

CEE

# Diversity Cookbook

European Diversity Month 2021

**CGI**



Dear readers,

At CGI, we perceive Diversity as a great enrichment in all parts of life and appreciate it in our daily work. We benefit from different experiences, perspectives and identities, which were shaped from childhood by our cultural environments. These identities should be celebrated and spotlighted.

So - get a taste of our CGI cultural variety through its cuisine.

Especially in times of the global Covid-19 pandemic, when we are increasingly cooking at home, we would like to give you more options to put on the table. The combination of new ingredients, different spices, and alternative preparation methods, are a way to enrich and enable diverse and inspiring discussions about regional customs, holidays and cooking philosophies. In short, they broaden not only our personal, but also the culinary horizon for all of us.



















For the occasion of the European Diversity Week, CGI has launched a digital cookbook to give all employees, clients and interested parties the opportunity to participate in this culinary variety. We want to encourage you to try something new, to dive into new worlds of flavor and to experience Diversity at its tastiest.

We are delighted that we have been able to compile over 37 recipes from our staff from more than 18 countries, taken directly from their personal recipe books.

All that remains for us to do is to wish all our readers good luck in the preparation and bon appétit!

Edith, Celina and Sebastian

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# Conversion



tsp = teaspoon	tbsp = tablespoon
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Flour / Powdered Sugar	
1/4 cup	30 grams
1/3 cup	40 grams
1/2 cup	60 grams
2/3 cup	75 grams
3/4 cup	85 grams
1 cup	120 grams

Butter / Sugar	
1/4 cup	55 grams
1/3 cup	75 grams
1/2 cup	115 grams
2/3 cup	150 grams
3/4 cup	170 grams
1 cup	225 grams





# Tortilla De Patatas

4 people

40 min

Lucia Rea

700 g Potatoes

Salt

2/3 Onion

Olive oil

6 Eggs

*There is nothing like a cold beer and a piece of one of the most popular tapas in Spain, tortilla. Tortilla is served all around the country! Try adding additional ingredients, for example, tuna or ham and cheese into the mix.*

## How to:

1. Peel the onion and potatoes.
2. Add olive oil to a pan over medium heat.
3. Cut the potatoes and the onion in thin slices (After peeling the potato, cut it in half lengthwise, then in half lengthwise again, to make four long, thin pieces. Then cut the pieces horizontally, into thin slices).
4. Cook on medium-high heat, maintaining a gentle boil, turning occasionally until potatoes are just fork-tender. Don't overcook them!
5. Meanwhile, crack the eggs into a bowl and season with about ½ teaspoon of salt. Beat the eggs together. Add the fried potatoes/onion to the bowl and toss.
6. Add a little bit of oil to the bottom of a new pan over high heat. Once hot, pour potato mixture into it and cook on high heat for 1-2 minutes.



7. To flip the tortilla...

- a) Run a rubber spatula along the outer edges of the tortilla to make sure it is not sticking and to help it form its shape.
- b) Once it starts to firm up around the edges and in the center (although it will still be a little runny on top), place a large plate (larger than the size of the pan) over the pan and flip the tortilla onto the plate.
- c) At this point the cooked side of the tortilla is facing up.
- d) Now gently slide the tortilla back into the pan. Aim for the tortilla to slide into the very back of the skillet and use the spatula to help slide the rest of it off the plate and into the pan.
- e) Now use the spatula again to press the sides of the tortilla in and under, to keep that rounded edge.
- f) Cook on high heat for 1 minute, and low heat for 2-3 more minutes or until done. It's done when it feels set in the center and a knife or toothpick inserted into the center comes out clean.





# Torrijas – Easter Special

4 people

120 min

Lucia Rea

- 4 large eggs
- 1 l whole milk
- 200 g sugar
- 2 tsp cinnamon
- Extra Virgin Olive Oil
- 1 strip lemon peel
- 1 strip orange peel
- 1 tsp cardamom seeds (optional)
- 1 star anise (optional)
- A thick bar of slightly stale bread of choice

*This recipe is very special because it is only prepared during Easter time, normally served as a dessert in every house. Every family has their own small differences when they prepare them, but they are all delicious!*

## How to:

1. Bring the milk, ½ cup of sugar, lemon and orange peel, and spices (cardamom seeds and star anise) to a slow simmer.
2. Cut the bread into thick slices (2.5cm).
3. When the milk mixture has been simmering for about 15 minutes, turn off the heat and soak the slices of bread in this mixture. Be careful not to completely wet them to the point that they will break apart, but try to get them to absorb as much milk as possible.
4. Let the slices of wet bread rest and cool (some liquid may be lost).
5. Beat the eggs in a shallow bowl and dip the bread slices in the egg mixture. In the meantime, heat up about ½ an inch of the olive oil in a deep, heavy pan on medium-high heat.



6. Fry the slices two by two, flipping them halfway so that both sides are nice and crisp.
7. Let the Torrijas rest on paper towels to absorb excess oil. In another bowl mix the remaining sugar (1/2 cup) with the cinnamon.
8. Cover the slices in the cinnamon-sugar mixture and reserve.
9. Finally, make the syrup. Take the remaining cinnamon and sugar from coating the Torrijas and add it to a medium-sized pot. Add a bit more sugar to completely cover the bottom of the pot if necessary.
10. Add 2 cups of warm water to the sugar and bring it to a boil.
11. Allow the syrup to simmer for about 30 minutes until it reduces to a syrup-like consistency. It won't be a very thick syrup, but it shouldn't be too watery.
12. Take the syrup off of the heat and after about 15 minutes spoon it over the Torrijas. Allow them to completely cool before putting them into the refrigerator.
13. Refrigerate the Torrijas for at least 4 hours, but preferably overnight.
14. Enjoy within two or three days for the best quality! (I doubt they'll last that long anyway!)



# Wiener Schnitzel

 4 people

 20 min

 Edith Pfister

4 veal cutlets  
(optional: turkey or pork)

100 gr/  $\frac{3}{4}$  cup  
breadcrumbs

2 eggs

Salt, Pepper

100g/  $\frac{3}{4}$  cup coarse  
ground flour

Clarified butter and/or  
plant oil

Lingonberry jam

Slices of lemon to  
garnish

*This dish is usually served on weekends when the family comes together.*

*Important: serve it with lingonberry jam (no ketchup and mayo ☺)*

*Side dish(es): parsley potatoes, rice, salad.*

## How to:

1. Lay out the cutlets, remove any skin and pound until thin. Season on both sides with salt and pepper.
2. Place flour and breadcrumbs into separate flat plates, beat the eggs together on a further plate using a fork.
3. Coat each Schnitzel on both sides in flour, then draw through the beaten eggs, ensuring that no part of the Schnitzel remains dry.
4. Lastly, coat in the breadcrumbs and carefully press down the crumbs using the reverse side of the fork (this causes the crumb coating to “fluff up” better during cooking).
5. In a large pan, melt sufficient clarified butter for the Schnitzel to be able to swim freely in it (or heat up the plant oil with  $\frac{1}{2}$  tbsp of clarified butter or butter). Only place the Schnitzel in the pan when the fat is so hot that it sizzles and bubbles up if some breadcrumbs or a small piece of butter is introduced to it.





6. Depending on the thickness and the type of meat, fry for between 2 minutes and 4 minutes until golden brown. Turn using a spatula (do not pierce the coating!) and fry on the other side until similarly golden brown.
7. Remove the crispy Schnitzel and place it on kitchen paper to dry off. Dab carefully to dry the Schnitzel. Arrange on the plate and garnish with slices of lemon before serving.



