

The BIS Houston Cookbook



BRITISH
INTERNATIONAL SCHOOL
OF HOUSTON
A NORD ANGLIA EDUCATION SCHOOL



Introduction

all Bish is cooking...

Welcome at our own BIS Houston Cookbook

A group of International women, men and students, who happen to love cooking, were brought together by our wonderful BIS Houston community. On International Day it's normally the moment to try all kind of different food of friends from other parts of the world.

Why a Cookbook?

Luckily there will be an International Day this year although celebrated slightly different from other years. Due to Covid-19 unfortunately we can not share food. But... therefore we decided to present food by sharing our family favorite recipes with you!

International food...

can be colorful, can be different from what we are used to, can let us be surprised, but most of all, can be soooo delicious!

We are very happy to share all gathered recipes for this project. Many thanks to all of you for making it happen!

Proudly presented by Mariana Sanchez De Wirtz, Ruth Thierens, Dynah Heerze and Rachel Lavooij

Bon appétit



Italian **Risotto** with wild mushrooms

Ingredients:

1 1/2 cups of risotto rice
1 2/2 litres of vegetables or chicken
broth
90 grams of butter
1/2 chopped white onion
1/2 cup of white or rose wine
Mushrooms: 3 cups of assorted
mushrooms
2 pieces of chopped echalote
2 chopped garlic cloves
1/4 cup of chopped parsley
1 cup of heavy whipping cream
3 sprigs of thyme
1/2 cup of parmesan cheese

Instructions:

Mushrooms:

In a pan, fry the garlic and echalote.
Add mushrooms and thyme until they are
browned. Add the beef broth, and let boil for
some minutes. Mix with the whipping cream,
season, and add the parsley.

Risotto:

In a pan with butter brown the onion.
Add the rice, cook until the rice is transparant.
Add the wine and let boil down. Add the broth
little while stirring constantly until it's cooked or
al dente. Once cooked, add the cream and some
cheese. Season.

To Serve:

Place the risotto on a plate, place the mushrooms
on top and sprinkle with cheese and parsley.



Risotto with wild mushrooms
by Mathilde Wirtz (year 9)

Cupcakes with banana

Instructions:

Preheat the oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with paper cases. Measure the butter, eggs, caster sugar, flour, baking powder, milk and bananas into a bowl and beat together until combined and smooth.

Mix in the chocolate chips.

Spoon into the paper cases and bake for about 25 minutes until well risen, golden brown and shrinking away from the cases. Remove the cases from the tin and set aside to cool.

Drizzle over the melted chocolate in a zigzag pattern using a small piping bag or teaspoon.

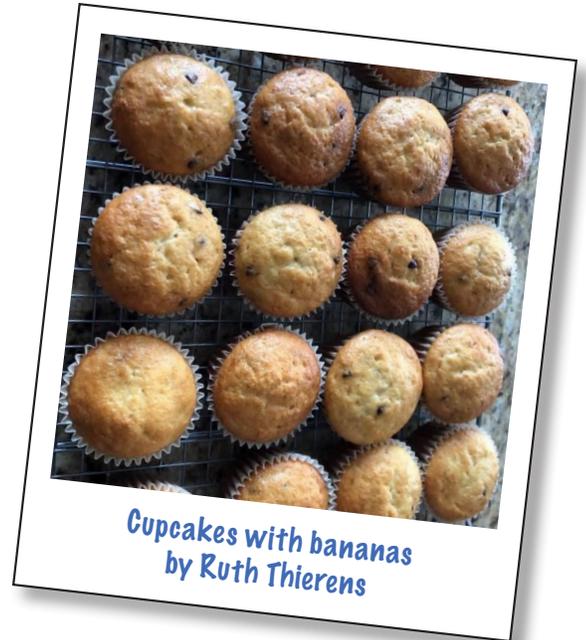
Prepare ahead:

The cakes can be made up to a day ahead.

Freeze:

They freeze well cooked for up to 3 months.

Quick and easy after school snack.



*Cupcakes with bananas
by Ruth Thierens*

Ingredients:

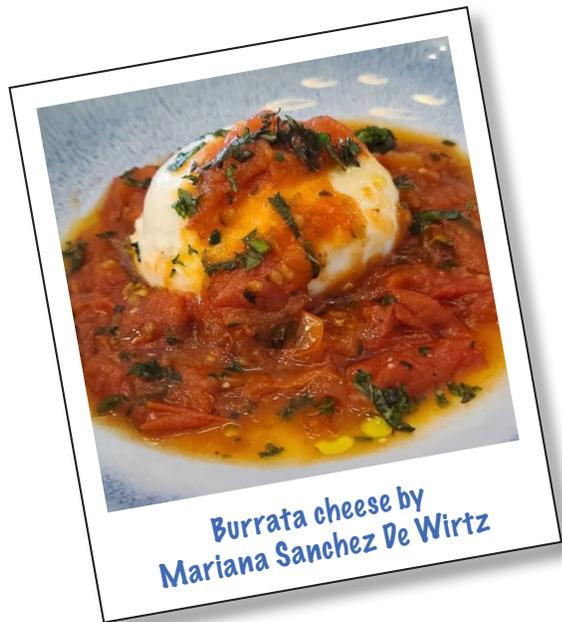
For the cakes

100g (4oz) butter, softened
2 eggs
175g (6oz) caster sugar
225g (8oz) self-raising flour
1 teaspoon baking powder
3 tablespoons milk
2 very ripe bananas, mashed
50g (2oz) chocolate chips

For the icing

50g (2oz) dark chocolate
(39 per cent cocoa solids), melted





Burrata cheese by
Mariana Sanchez De Wirtz

Apetizer **Burrata**

Apetizer

Burrata cheese with pomodoro sauce. Olive oil, minced garlic, white onion, chopped tomatoes, S&P, oregano, basil, cilantro and laurel leaves.

Goes great with pita or garlic bread.

The
Secret
ingredient
is always
Love

- Alex Rawat -



Indian Curry

with Chickpeas, Tomatoes and Spinach

Instructions:

1. Using sauté setting - add oil, onions, and 1/4 teaspoon of salt and cook for about 3 minutes, until onions are soft and translucent.

Then add ginger and continue cooking for another 3 minutes or so. Next, add garlic and cook for one minute more. Now Add curry powder and mix well, allowing to toast for about a minute.

2. Stir in tomatoes (using liquid to deglaze the bottom of pot), followed by chickpeas, coconut milk, and remaining salt. Mix well.

