

A Taste of Diversity, vol. II

from our hearts to your home





studyportals



STUDYPORTALS COOKBOOK:

A Taste of Diversity, vol. II

INTRODUCTION

The first edition of A Taste of Diversity was launched in the middle of the coronavirus pandemic. The aim then was to unite in spirit – to share and connect, despite the physical distance between us. This year we celebrate coming back together.

The enriching experience that results from bringing diverse individuals, cultures and perspectives together is the fundament our company is built on – from enriching lives through international education, to bringing together colleagues from over 37 countries in our team.

We believe in the power of cultural exchange and diversity to enrich lives and to connect our world.

Strong, long term and innovative partnerships have always been a key ingredient in our recipe for success, so we wanted to share our family recipes as a token of appreciation to our extended Studyportals family.

Join us in this culinary celebration, where food becomes the bridge that connects us all. Through these recipes, we hope to inspire you to create your own happy memories, share your culinary stories, and savor the moments that bring us together at the table.

Please enjoy this 'taste of diversity', from our hearts to your stomach 😊.

... You will always have a seat at our table!



SHISO LEAVES:

A Culinary Memory from My Japanese Journey

INTRODUCTION

Welcome to a cookbook that's not just about recipes; it's about the memories, the stories, and the shared experiences that bring us all together through the joy of food. The Studyportals purpose sprung for me during my studies in Japan. One culinary experience stands out—the discovery of Shiso leaves, a delight that you'll often receive alongside Sushi across the world but most people miss to enjoy!

During my Japanese adventure, I stumbled upon these leaves, a small culinary wonder that added a dash of excitement to regular sushi dinners. This leaf was able to transform Bigeye tuna and Yellowtail. It is so transformative that it even has the name Red Steak plant in English because of its color and ability to pair so well with a steak. But the most exciting aspect of this leaf is its refreshing taste and medicinal qualities. Shiso's qualities are widely touted and have been used for centuries to promote better health, build brain cells, and boost the immune system.

This is a small leaf with great taste and big power, and to me it represents what I learned in my study period in Japan - how international education can also enrich lives and connect our world.

Now, as I have shared my Shiso leaf-inspired recipes with you, I invite you to embark on a journey of your own. This cookbook isn't just my story; it's a collection of stories from colleagues, friends, and fellow explorers who have joined me in celebrating the beauty of food as a universal connector. Each recipe within these pages is more than just a set of instructions; it's a glimpse into someone's heart and a portal to their cherished memories. You'll find dishes that have been passed down through generations, international delights that tell tales of travels, and comfort foods that bring warmth to our souls.

Edwin van Rest

Untranslatable Food Words from Around the World

Food is a universal language that transcends borders, cultures, and backgrounds. It has the remarkable ability to evoke emotions, trigger memories, and create connections among people. Yet, within this global culinary tapestry, there exist certain moments, feelings, and experiences that are so uniquely tied to a specific culture or language that they defy easy translation. These untranslatable words capture the essence of what it means to savour a meal, to bond over a shared dish, or to experience the profound joy and comfort that food can bring.

Bon appétit! ¡Buen provecho! 乾杯 (Kanpai)!

UITBUIKEN (Dutch)

Literally means giving your belly or stomach space to expand after a proper dinner. It signifies being so full that you really have to go lay down and "relax with a full belly".

WINTER

WINTER

WINTER



MAIN DISH



WINTER DELIGHT

COCONUT CHICKEN HOTPOT

COUNTRY OF ORIGIN | China



SERVES
4 People



METHOD
Pot



COOK TIME
20 min



EASY
03/10

INGREDIENTS

- 1 cut-up whole chicken
- 2-3 whole coconuts
- Any vegetable/meat that you want to add
- 1/2 cup mashed ginger
- 2 spoons soy sauce
- 1-2 red chillies, finely chopped (adjust to your spice preference)
- 1/2 lime

PREPARATION

Drain out all the coconut juice, cut out the coconut meat and slice it into pieces.

Put the chicken, coconut juice and coconut meat into the hotpot. Close the lid. Turn it to high heat. After it boils, turn it to medium heat.

Squeeze the juice of half a lime into the bowl with the other ingredients.

Wait for 15 minutes and once it's ready, eat the chicken first and then enjoy the soup.

Feel free to add other ingredients to the soup after finishing the chicken.

Sauce instructions: In a small bowl, combine the mashed ginger, soy sauce, and chopped red chillies. Adjust the amount of chili according to your spice preference.

Drink the soup, dip the sauce, and enjoy!



JUNJIE CHEN

Digital Marketing Specialist

I'm Junjie, the Digital Marketing Specialist in Student Marketing Team, and it's my favorite dish when I was working in my home country, China.

WINTER DELIGHT

EASY CHICKEN POT PIE

COUNTRY OF ORIGIN | United States of America



SERVES
6-8 People



METHOD
Oven



COOK TIME
60 min



EASY
02/10

INGREDIENTS

- One 10 3/4 oz can condensed Cheddar cheese soup
- One 3/4 oz can condensed cream of celery soup
- 1/2 cup milk
- 1 roasted chicken shredded
- 1 medium onion diced
- One 10 oz package frozen mixed vegetables
- Salt & pepper to taste
- 2 sheets puff pastry
- Butter (to dot pastry)

PREPARATION

In a large saucepan, heat milk and soups. Stir in chicken, onion, frozen mixed vegetables, and salt and pepper.

Cook until mixture boils. Remove from heat.

Preheat oven to 350°F (160°C). Pour into pastry-lined 13x9x2 inch pan (33.02 cm x 22.86 cm x 5.08 cm) (or 6-8 oven-proof bowls, pictured).

Cut pastry for top into strips. Lay over pie filling in a lattice style. Dot with butter.

Bake at 350°F (160°C) until golden and bubbly about 45 minutes (less if using bowls).



PEGGY KELLEHER

Senior Vice President

I am part of the North America Team. I am sharing a hearty dish that is a family favorite (and easy for this working mom to whip up) during winter months in New England.

WINTER DELIGHT

GROENBOONTJIE BREDIE

(Green Bean Stew)

COUNTRY OF ORIGIN | South Africa



SERVES
6 People



METHOD
Pot



COOK TIME
2h



MEDIUM
05/10

INGREDIENTS

- 1 kg mutton, cubed
- 15 ml butter & 30 ml oil
- 5 ml salt, black pepper & sugar
- 2 onions, chopped
- 250 ml chicken stock
- 1 can chopped tomatoes
- 30 ml lemon juice
- 15ml chopped garlic
- Pinch of chilli powder
- 500g green beans, chopped
- 2 potatoes, diced
- 30 ml white wine

PREPARATION

Preheat the oven to 160 degrees celsius.

Brown the meat in the oil/butter mixture in an oven-proof pot or saucepan.

Remove the meat with a slotted spoon and season with seasoned salt or salt, pepper and sugar.

Sauté the onions in the same saucepan.

Add the stock, wine / vinegar, garlic, tomatoes and chilli powder. Bring to boil. Add the green beans, potatoes and preserved lemon (if using).

Return the meat to the saucepan. Transfer the saucepan into the oven and bake for approximately 1.5h or until the potatoes are soft.

Season to taste and pour over fresh lemon juice Garnish with chopped parsley.

Serve on rice.

OPTION: Preserved lemon.



KRISTI DU TOIT

Product Owner

This stew is amazing, while it cooks in the oven, the aromas fill the house. Family members are drawn to the kitchen with mouths watering.

WINTER DELIGHT

JAPANESE CURRY

COUNTRY OF ORIGIN | Japan



SERVES
8 People



METHOD
Pot



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 2 onions
- 2 carrots
- 3 Yukon gold potatoes
- 1 tsp ginger
- 2 cloves garlic
- 700g skinless chicken thighs
- 1.5 tbsp neutral oil
- 4 cups chicken stock/broth (or half stock/water or just water)
- 1 package Japanese curry rouxshort-grain rice
- Freshly ground pepper

PREPARATION

Cut the onions, carrots, potatoes and chicken thighs into cubes. Grate the ginger and mince the garlic.

Put oil into a large pot and cook the onions until translucent.

Add the grated ginger and garlic then the chicken and cook until outside is no longer pink.

Add the chicken stock/water. Add the carrots and potatoes then simmer (covered) on low-medium heat for 15 minutes, stirring occasionally.

Once boiling, use a fine mesh strainer to skim the scum and foam on top. Continue to cook until a wooden skewer can go through the potatoes and carrots.

From 1 package of Japanese curry roux add 1-2 cubes in a ladleful of the stock. Repeat for all cubes.

Simmer on medium-low heat, stirring frequently, until curry becomes thick.

Season with pepper if you'd like.Serve with rice!

TIP: You can put leftovers in fridge/freezer



PHIL CHIANG

Campaign Manager

I'm Phil, I am from Taiwan and I'm a Campaign Manager at Studyportals. I'm sharing this recipe because this is what kept me alive through university.

WINTER DELIGHT

SARMA

COUNTRY OF ORIGIN | Croatia



SERVES
4 People



METHOD
Oven



COOK TIME
60 min



MEDIUM
06/10

INGREDIENTS

- 500 g of minced meat
(beef & pork)
- 100 gr of pancetta
- Fresh cabbage/sauerkraut leaves
(1 piece)
- Plain white rice
- Salt
- Ground paprika
- Pepper
- Oil
- Flour

PREPARATION

In a pan, sauté onions, once translucent mix them with ground meat, rice, and spices.

Place a handful of the filling in each cabbage leaf, fold the sides, and roll tightly.

Arrange the stuffed cabbage rolls in a large pot, add pancetta and add in the water so the sarma is covered, add salt and cover all with leftover sauerkraut.

Simmer slowly for 1 hour until tender. In the meantime make the browned flour in a separate pan. Add 1/2 a cup of flour on preheated oil, add in the ground pepper and salt and stir till golden brown. Add in the browned flour to the main pot towards the end of cook time, that will thicken the sauce and make it creamy.

Tip: Serve with mashed potatoes and enjoy!



KARLA RAMIĆ

Junior Marketing Specialist

My name is Karla and I'm a Junior Marketing Specialist at Studyportals. Sarma is a winter-time superstar dish to enjoy with your family & you can smell it before you even enter the house.