# Kaiserschmarrn

 4 people

 40 min

 Edith Pfister

100 g raisins	250 g flour
6 egg yolks	500 ml milk
1 packet vanilla sugar	4 tsp powdered sugar
1 tbsp heaped sugar	50 g butter, melted
Salt	6 egg whites
5 tbsp rum or cognac or water	Butter for frying

*Powder snow, long slopes and good company. This is the setting where you typically serve and eat the Kaiserschmarrn. But you can also eat it at home when you yearningly remember your last winter vacation.*

*It is traditionally served with plum compote.*

## How to:

1. Soak the raisins in rum/cognac for at least half an hour. Children and non-drinkers take water.
2. Beat the egg yolks with vanilla sugar, a pinch of salt and sugar with the hand mixer until frothy.
3. Gradually stir in a spoonful of flour and a good dash of milk until everything is used up.
4. Then, stir in the melted butter. If the dough looks pretty thin, that's just right. Let the dough rest for half an hour, then beat it again. Then whip the egg white and slowly but thoroughly fold it into the dough with a spoon (until you can't see the egg whites anymore).



5. Then, stir in the raisins without the rum. Melt butter in a pan and pour the dough about 1 cm high. Reduce the heat by a bit and let it bake until golden. Every now and then take a look if the bottom side is still ok. Quarter the mixture, turn it over and let it bake again. Divide into bite-sized pieces, sprinkle with 2 teaspoons of sugar and caramelize briefly. Almost done: Arrange on plates and dust with powdered sugar. Do the same with the rest of the dough. Mix everything well before each pouring into the pan, as the raisins quickly sink to the bottom.





# Mimosa Salad

6 people

90 min

Elizaveta Kozunova

2 cans tuna in oil,  
drained

¼ cup extra light olive  
oil

6 large eggs

Salt, Pepper

2 large carrots

1 cup mayo

1 medium onion

Grated cheese, tomato  
or dill for garnish,  
optional

4 potatoes

*The Mimosa Salad is quite heavy, satisfying and extremely popular since Soviet times. It is loved and cooked for special occasions when family members or friends get together, for example for a New Year's celebration, Women's Day, or a birthday.*

## How to:

1. Boil the potatoes and carrots for about 30 minutes (don't let them get too soft). Then, let them cool down and grate them.
2. Place the eggs in a pot and cover with cold water. Bring to boil over high heat. As soon as the water comes to a boil, set your timer to 8-9 minutes to achieve hard-boiled eggs. Once the eggs are cooled, peel and cut them in half and separate whites from yolks.
3. Mix mayo with light olive oil and stir together until well blended and smooth. Transfer the mixture to a zip-lock bag and cut a tiny hole in the corner of the bag. You will be squeezing the mayo in thin strips over the salad layers.
4. Mix the tuna with 2 tbsp. of mayo and a pinch of pepper. Spread the mixture on the bottom of a bowl/plate. Drizzle the tuna with a light layer of mayo.



5. Finely grate the egg whites evenly over the tuna and season lightly with salt. Drizzle a light layer of mayo over the top.
6. Put the carrot evenly over the salad, sprinkle lightly with salt and drizzle on another thin layer of mayo.
7. Bring a small pot of water to a boil. Finely chop the onion and boil for 5 minutes. Drain well and rinse with cold water to cool it faster. Spread onion evenly over the salad and top with a thin layer of mayo.
8. Top with finely grated egg yolk along with fresh dill and tomato for garnish, if using. For cheese lovers: you can also grate cheese on top of the salad and add very thin layers in between the steps mentioned above.





# Syrniki – Russian Cheese Pancakes

🍴 10 pancakes ⏱ 25 min

👩 Elizaveta Kozunova

450 g cottage cheese    Optional: ½ cup raisins  
2 eggs    6-8 tsp oil  
½ + 1/3 cup all purpose flour, divided    ¼ cup sugar or sugar powder  
½ tsp salt    *Vegan Alternative:*  
Replace eggs with 200g tofu & ¼ cup soy yoghurt

*The traditional Russian style is to serve the Syrniki with sour cream and your favorite berries! But you can also use maple syrup, honey, yogurt or whipped cream and enjoy your Syrniki your style 😊.*

## How to:

1. Crumble cottage cheese and add 2 eggs to a large bowl, mix well. Add ½ cup flour, sugar and salt. Mix well, using a fork to break apart any clumps. Add raisins. The batter should be thick like dough.
  - *Vegan Alternative: replace cottage cheese and eggs with chopped tofu and yogurt. Blend until you get a paste consistency.*
2. Prepare a small bowl with about 1/3 cup flour – you will use it to dredge the pancakes.
3. Scoop out some batter (1/4 cup) with a spoon or use your hands. Use your hands to gently flatten the dough into a small patty. Dredge the pancake with flour on both sides. Shake off the extra flour and set aside until you are ready to cook the Syrniki.
4. In a large skillet, heat 4 tbsp of oil, place the flour-dredged cheese pancakes into the pan using a spatula. Cook on medium-low heat for about 4-5 min per side.



# Karniyarik

 6 people

 80 min

 Sefa Ekin Yilmaz

6 eggplants  
1 onion  
300 g minced meat  
2 cloves of garlic  
2 chili peppers  
(preferably green)  
5-6 pieces of parsley

1 tomato  
Olive oil

**For the sauce:**  
1 tbsp. tomato paste  
200 ml water

*From the days of Ottoman to today, this is a frequently-cooked classic dish from Turkish cuisine. Some sources even claim that Karniyarik was first cooked in the Seljuk Empire. It is usually served with rice. If you are vegetarian, you can try the vegetarian version of Karniyarik, which is called "Imam Bayıldı".*

## How to:



1. Peel the eggplants partially (leaving 1 cm wide black stripes on). Make small scratches on the peeled eggplants with a knife.
2. Preheat the olive oil in a pan and deep fry the eggplants. Season the fried eggplants with salt.
3. Preheat the olive oil in a different pan, add onions (diced into chunks) into it and sauté until onions get soft.
4. Put the minced meat into the pan and sauté.
5. Put finely chopped garlic into the pan, season with salt and black pepper, sauté.



6. Put the tomato (peeled and diced) and chili peppers (diced tiny) into the pan, sauté until tomato reaches a paste consistency.
7. Take the sautéed mixture from the heat, add parsley into the mixture.
8. Slice an opening into each eggplant in the middle. Spread the eggplant 'bellies' open with two spoons. Fill the eggplant bellies with the sautéed mixture.
9. For the sauce, mix tomato paste and water in a bowl and then pour the mixture on the eggplants.
10. Preheat the oven to 200 degrees and bake eggplants for 15-20 minutes.
11. Best served warm. Afiyet Olsun!