3. Lock lid and cook at high pressure for 5 minutes. Once cook time is complete, quick-release pressure.

4. Finally, add spinach and mix until fully wilted. Serve with rice or quinoa.

*Instant Pot Curry with Chickpeas, Tomatoes and Spinach
A satisfying and flavorful vegan curry dish, ready in less than 30 minutes!*

I love this.... especially since it's so quickly made! Birgit Grassinger

Ingredients:

2 Tbsp. olive oil
1/2 cup yellow onion diced
1 1/4 tsp. sea salt divided
1 Tbsp. fresh ginger grated
1 Tbsp. garlic minced
2 Tbsp. curry powder
14.5 oz tomatoes fire-roasted, diced
13.5 oz. coconut milk
15.5 oz chickpeas drained
8 oz. fresh baby spinach



Indian Curry by
Birgit Grassinger



Buttered herb Cruised beef steak with Brussel sprouts

Ingredients:

500 gr whole beef steak
3-5 Tbsp Dijon mustard
2 garlics
1 echalote
1/2 cup of chopped herbs (parsley, rosemary, thyme, chives)
Salt and pepper

Sauce:

150 gr butter
1 Tbsp flour
1/2 cup beef broth
1 tsp white wine
Chopped Parsley

Brussels sprouts with bacon

Ingredients:

500 gr brussels sprouts
1 pomegranate
200 gr thick bacon
1/2 cup olive oil
1/2 cup walnuts
100 gr feta cheese or goat cheese
1-2 yellow lemons
Salt, black pepper and chopped parsley

Instructions:

Season the beef steak and add around the Dijon mustard. Seal in a hot pan with butter and oil. Put the fire to the minimum, cover and let. cook until it reaches the cooking desired. Or place in the oven at 180 gr for 15 minutes.

Sauce:

Melt butter in a pan, until it is brown 'noisette'. Add flour and cook for a minute. Add the wine and beef broth. Let boil until it thickens. Add herbs and season. Cut the beef steak and add the sauce.

Brussels sprouts with bacon

Cut the bacon in squares and fry, reserve the oil. Place the chopped brussels sprouts at the center of a hot pan with the bacon of today until they're brown. Let them cool down. Mix olive oil, salt, black pepper, and lemon. Mix the brussels sprouts with the vinaigrette. Add the bacon, cheese and sprinkle with pomegranate and chopped parsley.



Cruised beef Steak by
Valentina Wirtz

Carrot Cake

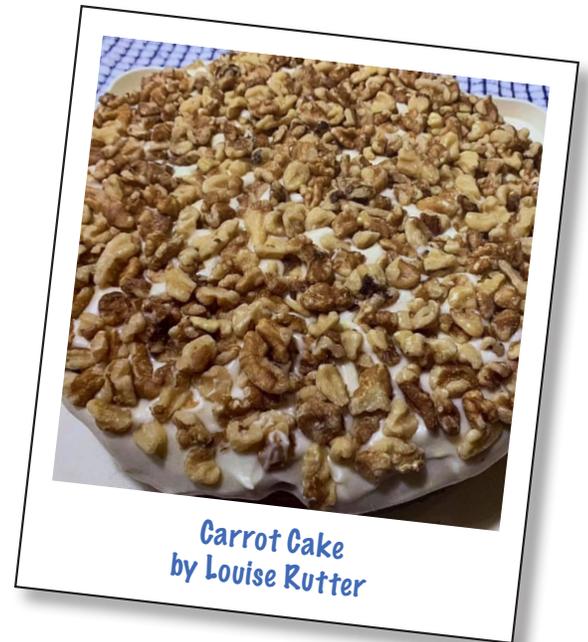
with walnuts

Instructions:

1. Preheat oven to 180C. grease and line 20cm square cake pan.
2. Beat oil, sugar and eggs with electric mixer until thick and creamy.
3. Transfer to a large bowl and stir in carrot, nuts and sultanas, then the sifted dry ingredients.
4. Pour mixture into prepared pan and bake for 45 minutes. Cover cake loosely with tinfoil, then bake for another 45 minutes.
5. Stand cake in pan 5 minutes before turning out onto wire rack to cool.
6. When cake is cold, top with icing and chopped walnuts.

Icing:

7. Beat butter, cream cheese, rind and juice with electric mixer until light and fluffy, then gradually beat in the sifted icing sugar.



Carrot Cake
by Louise Rutter

Ingredients:

- 250ml vegetable oil
- 295g brown sugar
- 3 eggs
- 500g coarsely grate carrot
- 120g chopped walnuts
- 75g chopped raisins
- 375g S/R flour
- 1/2 tsp bicarbonate of soda
- 2 tsp mixed spice

Icing:

- 30g butter, softened
- Bog cream cheese, softened
- 1 tsp lemon rind, grated
- tbps lemon juice
- 240g icing sugar



*How To Make The Best Easy
Bruschetta Recipe
Making classic fresh bruschetta
is a breeze.
Anyone can replicate that elegant
Italian appetizer with ease.
Just follow a few simple steps and in no
time you'll have a completed recipe to
be proud of.*

Fresh Bruschetta

Instructions:

1. For tomato mixture: Heat olive oil in a small skillet or saucepan, add garlic and saute until just starting to turn golden.
2. Pour into a large mixing bowl and let cool while you chop the tomatoes and fresh basil.
3. Pour tomatoes into the bowl with cooled oil mixture. Add parmesan, basil, balsamic vinegar, salt, and pepper. Toss mixture well. Serve right away over toasted bread and garnish with more parmesan if desired.
4. To toast bread: Align bread slices on an 18-by-13-inch baking sheet. Broil the first side until golden brown, then flip slices to the opposite side and broil opposite side until golden brown.

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 1/2 Tbsp minced fresh garlic
- 26 oz. roma tomatoes, diced
- 1/4 cup shredded parmesan cheese
- 1 Tbsp balsamic vinegar
- 3/4 tsp (kosher) salt
- 1/2 tsp black pepper
- 1/4 cup chopped fresh basil ribbons (chiffonade)
- 1 (14.5 oz) loaf hearty french bread





Apetizer **Asparagus**

Apetizer

Grilled asparagus wrapped in shabushabu beef with soy sauce, roasted black sesame & lemon. Super easy and very delicious...

By Mariana Sanchez De Wirtz



Good food
is all the
sweeter
when shared with
Good friends

- Unknown -



Japanese Onigiri

Instructions:

1. Overnight rice, SPAM, Kimchee, onion
2. Add 1 tsp oil to saute ingredients
3. Add in rice / brown rice / sushi rice
4. Toss for 1 or 2 minutes
5. Optional - add in seaweed flakes

Happened to have a Onigiri mold.
Or you can roll into a ball.

