

AVOID THE UNAVOIDABLE

TZEN



AMEENA ARAFA - CARMEN VAN GESSEL - TESS GROBBEN - MART JONKMAN - PUCK VERBEEK
source: creativemarket.com

ABOUT TZEN

IF YOU WANT TO TAKE A STEP TOWARDS SUSTAINABILITY AND ATTAINABILITY, YOU HAVE COME TO THE RIGHT PLACE. TZEN RECIPES WILL HELP YOU MAKE DELICIOUS SNACKS USING YOUR UNAVOIDABLE FOOD WASTE.

What is unavoidable food waste, you may ask? Food waste can be considered unavoidable when it is not viewed as being edible, for example, fruit peels and cores, eggshells, and coffee grounds. Most people would throw these by-products away, but they are very well edible!

We are a design studio that customizes products and services that reduce the amount of unavoidable food waste in households. In order to achieve this, we first need to show people that unavoidable food waste is neither unavoidable nor waste. In other words, we need to change the stigma around it. Next, people have to avoid their own waste. They need stimulation and support to change their behaviour. We collaborate with companies to see where and how they can make an impact.

We set up this recipe booklet as a way to support your journey towards sustainability. The booklet consists of six recipes, using three different types of food waste. Each recipe will also mention any allergy or dietary information, using the icons below. We hope that you try out some of these recipes yourself and feel inspired to incorporate them into your cooking habits, but most of all we hope you have fun!

Team Tzen,
Avoiding the unavoidable



No meat



Vegan



Lactose free



Gluten free

CONTENTS

ABOUT TZEN

What do we do, why do we do it and about this research.

INTRODUCTION **PAGE 1**

BANANA PEELS

Turn over the page to find out how you can reuse your banana peels.

BANANA PEEL BACON **PAGE 3**

PULLED BANANA **PAGE 5**

COFFEE GROUNDS

After having your morning coffee, you can make delicious snacks out of the grounds

COFFEE BROWNIES **PAGE 7**

COFFEE GRANOLA **PAGE 9**

ORANGE PEELS

Don't throw your orange peels away yet! Explore what you can make out of them...

ORANGE CANDY **PAGE 11**

ORANGE TEA **PAGE 13**

BANANA PEEL BACON



Source: It doesn't taste like chicken

Banana peels and bacon. Usually, you do not put these two things together, but it is possible: making vegan bacon out of your banana peels! In this quick and easy recipe you will make the perfect addition to your breakfast toast, lunch or dinner.

Ingredients



15 min



8 slices

- 2 very ripe banana peels
- 3 tablespoon soy sauce
- 1 tablespoon maple syrup (or you could use regular syrup/honey)
- ½ teaspoon smoked paprika powder
- ½ teaspoon garlic powder
- 1 tablespoon light oil (or more if needed)



Instructions

1. The riper the banana, the better the flavour, so pick bananas that are yellow with lots of brown spots. *To prepare the banana peels:* remove the peels from the bananas and tear into about 4 strips per banana. Use a spoon to lightly scrape off the white inside part of the banana peel leaving just the peel
2. Make the marinade by mixing the soy sauce, maple syrup, smoked paprika, and garlic powder together in a dish that will fit your banana peels. Add the banana peels and toss to coat.

Let marinade for a minimum of 10 minutes, but as long as a few hours.

3. When ready to cook the bacon, heat the oil in a large skillet or frying pan over medium heat. When hot, add the peels and fry a couple of minutes per side, until they are golden and bubble up a little. It may get a little smokey as the sugars will burn so make sure to turn on your hood fan. Remove from pan and drain on paper towel. They should get crispier as they cool.



PULLED BANANA SANDWICH



Source: thestingyvegan.com

Pulled banana sandwich? Yes, you have read it right. This recipe is a vegan take on the pulled pork sandwich, giving yet another way of reusing your banana peels into delicious savory dishes.

