COOKBOOK

IN CELEBRATION OF THE GERMAN DIVERSITY DAY
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Tortilla de patata (Spanish Omelette)

**INGREDIENTS**

- 4–5 potatoes
  Any type of yellow potato suitable for frying them can be used. For size, use your fist to measure the size of the potatoes to use. If they are smaller, use 1 or 2 more than what’s suggested.
- 5–6 XL eggs
  If they are smaller, use 7–8 instead.
- Around 150 ml / ⅔ cup of olive oil
  The potatoes are cooked in a generous amount of oil, and the oil can be strained and reused 2–3 more times in the future. Do not use any other type of oil.
- Salt to taste
- 1 small white or yellow onion (optional)

**INSTRUCTIONS**

1. Add the olive oil to a 21 cm / 8 inch diameter deep frying pan over medium to high heat.
2. If you have decided to use onion, cut it into small square pieces now.
3. Peel the potatoes and slice them into uniform 2 mm or 1/16 inch thick slices.
4. Add the sliced potatoes and the optional onion to the pan; they should be mostly covered with olive oil (add a little more oil if needed).
5. Cook on medium-high heat, maintaining a gentle boil, for 8–12 minutes, turning occasionally, until potatoes are just fork tender. Don’t overcook them or take them out if they are still hard.
6. Meanwhile, crack the eggs into a bowl and season with salt. Beat the eggs together.
7. Drain potatoes and allow them to cool for a few minutes.
8. Pour over the mixed eggs, the cooked potatoes and onion and toss to coat.
9. In the same pan you used before, leave around 1 teaspoon of the previous olive oil over medium to high heat.
10. Once hot, pour the potato mixture into it and cook on high heat for 1 minute. Reduce heat to medium and cook for about 7–8 minutes. During that time, run a rubber spatula along the outer edges of the tortilla to make sure it’s not sticking and to help it form its shape.
11. Now you have to flip the omelette. Normally in this step, you would use a big plate to do that. For newbies to the technique, I recommend to use a pan of the same size, also with 1 teaspoon of the previous olive oil, being heated simultaneously with the previous step.
12. Once it starts to firm up around the edges and in the center (although it will still be a little runny on top) place the second pan (or the plate) over the first one and flip the omelette onto it.
13. If you use a second pan, keep cooking the tortilla in it. If you use the plate, slowly slide the uncooked part of the tortilla to the pan again, leaving the cooked part on top.
14. Cook on high heat for 1 minute, and low heat for 5–7 more minutes or until done. It’s done when it feels set in the center and a knife or toothpick inserted into the center comes out clean.

**Why did you choose this recipe?**

This vegetarian dish is one of the most iconic ones in Spanish cuisine, tastes great served warm, cold, or at room temperature and it is a versatile dish, perfect for parties or as a snack. Do not mistake it with Mexican tortillas, used in burritos. The Spanish omelette is closer to a frittata.
Pimento Cheese Spread

**INGREDIENTS**

- 226 g / 8 oz. cream cheese (softened)
- 240 g / 2 cups cheddar cheese (grated)
- 50 g / ¼ cup diced pimentos (drained)
- 60 g / ¼ cup mayonnaise
- 1 ½ tbsp hot sauce
- ¼ tsp granulated garlic
- ¼ tsp celery salt
- ¼ tsp paprika

**INSTRUCTIONS**

1. Add all ingredients to the bowl of a KitchenAid Mini Stand Mixer.
2. Attach bowl and Flat Beater to mixer.
3. Turn to Speed 4 and beat 5 minutes or until well blended.

**Why did you choose this recipe?**

It's an easy and delicious snack and only 970 calories.
Italian Wedding Soup

INGREDIENTS

For the meatballs:
- 1 egg
- As many fresh herbs as you have - I usually include chives, basil, parsley, thyme
- 3 cloves of garlic, minced
- 230-340 g / 0.5-0.75 lb ground meat (chicken or turkey to make it less fatty, beef can also be used)
- 230 g / 0.5 lb sweet or smoky sausage, casing removed
- 45g / ½ cup grated parmigiano
- 30 g / ½ cup bread crumbs
- Dash of salt and pepper

For the soup:
- 1 onion, diced
- 2 carrots, diced
- 1 paprika, diced
- 2 sticks of celery, diced
- 1.9 L / 8 cups broth
- 475 ml / 2 cups water
- 2 bay leaf
- 150 g / 1.5 cups small pasta
- Package of fresh spinach, chopped up
- Salt and pepper to taste
- Additional seasoning: garlic and onion powder, and paprika

INSTRUCTIONS

1. Combine all of the ingredients for the meatballs.
2. Form meatballs that are about 1 inch in diameter and place on a backing sheet lined with aluminum foil.
3. Bake for roughly 15 minutes at 175 °C / 350 °F, or until the meatballs are golden brown and are cooked all the way through.
4. Combine all the veggies for the soup in a large pot and let cook with some oil for 7-8 minutes, until they are slightly softened. All the liquids and the bay leaf and bring to a boil.
5. Add the pasta and cook until the pasta is al dente.
6. Reduce the heat and add the meatballs and spinach.
7. Simmer for a few minutes and DONE!

Why did you choose this recipe?
This recipe is always a hit. People ask me to make it for any gathering during the colder months.
Bacon Cauliflower Chowder

INGREDIENTS

- 4 slices bacon, cut into 2.5 cm / 1 in pieces
- 1 medium yellow onion, chopped
- 2 medium carrots, peeled and chopped
- 2 stalks celery, chopped
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp flour
- 2 sprigs thyme, stripped and chopped
- 1 head cauliflower, cut into small florets
- 1 L / 1 qt. vegetable broth
- 240 ml / 1 cup whole milk

INSTRUCTIONS

1. In a large pot over medium heat, cook bacon until crispy. Transfer to a paper towel-lined plate and drain all but 2 tablespoons of fat.

2. To pot, add onion, carrots, and celery. Season with salt and pepper. Cook until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute. Stir in flour and cook for 2 minutes more. Add thyme and cauliflower.

3. Pour in broth and milk and bring to a boil. Immediately reduce heat and simmer until cauliflower is fork tender, about 15 minutes. Season with salt and pepper.

Why did you choose this recipe?

I love bacon and this is my favorite easy dish to make.
Gazpacho Andaluz Clásico

**INGREDIENTS**

For the Soup:
- 1 kg / 2.2 lb tomatoes, preferably ripe and of the “Pera/pear” type
- 1 green pepper (optimal: the long shaped ones, typical from Italy/Spain)
- 1 cucumber, medium to large
- 2-5 garlic cloves
- 50 grams / 2 cups of dried white bread
- 60 ml / ¼ cup of extra virgin olive oil, preferably from Andalucía, Spain
- 250 ml / 1 cup of water (or the same volume in ice cubes)
- Salt to taste
- 1 - 2 shots of sherry vinegar

For condiments (all diced to ca. 0.5 cm / 0.2 in cubes):
- Jamón Serrano/Jamón Ibérico
- Croutons
- Cucumber
- Tomatoes
- Onion (debatable & controversial, if at all then minced very finely)

**INSTRUCTIONS**

1. Mix all ingredients (except the water and condiments) with a blender/kitchen robot until desired consistency and texture are reached.
2. Pass through a fine mesh colander. (For the adventurous: the “stuff” that stays in the colander makes for an interesting little spread, just needs some minor tuning).
3. Let it rest and cool for at least an hour in the fridge before serving. Shake/stir again before serving too.
4. Serve with the condiments in little bowls for guests to choose for themselves.

**About the ice cubes/water:**
Since it is a cold summer soup, the correct temperature is of paramount importance, it HAS to be served cool. For this my recommendation is, if needed to be transported or kept cool for some time, to take the water and put it in as ice cubes as it gets transported/etc., to cool the soup without further diluting it. If logistics/time aren’t a factor, simply mix the water with the rest of the ingredients and serve when cooled off.

**Why did you choose this recipe?**
It is delicious, cheap and happens to be vegan if you take it without the Jamón, everyone can enjoy this little dish!

