



DINE FOR DIVERSITY



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Small Plates

Salmon Ceviche

Ingredients

1 red onion, minced
1 lemon juiced
½ cup lime juice
1 grapefruit, juiced
1 lb salmon, diced small
1 clove garlic, minced

1 sweet bell pepper, diced
1 avocado, diced
¼ tsp ground cumin
¼ tsp ground coriander
½ tsp smoked paprika



Instructions

Mix all the citrus juice in a bowl and add the minced onion.
Let this sit while you chop all the other ingredients.
Add each ingredient to the bowl when you finish chopping it,
leaving the cilantro for last.

Mix well and either eat right away or refrigerate for up to 30
minutes before serving





Rapeepun Yooket

Shrimp Paste Chili Sauce

Ingredients

1 tbsp chilli
1 tbsp garlic (peeled)
1 red onion (peeled)
2 tbsp shrimp paste
1 tbsp palm sugar
1 tbsp aubergine
1 tbsp fish sauce
3 tbsp lemon juice

2 tbsp boiling water Chilli (for decoration)
Fresh or blanched vegetables (your choice)
Fried mackerel
Omelette with Cha-om (Thai vegetable)



Instructions

Pound the chilli, garlic and red onion in a mortar until combined.

Put the shrimp paste, palm sugar, fish sauce, lemon juice and boiling water into the mortar and mash together.

Put the shrimp paste chili sauce into a small cup.

Lightly crush some chilli and aubergine to use as decoration on the top. Clean the mackerel and fry in oil.

Fry the omelette with the Cha-om (Thai vegetable).

Adjust the level of spice, sugar, salt and lemon according to your preference.

Quinoa with Mango, Avocado & Sweet Potato

Ingredients (serves 2)

150 g quinoa	1 tsp agave syrup
1 mango	½ tsp salt
1 ripe avocado	¼ tsp pepper
1 sweet potato	½ bunch of fresh coriander
1 tbsp pumpkin seeds	
2 tbsp cider vinegar	
1 tbsp olive oil	

Instructions

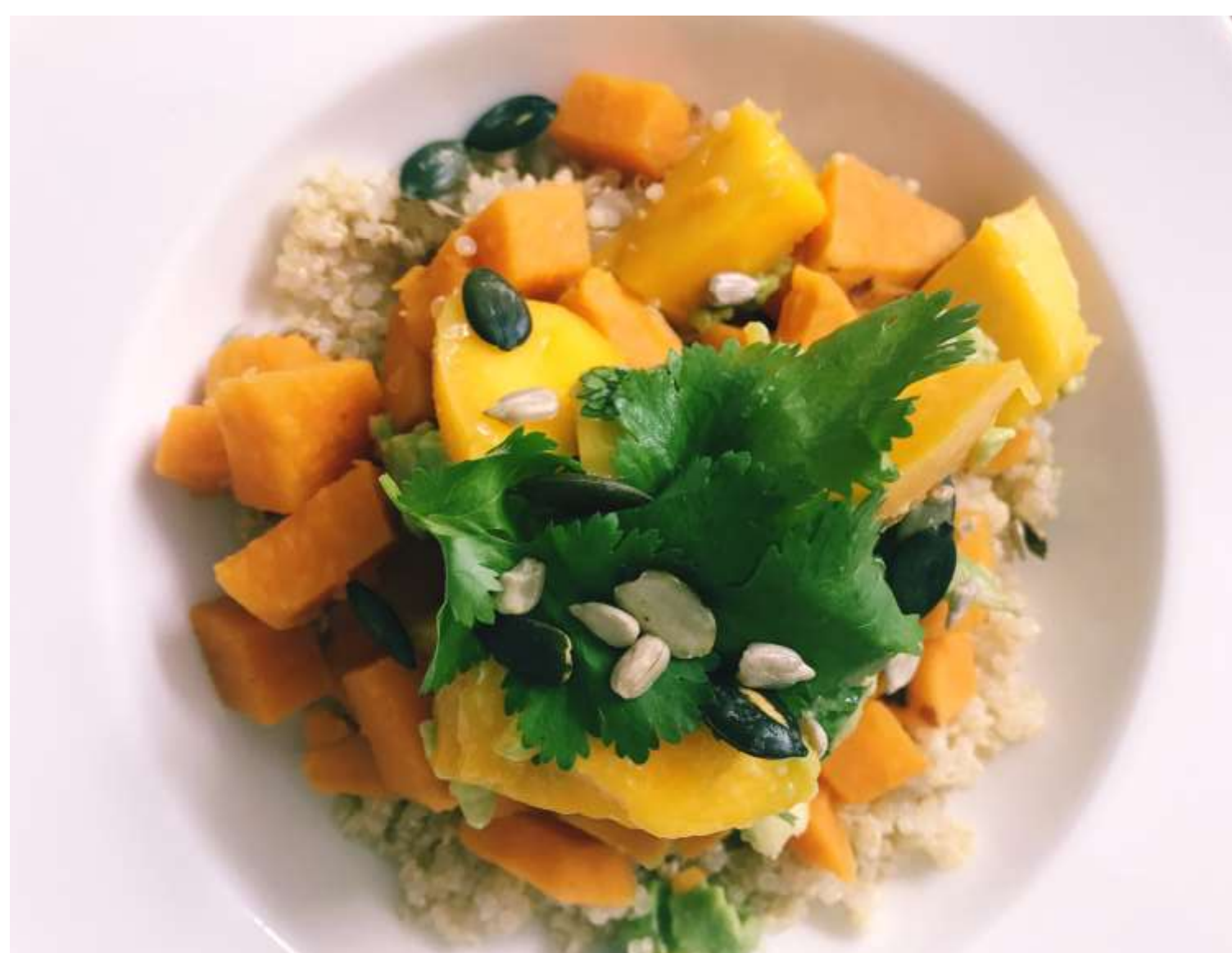
First, rinse the quinoa under warm water and simmer it in a saucepan with just over twice the volume of water for about 20 mins. Meanwhile, peel the sweet potato and cut it into small cubes. Place these in a food steamer and steam over a medium heat for about 10-15 mins, or until soft. Then drain both the quinoa and sweet potato and, when cooled, mix with a dressing made from cider vinegar, olive oil, agave syrup, salt and pepper.

Next, peel the mango, cut into cubes and place them in a bowl. Halve the avocado, remove the stone, remove the flesh with a dessertspoon, dice and add to the mango. Chop the coriander finely

and add it to the mango/avocado mix.

Put the pumpkin seeds in a small frying pan and toast them over a medium heat, without oil.

Place the drained quinoa and sweet potato mix on a plate and top with the mango and avocado mix, the pumpkin seeds and a few sprigs of coriander.





Pedro Leal

Clams in White Wine Sauce

Ingredients

1 onion
3 cloves garlic
1 bunch of coriander 1 chilli pepper

1 bay leaf Olive oil
Clams (1.5 kg)
White wine (1 medium-sized glass)



Instructions

Soak the clams for around 30 mins in water to remove the sand, if they are fresh/live clams. If they are frozen clams, there is no need to soak, just ensure they are completely thawed. After soaking, drain well.

Roughly cut the onion and garlic and place them in the cataplana pot with a good amount of olive oil and add the bay leaf and leave to stew. Cut up the coriander stems and add them to the stew. Cut the chilli pepper in half and add to the stew.

Leave the onions to brown slightly and add the

clams. Mix well and add the glass of white wine. At this point, the cataplana needs to be very hot so the alcohol in the wine can evaporate quickly.

Cover the cataplana and leave to cook for around 3 mins.

Add the coriander leaves and leave to cook for 30 seconds more.

Bon appetite!



Aleksander Krysiuk

Draniki

Ingredients

- 6 potatoes
- 2 eggs
- Flour
- 1 onion
- Seasoning – optional Oil



Instructions

Peel the potatoes and finely grate. Finely chop the onion.
Add the onions, eggs, flour and seasoning to taste to the potato mixture.
Mix well.
Now fry the draniki.
To do this, heat up the pan and add a few tablespoons of oil.

Using a spoon, spread the potato mixture in the pan and fry the draniki on each side until golden brown.
Serve the draniki with sour cream and fresh herbs.
Bon appetit!



Alan Richards

Cockles & Laverbread (cocos a bara lawr)

Like other people who have lived and worked in many different countries, home cooking and the food you are brought up with always tastes great.

I grew up in Wales and a favourite local dish is cockles and laverbread, or in Welsh it's: cocos a bara lawr.

Cockles are small clams found off the south and west Wales coast and they have an incredible natural sweetness.

The laverbread is edible seaweed, laver seaweed. It takes a lot of preparation, but is worth it for the rich deep taste of salt and the sea.

The cockles are best eaten fresh after gathering from the beach. They're boiled first to open the clam shells and then dried off and fried in a pan with small cubes of diced and salted bacon.

The laver is harvested from rocks at low tide, boiled for a few hours and then finely chopped.

When cooled it is rolled in oatmeal and then added to the pan alongside the cockles.

And to drink, well of course it has to be a fine glass of Penderyn Welsh Whisky.



Instructions

For the Laverbread.

Gather the laver seaweed found primarily on the Welsh and Irish coast line, boil the seaweed in salted water for 1 hour.

Remove the seaweed from the water and drain.

In a mixing bowl combine the boiled and chopped seaweed with local rough ground oatmeal, garlic, salt and black pepper.

Place some fine olive oil on a heavy based griddle pan, form the seaweed into small round patties and fry until firm

For the cockles.

Gather the cockles from the beach in the same place as the seaweed. Cockles are small sweet clams, highly sought after across Europe, but

found mainly in isolated locations on the Welsh coast.

Boil the cockles in slightly salted water for 10 mins until all the shells have opened.

Remove from the water and drain and allow to cool.

Remove the clams from their shells and chill.

In a shallow pan heat some olive oil and gently fry some fine pancetta, and the clams to the oil and pancetta with some salt and pepper to taste, fry for 5 mins.

Serve with a dash of malt vinegar.



Amanda Jones

Swansea Breakfast with Savoury Welsh Cakes

Ingredients

Savoury Welsh cakes

- 250 g self-raising flour
- 100 g unsalted butter, cut into small cubes
- 1 leek, white and light green bits, finely chopped
- 50 g grated cheddar
- 1 egg, beaten
- 1 tbsp milk, plus a bit extra if needed

- 1 tbsp vegetable oil
- 4 slices of back bacon, chopped
- 100 g cooked Penclawdd cockles (clams could be used instead)
- 120 g laverbread (seaweed) or savoy cabbage
- Black pepper
- Lemon juice

Swansea breakfast

- Serves: 4 | Preparation time: 5 mins |
- Cooking time: 15 mins
- 1 large onion (finely chopped)



Instructions

Savoury Welsh cakes

- Tip the flour into a large bowl. Add the cold butter cubes little by little, coating each batch in the flour as you go. Lightly rub it all together until the mixture resembles fine breadcrumbs.
- Add the leek and cheddar, mix them in with a fork. Add the beaten egg. Using your fork, bring it all together to form a soft dough. If it's too dry, add some milk.
- Plonk it onto a floured surface. Use your palm or a rolling pin to pat or roll out to a 1 cm thickness.
- Use a scone cutter or the rim of a glass to cut out circles (about 6 cm diameter).
- Heat an ungreased griddle or frying pan over a medium heat. Drop the cakes onto the hot surface and cook through until golden on each side.

- Amazingly gorgeous eaten from the pan.
- The dough or cooked cakes can be frozen. To revive, pop in the toaster or warm in a frying pan.

Swansea breakfast

- Heat a large frying pan, add the oil and cook the onion for 3-4 mins.
- Add the bacon and cook until crisp.
- Add the cockles and mix in the laverbread. Heat thoroughly and season with black pepper and the juice of a lemon.
- Sit back and enjoy!

Sorrentina Style Gnocchi (without potatoes)

Ingredients

Gnocchi - serves 4

3 cups flour

Water

Salt

Tomato passata

Half white onion

Salt to taste

Tomato sauce

Extra Virgin olive oil



Instructions

For the gnocchi

To prepare the gnocchi without potatoes, place the flour on a kneading board and create the classic well (**pic 1**), add a pinch of salt and start slowly pouring in the water (about half of the amount of the flour). A secret to prevent the gnocchi from being too hard is to use warm water. Stir until the dough is soft but easy to work, without it sticking to your hands too much.

At this point, you can start working it for a couple of minutes until it comes together (**pic 2**).

Cut small pieces of the dough and create long cylinders, rolling them with your hands and then cutting them into chunks (**pic 3**), in whatever size you prefer.

Now it's time to give a shape to the gnocchi:

the beauty of homemade gnocchi is their slightly irregular shape, achieved by slightly pressing and dragging them on the work surface with your index finger. This way they'll be slightly hollowed and better able to collect the sauce. Cook the gnocchi in boiling salted water and drain them as soon as they rise to the surface.

For the tomato sauce

Heat olive oil in a large wide skillet on medium heat. Add the half-chopped onion. Add the tomato passata. Season with salt and pepper to taste. Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 mins.

Mix the gnocchi with the tomato sauce. Add shredded mozzarella cheese and some basil leaves.

Enjoy the dish!



Carlos Monteiro

Peixinhos da Horta

Ingredients

400 g green beans
1½ tsp salt
130 g cornflour
1 tsp garlic powder
ground pepper
1 egg



Instructions

Wash the green beans and remove the ends. Cut the pods in half and then cut each half into two equal pieces lengthways. Cook the green beans for 5 mins in boiling water seasoned with 1 teaspoon of salt.

In a bowl, mix the cornflour with the remaining salt, garlic powder and a pinch of freshly ground pepper. Add the egg, already beaten, and about 150 ml of water, stirring well with a fork until smooth.

Drain the cooked green beans, spread them out on a kitchen

cloth and pat them dry. Dip them in the prepared batter.

Heat the olive oil in a frying pan and fry the beans until golden brown.

Drain well on absorbent paper.

Enjoy with a refreshing glass of white wine...

Brittany ("La Galette Bretonne")

Ingredients

For the crêpe batter

- ½ cup wholewheat flour
- ½ cup buckwheat flour 1 egg
- 1 pinch salt
- 1¼ cups water

To fry

- 4 tbsp butter (1 for each crêpe)

For the filling

- 4 ham slices
- 4 cheese slices
- 4 eggs pinch salt
- pinch black pepper
- chives fresh cut, to garnish

This is a very typical recipe from Brittany (La Galette Bretonne), the French region where the Flexibles film plant is located (Pontivy).

And there's a photo of me cooking this great recipe for the whole family, and one of me ready to eat it with a glass of cider (which is also typical of the region)!

Enjoy! I don't cook that often, but this was certainly a great cause!



Instructions

Mix all the crêpe batter ingredients together to form a smooth liquid batter. It has to be liquid or you won't be able to spread it well in the hot pan while frying, because you need thin crêpes.

Then heat up your pan, add ½ a tablespoon of butter to it. Add nearly 1 ladle of liquid batter to the hot oily pan, spread well by turning the pan quickly and fry both sides until they are nice and golden.

Then add a slice of ham onto the crêpe/galette and a slice of cheese.

Continue by breaking the egg into the centre of the ham crêpe. Season with salt, and pepper and add freshly chopped chives.

Carefully close the crêpe by folding in on both sides or all 4 sides to create a parcel. Cook further until the egg is done.

Serve hot sprinkled with some freshly snipped chives.



Russian Dumplings

Ingredients

Stuffing

150 g low fat cottage cheese
1 large onion
200 g of potatoes 20 g bacon salt/pepper
1 tbsp butter

Dumpling (makes approx. 40)

300 g flour
1 egg
1 tsp salt
125 ml boiling water 20 g butter



Instructions

Stuffing

Peel the potatoes and cut them into small cubes. Boil them in salted water, drain and mash, then leave to cool down. Heat a tablespoon of oil in a frying pan, add the bacon cut into small cubes and fry until golden. Add the onions cut into small cubes and fry until the onion is translucent. Finally, add a tablespoon of butter, stir and remove from heat.

Dumpling

Pour the flour into a bowl, add salt. Put the butter in the boiling water and melt. Gradually pour it into the flour, stirring everything with a spoon. Meanwhile, add the beaten egg and combine all the ingredients, knead to form a smooth dough.

Place on a floured worktop and knead for about 7-8 mins. Wrap in foil and set aside for approx. 30 mins.

Divide the dough into 4 parts and then roll it out into a thin round (about 2-3 mm), sprinkling the dough with flour if necessary.

Cut out circles with a small glass, stretch them a little between your fingers, then place one heaped teaspoon of stuffing in the centre. Fold in half and stick the edges carefully together, put them on a board.

Depending on your preference, you can boil, fry or bake them. It's best to serve them sprinkled with fried onions.

Enjoy! 😊

Artichokes

Ingredients

1 onion
250 g shelled broad beans
5 peeled artichokes
Olive oil
Dill



I want to share with you a lovely recipe for artichokes with a healthy and light olive oil that my mother-in-law makes in spring.

Apart from being delicious, artichokes have many benefits, here are just a few:

- They strengthen the heart muscle thanks to their high protein content.
- They're recommended in cases of iron-deficient anemia due to their iron-rich content.
- Thanks to their antioxidant properties, artichokes help remove toxic substances from the body, supporting healthy liver function.
- They contain potassium which regulates blood pressure by regulating the sodium-potassium balance in the body.
- They are known to protect the body against cancer thanks to quercetin and antioxidants.
- A compound found in artichokes called cynarin helps lower bad cholesterol in the blood.
- Their high fibre structure has the effect of stabilizing blood sugar. Artichoke dishes made with olive oil or meat offer a higher nutritional choice for diabetics. They have a positive effect on sugar control.
- They help to reduce the level of nicotine accumulated in the body in smokers.
- There are 53 calories in 100 g of cooked artichokes. The low calorie content means that artichokes are among the healthy foods preferred by those who want to lose weight.

Instructions

First chop the onions, pour the olive oil into the pressure cooker and add the washed broad

beans, onions and artichokes, sprinkle over some salt and add a dash of water.

The essential ingredient of our olive oil dishes is sugar - add 1.5 dessertspoons. When making the dish with broad beans, use a little more sugar.

Cook on a medium hot hob for about 10-15 mins.

When cooked, let the cooker sit for 10-20 mins without opening the lid.

After opening the lid, first take out the artichokes, followed by the beans and onions, arranging them on top of the artichokes.

Garnish with fresh dill and drizzle with olive oil.





Emilie Priac

Flambéed Scallops with Lime

Ingredients (Serves 4)

12 scallops
30 g lightly salted butter
2 cloves of garlic
Zest of ½ a lime
Pepper (to taste)
50 ml whisky



Instructions

Preparation time: 10 mins; cooking time: 5 mins Chop the garlic.

Drain the scallops on absorbent paper.

Melt the butter in a saucepan over a low heat.

Add the finely chopped garlic. Brown. Don't let the butter burn!

Add the scallops. Cook for 1-2 mins on each side.

Season with pepper to taste.

Arrange the scallops on the plates. Grate a little lime over the top.

Deglaze the pan with whisky and flambé. Pour the sauce over the scallops and serve.

Tip: If you have frozen scallops, leave them to thaw in milk!

For a main course: allow 10 or so scallops per person and accompany with rice and a leek fondue.

Kadir Bicer

Baked Beans

Ingredients (Serves 4)

4 tbsp oil
2 tbsp butter
1 medium onion (chopped) 1 tbsp
tomato paste
500 g dried beans (soaked overnight)
3 cups water
1 tsp salt
1 tsp sugar
1/2 tsp chilli powder



Instructions

Place 4 tablespoons of oil and 2 tablespoons of butter into a deep pan and heat. Add 1 tablespoon of chopped onion and fry until it turns pink.

After the onions are fried, add 1 tablespoon of tomato paste and fry until the aroma is released.

Finally, add the dried beans that you soaked in

water overnight to the pot.

Stir together for 1-2 mins and add 3 cups of water, 1 teaspoon of chilli powder and 1 teaspoon salt, cover and cook until the beans are tender.

Arepas

Ingredients

Dough

1½ cups water

½ tsp salt

2 cups pre-cooked white corn meal
(such as Harina P.A.N.® flour)

Filling

Cheese & ham

Mozzarella cheese

4 slices of turkey ham

Tuna salad

Tinned tuna

Sliced onions

Spring onions, chopped



Arepas are a traditional dish from Venezuela. They're virtually the favourite breakfast in the country. However, they can be eaten at any time of the day. This versatile meal can be filled with almost anything, according to your preference.

Instructions

Stir the water and salt together in a bowl. Gradually stir the corn meal into the water by hand until the mixture forms a soft, moist, malleable dough. Be careful not to add the corn meal too fast otherwise the flour will go lumpy.

Divide the dough into 6 tennis ball-sized balls and pat each one into a patty about 3/8-inch thick.

Preheat the oven to 250°C. Line a tray with non-stick baking paper. Place the *arepas* on the tray and cook in the oven for 25 mins or until they turn golden. You can brush the *arepas*

with melted butter if you want to make them more moist.

Once the *arepas* are cooked, slice halfway through each one horizontally with a thin serrated knife to form a pitta-like pocket. *Arepas* can be filled with almost anything. I've chosen mozzarella cheese and ham, and for the other one, tuna salad.



Broccoli Salad / Caramel au Beurre Salé

Ingredients

Broccoli salad

Broccoli florets cut into small pieces (don't use the stem)

A medium red onion, thinly sliced

Crispy bacon or 200 g fried lardons

150 g white mushrooms, thinly sliced

50 g blackcurrants

30 g pine nuts

Salad dressing

2 tbsp mayonnaise

1 tsp Dijon mustard

1 tbsp balsamic vinegar

1 tsp soy sauce or Worcestershire sauce

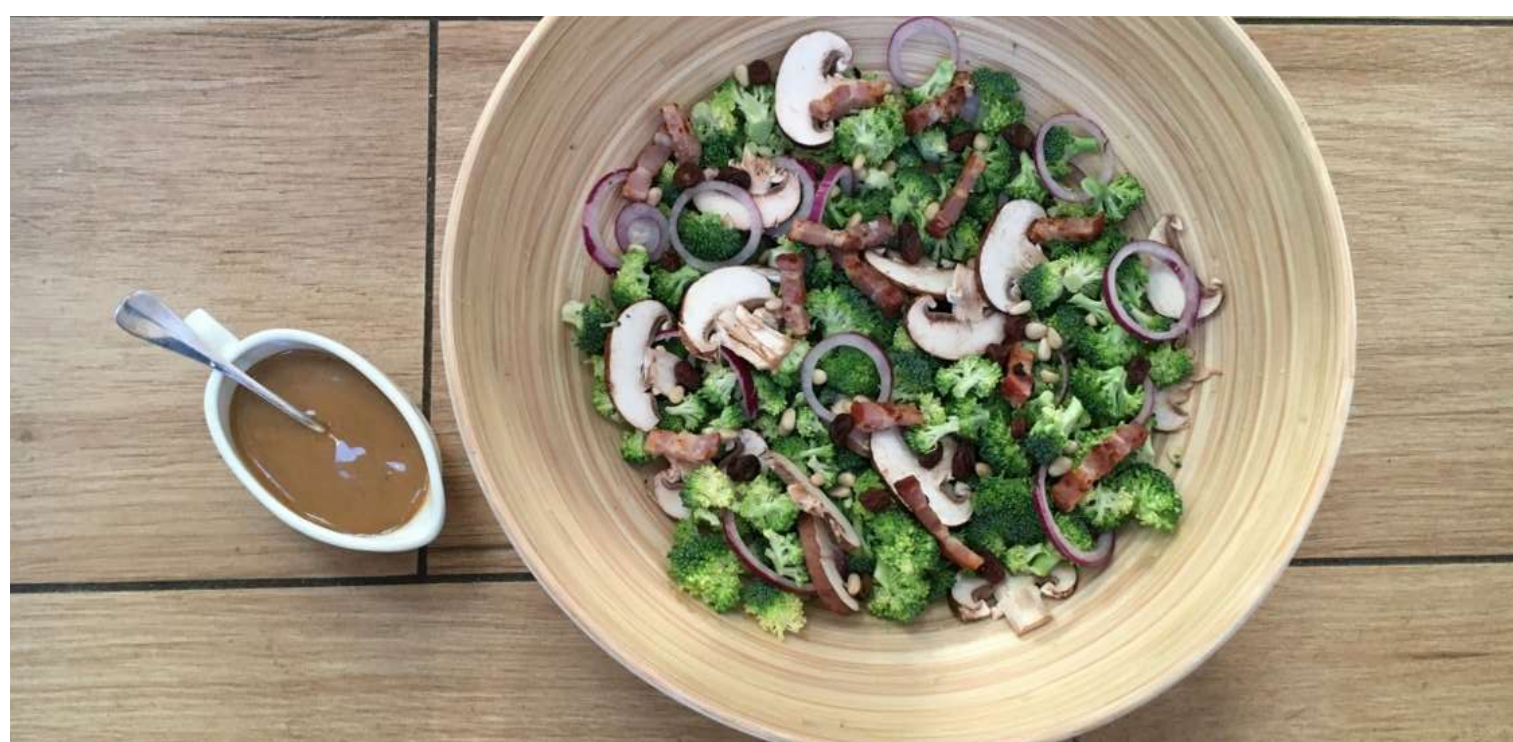
3 tbsp olive oil 1 tsp sugar

Salted caramel spread

2 cups of cane sugar

40 g salted butter

30 g thick cream



Instructions

Broccoli salad

Mix all the ingredients together and serve.

