

Cookbook for workcamps



# HAPPY COOKING

for climatø!

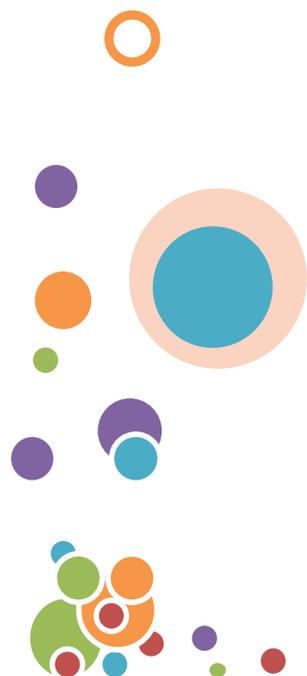


EVS volunteer

**MADARA ZILE**

«Wave of change»

February-December 2015



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# INTRODUCTION

I am *Madara*, a 24 years old girl from *Latvia*.  
I arrived in Bratislava in February 2015 and during the whole year I had learned and discovered a lot of new things thanks to my opportunity to do EVS here in Slovakia at my host organisation **INEX Slovakia**.

I did my EVS (European Voluntary Service) thanks to Youth in Action Programme which the European Union had set up for young people. The aim of the EVS is to support young people's participation in various forms of voluntary activities. Under this Action, young people take part individually or in groups in non-profit, unpaid activities.



Education and Culture DG

'Youth in Action' Programme



*INEX Slovakia (INternational EXchanges) is non-profit and non-governmental organisation offering remarkable experiences, personal development and meaningful free time activities for young people through international voluntary activities and non-formal education. One of these activities are the international summer workcamps.*

*During this summer **INEX Slovakia** had organized **12 workcamps**. People of many nations participated in those workcamps from all around the world, with different age, education and professions. As INEX Slovakia considers workcamps to be a method of **non-formal education**, every year EVS volunteers prepare a **study part** for the workcamps' participants on various current topics. This year we followed the topic*

### ***The European Year for **Development**.***

*Why? Every year the European Union has a special topic on which to focus to make European citizens aware of a specific issue. INEX Slovakia is usually inspired by this topic therefore during the workcamps we have a **workshop**, a bit theoretical and practical, so that participants could think about what it implies and how they can improve in their daily life.*

# EUROPEAN YEAR FOR DEVELOPMENT

Every year the EU chooses a topic for a campaign in order to make the European citizens **aware** of a specific issue. The main objective is to **inform** the European citizens about the cooperation of the EU states and to encourage the direct involvement.

**This year is about development.**

our world  
our dignity  
our future



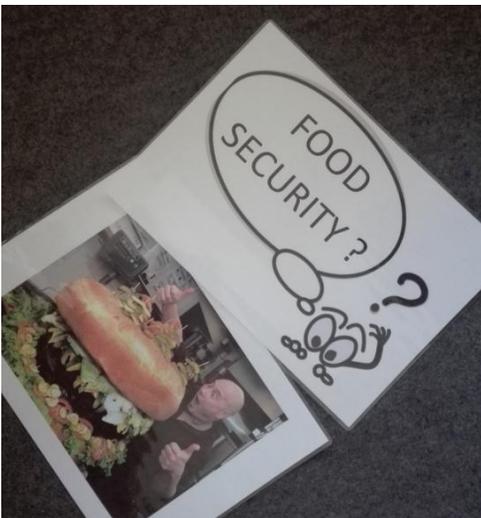
Part of my EVS project was to prepare workshops for workcamps' study parts, and one of the workshops was about European Year for Development (EYD).

Every month during the whole year had a different theme e.g. Education (February), Children and Youth (July) etc. I decided to focus on October theme which was **"Food security"**.

It seemed connected as well with **"Cook 4 Climate Day"** which was an action launched by Environmental Sustainability Working Group of the Alliance. An official date for this common action was August 1st when Environmental Sustainability Working Group invited all volunteers in workcamps to prepare a sustainable meal and then, gather people at a candle light dinner! In fact, INEX Slovakia had those sustainable meals and candle light dinner in every workcamp but the dates were different since every camp had different duration.