*Friday lunch box for kids,
anything left in the fridge!!!
Decided on Onigiri - also known as
rice ball, is a Japanese food made from
white rice formed into triangular
or cylindrical shapes and often
wrapped in nori.*

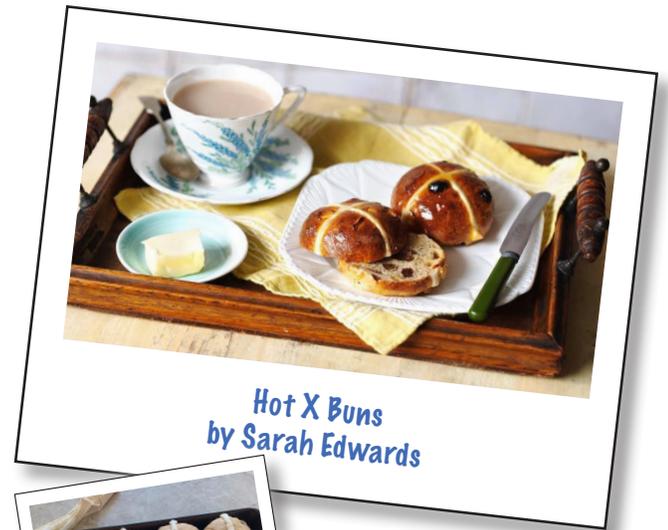


Hot X Buns

Instructions:

1. Bring the milk to the boil and then remove from the heat and leave to cool until it reaches hand temperature.
2. Mix the flour, sugar, salt, yeast, butter and egg together in a bowl, then slowly add the warmed milk until it forms a soft, sticky dough.
3. Add the sultanas, mixed peel, chopped apple, orange zest and cinnamon, then tip out of the bowl onto a lightly floured surface. Knead the dough by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for five minutes, or until smooth and elastic.
4. Put the dough in a lightly oiled bowl, cover with oiled cling film and leave to rise for approximately one hour, or until doubled in size.
5. Divide the dough into 12 even pieces, and roll each piece into a smooth ball on a lightly floured surface. Arrange the buns on a baking tray lined with parchment, leaving enough space so that the buns just touch when they rise and expand. Set aside to prove for another hour.
6. Heat the oven to 220C/425F/Gas 7.
7. For the cross, mix the flour with about five tablespoons of water in small bowl, adding the water one tablespoon at a time, so that you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses.
8. Bake for 20-25 minutes on the middle shelf of the oven, or until golden-brown.
9. Gently heat the apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool. Gently rip the buns apart to serve, revealing temptingly soft edges.

Note: When baking in the oven add a small dish of water to create steam, and give the buns an extra rise, just like the bakers bake their bread the professional way.



Hot X Buns
by Sarah Edwards



Ingredients:

For the buns

- 300ml/10fl oz whole milk
- 500g/1lb 2oz strong white flour
- 75g/2½oz caster sugar
- 1 tsp salt
- 7g sachet fast-action yeast
- 50g/1¾oz butter
- 1 free-range egg, beaten
- 150g/5oz sultanas
- 80g/3oz mixed peel
- 1 apple, cored and chopped
- 2 oranges, zest only
- 2 tsp ground cinnamon
- sunflower oil, for greasing the bowl

For the cross

- 75g/2½oz plain flour, plus extra for dusting

For the glaze

- 3 tbsp apricot jam or make a simple sugar syrup glaze (boil 1 oz sugar with half a cup of water until your wooden spoon leaves a trail in the boiling liquid).



Asian Salad

with meat and tofu



Asian Salad
by Agnes Lim

Instructions:

Light Asian salad for lunch

1. Marinade meat (Any preferred sauce) pan fry for 3 minutes each side.

2. Get some firm tofu (saw some in HEB too) pan fry for 2 minutes each side.

3. Slice bell pepper, mushrooms cabbage, lettuce for any of your favorite vegetables.

4. Saute bell pepper and mushroom with sesame oil, garlic and some salt and pepper

5. Assemble all ingredients in a bowl similar to Korean rice bowl.

6. You may add salt and pepper for taste.

Ingredients:

Sesame oil
garlic
sliced bell pepper
mushroom
Pan fry meat
Tofu



Chocolate Mousse

with berries

*My mum's Chocolate Mousse.
It's very rich, so a little goes a long way, but it's a
delicious special occasion dessert.*

Instructions:

1. Break chocolate into small pieces, and place in a blender with beaten egg
2. In a small saucepan, heat the water, coffee, sugar and gelatina
3. Once the gelatine has dissolved, pour into the blender, over the chocolate mixture and blend until smooth
4. Pour mixture into a bowl - can add 1-2 tbsp of liqueur if desired, then place in fridge for 20 minutes
5. While mix is chilling, beat the cream
6. Add 3/4 of the cream to the chocolate and beat gently.
7. Decorate with the remaining cream and berries.

Ingredients:

200g dark 70% chocolate
600ml cream
1 egg
2 tsp instant coffee
2 tsp gelatine
2 tbsp sugar
1 1/4 cup water
Berries for decoration



Chocolate Mousse
by Louise Rutter



Apetizer Tuna Fillet

Apetizer

Seared tuna fillet with mixed sesame seeds & ponzu sauce.

Ingredients:

Soya sauce, fresh orange juice, lime juice, lemon zest and rice vinegar/optional, all ingredients to taste.

Tip: oil the fillet before adding the sesame seeds, this way it sticks better. Avocado oil is recommended. For frying add some garlic.

By Valentina Wirtz, Year 9



Food is a
Universal
Language



- Harvest America Ventures -

Dutch Apple Pie

with whipped cream

Instructions:

Heat the oven to 360 F (180 C)

1. Mix the flour, sugar and butter (light melted)
2. Add some water (50 -100 ml) to get the right texture (Not to dry, not to sticky)
3. Let the dough rest for a short while
4. Place the raisins in a bowl of water to soften them (about 30 minutes)
5. Peel the apples and cut into dices
Mix in a bowl the apples, sugar and cinnamon (or speculaas spice).
6. Grease the spring form with butter or oil.
7. Cover the sides and bottom of the oven form with the dough. Save some dough for the decoration on top.
8. Place the apples on the dough
9. Make strips of the remaining dough and place them in a cross pattern on top.
10. Ready to place into the oven for about 60/75 minutes!

Delicious, still a little warm from the oven or cooled off with whipped cream!

Btw in the Netherlands Apple pie is one of the most served pies on birthday parties!

This recipe is at least a hundred years old, it's from my grandmother. She was born in 1902 in Haarlem, The Netherlands.

She lived in turbulent times, during 2 wars (World War I and II) her parents had a small grocery store, where my grandmother started baking at a young age.

Several of her recipes have been preserved and are still used among her family. While baking apple pie, it always gives me a smile and reminds me of her.



