



We Are Family

Sharing our cultural heritage through family recipes.



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Most of my fondest childhood and adulthood memories have been centered around food.

During gatherings such as Christmas, the entire family would come together and celebrate and dine together. These experiences positively influenced me and taught me that food is one of the most endearing ways to unite people. Fast forward to adulthood, with a busy career, moving from one country to another saw me engage with Creditinfo employees on a more personal level over a meal. Be it during a breakfast meeting, a quick bite at lunch or after a busy day of meetings over dinner. This was when I learned more about the different cultures, their food, traditions, and way of life. My journey has been quite the eye-opener of diverse cultures in several aspects.

I usually try and pick up a unique treat from each of the countries I visit- the finest almonds from Morocco, wholesome nuts, Churchhela from Georgia, coffees and teas from Kenya, rich chocolate from Côte d'Ivoire, chocolate covered liquorice from Iceland, mouthwatering spices from Tanzania, the sweetest dates from Oman, the purest of Vodka, of course with Salo, from Ukraine...the list could go on and on. These collections inspire me when I am whipping up a meal in my kitchen. I find myself wandering into my own world when cooking - business ideas just seem to pop up whenever I use an ingredient from a specific country. It is truly a magical experience as I journey through my mind while in my kitchen in France!

So, is food part of a culture? Absolutely! It is an essential part of culture and has a role in cross-cultural interactions. It allows people from different cultures to share recipes and ingredients - as we try to do with our yearly cookbook. Sharing recipes helps us build bridges, allowing us to celebrate similarities and differences even while miles away from each other. I find that this helps us break cultural barriers and foster communication. Food brings unity since we all come together as one through this book.

Are you up for a challenge? Close your eyes, open a page, point to a recipe, and whichever one your finger lands on, try it and see what comes out of it - after all, the only limitation is your mind. You can journey to any destination through this book and get a taste of different cultures.

I hope you find this book both informative and exciting as I invite you to travel with us through our markets!

Happy Holidays!

A handwritten signature in blue ink, appearing to read 'Paul Randall', with a stylized, cursive script.

Paul Randall
CEO Creditinfo Group





CREDITINFO

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AFRICA

African cuisine is a staple of the continent's culture, and its history is entwined with the story of the native people of Africa. The foods that native Africans eat have been influenced by their religions, as well as by their climates and lifestyles. African cuisine can be broken down into a few distinct regions: Northern, Southern, Central, Eastern, and Western Africa.

Soumbala Rice With Chicken

Burkina Faso

INGREDIENTS

- 500 g raw rice
- 150 g soumbala
- 1 chicken
- 20 cl oil
- 3 fresh tomatoes
- 2 fresh local aubergines
- 2 fresh onion bulbs
- 1/4 raw cabbage
- Dried bay leaves
- 2 pinches black pepper
- 1 fresh chilli pepper
- 5 cloves of garlic

PREPARATION

1. Cut up and wash the meat.
2. Crush the soumbala and place in ¼ litre of water.
3. Put the pot on the heat, add the oil and brown the pieces of meat on each side. Add the chopped garlic and onion, stir and add the chopped tomato. Season, add the soumbala and 2 tbsp of water and simmer for 5 minutes.
4. Add the soumbala juice and 1/2 litre of water. Add the bay leaf, pepper, cabbage and local aubergines and leave to cook for 20 minutes.
5. Wash the rice and leave to stand for 5 minutes.
6. Remove the local aubergines and cabbage and pour the rice into the pan over the heat and leave to cook for 5 minutes. Lower the heat 5 minutes later, leave to cook on a low heat for 15 minutes then serve.







Kédjénou D'escargots Épicés

Ivory Coast

INGREDIENTS

- 5 fresh tomatoes
- 1 clove of garlic
- 1 piece of fresh ginger
- 3 onions
- 1 bunch of parsley
- 12 snails
- Salt and seasoning of your choice

PREPARATION

1. Wash the snails well with their shells. Then remove the snails from their shell, clean them again and place them in a casserole.
2. Add 1 liter of water and bring to a boil. Boil for 40 minutes then add 250ml of water.
3. Peel the onions, wash the tomatoes and chilli pepper, then cut into cubes. Add everything to the casserole with the snails. Season to taste and simmer for 5 minutes.
4. Using a skimmer, collect the diced tomatoes, onion and pepper and grind them into a paste. Make sure there is water left in the pot.
5. Peel and chop the garlic clove and ginger. Wash, dry and also chop the fresh parsley.
6. Add everything to the casserole with the snails and simmer for 10 minutes over medium heat.
7. Then add the tomato paste, onion and pepper to the casserole. Mix again.
8. Adjust the seasoning if necessary and then let your spicy snail ketogen cook over low heat for 15 minutes.
9. At the end of cooking, serve your kédjénou with spicy snails immediately and enjoy it hot.





Beignets Tra-Tra

Ivory Coast

INGREDIENTS

- 170 g of flour
- 80 g of sugar
- 150 ml of lukewarm water
- 1 pincé of sel
- 2.5 g of dry baker's yeast
- 2 or 3 tbsp of oil
- 1 sachet of vanilla sugar or a good pinch of nutmeg

PREPARATION

1. Dilute dry yeast in lukewarm water
2. Mix together the salt, nutmeg or vanilla into the flour
3. Form a small well, then pour in water, mixing thoroughly with your hands at the same time.
4. Leave to rest for 1 hour or even 1 hour 30 minutes.
5. After fermentation, add the sugar.
6. Grill the dough in a little oil in a pan. frying is a bit like pancakes, so using your fingers, add a small quantity of dough to the pan.
7. Then fry each side for about 2 minutes.
8. You can eat them hot or cold. Bon appétit!