# THEORETICAL PART OF THE WORKSHOP

During workcamps I ran my workshop about EYD. I have stayed in the camps for 1 or 2 days. In camps where I stayed for 2 days I also worked together with the volunteers to be involved in a group and to make a better friendship with the participants. During the free time I did my workshop.



I started my workshop with a little introduction about EYD, After a bit of brainstorming workcamps' participants got an idea about this topic, however, sometimes even opened a big discussion about it.

I also introduced them about "Cook 4 Climate Day" and that during my stay we will have sustainable meal and a candle light dinner. Mainly participants were excited about this idea and we had a time to think and discuss about how we can all easily make a difference and influence our climate positively.



# PICTURES FROM WORKSHOP



# PRACTICAL PART

As I mentioned in the previous page, not only theoretical part occurred during my workshop. In every workcamp which I visited or have lead one evening was related to the sustainable meal and candle light dinner. This was the practical part of my workshop 😊



I had some recipes in my mind but the participants had also proposed to make some dishes. All the recipes are collected in the following chapter. For future workcamp leaders I suggest to make some of those dishes in their camps as well.

For preparing the dinners I tried to use basic carbohydrates such as rice, buckwheat, pasta and potatoes. Seasonal vegetables were also a part of the dinners. In order to reduce consumption of meat and to be sustainable I cooked without any meat. Like INEX Slovakia follows Alliance Environmental sustainability campaign, making this kind of dinner seemed like a "must-do thing". Besides, in some camps participants decided to make the sustainable dinners and use candle light instead of an electricity till the end of a camp.

# Rice salad

## Ingredients:

(6 servings)

- 1 cup of rice
- 7 tomatoes, diced
- 2 cucumbers, diced
- 2 cans of tuna, drained
- 1 can of sweet corn, drained
  - 7 big pickled cucumbers
- 1 red onion, peeled and finely chopped
  - mayonnaise
  - balsamico vinegar
  - salt, pepper



Picture from the #cook4climate dinner



Cook the rice in boiling salted water according to the packet instructions. After boiling let the rice to cool down.



Stir the cutted vegetables, tuna, sweet corn, pickles and an onion in a large salad bowl to combine. Add cold rice and toss together.



Add mayonnaise and balsamico vinegar according your taste and wishes. Season with salt and pepper. **Enjoy!**

# SPAGHETTI WITH SPINACH- ALMOND PESTO



## Ingredients ( 4-6 servings):

- 500 g pack spaghetti noodles
- 500 g leaf spinach (can replace with a box of frozen)
- Handful of blanched almonds
- 1 large garlic clove, chopped
- Lemon juice
- 2 tbsp extra-virgin olive oil
- ¼ tbsp salt
- Seasoning – thyme, oregano

## Preparation:

1. Cook the spaghetti according to the package instruction.
2. Meanwhile, you can start to make pesto. Place spinach, almonds and garlic in a blender. Blend until chopped.
3. Add lemon juice, olive oil, salt and seasonings. Stir.
4. Toss drained pasta with pesto.
5. Serve with some grated lemon peel. In fact, parmesan cheese also is a good garnish. *Buon appetito!*



# COLD PINK SOUP



This is a cold soup in pink colour because it's made with beetroots. Different variations of this soup exist in Polish, Latvian, Lithuanian and Ukrainian cuisine. Certainly give this a try. 😊

## Ingredients (10 servings):

- ❖ 1 l kefir /buttermilk or something similar
- ❖ 250g canned shredded beetroots
- ❖ 1 large cucumber , diced
- ❖ 8 radishes, chopped
- ❖ 3 eggs, hard-boiled for serving
- ❖ a bunch of chives, finely chopped
- ❖ 4 tablespoons dill, finely chopped
- ❖ salt



## Preparation:

1. In a big cooking pot put beetroots with all liquid from a can/jar (basically, it's a vinegar from beetroots). Stir in the diced cucumber, chopped radishes, chives and dill. Add a bottle of kefir.
2. Put the cooking pot in a fridge for 30 minutes. Divide between plates and serve with a few slices of an egg and once again generously sprinkle with chives and dill. **Labu apetiti!**

# Salmorejo

One more soup served cold. In hot days during workcamps this soup will be perfect ☺ I present you a recipe from Spanish girls!

