

FOODITY FLAVOURS



European recipes for a healthier
and more sustainable future



Funded by
the European Union

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We're proud to share this Recipe Book, which reflects the values and objectives of the FOODITY project. This work has been developed by our community with the goal of raising awareness of the importance of personal data sovereignty and to provide some FOODITY flavour in any cooking adventure.

On behalf of the FOODITY partners, thank you to those who contributed to this book and the many project activities that inspired it. Enjoy the recipes — and be mindful of your data!

Foreword



Samuel Almeida
FOODITY Coordinator

Citizens are a unique stakeholder in the food and nutrition value chain, acting as final consumers whose preferences and specific demands **can drive change**. Yet, the extent of this change can be limited by a lack of knowledge or information about food and nutrition consumption behaviours. Very often, this is linked to the **challenge of accessing and managing personal data**, which can provide valuable insights into these patterns and behaviours.

While citizens value the opportunity to access their personal data, it is often locked within the platforms or services they use, making it difficult to manage and limiting the possibility of making more informed choices. Therefore, **there is both a need and an opportunity to showcase food and nutrition-related platforms and services that respect personal data sovereignty** — meaning that individuals have control over how their personal data is collected, stored, and used, and that it remains protected under the laws and regulations of their country or region.

FOODITY believes that **personal data sovereignty can empower citizens to have greater control over their food and nutrition data**, providing them with valuable insights.

By promoting and supporting solutions that respect personal data sovereignty, the FOODITY project helps raise awareness and drive change towards more sustainable food systems.

This Recipe Book, curated by the FOODITY partners and close members of its community, reflects the mission and values of the project and its contributors: to showcase food and nutrition platforms and services that collect personal data, to raise awareness about personal data sovereignty, and to share recipes from across Europe that reflect diverse food cultures and more mindful approaches to eating, contributing to healthier and more sustainable food systems.

We share this Recipe Book with the entire FOODITY community — from startups and academia working on food and nutrition solutions, to producers and retailers who make food available, and to citizens who consume these goods — and beyond, all of whom have an opportunity to drive change in the food system.

Recipes

This Recipe Book brings together recipes from **12 European countries**, contributed by **28 members of the FOODITY community**.

These recipes celebrate the geographical and cultural diversity within our network, highlighting **Europe's rich culinary heritage** while reflecting **innovative, data-driven solutions** for healthier, more sustainable food systems.

The collection includes vegan, vegetarian, gluten-free, and dairy-free recipes, catering to diverse dietary preferences while promoting sustainability.



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Chilled Tomato Soup (Andalusian Gazpacho)



Servings 4

Preparation time 30 mins

Gazpacho is a classic cold soup from Andalusia in southern Spain, made from blended raw vegetables like tomato, cucumber, and pepper. It's especially popular in summer as a refreshing first course or drinkable snack during hot days.

Ingredients

6 ripe tomatoes

½ cucumber

½ green pepper

¼ onion

1 small zucchini (to replace bread)

3 tbsp extra virgin olive oil

1 tbsp vinegar

Salt to taste

Water to adjust texture



Preparation

- 1 Wash and roughly chop the vegetables
- 2 Blend all ingredients together until smooth
- 3 Add water to adjust texture, then chill before serving
- 4 Optionally decorate with chopped vegetables or dried tomato instead of ham



Tips

Traditionally, this recipe includes bread, but we replace it with zucchini for a lighter, more digestible version. Garnishing with dried tomatoes instead of cured ham makes it more suitable for oncology patients.



Cultural background

Gazpacho is an iconic dish in Andalusian cuisine, strongly linked to the hot climate and the region's agricultural heritage. It showcases the traditional Mediterranean diet and is widely known across Spain and beyond.

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I have chosen this dish because it is not only a symbol of Spain's gastronomic culture, but it is based on the values of the Mediterranean diet, selecting local and high-quality products, and it is supported by strong scientific evidence of its beneficial impact on people's health.

Contributor profile

María Carrasco Campoy

IBIONS

FOODITY innovator



Project

ONCONOURISH

ONCONOURISH aims to transform the way cancer patients manage their nutrition during treatment. By combining AI technology, scientific expertise, and patient-centred design, it provides personalised dietary support that empowers patients, complements hospital care, and addresses the real-world barriers to long-term dietary adherence.



Spinach & Feta Whole Grain Pie



Servings 4

Preparation time 60 mins

A lighter, wholegrain version of the classic Greek spanakopita, this savory pie is typically eaten for lunch or as a light dinner. It's high in fiber and rich in greens, adapted for more balanced nutrition.

Ingredients

Fresh spinach: 400 g

Leeks: 1 medium (sliced thin)

Spring onions: 2 (chopped)

Dill: 1 small bunch (chopped)

Feta cheese: 150 g (crumbled)

Whole Grain phyllo pastry: 4 sheets

Olive oil: 3 tbsp

Eggs: 2

Low-fat Greek yoghurt

Salt and pepper to taste

Preparation

- 1 Preheat oven to 180°C
- 2 Wash and chop spinach. Sauté with leeks, onions, and dill in 1 tbsp olive oil until wilted
- 3 Let the mixture cool, then mix in eggs, feta, yoghurt (optional), salt, and pepper
- 4 Lightly oil a baking dish and layer 2 sheets of phyllo, brushing with oil between layers
- 5 Add filling and top with the remaining phyllo sheets, again brushing with oil
- 6 Score the top, bake for ~35–40 minutes until golden brown. Let cool slightly before serving.



Tips

You can substitute spinach with a mix of wild greens like chard or nettles, depending on seasonal availability. For vegan versions, use tofu or plant-based feta and skip the egg.



Cultural background

This modern, health-conscious adaptation of the “spanakopita”, a staple in Greek households and often served during religious fasting periods, reflects the adaptation of Greek heritage cooking in modern dietary contexts across Europe.



This dish represents both a connection to Greek culinary tradition and the modern shift towards healthier and more sustainable eating habits.

It's a traditional recipe adapted with a contemporary twist, using digital platforms to refine ingredient choices and improve nutritional value. It reflects how heritage foods can evolve with the help of technology while staying rooted in cultural identity.

Promoting such dishes through digital tools can help make healthier meals more accessible and reduce food waste by using locally available ingredients.

Contributor profile

George Taxeidis

Jotis SA

Data4Food cluster partner



Project

SOSFood

The EU-funded SOSFood aims to support all stakeholders of the food chain to make well-informed decisions with a multi-factorial, multi-actor and multi-scale approach, enabling more productive, inclusive, sustainable and resilient food systems.



Baked Potato with Shrimp and Herb Quark

(Ofenkartoffel mit Krabben und Krauterquark)



Servings 4

Preparation time 30 mins

We are all familiar with baked potatoes, which are quick to prepare and extremely versatile, as there are no limits to the imagination when it comes to toppings or fillings. The Nordic version, with fresh North Sea prawns, pickled onions, radishes and a delicious herb quark. Easy and quick to prepare.

Ingredients

Ingredients for potatoes:

4 large potatoes (mainly waxy)
Coarse sea salt (e.g. from Hartkorn)
A bunch of radishes
5 tablespoons of white wine vinegar
A red onion
200 g of prawns

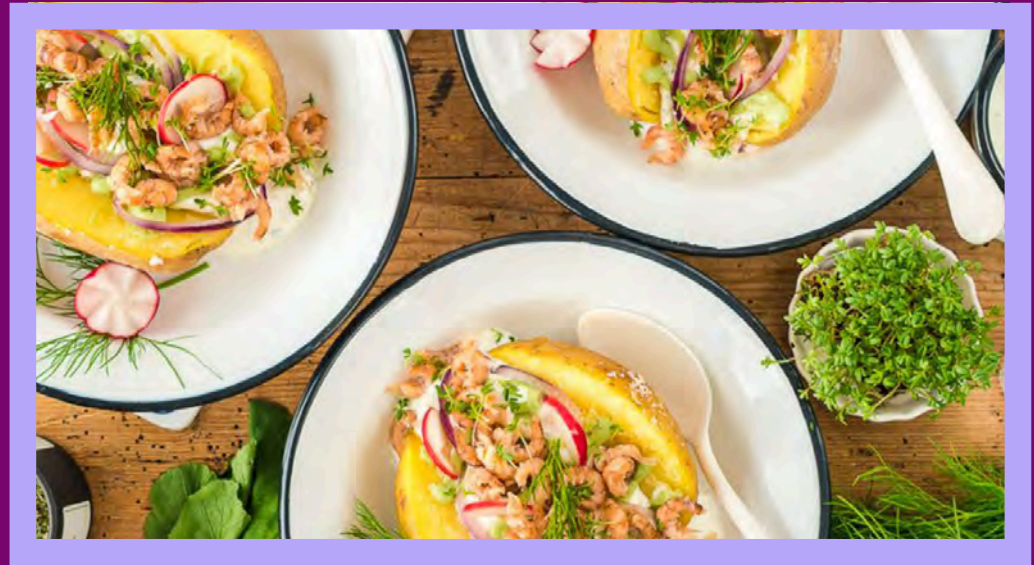
Ingredients for herb quark:

500 g of low-fat quark
3 tsp of herb quark seasoning



Tips

There are lots of toppings for jacket potatoes all over Europe. With sour cream and cheese, baked beans, tomatoes, spinach and feta... Just be creative!



Preparation

Preparation of potatoes:

- ① Wash the potatoes and place them in a pot of salted water. Cook for half an hour. Then drain the water and rinse the potatoes with cold water.
- ② Preheat the oven to 200 degrees (fan oven).
- ③ Wrap the potatoes in aluminium foil. Cook in the oven for 15 minutes.

Preparation of herb quark:

- ④ Mix the quark with the herb quark seasoning and leave to stand for 10 minutes.

Further preparation:

- ⑤ Slice the radishes and marinate them in vinegar for at least 30 minutes.
- ⑥ Peel the onion and cut it into rings. Bring 250 ml of water to the boil and pour it over the onions. Leave to soak for 30 minutes.
- ⑦ Serve everything together with the herb quark and prawns with the potatoes.



Cultural background

Jacket potatoes, also known as baked potatoes, originate from South America, specifically Peru. The Inca Indians in Peru were the first to cultivate potatoes. When the Spanish conquistadors conquered Peru, they brought the potato to Europe.



Do not underestimate the humble potato! Coming from the North of Germany, which typically promotes simple dishes, dairy, and fish/seafood, this recipe is one of the lesser-known ones from Germany.

Who thought that not all Germans eat “Eisbein mit Sauerkraut”?

Contributor profile

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Wageningen Social and Economic Research

DRG4Food innovator



Project

Cacao-Tech

Cacao-Tech improves cacao quality, introduces tracking/tracing system and valorises additional products from cacao pods, while reducing waste.



Greek Spinach Pie

(Spanakopita)



Servings 6

Preparation time 90 mins

Spanakopita is a traditional Greek savoury pie made of layers of thin phyllo pastry filled with a mixture of spinach (or other leafy greens), feta cheese, onions (or scallions), eggs, and herbs such as dill or parsley. It's enjoyed year-round — as a quick snack, light lunch, or appetiser. You'll find it at family breakfasts, picnics, bakery counters, and festive gatherings like Easter and name-day celebrations.

