# join the table

What we bring along: Our recipes and stories

Acknowledgement

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### about the project

The cookbook was created as a part of the project Join the Table. An aim of the project is to enhance young migrant's and activist's engagement, bolster their competencies, foster their intercultural skills and promote positive narrative about migration.

The project was implemented by NESEHNUTÍ and supported by DEAR as part of I Am European: Migration Stories & Facts for the 21st Century project.

#### about the organisation

NESEHNUTI is a socio-environmental non-governmental organisation focused on social and environmental issues. We support communities, groups and individuals striving for creating a fair world. We lead civic campaigns, raise public awareness and educate the public as well as activists. In the field of migration, NESEHNUTI has over 15 years of experience working with migrant and refugee communities as well as local communities in Brno, creating opportunities for mutual understanding.

#### team members

Vendula, Nilza, Issis, Ana, Kristýna, Lucie, Kateřina







#### introduction

Food has always been an important part of human life. Not only it keeps us alive, it keeps us together. Eating plays an important role in community building and creating social bonds. Eating with others increases the happiness and wellbeing of humans.

By sharing food, we also express our interest in others. By offering food to someone, we are simply saying 'I care about you'.

Additionally, food has witnessed the history and development of humankind. Dishes and the recipes have power to tell stories. By sharing our favourite dish or recipes, we also share our stories, stories of our families; we are offering part of who we are to others.

For centuries, people have been bringing their recipes, their food related traditions and customs along from their homelands. Those are important parts of culture and personal history. Everyone has their own unique story connected to particular dishes or recipes and we are happy to present you a collection of stories and recipes we collected in our community in Brno.

It intends to show a colourful fabric of faces, recipes and stories of people who live in Brno and whose roots might be on far away continents or very close, literally just across the border.

A very unique feature of all these recipes collected is that they are all plant based. We strive to make this world more compassionate and equal and we also want to inspire.

As much as we respect traditions and old wisdoms, we also believe that humankind is forever changing, adapting and re-creating. It is our mission to seek new ways to have joyful life, sustain all people, fulfill our needs and create an equal, just world.

We truly hope to bring inspiration, curiosity and compassion.

### Irina UKRAINE

I came to Brno with my husband after the war in Ukraine started. I have a connection to this town through my daughter, who has been living here already for many years. It hurts me that I'm not visiting this town as my daughter's guest, but as someone who had to flee their home country. But presenting foods from my country brings me joy because it gives me the opportunity to share Ukrainian culture, traditions and customs. I find it a nice way to connect with people.





## eggplant spread

#### INGREDIENTS

(4 portions)

- 1 medium eggplant
- 2 small tomatoes
- 1 tbsp. tomato puree
- 2 small onions
- 1 clove of garlic
- pepper
- salt

#### DIRECTIONS

Poke the eggplants with a fork and place on a tin covered with baking paper. Put in a cold oven, bake at 220° C until completely soft.

Fry the onion in a frying pan until golden brown, add the grated tomatoes from which you have drained the excess liquid, add the tomato puree and simmer for 3-4 minutes over a high heat.

When the eggplant has cooled, cut it finely, add the contents of the pan, salt, pepper and garlic. Enjoy on a toast.

# borsch

"When I was a kid, my mother used to add tomato juice to the borsch. Back then tomato puree wasn't available. She would add the juice to the onion and carrot when roasting them." Each region of Ukraine has its own version of borsch. Besides the red borsch, there is also the green one, made with spinach and sorrel. This red borsch recipe is from the Southern region, which is is greatly influenced by Georgian, Turkish, Greek, Romanian and Bulgarian cuisines.

#### INGREDIENTS

(6 portions)

- 1/4 cabbage
- 1 potatoe
- 3 beets
- 2 carrots
- sweet peppers
- hot peppers
- 1 onion
- 2 garlic cloves
- 2 tomatoes
- tomato paste
- celery
- white beans
- lemon
- sunflower oil
- salt
- 1 pepper
- 1 bay leaf

For serving:

- smetana
- bread
- dill

#### DIRECTIONS

On a pan, add some sunflower oil, grated beets, finely chopped tomatoes and tomato paste. Add salt, pepper, sugar and squeeze some lemon juice in. Simmer.

