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RECIPE BOOK



Recipe developed by
Safa Nessmarie Rodas

Banana Heart and Lump Crab Cake with “Ginataang Puso ng Saging” Curry

Philippines



A visit to an urban farm in Macao inspired this recipe. One of the farm’s few trees had a banana heart (blossom), which reminded me of dishes from my home country, the Philippines. After speaking with the farm administrator, I was encouraged to develop a dish using this underutilized crop in Macao, where it is often neglected or thrown away. Banana blossom has great potential, especially in highlighting a ‘waste-to-wealth’ approach.

Banana Heart and Lump Crab Cake with "Ginataang Puso ng Saging" Curry

Main dish Serves 4

Ingredients

	Quantity
• Banana Heart (white part) (julienne)	150g
• Crab Meat	60g
• Red Bell Pepper (brunoise)	40g
• Celery (brunoise)	30g
• Mayonnaise	30g
• Capers (chopped)	10g
• Egg	20g
• Bread crumbs (for coating)	40g
• Banana Heart (white part)	150g
• Potato (peeled and cubed 2 cm x 2 cm)	150g
• Cauliflower florets	150g
• Shallots (sliced)	50g
• Garlic (minced)	20g
• Ginger (minced)	20g
• Curry powder	5g
• Coconut milk	250ml
• Vegetable stock	200ml
• Pickling juice (vinegar: water: sugar)	Ratio = 2:1:1
• Chives (chopped)	10g
• Lemon Wedge	1 pcs
• Fresh cherry tomatoes (for garnish)	8 pcs



PREPARATION STEPS

Ginataang Puso ng Saging Curry

- 1 Peel banana heart, remove outer layers, and julienne the white core. Soak in iced water with lemon juice to prevent browning. Cut potatoes, cauliflower, tomatoes; slice shallots; mince garlic and ginger.
- 2 Heat olive oil in a pot. Sweat shallots, garlic, and ginger. Add curry powder and cook briefly to release aroma.
- 3 Drain banana heart and add to pot with cauliflower and potatoes. Cover with coconut milk, bring to boil, then simmer ~30 min. Add vegetable stock as needed. When vegetables are cooked, add tomatoes and continue cooking.
- 4 Once soft, blend into a smooth sauce. Reserve.

Banana and Lump Crab Cakes

- 1 Wash banana heart and peel away hard, fibrous outer layers like an artichoke until the soft yellow core remains.
- 2 Trim stem, halve core, and slice into julienne. Toss with rock salt and lemon juice, rest 10–15 min until liquid releases (removes bitterness). Squeeze well, rinse in cold water, drain, and dry.
- 3 Sauté banana heart in olive oil with salt and pepper for ~3 minutes until wilted. Remove and cool.



PREPARATION STEPS

4

Prepare brunoise of red pepper and celery and chop capers. Mix all ingredients with cooled banana heart. Form into 100g cakes (large) or 35g each (small). Shape tightly, flatten slightly, and chill for 1 hour.

4

Coat in breadcrumbs. Pan-fry in olive oil until golden on both sides, then finish in oven at 180°C for 3–4 minutes until hot and cooked through.

5

Pickled Banana Blossom: Boil pickling liquid and pour over banana heart trimmings. Cool and store chilled for garnish.

6

Finishing: Reheat sauce and spoon ~100g onto plate in a circular spread. Place cakes on top and finish with chopped chives. Serve with salad, pickled banana blossom, quartered cherry tomatoes, and a lemon wedge.

This recipe can be adapted for vegetarian/vegan by substituting crab with plant-based ingredients like artichoke, chickpeas, heart of palm, or other vegetables with similar texture, and egg with chickpea flour or flax egg. It can also be gluten-free by replacing breadcrumbs with almond flour, crushed nuts, gluten-free corn flakes, or quinoa flakes; it is already dairy-free as it uses olive oil and coconut milk.



Nutrition assessment

Based on the initial assessment provided by the nutritionists, the first recipe uses pork or meat item which indicated a concern for high saturated fat, so I changed it to crab meat as this option is still high in protein but rich in omega-3. Also added cauliflower, potatoes and tomatoes into the recipe which are added nutrients and balances off the macronutrient requirements as they are low in fat, high in fiber and good sources of carbohydrate.

Challenges and innovations

It can be a challenge to source banana heart locally in Macao as it is not commonly available in markets, has a short shelf life, and requires costly cold-chain logistics from Southeast Asia, making it sporadically available and low in demand. A good solution is seasonal availability in fresh or community markets, with greater emphasis on undervalued nutritious ingredients like banana heart; this recipe is an elevated take on the Filipino "Ginataang Puso ng Saging," adapted for global restaurant use.

People behind the food

The banana heart is a nutrient-dense culinary delicacy, often tasting like artichoke, increasingly recognized as both food and a source of income for farmers in India and Southeast Asia. The value chain is led mainly by smallholder farmers, as it is a by-product of banana cultivation harvested after the main fruit bunch. The people behind it include small-scale farmers, women and youth groups, intermediaries, SMEs, and organizations focused on sustainable agriculture.





