

Flavours from around the World



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*This book is dedicated to our colleague, Eloy Rodrigues,
Chairman of COAR from 2015-2021*



This recipe book contains 41 recipes provided by COAR members and partners from 23 countries. The recipes will take you through many different flavours and dishes, from the cold soups of eastern Europe, to the rich pastas of Italy, to seafood dishes from coastal countries, and the spicy dishes of China and the UK (really?, really!). Not to mention quite a few desserts. (I guess many COAR members have a sweet tooth!)

Eloy, you have been an excellent COAR Chairman. After the foundation was laid and good governance established by Norbert Lossau, you have taken COAR to the next level. In your time as Chairman, COAR membership increased from 106 to 150 members, which is a testament to your leadership. And through initiatives such as Next Generation Repositories and the Notify Project, you have guided us towards an exciting new vision for repositories.

But, equally important, you have also been a great friend and generous colleague. Whether it was enjoying a dinner after meetings, racing back to the hotel in a taxi in Buenos Aires to retrieve your forgotten passport and wallet, (almost?) getting mugged in Bahia, providing a personalized tour of your hometown Guimarães, trying to navigate through the streets of a new city, or sitting in the lounge waiting for a delayed plane – it is always a pleasure to spend time with you.

We hope that you and Luisa will enjoy these recipes and they will spark good memories of your time as COAR Chairman.

Thank you Eloy – from Kathleen Shearer, Ilkay Holt, Carla Marques and all the members and partners of COAR



For Breakfast (or not)



Photo by [Rachel Park](#) on [Unsplash](#)

CMenemen (Turkish Scrambled Eggs with Tomatoes)

Gultekin Gurdal, Izmir Institute of Technology, Turkey

Ingredients

- 3 tomatoes
- 2 green peppers
- 1 onion
- 2 eggs
- 1 tsp chili flakes
- Olive oil



Instructions

1. **Sauté the veggies:** Sauté some finely-diced onion and peppers in olive oil until softened.
2. **Add tomatoes and seasonings:** Add in the tomatoes, Aleppo pepper, plus a generous pinch of salt and black pepper, and stir for a bit until the tomatoes are nice and hot.
3. **Add the eggs:** Crack the eggs directly onto the tomato mixture and let them cook for about a minute or so. Then use a spoon to break up the yolks and briefly stir the eggs into the tomato mixture. (I recommend only partially stirring in the eggs, so that they are nice and swirly on top.) Continue cooking until the eggs reach your desired level of doneness. Traditionally the eggs are cooked until just *barely* set, yet still soft, about 3 to 4 minutes total.
4. **Serve.** Serve immediately with your desired garnishes, along with a few slices of toasted bread to scoop up the menemen, and dive in!

Light and Refreshing



Cullen Skink with Scottish Bannocks

A traditional Scottish smoked haddock soup

From Edinburgh University Library

For the Cullen Skink

- 2 large undyed, skin on, smoked haddock fillets (smoked cod or other smoked white fish can also be used)
- 3 large white potatoes, peeled and diced small
- 2 leeks, sliced finely
- 100ml double cream
- 250ml whole milk
- 50g butter
- 3 peppercorns
- 1 bay leaf
- 1tbsp plain flour (optional)
- Finely chopped chives to finish

Instructions

1. Put the cream, milk, peppercorns, and bay leaf into a pan and heat gently until just simmering.
2. Add the haddock fillets to the milk, turn off the heat and leave to cool.
3. Once cooled remove the haddock, peel off the skin and flake the fish.
4. Strain the milk and set aside.
5. Melt the butter in a large, heavy bottomed, pan.
6. Add the leeks and soften for 2-3 minutes then add the flour, if using.
7. Stir in the potatoes and add the strained milk to the pan, simmer until potatoes are just cooked (if necessary add extra milk to just cover the potatoes).
8. Add the flaked haddock and, warm through then serve immediately, sprinkled with chives if you wish.

For the Bannocks

- 330g fine oatmeal
- 265g plain flour
- 2tsp bicarbonate of soda
- 1tsp salt
- 375ml buttermilk (If you don't have buttermilk use whole milk and add a tbsp of fresh lemon juice)

Instructions

1. Put a skillet or heavy based frying pan onto a low heat to warm.
2. Add the baking soda to the milk and stir well.
3. Combine the other ingredients.
4. Slowly mix the milk into the dry ingredients until you have a firm, not sticky, dough.
5. Turn it out onto a floured surface and divide into two equal portions.
6. Use your hands to form each portion into a circle about 2-3 cm thick that will fit into your pan.
7. Using a knife mark a cross deeply into the top of each round.
8. Put the first round into the heated pan and cook gently on one side until golden brown, then flip the whole thing over – keep the heat low-medium or it will burn outside before it is cooked in the middle.
9. When cooked on both sides tip out of pan and serve with butter and strong cheddar.



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Šaltibarščiai / Cold borscht

Rima Kupryte, EIFL, Lithuania

Ingredients – 2 servings

- 500 g kefir (a fermented milk drink similar to a thin yogurt or ayran)
- 100 g beets
- 2 cucumbers
- Several onion leaves
- A pinch of dill
- 1 egg, for serving
- Salt
- 400 g potatoes, for serving

Instructions

1. Boil beets, potatoes and an egg (not together :) Marinated beets could also be used if you already have them ready.
2. Chop the vegetables: beets, cucumbers, onion leaves, dill, potatoes. Mix beets, cucumbers, onion leaves and dill all in a large bowl.
3. Pour kefir over the vegetables, flavor with salt, mix and let stand for several minutes (the longer the mixed vegetables stand, the tastier the soup will be).
4. Pour the soup into bowls, cut the boiled egg in pieces into the bowls. Serve with hot boiled potatoes - on a separate plate, flavored with dill.



Russian classic meat Okroshka (cold summer soup): combination of sweet and salty tastes

Irina Razumova, NEICON, Russia

Ingredients: 5-6 portions

- 400g boiled meat/chicken breast or boiled sausage
- 4 potatoes
- 5 cucumbers
- 4 boiled eggs
- 200 g radish
- Green onions - 4-5 feathers
- Dill – 2-3 sprigs
- Bread kvass (you can use kefir 1% fat but Russians prefer kvas) – 1.5 litres
- Salt, pepper to taste
- Sour cream 1 table spoon per portion
- You can add mustard and/or horseradish to taste

General

Wash potatoes thoroughly with a brush and boil them being unpeeled. Cool and cut into small cubes.

Boil the eggs and cut in the same way as the potatoes.

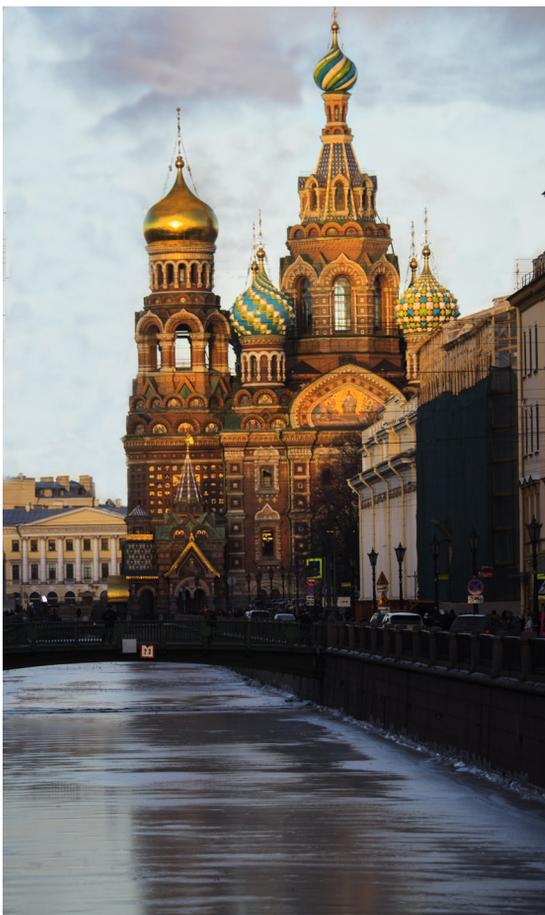
Wash cucumber and radish in running water, and cut into small cubes as well.

Boil the meat and then cut it in cubes. Or you use boiled sausage or boiled chicken breast.

Now mix all the ingredients in a pot, add some salt, chopped spring onions and dill and pour the bread kvass into the mix. Those people who do not like taste of sweet bread kvas mixed with salty ingredients use mineral water or 1% kefir – try several ways of pouring and choose the one you like best. Most of Russian people prefer kvas.

In a plate you can add sour cream, mustard, horseraddish and dill to one's taste.

Bon appetit!



Cold beetroot soup

Irena Krivienė, Vilnius University, Lithuania

You will experience the real taste of Lithuania cuisine if you taste this easy-to-cook soup, very popular in Lithuania – “šaltibarčiai” (cold beetroot soup or simply - pink soup)!

The soup has a shocking bright pink colour due to the natural beetroot juice and an incredibly fresh taste due to the most important ingredient in the cold soup – kefir, recognized by nutritionists as one of the healthiest products in the world.

You will need:

- Beetroots, boiled or marinated – 500 g.
- Cucumbers – 200 g.
- Dill – 20 g.
- Green onions – 30 g.
- Kefir – 1 l.
- Milk – depends on how liquid you want your soup to be.
- Boiled eggs – 2 pcs.
- Sour cream – 100 ml.



Steps to prepare the Cold Pink Soup:

Finely chop the dill and the green onions;

Cut an unpeeled cucumber into small cubes;

Grate the boiled or marinated beetroots into the pot together with the greens;

Add salt and sour cream, pour in the kefir and mix everything together;

Chop up the boiled eggs and add to the soup;

Water the soup down with milk, squeeze in some lemon juice if you like it sour;

Serve the Cold Pink Soup with boiled or fried potatoes sprinkled with dill.

Best wishes from Vilnius University Library!

