

International Day for Biological Diversity | 22 May 2019

Flavours from Biosphere Reserves

from the World Network



United Nations
Educational, Scientific and
Cultural Organization



Man and
the Biosphere
Programme



Sustainable
Development
Goals

In the last 100 years...

More than 90% of crop varieties have disappeared from farmers' fields



Half of the breeds of many domestic animals have been lost

All of the world's 17 main fishing grounds are being fished at or above their sustainable limits



Locally-varied food production systems are under threat, as are the indigenous, traditional and local knowledge related to those systems*.

A UNESCO biosphere reserve is a place where people share a way of living with nature that builds a future we're proud of!



Introduction

In 2019, the theme of the International Day for Biological Diversity is "Our Biodiversity, Our Food, Our Health". Indeed, protecting the biodiversity is paramount in order to ensure safe sources of nutrition and healthy populations. However, it goes beyond.

When the community sits together at the table to share a meal prepared with local ingredients and local know-how, it is, in fact, celebrating life and transmitting knowledge, demonstrating that humans can live harmoniously with nature.

In order to recall this connection between humankind and biodiversity, UNESCO's Man & the Biosphere Programme (MAB) has invited Biosphere Reserves across the world to share their unique recipes, ingredients and know-how.

Acknowledgments



This digital publication was created by UNESCO's Man and the Biosphere (MAB) Programme based on some of the generous contributions received from the World Network of Biosphere Reserves.

It is a living document. It will be updated with other recipes we have received and with additional contributions.

The MAB Secretariat would like to express its warm thanks to everyone and to each biosphere reserve that proudly shared their way of living, their knowledge and know-how, their ways to celebrate life and to belong together.

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Tikerbabine



Gouraya Biosphere Reserve

Ingredients

Some pieces of meat or chicken
3 measures of medium semolina
1 measure not too full of oil
2 onions
1 ripe tomato
1 or 2 chili peppers
Chickpeas (soaked the day before)
1 tablespoon tomato paste
Seasonal vegetables cut into small pieces (carrot, zucchini, turnip, cardoon)
1 bunch of coriander and mint
1/2 tsp black pepper
1/2 tsp red pepper
1/2 t cinnamon
Salt

Method

The sauce:

Put the meat in a pot, chop on 1 onion and the tomatoe with 3 tablespoons of oil, add salt, black pepper, red pepper, hot pepper. Add hot water, add the diced vegetables and chickpeas. Put everything to cook.

The semolina dumplings:

In parallel, combine the semolina, chopped onion, mint, coriander, parsley, black pepper, red pepper, salt and add the olive oil. Using your hands and some cold water, shape the mixture into balls that are about the size of an egg.

Cook in the sauce until the semolina balls are cooked. Just before serving, sprinkle a little chopped coriander and mint over it.

Note: We put the same amount of spices in the sauce and in the preparation of semolina dumplings.



This dish comes from the region of Kabylie, including Petite Kabylie (Bejaia, Jijel, Setif and Bordj Bou Arreridj). Its name means "ball" in Tamazight. This convivial dish is often cooked by the local populations of the Gouraya Biosphere Reserve during family gatherings or weekends. It can also be prepared with "Qeddid" also called "achédhlouh" which is a salty meat and dried in the sun, or farm chicken.



Mango Chutney



Laguna Oca y Herraduras del Rio Paraguay Biosphere Reserve

Ingredients

4 large mangoes or 6
medium mangoes
2 white or red onions
3 cloves of garlic
1 chilli
Chopped ginger
3 cloves
6 bundles of cardamon
Cinnamon
Black pepper
Salt
1/2 cup of apple vinegar
200 g of brown sugar

Method

Remove the pulp from the mangoes, blend it in the mixer without adding water and then pass this mixture through a fine mesh sieve to discard the fiber (hairs) of the mango.

Chop small onions, garlic and chili and sauté them briefly in olive oil or ghee. Once the onions are transparent, add the vinegar and the ginger, then the spices, the salt, the mango pulp and the sugar.

