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## HANDOUT 5, pages 1-2

### Visual presentation task – serving your ideas

Draw or describe how you would serve this carrot dish so that it is:

- restaurant-quality and aesthetically pleasing
- preserves all textures: cream, purée, crispy element
- showcases the zero-waste concept

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### Create your own zero-waste recipe

#### Zero Waste Creation Challenge

 **Task objective:** create a three-part dish based on one main plant-based ingredient (e.g. carrot, beetroot, rutabaga, zucchini, etc.), making full use of the entire ingredient—peels, stems, leaves, flesh, etc.

### Conditions & Instructions:

Choose one vegetable or plant-based ingredient you'd like to use entirely.  
*Examples: carrot, broccoli, cauliflower, beetroot, celery, sweet potato, etc.*

- Develop a recipe containing at least 3 components:
  1. Broth / base / flavor background (e.g. made from scraps)
  2. Main element (e.g. pasta, dumplings, crispy bits, roasted part)
  3. Side / garnish (e.g. cream, foam, crumble, sauces, chips)
- Use the entire ingredient — do not discard peels, leaves, or stems. Think creatively about how to process them.
- Describe the preparation process and portion size.
- Add a sustainability explanation:

*Why did you choose this ingredient?*

*How does it help the environment?*

*Did you use seasonal, local, or organic products?*



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## **Submission format** (what to present):

-  Recipe name
-  List of ingredients (quantities for 4–6 portions)
-  Preparation description
-  Sustainability reasoning
-  Optional: drawing or idea for plating/presentation

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## **Example of an idea** (do not copy directly):

Ingredient	Dish Components
Broccoli	Broccoli stock and leaf broth; Roasted florets with sesame seeds; Leaf crisps and broccoli-leaf pesto
<b>Sustainability Rationale</b>	
Entire broccoli was used, reducing food waste. Chosen for being local, seasonal, and low environmental impact.	