



Jane Goodall's
roots&shoots

Cook in Peace



**CELEBRATING PEACE, LOVE
AND GREAT FOOD**

"Every individual matters. Every individual has a role to play. Every individual makes a difference." -Dr Jane Goodall

As you know, we are what we eat. We are all, in some way, who we are today because of our food decisions.

Our shared experiences of food and cooking make us humans unique from other species. Knowledge, culture, skills, romance, emotions – all of these are bonded at the moment of cooking, eating and sharing food.

Nowadays, our planet faces many environmental problems because our food production and industrialization has become large-scale and unsustainable. In times like these, we have to consider our roles as individuals and show compassion towards the animals and environment that suffer in the production of our food.

When we buy food to cook and eat, we have a big impact on other beings, the environment and our health. It is time for us to learn the impact of our everyday choices, and take responsibility for sourcing kinder, more sustainable food.

This year for Peace Day, we invite everyone to reflect on how food connects us all: animals, people and the environment. You can host an international picnic, learn a new recipe from another culture, commit to eating animal products one day less a week, or share a meal with someone you love.

Food is a global language. It unites us all as human beings. So join us to celebrate Peace everyday by enjoying our collection of recipes from Roots & Shoots communities around the world.

Peace and love,
Nixon (Roots & Shoots Colombia) & Janey (Roots & Shoots Australia)

**Creating a peaceful world
starting with the food we share.**

To find out more visit www.rootsandshoots.org/peaceday

Australian Vegetable Rolls

Ingredients

5 mushrooms – finely diced
2 medium zucchinis – finely diced
2 medium carrots – finely diced
1 white/brown onion – finely diced
3 large cloves garlic – crushed
1/2 cup bread crumbs (you can make your own or use store bought)
1 Tbsp olive oil
1 1/2 tsp stock salt
1 tsp mild english mustard
1/2 cup of almond milk
3–4 sheets frozen puff pastry
Salt and pepper to season



Method

- 1) First finely dice your ingredients so they are nice and ready to cook. Preheat the oven to 180 degrees celsius.
- 2) Sauté the onion and garlic with the olive oil in a large non-stick pan on high heat until the onion begins to soften. Slightly turn down the heat and add the carrot into the pan and cook for 2mins. Add the mushrooms and zucchini and to continue to cook for another 2mins. Add a dash of water to help the vegetables soften.
- 3) As it begins to cook down, add the stock salt and stir in the mustard. Continue cooking until all of the water has evaporated and the vegetables are soft but not mushy. Take the pan off the heat and stir in the bread crumbs and season with salt and pepper. Set aside to cool. While the mixture is cooling, defrost your puff pastry for 5–10 mins. Make sure all of the sheets are separated when defrosting.
- 4) Now it's the fun part! Slice your puff pastry straight down the middle and spoon some filling onto the long side of one of the pieces of pastry. Then take the almond milk with either a pastry brush or your finger and draw a line along the edge of the pastry to help it stick.
- 5) Fold the larger side of the pastry over and press it down gently. Lightly coat the roll with the almond milk and press down on the edge to help it seal properly. Cut into quarters and put on a baking tray that is lined with grease proof paper. Repeat until you run out of filling!
- 6) Put your sausage rolls in the oven for about 25–30mins until they are golden. Let them sit for a bit to cool slightly and pair them with chutney or a good old dollop of tomato sauce/ketchup!



About this Recipe

This is a vegetarian version of one of Australia's most popular party foods. It is often served at traditional Australian barbeques where friends, families and communities gather to celebrate and connect over a shared meal.

