



ISSA 2024 Cookbook

Published December 2024

Celebrating 25 Years of Connection and Culture Through Culinary Delights



As we celebrate 25 years of ISSA as a vibrant and diverse member association, we are delighted to present this year's special edition of our annual cookbook. Food has always been a powerful way to connect, share, and celebrate culture, and this year's collection reflects the rich global tapestry of our community.

For this milestone edition, we've gathered recipes from countries where our members reside, along with a few delightful bonus contributions. These recipes—whether submitted by members or inspired by cherished culinary traditions—invite you to explore flavors from around the world and bring people together at your table.

We hope you enjoy these dishes not just this holiday season, but throughout the coming year and for many more to come. May each recipe spark joy, foster connection, and inspire you to share wonderful meals with loved ones.

Here's to celebrating traditions, old and new, and to many more years of sharing together!

Table of Contents



Albania: Pispili.....	9
Armenia: Zhingyalov Hats.....	11
Austria: Kaiserschmarrn.....	13
Azerbaijan: Shekerbura.....	14
Belgium: Bread Pudding	16
Belgium: Waterzooi	18
Bosnia and Herzegovina: Klepe	20
Bulgaria: Kavarma.....	21
Croatia: Rožata	22
Czech Republic: Bramboráky.....	23
Estonia: Mulgipuder	24
Finland: Leipäjuusto	25
France: Piperade.....	26
Georgia: Lobio	28
Germany: Pumpkin Seed & Sunflower Seed Cookies.....	29
Greece: Sfakianopita.....	31
Hungary: Mákos Tészta (Poppy Seed Noodles)	32
Hungary: Túrógombóc	33

India: Bebinca.....	35
Ireland: Coddle	36
Italy: Pasta alla Norma.....	37
Kazakhstan: Shelpek	39
Kosovo: Leek Pie.....	40
Kosovo: Flija	41
Kyrgyzstan: Samsa	42
Latvia: Skandrausis	43
Malawi: Kkhwani.....	45
Moldova: Ciorbă de Porc.....	46
Mongolia: Buuz	48
Montenegro: Kačamak	49
Netherlands: Speculaas	50
Netherlands: Sopaipillas	52
North Macedonia: Pastrmajlija	53
Pakistan: Aloo Baingan	55
Poland: Zapiekanka	57
Romania: Filo Pie with Cheese and Dill	59
Serbia: Ćevapi.....	60
Slovakia: Saurkraut Soup (Kapustnica)	62
Slovenia: Potica	63

South Africa: Kota.....	66
South Africa: Milk Tart (Melk Tert)	68
South Africa: South African Crunchies.....	69
Tajikistan: Oshi Palav	71
Turkey: Çılbır	72
Ukraine: Holubtsi.....	73
United Arab Emirates: Harees	76
United Arab Emirates: Balaleet	77
United Kingdom: Laverbread	79
United States: Hushpuppies.....	80



Recipes from ISSA member
countries...and more

Albania: Pispili

Pispili is a savoury Albanian dish made with a moist cornmeal-based dough, mixed with seasonal greens like spinach or leeks, and baked into a dense, flavourful bread.

Source: <https://time4cooking.com/pispili-albanian-traditional-dish/>

Ingredients

For the dough:

- 2 cups cornmeal
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup plain yoghurt (or milk)
- ½ cup olive oil
- 1 cup water

For the filling:

- 500g (about 1 lb) fresh spinach or leeks (or a mix of both)
- 1 medium onion, finely chopped
- 2-3 cloves garlic, minced
- 2 tablespoons olive oil (for sautéing)
- Salt and pepper to taste
- Optional: 1 cup crumbled feta cheese

Directions

Prepare the filling: Heat 2 tablespoons of olive oil over medium heat in a large pan.

Add the chopped onion and garlic, and sauté until softened and fragrant, about 5 minutes.

Add the spinach (or leeks) and cook until wilted, about 5-7 minutes. If using leeks, cook them until they become soft and tender.

Season with salt and pepper. Set the filling aside to cool.

Make the dough: In a large mixing bowl, combine the cornmeal, all-purpose flour, baking powder, and salt.

In a separate bowl, whisk together the eggs, yoghurt (or milk), olive oil, and water until smooth.

Gradually add the wet ingredients to the dry ingredients, stirring until a thick, pourable batter forms.

Assemble the pispili: Preheat the oven to 180°C (350°F).

Grease a baking dish (approximately 9×13 inches) with olive oil.

Pour half of the cornmeal batter into the dish, spreading it evenly.

Layer the sautéed spinach (or leeks) over the batter. If using feta, sprinkle it evenly over the greens.

Pour the remaining cornmeal batter over the top, smoothing it out to cover the filling.

Bake: Bake for 30-40 minutes, or until the top is golden and firm.

Let it cool slightly before cutting into squares.

Serve: Serve warm with yogurt or sour cream on the side.



Armenia: Zhingyalov Hats

Source: <https://culinarycreationss.com/posts/zhingyalov-hats-a-culinary-tapestry-of-armenian-flavors-armenian-stuffed-flatbread>

Ingredients

For the dough

- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 cup warm water
- 2 tablespoons olive oil

For the filling

- 1 bunch each of fresh herbs (cilantro, parsley, dill, green onions)
- 2 tomatoes, finely chopped
- 1 cucumber, finely chopped
- 1 onion, finely chopped
- 2 bell peppers (preferably red and green), finely chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

Dough preparation

- 1- In a large mixing bowl, combine the flour and salt. Gradually add warm water and olive oil, kneading the mixture until a smooth, elastic dough forms.
- 2- Divide the dough into golf ball-sized portions and cover with a damp cloth. Let it rest for about 30 minutes.

Filling preparation

- 1- Wash and finely chop all the fresh herbs, tomatoes, cucumber, onion, and bell peppers.
- 2- In a large mixing bowl, combine the chopped ingredients. Drizzle olive oil over the mixture and season with salt and pepper. Toss well to ensure an even distribution of flavors.

Assembly and cooking

- 1- Preheat a griddle or a large flat pan over medium heat.
- 2- Take a portion of the rested dough and roll it out into a thin, flat disc on a floured surface.
- 3- Place a generous amount of the herb and vegetable filling in the center of the dough.

4- Carefully fold the edges of the dough over the filling, creating a rectangular or oval shape. Press down the edges to seal.

5- Transfer the assembled Zhingyalov hat onto the hot griddle and cook for 2-3 minutes on each side or until the dough is golden brown and cooked through.

6- Repeat the process with the remaining dough and filling.

Serve

1- Once cooked, cut the Zhingyalov hats into smaller portions for sharing.

2- Serve the Zhingyalov hats warm, accompanied by yogurt or your favorite dipping sauce.

3- Enjoy this delightful Armenian specialty, savoring the blend of fresh herbs and vegetables encased in a perfectly cooked, golden-brown dough.



Austria: Kaiserschmarrn

Source: <https://www.tyrol.com/blog/b-food-drink/kaiserschmarrn-the-original-recipe-to-try-at-home>

Ingredients

3 tablespoons flour
1 pinch salt
1 teaspoon vanilla sugar
Some milk
3 eggs
Butter
Raisins
1 tablespoon sugar

Toppings

Stewed plums
Confectioners' sugar

Directions

Mix flour, vanilla sugar, milk, and salt to a thick paste. Stir in eggs until the batter is smooth. Melt butter in a heated pan, pour in the batter and scatter raisins over top. Cover the pan with a lid and let the whole bake until both sides are golden brown.

Using two forks, tear pancake into pieces, sprinkle with sugar and let caramelize slightly. Dust with confectioners' sugar and serve hot with stewed plums.

Azerbaijan: Shekerbura

Source: <https://larecetadelafelicidad.com/en/2013/10/shekerbura-recipe.html>

Ingredients

Filling: 200 g ground blanched almond (7 oz)

150 g confectioners' sugar (5 oz)

30 ml water (1/8 cup)

1/2 tsp ground cardamom (I did not use it)

Dough: 250 g butter, cold and diced (2 sticks)

500 g all purpose flour (about 4 cups)

1 egg

120 ml water (1/2 cup)

Equipment: Fondant crimpers (optional)

Directions

Prepare the filling. In a medium bowl, combine the ground almonds, sugar and cardamom (if you are using it). Add water and mix thoroughly to moisten the filling. Cover with plastic film, and set aside.

Then prepare dough. Place butter, flour, water and egg in a food processor, and process until all ingredients are well combined. Transfer the dough to a working surface, and knead until smooth

Divide dough into 24 pieces, and roll each one into a small ball. Place the balls on a plate, cover with plastic wrap and refrigerate for about 1 or 2 hours

Then, preheat oven to 375 °F (180° C) Work with one ball at a time, and cover the rest. Roll each ball into a circle, and cut using a round cutter for a perfect finish. Place the circle in the palm of your hand, slightly folded, and put 1 tablespoons of the filling in the middle.

Starting at one end, begin sealing the left and right edges towards the center to obtain a half-moon shape

Using your thumb and index finger, start pinching and twisting the dough along the seal to decorate the edges. Please find here a video with the whole process for your convenience

Arrange the pastries on a baking sheet, lined with parchment paper, and cover with plastic wrap to keep them from drying out. Repeat until finishing the dough

Continue working with the rest of the dough balls, until finished.

Now let's decorate the tops. Holding a pastry in one hand, and a maggash or crimper in the other, pinch the dough repeatedly until you obtain a row of pattern. Create similar rows, each at an angle to the next one, until the entire surface is decorated.

Bake for about 30 minutes, remove from the oven, and let cool completely

If you do not have a maggash or crimper, simply dust powdered sugar over the finished pastries

Can be stored in an airtight container for up to a week.



Belgium: Bread Pudding

Source: Steven De Tavernier, VCOK

It's a winter classic I used to make and eat with my grandparents back in the time when I was just learning to know the world. The variant with the rum I learned about later when I went to study. :)

1h30min (2h with small children). Portion for four.

Ingredients

Sultanas 100 g

Milk 0.6 l

Children's version: Apple juice 0.5dl // Adult version: Rhum 0.5 dl

Vanilla pod 1

Leftover (white) bread 400 g

Cinnamon powder 1 tsp

Brown sugar 80 g

Eggs 3

Gingerbread 3 slices

White chocolate 100 g

Salt

Butter 1 lump

Flour

icing sugar



Directions

1. Preheat the oven to 170°C
2. Let one of the children put the sultanas in a bowl and pour in the apple juice (or rum). Let the sultanas soak in it.
3. Let the children pull the bread slices apart into smaller pieces of about two by two cm. The crusts may also be torn in this way.
4. In the meantime, put a pot or pan on a low heat and pour the milk into it. Cut the vanilla pod lengthwise and scrape out the seeds with the knife tip. Add the vanilla seeds and the empty pod to the milk. Heat the vanilla milk on a gentle heat.
5. Now let the children tear the gingerbread into small pieces.

6. Let the children collect the breadcrumbs and gingerbread pieces in a large bowl.
Add the cinnamon powder and brown sugar, along with the eggs.
Pour in the sultanas without (!!) the juice.

