



Wellness Food Around The World



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Eating healthy food is one of the Seven Steps of the Global Wellness Day manifesto, and probably the more controversial one, with the amount of information and misinformation available today about food, diets, super ingredients and so on.

Our Wellness Food Around the World initiative, partnership between Global Wellness Day, WE(i) Think and Retrouv'I, wants to show that healthy food can be available in every country, to everyone, and doesn't have to be complicated.

We asked our GWD Ambassadors to submit healthy recipes from their respective countries, highlighting their local culture and ingredients. Our panel of globally renowned chefs helped us designate a regional winner for each area.

We are very grateful for everyone who contributed to this ebook: our teams, the Jury, GWD Ambassadors and the chefs for sending their amazing recipes. Thank you for helping us spread the word about healthy eating, and hopefully inspire the readers of this ebook to try and cook some of these delicious dishes!

Happy Global Wellness Day 2022.



Belgin Aksoy

Founder of Global Wellness Day



Celine Vadam

Founder & CEO
WE(i) Think, Retrouv'I

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About Global Wellness Day

Founded in 2012 by Belgin Aksoy, Global Wellness Day is an entirely not-for-profit day which is an international social project dedicated to living well.

The fundamental purpose of the day is to make us aware of the value of our lives. Even if it's for one day of the year, to make us stop and think to get away from the stress of city living and our bad habits, and thereby find peace within ourselves.

The first step taken in Turkey towards living well was turning Global Wellness Day into an international movement together with 103 GWD Ambassadors, 27 Key Supporters and 3 Advisors who are lifestyle-oriented entrepreneurs and wellness professionals from all around the world.

Global Wellness Day is celebrated on the second Saturday of every June in over tens of thousands locations around the world with complimentary activities offered to the public or venue guests.

 www.globalwellnessday.org

@globalwellnessday

GLOBAL
WELLNESS
DAY®

About WE(i) Think & Retrouv'I

WE(i) Think was founded in 2020 by Celine Vadam to offer innovative and collaborative services from hospitality and tourism, from concept and development to operations, with guests, employees, communities and planet wellbeing at its core.

WE(i) Think provides a holistic approach to wellbeing to create bespoke indoor and outdoor wellness concepts, facilities, programs and packages, including sleep, healthy F&B outlets, soft to integrative destination spas, vibrant fitness areas, mindfulness activities and entertaining educational practices for internal and external guests of all ages, ethnicity and gender.

Our team includes certified experts in nutrition and wellbeing with years of experience developing and managing F&B concepts and venues for global hospitality brands.

In late 2021, WE(i) Think launched Retrouv'I to offer health and wellness advice to individuals. Powered by certified health coaches, Retrouv'I builds and provides dedicated programs for people who want to improve their overall wellbeing, with a broad approach to every area of their lives and providing the support and accountability needed to undertake the challenge of living healthier and happier lives.

www.wei-think.com



@wei.think

@retrouvi



Wellness Food Around The World

Meet our Jury



Antonio Mermolia

Renowned Italian Chef.
Executive Chef at Fiola,
Washington DC



Lori-Ann Kietzmann

Private Chef. Food Consultant &
Culinary Experience Creator and
Guest Experience Manager,
Simbavati Lodge Collection,
South Africa



Richard Ekkebus

Michelin-star Chef. Director of
Culinary Operations and Food and
Beverage at Mandarin Oriental
Hotel Group, Hong Kong



Stefan Jerkfelt

Renowned Swedish Chef. Private
Events Chef at MS Molly in
Stockholm and Spirit of Son
Fuster in Mallorca



Wellness Food
from
Middle East & Africa



Rooibos Lentil Bobotie



**OUR JURY'S FAVOURITE FROM
MIDDLE EAST & AFRICA**

SOUTH AFRICA
Africa



Rooibos Council of South Africa



Main Course



Vegetarian



90min - 4 servings



Ingredients

2 tsp (10 ml) olive oil
2 onions, chopped
1 tbsp (15ml) finely grated fresh ginger
1 garlic clove, crushed
200 g (1 medium) sweet potato, in the skin, coarsely grated
4 tsp (20 ml) each curry powder and ground cumin
2 tsp (10ml) ground coriander
1 tsp (5ml) ground turmeric
1 cup (250 ml) uncooked brown lentils
2 cups (500 ml) strong Rooibos Tea
1/3 cup (80 ml) raisins (optional)
8 tsp (40 ml) red wine vinegar
1/2 tsp (2,5 ml) salt
lemon juice and black pepper to taste
2 eggs, beaten
1 cup (250 ml) buttermilk
4 small bay leaves
1/4 cup (60 ml) flaked almonds

Directions

Heat oil in a large saucepan and fry onions, ginger and garlic until soft. Add sweet potato and spices and fry until aromatic. Reduce the heat. Add lentils and tea, cover with a lid. Simmer for 30-40min or until lentils are cooked. Preheat the oven to 180 °C. Add raisins (optional), vinegar and salt. Season with lemon juice and pepper. Spoon into an oven dish.

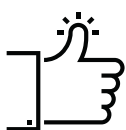
Mix eggs and buttermilk and season with pepper. Pour on top of the lentil mixture. Place bay leaves in the egg mixture and sprinkle with almonds. Bake for 30min until golden brown and cooked.

Bobotie is delicious with a chunky salsa of cucumber, tomato and fresh herbs and Basmati rice.



Chef's Tip

Bobotie is often considered the national dish of South Africa. It is a fantastic mix of flavours with fruit, curry and spice in a comforting bake finished off with a custard-like topping. Bobotie is a recipe that was imported to South Africa from Indonesia in the seventeenth century and was adapted by the Cape Malay community. This version is made with Lentils, but can be made with lamb or beef mince.



Why the Jury loves it

- The Rooibos Lentil Bobotie is a great representative of South Africa.
- All ingredients can be sourced locally.
- Sweet Potato lowers the GI of the dish.
- Plant-based with a meat option for alternative.
- The recipe is easy to recreate.

Baked Falafel



Directions

Preheat oven to 180 degrees. Line a baking pan with parchment paper and set aside.

Transfer the chickpeas to a food processor and grind until a grainy texture is obtained.

Transfer the grains to a large bowl and set aside.

Place the parsley, coriander, chili, garlic, onion and tahini in the food processor. Grind until finely chopped mixture.

Transfer the chopped mixture to the bowl of ground grains and mix. Add in the baking soda, bread crumbs and spices and mix well.

Wet your hands and form ping pong-sized balls from the mixture. Place the balls on the parchment paper and spray with a little oil.

Bake the falafel for about 20 minutes in the oven and serve hot.

We recommend eating with a chopped vegetables salad and a lot of tahini.

ISRAEL

Middle East



Neta Chen Livne



Starter / Main Course



Vegan



45min - 28 balls



Ingredients

1 cup of chickpeas (after soaking overnight in a bowl with plenty of water)

1 bunch of parsley

1 bunch coriander

2 teaspoons chili powder

6 cloves of garlic

1 medium purple onion

2 tablespoons raw tahini

½ teaspoon of baking soda

1 tablespoon breadcrumbs

1 teaspoon salt

1 teaspoon cumin

Oil for spraying



Chef's Tip

Falafel is a traditional Middle Eastern food, commonly served in a pita, which acts as a pocket. The falafel balls are topped with salads, pickled vegetables, hot sauce, and drizzled with tahini-based sauces. Falafel balls may also be eaten alone as a snack.

It is crispy on the outside, smooth on the inside and delicious in any situation. Instead of dealing with the heartburn that accompanies all fried falafel balls, why not make baked falafel at home? Toss with tahini over and you're on the wave!

Margog with Lamb



Ingredients

750 g Naimi lamb leg (boneless and cubes)
2 tabs red onions (chopped)
4 medium ripe tomatoes (chopped)
1 teaspoon garlic (chopped)
2 tabs vegetable oil
1 tabs all spices powder
1 teaspoon Turmeric powder
1 teaspoon Cardamom powder
1 teaspoon Cumin powder
1 teaspoon Coriander powder
1 teaspoon Black pepper
1 teaspoon Cinnamon powder
1 piece cinnamon stick
1 tabs whole Cardamom
1 tabs Black pepper corn
5 pieces whole Cloves
5 pieces Dry black lemon
4 tabs tomato paste
1 tabs sea salt (or as needed)
2 pieces green chili peppers
4 pieces Saudi red chili peppers
50 g cooked black eye beans
500 g Saudi yellow pumpkin (cubes)
250 g Saudi green beans (optional)
200 g green Zucchini (cut into large pieces)
200 g small eggplant (cut into large pieces)

SAUDI ARABIA

Middle East

Mazen Alaraj

Main Course

Balanced

1h - 6 servings



Dough

4 cups of wheat flour
Water as needed
Pinch of salt



Directions

Gradually knead the flour with water and salt until it becomes a cohesive dough. Divide the dough into medium-sized balls, grease them with oil, cover with wet towel and leave in a warm place.

Place a heavy pot on the fire, add the vegetable oil, meat cubes until they change the color then add the onion until they wilted, add spices, with the chopped tomatoes, and leave it on the fire until the tomatoes melt.