Beetroot and cherry salmorejo (a twist to the traditional salmorejo from Córdoba, which is made of tomatoes, garlic and bread)

Ianko López Ortiz de Artiñano, Consorcio Madroño, Spain

Ingredients

- 500-700 g of very red tomatoes
- 500 g of ripe cherries
- 300-400 g of raw beetroots
- 150 g of bread
- 75 ml of olive oil
- Apple vinegar
- Salt
- Pepper



Photo on [WallpaperAccess](#)

Peel the tomatoes and pit the cherries. Peel the beets and cut them into large cubes. Process in a blender or food processor these the ingredients adding oil, vinegar to taste, a glass of water and a little salt.

Add the bread cut into medium pieces and soak in the blend. Stand for a few minutes and process again until you get a thin and thick cream.

Put in the fridge for a minimum of two hours, until it is very cool. Always serve quite cold, ideally with some pepper, crumbled soft cheese, pumpkin seeds and/or a drizzle of extra virgin olive oil on top.

Tasty Side Dishes



Photo by [Nathan Dumlaog](#) on [Unsplash](#)

Flexible-Commuter-Cabbage

Wolfram Horstmann, Georg-August-Universität Göttingen, Germany

Commuting internationally poses challenges regarding the locally specialized ingredients for your favorite recipes. Simultaneously, this is an opportunity to tease out major and subtle differences between recipes. I commute between Germany and Italy and was tempted to provide a recipe for sourdough bread(s) that I bake for everyday consumption. However, this might turn out to be provocative because it requires quite some patience. But I am also a big fan of cabbage dishes, specifically in Winter. So, here are some ideas that might inspire to re-cook variations depending on what ingredients you get in the best quality. The local variations are put in squared brackets [X vs. Y]. I will not elaborate on the philosophy about what ingredients are better – as a global citizen, I believe that a pot can have different lids.

1. *Vegetable Broth*

It is a must for me to prepare vegetable broth from scratch. I use a classic with carrots, leek, celery [root vs. leaves], a halved garlic, and parsley [root vs. leaves]. Briefly sauté the roots [Butter vs. Olive Oil], deglaze with wine [Grauburgunder vs. Sauvignon Blanc]. Add boiling water and season. Add the leaves and let simmer, not cook, for 15 minutes. You can put a dried chili pepper for some minutes to make it (slightly) hot. Let it cool in the pot. You will only need some liquid for this recipe, the rest can be used or frozen for another soup, hotpot or stew.

2. *Cabbage*

Choose your cabbage [Savoy vs. Cavolo Nero]. I pre-roast it directly but gently in the pan [butter vs. olive oil]. Deglaze (after briefly turning up the heat) with the broth and simmer. At this point you can add all kinds of additional ingredients to achieve fusion tastes (nuts, raisins, curry ...) but, for the sake of simplicity, I stick to the basis and only provide a meat option below. Simmering time depends on how raw you like your cabbage (Cavolo Nero needs more time than savoy – you



can even pre-blanch it in salted water – however, this reduces roasting aromatics and it also depends how fine the leaves are prepared). Add some halved mini tomatoes late so they do not disintegrate. Season the whole thing with salt, pepper, nutmeg, a lemon splash and fresh parsley [frizzy vs. flat] and add spice [caraway seed vs. lemon/orange zest]. Bind the sauce [starch vs. parmigiano]. Let it rest and serve with fresh bread. Always stir gently. Instead of bread, you can also add slightly undercooked carbs [potato cubes vs. pasta w/ some spoons of cooking water] at the end, which adds to the binding. Re-warming rests for the quick lunch next day is possible, if not recommended.

3. *Meat*

Optionally, you can add ham [Speck vs. Pancetta] already when pre-roasting the cabbage. Prepare main meat [Kassler vs. Salsicche] in a separate pan and add gently in the end, cut in smaller pieces.

Estonian Potatoes and Barley/ Groats Mash. aka Mulgipuder

Liisi Lembinen, University of Tartu Library, Estonia

Mulgipuder is a rustic Estonian porridge consisting of mashed barley and potatoes. It often incorporates bacon and sautéed onions and is usually served as the main course, accompanied by sour cream and rye bread, or as a side dish complementing various roasted meat dishes.

Ingredients

- 1-1,2 kg peeled potatoes
- 200-300g barley/groats (around 1 cup)
- 750 ml water
- 100 g bacon or ham
- 100 ml cream or milk
- 1-2 onions
- water, salt, butter
- sour cream and green sping onions (if you wish)
- Total: 4 portions

Preparation

Slice the potatoes and put them on the bottom of the pot to boil, add barley/groats (need to be pre-soaked at least couple of hours) and water.

Boil until potatoes and barley are soft and then mash them adding cream to make it extremely creamy.

Cut the bacon or ham into cubes and fry them with the onions.



Add fried bacon or ham to the porridge.

Serve warm with butter or sour cream (or both if you wish) and spring onions.

History behind it:

Mulgi-Mulgimaa is a district in South-Estonia with its own culture, food and dialect. Mulks have left a significant mark on the Estonian traditional cuisine. In 1880, when people started buying farms there was a bigger migration wave in the country. Mulks settled in many places all over Estonia and brought along their food culture.

In former times when people had wood burning stoves, the porridge was placed on a stove in the morning where it had time to cook and get simmer and better.

Recipe submitted and cooked by Liisi Lembinen (photos). CC-BY

Courgette meze with cheese

Ilkay Holt, COAR, Turkey

I really like this simple meze (small dish size in Turkish), Eloy. It is not a common one. In Istanbul, Beyoglu, there is a small meyhane where I used to go and always order this dish. Now I make it at home in London when I miss the taste of it. Hope you like it.

Ingredients (4 people, small portions)

- 3 medium courgettes
- 1 small bunch spring onion, slice them thinly
- 1/3 bunch dill, slice them thinly
- 1/4 bunch mint
- 1/4 cup olive oil
- 150 gr feta cheese, dice it largely
- Black pepper and salt

Tips

Grate courgettes just before you start cooking; you don't want them to get watery. Some prefer slicing courgettes in small pieces rather grating it. It is up to you! Chop the mint just before adding it to the courgette to prevent it from darkening.

Instructions

- Heat the oil in the pan.
- Add spring onions and stir-fry it for about 5 minutes.
- Add grated courgettes to the pan (if it is watery, squeeze the water before you put them to the pan).



- Stir it for about 5 minutes in high heat, then turn the heat down.
- If you don't want to overcook the courgette, max. 10 more minutes should be enough. But taste it and decide how long to keep it on the heat.
- When you think it is cooked, turn the heat off.
- Immediately add diced cheese, dill, mint, salt & pepper, mix them all.
- Cheese should get softer with the heat.

It is ready to serve!

Jollof Rice Recipe

Omo Oaiya, WACREN, Nigeria

Serving size: 4 people

Ingredients

- 4 cups of rice
- 1 400 gram tin of tomatoes (6 fresh tomatoes blended)
- 2 table spoons of tomato paste
- 1 scotch bonnet (finely chopped)
- 1 small onion (finely chopped)
- 1 small onion (chopped)
- 4 cups of chicken/meat stock
- 1/4 cup oil(vegetable, canola, coconut or olive)
- 1 bell pepper(chopped)

Seasoning (to taste)

- curry powder
- dried thyme
- paprika
- salt
- maggi cubes
- dried crayfish
- ginger



Directions

In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and Scotch bonnets with 2 cups of stock, blend till smooth.

Pour into a large pot/ pan and bring to the boil then turn down and let simmer, covered for 10-12 minutes.

In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3-4 minutes on medium heat. Then add the tomato paste – stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid on. This is the stew that will define the pot.

Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1-2 minutes.

Add the rinsed rice, stir and cover with a lid on the pan – this will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.

Stir rice – taste and adjust as required.

If you like, add sliced onions, fresh tomatoes.

Check in the rice periodically, to ensure it does not burn. Once the rice is soft and to taste, turn off the heat and leave to rest.

Bagna caôda ('bajna 'kawda)

Alessandra Bianchi, EPFL, Switzerland

Country of recipe: Italy (Piemonte)

Ingredients (for 4 people)

- 6 cloves of garlic
- 2 glasses of milk (ca 400 ml)
- ½ glass of olive oil
- 10-12 anchovy fillets
- 2 peppers

Sauce

1. Cut the garlic cloves finely
2. Cut the anchovy fillets finely
3. Put the garlic in a pan with the milk.
4. When the milk boils, lower the flame and simmer for 20 minutes, stirring continuously, until the garlic is squashy
5. Take out from the cooker
6. Squash the garlic in the pan with a fork
7. Add the anchovy fillets
8. Add oil
9. Simmer at very low heat, stirring continuously, for 10-15 minutes

Then

10. Cut the peppers in slices
11. Boil the pepper slices in water for 15-20 minutes until they are soft
12. Put the pepper slices on a plate and cover them with the sauce.
13. Serve warm.



Espinacas con Garbanzos

Isabel Bernal, Spanish National Research Council (CSIC), Spain

Spanish spinach and chickpeas (“espinacas con garbanzos” in Spanish) is a must-try Andalusian dish. This traditional spinach and chickpea stew is very popular in Seville, where it is served in all local “tapas” bars.

There are written records of spinach being a popular Spanish vegetable by the end of the 12th century, and it was an important ingredient in Moorish and Sephardic Jewish cuisine in Spain.

It is very healthy, simple and quick to prepare – on the table in only 30 minutes!

Ingredients (for 4 people)

- Boiled spinach (600 gramms)
- Extra virgin olive oil
- Minced garlic (2 garlic cloves)
- Sweet paprika
- Salt
- Cumin
- Cayenne and black pepper
- Tender boiled chickpeas (150 gramms)
- Breadcrumbs

Steps (medium heat)

1. Fry in oil the garlic cut into small pieces until browned
2. Add sweet paprika (a couple of table spoons)
3. Add the boiled and cut spinach into small pieces and mix it all
4. Add salt, pepper and cumin
5. Mix it all until well combined
6. Add the chickpeas (make sure they are well drained before)
7. Stir all for 10 minutes until fully mixed
8. Add some breadcrumbs to thicken

Serve hot

Tips

- Both spinach and chickpeas can be fresh or jarred.
- The stew can be garnished with fried bread triangles.
- Some people like it with sherry vinegar (red wine can work as a substitute) and almonds.
- Like most stews, the flavor gets even better after resting.
- Serve it in small clay bowls.