7. (Let the children play something else - hold them further away.)
Extract the pod of the vanilla pod from the warm milk and pour the milk over the bread mixture.

8. Stir the mixture carefully to allow the bread and gingerbread to absorb the milk.
Keep mixing until you obtain an even batter.
There still may be some larger pieces of bread or gingerbread in there.

9. Chop the white chocolate into fine pieces. Use a sharp knife to do this.
This will give you a mixture of chocolate flakes and small chocolate chunks.
Mix the chocolate pieces into the bread batter.
If necessary, mix a small pinch of salt under the batter (to taste).

10. Melt a knob of butter in a pan (on a low heat) and rub the cake tin with this liquid butter.
Spoon in a little flour, dusting the entire baking tin.
Shake off the excess flour. This will allow the bread pudding to loosen easily from the mold after baking.
Pour the batter into the baking tin and smooth it out.

Bake the cake in a 170°C oven for about one hour.
Check regularly, as the baking time depends on the type of oven you use.

11. Now play a "clean the kitchen table-game" with the kids.
Let the dress up the table, for all of you to enjoy this holidays snack or dessert!
Sprinkle some icing sugar over the (cooled) cake.
She is ready for consumption!!!

SMAKELIJK!!
Bon appétit!!

Belgium: Waterzooi

Source: <https://www.surprising.recipes/2021/10/13/ghent-chicken-casserole-waterzooi/>

Ingredients

1 chicken breast
1 stalk celery
2 carrots large carrots preferably
1 leek
500 grams of potatoes 2 large potatoes
1 liter chicken broth
1 shallot
1 clove garlic
1 tablespoon plain flour
100 ml cream
1 egg yolk

Seasoning

2 bay leaves
thyme leaves
nutmeg
pepper
salt
parsley for garnishing

Directions

Cut the carrots, the celery stalk, the leek very finely (Julienne). This is actually the biggest work.

Clean and finely chop the garlic and shallot.

Peel the potatoes and cut them in half or in quarters, depending on the size. Then submerge them in the chicken stock and season with the thyme and bay leaves.

Cut the chicken breast into 1-2 cm pieces. (one inch)

Heat the butter in a pan and fry the shallot and garlic for a few minutes. Then add the chicken cubes. Fry them over a high heat until they are seared on all sides and lightly browned.

Take the pan off the heat and place the dish with potatoes on it. Bring it to a boil and let it cook for about 5 minutes.

Add the chicken with the garlic and shallot. Season the whole with, for example, nutmeg, salt and pepper.

Then every few minutes, add the celery, carrots and leeks to the stew.

Meanwhile, mix the flour with a little cold water and mix the egg yolk with the cream.

Add the flour to the chicken casserole (waterzooi) and let it boil for a few more minutes. The flour binds the sauce. Stir gently so that it is evenly distributed over the waterzooi.

Lower the heat and wait until the chicken casserole stops boiling. Then add the cream with the egg yolk. Keep stirring and then let the ingredients integrate for a few more minutes. Check the seasoning and season further if necessary.

Serve in deep plates and garnish with a sprig of parsley or chervil.



Bosnia and Herzegovina: Klepe

Source: <https://balkanlunchbox.com/klepe-sa-mesom-bosnian-minced-meat-dumplings-recipe-klepe/>

Ingredients

Klepe (beef dumplings) dough and filling

Flour: regular, white flour. Do not substitute.

(Optional) egg: some like to add an egg to the dough. We don't find it necessary.

Seasonings: klepe call for the simplest of seasonings. We're talking salt, pepper, and (optional) beef bouillon or Vegeta.

Onion: minced finely or grated. If grating, squeeze the liquid before adding to the filling as it may become soggy. You want to avoid biting into an onion while eating klepe. Onion is there for the taste, not to be tasted.

(Optional) garlic: minced or grated. As garlic also goes into the topping sauce, feel free to omit it in the meat. If you're a hardcore 'garlicholic,' then put it in the meat too.

Sauces

Sour cream: regular. Low fat also works.

Heavy cream: substitute with half and half, but use $\frac{2}{3}$ the volume, and add more sour cream.

Butter: melt butter slowly with garlic and paprika.

(Optional) parsley: mince and add to sauce 2 after you pour it over the dumplings.

Directions

1. Make a dough ball. Cover with saran wrap. Let it rest.
2. (Klepe filling) Combine filling ingredients until integrated. Divide into three equal parts.
3. (Shaping klepe, crescents) Divide dough into three equal parts. Knead each for three minutes on flour-dusted working area. Roll it out. Cut circles with glass (or ravioli stamp). You'll have 25-30 per dough ball (75-90 total).
4. (Water, filling) Bring a big pot of water to a boil. Stuff each dough circle. Close it making a crescent. Use a fork to seal ridges. Repeat steps 3 and 4 for all dough and filling.
5. (Cooking klepe) Drop klepe into the boiling water in batches. Don't overcrowd. Cook about 12 minutes. Take out, drain, place in baking pan (glassware). Repeat for all klepe. Heat stove to 400°F (200°C).
6. (Sauces) Make sauces. Pour sauce 1 into baking pan (glassware) over klepe. Stir carefully. Pour sauce 2 over the top. Bake (not pictured).
7. (Alternative way to shape klepe: triangles) After you roll each dough roll out, cut it into 25-30 squares. Stuff with the filling and close. Press with fingers to seal. The rest is the same.

Bulgaria: Kavarma

Source: <https://www.internationalcuisine.com/kavarma/>

Ingredients

1 ½ lbs. pork tenderloin cubed
1 onion diced
4 leek stems cut into rings
5 medium mushrooms sliced
2 carrots sliced
1 red pepper diced
2 medium tomatoes chopped
½ cup white wine
½ cup sunflower oil divided
½ teaspoon ground cumin
½ teaspoon oregano
2 bay leaves
Salt and pepper to taste

Directions

Make a dry rub with the cumin, oregano, salt and pepper.

Rub thoroughly all over the pork tenderloin.

Heat ¼ cup of the sunflower oil in a heavy bottom skillet and brown the pork cubes on all sides. Add in the wine to deglaze the pan, lower the heat to a simmer for about 5 minutes. Remove from skillet and set aside.

Heat the other ¼ cup of oil and sauté the onions, mushrooms, pepper, and carrots for about 5 minutes. Pour ½ cup water into the pan and cook approx. 10 minutes over medium heat, until the vegetables are soft and most of the liquid has been absorbed. Add in the chopped tomatoes and simmer for 5 minutes.

Combine all the ingredients together and transfer into the earthenware pot, add the leeks.

Cover the dish with its lid and place in a preheated 250-degree oven for three hours or so.

You could easily do this in a crock pot instead of the oven.

Serve hot.

This recipe is great for left-overs, you may want to double it.

Croatia: Rožata

Source: <https://www.chasingthedonkey.com/croatian-cooking-expat-eats-rozata/>

Ingredients

6 eggs

6 tablespoons sugar

500 ml of milk (2 1/4 cup)

2 teaspoons of vanilla sugar (or vanilla essence)

Grated zest of 1 lemon

3 tablespoons dark rum extract

Directions

Caramel

Add the 8 tablespoons of sugar into a pan and then place on low heat until it dissolves. Then turn up the heat until the sugar syrup takes on a golden-brown color. Do not mix the sugar during this process

Remove the pan from the heat and carefully spread the caramel into the ceramic serving bowls. This must be done fairly quickly as the caramel will harden very quickly...believe me! Then turn the serving bowls upside down so that the caramel slowly covers the sides and leave to cool

Rožata

Preheat the oven to 150°C or 300°F

Warm the milk in a bowl and slowly add the sugar until it dissolves. Remove from heat and allow to cool to room temperature

Next, whisk the eggs together with the two teaspoons of vanilla sugar. It's better to use a fork or hand whisk for this as you don't want the eggs to foam

Add the lemon zest and rum and gently mix

Now pour the milk into the mixture and slowly stir until everything is combined together

Pour the resulting mixture slowly through a sieve and then into the ceramic serving bowls with the caramel

Place the serving bowls into a deep baking tray and then add hot water to about 2/3 the height of the ceramic serving bowls

Bake for about 30 minutes, then carefully remove the bowls from the hot water and leave them to cool to room temperature

Cover the ceramic bowls with cling film and place in the refrigerator to fully chill

When ready to serve, turn the bowls upside down, the caramel sauce will flow over the Dubrovnik

Czech Republic: Bramboráky

Source: <https://english.radio.cz/bramboraky-czech-potato-pancakes-8688281>

Ingredients (4 servings)

500 grams of peeled potatoes

4 cloves of garlic

2 eggs

A bit of milk

100 grams of all-purpose flour

Marjoram, salt, pepper

1 cup of cooking oil

Directions

Grate potatoes and put them in a mixing bowl

Stir in 2 eggs (beaten with milk), 4 cloves of garlic minced with dried marjoram, salt, pepper

Add 4 tablespoons of flour, stir

Heat cooking oil on a frypan and scoop the mixture on to the pan

Fry until pancakes are golden brown on both sides

Before serving, drain pancakes of excess grease with a paper towel



Estonia: Mulgipuder

Source: <https://www.atravel.blog/post/mulgipuder>

Ingredients

500 grams of peeled potatoes

4 cloves of garlic

2 eggs

A bit of milk

100 grams of all-purpose flour

Marjoram, salt, pepper

1 cup of cooking oil

Directions

Grate potatoes and put them in a mixing bowl

Stir in 2 eggs (beaten with milk), 4 cloves of garlic minced with dried marjoram, salt, pepper

Add 4 tablespoons of flour, stir

Heat cooking oil on a frypan and scoop the mixture on to the pan

Fry until pancakes are golden brown on both sides

Before serving, drain pancakes of excess grease with a paper towel

Finland: Leipäjuusto

Source: <https://www.luumuabc.com/leipajuusto>

Ingredients

1 gallon organic whole milk, non-homogenized

2 cups and 2 tablespoons powdered milk

2.5 teaspoons salt

3.75 tabs of Junket rennet

Directions

Warm milk a bit under body temp (about 35 °C / 95 °F).

Whisk the powdered milk into the warm milk and add the salt and rennet.

Let the mixture rest in a warm place until the milk is thickened, and the curd has formed (at least 10 min)

Cut the curd in a checkerboard pattern with a long knife.

Let the milk sit in a warm place until the whey appears on top of the curd.

Move the curd by slotted spoon in small batches into a cheesecloth-lined strainer over a deep dish that can catch the whey and press lightly.

When most of the whey has dripped out of the curd, place a pie tin over the curd and carefully flip the cheese curd into the tin and carefully remove the cheesecloth (put the cheesecloth back into the strainer for reuse if needed)

Adjust the rack in the oven so that it is a few inches from the top (if your broiler is on the top of oven)

Dump out the whey that has leaked out into the cheese pans.

Turn on the broiler in the oven.

Put cheese pans two or less rounds at a time into the oven on the top rack.

Carefully watch the cheese checking every two minutes or so for browning.

When it gets brown or there is a lot of whey visible in the pan, carefully remove the cheese pans and tip carefully over the sink to get rid of the whey, holding the cheese securely with a spatula.

