

MyGreat Cookbook



A culinary voyage
with chefs who have
MyGreat-ed



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UN Human Rights works to promote, protect and fulfil the human rights of all people, including all migrants. This includes sharing stories that uplift, inspire and connect people no matter where they come from or what they look like. Most importantly, we want to share stories told by migrants themselves. By finding that we have more in common than that which divides us, we can realise that standing up for migrants' rights means standing up for everyone's rights.



Nik's Fudo is a social enterprise that fully participates in promoting women who have migrated from different countries to Geneva. Thanks to this activity, they are able to gain financial independence, follow their passions, and find community.

Foreword

Like humankind, food has an age-old history of migration and a power to connect people through shared ingredients, memories, laughter and conversations folded in along its path.

In this book, migrant women chefs share their stories of migration and how food has shaped their personal journeys. Each chef is as unique as the cuisine she creates. Together they represent diverse migrant communities from Afghanistan, Brazil, Sri Lanka, Mexico, Kenya and more. While each recipe is associated with one country in this book, we recognise that various countries may share the same dishes.

UN Human Rights and Nik's Fudo believe in the universal bonding

powers of food and storytelling. Recipes are like stories. They hold a shared history, enriched by the people and ingredients that lent them their unique flavours over time and space. By sharing these recipes, we strengthen the stories that bring us together and we find ways to welcome people into our communities, to reimagine our collective future. We thank the chefs for letting us savour the richness of their recipes and stories. Each one offers an invitation to build community, share a conversation and remind us we have opportunity to welcome new people to the table every day.

We invite you to put your chef's hat on, share a meal with a new friend and join us in celebrating food and migration.

#StandUp4Migrants



HOME FOOD FOR THE SOUL

**Nik's
Fudo**

HEALTHY-AUTHENTIC-DIVERSE

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Starters & Soups

A basket of golden-brown fried samosas, garnished with fresh green herbs and a slice of red chili. The samosas are served in a woven basket lined with white paper. In the foreground, a small wooden bowl contains a white, creamy chutney, also garnished with fresh herbs. A piece of light-colored fabric with a dark patterned border is visible in the bottom right corner. The background is a light, textured surface.

*Serve with a spicy
chutney and garnish
with fresh herbs*

Vegetarian samosas

Serves: 8+ | 50 minutes

Ingredients

Flour (250 g)

Creamy yogurt (2 *tbsp.*)

Sunflower oil (2 *tbsp.*)

Salt (1/2 *tsp.*)

Carrots (150 g)

Frozen peas (150 g)

Potatoes (500 g)

Mustard seeds (1 *tsp.*)

Coriander powder (1 *tsp.*)

Fresh ginger

Garlic cloves (2)

Fresh coriander (*chopped*)

Cumin (1 *tsp.*)

Instructions

1 Peel and cube the vegetables. Cook them in boiling water for 10 minutes, then drain.

2 Prepare the samosas dough: mix flour and salt, yogurt and oil.

3 Gradually add the water and knead until it forms a nice ball. Let it rest.

4 Peel and press the garlic and the ginger and fry them in a little oil in the pan.

5 Add the mustard seeds and cumin and brown them. Deglaze with a little water.

6 Add the drained vegetables, crush them roughly and add the chopped coriander.

7 Shape your samosas: roll out the dough thinly, cut 10 cm circles with a cookie cutter or an upside-down glass.

8 Place a teaspoon of filling in the centre, fold over by pinching 3 times.

9 Fry for 3 minutes in hot oil, drain and enjoy!



Tajine

Serves: 3 | 1 hour 15 minutes

Ingredients

Potatoes (4)	Cinnamon (1/2 tsp.)
Courgette (1/2)	Cumin powder (1/2 tsp.)
Onion (1)	Turmeric or saffron (1/2 tsp.)
Virgin olive oil	3 bay leaves
Tomato (1)	Green olives
Carrot (1)	Saddle of lamb (2 pieces)
Ground coriander seeds (1/2 tsp.)	Water (1/2 glass)
Pepper (1/2 tsp.)	

Instructions

- 1 Pour 3/4 tablespoons of oil into the tagine dish and place directly onto a gas or electric hob.
- 2 When the oil is hot, add the meat and fry for about 10 minutes on each side.
- 3 Lower the heat and place the chopped vegetables on top of the meat, from the firmest to the softest, adding the spices, bay leaf, salt and pepper.
- 4 Add a little water, sprinkle with the yellow saffron and add the green olives.
- 5 Cover and let cook at low heat for 30 minutes. Then place the chopped tomatoes on top of the cooked vegetables, cover and cook for another 15 minutes.
- 6 Serve hot, with tea and bread.

*Roughly chop fresh
herbs to garnish*



Fish cakes

Serves: 10 | 45 minutes

Ingredients

Drained canned tuna
(approximately 300 g)

Mashed potatoes, cooked the
day before (250 g)

Olive oil (1 *tbsp.*)

Oil for frying

Crushed garlic (3 *cloves*)

Grated ginger (3 *cm*)

Onion, finely chopped (1)

Green chilli pepper, finely
chopped (1)

Black peppercorns (1 *tbsp.*)

Curry powder (1 *tbsp.*)

Lemon juice (1 *tbsp.*)

Curry leaves (1 *tbsp.*)

Salt

Eggs (2)

Breadcrumbs

Instructions

1 Drain the tuna and place on paper towels before flaking.

2 Heat the oil in a pan. Add the garlic, ginger, onion, chilli pepper and curry leaves and fry briefly.

3 Add the tuna and lemon. Sprinkle with the spices, add salt and fry for 5 minutes.

4 Remove from heat and add the mashed potatoes, mix and add salt to taste. Then separate the mixture into small balls.

5 Beat two eggs in one bowl and put breadcrumbs into another.

6 Roll the balls in the beaten eggs, then in the breadcrumbs and set aside.

7 Roll the balls in the beaten eggs, then in the breadcrumbs and set aside.



Safa

Safa describes her home in Cape Bon, Tunisia as a paradise with beautiful beaches. She was born the youngest of nine children. Looking back, she laughs because even though she is the youngest she is “still the mother of the others.”


She started learning to cook when she was only five years old from watching her mother and grandmother. The first recipe she learned was couscous, a staple food in Tunisia. She learned to combine it with fresh parsley, cilantro, carrots and garlic and soon learned how to use aromatics and spices in other recipes with fish and meat.

Around this same time, her father passed away. In the years that followed his death, she continued to learn how to cook from the older women in her family. This

time was a salve against the grief of losing their father. Even today, Safa says if she is feeling sad, anxious or upset, getting into the kitchen makes her feel more centered.

When she was an adult, Safa migrated to a new country, where she felt extremely isolated and lonely. Eventually, through connecting with other women chefs and customers, she was able to build a community. She separated from her husband, which gave her the courage, strength and will to flourish and find financial independence through her work as a chef.

For Safa, cooking means “love, affection, creation, inspiration and giving to other people from ourselves. It’s not only food to satisfy other people, it is giving something we love.”



"Love, affection, creation, inspiration and giving to other people from ourselves. It's not only food to satisfy other people, it is giving something we love."

- Safa





Squash soup

Serves: 4 | 1 hour 5 minutes

Ingredients

Squash (1 kg)

Potatoes (2 medium)

Onion (1)

Chicken stock cube (1)

Water

Salt (1 tsp.)

Pepper

Crème fraiche (optional)

Instructions

- 1 Peel and cut the squash into pieces.
- 2 Peel and cut the potatoes into quarters.
- 3 Roughly chop the onion.
- 4 Rinse vegetables under cold water and put everything into a casserole dish.
- 5 Cover with water and bring to a boil.
- 6 Add the stock cube and salt and cook for about 45 minutes. The vegetables should fall apart.
- 7 Blend everything together and add pepper and crème fraiche if using.
- 8 Serve hot in bowls.

Garnish with fresh
parsley or coriander



Lentil soup

Serves: 4 | 1 hour 15 minutes

Ingredients

Carrot (1)

Onion (1)

Shallot (1)

Leek, white part (1)

Chicken stock cube (1)

Water (1.5 l)

Green lentils (150 g)

Sliced pork belly (300 g)

Olive oil (1 tsp.)

Instructions

1 Peel the carrot, onion and shallot. Then dice along with the leek into approximately 1 cm cubes.

2 In a casserole dish, heat three tablespoons of olive oil and brown the pork belly slices.

3 Remove the pork belly slices and replace them with the vegetables, allowing them to sweat for 5 to 10 minutes over low heat.

4 Add the lentils, making sure to mix them with the vegetables so that they become translucent.

5 Add 1.5 litre of water, a stock cube and the pork belly slices and simmer for 45 minutes.

6 Remove the pork belly slices and halve them. Mix the preparation and to finish, return the cut pork belly slices to the soup.

7 Serve hot.



Barley soup

Serves: 4 | 50 minutes

Ingredients

Pearl barley (1 cup)

Leek (1)

Carrots (2)

Small stalk of celery (1)

Potatoes (2)

Bay leaves (2)

Juniper berries (3)

Olive oil (2 *tbsp.*)

Vegetable stock cube (1)

Pepper and salt

Instructions

1 Cut your cleaned vegetables into pieces.

2 Heat the oil in a saucepan and brown the vegetables. Pour 1 liter of water and dissolve the vegetable stock tablet. Add the pearl barley with the bay leaves and juniper berries.

3 Continue cooking for about 35 minutes. Add salt and pepper and serve immediately.



Bastos

Bastos was born in Brazil, north of Rio de Janeiro, in a city called Campos dos Goytacazes. When she was a child, she was surrounded by women who cooked: her mother, grandmother, aunts and others. Her passion for cooking came from these women who marked her childhood with laughter and love.

The women in her family cooked with xuxu (chayote), quiabo (okra), and maxixe, which is similar to cucumber and originated in Africa. In their kitchen gardens they grew alfavaca, a type of basil they used in most dishes.

At age 25, Bastos left Brazil for Europe. Full of motivation, she immediately started working at a French restaurant while she simultaneously learned the language. Reflecting on this time, Bastos recalls how her new environment was an entirely

different world from Campos dos Goytacaze, where she grew up.

Today, she cooks vegan versions of traditional Brazilian dishes. While many people associate Brazilian food with meat, Bastos says Brazil is a large and diverse country. There are many vegetarians and vegans.