SEBASTIAN STAUFFENBERG
BUSINESS DEVELOPMENT

COOKBOOK IN CELEBRATION OF THE GERMAN DIVERSITY DAY
Blanquette de Veau (Veal Blanquette)

INGREDIENTS

1 vegetable bouillon cube
2 carrots
1 onion
1 small box of crème fraîche
2 tbsp flour
Salt
Pepper
1 kg / 2.2 pounds veal blanquette
1 chicken stock cube
1 small box of spliced button mushrooms
1 lemon
1 egg yolk
0.5 L / 17 fl oz of dry white wine

INSTRUCTIONS

1. Fry the meat in a little soft butter until the pieces are a little brown.
2. Sprinkle with 2 spoonfuls of flour. Stir well.
3. Add 2 or 3 glasses of water, stock cubes, wine and stir. Add more water if necessary to cover.
4. Slice the carrots and chop the onions and add to the meat, along with the mushrooms.
5. Simmer over very low heat for about 1 hr 30 minutes to 2 hrs, stirring.
6. If necessary, add water from time to time.
7. In a bowl, mix the crème fraîche, egg yolk and lemon juice. Add this mixture at the last moment, stir well.
8. Serve immediately.

Why did you choose this recipe?
This is my favorite French specialty and also one of the things I cook the best. My friends are always asking for my Blanquette de Veau when they come over for dinner during the winter season!
Big Dutch Babies / Puff Pancakes

**INGREDIENTS**

- 6 eggs
- 190 g / 1.5 cups of flour
- 360 ml / 1.5 cups of milk
- 60 g / 0.25 cups of butter (half a stick)

**INSTRUCTIONS**

1. Preheat your oven to 425 °F / 220 °C.
2. Put the half stick of butter in a 23x33 cm / 9x13 inch baking dish. Put the pan in the oven for the butter to melt while the oven is heating up.
3. In a blender, combine the milk, eggs, and flour. Blend on medium for 3 minutes.
4. Once the oven has heated and the butter is melted, pour the blender mixture into the pan.
5. Cook for 22 minutes, until the top is golden brown. Serve with maple syrup, jam and/or powdered sugar.

Why did you choose this recipe?

It’s a favorite family recipe. I cooked it growing up, and my kids cook it. And it’s delicious!
Ye Olde Beef Stew

INGREDIENTS

- 1.8 kg / 4 lbs chuck roast
- 4-5 carrots
- 3-4 celery stalks
- 1 onion
- 3 cloves garlic
- 0.5 kg / 1 lb small potatoes
- 1 quart mushrooms
- 280 g / 2 cups frozen peas
- 1/2 a bottle red wine
- 750-1000 ml / 3-4 cups chicken broth
- Spices to taste (salt, pepper, oregano, basil, bay leaves, parsley)

INSTRUCTIONS

Preparation Steps:
Chop chuck roast into cubes, peel and chop carrots, chop celery, dice onion, mince garlic

Cooking Steps:
1. Preheat the oven to 175 °C / 350 °F.
2. Add oil to the dutch oven.
3. Over medium-high heat brown beef cubes (might need to do this in several batches) and remove them from the dutch oven.
4. Add onion and garlic into the dutch oven and cook until the onion starts to turn transparent.
5. Add carrots and celery into pot.
6. Mix and cook for a few minutes.
7. Add in chicken broth.
8. Add in red wine.
10. Add spices
11. Ensure there is enough liquid to cover all the ingredients (you can always add more wine).
12. Cover the dutch oven and transfer to the preheated oven.
13. Cook in the oven for 90 min.
14. Add mushrooms and potatoes into the dutch oven.
15. Cook in the oven for an additional 60 minutes.
16. Remove the pot from the oven.
17. Add frozen peas and stir.
18. Serve!

Why did you choose this recipe?
This is a cold weather favorite of my family. It reminds me of going to Renaissance festivals which is where it got its name. My wife and I combined several recipes and added our own touches along the way until we settled upon this recipe. I usually cook this on a Sunday and we have it for dinner and then still have leftovers for later in the week. This recipe doesn’t indicate, but we usually serve it over white rice or have it with fresh bread.
Bengali Chicken Curry

**INGREDIENTS**

- 1 kg / 2.2 lb chicken (any cut)
- 1 medium onion
- 3 tbsp mustard oil
- 5 cm / 2 in ginger root (or teaspoon ginger powder)
- 5 cloves garlic
- 1 tsp cumin seeds
- 2 bay leaves
- 5 cloves
- 2 small cinnamon sticks
- 5 green cardamom pods
- 1 large tomato
- 2 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp hot chilli powder

**INSTRUCTIONS**

1. Finely chop onion, ginger root and garlic (you can use a food processor to make a smooth paste).
2. Fry all these in 3 tablespoons of mustard oil on medium heat for 5 minutes.
3. Add cumin seeds, bay leaves, cloves, cinnamon sticks and cardamom to oil and fry until you get a nice aroma (you can crush these together in a pestle and mortar to get more flavour).
4. When onions are brown, put chicken pieces in the mix and fry them together.
5. After a few minutes add the finely chopped tomato and stir it all together.
6. Then add turmeric, cumin, coriander and hot chilli powder to the chicken and stir them quickly.
7. At this point you can add a few tablespoons of water to the chicken mixture so they don’t get stuck in the bottom of the pan.
8. Fry everything together very well.
9. When you smell that all the spices are getting cooked, pour at least one cup of water to the chicken.
10. Mix everything very well.
11. Add salt to your taste (probably around 1.5 to 2 tsp).
12. Simmer the whole thing for at least half an hour and make sure the chicken is well cooked. If the water level goes down you can add more water to it.
13. If you want the curry sauce to be a bit thicker, you can add a bit of yogurt (the curry may break if you add yogurt straight in, so add some curry sauce to yogurt, mix well then add this back in).
14. You can also puree the curry sauce at the end to get a smoother consistency.
15. Garnish with chopped coriander, lemon wedge and green serrano chopped chillies (if you like it spicy).

**Why did you choose this recipe?**

This is the first Bengali curry recipe my Mom taught me to cook. Compared to other Bengali/Indian recipes, it’s quite easy to make so I cook it often. Every time I taste it, it reminds me of home.
Bryndzové Halušky (Potato dumplings)

### INGREDIENTS

- 500 g / 18 oz potatoes (about 5 medium)
- 200 grams / ~ 1 ¾ cups all purpose flour or gluten-free flour
- 1 Egg
- 1 tsp salt
- 200 g / 7 oz bacon
- 250 g / 9 oz Bryndza
  - Slovak Sheep Cheese - alternatives are Manchego, Roquefort, Ossau-Iraty, Idiazábal, and Pecorino, more or less to taste
- Chopped chives or parsley optional garnish

### INSTRUCTIONS

1. Bring a pot of salted water to boil. Meanwhile, grate raw potatoes on the fine holes. Add flour, egg, and salt and mix.
2. Use a halušky maker, or spaetzle maker, to drop the dough into the boiling water.
3. If you don’t have either, you can put the dough on a cutting board and use a knife to cut off small chunks into the water. Do it in batches so there aren’t too many dumplings in the water.
4. When floating, use a slotted spoon to fish out the halušky.
5. Chop bacon and fry.
6. If making bryndza alternative, blend ingredients until smooth. What proportions? You can make it as strong or mild to suit your taste – more feta will make it stronger, sour cream will make it milder; cream cheese will be thicker, sour cream thinner. To start with, try half a cup of each feta and sour cream and 1.5 tbsp butter.
7. Heap up dumplings, put bryndza on top (it melts as it warms up), sprinkle generously with bacon and optional chopped chives or parsley.

**Why did you choose this recipe?**

It’s the Slovak national dish and it reminds me of my home country.
Mom’s Crispy “Fried” Chicken

INGREDIENTS

- Cooking spray
- 8 bone in, skin on chicken thighs
- 180 g / 3 cups panko breadcrumbs
- 750 g / 3 cups Greek yogurt
- Seasonings of your choice

INSTRUCTIONS

1. Preheat the oven to 175 °C / 350 °F.
2. Prepare your breading station with Greek yogurt in one shallow bowl and your breadcrumbs in another.
3. Add the seasonings you prefer to your breadcrumbs. I like a mixture of herbs, salt, pepper, red pepper flakes and paprika.
4. Coat a baking sheet with cooking spray.
5. Roll a chicken thigh through the yogurt making sure it’s fully covered.
6. Then cover the chicken thigh in breadcrumbs.
7. Place on the baking sheet.
8. Repeat until all of your chicken thighs are covered in the yogurt and bread crumbs.
9. Spray the chicken thighs with cooking spray.
10. Bake for an hour and fifteen minutes until golden brown and crispy.

