



Rayyan
Recipe
Book
2016



COMPASS INTERNATIONAL SCHOOL
DOHA, RAYYAN
A NORD ANGLIA EDUCATION SCHOOL

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Section 1

Beverages and Breakfast



Columbian Arena (oatmeal shake)

Family

Jimenez - Plata

Details of your Country

Columbia

Description of your Country

Columbia is a country situated in the north west of South America bordered by Panama, Venezuela, Brazil, Ecuador and Peru. Capital – Bogota. Ecologically it is one of the world's megadiverse countries. Language – Spanish.

Recipe

INGREDIENTS

- ¾ cup (60g) old fashioned oats
- 1 cup (240ml) water
- 2 cinnamon sticks
- 2 whole cloves
- 3-4 tablespoons sugar
- 1 pinch of salt
- 5 cups of milk

METHOD

1. Place oats, water, cinnamon, cloves, sugar and salt in a large pot and bring to boil.
2. Add milk, cover on a low heat for 10-15 minutes.
3. Let it rest for 3 hours. Refrigerate. Remove cinnamon, cloves and mix in a blender.
4. Serve.



Molletes

Family

Eleonora Di Giulio Garcia

Details of your Country

Mexico

President: Enrique Pena N
Population: 120,286,655
Capital: Mexico City
Monetary Unit: Mexican Peso
Official Language: Spanish

Description of Dish

Molletes is a typical dish for breakfast in Mexico. Prep: 15 min, Cook: 5 min

Recipe

INGREDIENTS

- Mexican hard rolls (bollillos)
- Beans - pico de gallo
- Tablespoon butter
- Manchego cheese
- Sliced cooked ham
- Salsa
- (Tomato, onions, lemon, chili)

METHOD

1. Preheat the oven or toaster oven to 500°F.
2. Heat a large pan over medium heat until it's nice and hot. Spread the butter over the cut sides of the roll halves. Place them, cut sides down, in the pan and cook until they are lightly golden brown and crispy, a minute or two.
3. Spread a thin layer of beans over the toasted side of each roll. Top with a thin layer of cheese. Cook the molletes (open-faced) in the oven just until the cheese has melted and turned golden brown in a few spots, 3 to 5 minutes.
4. Serve the molletes beside a bowl of the pico de gallo and let everyone top the molletes with pico de gallo themselves.



Porridge

Family

The Hopper Family! Nicola, Jason, Callum and Paige

Details of your Country

We are from the UK where we get a variety of weather. Living in Wales, we saw lots of rainy days, but were lucky to have beautiful countryside around us.

Description of Dish

We like to eat porridge for breakfast on those cold days. Basic ingredients are rolled oats which are mixed and heated with either water or milk or a combination of both. You can eat it plain or add your favourite accompaniment with it. We're honey monsters in our household! People from Scotland like to flavour with salt.

Recipe

INGREDIENTS

- Rolled oats
- Water
- Milk
- Your choice of flavourings

METHOD

1. In a pan, add 1 cup of oats. We like the small rolled oats brand known as Mornflakes - possibly sourced at Megamart.
2. Using the same cup, measure 2 cups of liquid. We do 1 cup of water and 1 cup of skimmed milk. It depends on how creamy you like it.
3. Boil the mixture until it thickens and stir regularly. It should be ready within 5 minutes.
4. Spoon into individual dishes. Then add your flavouring – salt, sugar, honey, jam, syrup, stewed fruit etc...



Semiya Upma

Family

Vikaashinee. We are from India. I live with my father and mother. My father's name is Satish. My mother's name is Bavathalini.

Details of your Country

India is the world's 2nd largest country by population and 7th largest by land mass. India is a confederation composed of 29 states and 7 union territories. It is surrounded by the Indian Ocean (south), Arabian Sea, (south-west), Bay of Bengal (south-east). India is home to Taj Mahal – one of the 7 Wonders of the World.

Description of Dish

Semiya upma, also known as Vermicelli upma, is quick and easy to prepare as a tasty breakfast. With veggies included it makes a wholesome breakfast.

Recipe

INGREDIENTS

- 1/2 cup vermicelli
- 1/2 cup carrot, peas, beans
- 1 onion
- 2 teaspoons coriander leaves
- 1 cup water
- Salt

TEMPERING

- 2 teaspoons oil
- 3/4 teaspoon mustard seeds
- 1 green chilli
- 1/2 teaspoon ginger
- 1/2 teaspoon uraddal

METHOD

1. In a pan dry roast vermicelli till golden. Collect in bowl.
2. In another pan heat oil – add ingredients in “tempering” list.
3. Add onions and sauté. Add veggies and sauté.
4. Add water and let it boil. Add roasted vermicelli and mix quickly.
5. Keep covered in low flame. Cook for 15 minutes. Serve hot.



Section 2

Appetizers and Starters



Batbut and Hummus

Family Khalid Al-Thani

Details of Your Country

Qatar, Nationality- Qatari, Emir, Sheikh Tamim bin Hamad Al-Thani, Emir of State of Qatar



Description of Dish -

Hummus / chickpeas in English is a spread or dip, creamy, thick spread made primarily from mashed chickpeas and a few other healthy ingredients that has become popular worldwide over the past couple of decades.

Ingredients

Chick Pea 200g	Sesame 50g	Ground cumin 0,5tsp	Garlic (cloves) 2-3
Olive oil 50 ml	Lemon juice to desired taste		Pinch of salt
Pinch of ground black pepper	Pinch of paprika powder		Pinch of parsley
Cilantro to desired taste			

Batbout Ingredients Flour 150g Dry yeast 1tsp & a pinch of Salt Water 125ml

Recipe

- Soak chick peas for a night. In the morning, drain, rinse chickpeas. Pour cold water (1: 5). Bring to a boil over high heat. Remove foam. Reduce heat to minimum and cook for 2 hours, if necessary add hot water. Do not pour broth out.
- Fry sesame with zira (sesame seeds) in a dry frying pan for 2-3 minutes until light golden color and flavor of sesame. Pour mixture into a blender and grind. Add cloves of garlic, a little salt and oil. Grind mass to homogeneity.
- Add a little of chickpeas and grind into puree, gradually adding rest of chick peas broth and peas (put some aside for decor). While pureeing add lemon juice, salt and pepper to taste. Bring ready hummus to the homogeneous, creamy mass in a blender (preferably in immersion one). Determine hummus density by your preferences — from puree to sauce...
- **Batbut:**
- Stir sifted flour with salt and yeast. Gradually add warm, closer to hot, water and knead elastic dough. Knead for 10 min.
- Roll layer of 3-4 mm and using glass, cut off circles (5-8 cm).
- Put them on board, cover with clean towel and leave for 20-30 min to stand.
- Spread hummus in plate. Make deepening with spoon. Pour olive oil. Spread whole grains of chick peas, sprinkle with paprika and decorate with parsley (cilantro).
- Spread batbouts on plate
- Open batbout slightly tearing it, stuff with hummus and enjoy... Mmm, tasty!



Fatayer with Zatar

Family

Al-Thani

Details of Your Country

Qatar, Nationality- Qatari, Emir, Sheikh Tamim bin Hamad Al-Thani, Emir of State of Qatar.

Description of Dish

Fatayer with zatar are the perfect, crowd thrilling party food. They are easy to pick up finger foods that are filled with cheese, spinach or zatar.

