

FOOD FOREST RECIPES

A bundle of seasonal recipes with ingredients from a food forest.
Happy cooking!

CNVFILLM FF1



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SUMMER SALAD

FOOD FOREST FEAST

A summer salad for warm days. The caramelised grilled fig and pickled beet bring out the freshness of this season. Serve it as a lunch, side dish or even a light dinner!

30 MIN SERVES 2

SALAD



Ingredients

- 200 grams of Linden leaves
- Columbine
- Chopped sorrel
- 5 Figs
- 1 beetroot
- 50 grams of almonds
- 50 grams of walnuts
- 7 Saffras leaves
- Handful of mint

Pantry ingredients

- 100 ml olive oil
- 100 ml Balsamic vinegar
- Sugar

Method

1. Wash all the vegetables and fruits
2. Cut the figs in half and sprinkle with pinch of salt and sugar. Heat a grill pan to high heat and grill them for a minute on each side.
3. In a different pan, roast the almonds and walnuts dry for a few minutes
4. Thinly slice the beetroot and add it to a bath of 50 ml water, 50 ml balsamic vinegar and a tablespoon of sugar. Let it sit for 10 minutes.
5. Make the dressing: in a jar add 50 ml of balsamic vinegar to 100 ml of olive oil, a tablespoon of sugar and a pinch of salt. Shake until fully combined.
6. Roughly chop the linden leaves, sorrel, saffras and mint. Toss leaves in a balsamic dressing.
7. Assemble salad with all ingredients

Nutritional Information

PER SERVING

Kcal: 540 | Fat: 40,8 gram | Carbs: 27,5 gram | Fibre: 7,3 gram | Protein: 12,2 gram

SUMMER CHESTNUT BERRY CRUMBLE



A warming berry crumble that can be made from any type of berry coming out of your food forest. The chestnut combined with almonds provides a sweet and nutty crumble - a perfect combination with the tartness of the berries.

35 MIN SERVES 4

DESSERT

Ingredients

- 200 grams of any berries, black currants, blue berries, raspberries, rowan
- 70 grams of ground almonds
- 70 grams of chestnut flour (see recipe page 11)

Pantry ingredients

- 70 grams of butter (cold and diced)
- 70 grams of sugar
- Pinch of salt

Method

1. Preheat the oven to 180 degrees Celsius
2. Place the berries in an oven proof dish and set aside
3. Mix together the sugar, ground almonds, chestnut flower and butter until it resembles breadcrumbs
4. Sprinkle the crumb mixture over the berries and bake for 20 minutes, or until golden brown

Nutritional Information

PER SERVING

Kcal: 553 | Fat: 30,5 gram | Carbs: 53,8 gram | Fibre: 8 gram | Protein: 11,7 gram



SUMMER ARTICHOKE & APRICOT TAGINE

Warming, tangy, sweet and ultimate comfort food. Take a chestnut naan to dip into this food forest tagine. The creamy and soft notes from the artichoke compliment really well with the sweet and acidity from the apricots.

90 MIN SERVES 4
MAIN COURSE



Ingredients

- 3 Szechuan pepper corns (crushed)
- 2 Ramson leaves, thinly sliced
- 5 Chinese toon leaves, thinly sliced
- 6 artichokes
- 10 apricots
- 140 grams of almonds
- 140 grams of hazelnut
- Handful of mint

Pantry ingredients

- 1 tablespoon of olive oil
- 1 tablespoon of cumin, ginger, coriander & cinnamon
- 1 bouillon cube (this can also be made fresh with toon stems and leaves)
- Salt

Method

1. Heat a tablespoon of olive oil and braise the spices, toon leaves, Szechuan pepper corns and salt for 3 minutes on low heat. Keep stirring and make sure they do not burn.
2. Prepare the artichoke: tear off leaves until reaching pale green inner leaves. Cut off the top and remove the fibers from the heart with a spoon. With a chef's knife, cut off the stem and leaves that attach to the base. Rub with lemon juice all over to avoid oxidizing. Cut artichokes in 4 pieces and add to the pan.
3. Add chopped up apricots and fine diced preserved lemon
4. Add 500 ml of bouillon and let simmer for 60 minutes, in the meantime finely chop up the nuts
5. When the artichoke is tender, finish off dish with fresh cut mint and chopped nuts

Chestnut Naan

- 3 tablespoons of Greek Yoghurt (or vegan yoghurt when eating plant based)
- 100 grams of chestnut flour
- 5 grams of salt

Knead the yoghurt and chestnut flour together, make into small flatbreads and grill at high temperature 2 minutes on each side

Nutritional Information PER SERVING

Kcal: 520 | Fat: 32,9 gram | Carbs: 36,6 gram |
Fibre: 10,8 gram | Protein: 13,3 gram

AUTUMN TRAYBAKE WITH SWEET POTATO, BEETROOT, CHESTNUTS & SHIITAKES

This traybake is perfect for a sunday roast in autumn. It is easy to make and ingredients can easily be added or swapped. The flavours of sweet potato, beetroot, chestnut and shiitake beautifully show the taste of autumn.

