

# The #MedFoodHeroes Cookbook

Recipes curated by environmental NGOs  
using sustainable ingredients from the Mediterranean



 **Rooted**  
**EVERYDAY**  
Many Paths • One Mediterranean







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© Front Cover Image: Barley Couscous with Eggs by Louisa Aarrass,  
Global Diversity Foundation (GDF)

© Back Cover Image: Herd of Sheep by Lemnian farmer Nasos  
Karagiannakis, Vigla, Lemnos

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## About #MedFoodHeroes

We believe the small choices we make in our day-to-day lives can have a positive impact on the environment and people. This cookbook is filled with Mediterranean recipes from the small sustainable producers featured in the **#MedFoodHeroes @RootedEveryday** campaign. Created by a core team of environmentalists who are working with projects, eco-regions and partners from across the Mediterranean.

The Med Food Heroes campaign promotes small sustainable food producers offering an alternative to contemporary unsustainable agrifood systems. The recipes in this cookbook celebrate the rich cuisine the Mediterranean has to offer without costing the earth. We believe you are what you eat, and every time we buy food we are making a decision, whether to consume food that helps people and planet or not. For many of us the food that we put on our plates is as much about ethics as it is about taste, and when you choose to shop from small sustainable producers you get the best of both.

Our mission is to reverse the loss of biodiversity which is caused when people stop cultural practices that have existed for generations. By working with Mediterranean critical eco-regions and partners we aim to show the value that traditional ways of life can have in protecting our environment. We are working with the **Mediterranean Institute for Nature and Anthropos (MedINA)** in Lemnos in Greece, the **Global Diversity Foundation (GDF)** in the High Atlas mountains in Morocco, the **Society for the Protection of Nature Lebanon (SPNL)** and **Al Shouf Cedar Society (ASC)** in the **Shouf Biosphere Reserve in Lebanon**, **WWF Spain**, **Associação Natureza Portugal (ANP | WWF)** and **Trashumancia y Naturaleza** in the **Dehesas and Montados in Spain and Portugal**, and **GOB Menorca** on the island of **Menorca**. **DiversEarth** is also part of the core team looking at the culinary traditions of religious and spiritual communities.

Other campaign partners working across the Mediterranean are **Yolda Initiative** in Turkey and the **International Union for the Conservation of Nature (IUCN)**. The projects and campaign are funded by the **MAVA Foundation for Nature**.



# Lemnos

GREECE





Visitors to the island of **Lemnos** can experience the harmony of living off the land as it was before intensive agriculture and industry. Groves of walnut trees, stone built traditional farms (mandras), lush pastures filled with goats who are free to roam, roadside beehives, and local craft shops selling jewellery, ceramics and handicrafts tell a thousand tales of rural entrepreneurs working hard to continue with a way of life that has been lost in so many places in the Mediterranean. Delicious Lemnian smells, tastes, sights and sounds link us to the past and offer a more sustainable way of living now and in the future.

The local crop varieties of Lemnos are an essential element of sustainable development. Preserving cultural heritage and diversified agriculture create ideal conditions for mild, low-input, low-energy footprint production that responds to the challenges of the climate crisis.

Through the Terra Lemnia project, Medina is working with farmers to support traditional and environmentally friendly ways of working with the land, especially the mandra system.



© With the sheep of Antonis Lantouris (left)

© Working the fields by Athina Kavaleri (right)



A vibrant and refreshing bean salad that's as tasty as it is easy to put together. This version uses Lemnian Aspromytika beans.

© Alexia Zafeiropoulou, Mediterranean Institute for Nature and Anthropos (MedINA)

# Aspromytika Bean Salad

by Lemnian Farmer **Athina Kavaleri**

**Prep:** 15 mins | **Cook:** 15 mins | **Serves:** 2

## Ingredients

250 grams of Aspromytika beans

2 litres of water

5 - 6 tablespoons of olive oil

1/2 cup of lemon juice

Salt and pepper to taste

Freshly chopped seasonal vegetables (½ dry onion, 2 fresh onions, parsley, ½ Florina pepper, ½ tomato).

**Did you know? Aspromytika beans are:**



Gluten-free and  
High in Fibre



Meat-free



Full of B-complex  
Vitamins



## Method

Wash the beans and put them in a saucepan with one litre of water over high heat.

When they come to a boil, remove them from the heat, wash with cold water and drain.

Place back in the pan with the remaining litre of water, bring to a boil and lower the heat. Allow the beans to simmer for another 15 minutes.

Drain and put the beans in a salad bowl. Add the rest of the ingredients and mix well.



Local producers like **Athina Kavaleri** continue to cultivate her family land and tend animals to supply fresh local produce. Sustainable specialities include afkos, lathouri, sesame, bspromytika beans and Melipasto Cheese.

“My dream is to be able to produce my own tahini, to professionally package my legumes and to combine it with utilising my paddock in Krinida as a tourist attraction.”

© Athina Kavaleri



## Fava from Afkos or Lathouri

by Lemnian Farmer Athina Kavaleri

**Prep:** 5 mins | **Cook:** 30 mins | **Makes:** a large deep plate for sharing

### Ingredients

2 cups of fava beans (Afkos or Lathouri)  
4 cups of water  
2 onions finely chopped  
Olive oil  
Salt and pepper to taste

### Method

Clean and wash the fava beans. Bring water to a boil and add the beans.

When the fava beans start foaming, lower the heat and remove the foam with a big soup spoon.

Add 1 of the chopped onions and season with salt. Make sure the heat is low, as the bubbling can burn.

Stir the fava with a wooden spoon every so often so that it doesn't stick to the bottom of the pot.

It is ready when the fava resembles a thick cream. Serve drizzled with olive oil, seasoned with salt and pepper and the remaining onion.

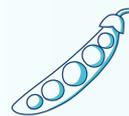


Fava is a delicious and speedy creamy yellow split pea puree, made with just a handful of ingredients. This local version is made with Lemnian split pea varieties – Afkos or Lathouri. It's best enjoyed with plenty of bread for dipping and a glass of wine.

© Fava by Alexia Zafeiropoulou, Mediterranean Institute for Nature and Anthropos

© Afkos and Lathouri by Athina Kavaleri (bottom)

### Did you know? Afkos are:



The 2nd most important food group



An alternative to meat



Heart-healthy

# Tyropitoudja

by Lemnian Farmer **Raphael Giannelis**

**Prep:** 1 hour | **Cook:** 30 mins | **Makes:** 12 - 15

## Ingredients

### For the phyllo pastry:

9 tablespoons of wheat flour

A pinch of salt

1 tablespoon of vinegar

1 tablespoon of oil, preferably from a seed

Water as needed

### For the filling:

A round of cheese (Kalathaki or Melipasto)

Salt and pepper to taste

Two green onions

Mint and dill (fennel) finely chopped

Two eggs

### Did you know? Melipasto cheese is:



Made from free  
to roam sheep



Made by family-run  
small businesses



Integral to Lemnian  
culture and economy

Tyropitoudja are crisp and golden parcels of phyllo pastry wrapped around melted salty cheese – a popular Greek snack. These mini cheese pies are made with Melipasto cheese, a traditional Lemnian staple.

