

FROM THE MASTER'S PROGRAM IN  
INTERNATIONAL AUTONOMOUS SYSTEMS

WINTER SEMESTER 2019 EDITION

RECIPES



Hochschule  
Bonn-Rhein-Sieg  
University of Applied Sciences



Bonn-Aachen  
International Center for  
Information Technology

FOOD  
FROM  
HOME

Guten  
Appetit!

ENGLISH	GERMAN
pineapple	Ananas
blueberries	Blaubeeren/Heidelbeeren
raspberries	Himbeeren
strawberries	Erdbeeren
cherries	Kirschen
plums	Pflaumen
beans	Bohnen
beetroot	rote Bete
cabbage	Kohl
cauliflower	Blumenkohl
corn	Mais
cucumber	Gurke
garlic	Knoblauch
leek	Lauch
onions	Zwiebeln
spring onions/scallions	Frühlingszwiebeln
mushrooms	Pilz
peppers	Peperoni/Paprika
potato	Kartoffel
sweet potato	Süßkartoffel
pumpkin	Kürbis
salad leaves	Salat
rocket leaves	Rucola
spinach	Spinat

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ENGLISH	GERMAN
cling film/plastic wrap	Frischhaltefolie
greaseproof/wax paper	Backpapier
foil	Folie
grill/broil	grillen
fried	gebraten
deep fried	frittierte
minced/pressed	gehackt
ground (as in spices)	gemahlen
grated	gerieben
stoned/deseeded	entsteint/entkernt
frozen	gefroren
dried	getrocknet
peeled	geschält
smoked	gerauchert
salted	gesalzene
tin/can	Dose
bottle	Flasche
pot/pan	Topf
frying pan	Bratpfanne
casserole	Auflauf
baking pan/tray	Backblech
baking tin (e.g. for cake)	Backform
spicy	Scharf
low fat	fettarme

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**ENGLISH GERMAN**

poultry	Geflügel
chicken	Hähnchen
duck	Ente
turkey	Truthan/Puter
meat	Fleisch
rabbit	Kaninchen
beef	Rindfleisch
roast beef	Rinderbraten
veal	Kalbfleisch
lamb	Lammfleisch
pork	Schweinfleisch
bacon bits (pork)	Speck
ham	Schinken
steak	Steak
filet	Filet
chop (e.g. lamb chop)	Kotelett (e.g. Lammkotelett)
ribs	Rippchen
boneless chops/deboned rack	Lachse (e.g. Lammlachse)
leg	Keule
sausage	Wurst
cheese	Käse
mature Cheddar	Cheddar (or similar, like alter Gouda)
cottage cheese	Hüttenkäse/Frischkäse (körniger)
cream cheese	Frischkäse

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H****ENGLISH GERMAN**

anchovies	Sardelen
cod	Kabeljau
crab	Krebs
crayfish	Flusskrebs
cuttlefish	Tintenfisch/Sepia
eel	Aal
flounder	Flunder
haddock/snapper	Schellfisch
halibut	Heilbutt
lobster	Hummer
mackerel	Makrele
mussels	Muscheln
octopus	Krake
oyster	Auster
perch	Flussbarsch
pike-perch	Zander
pollack	Seelachs
rosefish	Rotbarsch
salmon	Lachs
salmon trout	Lachsforelle
scallop	Jakobsmuschel
shrimp/prawns	Garnelen
trout	Forelle
tuna	Thunfisch

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ENGLISH	GERMAN
herbs	Kräuter
spices	Würzen
basil	Basilikum
bay leaves	Lorbeerblätter
cardamom	Kardamom
caraway seed	Kümmel
coriander	Koriander (if green coriander: cilantro)
cumin	Kumin/Kreuzkümmel
cinnamon	Zimt
cloves	Nelken
coconut	Kokosnuss
grated coconut	Kokosraspeln
fennel	Fenchel
ginger	Ingwer
mace	Muskatblüte
mustard seeds	Senfkörner
nutmeg	Muskatnuss
saffron	Safran
sage	Salbei
thyme	Thymien
turmeric	Curcuma/Kurkuma
sesame seeds	Sesamkörner
seeds	Samen/Körner
nuts	Nüssen

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ENGLISH	GERMAN
clarified butter	Butterschmalz
butter	Butter
margarine	Margarine
oil	Öl
vinegar	Essig
jam (all types)	Marmelade
honey	Honig
maple syrup	Ahornsirup
cookies	Keks
bread	Brot
ice cream	Eis
juice	Saft
chickpeas	Kichererbsen
lentils	Linsen
horseradish	Meerrettich
mustard	Senf
ketchup	Ketchup ;-)
mayonnaise	Mayo
dried bread crumbs	Panniermehl
rice	Reis
noodles	Nudeln
stock/bouillon cube	Brühwurfel
tomato paste	Tomatenmark
tomato blended deseeded	Passiert Tomaten

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ENGLISH	GERMAN
almonds	Mandeln
hazelnuts	Hazelnüssen
pine nuts	Pinienkerne/Pinoli
all-purpose/plain flour	Weizenmehl (type 450)
whole wheat flour	Vollkornmehl
rye flour	Roggenmehl
pearl barley	Graupen
oatmeal	Hafermehl (grob)
cornflour/cornstarch	Maisstärke
baking powder	Backpulver
baking soda	Natron
yeast	Hefe
sugar	Zucker
powdered/icing sugar	Puderzucker
vanilla sugar	Vanillezucker
vanilla pod	Vanillestange
single cream	Kaffeesahne
whipping/heavy cream	Schlagsahne/Crème double
sweetened condensed milk	Kondensmilch, gezuckert
sour cream	saure Sahne/Sauerrahm
buttermilk	Buttermilch
lemon zest	Zitronenschale
puff pastry	Blätterteig
jelly glaze for fruit desserts	Tortenguss (available in different colors)

# B A K I N G

## TIPS

1 TL (German) = 1 tsp	1 teaspoon = 5 ml
1 EL (German) = 1 tbsp	1 tablespoon = 15 ml
1 cup	250 ml
1"	1 inch = 2.54 cm
geh. EL	a heaped tablespoon
1 Pck.	a packet
1 Prise	a pinch
zerlassene	melted
aufschlagen	beat/whisk
einrühren	stirred in

## ASIA

Aloo Gosht

Chicken Biryani

Chicken Layer Biryani

Kerala Beef Fry

Lemon Rice

Moong Pulav

Rajma Chawal

Dum Aloo

Bengali Peas-Puff

Thepala

Potato Cauliflower Paratha

Dosa & Chutney

Kachumber

Gujarati Vaghareli Khichdi

Poha

Chicken Kulambu

Fish Curry

Carrot Halwa

Jazar Halwa

Rasmalai

Beef Tehari

Cham-Cham

Kothu Rotti

Xiao Long Bao

Nasi Lemak

Kuih Lapis

Onde Onde

Nasi Goreng

Ayam Kecap Manis

Rendang

Rujak Soto

Sate

Soto Madura

Sambal Terasi

## THE AMERICAS

Sweet Potato Fries

Pan Sautéed Fiddlehead Ferns

Maple Syrup Slushie

Chili sin Carne

Steak Chili

Creamy Macaroni & Cheese

Tortas Ahogadas

Guacamole & Tortillas

Tacos de Carne Deshebrada

Flour Tortillas

Rajas de chili Morron

Horchata de Arroz

## AFRICA & THE

## MIDDLE EAST

Egusi Soup

baba Ghanoush

Basbousa

Roz bel Laban

Chocolate Cake with Buttercream Frosting

Spaghetti with Potatoes

Chicken Ouzzi

Taboule Salad

Rice with Tah Cheen

Bint Al-Sahn

## RUSSIA

Salat Olivier

## EUROPE

Borshch

Onion Pie

Varenyky

Banosh

Oliebollen

Mousaka

Pierogi

## GERMANY

Kürbissuppe

Maultäschle

Griesshlöscgen-Suppe

Ricotta-Käsekuchen

Kirschkuchen

Zitronenkuchen

Kürbiskuchen

Spekulatius

Eierlikörkuchen

Marzipan Stollen Muffins

Kaiserschmarrn

# T A B L E O F C O N T E N T S

# ASIA

Aanda Tamatar (Egg-Tomato)

Aloo Gosht

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Chicken Layer Biryani

Kerala Beef Fry

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Bengali Peas-Puff

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Potato Cauliflower Paratha

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Beef Tehari

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Kothu Rotti

Xiao Long Bao

Nasi Lemak

Kuih Lapis

Onde Onde

Nasi Goreng

Ayam Kecap Manis

Rendang

Rujak Soto

Sate

Soto Madura

Sambal Terasi

# AANDA TAMATAR (EGG-TOMATO)

SUBMITTED BY  
*MUHAMMAD  
ADEEL*

PAKISTAN

It is a delicious food and you don't need to do grocery to cook them. I guess everyone has tomato and egg in house :)



## INGREDIENTS

- oil
- 1 onions, chopped finely
- pinch black pepper
- pinch turmeric
- salt
- 2 tomatoes, chopped
- 1–2 eggs

## METHOD

- Put some oil in pan and warm it.
- Add the onion and cook it until it is brown.
- Add the spices according to your taste.
- Add the tomatoes and cook them with the onions and spices.
- When they have more or less dissolved, add 1–2 eggs and cook them until the eggs are fried.



SUBMITTED BY  
NASIR ASHFAQ

ISLAMABAD,  
PAKISTAN

# ALOO GOSHT

A delicious potato beef/mutton curry. Best served with Khoobz (round bread) or even better with Pakistani Paratha that you can also buy from asian shop!



## INGREDIENTS

- 1 kg beef chunks
- 1½ cup onions, chopped
- few garlic cloves, chopped
- few cloves
- 2 cups tomatoes
- 1–2 tsp red chili
- salt
- ½ cup oil
- 1¼ kg potatoes, cubed
- water
- coriander leaves
- green chili
- ginger root, chopped

## METHOD

- Boil 3 cups of water, add onions, garlic, meat, some cloves and whole black peppers. Cook over a medium flame until meat is tender, 20–25 minutes.
- Add the tomatoes, red chili and salt.
- Let the extra water evaporate before adding the oil.
- Cook while stirring frequently until the oil separates from the sauce.
- Add in about 1–1½ kg of potatoes.
- Cook, stirring occasionally, for about 10–15 minutes. Adding some water occasionally.
- Add 3 to 4 cups of water for shorba (soup).
- Cook until the potatoes are tender.
- To serve, garnish with coriander, green chili and chopped ginger.

SUBMITTED BY  
NASIR ASHFAQ

ISLAMABAD,  
PAKISTAN

# CHICKEN BIRYANI



This is a very popular rice and chicken dish from the Pakistani national cuisine. For each cup of rice, we use 3 cups of water and a teaspoon of salt. Adjust the quantities as desired.

## INGREDIENTS

- chicken
- Basmati rice
- onions and garlic, finely chopped
- oil
- 1 cup tomatoes, chopped
- yogurt
- masala spice
- salt, to taste
- mint chopped
- coriander, chopped
- chili pepper, chopped
- lemons, sliced

## METHOD

- Wash, pat dry the chicken pieces. Heat  $\frac{1}{2}$  cup oil in a large pot, add chicken, and stir fry for 5 minutes over medium heat, sprinkle a little salt while frying. Remove the chicken and fry some onions and garlic until golden. Add tomatoes, half a cup of yogurt, and the biryani masala, and cook for 2–3 minutes. Add the slightly fried chicken pieces then cover and cook on low heat for 10–15 minutes.
- Wash and soak the rice for 30 minutes then bring 3 cups of water to a boil before adding 1 cup rice, and 1 tsp of salt. Once the water returns to a boil, simmer for 4–5 minutes, then drain. Add some butter or olive oil to the drained rice and mix.
- Pour half of the rice into a large pot, then a layer of chicken with masala, and then the remaining rice.
- You can add chopped mint, coriander, green chili, more butter, and lemons too. Cover tightly and cook slowly on a very low flame for 10–15 minutes.
- After this time, remove the lid, mix the rice with the chicken masala, and enjoy!

SUBMITTED BY  
KIRAN VASUDEV  
OOTY, INDIA

# CHICKEN LAYER BIRYANI

## INGREDIENTS

### *The Marinade*

- 4 tbsp yoghurt
- 2 to 3 tsp chili powder
- 2 tsp coriander powder
- 2 tsp garam masala
- 3 to 4 tsp pepper
- 2 medium tomatoes
- 3 to 4 tsp salt
- 2 to 3 green chilies
- 400 to 500 g chicken

### *For the gravy/paste:*

- 3 to 5 tbsp oil
- 2 to 3 small onions
- 2 to 3 bay leaves
- 4 cloves
- 1 2"-stick cinnamon
- 4 cardamom pods
- 2 to 3 small potatoes

## METHOD

- Marinate chicken with yoghurt, chili powder, coriander powder, garam masala, pepper, two chopped tomatoes, salt (maybe you can add some green chilis as well) and put in fridge for 20 minutes.
- Soak rice for 20 minutes.
- To make the gravy, heat the oil in a pot and fry the small potatoes, bay leaves, cloves, cardamom pods and a the cinnamon stick.
- Once the potatoes are golden brown, add the marinated chicken.
- Keep frying until the chicken and tomatoes are half cooked. Add water so that it looks like a gravy (not too much water though). Cover and cook until the chicken is cooked and a thick gravy is formed.
- To make the rice, heat the oil in another pot and fry the bay leaves, cardamom pods, cloves, and the cinnamon stick.
- Once fried, add a lot of water and bring to a boil (be extremely careful). Add the rice to this pot and cook until it is  $\frac{3}{4}$  done.
- Now we have the gravy and the rice.
- You can make caramelized onions and boiled eggs as well.

Biryani is my all time favorite food. In this recipe, the flavor of the gravy/paste is transferred to the rice by layering the two and cooking them slowly.



### *The Rice*

- 4 cups rice (Basmati or regular)
- 1 3"-stick cinnamon
- 2 bay leaves
- 2 tbsp oil
- 3 cardamom pods
- 4 cloves

### *Optional*

- 2 eggs
- onions for caramelizing

- The layering goes as follows:
  - The gravy in the pot(don't take it out)
  - Add a layer of caramelized onions and add the eggs as well.
  - Add the  $\frac{3}{4}$  cooked rice, on top of the chicken such that the rice covers the entire chicken.
- Cover and cook for ~10 minutes on medium heat and then ~2 minutes on low heat.
- When plating, sprinkle caramelized onions and serve with raita (cucumber, onion and yogurt salad)
- Serves 2 to 3 people.

