

# A Taste of Diversity, vol. IV

From our hearts to your home









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## The “Once Upon a Recipe” edition

### INTRODUCTION

‘Love goes through the stomach’ is a literal translation of a Dutch proverb. It’s the reason we’re making this book: to express our gratitude for your partnership, your support of our mission, and to celebrate another way of proving that **#diversityworks**. The world is better, more equal, more prosperous—and yes, more tasty—when we all come together!

And... here comes another special, creative edition: welcome to Once Upon a Recipe, a cookbook filled with personal stories. Each dish is tied to a childhood memory, a moment of warmth, a taste of home. Everyone has a comfort food.

From our hearts to your tables, and through your stomach, we hope these feelings bring you joy and warmth!

Jen's Toad in the Hole was what her dad made when she was little, but only when Norwich City won on Saturday. Naghieli still makes tostones exactly like her grandmother did during those summer days in Venezuela, always with ketchup. And Irem's Sütlaç takes her back to childhood afternoons when the smell of caramelised milk meant family was home.

At Studyportals, we help students cross borders every day. Often, food is the first bridge they build in a new country. It's a spark that helps them make new friends, sharing their heritage and discovering flavors that become part of their shared story.

Diversity isn't just about acknowledging our differences, it's about embracing them as strengths. What might feel familiar and comforting to one person could be a thrilling new experience for another. A childhood memory for someone might be a doorway to discovery for someone else. These varied perspectives don't just help us solve problems...they expand our vision, revealing opportunities we might never have seen alone.

The most innovative environments thrive on this richness. Each person contributes something unique, and it's this blend of backgrounds, experiences, and ideas that fuels innovation and connection.

And what better way to appreciate the beauty of diversity than through food? It's a universal language we all speak. And yet, each culture adds its own flavor, tradition, and story, reminding us that our differences are what make us whole.



# STARTERS





# Chicken Malai Tikka

COUNTRY OF ORIGIN | India



**SERVES**  
4–5 people



**COOK TIME**  
45 min



**METHOD**  
Oven

## INGREDIENTS

- 500g boneless chicken (thighs), cut into pieces
- 3 tbsp hung curd (thick yogurt)
- 3 tbsp fresh cream
- 2 tbsp grated cheese
- 1 tbsp ginger-garlic paste
- 1 tbsp lemon juice
- 1–2 green chillies, chopped
- 1 tsp white pepper powder
- ½ tsp garam masala
- 1 tbsp cornflour
- salt to taste
- butter

## PREPARATION

Cut 500g of boneless chicken into bite-sized pieces. In a bowl, mash 2 tablespoons of grated cheese, then add 3 tablespoons of hung curd, 3 tablespoons of fresh cream, 1 tablespoon of ginger-garlic paste, 1 tablespoon of lemon juice, 1–2 chopped green chillies, 1 teaspoon of white pepper, ½ teaspoon of garam masala, 1 tablespoon of cornflour, and salt to taste. Mix until you have a smooth marinade. Coat the chicken pieces well, cover, and refrigerate for at least 2 hours or overnight.

Preheat the oven to 220°C. Thread the marinated chicken onto skewers and place them on a foil-lined baking tray or a grill rack. Bake for 15–20 minutes, turning halfway and basting with butter or oil, until golden and cooked through.

Serve hot with mint chutney, onion rings, and lemon wedges. Enjoy this rich, creamy starter with family or friends!





## RECIPE'S STORY



**Nutan Shukla**  
Dynamics 365 Consultant

This creamy Chicken Malai Tikka was a special dish in my family, always made on festive occasions. Its rich flavour brings back warm memories of laughter, celebration, and togetherness.

# Chicken Soup (Canja de Galinha)

COUNTRY OF ORIGIN | Portugal



**SERVES**  
8 people



**COOK TIME**  
80 min



**METHOD**  
Pot

## INGREDIENTS

- 850g of chicken and it's giblets (all packed together normally)
- 1 medium onion
- 2 garlic cloves
- 1l of water
- 200g of small pasta (preferably shaped as stars)
- salt
- olive oil
- egg

## PREPARATION

Fill a tall pot with 1 liter of water and place it on the stove to start boiling. Peel and cut the onion and garlic into medium-sized pieces. Once the water is warm, add the onion, garlic, salt, and the chicken along with its giblets (heart, gizzard, and liver). Let it boil over medium-high heat until the chicken is cooked and tender.

When the chicken is done, remove it from the pot and let it rest, but keep the pot on the stove. Add the small pasta (sorry Italians!) and let it cook over low to medium heat. Cut or shred the cooked chicken and giblets into pieces and return them to the pot. Let everything cook together for another 10 minutes, then drizzle with a bit of olive oil and check if it needs more salt. Afterwards, voilà — warmth in a bowl!

P.S. In Portugal we also add a boiled egg to it, and I strongly recommend it!





## RECIPE'S STORY



**Rita Nascimento**

Senior Account Manager

This is my comfort food at its maximum. Whether you are feeling under the weather or need something to warm your soul during cold winters, canja de galinha has always been there.





# Creamy Mushroom Soup

COUNTRY OF ORIGIN | **Netherlands**



**SERVES**  
4 people



**COOK TIME**  
30 min



**METHOD**  
Pan

## INGREDIENTS

- 500g fresh (chestnut) mushrooms
- 50g butter
- 1 tbsp of thyme
- 50g flour
- 4 shallots
- 3 cloves garlic
- 800ml hot water
- bouillon cubes for 800ml (mushroom or chicken)
- 125ml cooking cream

## PREPARATION

Open a bottle of white wine and pour yourself a glass—you've earned it already! Chop the shallots and garlic, then sauté them in a large pan with 10 g of butter. Dice the mushrooms, add them to the pan, and stir-fry until softened. Strip the thyme leaves off their stems and add them in; it takes a little effort, but the aroma makes it worthwhile.

Add the remaining butter and let it melt before sprinkling in the flour. Stir for 2 minutes. If your wine is excellent, add just a splash to the pan; if it's mediocre, add a bit more. Dissolve the bouillon cubes in water, pour into the pan, and stir until smooth. Bring the mixture to a gentle boil and let it cook for 10 minutes.

Finally, stir in the cream and season with salt and freshly ground black pepper to taste. Pour yourself—and anyone you're sharing with—another glass of wine, and enjoy your homemade soup!



## RECIPE'S STORY



**Jaap Waalen**  
Account Manager

Soup was always the starter of dinner with family when I grew up. Mushroom soup was my favourite, and this homemade one with fresh thyme still is.

# Indonesian-Style Savory Martabak

COUNTRY OF ORIGIN | **Indonesia**



**SERVES**  
3–4 people



**COOK TIME**  
45 min



**METHOD**  
Pan

## INGREDIENTS

- 100g ground meat or protein of your choice (beef, chicken, tofu)
- 2 cloves garlic, minced
- 1 shallot, minced
- 4 eggs
- 2 green onions, chopped
- salt and pepper to taste
- optional: a pinch of MSG and chopped chili
- spring roll wrappers or thin pastry sheets
- oil for frying

## PREPARATION

Sauté the garlic and shallots until fragrant, then add the ground meat or other protein. Season with salt, pepper, and, if desired, a pinch of MSG and some chopped chili. Cook until done, then set aside to cool.

In a bowl, beat the eggs and mix in the cooked meat, green onions, salt, and pepper. Place a spring roll wrapper on a clean surface and spoon about two tablespoons of filling into the center. Fold the wrapper into a small square or rectangle.

Heat oil in a pan and fry the martabak until golden brown and crispy on both sides. Serve hot with pickled cucumber or chili sauce.





## RECIPE'S STORY



**Jessica Talago**  
Senior Campaign Manager

This savoury martabak was a must-have at every family gathering—crispy, flavourful, and always made with love. It brings back the warmth of home every time.



# Fried Plantains

COUNTRY OF ORIGIN | Venezuela



**SERVES**  
4 people



**COOK TIME**  
25 min



**METHOD**  
Pan

## INGREDIENTS

- 2 large green plantains
- vegetable oil (for frying)
- salt, to taste
- optional: 1 clove garlic, minced (for a garlicky sprinkle)

Equipment:

- heavy skillet or frying pan
- flat spatula or the bottom of a glass (for smashing)
- paper towels

## PREPARATION

Cut off both ends of each plantain. Score the peel lengthwise in two places, remove the skin, and slice the plantains into 1½-inch rounds.

Heat about ½ inch of oil in a skillet over medium heat. Once hot but not smoking, add the plantain rounds in a single layer. Fry for 3–4 minutes per side, until they just begin to turn golden. Transfer to paper towels to drain.

Working one at a time, place each fried round between two sheets of paper towel, or inside a plastic bag, and press flat with a spatula or the bottom of a glass until about ¼ inch thick. Increase the heat to medium-high, return the flattened plantains to the hot oil, and fry until crispy and golden brown. Drain again on paper towels before serving.





## RECIPE'S STORY



**Naghieli Amarista**

Account-Based Marketing Manager

My grandmother used to make them for me whenever I visited her. Eating tostones with ketchup always takes me back to those summer days at my abuela's house.





# Kolokythokeftedes

COUNTRY OF ORIGIN | Greece



**SERVES**  
5–6 people



**COOK TIME**  
1 h 45 min



**METHOD**  
Pan

## INGREDIENTS

- 2 medium zucchinis, grated
- 1 small onion, finely chopped or grated
- 2–3 tablespoons fresh mint or dill, chopped
- 100g feta cheese, crumbled
- 1 medium egg
- 60g breadcrumbs (or substitute with flour)
- salt & pepper, to taste
- olive oil, for frying
- 20–30g grated hard cheese (like kefalotyri or parmesan)

## PREPARATION

Grate the zucchini and place in a colander. Sprinkle with 1/2 tsp salt and let it sit for 10–15 minutes. Then squeeze out as much liquid as you can using a clean towel or your hands.

In a mixing bowl, combine: Grated zucchini, onion, chopped herbs, crumbled feta, egg, breadcrumbs, grated hard cheese. Season with a little salt and freshly ground black pepper. If the mixture feels too wet, add a bit more breadcrumbs until it holds its shape.

Form small patties with your hands. Heat olive oil in a frying pan over medium heat. Fry the patties in batches for 2–3 minutes per side, until golden and crispy. Place on paper towels to absorb excess oil. Serve warm with tzatziki or Greek yogurt.



