

FORGOTTEN FOOD

BIOVALUE



BioValue

NEW RECIPES BY



CAPNUTRA

CAPACITY DEVELOPMENT IN NUTRITION

WWW.CAPNUTRA.ORG



NEW FOOD RECIPES

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HEALTHY & TASTY





BIOVALUE CONCEPT

The biodiversity of foods on people's plates provides a natural wealth of nutrients, macronutrients, micronutrients, and bioactive constituents necessary for a balanced and nutritious diets, leading to good nutrition and human health. Eating biodiverse foods is associated with numerous health benefits.

Health is on the plate, a varied diet is the way to go!



FOOD & BIODIVERSITY

The BIOVALUE project brings back the tradition of preparing and eating underutilised and forgotten foods.

The underutilised plants are domesticated plant species that were used as food in previous centuries and whose domestic and industrial use has declined for various reasons.

CAPNUTRA has taken the initiative to create innovative recipes using these forgotten ingredients, aiming to enhance nutrition, promote health, and preserve biodiversity in different local contexts. These novel recipes are designed to make biodiversity a desirable aspect for consumers.

To ensure the success of this endeavor, the new and delicious food products are carefully evaluated by consumers, allowing for continuous assessment and improvement in the journey of promoting health and biodiversity through the rediscovery of these forgotten and valuable food sources.

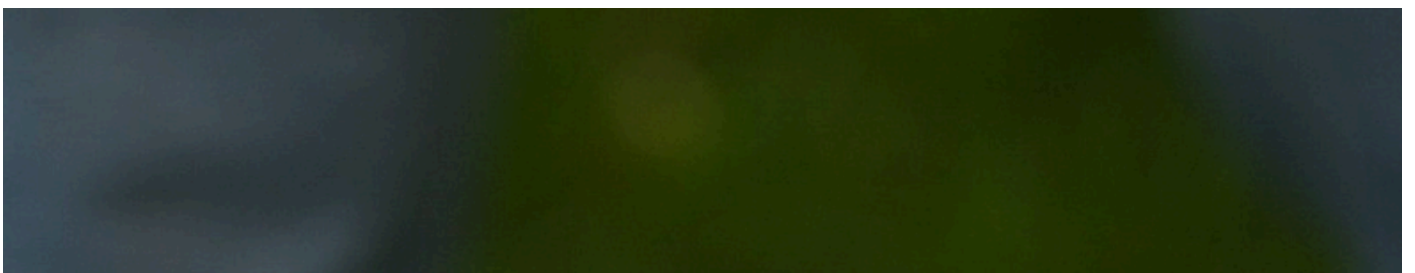
LET'S GO BACK TO GOOD OLD THINGS!





SONCHUS

source of Proteins, Vitamins and Minerals



CHICKPEA & GRASSPEA CRACKERS

with Sonchus & Tomato



Ingredients

- 250 g chickpea flour (or alternatives)
- 80 g grass pea flour
- 12 g baking powder
- 5 g salt
- 250 ml water
- 5 g tomato extract powder
- 15 ml mild extra virgin olive oil
- 10 g dry sonchus leaves
- 5 g cumin seeds (optional)
- 5 g sesame seeds (optional)
- 5 g oregano or thyme (optional)

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Directions

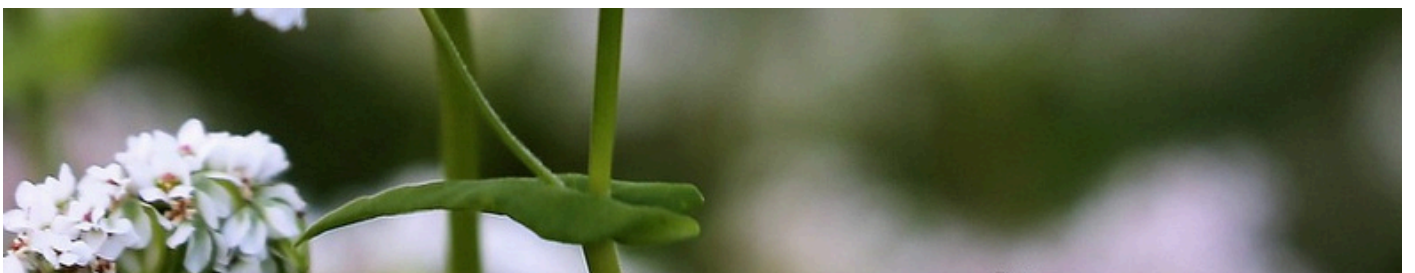
- 1 Mix all the ingredients to form a dough. Roll it out to a thickness of 0.5cm.
- 2 Assess the dough's consistency, resembling shortbread dough. Gradually add water to achieve the desired texture without excessive stickiness. Optionally, add oregano or thyme to the dough.
- 3 Cut out shapes from the dough and optionally coat the top with egg white or egg yolk.
- 4 Place dry sonchus on top. If using a mixture of leaves and flowers, cut them into smaller pieces.
- 5 Optionally, top with sesame or cumin seeds.
- 6 Double bake at 160°C for 20 minutes, and then at 100°C for another 20 minutes.
- 7 Serve with sour cream or tzatziki sauce.





