

 studyportals

A Taste of Diversity

from our hearts to your home





 Serious about fun

 Personal growth is KEY

2020 certainly has been an unprecedented year – full of tragedy, challenges, and uncertainty. We are confident, it will also bring positive prospects for the future. That is what we are building on full steam.

As a gesture to thank you for your trust, feedback, and contribution this past year, we are very proud to present you **'A Taste of Diversity'**. Our aim with it is twofold:

Celebrate diversity: where is the value of diversity as apparent as in the kitchen and on our taste buds?!

Amid waves of nationalism and segregation, we double down in our conviction to the power of diversity. Working with students, partners and colleagues from many different countries and backgrounds never ceases to be engaging, inspiring and purposeful! Our field is more challenged, yet more important than ever!

While being apart, be together in spirit: Just like the majority of you, we all worked remotely for most of the year. From home offices across the world, our teams continued to deliver an uninterrupted service to a record number of students and institutions, all contributing to our joint mission: making education choice transparent globally. We miss our meetings, we miss a hug and a cheer, but through our kitchens, our appetites, and the stories, we can be together in spirit.

We hope you will enjoy the special family recipes and tasty local dishes from our global team.

From everyone at Studyportals we wish you Happy, Healthy Holidays and a much... so much better New Year!



♥ Heads up & hearts open

Why the power of diversity is a key pillar of our fundament

Our three founders Magnus, Thijs and Edwin met at the international study association ESTIEM – they were all drawn to the power and pleasure of international collaboration. Magnus then went on to study in Korea and Edwin in Japan:

'There we experienced first-hand the power of intercultural exchange, that later became the core belief that SP is built on: education without boundaries can enrich lives and connect our world.'

But it was another experience that triggered them to go 'all in': transforming Studyportal from a volunteer student project, to devoting their professional life to the opportunity, Edwin explains:

'Less than a year after we launched the first version of the site, one of our students got accepted at a Master of Electrical Engineering at the University of Dalarna, in Sweden. Not that special in itself, but the student asked for his admission documents to be sent to some vague 'gospel church'. Out of interest, we got in touch. It turned out this student was living in a village in Cameroon, and the local church was the only place with a post address...'

...It struck us all...

Until that time, I thought it was transformational for a Dutch guy to study in Japan.... Imagine the impact this would have on this African student – propelling the whole prospect of him and his family to a new level. That is when we decided to go all in, as we could not imagine there was anything more meaningful to do with our time, than building out such impact.'

There are more pivotal moments, but certainly these have been shaping our Big Hairy Audacious Goal' to 'send more students abroad than there are soldiers abroad'. Once this seemed a crazy objective – but we are getting pretty close!

Our students and alumni, our university and our team are the living example of the power of diversity. That is why 'hearts open' is in our core values. Our culture, our purpose as well as this very diversity is why we are able to attract talented team members and excellent partners like you.



STARTER

Insanely Addictive Hot Crab Dip

COUNTRY OF ORIGIN | United States of America

Serves 12

8 oz cream cheese softened

1/4 cup sour cream

1/4 cup mayonnaise

1 cup cheddar
cheese grated

1 tsp garlic powder

1/2 tsp paprika

1 tbsp Worcestershire sauce

1 tbsp lemon juice

1/2 tsp salt

1/4 tsp pepper

1 lb lump crab meat canned

This recipe is extremely easy to make, taking only 5 minutes to prepare and 20 minutes to cook!

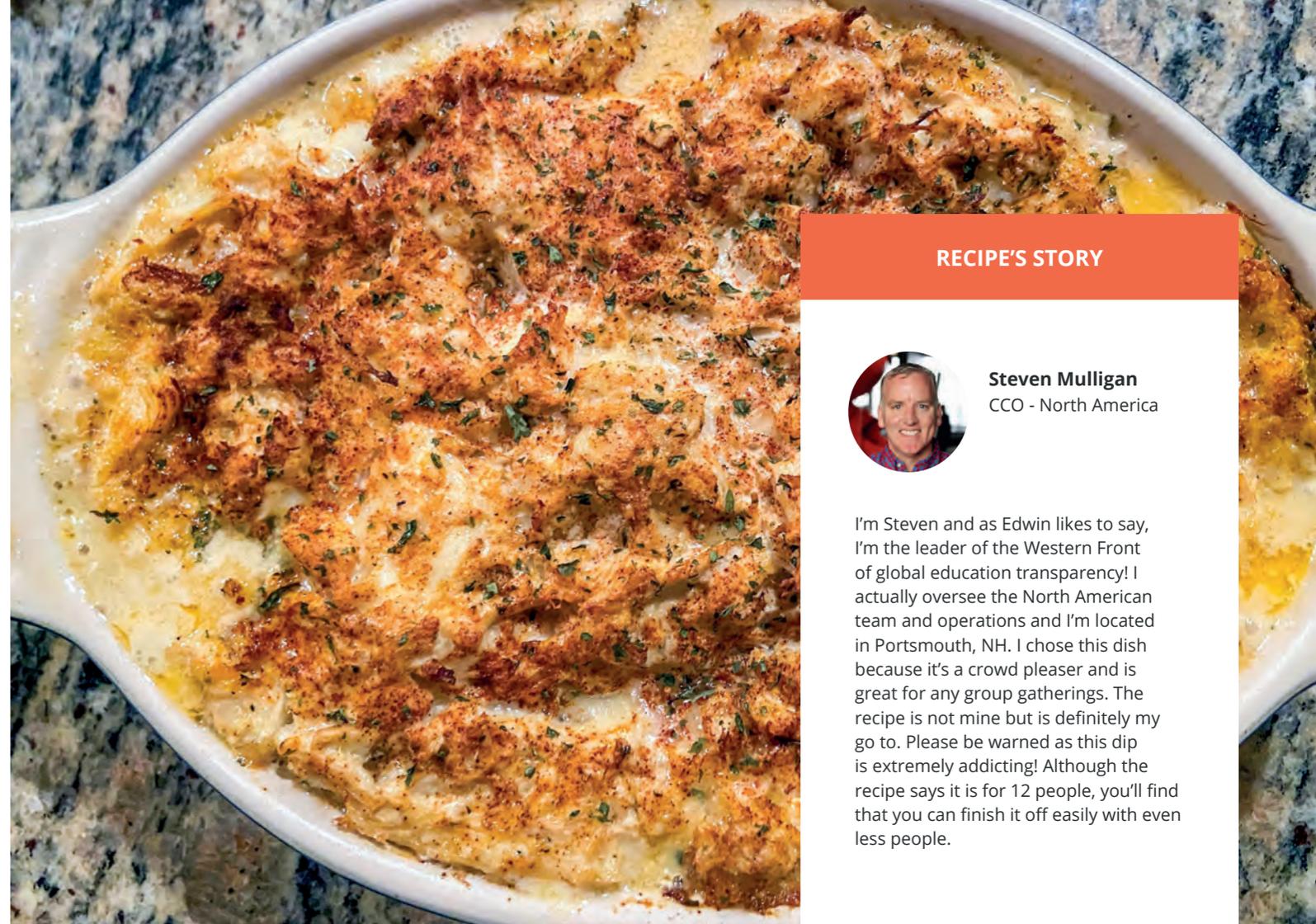
Preheat the oven to 350°F (177°C).

In a medium sized mixing bowl, combine cream cheese, sour cream, mayonnaise, cheddar cheese, garlic powder, paprika, Worcestershire sauce, lemon juice, salt and pepper.

Stir together until combined and fold in lump crab meat.

Next, spread in a small casserole dish and bake for 20-25 minutes until heated through & bubbly.

Serve with a sliced baguette or tortilla chips.



RECIPE'S STORY



Steven Mulligan
CCO - North America

I'm Steven and as Edwin likes to say, I'm the leader of the Western Front of global education transparency! I actually oversee the North American team and operations and I'm located in Portsmouth, NH. I chose this dish because it's a crowd pleaser and is great for any group gatherings. The recipe is not mine but is definitely my go to. Please be warned as this dip is extremely addicting! Although the recipe says it is for 12 people, you'll find that you can finish it off easily with even less people.

STARTER

Marmite Mushrooms

COUNTRY OF ORIGIN | United Kingdom

Serves 4

150 g mushrooms
(any type you like, I use closed
cup in this recipe)

1 tsp Marmite

1 tbsp cream cheese

1 knob of butter

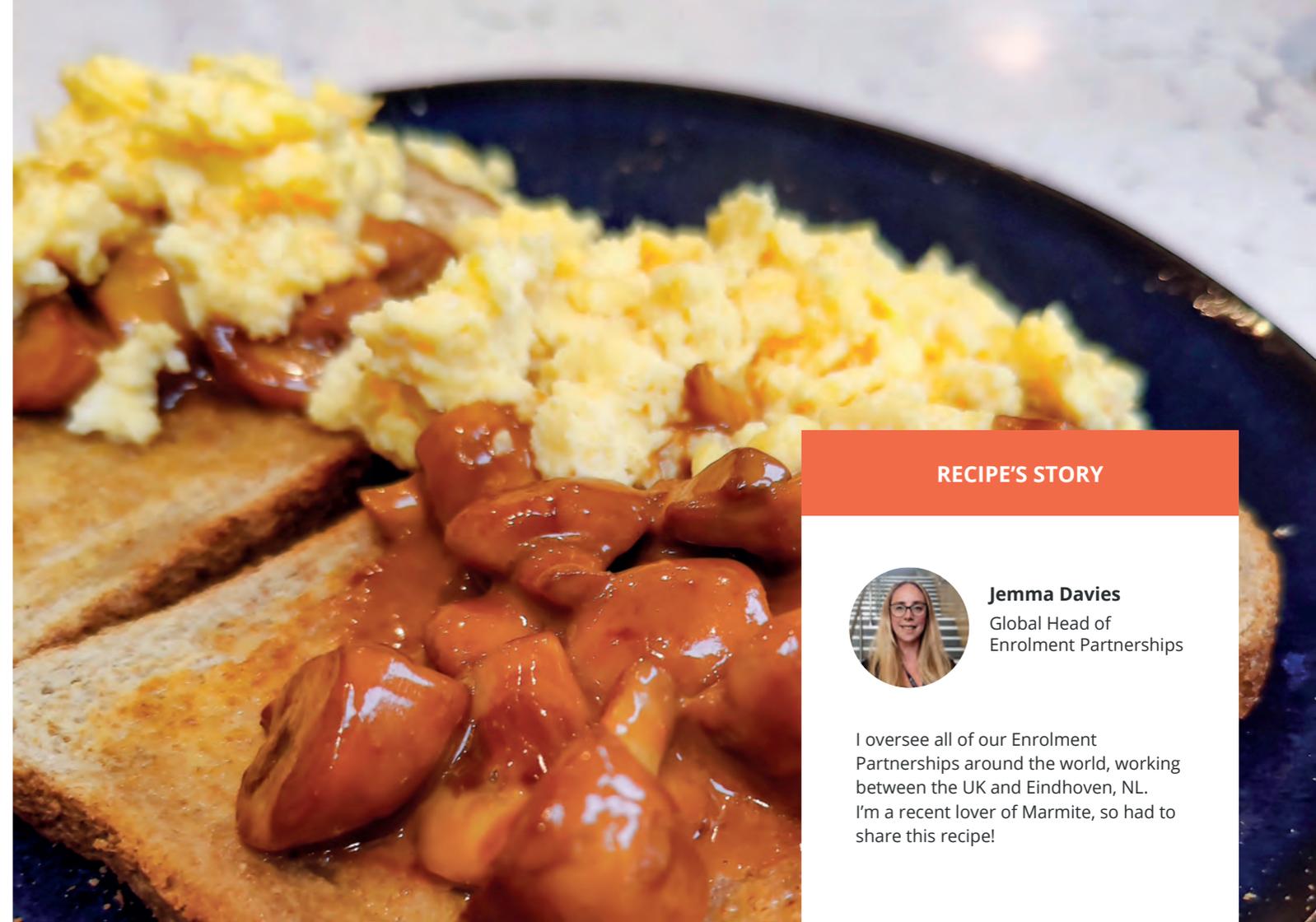
This is a great, quick 5 minute vegetarian recipe and carb free too (unless you decide to top the mushrooms on some toast)!

On a medium heat, add butter to a frying pan.

Slice the mushrooms into quarters. Once the butter has melted, add the mushrooms.

Once they go soft, add the Marmite and stir until watery. Add the cream cheese and start to see the magic happen.

Serve on top of buttery toast and creamy scrambled eggs.



RECIPE'S STORY



Jemma Davies

Global Head of
Enrolment Partnerships

I oversee all of our Enrolment Partnerships around the world, working between the UK and Eindhoven, NL. I'm a recent lover of Marmite, so had to share this recipe!

STARTER

Salata de Vinete - Eggplant Salad

COUNTRY OF ORIGIN | Romania

Serves 6

eggplants, depending on the size of the eggplant (and the quantity of salad you want to have) you can go for 4 to 8 pieces (should cover a bowl of salad for approx. 6 people)

2 onions red/white (medium size)

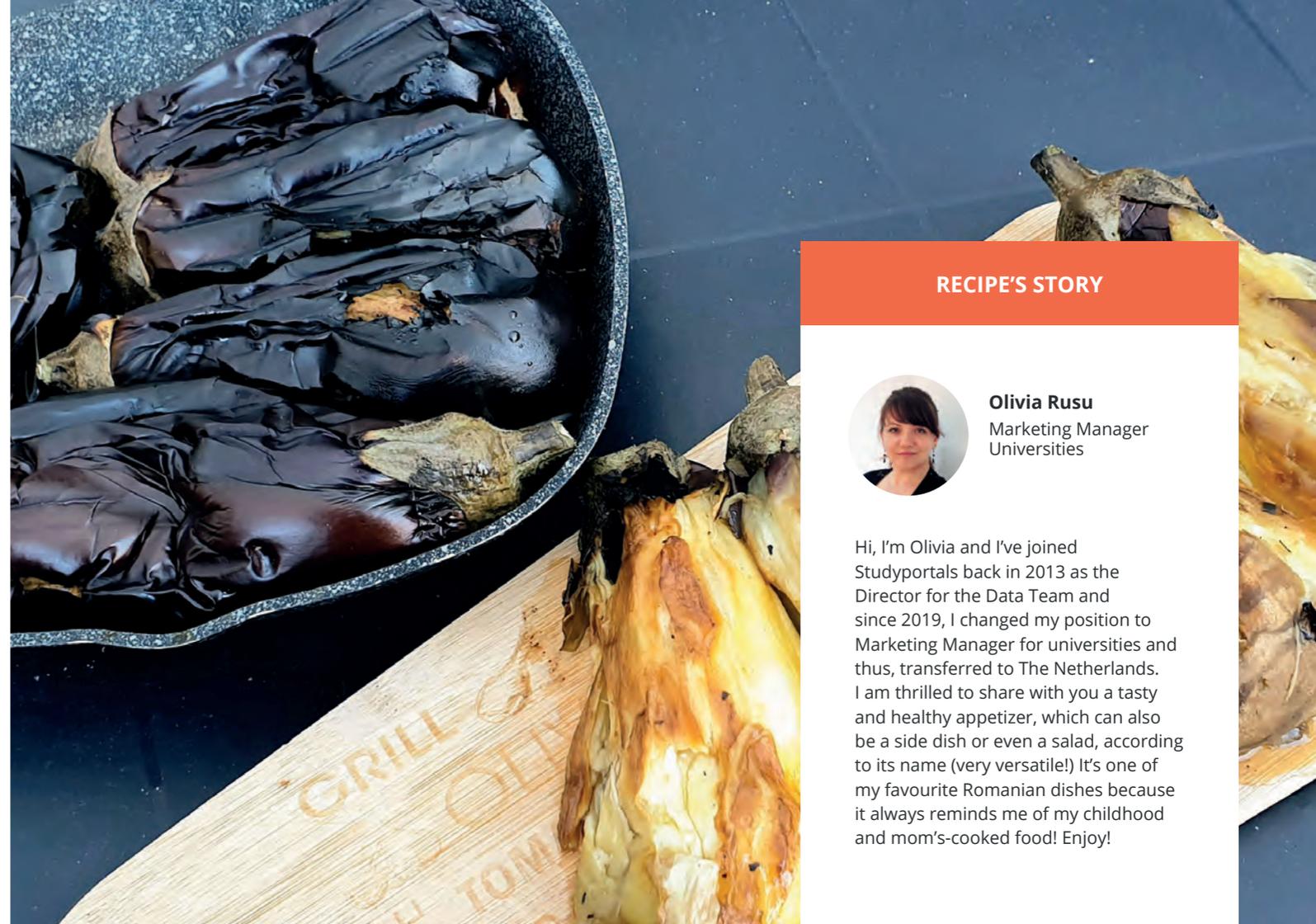
2 tbsp olive oil

salt, according to taste

Pinch the eggplants with a fork here and there and start baking them with the peel on. I usually prefer to do it on the outdoor fire grill, but you can also use the oven or even your gas stove. Very important: after the eggplants are cooked - they become soft and the peel will start to crack - you have to let them rest for a while in a recipient (eg: strainer), so that their bitter juice can wear off!

I suggest 20-30 minutes after they cool down, you can start peeling them. Make sure that all their dark skin is removed and you have only the core left. Let them rest again without peel for another 10 minutes (in a strainer). Peel and dice the onions. Cut the eggplants in small pieces, mix them in a bowl with the diced onion, the olive oil and salt. For mixing you can use either a hand mixer or a blender (according to how creamy you want the salad to become).

Almost ready: add decoration as you prefer and leave it to sit in the fridge for approximately 30 minutes before serving. You can serve it (as a spread) with slices of bread, toast, or bruschetta. There are few variations to this classic recipe (eg: Greece; Turkey), such as adding mayonnaise, or even diced garlic. If you enjoyed it, you can also store over the year in your freezer, already baked eggplant core, and use it anytime you want!



RECIPE'S STORY



Olivia Rusu
Marketing Manager
Universities

Hi, I'm Olivia and I've joined Studyporals back in 2013 as the Director for the Data Team and since 2019, I changed my position to Marketing Manager for universities and thus, transferred to The Netherlands. I am thrilled to share with you a tasty and healthy appetizer, which can also be a side dish or even a salad, according to its name (very versatile!) It's one of my favourite Romanian dishes because it always reminds me of my childhood and mom's-cooked food! Enjoy!

STARTER

Butternut Squash Soup - Spiced Up!

COUNTRY OF ORIGIN | The Netherlands

Serves 6

3 tbsp vegetable oil
2 onions
2 garlic cloves
4 cm ginger root
1 tsp cumin
1 tsp ground coriander
½ tsp turmeric
1 butternut squash
200 g carrots
1 ltr vegetable broth
2 tbsp soy sauce
2 tbsp vegetable oil
1 tsp curry powder
70 g cashew nuts unsalted
4 tbsp yoghurt

Chop the onions, garlic, carrots and unpeeled squash, grate the ginger. Heat 3 tablespoons of oil in a large soup pan and fry the onions, garlic, ginger, cumin, coriander and turmeric.

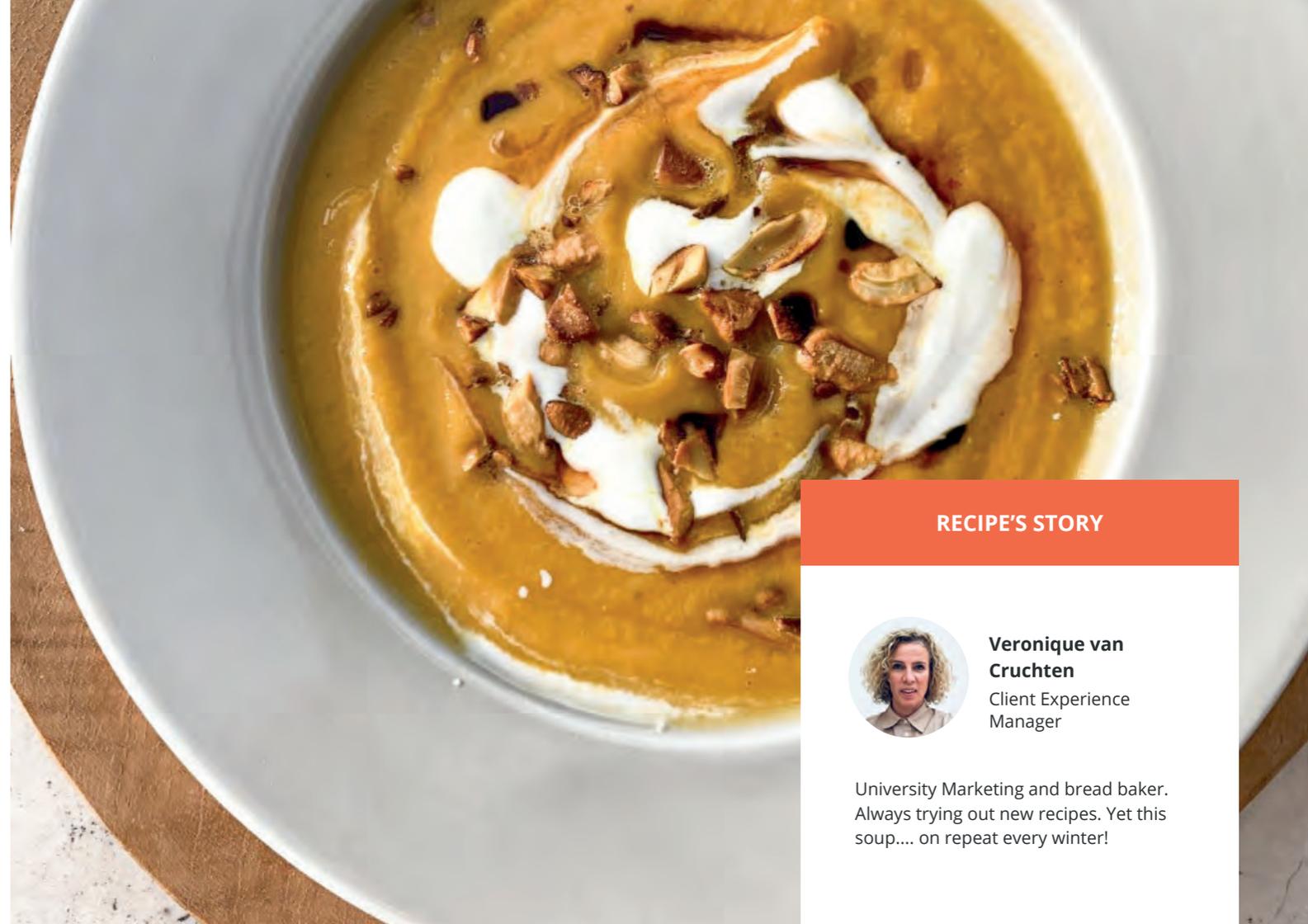
After 3 minutes, add the squash and carrot chunks. Mix and fry for another 3 minutes.

Add the vegetable broth and bring the soup to boil. Then reduce the heat and let it simmer with the lid on the pan for roughly 20 minutes, until the squash and carrots are soft.

Use a blender to puree the soup until smooth. Finish with soy sauce.

