



# *Agroecology in the kitchen*

*Celebrating biodiversity and  
healthy culinary traditions!*







# Freekeh Printanière and Veggie Salad

## INGREDIENTS:

Freekeh (Roasted Green Wheat), olive oil, pomegranate molasses

## CHEF:

Terroirs du Liban (Fair Trade brand by Fair Trade Lebanon)



Lebanon







# Nepali Khaja

## INGREDIENTS:

Finger millet flat bread: fingermillet flour, Gundruk ko achar: dried mustard leaves, Roasted local corn and soybean, Dhindo: semolina wheat flour  
Vegetable soup: local chickpea, potato, onion leaves

## CHEF:

Captain's Regmi Farmhouse



**Mid hills, Nepal**





# Tonm-Tonm

## INGREDIENTS:

Breadfruit puree combined with Calalou sauce with okra, crabs, meat or dried fish

## CHEF:

Konbit Peyizan Grandans (KPGA)



**Jeremie,  
Grand'Anse (Haiti)**



# Algerian vegetable Couscous

## INGREDIENTS:

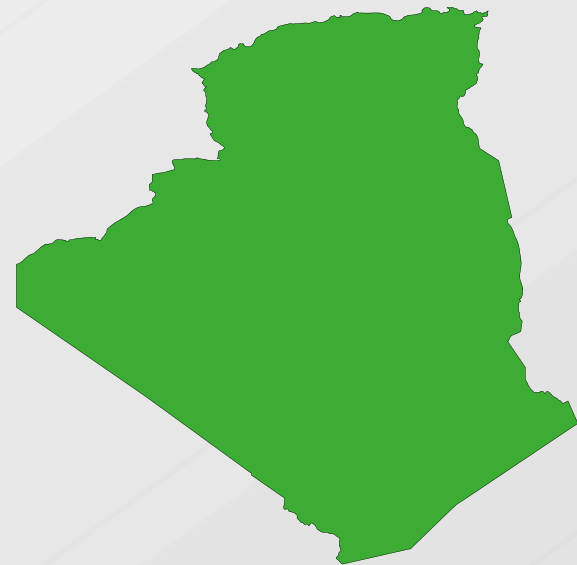
This couscous dish features a medley of nutritious vegetables including potatoes, carrots, green beans, squash, onions, tomatoes, turnips, and optionally, eggplants. It may be prepared with either chicken or beef, or as a vegetarian option. Accompanied by chickpeas and fresh spring onions on the side. To achieve a clear broth instead of a red one, saffron, paprika, tomatoes, and tomato puree should be omitted

## CHEF:

Fouzia Afrit



Algeria





# Jawari Rotti Oota

## INGREDIENTS:

Millets, Jowar roti, harive soppu, hattarike, menthe soppu, ullagadi, gongura, upoinakayi, ridge gourd curry, cluster beans, brinjal curry, jackfruit seeds, colocasia fry, sprouted moth gram, dal curry, peanut chutney, flaxseed chutney (agase), niger seed chutney (uchellu), curry leaf chutney, green chili coconut chutney, mango pickle, lemon pickle, spiced powders (chutney pudi), sambar, etc.

Many ingredients that are climate resistant crops grown on akkadsu Salu (seven sisters planting)

## CHEF:

Chandra Biradar



India Bijapur





# Traditional corn and free-range chicken soup

## INGREDIENTS:

Yellow corn (frangollog), free-range chicken, onions, carrots, peppers, celery stalks, parsley stalks, salt

## CHEF:

Ruth and her family, supported by a project by Humundi

## THE CHEF SAYS...

"We prepare this soup here at home, because it's very rich and nutritious, it feeds us healthily and enables us to carry out field work, harvesting and household chores. Corn is a very vitamin-rich food, and we're used to raising small animals to provide for our dietary needs, like chickens."



**La Paz region and  
Bolivian altiplano  
(Bolivia)**







# Porotos con riendas

## INGREDIENTS:

Donkey beans (white or turtledove), noodles ("riendas"), sweet potato squash (originating in America).