Why did you choose this recipe?

Ever since I was a kid, this recipe was a staple in my family, and it’s still one of our favorite meals. It’s always a crowd pleaser and it’s great for big groups or leftovers!
Egyptian Taro (Qulqas)

INGREDIENTS

- 1 kg / 2.2 lb lamb chops
- 600 g / 1.3 lb taro
- 1 tbsp olive oil
- 1 large onion, chopped
- 1 bunch coriander, stems and leaves chopped
- 3 silverbeet leaves, thinly sliced
- Steamed rice and lemon wedges, to serve
- Taliya (fried garlic and coriander)
- 1 tbsp olive oil
- 4 garlic cloves, crushed
- ½ tsp ground coriander

INSTRUCTIONS

1. Trim lamb of excess fat and cut into 4 cm cubes. Thickly peel taro, cut into 3 cm / 1.2 in cubes, and place in a bowl of acidulated water to prevent browning.

2. Heat olive oil in a large saucepan over high heat. Add onion and lamb, and cook, stirring, for 4 minutes or until lamb starts to change colour; do not brown. Add 1.5 litres 6 cups of water and bring to the boil, skimming any impurities from the surface. Reduce heat to low and cook for 20 minutes. Add drained taro and cook for a further 25 minutes or until lamb and taro are tender.

3. Meanwhile, to make taliya, heat oil in a frying pan over medium heat. Add garlic and ground coriander, and cook, stirring, for 3 minutes or until garlic is golden. Set aside.

4. Add coriander, silverbeet and taliya to the stew and cook over low heat, stirring occasionally, for a further 10 minutes or until silverbeet has wilted. Serve with steamed rice and lemon wedges.

Why did you choose this recipe? This recipe has so much history and is one of my favorite dishes ever.
Potato pizza (Gateau)

**INGREDIENTS**

- 500 g / 1.1 lb potatoes
- 1 tsp salt
- A pinch of nutmeg
- 25 g / 2 tbs butter
- 175 g / ¾ cup milk
- 100 g / 1 cup grated Parmesan cheese or Grana cheese
- 1 egg
- 150 g / 0.3 lb mozzarella cheese for cooking without water (it could be replaced with vegan product)
- 100 g / 0.25 lb ham or mortadella (it could be replaced with vegan product)

**INSTRUCTIONS**

Prepare mashed potatoes:

1. Cook the potatoes for 30 to 50 mins (the fork should enter easily in the potatoes to see that they are ready).
2. Let them cool just for a few minutes.
3. Peel them.
4. Put them in the potato masher or mash them with a fork.
5. Put them directly into the cooking pan.
6. Adjust the taste with a pinch of salt.
7. Grate some nutmeg.
8. Meanwhile, heat the milk in a small saucepan.
9. Put the mash over low heat, and when the milk is hot, pour it inside.
10. Stir with a whisk until it has been completely absorbed.
11. Turn off the heat and add butter and Parmesan cheese.
12. Mix to amalgamate everything.
13. Put it aside.

Mix the rest of the ingredients:

14. Grind in a blender not in a perfect way ham and mozzarella (you can also chop them manually).
15. Add in the mashed potatoes ham plus mozzarella plus the egg and mix them all together.
16. Turn the oven on fan mode to 200°C / 400°F.
17. In a baking dish about 25 cm / 10 in in diameter add a bit of oil or butter and then spread it in all the pan.
18. Sprinkle with breadcrumbs, it has to cover the base of the pan.
19. Put your mixed ingredients and level them.
20. Sprinkle on top again with breadcrumbs, it has to cover the top of the potato pizza (gateau).
21. Finally add a little bit of oil or some butter flakes to make a bit of crust.
22. It has to stay in the oven for 20 minutes.

**Why did you choose this recipe?**

I chose this recipe because it is a typical recipe, especially in the south of Italy. You can find it in several Italian restaurants as a starter, but I personally prefer it for dinner. It’s really good and it can be defined as comfort food. You can easily turn it into a vegetarian recipe. It is quite easy to prepare, the bulk of the time is to process the potatoes.
Salmon Poke Bowl

INGREDIENTS

1 lemon
3 tsp of soy sauce
500 g / 1 lb salmon
200 g / 1 cup of rice
3 tbsp of rice vinegar
A pinch of salt
A pinch of sugar
1 avocado

Optional sides:
Sliced ginger
Cucumber
Seaweed
Sesame seeds (black or white)

INSTRUCTIONS

1. Slice salmon into cubes, remove the skin as well.
2. Squeeze lemon juice and add soy sauce to the salmon and mix it around.
3. Boil one cup of rice.
4. As the rice is cooking, mix the vinegar, salt and sugar together in a bowl.
5. Once the rice is cooked, add the vinegar to the rice and mix it.
6. Slice the avocado into cubes.
7. Add the salmon to the rice.
8. Add avocado to the rice.
   Optional: you can add sesame seeds onto the rice.
   Optional: you can add cucumber or pickled ginger as a side to the dish.
   My personal favorite tip: eat the rice and salmon in some seaweed!

Why did you choose this recipe?
It’s one of my go to recipes when I need something quick and healthy. It can be done fast, with ingredients you can easily find in any household. I also love Japanese food, and raw salmon is one of my favorite dishes.
Haloumi Butter Curry

INGREDIENTS

2 large carrots
250 g / 0.5 lb Haloumi
200 ml / 0.8 cups cream
500 ml / 2 cups tomato passata
½ green chilli (chopped)
1 heaped tsp garam masala
½ tsp of chilli powder
2 tsp of cumin seeds
2 tbs peanut oil
1 tbs of butter
1 handful of coriander/cilantro
Rice cooked to your liking
Naan bread or something similar for soaking up the curry sauce

INSTRUCTIONS

1. Peel and diced the carrots into small cubes, blanch them in some boiling water for about 2-3 minutes just to slightly soften.
2. Cut the halloumi into 2 cm / 1 in cubes and place into a bowl and season with lots of salt and pepper.
3. Put a dry fry pan on medium heat and add 1 teaspoon of the cumin seeds, warm in the fry pan until they become fragrant and pop. Then take off the heat and put it into a mortar and pestle and grind it up.
4. In a separate mixing bowl add the cream, tomato passata, chilli powder, garam masala, ground cumin seeds (see step 3) and chopped ½ green chilli. Whisk the ingredients together to make a smooth sauce.
5. In the same pan you used in step 3, set the heat to medium and add the peanut oil, the remaining teaspoon of cumin seeds and butter. Once butter is melted and starting to bubble add in the halloumi and fry the cubes until at least two sides are browned and crispy.
6. Add in the blanched carrots and fry for 2-3 minutes.
7. Add the curry sauce to the frying pan and mix well with the carrots and halloumi, and bring to a gentle simmer.
8. Cover the curry and cook for about 15 mins on a gentle simmer. Stir occasionally so it doesn’t stick/burn.
9. At this time you could cook your rice while the curry simmers, chopped up the Cilantro/Coriander, and prep your bread (Naan, Paratha).
10. Season the curry with a good pinch of salt, and serve with your rice, bread and a sprinkle of coriander.

Why did you choose this recipe?
It’s a favorite of ours at home, it’s quick and easy and delicious.
Scallops in peanut, mustard and soy sauce

INGREDIENTS

- 3 to 4 scallops per person
- 50g / ¼ cup butter
- 1 white onion
- 1 tsp peanut butter
- 2 tsp mustard dijon
- 4 to 5 tbsp soy sauce

INSTRUCTIONS

Preparation of the sauce:
1. Peel the onion, cut it into thin strips, in a small saucepan, reduce the onion in 20 g / 1 tbs of butter.
2. Once reduced, add a teaspoon of peanut butter, 2 teaspoons of dijon mustard, 4 to 5 tablespoons of soy sauce.
3. Mix together with your spoon, if the sauce reduces too much, add a little water, set aside over a very low heat so that the sauce stays hot. Adapt it to your taste, as I don’t measure it when doing the sauce.