Chop the onion and grate the carrots, fry them until they are golden.

Grate the cabbage, cut the potatoes, the sweet red pepper and some hot pepper.

Throw the cabbage and potatoes into boiling water, boil almost until cooked, add the steamed beets, sautéed onions and carrots, sweet paprika and hot pepper cook for 5 min., add the cooked beans (or canned), garlic, herbs, salt, 1 bay leaf and pepper. Let it infuse for 30 mins.

Serve with a piece of bread and top it with some smetana and dill.

# pumpkin pancakes

#### INGREDIENTS

(4 portions)

- 1 pumpkin
- 2 dl yoghurt
- 1 dl flour
- vanilla sugar
- 1 tsp. baking powder
- sugar
- ground cinnamon
- raisins

#### DIRECTIONS

Mix the peeled and grated pumpkin with yoghurt in a bowl. Mix the flour, vanilla sugar, baking powder, sugar and some ground cinnamon in a separate bowl. Combine both mixtures and add the washed and dried raisins.

Fry the pancakes in a heated pan and use a spoon to spread the dough in the pan if necessary. Serve with yoghurt, jam or honey.

Back in the days in Ukraine, when a man would ask a woman to marry him and she would not be in favour, she would hand him a pumpkin as a





Uzvar is a hot beverage made of dried fruits. It's perfect for cold winter days. Uzvar is typically served in West Ukrainian regions. Drying is a popular way of conserving food in Ukraine.

#### INGREDIENTS

- dried apples
- dried Apricots
- dried prunes
- dried pears
- sugar to taste

#### DIRECTIONS

Put the dried fruits in cold water, let it stand for 8 hours.

Boil for 5-10 minutes, add sugar to taste. Let it cool down before serving.

### lssis HONDURAS

I came to Brno for my master studies seven years ago. After my studies ended, I didn't feel like going back to Honduras. Czech Republic had become my home. I'm still Honduran and I love my country but Czechia became a big part of who I am.

One of the challenges I had here was finding the right balance with showing affection during social interactions. In Latin America we are very touchy among friends. Here I could not act the same way. But luckily, I have found a balance with my friends. I try to be less physical and they try to be a bit more.

When navigating between two cultures, balance is everything. You want to immerge into the new culture but you don't want to lose your roots. For me, food is the way I keep close to my roots.



### refried beans

This authentic bean dish can be served as a part of a meal or as a creamy spread.

#### INGREDIENTS

(2 portions)

- 400 g cooked black beans
- 1 medium yellow onion
- <sup>2</sup>/<sub>3</sub> cup bean broth
- 1 tsp ground cumin
- fine sea salt to taste
- vegan cheese

#### DIRECTIONS

Dice the onions and fry with vegetable oil. Add the toasted onions, beans, bean broth, cumin, and salt to a blender and blend until smooth.

Heat some oil in a pan and add the blended mixture. Let it toast while stirring at the same time. Remove after 5-10 mins.

Serve with some cheese on top.



# plantain plate

"Nothing is more delicious than eating street food in Honduras. For just a couple of euros, you can have a very complete delicious meal. I would never forget when at the university I would always share a big plate of Tajaditas ready to eat with bare hands in the company of my best friends. Oh, good days!" -Issis



#### INGREDIENTS

(2 portions)

- plantain
- cabbage + carrot
- chismol: onion, tomatoes, pepper, lime, salt
- vegan cream
- tomato sauce
- vegetable broth
- vegan cheese
- black beans
- oil
- salt
- black pepper
- coriander

Due to Honduras's colorful history, Honduran cuisine has Mesoamerican, Spanish, Caribbean and African influences.

#### DIRECTIONS

Peel the skin of the plantain and slice them in round pieces (max 1 cm thick).

Fry the plantains with a pinch of salt.

Prepare the toppings: Shred some cabbage and carrots. Mix together.

Chismol: in a bowl mix the finely diced tomatoes, onion and peppers together, add lemon juice and mix. Add salt and black pepper to taste.

