

A Taste of Diversity, vol. III

From our hearts to your home







STUDYPORTALS COOKBOOK:

A Taste of Diversity, vol. III

INTRODUCTION

We are proud to present another edition of 'A Taste of Diversity', honoring the profound power of food in connecting people. Whether it's across continents, cultures, or dinner tables, food is a universal language that transcends boundaries. Just like in our daily work and purpose, embracing diversity drives continued improvement and innovation.

This year, our focus is on the magic of shared moments — the laughter, conversations, and stories that come to life over a meal.

At Studyportals, our mission has always been about bridging gaps — between people, places, purpose and possibilities. With a team representing over 35 nationalities, we live and breathe the value of diverse perspectives and cultures.

We strive to maximise the impact of international education as a contributor to peace and a more equal and prosperous world.

As a token of our appreciation to you, we present this collection of our team's favorite recipes from around the globe, that are especially suited for **bringing people together**. These recipes reflect the rich tapestry of our backgrounds and the memories and experiences we hold dear.

So, as you flip through these pages, we hope you find inspiration not only in the recipes but in the moments they create.

Here's to celebrating the joy of coming together, and to savouring every moment!

Borrel

“Relaxing with some drinks and snacks (usually after work) and enjoying fun vibes the Dutch way with friends and colleagues.

Gezelling samen een drankje doen!”

Rob van Schaijk

BU Manager UKI/EMEA, Studyportals





COOK TIME
50 min



SERVES
3 People



METHOD
Airfryer

BORREL

Air Fryer Popcorn Chicken

COUNTRY OF ORIGIN | Taiwan

PEPARATION

Marinate the bite-sized chicken pieces with minced garlic, salt, white pepper, soy sauce, Chinese rice wine (optional), and five-spice powder (optional) in the fridge for at least 15 minutes or up to 1 hour.

Coat the chicken with potato starch and let it sit for 5–10 minutes to help the coating adhere better.

Double air-fry the coated chicken, lightly spraying with oil (optional). Air-fry at 160°C for the first 10 minutes, then flip the pieces over and continue for another 10 minutes at 180°C. Add some basil in the last 5 minutes for additional fragrance.

Serve the popcorn chicken with your favorite extra seasonings—my preference is chili flakes and white pepper.

Enjoy!

INGREDIENTS

- 450 g Chicken Thighs
- Minced Garlic
- 1/2 tsp Salt
- 1/2 tsp White Pepper
- 1/2 tsp Five-Spice Powder (optional)
- 2 tsp Soy Sauce
- 2 tsp Chinese Rice Wine (optional)
- 1 cup Potato (corn) Starch
- Oil (optional)
- Fresh Basil (optional for garnish)

RECIPE'S STORY



Iris Lu

Paid Media Strategist

Popcorn chicken is a beloved street food throughout Taiwan, especially popular at night markets as a supper choice and a comforting snack for all kinds of occasions!





COOK TIME
25 min



SERVES
4 People



METHOD
Skillet

BORREL

Amêijoas à Bulhão Pato

COUNTRY OF ORIGIN | Portugal

PEPARATION

Heat olive oil in a large skillet over medium heat.

Add the garlic and cook until fragrant.

Add the clams to the skillet, followed by the white wine.

Cover and cook until the clams open (about 5–7 minutes).

Squeeze the lemon juice over the clams and sprinkle with chopped cilantro.

Season with salt and pepper.

Serve immediately with crusty bread.

INGREDIENTS

- 1 kg Fresh Cleaned Clams
- 4 Cloves Garlic (minced)
- 1/4 cup Olive Oil
- 1/2 cup White Wine
- Juice of 1 Lemon
- Cilantro (chopped)
- Salt & Pepper



Nádia Silva Riethmueller de Oliveira

Strategic Partnerships Success Manager

Being from the sunny Algarve in the south of Portugal, this dish is something I associate with being on the seaside, with my family all at one table eating from the same dish.





COOK TIME

1h 20 min



SERVES

10 People



METHOD

Oven

BORREL

Brabants Worstebroodje

COUNTRY OF ORIGIN | The Netherlands

PEPARATION

Knead all the ingredients for the dough to get a smooth dough and divide it into 20 equal balls. Cover the balls with a clean kitchen towel and let them rest for 30 minutes.

In the meantime, you can mix the ingredients for the filling and make 20 equal sausages (approx. 15cm). Take the balls of dough and roll them out to create oval slices that are a few centimetres longer than the sausages. Place the sausages on the dough, fold the (narrow) ends over the sausages and fold the (wide) ends around them.

You can now roll them carefully to seal the seams a bit. Place the rolls on a sheet of baking paper, cover them and let them rise for 60 minutes.

After that, you can brush them with the beaten egg before putting them in the oven and baking them for 16–18 minutes at 220 °C.

Eet smakelijk!

INGREDIENTS

Dough:

- 500 g Flour
- 250 ml Milk (lukewarm)
- 100 g Unsalted Butter
- 7 g Dry Instant Yeast
- 9 g Salt
- 10g Sugar

Filling:

- 750 g Minced Meat
(50% beef, 50% pork)
- 1 Egg
- 75 g Breadcrumbs
- 25 g Mustard
- Salt & Pepper



Jaap Waalen
Account Manager

Worstenbroodjes, a typical snack from Noord Brabant (same province as the HQ of Studyportals) can be enjoyed anytime! Popular during Carnival, they're perfect for breakfast, lunch, snacks, or after partying.





COOK TIME
2h 15 min



SERVES
10–15 People



METHOD
Frying Pan

BORREL

Croquetas de Jamón Ibérico

COUNTRY OF ORIGIN | Spain

PEPARATION

Heat olive oil in a pan until shimmering. Add finely chopped leek; sauté until soft but not browned. Add chopped ham; cook for 1 minute.

Stir in flour; cook for 5 minutes until golden. Heat stock and milk in a small pan; season with nutmeg. Gradually add hot liquid to the roux, stirring constantly; cook for 10 minutes until thick. Adjust seasoning with salt and pepper.

Spread mixture on a baking tray; cover with clingfilm. Cool and refrigerate for 1 hour.

Prepare three bowls: flour, beaten eggs, breadcrumbs. Shape chilled mixture into walnut-sized balls. Coat balls in flour, then egg, then breadcrumbs.

Refrigerate for 30 minutes.

Fry croquetas in a pan with oil or using a deep fryer at 175°C/325°F for few minutes until golden.

INGREDIENTS

- 4 tbsp Extra Virgin Olive Oil
- ½ Small Leek, (diced, 3mm)
- 70g Jamón Ibérico
- 60g Plain Flour
- 75ml Ham or Vegetable Stock
- 325ml Whole Milk
- Nutmeg
- 75g Plain Flour
- 2 Large Eggs (beaten)
- 75g Breadcrumbs
- Olive Oil
- Sea Salt & Black Pepper



Belén Sánchez Ortigosa

Digital Marketing Specialist

I can't recall a tapas party in Spain without croquetas de jamón as a starter. They're delicious, and you can be sure there won't be any left by the end!





COOK TIME
45 min



SERVES
2-20 People



METHOD
Skillet

DINNER PARTY

Cola Chicken Wings

COUNTRY OF ORIGIN | China

PEPARATION

Marinate your chicken wings for 30 minutes (or overnight, however you like it) with honey, sliced ginger, mined garlic, soy sauce or oyster sauce, salt & pepper, cooking wine (or any hard liquor you have), and a pinch of corn starch.

Heat oil in a large pan over medium-high heat. Add the wings & ginger and cook on each side until they are golden brown.

