

A CULTURAL MEAL
FOR EUROPE



#CulturalDealEU

2022 - 2024

Dishes

Sprouted bean salad with lemon zest

POST-COVID RECOVERY
AND RESILIENCE OF
CULTURAL SECTORS

3

Borscht

EUROPEAN CULTURAL
DEAL FOR UKRAINE

4

Lasagne

A PLACE FOR EUROPEAN
PHILANTHROPY

5

Onion

CULTURE IN ALL EU POLICIES
AND PROGRAMMES

6

Stuffed portobello

CULTURE IN THE 2030
SUSTAINABLE
DEVELOPMENT GOALS

7

Celeriac steak

CULTURE AND THE
EUROPEAN GREEN DEAL

8

Ghost jello

WORKING CONDITIONS
OF ARTISTS AND CULTURAL
WORKERS

9

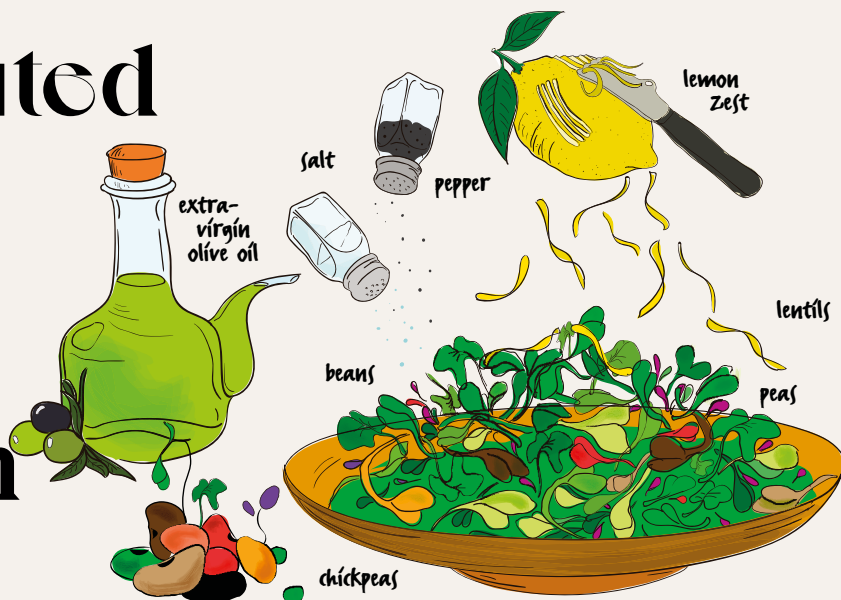
Bee's knees cocktail

CULTURE FOR THE
FUTURE OF EUROPE



10

Sprouted bean salad with lemon zest



Boost your immune system and increase your resistance to the seasonal flu or the occasional pandemics with this hearty sprouted bean salad, mixing nutritional properties of micro and small legumes. Drizzle with a lemon zest dressing: the citrus aroma brings an ethereal flavour to this regenerating and visually delightful dish.

Ingredients:

- Use any of the most common legumes in Europe, dating back to 10000 years BC, like beans, peas, lentils and chickpeas
- Zest of a sustainably and locally-grown lemon
- Extra-virgin olive oil, salt and pepper for dressing

Method:

- Place the beans (make sure you are using a wide variety of legumes) in a large bowl overnight and monitor carefully to ensure harmonious sprouting
- Use the highest environmental and quality standards to gather your sprouts the next day, conserving all of them for the recipe
- When adding the dressing, use lemon zest to vitalise the flavour of the micro and small sprouts in their variety



