

# **Sustainable Communities SA Inc.**

## **Low footprint cookbook**



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2009

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## **Spinach, mushroom & ricotta lasagne with walnuts**

### **Ingredients**

#### **Sauce**

850 ml milk  
50g plain flour  
1 bay leaf  
60g parmesan  
Salt and pepper to taste

#### **Lasagne**

600g spinach  
600g mushrooms  
225g ricotta  
12 sheets of fresh lasagne  
50g of walnuts dry fried for 1 minute  
Knob of butter  
200g blue cheese and 200g of mozzarella coarsely grated  
Salt and pepper

You will need a 23cm x 23cm x 6cm ovenproof dish

### **Method**

Pre heat oven to 180C

Make the sauce by putting all the ingredients in a saucepan and stir continually until it thickens. Turn heat down and cook sauce for 5 mins. Add 50gm of parmesan, remove from heat and remove the bay leaf. Cover the sauce to prevent a skin from forming

Remove stalks from spinach, wash and place on paper towel to dry

In a large saucepan melt knob of butter and cook spinach and sliced mushrooms for 2 minutes

Place into a bowl and add the ricotta and about 150ml of the sauce, add salt and pepper and the nutmeg and combine

Assemble the lasagne by spreading some sauce on the bottom of the dish (about a quarter of the sauce), scatter some walnuts on this and cover with lasagne sheets. Repeat the whole process this time adding the mozzarella

Repeat again finishing with a layer of lasagne sheets, the rest of the sauce and the remaining cheese. Cook for 50 minutes until golden and bubbling. Allow to cool for 10 minutes before serving

## **Mushroom, pumpkin & tofu curry**

Serves 8

### **Ingredients**

2tbsp olive oil  
1 tsp cardamom  
1 tsp cumin  
1 tsp coriander  
2 tsp turmeric  
2 onions cut in thin wedges  
600g button mushrooms  
1kg butternut pumpkin cubed  
750g firm tofu cubed  
4 medium tomatoes chopped  
½ cup coriander leaves chopped  
2 chillies (adjust to taste) chopped  
500ml vegetable stock  
300ml coconut milk

### **Method**

Heat oil over medium heat. Add onion, cook 2-3 minutes. Add spices and cook for 1 minute stirring constantly.

Stir in pumpkin, tomatoes and stock. Cover, reduce heat and simmer for about 15 minutes until pumpkin is just tender

Add mushrooms, coconut milk and tofu and cook, uncovered, for 10 minutes until mushrooms are tender and sauce thickens

Remove from heat and stir in coriander

## Egg & tomato curry

Serves 4

### Ingredients

1 large onion chopped  
3 cloves garlic crushed or finely chopped  
½ tsp grated ginger  
1 tsp cumin powder  
½-1 tsp chilli powder or dry chilli flakes depending on taste  
1 tsp turmeric  
1 tsp ground coriander  
1 tbsp ghee (can use olive oil if preferred)  
3-4 large tomatoes peeled and chopped (can substitute 440ml tin in off season)  
1 cup seasonal vegetables eg cauliflower, capsicum, zucchini or broccoli  
Bay leaf  
½ cup coconut milk  
6 hardboiled eggs shelled (free range of course)

### Method

Gently fry onion, garlic and ginger in ghee until soft. Add spices and stir over low heat for 2-3 minutes

Add finely chopped tomatoes, coconut milk, bay leaf and vegetables and simmer for 20 minutes or until vegetables softened. Salt to taste. Halve eggs long ways and heat through gently

Sprinkle fresh coriander on if available

### BROWN RICE (lazy persons' version)

2 cups brown rice and hot water. Place rice in large saucepan and cover with hot water by a knuckle depth. Cover and bring to boil, boil 10 minutes turn off heat and leave pan on stove 2-3 hours. At end rice is cooked and just needs reheating. Serves 6-8

## **African sweet potato & peanut stew**

From *The Vegan Planet* by Robin Robertson

### **Ingredients**

2 tbl olive oil  
2 large onions, finely chopped  
2 large green peppers, diced  
4 medium cloves garlic, crushed  
2 tsp brown sugar  
2 tsp finely grated ginger  
2 tsp cumin powder  
½ tsp cinnamon  
3 dried red chillies, ground or cayenne to taste  
1.2 kg orange sweet potato, peeled, cut into 1.5cm cubes  
800g tomatoes, blended or finely chopped  
3 cups water with 2 Massel vegetable stock cubes  
3 cups cooked kidney beans  
4 rounded tbsp smooth natural peanut butter  
1 cup unsalted peanuts, chopped

### **Method**

Soak 2 cups of dry kidney beans and cook for 30 minutes in a pressure cooker. People who don't have a pressure cooker can use 2 cans (400g) of kidney beans, drained.