Preparation of scallops:
1. If necessary, rinse and dry the scallops on a paper towel.
2. Scallops like butter - in a very hot pan, melt 30 g / 2 tbs of butter, add the scallops, let brown for 1 minute to 2 minutes max on each side.
3. You can accompany this dish with rice or julienned vegetables.
4. The sauce also goes very well with white fish and chicken breasts.
5. Enjoy.

Why did you choose this recipe?
For the good of it, and few commercetoolers requested the sauce recipe.
Yemista (Greek Stuffed Vegetables)

INGREDIENTS

500 g / 2 lb baby potatoes
2 tbs olive oil
Salt
Pepper
3 onions
6 tomatoes
3 green bell peppers

For the filling:
4 tbs olive oil
350 g / 1 ¾ cups round grain rice (rice for rice pudding / Milchreis should work)
400 ml / 1 ⅔ cups water
1 vegetable bouillon cube
2 cloves of garlic
1 tbs tomato paste
1 zucchini
1 carrot
1 tbs granulated sugar
Salt (generous amount)
Pepper (generous amount)
1 bunch parsley
1 bunch mint
½ bunch dill

To assemble:
2 tbs olive oil
200 / ⅔ cup ml water

INSTRUCTIONS

Preheat the oven to 180°C / 350°F Fan.

For the potatoes:
1. Wash and scrub the baby potatoes but leave the skin on since it adds a lot of flavors.
2. Cut them into wedges.
3. Place a pan over high heat and let it get very hot. Add 2 tablespoons of olive oil to the pan and add the potatoes. Season with salt and pepper and sauté for 4-5 minutes, just until golden. You don’t want to cook them through since they will cook further in the oven.
4. Spread them in a baking dish and set aside.

For the vegetables:
1. Slice off the top of 3 onions. Scoop out most of the inner layers leaving about 3-4 outer layers intact, creating a sturdy shell. Place them in the baking dish with the baby potatoes.
2. Finely chop all of the inner layers you removed. Put them in a bowl and set aside until needed.
3. Slice off the bottom side of the tomatoes with a sharp knife, cutting about ½ - 1 mm / 0.3 in from the edge. This way they can hold more of the filling. Carefully scoop out the flesh, making sure you do not rip the outer shell. Put the flesh in a separate bowl and set aside until needed. Place the tomato shells in the baking dish stem side down, arranging them nicely in the dish. Mash the tomato flesh in the bowl with your hands and set aside until needed.
4. Slice the tops off of the bell peppers, cutting about ½ - 1 mm / 0.3 in under the stem and just a little off the bottom to help them stand better. Remove any flesh and seeds and arrange them nicely in the baking dish among the rest of the vegetables and potatoes.

For the filling:
1. Place a pan over high heat and add 4 tablespoons of olive oil. Add your chopped onion and sauté. Thinly slice the garlic and add it to the pan. Sauté.
2. Add 1 tablespoon of granulated sugar. Mix and sauté until the vegetables caramelize nicely.
3. Add a generous amount of salt and freshly ground pepper, since you will be adding the rice also and it needs a good amount of seasoning.
4. Add the tomato paste and sauté.
5. Add the 400 / 1 ⅔ ml of water and the reserved tomato flesh. Let it simmer for 5 minutes.
7. Stir and remove from heat.
8. The rest of the cooking will take place in the oven.
9. Finely chop the parsley, dill and mint leaves and add them to the pan. Stir.
10. Drizzle vegetables in a pan with a generous amount of olive oil, both inside and out and season with salt and pepper.

To assemble:
1. Use a spoon to help you add the filling to the vegetables. Fill them ¾ of the way because the rice will expand while cooking.
2. Add any of the leftover fillings over the potatoes to add even more flavour.
3. Add the 200 ml / ⅔ cup of water to the pan and drizzle with olive oil.
4. Cover with aluminium foil and bake for 60 minutes.
5. Remove foil and bake for another 10-20 minutes, until most of the liquid has evaporated and the stuffed vegetables are cooked and golden.
6. To serve, drizzle with some extra virgin olive oil, add a few mint leaves and enjoy!

**Grandmother’s Macaroni and Cheese**

**INGREDIENTS**

- 450 g / 1 lb elbow pasta
- 900 g / 2 lb sharp cheddar cheese, cubed into 1 cm / ½ inch squares
- 2 to 3 cans evaporated milk
- 12 eggs

**INSTRUCTIONS**

1. Preheat the oven to 175°C / 350°F.
2. Cook the pasta to the lowest recommended time. Reserve 300ml / 1 - 1½ cups of pasta water before draining.
3. Whisk the eggs slightly and mix with the evaporated milk and reserved pasta water. In a casserole dish (no need to dirty extra dishes), combine the egg mixture with the pasta. Stir in the cheese cubes.
4. Cook for 45 minutes to an hour until the top is golden brown and the center is barely set. Let rest for at least 15 minutes.

**Why did you choose this recipe?**

My mom made this Southern mac and cheese casserole for every major holiday growing up. It is comforting and extremely delicious!
Enchiladas suizas

INGREDIENTS

500 g / 1 lb chicken breast
20 corn tortillas
1 can of Mexican tomatillos
250 ml / 1 cup milk cream
200 g / 1 ½ cups oaxaca, manchego or mozzarella cheese
60 g / ¼ cup oil
1 onion
Salt
Garlic
Coriander

For the sauce
Onion
Garlic cloves
Fresh cilantro
Chicken broth for flavor
Salt
A little olive oil
Optional: jalapeño or serrano peppers

INSTRUCTIONS

1. Boil the chicken breast with salt, a small piece of onion and 1 garlic clove. When the meat is cooked, shred the chicken and reserve.

2. Prepare the sauce: In a blender, add the canned tomatillo, the roasted onion, garlic, peppers, cilantro, chicken broth salt. Puree until blended well. Warm the sauce and reserve.

3. Add about ¼ cup of oil to a small or medium skillet. Heat on medium-high heat. When the oil is very hot (but not smoky), add one tortilla at a time and cook each side for about 4 to 5 seconds or until the tortilla is lightly fried and still pliable.

4. As you fry each tortilla, drain any excess oil by tapping it into the pan then place it on a plate with a paper towel. Repeat with remaining tortillas and add more oil if necessary.

5. Prewarm the oven to 280°C / 530°F.

6. Spread 120 ml / ½ cup of the enchilada sauce evenly in baking dish. Sprinkle some shredded cheese and 30g / ¼ cup shredded chicken down center of each tortilla. Wrap tortillas tightly around the filling, placing seam side down in baking dish.

7. Continue filling and rolling the remaining tortillas placing the tortillas in the baking dish as they are filled, pushing the rolled tortillas as needed to fit in a single layer.

8. Pour the rest of the creamy enchilada salsa over the filled tortillas and layer the cheese slices on top of the enchiladas. Add the sour cream on top.

9. Bring the baking dish to the oven. Bake for 15 to 20 minutes or until the cheese melted and is starting to brown.


11. Enjoy it!

Why did you choose this recipe?

Enchiladas suizas are not Mexican, but when the cow milk arrived in Mexico, the natives changed the goat cheese and cream for cow milk and cheese, that is why I consider the recipe a mixed one. I love enchiladas suizas the Mexican tomatillo is an ingredient that is just cultivated in Mexico but is exported to all the world in cans.
Kale from the Lower Rhine (but vegan)

**INGREDIENTS**

- 1 kg / 2.2 lb kale, fresh or frozen, chopped
- 1 kg / 2.2 lb potatoes, mainly waxy potatoes
- 500 g / 1 lb onions
- 400 g / 0.9 lb smoked tofu (or 6 smoked butcher’s sausages)
- 400 ml / 1 ⅔ cups water
- 3 tbs vegetable stock powder
- 70 g / ⅓ cup vegetable fat
- 100 ml / ½ cup mustard, medium hot
- Salt and pepper

**INSTRUCTIONS**

1. Finely dice the onions and sauté in 50 g / ¼ cup vegetable fat until translucent. Add the kale and sauté lightly as well.
2. Fill up with 400 ml / 1 ⅔ cups water, add the vegetable stock powder, and simmer at medium heat for 45 minutes.
3. In the meantime, peel the potatoes, cut them into small cubes and let them rest in cold water.
4. Cut the smoked tofu into small cubes (or slice the sausages) and fry in a pan with the remaining fat until crispy.
5. After 45 min. of cooking the kale, add the potato cubes and simmer for another 20 min.
6. Add the smoked tofu and cook for another 15 min. Season with salt, pepper, and plenty of mustard.