Add tomato paste, then put two liters of boiling water, black lemon, cinnamon sticks and pepper corn and leave it until the meat is 70 % cooked.

Add salt and vegetables (black eye beans, green beans, zucchini, pumpkin, chilies, and eggplant) and leave it to simmer for 15 minutes.

In the meantime, roll up the dough balls into thin sheets, add it into the broth one by one while it is boiling and leave it for 3-5 minutes until it swells a little then move it to the side of the pot and put it at the bottom of the pot, and then add another dough sheet after another in the same way.

Reduce the temperature under the pot till the dough sheets are well cooked (about 30 minutes).

Serve it in a deep plate with the red and green chilies, and a fine pinch of black lemon as a garnish.



Chef's Tip

Margog is one of the most famous dishes of Saudi's central region (Najd region). It is made with soft wheat grains (called Alsamma flour) with local vegetables and Naimi lamb meat stew. It is healthy, delicious and rich in dietary fibres, vitamins and carbs, and considered as a complete meal “especially in winter”.

Saudi food is one of the oldest cuisines in terms of the simple used local ingredients as well as the cooking methods.

Caldo de Mancarra



GUINÉ BISSAU



Africa

Lucille Gomes



Main Course



Balanced



45min - 4 servings



Ingredients

300 g peanuts (Mancarra)
100 ml sustainable palm oil or
alternative oil
2 large ripe tomatoes
1 large onion
1 chicken
Salt
Water
Gindungo

Directions

Once the chicken is arranged, cut it into pieces and season it with salt and gindungo. Heat the palm oil (citi) and the finely chopped onion in a pan.

Once the onion is braised, add the chicken pieces and let it fry a little on all sides, taking care not to let it burn.

Meanwhile, crush the peanuts in a mortar, as finely as possible.

Peanuts (Mancarra) are mixed with the already skin and seed free tomato and crushed. Engage well.

Add a little water to the mixture (about 500 ml), mix well and pass through a sieve. Pour the mixture over the chicken, cover the pan and cook for 30 minutes over medium heat. Serve with rice.

Coconut Lentil Curry

with Vegetable Rice and Mango-Avocado Salsa



KENYA
Africa



Loise Machira



Main Course



Vegan



30min -

3 servings



Directions

Coconut Lentil Curry

Pre-boil 1 full cup of lentils for 10 minutes after washing them.

In a separate pot, pour some olive oil and add 1 chopped onion, ½ ginger with handful of coriander.

Once they start to cook, add the lentils which have been pre-boiled. Add two spoons of curry powder, and a full tin of coconut milk. Let this simmer for 15 minutes.

Ingredients

Onion
Ginger
Tomatoes
Tomato Paste
Coconut Milk
Coriander-Rice
Peas
Lentils
Mango
Red Chillies (optional)
Avocado
Lemon
Olive Oil
Salt
Curry Powder
Cayenne Pepper

Vegetable Rice

In a separate pot, pour some olive oil and add ½ chopped onion and 1 spoon full of tomato paste.

Once they start to fry, add 1 cup of rice, and a half a cup of pre-boiled peas.

Mix it up until it becomes sticky, then add 2 cups of water.

Let it simmer for 15 minutes

Mango-Avocado Salsa

Chop ½ a mango, ½ an avocado, 2 tomatoes, ½ an onion, and 1 lemon

Mix them all in a bowl, and squeeze a generous amount of lemon juice

Finish off by sprinkling cayenne pepper and you're ready to serve!



Chef's Tip

This recipe is a combination of Swahili and Indian cuisine.

One day I was craving something coconut based, but vegan in nature and the shops were all closed during lockdown. It was hard to find something that could meet my cravings, so I decided to try combine all the ingredients I had at home to see what I could come up with.

Eventually, I ended up making this meal which my housemates really enjoyed and there were no leftovers! Ever since, everyone who has eaten this meal has asked me for the recipe. I'm hoping anyone who makes this meal will feel loved, nourished, satisfied, and happy.

Barley Couscous with Seasonal Vegetables



MOROCCO
Africa



Fatéma Hal



Main Course



Vegan



50min - 6 servings



Ingredients

500 g of fine couscous
100 g chickpeas soaked in water
100 g peeled dry beans or green beans
300 g carrots
2 white turnips
3 potatoes
2 onions
1 zucchini
2 tbsp. tomato puree
1/2 tbsp. red bell pepper powder
2 tbsp. olive oil
salt, pepper

Directions

Peel the vegetables.
Chop the onions, put them in a pot with 2 tbsp of oil, 1 tablespoon of water, salt.
Add the red bell pepper powder, the tomato puree, the chickpeas, the beans, all the vegetables.
Sprinkle with a glass of water, leave on the fire, put the couscoussier on the pot.
Put the couscous in a bowl and sprinkle with a glass of water.
Mix it with the hand to avoid lumps, pour it in the already hot couscoussier.

After 10 minutes, mix the couscous with a spoon.

When the vegetables are cooked, pour the couscous into the bowl, sprinkle with the sauce, cover the bowl, wait for the sauce to be completely absorbed before turning the couscous with a spoon.

Mix it with the vegetables.

Serve.



Chef's Tip

Barley couscous with vegetables is a very popular dish in Morocco for its rustic side and true local product.

Prepared with seasonal vegetables, this couscous lends itself to all kinds of variations and you can choose to accompany it with a meat.



Barley is one of the basic foodstuffs and is known for its effective virtues against heart disease, constipation, and other digestive system disorders. This cereal, cultivated for thousands of years is rich in fiber and contains a good number of minerals, vitamins and antioxidants beneficial to our health.

In addition to its nutritional qualities, barley couscous can be prepared in summer as well as in winter. Flavored with olive oil, this couscous like Amaqful falls well in the category of healthy and economical dishes.



Wellness Food
from
Americas



Escarole Bean Soup



OUR JURY'S FAVOURITE FROM THE AMERICAS

USA

Americas



Camille Hoheb



Starter



Balanced



20min - 2 servings



Ingredients

1 large head of escarole
2 tablespoons of olive oil
2-4 garlic cloves depending on your
preference
Dried pepper flakes to taste
400 g cannelli beans
Freshly ground pepper
2 cups of chicken broth
Anchovy - optional

Directions

Chop the escarole into bite sized pieces. Mince the garlic into fine bits. In a large saucepan, sauté the garlic for 30 seconds or so, stirring on low heat so the garlic doesn't burn, add the red pepper flakes and the escarole and finely chopped anchovy (optional), and keep stirring until it wilts. As soon as the escarole is wilted you can either let it cool off and transfer to a blender and add the chicken broth or if you prefer escarole pieces instead of blended, simply add the chicken broth to the escarole right into the saucepan and add the beans. Let it simmer. This soup is great as a starter -- add crusty Italian bread and viola, this soup becomes a hearty, healthy, tasty, and satisfying meal!



Chef's Tip

Many years ago in my 20's, I bought a cookbook called, "Eat this! It will make you feel better" written by Italian American comedian and actor, Dom DeLuise. I immediately fell in love with this book, his storytelling

and how he wove in the importance of sharing meals with those that you love. It resonated because as a proud American of Italian descent, my Mom always imbued that food is love. Every night she made a fresh, full course dinner, where family promptly ate together at 6 pm every night and shared their day with each other. We all had roles in the kitchen clean-up. Everyone contributed.

I learned how to make Escarole Bean soup (beans and greens) from this cookbook and had the confidence to use Dom's recipe as a base, changed it up and made it my own. My parents loved my recipe so much, it became a family recipe. My recipe made it into our family reunion cookbook and became a standard recipe, often enjoyed.

Thirty-five years later when I started to take care of my mother in her advanced age, I would make this soup which was especially satisfying on a cold, New York winter's night. On the occasion where I would have to return to California for a short time, I would make a batch and then freeze individual containers of this and other meals so she could pull them out and have something nutritious, yummy and satisfying to eat. My Mom loved my soup and I loved making it for her. Now I make this recipe for friends who rave about it and have asked for my recipe. Mealtime and breaking bread with others is much more than eating. I am a believer that food - and the way it is sourced, prepared, and served, and who you share it with - really is love.



Why the Jury loves it

- A very simple recipe to recreate.
- Products are inexpensive and can be sourced rather easily.
- Escarole and beans are a great source of vitamins and often used in the Mediterranean diet. Beans provide protein, fiber, folate, iron, potassium and magnesium.
- A gentle and healthy cooking method.

Pejibaye Cheesy Creamy Soup

Ingredients

4 cups of pejibayes, previously cooked,
peeled and seedless
1 medium size white onion
4 gloves of garlic
¼ cup nutritional yeast
5 sprigs of thyme
¼ cup white wine
¼ cup avocado oil
1 teaspoon whole grain black pepper
The juice of one lemon
Himalayan pink salt to your taste

COSTA RICA
Americas



Sergio López



Starter



Vegan, Gluten Free



30min - 4 servings



Directions

Place a pot to heat over medium heat.

Cut the onions into julienne strips and caramelize in the pot with the avocado oil for approximately 5 minutes. Add the wine and reduce.