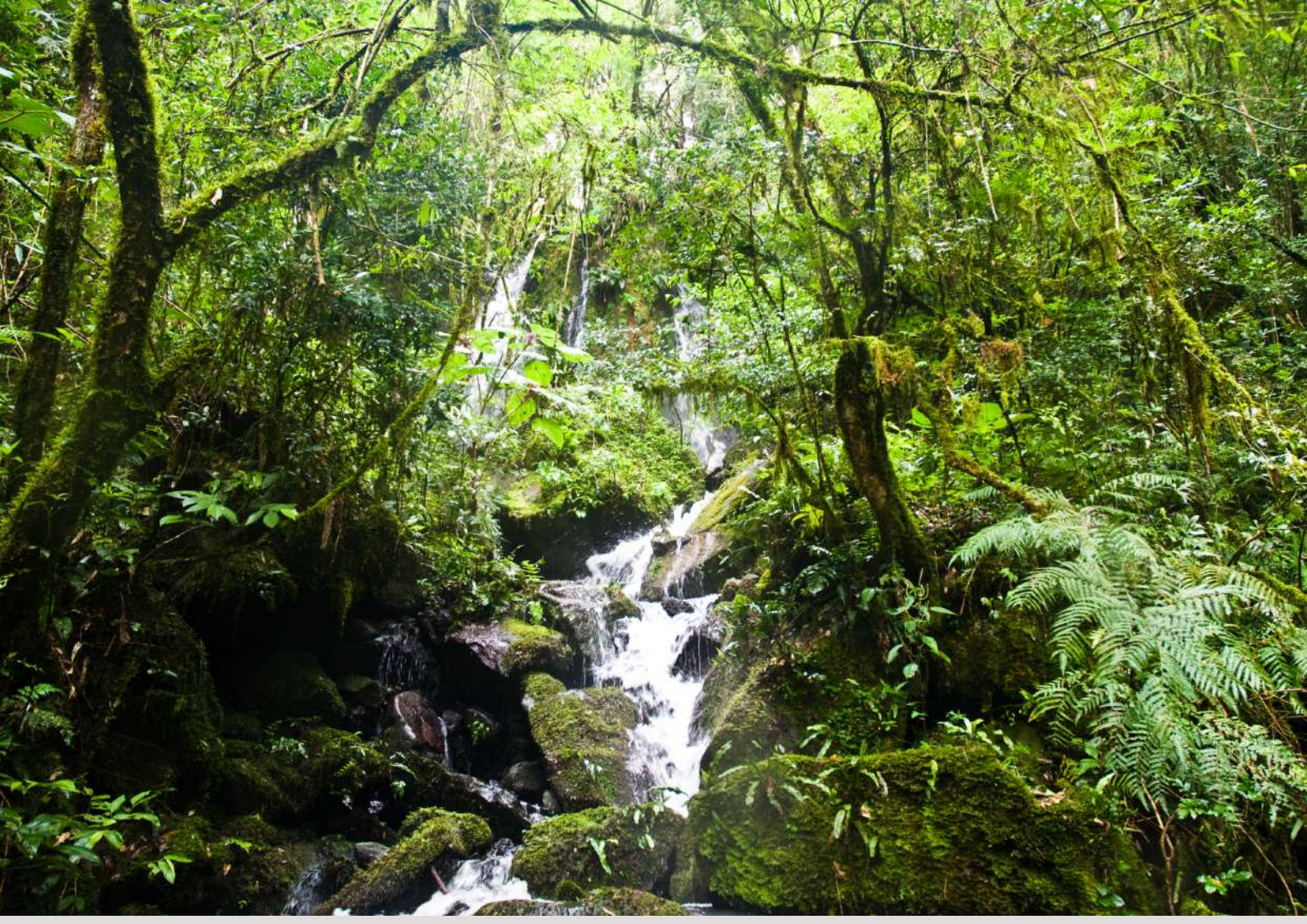
On moderate heat stir continuously with a wooden spoon until it reaches a point of jam.

Once this process is finished, we proceed to vacuum packing in previously sterilized and hot bottles.

Fill the bottle with the hot mixture (they have to be bottles with metal caps, not plastic), invert them and give a soft tap on the lid and return them to their initial position and let them rest in a cool, dry space without direct exposure to light.



The recipe was submitted by Claudia "China" Gómez, who lives in the Biosphere Reserve and the prepared it for the yearly event "La Sartén por el Mango". The idea of the event is to celebrate the local fruits and raise awareness on preservation in order to safeguard the region's food security.



Chipa de Almidón



Yabotí Biosphere Reserve

Ingredients

1 Kg of cassava starch.
3 beaten eggs
 $\frac{3}{4}$ cup of milk.
Salt
100 gr. butter.
 $\frac{1}{4}$ kg of red peel cheese

Method

Put the starch on the table in the form of a crown, add in the middle the beaten eggs, the butter, the milk and salt. Using your hands, combine all of the ingredients. If the dough is very dry, add a little water. Knead until the dough does not stick in your hands. Form balls (or whatever you want) without straightening and place on a baking sheet spread with lard, and bake in a hot oven for 15 up to 20 minutes.