Salted caramel spread

Heat the cane sugar until light brown.

Remove from heat. Add the butter.

Place back on a low heat, add the cream and stir well. Put in the freezer for 30 mins and then spread it on!



Murat Tergip

Artichoke with Broad Bean

Ingredients

4 artichokes
250 g shelled broad beans
4 tbsp olive oil
1 medium onion
Half a glass of fresh orange juice
Half a glass of water
1 tsp salt



Instructions

Chop one medium onion. Roast the chopped onion in the olive oil.

Add the shelled broad beans to the roasted onion and continue roasting for awhile.

Add the fresh orange juice and water to the roasted onion and broad bean mixture. Add the artichokes to the mixture. Cook for about 20 mins.

You can serve them with dill and olive oil.

* Soak the artichokes in water with some lemon juice before cooking to prevent them from darkening.

Draniki (potato pancakes stuffed with meat)

Ingredients (serves 6)

1.5 kg potatoes
300 g minced meat
1 onion
1 egg
3 tbsp flour
Salt, pepper, seasoning to taste
Vegetable oil



Instructions

Prepare the main ingredients: peel the potatoes and onion.

Finely grate the potatoes.

Add salt to the potatoes, wait 10 mins, then squeeze out any excess liquid.

Add the egg and flour. Mix it all with a spoon.

Add the finely chopped onion, salt, pepper and seasoning to the minced meat and stir.

Pour the vegetable oil into a preheated frying pan over a medium heat. Spoon in the potato mixture and flatten it out.

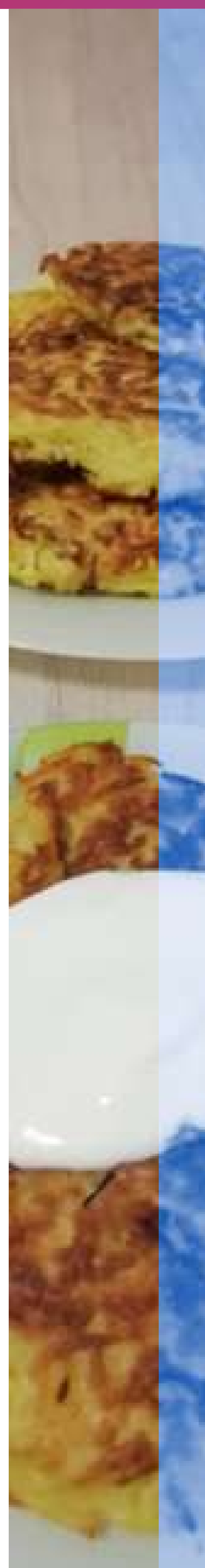
Quickly place a small amount of minced meat onto the potato pancake.

Then place another spoonful of potato mixture

on top and flatten it out until the edges meet.

Fry on both sides until golden brown.
Serve hot with sour cream.

And there you have it, some wonderful draniki!





Nusret Akincilar

Kibbeh

Ingredients

- | | |
|--|---|
| 4 cups fine bulgur wheat | 1 tsp black pepper |
| 2 medium-sized boiled potatoes
(For the meat version use 250g lean minced beef) | 1 tsp dried mint |
| 2 onions | 1.5 tbsp isot (dried chilli pepper from Urfa, Turkey) |
| 2 cloves garlic | Spring onions |
| 3 tbsp tomato paste | Parsley |
| 4 tbsp roasted red pepper paste | |
| 3 tbsp oil | |
| 3 tsp salt | |
| 2 tsp chilli flakes | |
| 1 tsp ground white pepper | |



Instructions

Take a large bowl and mix together the bulgur wheat, tomato paste and spices.

Grate the onion and garlic or use a food processor.

Add the onion and garlic to the bulgur wheat and start kneading by adding 2 tablespoons of oil.

Once the bulgur wheat and other ingredients are combined, add a little water and knead until the mixture is the colour and shape of *kibbeh*.

Continue adding water as the *kibbeh* dries.

Once you feel the *kibbeh* has softened, taste it and season.

Then, add mashed potatoes (or lean minced meat) and continue to knead until the mixture is combined. Add the parsley and spring onions and knead together once more. Break off pieces and shape them by squeezing and pinching.

Finally, place on a serving plate and garnish with green salad and lemon slices.

I suggest you eat them with fried eggs, as served in the Urfa region, bon appetit!

Sea Cucumber Millet Porridge (小米海参粥)

Ingredients (serves 6)

- 50 g millet
- Sea cucumber
- Green leafy vegetables
- Goji berries
- Meat broth



Instructions

Prepare the sea cucumber: soak the dried sea cucumber in cold water for 3 days, change the water once a day. Put them in the fridge; then clean the cucumber, and remove the inedible parts. Place in cold water and bring to the boil. Boil for 15 mins, urn off the heat, wait for 15 mins, then boil for 15 mins again.

Prepare the millet porridge: wash the millet, put in some water and boil until the water has been absorbed, then add some meat broth and

simmer for an hour. Add some salt and the prepared sea cucumber and simmer for another 5 mins.

Serve with some green vegetables and goji berries for decoration.



Tortilla de Patata

Ingredients

4 free range eggs from Asturias (from my grandma!)
3 diced potatoes
1 diced onion
Olive oil
Salt



Instructions

Slowly fry the sliced potatoes in a small pan. Then add the diced onion and continue cooking over a medium heat for at least 30 mins. Beat the eggs in a bowl with some salt. Add the drained potatoes and onion mixture to the eggs. Pour into the frying pan on a medium heat and flip using a plate to make sure the tortilla is fully cooked on both sides.

Tip

Leave it soft in the middle as in the picture.

Finally, serve with some serrano ham, salad and sides such as tuna pasty, chorizo or something else. Don't forget a nice wine and enjoy with friends or family :)



Empanadas Criollas Dulces

Ingredients

½ kg of minced beef 2 onions	1 egg
100 g olives	100 ml water
3 boiled eggs 50 g raisins	40 g butter
Salt, pepper, cumin and sweet paprika (as needed)	
300 g flour	



This dish is very widespread, with many variations in Argentina and also throughout Latin America. The dish in this recipe, which is characterised by a sweetish taste, thanks to the raisins, originates from the Province of Cordoba in Argentina, the region where I was born and lived before moving to Verona, Italy, in 2003.

Empanadas are a traditional dish in Argentina, usually served as a first course before an asado (barbecue). The recipe originates from the period when Argentina was a colony, but it is believed to be a variation of recipes from Spain, which, in turn, were from the Arabian peoples of the Mediterranean basin.

Instructions

Filling

Put a little olive oil in a frying pan and fry the sliced onions, add the meat and a little salt, pepper and paprika. Mix well, also adding the raisins.

Cook the ingredients for about 20 mins and then add the boiled eggs and chopped olives with a pinch of cumin.

Mix and leave to cool, ready for the next step.

Pastry

Prepare the dough by mixing the flour with a little salt, then adding butter, egg and water until the dough is well combined (leave to rest for 20 mins).

Next, with a rolling pin and a circular mould, prepare some pastry circles to put the filling in.

Take one circle at a time and brush the edges with water (to make sealing easier).

Put the filling in the circles, then close them by folding them in half and pressing the edges together to seal the edging.

Place them all on a baking tray on baking paper and brush the *empanadas* with an egg yolk.

Bake in the oven for 30 mins at 170°C



Spicy Cauliflower

Ingredients

2 large cauliflowers with leaves
2 onions, peeled and cut into 8 wedges 8
red chillies, slit down the centre
1 lemon, cut into wedges
Salt (for water)

For the chilli butter/oil

120 g melted butter and 110 ml olive oil (or 230 ml
olive oil for a vegan dish)

90 g (Rose) Harissa
2 ½ tsp tomato paste
1 ¼ tbsp chilli pepper flakes
¾ tsp Aleppo chilli
1 ¼ tsp Isot Biber
1 ½ tsp sugar
3 crushed garlic cloves
1 tsp salt

Background: until 3 months ago, I thought a proper dish was a steak, and a good side dish was another steak. After having tried many great vegetarian meals recently, this one fulfils 2 of my main criteria: 1) Excellent taste per calorie ratio and 2) So easy that even I can make it.

The sommelier recommends: drink with a beer or even better a full-bodied red wine.



Instructions

Trim the leaves at the top of the cauliflowers, exposing 2 to 3 inches of the cauliflower itself. Cut each cauliflower into quarters.

Boil the cauliflower for 2 mins in well-salted water (make sure the cauliflower stays under the water by adding a lid as a weight)

Transfer the cauliflower wedges to a parchment-lined baking sheet. Add the onion and chillies to the baking sheet. Preheat the oven to 180°C or 350°F.

Mix all the ingredients for the chilli oil in a small bowl.

Pour the chilli oil over the cauliflower, onions, and chillies. Use your hands to toss well (wear gloves and protect your eyes), massaging the chilli oil into the crevasses of the cauliflower.

Roast the cauliflower until it is golden brown and crispy, 45 to 60 mins.

Remove the baking tray from the oven and baste the vegetables with the chilli oil 2 or 3 times throughout cooking.

Transfer the roasted cauliflower to a serving platter, spooning the remaining chilli oil and any bits collected from the baking sheet over the top. Serve immediately with lemon wedges.



Daisy Ju

Boiled River Shrimps (清水煮河虾)

Ingredients (serves 5)

River shrimps
Spring onion
Ginger
Salt
Wine



Instructions

Wash the river shrimps with clean water.

Boil some water, put in several pieces of ginger and the river shrimps. Bring back to the boil, put in a spoonful of wine to get rid of the fishy smell.

Cook on a gentle heat and add a little bit of salt and the spring onion.

Serve with some fresh spring onion for decoration.

Purple Cabbage Wraps

Ingredients

Cabbage (4 bunches of leaves)
Rice (2 cups)
Onion (2 medium-sized) Oil (half a tea cup) Tomato paste (2 tbsp)
Spices (salt, chilli pepper flakes, black pepper, mint)



Instructions

Preparation of the leaves

Select and carefully wash each leaf. Place a number of leaves in boiling water, upside down, and boil for 1-2 mins, then place in a bowl of cold water (this helps keep their colour).

Preparation of the filling

Dice the onions so that they're not too large, place in a saucepan of oil and start to fry. Add the tomato paste when the colour of the onions turns a little. Then add the rice, which has been washed and strained. Then add the salt and spices, and fry the rice a little. Add 1 cup of water and wait for it to be absorbed on a low heat. Once the water is fully absorbed, turn off the heat and leave to rest.

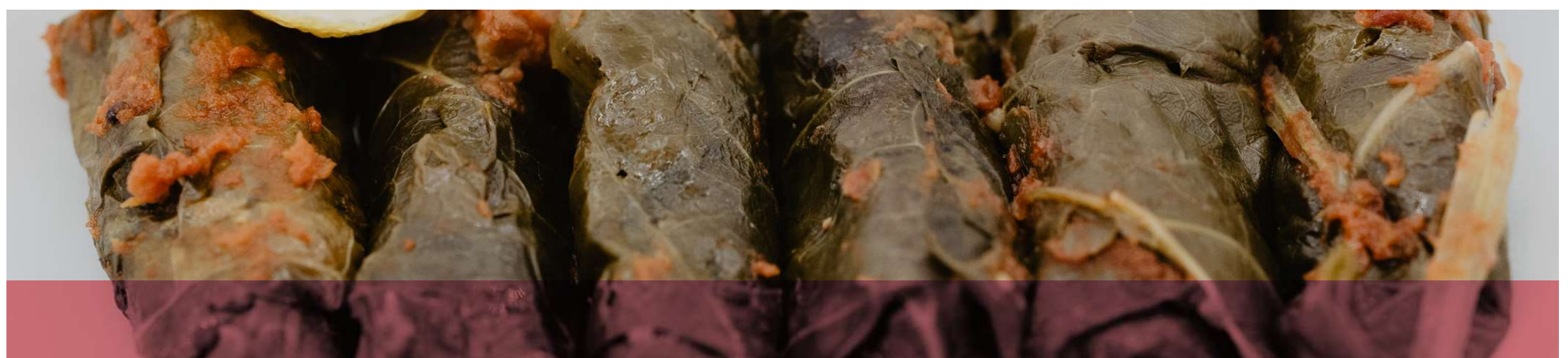
Making the wrap

Place a leaf onto a flat surface, spread a little of the mixture onto it, fold the two sides inwards, fold the top section down carefully and wrap tightly.

Cooking

Place the wraps in the pan, scatter the sliced onions on top, add a little salt and oil, 1 tablespoon of tomato paste diluted in a little water, and add enough water so that it just covers the wraps. After reaching boiling point, cook on the smallest ring until the liquid is absorbed.

Serve with yoghurt. Bon appetit :)



Sharon Treanor

Spicy Corned Beef Hash

Ingredients (serves 4)

8 slices of corned beef or 1 tin 1 large red onion
2 large potatoes Chilli flakes
8 rashers of smoked streaky bacon

4 eggs
Mixed herbs
Salt and pepper

Now for my confession... I didn't make it or eat it (hence no photo of me!). I am a terrible cook and a vegetarian. I didn't want to inflict a rabbit food recipe on our employees, so my lovely husband (who is a great cook) made this.

It's a firm favourite with the rest of the family. Enjoy!



Instructions

Peel and cut the potatoes into small chunks and put them in a pan of boiling water until softened but they still have a bit of bite to them. While the potatoes are cooking:

Peel and dice your onion. Chop up your corned beef into small pieces. Put your bacon rashers under the grill.

Heat a large pan with a little olive oil and add the onions to slowly soften.

Add the potatoes and corned beef to the pan and mix it up; depending on your preference you can keep the potatoes chunky or mash them up a bit.

Throw in as many chilli flakes as you like to the pan depending on how spicy you want it to be. Or none at all if you prefer, just remove 'spicy' from the title of the dish.

Add your herbs and season with salt and pepper.

Keep tasting and adjusting the chilli, herbs and seasoning to ensure the balance is right.

Put your eggs on to poach and get ready to start plating up.

In the centre of each plate, spoon out a portion of the corned beef hash. I use a round cutter that I fill equally on each plate, which helps with presentation.

Across the top of your hash add two slices of the cooked bacon rashers.

Finally sit your poached egg on the top. Enjoy!

Wholemeal Spelt Bread

Ingredients

500 g wholemeal spelt flour 80 g linseed (ground)

80 g sunflower seeds 80 g sesame seeds

2 tbsp pumpkin seeds

2 tbsp balsamic vinegar

2 tsp salt

½ litre lukewarm water

1 packet fresh yeast (42 g)



Instructions

Dissolve the yeast in the lukewarm water and knead well with the other ingredients (the dough doesn't need to rise, so no waiting time).

Put the dough into a greased loaf tin (or line with baking paper) and bake for about 90 mins at 170°C top/bottom oven (=338° F).

Top with toppings of your choice: for supper, I recommend cottage cheese with avocado and tomatoes; for breakfast, it tastes good with cream cheese and jam.



Yorkshire Pudding

Ingredients

140 g plain flour (this is about 200 ml/7 fl oz)
4 eggs (200 ml/7 fl oz)
200 ml milk
Sunflower oil, for cooking



Background: I was born in a small town called Great Ayton in North Yorkshire, UK. Yorkshire is known for many things, however, just to highlight two: the people are known to be “thrifty” with their money, which has helped me in my chosen career, and the Yorkshire Pudding.

Use the basic recipe below and add the secret ingredient - half a teaspoon of dried mustard and serve with a roast and/or lots of vegetables and gravy. A glass of red (or white) wine helps round off the experience for me. Enjoy!



Instructions

Step 1

Put 200 g plain flour and some seasoning into a large bowl, stir in 3 eggs, one at a time, then slowly whisk in 300 ml milk until you have a smooth batter.

Step 2

Chill in the fridge for at least 30 mins or up to a day.

Step 3

Heat the oven to 220°C/180°C fan/gas 7. Pour 4 tablespoons of vegetable oil into the holes of a 12-hole muffin tin, then heat the tin in the oven for 5 mins.

Step 4

Carefully ladle the batter mix into the tin, then bake for 30 mins until well browned and risen.



Zhao Chen

Sausage Omelet with Garlic Sprouts

(香肠蒜苔炒鸡蛋)

Ingredients

2 sausages
4 eggs
Some sprouted garlic
2 chilli peppers



Instructions

Cut the sausage, garlic sprouts and chilli pepper into pieces.

Beat the eggs, prepare some ginger and spring onion.

Fry the eggs quickly

Fry the ginger and spring onion, then add the

sausage and the garlic sprouts.

Finally, add some chilli pepper and the fried eggs, and a pinch of salt.

Serve.

Spiced Boiled Peanuts

Ingredients

- | | |
|---------------------|----------------|
| Peanuts | Dried chillies |
| Star anise | Fresh ginger |
| Bay leaves | Spring onions |
| Sichuan peppercorns | Salt |
| Cinnamon | |



Instructions

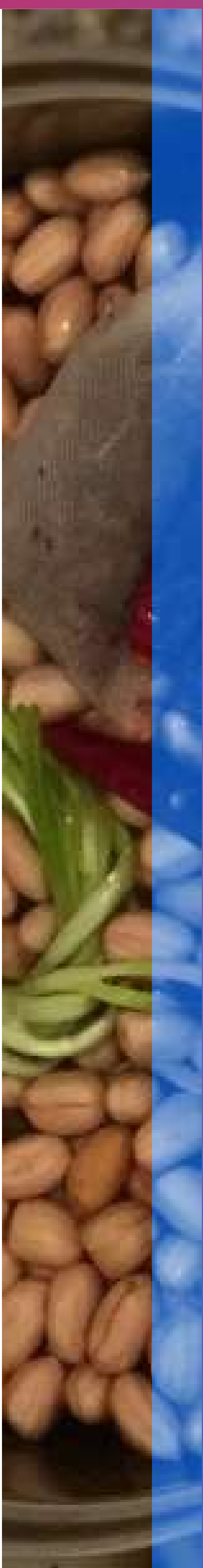
Soak the dried peanuts in water for 3 hours.

Prepare some star anise, Sichuan peppercorns, dried chillies, cinnamon, bay leaves, and slice the ginger.

First, put the star anise, cinnamon, Sichuan peppercorns, dried chillies, fresh ginger, cinnamon, and bay leaves into a stainless steel pan. Then bring to the boil with water. Next, tip the washed peanuts into the pan. Bring to the boil over a high heat, turn the heat down to low and let it simmer for about 30 mins.

Turn off the heat. Let the stew stand with the lid on for 30 mins. Take out the peanuts and leave them to cool.

Add some cool, cooked liquid to the cooled peanuts, stir them evenly in a dish and serve.





Sandy Chen

Braised Crayfish

Ingredients

Crayfish

Seasonings

Garlic, fresh ginger, spring onions, red chilli pepper, coriander, oil, light soy sauce.



Instructions

Wash the crayfish and remove the heads, before cutting open the backs to remove the gut.

Dice the garlic and slice the ginger. Cut the spring onions into sections and the red chilli pepper into small slices. Pick the coriander leaves from the stems and roughly chop.

Put the crayfish into boiling water. Scoop out the crayfish when they have turned red. Soak in cold water.

Add some oil to a hot pan, followed by the diced garlic, sliced ginger and red chilli pepper, as well as the light soy sauce.

Add the crayfish and stir-fry until well combined. Served topped with coriander.

Sweet & Sour Spareribs

Ingredients

Ribs

Seasonings

Light soy sauce, crystalised sugar (or granular), rice vinegar, cooking rice wine, oyster sauce, sliced ginger, cinnamon, star anise



Instructions

Wash the ribs, put them in cold water before bringing to the boil. Take out the ribs.

Add spring onions, sliced ginger, light soy sauce, cooking rice wine and oyster sauce to season the ribs. Let the mixture stand for 2-3 hours to allow flavours to develop.

Add a spoonful of oil into a dry wok, heat the wok, add the ribs and stir-fry.

Add the crystalised sugar. Turn to medium heat and stir-fry until all the ribs are coated with sugar.

Add the rice vinegar, cinnamon and star anise, and continue to stir fry.

Add water until all the ribs are submerged. Turn down to a low heat and braise for 30 mins.

Turn up to a high heat until the sauce has thickened.

Braised Pork Belly with Bean Curd Knots

Ingredients

Pork belly

Seasonings

Oil

Light soy sauce

Dark soy sauce

Cooking rice wine

Bean curd knots

Crystallised sugar (or granular)

Cinnamon

Fennel



Instructions

Wash the pork belly and cut into squares.

Wash the bean curd knots with warm water to remove any odour.

Put the pork belly into a wok filled with cold water. Heat the water over a high heat until boiling.

Turn off the heat. Take out the pork belly and rinse with running water.

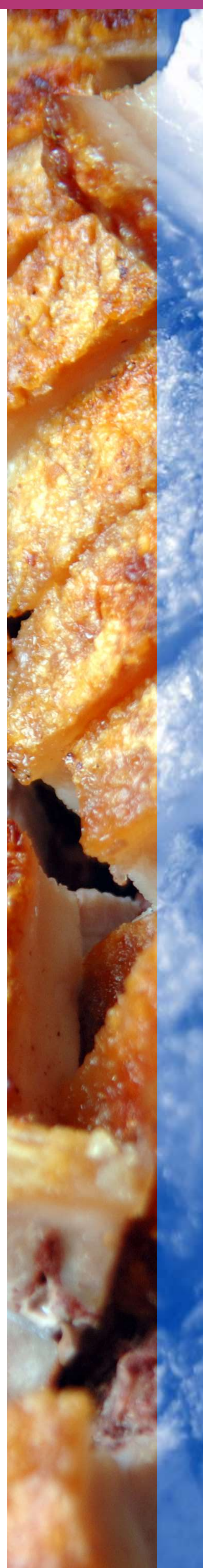
Put a spoonful of oil into a dry wok and add some fatty pork belly. Heat the wok and stir-fry until oil oozes out.

