Project number: 527744-LLP-1-2012-1-IT-GRUNDTVIG-GMP

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Editors
CESIE - European Centre of Studies and Initiatives
VM - Verein Multikulturell

Project Partners
CESIE - European Centre of Studies and Initiatives, ITALY
Verein Multikulturell, AUSTRIA
Merseyside Expanding Horizons, UNITED KINGDOM
Elan Interculturel, FRANCE
Association Seniors Initiatives Centre, LITHUANIA
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This book has been produced as part of a successful EU LLP Grundtvig Project – Appetite for Learning Comes with Eating. The project took place across five EU countries, Italy, UK, France, Austria and Lithuania. The aim of the ALCE project was to break down barriers between young people and older people and the wider community through the development of an intergenerational and cross cultural informal learning programme. The international recipe book was compiled from traditional recipes, fusion recipes and natural curative remedies that were contributions from participants in the project. The participants in the ALCE programme were older women from the native community and younger women from migrant communities. During the programme they shared their cultural traditions and recipes and had the opportunity to prepare and share their dishes.

The aims of this project were:
• To promote better understanding between the young and older generations and challenge perceptions and stereotypes.
• To improve community cohesion through social interaction and shared learning activities across all cultures and ages.
• For young and older people from different cultures to enjoy each other’s company and have fun.

These aims were achieved by:
• People having an opportunity to tell different members of their community about their history and cultural traditions and their favourite recipes.
• Young and older women coming together to cook the recipes for the book.
• Young and older women coming together to plan and host a community food event.
• Young and older women having the opportunity to travel and share their experiences and participate in food events in other EU countries.

In addition to the production of the recipe book, the outcomes achieved included: improved social interaction, increased levels of self esteem, self confidence and a sense of achievement.

Each country has contributed traditional recipes, fusion recipes and natural remedies. The final product is a celebration of the achievement and commitment of the participants and demonstrates the rich cultural history and learning that comes through preparing food and eating together. We hope you have as much enjoyment trying out the recipes as we did.
1. Group description
1.1. CESIE - Centro Studi ed Iniziative Europeo
ITALY
Ingredients:
Francesca, fresh as a spring of rosemary; Nabou, bright as an orange; Giovanna, bubbly as a glass of champagne; Mimma, fiery as red pepper; Aurora, glossy as an aubergine; Antonella and Maria, sweet and spicy as cinnamon; ambrosial Rosa; wholesome Mariella; yogurt-like Miriam; Amy sunny as a fruit salad; Tao like cane sugar; Daniela, warm as freshly-baked bread; Barbara soothing as a cappuccino; Giusy, rich as cacao; Therese, rich as a barbary fig; Maria light as an ear of corn; peach-like Danica; Karina, red as a turnip under the Sicilian sun; Gifty varied as a serving of grilled vegetables; Lima and Kolsuma piquant as paprika; Yuena clear as a honeydew melon. Roshnara the savoury crepe; Soad the jasmine sorbet; Beetroot-like Maja; Baby Mamadou, bouncy and colourful as rainbow sprinkles, and... a Training room, a spacious kitchen, a sense of humour, open hearts and open minds, some patience and understanding, colours and papers and empty plates!

Procedure:
Start by reading the ingredient list before you begin.
Prepare your space – put out some comfortable chairs, open the windows, open your mind.
Put all your tasty ingredients together, divide them into small groups, mix them all together, let them share their stories.
Make sure that they will bond nicely but still keep their tastes and qualities.
Once you have ingredients nicely mixed, continue your cooking in a kitchen. Use a big, spacious and friendly kitchen with many cooking utensils. If, by chance, some new ingredients pop by, use them as well - In the end they are all friends and cousins of ingredients you’re already familiar with. Personalize your dishes nicely with laughs and small accidents.
Make sure that others will know what you are cooking by sharing pictures and comments.
Garnish your dish with traditional clothes and jewellery. Serve it warm.
Return from the kitchen to the training room and continue cooking by stimulating a mixture of women cultures ...oops, the ingredients! More and more, but be very careful to blanch their chatter and spark their curiosity. Make small portions of enthusiasm in order to think about how to write a book and to create a cultural event about food. When the dish is almost ready just leave it to simmer for a while...
1.2. VM - Verein Multikulturell
AUSTRIA
Our group in Innsbruck understood perfectly each other, the different generations and the cultures complemented well. Nobody felt excluded or not part of the group.

In the weeks we have spent together we grew together as a group and we had the opportunity to get to know different cultures and foreign names.

We prepared and tasted different dishes from different cultures, which was very exciting and educational. Cooking at the old peoples home in Pradl bought us together and we were constantly curious about the recipes from other cultures and we could never expect what would come next. Cooking as a group was a lot of fun.

For us the well known saying: „Was der Bauer nicht kennt, (fr)isst er nicht!” - 'What the farmer doesn’t know, he doesn’t eat!’ can be disproved by us. We were constantly very open minded and looked forward to trying new things.

With the interest to eat and try something from somebody and culture you don’t know, showed us how tolerant we all are. There was a big respect for religious backgrounds shown during the preparation of dishes. (for example recipes that didn’t contain pork)

We enjoyed preparing something delicious for other women and to eat it together afterwards.

A lot of women with migrant background never have ate or cooked together with native women from Tyrol. This was a very special experience and helped a lot of women to be encouraged to speak more in German and also dare to make mistakes. Through this project we managed for them to come more together as a group and meet other cultures.

The brought cooking books from when you have been on holidays in Turkey are not that informative as learning to cook during the ALCE project. Cooking together with the women who can give more tips during the cooking is much more useful than the books. We laughed a lot and we agree that eating good food together can make everybody happy!
1.3. SIC - Seniors Initiatives Centre

LITHUANIA
The kitchen is the warmest and cosiest place in every home. Here the family come together not only to eat but also to share the experiences of the day, to receive advice or just to be silent together. Life seems to evolve in the kitchen while cooking and tasting: we meet the day at the breakfast table and see it off enjoying the dinner. The kitchen has many roles in our life — it unites, stores reminiscences, teaches new skills, creates actions, gives self-testing opportunities, presents challenges and provides shelter.

One language is used in the kitchen — the language of food, and it can be used to express joy, sorrow, love, and loneliness. Contrasting colours in the picture or unknown spices in the food give new taste of life that stimulates appetite for new challenges and experiences.

