

Let's come together on a culinary journey around the Creditinfo ecosystem

# WE ARE FAMILY

## Our international dinner table

A collection of food stories from our colleagues

So far but all at the same table

**Eating foreign while staying at home**





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Publisher / Creditinfo Group

Published in 2020

Layout by B3

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**Cooking is the basis for relationships**

For many, family mealtime has been lost in our overscheduled lives. Family meals provide an opportunity to come together, strengthen ties and build better relationships. They are an opportunity to reconnect and handle the stresses of daily life - build a sense of belonging.

Food confers the status and identity with which we distinguish ourselves from others and at the same time gives us the sense of community we seek. Those who eat as we do have a connection with us; they are as we are.

Let's gather around the table or on the mat and eat together this season. This book is a glimpse of the different forms of communal dining in our Creditinfo ecosystem. Whether in Iceland or Guyana - "Dinner is served!".

We're about to eat, so drop what you are doing and join us.

*Paul Randall*

*CEO Creditinfo Group*

# Morocco

**Moroccan  
cuisine is  
Mediterranean  
cuisine**

characterized by its variety of dishes mainly Berber cuisine, with Arab and Jewish influences. Despite its common features with the cuisines of other North African countries, Moroccan cuisine has

retained its originality and unique cultural specificities.

*Bel Hana Wel Shefa!*

# Moroccan Kefta Briouat

Note:  
Uncooked briouats can be refrigerated for one day or frozen for up to two months in a freezer bag or plastic storage container. They can be fried directly from the freezer, or allowed to thaw for 30 minutes to one hour before frying.

## Ingredients:

1/2 kg (1 lb. 3 oz) ground meat  
1 medium onion  
1 teaspoon paprika  
1 teaspoon cumin  
1 teaspoon pepper  
1 1/2 teaspoons salt  
Optional: 1 teaspoon cinnamon

4 tablespoons butter  
Handful fresh parsley leaves  
3 eggs, lightly beaten  
About 1.1lb./1/2 kg warqa  
4 tablespoons butter  
1 egg yolk  
4 cups vegetable oil

## Instructions

**Mix** the ground meat with the onion and spices. Add melted to the ground meat. Cook over medium heat until the meat is well browned and thoroughly cooked.

**Stir** in the parsley and eggs cook until the liquids are absorbed. Set the filling aside.

**Fold** the briouats. With scissors, cut the pastry dough into strips about two-and-a-half inches wide. Place a single strip of warqa or spring roll wrapper (or two layered strips of phyllo dough) on your work surface. Lightly brush butter on the bottom. Place a large tablespoon of filling towards the bottom of the strip, and fold the bottom up to enclose the filling.

**Fold** the bottom left corner of the enclosed dough upwards to the right, aligning it with the right edge of the strip. Then flip the bottom right corner upwards to the left, aligning it with the left edge of the dough. Continue folding the triangle, flipping right and then left in this manner, until you reach the end of the dough.

**Trim** any excess length off the edge of the dough, dab it with a little egg yolk, and tuck the end of the dough into the “pocket” formed by the open edge of dough on the briouat.

**Cook** or freeze the briouats. Deep fry the briouats in hot oil until light golden brown.

# Moroccan Chicken Tagine

## Ingredients:

2 large chicken breasts, skin on  
4 chicken thighs, bone in and skin on  
2 tsp olive oil  
200g shallots, peeled  
2 garlic cloves, sliced  
4cm piece ginger, grated  
1 tsp cumin seeds, lightly crushed  
1 tsp coriander seeds, lightly crushed  
2 small cinnamon sticks

large pinch saffron threads  
1 tsp ground ginger  
pinch crushed dried chilli  
375g peeled butternut squash, cut into chunks  
500ml chicken stock  
1 rounded tbsp clear honey  
2 tsp roughly chopped coriander

## Instructions

**Heat** oven to 180C/160C/gas 4. Cut each chicken breast in half, then season all the chicken. Heat the oil in a mediumsize ovenproof casserole dish. Add the chicken, skin-side down, and brown well all over – you can do it in batches. Remove from the pan and set aside.

**Lower** heat slightly, add the shallots to the pan and cook until golden brown all over. Add the garlic and grated ginger and cook for 30 secs before adding all the spices and cooking for 1 min more.

**Throw** the butternut squash into the pan and stir to coat in the spices. Arrange the chicken, skin side uppermost, on top of the shallots and squash. Pour over the stock and drizzle in the honey. Bring to a gentle simmer, then transfer to the oven to bake for 40 mins until tender. Scatter with the coriander and serve with couscous and a bowl of harissa, if you like.

# Moroccan Oranges with Cinnamon and Orange Flower Water

## Ingredients:

2 sweet oranges, - preferably Navel  
2 to 4 tbsp orange juice,  
freshly squeezed  
1 tbsp orange blossom water  
1 tsp sugar  
1/4 tsp ground cinnamon

For garnishing  
1 pinch ground cinnamon  
2 tbsp roughly chopped coriander

## Instructions

**Peel** the oranges and remove the pith. Slice the peeled oranges anywhere between 0.2" (5 mm) to 0.4" (1 cm) thick.  
**Add** the other ingredients and toss the oranges delicately around.

**Cover** with cling film and place in the fridge to chill and macerate for at least an hour.  
**Arrange** on dishes and give a last sprinkle of cinnamon. Serve cold.

# Czech Republic

## Cooking in the Czech Republic is like a hobby

They have different methods of cooking, diverse ingredients and do not limit themselves when it comes to cooking. The basis of Czech cuisine is meat, sauces and beer!

They also have an array of vegetable salads, and vegetarian food too. At the end of a meal, they do not shy away from indulging in a nice dessert!

*Dobrou chuť!*



## „Bábovka“ pastries

### Ingredients:

2 eggs  
0.50 cup vegetable oil  
1 cup milk  
1 pack vanilla sugar

2 cups semi-coarse flour  
1 pack of baking powder  
1 tablespoon cocoa  
1 cup sugar semolina

### Instructions

**We** measure all the ingredients for the cake, except for cocoa, put them in a bowl and mix thoroughly with a whisk. **Set** aside part of the dough and color with cocoa. Pour half of the light dough into a cake pan, then cocoa dough and on top of the other half of the light

dough. (We can also add washed raisins or finely chopped nuts to the dough). **Bake** the cake slowly in a preheated oven for about 30-40 minutes. It is excellent and very fast.