WINTER DELIGHT

SCOTCH BROTH WI' A WEE CHEESY TWIST

COUNTRY OF ORIGIN | Scotland



SERVES
4-6 People



METHOD
Pot



COOK TIME
50 min



EASY
03/10

INGREDIENTS

- 250g boneless lamb or beef, cubed
- Medium onion, finely chopped
- Medium carrots, peeled and diced
- Celery stalks, diced
- Leek, cleaned and sliced
- 100g pearl barley, rinsed
- 1.5 litres beef or vegetable broth
- 2 cloves garlic, crushed
- Teaspoon dried thyme/fresh
- Thyme leaves

PREPARATION

In large pot, heat little olive oil over medium heat. Add cubed lamb/beef and sear until browned. Remove and set aside.

In same pot add more oil if needed and sauté chopped onion, diced carrots, celery, and sliced leek until softened about 5 minutes. Stir in minced garlic and dried thyme cooking for 1 minute.

Return cooked meat to pot and add rinsed pearl barley. Pour in beef or vegetable broth. Adjust amount of barley if a thicker soup preferred. Bring soup to boil, then reduce the heat to low. Cover and let it simmer for 45 min until the meat is tender and the barley is cooked properly.

Pro tip: Add a piece of Parmesan when simmering and remove before eating.

Season the soup with salt and pepper. Add fresh thyme leaves for extra flavour. Once soup ready, discard excess fat that might have risen to the top.

Thick cut bread with salted butter, a must!



ARCHIE POLLOCK

Senior Analytics Consultant

This is a simple recipe for Scotch broth which I have used many times, made some adaptations to, and which has never failed to warm me on those cold Scottish Winter.

WINTER DELIGHT

VÖRÖSBOROS MARHAPÖRKÖLT

(Goulash Red Wine Beef Stew)

COUNTRY OF ORIGIN | Hungary



SERVES
4-6 People



METHOD
Pot



COOK TIME
4 hours



EASY
03/10

INGREDIENTS

- 2 kg of small diced lean beef
(from the leg or shank)
- 5-6 chopped red onions
- 1-2 tbsp of fat/lard
- 2-3 dl of dry red wine
- 2 big TV / yellow paprika cut into
slices (or kapia paprika)
- 1-2 tbsp of tomato purée or 2
quartered tomatoes
- 2-3 tbsp Red Paprika
- Black Pepper
- Salt

PREPARATION

In a large pot, possibly cast-iron, start by sautéing the onions in a little bit of fat. Then sprinkle red paprika and about 1-2 tbsp of tomato puree. Stir well.

Next, add the beef slices, season it with salt, mix it until its nicely brown. Toss in the paprika slices.

Cover it and begin to cook, when releases a bit of juice, pour approximately 1 dl of dry red wine and a pinch of black pepper.

After around 30-40 mins pour another dl of wine, let it simmer under the lid for about 2-3 hours until tender. If it starts to run dry, always pour some water over it. Towards the end, don't add too much red wine, as it can become too strong in wine flavor. You may add bay leaves, garlic and ground cumin as spices.

At home we serve it with Fusilli pasta, boiled potatoes or "nokedli". It's one of the dish that's even more delicious when reheated.



SZILVIA ROTYIK

Business Intelligence Developer

I'm a BI developer in Big Data team crafting insightful dashboards to visualize data-driven stories. As many Hungarian households, as many stews. This is our family recipe.

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS

DESSERTS



VEGY

WINTER DELIGHT

BEAR PAWS

COUNTRY OF ORIGIN | Slovakia



SERVES
4-6 People



METHOD
Oven



COOK TIME
30 min



EASY
03/10

INGREDIENTS

- 600g flour
- 300g margarine
- 200g powdered sugar
- 2x whole eggs
- 150g ground walnuts
- 6g baking powder
- To taste: Vanilla essence, lemon zest, ground cinnamon, ground cloves.

PREPARATION

Sieve the flour and combine all the ingredients into a soft dough.

Place in fridge for 24 hours.

Bring back to room temperature.

Gently press small balls between your palms.

Bake at 160C for 15 minutes.

Coat in icing sugar.



MARCEL BANDUR

Senior Business Developer

I am Marcel from Slovakia, currently a Senior Business Developer, based in Singapore. This 100-year old family recipe will take you to my grandma's house for Christmas.

DECADENT CHOCOLATE CAKE

COUNTRY OF ORIGIN | France



SERVES
4-6 People



METHOD
Oven



COOK TIME
40 min



EASY
03/10

INGREDIENTS

- 250 g of 70% dark chocolate
- 250 g of butter
- 250 g of sugar
- 70 g of flour
- 4 eggs
- Equipment: a 24-25 cm diameter loose-bottomed cake tin.

PREPARATION

Preheat the oven to 200 degrees.

Melt the chocolate in a double boiler or microwave. Add the butter and mix well to achieve a smooth texture.

Transfer to a mixing bowl. Add the sugar and mix. Add the flour and vigorously mix again to prevent lumps.

Crack the eggs into a bowl and beat them. Add them to the chocolate mixture and mix thoroughly.

Pour the cake batter into a 24-25 cm cake tin that has been buttered and floured beforehand.

Reduce the oven temperature to 150 degrees. Place the tin in the oven for 30 minutes.

Allow to cool for 10 minutes, then remove the cake from the tin. You should have a cake with a slight crust and a soft, melting centre.

Enjoy it warm.



CAROLINE SOUVESTRE

Marketing Director

My birthday falls in December, when there's not much exciting fruit available in Europe. I often turn to this cake as my celebration treat. It is truly decadent, I recommend small servings.

VEGY

WINTER DELIGHT

PUUX PEPERNOTEN CHEESECAKE

COUNTRY OF ORIGIN | The Netherlands

**SERVES**
10-12 People**METHOD**
Oven**COOK TIME**
60 min**MEDIUM**
05/10

INGREDIENTS

- 240 g pepernoten (gingerbread cookies) for the bottom
- 100 g of unsalted butter
- 600 g cream cheese
- 180 g sugar
- 4 eggs
- 125 g sour cream
- 1 tsp vanilla extract
- 20 g flour
- 4 tsp gingerbread spices
- 175 g pepernoten for the batter

PREPARATION

For the bottom grind the pepernoten finely, melt the butter, mix that all together, pour it into a form lined with baking paper and press firmly.

For the cheesecake batter beat the cream cheese and sugar until creamy, add the eggs and mix until incorporated. Add sour cream and vanilla extract, mix until smooth. Add the flour and gingerbread spices, and finally carefully mix in the pepernoten.

Pour the batter onto the base and spread evenly.

Bake the cheesecake for 60 minutes at 150 °C, turn off the oven, and let the cake cool down.

When the cake is a little lukewarm, cover it with foil and put it in the fridge overnight to stiffen further.

And then – EAT IT!



MARIA KINAST

Senior Partnerships Advisor

I am from Latvia and, next to working at Studyportals, me and my husband run a lunch café 'PUUX' in Nijmegen. Every winter we bake this cheesecake, with traditional Sinterklaas cookies in it, very Dutch dessert!

STICKY TOFFEE PUDDING

COUNTRY OF ORIGIN | United Kingdom



SERVES
6-8 People



METHOD
Oven



COOK TIME
60 min



MEDIUM
05/10

INGREDIENTS

- 175g medjool dates chopped
- 1 teabag
- 1 tsp bicarbonate soda
- 1 tsp vanilla extract
- 175g salted butter
- 50g dark muscovado sugar
- 50g soft light brown sugar
- 2 eggs & 100ml milk
- 175g self-raising flour
- 150ml double ream
- 100g dark muscovado sugar
- 75g salted butter

PREPARATION

Pour 150 ml boiling water over the dates, tea bag and bicarbonate of soda and set aside to soak for 10 mins.

Remove the teabag and discard. Add the vanilla extract and mash the mixture with a fork. Heat the oven to 180°C.

Butter a tin and line the base with nonstick baking paper. Butter and lightly flour them before lining the bases with circles of nonstick baking paper. Beat the butter with both the muscovado sugars until smooth.

Beat in the eggs, followed by the milk and the date mix, beating well each time. Sieve in the flour and fold. Pour into the dish or tin and smooth the top. Bake for 35 mins until golden and risen.

Meanwhile, make the sauce. Heat the cream, sugar and butter in a pan over a low heat, stirring often until smooth.

Let the sponge sit for 10 mins then cut into 8 servings. Serve warm, with the sauce poured on top. Serve with ice-cream for added flavour!



NATALIE CLAYTON

Senior Partnerships Success Manager

Hi! I'm Natalie, Senior Partnerships Success Manager from the UK. This recipe is a firm favourite of mine, something you can enjoy in the winter months to make you feel all warm and fuzzy!

SHEMOMECHAMA (Georgian)

You keep eating, even though you're full, because the food is so delicious. The word literally means 'I accidentally ate the whole thing.'

KALSARIKÄNNIT (Finnish)

Drinking at home in comfy clothing with or without friends.

SOBREMESA (Spanish)

The time spent after lunch or dinner socializing with the people you shared the meal with.



SPRING
DRESS

MAIN DISH



MAIN DISH

SPRING DELIGHT

ARROZ DE PATO

COUNTRY OF ORIGIN | Portugal



SERVES
4 People



METHOD
Pot



COOK TIME
2h 30 min



MEDIUM
06/10

INGREDIENTS

- 1/2 duck (~ 1.200g)
- 2 cups of rice
- 2 cups of water
- 2 cups of stout beer
- 100g of bacon thinly cut
- Grated parmesan (no limits)
- Olive Oil
- 1 onion
- Salt & pepper

PREPARATION

Place the duck in a saucepan with water seasoned with salt and black pepper. Bring to a boil over high heat. When starts boiling, reduce to medium-low heat and cook the duck for 1h 15 min.

When the duck is cooked, drain it and let it cool down a bit. Save the cooking water. Remove the skin and bones and pull the duck into pieces.