Here are the women — the new colours and spices — that will encourage you to pursue something new, not experienced yet and exciting:

**Irena Armanaviciene** loves people and wants to help them. She enjoys learning, travelling, communicating and analyzing. **Olga** is self conscious, patient, a bit lazy and likes a good laugh. **Simona** is honest, polite, sensitive and responsible. **Margarita** likes travelling, adores her family and home. **Ernesta** is sporty, fair and faithful. Most of all she values respect. **Yelena** is a happy mother of two kids. She was born in Moscow and now lives in Lithuania. She is a cook. **Sandra** enjoys reading books, socializing, learning and listening to music. **Marija Bindokaite** is inquisitive, organized, self-searching. **Ekaterina** (Katerina) came to Lithuania from Odessa and has lived here for four years. She is a teacher of primary education, Russian language and literature and has three wonderful children. **Aisté** loves travelling, meeting new people and values punctuality. She is very communicative. **Gema Marija** is an avid cycler. She even cycled in New York when she got retired. **Izolina** speaks a lot and has strong moral values. She is a woman of her word. **Rita** is demanding, dutiful, diligent, hot-headed, biting, and a careerist. **Irena Pekarskienė** likes sports, new activities, meeting new people, and enjoying life. **Liucija** enjoys new experiences, learning, and cooking. **Aldona** likes cooking healthy food and sharing her knowledge and experience, she lives and advocates healthy life style and deepens her self-awareness through self-inquiry and spiritual practice. **Marija Lebediene** loves new things. She is curious, optimistic person who always wants to help others.
1.4. MEH – Merseyside Expanding Horizons
UNITED KINGDOM
Our English group is composed of women from the UK, Pakistan, Iran, Bangladesh, Yemen, Sudan, Sri Lanka, Uganda, Zimbabwe, France and Italy. It is a multi-cultural group with people from Europe, Africa and Asia. The age of participants ranges from 22 to 69 years old.

We carried out a variety of activities with this group, starting with an info day to raise awareness and to recruit the women. The following sessions took place in our centre, with activities such as Icebreakers and Community Mapping so the group could learn about each other and feel more comfortable as a group. A session about health and safety and food hygiene also took place, so the women were aware about health and safety during the cooking sessions. Then, we started the cooking sessions in the Can Cook studio in Liverpool where all the women were able to cook and present their dishes or curative remedies to the other women and share them. The final cooking session ended with an overall evaluation of the project activities.

The group worked really well, and there was a very good atmosphere between all the women. We asked our group to describe themselves through words and expressions. According to them, it was “hectic but fun” with “infusions” and “aromatics”. Everyone enjoyed sharing and meeting new people using food as the theme and they are keen to undertake similar activities in the future, they described it as “the world on a plate”. They found it “exciting, different and diverse”. At the end, a very nice expression was used to sum up the experience; the project brings us “around the world and back on a magic carpet of flavours”.
1.5. Elan Interculturel
FRANCE
The group of women that participated in ALCT training in France was very diverse, in terms of age as well as cultural background.

In total 18 women participated in the course, not all the women came each time, but there were always at least 14 who were present at every meeting. Participants came from almost every continent, 6 from Colombia, 2 women from Bolivia, one from UK, one from Korea, Mexico, China and Venezuela as well as 6 French native women with origins from Nigeria, Algeria, China and Italy. That allowed for a very rich exchange, extensive learning and acquisition of new knowledge about the traditions, curative methods and culinary specialties from other countries and cultures. The atmosphere of the group was friendly and cooperative which was reflected also in the wonderful food creations that came out as a product of their joint effort.

Every Saturday was very special. Very spontaneously, women created these familial habits that made them feel even more comfortable and relaxed with each other. The social center where the workshops took place had a small kitchen with a couple of tables, where we sat together before the beginning of each session. Anyone who comes to the social centre is free to use this common place and prepare themselves a drink, the only condition is to clean afterwards.

Without anyone’s initiative, women spontaneously came a little bit before the beginning of the meeting and took some time to talk to each other over a cup of coffee or sweets, that were sometimes brought by some of the women. They used this time to reflect on the things that happened in the past meetings and shared some of their personal stories, anecdotes or funny events that happened during the week.

These small habits served as a good ground for establishing bonds and deepening connections between them even further. As a consequence of this, also the cooperation in the training went very smoothly. With the time it became very easy to maintain and continue this spirit of sharing, not just stories from their daily life but also flavors, aromas, traditions and culture. Women themselves managed to build this safe space of sharing where they enjoyed each other’s company, exchanged ideas, invented recipes and took delight in their newly created dishes.
Natural curative remedies show natural health benefits and curative properties of different foods and how they can positively impact on health and wellness. The natural curative remedies also present different cultural and family traditions shared by the participants often passed down from many generations.

2. Natural curative remedies recipes
**Name, Surname:** Danica Urovevic

**Age and country of origin:** 29, Serbia

**Personal story:**
This recipe reminds me of my grandmother and all those times when I was ill in my childhood. My granny came with this scarf soaked in plum grappa (which is the traditional grappa in my country).

Even when I fell down and hurt my knees my granny used to take some cotton soaked in grappa and put it on the wound to disinfect it, and the scab was formed immediately. My granny didn’t ask me if I wanted to do it, she went on and did it. This method is very common in my country, it wasn’t only my granny’s. For this remedy you need:

- The granny
- The grappa
- Cotton/scarf
- Children

Adults used the grappa for other purposes.
2.1 Grappa bandage / disinfection with grappa

Which health diseases can this remedy help to heal?
High temperature

Difficulty Level 1

Time:
How much does it take to prepare it? 1 min

Cooking utensils: What are the necessary tools for cooking the remedy?
Grappa, Old scarf, Cotton

People: For how many people?
It depends on how many feel sick or how many children there are.

Plant / Natural ingredients used: List of ingredients with quantity
20 ml of grappa (according to the dimension of the scarf or of the surface to cover)

Steps:
Take the scarf and soak it with the grappa; squeeze it and put it around the neck or any other area to treat.

Practical tips and secrets: Any secret to make the recipe tastier?
For grannies: make sure that children don’t smell the scent of grappa. Use the sentence: “It’s going to be ok tomorrow, you’ll see.”
For children: believe the granny’s words.
**Name, Surname:** Semra Arslan  
**Age and country of origin:** 37, Turkey

**Personal story:**
It is a very light, tasty, quick and easy to prepare, vegetarian dish. Similar recipes have been known since the ancient Mesopotamians. Used in addition to the Greek tzatziki it is also very similar to Bulgarian Sneschenka, the Albanian Taratoi, the Persian Mast or Khiar and even similar to the Indian Kheere ka Raita. Cacik is served as an appetizer, used as a sauce for salads, kebabs and Lahmacum or served with pita bread and Borek.
2.2 Cacik

Which health diseases can this remedy help to heal?
For digestive problems

Difficulty Level 1

Time: How much does it take to prepare it? 10 min

Cooking utensils: What are the necessary tools for cooking the remedy?
Knife, Sieve, Bowl, Garlic press, Grater, Mortar

People: For how many people?
4 persons

Plant / Natural ingredients used: List of ingredients with quantity
250g small cucumber, 250g yogurt/cream yogurt, 2-3 cloves of garlic, 1 tablespoon mint (dried or fresh), 1 teaspoon of dill (dried or fresh), a pinch of salt, a splash of olive oil, a splash of water

Steps:
Grate the cucumber (or finely chop), crush the garlic, add the salt, mint, dill, and olive oil and mix it with the yogurt. Depending on the recipe and use, Cacik can be diluted with water. The Cacik is poured into a serving bowl and drizzled with a little olive oil. The dried mint is crushed in a mortar, which creates a very fine powder. This powder is scattered over the whole Cacik – this gives it some spice and decoration. Garnish with fresh mint leaves and refrigerate until serving.
Name, Surname: Ji Hae KIM  
Age and country of origin: 33, Korea

Personal story:
At home, my mother always prepared jujube with ginger and honey whenever we were sick. It was very effective; even though now I live in France and people don’t know it here, one can still find it in specialized Korean markets, so I continue to prepare it and use it nowadays as well. In China and Korea jujube is widely used and is a common ingredient in many culinary dishes.

