



MENU CAFÉ

Multicultural Recipe Collection
curated by Multicultural Employee
Network at UCD and sponsored by
UCD Equality Diversity and Inclusion





.....

Multicultural Recipe
Collection curated by
Multicultural Employee
Network at UCD and
sponsored by UCD Equality
Diversity and Inclusion

.....

About MENU Café:

MENU Café is a collection of recipes from different cultures and countries compiled by members of the Multicultural Employee Network at UCD (MENU) to celebrate diversity and to provide a flavour of UCD's multicultural community. MENU Café is the perfect way for the MENU community to collaborate and connect via food and culture in the New Year 2022.

Thanks to MENU coffee mornings, our members' cultural stories and the sharing of traditional food from different countries brought us together in a way that only delicious, mouth-watering food from our homes can do. Through our Culture Café series, MENU found a way to travel virtually to other countries and visit numerous cultures, and we wanted to commemorate and celebrate this phenomenon with this book.

About MENU:

MENU was established by the EDI Multicultural subgroup with the aim to make international employees feel welcome and to provide a relaxed space to socialise, network and exchange ideas with a focus on promoting cultural diversity and awareness in UCD.

There are over 200 members representing 50+ countries around the globe, making MENU the biggest employee Network in UCD. The MENU committee is made up of 13 people from different areas of UCD representing 8 nationalities, who are proud recipients of a UCD "Values in Action" Award in 2020 in view of their commitment to the UCD values of diversity, collegiality, engagement, and creativity.

MENU has continued to play an important role in connecting colleagues pre/during-pandemic and encourages members to participate and share something from their culture/countries, like tourist spots, history, food, language, traditions and festivities. MENU's ongoing Culture Café series celebrates numerous cultures from all around the world with an aim to promote #ConnectingWithCulture. We are extremely proud of this initiative and hope you will enjoy this recipe book as much as we enjoyed preparing and tasting these dishes!

- Website: <http://www.ucd.ie/multiculturalnetwork/>
- Twitter: https://twitter.com/MENU_UCD
- LinkedIn: <https://ie.linkedin.com/in/multicultural-employees-network-at-ucd-335877187>
- Email: menu@ucd.ie

Arun Kumar & Licia Carlesi

About Equality Diversity and Inclusion in UCD:

UCD is committed to providing an inclusive and respectful study and work environment for students, faculty and staff of the university, and this is demonstrated in the University Strategic Plan and through its values, particularly diversity. To demonstrate this commitment, the UMT Equality, Diversity and Inclusion (EDI) Group was established to promote an inclusive and diverse work and study environment for all. The EDI Unit supports the work of this group and leads on the delivery of the EDI Strategy, through a wide range of initiatives in collaboration with key stakeholders. Visit the [EDI website](#) to find out more about the type of work undertaken by EDI and to meet the EDI team.

Don't miss the middle section/insert of this book with highlights of EDI Supports and exciting projects that might be of interest to MENU Café readers.

EDI Team

How "MENU Café" came about

The idea to create MENU Café came to life almost three years ago when I was talking about MENU event ideas with my colleague Susan, who said it would be wonderful to have a book with recipes from the countries represented by MENU Members.

I thought that was a fantastic idea but we did not have the time and resources until a few months ago when our member Gisela contacted us with willingness and availability to produce a sort of collection of historic MENU events. Susan's idea came back to me straight away. Gisela, the MENU Committee and UCD EDI were very enthusiastic and supportive about the concept thus with perfect timing and circumstances we put ourselves to work.

We hope you will try out all the recipes included, which come from the hearts of our members and you will be overwhelmed by how tasty these dishes are.

Julia Janiszewska

Acknowledgements

Thank you to all who helped us in progressing with this exciting project. We are very grateful to all MENU members who sent their recipes: Gayle Baird, Kaylin Bednarz, Jacob Eisenberg, Stephie Forde, D'Arcey Jackson, Anna Katharina John, Michael Kennedy, Rodrigo Marcondes, Ian Guisseppi Millichip, Aidan Prinsloo, Giuseppina Sethuraman, Nora Szilagyi, Ernesto Vazquez de Aguila.

UCD Sanctuary Students: Altamash Shaikh and Precious Shamiso Matumba.

UCD is a University for All, where all students belong and feel welcome. UCD was awarded University of Sanctuary status in 2018 and is proud to welcome International Protection applicants and those with Subsidiary Protection or Humanitarian Leave to Remain. This Programme offers opportunities to study at different levels across UCD and provides free tuition and financial assistance for eligible applicants. More information can be found [here](#).

Culture & Engagement and EDI: Rory Carey, Marcellina Fogarty, Licia Carlesi, Joanna O'Keeffe and Conor O'Rourke for their continuous support.

Special thank you to all MENU Members and presenters who supported us for the last three years and to Susan Mulkeen for sharing her idea with us. Thanks to all of you, it was possible to travel around the world through food and culture, and we hope that this adventure will not stop.

Important Note:

The recipes in this book were submitted by MENU members and are family recipes. The photos in this cookbook are personal collections.

MENU Committee: Licia Carlesi, Edna da Silva, Ashling Hartevelde, Julia Janiszewska, Katie Kiernan, Joanna Kozieliec, Arun Kumar, Caroline Mangan, Clár Ní Bhuachalla, Joanna O'Keeffe, Ulyana O'Neill, Antonella Puggioni, Gisela Tuchszer and Linda Yang.

Project Leads: Gisela Tuchszer and Julia Janiszewska.

Proof-readers and Collaborators: Licia Carlesi, Conor O'Rourke, Caroline Mangan.

If you have enjoyed these recipes, EDI and MENU encourage you to donate to the Irish Refugee Council: <https://www.irishrefugeecouncil.ie/> or to the Irish Red Cross to support their Ukraine Crisis Appeal: <https://www.redcross.ie/>



CONTENTS/RECIPE LIST

Appetisers, Soups & Salads

- Three Sisters' soup (North America)
- Coxinha (Brazil)
- Tomato Soup (Ireland) 
- Red Herring Salad (Germany)
- Causa Limena (Peru)

Mains

- Pierogi Ruskie (Poland)
- Stuffed Cabbage (Hungary)
- Pasta E Ceci (Italy) 
- Bigos (Poland)
- Irish Seafood Chowder (Ireland)
- Belae Kadubu (India) 
- Bibimbap (Korea) 
- Baked Eggplant with Tahina (Israel) 
- Zimbabwean Maguru (Zimbabwe)
- Palak Paneer (India) 
- Älplermagronen (Switzerland) 
- Swedish Meatballs "all'italiana" (Sweden)
- Homemade Jamaican Jerk (Jamaica) 

Sweet Treats

- Cornflour Alfajores (Argentina)
- Welsh Cakes (Wales)
- Brigadeiro (Brazil)
- New York Crumb Cake (USA)
- Pecan Pie (USA)
- Butter Tarts (Canada)
- Profiteroles with Orchid Flavored cream (Italy, France, South America)
- Jan Ellis Pudding (South Africa)
- Oliebollen (Netherlands)
- Birchermüesli (Switzerland) 

KEY



Vegan



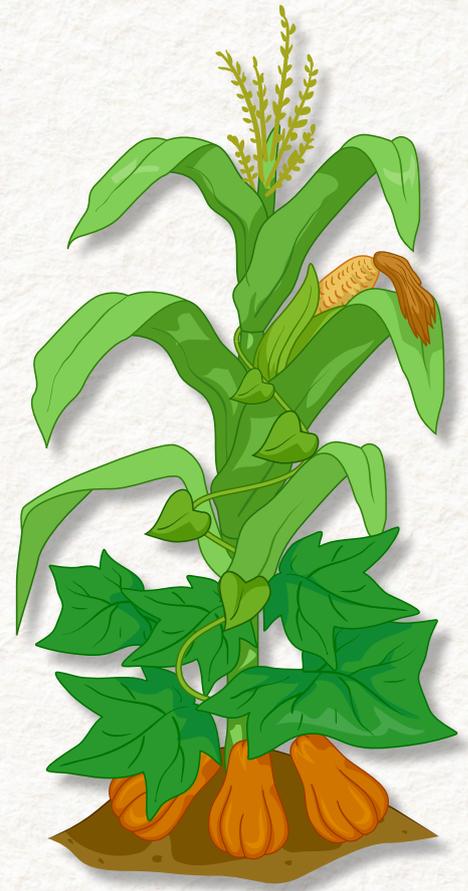
Vegetarian

APPETISERS, SOUPS & SALADS



THREE SISTERS' SOUP

Michael Kennedy, Iroquois, indigenous people of North America, upstate New York / Southern Ontario, Canada



Ingredients:

2 cups canned white or yellow hominy (or corn), drained

2 cups fresh green beans, trimmed and snapped

2 cups peeled and cubed butternut squash

1½ cups diced peeled potatoes

5 cups water

1½ Tbsp chicken stock granules

2 tsp butter, melted

2 tsp all-purpose flour

¼ tsp pepper

Cooking Time: Prep: 15 mins Cook: 30 mins
Total: 45 mins

Servings: 6



Preparation:

- Place the hominy (or corn), green beans, squash, and potatoes into a pot, and pour in water and chicken stock granules.
- Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes.
- Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens.
- Season with pepper and serve.

The Iroquois cultivated and used the Three Sisters (corn, squash and beans) in their diet. These are important local crops and form an important part of their cultural heritage. This is a recipe passed down through generations. Corn, squash and beans are known as the Three Sisters because the three plants were planted close together and like close sisters, aided one another in their respective growing processes.