45 MIN SERVES 4-5
MAIN COURSE



Ingredients

- 3 large sweet potatoes
- 3 red beetroots
- 400 gr chestnuts (with husks)
- 400 gr shiitake mushrooms
- Sea buckthorn vinegar
- Szechuan peppercorns (crushed)
- Twigs of fresh thyme
- Twigs of fresh rosemary

Pantry ingredients

- Olive oil
- Sea salt

Method

1. Preheat oven at 200c
2. Cut the sweet potato and beetroots into cubes roughly the same size
3. Place them on a baking tray and sprinkle with olive oil, szechuan pepper and sea salt. Add twigs of thyme and rosemary.
4. Bake the sweet potato and beetroot for about 20 minutes..
5. Score the chestnuts on top with a sharp knife by cutting a cross into them. The deeper you cut them, the easier it is to remove the husk later.
6. Cut the shiitake mushrooms
7. Pull the baking tray out of the ove and toss the beetroot and sweet potato
8. Add the chestnuts and shiitake mushrooms to the tray and bake them for another 20-25 minutes.
9. Take the tray out of the oven. Remove the husks from the chestnuts
10. Mix all ingredients together. Finish off with some sea salt, szechuan pepper, fresh thyme, fresh rosemary, olive oil and some sea buckthorn vinegar.

Nutritional Information

PER SERVING

Kcal: 428 | Fat: 17,2 gram | Carbs: 53,9 gram | Fibre: 11,1 gram | Protein: 8,7 gram

AUTUMN GRILLED OYSTER MUSHROOM AND FRESH FIG CARPACCIO

This entree has all it takes to start of a great autumn dinner. The earthy oystermushrooms, sweet fresh figs and crunchy nuts make the dish into a delight to eat. And a big plus: the carpaccio is easy and quick to make!

20 MIN SERVES 4-5

ENTREE



Ingredients

- 600 gr oyster mushroom
- 4 fresh figs
- A couple of linden leaves
- Sea buckthorn vinegar*
- Szechuan peppercorns (crushed)
- Tops of sweet cicely
- 100 gr of mixed nuts (for example walnuts, almonds, hazelnuts)

Pantry ingredients

- Olive oil
- Sea salt

Method

1. Cut the oyster mushroom into slices.
2. Pour olive oil into a hot preheated pan and grill the oyster mushroom for about 8 minutes until they are golden brown. Press them together by putting a heavy pan on top of them.
3. Get the mushrooms out of the pan and let them cool.
4. Slice the figs into thin slices.
5. Chop the nuts
6. Put the slices of oystermushroom and figs on the plate. Sprinkle them with some olive oil and add szechuan pepper and salt to your likings.
7. Add a couple of linden leaves to each plate and add the nuts
8. Finish off with sprinkling tops of sweet cicely and the sea buckthorn vinegar over the carpaccio.

Nutritional Information

PER SERVING

Kcal: 264 | Fat: 19,9 gram | Carbs: 11,2 gram | Fibre: 5,6 gram | Protein: 7,2 gram

*Sea buckthorn vinegar

- Fill half a bottle with sea buckthorn
- Fill the bottle with white wine vinegar
- Rest for a month

WINTER HEARTY HERBY MUSHROOM STEW WITH JERUSALEM ARTICHOKE PUREE

A warming stew with hearty winter flavours on a soft. Does well on a cold weeknight, but can also shine at a fancy (Christmas) dinner. You could even fancy it up by topping the stew with fried sage leaves.

60 MIN SERVES 4-5

MAIN COURSE



Ingredients

- 1 kg jerusalem artichokes, cleaned but skin on and chopped into 3 cm chunks
- 900 g mushrooms of any kind. Cut or torn in to 1 cm thick pieces
- Large handful of ramson leaves, thinly sliced
- 2 small babbington leeks, thinly sliced
- 6 twigs of thyme
- 2 twigs of rosemary
- 2 bay leaves
- Small handful of Chinese cedar leaves, sliced
- 5 sage leaves, sliced

Pantry ingredients

- 100 g + 1 tbsp (vegetable) butter
- 250 mL dry red wine
- 2 tbsp flour
- Salt
- Pepper