Total time
1.30 hours



Servings
2



Difficulty
Easy



Mandazi

Kenya

INGREDIENTS

- 3 cups all-purpose wheat flour and ¼ extra
- 1¼ tbsp baking powder
- 3 eggs
- ½ cup milk
- ¼ tsp cinnamon, cardamom or nutmeg
- 1½ tbsp grated lemon peel
- ¼ tsp salt
- 1 tbsp vegetable oil or butter optional
- Vegetable oil for frying
- 3 tbsp sugar optional

PREPARATION

- In a mixing bowl, combine 3 cups flour, baking powder, salt, spice and lemon peel
- Add eggs and milk to the bowl. Alternatively, combine milk with beaten eggs and add the mixture to the bowl mix and knead.
- Use butter or oil to grease the mixing bowl and use a cling film/ plastic wrap to cover the bowl tightly.
- Let the dough sit for at least 20 minutes in room temperature. You can set aside for up to 2 hours.
- Remove the dough from the mixing bowl and place it back on the flat surface. Use a knife to divide the dough into pieces.
- Use a rolling stick to flatten the dough pieces each at a time and cut into smaller desired shapes.
- Heat cooking oil in a large saucepan and add several pieces gently without overcrowding. The enough oil for proper frying
- Let the pieces cook on medium heat until well browned on both sides. The bottom side will cook for a few minutes before you turn so that the one can cook. Place on a paper towel to drain excess oil.
- Cool the mandazis and serve with Kenyan tea





Authentic Kenyan Tea (Chai)

Kenya

INGREDIENTS

- 236 ml water
- 500 ml whole milk
- 3 tbs tea leaves

PREPARATION

1. Place a sufuria (saucepan) on the stove. Add 236 ml of water and heat it until it reaches a boil.
2. The quantity of milk you add will determine the thickness of your tea. If you prefer a thicker tea, add more milk. Pour in the 500 ml of whole milk into the sufuria.
3. Stir in the 3 tsp of tea leaves into the simmering mixture.
4. Allow the tea to simmer until it begins to bubble.
5. Using a sieve, strain out the tea leaves, leaving you with a smooth, creamy mixture.
6. Reduce the heat to low and let the tea brew. Allow it to steep for exactly 10 minutes or more if you desire a richer, darker tea.
7. After the brewing time, turn the heat up to high. Let the tea bubble to the top, and then promptly turn off the heat.
8. Using a sieve, strain the tea once more. You can pour it into a flask, kettle, or directly into cups.
9. Enjoy your delicious, freshly brewed Kenyan chai!



Total time
25 minutes



Servings
4



Difficulty
Easy



Jawhara With Cream And Almonds

Morocco

INGREDIENTS

For the cream

- 150 ml whipping cream (35 % fat)
- 150 ml milk
- 1 tbsp cornstarch
- 2 tbsp orange blossom water
- 4 tbsp powdered sugar

For the pastilla sheets

- 4 medium pastilla sheets or brick pastry
- 1 tbsp butter, melted

For the almonds

- 60 g almond flakes
- 2 tbsp powdered sugar
- 1 tbsp vegetable oil

For decoration

- Fresh mint leaves
- 1 tsp powdered sugar

PREPARATION

Preparing the cream

1. In a large bowl, whisk together the whipping cream, milk, cornstarch, orange blossom water, and powdered sugar.
2. Strain the cream mixture through a sieve to obtain a smoother texture.
3. Pour the mixture in a pot and cook it over medium heat for 5 minutes, stirring constantly with a wooden spoon until the texture thickens and becomes creamy.
4. Cover the cream with plastic wrap and place it in the fridge for 1 hour or until it is completely cooled.

Preparing the pastilla sheets

1. Cut the pastilla sheets into medium sized circles about 10cm in diameter.
2. Place the pastilla circles on a baking sheet covered with parchment paper and brush each one with the melted butter.
3. Place the baking sheet in a preheated oven at 180°C and bake for 10 minutes or until the pastilla sheets turn golden brown. Set aside to cool.

Preparing the almonds

1. In a pan over medium heat, heat the vegetable oil.
2. Add the almond flakes, and fry while occasionally stirring until the almonds are golden brown.
3. Remove from the heat and allow to cool.
4. In a food processor, add the almonds and the powdered sugar, then pulse 2 to 3 times until the mixture has a chunky sand consistency.

Assembling the Jawhara

1. Place a first sheet of pastilla on your serving plate.
2. Add a generous layer of cream, then sprinkle with some of the almond mixture.
3. Add two more layers of pastilla sheets, cream, and crunchy almonds.
4. Decorate the with fresh mint leaves and powdered sugar, then serve immediately.



Total time
1.3 hours



Servings
5



Difficulty
Advanced



Grilled Oryx Medallions With Herb Butter Marinade

Namibia

INGREDIENTS

- 1 oryx fillet
- 1 melted block of butter (not margarine)
- Salt
- Freshly ground black pepper
- Assorted herbs of your choice
- Brotchen (German bread rolls)
- Your preferred selection of sauces

PREPARATION

1. Begin by carefully trimming and portioning the Oryx fillet into medallions of your desired thickness. In a mixing bowl, combine the melted butter with a pinch of salt, a generous dash of freshly ground black pepper, and your choice of fresh herbs. Feel free to get creative with your herb selection; rosemary, thyme, and oregano work wonderfully.
2. Place the Oryx medallions in the herb-infused butter mixture, ensuring each piece is thoroughly coated. Cover the bowl and refrigerate the medallions overnight for an exquisite flavor infusion.
3. On the following day, prepare your wood fire for grilling. A traditional open flame will work best, as the smoky flavor will enhance the meat's taste. Once most of the wood has burned down and the coals are intensely hot, you're ready to start grilling. Carefully place the marinated Oryx medallions on the grill. The butter-infused medallions will sizzle and create a tantalizing aroma.
4. Begin by turning over the medallions you placed on the grill first. The searing heat will lock in the juices and create a beautiful crust. Continue to flip the medallions until they reach your preferred level of doneness. Be cautious not to overcook, as Oryx meat can become tough if done past medium-rare. As each medallion is done to your liking, remove it from the fire.
5. While the last medallion is cooking, prepare your Brotchen (German bread rolls) and gather your favorite selection of sauces.
6. Once all the medallions are perfectly grilled, assemble your Oryx Medallion Sandwich with the deliciously seared meat, adding your choice of sauces for added flavor and flair.



Total time
1 hour



Servings
2



Difficulty
Easy



Dan Wake

Niger

INGREDIENTS

- 500 g dan waké flour (mix of bean flour, cassava, baobab leaves)
- 1 tbsp natron or bicarbonate of soda
- 1 tsp chili powder
- 1/4 L peanut oil if possible
- 2 onions
- 1.5 to 2 L water

PREPARATION

1. Place dan waké flour in a container. Gradually moisten with water until a compact dough forms.
2. Put 1.5 to 2 liters of water in a pot, then add the natron (soaked in water to remove sand) or the tbsp of baking soda.
3. As soon as the water boils, shape the dan waké paste into small balls and plunge them into the pot as you go. Don't put too much in, as it will foam and overflow. Leave to cook for 15 to 20 minutes. Then remove from heat and set aside.
4. Cut onion into strips and fry in oil.
5. Place the dan waké on top, add a little oil and the onion, and add some dried chilli pepper on the side. This is the original version (dan waké da may, da tanka).
6. If you prefer the modern version, you can add hard-boiled eggs, fresh tomatoes, fresh onions and mayonnaise. Bon appétit!