COXINHA

Edna da Silva, Brazil



Ingredients:

Filling (OPTIONAL)

- 1 Tbsp olive oil
- 4 cloves garlic, minced
- 1 white onion, finely diced or minced
- 2 cups chicken (250 g), cooked, shredded
- ½ tsp paprika, or cayenne pepper salt, to taste
- 4 oz cream cheese (110 g)
- 3 Tbsp fresh parsley, chopped

Dough

- 1 tablespoon unsalted butter
- 2 cups whole milk (470 mL)
- ¼ cup chicken broth (60 mL)
- 2 cups all-purpose flour (250 g)
- 1 egg
- 2 cups panko breadcrumbs (100 g) oil, for frying



Cooking Time: 45 mins

Servings: 9



Coxinha is a popular snack in Brazil which is served at all birthday parties. It is a savoury battered dough (fried until crispy) shaped like a drumstick, more traditionally served with a chicken filling.

However, you can add any flavours you like, including vegetarian or vegan options. They are very easy to eat on the go and are considered one of the most well-known street foods in Brazil.

Preparation:

- In a medium pot, heat olive oil, then sauté garlic and onions until soft and brown. Add shredded chicken, salt, and paprika (or cayenne pepper). Stir to incorporate.
- Transfer mixture into a bowl, add cream cheese and parsley. Mix well.
- In the same pot, add butter, chicken broth, and milk. Bring to a boil. Stir in flour until dough is formed.
- Transfer dough to a flat surface. Knead the dough while it is warm, but not hot.
- Pinch a piece of dough, about the size of a large egg, and roll into a ball. Using your hands, flatten the dough and spoon filling into the centre. Wrap the dough into a pear shape and make sure there aren't any holes.
- While heating a pot of oil to 350°F/180°C, dredge the dough in egg and panko, then deep-fry till golden brown and cook through.
- Drain on a towel, or wire rack and serve immediately.

**BON
APPETITE**

TOMATO SOUP

Ashling Harteveld, Ireland



Ingredients:

- 5 oz chopped onion
- 425ml veg stock
- 400ml coconut milk
- 2 lbs cherry tomatoes
- 2 cloves garlic
- 3 sprigs basil
- 1 tsp sugar
- Olive oil
- Pinch of salt & black pepper



Cooking Time: 45 mins

Servings: 4



Simple and nutritious vegan soup. My grandmother would make this on a cold winter's day and we would eat it sitting beside the fire and listening to music on the radio. Even if you are not generally a fan of tomato soup, I promise you will love this soup!

Preparation:

Put the tomatoes, garlic, basil, sugar, salt, pepper and 5 tablespoons of olive oil in a good hot oven for 30 mins. Put 2 Tbsp of olive oil in a saucepan. Fry the chopped onion. Add veg stock, coconut milk and 3 teaspoons of basil. Blend both mixtures together. Serve with a glob of cream and a shake of parsley.

.....
**IS MAITH AN
T-ANLANN AN
T-OCRAS!**
.....

RED HERRING SALAD

Anna Katharina John, Germany

Ingredients:

250g pickled herring fillets, drained

(German Bismarck herring tastes pickled whereas Matjes herring tastes salty)

2 medium apples, cored

150g cooked red beets

1 medium yellow onion

4-5 German pickles

(Authentic German pickles are key to the flavour, do not substitute with American pickles as they have a very different flavour)

2-3 Tbsp pickle juice (from the German pickles)

1 Tbsp sunflower oil

1 Tbsp white wine vinegar

1 tsp (sea) salt

1 tsp sugar

1 tsp yellow mustard

Optional: some people like to add a touch of horseradish

230g sour cream

60ml cream

3 Tbsp mayonnaise

1-2 Tbsp fresh chopped dill



Cooking Time: 30 mins

Servings: 4 (as a side dish)



Heringsalat is my family's (and most of Germany's) New Year's tradition. My Oma and my mom would make a bowl of it on the morning of New Year's Eve and we would eat it as a side or on bread both that day and the first day of the year (well refrigerated in between). While the thought of pickled herring seems to freak out many of my friends, the salad is something I try and prepare on the New Year's eves I spend abroad. There are a number of ways to do it, salty or sour, using salty herring or pickled herring, and everyone will have their own preferences. The beetroot in this recipe can be left out if you like, but the apples and pickles are key in all variations. You can get herring pieces in cream with apples all done and ready in most Polish shops, in the refrigerated section. If you want to have an idea of the taste before committing to this recipe, you might want to try this first!

Preparation:

- Dice the herrings, apples, beets, onions and pickles in small pieces.
- In a small bowl, whisk together the pickle juice, mustard, oil, vinegar, salt and sugar until emulsified and the salt and sugar are dissolved. Stir in the cream, sour cream, mayonnaise, mustard and dill.
- Place the diced herring, apples, beets, onions, and pickles in a large bowl.
- Pour the dressing over the herring mixture and carefully stir until thoroughly combined. Add salt and pepper to taste. If the salad is thicker than you prefer, add a little whipping cream. If you prefer the dressing thicker, add more sour cream and/or mayonnaise.
- Sprinkle the dill on top
- You can serve it on bread or as a side salad.

**GUTEN
APPETIT!**

CAUSA LIMEÑA

Ernesto Vazquez de Aguila, Peru

Ingredients:

700 g of mashed yellow potatoes (or the ones you find in Ireland)
300g cooked shredded chicken, tuna or seafood
150g mayonnaise
60g onion
40g yellow pepper aji Amarillo (type of chilli pepper)
32g olive oil
1 tsp salt
2 avocados
2 limes

Cooking Time: 45 mins

Preparation:

- Wash the chilli peppers, remove the seeds and cut them into pieces. Put the oil and peppers into the blender. Beat for 3 minutes.
- Pour the pepper-oil sauce over the mashed potatoes. Add a pinch of salt and mash again until well blended.
- Chop the onion.
- Mix shredded chicken (tuna or seafood) with mayonnaise, onion and lime juice.
- Cut peeled avocado into thin slices.
- Use an empty tin can (example after tinned tomatoes) as a mould. Fill it first with 2 tablespoons of mashed potatoes. Press it well.
- Add a layer of avocado. Add 3 tablespoons of chicken/tuna/seafood mix. Press gently. Add another layer of mashed potato. Press it and make the top smooth.
- Place the can on the plate and remove it, pulling it upwards.
- Repeat it until you run out of ingredients.
- To make it look even better you can top each Causa with olives, peppers, chilli or boiled egg.



Servings: 6



As we know, potatoes were domesticated by people from the Andes in what is today Peru (there are more than 3,800 types of potatoes growing in Peru). There is evidence of this dish made with mashed potato, in pre-Columbian times. Later, avocado, tuna, seafood or fish were added. The word causa in Spanish means "cause", so during the war of independence from Spain and during the Pacific War, women from Lima (known as Limeñas) prepared and sold the dish for "the cause" calling out to potential customers, "por la causa" (for the cause of Peru, to support the troops). Now, Peruvian cuisine is celebrated globally and Causa Limeña is a staple dish served in every Peruvian house as well as in high class restaurants.

MAINS



PIEROGI RUSKIE

Julia Janiszewska, Poland

Ingredients:

Dough:

500g white creamy flour

2 tsp salt

2 Tbsp vegetable oil

300ml warm water

Filling:

500g baked potatoes

4 Tbsp vegetable oil

2 onions diced

500g half-fat cottage cheese
(available in Polish shops Polonez, Mróz)

Black pepper

Cooking Time: 1 hour



Servings: 4



This is a truly Polish comfort food. You can have pierogi with the most amazing fillings: meat, vegetables or fruit. You can make them sour or sweet. My favourite ones are Pierogi Ruskie, literally Russian Dumplings from a place called Rus Halicka, it became one of the best Polish dishes. Personally I don't know ANYONE who wouldn't like pierogi. They bring memories of home. You can buy a ready pierogi in Polish shops in Dublin or even in regular supermarkets. However, I don't have to tell you that the best ones are made by mums or grandmas.

Preparation:

- **Toppings:** Fried chopped onion with vegetable oil or skwarki (lard with its fat) or Sour Cream; Black pepper
- **Filling:** Fry the onions (two or three if you want some for the topping) until browned. Mash potatoes and cottage cheese. Add chilled onion. Mix them well. Add salt and black pepper to taste.
- **Dough:** Sift flour into a large bowl. Make a well in the centre. Fill it in with salt, water and oil. Mix it well with your fingers until the mixture becomes a soft dough. Place the dough on the floured surface and knead the dough until it is smooth. Leave it for 15 minutes covered with a tea towel. Roll out the dough to a thickness approx. 3mm. Use a mug or a glass to cut rounds from it. Fill in the centre of each round with one teaspoon of filling. Fold the edges to create a semi-circular shape. Press the edges well. Boil water in a deep pan. Add a pinch of salt and a teaspoon of vegetable oil. Poach the dumplings in boiling water until they float to the surface. Lower down the heat and boil for another 5 minutes. Serve with sour cream, fried onion or skwarki and black pepper.

SMACZNEGO!