Ingredients

1000 g of fresh spinach leaves (or about 900 g of well-drained frozen spinach)

200 g of crumbled feta cheese (or a mixture of goat cheese plus 50 g ricotta)

One large onion (≈150 g)

Finely chopped (or 3 sliced scallions)

2 large eggs (≈120 g total)

15 g (4 tbsp) of chopped fresh dill (or 7g dried)

45 ml (3 tbsp) olive oil (or melted butter)

A pinch of salt (≈1 tsp)

½ tsp of ground black pepper

8–10 sheets of phyllo pastry (or puff pastry/yufka)

Extra 30–45 ml (2–3 tbsp) of olive oil or butter for brushing

If you like, finish with 15 ml (1 Tbsp) of lemon juice for brightness"



Tips

Greens: Swap spinach for chard, beet greens or wild nettles — wilt and drain.

Cheese: Use ricotta and yoghurt or soft goat cheese if feta isn't available.

Herbs: Try parsley or mint in place of dill.

Vegan/gluten-free: Swap feta/eggs for tofu "ricotta" and use gluten-free phyllo or oiled rice wrappers.

Festive/seasonal: Add spring onions for Easter, or mushrooms/pumpkin in autumn.

Portions: Bake in muffin tins for individual servings.



Preparation

- 1 Preheat your oven to 180 °C (350 °F).
- 2 Prepare the spinach: If using fresh spinach, wash thoroughly, remove tough stems, and chop roughly. If using frozen, thaw and squeeze out excess water.
- 3 Sauté aromatics: Heat 3 Tbsp olive oil in a large pan over medium heat. Add the chopped onion (or scallions) and cook until soft, about 4 minutes.
- 4 Wilt the greens: Add the chopped spinach in batches, stirring until just wilted. Season with 1 tsp salt and ½ tsp black pepper. Remove from heat and let cool for 5 minutes.
- 5 Mix the filling: In a bowl, combine the cooled spinach-onion mixture, 200 g crumbled feta, 2 beaten eggs, and 15 g chopped dill (or 7 g dried). Stir until evenly blended.
- 6 Assemble the pie: Brush a 20 × 30 cm (8 × 12 in) baking dish with 1 Tbsp olive oil. Lay 4–5 sheets of phyllo, brushing each lightly with oil or butter. Spread the spinach-feta filling in an even layer. Top with the remaining 4–5 phyllo sheets, again brushing each layer.
- 7 Score and brush: Use a sharp knife to score the top layers into triangles or squares. Brush with the remaining 1–2 Tbsp oil or butter.
- 8 Bake: bake for 30–35 minutes, until golden-brown and crisp.
- 9 Rest and serve: Let the pie rest 5–10 minutes before slicing along the scored lines. (Optional) Drizzle with 1 Tbsp lemon juice for extra brightness.



Cultural background

Spanakopita originated in Ottoman-era Greece as a simple farmer's pie, and as Greeks emigrated — especially to the United States, Australia and Germany — it travelled with them. In Chicago and New York, Greek bakeries layer the filling into sturdy puff-pastry shells to suit local tastes and ovens; in Melbourne, migrant families often fold smaller “hand pies” for school lunches; and in Thessaloniki's Turkish quarter, you'll find versions spiced with a hint of Aleppo pepper. Each adaptation reflects how a dish rooted in one land can evolve through the rhythms and ingredients of another.



I first tried making spanakopita in my tiny student kitchen in Thessaloniki, following a recipe I found on a local food blog. I remember balancing my cutting board on a stool, chopping bright green spinach and mixing it with creamy feta, dill, and a squeeze of lemon.

Laying each sheet of phyllo in my snug baking tin taught me that simple spaces and humble tools can still produce something special — and that cooking is as much about sharing moments with friends as it is about ingredients.

Contributor profile

Manos Lekakis

bSpoke

FOODITY innovator



Project

Ecotrace

The EcoTrace app combines personalised nutrition guidance with real-time carbon-footprint metrics and immutable supply-chain traceability.



Pesto or Pesto alla Genovese



Servings 4

Preparation time 30 mins

Pesto is an Italian sauce made with basil leaves, crushed garlic, pine nuts, olive oil, salt, and grated hard cheese such as Parmesan and pecorino sardo. The pesto sauce is best enjoyed at a cold medium temperature on pasta or gnocchi.

Ingredients

For 260 g of pesto

Basil: 70 g

Extra virgin olive oil: 70 g

Parmigiano Reggiano PDO cheese: 50 g

Sardinian pecorino cheese: 30 g

Pine nuts: 35 g

1 Garlic clove

Salt: 3 g

Preparation

- 1 Rinse the basil leaves in water
- 2 In a blender, combine the clean and dried basil leaves, pine nuts, Parmesan, Pecorino Romano, salt, and garlic
- 3 Blend for about 1 minute and drizzle in the olive oil
- 4 Blend again for 2 minutes
- 5 Chill your pesto for at least 1 hour in the refrigerator before serving, adding a little more olive oil



Tips

If you cannot find Sardinian pecorino cheese 30g, add the same quantity of Parmigiano Reggiano PDO cheese.



Cultural background

Pesto alla Genovese comes from Liguria, the region in northern Italy where Genoa is located. It is a delicious green sauce made of basil, a lovely plant that is known to be flourishing in Mediterranean climates and in particular in the beautiful stunning coastal views of the Liguria region of Italy.



Pesto, a traditional Ligurian sauce, is not just a healthy choice, but also a delicious one. It's rich in health benefits, such as lowering cholesterol (from olive oil), reducing inflammation (from olive oil and basil), and being a source of antioxidants and flavonoids (from basil) as well as vitamins B12 and E, and magnesium (from pine nuts and cheese).

Contributor profile

Alessandra Bagnato

Softeam

Softeam is the consulting and services brand of Docaposte. In FOODITY, it is in charge of developing and managing the infrastructure to easily and effectively publish the datasets produced by the FOODITY pilots into the European Open Science Cloud (EOSC) and of infrastructure to host the FOODITY data lake.

FOODITY partner

Projects

FOODITY & SOSFOOD



Lentils (as an appetiser)



Servings 4

Preparation time 30 mins

It can be served as a cold salad, a flavorful appetizer, or even enjoyed as a light lunch dish.

Ingredients

300 g of red lentils

200 g of brown rice

1 bunch of parsley – 55 g

4-5 pickled peppers

4-5 pickled cucumber (Armenian cucumber)

Himalayan salt, balsamic vinegar, oregano, to taste

Preparation

- 1 Clean and wash the lentils, and leave them in cold water to stand overnight.
- 2 Wash the rice, and finely chop the parsley
- 3 Cut the pickles and peppers into cubes
- 4 Pour the lentils into a fine-mesh colander and rinse under running water, then dump the lentils into a medium saucepan
- 5 Add the water and bring the mixture to a boil over medium-high heat
- 6 Reduce the heat to maintain a gentle simmer and cook, seasoning with salt and stirring occasionally, until the lentils are tender, for about 25 to 35 minutes
- 7 Drain the lentils and return them to the pot to cool for about 5 mins
- 8 Cook the rice in salted water until it is completely soft
- 9 Combine the rice with red lentils, add peppers and pickles, spices and mix everything well



Tips

Other types of lentils can also be used. Fresh cucumber and/or cherry tomatoes could be added, as well as some lemon or other kind of citrus fruits to add freshness.



Cultural background

Lentils, a key ingredient in this recipe, are also a cornerstone of the Mediterranean diet, celebrated for their nutritional value, affordability, and versatility. They can be served as a cold salad, a flavorful appetizer, or a light lunch, making them an excellent choice for healthy and flexible eating.



This recipe invites us to discover underutilised and forgotten species and crops, using humble ingredients to create healthy, delicious meals while supporting agrobiodiversity. It demonstrates how a simple, plant-based dish can be an entry point toward rebuilding agrobiodiversity, supporting local farmers, and nourishing communities in a truly sustainable way.

It is a plant-based, protein-rich, and fiber-filled dish — supporting a balanced, health-promoting diet. The inclusion of legumes contributes to slower digestion and steadier blood sugar, while it also promotes crop biodiversity and helps reverse a century of biodiversity loss in agriculture.

This recipe isn't just tasty — it demonstrates how consumer demand drives agricultural diversification.

Contributor profile

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Project

3FAIR

3 FAIR (Fair Data, Fair Food, Fair Network), is committed to empowering fair-trade and solidarity producers and consumers with digital tools that foster sustainability.



Fermented Cabbage (Sauerkraut)



Servings 4

Preparation time 30 mins

Sauerkraut is a traditional German dish made from fermented cabbage, known for its tangy flavor and probiotic benefits. It is typically enjoyed as a side dish during winter months and festive occasions, such as Christmas and New Year's, accompanying hearty meals like sausages, potatoes, or roasted meats.

Ingredients

1 white cabbage (~1 kg)

15 g of salt (per kg of cabbage)

1 tsp of caraway seeds (optional)

1 bay leaf per jar

Optional: Salt brine (5 g of salt dissolved in 200 ml of water)

Preparation

- 1 Preparation of cabbage: Wash and dry the white cabbage, removing the outer leaves. Cut the cabbage into quarters, remove the core, and finely slice or shred the cabbage
- 2 Sterilising containers: Sterilise two large mason jars (1.2 L each) by rinsing with boiling water and letting them air dry
- 3 Salting and kneading: Place the shredded cabbage in a large bowl. Add salt (15 g per kg) and knead vigorously for 5-10 minutes until the cabbage releases its juices. Mix in caraway seeds if desired
- 4 Packing the jars: Divide the cabbage evenly into the jars, pressing it down firmly with a spoon or tamper to remove air pockets. Ensure the cabbage is submerged in its juices, adding salt brine if necessary. Place one bay leaf in each jar
- 5 Covering and weighting: Cover the jars with plastic wrap and weigh the cabbage down with a clean weight (e.g., a smaller jar or sterilised stone) to keep it submerged. Ensure the cabbage remains under liquid throughout fermentation
- 6 Fermentation: Seal the jars loosely or use fermentation lids with vents. Place the jars in a tray to catch any overflow and store in a cool, dark place (around 18°C). Allow to ferment for at least 7 days



- 7 Completion: After 7 days, the Sauerkraut will be mildly tangy. For a stronger flavor, leave it to ferment for up to 8 weeks. Once ready, store in the refrigerator and enjoy.



Tips

Regional twists: Across Europe, variations of fermented vegetables are common. You can incorporate grated carrots or beets for added color and nutrients, reflecting local produce availability.

Festive preparation: Sauerkraut is often prepared in larger batches for Christmas or New Year's feasts in Germany and Eastern Europe, symbolising prosperity and good fortune.

Fermentation duration: Shorten the fermentation to 3-5 days for a milder taste or extend it to 6-8 weeks for a deeply tangy and robust flavor, depending on personal preference and occasion.



Cultural background

This Sauerkraut recipe has been passed down through generations in Germany as a staple of traditional winter diets, valued for its simplicity, preservation, and nutritional benefits. Fermentation aligns with sustainable food practices, minimizing waste and enhancing gut health.



The simplicity of this recipe — relying solely on cabbage, salt, and time — reflects sustainable practices and respect for natural resources.

Fermentation not only preserves food and minimises waste but also enhances nutrition by creating probiotics that support gut health.

This dish is a powerful reminder of how traditional methods can inspire modern, sustainable food systems, encouraging the use of local ingredients and promoting healthier eating habits.

Contributor profile

Kai Michael Hermesen

twinds Foundation

The twinds Foundation is developing an open-source toolkit to enable developers of mobile or web apps to employ a self-sovereign identity and data privacy framework that can rebuild trust in digital services, by providing greater transparency, decentralised control and balancing privacy and data use.

FOODITY's sister project

Project

DRG4FOOD

DRG4FOOD paves the way for a trusted, data-driven food system that places consumer rights and digital responsibility at its core. It aims to set new standards by taking orientation in the European Digital Rights and Principles and the Digital Responsibility Goals.



