



International Recipe Collection



Thanks to all people, who have supported this collection with their recipes!

Impressum

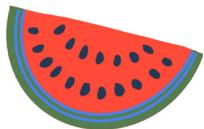
Mission 21
young@mission21
Missionsstrasse 21
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Mission 21 is committed in 20 countries in Africa, Asia and Latin America in the context of sustainable development cooperation as well as humanitarian action for peacebuilding, education, health, food sovereignty, and economic empowerment. In this way we contribute to the achievement of the UN goals for sustainable development. This worldwide commitment is combined with programmes for intercultural exchange and interreligious cooperation as well as the promotion of understanding for global connections.

young@mission21 is Mission 21's international network for young adults. We are dedicated to cultural exchange among young adults from all over the world, and we strive to bring about a fairer world. Are you keen to gain experience with people from different cultural backgrounds, and to take action so that people can live together in fairness? Welcome to young@mission21!

Every year, we are having an international JointAction. In 2021 it was all about food and food security.

Now go ahead and enjoy cooking and eating! And don't forget to share your food and don't waste it!



This recipe collection belongs to: _____



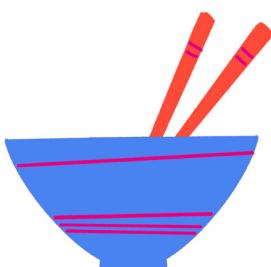
Contents

Bread Lasagna	6
Älplermagronen - with applesauce	8
Pasta e Ceci	10
Chicken breasts in batter	12
Bread-Gnocchi - No bun gets forgotten	14
Fried Rice with Seasonal Vegetables	16
Ajico Cubano - Cuban Stew	18
Pasuts Tolma	20
Frijoles negros - Black beans	22
Dumplings with spinach and potatoes	24
Apple Pie	26
Rice pudding	28
Chocolate - Stock bread	30
Flat Cinnamon Cake	32
Guava hulls in syrup	34
Cardamom-Cashew-Cookies	36
Walnut Chutney	38
Clean, healthy tap water	40
Elderflower syrup	42



Conversion table

Imperial System	Metric System	Personal Notes
0.4 cup	1 dl 100 ml 10 cl 0.1 L	
4.2 cups	1 L/ 1000 ml	
1 cup	240 ml water/milk/cream 125 g flour 200 g sugar 150 chopped nuts 225 g butter	
1 tsp (teaspoon/ small spoon)	4 g of sugar 5 g of salt 5 ml water	
1 tbsp (tablespoon/ big spoon)	15 g flour 20 g sugar 20 g salt 15 ml water	
0.22 lb [pound]	100 g (Gramm)	
1 lb	453.5 g	



Bread Lasagna

6

From foodwaste.ch and OGG* Bern, published in "Restenlos glücklich" (2019)

INGREDIENTS For 4 people

200 g	Tomatoes
300 g	Bread leftovers
100 g	Melting cheese
2 pieces	Garlic
0.5 dl	Olive oil
1 bunch	Basil

Topping

1 dl	Cream
1 dl	Tomato sauce
3 dl	Milk
3	Eggs
	Italien herb mixture
	Salt pepper



Quelle: OGG Bern
* economic non-profit society of berne

INSTRUCTIONS

- 1 Add all ingredients for the topping in a bowl.
Mix them and add salt, pepper and herbs as you like.
Prepare the casserole (\varnothing ca. 25cm) with some oil.
- 2 Cut tomatoes, bread and cheese in small cubes.
Chop the garlic into small pieces.
Wash the basil, dry it carefully and save some leaves for decoration later. Cut the rest in stripes.
- 3 Mix everything except the cheese in one bowl.
Pour the mass into the casserole and add the olive oil on top.
Add the topping evenly and cover it with the cheese
- 4 Bake in the middle of the pre-heated oven for 40 minutes at 180°C.
Add basil leaves for decoration and then:

WE EAT

Did you know... that one third of all food goes wasted on the way from the field to the plate? That is a heavy burden for the environment and people in poorer regions.

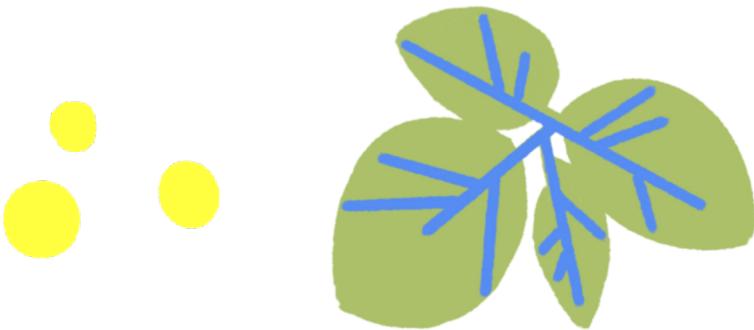
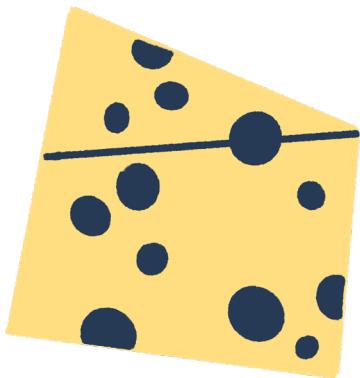
The good news is: We as consumers can avoid food waste by smart shopping and careful handling of the food – like this we influence the whole food system!