Warm and Filling



Three-Bean Vegan Chili

Yumi Ohira, University of Texas at Arlington Libraries, United State

Ingredients

- 1 tbsp extra virgin olive oil
- 1 large onion, diced
- 2 carrots, chopped
- 3 stalks celery, chopped
- 1 red bell pepper, chopped
- 1-2 jalapeno peppers, stemmed, seeded, and minced
- 3 cloves garlic, minced
- ½ cup bulgur wheat (omit for gluten free chili)
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp cumin
- ½ tsp dried thyme (or 1½ tsp fresh thyme, chopped)
- ½ tsp red pepper flakes
- ½ tsp Tabasco sauce
- 1 tbsp tomato paste
- 28 oz can crushed tomatoes
- 15 oz can vegetable broth or stock
- 15 oz can light red kidney beans, drained
- 15 oz can black beans, drained
- 15 oz can pinto beans, drained
- 2 tsp kosher salt (or to taste)
- ½ tsp freshly ground black pepper (or to taste)
- Chopped avocado and chopped fresh cilantro for garnish

Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, celery, bell pepper, and jalapeno pepper. Cook until the onions are soft and translucent.

Add the minced garlic and bulgur. Cook for 1-2 minutes more, stirring frequently. Add the herbs, spices, Tabasco, and tomato paste. Stir until combined.

Stir in the crushed tomatoes and vegetable broth. Bring to a boil, reduce the heat to medium low, and simmer for 20 minutes, stirring occasionally.

Stir in the beans, return to a boil, then reduce the heat and simmer uncovered for 10 minutes more or until beans are soft and heated through. If you want thicker chili, cook longer to desired consistency.

Stir in salt and pepper.

Transfer chili to serving bowls and garnish with chopped avocado and cilantro.



Image by Vegan Feast Catering / CC BY

Varenyky

Iryna Kuchma, EIFL, Ukraine

Ingredients

- Option 1 for the dough
- 2 cups flour
- 150 g boiled water (hot)
- 50 g butter
- 1 tablespoon vodka
- Salt

Option 2 for the dough – if you have kefir (a fermented milk drink similar to a thin yogurt or ayran)

- 2 cups flour
- 100-150 g kefir
- Salt

Options for the fillings

- 300 g potatoes
- 100 g cottage cheese
- A pinch of dill
- A pinch of parsley
- 250 g cherries
- 250 g strawberries
- 250 g blueberries



Sour cream or yogurt, for serving

Instructions

1. Make the dough mixing the dough ingredients listed above in a large bowl.
Note: gradually mix water/kefir and stir to combine into a shaggy dough.
2. Boil potatoes. When ready, mash until smooth. Bring the potatoes to room temperature.
3. Chop dill and parsley, mix with potatoes and cottage cheese. You could also try cottage cheese with sugar (and no dill and parsley :) as the filling.
4. Cut the dough into two pieces. Working with one piece at a time, roll the dough between your palms into a one centimeter thick log. On a floured surface, cut the log into approximately ten one centimeter pieces (these should resemble gnoc-chi). Using a rolling pin dusted with flour, roll each piece into an approximately eight centimeter circle.
5. Working with one circle of dough at a time, place one teaspoon of the filling of your choice in the center - potatoes, cottage cheese, berries (not together, although potatoes and cottage cheese could be mixed :). Add sugar to berries if you want a sweet taste. Gather the dough into a half-moon shape around the filling and pinch the top closed, then pinch both edges closed, making sure to press out any excess air. Place your shaped varenyky on a well-floured surface and continue filling the rest of the dough. Make sure varenyky are not touching and don't stick together.
6. Boil varenyky in a large pot for three minutes – in batches if you've used different fillings.
7. Using a slotted spoon, fish the varenyky out and place in a large bowl. Add a bit of butter and gently toss to prevent varenyky from sticking together. Serve immediately, with sour cream or yogurt.

Hortobágyi palacsinta / Hortobagy style pancakes

Gyöngyi Karácsony, University of Debrecen, Hungary

Hortobágyi palacsinta is a savoury Hungarian Crêpe, filled with meat (usually veal) and served with sour cream. The name comes from the Hortobágy National Park region of the Great Hungarian Plain (just a couple of kilometers from Debrecen) but the dish itself has nothing to do with Hortobágy. It was originally invented for the 1958 Brussels World Fair.

Ingredients

– For the stew:

- 10 oz ground veal/chicken/beef/pork
- 1 white onion
- 5 large tomatoes
- 3 teaspoon of paprika (ground red pepper)
- 1 teaspoon cumin
- 4 tablespoon sour cream
- 1 cup water
- 2 garlic cloves
- Parsley
- Salt and pepper to taste
- Oil

– For the pancakes

- 3 eggs
- 1 cup flour
- 1 cup milk

Instructions

1. Dice the onions and fry in a non-stick frying pan of oil until soft. Add in your garlic cloves.

2. Begin adding your ground meat and cook until brown.
3. Finely chop the tomato and add in to the pan with 1 cup of water, stir until thoroughly mixed.
4. Add in your cumin, paprika and parsley and stir. Put on a low heat, cover and leave to simmer for 40 minutes or until the sauce becomes thick.
5. Next you should sieve out your meat to be used for the filling, making sure to save the sauce for later.
6. Once the sauce has thickened, take off the heat and stir in 2 tbsp of sour cream. Leave to settle on the side.
7. Now create a batter using your eggs, flour and milk and whisking in a bowl.
8. Prepare the pancakes: add a small amount of oil to a pan and ladle in the batter mix, coating the pan. When the pancake starts to cook, flip it over and cook the other side then set it on a plate. Repeat this 3 more times until you have 4 pancakes.
9. Now take your stewed meat and add a generous portion to the bottom half. To make a rectangle shape, tuck in the sides and the bottom before rolling over once. It should feel tightly packed in. Repeat this with your remaining pancakes.
10. Place the 4 pancakes on a lightly oiled baking dish and cover with the sauce prepared earlier. Bake in the oven on a medium high heat for 10-15 minutes.
11. Take them out of the oven and serve each pancake individually with a teaspoon of sour cream.

Enjoy your Hortobágy style pancakes! 😊



Best wishes from Gyongyi and colleagues in Hungary

Pancake Hortobágy style #2

András Holl, Library and Information Centre of the Hungarian
Academy of Sciences, Hungary

Ingredients

- For the pancake
 - 5 dl of milk
 - 250 grams of flour
 - 2 eggs
 - salt
 - olive oil
- For the filling
 - 500 grams of chicken legs
 - 1 large onion
 - 1 fresh green pepper
 - 1 large tomato
 - salt
 - pepper
 - cumin
 - 2 tablespoons of paprika
 - 0.5 dl of oil
 - 2 cloves of garlic
 - 3 dl of sour cream
 - 2 tablespoons of flour

Directions

First, make the filling, which is a stew. Chop the onion and simmer it in the oil until transparent. Add the chopped up pepper and tomato and simmer for a bit. Add the spices and the crushed garlic. Add the chicken legs and let them cook in the covered pan on low heat for 40-45 minutes. Add some water if the juice cooks away.

While the stew is cooking, make the pancakes. Mix together all the ingredients, and let the batter sit for 15 minutes. Heat up a pan, add some oil and a ladle of the batter. Move the pan in circular motions so that the batter spreads evenly. Cook your pancakes on both sides and set them aside.

When the chicken legs are cooked take them out of the pan, remove the bone and shred the meat with a fork and a knife. Pure the meat and some of the gravy with a mixer. This is the filling for the pancakes. Stir together the flour and the sour cream and thicken the leftover gravy with this mixture. This is the sauce.

Fill the pancakes with the meat mixture and pour some sauce on top of them. You can either bake them in the oven for a little while, or if you are very hungry, serve it as it is. Add some more sour cream on the top and decorate with parsley.

Enjoy!

Nikujaga

(Japanese beef and potato stew)

Tomoko Kataoka, JPCOAR, Japan

Ingredients (2-3 servings)

- 2 potatoes
- 1 carrot
- 1/2 onion
- 200g chopped beef
- 1/2 cup water
- 1 teaspoon of instant Japanese broth
- 2 tablespoons of sugar
- 2 tablespoons of cooking sake
- 2 tablespoons of mirin
- 2 tablespoons of soy sauce
- 1 teaspoon of vegetable oil



Instructions

Peel and cut the vegetables into bite size pieces. Slice the beef into 5mm thick pieces. Put the potato in the water to remove the harsh taste for 10 minutes.

1. Put the vegetable oil into a pot and stir-fry the beef, onion, carrot and potatoes for a couple of minutes.
2. Add water, Japanese broth, sugar, cooking sake, mirin and soy sauce. Simmer the stew with skimming the foam from the surface to remove the harsh taste.
3. Cover with a "Otoshi-buta" (Drop Lid) on top of ingredients and simmer them for about 20 minutes. Otoshi-buta is used for cooking quickly and flavoring deeply.
4. An aluminum foil or tough cooking paper may be a substitute for Otoshi-buta. Simmer it until almost all the water is gone.

Belgian Chicory Ham Rolls in the oven

Inge Van Nieuwerburgh, Ghent University Library, Belgium

Chicory in the oven is a Belgian classic. Choose tasty ground chicory, a decent ham and good quality cheese. We mainly eat it in winter, as it is an oven dish and because it is quite rich. The vegetarian option is to skip the ham.