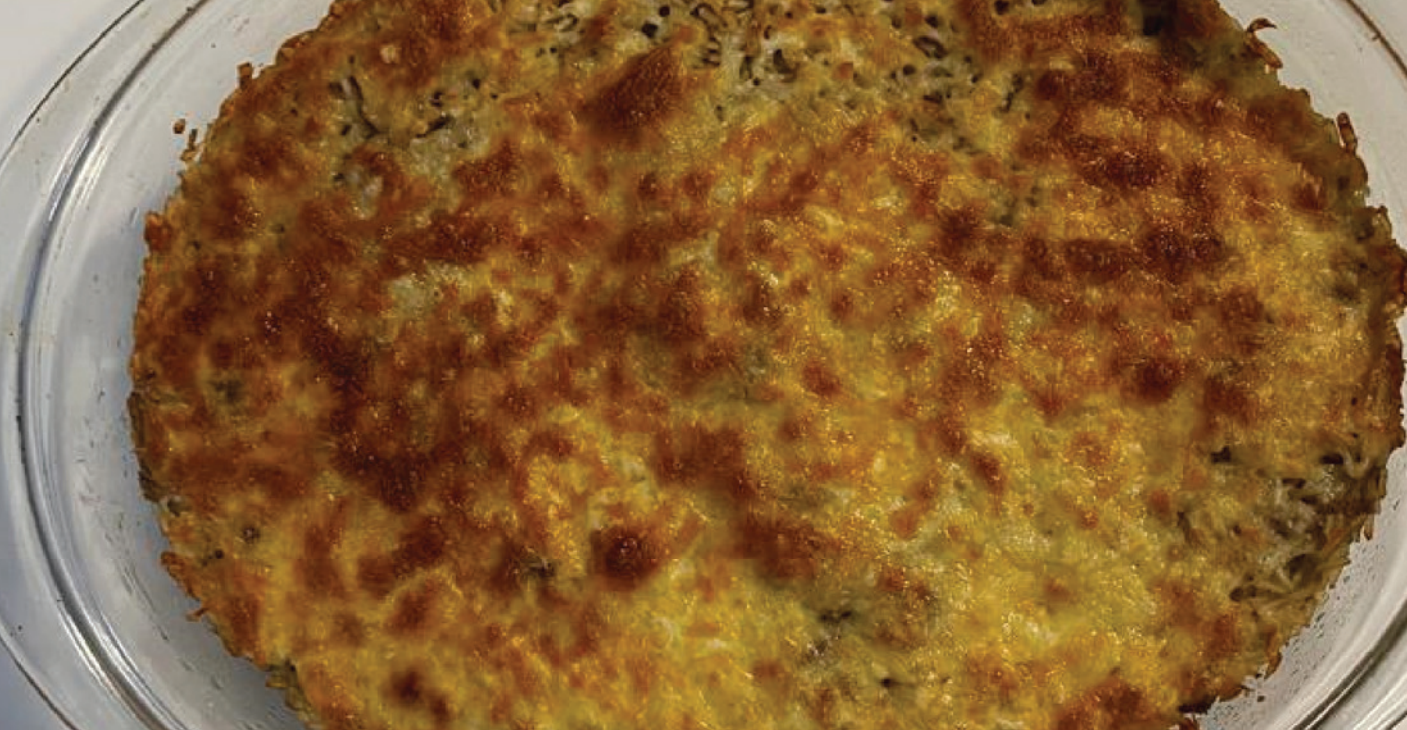
In another pot, add olive oil and onion on low heat. Once it starts to simmer, add the duck and the bacon and let it cook slowly ~15 minutes. Keep an eye so it doesn't stick to the bottom!

Add 2 cups of rice and steer everything together so the rice takes in the flavour. Right after add 2 cups of boiled duck water and 2 cups of stout beer. Leave it on low to boil until the water is gone (~20 min).

Preheat the oven to 180°C.

Butter up a baking dish, transfer the rice and cover it with grated cheese.

Bake until golden (~25 min).



RITA NASCIMENTO

Account Manager

Hey! I'm Rita and I am the self proclaimed queen of the Eindhoven office. This is one of my favourite dishes that my mom cooks when I am back in Portugal, so for me it always feels like home.

SPRING DELIGHT

CHINESE BIRTHDAY NOODLE

(Chang Shou Mian)

COUNTRY OF ORIGIN | China



SERVES
5 People



METHOD
Frying pan



COOK TIME
20 min



EASY
03/10

INGREDIENTS

- 200g of thin Chinese egg noodles
- 4 cups of chicken broth
- 2 boneless, skinless chicken breasts
- 1 tablespoon of vegetable oil
- 2 cloves of garlic, minced
- 2.5 cm piece of ginger, minced
- 1 carrot, julienned
- 1/2 cup of sliced shiitake mushrooms
- 2 green onions, thinly sliced
- Salt and white pepper to taste
- 1 tablespoon of soy sauce
- 1 teaspoon of sesame oil

PREPARATION

Cook the Chinese egg noodles according to the package instructions. Drain and set aside.

Cut the chicken breasts into thin strips or bite-sized pieces.

In a pan, heat the vegetable oil over medium-high heat. Add the minced garlic and ginger and sauté for about 30 seconds until fragrant.

Add the chicken pieces and cook until they turn white and are no longer pink in the middle.

In a large pot, bring the chicken broth to a boil. Add the julienned carrots and sliced shiitake mushrooms to the boiling broth. Reduce the heat and simmer for about 5-7 minutes until the vegetables are tender.

Add the cooked chicken pieces to the soup.

Season the soup with salt, white pepper, soy sauce, and sesame oil. Adjust the seasonings to your taste.

Optional: Hard-boiled egg halves for garnish



ASHLEY COOPER-HONG

Partnership Success Manager

I'm Ashley, I'm the Partnership Success Manager at Studyportals. I've got a special recipe for you that my family always uses on my birthdays. It's like a hug from home.



SPRING DELIGHT

CUSTOMISABLE DO-IT-YOURSELF WRAPS

COUNTRY OF ORIGIN | The Netherlands



SERVES
4 People



METHOD
Raw



COOK TIME
10 min



EASY
03/10

INGREDIENTS

- Aioli Salsa sauce
- Hummus
- Cucumber & Paprika & Tomatoes
- Beans & Corn & Avocado
- Leaf spinach & Lettuce
- Grated (vegan) cheese
- Hot topping (optional):
- 450g Tofu
- 1 onion & 1 clove of garlic
- 1 tbs olive oil
- 1 tbs soy sauce
- ¼ tsp chili powder & ¼ tsp coriander

PREPARATION

Cut all vegetables in small parts.

Heat the wraps in the microwave (30sec per wrap, @750W).

Serve in separate bowls.

Hot topping (optional - 30mins):

Cut the onion, garlic, and tofu in small pieces.

Put it all in a bowl together with the olive oil, soy sauce, chili powder, and coriander. Marinate 15mins. Heat in baking pan on high-temperature 10 mins.

Superhero tips:

Pitch as a tasting event, combined with some good red wines.

The longer the tastier, try marinating the hot topping overnight.

Serve to toddlers: their food preference can change daily, and this way you give them control DIY-style.



ROB JANSEN

Business Unit Director – Strategic Partnerships

This cherished family recipe, with credit to my wife, offers you and your guests the opportunity for customization. What will you be serving? Enjoy!

SPRING DELIGHT

EDWIN DREAMS OF CHIRASHI SUSHI

COUNTRY OF ORIGIN | Japan



SERVES
4 People



METHOD
Raw



COOK TIME
25 min



EASY
03/10

INGREDIENTS

- 750g cooked sushi rice
- 8 cooked prawns
- 75g grilled eel
- 60g sashimi salmon
- 50g snow peas

PREPARATION

Butterfly the cooked prawns by cutting the belly side (from head to tail). Then cut in smaller pieces.

Cut the grilled eel and sashimi salmon in small square-like pieces.

Get the snow peas ready by pulling off the tip and taking the string. Warm them up for a minute in the microwave, with some water and salt. When done, dry and let them cool down. Cut in small pieces.

Place the cooked sushi rice (just a thin layer) in a bowl and scatter the prawn and grilled pieces.

To wrap up, add the snow peas and season with soy sauce.

Remember, you can scatter all kind of nice ingredients over the bowl, like tuna and salmon roe!

Note: Please be aware that, like many other, the fishing industry poses challenges to our planet, particularly in the case of Eel and certain types of Tuna, Shrimp and Salmon. We would like to encourage you to take into account the sustainability of your purchases. While the ASC and MSC certifications, along with [msc.org](https://www.msc.org), may not be perfect, they can certainly assist in guiding your choices.



EDWIN VAN REST

CEO and Co-Founder

Healthy and delicious like regular Sushi, but then also fast, simple and festive! I like it with Salmon, Tuna, Salmon Roe and (the best) Unagi (grilled eel). You can scatter some nori (seaweed) pieces as well and enjoy with, of course, Shiso leaves!

SPRING DELIGHT

EMPANADAS ARGENTINAS

COUNTRY OF ORIGIN | Argentina



SERVES
4 People



METHOD
Pot



COOK TIME
1h 45 min



MEDIUM
05/10

INGREDIENTS

- 500g flour
- 250ml water
- 25ml olive oil
- 10g salt
- 500g beef (flank steak)
- 300g onion
- 1 red bell pepper
- 1 Welsh onion
- Oregano, Salt and Pepper as per your taste.

PREPARATION

Empanadas can be made in many ways with many different types of filling. I like the ones from Tucumán with beef filling the most.

For the dough: Combine the four ingredients, knead for 10 minutes and stretch the dough to create 1-2mm thick circles of about 15cm in diameter.

For the filling: Finely chop all ingredients. Sauté the onion and bell pepper, add the seasonings and meat, and cook for one hour. This is the original filling, but some choose to add chopped olives, boiled egg or raisins.

Place the filling inside the dough, close the empanadas by wetting the edges and folding them tightly. You can press the edges together with a fork or pinching and twisting/folding them over, but make sure they are sealed well.

Bake the empanadas in the oven for 15 minutes at 250°C.

¡Buen provecho!



JAAP WAALEN

Partnership Success Manager

My name is Jaap, I am Dutch and work with Strategic Partners at Studyportals. When I was studying in Argentina, I grew fond of both the people and the food. My favourite snack: Empanadas.

SPRING DELIGHT

GAMBIAN PEANUT STEW (DOMODA)

COUNTRY OF ORIGIN | The Gambia



SERVES
6 People



METHOD
Pot



COOK TIME
1h 20 min



MEDIUM
05/10

INGREDIENTS

- 2 chicken legs (for VVG Chickpeas)
- 1 large onion
- 3 roma tomatoes
- 2 potatoes & sweet potato
- 2 carrots
- 1 lime
- 175g natural peanut butter
- 35g of tomato paste
- 1 tsp mustard, chicken seasoning, garlic powder, salt, black pepper, bouillon, vinegar, oil and rice of choice.