Argentinian Pastelitos

Ingredients

500g all-purpose flour
200g butter
Cold water (as needed)
1 tsp salt
Jar of dulce de leche or jam/marmalade

Method

- 1) Pour on the table about 500g of flour.
- 2) Mix with one salt teaspoon and 200g of butter.
- 3) Add (slowly) cold water until you get the dough. Form a round ball and let it sit for 30 minutes (cover it with a napkin).
- 4) Divide the ball into 2 or 3 parts, stretch them with a rolling pin until they 3mm thin.
- 5) Cut circular-disk shapes (about 10cm diameter).
- 6) Put one or two spoons of "dulce de leche" (you can find them in import groceries), or some thick sweet marmalade (the typical is quince or sweet potatoe marmalade), in the middle of each disk.
- 7) Close each disk by folding it (you should moisten the rim of the disk first) and using a fork to seal the pastelito, preventing the drip of the stuffing.
- 8) To cook, you have two alternatives:
Oven: Put them in a slightly oiled oven plate. Heat your oven (200°C). Cook for 20-30 minutes.
Fried: put them into a large frying pan filled with very hot oil.
- 9) After cooking, cover them with sugar.

Tip: An alternative shape for the pastelito is the cut the thin paste into 7-8cm squares, putting the filling in the center of one, and placing the other on top of it (with non-coincident edges, in order to form an 8 point star shape).

This is a typical Argentine recipe, and the tradition goes back to colonial times. You can have pastelitos with our typical beverage 'mate' or tea/coffee. It is a tradition to have them for our National days (May 25th and July 9th). It is a must to eat them warm. Enjoy and BUEN PROVECHO!

Portuguese Bifanas

Ingredients

500 grams of seitan (wheat gluten) in small slices
Chopped garlic (3 to 5 cloves)
Paprika (to taste)
1 lemon

Method

- 1) Marinate the seitan for at least one hour in paprika, chopped garlic (3 to 5 cloves), soy sauce and salt.
- 2) Fry it in a pan for 5 minutes turning it around several times and in the end squeeze a lemon on the slices before it is served.
- 3) It can be eaten in a sandwich or on a plate with chips and salad.



Italian Tomato Sauce

Ingredients

1 onion, diced
2 cloves of garlic, peeled and finely diced
Basil leaves, washed and pulled from the stem
to taste (you can almost never too much!)
Parsley, to taste
Peeled tomatoes (quantity depends on
the number of servings desired)
Olive oil, enough to coat the pan and brown
the onion and garlic
Salt, to taste
Red pepper flakes, to taste



Method

- 1) Cook onion and garlic in a large, deep pan on medium heat in olive oil until nearly browned.
- 2) Add whole, peeled tomatoes to pan and break tomatoes one at a time in the centre. Bring to a high heat.
- 3) When the tomatoes, onions, and garlic are almost to a boil, add basil leaves (do not slice the leaves!)
- 4) Add parsley (do not slice leaves).
- 5) Mix well.
- 6) Break the rest of the tomatoes until they are at an acceptable consistency depending on personal taste.
- 7) Add salt, to taste.
- 8) Add pepper flakes, to taste.
- 9) Continue to allow the sauce to cook, adjusting heat to ensure it does not stay at boiling point for long periods of time.
- 10) Allow to cook all together on low-medium heat, covered, for 30 to 45 minutes, mixing occasionally.

About this Recipe

This sauce, typical of the Campania region of Southern Italy is, much like its breaded counterpart the pizza, a symbol of Italian patriotism and national unity. The green, white, and red elements in the sauce represent the three vertical bands of colour in the Italian national flag. For centuries, the peninsula was nothing more than a geographical designation, and it was not until the second half of the nineteenth century that the country became united. This unity represents peace because after centuries of conflict among Italian regions, all eighteen (now twenty) regions of Italy were brought under a unitary government in which purports to encompass values and people from across the country. And just like Peace, this sauce can be modified as one pleases with a personal interpretation.