Recipe for 4

Ingredients

- 8 pieces of fresh Belgian ground chicory (also known as endives)
- 8 slices cooked ham
- butter
- pepper
- salt
- 40 gr. flour
- 0.7l milk
- 1 egg yolk
- 250 gr. grated cheese
- nutmeg

Instructions

1. With the tip of a potato knife, remove the hard part at the bottom of the chicory stalks. Cut a notch so that no leaves come off.
2. If you have a steam oven, you can steam chicory. If not, melt a piece of the butter in a wide pan with a little water. Arrange the chicory stalks in it and put the lid on the pot. Cook the chicory on a gentle fire. Then let the chicory cool a bit and squeeze out the moisture. (Squeeze firmly!)
3. Then melt another knob of butter in a pan over a low heat. Fry the chicory stalks in this until they are golden brown. Season with salt, pepper and nutmeg.



4. Remove the chicory stalks from the pan and roll them in thick slices of cooked ham. Arrange the chicory stalks in an oven dish.

The cheese sauce

0.7l semi-skimmed milk, 250 g grated cheese, 30 g butter, 40 g flour, 1 yolk (optional)

1. The base of the sauce is a roux. To do this, melt 30 g of butter in a pan and add the flour. Let the flour mixture “dry” while stirring, but make sure that the roux does not stick.

2. As soon as you smell a nice biscuit smell, pour the milk into the pan. Continue to stir patiently with a whisk until the sauce thickens. After stirring long enough, you will obtain a smooth béchamel sauce. (Avoid a sauce that is too thick. To thin the sauce, add a little extra milk.)

3. Remove the pot from the heat and mix the grated cheese into the sauce. (Save some cheese for topping.). Season the sauce to taste with salt, pepper and nutmeg. (Tip: Stir in the yolk for an extra glossy sauce.)

The finish

1. Pour the cheese sauce over the chicory stalks until they are completely covered.

2. Sprinkle the rest of the grated cheese over the oven dish.

3. Place the dish under the hot grill for about ten minutes until a golden-yellow crust appears.

We eat it with mashed potatoes.

Enjoy your meal!

Inge, Ghent University Library



In case you don't feel like cooking...

Dear Eloy,

Unlike you, I don't love to cook, but, like you, I do enjoy dining in local restaurants.

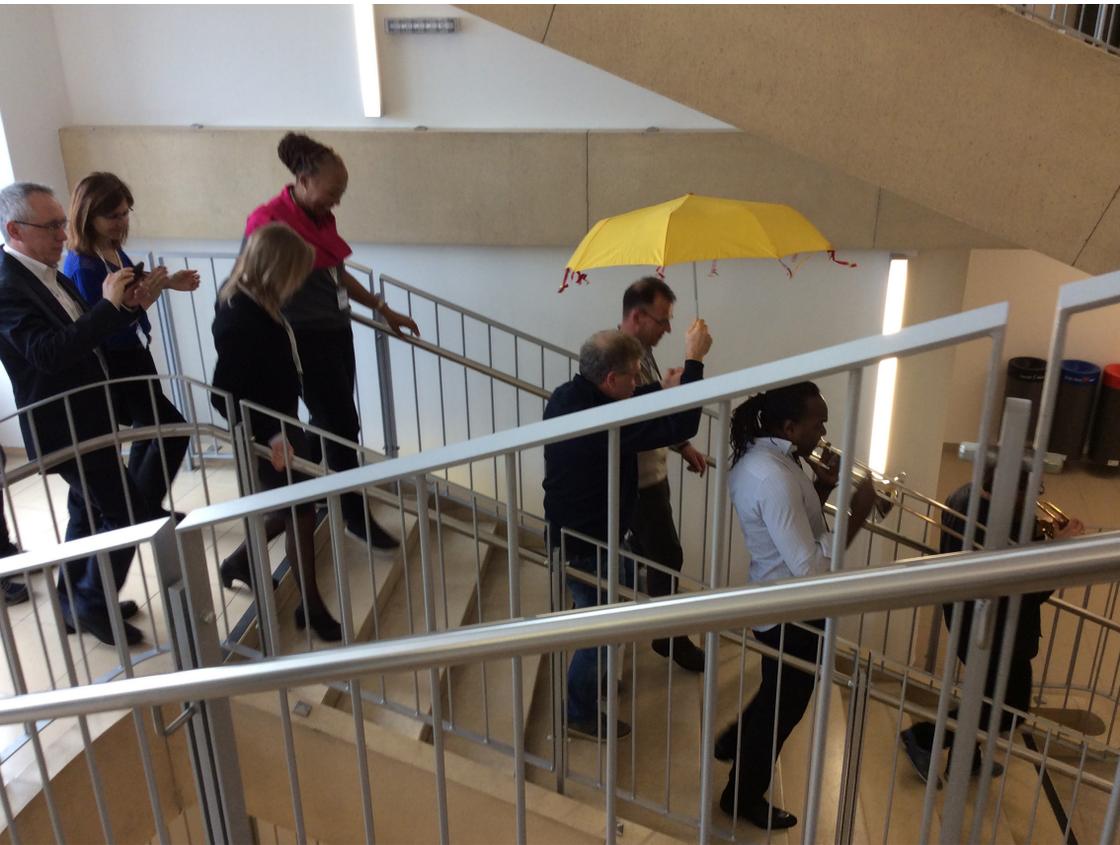
So, rather than a recipe I'm giving you a standing invitation to visit me in Cambridge, where I'll take you to [Harvest](#), which claims it has been “defining (and redefining) the contemporary American table for decades.” Local lore says that Julia Child was a regular. Check out her [archives!](#)

Wishing you many wonderful meals and great happiness,

Martha Whitehead, Harvard University Library, United States



Savory and Exotic



Peruvian Aji de Gallina

Sergio & Tamy, Peru

Ingredients (4 Persons)

- 2 chicken breasts (500-600 g.)
- 1 cup of chicken broth
- 1 large onion
- 2 tablespoons of Peruvian paste of aji Amarillo (yellow hot pepper or any other similar chilies).
- 4 cloves of garlic
- 3 slices of bread
- 1/2 cup of milk
- 50 g. Of walnuts, pecans or peanuts, (or 1 tbsp of peanut butter).
- 1 teaspoon of turmeric
- 5 tbsp of vegetal oil
- Salt to taste
- Pepper to taste

Steps

1. Bring the chicken breasts to a boil, once cooked, cool on a plate and reserve 1 cup of the broth.
2. When the chicken breasts are cold, shred them and reserve.
3. Soak the bread slices in the milk and pour everything into the blender.
4. Sauté the onion and garlic cloves in a pan with the oil. Add the aji Amarillo paste, turmeric, salt, and pepper to the onions. Then add the sauté to the blender along with the milk-soaked bread, walnuts or peanuts, and the broth.
5. Blend to obtain the sauce.
6. Put the blended sauce in a pot to heat. Add the shredded chicken to the hot sauce.
7. Cook in low heat and stirring constantly for 5 minutes.

8. Serve with boiled potatoes, Peruvian rice*, hard-boiled egg, and olives, as shown in the photo.

Enjoy, Eloy! 😊



Sergio & Tamy
(from Lima, Buenos Aires & Montreal)

* *Peruvian rice*

In a pot, sauté in oil 2 teaspoons of mashed garlic for 45 seconds. Add salt to taste. Add 1 cup of rice (Basmati or Jazmin) and stir for 30 seconds. Add 1 1/2 cup of water and cook for 10 minutes in high heat, then cook other 10 minutes in low heat until the water is completely evaporated. Turn off the heat and let it rest with the pot covered for 10 more minutes.



Kaapse Bobotie

Ansie Van der Westhuizen, University of South Africa Library, South Africa

Before you start

Grease a large oven dish and set the oven temperature on 180 degrees Celsius

Ingredients

- 30 ml olive oil
- 1 large onion chopped
- 1 garlic clove chopped
- 20 ml fresh ginger (grated)
- 15 ml curry powder
- 5 ml turmeric
- 5 ml cumin
- 5 ml cinnamon
- Salt and black pepper to taste
- Juice of one lemon
- 2 large tomatoes grated
- 30 ml apricot jam
- 60 ml chutney
- Topping
- 500 ml milk
- 4 eggs beaten
- Salt and pepper to taste
- A few lemon leaves

Method

Soak bread in a 100 ml of the milk. Squeeze excess milk out of the bread and keep it aside. Press the bread fine.

Heat the olive oil in a large frying pan on medium heat. Fry onion, garlic and ginger in the oil until soft.

Stir in curry, turmeric, cumin, cinnamon, salt and pepper and fry a little more.

Add the lemon juice, tomatoes and meat. Stir well and simmer until the meat is brown. Now add the bread and stir well.

Transfer the meat to the oven dish. Whisk the eggs together with the milk, salt and pepper and pour over the meat. Press the lemon leaves into the dish.

Bake in the preheated oven for 45-60 minutes until golden brown. Remove the leaves before serving.

Tip

You can also add raisins and grated apple to the dish for more flavor. Serve your bobotie with fragrant rice, banana slices, sambal or a green salad.



Rich and Creamy



Photo on [Wallpaper Abyss](#)

Fusilli with ricotta, saffron and pistachio grains

Paolo Budroni, Vienna University Library and Archive Services, Austria

Country of recipe: Italy

Ingredients for two servings

Preparation of pasta with ricotta and saffron

Prepare the saffron: mix the pinch of saffron in a glass with a little warm water/use two tea spoons of water (warm water, not hot), let the saffron dissolve. The water will turn a golden color after a short while.

Put your 80 grams of fresh ricotta in a bowl, over which you will sprinkle the saffron water. Add two tablespoons of extra-virgin olive oil. Stir.

Add salt to the boiling water. Add the pasta. After a few minutes the pasta will have started to release its starch into the pot. Take a couple of tablespoons of the cooking water and pour it into the bowl with the ricotta. Stir. Add the parmesan cheese and pepper. Stir everything to make a creamy mixture. Add oil, if necessary. Drain the pasta. Mix everything together and garnish with the pistachio grains. Serve. Usually I add some extra pepper on top.

The secret of the recipe's success: the saffron must dissolve well (the ricotta should turn golden) and secondly, the addition of boiling water is used to form a creamy sauce made up of the parmesan, the ricotta, the oil, the pepper and the starch in the water. I suggested fusilli because they are easy to get. I usually use either *paccheri* or *conchiglioni* for this recipe. You may also add some *pecorino romano* to the parmesan cheese, it helps in forming the creamy sauce.