© Raphael Giannelis

## Method

Make the phyllo pastry by mixing the dry ingredients with water until it becomes a tight ball of dough.

Stretch the dough on a clean surface using a rolling pin and a little bit of cornstarch to absorb extra moisture. Roll out the dough until you have a very thin crust. This your phyllo pastry.

Crumble the cheese into a bowl and add the remaining ingredients, combining everything with a spoon.

Cut the phyllo pastry into long even strips and then into small squares.

Place a spoonful of the cheesy filling in the centre of each square and fold over like an envelope.

Fry in a pan on medium heat with plenty of oil. Enjoy them hot or cold!





## Samsades

by Lemnian Farmer **Raphael Giannelis**

**Prep:** 1 - 1.5 hrs | **Cook:** 40 mins | **Makes:** 20 pieces

### Ingredients

#### For the dough you'll need:

9 tablespoons of wheat flour  
 A pinch of salt  
 1 tablespoon of olive oil  
 1 tablespoon of vinegar  
 Water as needed

#### For the filling you'll need:

2 cups of sesame roasted and crushed or ground  
 1 cup of ground almonds  
 1 teaspoon of cinnamon  
 1/2 teaspoon of ground cloves  
 1/2 teaspoon of grated nutmeg  
 4-5 tablespoons of dry bread crumbs  
 1 1/2 cups of brown sugar

#### For the syrup you'll need:

3 cups of water  
 2 cups of sugar  
 1 tablespoon of honey  
 1/2 a lemon  
 1 cinnamon stick (optional)

Samsades are a traditional Greek dessert made of golden pastry encased around nuts and soaked in a sweet, sticky syrup. This Lemnian twist uses a deeply rich sesame and almond filling.

## Method

Mix all the ingredients in a bowl, adding the water in slowly and kneading until a firm dough forms.

Stretch the dough on a clean surface until it becomes a thin round crust. This is your phyllo pastry.

Cut the pastry down the middle and brush with sesame oil.

Spread half of your sesame mixture onto the pastry by hand.

Use a rod (or something with pencil-like thickness) to roll the sheet on itself (with the rod in the middle) creating a tight roll. Starting with side that has the filling.

Keeping the rod in place, push both ends inwards the middle with your hands. Your pastry should now be bunched up, with clear ruffles visible.

Remove the rod and cut into diamond shapes using a sharp knife.

Place your samsades on an oiled baking tray in the oven at 200 degrees celcius for 45 minutes and set aside.

Once cooled, pour the syrup over the sweets. They are ready to be served!

### Did you know? Sesame is:



A historical form of payment



Used widely in local sweets



A present-day valuable export



**Raphael Giannelis** is one of the last basket weavers on the island, whose speciality is making *tyrvolia*, the traditional handmade baskets made of rushes in which local cheeses *Kalathaki* and *Melipasto* are made.

After successfully completing an MA thesis on the *kehaghiades* of Lemnos, he returned to his village of Varos to work on the small family farm, producing and marketing milk, cheese, sheep and goat meat using ecological farming and management practices.

© Raphael Giannelis and family



# Montados

PORTUGAL



© Montado Freixo do Meio by Manuela Sousa, Associação Natureza Portugal (left)

© Alfredo Sendim by Montado Freixo do Meio (right)

In **Portugal** the tree is at the heart of the agroforestry system. Our partners at Associação Natureza Portugal (ANP | WWF) support producers from Montado do Freixo do Meio, where the cork oak requires no water or fertilizer and is well adapted to the ecosystem. The acorns are gluten free and a source of healthy fat made up of oleic acid (Omega 9). The land also produces many mushrooms and mycorrhizal fungi from the rich organic soil. This sustainable landscape produces great quality food whilst being a great example of a high biodiversity system.



*"When we do not do not till or plough the soil, we create conditions for biological diversity, recovery of pastures, dispersion of microorganisms and formation of organic matter."*

**Alfredo Sendim, Manager Monte of Herdado do Freixo do Meio**





Portuguese Boletus mushrooms, called *míscaros* or *tortulho* in some regions of the country, can be incorporated into Portuguese gastronomy in many different ways. Sautéing or roasting are among favourites.

# Boletus Mushroom Bread

by #MedFoodHeroes Ambassador **Fábio Bernardino**

**Prep:** 2 hours + 20 mins | **Cook:** 30 mins | **Serves:** 3

## Ingredients

400 grams of corn flour  
 300 millilitres of water  
 100 grams of bait or 12 grams of baker's yeast  
 200 grams of wheat flour  
 10 millilitres of olive oil  
 20 grams of Boletus mushrooms (dehydrated and crushed)  
 1 national cheese (for topping)

## Method

Heat the water and scald the corn flour – taking care to stir it with a spoon until it cools.

Mix the wheat flour with the oil and the yeast.

Knead and shape the dough into a ball and place it in a bowl.

Add the mushrooms and sliced cheese on top.

Place on a tray and bake at 220°C for 25-30 minutes.

## Did you know?

35

Eco-producers guard this ecosystem



Fungi provide nutrients to other plants

130+

Are edible



**Fábio Bernardino** is part of a new generation of young entrepreneurs and chefs, who in addition to cooking and teaching also consults in the innovation of products and traditional Portuguese delicacies.

He actively participates in food education projects in schools, hospitals, canteens and nursing homes, as well as in long-term care medical seminars, to which he has contributed scientific works.

*"We are going to celebrate sustainable food with our extraordinary Bolota and the mushrooms of our Montado."*

   @chef\_fabiobernardino





## Acorn Caco Cake

by #MedFoodHeroes Ambassador **Fábio Bernardino**

**Prep:** 2 hours + 15 mins | **Cook:** 10 mins | **Serves:** 2

### Ingredients

300 grams of wheat flour  
 100 grams of acorn flour  
 400 grams of sweet potatoes  
 1 egg  
 8 grams of baker's yeast

### Method

Cook the sweet potato and let it cool.

Once cooled, add the wheat flour and acorn flour to the sweet potato and mix well with the egg and the yeast.

Let it rise.

Mold it into small flat balls and mark them in a frying pan.

