



GEM - Sustainable Futures Camp 2023

Guide and Recipes for a 1-week of vegan self-catering



**Co-funded by
the European Union**

The creation of these resources has been (partially) funded by the ERASMUS+ grant program of the European Union under grant no. 2022-1-DE01-KA220-HED-000088645.

Neither the European Commission nor the project's national funding agency DAAD are responsible for the content or liable for any losses or damage resulting of the use of these resources.



You are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially

Under the following terms: CC BY 4.0

GEM - Sustainable Futures Camp 2023

Guide and Recipes for a 1-week of vegan self-catering

Recipe compilation by Anke Weisenburger and Sophie Tummescheit, Film University Babelsberg KONRAD WOLF

Testing recipes, improvement and tips for cooking: Prof. Dr. Björn Stockleben and Sophie Tummescheit, Film University Babelsberg KONRAD WOLF

Introduction	3
Use of this Cooking plan	3
General tips for cooking for large groups	3
Team Instructions	4
Instruction for meal preparation	4
Breakfast buffet for every day	4
Proposed Breakfast Components for 60 persons	4
Porridge Recipe	5
Warm Meal 1: Fried Rice	6
Recipe for Fried Rice	6
Warm Meal 2: Pasta with Pestos	7
Recipe for Pasta with green and red pesto	7
Warm Meal 3: Lentils on potatoes	9
Recipe for Lentil Pan on Mashed Potatoes	9
Warm Meal 4: Broccoli Pan	11
Recipe for Broccoli Pan with Rice	11
Meal 5: Glass Noodle Salad	13
Recipe for Glass Noodle Salad.....	13

Introduction

The Sustainable Futures Camp with the subtitle: **Innovations for sustainable positive futures – Co-creating desirable scenarios for the year 2050** took place with about 60 people from 04.06. - 09.06.2023 in the “Projektraum Drahnisdorf” near Berlin, Germany. The need to make the camp cost-effective yet productive led to the decision to prepare breakfast and lunch ourselves rather than ordering them from the venue. Another advantage of this approach is that the participants could get to know each other better during the cooking preparations. Cooking together is a very good “ice-breaker” and helps to connect international students with different backgrounds.

Although there were only a few vegans, and foodintolerant people in the participating group, all the lunch or dinner recipes are vegan and gluten-free to keep the effort low and to keep the carbon-footprint for the camp as low as possible.

The breakfast options also included a few meat and dairy products, so that lovers of these products are also satisfied.

The total cost per person per day was 3.50 euros for breakfast and a hot meal.

International specialities such as soy sauce, coconut milk and spices were bought in the Asian supermarket, as they are available in bulk and therefore much cheaper.

Use of this Cooking plan

This document contains simple, easy vegan recipes for catering for large groups. The recipes and the shopping list are designed for 60 people. All recipes were tested and optimised during the camp with 4-8 camp participants as kitchen helpers and a kitchen lead under simple conditions. For all recipes, two cooker plates are sufficient for preparation. So no oven is needed.

Accordingly, this cooking plan can be used in a variety of ways, such as for workshops in large groups that use campsites for overnight accommodation, but also for catering film sets that have to cope with a minimalist infrastructure.

Apart from that, this plan helps to keep the carbohydrate footprint as small as possible through the vegan diet.

Measurements / Abbreviations

Tbsp = Tablespoon (large spoon)

Tsp = Teaspoon (small spoon)

G = Gram

Kg = Kilogram

Dash = Splash, shot

Be careful with the salt - it is not proportionally scalable and also depends on personal taste.

General tips for cooking for large groups

With 5 helpers, a preparation time of 1.5 hours is sufficient, even if the helpers are very inexperienced cooks, but it is strongly recommended to have an experienced person in charge. Nevertheless, there are some recipes for which a longer preparation time is advisable. This is always the case when a lot of vegetables need to be cut or a large number of potatoes need to be peeled. In this case, a preparation time of 2 hours is recommended to ensure that the food is available at the desired time.

It is necessary to always think ahead. For example, if lentils are to be served for lunch, the breakfast group should already soak them. If there are to be mashed potatoes for lunch, the breakfast group can start peeling them.