The recipe contains an ingredient that is typical of the region and is found in the biosphere reserve: cassava. It produces cassava flour that is very versatile for preparing several types of dishes, including a version of bread with cheese, such as chipa, as it is called in the coastal region of the country. The cassava flour is gluten-free.



Mini macadamia breads



Great Sandy Biosphere Reserve

Ingredients

- 1/3 cup sunflower seeds
- 1/3 cup linseeds
- 3 tablespoons black sesame seeds
- 3 tablespoons white sesame seeds
- 1/2 cup chopped macadamias
- 2 cups wholemeal flour
- 2 teaspoons baking powder
- 1/4 cup raw caster sugar
- 1 cup rolled oats
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 3 eggs
- 1/2 cup vegetable oil
- 2 slices bacon, cut into 3cm strips
- 12 small red cherry tomatoes, halved
- 6 sprigs of thyme

Method

Grease and line the bases of a 6-space mini loaf tin. Preheat oven to 180oC.

Combine the sunflower seeds, linseeds, sesame seeds and macadamias in a dry skillet or frying pan and toast, stirring occasionally, over a medium heat for about 3-4 minutes, until the seeds start to pop.

Transfer to a bowl and cool slightly before sifting over the combined flour and baking powder. Stir in the sugar, oats and salt.

Combine the milk, eggs and oil in a separate bowl and whisk to combine. Stir into the dry ingredients until thoroughly incorporated.

Spoon the mixture into the individual spaces of the mini loaf pan so that each mini loaf mould is three quarters full. Top with a slice of bacon and 3 cherry tomato halves. Sprinkle with thyme and bake on the middle rack of the oven for 15-20 minutes, until a skewer inserted in the middle comes out clean.

Store refrigerated in an airtight container.



The story of the macadamia began millions of years ago, in the rainforest along the north east coast of Australia. Before European settlement, the Butchulla Aboriginal people congregated on the eastern slopes of Australia's Great Dividing Range to feast on the seed of macadamia trees. Macadamias were not staple fare for the Butchulla people; they were considered a delicacy and were treasured and collected wherever they were found.



Dakouin



Mono Transboundary Biosphere Reserve

Ingredients

2 kg of fish (according to the weight of the fish, 1 fish per person)
4 spoons of peanut or olive oil
10 large ripe tomatoes
4 onions
Pepper mixture
Bay leaves
Garlic
Ginger
Broth
Green peppers
Salt
800g of gari (cassava couscous)

Method

Marinate the pieces of fish in the mixture of spices, salt and broth for one hour. Heat the oil. Crush the tomatoes and add them to the oil. Simmer for five minutes over low heat. Use a pinch of baking soda if the tomato is acidic.

Then add two cups of water and cook for about ten minutes. Add the reserved spice mixture (onions, garlic, ginger, bay leaves, pepper, broth and salt). Let it cook for another 20 minutes with three cups of water.

To conclude, add the pickled fish. Season to your taste and cover about ten minutes. Add the green peppers and finely chopped onion. Let simmer for 1 minute and sauté the sauce or turn off the heat.

Take a little more than half of this sauce, still hot, without the fish.

Make the gari paste (Piron): Combine the gari and the little bit of sauce and stir. Serve the Piron with the remaining sauce and the fish pieces.



Dakouin is a recipe from Benin that is specific to the Mono region. It is a popular local dish in the localities around Lake Ahémé. It is made with cassava couscous, commonly called "Gari"



Soy Cheese Skewers



W Region Transboundary Biosphere Reserve

Ingredients

1kg of soy
1 liter of acidulated water or guisin
1 packet of skewers
Tomato puree (a medium ladle)
5 beautiful round tomatoes
3 large peppers
100g of peanut paste
5 green peppers, salt, garlic, ginger
2 medium onions, and cooking oil

Method

Clean the soybeans and soak in water for about 10 hours, while changing the soaking water regularly (at least twice). Rinse and drain the softened soybeans and crush them. Dilute the paste obtained in water and filter with a fine mesh screen or a light and clean white cloth. The milk thus obtained is boiled in a large saucepan. From the first boils, reduce the intensity of the fire and incorporate the acidulated water by mixing gently. The milk will coagulate inside the pan. Remove the coagulate and give it a round shape using a strainer or cloth.