Ingredients:

Pie

400 gr. self rising flour (might also be replaced for gluten free flour)
225 gr. butter (for example; Kerrygold, Irish cream butter)
175 gr. raw cane sugar

Stuffing

1 kilo of Fuji apples (6 or 7 firm apples)
40 gr. raw cane sugar
2 tsp cinnamon (or replace for speculaas/ cooky spice from the Netherlands)
50 gr. raisins



*Dutch Apple Pie
by Rachel Lavooij*



Delicious Pasta

with feta and tomatoes

Pasta with cherry tomatoes, feta cheese, olive oil, chopped garlic, S&P, oregano, topped with parsley. Bake it for 30 minutes at 400°

By Mathilde Wirtz, Year 9

Noodle Broccoli with chicken

By Sophie Lavooij, Year 10

Chicken
Broccoli
Noodles
Sesame seeds

Sauce:
1/3 cup Soy Sauce
3 tbsp Oyster Sauce
1 tbsp Brown sugar
1 minced garlic
1 tsp of Sesame oil

(1 tsp is appr. 15 ml.)

It's easy and quickly to prepare (ready in about 15 minutes).

1. Boil the broccoli
2. Stir fry the chicken (chopped in dices)
3. Add the broccoli after boiling and stir fry together.
4. Boil the noodles (see manufacturer's instruction for preparation).
5. Add the noodles to the chicken, broccoli and add the sauce (Soy, Oyster, Sugar, garlic, Sesame oil). Stir fry just some minutes and add the sesame seeds...
ready and delicious!

Additional red bell pepper or cashew nuts sounds great to add next time!



Zucchini

Cilantro cream

Instructions:

Cook 6 zucchinis in chunks.
Add to the mixer with some chicken broth,
2 table spoons of cream fraiche,
a small chunk of white onion,
a handful of cilantro and kosher salt.

Chop garlic and white onion and add it to
the pot with some butter and olive oil,
pour the mix and let it cook.

Add fresh thyme and season to taste.
For serving add dots of well mixed cream fraiche
and pass the knife to create figures.

Add fresh pepper, goat or cream cheese,
roasted almonds & fresh cilantro.

(this recipe can work as well with other vegetables)



Ingredients:

- 6 Zucchini
- Chicken broth
- Cream Fraîche
- White onion
- Fresh Cilantro
- Salt
- Garlic
- Butter
- Olive oil
- Fresh Thyme
- Goat cream or cream cheese
- Roasted almonds





Easter Simnel Cake
by Fran Keillor

Originally, this cake was made for Mothering Sunday, but it has for a long, long time been an essential Easter confection, the marzipan balls on top representing the apostles.

Ingredients:

- 100 grams glace cherries
- 500 grams mixed dried fruit
- 175 grams soft unsalted butter
- 175 grams caster sugar
- zest of 1 lemon
- 225 grams plain flour
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 25 grams ground almonds
- 3 large eggs
- 2 tablespoons milk
- 1 kilogram yellow marzipan to decorate
- icing sugar for rolling
- 1 tablespoon apricot jam (melted)
- 1 egg white (optional)

Easter Simnel cake

Instructions:

1. Bring all ingredients to room temperature. Preheat the oven 160°C or 325°F. Butter and line the bottom and sides of a 20 cm / 8 inch springform. Chop the cherries very finely and add them to the rest of the fruit.
2. Cream the butter and sugar until very soft and light, and add the lemon zest. Measure the flour, baking powder, cinnamon, ginger and ground almonds into a bowl and stir to combine.
3. Add 1 of the eggs to the creamed butter and sugar with 2 tablespoons of the dry flour-and-spice ingredients, then beat in the remaining eggs in the same way. Beat in the rest of the dry ingredients, and then the milk. Finally fold in the fruit.
4. Dust a surface with a little icing sugar and then roll out about 400g / 14oz of the marzipan. Cut it into a 20cm / 8 inch circle which will fit in the middle of the cake later. Spoon half of the fruit cake mixture into the cake tin and then lay the marzipan circle on top of it. Spoon the rest of the mixture into the tin on top of the marzipan circle and smooth the top. Bake for half an hour and then turn the oven down to 130°C / 265°F for another 1½ hours or until the cake has risen and is firm on top. Let it cool completely on a rack before you spring it open.
5. Unspring the cooled fruit cake, and unwrap the lining from the cake. Roll out another 400g / 14oz circle of marzipan, paint the top of the cake with the melted apricot jam, and then stick it on. Make 11 apostle balls out of the remaining marzipan, roughly 2.5cm / 1 inch in size. Beat the egg white - just till it's a bit frothy and loosened up a little, no more - and use that as glue to stick the apostles around the edge of the cake.



Chickpea *Moroccan* Stew

Instructions:

I usually sweet the onions, garlic, carrots and celery (if I even have celery) and slowly mix and add the rest.

I add broth (I substitute chicken or vege all the time, often I'll just toss in a knorr cube with the saute and top with water after) to the fill line on my small instant pot, but use your judgment, and I usually mix all the spices together.

Instant Pot

Warm with saute. Once ingredients are in close lid. Pressure cook 8 minuts. Once done Pressure release after 10 minuts.

Frozen spinach cook with rest.
Fresh spinach add after.

Delicious with Couscous or rice.

Thought I'd share something out of my recipe box. This is my take on a Moroccan Chickpea Stew. We've named it "My Rockin' Stew". I use a 3qt Instant pot, I serve with Couscous. Great on a weeknight, quick and easy, especially when I haven't planned anything.

Kevin Mense

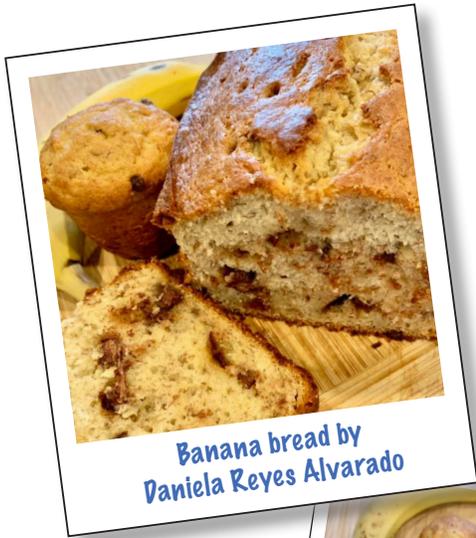
Ingredients:

2 tbsp oil
1 cup Onion
4 gloves Garlic
1 cup Carrots
1 cup Celery
31 oz Chickpea
14,5 oz diced tomato
2 tbsp tomato paste
1/4 tsp cinnamon
2 tsp cumin
2 tsp paprika spice
2tsp coriander
1 tsp salt
1/4 tsp pepper
3 or 4 cup Vege broth
2 cup baby Spinach



*Moroccan Chickpea Stew
by Kevin Mense*





Banana bread by
Daniela Reyes Alvarado

Bread Banana

Ingredients:

300g banana pure
1 1/2 cup Self rising flour
3/4 cup sugar
1/2 tsp salt
1/4 cup neutral oil (I used sunflower oil)
2 eggs

Instructions:

Cinnamon/nuts/chocolate chips as much as you wish, you can mix or use only one of them. (I used milk chocolate chips)

Mix the banana pure, sugar, salt, oil and eggs. Then add the flour and at the end your chocolate chips. Enjoy!