When the cheese is browned, flip the cheese over by placing another pie tin of the same size over the top of the hot cheese pan and swiftly yet carefully flip over the cheese.

Brown the other side in the broiler, checking every few minutes so that it doesn't burn.

Tip off extra whey.

Cut into small triangles and serve warm with cloudberry jam.

Refrigerate the extras.

France: Piperade

Source: <https://www.chilipeppermadness.com/recipes/piperade/>

Ingredients

Olive Oil. Use a good quality extra virgin olive oil if you can.

Bell Peppers. Use both a red and a green bell pepper, but you can realistically make this recipe with any bell peppers of your choosing. Consider adding an Espelette pepper or 2 if you have them.

Onion.

Garlic.

Tomatoes. Use fresh or canned. You can peel the tomatoes if you'd like, though I usually do not.

Piment d'Espelette. Piment d'Espelette is a chili powder made from Espelette peppers from the Basque region. You can use paprika as a substitute.

Other Seasonings. Sugar, salt, black pepper, dried thyme, bay leaf.

Directions

Cook the Onions and Peppers. Heat the oil in a large pan to medium heat. Add the peppers and onion with a bit of salt to taste. Cook for 5 minutes to soften, stirring a bit.

Add the Garlic. Add the garlic and cook for 1 minute, or until the garlic becomes fragrant.

Tomatoes and Spices. Add the tomatoes, piment d'Espelette (or paprika), sugar, and salt and pepper to taste.

Simmer the Sauce. Stir, then reduce heat to medium-low. Cover and simmer for 20 minutes, or until the peppers soften up to your preference.

Simmer longer for a "saucier" sauce.



Georgia: Lobio

Source: <https://www.dinnerwithjulie.com/2022/03/02/georgian-kidney-bean-salad-lobio/>

Ingredients

1/4 head savoy or green cabbage
1 onion (yellow, white or small purple)
canola, olive or other vegetable oil
1 tsp coriander seeds
1 tsp fennel seeds
1/4 tsp fenugreek seeds
1 1/2-2 cups cooked or canned red kidney beans, drained well
1/2 bunch cilantro, chopped (optional)
a few sprigs of parsley, chopped
a few sprigs of dill, chopped
1 Tbsp red wine or sherry vinegar
salt and pepper, to taste

Directions

Preheat the oven to 425F. Cut the cabbage and onion into wedges (no more than about 2 inches on the thick end for the cabbage, an inch for the onion), spread out on a parchment-lined sheet, drizzle with oil and sprinkle with salt, and roast for 20-30 minutes, or until deep golden and getting dark and crispy on the edges. (Alternatively, chop the cabbage into 1-inch pieces to roast, and caramelize the onion on the stovetop after toasting the spices.)

Toast the spices in a dry skillet, then grind in a mortar and pestle or spice mill. Put about a tablespoon of oil into the skillet. (The original recipe instructs to caramelize a thinly sliced onion here for the salad, but we have it in the oven with the cabbage... you could do it on the stovetop instead, if you like.) Add the beans and spices and warm them through.

In a wide, shallow bowl, combine the herbs with the remaining oil and vinegar, then toss in the beans, and chop and stir in the cabbage and onions. Sprinkle with more fresh herbs, if you like. Serve warm or refrigerate and serve cold.

Serves 2 as a main, 4 as a side.

Germany: Pumpkin Seed & Sunflower Seed Cookies

Source: Henriette Heimgaertner, ISSA Board President

Henriette made these cookies and brought them to the recent ISSA Board meeting and everybody liked them, so she is sharing the recipe here. They are super healthy and delicious!

Time: 12 - 20 Minutes, depending on the oven; at 180 degrees Celsius.

Cookies keep for at least for 4 weeks in a tin. Recipe feeds at least four.

Ingredients

100 gr pumpkin seeds,

50 gr sunflower seeds,

150 gr soft oats,

100 gr margarine,

80 - 100 gr brown sugar,

2 eggs,

A pinch of salt,

1 Teaspoon of ground cinnamon;

pinch of ground cardamom;

2 Tablespoons of lemon juice;

Directions

Grind seeds coarsely;

Roast seeds & oats with margarine in a pan;

Let cool down; add all other ingredients and prepare a dough; if the dough does not come together add one more egg;

I usually use double the amount of ingredients and then use three eggs;

Use two teaspoons and form triangular cookies;

put on a backing tray with baking paper

Be careful the bottom of the cookies might burn easily; set baking tray in the middle of the oven.



Greece: Sfakianopita

Source: <https://www.doitlikeacretan.com/events/sfakiani-cheese-pie/>

Ingredients

Dough

500 grams white flour

100 ml olive oil

1 shot of raki

Pinch of salt

Water until you get a soft dough

Stuffing

400 grams myzithra cheese

Topping

Thyme honey

Directions

Prepare dough and let it rest for at least an hour

Separate dough in 5 balls

Separate cheese in 5 a bit smaller balls

Open each ball with your hands and place the cheese in the middle.

Cover cheese with the dough and make sure that you remove the air

Open the pie carefully with the dough stick and make sure you add enough flour during this procedure

Drizzle olive oil in a saucepan and cook the pie both sides.

Serve with thyme honey on top

Hungary: Mákos Tészta (Poppy Seed Noodles)

Source: Eva Izsak

This is a very tasty main course, one of my childhood favourites.

Cooking time 30 min. Portion for two.

Ingredients

Ingredients (with quantities):

60 grams (2 ½ tbsp) sugar

60 grams (3 ¼ tbsp) poppy seeds

40 grams (4 ½ tsp) butter

240 grams noodles (or as much as you need for 2 portions)

2 tbsp salt for pasta water



Directions

Boil water in a medium-large pot. Then, add 1 tablespoon of salt to the water and place the noodles in the pot. Boil for approximately 10 minutes. Taste the noodles for doneness, and if they are still firm, continue boiling for another 2-3 minutes, then taste again.

Once the pasta is ready, strain it, reserving a small amount of the cooking water for later use.

Use a spice or coffee grinder to blend the poppy seeds with the sugar.

Adding sugar helps prevent the poppy seeds from releasing oil and sticking to the grinder walls, ensuring a smoother mixture.

Transfer the poppy seed mixture to a medium-sized pot with butter and heat over medium heat. Melt the butter and stir continuously to prevent burning until the mixture is evenly incorporated.

Add the strained pasta to the poppy seed mixture and combine thoroughly.

Tips:

Another option is to prepare it without butter, then it is a bit drier but still very nice. If any of the poppy seed mixture is stuck to the bottom of the pot, use the pasta water to deglaze it. It is delicious, yet full of carbs. So, be moderate with this dish!

Hungary: Túrógombóc

Source: <https://www.offbeatbudapest.com/hungarian-food-recipes/cottage-cheese-dumplings-turogomboc/>

Ingredients

For the dumplings

500 grams (2 ¼ cups) Hungarian túró or crumbly cottage cheese, mashed with a fork to a paste

3 medium eggs, well beaten

90 grams (½ cup) semolina flour

3 tablespoons butter, melted

3 tablespoons powdered sugar

1 tablespoon freshly grated lemon zest (using 1 medium lemon)

Pinch of salt

For the dried breadcrumbs

3 tablespoons butter or vegetable oil

240 grams (2 cups) breadcrumbs

2 tablespoons sugar

1 teaspoon ground cinnamon

To finish

60 grams (½ cup) powdered sugar

200 grams (¾ cup) sour cream, not too cold

Directions

Step 1: Using a spatula and a mixing bowl, stir all ingredients together for the dumplings: túró (cottage cheese), beaten eggs, semolina, powdered sugar, grated lemon zest, and salt. Melt the butter in a skillet (or in a microwave) over medium heat until it starts to foam, then pour it over the túró mixture.

Step 2: Stir the mixture until smooth. Put aside, and let it rest for two hours in the fridge so that the semolina can absorb moisture and give structure to the dumplings.

Step 3: Bring 3 liters (3.2 quarts) of salted water to a low simmer in a large pot. With wet hands, form 12 or so round dumplings from the túró mixture and slide them into the water. Be sure the water is only at a bare simmer else the dumplings might disintegrate.

Step 4: In the meantime, heat butter in a pan and add the breadcrumbs when butter has started to foam. Toast on medium heat until golden brown, about 5 minutes (stir constantly as the breadcrumbs burn easily). Add sugar and cinnamon to the breadcrumbs, mix well, then turn off the heat.

Step 5: Scoop out the túró dumplings from the pot with a strainer or slotted spoon a minute after they appear on the surface, about 8 minutes in total, then roll them in the breadcrumbs. Transfer the túró dumplings to a plate, add a few dollops of sour cream and a generous sprinkle of powdered sugar on top and serve immediately.



India: Bebinca

Source: <https://www.flavorsofmumbai.com/bebinca-recipe/>

Ingredients

250 ml thick coconut milk (the first extract of coconut milk)
6 egg yolks (keep the whites for making cake Or marzipan)
175 grams refined flour
1/2 cup ghee at room temperature (clarified butter) + 1 tbsp ghee for the bibinca batter
200 grams sugar or as required (I prefer less sweet)
1 t/s nutmeg powder
1 t/s cardamom powder
few flaked almonds (I haven't used)
1 tbsp vanilla essence (optional)
a pinch of salt

Directions

Preheat oven to 180°C exactly fifteen mins before baking. Grease a round tin or loaf pan with 2 tbsp ghee.
Take a mixing vessel, combine coconut milk and sugar. With the help of electric beater beat until sugar dissolves.
Add one egg yolk at a time and beat until they all mix nicely.
Now add flour, 1 tbsp ghee and salt. Beat all nicely.
Pour 1/2 cup of batter and bake for 25 mins.
Now spread some ghee over it with the help of brush. Sprinkle a little cardamom powder and vanilla essence if using.
Bake again for fifteen mins. Again, spread ghee, cardamom powder and vanilla essence.
Continue greasing and baking with 1/2 cup batter until all batter is finished. Bake each layer for fifteen minutes.
For the last batter spread ghee, sprinkle, cardamom, nutmeg and vanilla essence if using. Add flaked almonds if using now. Bake the last layer for 20-22 mins.
Allow to cool completely. Unmold the pan gently with a tap from behind. Slice bibinca and serve warm or cold with a dollop of ice-cream.

Ireland: Coddle

Source: <https://www.simplyscratch.com/dublin-coddle/>

Ingredients

thick cut applewood smoked bacon – Lends distinct smoky flavor.

garlic – Lends distinct punchy flavor.

good quality pork sausage links – Use your favorite. I like to pick quality pork sausages at my local butcher.

russet potatoes – Holds up to the low and slow braise. I like to roughly peel mine.

kosher salt – Enhances the flavors of this dish.

freshly ground black pepper – Lends subtle bite and flavor.

fresh parsley – For a pop of green and herbaceous flavor.

yellow onions – Lends delicious onion flavor.

leek – Adds a sweet oniony flavor and depth to this dish.

low-sodium chicken broth – Or sub with low-sodium bone broth or stock.