 4 persons  60 min

 Sefa Ekin Yilmaz

3 tbsp of quark

**For the sauce:**

1 clove of garlic

1 large tomato, peeled and diced

2 eggplants

Olive oil

2 chili peppers (preferably green)

1/2 tsp of sugar (optional)

Sunflower oil for deep-frying

*It is one of the classic Turkish tapas served alongside the Turkish signature drink Rakı. For many people, including myself, it is the star of „Çilingir Sofrası\*\*“!*

*Çilingir Sofrası\*: A table with drinks and Turkish Tapas on it.*

## How to:

1. Peel the eggplants partially (leaving 1 cm wide black stripes on) and chop them into chunks, place them into the salty water.
2. Cut chili peppers into chunks and afterward dry eggplants with a towel.
3. Pre-heat the sunflower oil in a pan, deep fry the eggplants and chili peppers.
4. Mix quark with finely chopped garlic and salt in a bowl.
5. Wait until deep-fried vegetables cool to room temperature, then mix the quark mixture with the cooled vegetable fries.
6. In a different pan, pre-heat the olive oil, sauté the tomatoes until they reach a paste consistency, and season with black pepper, salt, and sugar.
7. Pour the tomato paste on the top of the vegetable-quark mixture.
8. Put a small amount of olive oil on the very top.
9. Best served cold and with fresh/toasted white bread. Afiyet olsun!



# Pinnekjøtt Lamb Ribs

 5/6 people  1 day

 Camilla Slethaug

2,5 kg pinnekjøtt  
(Lamb Ribs 400-500g  
per person)

1 kg «almond  
potatoes» or similar  
(with the skin)

*This is a traditional Norwegian  
Christmas Dinner.*

600 g vossakorv  
(smoked sausage  
lamb/pork)

Water (can also use a  
mix of beer and water)

*The meat is served with sausages,  
potatoes and swede puree (next page)  
and with broth as a sauce.*


*Served with a beer or a red wine and  
of course a small glass of Aquavit!*

## How to:

1. The meat is salted and dried and must be diluted before use. Soak in plenty of water for approx. 10-12 hours, then change the water and leave for another 8-10 hours.
2. Put one layer of potatoes in the bottom of a large, wide pot. Fill up with water until the potatoes are almost covered. Add the meat on top of the potatoes and bring the water to boil.
3. As soon as the water is boiling, turn down the heat and let the meat steam for at least 3-4 hours until the meat is loosening from the bone, add more water if needed, but the meat should be steamed, not cooked.
4. Add the sausages on top of the meat 15-20 min before serving to heat them up.



# Swede Puree

 5/6 people  25 min

 Camilla Slethaug

1.5 kg swede  
2 carrots  
100 g butter

1 dl cream  
Salt and pepper

*Served with the traditional Norwegian Christmas dinner Pinnekjøtt.*

## How to:

1. Cut swede and carrots into smaller pieces and cook for 20 min.
2. Then, take out the water.
3. Add the butter and cream and use a blender/food processor to mash it.
4. Hint: you can also reduce the butter and use some of the broth from the meat.
5. Add salt and pepper.



# Rekesmørbrød

 Not limited  5 min

 Camilla Slethaug

Shrimps  
(cooked, not peeled)

Avocado

Bread

Salt & pepper

Mayonnaise

Bowl of water with a  
piece of lemon (for  
washing hands)

Lemon

Bucket/bag for the  
shell

Dill

*The best part about the meal is that all ingredients are simply put on the table and the guests make their bread themselves, with whatever they prefer.*

*Perfect for summer evenings!*

## How to:

1. Put avocado, mayonnaise, or butter on your bread slice.
2. Grab a prawn and peel it – twist the head off, followed by the tail and then peel off the rest of the shell.
3. Lay the prawn onto the bread.
4. Repeat until you have filled the bread with prawns.
5. Squeeze over some lemon juice and decorate with dill.
6. Add a little salt and pepper if you wish.





 2 people

 40 min

 Camilla Slethaug

2 eggs	1 tsp baking powder
1 dl sugar	½ tsp baking soda
2 dl buttermilk (skimmed culture milk)	1 tsp vanilla sugar
1 ½ dl milk	½ tsp cardamom
1 dl water	125 g melted butter
350 g wheat flour	

*These sweet delights are the perfect way to refill on energy after a long cross-country (skiing) trip, a handball match or simply as a sweet Sunday brunch!*

*\*Tip: If you want a healthier version, reduce the flour and add some oats, carrots, or bananas to the recipe to have a perfect lunch for home office.*

### How to:

1. Melt the butter and allow to cool slightly before mixing in the batter.
2. Whisk together eggs and sugar and then add most of the buttermilk (but keep aside about 0.5dl).
3. Mix in the flour and milk, water and melted butter.
4. Mix in the cardamom, baking powder and vanilla sugar.
5. Add in the rest of the buttermilk, mix in baking soda and add this to the batter at the end.
6. Just “turn” the batter but do not whip unnecessarily, so the waffles can become a little tough. This becomes a thick and full-bodied batter. Let it rise for at least half an hour
7. The waffles should be fried in a heart-shaped “waffle iron” and should be enjoyed fresh with jam, sour crème, butter and sugar or Norwegian Brown Cheese





# Cannelloni with Ricotta and Spinach

3 persons

55 min

Bastian Ramoser

10 cannelloni	1 handful of mozzarella, grated
2 handfuls of spinach leaves	400 g tomatoes cut in pieces (or tin)
1 clove of garlic	30 g parmesan, grated
250 g ricotta	
1 egg	
Salt and pepper	


*This is my go-to recipe for comfort food when guests are invited. It is very tasty and easy to prepare in advance.*

## How to:

1. Preheat the oven to 170 degrees (circulating air).
2. Finely chop the spinach, peel the garlic and press through a garlic press.
3. Heat a pan with a little olive oil. Add the garlic and fry briefly. Then, add the spinach and sauté for 2-3 minutes.
4. Add the ricotta, the egg, and half of the mozzarella cheese. Season everything with salt and pepper and mix well together.
5. Pour the mixture into a piping nozzle and fill the cannelloni with it.
6. Place the filled cannelloni in a baking dish and pour the tomatoes over them.
7. Spread the rest of the mozzarella cheese and the Parmesan cheese evenly over the cannelloni. Cook the cannelloni in the oven for about 40 minutes.



# Tartiflette

 4 people  35 min

 Morgan Dias Simao

1 kg of floury potatoes 200 g sliced smoked  
bacon  
200 g onions  
Salt, pepper, oil  
1 Reblochon Cheese

**Why do I love this meal:**

*Simple, quick and very cheesy.*

## How to:

1. Preheat oven to 200°C.
2. Peel the potatoes cut them into cubes (1cm), rinse them and dry them with a towel.
3. Peel and slice the onions.
4. Heat a frying pan until hot, then fry the onions.
5. Once the onions are brown, add the potatoes.
6. Once the potatoes are brown, add the sliced bacon and let fry for another 2 min.
7. Season the mixture with salt & pepper.



8. Scrape the Reblochon crust with a knife to remove most of the white part, then slice the Reblochon in 2.
9. Put the onion/potato/bacon mixture into an ovenproof gratin dish, then add the reblochon slice on top.
10. Bake in the oven for 20/25 min until the Reblochon has melted and is slightly brown.







# Buñuelos (Cheese Fritters)

🍴 32 pieces

🕒 50 min

👩 Erika Ramirez-Troya

65 g cornstarch

½ tsp baking powder

150 g shredded  
cheese (feta or  
mozzarella)

2 tbsp butter

1 egg

2 tbsp sugar

2 tbsp milk

140 g cassava flour (or  
flour)

3 cups vegetable oil,  
for frying

1 tsp salt

*We eat Buñuelos for Christmas Eve!*

*Buñuelos must be eaten fresh because they are super crunchy. You can stuff them with extra cheese, Nutella, dulce de leche, guava, or any marmalade. They are very loved in Colombia.*

## How to:

1. In a big mixing bowl, add (cassava) flour, cornstarch, cheese, sugar, salt, baking powder, butter and egg. Mix with the tip of your fingers.
2. Bring the dough together with milk. The dough has a playdough texture.
3. In a medium pan, heat oil on low or keep between 160 – 170 C.
4. Divide the dough into 32 equal portions. Roll the dough into balls.
5. Fry 3 to 4 Buñuelos at a time, for 5 minutes.
6. Place them on a paper towel. Serve immediately.