Team Instructions

Instruction for meal preparation

- Come with washed hands.
- If you don't feel healthy, tell the kitchen lead.
- Breakfast buffet should be overseen every 15 min by group members in shifts.
- Printed Recipes with step-by-step instructions are available in the kitchen.
- Lunchtime meal distribution to be taken over by 2 group participants.
- Whenever you don't know what to do, ask the kitchen lead for further briefing.

Breakfast buffet for every day

Proposed Breakfast Components for 60 persons

- Porridge with various toppings – for quantities see recipe below (Vegetarian and vegan and gluten-free version)
- 60 Buns, 1 grey bread and ½ white bread
- 4-5 100 g packs of sausage or cold meat
- 4-5 100 g packs of cheese
- 2 glasses of different vegan spreads
- 2 glasses of different fruit jams
- 250 g of butter, 125 g of margarine
- 500 g coffee, a selection of tea bags
- Milk (1 dairy and 1 plant/based)



The breakfast buffet. Photo by Nicole Loeser

Porridge Recipe



Preparation time 20 min

Level: easy

Gluten free oatmeal is quite expensive compared to regular oatmeal. Depending on the food intolerances of the group, the vegan version can also be made with regular oatmeal.

Ingredients

Vegetarian Variant

- 1500 g oatmeal
- 6 l milk
- 3 teaspoons of salt

Vegan, gluten free variant

- 250 g gluten free oatmeal
- 1 l oat milk
- 3 pinches of salt

For both

- 10 -12 apples
- 10-12 bananas
- 100-200 g chocolate drops
- A bottle of Agave syrup or liquid honey
- Cinnamon

Let's start cooking

Step 1

In one pot at a time (vegetarian and gluten-free version) heat oatmeal, milk and 1 pinch of salt in a small saucepan, stirring constantly. Simmer gently for 2-3 minutes until a creamy consistency.

Step 2

Cut the apples in half, remove the core, cut into thin slices and cut these slices again 2 times so that you get bite-sized pieces. Then put them in a bowl.

Peel the bananas, cut them into thin slices and put them in a bowl.

Pour the chocolate drops into a bowl.

Step 3

Place the pots with the finished porridge, the bowls with the fruits, as well as the chocolate drops, agave syrup and cinnamon on the buffet, with the other breakfast things. Do not forget the serving utensils.

Warm Meal 1: Fried Rice

Recipe for Fried Rice



Preparation time 100 min

Level: easy

Ingredients

- 15 tbsp oil
- 60-75 cloves of garlic
- 30 carrots
- 15 packets of mushrooms
- 1200 g edamame or peas
- 9000 g cooked rice
- 30 tbsp gluten-free soy sauce
- spring onions
- pepper
- salt

Let's start cooking

Step 1

Cut garlic very small.

Peel the carrots, cut them into slices and quarter them again.

Mushrooms cut into slices and halve them again.

Finely chop the spring onions and put them in a bowl.

Step 2.

Heat the oil in a large pot and add the garlic (if the pot is not enough due to the large quantity, feel free to divide the quantity among several pots). Fry over low-medium heat for about 60 seconds, then add the finely chopped carrots and mushrooms.

Step 3

Cook for about 2-3 minutes, then add edamame, salt and pepper and continue cooking for a few minutes.

Step 4

Add cooked rice, soy sauce and mix.

Step 5

It's ready and ready to be served. Enjoy!

The quantity is just about sufficient.

To be on the safe side, use a little more of everything.

It is easiest to use parboiled rice as it is not as delicate. If basmati rice is used, it is advisable to cook the rice in plenty of water and once cooked, drain the water. Remove the finished rice from the pot into a large shallow serving bowl to cool off.

To get the rice crispy, it has to be fried individually in smaller portions, which takes a little time.

However, the recipe also works without frying the rice.

Warm Meal 2: Pasta with Pestos

Recipe for Pasta with green and red pesto



Preparation time: 90 min

Level: easy

Ingredients

- 7 kg pasta (Penne is recommended)
- 1 kg gluten free pasta

Green pesto

- 300 g fresh basil
- 210 g pine nuts (can be substituted with sunflower seeds)
- 300 g cashew nuts
- 12 garlic cloves
- 12 tbsp oat flakes
- 480 ml olive oil
- 12 tbsp fresh lemon juice
- 12 tsp salt
- 1,5 tsp pepper

Red pesto

- 1kg tomatoes
- 600 g tomato paste
- 300 g sunflower seeds
- 10 tsp Italian herbs
- 10 tsp basil
- 5 tsp salt

Approximately 130 g of pasta per person was calculated. The amount of gluten-free pasta should be adjusted according to the needs in the group.