Add the remaining pork belly and continue to stir-fry.

Add light soy sauce and dark soy sauce, and stir-fry until the sauce is evenly distributed. Add some cooking rice wine, cover with a lid, and braise over a high heat for 10 mins.

Remove the lid, add bean curd knots, crystallised sugar, cinnamon and fennel. Braise over a low heat for 40 mins.

Turn up to a high heat until the sauce has thickened. Serve.





Zhou Lin

Spicy Chicken

Ingredients

Chicken	Cinnamon
Chilli pepper	Garlic
Sichuan peppercorns	



Instructions

Wash and drain the chicken before cutting it into pieces.

Prepare the chilli pepper, Sichuan peppercorns, cinnamon and garlic by rinsing and draining.

Add oil (twice the usual amount of cooking oil) into a wok. When the wok is hot, add the chicken and stir-fry until the chicken becomes golden yellow.

Add the chilli pepper, Sichuan peppercorns, cinnamon and

garlic, and continue to stir-fry.

When the chicken is cooked, add salt and light soy sauce, and stir-fry for another 2 mins.

Serve and top with sesame seeds.

Spicy Chicken Feet

Ingredients

Main ingredients: chicken feet

Seasonings: pickle and chopped chilli



Instructions

Rinse the chicken feet and cut into sections.

Add the chicken feet, spring onion, sliced ginger, and Sichuan pepper to a pot. Boil for about 20 mins.

Rinse the chicken feet with cold water. Then soak the chicken feet in warm boiled water.

Take out the chicken feet and put them into a

container. Add pickle and chopped chilli until the chicken feet are fully covered.

Seal the container and store it in a refrigerator for 4 hours.



Main Courses



Markus Hasler

Swiss Cheese Fondue

Ingredients (serves 4)

600 g white or wholemeal bread
Clove of garlic, halved
400 g mature Gruyère
400 g Swiss Vacherin cheese
300 ml white wine
1 tbsp cornflour

1 tbsp kirsch liqueur
A little grated nutmeg and pepper

Fondue is a typical Swiss dish and it's not just for enjoying in cold weather either.

Get together with friends or family and have fun dipping into the cheese, which continues to be kept warm at the table directly after preparation, ensuring the fondue doesn't boil.

The ideal drink to accompany it is a glass of wine or a black tea.



Instructions

Cut the bread into bite-sized cubes.

Rub the fondue pot with the clove of garlic. Grate the cheese directly into the fondue pot or buy pre-grated cheese. Blend the wine with the cornflour, add to the cheese and bring to the boil over a low heat, stirring thoroughly. Add the kirsch liqueur and season with pepper and grated nutmeg. When the fondue is

creamy (the cheese has absorbed all the liquid and is thick), take it to the table and keep it warm on a burner until all the fondue has been eaten.

Tip: If the fondue curdles, blend 1 teaspoon of cornflour into a little white wine and lemon juice, pour it into the cheese mixture and slowly bring it back to the boil again, stirring all the time.



Emilie Priac

Mussels in a White Wine & Cream Sauce

Ingredients (serves 4)

3 kg mussels

50 g lightly salted butter (you can use unsalted butter if you want, as mussels are salted already)

4 large shallots

120 ml white wine (1 glass)

300 ml crème fraîche

Pepper (to taste)

½ bunch of parsley



Instructions

Preparation time: 10 mins; cooking time: 10 mins

Finely chop the shallots and chop the parsley. Melt the butter in a pot and add the shallots and parsley. Cook over a low heat.

Add the white wine and cook until the shallots are tender.

Season with pepper (and salt if using unsalted butter).

Add the mussels, cover and simmer over a low heat for about 10 mins. Stir regularly. Once the mussels are cooked (they are wide opened), add the crème fraîche.

Stir, cover and simmer for 2-3 mins. Stir regularly.

Serve hot with chips.

Halve the quantities if the mussels are served as a starter.

Option: add 1 bay leaf and 1 teaspoon of thyme before adding the mussels.

Note: After cooking, if a mussel is not sufficiently opened, or you have to use force to pry it open, then the mussel is not cooked and you should not eat it.

Parmigiana

Ingredients (serves 6-8)

Oil	Tomato sauce
2 aubergines A little flour	Mozzarella, torn into pieces Ham or mortadella
Breadcrumbs 3 eggs, beaten	Parmesan cheese, grated
	1 onion, peeled and chopped

“Parmigiana” is a recipe that our Italian au pair introduced to our family and which became the family’s favourite dish in no time at all.



Instructions

Cut the aubergine into slices lengthways.
Dust each slice with flour, dip it into the beaten eggs and then dredge in breadcrumbs.
Fry the breaded slices of aubergine in oil.
Fry the chopped onions in a pan, add the tomato sauce and salt and cook for 5-10 mins.
Spread a little tomato sauce over the base of an ovenproof dish, then place the fried aubergine slices on top.

Top with another layer of tomato sauce and then place the mozzarella pieces, ham (or mortadella) and grated Parmesan on top.
Cover with more slices of fried aubergine and repeat the process twice more.
Cover with aluminium foil and bake at 180°C for 30-40 mins.



Andrei Maksimov

Fish Pie

Ingredients

500 ml milk
11 g fast-acting yeast 700 g flour
4 tbsp salad oil
500 g fish pieces (rockfish)
3 potatoes
100 g butter
Salt and pepper to taste



Instructions

Pour warm milk into a bowl. Add yeast and mix.

Add salt (1 tsp) and sugar (1 tbsp). Add the vegetable oil and mix.

Pour in 350 g of flour. Begin to knead the dough gradually adding the rest of the flour. Knead until the dough stops sticking to your hands.

Cover the dough and let it sit in the refrigerator for 2 hours.

While the dough is resting:

Cut the fish and potatoes (in circles) and season with salt and pepper.

Take out the dough and divide it into two parts. Roll out the first part according to the size of the baking dish. Put it in the mould, place the potatoes on top, then the fish, evenly distributing the butter on top. Put it into the oven, preheated to 190°C , for 1 hour 20 mins.

Pastel De Choclo (Chilean Beef & Corn Casserole)

Ingredients (serves 6-8)

3 to 4 medium onions (chopped)
2 tbsp vegetable oil
1½ pounds ground beef
2 tsp cumin
2 tsp salt
½ tsp ground pepper
3 cups corn kernels (fresh or frozen)
1 cup whole milk
¼ cup butter
1 tbsp sugar
2 tbsp basil (finely chopped)
½ cup raisins
1/3 cup chopped black olives 3 hard
boiled eggs (chopped)
1 cup roasted chicken (shredded)



Instructions

Gather the ingredients.

Sauté the onions in the vegetable oil until soft and translucent – 5 mins.

Add the ground beef, cumin, 1 teaspoon salt and pepper. Cook while stirring until the beef is crumbled and browned. Remove from heat and set aside.

Place the corn kernels in a food processor or blender with ¼ cup milk. Process for 1 to 2 mins, until the corn is blended and appears creamy.

Melt ¼ cup of butter in a large saucepan. Add 1 teaspoon salt, the sugar and the blended corn mixture.

Add the remaining ¾ cup milk and simmer, constantly stirring, until the mixture thickens for about 5 to 10 mins.

Remove from the heat and stir in the chopped fresh basil.

Preheat oven to 375°F.

Drain the liquid from the browned beef mixture. Place the beef mixture in the bottom of a 3-4 litre casserole dish.

Sprinkle the raisins, olives and hardboiled eggs over the beef, then layer the chicken on top.

Spread the corn mixture over the top of the casserole so that it covers the rest of the ingredients. Sprinkle powdered sugar on top.

Bake the casserole in the oven for 30-45 mins, until the filling is bubbling hot and the corn mixture is golden brown.

Serve warm.



Tofu Bolognese

Ingredients (serves 2)

200 g natural tofu 1 large onion
1 clove of garlic
2 large carrots
Olive oil for frying
4 tbsp tomato purée
200 ml dry red wine
400 g chopped tomatoes or passata 1 tsp
agave syrup
2 tbsp dried oregano Salt
and pepper
250 g spaghetti (preferably spelt or wholegrain) Bunch
of fresh basil or frozen basil
1 tbsp yeast flakes



Instructions

Squeeze the tofu in a kitchen towel to drain off the liquid, then crumble it with a fork.

Peel and finely chop the onion and garlic. Peel and finely chop the carrots too.

Heat the olive oil in a large, non-stick frying pan and fry the tofu until golden.

After about 5 mins, add the onions and garlic and stir-fry for another 3-4 mins.

Add the carrots and tomato purée to the pan and sweat for 1-2 mins, while stirring.

Deglaze the pan with red wine and reduce the sauce a

little over a medium heat.

Put the passata or chopped tomatoes, agave syrup and dried oregano into the pan with the tofu, season to taste with salt and pepper and simmer, uncovered, over a low heat.

Meanwhile, bring some salted water to the boil in a large saucepan and cook the pasta according to the instructions on the packet, until al dente.

Wash the basil, pat it dry and chop finely. Set aside 2 tablespoons of chopped basil, stir the rest into the sauce. Alternatively, use frozen basil.



Receta Argentina

Ingredients (serves 6-8)

2 bunches spinach

1 large onion

1 large red pepper

Crêpes

Beef mince

Grated cheese

Tomato purée

Oil, salt and pepper to taste



Instructions

For the cannelloni

Wash the vegetables and drain the spinach.
Blanch the spinach.

Chop the onion, pepper and spinach leaves. Fry the onion and the pepper in a pan, setting half aside.

Add the spinach and leave to cool.

Assemble the cannelloni by placing this filling onto the crêpes.

Place in an ovenproof dish.

For the bolognese sauce

Fry the beef mince, and add the other half of the onion and pepper.

Add the tomato purée. Leave to simmer for 30 mins.

Cover the cannelloni with this sauce.

Add grated cheese and bake in a preheated oven at 180°C until golden brown.

When ready, you just need to serve and enjoy this very simple, yet delicious dish.





Morena Barrella

Venison Stew with Polenta

Ingredients

Venison stew

2 onions
2 carrots
1 stick of celery
2 cloves of garlic
Salt; pepper
Rosemary
Nutmeg
200 g butter
1 glass oil

2 bay leaves
1 kg of venison
1 litre red wine + 1 other glass of red wine.

Polenta

Cornflour 500 g
Water 2 l
Extra virgin olive oil 15 g
Sea salt 1 tablespoonful



Instructions

Cooking the venison stew

Cut the venison into little pieces, chop up half the vegetables (onions, carrots, celery, 1 bay leaf), place these in a pot together with the meat and leave to soak for 12 hours with 1 litre of red wine. Once this time has passed, wash and drain the meat and brown it in a baking tray with the oil, the butter, the other half of the onions, carrots, celery and 1 bay leaf, then add the rosemary, the nutmeg, 2 cloves of garlic, salt and pepper.

Cook on a low heat, adding 1 glass of red wine a little at a time. Cook for around a couple of hours.

Cooking the polenta

To make the polenta, put a heavy-bottomed steel saucepan on the heated hob, pour in the 2 litres of water; when the water is about to reach boiling point, add the salt, then pour in the flour quickly, mixing with a wooden spoon (or with a special hazel stick called a tarello) keep cooking at a high temperature,

mixing quickly.

Add the olive oil too, as this will serve to prevent lumps from forming; continue to mix, waiting for it to start boiling again, then reduce the heat to a minimum and continue cooking for 50 minutes on a low heat, mixing continuously, taking care to ensure it does not stick to the bottom. The polenta is ready after 50 minutes; increase the heat so it can detach easily from the saucepan; wait to see that it has freed itself from the bottom.

Now to remove the polenta, carefully turn the saucepan upside-down onto a chopping board a little larger than the diameter of the saucepan. Your polenta is ready to take to the table.

Serve the polenta together with the venison stew and...
BUON APPETITO!!

Fish and Chips (with a Tandoori twist!)



Ingredients

The fish

- 1 cod fillet (skinless)
- 1 tbsp cornflour
- 1 tsp Masala seasoning

The chips

- 100 g large white potatoes 80 g sweet potato
- ½ tbsp red wine vinegar
- Tsp Masala seasoning

The salad (A very underused element to this dish. Some Brits may frown upon what they call rabbit food)

- 40 g baby plum tomatoes
- Cucumber slices
- 10 g mixed salad leaves
- The dressing for aforementioned salad
- 2 tsp Dijon mustard
- 1 tsp red wine vinegar
- 1 tsp honey

Instructions

(talk kindly to my wife who did a wonderful job of creating my brain-child for me) Only joking!

Place thinly cut fries (leave skins on potatoes) into oven with oil and sprinkle with Masala seasoning. Cook for 35 to 40 mins ensuring cooked and golden. Turn halfway.

Make the salad dressing by mixing the ingredients in a small bowl. Keep half the vinegar for later. This is for the chips of course.

Make the salad by halving the tomatoes and slicing the cucumber.

Make the batter using the cornflour, Masala seasoning, pinch of sea salt and black pepper. Place the cod in the bowl and mix in the batter using your hands.

Add 2 teaspoons of oil to a well-heated frying pan. Fry the battered fish for 3 mins on each side, until turning crisp and golden, then cook for 6 mins in the oven.

Voilà, the dish is ready to be served.

Cheers, and Atithee Devo Bhava (The guest is god)





Unal Akin

Sultan's Delight (Hünkar Beğendi)

Ingredients

500 g boneless, diced lamb thigh

1 onion

1 tomato

2 cloves of garlic

1 tbsp tomato paste

Salt, pepper, chilli pepper, powdered paprika

1.5 cups hot water

1 tbsp butter

For the aubergine purée

1 tbsp butter

1 tbsp white flour

1 cup milk (cold)

3 aubergine (roasted)

50 g grated cheddar (1/2 cup)

Salt, pepper

For the top

1 pinch of parsley



Instructions

Chop the onions into cubes and fry in a pan with butter until soft. Add the meat to the onion and continue frying until the juice is absorbed. Add the finely chopped garlic and fry a little more. Add the tomato paste and continue cooking. Once the tomato paste is cooked, add the diced tomatoes. After the tomatoes are softened, the spices are added along with 1 1/2 cups of hot water. Cover the pan with a lid. Stir occasionally over a low heat until the meat absorbs the water.

For the aubergine purée

Pierce the aubergines with a knife and place on a baking tray.

Roast the aubergines in the oven at 200°C until they are soft. Peel the roasted aubergines and finely chop the flesh. Melt the butter in a saucepan and add the flour to it. Once the flour has cooked for a few minutes, add the aubergines and mash

together. Then add the cheddar and stir until it dissolves. After the cheddar has melted, add the cold milk and stir constantly. When the milk begins to boil and thicken, add salt and pepper. The aubergine purée is ready.

Presentation

First, place the aubergine purée on the plate. Place the meat on top and serve with chopped parsley. Bon appetit

:-)

Pizza Margherita

Ingredients

500 g Flour
10 g Brewer's yeast
Extra virgin olive oil
½ tsp salt
Tomato puree
1 ball Mozzarella
Basil a few leaves.
1 tsp Sugar



Pizza is a culinary preparation that consists of a disk of fermented dough of wheat flour, covered with tomato sauce and the various ingredients that normally include some type of cheese, prepared or smoked meats and herbs, usually oregano or basil, all baked in the oven.

History

The Babylonians, Hebrews and Egyptians were already mixing wheat and starch and water for roasting in rustic ovens over 5,000 years ago. The dough was called "Abramo's bread", it was very similar to current Arab breads and was called *píscea*. The Phoenicians, three centuries before Christ, used to add meat and onion toppings to bread; Muslim Turks adopted this custom during the Middle Ages. During the Crusades, this practice arrived in Italy through the port of Naples, and was then adapted, giving rise to the pizza we know today.

Pizza Margherita

Pizza Margherita was born in Naples in 1889 at the hands of a skilled pizza maker: Raffaele Esposito. During the visit to Naples of the King of Italy Umberto I of Savoy, he was invited to cook for the royal family in the sumptuous palace of Capodimonte.

Together with his wife, Raffaele Esposito prepared 3 variations of pizza, including one with tomato and mozzarella, to which his wife added a basil leaf. The queen Margherita particularly appreciated the latter for its flavour, and above all for the colours that reminded her of the Italian flag (red, white and green). Intrigued, she asked its name, and Esposito announced "Margherita", in her honor.

Instructions

Step 1

Make the base: put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200 ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth.

Cover with a tea towel and set aside. Leave the dough to rise.

Step 2

Make the sauce: mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

Step 3

Shape the dough: on a floured surface, roll out the dough. The dough needs to be thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

Step 4

Heat the oven to 240°C/220°C fan/gas 8.

Spread the sauce evenly over the bases with the back of a spoon. Scatter with cheese and tomato, drizzle with olive oil and season. Bake for 8-10 mins until crisp. Add mozzarella and bake for 5 mins.

Serve with a little more olive oil, and basil leaves if you like.



Albaloo Polo

Ingredients

Sour cherries

3 cups sour cherries, fresh or frozen, pitted 1/2 cup sugar, adjust up or down to your taste 2 tbsp butter

1 tiny pinch ground saffron, dissolved in 2 tbsp hot water

Rice

2 cups rice, soaked for 1 hour and rinsed 8 cups water

1 tbsp salt, for boiling the rice and will be rinsed out

1 tbsp ghee, butter or oil,

1 tiny pinch ground saffron, dissolved in 2 tbsp hot water



Ghel Gheli (meatballs)

1 lb ground meat

1 medium onion, grated 1 tsp salt

1/2 tsp black pepper, ground

1/2 tsp turmeric, ground

1/4 tsp cinnamon, ground

1/4 tsp cardamom, ground

4 tbsp olive oil

Garnish

1 tbsp pistachios, slivered

1 tbsp almonds, slivered

1 tbsp rose petals, optional

Instructions

Sour cherries

Place the sour cherries in a saucepan, add sugar and cook on medium-low heat uncovered for 15 mins. The juices from the cherries combined with the sugar will create a luscious cherry syrup that will get used later with the meatballs.

Strain the cherries, and put the sauce aside. Return the cherries to the saucepan, add the butter and saffron water and gently stir over a low heat for a couple of minutes. Set aside.

Rice

In a large covered pot, bring 8 cups water and the salt to a boil.

Add the rinsed rice and boil on high heat uncovered for about 5-8 mins, or until the rice has slightly softened. Drain the rice in a colander, rinse and set aside.

Melt 2 tablespoons of ghee in a non-stick pot over a low heat.

In a small bowl, mix 1 cup of the lightly cooked rice with 2 tablespoons of the saffron-water mixture, gently stir and spread evenly over the bottom of the pot. This will be the crispy rice referred to as *Tahdig*.

Begin by layering a 1/3 of the partially cooked rice and a 1/3 of the sour cherries into the pot and repeat until all of the rice and cherries have been layered in the pot.

Wrap the lid with a clean towel and place on top of the pot. Leave the rice to steam over a medium-low to medium heat for about 45 mins.

Ghel Gheli (meatballs)

Place all the ingredients with the exception of the oil in a medium-sized bowl and proceed to mix all the ingredients. Take some time to mix everything well, so that the meat mixture feels like a smooth paste.

Take the necessary time to create the *Ghel Gheli* by taking a small amount of the meat paste and rolling it between the palms of your hands. These meatballs are typically the size of a hazelnut.

Once all the meatballs have been formed, heat a large frying pan with oil and sauté the meatballs until they are fully cooked and crispy. Typically about 10 mins.

Add the reserved cherry syrup to the pan and swirl around to mix and coat the meatballs. Ideally this step would happen right before serving.

Assembly

Remove the rice from the pan and place on a serving platter. Arrange the meatballs on the serving platter and garnish with pistachios, almonds and rose petals.

Serve *Albaloo Polo* with a side of yogurt and a platter of fresh herbs.



Labskaus (North German sailors' stew)



Ingredients – Serves 4

2 small onions
1 can corned beef (approx. 340 g)
500 g potatoes
Instant broth (beef)
Milk
1 jar pickled gherkins
1 jar beetroot
4 eggs
Freshly milled salt and pepper
Some frying fat

Instructions

Peel the potatoes and boil in the broth, drain and mash. Add milk until you get a smooth mash.

Finely dice the onions and fry them in a pan with a little fat until translucent. Add the corned beef and stir to break down. Finely dice the gherkins (setting aside 4 of them first) and add to the meat. Fry briefly. Add 6 tablespoons each of pickled gherkins and beetroot juice. Season with salt and pepper and stir into the mashed potatoes.

Fry the eggs in a little fat.

Arrange *labskaus* on a plate with the fried egg, pickles and beetroot. Add salt and pepper to taste.

Traditionally, this dish is also served with *matjes* pickled herring, but that's a matter of taste ;-)

Bon appetit !



Ben Elkington

Roast beef & Yorkshire Puddings

Ingredients

For the Yorkshire pudding

55 g plain flour

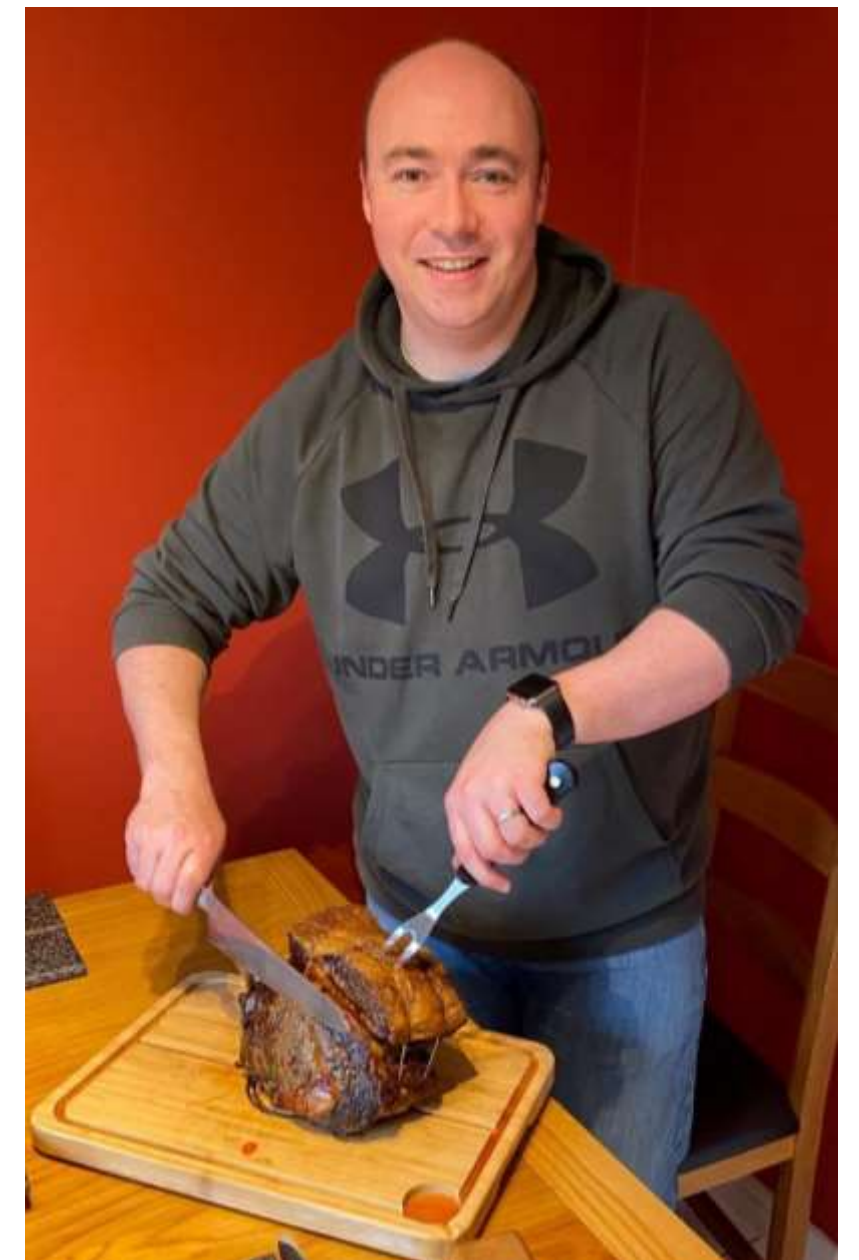
1 egg

75 ml milk

55 ml water

salt & pepper

I have chosen a British classic and personal favourite, traditionally served as a 'Sunday roast' or on special occasions and family get togethers.