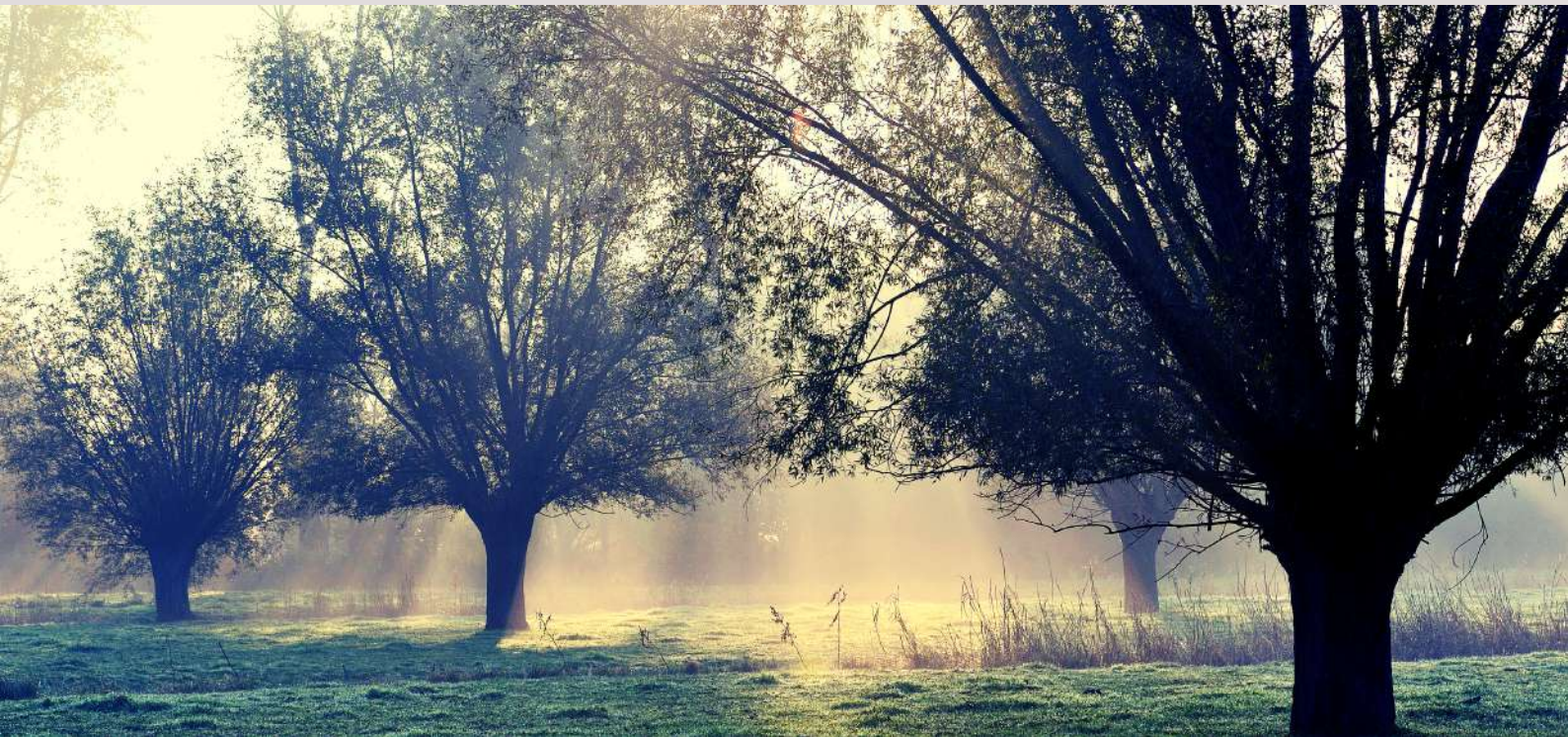
In another saucepan, sauté the tomato purée, garlic, ginger and salt in oil. Add water to the peanut paste and bring the mixture to the saucepan and let it boil for 10 minutes.

Cut the cheese in dices and dip them in salted water. Then blanch them in oil. Cool them on paper towels and put them on skewers, alternating with sliced fresh tomato, onion and pepper.

Dip each peak in the previously obtained sauce and barbecue. It accompanies rice, pasta, cheese, or is eaten alone.



Soy cheese, also known locally as 'poor man's meat', is an excellent substitute for meat that is dear to the riparian populations of Benin and Burkina Faso's parks. Very appreciated by the children, it is present in all the daily meals of the local communities.