Add the garlic and cook three more minutes to medium low heat.

Cut the pejibayes into small pieces and add to the pot.

Add the thyme, the nutritional yeast and the black pepper and put water to cover the vegetables. Cook for at to medium low heat least 30 minutes.

Blend everything together and add more water if necessary to have a creamy texture. Add Himalayan pink salt to your taste.



Chef's Tip

The pejibayes are typical of some Latin American countries, being known by other names such as chontoduros in Colombia for example. Those who have never tried it say that it is similar in texture to potatoes or sweet potatoes since it is very floury. In Costa Rica, we make pejibaye flour, having one more gluten free option to make some things. According to this recipe, if you leave it thicker you can make a vegan nacho style sauce. If you cook the pejibayes in a pot with coffee wood you will obtain a more intense and delicious flavour.

Salmon Tartare



CANADA



Americas

Claude Brind'Amour



Main Course



Balanced



20min - 2 servings



Ingredients

1 tbsp Parsley
1 tbsp Chives
2 Shallots
2 filets Anchovies
1 tbsp Dijon Mustard
2 tbsp Capers
1 Egg yolk
2 tbsp Olive Oil
350 g Salmon
1 Lemon
1 Lime
Tabasco Sauce (optional)

Directions

Finely chop the parsley, chives, shallots, anchovies and capers. Put the chopped ingredients in a bowl and add the mustard, egg yolk and the juice of one lemon. Incorporate slowly the olive oil while beating the ingredient, the same way you would make a mayonnaise.

Chop the Salmon and incorporate it to the bowl with all the other ingredients, gently mix. For a tartar with a kick, you can add a few drops of tabasco sauce.

Serve with crostinis and lime

Josephine's Thanksgiving Dressing



USA



Americas

Joan R. Dembinski



Dressing



Balanced



20min



Ingredients

450 g Mild and hot Italian sausage
55 g pancetta sliced thin or bacon
2 mild onions- medium dice
3 Shallots- diced
3 stalks celery- diced
4 garlic cloves- smashed and diced
2-3 tbsp extra virgin olive oil
3 tbsp butter
6 Cups- diced day old Italian bread (we traditionally used Perreca's Italian bread)
Spices/ herbs: Italian spices, sage, thyme, oregano, ground black pepper, sea salt
4-5 cups homemade chicken or turkey soup (this can be done day before. stock is carrot, onion and celery with chicken thighs or turkey wings. Start stock in cold water and simmer for an hour.
1/4 cup pine nuts- optional

Directions

Sauté sausage and set aside.
In a large pan- Heat olive oil/butter- sauté celery, onions, shallots, garlic until tender.
Add bread cubes and sausage.
Add stock- gently mix.
Taste for flavor as you add seasonings.
Butter a 9x11" pan.
Add all ingredients and decorate with pancetta or bacon.
Cover with parchment and then foil.
Bake in 350F oven for 20 minutes
Remove foil and crisp edges and top for approximately 10 minutes.
If you have pine nuts- add at this time.
Serve and enjoy.



Chef's Tip

Thanksgiving dinner was celebrated in our household in an almost traditional manner with one exception. My Mother Josephine, of Neapolitan descent, was not a fan of turkey. Her contributions to dinner was her amazing dressing, which consisted of a beautiful meal in itself. Sourcing the particular ingredients was easy. Local farmers market provided the fresh garlic, onions and herbs. Italian Family Markets provided fresh ground sausage and traditional Italian bread (recipe dating over 100 years). Combining all the ingredients resulted in a savory culinary experience that I have duplicated through the years! I am proud to share her recipe in homage to her culture.

Here is the story of an amazing woman, Chef Joan R. Dembinski. But she wasn't always a chef. In fact, it wasn't until after a successful 50-year career in clinical research in the pharmaceutical that she returned to school at the age of 70 and graduated with an AOS degree as a Certified Culinarian. Now at 84 years old Chef Joan serves as a pastry chef, participates in charity events and volunteers working with young folks in the Chef and Child program of the American Culinary Federation and the South End Children's Café in Albany, New York. She established scholarships to encourage students to pursue degrees culinary arts and Hospitality and she established a grant to enable culinary students to travel abroad to enhance their skills. Her mission in life is to look forward, pay back and learn something new every day.

Hibiscus & Mushroom Birria Quesadillas



MEXICO

Americas



Reyna Venegas &
Rancho La Puerta
Culinary Team



Main Course



Vegetarian



45min - 4 servings



Quesadillas

Ingredients

1/2 cup hibiscus flowers, boiled
225 g oyster mushrooms, cut in strips
1/2 medium onion, diced
2 garlic cloves, chopped
1 cups birria adobo
1/2 cup vegetable broth or water
2 cups mozzarella cheese, shredded *vegan
cheese can be used as a substitute
12 corn tortillas
1 tbsp. avocado or olive oil
Salt and pepper, to taste
2 limes, cut in quarts
Pickled onions and chopped cilantro to garnish
1/2 cup pinto beans, cooked

Directions

Bring 3 cups of water to boil. Add the dried hibiscus flowers to the water and simmer for 5 minutes. Take off the heat and let the water cool. Strain the hibiscus flowers and reserve the remaining liquid to serve as tea or agua fresca.

Chop the cooked hibiscus flowers and cut the oyster mushrooms into fajita strips.

Heat a skillet or pan over medium heat and add the avocado or olive oil. Add the chopped onion and garlic and cook until translucent. Next, incorporate the oyster mushroom and cook until they release their juices. Add the chopped hibiscus flowers and cook for a couple of minutes.

Season to taste with salt and pepper and add the birria adobo. Combine all the ingredients. The adobo should fully cover all the other ingredients. If the adobo feels too thick, or if it doesn't cover everything, add the vegetable broth or water. Reduce the heat to low and let cook for 5-10 minutes. Salt to taste, and reserve. Heat a griddle or comal and place the tortillas on it. Add a handful of cheese (approximately ¼ cup) to the tortilla, place a spoonful of the mushroom and hibiscus birria on top, and then fold. Turn over to heat on the other side. Serve with lime juice, pickled onions, cilantro and cooked pinto beans on the side.

Birria Adobo

Ingredients

1/2 medium onion, chopped
3 garlic cloves, peeled
3 guajillo chiles
1 pasilla chiles
½ tbsp dried oregano
½ tbsp dried thyme
½ tbsp cumin seeds
½ tbsp cinnamon powder
1 tbsp paprika
1 tsp sea salt
1 tsp black pepper
½ cup orange juice
1 tbsp white wine vinegar

Directions

Place the onion, garlic and chiles on a skillet set over medium-high temperature. Toast until fragrant and slightly charred.
Add the spices and toast for 1 minute until fragrant.
Place the toasted ingredients in the blender and add the orange juice, vinegar, salt and pepper.
Blend until smooth, and reserve.



Chef's Tip

Our Culinary Team honors our Mexican heritage. In every dish, we have diverse Mexican regions represented in our kitchen and unique organic produce from Tres Estrellas Garden, a combination that creates one of the most distinguished spa cuisines around the world. These Hibiscus and Mushroom Birria Quesadillas are a plant-based option for traditional birria. We strongly believe that regenerative plant-based cuisine will provide the nutrients your body needs to feel renewed and revitalized, and will also become the catalyst of positive change that will connect people with themselves, with the nature around us and extend the values and principles of sustainability and well-being. Please enjoy these delicious quesadillas, created with love, from your Ranch family...Buen Provecho!

Vegan Arroz con Pollo



PUERTO RICO



Americas

Mindful Grub



Main Course



Vegan



50min - 4-6 servings



Ingredients

1 tbsp sofrito (optional)
1 medium yellow onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
2 to 3 garlic cloves, minced
2 tbsp tomato paste
170 g soy curls (or sub with one block tofu, pressed and cut into thick strips)
2 Cups uncooked rice
2 1/2 Cups vegetable broth
1 tsp cumin
1 to 2 tsp sazón seasoning (or sub with annatto powder, for color)
1 tsp sea salt
1/4 tsp black pepper
Olive oil for cooking

Directions

Wash and rinse the rice well, then drain and set aside.

In a medium to large pot with a lid, heat a bit of oil over medium high heat. Once hot, add the soy curls or tofu and season with a bit of salt and pepper or whatever seasoning you prefer. The idea is to cook and brown them a bit. Once done, remove from the pot and set aside.

Add another bit of oil to the same pot (no need to wash it) and add the sofrito (if using) and diced onion and bell peppers. Sauté over medium heat for 5 to 7 minutes, or until they begin to soften.

Add the minced garlic and sauté for 30 seconds.

Add the tomato paste, cumin, sazón seasoning and rice. Sauté for another minute, mixing everything together so that the rice is coated with the spices and tomato paste.

Then add the veggie broth, cooked soy curls, salt and pepper, and bring to boil. Once it starts to boil, lower to a simmer, cover and cook for 30 minutes, untouched. Do not remove the lid, do not stir.

After the 30 minutes, taste a bit of the rice from the top to see if it's cooked. Do not stir the rice!