Malkou

Niger

INGREDIENTS

- 1 set of well-cleaned sheep's head and feet
- 3 fresh tomatoes
- 2 onions
- 5 fresh chilies
- 2 peppers
- 2 tbsp gabou (roasted onion powder)
- 2 tbsp tatasseye (paprika)
- 2 tsp garlic powder or 2 cloves
- 2 tsp marga-marga (spice blend)
- 2 tsp ginger
- ½ tsp soumbala (optional)
- 1 tsp black pepper
- 1 cc dosso mari or African mustard (optional)
- 3 bay leaves

PREPARATION

1. First of all, make sure that the sheep's head and feet have been thoroughly cleaned and are free of any hair residues or impurities. You can rinse them in salted vinegar water before starting.
2. Then place them in the pot and cover completely with water. Place on the stove.
3. As soon as the water boils, remove the pot from the heat, along with the sheep's feet and head. Pour off the water, rinse the pot or casserole and place the sheep's feet and head back into the pot, covering again with water.
4. Add the following spices: dry garlic powder (crushed fresh garlic), marga-marga, ginger, pepper, gabou, soumbala (optional), bay leaves and a roughly chopped onion.
5. Return the pot to the heat. Cook for at least 2 to 3 hours, checking water level and doneness.
6. Meanwhile, roughly chop the onions, tomatoes, peppers and half the chilli pepper. Then crush or blend them. Add them to the pot if the skin has begun to soften. Add tatasseye (paprika), salt and soumbala (dosso mari).
7. Add a little water if necessary. Continue cooking for another hour or 2, until the skin has softened completely. Add the remaining chilli pepper towards the end of cooking, without crushing it.
8. Ready to serve! You can chop onions, tomatoes and parsley to garnish the dish.



Total time
4 hour



Servings
6



Difficulty
Medium



Muhogo Wa Nazi

Tanzania

INGREDIENTS

- 1 kg cassava, peeled and cut into bite-sized pieces
- 400ml coconut milk
- 1 onion, finely chopped
- 2 tomatoes, diced
- 2 cloves garlic, minced
- 1tsp grated ginger
- 1-2 green chilies, finely chopped (adjust to taste)
- 1tsp turmeric powder
- 1tsp curry powder
- Salt and pepper to taste
- 2tbsp cooking oil
- Fresh cilantro for garnish (optional)

PREPARATION

1. Peel the cassava and cut it into bite-sized pieces. Make sure to remove any fibrous or woody parts.
2. Place the cassava pieces in a pot, cover with water, and bring to a boil. Simmer for about 10-15 minutes or until the cassava is partially cooked. Drain and set aside. In a separate bowl, mix the coconut milk with a cup of water. Set it aside.
3. Set the cooking oil in a big pan over medium-low heat. Put in the chopped onions and cook them until they turn clear.
4. Grate the ginger and add the chopped green chilies and minced garlic. Cook for two more minutes, until the spices start to smell good. Put the curry powder and turmeric powder in there. Make sure to mix the onions and spices well.
5. Put in the chopped tomatoes and cook them until they get soft. Add the cassava that has been partially cooked to the pan. Add the spices and vegetables and stir to mix.
6. Add the coconut milk to the cassava mix. Add pepper and salt to taste. Bring everything together to a simmer. Turn down the heat, cover the pan, and let it simmer for 20 to 30 minutes, or until the cassava is soft and cooked all the way through.
7. Once the cassava is tender and the flavors have melded, adjust the seasoning if necessary. Garnish with fresh cilantro if desired and serve with a fried meat of your choice.





Mtori Soup

Tanzania

INGREDIENTS

- 1kg of red meat
- 10 pieces of banana (Matoke)
- 4 pieces of Irish potatoes
- 1 spring onion
- 2 pieces of lemon
- 2 pieces of carrot
- Salt
- 2L of water
- Black pepper
- Margarine
- Garlic

PREPARATION

1. Wash all the vegetables and meat.
2. Boil in a pot with meat, pour in water, then add lemon, salt and garlic. The meat should be chopped into small cubes. Boil the meat until tender, put the meat aside once it's ready. Make sure there is enough soup available as you are done boiling and separate the meat and the soup.
3. Chop the bananas, carrot, Irish potatoes and spring onions. In a pot with only meat soup, add salt, margarine and all the chopped items.
4. Boil for 30 minutes. Once ready let the bananas cool and blend the mixture to get a thick paste.
5. In a fresh clean pot fry 2 chopped onions, once the onions turn brown in color add the meat and stir for a minute. Then add the blended banana mixture into the pot with 1 tsp of black pepper. Boil it for 5 minutes and serve it in bowls.
6. Serve the soup that can be enjoyed with a side of Chapati.



Total time
1 hour



Servings
5



Difficulty
Easy



Chicken Curry

Uganda

INGREDIENTS

- 2tbs cooking oil
- 1tbs butter
- 3 pounded garlic cloves
- 1 diced onions
- 3 diced carrots
- 2 dices tomatoes
- 1 diced green pepper
- 1 diced yellow pepper
- 1 diced red pepper
- A handful ciced coriander
- 1/2tbs yellow curry powder
- 1/2tbs red curry powder
- Salt and cumin seeds
- 4tbs vanilla yoghurt
- 1 large cup chicken broth

PREPARATION

1. Heat cooking oil in a pan
2. Add your onions, garlic, carrots, green pepper and tomatoes
3. Stir gently, then add butter and sprinkle in the coriander
4. Add the yellow curry, the red curry and the cumin seeds
5. Add the yellow and red peppers, then salt
6. Pour in the yoghurt
7. Continue to stir, then pour in the chicken broth
8. Place your chicken pieces in the pan and leave to simmer for 20 minutes
9. Serve with matooke, rice or mashed potatoes; or anything other food of your choice.





Munanasi

Uganda

INGREDIENTS

- 1L of water
- Pineapple peels
- 4 pounded pieces of ginger
- 1tbs of cloves
- Pineapple cubes (optional)

PREPARATION

1. In a saucepan, combine all the ingredients.
2. Cover the pan and bring the mixture to a boil.
3. Once the flavors have melded and infused, drain and strain the liquid to retain only the fragrant munanasi essence.
4. Allow it to cool, then refrigerate for a refreshing, cool beverage.
5. Sip and savor the tropical delight of your homemade munanasi.
6. Enjoy this delectable creation as a testament to Uganda's bountiful fruit treasures, making the most of every part of the pineapple.