Saute the onion in the olive oil until golden (about 5 mins). Add the garlic and pepper and saute for a further few minutes.

Stir in the sugar and spices (add chili or cayenne to suit taste). Add the sweet potatoes, tomatoes and stock. Simmer until the vegetables are just soft.

Add the cooked and drained kidney beans. Blend the peanut butter with enough broth from the stew to make a smooth paste. Stir into the stew. To further thicken, blend a small amount of the stew and return to the pot.

Sprinkle each serve with chopped peanuts.

Note: to stop sweet potatoes discolouring after peeling, keep them under water

## **Oseng-oseng tempe (Javanese stir fried tempe)**

### **Ingredients**

2 tbsp canola oil

1 small red onion or 2-3 shallots, sliced finely

2 clove garlic, crushed & sliced.

½ red capsicum or large chilli, sliced finely

optional: ½ tsp shrimp paste

1 cm galangal, sliced

2 salam leaves (can substitute kafir lime leaves or bay leaves)

2 tbsp tamarind juice, mixed with ¼ cup water

2 tbsp kecap manis (sweet soya sauce)

1 cup beans, cut up into about 2cm lengths

1 pack Tempe cut into 8 lengths then slice diagonally about 0.5cm thick.

### **Method**

Heat oil, gently sauté the onions, add garlic, shrimp paste, galangal & salam leaves and stir till onions are transparent (about 2-3 minutes).

Add tamarind water, mix, then add tempe. Stir gently till coated evenly, then add sweet soya sauce and mix thoroughly.

Lastly add chilli/capsicum and beans, continue stirring until the sauce thickens (about 3-4minutes), adding more water as needed.

**Note** - you can use cubed eggplant instead of tempe but will need more tamarind water to cook the eggplant and sweet soya sauce to balance the taste



## **Sambal goreng tahu santan - tofu in spiced coconut milk**

### **Ingredients**

1 small red onion or 2-3 shallots, chopped roughly

2 cloves garlic

½ capsicum/2 large chillies (to taste), sliced

1 cm ginger

½ tsp tumeric

Put the above ingredients in a food processor (or mortar & pestle) and process into paste.

1 cm galangal

1 stalk lemon grass, trimmed, crushed

2 kafir lime leaves, crush just before cooking

250g tofu, diced into small cubes (or/and green prawn, peeled & deveined)

250 gr snow peas/sugar peas, sliced in halves

1 cup coconut milk

1 tbsp tamarind juice

2 tbsp canola oil

### **Method**

Heat oil, gently sauté the paste, galangal, lemon grass and lime leaves for 3-4 minutes, add tofu/&prawn, snow peas and stir till tofu & snow peas are cooked (about 3 minutes).

Add coconut milk, gently stir while adding tamarind juice. Bring to boil, gently stir till sauce thickens.

Serve with rice.

### **Note**

Tumeric stains badly so add it straight into the wok/pan to avoid staining your food processor.

The galangal in Asian grocer is usually quite hard so I just throw it in whole. Home grown galangal is softer so you can slice it thinly or grind it into the paste to get more flavour.

For this dish, I prefer fried tofu.

The above measures are approximate, you can adjust them to your taste.

## **Roast beetroot dip**

### **Ingredients**

1 garlic glove

About 600 gms of roasted beetroot, peeled (to roast: wrap beetroot in roomy well-sealed pockets of foil – shiny side in. With smaller beetroot, put 2-3 in together and bake at 200 C for 1 hour or so or until skewer goes in easily but not mushy.)

100 ml thick greek yoghurt

1 tbs chopped fresh dill

1 tbs red wine vinegar

2 tbs olive oil

Grilled Turkish bread, to serve

### **Method**

Grate beetroot into a sieve over the sink. Set aside for 10 minutes to drain. Press with the back of a spoon to remove excess liquid. Place remaining ingredients in a non-metallic bowl, add the beetroot and stir well to combine.

Serve with the grilled Turkish bread.

Serves 4

## Kangaroo paprika stew

### Ingredients

2kg diced kangaroo steak (available from stall at western Gouger St end of market

4 large onions

4 - 5 heaped tsp Hungarian sweet paprika (not chilli)

4 cloves garlic

1 tsp Mexican chilli powder

1 cup red wine

1 tsp allspice

½ tsp salt

### Method

Halve the onions and then slice them medium thick. Chop the garlic into small pieces and add to the onion. Fry in a large frypan, in enough oil so they don't stick, till the onion rings are soft and transparent. Tip into a large pot.

