



A SUSTAINBLE KITCHEN

THIS IS THE PRINTABLE VERSION IN ENGLISH OF THE INFORMATION ON
[HTTPS://WWW.DUURZAAMKOKEN.BE/STAP-VOOR-STAP](https://www.duurzaamkoken.be/stap-voor-stap),
THE IMAGES CAN BE FOUND ON THE WEBSITE.

Have fun cooking!
Warm regards,

Edith

STEP BY STEP

This step-by-step plan will help you work towards a diet with more pure ingredients, prepared sustainably, at your own pace. **Your current eating habits are the starting point** and you gradually replace parts of the meal. **Try every step** during quiet moments or days off, **for at least 1 to 2 weeks**. This gives your taste buds, chewing muscles, and organs time to adjust.

Evolve from light dishes with some processed products

- lettuce and herbs
- (puree of) steamed vegetables
- eggs, (soy) yogurt, meat substitutes
- legume puree
- fish
- potatoes
- bread, pasta, couscous, polenta
- buckwheat flakes
- oil

to hearty meals with more pure ingredients

- raw vegetables
- legumes
- poultry, meat
- oat, spelt and multigrain flakes
- whole grains
- nuts and seeds (lightly roasted)

Listen to your body and **pay attention to maintaining your energy, concentration and BMI weight**.

If there is an ingredient you don't eat, please proceed to the next step.

INGREDIENTS AND EQUIPMENT

Choose quality **ingredients**, full of flavor.

You probably have the **simple kitchen utensils** in house:

- 2 cooking pots with matching lids
- a pan (with a fitting lid)
- 1 to 2 steaming baskets

Also a knife, a wooden board, a whisk, a wooden spoon, a spatula and maybe a hand blender with chopper attachment.

PLAN

STEP 1: STEAMING VEGETABLES

STEP 2: (STEAMING) FRUIT

STEP 3: STEAMING A PROTEIN SOURCE

STEP 4: COOKING LEGUMES

STEP 5: COMBINATIONS WITH BREAD

STEP 6: COMBINATIONS WITH POTATOES

STEP 7: PREPARING BUCKWHEAT FLAKES

STEP 8: PREPARING WHOLE-WHEAT COUSCOUS OR POLENTA

STEP 9: PREPARING ROLLED FLAKES

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STEP 11: COOKING WHOLE GRAIN RICE

STEP 12: COOKING COMBINATIONS WITH LOCAL CEREAL GRAINS

Please find the extensive prescriptions of the cooking processes in the printable document on <https://www.duurzaamkoken.be/welcome>, titled: ASustainableKitchen_CookingProcess.pdf

STEP 1: STEAMING VEGETABLES

Steam seasonal vegetables of your choice for at least once a week.

Put two centimeters of water into a cooking pot. Place a steamer basket inside. (Peel,) wash, and cut the vegetables. Place them in the basket and cover the pot. Steam them at a low temperature. This allows the heat to penetrate evenly, deep into the core. This ensures optimal flavor, texture, and preservation of nutrients.

Tip: For carrots and tubers, the peel provides extra flavor and nutrients.

Tip: You can drink the vegetable liquid or thicken it into a sauce.

STEP 2: (STEAMING) FRUIT

Eat at least a handful of fresh or steamed seasonal fruit of your choice every day. This is a suitable and sugar-free alternative to jam, compote, or puree. Soft and ripe fruit are, of course, perfectly fine to eat raw. This provides the most nutritional value. Let them come to room temperature. Stewing apples and pears, and fruit that needs to ripen further, can be steamed for easy digestion. Combine tart fruits with dried fruit (instead of sugar or sweeteners). Soaking the latter in water can prevent thirst afterward.

Tip: You can cook apples and pears with their skins on for extra flavour and nutrients.

Note: Avoid the combination of citrus fruits and (soy) milk (products): it will curdle.

STEP 3: STEAMING A PROTEIN SOURCE

Steam a protein source of your choice at least once a week.

Did you know? You can steam eggs, mushrooms, meat substitutes, and legumes from jars or cans. The same goes for fish, poultry, and meat.

Season to taste. Put two inches of water into a cooking pot or pan. Place a steamer basket inside. Add the desired ingredient and cover the pot. (For fish, poultry, or meat, quickly bring the temperature to 100°C.) (Then) cook over low heat. This allows the heat to penetrate evenly to the core, ensuring optimal flavor, texture, and preservation of nutrients.

Tip: When preparing fish, poultry or meat, you can thicken the liquid to make a sauce.

STEP 4: COOKING LEGUMES

Cook a portion of dried legumes at least once a week. New to your menu? Choose coral lentils (20 min. - 2 parts water), split peas (60 min.), or chickpeas (45 min.). They are the sweetest. Soak the fruits in plenty of water. Do this in the evening if you are cooking during the day, and in the morning if you are cooking in the evening. Drain the soaking water and rinse the fruits until the water runs clear. Cover the pot and cook over low heat. This allows the heat to penetrate evenly to the core, ensuring optimal flavor, texture, and nutritional value.