TÖLTÖTT KÁPOSZTA (Stuffed Cabbage)

Nora Szilagyi, Hungary



Ingredients:

Filling

100g rice

1kg minced pork thighs

1 piece of purple onion

3 cloves of garlic

Salt, black pepper and red paprika powder
(not sweet and not spicy)

Cabbage

1 big cabbage with strong leaves

Smoked ribs or rashers

Tomato sauce

Sour cream (any polish shop)

Optional: fermented cabbage

Cooking Time: 100 mins

Servings: 6



Preparation:

- Wash the rice, mix it with the raw minced meat, chopped onions and garlic. Add seasoning.
- Cut out the stem of the cabbage and cook it in a big pot until the leaves start to peel off by themselves. Save the leaves in a bowl, and make sure they are not torn (The torn or smaller leaves can go to the bottom of the big pot (the pot should be around 6-7 litres). This will prevent the cabbage pillows from burning. If you want, you can add fermented cabbage to the pot as well
- Fill the cabbages with the filling and pile them on top of the torn leaves.
- Add water, tomato sauce and the rashers and cover the top with a big leaf or small plate.
- Cook for 70 mins (depends on the meat). When ready, serve hot and add sour cream on top

Toltott kaposzta (stuffed cabbage) is what its name tells you: meat and rice stuffed in cabbage leaves. The size of the little pillows depends on where you are in Hungary, but my grandparents (and everyone in Eastern Hungary) prefer them to be around 5cm. The magic and secret of these stuffed delicacies is that each of them is prepared manually. It is the most popular wedding food served at midnight and since their size is so small, the families of the happy couple used to prepare as many as 1000-2000 pieces (depending on the size of the wedding party). My grandma still prepares them in enormous amounts and tucks them in small freezer bags so we can bring them home and cook them on days when we don't want to spend time in the kitchen. I made stuffed cabbage for the first time alone here in Dublin and my grandmother assisted me via Facebook messenger (yes, she is that cool). They turned out to be super yummy, but I still prefer making them together with her.

**JO E TVA
GYAT**

PASTA E CECI (CHICKPEA SOUP WITH PASTA)

Licia Carlesi, Italy



Ingredients:

2 x 400g tins of chickpeas
1 onion
1 carrot
1 clove of garlic
1 stick of celery
1 small potato (optional)
Salt
4 Tbsp extra virgin olive oil
A sprig of fresh rosemary
Dry sage
1 tsp of tomato puree/concentrate
1.2 litres of water
A pinch of salt
120g small dry pasta such as ditalini
Black pepper

Preparation:

- Drain and rinse the chickpeas. For the soffritto, finely dice the onion, carrot and celery. In a large pot, warm the olive oil, add the soffritto and cook gently until soft and fragrant.
- Peel and cut the potato into chunks, if using. Add the potato and stir, then add the garlic, rosemary, sage and tomato paste; stir and cook for a minute before adding the chickpeas.
- Add 1.2 litres of water and a pinch of salt. Bring to the boil, then reduce to a gentle simmer for 20 minutes.
- Remove one third of the soup from the pot and blend to make it smooth, then return it to the pot.
- Taste and add more salt if necessary. While the soup is simmering to a steady but moderate boil, add the pasta and cook until al dente.
- Taste to check seasoning, adding black pepper.
- Serve with a drizzle of olive oil on top.



Cooking Time: 40 mins

Servings: 4



This is a traditional Italian recipe using one of Italy's staple ingredients: legumes (in this case chickpeas). It is a simple, warming dish usually eaten during winter months. Pasta e ceci is a favourite in my family, and started my love affair with chickpeas as a versatile ingredient (think for example of the delicious street food farinata from Liguria (a.k.a. Cecina in Tuscany) and panelle from Sicily made with chickpea flour, or the ever popular houmous!)

BUON APPETITO!

BIGOS (HUNTER'S STEW)

Joanna Koziulec, Poland



Ingredients:

- 1 jar of sauerkraut (sour cabbage)-0,5 kg
- 1 can of peeled tomatoes
- 2 Tbsp of tomatoes pure
- ½ cup of vegetable bullion
- ½ Tbsp of oil
- 1 pound (or about 0.5 kg) chopped pork to make stew
- 300g polish sausage, sliced into 1cm pieces (can be replaced with bacon)
- 150g of dried mushrooms- ensure you let it soak for at least 2 hours in half a cup of water
- One onion, sliced
- 60ml dry red wine (optional)
- ¼ tsp salt
- ¼ tsp pepper
- 3-4 bay leaves
- Some parsley for garnish

Cooking Time: 30-45 Prep /2.5hs Cooking



Servings: 5-6



Bigos has an undisputed place in Polish traditional cuisine. It is especially popular during winter, which is normally much colder in Poland than in Ireland. Longer evenings and colder weather encourage more social gatherings at home therefore it is always great to serve nice, warm dishes. Bigos came to the rescue many times for me - once you cook it, you will be guaranteed to keep everyone happy, warm, and fulfilled. Bigos is not a vegetarian meal - there is a reason why it is called "Polish Hunter's Stew". You can keep it in the fridge for a couple of days - some say that it even tastes better after it is reheated and served the next day. It takes a long time to cook, but you will be rewarded with a meal that you can't go wrong with, no matter how much of an amateur cook you are. All ingredients can be bought in Polish shops, as well as in most supermarkets in Ireland. If you want good quality dried mushrooms (ie. Borowiki), you can only buy them in Polish shops.

Preparation:

- Cook mushrooms in a cup of water until soft, about 30-45 minutes. Once they are ready and you let them cool off, chop them in small pieces and put them aside. Do not pour out the water, where you cooked your mushrooms, you will add it as well to Bigos to give it an extra flavour.
- Meanwhile, start cooking sauerkraut in a very large pot adding about one or two cups of water. Cook for about 1 hour until it is soft. During cooking make sure you reduce the heat after you bring the sauerkraut to boil. (Tip: Depending on if you want the taste of Bigos to be less sour, you can drain it off and pour about 2 cups of water after to continue cooking.)
- After about 1 hour add chopped mushrooms with their water, pepper, salt, and bay leaves, and cook for another 20 minutes. When the sauerkraut is cooked, put it aside.
- Heat a large pot over medium heat. Pour some oil (olive or sunflower), add chopped pork, then stir and fry until

it is ready. You can add some bullion while allowing it to stew until it is soft. (Tip: I would normally prepare the meat in advance, add spices that I normally use for my regular stew – gulasz)

- Chop onions and fry in a pan.
- Switch the pot with the boiled sauerkraut, add the stew (in its sauce), chopped polish sausage, can of tomatoes, tomato puree, some wine and mix up all together. Continue cooking for about 30 minutes in reduced heat.

Bigos is normally served with a piece of bread or mashed potatoes. The secret to a good Bigos meal is not in a precise measure of ingredients but using your own imagination and letting your favourite ingredients come forward. For me, it will be the taste and smell of mushrooms and for others good quality meat. Make your own stamp and enjoy having good company with it. Smacznego!

IRISH SEAFOOD CHOWDER

Clár Ní Bhuachalla, Ireland



Ingredients:

- 640g mixed fish (white and pink fish, fresh and smoked)
- 130g king prawns (can be frozen)
- 500ml milk
- 100ml double cream
- 400ml vegetable or fish stock
- 2 potatoes, peeled
- 1 onion
- 1 stalk celery, finely chopped
- 4 rashers streaky bacon (or smoked pancetta)
- 1 garlic clove, finely sliced
- 1 Tbsp flour
- ground black pepper
- 1 Tbsp butter
- 1 Tbsp chopped fresh parsley

Cooking Time: 40 mins

Servings: 6 generous helpings



Seafood chowder is served in many pubs and restaurants along the west coast of Ireland. You'll find it on lunch menus and/or as a starter on a dinner menu. I visit the west of Ireland quite often and among the restaurants best known for their chowders are Morans of the Wier, Kilcolgan, Co Galway and Monks of Ballyvaughan, Co Clare. The recipe below is an ideal one-pot recipe for a large group. Irish chowder is like a thick soup and can consist of various varieties of fish; salmon, haddock, pollack, hake or cod; it's said 'there's both eating and drinking in it'. Many fishmongers will sell a seafood mix which is ideal for this dish. If you're selecting your own fish mix, I'd recommend a mixture of fresh red and white fish as well as some smoked fish (all de-boned.)

Preparation:

- Cut the bacon into small pieces and fry in a skillet until browned. Remove from the pan and store on a plate.
- If the prawns are frozen, defrost and dry them.
- Chop the potatoes into small 10mm cubes and finely dice the onion, garlic and celery. Place them together in a saucepan and fry them in some butter on a medium heat for approximately 2 minutes.
- Then cover the potatoes and onion in the vegetable (or fish) stock and bring to a simmer for 10 minutes, or until the potatoes are cooked. At the same time, put the fish in a pan and add the milk.
- Bring to a simmer and cook on a low heat for 10 minutes until the fish is cooked. Then sieve the milk into a jar and put the fish aside. Add the sieved milk to the potatoes, onions and celery and bring to a simmer. Add the cream and stir well.
- Mix 1 Tbsp of butter with 1 Tbsp of flour and add to the simmering mixture. Stir until the mixture starts to thicken.
- Add the fish to the soup.
- Taste the sauce, and season with salt and pepper to taste. Allow time to heat up the seafood, before serving.
- Finally, add half the bacon to the soup and some of the chopped parsley and stir well.

Sea-food chowder is eaten with a soup spoon and can be served with brown soda bread.

NĪ SHEASANN SAC FOLAMH!