Austrian Polenta Dumplings

Ingredients

500 ml milk
1 tsp salt
1 good pinch nutmeg
120g butter
130g fine polenta semolina
2 eggs
2 handful plucked chervil
1 handful handy flour
2 blended eggs
1 handful fine polenta semolina for crumb coating
vegetable oil

For the sauce:
4 Tbsp sour cream
Salt
1 dash lemon juice
2 celeries (peeled, diced)
Chervil

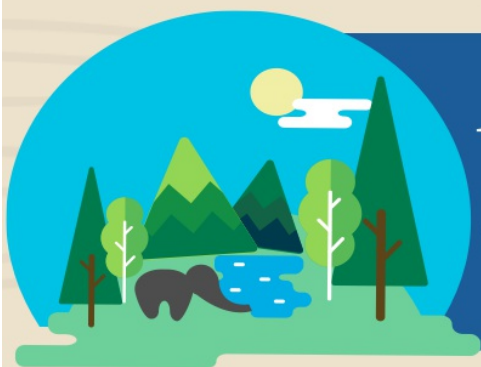
Method

- 1) Boil up the milk with salt, nutmeg and butter.
- 2) Add 130g polenta semolina. Cook on a low heat with constant stirring until the mixture comes loose (like choux pastry).
- 3) Take it down from the stove, set aside to cool.
- 4) Stir in the eggs.
- 5) Put the mixture into the fridge for 1 hour.
- 6) Dip the pastry into 12-16 dumplings with a spoon. Press the pastry pieces flat, spread the chervil in the middle. Unite the pastry to form small dumplings.
- 7) Crumb with flour, eggs and polenta semolina.
- 8) Boil in vegetable oil at approximately 170 degrees until they are golden yellow (approximately 5-6 minutes). Let them drip on the kitchen roll.
- 9) Mix sour cream with salt and lemon juice for the sauce, taste. Spread onto plates, strew celeries over cream. Put the dumplings onto the plates, garnish with chervil.

Alternatives:

- 1) Polenta dumplings with scallion stuffing – instead of chervil, use 2 fine diced scallions for the stuffing.
- 2) Polenta dumplings with pumpkin stuffing – instead of chervil, use 4tbsp diced pumpkin mixed with 1 tsp pumpkin seed oil for the stuffing.

Tip: Mix the sour cream with 1tbsp mayonnaise for extra flavour



Did you know?

The UN estimates the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that accelerate climate change. By cutting down the amount of animal products in your diet, you can significantly reduce your carbon footprint and help protect animals and the environment!

Guatemalan Vegetable Stew

A taste of Guatemala, this spicy pepian stew is loaded with root vegetables. Serve with rice and corn tortillas for a complete and delicious winter meal!

Ingredients

For the pepian sauce

1 or 2 dried guajillo chiles, stems/seeds removed
1 or 2 dried pasilla chiles, stems/seeds removed
1/4 cup raw sesame seeds
1/4 cup raw pumpkin seeds
1 medium onion, quartered
3 cloves of garlic, skins removed
6 small tomatoes, halved (or 3 large/medium tomatoes)
1 or 2 habanero chiles, stems removed (use jalepeno for a milder sauce)
Large handful of cilantro (leaves + stems)
A few tablespoons of water

For the stew

1 Tbsp coconut oil
1/2 onion, cut into 1/2 inch dice
2 cloves of garlic
About 3 lbs. of root vegetables, cut into 1/2 inch cubes (I used a mix of carrots, potatoes, sweet potatoes, turnips, and celeriac root)
2 tsp. salt (plus more to taste)
4 cups vegetable broth
About 1 cup of pepian sauce (depending on how thick and spicy you want the stew to be)
2 Tbsp coconut oil, to melt in the stew once it is finished cooking (optional)
Handful of chopped cilantro and lime juice (to top)
Warm corn tortillas and cooked rice (to serve)

Method

For the pepian sauce:

1) In a large, dry skillet over medium-low heat, toast the dried chiles, sesame seeds, and pumpkin seeds until the chiles are fragrant and the sesame seeds and pumpkin seeds are lightly toasted (do not let them burn or your sauce will be bitter). Remove from pan and set aside.
2) In the same skillet, add the onion, garlic, tomatoes, and habanero chiles. Cook over medium heat until softened and lightly charred. Add all of the sauce ingredients to a food processor or blender. Blend until smooth, scraping down the sides and adding water as necessary. You want this to be pretty thick but not chunky. Set aside to add to the stew.

