



FOOD FROM HOME

HOCHSCHULE SOMMERFEST 2013

RECIPES

FROM THE
INTERNATIONAL

MASTER'S PROGRAM IN
AUTONOMOUS SYSTEMS

SECOND EDITION



Hochschule
Bonn-Rhein-Sieg
University of Applied Sciences



Bonn-Aachen
International Center for
Information Technology



SUBMITTED BY

Nasir Ashfaq

ISLAMABAD, PAKISTAN



CHICKEN BIRYANI

This is a very popular rice and chicken dish from the Pakistani national cuisine. For each cup of rice, we use 3 cups of water and a teaspoon of salt. Adjust the quantities as desired.

INGREDIENTS



- chicken
- Basmati rice
- onions and garlic, finely chopped
- oil
- 1 cup tomatoes, chopped
- yogurt
- masala spice
- salt, to taste
- mint chopped
- corriander, chopped
- chilli pepper, chopped
- lemons, sliced

METHOD



- Wash, pat dry the chicken pieces. Heat 1/2 cup oil in a large pot, add chicken, and stir fry for 5 minutes over medium heat, sprinkle a little salt while frying. Remove the chicken and fry some onions and garlic until golden. Add tomatoes, half a cup of yogurt, and the biryani masala, and cook for 2-3 minutes. Add the slightly fried chicken pieces then cover and cook on low heat for 10-15 minutes.
- Wash and soak the rice for 1/2 an hour then bring 3 cups of water to a boil before adding 1 cup rice, and 1 tsp of salt. Once the water returns to a boil, simmer for 4-5 minutes, then drain. Add some butter or olive oil to the drained rice and mix.
- Pour half of the rice into a large pot, then a layer of chicken with masala, and then the remaining rice.
- You can add chopped mint, coriander, green chilli, more butter, and lemons too. Cover tightly and cook slowly on a very low flame for 10-15 minutes.
- After this time, remove the lid, mix the rice with the chicken masala, and Enjoy



SUBMITTED BY

Nasir Ashfaq

ISLAMABAD, PAKISTAN



ALOO GOSHT

A delicious potato beef/mutton curry. Best served with Khoobz (round bread) or even better with Pakistani Paratha that you can also buy from asian shop!

INGREDIENTS



- 1 kg beef chunks
- 1 1/2 cup onions, chopped
- few garlic cloves, chopped
- few cloves (Nekeln)
- 2 cups tomatoes
- 1-2 tsp red chilli
- salt
- 1/2 cup oil
- 1 1/4 kg potatoes, cubed
- water
- coriander leaves
- green chili
- ginger root, chopped

METHOD



- Boil 3 cups of water, add onions, garlic, meat, some cloves and whole black peppers. Cook over a medium flame until meat is tender, 20-25 minutes.
- Add the tomatoes, red chilli and salt.
- Let the extra water evaporate before adding the oil.
- Cook while stirring frequently until the oil separates from the sauce.
- Add in about 1-1 1/2 kg of potatoes.
- Cook, stirring occasionally, for about 10-15 minutes. Adding some water occasionally.
- Add 3 to 4 cups of water for shorba (soup).
- Cook until the potatoes are tender.
- To serve, garnish with coriander, green chili and chopped ginger.



SUBMITTED BY

Anil Reddy Regalla

HYDERABAD, INDIA



LEMON RICE

INGREDIENTS



- rice
- lemon juice
- oil
- mustards
- green chillies
- ginger and garlic paste
- turmeric powder

METHOD



- Add turmeric powder to the rice while boiling and keep the cooked rice separate.
- Heat oil in a pan and add mustard seeds and Ginger and garlic paste, allow to splutter.
- Now add green chillies, curry leaves (optional) and ground nuts or any dry fruits , salt and fry for 2 minutes.
- Take it off from the flame and add lemon juice and mix well.
- Now add this to the boiled rice and mix well



SUBMITTED BY

Mallikarjuna Vayugundla

NELLORE, INDIA



RAJMA CHAWAL

This is actually a northern Indian dish (although I am from the south. It is tastier the following day - so best prepare a day ahead. Use tinned red kidney beans for a quick meal (although you will have to compromise a bit on the taste).

