
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?



 **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

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
Sustainability Rationale	
Entire broccoli was used, reducing food waste. Chosen for being local, seasonal, and low environmental impact.	