Food
brings
people
together

- Yotam Ottolenghi -



Roasted Butternut Pumpkin Salad



This Roasted Butternut Pumpkin Salad is absolutely delicious, simple ingredients and method, this recipe will become a firm favourite for any occasion. Hints of garlic and fresh ingredients, you will love it.

Ingredients:

- 1 Butternut Pumpkin
- 2 Tablespoons Olive Oil
- 2 teaspoons Garlic, crushed
- Cracked Pepper
- 1 Bag of Rocket (arugula)
- 50 grams Feta
- 1/3 Cup Pinenuts (toasted)
- 1/3 Cup Pomegranate Seeds
- Balsamic Dressing to Drizzle

Instructions:

Preheat oven to 200C Bake
Prepare a roasting dish with baking paper.
Peel the butternut then slice off each end, cut into half and scoop out the seeds, then cut into halves again. Put in a medium bowl add the olive oil, garlic and cracked pepper.

Add to this the butternut and toss to coat well
Spread the butternut out onto the prepared roasting dish. Bake for 20-25 minutes turning a few times. Bake until the butternut is tender but not falling apart.

Remove from the oven and allow to cool slightly while preparing other ingredients. In the still hot oven place the pine nuts in a dry pan or tin, cook until just toasted lightly brown, between 4-5 minutes, watch carefully as can easily burn, set aside. In a large salad bowl add the rinsed and dried rocket.

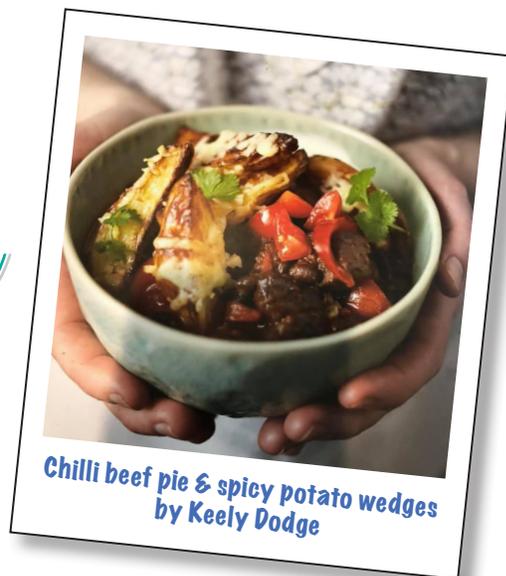
Place the roasted butternut over this. Scatter over the toasted pine nuts, feta and pomegranate seeds. Drizzle over the balsamic dressing and serve. Store in the refrigerator until ready to eat, best served fresh or within 24 hours.

Enjoy!



Chilli beef pie

with spicy potato wedges



Chilli beef pie & spicy potato wedges
by Keely Dodge

Ingredients:

For the stew

- 2 tbsp cumin seeds
- 1/2 tsp dried chilli flakes
- 1 tsp ground cinnamon
- 2 tsp dried oregano
- 750g diced braising beef (stewing steak)
- 3 tbsp olive oil
- 2 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 small bunch fresh coriander, leaves and stalks separated and chopped, plus more leaves to serve
- 2 green chillies, deseeded and diced
- 2 tbsp tomato puree
- 200ml red wine
- 1 x 400g tin chopped tomatoes
- 2 tbsp black treacle
- 200ml hot beef stock
- 1 large red pepper, deseeded and diced
- 400g tin of black beans
- Salt and freshly ground black pepper

For the wedges

- 4 large baking potatoes
- 2 tbsp olive oil
- A good pinch of smoked paprika
- A handful grated mature Cheddar cheese

Instructions:

1. Preheat the oven to 180C/Gas 4.
2. Grind the cumin seeds and chilli flakes together in a pestle and mortar or coffee grinder. Tip into a large bowl and stir in the cinnamon, oregano and a tsp salt. Add the beef and toss to completely coat.
3. Heat a tsp of the olive oil in your casserole pan over a medium heat and brown the spiced beef all over in batches, adding ore oil if needed. Be careful, because the spices will become bitter if burned. Put the browned beef into a large bowl. Pour a little water into the empty pan, scrape with a wooden spoon to loosen the spices, then pour this over the beef.
4. In the same pan, heat the remaining oil over a medium heat, then gently fry the onion, garlic, chopped coriander stalks and chilli for 5 mins or until soft. Add the tomato puree, wine tinned tomatoes, treacle and stock and stir over a medium heat for a minute or two until well mixed. Add the beef and bring to the boil. As soon as the stew is bubbling, remove from the heat, cover with the lid and cook in the oven for 2 hours.
5. Add the sliced pepper and black beans to the pan, give it a good stir, season well with salt and pepper, then put the lid back on and return to the oven for another 20 mins. Remove, taste to check the seasoning, and stir in the chopped coriander leaves. Set aside with the lid on tightly.
6. Increase the oven temperature to 200C/Gas 6. Cut the potatoes into chunky wedges and cook in a large pan of boiling water for 8 mins, or until just tender. Drain, then tip out onto a shallow roasting tin and drizzle with the oil. Sprinkle over the paprika and some sea salt and bake in the oven for 30 mins, or until crisp and golden.
7. Pile the chilli into bowls, sprinkle with grated Cheddar, stick the potato wedges in and garnish with coriander leaves. Serve with soured cream and guacamole!



Chocolate Ginger Shortbread

Instructions:

You will need two flat baking sheets lined with baking parchment.

Mix butter until creamy-gradually add sugar and mix until light and fluffy. Sift in flour ingredients, salt and ground ginger and mix lightly or by hand. Work in chopped ginger and form the dough into a log shape about 20cm. long. Wrap log in clingfilm and chill in fridge for around 30 minutes or until firm. Preheat oven to 325F/175C/ Gas Mark 3.

Unwrap log and slice into approx 20 rounds using large sharp knife. Arrange slightly apart on baking sheets. Bake for around 20 mins or until firm but NOT coloured. Remove from oven and leave on baking sheets to cool. Melt some good quality dark cooking chocolate and dip in edges of shortbread then return to tray. Cool in fridge until chocolate sets then store. These shortbread cookies will keep for several days in airtight container. Delicious with or without chocolate.