Directions

Move your oven rack to the lower third of your oven and preheat to 300°.

In a 7-quart dutch oven, add the diced and heat over medium to medium-low.

In the meantime, roughly peel 3 pounds of russet potatoes. Slice each potato in half and then into 3 or 4 larger pieces – depending on the size of the potato. Keep them on the large side so they don't turn to absolute mush in the oven.

Next thoroughly wash the leek.

Halve and slice 2 yellow onions, slice the white and light pars of each (cleaned) leek halves, mince 6 cloves of garlic and 2 tablespoons fresh parsley

Once the bacon is cooked and crispy, add in 6 cloves of minced garlic and cook for 2 minutes.

In a pan add in 2 pounds pork sausage links (about 6 links). Sear each side for 3 to 4 minutes to give the sausage a little color.

Remove the pot from the heat and turn of the burner. Transfer the sausages to a cutting board. Cut each of the sausages into thirds.

In the now empty pot, layer in the potatoes, a generous pinch of kosher salt, some freshly ground black pepper and 1/2 of the parsley.

Next add in the onions, leeks and sausages.

Lastly top with the bacon and garlic and the rest of the parsley.

Cover with 2 to 3 cups of low-sodium chicken broth, bone broth or stock. Use about 3 cups.

Italy: Pasta alla Norma

Source: <https://www.themediterraneandish.com/pasta-alla-norma/>

Ingredients

Eggplant. You'll need two globe eggplants. Select eggplant with deep-colored, shiny skins, and they should be heavy for their size.

Tomato sauce (marinara sauce). It's easy to make this pasta sauce using extra virgin olive oil, canned diced tomatoes, minced garlic, dried oregano, crushed pepper flakes (if you don't mind a little heat), and a dash of kosher salt and black pepper. (If you keep some homemade spaghetti sauce in your fridge, that will work too. Or, if you're too short on time, you can use a quality store-bought marinara sauce instead).

Pasta. For this recipe I prefer using a short cylinder-shaped pasta like rigatoni with ridges. The gaping center and the ridges will hold on to the tomato sauce, making every bite extra flavorful.

Finishing touches. A good sprinkle of ricotta salata cheese (which is salty and firmer than ricotta) and fresh parsley finish this pasta alla norma recipe.

Directions

1. Roast the eggplant

Slice the eggplant into rounds, and if you have the time, sprinkle with salt and allow it a few minutes to "sweat." Wipe dry with a paper towel before roasting. Arrange the eggplant slices directly on a lightly oiled large sheet pan (or two).

Give the eggplant slices a good brush of extra virgin olive oil and roast in 425 degree fahrenheit heated oven for 30 minutes (turning over once midway through) until the eggplant is soft and golden brown (yes, you want the eggplant to cook fully until nice and tender and well-colored)

2. Make the tomato sauce

You'll need a large deep pan to make the sauce (everything will go in this pan later). Heat a bit of extra virgin olive oil (about 3 tablespoons) until shimmering but not smoking. Cook the garlic and red pepper flakes, tossing regularly over medium-low heat (don't let the garlic burn). Add in the diced tomatoes (canned tomatoes), oregano, salt and pepper. Bring the sauce to a boil, then lower the heat and let it simmer until nice and thick (about 15 minutes or so).

3. Cook the pasta

While the sauce is simmering, cook the pasta. Rigatoni cooks in salted boiling water in about 10 to 11 minutes (consult the package instructions to cook your pasta to al dente). Be sure not to overcook the pasta, it will have a couple minutes more to cook in the sauce. Drain the pasta but be sure to keep a bit of the pasta water.

4. Combine the eggplant, sauce, and pasta

Put it all together! Once the eggplant is roasted, add it in the sauce and let it simmer a little while as the pasta cooks. When the pasta is ready, mix it in with the eggplant and the sauce. Add a little bit of the pasta water to help mix things together. Give everything a good toss and allow a couple of minutes for the pasta to absorb the sauce.



Kazakhstan: Shelpek

Source: <https://ajlee.blog/shelpek-%D1%88%D0%B5%D0%BB%D0%BF%D0%B5%D0%BA-a-taste-of-kazakh-tradition-in-every-bite/>

Ingredients

2 cups all-purpose flour

1/2 cup warm milk (you can substitute with water or plant-based milk for a vegan version)

1 tablespoon sugar

A pinch of salt

1 tablespoon butter or oil (optional, for a richer dough)

Oil for frying

Directions

Mix the Dough: Combine the flour, sugar, and salt in a bowl. Gradually add the warm milk and knead until the dough is soft and pliable. You can also add a tablespoon of butter or oil to make the dough richer and softer.

Rest the Dough: Let the dough rest for 15–20 minutes, covered with a cloth, to make it easier to roll out.

Shape the Dough: Divide the dough into small, equal portions. Roll each portion into a flat, round disc, about 1/4 inch thick. The size can vary depending on preference, but traditionally, Shelpek is about the size of a small plate.

Fry the Bread: Heat a generous amount of oil in a pan over medium heat. Fry each disc until golden brown on both sides, which should take about 1–2 minutes per side. Drain excess oil by placing the fried bread on paper towels.

Serve: Shelpek is best served warm. It can be enjoyed with tea or alongside main dishes, especially during communal meals.

The slight sweetness of Shelpek makes it a versatile accompaniment to both sweet and savory dishes. Traditionally, it's served with a pot of chai (tea), or it can accompany hearty meals such as beshbarmak (Kazakhstan's national dish made from meat and noodles) or soups.

Kosovo: Leek Pie

Source: Mevlude Murtezi, CIPOF/Childproof

This is an old traditional recipe, even our grandmothers prepared it and it has very important nutritional calories for good health and which help children's development.

Fresh leeks contain: proteins, fats, carbohydrates, cellulose, mineral salts and 1 kg of fresh weight contains 490 calories. The main minerals of leeks are Potassium, sodium, calcium, magnesium, iron, phosphorus, silicon, chlorine, sulfur which gives the specific characteristic aroma and taste of leek dishes.

Bake in a preheated oven at 200° for about 35-40 minutes or until it turns brown. Portions: 10-12.

Ingredients

2 leeks	salt
1 cup milk	1 egg
1 cup cornmeal	2-3 tablespoons olive oil or melted butter
1/2 teaspoon baking soda	

Directions

Clean the leeks, chop them and boil them a little with milk. Season with salt.

Then, add the eggs, cheese, oil and mix them;

Add the wheat flour that we have mixed with baking powder, add the corn flour, mix them until they come together.

Put them on the baking sheet, spreading them well.

Pan 32 cm

grease with oil

1 tbsp cornmeal (cornflour)

On top

1 tbsp cornmeal (cornflour)and oil



Kosovo: Flija

Source: <https://www.globaldining.ch/what-to-eat-kosovo/>

Ingredients

150 grams of Turkish 10% milk fat yogurt

360 grams of crème fraiche

200 grams of butter

1 kilo flour

4 eggs

1 liter of milk

1 tablespoon of salt

Olive oil

Directions

Step 1: For the yogurt custard batter, melt the butter. Whisk the crème fraiche and Turkish yogurt together. Pour in the melted butter. Whisk again. Refrigerate overnight.

Step 2: The next day, before mixing the second pancake-like batter, pre-heat the broiler to a medium to high heat, approximately 200 degrees centigrade.

Step 3: Take out the refrigerated yogurt custard batter from the night before and bring to room temperature. Stir to mix whatever skin may have settled on the top.

Step 4: Mix one kilo of flour with four eggs, making a little well in the middle for the eggs. Slowly add the milk stirring as it is absorbed into the dough. Once the milk is blended, take a whisk and remove any flour pockets.

Step 5: Grease a round tray with olive oil. I used a paella pan.

Step 6: Begin with the flour and egg batter. Using a spoon, make a sundial-like pour onto the round tray starting at the edges and working towards the center so there are triangles of the flour batter while maintaining empty space in between. Place under the broiler for 2-5 minutes until slightly golden brown.

Step 7: Spread the first thin layer of yogurt and sour cream batter gently over the entire tray and return to stove.

Step 8: Pull the tray out after 2-5 minutes and repeat step six where there was not yet pancake batter, in similar sun dial fashion.

Step 9: Repeat steps 6-8 until all desired batters are used and a crispy layered pancake with yogurt nestled between the layers results. This may take around two hours of meticulous repetition.

Step 10: Serve with ayran, cucumbers, olives and feta or pickled vegetables or honey. It is a savory dish which can be balanced with sweet or sour depending on one's palette.

Kyrgyzstan: Samsa

Source: <https://silkroadchef.wordpress.com/2015/04/05/samsa-baked-meat-buns/>

Ingredients

Flour

Water

Egg

Salt

Black pepper

Meat (beef or lamb) – use a somewhat fatty cut

Onion

Butter

Directions

1. Make a dough of flour, water, egg, and salt. Knead this until it is fairly firm and let rest for an hour, in the fridge.
2. Take some dough and roll it out until it is very thin and takes up almost all of your rolling space. Lightly brush this with melted butter.
3. Roll up the dough sheet into a tube. Coil up the resulting dough twist and keep in the fridge. Do this for all of the dough.
4. Chop up the meat into fairly small pieces, making sure to leave the fatty bits in. Mix this with finely diced onion, salt, and black pepper.
5. Portion the dough twist into small pieces. Holding a piece upright (so the spiral faces the ceiling), press down on it with your other hand. What you are doing is squashing the spiral out and creating the layered dough.
6. Roll this dough out until it is thin. Spoon a good amount of filling in, then fold it up.

If you want to make circular samsa, just bunch up the edges and press it together in the middle (a bit of water may help it stick), but make sure the edges are fairly thin or you will end up with too much dough in the center of your samsa.

If you want to make triangles, simply fold up two sides then fold the bottom. You can fold into a packet shape (two sides, then two ends) as well.

Whatever you do, make sure your samsa are sealed well so the juices don't leak out during baking.

7. Brush the samsas with beaten egg and top with sesame and nigella seeds.
8. Have the oven preheated to 420 degrees. Place the samsa directly onto the baking stone. Alternately, you can put them on a baking sheet lined with oiled foil.
9. Bake for about 25 minutes at 420 degrees. When they are done, you should see golden brown spots appearing on them. Enjoy!

Latvia: Skandrausis

Source: <https://latvianeats.com/sklandrausis/>

Ingredients

400g rye flour
100g butter
1 cup warm water
1 teaspoon sugar
1/2 teaspoon salt
7 medium carrots
2 tablespoons sour cream
2 tablespoons honey
1 egg
2 medium potatoes
100ml milk
25g butter

Directions

Peel the carrots, cut in quarters, place in a medium saucepan, cover with water and boil until tender.

Peel the potatoes, cut in quarters, place in a separate saucepan, cover with water and boil until tender.

While the vegetables are boiling, prepare the dough. Dissolve the salt and sugar in the water. Mix the flour with softened butter and add the water, stir well to form dough. Knead the dough for 5 to 7 minutes until the dough is soft enough to be rolled.