Recipe developed by
Leonardo Ortolani

Black & green tagliolini, sake, seaweed and shōchū

Italy



Designed for a late winter/early spring plant-based tasting menu, this dish celebrates seasonal vegetables from the Roman countryside while incorporating sustainable fish-derived ingredients such as fish garum and dried mackerel. It reflects Rome's cosmopolitan identity through a dialogue between Roman and Asian traditions, combining a soba-like pasta made with spelt and einkorn wheat with a reimagined Japanese dashi, where dried mackerel and sea lettuce replace katsuobushi and kombu. Fermented ingredients, including homemade sake, fish and bread garum, kombucha apple vinegar, and lemon cheong, add depth while showcasing ways to transform kitchen scraps and local surpluses into flavorful ingredients.

Black & green tagliolini, sake, seaweed and shōchū

Main dish

Serves 4

Ingredients

Quantity

• Eggs	3 unit
• Spelt whole flour	175g
• Einkorn flour	50g
• White flour	25g
• Lemon cheong	25g
• Nasturtium leaves	12 units
• Rocket leaves	12 units
• Fresh chard	400g
• Fresh chicory	100g
• Nori seaweed sheets	1 units
• Butter	25g
• Bread garum	15g
• Black cabbage leaves	4 units
• Olive oil	5g
• Water	750g
• Desalinated kombu	10g
• Desalinated sea lettuce	50g
• Katsuobushi or dried and smoked mackerel	5g
• Orange	1 unit
• Lime	1 unit
• Lemon	1 unit
• Fish garum	13g
• Kombucha apple cider vinegar	13g
• Sake	100g
• Shōchū (or distilled rice wine)	10g
• Blonde onion	50g
• Sichuan pepper	1g

PREPARATION STEPS

1

Mix all pasta ingredients in a stand mixer until combined. Wrap and rest for at least 1 hour (plastic wrap/vacuum/ airtight container). Roll to 1.5 mm thickness and cut into tagliolini.

2

Blanch chard and chicory in salted water for a few minutes, then cool in ice water. Rehydrate nori for 5 minutes. Make brown butter (hazelnut stage). Blend chard, chicory, and nori very finely (min 5 min), then strain. Blend again while slowly adding brown butter. Season with bread garum.

3

Clean cabbage, remove stems, season with olive oil and salt. Bake at 180°C for 7–8 min until crispy.

4

Combine kombu and sea lettuce in cold water, heat to 100°C, then turn off heat. Add katsuobushi and citrus peel; strain once fish sinks. Separately, reduce shōchū, sake, onion, and Sichuan pepper by 2/3. Combine with dashi and season with fish garum and kombucha apple cider vinegar.

Black and green tagliolini is already a plant-based dish but can be easily converted into vegetarian. Butter, dried mackerel, and fish garum can be replaced with coconut oil, dried shiitake/porcini, and bean garum.

5

Toss pasta in green cream with diced lemon cheong. Serve on a wide plate. Garnish with nasturtium, rocket, and cabbage chips. Serve hot broth separately in a 200 ml tea bowl.



Nutrition assessment

The recipe can represent a nutritional asset in a long tasting menu because it does not include huge amounts of fat, it is mostly plant-based, and it focuses on products and ingredients who introduce frequently undervalued components like Fibers and vitamins, from all leafy greens and whole spelt flour, Probiotics and prebiotics, from all fermented products which are nor pasteurized neither sterilized, Iodine, from leafy greens and fish products, Antioxidants, from einkorn and vegetables. Fish garum and bread garum are used as a substitute to salt, it is of utmost importance not to over-season as sodium can exceed the recommended daily needs.

Challenges and innovations

It can be a challenge introducing upcycled ferments in a wider range of contexts, not only in high-end hospitality but also in restaurants, private kitchens, and community centres, creating a link between rural and urban areas through markets.

People behind the food

Local spelt and einkorn producers in Lazio, such as "Secondo Natura", "Mulino di Traglia", and "La bottega delle Tre Sorelle", help preserve the traditional "macinazione a pietra" method while reviving forgotten ancient cereals. Local vegetable markets and "Orti Sociali" connect countryside and city, working with associations like "Recup" and "Fermenti" to redistribute unsold goods or transform them into fermented products. Fish markets and ethnic food vendors in Esquilino, part of Rome's diverse community, also support social initiatives and shared kitchens across the city.



Black & green tagliolini, sake, seaweed and shōchū





Recipe developed by
Derek Nicholas

Taste of the Lake Soup

USA, Great Lakes Region



This dish highlights the abundance of wild foods and the Anishinaabeg people's connection to water. A prophecy foretold that the Anishinaabeg would need to find the food that grows on the water to survive. Following this prophecy, they migrated westward to the Great Lakes Region, where they found manoomin (wild rice), the good berry. Along the way, they built relationships with other water beings used not only for nutrition, but also for natural dyes, medicine, clothing, and more. These wild ingredients are rich in cultural, historical, and social significance that shape the Anishinaabeg worldview and experience.