BUCKWHEAT

rich in Heart-Healthy Nutrients



BUCKWHEAT PRETZELS

with Sonchus & Sundried Tomatoes



Ingredients

1 egg (whole)
200 ml water
10 g dry yeast (mix with water)
250 g wheat flour wholegrain
300 g buckwheat flour
20 g sundried tomatoes
10 g sesame seeds
120 g olive oil based margarine
10 g dry sonchus leaves
5 g salt

Directions

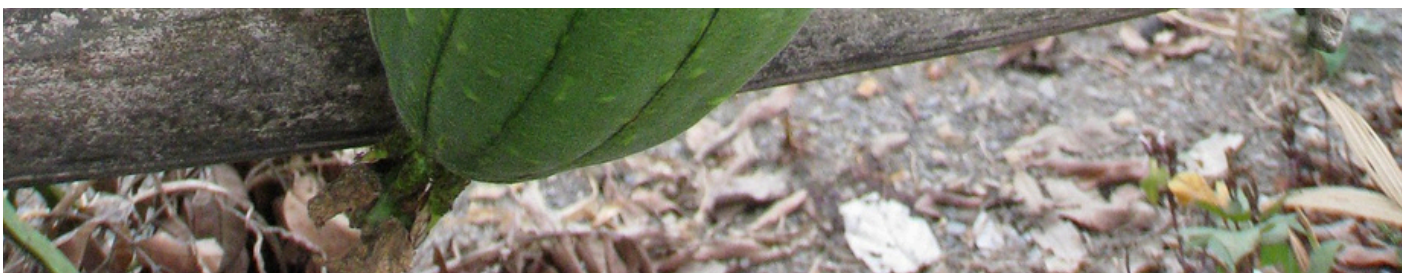
- 1 Mix all ingredients and roll out the thin dough (0,5cm).
- 2 Shape as desired (pretzels or sticks) and add sundried tomatoes or sesame seeds on top.
- 3 Coat with egg white or yolk.
- 4 Bake 20 minutes at 150°C-180°C.





CUCUMIS MELO

source of Dietary Fiber, Vitamin K,
Potassium and Copper



GINGERBREAD COOKIES

with Sonchus & Cucumis Melo



Ingredients

60 g honey
30 ml dandelion syrup
1 egg (whole)
30 ml water
120 g Cucumis melo (or cucumber)
30 ml mild extra virgin olive oil
10 g dry sonchus leaves
15 g baking soda (or powder)
230 g buckwheat flour
150 g wheat flour wholegrain
5 g ginger powder (optional)
3 g cinnamon