Preheat the oven to 200 degrees. Roll the dough 3-5 mm thick. Use a 8 cm cookie cutter to cut out 15 discs. Fold 1cm of the edges up to form pastry cases. Place the cases on a baking tray lined with baking paper.

Prepare the filling. Drain the carrots and place in a food processor. Add honey, egg and sour cream and process for 20 seconds. Drain the potatoes, mash until smooth, add milk and butter and stir until well combined.

To fill the pastry cases, spread 1 teaspoon of mashed potatoes, top with a tablespoon of processed carrots. Repeat until all cases have been filled.

Place the baking tray in the oven and bake for 15-20 minutes until the pastry has cooked and the filling turns slightly golden.



Malawi: Kkhwani

Source: <https://africanfoodfeasts.com.au/pumpkin-leaves-with-peanut-butter/>

Ingredients

2 bunches de-veined pumpkin leaves (2 cups if dried)
2 medium tomatoes
½ cup chopped shallots
1 tablespoon butter or olive oil
2 tablespoons fresh cream
½ teaspoon bicarbonate of soda
½ cup water
Salt to taste
Chilli (optional)

Directions

Zimbabwean Method:

Instead of butter or oil you add about 125 ml peanut butter.
Do not use shallots in the peanut butter recipe.
Let it simmer for 10 minutes on low heat to ensure that the peanut butter is cooked.

Malawi and Zambian method:

Instead of butter or oil you add 1/2 cup raw grounded nuts.
½ teaspoon bicarbonate of soda.
Do not use shallots in the peanut butter recipe.
Let it simmer for 5 minutes or more on low heat to ensure that the groundnuts are cooked.

Cooking tip

Do not cover the pot after simmering your vegetables. This helps to maintain their green color.
Adding a bit of soda makes the pumpkin leaves taste great but can take away some nutrients.

Moldova: Ciorbă de Porc

Source: <https://centraltransylvania.com/transylvanian-ciorba-beans-smoked-meat/>

For 6 persons. Preparation time approx. 80 min.

Ingredients

400g of smoked bone with everything (shank, homemade ham, scaricica, etc.)

2 onions

2 nice carrots

1 parsnip

celeriac, like a small egg

2 cloves garlic

1 bell pepper (optional)

400 ml concentrated tomato broth

2/3 bay leaves

1 bunch of fresh herbs: 5 branches of tarragon and 5 branches of thyme

3 tablespoons chopped green tarragon for dusting

salt and pepper

optional: apple cider vinegar to acidify

Directions

Hydration of beans

Beans are carefully selected to remove impurities and spoiled grains. They are washed in cold water and left to soak in cold water a little vinegar the day before. The next morning, the beans are carefully drained from the water in which they have been soaked and rinse with cold water. Then put the beans in a saucepan, cover with cold water and bring to a boil. As soon as it comes to a boil, take out the beans, drain them and rinse them with cold water. The role of this process is to minimize the undesirable effects of the vegetable on the digestive system. It can be repeated once more if necessary.

If you have your smoked meat very dry, it can be useful to soak it in water overnight too.

Cooking of the Ciorba

The beans thus boiled and rinsed, are now put in a large saucepan, with the smoked meat and the bay leaves. Cover with a large quantity of water and bring to a boil. Salt is added only at the end, because the smoked meat is also salty. Be careful, if you know that you have smoked meat that is very dry, and you haven't soaked it in water overnight, it may be useful to boil it separately, so that the beans are not completely mashed, and the meat is still raw.

As it boils, skim the foam that forms on the surface, as many times as required. Once the smoked meat and beans have cooked together for 1 hour, add the diced vegetables.

Now also add the tarragon and thyme tied in a bouquet, to remove them more easily at the end. As the water evaporates, add lukewarm water.

When the smoked meat is cooked, it is taken out, boned and divided into pieces that fit in a tablespoon, then returned to the ciorba.

Once the vegetables, beans and meat are cooked through, add the broth and crushed garlic and boil for 4-5 minutes.

At the very end, adjust the taste of the soup with salt and pepper. Remove the soup from the heat, sprinkle with chopped green tarragon and cover with a lid. Let infuse for a few minutes to amplify its flavors. Serve the tarragon bean soup hot, offering vinegar, bread and marinated fresh hot peppers. Enjoy your meal! Pofta buna!



Mongolia: Buuz

Source: <https://peacecorpscooking.wordpress.com/2012/10/15/mongolia-buuz/>

Ingredients

Flour

Meat filling – Minced beef, sheep meat, or mutton

Water

Salt

Onion

Garlic

Other spices (optional)

** The amount of ingredients used depends on desired number of servings, use best judgement.*

Directions

Dissolve pinch of salt in lukewarm water. Mix in flour and knead into dough. Leave dough to rest.

Cut up meat into very fine pieces, making sure to leave it in the fat.

Chop onions and put into bowl with a pinch of salt. Add meat to marinate.

Knead dough a bit, then roll it out into a long string of dough. Cut dough into 2 in. balls for buuz.

Add a spoonful of meat/onion mixture to center of disc and begin pinching the ends shut moving in a circular pattern.

Steam for about 20 min. Serve hot.

Montenegro: Kačamak

A humble, traditional breakfast Balkan people have grown up on for generations.

Source: <https://thebalkanhostess.com/kacamak/>

2 servings. Prep time 5 min, cooking time 10 min.

Ingredients

2 cups (470 ml) water

1 cup (150 g) yellow cornmeal (I use Aunt Jemima)

1/2 teaspoon (2-5 g) salt + more to taste

2 tablespoons (30 g) butter

Feta cheese, to taste

Directions

In a medium saucepan or soup pot, bring the water, butter, and salt to a boil.

When the water comes to a boil, reduce the heat slightly and slowly pour in the cornmeal. Whisk continuously until the cornmeal is well incorporated. Add in some or all of the feta cheese, whatever you prefer.

Continue cooking the mixture for another 1-2 minutes until it has thickened.

Remove from heat and serve immediately. Garnish with any remaining feta cheese or any of the traditional toppings listed above.

Notes

You can either mix in the feta or save it all to top your dish with. If you mix it in, know that some of it will melt.

Netherlands: Speculaas

Source: Jeroen Aarssen

Buttery Speculaas-Spiced Cookies with Chocolate, Caramel, and Pistachios: The exact composition of speculaas spices can vary, but usually it is a mix of cinnamon, cloves, nutmeg, coriander seed, anise seed, ginger powder, cardamom. I used this one (Euroma, spices by chef Jonnie Boer), because it contains a bit more cardamom.

Enjoy your delicious buttery speculaas-spiced cookie bars with chocolate, caramel, and pistachios! 😊

Ingredients

200 g (7 oz) butter, at room temperature

150 g (5.3 oz) brown caster sugar

1 tea spoon vanilla extract

1 table spoon speculaas spices (Dutch spice mix)

Pinch of sea salt

1 egg, separated into yolk and white

250 g (8.8 oz) flour

100 g (3.5 oz) dark chocolate, chopped

For the caramel

150 g (5.3 oz) sugar

50 g (1.8 oz) unsalted butter

For the toppings

50 g (1.8 oz) chopped pistachios

Sea salt flakes (optional)

Directions

Prepare the Oven: Preheat the oven to 175°C (350°F). Line a baking dish (round or square) with parchment paper and lightly grease it.

Make the Dough: Using a mixer, cream the butter and sugar until light and fluffy. Add the vanilla extract, speculaas spices, salt, and egg yolk, and mix until well combined. Using a spatula, fold in the flour and chocolate pieces until a firm dough forms.

Assemble and Bake: Press the dough evenly into the prepared baking dish and smooth the top. Brush the surface with the lightly beaten egg white. Sprinkle two-thirds of the chopped pistachios on top, along with a pinch of sea salt flakes if desired. Bake for 25-30 minutes, until golden brown and just set. It will still feel soft but will firm up as it cools. Remove from the oven and allow it to cool slightly. Lift the cookie slab out of the dish using parchment paper and transfer it to a cooling rack.

Prepare the Caramel: In a heavy-bottomed pan, heat the sugar over medium heat without stirring. Once the edges begin to melt and turn golden, gently swirl the pan to help the sugar melt evenly. When the caramel reaches a deep

golden color, remove it from the heat and carefully stir in the butter and a pinch of salt (be cautious as it may splatter and is extremely hot). Whisk until smooth.

Decorate with Caramel: Drizzle the hot caramel over the cookie slab using a whisk or spoon, moving from side to side to create thin caramel strands. Sprinkle the remaining pistachios on top, pressing them lightly into the caramel.

Cool and Serve: Let everything cool completely before cutting into smaller bars or squares.



Netherlands: Sopaipillas

Source: Carla Cecconi submitted this recipe for a traditionally Spanish treat. She is originally from Chile but is based in the Netherlands, working in the ISSA Hub.

Ingredients

3 cups flour without baking powder

400 gr pumpkin

175 gr butter / margarine (melted)

1 ½ teaspoon of salt



Directions

Step 1: Chop the pumpkin and cook in water over high heat for 20 minutes.

Step 2: Remove and mash the pumpkin with a fork. Save a bit of cooking water for later.

Step 3: Place the flour in a bowl and make a hole in the middle. Add the melted butter, salt and ground pumpkin. Begin to mix to form a soft dough, gradually adding the cooking water until you get the desired consistency.

Step 4: Knead with your hands for about 10 minutes or until you feel a soft and moldable dough.

Step 5: Cut the dough into small balls, form balls and stars with the help of a rolling pin.

Step 6: You should get a circle about 0.5 cm thick and make two or three holes with a butter knife per sopaipilla.

Step 7: Preheat the oven to 180°.

Step 8: Place the sopaipillas on a floured baking sheet and bake for 15-20 minutes. You can turn them over after 15 minutes, so they are golden brown on both sides.

Step 9: They are ready! Serve at "once" time and eat with mustard, or pebre (chopped tomato, onion, coriander and olive oil)

North Macedonia: Pastrmajlija

Source: <https://soursweetbitter.com/recipe/pastrmajlija/>

Ingredients

For the dough

600 g flour
350 ml water
3 tbsp olive oil
1 tsp salt
1 tsp sugar
20 g fresh yeast
25 g baking powder

For the filling

800 g beef (optionally lamb or pork)
1 tbsp red chilli
1 tbsp salt

For the coating

75 g butter (or lard)

Directions

For this recipe, you need to prepare your meat a day in advance. In this way, your meat will absorb the spices better and will be delicious and soft.

Put the meat on a chopping board and cut it into cubes. Add salt, black pepper and chilli flakes and blend.

Leave your meat in the refrigerator overnight.

Dough preparation

Mix the yeast, warm water and sugar in a deep bowl. When the yeast is activated, add all the ingredients and knead until you get a medium soft dough. Cover and leave to ferment at room temperature for 1 hour.

Knead the fermented dough again to remove the air. Leave to ferment for 20 minutes at room temperature again.

Knead your yeasted and risen dough again and divide it into 4 equal parts. Roll the pieces into a ball and let them rise again.

Roll the pieces into a ball and let them rise again. Once risen, shape the dough into Pastrmajlija according to the size of the tray and place on the baking tray.