Taste of the Lake Soup

Soup

Serves 6

Ingredients

- Beaver Meat, 1-inch cubes
- Rendered Beaver Fat
- Beaver Bone Broth
- American Lotus Roots, peeled and sliced into coins
- American Lotus Seeds
- Watercress
- Wild Rice, (long black grain of aqueous grass) dry
- Swan Potatoes (wild tubers)
- Sweet Gale Leaves (sweet, aromatic leaf)
- Ground Sweet Gale Catkins (flowering bud of sweet gale)
- Coltsfoot Salt (mineral-rich "salty" leaf)
- Ground Prickly Ash Berries("American Sichuan pepper")
- Cattail Pollen (flowering bud of cattail aqueous plant)

Quantity

680g
30g
3L
500ml

8g
20g
160g

18 pcs
20g

As desired

As desired

As desired

As desired

To make this recipe vegetarian/vegan, omit the beaver meat, replace rendered beaver fat with a neutral plant oil such as canola, and substitute beaver broth with vegetable stock.

PREPARATION STEPS

1

Bring a medium-sized pot of water to boil. Simmer wild rice until fully cooked and tender, around 15 minutes. Set aside.

2

In a pot add swan potatoes and cover with water. Boil until tender, around 15 minutes. Set aside.

3

In a pot, add lotus seeds, cover with water. Boil until tender, around 30 minutes. Set aside.

4

In a pot, add salted water, bring to boil, and cook watercress for 30 seconds. Refresh in ice water to stop the cooking. Set aside.

5

Season beaver meat with salt, pepper, and sweet gale catkins.

6

Add one tablespoon of beaver fat to the pan and bring to high-heat, add meat, sear both sides.

7

Add beaver bone broth and sweet gale leaves to soup pot and simmer for three to four hours, or until beaver meat is tender.

8

In a frying pan add one tablespoon of beaver fat. Heat fat on high heat. The fat should shimmer and sizzle. Add lotus roots and shallow fry until golden brown and crispy, set aside.

9

Once the beaver meat is tender, add in cooked wild rice, swan potatoes, lotus seeds, and watercress. Bring to a quick boil and shut off heat.

10

Serve in a bowl, add fried lotus roots and garnish with cattail pollen.



A photograph of a man and a woman in a forest. The man is holding a beaver, and the woman is smiling. The image is overlaid with a green tint.

Nutrition assessment

All the ingredients are not “processed”, contain essential nutrients, and are harvested in the wild. Foods like manoomin (wild rice), lotus roots/seeds, and swan potatoes provide complex carbohydrates and fiber, while watercress is especially rich in vitamins A, C, and K, aligning with the principle of prioritizing whole, unrefined foods. Beaver meat is a lean, wild protein source with omega-3 fatty acids due to the animal’s natural diet, though depending on the cut it can still be calorie-dense, so balance matters. Lotus root, lotus seeds, manoomin, and arrowroot provide dietary fiber or resistant starch. Wild plants like watercress, cattail pollen, and sweetgale contribute micronutrients and phytochemicals, with cattail pollen being particularly protein-rich and containing trace minerals. Since the recipe uses only wild ingredients, it naturally avoids added sugars, refined oils, preservatives, and artificial ingredients.