**Why did you choose this recipe?**

This is a traditional winter dish from my local area which is somehow special to it. It does not look very nice, but my family loves it. We adjusted it to a vegan variant but occasionally also eat it in the traditional way with sausage.
Karahi Mutton

INGREDIENTS

- 2 kg / 4.4 lb mutton (preferably goat meat)
- 300 g / 0.7 lb onion
- 500 g / 1 lb tomatoes
- Salt to taste
- 2 tsp turmeric powder
- 2 tbsp red chilli powder (less if you don’t like it too hot)
- 120 ml / ½ cup oil (canola or vegetable)
- 100 g / 1 cup ginger
- 250 g / 1 cup sour cream
- 4-5 green chillies
- Small bunch coriander (green)
- 1 tsp black pepper
- 1 tsp cumin powder
- 1 tsp garam masala (optional)

Equipment:

Pressure Cooker or Insta Pot

INSTRUCTIONS

1. Slice onions and tomatoes. You don’t need to slice them too finely.
2. Add mutton, onion, tomatoes, turmeric powder, red chilli powder and salt in the pressure cooker. Mix well and pressure cooks for about 25 minutes. Don’t add any water. If you are using lamb, cook for only 15-20 minutes.
3. Let the pressure release on its own. It takes about 10 minutes.
4. Meanwhile, julienne ginger and green chillies.
5. In a big pan or dutch oven, heat oil and transfer the mutton to it. Keep stirring till all the extra water disappears.
6. Bring the flame to medium and add ginger, green chillies and sour cream. You can also use yogurt if you don’t have sour cream.
7. When the curry starts to thicken, add black pepper, garam masala and cumin powder.
8. Taste and add salt, if needed.
9. Garnish with chopped green coriander before serving.
10. Serve with rice or naan.

Why did you choose this recipe?
This is one of the easiest Goat curry recipes from India/Pakistan that I have ever made. It has been a hit every single time. I get requests for this recipe all the time.
Butter Chicken

INGREDIENTS

For the chicken
300 g / 0.7 lb chicken breast, boneless
1 tbsp ginger garlic paste
1 tbsp kashmiri chilli powder
Salt to taste
Oil to pan fry

For the gravy
500 g / 1 lb roughly slit tomatoes
100 g / ¾ cup chopped onions
1 tbsp garlic paste
50 g / ½ cup cashew nuts
1 tsp kasoori meethi (dry fenugreek leaves)
½ tsp garam masala powder
4 tbsp sugar
2 tbsp kashmiri chilli powder
5 tbsp butter
3 tbsp cream
2 tbsp malt vinegar / 1.5 tbsp white vinegar
Salt to taste

INSTRUCTIONS

1. Marinate the chicken with ginger paste, garlic paste, red chili powder, and salt and keep it aside for 15 to 20 minutes.
2. In a pan heat, some oil then fry the marinated chicken pieces in it until cooked, once done place them into a bowl.
3. In the same pan add onion, oil, a spoonful of butter and once the onions are cooked add tomatoes and cashew nuts.
4. Add some water and garlic paste, salt, malt vinegar, sugar, garam masala powder, and chili powder. Mix it evenly and let it simmer for 15-20 minutes.
5. Churn the mixture into a fine puree.
6. Strain it back into the same pan to make sure there is minimal wastage.
7. Add butter, cream, chicken and kasoori meethi (dry fenugreek leaves) and let it simmer for 5-7 minutes.
8. Garnish it with cream and kasoori meethi (dry fenugreek leaves).
9. Butter Chicken is ready to be served!

Why did you choose this recipe?
It’s my kids’ favorite dish and all my guests have always loved it.
Moqueca de peixe (Brazilian Fish Stew)

INGREDIENTS
1 can of coconut milk (400g / 13.5 oz)
600g / 1.3 lb of fish (ideally this dish uses fish steaks, but you can use any fillet you prefer, e.g. cod)
2 to 3 tomatoes
1 red pepper
1 yellow pepper
1 large onion
Cilantro and/or parsley to taste

INSTRUCTIONS
1. Season the fish with salt, garlic, and lemon.
2. Cut the tomatoes, onion, and peppers into slices.
3. Layer the ingredients in a pot:
   1st layer: Half of the tomato, pepper, onion; season with a little salt.
   2nd layer: Fish.
   3rd layer: the rest of the tomato, pepper, onion – season with a little salt.
4. Place the pot on medium heat and when it starts to release some juice from the vegetables/fish, add the coconut milk and herbs.
5. Let it cook for about 30 minutes or until the vegetables are cooked and the broth has reduced and thickened a little bit.
6. Tip: Cilantro and parsley are important ingredients to add flavor :) Add some shrimp when it’s almost ready. Best served with rice.

Why did you choose this recipe?
This recipe is easy to make and doesn’t require special local ingredients to give someone a taste of Brazil – a taste of home for me :)

NAYARA HEIDER
DATA PROTECTION CONSULTANT
Curry Chicken

INGREDIENTS

Meat
1 whole chicken (1.4 kg / 3 lb)

Produce
1 tsp garlic
1 tsp hot pepper
75 g / ½ cup onion
100 g / ½ cup tomato

Baking & Spices
3 tbsp curry powder
1 tsp salt
2 tbsp seasoning, green

Oils & Vinegars
2 tbsp vegetable oil

Liquids
120 ml / ½ cup water, hot

INSTRUCTIONS

1. Cut chicken into small pieces and season with garlic, green seasoning, salt and hot pepper.
2. Marinate for 30 minutes or more.
3. Heat oil in an iron pot or skillet.
4. Mix curry powder with 60 ml / ¼ cup of water until smooth; add to hot oil and cook for 2 minutes.
5. Add chicken and stir to coat in curry; cook until all water dries out; stir well (about 10 mins).
6. Add tomatoes and onion and cook for a minute. Stir in 120 ml / ½ cup hot water.
7. Lower heat to medium. Cover and cook until meat is tender. Add more water if more sauce is necessary.
8. Adjust salt and hot pepper.

Why did you choose this recipe?

It’s a staple Trinidadian dish!

KEMBA NEPTUNE
SENIOR DIRECTOR, CORP. COMMS
Liver Cheese and Pepper Pan

INGREDIENTS

- 4 slices of liver cheese (1 cm / 0.4 in thick)
- 3 leek onions
- 2 red peppers
- 1 bunch parsley
- 1 can of mushrooms (Champignons, whole, 320g / about 12 oz)
- 1 can of sweet corn (300g)
- 2 tbsp flour
- 2 tbsp vegetable bouillon
- 6 tbsp tomato paste
- 250 ml / 1 cup water, warm
- 300-500 ml / 1 ⅓ cups strained tomatoes
- Salt, pepper, sweet pepper powder, nutmeg

INSTRUCTIONS

Preparation:
1. Slice the liver cheese and the peppers into bite-sized cubes.
2. Slice the leek onions into little rings, keep the white and green parts separated.
3. Put some parsley leaves for decoration aside - chop the rest coarsely to medium fine.
4. Drain the mushrooms and sweet corn in a sieve.
5. Dissolve the vegetable bouillon in warm water.

Cooking:
1. Roast the liver cheese, the pepper and the white part of the leek onions until the meat and pepper are spawning brown and the leek onions are slightly translucent.
2. Add mushrooms and sweet corn and stir.
3. Sprinkle the flour over the ingredients, stir briefly and deglaze with the bouillon.
4. Add tomato paste and stir.
5. Simmer for 5-10 min until the sauce thickens.
6. Add strained tomatoes as needed / you like.
7. Spice with salt, pepper, sweet pepper powder and nutmeg as you like.
8. Simmer again for 5-10 min.
9. Add parsley and stir.
10. Serve with bread, pasta or rice and add parsley leaves for decoration.

Why did you choose this recipe?

I chose this recipe because it’s like commercetools - quick to set up and super flexible. Individual ingredients can be easily changed or added, it can be vegan, and best of all, you can introduce new ingredients to your kids to expand their eating habits. For a filling side dish, I recommend “Spätzle”.

