Cookbook

Vanbrugh College
Spring 2019
Foreword

One Planet Week (OPW) runs every year to celebrate sustainability research at the University of York. At Vanbrugh College, we are delighted to participate in the OPW 2019 with a cooking activity. So, if you are reading this cookbook is because you either are: a) a foodie; b) a cooking lover or, c) you might be keen to save the planet. Yep! This cookbook has a two-fold aim. Firstly, we want to share some vegetarian & vegan delicious and international recipes from some of our York students and secondly, we want to make our contribution towards a better and greener planet by providing some ideas to eat in a sustainable way.

How are we expecting to do this? Well, by getting a little bit our attention to our daily food and to think about the environment-food nexus. For instance, do you have any idea what kind of impacts are made when we have for breakfast some nice, sweet and very yellow pineapples from Brazil or some oranges from Spain and grapes from Italy? Or do you know how your buns and patties from your last burger were made? You might be thinking... those do not seem like huge questions, but in terms of environmental impacts they do.

Have you think about all the energy embedded in your breakfast? We mean, the fuel that was needed to transport our fruits from, probably, three or even more nations and the food supply chain. Think about those perfect and greasy avocados you might have in a nice toast or salad...well, they have also travelled a lot to be in your plate. Behind them, there are quite a good number of people who harvested, packed, sold and delivered them so you could find it in your favourite retailer. Furthermore, there are tons of litters of water, millions of hectares of soil, tons of chemicals and plastics. Here we are! These are the way in which we can start thinking in the impact of our food decisions.

We are living in a time when environment sustainability cannot wait any longer or let the next generations start doing things differently. We can opt to go veggie for some days during the week as the footprint of vegetables and fruits is not as high as that of the meat and dairy products. Moreover, we can look for those items that promote fair trade, are ethically sourced or are avoiding further deforestation all over the world. This is not an easy task for us as consumers, but we think it is worthy to make some efforts and try to find a balance to get healthy and environmentally sustainable food.

This is an opened cookbook, so if there is a recipe that you would like to share, please send us an email to: vanbrugh-help@york.ac.uk with the subject: “Vanbrugh Cookbook Contribution”.
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Vegan Recipes
Salsa Ha' Sikil P'ak

- 1 1/2 cups of pumpkin seeds
- 2 tomatoes
- 1/2 Habanero Pepper (or jalapeño)
- 1/2 onion
- A small handful fresh coriander, finely chopped
- Salt
- 1 tbsp of oil

1. In one tray roast the tomatoes, the onion and the pepper, until all their sides are moderately roasted also is this in the oven- perhaps suggest temperature
2. In another tray, roast the pumpkin seeds for 5 minutes. Move them regularly.
3. Blend the roasted vegetables in a blender, with salt to taste. If you want, you can remove the tomatoes’ skin so there are no small skin pieces in the salsa.
4. When the pumpkin seeds are cold, blend them (separately to the vegetables) until you get a fine powder.
5. Heat the oil in a large frying pan over medium heat. Carefully add the roasted vegetable blend.
6. Add in the pumpkin powder. Mix everything. Turn off the heat when you get the consistency of a paste. Add the coriander
7. Serve with tortilla chips.
Spanish Gazpacho

Ingredients
- 6-7 medium tomatoes (use vine ripened), peeled and without seeds
- 1 green pepper, without seed
- 1/2 cucumber, peeled without seeds
- 1/4 cup Extra Virgin Olive Oil
- A splash of Sherry vinegar
- 1/4 small glass of water
- A piece of dried bread
- Salt

1. Wash and dry all of the vegetables.
2. Cut the tomatoes into four and put into your blender.
3. Cut the pepper and the cucumber and add to the blender.
4. Soak the bread into the water and the vinegar, and add it to the blender with salt.
5. Blend the vegetables at a high speed until they are completely pureed. Then, whilst blending on a slow speed, slowly add the olive oil.
6. Taste and adjust salt and vinegar. If the texture is too thick for your liking, add some cold water.
7. Refrigerate and serve VERY cold!
Miso soup

