0.005	kg			
Lemon juice	0.015	kg			
Salt pinch					
Rolled oats	0.060	kg			
Almonds	0.100	kg			
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	x	
			Celery 9		
			Mustard 10		
			Sesame 11		
			Molluscs 12		
			Lupin 13		
			Suphur 14		



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Recipe List

Chia chocolate pudding				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Dates	0.020	kg	<p>Mix the chia seeds together with the plant milk, cinnamon and cocoa powder in a bowl. Stir well, cover and put in the refrigerator for at least 3 hours (or overnight).</p> <p>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.</p> <p>Cut the strawberries and the banana into small pieces.</p> <p>Chop the walnuts finely.</p> <p>Garnish your chocolate chia mix with the blackberries, banana, walnuts and sunflower seeds.</p>		
Strawberry	0.050	kg			
Banana	1	pcs			
Chia seeds	0.050	kg			
Hazelnut milk	0.300	kg			
Cocoa powder	0.010	kg			
Cinnamon	0.005	kg			
Walnut	a/n				
Sunflower seeds	a/n				
Blackberries	a/n				
			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				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Onion -chopped	0.100	kg	<p>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.</p> <p>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.</p> <p>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.</p> <p>Season with additional salt if needed, and divide between bowls. Top with cilantro, if using, and enjoy.</p>		
Garlic	3cloves				
Ginger-grated	0.010	kg			
Water	0.070	kg			
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				HRC CULINARY ACADEMY	
			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	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.		
Water	if needed				
Lemon juice	0.010	kg			
Vegan whipping cream	0.200	kg			
Green asparagus	0.200	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.		
Salt	a/n	kg			
Pepper	a/n	kg			
Chives	0.010	kg			
Spinach	0.150	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.		
Plant based cheese	0.030	kg			
			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.		
			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.		
Notes/Changes					
Allergens					
Gluten 1					x
Crustaceans 2					
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



Green bean pasta with cashew pesto					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Cashew	0.035	kg	<p>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.</p> <p>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. 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.</p>		
Spinach	0.600	kg			
Basil	0.200	kg			
Garlic	2	cloves			
Vegetable stock	0.050	kg			
Lemon juice	0.010	kg			
Whole wheat spaghetti	0.240	kg			
Green beans	0.200	kg			
Beans - canned	0.400	kg			
Salt					
Red pepper (optional)					
			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	x	
			Suphur 14		



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Recipe List


<i>Lentil and Roasted vegetable salad</i>					
			Recipe Portions	2	Compound Recipe
Ingredients	QTY	UOM	Preparation		
Lentils - green/brown	0.100	kg	<p>1. Choose vegetables up to season availability. Wash and chop it, place it in the bowl.</p> <p>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 untill nicely roasted.</p> <p>3. after taking out vegetables in the same tray crumble cheese, and bake it for 7min.</p> <p>4. Boil lentils, rinse it with cold water and strain.</p> <p>5. Make dressing - emulsify together olive oil, dijon mustard, red wine vinegar and honey. Season up to taste.</p> <p>6. Mix together lentils, vegetables and dressing. Place it in the plates and finish up with baked cheese crumbles.</p>		
Vegetables - seasonal mix	0.200	kg			
Red onion	0.050	kg			
Garlic	0.010	kg			
Salt	AN				
Pepper	AN				
Olive oil	0.050	kg			
Red wine vinegar	0.015	kg			
Dijon mustar	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		x
			Nuts 8		
			Celery 9		
			Mustard 10		x
			Sesame 11		
			Molluscs 12		
			Lupin 13		
			Sulphur 14		x



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Recipe List

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



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Recipe List

Gluten-free pumpkin muffins				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Peanut butter	0.100	kg	<p>Preheat oven to 200 degrees.</p> <p>Measure out peanut butter alternative into a microwave safe bowl and microwave it for 20 seconds.</p> <p>Pour in the pumpkin and oat milk, stir very well.</p> <p>Dump in the sugar and vanilla then stir again.</p> <p>Sprinkle all of the spices, salt, and baking soda into the batter.</p> <p>Pour in the gluten-free flour blend and mix everything together. After everything is mixed together you may add chocolate chips if desired.</p> <p>Spray cooking oil into muffin pan and scoop batter into muffin cups.</p> <p>Bake for 30 minutes (you can test at 25) but allow to cool for 10 minutes at least.</p>		
Pumpkin - cooked,pureed	0.400	kg			
Oat milk	0.100	kg			
Sugar	0.100	kg			
Vanilla		pinch			
Cinnamon	0.005	kg			
Cloves-ground	0.002	kg			
Ginger-ground	0.002	kg			
Salt		pinch			
Baking soda	0.005	kg			
Gluten-free flour	0.300	kg			
Choco chips (optional)	0.080	kg			
			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				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Chick peas - canned	0.400	kg	<p>Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.</p> <p>Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.</p> <p>Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).</p> <p>Scoop a healthy amount of the chickpea mixture onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.</p>		
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	
			Suphur 14	x	



