

1st and 18th August, 2025

Workshop on 1.5°C Lifestyles in Kitakyushu 2025

Recipes for Reducing Food Loss and Curbing Emissions

Recipes made by Masako Tanaka, Fukuoka Prefecture Food Loss Reduction Meister

Recipe



Switch to meat alternatives

1. Dry Curry with Soy Meat

Ingredients (serves 4)

- 150g soy meat (minced)
- 1 teaspoons granulated bouillon (3g)
- Pinch of salt
- 1 tablespoon oil
- 1 onion (200g)
- 1 garlic clove
- 1 ginger clove
- 2 big tomatoes (400g)
- 1.5 tablespoon curry powder
- 2 tablespoons tomato ketchup
- 2 teaspoons worcestershire sauce
- 2/3 teaspoon salt
- Pinch of pepper



Directions

1. Finely chop the onion, garlic, and ginger. Dice the tomato.
2. In a frying pan, add the soy meat, bouillon, salt, and enough water to just cover the ingredients. Simmer over medium heat for about 3 minutes until the water has mostly evaporated.
3. Push the mixture to one side of the pan, add oil to the empty space, and sauté the onion, garlic, and ginger. When the onion becomes translucent, gradually mix it together with the soy meat.
4. Add the diced tomato, cover with a lid, and simmer over low heat for about 5 minutes. Once the tomato begins to break down, add the seasonings and adjust the flavor.
5. Serve the cooked mixture over rice on a plate, and sprinkle with parsley if desired.



Vegetarian diet

2. Coleslaw Salad with Plenty of Vegetables

Ingredients (serves 4)

- 150g cabbage
- 40g carrot
- 100g cucumber
- 1/2 apples (or pears) (150g)
- 1.5 tablespoons mayonnaise (18g)
- 12g mustard (grain)
- Salt and pepper to taste



Directions

1. Cut the cabbage into thick shreds, slice the cucumber into 5mm rounds, and julienne the carrot into thin strips.
2. Quickly blanch the prepared vegetables and gently squeeze out excess moisture after they have cooled (do not soak in water).
3. Julienne the apple into thick strips.
4. Add the apple to the vegetables, then toss with mayonnaise, mustard, salt, and pepper to taste.



Enjoy seasonal vegetables

3. Seasonal Okra with Whitebait and Bonito

Ingredients (serves 4)

- 100g okra
- 5g dried whitebait
- 2g dried bonito flakes
- 1.5 teaspoons sesame oil
- 0.5 teaspoons soy sauce
- Salt to taste



Directions

1. Boil okra and cut into 1 cm pieces.
2. Roast the dried baby sardines in a frying pan.
3. Combine the seasonings and dress the ingredients.



Cut food waste

4. Soup with Leftover Vegetables and Eggs

Ingredients (serves 4)

- Leftover vegetables*
- 2 consommé soup stock cubes
- 600ml water
- 1 tablespoon potato starch
- 2 tablespoons water
- 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 okura.
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 okura.
4. Add pepper to taste and serve.



Vegan food

5. 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.