Bon appetit.



Risotto Gamberetti, Zucchine e Profumo D'Arancia

Irene Ruso, Italy

Ingredients for 4 people

- 320 g of rice (preferably Vialone Nano or Carnaroli)
- A whole orange
- 250 g of shrimps or prawns
- 1/2 liter of vegetable broth
- 40 g of butter
- 200 g of zucchini
- 1 glass of dry white wine
- 1 onion/shallot
- salt, to taste
- pepper, to taste
- extra virgin olive oil, to taste
- chopped parsley, to taste
- (Parmesan cheese, if you want)



A summery, relatively easy and delicate dish that will amaze your guests with a scent of italian sea...and holidays!

Preliminary work

1. Clean the shrimps/prawns by removing the shell and heads. The heads will be useful to prepare the *fumetto*: put the shrimp heads in a separate pan with a drizzle of oil 1/4 glass of white wine. Brown them for a couple of minutes over high heat, stirring with a wooden spoon and crushing the heads. Lower the heat and simmer gently for 20 minutes. After the indicated time, filter it with a narrow mesh strainer trying to take as much liquid as possible and keep it aside (throw away the heads).

2. You should peel and wash the zucchini. Then, dry them and cut them into thin slices. At the end of the operation, put them in a colander; leave them aside to drain.
3. Start to prepare the vegetable broth with the vegetables or quickly with 1/2 cube.
4. Peel the orange in tiny zests, you'll use them just before the end of the cooking. Squeeze the orange and filter the juice.

Making of

1. Peel and chop the onion. Once chopped, fry it over low heat in a medium-sized pan with a drizzle of extra virgin olive oil.
2. When the shallot is golden brown, melt it with half of the butter and put the shrimps/prawns in the bowl: let them deglaze with the remaining glass of dry white wine. Take our ¼ of the shrimps or 4 prawns: you'll use them to garnish 😊
3. Add the zucchini in the pan and let them dry for just 3 minutes (they'll finish to cook in the risotto later).
4. Add the rice in the pan and let it toast until it will be shiny and almost transparent: to let it toast, blend it with the *fumetto* and mix it with ¼ of the orange juice.
5. Start cooking the risotto by adding ladles of boiling broth one after the other (to keep the broth nice and warm, let it simmer over low heat).
6. Adjust everything with salt and pepper and the remaining orange juice though while it's still cooking.
7. When the broth is absorbed and the rice is cooked (make sure that the rice is not too dry), add a little bit of grated Parmesan cheese – not more than 2 spoons, the half of the butter and a little orange zest and stir.
8. Turn off the heat and let it rest for a few minutes.
9. Serve adding some of the shrimps/a prawn on top of each plate and some orange zests for garnish.

Your delicious Risotto is ready to be enjoyed!

From Irene Buso
4science s.r.l.
Italy

Spaghetti Carbonara

Donatella Castelli and Paolo Manghi, CNR, Italy

Ingredients

- Spaghetti 320g
- Guanciale 150g
- Egg yolks 6
- Pecorino Romano cheese
grated 50 g
- Black pepper



Instructions

1. Bring large pot of salted water to boil
2. While waiting for the water to boil, remove the pork rind from the guanciale and cut it first into 1cm X 2cm strips
3. Put the strips into a non-stick pan and brown for about 15 minutes over medium heat, being careful not to burn them
4. Add spaghetti in boiling water and cook "al dente"
5. At the same time, place the yolks in a bowl and add $\frac{3}{4}$ of the Pecorino cheese
6. Vigorously blend together and add black pepper
7. Add a tablespoon of pasta water and continue to mix together
8. Remove guanciale from heat
9. Strain pasta but conserve some pasta water to add at the end if needed
10. Add pasta to the guanciale and stir
11. Now add the egg yolk mixture and stir again
12. If you want it to be creamier, add some pasta water, but not too much
13. Add the remaining cheese and ground some more black pepper on top

Enjoy!!!!

Fresh Basil Pesto

Frank Manista, JISC, United Kingdom

Ingredients

- 180g of fresh basil, stems removed
- 10-12 cloves of garlic
- 50g of pine nuts, toasted
- Grated parmesan cheese – go wild!
- ¼ teaspoon of sea salt
- Coarsely ground black pepper
- Olive oil

Instructions

1. Place all the fresh basil with the stems removed into a food processor and add a bit of olive oil.
2. Process for a minute until the basil is starting to break down
3. Add the garlic, roughly sliced
4. Add the toasted pine nuts
5. Process again so that the pine nuts and garlic are all thoroughly mixed in. You may want to add more olive oil, depending on how generous you were
6. Add salt and pepper
7. Add parmesan cheese – I like quite a lot, but try to add as you're mixing. Don't let the pesto get too white from the cheese. You may need to add a bit more olive oil

This makes quite a lot but you can put it into small freezer bags; it keeps for a very long time. You will then have pesto on hand for a very garlicky meal.



Suggestions

1. Sauté some diced chicken until thoroughly cooked and remove from the pan
2. Add some pesto directly to the pan and stir around
3. Add a bit of either cream or low-fat cream cheese – enough to make a cheesy, green sauce
4. Add the chicken back in and warm through
5. Serve over a pasta of your choice

Tortelli di zucca alla mantovana

by Susanna Mornati, 4Science, Italy

Pumpkin tortelli is a typical Christmas Eve dinner dish from the area of Mantua, in the Lombardy region of Italy, where my mother and her family are from, and from the neighboring area of Reggio Emilia where my husband's family is from, in short from cradle to wedding I have always enjoyed this recipe for Christmas parties. It is actually prepared throughout the winter when the best pumpkins are available, sweet and firm. It's a bit long and laborious, but it gives a lot of pleasure and satisfaction.

(4 serves)

Ingredients for the filling

- Mantuan pumpkin 500 g
- Amaretti cookies 100 g
- Grated Grana Padano cheese 100 g
- Eggs 1
- Nutmeg powder
- Salt
- Mantuan variant: add Mantuan pear or apple mostarda 2 tablespoons
- Emilian variant: use Parmigiano Reggiano instead of Grana Padano (hint for both: do not use a cheese aged more than 12 months)

Ingredients for the fresh pasta

- Fine white flour 250 g
- 3 eggs (at room temperature)

Ingredients for the dressing

- Butter and sage
- Or: delicate tomato sauce
- For both dressings: top with grated Grana Padano cheese at will

Preparation

The filling must be prepared the day before (the rest serves to amalgamate and reinforce the flavors). It is necessary to choose a very sweet pumpkin, with a compact and dry texture. Mantuan pumpkins are obviously a good choice but there are many other suitable types.

STEP 1: Cut the pumpkin in slices and place it on a baking tray lined with baking paper: bake in oven at 200° C for about 15-20 minutes. Watch it often: the pumpkin should be soft but not burnt. Leave it to cool in the oven, so that it dries and loses water. Hollow out the pulp with a spoon and pass it through a potato masher.

STEP 2: Crumble the amaretti with your hands and mix them with the pumpkin, the cheese and the egg, a little salt and nutmeg. If you like, also add two tablespoons of finely chopped fruit mostarda (optional).

STEP 3: Cover and refrigerate 12-24 hours.

STEP 4: The next day, prepare the fresh pasta: beat the eggs (at room temperature) in a bowl and add them to the sifted flour on a pastry board. Work by hand until the dough is soft and not sticky. The consistency depends on the type of flour and the size of the eggs, so if it's too sticky you can add a little more flour, if it's too dry a little more water. Knead the dough into a ball shape, wrap it in plastic wrap and let it rest for at least 30 minutes away from too hot or too cold air (the rest is to make the dough more elastic when rolling).

STEP 5: Lightly flour the pastry board and with a rolling pin roll out the dough to a thickness of about 1 mm (if you are not very good with a rolling pin you can use the pasta machine and divide the ball of dough into two or three pieces to be worked separately). Cut rectangular strips about 9 cm wide, place small mounds of filling (1 tablespoon approx) along the strips, spaced a few centimeters apart, and then fold the strips over the filling. Press the space between the tortelli and use a pastry cutter to separate them, pinching the edges well with a fork so that the filling does not come out during cooking. Each tortello measures about 2 to 3 inches, there should be about 9-10 tortelli per person. Put the tortelli on a tray lined with baking paper and a little floured so they do not stick.

STEP 6: Boil plenty of lightly salted water and cook the tortelli for about ten minutes. Drain gently, dress with butter, sage and grated cheese and serve. Or, if you prefer a stronger flavor, place the tortelli in a baking pan, alternating layers of tomato sauce, tortelli and grated cheese, then place in a hot oven to gratinate for a few minutes before serving. I prefer them this way and here is a picture of my dish:



Image and recipe:





By the Sea



Mussels “A la Marinera”

Reme Melero, CSIC, Spain

Ingredients

Serves 4

- Mussels 1 kg
- Onion 1
- Red pepper 1
- Garlic clove 1
- Tomato 1
- White wine 200 ml
- Tomato sauce 20 ml
- Sweet paprika a pinch (can be spicy if you like it)
- Water from cooking the mussels
- Bay leaf



Photo by [Gil Ndjouwou Unsplash](#)

Difficulty: Medium

Preparation 20 m

In a large pan with 300 ml of water and a little salt, cook the mussels, removing them as they open. Once cooked, strain the water through a paper coffee filter or a cheesecloth to remove any dirt and reserve the broth.

In the same pan in which we are going to serve these mussels with tomato “a la marinera”, we prepare a stir-fry over a low heat, adding a couple of spoonful of olive oil and frying the red pepper and the onion until they are very soft. Then add the diced tomato and a spoonful of paprika, leaving them to cook for a couple of minutes. Add the white wine, the spoonful of fried tomato and the water from the mussels and bring to the boil. During this time, remove one of the shells from the mussels so that there is not so much shell and the other, with the piece, put it in the pan, repeating the operation until all the mussels have been used up.

