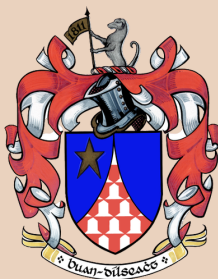
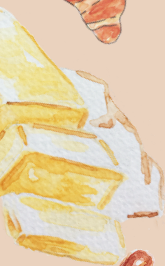


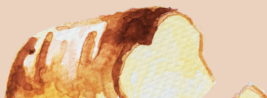
MULTICULTURAL DAY



NORTH MONASTERY



RECIPE BOOK



Beetroot Soup (Šaltibarščiai)

A soup served as
an appetiser or
main course



Lithuania

INGREDIENTS

- 3 medium cooked beets (boiled or roasted), grated
- 1 large cucumber, finely diced
- 3-4 spring onions, finely chopped
- 3-4 boiled eggs (for serving + optional chopped into soup)
- 1 litre kefir (or buttermilk / natural yogurt thinned with milk)
- A handful of fresh dill, chopped
- Salt, to taste
- Freshly ground black pepper, to taste
- Optional: a splash of lemon juice or vinegar (for brightness)
- To serve: Boiled potatoes (warm, often served on the side with dill and butter)

METHOD

1. Prepare the beets
 - If not already cooked, boil or roast beets until tender (about 40-60 minutes depending on size).
 - Let cool, peel, then grate or finely chop.
2. Chop the vegetables
 - Dice cucumber finely.
 - Slice spring onions.
 - Chop dill.
3. Mix the base
 - In a large bowl, combine grated beets, cucumber, spring onions, and dill.
4. Add kefir
 - Pour in the kefir (or substitute).
 - Stir gently until everything turns a vibrant pink.
5. Season
 - Add salt and pepper to taste.
 - Add a little lemon juice or vinegar if you want a tangier flavour.
6. Chill
 - Refrigerate for at least 1-2 hours before serving (it tastes better cold).
7. Serve
 - Pour into bowls.
 - Top with halved or chopped boiled eggs.
 - Serve with warm boiled potatoes on the side.





Sambusa

Somalia

A sambusa is a popular, deep-fried triangular pastry filled with a savory mixture

INGREDIENTS

Ground meat

Onions

Leek

Garlic

Fresh cilantro

Green onions

Green chillies

Lemons

Flour

Olive Oil

Spring roll wrappers

METHOD

1. Heat olive oil in a large skillet over medium-low heat.
2. Add onion, leek, chillis and garlic; cook and stir until onion is transparent.
3. Add ground beef; cook and stir until still slightly pink and about halfway done.
4. Season with cumin, salt and pepper; mix well.
5. Continue cooking until beef is browned and crumbly.
6. Remove the skillet from heat.
7. Mix flour and water together in a small bowl to make a thin paste.
8. Using one wrapper at a time, fold into the shape of a cone.
9. Fill cone with beef mixture, close the top, and seal with paste.
10. Repeat until wrappers or filling are used up.
11. Heat oil in a deep fryer or large saucepan to 170 degrees.
12. There should be enough oil to submerge the sambusas.
13. Fry sambusas, a few at a time, in hot oil until golden brown.
14. Remove to a paper towel-lined plate to drain.





Bur Somali

(Cardamom-spiced beignets)

Somalia

Bur is a traditional Somali fried dough pastry. It is lightly spiced with cardamom and is typically enjoyed as a sweet or savory snack

INGREDIENTS

- ½ cup warm water
- 2 ½ cups All – purpose flour
- ½ cup Granulated sugar
- ½ teaspoon Instant yeast
- Warm milk
- ½ teaspoon Ground cardamom
- Vegetable oil
- Salt
- Egg

METHOD

In a large bowl, whisk together the water, sugar and yeast until combined.

Add the flour, egg, milk, salt and cardamom to the yeast-water mixture and mix with a wooden spoon until a shaggy dough forms.

Start kneading the dough, adding more flour, as needed, until a slightly tacky but mostly smooth dough comes together.

Lightly brush a large bowl with oil, then rub more oil all over the dough.

Transfer the dough to the bowl, cover with a tea towel or a large plate and set in a warm place.

Let the dough rise until doubled in size, about 1 to 2 hours – focus more on the size of the dough rather than the time.

Divide the dough in half.

Cover one half with a damp tea towel while you work.

In a large, deep skillet over medium heat, add enough oil to come 1 inch up the side and heat until the oil registers 180 degrees.