Heat 2 tablespoons of oil in a frying pan, add curry powder and fry the chopped cashew nuts until golden. Serve the soup in bowls and garnish with the yoghurt and cashew nuts.

Enjoy!



RECIPE'S STORY



Veronique van Cruchten

Client Experience Manager

University Marketing and bread baker. Always trying out new recipes. Yet this soup.... on repeat every winter!

STARTER

Tzatziki

COUNTRY OF ORIGIN | Greece

Serves 6

500 g Greek yoghurt (if not possible to find Greek yoghurt, buy a strained yoghurt with a thick consistency)

1 cucumber

3 garlic cloves

30 g dill

2 tbsp olive oil

dash of sea salt

tsp lemon juice

Cut the cucumber in very small pieces (ideally use a mixer grinder). Make sure to squeeze out all of the excessive water and then move it to a bowl.

Next, chop the dill and the garlic cloves into very small pieces and add them in the same bowl.

Then, place the yoghurt in the bowl, add olive oil, lemon juice and sea salt.

Mix all together et voilà! Ideally spread it on a slice of bread. The recipe works well with meaty dishes, but not only!

Enjoy the yumminess.



RECIPE'S STORY



Panagiota Marselou
People & Culture
Advisor

Hey :) My name is Panagiota and I am from Greece! For the last 3 years, I am part of the awesome P&C team, working as an Advisor from the Eindhoven office. I am sure that a lot of you have heard of, or tried Tzatziki, but I am here to share with you the "real-deal" recipe.

STARTER

Chicken Soup for The Soul

COUNTRY OF ORIGIN | Romania

Serves 8

1.5 kg whole chicken legs
(with bone and skin)

3 big carrots

2 onions

1 parsnip root

1 small celery root/half of
a big celery root

1 bunch fresh parsley

2 chicken bouillon cubes

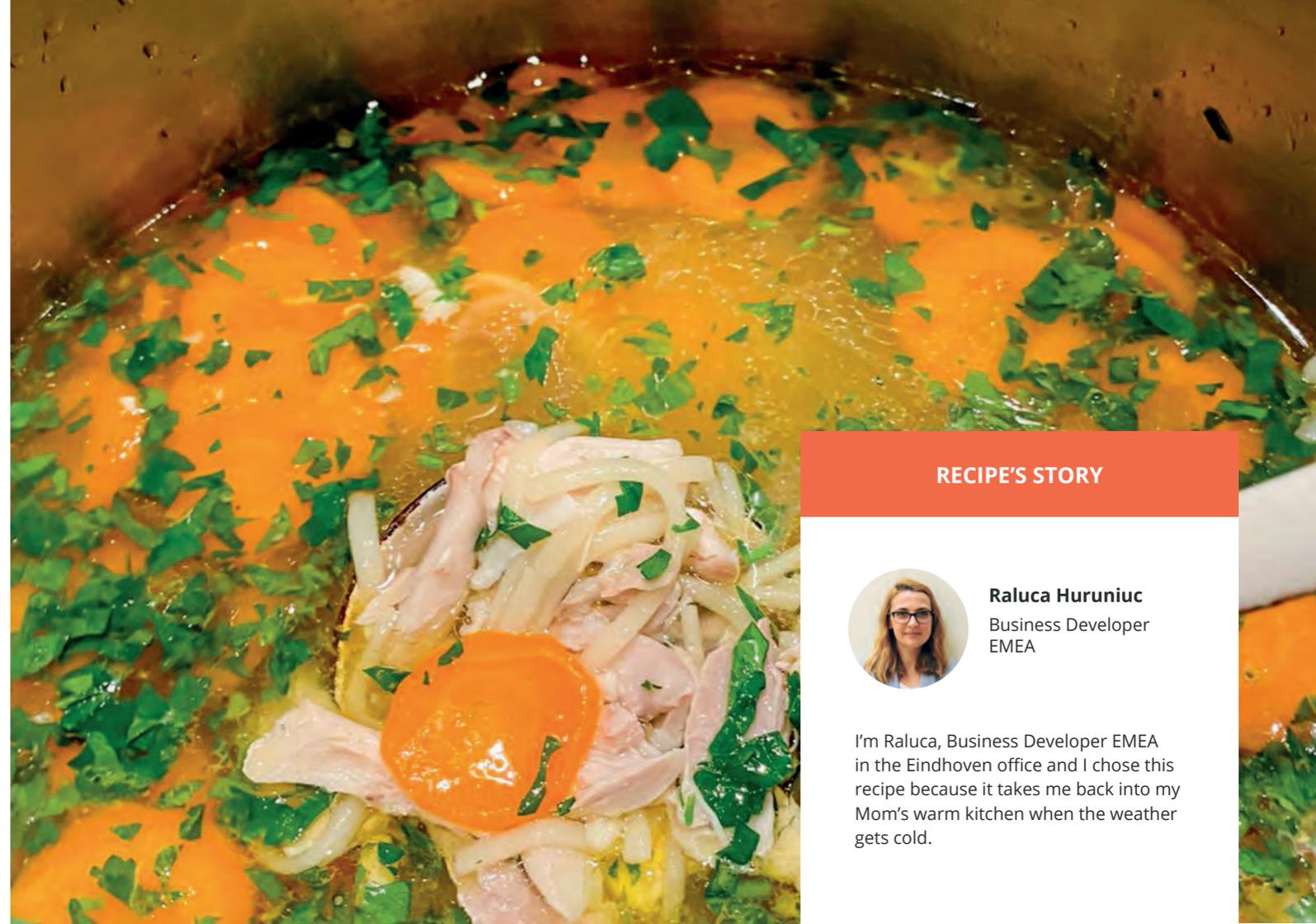
65 g vermicelli noodles (or any
soup noodles you prefer)

salt and pepper to taste

Put chicken legs in a big pot filled with 5 litres of water. Boil over low heat for at least 1 hour, occasionally removing the foam that will form on top. Peel the vegetables, but don't cut them up - they go in the soup whole. Very large carrots, you can cut in halves. Add the chicken and bouillon cubes. Once the chicken is done (when foam does not form on top anymore), add the vegetables and simmer on low/medium heat for another 30 minutes.

Remove chicken and carrots from the soup, throw away the onions, celery and parsnip; you can also strain the soup, but I don't mind leaving it as is. With the soup back on the stove, add the vermicelli/noodles and boil for 10-15 minutes more on low/medium heat - or following instructions on the vermicelli package. Meanwhile and very carefully (they're boiling hot!) take the skin off the chicken and throw it away.

Take the meat off the bones and cut the chicken meat into bites. Cut the carrots as well - round slices. Return the chicken bites and carrot slices to the soup and let simmer for 5 more minutes. Finally, turn off the stove and add chopped parsley. Add salt and pepper to taste.



RECIPE'S STORY



Raluca Huruniuc
Business Developer
EMEA

I'm Raluca, Business Developer EMEA in the Eindhoven office and I chose this recipe because it takes me back into my Mom's warm kitchen when the weather gets cold.

 **Dedicated & never give up**

Our students and their impact – what we all do it for

With the International Distinction Awards, Studyportals gives especially ambitious students some financial support for their studies. We had thousands of applications this year, out of which we picked five very inspirational winners.

One of them was Anivesh Bharadwaj. After one of Anivesh's loved ones was unexpectedly assaulted, he wanted nothing more than to make sure nothing like this would happen again. He decided to study law to fight crimes against humanity, sexual harassment, and war crimes, and he never gave up trying.

Anivesh has already set up a pro bono litigation company where he helps marginalized communities get the level of advocacy they otherwise could not afford. And he's been successful too: in India's first case of digital rape, he represented the victim and got the accused convicted.

As if that was not enough to convince us to award him the prize, he has also taught young children from rural India, and helped rehabilitate people in Nepal after the 2014 earthquake – building homes and clearing rubble. He told us all this

humbly - 'I don't want to brag' – and you could see the genuine spark in his eyes when telling his story.



To continue helping people, Anivesh needed a master's degree in Law. Now that he has discovered the extent to which war crimes and sexual assault in war are covered up, he wants to work in areas ravaged by war to help people recover there. To do so, he chose a prestigious degree from the University of Amsterdam, which includes half a year at Columbia University.

Anivesh's past altruism and dedication proved to us that he would work hard to accomplish his current ambitions. With our help, he is now studying in Amsterdam and preparing to continue his programme in New York. His aimed next step is to eliminate war crimes in the Middle East and Central Africa.

This is just a story of one student.. together we have 144,000+ confirmed international enrolments in 2020. Imagine the impact!

Main Dishes
Main Dishes
Main Dishes

MAIN DISH

Patacones

COUNTRY OF ORIGIN | Ecuador

Serves 4

4 green plantains (do not use yellow, or yellowish green. It vastly changes the taste)

vegetable oil

salt

white cheese/feta

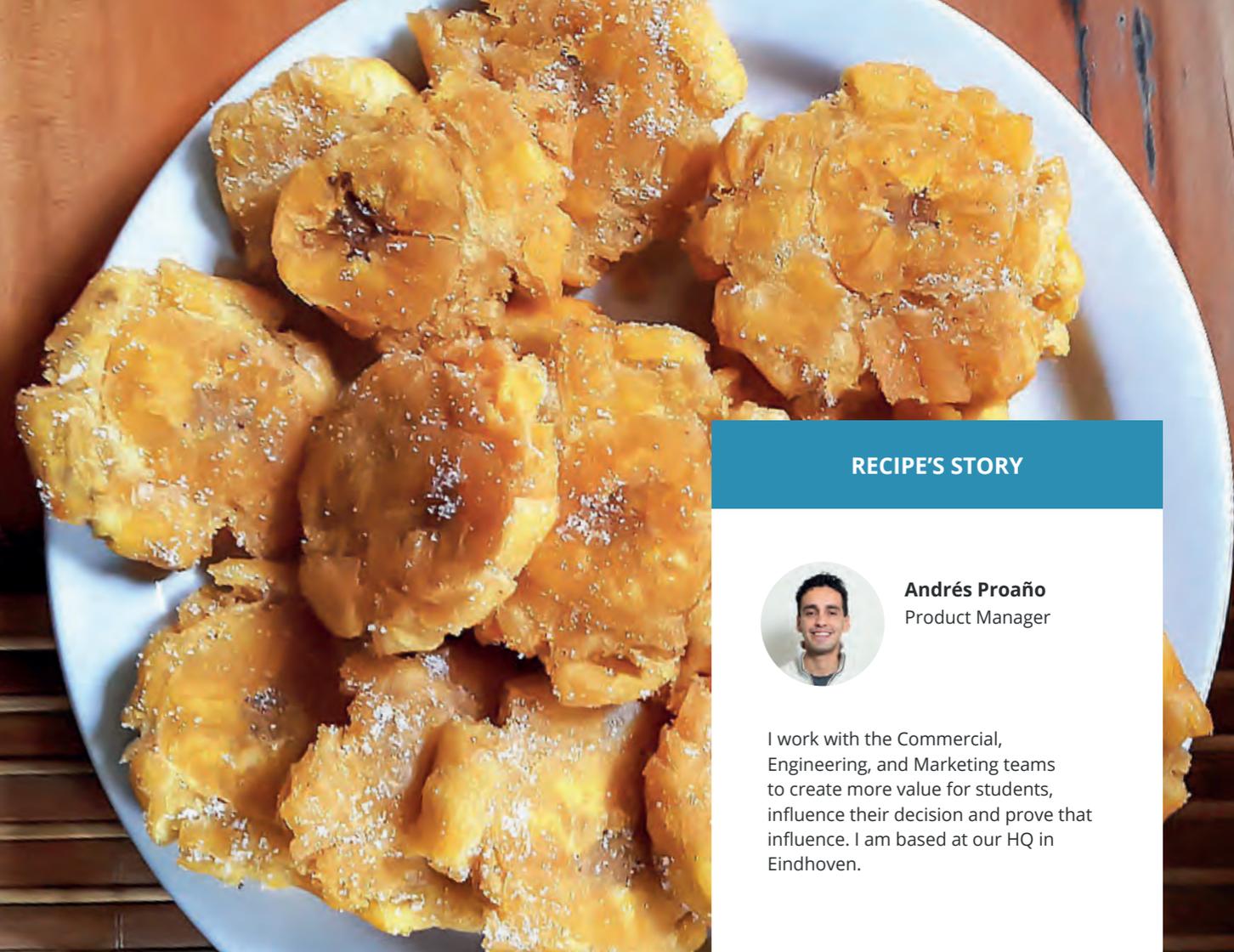
Peel the plantains, by cutting roughly 1.5 cm off of each end of the plantain (the very tips), and then carefully, without cutting into the plantain itself, slice the skin down one side. Once you have slit the skin on one side, you can gently pry the peel off with your fingers.

Cut them widthwise into 4 - 6 pieces.

Heat 2 cm of vegetable oil on medium heat until hot. Fry the plantain pieces on both sides for about 3 minutes, or until the pieces are golden. When they are golden, remove from the pan and place onto a plate covered with a paper towel.

Flatten the fried plantain with the bottom of a cup (about 1 cm thick) by placing the pieces one at a time between 2 pieces of wax paper. Place in the hot oil again and fry until both sides are golden brown. Drain the fried plantains on a plate covered with paper towel and sprinkle with salt (optional: add white cheese on top).

Serve immediately.



RECIPE'S STORY



Andrés Proaño
Product Manager

I work with the Commercial, Engineering, and Marketing teams to create more value for students, influence their decision and prove that influence. I am based at our HQ in Eindhoven.

MAIN DISH

Poblano Spaghuetti

COUNTRY OF ORIGIN | Mexico

Serves 4

400 g pasta (in Mexico it's commonly made with spaghetti)

3 large Poblano peppers previously roasted and deveined

400 g cream cheese

200 ml thick sour cream

1/4 cup water (preferably the one used for the pasta in combination with the sour cream)

300 g Gouda, Manchego or Mexican cheese

1/2 cup white onions

1 garlic clove (small)

salt & pepper

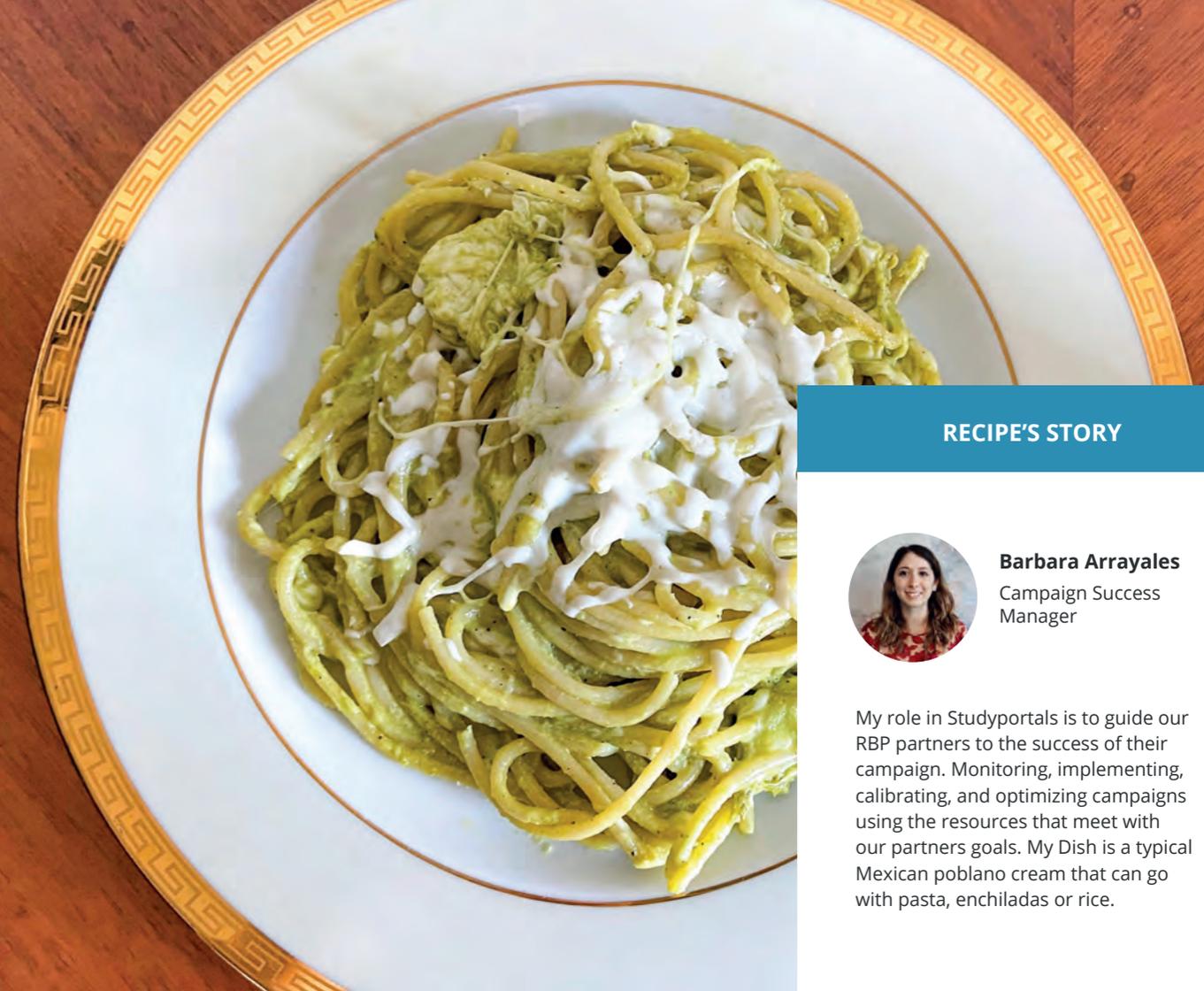
While you prepare the salsa, cook the pasta according to package instructions. Drain and set aside until you add the sauce.

Heat oil in a skillet over medium heat, add onion and garlic. Cook the onion until transparent, about 5 minutes.

Place the roasted Poblano peppers, cream cheese, sour cream, pasta water, salt and pepper into the blender. Blend until you have a smooth sauce. Add the sauce to the skillet and cook on low heat for about 6 minutes.

In a good size (pyrex) oven dish add the pasta and the cream. Mix and add the cheese on top. Preheat the oven at 350°C (662°F) put the pyrex in the oven for about 5-6 minutes until the cheese is gratin.

Enjoy!



RECIPE'S STORY



Barbara Arrayales
Campaign Success
Manager

My role in Studyportals is to guide our RBP partners to the success of their campaign. Monitoring, implementing, calibrating, and optimizing campaigns using the resources that meet with our partners goals. My Dish is a typical Mexican poblano cream that can go with pasta, enchiladas or rice.

MAIN DISH

Kuru Fasulye - Stewed White Beans

COUNTRY OF ORIGIN | Turkey

Serves 2-4

500 g cooked white beans
(‘Haşlanmış Kuru Fasulye’)

1 large onion

2-3 red dried peppers (spicy)

2 medium tomatoes

1 tbsp tomato paste (‘Salça’)

125 g lamb meat (skip this for
the vegetarian option)

1 tbsp butter

1 tsp olive oil

chilli flakes (optional)

salt & pepper

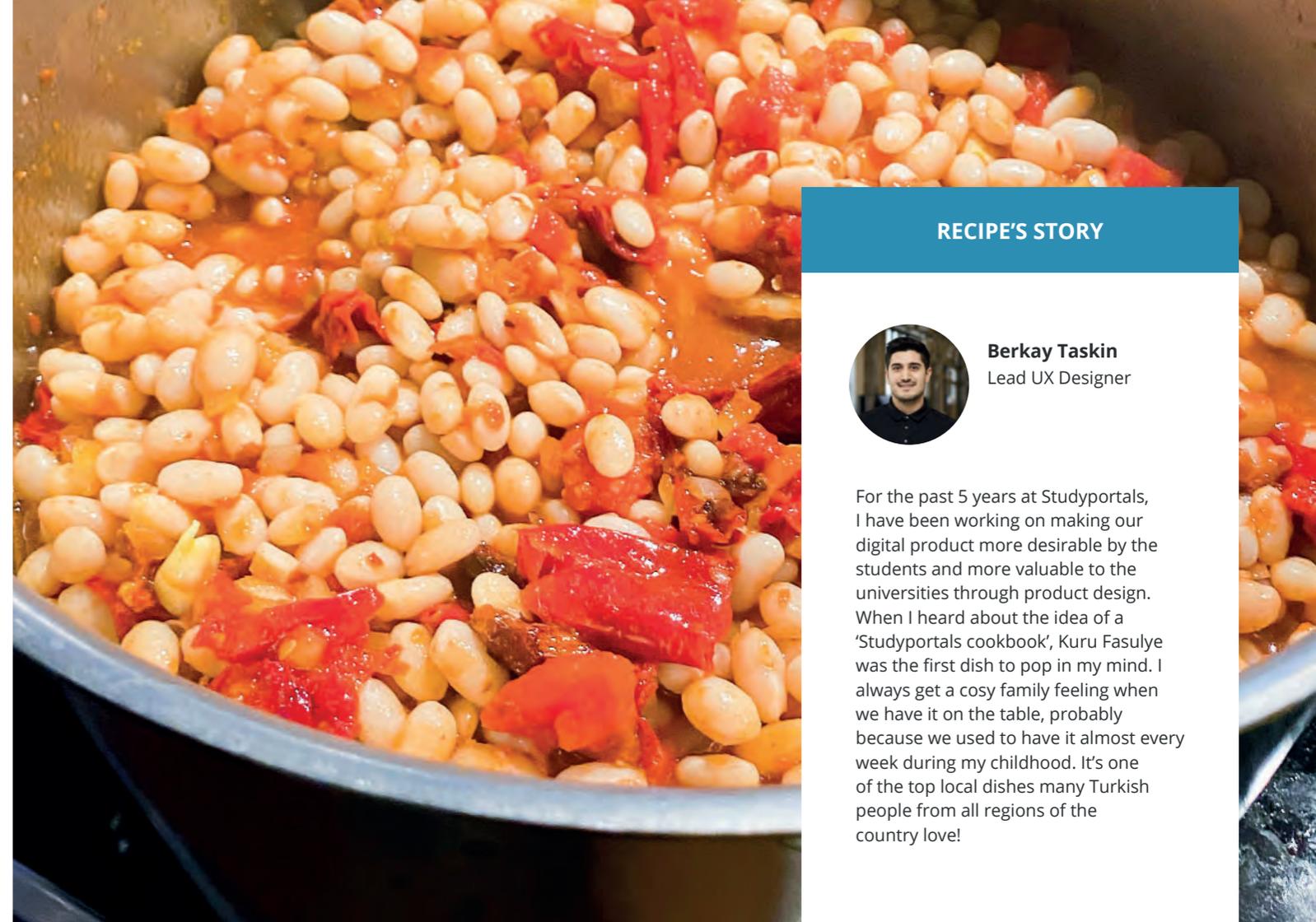
Empty your beans into a sieve, give them a good rinse and set them aside to drain.

Finely chop a large onion. Add the butter and olive oil into a deep pot and sweat the onions on medium heat for a few minutes until they start to soften.