Directions

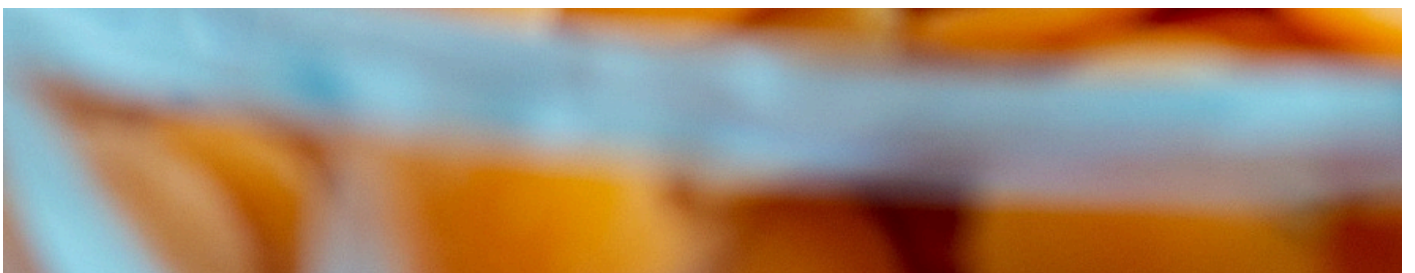
- 1 Mix all the ingredients together to form a mixture.
- 2 If using larger sonchus leaves or a mix of leaves and flowers, soften or cut them into smaller pieces before adding to the mixture.
- 3 Shape the mixture into balls. Arrange the balls in a plexiglass container.
- 4 Bake for 15-20 minutes at approximately 180°C.
- 5 The recipe yields around 40 balls, each approximately 3cm wide.





RED LENTILS

rich in Fibre, Folate and Potassium



RED LENTIL BROWNIE

with Dark Chocolate & Dandelion Syrup



Ingredients

100 g red lentils
200 ml water
30 ml mild extra virgin olive oil
60 ml dandelion syrup
12 g baking powder
2.5 g salt
100 g dark chocolate chips, 70% cocoa
30 g wholegrain wheat flour
5 g dry sonchus leaves (soften or cut into smaller pieces)
50 g walnuts/crushed nuts (optional)

Directions

- 1 Rinse red lentils and cook in a microwave-safe bowl for 8 minutes until done. Drain any excess water, there should be hardly any. Add to a food processor or blender.
- 2 In a skillet over medium heat, heat the dandelion syrup and oil. Once hot, add the chocolate and sugar, and mix until well combined. Remove from heat.
- 3 Add the melted chocolate mixture and the rest of the ingredients to the food processor with the lentils. Blend until smooth.
- 4 Pour the mixture into a prepared cake pan (28x16 cm) with a 1.5-2 cm thickness.
Bake at 180-200°C for around 30 minutes (or longer for crispier edges). Check for doneness with a toothpick.
- 5 Cool for 15 minutes, then slice and serve. Optionally, top with chocolate pieces or crushed nuts/walnuts.



LENTIL PÂTÉ

with Parsley, Celery & Sonchus



Ingredients

350 g red lentils (for 2 kg of pâté)
250 g red onion (cut in cubes)
garlic (1 clove) (cut in cubes)
30 ml extra virgin olive oil
parsley (1 bunch)
10 g dried sonchus leaves (soften or
cut them into smaller pieces)
100 g carrots (coarsely grated)
50 g parsley root (coarsely grated)
50 g celery root (coarsely grated)
10 g dried celery
5 g salt
5 g pepper

Directions

- 1 Soak lentils in lukewarm water overnight, saving the water.
- 2 Cook lentils with carrot, parsley, and celery on low heat (150°C) for 40 to 60 minutes.
- 3 Drain and let cool. Fry onion and garlic in oil, then add salt and pepper.
- 4 Blend all ingredients, adjusting thickness with reserved lentil water. The pâté's density can vary depending on the treatment, allowing it to be served either as a pate or a spread.
- 5 Serve pâté/spread with buckwheat bread.
- 6 Store in the refrigerator for up to 5 days.



LENTIL PIE

with Carrots, Parsley & Sonchus



Ingredients

350 g red lentils
eggs (4 whole medium)
40 ml extra virgin olive oil
200 ml yogurt, 2.8% mm
100 g semi-fat cow's cheese
5 g baking soda
7.5 g black cumin
3.5 g salt
parsley (one bunch)
10 g sesame seeds
10 g dried sonchus leaves (soften or
cut into smaller pieces)
50 g buckwheat flakes