Total time
6 hours



Servings
4



Difficulty
Easy





ASIA

The traditional emphasis in this region is on aromatic and lightly-prepared foods, using a delicate balance of quick stir-frying, steaming, and/or boiling, supplemented with discrete spices and seasonings, including citrus juices and herbs such as basil, cilantro, and mint.



Stir-Fried Beef Broccoli

China

INGREDIENTS

- 450 g flank steak/beef fillet, thinly sliced
- 3 cups broccoli florets
- 3 tbsp soy sauce
- 2 tbsp oyster sauce
- 1 tbsp cornstarch
- 1 tbsp sugar
- 1 tbsp rice wine or dry sherry
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- 2 tbsp cooking oil
- Sesame seed for garnish (optional)

PREPARATION

1. In a bowl, mix sliced beef with soy sauce, oyster sauce, cornstarch, sugar and rice wine. Let it marinate for at least 15-20 minutes.
2. Bring a pot of water to boil, boil the broccoli for 2 minutes until they are bright green. Drain and set aside.
3. Heat 1 tbsp of cooking oil in a wok/fry pan over high heat. Add the marinated beef and stir-fry for 2-3 minutes until its no longer pink. Remove beef from the pan and set aside.
4. In the same wok/pan, add another tbsp of cooking oil. Stir-fry the minced garlic and grated ginger until fragrant. Add the cooked broccoli to the pan and stir-fry for 2-3 minutes until it's slightly tender.
5. Combine beef and broccoli and cook for few minutes.
6. Adjust seasoning if needed and let it cook for an additional minute, e.g. add more soy sauce or salt. Sprinkle with sesame seeds if desired.
7. The dish is best served with cooked white rice. It can also be served with egg-fried rice or noodles.





Hong Kong-Style Milk Tea

China

INGREDIENTS

- 2 tbsp of loose black tea leaves/a bag of tea bag
- 2 tbsp of sweetened condensed milk
- 2 tbsp of evaporated milk
- Sugar (optional, to taste)
- 473 ml of water

PREPARATION

1. Boil about 473 ml of water, rinse the tea leaves with hot water to remove any impurities. Or just brew the tea if using tea bag.
2. After rinsing the tea leaves place them in a tea pot or tea strainer, pour boiling water over the tea leaves and let it brew for 4-5 minutes, creating a strong black tea, after remove the tea leaves/tea bag.
3. In a separate cup/tea pot add 2 tbsp of sweetened condensed milk.
4. Pour the hot black tea over the condensed milk, stir well to mix.
5. In the same cup or teapot, add 2 tbsp of evaporated milk. Stir again until well combined.
6. Adjust sweetness by adding sugar if desired. The tea can be served hot or cold.



Sop Buntut (Oxtail Soup)

Indonesia

INGREDIENTS

- 1 kg oxtail
- 2 1/2 L water
- 2 tbsp oil
- 1 cinnamon stick
- 5 cloves
- 1 tsp nutmeg
- 250 g carrot, peeled and cut into 2cm rounds
- 250 g potato, peeled and cut into 8 wedges per potato
- 1 tbsp salt
- 1/2 tbsp sugar
- 1 tsp ground white pepper
- 100 g shallots (for spice paste)
- 5 cloves garlic (for spice paste)
- 2cm ginger (for spice paste)
- 150 g of onion (for spice paste)
- 1 tomato, cut into small slices
- 1 scallion thinly sliced
- 2 Chinese celery thinly sliced
- 1 lime, cut into wedges
- Deep-fried shallot flakes
- 4 tbsp sweet soy sauce (for chilli sauce)
- 4 bird-eye chillies seeded and thinly sliced (for chilli sauce)

PREPARATION

1. Boil oxtails and water in a soup pot, then simmer until the meat is tender. This usually takes about 2 hours.
2. Remove oxtails from the stock and set aside. Strain the stock to get a clear broth. Return the broth and oxtails back to the pot.
3. In a frying pan, heat oil and sauté spice paste, cinnamon stick, cloves, and nutmeg until fragrant for about 5 minutes. Add this to the pot with broth and oxtails.
4. Bring the oxtail and broth back to a boil. Add carrot and potato and season with salt, sugar, and ground white pepper. Reduce heat and cook until carrot and potato are cooked and tender, but still quite firm. About 20 minutes. Adjust salt and sugar as needed.
5. Turn off heat, serve the soup with slices of tomato, scallion, and Chinese celery. Sprinkle the soup with some deep-fried shallot flakes. The soup is best eaten when still piping hot with a bowl of steamed white rice accompanied with the chili sauce and a squeeze of lime juice.





Es Teler (Indonesian Fruit Cocktail)

Indonesia

INGREDIENTS

- 2 cans jackfruit, drained and sliced into ¼" strips (you can substitute with mango)
- 1 can of palm fruit
- 1 can of young coconut meat, drained and sliced into ¼" strips, syrup reserved
- 2 fresh avocados, halved, stoned and chopped into ½" cubes
- 1 jar of coconut gel cubes
- Sweetened condensed milk, as required
- Crushed ice

PREPARATION

1. Toss the jackfruit and coconut meat slices into a large bowl and pour in the reserved syrup.
2. Tip the can of palm fruit into a fine mesh sieve to drain and reserve its preserving syrup.
3. Dump the drained palm fruits into the bowl with jackfruits plus coconut milk, along with half of the reserved syrup.
4. Drain the coconut gel cubes from its jar and toss them into the bowl to join the above ingredients.
5. Throw in the avocado chunks into the same bowl and toss them all together to mix thoroughly.
6. Empty 2-3 heaped cups of crushed ice into the bowl to cool down the fruits and drizzle 5 tbsp sweetened condensed milk over them.
7. Stir them all together gently to mix well and pour in more condensed milk to suit the preference of your sweet tooth.
8. Spoon the es teler into serving bowls and serve chilled.



Total time
30 minutes



Servings
4



Difficulty
Easy



Beshbarmak

Kyrgyzstan

INGREDIENTS

- 4 cups of flour
- 1 egg
- 1 tbsp salt
- 1.5 pounds of lamb (or beef)
- 2 tsp salt
- 1 onion
- 5 cups of water

PREPARATION

1. Boil 5 cups of water.
2. Add 2 teaspoons salt.
3. Slice the onion into thin circles.
4. Add the lamb and onion to the water and continue to boil the meat for two hours.
5. After two hours, remove the meat and cut into strips.