For the stew:

1) Heat the coconut oil in a large dutch oven over medium heat. Add the onion and garlic; cook until soft and fragrant. Add the remaining vegetables and the salt and cook for about five minutes, until lightly browned.
2) Cover the vegetables with the vegetable broth and bring to a boil, then lower to a simmer. Slowly add about 1 cup of the pepian sauce, stirring and tasting the broth as you add it. My pepian sauce ended up being pretty spicy, so I wanted to avoid adding too much.
3) Let the stew simmer for 35 to 40 minutes, until the vegetables are soft and tender and the stew has thickened slightly. If you want to (and I would definitely recommend it), melt about 2 tablespoons of coconut oil into the stew. Add more salt as necessary.
4) Top with some freshly squeezed lime juice and chopped cilantro, and serve alongside a few scoops of rice and warm corn tortillas. Then open a cold drink and pretend to be in sunny and warm Guatemala!



Chinese Steamed Dumplings

Ingredients

250g flour
150g firm tofu
2 eggs
50g carrots
100g mushrooms or edible tree fungus (half for mixing with tofu, half for decorating one of the "pockets")
50g celery
140ml water
Pinch of salt, a little sesame oil and soy sauce

Method

Make the filling:

1. Chop the carrots, mushrooms and celery into very small pieces.
2. Add salt to all the vegetable pieces.
3. Break the eggs into a bowl and beat them with a fork for one or two minutes, add some salt to it, then pour it into heated oil in the frying pan. Spread the mixture and, when cooked, cut it into pieces.
4. Squeeze out the water of the firm tofu by setting a heavy item on the tofu (eg: a bowl of water) for 15 minutes. Cut the tofu to pieces, and mix it with the eggs and chopped mushroom.

Make the wrapper:

1. Add 140ml of cold water gradually to the flour and mix into a dough. Then take the dough out onto a floured board and knead it until it becomes firm and elastic. Let it rest for 20 minutes.
2. Knead the dough again and cut it into 15g balls. Flatten each ball lightly with your hand, then roll out each piece with a rolling pin into a 3 inch (7 to 8 cm) circle.

Make the dumpling:

1. Place a spoon of tofu filling in the middle of each wrapper.
2. Dipping a little water on the edges, pinch the edges together with two fingers, making it firm. Then pinch the other side together.
3. Shape the four corners of the wrapper to four small pockets, fill the 'SiXi' (carrot, celery mushroom and eggs) fillings into them.
4. Spread a wet cloth over the steamer frame, place the dumpling in the steamer and steam for 10 minutes over high heat.

Tips:

1. Chop the filling ingredients as finely as possible.
2. Don't place too much tofu filling at first.
3. Pinch the edges firmly.
4. You can change the filling to suit your own taste.
5. The ingredients amount provided in this recipe are enough for making about 30 dumplings.



About this Recipe

In the Chinese name of "Si Xi Steamed Dumpling", "Si Xi" indicates four kinds of filling, symbolizing four kinds of happiness. They are luck, wealth, health and love. Just like the theme of Peace Day, people hope for life-long happiness and harmony by eating this dumpling.

Colombian Arepas de Choclo

Ingredients

- 1 cup of sweet corn flour or corn kernels
- 1 teaspoon of sugar
- 1 ½ cups of almond milk (or any dairy free milk)
- 1 teaspoon of canola oil

Method

- 1) Mix all the ingredients in a bowl or in a blender if you're using corn kernels. Mix until smooth (the mix will be liquid, don't worry).
 - 2) Use a skillet and turn it on by medium heat.
 - 3) With a large soup/bouillon spoon pour on the skillet ¼ cup of the mix. Keep on medium heat.
 - 4) Cook until the bottom is golden, when this happen turn to the other side. This could be 5 minutes.
- Tip: Enjoy it with a cheese topping!



Did you know?

1.3 billion people could be fed by the grain that is currently being fed to livestock for meat and dairy production.