Instructions

Beef

Season lightly with salt and pepper.

Cook in a hot oven (250°C) for 15 mins.

Reduce oven temperature to 190°C and cook for 14 mins per 450 g (or until internal temperature reaches 58°C) – cook longer if you prefer well done.

Rest for 30 mins before carving.

Yorkshire pudding

Combine the ingredients with a whisk or food mixer to form a batter.

Add a small amount of oil to the tin and preheat oven to 220°C.

Add the batter to the heated tin and cook for 30 mins.

Serving

Carve the meat and serve with Yorkshire pudding, fresh vegetables, cream of horseradish sauce and roast potatoes.

Crawfish Boil

Ingredients

2 heads of garlic, unpeeled	30 pieces of baby corn
5 bay leaves	2 large onions, sliced
2 3-ounce boxes of Zatarain's crawfish boil	2 16-ounce packages of mushrooms, cleaned
3 large oranges, halved	2 16-ounce packages of smoked sausage, cut into ½ inch pieces
3 large lemons, halved	50 live crawfish, rinsed
2 large artichokes	Salt and pepper as needed
15 red potatoes, washed	



Instructions

Fill a very large pot about 1/3 full with water. Add the garlic, bay leaves, crab boil seasoning, salt, pepper, oranges, lemons, artichokes, and potatoes. Bring to a boil over a high heat, then reduce to a simmer, and cook for 20 mins.

Stir in the corn, onions, and mushrooms; cook 15 mins more.

Stir in the sausage; cook 5 mins more.

Add the crawfish, return to a boil, then simmer the crawfish until the shells turn bright red and the tails pull out easily; about 5 mins.

Test that they're cooked by peeling a crawfish. Be sure not to overcook, or the crawfish will become tough.

Drain well. Serve the crawfish hot... enjoy!



Lokro (Pumpkin & Meat stew)

Ingredients

300 g white corn
300 g white beans
300 g pork (thin-cut ribs)
300 g beef (thin-cut ribs)
200 g bacon
2.5 kg pumpkin

Sauce

Sunflower oil or other oil (not olive) – as required
3 onions
6 spring onions
Sweet paprika
Salt
Pepper



Instructions

In a bowl, soak the beans and white corn for 12 hours.

Boil the meat separately and reserve it. Can be done the day before.

In a large pot, boil the beans and white corn for 2 hours. Add the peeled, chopped and deseeded pumpkin. Add the meat and the bacon. Season with salt and pepper. Once it is boiling nicely, reduce to a simmer and continue cooking for about 40 mins or until the pumpkin dissolves and thickens the preparation, like a pumpkin soup.

For the sauce

Fry the onions together with the spring onions in a large pan with oil.

Add the sweet paprika and season with salt and pepper.

Serve

First serve a generous plate of the stew, and then add the sauce as pictured (or as desired)... and finally you have a Lokro!



Christine Lanyon

London Broil with Special Butter Sauce

Ingredients

London Broil steak
4 Russet potatoes
4 cobs of corn
Butter
Salt Pepper
Garlic powder
Onion powder
Worcestershire sauce
Brown spicy or Dijon mustard
Sour cream



Instructions

Baked potato

Preheat the oven to 400°F.

Wash potatoes and pierce with a fork several times.

Place in a preheated oven for approximately

1 hr (until soft to touch and the skin of the potatoes feels crispy).

London broil

Light the BBQ grill and preheat to 500°F.

Season the London broil with salt, pepper, garlic powder and onion powder – to taste.

Put the seasoned steak on the BBQ grill (approximately 10 mins per side). For

medium rare, the internal temperature should be 135°F.

Corn on the cob

Shuck (peel) the corn cobs, cleaning as best you can.

Bring a large pot of water to the boil (add some salt to the water).

Place the shucked corn in the boiling water for approximately 9 mins.

Special butter sauce

Place 4 tablespoons of butter in a microwaveable cup.

Add 1 teaspoon of Worcestershire sauce.

Add 1 teaspoon of brown spicy or Dijon mustard.

Add ½ teaspoon of garlic powder.

Slice the steak into thin slices, spoon the butter sauce onto the steak.

Slice the baked potato open, add butter, and salt to taste, then sour cream. Butter the corn on the cob. Sit back and enjoy!

Prince Edward Island Seafood Chowder

Ingredients

4 slices bacon, & 1 onion diced
1/3 cup (75 ml) butter
1 jar/can fish stock
1/2 cup white wine
2 stalks celery, diced
6 baby potatoes, diced 2 tbsp (45 ml) starch
2 cups (500 ml) whipping cream
3/4 cup (175 ml) milk
4 oz (120 g) fresh halibut or cod, diced 4 oz (120 g) scallops
1/4 cup (60 ml) chives, chopped
18 steamed mussels, or clams shucked
Shrimp or lobster, shucked
Sea salt, freshly ground pepper, 2 bay leaves



Instructions

In a skillet, cook the bacon on a low to medium heat until browned. Remove from the heat and set aside.

In a saucepan, melt the butter on a medium heat. Add the onion, celery and potatoes and cook for 10 mins.

Deglaze with white wine and add the fish stock.

Add the bay leaves and simmer for 5 mins.

Remove the pot from the heat and stir in the whipping cream and milk; return to the heat and let thicken.

Add the fish, scallops and chives. Cook over a low heat for about 10 mins, or until the fish and scallops are cooked through.

Add the mussels and clams; season with salt and pepper.

Optional

Add a dash of oyster sauce, fish sauce and soy sauce for additional flavour.

Top with fresh herbs, e.g. parsley.





Douglas Rosson

Gordonsville (NC Style) Pulled Pork Barbecue with Cole Slaw

Ingredients

For Gordonsville pulled pork start with:

8-10 lbs (4 kg) trimmed pork shoulder

Rub it all over with your spice mixture:

2 tbsp (30 g) brown sugar

2 tbsp (15 g) paprika 2 tsp (12 g) salt

1 tsp (3 g) onion powder

1 tsp (3 g) celery seeds

1 tbsp (9 g) ground black pepper 1 tsp (3 g) garlic powder

Coleslaw

1 medium green cabbage – shredded, grated, or thinly sliced.

Your choice.

4 medium carrots – grated

1 medium sweet yellow onion - grated 1 sweet red pepper - grated

Coleslaw dressing

2 cups (500 ml) mayonnaise

1/2 cup (100 g) granulated sugar

1/4 cup (60 ml) vinegar 1 tsp (6 g) salt

1 tsp (3 g) ground black pepper

1 tbsp (16 g) yellow mustard 1 tsp (3 g) celery seeds

I don't think there could be anything more American than a dish that you can prepare dozens of ways. All are good but everybody has their favourite. My personal favourite is Eastern North Carolina-style with a vinegar- and pepper-based BBQ sauce, but the great thing about BBQ is it can be as individual as you want it to be. BBQ can be spicy or hot or sweet and sticky. It can be pulled pork, brisket or chicken. Serve it with your favourite side dish whether that's baked beans and coleslaw or something else, it doesn't matter. Put it on a sandwich or on a plate without bread. Make it your own. The only rules are that it needs to be cooked low and slow to make it tender, and that smoked is always better than any other way you can cook it.



Douglas Rosson

Gordonsville (NC Style) Pulled Pork Barbecue with Cole Slaw

Instructions

After rubbing the spice mixture on the meat, wrap it in plastic or put in a plastic bag. Store in the refrigerator for a few hours or overnight to marinate.

To cook: place in the cooker fat side up. Smoke at 225- 250°F (120°C) for 1 to 1-1/2 hrs per lb of meat. A 10 lb shoulder will require 12-16 hrs in the smoker to reach an internal temperature of 190°F or 88°C. A pan of water in the cooker will keep it moist. The temperature will climb fairly quickly to 155°F, but will stall at that temperature for several hours possibly. Leave the heat alone and be patient. Low and slow. It will climb again to 190°F once the fat renders to a certain point.

Once the meat reaches an internal temperature of 190°F, remove from the heat and allow it to rest until it drops to a temperature you can handle without burning your hands. It will be blackened and burned looking, but inside it will be awesome. Pull the meat from the bone and separate the parts you would eat from the parts you would not. Don't be

afraid to leave the blackened bits from the bark in it. It should shred very easily. Place the meat into a large pot you can put on the stove.

Make your sauce and add it to the pot with the meat. Cover and bring to a simmer. Stir occasionally and continue simmering gently for 45 mins to an hour while the meat continues to break down and the blackened bits soften and mix in. Serve it hot!

Don't forget the coleslaw! You've got to have it with BBQ. Coleslaw can be as varied as the BBQ but this version is my favourite. I got the recipe from my grandmother and just like your grandmother, she made the best. Eat it as a side or like most people in this part of the country, eat it on the barbecue sandwich as a topping.

Add the dressing to the slaw and mix well. Serve it fresh.



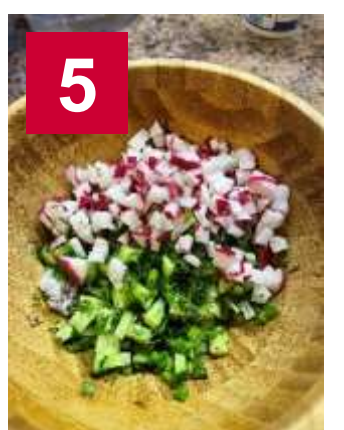
Okroshka (cold kvass soup)

Ingredients

3 boiled potatoes
300 g boiled sausage
3 eggs
2 cucumbers
3 radishes
15% fat sour cream
150 g
Spring onions - 1 bunch
Dill - 1 bunch
Kvass – 2 litres



I'd like to show you a traditional Russian dish – okroshka. It's a wonderful cold soup, best served in summer, when the weather is hot. Okroshka with kvass is very satisfying when you're hungry and thirsty.



Instructions

Take the 3 boiled potatoes and cut them into medium-sized cubes.

Cut the boiled sausage into cubes of about the same size as the potatoes.

Cut the 3 boiled eggs into cubes.

Chop the cucumber, spring onions, radishes and dill.

Now we can put together the *okroshka*. Place the chopped potatoes, sausages, eggs, radishes, cucumbers and herbs into a large bowl.

Mix all the ingredients.

How to serve

Take a deep dish. Put the mixture of previously prepared ingredients into it. Pour the kvass over it. Add the sour cream.

The *okroshka* with kvass is now ready.

Bon appetit!

Döppekoche (Pot Cake)

Ingredients (2-3 persons)

10 large potatoes
250 – 350 g streaky bacon
1 bread roll
¼-½ litre milk
1 egg
salt, oil

You will need:

Food processor
Roasting pot (ideally made of cast iron)
Small pot



Instructions

Peel the potatoes and mash them in the food processor.
Soak the bread roll in the milk and heat it slowly in the pot.
Cut the bacon into cubes.
Mix the potatoes with the egg, soaked bread roll, milk, bacon and salt.
Heat the oil in the roasting pot on the stove and add the

potato mash.
Put the roasting pot into the preheated oven and bake it at 200° C for 1-1½ hours.
Serve with apple purée. Enjoy your meal!



Rump of Veal with Honey, Orange & Rosemary

Ingredients (serves 4)

Rump of veal (approx. 600 g) 1 unwaxed orange
1 bay leaf
1 sprig of rosemary 2 tbsp honey
4 trimmed mushrooms
1 yellow (or red) onion
2 tbsp crème fraîche Butter

Salt, pepper (to taste)

You can add a tablespoon of mustard to spice it up a little.



Instructions

Required time: 1 hour 30 mins

Slice the onion. Season the meat (salt and pepper). Grate the zest of half an orange. Squeeze the orange to collect all the juice. Remove the pips.

Melt the butter in a pot over a high heat. Brown the veal on both sides until golden.

Remove the meat from the pot and set aside on a plate.

Add the squeezed orange juice to the pot and deglaze for a few seconds.

Add the onions. Lower the heat to medium and cook, stirring regularly. Add the mushrooms, bay leaf, rosemary and honey. Leave to infuse for 5 mins.

Return the meat to the pot and sprinkle with orange zest. Cover and cook for 30 mins over a low heat.

Add some crème fraîche at the end of cooking. Serve with mixed vegetables.



Faye Martyn

Shepherds Pie

Ingredients (Serves 6)

500 g beef mince (or pork/lamb mince)
200 g mushrooms sliced
1 medium onion chopped
400 g tin chopped tomatoes
400 g tin baked beans in tomato sauce
2 x Oxo cube (or beef stock equivalent)
800 g potatoes peeled and chopped into chunks
100 g soft cheese
30 ml milk
100 g grated cheese



Instructions

Spray the pan with Fry Light (or cooking oil), add the onions and mushrooms and crumble the mince in, add the Oxo cubes and cook until the mince is browned.

Once the mince is browned, add the tin of tomatoes and baked beans, stir and simmer for 20 mins.

Meanwhile, boil the peeled, cubed potatoes for 15 mins or until tender. Drain, then mash with the 100 g soft cheese and 30 ml of milk.

Put the mince into an ovenproof dish, top with the mashed potato and sprinkle on the grated cheese (at this point the pie could be chilled to finish in the oven later).

Bake in the oven for 20-25 mins until the cheese is melted and the mince is bubbling through at the edges.

Roast beef as a whole from the tripod barbeque (Schwenkgrill)

Ingredients

2.7 kg roast beef 2 tbsp
sea salt
4-5 sprigs of rosemary

Remoulade sauce

250 ml sunflower oil	1 tbsp crème fraîche
2 eggs	1 tbsp yogurt
1 tsp medium hot mustard	1 small bunch of parsley
1 squirt of lemon juice	1 small bunch of dill
1 tbsp vinegar	1 tsp salt
1 tbsp sugar	1 tsp pepper
2-3 pickles	
1 onion	
1 clove of garlic	
1 tbsp capers	
1 tbsp anchovies	

Instructions

Beef

Let the meat reach room temperature 3 hours before grilling.

Generously put salt on the outside (**picture 2**) and place it on the grill rack.

Slightly push the rosemary sprigs under the meat.

Grill the meat to a core temperature of 58°C (136°F)* using a meat thermometer. Turn it every 20 to 30 mins and grill on all four sides.

After the target temperature is reached, take it from the grill and let it rest for at least 15 mins covered in aluminium foil to keep it warm.

Slice it into small pieces and serve it with homemade remoulade sauce, potato gratin and green salad (**see picture 3**).

*58°C (136°F) for medium to well done with a slight pink colour, as some people prefer it not too rare.

*56°C (133°F) for medium and how beef should be, in my opinion at least!

Note: The external heat should never be above 190°C when lifting and turning the rack with the meat on it



Remoulade sauce

Chop the pickles, onions, garlic, capers and anchovies into small pieces.

Finely chop the herbs. Put the eggs in a tall, narrow container, add the vinegar, lemon juice, mustard and salt and beat with a hand blender.

Meanwhile, the sunflower oil is then gradually poured in in sips.

The egg mixture turns whitish and thick. Add the herbs, pickles, onions, garlic, capers, anchovies, yoghurt, crème fraîche to the egg mixture.

Season to taste with salt and pepper.



Cheese spaetzle



Ingredients

1 pinch of nutmeg
500 g spelt flour
1 tsp salt
250 ml water
3 tbsp oil
5 eggs
water
butter
Plus onions, grated
mountain cheese and a
bunch of chives

Instructions

Mix the spelt flour, salt and nutmeg.

Add the water, eggs and oil and knead well so that the dough is smooth. Let it rest for 1/2 hour.

In the meantime, bring the water to the boil in a large saucepan and transfer the *spaetzle* dough using a *spaetzle* slicer, grater, press or board.

But not too much at once, otherwise they will stick together.

When the *spaetzle* are swimming on the top, remove them with a slotted spoon and rinse in a bowl of cold water.

Drain well in a sieve. Put a layer of *spaetzle* into a big bowl and put a thin layer of mountain cheese on top and repeat that 2 or 3 times. Put the bowl into the oven for 15 mins at 100°C (212° F).

Fry 3 to 4 sliced onions in a pan until they are nicely cooked.

To serve, put a portion of cheese *spaetzle* on a plate and top it with fried onions and some chives according to your taste..



Giorgio Canalini

Tagliatelle with Yellow Bolognese Ragu

Ingredients (Serves 6)

Tagliatelle

4 eggs

1 egg yolk

400 g 00 flour

Yellow Bolognese ragu 300 g minced beef

200 g minced pork

100 g carrot — finely chopped or grated

100 g onion — finely chopped or minced

500 g yellow Datterino tomato purée (Scicilian baby plum tomatoes)

1/2 glass white wine olive oil

Salt



Instructions

Tagliatelle

Put the flour directly onto a wooden pastry board, create a well in the middle and add the whole eggs while stirring with a fork.

At the same time, start to mix in the flour.

Once the liquid part has been absorbed, start kneading by hand.

Transfer to the pastry board or a wooden surface and knead vigorously for about 10 mins, with your palm pulling it in all directions Wrap it in clingfilm and let it rest at room temperature for at least 30 mins.

Then you can continue to work the pasta. Cut a piece with the pastry cutter.

Pull it through the pasta sheet maker on maximum thickness by passing the pasta between the rollers to obtain a thick first sheet. Continue passing through the pasta sheet maker reducing the thickness.

Once you have obtained a rectangular sheet, in the preferred thickness, lay it on the lightly floured pastry board and cut with a pastry cutter or a knife.

At this point, your fresh egg pasta is ready.

Yellow Bolognese ragu

Fry the vegetables in 5 tablespoons of oil, until the onions become lightly browned.

Add the beef and pork and cook until it becomes lightly browned.

Add ½ a glass of white wine and let it evaporate.

Add the yellow Datterino tomato purée and mix well.

Season with salt, cover and cook very slowly for 3 hours, stirring it every 30 mins.

If it looks like drying out, add a little more white wine.

YOUR RAGU IS READY!

Now, bring a pan of water to the boil, add 2 heaped teaspoons of salt.

Add the tagliatelle and cook for 4 mins.

When ready, remove from the pan and place it in a dish.

Add the ragu and mix gently.

Enjoy your meal



Guisepppe Montaguti

Paella De Marisco

Ingredients

1 ripe tomato, peeled	fish (mix of floured fish)
1 onion, diced	3 or 4 crayfish
4 cloves of garlic saffron	1 litre of fish stock
250 g squid rings	500 g paella rice (short-grain or Spanish
250 g mussels	<i>bomba</i> rice)
6 or 7 langostines or prawns, floured	Colouring, oil and salt.



First of all, let me explain why an Italian has chosen a Spanish dish: it's the dish eaten at the Infia parties, and it is one of the dishes that in my opinion best represents cultural diversity.

We're going to make seafood paella for 5 people (my one in the photo is much bigger and is for 10 people).

Instructions

We start opening a beer and eating some olives, peanuts or chips (better with friends)

Continue by pouring oil into a 34 cm paella dish. The rice we're going to prepare is for four/five people, with generous servings. Measure out the oil by pouring one spoonful per one hundred grams of rice and one extra.

Next, open a second beer as it's very important to concentrate and get it right!

Start adding the squid rings, mussels, langostines, crayfish and the floured fish and fry them until they are well done. When they're ready, remove them from the paella. Then add the diced onion and when it's cooked, add the peeled, ripe tomatoes with a little salt and fry until the tomato starts to dry and appears fried.

Add the rice and fry it lightly and then immediately add the hot stock. As soon as it starts to boil, throw in the floured fish and cook well (taste to see if more salt is needed).

For the first 5 mins of cooking the rice always stir with a spoon, because the flavours come out better (but only for the first 5 mins). Add the colouring and stir.

Cook the rice for between 17 and 20 mins at the most until all of the stock has dissolved.

Meanwhile, while the rice is cooking, now is the time to talk about football or about the price of food going up.

Keep an eye on the time, as this is very important. After 10 mins, add the mussels that you also used to make your homemade fish stock, the unpeeled langostines or prawns and finally the crayfish and the rest of the seafood.

Have fun and enjoy your meal!

(With special thanks to my paella mentors: Amadeo Isach and Jose Luis Guijarro.)

Stuffed Kibbeh (Içli Köfte Tarifi)

Ingredients (Serves 6)

For the filling

2 tbsp oil
300g minced meat
3 medium size onions
Half tsp tomato paste
Half bunch parsley
1 small tea cup crushed walnuts
Salt, pepper flakes, black pepper

For the crust

2 cups fine bulgur
1 cup semolina
1 egg
1 tsp red pepper powder
1 tsp pepper paste
A little less than one cup flour
1 tsp salt
2 cups cold water



Instructions

Making the filling

Make the filling: Place the minced meat into a saucepan along with the finely chopped onions. Fry until all moisture evaporates. Then add salt and pepper flakes to the tomato paste. Finally, turn off the heat and add walnuts and parsley. Leave to cool. Rest in the fridge for 1-2 hours.

Make the crust: Place the fine bulgur and semolina into a bowl. Add 2 cups of water to cover and rest for 15 minutes. After 15 minutes, add the egg, tomato paste, red pepper and salt. Knead for 30 minutes. The mixture may be a little sticky. This is fine. After kneading, let it rest for 10 minutes at +4 degrees.

Filling the kibbeh: Take a walnut-sized ball of the crust in your hand. Dent the middle by rolling it in the palm of your hand. If the dough sticks you can wet your hand. Take a tablespoon of the filling and place it in the dent you have created and cover the top of the ball. Place it on your plate, giving it an egg-sized and lemon-like shape.

Cooking: Fry the stuffed kibbeh in oil over a medium heat for 5-10 minutes. Instead of frying, if you want, you can boil in a little lemon water. You can also store the stuffed kibbeh that you do not cook in the freezer.

BON APPETIT

Viennese Schnitzel

Ingredients

4 veal cutlets
¼ cup flour
2 eggs
½ cup breadcrumbs
Lard or butter (oil can be used too) Salt
Lemon to garnish



This is one of the national, and most traditional, dishes of my home country, Austria. It can also be found in similar versions in other countries. The original version of Viennese Schnitzel needs to be prepared with veal.

The “mystery” regarding the famous “golden look” of the Viennese Schnitzel is said to be the following: at the Royal Courts, there was always a big competition between the various kingdoms for their cooks to create new dishes to impress the guests of the King or Queen. Real gold powder and gold leaves were used to give dishes a glamorous and royal appearance and, of course, to underline the wealth of the kingdom.

Legend has it that this way of cooking wasn't sustainable cost-wise for some Royal Courts, hence a creative cook invented the famous “golden look” with breadcrumbs, which have since conquered the world.

Instructions

Take 3 big bowls: put the flour in one, beat the eggs in one and in the third dish put the breadcrumbs.

Put a bit of salt on each of the veal cutlets. Then dip each veal cutlet first into the flour, then into the beaten egg and as a last step into the breadcrumbs. Make sure the whole piece of meat is covered fully step by step with each of these ingredients.

The next step is to prepare a big frying pan, put the lard or butter into the pan and when it is very hot, put the Viennese Schnitzel into it and let

it slowly fry until the breadcrumbs turn golden. Keep turning the Viennese Schnitzel in the pan so that it's well fried on both sides.