BELAE KADUBU (STEAMED LENTIL BALLS)

Arun Kumar, India



Ingredients:

150g of Chana daal (Split lentils)

1cm piece of ginger

¾ tsp of cumin seeds

½ tsp of mustard seeds

20g of grated coconut

1-2 small green chillies
(depending on your spice requirement)

2-3 stems of dill leaves

5-6 leaves of spinach (optional)

2 sprigs of coriander leaves

Black pepper (optional: 3-4 seeds)

Sea salt (to taste)

Cooking Time: 10 mins to prepare (excluding soaking of the lentils) and 25 mins to cook.

Servings: 3-4



This is a popular breakfast or lunch during colder seasons and is from the south-west part of India. Locally it is called Nucchina undae, which literally means granulated lentil balls. This is one of my favourite recipes, as I have added innovations to this based on the ingredients easily available in Ireland. This recipe is very popular in the Karnataka state of India and is usually made during festival season in August to December. This dish can be eaten warm as well as cold, I specially find it handy to carry during long treks in the Wicklow mountains. All ingredients required for this recipe are available from <https://www.eurasia.ie/>

Preparation:

- Add the lentils to a bowl, wash it 3 times with tap water and let it soak for 4-5 hours at room temperature.
- Drain the lentils and blend it into a coarse paste in a mixer or blender, use small amounts of water as required.
- Chop the green chillies, ginger, dill/spinach leaves into small fine bits and add them to the coarse lentil paste in the blender.
- Then add the cumin, mustard, black pepper (crush them gently), grated coconut and salt to taste.
- Coarsely blend into a thick paste (Note: do not add too much water).
- Empty the thick paste into a bowl.
- Take a handful of the coarse lentil paste and make them into an oval shape (or any of your favourite shapes), wet your hands while doing this.
- Place the shaped lentil paste on a steamer plate and steam them for 12 minutes.
- Allow them to rest for 5 minutes before removing the delicious Belae Kadubu for a gastronomical delight.
- Serve/eat them with any sauce or dips or can also be eaten as such on their own.
- A quick dip can be made using Onken yogurt mixed with your favourite Indian pickle or a pinch of chat masala.

비빔밥 – BIBIMBAP (MIXED RICE WITH VEGETABLES)

Licia Carlesi, South Korea



Ingredients:

- 8 cups short grain rice
- 2 medium carrots, julienned
- 2 medium courgettes, sliced in half moons
- 100g mixed mushrooms, chopped (oyster, enoki, button or shitake mushrooms all work well)
- 200g beansprouts
- 250g spinach, blanched
- 1 clove garlic, minced
- 2 spring onions, chopped
- 400g plain firm tofu, chopped in bite-sized chunks
- 2 Tbsp Gochujang (Korean chilli paste)
- 2 Tbsp water
- 2 tsp soy sauce
- 2 tsp toasted sesame oil
- 1 tsp sesame seeds

Cooking Time: 20 mins



Servings: 4



Bibimbap is colourful and delicious and has become one of Korea's most well-known dishes. It is made of a variety of vegetables and can be found with or without meat. It is usually topped with a raw or fried egg, but this version is vegan-friendly. When I first visited Korea with my Korean partner, bibimbap was the easiest meal option for me as a vegetarian as it's a staple of Korean cuisine and can easily be found in many places, particularly around tourist areas or near Buddhist temples. You can use any vegetables you like – aubergine, cucumber, cabbage, pepper, kimchi all work. We love to add lettuce leaves as well in the summer. Most ingredients for this dish can be found in all supermarkets, but gochujang, tofu, beansprouts, sesame oil, sesame seeds and mixed mushrooms are easier to find in Asian shops like Han Sung in Strand Street, or Asia Market in Drury Street.

Preparation:

- Cook the rice in a rice-cooker (if using) or steam/boil according to instructions.
- Blanch the spinach, mix with minced garlic and season with sesame oil and soy sauce.
- Sauté the veggies and mushrooms/tofu separately in a non-stick pan for a few minutes, until cooked but still with a little crunch. Season the veggies, mushrooms, blanched spinach and tofu with some salt, pepper and sesame oil to taste. Sprinkle it with toasted sesame seeds.
- To make the sauce, mix the gochujang, water, soy sauce, toasted sesame oil and sesame seeds in a small bowl. Assemble the bibimbap in medium bowls:

- Place one portion of rice at the bottom of each bowl. Top with the cooked and seasoned tofu/mushrooms and veggies in colourful sections. Add 1 or 2 teaspoons of gochujang sauce depending on desired spice level. Drizzle with toasted sesame oil and chopped scallions.
- To eat, mix everything together until the rice, tofu and vegetables are coated in gochujang sauce and enjoy!

잘 먹겠습니다 – JAL MEOKKESUMNIDA

(said before eating, meaning literally
"I will eat well")

BAKED EGGPLANT WITH TAHINA

Jacob Eisenberg, Israel



BETEAVON!

Ingredients:

- 1 eggplant
- Tahina
- Water
- Salt
- Lemon juice
- 1 garlic clove, crushed
- Pomegranate seeds or nuts for garnish

Cooking Time: 40 mins

Servings: 2 as a main



Any eggplant (or aubergine) lovers out there? If so, you are probably familiar with Baba-Ghanoush, a dish very typical of the Levant. The following dish is a variation on the same theme, namely, cooked eggplant and tahina. This dish is commonly found in multiple Middle-Eastern countries, such as Lebanon and Syria and my experience with it is from Israel, where in the past two decades it appeared in many restaurants and pubs. It is a wonderful dish with a unique combination of flavours, which is filling and healthy and is suitable for vegetarians and vegans. Moreover, this wonderful and uniquely flavoured dish is easy to make and does not require any special equipment. Personally, when I am cooking at home (unless I am trying to impress a guest), I tend to prepare it in a basic way at least a couple times a month. When picking eggplants, make sure they are fairly firm (without too many soft spots), with a tight shiny skin.

Preparation:

- Turn the oven to about 200-210C (the best tasting variation is when the eggplant is grilled on an open fire, which gives it a gorgeous smoky taste. If you ever have a camp-fire, experiment with making a version of this with fire-roasted eggplant)
- Cut a few slashes in the skin of the eggplant (to prevent it bursting in the oven... not fun to clean!). Place it directly on a grill when oven is hot enough
- While it is cooking (depending on your oven and eggplant size, it can take between 30-40min), make the tahina sauce. I prefer a traditional, simple Arabic tahina (which in Ireland can be bought in middle-eastern stores), which I mix with some water, salt, lemon juice a bit or a lot of crushed garlic, black pepper and cumin. Mix and whisk well the tahina until it is creamy and smooth.
- When the eggplant is ready, that is, when it is soft and
- mushy inside, which you can verify by sticking a fork into it, take it out (carefully...) and let it cool a few minutes so you can handle it.
- Slice the eggplant open in half. Personally, I never remove the skin, but I heard of some (not a local tradition) who do. At this stage you have a few choices, mainly ranging from cutting the eggplant into small pieces/cubes to slicing it into long thin cuts to serving it as half an eggplant. At home or in field cooking I tend to use the first two options; restaurants tend to use the third as it is more aesthetically impressive.
- Mix the cubes/slices with the tahina or, if keeping it in halves, slash the eggplant meat and mix it well with the tahina.
- Lastly, you also have some choices (according to personal preferences) as to the finish, i.e. what to garnish it with. Some like to garnish with pomegranate seeds, some with various nuts... experiment.

Equality, Diversity, and Inclusion in UCD:

UCD is committed to creating an environment where diversity is celebrated and everyone is treated fairly regardless of gender, age, race, disability, ethnic origin, religion, sexual orientation, civil status, family status, socio-economic status or membership of the travelling community. The EDI Unit promotes the mainstreaming of EDI across UCD through multiple initiatives and collaborates with the various EDI groups, networks, and areas internally and externally to embed EDI into daily activities. In this way, EDI becomes part of our daily lives. Below is some information regarding various EDI initiatives, groups and supports that may be of interest to you.

EDI Policies and Guidance:

UCD's vision for EDI is to be a leader and role model in equality and diversity in the higher education sector nationally and internationally, and for EDI to be at the heart of all we do. Learn more about how we do this in our [policy](#) on Equality, Diversity & Inclusion and in our [EDI Strategy](#). On our website, you will also see a range of policies that have been implemented, some of which include Core Meeting Hours, Gender Balance on Committees, Dignity & Respect and Gender Identity and Expression.

EDI Survey:

Every 2 years, EDI invites all UCD employees to complete the Equality, Diversity, and Inclusion survey. The purpose of the EDI survey is to better understand how individuals experience their working environment, identify areas where enhancements can be made and to highlight existing good Equality, Diversity and Inclusion (EDI) practice. The outputs of this survey will enable the University to monitor the impact of its EDI activities and measure progress. The [latest EDI Survey Report](#) was published in February 2022.

EDI Annual Report:

EDI publishes an EDI Annual Report each year. These reports sets out the main activities, initiatives, and achievements in the EDI space over the previous Academic Year and demonstrates how EDI is meeting objectives under the EDI Strategy. For a copy of the current report and previous reports, please visit the EDI Annual Report webpage.

EDI Calendar 2022:

In January 2022, to mark World Religion Day, EDI launched their 2022 Diversity Calendar. The calendar highlights a number of religious dates and festivals as well as culturally significant days for all religions and nations/cultures. The purpose of the calendar, which is available as a slideshow or a downloadable PDF, is to celebrate diversity and raise awareness of diverse religious and cultural days in our global University. It can also be used as a reference when setting deadlines or organising events, taking into consideration for example events like Lunar New Year or Ramadan, when some of our colleagues and students may be celebrating or fasting. The calendar can be found [here](#).