If the rice is not done, place the lid back on and check every 10 minutes until the rice is tender. If most of the liquid has evaporated and the rice is not done add a couple tablespoons of water at a time until the rice is tender. Add very small amounts of water only if all the liquid has evaporated until the rice is tender. Do not stir.

Once the rice is tender, you can stir the rice, but not too much!

Garnish with fresh asparagus, or you can use red pepper or peas or fresh parsley. Serve immediately.



Chef's Tip

If you grew up in Puerto Rico, then Arroz Con Pollo (Rice With Chicken) was something you had on a regular basis. It's not only a complete meal, but it also tastes amazing, it's quick (and cheap) to make, and it feeds a crowd! So, yes, it is a staple alright!

Puerto Rico is not the only country blessed with this dish as part of its culinary repertoire. This is a quite common dish in a lot of Latin American countries, and even Spain. It is closely related to paella. Each country, however, has its own twist on flavors and seasoning. But, the basic recipe is essentially the same. The Puerto Rican version of Arroz con pollo cannot be made without annatto or annatto oil. Annatto is rarely used in Spanish cooking. It is, however, frequently used in Puerto Rican cooking especially in rice dishes aside from this one, such as arroz con gandules (rice with pigeon peas), arroz con maiz (rice with corn), and asopao de pollo (chicken rice stew). The local recipe is also generously seasoned with sofrito, a sauce commonly used in Puerto Rican cooking.

Rich and complex in flavor, comforting in stodginess, friendly and nonthreatening; arroz con pollo is a welcoming and easy entry point to Puerto Rican cookery. By making this dish vegan, the result is a healthier and more sustainable version of the traditional recipe without skimping on taste!

Sweet Potato Rainbow Pancakes



USA



Americas

Gloria Treister, HHP



Tammy Gutierrez, MD

Main, Brunch, Breakfast



Vegetarian



4 servings



Ingredients

1 large sweet potato, washed, with skin on

2 large carrots, washed, with skin on

1 medium onion, diced

2-3 stalks celery, finely chopped

Other veggies that you like - get creative!

Here are some of my favorites:

Portobello mushrooms - approx ¼ cup finely chopped

Yellow squash or zucchini - approx ½ cup grated

Red pepper - approx ¼ cup finely chopped

Green onions - 3-4

½ cup whole flax seeds

2-4 fresh eggs, depending on how many total veggies you throw in! You want enough to coat the chopped veggies so that they stick together.

Olive, avocado, coconut oil, or ghee to coat the skillet

Seasonings - I often add 1-2 tsp cumin, but you could try thyme or rosemary to the batter if you like more intense flavors. You can also just let the veggie medley shine on its own and serve with a little salt and pepper.

Sea salt and fresh-ground black pepper to taste, when serving.

Directions

Use a grater or food processor to shred the sweet potato and carrots.

Chop the celery, onion, and other veggies up finely as well (or use the food processor if you prefer).

Grind up ¼ cup whole flax seeds with a coffee grinder or mortar & pestle. Mix the veggies and flax together in a large bowl, then crack 2-4 eggs over the mixture, until it is a thick batter consistency.

Spoon the mixture into a hot skillet with olive oil, avocado oil, coconut oil, or ghee over medium heat and flatten each spoonful into a thin pancake.

Cover for 3-4 minutes to help steam the veggies fully, then flip. Lightly brown both sides, but you may choose how crispy you want them by adjusting the thickness and size of the pancakes.

Serve hot on their own, or add a dollop of cashew cream cheese or other topping of your choice.

The veggies can be made the night before, then just add the eggs in the morning and pan-fry OR you can even make the pancakes entirely the night before, then just reheat them in the pan in the morning. Dr. G's teenager uses leftover sweet potato pancakes for a quick breakfast before school.



Chef's Tip

Loving latkes, I tried to make a healthier version for my family. Dr. G's 15 year old loves these and requests them all of the time. They help you incorporate eating a rainbow into your breakfast so you get a great start to your day! In one dish you can get mushrooms, onions, green onions, celery, red peppers, flax seeds to get your omega-3's, sweet potatoes, yellow squash, carrots and more. We use what is available to us in season so the foods are the freshest and most available and cost-effective at the time you are making it.

You can make a big batch and freeze them or you can make the batter the night before, as well.



Cayman Stone

(Caymanite)



GRAND CAYMAN ISLAND

Americas

Baranidharan

Thirunavukkarasu



Dessert



Vegan, Gluten Free



4hrs - 8 servings



Cayman Exotic Compote

Ingredients

100 g Fresh Mango, Fine Cubes
70 g Fresh Banana
60 g Fresh Passion Fruit Juice
5 g Cayman seasoning Peppers
20 g Fresh Honey

Directions

Cook all the above ingredients together for about 8 minutes. Pour the mixture into the half sphere mould and freeze for 1 hour or until hard enough to get demoulded from the silicon mat.

Coconut Honey Mousse

Ingredients

400 g Fresh Coconut Puree
300 g Soy Whipped Cream
80 g Fresh Honey
1 g Lime Zest
100 g Vegan White Chocolate (Optional)
8 g Agar Agar

Directions

Boil the coconut puree, honey and agar for 2 minutes. Once done keep in chiller to set and then blend the mixture until absolutely smooth.

On the side, whip the soy whipped cream and gradually fold into the smooth coconut mix adding the lime zest. Pipe the coconut mixture into the stone mould and fill it with the Cayman Exotic Compote in the centre. Now cover the top with rest of the coconut mixture and place in the freezer about 2.30 hours. See image for reference.



Hibiscus Poached Aloe Vera Jelly

Ingredients

300 g Fresh Aloe Vera Jelly
100 g Fresh Honey
150 g Hibiscus Reduction

Directions

Cook the Aloe Vera jelly along with the honey and hibiscus reduction for about 5 minutes on medium flame. Remove from heat and freeze until cold. Note: Cut the Aloe Vera jelly into small cubes and wash with warm water before use.

Peanut Streusel

Ingredients

100 g Coconut Oil
120 g Coconut Sugar
120 g Roasted Ground Peanut
140 g Rice Flour
2 g Cayman Sea Salt

Directions

Mix the all the above ingredients together. Then bake at it at 175 degrees Celsius for about 9 minutes. Bring it to cool until at room temperature.

Colour Mirror Glaze

Ingredients

200 g Vegan White Chocolate
100 g Soy Cream
100 g Fresh Honey
100 g Corn Syrup
5 g Fruit Pectin (Optional)
Orange Gold Food Colour
/White Food Colour

Directions

Bring to the boil the soy cream, fresh honey, corn syrup and fruit pectin at 105 degrees Celsius. Once it reaches this temperature pour over the Vegan White Chocolate mix and blend well with a blender. Use one part of this mixture to create orange gold colour and other part of mixture to stay white colour.

Dark Mirror Glaze

Ingredients

200 g Vegan Dark Chocolate
100 g Soy Cream
100 g Fresh Honey
100 g Corn Syrup
10 g Cocoa Powder
5 g Fruit Pectin (Optional)

Directions

Bring to the boil soy cream, fresh honey, corn syrup, cocoa powder and fruit pectin at 105 degrees Celsius. Once it reaches this temperature, pour over the Vegan Dark Chocolate mix and blend well with a blender.

Assembly

Peanut Streusel
Hibiscus Poached Aloe Vera Jelly
Glazed Coconut Honey Mousse



Chef's Tip

Caymanite is a unique Cayman stone. It has layers of colours in earth and tones. This is where I derived my inspiration from. I then decided to create this stone shaped dessert with Caymanian local farmer ingredients.

You will feel all the unique Caribbean flavours layer by layer on your first bite like fresh honey, citrus, fruits and nuts. All these ingredients are obtained from local Caymanian farmers. Food is one of life's great pleasures sustaining us, transporting us together for shared experiences. However, today, we are in the midst of a climate, biodiversity and public health crisis. The food system must shoulder significant responsibility. I believe that the world of farmers' and using local fresh ingredients can be the solution. I have the ability to create food culture - influencing how, what and when people eat. This power can be used to positively affect the planet, our diets and future. Increasingly, my action is to integrate the social and environmental impact into my creation. I aim to support local farmers to do so and together create a world of local farmer products that not only look and taste good, but that are also good for your health.



Wellness Food
from
Asia-Pacific



Lightly Tom Kha Soup



OUR JURY'S FAVOURITE
FROM ASIA-PACIFIC

THAILAND

Asia



Angkavipa Udommana (Chef Jibbo)



Starter



Raw, Vegan



10min - 2 servings



Ingredients

120 g Coconut Water
120 g Coconut Milk
24 g Thai Shallot, Finely Sliced
10 g Lemongrass, Finely Sliced
10 g Galangal, Finely Sliced
8 g Thai Garlic, Finely Sliced
1 g Coriander Roots, Finely Sliced
1 Thai Red Chili

Seasoning

35 g Lime Juice
38 g Light Soy Sauce (or
Tamari)
7 g Coconut Sugar
1g Wakame Powder (or Miso)

Condiments

60 g Young Coconut Meat, Finely Sliced
20 g Oyster Mushroom, Torn
15 g Black Ear Mushroom, Finely Sliced
30 g Tomato, Cut into Pieces
1 Kaffir Lime Leaf, Finely Slice
1 Thai Bird's Eye Chili, Finely Sliced
5 g Saw Leaf Coriander
1 Coriander Leaf

Directions

Prepare all condiments and cut to different shapes (for better texture!).