Cauliflower Parmentier

from
the **Marais Audomarois
Biosphere Reserve**

Ingredients

1 Martinet cauliflower
250 g potatoes
3 slices of ham
100 g thick cream
80 g grated emmental cheese
2 tablespoons breadcrumbs
Nutmeg powder

Method

Make a cauliflower and potatoes purée. Season it with a little nutmeg powder. Then add the crème fraîche, grated cheese and ham cut into cubes.
Pour the parmentier thus obtained into a buttered oven dish. Sprinkle breadcrumbs on the surface and bake at the last minute



Cultivated massively from the 19th century, cauliflower has made Saint-Omer famous. It has an important vegetable heritage, with seed passed down their ancestors and preserved, in particular the Martinet cauliflower.

Tender, sweet and rich in taste, the Martinet is the pride of the market vendors of the Audomarois. It is to be enjoyed without moderation.



Zerri Marinati

from the Tuscan Islands Biosphere Reserve

Ingredients

1 kg of zerri (fish)
½ liter of white vinegar
1 glass of white wine
6 cloves of garlic
Flour
Rosemary
Chilli
Olive oil

Method

Prepare the zerri by removing the scales, the head and the entrails, then wash and dry them. Then pass them in flour and fry in abundant oil. Salt them lightly and place them in a bowl to let them cool. Separately, prepare a marinade by browning the zerri in oil with garlic, chili pepper and a few sprigs of rosemary. Sprinkle with vinegar and white wine and cook for 10 minutes. Allow the zerri to cool and cover with the cooking liquid, leaving them to mature for a couple of days before consuming. This recipe pairs well with a white wine, like the excellent Elba Ansonica.



It is a lean fish with an exceptional taste that lends itself to many preparations. Sustainable fishing takes place from early November to March. In April the zerri are reproducing and their meat loses its flavor considerably, therefore in this period they have no gastronomic interest. The zerri are fried and can be kept for a few days in a vinegar marinade. They are considered a real delicacy by the islanders.



Risotto di Gorgonzola



Ticino, Val Grande Verbano Biosphere Reserve

Ingredients

For the rice:

280 gr of whole-grain carnaroli rice

15 gr shallots

30 gr extra virgin olive oil

1 cup white vermouth

100 gr mixed vegetables cut in little dices (leek, pumpkin, carrot, celeriac, beet, fennel)

1,5 l vegetable broth

20 gr butter

40 gr sweet gorgonzola (typical local blue cheese)

Salt and pepper from grinder to taste

For the beetroot sauce:

1 beetroot cooked diced

15 gr of shallots

15 gr extra virgin olive oil

* salt to taste

Method

Sauce: Prepare the beetroot sauce by cooking the chopped shallot in the olive oil in a non stick frying pan. When it starts to dry out, add the dices of beetroot and let it roast at high heat, seasoning with salt if necessary. Take away from fire and put into the mixer. Adding some vegetable broth, blend to obtain a quite dense sauce.

Rice: Add olive oil with chopped shallot in a saucepan and let the whole-grain Carnaroli rice toast for a few minutes, stirring continuously. Then simmer with white vermouth until reduced. Add enough warm vegetable broth to cover the rice, cook for 10 minutes always stirring it. Add the dices of vegetables and more broth, if necessary, to prevent that the rice sticks to the bottom of the pan. Beware the rice is whole-grain! It needs at minimum 45-50 to be ready! Taste the rice and add salt if needed. When ready add diced gorgonzola until it is melted and eventually add butter flakes. Mix vigorously to obtain a risotto with a creamy texture (we call it "all'onda"). Sprinkle with white pepper from grinder and put the risotto in four plates covering homogeneously the bottom of the plate. With the help of a coffee spoon make dots on the rice with the beetroot sauce to obtain a nice polka dot decoration.



The Authentic Carnaroli Rice, used for the recipe, grows within the San Massimo Reserve, a natural protected environment, rich in biodiversity, located in the Ticino, Val Grande Verbano Biosphere Reserve. More than a half of the farm is destined to the natural environment, mainly covered with forests of black alder of great and unique value in the context of the Po Plain; it has a rich biodiversity heritage, where raw deers and fallow deers dwell.