# Patacones

 2 people  25 min

 Erika Ramirez-Troya

2 green plantains  
(Kochbananen)

Sea salt

4 tbsp oil

*Well, they are my absolute favorite! In Germany you can find the big Kochbanane and trust me, you will fall in love. We eat them almost every day as a side dish. Normally in Colombia, people eat soup as a starter and then the main dish contains one protein (meat, chicken, pork, fish), two carbs (rice or beans and Patacones!) and a salad. Patacones or plantain in any presentation is always there 😊 You can dip them in some guacamole, cream cheese, or salsa.*

## How to:

1. Slit the tops of the plantain at both ends and then roll them in a clean towel or wet paper. Heat them in the microwave for 4-5 minutes. Leave the plantains in the towel for another 5 minutes.
2. Remove the peel and cut it into round slices about 1/2-inch thick. Place the pieces one by one between two cutting boards (or use a clean mallet) and smash them into thin slices. Then salt them lightly.
3. Heat the oil in a pan until it is quite hot. Add the plantain slices, lower the heat, and cook them for 4 minutes, turning halfway through. They should be lightly browned when done. Drain on paper towels
4. Serve them with toppings as guacamole or Hogao.



# Hogao (Topping)

 2 people

 25 min

 Erika Ramirez-Troya

1 tbsp oil

1-2 pinches sea salt

*Hogao is the perfect topping for the famous patacones.*

1 onion

1-2 pinches  
Colombian or other  
Latin seasoning

1-2 tomatoes

## How to:

1. Heat the oil in a small pot. Then add the diced onion and cook over low heat for about 5 minutes until the onions are quite soft and translucent.
2. Add the tomato, salt and spices. Continue cooking until the onions and tomato are a mixture.





# Colombian Ajiaco Soup

8 people

50 min

Erika Ramirez-Troya

- |   |  |
|---|--|
| 1 tsp olive oil   | 1 kg chicken breast                                |
| 3 green onions  | salt and pepper                                    |
| 8 cups water  | ¼ cup fresh coriander                              |
| 2 pounds yukon gold potatoes peeled & sliced into discs | ¼ cup guascas available online or in Latin markets |
| 2 garlic cloves peeled & minced                         | 2 ears of corn shucked & cut into 2-3 inch pieces  |
| 8 tsp chicken broth                                     |  |

*What makes this so special and so traditional in Colombia is its rich and enchanting flavor for just a “chicken and potatoes” soup. You can find it in your everyday-local restaurant for lunch or a high-priced version in 5-star restaurants all over the country. It’s a soup for all people and you can have it as your regular lunch/dinner or have a special occasion and serve this soup... all your guests will appreciate it!*

## How to:


1. Heat olive oil in a large soup pot over medium heat. Add garlic and green onions, cook for 1 minute.
2. Add water, chicken broth, chicken breasts, coriander, guascas and bring soup to a boil. Reduce heat to medium-low and simmer until chicken is cooked throughout (about 20 minutes).
3. Remove chicken and set aside to cool. Add potatoes and corn and cook until tender, about 15 minutes. In the meantime, use a fork to shred chicken breasts. Add shredded chicken back to soup and simmer on low for another five minutes. Season to taste with more salt, pepper, or guascas if needed.
4. Serve white rice, sliced avocados, heavy cream, and capers.



# Goulash

 2 people

 90 min

 Celina Schwarz

500 g beef  
1 tomato  
1 paprika  
2 large onions

1 tbsp paprika powder  
2-3 tbsp Oil  
Salt

*Don't be surprised, when you order Goulash in Hungary, you will get Goulash Soup. Actually, the main dish in Hungary is called Pörkölt. We usually eat it together with the whole family. It goes well with homemade egg noodles called Nokedli.*

## How to:


1. Cut the onions small and fry them in oil.
2. Now, bring the diced meat to roast in the same pan. The meat must be turned around.
3. Then, add the sliced paprika and the sliced tomato.
4. Then, add the red pepper powder with a little salt and some water.
5. Now. cook slowly for about two hours covered.



# Nokedli

 2 people

 20 min

 Celina Schwarz

2 eggs

¼ tsp salt

1 cup flour

1 cup cold water

*This is the famous recipe for the Hungarian homemade egg noodles, Nokedli.*

## How to:


1. Mix all of the ingredients together.
2. Then, use a grater or cut the dough into small pieces.
3. Throw the small dough pieces into boiled water.
4. After 10 minutes the Nokedli will rise to the surface.



# Szilvá Gombóc - Plum Dumplings

 4 people

 60 min

 Celina Schwarz

600 g boiled potato	5 tbsp breadcrumbs
200 g flour	1 kg plums
10 g butter	Lump sugar
1 egg yolk	Cinnamon
1 tbsp oil	Salt



*This has always been my favorite recipe. As a child I was not a fan of plums, so my grandmother filled the dumplings especially for me with chocolate.*

## How to:

1. Wash the plums and remove the seeds. Put a sugar lump in each piece and sprinkle with cinnamon
2. Boil the potatoes until they are soft. Then, mash the potatoes and let them cool down.
3. Now, add to the potatoes the (sifted) flour, some salt, butter and the egg yolk, and knead the dough.
4. Stretch the dough thin with a rolling pin on a dough board. Cut squares out of it and in every piece put a prepared plum in the middle. Then, roll a nice round ball with your hands.
5. Put the dumplings in salty boiling water. When the dumplings come up in the water (approximately after 7-8 minutes) take them out with a sieve.
6. In the meantime, take a bigger pan and roast and brown the breadcrumbs in oil. The finished dumplings are rolled up in the pan with the breadcrumbs.
7. Sprinkle powdered sugar with cinnamon on top.



# Beef Bitterballen

 20 servings  150 min

 Niels de Vos

## Meat

2 pounds stewing beef  
1 large onion  
½ tsp black peppercorns  
1 bay leaf  
2 cloves  
Few sprigs fresh thyme

## Beef Balls

112 g butter  
1 cup all-purpose flour  
2 shallots  
2 cups milk  
2 cups beef tuck (from cooking the meat)

5 sheets unflavored gelatin  
½ cup cold water  
Salt & Pepper & Nutmeg  
1 bunch flat-leaf parsley (finely chopped)  
1 tbsp Dijon mustard

5 sheets unflavored gelatin  
½ cup cold water  
Salt & Pepper & Nutmeg  
1 bunch flat-leaf parsley (finely chopped)  
1 tbsp Dijon mustard

## How to:

### Meat:

1. Place the beef in a large pan with just enough water to cover the meat. Bring it to a simmer.
2. Skim off the foam and add the onion, peppercorns, bay leaf, cloves, and thyme.
3. Bring back to a boil, reduce the heat and let simmer for a few hours until the meat is tender.
  - *Vegan Alternative: create a vegetable-based broth by replacing the beef with a few thick carrots, brown mushrooms, celery and chunks of cauliflower.*
4. Remove the meat and let it cool. Then cut it into small cubes.
5. Strain the cooking liquid and set it aside to use later.