PREPARATION

Clean chicken with vinegar and 1tsp salt (for V and VG, replace with chickpeas). Rinse chicken and add chicken seasoning, garlic powder, salt, black pepper, mustard.

Chop veggies into small pieces. For the potatoes, carrots and sweet potato you can chop them into cubes and place them in salt water.

Heat some oil in a pot and fry the potatoes, carrots and sweet potatoes.

Add peanut butter into a bowl and start gradually mixing in water. You want the mixture to be the consistency of a pancake batter.

When the potatoes are light brown on almost all sides, remove all and place aside.

Fry chicken and place aside. Fry the finely chopped veggies, lime, and tomato paste. Add in peanut mixture and bouillon.

When it boils, add the rest. It's ready when the oils comes to the top, serve with white rice.



ALISA BARMIENTO

Digital Marketing Intern (B2B)

I am Alisa, an intern with University Marketing. I grew up in The Gambia where rice is part of everyday life. I'm sharing this local specialty because it is something everyone would like.

SPRING DELIGHT

PALOV / PILAF

COUNTRY OF ORIGIN | Uzbekistan



SERVES
5 People



METHOD
Pot



COOK TIME
1h 45 min



EASY
03/10

INGREDIENTS

- 800g rice, washed till water clears
- 500g meat, cut into bite pieces
- 800g carrots, cut into thin stripes (easier to fry and mix)
- 200ml vegetable oil
- 2 small or 1 big onion

PREPARATION

Heat the oil in a pot. Add the meat into hot oil and fry for 5 minutes or till browned.

Add onions and fry with meat for 3 minutes or till golden

If the meat cooks fast, e.g. chicken, take it out at this step and re-add after carrots cooked. Add the carrots and stir fry for 10 minutes.

Pour hot water till covered and let it simmer for 30-40 minutes.

It's really easy to undercook rice. So, you may leave it in warm water for 15-20 minutes.

Pour your rice over the meal, try to evenly cover the surface with rice. Until rice is 1cm under water. Add water if needed.

Increase heat, reduce/evaporate water until it is below the rice. Put to lowest heat, cover with lid and cook for 20 minutes or till water fully evaporates/gets absorbed.

Mix and eat.



MARUF ABDIRIMOV

Full Stack Software Developer

I am a Full Stack Software Developer, who was born and raised in Uzbekistan. And this is my favorite dish from Uzbekistan.

SPRING DELIGHT

SALPICON

COUNTRY OF ORIGIN | Mexico



SERVES
6 People



METHOD
Slowcooker



COOK TIME
6h



MEDIUM
05/10

INGREDIENTS

- 1 yellow onion
- 32 oz (95 dl) of beef broth
- 1 can (220 g) La Costena Chipotle sauce
- 1 package flour or corn tortillas
- 8 oz of Monterey Jack cheese
- 3.5 lbs (1.6 kg) of bottom round beef roast
- 1 ripe avocado
- 2 tablespoons cilantro
- 2 radishes
- 1 jalapeno

PREPARATION

Sear your roast in a hot pan with a little oil to brown all sides.

Make 3 inch (7.6 cm) deep incisions with a knife into the top. Stuff a garlic clove into each cut. Put roast into a slow cooker with some beef broth and roughly chopped yellow onion.

Cook until the beef pulls apart (5-6 hours).

When the roast is cooked. Pull apart all the meat, throw away the fat, broth and onions.

Next, pour in one 220 g can of La Costena Chipotle Sauce and stir to cover all the meat.

Next cube a whole package of Monterey Jack cheese and mix into beef mixture (if summer put in the refrigerator until cool) otherwise put meat on a plate. Slice a ripe avocado and place on top of the meat.

Lastly, heat up either corn or flour tortillas, sprinkle cilantro, tomato, and radish on top for color and serve.



MARGARET COOK

Senior Vice President

I am from the U.S but grew up along the Mexican border in El Paso. Mexican food was a staple in my household. This dish is perfect served chilled in the summer or hot in the winter.

SPRING DELIGHT

TAHCHIN E MORGH

COUNTRY OF ORIGIN | Iran



SERVES
4 People



METHOD
Oven



COOK TIME
4h



MEDIUM
05/10

INGREDIENTS

- 500g chicken pieces
- 2 cups Basmati rice
- 1 cup plain yogurt
- 1/2 tsp saffron threads
- 1/4 tsp ground turmeric
- 2 tbsp lemon juice
- Salt to taste
- Vegetable oil

PREPARATION

Delight in the flavors of Persia with Tahchin-e Morgh, a dish of layered saffron-infused rice and marinated chicken, baked to perfection.

Follow these steps:

Marinate chicken: Mix yogurt, saffron, turmeric, lemon juice, and salt. Coat chicken and refrigerate for 2 hours.

Parboil rice:

Wash Basmati rice, boil briefly, and drain.

Layer:

Grease a pot, arrange marinated chicken, top with alternating layers of rice and saffron rice.

Bake:

Preheat oven to 180°C (350°F), cover pot, bake for 1.5 hours.

Serve: Let cool, invert onto a platter for the crispy bottom.



SANAZ AMOUZADEH

Senior UI/UX Designer

I'm a Senior UI/UX Designer at Studyportals. Sharing this recipe resonates with my fondness for Persian cuisine, a cherished part of my heritage and family traditions.

SPRING DELIGHT

THE HOUSE FAVORITE

COUNTRY OF ORIGIN | Mexico



SERVES
5 People



METHOD
Frying pan



COOK TIME
25 min



EASY
03/10

INGREDIENTS

- 2 chicken breasts
- 1 can of table cream
- Chipotle pepper
- 113g of cream cheese
- 6 slices of american cheese
- 1 table spoon of chicken bouillon
- Salt, pepper, garlic (to taste)

PREPARATION

In a frying pan, cook 2 diced chicken breasts along with salt, pepper and garlic.

While they cook, mix in the blender the table cream, cream cheese, chipotle pepper, American cheese, and chicken bouillon (if you think it's too thick, you can add some water or milk)

In another pan, add the butter and the sauce you just made. Add the chicken when it starts boiling.

And you're done!

You can accompany it with some poblano spaghetti (featured in Volume !!)



ADRIANA JIMENEZ

Partnership Success Assistant

My name is Adriana, I'm a Partnership Success Assistant for the NA Team. I chose this recipe because it's one of many favorites among my family.

VEGY

SPRING DELIGHT

TORTILLA DE PATATAS

COUNTRY OF ORIGIN | Spain



SERVES
4 People



METHOD
Frying pan



COOK TIME
60 min



EASY
03/10

INGREDIENTS

- 4 medium potatoes (about 500g), peeled and thinly sliced
- 1 onion, finely chopped
- 4-5 eggs
- Salt and pepper, to taste
- 1/2 cup (120ml) of olive oil

PREPARATION

Heat 1/2 cup (120ml) of olive oil in a skillet. Peel and thinly slice the potatoes, and add them to the skillet. Add onions and cook gently for 15-20 minutes until soft. Drain excess oil. Place the potatoes to the side.

In a bowl, beat eggs, salt, and pepper. Fold in the potatoes and let them soak for 10 minutes.

Wipe the skillet clean, heat it, and add a bit of olive oil.

Add the potato and egg mixture. Cook for 10-15 minutes on low heat, lifting the edges.

Flip onto a plate, slide it back into the skillet, and cook for an additional 5-10 minutes.

Slide onto a plate, let it cool, and then slice into wedges.

Serve warm and savor the Spanish tradition!



BELÉN SÁNCHEZ ORTIGOSA

Digital Marketing Specialist

I'm Belén, a Digital Marketing Specialist in the B2C Marketing team. I want to share Tortilla de patatas. This Spanish dish is close to my heart as my mum prepares it lovingly at our home.

VEGY

SPRING DELIGHT

VENEZUELAN AREPAS

COUNTRY OF ORIGIN | Venezuela



SERVES
10 People



METHOD
Frying pan



COOK TIME
15 min



EASY
03/10

INGREDIENTS

- 2 1/2 cups of P.A.N. Corn Flour
- 3 1/4 cups of water
- 1 teaspoon of salt
- Butter or oil (for greasing)
- Desired fillings: can be cheese, ham, chicken, eggs, whatever you want.

PREPARATION

Combine water and salt in a bowl. Slowly mix into dry ingredients, stirring for 2 mins.

Let dough rest for 2 mins.

Shape & Cook:

Divide dough into 10 portions and flatten into 10 cm discs.

Heat a buttered pan, cook arepas 5 mins each side till golden.

Fill & Serve:

Open arepas, add fillings of choice.

Arrange on a plate and enjoy.



NAGHIELI AMARISTA

ABM Manager

I'm ABM Manager. Arepas are versatile and easy to prepare. I'm glad that after leaving my country I can still find the ingredients to make it and feel at home.



SPRING DELIGHT

VICS TASTY VEGAN CHILLY

COUNTRY OF ORIGIN | United Kingdom



SERVES
3-4 People



METHOD
Frying pan



COOK TIME
60 min



EASY
03/10

INGREDIENTS

- Tin of chopped tomato's
- 1 medium red bell pepper
- 1 onion
- Garlic x 3 cloves (or to taste)
- 1 tin of kidney beans,
- 1 tin of sweetcorn
- olive oil
- smoked paprika powder
- chilli powder
- teaspoon of Marmite
- 1 vegan mince.

PREPARATION

Add the chopped onion and red pepper to the olive oil (heat to a moderate temperature) allow them to cook for 5 minutes ensuring they are softened.

Then added the chopped garlic and ensure to mix it in, allow these to cook further for one minute then add the vegan mince (the mince does not take long to cook it will absorb the sauce.)

Add then the tin of chopped tomato stir in well. Add some cold water using the tin approximately 50 ml. Then add a tea spoon of marmite and ensure it is stirred right through.

Then add the kidney beans (drain off any liquid in the can) and stir in also at this point add the sweetcorn, lastly add half a tea spoon of the hot paprika powder and add chilly powder to taste.