Method

1. Add 2 tablespoons butter or oil to a large Dutch oven or pot and set it over medium heat. When the fat is hot, stir in half the mushrooms. (If it doesn't all fit in the pot in one layer, you might have to do this in three batches, rather than two.) Without stirring too much, cook the mushrooms until they are brown on one side, about 3 minutes. Stir and let them brown on the other side, 2 to 3 minutes more. Use a slotted spoon to transfer mushrooms to a large bowl or plate and sprinkle with salt and pepper. Repeat with another 2 tablespoons butter and the remaining mushrooms seasoning them as you go.
2. Reduce the heat to medium-low, add the remaining butter and cook the ransom leaves and Babbington leek until soft, about 5 minutes.
3. Stir in the herbs and leaves and cook for a minute. Add the flour and stir for another minute before adding the wine.
4. Bring the sauce to a simmer and add the browned mushrooms. Simmer on low heat for 30-40 minutes while you prepare the jerusalem artichoke puree.
5. Cover the artichokes with boiling water and boil until tender. Check after 10 minutes and give them 5 more if not tender yet.
6. Drain the artichokes and add salt, pepper and butter to taste, then mash into a coarse or smooth puree of your liking. Serve the stew on a bed of puree.

Nutritional Information

PER SERVING

Kcal: 497 | Fat: 24,6 gram | Carbs: 49,3 gram | Fibre: 7,7 gram | Protein: 10,2 gram

WINTER BERRY SAUCE

Goes well with hearty dishes, but can serve as a fruity complement to your breakfast too. Sassafras leaves are also good in this sauce, but would have to be preserved during spring or summer.

20 MIN FOR 500 ML

SIDE DISH



Ingredients

- 350 gram cleaned mixed berries (such as strawberry tree, Bentham's cornel, sea buckthorn, or frozen berries from the summer season). Halve the larger fruits.
- 1 or 2 wild apples or quinces, cut into small pieces

Pantry ingredients

- 150-200 grams of sugar
- 1 cinnamon stick, broken into 2 or 3 pieces
- 1 star anise
- 2 cloves

Method

- 1.Add all fruit, spices and 150 grams of sugar to a pot and bring to a simmer. Add a couple of tablespoons of water if the fruit is dry.
- 2.Simmer for about 5 minutes, then taste for sweetness and add more sugar if necessary.
- 3.Store the sauce in the fridge. Leave the spices in if you like a strong flavour or take them out if you like it milder.

Nutritional Information

PER SERVING

Kcal: 48 | Fat: 0 gram | Carbs: 10,9 gram | Fibre: 1 gram | Protein: 0,2 gram

GREEN SPRING STEW

Cheerful green vegetable stew, which suits a sunny spring evening, but provides a warm and delightful feeling on a rainy day as well. Easy & quick to make. You could pair it with some (chestnut) bread on the side.

30 MIN SERVES 4

LUNCH



Ingredients

- Small handful of Chinese cedar leaves
- 10 gram fresh mint leaves (chopped)
- 150 gram good king henry leaves
- Handful of Sorrel
- 1 or 2 Babington leek leaves (chopped fine)
- 300 gram artichoke hearts
- Large handful of Ramson leaves (chopped fine)

Pantry ingredients

- 200 ml water
- 100 ml white wine
- 1 tbsp Olive oil
- 500 g Peas
- 500 g Broad beans/snow peas
- 1 broth tablet (this can also be made fresh with Chinese cedar stems)
- Salt & pepper

Method

1. Add the olive oil in a stew pot and put the fire medium high. Add the Chinese cedar leaves, the babington leek leaves and half of the ramson leaves and simmer it for a few minutes.
2. Add the artichoke hearts, the peas and the broad/snow peas and add (perfume with) the white wine, the broth tablet and the water. Let simmer for about 10 minutes.
3. Meanwhile, chop the mint leaves and the sorrel. After 10 minutes of simmering, add these chopped leaves, the second half of the ramson leaves and the good king henry leaves and stir gently. Add pepper & salt to taste.

Nutritional Information

PER SERVING

Kcal: 269 | Fat: 5,8 gram | Carbs: 28,9 gram | Fibre: 5,6 gram | Protein: 14,1 gram

SPRING LINDEN LEAVE SALAD WITH ASPARAGUS

Green spring salad with different leaves and interesting flavours. The bits of somewhat fierce flavours of all the different leaves nicely balance with the softness of the asparagus and the linden leaves.

15 MIN SERVES 2
SALAD



Ingredients

- 200 gram lime (linde) leaves
- 50 gram Horseradish leaves
- 50 gram Hazelnut (chopped)
- 200 gram green asparagus
- Small handful of ground ivy (chopped)
- A few dill leaves (chopped)
- A few Sorrel leaves (chopped)

Pantry ingredients (dressing)

- Tbsp of olive oil
- Tbsp of Vinegar
- teaspoon of mustard
- Teaspoon of sugar or honey
- Pinch of salt and pepper