Divide the meat pieces you kept in the fridge on the pita bread.

Bake in an oven preheated to 220 degrees for 20 minutes. After removing from the oven, place on a serving plate and serve with chili or pepperoni. Your Pastrmajlija is ready. Bon Appetit!

You can also add egg to the filling if you wish.



Pakistan: Aloo Baingan

Source: <https://www.flourandspiceblog.com/aloo-baingan-recipe/>

Ingredients

½ cup diced onion

¾ tsp cumin seeds

500 g yellow potatoes (3-4) cut into small cubes

700 g eggplants cut similarly sized to potatoes, look at notes for how many.

400 g tomatoes (2)

1 minced green chili

1 tsp garlic paste or 4-5 cloves freshly crushed garlic

½ tsp chilli flakes

½ tsp chilli powder

¼ tsp haldi

¾ + ¼ tsp salt

Finishing touches

salt

freshly cracked black pepper

a squeeze of lemon juice

2 tbsp cilantro (chopped)

2-3 green chilies

Directions

Heat the oil and add your cumin seeds until they sizzle. Add onions and saute the onion until the edges are bronze

Add your tomatoes, garlic, and ¾ tsp salt

Mix well and cook on medium heat until the mixture looks softened and a little jammy.

Add your spices and mix.

Stir in your cubed potatoes and cover with a tight-fitting lid and cook on low heat for 15=20 minutes. Only add water if it starts to burn.

As soon as your potatoes are fork tender add your eggplant to the pan, sprinkle with salt, and mix well.

Cover and cook again on low heat until the eggplant is also tender - usually ten minutes.

Add a tbsp of cilantro, 1 diced green chili, a squeeze of lemon juice, your freshly cracked pepper

Mix, and taste. Adjust seasoning then add more cilantro and chilies to garnish and serve.

Notes

eggplants: given the immense variety of eggplants it is difficult to give a numerical equivalent for how many. I would say eyeball it so it's a little less than the potatoes in volume.



Poland: Zapiekanka

Source: <https://www.polishyourkitchen.com/polish-zapiekanki/>

Ingredients

1 baguette (about 80 cm / 30 inches)

16 oz / 500 g of button mushrooms

2-3 tbs of butter

14 oz / 400 g of cheese (I'm using Gouda; pepper jack, Muenster cheese or Swiss will do)

For ketchup

Ketchup

Green onions, chopped

For sausage, pickles, and onions zapiekanka

About 3 inch / 8 cm piece of smoked sausage, sliced

1/2 small onion white or red, thinly sliced

2 medium pickles, sliced

A pinch of red pepper flakes (optional)

Ketchup

For bacon & jalapeno zapiekanka

4-6 slices of smoked bacon

1 fresh jalapeño (or a few slices of pickled jalapeño)

For ham & French fried onions zapiekanka

4-6 slices of smoked ham

Ketchup

A few tbs of French fried onions

To make home-made garlic sauce

4 tbs of plain yoghurt / greek yoghurt / sour cream

1 tbs of mayonnaise

1 garlic clove, minced

A pinch of salt

A pinch of sugar

A pinch of black ground pepper

A good squirt of lemon juice

Directions

Clean and slice mushrooms. Preheat a large pan, add butter and sliced mushrooms. Sprinkle with a bit of salt and pepper. Sauté on medium heat until all moisture cooks off. In the meantime, shred cheese.

In the meantime, shred cheese and sauté bacon until almost done (it will get a bit crispier in the oven).

Preheat oven to 350°F / 180°C.

Cut baguette in half (in length) and each half along the side to create open-faced sandwiches.

Lay out on a parchment lined baking dish. Top each piece with mushrooms and then cheese.

For ketchup & green onions zapiekanka

Do nothing additional at this stage

For sausage, pickles, and onions zapiekanka

Add sausage slices and onions.

For bacon & jalapeno zapiekanka

Top with bacon.

For ham & French fried onions zapiekanka

Top with slices of ham.

Bake zapiekanki until lightly crispy on top (about 5 minutes). In the meantime, prepare garlic sauce by combining all ingredients and stirring well.

Take out and add the remaining ingredients:

For ketchup & green onions zapiekanka

Add ketchup and green onions.

For sausage, pickles, and onions zapiekanka

Add pickles, top with ketchup and sprinkle with red pepper flakes, if using.

For bacon & jalapeno zapiekanka

Top with jalapeños and garlic sauce.

For ham & French fried onions zapiekanka

Top with ketchup and French friend onions.

Note

Optionally, you are free to use hoagie rolls, Kaiser rolls or shorter baguettes. Also, feel free to experiment with other toppings!

Romania: Filo Pie with Cheese and Dill

Source: Liana Ghent, ISSA Hub

Ingredients

approx. 10 filo sheets

250 g Ricotta cheese or other fresh cheese (Feta or cottage cheese will work)

5 Tbsp yogurt or sour cream

fresh or dry dill to taste – you could use parsley too

2 eggs beaten, save some of the mix for brushing on top at the end

20 g/1 ½ Tbsp melted butter or olive oil

sesame seeds or poppy seeds – or a mix with other seeds (black sesame or nigella)

Directions

Mash the cheese with a fork. Add the yogurt or sour cream and most of the eggs beaten, and mix. Add the fresh or dried dill. If your cheese is already salted no need to add salt but add salt and pepper to your taste depending on the cheese you use.

Preheat the oven to 180C.

Line your tray with baking paper (30x30cm if you use a square tray, or something similar size if round). Grease the baking paper with a bit of oil, using a brush.

Place 3 sheets of filo pastry on the bottom, one on top of the other. Brush with melted butter or oil.

Add the cheese and dill mixture and spread it well.

Take the outer edges of the pie sheets and bring them over the composition, as if forming a packet.

Add another layer of 3 filo sheets. Seal the edges to cover the cheese composition in the pan on all sides. Brush again with butter or oil.

Add another layer of 3 filo sheets and proceed as above, sealing like a packet.

Using a silicone brush, brush the pie with a bit of olive oil or melted butter and with the remaining beaten egg.

Pierce the pie with a fork here and there. Sprinkle sesame or poppy seeds on top.

Bake the pie in the oven for approx. 30 minutes, or until it turns golden, at 180C.

You can cut it in whatever shape you wish squares or triangles

It is delicious, warm or cold, as a starter, for lunch with a salad, or for a picnic.

Serbia: Ćevapi

Source: <https://www.pulcetta.com/recipe-cevapcici-cevapi-sausages.html>

Serves 3-4

Ingredients

12 ounces / 340 g ground beef 85% lean, 15 % fat, preferably organic

6 ounces / 170 g ground pork loin (boneless chop), preferably organic

3/4 ounces / 20 g onion, minced

1 garlic clove, minced

1 teaspoon sweet paprika

1/2 teaspoon fine sea salt

1/8 teaspoon freshly ground black pepper

1 teaspoon baking soda

1 large egg white

50 ml sparkling mineral water (carbonated)

olive oil, for cooking

Directions

Important: mix the meats and shape the ćevapčići the day before you plan to cook them.

Place the ingredients listed above up to and including the egg white in a bowl and mix with a fork until well combined.

Gradually add the mineral water while kneading the mixture. At the end the meat mixture should be soft, so it can be easily rolled and shaped, without water oozing out (adjust the amount of water as needed to obtain that).

Line up a tray with wax or parchment paper.

With the help of a scale, divide the meat into 12 equal portions (about 50 g each). Roll a portion and shape it into a long sausage about 3/4 inch / 2 cm thick. Place on the lined tray. Repeat until all the meat mixture is used.

Cover the tray with plastic wrap and refrigerate overnight.

Remove from refrigerator 20 minutes before cooking.

You can cook the ćevapčići on the barbecue or a skillet. I use my cast-iron skillet. Heat the skillet over medium heat, then lower the heat to medium-low. Coat the ćevapčići with olive oil and place in the skillet (depending on the size of the skillet, you will need to cook the ćevapčići in batches).

Cook for 4 minutes, turn and cook for another 4 minutes, or until browned and cooked through. Serve immediately.



Slovakia: Saurkraut Soup (Kapustnica)

Source: https://www.slovakcooking.com/2009/recipes/kapustnica/?utm_source=chatgpt.com

Ingredients

Sauerkraut	onion
Garlic	apples
black pepper	pork
caraway seeds	sausage
cloves	red pepper
nutmeg	paprika
bay leaves	sour cream
dried mushrooms	

Directions

Prep time: 1 hour. Kapustnica is by far my favorite Slovak dish. It is a soup made with sauerkraut, mushrooms, pork, sausages, and various spices. It's really delicious and rightfully very popular. It's traditionally eaten on Christmas, but you will find this soup offered in all Slovak restaurant's year around. On Christmas, this soup is typically followed by fried fish with potato salad, and then by a variety of Christmas "cookies". And finally, right after dinner is when we run to the Christmas tree to open presents.

Start by adding sauerkraut to a large pot. Add about a liter of water. I used a liter jar of sauerkraut from Whole Foods in making this recipe.

Next take two cloves of garlic and do your best to turn them into a paste. I used a food processor to chop up the garlic and then crushed the chunks in a bowl using a spoon. Add the garlic.

Next add black pepper and caraway seeds

Then add two cloves and crushed nutmeg,
two bay leaves and dried mushrooms.

Then add an onion and two small apples. Also add pork cut into small pieces.

Add more water if needed and let cook for about 20 minutes. While the beef is cooking, take some spicy smoked sausage and cut it into pieces. Sometimes you can find smoked Hungarian sausage that is very similar to what is used in Slovakia. But, if not, then just use your favorite store-stocked brand.

Depending on the sausage you use, you may want to brown it a bit to improve the taste. Add after the soup has cooked for about 20 minutes.

Also add some crushed red pepper and paprika.

Cover and let simmer for 30 minutes.

If you like your soup light, you are done. However, this soup is typically thickened with sour cream.

Mix the thick sour cream available in US stores with about an equal amount of milk. Add a spoon of flour and mix well. Next add the mixture to the soup and cook for about a minute. Stir as needed. Enjoy with a slice of rye bread.

Slovenia: Potica

Source: <https://www.tastesfromtheroad.com/recipes/potica-from-slovenia>

Ingredients

For the dough

- 4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 packet active dry yeast (about 2 1/4 teaspoons)
- 1/2 cup milk, lukewarm
- 1/2 cup unsalted butter, melted
- 3 large eggs
- A pinch of salt

For the filling

- 3 cups finely ground walnuts, add peanuts or even a couple table spoons of peanut butter for an interesting flavor combination
- 1 cup milk
- 1/2 cup granulated sugar
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

For assembling

- 1/4 cup melted unsalted butter
- Additional milk for brushing

Directions

Prepare the Dough

In a large mixing bowl, combine lukewarm milk, 1 tablespoon of sugar, and the yeast. Let it sit for about 5-10 minutes, until it becomes frothy.

Add the remaining sugar, melted butter, eggs, and a pinch of salt to the yeast mixture. Mix well.

Gradually add flour and knead the dough until it's smooth and elastic. You may need to adjust the amount of flour slightly.