Finish baking them in the oven.

### Did you know? Acorns:



Are versatile



Are rich in protein,  
fibre and are gluten-  
free



Can be enjoyed raw,  
roasted or boiled

This recipe is a reinterpretation of flavours in which we compliment sweet potato – a traditional ingredient in Madeiran cake such as this – with the acorn. This combination contrasts both the flavours and colours of the cake, and also enhances the ingredients' nutritional wealth.

# Mushroom and Acorn Burger

by #MedFoodHeroes Ambassador **Fábio Bernardino**

**Prep:** 10 mins | **Cook:** 5 mins | **Serves:** 1

## Ingredients

100 grams of mushrooms

50 grams of acorn flour

1 onion

30 grams of breadcrumbs

1 can of red beans

1 courgette

10 millilitres olive oil

Chili

Basil

## Method

Chop the onion.

Using a food processor, grind the beans together with the mushrooms.

Add the acorn flour to the mixture along with the chillies.

Using breadcrumbs mold the mixture into small hamburgers.

Drizzle olive oil into a non-stick frying pan and fry the hamburgers.

Serve with a courgette and basil salad.

This hamburger recipe features one of the main riches of the Portuguese montado – the acorn – an extraordinary culinary resource.

© Fábio Bernardino





## Acorn Bread

by #MedFoodHeroes Ambassador **Fábio Bernardino**

**Prep:** 2 hours + 15 mins | **Cook:** 30 mins | **Serves:** 3

### Ingredients

300 grams of wheat flour  
 300 millilitres of water  
 12 grams of baker's yeast  
 100 grams of dry acorns without the shell  
 300 grams of acorn flour  
 10 millilitres of olive oil

### Method

Scald the acorn flour with hot water.

Add in the wheat flour, oil and yeast, and knead well.

Let the dough stand and rise.

Knead the dough again and roll it out onto a surface.

Fill the dough with the dry shelled acorns.

Mould in the shape of a ball and dust the top with acorn flour.

Let it rise.

Once risen, place on a tray and bake at 220°C for 25-30 minutes.

In the olden days acorns were mainly incorporated into animal feed, but the nut is also of immense biological and nutritional value for human diets. Our twist on this classic bread recipe showcases the versatility of the humble acorn





# Dehesas

SPAIN





The ecosystem of the Dehesas is unique. When well managed they offer a balance between biodiversity and sustainable agriculture that benefits the rural economy, prevents destruction of the land through soil erosion and wildfires, and continues a legacy stretching back generations.

Brothers Pedro and Juan Luis Domínguez Campa are extensive livestock farmers who produce high quality lamb and Iberian pork at their farm in south west **Spain**. After realising their soil had lost almost all its fertility, they began regenerative agriculture in the Dehesa and working with WWF Spain. They use the *redileo* technique of herding together sheep and goats at night in a portable enclosed fence so their pastures can recover and soil fertilisation improves.

The brothers have always had olive groves in their pastures, but it was only recently that they decided to produce olive oil. Unlike in intensive olive oil plantations, the Dominguez Campa's field is not ploughed and allows sheep to graze instead. By using their livestock to fertilize the land they avoid unnecessary ploughing and make the best use of rainfall to minimise erosion. Additionally, instead of burning pruned remains, these are shredded and composted, which help to retain soil moisture and improve the soil microbiological activity, preventing soil erosion.



© A Spanish dehesa by Jorge Bartolome. WWF Spain (left)

© Olive grove 'Los Pedroches' by Jorge Bartolome, WWF Spain (right)



Remojón Andaluz is a refreshing, cold Spanish salad made with cod, salty olives and lots of fresh citrus – perfect for a hot summer's day.

© Renato Álvarez

# Remojón Andaluz

by #MedFoodHeroes Ambassador **Renato Álvarez**

**Prep:** 50 mins | **Cook:** 10 mins | **Serves:** 2

## Ingredients

500 grams of cod fish

2 oranges

1 small onion

4 eggs

60 grams of black olives

75 millilitres of extra virgin olive oil

Coriander to taste

## Method

Leave the cod to soak in water in a fridge for at least 12 hours.

Drain the cod and roast it in the oven at 170 ° in the oven with a splash of olive oil.

Crumble the cod and place it in a pan.

Boil the eggs for ten minutes.

Chop the remaining ingredients and mix together in the following order: orange, cod, onion, hard-boiled eggs, black olives.

Season with salt, and garnish with coriander and olive oil.

## Did you know?



Olive trees help protect the soil



Producers use grazing instead of herbicides



Pruned remains are composted



**Renato Álvarez** has been involved in social causes and organic agriculture since a young age. In the 90s he, along with his family, set up the Ecological Garden 'Los Seises' to teach ecological agriculture.

*"The Mediterranean diet recovers ancestral knowledge and flavours, rescuing local varieties of vegetables and native breeds from oblivion. This is essential to transition to a safe, accessible and healthy food system for people and planet."*

[www.huertaloseises.es](http://www.huertaloseises.es)





# Menorca

SPAIN





There are over 12.000 km of dry stone walls in **Menorca**, which, besides separating businesses and homes provide a refuge to animal life and vegetation.

By choosing organic farming and sustainable agricultural management over intensive farming, partners working with GOB Menorca under the Land Stewardship Programme are helping the environment whilst producing high quality food. They have chosen to install and restore rainwater harvesting systems and nesting boxes, and have undertaken to improve the soil fertility. Two Menorcan specialities are the Red Cow Cheese and Sobrassada, a traditional raw cured sausage made from the Black Pig.

Farmers like Maria Tudurí were supported by the Land Stewardship Programme to restore an abandoned farm and use ecologically sustainable methods to produce organically certified food, ranging from animal products to vegetables and jam.

*"We've adapted the amount of livestock to the land's capacity so that the production can be self-sufficient and the external inputs are minimised. We're also selling our products directly to consumers at a fair price."*

**Maria Tudurí, Farmer and Owner at Es Capell De Ferro Farm in Menorca, Spain**



© Maria Tudurí by David Arquimbau (left)

© Black pigs by David Arquimbau (right)



## Flaó (Menorcan Pastry)

by #MedFoodHeroes Ambassador Rosa Rotger

**Prep:** 30 mins | **Cook:** 30 mins | **Makes:** 12

### Ingredients

#### For the dough:

- 600 grams of flour
- 200 grams of pork fat (can be substituted with half oil and half fat)
- 200 millilitres water
- 20 grams of baker's yeast

#### For the cheese filling:

- 600 grams of Menorcan cheese
- 3 eggs
- 2 tablespoons of oil
- 2 teaspoons of flour (add more depending on how wet the cheese is)
- Salt to taste
- Flaons moulds

*Flaó* (plural *flaons*) is a savoury pastry typical of Menorcan gastronomy. While in the past it used to be prepared mainly at Easter, it can now be found at most bakeries all year round. It's characteristically peculiar shape owes itself to the typical mould used for *flaons*.