Which health diseases can this remedy help to heal?
The Jujube, also called jinjoleroo is a red chinese date and it grows on the jujube tree, called “Zizyphus jujuba”, which can grow up till 10 meters in warm and moist areas. It is recommend for treating anemia, lack of appetite, diarrhea and constipation, poor digestion, sore throats, cold, exhaustion and stress.
2.3 Jujube

Difficulty Level 1

Time: How much does it take to prepare it? 5 min
How much does it take to cook it? 20 min

Cooking utensils: What are the necessary tools for cooking the remedy?
Pot, mugs

People: For how many people?
4 persons

Plant / Natural ingredients used: List of ingredients with quantity
About 5 ½ peeled jujube fruits, Sliced ginger, Honey

Steps:
In a pot bring the water to boil. Then put in about 5 ½ jujube peeled fruits along with sliced ginger. Let it boil until the water reduces by half. In the end serve with lots of honey.

Practical tips and secrets: Any secret to make the recipe tastier?
The jujube contains up to 20 times more vitamin C than an orange, therefore it is very good in treating colds and sore throats. Currently they are conducting numerous studies in different universities and pharmaceutical laboratories and discovering many positive effects of this fruit (such as neuroprotective properties).
Name, Surname: Naveeda Malik
Age and country of origin: 34, Pakistan

Personal story:
This remedy has been used in my family in Pakistan for over 3 generations. It is used a lot in Pakistan. It has been passed down from my great grandmother to me and now I have taught my children.
2.4 Coconut water

Which health diseases can this remedy help to heal?
Coconut water acts as detox, it helps treat back pain, urine infections helping to cleanse the bladder.

Difficulty Level 2

Time: How much does it take to prepare it? 15 - 20 min

Cooking utensils: What are the necessary tools for cooking the remedy?
Round spoon, screwdriver, straw

People: For how many people?
1 person

Plant / Natural ingredients used: List of ingredients with quantity
Coconut

Steps:
Make a small hole in the coconut with a round spoon or screwdriver. Coconuts are very hard so it can take a while to break the coconut so be patient! Once you have made a hole, empty the coconut water into a glass or use a straw to drink directly from the coconut

Practical tips and secrets: Any secret to make the recipe tastier?
You can keep the coconut water in the fridge to drink at a later time but it is better drinking fresh.
Name, Surname: Ernesta Mosteikaite  
Age and country of origin: 21, Lithuania

Personal story:
I learned this recipe from my mother. I was a sick child and suffered from bronchial asthma. My parents gave me hobblebush berries and honey syrup to alleviate the dry cough during asthma attacks. I did not like the syrup because hobblebush berries tasted bitter; however it helped during asthma attacks.
2.5 Hobblebush berries with honey

Which health diseases can this remedy help to heal?
Bronchial asthma, sickness, cough.

Difficulty Level 2

Time: How much does it take to prepare it? 15 min

Cooking utensils: What are the necessary tools for cooking the remedy?
A jar

People: For how many people?
2

Plant / Natural ingredients used: List of ingredients with quantity
Ripe hobblebush berries 0.5 l, natural honey 0.5 l

Steps:
Wash, stem and dry ripe fruit. Fill half of 1 l jar with stemmed fruit. Top the jar with honey. Close the jar and keep for 7-10 days until the honey extracts juice from the berries. The remedy is ready when all the honey melts and the berries are soaked in reddish syrup.

Practical tips and secrets: Any secret to make the recipe tastier?
If there is empty space in the jar, top it with more honey. Both syrup and berries can be used. Do not eat the seeds. Use only a dry spoon to avoid water getting into the jar.
3. Traditional recipes

The traditional recipes presented are recipes connected to different heritage and culinary traditions from different cultures around the world. The traditional recipes are also associated to stories and personal memories connected to the different backgrounds, generations and experiences shared by the participants.
Name, Surname:  Mariella Mocilla
Giusi Ministeri
Maria Randazzo
Barbara Randazzo

Age and country of origin:  67, Italy
57, Italy
58, Italy
42, Italy

Personal story:
The proposed recipe is in our collective memory. Simple and poor ingredients, flavoured with wise solutions handed down from mother to daughter... It is a very cheap “anti-crisis” made simply with potatoes, artichokes, garlic, parsley and olive oil, in an irresistible combination of flavours and scents.

Difficulty Level 1
3.1 Artichokes “alla villanella” with potatoes – “Cacocciuli a viddanedda”

**Time:** How much does it take to prepare it? 20 min
How much does it take to cook it? 30 min

**Cooking utensils:** What are the necessary tools for cooking the dish?
Saucepan, knife, cutting board, large pot or bowl

**People:** For how many people?
6 persons

**Ingredients:** List of ingredients with quantity
10 artichokes, 1 onion, 1 garlic, 1 kg potatoes, parsley, oil, salt, pepper, 3 glasses of water, 1 lemon

**Steps:**
Chop the artichokes in slices, remove the inner tassel and put them in a bowl with water and some lemon juice, to prevent them from blackening.
Dry them and put in a saucepan with the potatoes chopped in small pieces; add garlic, minced onion and parsley, a spoon of oil, salt and pepper.
Put on low heat covering the pot for about half an hour. Serve warm.

**Practical tips and secrets:** Any secret to make the recipe tastier?
The only suggestion to flavour this recipe are: clean the artichokes well, add abundant aromas (onion, garlic and parsley).

**Suggestions for health:** Can this course help fighting against any disease?
The artichokes have a depurative action on the body, particularly for the liver. The potatoes, rich in potassium, provide mineral salts and help prevent water retention.
Name, Surname: Sousa Cabrai Aurora  
Age and country of origin: 43, Cap Verde

Personal story:
It's a very rich course, that in my childhood we used to eat only at holiday periods.
3.2 Aurora’s Scabes (Chickpeas salad)

Difficulty Level 1

Time: How much does it take to prepare it? Put the chickpeas in water the night before
How much does it take to cook it? 25 min

Cooking utensils: What are the necessary tools for cooking the dish?
Pan, pressure cooker

People: For how many people?
8 persons

Ingredients: List of ingredients with quantity
400 gr chickpeas, tuna (at your leisure) can in oil, 4 potatoes, 4 big sweet potatoes, 1 fresh red pepper, 4 eggs, 1 handful of green olives, 1 bundle of green salad, 2 slices of garlic, 2 onions, 3 salad tomatoes, olive oil, apple cider vinegar, salt, pepper

Steps:
Put the chickpeas in water to soak the night before. Then cook them in the pressure cooker for approximately 20 minutes. Meanwhile boil all the potatoes together (normal and sweet). When they are ready, peel the potatoes, in the meantime boil the eggs. Brown the onions and garlic and after a while add the pepper sliced in cubes, then add the chickpeas and leave everything on the heat for 5 minutes, and finally add the tuna. Mix for 2 minutes and turn off the heat.