First Rise

Place the dough in a greased bowl, cover it with a clean kitchen towel, and let it rise in a warm place until doubled in size (about 1-2 hours).

Prepare the Filling

In a saucepan, heat the milk and sugar for the filling until the sugar dissolves. Remove from heat and add the nuts, honey, vanilla extract, and ground cinnamon. Mix well.

Roll Out the Dough

Punch down the risen dough and roll it out on a floured surface into a large rectangle, about 1/4 inch thick.

Add the Filling

Brush the rolled-out dough with melted butter.

Spread the walnut filling evenly over the dough, leaving a small border around the edges.

Roll Up the Dough

Starting from one of the long sides, carefully roll up the dough into a tight log.

Second Rise

Place the rolled dough into a greased round baking pan or a potica-specific pan if available.

Cover with a kitchen towel and let it rise for another 30-45 minutes.

Bake

Preheat the oven to 350°F (175°C).

Brush the risen dough with a little milk for a golden finish.

Bake in the preheated oven for about 40-50 minutes, or until the top is golden brown and the potica sounds hollow when tapped.

Cool and Serve

Once baked, remove the potica from the oven and let it cool in the pan for a few minutes before transferring it to a wire rack to cool completely.



South Africa: Kota

Source: Ximena Gonzalez, Seriti Institute

Kota is a favourite street food in South Africa.

Cooking time approx. 45 min. Portion for 4.

Ingredients

Chips (i.e. French fries, called slap chips in South Africa):

4 potatoes

1 tsp salt

Canola oil

Chip spice

Sausage

4 thick cheese grillers

Relish

1 can tomato and onion mix

250 g cherry tomatoes

4-6 piquant peppers

salt

Assemble

1 loaf uncut white bread

4 tsp mango atchar

8 slices cheddar cheese

Directions

- First make the chips. Cut the potato into thick fries.
- 1. Fill a pot with water and add salt to the water. Boil the potatoes for 10 minutes. Drain the water and dry the chips.
- 2. Heat the canola oil in a deep pan. Fry the chips for 15-25 minutes or until golden on medium heat.
- 3. Just before the chips are finished add the cheese grillers into the oil with the chips.
- 4. Remove the chips and sausages from the oil and place on paper towel to remove the excess oil.
- 5. Season the chips with chip spices and slice the sausages.
- 6. To make the relish cut the cherry tomatoes in half. Add the can of tomato and onion mix and cut tomatoes in a pan.
 - Chop the piquant peppers. Add to the the relish. Mix and fry for 10 minutes. Season with salt.
 - To assemble the kota, first slice the loaf into quarters.
- 7. Slice a block out of each quarter.

8. Then put in the filling. Start with a layer of cheese, then chips and atchar. Add another similar layer but this time with cheese, sliced sausage and relish.
9. Add the block of bread back. Press it together and eat.

Tips:

Mango atchar is a traditional South African pickle that is made from green mangoes and a blend of spices. It is a delicious condiment that can be enjoyed with a variety of dishes, from curries to sandwiches. You can make your own atchar and if you do not have green mangoes, granny smith apples are a good substitute. You can use any meat instead of sausages.

South Africa: Milk Tart (Melk Tert)

Source: Ximena Gonzalez, Seriti Institute

This is a South African classic for dessert or goes just as well with a good cup of coffee or tea anytime of the day!

Portion for 8.

Ingredients

200 grams Tennis biscuits (or similar)

100 grams butter melted

700 ml full cream milk

1 tin condensed milk

2 tsp vanilla extract

2 eggs separated

50 grams cornstarch

50 ml water

pinch of salt

Cinnamon to decorate



Directions

1. Break the Tennis biscuits into fine crumbs by hand or by using a food processor and mix in the melted butter until well combined.
2. Line a 25cm-26cm pie tin with the tennis biscuit crumbs and press down to compact. Place in the fridge or freezer to set while you make the filling.
3. If you are making individual milk tarts, use 1 1/2 packets of tennis biscuits (300 grams) and 150 grams of butter. Line the base and sides of 12 x 8cm individual tart cases with the biscuit crumbs and press to compact. Place in the fridge or freezer to set while you make the filling.
4. In a medium-sized pot, heat the milk, condensed milk and vanilla over a medium until boiling point (make sure you stir until the condensed milk is dissolved).
5. While that is heating up, separate the eggs and whisk the eggs whites to soft peak in a bowl. Set aside.
6. In another bowl whisk the egg yolks, cornstarch, water and salt. When the milk is at boiling point take it off the heat and allow it to cool for 3 minutes. Add the egg yolk mixture slowly while whisking vigorously all the time.
7. Return the pot to a low heat and continue to whisk constantly until it thickens, about 5-7 minutes.
8. Add the egg whites to the milk mixture and whisk for about 2 more minutes until well combined.
9. Pour the filling into the lined pastry cases and allow it to cool to room temperature before putting it in the fridge to set completely.
10. Sprinkle generously with cinnamon and serve. You can decorate according to any season and make it more festive!

Tips:

It is best to make this the day before and allow it to fully set and cool in the fridge overnight. To make 12 mini milk tarts increase the crumb mixture to 1.5 packets (300 grams) and 150 grams of butter. Store the milk tart in the fridge. Tennis biscuits are typically found in South Africa and are square coconut biscuits made with real golden syrup, coconut and butter. As an alternative you can use any butter biscuits and add 2 tablespoons of desiccated coconut.

South Africa: South African Crunchies

Source: Seriti Institute

Cooking time 30 mins. Makes at least 12 large cookies.

Ingredients

230 gms butter

1 Tbs golden syrup

2 cups of oats

1 cup of flour

1 cup coconut

1 cup brown sugar

1 tsp bicarbonate of soda

Directions

1. Pre-heat the oven to 180 degrees C / 350F
2. Mix the flour, oats and coconut in a bowl.
3. Melt the butter in a small pot and then add the syrup and sugar and heat.
4. When the butter is bubbling add the bicarb (baking soda) and stir through and remove from the heat.
5. Pour the butter mixture into the dry ingredients and stir together by hand.
6. Using the back of a metal spoon, gently press the crunchie mixture into a greased or lined baking tray (aprox 30cm x 20cm or similar depending on how thick you like the crunchies. A thinner layer will make crisper crunchies and a thicker layer will make them chewier.
7. Bake for 15 minutes at 180 C/350F then turn the oven down to 160C/325F and bake for a further 10 minutes until golden brown.
8. Allow to cool in the pan before slicing into squares.

Tips & tricks

Store these crunchies in an airtight container for up to 4 weeks. You can replace the golden syrup with honey. You can also add other ingredients of your choice, such as nuts, raisins or cranberries. This is a great recipe to make with children as the mixture of butter, sugar and bicarb results in a fun science experiment where the mixture starts changing color, bubbles and grows!



Tajikistan: Oshi Palav

Source: <https://globalkidchen.com/tajikistan-oshi-palav/>

Ingredients

- 1 lb lamb (but you can use any meat you prefer)
- 2 cups rice (I used Basmati)
- 3 cups water
- 1 cup of raisins
- 3 carrots, julienned
- 1 sweet onion, sliced
- 1 parsnip, julienned
- 1 head of garlic, top cut off
- 1 can of garbanzo beans
- 1 1/2 tsp coriander
- 1 1/2 tsp cumin
- 3 tbsp olive oil

Directions

Rinse and presoak rice

Dice the meat and brown in the olive oil, about three minutes on each side. While the meat is cooking julienne the carrots, parsnip and onion. Remove meat from heat and keep on side.

Add onions to the pot and saute, when soft, add carrots and parsnips. Continue to saute the vegetables until all become soft.

Add garbanzo beans, raisins, spices, and garlic head (top removed). Cover and cook on low heat for 10 minutes.

Add meat back in, cover, and simmer for another 20 minutes.

Drain and add rice and water. Bring to a boil for 5-10 minutes. Reduce heat to a simmer and cover. Cook until liquid has been fully absorbed (about 35-40 minutes but can vary based on the type of rice).

Turkey: Çılbır

Source: <https://www.cookeatworld.com/cilbir-turkish-eggs/>

Ingredients

Eggs - buy the best you can, a good quality egg usually makes the best, plump poached egg.

Yoghurt - Greek style, plain yoghurt brings the creaminess.

Garlic - a little minced garlic flavors the yogurt with a savoury note.

Butter - or ghee creates the nutty luxurious texture to the final dish.

Aleppo Pepper - is added to the warm butter and infuses all its color and mild, warming spice.

Bread - Cilbir and bread are essential - flatbreads, crusty bread - whichever suits you best.

Directions

Making Çılbır is simple. Make everything in advance if you like and then come breakfast time, it's just a case of assembly. Either way, it's a simple dish to put together in even the groggiest of mornings.

Step 1 - Warm the butter and let it bubble a little and turn lightly golden brown. Add the Aleppo pepper and leave to infuse. (you can strain out the Aleppo pepper once infused if you like).

Step 2 - Poach the eggs (see my how to below)

Step 3 - Mix the yoghurt with the garlic and salt and then gently heat in a pan or microwave.

Step 4 - Arrange the Çılbır - make a bed of the warm yoghurt, add the eggs on top and then drizzle with the infused butter.

The perfect poached eggs

Another element that makes this Çılbır recipe so special are perfectly poached eggs. Many people are intimidated at the prospect of poaching eggs and there are countless contraptions that promise to deliver them, many of which I bought in the pas

- In truth, poaching an egg is not difficult. Simply bring a small pan of water to a boil, reduce the heat so that it's not bubbling. Add a little vinegar or lemon juice (it helps to keep the egg firm).
- Now break your eggs into a small bowl (put all your eggs in the same bowl - they won't stick together). Create a little whirlpool with the water with a spoon and while it's still spinning gently ease in the eggs. They'll spin for a few seconds and then finally settle. Now leave them alone for about 3-4 minutes. They should sit in still, not simmering hot water. Then simply remove them using a slotted spoon and drain briefly on paper towels.

Note: You can poach eggs in advance and keep covered in cold water in the fridge for up to a week! Then just pop into boiling water for 20-30 seconds to warm through.

Pro Tip

Making in advance - All the elements for Çılbır can be made in advance.

- The eggs can be pre-poached and warmed in hot water when needed
- The yoghurt can be mixed in advance and gently heated when needed
- The butter can be made in advance and kept at room temperature until needed.

Ukraine: Holubtsi

Source: Ilona Yelienieva

To those unfamiliar with the terms, vareniki (vuh-reh-nee-ky) and pelmeni (pehl'-meh-nee), they are Ukrainian stuffed pasta, just like ravioli or Chinese dumplings (dim sum). Vareniki can be stuffed with mashed potatoes and cheese, sauerkraut, cheese, cherries, strawberries, blueberries or anything else you can think of. Pelmeni on the other side, are always stuffed with meat (of any kind).

Both can be made with the same dough. You make one dough, divide it and make it with different fillings of your choice.

Make them savory for dinner or lunch, or sweet for a dessert.

Vareniki or pelmeni make a great fast food because if you have some of these in your freezer, and they freeze well, you can have vareniki in probably 15 minutes (10 minutes to bring water to boil, 5 minutes to cook).