EDI Sub-Groups:

There are a number of EDI sub-groups and Working Groups within UCD – many of which are looking for new members. These include the Gender Equality Action Group (GEAG), LGBTI Sub-Group, Multicultural Sub-Group, Data Sub-Group, University of Sanctuary Sub-Group, Research and Curriculum Sub-Group, Disability Sub-Group, Dignity and Respect Oversight Group, UCD Neurodiversity Working Group and Race and Ethnicity Working Group. More information can be found [here](#).

Equality, Diversity & Inclusion Learning Supports in UCD:

The EDI in HE eLearning programme is an interactive tailored online resource that aims to provide UCD employees with an awareness of key equality and diversity topics in a University context, and will complement future EDI awareness raising programmes, events and initiatives. This interactive modular learning tool will enable employees to consider and reflect on the part they play in building an inclusive culture in UCD. You can Access the programme on LearnUpon [here](#), where you can enrol in modules such as "Equality, Diversity and Inclusion in Higher Education" and "Let's Talk About Race in the Higher Education Sector."

Race and Ethnic Equality in UCD - #UCDAgainstRacism:

In 2021, the EDI Race and Ethnicity Working Group has launched an Anti-Racism campaign which will continue throughout the academic year 2021/22. The campaign #UCDAgainstRacism aims to raise awareness and show that all members of the University Community have the right to study or work in an environment that it is safe and inclusive and that all form of racism are unacceptable and are not tolerated by UCD. UCD is proud of its inclusive culture which is central to making your time at UCD a positive and welcoming experience. We are committed to follow the UCD values by showing respect for and be inclusive of diverse backgrounds, experiences and perspectives. Find out how to support the campaign [here](#).

Dignity and Respect at UCD:

University College Dublin is committed to the promotion of an environment for work and study which upholds the dignity and respect of all members of the UCD community, and which supports your right to study and/or work in an environment which is free of any form of bullying, harassment, or sexual misconduct (including sexual harassment and sexual violence).

There are a number of supports in place if you are experiencing bullying, harassment or sexual misconduct and you are strongly encouraged to come forward to seek confidential support and guidance on the range of informal options and formal options for resolving issues as appropriate. Reports of bullying, harassment or sexual misconduct can also be made anonymously through UCD's Report and Support tool.

UCD is actively promoting a culture where bullying, harassment and sexual misconduct is not tolerated, where everyone is respected and feels valued, included and that they belong in UCD. In 2021, a new Dignity and Respect website was launched, bringing together information on all the supports available, including a new Dignity and Respect Support service. More information can be found [here](#).

EDI also provides a range of supports - click on the images below to learn more:



ZIMBABWEAN MAGURU (TRIBE)

Precious Shamiso Matumba, Zimbabwe



Ingredients:

500g maguru (tripe)
1/2 onion (chopped)
1 1/2 tomatoes (chopped)
2 cloves garlic (minced)
1 tsp fresh ginger (minced)
1 Tbsp soup powder
1 ltr water
1/2 tsp salt
1/2 tsp ground black pepper
2 Tbsp tomato sauce
1 tsp curry powder
Oil for frying

Servings: 4



Maguru (Tripe) are among Zimbabweans' most favoured traditional foods. Maguru is a food that is enjoyed by both urbanites and people in the rural areas. People look forward to enjoying maguru whenever a cow is slaughtered communally or privately in Zimbabwe. This delicacy is very popular among city dwellers, who can get it at local butcher shops. Here in Ireland, maguru (tripe) can be bought at abattoirs found in rural Ireland. People usually buy tripe from farms in Carlow and Kells in Co Meath. The rest of the ingredients can be found in any local supermarket.

Preparation:

- It's critical to thoroughly wash your maguru (tripe) in warm water and trim away any excess fat so that there's no fat emulsifying in the pot or on your plate when you're eating.
- To begin, wash your tripe in warm water and trim away any excess fat. Cut the tripe into manageable good size pieces and place it in the saucepan then add water and salt. Partly cover and bring to the boil.
- Once it has boiled, reduce heat to the lowest mark on your stove, cover the pot completely and let it simmer overnight or for 7.5 hours. If time does not permit boiling, a slow cooker can be used instead to achieve the same result.
- After 7.5 hours the water is finished, add garlic and ginger, add frying oil and stir. Stir in the spices, then add the tomatoes and stir again. Add tomato sauce and stir. Allow time for the tomatoes to get done (2 min approximately).
- When the tomatoes are done, add the soup powder and, to minimize lumping, pour cold water directly into the soup powder. Cover pot and let simmer for 5 minutes.
- After 5 minutes your maguru (tripe) is done. Serve with sadza/pap or rice. Can be taken with any preferred starch.

PALAK PANEER

Altamash Shaikh, India



Ingredients:

- 350g spinach
- 1 medium tomato
- 5 large garlic cloves divided, 3 whole and 2 finely chopped
- 1 inch ginger
- 1 green chili or more to taste
- 1 Tbsp oil 15 ml, I used avocado oil
- 1 large onion finely chopped
- ½ cup water or as needed
- ¾ -1 tsp garam masala
- ¼ tsp turmeric powder
- ¼ tsp red chili powder or to taste
- salt to taste
- 2-3 Tbsp heavy cream or as per taste.
- 225g paneer cut into cubes
- ½ Tbsp kasuri methi crushed, dried fenugreek leaves
- Lemon juice to taste



My name is Altamash Shaikh and I am a stage 2 Business and Law student at UCD and a recipient of sanctuary scholarship. I am originally from India and my favourite dish from home is Palak Paneer. Palak means spinach and paneer means cottage cheese. All of these ingredients will be found in any Indian or south Asian grocery store.

Preparation:

- To a pot of boiling water, add little salt and then spinach leaves to it. Blanch the spinach leaves for 2 to 3 minutes until wilted. Take them out and put them in ice cold water. (This helps the leaves in retaining their green colour).
- Blend the blanched spinach along with the tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.
- Heat a pan on medium heat. Once hot, add the oil and then add the remaining 2 cloves of chopped garlic. Sauté for a few minutes until it starts changing colour.
- Add the chopped onions. Cook the onions for 2 to 3 minutes until soft and translucent. Add in the prepared spinach puree and mix. Add approx ½ cup of water.
- Cover the pan and let it cook for 10 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.
- Once the spinach is cooked, add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute. You may add ½ teaspoon of sugar at this point if you like. Add the heavy cream and mix. Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes.
- Switch off the hob and add the lemon juice and the kasuri methi. Mix well.
- Serve palak paneer hot with naan or roti or rice.

ÄLPLERMAGRONEN

Giuseppina Sethuraman, Switzerland



Ingredients:

600g Potatoes, peeled and cubed

250g Pasta (Macaroni, Penne or Rigatoni)

250g Gruyère cheese (Gruyère has a strong flavour, if you prefer you can mix it with other cheeses of your choice, such as Emmental, Cheddar or Mozzarella)

200ml Cream

2 Onions

1-2 Tbsp Flour

Butter

Salt, pepper and nutmeg to taste

Servings: 4



Preparation:

- Fill a large pot with water and bring to a boil. First add cubed potatoes, after 5 min add the pasta. Cook both "al dente". Drain the excess water and add some oil to prevent the potato / pasta mix from sticking.
- When the potato / pasta mix is still warm, mix in the cream season with salt, pepper and nutmeg. Mix in $\frac{2}{3}$ of the cheese and carefully mix all the ingredients together.
- Fill the mix into an ovenproof dish and top with the remaining $\frac{1}{3}$ of the cheese. Bake at 200 degrees for approximately 20-25 min until golden brown.
- While the dish is baking in the oven, cut the onions into thin rings, add a pinch of salt, dust them with the flour and sauté them in a large pan on medium low heat in the melted butter until brown. Leave them to cool and crisp up in the pan. Once they are crisped up, top the Älplermagronen with the crisped onions.
- Serve immediately with Applesauce on the side.

This hearty Swiss dish is made with very basic ingredients, which would have been easily available in the alpine regions of Switzerland. It is the perfect dish to warm one up on a cold winter night. The name is made up of "Älpler" as a term for herdsmen on the Alps and "Magronen", which was borrowed from the Italian word "Maccheroni". The pasta or "Maccheroni" only came to the Central Alps when the Gotthard tunnel was built in the 19th century and the Italian workers brought their usual pasta with them. The new food quickly became popular with the Swiss herdsmen because it was long-lasting and very lightweight in relation to its nutritional value - both of which were invaluable advantages at a time when all food apart from milk and cheese, which was readily available on the alps, still had to be transported to the alp on foot. The "Magronen" were stretched with cheap local potatoes, seasoned with onions and made a hearty dish that was easy to prepare in the kettle over an open fire and was also satisfying. This is a meat-free version of the dish. Cubes of bacon, ham or sausages can be added if desired.

EN GUETE!

Note:

As a side to the Älplermagronen the Swiss like to eat Applesauce (not depicted here). Nobody really knows why and, yes, it sounds strange, but please try it out. It is a great combination.

