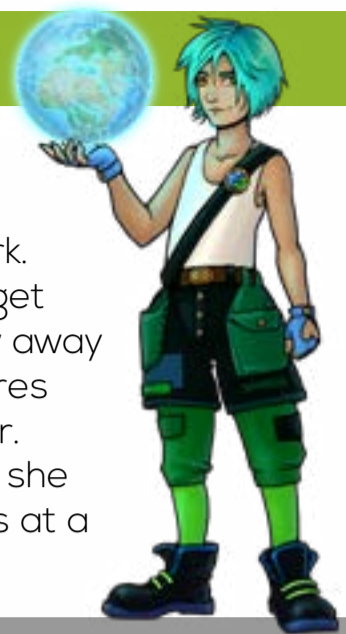


PLANETSKÖTAREN



2 ZERO HUNGER



Right now, 850 million people in the world are hungry. Some of them live here in Sweden. If you're hungry, you aren't getting enough nourishment to go to school or work. At the same time, lots of food is thrown away. We must get better at buying the right amount so that we don't throw away food that just lies around and gets old – and grocery stores must do the same. Tip! Use all the food in the refrigerator. Ask the manager of your neighbourhood grocery store if she or he would consider selling bruised fruits and vegetables at a slightly lower price, instead of throwing them away.

Illustration: Silvy Strand

THE CHALLENGE:

A Food Treasure Hunt

Go on a treasure hunt in your fridge and see if you can find veggies that look a bit shrivelled or past their prime. Maybe you'll also find a rind of cheese, a leftover piece of sausage, or half an onion from yesterday's dinner. You can make a tasty soup or stew with your findings!

PLEASE NOTE! Be careful not to mix green and red vegetables in a soup that you will be pureeing. The result will be brown soup! It will surely still taste good, but we "eat" with our eyes, too – and brown soup doesn't look very appetising. If you have used sweet vegetables like carrots in the soup, it's a good idea to add something acidic, like orange or lemon, to balance the sweetness.

And if you want to make a really yummy fruit crumble, brown bananas are the best!

Treasure Hunt Fruit

- 1 dl flour
- 1 ½ dl rolled oats
- ½ dl caster sugar
- 100 g butter, at room temperature
- Bananas or berries: Use what you have at home!

Mix all the ingredients. Slice the bananas (preferably very ripe) or other berries and fruits. Evenly distribute the crumble mixture on top of the bananas. Bake at 200 degrees for about 20-30 minutes. The crumble is especially delicious served with ice cream or cream.

Treasure Hunt Soup

- A few carrots
- A few parsnips
- Half an onion
- Two potatoes
- 5 dl water
- 1 dl cream or milk
- 1 orange
- 1/2 lemon
- 1 stock cube
- Some pieces of sausage
- Salt
- Ginger
- The end slices from a loaf of bread

Cut the vegetables into pieces and cook them in the water until they are soft – about 20 minutes. Puree or mash the vegetables. Add the stock cube and the ginger. Squeeze the juice out of the lemon and orange and pour it into the soup. Pour in the cream. If necessary, add more water to make a moderately thick soup. Cut the bread slices into pieces and fry them in oil until they are crispy and golden. Cut the sausage into pieces and fry them. Serve the bread croutons next to the soup. Spoon the soup into bowls and sprinkle the sausage pieces on top.



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