### **Beef Ball:**

1. In a large skillet, make a roux with butter, flour, and chopped shallots.
2. Use the roux to make a salpicon (ground beef mixture) by adding the milk and 2 cups of the strained beef cooking liquid.
3. Let it come to a boil, reduce the heat, and let it simmer for 30 minutes, stirring frequently.
4. Dissolve the gelatin in  $\frac{1}{2}$  cup cold water and add to the simmering salpicon, stirring regularly.
  - *Vegan alternative: Instead of the gelatin, use flour or any other alternative method of obtaining the right consistency.*
5. Add the salt, pepper, nutmeg, parsley, mustard, and diced beef, mixing well.
6. Cover with plastic wrap and refrigerate until cold.

### **Fry the Beef Balls:**

1. Roll heaped teaspoons of the salpicon mixture into neat, even-sized balls about 60 in total. Bread them twice.
2. In the meantime, heat the oil in a deep fryer (or in a pot) to 180 °C.
3. Fry the bitterballen in batches until golden.
4. Remove from fryer and drain on paper toweling.

*Anyone who has been to the Netherlands, or who has actually met someone from the Netherlands knows the Dutch are incredibly proud of their invention of the “Bitterbal”. Fear not, as the name describes their taste is not even close to being bitter, rather it is a hearty snack to go with drinks called as such, like Jenever, the spiritual predecessor to gin. Bitterballen are based on the croquette principle. Serve with Dijon mustard, or a personal favorite of mine, Maille Estragonsenf (Tarragon mustard), and of course enjoy with a nice cold Pilsner or Helles.*



# Orange Tompouce

 7 pieces

 30 min

 Jan Dijs

7 slices puff pastry (or 1 roll fresh puff pastry) 1 ½ tbsp liquid orange food coloring, red & yellow or carrot juice  
1 pack of pastry cream mix Orange blossom water (optional)  
200 ml whipping cream  
100 g powdered sugar

*Tompouce can be had throughout the entire year and you'll find them in their frozen, pink-covered form at any Dutch supermarket. Without a doubt, most of them are eaten at the end of April, flying the most Dutch color in the world: Orange. Plenty of stories can be found about the naming of this lovely pastry, but I would recommend anyone to get a head start before meeting Dutch folk by actually reading up on how to eat it.*

## How to:

1. Preheat the oven to 200 °C.
2. Cut the puff pastry slices in half, prick them with a fork and place them separately on a baking tray with parchment paper. If you are using a roll of fresh puff pastry then do NOT cut it yet, but prick it and place it on a baking tray lined with parchment paper.
3. Cover the puff pastry with another layer of parchment paper.
4. Bake the puff pastry for 15-20 minutes. Make sure they are brown but not too brown. Flatten the puff pastry with an oven glove if the pastry rises a lot. You can also place an extra baking tray on top of the puff pastry during the last 5 minutes to flatten it.
5. While the puff pastry is in the oven, you can make the puff pastry cream. Follow the instructions for the pastry cream mixture.



6. Next, mix the powdered sugar with colored liquid. Add additional liquid if the mixture is too thick or more powdered sugar if it is too thin.
7. When the puff pastry has cooled, whip the cream until stiff. Then, gradually add the whipped cream to the puff pastry cream with a spatula. If you are using fresh puff pastry, cut the cooled puff pastry into about 14 pieces.
8. You can use a pastry bag or simply a spatula to spread the Tompouce filling over 7 pieces of puff pastry.
9. Finish the other 7 puff pastry parts with a layer of orange glaze and place this top on top of the Tompouce filling.



# Okra Pulusu (Curry)

 4 people

 35 min

 Sreelatha Sreerangam

250 g Okra (wash, Pat dry & Cut into Pieces)    small lemon sized tamarind

1 Onion    ½ tsp Mustard Seeds

2 Tomatoes    ½ tsp Cumin Seeds

Red Chili Powder    1 tsp Jaggery or Sugar

2 Green Chillies (according to your taste)    ¼ tsp Fenugreek Seeds

   Few Curry Leaves, Coriander Leaves

*A Spicy and lip-smacking Okra Curry is made with Tamarind Gravy.*

*Pulusu aka stew is a common & Famous Dish in South India, which is a Tamarind-based gravy. This gravy can be used in combination with different vegetables.*

## How to:

1. Rinse the tamarind & soak in ½ cup hot water. Squeeze & filter the juice. Discard the pulp.
2. Chop the okra, onions, tomatoes & chillies and put them aside. Note: Pat dry the okra before chopping.
3. Heat oil in a pan. Add mustard seeds and allow them to pop. Add cumin seeds, fenugreek seeds and curry leaves. Toss for half a minute until the flavors come out and take care not to burn them.
4. Add onions and sauté them till they are a golden brown color.
5. Now add green chillies, chopped tomatoes, salt & turmeric Powder. Mix all of them together. Cook the tomatoes around 4-5 minutes or until soft & mushy.
6. Add okra, tamarind juice, jaggery/sugar & 2 cups water. Red chili powder is optional.
7. Cook for about 10 minutes or until the gravy thickens. Once cooked, garnish with coriander leaves.



# Ravva Laddu (sweet)

 6 people

 30 min

 Sreelatha Sreerangam

¼ cup Ghee / clarified butter

1 cup Ravva/  
semolina/Grieß

Few cashews  
(chopped)

¼ tsp cardamom  
powder

2 tbsp raisins

3-4 tbsp milk

1 cup Sugar

½ cup  
desiccated/Grated  
coconut

*Ravva Laddu is a South Indian Sweet made with Semolina, Coconut, sugar, Ghee, Cashews nuts & Raisins.*

*It's simple to make & tastes delicious.*

*There are different ways to make this but I'm sharing here the way my Mom does for us 😊*



## How to:

1. Dry roast nuts: Heat one tablespoon of Ghee in a pan on medium-low heat; Roast the cashews for a minute or until light golden brown. Then add raisins and roast for another minute (raisins will be puffed). Transfer them into a bowl.
2. Dry roast remaining ingredients: Add the remaining Ghee to the pan. Add Ravva & roast on low heat until light golden color. This may take 5-6 minutes. *It is important to stir continuously to make sure Ravva is roasted evenly.* Add the grated coconut. Stir & roast continuously for a minute on medium-low heat. Now, add sugar & stir continuously for 1-2 minutes on medium-low heat. Add cardamom powder, cashew nuts & raisins and stir the mixture.
3. Make Laddus: Turn off the heat. *Add milk little by little.* Mix well until the mixture is moist. If required, add more milk. Allow the mixture to cool slightly. When the mixture is warm enough, apply Ghee to the palm & take around 2 tsp of mixture in hand & try to make the Laddus/ balls around golf ball size.