„Älplermagronen“ with applesauce

From Xenia, age 13 | Tarja, age 13 | Switzerland

INGREDIENTS

500 g	Pasta
100 g	Potatoes
250 g	Cheese
200 g	Cream
150 g	Bacon
25	Apples
1.5 tbsp	Salt
	Pepper
1 tsp	Cinnamon
1 tbsp	Sugar



Why is this recipe special to you?

„There is an apple tree in my garden. Every year I pick the apples from the tree with a friend. Every time we have fun. My favourite thing to do with all the apples we pick is to make apple sauce, because I love it.“

INSTRUCTIONS

- 1 Put a large pot of hot water on to boil.
- 2 Peel the potatoes and cut into small cubes.
- 3 As soon as the water boils, salt it and cook the Älplermagronen and potatoes in it.
In the meantime, grate the Appenzeller cheese.
- 4 Cut the bacon into slices and fry briefly in a frying pan. set aside -
Tip: Bacon can be served separately so that vegetarians can also enjoy this menu.
- 5 Drain the Älplermagronen and potatoes. mix it in a large bowl with the grated cheese, cream sauce and bacon.
- 6 Season with a little pepper and enjoy immediately, mhhh!



Pasta e Ceci

10

From Martina, age 31, Switzerland
www.grafikatessen.ch

For 2 people

INGREDIENTS

300 g	Chickpeas
200 g	Pasta (spaghetti or other)
3	Cherry-tomatoes
1	Carrot
1	Celery
	Garlic, rosemary, olive oil



INSTRUCTIONS

- 1 Soak the hard chickpeas overnight in cold water.
Cleanse them and put them in a big pot.
Add all ingredients except the pasta and let it boil for two hours.
- 2 Mix all dry Take the vegetables out of the pot and puree them.
Boil the pasta (spaghetti or other).
Add the finished spaghetti in one pot with the pureed vegetables and the chickpeas
- 3 Add 100g of love, 1 pinch of passion, 1 tablespoon of time... enjoy!



A bit of history

Pasta and chickpeas are a unique, traditional and nutritious dish – perfect for cold days. This dish has Arabic Sicilian origins: Pasta combined with chickpeas was first mentioned in a book from the Arabic geographer al-Idrisi in 1154. So – an old dish, still fresh.



Did you know... the project Crowd Container?

People in Switzerland can place collective orders in order to buy products from sustainable and ecological agriculture, knowing all producers and paying them a fair price – bringing advantage to all three: nature, producers and consumers. www.crowdcontainer.ch

Maybe there is a similar project where you live?

Chicken breasts in batter

12

From Samuel, age 28, Tägerwilen Switzerland

For 4 people

INGREDIENTS

290 g	Square puff pastry
4	Chicken breasts
1	Apple
1	Onion
8 slices	Bacon
1 tbsp	Mstard
1	Egg
	Salt, pepper, paprika



Why is this recipe special to you?

„The menu is a family recipe that is passed down. In my family we used to cook this menu on public holidays or when we have guests. Today I also cook the recipe on special days, but sometimes just when I feel like it. Because I love it and don't always want to wait so long for it. I hope you will love it as much as I do.“

Has the recipe a connection to a local tradition or ingredient? If so, what?

„I grew up on a farm where we had our own chickens, so we always had access to meat and cooked a lot of it.

And the area where I live is known for thousands of apple trees. We also had our own apple trees at home. We could take these apples straight to the boil.

So the recipe includes ingredients straight from my home.“

INSTRUCTIONS

- 1 Finely chop the apple and the onion.
Fry with a little oil.
Season with salt and pepper.
then cool completely.
Heat the oven to 210°C (top & bottom heat).
- 2 Season the chicken breasts and fry both sides briefly.
Cut the puff pastry into 4 equal-sized fields and brush with mustard.
Wrap the chicken breasts in bacon and place on the puff pastry field.
- 3 Spread the onion and apple mixture over the top.
Seal the chicken breasts tightly with the batter.
Place on a baking sheet lined with baking paper.
Brush with egg.
- 4 Prick the dough with a fork.
Bake on the 2nd lowest groove for 20-25 minutes.
Fits to: Mixed salad or vegetables.