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Recipe List

Panna cotta					
			Recipe Portions	1	Base Recipe
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		
			Suphur 14		



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Recipe List


Black bean quesadillas					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Sweet potato	1large		<p>Preheat oven to 200 degrees. Prepare a sheet pan with parchment paper.</p> <p>An hour before you plan to eat, peel and quarter the sweet potatoes.</p> <p>Bake sweet potatoes in the oven for 45 minutes to one hour, until soft.</p> <p>In the meantime, prepare rice in a rice cooker or on stove top as directed.</p> <p>Remove sweet potatoes from oven and toss into a mixing bowl. Mash sweet potatoes with the salsa, rice and fresh spinach.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Mash avocado, chop in red onion and tomato, mix well, season with lime juice,salt. serve it together with quesadilla.</p>		
Brown rice - cooked	0.200	kg			
Red beans - canned	0.230	kg			
Avocado	2pcs				
Spinach	0.200	kg			
Tomato	0.120	kg			
Red onion-chopped	0.050	kg			
Garlic poder	0.005	kg			
Chili powder	0.005	kg			
Cumin	0.005	kg			
Jalapeno pepper	opt				
Whole wheat tortillas	8pcs				
Lime juice	0.005	kg			
Salt					
olive oil					
			Notes/Changes		
			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


Quinoa and roasted beets					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Red beetroots	0.400	kg	<p>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.</p> <p>Roast the beets and onion slices in a hot oven for 25-30 minutes. Turn over occasionally.</p> <p>While the tin is roasting, prepare the quinoa according to the instructions on the packaging. After about 15 minutes, place the vegan goat cheese slices (if you have any) between the beets and let them roast alongside the tin until golden brown.</p> <p>Done! Serve the quinoa in wide bowls and pour the oven-roasted mix on top. Garnish with the rest of the fresh oregano.</p>		
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	
			Suphur 14	x	



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Recipe List


Shakshuka with mushrooms and pita bread					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Mushrooms - portobello	0.400	kg	Heat oil, and fry the mushrooms for 5 minutes. Slice the onion into thin rings. Cut the red bell peppers into strips. Add the onion and pepper strips, and fry for 5 minutes. Add the tomato cubes, cumin, chili powder, and paprika. Bring to the boil, and reduce the heat to low. Season with salt and pepper. Meanwhile, heat the pita bread in the toaster, according to the instructions on the packet. Crumble the feta over the shakshuka and garnish with parsley. Serve the shakshuka with the pitas.		
Onion - diced	1big				
Oil	0.040	kg			
Red bell pepper	0.250	kg			
Canned tomatoes	0.600	kg			
Paprika powder	0.020	kg			
Chili powder	0.005	kg			
Cumin	0.005	kg			
Parsley	0.010	kg			
Large pita breads	4pcs				
Plant based feta cheese	0.050	kg			
			Notes/Changes		
			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		
			Suphur 14		



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Recipe List

Souvlaki - meat skewers					
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Beetroot	1small		<p>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.</p> <p>For the marinade:</p> <p>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.</p> <p>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.</p> <p>For serving:</p> <p>Serve with lemon wedges and sprinkle with a pinch of dried herbs and smoky cajun spice. Delicious!</p>		
Soya medallions	0.125 kg				Notes/Changes
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				
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Recipe List


