

E. F. F.O. R. T:
ECOLOGICAL AND
LOCAL
FOOD FOR THOUGHT

Recipe Book

!FALL
Integration För Alla

About EFFORT Project

E.F.F.O.R.T (Ecological and Local Food For Thought) Project has been a Erasmus Plus Youth Exchange that took place in Orkelljunga, Sweden. The young participants came from 6 different countries, Italy, Hungary, Turkey, Finland, Romania and the hosting partner in Sweden.

Inspired by the growing importance of the local-food movement and the attention towards health and environment-conscious issues, the project aimed to increase young people's knowledge of the benefits of local foods and to raise their awareness about their own impacts on the environment.

To fulfill its objectives, EFFORT project incorporated the use of local foods allowing young people to develop their own recipes through several activities during the week. As a result, this Youth Exchange has been opening up the creativity and





cultural awareness of its participants, as well as creating an environment for intercultural meetings with food.

EFFORT project developed two cooking-based activities, Dragons' Den Örkelljunga and Masterchef Örkelljunga. Through these activities, participants have been divided in working groups mixed by nationality. In this way an exchange of intercultural ideas has been made possible, together with the boost to increase young people's active participation and sense of entrepreneurship.

Participants have also had the opportunity to reflect and discuss all together about the significance of local food use as well as its implications and advantages.

pictures from Örkelljunga Dragons' Den activity

During Dragons' Den Örkelljunga activity, participants have had the possibility to develop their entrepreneurship skills and knowledge of the business of food.

Participants have been given a number of local food products and divided into small groups. They have been required to invent a snack recipe and cook it following several factors such as using a certain budget, its level of healthiness, trying to produce less waste than possible and being cultural aware.

Additionally, they also had the chance to set up the design of their product and the details of their cooking business.





After cooking their snacks, participants have been asked to present their final products to a jury composed of four members.

During the presentations, the judges tried each group's snack and proceeded to vote participants' works through a series of criteria: taste of the snack; level of healthiness; attractiveness of the design; name and level of professionalism of the business. The group that got more scores, won the competition.

Moreover, the participants have had the chance to present their foods and recipes to a larger audience during Örkelljunga's Cultural Day, an important event which occurs every year in Örkelljunga, where stands of local organizations and companies are set up and municipality's and other cultural events take place throughout the town.

What is local food?

Participants took part in an activity where they had to discuss the following questions written on big flipcharts papers; working in small groups in order to stimulate a joint discussion, they used post it notes to write down their answers.

you respect
the tradition
but also the
land where
you live

not going to
supermarkets,
but buying
ingredients
from local
farmers

healthy
food

food that belongs
to the tradition
of the city
or village

producing
food at a
local
level

seasonality

conservation

natural honey
& homemade
jams and
juices

collaboration
with local
workers

no
chemicals
added

ecological
food

producing natural
food in the local
area without
pollution, medicines
or genetic
modification

What are the advantages of producing and consuming local food?

more fresh food with less conservatives

it develops a unique identity

supporting young people to cook fresh food

unity between community

more job opportunities

helping the social interaction (communication between local people increase)

- to help & support local workers;
- to help local economy;
- to help the environment

knowing the food suppliers

if we eat organic and local food, our health quality will increase

you know what you eat



How can local food be more accessible?

-Tax reduction to acquire at lower prices

-Government can financially support the local workers (without increasing taxes for example)

CAMPAIGN ADVERTISING ABOUT HOW IMPORTANT LOCAL FOOD IS

school programs/camps; support from schools; education of farmers and future farmers.

cooperatives of farmers.

more farmers' markets (in big cities for example)

LOCAL FOOD SHOPS

local food festivals

online shops & home deliveries

Partnerships between farmers and chain-supermarkets;

By creating a local food area in the big supermarkets

food circles & local food exchanges (farmers who distribute to each other)

restaurants can make agreements with local food producers and use their foods in their recipes, putting their names in the menus

-TV shows
- Use of social medias (Make it trendy)
- Mobile apps

Fusion food
(mixing
different
techniques of
cooking)

using the same
ingredients in
different ways
to create
different dishes

What does "intercultural food"
mean for you?