Chilean Porotos Granados

Ingredients

- 4 cups of kidney beans
- 3 cups of calabaza in cubes
- Garlic, salt, pepper (depends on your favorite spices)
- Bunch of basil
- 1/2 kilo of organic corn
- 1 onion

Method

- 1) Cook the kidney beans in boiling water for 25 minutes.
- 2) At the same time fry the sliced onion with the spices.
- 3) Add the calabaza in cubes to the beans. After a couple of minutes add the fried onions and the bunch of basil. Mix well.
- 4) Blend the corn with a bit of water, if necessary. After blending, add to the bean mix. Cook for 10 minutes until you see that everything is smooth.



American Choc Chip Cookies

Ingredients

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup plant spread or butter (room temp)
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 teaspoon vanilla extract
1/4 cup freshly prepared almond cream (see below)
2 cups chocolate chips
1 cup chopped nuts



Method

- 1) Preheat oven to 190° C.
- 2) Combine flour, baking soda and salt in small bowl. Using a whisk beat dry ingredients until well mixed.
- 3) In a separate bowl, beat butter/spread, granulated sugar, brown sugar and vanilla extract until creamy. Slowly add almond cream, beating well after each addition.
- 4) Gradually beat in flour mixture one cup at a time to maintain moisture. Remove the bowl from the mixer and stir in chocolate chips and nuts by hand.
- 5) Drop by rounded teaspoon onto baking sheets.
- 6) Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



How to make almond cream (egg substitute)

1/4 cup of almond cream = 1 egg

Ingredients (to make 1/2 cup of almond cream for chocolate chip cookies)

2 cups of water
1/4 cup of almonds
1/2 cup of water

Directions

- 1) Boil two cups of water in a small saucepan.
- 2) Add 1/4 cup of almonds to the saucepan and boil for one minute.
- 3) Remove the saucepan from the heat.
- 4) Strain the almonds from the hot water and remove the almond skins. The almond meat should slip out of the almond skin.
- 5) Place the skinned almonds and 1/2 cup of water in a blender and blend on high speed for three minutes. Do not blend for any less time than this.

Singaporean Mango Bread

Ingredients

Bread:

1 ½ cups all purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
½ cup butter (114 g)
1 cup sugar
2 eggs
½ cup sour cream
1 teaspoon vanilla extract
1 cup mashed mango

Citrus Glaze:

1 ½ teaspoons fresh lemon juice
3 tablespoons fresh orange juice
¾ teaspoons vanilla extract
1 ½ cups plus 2 tablespoons sugar
½ cup chopped pecans, toasted (optional)



Method

- 1) Preheat the oven to 350 degrees.
- 2) Stir the flour, baking soda, salt and cinnamon together.
- 3) Cream the butter and sugar in a large mixing bowl until light and fluffy.
- 4) Stir in the eggs one at a time.
- 5) Stir in the flour mixture.
- 6) Add the sour cream and vanilla and mix well.
- 7) Stir in the mashed mango.
- 8) Pour into a greased and floured 9 inch loaf pan*
- 9) Bake for 1 hour or until a wooden pick inserted in the center comes out clean. Remove from the oven and cool in the pan for 20 minutes.
- 10) To make the glaze, mix the lemon juice, orange juice, and vanilla in a small bowl. Sift in the confectioner's sugar and whisk until dissolved and smooth.
- 11) To assemble, place paper towels under a wire rack. Invert the warm loaf onto the rack. Drizzle the glaze over the top and sides of the loaf (sprinkle with the pecans if desired). For a thicker layer of glaze, drizzle with additional glaze after the initial layer of glaze cools.

*You may bake in several smaller loaf pans or one 9x9 inch baking pan, but reduce the amount of baking time.



Did you know?

You're actively doing your bit to save the forests by eating less animal products. Forests are alarmingly cleared so that the land can be used for crops for livestock. Every year, just one person who sticks to a vegetarian diet will save an entire acre of trees!