## CHEF:

Students of nutrition and dietetics, University of Chile

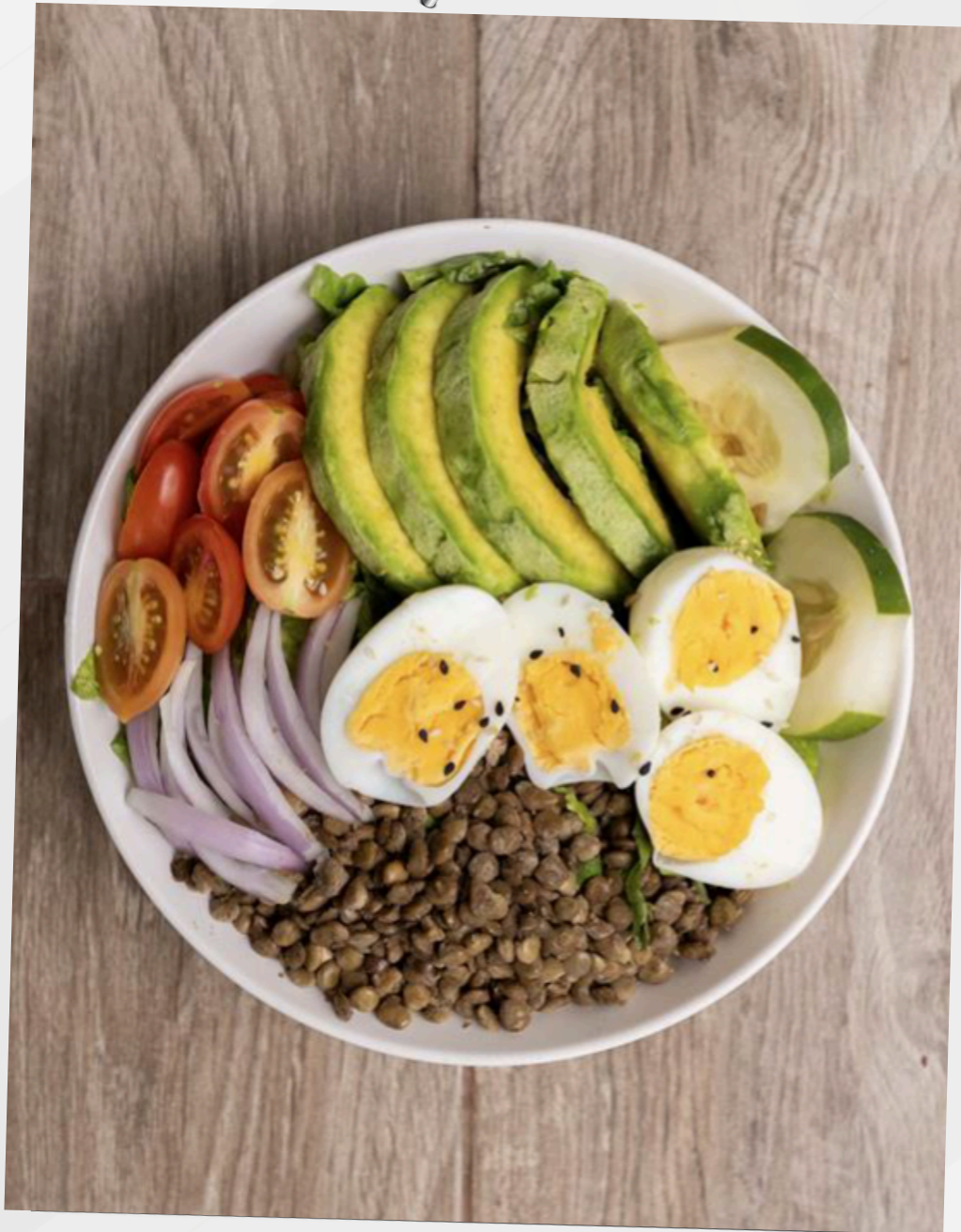
## THE CHEF SAYS...

"Beans are a legume native to South America, a typical ingredient of Mapuche food (native people of Chile). In Chile there is a saying "more Chilean than beans" ("más chileno que los porotos"), associating it to the national identity due to its cultivation and typical way of preparation. It is part of the food and gastronomic heritage."