Bulgarian Pitka with Goat Cheese



Servings 4

Preparation time 120 mins

Ingredients

500 g of all-purpose flour

200 ml of lukewarm milk (you can use goat milk for extra flavour and health benefits)

2 eggs (1 for the dough, 1 for brushing)

7 g of dry yeast (or 20 g of fresh yeast)

1 tsp of sugar

1 tsp of salt

3 tbsp of sunflower oil or olive oil

150 g of goat cheese (preferably A2 type from Kubratsko Goat Milk)"

Preparation

- 1 **Prepare the yeast:** In a small bowl, mix the lukewarm milk with the sugar and yeast. Let it sit for 5-10 minutes until it becomes foamy
- 2 **Make the dough:** In a large bowl, combine the flour and salt. Add the yeast mixture, one egg, and the oil. Knead into a soft, elastic dough. If needed, add a little more flour or milk to get the right consistency
- 3 **Let it rise:** Cover the dough with a towel and let it rise in a warm place for about 1 hour, or until doubled in size
- 4 **Shape the pitka:** Divide the dough into small balls. Flatten each ball, place a small piece of goat cheese inside, and shape it back into a ball. Arrange them in a greased round baking dish, placing them close together like flower petals
Final rise: Cover again and let rise for another 20-30 minutes
- 5 **Bake:** Preheat the oven to 180°C (350°F). Beat the second egg and brush the top of the pitka. You can sprinkle sesame seeds if desired.
Bake for about 30-35 minutes, or until golden brown and cooked through.
- 6 **Serve:** Let it cool slightly and enjoy warm — perfect for breakfast, with soup, or as a snack.



Tips

Using goat cheese from A2 milk adds a healthier twist — it's easier to digest, rich in calcium, and brings a delicate, slightly tangy flavour that perfectly complements the fluffy bread.



Cultural background

The Central and Eastern Europe (CEE) region has a long history of preparing homemade bread. In Bulgaria, bread holds a central place on every table, symbolising not only a staple food but also the cultural heritage that connects us to the past and the traditions of our ancestors. Among the most important types of bread in Bulgarian cuisine are the traditional “pitka” and “pogacha.” These delicious culinary creations are an integral part of festive rituals and family gatherings that bring together family and friends around the table.



Pitka holds a special place in Bulgarian culture and in my family’s traditions. It is more than just bread — it symbolises hospitality, unity, and celebration.

Every time we prepare pitka, especially for holidays and family gatherings, it brings people together around the table, reinforcing our connection to our heritage and to each other.

From a sustainability perspective, pitka represents the value of simple, local ingredients — flour, yeast, water, and natural seasonings — showcasing how traditional recipes can support healthier eating with minimal processing and waste.

By honouring such recipes and encouraging their use, we promote food systems that rely on local farming and seasonal production, reducing the carbon footprint compared to industrially processed foods.

Contributor profile

Maria Hristova

Agriventures

FOODITY innovator



Project

SEBP

SEBP (Sustainable Employee Benefits Platform) enables responsible companies to offer sustainable products from local producers as benefits to their employees, thereby supporting sustainable producers and enhancing their CSR efforts.



Black-Eyed Pea Salad



Servings 4

Preparation time 60 mins

It's a type of salad. It's rich in fibre and keeps you feeling full. It can be consumed as a main course or as a side dish.

Ingredients

1 cup of dried black-eyed peas

1 capia pepper

3-4 pickled cucumbers

2-3 sprigs of spring onion

Half a bunch of parsley

Half a bunch of dill

1 teacup of boiled corn

1/2 teaspoon of salt

4 tablespoons of olive oil

3 tablespoons of lemon juice

1 tablespoon of pomegranate molasses

Preparation

- 1 Boil the dried black-eyed peas. Once cooked, set aside and cool
- 2 For the sauce, combine the pomegranate molasses, salt, olive oil, and lemon juice in a bowl
- 3 Slice the greens, capia pepper, and pickles
- 4 Add the boiled corn
- 5 Mix all the ingredients



Tips

Most of the ingredients are readily available. However, the greens used can be varied. For example, lettuce can be used instead of parsley and dill. Cucumbers or tomatoes can be used instead of pickled cucumbers.



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Black-eyed peas, grown primarily in the Aegean and Mediterranean regions of Turkey, are rich in iron, zinc, manganese, and protein. When combined with other vegetables in a black-eyed pea salad, they become quite rich in fibre. They are a good source for vegans and vegetarians, and are a widely consumed salad in our country.

Contributor profile

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FOODITY community

Project

PRIMA Switch to Healthy

SWITCHtoHEALTHY aims to generate a dietary behaviour change in the direction of a greater adherence to the Mediterranean food model.



Codfish **Vicenza-Style** (Baccalà alla Vicentina)



Servings 6

Preparation time +120 mins

Baccalà alla Vicentina is made with stockfish (air-dried cod) slowly cooked with onions, milk, anchovies, and olive oil, typically served with polenta. It is usually eaten as a main course, especially during festive occasions, family gatherings, or local food festivals. While once associated with Fridays or Lent, when meat was traditionally avoided, today it is enjoyed year-round as a symbol of Veneto's culinary heritage.

Ingredients

800 g of soaked stockfish

300 g of white onions (about two large)

6 anchovy fillets in oil (about 30 g)

100 g of plain flour

500 ml of whole milk

200–250 ml of extra virgin olive oil

Add 20 g of chopped fresh parsley, 1 teaspoon of salt, and ½ teaspoon of black pepper

Serve with 300 g of polenta as a traditional accompaniment

Preparation

- 1 Start by preparing the stockfish, which must be soaked in cold water for 2–3 days, changing the water at least twice a day. Once softened, remove the skin and bones, then cut the fish into evenly sized pieces, around 5–6 cm long. If you are using pre-soaked salt cod, follow the same process, ensuring the fish is well-desalted and cleaned.
- 2 Next, peel and thinly slice the onions. In a large pan, gently sauté them over low heat in a few tablespoons of extra virgin olive oil until they become soft and translucent (this may take about 15 minutes). Add the chopped anchovies and stir until they dissolve into the onion mixture. Then add the chopped parsley, and season lightly with salt and pepper.
- 3 Lightly dust the pieces of fish in flour, shaking off the excess. In a large, heavy-bottomed pot (preferably terracotta or cast iron), spread a layer of the onion mixture on the bottom. Add a layer of floured fish, then continue alternating layers of onions and fish until all ingredients are used.



- 4 Pour in the milk and then add enough olive oil (about 200–250 ml) so that the fish is almost completely covered. If desired, sprinkle in the grated Grana Padano or Parmesan for a richer sauce.
- 5 Cook the dish over very low heat, uncovered, for about 4 hours. Do not stir the fish directly, as it may break apart. Instead, gently shake the pot occasionally to prevent sticking and ensure even cooking. The sauce will gradually thicken and become creamy as the flavours meld.
- 6 Once ready, let the dish rest for a few minutes. Serve hot with freshly made polenta, either soft or grilled, to soak up the flavorful sauce. Enjoy this traditional Venetian meal as a nourishing and culturally rich experience.



Tips

If stockfish is hard to find, you can substitute it with salt cod, but be sure to soak it well to remove excess salt. For a quicker version, frozen salted cod can also work, though it may alter the texture slightly.

To keep the dish gluten-free, replace the wheat flour used for dredging the fish with rice flour or corn flour.

Baccalà alla Vicentina pairs beautifully with soft or grilled polenta, which is widely available across Europe. In some places, mashed potatoes or crusty bread can be used as alternatives.



Baccalà alla Vicentina originates from the Veneto region in northeastern Italy, specifically from the province of Vicenza. Its roots trace back to the time of the Venetian Republic, when stockfish was imported from Northern Europe through Venice's extensive maritime trade routes. This preserved fish became a staple ingredient in inland areas, far from the sea, where fresh fish was scarce. Over the centuries, the recipe evolved into a unique slow-cooked dish, combining local ingredients such as onions, milk, and olive oil, which reflects both the region's trading history and rural culinary traditions.



Baccalà alla Vicentina is a traditional dish from the Veneto region, closely tied to the cultural identity of our consortium based in Padova. It reflects a historical connection between Northern Europe and the Mediterranean through the use of stockfish, a preserved and sustainable source of protein.

The dish embodies the values of simplicity, minimal food waste, and the use of seasonal, locally sourced ingredients, such as onions, olive oil, and polenta. Its slow cooking method encourages mindful eating and appreciation of heritage.

By promoting preserved foods and regional traditions it supports a healthier and more sustainable food system in line with EU values.

Contributor profile

Luca Pajola

Spritz Matter

FOODITY innovator



Project

REDUCE

At Behavix, a consortium partner, they are developing an innovative solution to reduce food waste from leftovers in canteens by placing user data at the core of the process.

We prioritise data sovereignty by ensuring that all user information is fully protected and managed in strict compliance with GDPR. This approach empowers users with control over their personal data while enabling more effective and responsible food waste reduction strategies.



Cabbage Rolls (Sarma)



Servings 4

Preparation time +120 mins

Traditionally, sarma is cooked for hours, sometimes overnight — letting the flavours of minced meat, rice, smoked meat, and fermented cabbage blend into something deeply nourishing. The preparation itself is a communal act. The tingling touch of cabbage leaves, the careful rolling of each piece, the laughter around the kitchen table — it's a dish that brings generations together.

In the past, sarma was often made in a small, detached kitchen house (letnjakovac), separate from the main home. Not because it was unwelcome, but because its powerful aroma would fill every corner of the house for days. It was a proud scent — bold and unforgettable — but intense!

Nowadays, many people use slow cookers or modern ovens to prepare it, adapting this age-old meal to busy urban lives, yet the soul of sarma remains unchanged. It's a perfect example of how traditional foods can evolve without losing their roots.

Ingredients

Sour cabbage leaves (whole fermented cabbage head) – approx. 1 medium head (or 10–12 leaves)

(Alternative: If unavailable, use pickled cabbage leaves or blanch fresh cabbage leaves in salted water and add vinegar to the filling)

Minced meat (mixed pork and beef) – 500 g (Alternative: Only beef or a plant-based meat substitute can be used)

Rice (uncooked) – 100 g (approx. ½ cup)

Onion (finely chopped) – 1 medium (approx. 100 g)

Garlic (minced) – 2 cloves

Smoked meat (e.g. ribs, bacon, or sausage, optional for layering and aroma) – 200 g (Optional – for vegetarian versions, omit or replace with smoked paprika)

Paprika powder (sweet) – 1 tablespoon

Salt – 1 teaspoon (adjust to taste)

Black pepper – ½ teaspoon

Sunflower oil or lard (usually used) – 2 tablespoons (for sautéing)

Water (for cooking) – approx. 500–700 ml



Preparation

- 1 Prepare the sour cabbage leaves: Gently remove leaves from the sour cabbage head, rinse if overly salty or sour, and trim the thick stem part to make them easier to roll
- 2 Prepare the filling: In a bowl, mix minced meat, rice, finely chopped onion, minced garlic, paprika powder, salt, and pepper
- 3 Fill and roll: Place 1–2 tablespoons of the filling on each cabbage leaf, then roll tightly and tuck in the sides to prevent the filling from spilling
- 4 Layer in the pot: Line the bottom of a deep pot with leftover or torn cabbage leaves. Arrange sarma rolls seam-side down in tight layers. Add smoked meat in between layers if using
- 5 Add liquid and seasoning: Pour water to cover the rolls, and add salt or more paprika if necessary
- 6 Cook slowly: Cover with a plate or cabbage leaves to keep rolls submerged. Simmer on low heat for 3 to 6 hours (or overnight in a slow cooker) until fully tender and the flavours are infused
- 7 Serve: Sarma is best the next day. Serve warm with bread."creamy as the flavours meld



Tips

Ingredient substitutions:

If sour cabbage is unavailable, use fresh cabbage leaves softened in boiling water and add vinegar to the filling for tang. Smoked paprika or liquid smoke can replace smoked meat for vegetarian or plant-based versions. Meat can be replaced with lentils, mushrooms, or plant-based mince. Add tomato purée if desired. It can be served with mashed potatoes or sour cream.