## Stuffed potato dumplings with smoked meat

### Ingredients:

400 g of cooked smoked pork  
1 tablespoon lard  
1 onion, finely chopped  
750 g peeled potatoes cooked in their skins  
250 g coarse flour

100 g baby semolina  
1 large egg  
Salt  
stewed sauerkraut and fried onions for serving

### Instructions

**Cut** the cooked smoked meat into cubes. Fry the pink onion in melted lard, stir in the smoked pork, fry for a while to enhance the taste and let it cool. **Peel** the chilled potatoes and finely grate or press directly onto the roll. Add sifted flour, semolina, eggs, salt and quickly process a smoother, firmer dough. (Do not let the dough rest and knead it only briefly and as quickly as possible, otherwise it will start to thin.) Roll out the roller, cut it into pieces (slices) of the same size and flatten them in the palm and spread them or lightly roll them into

patties. Fill each slice with a mixture of smoked meat and onion, close and shape round dumplings. **Immediately** put them in boiling salted water and cook for 10-15 minutes. Remove the cooked dumplings with a perforated spoon and serve with fried onions and cabbage.

**Ps:** The dish should be drunk with Czech beer.





# Potato soup “Bramboračka” with dried mushrooms

## Ingredients:

50 grams of celery,  
50 grams of carrots,  
50 grams of onion,  
2 cloves of garlic  
40 grams of butter  
1200 grams of water

400 grams of potatoes, cut to cubes  
20 grams of dried mushrooms  
1 teaspoon marjoram  
1 cube of vegetable broth  
1 teaspoon salt  
Teaspoons of ground black pepper

## Instructions

Fry the finely chopped onion in butter on butter, pour in about 2 liters of water or broth, add the diced potatoes, let them boil and wait until the potatoes are slightly soft. Add spices, squeeze a clove of garlic, add peeled sliced mushrooms or cubes and let it boil. Meanwhile, grate the root vegetables

and add to the soup. Boil the potatoes, which should be almost cooked, and add water or broth and herbal soups as needed, and finally thicken with flour. Add salt and pepper to taste.

# Iceland

## For centuries Icelanders maintained a simple diet

that reflected the harsh natural circumstances in which they struggled to survive. Lack of sunlight, severely limited fishing and hunting options, and Iceland's isolation under the Arctic Circle were limiting conditions. But surrounding Iceland is the bountiful North Atlantic Ocean, and the country is blessed with an abundance of freshwater and clean nature. Technological advancements and geothermal en-

ergy utilization have made it possible to use freshly-grown, locally-sourced ingredients year-round. Thus, the nation's cuisine has blossomed from its humble beginnings into a cosmopolitan affair. Modern day Icelandic cuisine involves infusing fish and lamb with herbs and spices found in the Icelandic nature and using skyr as much as possible.

*Verði þér að góðu!*

# Gravlax



## Ingredients:

50 grams of celery,  
1 tbsp white peppercorns  
1 cup fresh dill, roughly chopped  
250g rock salt

250g brown sugar  
1 kg salmon, sashimi-grade,  
bones removed and skin on

## Instructions

**Crush** peppercorns with the side of a knife.  
**Combine** peppercorns with salt, sugar and dill.

**Place** 2 large pieces of cling wrap on a work surface, slightly overlapping. Spread half the salt mixture in the shape of the salmon.

**Place** salmon on salt, skin side down. Top with remaining salt mixture.

**Wrap** with cling wrap. Place in a large dish. Top with something flat (like small cutting board) cans ("Weights").

**Refrigerate** for 12 hours. There will be liquid in the dish. Turn salmon over then replace Weights and return to fridge.

After another 12 hours, turn salmon over again, replace Weights. After another 12 hours, remove salmon from fridge.

**Unwrap** salmon, scrape off salt then rinse. Pat dry. If time permits, return to the fridge for 3 - 12 hours uncovered (dries surface better, lets salt "settle" and permeate through flesh more evenly).

**Sprinkle** over the 1/4 cup extra dill - for garnish and flavour.

**Slice** thinly on an angle, do not cut through skin. Serve with toasted bread, Mustard Sauce, extra dill and lemon wedges

## Mustard Cream Sauce

## Ingredients:

1/2 cup sour cream  
1/3 cup Dijon Mustard  
2 tsp Mustard Powder  
Salt and pepper

## Instructions

Mix ingredients for the sauce, making sure to season with salt and pepper. It should taste like a creamy mustard - a touch of tartness, but mostly to add moisture to the dish. You can add lemon juice and/or zest if you wish -

Serve with wedges so people can adjust to their taste

# Leg of lamb



## Ingredients:

1 Leg of lamb  
2 dl blueberries  
1/2 dl. timian  
1/2 rosemary  
1/2 olive oil  
Salt and pepper

## Instructions

Heat oven to 180°C.  
Cut slits in the top of the leg of lamb, every cm or so. Coarsely chop the timian and rosemary. Crush the blueberries and mix with the olive oil. Rub the spice mix on the lamb along with salt and pepper and place it in the oven for 1 1/2 hour or until the internal temperature of the lamb reaches 65°C.

Serve with roast potatoes and rubbarb jam.

# Skynamisu

Skyr is an Icelandic cultured dairy product. It has the consistency of Greek yogurt, but a milder flavor. Skyr can be classified as a fresh sour milk cheese but is consumed like a yogurt. It has been a part of Icelandic cuisine for centuries.

## Ingredients:

2 eggs  
50 g sugar  
500 g vanilla skyr  
250 ml single cream  
1 tsp vanilla extract or vanilla sugar  
4 dl whipped cream

200 g lady finger biscuits  
6-7 dl strong percolated coffee  
Good cocoa, amount according to taste  
Chocolate, finely chopped

## Instructions

Whisk the egg and sugar together until a thick foam forms.  
Add the skyr to the egg mixture and mix well.  
Gently add the vanilla and whipped cream with a spatula. Place the mixture to one side while you prepare the biscuits.  
Brew strong coffee and place it in a bowl.  
Roll the biscuit fingers in the coffee and divide them into desert bowls or a lovely bowl.

Place half of the skyr mixture on top of the biscuit fingers and sprinkle a little of the cocoa and the finely chopped chocolate on top of the skyr mixture. Repeat until all the ingredients are finished.

Finally, sprinkle a little cocoa over the dish

# Sri Lanka

## Sri Lankan cuisine is known for

its particular combinations of herbs, spices, fish, vegetables, rice, and fruits. It has a heavy Indian influence and is quite spicy but generally delicious.

The cuisine is highly centred around many varieties of rice, curries, where coconut and Seafood also plays a significant role.

*Ayobowen, Kama lasthi!*

# Beetroot Curry

## Ingredients:

1 medium beetroot  
160ml thick coconut milk  
1 teaspoon unroasted curry powder  
1/2 teaspoon salt  
1/4 onion  
1 garlic clove  
4 curry leaves

1 teaspoon chilli powder  
1/2 teaspoon turmeric  
1 small piece of cinnamon  
1 small piece of rampe of coconut oil  
1/2 teaspoon mustard seeds  
1/2 green chili

## Instructions

**Clean**, peel and grate the beetroot  
**Slice** the onion and garlic. Cut the green chili lengthwise. Heat the oil  
**Add** mustard seeds, cinnamon, onion, garlic, green chili, rampe and curry leaves, mustard seeds into the pot with hot oil.

