



Trading Flavours

Created by the Cultural Diversity Network

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“Food, glorious food! What wouldn’t we give for that extra bit more.”
Written by Lionel Bart, for the 1960s West End and Broadway musical (and 1968 film) *Oliver!*

The only question that hopefully comes into your mind as you open this e-book is not, “Why is Mizuho producing a recipe book?,” but “What took Mizuho so long before producing a recipe book?” In Japanese, Mizuho means “a fresh harvest of rice”, so with food such an integral part of our corporate heritage, and with our presence in so many countries across the globe, it was really only a matter of time. As soon as the Cultural Diversity Network started on the idea of a cookbook, bringing together the favourite recipes of colleagues across EMEA for the benefit of raising funds for Mizuho London’s charity partner YoungMinds, there was really nothing stopping us. Food has been used throughout history to bring people together across different cultures and traditions. Not only is cooking the root of survival, it is also a way in which we can share our heritage and celebrate our cultures with friends and colleagues around the world – and the result is our cookbook, ‘Trading Flavours’.

‘Trading Flavours’ celebrates the rich cultural diversity of our organisation; the recipes within it were submitted not only by employees across Mizuho EMEA but from beyond our region too, with many recipes evoking memories of childhood and feelings of love, comfort and belonging. By sharing with us all their favourite recipe(s), our contributors are demonstrating the Mizuho values of Team Spirit and Passion, for cooking good food. They also demonstrated the value of Customer First, by taking the time to make and record their recipes with images, to make it easier for others to try them for themselves. To all our recipe contributors, we say thank you.

“One cannot think well, love well, sleep well, if one has not dined well.”
Written by Virginia Woolf

Since October 2018, it has been our privilege to support YoungMinds as our chosen charity partner in London. YoungMinds is the UK’s leading charity fighting for young people’s and children’s mental health, and during these particularly difficult times in 2020 young people’s mental health and wellbeing has never been more important. All proceeds from the donations received as part of this cookbook’s launch go directly to YoungMinds, so on behalf of them, and from Mizuho, thank you for your contribution.

“The secret of success in life is to eat what you like and let the food fight it out inside.”
Written by Mark Twain

We hope you enjoy the cookbook, and if you try a recipe each week, it should keep you busy for the year ahead, whatever the next 12 months brings us. We wish you warmth in your belly and health and happiness ahead.

Warm regards

The Cultural Diversity Network

Please note if you have allergies to check all ingredients/ingredient packaging for information on allergens and traces of allergens. Always check the labelling on food packaging carefully before use.

All vegetarian options will include the following label. 

About our Network

MIZUHO

Who we are

The Network exists to celebrate the diversity of Mizuho employees, embracing difference and promoting inclusion. We believe that by fostering an environment that makes people feel proud of their culture, it will help improve job satisfaction and help the business to thrive with more globalised ideas. The Network focuses on organising events to raise awareness of different cultures and has an aim to explore ways to support the recruitment and retention of diverse employees.

If you have any queries, or would like to join our working group or mailing list, please reach out to CulturalDiversity@uk.mizuho-sc.com.

Mission statement

To promote multicultural inclusion and progression and celebrate the benefits of inclusion and diversity at Mizuho.

The Network will strive to attract, harvest, nurture and retain diverse talent through the invaluable support mechanisms the Network will organically develop. Through promoting and embracing cultural diversity, the Network will help to foster business growth by creating unique and powerful differentials between Mizuho and its competitors, leveraging the fact that it is already culturally rich as a Japanese Bank in London.

Our aims for FY20/21

- Acknowledge and celebrate cultural differences;
- Educate and raise awareness of the positives and negatives of being in an ethnic minority group;
- Actively promote cultural diversity within our community;
- Celebrate our unique position as a Japanese Bank in London - bringing Japanese culture into the UK, and UK culture into Japan;
- Benchmark Mizuho against similar organisations and celebrate positive difference and address negative difference; and
- Provide opportunities for networking and support amongst Network members.

Starters





Irish Brown Soda Bread

Ireland, Sara Fox



“This is a traditional Irish soda bread that my grandmother and mother always make. They slather it in butter and enjoy it at any time of day. There is always a fresh one ready when I go home or visit relatives in Ireland. Especially good with butter, smoked salmon and a squeeze of lemon”.

Ingredients:

600g brown wholemeal flour
300g natural wheat bran
1 rounded teaspoon of salt
2 rounded teaspoons of bread soda
(this is the Irish term for baking soda/bicarbonate of soda)
100g butter
284ml sour milk or buttermilk

Method:

1. First preheat the oven to 230°C/450°F/Gas 8.
2. Mix the dry ingredients well together. Rub in the butter. Make a well in the centre and add the sour milk or buttermilk. Working from the centre, mix with a wooden spoon. The dough should be soft and moist.
3. Put the dough in a 9x5ins lined loaf tin. Mark with a deep cross and bake in centre of a hot oven 230°C/450°F/Gas 8 for 15–20 minutes, then reduce the heat to 200°C/400°F/Gas 6 for around 20–25 minutes.
4. Leave to cool and then remove from the tin.
5. Slice and serve with Kerrygold butter.





Chakri
India, Dee Patel



Ingredients (makes around 30 pieces):

Oil for frying and oiling your piping tip
3 tbsps of butter or ghee
160g rice flour
80g chickpea flour
150ml of water (you may need more, see note below)
1/4 tsp turmeric
1/2 tsp carom seeds
1 tsp salt or to taste
1/4 cumin seeds
1/2 tsp asafoetida
1.5 tsp sesame seeds
1 tsp chill power or 2 fresh green chillies diced or both (if you like it spicy)
1/2 tsp minced ginger

Piping bag
Star piping tip

Method:

1. Place the flours in one bowl with all the spices, seasonings and seeds. Mix well.
2. Melt the butter/ghee and add it to the dry mix and make sure it's all combined. Use your hands and be careful - it'll be hot!
3. Boil the water in a pan.
4. In two parts add the water to the dry mix and knead in between. So add water > knead > add water > knead. If it looks a little dry or won't form into a ball then add a touch more water. Taste a little bit of the dough, make sure it works for you (salty and spiciness).
5. Cover the dough and let it rest for 20 mins.
6. Lay out a plastic sheet/parchment paper - it's easier to pipe the chakri onto this and transfer to fry.
7. Oil the inside of the piping tip and piping bag slightly and add the dough. If the dough breaks when coming out the tip, add a little more water. If it's too runny add flour.
8. Now the fun part! Aim for 4 rings per chakri ~5cm in diameter. Don't roll them all out in one go because they will go dry. Make sure you pinch them at the end of the ring so they're secure.
9. For deep frying: flame on a medium heat. Start with one chakri to make sure all is ok. If it rises gradually to the top you're in a good place - be sure to flip it over and remove when golden. Fry a few at a time, just make sure they're not fighting for space.





Yorkshire Pudding Salad

United Kingdom, Jennifer Peters



“This recipe is from my mum. Growing up in rural North Yorkshire, England we had a traditional Sunday roast every Sunday, typically with roast beef. This was eaten at lunchtime (called dinner in the north of England!) and was a time when everyone ate together. Yorkshire puddings were large and served before the main course. “Yorkshire salad” and/or fresh mint sauce were added inside the Yorkshire pudding along with gravy (I realise now how odd this combination sounds but growing up this was normal!)”

Ingredients:

Yorkshire Pudding Ingredients

3 eggs
8 tbsps of plain flour
1/2 cup of water
1/2 cup of milk

Yorkshire Salad Ingredients

2 dessert tbsp of white sugar
2 dessert tbsp of vinegar
4 lettuce leaves
1/4 of a medium red onion

Yorkshire Pudding Method:

1. Preheat oven to 180°C (365°F), Gas mark 4.
2. Grease the Yorkshire pudding tins with lard (or dripping from the roast joint) and place in the oven to heat through.
3. Add eggs and flour to a bowl and mix cold water to make a smooth batter. Beat well and leave to stand for a minimum of half an hour to 1 hour.
4. Gradually add milk to the batter and beat again. (you could add another egg to guarantee the puddings will rise!) Add pepper and salt to taste. If the
5. mixture is too thick to pour, add some more milk. It should be the consistency of thick gravy.
6. Pour the batter mixture into a jug.
7. Remove the very hot Yorkshire pudding tins from the oven, and place them on a heat proof mat. Pour the batter mixture into the Yorkshire pudding tins only filling a third to half full.
8. Place the Yorkshire pudding tins into the centre of the oven for 30 - 45 mins until the puddings rise and are brown.

Yorkshire Salad Method:

1. Place 2 dessert spoons of white sugar into jug, add enough boiling water to melt the sugar.
2. Add 2 dessert spoons of vinegar to sugar mixture, stir and allow dressing to cool.
3. Taste the dressing and adjust to your taste by adding more vinegar, water or sugar.
4. Shred/chop lettuce and finely chop the red onion. Add to dressing and mix well.
5. Serve salad into the middle of a hot Yorkshire Pudding!

The recipe varies from family to family. Some use white onion slices cut into fine rings, others use spring onions. Gravy can be poured over the Yorkshire pudding before adding the salad into the middle.

Traditionally, Yorkshire puddings are served as a separate course before the main course of beef and vegetables.



Ingredients:

- | | |
|----------------------|---|
| 2 tbsp oil | 3/4 cup milk |
| 1 cup onions | 1 tbsp butter |
| 1 cup flour | 2 tbsp spring onion finely chopped (or shallots) |
| 1 tsp baking powder | 1/2 lb salted cod fish, cooked and flaked (soaked previously to remove excess salt) |
| Salt to taste | 1 large fresh hot pepper (mum used to use scotch bonnet peppers but it depends on how hot you love your food) |
| 1 egg lightly beaten | |

Method:

1. Finely chop onion, spring onion (or shallots) and hot pepper.
2. Sauté in oil with onions until wilted.
3. Combine dry ingredients in bowl.
4. In smaller bowl, mix egg, butter and milk.
5. Make indentation in dry ingredients; pour egg mixture into and mix lightly.
6. Add chopped sautéed vegetables, fish, salt and pepper. Stir well. Pour in some water while stirring it so as to give it a uniform consistency.
7. Heat some oil in a deep pan over medium heat and spoon the fish mixture into it. Drop 2-3 spoonfuls into the hot oil at a time.
8. Let them fry for around 8-10 minutes till they turn golden brown. Flip to fry on all sides.
9. Once done, remove them and place on paper towels to drain the extra oil and serve them hot. Or you can cook for less time eg 5-7 mins and finish off in the oven when you are ready to eat.



Saltfish Cakes/ Saltfish fritters

Dominica, Joyce Simon



"Saltfish cakes or Saltfish fritters are very popular in the Caribbean and I remember eating these on Sundays when my mum had time to make them. There were never enough as they were sooo delicious. You will find a variation of this recipe across all the beautiful islands of the Caribbean. This is the Dominican Saltfish fritters recipe".

Halloumi Bacon Bites

England, Rosa Ellis



"A working from home treat, made as a pick me up snack during the work days. Halloumi is such a versatile cheese, baking the cheese makes it full of flavour and an enjoyable crunchy snack".



Ingredients:

- 225g halloumi cheese
- 175g bacon slices

Method:

1. Preheat oven to 225 °C.
2. Cut the halloumi into short square pieces.
3. Wrap the bacon slices around each square piece of halloumi cheese.
4. Place a baking sheet or greaseproof paper on an oven tray.
5. Place prepared halloumi wrapped pieces on a baking sheet on greaseproof paper.
6. Bake in oven until golden brown for 10 – 15 minutes, turning half way through.

Serving Tip: Can be eaten hot or cold and served with an aioli or mayonnaise dip.



Wontons with a Soy and Garlic Dip

Hong Kong, David Leung



“Wontons are easier to make than we think and although a whole pack of wonton skins can make what seems like too many little morsels for one meal, they can be frozen and easily enjoyed as a quick snack at a later time or serve with some soup noodles. A family favourite of ours and the kids often have a go at making a few too”.



