



Sustainable Eating

A COOKBOOK

by Sheffield University
Management School (SUMS)
Green Impact Team

Welcome to the SUMS Sustainable Cookbook!

What is a sustainable recipe?

A 'sustainable recipe' involves using ingredients that are good for both your body and the planet! By cooking and eating sustainably we can contribute to the achievement of the UN's Sustainable Development Goals. Ingredients included in a 'sustainable recipe' tend to be plant-based, seasonal, and to produce limited waste. For example

- All seasonal fruits and vegetables (e.g. during November apples, butternut squash, carrots, cauliflower, pears, pumpkin)
- Beans (e.g. 'Suma Prepacked Organic Haricot Beans', 'Suma Organic Black Beans')
- Using meat alternatives like falafel, tofu, or jackfruit (has a pulled-pork texture!)
- Using dairy alternatives like coconut milk (great for making a curry!), almond milk, or oat milk
- Lentils (e.g. 'Biona Organic Beluga Lentils')
- Quinoa
- Chickpeas (or even better, sprouted chickpeas!)

Why do we need to eat more sustainably?

Food is one of the biggest drivers of wildlife loss and climate change in the world. According to the WWF, food accounts for 30% of greenhouse gas emissions. Eating more sustainably will also result in better food security for now and for future generations.



Why have we made this cookbook?

This cookbook is a collation of recipes from students and staff across the management school who wanted to share some of their favourite sustainable recipes.

We hope this cookbook may inspire you to try eat more sustainably!

How can you eat more sustainably? Here are our top tips...

1. **Eat a wide variety of plant-based food**, and less meat - animal products produce a large proportion of greenhouse gas emissions.
 2. **Check that your fish has been sustainably caught** if you eat seafood, and try something new - some species are overfished.
 3. **Freeze your leftovers** for another day instead of throwing them away!
 4. **Buy packaging-free fruit and vegetables** to use less disposable plastic - bring reusable bags with you to the supermarket instead.
 5. **Choose seasonal produce** - when you eat what grows naturally at this time of year and in the area local to you, it doesn't have to travel as far or be stored for as long.
 6. **Choose Fair Trade products** whenever they're available.
 7. **Compost your food waste** - it's great for your garden! Landfills are built to prevent waste from biodegrading.
 8. **Eat fewer processed foods** - they travel further and go through more processing than the food you cook from scratch.
 9. **Choose organic food** - it uses less energy and fewer man-made chemicals to produce.
 10. **Check that your food meets quality and animal welfare standards** - check for approval by the Soil Association, Red Tractor scheme, RSPCA, and the Lion mark.
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Enjoy!

Breakfast Porridge



Ingredients

- 40g oats (we recommend wholegrain oats)
- 300ml water or plant-based milk
- 1/2 tsp cinnamon
- A pinch of salt
- 1 tbsp peanut butter
- 1 tbsp ground flaxseed or chia seeds
- 1 tbsp honey
- 2-3 tbsp dairy-free yoghurt or plant-based yoghurt alternative

Method

- Put the oats and water/milk into the saucepan and bring to the boil.
- Reduce the heat and simmer for around 5 minutes, or until you are happy with the consistency.
- Add the cinnamon and salt and simmer for an additional minute or so.
- Turn off the heat and let it sit for two minutes.
- Transfer to a bowl, mix in the peanut butter and seeds. Top with honey and yoghurt.

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Açai Bowl Smoothie

Ingredients

- Unsweetened frozen açai berry blend
- 1 frozen banana
- 1/4 cup non-dairy milk or yoghurt
- Flax seeds, granola, or fresh berries for on top

Method

- In a blender, add the açai berry packet, banana and milk/yoghurt. Blend until smooth.
- Once blended, pour into bowl and add toppings.



