

TOWARDS A SUSTAINABLE FUTURE!

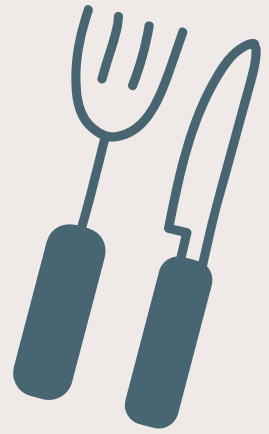
Leftover cookbook

TRADITIONAL EUROPEAN RECIPES MAKING USE
OF LEFTOVERS



BY BACK TO THE FUTURE PROJECT

TOWARDS A SUSTAINABLE FUTURE!



Texts and layout: Joint effort of participants in the project

Pictures: Canva, Unsplash and common creative pictures in Internet

Back to the Future - Towards Sustainable Everyday Choices

<https://porvoonpopo.partioscout.fi>

Co-funded by European Union

2023



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TOWARDS A SUSTAINABLE FUTURE!



This cookbook is produced as part of an Erasmus+ funded *Back to the Future - Towards Sustainable Everyday Choices* project. The project collected young scouts from Greece, Ukraine and Finland to Northern Greece for one week in October 2023 to learn about sustainability and to explore together how it can be promoted in everyone's own life.

On the following pages you will find some background information on how to reduce your food waste in your home. The cookbook also consists of recipes the project participants have discovered, further developed and some of them even tasted during the week they spent together in Greece.

Welcome to enjoy recipes we have collected for you!

Best regards from scout groups

16th Scout Group of Thessaloniki (Greece)
Association of Ukrainian Guides (Ukraine)
Porvoon polunlöytäjät & Eräkamut (Finland)



REDUCING FOOD WASTE AT HOME

Roughly 1/3 of the food produced in the world for human consumption is lost or wasted. More than half of waste food is generated in households. In *Back to the Future* project we focused on what we as young people can do in our everyday life to reduce waste food.

Approximately 80% among us, the 50 participants of this project, prepare food at home. Therefore we have a lot power on our families' choices! We can all take action by changing the way we shop, cook, and plan our meals to avoid wasting food, money and resources.

Good ways to reduce food waste at home:

- 1. Plan your meals.**
- 2. Know how to store your food.**
- 3. Understand 'use by' vs 'best before' dates.**
- 4. Use what you have.**
- 5. Avoid serving too much.**
- 6. Know your moulds.**
- 7. Share extra food with others.**
- 8. Repurpose waste where possible.**

Let's do it!

Source: The European Food Information Council (EUFIC) web-site.
www.eufic.org/en

The European Food Information Council (EUFIC), 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.



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TOWARDS A SUSTAINABLE FUTURE!

**MAIN COURSES
WITH LEFTOVERS**





Pizza Yiannis

Back to the Future project

SERVINGS: 50

COOKING TIME: 30 MIN/SMALL GROUP

INGREDIENTS

50 small pita breads
2 litres of tomatoe
sauce/ bechamel sauce
any leftover toppings
(e.g. sausage slices,
corn, olives,
mushrooms, peppers)
2 kg of grated cheese

DIRECTIONS

1. Divide your group of 50 scouts into groups of 10 persons.
2. Give each of them one pita bred.
3. Instruct them to put leftover tomatoe sauce or bechamel sauce and other leftover toppings on it.
4. In the end put grated cheese on the top.
5. Put the pizza into a preheated oven of 250°C for 10 minutes.
6. And that's all! Your pizza is ready! 🍕