## Ingredients (4 servings):

8 tomatoes  
3 slices of bread  
2 cloves of garlic  
125 ml extra virgin olive oil  
A pinch of salt  
2 hard-boiled eggs for serving



## Preparation:

1. You can choose either to peel or not to peel tomatoes.
2. Blend tomatoes at high-speed for about 30 seconds until the tomatoes are broken down.
3. Put the bread into tomatoes and leave it until it's soaked a bit (approx. 5 minutes).
4. Add garlic cloves, olive oil and salt. Blend again.
5. Put into a fridge and leave it for couple hours.
6. Serve in small bowls and garnish with diced hard-boiled egg. **Disfruta tu comida!**

# BUCKWHEAT WITH CHEESE SAUCE

Buckwheat is really healthy. High in iron, manganese, magnesium, phosphorus, zinc, and many other nutrients!

Easy and cheap recipe for your camp.

## INGREDIENTS

( 4-6 portions)

- ✓ 2 cups of buckwheat groats
- ✓ veggie broth or water instead

## SAUCE

- ✓ 0.25 l milk
- ✓ 200 g cream (10-20% fat)
- ✓ 1 packing of processed cheese (can replace with another cheese which melts easily)
- ✓ 3 onions, thinly sliced
- ✓ salt, pepper

## PREPARATION

1. The ratio of liquid to buckwheat is 1 cup of buckwheat to 1.5 cups of liquid. Boil buckwheat groats in a veggie broth or water. Cook until all water has absorbed (around 15 minutes).
2. Turn the heat off and place a lid on the pot for about 5 minutes. Fluff with a fork.
3. Make the sauce. Fry onions, then add milk and cream. Once it's boiling add processed cheese. Season with salt and pepper.
4. Serve buckwheat with a sauce while warm. **Enjoy!**



# Cheesy buckwheat risotto with mushrooms



## INGREDIENTS

(4-6 servings)

- 2 cups of buckwheat groats
- 250 ml can of mushrooms
- 250g of grated cheese (cheddar/edam)
- 1 cup of tomato sauce
- salt

## PREPARATION

1. First let's prepare the buckwheat. The ratio of liquid to buckwheat is 1 cup of buckwheat to 1.5 cups of water. Put the buckwheat groats into a boiling salty water and reduce heat. Cover and cook until all water has absorbed (around 15 minutes).
2. When the buckwheat is ready add the can of mushrooms. Let cook for about 10 minutes more, until the mushrooms have given off all the liquid and it's evaporated.
3. In the last minutes of cooking add tomato sauce and season with salt.
4. Turn off the heat. Add cheese to the pot and stir to combine. *Enjoy!*

# Onion pie with walnuts

## Ingredients

(4-6 servings):

- 1 pastry dough
- 10 large onions, thinly sliced
- handful of walnuts
- butter
- salt, pepper

1

Bake a pastry at 190 C for around 15 minutes in a preheated oven.

2

Melt the butter in a pot over medium heat, and sauté the onions. Add black pepper and salt. Regularly stir until onions became golden and caramelized. It might take approx. 30-45 minutes.

3

Place onions on top of the pastry which you have been baking for 15 minutes and continue to bake approx. 20-30 minutes.

