

SUSSEX SURPLUS PRESENTS



# ONE POT MANIFESTO COOK BOOK

A COOKBOOK FOR  
EVERYONE

JOSHUA BROWN



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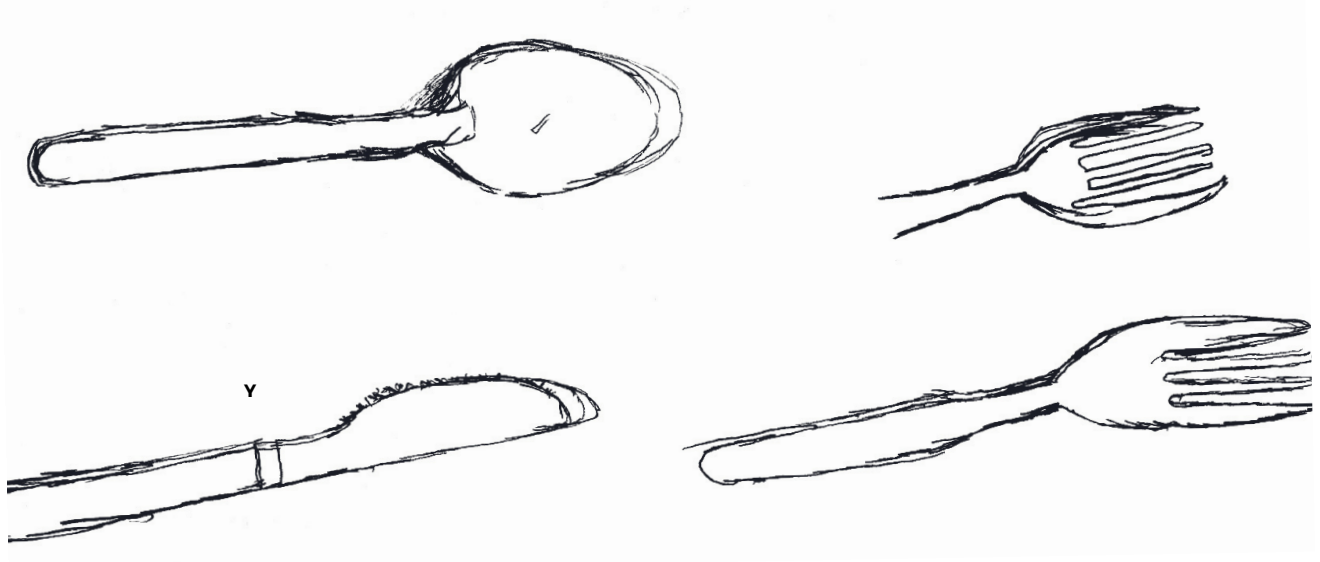
# INTRODUCTION

I'M JOSH AND I LIVE AND WORK IN EAST BRIGHTON. IN 2022 I PRESENTED MY ONE POT MANIFESTO AT COP26 IN GLASGOW. YOU WILL FIND MY MANIFESTO ON THE NEXT PAGE.

I WORK AS A CHEF AND I LOVE DRAWING AND ART. THE CREATION OF THESE RECIPES AND THIS BOOK IS THE NEXT STEP TOWARDS CREATING A ONE POT COMMUNITY. WE ARE HOLDING A MONTHLY SUPPER CLUB TO COOK THE RECIPES AND WE HOPE YOU WILL DO THE SAME IN YOUR OWN COMMUNITIES.

THIS COOKBOOK IS FOR EVERYONE AND I WANTED IN PARTICULAR TO THINK ABOUT HOW TO HELP ANYONE WHO STRUGGLES WITH ACCESS TO GOOD FOOD. THESE BARRIERS CAN INCLUDE POVERTY, DISABILITY, LACK OF EDUCATION AND NEURODIVERSITY.