Leave the pan to simmer for 25 minutes (stirring occasionally). Ideally leave the chilly to stand for one hour before eating, then reheat the chilly and serve, either on its own or with, rice or bread.

For vegetarians you may want to add cheese.



VICTORIA HOBDALE

Deputy Director Analytics and Consulting Team

Deputy Director of ACT, originally from the UK, I have been vegetarian since I was 11 and never went back.

DESSERTS

VEGY

SPRING DELIGHT

PLUM DUMPLINGS

COUNTRY OF ORIGIN | Slovakia



SERVES
3 People



METHOD
Pot



COOK TIME
1h 10 min



EASY
03/10

INGREDIENTS

- 500g Potatoes
- 300g Flour
- 2 eggs
- Pinch of salt
- 20 Plums
- Melted butter
- Poppy seeds (You can also use finely chopped or grinded nuts or any other topping of choice).

PREPARATION

Boil potatoes in skin and let cool to room temperature.

When cooled peel the skin off and finely grate the potatoes. Combine with flour, eggs, and salt.

Knead until you create a non-sticky dough. Flour your surface and roll into a thick roll.

Clean your plums and take the pits out. Then cut your dough into equal circle pieces. Take a piece and wrap each plum creating a ball shape.

Boil in water for 8-10 minutes. Serve warm with poppy seeds, sugar, and melted butter.

Tip: Try with different fruits that are in season, for example apricot.

Dobrú chuť! Enjoy!



MICHAELA BOSKOVICOVA

Team Coordinator Partnerships EMEA

My name is Michaela, and I am from Bratislava, Slovakia. I am a Team Coordinator managing EMEA Partnerships. I am sharing with you a recipe from my region that I always enjoy when going back.

ANGRILLEN (German)

Beginning of the grilling season.

GROAK (Old English)

To stare at someone intently and expectantly, hoping that they give you some of their food.

朝飯前 **ASAMESHIMAE** (Japanese)

Before Breakfast, a task that is so easy that you don't even need to have had breakfast to do it.

MAIN DISH

MAIN DISH





SUMMER DELIGHT

BADIMJAN (AUBERGINE) LAVANGI

COUNTRY OF ORIGIN | Azerbaijan



SERVES
3-4 People



METHOD
Oven



COOK TIME
60 min



EASY
03/10

INGREDIENTS

- 7-8 small eggplants
- 200 g onions (preferably red)
- 200 g ground walnut
- 2-3 tbsp greengage (or plum) paste
- 2-3 tbsp salt and pepper
- 2-3 tbsp vegetable oil

PREPARATION

To start, cut a slit horizontally down the 7-8 small eggplants and boil for 3 minutes in salty water, then drain those completely, by pressing.

Meanwhile blend 200 g onion (preferably red ones) for fine puree, and roast till all the liquid is evaporated, occasionally mixing.

Once onion is done, let it cool for couple of minutes then add 200 g ground walnut, 2-3 tbsp greengage (or plum) paste, 0.5 tbsp salt and pepper (feel free to add more, we are aiming for savory and sharp flavor) and mix well.

Voilà, your first lavangi is ready!

Season the eggplants, apply some greengage paste (optional) and fill those with lavangi.

Now you can either bake them in oven for 15-20 minutes, at 180°C or cook with your choice of oil, with lid on, until done.



NIGAR ASGAROVA

Financial accountant

My name is Nigar, a Financial Accountant at Studyportals. I'm happy to share one of my favorite Azerbaijani recipes with you.

SUMMER DELIGHT

BEEF STEAK & THAI SPICY DIPPING SAUCE

COUNTRY OF ORIGIN | Thailand



SERVES
2 People



METHOD
Airfryer



COOK TIME
30 min



EASY
03/10

INGREDIENTS

- 1 tbsp Sam Gler (Mashed up 3-4 coriander roots & 2-3 garlic)
- 1 tsp Soy Sauce
- 1 tsp Oyster Sauce
- 1 1/2 tsp Sugar
- 200g Striploin Steak
- 1 tbsp Fish Sauce
- 1 tbsp Lime Juice
- 1 tsp Chili Powder
- 1 tsp Roasted Rice
- 1 tsp Shallot
- 1 tsp Cilantro

PREPARATION

Beef Steak:

Mix the marinade ingredients: 1 tbsp Sam Gler (Mashed up 3-4 coriander roots & 2-3 garlic), 1 tsp Soy Sauce, 1 tsp Oyster Sauce, 1 tsp Sugar. Marinade the beef for 2-3 hours in the fridge.

Remove the marinated beef from the fridge and place the 200g Striploin Steak in the Airfryer to your liking (rare, medium rare...).

Dipping Sauce:

Mix all the ingredients together: 1 tbsp Fish Sauce, 1 tbsp Lime Juice, 1/2 tsp Sugar, 1 tsp Chili Powder, 1 tsp Roasted Rice, 1 tsp Shallot, 1 tsp Cilantro

Roast the rice in a pan until golden brown and place it in the food processor to grind it up.

Tip: this dish goes very well with sticky rice!



KERRY SLOAN

Digital Engagement Manager

I'm Kerry, a Digital Engagement Manager at Studyportals. This spicy-sour-salty 'Jim-Jieaw' sauce dish is great for BBQ! It's a dish from my mom's North-Eastern Thai roots. Reminds me of home.

VEGY

SUMMER DELIGHT

BISHI

COUNTRY OF ORIGIN | Armenia

**SERVES**
4 People**METHOD**
Frying pan**COOK TIME**
1h 30 min**MEDIUM**
04/10**INGREDIENTS**

- 2 large unpeeled potatoes
- 2 large onions, diced
- 10g of salt
- 250 ml of water
- 125 ml of oil, e.g., sunflower oil
- 10g of baking powder
- 500g of flour
- 2 branches of parsley, chopped
- 5g of paprika powder

PREPARATION

Cook the potatoes with skin in water. Dice the onions and let them caramelize in a pan. Add 5g of salt, the water, and the oil into a bowl. Add the baking powder and slowly add the flour to make a dough.

On a lightly floured surface, roll out the dough so it looks like a thin sheet. Use the cookie cutter to cut out circles in the dough.

Once the potatoes are done, rinse them off with cold water and peel off the skin. Then, mash the potatoes.

Add the mashed potatoes with the chopped parsley to the pan of caramelized onion. Stir the ingredients together and add the paprika powder. Salt to taste.

Take the mashed potato filling off of the stove and fill the dough circles with 1 tbsp of filling. Fold the dough circle in half and press down on the sides to trap the filling inside. Fry the potato-filled dough in oil until golden brown.

Enjoy!



ARMAND DUIJN

Data Engineer

I'm Armand, I am from The Netherlands and I am a data engineer at Studyportals. I remember this Armenian dish as our go-to snack for any family road trip. It can be enjoyed warm or cold and optionally with your favourite jam.

SUMMER DELIGHT

ECUADORIAN SHRIMP CEVICHE

COUNTRY OF ORIGIN | Ecuador



SERVES
2 People



METHOD
Raw



COOK TIME
30 min



EASY
03/10

INGREDIENTS

- 1kg prepped shrimp (if raw, boil in beer/coconut milk)
- 2 red onions, thinly sliced
- 4 tomatoes, thinly sliced/chopped
- 1 optional bell pepper, diced
- 10-15 fresh limes, squeezed
- Juice of 1 orange
- ½ cup ketchup or fresh tomato juice
- Chopped cilantro, salt, pepper
- light oil

PREPARATION

Immerse the onion pieces in salted water for roughly 10 minutes, wash thoroughly and remove excess water.

Combine all the elements in a big container and leave it in the refrigerator for 1 to 2 hours.

Serve with popcorn, toasted corn, and/or chifles.



ANDRÉS PROAÑO REVELO

Team Lead - Product Marketing & Attribution Product Manager

Fun fact: Once done, Ecuadorians (and probably the only people in the world) will add popcorn, tostado corn and/or chifles (green plantain chips) for a crunchy spoonful of ceviche.

SUMMER DELIGHT

FATTEH

COUNTRY OF ORIGIN | Lebanon

**SERVES**
3-6 People**METHOD**
Frying pan**COOK TIME**
30 min**EASY**
03/10**INGREDIENTS**

- 1 can chickpeas
- 1 kilo Greek yoghurt
- 2-3 garlic cloves
- 1 lemon
- 2 tbsp Tahini sauce
- Lebanese bread
- Pine nuts
- Frying oil & Olive oil
- Salt
- Optional: 200g minced meat
- 1 onion
- Salt & pepper

PREPARATION

Cut the Lebanese bread into squares. Fry until they are golden and crispy. Be careful, they get fried really quickly. Set aside.

In a bowl, put the yogurt. Mix in the salt, minced garlic, tahini, and lemon until they form a creamier texture.

For the meat, cook the thinly diced onions in a pan with some olive oil. Add the minced meat with salt and pepper.

In a pot, heat the chickpeas with water. Make sure they're warm when you start assembling the dish. Roast/fry the pine nuts until golden. On your chosen platter (preferably a tray), pour a tiny bit of the chickpea water on the bottom. Add the bread. Put the chickpeas, then yoghurt. Add the minced meat on top with an additional drizzle of olive oil.

For garnish, and added flavors, cut the parsley and spread it all over. Finally, add the roasted pine nuts.



AMEENA ALI

Junior Market Researcher

I'm Ameena, coming to you with a taste of my Palestinian roots. Seeing Fatteh on the table brings excitement to all my family, so I'm sharing its joyful essence through this recipe. Sahnten!

SUMMER DELIGHT

FLAMMKUCHEN

COUNTRY OF ORIGIN | Germany



SERVES
2 People



METHOD
Oven



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 200gr Soft cheese (quark, curd cheese)
- 400gr flour
- 1 package (7 grams) baking powder
- 1 egg
- 8 tablespoons olive oil
- 4 tablespoons milk
- Mixed Italian herbs
- Crème fraiche
- Sliced onions
- Bacon cubes
- Sliced mushrooms
- Grated cheese

PREPARATION

Mix the flour, egg and the soft cheese in a bowl with a mixer.

Add the olive oil, the milk and the backing powder to the dough. Mix everything well and blend the herbs in the end.

Line a baking tray with the baking paper and spread the dough on it. Make sure the dough is not too thick (only a few millimeters) or too hard as this will result in a too hard crust in the end.

Smear the crème fraiche on the dough and spread the toppings on the flammkuchen.