Leftover sauces, cheese,
diverse toppings



παταβουρόπιτα - Feta pie

Greece

SERVINGS: 6

COOKING TIME: 2 HOURS

INGREDIENTS

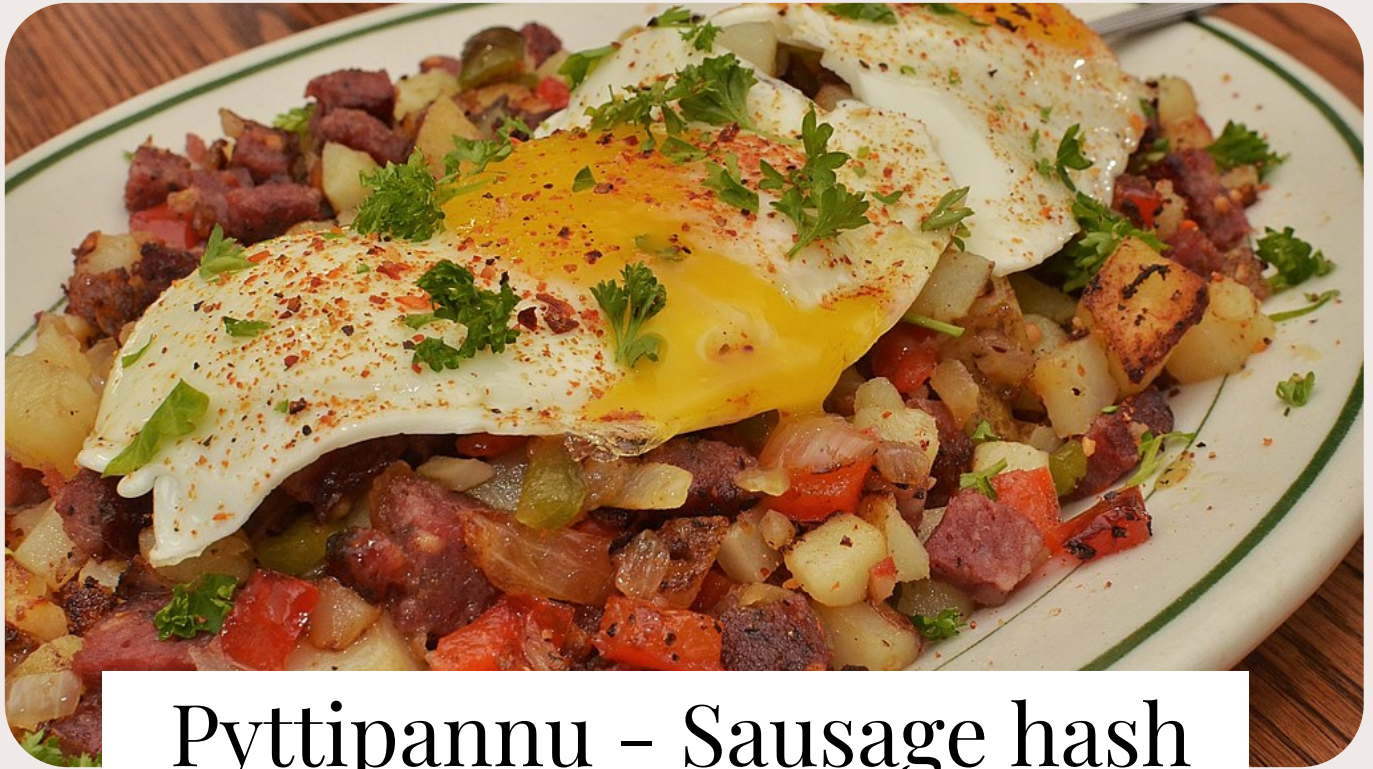
Filling:
Vegetables from previous
dishes (e.g. onion,
zucchini, sweet pepper)
Minced meat
200 g feta cheese
2 eggs

10 sheets of pie crust
(phyllo dough)
Olive oil

DIRECTIONS

1. Preheat the oven to 170°C.
2. Put the filling ingredients in a bowl and mix well with a spoon.
3. Spread the pie crust sheets on the workbench and spread olive oil on top of it. Put it in a baking dish. Spread some of the filling over the sheet.
4. Sprinkle next sheet with olive oil and place it on top of the filling. Add filling. Continue as long as ingredients last.
5. Bake for 60 minutes.
6. Let it cool for 20-30 minutes and serve.

Leftover vegetables, feta



Pyttipannu – Sausage hash

Finland

SERVINGS: 2

COOKING TIME: 20 MIN

INGREDIENTS

Cooked potatoes
1 onion
Garlic (according to your
own taste)
Any vegetables (e.g. sweet
pepper, tomatoe)
6 small sausages
2 eggs
Ketchup
Cheese

DIRECTIONS

1. When you cook potatoes there might be some leftovers and you can make pyttipannu from then and other leftover vegetables.
2. Cut the already boiled potatoes, sausages and other vegetables into smaller pieces. Cut the onion and the garlic also.
3. Then put some oil on the pan, add ingredients and fry on low heat until a little brown.
4. Fry two eggs and put them on top of the dish.
5. Then add some ketchup and cheese if you want.