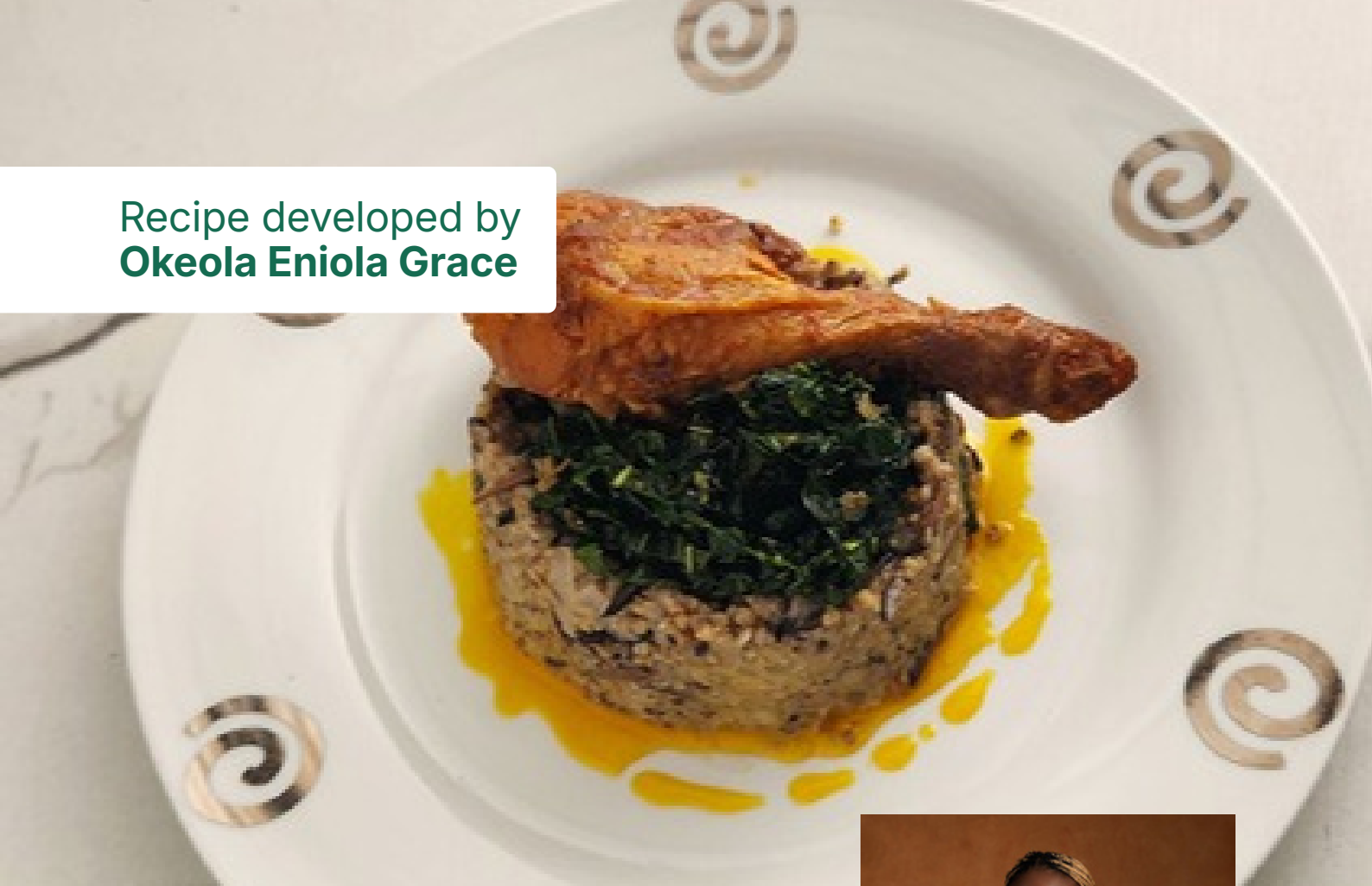
Challenges and innovations

There are countless challenges when it comes to these ingredients, notably habitat loss, land access, and pollution. Commercialization reduces wilderness areas, shrinking habitats and leading to population decline, which limits sustainable harvesting by Indigenous peoples. Land access is also restricted as public and even treaty lands become private, while fewer younger Indigenous people are able to practice inherited treaty rights tied to tribal enrollment. Pollution further threatens these plants and animals, as wild species are highly sensitive and affected across both public and private lands.

People behind the food

Our wild foods are dependent on the community as a whole and the value chain behind them is the web of life, where all living beings are interconnected and harm to one affects all. Everyone’s role is to be a good relative, caring for the environment to ensure future generations have access to this biodiversity. If we take care of the land, the land will take care of us, allowing these ancestral foods to continue to thrive.

Recipe developed by
Okeola Eniola Grace



Ugba with Tigernut- Creamed Millet and Greens

Nigeria



This dish draws from Nigerian food traditions, reinterpreting familiar ingredients through a contemporary lens. Millet reflects resilience and adaptability in Northern Nigeria, while tigernut is a key staple and the base of kunu aya. Ugba (fermented oil bean seed) represents indigenous fermentation used for umami and preservation. Ugu and amaranth are everyday leafy vegetables used in dishes like èfó rírò and Egusi soup. Ehuru, Cameroon pepper, and aidan fruit connect to traditional spice blends, while atili oil from African pear acts as the unifying fat. A creamy, risotto-style approach bridges tradition and modern expression, finished with fermented yellow pepper oil.

Ugba with Tigernut-Creamed Millet and Greens

Main dish Serves 4

Ingredients

- Millet
- Vegetable stock
- Tigernut milk
- Onion, finely chopped
- Garlic
- Atili oil
- Ehuru
- Aidan Fruit
- Salt
- Ugba

Quantity

174g
474g
240g
150g
8g
25g
¼ tsp
3g
8g
60g

Sauteed Greens

- Onions, finely chopped
- Ugu leaves
- Amaranth leaves
- Salt
- Black pepper
- Fermented Yellow pepper
- Atili oil

20g
55g
35g
¼ tsp
¼ tsp
30g
95g



PREPARATION STEPS

1

Rinse the millet thoroughly and soak in water overnight or for 30 minutes to 1 hour. Drain before use.

2

Heat a pot over medium heat. Add the ehuru and aidan fruit and toast for about two minutes. Set aside, then pound or blend the toasted ehuru seeds.

3

Add 1 tablespoon of atili oil. Cook the onion until soft, then add the garlic and ugba and cook briefly. Stir in the millet and toast lightly.

4

Add the warm vegetable stock gradually, about 119g at a time. Stir frequently and allow each addition to fully absorb before adding more.