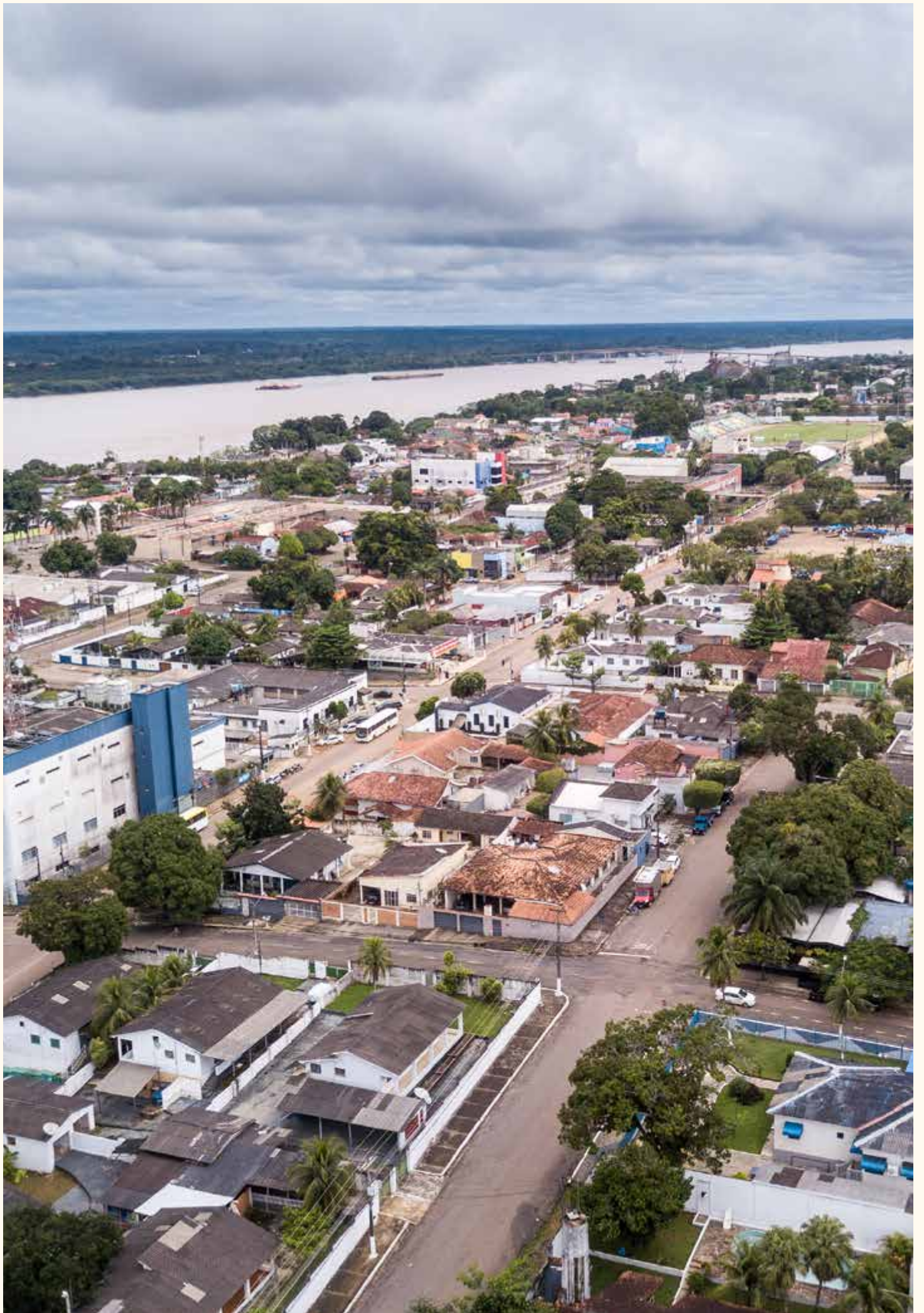
She's most excited by researching and creating new recipes that are vegan, Brazilian and traditional. Bastos also loves developing fusion recipes bringing different cuisines together and making their unique characteristics shine. "I love putting originality into my work and my preparation."

Now, when Bastos shares her cuisine with people, she hopes they delight in tasting something new. "While we have different cultures and dishes, each one has a rich story to bring to the table," she says.

A photograph of a white building with blue arched doorways and a decorative red and white geometric pattern on a pillar. A stone pillar is in the foreground.

"While we have different cultures and dishes, each one has a rich story to bring to the table."

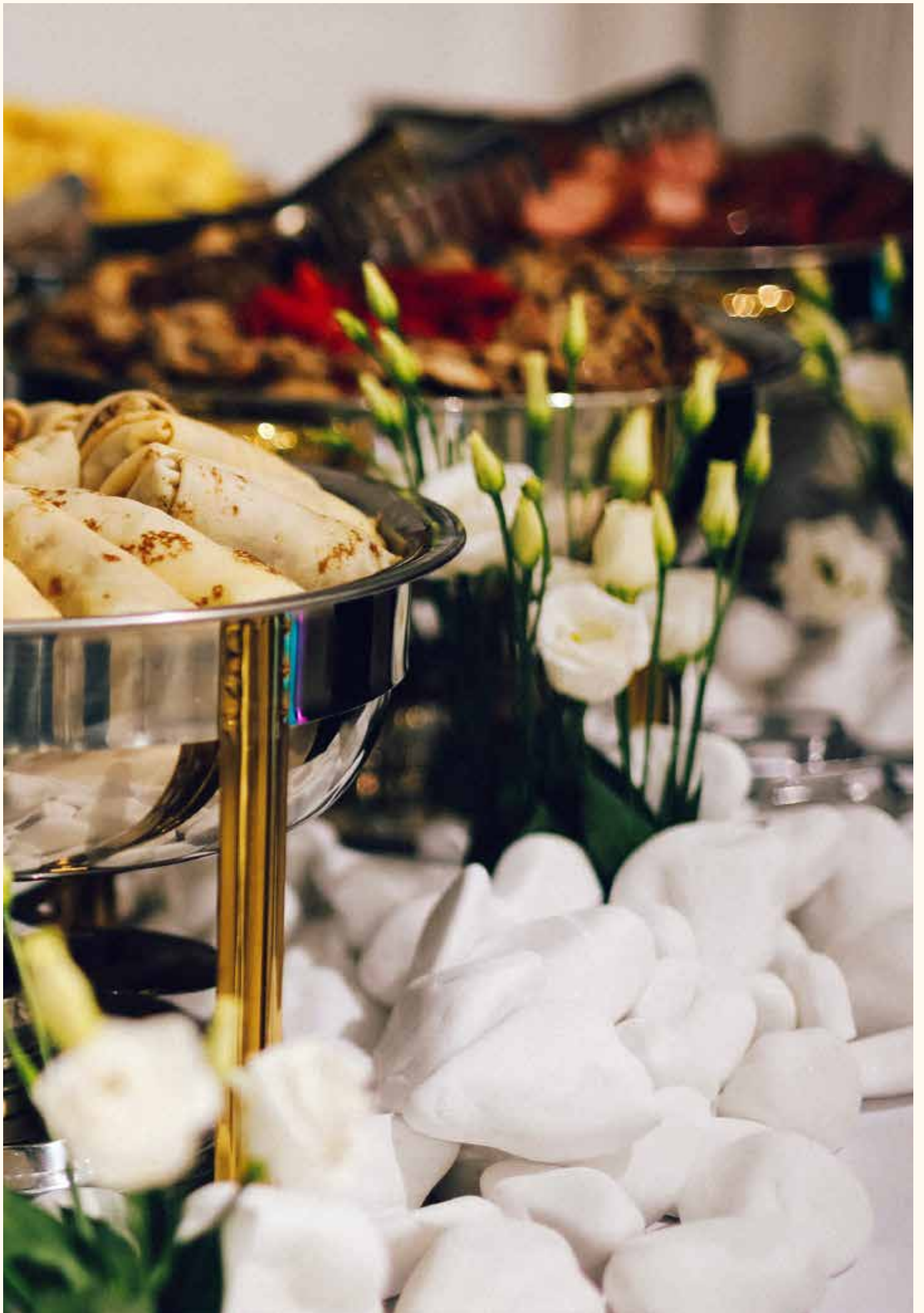
- Bastos





Main Courses





Garnish as you wish with black or green olives, shrimp or fresh herbs.



Vermicelli with meat

Serves: 4 | 50 minutes

Ingredients

Vermicelli (*angel hair pasta*, 500g)

Minced meat (300 g)

Butter (100 g)

Small stalk of celery, chopped (1)

Onion, chopped (1)

Bell pepper, chopped (1)

Carrots, chopped (2)

Spices (*garlic, parsley,*

Provence herbs)

Water (1/2 cup)

Olives (*for garnish*)

Salt

Instructions

1 Pour the vermicelli into a container, wet them a little and then steam them immediately.

2 Remove the vermicelli once they have expanded, then sprinkle again with a little water and then steam for a second time.

3 Remove, add a piece of butter, a little salt and a little water and coat the vermicelli to separate them.

4 Fry the minced meat in a little butter or oil, add the onions, carrot, bell pepper, celery, garlic, parsley and Provence herbs, salt and 1/2 glass of water.

5 Then pour in the vermicelli and stir with the tip of the spatula.

6 Let it cook at a very low heat for a few minutes and then serve.

*Serve with a dollop of
yogurt or sour cream and
top with fresh herbs*



Steamed beef dumplings

Serves: 4 | 45 minutes

Ingredients

Flour (360 g)

Minced beef (320 g)

White cabbage (160 g)

Yellow onion (70 g)

Garlic cloves (3)

Oil (2 *tbsp.*)

Vegetable stock cube (1)

Salt and pepper

Instructions

1 Mix the flour with 220 ml of water to obtain a dough as firm as bread dough. Set aside to rest.

2 Cut the cabbage into small pieces, wash it and blend in a food processor.

3 Add the onions and garlic to the food processor and blend.

4 Dissolve your vegetable stock cube in $\frac{1}{2}$ cup of water.

5 Add the minced beef to the cabbage, onions and garlic mix. Stir in the stock and add salt, pepper and one tablespoon of oil.

6 Divide and shape the dough into 3 cm diameter balls. Roll out each piece of dough on a floured surface to form disks about 15 cm in diameter.

