



TRansition paths to sUustainable
legume-based systems in Europe



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RECIPE - Your contribution to the legume cookbook

Thank you for providing us with your legume recipe for the legume cookbook! Please fill in all fields marked with (*). The other fields are optional but provide us with valuable information which you are therefore also welcome to fill in. Please send the completed form

by e-mail to:

cookbook@slowfood.de

or by mail to:

Slow Food Deutschland e. V.
Hülsenfrucht-Kochbuch
Luisenstraße 45
10117 Berlin
Germany

General information and questions*

First name, last name*	<input type="text"/>
E-mail*	<input type="text"/>
Street, house number*	<input type="text"/>
Postcode, city, country*	<input type="text"/>

Slow Food member	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you involved with Slow Food and in which network? (e.g. Chef Alliance, SF Youth, Convivium leader, etc.)	<input type="text"/>

Your legume recipe*

1. What is your legume recipe called?*



Transition path to sustainable legume-based systems in Europe (TRUE) has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 727973.

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Please note: Please only indicate recipes that you have developed yourself. If you use other sources, please inform us about the authors.

2. Which legumes are used for your dish? * Do you know the Latin name?

3. Is the legume a passenger of the Ark of Taste* or a Presidium product**?

***The Ark of Taste** is an international project of the Slow Food Foundation for Biodiversity which protects and promotes endangered traditional breeds, crops and foods and helps to prevent the extinction of our culinary and cultural heritage.

****Presidi** are tangible examples of new sustainable farming. They preserve local ecosystems, local traditions, and create food of unique quality. While the Ark of Taste describes and registers what is worth protecting, and thereby saves it from oblivion, the Presidium takes on active tasks on protecting and promoting it. A Presidium is a network of committed farmers, artisanal food manufacturers, interested distributors, cooks, academic experts, and conscious consumers who together engage actively in the preservation of specific crops, breeds, foods, and cultivated landscapes.

Ingredients and preparation *

Number of portions	<input type="text"/>
Preparation time	<input type="text"/>
Type of dish (starter, main dish, dessert, cake)	<input type="text"/>
Ingredients (in grams)	<input type="text"/>

Please note: The ingredients description should be as detailed as possible, for example if the flour is whole grain, if the sugar is white or brown, or if an ingredient is low fat or full fat, etc. Thank you!



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4. Preparation

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Tips

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Photos and more

- If you have pictures of your dish, of the legume or of people (for example eating it), please send them to us – including copyright information (last name, name of copyright holder, year). The photo should have a resolution of 300dpi.
- If you want the colleagues of the Slow Food Germany office to cook your recipe and enjoy your favorite legume, you are welcome to send us a sample to the address stated above. We will be happy to return the favor by sending you a picture of the dish and the legume.

Thinking outside the pot: The background of your legume recipe

1. Which other legumes can be used to substitute the one from the recipe in case it is not available in this region/ season?

2. What are typical and suitable side dishes for this legume?

3. Where do you get the legume from? Where can this be purchased?



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4. How and where is this legume grown? Do you know their specific growing conditions?

5. What is the story behind your dish - what can you tell?

- e.g. How old is this recipe?
- e.g. Is your recipe eaten at special occasions and are any customs tied to it? What traditions does the recipe entail and what are the occasions (public holidays, family situation) in which this dish is typically eaten?
- e.g. Do you know other variations of the recipe?



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6. Why do you like cooking with legumes? What do you like about this food in the kitchen and in general?

Questions?

- For any remaining questions about this template or the cookbook, please don't hesitate to contact us: cookbook@slowfood.de



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Information on the intended use of the data

The protection of your personal data is important to us. We want to inform you about the purpose for which we collect, store, or pass on data and for what purposes we use your recipe as well as the additional information and images:

Use of data and information

The data collected in this survey will be stored and processed by Slow Food Deutschland e. V. for the purpose of creating and disseminating the Legume Cookbook. Your indicated email address will be used exclusively for communication purposes within the framework of the TRUE project and will not be passed on to third parties without your explicit agreement. In accordance with its statutes, Slow Food Deutschland e. V. will publish your submitted recipe along with the additional information and picture submitted in digital and print communication channels. These include the cookbook, the Slow Food magazine or other publications, as well as press releases and articles on the Slow Food website. You give Slow Food Deutschland e. V. a non-exclusive right to use the recipe for free and for an unlimited duration. This right is also valid for the information and the photo submitted along with the recipe. The copyright for the photo is with the respective photographer.

The recipe and the accompanying information will be published with indication of the name, city and country of the submitter.

Within the framework of the TRUE project, the recipe is passed on to the project partners of the TRUE project to calculate the nutritional value and ecological footprint for the recipe.

Address of the institution in question

Slow Food Deutschland e. V.
Dr. Ursula Hudson, President
Luisenstraße 45
10117 Berlin
Tel. (0 30) 2 00 04 75-0
Fax (0 30) 2 00 04 75-99
Email: info@slowfood.de

Data protection officer

Dr. Tilo Levante
datenschutz@slowfood.de



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Your rights

You have the right to obtain information about your personal data. You can also request the correction of incorrect data.

In addition, under certain conditions, you have the right to have your data deleted, the right to restrict data processing and the right to data portability.

Your data will be processed based on legal regulations. We need your agreement only in exceptional cases. In these cases you have the right to revoke your agreement for future processing.

You also have the right to complain to the supervisory authority in charge of data protection, if you believe that the processing of your personal data is not lawful.

The address of the supervisory authority responsible for us is:

Berliner Beauftragte für Datenschutz und Informationsfreiheit
Friedrichstr. 219
10969 Berlin

Tel.: +49 (0)30 13889-0

Fax: +49 (0)30 2155050

Email: mailbox@datenschutz-berlin.de

Legal foundations

The legal basis for the processing of your data is Section 22 Paragraph 1 No. 1 lit. a, b, c and f) of the Federal Data Protection Act.

With my signature, I confirm that I have granted Slow Food Deutschland e. V. a non-exclusive, free, right to use the recipe for an unlimited amount of time and that this right is also valid for the information and the photo submitted along with the recipe. I confirm that I have been informed of the intended use of the data collection and storage.

City, date and signature



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