Quick and easy lentil soup

Ingredients

- 2 x 400g can of tomatoes
- 1 x 400g can of coconut milk
- 1 brown chopped onion
- 1 cup of red lentils (pre-soaked)
- 2 vegetable stock cubes
- Curry and cumin powder
- Chilli or Sabal Olek (optional)

Method

- Cook the onion until soft and then add the spices.
- Add the tomato, milk and stock.
- Let it simmer for 5 minutes and then add the lentils.
- After 5 minutes it is ready!

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Borscht (Борщ) *Russian Beetroot* *Soup*

Ingredients

- Small white cabbage head
- 2 large potatoes
- 2 medium onions
- 1 large carrot
- 1 pack of ready-cooked (vacuum packed) beetroot
- 1 x 400g can of tomatoes
- 3 cloves of garlic (decrease or increase depending on your preferences)
- 2 tbsp white distilled vinegar (or lemon juice)
- 2 tbsp tomato paste
- 2 tsp sugar
- 2 tbsp vegetable oil
- A small pot of pasta sauce i.e. Dolmio basil & tomato or similar (optional)
- 1 tbsp of butter (replace with vegetable margarine for a vegan option)
- Small bunch of fresh dill and parsley (can use dry)
- 3 bay leaves
- Salt and pepper to taste



Borscht (Борщ)

Russian Beetroot Soup (cont'd...)

Method

- To start, shred the cabbage head.
- Put the cabbage in the soup pan and cover it with water (approx 2 litres). Start cooking it. The water needs to cover the cabbage and have some space to accommodate the rest of the vegetables. If you have too much cabbage, remove it and use the extra to make a salad (apple and cabbage grated).
- Peel and chop the 2 potatoes into small cubes.
- After 10 minutes of cooking the cabbage, add the chopped potatoes and process to cook the cabbage and potatoes together for 20 minutes. Keep an eye on the water coming to the boiling stage and reduce the heat to simmer, so you do not overcook the vegetables.
- **While the cabbage and potatoes are cooking:** peel and grate 1 large carrot, beetroot and chop 2 onions.
- Heat vegetable oil in a frying pan and add the onions. Fry for 5 minutes.
- Add the grated carrot and carry on frying the onions and carrot together.
- Add the grated beetroot and 2 tbsp white distilled vinegar. Allow to 'brew' for 1-2 minutes.
- Add 2 tsp of sugar, and add 2 tbsp of tomato paste.
- Cook the mixture together for 2 minutes on medium heat.



Borscht (Борщ)

Russian Beetroot Soup (cont'd...)

- Add the can of tomatoes and bring to the boil, simmering for 5 minutes.
- Add the full contents of the frying pan back to the pan with the cabbage and potatoes.
- Add the tomato sauce-pot (optional).
- Finely chop and mix herbs (basil, dill, parsley) and garlic (1 or more - your choice). Add salt and pepper. Blend this herb/garlic mixture with a knob of butter.
- Add the mixture to the soup, do not stir.
- Put the lid on the soup pan and bring to boil, but do not boil (it kills the flavours)
- Switch off the heat and let it rest for a minimum of 5 minutes (or longer). Ideally wrap it in a kitchen towel to keep the heat and let the pan with the soup stand in the oven space, this helps the flavours blend.
- Serve with a dollop of sour cream or creme fraiche (optional), and ideally with some tasty bread.



Spicy Potato Puree Cabbage - wrapped rices

Ingredients

- Steamed rice
- Two Potatoes
- Olive Oil
- Pepper
- Eggs
- Soy Sauce
- Leeks
- Coriander
- Cabbage Leaves
- Vinegar
- Yoghurt
- Nuts

Method

- Firstly, steam the rice, and wash two potatoes and steam them in a pan too.
- To prepare the dipping sauce add some olive oil to a pan, add some peppers, eggs and then add some soy sauce.
- Add a little water and simmer for a few minutes.
- Press the steamed potatoes into mashed potatoes with the dipping sauce, the leeks and coriander.
- Then choose a large cabbage leaf flat on the plate, put in the rice and wrap to eat.
- You can also dip the leaves in vinegar.
- To make the nut yoghurt just mix nuts and yoghurt.