Ingredients:

Wontons Ingredients

1 packet of wonton skins (found in fridge/freezer of most Oriental supermarkets)
 500g minced pork or minced chicken
 150ml water
 30g root ginger (finely chopped)
 1 tsp ground white pepper
 1.5 tsp salt
 1.5 tbsp cornflour

Dipping Sauce Ingredients

60ml light soy sauce
 40ml malt vinegar
 1 tsp sesame oil
 1 fresh red chilli (de-seeded and chopped)
 2 cloves garlic (finely chopped or grated)
 2 spring onions (chopped)

Method:

1. If you are using frozen wonton skins they will need to be thoroughly defrosted before setting aside ready for use.
2. Put all remaining wonton ingredients into a big bowl and mix thoroughly.
3. Take a single wonton wrap and place it in the centre of your palm.
4. Put a generous teaspoon of the wonton filling into the centre of the skin.
5. Dab all four edges of the skin with water then fold the skin in half from corner to corner to form a triangle.
6. Seal the triangle by pressing down on the edges, gently squeeze inwards to create a full, rounded purse shape taking care not to split the skin.
7. Place the wonton onto a flour dusted plate and repeat above steps for the rest of the skins.
8. Once all the wontons are ready, bring a large pan of water to the boil.
9. Whilst waiting for the water to boil, measure out the dipping ingredients and place together and stir in a bowl, to use when the wontons are cooked.
10. Drop each wonton into the boiling water, gently stirring every so often to make sure they do not stick to the base of the pan.
11. Once the water comes back to the boil and the wontons bob to the surface they are ready to be strained and served with the dipping sauce.



Vegetable Pakoras (Suitable for Vegans) Northern India - Punjab, Jaspreet Saini



“As immigrants to the UK, we built relationships with other families from the Indian sub-continent as strong and close as those with the families we left behind. A big part of our new life was getting together and eating food that reminded everyone of home. Pakoras are a joyful food to be eaten at big family gatherings such as Diwali”.



Ingredients:

100g gram flour (chickpea flour)
Water
3 medium sized potatoes cut into tiny cubes
1 medium sized brown onion finely sliced
1 -2 green chillies, deseeded (or not!) and finely chopped
2 cloves of garlic, crushed
1cm knob of ginger finely grated
1 handful of baby spinach leaves, chopped (optional)
1 handful of fresh coriander leaves, chopped (optional)
2 tsps Garam Masala (you can buy this almost anywhere)
1 tsp red chilli powder (or more if you need!)
Salt and pepper
Vegetable oil for frying

Method:

1. Put the gram flour into a bowl and add water, a tablespoon at a time, mixing as you go, until you have a smooth batter, not too thick and not too thin.
2. Throw in all the fresh ingredients, and coat them in the batter. Now you'll know whether your batter is too thin – runs off the vegetables – or too thick, does not coat the vegetables uniformly. If it is too thick, add a bit more water, and if too thin add a bit more gram flour. You really can't go wrong!
3. Add the spices and salt and pepper to taste and give it all a mix up.
4. Heat the vegetable oil in a wok, or the Indian equivalent, a karahi. If you have neither just use a thick bottomed saucepan. You need enough oil to be able to deep fry small balls of the mixture.
5. When the oil is hot, take a large spoonful of the mixture and using a second spoon, slide the mixture off into the hot oil, keeping the mixture together as it enters the oil. It takes a bit of practice but if you find it is all disintegrating when it hits the oil, try thickening the batter and sliding the mixture more swiftly into the oil.
6. Add a few pakoras at a time into the oil, just enough so that you can turn each one easily.
7. Fry for a couple of minutes, turning occasionally. You need to cook the potato pieces through so adjust the heat under the oil so that you are able to cook the potatoes through without the pakoras getting overly browned.
8. Remove with a slotted spoon when golden brown onto a sheet of kitchen paper.
9. Eat whilst hot with ketchup, or a hot sauce.
10. Variants can include small pieces of cauliflower, or slices of aubergine, or just onions all on their own (and then you have an onion bhaji). In fact you can add any vegetables you like.



Fried Crab and Corn Cakes

Australia, Nick



Ingredients:

1 tin of sweetcorn, approx. 350g – drained well
 1 tin of white crab-meat chunks, approx. 175g
 4 tbsp plain flour
 2 spring onions, thinly sliced
 1-2 tbsp chopped fresh coriander
 1 small garlic clove, crushed (or 1 tsp lazy garlic)
 1 egg, beaten
 1/2 lime, juiced
 Sunflower or vegetable oil for frying (to about 5cm depth)
 (optional) – 1/2 cup golden or panko breadcrumbs
 (optional) – 1/2 tbsp. chilli powder

This makes about 10-12 cakes, depending on how generous you want to be with the mixture

Method:

1. Put the egg, flour, coriander, garlic and 100-110g of corn into a food processor and blitz until it becomes a smooth paste. Transfer to a mixing bowl.
2. Mix in the crab meat, half of the chopped spring onions and the remaining corn. The chilli powder and breadcrumbs can also be added at this point.
3. Allow the mixture to cool in a fridge for 15-30 minutes.
4. Line a large bowl or oven dish with kitchen paper.
5. Heat the oil in a large, heavy saucepan over a medium-high heat. If you drop a breadcrumb in and it cooks in about 20-30 seconds, it's ready.
6. Form 1 dessertspoon of mixture into a cake shape and place into the oil – an easy way to do this is to place it onto a fry slice or a slotted spoon and use a knife to slide it off.
7. Fry for 3-4 minutes, turning frequently, until golden brown. Lift out onto the kitchen paper.
8. Repeat steps 6 and 7 until you're out of mixture.
10. Cooked crab cakes can be kept warm in an oven on low heat.
11. Serve with the remaining chopped spring onions and lime juice sprinkled over the top accompanied by a sweet chilli dip.



Cheesy Egg Muffins

European - English, Rosa Ellis

“This is one of my favourite go to meals since working from home. It's quite handy as the muffins can be stored in the fridge for up to 3 days and can be enjoyed hot or cold for a breakfast or lunch treat”.



Ingredients:

8 large eggs	200g bacon lardons or chopped bacon slices
150g grated cheddar cheese	1/4 tsp sea salt
3 spring onions stalks, finely chopped	1/4 tsp black pepper
	2 tbsp unsalted butter

Method:

1. Pre-heat oven to 175 °C
2. In a non-stick frying pan, fry bacon lardons or chopped bacon pieces until cooked.
3. Grease a non-stick muffin tin with unsalted butter.
4. Add cooked lardons/bacon and chopped spring onions to the bottom of each muffin tin.
5. Whisk eggs together, add cheese, sea salt and pepper and stir to a smooth batter.
6. Pour the batter on top of spring onions and cooked bacon in each section.
7. Bake for 15 – 20 minutes.

Serving Suggestion: Can be eaten hot or cold with a serving of English mustard or mayonnaise.

Tip: Store in an airtight container in refrigerator and enjoy for up to 3 days.

Ingredients:

Swiss chard (green only)	2 eggs
Parsley	Milk (4 glasses)
1 onion	Flour (4 glasses)
1 garlic clove	Salt
	Pepper



Method:

1. Shred chard, parsley, onion and garlic all together in a mixing bowl.
2. Add eggs, milk and flour slowly to the mixing bowl to avoid lumps and combine. Your paste should be thick.
3. Heat a frying pan and add some oil.
4. Pour a ladle of the mixture onto the frying pan, and cook until light brown. Flip over with spatula, and cook until brown on the other side.
5. Serve hot.

Farçous Aveyronnais (Chard Pancakes)

My Grandmother's recipe,
South West France, Agnès Ruiz



“This is a traditional dish from South West of France very local to a district called Aveyron. My grandmother used to cook them for me when I was on holiday with her. I now cook them for family and friends.”





Yoghurt Meze with Courgettes and Walnuts

Turkey, Ece Tanova



“This is a type of ‘meze’, a small dish typically served with other meze and accompanied by alcohol, traditionally raki. Such a meal often consists only of meze and no main dish, and is eaten slowly in the company of good friends and a deep conversation. This particular recipe is a variation I learned from my mother”.

Ingredients:

2 courgettes	4 tbsp olive oil
2 cups of yoghurt	1 tbsp tomato paste (preferably Turkish salca)
1/2 cup of walnuts	Chilli flakes, dry mint, salt and pepper



Method:

1. Peel the courgettes and grate them.
2. Crush the walnuts. Add the yoghurt and walnuts to the grated courgettes. (No cooking!) Transfer to a serving plate and season with dry mint.
3. In a saucepan, beat the tomato paste, salt and pepper (or salca) into the olive oil and heat. Add in a generous amount of chili flakes. Heat until it sizzles.
4. Pour the oil onto the yogurt-courgette-walnut mixture. Enjoy!

Ingredients:

1kg tomatoes
150g bread baguette crumbs only
(discard the bread crust)
1 garlic glove
100ml extra virgin olive oil

2 tbsp sherry vinegar
Salt

Optional:

Ham
1 boiled egg

Method:

1. Remove the tomatoes’ cores.
2. Blend the tomatoes.
3. Add the bread crumbs and leave it for few minutes.
4. Add the garlic, olive oil, vinegar and salt.
5. Blend it to even texture.
6. Serve it in a small bowl.
7. If using dice the boiled egg, slice the Serrano ham and add it to the Salmorejo.

Salmorejo Spain, Sofia



“When I was growing up we always had Salmorejo in the summer. It is a refreshing cold soup”.





Spinach with Walnut Dressing (Hourensou no kurumi ae)

Japan, Yumiko Miki



“There was a big walnut tree in the yard of my grandmother’s house. When I visited there, she always cooked this dish”.

Ingredients:

250g spinach
40g walnuts

1 tbsp soy sauce
1 tbsp sugar
* 1/2 tbsp mirin / sake – optional



Method:

1. Boil the spinach for 2 minutes and squeeze out excess liquid to avoid it becoming soggy.
2. Cut spinach into 4-5 cm.
3. Roast the walnuts in the pan for 2 minutes.
4. Crush or grind the walnuts. You can use a food processor, a rolling pin or a pestle and a mortar.
5. Put soy sauce in the bowl and add sugar little by little while checking sweetness.
6. Add the walnuts and mix well.
7. Add spinach and toss it together.

* You can use this dressing for the other greens such as broccoli or green beans.
* If you don't like sweet taste, you can use mayo instead of sugar.

Ingredients:

Pumpkin 400g cut into 1/4
1 tsp salt
25g butter
1 tbsp sugar

Method:

1. Cut a pumpkin into pieces that are easy to eat.
2. Place the cut pumpkin in a saucepan, sprinkle with 1 tablespoon of sugar and let it sit for 20-30 minutes until the water is released from the pumpkin.
3. Put enough water in a pot to make the pumpkin run over and heat it up.
4. Bring to a boil, then reduce heat to medium, add half the butter and salt and cook until the pumpkin is cooked through.
5. When a skewer can be easily inserted into the pumpkin, add the rest of the
6. butter and turn the heat to high to release the water, and when it starts to loosen up, it's ready.



Pumpkin in Salt and Butter

Japan, Yasu Hori



“You can easily get every ingredient in your nearest local supermarket. I usually cook this for my daughter’s lunchbox”.





Mediterranean Salad

Italy, Irina Ofitserova



“This dish I tasted last winter during New Year celebrations and since that time it means for me a piece of good mood”.

Ingredients:

- 2 mushrooms, thinly sliced
- 1 bell pepper, seeded, thinly sliced
- 8 olives without pits, halved
- 7 cherry tomatoes, halved
- 12 royal shrimps, peeled and de-veined
- 150g of hard cheese, grated
- 1.5 tbsp lemon juice
- 2.5 tbsp olive oil
- 1 head leaf lettuce, torn into bite-size pieces

Method:

1. Roast the sliced mushrooms in a pan for about 7-10 minutes and then set aside to cool.
2. Bring the shrimps to boil in a saucepan of water.
3. Reduce the heat to medium-low and cook about 10 minutes. Set aside to cool and cut them.
4. Arrange lettuce in a circle on a plate.
5. Make the dressing by blending the olive oil and lemon juice together in a bowl.
6. Mix all the salad ingredients, peppers, tomatoes and olives in a bowl.
7. Spread the salad items over the lettuce, and arrange the shrimps over the top.
8. Pour the dressing over the salad, and sprinkle with cheese.
9. Buon appetito!



Snert (Dutch Pea Soup)

The Netherlands, Mariska Bakker



“Snert is the kind of dish every family in the Netherlands has its own recipe for. This recipe is my husband’s. It’s a very nutritious pea soup typically eaten in winter (especially after you’ve been ice skating). When you put your spoon in it and it keeps standing up, that’s when the soup is exactly right!”