Cover the pan and turn off the heat, leaving the mussels to cook in the steam generated for a couple of minutes. Meanwhile, chop the parsley finely and sprinkle it over the mussels, taking the casserole to the table immediately.

Pico Island Fish Broth

João Mendes Moreira, Foundation for Science and Technology, FCCN unit,
Portugal

Ingredients

- 1 onion
- 1 tomato
- 1 parsley branch
- salt
- white pepper
- saltwater scale fish
- bread
- butter
- Mint



Photo by João Mendes Moreira, CC-0

Instructions

1. Season the fish cut into large slices with salt (which can be any fish, as long as it is flaky and salt water) preferably the day before.
2. In a saucepan, add enough water to cook the fish, the coarsely chopped onion, the tomato (or tomato), the parsley and bring to a boil.
3. When the water is boiling, add the fish.
4. If the fish used is lean, add a little olive oil to the water. When the fish is cooked, remove it to a platter and serve immediately.
5. On a platter with a lid, place slices of wheat bread spread with a little butter and a leaf of mint on top and soak it with the cooking broth.
6. The remaining cooking water is served, after straining, in bowls and drinking.
7. Only rectify the seasonings after the fish is cooked, namely the salt, bearing in mind that the fish has already been salted from the day before.

Sarde in saor – a venetian dish

Dorit Raines, Università Ca' Foscari Venezia, Italy

My name is Dorit Raines and I am the President of the Library System of Ca' Foscari University in Venice. The recipe is therefore Venetian.

The name of the recipe is 'Sarde in saor' which means 'sardines in flavor' - this is a typical Venetian dish.

Ingredients (for 5 persons)

- Sardines, 1 kg
- White onions, 1.5 kg
- Raisins, 25 g
- Pine nuts, 25 g
- Seed oil, ½ glass
- White wine vinegar, ⅓ glass
- Bay leaves, 2 sprigs
- Salt to taste
- Pepper as needed

Preparation

1. Cut the onion into fairly coarse julienne strips and place it in a saucepan, add pine nuts, raisins and bay leaf, season with salt and pepper, add seed oil and vinegar.
2. Cook over very low heat, taking care to cover the saucepan with a lid. Remember to stir frequently enough for the onion to cook evenly. When the onion has taken on a golden and translucent color, turn off the heat and let it cool.
3. Clean the sardines by removing the head and entrails. Flour them and fry them in seed oil. After having fried them, dry them and salt them moderately.
4. Sardines and saor must be assembled when cold. The assembly of the dish must be done in layers, making sure that the first and last layer is the saor.

5. The sardines in saor are delicious immediately but they are perfect from the second day onwards!



Portuguese seafood rice

Carla Marques, University of Minho/COAR, Portugal

Ingredients

- 150 grams shrimp
- 150 grams shelled mussels
- 150 grams peeled shrimp
- 250 grams rice
- 2 medium onions
- 3 cloves of garlic
- 3 medium ripe tomatoes
- 1 small onion to cook the shrimps
- 50 ml olive oil
- 1 bunch of coriander
- 1 bunch of parsley
- Pepper (to taste)
- 1/2 green pepper
- 1/2 red pepper
- Salt (to taste)

Note: You can add other types of seafood

Directions

Place the shrimp in a saucepan with water seasoned with a little salt, a small onion and a bunch of parsley. Bring to a boil over high heat. When starts boiling, reduce to low heat and cook for about 5 minutes. When the shrimps are cooked, drain them with a skimmer and let cool slightly. Remove the peel and set aside.

In a saucepan, place the olive oil, chopped garlic, chopped onion, the green pepper and the red pepper cut into strips and the peeled tomatoes cut into small pieces. Bring to low heat and cook until the tomato starts to break down. Then, add the rice, shrimps, mussels, and the peeled shrimps. Season with salt and a little pepper, stir and cook about a minute. Pour the water (twice the rice volume)

and boil over high heat. When starts boiling, reduce to low heat and simmer about 10 to 12 minutes.

Turn off the heat, sprinkle with chopped coriander and serve immediately.



The picture was a courtesy from *Pekados do Mar* restaurant in Apulia, Portugal

Bring on the Spice



Mapo Tofu

Nie Hua, Peking University Library, China

Mapo Tofu is one of classic and popular Chinese dishes. It is very popular and common for a Chinese family's daily menu. I think Alan Ku agrees.

It is also one of my favorites. I hope Eloy will like the spicy and tasty dish too.

Ingredients

- ½ cup vegetable oil
- 1-2 fresh Thai bird chili peppers (thinly sliced)
- 6-8 dried red chillies (roughly chopped)
- 1 – 1 1/2 tablespoons Sichuan peppercorns (very finely ground, if you don't like too much spice, use less)
- 3 tablespoons ginger (minced)
- 3 tablespoons garlic (minced)
- 225g ounces ground pork
- 1-2 tablespoons spicy bean sauce
- 2/3 cup chicken broth
- 450 silken tofu (450g, cut into 1 inch cubes)
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon sesame oil
- 1/4 teaspoon sugar
- 1 scallion

Instructions

(this recipe is best made in a wok, but if you don't have a wok, you can use a large non-stick frying pan)

1. First, toast the chillies. Heat the wok over low heat. Add ¼ cup of vegetable oil and toss in the fresh and dried peppers. Stir occasionally and heat until fragrant, about 5 minutes, ensuring they don't burn. Remove from heat and set aside.
2. Heat the remaining ¼ cup of oil in your wok over medium heat. Add the ground Sichuan peppercorns and stir occasionally for 30 seconds. Add the ginger. After



- 1 minute, add the garlic. Fry for another minute, and then turn up the heat to high and add the ground pork. Break up the meat and fry it until it's cooked through.
3. Add the spicy bean sauce to the mixture and stir well.
4. Add $\frac{2}{3}$ cups of chicken broth and stir. Let this simmer for a minute or so.
5. While that's happening, mix the cornstarch with $\frac{1}{4}$ cup of water in a small bowl.
6. Add the cornstarch mixture to your sauce and stir. Let it bubble away until the sauce starts to thicken. (If it gets too thick, splash in a little more water or chicken stock.)
7. Then add your chili oil - peppers and all! Mix everything together
8. Use your spatula to gently toss the tofu into the sauce. Let everything cook for 3-5 minutes. Do not stir too vigorously.
9. Add the sesame oil and sugar along with the scallions and stir until the scallions are just wilted.
10. Serve with a last sprinkle of Sichuan peppercorn powder as a garnish if desired.



Chicken Tikka Masala

Paul Walk, COAR, United Kingdom

Recipe

Serves: 3 – 4

Ingredients

For the tikka masala

- 5 tbsp olive oil
- 30 g fresh ginger, peeled and crushed
- 5 cloves of garlic, peeled and crushed
- 2 small onions (approx 200g) finely chopped
- 1 tsp salt
- 1 tbsp tomato puree
- 700g chicken breast, diced
- 1 tbsp garam masala
- 1 tbsp curry powder
- 100ml water
- 1 x 400g tin of tomato soup
- a large handful of fresh coriander (about 30g) chopped

For the rice

- 375g basmati rice
- 830ml water
- 2 tbsp ghee, melted

Method

1. Put the oil into a large pan and place on a medium heat. Add the crushed ginger and garlic and cook for about 1 minute.
2. Add the onions, salt and tomato puree and cook for about 5 minutes, until the onions have softened. Add the chicken breast, garam masala and curry powder

and cook for 15 minutes. Now add the water as the chicken will be starting to stick slightly. Cook until all the moisture has evaporated.

3. Now add the tomato soup, bring to the boil and leave to simmer on a low to medium heat for 25 minutes.

4. Take off the heat and add the chopped coriander.

5. To cook the rice, put it into a large non-stick pan with the water. Bring to the boil then allow to simmer for about 10 minutes, until all the water has evaporated.

6. Turn the heat down completely, place a lid on the pan and allow the rice to steam gently for about 10 minutes.

7. Once the rice is cooked, use a fork to fluff it up. Then add the melted ghee and stir through. Serve with the tikka masala.



Discada from the North of Mexico

Alina Vázquez, México

Ingredients (6 – 8)

- 500 g of beef in small pieces
- 500 g of pork in small pieces
- 250 g of bacon in small pieces
- 200 g of chorizo (a type of sausage)
- 6 to 8 sausages or “salchichones” in small pieces
- 1 medium sized onion in small pieces
- 10 – 12 Cambray onions (spring onions)
- 2 bell peppers in small pieces
- 3 raw medium sized tomatoes
- 1 garlic clove
- Serrano chillies or similar ones
- Jalapeño chillies y güero chillies

Equipment

- Big pan (similar to a paellera)
- To be cooked on a stove or on a charcoal or wood grill



Method

Cook the bacon in the pan over high heat until it gets lightly crispy. Cook the chorizo (sausage) and the chopped onion with the fat left by the bacon until the onion is completely cooked. Then cook the bell peppers with the Cambay onions, the serrano chilli and the güero chilli. After that, cook the salchichones (sausages for grilling). Next, cook the beef meat that was previously seasoned with salt and black pepper and then cook the pork previously seasoned with salt and pepper. When the pork meat is ready, add the beef meat and the previously blended tomato and cook for five minutes. Lastly mix all the ingredients, taste and for salt and it is ready to eat.

Note: it can be eaten with flour tortillas.

Super Spicy Sprite Noodles

0. Preface

Because there are thousands of kinds of Chinese food, it is difficult to choose the best dish, so here is a kind of noodles loved by contemporary young people. It combines Chinese, European and American tastes to form a unique new style for Chinese delicious refreshment.

The named “Super Spicy Sprite Noodles” has its abbreviation called the S³ Noodles, the letter S means the highest level, “Super” is higher than A+, as like as young people in electronic video game using vocabulary “S level”; and the number 3 means “numerous, diversity, and various” in Chinese traditional simple philosophy.

Now, Let’s do it! I believe you never see the recipes in any western publication of Chinese/East-Asia cook book, because it is origin form the current Chinese Internet Podcast.

Expecting Mr. Eloy will love it, too!

