

INGREDIENTS FOR A SUSTAINABLE WORLD

*The Chef's
Good Food
Handbook*

Module III

Chefs as Agents of Change

Exemplary chefs from around the world

FOOD  FORWARD

The Chef's Good Food Handbook

PART VI





The China Biodiversity Conservation and Green Development Foundation is a proactive environmental non-governmental organization and social legal entity working to protect the environment, preserve natural resources and biodiversity in China and all around the globe. Founded in 1985, it is China's oldest environmental non-governmental organization.



The Good Food Fund aims to facilitate shifts in food production, distribution, and consumption patterns towards a healthier and more sustainable food system, by supporting relevant research, communication, and entrepreneurship efforts.

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Design: Tingting Xiong

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The contents of this handbook do not necessarily reflect the official positions of any organization, institution, or private enterprise that partnered with or participated in the Food Forward Forum in February 2019 or any of the organizations, networks, corporations, or individuals described in the text.

*Brighter Green

Vision and Mission

Mindful food for a better world.

Ingredients for a Sustainable World: The Chef's Good Food Handbook was created for chefs, culinary students and associations, food service providers, and educators working to bring about more sustainable, plant-forward menus and food systems. Written by a chef and a chef educator in the U.S. and China, the handbook is intended to inspire chefs to undertake further innovation and provide practical guidance and tools to do so. Investors, policymakers, civil society groups, and eaters can use it, too.

The handbook's six sections are designed to be engaging and accessible. They encompass key terms and concepts; evidence-based research on sustainable food systems and major current issues (e.g., food ethics, animal welfare, climate change, and food waste); profiles of chefs from around the world making positive changes in how they source, cook, and educate about food; examples of policies and programs both in the U.S. and internationally that advance healthy, sustainable food; practical ideas for chefs to apply the handbook's content in their workplaces; and "Further Edibles," additional resources for learning, connecting, and implementation.

This handbook also draws upon frameworks for accelerating progress on local, national, regional, and global health, sustainability, and equity. These include the United Nations' Sustainable Development Goals (SDGs), the Chefs' Manifesto, the "Cool Food" and "Good Food" pledges, the C-40 Food Systems Network, and the Circular Economy Food Initiative, among others.

The handbook is an outcome of the Food Forward Forum, a unique sustainable food exchange program that took place in 2019. A joint initiative of the Good Food Fund in China and Yale Hospitality in the U.S., the Food Forward Forum was conceived as a way for top Chinese chefs and culinary leaders to learn how to make their menus greener and more plant-forward through hands-on collaboration with their peers as well as academics, public health professionals, and university students. Additional goals were to foster conversation, engagement, creativity, collaboration, ongoing commitments, and the sharing of best practices.

Who better than chefs to embody and spread the message that plant-centered eating is the best way forward—for public health and food security; our imperiled climate and ecosystems' and non-human animals, domesticated and wild?

Yale Hospitality developed the architecture, planning, and implementation of the Food Forward Forum, which over two weeks included visits to five top universities in the U.S. northeast (Yale, Harvard, University of Massachusetts-Amherst, and the University of Connecticut), and the New York City headquarters of Google. The Food Forward Forum built on previous Good Food Fund programming and collaboration with Yale Hospitality, and was timed to coincide with the Chinese (lunar) New Year festival and the arrival in early 2019 of the Year of the Pig.

We hope you will find a variety of ways to use, apply and enjoy the handbook.

Chefs as Agents of Change

EXEMPLARY CHEFS FROM AROUND THE WORLD LEADING IN
PRACTICES ACROSS OUR SIX THEMES



Food is at the center of a nexus of complex ecological, socio-economic, and philosophical issues – how are chefs fighting for a better food system?

Read on about a selection of inspiring chefs around the globe who are offering plant-forward creations at the heart of their kitchens...



Chef Spotlight

CLIMATE CHANGE AND ECOSYSTEMS

SELASSIE ATADIKA



Chef Selassie runs Midunu, a nomadic dining concept showcasing New African cuisine in Accra, Ghana. In January 2018, one of her nomadic dinners featured oft-forgotten African superfoods, including fonio, moringa, Bambara beans, baobab, sorghum, cocoa nibs, and prekese. The meal's theme encouraged consumption of local ingredients for their known health benefits, but also to support local farmers and economies.³⁸ Her work blends culture, community, cuisine, and sustainability.



“

With a background in environmental studies and practical involvement working on global nutritional crises and food insecurity, my life experience has shown the importance of eating lower on the food chain as a method to enable more people to access food. Why invest considerably more resources for few people to eat animal protein when those same resources could be spent growing lower cost, healthier food for consumption for all?³⁹

”

³⁸ Midunu. <http://midunu.com/>

³⁹ Eat Forum. Q&A With Selassie Atadika. <https://eatforum.org/learn-and-discover/qa-with-selassie-atadika-plant-forward-50/>



Chef Selassie and Chef Virgilio are on the Plant-Forward Global 50 list.