Reduce the heat and pour in a cup of cola or a layer that can cover the chicken, add some soy sauce, bring everything to simmer and cover the pan. Cook until the sauce thicken (~20 minutes).

After 20-25 minutes, remove the lid and turn up the heat. Let the sauce reduce and thicken, coating the wings in a glossy glaze.

Once the sauce has thickened and the wings are well-coated, garnish with chopped green onions or sesame seeds.

INGREDIENTS

- Cola
- Honey
- Salt & Pepper
- Soya Souce/Oyster sauce
- Ginger
- Garlic
- Cooking Wine
- Green Onions or Sesame Seeds for Garnish



Elizabeth Feng

Senior SEO Specialist

Chinese cooking starter pack. It blends the sweet, salty, and umami notes together.





COOK TIME
45 min



SERVES
10 People



METHOD
Oven

Ecuadorian Cassava Bread

COUNTRY OF ORIGIN | **Ecuador**

PEPARATION

Mix 500g tapioca starch, 500g crumbled (fresco) cheese, 1 tsp baking powder, 1 tbsp salt, 1 tbsp sugar, 2 tbsp unsalted butter, 1 egg, and 3/4 cup warm milk.

Knead into a smooth dough. Shape into small ovals.

Bake at 180°C for 12–15 minutes (or more).

Enjoy warm (or freeze for later).

INGREDIENTS

- 500 g Tapioca Starch
- 500g Crumbled Fresco Cheese
- 1 tsp Baking Powder
- 1 tbsp Salt
- 1 tbsp Sugar
- 2 tbsp Unsalted Butter
- 1 Egg
- 3/4 Cup Warm Milk

RECIPE'S STORY



Andrés Proaño Revelo

Team Lead - Product Marketing & Attribution Product Management

Best enjoyed with a refreshing glass of yogurt, just like the Ecuadorians do.





COOK TIME
1h



SERVES
6 People



METHOD
Oven

French Savory Cake

COUNTRY OF ORIGIN | **France**

PEPARATION

This is a basic recipe that can be adapted to your desires.
Prepare the batter and add the combination of ingredients you want!

Mix all the batter ingredients in a large salad bowl.

Add your garniture of the moment!

Here are some ideas:

Diced ham, grated Cheese, Olives – Chorizo, Goat cheese – Zucchini, Feta – Cherry tomatoes, Mozzarella – Dried tomatoes and bell peppers.

Let your desires speak!

Then put the mixture in a buttered and floured cake mold, and cook for 40 minutes in a preheated oven at 210°C.

Remove while hot, it's ready!

Cut slices for your guests to enjoy your creation!

INGREDIENTS

- 200g Flour
- 3 Eggs
- 5 cl Olive Oil
- 10 cl Milk
- 7 g Baking Powder
- Salt & Pepper



Cécile Jourdan

Office Management

Cake salé or savory cakes are a classic of the French apéro. No doubt, someone will have brought one of those delicious cake.





COOK TIME
20 min



SERVES
6 People



METHOD
Frying Pan

BORREL

Pot of Mussels in White Wine

COUNTRY OF ORIGIN | The Netherlands

PEPARATION

Rinse the mussels under cold water, brushing them clean if needed. Discard any heavy or broken mussels. Tap the remaining mussels on the counter; if they close, they are good. Discard any that do not close.

Heat oil in a large soup or mussel pan. Sauté the vegetables for a few minutes, adding salt and pepper. Deglaze with white wine and add a bay leaf. Add the mussels, cover the pan, and cook for 2 minutes. Shake the pan, cook for another 2 minutes, and shake again. Cook for a total of about 5 minutes.

Garnish with parsley if desired. Nice to serve with fries, Whiskey sauce (alioli, mayo), or baguette (or gluten-free bread).

INGREDIENTS

- 6 kg Mussels
- 1200 g Vegetables (onion, carrot, celery and parsley)
- 600 ml White Wine (preferably dry)
- Salt & Pepper
- 3 tbsp Olive Oil
- 1 Bay Leaf



Edwin van Rest

CEO and Co-Founder

Dutch mussels, often from the charming province of Zeeland (Old Zealand, no Kiwis there) are a must-try. A tip? One more top spot to eat mussels is the grand market square in Brussels!





COOK TIME
20 min



SERVES
4 People



METHOD
Oven

BORREL

Pruneaux au Lard (Prunes with bacon)

COUNTRY OF ORIGIN | **France**

PEPARATION

Pre-heat your oven at 210 degrees Celsius.

Remove the stones from the prunes if necessary.

Wrap each prune in a slice of bacon, and hold it with a tooth pick.

Bake in the oven for about 10 minutes (keep an eye on them!).

Serve hot or lukewarm.

INGREDIENTS

- 15 Dried Prunes
- 15 Thin Slices of Bacon
- Toothpicks



Caroline Souvestre

University Marketing Director

This is a classic for the French "apéro" and one of my favourites because I love sweet and savory dishes.



Soparnik

COUNTRY OF ORIGIN | Croatia



COOK TIME
1h



SERVES
4–6 People



METHOD
Oven

PEPARATION

For the dough:

Combine 500 grams of flour, 1/2 tsp salt, and 3 tbsp olive oil. Add 250ml of warm water gradually and knead until smooth. Let it rest for 30 mins.

For the filling:

Chop 400 grams of chard (use only the green part; wash and dry completely beforehand) together with half an onion, combine all together in a bowl and season with salt and 1 tbsp of olive oil.

Once the dough has rested divide it into 2 equal halves. Roll out one part thinly and place it on a baking sheet, spread the filling and cover with the second dough layer. Seal it by folding the edges of the dough.

Bake :

Preheat oven to 200°C (390°F). Bake for approx 25 minutes until golden. Brush the top with a mixture of 50 ml olive oil and 2–3 cloves of minced garlic. Cool slightly before serving. Cut traditionally into rhombuses and share with loved ones.

INGREDIENTS

Dough:

- 500 g Flour
- 1/2 tsp Salt
- 3 tbsp Olive Oil
- 250 ml Warm Water

Filling:

- 400 g Chard
- 1/2 Onion
- 1 tbsp Olive Oil
- Salt

Coating:

- 50 ml Olive Oil
- 2–3 Cloves of Minced Garlic



Karla Ramić

Junior Marketing Specialist

Soparnik is a true symbol of tradition. Its use of basic ingredients reflects how generations prepared food with what they had on hand, while its sharing symbolizes community.



Dinner Party

Sharing is caring, especially when there is food involved!

"A barriga llena, corazón contento" - Popular saying in Spanish-speaking countries

Naghieli Amarista Ruiz

ABM Manager, Studyportals





COOK TIME
50 min



SERVES
3–5 People



METHOD
Oven

DINNER PARTY

Chicken Enchiladas (St. Louis style)

COUNTRY OF ORIGIN | **Mexico**

PEPARATION

For the salsa, slice the red tomatoes, jalapeño pepper, 1/4 of onion and slightly fry them in a pan.

Afterwards, toss in a blender or food processor the fried ingredients along with the water, cilantro, garlic, salt, pepper, and a dash of lime juice.

For the enchiladas, pre-heat the oven to 180°C and grease a baking tray. Mildly heat a pan or a griddle and use it to slightly warm the tortillas.

Once done, put shredded chicken and black beans inside each tortilla, wrap them and place them on the baking tray.

Bake for 12 to 15 minutes at 180°C, take them out of the oven and sprinkle the shredded cheese on top of the enchiladas. Then bake them for another 3 to 5 minutes.

Lastly, serve and top them with chopped lettuce.

Buen provecho!