Recipe

INGREDIENTS

- 2 1/2 cups of all purpose flour
- 1 1/2 tsp instant yeast
- 1 tablespoon white granulated sugar
- 1/2 teaspoon salt
- 1 cup whole milk (lukewarm)
- 1/3 cup olive oil

METHOD

1. Place the flour in a bowl and make a well in the centre. Add the yeast, sugar and salt. Whisk the dry ingredients then add the milk and olive oil.
2. Mix well until combined then knead for 5 minutes.
3. Cover and let the dough rest for 10-15 minutes.
4. After, you can add zatar, cheese, spinach on it and place it in the oven.



Gazpacho

Family

Ivan, Zaria Diaz Munoz

Description of your Country

Spain

Description of Dish

Cold soup, served before main course in summer.

Recipe

INGREDIENTS

For 6 people

- 800g ripe tomato
- 50g olive oil
- 30g vinegar
- 50g green pepper
- 1 clove of garlic
- 1 teaspoon of salt
- 200 gr carrots
- 50 gr of baguette
- 100 gr Water
- 10 Ice cubes.

METHOD

1. Blend tomato, carrots, pepper, and garlic all together.
2. Add the bread after soaking it in 100gr of water, salt, olive oil, vinegar and blend it all.
3. Add the ice cubes and continue blending.
4. Serve immediately or can be put in fridge. Can be served in glass or bowl. Can be served with diced tomato, pepper and cucumber.



Tzatziki

Family

Nefeli Daouti's Family

Details fo your country

Greece (Hellas!)

Details of Dish

Tzatziki - Greek dip that is easiest to make than spell! Good friend for most Greek meze or as a sauce for your BBQ meat.

Recipe:

INGREDIENTS

- 1 Cucumber
- 3 cups Greek Yoghurt
- 3 cloves garlic
- 1/4 teaspoon salt
- 4 teaspoons olive oil (Greek)
- Pepper to taste

METHOD

1. Drain yoghurt, put in a bowl.
2. Grate the cucumber-hang grated cucumber in muslin cloth to squee out all excess juice.
3. Crush the garlic.
4. Add the cucumber, oil, garlic, salt and pepper to the yoghurt.
5. Refrigerate for at least 30 minutes.
6. Before you serve decorate with dill.

7. Enjoy of nicely and



with plenty bread. Goes with meat BBQ.

Yalanji

Family

Al Farhan

Details of your Country

Syria, Damascus

Recipe

INGREDIENTS

- 1 pound vine leaves
- 2 cups rice
- 3/4 chopped tomatoes
- cup of chopped parsley
- 1/4 cup of lemon juice
- 1/2 cup of olive oil
- Salt and pepper to taste
- Dried mint to taste
- 1 medium chopped onion

METHOD

Dip the vine leaves in boiling water for 1 minute, remove and put aside. Then, mix the rice with the herbs, onions, tomatoes, lemon juice, oil, salt and pepper. Open the vine leaves on a board one at a time. Put 1 tablespoon of the mixture on each, fold in 2 sides then roll as a small cigar. Repeat until finish all the leaves or the stuffing are finished.

Serve cold.



Indonesian Rissoles

Family

Fladina and Fardan

Details of your Country

Indonesia is located in Southeast Asia. The capital city is Jakarta. The nation is an archipelago which is made up of thousands of islands. It is home to hundreds of ethnic groups speaking many different languages. It is known for its beaches, volcanoes, and jungles sheltering elephants, tigers, and Komodo dragons. One of the famous islands is Bali, a tourist destination where the beauty of nature meets unique tradition. You can find lots of beautiful temples standing on the tops of mountains, at the side of the valley or even in the lakes and sea. It is really a great place to see.

Description of Dish

Indonesian Rissoles (Roll snacks with chicken ragout)

Recipe

INGREDIENTS:

150g of chicken meat	2 eggs
2 carrots cubed	200ml of milk
1 stalk of celery chopped	salt-to taste
1 sliced onion	pepper- to taste
2 cloves of garlic sliced	sugar-to taste
150g of wheat flour	bread crumbs for dipping



The Wrapper:

Mix flour, salt and egg. Gradually add milk and whisk them to make a smooth texture. Heat up nonstick pan. Take 2 tablespoons of the mixture, pour into the pan and make it thin (just like how you make crepes). Cook it on a low heat. When the edge of the skin is dry and you can peel it off easily it means it is cooked. Set aside.

The Filling (Ragout):

Heat up the wok, stir-fry onion and garlic until fragrant. Add chicken meat and mix them well for a few minutes. Then add carrots, pepper, salt, celery and 1 cup of water. Continue cooking until they are tender and add 1 tablespoon of flour mixed with water to make the filling thicker. You can a little bit of sugar to adjust the taste.

The Rissoles:

Take one rissoles wrapper then add the filling towards the bottom, leaving a few centimetres clear from the edge. Lift the wrapper over the top and tuck it in under the filling. Fold over the left side, then the right side and roll it up to form a tube. Repeat until all the wrappers are finished.

The Dipping:

Dip the rissoles into 1 beaten egg then coat them with bread crumbs. Deep fry them on a low heat, set aside and use the tissue paper to absorb the oil.

Serve with fresh green chillies or chilli sauce.



Empanadas

Family

Znimi Ghilardi

Details of your Country

Argentina (officially called Argentine Republic) is a country in South America. Argentina is the second largest country in South America and the eighth largest country in the world.

Spanish is the language most people speak and is the official language but many other languages are also spoken. Some of these are German, Guarani, Mapudungun, Quechua and even Welsh in Patagonia.

Description of Dish

Empanadas are made by folding dough with stuffing consisting of a variety of meat, cheese, vegetables, fruits and others.

Recipe

Dough:

2 cups of all purpose flour
1-2 teaspoons of salt
3/4 cup of cold margarine
or butter cut into small cubes
2 eggs
2/3 cup cold water
2 tablespoons white vinegar

Meat filling:

1 lb ground beef (or turkey or chicken for a low-fat variation)
4 hard boiled eggs
1 cup of stuffed green olives
handful of raisins (optional)
1 large onion
3 garlic cloves
2-3 tablespoons of ground cumin powder
1 teaspoon chilli pepper flakes
salt and pepper

METHOD

- Sift the flour, mix the sifted flour and salt in a large bowl.
- Mix in the solid margarine or butter with your fingers (best to cross cut with 2 knives). The flour should have an even, coarse texture, with the margarine lumps no larger than a pea.
- Beat together the water, eggs and vinegar in a bowl. Slowly mix into the flour mixture until you have the desired consistency (it should not be too sticky but still malleable).
- Place the mixture on a floured surface. Knead with the heel of your hand to bring the dough together. Cover the dough and allow to sit in a cool place for at least an hour.
- Roll out the dough until it is about 1/8th of an inch (0.3cm) thick. Cut into circles about 4-6 inches (10-15cm) in diameter and lightly flour them.
- Heat some oil in a large saucepan. Mince the onions and garlic and add to the pan. Cook until the onions become translucent.
- Add the ground meat. Break it up with a spoon and cook, stirring until lightly browned. Drain off fat.
- Mix in the cumin, chilli pepper flakes and sugar. Adjust to taste.
- Chop the hard boiled eggs and halve the stuffed olives. Carefully mix into the meat mixture. Add salt and pepper to taste.
- Preheat the oven to 375 degrees F/200 degrees C
- Stuff the empanada dough wrappers. Place 2-3 tablespoons of the filling in the centre of each wrapper. Dampen the outer perimeter of the dough.
- Fold over forming a semicircle. Pinch a corner of the dough and then fold that section onto itself. Pinch and pull out another 1/2 inch (1.2cm) section and fold over so that it slightly overlaps the first piece. Repeat along the length of the folded side until you create a braided or twisted seal.
- If desired brush the tops of the empanadas with beaten egg yolk for a nice golden colour.
- Place the folded empanadas on a greased cookie sheet. Bake 15-20 minutes or until golden brown.