A bridge
between people,
for better
communication
and cultural
interactions

same dish but
different names

Adaptation
of a stranger
food to
local taste

new
cuisine



Fusion of
cultures

adding not
typical
ingredients to a
classical recipe



Salty Veg-Cake



Ingredients:

- ♥ 3 zucchini
- ♥ 3 peppers
- ♥ Half onion
- ♥ 3 eggs
- ♥ Parmisan cheese
- ♥ Salt, black pepper & red chilli pepper
- ♥ Dough



Preparation:

Cut into slices zucchinis and peppers;
In a pan, brown the onion with a spoon of oil on a low heat;
Add the slices of vegetables and let all simmer slowly until they are cooked.
In the meanwhile, beat the eggs and add a pinch of salt, black pepper, red chilli pepper and the parmisan cheese.
Turn the oven at 180°.

Roll out the dough into a round baking tin.
Fill the dough with the vegetables and the mix with the eggs, spices and parmisan cheese.

Put the baking tin into the oven and bake for 20 minutes circa.

Ingredients:

- ♥ 350 gr Basmati rice
- ♥ 250 gr chicken breast
- ♥ 3 carrots
- ♥ 180 gr green beans
- ♥ Half onion
- ♥ 300 gr tomato sauce
- ♥ Salt, pepper & olive oil

Basmati rice with chicken, vegetables and tomato sauce



Preparation:

While boiling the rice, cut the carrots into small slices. Blanch the green beans and the carrots in a second pot. In the meanwhile, cut the chicken breast into slices. In a pan, fry the onion and add the vegetables. Add the chicken slices into the pan with the onion and the vegetables. Cook all at low heat for 20 minutes circa. Add salt and pepper. Boil the tomato sauce, and after few minutes add the vegetables with the chicken. Let everything boil at a low heat for 15 minutes circa. When the rice is ready, add the tomato sauce with the vegetables and the chicken.



Salad with smoked salmon, Swedish svartbröd & vinaigrette



Ingredients:

- ♥ Romaine lettuce
- ♥ Baby spinach
- ♥ Rucola
- ♥ Apple
- ♥ Beetroot
- ♥ Parsnip
- ♥ Red onion
- ♥ Swedish black bread (svartbröd)
- ♥ Smoked salmon
- ♥ Mozzarella cheese
- ♥ Vinaigrette
- ♥ Olive oil
- ♥ Salt & paprika



Preparation:

Chop up the romaine lettuce, baby spinach and the rucola. Cut the apple and red onion into thin slices. Dice the beetroot, the carrot and the parsnip; add a pinch of salt and

olive oil and bake it in the oven at 180°C for 10 minutes. Season with some paprika powder halfway through the baking.

In the meanwhile, slice the swedish black bread and bake them in the oven at 180°C until they become crispy. Then, season the slices of bread with some salt.

Slice the smoked salmon and cut the mozzarella cheese into bite sized pieces. Once the root vegetables and the bread are ready, mix them with the salad and the slices of apple and red onion.

As toppings, add the slices of smoked salmon and mozzarella. Lastly, season the salad with the vinaigrette.

How to make a perfect vinaigrette?



Basically, all vinaigrettes are made with oil, vinegar, and seasonings. The classic proportion of oil to vinegar in a vinaigrette is 3 to 1.

You need 6 tablespoons of oil, 2 tablespoons of vinegar, salt and pepper. In a small bowl, whisk together 1 part vinegar with salt and pepper. Slowly whisk in 3 parts oil. Taste and add more salt and pepper, if needed. Let stand 10 minutes to blend flavors. Shake again then dress salad as desired.

