



## **JOINING HANDS FOR A BETTER FUTURE**

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## **MIGRANT RECIPES**

## المقادير

- 1 كلغ كسكس
- 1 كلغ لحم مقطّع الى قطع متوسطة الحجم
- 500 غ لفت مقطّع الى أرباع
- 500 غ جزر مقطّع الى شرائح عريضة
- 500 غ كوسى مقطّعة الى شرائح عريضة
- 150 غ حمص منقوع في الماء منذ الليلة السابقة
- 2 بصلتان مفرومتان
- 200 غ زبدة
- 1 ملعقة صغيرة زعفران
- 1 باقة كزبرة
- 1 ملعقة صغيرة زنجبيل مطحون
- ملح وفلفل أسود حسب الرغبة

## طريقة التحضير

يوضع الكسكس في وعاء ويُسكب فوقه بعض الماء الفاتر المملح. يُحرّك الكسكس بواسطة شوكة حتى تتفرّق الحبوب بعضها عن بعض، ويوضع في مصفاة خاصة للطهو على البخار، فوق القدر حيث يُطهى اللحم.

يوضع اللحم في القدر ويُغمر بـ5 لترات من الماء. ثم يضاف البصل، الحمص، الزنجبيل، الزعفران، الملح والفلفل الأسود. يُغلى المزيج ثم يُترك على نار هادئة لمدة ساعة

توضع المصفاة داخل القدر بينما يُطهى اللحم. وعندما يبدأ البخار بالتصاعد من الكسكس، تُرفع المصفاة ويعاد الكسكس الى الوعاء ويُترك جانباً

بعد ساعة من طهو اللحم، يُضاف اللفت والجزر ويُترك على نار هادئة لمدة 15 دقيقة، ثم تضاف الكوسا والكزبرة

يوضع الكسكس مجدداً في المصفاة داخل القدر، ويُترك على النار لمدة 45 دقيقة

عندما ينضج الكسكس، تُطفأ النار

يوضع الكسكس في طبق للتقديم وتضاف الزبدة فوقه. يُرفع اللحم والخضار من المرق يسكب اللحم والخضار في فجوة وسط الكسكس، ويُسكب المرق في وعاء عميق للتقديم



## MOROCCAN COUSCOUS

### INGREDIENTS:

- 1 kg couscous
- 1 kg chopped veal
- 500 gr white carrots cut into four parts
- 500 gr carrots cut into large pieces
- 500 gr courgettes cut into large pieces
- 150 gr chickpeas soaked overnight
- 2 onions cut into cloves
- 200 gr butter
- 1 teaspoon of saffron
- 1 coriander sprig
- 1 teaspoon of freshly ground ginger
- Salt and black pepper to taste

### PROCEDURE:

Put the couscous in a bowl and pour a bit of hot salty water.

Stir the couscous using a fork to separate the grains, then put the couscous in the upper part of the steamer because in the lower part you must put the meat.

Put the meat in the pot and cover it with 5 liters of water.

Then add the onions, chickpeas, saffron, salt and black pepper.

When it begins to boil, keep cooking at low flame for 1 hour.

Place the upper part of the pot with the couscous on the lower part with the meat, while the meat cooks.

As soon as the steam starts to get from the couscous, take off the couscous and put it in a bowl to cool.

After an hour, add the white carrots and carrots and carry on cooking at low flame for 10 minutes.

Then add the courgettes and coriander.

Place the couscous in the upper part of the steamer and cook it at low flame for 40 minutes.

When the couscous is cooked, turn the gas off.

For the presentation put the couscous in a big bowl, add butter and mix.

Get the meat and vegetables from the broth and put them in the middle of the couscous.

In the end fill little bowls with the broth.