Bread-Gnocchi – No bun gets forgotten

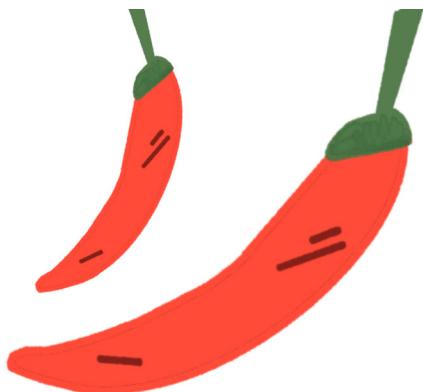
14

From Dubravka, age 27, Switzerland

For 6 people

INGREDIENTS

300 g	Stale white / whole grain / spelt / sourdough bread
750 ml	Milk (vegetable or cow, you can also replace half the milk with water)
100 g	White / spelt / whole grain flour
2	Eggs / Flax eggs / no eggs (choose your way)
1 tsp	Salt
1 pinch	Nutmeg
Serve with butter / margarine / olive oil / parmesan / fine yeast / fresh cut tomatoes	



Why is this recipe special to you?

„Gnocchi is a warming, hearty, winter dish. My mom used to make the most amazing Gnocchi and we celebrated this occasion on Sundays. So now I will do it, on Mondays, with the leftover bread from the weekend.“

INSTRUCTIONS

- 1 Pluck the stale bread into small pieces and pour the vegetable or cow milk over it. Leave to soak in the refrigerator for at least two hours and turn it several times.
Alternatively: Cut the stale bread in very small pieces and pour the milk-water mixture over it.
Turn the mixture with a fork and let it cool in the fridge/outside.
- 2 Squeeze the soaked bread well and grind it in a blender.
Form it into a firm dough with the flour, optionally the eggs / flax eggs or no eggs, the salt and pinch of nutmeg.
Form snake-like rolls out of the dough and cut it into small bite-sized pieces.
- 3 Cook in boiling salted water until they float.
Heat up a pan with some olive oil / butter / margarine and roast the gnocchi.
Serve with parmesan / fine yeast or pesto and some fresh cut tomatoes.



Has the recipe a connection to a local tradition or ingredient? If so, what?

„Bread is the most common staple food in Europe. Unfortunately, also the biggest contributor to food waste. This recipe is so innovative and easy that there's no excuse anymore to throw old bread into the bin. A lot of dishes to clean though. Together with “IG Ernährungsforum Basel”, “Markthalle Basel” and more stakeholders of Basel's food landscape, we are trying to show people how to behave consciously with their food. The event series “Dialog im Quartier – Basel isst nachhaltig” tries to show consumers alternative food systems that are more resilient, more participative and more resource efficient.“

Fried Rice with Seasonal Vegetables

16

From Rahel, Switzerland

For 4 people

INGREDIENTS

120 g (1 cup)	Rice (brown, red, any rice of your choice)
2 tbsp	Coconut oil (or any other vegetable oil of your choice)
1	Large onion
1	Clove of garlic
1 (3cm thick)	Piece of fresh ginger
3 tsp	Soy sauce
1/2 tsp	Cumin powder
1-3 pinches	Chili powder
1 pinch	Cinnamon
1 tsp	Roasted sesame oil
1 tsp	Rice vinegar



Vegetables and mushrooms of your choice:

Carrots, bell pepper, zucchini, broccoli, cabbage, champignons, etc.

For an optional protein source:

1 tbsp coconut oil
1 can of cooked chickpeas or 200 g of tofu or 200 g of smokey tofu
1 tbsp of soy sauce

Optional Toppings: Sesame seeds, fresh cilantro/coriander, spring onion

Why is this recipe special to you?

„It's an easy recipe that can be very easily adapted to any season. I love how easy it is and the combination of the tastes of cinnamon, ginger and roasted sesame oil in this recipe.“

INSTRUCTIONS

- 1 Wash 1 cup of rice and cook it with 2 cups of water and some salt.
- 2 In the meantime prepare the rest of the ingredients. Cut your preferred protein source into cubes (if you're using cooked chickpeas leave this step out). Cut the onion and garlic into cubes. Grate the ginger. Choose 3-4 different seasonal vegetables and mushrooms and cut them into cubes and slices.
- 3 Heat a large pan with 1 tbsp of oil and fry the tofu cubes or chickpeas until they are slightly brown and crunchy. Add 2 tbsp of water and 1 tbsp of soy sauce, stir and let the liquid evaporate. Then place the tofu/chickpeas onto a plate and put aside.
- 4 Again heat a large pan with 2 tbsp of oil and fry the onion cubes for about 3 minutes. Then add your sliced and cubed vegetables and mushrooms. Fry for 3-10 minutes (depending on what vegetables you are using and what size the pieces are). Add the chopped garlic and the grated ginger and fry for 1 more minute. Then add 3 tbsp of soy sauce and let most of the liquid evaporate.
- 5 Then add the cooked rice, the fried tofu/chickpeas, the spices and mix well.
- 6 Take the pan from the heat and add the roasted sesame oil and the rice vinegar. Add salt and pepper to taste.
- 7 Serve with toppings of your choice. Enjoy :)



