



# ZERO WASTE KITCHEN

Where Sustainability Meets Flavour

26<sup>th</sup> April 2024



**Zero Waste Kitchen: Where Sustainability Meets Flavour**, organized by the European Union, underlines the importance, and demonstrates the ease of incorporating sustainability into everyday cooking in homes, restaurant, and hotels. Sustainability is one of the hallmarks of the European food industry and of the EU-origin products that are fast becoming popular across the globe.

The dishes today have been prepared by renowned **Chef Guntas Sethi**, who is also the campaign ambassador for the EU's 'More Than Food' campaign. Originating in various member states of the EU, a lot of the ingredients used to create this tantalizingly delicious fare have been selectively sourced to bring you the best of Europe.

Through these dishes, the Chef demonstrates how we can apply the 'trash-to-treasure' concept in everyday cooking by making use of leftovers or usually discarded ingredients in the preparation of new dishes. The EU attaches high importance to the sustainability of its products, from farm to fork. It is our responsibility to take the next step in this virtuous cycle by practising 'leftover stretching' – the art of using leftover food creatively – at home.

Provided below is a brief description of the main ingredients in all the dishes; we invite you to explore the world of top-quality European ingredients, made with love by generations of EU producers. Hope you enjoy the meal!



## SHIITAKE MUSHROOM ARANCINI WITH SPICY TOMATO CHUTNEY

Arancini with a sustainable twist, with a base of shiitake mushrooms, accompanied by Indian-style tomato chutney instead of the conventional tomato sauce. In this preparation, the chef reuses the stalks of the mushrooms to make a mousse to top off the arancini balls



### APPETIZER

#### Main Ingredients

##### Dried Shiitake Mushrooms from France

Shiitake is among the healthier variants of edible mushrooms, and is loved by diners for its rich, buttery flavour. Shiitake mushrooms are often used in several steamed, sautéed, and simmered dishes.



##### Feta, PDO from Greece

This highly popular Greek cheese can be enjoyed raw to accompany fresh salads or even as a stand-alone dish if baked. Its slightly acidic, salty flavour and soft, creamy texture will make you fall in love with it from the first bite. Greek Feta, PDO (Protected Designation of Origin) is used in a wide range of dishes, from salads, spreads, pizzas, and stuffed vegetables.

##### Canned Pelati Tomatoes from Italy

Pelati tomatoes are known to be quite plump, firm, and versatile. These sun-ripened %100 Italian tomatoes have a rich flavour, dense texture, and bright red colour. With only tomatoes and tomato juice, no additives or preservatives, they break down quickly when cooked. They are ideal for a wide range of recipes – from soups and stews to sauces, pizzas, and sandwiches.

##### Aceto Balsamico di Modena (Balsamic Vinegar of Modena), PGI from Italy

This PGI (Protected Geographical Indication) balsamic vinegar is produced exclusively in the city of Modena in northern Italy. It is made with wine vinegar and %100 Italian grape must. It has a sweet and sour taste, an unmistakable aroma, and a dark colour. It goes well with mature cheeses and pasta, as well as raw or grilled vegetables. Balsamic vinegar enhances the flavour of meat and fish, as well as salads, fruits, and desserts.



##### Azeite de Trás-os-Montes (Olive Oil of Trás-os-Montes), PDO from Portugal

This exceptional extra virgin olive oil is known for its health benefits and harmonious flavour. It is subjected to the world's most stringent safety standards, as is the case with most products from the EU. The perfect blend of bitter and spicy notes, coupled with a hint of olive leaves, makes this olive oil a succulent ingredient for any dish.





## APPETIZER

### Main Ingredients

#### Chorizo Slices from Spain

Spanish chorizos have a firm texture and range from mild to spicy in terms of taste. These premium pork sausages are seasoned with paprika, which gives it its characteristic reddish colour and flavour.

You can add Chorizo slices to a variety of dishes, ranging from burritos to biryanis. You can also eat it raw in sandwiches, or grill, fry, or bake it alongside other foodstuffs.