## PANCIT



### Ingredients:

- 1 balot nag bihon
- 1 balot ng pancit canton
- 500 gr dibdib ng manok
- 1/2 repolyo
- 3 pipino
- 3 karot
- 1 kintsay
- sibuyas
- 2 cloves bawang
- 250 ml ng toyo
- 1 lt gulay sabaw
- langis ng oliba
- paminta
- lemon
- 1 nilagang itlog

### Paglilitis

Hugasan, malisin at i-cut ang mga gulay sa mahabang hiwa, at i-cut sa maliit na piraso ng dibdib ng

manok. Sa isang pan na may langis,ilagay ang tinadtad bawang at sibuyas cut sa piraso at idagdag ang mga dibdib ng manok. Magluto na may toyo at kapg ang manok ay nagsisimula sa kayumanggi, idagdag ang mga gulay. Magluto para sa 15 minuto at pagkatapos ay magtabi ang mga gulay upang palamig ng kaunti. Sa parehong palayok,na may sauce ng gulay,idagdag ang mainit na sabaw at lutuin ang bihon para sa 3-4 minuto. Alisan ng tubig ang bihon at magdagdag sa mga gulay,ihalo na rin. Budburan na may isang kurot ng paminta. Sa wakas cut 4 hiwa ng lemon at gamitin ang mga ito bilang palamuti,kaya kahit na ang mga hard nilagang itlog.

## PANCIT

### A recipe from the Philippines

#### *INGREDIENTS:*

- 1 packet of soy noodles
- 1 packet of pancit canton
- 500 gr chicken breast
- ½ cabbage
- 3 courgettes
- 3 carrots
- 1 celery stick
- 1 onion
- 2 cloves of garlic
- 250 ml soy sauce
- 1 lt vegetable stock
- olive oil to taste
- pepper to taste
- lemon
- 1 hard-boiled egg

#### *PROCEDURE:*

Wash, clean and cut vegetables into long slices and cut the chicken breast into little pieces.

Put the chopped garlic and chopped onion in a pot with oil and add the chicken breast.

Cook with soy sauce and when the chicken takes colour, add vegetables to cool a little.

In the same pot with the gravy of the vegetables add the hot vegetable stock and cook spaghetti for 3-4 minutes.

Drain the spaghetti when it is just firm, add it to the vegetables and stir.

Sprinkle with pepper.

Cut 4 slices of lemon and use them to decorate together with the hard-boiled egg.

## рецепт блинов с икрой



### ***Ингредиенты:***

50 мл растительного масла,  
50 гр. сливочного масла,  
50 гр. сахара,  
3 яйца,  
500 мл молока,  
250 гр. пшеничной муки,  
200 гр. красной икры,  
соль.

### ***Приготовление:***

В глубокую миску разбейте яйца, добавьте к ним сахар, соль и 250 мл молока. Взбейте получившуюся смесь венчиком. Постепенно добавляйте в тесто всю муку, тщательно перемешивая и стараясь избежать появления комочков. Когда вся мука окажется в тесте, добавьте оставшееся молоко и растительное масло. Снова перемешайте. Из получившегося теста испеките блины. В каждый блин положите по 1 чайной ложке с горкой икры, равномерно распределите по всему блинчику и заверните уголочком.

### **BLINY WITH RED CAVIAR**

#### **Ingredients:**

- 50 ml vegetable oil
- 50 grams butter
- 50 grams sugar
- 3 eggs
- 500 ml milk
- 250 grams flour
- 200 grams red caviar
- Salt to taste

#### ***Preparation:***

**Beat the eggs in a bowl, add the sugar, salt and 250 ml milk. Beat the mix with the whip. Gradually add flour mixing well, avoiding the formation of clots. Add the rest of the milk and vegetable oil.**

**Keep mixing. From the resulting dough cook the bliny. Put in each of them one teaspoon of caviar. Distribute it in a uniform way and wrap it to form a small angle.**

## KOZONAC



### Ingrediente:

1 kg făină  
500 ml lapte  
4 ouă  
250 gr zahăr  
50 gr unt  
50 ml ulei  
50 gr de drojdie proaspătă  
un praf de sare

### Ingrediente umplutura

Nuci, cacao, zahar, lapte

Într-un castron se pune făină, praful de copt împreună cu o linguriță de zahăr, ouă bătute, puțină sare, zahăr și rom.

Se adauga încet lapte și după umpic de lucru la aluatul, se adaugă ulei-ul până când se obține un compus moale și elastic. Această se acoperă într-un loc cald sa creasca timp de cel puțin două ore.