Chop your raw meat into small cubes (about 0.5 cm) and add it to the pot. Saute for 10 minutes. Add the tomato paste and keep sautéing for 2-3 minutes. Add dried red peppers, chilli flakes, salt and pepper to season. Finely chop the tomatoes and add to your peppers and onions. Stir for a few minutes until the tomato has softened and broken up.

Pour in 2 glasses of hot water, bring to a boil, cover and let simmer on a low heat for around 15 minutes until your stew starts to thicken and all the flavours have infused. Now add the beans, cover, and simmer on a low heat for another 20 minutes.

Serve with cooked white rice (‘Pilav’) and some pickles (‘Turşu’) on the side.



RECIPE'S STORY



Berkay Taskin
Lead UX Designer

For the past 5 years at Studyportals, I have been working on making our digital product more desirable by the students and more valuable to the universities through product design. When I heard about the idea of a ‘Studyportals cookbook’, Kuru Fasulye was the first dish to pop in my mind. I always get a cosy family feeling when we have it on the table, probably because we used to have it almost every week during my childhood. It’s one of the top local dishes many Turkish people from all regions of the country love!

MAIN DISH

Cheesy Tortilla

COUNTRY OF ORIGIN | Romania

Serves 4

400 g shredded mild cheese

3 eggs

50 ml milk

75 g flour

1 pinch of salt and pepper

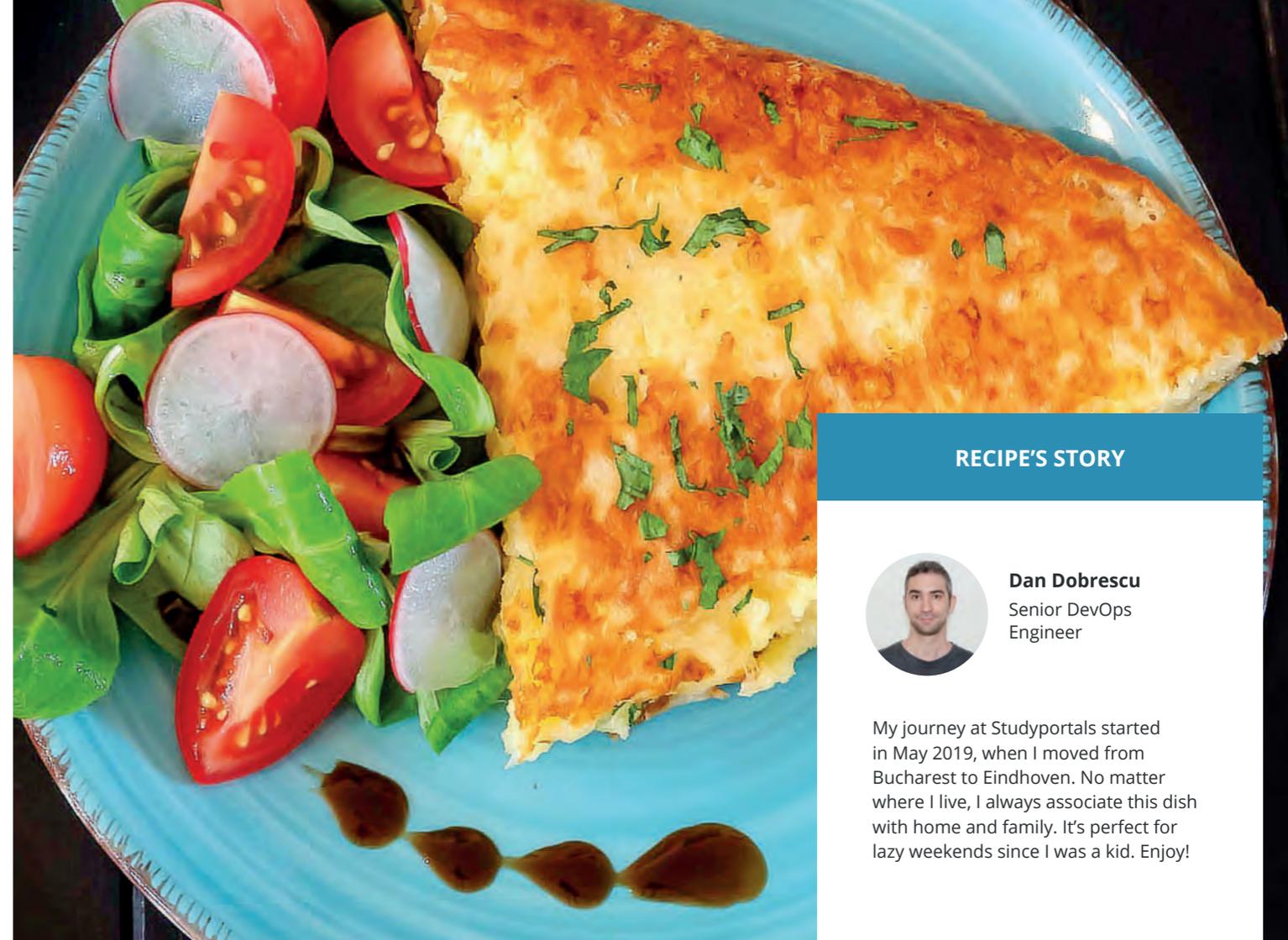
1 tsp oil

Slightly beat the eggs with the milk, salt and pepper. Start adding the flour, little by little, while incorporating it in the egg and milk mixture. After finishing adding the flour, add the cheese and keep mixing half a minute with a spatula, making sure everything is incorporated.

Add oil to a medium pan and heat it over medium fire. Add the cheese mixture and cook covered 4 minutes on each side.

You know it's ready when both sides have a golden-brown crust. It should be served immediately with a side of your choice (we recommend a fresh tomato salad).

Tip: for a fluffier texture, use ingredients at room temperature.



RECIPE'S STORY



Dan Dobrescu
Senior DevOps
Engineer

My journey at Studyportals started in May 2019, when I moved from Bucharest to Eindhoven. No matter where I live, I always associate this dish with home and family. It's perfect for lazy weekends since I was a kid. Enjoy!

MAIN DISH

The White GOOOOOLD - Grandma's 'Asparagus Hollandaise'

COUNTRY OF ORIGIN | The Netherlands

Serves 4

2 kg white asparagus
(from your local farm)

4 whole eggs + 4 egg yolks

8 slices boiled ham

8 slices smoked salmon

4 tbsp dry white wine
(e.g. Pinot Blanc d' Alsace)

100 g butter

nutmeg, salt and white
pepper

1/2 tsp lemon juice

2 tbsp flat leaf parsley
(chopped)

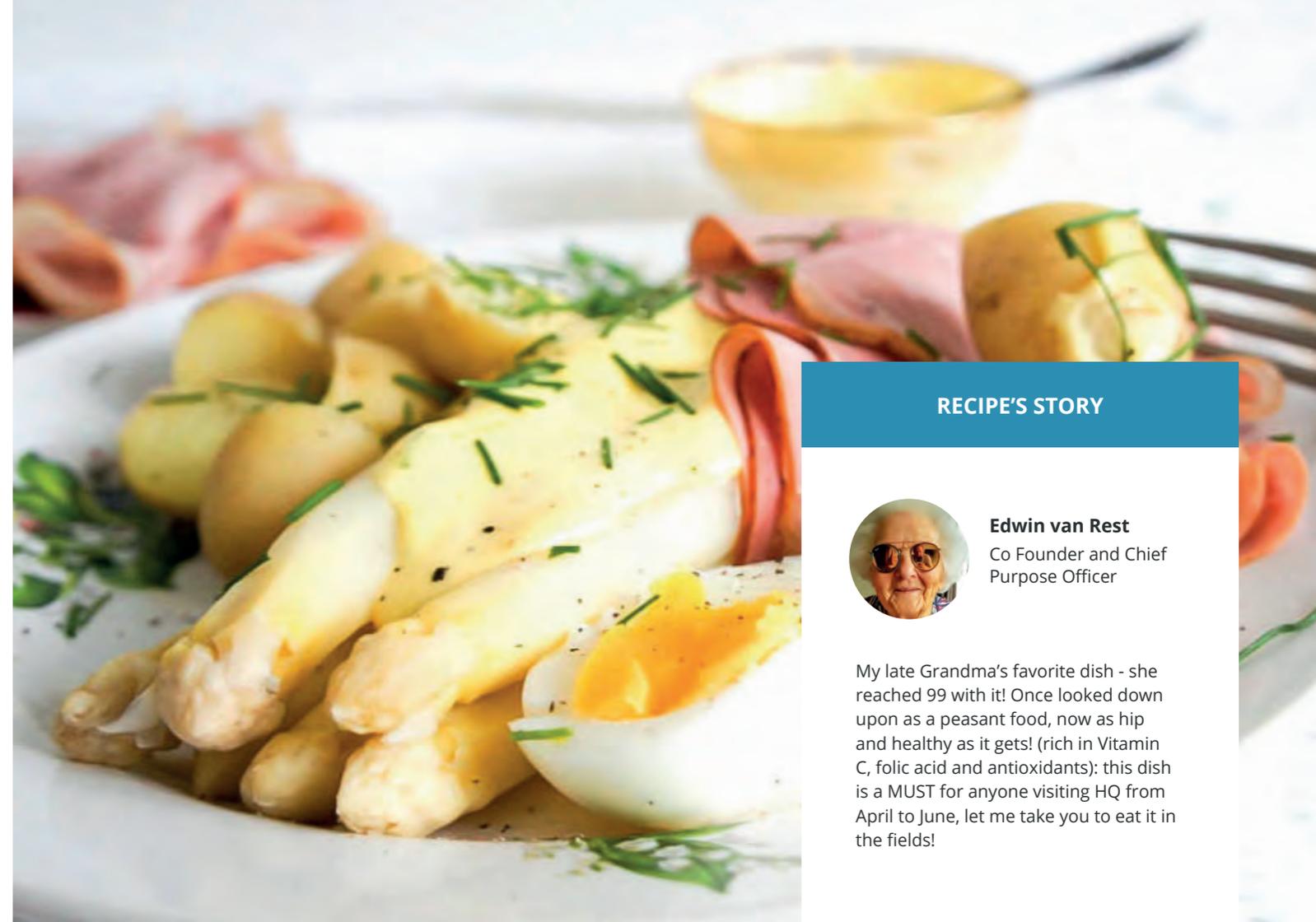
1kg of small potatoes 'Krieltjes'
(baby potatoes)

Rinse and peel asparagus with a potato peeler, starting from just under the head and down. Cut about 2 cm of the woody bits off the ends. Place in a large pot with a pinch of salt and cold water and bring to boil. Temper the heat and simmer for about 10 minutes. Take off the heat and leave the asparagus in the hot water for 15 to 20 minutes, until tender. Boil the whole eggs and the potatoes.

Hollandaise sauce: beat the egg yolks and wine until light and frothy. Pour the egg-wine mixture into a saucepan and warm over a low heat on the stove, stir continuously until the sauce thickens. Remove from the heat and add the (melted) butter in a thin trickle, while continuing to whisk.

Add the nutmeg, lemon juice, salt and white pepper. Whisk again, and set aside. Drain the cooked asparagus. Be gentle... the heads are the best! Arrange on a serving plate with the asparagus spears facing in the same direction, topped with the sauce, some potatoes sprinkled with parsley, eggs, ham and salmon to mix (and roll) with.

Enjoy with the rest of the chilled wine! Proost!



RECIPE'S STORY



Edwin van Rest

Co Founder and Chief
Purpose Officer

My late Grandma's favorite dish - she reached 99 with it! Once looked down upon as a peasant food, now as hip and healthy as it gets! (rich in Vitamin C, folic acid and antioxidants): this dish is a MUST for anyone visiting HQ from April to June, let me take you to eat it in the fields!

MAIN DISH

Eggplant with Walnuts, Spices, and Pomegranate

COUNTRY OF ORIGIN | Georgia

Serves 6, side dish

2-3 eggplants

5 garlic cloves (add more or less to your liking)

100 g walnuts

1 pomegranate

1 tsp coriander

1 tsp paprika

1 tsp salt (add more or less to your liking)

1 tsp curry

1 tsp fenugreek

2 tbsp white wine vinegar

olive oil for baking

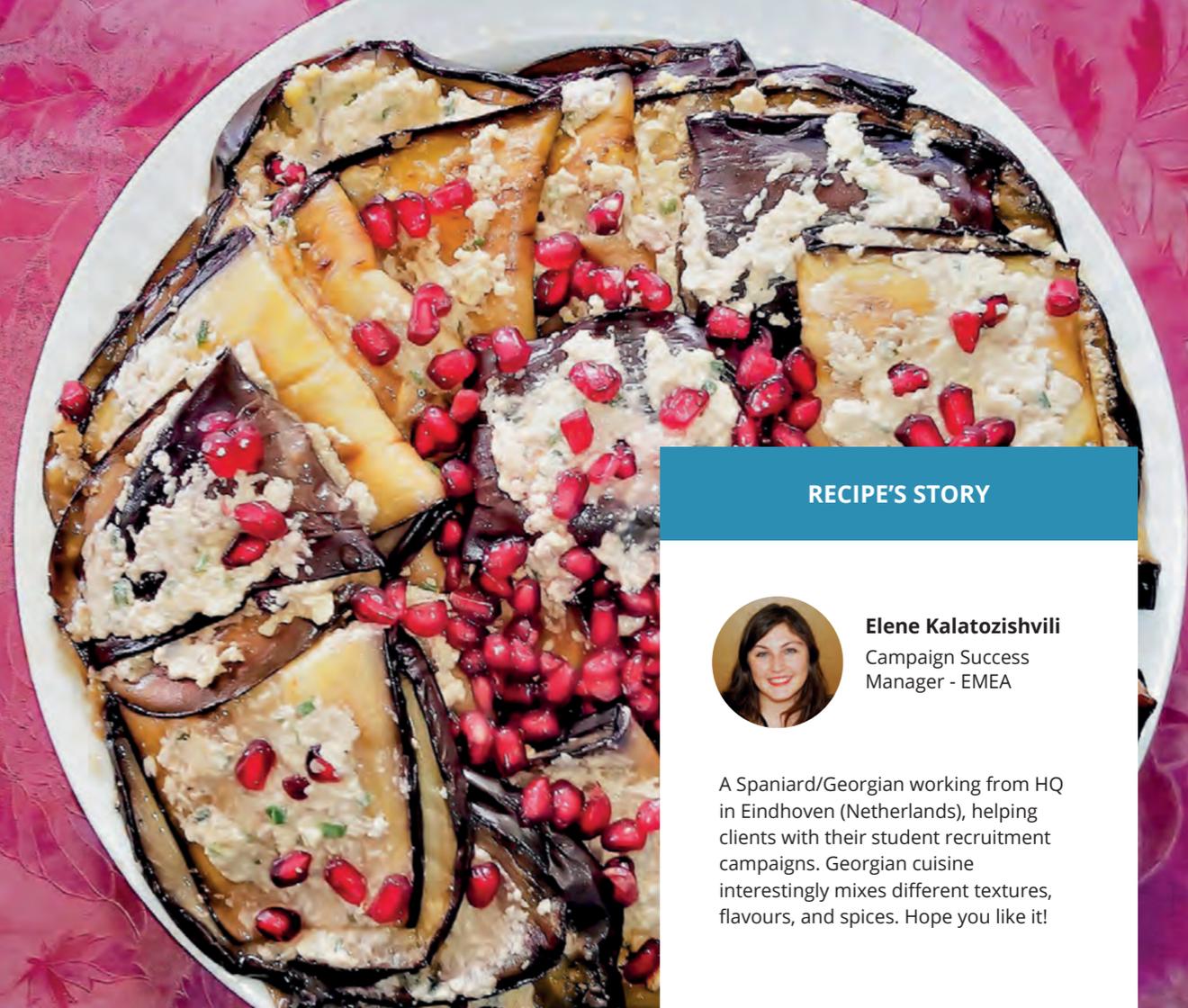
Slice the eggplants lengthways. Bake them on both sides in olive oil. Once ready, take them out and put them on a plate.

Add the peeled garlic, walnuts, and all the spices to the mixer bowl and mix it well. It will transform into a paste. Taste it and add more salt, curry, or vinegar to your liking. It should have a strong flavour.

Peel the pomegranate, add it to the walnut paste, and gently stir it with a spoon.

Spread the walnut paste on one side of the eggplant, then fold it, and put some more on top.

Let rest for 15 minutes and serve.



RECIPE'S STORY



Elene Kalatozishvili
Campaign Success
Manager - EMEA

A Spaniard/Georgian working from HQ in Eindhoven (Netherlands), helping clients with their student recruitment campaigns. Georgian cuisine interestingly mixes different textures, flavours, and spices. Hope you like it!

MAIN DISH

Authentic Pasta alla Carbonara

COUNTRY OF ORIGIN | Italy

Serves 2

250 g spaghetti

3 eggs

300 g guancial (pork cheek) or, alternatively, pancetta (bacon)

Pecorino or Parmigiano Reggiano

black pepper

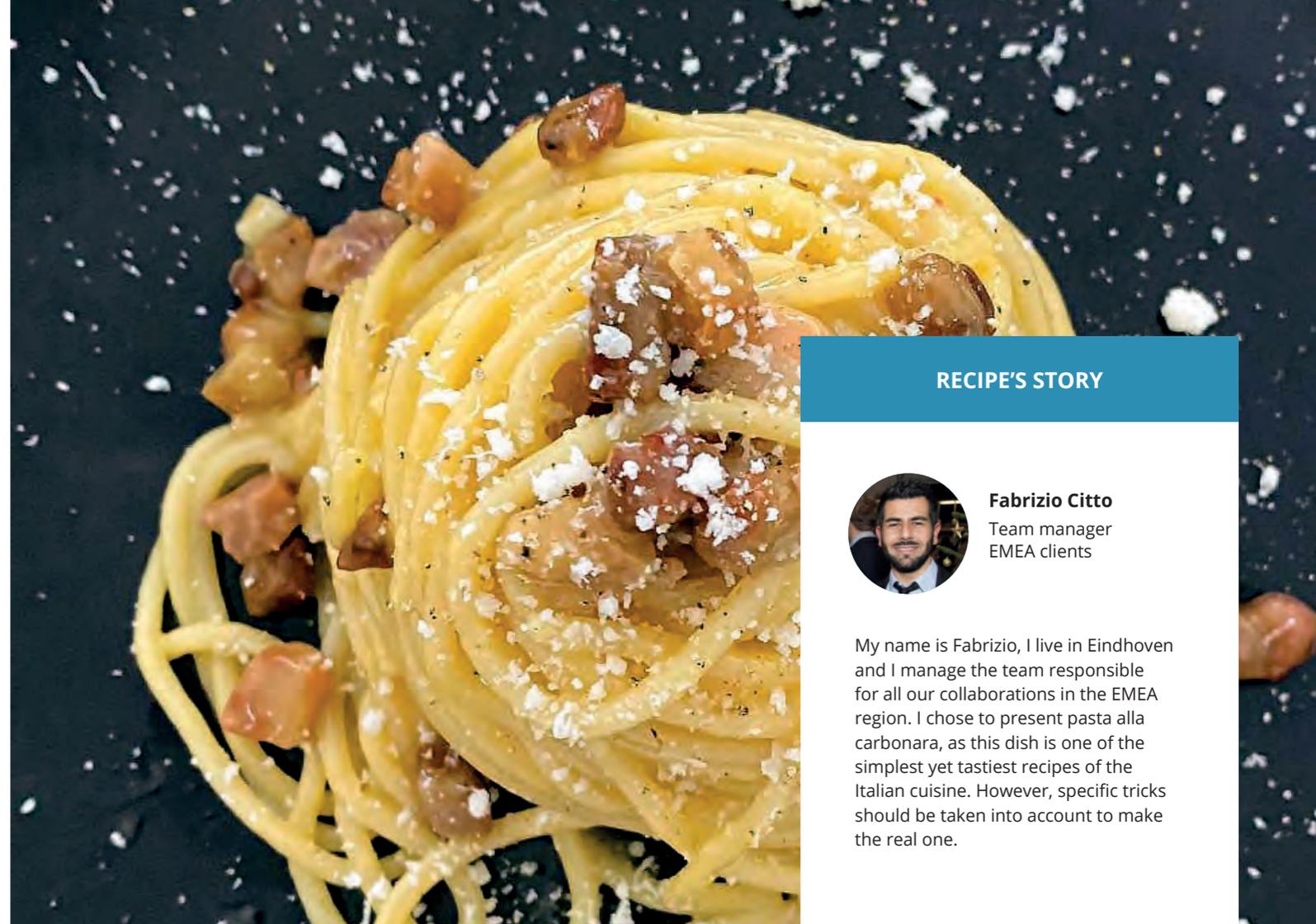
Fry the pork cheek or bacon in a pan at very low heat for about 15 minutes. The bacon will release all its fat and become crunchy. This is probably the most important step.

In a bowl mix the egg and a good quantity of Pecorino. The mixture should become dense, like a sauce. Add the black pepper, and with a spoon, some of the fat released by the bacon.

Boil the pasta in lightly salted water, when ready, drain and add to the pan with the bacon before it is fully ready (it should be slightly hard). Keep in mind to put some of the water aside. Cook the pasta with the bacon for a couple of minutes, so that it will absorb all the released fat.

After letting the pasta cool down for a minute, pour the egg + cheese mixture and stir. If necessary, add some boiling water to keep the compound creamy. Serve on flat plates, with an additional dose of Pecorino and pepper on top.

Enjoy!



RECIPE'S STORY



Fabrizio Citto
Team manager
EMEA clients

My name is Fabrizio, I live in Eindhoven and I manage the team responsible for all our collaborations in the EMEA region. I chose to present pasta alla carbonara, as this dish is one of the simplest yet tastiest recipes of the Italian cuisine. However, specific tricks should be taken into account to make the real one.

MAIN DISH

Sweet and Sour Pork Ribs

COUNTRY OF ORIGIN | Vietnam

Serves 3

300 g pork ribs
1 tbsp soy sauce
1 tbsp oyster sauce
1/4 tsp salt
1/4 tsp pepper
100 g pineapple
3 tbsp tapioca starch
or cornstarch
1/3 bell pepper cut into
square pieces
1 onion cut into square
pieces
oil
3 tbsp sugar
coriander
3 tbsp tomato sauce/ketchup
3 tbsp vinegar
1/2 tsp minced ginger
1 tsp minced garlic

Boil the bones for about 5 minutes, then dump out the whole pot and wash the bones clean. Put the bones into a plastic bag or a ziplock bag. Season with 1 tablespoon of soy sauce, 1/4 teaspoon of salt and pepper. Give it a good shake and set aside for 5 minutes. Also add 3 tablespoons of tapioca starch/corn starch. Shake it well.

Cut the bell pepper, pineapple and onion into square pieces. Heat a generous amount of oil in a pan, then lower the heat to medium and start frying the pork ribs till they are golden brown. Remove and place them on a paper towel.

Make the sauce: mix 3 tablespoons of tomato sauce/tomato ketchup, 3 tablespoons of vinegar, 1 teaspoon of tapioca/corn starch, 3 tablespoons of sugar, 2 tablespoons of soy sauce, 1 tablespoon of oyster sauce. Give it a good stir.