## Method

Pre-heat your oven to 180 degrees.

Dissolve the yeast in a little water, add the flour, fat and knead. Keep adding a little water as you knead. You should end up with a smooth and well bound dough. Let it rest.

While your dough is resting, grate the cheese and mix it with the other ingredients.

Take small amounts of filling (about the size of an egg) and shape into balls. If the filling is too soft, add a little more flour.

Use a rolling pin to flatten pieces of dough into thin disks (you'll need two disks per flaó).

Place a portion of filling in the center of one of the disks. In the center of the other disk, make incisions resembling an asterix. This is where your cheesy filling will rise out of the pastry.

Press the edges of your disks together and use the mould to cut and shape the dough.

Place the flaons on a baking sheet and leave them to rest.

Bake in the oven until the cheese filling has risen and the pastry takes on a golden colour. Be careful not to open the oven door too early or the filling will collapse.

### Did you know?



Menorcan cow's milk is perfect for making cheese



Menorcan cows are free to roam



Producers under the Land Stewardship Programme promote animal welfare



Food blogger **Rosa Rotger's** love for Menorcan history and tradition has led her, over the years, to document near-forgotten recipes on her blog Tiberis.

She is the co-founder of Fra Roger, an organisation that promotes Menorcan traditional cuisine, and can also be found participating in various cooking related events, competition judging panels, and in the media for the Institute of Menorcan Studies.

[www.tiberisacasa.blogspot.com](http://www.tiberisacasa.blogspot.com)





## Sobrassada Cake

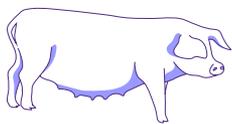
by #MedFoodHeroes Ambassador Rosa Rotger

**Prep:** 20 mins | **Cook:** 40 mins | **Serves:** 12

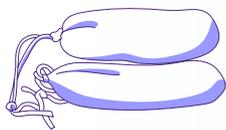
### Ingredients

500 grams of flour  
 2 eggs  
 200 grams of sugar  
 25 grams of melted butter  
 50 grams of pork fat  
 200 grams of boiled potato  
 50 grams baker's yeast  
 Sobrassada  
 Icing sugar

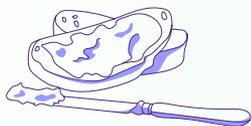
### Did you know?



Black pigs can leverage non arable land



Sobrassada is a slow-food



It can be enjoyed toasted or raw

The sobrassada cake is unique to the Balearic Islands, where sobrassada has a long tradition and history. This recipe combines sweet and salt, a surprising yet pleasant combination.

© Rosa Rotger

### Method

Dissolve the yeast with a little warm water from boiling the potatoes, and set aside.

Using a fork, mash the potatoes with sugar, cooked butter and pork fat.

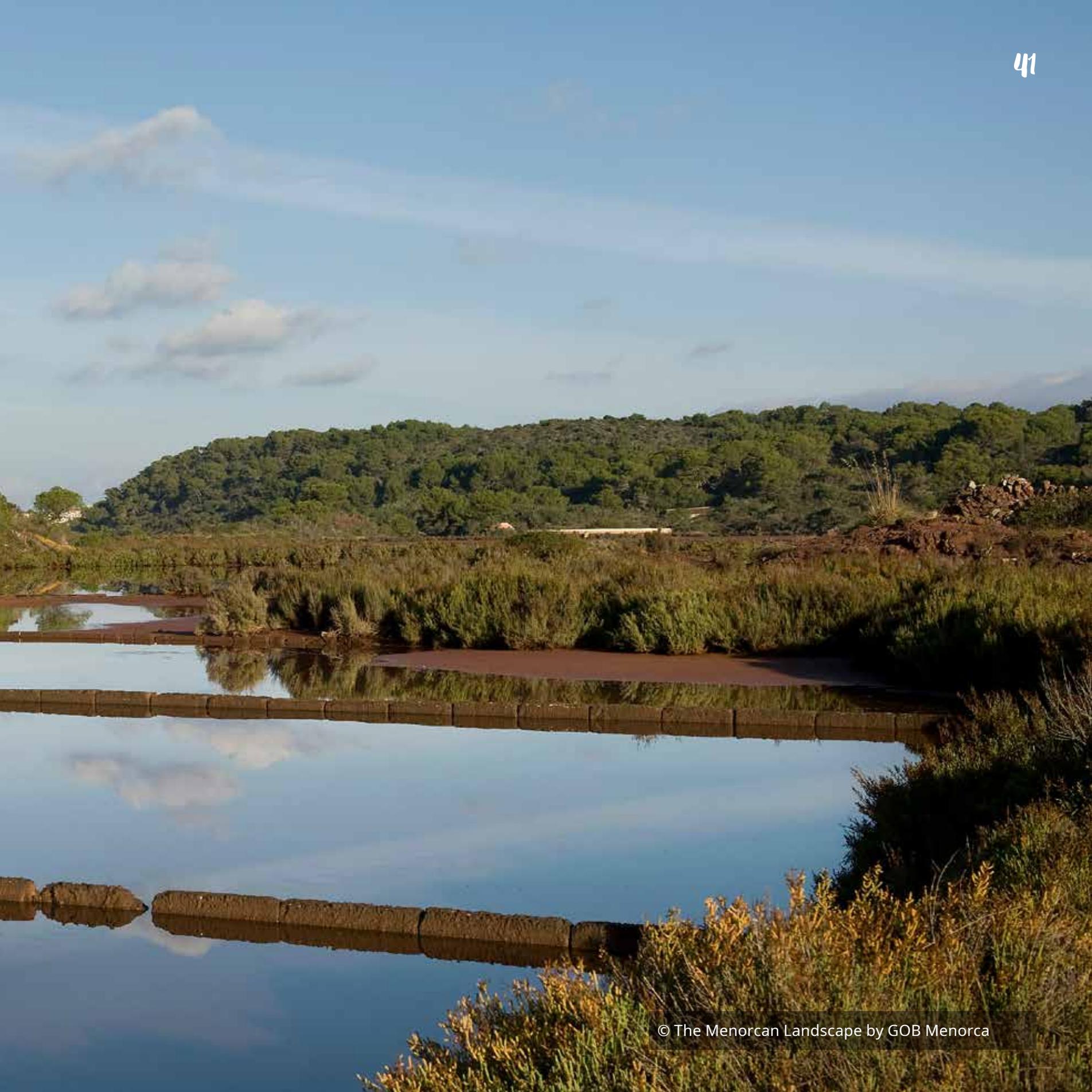
Add the eggs, the flour, yeast and knead well. The dough can be sticky so add a little more flour as needed.