INGREDIENTS



- 1 cup rajma/red kidney beans (soaked overnight/ 8 hours)
- ½ cup onions, finely chopped
- 1 tsp ginger, chopped
- 1 cup tomatoes, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp garam masala
- 1 tbsp butter
- 2 tbsp coriander Leaves, chopped
- 1 tsp vegetable oil
- salt, to taste

METHOD



- Cook the soaked rajma in c. 3 cups of water until the rajma is soft, tender and cooked (20 to 30 minutes).
- Heat oil in a sauce pan, add chopped ginger and onions. Sauté until onions are soft and golden brown.
- Add chopped tomatoes, turmeric powder, cumin powder, garam masala powder and sauté until tomatoes become soft.
- Add the cooked rajma, salt, 1 cup water and butter and simmer for 30 minutes. The longer you simmer, the more the spices get into the rajma and the tastier it gets. You can alter the consistency of the gravy by adding more water.
- Garnish with coriander leaves and serve hot with warm long grained rice.



SUBMITTED BY

Teena Chakkalayil Hassan

KERALA, INDIA



KACHUMBER

A simple, easy-to-make vegetable salad popular in India. Any vegetables can be included, although the popular ones are tomato, onion, cucumber and carrot. In some variants, 1/4 tsp sugar is also added. When yoghurt is used instead of lemon juice it is called "Dahi Kachumber".

INGREDIENTS



- 1 medium sized onion, chopped
- 2 medium sized tomatoes, chopped
- 2-3 small sized cucumber, chopped
- 4-5 mint leaves, chopped
- 1/4 cup coriander leaves, chopped
- 1/2 or 1 tsp lemon juice
- a few lemon pieces for garnish
- 1/2 tsp roasted cumin powder (optional)
- 1 green chili or 1/4 tsp red chili powder (optional)
- black salt or rock salt or regular salt as required

METHOD



- Place all the chopped vegetables in a bowl.
- Add the remaining ingredients.
- Toss the salad well so that the ingredients are mixed evenly.
- Check the seasoning and add more salt or lemon juice, if required.
- Serve the kachumber immediately.



SUBMITTED BY

Teena Chakkalayil Hassan

KERALA, INDIA



FISH CURRY

INGREDIENTS



- 200 g sear fish pieces
- 200 ml coconut milk
- 50 g onion, sliced
- 40 ml coconut oil
- 20 g red chili powder
- 10 g ginger, sliced lengthwise
- 6 g turmeric powder
- 5 g curry leaves
- 5 green chilis, slit
- 2 mangos, peeled and cubed
- salt, to taste

METHOD



- Take a deep pan and heat coconut oil in it.
- Put sliced onion, green chilies, half of sliced ginger, half of curry leaves and peeled raw mango cubes in it.
- Sauté well, till the onions turns translucent and mango is easily mashed.
- Add turmeric powder and chili powder to it and mix well again.
- Add salt and water in it and let the spices cook on slow flame.
- Pour coconut milk in it and let it cook for 5 more minutes
- Now, carefully drop the fish cubes in the prepared mixture and cook till the fish is tender.
- Take a small saucepan and sauté the remaining ginger and curry leaves in 1 tbsp of oil.
- Garnish the prepared fish with this mixture and serve hot, with rice.



SUBMITTED BY

Haritha Bussu

HYDERABAD, INDIA



CARROT HALWA

INGREDIENTS



- 1 kg carrots
- 1 L milk
- 1 tsp cardamom seeds
- 3/4 cup water
- 3 tbsp ghee or Irische Butter
- 2 tbsp raisins
- 2 tbsp almonds
- 2 tbsp pistachios
- 450 g sugar

METHOD



- Wash and grate the carrots.
- Simmer the milk on a low flame for a 20-30 minutes so that the milk thickens a bit as the water content evaporates. Add cardamom seeds.
- Heat the ghee in a wide pan for 1 minute.
- Add the carrot to the pan and stir over a medium flame until the carrots' color starts to dull. At this point, add sugar to the mixture.
- Continue to stir the mixture. It will start to darken. Add the thickened milk. Continue to stir the mixture over medium heat until the mixture thickens.
- Garnish with cashew, raisin, almonds, and pistachios.
- Remove the carrot halwa from heat and arrange it in a serving dish. Bring to room temperature and then refrigerate for at least 30 minutes. Serve cold.



SUBMITTED BY

Hasan Al Banna

DHAKA, BANGLADESH



BEEF TEHARI

Tehari is a rice dish with cooked meat and is usually made very spicy. Unlike birianis, tehari is usually cooked with vegetable oil. No yogurt or cream is used in the cooking of it. A very common tehari dish is this one cooked with beef.