Section 3

Main Dishes and Sides



Alexandria Koshari

Family

Abdelkhalik

Details of your Country

Egypt is an Arabic country. Located in the north east of Africa. Famous for the three Pyramids and the Sphinx which are the main archaeological sites in Egypt, located in Giza. The weather is nice most of the year.



Description of Dish

Alexandrian Koshari, is a famous Egyptian Cuisine. It is healthy and delicious.

Recipe

INGREDIENTS

- 1 and a half cup of Egyptian rice
- 1 cup yellow lentils
- 1 small onion chopped
- 2 cubes of chicken broth
- 2 1/2 cups of water
- Hummus, 300 grams of chickpeas

METHOD

Wash rice and lentils separately under running water and drain. In a deep pan heat butter or ghee, rice and lentils over medium-high heat. Add water and salt and cook until water is absorbed.

Cover, move to low heat. In a frying pan, fry onion until brown.

Serve koshari and sprinkle fried onion on top. You may add boiled macaroni pasta.

SAUCE

INGREDIENTS

- 2 tomatoes cut into small cubes
- 1 large onion cut into small cubes
- 1 tablespoon olive oil
- 1 tablespoon cumin
- 2 tablespoons vinegar
- 1 teaspoon salt

METHOD

In a deep pan heat oil or butter.

Add tomato water and onion leave to cook.

Add salt, cumin and vinegar.

Serve on koshari as required.



Bobotie

Family

Salma Vink

Details of your Country

South Africa

Recipe

INGREDIENTS

- 2 onions thickly sliced
- 3 cups water or as needed
- 1 tablespoon vegetable oil
- 1 slice white bread
- 1 cup milk
- 2 pounds lean ground beef
- 1 tablespoon curry powder
- 2 eggs
- 1 tablespoon white sugar
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon turmeric (optional)
- 2 tablespoons vinegar
- 3 tablespoons chutney
- 6 almonds
- 1/2 cup raisins
- 4 bay leaves

METHOD

Heat water in a saucepan over high heat. Bring to a boil and add the onion slices. Reduce heat and simmer until the onions appear translucent, 3 to 5 minutes. Remove the onions and finely chop them.

Heat the vegetable oil in a skillet over medium heat. Stir in the onion; cook until the onion has browned slightly.

Preheat oven to 350 degrees F (175 degrees C).

Grease a 7 x 11 inch baking dish

Soak the slice of bread in the milk and gently squeeze out the milk; set the milk aside. Crumble the bread into a large mixing bowl. Mix bread together with ground beef, curry powder, 1 egg, sugar, salt, black pepper, turmeric, vinegar, chutney, almonds, raisins.

Place the mixture in the prepared baking dish. Insert the bay leaves into the meat. Bake in the preheated oven for 1 hour.

Beat the remaining egg with 3 tablespoons of the drained milk. Pour over the meat and bake for another 30 minutes.



Balaleet - Vermicelli and Egg Omelette

Family

Hamad al Hajri

Details of your Country

Qatar

Recipe

INGREDIENTS

- 2 cups of vermicelli
- 2 tablespoons cooking oil
- 1/4 cup of ghee (or a mixture of 2 tablespoons butter and 2 tablespoons cooking oil)
- 2/3 cup sugar
- 2 tablespoons cardamon powder
- 2 generous pinches of saffron soaked in 1/2 cup rose water
- 4 eggs beaten with 3/4 teaspoon salt and a pinch of black pepper

METHOD

1. In a large pot, bring enough water to boil for the vermicelli.
2. Meanwhile, in a wok or wide pan, heat the 2 tblsp of cooking oil and add the vermicelli. With a wooden spoon, constantly stir the vermicelli so it won't burn. Lightly fry the vermicelli until it is a dark golden brown colour. Remove the wok from the heat.
3. Once the water starts to boil, add the vermicelli and cook for just 3 - 4 min and then drain. Place back into pot.
4. In another pot, heat the ghee and add the sugar and cardamom powder along with the saffron rose water. Cook until the sugar melts and then pour over the cooked vermicelli. Cover the pot with a lid to keep warm.
5. In a pan, make an omelette. Heat about 3 tablespoons cooking oil add then when very hot add the beaten eggs. Tip the pan around to spread the uncooked egg. When dry on top, turn the egg omelette over and cook for one minute more.
6. In a large serving dish, spread the vermicelli and top with the egg omelette.

Enjoy! It is very delicious.



Carrot Halwa

Family

Muznah Anwar

Description of Dish

This is a very delicious and healthy halwa that we all love because it is made from carrot which is rich in Vitamin A which is very good for our skin and eyes especially. It reminds us of winter in Pakistan with all our relatives and extended family.

Recipe

INGREDIENTS

- 2 kgs carrot shredded
- 1 litre milk
- 250 grams solid milk (khoya)
- 1 cup sugar
- Kewra essence few drops
- 4 tablespoons clarified butter
- Dry fruit as required

METHOD

1. Pour milk in a pan and cook carrot in until the milk dries.
2. Then add sugar and stir until sugar water dissolves.
3. Now add clarified butter and stir until butter comes to the top.
4. Add milk solid and dry fruit in it and cook for 2-3 minutes.
5. Now mix kewra essence in it and dish it out.
6. Top with solid milk and dry fruit. Serve warm.



Chickpea Pilau Rice

Family

Shazia, Atef, Ayaan

Details of your Country

Pakistan

Recipe

INGREDIENTS

- 450 grams basmati rice
- 200g chickpeas
- 1 Onion
- 1 Cinnamon stick
- Pinch of Salt
- 1 tablespoon of oil

METHOD

1. First cook chickpeas and rice.
2. Sautéed onion in oil, add cinnamon sticks and stir for 2 minutes. Add water, chickpeas and rice.
3. Cook for 10 minutes.
4. Serve hot.



Chabsa / Khabsa

Family

Muna Al-Thani

Details of Your Country

Qatar, Nationality- Qatari, Emir, Sheikh Tamim bin Hamad Al-Thani, Emir of State of Qatar

Description of Dish

Chabsa / Al Khabsa / Khabsa is very traditional. It can be made with many variations.

Ingredients:

Khabsa mix: 1/2 teaspoon each of chilli pepper, cumin powder, caradamon powder and black pepper.

Choice of meat

1 tablespoon of vegetable oil

1 can (14.5 ounces) of tin tomatoes

1/4 cup of tomato paste

1 chicken stock cube dissolved in 3 x 1/4 cups of hot water

1 onion finely chopped

2 x 1/4 cups of basmati rice



Recipe

1. Place water and meat cubes in a large pot, bring to the boil and skim froth as it appears.
2. Cover and simmer over low heat for 1 hour or until meat is tender.
3. In a medium size pot, heat vegetable oil and cook onions over medium heat for 5-6 minutes.
4. Add tomatoes, chilli pepper, cumin powder, cardamom powder, black pepper, cinnamon stick, tomato paste, chicken stock cubes and cook with constant stirring for 3-4 minutes.
5. Add the cooked meat with the stock to the pot, the stock should be around 3 cups or 780 mls.
6. Add more water if needed.
7. Cover with the rice, bring to boil and cook covered over low heat for 20 minutes or until the rice is cooked.
8. Turn the dish over on large serving dish and garnish with peeled almonds, raisins and pine seeds.