## RECIPE'S STORY

**Panagiota Marselou**

Global HR Manager

I chose this recipe because it's my mom's best dish, always made with love. It brings back warm memories of our Sunday family lunches.



# Latvian Aukstā Zupa

COUNTRY OF ORIGIN | **Latvia**



**SERVES**  
4 people



**COOK TIME**  
30 min



**METHOD**  
Raw

## INGREDIENTS

- 500ml marinated beetroot with juice (from a jar)
- 1l kefir
- 200g fresh cucumber, diced
- 250g fresh radish, sliced
- 2 hard boiled eggs, grated
- bunch of spring onion, finely chopped
- dill, as much as possible, finely
- salt, pepper, mustard, vinegar

## PREPARATION

This refreshing no-cook soup is perfect for beginners. Simply chop all fresh ingredients, combine with the marinated beetroot and kefir, season to taste, and chill until ready to serve.





## RECIPE'S STORY



**Maria Kinast**

Director of Strategic Partnership Business Unit

The summers are getting hotter and hotter, and this delicious soup is refreshing and healthy, and for me it tastes like home - Latvia.



# Locro Soup (Andean)

COUNTRY OF ORIGIN | Ecuador



**SERVES**  
4–5 people



**COOK TIME**  
40 min



**METHOD**  
Pot

## INGREDIENTS

- 5 large potatoes
- 1 tbsp oil
- ½ onion
- 1 tsp achiote or paprika
- 3.5 cups water
- ¾ cup milk
- ½ cup queso fresco or mozzarella
- salt, to taste
- avocado, for serving

## PREPARATION

Heat the oil in a large pot over medium heat. Add the diced onion and, if using, achiote or paprika powder. Cook until the onions turn transparent. Add the chopped potatoes and stir to coat them with the aromatic base. Cook for another five minutes, stirring occasionally. Pour in enough water to cover the potatoes, bring to a boil, then reduce the heat and simmer until the potatoes are very tender. If the consistency is not thick enough, remove a few potatoes, mash them lightly, and return them to the pot, leaving some chunks for texture.

Lower the heat and add the milk. Continue cooking for five minutes, adding more milk if the soup becomes too thick. Season with salt to taste. Stir in some queso fresco and, if desired, chopped coriander, then remove from the heat. Before serving, add small cubes of extra cheese to each bowl. Serve hot with avocado, queso fresco, tostado, and hot sauce if available.





## RECIPE'S STORY

### Andrés Proaño Revelo

Team Manager – Demand Generation, Product Marketing and Attribution

I am from Quito, where the weather is always a little chilly or a little warm. Every mother in Ecuador prepares locro. It is part of our daily food and best enjoyed with (Ecuadorian) tostado.







# Olive Oil Braised Artichokes with Orange

COUNTRY OF ORIGIN | Turkey



**SERVES**  
4–8 people



**COOK TIME**  
45 min



**METHOD**  
Pot

## INGREDIENTS

- 4 cleaned artichoke bottoms
- 1 carrot
- 1 small potato
- 1 cup green peas
- 1 medium onion
- ½ cup olive oil
- 1 cup freshly squeezed orange juice
- Juice of ½ lemon
- 1 tsp sugar
- 1 tsp salt
- ½ cup water (optional, if needed)
- fresh dill (for garnish)

## PREPARATION

Soak the artichokes in lemon water, even if they are pre-cleaned, to prevent browning. In a wide pot, heat the olive oil and sauté the onions until softened. Add the diced carrot and potato and cook for 2–3 minutes, then stir in the green peas. Move the vegetables to the sides of the pot and place the artichoke bottoms in the center, hollow side facing up.

Pour in the orange juice, lemon juice, remaining olive oil, sugar, salt, and a little water if needed. Cover the pot and cook on low heat for 30–35 minutes, until the artichokes and vegetables are tender. Allow the dish to cool at room temperature, then refrigerate for at least 1–2 hours for the best flavor. To serve, spoon the vegetables into the center of each artichoke, drizzle with the remaining sauce, and garnish with fresh dill.



## RECIPE'S STORY



**Ilayda Uyaniker**  
Financial Analyst

This dish brings back seaside family dinners, a long table full of shared starters. Artichokes in the centre, I still remember the scent of fresh orange mixing with the sea breeze.

# Pacific Heat (Aguachile Negro)

COUNTRY OF ORIGIN | Mexico



**SERVES**  
6 people



**COOK TIME**  
2 h



**METHOD**  
Raw

## INGREDIENTS

- 2kg headless shrimp
- Maggie sauce
- soy sauce
- worcestershire sauce
- salsa la Viuda or hot sauce
- red onion
- habanero pepper
- 1 cup lime
- salt
- pepper

## PREPARATION

Clean the shrimp and cut them into butterfly shapes.  
Cut the onion into small strips and squeeze the lime to extract the juice.

Slice the habanero pepper into small strips. Place the shrimp, onion, and habanero pepper in a bowl and mix. Pour in enough lime juice to cover the shrimp. Add salsa, salt, and pepper to taste, then mix well.

Let it sit for one hour. Serve with an ice-cold beer and tortilla chips.

PS: This dish was so spicy that it became a family tradition to take a quick Pepto Bismol shot beforehand, our secret weapon against stomach aches.





## RECIPE'S STORY



**Adriana Jimenez**  
Partnership Success Manager

Aguachile negro is my dad's speciality, full of love and memories. It's a family tradition we all share, and now I'm sharing it with you, because you're family too.



# Yoghurt Soup (Tarator)

COUNTRY OF ORIGIN | **Bulgaria**



**SERVES**  
5–6 people



**COOK TIME**  
15 min



**METHOD**  
Raw

## INGREDIENTS

- 2 medium cucumbers
- 2 garlic cloves
- ½ bunch fresh dill
- 800g plain greek or bulgarian yogurt (approx. two 400g cups, about 3.5% fat)
- 20ml vegetable oil
- salt
- cold water (adjust consistency)

## PREPARATION

Peel the cucumbers and dice them into small cubes. Crush the garlic with a pinch of salt until it forms a paste, and finely chop the dill. In a mixing bowl, combine the cucumbers with the dill, garlic paste, salt, and oil, stirring well to blend the flavors.

Whisk the yogurt until smooth, then stir it into the cucumber mixture. Add cold water to reach your preferred consistency, usually light and soupy. Taste and adjust the salt if needed. Chill thoroughly before serving. For extra texture and flavor, you may add crushed walnuts, although the dish is often enjoyed plain.





## RECIPE'S STORY



**Kamen Parishkov**

Project Assistant

Because it's perfect for each meal, it's simple, and it reminds me of my grandparent's village when we used to make it for almost every meal.



# MAIN COURSES







# Arayes Kafta

COUNTRY OF ORIGIN | **Palestine & Lebanon**



**SERVES**  
3–4 people



**COOK TIME**  
15 min



**METHOD**  
Oven

## INGREDIENTS

- 1/2 kilo ground beef (with some fat)
- 1 onion (minced)
- fresh parsley (minced)
- 1 tsp black pepper
- 1/2 tsp cinnamon
- salt to taste
- paprika (a pinch or more as preferred)
- pita or Lebanese bread
- vegetable oil (for brushing)
- toaster or oven
- optional: serve with yoghurt or Ayran and pickles

## PREPARATION

Start by finely mincing the onion and parsley. In a bowl, mix the ground beef with black pepper, paprika, cinnamon, salt, minced onion, and parsley until well combined. Open the pita or Lebanese bread and spread an even layer of the meat mixture (kafta) inside.

If using the oven: Lightly brush both sides with vegetable oil, place on a tray, and bake at 200°C (390°F) for 10–15 minutes until crispy.  
If using a toaster: simply toast the sandwich until golden and cooked through.

Serve hot with a side of cold yoghurt or ayran and some crunchy pickles for the perfect balance of flavours.





## RECIPE'S STORY



**Aameena Ali**  
Market Researcher

This recipe brings back sweet memories of school days, Mom's quick, comforting meal when time was short but love was plenty. Sharing it so you can enjoy that warmth too.

# Arepa Reina Pepiada

COUNTRY OF ORIGIN | Venezuela



**SERVES**  
2 people



**COOK TIME**  
45 min



**METHOD**  
Pan

## INGREDIENTS

- 1 cup precooked cornmeal (Harina P.A.N.)
- 1¼ cups warm water
- ¼ teaspoon salt
- 2 small chicken breasts (250g–350g)
- 1 ripe avocado
- 2 tablespoons mayonnaise (adjust to taste)
- salt, to taste
- optional: squeeze of lime, chopped cilantro, or a chopped onion/spring onion

## PREPARATION

Stir the water and a pinch of salt together in a bowl. Gradually add the cornmeal, mixing with your fingers to dissolve any lumps. Keep adding until you get a soft dough that holds its shape. If the dough feels too loose, let it rest for a few minutes — it will firm up.

Divide the dough into 3 or 4 equal pieces. Roll each piece into a ball, then gently pat it between your hands to form a disc. Place the discs on a heated pan over medium heat and cook for about 5–6 minutes per side, until lightly golden and firm.

Boil and shred the chicken, or cut it into small pieces and stir-fry it for extra flavour. Once it's cooked and slightly cooled, mix it with mayo and avocado until creamy. (You can also add a pinch of salt, lime, or chopped cilantro if you're into it).

While the arepas are still slightly warm, slice them in half and stuff them with as much filling as you like.



## RECIPE'S STORY



**Joaquin Valentin**  
Data Analyst – Commercial Ops

Arepas are an essential meal in Venezuela, and 'Reina Pepiada' is the queen of all arepas. It is named after a Venezuelan beauty queen, winner of the Miss World title in 1955.



# Beef Milanese with Creamy Pasta

COUNTRY OF ORIGIN | **Mexico**



**SERVES**  
2-4 people



**COOK TIME**  
45 min



**METHOD**  
Pan

## INGREDIENTS

- 4 thin beef Milanese
- 2 eggs
- 1 cup flour
- 1 cup seasoned breadcrumbs
- 1 cup vegetable oil
- 250g fettuccine or spaghetti
- 1 cup roasted red peppers
- ½ cup milk
- 1 cup cream
- 1 tbsp chicken broth powder
- ½ tsp garlic and onion powder
- 2 tbsp butter
- 2 tbsp olive oil
- salt and pepper

## PREPARATION

For the Milanese, beat the eggs with salt and pepper in a shallow bowl. Place the flour in one dish and the breadcrumbs in another. Coat the thin beef slices in flour, shaking off the excess, then dip them into the egg and press them into the breadcrumbs. Lightly toss to remove any loose crumbs and set the coated beef aside. Heat oil in a large skillet over medium heat and fry the beef in batches until golden and crispy.