While the oil is heating, line a large baking tray with paper towels or wire rack.

Generously flour your workspace and rolling pin.

Roll out one of the dough balls on the floured surface until it's about 10 inches wide and about ½ inch thick.

Using a pizza cutter or sharp paring knife, cut the circle into quarters, then cut each quarter in half or thirds.

Repeat with other ball of dough.

Working in batches of 4 or 6, add the dough to the skillet and fry until golden, 30 seconds to 1 minute.





Brown Soda Bread

Ireland

A traditional Irish bread seved on it's own or as an accompaniment to soup or stew

INGREDIENTS

- 350g/12 oz Coarse Wholemeal Flour
- 25g/1 oz Wheat Germ
- Pinch of Salt
- 1 teaspoon Bread Soda, sieved
- 300ml/½pt Milk
- 125g carton Natural Yoghurt
- 1 tablespoon Treacle

METHOD

- 1.Preheat oven to 200°C/400°F/Gas 6. Grease a 900g/2lb loaf tin.
- 2.Put wholemeal flour, wheat germ, salt and sieved bread soda into a mixing bowl and mix well together.
- 3.Add the oil, milk, yoghurt and treacle, stir until well blended. Mixture will be quite wet.
- 4.Transfer to the prepared tin and bake for 45-60 minutes. Bread is baked when it has a hollow sound when tapped underneath.
- 5.Wrap in a clean tea towel and allow to cool. Bread cuts better if left until the next day.





Cutlet

India

A starter dish of smashed vegetable and meat which is dipped in flour and fried.



4 servings



15 minutes

INGREDIENTS

3 Potatoes

2 carrots

1 onion

Choice of meat –
chicken, fish, pork,
mince – 200g

3 cups of plain flour

2 eggs

1 slice pan of white
bread

METHOD

1. Cut all the potatoes and veg into small pieces
2. Cut the meat into small pieces
3. Make breadcrumbs with the white bread
3. Put the meat, veg and breadcrumbs in the food processor and make into a mixture
4. Mix them into small flat balls the size of your hand
5. Put them in the egg mixture and then the flour mixture to coat all the balls.
6. Fry them separately
7. Serve cold





Suya

Nigeriaa

Suya is a popular Nigerian snack made from spicy, grilled meat on skewers. It is known for its smoky flavor and is usually served with onions and peppers.

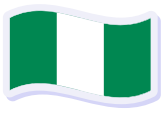
INGREDIENTS

- Beef
- Suya pepper
- Onions
- Peppers
- Oil
- Seasonings

METHOD

1. Slice meat into small chunks.
2. Season meat with suya spice and let marinate.
3. Chop peppers into small chunks.
4. After marinating for 1–2 hours, skewer the meat.
5. Cook over a hot grill or open flame.
6. Slightly cook the peppers on the grill.
7. Alternate meat and peppers on skewers.
8. Serve.





Puff Puff

Nigeria

Puff Puff is a popular Nigerian snack made from fried dough balls. They are soft, fluffy, and sweet.

INGREDIENTS

- Flour
- Yeast
- Sugar
- Milk/Water
- Cinnamon
- Vanilla
- Oil

METHOD

1. In a bowl, combine flour, sugar, salt, and yeast.
2. Add warm water/milk gradually and mix until smooth batter.
3. Cover and let rise for about 1 hour until fluffy.
4. Heat oil in a deep pan.
5. Scoop small balls and fry until golden brown.
6. Remove and drain on paper towels.





Chin Chin

Nigeria

Chin Chin is a crunchy Nigerian snack made from small pieces of deep-fried dough. It is sweet, milky, and crispy.

INGREDIENTS

- Flour
- Yeast
- Sugar
- Milk/Water
- Cinnamon
- Vanilla
- Oil

METHOD

1. In a bowl, combine flour, sugar, salt, and yeast.
2. Add warm water/milk gradually and mix until smooth batter.
3. Cover and let rise for about 1 hour until fluffy.
4. Heat oil in a deep pan.
5. Scoop small balls and fry until golden brown.
6. Remove and drain on paper towels.



Tortilla de Patata



Spain

In Spain, there's an ongoing debate about one ingredient... onion or not onion? This friendly rivalry even has its own name: "la guerra de la tortilla" (the tortilla war).