SWEDISH MEATBALLS "ALL'ITALIANA"

Chiara Zaccheo, Sweden



Ingredients:

- 500 grams ground beef
- 1 decilitre breadcrumbs
- 1 decilitre milk
- 1 egg
- 1/4 of a small onion, minced or finely grated
- 1 or 2 garlic cloves, minced
- Finely chopped parsley and basil (3-6 tablespoons, to taste)
- 1 or 2 teaspoons salt and pepper
- Butter or butter/oil mixture for frying



These meatballs have been holiday/celebration food in my family for at least four generations in Sweden. My grandmother added garlic and basil after moving to Italy. They are best served with lingonberry jam (you can buy it at IKEA!)

Preparation:

- Stir together the milk and breadcrumbs in a bowl. Add the egg, chopped herbs, onion and garlic, salt and pepper. Add the meat and mix it in thoroughly with a wooden cooking spoon and/or serving fork.
- Roll a smallish meatball (about one tablespoon of the mix) with your hands and fry it up. If it seems too hard, add a little milk to the mix. If it seems too soft, add a little bit of potato flour and/or one more egg. But neither of these adjustments are usually needed.
- Roll the meatballs and fry them (traditionally in a cast-iron pan, but non-stick works too) until they are done inside and have a nice colour outside.
- Serve with lingonberry jam and mashed potatoes.

.....
NJUT AV!
.....

HOMEMADE JAMAICAN JERK

Kristina Sibblies, Jamaica



Ingredients:

6 medium-sized Scotch bonnet peppers (can substitute with habaneros but not jalapeños)

1 yellow onion

1/2 cup chopped scallions (spring onions) coarsely cut

6 cloves of garlic

1/8 cup white vinegar (cane vinegar if you have it)

1/4 cup Soya sauce (low sodium if you like)

2 tablespoons oil (olive, vegetable, or canola)

3 tablespoons chopped ginger

2 tablespoons brown sugar

Salt and pepper to taste
(I use a teaspoon each to start with)

1 tablespoon cracked black pepper

1 tablespoon pimento seeds (or 1½ teaspoons allspice)

1 teaspoon nutmeg

1 teaspoon cinnamon

1 sprig of fresh thyme
(the more the merrier in my view)

Oh wow where do I begin when it comes to my love affair with JERK (and that's not my husband I'm talking about)! They say wherever Jamaicans settle, they bring jerk with them. This, my friends, is so very true in my case. I carry most Jamaican spices, especially the ones that are difficult to find, with me everywhere I go. One suitcase for clothes and the other for Jamaican spices and, of course, treats! Jerk, as a stand-alone term, refers to the way in which meat (typically pork or chicken but can also be used on goat or fish) is seasoned and slow cooked over a fire or grill traditionally composed of pimento wood placed over burning coals (key to the flavour of the dish). This style of cooking is native to Jamaica and includes what may seem like a strange combination of fresh ingredients (no dried powders allowed!). For vegans, not to worry, you can also jerk vegetables! You can adjust the recipe to suit your preferences like more peppers to increase the heat! Refrigerate and use when ready. My Favourite bottled Jerks available on Amazon or Tesco UK Caribbean Isle: Walkerswood Jerk Seasoning, Busha Browne Traditional Jerk Seasoning Rub, Dunn's River Jamaican Jerk Seasoning.

Historians and anthropologists tell several stories about the origin of jerk. A frequently mentioned starts off with the Tainos, who developed the jerk method and later taught it to African slaves. A group of these slaves escaped into the blue mountains and were later named the Maroons. The Maroons would blend an array of spices and herbs that they would later use to marinate and cook the wild boar they hunted. It is said that Jerk was used to preserve the meat as they never knew when their next kill would be. What started as Taino-African fusion has been passed down generation to generation and is furiously protected by all Jamaicans!

Preparation:

- Place ingredients in a blender/food processor and pulse until the mixture turns into a smooth paste. The marinade can last up to six months in the refrigerator.
- Rub your marinade into chicken, meat or fish, two to three tablespoons of seasoning paste per pound of meat.
- Massage the seasoning into the meat and leave to marinate allowing enough time so those flavours can really soak in, at least 3 hours and up to 24 hours. I leave mine to marinate overnight to get the full awesome flavour.
- Grill on a barbeque for an authentic Jamaican flavour or alternatively, cook under a medium grill or bake in a moderate oven.

SWEET TREATS



CORN FLOUR ALFAJORES

Gisela Tuchszer, Argentina

Ingredients:

- 150g cornflour
- 100g cream flour
- 80g caster sugar
- 100g butter, room temperature
- 2 egg yolks
- 1tsp baking powder
- Vanilla essence, a few drops
- 350g Dulce de leche or caramel Nestle Carnation (2 tins)
- Desiccated coconut, optional

Cooking Time: 45 mins

Servings: 15

(depending on the size of the cookie cutter)

These alfajores are a super sweet treat that melts in your mouth. A very delicate dough filled with sumptuous dulce de leche and a rim of desiccated coconut. A favourite among adults and children alike.



**BUEN
PROVECHO!!!**

Preparation:

- Mix together the butter (at room temperature), the sugar and a few drops of the vanilla essence in a bowl until well incorporated. You can use a hand mixer or mix by hand.
- Once the batter forms, add the 2 egg yolks and mix again.
- Add the flour and the cornflour, and 1 tsp of baking powder.
- Mix and knead until you get a dough. The dough should be slightly dry and flaky. Pour some corn flour on your counter and keep kneading until the dough becomes homogeneous. Rest dough for 15 minutes
- Preheat the oven to 180 °C.
- Pour some cornflour on the surface again and roll out the dough no thinner than 1cm height.
- Grab a circular cookie cutter, 4cm diameter should be fine.
- Place the cookies on an oven proof tray already lined with greaseproof baking paper. Be careful while handling the circles as the dough is quite delicate. Cut pair numbers.
- Before bringing our circles to the oven, put the cookies in the fridge for 5-10 minutes.
- Bake for approximately 10 minutes until they get a pale golden colour. The temperature is very important because the circles can come out dry if left in the oven for too long.
- Let the cookies cool down.
- For the filling, generously spread Dulce De Leche (or Nestle Caramel) over one cookie, set another cookie on top and press down. (just enough so that there is Dulce De Leche coming out the edges).
- Pour some of the coconut in the bowl and take your alfajor and roll the edge over the coconut.

WELSH CAKES

Stephie Forde, Wales

Ingredients:

225g Self-raising flour OR 225g plain flour plus one tsp of baking powder

1/2 tsp salt

1/2 tsp cinnamon (optional)

100g butter (a little extra for the pan)

50g caster sugar (a little extra as well for sprinkling)

50g currants/raisins (this is the traditional filling but you can also make them with chocolate chips)



Cooking Time: 45 mins

Servings: 6



.....
**Mwynhewch
eich bwyd**
.....

Preparation:

- Sift the flour and salt and mix together with a fork. You can add the cinnamon in at this point too, it shouldn't be too much just enough to give a very subtle taste
- Cut up the butter into small blocks and add to the mixture. You need to use your fingertips to blend the flour mixture and butter together, it will be ready if the consistency is almost like very fine breadcrumbs
- Add the sugar and the currents, or whatever you fancy using! Stir them in
- Add in the egg and mix together, if it's not sticking together add in a Tbsp of milk at a time until it binds. The dough shouldn't be too wet, more similar to a cookie dough texture than cake or bread
- Once the dough is ready, roll it out on a floured surface to about 1/4 inch thick. If you've got a circular cutter then fabulous, use that, I don't have one so usually use the end of a pint glass or cup to cut the dough into circles
- If you have a griddle or cast iron frying pan grab that, if not literally any old frying pan will do. Heat some butter in the pan on medium heat and then add the Welsh cakes to the pan, cook for around 3-5 minutes on each side until lightly browned
- Sprinkle them with some sugar whilst they're still hot so it sticks and you're done!

BRIGADEIRO

Rodrigo Marcondes, Brazil

Ingredients:

1 Tbsp butter

14 oz sweetened condensed milk(395g)

¼ cup cocoa powder (30g)

1 cup chocolate sprinkle(160g), as needed

Cooking Time: 30-min Cooking / 1hr cooling

Servings: 8



Brigadeiros is probably the most famous treat in Brazil, especially at kids' parties.



**BOM
PROVEITO!**

Preparation:

- In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.
- Pour onto a greased plate, then chill for 1 hour.
- Shape and roll the chilled mixture into balls.
- Roll the balls in chocolate sprinkles.

NEW YORK CRUMB CAKE

Kaylin Bednarz, USA



Ingredients:

Crumb Topping

1/3 cup granulated sugar

1/3 cup brown sugar

3/4 tsp cinnamon

1/8 tsp salt

1/2 cup butter melted

1 3/4 cup cake flour

Cake

1 1/4 cup cake flour (cake flour is hard to find in Europe. It can be substituted with regular flour and corn flour see <https://www.thekitchn.com/the-easy-way-to-make-cake-flour-substitute-baking-tips-from-the-kitchn-44521> for advice!)

1/2 cup granulated sugar

1/4 tsp baking soda

1/4 tsp salt

6 Tbsp butter cut into pieces, softened but cool

1 egg (at room temp)

1 egg yolk (at room temp)

1 tsp vanilla

1/3 cup buttermilk (at room temp)

icing sugar for dusting

Cooking Time: 10 min preparation, 35 mins cooking

Servings: 12

This style of cake originated from the German, Polish and Jewish cake 'streuselkuchen' which is a cake made with a yeasted dough and topped with the streusel (crumb) topping. The New York style changed a bit, making the cake layer a little thinner and adding more streusel on top. For a good crumb cake, the cake should be 50% cake and 50% crumb (or more!). There isn't anything too special about this cake but in my family we had a tradition - every year on Christmas morning my dad would go and buy a crumb cake from the best bakery in the neighbourhood. The bakery specialized in old fashioned baked goods, and they used traditional recipes for everything they made. For me there was nothing better than waking up on Christmas morning to the smell of a fresh crumb cake!