By Sebastian Mierzwa - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=60451676>



Goulash



Hortobagy Biosphere Reserve

Ingredients

500g beef (shin or shoulder)
2 onions
5-6 potatoes
2 carrots
1 sprig of parsley
2 green bell peppers
1 tomato
½ celery stick
½ turnip
2 cloves of garlic
1-2 teaspoons of paprika
1 teaspoon of ground cardamom seeds (or whole if preferred)
½ teaspoons of black pepper
A pinch of salt
Vegetable oil or lard

Method

First of all, sharpen your knife and dice the meat. Then sharpen your knife again, in case it became blunt, as onions should only be chopped with a sharp knife. Peel the onions and chop them finely.

Peel the garlic cloves too.

Melt the lard and sweat the onions on it. Press the garlic, add and toss the meat in too and fry until browned.

When nicely browned, add some paprika, stir, but be careful not to burn the paprika. Add water until covered, and then add the cardamom, salt and pepper.

Swiftly chop the tomato and the bell peppers and add them to the pot. If you like hot spices, add a chilli pepper too, but in whole so you could remove it easily if it proves to be too hot.

Cook the goulash on low heat, for best results on a gentle simmer. While the meat is cooking, it is time for the vegetables to be peeled and diced, but leave the potatoes for last. Add the vegetables to the soup. The potatoes should only be added when the meat is fully cooked and softened. If preferred, add some pasta pellets or dumplings too.

Many sources agree that the birth and dissemination of the dish are linked with livestock farming in the Hungarian Great Plain, where the Hortobagy Biosphere Reserve is located. The 'gulyás' was originally a peasant dish and only found its way onto the tables of the aristocracy and the middle class in the nineteenth century.





Thuringian Lemonade



Thuringian Forest Biosphere Reserve

Ingredients

Sparkling water from the Thuringian forest sources or sparkling wine
Apple juice from a regional and historical orchard

Herbs from Thuringian herbal meadows (one hand per Liter):

- Thuringian mint (Mentha x piperita "Multimentha")
- Giersch (Aegopodium podagraria)
- Leaves from Barwurz (Meum athamanticum)

Method

Place a handful of fresh leaves of Mentha x piperita "Multimentha", Aegopodium podagraria and Meum athamanticum (mixture 2: 2: 1) directly in 1 liter of apple juice and leave to infuse for about 3-4 hours.

Then add sparkling water or if you want sparkling wine and add some slices of citrus at taste.



This recipe is a recommendation from Ruth Bredenbeck und Andrea Limp, known in the region as the Majesties of "Olitäten" [Olitäten= old word for essences of herbs or natural remedies from the region of the Schwarzatal in the Thuringian forest].

They are also Partner-Nature guides of the UNESCO-Biosphere Reserve Thuringian Forest.



Banshtai Tsai

from
the

Mongol Daguur Biosphere Reserve

Ingredients

2l water
½ a cup of millet or rice
700 gr milk
1 small tea spoon of Green tea
5-7 very thin slices of lamb
tail fat
100 gr dried meat (borts)
35-50 pieces of meat
dumplings (bansh, see next
recipe)
1 tea spoon for Ghee oil
1 bread
200 gr butter

Method

Put some thick slices of lamb tail fat and the millet into the heated pot and fry them under medium heat. While frying them, add 2 table-spoons of flour then fry again for few seconds. Add water, a pinch of salt (salt is optional, some families do not use salt at all), the dried meat and green tea into the pot and let it boil. Then, add the milk and boil again. After that, add the dumplings and cook for about 10 minutes or until the dumplings start floating on the surface. At the end, season with the ghee oil.



The name of the meal is “Banshtai tsai”, meaning milk tea with dumplings and dried meat. The traditional ingredients of banshtai tsai also can include lamb ribs, rice or millet. This meal is considered as a nutrient rich, and the elderly believe that banshtai tsai with 7 dumplings can cure anything. It is one of the favorite meals of Mongolians and is the brand of this Biosphere Reserve.



Meat Dumplings



Mongol Daguur Biosphere Reserve

Ingredients

0.5 kg minced beef or mutton
1 medium-sized onion
1 teaspoon of salt
1 piece of garlic, optional
0.5 kg flour

Method

Spice up the meat for dumplings: Mix minced meat, onion and garlic. Add a half cup of water, so that the meat mass is smooth to work with. Then add enough salt

Prepare the dough: Mix flour and water, and knead it into smooth soft dough. Let it rest for 15 min. Knead it again, then cut into small pieces and roll the pieces into small circles with about 7 cm diameter

Make the dumplings: Hold one dough circle in the one hand and put a tea spoon meat on it. Fold the dough circle with fingers and palm, so that the edges meet over the meat.