INGREDIENTS

5 eggs
4 large potatoes
1 small onion
(optional)
Salt
Olive oil

METHOD

1. Peel and slice the potatoes (and onion, if using). Heat olive oil in a pan.
2. Fry the potatoes (and onion) in the hot oil for 20-25 minutes, until soft.
3. Whisk the eggs with a pinch of salt in a bowl.
4. Drain the potatoes and mix them into the eggs.
5. Heat a bit of olive oil in the pan, pour in the potato-egg mixture, and cook for 5-7 minutes on one side.
6. Flip the omelette to cook the other side until golden.
7. Serve on a plate and enjoy!



Tarta de Santiago

Spain



This cake comes from Galicia and is named after the city of Santiago de Compostela. The powdered sugar cross on top represents the Cross of Saint James, a symbol of the pilgrimage

INGREDIENTS

200 g ground almonds

200 g sugar

4 eggs

Zest of 1 lemon

1 tsp cinnamon
(optional)

Icing sugar (for topping)

Butter (to grease the
pan)

METHOD

1. Preheat oven to 180°C (160°C fan).
2. Grease a round cake tin.
3. In a bowl, mix eggs and sugar until smooth.
4. Add ground almonds, lemon zest, and cinnamon. Stir well.
5. Pour the mixture into the tin.
6. Bake for 30–35 minutes until golden.
7. Let it cool completely.
8. Dust with icing sugar.

Traditionally, a cross stencil is used!



Palmeritas

Spain



Las Palmeritas are thought to be inspired by ancient Egyptian scrolls. The pastry's swirling shape resembles palm leaves and papyrus, symbols of knowledge and life in ancient Egypt.

INGREDIENTS

5 eggs
4 large potatoes
1 small onion
(optional)
Salt
Olive oil

METHOD

1. Peel and slice the potatoes (and onion, if using). Heat olive oil in a pan.
2. Fry the potatoes (and onion) in the hot oil for 20-25 minutes, until soft.
3. Whisk the eggs with a pinch of salt in a bowl.
4. Drain the potatoes and mix them into the eggs.
5. Heat a bit of olive oil in the pan, pour in the potato-egg mixture, and cook for 5-7 minutes on one side.
6. Flip the omelette to cook the other side until golden.
7. Serve on a plate and enjoy!



Patatas Bravas



Spain

The dish was named "bravas" because of the spicy sauce served with the potatoes, which was considered a "brave" flavour at the time!

INGREDIENTS

4 large potatoes

Olive oil (for frying)

Salt

For the spicy tomato sauce:

2 tablespoons of fried tomato
(tomato sauce)

1 teaspoon of paprika (sweet
or spicy)

1 clove of garlic, chopped

1 tablespoon of vinegar

1 teaspoon of sugar

Salt to taste

METHOD

1. Peel and cut the potatoes into medium-sized cubes.
2. Heat olive oil in a large frying pan and fry the potatoes until golden and crispy. Remove them and place them on paper towels to absorb excess oil.
3. For the sauce: In a small pan, heat a bit of oil and sauté the chopped garlic. Add the fried tomato, paprika, vinegar, sugar, and salt. Cook for 5 minutes, stirring occasionally.
4. Serve the fried potatoes and pour the spicy tomato sauce over them. Enjoy!





Francesinha

Portugal

The Francesinha is a legendary, ultra-hearty Portuguese sandwich originating from Porto.

INGREDIENTS

White sliced bread
Meats – beef, ham, pork
sausage, sausages,
Egg – optional

Francesinha sauce – bought
or make at home

:Olive oil

Fresh sausages

Ham rind

Linguica sausage (pork)

Knorr chicken and seafood

soup

Beer

A little porto wine

A little cognac

Tomato pulp

Salt

Pepper

Piri piri sauce

flour

METHOD

1. Cook the meats fully through
2. Toast the bread
3. Place the meat between the bread
4. Add cheese on top and place in microwave to melt the cheese
5. Put the Francesinha on top
6. Serve with chips

Sauce

1. Melt the butter or heat the olive oil in a saucepan over medium heat. Add the chopped onion, garlic, and bay leaf, and sauté until the onions are soft and translucent.
2. Build the Sauce: Stir in the chopped tomatoes, Worcestershire sauce, and piri-piri. Cook for about 2 minutes.
3. Add Liquids: Pour in the lager beer, beef stock, Port wine, and brandy or whiskey. Bring the mixture to a boil, then reduce the heat to medium-low and let it simmer for about 20 to 30 minutes so the alcohol cooks off and the flavors meld.
4. Blend & Thicken: Remove the bay leaf. Use an immersion blender to process the sauce until it is completely smooth. Return the sauce to a low simmer and slowly stir in your cornstarch slurry until the sauce reaches a glossy, thick gravy consistency.