Între timp trebuie să ne pregătim umplutura: se amestecă nucile cu zahăr, cacao și lapte și se încălzește ușor, amestecând constant până la o consistență cremoasă. Aluatul poate fi împărțit în 2 sau 3 părți, în funcție de faptul dacă doriți să aveți mai multe straturi de umplere sau de cozonac.

După amestecarea aluatului, se lasă să crească într-un loc cald timp de aproximativ o oră.

Se coace la 175 ° C timp de 50 minute. Se lasă să se răcească în matriță timp de câteva minute, apoi se pune pe un fund și se lasa sa se răcească complet înainte de a tăia în felii și sa se servească.

## ROMANIAN COZONAC

### Ingredients for the dough:

- 1 kilo flour
- 50 ml milk
- 4 eggs

- 250 grams sugar
- 50 grams butter
- 50 grams of brewer's yeast
- 50 ml oil
- A pinch of salt

**Ingredients for the filling:**

- Nuts
- Cocoa
- Sugar
- Milk

***Procedure:***

Put the flour in a bowl, with the brewer's yeast and a spoonful of sugar, the whisked eggs, a pinch of salt, sugar and milk. Work the dough and add the milk gradually. After working the dough, add the oil gradually in order to obtain an elastic soft mixture. Cover it and put it in a warm place leaving it to rise for at least two hours. In the meantime, we have to prepare the stuffing: mix the nuts with cocoa and milk and sugar, warm it lightly while keeping mixing until you obtain a creamy texture. You can divide the leavened dough into two or three parts depending on whether you want more layers of stuffing or you want to give a plaited form to the Cozonac.

After mixing the dough, you have to leave it to rise in a warm place for about one hour. Then put it into the oven at 175 C for 50 minutes.

Leave it to cool down in the mould for a few minutes, then put it on a chopping board and leave it to cool down completely before slicing and serving.

### Beef sirloin in cream sauce (Czech Republic)



#### Ingredients

- 1 - ½ lb beef tenderloin or sirloin in one piece
- 5 oz smoked bacon diced
- 2 onions cut into large slices
- 1 tablespoon sugar
- 2 teaspoons mustard (or 2 oz mustard seeds)
- 1 tablespoon white vinegar
- 3 tablespoon butter
- 2 carrots, julienned
- ½ celeriac, julienned
- 1 leek, thinly sliced
- 2 turnips, julienned
- 1 cube beef broth, diluted in ¾ cup hot water
- 1 – ¼ cup sour cream
- 2 bay leaves
- 4 whole allspice berries
- Zest of a lemon
- Pepper
- Salt
- 2 tablespoons cranberry jam or other berry jam

## Instructions

- Preheat the oven to 300 F
- Poke the pieces of meat and insert the bacon in the holes, season with salt and tie the meat with kitchen twine
- In a large cast iron pot or Dutch oven, sauté the onions over medium heat
- Add the sugar and caramelize the onions lightly
- Add the vegetables and cook for 10 minutes
- Add the meat, lemon zest, vinegar, 1 teaspoon mustard, whole allspice berries, pepper and bay leaves
- Stir and cook for 5 minutes, stirring regularly
- Add the diluted beef broth cube and bake in the oven for 2h15. Turn the meat over and add boiling water regularly, if necessary
- Take out from the oven. Remove the meat and bay leaves
- Add remaining mustard. Mix all the content and bring the sauce to a boil. Cook for 5 minutes over medium heat, stirring constantly. Add a little boiling water if necessary
- Add the cream, cook the sauce for 1 minute
- Slice the meat
- Serve with cranberry jam

## **CHICKEN TAGIN (Maghrebi dish)**

3tbsp olive oil  
2 red onions, thinly sliced lengthways



3 garlic cloves  
2tsp ground ginger  
½tsp saffron, in a little warm water  
1tsp cinnamon  
Juice of ½ lemon  
2 small preserved lemons  
2tbsp chopped parsley  
Small bunch of fresh coriander  
6 chicken thighs  
3tbsp violet olives

Heat a tagine or heavy-bottomed shallow lidded pan on a low heat and add the oil, followed by a layer of onion. Mash the garlic with ½tsp salt and add to the pan.