VIRGILIO MARTÍNEZ 🇵🇪

Chef Virgilio has a popular restaurant in Lima, Peru called Central that highlights traditional and 'unknown' ingredients. He brings to the table curious ecosystems at different elevations in the country's unique landscape, reflecting a huge diversity in habitats and species. Once a year, he and his sister take a small group of diverse professionals working on food into the Amazon rainforest to experience the incredible biodiversity and instill the importance of species preservation. The annual event is called Momento, and is organized by Mater Iniciativa, a research institute that partners with Central. Their website describes the relationship this way:

“

The work process of one implies the research and knowledge of the other. Through Mater's research we locate ingredients that we then learn to use in Central's kitchen. Our motivation is to know the origin of those ingredients and tell their story from the beginning, and they are then presented to the world in the dishes we create. It inspires such emotion to interpret what grows in our Earth. The actions of Mater influence the soul of Central.⁴⁰

”



⁴⁰ Mater Iniciativa. <http://materiniciativa.com/english.html>

Chef Spotlight

NUTRITION, HEALTH, AND WELL-BEING

TONY LU

Chef Tony owns several restaurants in China, five in his hometown of Shanghai. One of these, Fu He Hui opened a few years ago and received a Michelin star when the Shanghai guide launched in 2016 and have since maintained. The restaurant is a fine dining showcase of haute vegetarian cuisine that Chef Tony conceived after being inspired by the zen-like ambiance of the space. He wanted the dining experience to reflect the peaceful atmosphere that encourages mindfulness. A meal of light, Shanghai-style fare can often last three hours. Chef Tony described the space in a 2018 interview with Food & Wine magazine:



“

It's the appropriate ambiance, the appropriate everything. The food becomes very powerful, and you'll remember the dishes vividly, because you were not forced or told. The information comes from your inner world—you feel the space, you feel zen. You feel that you're eating the right food tonight.⁴¹

”

Photo Courtesy of Mandarin Oriental Pudong

⁴¹ Food & Wine magazine. Meet the Shanghai Chef Building a Different Kind of Restaurant Empire. <https://www.foodandwine.com/travel/restaurants/tony-lu-shanghai-chef-restaurant-empire-china>



Chef Tony is on the Plant-Forward Global 50 list.

BRYANT TERRY

Chef Bryant is a prominent food justice activist based in San Francisco, California. Mentored by the great chef activist Alice Waters, he advocates for community and racial justice alongside his vegan soul food creations. He reimagines the classic dishes of the Afro-Caribbean Diaspora with seasonal Southern flavors. Chef Bryant champions access to healthy foods for all, and how eating ecologically produced, plant-based ingredients can improve public health as well as social justice and the environment. He has written several books, hosted a public television series, and been featured in several documentary films.⁴²

“

All communities, and low-income communities especially because of food insecurity and lack of access to healthy foods, need more farmers markets, need more community gardens and urban farms. It would be great if people living in communities had the tools and resources to grow food in their own backyard - community-based food systems.⁴³

”



Photo by Margo Moritz

⁴² Bryant Terry. Long Bio. <http://www.bryant-terry.com/longbio>

⁴³ Mother Jones. MoJo Video: Bryant Terry's Vegan Soul Kitchen. <https://www.motherjones.com/environment/2009/04/mojo-video-bryant-terrys-vegan-soul-kitchen/>

Chef Spotlight

SOCIO-ECONOMIC DEVELOPMENT



Alianza de Cociner@s
Slow Food



Slow Food®
México

CLAUDIA ALBERTINA RUIZ SÁNTIZ

Chef Claudia is part of the Tsotsil community, an indigenous group in San Cristóbal de Las Casas, Chiapas in southern Mexico. Her leadership in her restaurant Kokono is matched by her work outside of the kitchen. She promotes girls' education across her community, where girls are often not enrolled in school and lack access to formal employment opportunities. She has openly discussed her challenges fighting against machismo, or sense of exaggerated masculine pride, in school and her profession. Many of her classmates and colleagues were uncomfortable with a woman being a chef. Like her own mother inspired her, she hopes to serve as a role model for more girls so they too can push past the objectification and stereotyping of Mexican indigenous women, whom are expected to marry early and engage in domestic work.