Ingredients
- 20g of Kombu Dashi
- 800ml of boiling water
- 2 tbsp. of white miso paste
- 1 tbsp. of wakame dried seaweed
- 4 spring onions
- 200g of tofu, cubed

1. Put the dashi with the boiling water in a saucepan, and stir well.
2. Add the wakame dried seaweed to the pan and some slices of the spring onions. Simmer for three minutes.
3. Place the miso paste in a small bowl and add a ladleful of the hot broth, whisking with a small whisk to get rid of any lumps. When smooth, slowly pour the mixture back into the saucepan, whisking constantly.
4. Heat through gently, without boiling.
5. Serve in small lacquered soup bowls with the cubes of tofu.
Tabouleh

Ingredients

- 1/2 cup fine bulgur
- 3 tablespoons of olive oil
- 1 cup boiling water
- 2 cups finely chopped fresh flat-leaf parsley
- 1/2 cup finely chopped fresh mint
- 2 medium tomatoes, cut into 1/4-inch pieces
- 1/2 seedless cucumber, peeled, cored, and cut into 1/4-inch pieces
- 3 tablespoons fresh lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

1. Stir together the bulgur and 1 tablespoon oil in a heatproof bowl. Pour boiling water over, then cover the bowl tightly with cling film and let it stand 15 minutes. Drain in a sieve, pressing on the bulgur to remove any excess liquid.

2. Transfer the bulgur to a bowl and toss with remaining ingredients, including 2 tablespoons of oil, until well combined.
Hummus

Ingredients
- 1 can of chickpeas
- Juice of 1 large lemon
- 1/4 cup of tahini
- 3 small garlic cloves
- 2 tablespoons of extra-virgin olive oil
- Salt

1. Drain and rinse your chickpeas well.
2. Place your chickpeas along with the remainder of the ingredients in a food processor or blender, and blend until smooth. If you think the hummus is too thick, you can add a little bit of water at a time and continue blending until you’re happy with the consistency.
3. Serve with pita bread
Guacamole

Ingredients
- 3 ripe Hass avocados (must be Hass)
- ½ red onion, very finely chopped
- 1-2 green chillies (i.e. jalapeño) finely chopped
- 2 tomatoes finely chopped (optional)
- A small handful fresh coriander, finely chopped
- Juice of 1-2 limes
- Salt

1. Put the onion, chilli, tomatoes, coriander and salt in a bowl.
2. Cut open the avocados, remove the stones and scoop out the flesh into the bowl. Roughly mash the flesh with a fork, adding the lime juice as you go.
3. Season with more salt (if needed).
4. Serve with tortilla chips.
Cauliflower ceviche

Ingredients
- 1 cauliflower, clean and chopped
- ½ red onion chopped
- 1 jalapeno pepper
- 2 carrots, peeled and finely chopped
- 300 gr. of mushrooms peeled and finely chopped
- 3 tomatoes, seeds removed and chopped
- ¼ cup of coriander
- ½ fresh lime juice
- 3 garlic cloves, finely chopped and fried
- Oregano
- Olive oil
- Salt

1. Blanch the cauliflower for just a few minutes in a pot of boiling water and then remove and chop it finely.
2. Mix all the remaining ingredients (onion, jalapeño, carrots, mushrooms, tomatoes, coriander, lime juice, garlic)
3. Season the mix the lime juice, oregano, salt, pepper and olive oil.
4. Refrigerate until ready to serve.
5. Garnish with lime wedges and serve with tortilla chips.
Almond milk

- 1 cup raw almonds
- 2 cups of water, plus more for soaking
- Sweeteners like honey, sugar, or dates!