Practical tips and secrets: Any secret to make the recipe tastier?
The decoration
Name, Surname: Silvana Antequera

Age and country of origin: 24, Venezuela

Personal story:
It is a traditional Venezuelan recipe. The fillings I find very tasty. Arepas are eaten from morning to night. They are also served as a side dish for lunch or with soups, but they are not filled. One advantage they have from me is that they fill you up.

Difficulty Level 2

Time: How much does it take to prepare it? 20 min
How much does it take to cook it? 25 min

Cooking utensils: What are the necessary tools for cooking the dish?
For arepa: Pan (Teflon), bowl
For the filling: Knife, pan, dish, grater, spoon
3.3 Arepa with mince

People: For how many people?
4 persons

Ingredients: List of ingredients with quantity
For Arepa: 200 g cornflour, salt, 200ml water, 1 teaspoon vegetable oil
For the filling: 250 g minced meat, 1 onion grated, 1 tomato, 1 green pepper, pepper, salt, 25ml water, 1 pinch of caraway
For more filling: Margarine, 200g gouda cheese, 4 ripe avocados

Steps:
For Arepa: Put the cornflour in a bowl and season with a little salt. Gradually add 200ml of water and knead the cornflour into a firm dough. Let the dough rest for about five minutes so it can absorb the water. Then form balls the size of a small orange. Press by hand the dough balls into flat patties and fry until golden brown on both sides over medium heat. Only use a little oil here. The arepas are ready to be filled.
For the mince: For the filling, fry the minced meat, pepper, tomatoes, grated onion, caraway and seasoning. Then allow to cool slightly.
Other fillings: Halve the avocados lengthwise; remove the stone and peel the skin of with a knife. Grate the Gouda cheese.
The Arepas are cut in half and filled to taste. Spread with margarine and fill with either the minced beef, avocados or grated cheese. Here everyone can choose according to their taste, I think it tastes good with beef mince.

Practical tips and secrets: Any secret to make the recipe tastier?
While the arepas are still hot, they are cut and can be filled with a variety of fillings such as: Minced beef, corned beef cheese (gouda or quark), ham, chicken, fish, chilli con carne, etc.

Seasonal tips: Which season is the best time for having the dish?
During the whole year
**Name, Surname:** Anonymous

**Age and country of origin:** 37, Turkey

**Personal story:**
With minor differences this dish is cooked everywhere in Turkey. In Kayseri, you do your manti sometimes so small, that 40 pieces of it fit in a tablespoon. If so this can determine whether a young woman is ready for marriage.

**Difficulty Level 3**

**Time:**
- How much does it take to prepare it? 60 min
- How much does it take to cook it? 20 min

**Cooking utensils:** What are the necessary tools for cooking the dish?
Turkish rolling pin (smaller diameter), saucepan, pan, knife, large bowl, sieve

**People:** For how many people?
4 persons

**Ingredients:** List of ingredients with quantity
- For the dough: 375g flour, 1 egg, 200ml water, ½ teaspoon salt
- For the filling: 1 onion grated, 250g minced beef (or lamb), ½ bunch parsley, salt, pepper, 1 tablespoon of paprika
3.4 Manti - Samosa filled with Beef and Yoghurt

For the tomato sauce: 2 Tablespoons tomato paste, 50gr of butter, 1 teaspoon of paprika
For the yogurt sauce: 4 cloves of garlic, 500g yogurt, 1/2 teaspoon of salt

Steps:
For the dough: Mix the flour with the egg and a little water and knead very well until stiff dough is formed. Halve the dough and place it in a bowl, cover with a cloth or lid and let rest for 30 minutes.
For the filling: Mix grated onion well with the minced beef, parsley salt, pepper and 3 tablespoon of the paprika powder. Roll out the dough about 2mm thick and cut in to 3 cm squares. Put some filling on the square and diagonally fold and then firmly press the edges with your fingers. Bring a large saucepan of salted water to the boil and cook the manti for about 5-7 minutes. Rinse the parcels in a sieve or colander and place on a plate.
For the tomato sauce: In a pan melt the butter, add the tomato puree and the paprika and fry.
For the yogurt sauce: Peel and press the garlic with a press. Then add it to the yogurt and season with a pinch of salt. Cover the manti with plenty of garlic yogurt and sprinkle with the tomato sauce and butter.

Caution! One can never have enough of them, because they taste so delicious! This recipe amount is to serve four; it is filling, both as a main dish and as a side dish.

Practical tips and secrets: Any secret to make the recipe tastier?
A Samosa or Samoosa is a fried or baked pastry with a savory filling, such as with the traditional accompaniments of yogurt, chutney, chopped onions, coriander, KEFIR or LASSI is better than yoghurt.

Healthy tips: Which health diseases can this dish help to combat?
The lamb has a lower fat content and it is tenderer; it contains high-quality protein, vitamins und minerals. This helps to prevent high cholesterol. The beef has lots of healthy omega 3 and fatty acids.
Name, Surname: Entisar Abdelghani

Age and country of origin: 40, Sudan

Personal story:
We cook this dish for parties and special occasions.
3.5 Baklawa

**Difficulty Level 1**

**Time:** How much does it take to prepare it? 10 - 15 min
How much does it take to cook it? 45 - 60 min

**Cooking utensils:** What are the necessary tools for cooking the dish?
Baking tray, brush, knife

**People:** For how many people?
10-15 persons

**Ingredients:** List of ingredients with quantity
1 pack of filo pastry, 2 cups of sugar, half a lemon, 1 cup of water, 2 cups of butter, half cup of Rosewater, 2 cups of mix nuts

**Steps:**
Turn oven on to 160° degrees. Take the filo pastry out of fridge at least 2 hours before starting. Put the sugar and water in a pan and turn the heat on, after it has boiled, add half a lemon and leave it boiling for about 15 minutes and then turn the heat off. Take the filo pastry layers and put in tray, brush the pastry with butter. Put half of the pack of pastry in the tray and put the rest to one side. Next, grind the mix nuts and put some of rose water in with the nuts and stir. Put the nuts in the tray and then put the other half of the filo pastry as before in at the end (make sure to brush with butter). Put the tray at the top oven shelf for 45 – 1 hour. Then take it out from the oven and pour the sugar syrup mixture on top. Leave for some time to cool and to absorb the sugar syrup mixture. Once cool, cut into squares and serve.
Name, Surname: Margaret Roberts

Age and country of origin: 68, Liverpool

Personal story:
My grandparents were Welsh. There was always a tin of these little cakes in the house for when we had a cup of tea/coffee. Even now when I visit cousins in Wales, the Welsh cakes automatically appear on the table. Welsh cakes are not really cakes, or scones or biscuits they are something in between all of those things, usually buttered but sometimes eaten with cheese.