Leftover boiled potatoes,
vegetables



Солона запіканка – Salty casserole

Ukraine

SERVINGS: 2-3

COOKING TIME: 60 MIN

INGREDIENTS

Cooked pasta
Minced meat, sausage or
ham
2 eggs
Salt and pepper
(Greens such as spinach)

DIRECTIONS

1. Depending on what ingredients you have, first cut sausages or ham into smaller pieces.
2. Then take the already boiled pasta, add the eggs and mix all ingredients. Pour them into a baking dish.
3. Bake the casserole at 180°C for 30 minutes.
4. Take casserole out of the oven. If you like, you can sprinkle some greens on the top.

Leftover boiled pasta



πατατοσαλάτα-Potatoe sallad

Greece

SERVINGS: 2

COOKING TIME: 20 MIN

INGREDIENTS

Cooked potatoes
Chicken
0,5 dl Greek yogurt
2 tbsp mayonnaise
2 tbsp olive oil
1 tbs lemon juice
Oregano and parsley
(Bread)

DIRECTIONS

1. Finely chop the chicken.
2. Cut already cooked potatoes into cubes
3. Put chicken and potatoes in a large bowl and add yogurt, mayonnaise, lemon juice, parsley, oregano and olive oil. Mix them well.
4. Serve with toasted bread.

Leftover boiled potatoes,
chicken



Картопляники – Potato pancakes

Ukraine

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

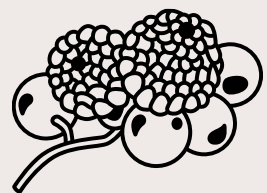
Mashed potatoes
1 egg
Ground pepper
Sunflower oil
(Sour cream)

DIRECTIONS

1. Put 1 beaten egg and pepper into mashed potatoes.
2. Shape the dough into pancakes (circles or ovals).
3. Put oil on the pan and fry the pancakes on both sides.
4. Serve with sour cream.

Leftover mashed potatoes

TOWARDS A SUSTAINABLE FUTURE!



**VEGETABLE/BERRY FOODS
WITH LEFTOVERS**





Kaalilaatikko - Cabbage casserole

Finland

SERVINGS: 4

COOKING TIME: 2-3 H

INGREDIENTS

1 large cabbage
1 onion
700 g soy groats/ground
beef/grated carrot
1,5 dl oat grains or short-
grain rice
2-3 tsp marjoram
salt
1 beef bouillon cube
1 l water
a few cubes of butter (or
bacon or other fat)
about ½ dl syrup

DIRECTIONS

1. This is a good recipe, if you have a big crop of cabbage. Cut the core out of the cabbage. Shred the onion and the cabbage.
2. Fry the beef. Season with salt.
3. Stir together the cabbage, onion, rice and meat and pour in a large oven dish with a lid. Pour on top the water and crumble the bouillon cube. Drop dollops of butter on top and run some syrup on top of the casserole.
4. Cook for about 1,5-2 hours in 175°C and serve.

Leftover cabbage



Sosekeitto – Mush soup

Finland

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

500g of any vegetables
(e.g. potatoes, carrots,
sweet peppers, zucchini,
pumpkin)
2 tbsp oil
1l water
1 vegetable stock cube
1 tsp salt
1 tsp pepper
(cream, cheese)

DIRECTIONS

1. This is a good recipe, if you have a big crop of any vegetables. Peel and chop the vegetables.
2. Heat the oil, add the spices and swirl the vegetable pieces for a while.
3. Add water and stock cube and cook until tender.
4. Purée in a blender, with a stick blender or by pushing through a strainer.
5. Taste and season to your liking.
6. If you like, you can soften the taste with cream or cheese.

Any leftover vegetables



Μαρμελάδα – Jam

Greece

SERVINGS: MANY

COOKING TIME: 24 HOURS

INGREDIENTS

1kg fruits or berries (e.g. cherries, peaches, apples, plums)

500gr crystal sugar

1 vanilla

1 lemon

DIRECTIONS

1. This is a good recipe, if you have a big crop of fruits or berries. Break the fruits a little with the hand to extract more juice.
2. Pour the vanilla into the bowl.
3. Cover the bowl with transparent film and leave it in the refrigerator for 12-24 hours
4. Wash jam jars very carefully.
5. Pour the mixture into a large saucepan.
6. Place the saucepan over low heat and simmer until the jam sets, about 30 minutes.
7. Squeeze lemon juice and pour it into the pot. Let it boil one more time.
8. Remove the pot from the heat and put the jam into clean jars. Close carefully and store in a cool place.