INGREDIENTS



- 1 kg beef
- 1/2 cup onion paste
- 2 tsp garlic paste
- 1 tbsp red chili powder
- 1 tbsp turmeric paste
- 2 tsp ginger paste
- 1 tbsp cumin powder
- 1 tsp coriander powder
- 3 tsp salt
- 2 onions, thinly sliced
- 2 1/2 inch cinnamon sticks
- 8 cloves
- 4 cardamom pods
- 1 bay leaf
- 6-8 green chili
- 1/2 cup (or less) oil
- 2 1/2 cups rice (preferably aromatics like Basmati or Kalojira)

METHOD



- Cut beef into small pieces.
- Simmer beef with the next 7 ingredients and 2 tsp of salt along with a cup of water until tender (45 minutes to an hour). Stir occasionally. Add more water if needed.
- In a large pan (large enough for all the rice and meat), fry the thinly sliced onions until almost golden brown.
- Add in the cinnamon, cloves, cardamom and bay leaf and fry an additional 4-5 minutes.
- Add in the cooked beef and fry over medium heat until oil floats to the top. Stir continuously.
- Add in the rice and fry an additional 5 minutes. Stir continuously.
- Add in 5 cups of water, 1 tsp of salt and the green chili and bring to boil over high heat.
- As soon as it starts boiling, turn the heat to low. Give it a thorough stir to ensure no rice is sticking to the bottom. Cover and cook for 25 minutes.



SUBMITTED BY

Hasan Al Banna

DHAKA, BANGLADESH



CHAM - CHAM

This is a typical Benglai Sweet. They are sometimes called "Pleasure Boats".

INGREDIENTS

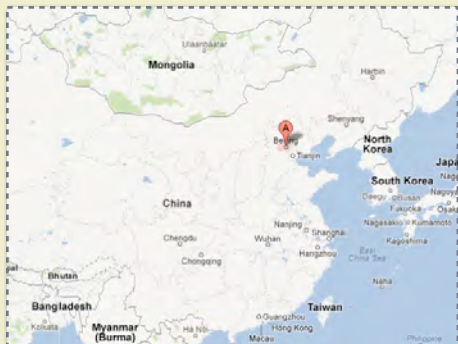


- 2 L full cream/whole milk
- 2-3 tbsp lime/lemon juice
- 5 tsp flour
- 4 cups water
- 2 cups sugar
- 2-3 tbsp rose water or a few strands of saffron
- A few drops of yellow food colouring (according to your preference)
- 200 g whipped cream

METHOD



- Boil milk over medium flame. Stir occasionally. Add the lime juice and mix well. When curds begin to separate from the milk, remove from heat and set aside 10 mins.
- Strain the cheese and wash it under water.
- Place the cheese in cheesecloth and hang for 1 hour to drain all the liquid from it.
- Place in a bowl and knead it until all lumps are removed and it is smooth. It will begin to release its fat and your hands will feel greasy. The smoother it is, the better the Cham-Chams. Add the yellow food color and mix well.
- Sprinkle flour over the cheese and work it in. In a large pressure cooker, bring sugar and water to a boil, uncovered. Meanwhile, Divide dough into small marble-sized balls and roll between your palms gently pressing them into an oblong shape and flattening a little.
- Add the balls to the sugar syrup and cover the pressure cooker. Once the first whistle blows, wait 8-10 mins. and remove from heat. Release the steam from. Allow to cool completely before touching them. They will have expanded to almost double their original size and will be delicate when hot.
- Once cool, add the rose water or saffron syrup (made by soaking the saffron strands in a little warm water), chill for a few hours. Remove them from the syrup and serve with cream. Garnish with slivers of your favorite dried fruit.



SUBMITTED BY

Zha Jin

BEIJING, CHINA



XIAO LONG BAO

INGREDIENTS



The Soup

- 1.9 L water
- 1 kg chicken bones (wings/back/neck)
- 57g ham, cut into 4 pieces
- 250 g of pork skin & fat or a fatty cut of pork
- 2.5 cm piece of ginger, sliced into 4-5 slices
- 2 green onions, cut into 7.5-cm pieces
- 2 large garlic cloves, smashed
- 2 tsp chinese rice wine (or dry sherry)

The Broth Gelatin

- 1 tbsp powdered agar agar or 1 tbsp unflavored gelatin

METHOD



- Wash pork. Take the pork skin and with the backside of your knife, firmly scrape the surface of the skin to clean it further. Rinse again. Place all soup ingredients in a large stockpot. When all ingredients come to a boil, immediately turn to low heat and simmer for 2 hours. Skim surface of constantly to keep soup clean and clear. Strain and discard solids. We will only use 4 cups of broth. (Save the rest for soup!)
- Place 4 cups of broth back in the pot, turn on the heat. When just about to boil again, turn heat off and add the agar-agar or gelatin. Whisk for 2 mins. until dissolved. Pour broth into a baking dish. Refrigerate until set, about 3-4 hours.
- For the filling, mix all ingredients. When the broth gelatin is set, run a fork through it, with criss-cross motion, to break up into very small 0.6-cm pieces. Take 1 1/2 cups of broth gelatin and add to the filling mix. Stir well. Refrigerate until ready to use.