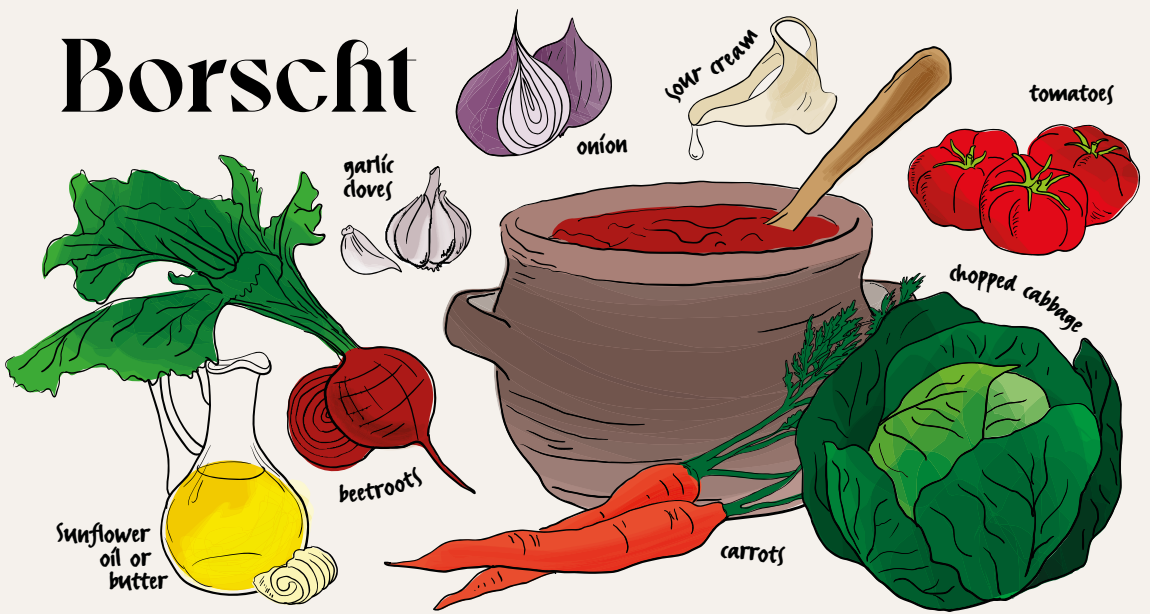
POST-COVID RECOVERY AND RESILIENCE OF CULTURAL SECTORS

As national investments are transformed into specific actions, open calls for proposals and targeted funding at the local level, **we call on the EU Institutions to monitor national cultural investments, and ensure they are effectively carried out**, in full transparency and with cultural stakeholders fully involved.

With many Member States using investments to renovate and safeguard cultural and heritage sites against the effects of climate change as well as skyrocketing energy prices, **we call on Member States to adopt the highest environmental and quality standards in the conservation and maintenance of Europe's historic buildings, and to set up support schemes to boost a just and people-centred energy transition.** This should also be done in the "cultural spirit" of the **New European Bauhaus** initiative in mind, respecting its core principles: **sustainability, inclusiveness and aesthetics, as well as in line with the principles of High-Quality Baukultur, promoted by the recently launched Davos Alliance.**

A large number of national recovery plans support infrastructural interventions in the cultural and creative industries, often prioritising big institutional players. We call on the Member States to support the culture and heritage scenes with due respect of their complexity and diversity, including the independent cultural scene, intangible art forms as well as micro and small organisations to safeguard the sustainability, variety and vitality of Europe's culture, heritage and creative sectors.

Borscht



Warm up and stand in solidarity with Ukraine with this Borscht recipe, a traditional vegetable soup made for centuries in Ukraine and many countries around Eastern Europe, where it is a central part of community life. The nutrients in this UNESCO intangible cultural heritage recipe may lower blood pressure, help fight chronic inflammation and protect your heart. Made with beetroots, cabbage, onions and tomato paste, some recipes add simmered beef, lamb or pork. In this version, meat is skipped for a more sustainable vegetarian red borscht.

Ingredients:

- Beetroot, carrots, chopped cabbage and tomatoes
- Sunflower oil or butter
- Large onion and garlic cloves, minced
- Vegetable bouillon
- Sour cream for serving

Method:

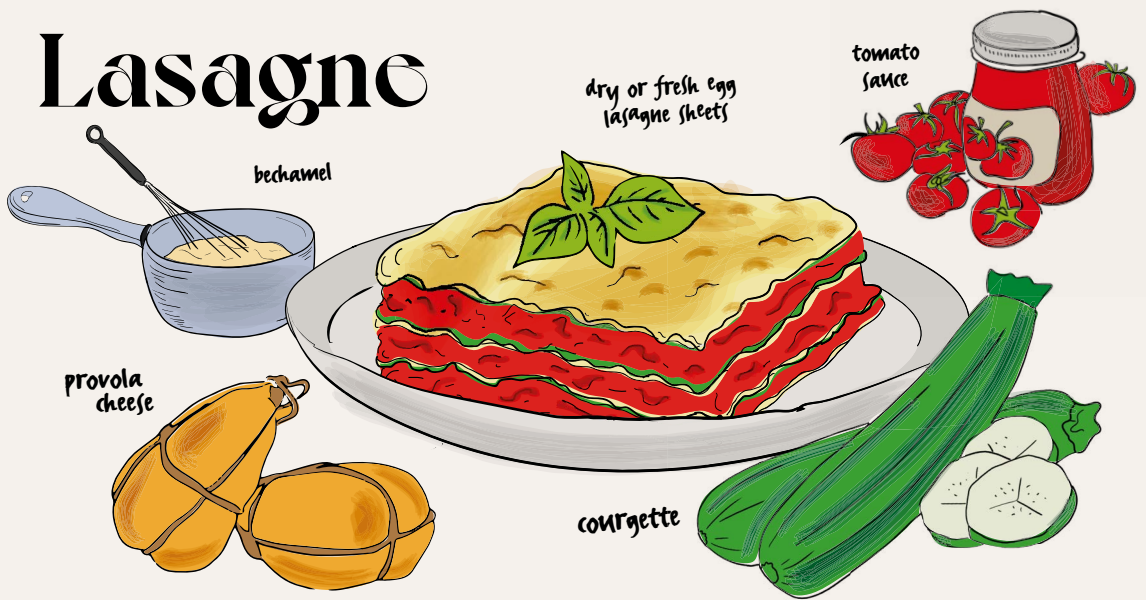
First, boil the beetroot, separately from other ingredients, to achieve a real, trustful taste of “Babusin Borscht.” Chop the rest of the ingredients and combine in a pot; the soup will have a stronger flavour when all ingredients are added together at the same time. Add beetroot and bouillon to the pot and boil until the vegetables are rich in flavour. When the vegetables are soft enough, add tomatoes for a stronger taste. Serve with a spoon of sour cream.



EUROPEAN CULTURAL DEAL FOR UKRAINE

We believe that in the EU we are stronger together in face of any crisis. **We urgently call on the EU to include Ukraine’s culture, heritage and creative sectors in the EU’s relief package** and within the EU humanitarian support to Ukraine, **including the macro-financial assistance package to help the country meet its financing needs. Culture, heritage and creative sectors should also be included in the Trust Fund for Ukraine** which will mobilise international donors, as endorsed by the Heads of State and Government in **the European Council Conclusions of 24-25 March 2022**.

Lasagne



This is a call for collaboration. Statuesque, glorious and mouth-watering, this multi-layered homage to Mediterranean food heritage brings together friends and families in preparation of the festival of flavours. The distinct taste of each element in this recipe is enhanced by an alliance with other ingredients. While an icon of the generous and prosperous city of Bologna, the ancestors of Lasagne can be traced to Ancient Rome. All varieties of lasagne from antiquity to modern days have one well-defined feature in common: togetherness.

Ingredients:

- Dry or fresh egg lasagne sheets
- Bechamel
- Minced courgette (as a veggie replacement for minced meat)
- Tomato sauce
- Provola cheese
- Lots of Mediterranean love and European sentiment

Method:

Create a unique structure able to sustain itself while keeping layers of different features, by placing one lasagne sheet on top of the other. Cover each layer with an abundant garnish made of tomato, provola cheese and minced courgette so that the dish holds together. To avoid burning your tongue and consequent emergencies, it is best served at a mild temperature, 30 minutes after it comes out of the oven.



A PLACE FOR EUROPEAN PHILANTHROPY

We call on the EU and its Member States to accelerate the exploration of establishing a European public-philanthropic emergency response and recovery mechanism dedicated specifically to the cultural, cultural heritage and creative ecosystem. Such a joint venture, based on a multi-stakeholder

approach, will strengthen these sectors through pooled funding and invest in their preparedness for future challenges. **We call on the European Commission to elaborate a legal and fiscal framework** for such joint emergency and funding mechanisms.

Onion

One onion in its entirety



The onion, a multi-layered and commonplace vegetable found in any household pantry, is a foundational element to so many dishes made across homes all over Europe. Alone it is strong and powerful, but it can also be used in an endless spread of dishes. Cook it alongside its fellow vegetables or with a multitude of spices in order for its essential flavour to strengthen, enrich and tie together any meal that will benefit everyone at the dinner table.