Bake the flammkuchen in the oven on 220 to 250 degrees for about 10 to 15 minutes till you have a nice crunchy crust and cooked bacon.



CHRIS VAN BAAL

Senior Growth Hacker

I'm Chris, and I am half Dutch and half German. I have a passion for trying out new things. Cooking is one of those areas where you can endlessly try, adjust and varyiate.

SUMMER DELIGHT

LOBSTER PAELLA

COUNTRY OF ORIGIN | Spain



SERVES
6 People



METHOD
Oven



COOK TIME
60 min



MEDIUM
05/10

INGREDIENTS

- 1/4 cup olive oil
- 1 1/2 cups chopped yellow onion
- 2 red bell peppers sliced
- 2 Tbsp minced garlic
- 2 cups white basmati rice
- 5 cups chicken stock
- 1/2 tsp saffron
- 1/4 tsp red pepper flakes
- 1Tbsp salt & 1 tsp pepper
- 1/3 cup Pernod
- 1 1/2 Lb Lobster
- 1 Lb kielbasa & 1 package peas

PREPARATION

Preheat the oven to 425 degrees F.

Heat 1/4 cup olive oil in a large ovenproof Dutch oven. Add 1 1/2 cups of yellow onions & cook over medium-low heat for 5 min, stirring occasionally.

Add 2 red bell peppers, sliced into 1/2 inch strips; & cook over medium heat for 5 more min. Lower heat, add 2 tablespoons minced garlic, & cook for 1 min longer.

Stir in 2 cups of white basmati rice, 5 cups of chicken stock, 1/2 teaspoon of saffron, 1/4 teaspoon of red pepper flakes, 1 tablespoon kosher salt, & 1 teaspoon black pepper & bring to a boil. Cover pot & place it in the oven.

After 15 min, stir the rice gently with a spoon, & return it to the oven to bake uncovered for 10-15 more mins, until rice is fully cooked.

Transfer to stove top & add 1/3 cup Pernod. Cook 1 min, turn off heat & add 1 1/2 cooked lobster, 1 lb kielbasa sliced 1/4 inch & peas. Cover & let steam 10 mins.



STEVEN MULLIGAN

CCO - North America

I'm Steve, I am from United States & I oversee the America's and I'm based in Portsmouth, NH, USA. Being in New England, lobster is sought after. I love this recipe because its a crowd pleaser & beyond delicious.

VEGY

SUMMER DELIGHT

NORI LUNCH ROLLS

COUNTRY OF ORIGIN | Japan



SERVES
2 People



METHOD
Raw



COOK TIME
20 min



EASY
02/10

INGREDIENTS

- 2 Nori Leafs
- 1 handful of almonds finely chopped
(no rice)
- 1 avocado sliced
- 1 small carrot julienne sliced
- 2 small spring onions cut lengthwise
- Handful of alfafa or mixed germs
- Few radishes finely chopped
- Bit of cucumber (cut lengthwise
julienne)
- Tahini paste & Kikoman sauce

PREPARATION

Coat a Nori sheet in the middle with umeboshi or tahini paste.

Place a layer of chopped nuts over this and then put the other ingredients in layers on it.

Roll tight and moisten the ends so you can press the roll shut. Cut it into the size you want and serve it with Kikoman / soya sauce and enjoy!

1 sheet per person is enough for lunch.



NATASJA VAN DER VELDEN

Buisness Development Manager/CEO Executive Assistant

At Studyportals I am a Buisness Development Manager and Executive Assistant. I am Dutch and I just love this healthy dish, easily prepared in 2 minutes and it will make you feel fit and energized.

VEGY

SUMMER DELIGHT

PANZANELLA

COUNTRY OF ORIGIN | Italy



SERVES
4 People



METHOD
Raw



COOK TIME
60 min



EASY
03/10

INGREDIENTS

- 4 slices of homemade bread
- 4 ripe tomatoes
- Extra virgin olive oil
- 1 dash white vinegar
- 1 red onion
- Basil
- Salt
- Pepper

PREPARATION

Soften slices of few days old bread in water.

Thinly slice the onion (I recommend leaving it in cold salt water for a few hours so that it loses some of its strong flavor).

Season the chopped tomato with oil, vinegar, chopped basil, salt and pepper.

Squeeze the bread very well and in a serving dish mix it with all the other ingredients.



BENEDETTA STABILE

Campaign Manager

Hi, I'm Benny, and I'm from Italy, Rome. I joined Studyportals as Campaign Manager in 2022 and I am a proud vegan. I love to share easy and tasty vegan recipe, especially from my home country.

SUMMER DELIGHT

RIB-EYE AGUACHILE

COUNTRY OF ORIGIN | Mexico



SERVES
2 People



METHOD
Frying pan



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 3 pieces of 1-inch (2.5 cm) cut Rib-Eye Steak
- 1 cup of soy sauce
- 1 cup of lime juice
- 4 cloves of garlic
- 2 jalapeño peppers
- Half a stick of butter
- Optional: Your vegetable of choice as a side dish

PREPARATION

Grill your meat until fully sealed, but don't cook fully (leave it rare), as it will finish cooking in the lime.

At the same time, grill your garlic cloves (covered in tinfoil).

Remove the seeds completely from one of the jalapeños. For the other one, slice a few thin slices for garnish, and then finely dice the rest of the pepper, including the seeds.

Blend together ½ cup of the lime juice (leave the rest), together with the seedless pepper and the garlic cloves.

In a large serving dish, place the soy sauce, the rest of the lime juice, and the blended mixture. Cut your meat into thin slices and put them into the mixture as you cut them, so they can start cooking in the lime.

Leave to marinate for 30 minutes. Once marinated, heat everything in the microwave for 1 minute. Add the melted butter and mix everything together.

Serve with your grilled vegetable of choice.



FERNANDA PRICE

Team Leader Client Success - NA & APAC

I oversee the success of our partners in North America and Asia-Pacific. Grilling culture is big in Monterrey, so I chose this dish to highlight this in a take on traditional Aguachile.

RICE WITH CHICKPEAS AND CRISPY FETA

COUNTRY OF ORIGIN | The Netherlands



SERVES
2 People



METHOD
Frying pan



COOK TIME
30 min



EASY
03/10

INGREDIENTS

- 250 g cooked chickpeas
- 2 large tomatoes
- 1 onion & 1 red onion
- 3 garlic cloves
- 1 bouillon cube & 3 tbsp soy sauce
- 2 dl coconut milk
- 2 tbsp masala spice
- 300 g feta cheese
- 1 egg & 100 g flour
- Oregano, cumin seeds, coriander
- 300 g cooked rice
- 150 g fresh Brussels sprouts

PREPARATION

For the Chickpeas:

Heat oil, add masala, onion, and garlic. Add tomatoes, chickpeas, bouillon, coconut milk, and water. Simmer 10 min, garnish with coriander.

For the Brussels Sprout Rice:

Sauté cumin, cut brussels sprouts in half and fry for 3 mins, and deglaze with soy sauce. Mix with cooked rice, parsley, and raw red onion.

For the Feta Cheese:

Dip feta in egg, coat with flour mixed with oregano. Fry till golden, drain on paper towel.

To Serve: Season rice with lime juice, top with cashews.

Plate rice, add chickpeas, and crispy feta.

Enjoy!



THIJS VAN VUGT

Director Analytics and Consulting Team

Hi, my name is Thijs van Vugt and I am the Director Analytics and Consulting at Studyportals. This recipe is one of my favourite vegetarian dishes.

VEGY

SUMMER DELIGHT

THE ULTIMATE GREEK SALAD

COUNTRY OF ORIGIN | Greece



SERVES
2 People



METHOD
Raw



COOK TIME
10 min



EASY
01/10

INGREDIENTS

- 3 tomatoes
- 1 cucumber
- 1 red onion
- 1 green bell pepper
- 1 table spoon of oregano
- Generous amount of extra virgin Greek olive oil
- Handful of (Kalamata) olives
- Pinch of salt
- Generous amount of Feta cheese
- 1 table spoon of capers

PREPARATION

This delicious salad is very fast and it can be ready in less than 10 minutes.

You only need to toss all the (sliced) ingredients together in a big bowl et voilà!

It is also vegetarian friendly!

It is usually served with bread.



PANAGIOTA MARSELOU

HR Manager

Hi! I am Panagiota and I am part of the People & Culture team, currently working as an HR Manager. Originally, I come from Greece so I knew I had to share this famous, mouthwatering salad.

SUMMER DELIGHT

TUNA TARTARE ON AVOCADO BED

COUNTRY OF ORIGIN | Italy



SERVES
2 People



METHOD
Raw



COOK TIME
30 min



EASY
03/10

INGREDIENTS

- 250 g tuna steak
- 1 lemon
- 1 tbsp garlic powder
- 1 tbsp soy sauce
- 1 tbsp olive oil
- Salt and pepper
- 1 avocado
- 1 lime
- 1 tbsp garlic powder
- 1 tsp sweet-chilli sauce
- 1 tsp red paprika
- 1 tbsp olive oil

PREPARATION

Tuna tartare: dice the tuna steak and place in a bowl.

Mix the lemon juice, 1 tbsp of garlic powder, soy sauce, 1 tbsp olive oil, salt and pepper to taste. Add a little brown sugar or maple syrup if the mixture is too acidic.

Let the mixture rest for 30 minutes.

While the tartare rests prepare the avocado.

Avocado: dice the avocado similarly to the tuna and place in a bowl. Mix the lime juice, the remaining tbsp of garlic powder, the sweet-chilli sauce, the remaining tbsp of olive oil, the tea spoon of red paprika, salt and pepper to taste. Add extra sweet-chilli sauce if the mixture is too acidic.

Create a circular avocado bed directly on the plate, place the tuna tartare on top, garnish with sesame seeds.....and enjoy every bite!



FABRIZIO CITTO

EMEA Business Relationships Manager

I am Fabrizio, EMEA Business Relationships Manager. The tuna tartare is a fresh, flavourful, healthy and mouth-watering starter. Perfect to impress your guests during a summer feast!