Difficulty Level 1
3.6 Welsh Cakes

Time: How much does it take to prepare it? 15 Minutes to weigh out the ingredients and mix together.
How much does it take to cook it? Depends on how many you cook at the same time, probably about half an hour.

Cooking utensils: What are the necessary tools for cooking the dish?
Bowl for mixing, scales, round Cutter no bigger than 2”, griddle or very, very heavy frying pan, round bladed knife for lifting and turning the Welsh cakes on the griddle.

People: For how many people?
This quantity will make 12 to 15 Welsh Cakes.

Ingredients: List of ingredients with quantity
8oz self raising flour, pinch salt, 4oz margarine, 2oz sugar, 2oz currants or raisins, 1 medium egg, 1 tablespoons milk

Steps:
Mix flour and salt, rub in margarine and stir in sugar and raisins. Mix to a fairly stiff dough with the egg and milk. Roll out about 1/4 in thickness (5mm) and cut using a round cutter, re roll the trimmings until all the mixture is used. Try not to re roll the mixture too many times as this can make the mixture very dry. Cook on a moderately hot greased griddle for about 3 minutes on each side. I always use butter to grease the griddle. Getting the griddle to the right temperature is the hardest part of making Welsh Cakes. Start at the very lowest setting and test with a small piece of the mixture before putting any Welsh cakes onto the griddle. Too hot and they burn very easily.

Practical tips and secrets: Any secret to make the recipe tastier?
Using butter makes it a very rich dish, but don’t be tempted to use margarine or oil, it does not work. However, I have made Welsh Cakes with Dove Gluten Free flour and they are just as nice and ok for people with celiac disease.
**Personal story:**
Zimbabwean family meals are usually a mixture of a variety of flavours from different parts of the world because of the history of trade. Broiler Chickens are easily accessible to many people because they are easy to breed. Butter beans are widely grown in many allotments and farms because they are easy to grow in the Zimbabwe climate. Peanut butter is used in many dishes because many families grow ground nuts and can make their own peanut butter; in the Shona language it’s called ‘kukuya dovi’. This dish serves as a great family meal.
3.7 Baby chicken and butter bean curry with peanut butter rice

Difficulty Level 1

Time: How much does it take to prepare it? 30 min
How much does it take to cook it? 60 min

Cooking utensils: What are the necessary tools for cooking the dish?
Sauce pan

People: For how many people?
4 - 6 persons

Ingredients: List of ingredients with quantity
2 cut baby chickens with skin removed, 2 tablespoons olive oil, 1 tin butter beans, 500g sieved tomatoes, 1 chopped onion, 1 garlic clove, 500g basmati rice, 150g peanut butter, chicken stock cube, 1 tablespoon hot or mild curry powder, seasoning (salt and pepper)

Steps:
Heat oil in a large sauce pan and fry seasoned chicken until golden brown. Add onion and garlic and fry until very soft. Add curry powder and fry for a minute then add tomatoes. Simmer for five minutes and add butter beans. Cover with lid and simmer for 35 minutes. Add a litre of water in a saucepan and bring to boil then add 1/4 tsp salt plus the washed rice. Cover with lid and simmer for 20 minutes. Add the peanut butter and mix then simmer for 5 to 10 minutes. Ensure chicken is cooked in the middle; if not cooked simmer for a bit longer. Add salt and pepper to your liking

Practical tips and secrets: Any secret to make the recipe tastier?
Add bay leaf to add flavour to curry. Add coconut to rice.
Name, Surname: Sandra Bekesiute  
Age and country of origin: 21, Lithuania

Personal story:
I learned this recipe from my parents and they learned it from my grand-parents. This soup is like a messenger of summer. With the first spell of warmth after winter every family in Lithuania makes this soup. The smell of fresh cucumbers, scallops and dills drives away the winter lethargy. Yet the pink colour raises suspicion among foreigners. Once I had guests from abroad. Cold beetroot soup was served for lunch but they did not try it because it looked weird.

Difficulty Level 2

Time: How much does it take to prepare it? 15 min  
How much does it take to cook it? 15 min

Cooking utensils: What are the necessary tools for cooking the dish?  
Pot, knife, cutting board, grater.
3.8 Cold beetroot soup

**People:** For how many people?
4 person.

**Ingredients:** List of ingredients with quantity
1 litre of kefir (Kefir is a fermented milk drink made with kefir grains), 4 medium size beetroots, 2 cucumbers, 3 eggs, 1 scallion (spring onion), a pinch of dill, salt, 1 spoon of sour cream per serving to garnish, 4-6 potatoes as a side dish.

**Steps:**
Boil the beetroots. Boil the eggs. Peel and boil potatoes. Peel boiled beetroots and grate or cut them in fine shreds. Soak the beetroots in boiling water, strain and cool them. Dice the cucumbers. Chop scallions and dill. Chop boiled eggs. Place all ingredients into a pot or a big bowl. Add kefir and stir gently to combine, add salt by taste. Chill and garnish with dollops of sour cream before serving.

**Practical tips and secrets:** Any secret to make the recipe tastier?
If chopped scallions and dill are mashed with salt before adding other ingredients, they give more intensive flavour. The soup gets a better taste after staying for a few hours in the fridge. Pickled beetroots can be used instead a raw. The soup is faster to make and has a more sour taste. The soup can be thinned by adding ice cubes or iced water. Potatoes eaten as a side dish are tastier when fried after boiling.

**Healthy tips:** Which health diseases can this dish help to combat?
Beetroots are low in calories and rich in fibre. In combination with kefir they improve digestion and treat constipation. They are also rich in nitrates that reduce blood pressure and improve blood circulation.

**Seasonal tips:** Which season is the best time for having the dish?
Cold soup is best in summer. It is very refreshing, quick and easy to make, and healthy.
Fusion recipes demonstrate recipes from 1 or more different cuisines. The fusion recipes in the book combine elements of different culinary traditions and cultures.
Name, Surname:  Aurora Sousa
Amy Fall
Miriam Mesi
Seynabou Dieng

Age and country of origin:  42, Cape Verde
35, Senegal
40, Italy
32, Senegal

Personal story:
Unusual ingredients for soups
4.1 Chickpeas mixed soup

Difficulty Level 1

**Time:** How much does it take to prepare it? 60 min
How much does it take to cook it? 25 min

**Cooking utensils:** What are the necessary tools for cooking the dish?
Knife, pressure cooker

**People:** For how many people?
8 persons.

**Ingredients:** List of ingredients with quantity
4 medium potatoes, 3 carrots, 600g chickpeas, 1 onion, 1 can of peeled tomatoes, oil, salt/pepper, garlic, 2 bay leaves, curry

**Steps:**
Chop the onion and grind the garlic. Peel carrots and potatoes. Sear onion, carrots and garlic with oil, salt, pepper and curry. Add the tomato and cook for 5 minutes. Add potatoes and chickpeas (already cooked in the pressure cooker)
Cook all together for 20 minutes.