Eet smakelijk! (Enjoy your meal)



Ingredients:

For 5 litres

500g pork (preferably shanks, ribs, tails, legs)
 1 large leek
 250g carrots
 2 onions
 1/2 celeriac
 500g of green split peas
 1 smoked (Dutch) sausage (rookworst)
 20g parsley
 20g celery
 A bit of mace
 3 peppercorns
 2 cloves
 2 bay leaves
 Thyme
 Pepper
 Salt

Method:

1. Soak the split peas overnight in about 2 litres of water.
2. Divide the meat into smaller chunks.
3. Rub the meat with salt and pepper.
4. Chop the onion (not too fine).
5. Cut the stems from the celery and the parsley.
6. Cut half of the carrots and a quarter of the leek into chunks
7. In a big pot brown the meat in butter or oil with the onions, celery and parsley stems and the pieces of carrot and leeks. Stir until well heated.
8. Add 3 litres of water, the dry herbs and about 1/2 teaspoon salt and bring to the boil.
9. Meanwhile cut the celeriac into cubes.
10. Drain the soaked split peas.
11. Add the celeriac and split peas and bring back to the boil.
12. Let this simmer for 3 hours over low heat. Stir regularly to avoid burning.
13. Meanwhile, finely chop the celery and parsley leaves. Cut the leeks into rings and the carrots into slices.
14. Remove the meat and the remaining coarse pieces of vegetables from the soup with a wire scoop.
15. Put the meat in a bowl and remove the bones. If necessary, cut the meat in smaller pieces and put it back in the soup. Depending on the preference, the fatty bits can be left out.
16. Add the leek, carrots, celery and parsley to the soup and bring back to the boil. Simmer for about another hour.
17. Cut the smoked sausage into slices, add it to the soup and let it warm for a while.
18. Season with pepper and salt or stock powder.
19. Serve with rye bread and bacon, or try it with egg fried rice!

Top tip: this soup tastes best the day after cooking it. It is also very suitable for freezing (though in our family it never gets that far).

**“There is no sincerer love
than the love of food.”
by George Bernard Shaw**



Mains



Chicken Spaghetti Japanese Sake Flavour

**My original creation of spaghetti with a
Japanese twist, Shinsuke Toda**



"Japanese sake and spring onions give a Japanese twist to an Italian pasta dish. It works perfectly well with Japanese sake as in the photo. It is of course good with wine"

Ingredients:

200g spaghetti
150g chicken thigh, chopped into bite size pieces
6 tbsp sake
2 cloves of garlic, sliced
1 red chilli pepper, deseeded and finely chopped
1 green chilli pepper, deseeded and finely chopped
4 spring onions, roughly chopped
Olive oil

Method:

1. Put olive oil, sliced garlic, chopped red chilli and green chilli in the pan before turning the heat on and leave for a few minutes to infuse the oil.
2. Then turn the heat on medium and when it starts to sizzle reduce to low heat and slowly stir fry until the garlic turns golden. This is a tip to cook garlic nicely without burning it.
3. Season the chopped chicken lightly with salt and pepper. Then stir into the pan and cook over medium heat until the chicken releases its juice.
4. Add sake in the pan and flavour the chicken.
5. While that is happening, cook the spaghetti in a separate pot until al dente. The tip is to add a generous amount of salt which is the key to cook the pasta al dente. Rock salt is recommended.
6. Drain the spaghetti and stir into the sauce with some pasta water, chopped spring onions and salt until the sauce and spaghetti is mixed well.



Chicken Tarragon United Kingdom, Simon Gambleton



“This is very tasty and quick meal to prepare, from a friend who gave me cooking lessons”.

Ingredients (serves 4):

4 Chicken breasts
56g Butter (or margarine)

Sauce

28g Butter (or margarine)
28g flour

3/4 pint chicken stock
3 tbsp white wine vinegar
56g Cheddar cheese
2 tsp French mustard
1/2 tsp tarragon
Salt and pepper
150ml single cream (or Elmlea single)

Method:

1. In a covered pan slowly cook the chicken pieces in the butter for 20 mins, turning once until tender.
2. Meanwhile make the sauce by melting the butter in a pan, and stirring in the flour and then gradually stirring in the stock and vinegar.
3. Stir in the mustard, tarragon and cheese and bring to the boil, stirring all the time.
4. Add salt and pepper and simmer for 3 mins
5. Remove from heat and add cream.
6. Heat gently without boiling.
7. Pour over chicken.
8. Serve the chicken with rice or jacket potatoes and carrots and broccoli cooked as you prefer.

Ingredients (serves 2):

300g cooked rice
100g chicken thigh, chopped into small cubes
1/4 white onion, roughly chopped
3 large eggs

3 tbsp ketchup
1 tbsp tonkatsu sauce
15g butter
Salt and pepper

Method:

1. Fry the cubed chicken in a frying pan over a high heat for a few minutes, then add the onions and fry further until the chicken is cooked and the onions are soft. Season lightly with salt and pepper, then add ketchup and tonakatsu sauce and stir well.
2. Add rice to the frying pan and mix well. Place the chicken rice on a plate.
3. Melt the butter in a frying pan and make fluffy scrambled eggs and place it immediately on the chicken rice. No need to season the eggs and do not overcook them.

Omu-rice (Japanese Omelette Rice) Japan, Ayako Kuroda



“Omu-rice stands for omelette rice, ketchup flavoured fried chicken rice covered with buttery egg that looks like an omelette. It is a typical lunch menu at home on weekends that all family members love. My version of omu-rice is made with fluffy scrambled eggs on it, which is easy to make and tastes even better”.





Serving Suggestion:

Serve curried chicken with cooked basmati rice and or steamed vegetable of choice.

Ingredients:

- 2 large chicken breasts (no skin)
- 2 large chicken thighs (no skin)
- 4 large carrots
- 1 large white potato
- 1 large white onion
- 4 spring onion stalks
- 2 sprigs of thyme
- 1 tsp pimento seeds (optional)
- 3 garlic cloves
- 1 scotch bonnet pepper (optional)
- 4 tbsp coconut oil
- 1 Knorr chicken stock cube
- 1.5 tbsp curry powder
- 1/2 tsp black pepper
- 1 tsp chicken powder seasoning
- 1/4 sea salt
- 1 tbsp unsalted butter
- 1 lemon

Method:

1. Prepare the chicken breast and thighs. Remove chicken skin and wash in lemon juice and water. Drain and cut the chicken thighs and breast into smaller portions.
2. Marinate chicken. Add curry powder, chicken powder seasoning, black pepper and sea salt. Rub in thoroughly and let the chicken marinate covered for 2 – 3hrs in a cool area before cooking.
3. In a frying non-stick pan heat coconut oil on medium heat and fry pieces of chicken until golden colour. Set aside fried pieces of chicken in a bowl once frying is complete.
4. Dice up onion, potato, spring onions, garlic cloves, thyme and carrots. Add small pieces of diced skin of the scotch bonnet pepper for extra spice (optional).
5. In a frying non-stick pan heat coconut oil on a medium heat. Add all the prepared seasoning (onion, potatoes, carrots, spring onion, garlic, thyme and stir fry slowly until al dente.
6. Add 2 cups of boiling water to the frying pan of seasoning. Add chicken stock cube, pimento seeds. Stir all in together and simmer for 5 minutes. Add the fried pieces of chicken to the frying pan and a tablespoon of butter. Cover and let it simmer on a low heat. Add small pieces of scotch bonnet if required (not the seeds).
7. Cook until chicken is tender and thick stew gravy forms. Some of the potato pieces can be mashed to assist with thickening the curry sauce stew.

Jamaican Curried Chicken

West Indian - Jamaica, Rosa Ellis



“A very nostalgic recipe that brings back memories of my childhood in Jamaica. This was one of my favourite meals cooked by my mother for the family.”





'Nemo' Shredded Chicken Tostadas

Mexico, Nick



"This is a variation of a recipe recommended to me by an on-line gaming friend from El Salvador, after whom this variation is named. In addition to being an incredibly versatile recipe, it's gloriously messy."

"If you haven't used at least one napkin or sheet of kitchen towel after eating one, you're doing it wrong." Nemo

Ingredients:

Salsa

3 cups cherry tomatoes
3 tbsp chopped fresh coriander
1 medium red onion, chopped into chunks
1/2 lime, juiced
(optional) – 3 tbsp Tabasco or chilli sauce

If you like your salsa with a little bite, try using Wahaca fruity habanero chilli sauce.

Method:

For the Salsa

1. Put the onion and coriander into a food processor and blitz for a few seconds.
2. Add the cherry tomatoes and blitz again until everything is chopped and combined.
3. Transfer to a sieve and drain off any excess liquid.
4. Transfer to a mixing bowl, stir in the lime juice and, optionally, the Tabasco/chilli sauce.

For the Tostadas

1. Heat a small amount of oil in a frying pan over a medium heat, then add the chicken. Cook until browned, then stir in the barbecue seasoning.
2. Transfer the chicken to a food processor and blitz until shredded. Transfer to a serving bowl.
3. Gently heat the refried beans in a saucepan on a low heat, stir in 3tbsp sour cream and leave on the heat until warmed throughout.
4. Warm the tortillas in an oven (pre-heated to 200 °C) for about 5 minutes until a toasty golden brown colour.

How to build a Tostada

1. Start with a toasted corn tortilla.
2. Add a thin layer of refried beans (2-3 tbsp).
3. Add a layer of chicken (4-5 tbsp).
4. Add a layer of lettuce.
5. Add a layer of cheese.
6. Top off with salsa, guacamole, spring onions and sour cream. Optionally, add a drizzle of lime juice.
7. Enjoy and don't worry too much about the mess.

You can substitute the shredded barbecue chicken - beef chilli, thinly cut or shredded steak, prawns or even cut-up cooked fish fingers all work equally well. Use your imagination.

If you want to save yourself some effort, use packet refried beans (I use Gran Luchito Chipotle Refried Beans) and smoky barbecue fajita mix for the seasoning.





Brown Stewed Chicken

West Indian - Jamaica, Rosa Ellis



"A very nostalgic recipe that brings back memories of my childhood in Jamaica. This was one of my favourite meals cooked by my mother for family dinners".

Ingredients:

- 3 chicken thighs (no skin)
- 3 tbsp coconut oil
- 1 tbsp browning liquid seasoning
- 1 tsp Maggi liquid seasoning
- 1 tsp chicken powder seasoning
- 1/4 tsp sea salt
- 1/4 black pepper
- 1/2 lemon
- 1 large white onion
- 3 spring onion stalks
- 2 garlic cloves
- 1 Knorr chicken stock cube
- 4 tbsp tomato ketchup
- 1 tbsp unsalted butter
- 2 sprigs of thyme

Method:

1. Prepare the chicken thighs. Remove skin and wash in lemon juice and water. Drain chicken. Bones can also be removed if preferred.
2. Marinate chicken. Add browning liquid seasoning, Maggi liquid seasoning, chicken powder seasoning, black pepper and sea salt. Rub in thoroughly and let the chicken marinate covered for 2 – 3 hrs in a cool area before cooking.
3. In a frying non-stick pan, heat coconut oil on medium heat and fry chicken thighs until evenly browned and cooked on both sides. Set aside chicken thighs in a bowl once frying is complete.
4. Dice up white onion, spring onions, garlic cloves and thyme.
5. In a frying non-stick pan, heat coconut oil on a medium heat. Add all the prepared diced seasoning (onion, spring onion, garlic, thyme and stir fry slowly until al dente.
6. Add 2 cups of boiling water and chicken stock cube to the frying pan. Add tomato ketchup and unsalted butter, stir in slowly and simmer for 5 minutes covered on medium heat.
7. Add fried chicken thighs to the frying pan. Cover and let it simmer on a medium heat.
8. Cook until chicken thighs are tender and good stew sauce forms and thickens.

Serving suggestion:

Serve browned stewed chicken with cauliflower rice or basmati rice and steamed vegetable/s of choice.