For the creamy pasta, cook the pasta until al dente. Blend the roasted red peppers with milk, cream, chicken broth powder, onion powder, garlic powder, and a pinch of salt. In a skillet, heat butter and olive oil, then add the sauce and season with black pepper. Cook for about 10 minutes on medium heat. Add the cooked pasta and stir for 4 minutes, then add a spoonful of pasta water and cook for 2 minutes more.



## RECIPE'S STORY



**Ernesto Ochoa Sanchez**

Partnership Success Manager – NA

A classic of Mexican childhood, this dish was a common after-school treat. Just one bite takes me right back.

# Beef Stew (Spezzatino di manzo)

COUNTRY OF ORIGIN | **Italy**



**SERVES**  
4 people



**COOK TIME**  
2h 30 min



**METHOD**  
Pot

## INGREDIENTS

- 1kg beef chunks
- 1kg potatoes
- 1 liter meat broth
- 1 onion
- 1 carrot
- 1 stalk of celery
- 1 glass of red wine
- 00 flour 30g
- 1 sprig of rosemary
- 1 sprig thyme
- 3 leaves sage
- 4 tbsp extra virgin olive oil
- salt to taste
- black pepper to taste

## PREPARATION

Heat olive oil in a large pot over medium heat. Add the chopped onions, carrots, and celery, and cook until softened. Add the beef cubes and brown them on all sides. Season with salt and pepper. Deglaze the pot with white wine and let it reduce slightly. Stir in a spoonful of flour to help thicken the sauce. Add the peeled, chopped potatoes and cover everything with beef broth. Bring to a boil, then reduce the heat to low. Cover and simmer gently for 1.5 to 2 hours, stirring occasionally, until both the meat and potatoes are tender.

Before covering, add the herbs tied together (rosemary, thyme, and sage), and remove them after about 1 hour. If needed, add more broth or water during cooking. The sauce should be thick and flavorful. Serve hot, ideally with crusty bread to soak up the rich, savory sauce. It makes the perfect wholesome and comforting meal.





## RECIPE'S STORY



**Fabrizio Citto**

**Business Relationships Manager – EMEA**

Spezzatino is an Italian beef stew that originated as a rustic, hearty peasant dish, slow-cooked with potatoes and wine, symbolising comfort and heritage. Lovely to warm up your soul on a gloomy day.



# Boiled Potatoes with Quark

COUNTRY OF ORIGIN | **Germany**



**SERVES**  
2 people



**COOK TIME**  
30 min



**METHOD**  
Pot

## INGREDIENTS

- 800g small waxy potatoes (e.g. Yukon Gold or fingerling)
- 250g quark (or substitute with Greek yogurt or sour cream if not available)
- 2–3 tbsp milk (to make the quark creamier)
- 2 tbsp chopped fresh chives
- salt and pepper to taste
- optional: 1 small chopped spring onion

## PREPARATION

Wash the potatoes thoroughly, leaving the skins on, and place them in a pot with salted water. Bring to a boil and cook for 20–25 minutes, until tender. Drain and keep them warm. They can be served either peeled or unpeeled.

Meanwhile, prepare the quark dip by mixing the quark with a little milk until it reaches a creamy consistency. Season with salt, pepper, and chopped chives. For extra flavor, you can also add garlic or spring onions. Mix well and let the dip rest for a few minutes to allow the flavors to blend.

Serve the warm potatoes alongside the quark dip. For a traditional touch from Southern Brandenburg, drizzle a little linseed oil over the quark before serving.



## RECIPE'S STORY



**Julian Liebig**  
Account Manager – EMEA

Boiled potatoes with quark was my grandmother's favourite. She made it many times when we visited my grandparents, serving it with love and care. It reminds me of home and warmth.



# Greek Pastitsio

COUNTRY OF ORIGIN | Greece



**SERVES**  
8 people



**COOK TIME**  
1h 15 min



**METHOD**  
Oven

## INGREDIENTS

- 300g bucatini (or ziti)
- 750g ground beef
- 2 onions
- 1 garlic
- 400g canned tomatoes
- 100ml red wine
- 2 tbsp tomato paste
- 1 bay leaf
- 1 tsp cinnamon, pinch sugar
- salt & pepper

Bechamel:

- 100g butter + 100g flour + 1l milk
- 2 egg yolk
- 150g Emmental + 200g feta

## PREPARATION

Cook the bucatini, or similar pasta, in salted water until al dente. Drain and toss with butter, egg yolks, and grated cheese. In a separate pan, sauté the diced onions and garlic in olive oil until translucent, then add the ground beef and cook until browned. Stir in the red wine, canned tomatoes, tomato paste, bay leaf, cinnamon, sugar, salt, and pepper. Simmer until the sauce thickens.

For the béchamel, melt the butter over medium heat. Whisk in the flour, then gradually add the milk, about 100ml at a time, stirring well after each addition. Cook until thickened and season with salt and pepper. Remove the bay leaf from the meat sauce.

Assemble the dish by layering the pasta on the bottom, spreading the meat sauce over it, and topping with the béchamel. Sprinkle with the grated Emmental and crumbled feta. Bake at 180°C for about 45 minutes, until golden and bubbling. Let rest for 10 minutes before serving.



## RECIPE'S STORY



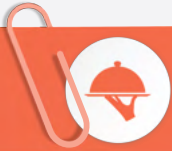
# Apostolos Lianopoulos

IT Support Specialist

This hearty Greek baked pasta has been a family favourite since childhood. The creamy béchamel and spiced meat remind me of celebrations gathered around the table.

# Kavarma

COUNTRY OF ORIGIN | Bulgaria



**SERVES**  
4 people



**COOK TIME**  
60 min



**METHOD**  
Pan

## INGREDIENTS

- 500g chicken breast
- 2 medium onions
- 2 red peppers
- 1 medium carrot
- 250g mushrooms
- 1 can (250g) chopped tomatoes
- 50ml dry white wine (optional)
- 1-2 small chili peppers (optional)
- 1 tsp paprika
- ½ tsp dried thyme
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 tbsp sunflower oil
- fresh parsley

## PREPARATION

Cut the chicken breast into bite-sized chunks. In a large pan, heat the sunflower oil over medium heat. Slice the onions into half-moons and sauté until soft, then add the chicken and cook until lightly browned. Add the sliced red peppers, carrot, and mushrooms, along with the finely chopped chili peppers if using. Cook for 5–7 minutes, stirring occasionally.

Stir in the chopped tomatoes, and if desired, add the white wine. Season with paprika, thyme, salt, and black pepper. Let the mixture simmer over low heat for 10–15 minutes. Transfer everything to a baking dish and bake at 180°C for 30 minutes.

Serve hot, topped with fresh chopped parsley. This dish pairs beautifully with rice or crusty bread.





## RECIPE'S STORY



**Viktoria Stoynova**  
Project Assistant

I'm sharing this recipe because it reminds me of cosy weekends at my grandparents' countryside home in Bulgaria. It's hearty, simple, and full of warmth, just like they were.

# Lexie's Butter Chicken

COUNTRY OF ORIGIN | India



**SERVES**  
4-6 people



**COOK TIME**  
1h 45 min



**METHOD**  
Pan

## INGREDIENTS

- 500g chicken breast
- 6 tbsp of curry powder
- 150ml cooking cream
- 3 tsp salt
- 2-3 carrots
- 1-2 onions
- 1 tbsp powder base for foods
- 20ml oil
- 100g butter
- 300 - 500g rice
- 500ml water (for the chicken)

## PREPARATION

Marinate the chicken meat in cooking cream, curry and salt for about one hour. In a pan, we then let it boil with a bit of water (for a few minutes until the water evaporates). Then add the oil and let it fry.

In the meantime prepare the vegetables that we will put in a skillet to sauté. I like to use only carrots and onions, but you can add tomatoes to this recipe as well. As the vegetables are cooked, boil the rice with 2-3 tablespoons of curry powder, salt and a little bit of base for food.

When it is almost ready, add the butter, vegetables and chicken that has been fried previously, and you will have a tasty butter chicken made with love.

Bon appétit!



## RECIPE'S STORY



**Alexandra Sava**  
Senior Data Processing Specialist

When I was 10 years old, I fell in love with India, the culture and the food... Everything became fascinating to me, and since then, Indian food and sweets have had a special place in my heart.



# Maltese Stuffed Marrows

COUNTRY OF ORIGIN | **Malta**



**SERVES**  
4-6 people



**COOK TIME**  
1h 45 min



**METHOD**  
Oven

## INGREDIENTS

- 6 round marrows
- 500g minced meat
- 1 tsp cumin
- 1 tsp oregano
- 3 garlic minced
- 1 small onion finely chopped
- 2 tbsp tomato paste
- 1 egg
- 3 tbsp parmesan cheese
- 5 potatoes thinly sliced
- 1 large onion thinly sliced
- 2 tbsp olive oil
- fennel seeds
- salt and pepper

## PREPARATION

Preheat the oven to 180°C (350°F). Cut the top off the marrow and carefully hollow out the center, making sure not to pierce the sides. Strain the removed marrow flesh and set it aside.

In a bowl, combine the minced meat with cumin, oregano, Worcestershire sauce, minced garlic, chopped onion, tomato paste, a beaten egg, and some of the finely chopped marrow flesh. If you like, you can also add chopped hard-boiled egg. Fill the hollowed marrows with this mixture and top with parmesan cheese.

Place the stuffed marrows in a baking dish and arrange sliced onion and potatoes around them. Add enough water to cover most of the potatoes, then drizzle with olive oil and season with salt, pepper, and fennel seeds. Cover the dish with foil and bake for 1 hour. Uncover and continue baking for another 30 minutes, until the potatoes are golden brown. Let the dish rest before serving.



## RECIPE'S STORY



**Karl Baldacchino**  
Researcher

In Malta we stuff a lot of vegetables, and stuffed marrows are a very popular dish in Malta. They are extremely easy to prepare and a healthy, filling meal.