Chef Claudia seeks to elevate the role of ingredients traditionally used by indigenous groups, such as kokone (a local tea plant, and the namesake of her restaurant) across the Mexican (and global) gastronomy scene. She highlights regional food from small-scale producers like beets, turnips, and amaranth greens. Such foods make up the



bulk of her own diet, as she only eats meat - chicken and beef - on special occasions. She works to instill appreciation for ingredients, where they came from and how they were produced, from the diners at her restaurant to other chefs and the general public. Kokono has its own vegetable garden for ultimate local food sourcing. Not surprisingly, she actively promotes the Slow Food movement and is part of the Alianza de Cociner@s, or Chefs' Alliance, network (discussed further on page 60).^{44,45,46}

Photo by Roberto Molina Tondopó/Nicolás Pérez

44 The Seattle Globalist. Chef in Mexico seeks to instill taste for indigenous cuisine. <https://www.seattleglobalist.com/2019/04/25/chef-in-mexico-seeks-to-instill-taste-for-indigenous-cuisine/83571>

45 Notimia. Mujeres Indígenas en Terra Madre Salone del Gusto 2018: Claudia Albertina Ruiz Sántiz, chef tsotsil. <http://notimia.com/mujeres-indigenas-en-terra-madre-salone-del-gusto-2018-claudia-albertina-ruiz-santiz-chef-tsotsil/>

46 Slow Food México. La memoria de la Cultura Gastronómica Tsotsil en manos de la Chef Claudia Ruiz. <https://www.slowfood.mx/2017/04/la-memoria-de-la-cultura-gastronomica-tsotsil-en-manos-de-la-chef-claudia-ruiz/>

JENNIFER YEH

Jennifer Yeh is a baker and school lunch consultant. She grew up in Tainan, Taiwan and lived in the United States for a number of years. In 2006, she moved to Beijing with her family, where she opened Boulangerie Nanda, a small bakery named after her daughter, to serve additive-free baked goods through local marketplaces.

In 2018, Jennifer became a school lunch consultant for her daughter's school, Daystar Academy. The Academy pioneered organic healthy school lunch in 2010 and developed connections with a number of small- and medium-scale local, ecological farms.

As the number of students grew, the school needed more suppliers. Jennifer volunteered to utilize her connections at the Beijing Organic Farmers' Market to expand the resource pool and harness the Market's quality control mechanism to ensure healthy and ecologically grown food.

Meanwhile, Jennifer worked with the kitchen team to develop menu items and trained them to cook with local and seasonal produce. Now, the team creates one new seasonal dish for each of the 24 solar terms throughout the year, and one dish inspired by a talented parent every other Wednesday.⁴⁷

The partnership enhanced the social network that benefited all the stakeholders: the students, the parents, the farmers, and the school, while inspiring food activists nationwide.



47 谷声.《本地采购、直营食堂:校餐如何让城乡生活都更美好》. <https://www.douban.com/note/659429238/>

Chef Spotlight

FOOD SECURITY AND FOOD WASTE

LI QUN

Chef Li began working in professional kitchens when she was 18 years old and has been practicing culinary arts for half a century. She specializes in preparing China's wheat and rice products, including pasta, desserts and dim sum. She is an enthusiastic instructor, culinary leader, consultant, and cookbook author, who has taught and inspired thousands of young chefs. Chef Li advocates a healthy and balanced diet and always tries to use ingredients to their fullest. She urges her students and team members to use plant-based and chemical-free condiments and cotton cloth instead of disposable plastics.



Photo: Good Food Fund

“

In China, I think the Good Food Pledge represents a good start to raise awareness [about food waste] among customers. The next step is to influence the food industry.

From my point of view, cooking in the traditional way is the way to minimize food waste in China. For example, green onion is a common ingredient in our kitchen. Usually, we only use the leaves and throw away the roots. In fact, green onion roots are effective for preventing colds; the same is for cabbage root, parsley root and radish root. The roots are a natural medicine for us.

”

PALMIRO OCAMPO 🇵🇪

Chef Palmiro is driven by a desire to end hunger and food waste in his native Peru. In culinary school, he was shocked by the huge amount of scraps that many professional kitchens waste (in fact, the average rate of food waste in fine dining establishments is about 65%).⁴⁸ To spread awareness, he hosted a national television show to educate viewers how to utilize scraps and leftovers to achieve zero waste in their own kitchens.⁴⁹ With his wife, he co-founded a social research and development organization, Ccori (which translates to 'treasure' in Quechua, the language of several South American indigenous groups), to help develop new and better techniques to reduce waste and repurpose otherwise 'inedible' raw material. After his fine dining restaurant 1087 in Lima closed in 2017, he focused more on Ccori and opened a free-range egg-focused restaurant that operates with the zero-waste concept. He also has a couple other businesses in the works, and hopes to scale-up the zero-waste movement (what he calls 'optimal cooking') and, with the right partnerships, end hunger in Peru by 2030.⁵⁰



Photo courtesy of CCORI/Facebook

48 McAdams, B., von Massow, M., Gallant, M., and Hayhoe, M. 2019. A cross industry evaluation of food waste in restaurants. *Journal of Foodservice Business Research*. <https://doi.org/10.1080/15378020.2019.1637220>

