

The Fourth Workshop on 1.5°C Lifestyles in Kitakyushu

Recipes for Reducing Food Loss

Recipes No.1, 3, 4, 5 made by Masako Tanaka, Fukuoka Prefecture Food Loss Reduction Meister
Recipe No.2 made by Octavio Molina, Masters Student of the University of Kitakyushu

01 Sandwich Rolls Made with Yesterday's Leftovers

Ingredients (serves 4)

- 8 bread rolls
- 2 tablespoons mayonnaise
- 10g raisins
- 4 lettuce leaves

Example of Leftovers: Simmered hijiki

- 20g dried hijiki
- 40g carrot
- 1 fried tofu
- 2 dried shiitake mushrooms
- 1 tablespoons sesame oil
- 2 teaspoons mirin
- 2 teaspoons soy sauce



Directions

1. Cut the bread roll in half and spread with mayonnaise.
2. Quickly blanch the raisins in hot water to remove the oil.
3. Spread lettuce on the bread roll, add simmered hijiki and decorate with the raisins.

02 Sustainable Mushroom Ceviche

Ingredients (serves 4)

- Mushrooms of your choice
- 1 cup of lemon or lime juice
- 1 onion or red onion
- 1 bell pepper
- 1 tomato
- 1 avocado
- Salt and pepper to taste

You can also add the following as you like:
Cilantro (coriander), crackers, or tortilla chips



Directions

1. In a large bowl, combine the sliced and boiled mushrooms with the lemon or lime juice. Make sure the mushrooms are fully submerged in the juice. Let them marinate for at least 30 minutes, stirring occasionally.
2. Finely chop the onion, bell pepper, tomato and avocado.
3. After marinating, mix well to combine with all the vegetables.
4. Season the ceviche with salt and pepper to taste.
5. Serve the sustainable mushroom ceviche with cilantro and crackers or tortilla chips as you like.

03 Soy Meat and Sautéed Seasonal Tomatoes

Ingredients (serves 4)

- 180g soy meat (sliced type)
- 4 small tomatoes
- 4 slices of garlic
- 4 tablespoons flour
- 1 tablespoons olive oil
- Salt and pepper to taste
- Parsley to taste



Directions

1. Remove the stem of tomatoes and cut them in half horizontally. Sprinkle a pinch of salt over the cross-sections, blend and leave for 10 minutes.
2. Sprinkle the soy meat with salt and pepper, spread the flour in a tray and coat the soy meat with the flour.
3. Press the tomatoes dry with a paper towel and place them in a baking tray and dust them lightly with the remaining flour.
4. Heat the olive oil and garlic in a frying pan over medium heat and add the soy meat and tomatoes.
5. Grill with lid on, turning occasionally to heat through evenly.
6. Serve in a bowl and garnish with garlic and parsley.

04 Soup with Leftover Vegetables and Eggs

Ingredients (serves 4)

- Leftover vegetables*
- 2 consommé soup stock cubes
- 600ml water
- 1 tablespoons potato starch
- 2 eggs

*There is no specific vegetable or quantity of leftover vegetables. In the cooking lesson, vegetables used in other recipes are used.



Directions

1. Cut the leftover vegetables into bite-sized pieces.
2. Put the water and consommé soup stock cubes in a pan and add the vegetables, except the tomatoes and lettuce.
3. Dissolve the potato starch in water, add to the soup in step 2, and then add the beaten egg, followed by the tomatoes and lettuce.
4. Add pepper to taste and serve.

05 Soy Milk Agar Jelly

Ingredients (serves 4)

- 200ml adjusted soy milk
- 2g powdered agar
- 2 tablespoons sugar
- 200ml water
- 1 canned fruit of your choice



Directions

1. Put water, sugar and agar powder in a pan.
2. After stirring, turn up the heat and bring to the boil for 2 minutes.
3. Turn off the heat, add soy milk and stir.
4. Place in cups and refrigerate to set. (30 minutes to 1 hour)
5. When firm, place fruit on top, add syrup.