Thai Fried Rice

Thailand, Nick



Ingredients:

- 350g pre-cooked jasmine rice (ideally, cooked the day before and refrigerated)
 - 4-6 cherry tomatoes, quartered
 - 4 tbsp fresh coriander, chopped
 - 2 or 3 eggs, beaten
 - 2 chicken breast fillets cut into small slices or 24-30 jumbo king prawns
 - 2 cloves crushed garlic (or 2 tsp lazy garlic)
 - 2 tbsp dark soy sauce
 - 2 tbsp Thai fish sauce
 - 1 medium red onion, sliced
 - 1/2 lime
 - Sesame oil for stir-frying (about 6 tbsp)
- (optional) – 1 chopped birds-eye chilli
(optional) – sliced baby corn
(optional) – 10-12 sugar snap peas, chopped

Method:

1. Combine the egg and 1 tbsp soy sauce into a bowl and mix thoroughly.
2. Heat 4 tbsp sesame oil in a wok on a high heat.
3. Add the egg mixture and stir until it's cooked through then move it to the side of the wok.
4. (Optional) add the chicken or prawns and cook until done.
5. Heat another tbsp. of oil to the wok, then add the onion and garlic. Optionally, add the birds-eye chilli, baby corn and sugarsnap peas at this point. Stir into the egg and chicken/prawns for a couple of minutes.
6. Add the rest of the oil to the wok then add the rice.
7. Add the tomato, fish sauce, remaining soy sauce and stir well for another few minutes.
8. Stir in the chopped coriander just before it's time to serve it up.
9. Serve with a squeeze of lime over the top.



Bunny Chow (Chicken Curry Rolls)

South Africa, Nicole Mather

“Bunny chow, often referred to simply as a bunny, is a South African fast food dish consisting of a hollowed-out loaf of white bread filled with curry. It ultimately originated among Indian South Africans of Durban”.



Ingredients:

2 tbsp sunflower oil
6 chicken thigh fillets, cut into 3cm pieces
1 onion, chopped
3 garlic cloves, crushed
4cm piece ginger, grated
1 star anise
1 cinnamon quill
1/2 tsp fennel seeds
2 tsp garam masala
1/4 tsp chilli powder
1 tbsp tomato paste
2 cups (500ml) Massel chicken style liquid stock
400g can butter beans, rinsed, drained
4 large round bread rolls
Olive oil, to brush
1/3 cup (95g) thick Greek-style yoghurt

Tomato and red onion sambal

1 red onion, sliced
1 long green chilli, seeds removed, chopped
2 tomatoes, seeds removed, finely chopped
1/2 bunch coriander, leaves chopped
1 tbsp white wine vinegar
1 tsp caster sugar

Method:

1. Preheat the oven to 180°C. Heat 1 tablespoon of sunflower oil in a large saucepan over medium heat. Season chicken, then in 2 batches, cook, turning, for 4-5 minutes until browned. Remove from the pan.
2. Add the onion and cook, stirring, for 3-4 minutes until softened. Add the garlic, ginger and spices, then cook for 2 minutes or until fragrant. Add tomato paste and cook for a further 1 minute. Return chicken to pan and add stock. Bring to a simmer, then reduce heat to medium-low and cook for 20 minutes.
3. Add beans and cook for 5 minutes or until chicken is cooked through and sauce is slightly reduced. Remove from heat.
4. Meanwhile, cut the tops off the rolls and hollow out, discarding filling and tops. Brush with olive oil and bake for 5 minutes or until slightly golden, then set aside.
5. For the sambal, combine all the ingredients in a small bowl and set aside.
6. Stir the yoghurt through the curry and season, then divide among bread rolls. Top with sambal, then serve.



Karaage

Own recipe, Kenjiro Oishi



“Karaage is one of my favourite dishes since my childhood, which I still love. This version has a kick of chilli that goes perfectly well with beer! When cooking for kids, simply skip chilli paste, they still taste heaven. It’s very nice served hot, but also good served at room temperature. Karaage and rice balls make an ideal picnic lunch.”

Ingredients:

500g chicken thighs
3-5 cloves of garlic
3 tbsp soy sauce
2 tbsp mirin
1 tbsp sake
1 tbsp sugar
1 tsp doubanjiang (Chinese chilli paste)
Salt and pepper
Corn starch for coating
Oil for deep frying

Method:

1. Chop the chicken thighs into bite size pieces. Smash garlic cloves. No need to mince the garlic as they are used just to infuse the chicken.
2. Lightly season the chicken with salt and pepper.
3. Place the soy sauce, mirin, sake, sugar, doubanjiang and garlic in a bowl and give a gentle stir. Then massage the chicken with the special sauce for 10 minutes and keep it at room temperature at least for an hour.
4. Coat the chicken with corn flour.
5. Heat the oil to about 180°C and deep fry the chicken for about 3 to 4 minutes until they are golden brown.



Granny Saini's Fish Curry

The Indian "Ex-Pat" Community in London, Jaspreet Saini



"This is my mother's recipe, loved by all her family. However, it dawned on me that there are no fish in the Punjab region of India where my mother is from, and where I thought this recipe was from. It turns out this is a recipe she adapted in England; an early example of East-West 'Fusion'!"

Serving suggestion:

Serve over Easy Peasy Rice found on page 82 and garnish with a sprig of fresh coriander.

Ingredients (serves 4):

400g white fish such as cod or haddock, in large fillets
1 lemon
1 medium sized brown onion, finely chopped
2 tsps of lovage seeds
4 cloves of garlic, peeled and crushed
2 cm long piece of fresh ginger, peeled and finely chopped
1 red chilli, finely sliced and seeds removed (or not!)
1 tin of chopped tomatoes
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
2 tbs of single cream
Vegetable oil and butter for cooking
Fresh coriander to serve

Method:

1. Preheat your oven to 190°C.
2. Heat a tablespoon of vegetable oil and a chunk of butter in a large saucepan over a medium-high heat on the hob.
3. Once foaming, add the diced onion and cook, stirring occasionally until the onion just starts to soften.
4. Add the lovage seeds and continue cooking until aromatic.
5. Add the garlic, ginger and chilli to the saucepan and give it all a good mix up.
6. Lower the heat to medium and prepare your fish.
7. Lay the fish on a baking tray, season well, and add a knob of butter and a squeeze of lemon juice to the top of each fillet of fish.
8. Meanwhile back to your saucepan, and give the contents of the saucepan a good stir, they should be sizzling and browning nicely. The onion should be oozing a lovely buttery oil.
9. Add the spices – cumin, coriander and turmeric and give everything a good stir, coating everything in the spices. Cook for 1 minute.
10. Add the tinned tomatoes, and then, little trick, fill the tin with boiling water, swish around and pour the boiling tomato-ey water into the saucepan.
11. Now add salt and pepper to taste. Turn the heat down a little and just let all the spices work their magic and infuse into the sauce as it thickens. I always tell my kids that the trick of Indian cooking is to cook it with love, but this basically means not rushing things. You have to give the spices time to cook and pervade into the sauce, to create a "masala".
12. If you are going to make rice (see recipe for Easy Peasy Rice) now is the time to get the rice on.
13. Now place your tray of fish in the oven for 10 - 15 minutes or until just cooked.
14. When the fish is done, remove from the oven and place the fish, without breaking it up too much, into the rich, masala.
15. Give it a gentle stir, trying to keep chunks of fish and not losing it all in the sauce.
16. Now, the surprise Western addition, add a small pour of single cream – not too much, about 2 tablespoons and stir it into your fish curry.



Salmon Seafood Stew

West Indian - Jamaica, Rosa Ellis



“As a lover of seafood, I created this combination to enjoy at any time of the year. This was an idea as in the West Indies a stewed dish of choice is popular. I thought the seafood stew would be rich, full of flavour and great accompaniment to the salmon”.



Ingredients:

350g king prawns	1 large white onion
300g slice salmon	1/2 tsp pimento (optional)
3 large carrots	4 tbsp unsalted butter
3 spring onions	3 tbsp sweet chilli sauce
2 garlic cloves	1 tbsp olive oil
1/2 tbsp fish seasoning powder	1/2 tbsp smoked paprika powder
1/4 tsp sea salt	1/4 tsp garlic powder
1/4 tsp black pepper	1/4 onion powder
2 sprigs of thyme	1 Knorr fish stock cube
	1 lemon

Method:

1. Simultaneously marinate the king prawns and salmon. Repeat measurements for each dish in separate bowls.
2. Add to each bowl: olive oil, sea salt, black pepper, smoked paprika, garlic powder, and onion powder. Rub all in thoroughly with the king prawns and salmon.
3. Allow both dishes to marinate covered for 2 – 3 hours in a cool area.

King Prawns Method:

1. Add 1 tbsp unsalted butter to non-stick frying pan on medium heat, allow to melt.
2. Add the marinated king prawns to the melted butter and stir fry slowly. Heat should be medium as prawns cook easily. Turn the sides of the prawn to cook evenly.
3. Once tender immediately remove from heat and set aside.
4. Dice up white onion, spring onions, garlic cloves, carrots and thyme.
5. In a frying non-stick pan, heat olive oil on a medium heat. Add all the prepared diced seasonings (onion, spring onion, garlic, thyme, carrots, pimento seeds and stir fry slowly until al dente.
6. Add 2 cups of boiling water and fish stock cube to stir fried seasonings. Add 1 tbsp unsalted butter and sweet chilli sauce and stir in slowly and simmer for 5 minutes on medium heat.
7. Add cooked king prawns to sauce and cover and let it simmer on a low heat for 2 minutes. Remove from heat and set aside.

Salmon Slices Method:

1. Add 2 tbsp unsalted butter to non-stick frying pan on medium heat, allow to melt.
2. Add the marinated salmon to the melted butter skin side down. Heat should be medium, turn and fry each side of the salmon.
3. Squeeze some lemon juice on salmon and buttered sauce in frying pan.
4. Drizzle buttery lemon sauce over the salmon whilst being cooked.
5. Fry until salmon is tender and golden brown on all sides. Remove from heat and serve with seafood stew.

Serving suggestion: serve seafood stew with basmati rice and steamed vegetable/s of choice.



Buttered King Prawns

European - English, Rosa Ellis



“King Prawns are a favourite dish for me being a lover of all things seafood. It’s delicious, high in protein and easily prepared. It’s also very enjoyable with basmati rice and a steamed vegetable of choice”.

Ingredients:

450g raw king prawns (no shell)	1/4 black pepper powder
1 tbsp olive oil	1 tsp smoked paprika powder
1.5 tbsp unsalted butter	1 tsp garlic powder
1/4 tsp sea salt	1 tsp onion powder
	6 tenderstem broccolis

Method:

1. Marinate the raw king prawns with olive oil.
2. Add powdered seasonings: Sea salt, black pepper, smoked paprika, garlic powder, onion powder. Rub all in thoroughly with the king prawns and olive oil.
3. Allow to marinate covered for 2 – 3 hours in a cool area.
4. Add unsalted butter to frying pan on medium heat, allow to melt. Add 1 tsp smoked paprika powder and stir in to butter.
5. Add the marinated king prawns to the melted butter. Heat should be medium as prawns cook easily. Turn the sides of the prawn to cook evenly and are pink in colour. Drizzle the buttered sauce over the prawns whilst being cooked.
6. Once tender immediately remove from heat and set aside.
7. Bring water to boil in a sauce pan and add the tenderstem broccolis for 3 minutes. Drain off water.

Serving Suggestion: Serve buttered king prawns with tenderstem broccolis and or basmati rice.

Method:

1. Marinate the meat, onions, garlic tomato paste and the bay leaves for 6 hours in the fridge.
2. Sauté the marinated meat in a pan on a high heat until golden.
3. Add butter and 1 cup water, boil shortly and lower the heat until the water has reduced.
4. Season with salt and pepper.
5. For the eggplant puree pierce the eggplants with a knife and roast in the oven for 20 min at 200°C.
6. After roasting cover them with foil or baking paper and allow to cool. Remove them from the tray by peeling away with the foil/paper.
7. Mash the eggplant flesh and add it to the béchamel sauce while cooking and stir for 6-7 minutes until it becomes thick.
8. Finally add the mature cheese and stir for 2 minutes.
9. Arrange the eggplant puree on a plate and top it with the meat.
10. Enjoy!

The Sultan’s Delight (or The Sultan likes it)

Turkey, Haluk Soma



“The dish was invented in 1869 at the Imperial Court in Istanbul, during the reign of Sultan Abdülaziz of the Ottoman Empire, in order to be served to royal visitors from Europe. It combines the common dishes like béchamel and eggplant of both French and Ottoman cuisines. Sultan Abdülaziz was the first to try it before it could be served and once he said he liked it, it was called - The Sultan liked it.”