Chapati Flat Bread

Family

Al-Thani

Details of Your Country

Qatar, Nationality- Qatari, Emir, Sheikh Tamim bin Hamad Al-Thani, Emir of State of Qatar

Description of Dish

Soft chapati can be served for dinner. Preparation time is 35 minutes and they can be cooked as quickly in 1 minute.

Recipe

- 2 cups wholewheat flour
- 3/4 cup of water (using yoghurt/milk will give you super soft chapatis)
- Salt to taste
- 2 tablespoons veg/sunflower cooking oil

- 1) In a large bowl, stir together the whole wheat flour and salt.
- 2) Stir in oil and enough water to make a soft dough that is elastic, but not sticky.
- 3) Knead the dough on a lightly floured surface until it is smooth and divide into 10 parts
- 4) Roll each piece into a ball and leave to rest for a few minutes.
- 5) Heat a skillet over a medium heat until hot - grease lightly.
- 6) On a floured surface, use a floured rolling pin to roll out the balls of dough until very thin.
- 7) Place in pan and cook until underside has brown spots and then flip to other side.



Chilean Meat Empanadas

Family

Letelier

Description of Dish

This recipe is important for us, because is the typical food that we eat to celebrate our Independence Day.

Recipe

INGREDIENTS

Dough:

- 3 1/2 oz butter
- 1 1/2 teaspoons salt
- 3 cups flour, more for work surface

Filling:

- 1 1/2 tablespoons butter
- 1 cup fine-chopped onion
- 1/2 pound lean beef, minced
- Pinch of salt and fresh black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Tabasco or other hot sauce to taste
- 2 hard-cooked eggs, sliced
- 12 pitted cured black olives, sliced
- 30 raisins
- 1 large egg, lightly beaten with 1 tablespoon water

METHOD

Empanada Dough:

1. Melt butter in a small saucepan over low heat. Immediately mix with salt and 2/3 cup very warm water. Place flour in a food processor. Turn machine on and pour half the liquid through feed tube. Stop machine, turn it to pulse and add half the remaining liquid. Keep pulsing and add rest of liquid.
2. Turn dough out onto a lightly floured surface, knead briefly until smooth, form into a disk, wrap in plastic and refrigerate until cool, at least 30 minutes.

Empanada Filling:

Step 1: Melt butter in a 10- to 12-inch skillet. Add onion and sauté on medium until it barely starts to colour. Add beef. Cook until ingredients are lightly browned. Add salt and pepper to taste, cumin, paprika and hot sauce. Set aside. Heat oven to 400 degrees.

Step 2: Roll dough as thin as possible. Cut 6-inch circles. Scraps can be re-rolled one time. Place some meat mixture on one half of each circle, leaving a 1/2-inch border around filling. Top with a slice of egg, some olive pieces and a few raisins. Brush egg on empty side of circle, fold dough over to make a half-circle and crimp edges. Traditional squared empanadas can be made by folding an inch or so of each of the pointed ends of the half-circle over to make straight sides, then folding up the rounded bottom to square off the empanada.

Step 3: Arrange empanadas on a baking sheet. Squared empanadas should be placed with folded side down. Bake 10 minutes. Turn empanadas over, bake 5 minutes longer, until lightly browned on both sides. Allow to cool briefly before serving.



Crab Cakes

Family

Haden Daniel

Details of your Country

USA - We are from Virginia and the Atlantic blue crab is very popular.

Description of Dish

Crab cakes - a mixture of lump crab meat, spices and bread crumbs formed into patties. Restaurants that use less "filler" and more crab meat are sought after.

Recipe

INGREDIENTS

- 1lb of crab meat (cans found at MegaMart)
- 2 tablespoon (30gm) mayonnaise
- 2 lightly beaten eggs
- 1/2 teaspoon (2.5gm) Worcestershire sauce
- 1/2 teaspoon (2.5gm) cayenne pepper
- 1/4 teaspoon (2.5gm) salt
- 1/2 small onion, grated
- 1/2 tablespoon (7.5gm) mustard powder
- 15 TUC crackers, grinded to crumbs

METHOD

Combine all the ingredients, adding the crackers just before you are ready to put them in the pan. Form into patties the size of a hamburger. Saute in a frying pan with butter on medium heat for at least 10 minutes per side or until golden and fully cooked.



Haggis

Family

Calder Malcolm (Yr 2b)

Details of your Country

United Kingdom - Scotland

Despite its small size, Scotland has many treasures crammed into its compact territory – big skies, lonely landscapes, spectacular wildlife, superb seafood and hospitable, down-to-earth people.

Description of Dish

Natioonal dish of Haggis (lamb, oats, suet, spices), Neeps (turnip) & Tatties (potatoes)

Recipe

500 g haggis

NEEPS & TATTIES

400 g turnips or swedes , peeled and quartered

450 g potatoes , peeled and quartered

100 g unsalted butter

8 spring onions , roughly chopped

30 ml double cream

Cook the haggis in a large pan of boiling water according to packet instructions.

Meanwhile, cook the turnips or swedes and the potatoes in separate saucepans of boiling salted water for 20–25 minutes, or until tender.

Drain the veg separately.

Return the turnips or swedes to the pan, add half the butter, and mash, keeping chunky.

Season to taste. Cover to keep warm.

Melt the remaining butter in the potato pan, add the spring onions and cook for 1–2 minutes until softened. Add the potatoes, and mash until quite smooth, seasoning to taste. Cover to keep warm.

Remove the cooked haggis, cut open, and place a portion onto each warmed plate.

Divide up the neeps & tatties and serve.



Hotdogs

Family

Fakih Family

Details of your Country

USA: NYC largest US city.

Description of Dish

Hotdog – staple street food/at all sports events. Came to the US via German immigrants around 1870.

Recipe

Grill or boil hotdogs/sausages

Caramelize onions and brown sugar

Spicy mustard

Add ketchup, shredded cheese, bacon bits, chilli or sauerkraut to taste within a bread roll.

Bite in and enjoy!!



Irish Brown Soda Bread

Family

Mahood Ciaran, Ruth, Samara, Sasha

Details of your Country

Ireland

We are from Ireland, It is a very green country and it rains a lot. We have beautiful fresh vegetables and meat. We also have music in Ireland. We speak Irish and English.

Description of Dish

Lovely served hot with Irish Butter.

Recipe

INGREDIENTS

- 2 cups self raising flour
- 2 cups self raising wholemeal flour
- 1 teaspoon bicarbonate of soda
- 2-3 cups of buttermilk
- 1 teaspoon of sugar
- 25g of melted butter

METHOD

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, bicarbonate of soda. Stir in 1 cup of buttermilk. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for readiness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.



Khaman Dhokla

Family

Divyamayi Vagadia Patel Family

Details of your Country

India

Gujarat, Kutch

Description of Dish

Khaman Dhokla or Khaman, as it is called, is a savoury steamed cake made from gram flour. Khaman is soft, fluffy, mildly-tangy sweet and a great snack anytime of the day.