#### Honey Roasted Ham from Belgium

A culinary masterpiece made from premium cuts of pork, this ham is seasoned with a delicate blend of spices and roasted to perfection with a touch of sweet honey glaze. The honey adds a delightful sweetness to the ham, complementing the savoury spices and enhancing its flavour. Enjoy it hot or cold, with a tomato and lettuce salad or with cheese hash browns and scrambled eggs.

#### Gherkins from Spain

Gherkins are small cucumbers with bumpy skin and are typically used for pickling. The gherkins pickled in salt brine are salty and sour and serve as a healthy and mouth-watering accompaniment for any meal.

#### Gouda Mild Wedge from Netherlands

Gouda is a creamy cheese made of cow's milk and is one of the most popular cheeses worldwide. Sweet and soft to begin with, it develops a firmer texture, a deeper golden colour, and a more complex palette of aromatic flavours with time. On a cheese board, it pairs nicely with both fresh fruits and dried fruits. You can also use it in macaroni-and-cheese, soups, mashed potatoes, grilled sandwiches, and fondue.

#### Azeite de Trás-os-Montes, PDO from Portugal



## MAIN COURSE

### Main Ingredients

#### Halloumi Grill Cheese from Bulgaria

Traditionally prepared from goat's and/or sheep's milk, Halloumi is a white layered cheese with a slightly spongy texture that tastes scrumptious when grilled. It stands out for its unique ability to grill without melting which with its firm texture, lends it great versatility for infusing a Mediterranean touch into Indian cooking. Halloumi Grill Cheese adds a delightful twist to grilled skewers, curries, and paranthas.

#### Green Pitted Olives from Spain

Spain's Mediterranean climate gives its olives a rich flavour that can add a delightful twist to olive chutney or olive-and-chickpea salad, amongst many more such dishes. A pitted olive is one that has its pit, or stone, removed. If eaten raw, green pitted olives taste sour, salty, and slightly bitter - all at once - but release a sweetness and fragrance after a while. Use them in your pizzas, pastas, canapes, Dirty Martinis, and to add depth to sauces, soups, stews, and stir-fried dishes.

#### Kalamata Olives from Greece

Almond-shaped and deep-purple-coloured, Kalamata olives are more intensely flavoured than other varieties of black olives. They can be the perfect match for Greek salads and pasta sauces and as a topping for pizzas, pastas, sandwiches, and wraps. They also go well with wine and cheese.

#### Basil Pesto from Italy

Traditional basil pesto is a blend of fresh basil, garlic, pine nuts, extra-virgin olive oil, and Parmesan cheese. There are many ways to enjoy a basil pesto - add a burst of flavour to your soup; spread it on bread; use it as a veggie dip or as a chicken breast stuffing; stir it into mashed potatoes; enjoy it with eggs; or use it to make pesto butter.

#### Chania Kritis (Extra Virgin Olive Oil), PGI from Greece

A unique, single-varietal extra virgin olive oil straight from the Chania Kritis region in Greece, this oil is characterized by its shiny chartreuse colour, cool freshness, and mild fruitiness.



# CHORIZO HASH

A meat lover's delight, with the finest-quality chorizo and ham and a small serving of gherkins by the side to prepare the tastebuds for the next delicious bite of meat. In this preparation, the chef reuses the skin of baby potatoes tossed in garlic to elevate the flavour of the recipe.



# PESTO MARINATED GRILLED HALLOUMI

Delectable cheese served with the healthiest, tastiest olives, interspersed with bursts of flavour from freshly prepared basil pesto. In this preparation, the chef reuses potatoes to single out crisps which are then used for garnishing to add structure and an element of crispiness to the recipe.





# PROSCIUTTO -WRAPPED STUFFED CHICKEN

A meaty and tangy main course item with chicken, ham, olives, and lemon. In this preparation, the chef reuses chicken bones and other miscellaneous vegetables used across recipes for this lunch to make a maple jus to serve as a sweet sauce to pour over the stuffed chicken. The chef also reuses potatoes to single out crisps which are then used for garnishing to add structure and an element of crispiness to the recipe.