Ajiaco Cubano – Cuban Stew

18

From Raiza, age 32, Cuba

INGREDIENTS

500 g	Chicken
500 g	Pork or bacon
6	Concobs (ears/cutten cobs of corn)
500 g	Malanga (in other countreis called tannia or tania, you can also use not sweet potatoes or tobinambur)
2	Green plantains/green bananas
250 g	Yuca (also called manioca or cassava)
250 g	Sweet potatoes
250 g	Pumpkin (calebasse)
1	Large onion
1 or 2	Aji (Pepper/chili)
1 tsp	Cumin
2	Lemons
1/2 cup	Tomato sauce or sauce creole
5 litres	Water
2 tbsp	Fat/lard or vegetable oil
	Salt to tase



INSTRUCTIONS

- 1 Cut the meat into medium-sized pieces.
Wash and peel the vegetables and chop them into small pieces.
- 2 Cook the meat and vegetables for 45 minutes in a large pot with water over medium heat.
- 3 Add the corn (remove the kernels from three cobs/ears of corn and chop the rest into small pieces).
- 4 In the meantime, fry the lard (or use the oil) with the bacon, the garlic cloves and the onion in a frying pan. Then add the tomato or creole sauce and set aside. Add than this sofrito to the broth/to the soup. Add salt to taste.
- 5 If you want the consistency to be thicker, remove some pieces of malanga and yam, crush them and then add them back into the pot.
- 6 Serve with lemon juice to taste.

Why is this recipe special to you?

„The ajiaco criollo is a super tasty dish that all Cubans prepare at home, at celebrations or to enjoy with the family.

Moreover, because it is part of our tradition, this exotic mixture of flavours arose from the union of several cultures (from indigenous Cuba, from Europe and West Africa) that gave birth to the typical Cuban gastronomy.

Some ingredients have been replaced by others, but the ajiaco has not lost its essence. Those who visit our country must try an exquisite Cuban ajiaco.“



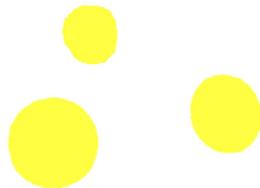
Pasuts Tolma

20

From Haykuhi, Armenia

INGREDIENTS

1 kg	Pickled cabbage leaves, washed, drained
2 cans (425g each)	Beans, preferably red kidney beans
1 can (425g)	Lentils
1 can (425g)	Chickpeas
¾ cup	Fine bulgur
1	Large onion
5-7 tsp	Tomato or red pepper paste
2 tbsp	Ground pepper
1 tbsp	Paprika
½ tsp	Cayenne, red chili flakes (optional, according to your preference in spiciness)
2-3 tsp	Dried greens, such as dill, basil, thyme
1 tsp	Salt (not too much, the pickled cabbage is quite salty already)
6-8	Dried sour plums (optional, regular black prune or dried apricots work as well)
1.5 -3 cups	Boiling hot water



A bit of a context

A variety of stuffed cabbage leaves. A favorite New Year and Easter festivity dish from Armenian Cuisine. It has many ingredients and takes a while to prepare, but it is worth trying.

INSTRUCTIONS

- 1 Finely chop the onions and sauté with oil until light golden colour.
Stir in tomato and red pepper paste.
Mix and cook another 2-3 minutes on medium heat.
Remove from the heat and set aside.

- 2 Mix everything in a large bowl to incorporate.
Wash and drain cabbage leaves, set aside.
Stuff the cabbage leaves with a good amount of the mixture (depends how big you want to make the Tolma, originally Pasus Tolma is quite large).
Please, check some Youtube-videos to have the full understanding on how to do it: <https://bit.ly/3wB0jEz>

- 3 Place the wrapped stuffed cabbage leaves inside your cooking pot.
Arrange them side by side, very closely.
Place the sour plums on top of the last layer. Some people may cut the dried fruit into pieces and have a piece in each tolma.
Place a plate on top of the last layer and pour the hot water over.
Add a pinch of salt to the water, as we like it a bit salty.

- 4 Cook on medium heat, with halfway covered lid, 25-30 minutes.
Remove from the heat and allow to set at least an hour before serving.
Pasuts tolma can be served both hot and cold. Colder is much tastier.



Frijoles negros – Black beans

22

From Together worldwide, age 16–36, Switzerland

INGREDIENTS (for 1 kg of beans)

1 Onion

1 Paprika/peperoni

1 clove Garlic

Oil, salt, pepper, cumin, paprika powder, bay leaf, red wine or vinegar



Why is this recipe special to you?