INGREDIENTS

- 4 Red Tomatoes
- 1 Jalapeño Pepper
- 1/4 Onion
- 1 Sprig of Cilantro
- 1 Lime
- 1/2 Lettuce
- 1/4 Cup of Water
- 1 Garlic
- 1 tbsp Salt
- 1 tbsp Pepper
- 250 g Shredded Chicken
- 1 Pack of Tortillas
- 1 Can of Black Beans
- 100 g of Shredded Cheddar or Monterey Jack Cheese



Ernesto Ochoa Sanchez

Partnership Success Manager - NA

This was my go-to recipe for dinner parties and potlucks when studying my masters in St. Louis, Missouri. It was a little piece of Mexico to share with others.





COOK TIME
1h 45 min



SERVES
6–8 People



METHOD
Skillet

BORREL

Chicken Fried Steak

COUNTRY OF ORIGIN | Southern United States

PEPARATION

Whisk together the buttermilk, eggs, and one teaspoon of salt in a large bowl. Set aside.

Tenderize the steaks and then pound to equal thickness; pat the steaks dry. Place the steaks in the buttermilk/egg wash. Cover and refrigerate for 30 minutes.

Whisk the flour, one teaspoon of salt, paprika, onion powder, garlic powder, and black pepper together. Dredge the Steaks in the Flour Mixture until completely coated, then repeat into the buttermilk and back into the flour to get a good coating. Set aside to rest for 10 minutes.

Heat the Oil: Fill a large skillet with approximately 3 inches of oil until it reaches 190 degrees Celsius.

Fry two steaks at a time for 8–10 minutes, flipping them halfway through or until the breading is golden brown and the steak is cooked to your liking.

Make a roux with flour and oil, stir in milk and beef broth for the gravy.

INGREDIENTS

- 720 g Buttermilk
- 2 Large Eggs
- 2 tsp Salt
- 6–8 Beef Cube Steaks
- 375 g All-Purpose Flour
- 1 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Ground Pepper
- 1 tsp Vegetable Oil

Gravy:

- 3 tbsp Oil
- 31 g All-Purpose Flour
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 400 ml Milk
- 3 tbsp Beef Broth



Margaret Cook

Sales Account Manager

In the southern U.S. this is traditionally called country cooking and it is the taste of home.





COOK TIME
2h



SERVES
5 People



METHOD
Skillet

DINNER PARTY

Dushbara... Soup or Snack?

COUNTRY OF ORIGIN | Azerbaijan

PEPARATION

Prepare lamb or beef broth. Knead elastic, smooth dough and let rest for 30 minutes.

Meanwhile, prepare the filling with ground lamb/ beef and onion. Season to your taste.

Roll the dough out thinly and cut into 1 cm squares. Place small amount of filling in the center of each square and fold in half, to create a triangle. Pinch two corners of the triangle together once again to shape the dumpling. Cover the rest of the squares while shaping, to prevent drying.

Once the broth is boiling, add turmeric and dumplings. Do it in batches, so they don't stick. Simmer until the dumplings float and cooked through (appr.12 minutes).

Serve the soup with dried mint and sumac, garnish with fresh herbs.

Pro tip! Add crushed garlic and vinegar if feeling sick. Or deep-fry raw dushbara for crunchy beer snack. Coat raw dumplings in flour and freeze in a thin layer for later use.

INGREDIENTS

Broth

- 3l Water
- Few Pieces Lamb/Beef with Bone

Filling

- 300 g Lamb/Beef with Bone (fat parts are preferred)
- 1 Medium Onion
- Salt & Pepper

Dough

- 1 Egg
- 0.5 tsp Salt
- 0.5 Glass Water
- 2 Glasses of Flour



Nigar Asgarova

Financial accountant

Hey, please meet the Azerbaijani dumplings- Dushbara! Perfect as nourishing meal on colder days and snack on warmer ones. P.S. a friend of mine associates me with dushbara.





COOK TIME
4 h 30min



SERVES
2-3 People



METHOD
Oven

DINNER PARTY

Fainè alla Sassarese

COUNTRY OF ORIGIN | Italy

PEPARATION

In a bowl with high sides, mix the chickpea flour with the salt, add the cold water and the oil, stirring constantly with a whisk to eliminate all the lumps. Cover the bowl with a cloth and let it rest for at least 4 hours at room temperature.

Once the resting time has elapsed, remove the cloth and mix the dough with a whisk to mix it well (it should be quite liquid, but dense). Grease a baking tray generously with olive oil and pour the mixture into it.

Optionally, but preferably, add thinly sliced onions and a cut of your choice (I recommend dry sausage) on top of the mixture.

Bake in a preheated oven at 250° for 30/35 minutes. First 20 minutes at the very bottom of your oven, and the remaining 10/15 at the top (a dark crunchy crust should form on the surface).

Remove from the oven, cut into slices and serve it with a sprinkling of black pepper.

Enjoy!

INGREDIENTS

- 200g Chickpea Flour
- 5 tbsp Extra Virgin Olive Oil
- 650 ml Cold Water
- 7 g Salt & Black Pepper
- 1 Thinly sliced dry sausage/salami
- 1 Thinly Sliced Onion



Fabrizio Citto

EMEA Business Relationships Manager

Fainè alla Sassarese is a typical dish of the city of Sassari, Sardinia. Fainè is tasty, healthy, filling and it is easy to make. Serve it as entrée and impress your guests from the start!



Grosse Spatzen

COUNTRY OF ORIGIN | **Germany**



COOK TIME
40 min



SERVES
4 People



METHOD
Pot

PEPARATION

Mix the eggs, flour and milk in a bowl. The batter will be a bit viscous, that is perfect.

Take a big cooking pot filled with water and cook till it boils. Use a tablespoon to scoop a spoonful of batter. Slowly submerge the spoon in the boiling water. Take a second tablespoon to scoop the batter out of the first spoon and let the "Spätz" boil in the water. Repeat this for all the batter.

When the "Spätz" starts to float, take it out of the water with a skimmer. Take all the boiled "Spätz" and bake them in a frying pan till they have a light brown crust.

Serve with sweet fruit like canned peaches or grapes.

INGREDIENTS

- 4 Eggs
- 500 ml Milk
- 700 g Flour
- 3 g Salt



Chris van Baal

Growth Hacker

This recipe originates from “Spätzle” (Small sparrows), a typical south-German recipe of small drops of batter. This recipe is about the bigger variant, the Grosse Spatzen (Big sparrows).





COOK TIME
1h 30 min



SERVES
4–6 People



METHOD
Oven

DINNER PARTY

Hunkar Begendi (Sultan's delight)

COUNTRY OF ORIGIN | Turkey

PEPARATION

Heat butter in a pot and sauté the onions. Add meat.

When browned on all sides, add garlic, green pepper, tomatoes, tomato paste, salt and pepper, and stir a bit.

Add the hot water and let simmer until meat is tender (≈45–60 min).

For the sauce, wash and prick the aubergines with a fork on both sides. Roast them in a pre-heated oven (≈220C) or on a grill until they look burnt and are soft to touch. Peel and mash them when cooled.

Heat butter in a pot. Add flour and stir a bit. Add the aubergines and stir a bit more. Add salt, pepper, cheese and warm milk. Stir until you have a thick sauce.

To serve, spread some of the puree on a plate, and place the meat on top of it.

INGREDIENTS

Lamb Stew:

- 2 tbsp Butter
- 1 Onion
- 500g Leg of Lamb (diced)
- 2–3 Cloves Garlic
- 1–2 Green Peppers
- 2 Tomatoes
- 1 tbsp Tomato Paste
- 1.5 cup Hot Water
- Salt & Pepper

Sauce:

- 2 tbsp Butter
- 2 tbsp Flour
- 4 Medium Aubergines
- 0.5 cup Parmesan/Cheddar
- 0.5–1 Cup Milk
- Salt & Pepper



Özlem Babacan

Senior Campaign Manager

It's a delicious Ottoman dish, and a very good choice for a dinner party. Not sure if the Sultan really liked it, but I sure do!