Ingredients:

200g unsalted butter, softened
100g caster (or extra fine) sugar
260g All purpose/plain flour
40g of rice flour OR corn flour
1 tsp ground ginger
A good pinch of salt
50g of candied or glacé ginger, chopped





Brazilian Brigadeiros

Instructions:

milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.

Pour onto a greased plate, then chill for 1 hour.

Shape and roll the chilled mixture into balls.

Roll the balls in chocolate sprinkles.

Enjoy!

Ingredients:

- 1 tablespoon butter
- 14 oz (1 can) sweetened condensed milk
- 3 full tablespoon cocoa powder
- 1 cup chocolate sprinkle, as needed
- *chocolate sprinkle is the traditional recipe. You can use any sprinkle that you like



Nearly as famous as Brigadeiros, these beijinhos de coco are an easy 4-ingredient Brazilian coconut balls.

Brazilian Beijinhos with cocos

Ingredients:

- 14 oz. sweet condensed milk
- Unsweetened, shredded coconut or coconut flakes
- Unsalted butter
- Heavy cream
- Whole cloves for decorating (optional, they add extra aroma.)

Instructions:

Bring milk and butter to a simmer in a saucepan over medium-low heat. Continue to cook, stirring often, until the milk has reduced to half and thickened, about 20 minutes. Remove from heat, stir in the 1/4 cup coconut, and allow to cool a bit before pouring into a buttered bowl. Chill in the refrigerator until cold, about 2 hours. With buttered or oiled hands, form milk mixture into tablespoon-sized balls, and roll in coconut flakes. (Optional: Stick a clove into each beijinho as decoration.)



French stew Coq au Vin

Instructions:

Preheat oven at 350°. Season chicken with salt and pepper. In a large saucepan over medium heat, add bacon and cook until crispy for appr. 8 minutes.

Place bacon over a paper-lined plate. In the same saucepan, add chicken. Cook until the skin is golden brown for appr. 4 to 5 minutes per side.

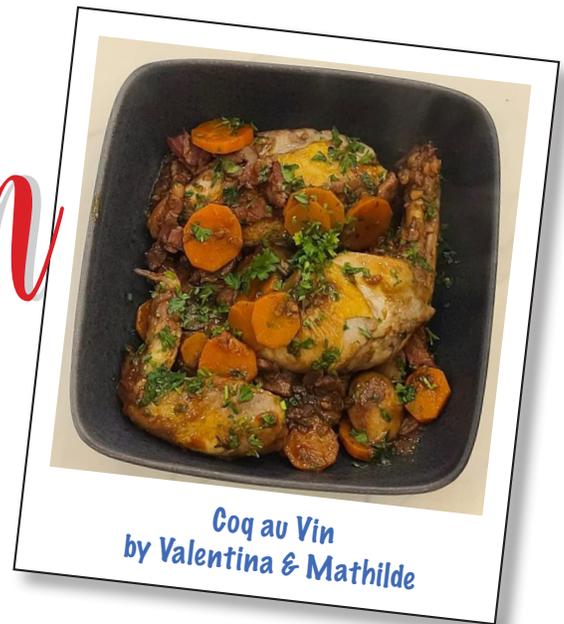
Reserve chicken. In the same saucepan, add mushrooms, onions, and carrots. Cook until golden brown for appr. 5 minutes.

Add garlic and cook until fragrant for around another minute. Add the tomato paste and stir until vegetables are covered with it. Add the all-purpose flour and stir until covered. Pour slowly the wine, the chicken broth, and the brandy. Return the chicken and half the bacon to the saucepan. Add thyme, season well with salt and pepper and let boil.

Once it's boiling cover and place in the oven. Cook until the chicken is well cooked, and the internal temperature is 165°, for appr. 20 to 30 minutes.

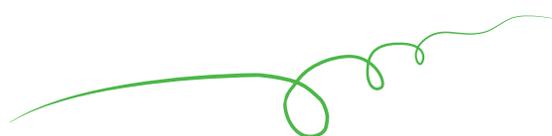
Remove the chicken from the saucepan and place in a plate to keep the heat. Return the saucepan over medium heat, add butter and simmer until the sauce thickens for around 10 minutes.

Serve chicken with sauce and cover with the remaining bacon and parsley.



Ingredients:

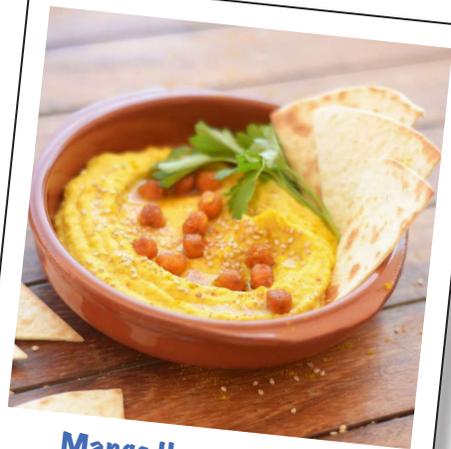
- 3 lbs chicken thighs with bone and skin
- Kosher salt
- Freshly ground black pepper
- 6 strips of bacon, chopped into 1-inch pieces
- 8 oz. sliced mushrooms
- 8 oz. peeled small onions
- 1 big carrot, peeled and chopped
- 2 garlic cloves, chopped
- 1 tbsp tomato paste
- 2 tbsp all-purpose flour
- 2 cups red wine
- 1 cup chicken broth
- 1 tbsp brandy
- Small thyme
- 3 tbsp butter
- Freshly chopped parsley, to serve



Mango Hummus Curry

Instructions & Ingredients:

- | | |
|--|--|
| 1 tblsp coconut oil into the pan | 2 tsp tomato puree |
| Add 1 large onion chopped, salt, soffon | 1 tin (400g) chopped tomatoes |
| Add 1 inch ginger, 1 small chilli, 2 gloves of garlic, fry together. | 200 ml water, stir together |
| Add 1/2 tsp cumi | Add 1 tin (400g) chickpeas, simmer 15 min. |
| 1/2 tsp grand coriander | Add 1 tblsp mango chutney |
| 1/4 tsp cayenne pepper | Add 200g hummus |
| 1/2 tsp tumeric | Mix together, season if needed. |
| 1 tblsp gron masala, fry together. | Add 100gr. spinach, let it wilt |
| | Serve with rice or noon. |



Mango Hummus Curry
by Keely Dodge



Laughter is brightest
in the place where
Food is.