Sprinkle over the ginger, saffron water and cinnamon, followed by the lemon juice, and coarsely chopped pulp of one preserved lemon and the rind of both, cut into slivers. Add the parsley and 2tbsp chopped coriander and toss it all together well.

Arrange the chicken on top and scatter over the olives. Pour 175ml water into the pan, cover tightly and simmer very gently for about 45 minutes until the chicken is cooked through.

Season to taste and top with the remaining coriander, chopped.

## **TUNISIAN SPINACH RICE**

### **Ingredients**

- 2 cups organic white basmati rice
- 1/3 cup olive oil
- 3 Tbsp tomato paste
- 1 pound (2 bunches) fresh organic spinach, chopped
- 1 large bunch flat-leaf parsley (2 to 3 cups, chopped)

- 2 medium sweet white onions (about 2 cups chopped)
- 1 medium head of garlic, chopped finely (about 1/4 cup chopped)
- 2 medium potatoes, cubed
- 1 medium tomato, chopped
- 3 large carrots, chopped
- 1 cup cooked chickpeas
- 1 1/2 Tbsp ground coriander
- 1 tsp ground caraway
- 1 1/2 Tbsp smoked paprika
- 1 small dried hot red pepper (or 1 tsp hot pepper flakes)
- 1 tsp turmeric
- 2 1/2 tsp salt
- 1/2 tsp black pepper

### Directions

1. Rinse the rice well. Drain the water out and place the rice in a large bowl. Add the olive oil and tomato paste and mix well.
2. Now add the chopped spinach, chopped parsley, chopped onion, chopped garlic, cubed potatoes, chopped tomato, chopped carrots, chick peas, and all the spices to the rice. Mix everything together very well.
3. Pour this mixture into the top part of a large deep steamer and place on top of approximately 1 inch of boiling water. Make sure the top of the water isn't touching the bottom of the steamer.
4. Cover the steamer with a lid and allow the whole thing to steam on medium heat for 30 minutes. After 30 minutes, check the water level in the bottom pot and add more water if necessary.
5. Carefully spoon out the steaming rice into a large bowl and gently mix it with a large wooden spoon. This will allow the rice to finish steaming more evenly.
6. Return the rice mixture to the steamer and continue steaming with the lid on for 30 more minutes or until the rice is cooked to perfection. Serve warm and enjoy!



## **Bavarian Cream:**

### **Ingredients needed for Bavarian Cream:**

- raw eggs or pasteurized eggs
- sugar
- vanilla extract
- powdered gelatin
- heavy cream
- cocoa powder if you are making the chocolate version

### **Steps for preparation:**

1. Add 1/4 cup cold water to a small bowl and sprinkle gelatin on top. Set a side.
2. In a medium bowl, beat egg yolks and sugar together, until pale and frothy.
3. Beat egg whites until stiff peaks.
4. Whip heavy cream with 1 tsp sugar, to stiff peaks.
5. Warm up gelatin until it turns into a liquid, use a double boiler or do it carefully in the microwave.
6. Add gelatin to the egg yolk mixture. Mix well. Fold in whipped cream. Fold in egg whites. Add vanilla.
7. Divide mixture in half. Add cocoa powder to one part.
8. Spoon cream into glasses, using half of the yellow and half of the cocoa mixture. Refrigerate for 4 hours.
9. Serve with fresh berries and drizzle melted chocolate.

# Groundnut stew with smoked fish (Mali)

## Ingredients:

- 1 big smoked fish, washed and cut into medium pieces
- 3 tablespoons peanut oil
- 1 large onion, chopped
- 3 gloves garlic, chopped
- 4 tablespoons of peanut butter
- 2 fresh tomatoes, mashed
- 1 -2 tablespoons tomato paste
- Black Pepper, to taste
- Spring onion, chopped (optional)
- 2 bouillon cubes or Maggi
- Salt, to taste
- Chili pepper, to taste
- 4 cups water



## Making:

**Step 1:** Heat the oil in a cooking pot and add the onions. stir fry for few seconds.

**Step 2:** Add the tomatoes, the tomato paste, garlic and black pepper and let it cook for at least 10 minutes. You will need to stir occasionally to prevent the sauce from burning.