Put all soup ingredients in a blender (I use high power blender, Blendtec, for smoother soup).

Blend until soup is smooth and warm.

Season and taste. (Recommended to taste because lime or coconut sugar, taste can be varied according to seasonal).

Put all condiments and serve warm.



Chef's Tip

I created this recipe a couple of years ago when I was in Ubud and took Raw Chef Lesson. I came up with an idea of using fresh and raw ingredients. Since our Thai cuisine uses loads of fresh ingredients, lots of semi-raw menu, why not try to make them in a RAW version! Most of Thai recipe use fish sauce to season. I try many ways to replace fish sauce in the recipe and found out that wakame flake or miso work well. It gives a hint of umami taste and I like it!

As you can see there's 20 items on my shopping list! That is a lot of fine fresh ingredients, but my LIGHTLY TOM KHA SOUP will be your soup of the day, just by only chopping and blending! Light and fresh is the definition of my soup, come with mouthwatering taste and yes, this is healthy and packed with Phyto-dense ingredients. If you are a fan of traditional Tom Kha Soup, this soup won't let you down, I promise.



Why the Jury loves it

- A beautiful dish with simple Thai flavours.
- Miso, seaweed seasoning instead of fish sauce provides a rich taste of umami.
- Complete the dish with a bowl of brown rice for a wholesome main dish.

Shiro-ae with Spinach

Mashed Tofu Salad



JAPAN



Asia

Yumiko Nagao



Starter



Vegan



15min - 2 servings



Ingredients

100 g Spinach
1l Boiling water
1 tsp salt
Cold water (for cooling)

150 g Hard tofu (Momen Tofu)
2 tbsp White sesame seeds
1 tbsp Soy sauce
1 tbsp Sugar

Directions

Wrap Tofu with kitchen paper and put it into a heat durable glass bowl and microwave (600w) for 3 minutes to drain water.

Heat water in a pan with salt. Boil spinach for 1 minute.

Leave spinach in cold water. Drain water and squeeze spinach dry. Cut off the roots and chop into 3 cm.

Mix and mash tofu, sesame seeds, soy sauce and sugar, and add spinach. Stir well so the flavor is even.

Cooking Tips:

Squeezing dry is important. If not enough, the dish may be watery. Mixing all seasonings makes spinach stirring easier.

May arrange the dish with shredded chicken, boiled chopped carrot, broccoli, konnyaku (yam potato) and so on.



Chef's Tip

This is a famous Kyoto's Obanzai side dish. Obanzai is usually made of seasonal ingredients most of which are vegetables. Traditionally, obanzai is made taking into consideration five core spiritual elements:

- honma mon (genuine) - using seasonings and cooking ingredients that have value.
- ambai (balance) - unique balance born out of flexibility and creativity in utilizing ingredients.
- deaimon (encounter) - cherishing encounters that are made through acquisition and use of ingredients. This word means the act or spirit of living with nature or community.
- motenashi (hospitality) - willingness to make an effort to make the best selection matching the mood or condition of others, to cogitate to enjoy the meal, to cook with the wish that who eat the meal stay healthy. These three acts mean motenashi.
- shimatsu (not creating waste) - similar to mottainai, it means putting everything available to good use.

Shiro-ae is easy to make, so shiro-ae may make your meal a complete healthy and heartfelt one quickly. These ingredients are easy to acquire too, at any places.

Spicy Tropical Fruit Salad



Ingredients

- 7 g garlic (peeled)
- 1 g green bird's-eye chilli
- 20 g long bean (1-inch slices)
- 50 g pineapple (diced)
- 40 g honeydew melon (diced)
- 40 g dragon fruit (diced)
- 30 g green mango (diced)
- 30 g pomelo (small segments)
- 20 g fresh fig (sliced)
- 40 g cherry tomato (halved)
- 15 g carrot (shredded)
- 15 g PSC (pumpkin seed, sunflower seed and cashew nut mix, roughly chopped)

Dressing

- 175 g gluten-free soy sauce
- 100 g fresh lime juice
- 125 g palm sugar

THAILAND



Asia

Touch Vongsatitsart



Starter



Vegan



15min - 2 servings



Directions

Starting with the dressing, mix ingredients and stir until sugar is dissolved, then set aside.

For the salad, crush the garlic, chilli and long beans in a mortar and pestle.

Pour this, the dressing, fruits and remaining vegetables into a bowl and toss lightly.

Plate and sprinkle PSC on top.



Chef's Tip

At Chiva-Som, wellness is a way of life, and includes a nutritious, fresh, organic and healthy diet.

This take on the traditional Thai papaya salad is a great way to detox while satisfying cravings for spicy Thai food. The fresh fruits and vegetables provide a healthy dose of vitamins B and C, phytonutrients and fibre, as well as potassium, phosphorus, zinc and iron. The signature PSC nut and seed mix is also high in good fats, antioxidants and magnesium. add to any dish to improve heart, bladder and prostate health, lower blood sugar levels and protect against cancer.

Grilled Fish with Assorted Vegetables

Inihaw na Isda at Gulay



Fish

Ingredients

1kg fish
(tilapia, pampano, tuna, tanigue)
Sea Salt or Rock Salt
Freshly Cracked Pepper
VCO (virgin coconut oil)

Directions

Heat up griller.

Clean and prep fish for grilling. Pat dry. Drizzle with VCO.

Season with rock salt and freshly cracked pepper. Set aside.

Before putting fish on the grill, make sure the grill is really hot.

Grill fish according to your preference, approximately 10-15 minutes each side. Do not move fish for the first 5 minutes to prevent it from sticking to the grill. Use a tong and a spatula for laying and flipping so that you can evenly lay fish on the grill.

Remove from when fish flakes easily. Set aside.

PHILIPPINES



Asia

Nathaniel Imson



Main Course



Balanced, Pescetarian



30min - 2-3 servings



Grilled Vegetables

Ingredients

500g eggplant
500g ripe tomatoes, halved
250g red onions, halved
2pcs red bell pepper, whole
2pcs green bell pepper, whole
1pc garlic, halved and skin on
100g cilantro, chopped
Sea Salt or Rock Salt
Freshly Cracked Pepper
VCO (virgin coconut oil)

Directions

Heat griller.
Clean all vegetables.
Put all veggies on the grill and cook until they get a bit charred and will have some grill marks. Please check and turn from time to time because not all veggies have the same cooking time.
Remove from heat.
In separate bowls, put eggplant and bell peppers and cover w/ cling wrap and make them sweat. This will bring out their flavor and will make it easier to peel.
Set aside.
Remove skin of garlic. Set aside.
Uniformly chop all veggies and put in a bowl.
Add chopped cilantro to the veggie mixture.
Season w/ salt and freshly cracked pepper.
Drizzle w/ VCO. Make sure all veggies are coated.
Serve w/ grilled fish.



Chef's Tip

The Philippines is an archipelago of 7,107 islands at high tide and 7,108 islands at low tide.

Fish is a very common staple and there is a huge grilling “ihaw” or “sugba” culture in the country where every region would have its own concoction of spices and grilling style that make up their signature “ihaw” dish.

Rice with Mushrooms and Root Vegetable

Bburi-chaeso Beoseot Sot-bap


(뿌리채소 버섯 솔밥)




SOUTH KOREA



Asia

Ashley Jeong-a Hwang (황정아) 

Main Course 

Vegan 

40min - 4 servings 

Ingredients

- 150 g brown rice (short grain)
- 150 g white rice (short grain)
- 150 g Root vegetables (lotus root, carrot, burdock, etc)
- 150 g mushrooms (shiitake, oyster mushroom, etc)
- 10 g Ganjang (Korean home-made soy sauce)
- 20 g Perilla oil
- Sauce for rice
(one red pepper, one green pepper, soy sauce 15g,
perilla oil 30g)

Directions

Rinse the brown and the white rice twice and soak the rice for 30mins
Wash and peel root vegetables, Cut those into 1*1 cm sized cubes. Clean
the dirt of mushrooms with a wet towel and slice it.

Roast the mushrooms in the oven or grill for 7~8mins without oil to give them richer flavours and aroma.

Drain the rice and set in a clay or a stone pot.

Put root vegetables and mushrooms on top of the rice.

Add 400ml of water, ganjang and perilla oil.

Cook it with medium heat for 10 mins and with low heat for 15mins with lid on.

In the meanwhile, finely chop chillies and add soy sauce and perilla oil.

Mix rice well gently and serve it with sauce.



