

THE PROJECT

MENU



COMPOTE (WITH SEASONAL FRUIT-QUINCE)



- 4 pieces of quince
- 1 and a half liters of water
- 2 cups granulated sugar
- 4 cloves
- Quince kernels (10-15 pieces)

The Recipe

1. Peel the quinces, cut them into cubes and soak them in water with lemon so that their color does not darken.
2. Add the sugar, quince kernels, cloves and water to the chopped quinces in the pot and let it boil.
3. After boiling, simmer for about 45-50 minutes until the quinces are tender.
4. Share it with your loved ones, warm or cold

THE PROJECT MENU



ORGANIC FOOD COLORING



FOR ORGANIC RED FOOD COLORING

Materials

- 3 pieces of beetroot
- 1 cup sugar

The Recipe

1. After thoroughly washing and peeling the beets, squeeze the juice in a juicer
2. Then add the beet juice and sugar to the saucepan and boil
3. Constantly remove the sediment that will form on it
4. When the jam has a slightly runny consistency, strain it and put it in a jar and store it in the refrigerator

FOR ORGANIC GREEN FOOD COLORING

Materials

- 15 leaves of spinach
- 1 glass of water

The Recipe

1. Put 15 leaves of spinach in a little more than half a glass of water and boil
2. Pass the softened spinach through a blender
3. After cooling, fill in the ice mold
4. You can use it by dissolving it when necessary

THE PROJECT

MENU



MAKING VEGETABLE JUICE FROM VEGETABLE SCRAPS

COLLECTING THE SCRAPS

When preparing food, throw vegetable leftovers in the freezer, not in the trash.

Throw the vegetables that are spoiling in the freezer, not in the trash.

Important note: Do not collect the dirty, moldy or rotten vegetables. For example, if you are going to throw carrot peels in the freezer, you should have thoroughly washed or even brushed the carrot before peeling it. And, of course, just collect the leftovers of vegetables which you are sure do not contain chemicals.

The Recipe

1. When enough vegetable leftovers have accumulated, put them into a large steel saucepan.
2. Add enough drinking water to line up with the vegetables.
3. Place the saucepan on the cooker heat over high heat.
4. Add taste and nutrients to your vegetable broth, add other ingredients that you like. (salt, powdered turmeric, bay leaf, mint, thyme, rosemary)
6. When it starts to boil, turn the cooker heat to the lowest level.
5. Cover the pan and cook for about 1 hour.
7. At the end of 1 hour, collect the large pieces in the pot with a colander.
8. Transfer the vegetable stock through a strainer to a clean container to sift out small pieces.
9. Let the filtered vegetable broth cool on the counter.
10. Pour the cooled vegetable juice into a jar with a lid and store in the refrigerator.
11. You can also remove it to the freezer by dividing it into the desired portions to be able to use it for a longer period of time