„We are a youth group of the Reformed Church in Switzerland that has a partnership with a youth group of a Presbyterian Reformed in Cuba. We normally don't eat black beans in Switzerland but we love them. Our friends in Cuba eat black beans every day. As soup, as a side dish with rice or fried with rice the next day. Every day, we watch the women in the kitchen as they pick and sort the small black beans and rice by hand on towels, then soak them and cook them for hours. When we are there and have to say goodbye the last day, we always get beans in a small plastic bag as the parting gift. So that we have food at home and don't forget them.“

INSTRUCTIONS



23

- 1 Sort and wash the beans.
- 2 Soak the beans overnight in water.
- 3 Cook in a pressure cooker for 45–60 minutes until soft.
- 4 Chop 1 onion and a clove of garlic and sauté in oil.
- 5 Chop 1 paprika/perperoni, add and sauté.
- 6 Deglaze with water and bouillon.
- 7 Add spices according to taste sweet and/or hot paprika powder, cumin, black pepper, salt.
You can cook a bay leaf with it and add vinegar or red wine.
- 8 Purée the chillies and onions a little with a hand blender.
- 9 Add the softened beans.
- 10 Add as much stock from the pressure cooker until it has the desired consistency (depending on whether you want to enjoy it as a soup or as a side dish with rice).

Tip:

To make the consistency even better, mash some beans with the ladle. When reheated the next day, the beans are often a touch spicier.



Joint Action

Dumplings with spinach and potatoes

24

From Lisa, age 31, Switzerland

INGREDIENTS

Wrappers

300 g	Flour
270 ml	Water, warm
	Additional flour for the work space



Filling

500 g	Potatoes
1 L	Boiling water
1 tbsp	Neutral oil
1 toe crushed	Garlic
250 g	Spinach
3 tbsp	Peas (fresh or frozen)
1	Carrot (finely chopped into tiny dices)
	Sesam oil. Salt. white pepper powder



INSTRUCTIONS

- 1 Add ca. 1/2 of the water into the flour. Mix well and start kneading while adding the rest of the water from time to time.
- 2 Knead until the dough is smooth and it is not sticking to your finger.
- 3 Cover the dough with a damp towel. Set aside and let it prove while making the filling.
- 4 Clean the potatoes and cook them in boiling water until they are soft and flaky inside.
- 5 Drain the potatoes and peel them. Mash them using whatever utensil you have (potato masher, passe-vite, or even a simple fork will do the job)
- 6 Heat the oil in a sauce pan on medium-high heat. Add the garlic, slightly toss it, and add the spinach.

- 7 Sauté until the spinach is almost done. add the peas and cook until everything is cooked.
- 8 In a large bowl, put together the potatoes, the spinach, the peas and the carrot. Mix.
- 9 Add sesame oil, salt and pepper to taste. Set aside.
- 10 On a clean surface, sprinkle some flour and place half of the dough onto the surface. Leave the rest of the dough covered with the damp towel.
- 11 Form the dough into a log of ca. 3cm diameter. Cut into 2cm pieces.
- 12 Roll the pieces into circular wrappers of ca. 2mm thickness.
- 13 Place a teaspoon of filling onto the wrapper. Fold into half to close it (simplest way) or use the fold-in technique (traditional way. Check online videos to practice).
- 14 Dust the dumpling with flour and put it on a surface which is also sprinkled with flour.
- 15 Repeat 12 and 13 until all wrappers are used.
- 16 Take the other half dough ball and repeat 11, 12, 13.
- 17a To cook the dumplings, you can either boil them in water until they float onto the top.
- 17b Or you can fry them in a non-stick pan: Heat some neutral oil in the pan and place the dumplings on the pan (do no overlap). Once the bottom is hard and a bit charred, add 1 cup of water and cover the pan. Let the water cook away on medium heat.
- 18 You can serve the dumplings with soya sauce and/or Chinese dark vinegar (balsamico could achieve similar effect).
- 19 You can also freeze the dumplings instead of cooking them right after wrapping them. No need to defrost (otherwise they will stick together).
- 20 You can also just buy ready-made wrappers instead of making them on your own...



Why is this recipe special to you?

„Because making dumplings remind me of community: wrapping dumplings with family and/or friends together is something Chinese people often do, especially at Chinese New Year.“

Apple Pie

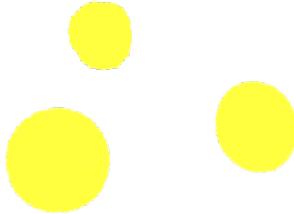
26

From Hanspeter, age 15 | Sven, age 14 | Onit, age 14 | Switzerland

INGREDIENTS

Glaze

1 dl	Milk
1.5 dl	Cream
2	Eggs
4 tbsp	Sugar
1 tbsp	Cornstarch
1-2 tsp	Vanilla sugar or cinnamon



Dough

225 g	Flour
1/2 tsp	Salt
75 g	Butter, cold in pieces
250 g	Semi-fat quark

You can also buy a dough in the shop.

Toping

4 tbsp	Ground nuts or almonds
4-5	Apples in slices



Photo by Diljara Ganfullina on Unsplash

INSTRUCTIONS

1 Dough:

Mix flour and salt. Add butter and rub into a crumbly mass, form a hollow.

Pour in the quark. Bring together to form a dough, do not knead.