# Mum's Banana

COUNTRY OF ORIGIN | **Nigeria**



**SERVES**  
4 people



**COOK TIME**  
25 min



**METHOD**  
Pot

## INGREDIENTS

- 300g pasta (penne or fusilli work well)
- 2 cooked chicken breasts (about 250g), diced
- 1 large apple, peeled and chopped
- 1 ripe banana, sliced
- 150g (about 2/3 cup) mayonnaise
- salt, to taste

## PREPARATION

Cook pasta in boiling salted water until al dente, then drain and let cool. While pasta cooks, cut cooked chicken breast into bite-sized pieces. Peel and dice one apple and one banana.

In a large bowl, combine the cooled pasta, chicken, apple, and banana. Add mayonnaise gradually, mixing until everything is evenly coated—use just enough to bind the ingredients without making it too heavy. Season with a pinch of salt and pepper to taste.

Chill in the refrigerator for at least 30 minutes before serving.

Optional: garnish with chopped parsley or a squeeze of lemon juice for added freshness. Serve cold as a refreshing, sweet-savoury salad.





## RECIPE'S STORY



**Mark Ovens**  
Business Unit Director

We had this weekly, and always on my birthdays! Mum grew up in Nigeria – I believed it was an African recipe until I found out very recently she got it from the back of a mayonnaise jar...

# Mum's Smulschotel Recipe

COUNTRY OF ORIGIN | **Netherlands**



**SERVES**  
8 people



**COOK TIME**  
50 min



**METHOD**  
Oven

## INGREDIENTS

- 800g fusilli tricolour
- 1kg minced beef
- 3 large onions, cut into rings
- 800g frozen spinach (regular cut, not a la crème)
- 3 tbsp tomato paste
- 300g (+) grated cheese
- 4 tbsp olive oil
- 6–8 tbsp breadcrumbs
- salt & pepper
- ketchup (to serve)

## PREPARATION

Preheat oven to 200°C and defrost the spinach.

Cook fusilli until tender but still firm when bitten (al dente), drain. Cut onion in rings and fry in olive oil until golden. Add minced meat, season, and brown. Stir in tomato paste. Paint some oil on the sides of a large oven dish. On the bottom, 75% of the pasta.

The next layer will be the spinach. Add the meat plus onions on top. Add the remaining pasta. Top with grated cheese and breadcrumbs.

Bake ~45 minutes until golden, bubbling, and crisp.

Serve hot – don't forget the ketchup on the side!



## RECIPE'S STORY



**Edwin van Rest**  
CEO and co-founder

This simple oven bake was one of our favorite dinners growing up. We loved mixing the colorful pasta with spinach, melted cheese, and always — always — adding ketchup on top. Today, my mother still makes it for her grandchildren, keeping the tradition (and the smiles) alive.



# Polish Lazy Dumplings

COUNTRY OF ORIGIN | **Poland**



**SERVES**  
4–6 people



**COOK TIME**  
30 min



**METHOD**  
Pot

## INGREDIENTS

- 500g farmer's cheese (twaróg), dry and crumbly
- 1 large egg
- 150g all-purpose flour (about 1 cup + 2 tablespoons)
- a pinch of salt

Optional for serving:

- butter (for melting on top)
- sugar or cinnamon sugar (for sprinkling)

## PREPARATION

Place the farmer's cheese (twaróg) in a bowl and mash it well with a fork. Add the egg, flour, and a pinch of salt, then mix gently until a soft, slightly sticky dough forms. If the dough feels too sticky, add a little more flour. Lightly flour your work surface and roll the dough into a long log about 3 cm thick. Cut the log into small pieces, each about 2 cm long.

Bring a large pot of salted water to a boil, then reduce the heat to a gentle simmer. Carefully drop the dumplings into the water and cook until they rise to the surface. Let them cook for another 2–3 minutes before removing.

Serve the lazy dumplings warm with melted butter, sugar, cinnamon, or your favorite toppings.



## RECIPE'S STORY



**Paulina Blaszczyk**  
Executive Programme Manager

I was a picky kid, but Lazy Dumplings were my mom's secret weapon — sweet, simple, and filling. They're one of the few meals I never refused.

# Split Belly (Karniyarik)

COUNTRY OF ORIGIN | Turkey



**SERVES**  
4 people



**COOK TIME**  
1h 30 min



**METHOD**  
Oven

## INGREDIENTS

- 4 medium sized aubergines
- 250–300g ground beef
- 1 big onion
- 3–4 cloves of garlic
- 2 tbsp tomato paste (or tomato-red pepper mixed paste)
- 2 tomatoes
- 2 green peppers
- olive oil
- salt, black & red pepper

## PREPARATION

Peel the aubergines lengthwise, make a slit on each, and soak in salted water for 15–20 min. Rinse and pat dry. Brush with oil and roast at 220°C for 30 min (slit side up) or fry in a pan.

For the filling, heat oil in a pan. Sauté chopped onions and garlic, then add ground beef. After a few minutes, add chopped peppers, tomato paste, tomatoes, salt and pepper. Cook for 5 min. Add 2–3 cups of hot water, boil for 5 min, then drain to separate the filling from the sauce.

Remove aubergines from the oven, open the slits, sprinkle salt & pepper inside, and fill with the mixture. Optionally top with tomato and green pepper slices. Pour the sauce over and around the aubergines. Bake at 180°C for 30 minutes.

Recommended to serve with rice.





## RECIPE'S STORY



**Özlem Babacan**  
Senior Campaign Manager

A Turkish dish with a strange name and the power to take you back in time. Reminds me of childhood times, the family home, the warm kitchen and "dinner's ready" calls by parents.

# Toad in the Hole

COUNTRY OF ORIGIN | **United Kingdom**



**SERVES**  
3–4 people



**COOK TIME**  
1h 10 min



**METHOD**  
Oven

## INGREDIENTS

- 8 pork sausages
- 2 tbsp oil

For the batter:

- 75g plain flour
- 2 eggs
- 150ml milk
- mashed potato and steamed veg of your choice
- Bisto gravy

## PREPARATION

Preheat the oven to 200°C (190°C fan) or 390°F, and grease the base and sides of a roasting dish with a little oil. Arrange the sausages in the dish and roast them for 25 minutes. While the sausages are cooking, whisk together the flour, eggs, and milk to make a light batter with plenty of air so it rises well.

Remove the roasting dish from the oven and carefully pour the batter around the sausages. Return the dish to the oven and bake for a further 30–40 minutes, until the sausages are cooked through and the batter has risen, crisped, and turned golden brown.

Serve hot with mashed potatoes, vegetables, and plenty of gravy.



## RECIPE'S STORY



**Jen Bruce**

**Global Commercial Director**

Growing up this was made by Dad if his footy team had won on Saturday. Here I am washing up after my favourite tea, wearing a homemade Norwich City FC woolly hat, happy they won!





# Tuna Patties

COUNTRY OF ORIGIN | Mexico



**SERVES**  
10–12 people



**COOK TIME**  
25 min



**METHOD**  
Pan

## INGREDIENTS

- 3 medium or 2 large eggs
- 1/3 cup cilantro (coriander)
- oil (any kind)
- 1/2 tsp garlic powder
- 1/2 tsp salt (or to taste)
- 1/2 tsp freshly ground black pepper (or to taste)
- 2 cans of tuna (7–8 oz total)
- 1/2 a small onion (optional)

## PREPARATION

Finely chop the cilantro and the onion if using. Drain the tuna, preferably tuna in oil although tuna in water also works, and lightly mix it to break it apart. Add the cilantro, garlic powder, salt, and pepper to the tuna. Separate the egg yolks from the egg whites and set the yolks aside.

Whisk the egg whites until stiff peaks form, then gently fold in the tuna and egg yolks, being careful not to overmix. Heat 2 tablespoons of oil in a pan until hot. Scoop portions of the tuna mixture into the pan and shape them into small round patties by pressing lightly. Cook for about 2 minutes per side, flipping once, until golden on both sides.

Transfer the patties to a paper towel lined plate to absorb excess oil. Add more oil to the pan as needed for additional batches.



## RECIPE'S STORY



**Fernanda Price**

Team Leader Client Success – NA and APAC

This recipe was always a staple at my house. My mom learnt the recipe from her mom, and it reminds me of my childhood. It can be eaten on its own, but the best way is with lentils!

# Wiener Schnitzel

COUNTRY OF ORIGIN | Austria



**SERVES**  
2 people



**COOK TIME**  
45 min



**METHOD**  
Pan

## INGREDIENTS

- 2 lean pork cutlets (or veal)
- 2 eggs, beaten
- some flour
- fine breadcrumbs (not panko)
- sunflower oil
- 400g potatoes
- 1 small red onion or red shallot
- 100ml hot water
- 1 tsp stock powder
- 3 tbsp oil
- 1 tsp mustard
- 2 tbsp apple vinegar
- 1/2 tsp salt
- black pepper
- chives, chopped
- lemon

## PREPARATION

For the potato salad, boil the whole potatoes until cooked through. Peel them, slice them, and set aside. In a bowl, mix the onion, water, stock, oil, vinegar, mustard, salt, and pepper. Stir in the potatoes and let them rest for at least 30 minutes to absorb the liquid. Before serving, sprinkle with chopped chives.

For the schnitzel, flatten the cutlets with a meat mallet and generously season both sides with salt and pepper. Add a little water to each side and spread it across; this step helps the schnitzel puff up while frying. Coat each cutlet in flour, shaking off the excess, then dip it in beaten egg, and finally coat with breadcrumbs. Set aside.

In a deep pot, pour in enough oil to fill it about one-quarter full. Once hot, add a schnitzel and shake the pot in a way that splashes oil over the top. Continue this motion until the schnitzel turns golden brown, about 3–4 minutes. Remove, drain, and repeat with the remaining cutlets. Serve with lemon, and optionally cranberry sauce, alongside the potato salad.