7 Stuff each dumpling with 2 tablespoons of filling and close them by pinching the edges together. Dip the bottom of the dumpling into the remaining oil, poured onto a plate, and place them in the steamer basket. Steam for 20 to 25 minutes.



Naila

Naila was one of six children and lived with her extended family in a village outside of Lahore, Pakistan. The food in her family home was typical Lahori food: kebabs and meat with lots of spices and “not many vegetables” she says laughing.

She remembers cooking was never done in small batches because it was meant to feed the whole family — and sometimes shared with neighbors and even the entire village. Her mother would heat 40 kilograms of milk, add rice until it dissolved, green cardamom pods, dried fruit and nuts to make Kher — a pudding — to share with the community.

While her mother would always take the lead, Naila would watch and make chapatis to accompany the main meal. Naila didn't start cooking until she married and moved out of her family home.

After their wedding, Naila and her husband migrated. She knew she would have to learn to cook well if she wanted to savour a taste of home.

Today, Naila is famous for her biryani, which is a fragrant rice cooked with spices. To make her popular biryani she adds chicken, rice and green chili, which she varies depending on the spice tolerance of who she is cooking for. Fried onion is the key flavor, according to Naila.

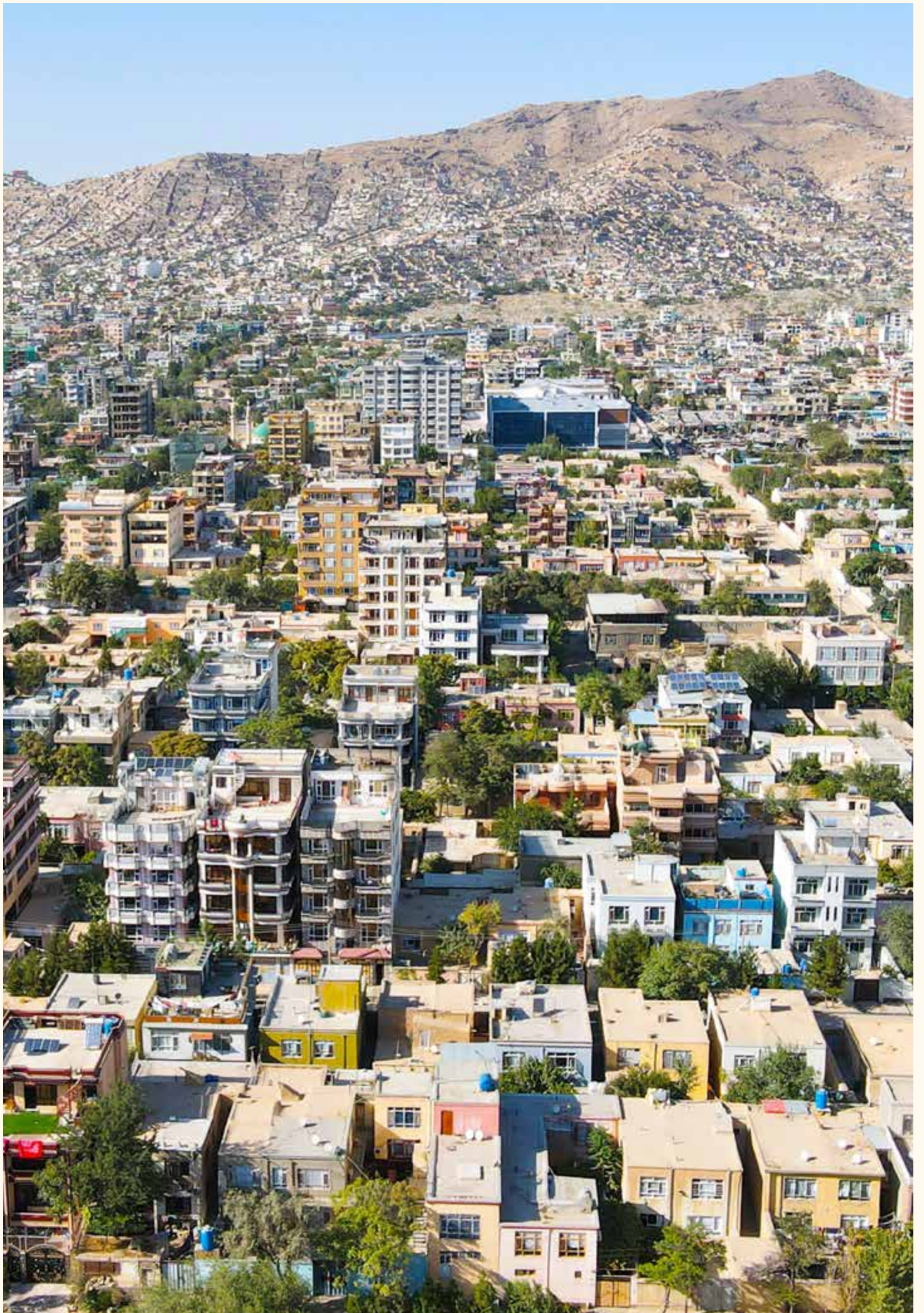
For Naila, cooking has provided her an opportunity to engage with others. This has transformed her self-confidence and interaction with the world.

“For me, food has helped me connect with people. Really, it's a life changing opportunity,” she said.



"For me, food has helped me connect with people. Really, it's a life changing opportunity."

- Naila





Vegan
alternative:
replace chicken with firm
tofu and yogurt with a
vegetarian yogurt

Chicken biryani

Serves: 10 | 55 minutes | Part 1: Chicken

Ingredients

Oil (5 <i>tblsp.</i>)	Cumin seeds, ground (1.5 <i>tblsp.</i>)
Garlic and ginger puree (2 <i>tblsp.</i>)	Coriander seeds, ground (3 <i>tblsp.</i>)
Chicken thighs (750 g)	Dried fenugreek leaves (3.5 <i>tblsp.</i>)
Yogurt (5 <i>tblsp.</i>)	Fresh mint (250 g)
Chicken stock (1 <i>cube</i>)	Fresh coriander (200 g)
Tamarind puree (3-4 <i>tblsp.</i>)	Optional:
Biryani spice mix (2 <i>tblsp.</i>)	Cashew nuts (200 g)
Fried onion (500 g)	Dried prunes (5)
Tomato, sliced (500 g)	Dried apricots (5)

Instructions

- 1 Place a large pot on a medium heat, add the oil and once hot, add the ginger and garlic paste and the cashew nuts if using. Let it cook until golden.
- 2 Add the chicken, once the chicken goldens, add the yogurt, let it cook for 3-4 minutes.
- 3 Add all the spices, the stock, and the salt. Cover the pot and wait until the chicken is cooked.
- 4 While the chicken is cooking, cut the mint and coriander. Once the chicken is cooked, add the fried onions, the dried prunes, and the tamarind paste. Mix.
- 5 Finally, add the tomatoes and the fresh herbs. Cook 2-3min more and serve with rice (see recipe part 2).



Chicken biryani

Serves: 10 | 55 minutes | Part 2: Rice

Ingredients

Cinnamon stick (1)

Cloves (7-10)

Green cardamom pods (7-10)

Black cardamom pods (2)

Star anise (7-10)

Salt (3.5 tsp.)

Basmati rice (700 g)

Stock cube (1/2)

Instructions

1 Soak the rice in water for 30 minutes. Rinse the rice well until the water becomes transparent.

2 In a large saucepan, add oil and fry the cloves, cardamom pods, cinnamon and star anise. Add 2,5L of water, then the rice and the stock cube.

3 Bring to a boil and then lower the heat. Once the water has evaporated, turn off the heat.

4 Serve together with the chicken.

*Sprinkle with additional
sesame seeds before serving*



Mole poblano

Serves: 4 | 1 hour

Ingredients

Chicken thighs (4)	Dried ancho chillies (10)
Canned peeled tomatoes in juice (400 g)	Chicken stock (1 cube)
Raisins (45 g)	Onions (2)
Ground almonds (2.5 tbsp.)	Garlic cloves (2)
Bitter cocoa powder (3 tbsp.)	Olive oil (2 cl)
Sesame seeds (3 tsp.)	Cloves (2)
Coriander powder (2 tsp.)	Pinch of cinnamon
	Salt
	Pepper

Instructions

- 1 Chop the chillies. Peel and dice the onions. Peel and press the garlic cloves.
- 2 In a cast iron casserole, brown the chicken thighs, without oil or fat, along with the cloves, cinnamon, chillies and a pinch of salt and pepper.
- 3 Once the chicken is golden, remove it along with the spices to a bowl and set aside. Add the oil, onions and garlic and sauté until soft.
- 4 Return the spiced chicken to the casserole and add the peeled tomatoes and juice, raisins and chicken stock cube to the garlic and onion mixture. Cover and simmer for 20 minutes at low heat.
- 5 Before the end of the cooking time, remove the lid to let the sauce reduce a little. Add the almond powder, cocoa, sesame seeds and coriander powder. Stir to blend the sauce. Serve hot with a little rice.