Preparing the noodles:

1. Mix the flour with the salt add the egg.
2. Stir in warm water until the mixture holds together but is not sticky.
3. Knead the dough for five minutes. Let the mixture sit for 10 minutes and then roll out the dough until it is $\frac{1}{4}$ inch thick.
4. Cut the dough into thin strips (about $\frac{1}{4}$ inch wide).
5. Once the meat has finished cooking, and has been removed from the water, add the noodles.
6. Cooking the meat in the water will create a meaty broth, which will give the noodles extra flavor.
7. Boil the noodles for 5 minutes.
8. For additional flavor, you can add some more onion slices at this time, letting them boil with the noodles for 5 minutes.
9. After 5 minutes, remove the noodles and onions while saving the broth.
10. Combine the meat, noodles, and onion in a bowl. Pour $\frac{1}{4}$ cup of the broth on top of the noodles, giving them extra flavor. The dish is now ready to serve. While eating beshbarmak, the Kyrgyz drink the remaining broth in tea cups, which complements the dish nicely.



Total time
2 hours



Servings
8



Difficulty
Medium



Shuwa

Oman

INGREDIENTS

- 2 lamb shanks
- 2 tsp garlic crushed
- 1 tsp ginger garlic paste
- $\frac{3}{4}$ tsp black pepper powder
- $\frac{3}{4}$ tsp cumin powder
- 1 tsp coriander seeds powdered or $\frac{1}{4}$ tsp. coriander powder
- 10 cloves or approx. $\frac{1}{4}$ tsp. cloves powder
- 1 $\frac{1}{2}$ tsp chilli powder
- 2 tbsp vinegar
- 1 lime juiced
- 2 – 2 $\frac{1}{2}$ tsp salt
- 2 $\frac{1}{2}$ - 3 tbsp oil
- Banana leaves

PREPARATION

1. Wash lamb shanks and make big and deep gashes.
2. Mix all the ingredients except lamb to a paste. Rub this spice paste on to the lamb and into the gashes. Use your fingers to rub the meat as deep as you can.
3. Take a baking dish and place a banana leaf in it. Place the lamb on the leaf and pour any remaining spice mixture over it. Fold the banana leaf over the lamb to cover the lamb and it should look like a packet. Cover the baking dish and marinate in the refrigerator overnight.
4. Remove marinated lamb from the fridge and leave it on the countertop for 30 – 60 minutes before cooking, to bring it to room temperature. This is an optional. Preheat the oven to 121°C and place the baking dish in the oven. Do not forget to remove the cover/lid of the baking dish.
5. Bake lamb wrapped in banana leaf for 3 hours or until the meat is tender. Turn the meat around very 1 – 1 $\frac{1}{2}$ hours. It took 3 hours in my oven and the meat was tender. Depending on the size and thickness of the meat, one may have to cook it longer.
6. Change the oven temperature to 176°C, open the banana wrap and cook for another 20 minutes until the meat is dark brown. After cooking for 3 hours, banana wrap will dry up and will begin to fall apart. I left the leaf in the dish itself and opened /removed the leaf on the top before roasting it at 176°C.
7. Remove from oven and let the meat rest for at least 10 minutes before serving. I served it with flavored rice.





Omani Halwa

Oman

INGREDIENTS

- 600 g sugar
- 250 g butter, at room temperature
- 95 g starch dissolved in a cup of water
- 1 tsp cardamom
- 1 tsp saffron
- 125 ml rose water
- 150 g crushed pistachios
- Almonds, sliced in half

PREPARATION

1. Soak saffron in rose water, then add cardamom. Put the mixture aside.
2. Heat a large skillet over the stove and spread a layer of sugar. Let it dissolve with constant stirring.
3. Reduce the heat and sprinkle the remaining sugar to get the caramel.
4. Cut the butter into cubes and add them over the caramel. Mix the ingredients, then pour the starch mixture.
5. Keep stirring, then pour the mixture of rose water, saffron and cardamom.
6. Add the pistachios and keep stirring.
7. Divide the halwa in wooden containers or in serving bowls and leave it to cool slightly at room temperature.
8. Garnish with almonds and serve immediately.



Total time
2 hours



Servings
6



Difficulty
Easy

Coconut Pancakes

Sri Lanka

INGREDIENTS

For the sweet coconut filling

- 2 cups grated fresh coconut
- 1 ½ cup dark brown sugar
- 1/8 tsp salt
- 3 Cardomom
- 3 tbsp water

For the Pancake Batter

- 2 cups all purpose flour
- 2 eggs
- 3 cups coconut milk
- ¼ tsp salt
- ¼ tsp turmeric powder
- 3 drops vanilla essence (or 1/2 tsp vanilla extract)

Other

- Oil as needed

PREPARATION

Making the filling

1. Extract cardamom seeds, grind with 1/8 tsp salt for easy grinding. If you have ground cardamom spice instead of cardamom seeds, you can use approximately 1/2 to 3/4 tsp of ground cardamom as a substitute
2. Dry roast grated coconut in a pan until slightly dry. Don't wait for browning.
3. In the same pan, mix dark brown sugar, powdered cardamom-salt blend, and 2 tbsp water. Heat without stirring to dissolve sugar. Swirl if needed.
4. Turn off heat when sugar dissolves completely. Add dried coconut, mix well, and let the mixture cool. If the pan retains heat, transfer to a different bowl.

Make the pancake batter

1. Add all the ingredients listed under "for the filling" into a blender and blend to get a smooth lump-free batter. Add flour if the batter is too runny and add a bit of coconut milk if the batter is too thick. The consistency should be a little thicker than heavy whipping cream.
2. Heat a small non-stick frying pan and add two-three drops of oil. Then wipe out the oil with a paper towel. Keep the heat on medium-low. The pan shouldn't be too hot when you add the batter.
3. Add ½ cup of batter to the pan and swirl it around to spread it. Let the pancake cook until it looks cooked all the way through.
4. Shake the pan to loosen up the pancake from the pan. It should loosen up very easily. If not, leave it on the heat for a few seconds. Transfer the pancake onto a plate when it's done.
5. Place some filling on the pancake, closer to one side. Cover it up with as shown in the photo. This way it makes it easier to roll.
6. Then gently but somewhat tightly, roll the pancake. Do this step when the pancake is warm and flexible. While you roll the pancake you can pour batter into the pan for the next one.
7. Serve it as breakfast or as a sweet snack for tea.









EUROPE

European cuisine comprises the cuisines that originate from the various countries of Europe. The cuisines of European countries are diverse, although there are some common characteristics that distinguish them from those of other regions.