Make the Sauces:

Sour Sauce: Mix cream, lime juice, coriander, pepper and salt until it makes a heavy liquid.

Tomato Sauce: Add tomato sauce and veggie broth in s pan and turn the heat up. Bring the sauce to boil then reduce to a simmer for 5 minutes.

#### Combine it all:

- Serve the fried plantains on a plate, add the shredded veggies, beans and chismol on top. Pour a bit of the cream and tomato sauce and finally top everything with shredded cheese



I came to the Czech Republic for the first time in 1995 to reunite with my Czech husband, who I had met in Bogota. Moving to Brno was a big adventure for me. I had to adapt to a new language, new food and weather. Both of our children were born in Czech Republic, so we decided to make our home here. We have a good life here and I also found my professional path. I organize the Ibero-American festival every year with my husband and that gives me great satisfaction. The most important thing for me right now is my family. They love Colombian food and some of the dishes I will present here with my daughter Veronica, are my family's all time favorite recipes.



## yuca frita

#### These deep fried cassava sticks can be served as finger food.

#### **INGREDIENTS** (4 portions)

- 2 cassava roots
- extra virgin olive oil or sunflower oil for frying
- salt to taste

#### DIRECTIONS

Peel the cassava and cut it into two or three cylinders, depending on the length of the cassava.

Cut into 1.5-2 cm thick sticks, and cook them in water with salt for 10-15 minutes. Dry with a cloth.

Heat plenty of oil and fry the cassava in batches at a temperature of about 165 °C. Remove the cassava sticks when they are golden, drain on kitchen paper.

Arepas are naturally gluten free because they are made with corn flour.

# arepas

### arepas & guacamole

"Arepas are my father's signature dish. I use his recipe when I make arepas for my children. It is a family recipe. That's why they taste so good. Because they are made with a lot of love."

#### **INGREDIENTS** (4 portions)

- 250 g pre-cooked PAN maize flour
- 360 ml water
- 40 g butter alternative
- 150 g cheese alternative
- 11/2 tsp. salt
- olive oil

For the guacamole:

- 3 ripe avocados
- 1⁄2-1 lemon
- ½ cup finely chopped onion
- 2 tablespoons finely chopped cilantro
- salt to taste
- 1-2 diced tomatoes

#### DIRECTIONS

Mix warm water with salt in a bowl. Add the flour slowly while mixing. Add your choice of melted butter and grated cheese alternative. Knead for about 5 minutes more till the dough is smooth and nonsticky.

Shape the dough into small balls, then flatten. Make sure there are no cracs in the edges. Fry the arepas in a preheated, lightly greased frying pan. Fry about 7 minutes on each side, or until they are golden brown.

Prepare the guacamole: Use a spoon to scoop out the avocado flesh and place it in a bowl, add the lime juice, and mash to a puree. Small pieces may remain to give it some texture.

Add the finely chopped onion and coriander, tomato and chopped chilli (if using). Add salt to taste. Mix well and serve as a side with arepas, yuca frita or plantain cups.



# empanadas

#### Deep fried corn meal pies

Empanadas are one of the most popular snacks you can get in the streets of Colombia. Traditionally they have meat or cheese inside, but plant based fillings are becoming lately more popular.

Every region in Latin America has its own version of emapanadas. But the Colombian ones are made with corn flour and are deep fried which makes them extra crispy and delicious. Serve them with a spicy sauce and lime wedges on the side.

#### INGREDIENTS

#### DIRECTIONS

(4 portions)

#### Dough

- Dough:
- 4 dl yellow corn flour
- 5 dl water
- 1 tsp. salt
- 1 tbsp. vegetable oil

#### Filling

- 1 medium onion
- 1 tomato
- 1 red pepper
- 2 cloves of garlic
- 400 g cooked beans
- 2 potatoes
- corn
- cilantro
- salt
- pepper
- cumin

#### For frying

sunflower oil

Heat the water, add salt and oil.

Add the corn flour and mix well.

Let the dough cool down and knead it until the dough is even and smoot.

#### Filling:

Peel and cook the potatoes and let them cool. Dice the potatoes and all the vegetables.