THESE RECIPES ARE THEREFORE SIMPLE, EFFECTIVE AND LOW COST. I AM NEURODIVERSE AND HAVE TESTED AND COOKED THEM REGULARLY - I HOPE YOU FIND THEM AS DELICIOUS AS I DO!



# THE ONE POT MANIFESTO

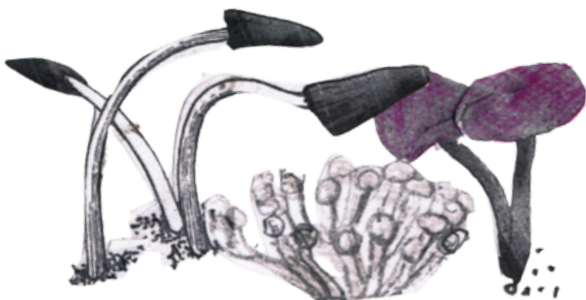
## I'm calling for social change activism

My name is Josh Brown. This is my manifesto calling for the food system to be more communal, regenerative, healthy and fair. I see lots of people experiencing homelessness, people using food banks, and not having enough food or healthy food for themselves and their children.

I interviewed some family members about the food system they grew up with. The drawing on this manifesto is of my great grandparents who grew all their food which is inspiring to me.

## A Food Community Coop in Every Town

I'd like to see the first ever food community coops in every town. There are many empty buildings and councils could give the coops some space. This means people coming together to grow food, use surplus food, exchange ideas, cook and eat together, It is taking back power. Waiting for those at the top to help isn't an option as we all know.

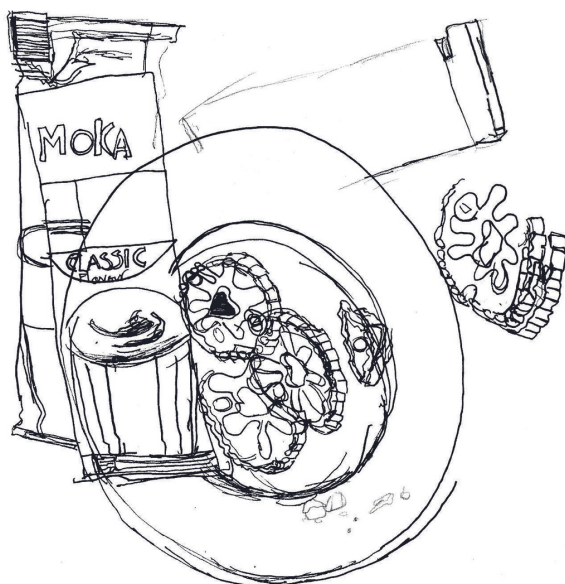


## Shared Work and Food

Community work would not be paid in money. It would be planting, growing, creating compost, going out gleaning and foraging and learning from farms and permaculture places. There would also be work preparing food, cooking, serving, clearing up, cleaning the space, also maybe renovating the space at first. Everyone in the community would sign up to do some work each week. Sometimes there would be group days. The community would vote for someone to coordinate everything each month and this would change.