Chef's Tip

We get a sight of the country's geography, history, climate, environment, and lifestyle through people's eating habits. Korea has four clear seasons and is surrounded by the sea on three sides. Koreans eat rice as a main food and serves side dishes and soup with various ingredients obtained from mountains, fields, and seas. Originally, soybeans were produced from the north area of the Korean Peninsula, and we have used soy sauce, soybean paste, and red pepper paste made of beans to replenish insufficient protein in rice and to enjoy various flavours of food. Thanks to the four distinct seasons, we can enjoy seasonal ingredients for our daily meals.

Root Vegetable Mushroom Pot Rice is a dish made from seasonal ingredients of late autumn in Korea. When the weather gets colder, plants prepare themselves for winter by sending their nutrition to the roots. We can get sufficient nutrition and energy by eating a lot of root vegetables. Autumn is when the root vegetables are most tasty. Carrots, lotus roots, burdock and such are common root vegetables and those are quite popular ingredients for Korean cuisine.

Korean peninsula is 70% made of mountains and we can easily find various eatable mushrooms from the mountains. Shiitake mushroom, which is in season in autumn, is one of them. It also has a good scent. If Shiitake mushrooms baked before being added to the pot rice, it's aroma and taste get richer.

The seasoning of rice is made of Korean soy sauce and perilla oil. Korean soy sauce is made by fermenting beans, so it has an abundant flavour. Perilla oil, which is made by squeezing perilla seeds, does not only smell good but also has unsaturated fat which is very rich in omega-3 and linolenic acid. Those are very good for health. If you cook the rice by mixing brown rice and white rice half and half, you can make the pot rice full of dietary fiber and savoury.



Equilibrium

Yin Yang Pudding



CHINA



Asia

Peiqin Zhao



Dessert



Balanced



2,5h - 3 servings



Yin

Ingredients

8 g Rock essence tea
1 cup Water
1 cup Buffalo milk
15 g Black Goji / Black wolfberry
20 g Jujube
2.5 g Gelatin sheets
Honey (Optional)

Directions

Melt the gelatin. Cut 1 gelatin sheet into thin strips into a bowl of water. Make the tea: Cook the rock essence tea, black Goji (black wolfberry), and jujube all together. After around 5 minutes, turn off the fire and filter the tea. Mixture: Mix the buffalo milk and the filtered tea together and warm them up. Then add the gelatin into the milk tea mixture and whisk well. Once the mixture has cooled down a little bit, pour it carefully on top of the well-done ginger milk curd. Chill in the refrigerator overnight or at least 2 hours until the pudding has set.

Cook time: 10 mins, Chilling time: 2 hrs,
Total time: 2 hrs 10 mins

Yang

Ingredients

30 g Fresh ginger juice
1 cup Buffalo milk
Sugar (Optional)

Directions

Juice the ginger root, and filter it.(We only use fresh ginger juice in order to have more enzymes.)Warm up milk around 75-80°C. Add 1 TSP of sugar into milk if you want some sweetener. Pour the warm milk into the fresh ginger juice(around 10g per portion) as quickly as possible.Do not stir it after the milk is mixed with the ginger juice.Wait at least 15 minutes.To test if it is successful, put a light weighted spoon on top of the ginger milk curd.When you see the spoon stay on the top stably, it means it is successful!

Cook time:10 mins, Chilling time: 15 mins
Total time: 25 mins



Chef's Tip

Equilibrium - Yin Yang pudding is designed based on traditional Chinese medicine (TCM). According to TCM, what keeps us healthy in food are not only calories, vitamins, or other nutrients. Although, they are all important, the balanced vital energy from the earth is also truly significant for us.

The whole pudding is obviously made up of 2 parts. The dark part and the light part represent Yin and Yang respectively. Moreover, the ingredients in each part are well selected to balance the Yin Yang energy of our body.

Yin. In the upper part is a milk tea pudding. We choose the bio rock-essence tea from Wuyi mountain(which is the most outstanding area for biodiversity conservation in south-east China and has been listed since 1999 as a UNESCO World Heritage Site.) Compared with green tea, white tea and matcha, rock-essence tea is better as a booster of the Yang energy. Furthermore, the unique fragrance from bio rock-essence tea is just gorgeous.

Meanwhile, buffalo milk nourished Yin energy evidently. Black Goji (Black wolfberry) balances the energy of both the liver system and the kidney system particularly. Jujube helps improve the function of our digestion system and upgrade our blood quality. Thanks to the natural sweetness from jujube, we can reduce the quantity of sugar (or even remove the sugar from the recipe completely).

Yang: In the lower part is a traditional ginger milk curd. As we mentioned above, buffalo milk nourished Yin energy. For the energy of Yang, ginger is the protagonist. It boosts the Yang energy of our digestion system and breathing system specially. To make this ginger milk curd, we don't need any curdling agent or any sophisticated culinary technique. Fresh ginger juice has a protease enzyme. Its maximum clotting activity is at 70°C. Therefore, temperature is crucial for the curdling process. If you are a night owl, you're beaten out with fatigue, you have cold hands and feet, or you work a lot with your electronic equipment, Equilibrium - Yin Yang pudding is a special gift for you. The balanced vital energy from this dessert can help you to enjoy your day peacefully.



Gluten-Free Banana Flour Bread



PHILIPPINES



Asia

Bea Misa-Crisostomo



Dessert



Gluten Free



30min - 16 portions

Ingredients

- 2 very ripe Saba bananas (other varieties work as well)
- 2 eggs
- 1/2 cup unsalted butter (we use cultured butter), melted
- 1/3 cup coconut syrup
- 1/3 cup coconut milk
- 1/2 teaspoon vanilla
- 1 1/2 c banana flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- Pieces of chocolate to your preference

Directions

- Preheat oven to 170 degrees. Grease an 8 inch pan.
- Combine bananas, eggs, melted butter, coconut syrup, coconut milk, and vanilla.
- Combine dry ingredients (except chocolate) in another bowl. Mix well!
- Add dry ingredients to wet ingredients.
- Pour out onto pan. Add chocolate as you wish.
- Bake for 28-30 minutes or until tester comes out clean. Remove and cool.



Chef's Tip

Banana flour contains minerals like magnesium and potassium. It also is a less-processed flour that has intact fiber with no additives! Choose a banana flour made using organic bananas and not "rejected" bananas - bananas are very chemical intensive and are aerial sprayed in some areas.



Wellness Food
from
Europe



Steamed Mullet Fish Wrapped in Chard on Einkorn Flour Bulgur Pilaf

with Thyme, accompanied by tarhana patty, rock samphire and sea beans salad



**OUR JURY'S FAVOURITE
FROM EUROPE**

TURKEY
Europe



ilker Erdoğan



Main Course



Vegetarian 

90min - 1 serving



Ingredients

45 g Einkorn flour bulgur
5 g fresh thyme
15 g dried onion
5 ml olive oil
15 g Circassian cheese
150 g grey mullet fish
2 chard leaves
25 g tarhana
15 g boiled chickpeas
Half egg

20 ml milk
2 cloves of garlic
1 zucchini
Parsley
50 g rock samphire
35 g sea beans
¼ cup of water
1 orange
10 ml pomegranate syrup
Salt
Black pepper

Rock Samphire and Sea Beans Salad

In a bowl, add some mineral water into the water.

Soak the rock samphire in this water for 6 minutes and transfer to a bowl with ice water.

Repeat the same process for the sea beans.

Separate the outer part of the sea beans from roots.

Mix the rock samphire and sea beans, add olive oil and orange juice as well as salt according to taste.



Chef's Tip

Einkorn flour bulgur is a special product of Kastamonu (a city located in the Black Sea region of Turkey) and is meticulously grown in that region. Einkorn differs from conventional wheat varieties due to its low level of gluten, high protein, and nutrient content.

Another product used in this recipe, tarhana is obtained by first blending wheat flour, yoghurt, yeast, tomato, pepper, onion, garlic and various spices and then drying them. The final state of tarhana is powder and it has high nutritional properties. Tarhana is usually consumed as a soup but crackers and patties are also common. You can find dozens of different types of tarhana soup recipes in Turkey; each region has its unique touch.

Rock samphire and sea beans are widely consumed in the Aegean region in Turkey. They are often prepared as salads and appetizers.

In this recipe, we used products grown and consumed frequently throughout our country. This recipe is high in protein, rich in fiber, high in vitamins and minerals, low in fat and has a remarkable nutritional value. It is only 575 calories in total.



Why the Jury loves it

- Easy access to the ingredients used.
- Ingredients are low in fat and fresh.
- Colourful plate with diverse flavours.
- Healthy cooking method.

Oeufs Mimosa



FRANCE

Europe



'ELLE' France



Starter



Balanced



10min - 4 servings



Ingredients

8 hard-boiled eggs
100 g of tuna in oil
60 g heavy cream
1 tablespoon(s) of capers
1 lemon
1 teaspoon(s) of anchovy paste (optional)
1 tablespoon(s) of olive oil
Curry
Salt, pepper

Directions

Boil and cut eggs in half. Take the yolks; mix half of them with 100 g of tuna in oil, 60 g of heavy cream, 1 tbsp. capers, grated zest of 1 lemon, 1 tsp. anchovy paste, 1 tsp. tablespoon olive oil, curry, salt and pepper. Fill the demi-blancs with this mixture. Mash the remaining yolks in a colander and sprinkle over the eggs. Cool in the fridge.