Sarma is traditionally made in winter, especially for holidays like Christmas and Orthodox New Year in the Balkans. It's often prepared in large quantities for family gatherings.

Sarma tastes even better after a day or two. It freezes well, making it a great dish for meal prepping and reducing food waste.



SERBIA

Cultural background

Sarma originates from the Ottoman Empire and spread throughout the Balkans and Central/Eastern Europe. In Serbia, it is deeply embedded in national culinary identity — no winter passes without it. While originally adapted from Turkish cuisine, each country has its own take.



In Serbia, sour cabbage is essential. Serbian diaspora has brought sarma to many European countries, where it continues to evolve — now with plant-based versions and new cooking technologies.

Contributor profile

Milica Velimirovic

InoSens

InoSens is an innovation-driven boutique consultancy specialising in delivering innovative, scalable technology solutions and business services for diverse European value chains.

FOODITY's sister project

Project

DRG4FOOD



Beans and Cod Salad (Empedrat)

Servings 4

Preparation time 30 mins

It's like a salad made with pulses, specifically, the recipe uses white beans. It is usually eaten for lunch, especially in spring and summer time, but it can be eaten all year round.

Ingredients

½ kg salted cod

600 g of boiled white beans

4 peeled and diced tomatoes

2 hard-boiled eggs, chopped

1 dried onion, sliced into thin strips

Black olives, pitted and sliced (to taste)

Extra virgin olive oil (to taste)

Pepper (to taste)

Salt (to taste)

Preparation

- 1 Soak the salted cod in plenty of water for 24 hours before preparing the dish. Change the water approximately every 8 hours.
- 2 Drain the cod and shred it into small pieces using your fingers.
- 3 Gently mix it with the onion, olives, white beans, tomatoes, and hard-boiled eggs.
- 4 Season with olive oil, salt, and pepper.
- 5 Serve in a deep plate.





Tips

You can add chopped red or green pepper.

It can be seasoned with vinegar.

You can use fresh onion instead of dried onion.

You can use desalted and shredded cod.



SPAIN

Cultural background

It originated in Catalonia and it's mainly eaten there.



It's a traditional recipe that already appeared in the oldest Catalan cookbooks and is still very relevant today. Its main ingredient is the bean — a plant-based source of protein and one of the most environmentally sustainable crops.

Contributor profile

Fabiola Juárez Muriel

Fundació Alícia

FOODITY innovator



Project

DIAITA

DIAITA uses open data to help people with colon cancer treatment manage their diet according to their needs, but from a sustainable and cultural point of view.



Sagne Pasta with Chickpeas (Sagne e Ceci)



Servings 4

Preparation time 30 mins

Sagne e ceci (Sagne Pasta with Chickpeas) is much more than a simple recipe — it tells the story of rural culinary traditions from Abruzzo and southern Marche, built on a few humble ingredients full of meaning. Sagne, a handmade pasta made with just flour and water, was traditionally prepared on bread-making days and served with chickpeas, slow-cooked with care and deep respect for the rhythms of the land.

Ingredients

250 g of short-cut pasta (e.g. broken tagliatelle, ditalini, or any leftover pasta)

250 g of dried chickpeas (or 500 g of cooked chickpeas)

1 clove garlic

3 tablespoons extra virgin olive oil

1 sprig rosemary

Salt, to taste

Black pepper, to taste

A pinch of chilli flakes (optional)

Ingredients for homemade vegetable stock paste

400 g of fine sea salt

250 g of organic seasonal vegetable scraps (e.g. carrot peels, celery tops, fennel leaves, etc.)

2 garlic cloves

100 g of fresh aromatic herbs (e.g. parsley, rosemary, thyme, sage)

250 g of onion scraps (e.g. skins, tops, outer layers)



Tips

It is usually prepared in autumn and winter, when a warm and nourishing meal is especially appreciated.

Preparation

- 1 If you're using dried chickpeas, soak them in plenty of water for at least 12 hours before cooking.
- 2 Cook the chickpeas in fresh water, without adding salt, for about 1.5 hours, until they are tender. Do not discard the cooking water — you will use it as the base for the broth.
- 3 Prepare the broth: add the previously made vegetable stock paste to the chickpea cooking water and let it simmer for at least 30 minutes. Strain and set aside.
- 4 In a pot, sauté the garlic and rosemary in extra virgin olive oil. Add the chickpeas and a ladle of broth, and let them simmer for a few minutes. Adjust with salt and pepper, and add chilli flakes if desired. Add all the broth and more water if needed, then add the pasta.
- 5 Once cooked, transfer the pasta directly into the pan with the chickpeas and mix well.
- 6 Serve hot, drizzled with extra virgin olive oil and a grind of black pepper. If you'd like, add some stale bread on the side or into the soup.

Homemade vegetable stock paste:

- 7 Cut 250 g of vegetable scraps and 100 g of fresh herbs into pieces. Add 250 g of chopped onions and place everything in a food processor to finely blend. Add 400 g of salt and mix well.
- 8 Drain the mixture using a fine mesh strainer to remove the excess liquid. Transfer the paste into a jar — your homemade stock paste is ready.

It can last up to one year if stored in the refrigerator.



Cultural background

While sagne and chickpeas is a traditional dish from central Italy — particularly from Abruzzo, Molise, and southern Marche — its core ingredients and values are shared across many food cultures. Made with handmade pasta and chickpeas, it comes from a rural tradition of cooking with what's available, wasting nothing, and creating something hearty and nourishing with minimal means. Similar dishes can be found in other parts of the Mediterranean and the Middle East: chickpeas cooked with fresh pasta in Greece (revithia me hilopites), Turkey (nohutlu erişte), and legume-based stews in Lebanon and Spain. These versions may vary in preparation, spices, or types of pasta, but the spirit is the same — simple, plant-based, filling, and communal.



This dish has its roots in the humble, rural cuisine of southern Marche and Abruzzo, where sagne — a simple handmade pasta made with just flour and water — are paired with chickpeas to create a hearty, nutritious, and sustainable meal. Originally born as a no-waste recipe in farming households, it remains incredibly relevant today — especially with the help of digital tools.

We rediscovered sagne and chickpeas thanks to Svuotafrigo, an app that suggests recipes based on what you already have at home. Looking for a way to use up some dried chickpeas and leftover short pasta, we came across this traditional dish that brings together flavour, memory, and a no-waste approach.

Contributor profile

Alessandro Chelli

Trusty Società Benefit srl

FOODITY innovator



Project

Trace-IT

Trusty, in collaboration with the University of Bari, is developing Trace-IT, a project selected among the winners of FOODITY's Open Call 2. Our aim is to build a data-driven solution that enhances traceability and sustainability in agri-food supply chains, in line with key European regulations such as the EU Deforestation Regulation (EUDR) and the Corporate Sustainability Due Diligence Directive (CSDDD).



Dumpling (Manti)

Servings 4

Preparation time 90 mins

Manti is a traditional Greek dumpling dish filled with spiced minced meat, brought by Pontic and Asia Minor Greeks. The dumplings are usually boiled or steamed and served with yoghurt-garlic sauce and melted spiced butter.

It's typically eaten as a main course, especially during family gatherings, holidays, or cultural celebrations, and is known for its comforting, hearty flavors.

Ingredients

For the dough:

All-purpose flour – 300 g

Water – 120 ml

Egg – 1 large

Salt – ½ tsp

Olive oil – 1 tbsp (optional, for a softer dough)

For the filling:

Ground beef or lamb – 200 g

(Alternative: ground chicken or plant-based mince)

Onion (finely grated) – 1 small

Salt – ½ tsp / Black pepper – ¼ tsp

Dried mint – 1 tsp (optional, for Pontic-style flavor)

Ground cumin or paprika – ½ tsp (optional)

For the sauce:

Greek yoghurt – 250 g

Garlic (minced) – 1 clove

Salt – a pinch

For the butter drizzle:

Butter – 2 tbsp (about 30 g)

Paprika or chilli flakes – ½ tsp



Preparation

- 1 Make the dough: Mix 300 g of flour, ½ tsp of salt, 1 egg, 120 ml of water, and 1 tbsp of olive oil. Knead until smooth. Cover and rest for 30 minutes.
- 2 Make the filling: Mix 200 g of ground meat, 1 small grated onion, ½ tsp of salt, ¼ tsp of pepper, and 1 tsp of dried mint.
- 3 Roll the dough: Roll the dough thin on a floured surface.
- 4 Cut and fill: Cut dough into small squares (about 4 cm). Put a little meat filling on each square.
- 5 Fold the manti: Fold squares into triangles and press edges to seal.
- 6 Cook: Boil in salted water for 10-15 minutes until they float.
- 7 Make the sauce: Mix 250 g of yoghurt with 1 crushed garlic clove and a pinch of salt.
- 8 Make butter sauce: Melt 2 tbsp of butter with ½ tsp of paprika.
- 9 Serve: Put manti on a plate, pour yoghurt sauce over, then drizzle butter on top.



Tips

Vegetarian version: Replace meat with lentils, mushrooms, or mashed chickpeas.

Vegan version: Use plant-based dough (no egg), vegan yoghurt, and dairy-free butter.

Gluten-free version: Use gluten-free flour mix, though dough texture may vary.



GREECE

Cultural background

Manti comes from Central Asia and Turkey. Pontic Greeks and Asia Minor Greeks brought it to Greece when they moved there long ago. They changed the recipe a little, using local ingredients.

Now, manti is a special dish for these communities in Greece and shows how food changes and stays alive through migration.



Manti is special to me because it reminds me of my grandmother and our Pontic Greek roots. Dishes like manti help shift our diets toward more plant-based meals with mindful meat consumption.

Contributor profile

Kyriakos Kalpakoglou

CERTH

The Centre for Research and Technology-Hellas, is a leading Research Centre in Greece and the EU. In FOODITY, it leads activities regarding data and components for data-driven solutions in food and nutrition.

FOODITY partner



Dumpling (Dödöli)

Servings 4

Preparation time 60 mins

Ingredients

1 kg of potatoes

Water (just enough to cover the potatoes plus 1–2 fingers extra)

700–800 g of flour (wheat flour, type 400 or similar)

Salt to taste

Ingredients for the topping (zabela):

1 cup of sour cream

1 onion

1 tablespoon of lard (or oil or pork fat)

Optional: pork cracklings

Preparation

- 1 Peel the potatoes, cut them into large chunks, and place them in a large pot with salted water. Use a bigger pot to make mixing easier later on. Add enough water to cover the potatoes, and add another one or two finger-widths of water on top.
- 2 Once the potatoes are almost cooked through, add the flour. Do not stir at this point! Instead, use a wooden spoon to make a hole in the middle of the flour so the steam can better cook it. Cover and let it simmer like this for another 10 minutes, or until the flour is steamed through.
- 3 Drain off most of the water (but not all), grab the largest wooden spoon you can find, brace the pot firmly between your legs or have someone help hold it, and start mixing vigorously. Mix until the flour and potatoes are fully combined into a sticky, uniform dough — no lumps of flour or potato should remain. This part is physically demanding and is what gives dödöli its unique texture. If it's too easy, you probably made potato mush or soft porridge — not true dödöli!