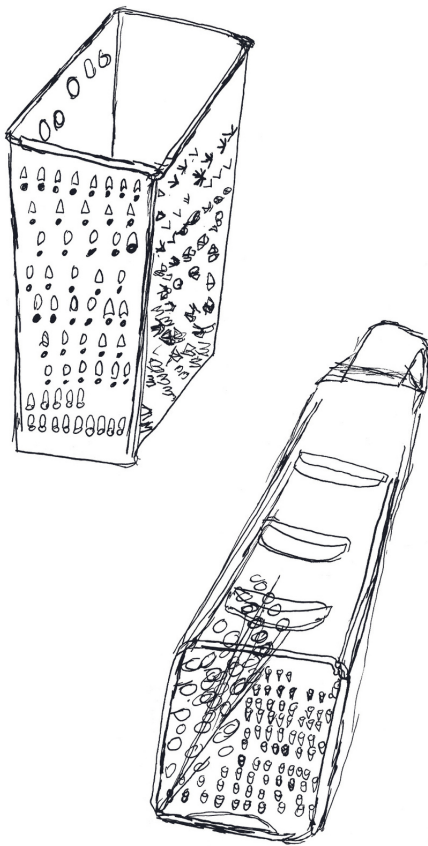
## The One Pot Community

Everyone is included - old, young, able, disabled, unemployed, employed, with councils and small and large businesses donating. I like the idea of cooking a big pot of food made from whatever there is that day and sharing this in the coop, eating round the table. So even if you have no food in the house and no money you know you can still eat and contribute. There would be food left to share with the homeless also. The One Pot Community is a place where there is ENOUGH FOR ALL.



# NOTES & GUIDANCE

THE IDEA OF THIS BOOK IS THAT IT IS EASY AND ACCESSIBLE FOR ANYONE TO USE. WE ARE WORKING ON CREATING VIDEO AND AUDIO GUIDES AS WELL, PLEASE GET IN TOUCH IF YOU WOULD LIKE ACCESS TO THESE FOR YOU AND YOUR COMMUNITY.



WE HAVE STARTED AN AMAZING ONE POT SUPPER CLUB AND REALLY HOPE THAT YOU ARE INSPIRED TO DO THE SAME. THE RECIPES SHOW AMOUNTS FOR 1 OR 4 PEOPLE AND ARE EASY TO COOK FOR UP TO 20 PEOPLE!

THIS BOOK IS ALSO AVAILABLE ONLINE AS A FREE PDF, PLEASE FEEL FREE TO PRINT AND DISTRIBUTE IN YOUR COMMUNITIES.

IF YOU COOK OUR RECIPES OR DEVELOP YOUR OWN ONE POT DISHES OR SUPPER CLUBS WE WOULD LOVE TO HEAR FROM YOU.

**SUSSEXSURPLUS@FEEDBACKGLOBAL.ORG**  
**INSTAGRAM - @ONEPOTMANIFESTO**

# NOTES & GUIDANCE

## A NOTE ABOUT PANS.

ALL OF THESE RECIPES ARE DESIGNED TO BE COOKED IN **ONE POT**. BE SURE TO CHOOSE ONE WITH A LID AND THAT HAS A GOOD THICK BOTTOM SO THAT THE FOOD DOESN'T BURN.

## QUANTITIES EXPLAINED.

EACH DISH LISTS THE INGREDIENTS NEEDED TO COOK THE DISH FOR 1 OR FOR 4 PEOPLE. IF YOU NEED TO COOK FOR 2 THEN DOUBLE THE INGREDIENTS FOR 1, IF YOU NEED TO COOK FOR 8 THEN DOUBLE THE INGREDIENTS FOR 4 AND SO ON! WE HAVE TESTED THE RECIPES FOR UP TO 20 AND THEY WORK GREAT.

THE QUANTITIES ARE GENEROUS SO MAKE SURE YOU HAVE A TUPPAWARE READY TO PUT ANY LEFTOVERS IN THE FRIDGE OR FREEZER FOR ANOTHER DAY. ALL OF THESE RECIPES FREEZE WELL.