Vinaigrette preparation can be varied by using different kinds of oils and vinegars or by adding other seasonings. For our special vinaigrette, we used paprika cream, apricot jam and lemon juice!

Chicken Skewers with Vegetables, Cheese & Mushrooms

 Ingredients:

- ♡ Chicken
- ♡ Pumpkin
- ♡ Tomatoes
- ♡ Cheese
- ♡ Mushrooms
- ♡ Onion
- ♡ Salt, pepper & rosmarin



Preparation:

Cut the chicken and the cheese into pieces. Slice the pumpkin, the tomatoes, the mushrooms and the onion.

In a pan, fry the chicken and the vegetables and add the spices.

Once cooked, put the chicken and the vegetables on the sticks, in the order you prefer.



Turkish Kumpir



Ingredients:

- ♥ 4 large potatoes
- ♥ 2 tablespoons butter
- ♥ 150-200 gr mozzarella cheese
- ♥ 150 gr turkey ham
- ♥ Mais
- ♥ Olives
- ♥ Salt & roasted red pepper



Preparation:

Boil the potatoes (skin included) for 20 minutes and drain;

Place the potatoes into a paning pan covered with baking paper,

Bake at 250° until fully softened for about 40 minutes,

Remove the potatoes from the oven and cut a thin slice from the top,

Using a small spoon, mash and stir the inside of the potatoes, creating a potato bowl form the skin,

Add in the butter and mozzarella cheese, then stir until they melt,

Add some salt.

Garnish with the turkey ham, the olives and the mais.

Lastly, add some red pepper on the top.



Ingredients:

- ♥ 450 gr ground lamb
- ♥ 1 ball pizza dough
- ♥ 200 gr sliced mozzarella cheese
- ♥ 115 gr diced tomatoes
- ♥ 85 gr crumbled feta cheese
- ♥ 90 gr sliced red onions
- ♥ Dried oregano
- ♥ Fresh parsley leaves
- ♥ Salt, coriander & cumin
- ♥ Half glass of red wine

Preparation:

Preheat the oven to 250°C.

For the lamb:

In a large pan at a medium heat, mix together the lamb, half of the onions, salt, coriander, cumin and the parsley. Add the wine and mix until fully incorporated. Remember to stir constantly and breaking down the lamb, until it is no longer pink in the middle of the largest chunk.

After 10/12 minutes, drain and set aside.



For the pizza:

Top the dough with the lamb, mozzarella, tomatoes, feta, pickled red onions and a sprinkle of oregano.

Transfer the dough onto a pizza stone.

Cook until the bottom is golden brown and the cheese is bubbly, about 6 minutes.

Top with whole parsley leaves and serve.

Sweet & Salty



Muffins with plum home-made marmalade

Ingredients:

- ♥ 30 dkg flour
 - ♥ 12 dkg sugar (powder)
 - ♥ 80 ml of oil
 - ♥ 1 egg
 - ♥ 175 ml of milk
 - ♥ 1 teaspoon vanilla extract
 - ♥ 10 dkg of unsalted butter
 - ♥ 1 teaspoon cinnamon powder
- marmalade (according to taste, we used plum home-made marmalade)

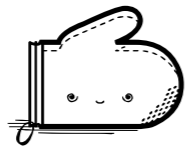


Preparation:

Mix all the dry ingredients together: flour, sugar, butter and cinnamon powder. Add the egg, milk, oil and the vanilla extract and mix everything well.

Half-fill the muffin forms with dough, and add one spoon jam to each muffin, then put the remaining dough on top.

Bake in a 180°C pre-heated oven for 20-22 minutes.



Muffins with Italian tomatoes and cheese

Ingredients:

- ♥ 50 dkg flour
- ♥ 1 teaspoon baking powder
- ♥ 2 tablespoons sugar
 - ♥ 1 dl of milk
 - ♥ 0.3 dl oil
 - ♥ 2 eggs

- ♥ a handful of fresh basil leaves
- ♥ 10 dkg of grated Parmesan cheese
- ♥ 10 dkg mozzarella cheese
- ♥ 3 tomatoes



Preparation:

Chop the tomatoes and blanch them in a pot for 5 minutes.