Recipe

INGREDIENTS:

- 1 cup gram flour
- 1 tablespoon Semolina
- 1 teaspoon lemon juice
- 1 teaspoon fruit salt
- 1 teaspoon crushed green chilli-ginger
- 3/4 cup water
- 1/4 cup yoghurt
- 1 teaspoon oil
- Salt and pepper

For tempering

- 2 tablespoon oil
- 10 - 15 curry leaves
- 1/2 teaspoon Mustard seeds
- 1/2 teaspoon Cumin seeds
- 1 teaspoon Sesame seeds
- 1 tablespoon sugar
- 1 pinch Asafoetida
- 1/3 cup water

METHOD

1. In a big bowl add gram flour, semolina, Asafoetida, salt and sugar. Add green chilli and ginger paste. Add oil, lemon juice.
2. Finally add fruit salt and whisk the batter until is well and blended. Batter should be a thick dropping consistency.
3. Grease a pan in which Khamam will be steamed. Cover it with a lid and steam khamam for 15-20 min.

FOR TEMPERING:

4. In a pan heat oil, green chillies, curry leaves and when they are crisp add sugar and water. Mix it well.



Khabiset

Family

Al Hamad

Details of your Country

Qatar, Nationality- Qatari, Emir, Sheikh Tamim bin Hamad Al-Thani, Emir of State of Qatar



Recipe

INGREDIENTS

- 2 cups of flour
- 1/2 cup of oil
- 2 cups of water
- 1 teaspoon of saffron
- 1 cup sugar



Koshary

Family

Omar Khalil (1C), Nour Khalil (1A), Menna Khalil (3) Family

Abdelkhali Family

Assir Amir Family



Details of your Country

Egypt is an Arabic country. Located at the North East of Africa.

Famous : for it's Pyramids and Sphinx – the weather is nice most of the year

Recipe

INGREDIENTS

- Rice
- Pasta
- with special tomato sauce and vinegar

METHOD

1. Heat 1 tablespoon vegetable oil in a saucepan over medium-high heat. Stir in rice; continue stirring until rice is coated with oil, about 3 minutes. Add 3 cups water and 1 teaspoon of salt. Bring to a boil; reduce heat to low, cover, and simmer until the rice is tender and liquid has been absorbed, 20 to 25 minutes.
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni, and return to a boil. Cook the macaroni uncovered, stirring occasionally, until the it has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander. Return macaroni to cooking pot, cover and keep warm.
3. Soak lentils for 30 minutes. Drain and rinse; drain again. Bring 2 cups water to a boil in a pot and stir in lentils. Bring to a boil; cover and reduce heat to low. Simmer until lentils are tender 15 or 20 minutes. Stir in 1/2 teaspoon salt.
4. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Cook the onions in the oil, stirring often, until they begin to brown, 10 to 15 minutes. Onions should be a nice caramelized brown color. Add garlic and cook another minute. Remove from pan, drain on a paper towel-lined plate.
5. Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the chopped tomatoes and tomato paste, black pepper, 2 1/2 teaspoons salt, cumin, and cayenne (if using). Bring to a boil then reduce heat to medium-low and simmer about 12 minutes.
6. Serve by placing a spoonful of rice, then macaroni, and then the lentils on serving plates. Sprinkle with some of the browned onions, and then top with tomato sauce.



Koshari

Family

Maatouk

Omar Khalil (1C), Nour Khalil (1A), Menna Khalil (3) Family

Abdelkhali Family

Assir Amir Family

Details of your Country

Egypt is an Arabic country. Located at the North East of Africa.

The three Pyramids and the Sphinx are the main archaeological sites located in Giza. The weather is nice most of the year.

Recipe

INGREDIENTS

- 1 cup of small pasta
- 1 cup of black lentils
- 1 cup of Egyptian rice
- 2 diced onions
- 4 minced garlic cloves
- Vinegar
- Can of chopped tomatoes
- Salt-to taste
- Pepper-to taste
- Cumin-to taste

METHOD

1. In a pot we boil the lentils until it is half done
2. We cut the onion rings and fry it until brown and leave to dry!
3. Keep the oil used for the onion
4. In a pot we put the oils and the rice keep stirring it for a while then we put the water used to boil the lentils, stir for a while. Then we put the lentil, stir all together. We add salt, pepper and good amount of cumin till it's all done. Put it on side
5. Boil the pasta till it is done and keep it on the side.

THE SAUCE

6. Tomato sauce – put oil, then 8 pieces of minced garlic, stir it then we add tomato paste. Keep stirring then add salt, pepper, cumin and sweet paprika. Leave it on the heat until it's thick. Leave it on fire until it's thick.
7. Vinegar sauce – oil then we add garlic. Stir it. Then you add the vinegar for 2 minutes. Then you add water, leave it 5 minutes boiling. Then keep it on side.

Now it is time to eat:

8₂ Serve the rice with lentils and above you add the pasta then decorate with the fried onion, on the side



Machboos (Chicken)

Family

Al-Thani

Details of your Country

Qatar:

- is the most conservative society in the Gulf Cooperation Council
- is a high income economy backed by the world's third largest natural gas reserves and oil reserves.
- has highest per capita income in the world.

Description of Dish

Machboos is a traditional Qatari main dish that is based on the rice and any kind of protein to go with it, e.g. chicken, meat, fish or shrimp. It is usually cooked for lunch and is cooked with a whole lamb for a special occasion. There is no Qatari home without Machboos. It is very delicious.

Recipe

INGREDIENTS

1. 1 chicken cut into 8 pieces
2. 4 red onion chopped into small cubes
3. 6 red ripe tomatoes chopped to 8 pieces
4. 3 tablespoon machboos mixed spices
5. 1 green bell pepper cut into 2 cubes
6. salt, pepper to your own desire
7. 1 can tomato paste
8. 1/4 cup corn oil or ghee
9. 2 1/2 cups boiling water
10. 2 cups basmati rice washed

METHOD

1. dry roast the whole spices in a small pan over a medium to high heat, tossing frequently for 3-4 minutes.
2. Fry chicken on both sides until browned and crisp.
3. Saute diced onions in ghee butter until caramelised.
4. Add spices and pepper to chicken with boiling water, can of tomato paste and 6 tomatoes and simmer for 1 hour.
5. Soak the basmati rice for 15 minutes and then cook for required cooking time for fluffier rice.
6. Add rice to chicken and serve.



Tortilla de Patata (Spanish Omelette)

Family

Ramirez Castellanos

Details of your Country

Spain, Population: 46 million, Geographical situation: Southern Europe, Weather: Continental, Capital city: Madrid

Recipe

INGREDIENTS

- 10 large eggs beaten
- Potatoes 3lb 6-8 peeled potatoes cut into 1/4 slices
- 1 Medium Onions chopped
- Salt to taste
- 2 cups of olive oil

METHOD

1. fry the potatoes in olive oil until soft with onions.
2. pour the beaten eggs seasoned with the salt over the potatoes and onions into a pan that will cook on a hob.
3. Cook for approximately 5 minutes on each side and then serve hot or cold.



Tunisian Chicken Couscous

Family

Tarrouche

Recipe

In order to make authentic couscous, you have to use the right cooking pot, a "couscouiere". The "stew" portion is cooked in the large pot base and the couscous is cooked in the steam of the stew sitting atop on a fitted steamer.

INGREDIENTS

1. 2 cups couscous (I like Tria or Ile de France brand)
2. 4 medium potatoes, cubed
3. 2 cups baby carrots
4. 1 large turnip
5. 2-3 green peppers, cored and quartered
6. 1 (10 ounce) can tomato paste
7. 1/2 cup olive oil, to cover pot bottom
8. 1 large onion, chopped
9. 2 whole boneless chicken breasts
10. 2 tablespoons ras el hanout spice mix (substitute 1 tbs each ground caraway and ground coriander if unavailable)
11. 1 tablespoon turmeric
12. 1 pinch saffron, ground
13. 1/2 teaspoon chili powder
14. 1/2 teaspoon harissa, if desired (or more)
15. 1 (15 ounce) can chickpeas, drained (optional)
16. 1/4 cup salted butter
17. salt and pepper
18. Water

METHOD

Pour couscous in large bowl and cover with water. Water will be absorbed. Set aside.