- 4 Let the dödöli rest briefly while you prepare the topping.
- 5 Slice the onion into rings and sauté it in lard until golden. Add the sour cream and bring the mixture to a boil.
- 6 To serve, use a fork to shape portions of the dödöli into serving bowls and pour the topping over them.
- 7 Traditionally, dödöli were eaten as a main dish with a large bowl of salad. Today, they are often served as a side dish. If you're making them as a side, you can halve the ingredients — but honestly, it's worth making the full amount. Any leftovers can be pan-fried later!



Tips

For a vegetarian option, don't use lard or pork cracklings.



Cultural background

Dödöli is a traditional dish from the Prekmurje region in northeastern Slovenia, made from boiled and mashed potatoes, typically enriched with pork cracklings or lard, and sautéed onions.



This simple yet hearty meal carries deep emotional value, evoking memories of home, family gatherings, and the warmth of rural kitchens. Rooted in local farming traditions, dodole reflects the resourcefulness and seasonality of regional cuisine. By relying on local, minimally processed ingredients like potatoes, the dish supports more sustainable and resilient food systems.

Preserving and adapting such culturally meaningful meals not only strengthens local identity but also offers inspiration for healthier and more environmentally conscious diets.

Contributor profile

Sasa Straus

ITC

The ITC (Innovation Technology Cluster) aims to foster cross-sectoral innovation and implementation of novel technologies and ICT (Information and Communication Technologies) in rural-based sectors.

FOODITY community



Vegan “Curry” with Potato & Kale



Servings 4

Preparation time 60 mins

Curry-inspired dinner meal

Ingredients

- | | |
|--|--|
| 3 large red onions | 1 tbsp of paprika |
| 3-5 cloves of garlic | 2 tsp of turmeric |
| 20 g of fresh ginger | 2 tsp of ground coriander seed |
| 1 kg (hard-boiling) of potatoes | 5 tbsp of olive oil |
| 250 g of fresh kale (or other leafy green, e.g. spinach) | 1 vegetable bouillon tablet (or other type of bouillon, you can also substitute with salt) |
| 15 g of fresh coriander leaf (or fresh parsley) | 700 g of canned chickpeas or 250 g of dried chickpeas, soaked overnight |
| 1 lemon | 800 ml of coconut milk |
| 1 tbsp of cumin seeds | 400 ml of hot water |

Preparation

- ① Chop 1 of the red onions and cut the other two into thin rings; keep them separate. Peel and grate the ginger. Finely chop the garlic. Rinse the chickpeas and leave to dry.
- ② Heat 4 tablespoons of olive oil in a large pot. Add the chopped onion and fry until soft. In the meantime, start peeling the potatoes and cut them into pieces of around 3x3cm. Add ginger, 2 tsp of turmeric, 1 tbsp of paprika, 2 tsp of ground coriander, 1 tbsp of cumin seeds and all of the chickpeas to the pan. Fry for around 5 minutes, then add the chopped garlic. Take ¼ of the chickpeas out of the pan and keep separate.
- ③ Add 800 ml of coconut milk, the peeled and cut potatoes, 400 ml of hot water and the bouillon/salt to taste and bring to a boil. Let cook until the potatoes are soft, around 15-17 minutes. Use a spoon or blender to crush some of the chickpeas: this will help bind the curry. When the potatoes are nearly done, add the kale or other leafy green to cook for a couple of minutes.



- ③ Add 800 ml of coconut milk, the peeled and cut potatoes, 400 ml of hot water and the bouillon/salt to taste and bring to a boil. Let cook until the potatoes are soft, around 15-17 minutes. Use a spoon or blender to crush some of the chickpeas: this will help bind the curry. When the potatoes are nearly done, add the kale or other leafy green to cook for a couple of minutes.
- ④ While the potatoes are boiling, heat 1 tbsp of olive oil in a frying pan and fry the onion rings until golden brown. Add salt to taste. This will take around 7 minutes. Cut the coriander or parsley. Clean the lemon, grate the zest, and squeeze the juice from it.
- ⑤ Add ½ tbsp of lemon juice, 2 tbsp of lemon zest, pepper and salt to taste. Divide the curry onto plates and add the baked (salted) onion rings, the separated chickpeas and the chopped coriander leaves.

Enjoy!



Tips

If you would rather have this dish with meat, only use half the amount of chickpeas — 300 g of chicken on step 3.



Cultural background

This recipe draws on South East Asian dishes and ingredients such as the turmeric, coconut milk, and ginger. It is in no way a traditional curry, hence the apostrophe in the title.



Relying on what can be produced locally, historically, the Dutch mainly ate fish or meat, potatoes, bread, and dairy and paired this with cruciferous vegetables, root vegetables, and vegetables from the allium (onion) family.

Over the last decades, however, we have become a very multicultural country. This dish combines traditional Dutch ingredients with some more recent additions to our culinary repertoire. To me, it therefore represents Dutch society as it is currently: a mix of different cultures and journeys that have somehow converged.

This dish is vegan but can very easily be adapted to include animal products. It also includes fresh vegetables and spices. The adaptability means it can be tailored to one's taste, and the simplicity means anyone can create a nutritious and filling meal with fresh ingredients, which aligns with my definition of contributing to sustainability and health.

Contributor profile

Eline van Ballegooij

Wageningen University

FOODITY community

Project

EU4Advice

The EU-funded EU4Advice project aims to bolster SFSC (short food supply chains)-related advisory services to chain actors to help them make their practices more economically, socially and environmentally sustainable.



Greek White Bean Soup (Fasolada)



Servings 5

Preparation time +120 mins

It is a bean soup, and it is eaten throughout the whole year.

Ingredients

1/2 kilo beans, white, medium-sized	1 tablespoon(s) of tomato paste
1 teaspoon(s) of salt	3 bay leaves
2 sprig(s) of celery	2 sprig(s) of rosemary
3 carrots	1 vegetable bouillon cube
1 onion	1 red apple
5 clove(s) of garlic	2 litres of water
2-3 tablespoon(s) of olive oil	

Preparation

- 1 In a bowl, add the beans and fill it with enough water to cover them completely. Add one levelled teaspoon of salt and gently stir. Allow them to soak for 8-12 hours.
When ready, drain and wash them well with very cold water. Drain again and set aside.
- 2 Chop the celery into 1-2 cm pieces and chop the carrots into 1-2 cm rounds. Coarsely chop the onion and thinly slice the garlic cloves.
- 3 Place a pot over medium heat and immediately add the olive oil and vegetables, without letting the pot get hot.
Sauté for 15-20 minutes, until the vegetables soften while stirring occasionally.
- 4 When all of the juices have evaporated and the vegetables have softened, add the tomato paste and sauté for 1 minute while stirring.
- 5 Add the beans, bay leaves, rosemary, bouillon cube and the apple, whole.
Adding the apple whole will help the soup thicken better. It will be removed when the soup is done.
- 6 Add the water and cover the pot. Simmer for 1 – 1 ½ hours.
Check on the soup from time to time in case a little more water needs to be added. If you do add more water, make sure it is boiling so that the boiling process is not interrupted.
- 7 About 10 minutes before the soup is done, add salt and pepper and cover with the lid again.
- 8 When ready, remove from the heat, remove the apple from the pot and discard.





Tips

Potatoes are also used instead of apples and you can consume it with or without dairy options (e.g. feta).

Optionally serve soup by adding chilli flakes, extra-virgin olive oil, salt, and pepper.

Optionally serve along with feta, anchovies, olives, thyme and olive oil.



GREECE



This dish is traditional. Older and younger generations are familiar with it, and there are many variations of it.

It contributes to sustainability as it is vegan, using only a few ingredients.

Contributor profile

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Data4Food cluster partner



Project

SOSFood

SOSFood uses data-exploitation and AI-based technologies to provide a holistic and comprehensive image of the EU food system and develop tailored predictive tools to support well-informed decisions of all stakeholders of the food chain.



Slovenian Barley Stew (Ričet)

Servings 4

Preparation time 120 mins

Ričet is a barley stew made with a variety of colourful vegetables and legumes. Traditional recipes often include sausages or smoked bacon, but it's just as delicious when prepared with healthier alternatives like turkey or smoked tofu. For added flavour and nutrition, it pairs well with a slice of rye bread or a side of fermented cabbage (sauerkraut), which also provides beneficial probiotics. It can be stored in the fridge for up to three days, and like many stews, it often tastes even better the next day as the flavours deepen.

Ingredients

150 g (5.25 oz) of dried white beans	1 small yellow carrot
150 g (5.25 oz) of barley	1/4 large leek
1 bay leaf	1 small onion
0.5 tsp of whole peppercorn	1/2 tsp of marjoram
300 g (0.65 pounds) of slab of smoked bacon	1/4 tsp of thyme
1 garlic clove	1/4 tsp of fresh chopped parsley
1 tbsp of olive oil or lard	1/2 tsp of lemon juice or apple cider vinegar
1 carrot	1/4 parsley root
1/8 celeriac	2 garlic cloves
0.5 kohlrabi	1 bay leaf



Preparation

- 1 One day before: Rinse the dried white beans and barley under running water. Add the beans to a large bowl and cover with water. Add the barley to a separate bowl and cover with water. Set aside overnight and drain the next day.
- 2 Cook the beans: Drain the beans and discard the water. Add beans to a large pot. Add 1 litre (4 cups) of water. Add half a teaspoon of salt, bay leaf, peppercorns, and peeled garlic cloves. Place on medium heat and bring to a boil, then lower the heat and add a slab of smoked bacon. Cover with a lid and simmer for 45-60 minutes, or until the beans are soft yet retain their shape. Drain and discard the bay leaf, garlic, and peppercorns, and save the cooking water for later. Cut the smoked bacon into small cubes, approximately 1 cm x 1 cm (1/2-inch x 1/2-inch). Set aside.
- 3 Cook the barley: Add the barley to a pot, season with salt, and pour in 0.75 litres (3 cups) of water. Place over medium heat and bring to a boil, then reduce the heat to low, cover with a lid, and cook for 35 minutes. When the barley cooks, drain and discard the water. Rinse the cooked barley under running water.



Tips

If you plan on using canned beans, use vegetable stock or water from cooking the meat instead of the water from cooking the beans. Replace smoked bacon with smoked tofu or turkey.

4. Bean barley stew (ricet): Cut the vegetables into 1 cm x 1 cm cubes. Dice the onion and mince the garlic. Place a large pot over medium heat. Add the olive oil and all the vegetables. Sauté for 5-8 minutes for the vegetables to soften. Add the cooked barley and cooked beans. Season with marjoram, thyme, and bay leaf. Pour in the reserved beans' cooking water (900ml (3.5 cups)). Simmer for 30-35 minutes or until the vegetables are soft and cooked. Add the bacon and season with parsley, salt, and pepper. Stir in the freshly squeezed lemon juice or apple cider vinegar and serve.



SLOVENIA

Cultural background

As far as I'm aware, this is a traditional Slovenian dish. However, there are close counterparts from other cuisines, such as 'graupensuppe' (in Germany) or 'gerstensuppe' (in Austria).



Ričet, or Slovenian Barley Stew, is a traditional dish enjoyed both at home and in fine restaurants or cosy mountain huts. It's made from wholesome, sustainable, and affordable ingredients, and with a few simple adjustments, it can be turned into a very healthy meal.

Contributor profile

Barbara Koroušič Seljak

Jožef Stefan Institute

FOODITY innovator



Project

FoodMarketMap

FoodMarketMap aims to enhance shopping experiences and promote personalised nutrition and sustainable food systems through the Eatvisor app.