## RECIPE'S STORY



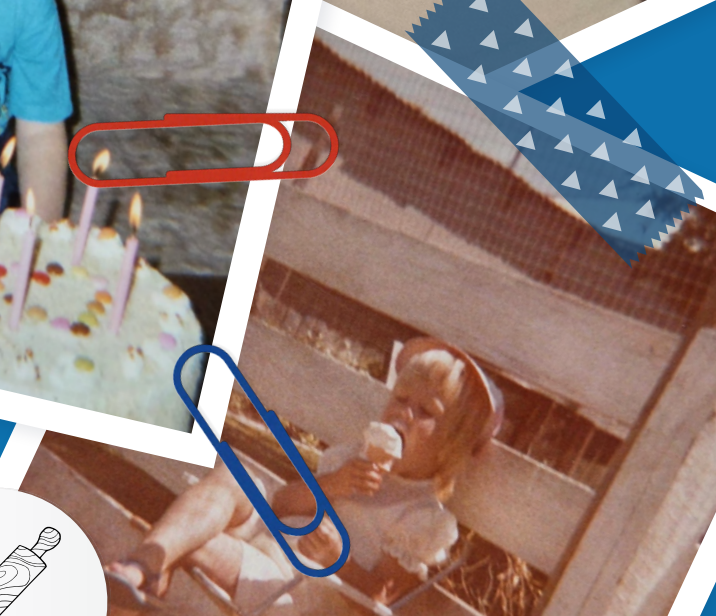
**Julian Leu**  
Team Lead – EMEA

Growing up in Transylvania, I ate schnitzel all the time. Oftentimes as a main course, but my mum would often pack it for me as a school lunch, or we'd take it as a travel snack.

# DESSERTS











# Apple Pie with Meringue

COUNTRY OF ORIGIN | Poland/Russia



**SERVES**  
6–8 people



**COOK TIME**  
1h



**METHOD**  
Oven

## INGREDIENTS

Dough:

- 160g cold unsalted butter
- 380g flour
- 2 egg yolks
- 1 whole egg
- 50g sugar
- 1 tsp baking powder
- a pinch of salt

Apple Mix:

- 1kg apples
- 50g sugar
- 30g unsalted butter

Meringue:

- 2 egg whites
- 100g sugar

## PREPARATION

Blend cold butter, sugar, baking powder and flour until the mix resembles crumbs. Add egg and yolks, and knead into a soft dough. Form the dough into a pie crust in a baking dish. Refrigerate for 30 mins.

Peel the apples and cut them into cubes. Melt sugar and butter in a frying pan, and add the apples. Simmer until the juice evaporates and the mix thickens (10–12 mins). Let it slightly cool down. Preheat the oven to 190 degrees. Bake the pie crust for 15 mins, then gently add the apple mix.

Make the meringue: In a clean, dry bowl, beat the egg whites until foamy. Gradually add the sugar, beating continuously until stiff, glossy peaks form. Using a spoon, spread the meringue over the apples.

Lower the oven to 150 degrees and bake for another 25 mins until the meringue is set and lightly golden.



## RECIPE'S STORY



**Inna Byalik**

Senior Account Manager – EMEA

My great-grandma heard this recipe on the radio. She passed it to my grandmother, who made it our favourite dessert in my childhood. We always had lots of fun making it together.



# Bolo de Ananás Caramelizado

COUNTRY OF ORIGIN | Portugal



**SERVES**  
12 people



**COOK TIME**  
1h



**METHOD**  
Pan

## INGREDIENTS

- 4 eggs
- 2 cups of sugar (1 cup is for making the caramel)
- 1 cup of oil
- 2 cups of self-rising flour
- 1 tsp of baking powder
- 1 large can of pineapple slices in syrup

## PREPARATION

Preheat the oven to 180°C. To caramelize the sugar, heat it directly in the cake pan over low heat, gently rotating the pan so it spreads evenly. Once golden brown, grease the pan with the caramelized sugar and line the base with pineapple slices.

In a mixing bowl, beat the egg yolks with the sugar and oil until the mixture turns pale. Whisk the egg whites until stiff peaks form and set aside. Gradually add the flour and baking powder, gently folding in the egg whites between additions of flour, stirring slowly and carefully to keep the batter light. For a moister cake, you can add some of the canned pineapple syrup to the mixture.

Pour the batter over the pineapple slices and bake until set and golden. For extra flavor, use canned pineapple and do not discard the syrup. You can also add the last pineapple slice into the batter for a stronger pineapple taste.





## RECIPE'S STORY



**Nádia Oliveira**

Strategic Partnership Success Manager

I chose this recipe because it brings back memories from my childhood. I remember the smell of sugar caramelising on the stove and instantly knowing my mom was baking my favourite cake.



# Crumb Cake (Capirotada Style)

COUNTRY OF ORIGIN | **Mexico**



**SERVES**  
16 people



**COOK TIME**  
40 min



**METHOD**  
Oven

## INGREDIENTS

- day-old bread, enough to fill a cake or pie mold.
- 1 box of evaporated milk
- 1 can of condensed milk
- 4 eggs
- 1 tbsp of vanilla
- 1 bar of butter
- 3 tbsp of cinnamon
- 1 cup of pecan nuts
- 1/2 cup of dried coconut flakes (optional)
- 1/2 cup of raisins (optional)
- 3 tbsp of sugar

## PREPARATION

Cut the bread into small pieces. In a blender, mix the evaporated milk, condensed milk, eggs, vanilla, and cinnamon. Pour the mixture into a bowl and soak the bread pieces in it. Add pecan nuts, dried coconut flakes, and raisins, stirring gently to combine.

Spray a cake or pie mold with baking oil until completely covered, then pour in the mixture. If you like, add extra toppings such as pecans, coconut flakes, or raisins between the layers. Melt the butter, stir in the cinnamon and sugar, and drizzle the mixture over the cake in spoonfuls. Sprinkle pecan nuts on top as decoration.

Bake in the oven at 180°C for 30–40 minutes, until the top is golden brown.





## RECIPE'S STORY

**Isabella Elizondo Knebel**

Account Manager

My mom has always made amazing cakes for birthdays or for fun. This is one she made when we had lots of leftover bread. It's a twist on the Mexican Capirotada that will make your mouth water!





# Golden Dutch 'Wentelteefjes'

COUNTRY OF ORIGIN | **Netherlands**



**SERVES**  
2 people



**COOK TIME**  
15 min



**METHOD**  
Pan

## INGREDIENTS

- 4 slices stale white bread
- 2 eggs
- 200 ml milk
- 1 tbsp sugar
- 1 tsp cinnamon
- 1 tsp vanilla extract
- butter, for frying
- optional: powdered sugar or syrup, for topping

## PREPARATION

Whisk the eggs, milk, sugar, cinnamon, and vanilla together in a bowl. Heat butter in a pan over medium heat.

Dip each bread slice into the egg mixture, coating both sides without letting it become too soggy.

Fry the slices until golden brown on both sides.

Serve warm, topped with powdered sugar, fruit, or a drizzle of syrup.

It's secretly the best breakfast ever, and best enjoyed in pajamas!



## RECIPE'S STORY



**Joep Annega**  
CEO Uni-Life, Studypartals Group

My mom used to make wentelteefjes whenever we had leftover bread. It turned boring slices into cinnamon-sugar heaven and made the whole kitchen smell like happiness.



# Goulburn Valley Fruit Crumble

COUNTRY OF ORIGIN | **Australia**



**SERVES**  
6 people



**COOK TIME**  
1h



**METHOD**  
Oven

## INGREDIENTS

Base:

- 1 kg fruit (apples, pears, plums, peaches, apricots, or cherries)
- 1 tbsp plain flour
- ½ cup white or brown sugar
- 2 tbsp lemon juice
- ½ tsp cinnamon

Topping:

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup brown sugar
- ½ tsp baking powder
- 1 tsp cinnamon
- pinch of salt
- 125 g melted butter

## PREPARATION

Preheat the oven to 180°C (fan-forced). Cut the fruit into small chunks and place them in a large bowl. Add the flour, sugar, and cinnamon, then drizzle with lemon juice. Toss gently to coat, and spread evenly in a 1.5-litre baking dish.

To make the crumble topping, combine all the topping ingredients in a bowl. Mix with your fingers or a fork until clumps form; some larger pieces are ideal for a deliciously crumbly texture. Scatter the topping over the fruit mixture, covering it evenly but leaving the surface rough and rustic. The messier it looks, the better the crunch.

Bake for 30–40 minutes, or until the topping is golden brown and the fruit is bubbling at the edges. Serve warm with a scoop of vanilla ice cream, a drizzle of cream, or both for the ultimate treat.





## RECIPE'S STORY



**Carlie Sage**

**Associate Director Partnerships – APAC**

I grew up in Australia's Goulburn Valley, surrounded by beautiful fruit. This was a favourite childhood recipe, and now my kids love making and eating it too.



# Grandma's Plum Cake

COUNTRY OF ORIGIN | Slovakia



**SERVES**  
5 people



**COOK TIME**  
60 min



**METHOD**  
Oven

## INGREDIENTS

- 2 cups flour (1 cup = 250 ml)
- 1 cup powdered sugar
- ½ cup melted, cooled butter
- 2 eggs
- 1 cup milk
- 1 tsp baking powder
- 1kg plums
- 1 cup crumble topping - soft butter, powdered sugar, flour, crushed walnuts (optional)
- 1 tsp ground cinnamon

## PREPARATION

In a mixing bowl, combine the flour, powdered sugar, melted butter, eggs, milk, and baking powder, stirring until the batter is smooth and runny. Grease a 40 × 60 cm baking tray with butter, lightly dust it with flour, and pour in the batter.

Halve the plums, remove the stones, and arrange them cut-side up in a single layer on top of the batter. In a separate bowl, mix together flour, powdered sugar, and soft butter until a crumbly texture forms. For extra crunch, you can add crushed walnuts. Sprinkle the crumble evenly over the plums and finish with a dusting of cinnamon.

Bake in a preheated oven at 180°C for about 30 minutes, or until golden and cooked through.



## RECIPE'S STORY



**Marcel Bandur**  
Senior Business Developer

We are playing in Grandma's garden on a hot summer day in countryside Slovakia. The sweet smell of plums and cinnamon draws us inside, where we bite into warm slices of this cake.





# Griz

COUNTRY OF ORIGIN | Croatia



**SERVES**  
2 people



**COOK TIME**  
10 min



**METHOD**  
Pot

## INGREDIENTS

- 480 ml of milk (works with plant-based milk as well)
- 1 pack of vanilla sugar (8 grams)
- 4 tbsp fine semolina
- 1 tbsp sugar (optional)
- toppings of choice

## PREPARATION

Heat the milk in a saucepan with regular sugar and vanilla sugar. Once warm, slowly whisk in the semolina to prevent lumps from forming. Continue stirring over medium heat until the mixture thickens to a pudding-like consistency. Serve warm in a bowl. Traditionally, this dish is topped with children's cocoa powder or jam, though a sprinkle of cinnamon sugar makes a wonderful modern alternative.