In the pot part of the couscouiere, pour a generous amount of olive oil, maybe 1/2 inches deep, and the chopped onion. Add a little salt and sauté until onion is translucent. Add the chicken, with more salt, and brown until not pink but not overcooked. If the temperature gets too hot, add warm water to cover and continue to cook. Now add your dry spices including about 1/2 teaspoons salt and generous sprinkling of pepper. Before adding the saffron, dilute in hot water. Mix thoroughly and bring to a covered boil. Add all of tomato paste and mix thoroughly, then adding carrots, turnip and green peppers. Mix thoroughly, adding enough water to cover vegetables.

Go back to your couscous and add about a 1/2 cup of water to wet more.

Last, add your potatoes and give the stew a good stir making sure nothing is stuck to the bottom of the pot.

Place the "steamer" part of the couscouiere atop the stew pot. Pour your wetted couscous; don't worry--it won't fall through the holes! Spread evenly. I like to make a little opening so steam can escape through a hole or two. Now put the lid on the top and turn down the heat to a simmer.

Note: when stirring occasionally, have a plate ready to put the steamer part on while you stir the stew. Be sure to wear oven mitts because the steam can easily burn.

By the time you put the top on, it takes about 20-30 minutes to cook. Your couscous will become very fluffy. If it looks too dry, pour some hot water over. Make sure your carrots are done before turning off, but be sure to turn off before your potatoes turn to mush. Just before removing, add your harissa and drained chick peas and mix thoroughly. (Some people ladle out some broth and add more harissa as an optional topping for those who like it extra hot!).

Taste test for salt at the end. It should be slightly on the salty side to compensate for the bland couscous.

Remove the couscous and pour into a large bowl. Stick a fork in your butter stick and coat thoroughly. The ladle out some broth and coat thoroughly for very wet consistency.

Option #1 Place couscous in large bowl or platter and make a well in the center for a mixture of chicken and vegetables.

Option #2 Mix chicken pieces and vegetables throughout the couscous.

Option #3 Place the couscous and stew portions in a separate bowls for assembly at the table.

Because of the amount of water you need to cover everything, you'll no doubt end up with more broth than needed. Once cool, freeze in freezer bags and it makes an ideal sauce for a quick pasta meal (just be sure to coat with butter first; it's a crucial step to make the sauce stick).

Couscous is an extremely versatile dish in as much as it can be made with beef, lamb, fish or even spicy sausage (merguez) or even a combination!



Honey and Pecan Glazed Salmon

Family

Rosen

Details of your Country

United States

Description of Dish

Honey and Pecan Glazed Salmon is a quick and easy main course. A sweet and salty marinade is used for basting while baking, creating a rich glaze for the salmon. For quick and easy cleanup, line the broiler pan with foil. Serve with steamed vegetables and rice (or couscous).

INGREDIENTS

- ¼ cup honey
- 4 teaspoons finely chopped pecans
- 1 tablespoon low-sodium soy sauce
- 4 (6 ounce) salmon fillets (about 1 inch thick)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

METHOD

1. Preheat oven to 220°C/425°F
2. Combine first 3 ingredients in a large zip-top plastic bag. Sprinkle fish with salt and pepper; add to bag, and seal. Marinate in refrigerator 15 minutes
3. Remove fish and nuts from bag, reserving marinade. Place fish, skin sides down, on a foil lined broiler pan, top with nuts.
4. Bake for 15 minutes or until fish flakes easily when tested with a fork, basting fish twice with reserved marinade while baking. Yield: 4 servings (serving size: 1 fillet)



Section 4

Sweets and Desserts



Appelflappen

Family

De Kroon - Merlin year 5, Devon Year 3A, Ton & Ilse Godschalk

Description of your Country

Holland or the Netherlands! We have a lot of dikes at the seaside to hold the water away from the land. We live below sea level. Our energy is coming more and more from windmills and solar collectors. We don't have that many special foods. Sweets and cookies "drop" (licorice) and "stroopwafels" (caramel waffles) are typical Dutch treats! For dinner we eat a lot of mashed potatoes with kale or carrots or sauerkraut always with a "rookworst" (smoked sausage).



Description of Dish

Appelflappen – a sweet dish eaten with lunch or breakfast, or even as a snack.

Recipe

Preheat oven to 180C

APPLE FRITTERS

INGREDIENTS

- 4 apples (I used 'granny smiths')
- 1 lemon, halved
- 2 tablespoons sugar
- 2 teaspoons ground cinnamon

METHOD

1. Cut the apples into small blocks, mix the apple, raisins, & cinnamon together.
2. Fill the square puff pastry with the mix, then fold together into a triangle.
3. Dab egg on the edges to stick the puff pastry together.
4. Then brush the top with egg and sprinkle with sugar. Bake for 15 minutes at 180°C.

5. BATTER

INGREDIENTS

- 1/2 cup of standard flour (I used spelt flour)
- 1/2 cup milk
- 2 eggs
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Serve with Icing sugar (confectioner's sugar), to sprinkle



Banana Nut Bread

Family

Craig, Susan and Ryder Woodill

Description of Dish

This is one of our favourite snacks. It's a good way to use up any over ripe bananas. The nuts are optional for those with allergies. Best served warm with butter.



Recipe

INGREDIENTS

- 1/2 cup margarine, softened
- 1 cup of sugar
- 3 bananas, mashed
- 2 eggs, beaten
- 1/4 cup buttermilk
- 1 tablespoon baking soda
- 2 cups flour
- 1/2 chopped walnuts

METHOD

1. Cream butter and sugar, and then stir in mashed banana. Add eggs then mix well.
2. Blend buttermilk and baking soda, and then add to creamed mixture alternately with flour. Stir in nuts and turn into well-greased and floured loaf pan
3. Bake in oven at 350° F for 1 hour or until a toothpick inserted into the centre comes out clean.



Bougatsa Greek Cream

Family

Kandilakis

Description of your Country

Greece, a mediterranean country with great cultural and historical interest.

Description of Dish

Bougatsa – Greek cream, sweet.

Recipe

Preheat oven to 180C

INGREDIENTS

- 8 filo pastry
- 2 tablespoons of butter
- 1 1/2 litres fresh milk
- 1 cup of sugar
- 200 grams semolina
- 1/2 teaspoon vanilla extract
- Pinch of salt
- Ground cinnamon
- Little melted butter
- Icing sugar

METHOD

1. In a saucepan make custard by combining milk, semolina, sugar, vanilla, and salt. Bring to a boil over medium heat stirring constantly until the mixture is thick and smooth. Remove from heat, add butter, stir to combine and cool.
2. In a baking tray lay four sheets of filo, one by one, on the bottom of the tray and brush each with melted butter. Tip the custard, smoothing the surface with a spatula and fold the filo sheet flaps over the custard.
3. Top the bougatsa with the other four phyllo sheets, sprinkling each sheet with melted butter. Bake the bougatsa in preheated oven at 180 °C for 30-40 minutes.
4. Serve warm dusted with icing sugar and cinnamon.