Pasteis de Nata

Portugal

Pasteis de nata are iconic Portuguese egg custard tarts. They feature a crisp, multi-layered puff pastry shell filled with a velvety, rich egg custard

INGREDIENTS

4 egg yolks organic
75 g (2½ oz / 6 tbsp) sugar
15 g (1 heaped tbsp)
cornflour/cornstarch
½ teaspoon or vanilla extract
½ teaspoon Powdered cinnamon
(or cinnamon stick) and more to
serve
300 ml (10 fl oz / 1 ¼ cups) whole
milk
2 strips lemon zest organic,
unwaxed
230 g (8oz) puff pastry 1 pack of
ready-rolled or a pack of frozen
puff, defrosted
pinch salt

METHOD

1. Off the heat, whisk together the egg yolks, sugar, cornflour, vanilla and cinnamon powder in a saucepan using a balloon whisk until you have a creamy paste. Gradually add the milk, whisking until mixed well together then add the lemon zest.
2. Put the pan on a medium heat and whisk constantly until the mixture thickens (but don't boil). Remove pan from the heat. Immediately cover it with cling film to prevent a skin from forming. Set aside to cool then discard the lemon peels.
3. Generously oil or butter the muffin moulds and preheat the oven - preferably to the highest setting at 250°C/480°F (230°C fan/mark 9).
4. On a lightly floured surface - roll the pastry if needed - using a cookie cutter or glass (about 8cm/ 3 inch max diameter - the same diameter as your muffin cavity), cut out discs and press them into the bottom of each cavity. Using your fingers, press around the sides, pushing the dough up with your fingers, making a very thin dough.
5. Spoon in the cooled custard about ¾ to the top then bake for 7-10 minutes until the custard is blistered on the top.
6. Leave to cool in the moulds/tins for about 5 minutes then turn them out on to a wire rack.





Camarón empanado *(breaded shrimp)*

Ecuador

In Ecuador, shrimp (camarón) is one of the country's most important exports, and it's especially famous from the coastal region

INGREDIENTS

Large (jumbo)
shrimp, peeled and
deveined

Wheat flour

Eggs, beaten

Breadcrumbs or
panko

Salt

Black pepper

Garlic powder

(Optional) Mustard or
lemon juice

Oil (for frying)

METHOD

1. Season the shrimp with salt, pepper, and garlic powder. Let sit for 20–30 minutes.
2. Prepare 3 bowls: one with flour, one with beaten eggs, and one with breadcrumbs/panko.
3. Coat each shrimp: first in flour, then in egg, then in breadcrumbs.
4. Heat oil in a pan over medium-high heat.
5. Fry the shrimp for 2–4 minutes until golden brown.
6. Drain on paper towels and serve hot.





Pan de Plátano *(Banana Bread)* Ecuador

Banana bread is one of the most beloved homemade desserts in Ecuador taking advantage of the fact that this country is one of the world's largest producers of this fruit.

INGREDIENTS

3 to 4 very ripe bananas
2 cups flour
1 tsp baking powder
Pinch of baking soda
1/2 cup butter or oil
2-3 eggs
Splash of vanilla extract
Brown sugar or white sugar
Ground cinnamon, chopped nuts or chocolate chips (optional)

METHOD

1. Prepare the Bananas: Mash the bananas in a bowl until smooth.
2. Mix Dry Ingredients: In a separate bowl, whisk together the flour, baking powder, and baking soda.
3. Blend Wet Ingredients: In another bowl, beat the butter or oil with sugar, add the eggs one at a time, and stir in the vanilla extract.
4. Combine: Fold in the mashed bananas into the wet mixture, then gradually add the dry ingredients. Stir until just combined.
5. Add Toppings: If desired, mix in cinnamon, nuts, or chocolate chips.
6. Bake: Pour the batter into a prepared pan and bake at 350°F (175°C) for 60-65 minutes, or until a toothpick comes out clean.
7. Cool: Let it cool in the pan for 10 minutes before transferring to a wire rack to cool completely





Kabuli Pulao

Afghanistan

A traditional Afghan dish, often considered the national dish. It's a hearty, savoury meal with tender meat, aromatic rice, and a sweet garnish of caramelized carrots and raisins.