Traditional side dishes are boiled potatoes with fresh parsley and either a green leaf salad or a cucumber salad.

GUTEN APPETIT! :-)



Arròs "Del Senyoret"

Ingredients (4 persons)

300 g rice (approx. 70 g per person)
250 g fish (little pieces previously cleaned, skinned and boned)
250 g prawns (peeled having removed the heads)
500 g/ml fish broth (made with fish bones and heads and the shells from the prawns)
2 small tomatoes
1 or 2 garlic cloves
Olive oil
Saffron



"Arròs del senyoret" means "gentlemen's rice". It's a paella that needs no work at all to eat, everything is ready to be enjoyed (no fish bones or skin). BON PROFIT!!!

Instructions

Start with some olive oil (almost cover the bottom of the paella pan).

When the oil is hot, add the chopped garlic clove(s) and the 2 finely chopped tomatoes.

Mixed it all with the oil and cook for at least 5 mins. Add the small pieces of fish.

Cook the fish for a couple of mins.

Add the prawns and cook them for a couple of mins. Keep stirring everything to prevent it from burning.

Add the rice and remove everything for a couple of

minutes.

The goal is to get a nice combination of all the small pieces of fish/prawns/rice

Add the fish stock and the saffron, and mix everything to distribute the pieces evenly.

Leave it to bubble for at least 15 to 20 mins, to achieve a great "socarrat" (caramelised crust of rice on the pan) - not burnt, but toasted.



Westphalian Stew

Ingredients

400 g white beans
250 g smoked sausage (*geräucherte Mettwurst*)
300 g carrots
300 g potatoes
300 g cabbage
1 large cooking apple
1 large firm pear
Salt
Freshly ground pepper
For garnish: 4 tbsp parsley, finely chopped



Instructions

Soak the beans in 1.5 l of water overnight. You can skip this step if you have fresh beans.

The next day, bring the beans to the boil with the soaking water. Cook over a medium heat for 30 mins, then add the smoked sausage and cook for another 30 mins.

Clean, peel and slice the carrots. Peel, wash and cut the potatoes into cubes. Cut and dice the

cabbage. Peel and core the apple and pear.

Add the vegetables and fruit to the beans and sausage, and season with salt and pepper. Cook for another 30 mins.

Finally, serve sprinkled with chopped parsley. Guten Appetit !



Bifanas do Jorge

Ingredients

1.8 kg pork leg or ham (it should have some fat around or inside it so that it isn't too dry)

Freeze the raw piece of meat, when frozen, slice as thinly as possible (ask your local butcher if he can do this for you – safety first!)

Salt, pepper, paprika and chilli powder mixed together



Papos secos (Buns)

200 ml water, 200 ml milk, 20 g fresh yeast, 1 tsp salt, 20 g butter, 2 tbsp instant mash potato, 600 g flour

This is a typical Portuguese fast food sandwich. It's yummy, but not for everyday consumption 😊.



Instructions

Slice some garlic cloves and fresh chillies (piri piri). Obtain some Portuguese green wine (e.g. Casal Garcia) and some bay leaves.

Start by placing a layer of meat in a gratin dish, then add some spices, continue to halfway up the gratin dish, add wine then continue.

At the end, the meat should be soaking in the wine blended with spices.

When finished cover and put in the fridge for at least 24 hours.

Cooking

For the frying pan it's best to use something similar to a wok.

Add at least 1 litre of oil and part of the marinade, cook until the fat floats, scoop out.

Add the meat and cook at a low temperature for about 15-20 mins.

Open the bun (*papo seco*) and fill with meat. I enjoy it with mustard and additional piri piri.

Papos secos (Buns)

Mix the liquids with the yeast, melt the butter.

Add the liquids to the flour, salt, and instant mash potato and then the butter. When it's all well kneaded, leave to rise to at least double its size.

Roll the dough into little round balls of 80-85 g and rest for 20 mins, then flatten the balls and press with the side of your hand in the middle of the bun, fold and leave to rise.

Preheat the oven to 210° C and place a glass/bowl of water in the oven, unfold the buns and lay the pressed side uppermost on a tray, bake for about 20 mins.

Enjoy!





Jorge Monte

Jorgo's Lamb Chops with Hot Cabbage Salat

Ingredients

Meat

180-250 g lamb chops cut in two, seasoned with salt and pepper to taste and rubbed with olive oil

Salad

Onions, cabbage and pear all thinly sliced
Salt and pepper



Instructions

Meat

Add olive oil to a frying pan and sear the meat well on all sides. When seared, place in a preheated oven at 110- 150°C.

Cook for about 10-20 mins (the temperature and time depend on how well you want your meat to be cooked - I like it medium rare).

Warm salad

Add olive oil to a hot pan and combine and soften all the salad ingredients. Add salt and pepper to taste.

When cooked, add a spoon or two of white vinegar for some acidity.

Garnish

Deep fry some sage leaves and then add a nice piece of salty anchovy.

Never forget that we eat with our eyes too, so make your dishes pretty, as a treat for yourself.

Jorge Monte

Outside Crusty Inside Juicy Pork Ribs

Ingredients

400-500 g pork ribs dry rubbed with a mix of salt, paprika, chilli powder and pepper, rest for at least 3-4 hours



Instructions

Get the charcoal grill glowing (only cover half of the area with charcoal).

Sear the ribs on all sides until crusty (direct heat), then remove and cook over an indirect heat (the time depends on the thickness of the meat. Mine took about 45 mins over an indirect heat).

Make potato wedges with their skins on and deep fry for half their time, take out and leave to rest,

then deep fry again. This way they get crispier.

Mix half the amount of mayonnaise and natural yogurt together and add madras curry powder (dipping sauce).

Engute!

Alp Mushroom Ragout with Rösti

Ingredients

Dried yellow porcini mushrooms and morels, canned chanterelle and button mushrooms

Olive oil

200 g sour cream

250 ml cream Potatoes



Instructions

Mushrooms

Use what's available, in my case it was dried yellow porcini mushrooms and morels, canned chanterelle and button mushrooms.

Heat the olive oil, add the chopped onions and then the mushrooms, mix well then add some of the water the dried mushrooms were soaked in and beef stock. Cook for 10 mins.

Add salt and pepper to taste and cook for a further 5 mins.

Add finely chopped parsley and chives, the sour cream and cream, and cook for a further 10 mins. When cooked, thicken with cornflour or potato starch, and serve on Rösti.

Potatoes

Cook firm potatoes a minimum of 24 hours beforehand in water with salt and pepper (I always add a bay leaf and garlic), then refrigerate for the next day.

Grate the potatoes and fry in plenty of butter, add salt as needed, flip a couple of times until they have a nice crust.

Combine and let the flavours melt into one another.





Jose Antonio Garcia

Asturian Pork & Beans Recipe

Ingredients (serves 4)

1 kg fava beans
2 chorizo sausages
2 blood sausages
1 piece of pork shoulder



Instructions

Soak the beans overnight.

Place the beans in a saucepan of cold water with the chorizo, blood sausages and pork shoulder and simmer

over a low heat until the beans are cooked.

When cooked, add a dash of olive oil and a little paprika.

Westwood-style ("Dippekuche")

Ingredients (Serves 6)

2 kg potatoes
2 medium-sized onions
6 eggs
300 g streaky bacon
1 bunch of parsley
2.5 tsp salt
1 pinch of nutmeg
1 pinch of freshly ground pepper
Oil



Instructions

Dice approx. 1/3 of the streaky bacon, cut the rest of it into slices.

Peel, wash and grate the potatoes. Peel, grate and add the onions. Beat the eggs and add them as well. Then wash and chop the parsley and add together with the salt, pepper and nutmeg. Add the diced bacon. Then beat the batter vigorously.

Heat enough oil in a cast iron roasting pot so that the bottom is well covered. Put the mixture in the roasting pot and bring to the boil on the stove for about 20 mins. The mixture must always be stirred well to remove it from the bottom of the pot. The mixture will evaporate and become a bit stiffer.

After boiling, the mixture should be returned to the mixing bowl so that none of it remains in the roasting pot. Now add more oil to the roasting pot

so that the base is well covered and reheat (brush the inside of the roasting pot so that nothing gets stuck later). As soon as the oil is hot enough, put the mixture back into the roasting pot and level it out a little. Now cover the *Dippekuche* with the sliced streaky bacon.

Bake in a preheated oven at 180°C for about 1.5 hours until the whole thing has an appetizing colour.

Recommendation: bake the *Dippekuche* covered for the first 30 mins.





Konkanok Kaewchan

Southern Thai Spicy Sour Yellow Curry with Radish and Sea Bass

Ingredients

Sea bass medium-sized
50 g Southern Thai sour yellow curry paste
10 g shrimp paste
5 cups water
Radish if desired

Seasonings
3 tsp sugar
2 tsp fish sauce
Concentrated tamarind juice according to taste
Lime juice according to taste
1/2 tsp sea salt



Instructions

Dissolve the shrimp paste and the Southern Thai sour yellow curry paste and bring to the boil.

Season with fish sauce, sea salt and sugar and bring back to the boil.

Add sliced radish and season with concentrated tamarind juice. Taste again.

Add the fish, and turn the heat off when the fish is cooked and squeeze in a generous amount of lime juice.

It's now ready to serve.

Indian Chicken Curry

Ingredients (Serves 4)

- 1 whole chicken with skin

10 garlic cloves

20 g ginger

1 tbsp red chilli powder

1 tbsp powdered black pepper

Salt to taste

2 tbsp fresh curd cheese

Tomato sauce

8 medium-sized tomatoes

1 cinnamon stick

2 green chillies

1 tbsp crushed ginger

4-5 cloves

2 black cardamom pods
- 2 green cardamom pods

1 tsp red chilli powder

1 cup water (300 ml)

Main cooking

2 medium-sized onions

5 garlic cloves

10 g ginger

2 tbsp tomato purée

1 tbsp honey

100 g butter

50 g fresh cream

4 tbsp cooking oil

½ tsp fenugreek leaves



This curry was developed in the 1950s by Kundan Lal Jaggi, the founder of the Moti Mahal restaurant in Delhi, India. In 1975, the English phrase “butter chicken” curry first appeared in print as a specialty of the house at Gaylord Indian restaurant in Manhattan. In Toronto it is eaten as a roti filling, and in Australia and New Zealand, it is also eaten as a pie filling. This curry is common in India and in many other countries.

Instructions

Step 1: Marinate the chicken and refrigerate it for 30 mins to 1 hour.

Prepare the fresh ginger and garlic paste and

add all the other ingredients to the chicken and mix well.



Indian Chicken Curry

Step 2: Preparation of tomato gravy/sauce

Prepare the tomato paste in a mixer and add all the other ingredients with the water, bring them to

the boil and simmer for a minimum of 20-25 mins.

Sieve the gravy and set it to one side.



Step 3: Main cooking

Heat the oil in a large skillet or pot over a medium-high heat. When sizzling, add the marinated chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 mins on each side. Set aside and keep warm (you'll finish cooking the chicken in the sauce).

Take the same skillet or pot and heat some oil and butter together. Add the onions, ginger, and garlic paste and stir them until golden brown. Add the tomato purée and fennugreek leaves. Leave to simmer for about 10-15 mins, stirring occasionally

until it thickens and becomes a deep reddy-brown colour.

Add the tomato gravy/sauce prepared at step 2. Stir it for 5-10 mins, add 1 cup of water and mix it all well. Add the honey to the sauce. Add the browned pieces of chicken, with the juices kept aside in step a), to the pot and cook for an additional 8-10 mins until the chicken is cooked through and the sauce is thick and bubbling.

Add fresh cream and stir for 1-2 mins.

Garnish with chopped coriander and serve with fresh bread.



Laksa

Ingredients (Serves 6)

- 600 g shrimps

2 large fried fishcakes (or substitute with more seafood e.g. cuttlefish, mussels, etc.)

6 pieces of deep-fried brown bean curd

500 g rice flour noodles or vermicelli or thick yellow noodles

18 hard boiled quail eggs (or substitute with 4 chicken eggs)

250 g bean sprouts

1.5 litres coconut milk

Laksa paste

15 small dried chillies (can be reduced to 5 for less heat), sliced

3 large red chillies, sliced

25 shallots, chopped

8 cm galangal, chopped (or substitute with ginger or turmeric)

4 cm ginger, chopped
- 8 cloves garlic, chopped

4 stems lemon grass, sliced

4 cm turmeric, chopped, or 1 tsp turmeric powder

4 candlenuts, crushed (or substitute with 15-20 cashew nuts)

3 tsp dried shrimp paste

50 g dried shrimps, lightly toasted in a dry wok, ground to a powder

Other ingredients

¼ cup vegetable oil 2 tsp salt

2 tsp sugar

4 lime leaves

Bunch of fresh coriander, chopped

6 tbsp polygonum leaves (skip if not available)

Hi! I'm featuring a famous dish called Laksa that hails from sunny tropical Singapore, a food paradise where locals travel all over to search for the best food. Singapore is a melting pot of cultures, resulting in different styles of food, frequently rich and flavourful. You might have heard of Singapore Chilli Crab, Chicken Rice, Satay, etc. Laksa is very popular in Singapore. It's a noodle dish in thick soup that is rich in coconut milk, fragrant, sometimes with shrimps, sometimes spicy (or toned down), but super satisfying. We call it "Shiok" in Singapore slang.



Laksa

Instructions

For the *laksa* paste - process the chillies, shallots, *galangal*, ginger, garlic, lemon grass, turmeric, candlenuts and dried shrimp paste to form a smooth paste.

Heat the oil in a large wok, add the paste and stir-fry over a moderate heat until fragrant, for 10 mins.

Add the dried shrimps and stir-fry for 1 minute. Add water to the paste to make 1.5 litres of liquid for the *laksa* gravy.

Add salt and sugar. Bring to the boil. Lower the heat and simmer for 10 mins.

Add the coconut milk, bean curd and lime leaves.

Add the polygonum leaves (or skip).

Bring to the boil, then simmer for 5 mins.

Add the rest of the ingredients for the final 10 mins. Blanch the noodles separately according to the package instructions. Drain the noodles.

Add the fishcake or seafood, bean sprouts, blanched noodles, raw shrimps and coriander leaves.

It's now ready to serve.

Serve each bowl with gravy and noodles and the shrimps and seafood.

Garnish with sliced eggs and chopped coriander leaves or chilli.





Linda Kennedy

Haggis, Neeps and Tatties

Ingredients

- 1 haggis (in my case, sent from Scotland for the occasion – thanks mum!)
- 4 to 6 medium-sized potatoes
- Butter
- Cream
- 1 turnip or 2 small swedes Whisky (and ice if preferred)



Tatties are mashed potatoes and neeps are mashed turnips, which accompany the haggis, sometimes with a rich whisky sauce (or we drink the whisky!).

We usually eat this on 25 January when we celebrate the birth of our famous Scottish poet Robbie Burns at Burns Night. We recite his poetry, sing his songs and do the famous “Address to the Haggis”

It has been said that haggis are a rare species native to Scotland's highlands. The haggis is allegedly a mammal with many unusual features: its right and left legs are different lengths, enabling it to quickly scurry up and down steep cliffs. It is a fluffy animal whose fur is long and mane-like, which helps it survive the harsh winters of its habitat.

Instructions

- Peel and chop the potatoes.
- Boil in a pan of hot water for approx. 25 mins.
- Peel and chop the swede.
- Boil in a pan of hot water for approx. 30 mins.
- Boil the haggis for approx. 18 – 20 mins depending on size.
- Mash the potatoes, adding a knob of butter and some cream to taste.

- Mash the swede.
- Remove the haggis from the boiling water, then pierce the skin.
- Leave to cool for a minute or so before serving as the haggis will be very hot.
- Serve with Scotch Malt whisky

Chicons au Gratin

Ingredients (Serves 4-6)

4-6 medium-sized endives
30 g butter
Salt, pepper
200 g grated cheese
4-6 slices cooked ham
A pinch of sugar
500 ml bechamel sauce (you can use your own recipe or use the one provided)

For the bechamel sauce you will need:

100 g butter
50 g flour
1 litre milk
Salt
Nutmeg



A very typical dish from Belgium and Northern France is a chicory or Belgian endive ham gratin. Its main ingredient is the Belgian endive, also known as witloof in Flemish/Dutch.

Instructions

Start by trimming the root end of the endives. We usually cut them in two, remove the heart and put some butter and a little bit of sugar on them and braise them on a low heat in a sauté pan with a little bit of water.

Allow the endive to soften. You can leave them to caramelize a little longer if you want less bitterness and then drain the excess water by placing them roots up in a large bowl.

While cooking the endives, prepare the bechamel sauce:

Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 mins. Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt, pepper and nutmeg to taste, lower the heat, and cook, stirring for 2 to 3 mins more. Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.

Add 2/3 of the grated cheese to the sauce before letting cool it down.

Once the braised endives have lost their excess water, wrap them in ham and place them in a baking dish. Pour the sauce over them and put the rest of the grated cheese on top like my daughter did enthusiastically.

Put in the oven at 200°C (400°F) for 30 mins and serve. Be careful, as the dish is very hot and should be left to cool down a little.

You can serve this with potatoes and the dish goes very well with a Belgian Trappist beer like Orval.

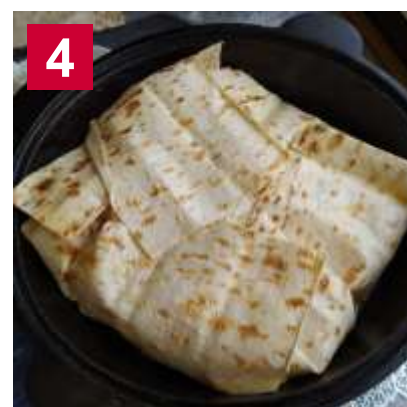
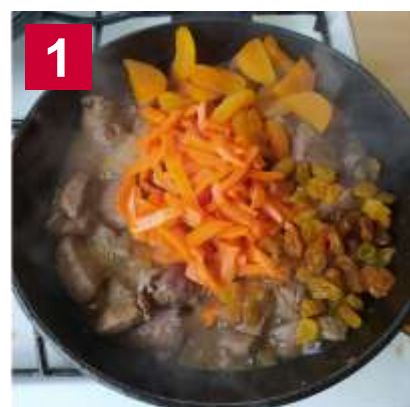
Shakh - Plov

Ingredients

1kg rice
0.5-0.8kg lamb
300g butter
Thin lavash (flatbread) or thin wheat rolls
1 carrot
100g dried apricots
100g raisins
Spices: Cumin, black pepper, saffron



There are many different types of plov (pilaf), but there are special ones, particularly this festive Shakh-Plov from Azerbaijan



Instructions

Heat the butter in a hot frying pan until it is melted.

Wash the rice thoroughly, then boil it in salted water until it is half-cooked, for about 10 mins

Place a pinch of saffron in a glass of boiling water.

Fry the carrot in butter and put it to one side.

Fry the lamb until it is sealed, add salt, sprinkle with ground cumin and black pepper. Then add the fried carrot, raisins and dried apricots to the meat.

Fry everything together for 2 mins and set aside.

Now, everything is ready to assemble the *plov*.

Take a cast-iron pot or a large ceramic pan (about 5-6 litres in volume) and grease it with the melted butter.

Cut the thin *lavash* into strips about 20 cm wide and grease them with the melted butter too, on both sides. Line the pot with the *lavash* strips

so that the ends hang over the pot.

Carefully pour in half of the boiled rice, trying to make a well in the middle, where you add the fried meat with the raisins and dried apricots.

Then add the remaining rice, pour over the saffron water, and also pour over the hot melted butter (3-4 tablespoons).

Carefully fold over the ends of the *lavash* to fully cover the rice and add more melted butter

Cover the pot with a lid and put it in a preheated oven at 170°C for 1½ hours.

Remove the pot from the oven, take a large dish or tray, place it over the pot and then flip it over so that the *plov* is upside down on the dish.

The *plov* will now be very hot. You'll need to wait 10 mins while the butter inside drains down and soaks the rice. After that, you can cut the crust into slices and spread it out like flower petals.



Nordic Potato Pan

Ingredients

250 g crème fraîche
250 g sour cream
400 ml meat broth, very strong
1 kg potatoes, small
50 g melted butter
100 g ham, diced
5-6 slices toasted bread, diced
1 tbsp fresh rosemary, finely chopped



Instructions

Cut several times into the well-washed potatoes (if you like you can leave the potato skin on), but don't cut all the way through, they should still be connected at the bottom. The distance between the cuts should be similar to the divisions of an egg slicer.

Mix the sour cream and crème fraîche with the broth and pour this mixture into a large baking dish.

Place the potatoes in the pan with the cut-side upwards, next to each other, not on top of each other, so that they are about halfway in the sauce. Bake at 200°C for approx. 45-60 mins, until the potatoes are cooked and soft.

In the meantime, melt the butter, add the ham and rosemary and mix in the toasted bread cubes. Spread this mixture on the potatoes and bake again until the bread cubes are nice and brown and the potatoes are cooked.

You can add cheese if you like, but be careful not to leave it to sit too long in the oven.

The whole dish is meant to be served as a side dish, so you could add salmon or meat or serve it at a barbecue, it's up to you. I personally enjoy it as a main dish, as it's prepared in 30 mins and allows you to take a nice walk outside for about an hour.

Make sure you invite me for quality control :-)





Marcio Goncalves

Salt Cod Fishcakes

Ingredients

400 g shredded salt cod
1 finely chopped onion
2 tbsp chopped parsley
3 tbsp flour
4 eggs
2 tsp garlic powder
2 tsp four pepper mix
500 ml vegetable oil



Salt cod fishcakes are a great Portuguese classic and are perfect as either a starter or a main dish. As an accompaniment, I suggest a black-eyed pea salad or Portuguese tomato risotto.

Approx. 60 mins - serves 4 (20 pieces)

Instructions

Soak the salt cod for around 6 hours, changing the water every 2 hours.

Finely shred the salt cod.

In a bowl, combine the salt cod, finely chopped onion and chopped parsley and mix well.

Add the eggs and flour and stir until you have an evenly combined batter without any lumps of flour.

Next, season with garlic and pepper and stir well.

Heat the oil in a frying pan until it starts to bubble, then turn down to a medium heat.

Carefully place tablespoons of batter in the oil. Fry for 8 to 10 mins until golden.

Use a skewer to check that the fishcakes are cooked through but not dry.

Merve Yilmazer

Diced lamb fried on iron plate (Saç Kavurma)

Ingredients (Serves 4-5)

3 tbsp butter
1 kg cubed meat (lamb or medium-fat veal)
4 onions (diced)/shallots recommended
5 chillies (chopped)
4 tomatoes (peeled, diced)
4 cloves of garlic
1 tsp salt
1 tsp black pepper
1 tsp chilli pepper flakes
1 tsp thyme



Instructions

Melt the butter in the plate pan.

Add the onions and fry until golden.

Add the meat to the plate, cover it with a lid and cook over a medium heat until it releases its juices.

Add the pepper, tomato, garlic and spices and cook over a low heat until the tomatoes are cooked.

Valencian's Paella

Ingredients (serves 6)

20 g olive oil, not too intense
2 large chicken thighs, chopped
3 chicken wings and 3 small thighs
Half a rabbit
3 chicken livers
200 g flat green beans
200 g garrofon (Lima bean)
1.5 l water

150 g white beans
390 g can chopped tomato
Saffron or food colouring
Salt to taste
1 kg Valencian *bomba* rice or short-grain
2 artichokes
5 sprigs of tender rosemary
1 lemon

Instructions

Cut the artichokes into segments down the centre and place them in a basin of water. Add the lemon, cut into 4 pieces, 10 mins before starting.

Salt the paella pan evenly.