Ingredients:

One onion in its entirety (you can choose any onion from across Europe, but don't forget that your locally-sourced ones are also strong and flavourful)

Method:

When choosing a recipe that features onions, don't wait till the end to add your onions in order to reach optimal flavour. It is the basso continuo of many good recipes. Simplify complex menus and choose onion-based recipes that can be shared with more people around the table. Not all dishes need an entire onion, tailor them to your specific needs. Ask other cooks in your neighbourhood how they prepare their onions; you might be surprised by what new recipe and cooking techniques you can add to your recipe box. Embrace the lasting aftertaste!

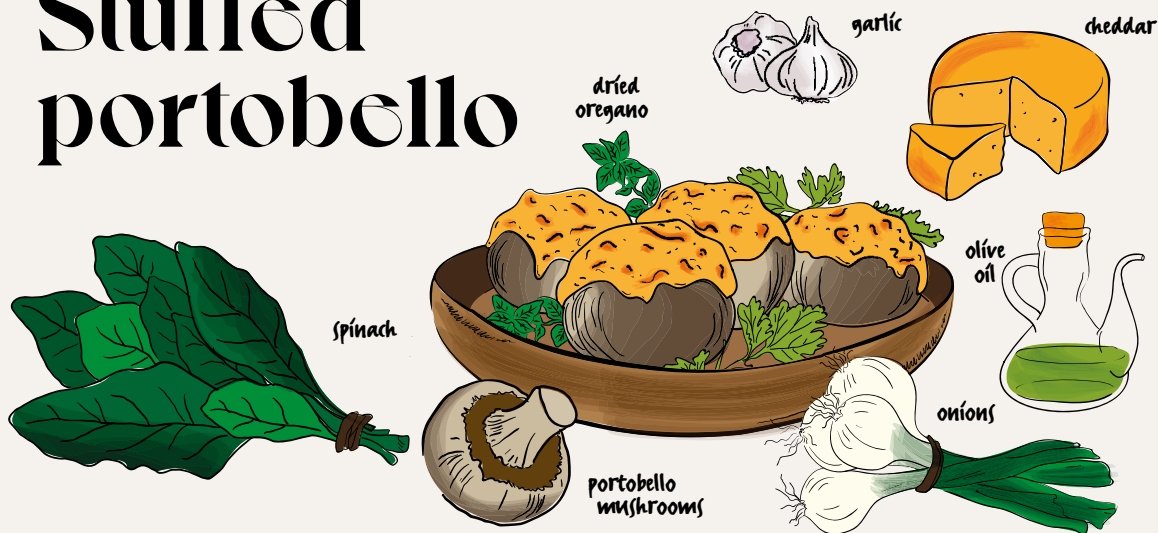


CULTURE IN ALL EU POLICIES AND PROGRAMMES

In order to effectively mainstream culture and cultural heritage across EU actions and priorities, **we call on the EU to adopt a comprehensive and robust strategy and framework for its cultural policy**, as called for by the new Council Work Plan for Culture 2023-2026: global yet sensitive to local contexts, ambitious, clear and understandable. The process of developing **a new strategic framework must meaningfully involve cultural stakeholders and civil society active in the wider field of culture.**

We call on the network of **Creative Europe Desks** as well as other actors, e.g. the **Europe Direct info points, European Commission representations and European Parliament liaison offices** in Member States, **information points and national desks** of respective EU programmes, **Culture Ministries and their agencies** as well as EU offices in regions and cities to further increase their involvement in promoting available opportunities among cultural operators, especially micro and small ones. At the same time, **we call on the EU not only to simplify the existing procedures to the maximum, but also to tailor** available programmes and opportunities to the needs of the cultural sectors.

Stuffed portobello



Appreciate a standalone taste of the seasonal portobello! Replete with plentiful health and wellness benefits, the Portobello is a powerhouse of nutrients and minerals and also constitutes a solid base to contain a diversity of fillings adaptable to any taste. Like other fungi, it plays a crucial role in the balance of ecosystems: it strives in seemingly hostile environments, thanks to a most successful symbiosis with photosynthetic organisms like algae to produce lichens. Fungi may not be obvious in the way large animals or tall trees appear, yet with their versatile metabolism, they can uniquely break down organic matter which would not otherwise be recycled. Stuffed with a mixture of spinach, onions, garlic, and cheddar, this dish is delicious and surprisingly easy to make.