Brigadeiro (Brazilian Chocolate Fudge)

Family

Erika B. Bruneli Khan family and the Borghetti family

Description of your Country

Brazil, a vast South American country, stretching from the Amazon Basin in the north to vineyards and massive Iguazu Falls in the south. Rio de Janeiro, symbolised by its 38m Christ the Redeemer statue atop Mt. Corcovado, is famed for its busy Copacabana and Ipanema beaches as well as its enormous, raucous Carnival festival, featuring parade floats, flamboyant costumes and samba. It is the largest Portuguese-speaking country and the world's fifth largest country.

Description of Dish

Brigadeiro is the most popular and beloved sweet in Brazil. It's present in every Brazilian birthday party. No Brazilian kid's party is complete and special without brigadeiros. They are very easy to make and kids love to roll them in chocolate sprinkles. But..... don't ever leave the kids unattended or they will surely gobble them up!

Recipe:

3 tablespoons of unsweetened cocoa

1 (14 ounce) can of sweetened condensed milk

1 tablespoon butter

METHOD:

- 1). In a medium saucepan over a medium heat, combine cocoa, butter and condensed milk.
- 2.) Cook, stirring until thickened for about 10 minutes.
- 3) Remove from heat and leave it to rest until cold enough to handle
- 4) Form into small balls and eat at once or chill until serving.



Crêpes

Family

Larrowilm (Zak from Year 4 also did this recipe)

Description of your Country

France

Description of Dish

Test your skills in the kitchen by seeing if you can flip these tasty traditional crepes like a professional.

Recipe

INGREDIENTS

- 250g all purpose flour
- 4 eggs
- 1/2 litre milk
- 50g melted butter
- 100g sugar if you want it sweet

METHOD

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add first half of the milk and then the rest of the milk.
2. Stirring to combine until you have a light creamy mixture. Add butter, beat until smooth.
3. Heat a lightly oiled frying pan (a special crepes pan will be better) over medium high heat. When the pan is really hot, pour a small trickle of the mixture in to the pan (quantity poured in the pan will determine the thickness of your crepes). Tilt the pan with a circular motion so that the batter coats the surface evenly.
4. Cook the crepes for about 2 min, until the bottom is light brown. Loosen with spatula, turn and cook the other side.
5. Serve hot.



Family Chocolate Souffle

Family

Feilchenfeldt Family: Manish, Malaika, Nadim and Walter

Details of your Country

Swiss Confederation. Motto : Unus pro omnibus, omnes pro uno (one for all all for one)

Capital : Bern

Largest city : Zurich

Population: 8.2 million

Languages : German, French, Italian, Romansh

Popular for : Watches, Banks, Chocolate, Cheese

Recipe

INGREDIENTS

- 1/2 a pack of semi sweet Lindt chocolate
- 1 cup milk
- 3 tablespoons sugar
- Pinch salt
- 3 eggs unbeaten
- 1 teaspoon vanilla

METHOD

1. In a steam pan or in top 2- quart double boil over hot water, melt chocolate in milk. Beat with rotary beater until smooth.
2. Add sugar, salt, vanilla and unbeaten eggs. Beat with rotary beater for 1 minute.
3. Cover and cook over boiling water for 20 minutes without lifting cover or in oven.
4. Remove from heat and serve at once with plain or whipped cream



English Trifle

Family

Team Naveed

Amina-Noor Naveed and Fatimah-Noor Naveed.

Details of your Country

We are from England, UK

Recipe

INGREDIENTS

2 (8 or 9 inch)white cake layers, baked

2 pts of strawberries

1/4 cup white sugar

1 pt of fresh blueberries

2 bananas

1/4 cup of orange juice

1 (13.5oz) packet of instant vanilla pudding mix

2 cups of milk

1 cup of heavy whipping cream

1/4 blanched slivered almonds

12 maraschino cherries

METHOD

1 Slice Strawberries and sprinkle them with sugar. Cut the bananas into slices and toss with orange juice. Combine pudding mix with milk and mix until smooth. Cut the cake into 1 inch cubes.

2 Use half of the cake cubes to line the bottom of a large glass bowl. Layer half of the strawberries followed by half of the blueberries and then half of the bananas. Spread half of the pudding over the fruit. Repeat layers in the same order.

3 In a medium bowl whip the cream to stiff peaks and spread over top of trifle. Garnish with maraschino cherries and slivered almonds.

4. Refridgerate.



Gulab Jamun

Family

Ayaan Latif & Aleen Lateef

Description of your Country

Pakistan located in South Asia, four provinces , the capital city is Islamabad. Food – Asian Cuisine.

Description of Dish

Gulab jamun is a milk-solids based dessert popular in South Asia.

Recipe

INGREDIENTS

3 tablespoons of all-purpose flour

200 grams of evaporated milk

1/4 teaspoon of baking powder

Enough oil to deep fry gulab

Sugar syrup - 250 grams of sugar, 1 cup of water, 1 tablespoon of rosewater and 1 tablespoon of milk (optional)

METHOD

1. Mix milk powder, all purpose flour, and baking soda in a bowl.
2. Add oil. Make small balls.
3. Heat oil and fry the balls. When they become golden remove from pan and add into sugar syrup.



Irish Tea Brack

Family

Mahood Ciaran, Ruth, Samara, Sasha

Details of your Country

Ireland

We are from Ireland, It is a very green country and it rains a lot. We have beautiful fresh vegetables and meat. We also have music in Ireland. We speak Irish and English.

Description of Dish

Very Moist cake lovely warm with Irish Butter.

Recipe

INGREDIENTS

- 500g raisins
- 50g sultanas
- 1 cup brown sugar
- 2 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 cup hot strong tea
- 4 eggs lightly beaten
- 3 cups plain flour
- 3 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 1/2 teaspoon ground all spice

METHOD

1. Place the fruit mix in a bowl and pour over the cold tea. Allow to soak up the liquid overnight.
2. Preheat the oven to 170° C/327°/Gas Mark 3 and grease and line a 900g loaf tin. Combine the flour, baking powder, sugar and mixed spice in a mixing bowl. Make a well and break in the egg, using a wooden spoon, mix the egg with the dry ingredients. Add a little bit of the liquid the fruit mix is sitting in and mix it through. You may not need all the liquid, you are looking for a wet dough. Then stir through the fruit mix until everything is thoroughly combined.
3. Add in the ring and stir through. Spoon the wet dough into the lined loaf tin and place in the oven on the middle shelf and bake for 1 hour. Remove from the oven and allow to cool slightly before removing from the loaf tin and placing on wire rack.
4. Cover in cling wrap and tin foil and allow to sit for 1-2 days before cutting into it. Serve in slices spread with a little butter and good cuppa!



Lamingtons

Family

Haroon Syed

Details of your Country

Australia

Description of Dish

This is an Australian dessert. They consist of squares or rectangles of sponge cake coated first in a layer of chocolate sauce then desiccated coconut. They can have cream and jam in between 2 slices.