- Irish Proverb -

Dutch Pepernoten cookies

Okay, this recipe is more for the winter holiday season but I came across it today so I thought, it's now or never (at the moment the weather is rainy, cold, autumn/ winter weather anyway).

Instructions:

Preheat oven 350 F
Serves: 50 or more
Time: 40 min.

Stir flour, baking powder, salt, sugar, milk and spices in a large bowl. Knead in butter and continue to mix until combined, about 5 minutes. Line up baking sheet. Scoop out 1 teaspoon-sized portion of dough and roll into a ball. Place each rolled ball evenly spaced on the cookie sheet. Bake for 12 - 15 minutes. Cool on a wire rack.

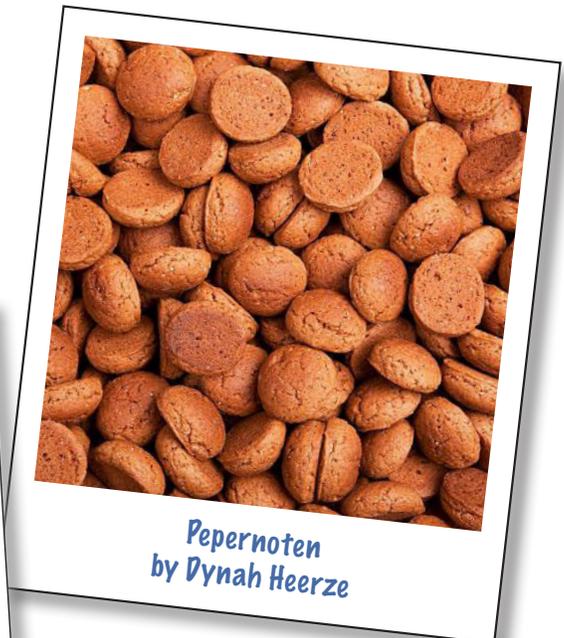
Eet smakelijk!

Ps. The Dutch often use self rising flour when baking pepernoten, however, not every shop has this type of flour, therefore, I posted a recipe with all purpose flour.

Ps2. These are actually called kruidnoten instead of pepernoten. Pepernoten are less crunchy and have a square kind of shape. But in The Netherlands more and more people name them pepernoten (I guess the ui sound is not an easy one to pronounce).

Ingredients:

2 cups all purpose flour
1 teaspoon baking powder
1/4 teaspoon (kosher) salt
1 cup brown sugar
3/4 cup unsalted butter, room temperature
4 tablespoons milk
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 teaspoon ginger
(or 2.5 teaspoons speculaaskruiden, in The Netherlands you can buy these spices mixed already)



Canadian treat
Nanaimo Bars
creamy chocolate



Nanaimo Bars
by Catherine Mathie

Ingredients:

1/2 cup butter
5 tablespoons cocoa
1 teaspoon vanilla
1/4 cup white sugar
1 egg
2 cups graham wafer crumbs
1 cup flaked coconut (optional)
1/2 cup chopped walnuts (optional)
1/4 cup butter
2 tablespoons custard powder
(I use Birds)
2 cups icing sugar
2 - 3 tablespoons milk
3 squares semi sweet chocolate
1 tablespoon butter

Ingredients for 2 bars

Instructions:

1st layer

Mix 1/2 cup butter, cocoa, white sugar, egg and vanilla.

Set over boiling water and stir mixture on it resembles a custard.

Add graham crumbs (add coconut flakes and walnuts if desired).

Press into 8 inch square pan.

2nd layer

Cream 1/4 cup butter, custard powder, icing sugar and milk.

Spread mixture over the 1st layer and set a side.

3rd layer

Melt chocolate and butter over hot water and spread over 2nd layer.

Once completed, chill until top layer hardens and cut into bars.



British Bread & Butter pudding

Instructions:

Cut the crusts off the bread. Put the bread on a tray, cover with a clean tea towel and leave for 3-4 hours until slightly dried. (partly drying the bread helps it absorb the custard.)

Spread one side of each slice of bread with softened butter and sprinkle with a generous grating of nutmeg.

Keep 4 slices of bread whole and cut the remaining 4 into triangles. To make the custard, whisk the sugar, egg yolks and whole eggs together in a large bowl until smooth. Whisk in the cream, milk, and vanilla extract.

Butter a 1.75 litre ovenproof dish – a lasagne dish is ideal. Line the dish with the whole slices of bread in one layer, butter side up, and scatter over three-quarters of the mixed dried fruit. Arrange the triangles on top, butter-side up and almost standing vertically. Sprinkle the remaining fruit between the triangles as you go.

Give the custard a stir, then pour it slowly over the bread. The bread will float, so press it down gently for a few seconds to help it absorb the custard. Leave to stand for 30 minutes. Preheat the oven to 180°C/Gas 4.

Place the dish in a roasting tin. Pour in enough just-boiled water to come half-way up the sides of the dish. Bake for 30 minutes or until the custard is just set and the bread is golden brown and crisp on top. Carefully remove the tin from the oven and lift out the pudding. Serve hot with cream or good vanilla ice cream.

Ingredients:

8 thick slices of white bread, ideally taken from an unsliced sandwich loaf
75g butter, softened, plus extra for greasing
freshly grated nutmeg
150g caster sugar, plus 4 tbsp for sprinkling
4 large free-range egg yolks
2 large free-range eggs
300ml double cream
300ml whole milk
1 tsp vanilla extract
100g mixed dried fruit



Bread & Butter pudding
by Julia Flower



Mexican Quesadillas with chicken



Ingredients:

- 1 tbsp. extra-virgin olive oil
- 2 bell peppers, thinly sliced
- 1/2 onion, thinly sliced
- Kosher salt
- Freshly ground black pepper
- 1 lb. boneless skinless chicken breasts, sliced into strips
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 4 medium flour tortillas
- 2 c. shredded Monterey jack
- 2 c. shredded cheddar
- 1 avocado, sliced
- 1 tbsp. vegetable oil
- 2 green onions, thinly sliced
- Sour cream, for serving

Instructions:

In a large skillet over medium-high heat, heat olive oil. Add peppers and onion and season with salt and pepper. Cook until soft, 5 minutes. Transfer to a plate.

Heat remaining tablespoon vegetable oil over medium-high heat. Season chicken with spices, salt, and pepper and cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate.

Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, cooked chicken mixture, pepper-onion mixture, a few slices of avocado, and green onions. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side. Repeat to make 4 quesadillas.

Slice into wedges and serve with sour cream. A delicious addition can also be pineapple.



Chalupas from Puebla

Ingredients:

Salsa verde (Green sauce)

½ kg green tomato
3-4 serrano peppers or cueresmeños
1 garlic
¼ onion
½ coriander
Salt

Instructions:

Place tomatoes, peppers, and garlic in a pot and take to boil. Blend with salt, some powdered chicken broth and raw onion. In a pan, put some lard and fry the sauce. Check seasoning.