5

Continue adding stock until the millet is tender but retains a slight bite, about 20minutes. Add the aidan fruit during this stage.

6

Reduce the heat and stir in the tigernut milk. Cook gently, stirring, until the mixture has a loose creamy consistency. Season with salt, black pepper and ehuru. Finish with a drizzle of atili oil.

7

For Sauteed Greens, Heat a little atili oil in a separate pan. Add the ugu and cook briefly, then add the amaranth and cook until just wilted. Season lightly.



PREPARATION STEPS

7

FERMENTED CAMERON PEPPER OIL

In a blender, add the fermented yellow pepper and atili oil and blend until completely smooth and emulsified.

8

Line a fine sieve with muslin cloth and set over a clean bowl. Pour in the blended mixture and allow to strain without pressing, so the oil stays clear.

9

Transfer the strained oil into a clean jar. Store sealed at room temperature for up to 3 days or refrigerate for up to 2 weeks.

For serving, spoon the millet into a shallow dinner plate or bowl, add the greens and finish with a drizzle of the infused oil to your taste.

This dish is developed as a plant-based recipe highlighting tigernut, ugba (fermented oil bean seed), and millet. It can also be adapted to different dietary preferences by adding optional proteins such as chicken.





Nutrition assessment

This recipe brings together ingredients that each contribute something distinct to the plate. Millet and tiger nuts provide complex carbohydrates and dietary fibre for steady energy and digestive health, while ugba contributes plant-based protein and atili oil, pressed from the African pear, provides fat. Atili oil appears across components but intake remains moderate: about 6g from the millet base and the fermented pepper oil is drizzled to taste, with its spiciness naturally limiting use, keeping overall consumption within normal dietary fat intake when part of a balanced plate. The dish contains iron and fibre for blood health and gut function. Fermentation in ugba and yellow pepper oil supports flavour and preservation, and the recipe is plant-based but adaptable to animal protein or fat depending on dietary needs.

Challenges and innovations

One of the key challenges addressed in this recipe is spice tolerance, especially with yellow peppers which can be intensely hot. To improve accessibility, the fermented yellow pepper is adapted into an oil, allowing control of heat level. The recipe also highlights underutilized local ingredients such as tigernuts, millet, and atili oil, promoting their value and wider use.

People behind the food

The value chain of this recipe involves both men and women across production and trade. Millet and tigernuts are cultivated by smallholder farmers in Northern Nigeria and distributed through market systems involving many male traders. Ugba and fermented yellow peppers from Southern Nigeria are often processed by women in household-based systems, where fermentation knowledge is preserved. Across the chain, both men and women contribute at different stages, which this recipe aims to acknowledge.



Recipe developed by
Mahalia Wilson



Ackee, Callaloo & Sweet Potato Bowl

Jamaica



In many Jamaican households, the weekly menu follows a rhythm shaped by culture, tradition, and availability. Sunday mornings often feature Callaloo or Ackee, while celebrations such as Emancipation Day, Independence Day, and Christmas center ackee at the table. More than an ingredient, ackee represents heritage and resilience in Jamaica. Originally from West Africa, it now grows across parishes such as St. Thomas and St. Mary as a drought tolerant, low maintenance crop. Callaloo supports food security through backyard cultivation, while sweet potato farming in the “yam belt” reflects sustainable hillside agriculture. This dish combines these ingredients with Gungo peas and sweet potato to address Jamaica’s nutrition challenges, including iron deficiency anemia and diet-related chronic diseases, showing how local foods support healthier diets.

Ackee, Callaloo & Sweet Potato Bowl

Main dish Serves 4

Ingredients

- Brown Rice
- Vegetable Stock
- Coconut Milk
- Gungo peas, canned
- Fresh thyme
- Scallion
- Scotch bonnet pepper
- Sweet potato, cubed
- Garlic
- Onion
- Fresh callaloo, chopped
- Coconut oil
- Ackee,boiled
- Fresh thyme leaves
- Fresh lime garnish
- Pimento seeds (peppercorns)
- Salt and black pepper

Quantity

1cup
1 ½ cup
1 cup
1 cup
2 sprigs
2 stalks
1 whole
2 medium
1 head
1 small
2 cups
5 tbsp
2 cups
1 tbsp
1 whole
5 seeds
To taste



PREPARATION STEPS

1

Toss the peeled and cubed sweet potatoes with 2 tbsp coconut oil, fresh thyme, all purpose seasoning, salt, and black pepper. Roast at 200°C for 10 - 15 mins until tender and lightly caramelized.

2

Add the washed rice and gungo peas to a pot with vegetable stock, coconut milk, thyme, scallion, scotch bonnet pepper, 3 peppercorn, and 1 tsp of salt.

3

Heat 3 tbsp of coconut oil in a pan and sauté onion, garlic, sweet pepper, tomatoes, tomatoes, scallions and thyme until fragrant.

4

Add the chopped callaloo, all purpose seasoning, salt and pepper, 2 peppercorn, with a 4 tbsp of vegetable stock and lightly steam 6 - 8 mins.