1. Place the almonds in a bowl and cover with about an inch of water. They will plump as they absorb water. Let them stand on the counter, covered with a cloth, overnight, or refrigerate for up to 2 days. The longer the almonds soak, the creamier the almond milk will be.
2. Drain the almonds from their soaking water and rinse them thoroughly under cool running water.
3. Place the almonds in the blender with 2 cups of water and the sweetener you have chosen. Blend at the highest speed for 2 minutes (But do not use the soaking water)
4. Pour the almond mixture through a strainer, and collect the almond milk underneath. Then, using a cheesecloth, squeeze the almond mixture and press with clean hands to extract as much almond milk as possible.

Storage: Store the almond milk in sealed containers in the fridge for up to 2 days.
Horchata fresh water

- 1 1/3 cups uncooked long-grain white rice
- 2 cinnamon sticks
- 6 cups water
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 1/3 - 1/2 cups granulated sugar

1. Soak the rice in 2 cups of water with the cinnamon sticks for at least 4 hours.
2. After soaking, add this all to a blender, and blend about for 2 minutes or until the rice and cinnamon sticks are roughly ground together. Add the remaining water and blend again.
3. Pour the rice mixture into a fine mesh strainer and, discard the rice.
4. Stir in some grounded cinnamon. Chill until ready to serve. Before serving, stir well and then serve over ice.
Vegetarian recipes
Chilaquiles

Ingredients
- 4 tomatoes
- ¼ onion
- 2 jalapeño peppers
- 1 tbsp. of oil
- Coriander and salt
- Tortilla chips
- 1 tbsp. of vegetable oil
- 4 large eggs
- 1/4 cup crumbled cotija or feta cheese
- Sour cream
- Slices of red onions

1. Cut the tomatoes, the onion and peppers, and then blend them (in a blender)
2. Add some oil to the pan and add the salsa you have just made. Add some coriander leaves and salt. Remove pan from heat.
3. Heat the oil in a different large frying pan over a medium heat. Carefully crack eggs into hot pan and cook until the whites are set on top and the yolks are still runny, about 3 minutes. Transfer eggs to plate and set aside.
4. Add the tortilla chips to the pan and toss to coat with the salsa. Top with the eggs, cheese, red onions, and the sour cream. SERVE IMMEDIATELY!
Oats hamburger

Ingredients

- 1 cup of large oat flakes uncooked
- 1 egg
- ½ onion finely chopped
- 1 tomato, finely chopped
- ½ cup pf chopped parsley or coriander
- Slices of cheddar cheese
- Salt and black pepper
- Burger buns, ketchup, pickles, mustard, mayonnaise, tomatoes, lettuce to taste

1. Combine all ingredients, mixing lightly but thoroughly¹
2. Shape into six 1/2-inch thick patties.
3. Grill the patties for 6 minutes on each side. Add the cheese and serve on hamburger buns and add salad and sauces to taste, such as lettuce, tomatoes, onion, gherkins, ketchups, mustard and mayonnaise.

¹ Do you remember the leftovers of the almond milk? This is a perfect opportunity to use it. If not, see page 12 😊
Carrot Tinga

Ingredients
- 10 medium shredded carrots
- 2 tbsp oil
- 2 sliced white onions
- 1 garlic clove
- 3 chipotle peppers
- 2 tbsp. of distilled vinegar
- 1 bay leaf
- 5 tomatoes
- Salt to taste
- Refried beans
- Shredded lettuce
- Sour cream and feta cheese to taste
- Tostadas (fried maize tortillas)

1. In a medium saucepan, heat the oil, on a medium heat, then add the onions and cook until they start to become transparent.
2. Add the shredded carrots and cook for 5 minutes.
3. After the 5 minutes, add the vinegar, the bay leaves and the salt.
4. In the meantime, blend together the tomatoes, garlic and the chipotle peppers (in a blender).
5. Pour the blended tomato mixture into the pan. And cook for 10 minutes until the carrots and onions are tender.
6. When the tinga is cold, it is time to assemble the tostadas. First, you smear refried beans on the tostada, then add the carrot tinga, shredded lettuce, sour cream and cheese.