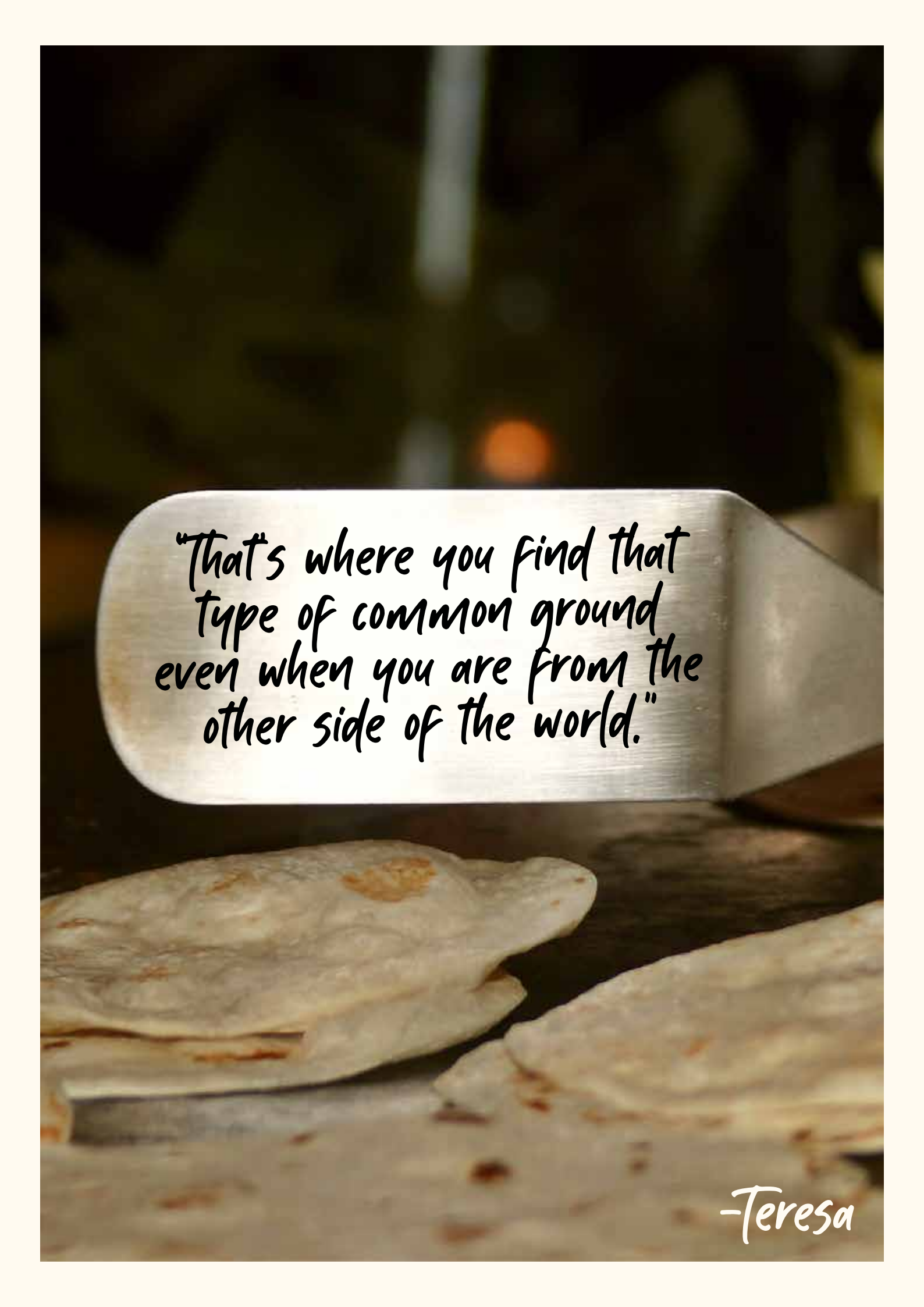
Teresa

Teresa learned to cook from her grandmother Doña Yoya. Doña Yoya was an inspiring woman, who created her own bakery business from her tiny home kitchen in Huimanguillo, a small town in southern Mexico. Teresa and her family moved to the United States when she was nine years old, but she returned to Huimanguillo every summer, where she helped her grandmother with small tasks like tending chickens, beating eggs and watching Doña Yoya bake and decorate elaborate cakes for weddings, quinceañeras, christenings and birthdays.

After university, Teresa became an architect, migrated to Europe and practiced architecture for more than 20 years. Yet she realized something was missing in her life. She finally turned to cooking inspired by her country's

rich culinary tradition. Her goal is to help Mexicans living abroad feel less far away from home. "I like to cook the special traditional dishes that your grandmother would make for the family Sunday lunch. Sunday lunch is a special time where families gather around the table to share a meal. For me, cooking is a gesture of love."

Teresa found cooking helps people uncover what they have in common. Her conversations with chefs from diverse backgrounds revealed that they often use the same ingredients, such as pepper, cheese and spices, even though there might be great variations in the final dish. "That's where you find that type of common ground even when you are from the other side of the world."



"That's where you find that
type of common ground
even when you are from the
other side of the world."

-Teresa





*Garnish with coarsely
chopped green onion
or chive*

Rogan josh

Serves: 4 | 2 hours 5 minutes

Ingredients

Onion (1)	Tomato paste (1 <i>tbsp.</i>)
Garlic cloves (3)	Chicken stock cube (1)
Fresh grated ginger (1 <i>tbsp.</i>)	Chilli paste (1 <i>tbsp.</i>)
Tomatoes (6)	Turmeric powder (1 <i>tsp.</i>)
Ghee (3 <i>tbsp.</i>)	Cumin powder (1 <i>tsp.</i>)
Water (300 <i>ml</i>)	Cardamom powder (1 <i>tsp.</i>)
Lamb cubes (500 <i>g</i>)	Coriander powder (1 <i>tsp.</i>)
	Plain yogurt (125 <i>g</i>)

Instructions

- 1 Dice the onion, press the garlic and grate the ginger, peel, seed and dice the tomatoes into 2-3 cm cubes
- 2 In a bowl, put your meat and spices (turmeric, cumin, cardamom and coriander), mixing everything together so the spices are spread all over the meat. Set aside.
- 3 In a pot, heat the ghee over high heat, then fry the onions for 2 minutes.
- 4 Add the garlic and ginger and stir. Add the meat and sauté for 2-3 minutes.
- 5 Add the tomatoes, water, stock cube, tomato paste and chilli paste.
- 6 Lower the heat, add the yogurt. Mix well, cover and simmer for at least 1 hour, stirring occasionally.
- 7 Uncover the pot and simmer again for 30 minutes, still on low heat, so that the sauce thickens slightly. Serve with rice or Indian bread.



Jollof rice

Serves: 8 | 1 hour 20 minutes

Ingredients

Olive oil (1 <i>tbsp.</i>)	Worcestershire sauce (1 <i>tbsp.</i>)
Onion (1 <i>large</i>)	Fresh chopped rosemary (1 <i>tsp.</i>)
Canned tomatoes (2 <i>cans</i>)	Water (2 <i>cups</i>)
Tomato paste (1/2 <i>can</i>)	Whole chicken, cut into pieces (1.3 <i>kg</i>)
Salt (1 <i>tsp.</i>)	Uncooked white rice (1 <i>cup</i>)
Black pepper (1/4 <i>tsp.</i>)	Diced carrots (1 <i>cup</i>)
Cayenne pepper (1/4 <i>tsp.</i>)	Fresh green beans (230 <i>g</i>)
Red pepper flakes (1/4 <i>tsp.</i>)	Ground nutmeg (1/4 <i>tsp.</i>)

Instructions

- 1 Pour the oil into a large saucepan. Sauté the onion in the oil over medium-low heat until translucent.
- 2 Stir in the canned tomatoes and tomato paste and season with salt, black pepper, cayenne pepper, red pepper flakes, Worcestershire sauce and rosemary. Cover and bring to a boil. Reduce heat, stir in water and add the chicken pieces. Simmer for 30 minutes.
- 3 Stir in the rice, carrots and green beans and season with nutmeg. Bring to a boil, then reduce heat to low. Cover and simmer until chicken is tender and rice is cooked, for 25 to 30 minutes.

Serve family style with vegetables
and ugali, or a different starch,
such as potatoes



Nyama choma

Serves: 5 | 1 hour

Ingredients

Goat meat (shoulder) or beef
(short rib), cubed (1 kg)

Oil (3 *tblsp.*)

Hot water (2 *cups*)

Kosher or sea salt (2 *tblsp.*)

Instructions

1 Prepare and heat your grill. Toss the meat with the oil, then thread onto skewers. Stir the salt into the warm water until it is completely dissolved.

2 Grill the meat on the skewers, basting occasionally with the salt water, until it is cooked to the desired doneness.



Doris

Doris was born in the Rift Valley in Kenya. She is from a small town named Eldoret, "The City of Champions" because it is the village where so many famous Kenyan runners were born. Her childhood home was on a tea farm. The family had cows, goats and grew local vegetables.

Doris is one of eight sisters – no brothers – and the kitchen was always the heart of their family home, she remembers. Doris loved playing chef as a young girl. Thinking of her childhood, Doris remembers eating Ugali, a staple Kenya maize meal, with spinach, cabbage, stewed meat or vegetables on the side. The family also often prepared Githeri, another traditional dish of white maize and beans supplemented with carrots, cilantro and potatoes and drank yogurt.


After completing her studies in Kenya, she migrated on her own for an internship and fell in love with the new country. While she worked at her internship, she knew her first passion was cooking.

Doris knew how to cook the food from her village. She wanted to combine the traditional recipes she loved with local flavours to welcome a larger audience to Kenyan cuisine.

To teach herself, she began by watching videos to expand her cooking knowledge. Her first new recipe was Samosas and soon she began to sell them. The local Kenyan community supported her by buying her samosas as well as promoting her business through word of mouth.

Doris describes herself as a hustler. She is now a full-time chef. While she migrated on her own, cooking has helped her build a community of friends in her new country.

"Cooking has brought us together. Even people who do not like cooking – when we cook together, we talk about the world. We share so many things," she says.



"Cooking has brought us together.
Even people who do not like
cooking — when we cook
together, we talk about the world.
We share so many things."

- Doris



*Serving green chilis on the side can
add extra spice for those who want*



Kabuli pulao

Serves: 6 | 3 hours 20 minutes

Ingredients

Lamb (2 kg. *Either neck or shoulder cut into 2 cm cubes*)
Basmati rice (220 g)
Unsalted butter (70 g)
Onions, chopped (2)
Cumin powder (2 *tblsp*)
Cardamom pods (2 *tblsp.*)
Carrots (2)
Raisins (75 g)
Almonds (75 g)
Pistachios (50 g)
Salt and black pepper

Instructions

- 1 Cover the pieces of lamb with hot water. Add 1 tablespoon of cardamom and 1 tablespoon of cumin powder. Cover and set aside for 2 hours.
- 2 Add salt and pepper to taste. Remove the lamb. Reserve the broth. Preheat oven to 160°C.
- 3 Boil a large quantity of water with salt. Add half of the reserved broth. Cook the rice in this broth for 8 minutes. Pour into a colander and set aside.
- 4 Heat 3 to 4 tablespoons of butter over medium-high heat. Add the onions and lamb and fry.
- 5 Add the remaining tablespoon of cardamom and cumin powder, some black pepper and about 1 cup of the reserved lamb broth. Simmer for 5 minutes. Then mix the cooked rice and the lamb. Place in a buttered ovenproof casserole dish.
- 6 Brown the carrots in butter and add the raisins. Pour the carrots and raisins over the lamb and rice. Cover the baking dish with aluminum foil.
- 7 Place in oven for 35 to 40 minutes. Sprinkle with almonds and pistachios.