1. Preparing materials

- Ham 21g
- Chinese cabbage 96g
- Garden radish 46g
- Tomato 60g
- Chili sauce (Hot Spicy not sweet is better) 5g (5-8g)
- Thick broad-bean sauce 6g (5-10g)
- Peanut 8g
- Pickled mustard 10 g
- Corn 30 g
- Noodle 100g (80-220g)

2. Cutting vegetables (European Style)

- 1 – To cut the Ham, Chinese cabbage, Garden radish and Tomato into shreds.
- 2 – To mix them with Corn and peanut all together.

3. Cooking noodles (Chinese Style)

- 1 – Putting the 100g (80-200g) Noodles into Wok or pan.
- 2 – Boiling the 1500 liters of cold tap water.
- 3 – When the water is boiling and the flour foam floats on water, you put other 500 liters of cold tap water into.
- 4 – When the water is boiling again, you stop this cooking.
- 5 – Pouring hot noodles with cold water to cool down.
- 6 – Draining water, and stirring the noodles with chili sauce and thick broad-bean sauce.

4. Adding sprite (American style)

- 1 – One bottle of Soda “Sprite” or “Seven-up” that must be cool or ice.
- 2 – To mix the noodles, the vegetables and the soda.

5. Easy finish !

- 1 – You may eat and drink together, not separate them.
- 2 – Enjoy it in this the hot summer!



Rafa's Dad's Jamaican Oxtail Recipe

Kathleen Shearer, COAR, Canada

Country of recipe: Jamaica

This dish is a bit of a commitment, because it must be prepared the day before and then simmer over low heat for several hours. But it is worth it! It is 'melt in your mouth' tender, extremely tasty and very spicy.

Oxtail refers to the tail of a cow. In the past, they used to only eat the tails of male cows, which is why it is called oxtail, but now both male and female tails are used. Growing up in Jamaica, Clement (Rafa's dad) learned how to cook from his mother. She was a wonderful cook and Clement inherited her talent for food. But, he has never been good with quantities. "A little bit of this" and a "good amount of that" is his way of characterizing amounts. This recipe is our estimation of the quantities needed.

Rafa loves this oxtail, but it is never quite as good as his dads.

We hope you enjoy it! From Kathleen and Rafa!

Ingredients

- 4 lbs oxtail (ask the butcher to cut it up into medium cross wise pieces)
- 4 tbsp (tablespoons) vegetable oil, can be substituted with olive oil
- ½ tbsp monosodium glutamate
- 2 tbsp black pepper
- 2 tbsp of meat seasoning (like Adobe or Garlic Salt)
- 1 lemon (to clean the meat - Jamaicans clean their meat before seasoning)
- 2 whole yellow onions, chopped
- 4 cloves of garlic, diced
- 2 tbsp of ginger, diced
- 2 scotch bonnet peppers, chopped (remove seeds if you don't want too much spice)

- 4 stalks green onions chopped
- 8 whole allspice seeds (pimento seeds), ground
- 4 sprigs of fresh thyme
- 2 cups of water
- 1 cup beef broth
- 2 tbsp ketchup (or tomato paste)
- 2 tbsp Worcestershire sauce
- 2 tbsp browning sauce (you can substitute butter and brown sugar)

Instructions

One day before

1. Squeeze lemon over the oxtail, let sit for 10 minutes, then rinse meat in cold water
2. Pat dry
3. In a small bowl mix together the pepper, monosodium glutamate, seasoning, allspice powder
4. In a large bowl mix spices with oxtail. Massage it into the meat
5. Add Worcestershire sauce and browning sauce and mix around (if you don't have browning sauce, melt butter and cook the brown sugar until dark – then add to the meat – don't burn)
6. Add the chopped onions, green onions, scotch bonnet peppers, garlic, ginger, and sprigs of thyme
7. Mix again
8. Cover the bowl, and leave in the fridge overnight
9. Remove bowl from fridge 2 hours before cooking
10. Add 3 tablespoons of vegetable oil to a large pan under a medium flame. When the oil becomes hot, place the oxtails in the saucepan until they become brown - turning them on to each side.
11. Turn down heat to low and add the rest of the onions, garlic etc left in the bowl and saute for 3-4 minutes
12. Add the water, beef broth, and ketchup.

13. Stir occasionally and let cook under a medium flame for about 2 hrs stirring intermittently. Skim off fat as it accumulates on the top.

14. Optional – Many people add butter beans to their oxtail (you can add a drained can after about 1.5 hours), but Rafa and I like it better without them

15. Alternate cooking method – if you have a pressure cooker or instant pot, you can omit the two cups of water, and cook it on high pressure for 45 minutes.

Serve with white rice (or Omo's Jollof rice), fried plantains, and steamed callaloo (or spinach).





For Dessert



Zeppole di San Giuseppe

Andrea Bollini, 4Science, Italy



This is a traditional Italian dessert of Campanian origin (the southern region with Naples as capital) widely spread throughout the country. It is mainly made for the Christian holiday of St. Joseph which is Father's Day.

It consists of a doughnut-shaped choux pastry or rather nest that houses a soft custard.

The zeppole are finally decorated according to tradition with black cherries in syrup (three halves per zeppole) and dusted with powdered sugar. Alternatively, for kids it is possible to replace the sour cherries with chocolate drops.

Serves about 9 zeppole arranged 3x3 in 35 cm x 40 cm baking dish

Step 1. Preparation of choux paste

Ingredients

- Eggs (about 6): 300 gr
- Flour 00: 215 gr
- Butter: 65g
- Water: 350ml
- a pinch of salt

Instructions

Place a saucepan with the water and butter cut into cubes over moderate heat, bring it to boil and add the flour by sprinkling at once.

Stir quickly with a spatula or wooden spoon. Once the mixture has thickened continue to cook until the mixture pulls away from the sides of the pan and a whitish patina has formed on the bottom.

Move the mixture to a bowl and leave to cool. Break the eggs in a bowl, then pour some into the now warmed mixture and stir with a wooden spoon until incorporated.

Add a pinch of salt and the remaining eggs ever so slightly at a time. Continue adding the eggs slowly until the mixture is smooth and thick. Knead the mixture until you get the right consistency, even if lumps form initially. Place the choux pastry in a piping bag with a 1.2 cm starred nozzle and preheat the oven to 200° in static mode.

Create 9 doughnuts equally arranged on the baking sheet with baking paper by making two turns with the piping bag.

Place the pan on the second shelf from the bottom (of 4 shelves), bake for 30 minutes with the oven closed without opening, then lower to 180 ° and open the oven door slightly (for example by inserting a wooden spoon or a ball of aluminum) for another 15 minutes.

When cooked, leave the pan in the oven off and open for another 5-10min.

Step 2. Preparing the custard (thick enough)

Ingredients

- Whole milk 300 g
- White Sugar 105 g
- Cornstarch (maizena) 30 g
- Egg yolks 3, 75g
- Vanilla pod ½
- Peel of untreated lemon ½

Instructions

Place a bowl in the freezer so that you can quickly lower the temperature of the cream when it is cooked.

Heat the milk to almost a boil with the untreated lemon zest (be careful not to include the white part of the peel), the seeds of the vanilla pod and the pod itself. In another bowl beat the egg yolks, with the sugar and starch. It is important that the air is incorporated into the yolks immediately after adding the sugar and starch to prevent them from being “cooked”.

Once at temperature, transfer the milk to the bowl with the beaten yolks, in 2-3 batches passing all through a fine-mesh sieve to exclude the lemon peel and vanilla bean. Mix everything well so that there are no lumps, return to the heat until it begins to thicken and remove as soon as the first bubbles appear (or, if you have a food thermometer, when it reaches 90 degrees).

Remove the container from the freezer and quickly transfer the cream while continuing to stir until the temperature does not fall below 50 °.

Step 3. To finish

Amarena cherries in syrup 15 and/or chocolate drops

Icing sugar q.s.

Cut the zeppole in half horizontally and, using a piping bag with a star-shaped nozzle, fill them with the cream. Fill the nest of the zeppola with the custard, which should be thick enough to fill the hole and form a tuft. In the center of the clump of cream insert 3 halves of black cherries.

Before serving, pour a teaspoon of the black cherry syrup over each zeppola and sprinkle it with powdered sugar.

Passion fruit mousse with chocolate chips

Washington Segundo, IBICT, Brazil

Ingredients

- 1 envelope of unflavored powdered gelatin
- 3 tablespoons of water
- 1 can of condensed milk
- 2 cartons of cream (400g)
- 1 and 1/2 cup (tea) of natural passion fruit juice
- 1 cup of chopped milk chocolate

Syrup

- 1 passion fruit pulp
- 3 tablespoons of water
- 2 tablespoons of sugar



Instructions

Time: 30min (+4h of the refrigerator)

Yield: 8 servings

Difficulty: easy

1. Mix the gelatin with the water and dissolve in a bain-marie
2. Transfer to a blender and blend with the condensed milk, cream and passion fruit juice for 1 minute
3. Turn off, add the chopped chocolate and mix with a spoon
4. Pour into an ovenproof dish and refrigerate for 4 hours
5. For the syrup, cook the passion fruit pulp, water and sugar over medium heat for 5 minutes
6. Turn off, wait for it to cool, cover the mousse and serve immediately

Plátanos maduros en almíbar

Andrea Mora Campos, Universidad Nacional y CONARE, Costa Rica

Ingredients

- 4 ripe bananas
- 2 cups water
- 1 cup sugar
- 1 piece of cinnamon

Instructions

1. Remove the peel, cut them into slices and fry them in butter.
2. In a pot add the water, sugar and cinnamon.
3. Then put them over medium heat and stir constantly until you get a caramel-like consistency.
4. Serve them with whatever you like... or with a good caracolillo coffee with your Costa Rican friends.

Um abraço grande querido amigo



Linzer Torte

Barbara Sánchez Solís, TU Wien, Austria

Shortcake pastry with redcurrant jam, named after the city of Linz.

Linzer Torte is a true Austrian classic. It's often served with a big dollop of whipped cream and dusted with confectioners' sugar.