Ingredients (serves 4):

800g lamb or beef, diced into 2-3cm pieces	2 tbsp of tomato paste
4 eggplants (aubergines), peeled	3 tomatoes diced
Béchamel sauce (35g flour, 300g milk, 50g butter)	2 bay leaves
2 onions finely chopped	50g butter
2 garlic cloves crushed	1 cup water
	1/2 cup of hard mature cheese





Moroccan Couscous

Morocco, Hasna Attaf



“Couscous is one of the national dishes of Morocco; it is the most typical of all dishes. Moroccans usually prepare it every Friday. The ultimate comfort food to enjoy with family and friends. Lamb, beef, or chicken is stewed with assorted vegetables, and then served atop a mound of light, fluffy steamed couscous”.

Ingredients (serves 4):

500g of fine couscous
500g meat (lamb preferred)
500g carrots
500g turnips
250g pumpkin
500g cabbage
2 zucchinis/ courgettes
1 cup chickpeas, soaked before or 2 tins of cooked chickpeas
2 peeled and seeded tomatoes,
1 onion
1 tsp butter
1 tsp black pepper
1 pinch salt
1 tsp ginger (fresh if you have it)
Small bunch of flat-leaf parsley, wrapped in twine
1 tsp saffron
1 tsp ginger

Method

1. Place meat, onions, oil and spices in the pot and cook them for a while till the colour of onions soften and turn translucent.
2. Add washed vegetables (cut lengthwise) and enough water to cover the vegetables. (Zucchini and pumpkin may be added later since they don't take a long time to be cooked)
3. Place couscous in a bowl and sprinkle with 1/4 litre of salted water and separate the grains by gently rubbing them between your palms and add two tablespoons of oil.
4. Place couscous inside the steamer and put it on the boiling pot. The steam should escape only from the top.
5. As soon as the steam comes out, remove the couscous, put it in a large bowl, and separate the grains again by rubbing them gently between your palms or crushing them with a ladle.
6. Sprinkle 2/3 ladles of lightly cold water, separate the grains and let stand 15 minutes. Return the couscous in the steamer to steam again for about half an hour.
7. Repeat the above, but this time by replacing water with olive oil and 1 tsp of butter, and leave the couscous on the steamer till the steam comes out again, then it is ready!
8. Place the couscous in a large dish, form a hole in the centre, and place the meat inside the hole.
9. Place the vegetables decoratively on the top of couscous and ladle over the sauce till it is soaked enough. Serve hot!



Ingredients:

- 3 slices of bread
- 1 cup + 1/2 cup milk, divided
- 2 tbsps olive oil
- 2 large onions, roughly chopped
- 4 tsp medium curry powder
- 1 tsp dried herbs (whatever you've got around - oregano, basil, marjoram, etc.)
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 2 garlic cloves, finely chopped
- 1.5 pound ground beef
- 1/2 cup fruit chutney
- 1 tblsp apricot jam
- Zest and juice of one medium lemon, divided
- 4 tsp tomato paste
- Salt and pepper
- 2 large eggs
- 4 bay leaves

Method:

1. Preheat your oven to 350°F.
2. Soak the bread in 1 cup of the milk.
3. Heat the olive oil in a wide skillet set over medium heat. Once the oil is hot, add the onions, and cook until soft.
4. Add the curry powder, mixed herbs, cumin, turmeric and garlic, and stirring constantly, allow to cook for a minute or two until the garlic is soft.
5. Add the ground beef, and cook, stirring frequently to break up any big chunks, until browned.
6. Once the beef is browned, remove the skillet from the heat, and stir in the chutney, apricot jam, all the lemon zest, half the lemon juice, tomato paste, and salt and pepper to taste. Mix well, give it a taste, and add more lemon juice, salt, and pepper as desired. It should be delightfully zingy!
7. Squeeze the milk from the bread, reserving the milk for later, and smooching and tearing the bread into small pieces. Mix the bread into the beef mixture, and spread evenly into an oven proof dish.
8. Strain the milk that has come from the bread, and add the remaining 1/2 cup of milk. Beat in the eggs, and season with 1/4 teaspoon salt and pepper to taste. Pour this over the meat, and decoratively scatter the bay leaves on top.
9. Bake, uncovered, at 350°F for 45 minutes, or until golden brown.

Bobotie

South Africa, Nicole Mather



“Bobotie’s roots in South Africa date back to the 17th century. Dutch traders set up camp in the area that is now Cape Town as a stopping point on their journeys back and forth to Indonesia. The traders brought spices, cooking techniques, and recipes with them.

Today many consider bobotie to be the national dish of South Africa, and it has become popular on menus featuring South African cuisine all over the world”.



Hachee

The Netherlands, Daan Kramer Schippers



“This is the ultimate Dutch comfort food for dimly dark drizzly days of autumn and winter. It includes spices from the far east and gives a nice warm feeling inside, when enjoyed with a glass of red wine and a crackling fire”.

Ingredients:

Beef for stew (preferably from the lower rib) 0.75 kg
2 -3 large onions
Cloves (4)
Pepper and salt
Butter (to panfry, you need a lot of it!)
Ontbijtkoek (Dutch spice cake) or Speculoos (to bind the stew and give it a spicy-sweet flavour)
Sambal badjak (sambal with sautéed onions) à volonté
Laurel 2 -3 leaves
Vinegar 3 tbsps
1/2 litre of water
4 tbsp of thyme

Method:

1. Pan-fry the onions in butter until nicely golden brown.
2. Put them in a large stewing pan.
3. Put salt and pepper on the beef.
4. Pan-fry in butter the beef until brown, put alongside the onions in the pan.
5. Add the water and the other ingredients, except the ontbijtkoek/speculoos.
6. Mix the ingredients well.
7. Put the pan on a very low fire for about 3 hours (check regularly and give the whole thing an occasional stir).
8. When the meat is tender (test with a fork), add the ontbijtkoek/speculoos until the whole has the consistency of a runny porridge (it should not feel like cement!). Enjoy!



Beef Goulash Soup

Hungary, Viktor László Tóth



"Beef goulash soup (gulyásleves) is a great favourite of mine. I cook it at home about twice a year. During my childhood my mother frequently cooked goulash soup made with pork. Goulash is a dish that is inspired by the nomadic-like outdoor lifestyle of cattle herdsman from the Hungarian Great Plain who would cook meat soups and stews over fire in a cauldron".

Serving Suggestions:

- Serve goulash hot with fresh bread.
- Sprinkle with chopped parsley.
- Garnish with two paprika circles. I recommend one piece of red and one piece of green pointed pepper cut in a circle.
- Offer hot spicy ground red pepper in a separate small jar or in a small ceramic bowl.

Ingredients:

- 1 tbs sunflower seed oil
- 1 large onion, chopped to small pieces
- 1/2 tsp ground cumin (caraway) seeds
- 2 tsp freshly ground black pepper
- 3 tbsp. Hungarian paprika (mainly sweet smoked and a little bit of hot)
- 1 dried bay leaves
- 2 lbs. (or 1 kg) beef shoulder, diced into 1 inch (or 2 cm) cubes (chuck and shank are also good)
- 5 cloves garlic, crushed and roughly chopped
- 2-3 tomatoes, diced
- 2 red pointed peppers, de-seeded and cut into half rings
- 3/4 lb. carrots (about 2-3 large carrots), peeled and cut into rounds
- 1/4 lb. parsley roots (about 1 parsley roots), peeled and cut into rounds (or parsnips)
- 1 lbs. potatoes (red skinned Cleopatra or Désirée varieties), peeled and cut into 1 inch cubes (or 2 cm)
- 3-4 sprigs of fresh parsley leaves, let loose
- 4-5 cups hot water
- 1/2 tbs salt. Note when I cook it, I do not put salt
- 1/2 cup fresh parsley leaves, finely chopped

Method:

1. In a cast iron Dutch oven (or a large pot), heat the sunflower seed oil, then add the onions and cook for 8 minutes. Stir often so they don't burn. If they start browning, decrease the heat.
2. Mix in tomatoes, peppers, and cook until they soften up and change colour to an orange tone.
3. Remove the pot from the heat, and sprinkle paprika all over the onions, peppers, tomatoes. Stir often! (Burnt paprika is bitter).
4. Return the Dutch oven (pot) to the fire.
5. Add beef cubes and garlic. Stir well until each piece is coated with paprika gravy. Reduce the heat to medium and cook for 2-3 minutes, or until the beef cubes start browning. The beef will also naturally start releasing water.
6. Stir in caraway seeds, black pepper and bay leaves, and keep cooking.
7. Add water. It should cover the meat and vegetables by an inch.
8. Reduce the heat to low, cover the Dutch oven, and let it simmer for an 1.5 hours.
9. Add the root vegetables (carrots, parsley, celery, and potatoes) and the tied parsley leaves to the pot. Add 4-5 cups of hot water to cover by an inch.
10. Season with salt (or skip the salt), and bring the soup to a boil over high heat. When it starts boiling, reduce the heat to medium, and cook for 30 minutes uncovered.
11. Use a wooden spoon or a sieve to skim off the scum. Remove the parsley sprigs and the bay leaves and discard them. Taste and adjust saltiness (optional).
12. Serve in a soup plate.
13. Much water evaporates during steaming, it will become goulash stew.
14. Serve goulash stew with roast or baked potatoes.



Ribeye Steak Japanese Style

Derives from marriage of Western and Japanese cultures, Takuya Yorita



“This recipe was taught to me by my mother. It reminds me of a special dinner at home.”

Ingredients:

Beef rib-eye steak (can be replaced by sirloin or rump)
40ml of whiskey
40ml of soy sauce
A clove of garlic
2 spoonfuls of oil (ideally grapeseed or sunflower oil due to high smoke point)
A carrot
1 tbsp of sugar
A tbsp spoon of butter
A bag of asparagus tips
Salt and pepper to taste

Method:

Glazed carrot

1. Slice the carrot in 5mm thick.
2. Place sliced carrots in a saucepan and pour water enough to cover the sliced carrot.
3. Add a tablespoon each of sugar and butter.
4. Cook the carrot in a medium heat until the liquid almost disappears.

Rib-eye Steak

1. Thinly slice the garlic.
2. Place the garlic on a pan (thicker the better).
3. Pour 2 spoonfuls of oil and turn on the fire at high heat (not before).
4. Keep the pan at a slant so garlic slices are sufficiently covered by the oil.
5. Cook until the colour turns golden. Be careful as they can be easily get burnt.
6. Take the garlic slices off of the pan.
7. When the oil is slightly smoking, turn the heat to medium and place the rib-eye steak, seasoned with pinches of salt and pepper on both sides, into the pan.
8. Turn the steak every minute, maybe for four times for medium depending on the thickness.
9. Remove excess oil from the pan and pour in mixture of whiskey and soy sauce. If you like to avoid fire like flambé, pour the mixture with pan off the fire.
10. Cook steak for a further 15 seconds or so on both sides and remove the steak from the pan.
11. Cook the sauce until slightly thicker.
12. Pour the sauce into a jar.

Grilled Asparagus

1. Microwave the bag of asparagus tips for one minute.
2. When the bag cools down, open and cut off the end of the asparagus tips to avoid fibrous parts.
3. Place the asparagus tips into the pan where steak was cooked and slightly season with salt and pepper.
4. Pour small amount of sauce from the steak and grill for 30 seconds.

Then serve everything on to a plate, with crispy garlic slice placed on the steak, pour the sauce and enjoy!



Souvla/Souvlakia

Cyprus, Vassilis Eliades



“Souvla is traditionally made in Cyprus to celebrate major occasions such as Easter. Souvlaki is popular all over Cyprus as part of a Cypriot BBQ and as a fast food. For me it represents family and friends gathering together to celebrate and enjoy themselves”.



Ingredients:

Souvla

Best neck-end lamb or pork shoulder in fist size chunks

Marinade

Olive oil
Salt
Oregano

Souvlakia:

Pork shoulder or chicken breast cut into cubes
For pork souvlaki marinade-see marinade for souvla above

Marinade for chicken (per kilo)

3-5 cloves garlic, grated
2 tbsp oregano
1 tsp each of salt, pepper and sweet paprika
4-6 tbsp olive oil
Juice of 1 lemon

1. Blend together the marinade ingredients for the chicken and apply the marinade mix to the meat.
2. Allow to marinade for a couple of hours or overnight if you can.
3. For the pork souvlaki or souvla, you can apply the marinade and add to the BBQ straight away.
4. Thread the meat onto skewers and cook on the BBQ. Ideally you will need a Cypriot style rotisserie BBQ (“fougou”) for souvla but it is possible to cook souvlakia on any BBQ as they cook quicker.
5. Approximate cooking times:
Chicken souvlaki-15-20 minutes
Pork souvlaki-20-25 minutes
Souvla-1.5-2 hours
6. Serve with salad, grilled pita and choice of dips.