# KERALA BEEF FRY

SUBMITTED BY  
**RAINA THOMAS**  
INDIA

Beef Roast/beef ularthiyathu is one of the most favorite dishes of every Malayali. It brings with it memories of my grandma's kitchen and the earthy scent of the mud pots used to cook it in. It takes you back in time when we used to play in the rain and the aroma of fresh 'kappa' and beef fry used to lure us back into the house. So it is a great delight to share this recipe beyond the fertile soil of Kerala.



## INGREDIENTS

- 1 kg beef
- 5 onions
- 2 cloves garlic
- 10 g ginger
- 3 tbsp ground coriander
- 4 tbsp ground red chili
- 1 tbsp turmeric powder
- 3 tbsp meat masala
- 2 tbsp garam masala
- 1 tbsp salt
- 4 tbsp black pepper

### STAGE 2

- 10 curry leaves
- 4 cloves garlic, chopped
- 5 shallots, chopped
- salt, to taste
- 1 tbsp black pepper
- ½ cup coconut oil
- pinch of mustard seeds

## METHOD

- Cut the beef into small pieces (like in beef goulash).
- Cut the onions, garlic, shallots and ginger into small slices
- Mix the beef and the diced onions, garlic and ginger together
- Add the powdered spices into the above mixture and mix them thoroughly. Leave the mixture to marinate for 15 mins.
- Now cook the mixture using a pressure cooker.
- For the second stage of the recipe, heat coconut oil in a pan.
- Add the mustard seeds into the oil
- Add the shallots, garlic and the curry leaves into the pan and wait until they turn golden colored.
- Add the black pepper powder into the pan and mix it with them.
- Now add the cooked beef from Stage-1 into this mixture add enough salt.
- Add more pepper if required. Fry the beef until it turns a dark brown color.
- Kerala Beef fry is ready ! It can be served with brown rice or porotta (or kappa which is basically tapioca). Guten appetit!

SUBMITTED BY

ANIL REDDY  
REGALLA

HYDERABAD,  
INDIA

# LEMON RICE



## INGREDIENTS

- rice
- lemon juice
- oil
- mustards
- green chillies
- ginger and garlic paste
- turmeric powder

## METHOD

- Add turmeric powder to the rice while boiling and keep the cooked rice separate.
- Heat oil in a pan and add mustard seeds and ginger and garlic paste, allow to splutter.
- Now add green chilies, curry leaves (optional) and ground nuts or any dry fruits , salt and fry for 2 minutes.
- Take it off of the flame and add lemon juice. Mix well.
- Now add this to the boiled rice and mix well.

SUBMITTED BY  
JASMINE PADHYE  
GUJARAT, INDIA

# MOONG PULAV



## INGREDIENTS

- 1 cup sprouted green grams
- 2 cups steamed rice
- 2 onions
- 1 tomato
- 1 carrot
- 1 tbsp ginger-garlic paste
- ½ tsp cumin seeds
- ½ tsp black mustard seeds
- ⅓ tsp asafetida
- 1 tsp dry mango powder
- ½ tsp turmeric powder
- 1 tsp red chili powder
- 1 tbsp kitchen king masala (optional)
- ½ tbsp salt
- 1 tbsp oil/butter
- 1 cup water
- ⅓ cup spring onion greens

## METHOD

- Soak green grams in water overnight.
- Boil the green grams in salt water until they get soft.
- For the tadka: add oil/butter to a cooking pot and once hot, add cumin seeds and black mustard seeds. Wait until they crackle and then add asafetida.
- Add onions to the tadka and fry them until they are yellow.
- Add turmeric powder, red chili powder, kitchen king masala, ginger garlic paste, dry mango powder, and mix well.
- Add chopped tomato, salt, and mix well.
- Add boiled green grams and water and let it cook for 5 mins.
- Add steamed rice and mix well. Cover the cooking pot with a lid and let it cook for 10 mins.
- Add spring onion greens and serve hot with hot tomato soup.

SUBMITTED BY  
**MALLIKARJUNA  
VAYUGUNDLA**  
INDIA

# RAJMA CHAWAL



This is actually a northern Indian dish (although I am from the south. It is tastier the following day — so best prepare a day ahead. Use tinned red kidney beans for a quick meal (although you will have to compromise a bit on the taste).

## INGREDIENTS

- 1 cup rajma/red kidney beans (soaked overnight/8 hours)
- ½ cup onions, finely chopped
- 1 tsp ginger, chopped
- 1 cup tomatoes, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp garam masala
- 1 tbsp butter
- 2 tbsp coriander Leaves, chopped
- 1 tsp vegetable oil
- salt, to taste

## METHOD

- Cook the soaked rajma in about 3 cups of water until the rajma is soft, tender and cooked (20 to 30 minutes).
- Heat oil in a sauce pan, add chopped ginger and onions. Sauté until onions are soft and golden brown.
- Add chopped tomatoes, turmeric powder, cumin powder, garam masala powder and sauté until tomatoes become soft.
- Add the cooked rajma , salt, 1 cup water and butter and simmer for 30 minutes. The longer you simmer, the more the spices get into the rajma and the tastier it gets. You can alter the consistency of the gravy by adding more water.
- Garnish with coriander leaves and serve hot with warm long grained rice.



SUBMITTED BY

POULASTYA  
MUKHERJEE

INDIA

# DUM ALOO (POTATO CURRY)



## INGREDIENTS

- 5–6 medium potatoes or 12–15 baby potatoes
- 3 to 4 tbsp mustard oil
- 1 bay leaf
- 1/2 tsp red chili powder
- 1/2 tsp coriander powder
- 1/2 tsp turmeric powder
- 1 tsp cumin powder
- 1 cup water
- 1/2 tsp sugar or as required
- salt as required
- 2 tsp garam masala
- 2 medium onions, chopped
- 1/2 inch ginger, chopped
- 2–3 garlic cloves, chopped
- 1 cup tomato chopped

## METHOD

- Wash potatoes and parboil them (until half-cooked).
- While they are cooking, grind the onion, ginger and garlic to make a semi fine paste (NOT smooth).
- Finely chop the tomatoes.
- Let the potatoes cool and then peel and dice them. For baby potatoes keep the peels and prick the potatoes with a fork. Sprinkle 1/4 tsp turmeric powder on the potatoes and mix well.
- Heat the mustard oil in a pan and fry the potatoes until light golden. Remove the potatoes.
- Fry bay leaf for a few seconds. Add the onion-ginger-garlic paste. Sauté until oil separates from the mixture and the paste browns lightly.
- Add the tomato puree, 1/4 tsp turmeric powder, red chili, cumin, coriander, salt and sugar. Sauté till oil begins to leave the onion-tomato masala paste.
- Add potatoes and stir until the masala coats the potatoes well. Add 1 cup water and garam masala.
- Simmer the dum aloo over low heat until it dries up and the gravy has coated the potatoes well.

SUBMITTED BY

POULASTYA  
MUKHERJEE

INDIA

# BENGALI PEAS-PUFF



## INGREDIENTS

### *The Filling*

- fresh green peas, shelled and ground into a coarse paste
- grated ginger
- a little sugar
- a little salt
- cooking oil
- a pinch Asafoetida (hing)
- tumeric powder
- red chilli powder

### *For the puris*

- refined flour, kneaded into a soft dough using water, with a little cooking oil
- salt & sugar
- cooking oil to deep fry

## METHOD

- Heat a little oil in a non-stick vessel.
- Add hing and stir.
- Add the peas paste and stir for some time.
- Add salt, sugar and grated ginger.
- Keep stirring and cook till it turns into a dryish paste.
- Take small balls of the puris dough.
- Fill them with the cooked peas stuffing and seal well.
- Roll out small puris and deep fry them in hot oil.
- Serve with the potato curry (aloo dum) or a chutney (achar).

SUBMITTED BY

*DHARMIN  
BIPINBHAI  
BAKARANIYA*

RAJKOT, INDIA

# THEPALA

Eaten with spicy indian sabaji or with curd.



## INGREDIENTS

- 1 cup wheat flour
- ½ cup gram flour
- salt
- turmeric
- coriander leaves (optional)
- 1 tsp red chili powder
- 3 tbsp oil

## METHOD

- Add all the ingredients and make dough by adding water. The dough should neither be too hard nor too soft.
- Take small portion from the dough and roll them with rolling pin.
- In a hot pan, apply oil, or spray oil, place the rolled thepala on the pan and cook both sides. (If you want very soft thepala then apply more oil and keep the heat high).
- Serve hot.

# POTATO CAULIFLOWER PARATHA

SUBMITTED BY  
**SATHIYA RAMESH**  
CHENNAI, INDIA

Eaten with spicy indian sabaji or with curd.



## INGREDIENTS

### *The Stuffing*

- 1 cup boiled, peeled and mashed potato
- ½ cup grated cauliflower
- 2 tbsp oil
- ½ tsp cumin seeds
- 2 tsp ginger-green chili paste
- 1 tsp coriander powder
- ½ tsp turmeric powder
- 2 tsp chaat masala
- salt to taste

### *The Dough*

- 1 cup whole wheat flour
- 1 tsp oil
- salt to taste
- 2 to 3 drops of oil for kneading

## METHOD

- *For the stuffing*, heat the oil in a broad non-stick pan and add the cumin seeds.
- When the seeds crackle, add the ginger-green chili paste and cauliflower and sauté on a medium flame for 2 to 3 minutes.
- Add the coriander powder, turmeric powder, chaat masala and salt, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
- Add the potatoes, mix well and cook on a medium flame for 1 minute, while stirring occasionally. Keep aside to cool slightly.
- *For the dough*, combine all the ingredients in a deep bowl and knead into a soft dough using enough water.
- Add oil to the dough and knead well.
- Divide the dough into 6 equal portions and keep aside. Divide the stuffing into 6 equal portions and keep aside.
- Roll a portion of the dough into a 4" diameter circle using a little whole wheat flour for rolling.
- Place one portion of the aloo gobi stuffing in the centre, bring together all the sides in the centre and seal it tightly.
- Roll out again into a 125 mm. (5") diameter circle using a little whole wheat flour.
- Heat a non-stick tava (griddle) and cook the paratha on a medium flame, using a little oil until golden brown spots appear on both the sides. Serve hot with pickle and curd.

SUBMITTED BY

PRANAV  
MEGARAJAN

INDIA

# DOSA AND CHUTNEY

Eaten with spicy indian sabaji or with curd.



## INGREDIENTS

### *The Dosas*

- 3 cups rice
- 1 cup split black gram lentil
- 1 tsp salt
- 1 tsp fenugreek seeds
- oil as required

### *The Chutney*

- 1 cup grated coconut
- 2 small green chillies, chopped
- 1 tsp grated ginger
- 1 tbsp roasted chana dal
- salt to taste

### *The Tempering*

- ½ tsp mustard seeds
- 1 red chili, broken into pieces
- 2 to 3 curry leaves
- 1 tsp oil

## METHOD

- *For the dosas*, soak rice, dal and dana methi for 6 hours then grind them to a fine thin batter by adding little water.
- Add salt to it and leave it covered for 12 hours for fermentation.
- Now heat a non stick tava and spread 1 tbsp of the batter on the whole of the pan.
- Grease all the corners and then cook it on the other side also.
- Put little water on the tava and wipe it with a clean cloth before making each dosa.
- Serve them hot with hot sambhar and chutney.
- *For the chutney*, put the coconut, green chillies, ginger, roasted split gram and salt in a blender with a little water and grind to make a fine paste. Keep aside.
- Prepare the tempering by heating the oil and adding the mustard seeds, red chili and curry leaves and stirring till the mustard seeds crackle. Pour this tempering over the chutney and mix well.
- Refrigerate and use as required

SUBMITTED BY

TEENA  
CHAKKALAYIL  
HASSAN

INDIA

# KACHUMBER

A simple, easy-to-make vegetable salad popular in India. Any vegetables can be included, although the popular ones are tomato, onion, cucumber and carrot. In some variants, 1/4 tsp sugar is also added. When yoghurt is used instead of lemon juice it is called "Dahi Kachumber".



## INGREDIENTS

- 1 medium sized onion, chopped
- 2 medium sized tomatoes, chopped
- 2–3 small sized cucumber, chopped
- 4–5 mint leaves, chopped
- ¼ cup coriander leaves, chopped
- ½ or 1 tsp lemon juice
- a few lemon pieces for garnish
- ½ tsp roasted cumin powder (optional)
- 1 green chili or ¼ tsp red chili powder (optional)
- black salt or rock salt or regular salt as required

## METHOD

- Place all the chopped vegetables in a bowl.
- Add the remaining ingredients.
- Toss the salad well so that the ingredients are mixed evenly.
- Check the seasoning and add more salt or lemon juice, if required.
- Serve the kachumber immediately.

SUBMITTED BY  
PRITESH GOHIL

INDIA

# GUJARATI VAGHARELI KHICHDI



## INGREDIENTS

- 1 tsp ginger and garlic (or paste)
- ¼ tsp turmeric powder
- 2 small green chilis or ½ tsp red chili powder
- ¼ tsp mustard seeds
- ¼ tsp cumin
- Pinch of asafetida
- 1 tsp salt
- 3-4 tsp oil
- 2 cups water
- ¼ tsp ground coriander
- Coriander leaves
- ¼ cup split pigeon peas
- ¾ cup rice
- 1 onion
- 2 potatoes
- 1 small tomato
- Other vegetables of your choice (carrot, green peas, capsicum)

## METHOD

- Chop the vegetables.
- Wash and soak rice and split pigeon peas for 10 minutes in water.
- Other side add the oil and heat the pot.
- Now add mustard seeds, cumin, Asafetida powder, green chili and mix it well.
- Add chopped onion and let the onion cook until it becomes little brown.
- Add potato, salt, coriander powder, red chili powder (Only if green chili is not used) and mix it well. Now add tomatoes and let it cook for 3 minutes on medium heat.
- After 3 minutes, add our soaked rice, pigeon peas and add water.
- Cover the pot and cook until the rice is cooked. Once cooked, add the coriander leaves on top of it and serve.