JANINE BAUMERT
HEAD OF GLOBAL EVENTS AND SPONSORSHIPS
Beef-Stir-Fry

**INGREDIENTS**

- 450 g / 1 lb of beef sirloin or flank steak, thinly sliced against the grain
- 2 tbsp of cornstarch
- 2 tbsp of soy sauce
- 1 tbsp of vegetable oil
- 1 large onion, thinly sliced
- 2 cloves of garlic, minced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 100 g / 1 cup of sliced mushrooms
- Salt and pepper, to taste
- 1 tsp of sesame oil
- 2 green onions, sliced diagonally

**INSTRUCTIONS**

1. In a bowl, mix the sliced beef with cornstarch and soy sauce until it's evenly coated. Let it marinate for about 15-20 minutes.
2. Heat a large wok or skillet on medium-high heat. Add vegetable oil and swirl to coat the pan.
3. Once the oil is hot, add the marinated beef to the pan and cook until it's browned and no longer pink, about 2-3 minutes.
4. Remove the beef from the pan and set it aside on a plate.
5. Add sliced onions to the same pan and stir-fry until it's softened and slightly browned, about 2-3 minutes.
6. Add minced garlic, red bell pepper, green bell pepper, and sliced mushrooms to the pan. Stir-fry for about 3-4 minutes or until the vegetables are tender.
7. Season the vegetables with salt and pepper to taste.
8. Add the cooked beef back into the pan and stir-fry everything together for another 1-2 minutes.
9. Drizzle sesame oil over the top of the stir-fry and give it a final toss to coat everything.
10. Serve the stir-fry hot with steamed rice and garnish with sliced green onions.
11. Enjoy your delicious Beef Stir-Fry that is sure to be a hit among people from all around the world!

**Why did you choose this recipe?**

Since we are a tech company I wanted to give the technology a space and asked ChatGPT to create a dish that will taste people from all continents. That was the answer.
Vegetarian Traditional English Breakfast

**INGREDIENTS**

- 8 Veggie Sausages (the higher the quality the better)
- 8 rashers of veggie bacon
- 4 free range eggs
- 4 hash brown potatoes
- 4 fresh large tomatoes
- 400g / 4 cups of Chestnut Mushrooms
- 1 tin of baked beans
- 4 slices of bread toasted
- 4 large mugs of Yorkshire tea

**INSTRUCTIONS**

1. Place the sausages in a heatproof dish and put them in the oven at 200°C / 390°F (no oil).
2. Place the hash browns on a baking tray in the same oven at 200°C / 390°F.
3. Put the beans into a pan and slowly boil on the hob.
4. Wash and quarter the mushrooms and put them in a pan with a large knob of butter.
5. Gentle fry the vegetarian bacon rashers in a large frying pan.
6. Slice the tomatoes in halves and place them on a baking tray with a pinch of salt on the open sides.
7. Toast the bread and spread it with butter.
8. In the final step, when all the other ingredients are cooked and ready to serve on the plate gently fry the eggs in a large frying pan, use a spoon to carefully put the hot oil on the upside of the egg to get an even cooked egg.
9. Make sure you have a piping hot mug of English breakfast tea (ideally Yorkshire tea bags) to accompany the Traditional (but nowadays vegetarian) English Breakfast.

**Why did you choose this recipe?**

If you have ever visited the UK, each of the nations has a variation on this recipe and plenty of “Greasy Spoon” cafes serving them. Also, this recipe is the second B in B&B. I am from England so my version is the Traditional English Breakfast. I have been vegetarian for almost 20 years so have adapted my version to exclude meat when I make it for my family or guests. The amazing array of veggie options to replace the meat that has emerged in the last 5 years in the UK has really made this a much nicer to make, even for those people who still eat meat (when they are not eating my meals).
Jamaican Breakfast

INGREDIENTS

2 white sweet potatoes
1 whole onion, diced
4 hatch green chiles or 4 anaheim green chiles
70 g / 1 cup of fresh kale, if frozen - defrost and press out liquid
6 breakfast sausage links (pork, turkey, veggies)
Salt
Pepper

INSTRUCTIONS

1. Rough chop kale.
2. Bake green chilies at 200°C /390°F for 30 mins.
3. Place chilies into a bowl with a lid, which will allow the chilies to steam for 30 mins. Peel chilies after resting in a bowl (or buy roasted green chilies to skip this step).
4. Bake white sweet potatoes till done. Set aside. When cool, cube sweet potatoes into 0.6 cm / ¼ inch chunks.
5. In a large skillet using two tablespoons of olive oil, saute 6 breakfast sausage links until done. Set aside.
6. In the skillet used to saute breakfast sausage and two more tablespoons of olive oil, and add diced onion. Once the onion is translucent, add cubed sweet potatoes.
7. Season with salt and pepper.
8. Saute for 5 to 7 minutes.
9. Add fresh kale.
10. Add sausage.
11. Saute for two minutes and serve.

Why did you choose this recipe?

My Jamaican mom always nudged me to try something new after she was satisfied I knew the basics of cooking. Growing up the southwestern United States left us far from Jamaican food, but close to Mexican food magic.
Quick Chili Yoghurt Eggs

**INGREDIENTS**
- 2 eggs
- 4 tablespoons of white yoghurt
- One hand full of salad
- Apple cider vinegar
- Olives
- 5 walnuts
- Chives or dill
- Chilli oil
- Olive oil
- Lemon
- Salt and pepper

**INSTRUCTIONS**

**Salad**
Wash & cut the salad and add a dressing of olive oil, pepper and lemon to it - place it on your plate, top it with nuts. Add as many olives as you like.

**Poached eggs a la microwave**
1. Get a cereal bowl and fill it with boiling water. Add 4 tablespoons of apple cider vinegar.
2. Crack both eggs and drop the egg white and egg yolk quickly into the bowl with the boiling water.
3. Microwave the bowl with the eggs for 1.5 minutes at a high temperature. Depending on the amount of water and how you like your eggs - you will need to find your own perfect timing - but 1.5 to 3 min is the range.

**Yoghurt**
1. While eggs have a ride in the microwave, add 4 tablespoons of plain white yoghurt to your plate. Top it with chili oil and pepper.
2. After 1.5 minutes get the ready boiled poached eggs out of the water and place them on the yoghurt. Sprinkle chives or dill on yoghurt and salad - Bon Appétit!

**Why did you choose this recipe?**
As working from home you have to jump between calls - you do not have much time to cook on some days. Maybe you already skipped breakfast. I love this dish as it is done super quickly, is healthy, tastes delicious and is great to eat at any time of the day. It is inspired by “Turkish eggs”, that is a breakfast dish very common in London - poached eggs with yoghurt.
Lemon Bars

INGREDIENTS

280 g / 2 ¼ cups all purpose flour
60 gr / ½ cup powdered sugar
225 g / 1 cup cold butter cut into pieces
4 large eggs
400 g / 2 cups granulated sugar
1 teaspoon lemon zest
175 ml / ⅓ cup fresh lemon juice
½ teaspoon baking powder
90 g / ¾ cup powdered sugar

INSTRUCTIONS

1. Preheat the oven to 175 °C / 350 °F. Line the bottom and sides of a 33 x 22 cm / 13x9 inch pan with aluminum foil or parchment paper, allowing 5 - 7cm / 2 - 3 inches to extend over the side; lightly grease foil.

2. Stir together 250 g / two cups of flour and 60 g / ½ cup powdered sugar. Cut butter in using a pastry blender or fork until crumbly. Press the mixture onto the bottom of the prepared pan.

3. Bake at 175 °C / 350 °F for 20-25 minutes or until lightly browned.

4. Meanwhile, whisk eggs in a large bowl until smooth; whisk in granulated sugar, lemon zest, and lemon juice. Stir together baking powder and remaining flour; whisk into egg mixture. Pour over the hot baked crust.

5. Bake at 175 °C / 350 °F for 25 minutes or until filling is set. Let cool in the pan on a wire rack for 30 minutes. Lift from pan, using foil side as handles. Cool completely on a wire rack (about 30 minutes). Remove foil and cut into squares; sprinkle with remaining powdered sugar.

Why did you choose this recipe?

