

A Recipe for Change: A bite of carbon peak and carbon neutrality

Translated by Richard

Abstract: Carbon emissions from food production, consumption and waste cannot be ignored, and their impact on climate change need to be paid attention to. Meanwhile, the impact of climate change on food security is growing globally, especially in developing countries. Therefore, it is particularly important to study and improve the carbon emissions produced by food for carbon reduction. The book *Cookbook in Support of the United Nations* by Earlene Cruz and the Kitchen Connection Alliance, in collaboration with the United Nations, contains 75 sustainable recipes from around the world, to help individuals, farms and food companies to take more sustainable practices with food. However, sustainable diet is sometimes not so popular, for instance, during the 26th UN Climate Change Conference of the Parties (UNFCCC COP26) in 2021, sustainable food was not so well-received. Although these diets mean less carbon emissions, they still cannot satisfy people's pursuit of delicious food. It can be seen that food carbon reduction has a long way to go, and how to balance sustainability and deliciousness is believed to have great potential in the future.

Key words: Climate change, climate action, carbon reduction, sustainable diet

United Nations Framework Convention on Climate Change (UNFCCC). A Recipe for Change: A bite of carbon peak and carbon neutrality. Richard, tr. BioGreen - Biodiversity Conservation and Green Development. Vol.1, January 2023. Total issues 34. ISSN2749-9065



Source: Lara Ferroni via Kitchen Connection





ON SIKIL BI BUTUL Black Bean Pipian

Rosalba Chay Chuc
Mayan Community
Atlix, Mexico

Level 2 | **Intermediate**
This recipe is suitable for people who are comfortable with basic cooking techniques and have some experience with the kitchen.

Ingredients (Serves 4):
1 cup dried black beans (soaked overnight)
1 onion, finely chopped
2 garlic cloves, minced
1/2 cup tomato sauce
1/2 cup chicken stock
1/2 cup corn kernels
1/2 cup corn tortillas, cut into strips
Salt and pepper to taste

Instructions:
1. In a large pot, add the soaked black beans, onion, and garlic. Cover with water and bring to a boil. Reduce heat and simmer for 1 hour.
2. Add the tomato sauce, chicken stock, and corn kernels. Simmer for 15 minutes.
3. Serve the soup over corn tortillas, garnished with salt and pepper.

Notes:
- This recipe is a traditional Mayan dish from the Yucatán Peninsula.
- The beans used should be black beans, not kidney beans.
- The corn tortillas should be fresh and not too thick.



Source: Lara Ferroni via Kitchen Connection

Read more:

<https://unfccc.int/news/a-recipe-for-change>

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