## SIMPLE SPICING

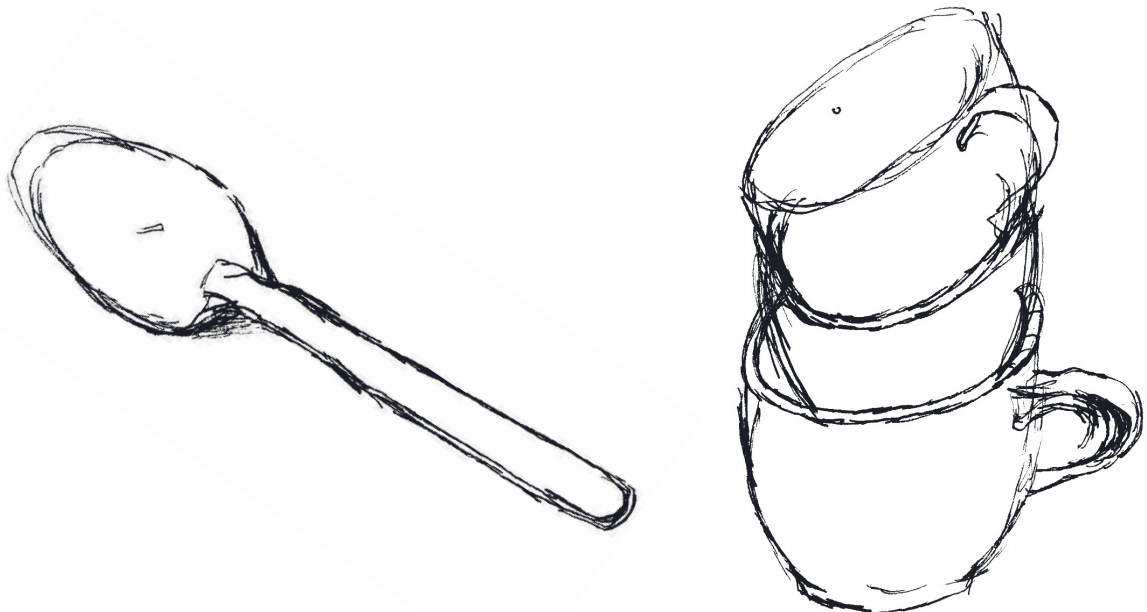
MOST OF THE RECIPES USE A DRIED HERB OR SPICE, THESE ARE GREAT FOR FLAVOUR AND HEALTH. DON'T WORRY IF YOU DON'T HAVE ALL OF THEM AND FEEL FREE TO SWAP THEM OUT FOR FLAVOURS YOU ENJOY.

## A NOTE ABOUT TINS

ALWAYS DRAIN AND RINSE YOUR TINS OF BEANS OR PEAS BEFORE USING THEM FOR THESE RECIPES. YOU CAN SAVE BEAN WATER AND USE IT IN VEGAN COOKING, SEARCH 'AQUA FABA' ON THE INTERNET FOR MORE INFO!

# MEASUREMENTS

- **CUPS** - WE HAVE USED CUPS TO AVOID THE NEED FOR FIDDLY MEASUREMENTS. PLEASE USE WHATEVER CUP YOU HAVE TO HAND, FILL IT TO THE TOP AND KEEP USING THE SAME CUP THROUGHOUT THE RECIPE.
- **TBSPS** - **TABLESPOONS** - IF YOU HAVE A SET OF MEASURING SPOONS THEN PLEASE USE THE BIGGEST ONE. IF NOT THEN PLEASE USE A HEAPED DESSERT SPOON.
- **TSPS** - **TEASPOONS** - IF YOU HAVE A SET OF MEASURING SPOONS THEN PLEASE USE THE SECOND SMALLEST ONE. IF NOT THEN PLEASE USE A HEAPED TEASPOON.





# ONE POT PASTA

INSPIRED BY A DISH FROM PUGLIA IN ITALY, THIS ONE POT DISH IS EASY, SATISFYING AND REALLY EASY TO CHANGE TO YOUR TASTE.

## INGREDIENTS

### FOR 1 PERSON

125G  
½ TIN  
1 SMALL  
1 CLOVE  
¼ TIN  
1 TBSP  
2 TBSP  
1 SPRIG  
250ML  
½ TSP  
TO TASTE

**SPAGHETTI**  
**TIN TOMATOES**  
**ONION**  
**GARLIC**  
**CHICKPEAS**  
**OLIVE OIL**  
**OLIVES**  
**BASIL**  
**WATER**  
**CHILLI FLAKES**  
**SALT & PEPPER**

### FOR 4 PEOPLE

500G  
2 TINS  
2 LARGE  
4 CLOVES  
1 TIN  
2 TBSP  
4 TBSP  
4 SPRIGS  
1 LITRE  
1 ½ TSPS  
TO TASTE

THIS DISH IS GREAT TO ADAPT TO YOUR TASTES - YOU CAN USE ANY PASTA, ANY KIND OF PULSE OR BEAN AND THE CHILLI FLAKES ARE OPTIONAL!- TRY ADDING YOUR FAVOURITE PASTA INGREDIENTS AND SEE WHAT WORKS.