# POHA

SUBMITTED BY  
*PRITESH GOHIL*  
INDIA



## INGREDIENTS

- ¼ tsp ginger paste
- ¼ tsp turmeric powder
- 2 small Green chilis, finely chopped
- ¾ tsp salt
- 2 to 3 tsp oil
- ¼ tsp ground coriander
- coriander leaves
- lemon
- 1 tsp sugar
- 2 cups poha (flattened rice)
- 1 onion, chopped in long slices
- 1 small potato, chopped into small pieces
- 1 small tomato, chopped in small pieces

## METHOD

- Heat the pan and add the oil.
- Once the oil is heated, add the ginger, green chili and turmeric powder.
- Add the chopped onion and let it cook until it becomes a little brown.
- Add the potato, ¼ tsp salt, and the coriander powder. Mix it well.
- Now add the tomatoes.
- Cover the pan and let it cook for few minutes on medium heat.
- Meanwhile, wash the flattened rice (poha) well until soft, strain off the water and put it aside in a sieve or colander to drain off the excess water.
- Once the potato is cooked, add the soft washed flattened rice.
- Add ½ tsp salt, lemon, sugar and the coriander leaves and mix gently.
- Turn of the stove off after 4 to 5 minutes and your breakfast or snack is ready!



SUBMITTED BY

MOHANDASS  
MUTHURAJA

INDIA

# CHICKEN KULAMBU



This is a very popular rice and chicken dish from the Pakistani national cuisine. For each cup of rice, we use 3 cups of water and a teaspoon of salt. Adjust the quantities as desired.

## INGREDIENTS

- 1 kg chicken pieces
- 4 onions
- 4 tomatoes
- 15 almonds or cashews
- small piece of ginger
- 3 cloves garlic
- 1½ tbsp ground coriander powder
- 1 tbsp chili
- ½ tsp garam masala
- ½ tsp fennel seeds
- ¼ tsp turmeric
- ¼ cup mint leaves (optional)

## METHOD

- Grind onion, garlic, ginger to fine paste – set aside.
- Grind tomatoes with all other ingredients to fine puree. Set aside.
- In a pan heat 4 tbsp of oil and sauté ground onion mixture, Once this curry begins to change color, sauté tomato mixture. then add chicken pieces with required salt.
- Shift it to a pressure cooker (or close the pan with suitable lid and allow it to cook for 15 minutes in medium flame ) and let it cook for 2 to 3 pressure sounds.
- Wait till the temperature of cooker subsides, then open the cooker and check the salt, garnish it with cilantro.
- Easy chicken kulambu is ready!

SUBMITTED BY

TEENA  
CHAKKALAYIL  
HASSAN

INDIA

# FISH CURRY



## INGREDIENTS

- 200 g sear fish pieces
- 200 ml coconut milk
- 50 g onion, sliced
- 40 ml coconut oil
- 20 g red chili powder
- 10 g ginger, sliced lengthwise
- 6 g turmeric powder
- 5 g curry leaves
- 5 green chilis, slit
- 2 mangos, peeled and cubed
- salt, to taste

## METHOD

- Take a deep pan and heat coconut oil in it.
- Put sliced onion, green chilies, half of sliced ginger, half of curry leaves and peeled raw mango cubes in it.
- Sauté well, till the onions turns translucent and mango is easily mashed.
- Add turmeric powder and chili powder to it and mix well again.
- Add salt and water in it and let the spices cook on slow flame.
- Pour coconut milk in it and let it cook for 5 more minutes
- Now, carefully drop the fish cubes in the prepared mixture and cook till the fish is tender.
- Take a small saucepan and sauté the remaining ginger and curry leaves in 1 tbsp of oil.
- Garnish the prepared fish with this mixture and serve hot, with rice.

SUBMITTED BY  
HARITHA BUSSU  
INDIA

# CARROT HALWA



## INGREDIENTS

- 1 kg carrots
- 1 L milk
- 1 tsp cardamom seeds
- 3/4 cup water
- 3 tbsp ghee or Irish butter
- 2 tbsp raisins
- 2 tbsp almonds
- 2 tbsp pistachios
- 450 g sugar

## METHOD

- Wash and grate the carrots.
- Simmer the milk on a low flame for a 20–30 minutes so that the milk thickens a bit as the water content evaporates.
- Add cardamom seeds.
- Heat the ghee in a wide pan for 1 minute.
- Add the carrot to the pan and stir over a medium flame until the carrots' color starts to dull. At this point, add sugar to the mixture.
- Continue to stir the mixture. It will start to darken.
- Add the thickened milk.
- Continue to stir the mixture over medium heat until the mixture thickens.
- Garnish with cashew, raisin, almonds, and pistachios.
- Remove the carrot halwa from heat and arrange it in a serving dish.
- Bring to room temperature and then refrigerate for at least 30 minutes.
- Serve cold.

SUBMITTED BY

PADMAJA  
KULKARNI

INDIA

# JAZAR HALWA



## INGREDIENTS

- 8 to 9 medium carrots (around 4 to 4½ cups grated carrots)
- 4 cups full fat milk
- 4 tbsp ghee/clarified butter
- 10 to 12 tbsp unrefined cane sugar or regular sugar or as required
- 20–25 whole cashews
- 5 to 6 pods cardamom, finely ground or about ⅓ tsp cardamom powder
- a pinch of saffron (optional)
- a handful of raisins

## METHOD

- Rinse, peel and grate the carrots.
- In a deep pan combine milk and grated carrots.
- Bring the whole mixture to a boil over low to medium heat and then lower the heat and simmer.
- Keep stirring the mixture every now and then. The grated carrots will cook in the milk and the milk will start to reduce and evaporate.
- When the milk has reduced by 75%, add the ghee, sugar and powdered cardamom to the mixture.
- Stir well and continue to simmer and cook on a low flame. Continue to stir it every now and then.
- Towards the end, add the cashews, crushed saffron and raisins and simmer until all the milk has evaporated.
- Serve Jazar halwa hot, warm or you even cold.

SUBMITTED BY  
DEEBUL & DIPTI  
NAIR  
INDIA

# RASMALAI



## INGREDIENTS

### *Chenna/paneer*

- 3/4 L milk
- 1 cup cream
- 2 tbsp lemon juice
- 1 cup water

### *Sugar syrup*

- 1 1/2 cup sugar
- 8 cups water

### *Rabri/rabdi*

- 3/4 L milk
- 1 cup cream
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 2 tbsp saffron milk
- 7 pistachios chopped
- 5 almonds chopped
- 10 cashews chopped

## METHOD

### *Chenna/paneer:*

- Boil the milk and cream. Add lemon juice and stir till milk curdles completely.
- Drain the curdled milk and squeeze off excess water.
- After 30 minutes, knead the paneer for 10 minutes and form small balls then flatten.

### *Sugar syrup:*

- Combine the sugar and water in a pot and boil for 10 minutes.
- Gently drop the prepared paneer discs into the syrup.
- Cover and boil for 15 minutes.
- Squeeze the paneer discs to drain the syrup.

### *Rabri/rabdi recipe:*

- Bring the milk and cream to a boil.
- Once a layer of cream forms over the milk, push it to the sides of the pot.
- Repeat the process for at least 5 times or until the milk reduces to a third liter.
- Add sugar, cardamom powder and saffron milk. Mix well and bring to a boil.
- Scrape the cream from the side of the pot and stir well.
- Refrigerate for 2 to 3 hours.

To make the rasmalia, pour the chilled rabri/rabdi over the drained paneer balls. Garnish with chopped nuts and allow it to absorb the milk mixture for 2 hours before serving.

SUBMITTED BY  
HASAN AL BANNA

DHAKA,  
BANGLADESH

# BEEF TEHARI

Tehari is a rice dish with cooked meat and is usually made very spicy. Unlike birianis, tehari is usually cooked with vegetable oil. No yogurt or cream is used in the cooking of it. A very common tehari dish is this one cooked with beef.



## INGREDIENTS

- 1 kg beef
- ½ cup onion paste
- 2 tsp garlic paste
- 1 tbsp red chili powder
- 1 tbsp turmeric paste
- 2 tsp ginger paste
- 1 tbsp cumin powder
- 1 tsp coriander powder
- 3 tsp salt
- 2 onions, thinly sliced
- 2½ inch cinnamon sticks
- 8 cloves
- 4 cardamom pods
- 1 bay leaf
- 6–8 green chili
- ½ cup (or less) oil
- 2½ cups rice (preferably aromatics like Basmati or Kalojira)

## METHOD

- Cut beef into small pieces.
- Simmer beef with the next 7 ingredients and 2 tsp of salt along with a cup of water until tender (45 minutes to an hour). Stir occasionally. Add more water if needed.
- In a large pan (large enough for all the rice and meat), fry the thinly sliced onions until almost golden brown.
- Add in the cinnamon, cloves, cardamom and bay leaf and fry an additional 4–5 minutes.
- Add in the cooked beef and fry over medium heat until oil floats to the top. Stir continuously.
- Add in the rice and fry an additional 5 minutes. Stir continuously.
- Add in 5 cups of water, 1 tsp of salt and the green chili and bring to boil over high heat.
- As soon as it starts boiling, turn the heat to low.
- Give it a thorough stir to ensure no rice is sticking to the bottom.
- Cover and cook for 25 minutes.

SUBMITTED BY  
HASAN AL BANNA

DHAKA,  
BANGLADESH

# CHAM-CHAM

This is a typical Benglai Sweet. They are sometimes called "Pleasure Boats".



## INGREDIENTS

- 2 L full cream/whole milk
- 2–3 tbsp lime/lemon juice
- 5 tsp flour
- 4 cups water
- 2 cups sugar
- 2–3 tbsp rose water or a few strands of saffron
- A few drops of yellow food coloring (according to your preference)
- 200 g whipped cream

## METHOD

- Boil milk over medium flame. Stir occasionally. Add the lime juice and mix well. When curds begin to separate from the milk, remove from heat and set aside 10 minutes.
- Strain the cheese and wash it under water.
- Place the cheese in cheesecloth and hang for 1 hour to drain all the liquid from it.
- Place in a bowl and knead it until all lumps are removed and it is smooth. It will begin to release its fat and your hands will feel greasy. The smoother it is, the better the cham-chams. Add the yellow food color and mix well.
- Sprinkle flour over the cheese and work it in. In a large pressure cooker, bring sugar and water to a boil, uncovered. Meanwhile, Divide dough into small marble-sized balls and roll between your palms gently pressing them into an oblong shape and flattening a little.
- Add the balls to the sugar syrup and cover the pressure cooker. Once the first whistle blows, wait 8–10 minutes. and remove from heat. Release the steam from. Allow to cool completely before touching them. They will have expanded to almost double their original size and will be delicate when hot.
- Once cool, add the rose water or saffron syrup (made by soaking the saffron strands in a little warm water), chill for a few hours. Remove them from the syrup and serve with cream. Garnish with slivers of your favorite dried fruit.

SUBMITTED BY

*KISHAAN  
JEEVESWARA*

**COLOMBO,  
SRI LANKA**

# KOTHTHU ROTTI

Koththu Rotti is one of the most famous dishes in Sri Lanka. It's made from godhamba roti (a type of Sri Lankan roti) and vegetables, egg and/or meat, and spices. The preparation takes from half an hour to an hour!



## INGREDIENTS

- 200 g chicken thighs, deboned and diced
- 2 wholemeal rotis or thin plain parathas or tortillas cut into 1" pieces
- 4 eggs
- 1 red onion, diced
- 1 tomato, diced
- 2 spring onions, finely chopped
- 1 carrot, peeled & diced
- 1 green chili, deseeded & diced
- 1 red chili, deseeded & diced
- 1 tsp garlic & ginger paste
- 1 tsp chili powder
- 2 tsp coarse curry powder

## METHOD

- Cook the chicken in a well oiled pan for 3–4 minutes.
- In a clean, oiled pan, sweat the chopped onion for 2–3 minutes.
- Add the spices and ginger/garlic paste and cook for 1 minute, ensuring the onion is well coated.
- Add the eggs and stir continuously.
- Add the carrot, tomato and return the meat to the pan, stir well for a couple of minutes.
- Finally, add the tortilla pieces and stir through.
- Serve immediately.



# XIAO LONG BAO

SUBMITTED BY

ZHA JIN

BEIJING, CHINA

## INGREDIENTS

### *The Soup*

- 1.9 L water
- 1 kg chicken bones (wings/back/neck)
- 57g ham, cut into 4 pieces
- 250 g of pork skin & fat or a fatty cut of pork
- 2½ cm piece of ginger, sliced into 4–5 slices
- 2 green onions, cut into 7½ cm pieces
- 2 large garlic cloves, smashed
- 2 tsp Chinese rice wine (or dry sherry)

### *The Broth Gelatin*

- 1 tbsp powdered agar agar or 1 tbsp unflavored gelatin

## METHOD

- Wash pork. Take the pork skin and with the backside of your knife, firmly scrape the surface of the skin to clean it further. Rinse again. Place all soup ingredients in a large stockpot. When all ingredients come to a boil, immediately turn to low heat and simmer for two hours. Skim surface of constantly to keep soup clean and clear. Strain and discard solids. We will only use 4 cups of broth. (Save the rest for soup!)
- Place 4 cups of broth back in the pot, turn on the heat. When just about to boil again, turn heat off and add the agar-agar or gelatin. Whisk for two minutes until dissolved. Pour broth into a baking dish. Refrigerate until set, about 3–4 hours.
- For the filling, mix all ingredients. When the broth gelatin is set, run a fork through it, with criss-cross motion, to break up into very small 0.6 cm pieces. Take 1½ cups of broth gelatin and add to the filling mix. Stir well. Refrigerate until ready to use.
- For the dumplings dough, put 90% of the flour in a large bowl. Pour ⅓ of the hot water over the flour. Use a pair of chopsticks to stir vigorously. Add more hot water. Stir. Add the last bit of the water and stir vigorously until the dough begins to form. Add the cold water and oil. Keep stirring vigorously with chopsticks. Stop when you can't stir anymore.
- Dust counter with the remaining 40 grams of flour. Place dough on floured surface, use your hands to knead it for 8–10 minutes, until soft, smooth and bounces back slowly when you poke with your finger. Cover with plastic wrap and let it sit for 30 minutes.



- Divide into four pieces.
- Take one piece (cover the remaining three pieces with plastic wrap) and roll into a long log, about 3cm in diameter.
- Using pastry scraper or knife, cut dough into pieces about the size of a golf ball.
- Roll one of the balls between your palms to get nice, round, smooth ball.
- Using a rolling pin, roll out flat circle.
- Fill with 1 tbsp of filling, pinch pleat by following the slideshow online.
- Repeat with rest. Make sure to keep everything covered to prevent drying.
- Combine sauce ingredients and refrigerate.
- Fill steamer with one layer of cabbage leaves. Steam over medium heat for two minutes to warm up the steamer and to soften cabbage.
- Place dumplings on the cabbage leaves, leaving one 1.25 cm space between each dumpling.
- Steam for 12 minutes.
- Serve in bamboo steamer.