INGREDIENTS

For the Meat Base:

- 2 lbs lamb or beef chunks
- 1 sliced onion
- 4 cloves garlic, minced
- 1 tbsp salt
- 1 tsp cumin
- 1 tsp cardamom
- 6 cups water

For the

Signature

Garnish:

- 3 julienned carrots
- 1 cup raisins
- 1 tbsp sugar
- Oil for frying

For the Rice:

- 2 tbsp sugar
- 3 cups soaked Sella rice
(or Basmati)

METHOD

1. Make the Meat Base: In a large pot, brown the lamb or beef chunks with the sliced onion. Add garlic, salt, cumin, cardamom, and water, and simmer until the meat is tender. Strain the liquid, reserving 4 cups of broth. Set the meat aside.
2. Prepare the Garnish: In a pan, fry the julienned carrots and raisins with sugar until the carrots soften and the raisins plump. Remove from heat and set aside.
3. Cook the Rice: In the same pot, melt 2 tbsp sugar until it turns dark amber. Carefully stir in the reserved broth. Add the soaked rice and cook on high heat until the liquid is mostly absorbed and small steam holes appear in the rice.
4. Steam the Dish: Assemble by tucking the meat and the carrot-raisin mixture (wrapped in foil or placed on top) into the rice. Cover with a towel and cook on the lowest heat for 25 minutes.





Asida

Sudan

A thick, smooth porridge that serves as the backbone of many Sudanese meals, especially during Ramadan and special celebrations.

INGREDIENTS

2 cups Flour
(Sorghum/Dura is traditional, but wheat or cornmeal can be used)
3 cups Water
1/2 teaspoon Salt
1 cup Plain Yogurt or Buttermilk (for the fermented sour taste)
A small amount of oil or butter for coating

METHOD

1. In a bowl, mix one cup of water with the flour and yogurt. Let it sit for a few hours (or overnight) if you want the traditional fermented sour flavor.
2. Bring the remaining 2 cups of water to a boil in a heavy-bottomed pot with a pinch of salt.
3. Slowly pour the flour mixture into the boiling water, stirring constantly with a wooden spoon or a traditional mufraka to prevent lumps.
4. Continue to cook and stir on low heat until the mixture thickens and becomes smooth and stiff (about 10-15 minutes).
5. Grease a bowl with a little oil, pour the hot mixture in, and let it set for a few minutes.
6. Invert the bowl onto a flat plate; the Asida should come out in a smooth dome shape, ready to be topped with stew





Ta'miya

Sudan

Sudanese Ta'miya is the local version of Falafel. It is primarily made with chickpeas, resulting in a crunchy exterior and a savory, herb-filled interior.

INGREDIENTS

500g Dried Chickpeas
(soaked overnight)

1 large Onion,
chopped 3-4 cloves of
Garlic

1 cup fresh Parsley
and Cilantro

1 tablespoon Ground
Coriander

1 teaspoon Cumin

1 teaspoon Baking
Powder

Salt and Pepper to
taste Oil for deep

frying

METHOD

1. Drain the soaked chickpeas and pat them dry.
2. Place chickpeas, onion, garlic, parsley, and cilantro in a food processor. Pulse until finely ground but not a complete paste.
3. Transfer the mixture to a bowl and stir in the salt, cumin, coriander, and baking powder.
4. Let the mixture rest in the fridge for 30 minutes to help the flavors meld.
5. Heat oil in a deep pan. Shape the mixture into small balls or flat discs.
6. Fry in hot oil until golden brown and crispy on the outside. Serve hot with a squeeze of lemon or a peanut butter dipping sauce (Dakwa).



Cheese Scones

Cheese scones are a savory version of the classic baked good

Hungary

INGREDIENTS

- 500g flour
- 1 baking butter (softened)
- 1 container sour cream
- 1 egg
- 30 g fresh yeast
- 250 g grated cheese
- Salt (Quite a lot is needed,)

METHOD

Put all the ingredients in a big bowl and knead everything together well. Taste it to make sure it has a good salt taste. If not, add more salt and mix it together again.

Wrap thoroughly in plastic wrap and let it rest in the refrigerator for 1 hour. On a floured surface, roll the dough out to about 1.5 cm thick. Cut out rounds using a circular cutter.