Preparation:

- Preheat the oven to 190 degrees Celsius and adjust an oven rack to the upper middle position. Line a 8x8" square metal pan with parchment paper, with enough paper to fold over the sides. Set aside.
- **Crumb Topping:** Whisk together the granulated sugar, brown sugar, cinnamon, salt and flour. Pour melted butter over the mixture and use a rubber spatula or wooden spoon to mix thoroughly - but don't over mix. Mixture will be thick and doughy. Set aside.
- **Cake:** With a hand or stand mixer, combine the flour, sugar, baking soda and salt and mix to combine. With the mixer on low, begin adding the pieces of butter one at a time. Continue mixing until mixture resembles moist crumbs with no visible butter chunks remaining, about 1-2 minutes. Add egg, yolk, vanilla and buttermilk. Beat at medium for 1-2 minutes until the batter becomes light and fluffy, scraping down the sides of the bowl if necessary.
- Spread the batter evenly into the prepared pan. Top the batter with the crumb topping, breaking apart any big chunks into smaller pea-sized pieces. Start at the edges and work toward the center. Bake the cake for 35-40 minutes or until golden brown and toothpick inserted comes out clean and crumb-free. If the crumb starts to get too dark after a while, cover it with tin foil. After baking, cool the cake for at least 30 minutes. Remove cake from pan by lifting out of the pan by the edges of the parchment paper. Dust with icing sugar.

PECAN PIE

Gayle Baird, USA



Ingredients:

Most of the USA recipes use a corn syrup called Karo that you cannot get here. Golden syrup or Maple syrup are possible substitutes. Some recipes use Karo syrup and molasses which gives the pie a dark colour or treacle and maple syrup can be used here as substitutes.

I have substituted golden syrup for the Karo syrup in my family's pecan pie recipe.

1 package shortcrust pastry or use your favourite pie crust recipe

10 in or 25 cm pie pan

75g softened butter

100g golden caster sugar

150g golden syrup (or maple syrup)

3 eggs, beaten

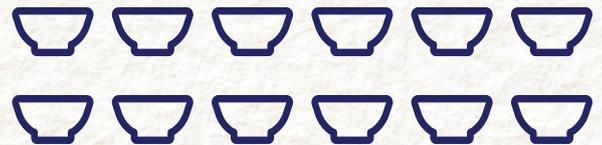
½ tsp vanilla extract

300g pecan halves

Cooking Time: 90 mins



Servings: 12



One theory for the origin of pecan pie suggests that Native Americans introduced the pecan to the French, who settled in New Orleans. These French settlers used their baking skills and invented the pecan pie. My family in South Carolina has a pecan orchard. As a child, my grandmother would ask me and my cousins to collect the pecans from under the tree and then we would have sessions in front of the TV to crack open the shells to get the glorious nuts. If you cracked the shell too hard, the pecans would be crushed but still usable. The whole ones were used to decorate the pe- can pies my gran would make for our Thanksgiving and Christmas dinner.

Preparation:

For the pastry:

- Heat oven to 190C/170C fan/gas 5.
- Line the pastry case with baking parchment, fill with baking beans and bake for 15-20 mins until the sides are set. Remove the beans and parchment and return the tin to the oven for 5-10 mins until the pastry is golden and the base is set. Leave to cool.

For the pie filling:

- Increase oven heat to 200C/190C fan/gas 6.
- Beat the butter and sugar together until light and fluffy. Keep the beat- ers going and pour in both of the syrups. Gradually add the eggs, ¼ tsp salt and the vanilla, then whisk until combined. Stir through the pecans, then pour the mixture into the tart case. Bake for 10 mins.

- Turn heat down to 160C/140C fan/gas 3 and continue baking for 30- 35 mins (the pie should be golden brown and the filling should wobble a little in the centre when shaken). Leave to cool in the tin. You'll probably need to run a knife around the tin to lift out the pie. Serve with whipped cream or ice cream.

Variation: can add dark chocolate about 185 gm to the pie mixture for a delicious Chocolate Pecan Pie.

Enjoy!

BUTTER TARTS

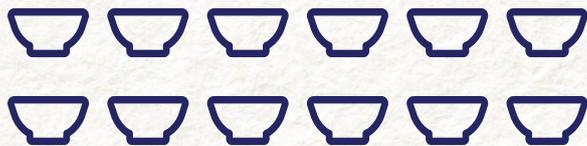
D'Arcey Jackson, Canada

Ingredients:

- 1/3 cup of butter
- 1/3 cup of corn syrup
- 1/2 cup brown sugar
- 1/8 tsp nutmeg
- 1/4 tsp salt
- 2 eggs
- Frozen unbaked pastry tart shells

Cooking Time: 45 mins

Servings: 12



Preparation:

- Bake the uncooked pastry shells for 10 minutes before adding the filling., following the cooking instructions on the packet.
- Mix together the butter and brown sugar until light and fluffy. Add in the eggs and mix together. Gently add in the corn syrup, nutmeg and salt until blended.
- Pour the filling into the partially cooked pastry shells.
- Cook at gas mark 7 for 12 minutes.
- Wait until the butter tarts have cooled before serving.

PROFITEROLES WITH ORCHID FLAVOURED CREAM FILLING AND CHOCOLATE SAUCE

Ian Guisseppi Millichip, Italian/French/
Central and South America



Servings: 12



Ingredients:

Choux Pastry

(the 2.5:2:2 Flour:Butter:Eggs ratio recipe)

70g Strong White Flour + Pinch of Salt (normal plain flour can be used) 50g Butter (unsalted ideally)

2 Eggs medium (at ~55-60 gram each).

150ml Cold Water

2tsp Caster Sugar
(optional.... May be good if using strong white flour)

Filling (Cream)

300ml Double cream (Whipping cream can do)

25g Caster sugar

1/2 tsp Vanilla extract

Chocolate sauce

150g Chocolate
(Go on and eat the rest of the 200g bar!!!)

250g Light cream

Cooking Time:

20-30 Minutes Preparation;

30-40 Minutes Cooking

Preparation:

Choux Pastry

•Preheat the oven. 220°C/Gas7/1 or 200°C –fan oven. Lightly grease the Grease-proof paper on the baking tray. Put it to one side. Sieve the flour with a pinch of salt. Add Water, Butter and optional 2 teaspoons of caster sugar to the saucepan, and place on low heat until butter (and sugar) has melted. Rapidly bring the water/butter mix to the boil. Reduce heat to a simmer then add the sieved flour in one go, reduce heat, and immediately start briskly stirring (wooden spoon) until the mix forms a soft dough that cleanly pulls away from the sides of the saucepan. This may take a minute or two. Take the saucepan off the heat and allow to cool (about 10 minutes)

- Take one egg at a time, give it light whisking and add (one at a time) slowly to the dough and beat the egg with the dough until mixed. Only add the next lightly whisked egg when the previous egg addition(s) is/are completely combined with the dough. As you add the eggs you will notice that the mixture splits. Mix the dough until it is smooth and starts to come together again to form a thick paste. Place dough into a piping bag/piping system. A 15mm fitted tip is good. Pipe dough balls with about 2 teaspoons of dough 5 cm apart onto the baking tray. Gently smooth the top of the ball to form a dome with a wet clean finger. Place the tray of dough balls into the middle of the pre-heated oven. Cook for 18 to 20 minutes until risen golden brown. Turn the oven down to 160°C. Pierce the risen Choux pastry balls, and pop back in the oven for a further 5 minutes. Remove and let cool and make a small slit in the side of the Choux pastry balls for adding the filling.

Continued >>>



Cream Filling

- Add double cream, caster sugar and vanilla extract to a bowl and whisk cream until the cream has a thick constituency that holds its peaks. I recommend an electric whisk. Be careful not to over whisk the cream else it will curdle. Double cream needs more care in avoiding over whipping.
- Fill the piping bag with the cream mix. I recommend a cotton piping bag for this with a reasonably small piping tip. Although a cotton piping bag is messy, I prefer it because it helps in getting a fluffier cream filling that is less likely to make soggy Profiteroles.
- Fill the Choux pastry balls. Stand in the fridge, if needed, for no more than 10 minutes before serving with Chocolate Sauce.

Chocolate Sauce

- This is best started before preparing the Cream Filling.
- Fill a saucepan with water, and place a glass/stainless steel bowl on top of the water. The chocolate is to be melted over the boiling water. Bring the water to a boil with the glass/stainless steel bowl on top. Add the cream and chunks of chocolate to the bowl and heat gently until the chocolate has melted and a smooth runny sauce is made. Do not allow the cream to boil or the mixture to become too hot.
- Place cream filling Profiteroles on a plate or in a dessert bowl. Pour the warm chocolate sauce either beside or drizzled over the Profiteroles.