Beer Ice Cream

Czech Republic

INGREDIENTS

- 300 g caster sugar
- 300 ml 33% whipping cream
- 180 ml dark, malty beer
- 3 egg yolks
- ¼ tsp sea salt
- ½ tsp vanilla extract

PREPARATION

1. Pour half of the beer into a small pan, simmer it over medium-high heat until the beer reduces by half. Remove it from the heat.
2. Whisk egg yolks, whipping cream, sugar and salt in a medium-sized pan. Turn on the heat to medium-low and cook it (whisk frequently) until a custard is formed.
3. Remove the pot from the heat and add the reduced beer, the remaining beer and vanilla extract, stir to combine all the ingredients together. Sieve the mixture through a fine sieve and let it chill for a few minutes.
4. Pour the mixture into a square baking dish, use a metal pan as it helps the freezing process (however a glass pan works too). Put it in the freezer for 90 minutes.
5. Mix the ice-cream thoroughly approx. every 15 minutes until it thickens up to a scoopable firm mass. Make sure to scrape the sides and edges of the pan every time you stir the ice-cream. For fluffier ice-cream repeat the whisking process a few more times.
6. Serve the final product with caramel mousse or caramel biscuit crumbles.





Caramel Grog

Czech Republic

INGREDIENTS

- 500 ml rum
- 500 ml water
- 2 pcs cinnamon stick
- 5 pcs cloves
- 1 lemon
- 15 g butter
- 50 g caster sugar

PREPARATION

1. Pour sugar into a bigger pot and let it caramelize over medium-high heat. Stir occasionally so it doesn't burn. Then add water, cloves and cinnamon, cook the ingredients briefly.
2. Set the pot aside while you carefully add rum to the mixture. Heat the liquid up to the boiling point, then turn the heat off immediately.
3. Put a lemon wedge into the glass followed by a teaspoon of butter. Lastly pour hot grog over it.
4. Let it cool for a few minutes before you enjoy the warm drink.



Total time
2.30 hours



Servings
1



Difficulty
Medium



Black Pudding Stuffed Chicken

With Whiskey Cream Sauce

Estonia

INGREDIENTS

Stuffed chicken

- 1 tbs olive oil
- 1 shallot, finely chopped
- 1 garlic clove, crushed
- 250 g black pudding, crumbled
- 4 chicken breasts, pounded out until 3cm thick
- 8 slices prosciutto
- 25 g butter
- 1 tbs olive oil, extra

Whiskey cream sauce

- 1 tbs olive oil
- 2 shallots, finely chopped
- 1 clove garlic, crushed
- 125 ml whiskey
- 125 ml chicken stock
- 125 ml thickened cream

PREPARATION

1. To prepare stuffed chicken, heat oil in small frying pan over medium heat. Cook eschallot and garlic until soft. Stir in black pudding. Remove from the heat.
2. Place two slices prosciutto on a clean work surface. Top with a chicken breast. Spread with black pudding mixture.
3. Roll each chicken breast tightly. Repeat to make four rolls.
4. Preheat oven to 180°C.
5. Heat butter and extra oil in a frying pan over medium heat. Cook stuffed chicken rolls until prosciutto is lightly browned and crisp. Transfer to an oven tray (reserve frying pan to make sauce). Bake for about 10 minutes or until just cooked through. Transfer to a warm plate and cover lightly with foil to rest for 10 minutes. Slice thickly.
6. To make sauce, heat oil in same frying pan that chicken rolls were cooked in. Cook eschallots and garlic until soft. Add whiskey and simmer until reduced by two thirds. Whisk in stock and simmer until reduced by a third.
7. Whisk in cream and season. Simmer until thickened and strain.
8. Serve sliced stuffed chicken and root vegetable mash with whiskey cream sauce.





Sugar Candy With Cinnamon

Estonia

INGREDIENTS

- 200 g sugar
- 1 tsp cinnamon
- Silicone molds
- Couple of candy sticks

PREPARATION

1. First set ready the molds and candy sticks.
2. Put 200 g of sugar in a dry pot, preferably with a thicker bottom, and place on the stove over medium heat.
3. Sugar begins to melt slowly. In no case do not stir it with a spoon but tilt the pot so that the sugar melts more evenly. If it starts to brown excessively in some places, the heat may be too strong then lower the heat.
4. When the sugar has melted and has a nice golden brown, slightly darker complexion, add cinnamon, and then remove the pot from the heat and pour the mass into the molds, and when it is hardening a little, also place a stick.
5. Let it cool and harden, and the candy is ready to be licked!



Total time
15 minutes



Servings
2



Difficulty
Easy

Satsivi

Georgia

INGREDIENTS

- 1.5 kg whole chicken (or turkey)
- 2 L of water
- 700 g of walnuts
- 5 medium sized onions
- 4 cloves of garlic
- 2 tbs of white wine vinegar
- 1 tsp of dried coriander
- 1 tsp of blue fenugreek
- 1 heaped tsp of dried marigold
- 1 heaped tsp of dried red pepper
- half tsp of cinnamon
- 5 crushed cloves
- Salt (personal preference)

PREPARATION

1. Add 2 liters of water to a deep pot and add the chicken. Heat on a medium heat until parboiled.
2. Remove the chicken from the pot and add to a roasting tray. Do not discard the water that the chicken was boiled in as this will be needed later.
3. Use some of the surface oil in the pot to baste the chicken. There should be no need for additional oil.
4. Roast the chicken on 180 °C heat until cooked.
5. Cut the roasted chicken into medium sized pieces.
6. Finely chop the onions and add to a pan with a little of the surface oil from the pot use to parboil the chicken. Fry for 6-7 minutes.
7. Add the fried onions to a mixing bowl and use a blender to make them smooth.
8. Add the onions to the pot used to par boil the chicken.
9. Grind the walnuts. We used a meat grinder. If the walnuts are not old, the grinding process will produce some walnut oil. Save this.
10. Add 1 tsp of dried coriander, 1 tsp of blue fenugreek, 1 heaped tsp of dried marigold, half tsp of cinnamon, 5 crushed cloves.
11. Mix by hand and use your hands to crush the mixture to extract any remaining oil from the walnuts. Save the oil.
12. Add 1 heaped tsp of dried red pepper, 4 cloves of garlic and salt (amount dependent upon personal preference) to a mortar and use a pestle to crush the ingredients.
13. Add the crushed red pepper/garlic/salt mixture, together with 2 tbs of white wine vinegar, to the ground walnuts and mix thoroughly.
14. Gradually add water to the nut mixture from the pot used to parboil the chicken, mixing as the water is added. Keep adding and mixing until the mixture has a smooth consistency. Once mixed, hold a sieve over the pot used to parboil the chicken and pour the mixture into the pot. Discard any remaining large pieces left in the sieve.
15. Add the chicken pieces to the pot, bring to the boil and remove from the heat. Allow to completely cool before serving.
16. Serve cold. Any excess walnut oil that was extracted during preparation can be poured onto the dish.