Leave the dough to double in volume. Once the dough has risen, transfer to a greased container and let it rise again.

Cut the sobrassada into little pieces and distribute evenly on top of the cake.

Sprinkle over a little sugar and bake in the oven for 40 minutes or until it is golden brown.

Tip: if you prefer to use icing sugar instead, dust it onto the cake after it has been baked.





# High Atlas

MOROCCO



© High Atlas landscape by Inanc Tekguc, Global Diversity Foundation (left)

© Hamid Ait Basak, wild thyme and lavender farmer by Pommélien da Silva Cosme, Global Diversity Foundation (right)

Morocco's High Atlas Mountains rich biodiversity hosts endemic, endangered and economically important plant species for food and medicine. The Global Diversity Foundation (GDF) are working with local partners producing almonds, barley, couscous, walnuts and wild thyme to strengthen traditional practices and conserve the landscape whilst ensuring communities have sustainable livelihoods. Taking this holistic approach is central to the preservation of the ecosystem and the people who've lived there for centuries.



*"These plants are an important source of income for communities in the High Atlas. Thyme is used to prepare coffees and teas, you can add it to yoghurt or mix it with butter or add it to bread dough for a lovely flavour."*

**Hamid Ait Baskad, wild thyme and lavender producer from High Atlas**



© Almond blossoms by Pommélien da Silva Cosme, Global Diversity Foundation (left)

© Harvesting wild thyme by Pommélien da Silva Cosme, Global Diversity Foundation (right)



Couscous is an essential element of the Maghreb cultural identity. The couscous in this recipe from the High Atlas is made from barley, a staple crop of the region.

© Louisa Aarrass, Global Diversity Foundation

# Barley Flour Couscous with Eggs (Toumijte N taskoute)

by **Aicha** from Annamer in the High Atlas

**Prep:** 40 mins | **Cook:** 40 mins | **Serves:** 4

## Ingredients

Barley flour  
6 Eggs  
100 grams of butter  
Oil for drizzling  
Salt to taste

## Method

### Making the couscous:

Remove any hulls that may remain in the barley flour by sifting it through a sieve. The sifted flour should be a fine, uniform powder.

Put the flour in a large, low tagine plate.

Fill a cup with 150 ml of water.

Add a little water to the flour stirring the mixture with your hand, pressing down and moving the palm in a circular motion. This creates the coucous grains.

Tip: It's better to have too little moisture than too much to avoid the mixture becoming a dough.

Continue adding water and mixing until tiny grains form without clumping.

Once the dish is filled with small grains, pass it through a sieve in order to separate out larger clumps.

### Did you know? Couscous:



Is varied across regions and climates



Symbolises sharing and solidarity



Is recognised by UNESCO as heritage

### Cooking the eggs and couscous:

Place six unshelled eggs into a pot of boiling water.

Place the couscous in a steamer above the pot. Steam uncovered for about ten minutes (while the eggs boil).

After ten minutes, return the couscous to a large dish. Toss the grains with 100ml of oil and a splash of water. Sprinkle with a generous pinch of salt and fluff/stir the couscous with your hands.

Place couscous back in the steamer for another ten to 15 minutes.

Use some of the larger leftover couscous chunks that didn't sieve to seal the gap between the steamer and pot (if needed).

Place a fist sized piece of butter in the middle of a large serving dish.

Take the couscous off the steamer and spread on top of the butter in the dish.

Drain and shell the eggs, and once the couscous is evenly distributed in the dish, place the boiled eggs on top.

Break up the eggs with your hands to incorporate them into the couscous, mixing the butter in as well at the same time.

Gather with family and friends around this steaming masterpiece and eat with your hands.



## High Atlas Bread (Toumirte)

by **Nezha** from Annamer in the High Atlas

**Prep:** 1 hour | **Cook:** 10 mins | **Makes:** 2-3

### Ingredients

400 grams of Barley flour

1 tablespoon of active dry yeast or instant yeast (can be used interchangeably)

300 millilitres of warm water

1 and a 1/2 teaspoons of fine grain salt

Toumirte is a traditional Moroccan bread characterised by its distinctive round and flat shape. It's a delicious accompaniment to any tagine.

### Method

Start the fire under your wood burning stove.

Sieve the barley flour to filter out impurities. Add one to two tsp of salt to the flour, followed by the yeast.

Add warm water (around 300 ml in total) little by little – enough to make a soft but not wet dough.

Knead the dough for at least five minutes, and place it in a lightly oiled bowl. Let rise for about a half hour.

At this point your fire should be nice and hot, full of broken down coals and with some larger pieces of wood still burning.

Remove the bigger pieces of charcoal from the stove (leave the small ones).

Using water and a rag you don't mind ruining, wipe down the insides of the stove, removing soot and preparing the surface for cooking.

Stretch out the dough in your hands, changing the shape from round to more of a flat disc.

Using wet hands, fix the dough to the inside of the clay stove structure.

Cook for ten minutes. Once the bread starts to loosen from the stove, it's nearly ready.

Finish it off by holding it over the hot coals so the sides get crispy edges.

### Did you know? Barley:



Is a symbol of food security



Knowledge is passed down from generation by generation



Is harvested manually

# Almond Ghoriba Cookies

by **Ilham** from Asni in the High Atlas

**Prep:** 1.5 hours | **Cook:** 15 mins | **Makes:** 18

## Ingredients

Zest of 1 lemon  
 250 grams of almond flour  
 125 grams of caster sugar  
 2 teaspoons of orange blossom water  
 Whole almonds for decoration  
 Powdered sugar for decoration  
 Pinch of salt  
 1 egg  
 1/2 teaspoon of baking powder

## Method

Combine the almond flour, caster sugar, a pinch of salt and the zest of a lemon in a bowl.

Add in one egg white (save the yolk) and the orange blossom water, and mix together with your hands for a few minutes until you have a paste. If the paste is too dry, add some more orange blossom water.

Cover the almond paste and place it in the fridge for one hour.

After one hour mix in the egg yolk and the baking powder.

Pre-heat your oven to 200°C (180°C fan-assisted).

Grease a large oven tray with butter and line with a piece of baking parchment.

Moisten your hands with either some orange blossom water or plain water, and shape the paste into small walnut sized balls.