**Step 4:** Add water with the peanut butter and let the soup simmer for another 10 minutes.

**Step 5:** Add the smoked fish in soup, chili pepper, salt and the bouillon cubes. Bring the whole to a boil for 20 minutes or until you can see the oil in the soup and the sauce is thick.

You can serve your peanut soup with rice or Fufu.

# Pizza (Italy)

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## Ingredients

- 1 package (1/4 ounce) active dry yeast
- 1 teaspoon sugar
- 1-1/4 cups warm water (110° to 115°)
- 1/4 cup canola oil
- 1 teaspoon salt
- 3-1/2 cups all-purpose flour
- 1/2 pound ground beef
- 1 small onion, chopped
- 1 can (15 ounces) tomato sauce
- 3 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 medium green pepper, diced
- 2 cups shredded part-skim mozzarella cheese

## Directions

- In large bowl, dissolve yeast and sugar in water; let stand for 5 minutes. Add oil and salt. Stir in flour, a cup at a time, until a soft dough forms.
- Turn onto floured surface; knead until smooth and elastic, about 2-3 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 45 minutes. Meanwhile, cook beef and onion over medium heat until no longer pink; drain.
- Punch down dough; divide in half. Press each into a greased 12-in. pizza pan. Combine the tomato sauce spread over each crust. Top it with chorizo and cheese.
- Bake at 400° for 25-30 minutes or until crust is lightly brown



## Spiced merguez couscous (Moroccan specialty)

### Ingredients :

- olive oil
- merguez sausages 8
- red onion 1, halved and thinly sliced
- red pepper 1, cut into chunks
- courgettes 2 small, halved lengthways and sliced
- tomatoes 2, roughly chopped
- chicken stock
- harissa paste 2 tbsp
- couscous 200g
- parsley or coriander a handful of leaves

### Method :

- Step 1

Heat a little oil in a large frying pan and cook the sausages until they are golden brown all over. Scoop out of the pan, then add the onion and pepper, and fry until they are soft and translucent.

- Step 2

Add the courgette and tomato, and cook for a few minutes, then add 300ml chicken stock and the harissa paste. Slice the sausages into chunks on the diagonal, and add them back to the pan. Season, and simmer everything for 10 minutes.

- Step 3

Meanwhile, put the couscous in a bowl and pour over enough chicken stock to come 1cm above the couscous. Cover with clingfilm and leave for 10 minutes.

- Step 4

Serve the couscous in bowls with the merguez stew and scatter with herbs.



**Portugal created the routes of multicultural gastronomy.**

**With the maritime and territorial expansion, the exploration of new routes and discovery of new cultures allowed the Portuguese to enrich and expand their own culture and knowledge, which they did not despise and made known all over the world.**

**The Portuguese presence in the world throughout history influenced bilaterally the gastronomy of other cultures, with the Portuguese to import techniques and new ingredients and to leave their mark in countries as far away as Brazil, India and Japan.**

**From Asia, oranges, known as "narang", arrived in Europe with the Portuguese at the time of the Crusades. From India they brought sweet oranges, which they planted along their routes in the fifteenth century.**

**In addition to the spices from Asia brought by the Portuguese to Europe, the oriental influence in Portuguese gastronomy, there is also a traditional "canja", a chicken and rice soup traditionally used as convalescent therapy, which has its parallel in the Asian "congee". Also from the East the Portuguese brought Tea. Europe soon began to import the leaves, with the drink rapidly becoming popular, especially among the affluent classes in France and the Netherlands. The use of tea as well as orange marmalade in England is attributed to D. Catarina de Bragança, a Portuguese princess who married Charles II of England in the seventeenth century.**

**The Portuguese also brought the first chilli pepper from the New World to India, where it is now a key ingredient, based on its strong presence in the cuisine of Goa, the center of the Portuguese presence in India.**

**His influence in the Brazilian cuisine was felt with the feijoada and the stew. And in Goa, with recipies such as the "garnish", whose name originates in the traditional seasoning of marinade in vines, and also in Macanese cuisine.**