Any leftover fruits/berries

DESSERTS WITH LEFTOVERS





Манний пудінг – Semolina pudding Ukraine

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

Semolina, rice or corn
porridge
50 g grated chocolate
A few fruits and berries
Nuts

DIRECTIONS

1. Pour the leftovers of semolina porridge in a tall baking form.
2. When it takes the shape, turn it over and beautify it with grated chocolate, fruits, berries and nuts.

Leftover semolina porridge



Pullavanukas – Bun pudding

Finland

SERVINGS: 4

COOKING TIME: 50 MIN

INGREDIENTS

Dry buns
2 eggs
4 dl milk
0.5 teaspoons of
cardamom
1 teaspoon of cinnamon
1 teaspoon vanilla sugar
sugar to taste (optional)
favorite jam
oil
(ice cream, custard,
berries, powdered sugar)

DIRECTIONS

1. Beat the eggs and milk until smooth. Season with cardamom, cinnamon, vanilla sugar and, if desired, regular sugar.
2. If the buns are hard, soak them in the mixture the night before. Otherwise dip the buns in egg milk in a flat dish and turn them so that they soften evenly.
3. Grease a baking dish with oil. Tear the softened buns into large pieces and spoon your favorite jam between and on top. Pour in the egg milk.
4. Bake the bun pudding at 200°C for 30 minutes.
5. Serve warm pudding with ice cream or custard and berries. Decorate the surface with powdered sugar.

Dry leftover buns



Шоколадна ковбаса – Chocolate sausage

Ukraine

SERVINGS: 2-3

COOKING TIME: 60 MIN

INGREDIENTS

200 grams of bread
2 tbsp cocoa powder
150 grams of butter
150 grams of cookies
Some nuts and raisins
0,5 liters of sugar

DIRECTIONS

1. Blend the bread, crumble the cookies and melt the butter.
2. Add sugar and cocoa to the butter and then mix it.
3. Put it on food film or foil and leave it in the freezer.
4. When it's freezed, cut it on round pieces.

Dry leftover bread



Puuroletut – Porridge pancake

Finland

SERVINGS: 8

COOKING TIME: 30 MIN

INGREDIENTS

Oat porridge
1 apple
1 dl milk
1 dl wheat flour
1 tbs dark syrup
Oil for baking

DIRECTIONS

1. Grate the apple. Mix the ingredients of the dough with a spoon.
2. Add oil to the pan and heat it.
3. Pour the dough into the pan in little pieces, and fry until golden brown on both sides.

Leftover oat porridge



Köyhät ritarit – French toast

Finland

SERVINGS: 8

PREPARATION TIME: 15 MIN

INGREDIENTS

8 bun slices
3 dl milk
1 tbs vanilla sugar
1 egg
Margarine
Jam or berry puree
Whipped cream

DIRECTIONS

1. Mix the egg texture to break it. Add milk and vanilla sugar, mix.
2. Lightly dip the bun slices in egg-milk and fry them in a pan in margarine on both sides until nicely browned.
3. Place on a plate and put a spoonful of jam and a dollop of whipped cream on top of each slice.

Dry leftover bread



Шарлотка – Charlotte

Ukraine

SERVINGS: 5-6

COOKING TIME: 1 H 30 MIN

INGREDIENTS

Dried bread
0,5 kg of apples
1 tbs sugar
4 eggs
Some powdered sugar and
cinnamon

DIRECTIONS

1. First cut apples and dry bread into cubes.
2. Put apples and bread crumbs in the baking dish.
3. Mix beaten eggs with sugar and pour over apples and bread crumbs.
4. Heat the oven to 180°C and put the baking form into it.
5. Bake for 30-40 mins.
6. Give the form 10 mins to cool down.
7. Strew the cinnamon and powdered sugar on your dessert and enjoy your meal!

Leftover, dry bread



Солодка запіканка – Sweet casserole

Ukraine

SERVINGS: 2-3

COOKING TIME: 60 MIN

INGREDIENTS

Boiled pasta
2 eggs
25 g butter
powdered sugar

DIRECTIONS

1. Mix all ingredients and bake at 180° for 30 minutes.
2. Take casserole out of the oven and sprinkle powdered sugar on the top.

Leftover pasta



This Leftover cookbook has 16 traditional recipes making use of leftovers. It was collected by scouts from Greece, Ukraine and Finland during their Back to the Future project in October 2023 in Greece.

Towards a sustainable future!