Heat some oil in a pan and fry the minced garlic and minced ginger until fragrant. Stir-fry for 2 minutes, then add the sauce in and cook about 30 seconds. Now the fried pork ribs can be added to the whole mix and cook for 1 minute. The dish is ready and you can top with some coriander. It can be served with rice.

Enjoy it!!!!



RECIPE'S STORY



Huong Tran
Payroll & HR Officer

Hi everyone, coming from a country with fantastic cuisine, I would like to introduce to you one of my favorite dishes that I make very often: the Vietnamese sweet and sour pork ribs! This is a family dish and should be served with rice.

MAIN DISH

Lancashire Meat n Potato Pie

COUNTRY OF ORIGIN | United Kingdom

Serves 8-10

Pie filling:

1 kg diced casserole steak

1 large onion

2 kg potatoes

beef gravy granules
(like Bisto)

water

Suet pie crust:

170 g self raising flour

85 g shredded beef suet

pinch of salt

water to mix dough

1 deep filled oven pot (at least
10 cm deep) and a rolling pin

steamed carrots and broccoli
to garnish

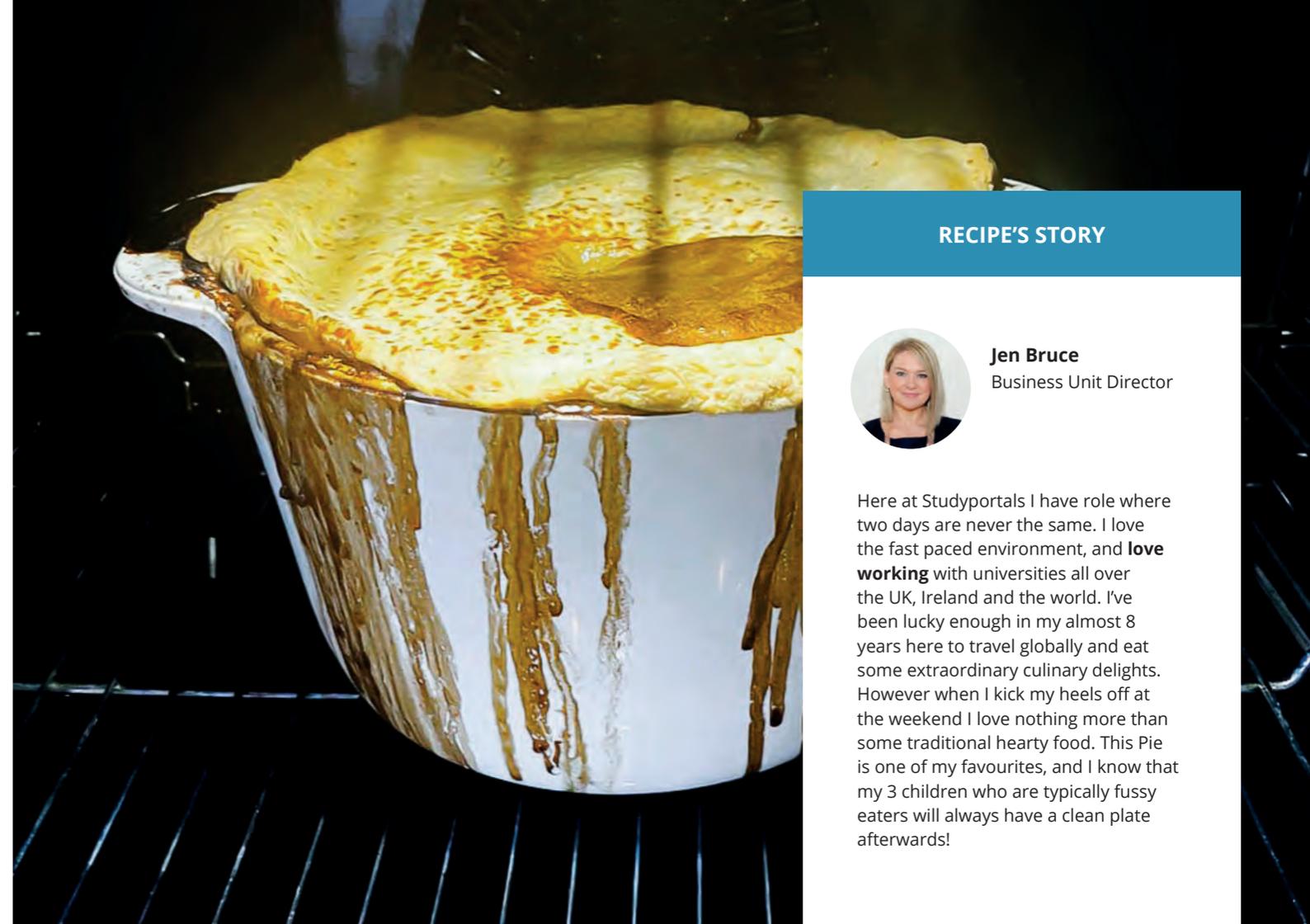
nice glass of red wine – classic
Cabernet Sauvignon or Malbec

Oven to 170°C (338°F). Dice the steak, peel and chop the potatoes and onion into small 1-2 cm chunks. With the oven dish, sprinkle bisto over the bottom of the pan. Add one layer of potatoes, covering the base of the pan. Next add one layer of chopped steak.

Next add one layer of chopped onion (light layer). Sprinkle bisto again. Repeat these steps until the dish is full (potatoes, steak, onion, bisto), with 2 cm from the top of the pan. Add a little water, but it rises no higher than 1 cm from the top. Add salt/pepper.

Place in the oven with lid, for 2.5 hours (or until the meat is tender) and then add the crust. To make the Suet pie crust – add flour and Suet into a cold mixing bowl, mix together, and slowly add a drop of water, making the mix into a dough – not too wet. Add more flour if it becomes soggy.

Roll out flat with a rolling pin, using the pan lid ensure the dough is at least 1 cm bigger as you will need the extra to seal the crust to the pot. Carefully take the pot out of the oven and rest the dough over the pot so it touches the filling. Make a finger size hole in the crust in the center. Cook for 30 minutes.



RECIPE'S STORY



Jen Bruce
Business Unit Director

Here at Studyportals I have role where two days are never the same. I love the fast paced environment, and **love working** with universities all over the UK, Ireland and the world. I've been lucky enough in my almost 8 years here to travel globally and eat some extraordinary culinary delights. However when I kick my heels off at the weekend I love nothing more than some traditional hearty food. This Pie is one of my favourites, and I know that my 3 children who are typically fussy eaters will always have a clean plate afterwards!

MAIN DISH

Ground Beef Empanadas

COUNTRY OF ORIGIN | Venezuela

Serves 4

200 g ground beef

1/4 cup cut onion

1/4 cup cut red bell pepper

2 garlic cloves, cut

garlic powder, paprika, salt and black pepper

1/2 cup tomato puree

sugar

PAN yellow corn flour (find it at Amazon, Walmart...)

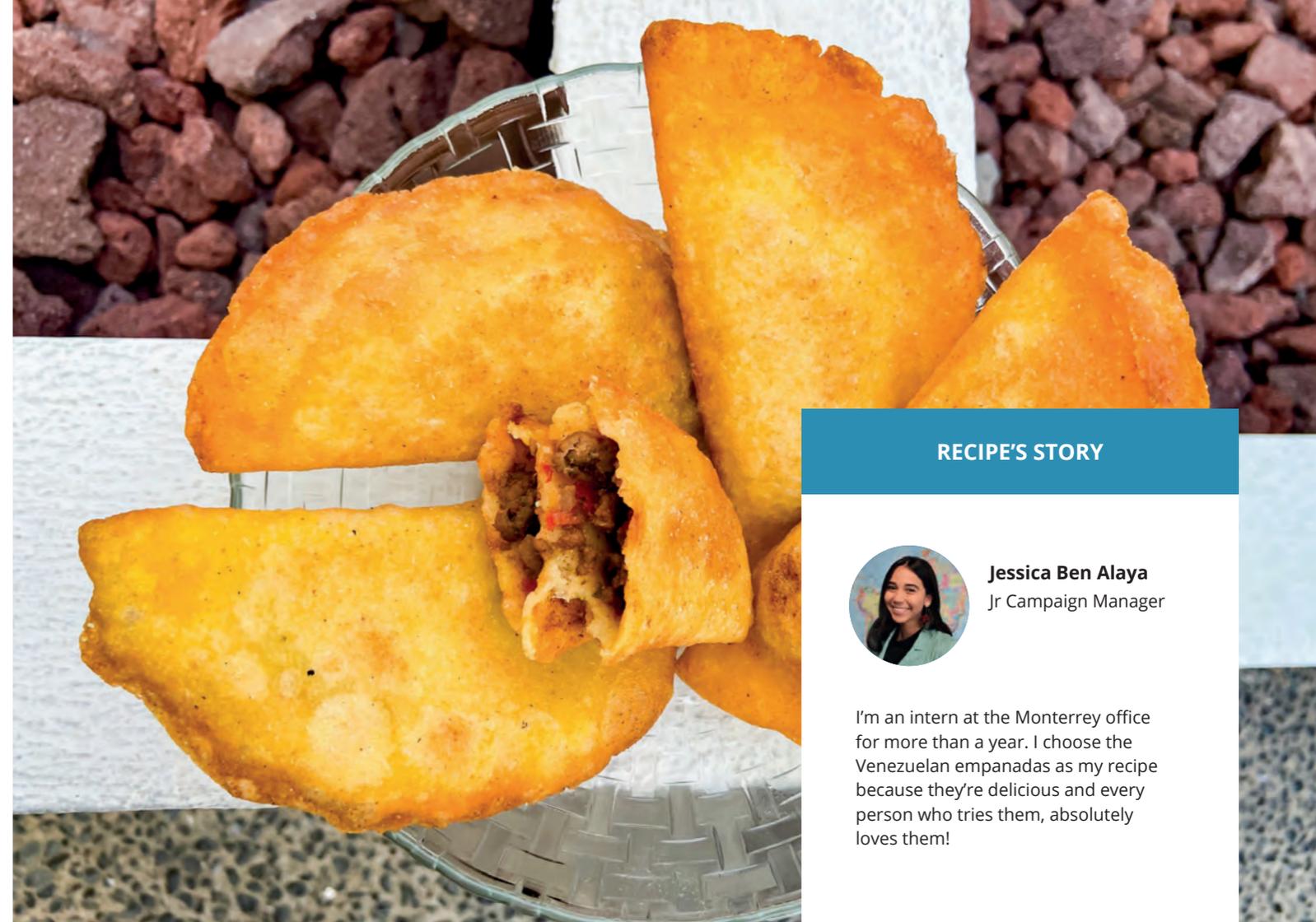
You could make this recipe vegan by replacing the beef with white hard cheese.

Prepare your flour by adding 2 cups of flour into a bowl with 2 1/2 cups of warm water, a bit of salt and 1/4 cup of sugar.

Prepare the beef by adding the garlic, onion and bell pepper into a pan with olive oil. Stir for about 5 minutes and then add the ground beef with the garlic powder, paprika, black pepper and salt to your liking. Cover it for another 5 minutes.

Then add the tomato puree, cover again and simmer on low heat for about 25 minutes.

Now, take a little ball of dough, put it over a clean plastic bag and with your hand form a thin circle, put the beef in the middle and fold the dough creating a half-moon shape. In a frying pan with 1/2 cup of hot canola oil, cook the empanada until it has a gold like color.



RECIPE'S STORY



Jessica Ben Alaya
Jr Campaign Manager

I'm an intern at the Monterrey office for more than a year. I choose the Venezuelan empanadas as my recipe because they're delicious and every person who tries them, absolutely loves them!

MAIN DISH

Fresh Spring Rolls

COUNTRY OF ORIGIN | Vietnam

Serves 4

75 g thin rice noodles
16 sheets of rice paper wrappers
1 carrot
1 cucumber
1 bell pepper
1 mango or large avocado
1 large carrot
bunch of radish
100 g cashew nuts, crushed
1 bunch of fresh cilantro
1 bunch of fresh mint leaves

Peanut sauce

1 tbsp vegetable oil
3 tbsp peanut butter
1 tbsp fresh ginger, minced
1 clove garlic, minced
2 tbsp of soy sauce
1 lime, juiced
1 cup coconut milk (or water)

Soy sauce

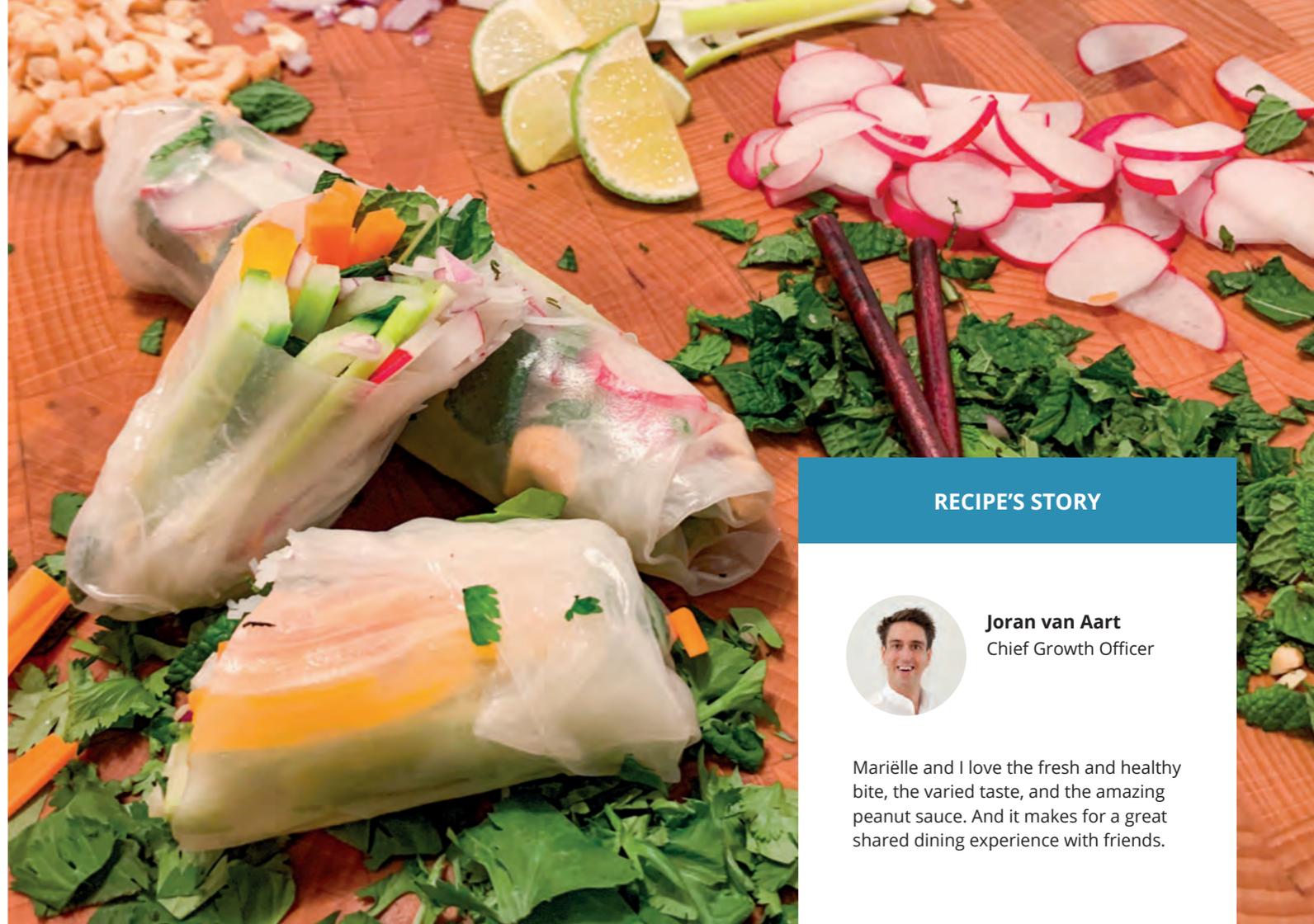
1/2 cup of soy sauce (or hoisin)
2 tsp wasabi paste

In a small pot on medium heat, briefly fry the minced ginger and garlic in the oil. Add the peanut butter, soy sauce, lime juice, and coconut milk. Gently heat for several minutes while stirring, until it is one smooth mix. Add extra water or coconut milk if needed. Put aside and let it cool down.

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 minutes or until al dente, and drain. Put aside and let it cool down. Peel the carrots, mango and/or avocado. Cut all vegetable toppings into long thin slices. Chop the herbs. For a shared dining experience in which everyone creates their own spring rolls: present all ingredients and toppings on a big plate or chopping board, and the dipping sauces separate dishes.

Dip one sheet of rice paper in warm water for about 3-4 seconds or hold under warm running water. The sheet should be semi flexible once done, and will become more flexible in the next 20 seconds. Place it on a clean flat surface. Near the bottom of the spring roll in the centre, lay some chopped veggies, fresh leaves, crushed cashew nuts and rice vermicelli. Fold the bottom over the end of the veggies, then fold the uncovered sides inward, then tightly roll the wrapper all the way, as tightly wrapped as possible.

Repeat for each spring roll.



RECIPE'S STORY



Joran van Aart
Chief Growth Officer

Mariëlle and I love the fresh and healthy bite, the varied taste, and the amazing peanut sauce. And it makes for a great shared dining experience with friends.

MAIN DISH

Chicken Stir Fry with Basil and Chillies

COUNTRY OF ORIGIN | China

Serves 2

2 chicken breasts
4 garlic cloves, sliced
2 chillies (one red, one yellow), sliced diagonally
1 shallot or small onion, finely chopped
80 g broccoli florets
70 g tenderstem beans, halved
40 ml chicken stock
1 tbsp oyster sauce
1 tbsp fish sauce
1 tsp soy sauce
1 tsp sugar
1 tsp starch
1 tsp water
a good handful of basil leaves
vegetable oil
salt and freshly ground white pepper

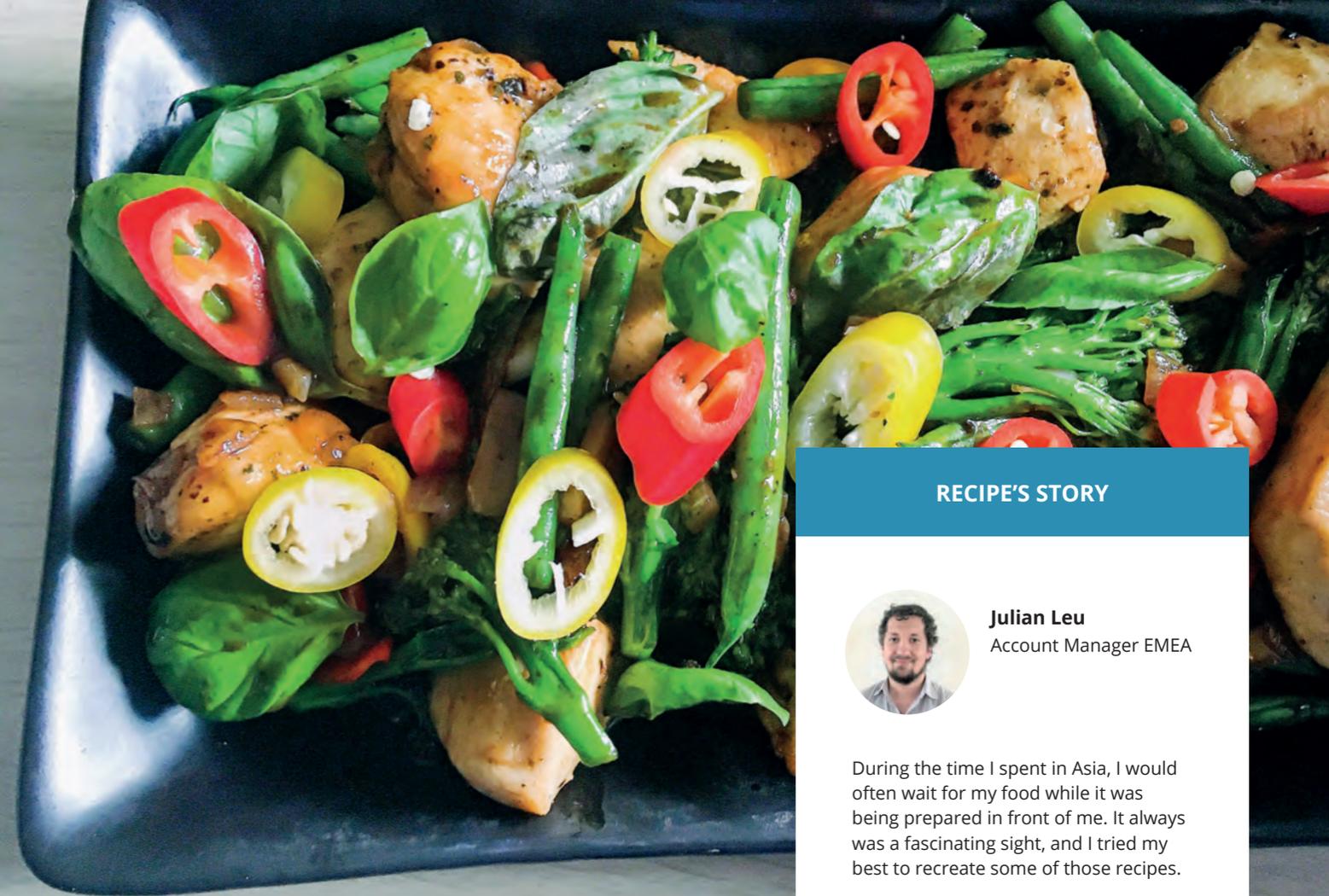
Prepare all the vegetables for the stir fry.

Cut the chicken into thick strips, season them with salt and pepper. Combine the oyster sauce, fish sauce, soy sauce, stock and sugar in a little bowl. In another bowl, mix the starch with the water. Place a wok or non-stick skillet on max heat.

Add some oil, and when it smokes, add the chicken. Stir fry it until slightly brown, then take it out – don't overcook it! Add more oil if needed, then stir fry the garlic and half the chillies for 1 minute. Add the onion and stir fry for 1 minute, then add the broccoli and beans, and stir fry for 2 minutes.

Return the chicken to the wok, and then pour in the sauce mixture, cooking for 2 more minutes. Add some starch in order to thicken the liquid to a sauce consistency – no need to add all of it. Drop in some of the basil leaves and take the wok off the heat.

Transfer to plates, then sprinkle the remaining half of the chillies, and some extra basil leaves. Drizzle in a bit of seasoning, and serve with rice.



RECIPE'S STORY



Julian Leu
Account Manager EMEA

During the time I spent in Asia, I would often wait for my food while it was being prepared in front of me. It always was a fascinating sight, and I tried my best to recreate some of those recipes.

MAIN DISH

Maria's Potato Pancakes

COUNTRY OF ORIGIN | Latvia

Serves 4

3 big potatoes
1 egg
1 small onion
4 tbsp flour
1 tbsp sour cream
salt & pepper
olive oil

Clean potatoes and grate them on a coarse grater.