It’s my favorite dessert my Grandma Pat made when I was younger and is super easy to make! It’s the perfect “beginner baker” dessert.

NATALIE PARK
TALENT ACQUISITION MANAGER
Anzac Biscuits (Cookies)

**INGREDIENTS**

- 120 g / 1 cup plain flour (all purpose flour)
- 100 g / 1 cup rolled oats
- 100 g / 1 cup desiccated coconut, unsweetened
- 150 g / ¾ cup white sugar, preferably caster / superfine
- 150 g / 5 oz unsalted butter
- 4 tbsp golden syrup (Note 1)
- 1 tsp baking soda (bicarbonate soda)

**INSTRUCTIONS**

1. Preheat the oven to 180°C / 350°F (160°C / 320°F fan forced).
2. Line 2 baking trays with baking paper.
3. Mix flour, oats, coconut and sugar in a bowl.
4. Place butter and golden syrup in a saucepan over medium high heat and stir until butter has melted.
5. Add baking soda and stir to combine - it will fizz up, this is normal. Immediately remove from heat.
6. Pour the butter mixture into the flour and mix until just combined.
7. Roll level 1 tablespoon mixture into balls, flatten into patties. Place balls, 2.5 cm/ 1 in apart, on prepared trays.
8. Bake for 15 minutes, swapping trays halfway during cooking, or until deep golden. (Bake for 12 min for chewy biscuits!)
9. Stand on trays for 5 minutes. Transfer to a wire rack to cool - they harden as they cool!

**Why did you choose this recipe?**

“ANZAC” stands for Australian and New Zealand Army Corps. And ANZAC Day – 25 April 1915 – is Australia’s most important national occasion each year, marking the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War during which we suffered heavy casualties. When they were invented – by soldiers’ wives who needed a biscuit recipe that would stay fresh for the months that it would take to reach soldiers overseas back in the early 1900s. The warm sweetness from the golden syrup combined with the wholesome goodness of oats and coconut is a flavour that is unique to this crunchy Australian biscuit!
Quick Apricot Cake (schneller Aprikosenkuchen)

INGREDIENTS

4 eggs
200g / 1 cup white sugar
160 g / 1 ¼ cups flour
90 g / ⅓ cup butter (melted)
200 g / 1 cup of apricots (or other fruits such as peaches or apples)

INSTRUCTIONS

1. Whisk eggs and sugar.
2. Add flour and melted butter.
3. Apricots/fruit need to be cut into small pieces (2 x 2 cm / 1 x 1 in max) and sprinkled on top of the dough.
4. Bake at 180°C / 350°C for 30 min.

Why did you choose this recipe?
I love to cook but I’m not a baker. I think the whole concept of following an exact recipe is against my nature. However, this one is so easy and quick and yet extremely delicious that I tend to go back to it regularly. The recipe comes from a friend of my parents’ and it was given to her by her best friend’s grandmother so it has quite a tradition in the South of Germany.
Faworki

INGREDIENTS

310 g / 2 ½ cups all-purpose flour
6 egg yolks
3 tablespoons sour cream
2 tablespoons white sugar
2 tablespoons butter, softened
1 tablespoon rum
1 pinch salt
450 g / 2 cups vegetable oil for frying
60g / ½ cup confectioners’ sugar, or as needed

INSTRUCTIONS

1. Combine flour, egg yolks, sour cream, sugar, butter, rum, and salt in a large bowl; mix to form a dough.
2. Knead the dough lightly and roll it out on a floured surface. Cut into strips 4 inches long and 3/4 inches wide.
3. Cut a slit in the middle of each strip. Twist and pull one end through the slit.
4. Heat oil in a deep-fryer or large saucepan. Test the temperature by dropping in a pastry twist; the oil is ready when it browns and floats to the surface.
5. Fry pastry twists in batches until golden brown, about 1 minute per side. Drain on a plate lined with paper towels. Dust with confectioners’ sugar.

Why did you choose this recipe?

It’s one of my traditional Polish sweet snacks that we usually make for “Fat Thursday” (the last Thursday before Ash Wednesday).

MARIUSZ JANAS
SENIOR TECHNICAL TRAINER
Brigadeiro (Chocolate Truffle)

INGREDIENTS

1 can (400 ml / 14 oz) sweetened condensed milk
3 tablespoons unsweetened cocoa powder
2 tablespoons unsalted butter
Chocolate sprinkles for coating

INSTRUCTIONS

1. In a non-stick pan, combine the condensed milk, cocoa powder, and butter.
2. Cook over medium heat, stirring constantly, until the mixture thickens and starts to pull away from the sides of the pan. This should take about 10-15 minutes.
3. Remove the pan from the heat and let the mixture cool to room temperature.
4. After this step you can either just follow step number 4 or go directly to number 7, get your own spoon and eat it directly from the pan :P
5. Using a spoon, scoop out small portions of the mixture and roll them into balls.
6. Roll the balls in the chocolate sprinkles to coat them.
7. Place the Brigadeiros in small paper cups or on a platter.
8. Refrigerate for about 30 minutes to firm up the Brigadeiros.
9. Serve and enjoy!

Why did you choose this recipe?
This is an easy and very typical dessert for Birthday parties, for a movie night, or whenever you want something sweet on your day.
Walnut Pie

**INGREDIENTS**

**Pastry:**
- 115 g / 1 cup of chestnut flour (can be plain white flour instead)
- 75g / ⅓ cup butter (lightly salted)
- 50 g / ¼ cup of caster sugar
- 1 egg yolk
- 1 tbsp water

**Filling:**
- 100g / ½ cup butter (lightly salted)
- 100 g / ½ cup raw sugar (or brown sugar)
- 3 eggs
- 3 tbsp honey
- 200 g / 2 cups walnuts

**INSTRUCTIONS**

**Make the pastry**
1. Add the chestnut flour to a mixing bowl. Cut the butter into small pieces, dropping it into the flour as you go.
2. Rub the butter into the flour with your fingertips until it resembles coarse breadcrumbs.
3. Stir in the sugar, followed by the egg yolk and the water if the mixture seems too dry.
4. Mix quickly to a stiff dough using a round-bladed table knife. Turn out onto a lightly floured board and knead lightly until smooth, then shape into a rectangular block.
5. Wrap in a greaseproof wrap (I use beeswax wrappers) and chill for 30 minutes. Wait to start the next step until the pastry has chilled.
6. Preheat the oven to 190°C / 375°F.
7. On a lightly floured board, roll out the pastry and lift it into a 20cm / 8 in shallow tart dish (or you can make individual size pies).
8. Put greaseproof baking wrap or paper into the pastry case and fill with dry chickpeas or place another dish on top to blind bake to the pastry. Place in the oven for 15 minutes (if making individual-size pies, for 10 minutes).
9. Remove the baking wrap and what you’ve used to blind bake, and return the pastry to the oven for 5 minutes. Then cool on a rack.
10. Reduce the oven temperature to 180°C / 350°F.

**Make the filling**
1. Cream the butter and sugar until light and fluffy. Add the eggs one at a time, beating well after each addition. Stir in the honey and walnuts.
2. Pour the filling onto the cooked pastry base. Return to the oven and bake for a further 30 minutes or until the filling is set (individual size pies are around 20 minutes).
3. Let cool a little, and serve with vanilla bean ice cream.

**Why did you choose this recipe?**

It’s my own take on a recipe from a New Zealand cookbook that every New Zealander owns. I remember making things from an old version my mum had when I was young. So every time I make something from the book, I think of home. I changed the recipe as we now have a farm with a lot of walnut trees, and we didn’t know what to do with them. So I tried making a pecan pie recipe with walnuts, and it was nice but it could be improved. So I tweaked the recipe until it was really good. It’s best when it’s with chestnut flour, but white flour can be used. I only use local ingredients (apart from the sugar), which all come from either our village or the next one over. The walnuts, eggs, and honey all come from our farm.
## X-Mas Meringue Roll

### INGREDIENTS

**For the meringue:**
- 4 egg whites (120g / ½ cup)
- 250g / 1 ¼ cup caster sugar
- 1 tsp vanilla extract
- 1 tsp white wine vinegar
- 1 tsp cornflour

**For the cream:**
- 100g / ½ cup mascarpone
- 1 tbsp icing sugar, plus extra for dusting
- 1½ tbsp rose water
- 400 ml / 1 ⅔ cups whipping cream

**For the filling:**
- 150g / 1 cup fresh raspberries
- 2 tbsp dried rose petals
- 1 tsp slivered pistachios, crushed

**Essential kit:**
- 33x24 cm / 13x9 in Swiss roll tin and an electric mixer

### INSTRUCTIONS

1. Preheat the oven to 160ºC / 320°F or 140ºC / 290°F Fan or Gas Mark 3.

2. Line the base and sides of a Swiss roll tin with greaseproof paper. Allow the paper to come about 1 cm / 0.4 in above the sides of the tin. In a large, clean bowl, whisk the egg whites with an electric mixer until they begin to firm up. Add the caster sugar to the whisking whites in spoonfuls or tip into the bowl in a slow stream. Continue whisking until you achieve a firm, glossy meringue. Using a large metal spoon, gently fold in the vanilla essence, vinegar and cornflour. Spread the mixture inside the lined tin and level with a palette knife.