COOK TIME
30 min



SERVES
4–5 People



METHOD
Skillet

DINNER PARTY

Lomo Saltado

COUNTRY OF ORIGIN | Peru

PEPARATION

Cut the steak into strips and marinate the beef with 2 tablespoons of soy sauce and 1 clove of minced garlic for 10 minutes.

Cut the onion and tomatoes in big chunks. Remove seeds from the tomatoes. Heat 1 tablespoon of oil over high heat and add the beef for a few minutes until brown.

Make the sauce by combining 4 tablespoons of soy sauce, 1 tablespoon (each) of oyster sauce, red wine vinegar and Aji Amarillo paste. Whisk to combine.

Add the onions and sauce to the pan and fry for a minute before adding the tomatoes and garlic. Put the meat back in the pan and toss together.

Optional: Garnish dish with a bit of coriander. Serve with rice & fries.

INGREDIENTS

- 450 g (1 pound) Sirloin Steak
- 5 tbsp Soy Sauce
- 4 Cloves of Garlic (minced)
- 1 tbsp Red Wine Vinegar
- Oyster Sauce
- Aji Amarillo Paste
- 1 Medium/Big Red Onion
- 3 Tomatoes
- Cilantro (chopped)
- Salt & Pepper

To Serve:

- 200 to 250 g Rice & Fries

RECIPE'S STORY



Rob van Schaijk

Business Unit Manager UKI & EMEA

"The way to a man's heart is through his stomach". My late girlfriend made this on our 2nd date and I fell in love, with her and Peruvian cuisine!





COOK TIME
30 min



SERVES
4 People



METHOD
Pot

Mămăligă cu Brânză și Smântână

COUNTRY OF ORIGIN | Romania

PEPARATION

Bring the water to a boil in a pot with a pinch of salt.

Gradually stir in the cornmeal, reducing heat to low.

Add the butter and cook, stirring continuously, until thickened (about 15–20 minutes).

While the polenta is cooking, grate or crumble the telemea. If adding eggs to the recipe, fry them and set aside.

Use a small bowl to mold the polenta and the cheese into domes then plate, adding sour cream and optionally, top with a fried egg and fermented pickles.

Serve warm and enjoy the rich flavors!

Non-vegetarian option: add pork stew to turn the dish into Tochitură moldovenească

INGREDIENTS

- 250g Cornmeal
- 600ml Water
- 30g Butter
- Pinch of Salt
- 500g Telemea (can be substituted with feta cheese cottage cheese or a mix)

Optional

- 300g Sour Cream
- Optional: 4 eggs



Elisabeta Ungureanu

University Engagement and Data Quality Specialist

MBS (Mămăligă cu Brânză și Smântână) is a classic Romanian comfort dish that brings back memories of family gatherings and weekday dinners: a simple yet hearty meal that's loved across generations.





COOK TIME
45 min



SERVES
4 -5 People



METHOD
Skillet

DINNER PARTY

Okonomiyaki

COUNTRY OF ORIGIN | Japan

PEPARATION

Chop the ginger, spring onions and cabbage. Slice the cabbage into thin ribbons, and then cut them crosswise.

Combine the flour with the baking powder, then grate the yam finely into the same bowl. Add the dashi broth, combine and refrigerate for 30 minutes.

Beat the eggs, take the mixture out of the fridge and mix. Add the ginger, spring onions, tenkatsu and the cabbage. Mix until well combined.

Heat oil in a large non-stick pan. Add half of the mixture and spread evenly. Add the bacon slices on top. Cover and cook for 5 minutes.

Slide the pancake on a plate, then turn it back into the pan on the other side, cover and cook another 5 minutes.

Combine the sugar, oyster sauce, ketchup and Worcestershire sauce. Transfer pancake to a plate, bacon side up. Brush with the sauce, and drizzle mayo on top in a wavy motion. Top with aonori and spring onions.

INGREDIENTS

- 1 tbsp Sugar
- 2 tbsp Oyster Sauce
- 4 tbsp Ketchup
- 3 1/2 tbsp Worcestershire Sauce
- Mayo
- 25 g Pickled Ginger
- 4 Spring Onions (chopped)
- 1/2 Cabbage (shredded)
- 120g Flour
- 1 1/2 tsp Baking Powder
- 240 ml Dashi Broth
- 1/2 Japanese Mountain Yam (grated)
- 4 Eggs
- 100 g Tenkatsu
- 14 Bacon Slices
- Aonori



Julian Leu

Team Lead EMEA

A few years back I was in Tokyo, deciding what to have for dinner, and told myself I'd try the next interesting thing I'd spot. Thirty seconds later I was ordering an okonomiyaki.





COOK TIME
5 h



SERVES
10–15 People



METHOD
Deep-Fryer

Oliebollen

COUNTRY OF ORIGIN | **The Netherlands**

PEPARATION

Soak currants and raisins in water. Dissolve dried yeast in lukewarm milk. Put flour in bucket. Add (melted) butter, sugar, and eggs to flour. Slowly add milk, mix until smooth. Add lemon juice, and the currants and raisins (discard water), mix. Finally, add salt, mix.

Put bucket next to hot radiator, cover with kitchen foil and towel. Let dough rise for at least 90–minutes; it should fill at least $\frac{3}{4}$ of bucket.

Add 3L sunflower oil to deep fryer (rest is refill for later). Set deep fryer to 175 °C; do not use deep-fryer basket; wait.

Use two spoons to scoop small amount of dough into the deep fryer. You can deep fry about 8 “oliebollen” in one go. They will sink, then float; flip them around so they bake on both sides.

Once they're medium to dark brown, they're done. Fish them out; let them cool down a bit; use kitchen towel(s) to soak up (excess) oil.

Cover in “poedersuiker”.
Enjoy!

INGREDIENTS

- 75g Currants
- 100g Raisins
- 32g Dried Yeast
- 1L Milk
- 1kg Flour (“patentbloem”)
- 80g Butter
- 50g Sugar (“witte basterdsuiker”)
- 3 Eggs
- 20g Lemon Juice
- 10g Salt
- 4L Sunflower Oil
- Powdered Sugar (“poedersuiker”)
- 1 Bucket (“huishoudemmer”)
- 1 Deep-Fryer



Thijs Putman

Co-founder

Traditionally baked (and eaten) on the 31st of December in The Netherlands. Bake them in your garden or shed (as you don't want the entire house to smell like "oliebollen" on January 1st).





COOK TIME
30–45 min



SERVES
2–3 People



METHOD
Oven

DINNER PARTY

Sui's Cantonese Steamed Seabass

COUNTRY OF ORIGIN | Hong Kong

PEPARATION

My version is in the oven, my mum's is in a steamer, (not in a package) so your choice. One fish per parcel! Pre-heat the oven to 180°C fan/200°C non fan.

Cut a large piece of foil and smaller piece of greaseproof paper. Slice the ginger and spring onion into thin matchsticks.

Lay the fish in the middle of the paper and foil. Stuff the cavity with 1/3 of the ginger and spring onion mix and sprinkle the rest on top. Loosely wrap the fish into a parcel making sure a tight seal with the foil, not too tight as you want the fish to steam. Put on a baking tray and into the oven.

The smaller the fish(es) the less time. Take the fish out when cooked. Carefully open the parcel to let out the steam – smell the aromatics.