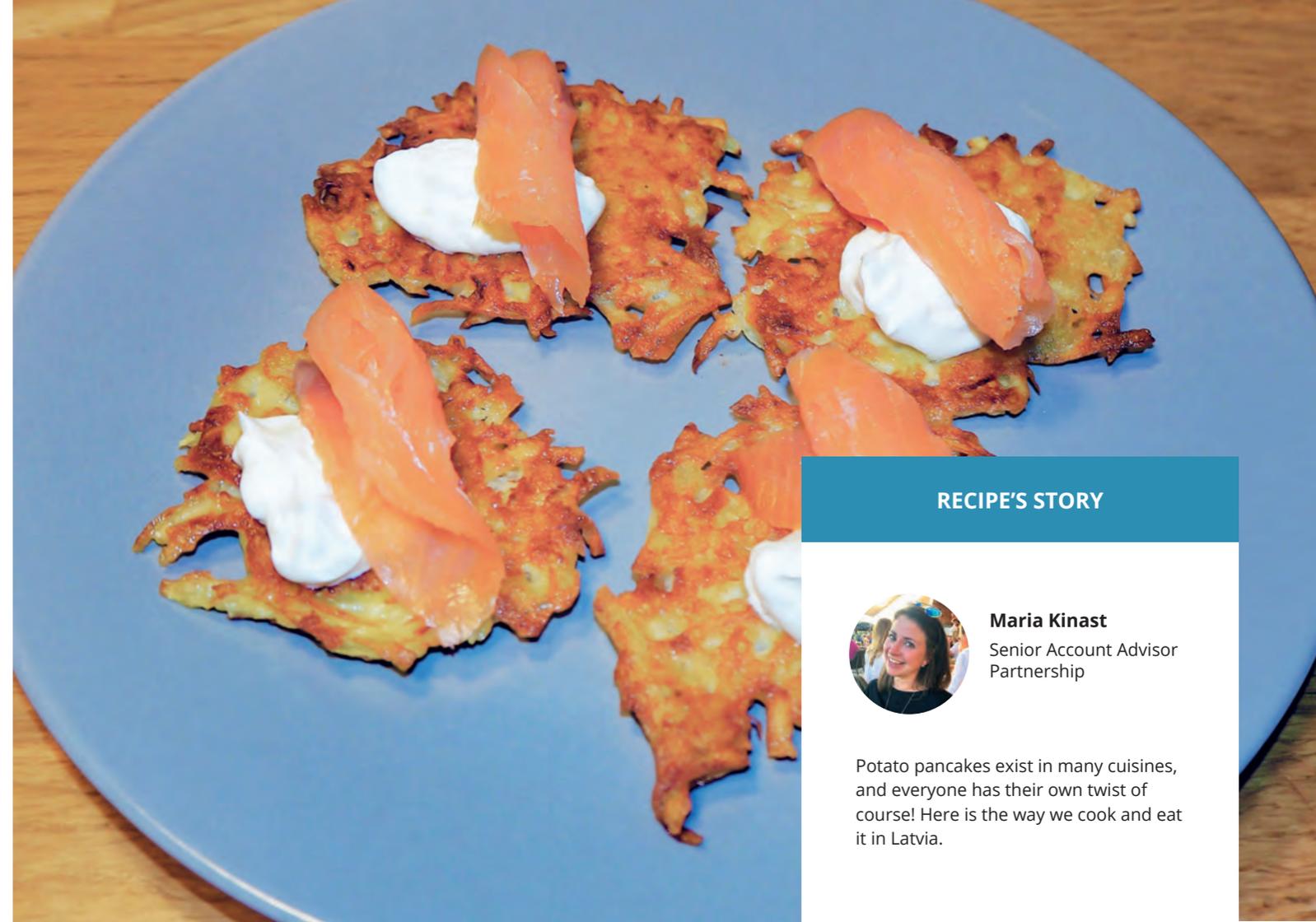
Clean the onion and grate on a fine grater. Mix the two together, and squeeze as much liquid out as you can (you can use a gauze, but don't have to).

Mix all the other ingredients, including a drop of olive oil.

Heat the olive oil in a frying pan, then turn low. Put the mix in with a big table spoon, and fry on both sides till golden. I like them a bit thicker, but it is a personal choice.

Serve with sour cream and smoked or salted salmon (and since my husband is German – I have to add applesauce as well, although it is so completely wrong! ;)).

Enjoy! Labu apetītu!



RECIPE'S STORY



Maria Kinast
Senior Account Advisor
Partnership

Potato pancakes exist in many cuisines, and everyone has their own twist of course! Here is the way we cook and eat it in Latvia.

MAIN DISH

Karelian Hot Pot

COUNTRY OF ORIGIN | Finland

Serves 6-8

800 g beef stew meat, pork stew meat and lamb stew meat (all together 800 g)

2 onions

2-3 big carrots

1 small turnip

1 tsp salt

10-15 pepper grains

1 beef stock cube

5 bay leaves

(oil and water also needed)

Preheat the oven to 175°C (347°F).

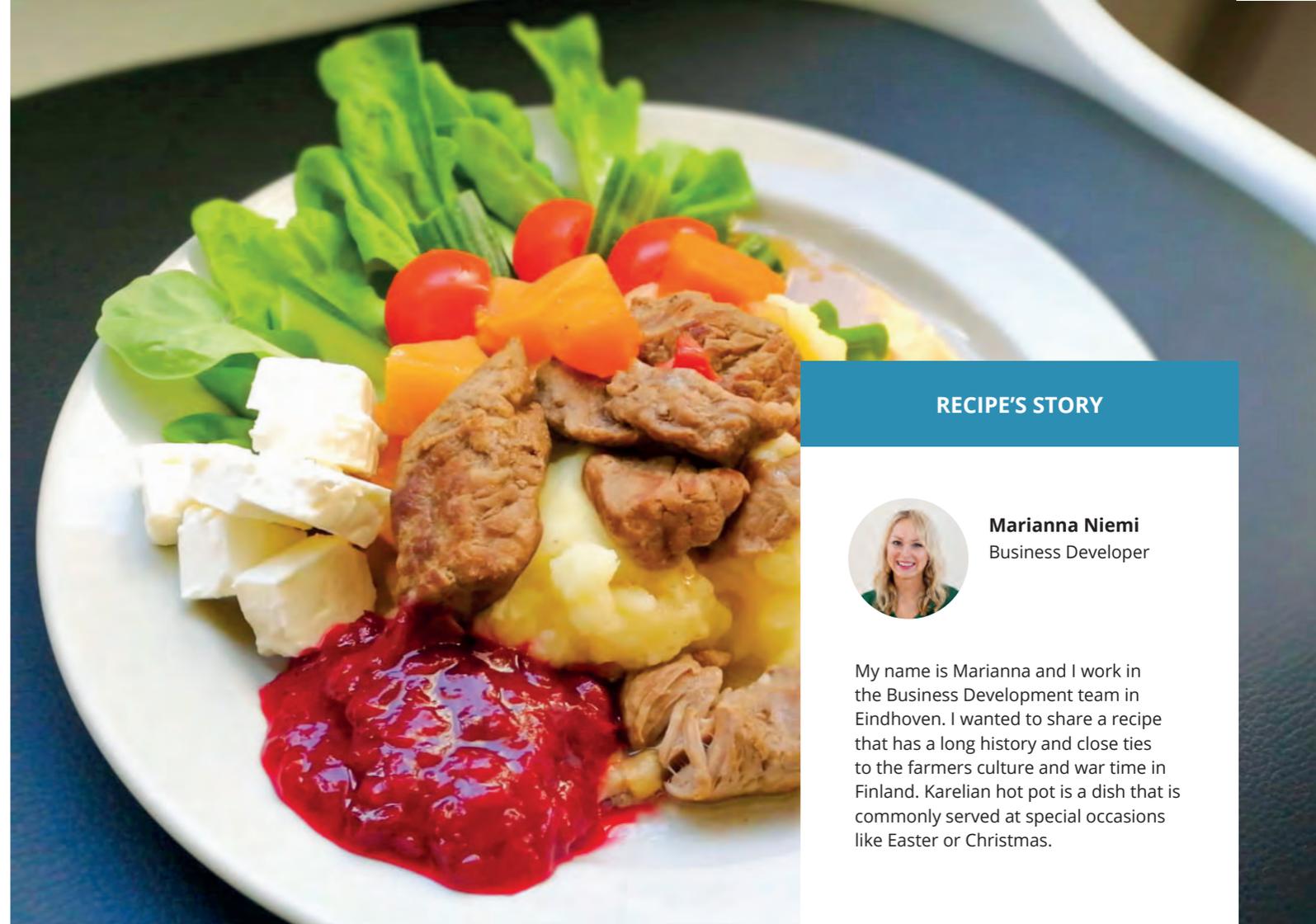
Cut the meat into cubes and roughly chop onions and peeled vegetables.

Add oil and meat in a pot, place it on a stove and cook until the meat is nicely browned.

Add vegetables and spices and top up with water (just enough to cover the ingredients).

Cover the pan and place it in the oven. Let cook for 3 hours.

Serve with mashed potatoes and lingonberry jam. (Tip, lingonberry jam can be found at Ikea).



RECIPE'S STORY



Marianna Niemi
Business Developer

My name is Marianna and I work in the Business Development team in Eindhoven. I wanted to share a recipe that has a long history and close ties to the farmers culture and war time in Finland. Karelian hot pot is a dish that is commonly served at special occasions like Easter or Christmas.

MAIN DISH

Полнети пиперки - Stuffed Peppers

COUNTRY OF ORIGIN | North Macedonia

Serves 4

6-8 red peppers
(depends on the size)

500 g minced meat
(mixed pork & beef)

150 g white rice

1 onion (medium size)

1 tomato (medium size)

4 potatoes (medium size)

olive oil

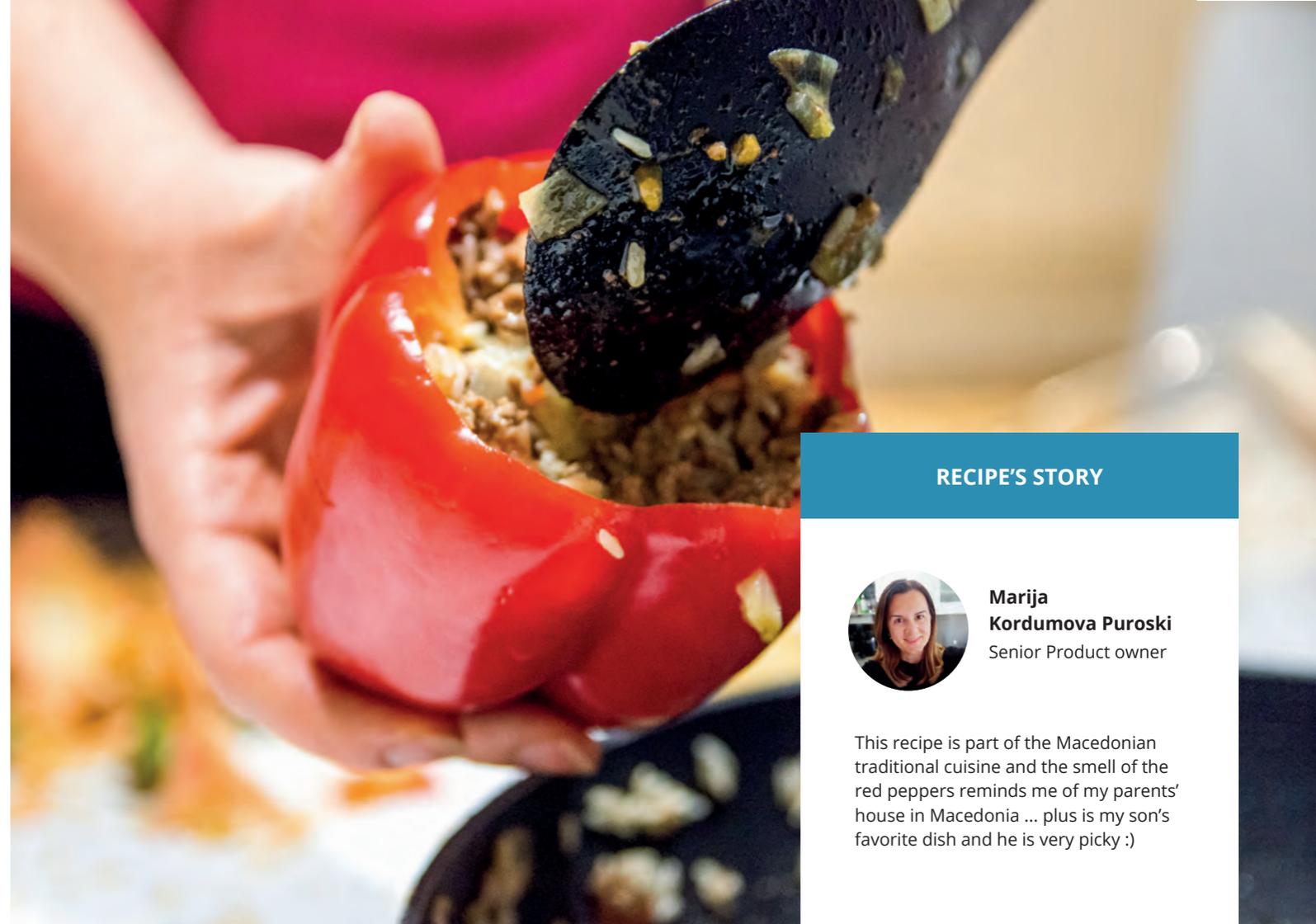
salt & black pepper

First of all, we prepare the 'stuffing' by cutting the onion into very small pieces and putting it in a pan to fry with some olive oil. Then we add the minced meat, some salt, and black pepper, and in the end, we add the rice for a few minutes.

When the stuffing is ready we fill each pepper, leaving some space at the top (because the rice needs space to grow). The potatoes are peeled and added to the pan in between the peppers, then we add some water and it's ready to bake.

Hit up the oven at 180°C (356°F) and bake it covered for an hour. Then remove the cover and leave the pot in the oven for 15 more minutes.

Serve it with a red wine and enjoy it!



RECIPE'S STORY



**Marija
Kordumova Puroski**
Senior Product owner

This recipe is part of the Macedonian traditional cuisine and the smell of the red peppers reminds me of my parents' house in Macedonia ... plus is my son's favorite dish and he is very picky :)

MAIN DISH

Oven Made Zucchini Mucver

COUNTRY OF ORIGIN | Turkey

Serves 4-6

3 zucchinis

1 carrot

3 eggs

130 g flour

1 pack of baking powder

1/2 tbsp salt

4-5 spring onions (finely chopped)

1/2 bunch of dill (finely chopped)

200 g white cheese/feta

5 tbsp sunflower or olive oil

sesame and nigella seeds for decorating

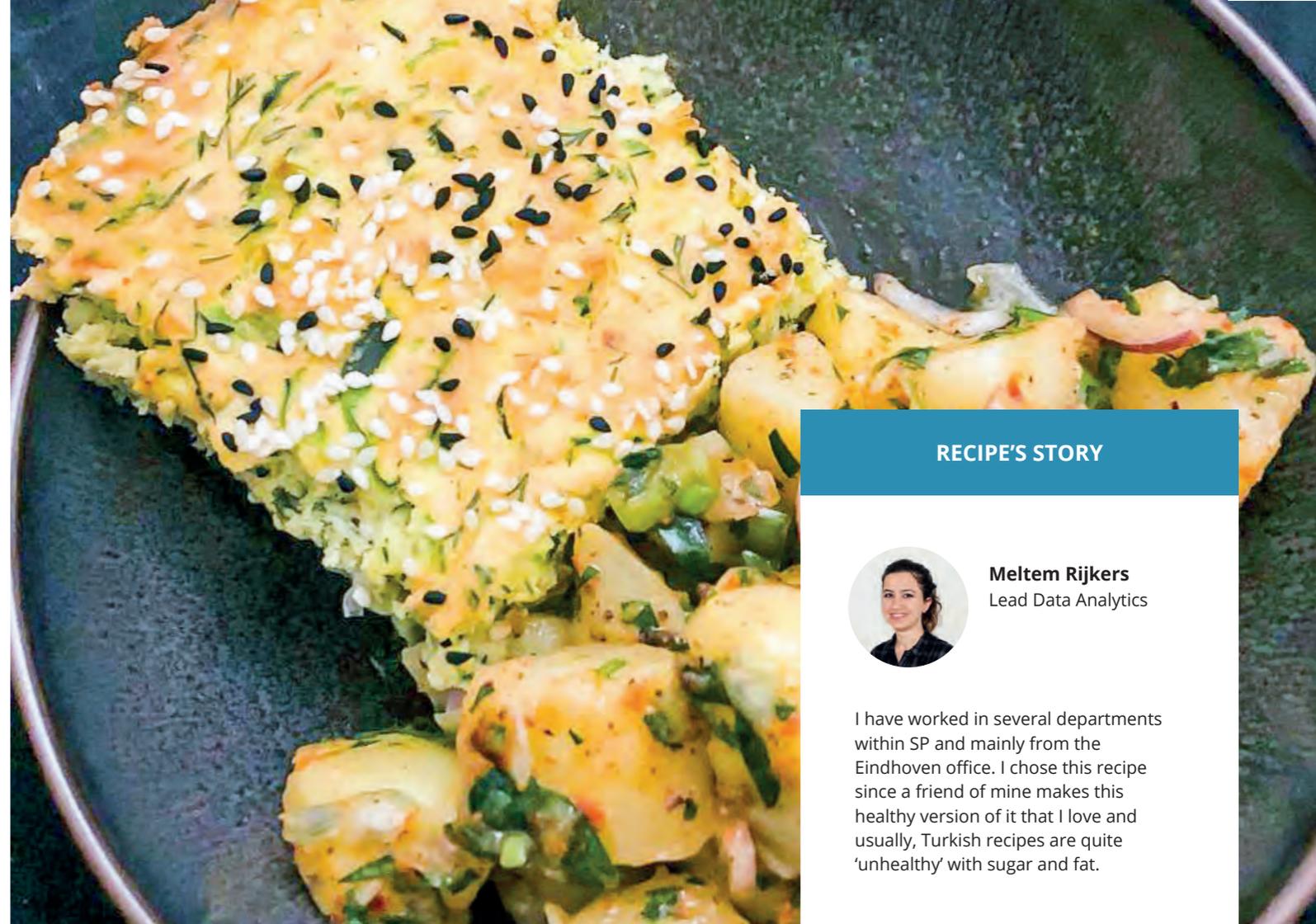
Preheat the oven to 180°C (356°F). Place baking paper on your baking dish or grease it well.

Grate the zucchinis using the coarser (larger) side of the grater. Place the grated zucchinis in a bowl, add half a tablespoon of salt and mix. Let it sit for 20 minutes. Meanwhile grate the carrot on the larger side of the grater. Crumble/mash the white cheese with a fork or you can grate it. Using a thin towel or your hands, squeeze out the excess water from the grated zucchinis and place it in another bowl.

Add the grated carrots. Beat the eggs and pour it on the zucchini and carrots. Add the spring onions, dill, cheese and flour. Add 1/2 tablespoon salt (you can add less salt if your cheese is too salty) and mix all the ingredients well.

Pour the batter into the baking dish and spread evenly. Sprinkle with sesame and nigella seeds. Bake in a preheated oven for 45-50 minutes or until golden brown. When it's done, let it rest for 20 minutes. You can eat it warm or cold.

Ps: You can increase the amount of flour if you want it to be more dense or cake like.



RECIPE'S STORY



Meltem Rijkers
Lead Data Analytics

I have worked in several departments within SP and mainly from the Eindhoven office. I chose this recipe since a friend of mine makes this healthy version of it that I love and usually, Turkish recipes are quite 'unhealthy' with sugar and fat.

MAIN DISH

Mom's Chicory Gratin

COUNTRY OF ORIGIN | The Netherlands

Serves 4-5

10 heads chicory about 500 g

10 slices cooked ham

700 ml milk

70 g flour

50 g butter

300 g grated cheese
(slices work too)

grated nutmeg

ground black pepper

boiled potatoes

Boil the chicory for about 7 minutes. Drain the chicory and leave to cool a little bit. Squeeze out any excess liquid. Wrap each chicory in a slice of ham and place them in an oven-proof dish.

Make a béchamel sauce. Melt the butter on a low heat before adding the flour. Cook this paste, while stirring constantly. Don't let it brown! Continue cooking until the mixture starts to look like wet sand and smells like cookies. Little by little add the milk. Stir the sauce until it starts to thicken before adding more milk. Whisk constantly – no lumps!

When all the milk has been added, wait for the sauce to thicken again before adding half of the grated cheese (save the rest for later). Once the cheese has melted into the sauce, season with nutmeg and pepper. Pour the cheese sauce over the chicory and top with the rest of the grated cheese.

Put the dish in a preheated oven at 220°C (425°F). Cook for about 15 minutes or until the top is golden brown. Serve the chicory with boiled potatoes.



RECIPE'S STORY



Nel van Rest
Proud Mother

I am Edwin's mother and I am very proud of the whole Studyportals team, partners, how you work together and the massive positive impact you have on the world. This dish is our favorite!

MAIN DISH

Flammkuchen

COUNTRY OF ORIGIN | Germany

Serves 2

Dough:

4 tbsp neutral oil (sunflower)

250 ml water

500 g all purpose flour

1 tsp salt

Topping:

300 g crème fraîche

100 ml cream

4 onions (sliced very thin)

diced bacon

salt & pepper

1 garlic clove

Preheat oven to 250°C (482°F).