This recipe makes about 120-140 pieces, which is probably enough for up to 10 people. If you don't need that many, just freeze the rest, you will be glad you did, later.

Here's how you make vareniki...

Homemade dough filled with a sweet cherry filling, boiled and tossed in butter. A classic Ukrainian dessert dish.

Cooking time 7 min. This recipe makes about 120-140 pieces, which is probably enough for up to 10 people.

Original source: <https://letthebakingbegin.com/cherry-dumplings-cherry-vareniki/>

Ingredients

For the dough

2 cups milk

1 egg

1 stick butter/margarineroom temperature

1 tsp salt

3 cups flour

2 cups flour

To serve

Butter

Sour Cream

Sugar

Filling

Tart Cherries canned

Directions

In a bowl of a mixer fitted with a hook attachment, combine 2 cups milk, 1 egg, 1 stick butter/margarine, 1 tsp salt, and 3 cups of flour. Mix at low speed until thoroughly combined. Add 2 more cups of flour and knead until a smooth dough that doesn't stick to the sides of the bowl forms.

Let rest for 30 minutes to 1 hour, at room temperature.

Drain the cherries from the liquid over a colander.

Dust a couple of rimmed baking sheets with flour. Set aside.

Once the dough has rested, divide it into 4 equal parts and shape them into balls.

Working with one dough ball at a time, roll it out with a rolling-pin until about 2 mm thin, dusting the surface with flour, to keep the dough from sticking to the table. Using a round cookie cutter, cut out circles, as close to each other as possible. Collect all the pieces around the circles and add them to the rest of the dough (keep the dough balls covered between use).

Place 2 cherries in the middle of each circle. Working with one circle at a time, fold it in half, keeping the cherries from moistening the edges (this will keep them from forming a seal), and press the two edges together to form a half circle shaped dumpling. Place it onto the dusted baking sheet. Keep working with the rest of the dough circles and then move onto the next dough ball, until all dough and cherries are used.

To cook

In a large pot, over high heat, bring 4 quarts of water to boil. Working with about 30 vareniki at a time, drop them into the water, one at a time and mix with a spoon. Bring to a boil again and lower the heat to medium. Cook for about 5-7 minutes, after they float to the top or until soft and cooked through. Place 1-2 tablespoons butter into a serving dish. Remove vareniki from the water with a colander and into bowl with the butter. Shake the bowl to coat all vareniki with the butter and to keep them from sticking to each other. Let them sit for about 3-5 minutes, to cool slightly.

Serve with a dollop of sour cream and a sprinkling of sugar.

Recipe Notes

If this makes more than you can use at a time, freeze the rest on a flour dusted baking sheet, then put the vareniki in a ziplock bag, until next time.



United Arab Emirates: Harees

Source: Jamila Al Falasi, ECA

Harees is one of the most popular traditional foods in the Emirati kitchen (it can be served for children from 6 months) Harees is a delightful and nutritious dish made from wheat and meat. It is packed with essential nutrients that is high in protein and healthy fat which are necessary for our body's health and well-being.

Children also can be part in the preparing this meal, they can mix and stir Harees, and serve it with ghee

Cooking time: 2-3 hrs

Ingredients

Serving for 5 people:

1 cup Hareese wheat

500g lamb (local meat is preferred)

5 cups water

salt

Butter or ghee for topping (2-3 tablespoons)



Directions

Harees is prepared by cooking wheat in slightly salted water for a number of hours. Then meat – often lamb or chicken – is added and again cooked for a long time (at least four hours)

Another preparation method involves putting the meat and wheat together in the pot at the beginning, along with the water and salt, and then cooking it for a long time.

Finally the dish is then served with Local ghee spooned on top.

Tip: By using the compression cooker; the cooking process will be faster and easier than a normal cooker.

United Arab Emirates: Balaleet

Source: <https://everylittlecrumb.com/balaleet-%D8%A8%D9%84%D8%A7%D9%84%D9%8A%D8%B7/>

Ingredients

For the vermicelli

1/2 teaspoon saffron threads or powder

1/4 cup rosewater

3 tablespoon vegetable oil (divided)

2 cups vermicelli (I used nests)420g

1 tablespoon butter

1/2 cup sugar

1/2 teaspoon turmeric powder

2 teaspoon cardamom powder

pinch black pepper

For the eggs

4 eggs

pinch saffron optional

pinch cardamom

salt and pepper to taste

Directions

For the vermicelli:

Dissolve the saffron into the rosewater and set aside to steep for 10 minutes or until ready to use in the recipe.

Heat 2 tablespoons of the vegetable oil over medium high heat in a large, deep skillet, then add half the vermicelli noodles. Toast on both sides until golden brown, then add the remaining vermicelli.

Pour boiling water on top, enough to just submerge the noodles, and boil for 4-5 minutes until cooked al dente or according to vermicelli package instructions.

Drain the noodles over a colander, wipe out the skillet, and add the butter and remaining 1 tablespoon of vegetable oil over medium high heat. Once hot and bubbling, add the vermicelli back in, along with the sugar, turmeric, cardamom, black pepper, and rosewater saffron mix. Reduce heat to medium and stir for a few minutes until sugar is dissolved and noodles have dried out a little. Meanwhile, prepare the eggs.

To make the eggs:

Whisk together the eggs, saffron (optional), cardamom, salt and pepper. Make an omelet or scrambled eggs to top the noodles with.

Assemble:

Place the cooked vermicelli noodles on serving platter and top with the prepared eggs. Serve immediately.

Vermicelli Noodles: I like to use these vermicelli nests for longer strands instead of the short and broken vermicelli. I attached this link for a photo reference.

Oil and butter: You'll use vegetable oil initially to toast half the vermicelli. Then, some more oil and butter to coat the cooked noodles.

Sugar: Regular white sugar, you can increase or decrease the amount according to taste.

Spices and flavoring: Cardamom is essential in this, as well as turmeric and saffron which will give the noodles a lovely yellow color. I like using rosewater which gives so much fragrance. Also, a pinch of black pepper for a little contrast.

Eggs: I like making a simple omelet to top the noodles with, and season the eggs slightly with saffron and cardamom, as well as salt and pepper.

Make the noodles by toasting 1/2 of them until golden brown, then adding in the untoasted half.

Add boiling water until noodles have cooked to al dente according to package instructions.

Make sure not to overcook, because once you drain them, you'll be returning them to the skillet.

Wipe out your skillet after draining the noodles, add some oil and butter, and the vermicelli back in.

In goes the spices, the rosewater steeped saffron, the sugar, and the mixture bubbles a little until sugar dissolves and noodles dry out.

In a separate skillet, prepare the eggs however you like, and top the noodles with them before serving.

Enjoy warm, preferably with a cup of tea or chai.



United Kingdom: Laverbread

Laverbread is traditionally eaten in Wales with fried cockles, bacon, mushrooms and egg as a hearty meal.

Source: <https://hisforhomeblog.com/food/laverbread-recipe/>

Ingredients

4 slices streaky bacon omit if you're veggie

1 tin 120g/4oz Parsons laverbread

30 g/1oz medium or fine oatmeal

Directions

Mix the laverbread and oatmeal together and shape into little flat cakes about 2" across and ¼" thick

After frying and removing the bacon (if using), place the laver cakes into the hot bacon fat and fry for 2-3 minutes on each side maintaining the shape with a pallet knife as they fry. Fry in unsalted butter or vegetable oil instead if you are vegetarian/vegan

Lift out carefully and eat with the bacon (or a fried egg, if preferred)



United States: Hushpuppies

Source: <https://therecipecritic.com/homemade-hush-puppies/>

Ingredients

Simple ingredients for a simple recipe. Mix together the ingredients until it is smooth and creamy. See how quick and easy it is to make, then add golf ball sized round balls to the oil, spinning the ball around until the outside becomes a golden brown. The inside will maintain a light and flakey dough. These are best served with tartar sauce or even ranch dressing.

Oil: Used for frying

Flour: This is a main ingredient that thickens the hush puppies and gives it the texture it needs to be fried.

Cornmeal: Is an additive that is finely ground up maize.

Sugar: This is used to give a sweet taste to the hush puppies.

Baking Powder: Helps rise and increase the dough as well as lighten the texture.

Salt: Just a pinch!

Garlic Powder: Adds in a garlic flavoring.

Onion Powder: Gives an onion flavor without the texture.

Paprika: A hint of spice.

Pepper: Just a bit

Large Egg: This helps bind the hush puppies together.

Buttermilk: Sweet and creamy milk.

Cold Butter: This helps in expanding the dough that creates pockets of air in the dough making it light and fluffy on the inside.

Tartar Sauce: Used for dipping the hush puppies into.

Directions

Make sure to preheat your oil for these homemade hush puppies. It is best to use a candy thermometer to have on the side of the skillet you are frying your hush puppies in. To test the oil to make sure it is hot enough, drop in one inch batter and see how quickly it fries. It should be 2 to 3 minutes of frying spinning it around. Once the mixture is mixed together evenly continue to add in more hush puppies batter to the hot oil cooking these quickly. Serve with a side of tartar sauce and enjoy!

1. Preheat oil: Preheat 2 inches of oil in a large skillet to 365 degrees.
2. Mix together the dough: In a medium sized mixing bowl add the flour, cornmeal, sugar, baking powder, salt, garlic powder, onion powder, paprika, and pepper. Add the egg and buttermilk and stir until combined. Stir in cubed butter.
3. Cook in oil: Drop the batter by rounded teaspoonfuls in the hot oil. Let cook until they are golden brown, 2-3 minutes. Remove with a metal strainer on a paper toweled lined plate. Serve with tartar sauce if desired.

Expert Tips for Making Easy Hush Puppies:

- Cornmeal: If you are using self-rising cornmeal and flour omit the baking powder and salt for the recipe. This will ensure a lighter batter.

- Add-ins: Add in minced jalapeños or red pepper flakes for a little more heat. Switch out your favorite seasonings to make different variations.
- Batter Tip: It is best not to over mix the batter. If the batter looks lumpy that is okay.
- Dropping batter into oil: For an easier way to drop the balls into the batter I like to use a cookie dough scooper to not only for the round balls but also drop them in without using my fingers. It is a cleaner and easier way.
- Cooking spray: To make it easier when dropping the batter into the oil, simply spray cooking spray on the cookie dough scooper or your spoon that you are using to help relieve the sticky batter into the oil.
- Oil: I used peanut oil for taste, but it also does the best at high temperatures when deep frying. Vegetable oil or canola oil work well too. Olive oil is not a deep-frying oil to use.
- Keep warm: While making several hush puppies, place the hush puppies in an oven safe pan and let them rest in the oven at the lowest temperature (about 200 degrees Fahrenheit). Do not over bake your hush puppies though. The maximum amount of time in the oven is about 15 to 20 minutes.





International Step by Step Association (ISSA)

Kinderrechtenhuis / Child Rights Home

Hooglandse Kerkgracht 17-R

2312 HS Leiden

the Netherlands

Tel: +31 (0)71 516 1222