Method

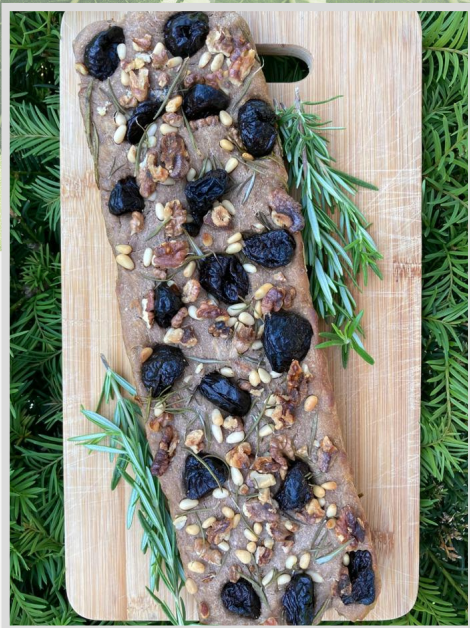
1. Cook water in a cooking pan, with a pinch of salt
2. In the meanwhile, break the lowest 3 cm off the asparagus and add them to the water when it is cooking. Cook them for about 5 minutes (or 2 minutes and then grill them shortly). When they are done cooking, chop them in pieces of about 4 to 5 cm.
3. In the meanwhile mix all ingredients for the salad
4. Spread the asparagus pieces over the salad
5. Mix the ingredients for the dressing and pour over the salad

Nutritional Information

PER SERVING

Kcal: 391 | Fat: 33 gram | Carbs: 13,7 gram | Fibre: 4,9 gram | Protein: 7 gram

SPRING CASTAGNACCIO: TUSCAN CHESTNUT CAKE WITH RHUBARB



Interesting cake which can be eaten as dessert or as a snack. The nutty flavour of the chestnut flower and other nuts nicely balance with the acidity of the rhubarb.

60 MIN

SERVES 10

DESSERT OR SNACK

Ingredients

- 200 gr chestnut flour (see recipe page 11)
- 60 gr dried plums
- 20 gr walnuts
- 15 gr pine nuts
- 1 twig of fresh rosemary, leaves picked
- 500 gr rhubarb
- 40 gr hazelnut

Pantry ingredients

- 30 gr sugar
- a pinch of salt
- 250 ml cold water
- 2 tablespoons of olive oil

Method

1. Preheat the oven at 180 C.
2. Clean the rhubarb and chop in pieces of 3 cm. Put the rhubarb in an oven dish, with 3 teaspoons of sugar and a dash of water and heat it for 15 minutes.
3. In the meanwhile, chop the hazelnut and set aside.
4. Sieve the chestnut flour into a bowl and add the sugar and salt. Add the water bit by bit and stir to avoid lumps.
5. When smooth, add 1 tablespoon olive oil to the batter and let rest for about 30 minutes.
6. After 15 minutes, take the rhubarb out of the oven (leave the oven turned on), and let it cool down a bit for a few minutes.
7. Make a mousse of the rhubarb with a blender or food processor.
8. Put the rhubarb mousse into a sieve and push the moisture out with a spoon. Let it leak for about 10 minutes (collect this moisture and when it is cooled down, you can make delicious drinks/lemonade out of this by diluting it with sparkling water for example).
9. Mix the rhubarb mousse and chopped hazelnuts with the batter and pour the batter into a small baking dish covered with parchment paper (greased with a bit of olive oil).
10. Evenly scatter over the dried plums, walnuts, and pine nuts and finish with rosemary and the rest of the olive oil.
11. Bake for about 30 minutes or until you begin to see little cracks appear all over the top. Do not overbake or it will become very dry. Let it cool in the pan, slice and serve

Nutritional Information

PER SLICE

Kcal: 173 | Fat: 7,3 gram | Carbs: 19,8 gram | Fibre: 5,2 gram | Protein: 3,2 gram

CHESTNUT FLOWER

How to make your own chestnut flower?



Ingredients

For 200 grams of chestnut flour, you need 600 grams of chestnuts (with husk)

Kitchen utensils

- Oven
- Food processor

Method

1. Preheat the oven at 200c
2. Score the sweet chestnuts on top with a sharp knife by cutting a cross into them. The deeper you cut them, the easier it is to remove the husk later.
3. Put the chestnuts on a baking tray and roast them in the oven for about 10 minutes, or until they are all open.
4. Lower the oven temperature to 50c.
5. Remove the husk from the chestnuts as fast as possible. The warmer they still are, the easier this will be.
6. Break the chestnuts in small pieces and put them back on the baking tray.
7. Put the tray in the oven for 1,5 / 2 hours
8. Get the chestnuts out of the oven and let them cool off
9. Grind the chestnuts in a food processor until it is as fine as possible
10. Put the flour back in the oven and cook until it is dry enough.
11. Cool the flour and put it in an airtight jar.

Nutritional Information

PER 100 GRAMS

Kcal: 343 | Fat: 3,7 gram | Carbs: 63,6 gram | Fibre: 14,2 gram | Protein: 6,1 gram