Naked Seafood Paella (Arros del Senyoret)

Servings 4

Preparation time 60 mins

A traditional dry-style Spanish rice dish made with peeled prawns, squid, mussels, and a rich homemade fish stock. It is typically served as a main course for lunch, especially at weekends or during seaside holidays.

Ingredients

For the rice:

320 g of bomba or Calasparra rice
800 ml of fish stock (see below)
150 g of squid, cleaned and chopped
150 g of peeled prawns
100 g of cooked mussels (shelled)
2 tbsp of salmorreta (see below)
A few saffron threads
60 ml of extra virgin olive oil
Salt to taste

For the salmorreta:

2 ñora peppers
2 garlic cloves
1 large ripe tomato (or 2 medium), chopped (approx. 150 g)
30 ml of olive oil

For the fish stock (fumet):

1 fish head (e.g. monkfish or white fish like hake) or fish bones
1 tomato, quartered
1 garlic clove
1 bay leaf (optional)
1 litre of water
Salt to taste

Preparation

- 1 Make the salmorreta:
 - Soak ñora peppers in warm water for 15 minutes. Remove seeds and stems.
 - In a small pan, sauté garlic in olive oil, add chopped tomato and ñora flesh (or paprika). Cook until it becomes a thick paste.
 - Blend into a smooth sauce. Set aside.
- 2 Prepare the fish stock (fumet):
 - In a pot, add the fish head or bones, tomato, garlic, bay leaf (optional), and water.
 - Bring to a boil, skim any foam, and simmer gently for 20–25 minutes.
 - Strain and keep hot.



- 3 Begin the rice:
 - In a paella pan, heat olive oil and sauté the squid briefly.
 - Add 2 tablespoons of salmorreta and stir to mix.
 - Add rice and saffron (or turmeric), and stir to coat.
- 4 Cook the rice:
 - Pour in the hot stock (800 ml).
 - Cook on high heat for 8 minutes, then reduce to medium for another 8–10 minutes. Do not stir.
 - At minute 8, add prawns and mussels evenly on top.
- 5 Let it rest:
 - When the rice has absorbed the liquid and is just cooked, remove from the heat.
 - Cover with a clean cloth and rest for 5 minutes before serving.



Tips

Ñora peppers are traditional but can be replaced with sweet paprika if needed. Serve with a touch of mild garlic alioli on the side (never on top). Best enjoyed with friends or family on a warm afternoon — preferably outdoors.



Cultural background

This dish evolved from the fishing villages of Alicante, where leftover fish and seafood were turned into deeply flavourful rice meals. Over time, it was refined for restaurants and “gentlefolk” who wanted to enjoy seafood without peeling it themselves. The salmorreta is uniquely Alicantinian — a pre-made base that ensures all local rice dishes have that deep, roasted, umami-rich flavour.



Arros del Senyoret is more than just a recipe — it’s a living expression of Alicante’s Mediterranean heritage.

It originated as a humble dish among coastal fishing communities and evolved into a refined seafood rice, where all shellfish comes peeled and cleaned, hence the name: “the gentleman’s rice.” It was a staple of my family’s Sunday meals, especially in summer, cooked outdoors by the sea.

This dish promotes sustainability by using seasonal, local seafood and vegetables, and encourages respect for marine biodiversity through responsible sourcing.

Contributor profile

Marta Fernández Bernabeu

Sploro

FOODITY partner

We deliver digital solutions and innovation services to get your ideas funded, manage your R&D projects and raise funds through cascade funding opportunities.



Turkish Stuffed Eggplant (Karniyarik)

Servings 4

Preparation time 90 mins

Karniyarik features roasted eggplants stuffed with a flavorful mixture of minced meat, onions, tomatoes, garlic, and herbs. The dish is then baked until tender and aromatic.

It is typically enjoyed as a hearty lunch or dinner. It is frequently prepared for family gatherings, special occasions, or weekend meals, often accompanied by rice pilaf and fresh yoghurt.

Ingredients

Eggplants: 4 medium-sized (~250 grams each)

Ground beef or lamb: 400 grams
(alternative: ground chicken or plant-based mince)

Onion (finely chopped): 150 grams (~1 medium onion)

Tomatoes (finely chopped): 200 grams
(~2 medium tomatoes or ½ can chopped tomatoes)

Green bell peppers (finely chopped): 100 grams (~1 medium pepper)

Garlic (minced): 3 cloves (~1 tablespoon)

Tomato paste: 2 tablespoons (~40 grams)

Olive oil: 4 tablespoons (~60 ml)

Salt: 1½ teaspoons (~9 grams)

Ground black pepper: ½ teaspoon (~1 gram)

Ground cumin (optional): ½ teaspoon (~1 gram)

Fresh parsley (finely chopped): 3 tablespoons (~10 grams)

Water: 200 millilitres (for baking)



Tips

If eggplants are not available, zucchini or bell peppers can be used instead, creating "dolma," another traditional Turkish dish.

Ground beef or lamb can be replaced with ground chicken, turkey, or plant-based mince to adapt to dietary preferences or availability.

If fresh parsley is not available, dried parsley or fresh cilantro can be substituted.



Preparation

- 1 Prepare the eggplants: Wash the eggplants and peel lengthwise strips to create a striped pattern. Make a lengthwise slit on each eggplant without cutting through completely. Soak in salted water for 10 minutes to remove bitterness. Drain and pat dry.
- 2 Cook eggplants: Heat 2 tablespoons (~30 ml) olive oil in a pan over medium heat. Fry the eggplants gently on all sides until lightly browned and softened (~10 minutes). Transfer to a baking dish and set aside.
- 3 Make the filling: In the same pan, heat the remaining 2 tablespoons (~30 ml) olive oil. Add finely chopped onions and green peppers; sauté until soft (~5 minutes). Add minced garlic; sauté briefly (~1 minute). Add ground meat; cook until browned and crumbly (~10 minutes). Stir in tomato paste, chopped tomatoes, salt, pepper, and cumin; cook for another 5 minutes. Turn off the heat and mix in chopped parsley.
- 4 Stuff the eggplants: Gently open each slit on the eggplants with a spoon. Divide the meat filling evenly into each eggplant.
- 5 Bake: Pour 200 ml of water into the baking dish around the eggplants. Bake in a preheated oven at 180°C (350°F) for about 40–45 minutes until tender and golden.
- 6 Serve: Serve warm, ideally with rice pilaf and a side of natural yoghurt.



Cultural background

Karniyarik originates from Turkey, where it is considered comfort food, deeply connected to home cooking traditions. With the migration of Turkish communities across Europe and beyond, the recipe has been adapted to local tastes and available ingredients, often blending elements from Mediterranean and Middle Eastern cuisines.



Karniyarik is a cherished Turkish dish that deeply connects me to my family's traditions and cultural roots. Growing up, it was a centerpiece at family gatherings, symbolising hospitality, abundance, and the warmth of home-cooked meals.

The dish exemplifies how nutritious, locally sourced ingredients can combine to create balanced, flavorful dishes.

Encouraging consumption of seasonal vegetables and moderate portions of meat, Karniyarik can positively contribute to a healthier, more sustainable food system by promoting locally grown produce and reducing environmental impact through mindful eating habits.

Contributor profile

Levent Beker

Koç University

FOODITY innovator



Project

Strada

STRADA helps customers track the spoilage of their food, enables better choices during purchase, and helps them lower food waste.



Mulligan from the Great Plains



Servings 4

Preparation time 60 mins

Hungarian classic main dish with a twist.

Ingredients

100 g of Hungarian wax pepper	12 g of sweet ground spice paprika
120 g of celery tuber	4 g of caraway (ground)
340 g of onion	60 g of tomato purée
160 g of parsley root	120 g of soy cubes
20 g of garlic	20 ml of tamari soy sauce
160 g of potato	1200 ml of water
80 ml of sunflower oil (cold pressed)	26 g of sea salt



Preparation

- 1 Boil the soy cubes in five times more salted water (1.5%). Cook for 10 minutes from boiling. (120 g of soy cubes, 600 ml of water).
- 2 Prepare the vegetables (onions, garlic, Hungarian wax pepper, potatoes, celery, carrots, parsley root). Peel the onions and root vegetables, seed and wash the peppers, parsley root, and potatoes into 1x1 cm cubes.
- 3 Now comes the important part, the heart and soul of the dish! Finely chop the onions and peppers into as small cubes as possible. In a pan, fry the onions in the sunflower oil until the water is removed and they turn golden brown. Meanwhile, prepare half a litre of cold water for the toppings. The most time-consuming process begins: the braising. When the onions start to brown intensely, a little cold water is poured over them, just enough to spread them out and pick up the browning material from the bottom of the pot. Simmer again until the water boils off and the base starts to brown again. Simmer for 1-2 minutes, then add water again. Thanks to the big heat differences, the cells of the onion will break up, and this will make our stewed gravy "thick" and uniform. This process is repeated 8 to 10 times until the onions fall apart and form a nearly uniform sauce.
- 4 Meanwhile, we strain and gently squeeze out the soy cubes.
- 5 While the base of the goulash soup is being prepared, we chop the carrots, celery, parsley root, and potatoes into 1x1 cm cubes. environment, and if left on the stove, they easily burn and become bitter.



Cultural background

This dish is based on a traditional Hungarian main course that is prepared with meat. It was specially designed by a chef for our application to demonstrate that you can recreate traditional dishes that are originally meat-based with a healthier plant-forward approach.

- ⑥ Once the base is ready, add the finely squeezed soy cubes and fry them at high temperature for a few minutes. Then, remove from the heat (there should be no water left) and add the cumin, paprika, pepper, soy sauce, and salt. Mix thoroughly. This is necessary because the colourants of the paprika dissolve in fat, giving us the best result. They would not dissolve nicely in a watery
- ⑦ We add the peeled and chopped tomatoes, and after thorough mixing, we boil them until the soy absorbs all the moisture.
- ⑧ Add salt and the root vegetables (except potatoes — they need less heat treatment) and heat for 2 minutes while stirring.
- ⑨ We add the water and soy sauce, then bring it to boil, add the potatoes and cook until the vegetables soften. This takes approx. 8-15 minutes, depending on the type, age, and size of the vegetables.



Tips

Try it with Hungarian pinched noodles! You can also make it with red beans instead of soybeans. In this case, cook the beans separately or use canned beans and add them to the potatoes during cooking.



This is one of the first recipes developed specially for our Kitchen Adventure Application. This dish will never be boring and will surely bring success! Rich, nutritious, and delicious!

Contributor profile

Geza Soos

Climate Smart Elephant

FOODITY innovator



Project

The Kitchen Adventure

The Kitchen Adventure app transforms home cooking into an entertaining, family-oriented experience with personalised recipes, AI guidance, and gamification.

It empowers users to make healthier and more sustainable food choices while retaining full control over their personal data, ensuring GDPR-compliant handling of data. This promotes both dietary well-being and data sovereignty by giving families the tools to cook better — without compromising their privacy.



Celery Steaks with Café de Paris Sauce

Servings 4

Preparation time 60 mins

A long time ago, Ixta ate a steak with Café de Paris sauce in Paris and thought she had died and gone to butter heaven. This memory remained imprinted in her memory since childhood and formed the basis on which we fell back when composing this dish.

Quite a few conflicting versions have been published over the years, in an attempt to crack the secret recipe. We'll probably never know if our version comes even remotely close to the original, but the celeriac is absolutely deliciously meaty, but without the meat, making it a perfect alternative to Sunday roast (serve it with wedges of iceberg lettuce and smoky aubergine cream). It's not a problem if the sauce curdles; that's how it's supposed to be.