**Add** the beetroot with all the spices and cook on low flame for 3-5 minutes. When its gets dry, add the coconut milk and salt. Slow boil for 6-8 minutes.

# Chicken Curry

## Ingredients:

120g chicken breast  
1/4 onion  
1 garlic clove  
2 tablespoons coconut oil  
1 teaspoon chilli powder  
1/4 teaspoon turmeric  
1 teaspoon salt  
1 small cinnamon stick  
7 fennel seeds  
1 teaspoon roasted curry powder

1/2 teaspoon unroasted curry powder  
1 small piece of rampe  
4 curry leaves  
1 small piece of ginger  
2 tamarind seeds with pulp or 1/2 teaspoon of tamarind paste  
1/2 teaspoon mustard seeds  
1 pod of cardamom  
1/2 green chili  
120ml of thick coconut milk

## Instructions

**Chop** chicken into small pieces, put it into a bowl and add salt, chilli powder, turmeric, roasted curry powder and unroasted curry powder. Let it stand for 15-20 minutes to marinate  
**Chop** garlic, onion, ginger and green chili  
**Heat** the oil and add in the mustard seeds, fennel, cinnamon curry leaves, chopped ginger, cinnamon, cardamom and then the sliced onion and garlic. Fry for a couple of minutes.

**Add** the marinated chicken and fry 5-6 minutes until it turns brown in colour. Then add in the tamarind and reduce the heat  
**Add** the coconut milk. Let it simmer for further 8-10 minutes until the coconut milk thickens.

# Tomato Salad

## Ingredients:

1 big tomato  
1/4 medium onion  
1/4 teaspoon black pepper  
1/4 teaspoon salt  
1 wedge of lime  
1/2 green chilli

## Instructions

**Slice** the tomatoes, green chilli and onion  
**Mix** it with the pepper, add the lime  
**Add** salt according to taste

# Pol Sambol

## Ingredients:

160 grams freshly grated coconut  
2-3 small shallots  
1/4 chili powder  
1 wedge of lime  
1 teaspoon salt

## Instructions

**Chop** the shallots and put it together with the coconut  
**Add** the chilli powder, salt and squeeze in the lemon wedge  
**Mix** well, ideally with your hand

# ESTONIA

**Estonian  
cuisine is  
well known  
as a great  
mix**

of all the cultures, people and countries arrived here on the land of Estonia throughout the history and various reasons – immigration, forced or voluntary, occupation and wars. You do not find much of Estonian specific food anymore while visiting your friends or business partners,

but what you always find is a high-quality fusion food with deep notes of taste and creativity. Here is a way to spice up your next winter or family Christmas party with some Estonian-ised food ideas.

*Jätke laiba!*



# Sauerkraut braised in beer



## Ingredients:

1 kg fresh sauerkraut  
100 g soft brown sugar  
1-2 tsp of salt  
500 ml dark porter beer  
a generous pinch of caraway seeds  
50 g butter

## Instructions

Put all the ingredients into a heavy saucepan (Dutch oven works well). Put on a medium heat. Bring to a boil, then reduce heat and simmer on low heat, stirring occasionally. You want the cabbage to be lovely dark golden, and not too dry, not too moist (cover with a lid, if you prefer your cabbage on the moist side).

The process takes about 1-2 hours, depending on whether you like your cabbage al dente or silky soft.

Keeps in a fridge for a week.  
Reheat before serving.

# Traditional Christmas roast



## Ingredients:

2 kg of boneless pork shoulder  
3-4 tbsp of honey  
3-4 tbsp of Dijon or some other strong mustard

2-3 fresh rosemary branches, leaves only  
3 fat garlic cloves  
2 tsp of sea salt

## Instructions

Finely chop garlic cloves and rosemary leaves, then mix with honey and mustard until combined. Season the meat generously with salt, then spread the mustard-honey mixture all over the pork shoulder and massage into the meat. Place the pork shoulder into a large oven-proof dish (again, Dutch oven works well here), cover with lid or foil and place into a fridge or cold larder for 1-2 days. Bring back to the room temperature about an hour before you plan to cook the meat. If you have a meat thermometer, then stick it into the thickest part of the meat (you can do this through the kitchen foil).

Roast the meat in a pre-heated 160 C / 320 F oven for about 2,5 hours or until the meat thermometer has reached 82-85 C / 180-185 F.

If you plan to serve gravy with your meat, then pour a cup of hot water into the baking tray half-way through the cooking. When the meat is cooked, remove the foil, season the meat once more lightly with salt and then bake for another 10-15 minutes at about 200-220 C / 390-425 F, just to brown the meat a little. Remove the roast pork from the oven, cover again with a kitchen foil and leave to rest for 20-30 minutes before carving into thin slices.



# Gingerbread Tiramisu

For 6 people  
Italian dessert with  
a Nordic touch -  
a perfect end to a  
festive meal.

## Ingredients:

4 fresh egg yolks  
2 tbsp of caster sugar  
250 g mascarpone cheese  
1 dl heavy cream, plus a spoonful of sugar  
0.25 vanilla bean or 1 tsp vanilla extract  
2-3 tbsp of Amaretto almond liqueur

## You'll also need:

Cocoa powder  
Thin gingerbread cookies  
Strong coffee  
Amaretto almond liqueur  
Fresh berries, to garnish

## Instructions

Using an electric mixer, whisk the egg yolks with sugar until white and fluffy. Whip mascarpone to loosen it, then whisk into the egg mixture. Add Amaretto. Whip heavy cream with a bit of sugar and vanilla until soft peaks form, then fold gently into the mascarpone cream. In a small bowl mix coffee with a bit of Amaretto. Take 6 small glasses (whiskey glasses work well here).

Add 1 tbsp of the cream into each glass, sift a little cocoa on top. Dip 1-2 gingerbread cookies into the Amaretto-coffee mixture and place into each glass. Then a layer of cream, some cocoa, coffee-dipped gingerbread etc, until you've used up all the cream. Finish with cream and some cocoa. Cover the glasses with a clingfilm and place into the fridge for at least couple of hours, but ideally for 24 hours. Garnish with berries and serve.

# Lithuania

## In Lithuania there are different traditions

for Christmas Eve and for Christmas days when we speak about food. For Christmas Eve Lithuanians traditionally prepare 12 dishes on the table. All family members must taste each of them. It is worth to mention, that meat is not allowed to eat during Christmas Eve, so herring, vegetables, pancakes, cakes

and other various non-meat traditional dishes are usually served on the table. However, here we will present only a three-course dinner, which was a small challenge to choose from a wide range of Lithuanian dishes.