5

Gently fold in the cooked ackee, being careful not to break it apart. For 3 mins, turn to low heat to heat the ackee and callaloo mixture.

6

Serve the brown rice and gungo peas as the base. Top with the ackee and callaloo mixture and roasted sweet potato.

7

Finish with fresh thyme leaves, and serve warm.

This dish is naturally vegetarian and gluten-free. Brown rice can be substituted with quinoa, sorghum, or another seasonal local whole grain. Gungo peas can be replaced with red peas or chickpeas. Saltfish (salted codfish – bacalao) can be added to the ackee and callaloo mixture.



Nutrition assessment

This recipe aligns with healthy diet principles by promoting adequacy, balance, diversity and moderation through whole, minimally processed ingredients. Brown rice and Gungo peas provide complementary plant based protein, dietary fiber and sustained energy, while Callaloo contributes iron and folate, addressing iron deficiency anemia in Jamaica. Sweet potato provides vitamin A and potassium, supporting immune and eye health, and Ackee contributes healthy unsaturated fats that support satiety and nutrient absorption. The recipe is plant forward, encouraging legumes, vegetables, whole grains and local crops while limiting processed foods and excessive sodium. Overall, it delivers nutrient diversity with iron, folate, vitamin A, fiber and protein, supporting balanced and culturally relevant eating patterns in Jamaica.

Challenges and innovations

Jamaica faces high rates of food insecurity, iron deficiency anemia, and non-communicable diseases (NCDs). This recipe responds by using affordable, local, nutrient-dense, climate-resilient ingredients. It promotes backyard callaloo, locally grown sweet potatoes and traditional gungo peas as alternatives to imported and processed foods.

People behind the food

This recipe supports small farmers, backyard gardeners, and market vendors who grow and sell crops such as callaloo, sweet potato, gungo peas, ackee, thyme, and scallion. It highlights the role of rural farming communities, especially women and smallholder producers, in preserving Jamaica's food traditions and biodiversity.





Recipe developed by
Lihle Mahambehlala

Sorghum Amaranth with Grilled Sardines and citrus coconut sauce

South Africa

This dish draws from deeply rooted food traditions while reimagining overlooked ingredients. Sorghum, one of the continent's oldest grains, is often reduced to brewing or porridge, but here is used as a whole grain to reclaim its versatility. Amaranth leaves, often dismissed as a weed, are nutrient-rich greens that grow freely and reflect sustainable relationships with the land. Sardines, braaied in this dish, connect to coastal traditions of fishing as livelihood and heritage, representing accessible nutrition and communal eating. Together, these ingredients reclaim undervalued foods and honour local knowledge systems.



Sorghum Amaranth with Grilled Sardines and citrus coconut sauce

Main dish Serves 4

Ingredients

- White Sorghum
- Amaranth leaves
- Sardines
- Olive oil
- Small onion
- Garlic
- Unsalted butter
- Fresh lemon juice
- Coconut Cream
- Fresh Chilli
- Thyme
- Ginger

Quantity

190g
80g
250g
30ml
100g
10g
30g
125ml
60g
5g
5g
10g

This dish is naturally gluten-free as sorghum is a gluten-free grain and can be adapted without losing its core identity. For vegan/vegetarian versions, braai sardines can be replaced with grilled mushrooms (oyster or portobello), smoked tofu, or braaied eggplant, and butter substituted with olive oil or plant-based butter while keeping the lemon coconut-chilli profile. It is already dairy-free with coconut cream, and halal-friendly when using certified ingredients and avoiding cross-contamination, maintaining accessibility, resilience, and versatility.

PREPARATION STEPS

1

Prepare the sorghum thoroughly. Boil in salted water(usually a 1:3 ratio) until tender but chewy. Drain any excess water and set aside. Optional can be cooked in stock of choice for richer flavor.

2

Heat 1 tbsp of olive oil in a large pan over medium heat. Saute the onion and garlic until fragrant and translucent.

3

Add blanched amaranth leaves to the pan, stir consistently until tender. Season lightly with salt and pepper.

4

Char the Sardines either grill or pan fry the sardine fillets in the remaining olive oil until the skin is crisp and the flesh is cooked through. Flake into bite size chunks or keep whole.

5

Whisk the sauce, In a small saucepan over low heat, melt the butter. Whisk in the lemon juice, coconut cream, chopped chill, ginger, thyme and garlic. Emulsion into smooth and creamy consistency.

6

Assemble, Toss the cooked sorghum with sauteed amaranth. Top with the flaked sardines and generously drizzle the lemon coconut chilli sauce over the top.





Nutrition assessment

This recipe aligns with healthy diet principles by offering a balanced, nutrient-dense meal with complex carbohydrates, protein, and healthy fats. Sorghum and amaranth provide fibre for digestion and steady energy, while sardines add omega-3 fatty acids and calcium. It also delivers key minerals like iron and reflects strong biodiversity through its mix of plant and animal ingredients. Overall, as noted in the nutritional assessment, it is a well-balanced, mineral-rich dish with good macronutrient synergy and high nutritional value.