49 Ozy. The Peruvian Chef Daring to Serve Recycled Food and End Hunger Nationwide. <https://www.ozy.com/rising-stars/the-peruvian-chef-daring-to-serve-recycled-food-and-end-hunger-nationwide/79698>

50 Cook Concern. Palmiro Ocampo (Ccori): The chef who takes advantage of the parts that you do not eat from the food. <https://www.cookconcern.com/en/blog/post/palmiro-ocampo-ccori-the-chef-who-takes-advantage-of-the-parts-that-you-do-not-eat-from-the-food/>

Chef Spotlight

ANIMAL WELFARE

LI YAN 

Chef Li Yan, originally from Henan, began his culinary journey at age 19 when he was hired as a dishwasher at a family-owned pizzeria in. He revealed his mastery on the day he stepped in to help prepare food when the cook was out sick. Early in his career, Chef Li traveled to Ireland, Switzerland, Greece, Italy, Spain, Japan, and Thailand and became inspired by established chefs, international culinary traditions, and local cuisines. He promotes plant-based eating at his own restaurant, Charlie's Coffee, through Meatless Monday, and by educating his staff about vegetarian food and animal welfare. He is the winner of the Good Food Fund's 2019 Good Food Designer Contest.



Photo: Good Food Fund

“

In my opinion, if 'plant forward' is a priority for the restaurant, then it's possible to choose [high] animal welfare products for the customers. We organize staff training in our restaurant and share the knowledge and information about vegetarian food and animal welfare that I have learned. We plant 'seeds' in everyone's consciousness.

It's necessary to exchange opinions and experience among chefs. For example, chefs can share recipes, and share their own successes or failures in developing plant-forward menus at events such as Good Food Summit and the Chef's Manifesto.

”

WILLIAM DISSEN 

Chef William has always enjoyed fishing. As a chef, he finds it imperative to maintain sustainable seafood sourcing. He is part of Seafood Watch's Blue Ribbon Task Force, which pushes producers for quality, ocean-friendly products while working to spread awareness to customers, colleagues, and policy makers.⁵¹ He teaches people about sustainable seafood consumption and how chefs can uniquely impact sourcing methods:

“

Sourcing sustainably and locally was always my first choice when looking for the best ingredients because they come from people who care about the animals they are raising, the process in which they are growing their plants and tending to their animals, and they care about the impacts their decisions make toward our planet. Sourcing sustainably equals having a greater outlook on the future. If we take care of our farms, fields, and oceans now we will also be able to harvest from them in the years to come.⁵²

”



Photo by Market Place Restaurant

51 Seafood Watch: Blue Ribbon Task Force. <https://www.seafoodwatch.org/businesses-and-organizations/blue-ribbon-task-force>

52 EthicalFoods. Your Chef and Climate Change: William Disсен of Market Place Restaurant. <https://ethicalfoods.com/your-chef-and-climate-change-william-dissen-of-market-place-restaurant/>

Chef Spotlight

FOOD ETHICS

JEONG KWAN 🇰🇷

Chef Jeong Kwan is a Zen Buddhist nun, and head of Baekyangsa temple in South Jeolla province, South Korea. She's also a world-renowned chef, earning great respect from culinary giants like Eric Ripert and David Chang, although she has no restaurant, nor received any formal culinary training. Yet she and the temple receive a great number of visitors from many parts of the world, anxious to taste her famous temple cuisine.



Chef Jeong Kwan grew up on a farm, but left in her late teens to become a nun. She determined her spiritual calling was to "[communicate] with sentient beings through the medium of food..."⁵³ Her simple eco-friendly, eating-well practices are firmly rooted in her philosophy to live harmoniously with others and the natural world.⁵⁴

53 The New York Times Style Magazine. Jeong Kwan, the Philosopher Chef. <https://www.nytimes.com/2015/10/16/t-magazine/jeong-kwan-the-philosopher-chef.html>

54 Plant-Forward Global 50. Chef Jeong Kwan - Bio. <https://www.plantforward50.com/chefs/jeong-kwan#bio>

55 National Geographic. Coming to Grips with Food Ethics for Chefs. <https://www.nationalgeographic.com/people-and-culture/food/the-plate/2014/10/15/food-ethics-for-chefs/>

56 Esquire. José Andrés is Feeding Government Workers During the Shutdown. <https://www.esquire.com/food-drink/a25684681/jose-andres-government-shutdown/>

57 VegNews magazine. Celebrity Chef José Andrés Says the Future is Plant-Based. <https://vegnews.com/2018/3/celebrity-chef-jose-andres-says-the-future-is-plant-based>

58 World Central Kitchen. Our Mission. <https://wck.org/mission>

59 WBUR - Boston's NPR News Station. *Here & Now*. José Andrés Wants To Change The Way You Think About Vegetables. <https://www.wbur.org/hereandnow/2019/05/23/jose-andres-vegetables-unleashed-cookbook>