*Good appetite!*

# Herring with boletus



On Christmas Eve, there are usually several herring dishes on the Lithuanian table. It is served with mushrooms, potatoes, beetroots, plums, carrots and alike. This year we offer to try herring with boletus. It is important to use herring with head, tail and all bones, as it is a guarantee of freshness and good taste

## Ingredients:

- 3 herrings
- 100 g dried boletus
- 1 onion
- 50 ml of oil
- pinch of black pepper
- 1 l of water

## Instructions

**Clean** the herring – peel it, remove the bones. If herring is strongly salted, dip it for 1 hour into milk or water. Cut into small pieces.

**Wash** the dried boletus and boil. Strain them off, rinse and grind with a large-grated mash.

**Fry** the onion in oil and add minced mushrooms, minced pepper, stew the mass for a few more minutes, cool it down.

**Put** a layer of herring into a special bowl for herring, lay the mushroom mass on top.

Kūčiukai, also šližikai, are symbolic small bread cakes, which were intended for the spirits of the deceased. This is a unique baked good. In the past, each region of Lithuania and almost every family baked kūčiukai according to their own formula. These small baked pastries were made with buckwheat, rye, different mixtures of several crops. The dough contained not only poppy seeds but also linseed, hemp mash. These small pastries unite all Lithuanian people on December 24th, supporting the rituals of Christmas Eve supper. Kūčiukai are usually served soaked in poppy seed milk, however they can also be enjoyed without it, as a snack.



# Kūčiukai with poppy seed milk

## Kūčiukai Ingredients:

- 500g plain flour
- 250 ml warm milk or water
- 7g dry, fast acting yeast
- 2 – 6 tablespoons of sugar
- 1 pinch of salt
- 2 tbsp of poppy seeds
- 2 tbsp of olive oil
- 1 whisked egg

## Poppy seed milk Ingredients:

- 1 glass of poppy seeds
- Honey and / or sugar
- 2 litres of cold boiled water

## Instructions

**Mix** fresh yeast with sugar. Add warm milk or water to it, plus 250g of the flour. Stir up all the ingredients well until they turn into a dough for at least 5 mins.

**Make** a round shape from the dough and powder the surface with a bit of flour and leave it covered with a clean towel in a warm place until it doubles in size.

**Once** the dough doubles in size, add some salt, the rest of the flour, oil, and the poppy seeds. Stir the ingredients well by kneading the dough for a few minutes. Place the dough into a bowl, cover it with a kitchen towel, and leave it in a warm place to double in size once more.

**Roll** the dough into 1 cm thick sausage-

shaped rolls and cut them into small pieces, about 1 cm in size each.

**Bake** the biscuits for 10–12 minutes until they turn into a golden colour. (180°)

**Peel** the poppy with boiling water, leave for a few hours or better overnight to swell.

**Pour** off the water, then grind the poppy seeds 2-3 times in a meat grinder or crush with a wooden pestle. Pour in boiled chilled water, strain through a dense sieve, sweeten with honey or sugar.

**Add** the desired amount of kūčiukai to the prepared poppy milk and let them soak for about 2 hours. During that time, the kūčiukai should be completely soaked, about doubling, but not protruding.

# Latvia

**Latvian food  
is all about  
comforting,  
soul-soothing**

and caring home cooking with every bite resembling a warm hug. The cuisine typically consists of agricultural products such as potatoes, wheat, barley, cabbage,

onions and eggs as well as meats, mostly pork and fish. Latvian food is generally quite fatty and with few spices added.

*Labu apetiti!*



**Stewed cabbage with pork**

**Ingredients:**

- 500 g of gray peas
- 300 -400g of dried breast or any other dried meat
- 2 medium onions
- Water
- Spices

# Gray peas with bacon

**Instructions**

To make gray peas boil faster, it is desirable to dip them in water for at least 4-5 hours, at best overnight. After the peas have swum in the water, you can start cooking them. Drain the water in which the peas stood, you can also rinse them under running water holding them in a colander or sieve. Pour clean water into the pot (some half-pot or even less, depending on how much you will cook the peas, in any case you can always add or pour water), and pour the gray peas inside to boil. Peas could boil for at least 1.5h - 2h, if the water has evaporated almost

everything, we can add a little boiling water to make them boil better. When the peas are almost ready, add salt (about 1 tablespoon). As well as cut the meat into cubes and onions; and let fry everything on the pan. Do not use oil because there will be fats from meat. When the onions and meat are already browned, sprinkle with ground black pepper, mix everything. When the peas are ready, drain all the liquid. Peas are served in a bowl on top of the fried meat with onions.

**Kūčiukai Ingredients:**

- 500g plain flour
- Salt 1/2 tsp.
- Smoked pork breast 1 kg
- Sauerkraut 1 kg
- Pepper 1 tbsp.

- Ground black pepper 1 tsp.
- Tomato paste 2 tbsp.
- Sugar 2 tbsp.
- Smoked pork breast 100 g

**Instructions**

Cut the smoked meat into small cubes. Put it in a large pot with a lid and fry on high heat until browned. Fry the fresh piece of meat in all the brown fat and remove from the pot. Put the cabbage in a pot. Add both types of pepper, salt and add tomato paste. Mix everything. In the middle of the cabbage put back the pan fried meat and cover with cabbage also from the surface. If the cabbage is very dry, add a little water. Boil everything quickly and then reduce the heat so that the contents of the pot simmer slowly.

Simmer for about 1.5 hours, stirring occasionally or adding a little water, if the cabbage starts to burn at the bottom of the pot. Use a fork to check that the piece of meat and cabbage are soft. If necessary, stew more. The meat is removed and stored in the heat. In a small pan, brown the sugar dark brown and pour into a pot next to the cabbage. Mix everything to dissolve the sugar. Cabbage and meat served with boiled potatoes or a good rye bread.

**Ingredients:**

1,5 kg of pork ham or chops  
Salt  
Pepper  
Seasoning mix for pork  
Garlic cloves

# Roast pork with garlic

**Instructions**

Preparation 80 min.  
Pieces of pork, washed, dried.  
Garlic cloves cut into small pieces and pierced meat.  
The meat is salted, peppered, sprinkled with pork additive.  
Carefully wrap in a thick layer of foil so that the juice cannot flow out.  
Put the foil - wrapped meat in a frying pan with a little water. Bake for about 1 hour

at 200 degrees, a larger piece - an hour and a half. Then remove from the oven, carefully unwind the foil, with a sharp knife pierce the meat, if the transparent juice flows out and the meat is soft, then remove the foil and put the roast again in the oven for 10 minutes to brown.

The roast is delicious both hot and cold.

**Kūčiukai Ingredients:**

Apples  
Sugar or honey  
Cinnamon  
Nuts

# Baked apples with cinnamon, sugar and nuts

**Instructions**

For apples, cut off the “caps” and “bottoms” slightly to keep them stable. Use a knife to carve the core from the stalk.  
Put the apples on a baking tin, pour sugar, nuts and cinnamon in each.  
Place in a preheated oven and bake at medium temperature until the apples are fried (approx. 1h) and pierce a wooden

straw that easily enters the apple.  
Baked apples with cinnamon, sugar and nuts especially delicious hot with ice cream.  
In the middle you can also add raisins, some fresh cranberries, instead of sugar - honey.