Rhubarb And Ginger Drink

Iceland

INGREDIENTS

- 2-2.5 kg of rhubarb
- 4 L water
- 2 tbsp sugar
- 1 1/2 coarsely chopped ginger (or sliced)
- Juice of 1 lemon
- 1/2 tsp salt
- 1 cup of blackcurrant juice (or more)

PREPARATION

1. Put water, sugar, ginger, lemon juice, salt and blackcurrant juice in a pot and boil for about 10 minutes.
2. Roughly chop the rhubarb and add. Let it boil for about 5 minutes.
3. Turn off the heat and leave to cool in the pot. Strain the juice into a bottle and cool.
4. The drink needs to be diluted, with water or mineral water.





Artic Char With Almond Flakes

Iceland

INGREDIENTS

- 800 g char, deboned
- 101 g flour
- Salt and pepper
- 2 tbsp butter
- 1 tbsp oil
- 3-4 tbsp honey, liquid
- 100 g almond flakes

PREPARATION

1. Pour the flour on a plate and roll the char out of it. Salt and pepper.
2. Put butter and oil in a pan.
3. Place the char in the pan, skin side down, and fry at low heat for around 10 minutes.
4. Pour honey well over the char and turn it over.
5. Add the almond flakes to the pan and stir the mixture regularly so the honey doesn't burn.
6. When the fish is fully cooked, remove it from the pan and serve e.g. with barley and salad mix.



Total time
15 minutes



Servings
4



Difficulty
Easy



Cake Napoleon With Cranberries

Latvia

INGREDIENTS

- 600 g of flour
- 500 g of margarine or butter
- 120 g of water mixed with a little vinegar

For the cream:

- 5 eggs
- 3 tbsp of flour
- 100 g cup of sugar
- 473 g of milk
- Vanilla sugar (to taste)
- Butter, as needed
- 250 g of whipped sweet cream

For decoration:

- 200 g of crushed cranberries with sugar (you can also use jam)
- Fresh berries
- Chocolate chips
- Mint leaves

PREPARATION

1. Begin by adding the butter to the sifted flour, then incorporate it into the flour until the mixture is well combined. Gradually add the water-vinegar mixture to achieve a homogeneous dough. Refrigerate the dough for 20-30 minutes.
2. Divide the dough into 5 equal parts, roll each part using a rolling pin, and bake them separately at 180°C until they turn golden brown. Do not worry if the edges are not perfectly even, as they will be trimmed and used for decorating the cake.
3. Prepare the filling cream by following a standard pastry cream recipe, adding butter at the end to achieve a slightly firmer texture (but not overly buttery). Afterward, fold in the whipped cream.
4. Crush fresh cranberries and mix them with sugar.
5. Assemble the cake layers by spreading cream on the first layer, cranberries on the next, then cream again, cranberries, and finally, cover the top of the cake with cream.
6. Decorate the cake with crumbled scraps of the cake base or cookies. You can also garnish it with fresh berries, chocolate chips, and mint leaves.
7. Enjoy your delicious Napoleon cake with cranberries!





Pork Fillet With Cranberry Sauce

Latvia

INGREDIENTS

- 700 g of pork fillet
- 300 ml of apple cider
- 50 g of honey
- 500 g of cranberries
- 3 cloves of garlic
- 3 sprigs of rosemary
- 3 onions
- 50 g of butter
- 50 g of brown sugar
- 100 ml of red wine
- 1 fresh orange juice
- 50 g of balsamic vinegar

PREPARATION

1. Begin by marinating the pork fillet in apple cider, honey, and 100 g of crushed cranberries. Add the garlic and 2 sprigs of rosemary. Allow it to marinate overnight in the refrigerator.
2. Preheat your oven to 175°C . Then, fry the marinated meat in the oven along with all the marinade. Roast for approximately 1 hour.
3. While the meat is in the oven, prepare the cranberry sauce. Finely chop the onions and 1 sprig of rosemary.
4. In a small saucepan, melt the butter and sauté the onions and rosemary. After a while, add the remaining cranberries, brown sugar, and red wine.
5. Heat until the cranberries start to break down and the sauce thickens. Just before finishing, add balsamic vinegar and orange juice.
6. Serve the sauce with the meat.



Total time
14 hours



Servings
7



Difficulty
Easy



Netikras Zuikis (Minced Meat Loaf)

Lithuania

INGREDIENTS

- 1 onion
- 4 pieces of white bread
- 250 ml of milk
- 1 kg of minced beef with pork
- 500 g of minced pork
- 3 eggs
- 3 tsp of Worcestershire sauce
- 1 tbsp of olive oil
- 1 tbsp of breadcrumbs
- 20 g of parsley
- 1 tsp of salt
- 0.5 tsp of pepper

For the sauce

- 200 g of tomato sauce
- 2 tbsp of honey
- 2 tbsp of apple cider vinegar

PREPARATION

1. Peel and chop the onion.
2. Crumble the bread and put it in a bowl with milk. Then add the chopped onions and minced meat, crack the eggs, add breadcrumbs, salt, and pepper.
3. Season with Worcestershire sauce and chopped parsley. Mix everything very well.
4. Prepare the sauce. In a bowl, mix all the listed ingredients.
5. Grease the baking dish with olive oil, place the prepared meat, shape it, coat it with the sauce (use it all), and bake it in a preheated 180 °C oven.
6. Bake for about 60–80 minutes. Before serving, let it cool for 10 minutes. Skanaus!





Gira (Kvass)

Lithuania

INGREDIENTS

- 1 kg black bread
- 200 g sugar
- 30 g yeast
- 20 pcs raisins
- 8 L water

PREPARATION

1. Bake bread on both sides.
2. In a container of approximately 10 liters, place the baked bread and pour hot water over it.
3. After about 3 - 4 hours, strain the bread through a sieve, and pour the liquid into another large container. At the same time, in a clean container, put sugar, crumble yeast, and pour warm wort. Mix, cover with cheesecloth (not a lid), and leave overnight.
4. In the morning, skim off the brown foam on the surface. If there is not enough sugar, add more to taste.
5. Then take plastic bottles, for example, 2.5 liters, fill them not to the top, add about 8 raisins, screw on the cap, and place in the refrigerator.
6. Periodically, slightly unscrew and release some air. When the raisins rise (approximately after 8 - 12 hours), it is ready to drink.
7. Skim off the raisins and pour into a glass. Skanaus!



