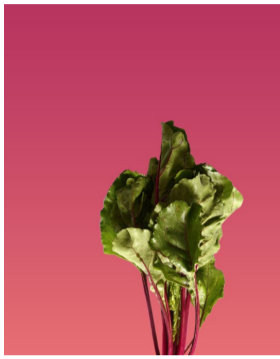


ODDS AND



BEET GREENS PURÉE

Ingredients—
greens from beets
salt

Method—
boil greens until just soft
use a mixer until purée
add salt & pepper



ROASTED BEET GREENS

Ingredients—
greens from beets
olive oil
salt
preferred spices

Method—
knead greens, oliveoil & salt
& pepper on oven tray
bake greens at 150° until
crispy



ORANGE PEEL SWEETS

Ingredients—
greens from carrots
almonds
olive oil
salt

Method—
mix the carrot greens with
almonds & olive oil
add salt & pepper



APPLE JUICE

Ingredients—
10 or more apple cores
sugar
1L water

Method—
boil apple cores for 1 hr
siv and let cool



MULLED WINE

Ingredients—
old red wine
cinnamon sticks
mandarine peels
apple core & peels
sugar

Method—
add all ingredients in a pot
& heat until boiling
simmer until apple core is
soft



ROASTED BEET GREENS

Ingredients—
greens from beets
olive oil
salt
preferred spices

Method—
knead greens, oliveoil & salt
on oven tray
bake greens at 150° until
crispy
add salt & pepper



CARROT GREENS PESTO

Ingredients—
greens from carrots
almonds
olive oil
salt

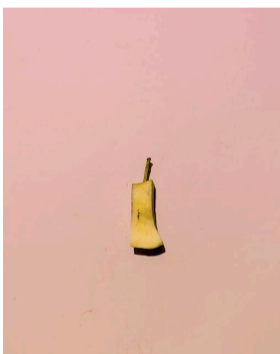
Method—
mix the carrot greens with
almonds & olive oil
add salt & pepper



AQUAFABA CRACKERS

Ingredients—
100 g aquafaba
100 g flour
40 g olive oil
salt

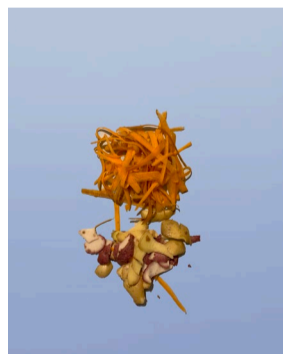
Method—
whisk aquafaba until foam
add flour, salt and oliveoil
knead into a dough
roll out dough into thin
sheet
bake at 100° for 30 min



APPLE CRISP

Ingredients—
old damaged apples
sugar
cinnamon
breadcrumbs
butter

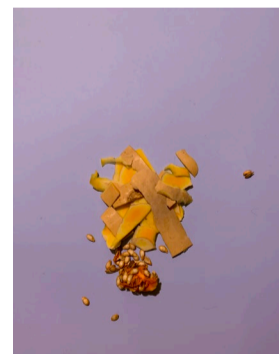
Method—
peel apples & cut in pieces
boil until soft
remove water & add
cinnamon & sugar
add apples bottom layer of
in an ovenform
bake for 20 min
add breadcrumbs from old
bread, butter and cinnamon
bake all for 20 min



POTATO & CARROT PEEL CHIPS

Ingredients—
potato peel
sweet potato peel
carrot peel
salt & pepper
chili flakes
olive oil

Method—
put potato, sweet potato &
carrot peels in an ovenform
add salt, pepper & chili
flakes
drizzle olive oil over
bake in 150° for 30 min



PUMPKIN SKIN PURÉE

Ingredients—
pumpkin skin
salt
pepper
curcuma

Method—
boil pumpkin peel with salt
until it is soft
use a mixer until it is a
purée
adjust flavor with salt,
pepper & curcuma



CARNAVAL TOAST

Ingredients—
old hard bread
sugar
cinnamon
milk
butter
1 egg

Method—
heat milk & cinnamon in a
pot
when boiling, add sugar
pour milk over bread & let
soak for 1 hour
roll the bread in egg
fry with butter

ENDS