Place between 2 sheets of baking paper, flatten slightly, roll out with rolling pin to the size of the tray. Place on tray, cut away overlapping paper and dough with scissors. If necessary, trim the edges.

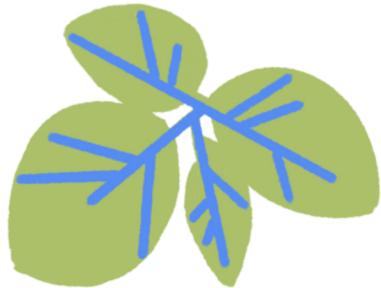
Chill for 30 minutes. Remove the top baking paper. Prick the bottom of the pastry with a fork.

2 Topping:

Spread the nuts on the pastry base. Place the apple slices in a rosette shape on top. Preheat oven to 220°C bottom/upper heat (hot air/fan oven 200°C).

3 Glaze:

Mix all ingredients well, pour over the apples. Bake in the lower half of the preheated oven for 30–35 minutes. Remove, allow to cool, serve with cream if desired.



Why is this recipe special to you?

„I chose this recipe because it is the best dessert. Besides, it is not too sweet but still sweet enough. The recipe originally came from my grandmother. Besides, I like to bake it myself.“

Rice pudding

28

From Anabel, age 25, Cuba

INGREDIENTS

1 cup	Rice
2 cups	Water
4 cups	Milk
1 1/2 cups	Sugar
1 pinch	Salt
1 pinch	Grated lemon or 1 tsp of vanilla extract
1 pinch	Cinnamon powder



Has the recipe a connection to a local tradition or ingredient? If so, what?

„In Cuba, rice pudding is a traditional recipe which, although its exact origin is unknown, is believed to have originated in ancient Asia and reached Latin America via Europe after colonisation (15th century).“

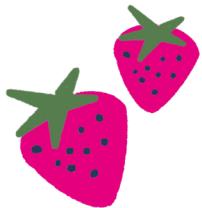
Anything else you want to mention?

„Depending on the desired thickness or taste, other types of milk (powdered, evaporated, condensed) can be used to make rice pudding. This dessert is best eaten cold because it is too hot in Cuba. In most Cuban homes, it will almost always be available to share with family, friends or acquaintances, due to the speed of its preparation and its exquisiteness to the palate.“

(Translator's note: fresh milk is something special and precious in Cuba. This is also a reason why all dishes with milk, yoghurt or cheese are special, and powdered milk is an alternative that is often used).“

INSTRUCTIONS

- 1 After washing the rice, boil it in 2 cups of water and add the pinch of salt until the water is gone and the rice is very soft (about 10-15 minutes).
- 2 Add the 4 cups of milk, the 1 ½ cups of sugar and the grated lemon or teaspoon of vanilla and stir until thickened (about 20 minutes).
- 3 Serve in portions, add ground cinnamon to taste and let stand.
- 4 Enjoy this exquisite dessert!



Chocolate – Stock bread

30

From Zoe, age 37, Switzerland

For 10-20 servings

INGREDIENTS

1 kg	Flour
1.5 tsp	Salt
10 g	Yeast
6 dl	Water
250 g	Chocolate (small chips or cubes)

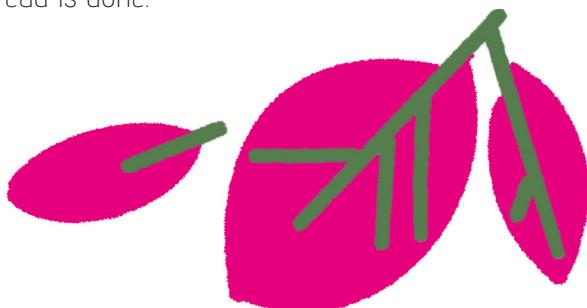


A bit of a context

A traditional Swiss YMCA campfire recipe called "chocolate stock bread".

INSTRUCTIONS

- 1 Mix flour and salt in a bowl and form a hollow in the middle.
Mix the yeast with 0.5dl warm water and add the yeast-water in the bowl.
Mix it with a little of the flour from the border to make a mash.
Wait 15 minutes.
- 2 Meanwhile you could cut the chocolate into small pieces, if it's not already in small cubes or small chips.
Add the rest of the water to the bowl and knead the dough until it's smooth.
Do some additional kneading. It's fun and only improves the dough.
Cover the bowl with a moist towel and wait until the dough rose to the double size.
In the meantime, you can make a campfire and search for thin, long branches of 1-2cm diameter (you need one per person).
- 3 Divide the dough in ten or more parts (one piece for everyone).
Let everyone take some chocolate pieces and work them into the dough carefully.
Build a long "snake" and twist the snake around the tip of your branch.
- 4 Hold the branch with the chocolate snake-dough 10-20 minutes over the ember of your campfire.
Turn the branch often until the bread is baked and has a nice brown crust. To test if the bread is well, you can knock on the bread: If it sounds hollow, the bread is done.
Enjoy!