# Kenya

**There is no specific dish on its own that**

represents the whole of Kenya's cuisine. Different communities and tribes have their own special dish; however, you will find that all the different communities enjoy Nyama Choma and Ugali as their celebratory dish. Nyama Choma (Roasted Meat), Ugali (Corn flour meal) and

Kachumbari are delicacies that are enjoyed by many as it cuts across all taste buds. Whenever people gather for a meal, especially on Christmas, it is highly probable that Nyama Choma, Ugali and Kachumbari will be on the menu!

*Karibu!*





KENYA

### Ingredients:

- Leg of a goat
- 2 tablespoons cooking oil
- 2 tablespoons salt
- A cup of water
- 1 large crushed garlic
- 1 medium crushed ginger
- Juice of 1 large lemon

# Nyama Choma

(Roasted Meat)

### Instructions

- Wash** the meat and pat it dry.
- Make** incisions on the meat then place it in a bowl.
- Make** a mixture of grounded garlic, ginger, and lemon juice and rub it into the incisions made earlier on the meat. Let the meat marinate in the fridge for 2 hours or even overnight.
- Line** a medium heated grill with a little oil (so that the meat doesn't stick on the grill) on the BBQ grill
- In** a small bowl, add one tablespoon of

- salt, quarter cup of water and 4 table-  
spoons of oil and mix
- Sprinkle** it on the meat as it cooks and keep turning the meat regularly for it to cook adequately on both sides
- Once** the exterior has turned golden brown wrap it in a foil and place it on the BBQ grill on low heat and keep checking to see if ready to your preferred taste (rare/medium/well done).



KENYA

### Ingredients:

- 3 large cups of maize flour
- 2 large cups of water

# UGALI

### Instructions

- Pour** the two cups of water into a cooking pot, place on medium heat and bring to boil.
- Reduce** the heat to low and add the first cup of maize flour bit by bit as you stir with a wooden cooking stick and let the mixture to boil for two minutes
- Add** the remaining flour bit by bit as you thoroughly mix the flour, making sure there are no lumps or pockets of raw maize flour in the mixture until the mixture is no longer sticking on the cooking stick (an indicator that the Ugali is ready).
- Pat** the Ugali into a "mountain peak"

- shape in the pot and let it cook for two more minutes under very low heat while covered.

**Serve** when hot.

Ugali is one of the best accompaniments to stews, Nyama Choma and vegetables in most Kenyan homes. It is mostly used to accompany Nyama Choma and is made purely out of maize meal flour.



# Kachumbari

## Ingredients:

4 Large tomatoes  
2 medium onions  
Bunch Coriander  
2 Lemons  
Salt  
Vinegar  
Chili pepper

## Instructions

Clean the tomatoes and dice them.

**Dice** the onions and soak in warm salty water for about 5 minutes to reduce on the onion vapor

**Finely** chop the coriander

**Slice** the lemons into halves, remove the seeds, and juice the lemons

**Place** all the ingredients in one bowl, add a pinch of salt and mix.

**Add** vinegar and chopped chillies if required.

One of the greatest accompaniments is Kachumbari. It is a must have to any serving of Ugali and Nyama Choma.

# Tanzania

## The Diverse Tanzanian food culture

encompasses the tastes from each corner of the Country. Weaving a rich tapestry of intertwined flavours. From the Kiti Moto (Pork) served with Pilipili (scotch bonnet)

and Ndimu (lime) to Samani Wa Kupaka (fish), each meal is a celebration of unbound indulgence in our beautiful rich culture.

*Karibuni!*



# Slow Cooked Smoked Spare Ribs “Kiti Moto”

## Ingredients:

1 kg Pork Spare Ribs cut into 3 inch pieces  
1 teaspoon Cumin Powder  
1 teaspoon Ginger Powder  
1 teaspoon Garlic Powder  
1 teaspoon Onion Powder  
1 teaspoon Smoked Paprika  
1 teaspoon Chilli Powder

3/4 teaspoon Salt  
1/4 teaspoon Freshly Ground Black Pepper  
350ml Canola Oil  
1 teaspoon Minced Peeled Fresh Ginger  
2 Garlic Cloves, minced  
1 teaspoon Fresh Lemon Juice  
Handful of Sage leaves

## Instructions

**Season** Pork with all the dry spices, add fresh Ginger, Garlic and Lemon Juice. Leave to marinate in refrigerator overnight or at least for 8 hours.

**Heat** a large non-stick skillet over medium-high heat. Add Oil to the pan, swirl to coat. Add Pork and a few fresh Sage leaves, cook for 4 minutes or until browned on all sides. Remove from the pan. Drain excess fat on kitchen paper.

**Place** seared Pork and remaining Sage leave in a heavy bottomed pan and place in a moderate oven at 150°C for 35 to 40 minutes or until tender.

**To serve** - Place on a large platter with Lemon Wedges and chopped fresh Scotch Bonnet Pepper, if desired. Best paired with Fried Tanzanian Mzuzu Banana which is a type of plantain and a crunchy Red Cabbage Slaw.

# Tanzanian Fish Curry

## Ingredients:

1.5 kg Red Snapper Fish Fillet  
2 teaspoons Curry Powder, Divided  
1 teaspoon Cumin Seeds  
1 teaspoon Garam Masala  
3/4 teaspoon Salt, Divided  
1/4 teaspoon Freshly Ground Black Pepper,

Divided  
350 ml Canola Oil  
1 and 1/2 Cup Finely Chopped Onion  
1 Cup Finely Chopped Red Bell Pepper  
2 teaspoons Minced Peeled Fresh Ginger  
5 Garlic Cloves, Minced

2 and 3/4 Cups Chopped Tomatoes  
2 tablespoons Fresh Lemon Juice  
1 and 3/4 Cup Light Coconut Milk  
4 Lemon Wedges  
Chopped Fresh Cilantro  
1 Large Pilipili Mbuzi

## Instructions

**Sprinkle** Fish with 3/4 teaspoon Curry Powder, 3/4 teaspoon Salt, 1/8 teaspoon Black Pepper, and 1 tablespoon of Lemon Juice. Leave to marinate in refrigerator or a cool place covered for 15 minutes.

**Heat** a large non-stick skillet over medium-high heat. Add Oil to pan; swirl to coat. Add Fish, cook for 4 minutes or until deeply browned on bottom but undercooked on top (the fish will finish cooking later in the sauce.) Remove Fish from pan. Drain excess fat on kitchen paper.