Moqueca with shrimp

Serves: 6 | 35 minutes

Ingredients

Raw shrimps (700 g)

Juice of 2 lemons

Onions (2)

Cloves of garlic (2)

Green bell pepper (1)

Yellow bell pepper (1)

Tomatoes (3)

Fresh bay leaves (2)

Canned coconut milk (20 cl)

Bunch of coriander (1)

Fresh chilli pepper (1)

Rapeseed or peanut oil (3 tsp.)

Salt and ground pepper

Instructions

1 Peel the shrimps and place them in a small bowl. Sprinkle with lemon juice and marinate for a few minutes.

2 Cut the onions into rings and chop the garlic. Cut the bell peppers into strips. Peel and seed the tomatoes and cut them into slices, not too thinly.

3 Heat the oil and brown the onions and garlic in a casserole. Add the bell peppers, bay leaves and tomatoes. Remove the shrimps from their marinade and pour them into the casserole. Add salt and pepper and simmer for 8-10 minutes.

4 Pour the coconut milk into the casserole, cover and simmer for another 5 minutes over very low heat. Sprinkle with coriander and garnish with chopped fresh chilli pepper before serving. This dish is usually accompanied by farofa and white rice.



Kelewele

Serves: 4 | 25 minutes

Ingredients

Fresh ginger (70 g)
Frying oil
Salt (1 tsp.)

Ripe plantains (8)
White onion (1)
Red chilli peppers (2)

Instructions

- 1** Peel the plantains and cut them into cubes. Set aside in a bowl.
- 2** Finely chop or blend the ginger, chilli peppers and onion, according to preference.
- 3** Add the chopped condiments to the bananas, then add salt and mix.
- 4** Heat the oil and cook the plantains over medium heat until golden brown. After cooking, place on paper to absorb the oil.
- 5** Serve hot, plain or with a spicy tomato sauce, the choice is yours.



Vegetable couscous

Serves: 4 | 1 hour 5 minutes

Ingredients

Couscous (200 g)	Red bell pepper (1/2)
Tomatoes (2)	Onion (1)
Green beans (600 g)	Broth (200 ml)
Carrot (1)	Butter (20 g)
Courgette (1)	Olive oil (5 tbsp.)
Chickpeas (1 can)	Cumin powder (1 tsp.)
Green bell pepper (1/2)	Curry powder (1 tsp.)
	Salt and pepper

Instructions

- 1 Remove the stems from the green beans, cut them and cook them for 12 minutes in a pan of boiling salted water. Drain and set aside.
- 2 Peel and chop the onion and carrot. Cut the tomatoes into cubes. Cut the green and red peppers and the courgette. Drain and rinse the chickpeas.
- 3 In a casserole, brown the onion. Add the vegetables, spices, salt and pepper and let them brown. Pour in the broth and cover. Add the drained chickpeas. Cover and cook until the vegetables are soft.
- 4 In the meantime, pour boiling water over the couscous. Let stand for 5 minutes and fluff up with a fork.
- 5 Heat the butter in a frying pan and fry the couscous for 5 minutes. Add salt and pepper and serve with the vegetables.



Fried noodles, vegetables and tofu

Serves: 4 | 20 minutes

Ingredients

Chinese noodles (200 g)
Canned corn (200 g)
Red bell pepper, sliced (1)
Carrots (2)
Grated ginger (1 tsp.)
Chopped garlic (1 clove)

Green onions (2)
Diced tofu (400 g)
Vegetable broth (100 ml)
Fish sauce (1 tbsp.)
Oil (2 tbsp.)
Ground pepper
Soy sauce

Instructions

- 1 Cook noodles according to package directions. Drain after cooking.
- 2 Wash the bell pepper, cut it in half, remove the seeds and cut it into strips.
- 3 Peel the carrots, cut them into matchsticks. Wash the green onions and chop them.
- 4 Heat the oil in a pan or wok and sweat the diced tofu. Add the carrots, corn, bell pepper and onions. Add the garlic and ginger and pour in the broth.
- 5 Cook the vegetables while stirring. All the liquid should be absorbed and the vegetables should be crispy.
- 6 Add the noodles, soy sauce, fish sauce and pepper. Cook for 3 minutes and serve.



Rajni

Rajni was born in northern Sri Lanka in Jaffna, where many Tamil people live. But in the early 1980s, northern Sri Lanka became embroiled in conflict and civil war. Rajni had to leave her boarding school hostel in Jaffna and continue her studies in Colombo, in the southern part of the country.

In her university hostel in Colombo, Rajni learned how to cook by joining the Catholic nuns as they prepared meals. She also took cooking classes from a well-known home chef. Sri Lankan food relies on rice, lamb, chicken, coconut, red chili and many fragrant spices.

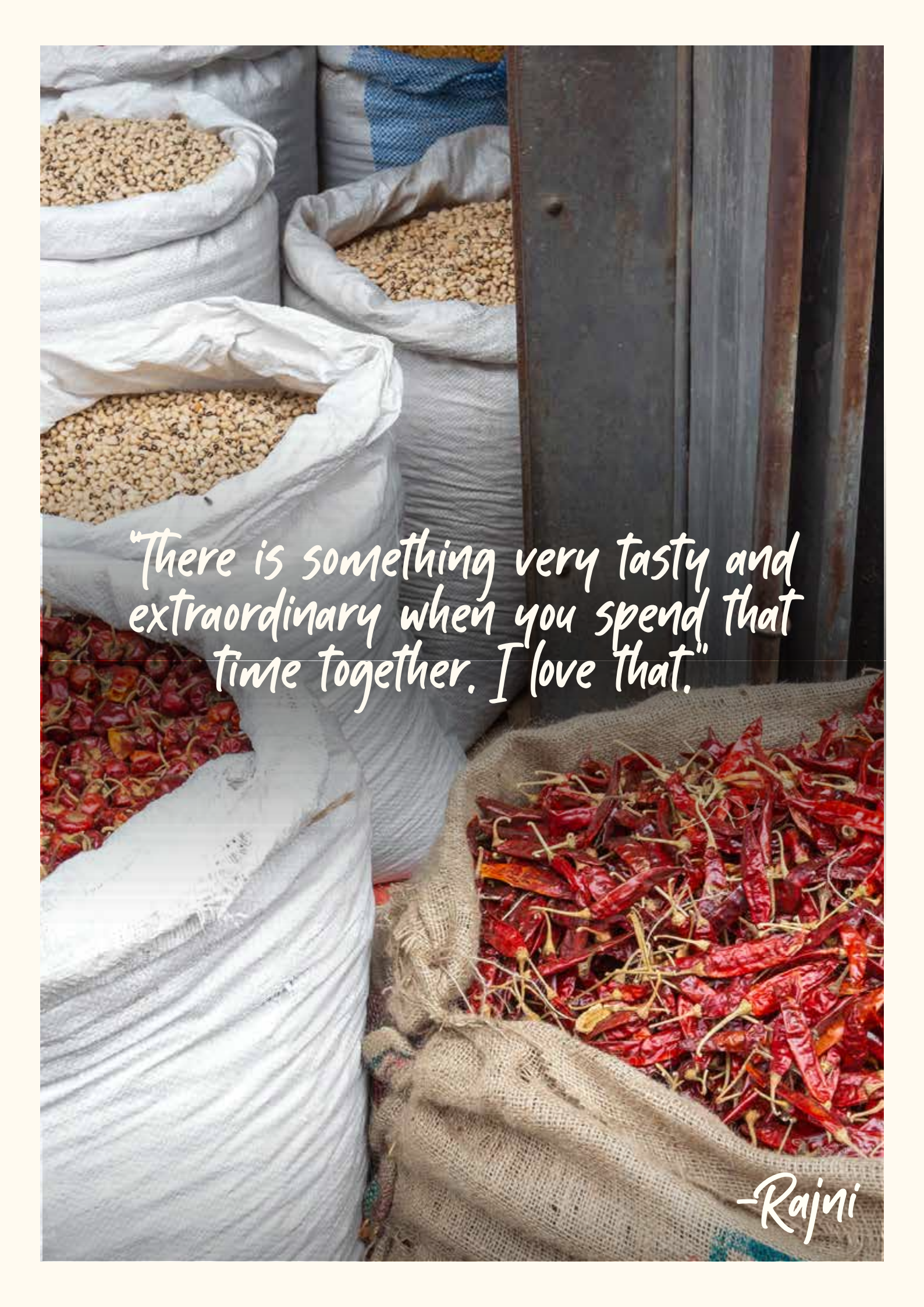
Eventually, however, violence against Tamil people spread to Colombo as the civil war continued. Everyone who could, left, Rajni recalls. First, Rajni's brother migrated. Next, Rajni left to finish her studies in India.

Her parents left the country as did much of her extended family, who moved to different corners of the world.

Rajni's future husband lived in a different country. They knew one another from Sri Lanka. She eventually moved to join him. However, she did not speak the language and did not have a work permit in the beginning. It felt isolating.

During this time, cooking remained a joy to Rajni. She taught both her son and daughter how to cook food from their home. She saw teaching them how to cook as a way to share time and love – a practice they continue to this day even as her children have become adults.

"There is something very tasty and extraordinary when you spend that time together. I love that," Rajni said.



"There is something very tasty and extraordinary when you spend that time together. I love that."