Pizza Omlette

European - English, Rosa Ellis



"A dish I refer to as my 'anytime treat' and can be had for breakfast, lunch or dinner. This is a creation of mine since working from home in my search for a homemade healthy meal that is both filling, delicious and easy to prepare".

Ingredients:

- 5 large eggs
- 4 honey roasted ham slices
- 100g grated mozzarella cheese
- 4 broccoli florets
- 100g white cabbage or green cabbage
- 1 large white onion
- 1/2 tsp smoked paprika
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

Method:

1. Dice up honey roast ham slices and onion.
2. Cut up white/green cabbage and broccoli florets into small pieces. Steam all for 5 minutes, drain and set aside.
3. Whisk eggs until fluffy in a mixing bowl, adding black pepper and salt.
4. Heat a 30cm non-stick frying pan with olive oil on medium heat, add honey roast ham, onions, cabbage and broccoli.
5. Stir fry all ingredients until partly cooked.
6. Pre-heat oven grill to 170 °C.
7. Add whisked eggs to stir fried ingredients in frying pan on medium heat.
8. Ensure all ingredients are evenly mixed in with the whisked eggs. Allow to cook on medium heat until eggs have started to set.
9. Sprinkle smoked paprika evenly across top of the omelette.
10. Sprinkle the grated mozzarella cheese evenly across top of the omelette.
11. Place under grill to finish cooking eggs and mozzarella cheese has melted.
12. Remove from grill and serve in slices.

Serving suggestion:

Pizza omelette slices can be served with garlic bread and salad.

Tip: Can be eaten hot or cold. Refrigerate and store omelette pizza slices in an air tight container for up to 3 days. Re-heat under a medium grill for 10 minutes.



Kale with Mashed Potato and Sausage

The Netherlands, Arne Lambert



"A true farmers' dish. A feel good dish for the cold half of the year. It is the kind of dish that both the kids and parents go for a second plate; a dish that brings you back to your parents' kitchen table".

Ingredients:

600g fresh kale,
1kg potatoes
300ml milk
100 unsalted butter
Bacon strips (vegetarian alternative optional)
500g smoked sausage (vegetarian alternative optional)
Gravy
Pickles
Mustard

Method:

1. Add the peeled potato and the fresh kale in a big pan.
2. Add water to boil for 20mins.
3. Remove excess water
4. Add the milk, unsalted butter and mash together.
5. Separately warm up the smoked sausage au bain marie.
6. Use a frying pan to make the bacon crispy, and use the remaining oils/grease in the pan for your gravy, or go for a ready to go mix from your super market.
7. When ready, mix everything together and garnish with some pickles and mustard to your liking. Enjoy!



Akuri
India - Suneel Bakhshi



Ingredients:

- 3 medium onions
- Butter
- 1-inch piece minced ginger
- 2-3 green chillies
- 2 cloves garlic
- 1/2 tsp turmeric
- 1 tsp cumin powder
- 3 concassed tomatoes
- 12 eggs
- Salt and pepper
- Coriander

Method: (serves 3-4)

1. Chop 3 medium onions, cook until softened in a little butter. They must cook slowly for at least 15-20 minutes.
2. Add 1-inch piece minced ginger and 2-3 green chillies, finely chopped
3. Continue cooking slowly.
4. Add 2 cloves garlic, finely chopped. Cook for a couple of minutes until softened and then stir in 1/2 tsp turmeric, 1 tsp cumin powder, cook until fat separates.
5. Add 3 concassed tomatoes and cook for a few seconds.
6. Add 12 lightly beaten eggs, 1 to 1.5 tsp salt, 1/2 tsp pepper and a handful of finely chopped coriander (about 4 tbsp).
7. Scramble slowly and serve over toast.





Tortilla with Courgettes (Spanish Omelette with Courgettes)

Spain, Sofía



“The Tortilla is very versatile and you can add different ingredients (such as courgette, green peppers etc).”



Ingredients:

900-1kg potatoes
7 eggs
1 onion
1 courgette
Olive oil



Method:

1. Peel the potatoes and cut in thin slices. Chop the onion. Peel the courgette and chop it too.
2. Heat a generous amount of olive oil in a pan and add the potatoes, add salt, after 10 min add the onion. After 5 min add the courgette.
3. Remove when the potatoes are golden brown and soft.
4. Reserve and set the olive oil aside.
5. Beat the eggs in a mixing bowl and add the fried potatoes, onions and courgette.
6. Choose a small non-stick pan (about 22cm), add heat a little bit of olive oil, add the mix and cook over a medium heat. After 5 min invert it on a large plate (the plate goes over the frying pan) and slide it back from the plate to the pan for another 5 mins.
7. Turn around the omelette few more times. The omelette has to be runny in the middle.



Bamyas (Okra Stew)

Turkey/Cyprus, Eda Ulker



“This recipe reminds me of my childhood holidays in Northern Cyprus visiting my grandfather in his village. This was his favourite dish and something we always ate together. This is still one of my favourite Turkish meals to make and is super healthy!”



Ingredients:

1kg okra
2 onions chopped
3 large tomatoes chopped
(alternatively can use a tin of chopped tomatoes)
1 tbsp tomato puree
2 tbsp olive oil
Salt
Pepper

Method:

1. Wash the okra and allow to air dry completely.
2. Remove the heads – if the okra is very long, you can slice them in half lengthways.
3. Heat olive oil in a pan, add onions and okra and fry for about 8 minutes or until they start to brown slightly.
4. Add the tomato puree and mix in. Add the tomatoes and mix well.
5. Cook for a further 2 minutes.
6. Season with salt and pepper.
7. Add enough water to just cover the top of the okra.
8. Bring to boil, then simmer for 30-40 minutes.
9. Best served with rice.



Pav Bhaji

**Indian fast food from Mumbai,
Shraddha Sawant**

“Indian fast food from Mumbai. My favourite food”.



Ingredients:

4 medium sized boiled potatoes
1/2 cup of boiled cauliflower
1 boiled carrot
1/2 boiled bottle gourd
1/2 cup of boiled green peas
Butter
1/2 capsicum
2 tsps oil
3 medium sized Bombay onions (preferable) or normal red onion
5 tomatoes
Salt
Paprika
Turmeric
Ground cumin
Ground coriander or whole coriander
Ginger garlic paste
Pav bhaji masala available in any Indian grocery shop
Bun bread or normal bread

Method:

1. Boil potatoes, green peas, cauliflower, carrot, bottle gourd and smash them after removing water.
2. Cut capsicum into fine pieces.
3. Switch on gas and take big non-stick pan.
4. Add 3 tsps of oil and some butter in pan and heat it
5. After heating add finely cut capsicum add sauté it
6. After that add finely cut onions.
7. Once onions started becoming translucent or started changing colour add one teaspoon of ginger/garlic paste each.
8. Once oil starts releasing from onions add spices including turmeric, paprika, ground cumin and pav bhaji masala.
9. Add tomato paste or chopped tomatoes.
10. Add salt then cover the pan with a lid. Leave it for some time so that the tomatoes melt completely and start releasing juice with above spices
11. Add smashed vegetables and add 1/4 cup of water and keep it boiling
12. Now sprinkle some pav bhaji masala and add butter on in and turn off the flame.
13. Garnish it with finely chopped coriander.
14. Serve it with toasted or grilled bread with butter and finely chopped onion and lemon.





Aubergine Parmigiana

Italy- the origin of the dish is claimed by both the Southern regions of Campania and Sicily, Mara Di Conza



"I got this recipe from my mother's cookbook. This is my favourite dish; very delicious! You can customise it on your preferences: make it heavier, frying the aubergines or healthier – like in this case – grilling the aubergines and replacing the mozzarella with a lighter cheese"



Ingredients:

Ingredients for the aubergines

2 large aubergines, sliced into thin slices about a 5mm in thick
4 tbsp olive oil – enough to brush all aubergines
100g grated mozzarella
100g grated parmesan

Ingredients for the tomato sauce

1 garlic clove finely chopped
1 red onion finely chopped
2 tbsp olive oil
2 x 400g tins of tomato sauce

Method:

1. Cut the aubergines lengthways into 5mm slices, sprinkle with salt and leave in a colander to drain for half an hour.
2. Meanwhile heat 2 tbsp of olive oil in a medium pan over a medium-high heat and add the garlic and the red onion finely chopped. Fry for a couple of minutes, then add the tomato sauce into the pan. Bring to boil, stir and then turn down the heat slightly. Simmer gently for 45 minutes, stirring occasionally.
3. Preheat the oven to 180°C. Rinse the aubergines well and dry with a kitchen paper. Brush the aubergines with olive oil on both sides and season with salt. Grill the aubergines on both sides until golden brown.
4. Lightly grease a baking tray and spread with a thin layer of tomato sauce followed by a layer of aubergines, grated mozzarella, parmesan and add a tiny layer of tomato sauce. Add another layer of aubergine repeating the same order until you used up all aubergines. Finishing with a generous layer of sauce and add some parmesan on the top.
5. Bake for 30 minutes until bubbling and browned. Then allow to cool slightly and sprinkle with some basil leaves before serving and... Enjoy!





Jollof Rice

Popular dish in Nigeria, Ghana and other West African countries, Joan Okhiria



“Jollof rice is a rice dish cooked in a blend of peppers and tomatoes. It is that simple, but it does not taste that way. It is delicious. It is indigenous to various African countries, with Nigeria being one of them. Jollof rice is a party favourite. It is a hit all the time!”

Ingredients:

- | | |
|---|--|
| 1kg easy cook long grain rice | 1 tbsp thyme |
| 4 fresh tomatoes (you can also use a can of chopped tomatoes) | 3 bay leaves |
| 3 red bell peppers | 1/2 cup olive oil |
| 1-2 scotch bonnet peppers | Fresh homemade stock from grilled or cooked meat |
| 2 red onions | Salt |
| 200g tomato puree | All-Purpose seasoning |
| | Knorr stock cubes to taste |

Method:

1. Blend the pepper, tomatoes, red bell peppers, scotch bonnet peppers, and one onions. Add some water to help the blending process. Blend until smooth, set aside for later.
2. Dice one red onion into small pieces. *TIP – red onions makes a difference to Jollof rice, they are better than using white onions.
3. Add 1/2 cup of oil into the pot, once the oil is hot enough add in the diced onions and fry on medium heat for about 4 minutes till it becomes translucent.
4. Next add in the tomato puree, and fry the onions and tomato puree on medium heat for 5 minutes, stirring frequently. Don't worry if it sticks to the pot a little (it will taste even better). *TIP – This method makes a difference to the flavour. It helps to eliminate the bitter taste of uncooked purée, while giving it a smoky, sweet and distinctly rich flavour.
5. Once the puree has fried, add in the blended pepper mixture, stir in well.
6. Now it's time to season, add: bay leaves, dried thyme, salt, Knorr chicken stock cubes and all-purpose seasoning to taste. Stir well and cover. Leave to boil on medium heat for 15 minutes.
7. While the sauce is cooking, wash the rice repeatedly to remove the starch. You want to do this until the water turns clear. This step is important, don't be lazy about it, this will prevent mushy and unpleasantly sticky Jollof rice.
8. Back to the pot, after about 15 minutes the sauce is ready, you'll notice it has thickened slightly. This is also the time to taste just in case you need to adjust the seasoning at all before adding in the rice.
9. Next, add in the washed rice and stir well. Make sure the rice is infused in the sauce.
10. Now, add in just enough water or fresh meat stock to cover the rice, so it sits just above the level of the rice. *TIP – This step is very important, as adding excess amount of water will lead to soggy Jollof rice, which we don't want. After adding the water stir well to the bottom.
11. Now the easy part, cover and leave the Jollof rice to cook on a very low heat. For example if the highest setting of your cooker is, 6 then reduce it to 2. You need the steam to cook it instead of high heat. *TIP – you can also shorten the cooking time by covering the rice with foil before adding the lid of the pot. However if you do so, increase the heat slightly as it can get too soggy.
12. Stir the Jollof rice every 20 minutes until it is cooked. After the first 20 minutes, stir the rice from the bottom up. Add a little water. Don't worry if you feel there is not enough liquid to cook the rice, the steam at this point will do the rest of the cooking. Cover the pot and leave to cook for a further 20 minutes before checking at stirring again.
13. Leave to steam for another 10 minutes. The Jollof rice is almost ready! Taste to make sure it is cooked. Garnish with salad, chicken, vegetables, beans or dodo (fried plantain).