Plant-Forward Global 50

Chef Jeong Kwan and Chef José are on the Plant-Forward Global 50 list



JOSÉ ANDRÉS

Chef José is not only a well-known restaurateur, but also an activist for several food-related causes. He penned an article as part of National Geographic magazine's *Future of Food* series in 2014, discussing a campaign with fellow celebrity chef Tom Colicchio against a United States bill that would weaken labeling requirements for food producers who use genetically modified organisms, commonly referred to as the Denying Americans the Right to Know (DARK) Act.⁵⁵ He has also stepped up and offered help and food for those in need, from his humanitarian relief work in hurricane-devastated Puerto Rico to offering United States federal employees a daily free meal during a political government shutdown in early 2019.⁵⁶ Putting his values first, he pulled out of a developing restaurant project in the Trump International Hotel in Washington, D.C. after presidential candidate Donald Trump disparaged immigrants in a 2015 speech.⁵⁷ He founded a nonprofit organization, World Central Kitchen, after a devastating 2010 earthquake in Haiti to involve chefs in developing smart solutions to poverty and hunger.⁵⁸

Chef José is also a proponent of plant-forward cooking. He owns a vegetable-centric fast casual chain, Beefsteak, with outlets in Washington, D.C. and Philadelphia. In May 2019, he released a cookbook highlighting vegetables and hopes to elevate them for those who may be 'veggie-phobic'. In a radio interview discussing the book, he stated:

“

[Vegetables] deserve more respect than the respect we're giving them... If we want to be feeding the world, I believe that vegetables are going to have to be at the center of the plate.⁵⁹

”



Photo by Jason Kindig

Culinary Creativity and Insp



Photo by Brent Herrig

Chef Amanda Cohen owns the award-winning vegetable restaurant, Dirt Candy, in New York City. It was the first vegetable-*focused* restaurant (versus those branded vegan or vegetarian) in the city when it opened in 2008. She has been nominated for the James Beard Award's Best Chef in New York City the last two years.⁶⁰ She offers this insight into how she experiments with plants:

“

I find a lot of inspiration in seeing what other cuisines do with vegetables, like Korean or Mexican cooking. Or I look at a technique like smoking or making pâté and try to think about how to apply that to a vegetable.⁶¹

”



Photo credit: Dirt Candy

Portobello Mousse

One of its signature dishes, portobello mousse has been on the menu in various versions since Dirt Candy opened. It is served in its current incarnation with cherries, Asian pears, and tiny rounds of truffle toast.⁶²



Photo credit: Dirt Candy

Smoked Cabbage Hot Pot

Dirt Candy's take on a Chinese hot pot for two or more diners: a kettle of smoked cabbage broth served warm, alongside a selection of sauces and accompaniments for personalized taste.⁶³

60 Maggie Marguerite Studio. Amanda Cohen (Dirt Candy). <https://www.maggiemarguerite.com/chefs/2019/2/28/amanda-cohen-dirt-candy>

61 Food News Feed. Winning Plant-Forward Menus. <https://www.foodnewsfeed.com/fsr/flavor/winning-plant-forward-menus>

62 Dirt Candy. Menu. <https://www.dirtcandynyc.com/menu>

63 Dirt Candy, *ibid.*

CHEFS REINVENTING PLANTS



Photo by Tairroir

Chef Kai Ho is a Taiwanese chef who blends the French flare of his culinary training with deconstructed Taiwanese classics.⁶⁴ He opened his first restaurant Tairroir in 2016, which earned its first Michelin star in 2018, followed by another in 2019. The name of the restaurant plays off of Taiwan and *terroir*, a term derived from the French philosophy that a totality of environmental factors determine the character of a particular crop.⁶⁵ While not overwhelmingly plant-forward, his exceptional plating and humorous dish-naming warrant inclusion.



Photo credit: Tairroir

Heirloom Tomato "Collection"

A variety of tomatoes flavoured with white balsamic and black olives.⁶⁶



Photo credit: Instagram / @kaiho1011

"Beet" Wellington

Inspired by Alain Passard's Beetroot Tartare, Chef Kai created this special dish for the Chinese New Year celebration in 2018.⁶⁷

64 French Chefs. Kai Ho. <http://frenchchefs.com/kai-ho>

65 Jet Set Times. Exclusive: Tairroir's Chef Kai Ho On Opening Taipei's Restaurant Of The Moment. <https://jetsettimes.com/travelers/foodies/tairroir-taipei/>

66 Instagram. Tairroir. 20 November 2016. <https://www.instagram.com/p/BNBtu04BvU3/>

67 Instagram. Tairroir. 20 January 2018. <https://www.instagram.com/p/BeMLZHqniGr/>

Culinary Creativity and Insp



Determined to reconcile her love for both cheese and animals, **Chef Miyoko Schinner**, nicknamed the "Queen of Vegan Cheese", created a line of artisan cashew-based cheese varieties in 2014 under the brand Miyoko's Kitchen (now shortened to Miyoko's).⁶⁸ Since then, the company has grown rapidly and offered even more products, including a creamy coconut-based butter and spreadable vegan cream cheeses (all dairy, gluten, soy, and GMO free). Her products, with names like Rustic Alpine, Sharp English Farmhouse, and Winter Truffle, are meant to rival traditional European dairy in flavor and texture.