Crispy Tofu				HRC CULINARY ACADEMY	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Extra firm tofu	0.400	kg	<p>Pat your pressed tofu dry with a paper towel or dish cloth. Cut into big cubes.</p> <p>In a bowl or a large add your tofu cubes with the cornstarch and salt and gently toss until combined.</p> <p>In a medium-large non-stick pan, warm some oil over medium heat. Once the oil is hot, add your tofu cubes and pan-fry until golden brown on each side. (This takes about 8-10 minutes).</p> <p>*For an oil-free recipe using the air-fryer, see below in the notes section.</p> <p>Whisk sauce: While your tofu cooks, whisk the rest of the ingredients in a small microwavable bowl.</p> <p>Tip: microwaving your sauce for 30 seconds to help the brown sugar dissolve better!</p> <p>Turn down your stove to low heat. Add your sauce to your tofu and gently toss until combined. Warm for a few minutes so the sauce can caramelize on the tofu.</p> <p>Serve: Enjoy right away with rice and veggies. Top with diced green onion and/or sesame seeds for a pretty garnish.</p>		
Cornstarch	0.045	kg			
Salt	0.005	kg			
Oil	0.060	kg			
Sweet chili	0.070	kg			
Brown sugar	0.010	kg			
Apple cider vinegar	0.005	kg			
Soy sauce	0.015	kg			
Garlic powder	0.005	kg			
Chilli powder	0.005	kg			
Mustard powder	0.003	kg			
Scallions	0.030	kg			
Sesame seeds	0.030	kg			
	0.000	kg			
	0.000	kg			
	0.000	kg			
	0.000	kg			
	0.000	kg			
			Notes/Changes		
			Allergens		
			Gluten 1	x	
			Crustaceans 2		
			Eggs 3		
			Fish 4		
			Peanuts 5		
			Soy 6	x	
			Milk 7		
			Nuts 8		
			Celery 9		
			Mustard 10	x	
			Sesame 11	x	
			Molluscs 12		
			Lupin 13		
			Suphur 14	x	



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Recipe List

Energy truffles						
			Recipe Portions	1	Base Recipe	
Ingredients		QTY	UOM	Preparation		
Dates		0.250	kg	<p>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.</p> <p>Pit the dates and cut them into pieces. Soak them in hot water for about five minutes. This makes them easier to blend. Soft dates can also be smashed with a fork after soaking.</p> <p>Add the dates to the nut and cocoa powder mixture. Then knead everything with your hand until you've created a sort of dough. Shape the dough into balls about 2.5cm wide. Sprinkle some coconut flakes on a cutting board and roll half of the balls in the flakes. Roll the other half of the balls in the sesame seeds.</p> <p>Store them in the freezer for at least one hour, then serve them directly.</p>		
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	
			Recipe Portions	1	Base Recipe
Ingredients	QTY	UOM	Preparation		
Olive oil	0.030	kg	Heat the olive oil in a medium skillet over medium heat. Add the shallot and sauté until soft, 1 minute. Add the mushrooms and a generous pinch of salt, and sauté until soft and browned, 6 to 9 minutes, turning down the heat slightly, as needed.		
Shallots	2pcs	kg			
Mixed mushrooms-cooked and chopped	0.450	kg	Stir in the tamari, vinegar, and mirin. Stir, reduce the heat, then add the garlic, smoked paprika, and sriracha. Remove the pan from the heat and let cool slightly.		
Tamari sauce	0.025	kg			
Balsamic vinegar	0.020	kg	In a food processor, combine the sautéed mushrooms, walnuts, flaxseed, brown rice, and ½ cup of the panko. Pulse until just combined. The mixture should hold together when pinched, but it should still have some texture.		
Maple syrup	0.008	kg			
Garlic - minced	2cloves		Transfer to a large bowl and fold in the remaining panko.		
Smoked paprika	0.010	kg			
Sriracha	0.010	kg	Form into 8 patties, place them on a large plate and chill in the fridge for 1 hour.		
Walnuts - chopped	0.050	kg			
Flaxseed	0.025	kg	If you're grilling the patties, preheat a grill to medium-high heat. Brush the patties with olive oil and spray the grill with cooking spray. Place the patties on the grill and use a spatula to press down lightly. Grill for 7 minutes on the first side, flip, and grill for 6 to 7 minutes on the second side, or until well-charred and cooked through.		
brown rice - cooked until sticky	0.200	kg			
Bread crumbs	0.150	kg	Alternately, cook the patties on the stove. Heat a cast-iron skillet over medium heat. Coat the bottom of the skillet with oil and cook the patties for 5 to 6 minutes per side, or until well-charred and cooked through.		
Worcestershire	a/n				
Burger buns			Remove from the heat, brush with Worcestershire sauce, and serve with desired fixings.		
Lettuce					
Tomato					
Salt					
			Notes/Changes		
			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	Compound Recipe
Ingredients	QTY	UOM	Preparation		
Yogurt plain	0.200	kg	1. Mix yogurt with honey, until well combined. 2. in a pan toast nuts and after chop it in small pieces. 3. Toast oats in a pan or oven, leave aside. 4. Choose fruits or berries up to the season. Wash it and slice it in small pieces. 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. Wallnuts and oats can be substituted to another ingredients which would give crunchiness for parfait.		
Honey	0.050	kg			
Walnuts	0.050	kg			
Seasonal fruits	0.120	kg			
Oats rolled	0.030	kg			
					
			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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TRAINER'S *Guide*

A Green Chef Project Game

2025

Erasmus+

EU programme for education, training, youth and sport

Project Title:

GreenChef: Gamifying sustainable cooking and environmental education

Project number:

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