Chef's Tip

My favourite recipe! In summer, I serve it with a fresh green salad and it's a light meal. Choose eggs with the label BLEU BLANC COEUR*, hens are fed with linseed. NO confusion with Mimosa champagne!

*Bleu Blanc Coeur is a French association that promotes a healthier planet through the diversity of soils, the quality of ingredients, with a "eat well" manifesto accessible for all.

Sea Bream Tartare



Ingredients

1 sea bream fillet (approximately 200 grams)
2 turnips
1 small shallot
1 lime
1 tbsp olive oil
A pinch of salt
A pinch of freshly-ground pepper

Jelly

450 grams turnip decoction (or liquor)
40 grams soy sauce
40 grams mirin
10 grams rice vinegar
10 grams yuzu juice
5 gelatine leaves

FRANCE

Europe



Alan Taudon



Starter / Main Course



Balanced



10min - 4 servings



Directions

Wash and peel the turnips, leaving the tops, and set aside. Keep the turnip peel for making the jelly.

Skin and debone the sea bream, then dice half a centimetre in diameter. Set aside in the fridge. Finely cut the turnips into 9 to 12 very thin, almost transparent slices. Season the sea bream tartare with salt, pepper, olive oil, lime juice and diced shallot. Place a spoon of tartare on each turnip slice and fold like a dumpling. Repeat this step using all the slices.

Jelly

Directions

To make the decoction, place the turnip peel in 500 grams of cold water and bring to the boil. Turn off the heat and let steep for 5 minutes. Add the gelatine leaves, soy sauce, mirin, yuzu juice and rice vinegar. Filter the liquid through a strainer then leave to set in the fridge. If possible, make the jelly in the morning (to use in the evening) so that it has time to set.

Assembly

Place the turnip dumplings in a pastry cutter. Fold the sides in so they nearly touch to create a flower-like shape, as shown in the image here, and remove the pastry cutter. Arrange the jelly around the turnip flowers. Grate the lime zest and add the fleur de sel. Decorate with freshly picked flowers.



Chef's Tip

Bringing out the best of his Michelin-starred cuisine while maintaining a light and healthy approach to cooking, Chef Alan Taudon of the Four Seasons Hotel George V, Paris has created a special dish in celebration of the Global Wellness Day.

Easy to recreate at home, the fish-based dish successfully marries contrasting tastes and fresh-tasting flavours.

Salade Niçoise



FRANCE



Europe

Starter / Main Course



Balanced



25min - 6 servings



Ingredients

500g shelled broad beans
1/2 cucumber
2 peppered artichokes
a few pink radishes
2 spring onions
1 small green horn salad pepper
4 hard-boiled eggs
50g black olives
8 anchovy fillets in oil
olive oil, basil, salt & pepper



Chef's Tip

Salade niçoise is a traditional culinary specialty of the cuisine of Nice, to this day widespread throughout the world in multiple variants and adaptations. It is one of the main starters of Provençal and Mediterranean cuisines, or even a meal in its own right.

Directions

Immerse 500 g of shelled broad beans for 1 min in boiling water. Peel them and mix them with 500 g of cherry tomatoes cut in half, 1/2 seeded cucumber cut in cubes, 2 poivrade artichokes in slices with lemon, a few pink radishes in strips, 2 new onions and 1 small green bell pepper -of ground beef. Add 4 hard-boiled eggs cut into eighths, 50 g of black olives and 8 anchovy fillets in oil. Season with olive oil and chopped basil, salt and pepper.

Traditional Cornbread

Serbian Proja



SERBIA



Europe

Jovanovic Mijajlo



Starter



Vegan, Gluten free



1h - 1 serving



Ingredients

corn flour (coarsely ground, 400 g)

220 ml mineral water

(in this case we used water from Prolom Spa)

baking powder (half a bag)

or 1 teaspoon of baking soda

(1 flat teaspoon) salt

Lard or 1 flat spoon of sunflower oil

to lubricate the baking pan

100 gr of wild onions

Directions

Pour lukewarm water and salt into the corn flour. The mass should be sparse, but thicker than for pancakes. Mix all the ingredients well, then pour into a greased pan. Bake in the oven at 220 degrees, up to 30 minutes, when the crust should be brown. When removed from the oven, spray with water and cover with a clean cloth. When cool, cut into cubes and serve instead of bread.

We added wild onion, to the dough. You can add spinach or spring onions.

For the sweet variant, the preparation process is the same with the fact that instead of salt we add honey and, if desired, raisins.





Chef's Tip

Proja (pronounced proy-ya) Corn arrived in Serbia only in the 17th century and managed to suppress wheat.

Proja is a traditional Serbian cornbread made with a combination of cornmeal, salt, and water.

Proja should be served hot as an appetizer or a contribution to the main meal, meat, fish, but it could be served for breakfast with milk, cheese, sour milk, yogurt, Serbian dry ham (pršuta), barbecue etc.

Corn flour is extremely healthy because it lowers cholesterol and high blood pressure, is good for digestion, and because of zinc strengthens the immune system . Corn is a strong antioxidant. Corn flour does not contain gluten.



Swedish Crisp Bread



Directions

Set the oven to 150 degrees.

Boil the water.

Mix cornmeal, sunflower seeds, flaxseed pumpkin seeds (save some to sprinkle on top of the bread later) and olive oil in a bowl. Pour the boiling water. Let swell for 5-10 minutes.

Click out half of the dough on a baking sheet. Press it out lightly with your hands. Add another baking sheet and roll out the dough thinly, approx. 1 mm.

Pull off the top paper. Sprinkle with pumpkin seeds and flake salt.

Repeat with the remaining dough on another baking sheet.

Bake the crisp bread for about 20-25 minutes. If you prefer a little more colour on the bread, raise the oven to 190 degrees towards the end, make sure not to burn it.

Enjoy with Philadelphia and avocado, peanut butter and banana or why not a slice of smoked salmon and cocktail tomatoes.

SWEDEN

Europe



Anna Crociani



Starter



Vegan, Gluten Free



45min - 1-2 servings



Ingredients

2 cups of water

2 cups cornmeal

1.5 cup sunflower seeds

0.5 cup flax seeds

1 cup pumpkin seeds

0.5 cup olive oil

2 teaspoons flake salt

Hungarian Stuffed Cabbage



HUNGARY



Europe

Istvan Varga



Main Course



Raw, Vegan



Ingredients

1 head fermented (sauerkraut)cabbage
800 g Sliced sauerkraut cabbage (this will be the base of Cabbage in Székely style)
800 g Celery tuber
400 g Activated sunflower seeds
Dried tomatoes (in oil)
Tomatoes
Capia (or red California bell pepper peppers)
Cashew nuts
Salt
Garlic 3 cloves
Ground cumin
Marjoram
Smoked paprika powder
Mixed pepper (black,white,red,green)

Directions

Place the sunflower seeds in the shredder
Add some salt, 3 cloves of garlic, some ground cumin, some marjoram, smoked paprika powder, and the crushed mixed pepper
Place the mixture in a bowl.
Place the dried tomatoes in a chopper and chop to be pulp.
Add the pulp to our mixture in the bowl.
The celery tuber is placed in a shredder and shred.
Add to the content of the bowl.
Knead it.
Form small dumplings on a plate by hand.
Separate the leaves of the sauerkraut head cabbage.
The dumplings are placed in the cabbage leaves and shaped to be rolls.

'Székely' cabbage

Ingredients

4 Tomatoes
Capia peppers 6 pieces (can be red
california bell pepper)
Garlic
Salt
Smoked paprika powder
Ground cumin
Marjoram
Sliced sauerkraut cabbage 80 dkg
Cabbage stew (leftover)
Cabbage -stump (leftover)
Sunflower seeds 15 dkg



Directions

Mix tomatoes, Capia/California peppers, garlic, salt, smoked paprika powder, ground cumin, marjoram in the blender.

Cabbage-stump and sunflower seeds are added to the mixture and we blend again.

Chop the cabbage and place in a bowl.

The content of the 'smoothie are' is added to the chopped cabbage.

Let's mix it all up.

Cashew 'sourcream'

Ingredients

200 g Cashew nuts
Water
Salt
Garlic 1 clove
Mixed pepper
Half a piece
Cognac flour

Directions

Put cashews and a little water (cover it 2 fingers) in the blender.

Add some salt, a clove of garlic and the pepper.

Squeeze half a lemon juice into it.

Mix it up.

Add a teaspoon of cognac flour to the smoothie.

Dilute with a little water and blend it again.

Fill in a bowl (can be stored in the refrigerator for 2-3 days).



Chef's Tip

Hungarian Stuffed Cabbage is one of the most beloved classic dish, each region has its own twist. First it was called as a cabbage meat, it could be found in a cookbook 1662. Our Raw Vegan Chef Istvan Varga created a perfect healthy vegan version for those who are looking for the traditional tastes.