Did you know? Almonds are:



The 2nd most popular fruit-tree in Morocco



Used in pastries and as almond oil



Made into cookies and *amlou*

Roll the balls in caster sugar, flattening them slightly, and place them on your oven tray.

Place a whole almond in the center of each cookie, and bake 15 minutes.

Let the cookies cool and enjoy!

Ghoriba are yummy bite-sized Moroccan pastries, usually made with nuts, honey and sugar. This recipe uses almonds.

© Pommélien Da Silva Cosme, Global Diversity Foundation





*Zaalouk* is a traditional aubergine salad that can be prepared in hundreds of different ways. It can be eaten as a side dish or as a main dish – with fresh baked Moroccan bread and a drizzle of some olive oil. Make it extra special by sprinkling pomegranate seeds on top when they're in season.

## Zaalouk (Moroccan Aubergine Salad)

by #MedFoodHeroes Ambassador **Sahar Elhallak**

**Prep:** 5 mins | **Cook:** 12 mins | **Serves:** 4

### Ingredients

3 medium-size aubergines – diced into small cubes  
 2 large tomatoes – grated  
 3-4 garlic cloves – crushed  
 1-2 tablespoons chopped cilantro  
 1 teaspoon coriander  
 A handful of crushed walnuts (optional)  
 4-5 dried tomatoes (optional)  
 Salt and pepper to taste  
 Olive oil for sautéing

### Method

In a large deep skillet with a lid, sauté on a medium-high the small cubed aubergines after sprinkling with a bit of salt until soft and translucent.

Make a well in the middle of the pan and add a bit more olive oil, add garlic to this and cook for about a minute.

Grate the tomatoes (a trick locals use) with a cheese grater. Slice the tomato in half and grate, tossing away the skin. Add the tomato juice to the aubergine mix.

Add salt, pepper, and coriander.

Let it cook, occasionally stirring with the cover on for about 10 min.

Add the fresh cilantro and diced dried tomatoes and walnuts if using.

Serve garnished with green olives and drizzle with olive oil.



**Sahar Elhallak**, private chef, specialises in Middle Eastern and Moroccan plant-based cuisine. She runs her kitchen from her home in Fez, where she welcomes diners into her beautifully restored house for unique culinary experiences.

*"My favorite recipe that I like to share often on my Instagram account is Zaalouk. I add different ingredients to it according to the season, and I love it when it's a day old. I had made it when I was in Greece using sun-dried tomatoes, and it came out fabulous. I also like to add walnuts and olives to it to enjoy it as a full meal."*

[athomeinmorocco.com](http://athomeinmorocco.com)





## Young Fig Tagine (Takourayte)

by **Mlaïd** from Annamer in the High Atlas

**Prep:** 15 mins | **Cook:** 2 mins | **Serves:** 4

### Ingredients

Takourayte (young green fruit from the female fig tree)

Olive oil

Animal fat (tallow)

Salt and spices

Half of a lemon (ideally preserved but fresh also works)

### Method

Wash and cut in half one kilogram of takourayte.

Cover the bottom of a tagine dish in olive oil, and add a small piece of tallow.

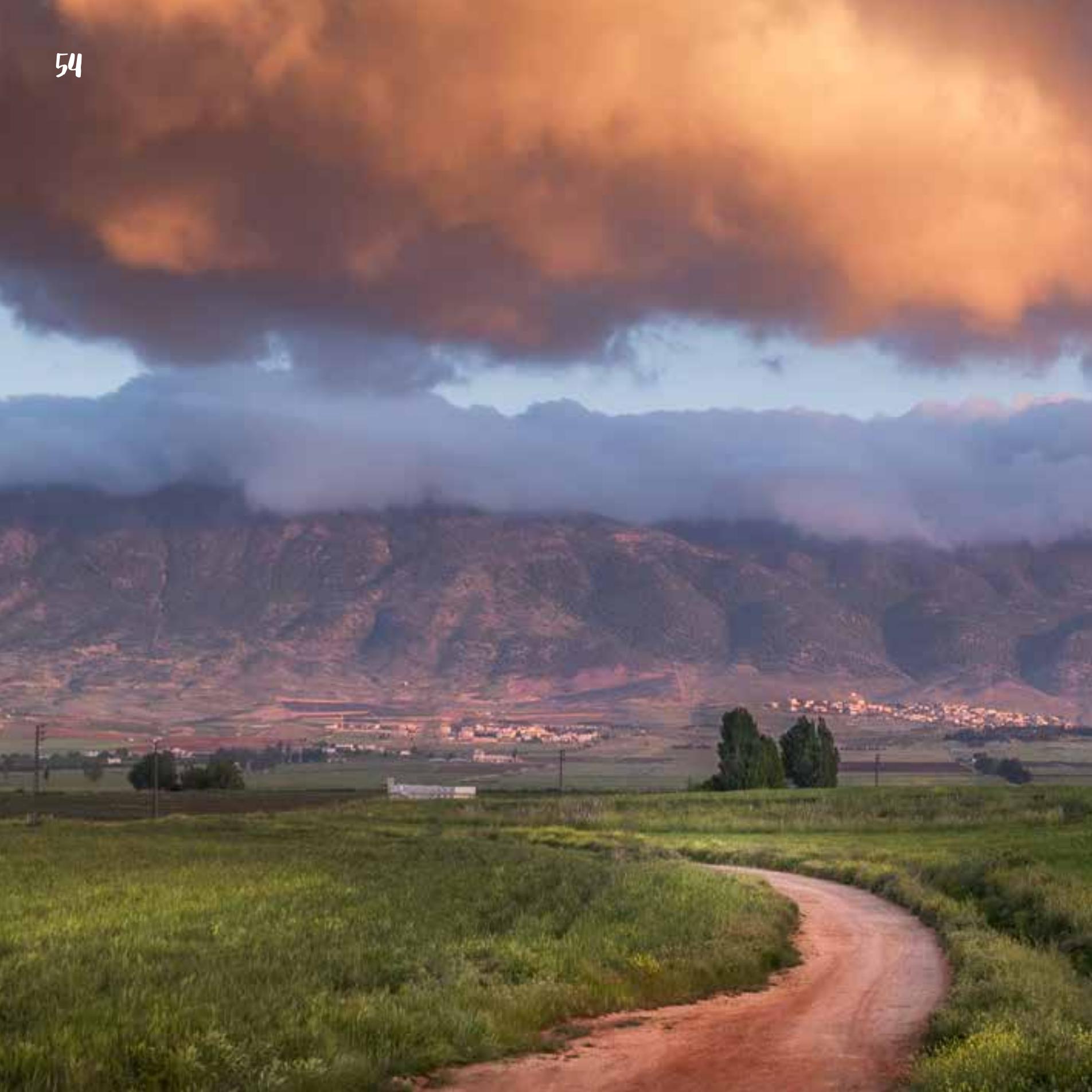
Place the takourayte on top of oil and tallow, and season with salt and spices. Place the lemon on top of takourayte.