# ONE POT PASTA

## METHOD

- PEEL & SLICE YOUR ONIONS
- PEEL & FINELY SLICE OR CHOP YOUR GARLIC
- PUT ALL YOUR INGREDIENTS IN A LARGE PAN
- BRING IT TO THE BOIL ON A MEDIUM HEAT
- COOK FOR 9-10 MINUTES, UNTIL THE PASTA IS COOKED TO YOUR LIKING. STIR REGULARLY.
- SERVE! ADD A LITTLE FRESH BASIL, GRATED CHEESE OR TOASTED BREADCRUMBS



# ONE POT PASTA

A DIFFERENT VERSION THAT SHOWS JUST HOW VERSATILE THIS DISH CAN BE. YOU CAN USE FROZEN OR TINNED PEAS OR BEANS, ANY MILK YOU LIKE AND THE OTHER FLAVOURS ARE ALL OPTIONAL TO YOUR TASTE.

SIMPLY CHOP AND FRY OFF THE MUSHROOMS IN OIL OR BUTTER AND THEN FOLLOW THE INSTRUCTIONS ON THE PAGE 9.

## INGREDIENTS

### FOR 1 PERSON

125G  
1 TBSP  
(SMALL)  
1/4 TIN  
A SPRIG  
100ML  
100ML  
1/2 TSP  
1/2 TSP  
1/4 TSP

**PASTA**  
**BUTTER OR OIL**  
**HANDFUL OF MUSHROOMS**  
**PEAS**  
**ROSEMARY OR SAGE**  
**WATER**  
**MILK**  
**SMOKED PAPRIKA**  
**DRIED OREGANO**  
**BLACK PEPPER**  
**SALT TO TASTE**

### FOR 4 PEOPLE

500G  
3 TBSP  
(LARGE)  
1 TIN  
2 SPRIGS  
400ML  
400ML  
2 TSP  
2 TSP  
1 TSP



ALL VERSIONS OF THIS DISH ALSO WORKS GREAT ON THE CAMPFIRE! AS A 'NO DRAIN PASTA' YOU DONT NEED A SIEVE OR COLANDER.

# ONE POT PILAU

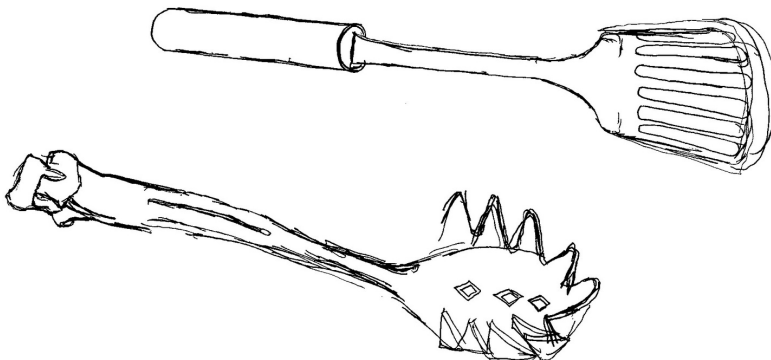
THIS AMAZING RICE DISH IS SIMPLE, DELICIOUS AND REALLY FLEXIBLE. VERSIONS OF THIS MEAL ARE COOKED AND ENJOYED ALL OVER THE WORLD, FEEL FREE TO EXPERIMENT AND MAKE THIS DISH YOUR OWN. WE USED LEMON BALM AS OUR HERB WHICH GROWS FREELY AROUND THE ESTATE WE WORK ON!