Ingredients:

- Portobello mushrooms (try to find mushrooms that aren't too shallow or too deep, you want them to perfectly embrace the filling)
- Spinach, onions, garlic and cheddar (classics that you can find all over Europe)
- Olive oil, salt, black pepper, dried oregano or thyme for adding aroma

Method:

Gently wipe mushrooms with a damp towel and brush with olive oil. Grill until tender, about 4 minutes each side. Place them upside down on paper towels to drain off any liquid. Steam the spinach, then heat the olive oil and cook the onion until golden brown. Add the garlic, spinach, salt, black pepper, thyme or oregano to taste, simmering for 2 more minutes. Allow to cool for a couple of minutes, then stir in the cheddar cheese. Evenly distribute the spinach mixture among the mushrooms. Do not press down on the filling; it looks prettier when piled on top of the mushrooms. Place the stuffed mushrooms in the oven until the stuffing is golden brown. Serve immediately.



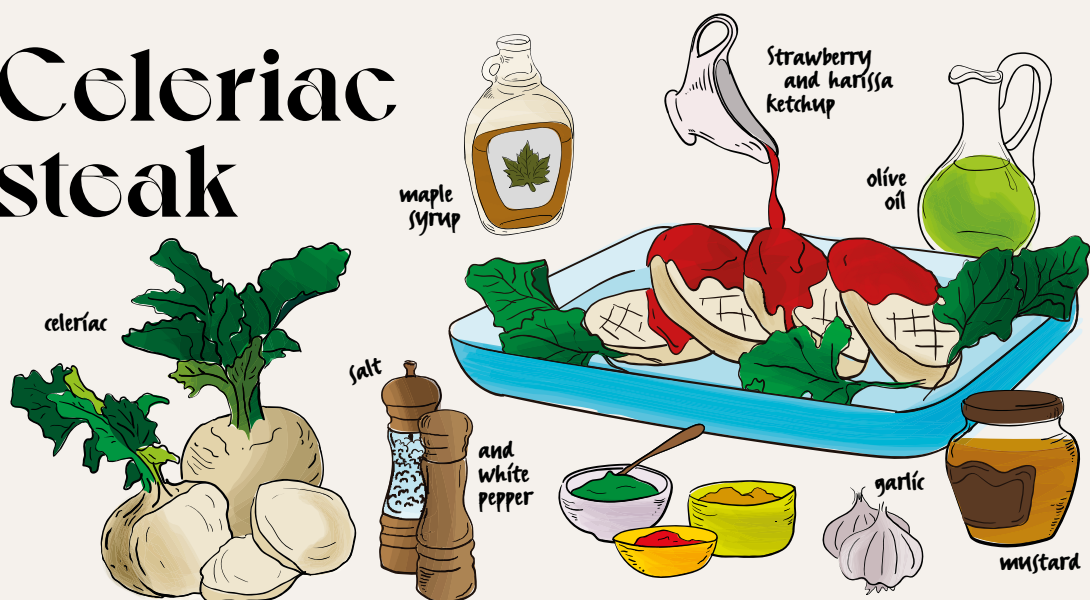
CULTURE IN 2030 SUSTAINABLE DEVELOPMENT GOALS

As work on the challenges of the post-2030 Sustainable Development Agenda begins, **we call on the EU and its Member States to speed up efforts to realise the potential of culture and cultural heritage as drivers of peace, sustainable development and social justice** and ensure strengthened ties between culture and sustainability. This

should take place in two ways: **culture and cultural heritage as transversal dimensions to articulate the three existing Sustainable Development Goals (SDGs) pillars, and the inclusion of a specific, culture-related Goal** in the revision of the SDGs as a response to global campaigns such as the **#Culture2030 goal**.

We call on the EU to introduce a new narrative, by not only speaking about sustainability, but also by emphasising culture as a vector for the implementation of all SDGs. We call on Member States to mainstream culture and cultural heritage into sustainability-related discussions by engaging other ministries, beyond those responsible for culture, in their exchanges.