## RECIPE'S STORY



**Karla Ramić**  
Digital Marketing Specialist

It's a joy in a bowl. It's the most simple and easy thing ever to make. It's nothing fancy, but it just brings back some core childhood memories. Super creamy, warm and nostalgic.



# Krupicová kaša

COUNTRY OF ORIGIN | Slovakia



**SERVES**  
2 people



**COOK TIME**  
5 min



**METHOD**  
Pot

## INGREDIENTS

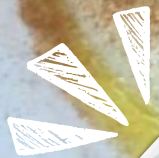
- 500ml milk (you may use plant-based milk as well)
- 50g semolina
- 20g sugar (or adjust this amount based on your sweetness preference, you can also opt not to add sugar as the topping can be sweet)
- butter
- topping: cinnamon sugar or cocoa (in Slovakia we use "Granko" a brand of cocoa)

## PREPARATION

Pour milk into a pot and bring it to a boil. Once warm, add semolina and sugar, stirring constantly until the mixture thickens. When it reaches the right consistency, pour it onto a plate—preferably flat so it cools down faster. While still hot, place butter on top so it melts into the porridge. Finish with a topping of your choice, such as cocoa, cinnamon, or another sweet addition.

Enjoy this cozy and comforting dish!





## RECIPE'S STORY



**Michaela Boskovicova**

Team Lead Partnerships – EMEA

This dish is an absolute staple of Slovak cuisine, especially for children. It brings me back to being at my grandma's house as a kid and eating krupicova kasa before going to bed.



# Lemon-Rosemary Cake

COUNTRY OF ORIGIN | France



**SERVES**  
8–10 people



**COOK TIME**  
55 min



**METHOD**  
Oven

## INGREDIENTS

- 1½ cups all-purpose flour
- 1 cup granulated sugar
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 2 large eggs
- ½ cup extra-virgin olive oil
- ¾ cup whole milk or almond milk
- zest of 2 lemons
- 2 tbsp of lemon juice
- 1 tsp chopped fresh rosemary
- 1 tsp vanilla extract
- ½ cup powdered sugar

## PREPARATION

Preheat the oven to 350°F (175°C). Grease and flour an 8-inch round or loaf pan. In a large bowl, whisk together the flour, sugar, baking soda, baking powder, and salt. In a separate bowl, whisk the eggs with the olive oil, milk, lemon zest and juice, rosemary, and vanilla extract until smooth.

Slowly add the wet ingredients to the dry ingredients, stirring just until combined and being careful not to overmix. Pour the batter into the prepared pan and bake for 35–40 minutes, or until a toothpick inserted in the center comes out clean.



## RECIPE'S STORY

**Ashley Cooper-Hong**  
Partnership Success Manager

Bright lemon zest, fresh rosemary, moist and fragrant cake—simple to make, elegant to serve. A Mediterranean-inspired favourite.







# Mălăieș / Mălai cu lapte

COUNTRY OF ORIGIN | Romania



**SERVES**  
6–8 people



**COOK TIME**  
1 h 20 min



**METHOD**  
Oven

## INGREDIENTS

- 300g cornmeal
- 250g sugar
- 500g sweet cow's cheese (farmer's/homemade cheese or ricotta works well)
- 1l milk
- 6 eggs, separated
- 100g butter
- 250g Greek yogurt
- 1 tbsp vanilla or lemon essence (or your preferred flavor)
- a pinch of salt

## PREPARATION

Preheat the oven to 180°C (350°F). In a saucepan, heat the milk with the butter until the butter melts. Once the mixture comes to a boil, slowly whisk in the cornmeal, stirring until thickened and the milk is fully absorbed. Remove from the heat and allow it to cool slightly.

In a separate bowl, mix the egg yolks with the cheese, yogurt, and chosen essence, then fold this mixture into the cooled cornmeal. In another bowl, beat the egg whites with the salt and sugar until a thick foam forms. Gently fold the egg whites into the batter, lifting from the bottom up to keep the mixture airy.

Line a 26 × 34 cm baking pan with baking paper and pour in the batter. Bake for 40–50 minutes, until golden and set. Turn off the oven and leave the cake inside for a few minutes to prevent it from collapsing due to a sudden temperature change. Serve warm or cold, plain, with honey, or with chocolate.



## RECIPE'S STORY



**Lidia Cozmuta**  
Digital Marketing Specialist

Originally from Transylvania, my fondest memory is weekends at my grandparents in the countryside, and Saturdays were for baking bread in the outdoor oven and always ended with this dessert.



# Mary's Sour Cream Coffee Cake

COUNTRY OF ORIGIN | **United States**



**SERVES**  
12 people



**COOK TIME**  
40 min



**METHOD**  
Oven

## INGREDIENTS

Batter:

- 225g all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 115g unsalted butter, softened
- 200g granulated sugar
- 2 large eggs
- 1 tsp vanilla extract
- 240g sour cream

Cinnamon sugar swirl:

- 100g brown sugar, packed
- 2 tsp ground cinnamon
- 60g chopped pecans

## PREPARATION

Preheat oven to 175 °C / 350 °F. Grease and flour a 23 cm / 9-inch square pan (or line with parchment).

Make swirl mix: In a small bowl, combine brown sugar, cinnamon, and nuts (if using). Set aside.

Mix dry ingredients: In a medium bowl, whisk together flour, baking powder, baking soda, and salt.

Cream butter & sugar: In a large bowl, beat butter and granulated sugar until light and fluffy (about 2–3 min).

Add eggs & vanilla: Beat in eggs one at a time, then vanilla.

Add flour & sour cream: Mix in the dry ingredients in 3 additions, alternating with sour cream in 2 additions, beginning and ending with dry ingredients.

Don't overmix.

Assemble: Spread half the batter into the pan (it will be thick). Sprinkle with half the cinnamon sugar mix. Gently spread the remaining batter over top, then finish with the rest of the cinnamon sugar mix.

Bake: 35–40 minutes.





## RECIPE'S STORY

**Carolyn Cain**

Partnership Success Manager

This is a top-secret, award-winning family recipe, so if you're reading this, welcome to the family. My grandma's Sour Cream Coffee Cake is a festive treat loved for generations. Enjoy!



# Milk Tart (South African Melktart)

COUNTRY OF ORIGIN | **South Africa**



**SERVES**  
8 people



**COOK TIME**  
20 min



**METHOD**  
Pot

## INGREDIENTS

For the crust:

- 200g (about 2 cups) biscuits crushed
- 100g (7 tbsp) butter, melted

For the filling:

- 4 cups (1 litre) milk
- 1 cinnamon stick
- 1 tsp vanilla extract
- 2 large eggs
- ½ cup (100 g) sugar
- 3 tbsp cornflour
- 3 tbsp all-purpose flour
- pinch of salt
- ground cinnamon to dust

## PREPARATION

Start by preparing the crust. Mix the crushed biscuits with melted butter until well combined, then press the mixture firmly into the base and sides of a pie dish. Place in the refrigerator to chill while you prepare the filling.

For the custard filling, heat the milk with a cinnamon stick in a medium pot until just below boiling, then remove the cinnamon stick. In a separate bowl, whisk together the eggs, sugar, cornstarch, flour, and salt until smooth. Gradually pour the hot milk into the egg mixture, whisking constantly to prevent curdling. Return the mixture to the pot and cook over medium heat, stirring constantly, until it thickens. Remove from the heat and stir in the vanilla.

To assemble the tart, pour the hot custard into the chilled biscuit crust and smooth the top. Sprinkle generously with ground cinnamon, then refrigerate for at least 2–3 hours, or until set.

Slice, serve cold, and enjoy.





## RECIPE'S STORY



**Cara Skikne**

**Head of Communications and Thought Leadership**

The delicious smell of cinnamon takes me right back to my childhood kitchen, where I'd be allowed to sprinkle the cinnamon on this silky custard tart.





# Petits pots de crème à la vanille

COUNTRY OF ORIGIN | France



**SERVES**  
4 people



**COOK TIME**  
50 min



**METHOD**  
Oven

## INGREDIENTS

- 4 egg yolks
- 1 whole egg
- 500 ml (50 cl) milk
- 60 g sugar
- 1 vanilla pod

## PREPARATION

Split the vanilla pod and scrape out the seeds. Place both seeds and pod in a saucepan with the milk and bring gently to a boil. In a bowl, whisk together the egg yolks, whole egg, and sugar until pale. Remove the vanilla pod from the hot milk, then slowly pour the milk over the egg mixture, stirring continuously with a wooden spoon to avoid lumps.

Carefully divide the custard into small ovenproof bowls or ramekins. Place them in a deep baking dish and fill with hot water to reach halfway up the bowls (bain-marie).

Bake at 150 °C for 30–40 minutes, until just set. Cool completely, then chill before serving.



## RECIPE'S STORY

**Caroline Souvestre**

Global Director, University Engagement

This French classic has always been one of my favorite desserts. Just a few simple ingredients come together into something creamy and delicate.



# Polish Easter Cake (Pască)

COUNTRY OF ORIGIN | Romania



**SERVES**  
7 people



**COOK TIME**  
45 min



**METHOD**  
Oven

## INGREDIENTS

- 200g flour
- 100g sugar
- 100ml milk
- 10g baking powder
- 2 tbsp cocoa powder
- 100g butter
- 1 egg
- vanilla extract, pinch of salt
- 500g mascarpone cheese (originally, brânză de vaci)
- 4 eggs
- 200g sugar
- 100g raisings (soaked in rum)
- 2 packs of vanilla sugar
- pinch of salt

## PREPARATION

Batter: Mix the sugar, butter, and egg until creamy. Add the flour and milk at the same time, little by little. Add the cocoa powder, vanilla extract, baking powder and salt.

Base: Mix the mascarpone, egg yolks, and sugar. Add the butter, vanilla extract, vanilla sugar, and raisins. Finally, fold in the foamed egg whites. Pour 3/4ths of the batter in a cake tin lined with a baking sheet, and in the preheated oven (170°) for 5–7 minutes. Add the base and the rest of the batter, then bake for around 25 minutes at 170°.