Recipe

INGREDIENTS - CAKE

- 125g butter softened
- 1 cup caster sugar
- 1/2 teaspoon vanilla extract
- 3 eggs
- 1 3/4 cups of self raising flour (sifted)
- 1/2 cup milk
- 2 cups desiccated coconut
- Icing – 3 1/2 cups icing sugar mixture
- 1/4 cup cocoa powder
- 1 tablespoon butter (softened)
- 1/4 cup boiling water

METHOD

1. Preheat oven to 180 C/160C
2. Grease a 3cm deep 20x30cm pan then line with baking paper
3. Use an electric mixer to beat butter, sugar and vanilla until light and fluffy. Add eggs, one at a time
4. Sift half the flour over butter mixture. Stir to combine. Add half the milk. Stir to combine. Repeat with remaining flour and milk. Spoon in the prepared pan.
5. Bake mixture for 30minutes then leave to stand for 10 minutes before cooling on a wire rack.
6. Make icing – sift icing sugar and cocoa into a bowl. Add butter and boiling water. Stir until smooth
7. Cut cake into 15 pieces. Place coconut in a dish. Dip 1 piece of cake in icing. Shake off the excess then toss in coconut. Place on a wire rack over a baking tray.
8. Repeat step 7 for the remaining cake slices. Leave to stand for 2 hours. Optional: before step 7, put cream and strawberry jam between the 2 cake slices and then cover with icing and coconut.



Ligaymat - Doughnuts

Family

Noora and Haya Al Hajri

Details of your Country

Qatar

Description of Dish

Doughnut fried in oil with honey drizzled on top.

Recipe

INGREDIENTS

- 2 cups flour
- 1 tablespoon sugar
- Pinch salt
- 1 teaspoon yeast
- 1 litre fresh leban

METHOD

In a large mixing bowl add all the ingredients and let it rise for 1 hour.

Heat oil and fry the dough balls, using a spoon.

Once golden brown, remove from oil

Add honey to fried doughnuts.



Melktert

Family

Zaid Vink

Details of your Country

South Africa

Recipe

INGREDIENTS

- 3 tablespoons butter melted
- 1 cup of white sugar
- 3 egg yolks
- 1 cup cake flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 4 cups milk
- 3 egg white
- 1 tablespoon cinnamon sugar

METHOD

1. Preheat the oven to 375 degrees F (190 degrees C). Coat a 9 inch deep dish pie plate with vegetable oil cooking spray.
2. In a large bowl, mix together the butter and sugar until smooth. Add the egg yolks and beat until light and fluffy. Sift in the cake flour, baking powder and salt, and stir until well blended. Mix in the vanilla and milk. In a separate bowl, whip the egg whites to stiff peaks using an electric mixer. Fold into the batter. Pour into the prepared pie plate, and sprinkle cinnamon sugar over the top.
3. Bake for 25 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C). Continue to bake for 25-30 minutes or until the centre is set when you jiggle the pie. Serve hot or cold.



Sakkara Kanji (sweet rice porridge)

Family

Aeysha

Details of your Country

Indian is a country in south Asia and is the seventh largest country in the world by area. India is known for its diversity where the religions, languages, architecture, food and customs differ from place to place within the country.

Description of Dish

Sakkara Kanji – sweet rice porridge made of broken red rice, mung beans, coconut milk and brown sugar. It is a popular festive dish in South India.

Recipe

INGREDIENTS

- Rice (preferably raw rice or broken red rice) – 1 cup
- Mung beans (green lentil) - ¼ cup
- Unrefined brown sugar - 1 ½ cup
- Water - 3 cups
- Coconut milk - 2 cups
- Salt – a pinch
- Cardamom – 2 no (powdered)
- Ghee (clarified butter) – 1 tbsp (optional)

METHOD

1. Cook the rice and lentils in water in low heat till they are cooked and soft to mashed consistency. Add salt while cooking.
2. Melt the brown sugar in ½ cup boiling water
3. Add the melted brown sugar to the rice and lentil mix
4. Add the coconut milk, ghee and cardamom powder. Stir till everything is blended properly. Turn off the heat.
5. Can be served hot or cold.



Streuselkuchen

Family

Agnes, her brother Konrad and her parents, as well as grandparents, great-grandmothers, uncles, aunt and cousin and some more.

Details of your Country

Germany lies in the heart of Europe and reaches from the sea in the north to the Alp mountains in the south. There had been two Germanys, now it is whole again. Germans are straight forward and structured, at least some of them. We like games, bicycles, trees, chocolate and friends.

Description of Dish

Streusel Cake is a very common and absolutely scrumptious cake with many variations. Start with the dough.

Recipe

DOUGH

- 500g flour
- About 25g yeast
- 250ml milk
- Some sugar
- 1 egg
- A pinch of salt
- Jam- strawberry, black currant or fruits like prunes, apples, apricots, cherries ...

CRUMBLE

- 200g butter
- Up to 200g sugar
- 250g flour
- A pinch of salt

METHOD

Dissolve yeast in warm milk & add it to the other ingredients. Leave it for 1h, than knead thoroughly and do the same again. Meanwhile mix all ingredients for the crumbles together and put them in the fridge. Roll the dough on a sheet, put jam or fruits on top and finish with crumbles. Bake at 200°C for approximately. 35min.



Welsh Cakes

Family

Callum and Oliver Nutty

Details of Your Country

Wales

Description of Dish

A tasty little cake flavoured with spice and dried fruit.

Recipe

INGREDIENTS

20 portions

- 250g self-raising flour
- 75g butter
- 75g raisins or currants
- 75g sugar
- 1 large egg
- 3 teaspoons milk
- Extra sugar to sprinkle

METHOD

1. Rub the butter and flour together in a large bowl.
2. Add dry ingredients and then egg and milk.
3. After mixing it to a dough, roll it to a ¼ inch thickness.
4. Cut in ½ inch thick rounds and place it on a lightly greased baking stone.
5. Bake for 5 min on a medium heat.
6. Transfer to cook rack and sprinkle with sugar.



Shortbread

Family

Sheach is a family of 2 nationalities- British and Canadian.

Details of Your Country

UK (Scotland)



Scotland, the UK's northernmost country, is a land of mountain wilderness such as the Cairngorms and Western Highlands, interspersed with glacial glens (valleys) and lochs (lakes). Its major cities are Edinburgh, the capital, loomed over by its iconic castle and Glasgow, famed for its vibrant cultural scene.

Description of Dish

Shortbread is so named because of its crumbly texture (from an old meaning of the word short).

Recipe

INGREDIENTS

- 1 lb (450g) butter
- 8 oz (225g) caster sugar (superfine sugar)
- 1 lb (450g) sifted plain flour (all-purpose flour)
- 8 oz (225g) rice flour
- pinch of salt - if using unsalted butter

METHOD:

- Set oven to 375F - 190C - Gas Mark 5
- Cover an greased baking sheet (cookie tray) with grease-proof paper (wax paper).
- Mix flour and rice flour, then add salt (if you're using unsalted butter) and sift these dry ingredients at least twice, preferably three times.
- Cream the butter and sugar together with a wooden spoon (be warned, this takes serious 'elbow grease' but produces a better end result!). Add the sifted ingredients and mix together by hand until you have a soft dough.
- The shorter the time it takes to mix the ingredients the crumblier the texture of the shortbread will be.
- Form the dough into a ball and then choose a shape you want to make your shortbread, either 'Petticoat Tails' or Shortbread Fingers or any other shape you desire.
- Petticoat Tails are made by pressing the dough gently in a circle about 8-10 inches across and about 3/4 inch thick and mark out 16 slices on the dough without cutting all the way through. Place the dough on the prepared tray. Decorate by pinching the outer edge of the dough and prick the rest of the dough with a fork.
- Shortbread Fingers are made by pressing out the dough on a lightly floured surface until it is about 1/2 inch thick and mark out rectangular bars approx 3 inches by 1 inch.
- Bake in the oven for 20 minutes at 375F then reduce the heat to 350F (180C or Gas Mark 4) and continue to bake until the shortbread is pale golden which can take between 45 minutes and 1 hour.
- Allow to cool on wire rack and enjoy!