## INGREDIENTS

### FOR 1 PERSON

### FOR 4 PEOPLE

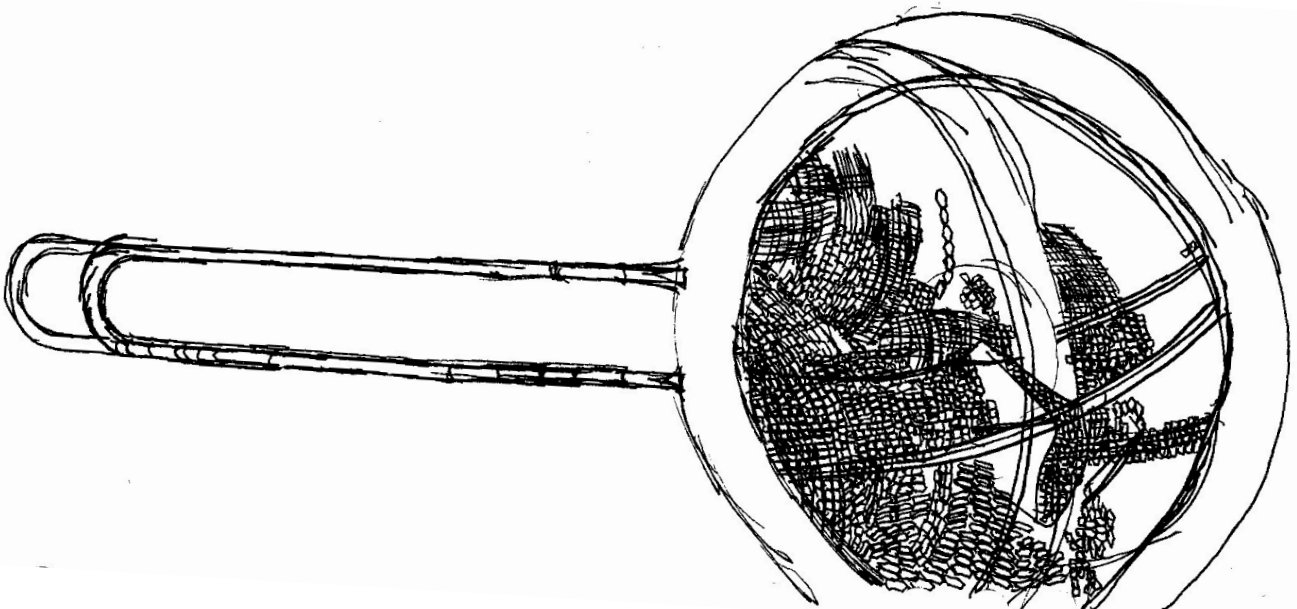
1 TBSP	<b>OIL</b>	3 TBPS
1/2	<b>ONION</b>	2
1	<b>CARROTS</b>	4
1/2	<b>LEEK</b>	2
100G	<b>BROWN LENTILS</b>	300G
100G	<b>BASMATI RICE</b>	400G
500ML	<b>VEGETABLE STOCK</b>	2000ML
1/2 TSP	<b>TURMERIC</b>	2 TSP
1/2 TSP	<b>GARAM MASALA</b>	2 TSP
1/2 TS	<b>GROUND CORIANDER</b>	2 TSP
1	<b>CINNAMON STICK</b>	3
(SMALL)	<b>HANDFUL NUTS/SEEDS</b>	(LARGE)
1/4	<b>ZEST OF LEMON/ORANGE</b>	1
(SMALL)	<b>HANDFUL FRESH HERBS</b>	(LARGE)
	<b>SALT TO TASTE</b>	



# ONE POT PILAU

## METHOD

- PEEL & SLICE YOUR ONIONS
- WASH AND DICE YOUR CARROTS
- SLICE YOUR LEEKS AND WASH THEM WELL.
- ADD ALL YOUR VEGETABLES TO THE PAN WITH YOUR OIL AND FRY OVER A GENTLE HEAT FOR 5 MINUTES, STIRRING OFTEN
- ADD YOUR SPICES, SALT AND PEPPER, STIR IT WELL AND COOK FOR 1 MINUTE
- WASH YOUR LENTILS AND ADD TO THE POT WITH THE VEGETABLE STOCK
- COOK FOR 5 MINUTES, STIRRING OFTEN.
- WASH AND ADD YOUR RICE. STIR WELL.