### *The Filling*

- 500 g ground pork 125 g shrimp, shelled, deveined and minced finely
- 3 stalks green onion, finely minced
- 2 tsp sugar
- 2 tbsp soy sauce
- 1 tsp salt
- $\frac{1}{4}$  tsp white pepper
- $\frac{1}{2}$  tsp grated fresh ginger
- 1 tsp Chinese rice wine
- $\frac{1}{4}$  tsp sesame oil

### *The Hot Water Dough*

- 400 g of flour
- $\frac{3}{4}$  cups boiling water
- $\frac{1}{4}$  cup cold water
- 1 tbsp cooking oil

### *The Dipping Sauce*

- 2 tbsp sambal (hot chili & garlic sauce)
- $\frac{1}{2}$  cup black vinegar
- $\frac{1}{2}$  cup soy sauce
- 1 tsp sesame oil
- 1 tbsp of shaved ginger

SUBMITTED BY  
ZINNIRAH BINT  
KASSIM

MALAYSIA

# NASI LEMAK

Here is a menu idea for a heavy breakfast if you are ever in Malaysia: Karipap as starters, nasi lemak as the main dish, onde-onde as desserts.



## INGREDIENTS

### *Coconut milk rice*

- 2 cups rice
- salt to taste
- 165 ml coconut milk
- water

### *Tamarind juice*

- 1 cup water
- tamarind pulp (size of a small ping pong ball)

### *Sambal Ikan Bilis (Dried anchovies sambal)*

- ½ red onion
- 1 cup ikan bilis/dried anchovies
- 1 clove garlic
- 4 shallots
- 10 dried chillies
- 1 tsp Belacan/prawn paste
- ¼ tsp salt
- 1 tbsp Sugar

## METHOD

- Rinse your rice and drain. Add coconut milk, a pinch of salt, and some water. Add the pandan leaves into the rice and cook your rice.
- Rinse the dried anchovies and drain the water.
- Fry them until they turn light brown and put aside.
- Pound the prawn paste together with shallots, garlic, and deseeded dried chillies with a mortar and pestle. You can also use a food processor.
- Slice the red onion into rings.
- Soak the tamarind pulp in water for 15 minutes.
- Squeeze the tamarind constantly to extract the flavor into the water.
- Drain the pulp and save the tamarind juice.
- Heat some oil in a pan and fry the spice paste until fragrant. Add in the onion rings. Add in the ikan bilis and stir well. Add tamarind juice, salt, and sugar.
- Simmer on low heat until the gravy thickens. Set aside.
- Clean the small fish, cut them into half and season with salt. Deep fry.
- Cut the cucumber into slices and then quartered into four small pieces.
- Dish up the steamed coconut milk rice and pour some sambal ikan bilis on top of the rice.
- Serve with fried fish, cucumber slices, and hard-boiled eggs.

SUBMITTED BY  
ZINNIRAH BINT  
KASSIM

MALAYSIA

# KUIH LAPIS



This rainbow layered steam cake is peeled by the layer to be savored with delight!

## INGREDIENTS

- 1 cup rice flour
- ½ cup wheat flour
- 1 cup sugar
- 1 tsp salt
- 1 tsp cooking oil
- 3 to 4 drops of red coloring
- 1 small box of coconut milk (250 ml)
- Pandan leaves (cleaned)
- water so that the mixture of the coconut milk and water will be 4 cups of liquid

## METHOD

- Boil some water to prepare for steaming.
- In a blender, put in sugar, 2 cups of the liquid mixture, rice flour, wheat flour, oil and salt.
- Blend them all until they form a smooth mixture.
- Pour the blended mixture into a bowl and add the rest of the liquid mixture. Stir until well mixed.
- Divide them into two portions. Add the red coloring into one of the portion. Stir until a nice pink color has formed.
- Tie 2 pandan leaves separately and put them in each of the divided portion. The pandan leaves will give a very nice smell to the kuih.
- Grease a baking form (or any steam-proof container that will fit into your steamer) with oil.
- When the steamer is ready, put the greased baking form in the steamer.
- Pour two cups of the white mixture and steam for 5 minutes or until firm
- Pour in a cup of the pink mixture and steam for 2 minutes.
- Repeat this step with alternate colors until finished.
- When the last layer have been reached, continue to steam for another 20 minutes.
- It's now ready. For best results, only cut the kuih with a thread after it has cooled down.

SUBMITTED BY  
*SHAHMI JUNOH*  
MALAYSIA

# ONDE ONDE



## INGREDIENTS

- 250 g glutinous rice flour
- 200 ml pandan juice
- 150 g gula melaka (palm sugar), finely chopped
- 100 g grated coconut
- pinch of sea salt

## METHOD

- In a large bowl, combine the glutinous rice flour with Pandan juice and knead lightly.
- Pinch a small piece of the dough (about 40 g) and drop it into boiling water.
- When the dough rises up the surface, remove it with a slotted spoon and shake off the excess water.
- Mix it back into the main dough and knead well to form smooth dough.
- Cover the dough and set aside for about 15 minutes.
- Mix the grated coconut with a pinch of salt and steam for about 2 – 3 minutes and let it cool completely.
- Bring a pot of water to boil. Pinch a small piece of dough (about 15 g each) and flatten lightly.
- Fill the center of the dough with palm sugar.
- Roll them in your palm to form a smooth ball and cook the glutinous rice balls in the boiling water.
- When the rice balls float to the surface, remove them with a slotted spoon and shake off the excess water.
- Coat the rice balls with grated coconut and serve immediately.

SUBMITTED BY

*RHAMA  
DWIPUTRA*

INDONESIA

# NASI GORENG

Ketjap manis is Indonesian soy sauce. A good substitute for ketjap manis in this recipe is to combine 2 tbsp regular soy sauce with ½ tsp molasses.



## INGREDIENTS

- 2 tbsp vegetable oil
- 2 eggs
- 1 tsp hot red pepper flakes
- ¼ tsp salt
- 1 onion, chopped
- 1 carrot, grated
- 2 tbsp ketjap manis
- 1 tsp fish sauce, optional
- 3 cloves garlic
- 4 cups long-grain rice, cooked
- 1 cup cucumber, finely chopped
- 3 green onions, thinly sliced
- 1 tbsp lime juice

## METHOD

- Heat half the oil in a non-stick skillet set over medium heat.
- Break the eggs into a small bowl and whisk in red pepper flakes and salt.
- Pour into pan and cook, covered, for 3 to 4 minutes or until firmly set.
- Using a spatula, roll egg up pinwheel-style and remove from pan.
- Cut into thin strips and reserve.
- Add remaining oil, onion and carrot to pan.
- Cook, stirring often, for 5 minutes.
- Stir in ketjap manis, fish sauce (if using) and garlic.
- Stir in rice, cucumber, green onions, lime juice and reserved egg strips.
- Cook, tossing, until heated through.

SUBMITTED BY

*RONNY  
HARTANTO*

**MALANG,  
INDONESIA**

# AYAM KECAP MANIS



## INGREDIENTS

- 8 chicken legs (you can also use thighs and/or wings)
- 3 cloves garlic, chopped
- 1 onion, chopped
- 3 spring onions, chopped
- 7 tbsp kecap manis/ sweet thick soy sauce
- 1 tbsp sesame oil
- some butter
- ½ tsp white pepper
- 1 tbsp low sodium soy sauce/kecap asin

## METHOD

- Fry the chicken legs in oil until half done, take them out of the pan.
- Skin should be lightly colored and a little bit crispy.
- Add butter, garlic and chopped onions to some oil in a wok.
- Fry over medium heat for a minute or two.
- Add the chicken legs, the kecap manis, the kecap asin, the sesame oil, and the white pepper.
- Put the lid on the pan and simmer for 20 minutes over medium to low heat.

SUBMITTED BY

MOHAMMAD  
WASIL

MALANG,  
INDONESIA

# RENDANG

Rendang is a spicy meat dish which originated in Padang, West Sumatra. This dish is served across Indonesia and can be found in some south east Asian countries and some parts of the world (i.e. Netherlands). Rendang was chosen as the number one dish of CNN World's 50 most delicious foods in 2011 and 2017.



## INGREDIENTS

### *Main ingredients*

- 1 kg beef
- 1½ L coconut milk

### *First spices*

- 2 stalks lemon grass
- 4 lime leaves
- 4 bay leaves
- 2 cm galangal (or powder)
- 2 cm ginger

### *Main spices*

- 6 to 7 garlic cloves
- 70 to 80 g onions
- 5 kemiri nut or candlenut
- 2 chili peppers
- ½ tsp coriander
- 1 tsp pepper
- 1 tsp caraway
- ½ tsp nutmeg
- 2 tsp ground turmeric
- 2 tsp salt

## METHOD

- Cut the beef into 4 cm squares (don't cut it too small).
- Prepare the lemongrass: use only the white part and smash it.
- Slice the galangal into coin-sized slices.
- Roughly chop the ginger.
- Mix the garlic, onions, kemiri nut, chili peppers, coriander, pepper caraway, nutmeg turmeric and salt and blend them until you have a smooth spice paste.
- Fry this spice paste for around 3 to 5 minutes.
- In a large pot, bring the coconut milk along with the fried spices, the main spices and the beef to a boil.
- Cook over medium heat.
- Stir occasionally until the coconut milk has completely evaporated and the beef absorbs all of the spices (this will take around 5 to 6 hours).
- Well-cooked Rendang will look dark brown or almost black in colour.
- Serve with rice



SUBMITTED BY

**MOHAMMAD  
WASIL**

**MALANG,  
INDONESIA**

# RUJAK SOTO

Rujak Soto is East Java traditional food. It is a mix of Rujak and Soto. This dish is very popular in Madura and Banyuwangi.



## INGREDIENTS

- ½ kg boneless chicken breast
- 1 square block tofu
- 150 g fried peanuts
- Lontong (compressed rice cake and wrapped inside a banana leaf )
- 4 cloves garlic
- 2 shallots
- ⅓ tsp white pepper
- ¼ tsp black pepper
- 1 tsp turmeric
- ⅓ tsp coriander
- 2 roasted candlenut
- 5 cm crushed ginger
- 1 crushed lemon grass
- 4 bay leaves
- 6 spring onions, trimmed and finely sliced
- 250 g sprouts
- 1 sliced cucumber
- Shrimp or fish paste
- Sambal (mixed chili, shrimp sauce and tomatoes) - optional

## METHOD

- For the spices, mix and grind the garlic, shallots, peppers, turmeric, coriander, roasted candlenut and then fry them for 5 minutes.
- For the chicken soto: cut the chicken breast into small blocks and boil them for 15 minutes.
- Mix in the fried spices along with ginger, lemon grass, bay leaves and sliced spring onions for 20 minutes.
- Slice the tofu into small blocks and fry it.
- Boil the sprouts for 15 minutes.
- Fry three trimmed and sliced spring onions.
- Grind the fried peanuts and mix them with the fish paste.
- For the Rujak: put the sliced lontong (rice) into a bowl and top with the sliced tofu, boiled sprout, fried spring onions and the fried and ground peanuts.
- Finally, for the Rujak soto: Pour the chicken soto into the Rujak and serve.

SUBMITTED BY

**MOHAMMAD  
WASIL**

**MALANG,  
INDONESIA**

# SATE

Sate is a seasoned, skewered and grilled meat served with peanut sauce. Sate itself is originated from Java, Indonesia and it has been served differently across Indonesia and Southeast Asian nations in general. In Indonesia itself, Sate is served and made from different ingredients. It is also known as Sate Madura, Sate Ponorogo, Sate Padang etc. This recipe originally comes from Madura (Sate Madura) which normally uses lamb or beef instead of chicken.



## INGREDIENTS

- 1 kg lamb, beef or boneless chicken
- 2 stalks lemon grass
- 4 lime leaves
- 2 cm galangal (powder if not available)
- 2 cm ginger
- 6 to 7 cloves garlic
- 70 to 80 g onions
- 5 candlenuts
- 2 red chili peppers
- ½ tsp coriander
- 1 tsp pepper
- 1 tsp caraway
- ½ tsp nutmeg
- 2 tsp ground turmeric
- 500 gr peanuts
- Fried onions
- Wooden or bamboo skewer
- 2 tsp salt

## METHOD

- Mix the garlic, onions, candlenuts, chili peppers, coriander, pepper caraway, nutmeg turmeric and salt then blend them until you have a smooth spice paste.
- Fry them for 5 to 7 minutes with normal heat.
- Chop the lamb, beef or chicken into 1-cm cubes.
- In a large bowl, mix the beef with the spice to marinate and put them in a fridge for 10 to 20 minutes.
- Thread them onto wooden or bamboo skewers.
- Heat a grill pan over high and cook the lamb skewers for 2 to 4 minutes on each side until cooked to your liking.
- For the Satay sauce or dipping sauce: fry the peanuts until they look dark brown, add salt and blend them.
- Top the peanut sauce with fried onion, lime leaves and sliced onions.
- Serve the satay with dipping sauce.

SUBMITTED BY

MOHAMMAD  
WASIL

MALANG,  
INDONESIA

# SOTO MADURA



Soto is a traditional dish served across Indonesia. There are many variants of Soto such as Soto Lamongan, Soto Madura, Soto Betawi, etc. This recipe originally comes from Madura and East Java in general. In general, it has similar ingredients with Soto Lamongan.

## INGREDIENTS

- ½ kg boneless chicken breast
- Lontong (compressed rice cake and wrapped inside a banana leaf ) or rice
- 4 cloves garlic
- 2 shallots
- ⅓ tsp white pepper
- ¼ tsp black pepper
- 1 tsp turmeric
- ⅓ tsp coriander
- 2 roasted candlenut
- 5 cm crushed ginger
- 1 crushed lemon grass
- 4 bay leaves
- 6 spring onions, trimmed and finely sliced
- Sambal (optional)

## METHOD

- For the spices, mix and grind the garlic, shallots, peppers, turmeric, coriander, roasted candlenut.
- Fry them in 5 minutes.
- For the chicken soto: cut the chicken breast into small blocks and boil them for 15 minutes and after that mix in the fried spices along with ginger, lemon grass, bay leaves and sliced spring onions for 20 minutes.
- Put the sliced lontong (rise) into a bowl and pour the chicken soto over it to serve.