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Three-tomato linguine



Ingredients

- Linguine
- Brown Onion
- Garlic
- Olive oil (or chilli oil)
- Chilli Flakes
- Chopped sundried tomatoes
- Chopped tinned tomatoes
- Dried basil
- Vegetable Stock Cube
- Splash of balsamic vinegar
- Handful of spinach
- Pine nuts
- Optional: Chopped cherry tomatoes

Method

- Boil linguine in a pan.
- Heat oil in another pan, and add finely chopped onion and garlic.
- Add chilli flakes, a pinch of salt, chopped sun-dried tomatoes, dried basil, vegetable stock cube, a splash of balsamic vinegar and a handful of spinach.
- Add the cooked linguine and mix into the sauce.
- Serve with baked bread and balsamic and chilli/olive oil to dip bread in.
- Top pasta with pine nuts.
- Optional: Add chopped cherry tomatoes at sun-dried tomato stage for triple linguine.

AUTHOR: ANONYMOUS

Roasted Vegetable Lasagne



Ingredients

- Lasagne Sheets
- 1 brown onion
- 1 butternut squash
- 1 courgette
- 1 red pepper
- Cherry tomatoes
- 1 x 400g can chopped tomatoes
- 500g passata
- 50g flora light
- 50g plain flour
- 500ml skimmed milk

Method

- Chop the squash, courgette, red pepper and cherry tomatoes and roast for around 40 minutes.
- In the meantime, fry the onion until softened but not browned. Add the chopped tomatoes, pour in the passata and turn the heat down and simmer for at least 20 minutes. Blend with a hand blender to make a tomato sauce.
- To make the béchamel sauce, about 25 minutes before the vegetables are ready, melt the butter in a saucepan. Sprinkle the flour into the butter and whisk! Cook for a minute or two until golden brown, and no specks of flour remain.
- Add the milk in a little at a time and continuously whisk to avoid lumps. Cook over medium heat to thicken the sauce.

Roasted Vegetable Lasagne (cont'd...)



- To assemble, mix the roasted vegetables into the tomato sauce. Spread 2-3 large spoonfuls in the bottom of a baking dish. Arrange dried lasagne sheets on top of the tomato sauce and top with another layer of tomato sauce mixture. Repeat this step until the sauce has been used up.
- Finish by topping the lasagne with the bechamel sauce. Cover the foil and bake in the oven on gas mark 6/200/fan 180 for around 40 minutes.
- Portion up the lasagne. You can put each portion in a Tupperware box to cool before freezing it for another day.
- To reheat, defrost the lasagne for 6-8 hours before heating in a microwave for 3-5 minutes.

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Thai Red Curry



Ingredients

- 250g cauliflower florets
- 350g peeled, cubed butternut squash
- 1 tbsp of olive oil or coconut oil
- 1 x 400g can chopped tomatoes
- 1 x 400ml can coconut milk
- 2 minced garlic cloves
- 1/5 tsp of salt
- Tin drained puy lentils
- Pinch of chilli flakes
- 100g Thai red curry paste (see next page)

Method

- Using a sturdy saucepan with a lid, add the cauliflower florets and butternut squash with olive or coconut oil and mix to coat.
- Gently cook for a couple of minutes (3-5) until they heat up and start to soften.
- Add the tomatoes, coconut milk, curry paste, garlic, salt, lentils, and chilli flakes.
- Mix gently then heat to boil and turn down to simmer. Put a lid on and cook for about 20 minutes until the butternut squash is cooked.
- To serve you can add fresh coriander and rice with some lime juice squeezed on top.

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Thai Red Curry Paste

Ingredients

- 1 tsp cumin seeds
- 2 tbsp coriander seeds
- 2 cm piece of fresh ginger (roughly chopped)
- 5 shallots (roughly chopped)
- 5 garlic cloves (roughly chopped)
- 2 lemongrass stalks (roughly chopped)
- 3 red chillis
- 1 tsp black peppercorns
- Half roasted red pepper from a jar
- 2 tbsp tomato puree
- 3 kaffir lime leaves
- Half lime
- 10g fresh coriander, plus extra for garnish
- 2 tsp salt
- 50ml water

Method

- Toast cumin and coriander seeds in a pan. Then place in a liquidiser with the ginger, shallots, garlic and lemongrass.
- Add the chillis, peppercorn, roasted pepper, tomato puree, and lime leaves.
- Squeeze in the lime leaves, add the coriander, salt and a splash of water.
- Divide into three portions, and freeze two of the portions.