In a frying pan heat the oil until smoking, then pour over the fish and pour on the soy sauce. Serve with Chinese veggies and steamed Jasmine rice.

INGREDIENTS

- Aluminium Foil
Greaseproof/Parchment paper
- 1 Extra large Seabass or 2 Medium
(whole with head, gutted and washed)
- 3–5 Fresh Spring Onions (White and Green)
- 1 Thumb Piece of Fresh Ginger
(peeled)
- 2 tbsp Light Soy Sauce
- 3 tbsp Vegetable Oil

RECIPE'S STORY



Sui Yip

Partnerships Success Manager

I was born in the UK into a Cantonese family. We always ate around the table and everything was cooked fresh. This dish remains a family (and friends) favourite as its so yummy.



Yorkshire Puddings

COUNTRY OF ORIGIN | **England**



COOK TIME
1h



SERVES
6 People



METHOD
Oven

PEPARATION

Combine eggs, flour, milk, water, and salt in a bowl and whisk until a smooth batter is formed.

Let it rest at room temperature for at least 30 minutes.

Preheat oven to 450°F (230°C).

Grab a muffin/cupcake tray and put an even amount of vegetable oil in each. Place in the oven and let the oil heat for around 10 minutes.

Remove the tray and fill around 2/3 of each cup with the batter.

Put them back in the oven until they're golden brown and crispy! (Should be around 20 minutes).

INGREDIENTS

- 4 Large Eggs
- 1 1/2 cups (175g) Whole Milk
- 1/2 teaspoon (2g) Coarse Salt
- 1 1/4 cups (150g) All-Purpose Flour
- 2 tbsp (25g) Water
- 1/2 cup (100ml) Vegetable Oil



Sheldon Pollard

SEO Specialist

When someone asks what to eat in England, I always recommend a "Sunday roast" at a pub. It doesn't get more English, and Yorkshire puddings are the BEST part.



Birthday Party

“La Mordida” is a Mexican tradition in which the birthday person's face is slightly pushed into the cake. Family and friends around chant **"Mordida!, Mordida!"** (meaning bite) as encouragement.”

Fernanda Price

Team Leader Client Success (Monterrey, Mexico), Studyportals





COOK TIME
20 min



SERVES
4 People



METHOD
Skillet

BIRTHDAY PARTY

Beijinho

COUNTRY OF ORIGIN | **Brazil**

PEPARATION

In a medium saucepan, combine the condensed milk, butter, and shredded coconut.

Cook over medium heat, stirring constantly, until the mixture thickens and pulls away from the pan, about 10–15 minutes.

Remove from heat and let it cool.

Grease your hands with butter and roll the mixture into small balls. Roll the balls in extra shredded coconut until fully coated.

Chill in the refrigerator for at least 1 hour before serving.

INGREDIENTS

- 1 can (397g) Sweetened Condensed Milk
- 1 tbsp Unsalted Butter
- 1 cup (85g) Shredded Coconut
- Extra shredded coconut for rolling

RECIPE'S STORY



Lorenzo Avanzi
BI Analyst

This is the classic original and delicious Brazilian dessert and needs to be shared with the world!



Classic Crumpets

COUNTRY OF ORIGIN | United Kingdom



COOK TIME
45 min



SERVES
2 People



METHOD
Skillet

PEPARATION

Stir together the yeast and 240ml warm water in a bowl and leave to stand for 5–10 mins. Add the warm milk, butter, salt and sugar, then tip in the flour and stir until smooth. Leave to stand for 30 mins.

Dissolve the baking powder in a little water, then leave to rise for 20–30 mins.

Oil a heavy-based frying pan with a little vegetable oil and heat over medium-low heat. Lightly oil four 9cm crumpet rings. Spoon batter into the rings so it comes halfway up the sides. Reduce heat to low, cover with a lid, or an upturned deep frying pan to give the crumpets space to rise. Cook until the tops look dry, about 10–12 mins.

Flip them over and cook for 5 mins until golden and firm. Repeat with the remaining batter. Serve toasted with butter or topped with cheese, melted under the grill.

INGREDIENTS

- 2½ tsp Dried Yeast
- 240 ml Warm Milk
- 2 tbsp Unsalted Butter (melted)
- 2 tsp Sea Salt
- 2 tsp Caster Sugar
- 470 g Plain Flour
- ½ tsp Baking Powder (dissolved in 60 ml warm water)
- Vegetable Oil
- Butter or Cheese (to serve)



Natalie Clayton

Senior Partnerships Success Manager

There's nothing more comforting to a British person, than a plate of classic crumpets! I recommend everyone try this salty, buttery plate of heaven as your new favourite comfort food.





COOK TIME
30 min



SERVES
4 People



METHOD
Skillet

BIRTHDAY PARTY

Dutch-Style Pancakes

COUNTRY OF ORIGIN | **The Netherlands**

PEPARATION

Cut the veggies into small bits (we use broccoli or bell pepper with leek, but you can add mushrooms or anything else you love) and fry them until just cooked. Set them aside, while you make the pancake batter.

We use about 350g of flour (mix plain and wholewheat as you like), two eggs, pinch of salt, and about one liter of milk. The batter is rather liquid for this recipe.

Now fry some bacon in a pan, then add the veggie mix to basically cover all of the pan. Add some of the batter and make sure all the area is covered, so the bacon and veggies are baked into the pancake.

Once flipped, season with pepper and cover with grated cheese. Once the cheese is melted, you can enjoy this pannenkoek with Stroop (or maple sirup).

This makes about 4 big pannenkoeken. Left over batter is perfect for some sweet dessert.

INGREDIENTS

- 350g Flour
- 2 Eggs
- 1 tsp Salt
- 1l Milk
- 1 Broccoli
- 2 Bell Peppers
- 1 Leek
- 300g Bacon
- 300g Cheese (grated)
- Pepper
- Stroop to Serve



Andreas Obermeier

Team Lead Big data & BI

When I ask my kids about what they want for dinner, they always scream for "Pannenkoeken". They can help make them, and it is a versatile dish that even gets some veggies into them!





COOK TIME
1h



SERVES
7–10 People



METHOD
Oven

Lamingtons (An Australian Classic)

COUNTRY OF ORIGIN | **Australia**

PEPARATION

Preheat oven to 180°C.

Grease a pan, line with baking paper.

Cream (stir 2 minutes) 1 cup butter and 1 cup sugar. Add 1 tsp vanilla and 4 eggs, one at a time. Mix in 2 cups flour, 2 tsp baking powder, and 1/2 cup milk.

Pour batter into pan, bake 25–30 mins.

Cool, cut into 5cm squares.

For coating, mix 4 cups powdered sugar, 1/3 cup cocoa, 3/4 cup boiling water, 2 tbsp melted butter.

Dip cake squares in chocolate, then roll in 2–3 cups desiccated coconut and set on wire rack.

INGREDIENTS

Sponge Cake

- 1 cup Unsalted Butter
- 1 cup Sugar
- 1 tsp Vanilla Extract
- 4 Eggs
- 2 cups All-Purpose Flour
- 2 tsp Baking Powder
- 1/2 cup Milk

Chocolate Coating

- 4 cups Powdered Sugar
- 1/3 cup Cocoa Powder
- 3/4 cup Boiling Water
- 2 tbsp Butter (melted)

Coating

- 2 cups Desiccated Coconut



Riley Evans

Partnership Success Manager

Lamingtons are a classic Australian dessert made of sponge cake squares dipped in rich chocolate icing, then rolled in desiccated coconut.