SUBMITTED BY

MOHAMMAD  
WASIL

MALANG,  
INDONESIA

# SAMBAL TERASI

Sambal terasi is a hot sauce and somehow it is a "must-have" condiment to go with any Indonesian cuisine. They have different variations across archipelagos.



## INGREDIENTS

- 50 g red chilies (Thai chilies)
- 2 cloves garlic
- 1 shallots
- 1 tsp palm sugar
- 1 tsp toasted shrimp paste (terasi)
- 500 g tomatoes

## METHOD

- For the spices, blend the garlic, shallot and shrimp paste, and fry them for 5 minutes.
- Blend the green chilies, tomatoes and palm sugar and mix them with the fried spices.
- Cook them again until the paste (sambal) turns a darker shade.
- Serve Sambal Terasi with rice, tofu, tempe.

# THE AMERICAS

Sweet Potato Fries

Pan Sautéed Fiddlehead Ferns

Maple Syrup Slushie

Chili sin Carne

Steak Chili

Creamy Macaroni & Cheese

Tortas Ahogadas

Guacamole & Tortillas

Tacos de Carne Deshebrada

Flour Tortillas

Rajas de chili Morron

Red onions with Habanero

Cochinita Pibil

Horchata de Arroz

SUBMITTED BY  
MATT ROSCOE  
SAINT JOHN,  
CANADA

# SWEET POTATO FRIES



You can change the seasoning to your desired tastes. So easy to make too!

## INGREDIENTS

- 1 kg sweet potatoes (3 to 4 large)
- 2 tbsp vegetable oil

### *For the rub*

- 2 tsp chili powder
- 1 tsp paprika
- 1 tsp salt

## METHOD

- Peel potatoes and cut into sticks like fries.
- Place in a large bowl and toss with oil.
- Prepare rub by combining chili powder, paprika and salt in a small bowl.
- Toss with potatoes.
- Arrange in a single layer on one or two parchment-lined baking sheets.
- Roast in a preheated 220°C oven for 20 to 25 minutes or until browned on the bottom.
- Turn potatoes over and roast 10 to 15 minutes longer, until tender, crisp and nicely browned.

SUBMITTED BY  
*ROBIN SCHRIVER*  
NEW BRUNSWICK,  
CANADA

# PAN SAUTÉED FIDDLEHEAD FERNS



Fiddleheads are as popular in New Brunswick as asparagus is in Germany!

## INGREDIENTS

- 2 dozen fiddlehead ferns
- 4 tbsp unsalted butter
- ½ lemon, juice & zest
- 1 tsp sea salt
- freshly ground pepper

## METHOD

- Fill a medium bowl with cold water (use a few ice cubes to get it colder)
- Add the salt and the juice from half of a lemon. Trim the fiddlehead ferns and remove any brown, or dry areas and soak them in the lemon water to clean them.
- Melt the butter in a pan (not non-stick) over medium high heat. Blanch the fiddlehead ferns for about one minute in boiling water.
- Strain and quickly transfer to melted butter and cook about 2 minutes on each side, until slightly crispy and golden. Season with salt, pepper and some lemon zest. Serve hot with an aged cheese or green tomatoes on the side.

SUBMITTED BY  
*ROBIN SCHRIVER*  
NEW BRUNSWICK,  
CANADA

# MAPLE SYRUP SLUSHIE



Maple Syrup is very Canadian. I make this slushie at home all the time!

## INGREDIENTS

- 1 cup orange juice
- ½ cup pure maple syrup from Canada
- 12 strawberries
- ice cubes

## METHOD

- In a blender, combine orange juice and maple syrup; then add all strawberries and a handful of ice cubes.
- Blend on “pulse” and pour into frosted glasses.
- Garnish with a strawberry and savor one teaspoon at a time.



SUBMITTED BY

ADAM GAIER

USA

# CHILI SIN CARNE



Chili without the meat!

## INGREDIENTS

- 1 onion
- 1 green bell pepper
- 2 cloves garlic
- 1 red chili
- 6 jalapeño peppers
- 8 sun-dried tomatoes
- 3 tbsp olive oil
- 1¼ cups vegetable broth
- 1 can (~400 g) kidney beans
- 1 can (~400 g) corn
- 2 cans (~800 g) chopped tomatoes
- 1 can (~400 g) lentils
- 1 tbsp tomato paste
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp salt
- 1 to 2 tbsp maple syrup or 1 tbsp brown sugar

## METHOD

- Drain the sun-dried tomatoes.
- Dice the first six ingredients into small pieces.
- In a large pot, fry them for 5 minutes on low heat.
- Rinse and drain the kidney beans, the corn and the lentils.
- Add all the remaining ingredients to the pot and simmer on medium heat for 20 minutes.
- Serve on rice

SUBMITTED BY  
*ETHAN MASSEY*

SIDNEY,  
MONTANA, USA

# STEAK CHILI

Steak chili is a common dish in the American, this specific variant is from the west where a lot of our beef is raised. Many families have their own secret recipes, so you'll never find two recipes exactly the same. For extra heat & flavor, try adding chipotle chiles in adobo sauce (canned). If you're vegetarian, you can leave out the steak and beef broth and add extra beans or lentils or mushrooms. The cornbread is an important part of the experience-- use Jiffy mix if you can find it.



## INGREDIENTS

- 2 tbsp vegetable oil
- ½ cup flour
- Salt and pepper
- 0.9 kg sirloin
- 2 large onions
- 1 green bell pepper
- 1 red bell pepper
- 2+ jalapeños, (can use serranos for extra heat)
- 5 cloves garlic, chopped
- 3 tbsp chili powder
- 2 tbsp cumin
- 2 tsp oregano
- ⅓ L bottle ale
- 2 cups low-sodium beef stock
- 4 cups crushed tomatoes
- 2 cups canned black beans, (about 1 can)
- 2 cups canned kidney beans, (about 1 can)
- Shredded cheese, diced onion, sour cream, cilantro, cornbread for serving

## METHOD

- Chop the sirloin into bite-size chunks.
- Drain and rinse the black beans and the kidney beans
- Chop the onions and deseed and chop the peppers.
- Heat oil in large heavy pot over medium high heat.
- In a pie plate combine salt, pepper and flour with a fork.
- Toss sirloin cubes with flour to coat. Shake off excess flour.
- Brown sirloin in pot on all sides and remove meat to a plate.
- If necessary, add more oil to pan and add onions.
- Cook onions over medium heat until they begin to soften.
- Stir in green, red and jalapeño peppers and cook for 3 to 5 minutes.
- Add chili powder, cumin and oregano.
- Return browned meat to pan and pour in beer and beef stock.
- Bring to a boil and over and reduce heat to a simmer.
- Cook for 45 minutes or until meat is tender.
- Add crushed tomatoes and cook for 20 minutes.
- Stir in black and kidney beans and gently simmer for 10 minutes.

# CREAMY

# MACARONI & CHEESE



SUBMITTED BY  
*ETHAN MASSEY*

**MADISON,  
WISCONSIN, USA**

Mac & Cheese is very common all around the US but is particularly notable in Wisconsin, "The Dairy State", where large amounts of milk, cheese, and other dairy products are produced. This is a very traditional macaroni & cheese recipe with a lot of room for customization. Feel free to add more seasoning to taste--more cheese never hurts, either :). Using sharp cheese is very important to making this dish taste good (think Emmentaler or a nice Cheddar).

## INGREDIENTS

- 2 tbsp butter
- 1 cup cottage cheese (not lowfat)
- 2 cups milk (not skim)
- 2 tsp dry mustard
- Pinch cayenne
- Pinch freshly grated nutmeg
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 0.45 kg mix of sharp cheeses
- 0.23 kg elbow pasta, uncooked
- ½ cup of crushed crackers (like Ritz or Cheez-Its, don't use gross ones like Saltines)

## METHOD

- Heat oven to 190°C and position an oven rack in upper third of oven.
- Use 1 tablespoon butter to butter a ~23 cm round or square baking pan.
- Reserve ¼ cup grated cheese for topping.
- In a blender, purée cottage cheese, milk, mustard, cayenne, nutmeg and salt and pepper together. (Can also mix by hand if blender not available)
- In a large bowl, combine remaining grated cheese, milk mixture and uncooked pasta.
- Pour into prepared pan, cover tightly with foil and bake 30 minutes.
- Uncover pan, stir gently, sprinkle with reserved cheese and dot with remaining tablespoon butter.
- Bake, uncovered, 30 minutes more, until browned.
- Let cool at least 15 minutes before serving.

SUBMITTED BY  
*DANIEL VASQUEZ*

MEXICO

# TORTAS AHOGADAS

(DROWNED SANDWICH)



## INGREDIENTS

### *Torta*

- 4 hard rolls halved horizontally
- ½ kg carnitas (Mexican style fried pork or beef)
- ¾ cup of refried beans
- Salt to taste
- ¼ of a large thinly sliced onion marinated in lemon juice

### *Hot Sauce*

- 15 Árbol peppers
- ½ clove garlic
- Salt to taste
- 1 kg ripe tomatoes
- 1 clove garlic
- 1 tsp vinegar
- ½ tsp dry oregano

## METHOD

- Boil the tomatoes in a pot for 30 minutes.
- Boil the 15 Árbol chillies in a pot for 15 minutes.
- Blend the tomatoes in blender with garlic, vinegar, oregano, salt and the 15 peppers.
- Boil the hot sauce for ¼ hour.
- Spread some refried beans on each side of the rolls.
- Make a torta (sandwich) with rolls and the carnitas.
- Pour the hot sauce on top of the torta (sandwich)
- Serve with marinated onions alongside and a wedge of lemon.

SUBMITTED BY  
LIDIA ROSARIO  
TORRES LÓPEZ

MEXICO

# GUACAMOLE & TORTILLAS

Guacamole is also a very old food, cooked also by Aztecs. We usually eat it as a snack with tortillas, nachos (tortilla-chips), etc. Or sometimes it is served with main dishes, too.



## INGREDIENTS

### *Guacamole*

- 3 avocados, peeled, pitted, and mashed
- 1 lime, juiced
- 1 tsp salt
- ½ cup diced onion
- 3 tbsp chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (optional)

### *Corn Tortillas*

- 1¾ cups masa harina (corn flour made from corn and lime)
- 1 1/8 cups water
- Pinch of salt

## METHOD

- In a medium bowl, mash together the avocados, lime juice, and salt.
- Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper.
- Refrigerate 1 hour for best flavor, or serve immediately.
- For Corn Tortillas: In a medium bowl, mix masa harina and hot water until thoroughly combined. Knead until pliable and smooth. If dough is too sticky, add more masa harina; if it begins to dry out, sprinkle with water.
- Cover dough with plastic wrap and let stand for 30 minutes.
- Preheat a cast iron skillet or griddle to medium-high.
- Divide dough into 15 equal-size balls. Using a rolling pin, press each ball of dough flat between two sheets of plastic wrap.
- Immediately place tortilla in the hot pan and allow to cook for ca. 30 seconds, or until browned and slightly puffy.
- Turn tortilla over to brown on second side for approximately 30 seconds more, then transfer to a plate.
- Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist until ready to serve.

SUBMITTED BY  
JOSE CARMEN  
AGUILAR  
HERRERA

MEXICO

# TACOS DE CARNE DESHEBRADA



This is my favorite street fast food, it has an amazing flavor. I used to be totally vegetarian before trying this =)

## INGREDIENTS

- 1–2 kg beef brisket, fat trimmed
- 118 ml/kg liquid smoke
- 2 bay leaves
- 355 ml beer
- corn tortillas
- salt to taste
- pepper, to taste

### *Topping Options*

- grated cheese
- crema Mexicana
- cilantro
- onions
- avocado slices
- salsa

## METHOD

- Place all the ingredients into the slow cooker and marinate overnight.
- Cook on low for 8 to 10 hours.
- Remove the brisket and shred the meat.
- Warm corn tortillas, add shredded brisket, and garnish with your favorite toppings.

SUBMITTED BY

LIDIA ROSARIO  
TORRES LÓPEZ

MEXICO

# FLOUR TORTILLAS

We use tortillas in Mexico to eat the main dishes (like bread in other cultures). They exist since pre-Columbian times and are still a basic food for all Mexicans. In the centre and south of Mexico corn tortillas are more popular, while in the north they prefer flour tortillas.



## INGREDIENTS

- 4 cups flour
- 1 tsp salt
- 2 tsp baking powder
- 2 tbsp lard (or butter)
- 1½ cups water

## METHOD

- Whisk the flour, salt, and baking powder together in a mixing bowl.
- Mix in the lard with your fingers until the flour resembles cornmeal.
- Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic.
- Divide the dough into 24 equal pieces and roll each piece into a ball.
- Preheat a large skillet over medium-high heat.
- Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla.
- Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side.
- Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

SUBMITTED BY

*ERICK JESUS  
ROMERO KRAMER*

LA PAZ, MEXICO

# RAJAS DE CHILE MORRON



This is a recipe that I learnt from my grandmother.

## INGREDIENTS

- 1 red pepper (thinly sliced)
- 1 yellow pepper (thinly sliced)
- 1 orange pepper (thinly sliced)
- 1 red onion (thinly sliced)
- olive oil
- salt
- sugar

## METHOD

- Put a bit of oil in a casserole and heat it up.
- Put the onion, a pinch of salt and a pinch of sugar in the casserole.
- Stir them till the onion get a caramelized color.
- Add the sliced peppers.
- Add a bit of oil and stir them all.
- Keep staring the peppers and the onion till the peppers get really soft.
- Enjoy with rice, chicken, meat or almost everything.



# RED ONIONS WITH HABANERO

SUBMITTED BY  
*GABRIELA CORTÉS*

MEXICO

For better results, prepare 2 days before. Beware, habanero can be very spicy. You can remove the seed before mixing to reduce the hotness.



## INGREDIENTS

- 4 red onions
- Habanero Chili (to taste)
- salt
- 5 lemons

## METHOD

- Slice the onions very thin and mix them with salt.
- Let them rest for at least an hour. Cover them.
- After that, chop the habanero chilis and mix them with the onions.
- Squeeze all the lemons and mix. a bit of oil in a casserole and heat it up.

SUBMITTED BY

*ROBERTO  
MENDIETA*

MEXICO

# COCHINITA PIBIL



Note: For better results cook the meat one day before. Serve them in a tortilla with onions with habanero.