Flat Cinnamon Cake

32

From Ramona, age 12 | Anika, age 13 | Regula, age 13
Switzerland

For 1 big baking tray

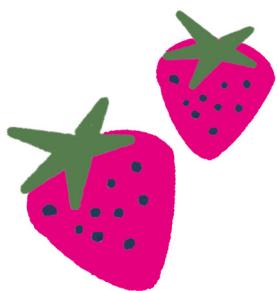
INGREDIENTS

Dough

200 g	Butter
1 pinch	Salt
2 tbsp	Sugar
2 dl	Water
500 g	Flour

Filling

500 g	Jam
500 g	Flour
450 g	Sugar
40 g	Oil (e.g. sunflower)
2	Eggs
50 g	Cinnamon
30 g	Baking powder
2.5 dl	Milk



A bit of the context

"We often eat this cake at the Viehschau. It is the place where farmers present their cows and the most beautiful cow wins a price. We also eat this cake when hiking to the Säntis, a mountain close to our homes. After the first part we eat the cake and drink homemade ice-tea, then we are strong again to take the peak."

INSTRUCTIONS

1 For the dough:

Melt the butter (not too hot).

Add salt, sugar and water, stir well.

Add the flour and stir again.

Spread the dough evenly on the tray and cover it with jam.



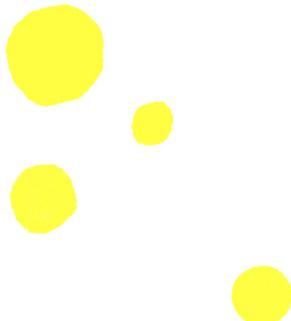
2 For the filling:

Mix flour, sugar, oil, eggs, cinnamon, baking powder and milk.

Spread the mass evenly on the dough.



3 Bake the cake for 40 minutes at 180°C



Guava hulls in Syrup

34

From Adalys María, age 20, Cuba

INGREDIENTS

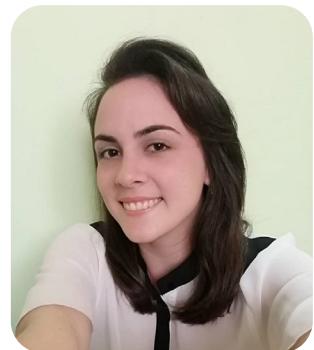
3 pounds Guava

500 g Sugar

Water

1 pinch Salt

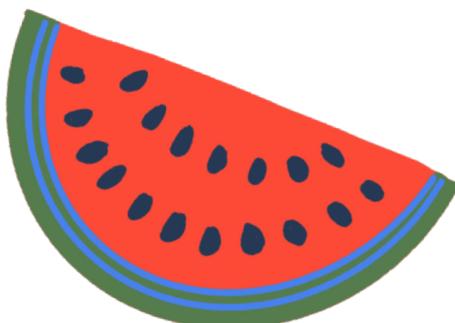
For more enjoyment, it is recommended to add cheese when serving.



INSTRUCTIONS

- 1 Peel the guavas, cut them in half and scoop out the pulp with a spoon.
- 2 Place them in a pot with just enough water to cover them; let them boil for 10 minutes.
- 3 Remove $\frac{3}{4}$ of the water, add the sugar and salt; boil until the syrup is ready (approximately 20 minutes).
- 4 Serve and enjoy this delicious dessert.

For more enjoyment, it is recommended to add cheese when serving.



Why is this recipe special to you?

„The aroma of guava cannot be compared to any other known smell, it is something that invites you to taste the fruit in any of its preparations. There are many memories of Sunday lunches with my family where this dessert was present.“

Has the recipe a connection to a local tradition or ingredient? If so, what?

„The guava is a tropical fruit that, in Cuba, can be enjoyed at any time of the year. This dessert is very popular in Cuban celebrations, as it is a sign of culinary tradition.“



Cardamom–Cashew–Cookies

36

From gebana.com

© gebana in Zusammenarbeit mit @sophias_happyplace

INGREDIENTS

90 g	Flour
90 g	Nut-fruit musli / oat
60 g	Almonds
50 g	Oil (e.g. sunflower)
4 tbsp	Cashew paste
5	Dates
	Cardamom

INSTRUCTIONS

- 1 Soak the dates in warm water so they become soft.
Preheat the oven: 160°C.
- 2 Mix all dry ingredients with a mixer.
Add all other ingredients and mix until the dough is even
- 3 Put some flour on the counter and knead the dough thoroughly with your hands.
Create cookie portions with a big spoon and form them with your hands.
Optional: Put an almond in the middle of the cookie.
- 4 Bake in the middle of the pre-heated oven for 10 minutes.
Let them cool off a bit and then enjoy!





Did you know... that almost all Cashews from West Africa are transported to Asia – with their shells, five times the weight of the edible kernel – where they are peeled and then sent to the customers in Europe or the USA. That doesn't only include a long way and therefore many emissions, but also the loss of value creation, jobs and know-how in West Africa.