Put oil in the centre of the paella pan. Check that the oil has spread evenly over the centre. Adjust the position of the pan so that the oil is leveled, and the pan is well-balanced. Adjust if necessary.

Fire up the heat underneath, mainly in the middle, and with enough intensity.

Add the chicken and rabbit and fry. Make sure that it's well cooked. Keep stirring it so that it browns evenly. Flip, rotate, and twist the chicken and rabbit pieces.

Once the meat is well browned, distribute it around the edges of the paella pan next to the pan walls.

Now add the tomato, spread it out and fry well in the centre.

Add the 3 chicken livers and fry well.

When they're well cooked, add 2 tablespoons of paprika with a small spoon.

Remove the livers so they don't burn and set aside.

Add the vegetables for the paella as well as the artichoke into the centre. Wait until it gets hot - about 10 mins.

Now add water to the entire contents of the paella pan. Add enough water to reach the rivets of the handles of the pan.

Now increase the heat around the edges or distribute the wood "covering along the base of the pan. At this stage, the requirement isn't intensity, but that everything is kept on the boil.

Stir the broth and mix the ingredients distributing them throughout the paella.

Add the 5 tender rosemary sprigs equally throughout the paella.

Add the saffron or colouring to colour the broth (two small tablespoons).

Reduce the heat around the edge of the pan.

Wait 30 mins for the broth to boil well and absorb the flavour. Remove the sprigs of rosemary.

Taste the broth with a tablespoon. If necessary, add more salt to taste.

Now add the rice. Using a ladle, spread the rice over the paella. Allow one ladle per person. You can use a kitchen pallet to distribute it evenly.

Let the rice boil without stirring and gradually reduce the heat.

When the broth has evaporated, turn off the heat.

Now wait about 10 mins and the paella will be ready to eat.



Valencian's Paella



Spanakopita

Ingredients

60 ml olive oil
1 onion – finely chopped
1 bunch spring onions / shallots, finely chopped
2 crushed garlic cloves
1.2 kg baby spinach
2 tbsp chopped dill
250 g feta cheese

150 g full fat ricotta cheese
3 tbsp grated parmesan or kefalotyri cheese
4 eggs – lightly beaten
Half tsp grated nutmeg
12 sheets filo pastry
120 g melted salted butter

This is a traditional spinach, cheese (feta) and herb pie – baked in a crispy, flaky filo pastry.



Instructions

Heat the oil, add the onions and garlic. Cook until softened, add the spinach and half the dill. Cook over a low heat for 1-2 mins – stirring, until the spinach has wilted. Drain and cool, then mix together with the cheeses, egg, nutmeg and season with salt and pepper.

Preheat the oven to 180° C.

Brush a large (2.5 litre) baking dish with butter. Lay a sheet of filo pastry on the base and sides of the dish and brush with melted butter. Repeat with 5 more sheets of filo pastry. Spread the cheese/spinach mixture over the pastry. Cover with

the rest of the filo pastry, brushing each sheet with the melted butter. Trim the excess pastry and tuck all the edges into the sides of the dish. Brush the top with butter and score the top in a diamond pattern.

Bake in the oven for 45 mins or until it is golden brown

– as in the picture. Warm the remaining butter and add the rest of the dill. Rest the pie for 10 mins and pour the dill mixture over it when serving.



Russian Machanka

Ingredients

500 g small sausages
300 g ribs
2 litres water
1 tbsp salt
300 g brisket
2 onions Salt



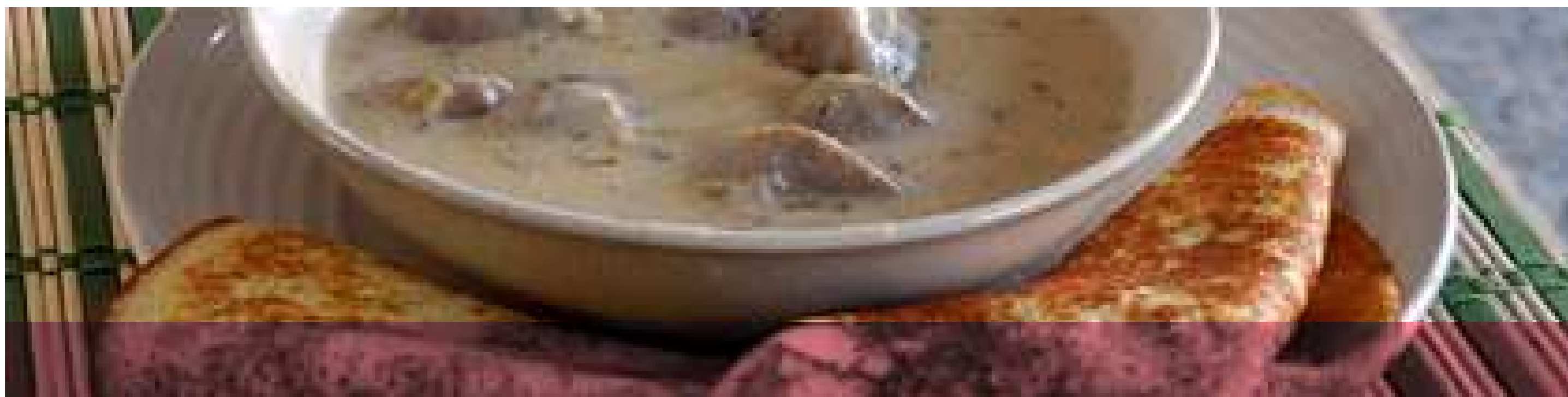
Instructions

Boil the sausages and ribs until cooked.

Stir 6 tablespoons of flour into 300 ml of cold water and slowly pour into the broth. Bring to the boil so that the broth thickens, turn off the heat.

Fry the brisket, onions, salt and pepper in a frying pan. Add the fried ingredients to the broth. Serve with any pancakes!!

Enjoy your meal!



Paloma Gutierrez

Pote Asturiano

Ingredients (serves 4)

For the stew

Plenty of water

2 bunches of green cabbage
(*berza*)

1 kg potatoes

125 g Asturian fava beans PGI*.

1 *compango asturiano*: chorizo, black pudding and bacon

For the stir-fry

2 tbsp oil

1 tsp sweet paprika



Pote Asturiano is one of the most emblematic dishes of Asturian gastronomy and, together with fabada (bean stew), occupies a favourite place in the region's most traditional cuisine.

Cabbage and pork meat are the main ingredients in the recipe for this dish, which also generally includes Asturian fava beans, sometimes only in small quantities (often from the leftovers of a fabada cooked a couple of days previously), sometimes in greater amounts.

This dish, whose origins date back to the Middle Ages, is cooked while simmering the vegetables, legumes, Asturian chorizo and black pudding (called 'compango'), over a low heat. As it's a hearty dish, to be enjoyed hot with its particular flavour, it is the ideal dish to comfort your spirit on days when it's rainy and cold. From the start of autumn until spring arrives, kitchens all over the Asturias region are filled with this dish, a secret that few know about beyond the Negrón (Asturian border with the Spanish Meseta).

Instructions

In a generous pot, cook the Asturian *compango*, together with the Asturian fava beans IGP*, which you have previously left to soak for at least 12 hours (the night before).

Meanwhile, blanch the cabbage. As tradition dictates, once blanched, hold the cabbage by the stalk and, with your hand, pull the green leaf away from the stalk. Roughly chop with a knife.

When the *compango* has cooked (after about an hour), remove it: first the black pudding and the chorizo and finally, the bacon.

Then add the cabbage and, finally, the potato, which has also been chopped. Both the cabbage and the potato should be added, calculating

the time left for the fava beans to be perfectly cooked. In total, making an Asturian stew using the traditional method will take about two and a half hours.

Finally, add a sweet paprika stir-fry.

It can be eaten immediately but it will always be better the next day, according to grandma.

*PGI: Protected Geographical

Indication (authentic Asturian fava bean)



Ravi Kalkunte

Beans Curry with Roti

Ingredients

225 to 250 g French beans
 1 tbsp oil
 ¾ tsp mustard seeds (rai)
 ¾ tsp *urad dal* (split black lentils)
 2 dry red chillies (*sookhi lal mirch*) - whole or broken and deseeded
 ¼ tsp turmeric powder (*haldi*)
 1 pinch asafoetida (*hing*)
 1 sprig of curry leaves (*kadi patta*)

2 to 3 tbsp grated coconut
 ½ cup water Salt as required

Roti ingredients to make 8

3 cups whole wheat flour
 2 tbsp oil
 1 tsp kosher salt
 1¼ cups water plus additional 2 to 3 tbsp if needed



Instructions

Rinse the French beans a few times in water. Drain them.

Remove the side strings from the beans and then chop them diagonally or into ¼ inch pieces.

Heat oil in a pan. Add the mustard seeds and black lentils.

On a low heat, fry the mustard seeds and black lentils. Fry until the mustard splutters and the black lentils turn maroon. Don't burn the dal.

Add the dry red chillies, curry leaves, turmeric powder and asafoetida. Mix thoroughly.

Now add the chopped French beans.

Sauté for a minute and then add ½ cup of water along with salt.

Cover and cook until the French beans are tender and done.

Roti

In a large bowl, mix 3 cups of flour, salt and 1 tablespoon of oil. Slowly add water, a little bit at a time, mixing with your hands until a soft dough forms. Add about 1¼ cups of water. Note: depending on the brand of the flour, you may need more or less water, so only add a little bit at a time.

Add 1 tablespoon of oil to the dough and knead again until the dough is smooth. Rest the dough for 10 to 20 mins covered with plastic wrap or in an airtight container.

Divide the dough into 10 to 12 pieces and roll each piece into a round ball on the palm of your hands.

Take one dough ball and roll it in the dry flour. Using a rolling pin, roll the dough into a 4-inch circle. Dip one side of the circle into the flour. Drizzle the floured surface with a few drops of oil, spread it evenly with your fingers. Continue rolling to make a 6-8" circle.

Warm a griddle over medium-high heat. Once the griddle is hot, carefully place the rolled out paratha on the surface and cook for about 1 minute.

With a flat spatula, flip the paratha and top with a ¼ teaspoon of ghee, spreading it evenly over the surface with the back of the spoon. Cook the second side until it turns light brown (about 2 mins).

Chicken Adobo

Ingredients

1 kg chicken pieces
6 cloves garlic, chopped
1 onion, chopped
3 bay leaves
1 tsp whole peppercorns
¼ cup dark soy sauce
¼ cup white vinegar
¼ cup water 1 tbsp sugar
3 tbsp cooking oil

Optional: add some chillies or use pork instead



Instructions

Combine the chicken, soy sauce, and garlic in a large bowl. Mix well. Marinate the chicken for at least 1 hour. Note: the longer you marinate, the better.

Heat a cooking pot. Pour in cooking oil.

When the oil is hot enough, pan-fry the marinated chicken for 2 mins per side.

Pour in the remaining marinade, including the garlic. Add water. Bring to a boil.

Add the dried bay leaves and whole peppercorns. Simmer for 30 mins or until the chicken becomes tender.

Add the vinegar. Stir and cook for 10 mins. Add the sugar, and season to taste.

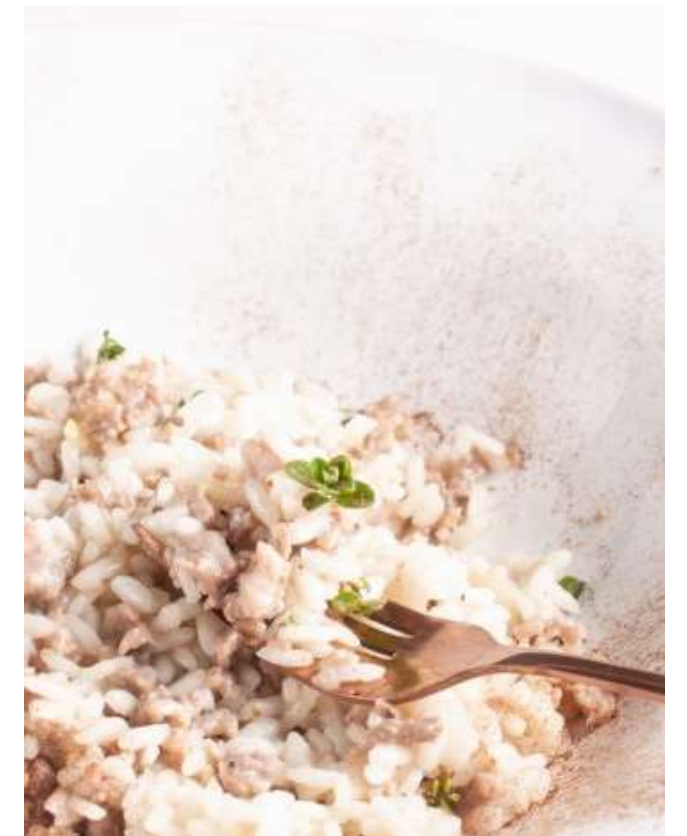
When the chicken is tender and the sauce is reduced, turn off the heat and serve with cooked rice. Share and Enjoy!



Risotto al Tastasale

Ingredients (serves 4)

320 g Vialone Nano rice (medium-grain) (as per the traditional recipe)	(as per traditional recipe)
250 g fine minced salami, or <i>Tastasale</i> (seasoned ground pork)	Sprig of rosemary
1 litre vegetable stock1/2 glass white wine	1 clove of garlic
Butter, as needed Grated Grana cheese as needed	Shallot
	1 tsp cinnamon or nutmeg (to your own taste)
	4 cloves
	Salt & pepper



Risotto al Tastasale is an old Veronese recipe made using fresh, finely minced salami

Instructions

Preparing the *Tastasale*

Add the cinnamon (or nutmeg), the ground cloves and a crushed clove of garlic to the finely minced salami and mix everything well.

In a frying pan, flavour the butter with the rosemary and add the minced salami. Cook it, breaking the meat up into little pieces. Then pour in half a glass of white wine and cook until it evaporates. Then turn off the heat, remove the garlic and rosemary, and keep warm.

Cooking the risotto

Bring the stock to the boil in a saucepan.

Wash and slice a shallot and fry it with a little butter (or extra virgin olive oil) in a frying pan.

When it has browned, add the rice and leave it to soften for a few minutes (take care not to burn the shallot. You may need to remove it from the frying pan after it has browned, soften the rice, then put it back in the frying pan).

Start to cook the rice, adding a ladle of hot stock. Proceed adding one ladle at a time, as the

previous one is gradually absorbed. Keep stirring carefully.

A few minutes before the rice is cooked, add the meat, season with salt if necessary. When the rice is ready, al dente (around 17- 18 mins of cooking in all, depending on the rice), turn off the heat, stir in the grated cheese and leave the saucepan covered for a few minutes before serving. Place on the plates, adding a dusting of cinnamon to taste.

Cooking the rice “*alla pilota*”:

Boil 800 ml of stock in a large pot.

Pour in the rice and wait for the stock to start boiling again, stirring the rice gently, cover with a lid and leave to cook on a low heat, adding more warm stock every now and then if you see it is all absorbed.

After around 13 mins of cooking the rice, put in the meat, put the lid on, turn off the heat, cover the lid with a dishcloth to prevent the steam from escaping. Leave it like this for 4 mins. Take off the lid, add grated cheese and stir gently. Serve, adding a dusting of cinnamon to taste.

Cordeiro à Moda de Monção

(Lamb cooked Monção's way)

Ingredients (cooking time 60m)

600 g lamb	Saffron
200 g rice	Red wine vinegar
200 g meat broth	Garlic
1 bay leaf	Parsley
1 onion	Rosemary
Olive oil	
Sweet paprika	



This is a very interesting dish, not only as a recipe, but also for its historical importance.

The “Cordeiro à moda de Monção” is a traditional Easter dish, the preparation of lamb in a rustic bowl taken to the wood oven comes from ancient times and has passed through generations of Monção cooks.



Instructions

Place the lamb in a marinade of garlic, red wine vinegar, bay leaf, parsley and rosemary the day beforehand. This preparation should be stirred several times a day.

Make a simple stew with onion and olive oil adding the meat broth, saffron and rice.

Finally put the lamb on top of the rice and place in the oven until cooked.

Suggestion: accompany with a glass of white wine.





Scott Tracey

Southern Shrimp n' Grits

Ingredients

Grits

- 2 cups reduced-salt chicken broth
- 2 cups skimmed milk
- 1/3 cup butter, cubed 3/4 tsp salt
- 1/2 tsp pepper
- 3/4 cup uncooked old-fashioned grits
- 1 cup shredded cheddar cheese

Shrimp sauce

- 8 thick-sliced bacon strips, chopped
- 1 pound uncooked medium shrimp, peeled and deveined
- 3 garlic cloves, minced
- 1 tbsp butter
- 4 tsp Cajun seasoning
- 4 spring onions, chopped

Our home in the USA is in Charlotte, North Carolina. “The Carolinas”, consisting of both North and South Carolina, has a lot of native dishes, such as Shrimp n’ Grits. I hope you enjoy, and if you are ever in “The Carolinas” (especially South Carolina coastal areas), you will see this dish on a lot of menus.



Instructions

In a large saucepan, bring the broth, milk, butter, salt and pepper to a boil. Slowly stir in the grits. Reduce the heat. Cover and cook for 12-14 mins or until thickened, stirring occasionally. Stir in the cheese until melted. Set aside and keep warm.

In a large skillet, cook the bacon over a medium heat until

crisp. Remove onto paper towels with a slotted spoon; drain, reserving 4 teaspoons of the juices and fat, add butter. Add cajun seasoning to the raw shrimp. Sauté the shrimp, garlic and seasoning in the juices and fat until the shrimp turn pink.

Serve with grits and sprinkle with onions.



Kivanc Ozdemir

Oven-Baked Meat Casserole

Ingredients

0.5 kg lamb with bones
3 tomatoes
2 green peppers
1 large onion
1 large potato
1 aubergine
2 tbsp butter

For the sauce

1 tsp red pepper paste
2 tbsp oil
1 tsp each of black pepper, thyme, chilli pepper flakes, cumin
3 cloves garlic
1 tea cup hot water
Salt



Instructions

Fry the cubed meat and onions in a separate pan on the stove using 2 tablespoons of oil until they release their juices. Dice the remaining ingredients and mix them together in a bowl.

Prepare the ingredients and spices for the sauce in a bowl and combine them with the vegetables.

Then add the meat to the vegetables and stir together.

Add 2 tablespoons of butter to the ingredients, cover the dish with aluminium foil and cook in an oven at 180°C for 50 mins. Bon Appetit :)

Shrimp Fra Diavolo

Ingredients

1/3 cup extra virgin olive oil
16 large shrimps, peeled and deveined
6 cloves garlic, peeled and minced
3 shallots, peeled and chopped
30 cherry tomatoes (about 6 oz), halved
1 ½ cups canned San Marzano tomatoes, crushed
1²/₃ cups dry white wine

Leaves from 1-2 sprigs fresh oregano, chopped
Salt and freshly ground black pepper
½ lb bucatini or linguine
Leaves from 2 sprigs parsley, chopped
¾ tsp dried chilli pepper flakes



Growing up in an Italian-American home in the coastal state of Rhode Island, a national dish for me was not necessarily easy to choose. Italian traditions were everywhere, brought by the many Italian immigrants to the smallest state in the US, but our food was also very much influenced by the abundant fruits of the sea. And seeing as my family comes from Southern Italy, it just had to be tomato sauce! Fra Diavolo (brother devil) is a name given in Italian-American cooking to shellfish (usually shrimp or lobster) cooked in spicy tomato sauce and often served over pasta. Buon Appetito!

Instructions

Heat the oil in a large skillet over a medium heat. Add the shrimp and cook for approx. 3 mins each side until just cooked through. Set aside on a plate.

Add the garlic and shallots to the skillet and cook for 3-5 mins until soft. Add the cherry tomatoes, canned tomatoes, wine and oregano. Season to taste with salt and pepper and simmer, stirring occasionally (do not boil) until the cherry tomatoes are soft and the sauce has thickened, about 20 mins.

Meanwhile, cook the pasta according to package directions until just done ('al dente!'). Drain, reserving ¼ cup of pasta water.

Add parsley, chilli pepper flakes, pasta, pasta water and shrimp to the skillet and toss well. Divide the pasta and the sauce between 2-4 plates, arranging the shrimp in the centre.





Sonya Runquist

Steamed Maine Lobster

Ingredients

3-4 live Maine lobsters, 1.25–1.5 lb each
(about 0.56-0.68 kg each)
2 tbsp table salt Water
Melted butter



Lobsters can be purchased with either hard shells or soft shells. Whereas it is easier to crack the shells and remove the meat from soft shell lobsters, the quality of the meat is inferior to that of the hard shell lobsters. In addition, soft shell lobsters tend to have a significant amount of excess water stored in the shells, which makes them very messy to clean and eat.

Instructions

In a large steamer pot, bring about 1.5 inches (38 mm) of salted water to a boil. Place the live lobsters in the pot, taking care that they are not submerged in the water at all, and cover the pot tightly. Steam for about 20 mins until the lobsters turn bright red. Larger lobsters require longer cooking than small ones, but 20 mins is a good benchmark for the size of lobsters noted above.

When the lobsters are finished steaming, remove them from the pot and serve on plates.

For best results, remove the meat from the shell when the lobster is hot. To do so, follow these steps:

Hold the lobster's body in one hand and separate the tail from the rest of the lobster by twisting it.

With a small spoon, remove any tamale that may exist in the tail. The greenish tamale is essentially the lobster's liver. Some people like to eat it for the rich umami flavour, however this

author finds it disgusting!

Using scissors, cut the underside of the tail lengthways, and pry the two halves apart to remove the meat. Any tamale residue can be rinsed from the tail meat with fresh water.

Remove the flipper fins from the end of the tail. There is a tiny quantity of meat in these fins but it is delicious.

Remove the large claws at the joint with the body, and remove the meat from the "arms" and claws. Use a nutcracker and pick if needed.

Remove the "little legs" from the body. The meat in them is very sweet. You can suck the meat from the little legs as though you were drinking from a straw.

Discard the body of the lobster.

Once removed from the shell, dip the meat in melted butter if desired, and enjoy.



Vanesa Durando

Salty Creole Empanadas

Ingredients

Minced beef 1/2 kg
White onion 1/2 kg
Red pepper 100 gr
Hard-boiled egg 2 pcs.
Olives 100 gr
Ground chilli ½ tbsp
Salt and pepper c/n
Bovine fat 4 tbsp.
Baking empanada covers (can also be fried)



Instructions

Heat the fat and brown the onions together with the red pepper. Add the minced meat and cook for a few more minutes. Then add the spices and continue cooking for about 15 minutes. When you turn off the heat, add the chopped olives.

Once the filling is cold, add the chopped hard-boiled egg, fill the empanadas and brush them with a beaten egg (optional).

Cook in a high oven until golden brown and ready to eat.

Narhangi Stew with Beef & Vegetables

Ingredients

500 g beef	4 potatoes	Oil for frying
3 sweet peppers		Fresh coriander – half a bunch
2 onions		Dill – half a bunch
2 carrots		1 tsp coriander seeds
2 aubergines		1 tsp cumin
3 cloves garlic		1/2 tsp paprika
3 tomatoes		



Instructions

Heat a large cooking pot. Heat the oil over a high heat. Add the meat in batches. Don't add all the meat at once, as this will lower the temperature within the pot.

After frying, season the meat to taste.

Add the onions and combine with the meat. Fry until golden brown. Lower the heat to a simmer.

Layer the carrots, tomatoes, aubergines and potatoes one after the other, levelling the surface each time.

Add spices to each layer to taste. Top with the fresh

coriander and garlic.

Pour 300 ml of water into the pot. Leave to simmer for 1.5 hours with the lid on.