Cover and cook on the stove for two hours or until the figs are cooked all the way through.

Serve piping hot with bread.

This tajine makes use of wild foraged young figs, still green and in which the fig's natural sugars have not yet fully developed. The resulting flavour is unlike what you'd expect from a fruity summer fig, and rather more reminiscent of asparagus or artichoke.





# Shouf

LEBANON



The oak and cedar forests of the Al-Shouf Cedar Nature Reserve in **Lebanon** are home to 2000 year old trees, and are a haven for wolves, the Lebanese jungle cat, the Nubian Ibex, and many species of birds, reptiles and amphibians (some of which are threatened).

The area is also home to over 70,000 people living around the core zone of the reserve in 24 different municipalities. The Society for Protection of Nature in Lebanon (SPNL) and Shouf Biosphere Reserve work with these communities to monitor biodiversity and provide training conservation reporting in the Biosphere Reserve.

The Shouf Mountains offer a sustainable place to live and work. Producers are able to set up small enterprises and supply traditional Lebanese food making sirdeleh or ambarees, pomegranate molasses, rose water, orange blossom and grape molasses.



© Selling cherries at the Cherry Festival by the Hima Hammana Community (top)

© Clay pots full of Sirdeleh (or Ambarees) cheese by Abla Majed (bottom)



The Raheb salad was created by communities who lived in the Lebanese mountains as a substitute for meat and dairy during the 60-day Christian observance of Lent.

© Ali Fakhry

## Rakheh Salad (the priest's salad)

by #MedFoodHeroes Ambassador **Ali Fakhry**

**Prep:** 15 mins | **Cook:** 15 mins | **Serves:** 2

### Ingredients

1 aubergine (roasted)	1/2 cup of green onions (diced)
1 red bell pepper (roasted)	1/2 cup of parsley (chopped)
1 onion (roasted)	1/4 cup of pomegranate seeds
1/4 cup of pomegranate molasses	1 garlic clove
1/4 cup of lemon juice	2 red radishes (chopped)
1 cup of extra virgin olive oil	Black pepper to taste
1/4 teaspoon of salt	
2 medium tomatoes (diced)	
1 green bell pepper (diced)	

### Method

To make the dressing combine lemon juice, olive oil, pomegranate molasses, black pepper and salt.

Roast the aubergine whole in an oven with the peppers and onion for 15 minutes (or until done).

Remove the vegetables from the oven and cut the aubergine and peppers in half. Let them rest for 15 minutes in a strainer so that the excess water drains. Peel and de-seed the vegetables.

Transfer your aubergine, peppers and onions to a dish and add in the tomatoes, green bell pepper, green onions and sprinkle with parsley and 1/4 of the dressing. Mix well.

Arrange the roasted vegetables on the outside of your dish, and place the raw salad in the centre. Chill in the fridge for 30 minutes if desired.

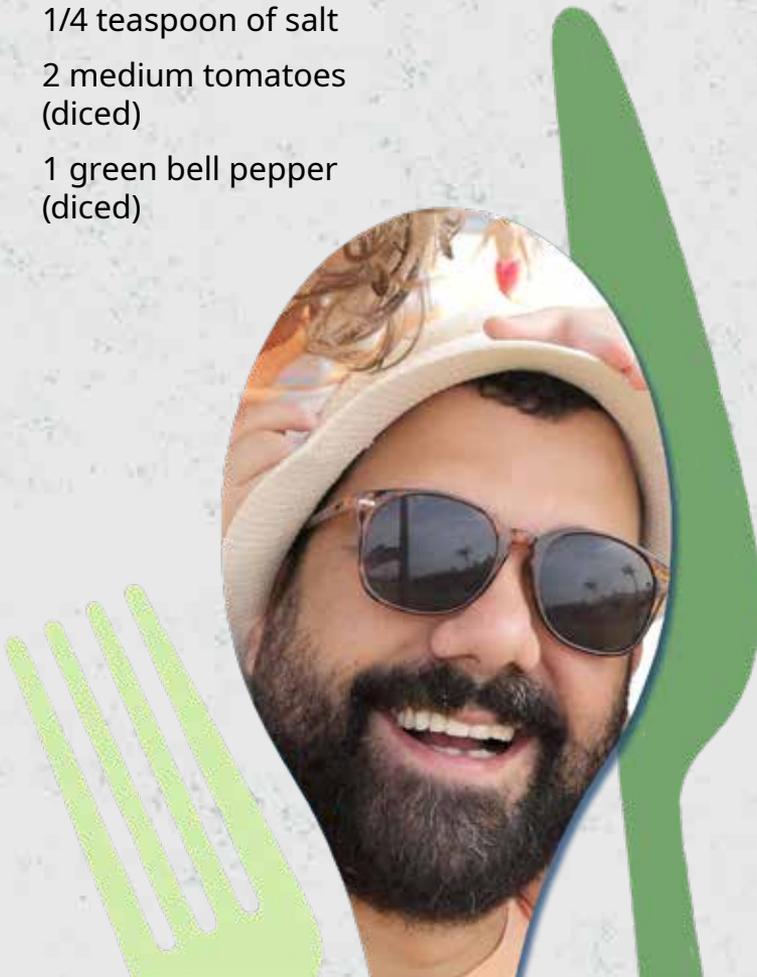
Drizzle with the remaining dressing, decorate with fresh pomegranate seeds, and serve with Lebanese bread.



**Ali Fakhry** is a food blogger and social activist from Lebanon. He believes that food culture reflects a nation's social, historical and spiritual roots.

*"Lebanese food is a huge part of who we are. It represents us in the diaspora as our individual stories are exported on small plates. The first time we travelled, we took with us our alphabet, wine, herbs, spices and cuisine – conquering the world in our own way. #MedFoodHeroes shows how our food flies above barriers, from a small nation to the world."*

  @AliBattaEats





© Society for the Protection of Nature in Lebanon (SPNL)

### Did you know? Pomegranates:



Are made into molasses used to flavour stews and meat dishes



Are picked in September



Grow in two varieties in Lebanon



## Pomegranate Molasses

by #MedFoodHeroes Ambassador **Imad Bazzi**

**Prep:** 10 mins | **Cook:** 1 hour | **Makes:** a lot

### Ingredients

4 cups of pomegranate juice

1/2 cup of sugar

3 tablespoons of lemon juice

### Method

In a large, wide, uncovered saucepan, heat up the pomegranate juice, sugar, and lemon juice on medium high until the sugar has dissolved and the juice simmers.