3. Bake in the oven for 30 minutes, until a crust forms and the meringue is cooked through (it will still feel soft to the touch). Remove from the oven and allow to cool in the tin.

4. Tip the cooled meringue onto a fresh piece of greaseproof paper. Carefully peel off the lining paper.

5. Meanwhile, place the mascarpone in a large mixing bowl, along with the icing sugar and rose water. Whisk to combine and become smooth, then add the whipping cream. Whisk by hand for about 4 minutes, until the cream just holds its shape. (You can do this in an electric mixer but keep a close eye on it as it's easy to over-mix.) Spread most of the mascarpone cream over the original underside of the meringue, reserving a few tablespoons. Leave a small border around the edge of the meringue. Scatter most of the raspberries and 1½ tablespoons of rose petals all over the cream.

6. Use the paper to assist you in rolling up the meringue along its long edge, until you get a perfect log shape. Carefully transfer the log onto a serving dish. Use the remaining cream to create a rough wavy strip along the top of the log. Chill for at least 30 minutes.

7. When ready to serve, dust the log with icing sugar, scatter the remaining rose petals, along with the pistachios, over the top, and dot with the remaining raspberries.

### Why did you choose this recipe?

I would like to share my recent Christmas dessert - inspired by the famous chef Ottolenghi - as I think everyone would love it. During the festive season, I love to choose recipes that capture the essence of it. A festive dish strengthens the mood for the gathering, bringing warmth and togetherness to the occasion. I also always consider my family’s tastes and preferences when planning the menu and in that regard aim to choose dishes that will be well-loved and appeal to everyone, making the meal even more enjoyable. Moreover, cooking is a passion of mine, and I find joy in trying new techniques or perfecting old ones. When selecting a recipe for Christmas, I want to create something that will both bring new skills and add an extra special touch to the celebration.
Soojee (Easy Semolina Pudding)

INGREDIENTS

- 175 g / 1 cup semolina
- 200 g / 1 cup sugar
- A handful of cashew halves
- A handful of raisins/cranberries
- 1 tablespoon ghee or butter
- 240 ml / 1 cup milk
- 240 ml / 1 cup water

INSTRUCTIONS

1. In a wok or Dutch oven, dry roast the semolina for 3-4 minutes till it turns golden brown. Keep aside.
2. Add ghee or butter to the wok.
3. When it’s warm, add the cashew halves. Remove from heat once they turn golden, in about 30 seconds.
4. Add the sugar, water, and milk to the wok. Once the mixture starts boiling, turn the heat down.
5. Add the semolina, the cashew, and the raisins and cranberry. Stir with a wooden spoon.
6. Turn the heat off when the mixture starts to come together in a pudding-like consistency.
7. Serve warm and enjoy.

Why did you choose this recipe?
I have a very sweet tooth.

ARUNAVA DE
FINANCIAL CONTROLLER - US
Mikaté

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>450 g / 2 ⅔ cups of self raising flour</td>
<td></td>
</tr>
<tr>
<td>350-400 / 1 ½ cups ml of lukewarm water</td>
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</tr>
<tr>
<td>150 g / ¾ cup sugar</td>
<td></td>
</tr>
<tr>
<td>2 packets of vanilla sugar (5 g) or 2 tsp of vanilla extract</td>
<td></td>
</tr>
<tr>
<td>2 packets of dehydrated yeast (14 g)</td>
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<tr>
<td>⅛ tsp of baking soda</td>
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<tr>
<td>Pinch of salt</td>
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<tr>
<td>Frying oil</td>
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</tbody>
</table>

INSTRUCTIONS

1. In a large salad bowl, mix the flour, baking soda, yeast, sugar and salt.
2. Gradually add water mixing using a wooden spoon (or your hands).
3. When the dough becomes elastic and starts to make big bubbles, it is ready.
4. Cover the salad bowl with a cling film and let it sit in a warm place for 2 hours or until the dough doubles in volume.
5. Once the dough has doubled in size, start heating the oil in a saucepan or a fryer at 180°C / 350°F.
6. Once the oil is hot, with a spoon, drop little dollops of dough.
7. Fry the mikaté for about 5 minutes, they must be golden on the outside.
8. Get them out of the oil and let them sit on a plate with an oil absorbing sheet.
9. Eat them hot/warm preferably.

Why did you choose this recipe?
I am a French/Congolese living away from my family, and eating Mikatés reminds me of all the joyful family meals I have had growing up. They are very addictive and easy to make!
Käsekuchen “Annika” (Cheesecake)

INGREDIENTS

**Dough**
- 250 g / 1 ½ cups flour (wheat 405)
- 125 g / ½ cup butter
- 70 g / ⅓ cup sugar
- 8 g (1 pkg.) vanilla sugar
- 1 egg
- 1-2 tsp baking powder

**Cheese filling**
- 8 egg yolks
- 150 g / ¾ cup sugar
- 1 pinch salt
- Juice of half a lemon
- 8 egg whites
- 200 g / ¾ cup sour cream
- 750 g / 4 cups quark/curd cheese
- 1 pkg. vanilla custard powder is sufficient for 300g pudding
- 200 g / ¾ cup whipped cream

INSTRUCTIONS

**Dough**
1. Cut butter into small, preferably soft, pieces.
2. Put all ingredients into a bowl and knead with your hands so you get a solid homogeneous and shimmery clump of dough.
3. Wrap it in transparent film and put it into the refrigerator. Should stay there for at least one hour but it is even better overnight. Will be needed later.
4. Preheat oven to 200°C / 390°F.

**Cheese filling**
1. Beat yolk, sugar, salt and lemon juice until smooth.
2. Mix egg white, sour cream, quark and custard powder.
3. Whisk the two together.
4. Fold in whipped cream.
5. Lay out 28 cm / 11 in spring form with prepared dough.
6. Pour filling in.
7. Bake in the oven, on the middle shelf, for an hour at 200°C / 390°F.
8. Maybe cover with aluminum foil or put on a lower rack for the last 10 minutes if the top gets too dark.
9. When cooled down maybe garnish with powdered sugar.
10. Serve with joy to people you like and don’t like so much ;-).

Why did you choose this recipe?
I learned to do it during my apprenticeship in a hotel and it became my favorite. It also became my mom’s favorite cake and she asked me to bake it for her 75th birthday.
Puff Puff

INGREDIENTS

- 600 g / 4 ¾ cups all-purpose flour
- 10 g / 2 tsp fast action yeast
- 150 g / ¾ cup sugar (use as desired)
- ½ tsp salt

INSTRUCTIONS

1. In a shallow bowl, add flour and salt together.
2. Add other dry ingredients and combine well.
3. Add lukewarm water to the dry mixture in bits to form a batter.
4. Cover the bowl with a cling film or a damp towel and place in a warm place to proof. (Till batter doubles in size usually between an hour or two. You can leave it longer if you want.)
5. Once the mixture has risen and doubled in size, you then move on to frying.
6. On medium-high heat, add enough oil to a frying pan and heat till hot. Drop a tiny bit of batter in hot oil to test and if the batter floats to the top of the heat then it is ready to use.

Why did you choose this recipe?

Puff puff is one of my favorite snacks from Nigeria and it is a popular street food. It is not only eaten as a snack alone, but you can also eat it at any time of the day. My little one and his friends love this too, so I often make enough for a small town!