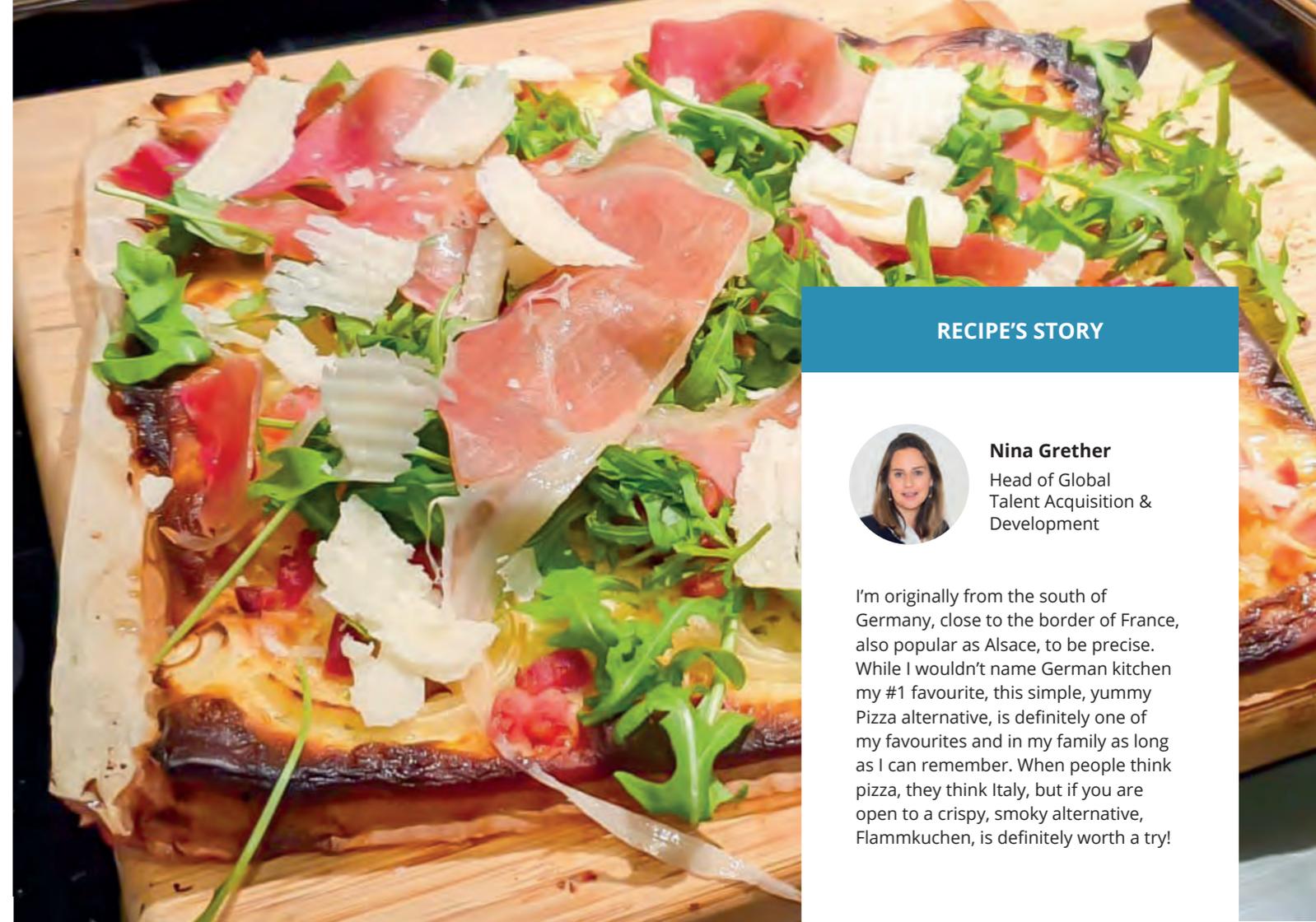
In a large bowl, mix together flour, salt, water, and oil. Mix until dough begins to form. Turn the dough onto a floured surface and knead until it is soft and smooth for 3-5 minutes. Set the dough aside and cover it with a towel and let rest for 10-15 minutes.

Mix crème fraîche, cream, a good pinch of salt and pepper and 1 minced garlic clove (*optional) until you have a smooth cream.

Place the dough onto a large baking sheet and roll out as thin as possible.

Spread crème fraîche mixture over the entire dough, leaving just a little bare crust border. Distribute onions over the crème fraîche, and sprinkle the bacon over the onions. Finish everything off with a dusting of black pepper.

Place into the oven and bake for 10-12 minutes, until the Flammkuchen is crisp and the edges start to darken. Remove from the oven, add other fresh toppings according to your taste, cut and serve immediately with some good red wine.



RECIPE'S STORY



Nina Grether

Head of Global
Talent Acquisition &
Development

I'm originally from the south of Germany, close to the border of France, also popular as Alsace, to be precise. While I wouldn't name German kitchen my #1 favourite, this simple, yummy Pizza alternative, is definitely one of my favourites and in my family as long as I can remember. When people think pizza, they think Italy, but if you are open to a crispy, smoky alternative, Flammkuchen, is definitely worth a try!

MAIN DISH

Bacalhau à Brás

COUNTRY OF ORIGIN | Portugal

Serves 4

1 onion

4 tbsp olive oil

600 g shredded cod

200 g fried potato sticks

6 eggs

pinch of parsley

50 g black olives (optional)

P.S: make sure the cod is ready to be cooked otherwise it can be too salty.

Start by heating a tall pot on medium to low heat. Add the olive oil and onion and fry for 2 to 3 minutes. Afterwards, add the cod and let it simmer slightly with the olive oil and onion for another 3 to 4 minutes.

While it is cooking, grab a bowl and break 4 eggs and whisk them. Once the cod has absorbed the flavors in the pot, add the fried potatoes (tip: you can use normal pre-made, packaged fries you buy in the store). Stir and mix everything together.

Pour the eggs into the pot and mix as much and as quickly as possible. If you think it looks a bit dry, pour the extra 2 eggs directly in the pot and mix. Lastly, complete the recipe with some parsley and the black olives.



RECIPE'S STORY



Rita Nascimento

Campaign Success Manager

Hey! I'm Rita and I am a Campaign Manager for EMEA. I work in the Eindhoven office and as much as I like the Netherlands, I always need Portuguese goodies to feel at home. This dish is called Bacalhau à Brás and it's my favorite cod recipe. My advice is to eat it when you are feeling like having that cheat, very flavorful meal but instead of going for pizza, you have this! Bonus point: it's fish, so automatically healthier!

MAIN DISH

Paneer Butter Masala

COUNTRY OF ORIGIN | India

Serves 4

For onion tomato paste:

1 tsp butter
1 tsp oil
1 onion, sliced
1 inch ginger
3 garlic cloves
2 tomatoes, chopped
10 cashews

Other ingredients:

2 tbsp butter
2 pods cardamom
1 bay leaf
¼ tsp turmeric
1 tsp Kashmiri red chili powder
¼ tsp garam masala
¼ tsp cumin powder
1 cup water
½ tsp sugar
1 tsp salt
2 tbsp cream
20 cubes paneer/cottage cheese
2 tbsp coriander leaves, chopped
½ tsp kasuri methi, crushed
¼ tsp garam masala

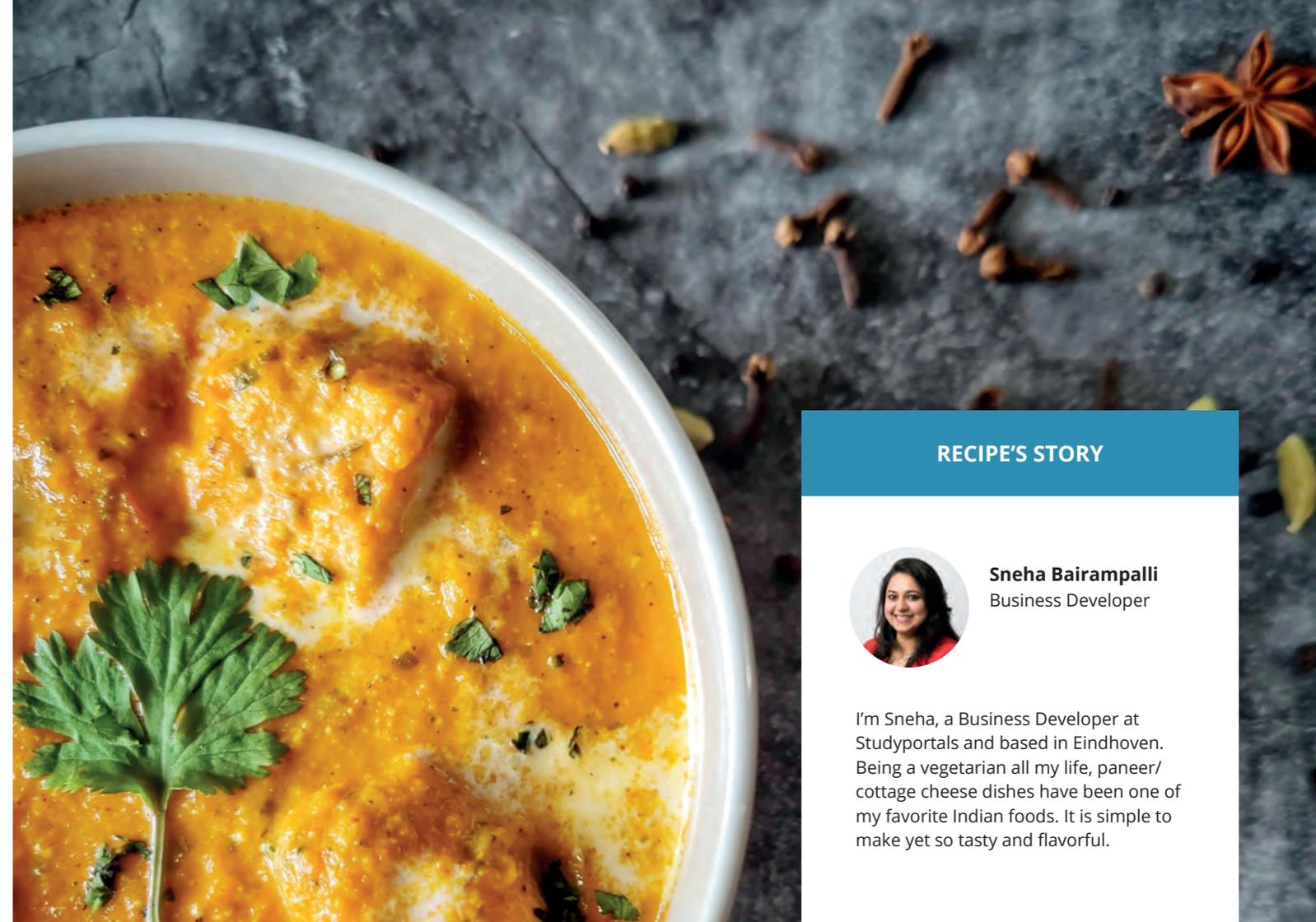
In a large wok heat 1 teaspoon of butter and 1 teaspoon of oil. Sauté onion, ginger, and garlic until it shrinks slightly. Add tomatoes and cashews. Cover and cook until tomatoes turn soft and mushy. Cool completely and transfer to the blender. Blend to a smooth paste adding water if required.

In a wok, heat 2 tablespoons of butter and sauté cardamom pods and bay leaf. Reduce flame to low heat and add turmeric, chili powder, garam masala and cumin powder. Sauté until the spices turn aromatic without burning.

Add in blended onion tomato paste and continuously sauté until oil separates from sides. Further add water, sugar and salt. Mix well adjusting consistency as required. Add cream and mix well. Now add paneer and mix gently.

Cover and simmer for 10 minutes or until flavors are absorbed. Take off heat, add coriander leaves, kasuri methi and garam masala. Mix well.

Enjoy paneer butter masala with roti or naan.



RECIPE'S STORY



Sneha Bairampalli
Business Developer

I'm Sneha, a Business Developer at Studyportals and based in Eindhoven. Being a vegetarian all my life, paneer/cottage cheese dishes have been one of my favorite Indian foods. It is simple to make yet so tasty and flavorful.

MAIN DISH

Spring Salad

COUNTRY OF ORIGIN | The Netherlands

Serves 4

200 g rucola (rocket) salad

100 g young 30+ cheese

half a cucumber

bunch of radishes
(about 100 g)

50 g sweet tomatoes

400 g chicken breast

meat marinade or Ketjap =
(sweet soy sauce)

honey mustard salad
dressing

40 g pine nuts

Slice the chicken into small pieces and marinate it for about 10 minutes in the marinade. You can also use Ketjap soy sauce if you prefer a sweeter taste.

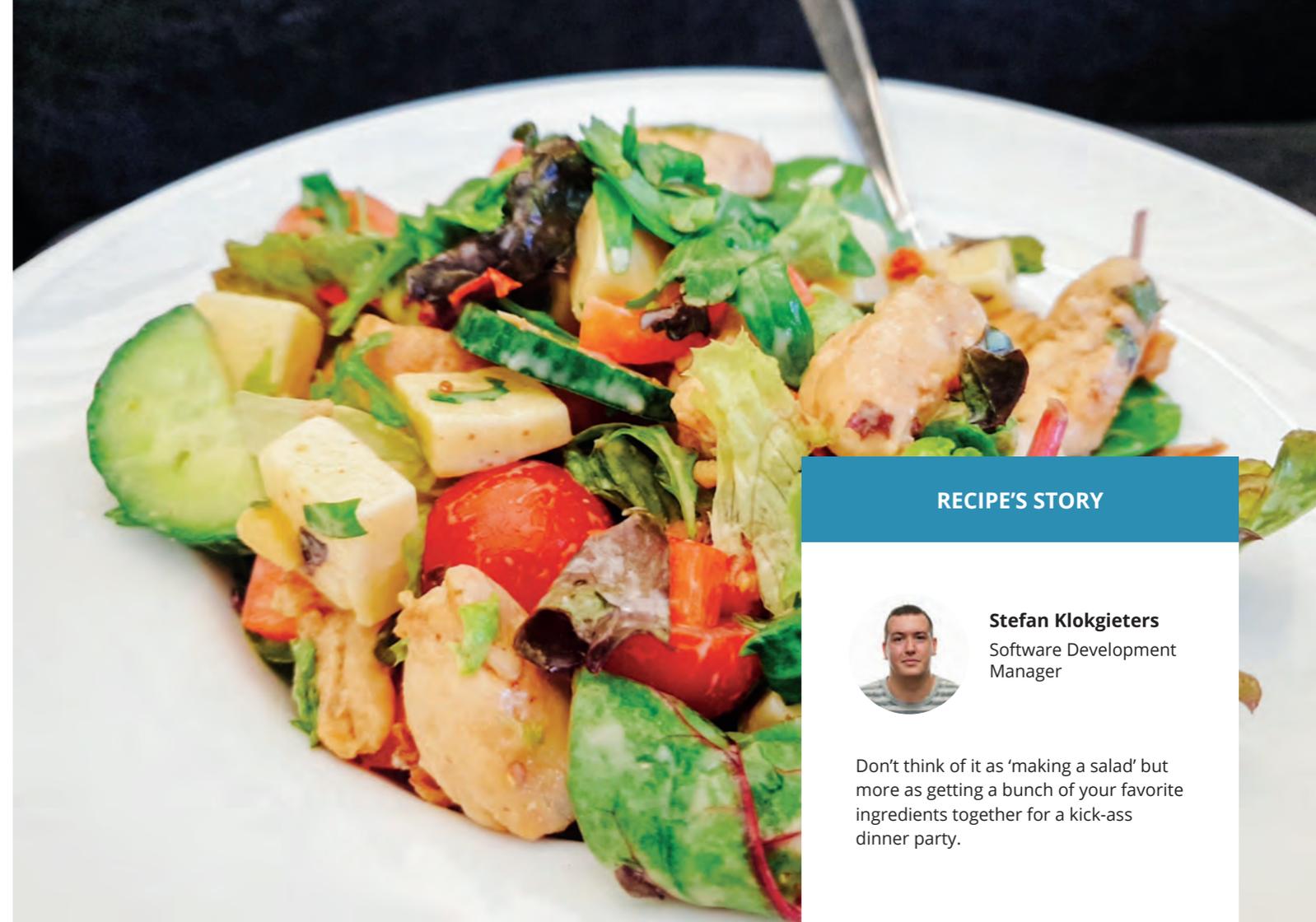
Bake the chicken well and let it cool down so you can add it later to the salad.

Cut the sweet tomatoes in half, cut the cucumber in small slices, and very importantly slice the radishes thinly.

Mix your rucola salad with the tomatoes, cucumber, and pine nuts. Cut the cheese into small blocks and mix it with the rest of the salad.

Now add the chicken together with the salad dressing and mix everything well.

Enjoy!



RECIPE'S STORY



Stefan Klokgieters
Software Development
Manager

Don't think of it as 'making a salad' but more as getting a bunch of your favorite ingredients together for a kick-ass dinner party.

MAIN DISH

Smoked Marlin Stew Tacos

COUNTRY OF ORIGIN | Mexico

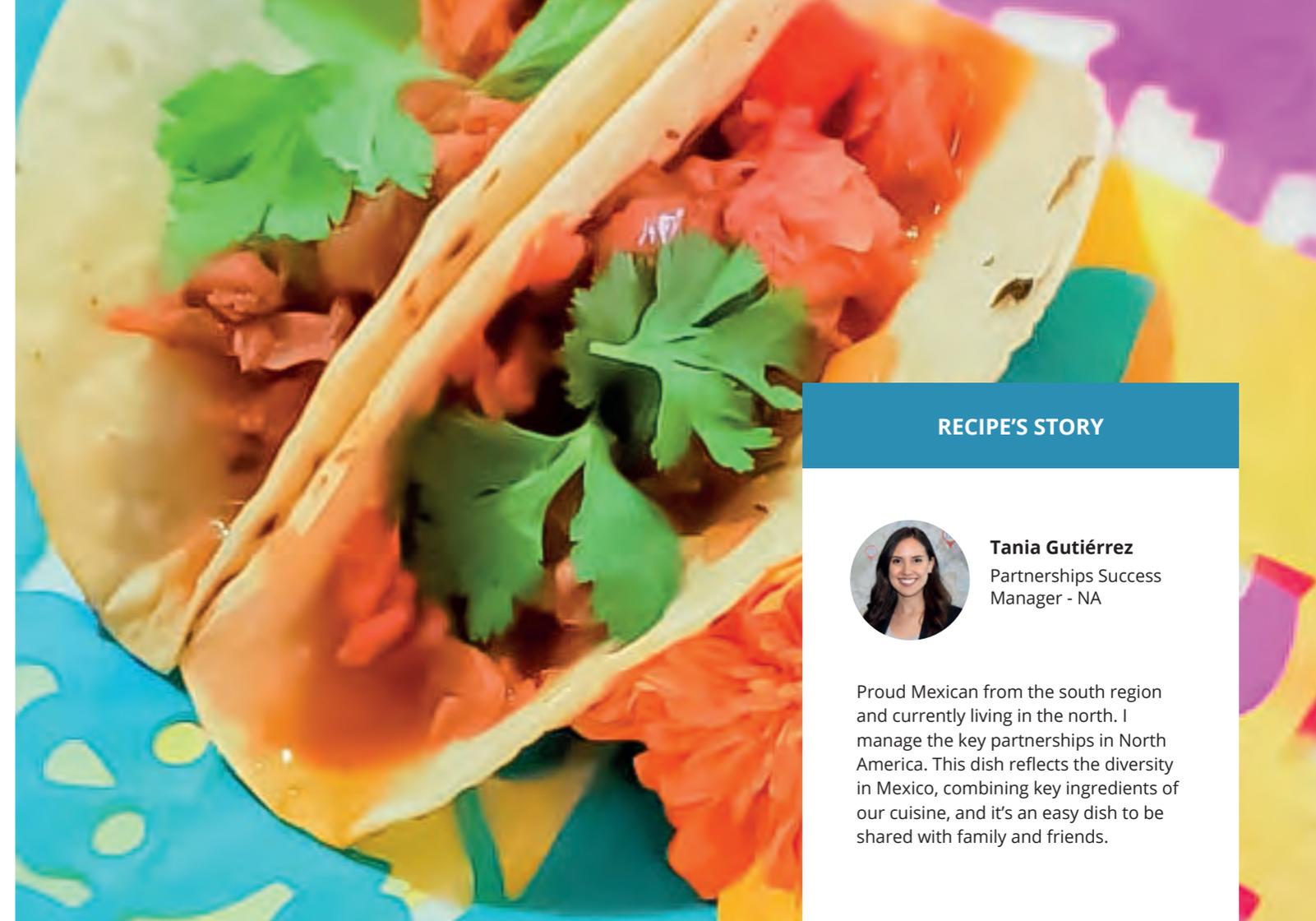
Serves 4

500 g smoked marlin or smoked tuna
3 tomatoes (medium size)
1 onion
5 garlic cloves (small)
1 red pepper
1 yellow pepper
1 green pepper
1 cup chopped celery
1 chopped serrano pepper (optional)
2 cups tomato puree
2 chipotle peppers in adobo
1 cup chopped parsley
1/2 cup olive oil
salt and pepper – season to taste
chicken broth – recommended
1/2 cup (season to taste and texture)

Chop onion, garlic, celery, tomatoes and pepper. Add to a preheated pan, with olive oil and stir-fry. Then add the chopped tomatoes and serrano pepper.

Now, shred the smoked marlin or tuna and add it to the pan with the rest of the ingredients. Add tomato puree, 2 chipotle peppers, and chicken broth and let everything boil for 20 minutes.

Finally add the chopped parsley and season with salt and pepper then let it cook for another 10 minutes and it is ready! You can accompany this dish with corn tortillas to prepare tacos or bake the corn tortilla to have it as a 'tostada'.



RECIPE'S STORY



Tania Gutiérrez
Partnerships Success
Manager - NA

Proud Mexican from the south region and currently living in the north. I manage the key partnerships in North America. This dish reflects the diversity in Mexico, combining key ingredients of our cuisine, and it's an easy dish to be shared with family and friends.

MAIN DISH

Cassoulet

COUNTRY OF ORIGIN | The Netherlands

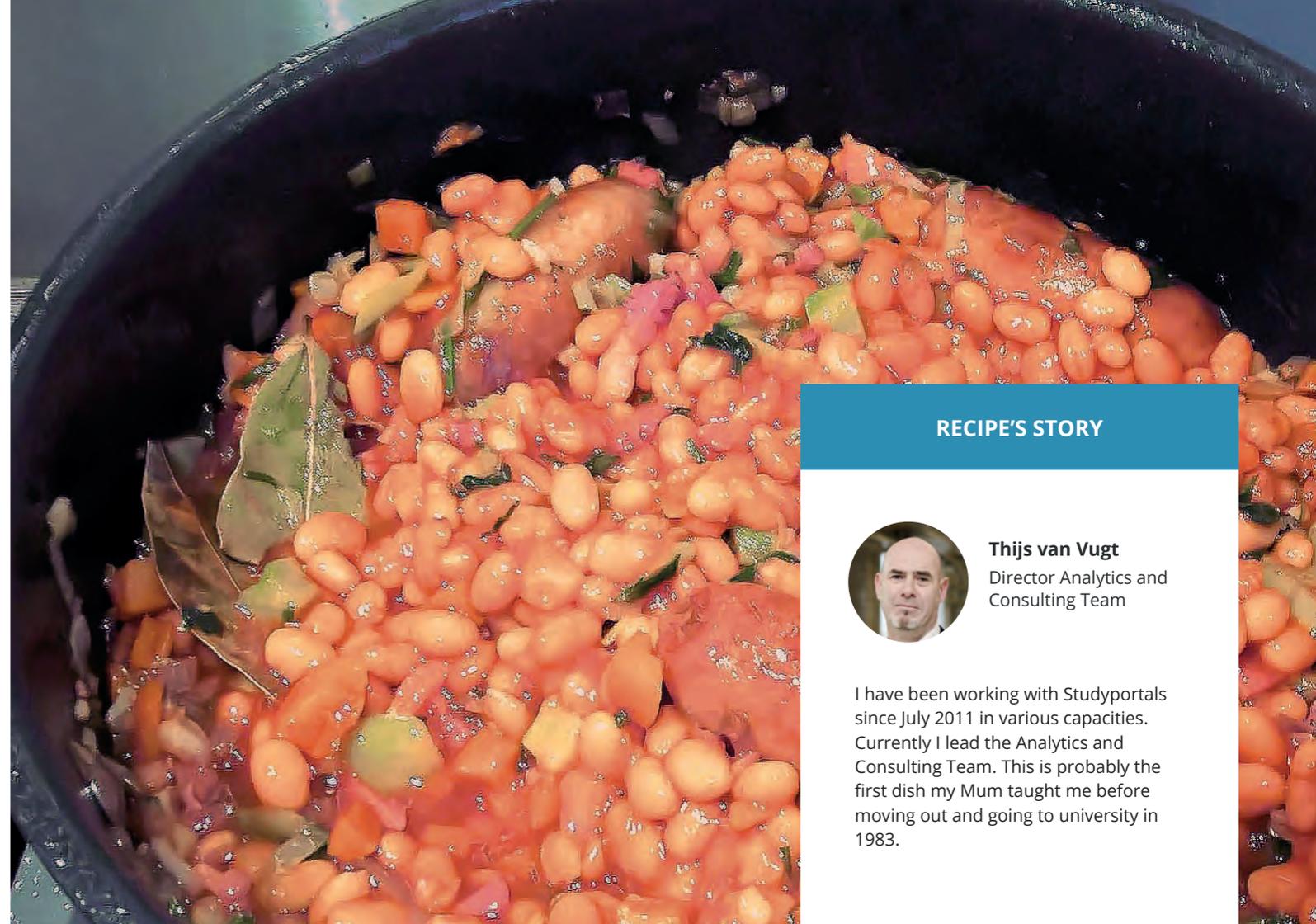
Serves 4

700 g baked beans (1 can)
400 g mixed (soup) vegetables
(e.g. leek, carrot, celery)
4 pork sausages
200 g diced bacon
1 chopped onion
2 laurel leaves
1 garlic clove
(finely chopped)
margarine

Start by frying the sausages in some margarine until almost done, then add the diced bacon, chopped onion and garlic, and add the laurel leaves.