Keep the heat on low and simmer for about an hour, or until the juice has a syrupy consistency. The quantity should reduce to one to one and a quarter cups.

If you want your pomegranate molasses to be sweeter, add more sugar to taste while you are cooking.

Once cooled to room temperature seal your freshly made molasses in a tight jar in your refrigerator.



**Imad Bazzi** is an activist, advocacy expert and food & travel blogger. He was recognised as among the most influential people online by Foreign Policy Magazine in 2011.

*"#MedFoodHeroes will reshape how we look at what we put on our plates and how sustainable it is. Think of it as 'changing the world one meal at a time'."*

[imadontour.com](http://imadontour.com)

# Rose Water Rice Pudding (Riz Bi Haleeb)

by **Alia Zoghib** from Lebanon

**Prep:** 20 mins | **Cook:** 1 hour | **Makes:** 6

## Ingredients

100 grams of pudding rice  
 700 millilitres of milk  
 100 grams of sugar  
 1 tablespoon of rose water  
 Cornstarch (to thicken)  
 Crushed pistachios (to decorate)

## Method

Cook the rice and set it aside.

Heat the milk on a low setting in a saucepan, stirring occasionally.

Add cornstarch and stir constantly to thicken.

Dissolve the sugar and rose water in the milk, and add the cooked rice. Keep stirring until it resembles thick custard.

Put into small serving bowls and chill in the fridge. Decorate with crushed pistachios and serve.

This simple, creamy, delicate rice pudding flavoured with rose water and dotted with crunchy pistachios is a Lebanese favourite. It's best served chilled on a summer's day.

© Divya Venkatesh, DiversEarth

## Did you know?



Distilled rose oil is turned into fragrances



Flowers bloom in May and June



Rose is a popular flavour in Arabic sweets



## Acknowledgements

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**#MedFoodHeroes**  
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*Let's Celebrate  
Sustainable-food*



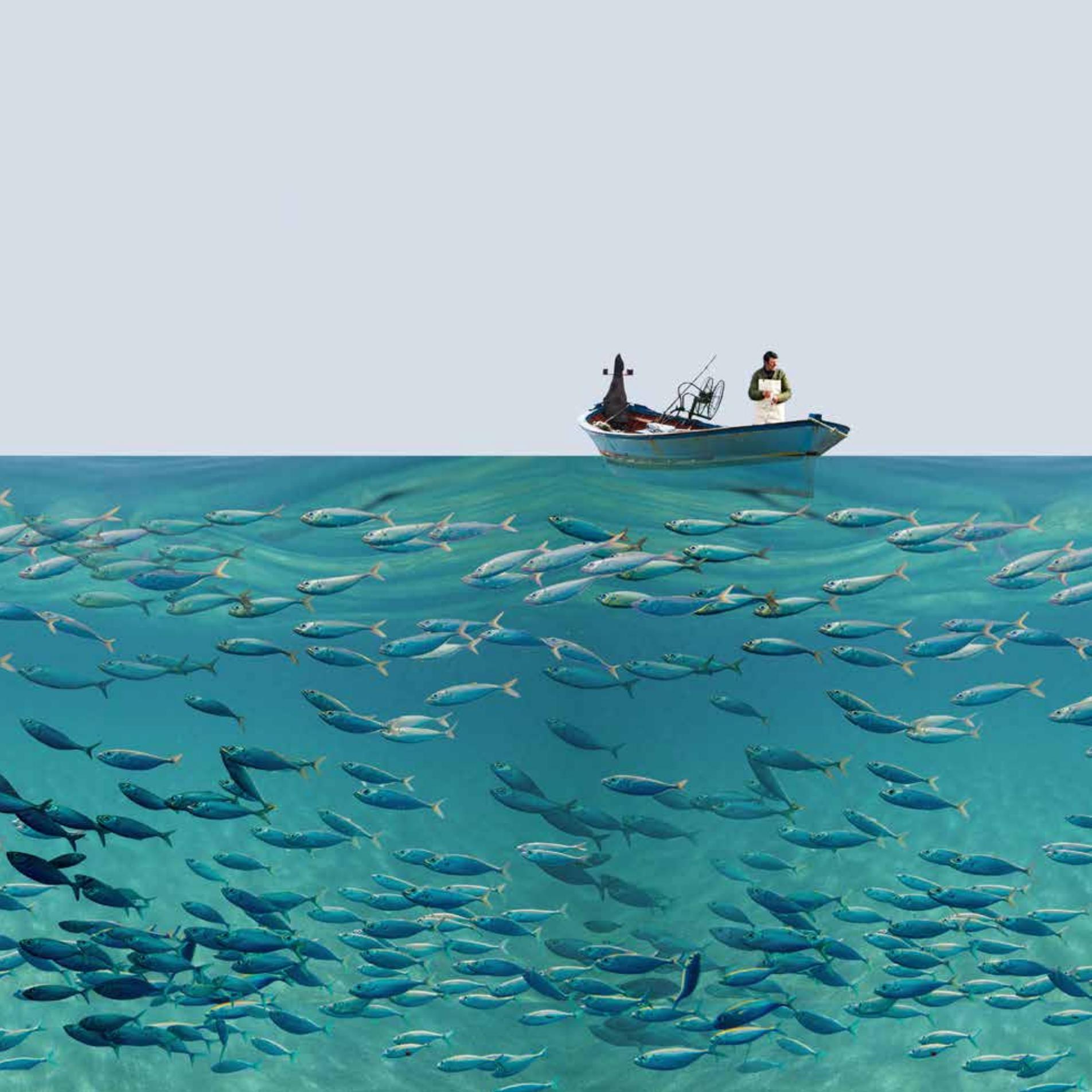
 **Rooted**  
**EVERYDAY**

Many Paths • One Mediterranean

[rootedeveryday.org/medfoodheroes](http://rootedeveryday.org/medfoodheroes)







**Cook sustainability and try out recipes from the #MedFoodHeroes campaign using regional delicacies from artisan producers and environmental NGOs.**

The biodiversity of our ecosystems, like climate change, is in crisis. The survival of our world is dependent on urgent action from individuals, businesses and governments. Conservationists are asking people everywhere to do their bit to protect the environment by choosing good quality food from local sustainable food producers.

Now is the time to invest in better shopping habits and make a direct contribution to the green economy by saying 'No' to intensive farming that uses pesticides and is devastating the countryside.

Enjoy cooking, because eating well doesn't have to cost the earth.

*Be #RootedEveryday*