# ONE POT PILAU

- PUT A LID ON YOUR POT, KEEP THE HEAT LOW AND LEAVE TO COOK FOR 10-15 MINUTES, CHECKING REGULARLY
- AS SOON AS YOUR RICE AND LENTILS ARE SOFT IT IS DONE!
- SPRINKLE YOUR NUTS OR SEEDS, CITRUS ZEST AND HERBS ON TOP
- ENJOY!



# ONE POT GALICIAN STEW

INSPIRED BY JOSH'S TIME GROWING UP IN SPAIN, THIS HEARTY AND COMFORTING DISH EVOKES WARM SUMMER LUNCHESES OUTSIDE UNDER THE TREES. IF COOKING FOR ONE USE HALF A TIN OF EITHER CHICKPEAS OR BEANS UNLESS YOU WANT LEFTOVERS!

## INGREDIENTS

### FOR 1 PERSON

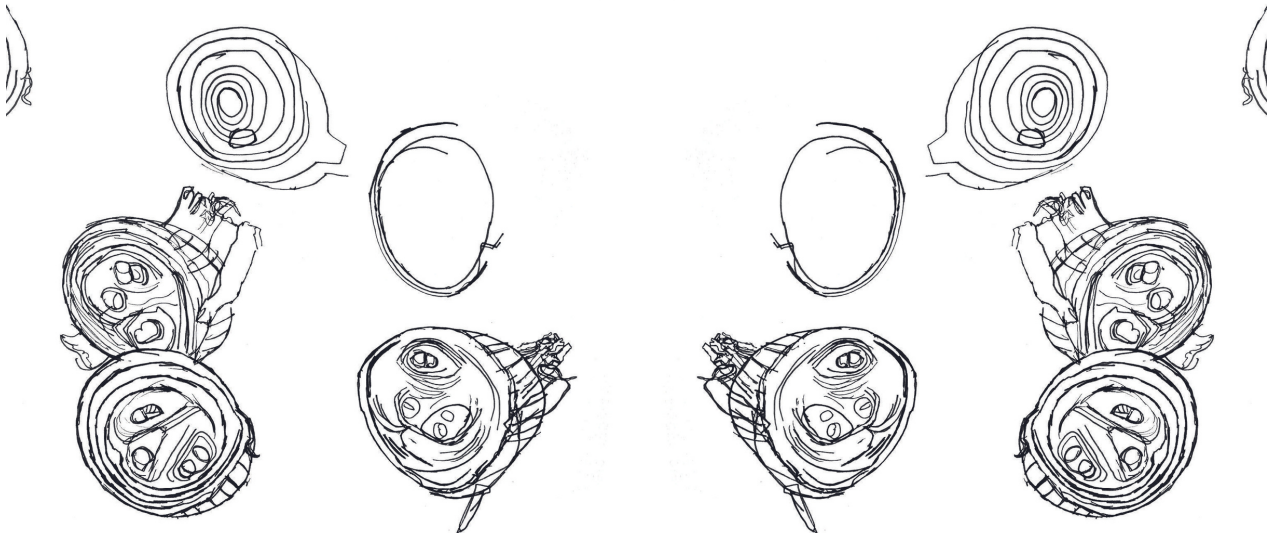
1/2  
1 TBSP  
1  
1  
1/2 TIN  
1/2 TIN  
1/2 TIN  
1 TSP  
1/2 TSP  
1/4 TSP