Brown the meat in the same frypan. Supposed to seal in the juices. Add to the pot.

Add everything else and stir a bit. Actual amounts are a bit arbitrary, and as long as you put in the kangaroo, onions and paprika, it may not matter what else you put in.

If there is still room in the pot you can add cut up potatoes, carrots, pumpkin etc, and maybe later halved mushrooms. Makes it a stew rather than a Hungarian paprika.

Bring to boil, then cook at low heat for about 1 hour. Could probably also be done in a 180 degree oven. Kangaroo rump and fillet bake very quickly, and it is not clear why this stew takes somewhat longer.

## Ethics & environmental concerns

Killing and eating kangaroo is controversial. There is of course the vegetarian option, which most people would concede is morally superior. If one nevertheless chooses to eat meat, there are arguments for and against kangaroos versus other meats - cow, pig, poultry etc. The latter would not have any lives at all without human intervention, whereas kangaroos would survive quite happily without us. They owe us nothing. On the other hand they probably lead better lives than farmed animals. Possibly their shooting is more humane than the caging at feed lots, slaughter at abattoirs etc. And one could also argue that keeping populations down by culling is more humane than natural methods of population control - starvation, predation etc. Kangaroos, particularly greys, reds and euros, are far from being endangered species.

From an environmental point of view, eating kangaroo seems much sounder. They have much less impact on the environment, contribute little methane etc. And since the meat is much less fatty, they have a lower effect on us.

Not all ingredients are local. The paprika comes from Hungary. Not clear whether there couldn't be a local alternative. Who knows where the chilli powder and allspice come from. At least the kangaroos, onions and vegetables are relatively local.

And here is a recipe for millet - for 6-8 people

### **Millet**

#### Ingredients

2 cups hulled millet  
4 cups water  
1 tsp vegetable stock powder  
1 tsp turmeric  
1 cup finely chopped carrot and beans

#### Method

Boil the millet in water. When half absorbed add all other ingredients, stir and simmer on low until water is completely absorbed

## Our low-footprint feast menu

The low-footprint foods in this booklet were chosen according to criteria of their value in the diet, and relevant environmental factors.

Environmental criteria included:

- seasonality
- land
- energy (cultivation, transport and refrigeration, duration of cooking)
- water (rain-fed or irrigated with recycled water)
- processing and packaging
- reduction of waste

### Remember to

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain)
- Include lean meat, fish, poultry and/or alternatives such as include eggs and legumes, nuts and some seeds.
- Include milks, yoghurts, cheeses. Alternatives include fortified soy milk and derivatives. Nuts such as almonds also contain moderate to good amounts of calcium and protein.

### Other special considerations

Only brief general suggestions are made here. Individuals should obtain the advice of a doctor, dietitian or nutritionist.

### Children & adolescents

Adolescents have added demands of growth for all nutrients including energy and protein.

For good bone mass, calcium is essential. Vegetarian children and adolescents who do not drink milk or calcium -fortified soy products should seek advice about whether they need to take calcium supplements.

### Adolescent girls & women

Iron, folic acid and iodine need attention.

### Vegetarians

A vegetarian diet must be planned to ensure adequate protein, iron and vitamin B 12. A diet giving emphasis to whole grains, legumes and nuts can be adequate with the exception of vitamin B12 which cannot be obtained from plant sources. Vegetarians should consider food products fortified with B12 or take a supplement of vitamin B12.

## References

**Australian Guide to Healthy Eating** [www.health.gov.au/pubhlth/strateg/food/guide](http://www.health.gov.au/pubhlth/strateg/food/guide)

**Dietary guidelines for Australians** and Food for Health information can also be found at [www.nhmrc.gov.au/publications/nhome.htm](http://www.nhmrc.gov.au/publications/nhome.htm)

**Nutrient Reference Values** for Australia and New Zealand including recommended daily intakes [www.nhmrc.gov.au/publications/synopses/\\_files/n35.pdf](http://www.nhmrc.gov.au/publications/synopses/_files/n35.pdf)

**Go for 2 and 5 program:** [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

**Ethical eating.** How to make food choices that won't cost the earth. Angela Crocombe. Penguin 2008

Materials including a poster, booklet and brochure for the general public and nutrition educators are available from:

Population Health Publications Officer  
Commonwealth Department of Health & Ageing  
Tel.1800 020 103 extension 8654  
[phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)