When the onion starts to slightly change colour and the bacon is properly done, add in the mixed vegetables and cook for 5 minutes while stirring occasionally. Add the baked beans, mix everything properly and heat for 5-7 minutes.

Serve the stew with some dark bread.



RECIPE'S STORY



Thijs van Vugt
Director Analytics and
Consulting Team

I have been working with Studyportals since July 2011 in various capacities. Currently I lead the Analytics and Consulting Team. This is probably the first dish my Mum taught me before moving out and going to university in 1983.

Studyportals Foundation

Empowering the world to choose education, has been our core mission since our beginning.

The Studyportals Foundation has been on the same journey ever since it got founded in 2013. Enabling us to take our impact beyond the platform and our regular users, in particular support the sustainable enlargement of access to primary education in the world's areas that need it the most.

Amongst other charities like UNICEF and the Nelson Mandela Foundation, now for over five years, we have been able to support Knowledge for Children, a non-profit organization, building self-reliant primary schools in Cameroon and Uganda.



Knowledge for Children strives for financial independence of the local community and focuses on co-investing in books, training (local) teachers and providing leadership training to the school management, as well as speaking and connecting with local authorities to really increase the value perception of education and therefore drive sustainable change.



Studyportals also donates again to our alumna Julie Goodfellow, supporting female students from the Philippines to progress with their (higher) education, who would otherwise not have the opportunity to do so. Check out our projects and support!

MAIN DISH

Syrniki - Quark Pancakes

COUNTRY OF ORIGIN | Russia

Serves 2

500 g curd cheese or firm quark (5-10% fat)

2 eggs

6 tbsp flour

1 tbsp vegetable oil or butter for frying

Serve with: berries, jam, condensed milk, sour cream or maple syrup. For this recipe I chose berries and condensed milk.

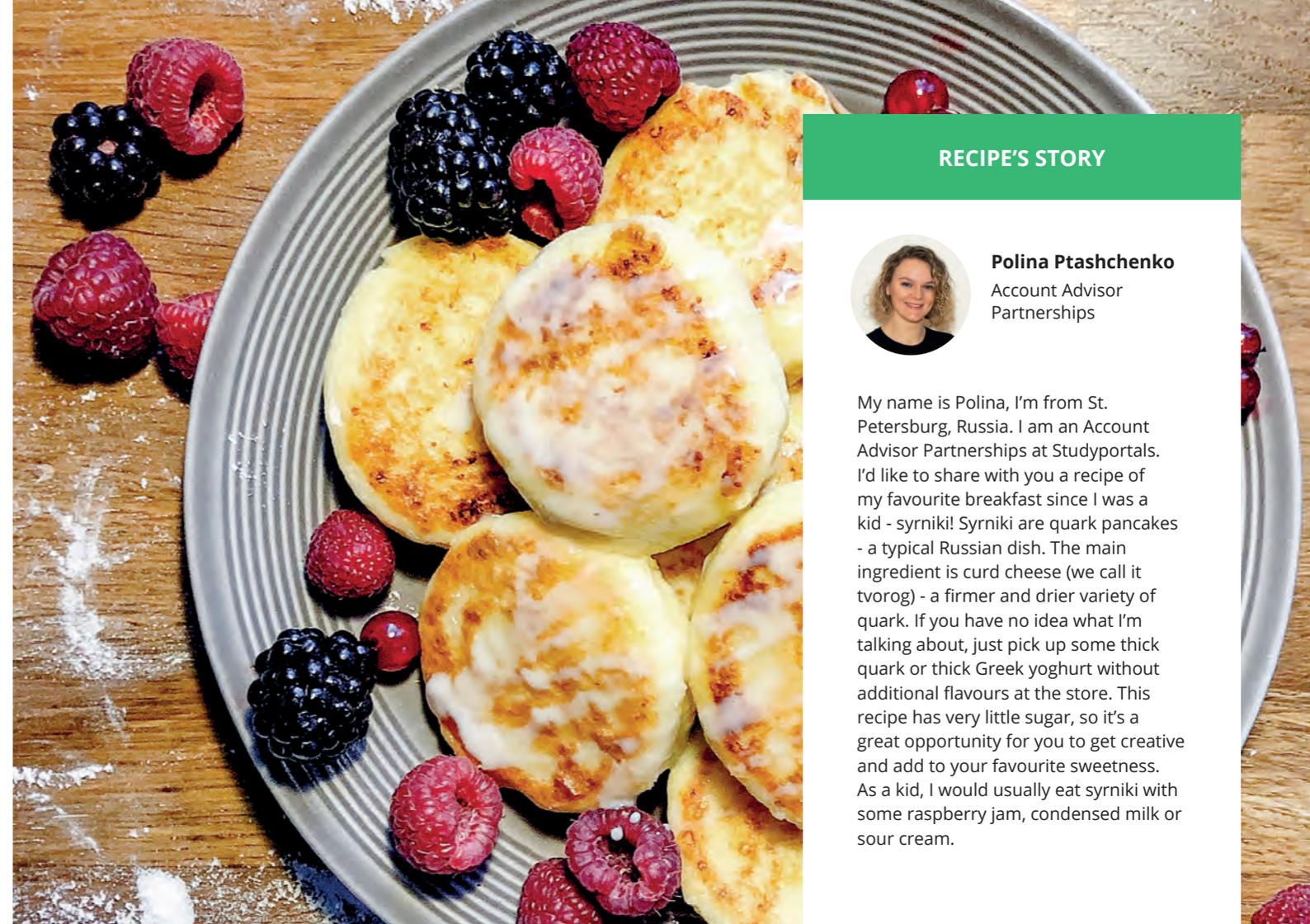
Put the quark into a mixing bowl, and mash a bit with a fork to eliminate big chunks. Add eggs and sugar and mix together. Add 5 tbsp of flour and mix well. If there's too much liquid, add a bit more flour. Put a little flour on the plate and on your hands.

Scoop a tablespoon of dough, roll it with your hands into a small ball and flatten it a bit. In Russia we like ice hockey a lot, so you can think of the shape of a small ice hockey puck :). I make syrniki 5-7 cm in diameter, and 1-2 cm thick.

Heat a pan on medium heat with a bit of vegetable oil or butter. When the pan is warm enough, add the syrniki. Fry 5 or 6 syrniki at a time for 2 minutes on each side until golden.

Serve syrniki with berries, jam, condensed milk, sour cream or maple syrup. For an even more authentic Russian experience, you can have your syrniki while sipping on some black tea with a slice of lemon and honey.

Приятного аппетита - Enjoy!



RECIPE'S STORY



Polina Ptashchenko
Account Advisor
Partnerships

My name is Polina, I'm from St. Petersburg, Russia. I am an Account Advisor Partnerships at Studyportals. I'd like to share with you a recipe of my favourite breakfast since I was a kid - syrniki! Syrniki are quark pancakes - a typical Russian dish. The main ingredient is curd cheese (we call it tvorog) - a firmer and drier variety of quark. If you have no idea what I'm talking about, just pick up some thick quark or thick Greek yoghurt without additional flavours at the store. This recipe has very little sugar, so it's a great opportunity for you to get creative and add to your favourite sweetness. As a kid, I would usually eat syrniki with some raspberry jam, condensed milk or sour cream.

DESSERT

Ciambellone ai Due Gusti

COUNTRY OF ORIGIN | Italy

Serves 4

300 g flour

250 g sugar

200 g butter (room temperature)

4 eggs

16 g baking powder

50 g cocoa powder (unsweetened)

Put the flour, sugar and butter in a bowl and mix it with a whisk, or put them into the food processor. Add the eggs and the baking powder. Mix until evenly combined.

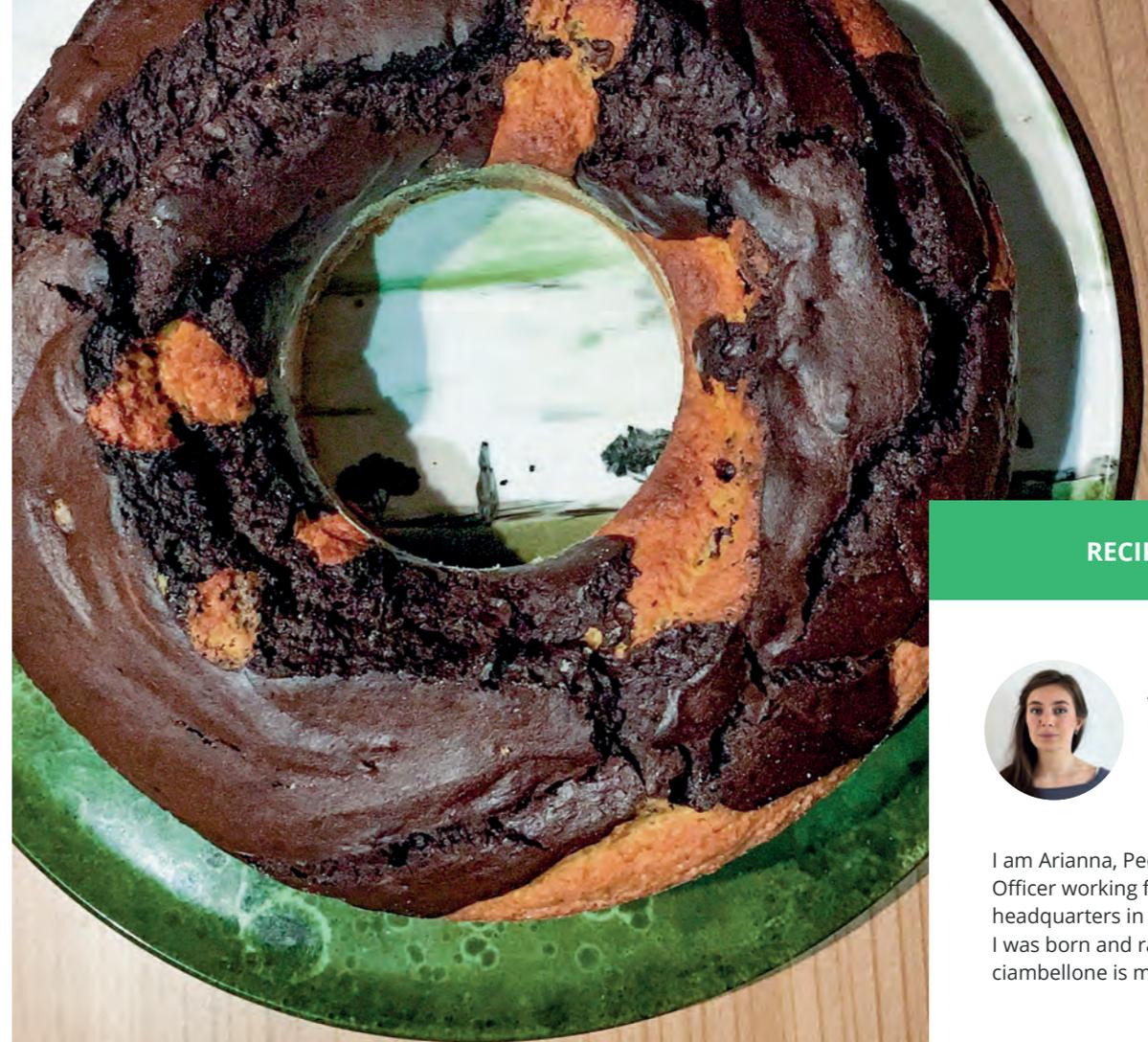
Grease your baking pan (bundt or tube cake tin) with butter and dust with flour. Drop half of the batter equally around your cake mold and add the cocoa powder to the left over batter in the bowl or food processor.

Mix again until evenly combined. Drop the rest of the batter around the cake mold.

Bake for about 45 minutes at 200°C (390°F) .

Cake is done when a toothpick or tester comes out batter-free (crumbs are fine).

The cake keeps for days at room temperature and goes well for breakfast, for an afternoon snack, or for dessert.



RECIPE'S STORY



Arianna Mattioni

People & Culture Officer

I am Arianna, People & Culture Officer working from Studyportals headquarters in the Netherlands. I was born and raised in Italy and this ciambellone is my Proustian madeleine.

DESSERT

Filled Speculaas

COUNTRY OF ORIGIN | The Netherlands

Serves 10

Dough:

250 g pastry flour
125 g brown sugar
125 g butter
25 ml buttermilk
1/2 tsp salt
1/2 tsp baking soda
2,5 tbsp speculaas spice mix
(or gingerbread)

1/2 egg

Filling:

65 g peeled almonds
65 g almond flour
110 g fine table sugar
zest of 1/4 lemon
1/2 egg

Decoration:

some peeled almonds

Dough:

Beat the egg, use 1/2 for the dough and keep other 1/2 for the filling. Combine all ingredients in a bowl and mix until you get a nice cohesive dough. Cover and refrigerate for at least 1 hour

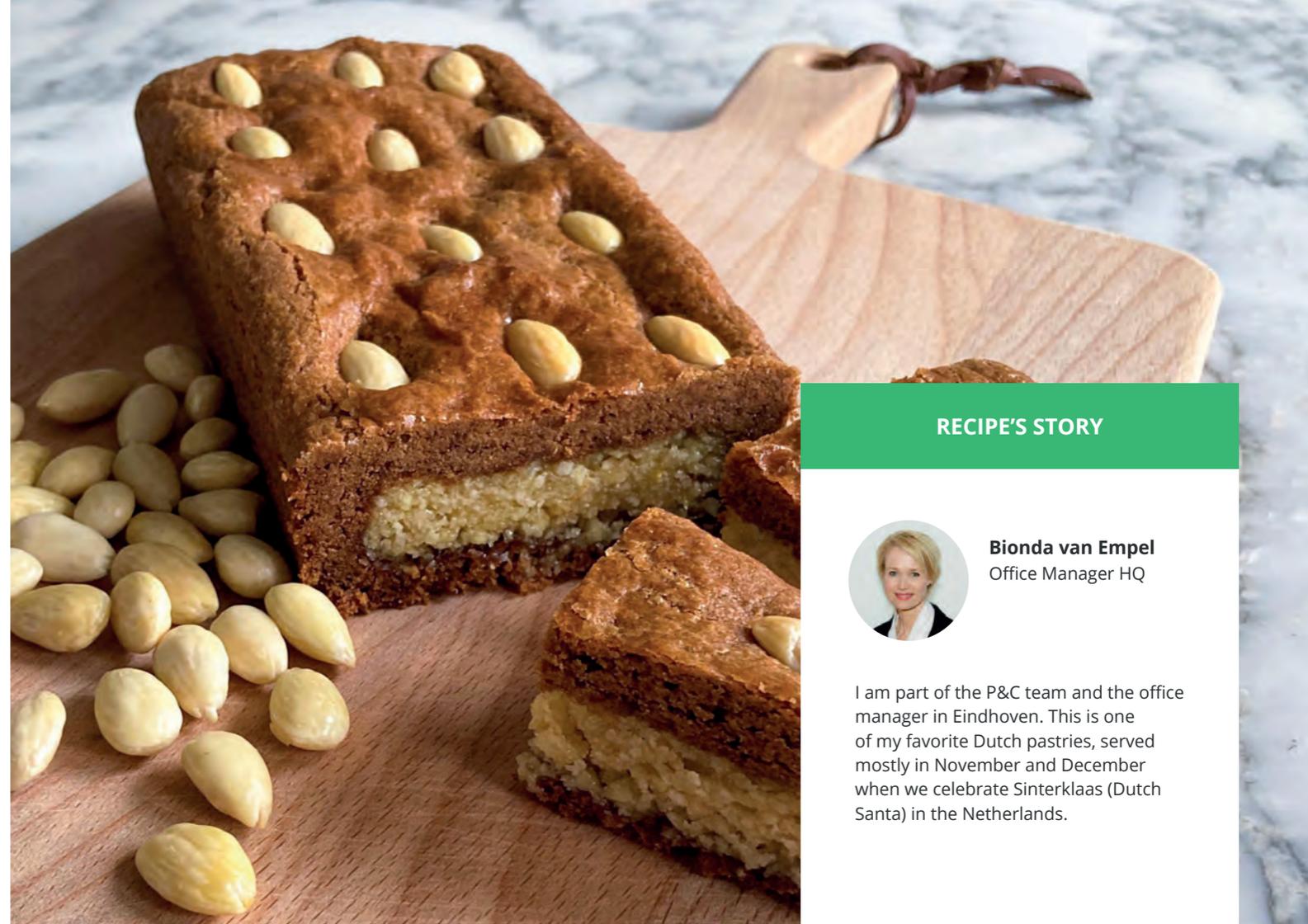
Filling:

Grind almonds in a food processor, add almond flour, sugar, lemon zest and 1/2 beaten egg. Knead until you can form a ball. Cover and let it rest in fridge for 1 hour.

Assemble:

Line a square oven dish with baking paper, roll dough and use 1/3 to cover bottom and sides. Add almond filling, then cover with leftover dough. Top with almonds. Bake for 40 minutes in preheated oven at 180°C (356°F).

As I am gluten intolerant I substitute the 250 g regular flour for the dough with: 150 g gluten free flour mix, 50 g rice flour and 50 g buckwheat flour. This transforms it into a really good gluten free pastry.



RECIPE'S STORY



Bionda van Empel
Office Manager HQ

I am part of the P&C team and the office manager in Eindhoven. This is one of my favorite Dutch pastries, served mostly in November and December when we celebrate Sinterklaas (Dutch Santa) in the Netherlands.

DESSERT

Chris' Pretty Healthy Mango Cheesecake

COUNTRY OF ORIGIN | The Netherlands/Germany

Serves 8

Crust:

50 g oats
100 g mixed nuts
1 tbsp coconut oil
125 g dates
some honey or rice syrup

Filling:

600 g (low fat) cream cheese
400 g (low fat) yoghurt
3 eggs
some more honey or rice syrup

1/2 fresh mango

Topping:

1/2 fresh mango

Crust:

Take the oats, nuts and dates and chop them in a food processor. Add coconut oil and a splash of honey (or rice syrup). Mix firmly with a spoon, line the bottom of a spring cake tin with baking paper and put the mixture on the bottom. Press dough firmly into the bottom of the cake tin with a spoon.

Filling:

Mix the yogurt with the cream cheese and the eggs. Add a splash of honey (or rice syrup). I like to keep it a bit healthy and not too sweet, so about 3-4 tablespoons is enough for me. Chop half the mango into small pieces and add it to the mixture. Pour the mixture on top of the crust in the cake tin.

Bake the cake for about 50 minutes in a preheated oven on 180°C (356°F). When you take the cake out of the oven, the cream mixture is still very liquid, no worries. Let it cool down a bit and then refrigerate for at least 2 hours to firm up. Afterwards, decorate the cake with slices of mango.



RECIPE'S STORY



Chris van Baal
Growth Hacker

Hi, this is Chris. Growth hacker and superhero by day, cake baker by night ;). From my German heritage I took over the cake baking, but I'd like to give it a bit more of a healthy twist.

DESSERT

Sweet Success!

COUNTRY OF ORIGIN | The Netherlands

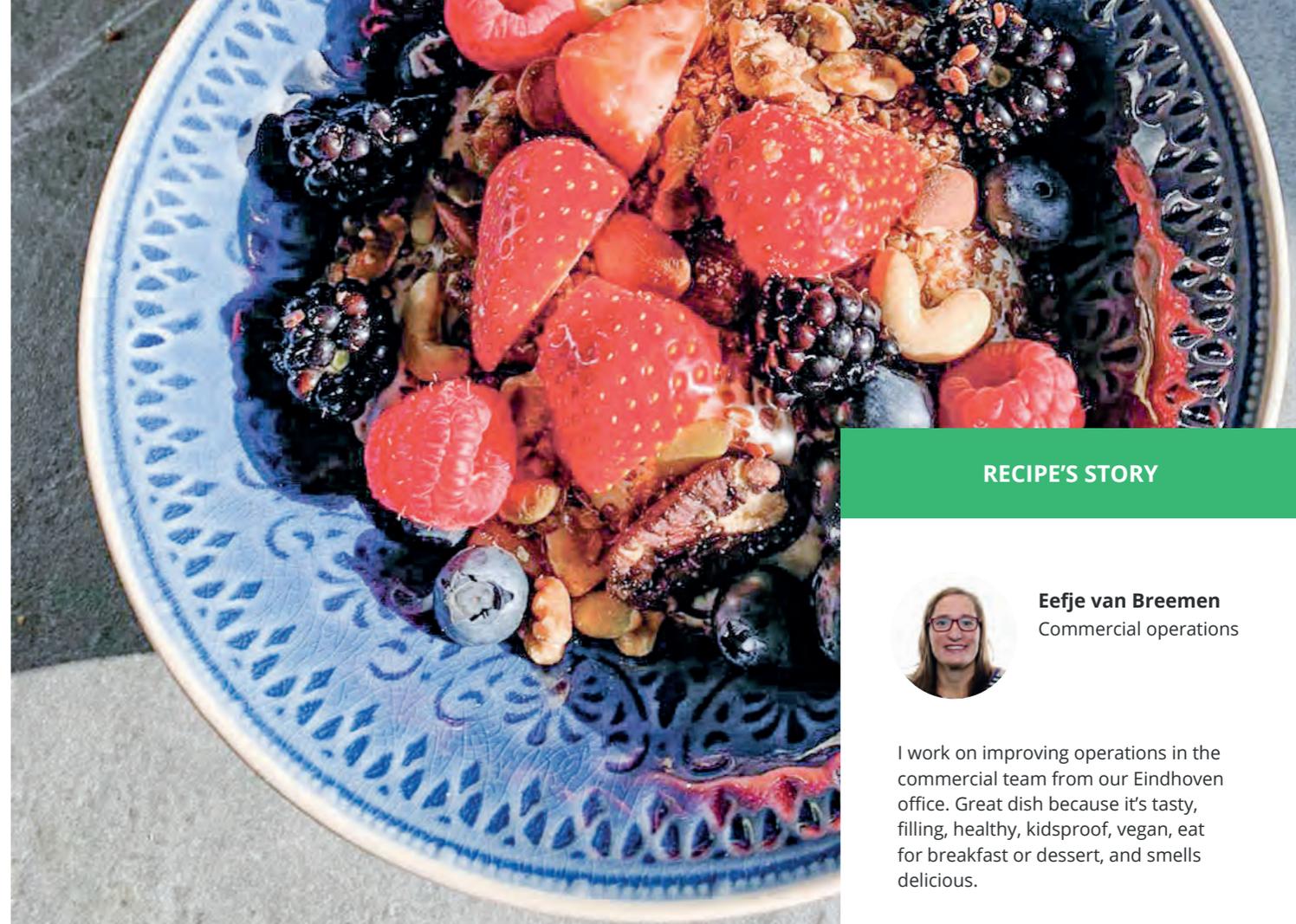
Serves 4

50 g cashew nuts
50 g walnuts
50 g almonds
50 g pecan nuts
50 g pumpkin seeds
50 g chia seed
50 g flaxseed
50 g cocoa nibs
400 ml coco yoghurt (vegan)
fresh red fruits
mango
pineapple

Preheat the oven at 160°C (320°F).