Challenges and innovations

This dish reflects both challenges and innovation within local food systems. Sorghum and amaranth are often undervalued and linked to hardship despite being nutritious and climate-resilient, with limited urban access and shifting food habits reducing use of indigenous ingredients. The innovation reimagines them: sorghum as a plated grain, amaranth as a celebrated ingredient, paired with braaied sardines and lemon coconut–chilli sauce to bridge tradition and contemporary cooking.

People behind the food

This dish reflects a value chain rooted in small-scale producers and local knowledge systems. Sorghum is grown by smallholder farmers for its resilience in dry climates and low input needs. Amaranth leaves are foraged or grown in home gardens, sustained by generational knowledge of indigenous crops. Sardines connect to coastal fishing communities, supporting livelihoods through informal markets and small businesses. Together, these ingredients highlight a network of farmers, foragers and fishers, bringing visibility to the people behind the food.





Recipe developed by
Daniel Chio

Spicy Chorizo Prawn Croissant

Macau, China



Chorizo was brought by Portuguese sailors during the 16th-century Age of Discovery and in Macau became a cured pork sausage seasoned with paprika, garlic and wine. Over time, it evolved through cultural fusion, as the Macanese community cooked it with Chinese cured sausages and added soy sauce, bay leaves, and Asian aromatics, creating dishes like Tacho and Portuguese-style chicken. More than food, Macau's chorizo reflects the city as a crossroads of East and West, linking colonial heritage and local ingenuity. This dish uses chorizo with cherry tomato, onion, green olive and certified sustainable prawns, reimagined through a surplus croissant.

Spicy Chorizo Prawn Croissant

Main dish | **Serves 4**

Ingredients

- Onion (dice)
- Chorizo (dice)
- Cherry tomato (halved)
- Garlic (slice)
- Tomato paste
- Green olive (slice)
- Smoked paprika
- Sugar
- Chili flake
- Chicken stock
- Lemon juice
- Coriander
- Sustainable certified prawn
- Lettuce
- Salt
- Olive oil
- Pepper
- Regular croissant

Quantity

100g
100g
200g
25g
20g
15g
2g
25g
3g
50g
20g
10g
16 Pcs
100g
5g
20g
2g
4g



PREPARATION STEPS

1

Dice onion and slice chorizo, saute with olive oil until caramelized, add in garlic and halved cherry tomato saute for another 3 minutes.

2

Add tomato paste and cook for 3 minutes, add the seasoning with salt, sugar, chili flake, smoked paprika, chicken stock and lemon juice. Reduce the amount of 2/3 around 10-15 minutes until sauce texture. Add in green olive and coriander.

3

Season the prawn with salt and pepper, heat the pan with medium high heat, add olive oil and sear the prawn on both sides for around 1 min until golden brown, sprinkle with lemon juice at the last minute.

Can substitute with other certified seafood such as squid, mussel, or clams.

4

Slice the croissant into half vertically but don't cut through it, bake it in the oven for 1 minute, put slice lettuce and prawn on top, finish with chorizo tomato sauce on top.





Nutrition assessment

Vitamin C: Onion, Cherry Tomato, Coriander

Vitamin E: Green Olive

Vitamin A: Coriander

Vitamin B12: Prawn

Antioxidant: Green Olive

Lycopene: Cherry Tomato

High quality protein and low calorie : Prawn

Challenges and innovations

This dish is part of a food donation to Fuhong Society of Macau, designed to repurpose surplus croissants from breakfast service. The challenge lies in transforming perishable surplus into a new, appealing dish using certified prawns, guided by the principle of "reducing waste, reusing and recycling."

People behind the food

This dish extends the value chain through a workshop with Fuhong Society of Macau, where participants co-create the recipe and become part of the process. It emphasizes inclusion and community engagement as part of the food system, connecting people directly to preparation and shared experience. Beyond waste reduction, sustainability here includes care, dignity, and social connection within communities.





Recipe developed by
Ndagou Ndiaye

FONIO TEMAKI ROLL

Senegal



This recipe is a creative reinterpretation of a classic temaki roll, using fonio as a unique and nutritious alternative to traditional sushi rice. Fonio is an ancient West African grain that has been cultivated for centuries and remains deeply rooted in local food traditions and culinary practices. It is valued not only for its nutritional qualities but also for its role in community-based agriculture and traditional diets. By incorporating fonio into a contemporary format, this dish highlights how indigenous ingredients can be adapted and celebrated in modern cuisine. Combined with shrimp, mango, and cucumber, the roll offers a balanced mix of flavors and textures. The hibiscus sauce, adding a floral note while reinforcing the use of local ingredients in a new and creative way.