Unfortunately... also labels like "organic" or "fair-trade" don't say anything about the route the goods have travelled before they reach us. They also don't mention whether a company will accept job losses in West Africa for its profits, or whether buyers strategically change suppliers to decrease prices and effectively destabilise the retail chain by driving all its players into a ruinous price war. Labels are an important minimum standard, but they are all too often interpreted as a maximum standard.

Fortunately... there are more and more companies recognising that direct, long-term and transparent retail chains are important and, above all, more sustainable than labels. That's why also gebana continues to advocate for supply chains from farmers directly to consumers.

Walnut Chutney

38

From Heidi, Bio-Stiftung Schweiz

For 4 servings

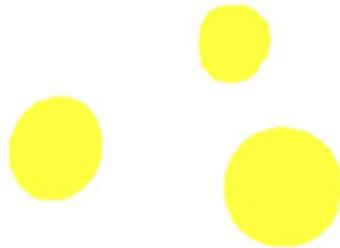
INGREDIENTS

50 g	Walnuts (try to find local walnuts – you would be surprised how far a walnut can travel!)
60 ml	Organic yogurt (from pasture raised cows or any plants)
1/4 tsp	Salt (always use natural salt with no additives! Using your local salt cuts down on transport pollution.)
1/4 tsp	Or as desired cayenne pepper or another spicy chili powder

For a dip use a little more yogurt, for example 90ml.

INSTRUCTIONS

- 1 Finely chop the walnuts – by hand or with a machine.
- 2 Mix well with yogurt, salt and chili powder.
- 3 And done it is already – serve and enjoy!





EAT

Why is this recipe special to you?

„I love this recipe because it is a delicious, quick, seasonal and regional dish that supports healthy soil, regenerative agriculture and good health in general!“

Has the recipe a connection to a local tradition or ingredient? If so, what?

„This recipe is actually a Kashmiri-Indian recipe, but it is a perfect autumn / winter side dish for anyone in Switzerland or Germany because then is the season of walnuts.“

Clean, healthy tap water

40

From Blue Community Switzerland

INGREDIENTS

52.2 mg/l	Calcium
7.6 mg/l	Magnesium
1.2 mg/l	Potassium
5.4mg/l	Sodium



Please note: Content may vary depending on source.

Daily requirement: 2 to 4 liters, depending on physical activity

The consumption has the following consequences: no plastic residues, acceptable environmental impact due to short transport distances, no overuse of water sources and accessible to all due to public management.



Bit more information...

Switzerland: Turn on the tap and wait for the cold water to gush from the tap. Switzerland is the water castle of Europe. In Switzerland, 100 percent of households have access to drinking water. We need a lot of water: the Swiss use about 170 liters per person per day in their households.

Congo, capital Kinshasa: Take a 20-liter canister and fetch water from a drinking tap near the main road. The water costs 50 Congo francs, the equivalent of about 0.02 CHF. That is affordable. Nevertheless, water is a scarce commodity. Because the city is growing rapidly and the state water authority is chronically underfunded, far less drinking water is provided than would be necessary. On average, one in 100 children in Congo dies of diarrhea before their fifth birthday because of contaminated water. The risk of contracting malaria or cholera is also high. Congo is one of the three countries with the worst drinking water and sanitation supply in the world. Only half of the people have access to drinking water.

Bangladesh, Nagaskanda community, Faridpur district: Take a vessel and draw from the red well. Attention: The water is poisonous! Purification by clay and plastic jugs is very expensive. 20 to 70 million people in Bangladesh therefore drink arsenic-contaminated drinking water. Death comes very slowly. Often it is cancer, lung, heart diseases and neurological damage in children. The arsenic comes from the peat layers, and the wells were drilled to the wrong depth. As early as 2000, the World Health Organization (WHO) spoke of the largest mass poisoning in history. Poor and remote villages are particularly affected. In addition, the consequences of climate change lead to salinization of the soil and drinking water.

Elderflower syrup

42

From Löööv, looov.ch, Switzerland

INGREDIENTS

8 dl	Water
2 kg	Sugar
3	Organic lemons
50 umbels	Eldeflowers
40 g	Citric acid



Joint Action

INSTRUCTIONS

- 1 Wash and slice the lemons
- 2 Place the elderflowers, lemons and sugar in layers in a 3 litre container.
- 3 Bring water and citric acid to the boil and pour over the layered ingredients while still hot.
- 4 Cover and leave the syrup in a dark, cool place (approx. 18°C) . stir it 1-2 times a day. (Don't worry if undissolved sugar collects at the bottom at the beginning. By stirring regularly, this will still dissolve within the two weeks).
- 5 Strain the syrup, squeeze the flowers and lemons well and fill it into a bottle. (If necessary, the syrup can also be filtered through a straining cloth).
- 6 Thanks to the citric acid, the syrup does not need to be bottled hot and will keep for a year without any problems.