Lunch distribution, Photo by Sophie Tummescheit

Let's start cooking

Step 1

In a pot of salted water, cook each of the pasta and gluten-free pasta 'al dente' according to package directions. Then drain.

Step 2.1 – Green Pesto

Place pine nuts and cashews in a pan/pot and toast for 2-3 minutes, stirring or swirling the pan often (if the amount is too large for the pan, better to split the amount into two - this also applies to the next steps).

Place basil, pine nuts, garlic and yeast flakes in a food processor or blender and pulse* until well chopped, scraping down the sides in between.

Stop the food processor running, slowly pour in the olive oil blend again and then pour in the lemon juice. Pulse until everything is well blended and relatively smooth. Season to taste with salt and pepper.

Step 2.2 – Red Pesto

Roughly chop the tomatoes.

Put all ingredients in a bowl and mix with a blender.

Season to taste if necessary and then it's ready.

Step 3

Mix half of the regular pasta and half of the gluten-free pasta with the green and red pesto in four separate serving bowls. Make sure to use separate spoons for the gluten-free version. Enjoy!

*Pulsing means turning the blender on and off in alternating off, but do not blend completely in one go or it will turn into a puree.

Add water if necessary. The pesto should be liquid enough to be easily mixed with the



Cleaning the dishes. Photo by Hamzah Farooq

Warm Meal 3: Lentils on potatoes

Recipe for Lentil Pan on Mashed Potatoes



Preparation time 90 min

Level: easy

Ingredients

Lentils

- 2900 g dry lentils
- 15 onions
- 30 cloves of garlic
- 15 tbsp oil
- 600 ml white wine
- 8-10 l vegetable broth
- 2 kg mushrooms
- 30 tbsp gluten-free soy sauce
- 15 tbsp balsamic vinegar
- 15 tsp (each) fresh or dried parsley, thyme and oregano
- 15 dash coconut milk
- 7.5 tbsp corn starch (to thicken)
- Black pepper and chili flakes to taste
- Sour cucumber diced

Mashed potatoes

- 10 kg potatoes
- 1 l coconut milk
- 7.5 tsp nutmeg
- black pepper and salt

Let's start cooking

Step 1

Rinse lentils under running water and then soak in lukewarm water for 15 minutes (pour away the water afterwards).

Meanwhile, chop the onion, garlic, mushrooms.

Peel the potatoes and cut them into smaller pieces.

Cut the cucumbers into small pieces and put in a bowl.

Step 2.1 – Lentil Pan

Heat oil in a pot, add diced onion and garlic and sauté over medium heat for 3 minutes (if the amount is too large for the pan, better to split the amount into two - this also applies to the next steps).

To shorten the cooking time, the lentils can be soaked beforehand.

However, this should not be too long, otherwise they will not absorb enough broth.

Add mushrooms, dried parsley, thyme, oregano, white wine, balsamic vinegar, soy sauce and sauté for another 3-5 minutes.

Now add the lentils and the vegetable broth and simmer over low-medium heat (add more broth if necessary) until lentils are soft (about 20-25 minutes if previously soaked).

Once the lentils are soft, add a generous dollop of coconut milk and corn starch to a small bowl, stir well, and add this mixture to the pan. Continue to simmer for about 1 minute or until desired thickness is reached. Season with more soy sauce (if desired), black pepper, and chili flakes.

When starch is added to the sauce, the sauce must be brought to the boil once so that it thickens. This is sometimes difficult if you have a very large pot. If necessary, simply take part of the sauce separately, thicken it and put it back into the pot.

Step 2.2 – Mashes Potatoes

Cook the potatoes over medium heat for about 15 minutes or until tender. Drain potatoes, return to pot, add coconut milk, nutmeg, black pepper, and sea salt, and mash with a potato masher to make mashed potatoes (do not use a food processor or blender or the mashed potatoes will be sticky and not fluffy).

