



KASHKARIKAS: WASTELESS KITCHEN

By Chef Sibel Pinto

ABOUT

Action Kashkarikas© , found by renowned Turkish-Sephardic Chef Sibel Pinto, is an international initiative to raise awareness on food waste and food loss. Food waste is a highly visible and urgent challenge that is gaining importance worldwide.

According to the Food and Agriculture Organization, 1/3 of all food produced globally (around 1.3 billion tons per year) for human consumption is wasted. Wasting food is not only an ethical, a social and an economical issue but it also depletes our environment of limited natural resources.

Action Kashkarikas initiative educates the public about food waste, healthy dietary habits and contributing to the environment while consuming all ingredients of fruits and vegetables. Action Kashkarikas respects the ingredient by using the root to leaf concept: fruit-vegetable trimmings, peels, leftovers and low cost ingredients are perfectly and deliciously edible.



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KASHKARIKAS

Zucchini Peels In Lemon Sauce

INGREDIENTS

2 kg green zucchini
Juice and zest of 2 lemons
100 ml of olive oil+1tbsp
more
240 ml water
1 bunch fresh dill, finely
chopped
2 tbsps sugar
Salt, freshly ground black
pepper

DIRECTIONS

1. Peel the zucchini lengthwise in strips leaving some of the flesh still on the peel.
2. Cut the peels crosswise into 3 cm slices and set aside the flesh for another recipe.
3. Combine the lemon juice, olive oil, water, sugar, salt and pepper in a sauce pan. Bring to a boil, then reduce the heat to medium and cook for 5 minutes.
4. Add the zucchini peels and simmer for about 10-15 minutes or until cooked al dente. The liquid should reduce to a syrupy consistency.
5. Sprinkle with dill and lemon zest (it gives a delicious kick to the dish) and let it cool in the pan, covered. Add a tablespoon of olive oil, mix well and serve at room temperature.

CHEF'S TIP

The vegetables cooked in olive oil are even more delicious if they stay overnight in the refrigerator and are served the next day. Don't forget to take it out of the refrigerator half an hour before service.



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AVIKAS KON ESPINAKA

Vegan Beans and Spinach

INGREDIENTS

200 gr dried beans (soaked overnight)
450 gr spinach, cooked
2 cloves of garlic
2 tablespoons olive oil
2 fresh tomatoes (or 1 tablespoon tomato paste when out of season)
Salt, black pepper

DIRECTIONS

1. Drain and rinse the soaked beans. Place in a large soup pot, cover with water and cook until tender, but not mushy. Alternatively, use canned beans.
2. Meanwhile, in a separate pan, saute the cooked spinach in a little olive oil for 5-6 minutes.
3. Add the minced garlic to the spinach and cook for a few more minutes.
4. Add the cooked beans, tomatoes or tomato paste, season with salt and pepper and mix gently to combine everything.
5. Cover with water and leave to cook for 20 minutes.
6. Serve with a whole grain, crusty fresh bread, or just as it is in a steaming bowl.



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