In a pan heat some oil, fry the onion till golden, add the tomatoes, pepper, diced potatoes garlic, corn and beans. Fry till soft.

To assemble the empanada make a dough ball and flatten it with a plate.

Place about 1 tablespoon of filling in the center of the dough, then fold the dough in half to form a half moon. Seal the edge of the dough with your fingers.

Fry the empanadas in hot oil around 6 minutes or till golden.



## plantain cups

#### INGREDIENTS

(4 portions)

- 3 plantains
- olive oil
- salt to taste
- guacamole

#### DIRECTIONS

Heat oil for frying.

Peel the plantain. Chop into 4 pieces. Fry a few minutes until light golden.

Put some oil on a lime squeezer and place a piece of plantain inside. Squeeze the plantain till it acquires the shape of a cup. Repeat process until all plantains have been smashed.

Fry the plantain cups until golden brown. Fill with guacamole or chili sauce.

### Tamara SERBIA

I moved to Brno in 2019 for my master studies. I managed to get a a job in Café Atlas (now Jaga), even though I didn't speak Czech. But I was accepted without prejudices and got a chance to earn money in a supportive environment. I deem this a crucial experience for my further life in Brno.

Brno has a greater diversity of ingredients than where I come from. It is exciting to go to Asian market and see the variety of foods and vegetables. Conventional Serbian cuisine is weighted with colonial and political history and thus claims often appropriating recipes and traditions that are not originally ours to claim.

Since my family almost never prepared traditional recipes, I decided to present a dish which I know very well. Preparing this meal was a chance for me to connect with my family and to acknowledge my grandmothers, Ljubica and Sofija, as inspiration.



### rizi-bizi & kale with tofu

#### **INGREDIENTS** (8 portions)

- 1 kg rice (jasmin or arborio)
- 700 g green peas
- 1 kg carrot
- 4 onions
- 800 g marinated tofu
- 1 kale
- salt

#### DIRECTIONS

Cook the rice but leave it firm. Dice the carrots and onions. Fry the onions in a pan until golden. Add the carrots and green peas and fry everything till the vegetable soften. Mix the rice in. Season with salt and pepper.

Crush the tofu and cut the kale on medium stripes. Fry the tofu in a pan until it's golden. Add the kale and roast. Season with salt and pepper. Serve the kale-tofu mixture on top of the rice. Enjoy!

### Ana DOMINICAN REPUBLIC

I arrived to Brno in 2009 through a scholarship program. On my first year I had an accident and had to be hospitalized. That was a hard experience but it was the wonderful people I met that helped me get through. People make all the difference.

The majority of my friends are Czech. I still don't always understand their non-verbal behaviour, but I always keep an open mind. If I want to be accepted, I need to accept others. Inclusivity start with myself. I have also kept an open mind about food. Czech and Dominican food are like day and night. I miss the Dominican flavours. There we use lot of fresh fruits and vegetables. However, I learned to enjoy also Czech food and at home I cook quite often in my own fusion style that has elements from both cuisines.



### avocado chlebíček

#### INGREDIENTS

4 portions

- 2 avocados
- 2 tomatos
- cream cheese
- bread
- olive oil
- pinch of salt

#### DIRECTIONS

Slice the avocados and tomatoes into thin slices. Spread the cream cheese on the bread. Mount first the tomato slices on the bread and then the avocados. Finish with some olive oil and salt to taste. Simple and tasty.

The Dominican Republic is one of the biggest consumers of avocado in the world. It is very common to have some sliced avocado on the side at every meal.

### UKRAINE

When I came to Brno for the first time, I fell in love with the city. As someone from the east, who was used to big paneláky, I was completely astonished by the architechture and the historical buildings.

Here I also found my community for the first time: people who shared the same view of the world as I do and who had the same values. I never met people like that in Ukraine. Regardless of the language barriers at the beginning, with my new friends felt I was understood in a way I was never before.

Vegan values are important among my community and I have been involved in different plant based food iniciatives. I had the chance to explore and work with vegan cooking and it has been very rewarding. It's amazing how you can turn the most traditional meat based recipe into a delicious plant based version.