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Easy vegetable curry and rice

Ingredients

- 1 tablespoon coconut oil (oil free: 100ml broth)
- 1 yellow onion, chopped
- 2 bell peppers (red or yellow), chopped
- 3 garlic cloves, minced
- 2 teaspoons garam masala
- 2 tablespoons yellow curry powder
- 6-9 jalapeño peppers
- 2 tablespoons tomato paste
- 1 x 400g can tomatoes
- 2 carrots, chopped
- 1 butternut squash, chopped
- 1 small head cauliflower, broken into florets
- 1 cup red lentils
- 3 cups water
- 1 x 400ml can coconut milk
- 3 tablespoons nutritional yeast
- 1 teaspoon hot paprika
- 2 x 400g cans chickpeas, drained
- 1 sachet brown rice miso
- Brown rice

Method

- Melt the coconut oil (or heat broth) in a large pot over medium heat. Add the onion, bell peppers, and garlic stirring occasionally, until the vegetables are soft, for 3-5 minutes.



Easy vegetable curry and rice (cont'd...)

- Add the garam masala, curry powder and jalapeño peppers, stir to combine, and cook until fragrant, for about 1 minute.
- Stir in the tomato paste and stir the mixture until it starts to darken and become fragrant, for about 1 minute. Add the can of tomatoes and stir in.
- Add the carrots, butternut squash, cauliflower, and lentils.
- Stir to combine, then add the water and increase the heat to high.
- Bring the mixture to the boil, then lower the heat to medium and stir in the coconut milk.
- Cover and cook until the vegetables are tender, about 25 minutes.
- Add the nutritional yeast, paprika, chickpeas, and miso paste.
- Cook for an additional 10 minutes to blend the flavours.
- Serve with brown rice.

**AUTHOR: TADHG BLOMMERDE
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Strawberry cake

Ingredients

- 3 eggs
- 100g sugar
- 10g honey
- 2g vanilla extract
- 30g unsalted butter
- 45g milk
- 100g cake flour
- 300g double cream
- 15g sugar for the double cream
- Strawberries

Method

Body of the cake:

- Put the eggs and sugar together, mix them and then add the honey. Then add the vanilla extract. Stir well.
- Take a new bowl, melt the unsalted butter in the microwave and add the milk to the butter and stir well.
- Strain the cake flour through a sieve into the eggs, sugar, and honey mixture. Stir them until smooth.
- Take a small amount of butter and milk mixture and put it inside the egg sugar and honey mixture and stir it. Then add this mixture to the rest of the butter and milk mixture and stir them well until smooth.
- Put the previous mixture through a sieve into a 6" (15cm) deep round cake tin.
- Preheat the oven beforehand, 180 degrees celcius and bake for 30 minutes.



Strawberry cake

(cont'd...)

- Once the cake is finished, turn out the cake onto a cooling rack and leave it to cool.
- Cool the cake down, cut it out of the top and cut it into 3 sheets.

For the cream and final cake:

- Add the double cream and sugar together and whip it into the cream.
- Chop the strawberries into small pieces.
- Add the whipped cream and spread it out evenly using a spatula on one side of the cake.
- Place the small chopped strawberries on the top of the layer, press down at a slight angle to set the strawberries into the cream.
- Place the final cake layer on top, add plenty of whipped cream and then while evenly separating out the cream, pull it down onto the sides of the cake, cover the sides of the cake with cream.
- Put the uncut strawberries on top of the cake for decoration and pour the remaining cream into a piping bag and squeeze out a shape onto the cake.

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