**Practical tips and secrets:** Any secret to make the recipe tastier?
Toast the slices of bread, chop them in cubes and add them to the soup.

**Healthy tips:** Which health diseases can this dish help to combat?
Iron-deficiency
Name, Surname: Margareta Irschick
Age and country of origin: 64, Austria

Name, Surname: Irene Buchberger
Age and country of origin: 75, Austria

Name, Surname: Seda Ekinci
Age and country of origin: 38, Turkey

Name, Surname: Seycan Karahan
Age and country of origin: 39, Turkey

Personal story:
The basic recipe has an Austrian ancestry (Apfelradln) but the garnish has a Turkish origin (yogurt, honey, walnuts and lemon balm).

Difficulty Level 1
4.2 Austrian-Turkish Friendship-fritters

**Time:** How much does it take to prepare it? 20 min
How much does it take to cook it? 30 - 40 min

**Cooking utensils:** What are the necessary tools for cooking the dish?
Potato peeler, knife, cutting board, apple corer, bowl, egg whisk, pan

**People:** For how many people?
4 persons.

**Ingredients:** List of ingredients with quantity
**For the Austrian-Turkish friendship fritters:** 4 big apples, 2 eggs, a splash milk, a splash of mineral water, 5-7 tablespoons of flour, 1 pinch of salt, oil or butter.
**For the yoghurt:** 500 gr yoghurt, a bit of honey, some walnuts, some lemon balm.

**Steps:**
Peel the apples and cut into slices. Prepare the batter. Dip the apple slices in the batter and fry in oil or butter on both sides. Then sprinkle with cinnamon and sugar. Yogurt, honey, walnuts and lemon balm mix in a bowl and serve to taste with the fritters.

**Practical tips and secrets:** Any secret to make the recipe tastier?
If you separate the eggs it makes the batter lighter.

**Seasonal tips:** Which season is the best time for having the dish?
Spring/Summer.
**Name, Surname:** Ji Hae Kim  
Gladys Ceballos  
Eloisa Luna  

**Age and country of origin:** 33, S. Korea  
64, Colombia  
66, Mexico  

**Personal story:**  
The recipe combines traditional dishes and local ingredients of two continents, Latin America and Asia.  

**Difficulty Level 3**  

**Time:**  
*How much does it take to prepare it?* 3 hours  
*How much does it take to cook it?* 1.5 hours  

**Cooking utensils:**  
*What are the necessary tools for cooking the dish?*  
Pan, sauce pan, blender, cups and bowls.  

**People:**  
*For how many people?*  
10 persons.  

**Ingredients:**  
*List of ingredients with quantity*  

**Mole (Mexican sauce):** 6 onions, soya sauce, white vine, 2 teaspoons sesame seeds, almonds (200g), peanuts (200g), 1/4 cup brown sugar, 2 teaspoons salt, white onion, 2 garlic cloves, peeled and minced, 1/4 cup unsweetened cocoa or chocolate, 1/4 teaspoon crushed red chili peppers, 1 1/2 teaspoons chili powder, 1 1/2 teaspoons light corn syrup (Karo), 1/4 cup raisins, 1/2 teaspoon cinnamon, 1/4 teaspoon black pepper.  

**Beef bulgogi (Korean meat dish):** minced beef (500 gr), 4 onions, young (green) onions (3 or 4), 1 1/2 pear (very juicy), 8 cloves of garlic, sugar (1.5 tablespoons), soy sauce (4 tablespoons), sesame oil (2 teaspoons), lettuce (green or purple-raddish).
4.3 Mole of Passion

Korean Sauce: 1 ½ tablespoon of paprika paste (this is an already prepared spicy korean paste that can be found in koreans tores, on the label: ‘hot pepper bean paste’), 2 cloves of garlic, sugar (1 tablespoon), alcohol vinegar (1 tablespoon).

Steps:
Mole sauce: Heat a shallow layer of oil in a pan and lightly fry whole garlic cloves, sliced onion and the dried peppers. Then place these cooked components, along with the rest of the ingredients into a blender and process until smooth. The liquid should be slowly cooked and continuously stirred over low to medium heat until the flavors completely meld (around 35 min). You can add the thickening agents (flour) and the liquid should be cooked until the sauce gets thick consistency.
Spicy korean sauce: Chop the garlic well and mix it with sugar, vinegar, and korean spicy paste. Beef bulgogi(Korean meat dish). The frozen meat is cut in thin parts like a sausage or carpaccio (In Korean stores you can find it already cut). Peel the pear and cut into very thin slices. Chop the garlic and mix it with sugar and vinegar.
In a bowl, mix the soy sauce, the sesame oil and sugar. Add the onions, garlic and finally the meat and pear. Mix well by hand to incorporate the sauce.
Allow to marinate in refrigerator for minimum 2 hours. You can also prepare it one day in advance. Once the meat is marinated, fry it quickly in the pan. Add a sprinkle of sesamy. Serve the meat with sauce and lettuce leaves on the side. Typically we eat with hands; take a lettuce leaf and put a little meat and gravy in the center. Wrap it and voila! The dish is ready to consume!

Practical tips and secrets: Any secret to make the recipe tastier?
Cook meat in the last moment, decorate nicely with the salad on the side.

Seasonal tips: Which season is the best time for having the dish?
In whatever time of the year. Chicken mole may be the most universal way to serve this sauce. The sauce, though, can also be a nice complement to beef and pork. Mole poblano takes a lot of time and patience to prepare. Because of this, it is usually prepared in very large pots and frozen for future use. It is a popular dish at dinners celebrating special occasions, such as baptisms, weddings, birthdays, etc.
Name, Surname:  Irena Pekarskiene
Olga Sirochenko
Izolina Geniene
Sandra Bekesiute

Age and country of origin:  66, Russia
21, Russia
63, Lithuania
21, Lithuania

Personal story:
Irena shared her carp recipe with the group. She knew a good way of cutting the carp to eliminate fine Y-bones. These bones can be broken up by lightly cutting through the bones using a number of shallow, parallel strokes. Cooking will further soften these bones so that they will rarely be noticed when eating. In her recipe she just used salt, pepper and mayonnaise and fried the carp in a pan. Izolina, Olga and Sandra proposed to add other ingredients and bake the fish in the oven. Everyone was curious to check if scoring the fillet will work to solve the tiny bones problem. It did.