### ukrainian chlebíčky

In Ukraine pickled vegetables are eaten as salad or snack. The idea to mount the pickles on bread was to give it a Czech twist.

#### INGREDIENTS

- sourdough bread
- white zucchini spread
- marinated tomatoes
- eggplant marinated in georgian adžika
- marinated mushrooms
- vegan lard spread
- pickled cabbage
- marinated tofu
- dill for decoration

#### DIRECTIONS

Choose your choice of spread, your choice of pickled veggies and some herbs for decoration. Just mount everything on the bread and have fun.

My combinations are: marinated eggplant + mushrooms, vegan lard spread + cabbage + tofu and white zucchini spread + marinated tomatoes.



# shashlyk & salad

Shashlyk is the most popular grilled food in Ukraine and also in many other places. The magic of a good shashlyk lays in the marinade. Usually, Ukrainians use pork meat for their shashlyk, but as we strive for a world without cruelty, I will use in my recipe seitan. You can also use robi or soy meat.



#### INGREDIENTS

(5 portions)

For the shahlyk:

- 1 kg of seitan
- 1 kg of onion
- 1 | of red wine
- salt, pepper

For the salad:

- ¼ of fresh cabbage
- 1 cucumber
- 1⁄2 red onion
- handful of dill
- salt, pepper
- virgin sunflower oil



#### DIRECTIONS

#### The Shahlyk:

Simplicity is the key when preparing shashlyk. Cut the onions into rings and the seitan into pieces around 4-5cm. Put the onion and seitan in a bowl, add salt, pepper and the red wine. Let it soak overnight, or at least for 6 hours.

Once the grill is ready, put the pieces of seitan on a skewer together with the onion rings, oil the whole thing with vegetable oil and grill it till it gets a nice color. Best enjoyed with some salad, grilled veggies, sauce and bread.

#### The salad:

Grate the cabbage into thin long pieces. Then add salt and crumple it a little bit, it makes the cabbage softer and juicier.

Cut the cucumber and the red onion into thin slices. If you like dill, add it now. Then just mix it all together with the virgin sunflower oil and pepper. Enjoy!



I grew up in different regions in Syria. In Aleppo where flavours dance in harmony with the nourishing sun, in Latakia where the wild mountains meet the Mediterranean sea, and in a small kurdish village in northern Syria, home of olive trees and red vibrant soil.

My bond with Brno is a rollercoaster, it gradually turned me to the cocoon habitant after being known to be the life of party kind of person, mostly cause of the lack of outdoor safe space. I connect, however, with Brno through its trees and deers, anything green. I take veganism very seriously. Here I pick fresh, heartwarming and summer-inspired recipes. In Czech republic, I found my ways of communication with others possible through food. Good meal from my hands creates a bridge to convey any feelings and good intentions.



## kibbeh nayeh

This dish is usually eaten as an appetizer next to alcoholic drinks.

#### **INGREDIENTS** (4 portions)

- 1 cup fine wheat bulgur
- 1 carrot
- 1 onion
- 1 red pepper
- 1 tomato
- 3-4 tbs olive oil,
- 1 tbs red pepper paste
- 1/2 cup walnuts
- 1 tsp salt
- 1 tsp Aleppo pepper
- 1/2 tsp allspice
- 1/2 tsp black pepper

#### DIRECTIONS

Soak a cup of fine bulgur with one cup of boiling water until soft. Put in a food processor the bulgur, two spoons of oriental red pepper paste, 3 to 4 tbsp of olive oil and salt. Mix it and add to the mixture diced onion, finely chopped parsley, allspice and black pepper.

Using your palms, shape the mixture into mounds. Decorate with walnuts, parsley or pomegranate seeds. Drizzle with olive oil.



### **Fattet hummus**

A crunchy Middle Eastern dish packed with plant based protein, that's usually served as a breakfast or brunch meal.

#### **INGREDIENTS** (4 portions)

#### DIRECTIONS

- 400 g cooked soft chickpeas (or canned)
- 3 tsp tahini
- lemon juice
- garlic
- salt
- yoghurt
- vegan butter
- pita bread (tortillas works too)
- pine nuts or peeled almonds

Make a sauce combining a mashed garlic, salt, yoghurt, tahini and lemon juice.