COOK TIME
30 min



SERVES
8 People



METHOD
Skillet

No-Bake Chocolate Tart

COUNTRY OF ORIGIN | **United Kingdom**

PEPARATION

Crush the biscuits in a large, strong, plastic food bag with a rolling pin.

Melt the butter with the syrup then stir in the biscuits. Press onto the base of a 12×36cm rectangular tin (or 23–25cm round flan tin) and place in the fridge.

Break up and melt the two chocolate bars in a large bowl. Stir in the vanilla extract, then sift in the icing sugar. Whip the cream until it just holds its shape, then fold into the melted chocolate.

Pour onto the base and smooth the top. Place back in the fridge. (Min. 2 hours)

To serve, cut into small, thin slices and top each with a raspberry or strawberry or two, then dust lightly with icing sugar.

Serve with extra fruit on the side.

INGREDIENTS

- 200 g Pack Biscuits (I use Biscoff)
- 100 g Plant-Based Butter
- 1 tbsp Golden or Agave Syrup
- 100 g Bar Dark Chocolate
- 100 g Bar (plant-based) 'Milk' Chocolate
- 1 tsp Vanilla Extract
- 2 tbsp Icing Sugar (plus extra for dusting)
- 200 ml Plant-Based Whipping Cream
- 200 g Raspberries or Strawberries



Christian Burwood

Director, Enrolment-Based Partnerships

My Mum instilled the love of baking in me and I always think of her when I bake. This recipe originally came from the BBC and I made it plant-based. Tasty and easy!



Over the Rainbow

COUNTRY OF ORIGIN | **Germany**



COOK TIME
30 min



SERVES
3-4 People



METHOD
Raw

PEPARATION

For the Yoghurt dip:

In a bowl, add yogurt, honey and cinnamon. Mix well until the honey and cinnamon are evenly dissolved. Keep cool till serving.

Serve in a small bowl (sprinkle with cinnamon/chocolate sprinkles if desired).

For the Cream cheese dip:

In a bowl, add cream cheese, powdered sugar, lemon juice and zest as well vanilla bean. Stir well until all ingredients are evenly dissolved.

Serve in a small bowl. The rainbow is where you can set your creativity free! Make sure to involve your kids if you are preparing this dish for a kids party. Mine love to help in the kitchen. The visible/suggested fruits are just a suggestion, you can of course replace them with your own favourites, just make sure to get all the colours in. The listed fruits are representing all colors of the rainbow, but feel free to use any fruits desired.

INGREDIENTS

For the Yoghurt Dip:

- 2 cups (plain) Greek/Fat Yogurt (or vegan alternative)
- 4 tbsp Honey
- 1 tsp Cinnamon

Cream Cheese Dip:

- 1 cup Cream Cheese
- 30 g Powderd Sugar
- 1 tsp Vanilla Extract
- 2 tsp Lemon Juice (and a pinch of lemon zest)
- Chocolate Chips (optional)



Nina Grether

Head of Global Talent Development

Not only kids, but also adults love this and we typically never have any leftovers. In Germany we say: Das Auge ist mit. Which for sure counts for this simple but yummy recipe.



South African Malva Pudding

COUNTRY OF ORIGIN | **South Africa**



COOK TIME
50 min



SERVES
8 People



METHOD
Oven

PEPARATION

Cream the butter and the sugar together until the butter is pale and soft. Beat in the Apricot Jam. Beat in the egg. Dissolve the bicarbonate of soda into the milk. Sift the cake flour and the salt together and add to the batter, alternating with the milk. Stir in the vinegar.

Spoon the batter into an ovenproof pudding bowl that has been buttered well.

Bake the Malva Pudding in an oven preheated to 180°C (350 °F) for 40 minutes or until risen and golden.

To make the sauce, place the cream, butter, sugar, salt and in a medium saucepan. Bring the sauce to the boil, stirring continuously over a high heat. Reduce the heat and simmer for two minutes.

Pour the sauce a little at a time over the hot pudding until all the sauce is absorbed.

Serve hot with custard, cream or ice cream.

INGREDIENTS

Batter

- 30 g Butter
- 100 ml Sugar
- 45 ml Apricot Jam
- 1 Egg
- 5 ml Baking Soda
- 125 ml Milk
- 250 ml All Purpose Flour
- 1 ml Salt
- 20 ml Vinegar

Sauce

- 375 ml Cream
- 125 g Butter (cut into blocks)
- 200 ml Sugar
- 1 ml Salt



Cara Skikne

Head of Communication and Thought Leadership

In South Africa, Malva pudding is a staple at family gatherings and celebrations. The cake is infused with apricot jam and then drenched in a syrupy sauce that soaks into every bite.



Tasty Festive Truffles

COUNTRY OF ORIGIN | **United Kingdom**



COOK TIME
90 min



SERVES
10–12 People



METHOD
Oven

PEPARATION

Cream the butter and icing sugar. Add the biscuit crumbs, drinking chocolate and nuts (if you want nuts). Mix together and add the sherry.

Roll into bitesize balls. Put on a tray and leave in the fridge for an hour.

Melt the chocolate bar. Dip the balls into the melted chocolate and leave on grease proof paper.

Add icing sprinkles and place into small truffle cases.

INGREDIENTS

- 57 g (2 oz) Butter
- 113 g (4 oz) Icing Sugar
- 8 Digestive Biscuits (crumbled)
- 2 tbsp Drinking Chocolate
- 57 g (2 oz) Chopped Walnuts
- 2 tbsp Sherry
- 142 g (5 oz) Chocolate Bar

RECIPE'S STORY



Jen Bruce

Global Commercial Director

I've grown up baking these each Christmas Eve with my mum (I would bake, she would drink the sherry) they are after dinner treats!



Garden Party

“A picnic or BBQ with your favorite people is where food tastes better, laughter gets louder, stories fill the gap of missing home and someone always says,

'I swear, this isn't burnt—it's just well done!'”

Rita Neves, Product Owner, Studyportals





COOK TIME
45 min



SERVES
10 People



METHOD
Oven

Blackberry Ricotta French Toast

COUNTRY OF ORIGIN | **United States**

PEPARATION

Grease 9×13 inch-baking dish with butter.

Slice each piece of bread in half, cutting almost all the way through, but leaving a 1/4 inch at the bottom. Spread the inside of the bread with blackberry jam, press to enclose.

In a large bowl, whisk together the eggs, milk, 1 cup ricotta, maple syrup, vanilla, lemon zest, salt and butter. Submerge each piece of bread into egg mixture, allowing bread to sit at least a minute and soak up the eggs. Arrange bread in the prepared baking dish. Pour the remaining egg mixture over bread slices.

Cover and place in fridge for 1 hour. When ready to bake, preheat the oven to 190 degrees C. Sprinkle half the blackberries over top the french toast. Transfer to oven and bake for 45 min or until French toast is golden and crisp. If the tops of the bread begin to brown, loosely cover with foil.

Whip cream and fold in remaining 1 cup ricotta.

INGREDIENTS

- 1 Loaf Challah Bread (sliced into 1 inch thick slices)
- 1 Jar (10 oz) Blackberry Preserves
- 6 Lg Eggs, Beaten
- 1 1/2 cups Whole Milk
- 16 oz (473 ml) Ricotta Cheese
- Ricotta Cheese
- 2 tsp Maple Syrup
- 1 tsp Vanilla Extract
- 1 Lemon Zest
- 1/2 tsp Kosher Salt
- 4 tsp Salted Butter
- 1 cup Fresh Berry Jam
- 1/4 cup Heavy Cream

RECIPE'S STORY



Steve Mulligan
CCO - North America

My friend made this one morning when a group of us were staying at her cabin. Was definitely a crowd pleaser.