**Note:** If the mixture is too wet because of more milk, then slightly heat the mixture for 1-2 minutes.



# Kapustnica Soup

 4 persons  90 min

 Eva Ráblová

1,4 kg sauerkraut (best opt: homemade)	1,4 kg russet potatoes, peeled and cubed
224 g crimini mushrooms	Spices: salt, smoked paprika, black & white peppercorn mix
450 g or 4 links smoked pork sausage	wrapped in a cheese cloth pouch, 6 medium size bay leaves
¾ large white onion	
Fine flour	1 tbsp caraway seeds

*Kapustnica is the most traditional and common Slovak soup. It's the ultimate comfort food. No other national(ish) dish elicits as much passion as Kapustnica. Every Slovak town has its own variation; every Slovak cook makes it slightly differently, swearing theirs is the best version. To Slovaks, the Christmas holiday connotes a lot of things: Jesus, the tree, presents, snow, watching old movies with family—but what really makes it is the Christmas Eve dinner.*

## How to:

1. Boil sauerkraut in 3.5 liters of water in a big pot and cook on low heat for 20 minutes.
2. Meanwhile, sauté onions and mushrooms, then add them, together with the sausage, and all spices except paprika to the big pot. Cook everything on low for 20 minutes.
3. In a separate pan, fry flour in oil until light brown, add paprika, fry some more for a total of 20 minutes until the roux is creamy. Add roux to the soup and bring to boil again. Let simmer for 80 minutes.
4. Bring potatoes to a boil and add them to the soup. Let simmer for 10 minutes and turn off.





# Bryndza Sheep Cheese Dumplings

4 people

90 min

Eva Ráblová

1 cup flour  
140 g bryndza or sheep feta mashed with ¼ cup heavy cream  
1 egg  
1 potato  
5-7 slices of thick bacon  
1/3 cup water  
1/2 tsp salt

*To be honest, Bryndzové Halušky isn't much to look at. But when you consider its individual components: potato, tangy creamy sheep cheese, and crisp smoky bacon bits, what's not to love? Overwhelmed by information on my first trip to Slovakia, I don't even remember my first Halušky. Later, on my many visits, I fell in love with Slovakia's national dish. It's basically perfect comfort food, best consumed after some hard work, such as hiking, biking, or plowing a field and washed down with a pint of cold pilsner.*

## How to:

1. Finely grate the potato into a bowl, keeping the juice. Add flour, egg, and salt, and stir with a wooden spoon. Add water and stir until all the lumps are smoothed out. If the dough is too runny, add flour; if too thick, add water.
2. In a large pot, bring water to a boil and add salt. Transfer the potato dough into the boiling water by cutting off small chunks with a spoon or using a spätzle maker. Gently boil all halušky for 7 or 8 minutes, until they all float to the top.
3. Meanwhile, fry the bacon and dice it into cubes.
4. Strain the halušky and mix with bryndza. Sprinkle the bacon on top and pour the rendered bacon fat all over. Salt to taste and serve immediately.





## Svičková Omáčka

(Roast Sirloin in cream sauce)

 4 people

 90 min

 Alexandra Vaškovičová

750 g beef sirloin  
or beef back

150 g celery root

juice from 1  
lemon

100 g mustard

50 g bacon

1 bigger onion

3 bay leaves

Milk, if necessary  
for diluting

salt, pepper

3 allspice balls

250 ml whipped  
cream

sugar

2 bigger carrots

2 tbsp all-purpose  
flour

pinch of thyme

lemon cut in  
slices

1 parsley

150 g melted  
butter

5 peppercorns

cranberry sauce

### How to:

1. Clean the meat, get it rid of membranes and lard with bacon.
2. Put the cut vegetables in the casserole, place the meat on top, add spices, sprinkle with lemon juice and pour over the melted butter. Cover with a lid and let sit in the fridge overnight.
3. The next day bastes the meat with some water and stew in the oven, covered with a lid.
4. Bring the sauce slowly to boil. Add mustard, two tablespoons of flour and stir fry. Pour in the cream and boil gently, mixing from time to time. If the sauce is too thick, dilute it with some milk. Finally, sieve through and press softened vegetables in the sauce through a sieve. Season with salt, add some lemon juice or some sugar
5. Divide the meat into portions, put it back in the sauce and heat up. Serve with bread dumpling, a slice of lemon and cranberry sauce and beer.





 4 people

 30 min

 Alexandra Vaškovičová

handful of dried or fresh mushrooms

200 ml sour cream or cream for whipping

50 g butter

vinegar for seasoning

800 ml water

50 g butter for diluting

2 tbsp all-purpose flour (finely ground)

1 twig fresh dill or 2 tbsp sterilized dill

250 g potatoes

4 eggs

salt, white pepper

vinegar

*Czechs are reputed mushroom lovers. In contrast to other countries, they are allowed to take as many mushrooms from the forest as they find. Indeed, mushroom meals have been really traditional in this country*

*This soup tastes great not only in the summer when prepared with fresh mushrooms, but also in winter times with dried mushrooms.*

## How to:

1. Soak dried mushrooms for at least one hour, ideally overnight.
2. Mix butter and flour to prepare the roux, mix evenly while pouring water.
3. Clean the potatoes and cut them into cubes, add them to the soup, together with mushrooms (and with the water in which they were soaked). Sprinkle with salt, pepper and cook until mushrooms and potatoes get tender, about 15-20 minutes
4. In the meantime, prepare poached eggs. Bring salty and mildly acid water nearly to boil, whirl and by means of a ladle put in one beaten egg, cook for about 4-5 minutes, take out and repeat with another egg. Put one egg in each serving.
5. When the soup is nearly ready, pour in cream (if you use sour cream it is not necessary to add so much vinegar), season with vinegar, add butter and chopped dill.





# Grünkohl with Bregenwurst

4 people

30 min

Sebastian Gerling

1 kg curly kale

4 sausages  
(Bregenwurst)

2 onions

20 g lard

500 g smoked pork  
(Kassler)

Potatoes

*This northern German specialty is a typical winter dish. Curly Kale is always harvested after the first frost of the year because it is only the icy cold that makes the cabbage vegetable digestible and really delicious.*

## How to:

1. Clean, wash and drain the kale. Chop very finely.
2. Dice the bacon and fry in lard
3. Coarsely dice the smoked pork, add and fry.
4. Mix in the curly kale. Cover and cook at low heat for 30 minutes
5. Place the sausages on top. Cook in the oven at medium heat for another 30 minutes.
6. Serve with potatoes.





# Saxon Wrap Dumplings

4 people

90 min

Markus May

1 kg potatoes

1 egg

200 g flour

Salt, nutmeg

100 g potato starch

Butter

150 g Breadcrumbs



*A recipe that no Bavarian knows although it tastes so good. We like it best with goulash or roast pork (Schweinebraten) and of course mixed vegetables! Try it yourself!*

## How to:

1. Boil, peel, and mash the potatoes.
2. Knead the potato mixture with the egg, flour, salt, and nutmeg and, if necessary, a little milk to create a smooth dough.
3. Fry breadcrumbs in butter. On a well-floured work surface, roll out the dough to about 1 cm thick. Spread the breadcrumbs on top. Cut dough into approx. 12 x 12 cm squares and roll-up.
4. Press the sliced edge well. Let simmer in lightly salted water for 20 minutes.
5. Alternatively, you can roll up the entire dough and then cut pieces about 6 cm wide.



# Steak au Four

 3 persons  35 min

 Markus May

3 Steak from pork or cutlet    3 portions seasoned meat (Würzfleisch)

Grated cheese    Worcester sauce

3 lemon wedges    Salt & pepper

*My hidden champion from Saxony, which no Bavarian knows: A harmonious blend of the finest steak and "Würzfleisch" (partly also known as Ragout Fin) with cheese au gratin (tastes good even without steak!). I like it best with fries.*

## How to:

1. Pound the steaks and season with salt and pepper. Fry on both sides until golden brown. Take out, and spread the seasoned meat (Würzfleisch) on top of the steaks.
2. Sprinkle with grated cheese and bake in the oven at 180 degrees until golden brown
3. Serve with fries, Worcester sauce and a lemon wedge.