*TIP – Once you do it once, it gets easier with practice. Enjoy!



Smoked Mackerel Rice

Japan, Yumi Penrose



“This came to my head totally out of the blue. In Japan there is a rice dish called Takikomi Gohan. You cook rice with all sorts of things so that the flavour is all mixed when the rice is cooked. In the UK there is fabulous smoked fish. So I decided to use smoked mackerel cooked with rice and the result was just fabulous!”

Ingredients (serves 2):

You will need a rice cooker for this. Well, you might not need one but I've never cooked this without a cooker.

1 cup of Japanese rice (220g)
200ml water
2 smoked mackerel fillets
1 tbsp soy sauce
1 tbsp sake
(option)
1tbsp finely sliced spring onion
Sprinkle of Nori (seaweed)
S&B Shichimi Togarashi

Method:

1. Wash rice under cold water. (The whole point of washing rice here is to make microscopic scratches on the grains.)
2. Put the washed rice, water, and the seasoning in the bowl of your rice cooker.
3. Take the skin off the mackerel fillets, break into large chunks and place on top of the rice.
4. Set the rice cooker as the instructions.
5. Mix the rice and fish gently when it's cooked.
6. Divide the rice and fish mixture and sprinkle some spring onion, Nori, and Shichimi Togarashi.



Easy Peasy Rice

Northern India - Punjab, Jaspreet Saini



“This is a lovely fragrant basmati rice dish which my mother made in a large pot whenever we were entertaining. The smell when the lid is raised is just so incredible, it fills the room. It is a lovely accompaniment to dishes such as the Granny Saini’s Fish Curry in this cook-book or with just a simple lentil dish”.

Ingredients (serves 2):

A large knob of butter
1 cup of basmati rice
2 cups water
1/2 brown onion, finely sliced into moons
1 tbsp whole cumin seeds (known as Jeera in Northern India)
1/2 cup frozen peas (I use petit pois as a preference)
A saucepan with a secure airtight lid (ie no spout)



Method:

1. In a saucepan add your knob of butter on a medium heat.
2. When the butter has melted add the sliced onions and gently cook until softened
3. As the onions start to turn golden, add the cumin seeds, stir and cook well until the cumin flavour is released
4. Add the cup of rice and stir to coat the rice grains with the butter, onions and cumin seeds.
5. Add the water and give it all a good stir.
6. Add the frozen peas, give everything another stir and then bring the rice to the boil.
7. Important step – when the rice has come to the boil, turn the heat down to low and put the lid on.
8. Put the timer on for 13 minutes and leave your rice alone for this time. Do not lift the lid.
9. After 13 mins, turn off the heat but still do not lift the lid. Put the timer on for another 5 minutes. This is the most important 5 mins of this dish. It allows the rice to finish cooking in its own steam, and produces fluffy, separated grains every time. It's foolproof if you follow these steps.
10. Lift the lid, smell the rice, and serve!

This technique of cooking basmati rice is foolproof. Even when making simple plain rice without the onions, seed and peas, always use twice the volume of water to the volume of rice, bring to the boil, cook for 13 minutes with lid on (it doesn't matter whether you are cooking one cup or two cups or more – the amount of time remains the same), and always leave for 5 mins with heat turned off, but lid still on.

I taught my children this technique and it made them very popular at university. Beautiful rice every time, that doesn't stick to the saucepan, and can be fried up next day if there are any leftovers!

“If more of us valued food
and cheer and song above
hoarded gold, it would be a
merrier world.”

By J.R.R. Tolkien



MIZUHO



Desserts



Nussecken

Germany, Lisa-Marie Dorsch

“The recipe was one of the first I tried and reminds me of the bakery of my childhood. It is a typical German pastry that you can find in all German bakeries. My mother did not like baking and I thought that I was becoming antagonistic. To this day, I love baking.”



Ingredients:

Short pastry:

300g flour
1 tsp baking powder
130g sugar
1 pack of vanilla sugar
2 eggs
130g soft butter

Pastry toppings:

6 tbsp apricot jam
200g butter
5 tbsp of water
200g brown sugar
1 sachet/tbsp sugar
400g ground hazelnuts (or as desired walnuts/almonds)
200g chocolate glaze

Method:

1. Preheat the oven to 175°C.
2. Make a dough from the pastry ingredients. The dough is very soft, so you can spread it well on the baking tray.
3. Grease the bottom of a cake baking tray and dust with flour. Carefully push the dough in evenly by hand.
4. Spread a thin layer of jam over the dough.
5. Melt the butter, water, sugar and vanilla sugar in a pan over a medium heat so that the sugar dissolves, but be careful not to boil.
6. Add the ground nuts and mix everything well.
7. Now spread the nut mixture evenly on top of the jam.
8. Bake in the oven on the middle shelf for approx. 30-35 minutes.
9. Leave to cool on the baking tray overnight and cut into triangles the next day.
10. Dip the tips of the triangles into the chocolate icing and leave to dry.





Chocolate Crunch Barfi

India, Dhiresh Patel



Ingredients:

125g rich tea biscuits
250g digestive biscuits
100g butter
100g rice krispies
120g cornflakes
50g desiccated coconut
250g mixed coarsely chopped nuts (almonds, pistachios and cashews)
500g golden syrup
6 tbsp cocoa
300g milk chocolate
50g white chocolate for decoration or a chocolate transfer sheet



Method:

1. Crush the biscuits and cereal and add it to a large bowl.
2. Add chopped nuts and desiccated coconut mix.
3. Melt the butter and golden syrup in a pan and add the cocoa powder
4. Pour the butter and syrup mixture onto the biscuit, nut and cereal mixture, and mix thoroughly till everything is evenly coated.
5. Place mixture in a greased tray, press it to pack it tightly in the tray, smoothing it out.
6. Allow this mixture to cool until it solidifies. Leave it overnight or chilled in the fridge for a couple of hours.
7. Melt the milk chocolate and when it is melted pour over the set barfi mixture.

If using a transfer sheet:

1. Lay the sheet with the shiny side up ensuring there are no trapped air bubbles, and let it set.
2. Once fully set (in a cool place), slowly peel back the transfer sheet and cut barfi into slices with a hot knife.

If using white chocolate:

1. Melt the white chocolate, when it has melted fill a piping bag with the white chocolate and pipe vertical lines over the milk chocolate.
2. Take a cocktail stick and feather the white chocolate into the milk chocolate either by drawing vertical lines or swirls.
3. Leave to set, once set cut in slices and enjoy.



Chocolate Chip & Banana Flapjacks

Own recipe, Paula Wiggins

“My own recipe. Dairy free and refined sugar treats are my speciality! I love creating healthy treats the whole family will enjoy”.

Ingredients (makes 8-9 portions):

2 ripe bananas
75g maple syrup
125g nut butter (almond or peanut butter work well)
1 tsp vanilla essence
200g rolled oats
75g chocolate chips

Method:

1. Pre-heat the oven to 175°C.
2. Mash the bananas with a fork, add in the nut butter, maple syrup and vanilla essence, and combine.
3. Fold in the oats and the chocolate chips.
4. Pour the mixture into a lined 9 inch square baking tray, and spread out evenly.
5. Bake for 15-20 minutes until the top is golden.
6. Cool in the tin for 10 minutes before cutting into 9 squares.



Ingredients:

8oz of unsalted butter
1/2 cup of fine caster sugar and a little extra for dusting
Pinch of salt
2 cups of plain flour
3.5 oz of cornflour

Method:

1. Pre heat the oven to 170°C and grease a baking sheet.
2. In a mixing bowl, cream the butter, salt and caster sugar until pale in colour and slightly fluffy in texture.
3. In a separate mixing bowl whisk the flour and cornflour and sift into the bowl with the butter and sugar mix, mix it quickly and thoroughly but don't overmix or the shortbread will crumble.
4. Knead lightly and quickly on a floured surface to form a loose dough.
5. Roll out the dough onto baking paper, prick all over with a fork, and cut into shapes of your choice. Place on baking sheet and bake in the oven for 25 minutes.
6. Remove from the oven once baked sprinkle with fine caster sugar while hot then leave to cool completely.



Traditional Scottish Shortbread

Scotland, Carol McKay

“Scottish Shortbread is traditionally eaten around Christmas and is a vital ingredient of our New Year Celebrations – especially Hogmany (New Year's Eve)”.





Semolina and Almond Halwa

Northern India, Jaspreet Saini

“As a child growing up in the UK, Indian “Sweets” were a luxury; expensive as few shops made and sold them, and too time consuming to make at home. Visitors from India were keenly anticipated as there were sure to be sweets in their suitcases! Whilst called “sweets” they are really a cross between a cake and a dessert.



Ingredients:

120g semolina
60g almond flour
2 tbsp sliced almonds
85 g ghee (available in most supermarkets)
500 ml milk or water
100g sugar
A generous pinch of saffron
6 small green cardamoms, the seeds ground into a smooth powder or 1 tsp cardamom powder

Method:

1. In a pan, add the milk and saffron and bring to a boil.
2. Once it comes to a boil, take off the heat and set aside. (If you are using water instead of milk, combine the saffron and sugar and boil/simmer the water for about 7-10 minutes. set aside.)
3. In a large thick bottomed pan at medium heat (make sure the pan is completely dry), add the semolina and the almond flour and dry roast at low to medium heat for about 3-4 minutes. The colour of the semolina and the almond flour will turn light golden. This initial roasting eliminates the raw smell of the semolina.
4. Reduce the heat of the stove to low and add the ghee to this pan. Quickly stir everything together and add the cardamom powder.
5. Keep stirring constantly with a wooden spoon, while pulling the semolina and the almond flour away from the walls of the pan and turning constantly.
6. The semolina, almond flour will gradually turn a darker shade and will become fragrant. You will see the semolina and the pan glistening with the ghee.
7. Keep stirring so the semolina does not turn too dark. This process might take as long 15 minutes.
8. Add the thinly sliced almonds to the pan and stir them in gently making sure they do not break.
9. Remove the pan from the heat and pour the milk/or water that you had set aside into the pan. Please be careful! The hot semolina and the milk will bubble and spit all over the place causing a small explosion.
10. Put the pan back on the stove and let the halwa cook, whilst stirring constantly until all the liquid is just about absorbed.
11. Add the sugar into the pan and keep stirring at low heat until all the liquid is completely absorbed. About another 3/5 minutes or until the mixture pulls away from the walls of the pan.
12. Switch off the heat and partially cover the pan for about 10 minutes. The texture should be sticky and lumpy and the semolina soft; yet the grains of the semolina should feel separate and grainy.
14. Whilst not very hot but still warm, press the halwa into a mould, turn it over onto a plate
15. Serve warm garnished with more nuts.



Koeksisters

South Africa, Nicole Mather

"A koeksister is a traditional Afrikaner confectionery made of fried dough infused in syrup or honey."



Ingredients:

Syrup

250ml water (1 cup)
625ml white sugar (2.5 cups)
12.5ml lemon juice (2.5 tsp)
5ml vanilla essence (1 tsp)

Dough

375ml cake flour (1.5 cups)
22ml baking powder (4.5 tsp)
1ml salt (1/4 tsp.)
20g butter or 20 g margarine
150ml milk (the vanilla soy milk gives added flavour, 5/8 cup) or 150 ml vanilla-flavoured soymilk
750ml vegetable oil (3 cups)

Method

1. Put the water and sugar in a pot and bring to boil on low heat. Stir frequently until the sugar is completely dissolved. Boil for 7 minutes.
2. Remove the pot from the stove and stir in the lemon juice and vanilla essence. Put the pot into the fridge.
3. Mix the flour, salt, and baking powder thoroughly in a mixing bowl. Break the butter or margarine into small pieces and add to the flour mixture. Add the milk. Mix well until a dough is formed.
4. Roll the dough out to a thickness of 5 mm (+ or - 1/4in). Cut the dough into thin (+ or - 10mm or 1/2in.) strips. Take 3 strips and join their ends on one side. Braid the strips to desired koeksister length and join other ends.
5. Heat the oil in a pot until fairly hot. Put about 3 koeksisters (or what can fit) at a time in the oil and fry them on both sides until they get a golden-brown colour.
6. As you remove the koeksisters from the oil, place them directly into the syrup from the fridge. It is important to keep the syrup cool, so between soakings, return the syrup to the fridge to maintain its coolness.
7. Remove the koeksisters from the syrup and allow the excess syrup to drip off. Place them in the refrigerator to cool and then eat!