In the meanwhile, chop the fresh basil leaves and slice the mozzarella cheese and mix it together with the Parmesan cheese. For the dough, work all the ingredients well together: flour, baking powder, sugar, milk, oil and the eggs.

When the dough is made, shape it into muffin forms.

Pour the rest of the cooked ingredients into the muffin forms.

Bake them in a 180°C pre-heated oven for 10-12 minutes.



Sweet and salty Pastries

Spinach & Cheese Pastries

Ingredients:

♥ Puff pastry

♥ 1 pack of Emmenthal
cheese

♥ 1 bag of spinach

♥ 2 eggs



O Preparation:

Cut the cheese in small pieces.

Prepare a mixture of egg, cheese and spinach.

Cut the puff pastry into squares.

Put the mixture of spinach, cheese and eggs over half part of each square of puff pastry. Wrap the other half over the filling and put them into the oven pre-heated at 220°C for 20 minutes circa.

Dark Chocolate Pastries

Ingredients:

- ♥ Puff pastry
- ♥ 2 eggs
- ♥ 200 gr of dark chocolate
- ♥ Powdered sugar



Preparation:

Cut the dark chocolate in small rectangular forms. Cut the puff pastry into squares. Put the chocolate rectangulars over half part of each square of puff pastry. Wrap the other half over the filling and put them into the oven pre-heated at 220°C for 20 minutes circa. Lastly, put powdered sugar over the pastries.

Banana & mascarpone Cake with Berries



Ingredients:

- ♥ 200 gr flour
- ♥ 150 gr sugar
- ♥ 6 eggs
- ♥ baking powder
- ♥ a pinch of salt
- ♥ vanilla essence
- ♥ 500 gr Mascarpone cheese

For the icing:

- ♥ 4 tubes of 250 milliliters of liquid cream
- ♥ 2 bananas



- ♥ 150 gr raspberries
- ♥ 150 gr blueberries.
- ♥ 100 gr strawberries

Preparation:

First mix the eggs and sugar with a mixer at a high speed until they are double in size. Then add the flour, baking soda, vanilla essence and salt and mixed all these together until the mixture is medium thick.

Put it in the baking form with baking paper and leave it in the oven for 35 minutes, then leave it to cool down for 15 minutes.

In the meantime mix the liquid cream with sugar until you get whipped cream. Mash the strawberries and mix them with mascarpone cheese. Once the cake is cooled down, cut it and fill the layers in this order:

In the first layer, put in the bananas and the whipped cream, while in the second layer put the mix with mascarpone and mashed strawberries.

At the end, cover the cake with the rest of the cream and put the raspberries and strawberries on the top.



Ingredients:

- 2 cup of flour
- 2 eggs
- 4 bananas
- 4 dattes
- 200 gr of dark chocolate cream
- 150 gr dry coconut flakes
- Agave syrup paste
- 1 teaspoon of salt
- 3 teaspoons of baking powder
- 1 pinch of nutmeg
- 1 cup of milk

Waffles with bananas, chocolate and dattes



Preparation:

In a large mixing bowl, sift together flour, baking powder, salt and nutmeg.

Stir in milk and eggs until mixture is smooth.

Smash the bananas and the dattes and mix them together. Add chocolate cream and the dry coconut flakes.

Preheat the waffle iron.

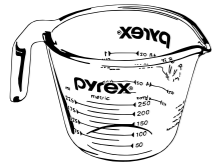
Pour two tablespoons of the waffle batter onto the hot waffle iron.

Put the mix of fruits and chocolate on the top of the forming waffle. Then, spoon another two tablespoons of batter on top of the mix.

Cook until both of the waffle sides get golden brown colour. Serve hot.