Directions

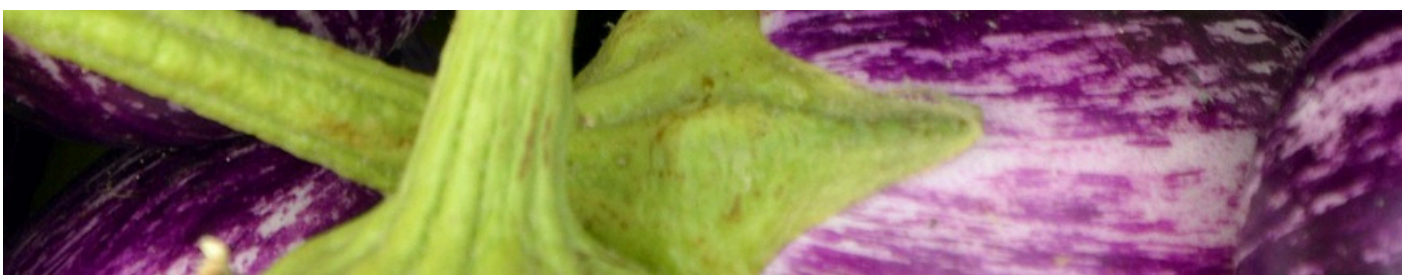
- 1 Wash the lentils and soak them in lukewarm water for 3 hours.
- 2 Grind the soaked lentils in a blender and mix them with the remaining ingredients.
- 3 Prepare the dough and place it in a suitable pan with a radius of 16-18 cm.
- 4 Sprinkle sesame seeds on top of the dough.
- 5 Bake in the oven for 45 minutes at 180°C.





EGGPLANT

Rich in Vitamins A and C and Polyphenols



BUCKWHEAT PASTA

with Eggplants & Tomatoes



Ingredients

500 g buckwheat flour pasta
400 g eggplants Tsakoniki/Santorini
600 g tomatoes Rousiko
150 g purple onion
30 ml extra virgin olive oil
7 g Mediterranean spice mix
10 g dried sonchus leaves (cut into small pieces)
50 g Parmesan cheese (finely grated)
salt, pepper to taste

Directions

- 1 Cube eggplant and onion, add salt, and lightly fry in olive oil.
- 2 Hollow out tomatoes, then mix the contents with the fried vegetables.
- 3 Season with pepper and Mediterranean spice mix.
- 4 Cook and drain buckwheat pasta according to instructions, and drizzle with olive oil.
- 5 Mix fried vegetables with pasta.
- 6 Serve sprinkled with Parmesan cheese and dried sonchus leaves.



VEGAN BURGER

with Eggplants, Lentils & Buckwheat



Ingredients

400 g eggplants Tsakoniki/Santorini
300 g leeks (2 large ribs)
100 g celery (1 large rib)
garlic (1 clove)
200 g buckwheat grain
250 g red lentils
50 g buckwheat flour
50 ml extra virgin olive oil
10 g baking powder
100 g toasted pine nuts
15 ml Tamari soy sauce
200 g buckwheat breadcrumbs
salt, pepper, Mediterranean spice
mix to taste

Directions

- 1 Coat the eggplants with olive oil and grill them, sprinkle with the Mediterranean mixture, and leave them to cool.
- 2 Fry leek and celery in olive oil until softened, then add garlic. Allow to cool.
- 3 Cook buckwheat and lentils. Let the mixture cool.
- 4 Place all ingredients in a blender and chop into small pieces. Mix with a spatula until the mixture is homogeneous.
- 5 Form the mixture into desired burgers/patties and fry in olive oil. Alternatively, brush the burgers with olive oil and bake them in the oven according to preference.



EGGPLANT SALAD

with Red Pepper, Garlic & Onion



Ingredients

1.2 kg eggplants Tsakoniki/Santorini
150 g red pepper
garlic (2 cloves)
young onion (3 cloves)
20 ml lemon juice
7.5 ml apple cider vinegar
50 ml extra virgin olive oil
fresh parsley (one bunch)
10 g dried sonchus leaves
20 ml yellow mustard
15 ml dandelion syrup
salt to taste

Directions

- 1 Grill the eggplant in the oven (or on the grill) and leave to cool.
- 2 Roast and peel the peppers.
- 3 Chop the grilled eggplant and roasted peppers and place them in a jar.
- 4 Prepare the salad dressing by mixing mustard, olive oil, dandelion syrup, apple cider vinegar, salt, and pepper
- 5 Add the prepared salad dressing to the jar with the chopped vegetables. Close the jar and shake it gently to mix the ingredients.



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READY-TO-EAT, NATURALLY
NUTRIENT RICH AND NUTRITIOUS
CONVENIENCE FOOD



BIOVALUE PROJECT, HORIZON 2020 PROGRAMME
GRANT AGREEMENT NO.101000499