-Rajni



vegan



Bhindi masala

Serves: 4 | 45 minutes

Ingredients

Oil (3 <i>tbsp.</i>)	Coriander powder (1.5 <i>tsp.</i>)
Bhindi (okra) (500 g)	Turmeric powder (1/2 <i>tsp.</i>)
Cumin seeds (1 <i>tsp.</i>)	Amchur powder (1 <i>tsp.</i>)
Red onion (1)	Red chili powder (1/4 <i>tsp.</i>)
Ginger, julienne (2.5 <i>cm</i>)	Salt (3/4 <i>tsp.</i>)
Green chilli pepper (1)	Garam masala
Tomatoes (2)	

Instructions

- 1 Wash and dry each bhindi with a paper towel, then slice into rounds. Heat 1 tablespoon of oil in a pan over medium heat. Add the bhindi and cook over medium heat for 10 minutes. Then lower the heat and cook on low for another 5 minutes. Stir often.
- 2 In another pan, add 1.5 tablespoons of oil over medium heat. Add the cumin seeds, chopped onion and sauté for 2-3 minutes. Add the ginger, green chilli pepper, chopped tomatoes and spices.
- 3 Add the cooked bhindi to the pan and mix well. Turn the heat to medium-low and cook for 5 minutes.
- 4 Sprinkle with garam masala. Garnish with ginger julienne if necessary. Serve the bhindi masala with rotis, parathas or rice.

vegan



Vegan jackfruit tamales

Serves: 18 | 2 hours | Part 1

Ingredients

Dried corn husks (18)	Dried Mexican oregano (1/2 tsp.)
Green jackfruit (1 can)	Ground cumin (1/4 tsp.)
Dried red chilli peppers (10)	Sea salt (1/2 tsp.)
Chopped onion (1/4 cup)	Masa harina (2 cups)
Tomato sauce, salt-free (1/2 cup)	Baking powder (1 tsp.)
Pure maple syrup (4 tsp.)	Pumpkin, canned (1.5 cups)
Chopped garlic (2 cloves)	Vegetable broth (1.25 cup)

Instructions

- 1** In a large bowl, cover corn husks with boiling water. Let stand for 30 to 45 minutes. Drain well with paper towels.
- 2** For the chilli sauce, cook the chilli peppers over medium-high heat, turning them occasionally. Allow to cool. Remove stems and seeds. Roughly tear the chilli peppers.
- 3** Combine the chilli peppers, onion and a large cup of water. Bring to a boil and then lower temperature. Cover and simmer for 10 minutes. Transfer the chilli peppers and onion to a blender and reserve the cooking liquid. Add the tomato sauce, maple syrup, garlic, oregano, cumin
- and salt. Cover and blend until smooth, adding the reserved cooking liquid a little at a time to achieve a sauce-like consistency.
- 4** For the garnish, in a bowl, mix the jackfruit and a third of a cup of the chilli sauce.
- 5** For the masa dough, in a large bowl, combine the masa harina and baking powder. Add the pumpkin and broth. Beat with a mixer on medium power until the dough is thick.

vegan



Vegan jackfruit tamales

Part 2

Instructions

- 1** To assemble the tamales, starting with the wide end of a corn husk, pour 2 rounded tablespoons of masa paste onto the husk and press into a rectangle.
- 2** Place 1 tablespoon of filling lengthwise, down the centre of the paste, leaving a slight border at the ends. Fold one long edge of the husk over the filling to bring the long edges of the dough together. Roll up the husk. Fold from the bottom to the top and then tie with a string of corn husk or a 100% cotton kitchen twine.
- 3** To steam the tamales, add a steam basket to an 8-qt. pot. Add water to the bottom of the basket. Place the tamales upright in the steamer basket. Bring the water to a boil. Reduce heat to medium-low.
- 4** Cover and steam for 45 minutes to 1 hour or until the dough pulls away from the corn husks easily and is cooked through.
- 5** Uncover and let stand for 10 minutes before serving. Serve the tamales with the remaining warmed chilli sauce.

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Chana masala

Serves: 5 | 55 minutes

Ingredients

Garlic (4 medium cloves)	Onion (300 g)
Ginger (1 small piece)	Baking soda (1/4 tsp.)
Thai green chilli peppers (1 to 6)	Ground coriander (2 tsp.)
Juice of 1 lemon (2 tbsp.)	Black pepper (2 g)
Kosher salt (1/2 tsp.)	Turmeric (2 g)
Vegetable oil/ghee (2 tbsp.)	Garam masala (1.5 tsp.)
Black mustard seeds (2 tsp.)	Peeled tomatoes (1 can)
Whole cumin seeds (1 tsp.)	Chickpeas (500 g or 2 cans)
	Coriander leaves (1 cup)

Instructions

- 1 Combine the garlic, ginger, chilli peppers, 1 tablespoon of lemon juice and kosher salt in a mortar and pound until a fine paste is formed.
- 2 Heat the oil or ghee in a saucepan. Add the mustard seeds and cumin. Add the onion and baking soda (stirring frequently). Add 1 tablespoon of water, scraping up brown bits from the pan.
- 3 Add the garlic, ginger and chilli paste. Add the coriander, black pepper, turmeric and 1 teaspoon of garam masala. Add the tomatoes and
- 4 crush them. Add the chickpeas and coriander, reserving some for garnish. Add 1/2 cup of water.
- 5 Bring to a boil, partially cover with a lid and reduce heat. Cook, stirring occasionally, until liquid is reduced to a thick stew (30 min).
- 5 Stir in the remaining garam masala and lemon juice. Season to taste with salt.

vegan

Serve with a dark leafy green vegetable for a healthy meal



Moin moin

Serves: 4 | 1 hour 25 minutes

Ingredients

Dried cowpeas (1 cup)

Onion (1 small)

Red bell pepper (1/2)

Garlic powder (1/2 tsp.)

Onion powder (1/2 tsp.)

Smoked paprika (1 tsp.)

Miso (2 tsp.)

Vegetable broth (1 tsp.)

Curry powder (1 tsp.)

Water

Salt to taste

Instructions

1 Soak the dried cowpeas overnight. The next morning, preheat the oven to 175°C. Peel the soaked cowpeas and mix all the ingredients with 3/4 cup of water.

2 Pour the batter into a bowl and add 1/4 cup of water. Whisk for a few minutes. Divide the moin moin into ramekins, filling them 3/4 full (the moin moin will expand).

3 Place on a deep baking sheet, containing about one inch of water. Cover the entire baking sheet with aluminum foil and bake for 1 hour and 15 minutes.

4 Set the ramekins aside and let them cool completely (the texture should be firm).




Caroline

Caroline was born in Lagos, Nigeria, to a Swiss mother and Nigerian father. She remembers traveling more than four hours to her father's hometown, where their family gatherings always felt like a celebration. During these visits, she would sit in the outdoor kitchen, watching carefully as her grandmother and other relatives made Akara, a fried bean cake, and pounded yams with a large mortar and pestle served with a vegetable sauce and meat.

When Caroline was 18, her family moved to Switzerland. Caroline's Swiss grandmother taught Caroline to make Beef Bourguignon, Muesli and other Swiss dishes. She also learned more about cuisine from other African countries: Ethiopian, Congolese and Senegalese because of the diversity of people living in Switzerland.

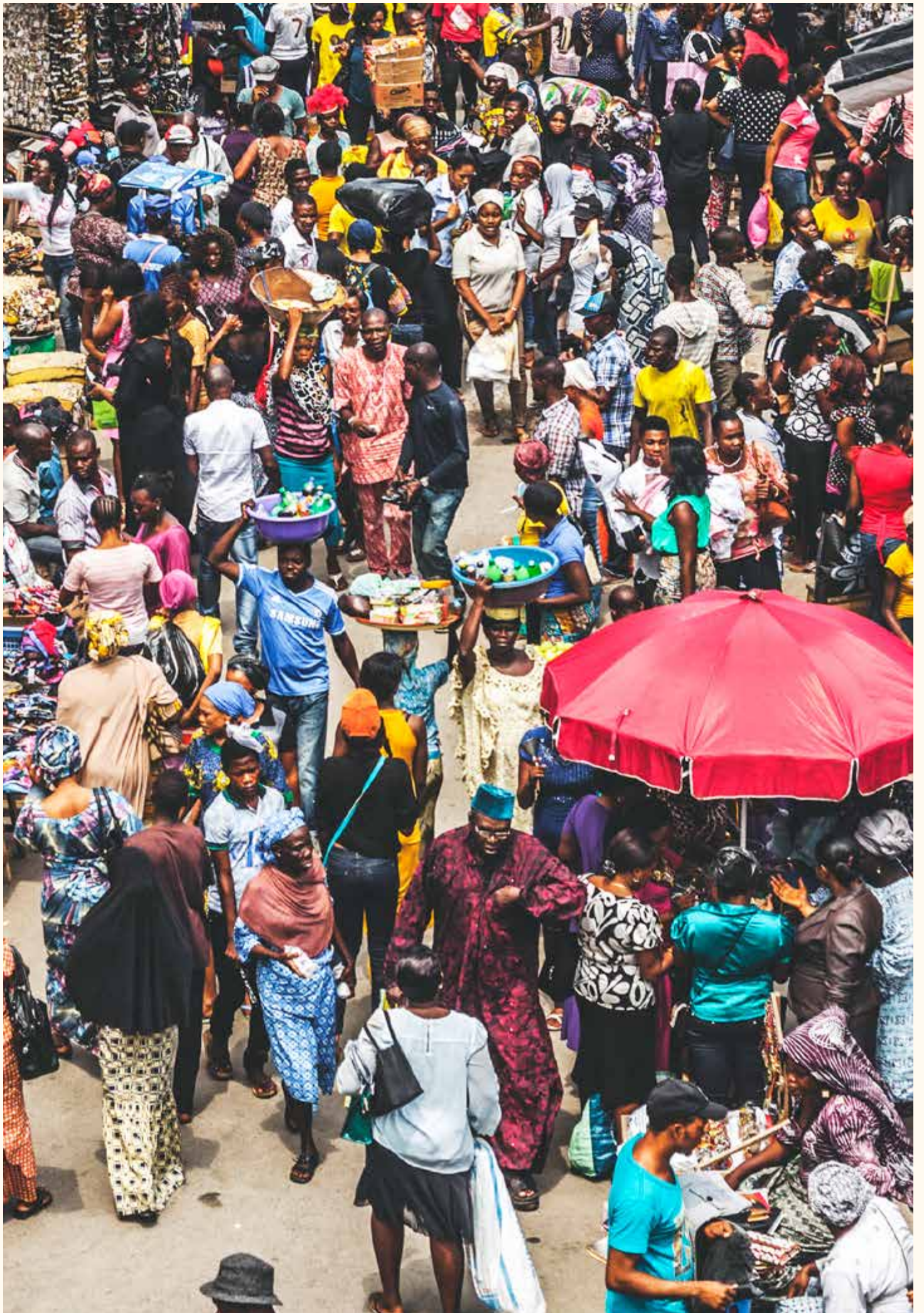
Caroline has always been curious about food: whenever she tasted something she liked, she asked the chef how to make it. Her love for diverse cuisines has persisted throughout the years. In her early 20s, she started a regular gathering at home and asked guests from different backgrounds to bring a dish. Each dish had a flag: Malaysia, Japan, Switzerland and many other countries. "For me, sharing food opens up the world," she said.