Celeriac steak



Embark on the path towards the green transition! You can find easy-to-cook, healthy, sustainable and cruelty-free alternatives to meat. Remember that sometimes traditions can be changed and challenged! Bring a new twist to the traditional steak recipe and get creative with your own sauce pairings.

Ingredients:

- Celeriac, found underneath the many soils of Europe
- Garlic
- Olive oil from Greek islands
- Mustard, use a good quality Dijon or English mustard
- Organic German maple syrup
- Salt from Polish salt mines and white pepper

Method:

Peel the celeriac and trim off the ends. Slice it into four thick rounds. Score shallow lines in a crosshatch pattern on both sides of each “steak”. Mix together the oil, mustard, maple syrup and garlic. Brush each celeriac steak on both sides with the marinade.

Bake for 25 minutes, flip over and brush with the remaining marinade and bake for a further 15-20 minutes. Dress your celeriac steak with any exciting, fresh sauce. Here are a few ideas to try: chimichurri, strawberry and harissa ketchup, honey sesame sauce, red wine sauce with butter and shallots, Béarnaise sauce for a finest touch, blue cheese (any blue cheese) sauce, creamy whisky sauce.



CULTURE AND THE EUROPEAN GREEN DEAL

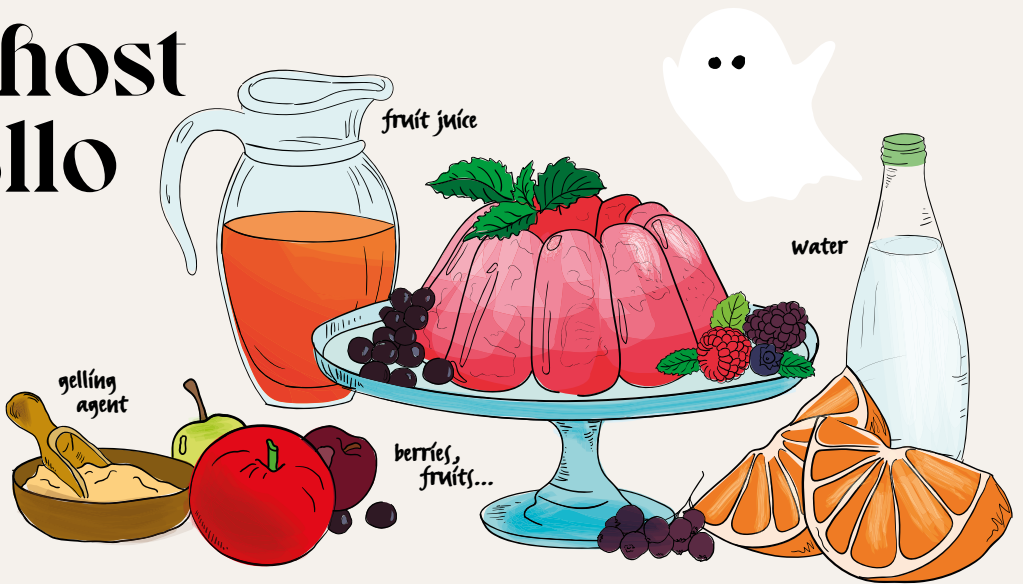
The European Green Deal needs to go hand in hand with a Cultural Deal for Europe.

We call on the EU to fully **incorporate culture and cultural heritage in the European Green Deal** as key assets for addressing societal, environmental and economic challenges

that require transversal and multidisciplinary responses.

We call on the EU to expand and promote the available financial and capacity-building opportunities for culture and cultural heritage on its path towards green transition.

Ghost jello



Manifest the ghost! Transparent and shaky, this delectable dessert is extremely unique in its outer appearance and easily adaptive to cooking innovations and nutritional trends. There is only one irreplaceable ingredient in the Ghost jello recipe: the gelling agent, which gives the beautiful dish its body, sturdiness and an “unbearable lightness of being.” It devotes its unique quality to giving texture to diverse flavours, takes different shapes and brings the dish together in one whole unit. Choosing Ghost jello for the dessert is an act of embodiment, recognition and an aesthetic experience.