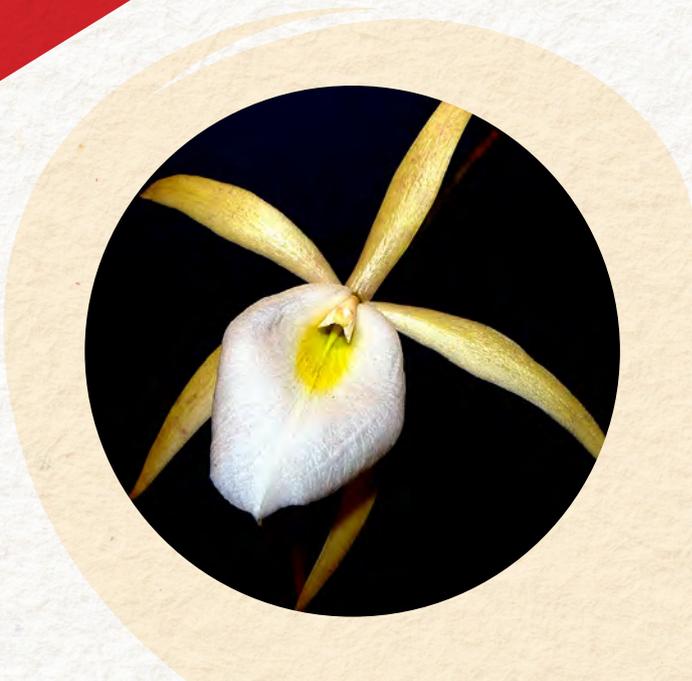
An orchid flavoured delight with the tastes from Central and South America and based upon a pastry invented by an Italian in France. There are options for different fillings and for different sauces or serving suggestions. But, here, I will present my favourite combination of a sweetened vanilla flavoured fluffy cream filling and warm creamy chocolate sauce (made from a favourite bar of chocolate).

I started making Profiteroles in the mid-1980s. Much of the making of Profiteroles and Chocolate Eclairs (which are elongated Profiteroles in my book) was about knowing what could go wrong in a way that the Profiteroles had no subtle way of saying "that didn't quite work". I even bought a new fancy cooker that allowed me to make Profiteroles on all 3 levels of an oven.

Choux Pastry is said to have been developed by an Italian Chef in 16th Century France. The principle of Choux Pastry is in having a high moisture content such that steam acts as the raising agent during the baking stage. This pastry has a boiling step and a cooling step in its making before the final baking. The high moisture content must be accompanied by a pastry structure that will allow raising without collapsing. Strong White Bread Flour is ideal for this, but for those wishing to attempt a gluten free version then I recommend experimenting with gluten-free flour and Xanthan Gum. Eggs are important to this recipe. But care is needed not to have too much egg, and to blend it adequately with the dough such that the dough is not split, else the Choux pastry balls will collapse. A High Moisture content does not mean "runny".

Orchid Flavoured? Vanilla extract from the Vanilla Orchid is used here to add a subtle flavour to the sweetened cream filling. But, more importantly, the chances are that the chocolate bar used in the sauce is vanilla flavoured.

I do, always, recommend a read of the brief history of chocolate whilst eating through a plate of these gorgeous little nuggets of taste.



JAN ELLIS PUDDING (PRONOUNCED “Y-AHN ELLIS PUDDING”)

Aidan Prinsloo , South Africa



Ingredients:

200g Self-raising flour

100g sugar

2 eggs

1 Tbsp bicarbonate of soda

2 Tbsp of apricot jam

30g soft butter

120ml milk

1/2 tsp salt

Sauce:

240ml boiling water

230g butter

240ml milk (or cream)

200g sugar

1 tsp vanilla



South Africa has an obsession with desserts and sweet goodies. Not only are they an integral part of any family dinner, but we don't do tea or coffee without a sweet baked goodie alongside it (and I am not talking just biscuits here!) I think part of it comes from being on one of the major trading routes between Asia and Europe. While I can think of a range of sweet treats to share, the one that stands out to me for the festive season is Jan Ellis pudding. This is a spin on another South African treat: Malva pudding. Both are akin to sticky toffee pudding, but on steroids. They incorporate a lot of flavours I associate strongly with home.

Jan Ellis was a rugby player back in the 1970s. While I have no particular connection with him, my mother often baked us Jan Ellis pudding. When we moved to Ireland, the first Christmas I had with other South African friends, I made Jan Ellis pudding for them. The taste of home was quite nostalgic! Importantly, Jan Ellis pudding combines the flavours of apricots, nutmeg (or cinnamon) and vanilla in a hearty tray bake. These are common flavours in SA desserts, and I associate them with a big chunk of SA cuisine. It is best served piping hot, with the sauce poured over no more than 5 minutes before serving. (The trick is to pour the sauce over just as you take it out the oven!)

All the ingredients can be sourced at a local grocery shop, though I find polish shops stock ingredients that are closer to what we would have in South Africa (even the apricot jam is more like what we have!)

Cooking Time: 60 mins

Servings: 6



Preparation:

For the pudding

- Cream together the butter and sugar. Add beaten eggs. Add jam. Add milk. Sieve the self-raising flour and salt into the mixture. Add the bicarb with a bit of water. Mix all very well. Bake for 30 min at 180 Celsius.

For the sauce

- Mix all together in a pot on the stove and bring to a boil. Pour over the pudding as soon as it is out of the oven.

LEKKER EET!

OLIEBOLLEN

Ashling Hartevelde, Netherlands

Ingredients:

400g flour
2 tsp salt
20g fresh yeast
300ml milk
1 Tbsp sugar
2 eggs
200g raisins
1 apple
Fat for deep fat frying
Icing sugar

Cooking Time: 45 mins

Servings: 4



These delicious Dutch doughnuts are an important part of the New Year's Eve tradition in the Netherlands. My mother and aunt make oliebollen every year and send each other photos to compete to see who has the best oliebollen! Oliebollen were introduced into America by Dutch settlers so it is likely that the well-known American doughnut is actually an Americanized oliebol.

Note: Goudeneuwtjes are the traditional apples to use. Alternatively, you can leave out the raisins and apple or substitute with other fillings.

Preparation:

- Dissolve the yeast in the milk, leave for a few minutes to get frothy. Mix the flour, salt and sugar.
- Add the eggs and the yeast-milk mixture to the flour.
- Mix everything together for about 10 mins.
- Then mix in the raisins and chopped apple.
- Cover the bowl and leave to rise for about 1 hour. Heat the fat in a deep fat fryer to 170°C.
- Using 2 spoons or an ice cream scoop, make balls from the risen batter and slide them into the hot fat.
- Bake them for about 5 mins or until brown.
- Using a slotted spoon, take the oliebollen from the fat and place them in a colander to get rid of most of the fat. Then place them in another colander layered with kitchen paper towels to absorb the remaining fat.
- Dust with sugar.

**EET
SMAKELIJK!**

BIRCHERMÜESLI

Giuseppina Sethuraman, Switzerland



Ingredients:

5 - 6 Tbsp Oats

100 ml Milk

2 Tbsp Raisins (optional)

500g Plain yogurt or fruit yogurt of your choice (strawberry, blueberry or raspberry yogurt go very well)

½ Lemon Juice and Zest

1 tsp Cinnamon (optional)

3 Apples (sour varieties go very well, example; Braeburn)

1 Banana (optional)

400-500g Seasonal mixed fruits, preferably fresh but frozen works; Strawberries, Raspberries, Blueberries, Apricots, Cherries, Pears, Sweet Plums, Nectarines, Oranges, Clementines, Kiwi and Grapes

2-3 Tbsp Ground Hazelnuts or Almonds (almond or hazelnut meal) (you can grind them yourself, in your food processor).

100ml Cream for whipping (don't use the ready whipped cream)

EN
GUETE!

Preparation:

- Take a large, sealable bowl, add the oats and mix well with the milk. Let it soak for 1-2 hours or overnight in the fridge. Now you can add the yogurt, lemon zest and juice and the cinnamon
- Grate the apples (use coarse grater for a bit of a bite). Preferably, do not peel the apples, as the main nutrients are found in the peel.
- Add the remaining fruits and the nuts.
- Add some additional milk, as per your preference, depending on which consistency you find to be to your liking. Whip the cream and fold it in at the very end.
- This step is optional but makes the Birchermüesli deliciously rich and indulgent. You can sweeten the Birchermüesli with honey, sugar or sugar substitute.
- A little secret tip; add some vanilla essence for an even more irresistible taste!



Servings: 4-6



This is an original, delicious and indulgent Swiss Birchermüesli recipe. It is a versatile dish that can be enjoyed in a number of scrumptious ways. It is also very flexible, especially to those with specific dietary requirements! If you prefer a lighter version, you can replace the dairy products with low or fat free versions. For a vegan option, replace the dairy products with vegan alternative products.

Birchermüesli can be enjoyed at any time throughout the day but will most commonly be found at the breakfast or tea table. It is a sure find in any Swiss household for a Sunday brunch. Maximilian Oskar Bircher-Benner was a Swiss doctor who experimented with the benefits raw foods have on the body. Following his research, he developed Müesli, a dish based on raw oats, fruits, and nuts. In 1987 in Zurich, he opened a sanatorium called "Vital Force", where each meal began with a small bowl of Müesli, which was then followed by mostly raw vegetables and a dessert. Patients were not allowed to consume alcohol, coffee, chocolate or tobacco while they were being treated. His theory of life was based on harmony between people and nature.

Fun Fact! The coarse grater, that is recommended for the grating of the apples in this recipe, is colloquially known to Swiss people as a "Bircher-Raffel". Translated into English, this means Bircher-Grater, named after the inventor of the Birchermüesli, Maximilian Bircher-Benner.