Vegan Baked Sweet potato

with pea puree, broad beans sumac with agave



IRELAND



Europe

Chad Byrne



Main Course



Vegan



1-2 servings



Ingredients

1.80 kg sweet potato - small
30 ml Rapeseed oil

Pea Puree

750 g Frozen peas
5 g Mint
300 ml Water

To Cool Vegetables

2 g Coriander seeds - crushed
2 g Cumin seeds - crushed
600 g Carrots - peeled and diced 1 inch size and leaves
25 ml Agave syrup
200 g Broad beans - blanched and shelled
2 g Seasoning (salt & pepper)

To Plate Up

Vegan nut mayo
Sumac

Directions

Roast the Sweet potato skin on - prick with a fork and wrap in tinfoil. Bake in preheated oven at 180c for 1 hour until tender. Cut in half length-ways when hot and let the steam evaporate until dry.

Scoop out the centre of the potato and dice into four rustic size pieces.

Brush the sweet potato pieces in oil and bake in the oven at 220c for 5 minutes until crispy on the outside and soft internally.

Pea Puree

Blanch the peas in 300ml of water for 2 minutes.

Strain, keeping some of the cooking liquor aside.

Place the peas into the liquid, blend with mint and 30ml of rapeseed oil.

Adjust consistency with a small amount of cooking liquor. Adjust seasoning.

Pass through fine sieve and keep warm for service.

To cool the vegetables

Blanch the carrots until tender and strain.

Place remaining oil into a sauté pan, add the sweet potato pieces, carrots, shelled broad beans, crushed spices, agave syrup. Sautee for 5 minutes or until heated through.

To plate up

Spoon the pea puree onto the centre of the plate.

Place the heated crispy sweet potato skin in the centre and add more of the pea puree into the scooped-out potato.

Spoon the sweet potato, carrot and bean mix into the potato.

Pipe the Mayonnaise into the gaps of the sweet potato mix.

Serve sprinkled with sumac and garnished with carrot leaves.



Chef's Tip

Chef Chad whilst exploring all cooking fusions and tastes explosions with all ingredients, has a particular flair and love for vegan dishes. Simple and easy to create this dish is refreshing, light, and packed with goodness!

Vegetarian Carbonara



ITALY
Europe



Davines Bistrot



Main Course



Vegetarian



20min - 4 servings



Ingredients

400 gr Mezze maniche pasta
5 Bio and Fresh egg yolks
100 gr Pecorino Romano D.O.P. Cheese
100 gr Parmigiano Reggiano D.O.P. Cheese
200 gr cooked zucchini or oven-baked
broccoli or boiled green peas (it depends
on the season)

Directions

Mix the yolks with Parmesan cheese and Pecorino cheese until you obtain a carbo-cream.
Boil some salted water in a pan and add the Mezze maniche. Let the pasta cook for 10 minutes.
Add the seasonal vegetables to the carbo-cream and mix.
Drain the pasta and mix it with the carbo-cream and stir with some cooking water and a little bit of black pepper.
Put the pasta on the plates and a serve with generous Parmesan cheese.



Chef's Tip

Italian people love pasta and it is always present in our food experience. We learned to cook pasta with seasonal vegetables and local ingredients that create a tasty result. Carbonara is one of the most famous pasta dishes and we wanted to keep enjoying it but in a healthy version.

Directions

Einkorn Flour Bulgur Pilaf with Thyme

Soak fresh thyme in cold water, wash and dry.

Boil einkorn flour bulgur in water and drain.

In a pan, sauté the brunoise onions and garlic with olive oil.

Add boiled bulgur into the pan and continue stirring.

Add salt and black pepper to taste and then add ¼ cup of water and continue stirring.

When the mixture absorbs some water, add the Circassian cheese to the continuously stir.

Steamed Mullet Fish Wrapped in Chard

Thoroughly wash the chard leaves.

Dip chard leaves in boiling water for 30 seconds.

Take the mullet fish and place it on its side to cut out a fillet.

Marinate the fish fillet with salt, pepper and olive oil.

Remove the stems of the chard leaves and lay them flat on the counter.

Place the fish on the chard leaves and wrap the fish with chard. Make sure no part of the mullet fish is left unwrapped.

Then transfer the wrapped mullet fish into a steam basket, fill a pot with water, place the steam basket above the water, bring to a boil and steam the fish for 12 minutes.

Tarhana Patty

Boil the chickpeas in water and mash with the help of a blender.

Grate the zucchini and squeeze out the juice.

Mix mashed chickpeas, milk, egg, chopped parsley, olive oil, salt and pepper in a bowl to have a liquid mixture.

In a non-stick pan pre-heat the vegetable cooking oil.

With the help of a spoon scoop small ball from the mixture and drop them into the hot oil, cook on both sides until golden brown.

Stuffed Dried Eggplant with Sumac

Smoked Yoghurt & Pomegranate Sauce



TURKEY



Europe

ilker Erdoğan



Main Course



Vegan



1h - 1 serving



Ingredients

2 dried eggplants
40 g bulgur
½ onion
1 clove of garlic
15 ml olive oil
1 tomato
5 g sumac
15 g parsley
Salt and pepper
80 g smoked yoghurt
20 ml pomegranate sauce
200 ml water

Directions

Soak dried eggplants in warm water for 1h. Finely chop onions and sauté with olive oil in a saucepan. Add garlic and the washed and drained bulgur. After sautéing for a while, add the sumac and finely chopped tomatoes and continue to stir. Add 1 glass of water to the mixture and cover the lid. Cook on low heat for 15 minutes. Fill the stuffing into the pre-soaked eggplants and place in a saucepan. Add a little bit of water and place lemon slices on top, cover the lid and cook for 15 minutes. Plate the stuffed eggplants with smoked yoghurt and pomegranate sauce.

Transcarpathian Trout



UKRAINE



Europe

Voinilko Sergey



Starter / Main Course



Balanced



1 serving



Ingredients

Trout

1 Melon
8 g Salt
2 g Pepper
2 g Sugar
12 g Thyme fresh
1 g White pepper
12 g Butter
1 Whole trout

Corn Porridge

65 g Corn grits
42 ml Milk
42 ml Cream
20 ml Sour cream
10 g Izyansky cheese
8 g Wurda cheese
12 g Tisza cheese
(all Transcarpathian local cheese)

Wine & Chamomile Gel

10 ml White wine
3 g Transcarpathian dry
chamomile
60 ml Cream
4 g Sugar
2 g Salt
1 g Ground black pepper
1 g Xanthan Gum
23 ml Lemon
GHI lemon butter
Butter 82%•Lemon

Melon Sauce

15 g Onion
65 g Melon
2 g Sugar
2 g Salt
25 g GHI butter with lemon
80 ml Cream

Directions

Gut and clean the trout. Then marinate in spices. Put a lemon & fresh thyme in the tummy. It is also better to make small incisions on the skin.

Take a melon and cut a hole inside(so that your hand goes through), carefully take out the core with a spoon (do not throw it away, it will be used for the sauce).

Place the trout inside the melon, put the melon on the coals (a brazier, or ideally a hoster). We need the melon to change its shape & turn black. Turn the melon over from time to time but not very often. The hole that we used to put the fish inside should be carefully sealed with the core.

Cook the corn porridge. Mix corn grits, cream and sour cream with water in a saucepan. Boil until thickened, add salt and black pepper. Part of the cream is mixed with Transcarpathian cheeses and heated until smooth like a cheese sauce, and added to a saucepan with corn grits. Mix thoroughly until smooth and spread the mass on a baking sheet covered with parchment. Leave to cool down. Cut out circles using a stainless steel round cookie cutter. Fry the corn porridge circles in butter until golden.

Cook the GHI butter with lemon. Put the butter in a saucepan on a minimum fire, add the lemon zest and lemon juice. Evaporate until the milk and sugar are separated, remove the top film. Filter the finished butter through a cheesecloth. Let the GHI butter cool and harden. Do not forget about the quality of the products used for the recipe, this is important.

Now the melon sauce. Take an onion, cut into small cubes and fry in GHI butter with lemon. Add finely cut melon and simmer until soft, add cream and sugar. Blend in a blender until smooth. Add salt & ground black pepper to taste.

Prepare a gel made from white wine and Transcarpathian chamomile. In a saucepan fry onion & garlic in the GHI butter with lemon. Add white wine, stew. Add cream and blend with a blender until smooth. Continue cooking in a saucepan. Add chamomile, bring the temperature to 80 degrees Celcius and set aside to cool down. Filter through a fine sieve, bring to taste by adding salt, ground black pepper and sugar. Add Xanthan gum for gel density.

Remove the trout from the melon. Disassemble by taking out all the bones. Serve on a plate using the the stainless steel round cookie cutter. On the plate, next to the fish put the fried corn porridge & pour the sauce inside. Put the white wine and chamomile gel next to it.



Chef's Tip

A few more words about this dish - I came up with this idea while traveling around Ukraine searching for new recipes. I learned classic homemade recipes from the locals & interpreted them into new ways of cooking by adding some techniques related only to our Transcarpathian region in Ukraine. Although the dish is a little difficult to prepare from the first time, it shows the versatility of our country, the diversity of local products and possibilities of the Ukrainian cuisine.



Wellness Food Around The World