4

When the pie is ready put on some walnuts and serve while warm. **Bon appétit!**



# LEEK QUICHE

## Ingredients

(4-6 servings):

- ✓ 1 pastry dough
- ✓ 4 eggs, beaten
- ✓ ½ cup of milk
- ✓ 3 leeks, washed, thinly sliced
- ✓ butter
- ✓ salt
  
- ✓ vegetables for making salads

## Preparation:

1. Bake a pastry at 200C in a preheated oven for up to 10 minutes.
2. Melt the butter in a skillet over medium heat, and sauté the sliced leeks. Add a pinch of salt, cook gently, stirring, until they begin to soften (approx. 15min).
3. Meanwhile, beat the eggs in a bowl, then gradually add milk, salt, pepper. Add cooked leeks .
4. Place the mixture on the pastry and continue to bake until the top starts to change colour (approx. 20 minutes).
5. Reduce heat to 165 C and continue baking up to 15 minutes (quiche is done when knife inserted in the middle comes out clean).
6. Remove from the oven and let sit for at least 15 minutes before serving. **Enjoy!**



# Taboulé

#COOK4CLIMATE

FRESH ARABIAN SALAD, WELL KNOWN IN FRANCE  
IN A SLIGHTLY MODIFIED FORM



## INGREDIENTS (10 SERVINGS)

- ✓ 1 PACKAGE OF CUSCUS
- ✓ 6-8 LARGE TOMATOES, DICED
- ✓ 1 CUCUMBER, DICED
- ✓ 2 ONIONS, PEELED AND FINELY CHOPPED
- ✓ 3 LEMONS
- ✓ CUP CHOPPED FRESH MINT
- ✓ 8 TABLESPOONS OLIVE OIL
- ✓ MAYONNAISE
- ✓ BLACK PEPPER, SALT, VINEGAR

## PREPARATION

- ✓ PREPARE CUSCUS ACCORDING TO THE INFORMATION ON THE PACKAGE. SET ASIDE UNTIL IT COOLS DOWN.
- ✓ PUT THE DICED TOMATOES, CUCUMBER, CHOPPED ONIONS AND FRESH MINT IN A LARGE SALAD BOWL.
- ✓ POUR LEMON JUICE OVER THE SALAD MIXTURE. ADD OLIVE OIL, VINEGAR, BLACK PEPPER AND SALT. MIX TOGETHER.
- ✓ FLUFF COOLED CUSCUS WITH A FORK.
- ✓ PLACE THE SALAD MIX OVER THE COOLED CUSCUS AND STIR WELL. IF NECESSARY YOU CAN ADD MAYONNAISE.
- ✓ REFRIGERATE FOR A COUPLE OF HOURS TO ALLOW ALL FLAVOURS TO MINGLE.

*Bon Appétit*

# Potato pancakes

## Ingredients

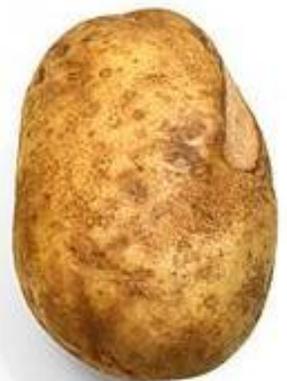
(4-6 servings):



- 5 large potatoes, peeled
- 1 onion, peeled
- 2 eggs, beaten
- 2 garlic cloves
- 2-4 tablespoons flour
- marjoram
- salt
- cooking oil

## Preparation:

1. Finely grate the potatoes , cut the onions and thinly slice the garlic. Put everything into a large bowl. Drain off any excess liquid.
2. Mix in an egg and season with marjoram and salt. Add flour to make the mixture thick.
3. Heat oil in a pan over medium heat. Drop the mixture on a pan (size of your pancakes is your personal choice)
4. Fry until bottoms are golden-brown and crispy (each side approx. 4-7 minutes).
5. Transfer to paper towel lined plates to drain. **Enjoy!**



# Mashed potatoes

## INGREDIENTS (4 servings):

- 800 g potatoes, peeled and cut into quarters
- 1/3 cup of hot milk
- 40 g butter (warm)
- Salt
- Sour cream for serving



## PREPARATION:

- 1** - Boil potatoes in salted water for 20 minutes. Potatoes should be completely tender and just beginning to fall apart.
- 2** - Drain potatoes well.
- 3** - Mash the potatoes with a potato masher.
- 4** - Add butter and hot milk to potatoes. Beat with a wooden spoon until creamy but do not overbeat.
- 5** - Season with salt.
- 6** - Serve topped with sour cream or extra butter.

**ENJOY!**



## **INEX Slovakia**

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