DESSERTS



VEGY

SUMMER DELIGHT

MOUSSE DE MARACUJA

COUNTRY OF ORIGIN | Brazil



SERVES
8 People



METHOD
Raw



COOK TIME
4 hours



EASY
03/10

INGREDIENTS

- 1 can of condensed milk
- 1 can of heavy cream
- 1 can of Passion Fruit juice (you can use the condensed milk can as measurement)

PREPARATION

In a blender, beat the heavy cream, condensed milk and concentrated passion fruit juice.

Pour the mixture in a bowl and refrigerate for at least 4 hours.



ISABELA SANTA ROZA DOS SANTOS

Marketing Manager

My name is Isabela, Marketing Manager at University Marketing. Since Christmas is during summer time for us in Brazil, it is the perfect sweet and light dessert after Christmas dinner.

L'ABBIOCATO (Italian)

The groggy, sleepy, satisfying feeling after a large meal.

SURSTRÖMMINGSPREMIER (Swedish)

The first day of the year where it is acceptable to eat rotten herring. A tradition.

LA BONNE FRANQUETTE (French)

Conveys a simple, informal, and friendly way of sharing a meal or spending time together. It implies a relaxed and unpretentious atmosphere, often involving hearty and home-cooked food enjoyed in a casual setting.

MAIN DISH



MAIN DISH

AUTUMN DELIGHT

CHICKEN PAPRIKASH

COUNTRY OF ORIGIN | Hungary



SERVES
3 People



METHOD
Pot



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 3 chicken breasts or thighs
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tomatoes, finely diced
- 2 tbsp smoked paprika powder
- 230 ml chicken stock
- 1,5 tbsp flour
- 85 g sour cream
- 30 ml whipping cream
- 20 g butter & 1 tbsp oil
- Salt & black pepper
- Parsley, chopped

PREPARATION

Melt the butter in a large pot and mix with oil, on medium high heat. Brown the chicken on all sides, and take out.

In the same oil/butter mixture, add the onions and fry until golden, then add the garlic and tomatoes and fry for 2 minutes. Add the paprika powder (recommended Hungarian smoked paprika), salt, pepper, and mix.

Add the chicken back, then pour in the stock until chicken is mostly covered. Let it reach boiling temperature, then reduce the heat and simmer for 30 minutes. Take the chicken out.

In a little bowl, mix the sour cream with the whipping cream, then stir in the flour until it produces a paste. Stir this into the sauce from the pot, whisking constantly. Simmer for a few minutes until it thickens, season with salt and black pepper, and then add the chicken one final time.

Plate it up, then sprinkle some fresh parsley for a bit of colour. Serve with nokedli or spätzle - or rice.



JULIAN LEU

Senior Account Advisor

I grew up in Transylvania, and this is one of the best dishes from Hungary. In fact, if you read Bram Stoker's 'Dracula', this dish is mentioned on the very first page - it's that good!

CHICKPEA CHUCKLES WITH PUFFY PURI

COUNTRY OF ORIGIN | India



SERVES
4 People



METHOD
Frying pan



COOK TIME
60 min



EASY
03/10

INGREDIENTS

- 1 cup chickpeas (soaked)
- 4 cups water
- 1 tsp salt
- 2 tbsp oil
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 2 tsp ginger & garlic paste
- Spices: cumin, coriander, turmeric, chili powder
- Cilantro for garnish
- 2 cups whole wheat flour

PREPARATION

For Chickpea Curry first soak 1 cup chickpeas overnight.

Cook with 4 cups water and 1 tsp salt. Drain.

Sauté chopped onion until golden. Add ginger-garlic paste, tomato puree, spices, and cooked chickpeas.

Simmer for 15 mins.

Garnish with finely chopped cilantro.

For Puffy Puri (Fried Indian Bread), start by mixing 2 cups of whole wheat flour with water and 1 tsp salt. Make firm dough.

Divide, roll into circles (4-5 inches or 10-13 cm). Deep fry in oil at 180°C until golden brown.

Serve the Chole with Puri and relish the flavorful delight!



NUTAN SHUKLA

Senior Dynamics 365 Consultant

I am a Sr. Dynamics Consultant at Studyportals. Presenting "Chickpea Chuckles with Puffy Puri" an Indian classic. This choice reflects my heritage and love for sharing cultural flavors.

AUTUMN DELIGHT

GIC PASTA

COUNTRY OF ORIGIN | Romania



SERVES
2 People



METHOD
Frying pan



COOK TIME
20 min



EASY
02/10

INGREDIENTS

- 250 g of your favorite type of pasta
- 150 g chicken breast
- 100 g sweet gorgonzola
- 100 g spicy gorgonzola (it works wonders only with one type, too)
- 100 ml whipping cream (trust, it work better than sour cream)
- 4-5 cherry tomatoes
- 1 tbsp oil
- Salt and pepper to your taste

PREPARATION

First things first, put the water for pasta to boil and add some salt. When it starts to seethe, add the pasta for as long as their package says.

While waiting for the water to boil, prepare the chicken. Cut it into small bricks, add salt and pepper and roast it in a pre-heated pan with some oil. When it starts to turn bronzy, it's time for things to get cheesy.

Cut the gorgonzola(s) into tiny bites and add it next to the chicken. Mix them together until the cheese is melted, then add the whipping cream to bring everything together. You can also add some salt and pepper if you feel like it.

Mix it all for a few minutes in reduced heat until the sauce becomes dense.

Drain the pasta then place it on a clean plate.

Pour the sauce all over it and mix a little.

Cut the tomatoes in half and place them on the top.



DANA ZETU

Data Processor

My name is Dana Zetu and I am a Data Processor from Romania. This recipe proved to me that food is also a love language when my lover prepared it on our 1 month anniversary.

GRIEßNOCKERLSUPPE

COUNTRY OF ORIGIN | Germany



SERVES
4 People



METHOD
Pot



COOK TIME
35 min



MEDIUM
05/10

INGREDIENTS

- 40g butter
- 60g (durum wheat) semolina
- 1 egg
- Salt
- 1.5l vegetable broth
- Small cut chives to serve

PREPARATION

Whisk the butter until foamy, then add a little semolina, then the egg, then the rest of the semolina and salt.

Keep whisking everything until creamy.

Let the mixture rest for 5 minutes.

Form dumplings using two teaspoons and put them into simmering vegetable broth.

Cook the dumplings for 20 minutes.

Serve with small cut chives.



ANDREAS OBERMEIER

Big Data Team Lead

Hello! I'm Andreas from Germany, I organize the Big Data at Studyportals. I love this soup my Mom makes. In Bavaria it's usually made with beef broth, but I usually keep it vegetarian.

AUTUMN DELIGHT

MALTESE BAKED PASTA (IMQARRUN)

COUNTRY OF ORIGIN | Malta



SERVES
4 People



METHOD
Oven



COOK TIME
2 hours



MEDIUM
05/10

INGREDIENTS

- 500 g penne
- 500 g minced meat
- 360 ml tomato sauce
- 1 white onion (diced)
- 3 minced garlic cloves
- 1/2 tsp curry
- 1/2 tsp paprika
- 1 tsp oregan, thyme, rosemary, cumin, salt and black peper
- 2 bay leaves & 2 eggs
- 125 ml milk
- 50 g grated parmesan

PREPARATION

In a pan, sauté onion in olive oil until translucent. Add garlic and cook briefly. Mix in thyme, oregano, rosemary, curry, cumin, paprika, and tomato paste. Cook for 3 minutes.

Add pork and brown. Season with salt and pepper. Pour in tomato passata, bay leaves, and bring to a light boil. Simmer covered for 1 hour on low heat, stirring occasionally.

Preheat oven to 180°C.

Boil water with salt. Cook pasta for slightly less than package instructions. Drain sauce, removing bay leaves.

Grease a 3L baking dish. Combine pasta and sauce. Mix raw eggs, milk, half of cheese, and add to pasta. Place mixture in dish, top with remaining cheese and pepper.

Bake 45 minutes on middle rack, optionally moving to a higher rack for extra crispiness in the last 10 minutes. Rest before slicing.



KARL BALDACCHINO

Junior Researcher

I'm a Junior Researcher with ACT, and this is a go-to comfort food from Malta, usually to eat on a rainy day but also holds memories of family dinners.

AUTUMN DELIGHT

MANTI (TURKISH DUMPLINGS)

COUNTRY OF ORIGIN | Turkey



SERVES
4 People



METHOD
Pot



COOK TIME
50 min



MEDIUM
04/10

INGREDIENTS

- 3 – 3.5 cups of flour
- 1 cup of warm water
- 1 egg
- 250 g ground meat
- 1 onion
- Salt & Black pepper
- Red pepper
- Yoghurt (a small bowl / 250 g)
- 2-3 cloves of garlic
- 2 tbsp of butter
- 1.5-2 tsp of tomato paste
- Red pepper

PREPARATION

Put the flour into a bowl. Add the egg, salt, warm water, and stir a bit.

Knead for 10-15 min. When the dough is ready, cover it up with a damp towel and let it rest for 30 min.

For the filling, mix ground meat, chopped onions, salt, black/red pepper in a bowl.

Divide the dough in 2-3 pieces. Roll out each piece separately with a rolling pin. Then cut the dough into small squares. Put a small amount of filling in the middle of each square. Fold it in a triangular/bundle shape.

Boil a large pot of hot water. Add dumplings and some salt, and cook until they rise on the surface.

In a bowl, mix yoghurt, salt and minced garlic.

For the butter sauce, melt butter and add the tomato paste. Cook for 2 minutes, and add some red pepper and/or dried mint. Stir a bit more, and remove from heat.

When serving, pour some yogurt on the dumplings and drizzle a little butter sauce over it.



ÖZLEM BABACAN

Senior Campaign Managerh

I am working from the Eindhoven office as a Senior Campaign Manager. Manti is one of the Turkish dishes I love and wanted to introduce it here since it is not much known outside of Turkey.

MELTED CHEESE DREAM (MAC & CHEESE)

COUNTRY OF ORIGIN | United States of America



SERVES
8 People



METHOD
Oven



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 1 lb elbow pasta
- 1/2 cup butter
- 1/2 cup flour
- 1 1/2 cups whole milk
- 2 1/2 cups half & half
- 4 cups cheddar
- 2 cups Gouda (or gruyere)
- 1/2 tbsp salt
- 1/2 tsp black pepper
- 1/4 tsp paprika.

PREPARATION

Preheat oven to 325°F (145°C), grease 3 qt (9x13" or 22.86 cm by 33.02 cm) baking dish.