Although each dish had a flag, Caroline does not believe a dish belongs to one country alone, especially as it travels. "If you move around and meet new people, you are going to change. To me that is food: it is ever changing. Food is traveling, sharing, discovering and understanding."



"If you move around and meet new people, you are going to change. To me that is food: it is ever changing. Food is traveling, sharing, discovering and understanding."

-Caroline



vegan



*Garnish with
fresh coriander*

Githeri

Serves: 4 | 40 minutes

Ingredients

Oil or butter (1 *tbsp.*)
Onion (1 *medium*)
Chopped garlic (3 *cloves*)
Curry powder (1 *tbsp.*)
Kale (1 *large bunch*)

Tomatoes (1 *can*)
Corn (2 *cups*)
Cooked kidney beans (2 *cups*)
Salt (1 *tsp.*)
Pepper (1/2 *tsp.*)
Lemon (1)

Instructions

1 In a large saucepan, heat the oil over medium heat. Brown the onion for 3 minutes, until it is translucent. Add the garlic and curry powder and cook for 1 minute.

2 Combine all the ingredients except for the lemon juice. Stir. Bring to a boil, then immediately cover, reduce heat to low and cook for 20 minutes, until the onions and greens are cooked through.

3 Season with salt and pepper to taste. Cut the lemon in half. Serve the githeri in bowls with a drizzle of lemon juice.

vegan



Adas palau

Serves: 4 | 1 hour 10 minutes

Ingredients

Basmati rice (2 cups)
Soaked lentils (1 cup)
Onion (1 medium)
Saffron (ground) (1/4 tsp.)
Ground beef (250 g)

Raisins (optional) (1/2 cup)
Salt
Cinnamon (1/4 tsp.)
Turmeric (1/4 tsp)
Vegetable oil

Instructions

1 Wash the rice in cold water and soak it in 3-4 cups of water with 2 tablespoons of salt for a few hours.

2 Boil 2 cups of water, add ¼ teaspoon of salt and cook the lentils on low heat (20-30 min) or until tender. Drain the water from the lentils.

3 Boil 4 cups of water. Drain the rice and pour it into boiling water. Let the rice boil (5-10 min) until ready. Drain and rinse in cold water.

4 Add 2 tablespoons of vegetable oil to the pan. Put a layer of rice in the pan, a layer of cooked lentils, then another layer of rice and so on.

5 Cover and cook for 10 minutes on high heat until the rice boils, then lower the heat and steam the rice for another 30 minutes. Chop the onion. Heat up the vegetable oil and fry the onions in the oil. Add the ground beef and raisins. Add the turmeric, cinnamon and salt. Mix well and fry until the meat is golden brown.

6 Dissolve the turmeric in 3 tablespoons of hot water. Add saffron mixture and 2 tablespoons of vegetable oil to the rice. Put the lid on and let the rice cook (10-15 min).



Sajeda

Sajeda was raised in Kabul, Afghanistan. She remembers the Afghanistan from her childhood as a more liberal place. She studied in a school with both boys and girls, taught by men and women professors. After graduating from high school, Sajeda studied to become a pharmaceutical engineer in a university in Kabul.

Sajeda has fond memories of learning to cook by standing next to her mother and watching her prepare traditional Afghani cuisine, which has a flavor profile combining sweet and salt with a lot of spice. She says the dishes she learned have similarities with Chinese, Uzbek and Indian food, but are unique to her homeland. Traditional Afghani food has more than twenty different types of rice dishes.

When she was 20 years old, she got married. Her husband was a diplomat so they moved to another country. Shortly after they left, the Mujahideen overtook Afghanistan. Sajeda and her husband thought they


would be outside of the country for three years, but because of the political situation, it has now been 30 years.

“Afghanistan is a country where there is so much flavor – despite all of the wars, despite all of the misfortunes of a country where women have no rights,” Sajeda says. “But there is also a side to it, where women fight for other women.”

In her new country, Sajeda had to go back to studying – at night after her children went to sleep – in order to become a pharmacy assistant. She then suffered an accident that left her legs paralyzed. While she continues her work in pharmacy, her passion is cooking.

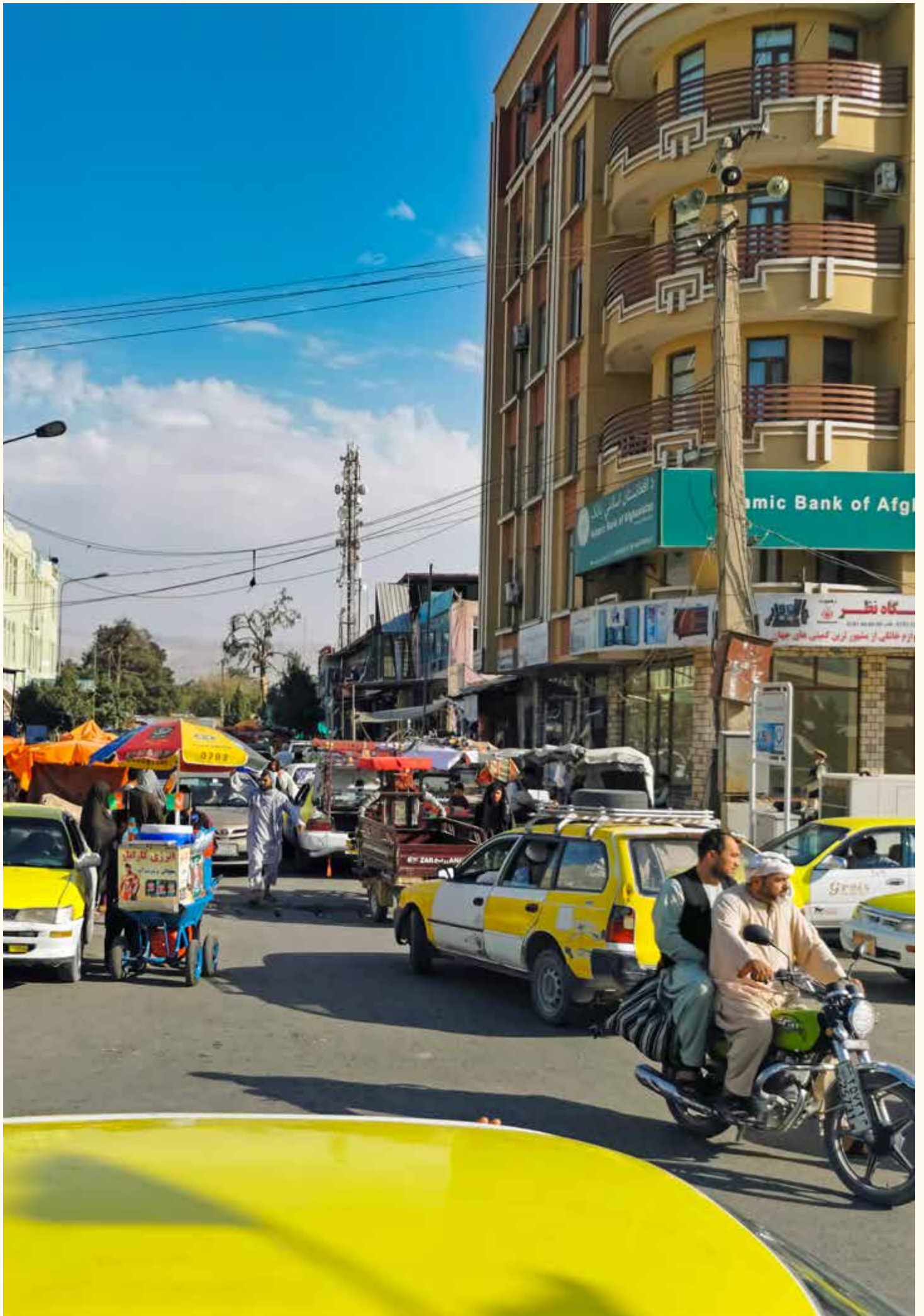
For Sajeda, cooking is important to preserve her country’s customs and knowledge.

“This is Afghanistan. Food is important for the country. A country that doesn’t have food, doesn’t have a history,” she says.



"This is Afghanistan. Food is important for the country. A country that doesn't have food, doesn't have a history."

-Sejeda



vegan



Vegan potato salad

Serves: 4 | 35 minutes

Ingredients

Green coconut (*pulp*) (1 cup)

Olive oil (1 *tblsp.*)

Apple vinegar (1 *tblsp.*)

Lemon juice (2 *tblsp.*)

Potatoes with skin (2)

Sweet potato with skin (1)

Mustard seeds (*optional*)

Apple (*optional*) (1)

Red onion (1/2)

Capers (2 *tblsp.*)

Fresh parsley (*chopped*)

Green onions (*chopped*)

Salt

Black pepper

Instructions

1 For the mayonnaise, mix the coconut pulp, olive oil, vinegar lemon juice and salt in a blender until it reaches a smooth consistency. Scrape down the sides of the blender bowl and beat again if necessary.

2 Boil the potatoes and wait for them to cool. Peel and cut into cubes.

3 Add the other ingredients and mix with the mayonnaise. Season with salt and pepper according to your taste.

vegan



Red red

Serves: 2 | 45 minutes

Ingredients

Dried cowpeas (1.5 cups)

Palm oil (1/4 cup)

White onion (1) and green onion (1)

Red bell pepper (1/2)

Garlic (3 cloves)

Fresh ginger (2 tbsp.)

Tomatoes (2)

Tomato sauce (1/2 cup)

Vegan stock (2 cubes)

Curry powder (1 tsp.)

Cayenne pepper (1 tsp.)

Salt

Instructions

- 1 Pour cold water over the cowpeas. Wash the dried cowpeas twice and let them soak for about 8 hours or overnight.
- 2 Drain the cowpeas and rinse them again with water.
- 3 Place the cowpeas in a in a large saucepan and pour in enough water to cover them. There should be about 2 cm of water above the peas. Place the pan over medium heat and cook the cowpeas for 60 minutes.
- 4 In a cooking pot, heat two tablespoons of palm oil. Add the chopped onion.
- 5 Add grated ginger, chopped garlic, the bell pepper and green onion. Fry for 1-2 minutes.
- 6 Add chopped tomatoes, the tomato sauce, stock, cayenne pepper, curry powder, cowpeas and black pepper. Mix well, then set aside (10 min).
- 7 Lightly crush the cowpeas so that the stew becomes creamy. Add two tablespoons of palm oil and season with salt to taste.