The Mongolian nomadic way of life and the country's climatic conditions gave rise to specific methods to preserve meat. The most widespread method is drying the meat in the air. Fresh meat is cut into long strips, 2-4 cm thick and 15-30 cm long, which are hung in the shade. After a month or two, the fresh meat turns into dry, hard sticks of brown color. Compared to fresh meat, borts is 4 times lighter, convenient to store up to 3 years and still preserves all of its nutritional values, therefore perfect for the nomadic lifestyle.



Popsicles



Maasheggen Biosphere Reserve

Ingredients

1 peeled pear
2g dried hawthorn
15ml elderflower syrup
100ml water

Method

Boil the water, make tea with the hawthorn, leave it for 3 mins. Throw the hawthorn away. Put the pear, syrup and tea in a blender and blend for a couple of seconds until it becomes a smooth liquid. Put the liquid in a silicon popsicle mold and don't forget the stick. Put it in a freezer.



Maasheggen is the oldest cultivated landscape in the Netherlands. There are no fences enclosing the meadows, but rather green hedgerows. Along with the grasslands, ponds and aged pollard trees, they form a natural weave of flora and fauna. The common hawthorn is the most prominent within the hedgerows.

This popsicle recipe came from The Meerstoel in Maashees. It is a trendy eatery where they cook with locally produced ingredients and organise special herb walking tours in the Maasheggen



Mushroom Sauce garnished with vegetables



Omo Biosphere Reserve

Ingredients

Mushrooms (*Pleurotus ostreatus*)
8 tablespoonful Vegetable oil
1 big onion (thinly and roughly chopped)
5 medium sized fresh tomatoes
Red/green bell pepper chopped with seeds discarded
3 habaneros (hot peppers) chopped with seeds discarded
1 small cabbage vegetable, diced
3 green leaves sliced into tiny strands
1 teaspoon of ground crayfish
Salt to taste
2 small seasoning/stock cubes
½ teaspoon of powdered ginger
½ teaspoon of powdered garlic
½ teaspoon of curry powder
½ teaspoon dried thyme

Method

Rinse mushrooms thoroughly in clean, warm water with a pinch of salt. Slice them and drain in a sieve.
Pour the oil in a frying pan on low heat. Pour the sliced and chopped onion, tomatoes, peppers and allow to steam for some minutes. Then add the diced cabbage and mushroom
Stir a little as you allow it to steam.
Add crayfish and all seasoning; powdered ginger, garlic, curry powder and dried thyme. Add 2 small stock cubes and salt to taste
Allow to steam for about 5 minutes then add the green vegetables.
Garnish with sliced cucumber and serve.
The sauce can be served and/or eaten with rice or any staple foods



The Green Economy in the Biosphere Reserve (GEBR) project was implemented three biosphere reserves in the region, including Omo (as well as Bia in Ghana and East Usambara in Tanzania). The goal is to provide income alternatives to reduce poverty and reduce the population's over-reliance on forest resources. One of the initiatives is mushroom farming. This project was supported by UNESCO and the Korea International Cooperation Agency (KOICA).



Fish Brine

from
the

Danube Delta Transboundary Biosphere Reserve

Ingredients

2 chili peppers
500 g coarse salt
50 g vinegar
1 l water
Herbs (parsley, celery, lovage,
thyme, dill)
2 kg of freshwater fish,
preferably white fish – perch
of 200-250 g, pike, zander
(small – up to 500 g), but any
other fish will do

Method

Bring water to a boil. On the moderately hot plate spread a layer of salt.

Clean the fish – only guts, but not scales; rinse in cold water. Place the fish on the heated salt; turn it every three minutes (two-three times), until becomes brown in color; the eventual burning black spots are not a problem since scales protect the white, sweet flesh, cooked on its own; small fire makes good fish brine.



Being the largest delta in Europe and having some of the most unspoilt wetlands in the continent, no wonder this Biosphere Reserve's specialities are fish dishes. Some examples are the traditional brine, fish balls, stewed cabbage, fish eggs salads, delta fish broth, stuffed pike and many others.



Arroz de Otoño



Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve

Ingredients

250 gr rice
650 ml chicken stock
1/2 " piñeira" chicken
1 green bell pepper
1 squash
1 leek
1 tomato "Negro de Santiago"
100 gr champignons
50 gr saffron, sautéed with oil,
parsley and garlic
100 gr precooked and fried
chestnuts
A glass of "Branco Lexítimo"
wine with garlic, saffron, oil
and salt

Method

Heat some of the oil and sauté the chopped chicken with the garlic and chopped onion, add the other vegetables, the peeled and chopped tomato and the wine.