Keep checking during cooking to ensure the temperature remains constant.

After this, the dish will be ready. It tastes divine and very rich.



Fish-flavoured Shredded Pork

Ingredients

Shredded pork	Bean sauce
Bamboo shoots	Light soy sauce
Dried cloud ear mushrooms	Cornflour
Green pepper	Eggs
Ground pepper	Sichuan peppercorns
Cooking rice wine	Dried chillies
Garlic	Water
Sliced ginger	Salt
Spring onions	White sugar



Instructions

Shred the pork into bite-sized pieces and marinate with salt, cooking rice wine, egg white and cornflour.

Cut the bamboo shoots, green pepper, and mushrooms into slices. Prepare ginger and garlic at a ratio of 1:1.

Grate the ginger and the garlic. Cut the spring onions into sections, and set aside dried chillies and dry Sichuan peppercorns.

Mix the grated ginger and garlic with rice vinegar, white sugar, light soy sauce, corn flour and salt.

Stir-fry the prepared spring onions and the mixture of grated ginger and garlic, dried chillies and Sichuan peppercorns in a hot wok until fragrant. Then, turn to a low heat, add the bean

sauce, and stir-fry until a juicy red sauce is bubbling away.

Add the shredded pork and stir-fry until the shredded pork has changed colour completely.

Add the green pepper, bamboo shoots and mushrooms. Lightly stir-fry until well combined.

Add the fish-flavoured sauce. Turn up to a high heat and stir-fry quickly until the sauce is evenly coated on the ingredients.

After the liquids are absorbed and reduced, add some sesame oil and serve.



Braised Chicken with Pork Intestines

Ingredients

Chicken (about 1.5 kg)

Pork intestines (about 250 g)

Seasonings: oil, salt, sauce, sliced ginger, dried chillies, spring onions



Instructions

Wash the chicken, blanch it in boiling water, and drain it. Wash the pork intestines, blanch them in boiling water, and drain them.

Heat a wok, pour in a suitable amount of oil, add the chicken, and stir-fry until the oil oozes out of the chicken. Add light soy sauce, dark soy sauce, dried chillies and some salt (more salt can be added later if required), and add water until all the

chicken is submerged and the liquid level is up to the first joint of your index finger. Turn up to a high heat until boiling, then turn down to a low heat, before adding the pork intestines into the chicken mixture. Braise for about 45 mins. Finally, sprinkle over a handful of spring onions and serve.



Jianfeng Chen

Braised Chicken with Abalone

Ingredients

About 1.5 kg of chicken and 5-6 abalones

Seasonings: chestnuts, spring onions, sliced ginger, cooking wine, star anise



Instructions

Rinse the chicken thoroughly and chop into bite-sized pieces.

Wash the abalones and soak them in salt water for 15 mins.

Boil the chestnuts, take them out, and set aside.

Heat up a wok with oil. Add sliced ginger and the chicken pieces and stir-fry for 5 mins.

Add some soy sauce, half a bottle of beer, and a suitable amount of water. Then, add the spring onions, star anise, and cooking wine. Braise with the lid on until the chicken is cooked (10 mins before serving). Add the abalone and turn up to a high heat until the sauce is thickened.

Serve.

Steamed Fish Head with Chopped Chili

Ingredients

Head of a bighead carp (about 1 kg)

Seasonings: spring onion, sliced ginger, cooking wine, chopped chilli (about 100 g)



Instructions

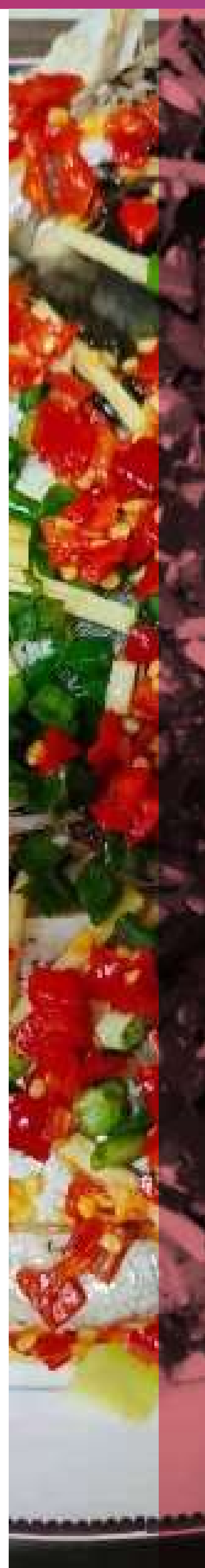
Marinate the fish head with salt for 30 minutes.

Top the fish head with spring onion, sliced ginger, cooking wine, and chopped chilli, and steam the fish head in a steamer for 25 minutes.

Take out the steamed fish. Remove excess water as well as the cooked spring onion and ginger on

the fish. Add some freshly chopped spring onion and shredded ginger.

Finally, pour hot oil over the fish and serve immediately.





Vivian Ge

Chicken Stew with Potato

Ingredients

3 potatoes
1.5 kg chicken
2 carrots

Seasonings: spring onion, sliced ginger, garlic, chilli, lemon, coriander, light soy sauce, oil, white onion, and salt.



Instructions

Rinse the chicken, chop into bite-size pieces, and marinate in light soy sauce and lemon juice.

Peel and wash the potatoes and carrots. Cut into pieces and set aside.

Wash the spring onion and coriander. Cut into sections and set aside.

Peel the garlic and ginger and cut into slices. Wash the chilli pepper and white onion and cut into sections.

Heat up a wok with oil. Add the sliced garlic, sliced ginger, onion, and chilli pepper. Stir-fry until aromatic. Add the chicken pieces and stir-fry until the chicken becomes white and the skin shrinks.

Add the soy sauce, stir-fry for 3-5 mins, and add boiling water as needed.

Turn up to a high heat until boiling, then simmer over a low heat for about 30 mins.

Add the potatoes, carrots, and salt. Stir-fry and turn up to a high heat until boiling. Simmer over a low heat for about 20 mins.

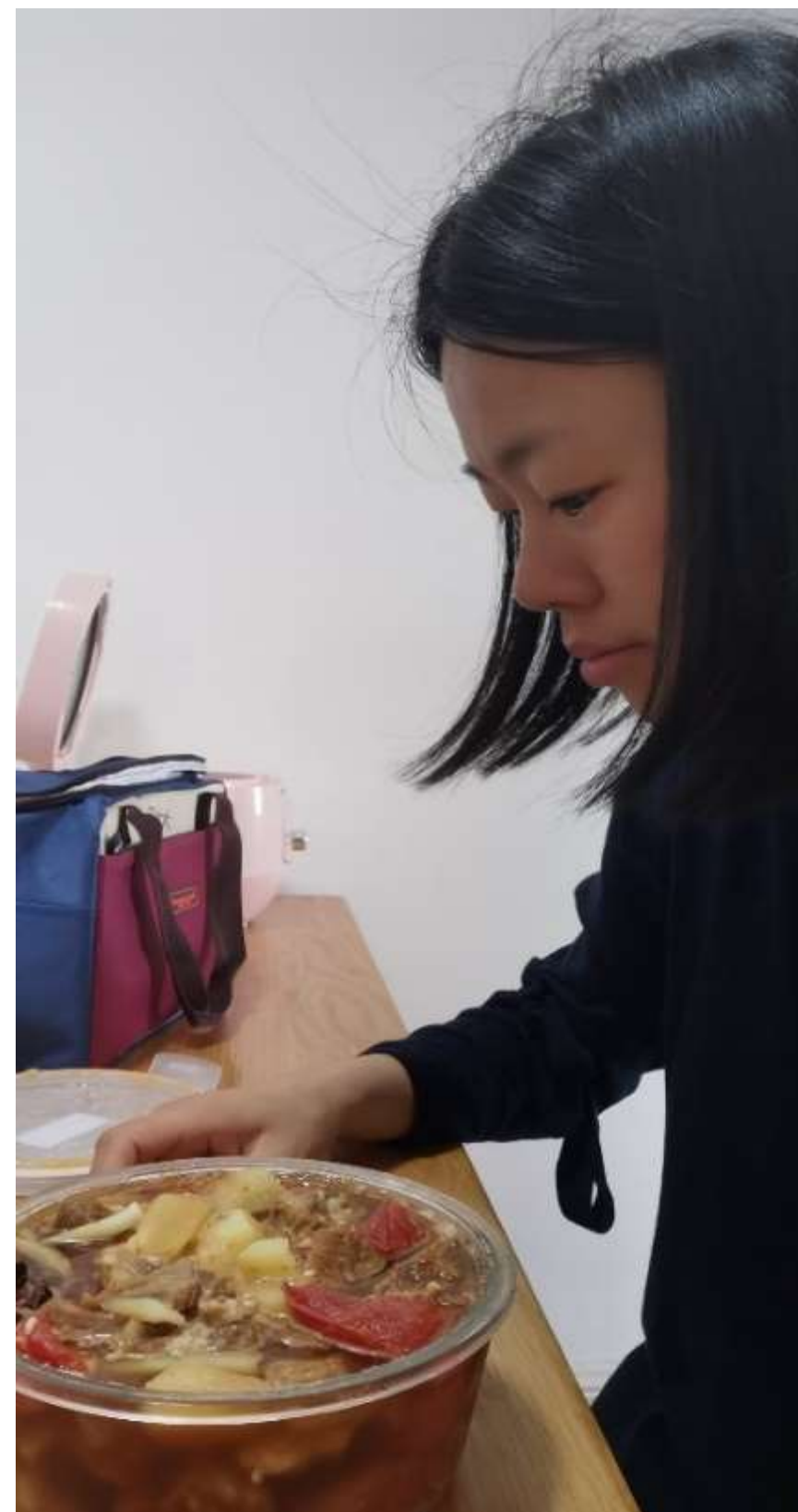
Add the spring onion sections. Turn up to a high heat until the sauce is thickened.

Stir-fry, serve, and top with coriander.

Stewed Beef Brisket with Tomato

Ingredients

Beef
Sliced tomatoes
Sichuan pepper, spring onion,
sliced ginger, and garlic
Sugar



Instructions

Blanch the beef brisket in boiling water. Drain and rinse with cold water.

Boil the beef brisket with water and the Sichuan pepper, spring onion, sliced ginger, and garlic, without adding salt at this stage.

Simmer over a low heat for 1.5 hours (add water if necessary).

Add the washed and sliced tomatoes, and continue simmering.

Add water and simmer for 30 mins until the tomatoes become soft.

Add the sugar, stir until the sugar is evenly distributed, and serve.





Belinda Zhou

Ma La Xiang Guo (Spicy Stir-fry Pot)

Ingredients

About 1.5 kg chicken and 5-6 abalones

Seasonings: chestnuts, spring onions, sliced ginger, cooking wine, star anise



Instructions

Cut the vegetables and mushrooms into slices. Chop the tofu. Blanch, drain, and set aside.

Marinate the chicken wings, beef, and pork belly with cooking wine and soy sauce for 15 mins.

Heat up a wok with oil. Add the spring onion and sliced ginger. Stir-fry until aromatic.

Add the marinated chicken wings, beef, and pork belly, and stir-fry for several minutes.

Add the shrimp and seasoning sauce, and stir-fry until fragrant.

Add the blanched vegetables, mushrooms and the tofu. Stir-fry for several minutes. Dish up and top with coriander.

Braised Pork Belly with Fermented Bean Curd

Ingredients

Pork belly (3.5 kg)

Seasonings: fermented bean curd (1.5 bottles), 3-year-old Shaoxing wine (2.5 kg), spring onion, ginger, star anise, cinnamon, bay leaves.



Instructions

Rinse the pork belly and drain. Add the spring onion, ginger, and Shaoxing wine, and half a bottle of fermented bean curd to marinate the pork belly for half an hour.

Heat up a wok with oil. Add a large spoonful of water and some crystalised sugar. Stir-fry until the colour changes from white to yellow and then to deep red.

Add some Shaoxing wine into the wok.

Add the marinated pork belly and spices, as well as the remaining Shaoxing wine and fermented bean curd into the wok. Make sure the liquid level

is 2-3 cm over the pork belly. Simmer over a high heat for 1.5 hours.

Take out the stewed pork belly and set aside.

Add some crystalised sugar to the sauce in the wok. Turn to a medium heat until the sauce becomes thick.

Add the stewed pork belly and stir-fry until well combined. Turn off the heat, add some oil, and serve.





Tonghui Han

Chinese-style Glazed Pork Belly

Ingredients

Pork belly
Sesame seeds
Spring onion, ginger and Sichuan pepper
White sugar
White vinegar

Instructions

Get all your ingredients and equipment together.
Slice the pork belly into small pieces. Rinse off the white film.
Use cooked sesame seeds (only use the white seeds.
Or, mix black and white seeds to increase the layering).
Marinate the pork belly in water with the spring onion, sliced ginger and Sichuan pepper.
Add the sugar and salt at a ratio of about 15:1. Marinate for about 10 mins. Add some cornflour and stir.

Deep-fry the pork belly in hot oil until cooked and golden yellow.

Turn down to a low heat until the wok is evenly heated.

Add water, crystalised sugar (or granular), and a few drops of white vinegar into the wok (water to sugar ratio: about 1:1).

When the sugar becomes slightly yellow, add the deep-fried pork belly and stir quickly. Add sesame seeds and stir until the sesame seeds are evenly distributed. Serve.

The texture will be different according to whether the dish is served cold or hot.

Bananas and Beef (Ndizi na Nyama-Swahili)

Ingredients

6 Green Bananas (Plantain)
500 g beef, chopped into pieces and washed
3 tomatoes, chopped
2 medium sized onion, chopped
carrots, chopped and washed
Fresh Coriander
1 TBS salt
4 TBS curry powder
Cooking oil



Instructions

1. Smear oil on your hands and peel the bananas. The oil helps your hands not to get sticky liquids from the bananas.
2. Put the beef in a cooking pot with a pinch of salt and add one cup of water, then place over heat and cover, then let it boil for 30 minutes till its tender.
3. Drain the soup that is remaining and put aside, preserve it for soup later.
4. Add oil in the meat and heat for a as you stir to mix then add onion, let the onions fry with the meat for 3 minutes and add tomatoes and carrots and half of the curry powder, stir to mix then cover to simmer until the tomatoes have soften.
5. Add the bananas to beef and stir, add the preserved soup if not enough, add some water with some salt, Fresh Coriander and curry powder.
6. Cover then let it simmer for 15 or until the bananas are soft.
7. Can serve with chili sauce or coconut beans

Braised Pork with Eggs

Ingredients

Pork belly Eggs

Seasonings: star anise, cinnamon, bay leaves, dried chillies, crystallised sugar (or granular), dark soy sauce, light soy sauce



Instructions

Rinse the pork belly. Blanch in boiling water. Take out the pork belly, rinse with fresh water, and drain.

Put the meat into a wok and add water and the seasonings. Braise for 40 mins.

Add peeled, boiled eggs to hot oil and deep-fry until golden. Add them to the meat in the wok and simmer for 30 mins.

Serve when the sauce has thickened.





Desserts

Banana Bread

Ingredients

3 ripe bananas
1 tbsp linseed + 3 tbsp water
250 g oat flakes/oat flour
150 g cashew nuts
3 tbsp baking powder
Pinch of salt
Pinch of cinnamon
150 ml plant-based milk
75 ml maple syrup
1 tbsp coconut oil

Topping

Nuts, banana



Instructions

Preheat the oven to 180°C. Mix the linseed with the water and set aside. This mixture acts as a binding agent, so you won't need an egg :)

Process the oat flakes and cashew nuts in a blender to form a flour.

Mix all the dry ingredients together.

Now put the bananas and all the liquid ingredients into the

blender and purée.

Then combine the two mixtures to form a smooth batter and fold in the linseed 'egg'.

Pour the batter into a greased loaf tin, place a few nuts and some more banana on top and bake for about 45 mins.





Derya Namli

Zebra Cake

Ingredients

4 eggs
1 cup sugar
1 cup milk
1 cup oil
3 cups flour
1 sachet vanilla
1 sachet baking powder
2 tbsp cocoa



Instructions

Add the sugar and eggs to a mixing bowl and whisk until they take on the consistency of very foamy white cream. Continue whisking while very slowly adding the milk and oil. Sift the vanilla, baking powder and flour in a separate bowl.

Add the sifted dry ingredients to the liquid mixture and mix a little.

Divide the batter into 2 equal parts. Add the cocoa to one half and mix again.

Grease the round baking tin you will use to bake the Zebra cake with butter or margarine. Pour alternate teaspoonfuls of plain and cocoa batter into the middle of the tin until you have

used up both batters. The batters will spread out into a zebra pattern as you pour them.

Once you have used up the batters, create shapes with the help of a toothpick.

Bake your Zebra cake in a preheated oven at 170 °C for 40-45 mins.

German Marble Cake with Lemon Glaze

Ingredients

250 g butter
250 g sugar
1 sachet (8 g) vanilla sugar
5 eggs
250 g flour
2 level tsp baking powder
2½ tbsp Nutella

Glaze

150 g icing sugar
3 tbsp lemon juice
3 tbsp water



Instructions

Dice the butter, place in the mixing bowl and beat until soft.

Weigh out the sugar into a measuring jug, add to the butter in 2 stages and beat until creamed together.

Add the eggs to the butter/sugar and beat together.

Weigh out the flour, add in 2 stages and beat to form a smooth batter.

Pour half of the finished batter into a greased baking tin that has been dusted with flour.

Add the Nutella to the other half of the batter and beat until it turns brown, then pour the dark batter

into the baking tin. Preheat the oven to 175°C using top and bottom oven.

Using a fork, swirl the dark batter into the light batter. Bake the cake for 55 mins.

To glaze, mix everything together in a bowl and then spread over the cooled cake.

Poor Man's Pudding (Pouding Chômeur)

Ingredients (serves 2)

Syrup

1½ cups brown sugar
1½ cups boiling water

½ cup milk
1 cup plain flour
3 tsp baking powder
½ tsp salt

Pudding mix

2 tbsp melted butter
½ cup sugar
1 beaten egg

Topping

Coconut flakes



Instructions

Melt the brown sugar in a cup of boiling water in a bowl. Set aside.

In another bowl, combine the ingredients for the pudding mix until thoroughly mixed.

Pour the mix into a square Pyrex (glass) dish, covering the bottom of the dish.

Pour the brown sugar and water syrup carefully over the pudding mix.

Wait 10 mins.

Sprinkle the coconut flakes over the pudding, to taste. Bake at 325°F for 30 mins.

Remove from the oven and leave to stand for 10 mins.



Baklava (dessert with nuts & lemon)

Ingredients

Walnut and lemon dessert
300g walnuts chopped
3 eggs
10 leaves of readymade phyllo dough
1 baking powder
1 vanilla sugar
1 glass of semolina (2dl)
1 glass of sugar

1 glass of sour cream
1 glass of oil

For topping

4 glasses of water (2dl)
3 glasses of sugar
1 lemon



Instructions

Boil the sugar and water.
Add lemon slices to the boiled water with sugar and boil for 5 more minutes.
Preparation of stuffing; mix the eggs and sugar
Add the oil.
Add the vanilla sugar, then mix.
Add the sour cream, mix everything.
In another bowl mix the semolina and baking powder.
Then add to the filling mixture and mix everything well. The pan a little greased.
Further, smear one of the phyllo dough peel with oil.

Then apply the next crust of the phyllo dough
Equally apply the filling.
Lay the second crust of the phyllo dough and re-smear the filling.
Sprinkled with a little more walnuts
Grease the first phyllo dough.
Bake in a preheated oven at 200°C for about 30 minutes.
Pour the warm sweet with warm topping.
Cut the sweet and then pour it with the rest of the topping.
Serve when the preparation is well cooled.

Milchrahm Strudel (Austrian Milli Rahmstrudl)

Ingredients

For the dough

300 g flour
A pinch of salt
1 spoon of oil
1/8 l of water

For the filling

100 g butter
100 g icing sugar
125 g curd cheese
125 g sour cream
5 egg yolks



Instructions

Remove the white inside of 10 buns and cut into small cubes.

Soak the cubes in 500 ml milk.

Separately mix

1)

100 g butter
100 g icing sugar
125 g curd cheese
125 g sour cream
5 egg yolks

2)

Beat 5 egg whites to form firm peaks and gradually beat in 100 g sugar.

3)

To make the filling, mix the cubes of bun with steps **1) + 2)**. Next, roll out your dough very thinly (paper-thin). Put the filling onto the dough and roll up.

Place in a preheated oven at 160°C for approx. 45 mins.

Whilst it's baking, regularly coat the dough with a mixture of egg and milk.

Serve with vanilla sauce and enjoy!

Tip: Ask your grandmother to help you ;-)



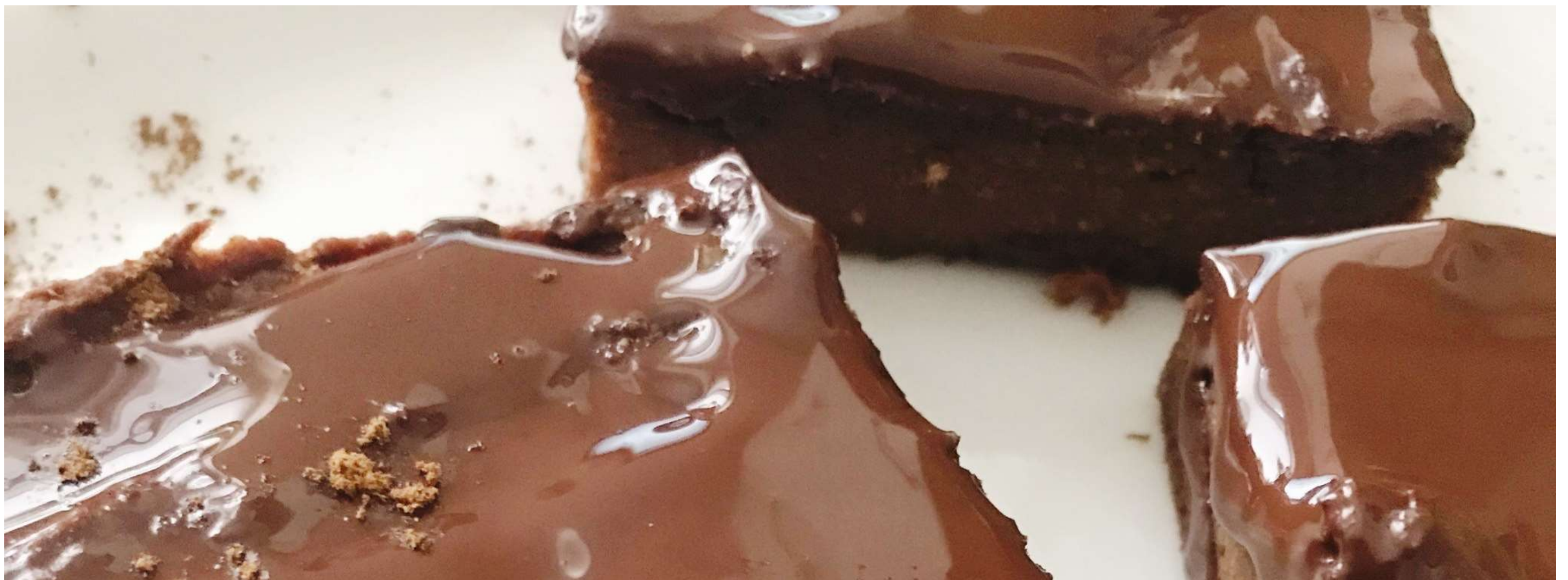
Jana Lena Fries

Sweet Potato Brownies

Ingredients

130 g dates (pitted)
450 g sweet potato (peeled)
1 ripe banana
80 g ground almonds
3 tbsp cocoa powder
100 g flour

2 tsp baking powder
2 tbsp rapeseed oil
1 pinch of salt
Topping if desired:
Dark chocolate glaze/coconut flakes



Instructions

Soak the dates in hot water for 15 mins.