Ingredients

- 200 g butter
- 200 g flour
- 200 g sugar
- 200 g hazelnuts (or almonds)
- 2 eggs
- Ground cinnamon
- A pinch of ground cloves
- Grated lemon
- Bit of (sweet) rum
- Redcurrant jam for coating
- Butter for the mould
- Flaked almonds, to decorate

How to make it

Step 1:

Create a pile of flour on the work surface, slice the butter into cubes, and rub between the fingers into the flour to create a light crumb. Flavour with the cinnamon, a pinch of ground cloves, together with the lemon rind, rum and ground nuts. Work quickly to form a smooth short pastry, shape into a ball, cover with cling film, and leave to rest in a cool place for approx. 30 minutes.

Step 2:

Pre-heat the oven to 180°C. Grease a suitably sized spring form cake tin and then dust with flour to prevent the dough from sticking.

Step 3:

Now press a little over half of the dough onto the base of the tin using your knuckles. Shape the remaining dough into several small rolls (for the lattice) and one thicker roll (for the edge). If you like, cover the pastry base with wafers, and then coat with smoothly stirred jam, leaving about 1 cm / 0.4 inch all around for the edge. Place the thicker roll into the tin as an edging, and press down gently. Use the thinner rolls to create a lattice. Sprinkle with flaked almonds to taste.

Step 4:

Coat the dough with the beaten egg and bake in the pre-heated oven for 50 – 60 minutes. Take out the tart, leave to cool, and ideally leave to stand for a day, wrapped in cling film. Dust with icing sugar.



Dorayaki

Tomoko Kataoka, JPCOAR, Japan

One of the Japanese traditional sweets (Wagashi)

1 – How to make Anko (Red bean paste)

This recipe is for using dry beans, if you use canned beans, please start with 3.

Ingredients

- 150g Azuki dry beans (Small Red beans)
- 150g soft brown sugar
- 1/2 teaspoon salt

Instructions

1. Wash Azuki beans and put them in a pot with plenty of water. Heat it over medium heat and bring it to the boil, then drain hot water and wash the pot clean to remove bitterness.
2. Put the Azuki beans and 3 times as much water in the pot, simmer the beans well on low heat for an hour, skimming the foam from the surface and adding enough water to cover the beans if necessary.
3. When the beans become soft enough to break by pressing with your fingers, add half the amount of sugar and mix it. When it is dissolved completely, add the rest of the sugar.
4. Simmer it for 30 minutes until almost all the water is gone. Take it off the heat and add salt, then mix all well.
5. You can keep it in a plastic wrap to keep from drying out, in the fridge for a week, in the freezer for a month.

If there is any left, it is great to eat as ice cream topping or Anko butter toast.



2 – How to make Dorayaki pancake

Ingredients (6 pieces)

- 70 g cake flour
- 5 g baking powder
- 1 egg
- 1 tablespoon honey
- 40 g granulated sugar
- 1 tablespoon milk
- 1 teaspoon vegetable oil
- 2 tablespoons water
- 150 g Anko



Instructions

1. Put the egg, sugar, honey and water in a bowl and mix it with a whisk.
2. Sieve the flour and baking powder.
3. Mix 1 and 2 all together until the flour is gone completely. Wrap it with a plastic wrap and rest it in the fridge for 30 minutes.
4. Heat a fry pan on low for a few minutes and coat the surface of the pan with oil using a paper towel. (Note: remove the oil completely). Pour 3 tablespoons of the batter in the pan and spread it into a round shape. When you see bubbles at the surface, flip the dorayaki pancake over and cook the other side.
5. Remove the dorayaki from the pan after 1 or 2 more minutes and spread Anko between two dorayaki pancakes.



Mousse au sirop d'érable / Maple Syrup Mousse

Susan Haigh, Canadian Association of Research Libraries /
Association des bibliothèques de recherche du Canada

Ingredients

- 1 package gelatin
- 30 ml cold water
- 310 ml maple syrup
- 180 ml 10% cream
- 2 eggs, separated
- 30 ml sugar
- 125 ml 35% whipping cream, whipped

Preparation

1. In a bowl, sprinkle the gelatin over the cold water. Stir and let stand for 5 minutes.
2. In a saucepan, heat the syrup, 10% cream and egg yolks over medium heat, stirring until the candy thermometer reads 80 °C (175 °F), about 5 minutes. Add the gelatin and stir to blend.
3. Refrigerate, stirring occasionally until the mixture begins to set, about 40 minutes.
4. In a bowl, beat the egg whites with the sugar until stiff peaks form. Fold the egg whites and whipped cream into the maple mixture (with a light touch, just until mixed).
5. Refrigerate for at least 3 hours before serving.
6. Garnish with a touch of whipped cream and/or a drizzle of maple syrup if you wish.

Note that this can also be prepared with all 35% cream.



Wiennese Kaiserschmarrn

Susanne Blumesberger, Vienna University Library and Archive Services, Austria

Ingredients

- 200 g flour
- 30 g sugar
- 1 pinch of salt
- 4 pcs eggs
- 300 ml milk
- 40 g butter (for the pan)
- 30 g raisins
- 1 pinch of powdered sugar for sprinkling

Instructions

For this delicious Kaiserschmarrn, first mix flour, sugar, salt and yolks with milk in a bowl until smooth and thick. In another bowl, beat the egg whites until stiff and then fold into the thick batter.

Cream the butter in a large, shallow pan (Ø 22-24 cm) so that it is very hot, slowly pour in the batter and fry on both sides with the help of a spatula. Then place the pan in a preheated oven at moderate heat (approx. 180°C/350F) and bake for 10-12 minutes until the Kaiserschmarren is light golden brown.

Then remove the pan from the oven and tear the finished dough into irregular pieces with two forks. Now add the raisins, mix well and put the pan again in the oven for about 1 minute while it is still hot. Arrange the Schmarren on plates, sprinkle with sugar and serve with any compote, plum crumble or even applesauce.

Bon appetit!



Tarte au citron

Nathalie Fargier, CCSD, France

Ingredients for the pie crust

(you will have some dough left over but it is difficult to make less)

- 190 g flour (you need a low-gluten flour for baking pies, otherwise they will shrink during baking)
- 20 g cornstarch
- 90 g icing sugar
- 130 g soft butter
- 35 g almond powder
- 1 good pinch of salt
- 50 g egg, beaten into an omelette

Ingredients for the lemon curd

- 2 eggs
- 100 g sugar
- 100 g lemon juice
- Zests of one organic lemon
- 100 g butter
- 1 sheet of gelatine

First of all, you need to make the **lemon cream**:

1. Start by soaking the gelatine in cold water
2. Then zest the lemon
3. Mix the zest with the sugar (mix well to obtain a flavoured sugar)
4. In a saucepan
 - a) pour the beaten eggs and lemon juice
 - b) dilute the 2 spoonfuls of agar agar in this mixture, or the gelatine sheet well wrung out
 - c) add the flavoured sugar and mix well



5. Bring the mixture to 85°C, stirring constantly, over a fairly high heat
6. Then pour the cream into a container and leave to cool to room temperature. The mixture should come down to 35°C
7. When the lemon cream has reached 35°C, pour it into a hollow container so that you can blend it with a hand blender.
!!!! Your butter should be very soft at this point. The butter and cream must be at the same temperature, otherwise the lemon curd will not set and it will be impossible to catch up !!!!!
8. Blend continuously, adding the butter a little at a time, like a 'mayonnaise'
9. Set aside in a cool place (fridge).

The **dough** can be made in a food processor (with a sheet) or by hand.

1. To begin, sift together 190g of flour, 90g of icing sugar, 35g of almond powder and 20g of cornstarch, and pour it into the bowl of a food processor.
2. Add 130g of softened butter and a pinch of salt, then whizz at very low speed to sand the mixture.
3. Add 50g of beaten egg, and mix again, but be careful: stop as soon as the dough is amalgamated.
!!!! Never overprocesa dough after adding the flour, otherwise it will shrink during baking!!!!
4. Make a ball with your hands
5. Then turn it out onto plastic wrap
6. Let it rest in the fridge for 1 hour

After this time, take the dough out of the refrigerator (leave the lemon curd in it for the time being)

1. Roll out the pastry, line a pie tin and prick the pastry with a fork
2. Leave to rest overnight in the fridge or 2 hours in the freezer

The next day (if you have left your pastry to rest in the fridge)

1. preheat the oven to 150°

2. It is important to cook the dough gently,, so that the dough is cooked through and does not burn. It must be well cooked. It should take about twenty minutes depending on your oven
3. Take the cooked dough out of the oven
4. Spread the lemon curd on the cooked dough, smooth with a spatula and leave to cool

ENJOY!



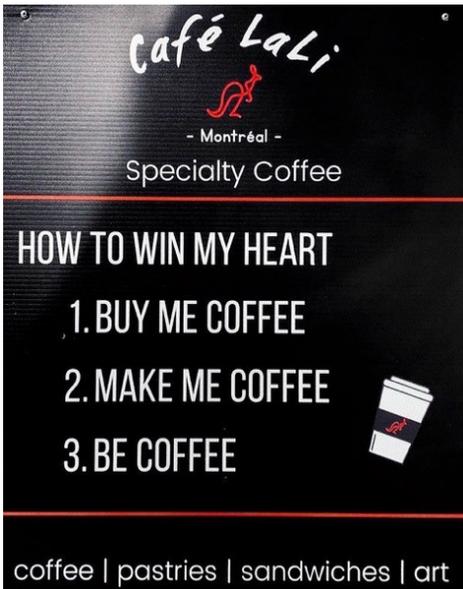
II Finale

Espresso

And no meal is complete without an “espresso caffè”.

Eloy, although over the years, we’ve seen you enjoy a glass of wine, beer, or Caipirinha, we all know your biggest love is for **coffee!**

So cheers to you, Eloy! We hope you enjoy these recipes.



(picture from Café Lali in Montreal, Canada – If you are ever in Montreal, drop by this cafe for a great coffee)



This book is dedicated to our colleague, Eloy Rodrigues, Chairman of COAR from 2015-2021