## INGREDIENTS

- 1 kg pork meat (any meat that can be made into pulled pork)
- 1 bay leaf
- ½ package of Annatto paste (found in Mexican stores as "achiote")
- ½ L. orange juice
- 4 garlic cloves
- 2 medium onions
- salt and pepper to taste

## METHOD

For the meat:

- Cook the pork meat with the bay leaf, 1 chopped onion, 1 garlic clove and salt and pepper to taste. It takes around 2 hours with enough water covering the meat and covered with a lid.
- When the meat is ready, drain it, let it cool and pull it. Discard the garlic and the bay leaf.
- Note: You won't need the broth but you can save it for making soups.

For the sauce:

- In a blender mix the remaining garlicks, chopped onions, the annatto paste and the orange juice, salt and pepper to taste.
- Mix the sauce with the pulled meat and make it simmer.

SUBMITTED BY  
*JOSE CARMEN  
AGUILAR  
HERRERA*

MEXICO

# HORCHATA DE ARROZ

This is a classic drink that my grandmother used to always prepare! Usually served in pitchers to accompany the main meal. Its great in the summer heat!



## INGREDIENTS

- 1 cup uncooked rice
- 1.9 L water
- 1/8 tsp powdered cinnamon
- juice of ½ lime
- 1 cup sugar, or to taste

## METHOD

- In a wire mesh strainer, rinse the rice under running water.
- Place it in bowl with water to cover and let it soak for 3 hours.
- Drain the rice.
- Place the drained rice in a large saucepan with the water, bring to a boil and cook until the rice is tender.
- Allow to cool, then pour the rice water through a wire mesh strainer into a pitcher, pressing to extract as much liquid as possible.
- Add the cinnamon, lime juice and sugar, stirring to dissolve sugar.
- Serve very cold.

# AFRICA & THE MIDDLE EAST

Egusi Soup

baba Ghanoush

Basbousa

Roz bel Laban

Chocolate Cake with Buttercream Frosting

Spaghetti with Potatoes

Chicken Ouzi

Taboule Salad

Rice with Tah Cheen

Bint Al-Sahn

**SUBMITTED BY**  
**NJOKU JOSEPH**  
**NNAMDÌ**  
**NIGERIA**

# EGUSI SOUP



Also known as Obe Efo elegusi/Ofe Egusi is one of the most popular Nigerian soups used for eating bolus meals such as Pounded Yams, Eba, Fufu and wheat meal. It is also popular in other parts of west Africa and the cooking methods differ from place to place.

## INGREDIENTS

- 1 cup ground Egusi/ melon seeds
- 500 g assorted meat of choice (tripe/shaki, beef, chicken, cow's skin/ ponmo)
- 200 g assorted fish (stock fish, dried fish)
- 150 g fish
- 750 g spinach leaves/ Ugu/collard greens
- 1 medium sized onion
- 2 tbsp palm oil
- 1 tsp ground chili pepper/fresh scotch bonnet (atarodo)
- 1 tsp ground crayfish
- 2 bouillon/stock cubes (seasoning cubes)
- salt to taste

## METHOD

- Grind the egusi seeds until smooth.
- Place in a bowl and dissolve with a little lukewarm water to form a paste. Dissolving the egusi is optional, but it helps to reduce burning when frying in the oil.
- Slice the vegetables and set aside.
- Wash and season the assorted meat and fish with sliced onions, one stock cube (and any other meat seasoning of choice) and salt to taste.
- Cook until tender and set aside. Reserve the meat stock.
- Heat oil in a pot. Add the dissolved Egusi paste and fry, stirring constantly until the soup begins to thicken.
- Cook for 15 to 20 minutes until you notice the oil rise to the top of the egusi.
- Add the meat stock, mix thoroughly and leave to boil for 10 minutes.
- Add the ground pepper, crayfish, stock cube and the cooked assorted meat and fish and cook for 10 minutes.
- Next, add the fresh fish and cook until the fish is done.
- Then, add the sliced vegetables and salt to taste.
- Simmer for 5 minutes and the soup is ready.

SUBMITTED BY

IMAN AWAAD

EGYPT

# BABA GHANOUSH



This is a very common dip that is often served among many others as an appetizer with lots of pita bread. It makes a great spread in sandwiches and is particularly good with grilled meats. Perfect for any bar-b-q!

## INGREDIENTS

- 3 eggplants (thin)
- 2–3 garlic cloves
- juice of 1 lemon
- 2 tbsp tahini (sesame paste)
- 1 tsp salt
- parsley and pomegranate seeds (garnish)

## METHOD

- Preheat oven to 200°C.
- Poke holes in your eggplant (pick them thin so they don't have too many seeds).
- Wrap them tightly in foil and place them on a baking pan.
- Roast in the oven until cooked through, about 45–60 minutes. The eggplant should collapse when it is removed from the oven and begins to cool.
- Cut the eggplant in half and remove the pulp.
- Place the pulp, garlic, lemon juice, tahini and salt in a food processor or blender and process until smooth (or mash by hand for a more chunky texture).
- Place in a serving bowl or a flat plate, adjust seasoning and drizzle olive oil over the top.
- Sprinkle with parsley and serve. Enjoy!

SUBMITTED BY

IMAN AWAAD

EGYPT

# BASBOUSA



A common semolina-based dessert in Egypt and the Middle East, often served with clotted cream and nuts (especially almonds). The name, some say, is actually meant as two words: "Bas Bousa", which translates to "Just one kiss" ;-)

## INGREDIENTS

### *For the syrup*

- 2½ cups sugar
- 3 cups water
- juice of ½ a lemon
- 2 tsp vanilla sugar

### *For basbousa*

- 3 cups fine semolina
- 1½ cups sugar
- 2 tsp baking powder
- ⅓ cup melted butter
- 1½ cups yogurt
- ½ cup coconut (optional)

### *For the topping*

- ½ cup halved almonds (optional).

## METHOD

- Preheat oven to 180°C.
- For the *syrup*: Mix the sugar and water and bring to a boil in a pot.
- Add the lemon juice and continue to boil until the syrup very lightly coats the back of a metal spoon (5 minutes).
- Remove from heat and stir in the vanilla sugar. Allow to cool.
- For the *basbousa*: mix semolina, sugar, and baking powder in a bowl. Add the melted butter and the yogurt and mix well. If you want, add the coconut now and mix.
- Grease a baking tray with butter.
- Pour the mixture into it and smooth the surface.
- Cut into squares or diamond-shaped pieces
- Bake for 15 minutes then take the pan out and gently press the almonds onto the surface (1/ piece of basbousa).
- Return the tray to the oven and bake until a light golden brown color (around 15 minutes).
- Immediately pour the room-temperature syrup over the basbousa.
- Let it cool to room temperature.
- Serve with cream.

SUBMITTED BY  
*IMAN AWAAD*

EGYPT

# ROZ BEL LABAN (EGYPTIAN RICE PUDDING)

A childhood favorite of mine with a subtle hint of rosewater... 'subtle' is the keyword. If you increase the milk used, you will end up with a creamier pudding - the best!



## INGREDIENTS

- ½ cup short-grain rice
- 3 cups cold milk
- 1½ cups sugar
- 2 tbsp cornstarch
- 1 tbsp rosewater  
(available at specialty  
foods shops)
- 2 tsp ground cinnamon

## METHOD

- In large saucepan over medium heat, bring 1 cup water to boil.
- Stir in rice, cover, and return to boil.
- Lower heat and simmer until water is absorbed, about 10 minutes.
- While rice is cooking, pour milk into large bowl.
- Whisk in sugar and cornstarch until dissolved.
- Stir in rosewater.
- When rice is cooked, raise heat to high, pour milk mixture over, and stir constantly until mixture returns to boil.
- Lower heat and simmer, stirring occasionally, until rice and milk are incorporated, about 30 minutes.
- Pour into 4 ramekins or 1 medium-sized glass baking dish and chill, covered, at least 3 hours.
- Sprinkle with cinnamon just before serving.



# CHOCOLATE CAKE WITH BUTTERCREAM FROSTING

SUBMITTED BY  
IMAN AWAAD

EGYPT

This is my go-to chocolate cake/cupcake recipe from the first cookbook that I ever bought ("Good Housekeeping's Illustrated Cookbook")! It has been made so many times for M.A.S. occasions :-). Makes 24 cupcakes.



## INGREDIENTS

- 2 cups flour
- 1.75 cups sugar
- $\frac{3}{4}$  cup baking cocoa
- $1\frac{1}{4}$  cups milk
- $\frac{3}{4}$  cup margarine or butter
- 3 eggs
- $1\frac{1}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp baking powder
- 1 tsp salt
- 1 tsp vanilla extract

### *For the frosting*

- 250 g butter (room temperature)
- 3 cups powdered sugar
- $\frac{1}{2}$  cup baking cocoa
- $\frac{1}{2}$  tsp salt
- 2 tsp vanilla extract
- 4 tbsp milk

## METHOD

- Preheat oven to 180°C. All ingredients should be at room temperature.
- Place liners in 24 muffin cups into muffin trays or if making cake, grease and flour two 9" round cake pans.
- Into a large bowl measure all the cake ingredients.
- With mixer at low speed, beat until well mixed, constantly scraping bowl. At high speed, beat 5 minutes, scraping the bowl occasionally.
- Spoon into muffin pan cups, filling each until half full or pour into cake pans.
- Bake 20 minutes for cupcakes or 30–35 minutes for cake or until a toothpick inserted into the centre comes out clean and dry.
- Cool on wire racks for ten minutes.
- Remove from pans and cool completely on racks.
- Frost them once they are completely cooled.

For the buttercream frosting: Beat the butter with an electric mixer on medium for a few minutes. Turn off the mixer and sift the sugar and the cocoa powder.

- Slowly mix the ingredients with the mixer until the sugar is absorbed by the butter.
- Increase the speed to medium and add the salt, vanilla and the milk. Beat for 3 minutes.
- If it needs to be thinned out, use 1 tbsp milk, if it needs to be stiffer add a little bit more powdered sugar.

SUBMITTED BY

*HOSSAM  
MOHAMED*

CAIRO, EGYPT

# SPAGHETTI WITH POTATOES



This is a recipe for when you are living alone and don't know how to cook!

## INGREDIENTS

- 2 to 3 potatoes
- ¼ packet spaghetti
- 250 ml tomato sauce
- salt and pepper to taste

## METHOD

- So we should cook potatoes first in boiling water and after 15 minutes we add the spaghetti to the cooked potatoes and wait for 10 minutes.
- After that we cook tomato sauce with some salt, pepper and any extra spices.
- Finally we add the cooked potatoes and spaghetti to the cooked tomato sauce and mix all of them together .
- So this recipe should be enough for 3 hungry persons or 4 persons (:

# CHICKEN OUZZI

SUBMITTED BY

AHMAD DRAK

SYRIA



## INGREDIENTS

- 4 cups Basmati rice
- 2 kg chicken
- 2 onions
- 3 Jalapeño peppers
- 3 cloves garlic
- 10 stalks parsley
- 3 tomatoes
- 1 tbsp Salt
- ½ tsp black pepper
- 2 sticks cinnamon
- 4 bay leaves
- 10 cardamon pods
- 5cm piece ginger, chopped
- 1 tsp allspice
- 1 tsp curcuma
- 1 tsp saffron
- 1 tbsp tomato paste
- ½ cup yoghurt
- 2 tbsp oil
- ½ kg minced beef
- 2 onions, chopped

## METHOD

- Place the rice in a bowl and leave it for 30 minutes.
- Place the chicken in a pot of water with cardamon, bay leaves, cinnamon sticks and 1 onion cut in half and let the water boil till the chicken is cooked.
- In another bowl, add the yogurt and tomato paste and place the chicken in that bowl (after the chicken is fully cooked).
- Make sure all the chicken is covered with that mix and place the chicken in a tray and place it in the oven for 10 minutes (or until it browns) at 200°C.
- In a pot, add oil, garlic, onions, jalapeño, curcuma, saffron, salt, pepper, ginger, all purpose seasoning and fry till onions and garlic turn slightly brown.
- Then, place the rice in the pot and add to it the water that the chicken was cooked with and cook the rice.
- In another pan, fry some pine, almonds and raisins.
- To serve, place the rice on big tray and the chicken on top. Add the chopped parsley, ground beef, pine, almonds and raisins.

SUBMITTED BY  
AHMAD DRAK  
SYRIA

# TABOULE SALAD

(Pronounced Ta-boo-leh)



## INGREDIENTS

- 1 big bunch parsley
- 1 tomato
- 1 onion
- ½ cup bulgar
- 1½ tbsp olive oil
- 1½ tbsp lemon juice
- ½ tsp salt

## METHOD

- Place the bulgar in a bowl and add ½ a cup of water.
- Leave it for 15 minutes.
- Finely chop the onion, the tomato and the parsley.
- Mix all the ingredients together then add the olive oil, lemon juice and salt.
- Serve and enjoy.

SUBMITTED BY

SHIMA SHAHI  
IRANI

TEHRAN, IRAN

# RICE TAH CHEEN

This recipe requires a good amount of oil in the bottom of the pot for it to come out with a nice color and not too dry. Best kind of chicken pieces for this dish are the white meat (breast) and the thighs.



## INGREDIENTS

### *For the tahcheen*

- ½ kg long grain rice
- ½ cup oil
- 1 cup yogurt
- 2 tsp saffron
- ½ kg chicken pieces
- 6 egg yolks

### *For the zereshk*

- 1 cup red currents (presoaked and washed)
- 1 tsp saffron
- 1 tbsp lemon juice
- 1 tbsp sugar
- pinch of turmeric

## METHOD

- *Tacheen*: Presoak rice in hot water and salt for 1 hour.
- Chop onion in large pieces.
- Put chicken in a pot with some water, onion, turmeric, salt and saffron. Cook until the meat softens. Drain and set aside.
- In a medium pot, half filled with water, boil the rice for a few minutes, until the rice is half cooked.
- Drain it and set aside.
- In a bowl, mix the egg yolks and yogurt.
- Beat until smooth.
- Mix in about a cup full of cooked rice.
- In a medium size pot, pour half of the oil and evenly pour in the egg-yolk/yogurt mixture.
- Place the chicken pieces on top of it and top it up loosely with the remainder of the rice.
- Sprinkle the remainder of the oil on top, close the lid, cook on high until the rice starts steaming. Turn the heat setting to low and cook for 1½ to 2 hours.
- *Zereshk*: Put the saffron in a cup of boiling water, cover let sit.
- In a pan, pour one tbsp of oil, and add the remaining ingredients and the saffron liquid until the sugar is dissolved.
- Spread over rice at serving time.