In the paellera, sauté the rice and add the previous mixture with the stock. Let it cook for 15 minutes.

Before serving, decorate the dish with chestnuts and mushrooms.



In this dish, several typical ingredients from Galicia can be found, like the "Piñeira" hen and the tomato "Negro de Santiago". The latter almost disappeared from nature in the past decade, until Centro de Investigaciones Agrarias de Mabegondo worked on bringing it back. Its characteristic coloration and irregular shape make it a peculiar tomato, with very fresh taste.



Check out other recipes from
the Canary Islands at



Sardinas Fritas y Gofio "Escaldao"

from the **Gran Canaria Biosphere Reserve**

Ingredients

1 kg Sardines
Salt
Olive oil

For the *gofio "escaldao"*

½ kg of gofio
1 liter of fish/shellfish stock
Butter or olive oil

Method

Clean the sardines (their heads should be removed). Sauté them with marine salt and, in a pan of hot oil, they are fried until they become golden brown.

Drain the oil with the skimmer when removing them from the pan and they are ready to eat.

For the *gofio "escaldao"*, use fish or shellfish stock from a previously made stew.

Heat the stock in "la caldera" until it boils. Then pour the gofio slowly, stirring it constantly with a wooden spoon until a uniform "porridge" is obtained. Then, as islanders say, the gofio is "bobo" or "thin", which means it is ready.

In the presentation is accompanied with a sprig of herb orchard (peppermint).

The recently made *gofio "escaldao"* must be tried with caution to avoid burns, but it must be eaten hot!



The *gofio* was a fundamental source of nutrients to the original inhabitants of the Canary Islands, the so-called *amazigh* (berbers). The ingredient is now closely identified with the island's identity, but has been taken to several other countries by immigrants, like Venezuela, Uruguay and places in the Sahara. It is prepared with different kinds of cereals, such as corn and wheat, which are toasted and then grinded.

The sardines are fished in the Canary Islands in close cooperation with the Biosphere Reserve, applying traditional and sustainable methods in small boats.



Navarin of lamb printaniere

from the Galloway and Southern Ayrshire Biosphere Reserve

Ingredients

1 boned shoulder of lamb (50g)
2 tbsp butter
Sunflower oil
4 medium onions, thinly sliced
1 garlic clove
1 tbsp of large carrot, peeled and sliced
2 tbsp sugar
1 tbsp flour
tomato puree
2 thyme sprigs
2 bay leaves
1 pint of chicken stock
8 button onion or small shallots
8 spring onions, tops trimmed then scraped
2 small turnips, cut into quarters
8 small new potatoes, scraped
12 carrots
50g fresh peas
50g French green beans, topped, tailed and halved
Mint leaves
Salt and ground black pepper

Method

The fat on a shoulder of spring lamb is not excessive and has a good flavour but you do need to trim most of it off – say about 70%. Then cut the meat into 50g pieces

Take a flameproof casserole, add a tablespoon of the butter and the oil and when smoking add the meat in 2 batches and turn it over briskly until well browned. Lift onto a plate and pour off any of the excess oil. Add the rest of the butter and the onions, 3 of the garlic cloves, thinly sliced the carrot and sugar and fry until the onions are golden brown.

Add the flour and tomato puree and fry for another couple of minutes then return the lamb to the casserole and add the thyme, bay leaves, stock and 1½ teaspoons of salt. Bring to the boil, cover and simmer very gently for 40 minutes. Meanwhile, cook the button onions, turnips, carrots and new potatoes separately in boiling, well salted water until tender. Drain, cover and keep warm

Remove the pieces of lamb from the casserole and strain the sauce through a sieve into a bowl, pressing the vegetables against the side of the sieve to extract as much flavour as possible. Discard the vegetables and return the lamb and the cooking liquid to the casserole. Add the peas and beans and simmer for 5 minutes, then gently stir in the other cooked vegetables and simmer for 2-3 minutes until they have warmed through. Finely chop together the mint leaves with the remaining clove of garlic and stir into the stew.



This recipe was developed in a partnership with the Ayrshire College Professional Cookery Students, using ingredients from the Biosphere Reserve. The lamb comes from Dalduff Farm in Maybole, while the fruits and vegetables come from the Rhone Cottage in Girvan. Sustainable practices is what these two providers have in common.

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