COOK TIME
45 min



SERVES
4–5 People



METHOD
Pot

GARDEN PARTY

Caldo Verde

COUNTRY OF ORIGIN | Portugal

PEPARATION

Peel and cut the potatoes (small squares), onion, garlic and chorizo.

In a pan add olive oil (be generous, that's the Portuguese way!), the onions, the garlic and the chorizo. Let it simmer in a medium-low heat until the onion is translucent. Remove the chorizo (set it aside) and add 1l of hot water and the potatoes. Leave it in medium-low and add the salt.

While it's cooking, wash the kale (preferably Gallician kale but you can use any collard greens), remove the stems and cut the leaves into very thin slices. Once the potatoes are cooked purée them with a hand blender.

Afterwards, add the kale to the pan and let it cook until tender (still in medium-low heat).

Pour it to a nice bowl, add the chorizo and a tiny bit more of olive oil! Serve it with the typical Broa de Avintes or a slice of bread.

INGREDIENTS

- 250 g of Kale (Gallician or any other collard greens)
- 600 g Potatoes
- 1 Onion
- 3 to 4 Garlic Cloves
- Thin Slices of Chorizo (no defined quantity, go crazy if you want but be careful with the salt)
- Olive Oil (also no defined quantity, let your inner Portuguese take over)
- Salt



Rita Nascimento

Account Manager

This is a typical Portuguese dish mostly eaten in the longest (and best) night of the year in Porto - São João. One spoon of this soup and you are transported to that fun, warm and tasty night.





COOK TIME
30 min



SERVES
4 People



METHOD
Skillet

GARDEN PARTY

Grilled Honey-Lime Shrimp

COUNTRY OF ORIGIN | Caribbean and Mexican

PEPARATION

Prepare the Shrimp Marinade:

In a bowl, mix the honey, lime juice, minced garlic, chili powder, salt, and pepper. Add the shrimp to the bowl and toss to coat evenly. Let the shrimp marinate for at least 20 minutes in the refrigerator.

Make the Avocado Mango Salsa:

In a separate bowl, combine the diced avocado, mango, red onion, red bell pepper and jalapeño; Add the lime juice and season with salt and pepper to taste. Gently mix everything and refrigerate until ready to serve.

Grill the Shrimp:

Preheat your grill to medium-high heat. Thread the marinated shrimp onto the skewers. Grill the shrimp skewers for about 2–3 minutes per side, or until the shrimp are pink and opaque. Tips: Pair this dish with a crisp white wine or a refreshing iced tea. For a vegetarian option, replace the shrimp with marinated and grilled vegetables like mushrooms.

INGREDIENTS

For the Shrimp Skewers:

- 1lb Large Shrimp
- 3 tbsp Honey
- 2 tbsp Lime Juice
- 3 Cloves Garlic
- 1 tsp Chili Powder

For the Avocado Mango Salsa:

- 1 Ripe Avocado
- 1 Ripe Mango
- 1 Small Red Onion
- 1 Red Bell Pepper
- 1 Jalapeño
- 2 tbsp Lime Juice
- Salt/Pepper/Other Seasoning to taste



Ashley Cooper-Hong

Partnership Success Manager

Grill-marinated honey-lime shrimp skewers with vibrant avocado mango salsa is my go-to dish for a summer garden party that I host every year. Hope you enjoy it as much as I do when I make it





COOK TIME
1h



SERVES
4 People



METHOD
Pot

Festive Potato Salad

COUNTRY OF ORIGIN | **Slovakia**

PEPARATION

First, boil the potatoes in their skins for about 20 minutes, depending on the size. Take out the potatoes when they are almost cooked through (soft outside with a slightly hard core in the middle). Let the boiled potatoes cool for 10–15 minutes and then peel them.

Cook the carrots whole and after they have cooled, cut them into small cubes, as well as the pickles. Add the peas. You can also use canned carrots and peas. Finely chop the onion, place in a strainer and pour boiling water over it (it will be easier to digest). Drain the water. Dice the potatoes and boiled eggs.

Mix everything together, adding mayonnaise, ground black pepper, mustard, and some pickle juice to taste.

Mix lightly and refrigerate, preferably for 24 hours. Then it tastes even better.

Enjoy!

INGREDIENTS

- 17 Medium-Sized Potatoes
- 3 Eggs
- 1 Large Onion
- 1 Large Carrot
- 4 Large Pickles
- 100g Peas
- 225g Mayonnaise
- Salt, Ground Black Pepper, Mustard, Pickle Juice to Taste

RECIPE'S STORY



Marcel Bandur

Senior Business Development Manager

This salad is a staple for festive occasions in Slovakia. Our family favourite, it brings us together during family celebrations.





COOK TIME
15 min



SERVES
1-4 People



METHOD
Raw

GARDEN PARTY

Maltese Ħobż biż-Żejt

COUNTRY OF ORIGIN | **Malta**

PEPARATION

Spread tomato paste over your sliced bread.

Sprinkle capers and chopped raw onions.

Season with sea salt and freshly ground pepper.

Finally, sprinkle with parsley and drizzle generously with extra virgin olive oil.

Tip: If you wish, you can top it with whole white anchovies or tuna, or you can also add slices of dried goat cheese to make this extra traditional!

INGREDIENTS

- Dense, Crusty Ring-Shaped Bread (or a tasty bread of your choice)
- Tomato Paste (if sweetened even better!)
- Capers
- Chopped Onions and Garlic
- Salt and Pepper
- Flat Leaf Parsley
- Extra Virgin Olive Oil

Optional:

- Canned Tuna, Dried Goat Cheese, White Kidney Beans.



Karl Baldacchino

Researcher

This is a classic Maltese sandwich that is timeless, tasty, and quick to serve. I have many memories of eating one by the sea back home, relishing the taste of my country.





COOK TIME
45 min



SERVES
10–15 People



METHOD
Oven

GARDEN PARTY

Msakhan Rolls

COUNTRY OF ORIGIN | **Palestine**

PEPARATION

Start by boiling the chicken in water with cinnamon sticks, cardamom, and salt until tender. Shred the chicken and keep the broth. Dice the onions and sauté in a hot oiled pan with salt, cinnamon, seven spices, cumin, and pepper. Add 1 cup of chicken broth and simmer until the onions are translucent.

Stir in sumac, lemon juice, and ½ cup olive oil. Boil briefly, then add the shredded chicken.

Cover and cook for 10–15 minutes, adding more broth if needed.

Preheat the oven to 200°C. Fill tortillas or rolls with the chicken mixture and roll them up. Place the rolls on a tray lined with baking paper and bake until golden, about 15 minutes.

W Sahtein! (Bon appétit)

INGREDIENTS

- Spring Roll Pastry/Tortilla bread
- 1 kg of Chicken Breast
- 10–15 Onions
- 3tbsp Lemon Juice
- 4 tbsp Sumac
- 1/2–1 cup Olive Oil
- 1 tsp Cumin
- 1 tsp Cinnamon
- 1 tsp 7 Spices
- 1tbsp Salt
- 1/2 tsp Pepper

For broth:

- Onions, Cinnamon Sticks, Cardamom, Salt, Bay Leaves, Lemon Zest

RECIPE'S STORY



Ameena Ali

Junior Market Researcher

This simplified Palestinian Msakhan has a unique sour flavor that brings out the richness of my roots. Each bite of these rolls connects me to the culture and land, bringing me closer to home.



Protein Smoothie

COUNTRY OF ORIGIN | **Germany**



COOK TIME
5 min



SERVES
1-2 People



METHOD
Raw

PEPARATION

Place all ingredients in a blender and blend until smooth.