Ingredients



30 min



1-2 sandwiches



- 2 yellow bananas, firm and not quite ripe
- 1 ½ tablespoons olive oil
- 1 teaspoon smoked paprika powder
- ¾ teaspoon chili powder
- ¾ teaspoon mustard
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ¼ teaspoon cumin
- A few splashes of water
- 2 tablespoons vegan barbecue sauce
- A pinch of salt
- Vegan coleslaw
- 1 bun

(Vegan options are optional, you could make it just vegetarian)

Instructions

1. Wash the peels, slice the top and bottom off the banana peels and scrape the white part off the inside of the peels with a spoon.
2. Shred the peels with a fork and cut them into 6cm pieces. Transfer to a bowl and add the olive oil, paprika, chili powder, mustard, garlic powder, onion powder and cumin. (It's important not to add salt yet, otherwise it turns out rather salty). Mix well and set aside to marinate.
3. Add banana peels and a small splash of water to a pan and cook for about 5-10 minutes until tender.
4. Add the barbecue sauce and give them another 30 seconds to a minute more to incorporate the flavour. Add a pinch of salt to taste. Remove from the heat and let cool for a minute.
5. Pile the banana peels on your bun and top with your coleslaw. Serve immediately.



COFFEE BROWNIES



Source: forkintheroad.co

After your morning coffee you might have some leftover coffee/espresso grounds, which are perfect for Coffee Brownies, a rich fudgy brownie recipe made with leftover coffee/espresso grounds. Reuse those coffee grounds for a deliciously moist chocolaty treat!

Ingredients



10 min prep
30 min oven



9-12 pieces



- 115 g unsalted butter
- 150 g bittersweet chocolate, chopped
- 350 g (light brown) sugar
- 75 g espresso grounds
- 2 eggs
- 1 teaspoon vanilla extract
- 65 g cocoa powder

- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 2 shots of espresso

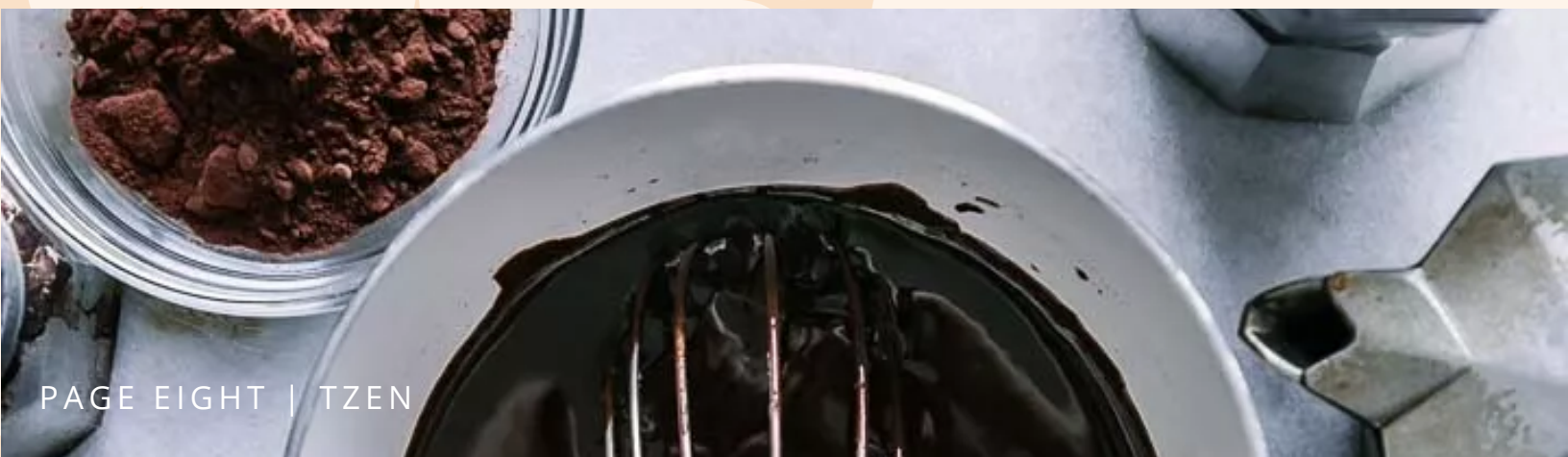
These measurements were originally in cups and ounces, go to forkintheroad.co for the original recipe

Instructions

1. Preheat the oven to 180 degrees Celcius and line a brownie pan with parchment paper or butter.
2. Melt butter in a small sauce pan over medium-low heat. Add in chopped chocolate and stir until chocolate is melted.
3. In a large mixing bowl, add brown sugar and coffee grounds. Slowly pour in melted chocolate and mix with handheld mixer. Add in eggs one at a time until well combined. Add in cocoa

powder, flour, salt, vanilla, and espresso, mixing until combined.

