

TERRA MADRE  
SALONE DEL GUSTO 2022

SEPTEMBER 22—26  
PARCO DORA, TURIN



# FOOD REGENER ACTION

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## Danish peas in lightly smoked broth with seasonal greens & herbs | recipe from Copenhagen

Presented by Chef Tine Kardos at "A tasty food revolution: the [Planetary Health Diet](#)" as part of Food Trails activities at the 2022 Terra Madre Salone del Gusto, 23 September 2022.

Serves 6

### Ingredients:

- 1 onion
- 5 mushrooms
- 2 cloves of garlic
- 1 carrot
- 1 sprig of celery leaf
- ½ dl olive oil
- 150 g dried peas
- Sprig of rosemary
- 2 bay leaves
- 1,5 liter of water
- 1 tablespoon miso
- 3 tablespoons soy sauce
- 250 g seasonal greens (fennel, carrots, red onion)
- Smoke flavour extract
- Salt, pepper, sugar
- Apple vinegar
- A handful of fresh herbs (tarragon and parsley)
- A handful of finely chopped spring onion

### Instructions:

- If possible, soak the peas overnight in advance.
- Chop onion, celery leaf, carrot, mushrooms, and garlic and sweat slowly in oiled pot.
- Add peas, cloves, rosemary, bay leaves and water and simmer under lid, until the peas are very tender.
- Add finely chopped carrots and fennel when the peas are almost done.
- Stir the miso/soy sauce in.
- Season with smoke extract, salt, pepper, apple vinegar and sugar.

Serve in bowls with sourdough croutons, fresh herbs and finely chopped spring onions.



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## Purslane salad with pickled onions, figs, fig leaf oil & Sicilian sumac | Recipe from Milan

Presented by Chef Laura Santosuoso at “A tasty food revolution: the [Planetary Health Diet](#)” as part of Food Trails activities at Terra Madre Salone del Gusto, 23 September 2022.

Serves 6

### Ingredients:

- A big handful of purslane
- 12 figs
- 3 red onions (Tropea if possible)
- 5-6 fresh fig leaves (ask your greengrocer!)
- 200 grams extra virgin olive oil
- 100 grams water
- 100 grams red vinegar
- Sumac
- Salt
- Cheesecloth or fine strainer

### Instructions:

- Blanch fresh fig leaves in boiling water. Quickly transfer the leaves from the boiling water to an ice water bath and cool. Remove the leaves from the ice bath, strain and squeeze out as much excess water from the herbs as possible.
- Use a blender to make the fig leaf oil: add the blanched leaves with oil and a pinch of salt. Infuse the oil for at least 1 hour. If you leave it overnight, it will not suffer and in fact will turn a darker green. Strain the puree through cheesecloth or a fine meshed strainer to get a clean oil.
- Cut the onions into very thin slices. Add a pinch of salt, cover them in 100g of water and 100g red vinegar. Leave marinate for a couple of hours to pickle.
- Wash the purslane, remove roots and bigger stems. The leaves, thin stems and flower buds are all edible. Dry in a salad spinner.
- Wash the figs and cut in four pieces keeping the skin on.
- Mix all ingredients (purslane, figs and onions)

Dress the salad with the fig leaf oil, salt, and sumac to taste. Enjoy!