Tip: Prepare a large portion and freeze some (in portions).

Tip: Consider cooking legumes in the morning.

STEP 5: COMBINATIONS WITH BREAD

At least once a week, combine bread with pure ingredients instead of sandwich toppings. Choose whole-wheat bread (yeast or sourdough). Bread contains salt and little moisture. Combine it with salt-free and juicy products, such as fresh vegetables or fruit.

Savoury:

- Steamed vegetables
- Legumes (homemade or from a jar), (soy) milk, natural (soy) yoghurt, quark, soft cheese, egg, fish, poultry or meat
- Nuts or seeds (lightly roasted) instead of margarine or butter

Sweet:

- Fresh or steamed fruit instead of jam
- (Soy) milk, plain (soy) yogurt
- Nuts or seeds (lightly roasted) instead of margarine or butter

Note: Avoid the combination of (soy) milk/yoghurt and citrus fruit: it will curdle.

STEP 6: COMBINATIONS WITH POTATOES

Steam potatoes at least once a week for 1 to 2 days. Potatoes consist of simple carbohydrates. They release energy quickly. We try to combine them with pure ingredients, preferably vegetarian or vegan. Furthermore, potatoes are thirst-inducing. Eat plenty of water-containing vegetables (e.g., lettuce, tomatoes, cucumbers, zucchini) with them, without salt.

Tip: Cook the potatoes in their skins for extra flavor and less green waste.

STEP 7: PREPARING BUCKWHEAT FLAKES

We are transitioning to cooked cereal grain products. Buckwheat flakes taste similar to potatoes. They are easily digestible, ready in no time, and leave you with a satisfied feeling. They are ideal for dinner. **Prepare a meal with buckwheat flakes (in combination with small oat flakes) as a source of carbohydrates (approx. 30-100g) for at least 3 days in a row.** Place 1 part flakes in a bowl and mix with 1 part boiling water. Let it swell and eat at body temperature.

Tip: Start day 1 purely to learn and appreciate the effect of this porridge. Add (dried) herbs, if you wish. From day 2 onwards, you can add an egg or plain (soy) yogurt for instance. From day 3 onwards, you can also add vegetables and seasonings.

STEP 8: WHOLE-WHEAT COUSCOUS OR POLENTA

These grain products are also easy to digest. We discover the importance of using the right amount of water, for a tasty result. **Prepare whole wheat couscous or corn semolina (=polenta) at least once a week.**

Note: Corn semolina differs from cornmeal and corn flour: it has a coarser grain.

Tip: Polenta tastes best freshly prepared and cooled to body temperature.

Savoury:

- Steamed vegetables
- Legumes (homemade or from a jar), (soy) milk, plain (soy) yoghurt, quark, soft cheese, egg, fish, poultry or meat
- Nuts or seeds (lightly roasted)

Sweet:

- Steamed or fresh fruit instead of jam
- (Soy) milk, plain (soy) yogurt
- Nuts or seeds (lightly roasted)

Note: Avoid the combination of (soy) yoghurt and citrus fruit: it will curdle.

STEP 9: PREPARING ROLLED FLAKES

Rolled cereal flakes require a bit more effort of the chewing muscles and the digestion system. **Make rolled flakes of your choice at least once a week.** Rolled oats are the most popular. Switch from quick oats to whole flakes. They provide a more compact texture (they stick less) and have a more full flavor. We often use flakes for breakfast, paired with sweet ingredients. Why not try making a savory meal with steamed vegetables and cooked legumes, for example?

STEP 10: COOKING MILLET, QUINOA, BUCKWHEAT

Now we are taking the step towards cooked cereal grains without gluten. **At least once a week, prepare a portion of short-cooked grains as a source of carbohydrates.** Millet is the quickest to cook (10 minutes). Consider cooking it with basmati rice or rolled flakes to make it more easy to digest. Quinoa and/or buckwheat are also options.

Tip: Alternate cooking grains and legumes (make a two-day portion each time). And steam fresh vegetables daily.

Tip: Consider cooking in the morning.

STEP 11: COOKING WHOLE GRAIN RICE

At least once a week, eat whole grain rice (50 min.) or semi-milled rice (30 min.) of European origin as a source of carbohydrates. Whole grain rice is an unprocessed grain, unlike white rice, which has had its husk removed (i.e. polished), thus losing essential nutrients. If you are used to white rice, you can start with semi-milled rice (partially polished) and eventually switch to whole grain rice, if you wish.

STEP 12: COOKING COMBINATIONS WITH LOCAL CEREAL GRAINS

Now we are carefully adding local grains containing gluten. I am happy to share my positive experience. By cooking them with whole-grain rice and using a limited amount of water, the grain stays airy (the gluten has little chance to stick). As an alternative to rice, you can also choose sorghum (African millet), a gluten-free grain with a smaller water footprint.

At least once a week, make whole grain rice or sorghum in combination with a locally grown grain such as spelt or oats.

Tip: Rice is delicious with spelt, sorghum with oats.