Ingredients

110 g of butter	1 tbsp of mustard powder
1 small banana shallot, finely chopped (25 g)	1 tbsp of fine capers
1 garlic clove, crushed	2 tbsp of finely chopped chives
3 anchovy fillets in olive oil, drained and finely chopped (optional, but add salt to taste if not using anchovies)	2 tbsp of tarragon leaves, finely chopped
½ tsp of medium-sharp curry powder	1 tbsp of parsley, finely chopped
4 tsp of cayenne pepper	2 tsp of thyme leaves
	110 ml of whipped cream
	2 tsp of lemon juice



Preparation

- 1 Place the first seven ingredients for the sauce with 4 teaspoons of sea salt flakes in a small saucepan and place over medium heat. Let them cook for about 6 minutes, shaking the pan from time to time until the shallot is tender and the butter is melted, golden and caramelised. Add the capers, herbs, and generously ground freshly ground black pepper. Let the sauce cook for a further 1 minute, then remove the pan from the heat.
- 2 Set the oven to the highest grill setting. Arrange the celeriac steaks with sufficient space between them on a large, parchment-lined baking sheet, ensuring they fit in a single layer. The steaks should already be coated with the cooking oil and celery caramel, but if not, brush them with a little olive oil and a touch of maple syrup or honey. Ensure the parchment paper doesn't extend too far, as it may catch fire. Grill the steaks on the top shelf of the oven for 6-8 minutes, until the top is golden brown. Turn off the oven and leave the steaks on the baking sheet inside until serving.



Cultural background

The sauce originates from French roots, and adding celery bulbs is a Dutch twist.



My daughter shared this recipe with me a couple of years ago. It is our family tradition to share recipes and, when possible, jointly prepare and eat food as part of a social gathering, which makes everyone happy.

- ③ Return the sauce to medium heat and simmer for 1 minute, then stir in the cream and lemon juice. Stir for another 2 minutes until warm, but don't stir too much - the sauce should curdle slightly, but not emulsify.
- ④ Pour the sauce into a large bowl with a raised rim and arrange the celery steaks on top (or serve on individual plates with some of the sauce over and the rest on the side). Sprinkle the steaks with sea salt flakes and black pepper, and serve.



Tips

It is nice with French fries.

Contributor profile

Hans Houf

Jibe Company

On Jibe Company, software development meets everyday life. In FOODITY, it leads activities regarding the architecture and infrastructure for managing online identity and personal data. It is the main responsible for the dataU platform, which we have provided to our open call beneficiaries.

FOODITY partner



Baked Porcini Mushrooms (Gebackene Steinpilze)



Servings 4

Preparation time 30 mins

In Austria, many wild mushrooms can be found in the forests. The most famous and flavorful is the Herrenpilz, also known as the porcini mushroom. A popular method of preparation is breading — similar to a Wiener Schnitzel, the slices are coated in flour, egg, and breadcrumbs, then fried in hot oil. They are typically served with parsley potatoes, making this a traditional Austrian dish that can be found seasonally in local inns.

Ingredients

500–600 g of fresh porcini mushrooms (firm and clean)

2 eggs

100 g of all-purpose flour

150 g of breadcrumbs (preferably fine)

Salt and pepper, to taste

Oil for frying (e.g., sunflower or vegetable oil)

Optional: lemon wedges for serving

For the parsley potatoes (as a side):

800 g of waxy potatoes

2 tablespoons of butter

2–3 tablespoons of fresh chopped parsley

Salt, to taste



Tips

You can add chopped red or green pepper. It can be seasoned with vinegar. You can use fresh onion instead of dried onion. You can use desalted and shredded cod.



Preparation

- ① Clean the porcini mushrooms gently with a brush or damp cloth (do not wash with water). Slice them into about 1 cm thick pieces.
- ② Set up three bowls: one with flour, one with beaten eggs, and one with breadcrumbs. Season the flour and breadcrumbs lightly with salt and pepper.
Bread the mushroom slices by coating them first in flour, then in egg, and finally in breadcrumbs. Press lightly so the coating sticks well.
- ③ Heat oil in a large pan (about 1 cm deep) over medium heat. Fry the breaded mushrooms until golden brown and crispy on both sides, about 2–3 minutes per side. Drain on paper towels.
- ④ For the parsley potatoes, boil the potatoes in salted water until tender. Peel and cut into chunks. Melt butter in a pan, add the potatoes, season with salt, and toss with chopped parsley.



Cultural background

Breaded and fried porcini mushrooms (gebackene Steinpilze) are a beloved seasonal speciality in Austria, especially in rural regions with rich forest landscapes. Foraging for wild mushrooms is a cherished tradition, often passed down.



For me, gathering and preparing food from the forest is a wonderful experience. It combines exercise in the fresh air with the joy of finding untreated, fresh ingredients.

It's cost-free and gives you full control over quality and freshness.

I personally foraged and prepared the mushrooms for this recipe.

Contributor profile

ilse Marschalek

ZSI

The Centre for Social Innovation (ZSI) is an independent scientific institution in the field of social sciences and a European leader in applied and interdisciplinary research. In FOODITY, it leads the activities regarding citizen engagement and multi-stakeholder involvement. It is responsible for social science research on citizen awareness and prescription of data rights.

FOODITY partner



Galician Soup Broth (Caldo Gallego)



Servings 8-10

Preparation time 150 mins

A comforting and hearty traditional stew, this dish brings together beans, meats, and leafy greens for a deeply flavourful meal. Slowly simmered, it reflects the essence of home cooking — nourishing, humble, and meant to be shared.

Ingredients

Pinto beans: 1 small handful per person

Pork backbone bones: 2 (white and salted)

Beef bone: 1

Ham bones: 2

Beef shank: ¼ piece

Hen quarter: ¼ piece

Chicken quarter: ¼ piece

Beef stock cube: 1

Cabbage or turnip greens: 1-2 bunches

Potatoes: 3

Pork fat (unto): 1 small piece

Water and salt



Tips

If you plan to eat it the next day, you can add the meats and bones back once everything is cooked to enhance the flavour. You can also use them for other recipes, such as croquettes or ropa vieja (shredded meat stew).

To make it lighter, reduce the quantity of meat and use mainly bones for flavour.

To make it healthier, replace some meats with extra beans, lentils, or chickpeas, and use olive oil instead of unto.

For a vegetarian version, omit all meats and bones, use smoked paprika or a dash of soy sauce to recreate the savoury depth, and simmer the beans with vegetable broth, garlic, leeks, and cabbage. The flavour will remain rich and comforting, while the dish becomes lower in fat and more sustainable.



Preparation

- 1 Soak the beans: The night before, place the beans in a bowl with cold water and leave them to soak overnight.
- 2 Start cooking: The next day, drain the beans and put them in a pot together with the bones and meats. Cover everything with water and cook over low heat for 1 hour. Then remove the bones and meats and set them aside.
- 3 Add the remaining ingredients: Add a beef stock cube, chopped cabbage leaves, 3 potatoes (roughly broken into pieces), and about 2 more glasses of water.
- 4 Prepare the pork fat (unto): Mash it with a bit of coarse salt until smooth, then add it to the pot. Continue cooking over low heat for another 45 minutes.
- 5 Adjust the flavour: Taste the broth and, if necessary, adjust the salt.



Cultural background

This recipe comes from north-western Spain, where bean stews (potajes or caldos) are a staple of rural cooking. Historically, they were prepared with whatever ingredients were available from the land, often combining pulses, seasonal greens, and cured meats for flavour. Cooking it was a family ritual that gathered everyone around the table during the colder months, making it a symbol of warmth and community across generations.



This recipe has been passed down through my family since 1957. It originally came from the mother of my grandfather and was later shared by my grandmother, who kept the tradition alive.

For us, it's much more than a dish — it's a reminder of family gatherings and shared moments. We always cook it on special occasions throughout the autumn and winter, when its comforting flavours bring everyone together.

Contributor profile

Andrea Torres

AUSTRALO

AUSTRALO is a marketing company with extensive experience in leading and executing strategies to increase awareness and engagement in European research and innovation projects. In FOODITY, it leads our activities regarding outreach, sustainability and open calls management and is responsible for designing and executing our communication and dissemination strategy.

FOODITY partner



Spanish Style French Toast (Torrijas)



Servings 4

Preparation time 30 mins

Torrijas are slices of bread soaked in milk and eggs, then fried and sprinkled with sugar and cinnamon, creating a deliciously sweet and comforting dessert. By using stale bread, this recipe also contributes to reducing food waste, promoting a more sustainable food system.

Ingredients

4 slices of stale bread
(preferably a day or two old)

500 ml of milk

100 g of sugar

1 cinnamon stick

Zest of 1 lemon

1 egg

200 ml of olive oil (for frying)

1 tablespoon of ground cinnamon

mixed with sugar (for dusting)



Preparation

- 1 Infuse the milk: In a saucepan, heat the milk with the sugar, cinnamon stick, and lemon zest until it just begins to boil. Remove from the heat and let it cool slightly.
- 2 Soak the bread: Place the bread slices in a shallow dish and pour the warm milk mixture over them. Let the bread soak for about 10 minutes, turning once to ensure both sides are well-soaked.
- 3 Prepare the egg: Beat the egg in a separate bowl.
- 4 Heat the oil: In a large frying pan, heat the olive oil over medium heat.
- 5 Fry the bread: Dip each soaked bread slice into the beaten egg, ensuring both sides are coated. Fry the slices in the hot oil until golden brown on both sides. This should take about 2-3 minutes per side.
- 6 Drain and dust: Remove the fried bread from the oil and place it on paper towels to drain excess oil. Dust with ground cinnamon and sugar if desired.



Tips

If you can't find stale bread, you can use fresh bread and let it sit out for a few hours to dry out.

For a vegetarian/vegan version, use plant-based milk and a flaxseed egg substitute.

Torrijas are traditionally enjoyed during Easter, but they make a delicious treat any time of the year.

Torrijas can be made gluten-free by using gluten-free bread.

You can make the recipe more special by changing the type of bread you use (brioche, regular baguette, seeded bread, etc.) or the type of milk (cow's milk, goat's milk, fresh milk, etc.).

Torrijas can be enjoyed "dry," simply coated in sugar and cinnamon, or "wet," soaked in syrup or milk.



SPAIN

Cultural background

We usually wait until Easter to enjoy this dessert, much like the tradition of eating Roscón de Reyes only at Christmas. This makes them a unique and cherished part of the Easter celebration.



Torrijas hold a special place in my heart and in Spanish culture.

This recipe was taught to me by my grandmother, and I've always cooked it with her.

Contributor profile

Irene González

CNTA

FOODITY innovator



Project

MyNutri

MyNutri is developing an AI-powered mobile app that helps consumers understand both the personal health impact and the environmental footprint of the products they buy.



Honey Cake (Medivnyk)



Servings 8-12

Preparation time 60 mins

Honeycake, known as “medovik” in Russian and “medivnyk” in Ukrainian, is a dense, moist and very sweet cake. You can eat it any time you have a craving for something sweet! I enjoy preparing this cake for special occasions, like a birthday or a holiday.