Ingredients:

8 or 10 golden delicious apples (yellow apples)
200g sugar (150g + 50g)
150/200 grams flour
2 eggs plus 1 yolk
60ml sunflower oil
60ml milk
12g baking powder
The grated zest of one large lemon
Unsalted butter 50 grams
A 23cm diameter cake tin

Method:

1. Preheat the oven to 180°C, or 160 °C (ventilated). Grease a 23cm cake tin with butter. Line the base with grease proof paper, then dust the sides with flour.
2. Peel the apples and cut them into thin slices. Marinate them for one hour or two in a bowl with 50 grams of sugar, the grated zest of one lemon and a little bit of lemon juice.
3. Beat the remaining 150g sugar with the eggs and yolk until thick and pale in colour. Add the sunflower oil.
4. Sieve in the flour and the baking powder, then add the milk and mix the ingredients with a wooden spoon, until you have a smooth batter, but not too running.
5. Pour the mixture into the prepared cake tin.
6. Finally, add the apple slices on top. Ensure that the slices are placed vertically. For this reason you will need a firm mixture. Add little nods of unsalted butter on top.
7. Place the cake in the oven for about 50/60 mins (depends on the oven) or

Torta di Mele (Apple Cake)

Italy, Giustina Tardini

“This is an Italian version of the apple cake. My mum used to make it on every occasion for everyone, family, friends, children. She was very popular with this recipe. Still, when I go back to Italy people remind me how delicious her apple cake was. It is indeed a delicious, light and refreshing cake”.





Strawberry Shortcake (Japanese style)

Japan, Ayako Kuroda

"This is a classic cake my mother made us on birthdays. Japanese style shortcake is completely different from shortbread or biscuits in UK or in America. This cake is made of light and fluffy sponge with whipped cream and strawberries. Looks pretty and tastes nice and fresh."



Ingredients:

Sponge cake in a 15cm cake tin

60g sugar
55g flour
2 medium eggs
15g unsalted butter
10ml milk

Cake syrup

1 tbsp sugar
2 tbsp water
1 tsp white rum

Filling and topping

1 pack strawberries, leave 6 whole strawberries and slice the rest
300ml double cream, whipped with 40g sugar

Method:

Bake sponge cake

1. Preheat the oven to 180°C.
2. Line the cake tin with the parchment.
3. Put the eggs and sugar in a bowl. Put the bowl over a pan of hot water and heat gently, stir until the mixture reaches 30 degrees.
4. Remove from the heat and whisk with an electric mixer at high speed for 8 minutes until the mixture is pale and thick.
5. Sift in one third of the flour and fold in gently. Repeat with the remaining flour. Be careful not to over work.
6. Put the butter and milk in a small pan and heat until the butter is melted.
7. Add a few spoonfuls of the batter into the butter and milk, and mix well. Then put the mixture back into the batter and mix gently.
8. Put the batter in the cake tin and bake in the oven for 25 minutes.
9. When cooked, set the cake tin on a wire rack upside down and leave to cool for about 15 minutes.
10. Lift the tin away from the cake and remove the lining paper.
11. Cut the cake horizontally in half.
12. Now make the cake syrup by putting the sugar and water in a small pan and heat until the sugar dissolves.
13. Add rum for flavour and cool.
14. To assemble the cake, brush the syrup over each cake half.
15. Spread about one third of the whipped cream over one of the sponges. Top with sliced strawberries. Then cover the strawberries with some whipped cream and put the other sponge on top.
16. Spread the remaining whipped cream on top and on the side of the cake.
17. Top with strawberries and pipe with the whipped cream to decorate.



“With the advent of cottage cheese in Russia, people immediately began to cook casseroles from it, however, this dish is associated with French cuisine by its roots. It was there that one skilled cook came up with the idea to collect in one dish what was left after dinner, pour it all with beaten eggs and milk and put it in the oven. The Russians tasted this dish only in the 18th century, when many customs and recipes of Europeans began to be modified.

Cottage cheese casserole is a tasty and healthy dish that is a source of calcium and phosphorus. Curd is a highly concentrated product containing a lot of easily digestible protein, which is necessary for growth and full development. The mineral composition of cottage cheese is ideal for assimilation by the body: cottage cheese contains phosphorus, potassium, calcium and iron. Cottage cheese is considered one of the healthiest dairy products. Daily consumption of cottage cheese normalises metabolism and the functioning of the nervous system”.

Cottage Cheese Casserole

France/Russia,
Natalia Kulyukhina



Ingredients:

- 300g of cottage cheese
- 2 eggs
- 70g of sugar
- 70g of corn flour
- 15g of corn starch
- Small packet of vanillin
- 1 banana
- 1 tbsp jam

Method:

1. Pre-heat the oven to 170°C
2. Beat the eggs with a mixer
3. Add and mix all the ingredients
4. Knead the curd with a fork
5. Grease the cake pan with butter
6. Put the mixture on the cake pan
7. Put in the oven for 30 minutes at 170°C
8. For decoration, powdered sugar, jam or fruit





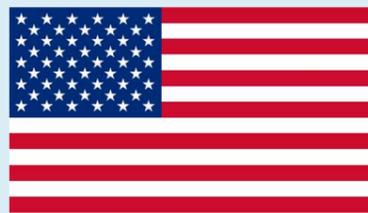
Ingredients:

200g plain flour
200g caster sugar
50g softened butter
1tsp vanilla extract
1tsp bicarbonate of soda
1/2 tsp baking powder
1 egg
4 ripe bananas
Small handful of walnuts

Method:

1. Preheat the oven to 180°C (356°F), Gas mark 4. Line a 8 inch sandwich tin or loaf tin with baking paper.
2. Line a loaf tin or 8 inch cake tin with grease proof paper.
3. Mash the bananas in a mixing bowl, then the add sugar, butter, flour, bicarbonate of soda, baking powder, vanilla essence and egg.
4. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon).
5. Add walnuts if desired.
6. Pour the mixture into your desired tin and bake in the middle shelf of the oven for 50 minutes or until the cake is risen and springy to the touch. Leave in the tin for a few minutes, then remove to a wire rack to cool completely.

Banana Bread
USA, Renee Henze





Vegan Chocolate Mousse

Derived from not eating animal related products, Frederic Moreau

"This version without eggs is lighter so you can eat more".



Ingredients:

135g of chickpea liquid (from 240g can)
2.5 tsp of vanilla extract
220g 51% chocolate
3 tsp of cocoa powder
A pinch of salt
2 tsp of coconut oil



Method:

1. Bain-marie chocolate, coconut oil with a drop of water. Let melt and mix well.
2. Once the mixture is liquid, add vanilla extract and cocoa powder. Taste and adjust the quantity of cocoa powder and vanilla extract if needed.
3. Put the chickpea liquid in large bowl, add a pinch of salt and whisk it until it become really firm (use an electric whisk). Make sure that it becomes really firm. If this is a bit liquid-ish, carry on whisking.
4. Pour the chocolate mixture into a bowl. Add a snow flake of firm chick pea liquid into the chocolate. You want to slowly mix without breaking the snow flake with a wooden spoon. This phase might take a bit of time but this is crucial to get it right. So you need to go around the snow flake with your spoon, or you can go slightly below the snow flake. Mix the chocolate but try not to touch the snow flake with your spoon. Once your snow flake has been incorporated into the chocolate, add another snow flake until completion.
5. Once the firm chick pea liquid has been fully integrated with the chocolate, pour the chocolate mousse into 6 nutella glasses for example, and leave them 4 hours in your fridge.



Melk Tert

South Africa, Nicole Mather

“A pie of Cape Dutch origin, melktert literally translates to ‘milk tart’. It’s a bit like a custard tart, but with a different consistency”.



Ingredients:

Sweet shortcrust pastry

6oz butter, softened
1/2 cup sugar
1 egg
2 cups flour
pinch salt
1/4 tsp pure almond extract

Filling

1 quart milk
1 tbsp butter
1/2 cup sugar
2 eggs
3 tbsp cornstarch
3 tbsp flour
1 tsp pure vanilla extract
pinch salt
1 tbsp cinnamon

Method:

The crust

1. Cream the butter and add the sugar. Beat in the egg. Stir in the flour and salt. Knead until a soft dough has formed. Chill for 10 minutes.
2. Roll the dough out onto a lightly floured surface and layer it into a greased pie dish. Cover with a sheet of parchment paper and fill the void with pie weights. Bake blind at 350 degrees °F for 15 minutes. Remove parchment and pie weights. Allow crust to cool completely on a wire rack.

The filling

1. In a heat proof bowl, whisk together the eggs, sugar, cornstarch, flour and vanilla. Set aside.
2. In a medium size saucepan, heat the milk and butter at medium setting. Do not bring to a rolling boil.
3. Add about a quarter of the milk to the egg mixture, whisking to incorporate it evenly. Pour the mixture back into the saucepan with the remainder of the milk. Return to heat and stir constantly until it thickens. Do not boil!
4. Pour the filling into the pie crust and let cool completely. Refrigerate until serving. Sprinkle with cinnamon before serving.

COOKING CONVERSION CHART

MEASUREMENT

CUP	ONCES	MILLILITERS	TABLESPOONS
8 cup	64 oz	1895 ml	128
6 cup	48 oz	1420 ml	96
5 cup	40 oz	1180 ml	80
4 cup	32 oz	960 ml	64
2 cup	16 oz	480 ml	32
1 cup	8 oz	240 ml	16
3/4 cup	6 oz	177 ml	12
2/3 cup	5 oz	158 ml	11
1/2 cup	4 oz	118 ml	8
3/8 cup	3 oz	90 ml	6
1/3 cup	2.5 oz	79 ml	5.5
1/4 cup	2 oz	59 ml	4
1/8 cup	1 oz	30 ml	3
1/16 cup	1/2 oz	15 ml	1

WEIGHT

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

TEMPERATURE

FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

Recipes by Origin

Australia

Fried Crab and Corn Cakes

Cyprus

Souvla/Souvlakia

Dominca

Saltfish Cakes or Saltfish Fritters

France

Farçous Aveyronnais (Chard Pancakes)
Vegan Chocolate Mousse

Germany

Nussecken

Hong Kong

Wontons with a Soy & Garlic Dip

Hungary

Beef Goulash Soup

India

Akuri
Chakri
Chocolate Crunch Barfi
Pav Bhaji

India/Expat Com

Fish Curry

Ireland

Irish Brown Soda Bread

Italy

Mediterranean Salad
Torta Di Mele (Apple cake)
Aubergine Parmigiana

Jamaica

Brown Stewed Chicken
Jamaican Curried Chicken
Salmon Seafood Stew

Japan

Chicken Spaghetti Japanese Sake Flavour
Karaage
Omu-rice (Japanese omelette rice)
Pumpkin in Salt and Butter
Smoked Mackerel Rice
Spinach with Walnuts Dressing
(Hourensou no Kurumi ae)
Strawberry shortcake (Japanese style)

Japan and Western

Ribeye Steak Japanese Style

Morocco

Moroccan Couscous

Mexico

Nemo's Shredded Chicken Tostadas

Netherlands

Hachee
Kale with mashed potato and sausage
Snert (Dutch pea soup)

Northern India - Punjab

Easy Peasy Rice
My Pakora Recipe
Semolina and Almond Halwa

Russia

Cottage Cheese Casserole

Scotland

Shortbread

South Africa

Bobotie
Bunny Chow
Koeksisters
MelkTert

Spain

Salmorejo
Tortilla

Turkey

The Sultan's Delight
Yoghurt Meze

Turkey/Cyprus

Bamya (Okra Stew)

Thailand

Thai Rice

UK

Buttered King Prawns
Cheesy Egg Muffins
Chocolate Chip & Banana Cake
Chicken Tarragon
Halloumi Bacon Bites
Pizza Omelette
Yorkshire Pudding Salad

USA

Bannana Bread

West Africa

Jollof Rice

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