Line a baking tray with baking paper and place the scones on it. Leaving space between them (they will rise while baking).

Brush with beaten egg and bake in a preheated oven at 180C until golden brown.



Potato Scones

Potato scones are a
savory version of the
classic baked good

Hungary

INGREDIENTS

500g flour
·1 baking butter
(softened)
1 container sour
cream
1 egg
30 g fresh yeast
4 medium
potatoes
Salt (Quite a lot is
needed,)

METHOD

Peel the potatoes, cut them into cubes, and boil until soft. Once cooked, mashed them.

Add the rest of the ingredients to the warm mashed potatoes and knead everything together well. Taste it to make sure it has a good salt taste. If not, add more salt and mix it together again.

Wrap thoroughly in plastic wrap and let it rest in the refrigerator for 1 hour. On a floured surface, roll the dough out to about 1.5 cm thick. Cut out rounds using a circular cutter.

Line a baking tray with baking paper and place the scones on it. LEAVING SPACE BETWEEN THEM (they will rise while baking).

Brush with beaten egg and bake in a preheated oven at 180C until golden brown.



Traditional Gulyas

Hungary

Traditional Hungarian gulyás (goulash) is a rich, hearty soup.

INGREDIENTS

2 pieces red onion
60 g lard
3 cloves garlic
1 tomato
1 Hungarian wax pepper
600g diced beef 1tbsp paprika
1 bunch celery leaves
Salt, pepper
1 pinch ground cumin
3 carrots
½ kohlrabi
2 parsley roots
3 medium potatoes
Homemade Hungarian pinch noodle

METHOD

Diced the onions finely. Cut the meat into 2 cm cubes.

Heat the lard and sauté the onions until soft. Remove the pot from the heat, stir in the paprika powders, add 1.5 dl of water, than cook off the liquid until only the fat remains and the mixture starts to fry again. Add the beef and cook, stirring, until it turns white. Season with salt, pepper, and cumin. Add the crushed garlic, the diced tomato, and the whole cored pepper. Cover with the lid and cook in its own juices for 90 minutes.

Meanwhile, prepare the Hungarian pinched noodle.

Then add the vegetables diced carrots, parsley, kohlrabi. Pour in 2-2.5 Liters of water. Cover and cook for another 40 minutes.

Add the diced potatoes, and cook for another 10 minutes.

Add the Hungarian pinch noodle and cook for a further 10 minutes until it done.





Puff Puff Balls

Central Africa

Puff puff (often called puff-puff) are sweet, deep-fried dough balls popular as street food across West and Central Africa

INGREDIENTS

Flour – 1 kg

Sugar – 1kg

Salt – 1
teaspoon

Yeast – 7g x 2

Water – ½ litre

Sunflower oil

METHOD

Mix 600g of flour, 10g of yeast, ½ teaspoon of salt and 550-650ml of luke warm water into a thick, smooth batter.

Cover and let it rise in a warm place for 1-2 hours until doubled in size.

Deep fry small, hand squeezed balls in oil until golden brown at 175 degrees.





Traditional Pork & Cabbage Jiaozi China

a classic Northern Chinese comfort food. They feature a juicy, savory filling of ground pork and finely chopped cabbage wrapped in a thin, pleated wheat dough.

INGREDIENTS

- 500g ground pork
- 1 cup napa cabbage, finely chopped
- 2 green onions, finely sliced
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp Shaoxing wine (optional)
- Salt and white pepper to taste
- Wrappers:
 - 40 dumpling wrappers
 - (or homemade dough with flour and water)
- Dipping Sauce:
 - 2 tbsp soy sauce
 - 1 tbsp Chinese black vinegar
 - Chili oil (optional)

METHOD

1. Prepare the filling
2. Mix the pork, cabbage, green onions, ginger, garlic, soy sauce, sesame oil, Shaoxing wine, salt, and pepper until sticky and well combined.
3. Fill the dumplings
4. Place about 1 tablespoon of filling in the center of each wrapper. Wet the edges lightly with water.
5. Fold and seal
6. Fold into a half-moon shape and pinch the edges closed. Pleat the edges if desired.
7. Cook the dumplings
 - Boiled (traditional): Cook in boiling water for 6–8 minutes until they float.
 - Pan-fried (potstickers/guotie): Fry bottoms in oil until golden, add a splash of water, cover, and steam until cooked.
 - Steamed: Steam for about 10 minutes.
8. Serve
9. Serve hot with soy sauce, black vinegar, and chili oil.