Cut the bread into triangles and fry in oil till crispy brown. Toast the nuts in butter till golden.

Fill a deep pan with layers as follows: toasted pita bread, sauce and chickpeas. Last layer should be the sauce. Sprinkle the nuts on top. It should be eaten right away, beacuse the bread gets soggy easily.

### mamounieh

This delicious Syrian semolina pudding can be eaten as a breakfast dish or as a dessert.

#### INGREDIENTS

(4 portions)

- 1 cup semolina
- 1 cup sugar
- 3 tbsp butter
- ground pistachios for garnish
- ground cinnamon
- violife mozzarella cheese
- flat pita bread

#### DIRECTIONS

Melt the butter in a pot and add the semolina. Toast till you smell the fragrance of it. Add water and keep mixing on low heat, add sugar and cook on low heat while stirring, till the semolina is cooked.

Put some of the semolina pudding on your plate, sprinkle with cinnamon and shred some salty vegan cheese on top. Eat with pita bread as you're eating a hummus dip. It sounds weird but it's worth it, you can also garnish it with cream cheese and pistachios.



I come from Siberia and for three years I've been living in Moravia. Now, I have my life here with a dear human and a dog.

What I truly love about Brno is that the city is surrounded by nature. I also feel safe here. Here in Czechia, I learned how to cook at a large scale and I also learned plenty of new recipes.

I hate food waste. Sustainable consumption really matters to me. For that reason, dumpster diving really makes sense. The way we approach food in modern society is totally absurd, really.

I don't like to spend too much time cooking in the summer. That's why I've prepared simple recipes that don't require much effort. The recipes I will introduce are a cold summer soup called Okroshka and pelmeni.

Although the pelmeni can be a bit time-consuming, but they can be frozen and stored for the future and then just boiled before eating.



### okroška

This cold soup is perfect for hot summer days..

**INGREDIENTS** (4 portions)

- smoked tofu
- 300 g potatoes
- 200 g cucumbers
- 150 g radish
- 1-1,5 liters of kvass
- herbs to taste
- any plant based yoghurt or mayonnaise
- salt to taste
- black pepper

#### DIRECTIONS

Boil the potatoes in their skins. Clean and cut into cubes. Cut the tofu, radishes and cucumbers into small pieces. Chop the herbs. I love to use dill in this soup but you can add your choice of herbs.

Mix everything together, add salt and pepper. Divide into serving bowls. Add the yeast, a spoonful of yoghurt and mix.

In Udmurtian language, pelmeni means 'ear bread'. The dish got its name due to the ear resembling shape.

# pelmeni

Dumplings filled with soy granules and vegetables.

DIRECTIONS

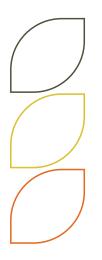
#### **INGREDIENTS** (4 portions)

For the dough:

- 350 ml. warm water
- 650 gr. wheat flour
- 1 teaspoon salt
- 2 tablespoons vegetable oil

For the filling:

- soy granules
- mushrooms,
- onion
- garlic



Soak the soy granules in hot water for 10 minutes, pour off the water. Fry the onion, garlic and mushrooms add the soy granules and keep frying for 7 more minutes.

Roll out the dough to a thickness of about 1 cm (rather thin, but not transparent), cut out small circles. I use a jar with a narrow neck. Put a spoon of filling in the centre of the dough circle. Fold the edges and then blind the two tips. Place the finished pelmeni on parchment and let rest. You can also put them in the freezer in case you will not eat them right away.

Place the pelmeni in boiling water and stir immediately so they don't stick to the bottom. When the pelmeni float to the top, they're ready. They can be served with or without broth. I like it best with mayonnaise.

### Nilza COL/FIN

I was born in Colombia, raised in Finland and now I'm living in the Czech Republic. I have no idea where I will be living in one year but I like it that way. Feeling rootless used to feel like a curse when I was younger but now it feels like a blessing.