Romanian Biscuits Salami Cake



Preparation:

Place the butter biscuits into a bowl and break them with your hands into smallish pieces.

Place the milk and sugar into a small pot and bring to a boil, while stirring from time to time. Boil for about 1 minute.

Add the butter and stir until melted.

Pour this mixture over the butter biscuits and stir well until all the biscuit pieces are coated in the cocoa mixture.

Form a salami shape and wrap it into a cling film.

Put it in the fridge over night.

Before serving it, cut the cake into slices.



Ingredients:

- ♥ 300 gr butter biscuits
- ♥ 50 gr cocoa powder
- ♥ 100 gr butter
- ♥ 120 ml milk
- ♥ 200 gr sugar
- ♥ 1 teaspoon rum essence



Ingredients:

- ♡ 200 gr flour
- ♡ 6 eggs
- ♡ 150 gr of sugar
- ♡ Oil
- ♡ Exotic fruits according to taste
- ♡ Whipped cream
- ♡ Baking powder
- ♡ 1 teaspoon of rum essence
- ♡ A pinch of salt

Preparation:

Separate the white part of the egg from the yellow part.

For the white part of the egg use the electrical mixer until the composition becomes foam. Add the sugar and the salt.

For the yellow part, add oil and the rum essence.

Mix them both, while adding the flour and the baking powder. Pour it in the baking form and put it in the oven pre-heated at 180°C for 40 minutes.

Cut the cake in the middle and add the small pieces of fruits.

In the end, decorate the cake with the cream.

Exotic cake

Dried Cranberries & Blueberries Biscuits with Chocolate



Ingredients:

1 cup of oatmeal
2 cups of flour
2 eggs
1 cup of chocolate chips
Dried cranberries and
blueberries

1 cup of brown
sugar
1 teaspoon of
baking soda
1 tablespoon of
vanilla extract

Preparation:

Preheat the oven to 325°C.

Line two baking paper sheets on a baking tray.

In a medium bowl, mix the flour with the oats, baking powder, baking soda and salt.

With the help of a mixer, beat the butter and sugar at medium speed until creamy. Add the egg followed by the egg yolk and vanilla, beating well between the additions.

Beat in the dry ingredients, then add the chocolate chips and the dried cranberries and blueberries and beat until incorporated.

Spoon heaping teaspoons of the dough onto the baking sheets, 2 inches apart.

Bake for 12 to 15 minutes.



What is Erasmus Plus?



Erasmus+ is the EU's programme to support education, training, youth work and sport across Europe. Organisations are invited to apply for funding each year to undertake creative and worthwhile activities, including school education, further and higher education, adult education and the youth sector. It offers exciting opportunities for participants to study, work, volunteer, teach and train abroad.

What is a Youth Exchange?

Youth exchanges allow groups of young people (age 13-30) from different countries to meet, live together and work on shared projects for short periods. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. At the end of a Youth Exchange, each participant receives a Youthpass, a tool to document and recognise learning outcomes gained during the period of exchange.



About us



IFALL - Integration För Alla is a volunteer based organization founded in 2013 in south of Sweden, Örkelljunga. Our purpose is to promote intercultural integration at different levels and counteract violence between cultures by creating meeting places for everyone.

We organize weekly activities based on sports, language and homework support and international evenings. We also take part in Erasmus Plus' programs, applying for youth and adult non-formal education projects both at local and international levels.

Visit us!

 www.ifall.se

 IFALL

 _ifall



Thanks to...

Abdul, Anthony, Árpád, Büşra, Çağan, Claudia, Damla, Daria, Denis, Dilan, Djene, Ella, Faizan, Georgiana, Kimi, Kubra, Idil, Maria Giulia, Merja, Mihaela, Milja, Onur, Péter, Réka, Richard, Simran, Valtteri, Vanessa, Vlad, Yağmur and Zsófia.



!FALL
Integration För Alla