# Maultaschen "Herrgottsbscheißerle"

4 people

60 min

Janina Gerling

1 kg pasta dough	1 tbsp parsley
400 g spinach	2 eggs
1 onion	1 ½ l of meat broth
1 ½ dry bread roll	200 g minced meat
200 g sausage meat (Bratwurstbrät)	¼ tsp salt & 1 pinch pepper

*They are loved by the Swabians: The Swabian Maultaschen, "Mauldäschle" or also called "Hergottsbscheißerle". Pasta dumplings with a meat and vegetable filling. The Swabians love them with stewed onions, fried in a pan or quite classically in a strong broth.*

## How to:

1. Blanch spinach 3 minutes in a little boiling salted water, afterwards drain and chop.
2. Peel and chop the onion.
3. Soak the bread rolls in cold water.
4. Squeeze the bread rolls and mix with the minced meat and sausage mixture, onions, parsley, spinach, eggs, salt and pepper.
5. Lay out the pasta dough (homemade is best) and cut out oblong rectangles. Using a brush, brush the edges of the rectangles with the beaten egg white and place about 1 tablespoon of filling on one side of each rectangle. Fold the other half of the dough over it and press the edges very well.
6. Bring the meat broth to a boil, let the Maultaschen simmer in it in an open pot for about 10 minutes until they rise to the surface.
7. Serve the Maultaschen in the meat broth sprinkled with the chives.



# Lemon Bars

 6 people

 35 min

 Kilian Schlabach

## Base

130 g flour

115 g butter cold

1 pinch of salt

20 g powdered sugar

## Cream

2 eggs

1 egg yolk

2 tbsp flour

180 g sugar

60 ml lemon juice

1 tbsp grated lemon peel

*A simple but very tasty dessert that I used to make when I was a student, in case visitors came over.*

## How to:

**Base:** (consists of a kind of shortbread)

1. Put the flour, cold butter, sifted powdered sugar and salt in a bowl and knead it all together.
2. Don't be put off if the mixture is a bit crumbly at the beginning. As the butter is softened by the heat of your hands, everything will come together after a few minutes to form an even dough.
3. Then, pour the dough into a lightly greased baking pan lined with baking paper and spread it evenly.
4. Prick the dough with a fork so that it does not bubble during baking.
5. Put it in the oven for 15 minutes at 180 ° C (convection oven).



### Lemon Cream:

1. Mix the eggs, the extra egg yolk, the grated lemon zest and the lemon juice together. In a separate bowl, mix the flour with the sugar.
2. Add the sugar mixture to the lemon mixture and stir well.
3. After the baking time, put the mixture on top of the baked base and put the whole back in the oven for 12-15 minutes.
4. After baking, cool well.
5. When it is ready, cut small squares and dust the whole thing with powdered sugar.
6. The delicious lemon bars are now ready to eat!



# Pierogi

 7 people

 60 min

 Patryk Morawski

500 g wheat flour

1 tbsp frying oil

1 tbsp salt

300 ml hot boiled water

500 g potatoes

500 g cottage cheese

1 onion

*Every Polish grandma's specialty!*

*It is my personal favorite of all the 12 traditional dishes for Christmas.*

## How to:

1. Peel potatoes and boil in salted water until soft. While still warm, knead with potato pestles. Allow to cool completely.
2. Peel the onion, cut into cubes and glaze in oil.
3. Mix onions, potatoes and cottage cheese. Season with salt and pepper to taste. This will be your filling.
4. For the dough, pour the flour into a bowl. Add salt and stir. Pour hot water gradually from the kettle (warm, but not boiling) and knead a smooth, elastic, soft dough. The dough should not be gluey. (If the dough is well prepared, air bubbles should be visible).
5. Divide the dough into parts. On a floured work surface, roll out the dough thinly.





6. Punch circles from the rolled-out dough, for example, with a glass. In the middle apply a teaspoon of the filling, fold the dough in half and stick the edges well. Ready-made dumplings are laid on a board with flour and covered with a cloth so that they do not dry out in the air.
7. Boil the pierogi in salted water until they float to the surface. Then boil for another 2-3 minutes, and drain in a sieve. Pull them out with a spoon.
8. Serve the Pierogi with fried onions in oil or butter, with sour cream or natural yogurt.



# Stir-Fried Beef Bún Salad

 4 people

 15 min

 Khang Tran

225 g beef tenderloin  
(thinly sliced against  
the grain)

200 g rice vermicelli,  
cooked according to  
the instructions

3 tbsp vegetable oil

Fresh mint leaves

1 ½ tbsp soy sauce

Fresh coriander

Crispy fried shallots

Roasted peanuts

1 ½ tsp freshly ground  
black pepper

Fresh Thai/Asian basil  
leaves

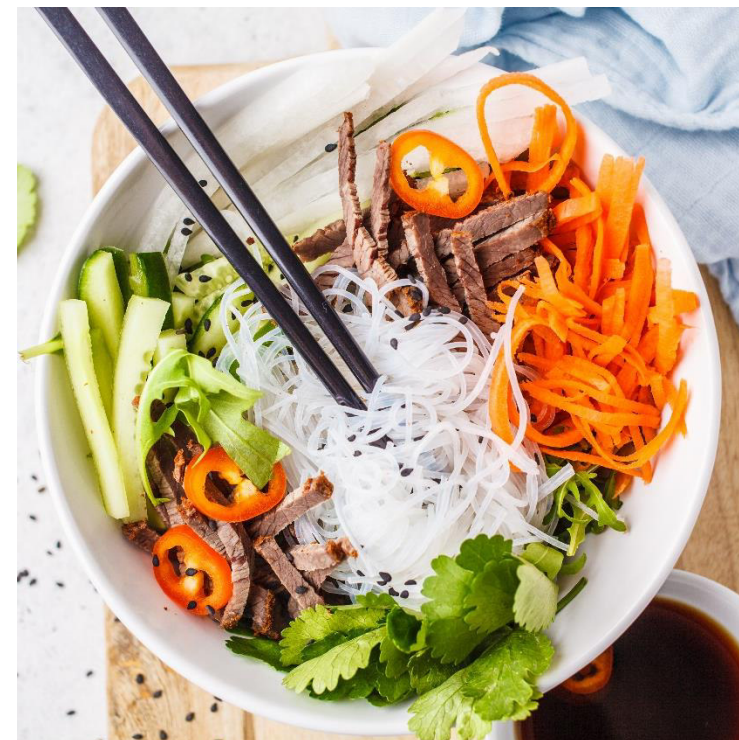
1 small carrot

1 small cucumber

*This is one of my favorite recipes, as it reminds me so much of my hometown, which is located South of Vietnam. Besides, it is so quick and easy to make, but it tastes and looks like one must spend hours in the kitchen to cook it. Therefore, it's also perfect when I want to impress my friends with Vietnamese cuisine.*

## How to:

1. Season the beef with 1 tbsp. of oil, the sauce soy, and pepper.
2. Heat the frying pan over high heat. Swirl in the remaining 2 tbsp. of oil to spread it evenly. Add the garlic and stir-fry for 30 seconds. Add the beef and stir-fry until brown, 1 to 2 minutes.
3. To assemble, in a bowl, combine the rice vermicelli, cucumber, carrot, herbs, most of the peanuts (reserve some for garnish), and the beef.
4. Before serving, drizzle with the fish sauce dip (next page) and mix well. Top with the shallots (if using) and the remaining peanuts.