## RECIPE'S STORY



**Karina Zybaczynski**  
Business Development Intern

A fond childhood memory is seeing my extended family gathered around the Easter table, enjoying the delicious food. My mother's Polish Pască was always the first to disappear.



# Rice Pudding (Sütlaç)

COUNTRY OF ORIGIN | Turkey



**SERVES**  
4 people



**COOK TIME**  
40 min



**METHOD**  
Pot

## INGREDIENTS

- 1/2 cup short-grain rice
- 2 cups water
- 1 l whole milk
- 3/4 cup sugar
- 2 tbsp cornstarch
- 1/2 cup cold milk (for starch mix)

## PREPARATION

Rinse rice and cook it with water until soft. In another pot, boil the milk and add sugar. Add the cooked rice and stir continuously. Mix cornflour with cold milk and slowly add it in. Cook until thickened. Pour into individual oven-safe bowls. Broil at high heat until the tops are beautifully browned. Chill before serving.





## RECIPE'S STORY



**Irem Mirza**

People and Culture Officer Intern

This warm, creamy dessert brings me back to childhood afternoons at home, when the smell of caramelised milk from the oven meant family and a quiet kind of joy.





# Stolichny Cake, Soviet Style

COUNTRY OF ORIGIN | **Russia**



**SERVES**  
20 people



**COOK TIME**  
1 h 35 min



**METHOD**  
Oven

## INGREDIENTS

- 450 g wheat flour, 400 g for the batter, 50 g for the raisins
- 340 g butter (room temperature)
- 6 chicken eggs (room temperature), 4 whole eggs + 2 yolks
- 340 g sugar
- 3 tbsp brandy (cognac or wine will do, too)
- 340 g raisins
- a pinch salt
- 1/2 tsp baking powder

## PREPARATION

Cream the butter for 5–6 minutes, then add the sugar and continue beating for another 10–12 minutes until the mixture is light and fluffy. In a separate bowl, crack the eggs, add the two yolks, stir in the brandy, and lightly beat with a fork. Gradually add the egg mixture to the butter, one spoonful at a time, making sure each addition is fully incorporated before adding the next. Beat the final mixture for another 10–12 minutes.

Sift the flour with the baking powder and gradually mix it into the batter until it is buttery and light. Soak the raisins in boiling water for 5 minutes, then drain and toss them in a little flour before folding them into the batter. Grease and flour the cake mold, fill it with the batter, and score the top with a sharp knife.

Bake at 170°C for 55–75 minutes, or until a toothpick inserted in the center comes out clean. Allow the cake to cool completely in the mold, as it is fragile when hot. Once cooled, remove it from the mold and dust with powdered sugar before serving.



## RECIPE'S STORY



**Elena Chipanina**  
Project Manager and Consultant

One of the signature cakes produced in the USSR, where I was born, so it brings a bit of nostalgia and serves as a delicious companion to one's afternoon tea.



# Vegan Oreo Cheesecake

COUNTRY OF ORIGIN | Netherlands/Tunisia



**SERVES**  
8–12 people



**COOK TIME**  
20 min



**METHOD**  
Pan

## INGREDIENTS

- 24 cm round cake tin
- 85 g of plant-based butter
- 30 Oreo biscuits
- 400 ml coconut milk
- 275 g pure chocolate
- 4 tbsp agave syrup
- Pinch of salt

For garnish:

- a few Oreo's and some brambles

## PREPARATION

Melt the butter in a pan. Place the Oreos in a strong bag and crumble them into small pieces with a rolling pin. Pour the melted butter over the Oreos, mix well, and spread the mixture over the bottom and slightly up the sides of a cake tin. Place in the fridge to set.

Warm the coconut milk in a pan, then add the broken chocolate pieces, stirring until fully melted. Mix in the agave syrup and a pinch of salt. Once the chocolate mixture is smooth, remove from the heat and pour it over the chilled cake base. Refrigerate for at least three hours.

Before serving, break additional Oreos by hand into chunks and scatter them around the sides, mixing them with fresh fruit of your choice. Brambles and raspberries pair especially well.





## RECIPE'S STORY



**Christian Burwood**

Senior Partnerships Director

People don't often associate eating plants with sweet, gooey, gorgeous desserts, and so this is a great simple recipe that I love to surprise people with!



# Quindim

COUNTRY OF ORIGIN | **Brazil**



**SERVES**  
12 people



**COOK TIME**  
1h



**METHOD**  
Oven

## INGREDIENTS

- 2 tbsp unsalted butter
- 12 egg yolks
- 1 ¾ cups brown sugar
- shredded coconut
- ¼ tsp salt
- 2 egg whites (optional)

## PREPARATION

Preheat the oven to 175°C (350°F). Grease a muffin tin with butter and sprinkle with sugar to help form a glossy crust. Press the egg yolks through a fine sieve to remove the membranes, ensuring a silky texture.

In a bowl, combine sugar, shredded coconut, melted butter, and salt. Gradually stir in the strained yolks. If using egg whites, beat them until stiff peaks form and gently fold them into the mixture.

Pour the batter into the prepared molds, filling them about three-quarters full. Place the molds in a larger pan filled halfway with hot water. Bake for 35–40 minutes, or until the tops are golden and a toothpick inserted comes out clean.

Let cool slightly, then invert onto a plate while still warm. The coconut crust will form the base, while the glossy custard top will shine. Refrigerate until fully chilled before serving.



## RECIPE'S STORY



**Lorenzo Avanzi**  
Business Intelligence Analyst

Quindim is a Brazilian dessert with deep roots in Portuguese convent sweets, transformed by Afro-Brazilian creativity into a coconut-laced custard that is as enchanting as its name suggests.



# SNACKS





*Gramas pancake recipe*

- 1 1/2 cups allpurpose flour, spooned and leveled
- 2 tablespoons cane sugar
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 1 1/4 cups milk, plus more as needed
- 1 large egg
- 3 tablespoons unsalted butter, melted and cooled slightly, or neutral oil, plus more for the pan
- Maple syrup, for serving



# Autumnal Homemade Granola

COUNTRY OF ORIGIN | **United Kingdom**



**SERVES**  
14 people



**COOK TIME**  
40 min



**METHOD**  
Oven

## INGREDIENTS

- 1/2 cup extra virgin olive or coconut oil
- 1 tbsp peanut butter
- 1/4 cup maple syrup
- a few of handfuls of your favourite nuts (I used walnuts, pecans, & hazelnuts)
- 1/4 cup (or more) of your favourite seeds
- 2 tsp of nutmeg and cinnamon, or pumpkin/gingerbread spice mix

## PREPARATION

Preheat the oven to 160°C (320°F). Cut or crush the nuts of your choice, such as walnuts, pecans, hazelnuts, cashews, or almonds, into smaller pieces and place them in a bowl. Add your favorite types of seeds and oats, then season with cinnamon and nutmeg, or use a pumpkin spice mix or gingerbread spice for flavor. Mix the dry ingredients together.

Stir in the oil, maple syrup, and peanut butter, then mix well until everything is evenly combined. Spread the mixture evenly on a baking tray and bake for 15 minutes, stirring once halfway through. Leave to cool without touching or stirring so the granola can cluster together.





## RECIPE'S STORY



### **Melvin Bostelaar – Segers**

Senior Partnership Success Manager

Breakfast is the most important meal of the day, or so they say. This homemade granola is easy to make, delicious, and will spread a lovely autumnal scent throughout your house.



# Batata Harra

COUNTRY OF ORIGIN | Lebanon



**SERVES**  
4 people



**COOK TIME**  
20 min



**METHOD**  
Airfryer

## INGREDIENTS

- 4 potatoes cut into 3 cm cubes
- 2 tbsp olive oil, divided
- Salt to taste
- 4 garlic cloves, crushed (or minced fine)
- 1/2 tsp red chili flakes
- 1/2 tsp paprika powder
- 2 tbsp red pepper paste (or tomato paste)
- 1/2 cup fresh cilantro, chopped
- fresh lemon juice for serving

## PREPARATION

Start by tossing the potato cubes with one tablespoon of olive oil and a pinch of salt. Place the potatoes in a single layer in the air fryer basket and cook at 175°C for 12 to 15 minutes, until golden brown. You can also deep fry them, which is more traditional, but the air fryer is a quicker and easier option.

Meanwhile, in a large bowl, mix the remaining olive oil with crushed garlic, chili flakes, paprika, red pepper paste, and half of the chopped cilantro. Once the potatoes are cooked, transfer them to this sauce mixture and toss thoroughly until each cube is well coated.

Return the potatoes to the air fryer for another 3 to 4 minutes, until extra crispy. Finish with the remaining fresh cilantro and a generous squeeze of lemon juice, which balances the garlic and spice beautifully. Serve immediately while hot for the best texture and flavor.





## RECIPE'S STORY



**Ranim Chaya**  
Content Marketing Specialist

This was my favourite after-school snack growing up! Garlicky, herby, lemony, and crispy. Also a staple at every family gathering!



# Blueberry Banana Cake

COUNTRY OF ORIGIN | **Netherlands**



**SERVES**  
12 people



**COOK TIME**  
45 min



**METHOD**  
Oven

## INGREDIENTS

- 3 ripe bananas (too ripe is no problem)
- 3 eggs
- 300g oatmeal
- 100g flour (wholewheat, spelt, anything you like)
- 15g (1 packet) baking soda
- 50g coconut shavings (optional)
- 100g blueberries
- milk – to your liking
- butter – to your liking

## PREPARATION

Preheat the oven to 180 degrees. Cut the bananas into pieces and mix them in a bowl with 3 eggs and the flour. Mix everything with a mixer until you have a paste. Mix the oatmeal through the paste.

Add a few scoops of milk, if necessary, to prevent the batter from becoming too thick. The batter is good if it is not too liquid. Finally, mix the coconut shavings through the batter. Stir the blueberries carefully with a spoon through the batter.

Grease a cake tin with butter and fill it with the batter. Put the mould in the batter for about 30 minutes in the middle of the oven. The bread can rise a bit and maybe even tear; that's not a problem. Get the bread from the oven and let it cool down before you remove it from the mould. The banana bread is good if it is still a bit "sticky" inside.