Dumplings (Varenyky) Ukraine

Varenyky are one of the most beloved traditional dishes in Ukraine. These soft, filled dumplings have been made for centuries and are often served during holidays, family gatherings, and celebrations.

INGREDIENTS

2 cups flour
1 egg
½ cup warm water
3 potatoes, mashed
1 onion, chopped
Butter, salt, and
pepper

METHOD

1. Fry the onion in butter and mix with mashed potatoes.
2. Mix flour, egg, and water into a soft dough.
3. Roll out dough, cut circles, and add filling.
4. Fold and seal the dumplings.
5. Boil until they float, then serve with sour cream or fried onions.





Poppy seed roll –

Makivnyk Ukraine

Makivnyk is a traditional sweet bread from Ukraine filled with rich poppy seeds. It is especially popular at Christmas and Easter celebrations and is loved for its soft dough and sweet nutty filling.

INGREDIENTS

- 2 cups flour
- 1 tsp yeast
- ½ cup warm milk
- 2 tbsp sugar
- 1 egg
- 1 cup poppy seeds
- 2 tbsp honey

METHOD

1. Mix flour, yeast, milk, sugar, and egg into a soft dough.
2. Cook poppy seeds with honey until thick.
3. Roll out the dough, spread the filling, and roll up tightly.
4. Bake at 180°C for 30–35 minutes until golden.





Pancit

Philippines

A traditional Filipino stir-fried noodle dish, heavily influenced by Chinese cuisine. It is typically made by tossing noodles with thinly sliced meats, shrimp, and vegetables in a savory soy-sauce-based broth.

INGREDIENTS

Noodles (cornstarch sticks) bitton (2 and a half packs)

Chicken breast

Carrots

Cabbage/Bok Choi

Oyster sauce

Soy sauce

Bell pepper (optional)

Pepper

Salt

Oil

METHOD

Chicken. Add a little oil to a deep skillet and cook the chicken. Transfer the chicken to a plate and set aside.

1. Cooked chicken and veggies.

Return the chicken to the skillet and add the vegetables. Stir fry until the vegetables are soft but still yielding a little crunch.

2. Add the sauce. Whisk the sauce, add it to the pan, and bring it to a boil.

3. Cook the noodles. Add the rice noodles and gently press them down so they are evenly coated with the liquid. Cook until the noodles are tender.

4. Season and serve. Turn the heat off and transfer the dish to a serving bowl or plate. Serve with soy sauce.





Lumpia

Philippines

Lumpia (in Indonesian and Filipino) are various types of spring rolls commonly found in Indonesian and Filipino cuisines

INGREDIENTS

Lumpia/Spring
roll wrapper
Ground beef
Carrots
Celery
Oyster sauce
Soy sauce
1 egg
Pepper
Salt
Corn Starch
Breadcrumbs

METHOD

step 1

Mix the beef mince, carrots, 2 1/2 tsp salt and 1 1/2 tsp pepper together in a large bowl using your hands. Will keep covered and chilled for up to a day.

step 2

Remove the spring roll wrappers from the freezer and leave at room temperature for 10 mins. Remove 25 wrappers from the pack and return any remaining to the freezer to use at another time. Cut the spring roll wrappers in half, into two equal-sized triangles. Wrap in a damp tea towel and set aside. Combine the dipping sauce ingredients and set aside.

step 3

Line a large baking tray with baking parchment. Set out a chopping board and small bowl of water. Working with one triangular wrapper at a time, put on the board and spoon a heaped teaspoon of filling in the middle of the wider side, about 1.5cm from the edge. Fold over to cover the filling, gently smoothing the filling out into an even layer to cover 5cm of the wrapper. Fold over one side, then the other. Fold again, taking the mixture to about 1.5cm from the end of the triangle. Using a finger or two, dampen the end with water to help it stick to the filling. Dry your hands and repeat with the remaining wrapper triangles and filling, using baking parchment between the layers of rolls so they don't stick together. Once you are nearing the end, with about five rolls left to make, pour the oil into a small, deep frying pan and heat over a medium heat to about 180C.

step 4

Fry the lumpia in batches of five to seven, depending how big your pan is. After a minute, start turning each roll; they should take about 2-3 mins to cook through. Transfer the cooked rolls to a deep bowl lined with kitchen paper. Tip the warm rolls onto a serving plate and serve with small bowls of the dipping sauce.