With the Portuguese presence in Japan in 1542, Portuguese confectionery also left marks in Japanese cuisine, where it introduced for the first time the refined sugar, originating the so-called "Kompeito" and also in the adaptation of the egg yolks and Muggles, which originated the Japanese specialty "keiran somen". This recipe has also become very popular in Thailand under the name "Kanom Foy Tong". The traditional "loaf of bread" derived in Nagasaki in the cake Castile, "Kasutera". The "Tempura", fried foods and wrapped in chicken, was introduced in Japan in the mid-sixteenth century, by Portuguese missionaries, inspired by the Portuguese recipe peixinhos da horta.

what we present here is a small sample of the cultural influences in the Portuguese gastronomy that results from the experiences of our students.

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### 1. Beef Rendang:

Ingredients:

- 2 ½ pounds of beef chuck
- 4 shallots, sliced
- 6 cloves of garlic
- 1 (1 ½ inch) piece of ginger, peeled and sliced
- 1 ½ inch piece of galangal, peeled and sliced
- 2 serrano chile pepper- stemmed, seeded, and sliced
- 1 Fresno chile pepper- stemmed, seeded and sliced
- 1 tablespoon Korean red pepper flakes
- 1 teaspoon of ground coriander
- 1/2 teaspoon of ground turmeric
- 1/8 teaspoon of ground cardamom
- 1/8 teaspoon of freshly grated nutmeg
- 2 tablespoons of vegetable oil
- 1 (14 ounce) can full-fat coconut milk

- 2 teaspoons of tamarind paste
- 1 tablespoon of brown sugar
- 1 /2 stalk lemongrass, light part

Preparation Time: 25 minutes

Cooking Time: 4 hours and 5 minutes

Calories: 380 calories

Portions: 8 portions

How to prepare:

1. Cut beef chuck into 2-inch pieces.
2. Combine shallots, garlic, ginger, galangal, serrano and Fresno chiles, salt, red pepper flakes, coriander, turmeric, cardamom, and nutmeg in the bowl of a food processor. Pulse until paste is very finely ground, stopping occasionally to scrape down the sides with a spatula.
3. Heat oil in a pan over medium heat. Add the curry paste. Cook and stir until it starts to dry out, and then stir in the beef. Add coconut milk, tamarind paste, and brown sugar. Stir to combine. Fill up the empty can of coconut milk with water and pour it into the pan. Increase heat to medium-high; bring to a simmer.
4. In the meantime, bruise lemongrass with the back of your knife. Cut into 1 to 2 inch pieces and add to the curry. Reduce heat to medium. Cook, uncovered, stirring occasionally, until beef is fork-tender and sauce is fully reduced, about 4 hours. Stir more frequently as water reduces; add more water or lower the heat if sauce is reducing faster than beef is softening.
5. Remove lemongrass to serve. For best results, let cool and serve the next day.



## Kibbeh

*Kibbeh* is a traditional fried croquette very popular in Lebanon, Syria and Iraq. Arab immigration in the late nineteenth century brought the *kibbeh* to Brazil, and it has become an integral part of Brazilian cuisine. The *Syrian pepper* is a combination of spices and, as curry, has many interpretations.



### Ingredients:

For the outer side:

- 500 g ground beef
- 250 g crushed bulgar wheat
- 1 large onion
- a handful of fresh mint leaves
- 1 teaspoon salt
- 1 teaspoon Syrian pepper or black Pepper

For the filling:

- 250 g ground beef
- ½ onion
- 1 garlic glove
- 2 tablespoons chopped parsley
- 2 tablespoons corn oil
- 50 g roasted peanuts
- 1 level teaspoon salt
- ½ teaspoon black Pepper

For Syrian pepper:

- 2 parts black pepper powder
- 1 part cinnamon powder
- 1 part cloves powder
- ½ part grated nutmeg

### Preparation method:

For the outer side:

1. Let the crushed bulgar wheat soak in cold water in a large bowl for about 2 hours, then drain, wrap it in a clean cloth and squeeze out all the remaining water.

2. Mix the drained crushed bulgar wheat with the chopped onion, ground beef, salt, Syrian pepper and fresh mint leaves.
3. Put the dough through the mincer and mix well with hands.