Photo by The Rose & Bean



Photo by Miyoko's

68 New Hope Network. Miyoko's Kitchen chef creates cheese that's better for people and the planet. <https://www.newhope.com/people-and-company-profiles/miyoko-s-kitchen-chef-creates-cheese-s-better-people-and-planet>

69 Forbes. This Woman Is Taking On The \$120 Billion Cheese Industry. <https://www.forbes.com/sites/vinettaproject/2018/05/15/this-woman-is-taking-on-the-120-billion-cheese-industry/#6b054e786782>

CHEFS REINVENTING PLANTS



Chef Guy Vaknin was working at a kosher catering company's sushi station when the idea for Beyond Sushi was born.⁷⁰ Targeting pregnant mothers and other groups with food sensitivities or concerns about seafood sustainability or safety, he opened a fast-casual vegetable-based sushi restaurant in New York City in 2012.

While initially including dairy and eggs in his colorful sushi rolls and wraps, he quickly adapted to customer demand for a completely vegan menu. Fresh, seasonal, healthy ingredients are a mainstay of the restaurant - now with six Manhattan locations.



Photo credit: Instagram / @chefguyvaknin

Spring 2019 Seasonal Roll

Black rice, blackened goguma, avocado, and baby arugula topped with lemon dill fava beans, puffed quinoa and tomato powder with lemon saffron sauce.⁷¹



Photo credit: Instagram / @beyondsushinyc

Flower Top Dumplings

Charred broccoli, cauliflower, spinach, and potatoes with toasted lemon panko, chili oil and yuzu coconut mint sauce.⁷²

70 Eater New York. Beyond Sushi, a Nutritious Alternative to White on Rice. <https://ny.eater.com/2014/9/12/6160367/beyond-sushi-a-nutritious-alternative-to-white-on-rice>

71 Instagram. Chef Guy Vaknin. 16 April 2019. <https://www.instagram.com/p/BwVZeWjgZNi/>

72 Instagram. Beyond Sushi. 10 May 2019. <https://www.instagram.com/p/BxTLgNbl3Fd/>

Culinary Creativity and Insp

CHEFS REINVENTING PLANTS



Chef Hitoshi Sugiura is the executive chef of a French-Japanese fusion restaurant, PATINASTELLA in Tokyo. In 2017, advised by fellow chef and colleague Masayuki



Okuda, who has led a movement to bring back heirloom vegetables at risk of extinction in northeastern Japan with the help of local schools and universities,⁷³ he entered the Vegetarian Chance culinary competition in Milan, Italy.



For the competition, he created a dish with a modern twist on *Shōjin Ryōri*, or Buddhist devotional cuisine, called 'Bouquet'. The aptly-named dish showcased organic daikon, yuzu, tofu, ginger, soy sauce, hazelnuts, maple syrup, and a sesame seed puree garnished with Japanese pepper leaf buds. It was meant to express his gratitude for the concept of the event, as well as Japanese culinary tradition.⁷⁴ Pictured to the left, it's no wonder the dish won accolades. He's adapted it since, including at the inaugural Sakura Festival at Morimoto Asia in Walt Disney World.⁷⁵

73 Slow Food International. Japan's Heirloom Vegetable Revival. <https://www.slowfood.com/japans-heirloom-vegetable-revival/>

74 Vegewel. An interview with Hitoshi Sugiura, top 8 ranked Japanese chef in a vegetarian cooking world competition. <https://vegewel.com/en/style/patinastella-sugiura-2>

75 Tasty Chomps. Morimoto Asia hosts first Guest Chef Series Dinner during their inaugural Sakura Festival. <http://tastychomps.com/2018/04/morimoto-asia-hosts-first-guest-chef-series-dinner-during-their-inaugural-sakura-festival.html>

iration



Culinary Creativity and Insp

CHINA



More innovative recipes can be found in
the Good Food Roadshow cookbooks:

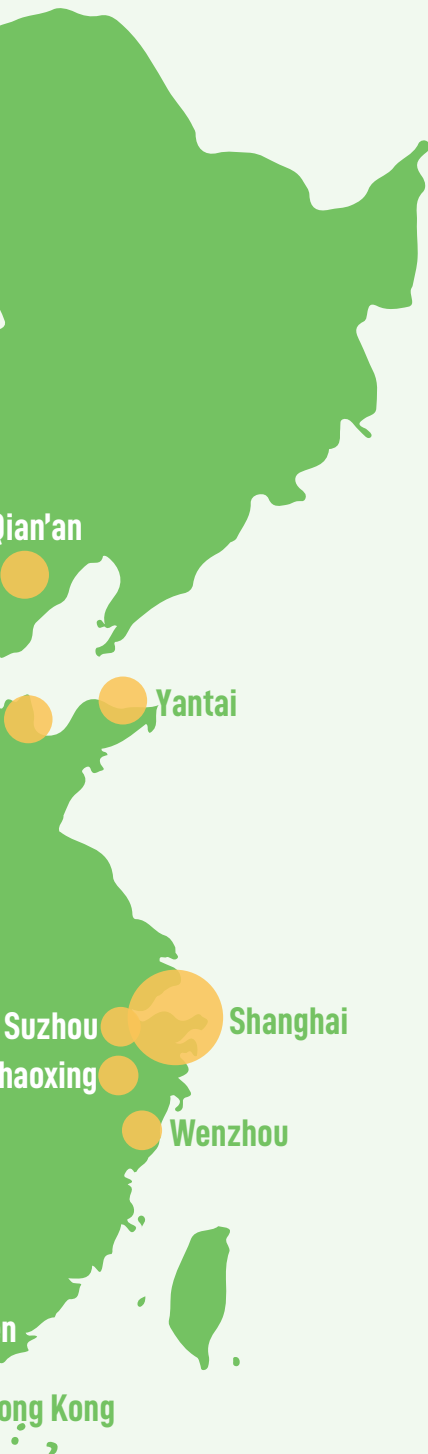


Book I



Book II

iration



Beijing

- ♥ Yeye Puti
- ♥ King's Joy
- ♥ Vege Tiger
- ♥ Bestease
- ♥ Feast Food by East
- ♥ Tribe Organic

Shanghai

- ♥ Fu He Hui
- ♥ Wu Guan Tang
- ♥ HSH Veggie
- ♥ Green Vege Cafe
- ♥ WUJIE
- ♥ Vegetarian Life Style
- ♥ If Vegan
- ♥ Botanik

Guangzhou

- ♥ Xin Tian Garden
- ♥ Shui Mu Sheng Vegan
- ♥ Hersels
- ♥ Vine Vegetable

Shenzhen

- ♥ Planet Green
- ♥ QiKang Veg Fooding
- ♥ Orchid Veggie

Hong Kong

- ♥ Grassroots Pantry
- ♥ Green Common

Chengdu

- ♥ Hua Dao Yu Shan Ge

Suzhou

- ♥ Su Wei You Shi

Wenzhou

- ♥ Su He Hui

Nanchang

- ♥ Jing Ju Su

Zhongshan

- ♥ Su-Xi

Yantai

- ♥ Ga'sang Flowers Bloom
- ♥ Miao Yu Xin Deng

Shaoxing

- ♥ Pu Ti Shu Su Xin Zhai

Dongying

- ♥ Yi Su Ban Cha

Qian'an

- ♥ Sheng Hua Jiu Pin

APPENDIX

In order to keep this handbook an introduction to the layered complexities of our food system specifically in the context of human health, animals, and sustainability, we included a sample of chefs, initiatives, policies, programs, networks, ingredients, and tools. Many more exist, and we encourage readers to explore these and other resources further to deepen personal and collaborative engagement in the sustainable food movement.

THE GOOD FOOD FUND

Good Food Academy (Chinese only)

<http://www.goodfoodchina.net/>

<https://www.goodfoodfund.net/>

Good Food Pledge

<https://mp.weixin.qq.com/s/RVaCfeLvLUuNkUgVa-KMtA>

BRIGHTER GREEN

Skillful Means: The Challenges of China's Encounter with Factory Farming

<https://brightergreen.org/china/>

The Triangle: The Evolution and Future of Industrial Animal Agriculture in the U.S., China, and Brazil

<https://brightergreen.org/the-triangle/>

Other country case studies and papers:

<https://brightergreen.org/publications>

FILMS

What's For Dinner? (29 minutes) and the sequel, Six Years On (32 minutes)

<http://wfdinner.com/home/>

The Meatrix® Relunched (5 minutes)

<https://www.youtube.com/watch?v=K7K-9sTRLjg>

The Last Pig (53 minutes)

Pig Business (73 minutes)

Unity (140 minutes)

Fresh (72 minutes)

The World According to Monsanto (108 minutes)

Our Daily Bread: The Hidden Power of Food (92 minutes)

PlantPure Communities' Recommended list: http://plantpurecommunities.org/wp-content/uploads/2019/06/InfoSheet_MovieList.pdf