**Reduce** the Oil and add Onions to the pan, sauté for 4 minutes or until they begin to brown. Add Cumin Seeds, Ginger, and Garlic, sauté for 1 minute. Add remaining 3/4 teaspoon of Curry Powder, the remaining 3/8 teaspoon Salt, 1/8 Black Pepper, Garam Masala, Tomatoes, Bell Peppers and Lemon Juice. Reduce heat to medium-low, and cook for 10 minutes or until tomatoes breaks down, stirring occasionally. Mash tomatoes with a wooden spoon.

**Stir** in the Coconut Milk. Return the Fish along with accumulated juices to the pan, browned side up. Add whole Scotch Bonnet for aroma, if desired. Reduce heat to low, cover and cook for 8 minutes or until fish flakes easily when tested with a fork.

**To serve** - divide the Fish into equal portions. Spoon sauce into individual, shallow bowls; top each with a piece of Fish. Serve with Lemon Wedges and chopped Fresh Cilantro, if desired. Best paired with Tanzanian Coconut Rice which is a short grain sticky rice and steamed White Aubergine (Ngogwe) and Lady Fingers (Bamia).

# Guyana

**Being heavily influenced by the country's colonial history**

as well as the diversity of its ethnic population, typical Guyanese cuisine consists of combinations of Creole, East Indian, African, Portuguese, Amerindian, Chinese and European dishes. This blend of flavours and the availability of fresh ingredients allow for a truly mouth--watering

experience. Additionally, standard cooking techniques are complemented by our flavourful green seasoning - a combination of herbs, onions, hot peppers and garlic used to flavour many dishes. Enjoy a Taste of Guyana!

*Enjoy your meal!*

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# Dhal

## Ingredients

8 cups water  
1/2 tsp garam masala  
1/2 tsp curry powder  
1/4 tsp turmeric  
1/4 tsp ground geera  
1 1/4 tsp salt  
1 cup split peas  
5 garlic cloves

1 whole onion  
3 wiri wiri pepper  
1 small tomato, optional  
1 tsp whole cumin seeds  
1 garlic thinly sliced

## Instructions

**Bring** 8 cups of water to a rapid boil. Rinse split peas and add to the water.

**Chop** onion, garlic, tomato, and wiri wiri peppers (or scotch bonnet) and add to boiling water.

**Add** spices and salt. Boil peas for 45 minutes until peas are soft to the touch. Blend with mersion blender or use (dhal ghutney) swizzle stick to achieve a smooth texture. Return to a slow boil for another 15-20 minutes until dhal gets slightly thick. Turn heat off when the desired texture is reached.

**In a** metal ladle or very small pot, heat oil and fry sliced garlic and geera until they become slightly burnt. Immediately add to dhal, being careful to cover the pot as you add the garlic/geera mixture as the hotoil will spill since it is being combined with a water-based liquid.



# Roti

## Ingredients:

### DOUGH

8 oz Flour  
3 tsp baking powder  
2 oz margarine or ghee

### OILING

½ pint cooking oil or 4oz ghee

### DREDGING

¾ cup flour

## Instructions

**Sieve** flour and baking powder into a mixing bowl.

**Rub** in margarine or ghee if used.

**Using** water, mix into a soft but not sticky dough and leave to stand for about 10 minutes.

**Cut** into about 8 pieces

**Roll** each piece out thinly on a floured board. Spread oil evenly over surface and sprinkle lightly with a pinch of flour.



# Duck Curry

## Ingredients

4 lbs duck meat  
2 tbsp curry powder  
1 tbsp cooking oil  
1 tbsp ground garam massala  
1 tbsp ground geerah  
Salt to taste

½ pint water  
Cooking oil  
2 heads garlic  
2 large onions  
1 hot pepper

### Interesting Tips:

To shorten cooking time, the meat can be pressured before currying to tenderize it. Some curries can also be cooked with coconut milk instead of water. If stored in the refrigerator, duck curry can last for about a week.

## Instructions

**Cut** meat into small pieces.

**Wash** meat and drain. Set aside.

**Peel** garlic and onions.

**Grind** or blend garlic, onions and hot pepper together.

**Make** a paste with the garlic mixture, garam massala, geerah and curry powder. Add a few drops of water to moisten the mixture.

**Heat** cooking oil until hot.

**Add** paste to the oil and fry until mixture for a few minutes.

**Add** the meat to the mixture. Add salt to taste.

**Turn** meat occasionally until all liquid has evaporated.

**Add** ½ pint of boiling water and allow the curry to cook.

**Take** curry off the fire when half the water has evaporated and meat is tender.





# Stewed Callaloo

## Ingredients:

1 tablespoon olive oil  
1 medium onion, chopped  
2 garlic cloves, minced  
1 carrot, peeled and grated  
4 cups spinach

1 medium tomato, chopped  
¼ teaspoon sea salt  
Coarsely ground black pepper

## Instructions

Heat oil in a large non-stick sauté pan over medium-high heat. Add onion, garlic, carrot, and thyme; sauté 2 minutes, until slightly softened.

**Add** callaloo and tomato. Continue to sauté, stirring frequently, 3-4 minutes. Add salt and pepper. Sauté until vegetables are tender.



# Tomato Kachumber

## Ingredients:

4 tomatoes, chopped  
1 small red onion, chopped  
Juice 0.5 lemon  
Pinch of cayenne pepper

½ tsp cumin seeds  
Handful coriander leaves, chopped  
Mint leaves  
Green chilli, sliced

## Instructions

Mix all the ingredients together in a bowl until well coated, and cover until needed. Scatter over mint and chilli, if you like, before serving.



# Cassava Pone

## Ingredients:

2 medium-sized sweet cassava  
1 small, dried coconut  
2 tbs butter or margarine  
6 oz sugar

Spice and black pepper  
¼ tsp spice and black pepper  
½ tsp essence  
¼ tsp salt

## Instructions

**Peel**, wash, grate and mix cassava and coconut

**Work** in the butter with a fork

**Add** sugar and flavouring and enough water to bind stiffly

**Put** the mixture into a greased dripping pan. It should be about 1 inch thick.

**Bake** in a moderate oven until crisp and brown on top.

**Cut** into 1½ -2-inch squares before serving [with a scoop of vanilla ice cream]



# Lemonade

## Ingredients:

Juice of 12 large limes or lemons  
12 pints water  
6 cups sugar  
Rind of 3 limes or lemons

## Instructions

**Stir** sugar with rind in water until the sugar is dissolved.

**Add** the juice and stir well.

**Serve** at once in glass with cracked ice.

# Oman

**One of the wonders of the unique Omani culture is**

the exceptional mouth-watering traditional cuisine which is influenced by Arab, Iranian, Indian, Asian, Eastern Mediterranean, and African cuisines. Dishes are often based on chicken, fish, and lamb, as well as the staple of rice. Most Omani dishes tend to

contain a rich mixture of spices, herbs, and marinades. Although Omani cuisine varies within different regions of Oman, most dishes across the country have a staple of curry, cooked meat, rice, and vegetables.