4. Pour batter into pan with parchment paper or butter and bake about 30-35 minutes, or until a fork comes out mostly clean from center of brownie pan.
5. **Optional**, for chocolate drizzle topping: melt chocolate over low heat in a medium saucepan, then drizzle over brownies and sprinkle with espresso grounds.



COFFEE GRANOLA



Source: veggieinspired.com

Want to spice your breakfast up with something else than your regular morning coffee? Try some coffee granola! It gives you *just* the right start of the day.

Ingredients



10 min prep
25 min oven



18 servings

- 250 g rolled oats
- 25 g raw pecans
- 25 g flax seed
- 25 g used coffee grounds (add more for stronger taste)
- 25 g dates if you would like
- 140 g (almond) butter
- 170 g honey
- ½ teaspoon salt
- 2 tablespoon water
- 1 tablespoon pure vanilla extract



Instructions

1. Preheat the oven to 160 degrees Celcius
2. Combine oats, pecans, flax seeds, dates, and ground coffee in a large mixing bowl.
3. In a small pot on the stove over medium-low heat, combine the almond butter, brown rice syrup or honey, vanilla extract, salt, and water. Whisk until smooth. If the mixture seems to thick still, add additional water 1 tbsp at a time until pourable.
4. Pour the almond butter mixture over the oats mixture and stir really well.
5. Spread the mixture in fairly even layer onto a rimmed baking sheet, but with very little space between the ingredients, to get the clumps of granola!
6. Bake for 25-28 minutes, shaking the pan and flipping the mixture over about halfway through. (The granola will continue to crisp up as it sits, so don't over-bake or it will burn.)



CANDIED ORANGE PEEL



Source: downshiftology.com

Candied orange peel is an easy sweet treat. It's a great way to make use of in-season citrus for a bite-sized dessert option. Roll them in sugar or dip them in chocolate - it's up to you!

Ingredients



10 min prep
45 min cook



18 servings

- 3 oranges
- 500 ml water
- 200 g sugar, plus more for coating
- 1 vanilla bean, optional
- chocolate, optional



Instructions

1. Wash the orange peels and cut them into 1/2 cm strips
2. Add the orange peel strips to a pot and cover with water. Bring this to a boil, then drain the water and repeat once more.
3. Add the orange peel strips back to the pot along with 500 ml of water, the sugar and the vanilla bean. Bring to a boil, then reduce the heat to a simmer for 30-35 minutes, so that the orange peels are slightly translucent and most of the simple syrup has evaporated. Cool in pot for 5 minutes.
4. Take the strips out of the pot using tongs and place them on a rack. Place a sheet of parchment paper underneath to pick up any leaking syrup. Let the strips dry for at least 8 hours.
5. **Optional**, coat the candied orange strips with sugar and/or dip them in melted chocolate.



ORANGE PEEL TEA



Nothing is better than enjoying a hot cup of tea on a rainy day. Except for when you can use your fruit peels to give a flavour to your tea. Find out how to do so on the next pages.

Ingredients



15 min



Two cups per one orange

- Orange or tangerine peels
- 1 pinch per spice of choice, for example cinnamon, cardamom or ginger.
- 1 tablespoon of sweetener (honey, sugar, etc.)
- Juice of 1/2 lemon



*Unless
honey is
used*

Instructions

1. Slice your orange peels in small strips of about 1/2 centimeter and boil a pot of water. The orange peels of one orange equals about two cups of water.
2. Once the water boils, add your fruit peels and preferred spices. Recommended spices are cinnamon, cardamom and ginger. However, you can totally adjust and choose this based on your own taste.
3. After letting the mixture boil for two minutes, add a sweetener of choice. This can be honey, sugar or any other sweetener
4. Cover and let the tea steep for 10 minutes. After 10 minutes, reheat and add lemon juice. Do a taste test, add more sweetener or lemon juice if needed. Strain, and serve your simple or classic orange tea.

TIP

If you use fresh lemons for the lemon juice, you could add its peels as well.