SUBMITTED BY  
*MUSHERAH ARASI*

ADEN, YEMEN

# BINT AL-SAHN

Always served as a first course on special occasions, Bint al-Sahn can also be eaten with the meal. However, it makes an excellent breakfast dish or a fine dessert.



## INGREDIENTS

- 4 cups flour
- ½ tsp salt
- 1 package yeast, dissolved in ½ cup of warm water
- 5 eggs, beaten
- 3 tbsp milk
- 1 cup butter, melted
- 1 cup honey

## METHOD

- Mix the flour and salt in a mixing bowl, and set aside.
- Combine yeast, eggs and milk, then pour over flour and knead into dough, adding more milk or flour if necessary.
- Cover and allow to stand in a warm place for an hour.
- Butter two pie plates and set aside.
- Divide dough into 12 pieces and form into balls, then re-cover and allow to stand for 30 minutes.
- Roll each ball to the size of a pie plate.
- Place a rolled piece in pie plate, then brush with butter.
- Continue the same method for each plate.
- Mix remaining butter with the honey, then brush heavily tops with this mixture.
- Bake in 180°C preheated oven for 25 minutes or until top turns golden brown.
- Remove from oven then pour half remaining butter-honey over the tops.
- Allow to stand for 10 minutes, then serve with each diner adding some of remaining butter-honey mixture to taste.

# RUSSIA

Salat Olivier

SUBMITTED BY

*ELIZAVETA  
SHIPEVA*

MOSCOW, RUSSIA

# SALAT OLIVIER

A popular cold dish that was created by a Frenchman at his Moscow restaurant "L'Hermitage" in the 1800s. He was also chef to Russia's last czar: Nicholas II.



## INGREDIENTS

- 2 medium waxy potatoes
- 3 carrots, trimmed
- 1/4 cup sweet onions, chopped
- 1 cucumber, seeded, diced
- 1 large pickle, diced
- 3–4 drops of red coloring
- 1/2 cup frozen peas, thawed (or canned, drained peas)
- 2 hardboiled eggs, peeled, diced
- 4 sprigs fresh dill, chopped
- 6 sprigs parsley, chopped
- 1/2 cup mayonnaise
- 2 tbsp white wine vinegar
- salt
- pepper

## METHOD

- Place the potatoes and carrots into a medium saucepan, cover with cold water, and gently boil over medium heat until tender, about 30 minutes for the potato and 20 minutes for the carrots.
- Move vegetables as done to a plate and let cool completely.
- Discard cooking water.
- Peel the potato and carrots and cut each into 0.6 cm dice.
- Transfer vegetables to a large bowl.
- Add onions, cucumbers, pickles, peas, eggs, dill, parsley, mayonnaise, and vinegar to the bowl and stir until well combined.
- Season to taste with salt and pepper.
- Cover and refrigerate until well chilled.
- Adjust seasonings.
- Transfer to a serving dish. Enjoy!



# EUROPE

Borshch

Onion Pie

Varenyky

Banosh

Oliebollen

Mousaka

Pierogi

SUBMITTED BY

IRYNA  
IVANOVSKA

LEMBERG,  
UKRAINE

# BORSCH



## INGREDIENTS

- 8 cups beef stock
- ½ head cabbage, finely shredded
- 3 medium potatoes, cut into 1 inch cubes
- 1 large beet, shredded
- 1 tbsp red wine vinegar
- 1 tsp bacon fat
- 2 tsp sugar
- 2 tbsp butter
- 2 medium onions, finely chopped
- 2 peeled tomatoes, chopped
- 1 carrot, sliced
- 1 parsley roots
- 6 peppercorns
- 3 allspice berries
- 3 bay leaves1 head garlic, peeled and chopped
- 2 tbsp bacon fat
- fresh parsley, chopped
- salt
- pepper

## METHOD

- Heat the stock in a large soup pot, add cabbage and potatoes and simmer for 15 minutes.
- In the meantime, mix the beets, vinegar, bacon fat, sugar, and tomatoes in a saucepan and cook gently, covered, for about 5 minutes. Set aside.
- Then, in a small pan, heat butter, mix in the onion, carrot, parsley root (or parsnip), braise.
- When the cabbage and potatoes are finished simmering, add the beet mixture, the onion mixture, the peppercorns, allspice berries, and bay leaves and cook another 10 minutes.
- Stir in the chopped garlic, the remaining bacon fat, and the chopped parsley.
- Turn the heat down to very low, lightly cover the pot, and simmer very slowly for about 4½ hours.
- Turn off the heat, let cool, and allow to ripen for about 12–18 hours.
- To serve, reheat, ladle into bowls.
- Top with a tsp of sour cream.
- Serve with a slice of rye bread.

SUBMITTED BY

IRYNA  
IVANOVSKA

LEMBERG,  
UKRAINE

# ONION PIE



## INGREDIENTS

- 1 pack (320 g) puff pastry
- 500 onions
- 2 eggs
- 200 g sour cream
- 100 g cheese (pizza cheese, Parmesan, Gouda, etc.)
- salt
- black pepper
- nutmeg
- oil

## METHOD

- Peel onions and cut them in slices.
- Slightly roast the onions over low heat until they become transparent.
- Add salt, black pepper and some nutmeg.
- Let them cool down.
- In a large bowl, mix the eggs and sour cream.
- Add the roasted onions and mix well.
- Place the puff pastry in a backing tray and fill it with the onion-egg-sour cream mix.
- Sprinkle the pie with the cheese.
- Bake in the oven at 180°C until it is light brown on top.
- Serve warm with fresh salad or fish. Enjoy!

SUBMITTED BY

IRYNA  
IVANOVSKA

LEMBERG,  
UKRAINE

# VARENYKY

Vareniky are made of a dough and can be filled with anything from sauerkraut to sour cherries. They are usually boiled, but can also be fried.



## INGREDIENTS

### *Dough*

- 2 cups flour
- ½ tsp salt
- 2 large egg yolks
- 1 tbsp vegetable oil
- 7–8 tbsp water
- 1 large egg white, lightly beaten
- 4 tbsp unsalted butter

### *Cherry Filling*

- 4 cups sour cherries, pitted, fresh or jarred
- ½ cup sugar, for fresh cherries, or ¼ cup sugar, for jarred
- cherry juice, as needed
- ¼ cup cherry liqueur
- 1 tbsp cornstarch
- 6 tbsp unsalted butter

## METHOD

- In food processor, blend flour, salt. With motor running, add egg yolks, oil, then water in a slow stream, until the dough forms a ball around the blade.
- Transfer to floured surface and knead until smooth. Cover with towel and let stand for 30 minutes.
- Mix cherries with sugar and let stand. Drain juice and add more to make two cups.
- Reduce juice in pan to 1 cup over heat. Add liqueur. Let cool.
- Toss cherries in cornstarch, add to juice.
- Shape dough into 2 balls, keep 1 covered.
- On floured surface, roll out to a very thin sheet. Cut out circles 3 cm wide. Place a heaping tsp of the filling in the middle of each circle.
- Fold the dough over to form a semi-circle. Brush edges with egg white and press the edges together with fork to seal.
- Place them on a lightly floured baking sheet 1" apart, keep covered with a damp cloth. Repeat with second half.
- Boil water, salt in a large pot. reduce heat to simmer and lower half the vareniki into the water.
- Boil, stirring occasionally with a wooden spoon to prevent sticking, until they rise to the surface, and are cooked through, 6 to 7 minutes.
- With a slotted spoon, carefully remove the vareniki to a colander and drain thoroughly.
- Transfer to a deep serving bowl and toss with half the butter.
- Cook the rest in the same way. Makes 50 to 55 vareniki.

## SUBMITTED BY

*IRYNA  
IVANOVSKA*

**LEMBERG,  
UKRAINE**

# BANOSH

An old recipe from Carpathian cuisine. Bordering no less than 4 countries (Romania, Slovakia, Hungary, and Moldova), Carpathian cuisine brings together the best tastes of each land. The most famous contribution is banosh.



## INGREDIENTS

- corn flour
- sour cream
- wild mushrooms (or none)
- onion
- bacon
- sea salt
- freshly-grounded black (or white) pepper
- feta
- grated parmesan
- mature cheddar

## METHOD

- Boil corn flour with sour cream instead of water (look at the pack of corn flour for the proportions).
- Dice bacon and roast it until fat parts become transparent, add diced onion.
- When onion dices become transparent, add sliced mushrooms, salt and pepper.
- Mix all ingredients together.
- Serve hot with cheese on top or mixed into the dish.

SUBMITTED BY  
*ALEXANDER HAGG*

THE  
NETHERLANDS

# OLIEBOLLEN

One of the most important parts of the dutch New Year's Eve. These "oilballs" are sweet! (And yes, they are very fat). So fat, sweet balls it is. Happy New Year!



## INGREDIENTS

- ½ kg flour
- ⅓ L warm milk
- 0.15 kg dark Corinthian raisins
- 0.15 kg light raisins
- 4 Belle de Boskoop apples (preferably)
- 2 eggs
- 0.03 kg fresh yeast
- 1 tsp salt
- sunflower oil

## METHOD

- Wash and dry Corinthian and light raisins.
- Dissolve the yeast into the warm milk (stir it up a bit with your fingers).
- Sift the flour and knead the milk and yeast into it, using an electric mixer or patience.
- Add Corinthian and light raisins, salt, and apples (cut into small cubes).
- Cover the dough in the bowl with a clean towel and let rise. This will certainly take up some time so read a book!
- Knead a second time and let rise again.
- Read a second book.
- Brag to your friends about it.
- Heat the sunflower oil in a deep (frying) pan.
- Make balls from the mixture using two wet spoons.
- Slide the ball into the oil. Repeat until the bowl is full or your mixture is used up.
- When everything goes well, the balls will turn around by themselves when one side is finished. Mind the dough – when the balls get too dry, turn them over yourself.
- Don't forget to put loads and loads of powdered sugar on top!

SUBMITTED BY

TILEMACHOS  
BONTZORLOS

THESSALONKI,  
GREECE

# MOUSAKA



## INGREDIENTS

- 5 medium zucchini
- 5 medium eggplants
- 5 medium potatoes
- 1 kilo minced veal meat
- 150 g thick tomato sauce
- 1 onion (finely chopped)

*For Béchamel sauce:*

- 1 Litre fresh milk
- 1 egg
- Grated hard cheese (e.g. kefaloturi)
- 10–12 full tbsp flour
- salt
- pepper
- grounded nutmeg
- 1 tablespoon butter

## METHOD

- Peel the potatoes and cut all the vegetables in thick rounds.
- Fry them in olive or corn oil and set aside on a paper towel to absorb the oil.
- Prepare the meat: sauté the onion then the minced meat, then add the tomato sauce, salt and pepper.
- Add water and simmer until it is cooked.
- Make the Béchamel sauce: place the milk in a pot and place on medium heat. Add salt, pepper and whisk. Whisk in the egg, butter and cheese. Finally, add in the flour slowly and keep on whisking until the sauce thickens.
- In a large baking pan, put a layer of potatoes then a layer of eggplant and zucchini.
- Sprinkle hard grated cheese on top. Then add the prepared meat and the Béchamel sauce.
- Sprinkle a little bit of cheese on top.
- Bake at 180–200°C for about 45 minutes.

SUBMITTED BY  
*PATRICK NAGEL*  
POLAND

# PIEROGI



## INGREDIENTS

### *For Pastry:*

- 500 g flour
- 500 ml milk
- 2 tbsp oil
- Pinch of salt

### *For Filling:*

- 500 g mince (your choice)
- 1 big onion
- ca. 300 g of pickled cabbage (f.g. one can of Mildessa)
- 1 egg
- bread crumbs
- salt and pepper

### *For Garnish:*

- 1 big onion
- oil and salt

## METHOD

- For the pastry, heat the milk until it is about to boil.
- Mix salt, oil and flour. Make a pile of the flour.
- Slowly add some of the milk to the flour and knead it. Repeat this until the pastry is no longer sticky.
- For the filling, dice the onion finely.
- Drain the can of pickled cabbage and place the cabbage in a pot with fresh water until it is slightly covered. Boil it for 20 min. until it is soft.
- In the mean time, fry the onion until it is translucent then add the mince and season it.
- Bring the cabbage, meat and onion together. Season again if necessary.
- Let everything cool down.
- Roll the pastry to ~2 mm. Use a round glass with a diameter of around 5 cm and stamp circles out of the pastry.
- Mix in bread crumbs and egg to the mince-cabbage filling.
- Use a tablespoon to put filling in the center of the circles, then use your fingers to close the pastry with the filling, pressing the edges together.
- Use a fork to press around the edge of the Pierogi to prevent the pastry from opening and adds a pattern to the edge.
- Your Pierogi are now in a stage in which you can either put them in a freezer or enjoy them freshly.
- To prepare them, boil a pot of water that will fit you Pierogi. Add salt and a tablespoon of oil.
- Once it boils, add your Pierogi. The Pierogi will sink to the bottom of the pot and will rise once they are ready.
- In the meantime, dice an onion and fry it until brown.
- Take the Pierogi out of the water and cover them with the fried onion dices. If necessary season the Pierogi with salt.
- Enjoy!



# GERMANY

Kürbissuppe

Maultäschle

Griesshlöscgen-Suppe

Ricotta-Käsekuchen

Kirschkuchen

Zitronenkuchen

Kürbiskuchen

Spekulatius

Eierlikörkuchen

Marzipan Stollen Muffins

SUBMITTED BY

PAUL PLÖGER

KÖLN

# KÜRBISSUPPE



Weil der Kürbis so "dankbar" beim Eigengeschmack ist, fordert diese "Mischwürzung" zu netten Geschmacksspielchen heraus: Was ist denn nun wirklich drin?