# Salad Sauce

 4 people

 15 min

 Khang Tran

2 tbsp freshly squeezed lime juice

2 tbsp fish sauce

2 tbsp cool water

1 clove of garlic

2 tbsp sugar

1 hot chili

*This is the perfect sauce for the Stir-Fried Beef Bún Salad!*

## How to:

1. In a small bowl, whisk the lime juice, water, and sugar until the sugar dissolves. Add the fish sauce and stir well. Add the minced garlic and chili.



# Pho Noodle

 4 people

 150 min

 Nguyet Luu

## Broth:

2 ½ kg beef knuckles or leg bones	1 tbsp fennel seeds
Cold water	6 star anise
10cm fresh ginger	1 ½ tbsp salt
2 onions	2,5cm yellow rock sugar (optional)
2 cinnamon sticks	¼ cup fish sauce
1 tbsp coriander seeds	1 black cardamom pod

## Assembly:

Dried “pho” noodles  
½ cup thinly sliced onions  
1 kg raw roast beef, sirloin or tri-tip steak, thinly sliced across the grain  
½ cup chopped coriander leaves

## Extra:

Bean sprouts  
Thinly sliced red chillies  
Fresh mint and/or Asian/Thai basil  
Lime wedges  
Hoisin sauce

## How to:

1. Put beef bones in the cold water and bring to a boil, then remove the water. Wash the bones carefully to remove all dirt.
2. Add onion, ginger, coriander seeds, fennel seeds, anise, cardamom pod to the pan and roast each side.
3. Place the bones and all the above ingredients in a large pot and cover with about 4 liters of cold water. Bring it to a boil and then reduce the heat to low. This step is very important to make the broth as clear as possible. Simmer on low temperature for some hours. The longer the broth simmers, the more flavorful and fatty it will be.
4. Now, strain the soup into another pot.
5. Put the rice noodles in a large bowl filled with water and soak for 1 hour. Then bring a large pot of water to a boil and cook the noodles for about 2 minutes.



6. Divide the noodles among 4 serving bowls; place the sirloin, coriander, and scallions on top. Then pour hot broth over it.
7. Slice the steak into thin slices. Fan of rare/medium rare steak: arrange the slices of raw meat into bowls and pour the broth on it. Stir and let sit until the beef is partially cooked and no longer pink. OR a fan of well-done meat: first use the handheld baskets or designated long cooking chopsticks to cook the thin-sliced steak in the broth shortly until they are cooked or have a light pink color, and then arrange them into the bowls and pour the hot broth over all the ingredients.
8. Finish the broth with the extras.

*Pho is a traditional Vietnamese dish, originating from Hanoi and Nam Dinh, and is considered one of the typical dishes for Vietnamese cuisine.*

*The main ingredients of Pho are rice noodles and broth along with thin-sliced beef or chicken.*

*Pho is usually used to make breakfast in the morning or to make dinner at night and but you could usually find it anytime at a Pho food stall anywhere along the whole country.*





# Banh Xeo

Vietnamese Rice Pan Cake

12 pieces

150 min

Nguyet Luu

### **Batter:**

255 g rice flour  
85 g all-purpose flour  
830 ml water  
400 ml coconut cream/milk  
1 tsp salt

### **Filling:**

1 sprig onion  
680 g pork belly  
2-3 tsp turmeric  
450 g shrimp, headless  
1 onion  
680 g bean sprouts

### **Sauce:**

6 tbsp water  
2 tbsp sugar  
1 ½ tbsp freshly squeezed lime  
2 tbsp fish sauce

### **Extra:**

1 head mustard greens *caï xanh*  
1 bunch mint  
1 bunch cilantro  
1 bunch Vietnamese perilla (*tía tô*) optional

### How to:

1. Mix all the batter ingredients and let it rest for about 3 hours.
2. Boil the pork for the filling until it is cooked and soft. Slice it thinly.
3. On medium-high heat add 1-2 tsp oil and some onions.
4. Immediately add a few pieces of pork and shrimp. Sauté and mix lightly until slightly browned.
5. Pour in some batter and spread it evenly, by quickly rotating the pan. There should only be a thin layer of batter, almost flaking off the edges of the pan where it is thinner. If the batter does not do this and is too thick, add a few tbsp of water to the batter and mix it.
6. Lower the heat. Add a few bean sprouts and cook, covered, for about 3 minutes, or until the bean sprouts are slightly cooked. The dough should also be slightly cooked and translucent around the edges. In this step, the top of the ingredients and batter will be cooked while it steams, as we will not be flipping the crêpe.



7. Remove the lid, turn the heat to medium-low and wait about 5-7 minutes until the crêpe becomes crispy. Now, the ingredients, including the batter, will be fully cooked. . Brush the edges with a little oil if you don't see or hear enough contact between the batter and pan. Fold in half, transfer to a plate and serve immediately.

#### **Sauce:**

1. Mix water and sugar in a bowl. To facilitate the dissolution of the sugar, heat 1/3 of the water, and then stir in the sugar and add the remaining water.
2. Add lime or lemon juice gradually. Add fish sauce in small increments until you like the taste.
3. Add garlic and chilies.

*Bánh Xèo is a crispy, stuffed rice pancake popular in Vietnam. The name refers to the loud sound the rice batter makes when it is poured into the hot skillet. It is a savory fried pancake made of rice flour, water, and turmeric powder. It is also called Vietnamese rice pancake.*

*You can eat Banh Xèo is usually served for lunch or dinner.*

*There are two types of Banh Xèo: the central style and the southern style.*

#### **How to eat Banh Xeo?**

*Cut or break off a small piece of bánh xèo. Wrap it in a similar-sized piece of lettuce. Add a little of each of the herbs. Mint is the only essential herb in this dish. Cilantro and Vietnamese perilla are the other commonly used herbs that you should really try to get if you can! And then add the sauce and enjoy!*



# Nigerian Jellof Rice

 4 persons

 50 min

 Vincent Obigwe

5 medium sized tomatoes

Tomato paste

2 cups of parboiled rice

3 bay leaves

1 red bell pepper

Thyme

Water

1 onion

¼ l of vegetable oil

Chicken stock

Vegetables

4 pcs of red pepper

Chicken or beef or fish

Curry

Salt

General spices

## How to:

1. Blend tomatoes, red pepper, and bell pepper in a blender.
2. Cook the chicken or beef or fish with a little water, curry, salt, thyme and spices.
3. Parboil the rice for 5 min, drain the water and leave it inside a sieve.
4. In a heated medium-sized pot, pour the vegetable oil, and the onion. Stir until the onions are a light golden color.
5. Add the tomato paste and stir continuously for 3 minutes. Stir periodically until it appears fried, and add the water from the chicken, and other spices to taste. Cover it and allow it to boil for 5 minutes.
6. Add the parboiled rice, and add water considering the softness of the rice. Cover and allow it to cook.
7. When the water is drying and the rice is soft, add the vegetables and stir.
8. Your Jellof rice is ready to be served.





## About CGI

Founded in 1976, CGI is among the largest IT and business consulting services firms in the world. Operating in hundreds of locations across the globe, CGI delivers end-to-end services and solutions, including strategic IT and business consulting, systems integration, intellectual property, and managed IT and business process services.

CGI works with clients through a local relationship model complemented by a global delivery network to help clients achieve their goals, including becoming customer-centric digital enterprises.