Put the nuts and seeds on an oven rack lined with baking paper. Roast in the oven for 7-8 minutes, let it cool down a bit and then add the chia, flaxseed and cocoa nibs.

Take a bowl and add 200 grams of coco yoghurt, some nut mix and finish by adding the fruits as a topping.



RECIPE'S STORY



Eefje van Breemen
Commercial operations

I work on improving operations in the commercial team from our Eindhoven office. Great dish because it's tasty, filling, healthy, kidsproof, vegan, eat for breakfast or dessert, and smells delicious.

DESSERT

Julian's Pavlova

COUNTRY OF ORIGIN | Australia

Serves 6

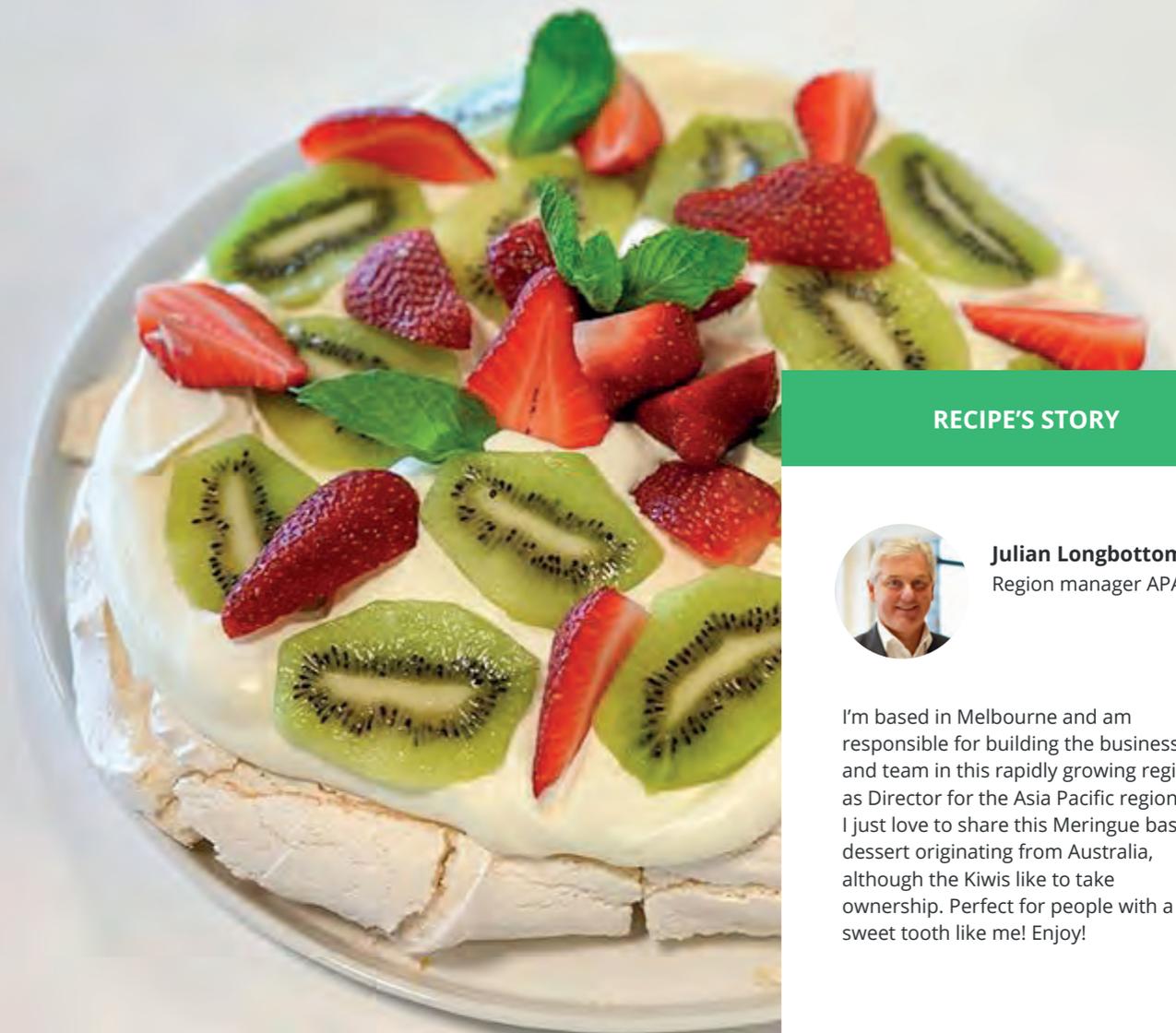
4 egg Pavlova
4 egg whites
pinch of salt
1 cup Sugar
½ tsp vanilla
1 tsp vinegar
1 dessertspoon cornflour
Topping:
200 ml whipped cream
strawberries
kiwi
fresh mint leaves

Beat egg whites and salt until stiff and fluffy, add sugar gradually.
Beat well until sugar is dissolved. Add vanilla and vinegar.

Fold in cornflour. Turn mixture onto tray or plate and shape into Pavlova.

Place in a preheated oven 300°F (150°C) for 15 minutes. Turn oven down to 275°F (135°C) for 1 hour.

When done let the meringue sit and cool for a bit. It can be topped with whipped cream, kiwis and strawberries, but feel free to use your imagination and top with anything you like.



RECIPE'S STORY



Julian Longbottom
Region manager APAC

I'm based in Melbourne and am responsible for building the business and team in this rapidly growing region as Director for the Asia Pacific region. I just love to share this Meringue based dessert originating from Australia, although the Kiwis like to take ownership. Perfect for people with a sweet tooth like me! Enjoy!

DESSERT

Bua Loy - Tradition Thai Dessert

COUNTRY OF ORIGIN | Thailand

Serves 4

1 cup coconut milk
(recommended brand:
Aroy-d)

1 cup palm sugar (regular
white sugar is also fine)

1/4 cup water

1 cup glutinous rice flour

pandan (or green food
colouring)

pumpkin (or yellow food
colouring)

Small chewy balls: knead the glutinous rice flour and water slowly together until the dough is formed. Cut the dough into 3 parts.

Part 1, mix in the pandan juice** into the dough to make it a green colour dough.

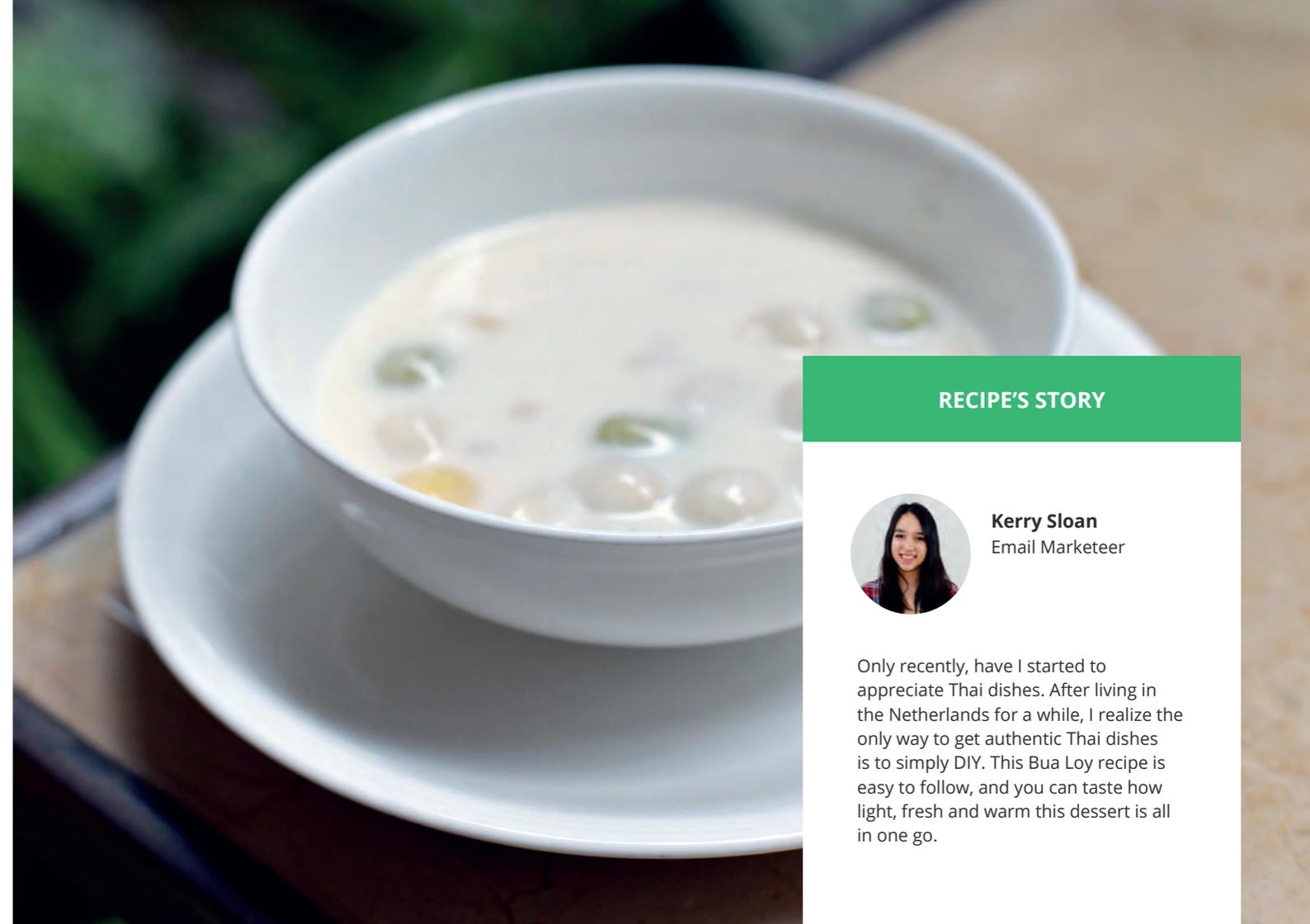
Part 2, mix in the pumpkin into the dough to make it a yellow colour dough
(add water if the dough is too dry).

Part 3, the remaining white dough will be your 3rd colour.

Once the 3 different parts of the dough are ready, pinch a piece of any dough to form a small round circle (size of your thumb). Do this until there is no more dough left to roll. Prepare the pot, boil the water, and add the 3 coloured circle dough balls into the boiling water. The dough will float to the top and that is when you know it's ready.

**Pandan juice: blend the pandan leaves with a bit of water and strain out the pieces, so you can have the juice left behind.

Sauce: in a separate pot, boil the coconut milk. Once the coconut milk starts to boil, lower the heat and add in the palm sugar. Stir this mixture until you think all the sugar has dissolved. Add the small, cooked circle dough balls into a bowl and add the coconut milk + sugar and enjoy it like a cereal!



RECIPE'S STORY



Kerry Sloan
Email Marketeer

Only recently, have I started to appreciate Thai dishes. After living in the Netherlands for a while, I realize the only way to get authentic Thai dishes is to simply DIY. This Bua Loy recipe is easy to follow, and you can taste how light, fresh and warm this dessert is all in one go.

DESSERT

Tiramisu with a Kick

COUNTRY OF ORIGIN | Italy

Serves 6

200 ml espresso
30 ml cognac
125 g crystal/table sugar
500 g Mascarpone
4 eggs
250 g ladyfingers
10 g cocoa powder

Make the espresso, add the cognac and let it cool down.

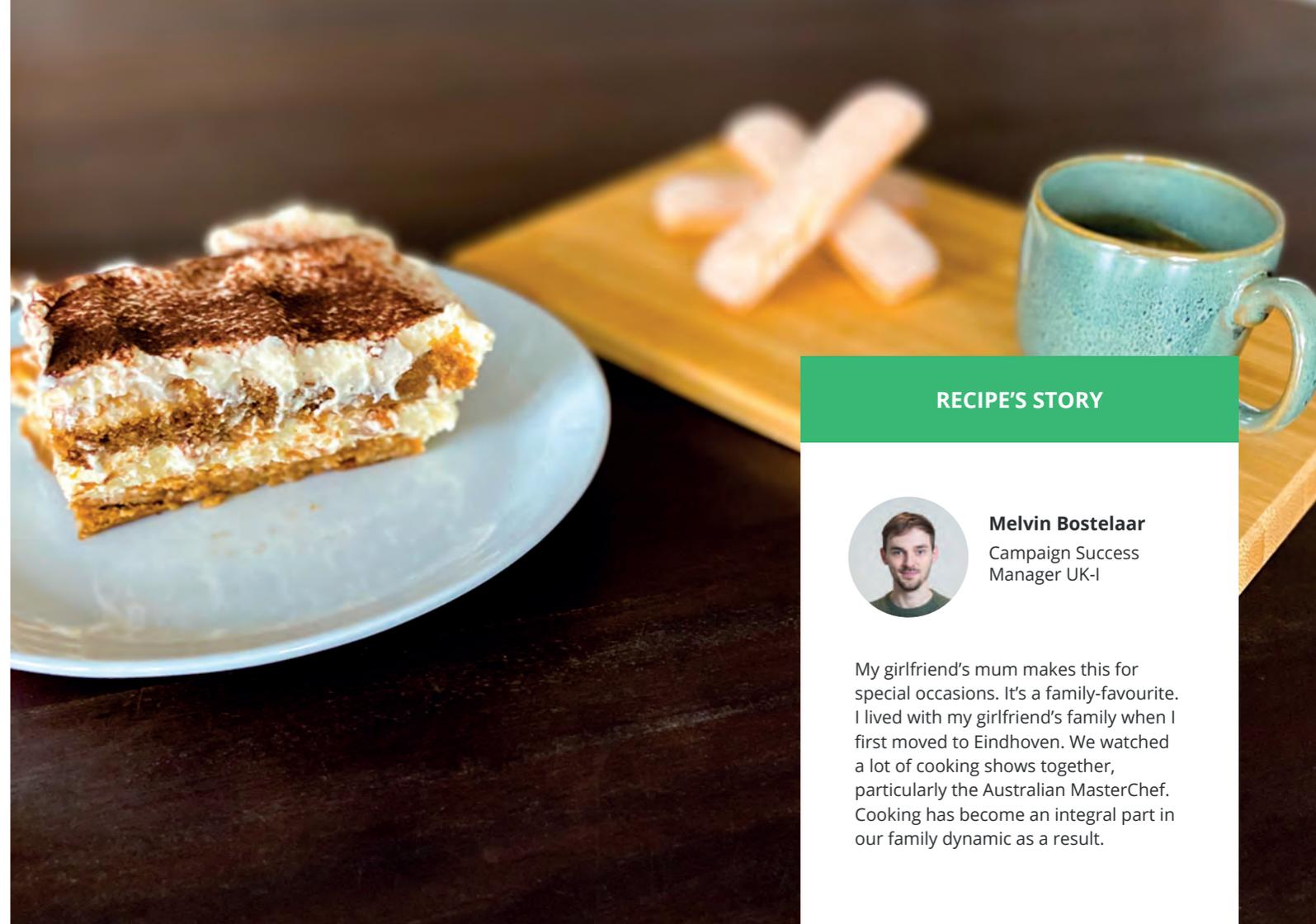
Separate eggs. Whisk the egg whites until stiff. Whisk the yolks with sugar into a crème with light consistency. Add the Mascarpone in parts, then carefully add the egg whites (without breaking the air bubbles).

Pour the cold espresso into a deep plate then dunk half of the ladyfingers in the espresso 1 by 1 and put them in a dish to cover the bottom.

Spread half of the Mascarpone mixture on top. Finish the first layer by adding half of the cacao powder. Dunk the remaining ladyfingers and put them on top of the layer of cacao powder.

Add the remaining Mascarpone and top with rest of the cocoa powder.

Cover and refrigerate for 3 hours.



RECIPE'S STORY



Melvin Bostelaar
Campaign Success
Manager UK-I

My girlfriend's mum makes this for special occasions. It's a family-favourite. I lived with my girlfriend's family when I first moved to Eindhoven. We watched a lot of cooking shows together, particularly the Australian MasterChef. Cooking has become an integral part in our family dynamic as a result.

DESSERT

Pear Sidecar

COUNTRY OF ORIGIN | United States of America

Serves 1

2 oz Belle de Brillet Pear
& Cognac Liqueur

3/4 oz Cointreau

1 1/4 oz fresh lemon Juice

superfine sugar

pear slices

*Best served
in a coupe glass.

Moisten the outside top 1/4 inch of coupe with lemon juice.

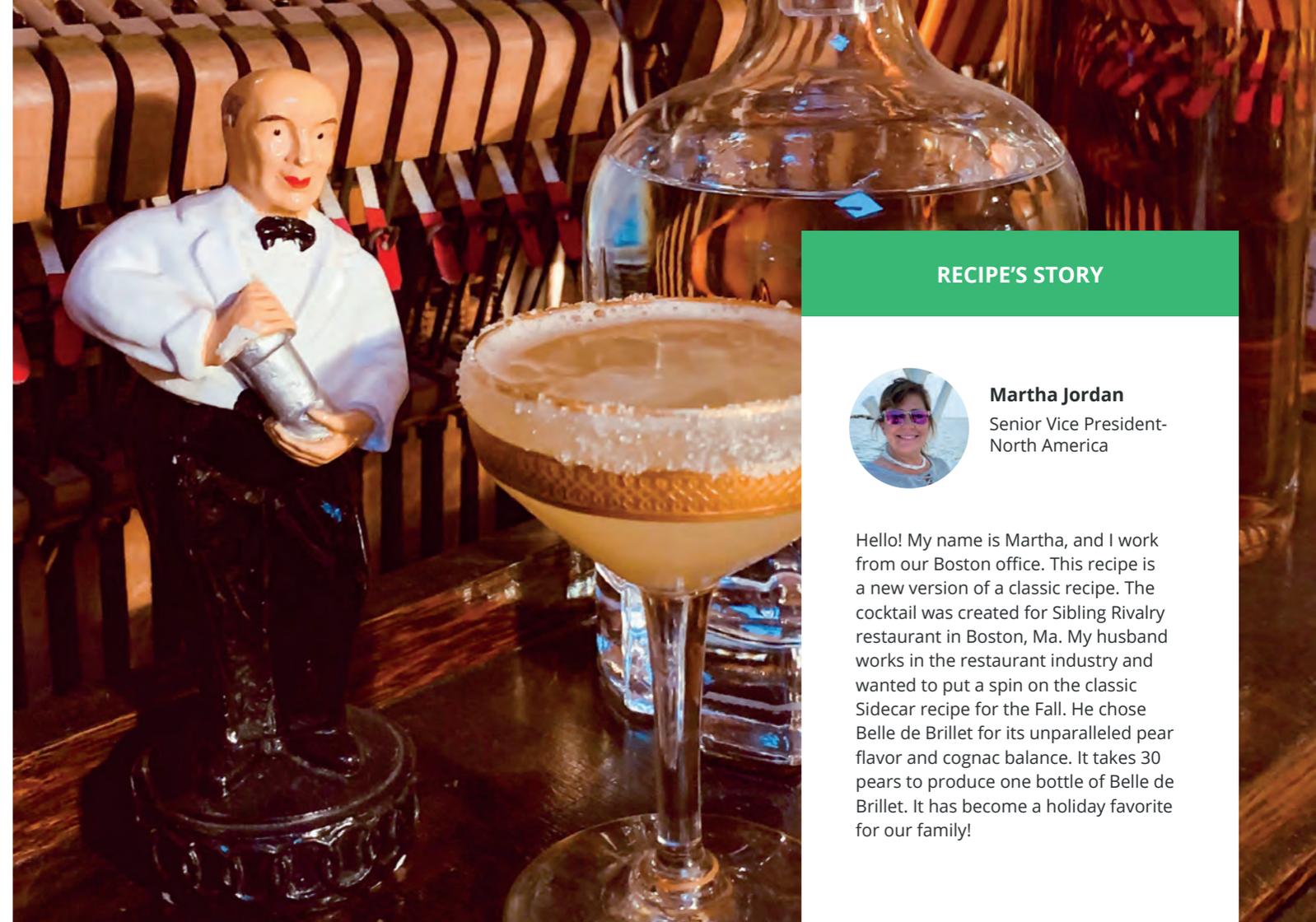
Roll outside top of coupe in sugar.

In mixing glass, combine all ingredients.

Add ice. Shake vigorously. Strain into glass. Garnish with a pear slice.

*Pear slices can be made ahead of time.

Combine a pint of cold water with a tsp of lemon juice, add slices and refrigerate.



RECIPE'S STORY



Martha Jordan

Senior Vice President-
North America

Hello! My name is Martha, and I work from our Boston office. This recipe is a new version of a classic recipe. The cocktail was created for Sibling Rivalry restaurant in Boston, Ma. My husband works in the restaurant industry and wanted to put a spin on the classic Sidecar recipe for the Fall. He chose Belle de Brillet for its unparalleled pear flavor and cognac balance. It takes 30 pears to produce one bottle of Belle de Brillet. It has become a holiday favorite for our family!

Pofta buna!
Furahia mlo wako!
请享用!
Guten Appetit!
Приятен оброк!
¡Disfrute de su comida!
Afiyet olsun!
Enjoy your meal!
ทานให้อร่อย!
Desfrute de sua refeição!
Καλή όρεξη!
Smakelijk eten!
Buon Appetito!
Nauti ateriasiasi!
Приятного аппетита!
Labu apetīti!
ბემრიელად მიირთვით!
Ăn ngon miệng nhé!

@Studyportals December 2020

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