FONIO TEMAKI ROLL

Appetizer | **Serves 4**

Ingredients

- **Fonio**
- **Water for fonio**
- **Salt**
- **Honey**
- **Peeled shrimp**
- **Garlic**
- **Lemon juice**
- **Mangoes**
- **Cucumber**
- **Dried hibiscus petals**
- **Water for hibiscus sauce**
- **Black pepper**
- **Red pepper**
- **Oil**
- **Nori sheet**

Quantity

150g
 150ml
 ½ tsp
 1 tbsp
 500g
 3 cloves
 3 tsp
 1 ≈250 g
 1 ≈250 g
 1 cup
 150 ml
 ¼ tsp
 ¼ tsp
 2 tbsp
 4 sheets



PREPARATION STEPS

1

In a bowl, combine the fonio, salt and 100 ml water. Microwave for 12 minutes. Stir, add 50 ml more water and microwave for another 2 minutes. Let the fonio cool completely before assembling the rolls to prevent the nori from becoming soft or tearing.

2

Place the hibiscus and water in a pot over low heat. Simmer until slightly reduced and syrupy. Add honey and salt, then let cool completely.

3

Season the shrimp with garlic, salt, pepper and lemon juice. Sear in a hot pan for 2–3 minutes, then set aside.

4

Place a square nori sheet on a clean surface. Add a layer of fonio, followed by the shrimp, mango and cucumber in a line across the centre. Roll tightly and seal the edge with a small amount of water.

5

Serve with the bissap sauce or on the side.

For a vegetarian or vegan option, shrimp can be replaced with grilled tofu, mushrooms, or roasted vegetables

For individuals with seafood allergies, shrimp can be substituted with chicken or fish. The hibiscus sauce can be adjusted by reducing sugar or using natural sweeteners





Nutrition assessment

This dish contains fibers from fonio, protein from shrimp and vitamin C, vitamin A, natural sweetness and antioxidants from the mango.

Seasoning is kept moderate to avoid excessive sodium intake while preserving flavour balance. The use of mango and cucumber adds freshness and fruit diversity to the dish.

People behind the food

This recipe highlights a value chain rooted in local agriculture, where fonio is cultivated by smallholder farmers, often in rural communities where it represents both a staple food and an important source of income. Its production and processing are traditionally labor-intensive and rely heavily on local knowledge, particularly that of women, who are often involved in key post-harvest activities such as threshing, dehusking, and processing. By incorporating fonio into a modern dish, this recipe helps increase its visibility and value, while strengthening its connection to local food systems and contributing to greater recognition of the communities that sustain its production.



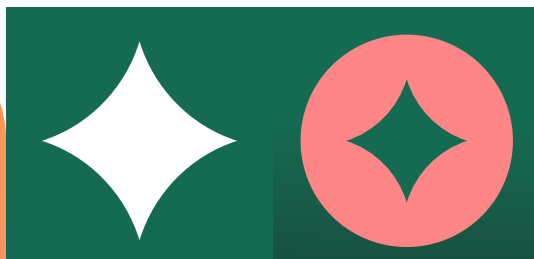
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Pine Ice Cream

Canada



Pine trees are an overlooked, yet delicious, ingredient in Canada. Everyone knows and loves the maple trees and their resulting sweet sap and syrup very well. Few consider birch or pine instead. This unique flavour makes a great ice cream. Skim milk powder is used here as an approach to be mindful of cost and sustainability, as well as being shelf-stable.



Pine Ice Cream

Dessert

Serves 4



Ingredients

- Water, boiling
- Pine Tea Leaves
- Ice Cream Stabilizer
- Skim Milk Powder
- Fat-Free Greek Yogurt
- Maple Syrup
- Pine Syrup (Mugolio Syrup)

Quantity

500g
10g
7g
90g
170g
150g
50g

This recipe is already gluten-free, vegetarian, egg-free and halal.

This recipe can be make vegan and dairy-free by substituting the yogurt for coconut milk and the skim milk powder for oat milk powder or soy milk powder.





PREPARATION STEPS

- 1 Steep the tea leaves in the boiling water for 15 minutes. Strain, reserving the liquid.
- 2 Whisk together the ice cream stabilizer and milk powder until smooth.
- 3 Whisk steeped tea, powder mix, yogurt and syrups together in a heavy-bottomed pot.
- 4 Bring mixture to a boil, stirring often.
- 5 Cool and chill until cold, approximately 2 hours.
- 6 Churn in an ice cream machine until cold.

Nutrition assessment

Though this recipe is high in sugar, it is a dessert. It is also high in protein and low in fat for a dessert option. It is a good source of Calcium, Vitamin D, and Vitamin B12. Pine syrup is known for its antioxidants, anti-inflammatory and immune-boosting properties.

Challenges and innovations

Pine syrup can be difficult to source – in this case pine needles, pine branch tips or spruce tips may be steeped into a simple syrup to help impart the flavour.

People behind the food

The Indigenous cultures of Turtle Island developed their own techniques for making Pine Syrup, from the cones, bark and needles of different varieties, and sometimes by making a hollow within a tree to collect sap. This would be gathered and used to create Pine Syrups with a sweet and caramel-like flavor. This syrup was utilized as a valued sweetener in beverages, as a glaze for meats and vegetables, as a natural remedy and in spiritual practices.