For the filling:

1. Chop the onion finely and sauté together with the garlic in the oil. Add the ground beef and cook until starting to dry. Season with salt and pepper.
2. Add the chopped parsley and peanuts and mix well.

To assemble the *kibbeh*:

1. Form the dough into golf ball sized pieces with greased hands.
2. Using an index finger and holding the ball in your other hand, make a pocket for 2 tablespoons of the meat filling.
3. Cover the open sides to seal the filling and using both hands mold it in a rugby ball shape.
4. Deep fry a few at a time in the hot oil, so as to keep the oil hot, until they are golden brown. To check the temperature put a toothpick into the oil: if bubbles start to form around the wood and float up, your oil is hot enough. Place them on paper towels to drain excess oil
5. Serve hot with lemon wedges and hot pepper.
6. You may also serve it as a main dish accompanied with green salad and yogurt sauce.

## Hummus

**Hummus** is popular in the Middle East and Mediterranean, as well as in Middle Eastern cuisine around the globe.

Ingredients:

- 200g/7oz canned chickpeas
- 2 tbsp lemon juice or more
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- pinch salt
- 1 tbsp tahini (sesame seed paste)
- 4 tbsp water
- 2 tbsp extra virgin olive oil
- 1 tsp paprika
- 4 rounds of pitta bread



Method:

1. Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.
4. Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.

## Recipes

### 1. Tagliatini with hazelnuts

The tagliatini with hazelnuts is a first course of fresh pasta that plays skillfully with the contrasts of flavors and textures. Easy and quick to prepare, they adapt to various occasions, from an important dinner with friends to family dinner. The dressing is prepared while the pasta is cooking and in a few minutes it is ready to go to the table. A recipe to learn!

## Ingredients:

- 250 g fresh egg cutters
- 100 g of toasted hazelnuts
- 40 g of soft butter
- 1 onion
- 80 g of diced bacon
- ½ glass of dry white wine
- Extra virgin olive oil
- Salt and black pepper

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Portions: 4 portions

How to prepare:

1. To prepare the tagliatini with hazelnuts, start putting on the fire a large pot with water that will rise to boiling. Chop the toasted and peeled hazelnuts coarsely. Work the cream butter in a bowl and add the chopped hazelnuts, mixing them well.
2. In a pan heat two tablespoons of oil and allow the minced onion to wither. When it becomes



transparent add the bacon, let it stand for two minutes, sprinkle with the wine and let it evaporate. Then add the cream of butter and hazelnuts, salt, pepper and leave to flavor for a few seconds. Turn off the heat and keep warm

3. Once the cutters are boiled, drain and pour them directly into the pan with the sauce. Mix well so that they are perfectly seasoned then transferred to the dishes and serve immediately the tagliatini with hazelnuts.



## Hóng Shāo Ròu - Red Braised Pork. China.

Yeyaoni Lin (Chinese family background)

Second Bachillerato – IES Liceo Caracense, Spain

Red braised pork belly is a classic pork dish from mainland China, Shanghai favourite. The pork belly is cooked until the fat and skin are gelatinous, soft, and melt easily in the mouth, while the sauce is usually thick, sweet and fairly sticky. It is generally served with steamed rice and vegetables.

### Ingredients: 4 servings

- ¾ lb. (≈500 g.) of lean skin-on pork belly
- 2 tablespoons oil
- 1 tablespoon sugar
- 3 tablespoons cooking wine
- 1 tablespoon regular soy sauce
- 1 tablespoon dark soy sauce
- 2 cups water

### Instructions:

1.- Cut the pork belly into cubes, after cleaning it.

2.- Boil a large pot of water and cook the pork for a couple of minutes (2-4 minutes) to get rid of impurities. Take the pork out of the pot, rinse with warm water and set aside.

3.- Over low-medium heat, add the oil and sugar to your wok. Melt the sugar and add the pork. Increase heat and cook until the pork is lightly browned.

4.- Turn the heat back down to low and add the cooking wine, both soy sauces and water to cover the pork cubes. Mix well.

5.- Cover and simmer for 45 minutes / 1 hour until pork is fork tender. Every 5-10 minutes, stir to prevent burning and add more water if it gets too dry.