Total time
2 days



Servings
10



Difficulty
Easy



Aljotta

Malta

INGREDIENTS

- 800 g small fish (traditionally rock fish, substitutes include halibut, flounder and snapper) cleaned and cut into 4 pieces
- 1.8 L water (and a fish stock cube if available)
- Pepper & salt
- 1 chopped onion
- Bay leaf
- 3 cloves of garlic, chopped.
- Mint, fresh if available
- 2 tbsp oil
- 2 lemons (one for juice one for decoration)
- 100 g white rice
- 6 tomatoes

PREPARATION

1. Fry the chopped onion and garlic and fry in oil until soft and golden.
2. Slice the tomatoes and add them together with the herbs and enough water (with or without fish stock cube) to make the soup.
3. Bring the mixture to boil and then add the fish.
4. Cook slowly until the fish meat is white and soft. Take fish out from the soup, allow it to cool a bit, and remove head, tail, skin, and bones.
5. Strain the remaining mixture without throwing away the strained liquid. Put it on the stove and use it to cook the rice.
6. Bring to boil and cook until the rice is soft to your taste. Put the fish pieces back in the soup.
7. Add a squeeze of lemon and serve hot with lemon wedges and parsley as garnish.





Imbuljuta Tal-Qastan

Malta

INGREDIENTS

- 300 g dried peeled chestnuts
- 200 g sugar
- 90 g cocoa powder
- 1 L water
- 1 stick cinnamon
- 6 cloves
- ½ tsp spice blend (cinnamon, nutmeg, cloves, etc.)
- Rind of a mandarin
- 4 tsp cornstarch
- 3 tsp sour cream

PREPARATION

1. Wash and soak the chestnuts for at least 8 hours.
2. Drain and put the chestnuts in a pan. Add 1 liter of water, cinnamon, cloves, cocoa powder, sugar, spice blend and mandarin rind cut in small pieces.
3. Bring to a boil and simmer until the chestnuts are tender, about 1 hour.
4. At the end of cooking, break the chestnuts into small pieces with a large spoon without crushing them.
5. Dissolve the cornstarch in a little water and add to slightly thicken the sauce.
6. Serve hot in a cup or a bowl.



Total time
9.5 hours



Servings
10



Difficulty
Easy



Barbajuans

Monaco

INGREDIENTS

For the pastry:

- 200g plain flour
- Dash salt
- 50ml olive oil
- 1 egg, beaten
- 50ml water
- Vegetable oil for deep frying

For the filling:

- 15ml olive oil
- 30g onion, finely chopped
- 30g leek (white part only) finely chopped
- 2 Swiss chard leaves (green parts only), shredded and chopped
- 50g fresh spinach, chopped
- Pinch dried oregano, crumbled
- 50g ricotta cheese
- 30g freshly-grated parmesan cheese
- 1 egg white, beaten

PREPARATION

Preparing the pastry

1. Sift flour and salt into a bowl. Add olive oil and half the egg, blend until a firm dough forms with added water.
2. Knead on floured surface for 5 minutes, wrap in plastic, chill for 30 minutes.

Prepare the filling

1. Sauté onion, leek, chard, spinach, and oregano in olive oil until golden and tender.
2. Mix in cheeses and remaining egg, season, set aside to cool.

Final preparation

1. Roll out chilled dough to 2mm thickness.
2. Cut circles with a 6cm pastry cutter, re-roll scraps for about 20 circles.
3. Place 1 tbsp filling in the center, brush edges with egg white, fold, and seal with a fork.
4. Fry in hot oil until brown and crisp (about 5 mins per batch).
5. Transfer to paper towels. Bon appétit!





Monaco Spritz

Monaco

INGREDIENTS

- 4cl of L'Orangerie
- 12cl Prosecco, Champagne or sparkling wine
- An orange zest, or a slice of fresh strawberry

PREPARATION

1. Combine L'Orangerie and your sparkling wine over ice in a Spritz or white wine glass.
2. Stir with a cocktail spoon.
3. Gently rub the rim of the glass with a fresh orange zest and then place the zest inside your glass.



Total time
20minutes



Servings
2



Difficulty
Easy



Holubtsi (Stuffed Cabbage Rolls)

Ukraine

INGREDIENTS

- 1 kg cabbage
- 180 g rice or millet
- 1 kg minced pork or beef
- 3 pcs onion
- 1 pc bell pepper
- 3 pcs carrots
- 3 tbsp tomato paste
- 1 tbsp sour cream
- 100 ml water
- 3 tbsp sunflower oil
- 2 pcs bay leaf

PREPARATION

1. Remove the upper coarse leaves from the cabbage and cut out the hard head. Immerse the cabbage completely in boiling water for 5-6 minutes, cool slightly and separate it into leaves. If the leaves do not separate well, boil the cabbage for another couple of minutes.
2. Boil rice or millet half cooked (8-10 minutes).
3. Finely chop two onions and mix with minced meat and rice. Salt, pepper and season the minced meat. Put 1-2 tbsp of minced meat on the edge of a cabbage leaf and tightly wrap the cabbage rolls.
4. Cut the last onion into cubes, and the bell pepper into strips. Grate the carrot on a coarse grater. Fry carrots in a hot pan with sunflower oil for 3-4 minutes, then add onions and bell pepper to the pan. After 5 minutes, pour tomato paste, sour cream and 100 ml of water. Cook the gravy for 5-7 minutes under the lid.
5. Place the stuffed cabbage rolls in a saucepan or deep frying pan. Spread the cream and tomato gravy on top and pour boiling water so that it completely covers the cabbage rolls. Put bay leaves in a pan. Stew cabbage rolls on low heat under the lid for an hour.
6. Place cooked rolls on a plate, drizzle with sour cream and serve.





Uzvar (Stewed Fruit)

Ukraine

INGREDIENTS

- 3 L water
- 200 g dried apples
- 300 g smoked or dried pears
- 100 g prune
- 100 g raisin
- 100 g honey (or more to taste)
- Sugar (to taste)
- Cinnamon

PREPARATION

1. Dried fruits must be washed several times and then soaked in water for 15-20 minutes so that they swell and become softer. Drain out the water and pour in fresh water to prepare the drink.
2. Add the ingredients in the following order: firstly put dried apples in water, after 5 minutes put pears, after a few minutes - raisins, prunes and other fruits/berries. This order of ingredients will give the drink an amazing aroma.
3. Bring the drink to a boil, add some sugar. Reduce the heat and cook for about 5-15 minutes over low heat.
4. Turn it off, close the lid and let it brew.
5. For a better aroma, you can add honey, cinnamon, and other spices to the warm drink a little later.
6. Uzvar is served both warm and chilled.



Total time
1.15 hours



Servings
12



Difficulty
Easy





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