*Bil kana wil shefa!*

# Chicken Majboos

## Ingredients:

1 whole chicken  
cut in pieces  
2 onions , thinly sliced  
5 cloves garlic  
4 green hot chili peppers , thinly sliced  
1 tablespoon black peppercorns  
1 tablespoon cumin seeds

1 tablespoon coriander seeds  
4 pods green cardamom  
6 whole cloves  
1 teaspoon turmeric  
1 bayleaf  
1 cinnamon stick  
1 dried lime

## Instructions

In a large bowl, add the rice. Rinse with water 2 to 3 times or until the water is clear. Cover with water and let stand for 30 minutes.

In a Dutch oven on low to medium heat, add the cut pieces of chicken, and cover with 4 cups (1 liter) of water.

In a skillet on medium to high heat, add 2 tablespoons of olive oil, and add half of the sliced onions. Fry for 2 minutes while stirring.

Add the garlic, green hot chili peppers, black peppercorns, cumin seeds, coriander seeds, cardamom pods and cloves. Continue toasting for 2 minutes while stirring.

Add the turmeric, bay leaf, cinnamon stick, and dried lime. Stir for 30 seconds.

Add the spice and onion mixture to the Dutch oven with the chicken.

Stir, and cook covered for 45 minutes.

Take the pieces of chicken out of the Dutch oven and place in a large bowl.

Drain the rice, and add to the chicken broth. Cook the rice covered, on low heat, for about 20 minutes.

In a small bowl, add the turmeric, garam masala and 2 tablespoons of olive oil.

### Mix.

Pour the spice paste over the chicken and coat each piece carefully.

## For the chicken spices

1 tablespoon turmeric  
1 tablespoon garam masala  
Salt  
Olive Oil

## For the rice

2 cups basmati rice  
For the garnish  
4 tablespoons pistachios  
4 tablespoons slivered almonds  
4 tablespoons golden raisins

## Garnish

In a skillet on medium to high heat with 2 tablespoons of olive oil, add the remaining onion. Cook while stirring for 6 minutes or until the onion turns slightly brown.

Add the pistachios, the almonds and the raisins and continue frying for 2 minutes.

Transfer the mixture to a bowl.

In the same skillet over high heat, add 1 tablespoon of olive oil, and add the marinated chicken pieces.

Toast the chicken for 2 minutes on each side.

## Assembly

When the rice has absorbed all the water, after about 20 minutes, take off the heat and transfer to a large serving dish.

Top with the onion and dried fruits.

Finally, add the chicken pieces on top.

# Omani bread (Khubz)

Omani bread is called khubz ragag, it is delicious and different. It is made with just three simple ingredients, flour, water and salt. The dough is made either really sticky or really wet almost like a pancake batter. The result either way is a super thin and lovely bread that is almost lace-like. It is cooked on a stainless griddle that is round and quite large over a flame. If you make the sticky dough, you use the palm of your hand and simply press the dough until it just barely sticks to the hot pan. This takes some practice. Alternatively you can make the dough thinner and pour the dough and use a scraper to spread the dough into a circle. This is the method I used and was happy with the results after a few tries. In Oman they use a paint chipper to remove the bread from the griddle. This bread in Oman is often also served for breakfast with some cheese and egg, or mayo and egg. I am sure it would be delicious with just about anything.

## Ingredients:

**2 cups all purpose flour**  
**1 cup water +/- depending on**  
**how you plan to cook it**  
**1 teaspoon salt**

## Instructions

**Mix** together the flour and salt and slowly add water.

**If** you are making the dough to cook by placing the dough on the hot griddle with your palm, make it very sticky,

**Alternatively**, if you are making the dough to pour and spread, then you want the batter to be thin enough to pour so add more water as needed and combine well.

**Heat** a hot griddle, to medium high heat. (please note a non stick surface does not work for making this bread, use stainless or cast iron.

**Once** you make a circle with the dough, use a scraper or paint chipper as soon as the bread crisps on the bottom to loosen and remove.

**Serve** warm.

# Italy

## Sunday meal, as tradition wants

Sunday's lunch is one of the most important traditions in Italian culture. Historically people were gathering after going to church. Sunday lunch is a communal feast where, far from 9-5 obligations people take time to chat and meet extended family, grandparents, cousins etc.

All the meal is accompanied by a good local wine (for this recipe it would be white) fresh salad as a side and fruit for the healthy ones. And of course, coffee, short but strong, elder people often 'correct' it with grappa and then off to open air.

*Buon appetito!*



## Capesante gratinate (Scallop gratin)

### Ingredients:

12 scallops, removed from their shells and cleaned  
1 white onion  
1 bunch of flat-leaf parsley  
100g of butter, softened  
100g of fine breadcrumbs  
Salt

### Instructions

**Preheat** an oven to 200°C/gas mark 6

**Place** the scallops back in their cleaned shells

**Finely** chop the onion and parsley. Place in a bowl and mix them together with the softened butter to form a paste

**Season** each scallop with salt, and then place a spoonful of the parsley butter on top

**Cover** each scallop with breadcrumbs and cook in the oven for 8 minutes until golden brown. Serve immediately

This scallop gratin recipe hails from Trieste in Friuli Venezia Giulia, but is now popular all over Italy. The scallops are baked in their shells in a simple combination of butter, parsley, onion and breadcrumbs, making this an effortlessly simple starter for any Italian feast.



## Pesto alla Genovese

### Ingredients:

Basil leaves 25 g  
Extra virgin olive oil 50 ml  
Parmigiano Reggiano DOP to grate 35 g  
Pecorino cheese to grate 15 g  
Pine nuts 8 g  
Garlic ½ clove  
Coarse salt 1 pinch

**Pro Tip:**  
Serve with  
short pasta and  
boiled potatoes  
and green  
beans.

### Instructions

**To** prepare the Genoese pesto, make sure that the basil leaves are not washed, but cleaned with a soft cloth. You will have to make sure that it is Ligurian or Genoese basil, with narrow leaves (and not the one with thick leaves, which often has a minty aroma). Start preparing the pesto by placing the peeled garlic in the mortar.

**Together** with a few grains of coarse salt, start crushing and, when the garlic has been reduced to a cream, add the basil leaves, which will serve to crush the fibres better and keep a nice bright green colour.

**Then** crush the basil against the mortar walls by turning the pestle from left to right and at the same time turn the mortar in the opposite direction (from right to left), taking it by the “ears”, i.e. the round protrusions that characterize the mortar itself. Continue like this until a bright green liquid comes out of the basil leaves; at this point add the pine nuts and start pounding again to reduce to cream.

**Add** the cheeses a little at a time stirring continuously, to make the sauce even more creamy, and lastly the extra virgin olive oil which will be poured flush, always stirring with the pestle. Mix the ingredients well until you get a homogeneous sauce. Add more ingredients according to your taste.