6.- Once the pork is fork tender, if there is still a lot of visible liquid, uncover the wok, turn up the heat and stir continuously until the sauce has reduced to a glistening coating.

Enjoy with family and friends, and a good bottle of wine

## Eggplant salad. Romania.

Stefania Lixandru. (Romanian family background)

First Bachillerato – IES Liceo Caracense, Spain

### Ingredients: 4 servings

- 2 large eggplants
- 1 small onion
- 3-4 tablespoons sunflower oil
- Salt

### Instructions:

- 1.- Cook the eggplants over a fire grill or a gas stove. Bring the temperature between medium low to low. If it is too hot, the eggplants will burn on the outside before the inside is cooked.
- 2.- Pierce the eggplants in a few places, so they don't explode while cooking. Grill them on each side, turning them regularly, until the skin is burned (20-40 min). The meat should be really soft.
- 3.- Remove from fire and let them rest for a few minutes, then peel the skin off.
- 4.- Chop the eggplants on a board with a knife. Finally, dress the eggplant salad with sunflower oil, very finely chopped onion and salt.

Enjoy with family and friends, and a good bottle of wine

## Tarte Tatin. France.

### Agatha Moran Cherrier (French family background) Second Bachillerato – IES Liceo Caracense, Spain

This classic French dessert is a tart of caramelized apples that is cooked upside down but served with the right side up.

It was named after the Tatin sisters, who ran a hotel restaurant at the end of 19<sup>th</sup> century in La Motte-Beuvron, in Sologne, and created it by accident. They dropped the tart on the floor and baked it upside down (or so said on the legendary versions).

#### Ingredients: 8 servings

- 8 to 10 apples
- 150 g unsalted butter
- 150 sugar
- 200 g shortcrust pastry
- Cinnamon powder (optional)

#### Instructions:

- 1.- Peel the apples, cut them in half and remove the seeds and core with a knife.
- 2.- Make the caramel. Melt the butter in a saucepan and add the sugar. Mix it gently and heat until it is brown.
- 3.- Spread the caramel in an oven dish and arrange the apple halves on the warm caramel (trying not to leave any empty space). Add cinnamon, roll out the short crust pastry to a thickness of 3 or 4 mm and give it a round shape. Cover the apples with the pastry and fold the edges inside the dish. Gently press on the pastry with your hands to make sure it sticks to the apples. After that, make a small hole in the centre of allow steam to come out.
- 4.- Preheat the oven to 180°-200° and bake until the pastry is completely cooked (more or less 20 min). When it is cooked, cover with a big plate and flip it. Lift the tart dish and it is ready.
- 5.- Serve the tart warm and with crème fraîche or ice cream.

**DELICIOUS!!!!**

Enjoy with family, friends and a bottle of the sweetest wine

## Arroz al horno - Baked Rice. Valencia, Spain (Internal migration).

Ana Calleja García (Valencian family background)

First Bachillerato – IES Liceo Caracense, Spain

### Ingredients: 4 servings

- 300 gr of rice
- 600 ml of cooked broth
- 100 gr of cooked chickpeas
- 4 pork ribs
- 4 small onion black puddings
- 4 slices of fresh bacon
- 1 potato
- 1 tomato
- 3 tablespoons of crushed tomato
- 1 head of garlic + 2 cloves
- Extra virgin olive oil
- Salt
- Saffron

### Preparation of the recipe of Baked rice:

Peel the potato, cut into thin slices and fry in a pan with oil.

Cut the tomato into slices and fry them in a pan. Remove to a plate.

Cut the ribs in half, season them and brown them in another pan with oil. Remove to a plate. Cut the bacon into pieces and add in the same pan. Remove next to the ribs. Add the blood sausages and slow fry them. Stir.

Add saffron to the pan, the tomato sauce, the chickpeas and the rice. Season and sauté. Place the whole in a clay pot and add the rib, bacon and blood sausage. Add the potatoes and tomato slices. Place the head of garlic in half, pour the broth and put the clay pot in the oven at 220°C for 20 minutes.

**Enjoy with family and friends, and a good bottle of wine**