Difficulty Level 2

Time:  How much does it take to prepare it?  30 min
How much does it take to cook it?  15 min
4.4 Carp baked with carrots

**Cooking utensils:** *What are the necessary tools for cooking the dish?*
Saucepan, grater, baking pan

**Ingredients:** *List of ingredients with quantity*
1 carp 1.5 kg, 2 carrots, 2 onions, 100 grams of sour cream, 1 tablespoon of mustard, lemon juice for sprinkling, salt and pepper, 1 tablespoon of mustard, vegetable oil

**Steps:**
Clean the carp and score it by slicing through the fish in 1 cm increments on both sides. Rub salt and pepper on both sides and inside of a fish. Sprinkle lemon juice all over the fish. Leave the fish to absorb the salt while you prepare the filling. Grate carrots coarsely. Chop the onions and fry them slightly in oil. Add carrots to the pan with onions. While frying stir and add a bit of water to make a vegetables stew. After the carrots begin to soften add the mustard. Fill the inside of the fish with vegetables. Place the fish into a baking pan and pour sour cream diluted with water over it. Bake for 30-40 minutes in an oven preheated to 200°C.

**Practical tips and secrets:** *Any secret to make the recipe tastier?*
If some filling is left, spread it over the fish. After 30 minutes of baking, watch the fish to avoid over baking. The brownish colour indicates that the fish is ready. Garnish: rice, boiled or baked potatoes, steamed vegetables.

**Healthy tips:** *Which health diseases can this dish help to combat?*
Fish are high in omega-3 fatty acids and regular consumption of fish can reduce the risk of various diseases and disorders.

**Seasonal tips:** *Which season is the best time for having the dish?*
Carps are bred in ponds and are available all year round.
Name, Surname: Wai Kraft
Mariama Dan
Edith Burgos

Age and country of origin: 33, UK
55, France
61, Bolivia

Difficulty Level 2

Time: How much does it take to prepare it? 2 hours
How much does it take to cook it? 1.5 hours

Ingredients: List of ingredients with quantity

Saltena’s dough: 12 cups flour, 1½ cups lard or margarine (boiling), 6 whole eggs, ½ cup sugar, 3 teaspoons salt, 2 cups lukewarm water (more or less).

Stuffing for saltenas: 1 kg of meat (chicken, beef or pork), 3 cups of white onions, 250g butter, soya sauce, ginger, sesame oil, coriander, salt, sugar, 1/4 teaspoon of red pepper (spice), black pepper, peanuts.
Steps:
Stuffing for the saltenas: In a casserole put the sesame oil and the spicy red pepper and fry it for a couple of minutes. Next add ginger, black pepper and salt. Let it cook for ten minutes over low heat so that the mixture does not stick. Stir constantly. Next add the white onion and let it cook for five more minutes. Remove the casserole from the heat, add the sugar, coriander, ginger and soya sauce. In another casserole cook the meat. After it is finished mix it quickly with the onion sauce and remove from the heat. Add the mixture directly on the dough right afterwards.

Dough: Put the flour in a bowl and add the boiling margarine. Mix quickly with a wood spoon. Let it cool for a few minutes and add the eggs, the sugar and lukewarm water with salt. Knead until getting a dry dough. Cover the dough with a kitchen towel and let it rest for ten minutes. Divide all the dough into small balls and thin them out one by one with a roller, until getting round-shaped pieces. On each round-shaped piece put a spoonful of the filling. Dampen the edges of each piece with water, fold each one and join the edges very well so that each saltena is closed perfectly. Leave the closing on top. Put saltenas, on a backing sheet and bake them at a high temperature (300 C.) between seven to ten minutes. Serve them warm.

Practical tips and secrets: Any secret to make the recipe tastier?
Saltenas should be juicy (almost like a stew in a pastry). They are more football shaped and not so flat like Argentinian empanadas. The trick to eating them is to hold them upright, start at the top corner and eat them till down without spilling any of the hot juices. You can also add olives, raisins or egg to the filling.

Seasonal tips: Which season is the best time for having the dish?
In the winter (because it is hot and spicy)
Name, Surname: Meifang Chang
Rozo Martha
Pilar Vargas

Age and country of origin: 61, China
33, Colombia
39, Colombia

Difficulty Level 2

Time: How much does it take to prepare it? 20 min
How much does it take to cook it? 45 min

Personal story:
In the Asian culture tofu is oftenly used in local dishes, it also possess numerous beneficial characteristics, as it is very high in proteins. In the recipe the chinese chives ('ciboulette chinois') were added to traditional Colombian dish, along with certain spices that are typically used in Asian cuisine.
4.6 Sancocho Asiatique

Ingredients: List of ingredients with quantity
Tofu (2 pieces), 4 pieces of chicken cassava: 500 g, 2 corn ears, 500 g of young potato, 4 tomatoes, 2 avocados, 2 carrots, 2 bananas plantain (green ones), coriander, chinese chives, onion, oil, salt.
7 cloves of garlic, 3 carrots, chopped, 1 red pepper, chopped, 1 green pepper, chopped, 1 small onion, chopped, 1 tablespoon of cumin, salt and pepper, 1 chicken, cut into pieces, 1 small yucca, peeled and cut into pieces, 1 green plantain, peeled and cut into pieces, 5 potatoes, 2 ripe plantains, peeled and cut into pieces, 4 ears corn, cut in pieces.

Steps:
Asian sauce: In the pan fry chopped onions, chinese chives, tomatoes (cut in pieces) and garlic.
Colombian soup: In the pot mix water, chicken, coriander and salt, chopped carotes, manioc and young potatoes and bananas. Cook for 15 minutes Add young potatoes and corn and cook for another 10 minutes. In a pot mix chopped garlic, carrots, peppers, onion, chile. Add cumin, salt and pepper. Bring to a boil, lower the heat, and simmer for 30 minutes. Add the chicken and simmer for another 20 minutes. Add the yucca and green plantain, potatoes, ripe plantain, and corn and cook for another 15 minutes. Season with salt and pepper, and add tofu. The soup can be served in a small bowl, along with a corn, some avocados and arepas or tortillas on separate plates. Freshly chopped coriander can be added as well.

Practical tips and secrets: Any secret to make the recipe tastier?
Like in Italian homes, where each family has their own version of lasagna; many families in Colombia have their own personalized version of the traditional soup (‘Sancocho Colombien’). It is believed that it is so powerful that it can bring the dead back to life. That is why it is served after every party but it also makes the perfect Sunday meal.

Seasonal tips: Which season is the best time for having the dish?
In the time of vacation, like Christmas, etc. The meal is also a perfect dish for a family reunion during festive days.
Name, Surname: Beck Huguette
Vanessa Torrico
Blanca Zornosa

Age and country of origin: 59, France
34, Bolivia
Colombia

Difficulty Level 2

Time: How much does it take to prepare it? 2 hours
How much does it take to cook it? 1,5 hours

Ingredients: List of ingredients with quantity

Meat balls: Beef meat, coriander, breadcrumbs, garlic, milk, onions.