Garnish the smoothie with chocolate flakes and enjoy immediately.

INGREDIENTS

- 1 Banana
- ¼ Avocado
- 1 tbsp Almond Butter
- 1 tbsp Raw Cocoa Powder
- 2 tbsp Vegan Chocolate Protein Powder
- 1 cup (240 ml) Unsweetened Almond Milk
- Some Chocolate Flakes



Jens van den Berg

Software Engineering Team Lead

As someone who tries to stay fit I like to keep my protein input at the right level, this is a smoothie my mom used to make when I was younger and now make myself regularly!





COOK TIME
15 min



SERVES
4 People



METHOD
Skillet

GARDEN PARTY

Som Tam (Thai Papaya Salad)

COUNTRY OF ORIGIN | **Thailand**

PEPARATION

In a large mortar and pestle, pound garlic and chillies until there are no more big chunks. Add palm sugar and mash with the pestle until it turns into a wet paste.

Add dried shrimp, peanuts, fish sauce, and lime juice (add the squeezed lime skin for extra lime fragrance) and stir until the sugar is dissolved.

Finally, add the shredded papaya and cherry tomatoes using the pound-and-flip method.

Serve this dish with sticky rice for the ultimate experience.

Note: To shred the papaya, I use a ZigZag vegetable peeler, which you can easily find on Amazon.

INGREDIENTS

- 2 Garlic Cloves
- 2 Bird Eye Chillies
- 1½ tbsp Palm Sugar
- 1 tbsp Dried Shrimp
- 2 tbsp Peanuts (optional)
- 1½ tbsp Fish Sauce
- 2 tbsp Lime Juice
- 2 Cups Raw Green Papaya
- ½ Cup Cherry Tomatoes



Kerry Lee Sloan

Digital Nurturing Strategist

Som tam is one of the few tasty and addictive salads I enjoy.

This Thai dish will make you sweat, especially if you say the magic words ped mak mak เพ็ดมากๆ. This dish reminds me of home.





COOK TIME
1h



SERVES
5 People



METHOD
Skillet

GARDEN PARTY

Spicy Lemon Potatoes

COUNTRY OF ORIGIN | **México**

PEPARATION

Boil the potatoes in water until they are almost completely cooked.

While they boil, take out the seed of the arbol pepper and put them on the hotplate.

Once they are ready, mix in the blender with lemon juice and olive oil

When the potatoes are ready, transfer them to a pan along with the mix of peppers, lemon, and oil.

On medium heat, wait for the flavors to infuse the potato and the juice to evaporate a little.

INGREDIENTS

- 1/2 kg Cambray Potatoes
- 10 Arbol Peppers
- 1/4 cup Lemon Juice
- 1/4 cup Olive Oil
- Salt & Pepper to taste



Adriana Jiménez

Partnership Success Manager

When I moved to the US, my family shared this recipe with our American friends. Eight years later, they still ask us to bring these spicy potatoes to every gathering.



Šaltibarščiai / Cold Pink Soup

COUNTRY OF ORIGIN | Lithuania



COOK TIME
20 min



SERVES
2 People



METHOD
Raw

PEPARATION

Finely chop the vegetables: cucumbers, beets (you may grate these), spring onions and dill. Mix them all in a large bowl.

Pour the kefir over the vegetables, flavor with salt according to taste, mix and let stand for several minutes (the longer the mixed vegetables stand, the tastier the soup will be).

Pour the soup into bowls, cut the boiled egg in pieces into the bowls.

In my family, we prefer the traditional recipe, combining all the fresh ingredients and serving it with a side of hot boiled potatoes.

Pro tip: Avoid wearing a white shirt while enjoying!

INGREDIENTS

- 2 cups (500 ml) Kefir
- 2 Medium-Sized Cooked Beets, Peeled and Grated (or you can use pickled beets)
- 1 Cucumber
- 3–4 Radishes
- 4 Spring Onions
- 1 tbsp Fresh Dill
- 2 Hard-Boiled Eggs
- Salt & Black Pepper, to taste
- Boiled Potatoes or Rye Bread (to serve on the side)



Ana Karnesova

Partnership Success Manager

Lithuanians obsess over this refreshing, healthy, and delicious national dish, especially in summer. A source of pride, it's a must-try. Even celebrated with a Šaltibarščiai festival!





COOK TIME
55 min



SERVES
4 People



METHOD
Skillet

GARDEN PARTY

The OG Cornish Pasty

COUNTRY OF ORIGIN | **United Kingdom**

PEPARATION

Preheat the oven to 220°C.

To make the pastry:

Rub the butter and lard into the flour using your fingers, add about 6 tbsp of cold water and knead into a dough. Cut into equal parts and leave to chill in the fridge.

Assembling the pasty:

Mix the filling ingredients (beef skirt, onion, potato and swede) in a bowl with a pinch of salt. Roll out each piece of dough on a floured surface until large enough to make a 23 cm diameter circle, using a round plate to trim to shape.

Put 1/4 of the filling in the centre of each circle, making sure you leave a good margin around the edge then brush around the edge of the circle with a beaten egg.

Fold the dough in half making a semi-circle then pinch and twist the dough all the way round to create a crimp.

Place on a baking tray cook for 10 mins then lower to 180°C and cook for another 45 mins or until golden brown.

INGREDIENTS

- 500g Plain Flour
- 125g Butter
- 125g Lard
- 1 Egg (beaten)
- 350g Beef Skirt, (cubed)
- 1 large Onion
- 175g Swede, (peeled and cubed)
- 2 Medium Potatoes, (peeled and cubed)
- Salt & Pepper, to taste



Damaris Clark

Data Analytics Consultant

The original Cornish pasty is from (surprise surprise) Cornwall, where my family comes from. Growing up my Granny would wake up early to make pasties and we'd eat them together at the beach.





COOK TIME
45 min



SERVES
6 People



METHOD
Skillet

Trad. South African Melktert

COUNTRY OF ORIGIN | **South Africa**

PEPARATION

Sweet Crust:

Cream butter and sugar until mixture is light and creamy. Beat egg in, and then stir in dry ingredients. Knead lightly. Place in Tupperware container and seal.

Refrigerate for about 20 minutes. Roll out and use to line 2 pie plates. Refrigerate to prevent shrinkage. Prick bottom with a fork and bake blind at 200°C for 15 minutes.

Melktert filling:

Place the milk and butter in a saucepan. Bring to a boil and remove from heat. Beat eggs, sugar, corn flour, custard powder, flour and vanilla and mix well. Add a little of the warm milk to the mixture and shake well. Add mixture to the warm milk and whisk well. Place over medium heat and let cook slowly until mixture thickens. Stir constantly. Pour the mixture onto the pre-baked crust.

Allow to cool to room temperature, then refrigerate for at least two hours to set.

Sprinkle with cinnamon.

INGREDIENTS

Crust:

- 125 g Butter
- 125 ml Sugar
- 1 Egg, (lightly beaten)
- 500 ml Flour, (sifted)
- 5 ml Baking Powder
- 1 ml Salt

Filling:

- 1l Milk
- 45 ml Butter / Margarine
- 3 Eggs
- 100 ml Sugar
- 25 ml Corn Flour
- 45 ml Custard Powder
- 45 ml Flour
- 5 ml Vanilla
- Cinnamon to Sprinkle



Lara Beukes

Campaign Manager

Growing up in South Africa, melktert is more than just a dessert; it's a cherished tradition. My grandma's melktert brought us together around the table, where we would enjoy it with tea!



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Klokgebouw 280
5617 AC Eindhoven, The Netherlands
studyportals.com | hello@studyportals.com