Ingredients:

- Gelling agent (gelatine, agar, carrageenan...)
- Water
- Berries and fruits cut in pieces
- Fruit juice

Method:

Add your gelling agent to a small amount of water and leave it to rest until the mixture emulsifies. Meanwhile, pour the fruit juice into a bowl and heat it gently. Leave it to cool down a bit. Add the gelling mixture to the fruit juice and whisk it gently, avoiding sharp movements not to shatter the process of jellification. Add berries and fruits to make it even more appealing. Leave it in the fridge for 4 hours minimum. Let it chill in an ambient temperature for 20 minutes before serving.



WORKING CONDITIONS OF ARTISTS AND CULTURAL WORKERS

We call on the EU and its Member States to achieve progress with benchmarking existing national policies in the framework provided by the current EU Member States' expert group on the **working conditions of artists and cultural professionals.**

However, such an exercise **should not be limited to sketching out a compilation of concrete measures.** It must **pave the way towards a minimum common understanding** of what is needed at the EU level to improve the working conditions in the culture, heritage and creative sectors, starting with a shared definition of what “cultural work” means and what its atypical and specific features are.

We call on EU Member States to build on the progress already made by some EU countries on labour rights for artists and cultural workers, and **on the EU to look for common standards** in order to cement a future European framework for working conditions in the culture, heritage and creative sectors. Such a tool should balance the various national and regional realities, and create minimum labour standards and social rights in a sector where mobility, work across borders, intermittency or unpaid work (including research or the preparation of projects) remain the main challenges to stable living and working conditions.

Bee's knees cocktail



Cheers to bees, the greatest pollinators we all depend on for our survival! These busy bumbling insects play an essential role in keeping our planet healthy and safeguarding biodiversity. Sacred passages about bees in all mythologies highlight their significance to human societies over millennia. They provide high-quality food and materials, contribute directly to food security, and inspire with their intricate communal lifestyle. Sip this refreshing bee's knees cocktail with friends over discussions on the future of our continent and our planet!

Ingredients:

- Sustainably harvested honey
- Juice of 1 lemon
- Gin or favourite non-alcoholic substitute
- Lemon twist, for garnish

Method:

Prepare honey syrup from equal parts of honey and water, simply warming the two together. Before juicing your lemon, use a vegetable peeler to peel off a strip(s) of zest for your twist. Fill a cocktail shaker with ice. Pour in the honey syrup, lemon juice and gin/substitute. Give it a good shake as you would if you wanted to break the separation walls down. Shake again for an extra 30 seconds for the best temperature and taste. Serve in wide glasses and garnish with the lemon twist. Enjoy while cold, together with new and old friends, listening to a nice jazz vinyl.



CULTURE FOR THE FUTURE OF EUROPE

As called for at the closing of the Conference on the Future of Europe, we believe that the EU needs to find **inclusive and practical methods of working together with its citizens and partners from across the entire continent**, including in the wider field of culture. We believe that culture and cultural

heritage have a key role to play in advancing democracy and expunging the notion of a “fortress Europe”, by building bridges and fostering respect and understanding between citizens and communities, and by removing any fences or artificially-created borders. **We, therefore, call on the EU and its Member States to fully acknowledge the role and place of culture for a better future of our continent** and stand ready to take an active part in the related exchanges and follow-up action.

#CulturalDealEU

2022 - 2024

The Cultural **Meal** for Europe is Culture Action Europe's (and its members') tasty contribution to the Cultural Deal for Europe Campaign, developed by Culture Action Europe, the European Cultural Foundation, and Europa Nostra, acting also on behalf of the European Heritage Alliance.

culturaldeal.eu



Culture Action Europe

13 rue Baron Horta

1000 Brussels, Belgium

+32 2 534 40 02

contact@cultureactioneurope.org

Find out more about us and stay informed
by subscribing to our newsletter at:

cultureactioneurope.org

f [@CultureActionEurope](https://www.facebook.com/CultureActionEurope)

t [@actforculture](https://twitter.com/actforculture)

@ [culture_action_europe](https://www.instagram.com/culture_action_europe)

in [Culture Action Europe](#)

European Cultural Foundation



**Co-funded by
the European Union**

Co-funded by the European Union and the European Cultural Foundation. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the funders. Neither the European Union nor the European Cultural Foundation can be held responsible for them.