Ingredients:

Salsa roja (Red sauce)

¾ kg tomato
3-4 dry chipotle pepper fried on lard.
1 garlic
¼ onion
Salt

Instructions:

Place tomatoes and garlic in a pot and take to boil. Blend tomatoes, garlic, raw onion and fried chipotle peppers. Season with salt and some powdered chicken broth. In a pot, add some lard and fry the sauce. Check seasoning.

Shredded meat

It can be pork back or pork pulp. Cook in a pressure cooker with salt, a piece of onion, pepper, and a pinch of oregano. Shred

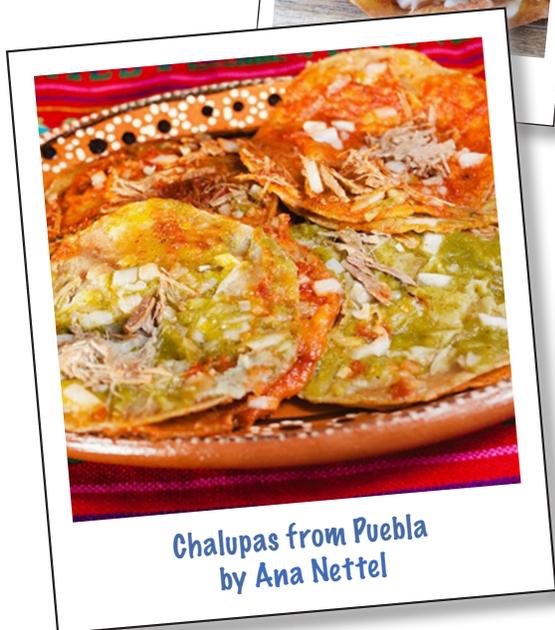
You'll need to have enough chopped onion, the sauces ready, the pork shredded, chalupera tortillas or #11.

Spread lard on tortillas and place at the center of pan a considerable amount of it. Let it heat without burning.

Place the tortillas in the edges. Make sure the tortilla is heated all over. Pour some salsa, chopped onion and shredded pork.

Place over the lard at the center of the pan only for 5 seconds, place again in the edges, crush a little bit.

Serve immediately.



Chalupas from Puebla
by Ana Nettel



Tunisian

Shakshouka

Ingredients:

4 big ripe tomatoes
4 eggs
2 sweet peppers
2 medium onions, chopped
1 -2 hot green pepper
1 head garlic, all cloves crushed
and cut
1 tablespoon tomato concentrate
1 tablespoon harissa
1 tablespoon cumin, bay leaf,
thyme, to taste
1 teaspoon salt (to taste)
1 -4 tablespoon olive oil

Instructions:

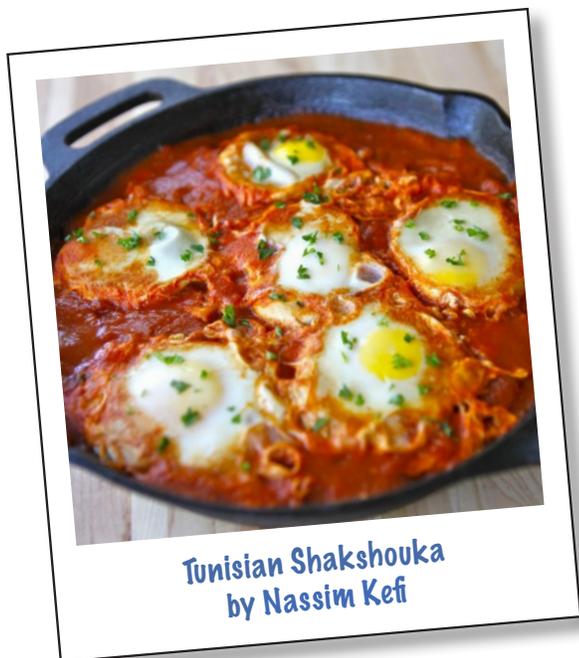
Cut the tomatoes into large pieces. Deseed and dice all the peppers.

Heat olive oil in a medium size pot. The flavor belongs in the recipe, so use a good amount of it. Add the onion and garlic, and before it is brown, add the cumin. When the cumin is blended, add the tomatoes and peppers, the tomato concentrate, and the harissa. Add salt. Blend the ingredients with a long spoon. Add 1 - 3 bay leaves, and the thyme.

As soon as the vegetables are cooked, and the consistency is a bit thickened, add the eggs. The eggs will be poached in the pot. Space the eggs to give them room. Put the lid of the pot on. Wait for the white to set, as much as 15 minutes, depending on how high your heat is. The yolk should be runny.

When you serve this, dish up an amount of the vegetable part into a wide soup dish, then carefully center an egg into this. Repeat for four people. Have french bread cut and ready to dip into the chakchouka.

Note: the amounts of tomato concentrate and harissa, which is quite hot, can be adjusted to personal taste. You could lessen the garlic amount if you like.



Czech Potato Pancakes

Instructions:

Finely grate potatoes. Drain any liquid. Add eggs, onion, flour, salt and baking powder. In a frying pan, add oil to the depth of 1/8 in.; heat over medium-high (375°).

Drop batter by heaping tablespoonfuls in hot oil. Flatten into patties. Fry until golden brown, turning once. Serve immediately.



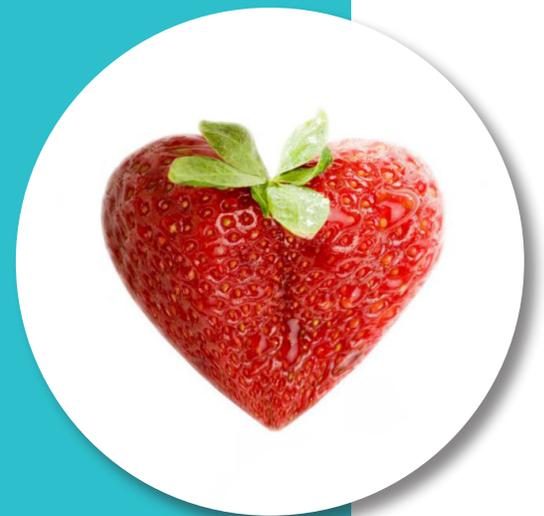
Czech Potato Pancakes
by Nassim Kefi

Ingredients:

3 large potatoes (about 2 pounds), peeled
2 large eggs, lightly beaten
1 tablespoon grated onion
2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon baking powder
Vegetable oil for frying

Love is a fruit
in season at all times,
and within reach of
every hand.

- mother Theresa -





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