## RECIPE'S STORY



**Chris van Baal**  
Growth Hacker

Simple but healthy. This describes this banana cake best. If there are bananas left, colleagues look at me, hoping I will turn them into this cake the next morning, which I occasionally do.

# Colombian Buñuelos

COUNTRY OF ORIGIN | **Colombia**



**SERVES**  
4 people



**COOK TIME**  
25 min



**METHOD**  
Pot

## INGREDIENTS

- canola or vegetable oil for frying
- 1¾ cup cornstarch
- ¼ cup yuca flour or tapioca starch
- 1 cup finely grated feta cheese
- 1 cup finely grated Queso fresco or fresh farmer cheese
- 1 egg
- ½ tsp baking powder
- 2 tbsp sugar
- pinch salt
- 5 tbsp milk or more if necessary

## PREPARATION

Place all the ingredients, except the oil, in a medium bowl and mix well with your hands until a soft and smooth dough forms. Shape the dough into small balls with your hands.

In a deep pot, heat the vegetable oil to about 150°C, warm but not too hot. Carefully drop the balls into the oil and fry for 3 to 4 minutes, or until golden brown. Remove them from the oil and drain on a plate lined with paper towels. Serve warm.

Note: Maintaining the correct oil temperature is essential when frying Colombian buñuelos. The oil should not be too hot or too cold, ideally between 150°C and 160°C.





## RECIPE'S STORY

**Manuela Diaz Palacios**  
Digital Marketing Specialist

In Colombia, Christmas begins when Grandma heats the oil and the first buñuelo hits the pan: crispy, golden, and full of holiday spirit.

# Fig Rolls

COUNTRY OF ORIGIN | **United Kingdom**



**SERVES**  
14 people



**COOK TIME**  
1h



**METHOD**  
Oven

## INGREDIENTS

For the filling:

- 200g/7oz dried figs, finely chopped
- 1 tbsp brandy
- 1 tbsp rosewater
- 300ml/10½fl oz water

For the pastry:

- 75g/2¾oz wholemeal flour
- 75g/2¾oz plain flour, plus extra for dusting
- 75g/2¾oz butter, plus extra for greasing
- 50g/2oz caster sugar
- pinch salt
- 30–50ml/1–2fl oz water

## PREPARATION

In a pan, bring the figs, brandy, rosewater, and water to a simmer and cook for 15–20 minutes, until the mixture resembles jam. Preheat the oven to 180°C (350°F, Gas 4).

For the pastry, blend the wholemeal flour, plain flour, butter, sugar, and salt until the mixture resembles breadcrumbs. Gradually add water until the dough comes together, then turn it out, wrap in cling film, and leave to rest for 20 minutes. Once chilled, roll the dough into a rectangle about 40 × 12 cm (16 × 5 inches).

Spread the fig filling down the center of the pastry, then fold one edge over the filling and cover it with the other edge. Slice the filled pastry into squares and place them on a baking tray, pressing the folded edge down slightly. Bake for 18–20 minutes, or until crisp and golden brown.





## RECIPE'S STORY



**Natalie Clayton**

Senior Partnerships Success Manager

When I was young, my Nanna used to sit and make these with me! They remind me of cosy afternoons, spending time with her and watching my favourite kids' TV shows.



# Swimming Cheese Toastie

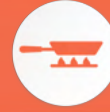
COUNTRY OF ORIGIN | **Scotland**



**SERVES**  
1 person



**COOK TIME**  
15 min



**METHOD**  
Pan

## INGREDIENTS

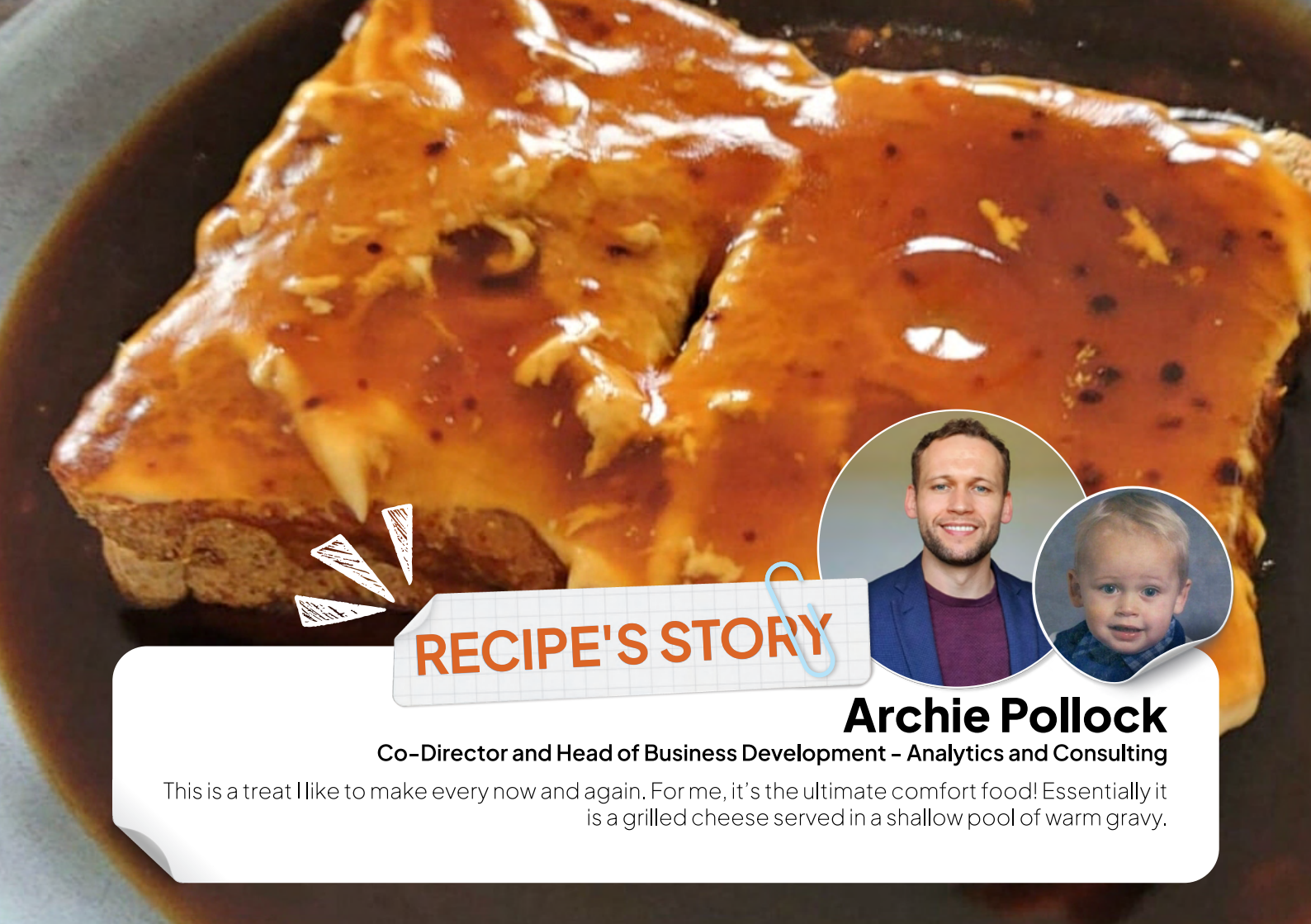
- 3 thick slices of crusty white bread
- 3–6 slices of mature cheddar (gouda or mozzarella also work, or any good melting cheese)
- butter, for spreading
- 30g butter, for the gravy
- 15g all-purpose flour
- 250ml beef stock
- 5ml Worcestershire sauce
- salt and black pepper, to taste
- garlic or onion powder, optional

## PREPARATION

To make the gravy, melt the butter in a saucepan over medium heat. Whisk in the flour and stir constantly for 1–2 minutes to form a rich brown base. Gradually add the stock while whisking to avoid lumps, then bring to a simmer. Stir in the Worcestershire sauce, salt, pepper, and, if desired, garlic or onion powder. Let the gravy simmer for about 5 minutes, until thickened. Keep warm until ready to serve.

For the sandwich, butter both sides of three bread slices and place them under the grill until lightly toasted, then flip. Add cheese to one side of each slice and continue to grill until the cheese melts to your preferred consistency. Assemble the sandwich with the cheese facing up on each layer.

To finish, place the sandwich in the center of a wide bowl and ladle the warm gravy over the top, or pour it around the sides until the bottom layer of the sandwich is submerged.



## RECIPE'S STORY



### **Archie Pollock**

**Co-Director and Head of Business Development - Analytics and Consulting**

This is a treat I like to make every now and again. For me, it's the ultimate comfort food! Essentially it is a grilled cheese served in a shallow pool of warm gravy.

# Little Chefs, Big Chefs

**Welcome to this year's cookbook mix-and-match game!**

## **HERE'S HOW IT WORKS:**

At the top, you'll see the grown-up faces of some of our favorite Studyportal chefs. On the bottom, you'll find a collection of adorable childhood photos.

Your mission? Draw a line from each little chef to the big chef you think they grew up to be!

Some matches will be a piece of cake, others not so much. No peeking at the answer until you've made your guesses! Grab a pen, get creative with your lines, and see if you can spot who's who.

Have fun!





# Sustainable Development Goals (SDG) and Studyportals



The United Nations' Sustainable Development Goals (SDGs) provide a blueprint for how we can achieve a better world, for more people and for future generations. Access to quality education is one of those SDGs (#4), and that makes it important in its own right. However, studying the plans behind many of the other goals reveals a powerful truth: education is the foundation for progress across nearly every global challenge. It often provides the most sustainable path to achieving goals related to poverty reduction, health, emancipation, climate, and even peace. It's not just a priority, it's the catalyst that unlocks sustainable development and empowers communities worldwide.

At Studyportals, our mission is to uplift and connect people through education, because we believe that access to quality learning opportunities creates pathways to solving the world's most pressing problems. Observing some recent developments in many countries, we are doubling down on the SDGs as part of our 2025 strategy.

As part of this commitment, we've pledged to a major initiative to reduce our emissions in 2025, aiming to become carbon neutral by 2026. We've also joined the CANIE network and we are putting our information power behind sustainability. We're grateful for the support we've received from our partners on these initiatives.

Building a better world through education isn't a solo effort, it's a shared journey, and we're proud to be part of it.

**Edwin van Rest**  
Studyportals CEO and Co-founder