Ingredients

150 g of plain white sugar	5 g of baking soda (1 teaspoon)
2 large eggs	10 g of baking powder (2 teaspoons)
340 g of honey	250 g of all-purpose/plain white flour
120 ml of strong black tea (cooled)	90-105 g of walnuts (chopped, optional)
160 ml of buttermilk or plain kefir	Icing sugar (for the topping)
15 ml of olive oil	
A pinch of salt	

Preparation

- 1 First, mix the eggs and sugar. Then add the honey. If the honey is raw and crystallised, then heat it so that it can mix more easily with the other ingredients. Be careful not to mix in hot honey, as this can cook the eggs.
- 2 Once these ingredients are heavily combined, add the other liquids: black tea, buttermilk/kefir and olive oil. Then add the baking soda and baking powder (or just baking soda if you're using this method with lemon juice squeezed on top) with a pinch of salt.



- 3 Begin mixing in the flour and make sure it is sifted and added slowly. Avoid over-mixing and stop once all the ingredients are clearly combined. Add the walnuts, but again, don't mix heavily.
- 4 The resulting batter should be liquidy, but semi-thick, and fall easily from the spoon. However, if it's falling from the spoon very rapidly and appears thin, then add more flour.
- 5 Set the oven to 160 °C and grease a 24cm cake pan, preferably a ring cake pan with fluted sides, with butter or margarine. Bake for 45 - 60 minutes. Check the cake after 45 minutes using a toothpick. If the toothpick comes out clean (a few moist crumbs sticking to the toothpick is fine, but no wet batter present), then it's ready!
- 6 Let the cake cool, and when it's ready to serve, sprinkle icing sugar on top and enjoy!
- 7 The cake is best on its first day, so don't let it sit for much longer than that!



Tips

If you don't have baking powder, use 15 g of baking soda (1 tablespoon) instead and squeeze lemon juice on top.

Any kind of honey is fine, and a plain, generic brand works just as well as something fancier!

The original recipe uses buttermilk, but if you have neither that nor kefir, then you can add lemon juice to milk (preferably whole milk), which turns into buttermilk after several minutes!

Cultural background

This cake has been around for centuries and is deeply rooted in Jewish culture. Traditionally made for Rosh Hashanah, the Jewish New Year, it was meant to symbolise a sweet new year, as the dessert itself is sweet. I had the pleasure of enjoying this cake for birthdays and as an adult, when I would return home to visit after having moved to other countries.



This cake is made from a special recipe that was handed down by my mother, who learned it from her mother. You won't find it online, although there are many different versions of this magnificent cake available on the internet.

Although it's not a healthy food, there are ways to tweak the recipe according to what you have in your kitchen, making it "sustainable" in its versatility.

Contributor profile

Nika Levikov

F6S

F6S stands for F-ounder-S. Its mission is to help founders and startups grow to solve the world's pressing social, economic, environmental, sustainability and innovation issues. In FOODITY, it is in charge of the project monitoring, legal and financial coordination, our Data Management Plan, and our open calls management.

FOODITY partner



Carob Cake



Servings 6

Preparation time 60 mins

Back in the days when my grandma was a child, carob was a food for animals, and people used to chew on it because it was sweet — sugar was not a common thing back then in the villages of Greece. Nowadays, in Greece, we see a big explosion of carob products (cakes, breadsticks, rusks, etc.).

Carob can substitute cacao, giving a chocolate-y effect and adding sweetness, hence reducing the use of white sugar. It is usually eaten as breakfast or with coffee.

Ingredients

3 eggs, medium	1 teaspoon of cinnamon
200 g of whole milk	200 g of carob flour
150 g of seed oil	1 pinch salt
300 g of brown sugar	Orange zest, of 1 orange
100 g of oats	Seed oil, for the pan
150 g of all-purpose flour	Carob flour, for the pan
1 tablespoon of baking powder	



Preparation

- 1 Preheat the oven to 160oC (320oF), set to fan.
- 2 In a bowl, add the eggs, milk, and seed oil and whisk well.
- 3 Add the sugar and whisk until melted.
- 4 Add the oats into a chopper blender and process until finely ground. Transfer the oats to a bowl.
- 5 In the same bowl, add the flour, baking powder, cinnamon, carob flour, salt, and mix.
- 6 Transfer the dry ingredients into the bowl with the wet ingredients, add the orange zest, and mix with a silicone spatula until the cake batter is smooth.
- 7 Transfer the batter to a 10x35 cm loaf tin, which is already greased and floured, and bake the cake for 45-50 minutes on the top oven rack. Remove and allow the cake to cool well.
- 8 Serve with the white chocolate and almond slivers.



Cultural background

This recipe contains ingredients that were once part of our nutrition. Then, carob was set aside as a food for the peasants. Now, it has been rebranded and is taking over the Greek market.



Back in the days when my grandma was a child, carob was a food for animals, and people used to chew on it because it was sweet — sugar was not a common thing back then in the villages of Greece.

Nowadays, in Greece, we see a big explosion of carob products (cakes, breadsticks, rusks, etc.). Carob can substitute cacao, giving a chocolate-y effect and adding sweetness, hence reducing the use of white sugar.

It's an excellent recipe for more sustainable in food systems. This recipe from the most famous Greek chef, Akis Petretzikis, shows that everyone can experiment with simple ingredients and familiar recipes to create new flavours.

Contributor profile

Ioannis Laoudis

EUFIC

(European Food Information Council) is a consumer-oriented non-profit organisation, founded to make the science behind food and health more accessible and easier to understand among the public.

FOODITY's sister project

Project

DRG4FOOD



"Greek Cake for Lost Things" (Fanouropita)



Servings 6

Preparation time 30 mins

The "Fanouropita" — literally meaning a "cake that makes things appear" — is a nine or seven-ingredient Lenten (fasting) — cake made as an offering to Agios Fanourios, the youngest saint in the Orthodox Church and the protector of the island of Rhodes.

His name, derived from the verb "faino" or "fanerono", means to reveal or to present. Fanourios' miracle work is said to make things appear.

Ingredients

375 g of seed oil

375 g of orange juice

300 g of granulated sugar

1 tsp of baking soda

1 tsp of cinnamon

1/4 tsp of ground cloves

540 g of self-raising flour

120 g of walnuts

75 g of raisins

Salt

For serving:

1 tbsp of icing sugar

Mint leaves



Tips

Fanouropita is traditionally made with simple, shelf-stable ingredients, making it easy to adapt across Europe.

If olive oil is too strong in flavour, you can substitute part of it with a neutral vegetable oil.

Raisins, walnuts, or spices like cinnamon and clove can be added or omitted depending on preference or availability.

It's especially popular around August 27th (St. Fanourios Day), but it can be made year-round — especially during Lent or any fasting period, thanks to its vegan nature.



Preparation

- ① Preheat the oven to 170°C in fan mode.
- ② In a large bowl, add the seed oil, 250 g of orange juice and the sugar, and mix with a hand whisk until the sugar melts.
- ③ In another bowl, add the 125 g of orange juice, the soda, cinnamon and cloves, and mix with a fork until the soda is foamy.
- ④ Add the soda mixture to the bowl of sugar and whisk to combine.
- ⑤ Add the flour, walnuts, salt, and raisins to the bowl, and stir with a ladle until the ingredients are combined.
- ⑥ Transfer to a greased and floured 25x30 cm baking pan and bake for 50-60 minutes.
- ⑦ Allow to cool thoroughly and serve with icing sugar and mint leaves.



This cake holds deep spiritual and cultural meaning in Greece. Traditionally baked on the saint's feast day, or when something important has been lost, it's more than just a recipe — it's a symbolic act of hope and faith.

When preparing Fanouropita, people recite a special prayer and ask the saint to help them find what has been lost. When the cake is ready, people bring it to the church to say the prayer with the priest, and then they take it back home to eat with their family.



One of the reasons I love this cake — apart from its deep symbolism — is how sustainable it is. Fanouropita is entirely plant-based, made with simple pantry ingredients: flour, sugar, orange juice, olive oil, spices, and sometimes nuts or raisins.

It requires no refrigeration, is easy to share, and avoids food waste by being flexible — you can substitute what you have on hand without compromising its essence.

Also, raisin, a typical and local product from Corinth, is considered a “super food” as it provides a natural energy boost and contributes not only to a healthier lifestyle but also to a sustainable food system, as it empowers local production.

Contributor profile

Maria Zafiropoulou

Co2gether

COHESION NETWORK 2GETHER

DRG4FOOD's innovator



Project

PINACLE

(Personalised Individualised Nutrition using Available Community LeftOvers) promotes personalised nutrition and health awareness, by matching food donations with recipient needs and reducing food waste.



Insights from the FOODITY community on food, data, and sustainability

Many of the recipes in this book were passed down through families, often refined using **online resources** such as GialloZafferano, Marmiton, Pick Up Limes, or Serious Eats. These tools are more than just recipe collections; they are **powered by data**. From ingredient filters and nutritional information to personalised suggestions and waste-reduction advice, they help users adapt recipes to their preferences, dietary needs, and sustainability goals, enabling them to make better choices for themselves and the planet.

Yet, as several contributors noted, **awareness of what kind of data these tools collect remains limited**. While users appreciate personalisation and convenience, few know how their browsing habits, preferences, or health data are stored and used. This highlights the need for greater transparency and data literacy in digital food services, as well as the importance of data sovereignty, **ensuring individuals have control over their information** and understand how it shapes the digital services they use.

Data, sustainability, and personal sovereignty

Most contributors expressed strong concern for the **origin and sustainability of ingredients**. They prioritise locally sourced, seasonal, and organic foods, support fair labour practices, and aim to reduce waste. Digital tools can play a central role in supporting these efforts. From apps that identify sustainable producers to services that help users manage leftovers.

The projects developed within the FOODITY community, and mentioned throughout this book, demonstrate how **data-driven innovation can support both health and sustainability**. These solutions use open data, artificial intelligence, and privacy-by-design principles to empower users with nutritional insights, trace food origins, and personalise diets — all while respecting citizens' rights under the **EU General Data Protection Regulation (GDPR)**.

Staying safe and informed online

Digital food and nutrition tools rely on data collection to function. To protect personal information, users are encouraged to always:

- Review the **privacy policies** of apps and platforms before sharing health or dietary data.
- Use tools aligned with , ensuring transparency and user consent.
- Check for certifications or trust seals (such as EU Digital Trust or GDPR compliant labels).
- Regularly review app permissions and clear stored data when no longer needed.

Understanding the value of personal data — and the rights that come with it — is essential to navigating today's food systems responsibly. European initiatives like Food 2030 promote innovation that supports health, sustainability, and data ethics, aligning with the vision of a resilient and fair food future.

FOODITY is an impact-driven project funded under the Horizon Europe programme, involving seven partners across Europe. Together, we are **building a dynamic ecosystem of digital solutions for food and nutrition that respect citizens' rights to personal data sovereignty.**

We believe data should serve people and the planet, not the other way around. That's why **we support data-driven innovations that use technology to build healthier, more sustainable food systems while safeguarding citizens' rights.**

We have supported the development of platforms and services that:

- Respect data privacy and ethical use
- Promote healthier and more sustainable diets
- Encourage transparency, openness, and citizen participation in the food system
- Harness the power of data to improve food systems while keeping citizens at the centre.

By promoting transparency, open data, and user-centred design, our community empowers individuals to make informed decisions — from what they buy and eat to how their data is used.

About our community

This Recipe Book was made possible thanks to contributions from:

- **FOODITY partners:** organisations that make up our core team
- **FOODITY innovators:** projects selected in our open calls
- **DRG4Food partners and innovators:** our sister project collaborators
- **Data4Food cluster partners:** projects within the cluster we've formed
- **Experts and researchers** part of the broader FOODITY community

Together, we are shaping a future where data drives healthier, more sustainable food systems and citizens have the knowledge and power to make a real difference — for themselves, their communities, and the planet.



Learn more
www.foodity.eu



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