Boil salted water, add pasta, cook 1 min less than pkg directs. Drain, drizzle with oil.

Shred cheeses, divide into 3 piles: 3 cups for sauce, 1.5 cups each for layering & topping.

Melt butter in saucepan on MED. Add flour, whisk, 1 min cook. Slowly add 2 cups half and half, whisking, then add remaining half and half and milk, whisking till smooth.

Heat on MED, whisk often, thicken to semi-condensed soup consistency. Remove, add spices, 1.5 cups cheese, melt. Stir 1.5 cups more cheese till smooth.

Mix drained pasta with cheese sauce. Pour half in dish, top with 1.5 cups cheese, then rest of pasta.

Sprinkle 1.5 cups cheese on top.

Bake 15 mins at 325°F till bubbly, golden.



CARA LAMBREGTS

Project Assistant

I am a project assistant in the University Marketing department. My mom and I would make this dish every week in the USA since it is one of my favorites!

DESSERTS



BRIGADEIRO

COUNTRY OF ORIGIN | Brazil



SERVES
2 People



METHOD
Frying pan



COOK TIME
20 min



EASY
02/10

INGREDIENTS

- 1 can (14 ounces) sweetened condensed milk
- 2 tablespoons unsweetened Cocoa powder
- 2 tablespoons unsalted butter
- Chocolate sprinkles (for coating)

PREPARATION

In a non-stick pan, combine the condensed milk, cocoa powder, and butter. Stir well until everything is smooth.

Put the pan on medium heat. Stir constantly as you cook for around 10-15 minutes. The mixture should thicken and come away from the pan's sides. To check if it's ready, drop a bit back into the pan. If it's thick and slow, it's done.

Let the mixture cool a bit, so it's easy to touch. Grease your hands and roll small portions into cherry-sized balls.

Roll each ball in chocolate sprinkles, pressing gently so they stick.

Place the coated balls on parchment paper to cool and set.



LORENZO AVANZI

Business Intelligence Analyst

I'm Lorenzo, from Brazil, and I work as a BI Analyst My role involves analyzing data and developing dashboards and reports for different teams. Brigadeiro was my favorite dessert, that is why!

CRÊPES TRADITIONAL FROM BRITTANY

COUNTRY OF ORIGIN | France



SERVES
4 People



METHOD
Frying pan



COOK TIME
30 min



EASY
02/10

INGREDIENTS

- 250g all-purpose flour
- 50g brown sugar
- 1 tbs neutral oil
- 1 pinch of salt
- 1 tsp vanilla extract
- 2 eggs
- 500ml full-fat milk

PREPARATION

In a bowl, mix the flour, sugar and salt.

Add the eggs in the middle and mix them gently with the flour.

Add half of the milk little by little and mix with a whisk. Once the dough is mixed without lumps, add the rest of the milk.

Add the vanilla extract and the oil and mix. The dough should be quite runny.

Use a flat non-stick pan and heat the pan over medium heat. Use a ladle to pour in the batter and swirl the pan to cover the entire surface.

The crepe will bubble and come off on its own around the edges (about 1 minute). It's time to turn it, 30 seconds for the second side.

Repeat the operation for all the dough and... Voila! Bon apétit



CÉCILE JOURDAN

Office Manager & Event Planner

As Office Manager, I make sure that everyone has a great time in the office. I chose this recipe because it brings back childhood memories.

AUTUMN DELIGHT

GLORIAS

(Legend says they taste like glory!)

COUNTRY OF ORIGIN | Mexico



SERVES
4-6 People



METHOD
Pot



COOK TIME
60 min



MEDIUM
04/10

INGREDIENTS

- 4 cups of milk
- 2 1/2 cups of sugar
- 3 1/2 tbsp of corn syrup
- 4 tsp of vanilla extract
- 1/2 teaspoon of baking soda
- 1 cup of nut pieces
- Cellophane or wax paper (cut in small squares)

PREPARATION

Put the milk, sugar, corn syrup, and vanilla in a pot.

Place the pot over medium heat and stir constantly. When it boils, add the baking soda

Stir the mix for about 45 minutes, or until it turns a dark brown color and the bottom of the pot is visible.

Remove the pot from heat and let it cool for 30 minutes.

Add the nuts and allow it to cool completely.

Shape the "glorias" with the help of two spoons (or your hands like our abuelitas do).

Finally, place them on cellophane paper or wax paper, wrap them like candies, and enjoy!

It will take approximately one hour and you'll have over 40 glorious treats!



SABRINA GARZA

Partnership Success Manager

Hi! I'm Sabrina, PSM for NA and Northern Mexican. I want to share with you this traditional candy from my state. Hope you have a sweet tooth like me and enjoy this glorious treat!

SOPH'S SCONES

COUNTRY OF ORIGIN | United Kingdom



SERVES
8 People



METHOD
Oven



COOK TIME
45 min



EASY
03/10

INGREDIENTS

- 225g Self raising flour
- A pinch of salt
- 55g butter
- 45g caster sugar
- 50g dried fruit like sultanas or glaze cherries or like us freshly picked blackberries
- 150ml milk
- 1 egg, beaten, to glaze before baking

PREPARATION

Heat the oven to 220C/200C, Fan/Gas 7, and lightly grease a baking tray.

In a mixing bowl, add together the flour and salt and rub in the butter. Add in the sugar and then the milk to get a soft dough.

Pop the ball of dough on a flat surface ready to roll out to about 2cm thick. Use a cookie cutter to cut out round scone shapes and place on the baking tray.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes, or until well risen and golden-brown.

Cool on a wire rack and serve sliced in half, with either clotted cream and jam, or butter and jam, or fresh fruit - however you like!

YUM!



JENNIFER BRUCE

Global Commercial Director

I'm Jen, from the UK and our Global Commercial Director. I always baked yummy scones with my grandma growing up, and now my daughter Sophie bakes them with my mum, a tradition we like to keep.

SOUTH AFRICAN RUSKS BY LARA

COUNTRY OF ORIGIN | South Africa



SERVES
6-8 People



METHOD
Oven



COOK TIME
5-6 hours



EASY
03/10

INGREDIENTS

- 2kg self raising wheat flour
- 3 cups all bran cereal (crushed)
- 3 cups corn flakes cereal (crushed)
- 2 cups digestive bran
- 1 cup sunflower seeds
- 1 cup linseeds
- 4 teaspoons baking powder
- 10ml salt
- 1kg butter/margarine
- 2 cups lightbrown sugar
- 2x 500ml buttermilk or sour milk
- 4x eggs

PREPARATION

Preheat the oven on 180 degrees Celsius.

Mix all the dry ingredients together.

Melt the butter, take it off the heat and let it cool down a bit. Add sugar.

Beat the eggs and buttermilk together. Add both mixtures to the dry ingredients. Put the mixture onto your baking sheets and cut it in small rectangles before placing into the oven.

Bake at 180 degrees Celsius for about 45 minutes to an hour. Cut into rusks, stack it on top of each other and allow to dry overnight in the oven warmer draw or reduce the oven temperature to 100 degrees Celsius and leave 4-6 hours to dry completely.

After that, make a cup of coffee and dunk your delicious rusk in it for about 5-10 seconds (you would not want to stop after one rusk).



LARA BEUKES

Campaign Manager

Hi, my name is Lara and I'm from South Africa. I chose this recipe, because you would not find a (true) South African household without a jar of rusks in their kitchen.

VEGY

AUTUMN DELIGHT

SOUTHERN DANISH COUNTRY GIRL

(with a Veil and a Twist)

COUNTRY OF ORIGIN | Denmark



SERVES
2 People



METHOD
Raw



COOK TIME
15 min



EASY
02/10

INGREDIENTS

- All ingredients are 'as desired' (no specific quantity). Should be relatively easy to gauge (at least according to my mom).
- Scandinavian rye bread (not too fresh)
- Unsweetened cocoa powder
- Brown sugar
- Dark chocolate (chopped)
- Blackcurrent jam/preserve
- Whipping cream

PREPARATION

Shred your bread in a blender, and mix it in a bowl with the unsweetened cocoa powder, the chopped chocolate, and the brown sugar.

Add a desired amount of blackcurrant jam.

Distribute in portion-sized glasses/bowls, or keep in a large bowl to share.

Whip the cream and add on top.

Easy peasy!

Serve with coffee and a large portion of Danish 'hygge'. Enjoy!



KIRSTEN FEDDERSEN

Senior VP Analytics Consultant

I'm the ACT lead for North America (where I live) but I grew up in Denmark. This recipe is a Southern Danish take on a traditional dessert - and a Feddersen family favorite!

PASTEL DE NATA

COUNTRY OF ORIGIN | Portugal



SERVES
6 People



METHOD
Oven



TIME COOK
1 hours



EASY
03/10

INGREDIENTS

- 500g sugar
- 250g water
- 10g lemon peel
- 8g orange peel
- 10g cinnamon stick
- 500g cream syrup
- 75g all-purpose flour (T55)
- 500ml milk
- 6 egg yolks
- 1 egg
- 20g butter
- 1 sheet of puff pastry

PREPARATION

Preheat your oven to 250°C.

Cream Syrup:

In a saucepan, combine all ingredients. Stir to prevent sugar from settling. Heat over medium heat until it reaches 106°C. Remove from heat, cover, and cool to room temperature.

Cream Filling:

In a bowl, mix flour with 190g milk to form a smooth paste. Heat the remaining milk until boiling, then remove from heat. Pour 1/4 of the boiled milk into the paste, stirring vigorously. Gradually add the remaining milk, stirring gently. Slowly add the prepared cream syrup while stirring. Add egg yolks and the eggs at 45°C. Stir and reserve.

Prepare Pastry:

Roll puff pastry to 1/8-inch thickness. Cut into desired shapes. Place in greased muffin tins, filling with cream filling about 3/4 full. Place it in the freezer until it's completely frozen

Bake pastries at 250°C for 15-20 minutes. You can sprinkle them with cinnamon!



RITA NEVES

Product Owner

I'm Rita, a sun-loving Portuguese Product Owner. Food is one of my love languages, and today, I'm spilling the beans on a recipe that cures homesickness deliciously!

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!

Labu apetiti!

Приятного аппетита!

გემრიელად მიირთვით!

Ăn ngon miệng nhé!

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