Bandeja paisa: Usually made with minced beef, but in this case it was replaced by meat bowls

Hogao sauce: (Round onions, long green onions, tomatoes, garlic, cumin, salt and pepper), 3 cups of large red beans, 2 tablespoons of oil, 2 lbs bacon, chicharrones (fresh pork slices), 6 eggs, 4 large onions, 4 tomatoes, cilantro, salt, vinegar.

Arepa: 3 cups corn flour (white or yellow) for arepa, 2 cups warm water, 2 teaspoons oil, salt

Decoration: Sweet plantains (ripe), Arepa, Avocados (sliced in pieces), Lime.
4.7 Couscous Paisa

Steps:
We cook separately:
1. Couscous
2. Meat balls (mix together breadcrumbs, beef, milk, garlic, onions, coriander and fry it in a pan)
3. Bandeja paisa:

Cover beans in water; let soak overnight (night before making the recipe). Cook beans in same soaking water and stir in half the oil. When the beans are soft, add the salt and stir in half the hogao. Crumble bacon and fry chicharrones. Add them to the mixture as well. When beans are tender, stir in remaining hogao and cook 5 to 10 additional minutes. In a pot add oil over high heat, carefully fry sweet plantains. Serve dish in trays with rice, avocado and arepas.
(You can also add 6 fried eggs, which is how the dish is made typically).

Hogao: Mix all ingredients together and cook in a pot for 10 minutes.

Arepas: Place corn arepa flour in large bowl enough to knead in it. Stir in oil over flour.
Stir in salt to water; mix until dough is formed. Make a ball of dough in your hand; flatten to small patties. Heat oil in pan over medium high heat, cook until browned on both sides.

Practical tips and secrets: Any secret to make the recipe tastier?
Serve with fried bananas (plantains), pieces of avocado on the side and arepa (salty corn biscuits - ‘galletes de mais’) or tortillas, which can be a good alternative to bread.

Seasonal tips: Which season is the best time for having the dish?
All seasons
**Recipes on the Website**

**Natural curative remedies recipes**
- Camomille compress for tired eyes
- Canary
- Changa Cabaluna
- Egg to heal a burn
- Flax seeds
- Lemon, ginger and mint infusion
- Panecotto
- Pan pastry with spinach
- Remedy with Baobab leaves
- Sea salt for sore throat
- Wound healing ointment

**Traditional recipes**
- Chickpeas mixed soup
- Falafel
- Fast honey cake
- Orange Salad
- Proja
- Russian Pierogi
- Steak and onion pie
- Stinging nettle soup
Topfenblättn with Sauerkraut and Applesauce
Welsh Cakes

**Fusion recipes**
“All inside” vegetables
Buckwheat balls
Couscous Paisa
Kedgeree
Mexican style Bombay potatoes
Multi-colored soup
Rice and potatoes with different types of vegetables
Yoghurt soap
Conclusion and Acknowledgements

ALCE project was born from our strong belief that meeting new cultures through traditions and food helps us to keep memory of our intangible heritage. Through history the role of women was fundamental in transmitting this knowledge and practices. Our European heritage is becoming more and more diverse and rich. We decided to discover it with groups of senior native and young migrant women in 5 European countries. This book is telling the story of our encounters.

We hope the ALCE Cook Book will stimulate your creativity and diversity in cooking, healing and discovery of wellbeing.

We would like to thank all local groups from Palermo, Liverpool, Innsbruck, Paris and Kaunas for sharing personal recipes, natural remedies and their personal family stories and for all enthusiasm they’ve put in creation of “fusion” and intercultural recipes.

Creators of this cook book:

From Italy - Appiah Gifti, Amy Fall, Antonella Lo Sardo, Aurora Sousa Cabrai, Barbara Randazzo, Daniela Tomasino, Danica Urošević, Domenica Sesti, Francesca Lubrano, Giovanna Maria Guastella, Giusy Ministeri, Helen Gomero Caldas, Kolsuma Begum, Karina Rejmer, Lima Rahman, Maria Nocilla, Maria Randazzo, Maria Nowak-Szabat, Miriam Mesi, Manuel Fernandez Morales, Rosaria Puleo, Roshnara Corby, Seynabou Dieng, Tao Qiran, Therese Niankoye Grovogui, Yüena Cheng.

From Austria - Egleemar Hernández-Dahm, Silvana Antequera, Seda Ekinci, N.N., Semra Arslan, Seycan Karahan, Yildiz Ülker, Sevim Caglar, Zeynep Aktay, Traudel Hillebrand, Gerda Reichinger, Sonja Thöning, Margareta Ischick, Irene Buchberger, Helga Knöpfler.
From Lithuania - Irena Armanavičienė, Gema Marija Bagdanavičienė, Aistė Bakanauskaitė, Sandra Bekešiūtė, Marija Bindokaitė, Aldona Čiūtienė, Izoľina Genienė, Rita Jerofejevienė, Marija Lebedienė, Ernesta Mosteikaitė, Liucija Paškauskienė, Irena Pekarskienė, Simona Persijanovaitė, Olga Širočenko. Photos on p. 44 and 54 were made by Laimutis Brunza of the magazine Šeimininkė.


From France - Vanessa Torrico, Wai Krafft, Ji Hae KIM, Pilar Vargas, Blanca Zornosa, Angela Garcia, Martha Rozo, Carolina Diaz, Daniela Yepes, Huguette Beck, Claudia Tenaglia, Mariama Dan, Gladys Ceballos, Edith Burgos, Eloisa Luna, Meifang Chang, Lina Puerta.

Special thanks to ALCE Trainers for the support during the preparation of the recipes and creation of this Cook book: Rosina Ndukwe, Petra Jamnik, Rūta Malaškevičienė, Anna Greissing, Soad Ibrahim.
Project - coordinator
CESIE - European Centre of Studies and Initiatives
Via Roma n. 94, 90133 Palermo, Italy
tel: +39 091 61 64 224
web: www.cesie.org

Project partners
Verein Multikulturell
Bruneckerstr. 2d / 3. Stock, 6020 Innsbruck, Austria
tel: +43 (0) 512 562929
web: www.migration.cc

Merseyside Expanding Horizons
The Joseph Lappin Centre, Mill Lane, Old Swan, Liverpool L13 5TF, United Kingdom
tel: +44 (0) 151 330 0552
web: www.expandinghorizons.co.uk

Elan Interculturel
Rue Guillaume Bertrand 7, 75011 Paris, France
tel: +33 (0) 183879679
web: www.elaininterculturel.com

Senior Initiative Centre
Krevos g. 9-2, 44236 Kaunas, Lithuania
tel: +370 37 200178
web: www.senjorucentras.lt

This project has been funded with support from the European Commission.
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