RESEARCH

C40

Addressing Food-Related Consumption-Based Emissions in C40 Cities:

https://c40-production-images.s3.amazonaws.com/other_uploads/images/2238_20190612_-_Food_report_.original.pdf?1560428556

Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES)

Global Assessment Report on Biodiversity and Ecosystem Services

<https://www.ipbes.net/global-assessment-report-biodiversity-ecosystem-services>

The EAT-Lancet Commission Hub page

<https://www.thelancet.com/commissions/EAT>

Intergovernmental Panel on Climate Change (IPCC)

Special Report: Global Warming of 1.5 Degrees Celsius Summary for Policymakers

<https://www.ipcc.ch/sr15/chapter/spm/>

Food and Climate Research Network (FCRN)

Appetite for Change: Social, Economic and Environmental Transformations in China's Food System

<http://www.fcrn.org.uk/fcrn-publications/discussion-papers/fcrn-china-briefing-papers>

Plates, pyramids, planet (co-authored with the United Nations Food and Agriculture Organization, FAO)

https://fcrn.org.uk/sites/default/files/ppp_final_10-5-2016.pdf

Grazed and Confused

<https://www.fcrn.org.uk/projects/grazed-and-confused>

World Resources Institute

Creating a Sustainable Food Future: A Menu of Solutions to Feed Nearly 10 Billion People by 2050

<https://wrr-food.wri.org/>

Shifting Diets for a Sustainable Food Future

<https://www.wri.org/publication/shifting-diets>

Good Food Institute

China Plant-Based Meat: Industry Report 2018

<https://www.thegoodfoodinstitute.asia/>

Chatham House

Changing Climate, Changing Diets: Pathways to Lower Meat Consumption

<https://www.chathamhouse.org/publication/changing-climate-changing-diets>

Institute for Agriculture and Trade Policy (IATP)

Global Meat Complex: The China Series
<https://www.iatp.org/global-meat-complex-china-series>

China Environment Forum at the Woodrow Wilson Center

A Global Choke Point Report: China's Water-Energy-Food Roadmap
<https://www.wilsoncenter.org/sites/default/files/WATER%20ENERGY%20FOOD%20ROADMAP.pdf>

The Environmental Effects of China's Growing Pork Industry
<https://www.wilsoncenter.org/publication/infographic-environmental-impacts-chinas-pork-industry>

Heinrich Böll Foundation and Friends of the Earth Europe

The Meat Atlas
<https://www.boell.de/en/meat-atlas>

Humane Society International

Animal Agriculture and Climate Change
https://www.hsi.org/news-media/factory_farming_and_climate/

Sustainable Table

All Things Ethical Eating
<https://sustainabletable.org.au/all-things-ethical-eating/downloadable-resources/>

United Nations Food and Agriculture Organization (FAO)

Livestock's Long Shadow: Environmental Issues and Options
<http://www.fao.org/docrep/010/a0701e/a0701e00.htm>

T. Colin Campbell Center for Nutrition Studies: The China Project

<https://nutritionstudies.org/the-china-study/>

TOOLKITS

Meatless Monday

<https://www.meatlessmonday.com/free-resources/>

Chefs' Manifesto Action Plan

<http://www.sdg2advocacyhub.org/chefmanifesto#&gid=1&pid=1>

PlantPure Communities

<https://plantpurecommunities.org/toolkits/>

OTHER RESOURCES

Green Monday

<https://greenmonday.org/environment/>

China Food Watch

<https://www.chinafoodwatch.com/>

WildAid

<https://wildaid.org/programs/climate/>

Roots & Shoots

<https://www.rootsandshoots.org/>

Waterkeeper Alliance

<https://waterkeeper.org/campaign/pure-farms-pure-waters/china/>

World Animal Protection

<https://api.worldanimalprotection.org/country/china>

Foodsource

<https://www.foodsource.org.uk/>

FoodPrint

<https://foodprint.org/>

Bits x Bites

<http://www.bitsxbites.com/>

Food Heroes

<https://www.foodheroes.org/>

Slow Food Great China

<http://www.slowfoodchina.org/slowfoodenglish/index.html>

Good Food Purchasing Program

<https://goodfoodpurchasing.org/>

Milan Urban Food Policy Pact

<http://www.milanurbanfoodpolicypact.org/>

Compassion in World Farming

<https://www.ciwf.org.uk/research/>

Food & Water Watch

<https://www.foodandwaterwatch.org/>

New York Coalition for Healthy School Food

<https://www.healthyschoolfood.org/resources.htm>

Physicians Committee for Responsible Medicine (PCRM)

Vegetarian Starter Kit
<https://p.widencdn.net/jyeygh/16037-NTR-Updated-Vegetarian-Starter-Kit-English-2>



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