Chile





# Egg salad with avocado and lentils

## INGREDIENTS:

Boiled eggs, lentils, avocado, cucumber, onion, cherry tomato, romaine lettuce.

## CHEF:

Martha Montero (NUTRI EATS)



**Dominican  
Republic**



# Salmon soup with vegetables

## INGREDIENTS:

Salmon soup with vegetables  
Salmon fillet, Potato, Auyama, Carrot,  
Pepper, Broccoli, Garlic, Celery, Cilantro,  
Zucchini, Water, Salt

## CHEF:

Martha Montero (NUTRI EATS)



**Dominican  
Republic**





# Roasted Maize snack

## INGREDIENTS:

Roasted maize over open fire, with a cup of millet porridge (with little milk)

## CHEF:

Giving Hope Foundation



Uganda







# Rajma Chawal

## INGREDIENTS:

Rajma, chawal (cooked or steamed rice) and boondi raita as a side dish

## CHEF:

Archana Bhatt

## THE CHEF SAYS...

"Rajma is a local name of pulse obtained from french bean. This one particular is a GI (Geographical Indication) tagged Munsiyari Rajma curry made by cooking Rajma with a gravy base of onion, tomatoes, ginger, garlic, green chilies and spices); Boondi are fried chickpea flour beads and raita is a dish prepared by adding curd and spices to cut or cooked vegetables or boondi."



**North India**  
**Munsiyari village**  
**in Uttarakhand**





# Badi Bhaat

## INGREDIENTS:

Badi (Soaked Black gram and cucurbits grinded together with salt & spices and sun dried to make the curry called Badi);  
Bhaat (Cooked steamed rice)

## CHEF:

Archana Bhatt



  
**Uttarakhand and  
few northern  
states, India**



# Algarvian "Churra" Sheep Stew with crushed Sweet Potato and "Churritas"

## INGREDIENTS:

White wine, fresh crushed tomatoes (very ripe), chopped onion, minced garlic, orange Flesh Sweet Potato, dried tomatoes, thyme stems, oil, salt

## CHEF:

Manuel Serra, from University of Algarve; and Rui Cristino, from Hotel and Tourism School of Vila Real de Santo António



**Algarve, Portugal**







# Ham rice broth with grilled figs and almonds

## INGREDIENTS:

"Carolino" rice, garlic, chopped onion, diced ham, white wine, vegetable broth, salt, figs, toasted sliced almonds

## CHEF:

Rui Cristino, from Hotel and Tourism School of Vila Real de Santo António



Portugal





# Soapstone plate

## INGREDIENTS:

Banana, maize, tomatoes, beans, arrow roots, pineapples

## CHEF:

Kennedy Gichaba-UPAMO



**Kisii County,  
Kenya**





# Chocolate

## INGREDIENTS:

Cacao

## CHEF:

SADER



Comalcalco,  
Tabasco, Mexico





# Apple pie with ancient apples

## INGREDIENTS:

Flour, butter, eggs, sugar and "Durello Mantovano", an ancient type of apple coming from the Mantova region (Lombardia, Italy).

## CHEF:

Valentina Pavarotti

## THE CHEF SAYS...

"I made this cake using organic apples from my parents' orchard, where they planted ancient varieties of fruit trees from the region, they are all delicious and very different from the usual store-bought apples!"



**Lombardia,  
Italy**







# Cartellate pugliesi

## INGREDIENTS:

Flour, olive oil, salt, white wine, honey, water, sugar

## CHEF:

Nonna Brigida



Puglia, Italy





# Ugandan local dish

## INGREDIENTS:

Banana "matooke", rice, cucumber, tomato and carrots salad, fresh beans, pumpkin sweet potato, beef, hibiscus juice blended with oranges, sukuma wiki

## CHEF:

Sulma foods Uganda



Uganda



# Ugandan Dinner

## INGREDIENTS:

Smashed Banana "Matooke" Pasted gnuts Rice  
Beaf

## CHEF:

Bethany Land Institute



Uganda





*Eat healthy  
and agroecological!*