**Alternatively**, you can put all the ingredients in a mixer!

# Torta della Nonna (Granny's tart)

## Ingredients:

300g of 00 flour  
1 tsp baking powder  
130g of caster sugar  
150g of unsalted butter, cold,  
cut into small cubes  
1 large egg, plus 1 egg yolk, lightly whisked  
1 unwaxed lemon, zested

**CUSTARD FILLING**  
5 large egg yolks  
100g of caster sugar  
30g of 00 flour  
600ml of whole milk  
1 unwaxed lemon, zest peeled into thin strips  
1/2 vanilla pod, seeds scraped

**TO SERVE**  
80g of pine nuts, rinsed in cold water  
icing sugar, for dusting

This sumptuous torta della nonna recipe from Valeria Necchio offers a slice of Tuscan indulgence, with a sweet pastry base giving way to lemon- and vanilla-scented custard filling. Topped off with a thin layer of pastry and crunchy pine nuts, this tart is a real treat

## Instructions

**Start** by preparing the pastry. Combine the flour, baking powder and sugar in a large bowl and rub the butter into the flour using the tips of your fingers until you have a coarse, crumbly mixture. Add the egg, the yolk and the grated lemon zest, and knead until the dough comes together into a smooth ball. Wrap it in cling film and leave to rest in the fridge for 1 hour  
**Meanwhile**, make the custard. In a medium glass bowl, whisk the yolks with half of the sugar until the sugar has dissolved completely. Slowly add the flour and keep whisking until fully combined. Pour over 60ml of the milk, whisk it in and set the bowl aside temporarily

**Place** the rest of the milk in a saucepan with the rest of the sugar, the lemon zest strips and vanilla seeds. Set the saucepan over a low heat and bring to a slow simmer. Remove from the heat, discard the lemon zest and pour the hot milk over the custard base in the glass bowl in a thin stream, whisking continuously until smooth

**Place** the custard back in the saucepan and set it over a low heat. Cook the custard until dense and glossy, stirring frequently and trying not to scorch it (don't let it boil). Once thickened, remove the custard from the heat and place in a clean glass bowl

**Set** the bowl over an ice bath so the custard can cool more quickly. Cover the surface with cling film to prevent a skin forming and leave to cool to room temperature  
**Next**, preheat the oven to 180°C/gas mark  
**Butter** and flour a 26cm deep tart tin and set it aside  
**Take** the pastry out of the fridge and divide it into 2 pieces, one being 2/3 of the total. Roll the larger piece into a 2mm-thick circle that is large enough to cover the bottom and sides of the tin. Flip it onto the tin, press it with your fingertips so it sticks to the surface of the tin and cut off any overhanging. Pierce the surface all over with a fork

**Fill** the pastry shell with the cooled custard and level the top. Roll the remaining pastry into a thin circle that is large enough to cover the top of the tart completely. Trim any excess, then pinch the top and bottom edges together  
**Top** the surface of the tart with the slightly damp pine nuts and press them down gently so as to make them adhere to the pastry  
**Bake** the tart for 45 minutes, or until deeply golden all around. Allow the tart to cool completely before dusting it with icing sugar, slicing and serving



# Ukraine

## The peculiar features of traditional Ukrainian food

have been forming over the centuries. The neighbouring countries, climate conditions, rich soil and hard-working locals have influenced the complexity of the dishes. Ukrainian dishes are generously flavoured (with garlic, often the main seasoning) and, despite the contradictory tastes being

used, come together in a harmonious blend. Ukrainian cuisine includes hundreds of recipes: borscht and pampushki, flat cakes and dumplings, mushroom sauce, banosh, vareniki and sausages, drinks from fruits and honey, etc.

*Smachnogo!*



# Borsch

## Ingredients:

300-400 g beef  
1.5 kg cabbage  
3-4 potatoes  
1-2 carrots  
1 onion

1 beetroot  
2 bay leaves  
1.5-2 l water  
100 ml sour cream  
Salt and pepper to taste

Borsch is often considered the pillar of Ukrainian cuisine and definitely is the most famous dish served in every corner of the country.

## Instructions

**First**, prepare the broth. Wash the meat, put it in a pot and pour in cold water. When the beef boils, remove the foam and cook the broth for another 20 minutes.

**Peel** beetroot, grate on a large grater and fry in oil. Add a little meat broth and stew on a low heat.

**Finely** chop onions and fry in oil until golden color. Add the carrots, pour some more broth and stew for another 3-5 minutes.

**Peel** the potatoes, cut into cubes, add to the broth and wait until it boils.

**Put** the shredded cabbage in the broth and cook for 15 minutes more. Add salt, pepper, stewed beets, herbs and bay leaf.

**Cover** the pan with a lid and cook for another 3-5 minutes. Remove from the heat and let it steep.

**Serve** with sour cream and pampushky with garlic.

# Vareniki filled with potatoes



## Ingredients:

**For the dough**  
2 cups flour , sifted  
2 eggs , lightly beaten  
½ cup milk at 97 F / 36°C  
2 tablespoons vegetable oil  
1 teaspoon salt

**For the filling**  
1 lb potatoes  
2 onions , diced  
½ cup milk, boiling  
4 tablespoons neutral vegetable oil  
4 tablespoons butter

**To serve**  
2 scallions , chopped  
1 onion, diced  
2 tablespoons caster sugar  
1 tablespoon butter  
Salt  
Pepper

## Instructions

**Filling.** Heat the vegetable oil and fry the onions over medium heat, until they are golden brown, then drain them on plate lined with paper towel.

Peel and boil the potatoes in a lightly salted water. Drain the potatoes using a large skimmer and keep the boiling water for cooking. Place the potatoes in a large bowl and mash the potatoes, gradually adding the boiling milk. Add the butter and a little boiling water from the potatoes and mix until a firm consistency is obtained. Add the fried onions and mix. Season with salt and pepper. Set aside.

**To serve.** In a small skillet, melt the butter. Fry the onion over medium heat for 1 minute then add the sugar. Cook over low to medium heat for 10 minutes, stirring regularly.

Remove from heat, transfer to a bowl and set aside in a warm place for serving.

**Dough.** Combine flour, salt, eggs, milk and 2 tablespoons of vegetable oil. Knead a dough. Cover and let stand 30 minutes, away from heat. Divide the dough into 2 or 3 pieces and roll out each piece of dough to a thickness of ⅛ inch (3 mm). Using a cookie cutter, cut circles about 3 inches (7 cm) in diameter. Place 1 teaspoon of filling in the center of each circle of dough, fold them in half to form a semi-circle and pinch the edges with wet hands.

**Cook** for three minutes in boiling salted water. **Sprinkle** with fried onions, salt lightly, pepper, and mix gently. Finally sprinkle with chopped spring onion.