Peel the sweet potato, chop into small dices and simmer in a saucepan for about 15 mins, until soft.

Then blend the banana, dates and cooked sweet potato in a food processor or with a handheld blender until thoroughly mixed.

Gradually add the remaining ingredients until a smooth batter

is achieved.

Preheat the oven and pour the batter into a greased ovenproof dish. Bake at 180°C top and bottom heat/ 160 ° C fan for about 30 mins.

If you like, you can add a dark chocolate glaze to the brownies or sprinkle them with coconut flakes.

Salted Cookies

Ingredients

300 g wheat flour
1 tsp salt
1/2 tsp soda
100 g butter
1 egg
125 g sour cream
100 g cheese
Electric waffle maker



Instructions

Melt 100 g of butter over a low heat.

Beat 1 egg in a small saucepan.

Grate 100 g of cheese.

Add butter, sour cream, salt and soda to the egg and mix.
Then add the cheese and wheat flour.

Mix until the dough is uniform (**pic. 1**).

Roll into small balls and put them in an electric waffle maker (**pic. 2**).

Cook for about 3 mins (**pic. 3**).

Enjoy! (**pic. 4**)



Steamed noodles

Ingriedients

500g flour
0,25 l milk
1 packet vanilla sugar
30g fresh yeast (or 1 packet dry yeast)
40g warm butter
60g sugar
1 egg
1 pinch Salt
1 knife point of lemon zest

Also for baking:

A little butter
0.125 l cream
1 tbsp sugar



Instructions

Sieve the flour into a mixing bowl, make a well, crumble in the yeast and pour in half of the lukewarm milk. Let the mixture rest for a while until the yeast milk starts to bubble.

Then add sugar, salt, egg and melted lukewarm butter and lemon zest. Now knead the dough until it is slightly shiny and bubbles (about 15 minutes).

Then cover the dough with a tea towel and let it rise in a warm place until it has at least doubled in size. Now knead the dough again and form equal-sized balls (approx. 100 g per ball).

Cover and leave to rise on a floured wooden board for another 15 minutes.

In the meantime, heat a large pan or pot or roaster with the butter. Add the sugar and cream and bring to the boil briefly.

Now place the steamed noodles in the cream in a circle and reduce the temperature. Put a tight-fitting lid on the pot and make sure to keep it closed during the cooking time.

Steam the steamed noodles at a medium temperature until all the liquid has evaporated and a nice crust has formed on the bottom. Only then open the lid and serve the steamed noodles.

Serve with vanilla sauce or apple sauce.



Belen Sevillano Lopez

Rosquillas de Anis

Ingredients

- 1 egg (per batch)
- 4 tbsp sugar per egg
- 1 sachet dried yeast per 2 eggs
- 1 egg shell measure of oil per egg
- One measure of aniseed-flavoured liqueur per egg
- Sufficient flour to make a dough

Instructions

Beat all the liquid ingredients together. When beaten, add the flour.

Remove, then knead and shape the doughnuts.

Fry with plenty of oil in a frying pan on a medium heat. Coat with icing sugar.



Tarte Tatin

Ingredients (serves 8)

1 block of pure butter puff pastry
6 Golden Delicious apples
60 g lightly salted butter
6 tbsp caster sugar
Vanilla (to taste)
Cinnamon (to taste)



Instructions

Preparation time: 20 mins; Cooking time: 40 mins

Peel and core the apples.

Cut the apples into slices (not too thick - around 3 mm).

Heat the oven to 180° C (gas mark 6).

Carry out the following steps in several batches for ease of cooking.

Melt approximately 20 g of butter in a frying pan. Place the apple slices in the pan (equivalent to approx. 2 apples at a time).

Sprinkle with 2 tablespoons of sugar. Sprinkle as desired with vanilla and cinnamon.

Brown on both sides. (light/golden brown as the apple finish to cook in the oven)

Repeat the process as many times as necessary.

Arrange the slices in a round, non-stick, ovenproof dish. Overlap the slices (like a traditional apple tart). The whole dish should be covered with apple.

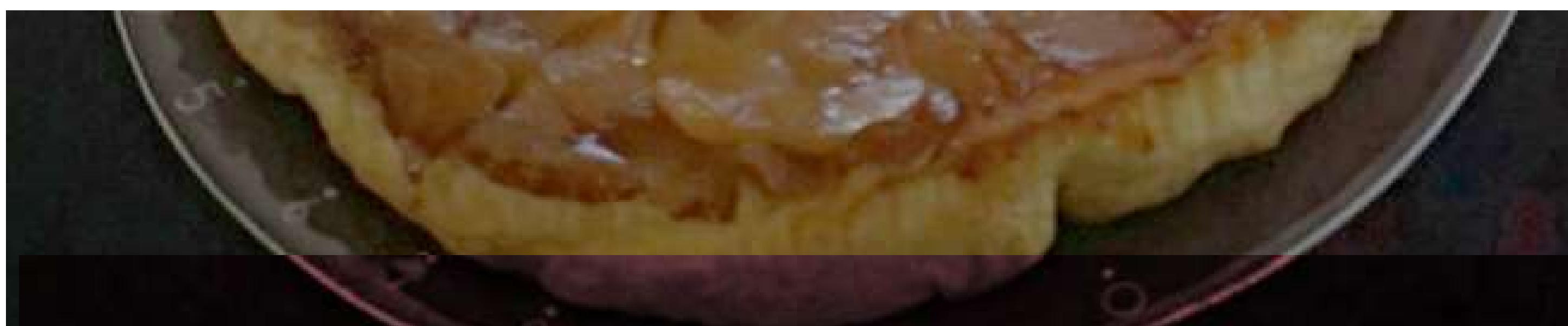
Cover with the pastry and seal by pushing the pastry down between the apples and the edge of the dish. Prick the pastry with a fork.

Place the dish in the centre of the oven. Cook for 40 mins (the pastry should be golden brown).

Leave to cool. Turn the dish out onto a plate. And hey presto!

Serve with a scoop of vanilla ice cream or a little whipped cream!

Other varieties of apple: Elstar, Pink Lady, etc.



Rhubarb Crumble

Ingredients

10 sticks of rhubarb
8 tbsp caster sugar
1 tsp ground ginger
110 g/4 oz butter, softened
110 g/4 oz demerara sugar
200 g/7 oz plain flour

Preparation time: less than 30 mins
Cooking time: 30 mins to 1 hour
Serves: 4



I live in Wakefield, West Yorkshire in the North of England, UK, where Wakefield forms part of The Rhubarb Triangle. The Rhubarb Triangle is a 9-square-mile area of West Yorkshire, England between Wakefield, Morley and Rothwell, famous for producing early forced rhubarb.

The Rhubarb Triangle was originally much bigger, covering an area between Leeds, Bradford and Wakefield. From the 1900s to 1930s, the rhubarb industry expanded and at its peak covered an area of about 30 square miles (78 km²) here. Rhubarb is native to Siberia, so it thrives in the wet cold winters in Yorkshire – of which we have quite a few! A fact for you....West Yorkshire once produced 90% of the world's winter forced rhubarb from the forcing sheds that were common across the fields here.

Rhubarb crumble is a real family favourite of ours; it's one of those warm puddings (or dessert to others), which make you feel good. Even if rhubarb is out of season, we buy it frozen from the supermarket. My family have made it forever, whether to the standard recipe below, or with added extras such as apple along with the rhubarb, or cinnamon instead of ginger, or even oats for the topping. Any way you make it, it's a heart-warming comfort pudding for sure. If you have a glass of rhubarb gin & tonic on the side, it's even better!

Instructions

Preheat the oven to 180°C/160°C Fan/Gas 4.

Cut the rhubarb into 7½ cm/3 in long sticks and place on an oven tray. Sprinkle with 4 tablespoons of water and the caster sugar. Roast for 10 mins. Sprinkle over the ginger and mix well.

Fill an ovenproof dish about 4 cm/1½ in deep with the rhubarb.

Rub the butter into the flour then mix in the demerara sugar to make the crumble topping. Sprinkle over the rhubarb and bake for 35–45 mins, or until the crumble topping is crisp and golden-brown and the rhubarb filling has softened and is bubbling.

Leave to cool slightly before serving with ice-cream, double cream or custard!



Frederic Jung

Crêpe

Ingredients

1 cup (240 ml) water
1 cup (240 ml) milk
2 eggs
1.5 cup (225 g) flour
2 tbsp oil
2 tbsp (25 g) sugar
Pinch of salt



A native dish of France is the crêpe. A crêpe is a type of very thin pancake, not to be confused with the Dutch Pannekoeken. Crêpes are usually of two types: sweet crêpes or savoury galettes. Crêpes are served with a variety of fillings from the simplest with only sugar, to flambéed crêpes Suzette or elaborate galettes with eggs, cheese, ham, etc.

As you can see from the picture, we went with strawberry jam, and discovered that maple syrup goes very well with crêpes.

Instructions

The key is to avoid lumps, so the flour should be sieved.

Let the batter rest overnight in the refrigerator.

To facilitate the flipping of the crêpe, cut a potato in half, put it on a fork, dip it in oil and rub the pan with it to ensure the pan does not stick.

Drinking guidance

Dry apple cider from Normandy.

Or a chilled red wine from the Loire valley will accompany the meal nicely.

Imojen Jean

Sticky Jamaican Ginger Cake

Ingredients (Serves 6)

Cake

200 g plain flour
3.5 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground mixed spice
80 g stem ginger, chopped
3/4 tsp bicarbonate of soda
125 ml full fat milk
85 g black treacle
85 g golden syrup
85 g dark muscavado sugar
85 g salted butter
Pinch of salt
Large egg, lightly beaten

Topping

1 1/2 cups icing sugar
1/2 to 1 tsp ground cinnamon
Milk
1/3 cup chopped walnuts

Prep time: 15 mins

Cook time: 1 hr

Total time: 1 hr 15 mins

Yield: 1 x 2 lb loaf



Instructions

Preheat the oven to 160°C.

Sift the flour and spices into a bowl. Add the stem ginger and toss to coat (to stop the pieces sinking to the bottom when you bake).

Mix the bicarbonate of soda with the milk in a separate bowl.

Heat the treacle, golden syrup, sugar, salt and butter over a low heat, stirring regularly, until melted.

Add this to the flour and beat vigorously until smooth. Beat in the egg and then whisk in the milk until you have a smooth batter.

Pour into a greased and lined 2 lb (900 g) loaf tin and bake for 1 hr - covering with foil for the last 30 mins to prevent over browning. Remove from the oven.

Leave in the tin for 24 hrs for the flavours to develop (optional).

Topping

In a small bowl, mix together the sugar and cinnamon, and mix in one tablespoon of milk at a time until you have a thick glaze.

Spread the glaze over the top of the loaf, then sprinkle the top with walnuts.

Let the glaze set for a couple of hours before slicing, then wrap well to store.



Jennifer Ellis

Chocolate Silk Pie

Ingredients

1/2 cup butter

3/4 cup sugar

2 oz unsweetened chocolate (melted per directions on box – the box should tell you how many squares make 1 ounce)

3 eggs

1 tsp vanilla

Instructions

Prepare and bake the crust and let cool completely before filling. This recipe makes 1 pie.

Cream the sugar and butter together with a mixer until well blended and creamy.

Add the unsweetened chocolate and vanilla. Then add the eggs one at a time, mixing on medium for a full 5 mins between each egg.

Make sure everything is well blended during mixing.

Pour/spoon the filling into the pie crust and refrigerate for at least 3 hours before serving.

Note: the pie comes out best if you use real butter and not any type of butter substitute. It also makes a difference if you don't mix for the full 5 mins between eggs.

Pavlova

Ingredients (Serves 6)

3 egg whites
1 tsp distilled white vinegar
3 tbsp cold water
1 cup caster sugar
3 tsp cornflour
1 tsp vanilla extract
1 pot whipping cream
Fruit as desired for topping Preheat oven to 300°F



Instructions

Beat the egg whites until stiff, add cold water and beat again. Slowly add the sugar while still beating until incorporated.

Change the speed to a slow beat and add the vinegar, vanilla and corn starch.

Place baking parchment on a greased or non-stick baking sheet.

Place the mixture (in the centre for a large pavlova base or separated for individual mini pavlovas) and bake for 45 mins.

Here is the important part: turn off the oven and leave to cool without opening the oven door. I usually bake the night before and leave in the oven overnight.

Beat the whipping cream until firm.

Add the cream to the top of the meringue and decorate with fruit of your choice. I tend to use kiwi fruit, strawberries and blueberries, but there is no hard and fast rule.

Delicious during the summer.

Lemon Bars

Ingredients

Shortbread base

6 tbsp unsalted butter
¼ cup granulated sugar
¼ tsp salt
1 cup all-purpose flour

Lemon topping

2 eggs
¾ cup granulated sugar
2 tbsp all-purpose flour
¼ tsp finely shredded lemon peel
3 tbsp fresh lemon juice
¼ tsp baking powder
Icing sugar for decoration if desired



Instructions

Preheat oven to 350° F.

Beat the butter for 30 seconds, then add a ¼ cup of sugar and ¼ teaspoon of salt and beat until fluffy.

Stir in a cup of flour – the dough will be very crumbly.

Pour the dough into a greased 8"x8" tin and press evenly into the tin.

Bake for 15 mins.

While the base is baking, beat the eggs then add a ¾ cup of sugar, 2 tablespoons of flour, ¼ teaspoon of lemon peel, 3

tablespoons of lemon juice, and a ¼ teaspoon of baking powder.

Beat until the mixture is slightly thickened (use an electric mixer if you have one).

Pour the lemon mixture over the baked base.

Bake for 25-30 mins, until the edges are light golden brown and the centre is set.

Leave to cool, sift icing sugar on top, and cut into squares.



Maria Jose Alvarez

Asturian Crepes Recipe

Ingredients (Serves 4-6)

200 g flour
1 lemon
4 eggs
½ litre milk
2 tbsp sugar



Instructions

Place the milk, flour, beaten eggs, sugar and lemon zest (just the yellow part) into a bowl.

Beat with a beater until the ingredients are mixed and there are no lumps.

Brush a small, non-stick frying pan with a little oil.

Add 1 or 2 tablespoons of the batter (not too much, they shouldn't be too big) and move the pan so that it spreads quickly over the bottom.

Toss a couple of times until the batter is set and

golden on both sides. Place one on top of the other on a plate until all the batter is finished. Eat hot.

They can be accompanied with:

Apple cut into wedges and cooked with a little water, sugar and cinnamon

Sprinkled with sugar
Honey

Whoopie Pies

Ingredients

Cookie
2 cups all-purpose flour
1 tsp baking soda
¼ tsp salt
1/3 cup cocoa powder
1 cup white sugar
1/3 cup vegetable shortening
1 egg
¾ cup whole milk
1 tsp vanilla extract

Filling ingredients
½ lb margarine
2 cup icing sugar
6 tbsp (heaped) of marshmallow cream
(Fluff or Jet Puff)
2 tsp vanilla

This is a classic State of Maine recipe and it's a summer-time favourite for us from the region. Rich chocolate "cookie" and delicious creamy filling. You're sure to have two (or three)!



Instructions

Mix the shortening, sugar and egg in an electric mixer with the paddle attachment. Add the cocoa powder and mix well. Add in the vanilla extract and milk and mix. Combine the sugar, baking powder, salt and flour in a separate bowl. Slowly add the dry ingredients to the wet in the mixer and mix on medium speed until well incorporated (2-3 mins). Be sure to scrape down the sides of the bowl at least once during mixing. Drop a rounded teaspoon-size of batter onto a greased cookie sheet (or line a

baking sheet with parchment paper). Cook in multiple batches, for 12-15 mins at 350°F (175°C). Cool for 5 mins on the baking sheet then transfer to a cooling rack. **Assembly Directions:** Once the cookie is completely cool, generously spread the filling on top and top with another cookie to make your whoopie pies! Can be stored wrapped in wax paper or clingfilm at room temperature if they last that long!





Monique Nicolaides

Carrot Cake

Ingredients

300 g soft light brown sugar	1/4 tsp vanilla extract
3 eggs	300 g carrots – grated
300 ml sunflower oil	100 g shelled walnuts, chopped
300 g plain flour	plus additional 75 g whole – to decorate
1 tsp bicarbonate of soda	
1 tsp baking powder	
1 tsp ground cinnamon	
1/2 tsp ground ginger	
1/2 tsp salt	

For the cream frosting

300 g icing sugar
50 g unsalted butter
125 g cream cheese



Instructions

Preheat oven to 175° C (160° C fan) and grease 3 x 20 cm sandwich cake tins, line the base with greaseproof paper.

Mix the sugar, eggs and oil and beat until all the ingredients are well incorporated. Slowly add the flour, bicarbonate of soda, baking powder, cinnamon, ginger, salt and vanilla extract and continue to beat until well mixed. Stir in the grated carrots and walnuts by hand until they are all evenly dispersed.

Pour the mixture into the prepared cake tins and smooth over with a palette knife. Bake in the preheated oven for 20–25 mins, or until golden brown and the sponge bounces back when touched. Leave the cakes to cool for about 10 mins in the tins before turning out onto a wire cooling rack to cool completely.

Cream frosting method

Beat the icing sugar and butter together in a freestanding

electric mixer with a paddle attachment (or use a handheld electric whisk) on medium-slow speed until the mixture comes together and is well mixed. It will have a sandy texture. Add the cream cheese in one go and beat until it is completely incorporated. Turn the mixer up to medium- high speed. Continue beating until the frosting is light and fluffy, at least 5 mins. Do not overbeat, as it can quickly become runny.

When the cakes are cold, put one on a cake stand and spread about one-quarter of the cream cheese frosting over it with a palette knife. Place a second cake on top and spread another quarter of the frosting over it. Top with the last cake and spread the remaining frosting over the top and sides. Finish with the extra walnuts or as you like.

ENJOY!!!

Romina Bauducco

Homemade Dulce de Leche (caramel sauce)

Ingredients

1 litre milk
220 g sugar
20 g thick cream
1 tbsp vanilla essence
1 g bicarbonate of soda



Instructions

Mix the milk, sugar, cream and bicarbonate of soda in a saucepan, preferably a heavy one, and simmer over a low heat for 90 mins. There's no need to stir the mixture for the first 60 mins.

For the last 30 mins, stir the mixture with a wooden spoon and when it turns brown, your sauce is ready! Bottle whilst hot. Leave to cool.

Tips

Put a plate in the refrigerator, then place some dulce de leche on the cold plate and divide down the middle. When the mixture doesn't join back together, the sauce is done!

Share this delightful sauce with your family and friends!

Cream Milk

Ingredients (serves 5)

1 litre milk
5 to 10 tbsp sugar (depending on how sweet you like it)
5 tbsp cornflour
2 cinnamon sticks
3 egg yolks
Lemon peel (3 pieces)



Instructions

Bring the ingredients to the boil, stirring constantly in the same direction until it thickens (just before boiling).

Place on a serving dish, leave to cool and sprinkle with cinnamon powder. If you prefer, and

you're creative, you can draw something with the cinnamon.

Moroccan Fruit & Nut Salad

Ingredients (serves 6-8)

- 1 head of romaine lettuce (or butter lettuce)

1 head Belgain endive

½ cup walnuts, toasted and/or ½ cupslivered almonds, toasted

4 large navel, cara cara and/or blood oranges

½ cup freshly squeezed orange juice

3 tbsp freshly squeezed lemon juice

2 tbsp orange flower water (I didn't use this the first time I made the salad, because I couldn't find it, and I didn't think it would be very noticeable,
- but it really makes a difference)

3 tbsp sugar

1/8 tsp salt

½ tsp ground cinnamon

3 tbsp walnut oil

1 cup fresh mint leaves

½ cup chopped dates

Rose petals for garnish (optional)

My recipe is one I found about 12 years ago in a very small cookbook of only salads. I wasn't sure about it at first because the dressing was very unique and I hadn't had much Moroccan food before, but I used it for my mum's birthday dinner that year because it was so pretty and truly vegan (no chicken bits or cheese or dairy- based dressing). It's become a family tradition and we've since shared it with others during lockdown (one of our friends, in a moment of hyperbole, called it "life changing").



Instructions

- Wash, dry and chill the lettuce and endive.

Toast the walnuts and/or almonds; set aside.

"Supreme" the oranges, i.e. peel them with a knife to remove all the white pith from the outside. Save the juice from this process to use for the dressing.

Combine the orange and lemon juices, orange flower water, sugar, cinnamon, walnut oil and salt to taste. Mix well (preferably by shaking) and set aside.

Combine the lettuce, endive and mint. Put in a serving bowl and toss with the dressing. In the serving bowl or on individual plates, top with orange segments and sprinkle with dates and almonds to taste. Garnish with rose petals if desired.





Timothy Weatherill

Six Sigma Cowboy Cookies

Ingredients (serves 4)

1 cup (227 g) butter
1 cup (113 g) oatmeal
1 cup (220 g) white sugar
1 cup (100 g) shredded coconut
(sweetened is best)
1 cup (200 g) dark brown sugar
1 bag 60% cocoa chocolate chips (10 oz, 283 g)
or 70% chocolate bar, chopped
1 tsp real vanilla extract

½ cup (73 g) chopped walnuts or other nuts of
your choice
2 eggs at room temperature
(optional: ½ cup (68 g) or more raisins)
2 cups (345 g) all-purpose flour
1 tsp baking soda
½ tsp baking powder
½ tsp salt



Instructions

Heat 2/3 of the butter on a low heat in a sauté pan until it's slightly browned. This step adds depth of flavour. Cool to room temperature. Cream together the butter and sugars completely. Beat in the vanilla then the eggs, one at a time.

Sift together the flour, baking soda, baking powder and salt. Gradually mix the dry flour mixture into the creamed sugar/egg mixture.

Fold in the oatmeal, coconut, chocolate chips and walnuts (and raisins).

Wrap the dough mixture in clingfilm and refrigerate for at least 24 hours. The full flavour of the cookie develops over time.

Leave the cookie dough to come to room temperature before baking.

Bake at 350°F (177 °C) for 9-11 mins. Cool the cookies on a rack for 10 mins before removing from the baking sheet. Under-baked cookies are better than over-baked cookies.



Pilar Díaz-Valdés

Alfajores

Ingredients

- 125 grs. (4.4 oz) of margarine or butter

150 grs. (5.3 oz) of granulated sugar

3 egg yolks

1 teaspoon of cognac (optional)

2 cups of all-purpose flour

1 cup of cornstarch

½ teaspoon of baking soda

2 teaspoons of baking powder
- 1 teaspoon of vanilla extract

zest of one lemon

½ cup of milk if necessary

Milk caramel (Dulce de Leche)

Grated coconut

Instructions

Preheat the oven to 350° F (180 ° C)

Join the margarine, sugar, and egg yolks. Then add the dry ingredients (flour, baking powder, baking soda, cornstarch), and then the cognac, vanilla extract, and milk if necessary.

When a homogeneous dough is obtained, work with the rolling pin to extend, and then cutting out circles of the desired size.

Place parchment paper on top of a baking tray, and then place the dough circles on top of it.

Bake in preheated oven for 8 to 10 minutes. When ready, transfer to a wire rack to cool completely.

For half of the count of cookies after they cool down, spread about a tablespoon of Dulce de Leche (manjar) on one side of them. Then, place a second cookie on top of the Dulce de Leche and gently press to create a sandwich. Then, roll the sides on the coconut.