## MAIN COURSE

### Main Ingredients

#### Prosciutto di Parma, PDO from Italy



Prosciutto di Parma is one of the first meat products to be awarded Protected Designation of Origin (PDO) status. This cured Italian meat can be found in delis and restaurants around the world. Its unique flavour comes from a mix of traditional know-how and unique conditions specific to the Region of Parma, Italy. You can enjoy it with a slice of melon during summer or as a topping on an Italian pizza.

#### Lemons from Italy

Italy is home to some of the best varieties of lemons in the world. They have a protrusion at the bottom and have a tart but rich flavour. Although it is the lemon juice that's primarily used in cooking, the pulp and rind too can be used in many preparations.

#### Parmigiano Reggiano, PDO from Italy



Produced in the Parma and Reggio Emilia regions of Italy, this PDO cheese is made from cow's milk and aged for at least 12 months. With a sharp flavour and notes of spice and dried fruit, the cheese maintains a characteristic sweetness on the inside and a hard, granular texture on the outside.

#### Green Pitted Olives from Spain

#### Kalamata Olives from Greece

#### Chania Kritis, PGI from Greece



## DESSERT

### Main Ingredients

#### Dark Chocolate from Spain

Spanish dark chocolate has an intense aroma, rich flavour, and lingering taste that makes it a savoury addition to any dish – as a spice in game sauces, or as shavings over a pumpkin soup, or as sprinkling on a beef salad. It gives a wonderful new dimension to desserts too – be it a chocolate mousse with a deep cocoa aroma, or a sweet pear tart with the tang of bitter chocolate.

#### White Chocolate Brownies from France

Crafted from free-range eggs and sustainable French wheat flour, these brownies blend rich white chocolate with a classic melt-in-the-mouth brownie texture. They can complement traditional Indian teas and coffees beautifully. Individually packaged, they're great for satisfying on-the-go sweet cravings and end-of-the-meal indulgence.

#### Mandarin Oranges from Spain

Mandarins, a part of the orange family, are known for their small size, easy-to-peel skin, and sweet and juicy flavour. They can be eaten plain or in fruit salads and desserts. The peel can be used as a spice. Essential oil from the fresh peel can be used to add flavour to gelatines, ice cream, and baked foods.

#### Cream Cheese from Poland

A soft cheese made from milk and cream, this product is not naturally matured, so it needs to be consumed fresh – quite different from other soft cheeses. It is a good source of calcium and is high in protein, making it a great post-workout snack. With its soft and easy-to-work texture and creamy notes, cream cheese can enhance both sweet and savoury preparations.

# DARK CHOCOLATE AND MANDARIN ORANGE MOUSSE

Dark and white chocolate come together, and pair with the citric, creamy sweetness of a mousse made from one of the world's finest varieties of oranges. In this preparation, the chef reuses mandarin oranges in several ways: a dark chocolate and orange mousse to act as the base, and candied orange peels along with orange jelly served on the side to add texture to the dessert.



# FLAVOURS OF THE EUROPEAN UNION ON DISPLAY



## Mozzarella from Poland

Polish mozzarella is a soft ripened cheese made from cow's milk. It is slightly tangy with creamy consistency. This mild-flavoured cheese is also good as a snack and in any other dish, such as salads, or with meats, seafood, and vegetables.



## Danablu, PGI from Denmark

Denmark is known for producing high-quality blue cheeses. Danablu cheese is characterized by its creamy texture and the distinctive blue veins running through it. It has a creamy, tangy, and slightly salty flavour with a pungent aroma. Danablu is often crumbled over salads, used in sandwiches, or enjoyed with fruit and crackers.



## Chocolate from Ireland

Crafted with premium ingredients and traditional techniques, Irish chocolates boast of creamy textures and rich flavours. Irish chocolatiers prioritize the use of high-quality ingredients, including rich dairy products. Whether enjoyed as they are, in desserts, or in comforting cup of hot chocolate, Irish chocolates offer a delectable taste of Ireland.



## Fruit Drops from Germany

Enjoy an irresistible moment of bliss as you try these delicious fruit drops. Using only natural flavours and colours, confectioners have carefully transformed selected ingredients into this mouth-watering candy. Each bite embodies a steadfast commitment to quality, which is the essence of its delicious taste.

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