## INGREDIENTS

- 1 kg pumpkin
- water/chicken broth
- salt
- 1 tbsp grated ginger
- pinch of curry powder
- pinch of Kümmelpulver
- pinch of Anisschnaps
- crumbled Feta cheese
- sliced green olives

## METHOD

- Ein Kinderspiel: 1 Kilo Kürbis schälen und die inneren Weichteile rauskratzen (das in dann in der Regel so ungefähr 800gr).
- Das Kürbisfleisch würfeln und mit Wasser (besser ist wie immer eine entfettete, klare Hühnerbrühe, Verhältnis 1:1 zum Kürbisfleisch) zum Kochen bringen.
- Dabei mit wenig Salz und viel frisch geriebener Ingwerwurzel (1 EL, kann auch mehr sein) würzen.
- Ist der Kürbis gar (10 min können genügen), wird er mit dem Schnetzstiel zur Suppe püriert.
- Je nach Mut mit einer Prise Curry, Kümmelpulver oder etwas Anisschnaps würzen.
- Teller füllen, zerkrümelten Fetakäse und einen Schuss dickes, grünes Olivenöl darüber.

Meine Varianten sind:

- keine Hühnerbrühe sondern Gemüsebrühe (aber Obacht beim Salzgehalt: auch vegetarische Gemüsebrühen können wahnsinnig Salzig sein!)
- meine "besten" Garnierungen sind:
  - 30 gr grob gehobelter frischer Ingwer (also eher zwei gehäufte Esslöffel),
  - 1 gehäufte Teelöffel Curry und
  - zwei Esslöffel Ouzo.

SUBMITTED BY  
**GERHARD  
KRAETZSCHMAR**  
ULM

# PIMP-UP MY MAULTÄSCHLE!



Maultäschlesuppe - quick and easy!

## INGREDIENTS

- 1 pack of "Settele Suppenmaultäschle" or "Settele Festtagssuppe"
- 1 medium to large onion
- 1 normal roll (Brötchen)
- butterfett (Butaris or similar)
- chives or parsley
- broth

## METHOD

- Preheat 1 pack of "Settele Suppenmaultäschle" or "Settele Festtagssuppe". The former contains lots of small spring-roll-like noodle dumplings filled with a dough of meat and herbs, the latter contains various dumplings (Grießklößchen, Leberknödel, Brättnödel).
- Bring water to a boil and add broth. (Carnivores use "Maggi Fleischsuppe", veggies use "Maggi Gemüsesuppe").
- Peel onion and cut into thin rings.
- Reduce heat to simmer.
- Add contents of the pack (Maultäschle or Klößchen) and simmer for 5–10 minutes.
- Cut roll into small cubes. Heat frying pan and add Butterfett.
- Add cubes of bread and roast until golden brown and tasty.
- Remove from pan and set aside.
- Heat frying pan and add Butterfett.
- Fry onion rings until golden brown.
- Serve a set of dumplings with broth in a deep plate or soup cup.
- Add onion rings and roasted bread cubes.
- Add fresh and finely chopped parsley or chives at your liking.
- Enjoy!

SUBMITTED BY

GERHARD  
KRAETZSCHMAR

ULM

# GRIEBKLÖBCHEN-SUPPE

Semolina Dumplings Soup - quick and easy. You can also make it with breadcrumbs instead of semolina exactly as below. Then, you call them: Semmelklöbchensuppe



## INGREDIENTS

- 3 eggs
- semolina (Grieß)
- salt
- pepper
- parsley
- broth

## METHOD

- Bring water to a boil and add broth (carnivores use "Maggi Fleischsuppe", veggies use "Maggi Gemüsesuppe").
- In a bowl, beat three eggs. Carefully add semolina (Grieß) and stir; the dough should still be very soft. Add salt, pepper, and a little bit of finely chopped parsley. Stir again, and let stand for 10 minutes.
- If after 10 minutes it appears too dry, add another egg and a bit of semolina until "right".
- Reduce heat to simmer.
- With a small spoon, carve small cones from the dough (carefully roll, if necessary, but do not press together too tightly) and drop into the boiling broth.
- Simmer for about 10 minutes.
- Serve 3–5 dumplings with broth in a deep plate or soup cup.
- Garnish with chopped parsley or chives.
- Enjoy!

SUBMITTED BY  
ANASTASSIA  
KÜSTENMACHER  
KÖLN

# RICOTTA-KÄSEKUCHEN



## INGREDIENTS

- 500 g low-fat cottage cheese
- 500 g ricotta
- 6 eggs (class M)
- 200 g sugar
- 4 level tbsp cornstarch
- salt
- 1 tbsp lemon zest
- 1 tbsp butter, softened
- 50 g grated coconut
- 200 g berries
- 150 g strawberries
- 4 tbsp powdered sugar

## METHOD

- Preheat the oven to 175°C (fan oven 160°C).
- Mix cottage cheese, ricotta, eggs, sugar, starch, a pinch of salt and lemon zest with a whisk until smooth.
- Line the bottom of a springform pan (26 cm diameter) with parchment paper.
- Grease the base and sides with butter and sprinkle with grated coconut.
- Pour the curd mixture into the pan.
- Quarter the strawberries lengthwise and sprinkle them and the berries on top of the curd mix.
- Bake on the bottom rack of the preheated oven for 50 minutes. Allow to cool in the pan.
- Loosen the cheesecake from the mold. Dust with icing sugar.

SUBMITTED BY

BJÖRN KAHL

KIEL

# KIRSCHKUCHEN



## INGREDIENTS

Base:

- 350 g butter
- 200 g sugar
- 50 g almonds, ground
- 1 tsp baking powder
- 500 g flour

Filling:

- 4 eggs
- 1 kg magerquark
- 175 g sugar
- 1 pack vanilla pudding powder
- 750 g cherries

## METHOD

- For the base, beat the butter and the sugar.
- Mix the ground almonds with the flour.
- Stir the flour mixture into the butter mixture. Line a deep baking tray with wax paper.
- Roll out half of the dough thinly and place in the bottom of the tray.
- Take a small piece of the remaining dough and make a thin strip around 1 to 2 fingers wide and line the sides of the baking tray with it.
- For the filling, let the cherries dry very well. Mix the eggs, sugar, and vanilla pudding powder together.
- Mix in the quark.
- Place 2/3 of the mix over the dough in the baking tray.
- Spread the cherries over the filling.
- Cover them with the remaining 1/3 of the filling.
- Cover the cake with the remaining half of the dough.
- Bake in a preheated 200°C oven for about 50 minutes.

# ZITRONENKUCHEN

SUBMITTED BY

*BJÖRN KAHL*

KIEL

OR

"12ER" KUCHEN



## INGREDIENTS

- 250 ml cream (1 cup)
- 4 eggs
- sugar (1 cup)
- flour (1 cup)
- 1 packet baking powder
- 500 g powder sugar
- juice of 1–2 lemons

## METHOD

- Stir the eggs into the cream - do not beat the cream, just stir.
- Measure the sugar with the same cup you used to measure the 250 ml of cream and stir it into the cream mixture.
- Add the baking powder to 1 cup of flour (again, use the same cup you used to measure the cream and the sugar).
- Stir the flour mixture into the cream mixture.
- Spread the batter into a deep baking tray and bake in a preheated oven at 190°C for around 12 minutes. It is cooked when the top becomes a light brown color.
- While the cake is baking, Mix the powder sugar with the juice of the lemons. This mixture should be liquidy. When the cake is ready, and still hot, drizzle the lemon icing over it.
- Enjoy!

# KÜRBISKUCHEN

SUBMITTED BY

ALEXANDER  
BÜCHEL

BONN

A traditional and simple recipe for pumpkin pie. The perfect cake for autumn and halloween time.



## INGREDIENTS

Base:

- 200 g flour
- 100 g butter
- 50 g sugar
- 1 tsp baking powder
- 1 egg yolk
- dash of salt

Filling:

- 1 small pumpkin (e.g. hokkaido ~ 1.5 kg)
- 120 g sugar
- 3 eggs
- 1 tsp cinnamon (optional)
- 1 packet of cream cheese (~250 g)

## METHOD

- Mix flour, baking powder and salt in a baking-dish.
- Add butter in small quantities and the yellow of the egg into the baking-dish and mix it very well. Use your hands to shape one piece of dough.
- Let the dough prove for 30 minutes in your fridge.
- Stone, peel and cut the pumpkin into small pieces, put these pieces into a pot and heat it with a little bit of water.
- While heating mash the pumpkin pieces with a bean masher; the result should be pumpkin puree.
- Add sugar, cinnamon, eggs and the cream cheese.
- Mix all ingredients very well. It is correct, that this puree is a little bit runny.
- Take the dough out of the fridge, roll it and cover the base and the borders of a cake-pan (Ø 28 cm).
- Fill the pumpkin puree into the covered cake-pan and put this cake into an oven by 175°C (~350°F) for approximately 65 minutes until the surface is getting slightly browned.
- Cool the cake for some minutes and enjoy it!
- For decoration you can use icing sugar or eat it with cream!



SUBMITTED BY

MIRIAM  
LÜDTKE-  
HANDJERY

LOHMAR

# SPEKULATIUS

Spekulatius are traditional German christmas cookies with a mixture of typical spices. There are special moulds or machines to give them their unique shape.



## INGREDIENTS

- 500 g wheat flour
  - 200 g butter
  - 250 g sugar
  - 2 packets vanilla sugar
  - 2 eggs
  - 1 tbsp baking powder
  - 1 packet spekulatius spices (Ostmann Brand)
- Or use:
- 2 tbsp cinnamon
  - 2 tbsp. cloves
  - 2 tbsp. cardamom

## METHOD

- Mix together all ingredients either with your mixer (dough hook) or your food processor or do it the old-fashioned way and knead the dough with your hands.
- Wrap the dough in cling film and put it in the fridge overnight.
- Form the typical Spekulatius shapes by using the form mix machine or a special Spekulatius tray...or just roll out the dough and use cookie cutters.
- Put on a baking tray and bake for 7 minutes.
- Guten Appetit!

# EIERLIKÖRKUCHEN

SUBMITTED BY  
*KIRA WAZINSKI*  
SIEGBURG

This cake stays moist for a long time...



## INGREDIENTS

- 5 eggs
- 250 g icing sugar
- 250 ml sunflower oil
- 250 ml egg liqueur
- 125 g flour
- 125 g cornflour
- 2 packet vanilla sugar
- 1 packet baking powder
- butter & breadcrumbs to grease baking pan
- chocolate icing

## METHOD

- Stir all ingredients with the handheld electric mixer.
- Then oil the baking pan and scatter the breadcrumbs on it. Take a bigger baking pan because the cake will grow.
- Put it in the oven and bake it for about 90 minutes at 175°C degrees or until a wooden pick inserted in the center comes out clean (with no dough sticking to it).
- Take the cake out of the form and put the chocolate icing on it.
- The cake is very moist and will stay like that for a couple of days.

# MARZIPAN STOLLEN MUFFINS

SUBMITTED BY

**KATHARINA  
STOLLENWERK**

SANKT AUGUSTIN

If you don't like raisins, swap them for more marzipan and of course you can always put more marzipan!



## INGREDIENTS

- 125 g margarine (room temperature)
- 2 eggs
- 80 - 100 g sugar
- 200 g flour
- 1-2 tsp baking powder
- 50-80 ml amaretto
- 100-70 ml milk (there should later be 150 ml of liquid, see end of step 1)
- 50 g marzipan
- 4 drops almond extract
- 50 g almonds, chopped
- 150 g dried fruit mix (e.g. ananas, mango, papaya, cranberries, raisins but without banana chips or coconut)

## METHOD

- Put 150 g exotic fruit mix into (sufficient) Amaretto for a day or two (or as short as you wish to wait). Drain, reserving Amaretto. Add milk until there's 150 ml of Amaretto-milk liquid.
- Preheat oven to 180 °C (circulating air: 160 °C). Grease the muffin tray or line them with paper moulds.
- Beat 125 g margarine , 2 eggs and 100 g sugar with the electric hand mixer until smooth.
- Mix 200 g flour and 1-2 teaspoons baking powder thoroughly and stir into the dough with 150 ml amaretto-milk.
- Cut 50 g marzipan into small cubes and mix with 4 drops of almond extract, 50 g almonds, 150 g exotic fruit mix soaked with amaretto into the dough.
- Divide the dough into the muffin moulds and bake in the preheated oven for approx. 30 minutes.
- Use a wooden stick to check whether the muffins are ready - no liquid dough should stick to the stick.

Topping (optional)

- Melt 25 g margarine.
- Let the baked muffins rest for 2-3 minutes and remove from the muffin tray.
- Coat with melted margarine while still warm and sprinkle thickly with icing sugar.
- Let the Marzipan Stollen Muffins cool down and enjoy.

# KAISERSCHMARRN

SUBMITTED BY  
ERWIN PRASSLER  
MUNICH



## INGREDIENTS

- 100 g Rosinen
- 5 EL Rum oder Cognac oder Wasser
- 6 Eigelb
- 1 Pck. Vanillezucker
- 1 EL gehäuft Zucker
- 1 Prise(n) Salz
- 250 g Mehl
- 500 ml Milch
- 50 g Butter, zerlassen
- 6 Eiweiß
- 4 TL Puderzucker

## METHOD

- Die Rosinen in 5 EL Rum mindestens eine halbe Stunde einlegen. Wer keinen Rum mag, nimmt Cognac. Kinder und Antialkoholiker nehmen Wasser.
- Das Eigelb mit dem Vanillezucker, einer Prise Salz und 1 geh. EL Zucker mit dem Handrührgerät schaumig aufschlagen. Bloß keinen Vanillinzucker verwenden! Nach und nach abwechselnd jeweils einen Löffel Mehl und einen guten Schuss Milch einrühren, bis alles aufgebraucht ist.
- Anschließend die zerlassene Butter einrühren. (Kalorienzähler: das könnt ihr auch sein lassen und Euch wundern, wieso das Zeug nicht so gut schmeckt, wie im Skiurlaub.) Eiweiß zu einem festen Eischnee aufschlagen und mit einem Löffel langsam aber gründlich unter die Teigmasse heben. Es sollten keine Eiweißflocken mehr zu sehen sein. Danach die Rosinen ohne den Rum unterrühren.
- In einer Pfanne die Butter zerlassen und den Teig ca. 1 cm hoch eingießen. Hitze etwas reduzieren und goldgelb anbacken lassen. Immer mal wieder drunter schauen. Die Masse vierteln, umdrehen und wieder anbacken lassen. In mundgerechte Stücke teilen, mit 2 TL Zucker bestreuen und kurz karamellisieren lassen. Fast fertig: Auf Tellern anrichten und mit Puderzucker bestäuben.
- Ergibt gute drei Pfannen voll Schmarrn und macht 4 - 6 Personen satt. Traditionell wird der Kaiserschmarrn mit Pflaumenkompott serviert.