Not having attachments to geographical places makes me feel free. I like to move around, meet new people and taste new flavours. I love food and I enjoy exploring different cuisines and ingredients. I would describe my cooking style as fusion. It really depends on my mood what I like to eat. Lately I have been craving for cold dishes.

Therefore I will introduce a very tasty and easy dish, that is both creamy and healthy. It's completely plant based and completely raw so you get all the nutrients of the vegetables

It's just one of the many dishes I picked up on the road.



# zucchini noodles

Zucchini strips with vegetables in a creamy avocado-mango sauce.

#### **INGREDIENTS** (2 portions)

- 1 zucchini
- 200 g cherry tomatoes
- 10 kalamata olives
- 1/2 red onion
- 50 g smoked tempeh
- 1 avocado
- 1/2 mango
- 2 tbsp. lemon juice
- 1 garlic clove
- coriander
- fresh chili
- salt
- pepper

#### DIRECTIONS

Cut the zucchini into very thin strips.

Cut in half the cherry tomatoes and the olives. Dice the onion and the tempeh. Put in a bowl together with the zucchini stripes and mix.

In a food processor add the avocado, the mango, chili, garlic, coriander and the lemon juice. Add salt and pepper to taste. Mix till it's a smooth sauce. Add water if needed.

Pour the sauce on the vegetables.



## tuno salad

Plant based dish inspired on tuna salad.

#### **INGREDIENTS** (2 portions)

- 200 g peeled sun flower seeds
- 1 tbs. tahini
- 1 clove of garlic
- 1/2 red onion
- 1 white paprika
- 1/2 red paprika
- 1 nori sheet
- herbs
- salt and pepper
- 1 lemon

#### DIRECTIONS

Soak the sunflower seeds at least for 2 hours. Tear the nori sheet.

Add to a food processor the soften sun flower seeds, tahini, garlic, nori and the lemon juice. Process till it becomes a paste.

Cut into very small dices the onion, the paprika and your choice of herbs. Put the vegetables in a bowl and add the sunflower paste. Mix well. Eat as spread with a piece of bread.

### Community and migration: Czech context

Nowadays, Czech cities are little by little becoming colourful and diverse communities. In other places, as well as in Brno, there are people coming from all around the globe, living, studying and working here.

Historically, political circumstances in Central Europe has been changing considerably and ethnic composition of Czech country changed along. Ethnic background of inhabitants of Czech lands has varied over the centuries.

After the WWII and following events, it was rather less diverse compared to long history of multi-ethnic society of the region. With our country getting more diverse again after the fall of Iron Curtain, there are emerging tendencies to perceive people coming from other places as an odd element, if not a threat. In NESEHNUTÍ we believe in togetherness and solidarity. We, however, know very well that it needs to be constantly worked on, that it requires energy and resources to build diverse yet strong community.

According to the data of Ministry of Interior[1], top 10 nationalities living here are: Ukrainian, Slovakian, Vietnamese, Russian, Romanian, Polish, Bulgarian, German, Mongolian and Hungarian. Although the reasons why they decided to come to Czechia might differ, all people are bringing their stories, hopes and dreams and also, luckily for us, their unique cuisine handed from generation to generation that is for us to appreciate and enjoy. Where, on the other hand, are the Czechs in the world? People leaving their home countries, be it from religious, political or socioeconomic reasons are nothing new.

Czechs are no exception.

Nowadays, there are roughly 2.5 million people around the globe who claim to be of Czech origin. Some families have been living abroad for many generations. There are well established destinations where Czechs were fleeing under various historical circumstances, seeking either safety, political asylum, socioeconomic benefits or better life in general.

According to various sources, the most numerous Czech communities are in the following countries: USA, Canada, Austria, Germany, Slovakia, United Kingdom, Argentina, Australia, France, Switzerland, Italy and Russia.

#### Thanks for reading!

We hope our little cookbook of stories and recipes will inspire you to explore an exciting world of new cuisines and other cultures.

As for us, we regularly organise food events in Brno where everyone is welcome. If you are interested in plant-based and sustainable cooking and excited for cuisines and recipes from all over the world, we are here for you.

If you want to make friends with us, support us or stay in touch, you can find us here:

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You can contact us at rozmanite@nesehnuti.cz

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