Step 3

Put the pots of lentils, mashed potatoes and the bowl of chopped pickles on the buffet and you're done. It's ready to be served. Enjoy!



Lunch preparation. Photo by Nicole Loeser

Warm Meal 4: Broccoli Pan

Recipe for Broccoli Pan with Rice



Preparation time 90 min

Level: easy

Ingredients

Broccoli pan

- 15 tablespoons oil
- 15 onions
- 75 garlic cloves
- 15 heaped tbsp. fresh ginger
- 15 tsp onion powder
- 15 tsp paprika
- 7.5 tsp smoked paprika
- Black pepper and sea salt to taste
- A pinch of chili powder
- 2 kg broccoli
- 1200 ml vegetable broth
- 15 can of chickpeas
- 8 kg rice (parboiled)

Sauce

- 1800 ml water
- 45 tbsp soy sauce
- 30 tbsp balsamic vinegar
- 30 tbsp. maple syrup or another sweetener
- 15 tablespoons corn starch

Let's start cooking

Step 1

Finely chop onion, garlic and ginger.
Cut broccoli into small florets.

Step 2.1 Rice

Bring 6 times the amount of water of the rice with 1-2 tablespoons of salt to a boil in a pot (if the amount is too large for the pan, better to split the amount into two - this also applies to the next steps).

Add rice and stir everything once. Bring back to a boil and cook without a lid over medium heat for 15-45 minutes, depending on the variety (see package).

Pour rice into a colander and drain well. If necessary, let steam out briefly in the pot.

Step 2.1 – Broccoli Pan

Heat oil in a large pot over medium heat. Add onion, ginger, garlic and all spices. Sauté for 3-4 minutes.

Add broccoli florets and vegetable broth. Sauté for 10 minutes until broccoli is tender but not too soft.

Meanwhile, prepare the sauce: In a large bowl / saucepan, combine water, soy sauce, vinegar, maple syrup and corn starch with a whisk.

Pour sauce into pan and add chickpeas.

Increase temperature until sauce simmers. Sauté for a few more minutes.

Taste and add more if needed. Add salt/pepper/chili powder.

Step 3

Put the pots of rice and the broccoli pan on the buffet and you're done. It's ready to be served. Enjoy!



Dinner distribution (recipe not included). Photo by Bojan Mrdenovic

Meal 5: Glass Noodle Salad

Recipe for Glass Noodle Salad



Photo by: Sophie Tummescheit

Preparation time 120 min

Level: easy

Ingredients

Glass noodle salad

- 1.680 g glass noodles
- 15 medium cucumbers
- 15 medium carrots
- 15 red bell pepper
- 500 g mung bean sprouts
- 1 kg red cabbage
- 30 spring onion stalks
- 750 g peanuts
- 15 small handfuls of coriander or parsley
- Sesame seeds for garnish

Dressing

- 37.5-45 tablespoons gluten-free soy sauce
- 30 tablespoons fresh lime juice
- 22.5-30 tablespoons maple syrup
- 15 tablespoons fresh ginger grated
- 30 cloves garlic
- 30 tablespoons toasted sesame oil
- chili to taste

Let's start cooking

Step 1

1. Cut the cucumber into fine sticks.
2. Peel the carrots and cut into fine sticks.
3. Remove seeds from red bell pepper and cut into fine sticks.
4. Cut red cabbage into thin slices.
5. Chop the spring onions into small pieces.
6. Chop peanuts finely.
7. Chop coriander/parsley finely.
8. Peel and finely chop ginger.
9. Chop garlic cloves.
10. Toast sesame seeds in a pan and then place in a bowl.

It is important that the glass noodles are not overcooked. So, the cooking process should be constantly controlled. Rinse the noodles with cold water afterwards to avoid further cooking.

Step 2

Place the glass noodles in a large bowl and pour hot water over them. Cover and soak for a few minutes (about 3-4) to soften the noodles. Then drain the water.

If the noodles are very long, you can cut them into shorter pieces with scissors after soaking.

Step 3

For the dressing, whisk all the ingredients together in a bowl/glass

Whisk together or shake the jar with lid.

Step 4

Place the pasta (drained to remove excess liquid) and prepared vegetables in a large bowl, add the dressing and mix well.

Step 5

Serve with extra chili flakes and roasted sesame seeds on the side.