**ONION**  
**BUTTER OR OIL**  
**CARROTS**  
**POTATO**  
**CHICKPEAS**  
**BUTTER BEANS**  
**CHOPPED TOMATOES**  
**SMOKED PAPRIKA**  
**GROUND CUMIN**  
**DRIED THYME**

### FOR 4 PEOPLE

2  
3 TBSP  
4  
4  
1  
1  
2  
2 TSP  
2 TSP  
1 TSP

**SALT AND PEPPER TO TASTE**



# ONE POT GALICIAN STEW

## METHOD

- PEEL & SLICE YOUR ONIONS
- WASH AND DICE YOUR CARROTS
- WASH AND SLICE YOUR POTATOES, ABOUT 1/2 CM THICKNESS
- FRY YOUR ONIONS AND CARROTS IN YOUR OIL FOR 5 MINS ON A GENTLE HEAT, STIRRING OFTEN.



- ADD YOUR SPICES, SALT AND PEPPER, STIR IT WELL AND COOK FOR 1 MINUTE.
- ADD YOUR CHICKPEAS, BEANS, TIN TOMATOES, POTATOES AND 1 TIN OF WATER.
- POP A LID ON AND COOK FOR 20 TO 30 MINUTES ON A LOW HEAT, STIRRING OFTEN.

**SERVE!**

WE ENJOYED OURS WITH A GREEN SALAD AND SOME PICKLED RED ONIONS.



# ONE POT BORSCHT

SOUP IS OUR BEST FRIEND IN THE SUSSEX SURPLUS KITCHEN, A GREAT WAY OF USING UP ODDS AND ENDS. IF YOU USE PRECOOKED BEETROOT THEN ADD IT WITH THE STOCK. FRESH HERBS WORK GREAT IN THIS DISH.

## INGREDIENTS

### FOR 1 PERSON

1  
1 TBSP  
1  
1  
1  
(SMALL)  
1  
1 TSP  
1 SPRIG  
250ML

**SMALL ONION**  
**BUTTER OR OIL**  
**SMALL BEETROOT**  
**SMALL COURGETTE**  
**POTATO**  
**HANDFUL GREEN BEANS**  
**SMALL CHILLI**  
**PAPRIKA**  
**FRESH OREGANO**  
**VEGETABLE STOCK**  
**SALT AND PEPPER TO TASTE**

### FOR 4 PEOPLE

4  
3 TBSP  
4  
4  
4  
(LARGE)  
2 OR 3  
3 TSP  
2 SPRIGS  
1000ML



# ONE POT BORSCHT

## METHOD

- PEEL & SLICE YOUR ONIONS
- WASH AND DICE YOUR BEETROOTS AND COURGETTES
- WASH AND GRATE YOUR POTATOES, ON THE LARGE SIDE OF THE GRATER
- TOP AND TAIL YOUR GREEN BEANS AND SLICE YOUR CHILLI (IF USING).



**SERVE!**  
WE ENJOYED OURS WITH  
SOME VEGAN FETA.

- FRY YOUR ONION IN OIL ON A MEDIUM HEAT FOR 2 MINS.
- ADD ALL THE OTHER VEGGIES AND SAUTE FOR 5 MINUTES, STIRRING OFTEN
- ADD YOUR SPICES AND HERBS
- ADD YOUR VEGETABLE STOCK
- COOK UNTIL ALL THE VEGGIES ARE TENDER AND ADJUST THE SEASONING.

**THANK YOU TO  
EVERYONE WHO  
HELPED CREATE THIS  
BOOK**

**SUPER SPECIAL THANKS TO THE  
BEEHIVE ART CLUB, SUSSEX  
SURPLUS TEAM TASTERS AND  
FARESHARE FOR ALL THE  
DELICIOUS FOOD**



**JOSH AND INGRID IN RECIPE  
DEVELOPMENT MODE**



**THIS BOOK WAS DEVELOPED AND  
DRAWN BY JOSH BROWN**

**PHOTOGRAPHS, WORDS AND  
FACILITATION BY INGRID WAKELING**