Desserts



Serve with masala chai

Burfi

Serves: 8 | 2 hours 15 minutes

Ingredients

Clarified butter (1/4 cup)
Milk (3/4 cup)
Milk powder (2.5 cup)
Sugar (1/2 cup)

Pistachios, chopped (2 tbsp.)
Almonds, chopped (2 tbsp.)
Cardamom powder (1/4 tsp.)

Instructions

- 1 In a large kadai or deep pot, add 1/4 cup of ghee and 3/4 cup of milk. Keeping the heat low, add 2.5 cups of milk powder. Add 1/2 cup of sugar.
- 2 Mix well, making sure everything is homogeneous. Stir continuously, keeping the heat low, to avoid the formation of lumps. Stir until the sugar dissolves.
- 3 Continue stirring, keeping the heat low, until the milk thickens. Add 1/4 teaspoon of cardamom powder and mix well.
- 4 Transfer the prepared dough to a greased baking sheet lined with parchment paper and shape it into a block.
- 5 Garnish with a few chopped almonds and pistachios and press down lightly. Let stand for 2 hours, or until the dough is firm and then turn out and cut into pieces.
- 6 Serve the burfi or store it in an airtight container.



Smruti

Smruti was born in Orissa, a coastal state in eastern India. She was the youngest child in the family and was eager to learn how to cook.

At home, she watched her mother and grandmother grind mustard into paste using a stone mortar and pestle. They created spice blends using ginger, garlic, coriander, cumin seeds and other spices. While the family never ate beef or pork, they occasionally ate freshwater fish, mutton and chicken on special occasions. But their main staples were dal and many different seasonal vegetables that infused each dish with their special flavours.

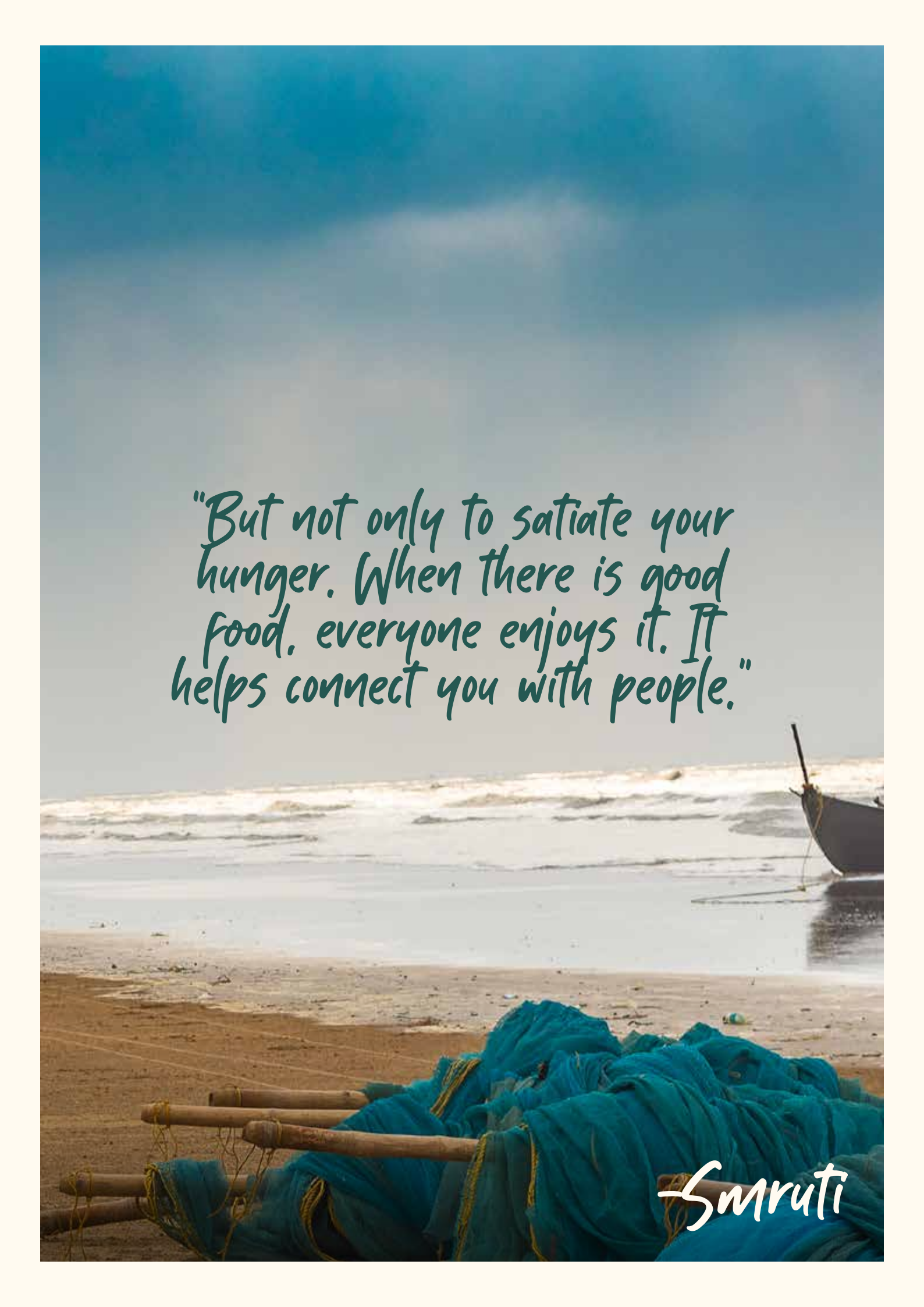
Smruti earned her post-graduate diploma in health education. After graduating, she moved to join her husband who lived in a different country.

Because her husband was already established in the new country,

she quickly found a good circle of friends and learnt the local language. But there were few Indian restaurants in the city. She missed her food from home and so she started making dishes for her own family and to share with others.

As word of mouth spread about her talent, she started cooking for birthday parties and other social events. She also made lunchboxes with samosas, palak paneer (spinach-cheese), homemade fried rice and gulab jamun. Her specialty is butter chicken.

Food has helped Smruti establish herself and find a larger community in her new home. "Everybody needs food," she said. "But not only to satiate your hunger. When there is good food, everyone enjoys it. It helps connect you with people."

A coastal scene featuring a sandy beach in the foreground with several large, teal-colored fishing nets draped over wooden poles. The ocean extends to the horizon with white-capped waves breaking. A small boat is partially visible on the right side of the frame. The sky is a clear, deep blue.

"But not only to satiate your hunger. When there is good food, everyone enjoys it. It helps connect you with people."

Smruti





vegan

gluten free

Serve with
hot mint tea

Bjewia

Serves: 6 | 35 minutes

Ingredients

Sugar (150 g)
Citrus zest (1/2 tsp.)
Pistachios (400 g)
Blanched almonds (100 g)

Optional:
Sugar lace (50 g)
Dried rose petals (100 g)

Instructions

- 1 Start by preparing the syrup, using equal parts water and sugar. Place the ingredients in a saucepan on your stovetop and add the citrus zest.
- 2 Bring everything to a boil. As the water heats up, the granules dissolve, the oils and flavour of the zest will seep out, turning it into a fragrant citrus syrup.
- 3 Crush the pistachios and almonds. Mix them with the sugar syrup on a tray and gently flatten the surface to a thickness of about 1.5 cm.
- 4 Let the flattened mixture sit in a cool place until it has solidified into a hard layer. Proceed to form balls and sprinkle with crushed pistachios and almonds to garnish.
- 5 Alternatively, spread the sugar lace evenly over the solidified almond pistachio base and cover with a layer of dried rose petals. Cut into small squares.



Gulab jamun

Serves: 4 | 30 minutes

Ingredients

Sugar (100 g)	Baking soda (<i>pinch</i>)
Milk powder (75 g)	Milk (3 <i>tblsp.</i>)
Butter (2 <i>tblsp.</i>)	Water (1 <i>cup</i>)
Flour (1 <i>tblsp.</i>)	Crushed cardamom pod (1)
Fine semolina, soaked in hot water (1 <i>tblsp.</i>)	Lemon juice (1 <i>tsp.</i>)
	Oil

Instructions

- 1** For the syrup: put the sugar, water, cardamom and lemon juice into a pan and heat for 10 minutes.
- 2** For the dough: put the milk powder, a pinch of baking soda, the flour and butter into a bowl and mix. Add the semolina (which should not be too wet) and mix.
- 3** Add the milk and mix to obtain a dough. Let it rest for 10 minutes. Divide the dough into small pieces. Take each piece, flatten and form into a ball.
- 4** Put the balls into not overly hot oil. When the balls rise, turn up the heat.
- 5** Stir them so that they are golden on all sides and then remove them.
- 6** Put them in hot, but not boiling, syrup for at least half an hour.



Baklava

Serves: 8 | 40 minutes

Ingredients

Shelled walnuts (250 g)

Almond (150 g)

Butter (150 g)

Honey (200 g)

Orange blossom water (4 *tblsp.*)

Sugar (100 g)

Filo pastry (15 sheets)

Cinnamon (1 *tblsp.*)

Pistachio, unsalted, not toasted (125 g)

Instructions

1 Grind the dried fruit into small pieces in a food processor. Add the sugar, 2 tablespoons of orange blossom water and 100 g of melted butter.

2 Melt the remaining 50 g of butter. Preheat oven to 200°C.

3 Cut 5 sheets of filo pastry to fit the size of the oven proof dish. Butter the sheets one by one, with a brush, and stack them on the bottom of the pan. Pour in half of the dried fruit mixture. Place 5 other sheets, also buttered, on top and then the rest of the stuffing.

4 Cut out and butter the 5 remaining sheets and stack them on top of the second layer of stuffing. Sprinkle with cinnamon. With a knife, cut out squares or diamonds through the depth of the baklava, to the size you wish to obtain after baking. Place in the oven for 20 minutes in order for the filo pastry to brown.

5 Heat the honey and 2 tablespoons of orange blossom in a small saucepan. Drizzle the hot honey over the baklava. Let cool and dry for at least one day.

Acknowledgements

Special thanks to the chefs:

Clicia Bastos

Caroline Eghagha Oyeyi

Doris Muttai

Naila Samin

Rajani Selladurai

Safa Gharbi

Sajeda Solh Dost

Smruthi Padhee

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