Recipe continued on the next page...



XIAO LONG BAO

INGREDIENTS



The Filling

- 500 g ground pork 125 g shrimp, shelled, deveined and minced finely
- 3 stalks green onion, finely minced
- 2 tsp sugar
- 2 tbsp soy sauce
- 1 tsp salt
- 1/4 tsp white pepper
- 1/2 tsp grated fresh ginger
- 1 tsp chinese rice wine
- 1/4 tsp sesame oil

Hot Water Dough

- 400 g of flour
- 3/4 cups boiling water
- 1/4 cup cold water
- 1 tbsp cooking oil

The Dipping Sauce

- 2 tbsp sambal (hot chili & garlic sauce)
- 1/2 cup black vinegar
- 1/2 cup soy sauce
- 1 tsp sesame oil
- 1 tbsp of shaved ginger

METHOD



- For the dumplings dough, put 90% of the flour in a large bowl. Pour 1/3 of the hot water over the flour. Use a pair of chopsticks to stir vigorously. Add more hot water. Stir. Add the last bit of the water and stir vigorously until the dough begins to form. Add the cold water and oil. Keep stirring vigorously with chopsticks. Stop when you can't stir anymore.
- Dust counter with the remaining 40 grams of flour. Place dough on floured surface, use your hands to knead it for 8 -10 mins., until soft, smooth and bounces back slowly when you poke with your finger. Cover with plastic wrap and let it sit for 30 minutes.
- Divide into 4 pieces. Take one piece (cover the remaining 3 pieces with plastic wrap) and roll into a long log, about 3-cm in diameter. Using pastry scraper or knife, cut dough into pieces about the size of a golf ball. Roll one of the balls between your palms to get nice, round, smooth ball. Using a rolling pin, roll out flat circle.
- Fill with 1 tbsp of filling, pinch pleat by following the slideshow online. Repeat with rest. Make sure to keep everything covered to prevent drying.
- Combine sauce ingredients and refrigerate.
- Fill steamer with 1 layer of cabbage leaves. Steam over medium heat for 2 minutes to warm up the steamer and to soften cabbage.
- Place dumplings on the cabbage leaves, leaving 1 1.25-cm space between each dumpling. Steam for 12 minutes. Serve in bamboo steamer.



SUBMITTED BY

Zinnirah Bint Kassim

KUALA LUMPUR, MALAYSIA



NASI LEMAK

Here is a menu idea for a heavy breakfast if you are ever in Malaysia: Karipap as starters, nasi lemak as the main dish, onde-onde as desserts.

INGREDIENTS



Coconut Milk rice

- 2 cups rice
- salt to taste
- 165 ml coconut milk
- water

Tamarind Juice

- 1 cup water
- tamarind pulp (size of a small ping pong ball)

Sambal Ikan Bilis (Dried anchovies sambal)

- 1/2 red onion
- 1 cup ikan bilis/dried anchovies
- 1 clove garlic
- 4 shallots
- 10 dried chillies
- 1 tsp Belacan/prawn paste
- 1/4 tsp salt
- 1 tbsp Sugar

Other ingredients

- 2 boiled eggs (cut in half)
- 3 sardines or smelt fish
- 1 cucumber (sliced, quartered)

METHOD



- Rinse your rice and drain. Add coconut milk, a pinch of salt, and some water. Add the pandan leaves into the rice and cook your rice. Rinse the dried anchovies and drain the water. Fry them until they turn light brown and put aside.
- Pound the prawn paste together with shallots, garlic, and deseeded dried chillies with a mortar and pestle. You can also use a food processor.
- Slice the red onion into rings. Soak the tamarind pulp in water for 15 minutes. Squeeze the tamarind constantly to extract the flavor into the water. Drain the pulp and save the tamarind juice.
- Heat some oil in a pan and fry the spice paste until fragrant. Add in the onion rings. Add in the ikan bilis and stir well. Add tamarind juice, salt, and sugar. Simmer on low heat until the gravy thickens. Set aside.
- Clean the small fish, cut them into half and season with salt. Deep fry.
- Cut the cucumber into slices and then quartered into four small pieces. Dish up the steamed coconut milk rice and pour some sambal ikan bilis on top of the rice. Serve with fried fish, cucumber slices, and hard-boiled eggs.



SUBMITTED BY

Shahmi Junoh

KUALA LUMPUR, MALAYSIA



ONDE ONDE

INGREDIENTS



- 250 g glutinous rice flour
- 200 ml pandan juice
- 150 g gula melaka (palm sugar), finely chopped
- 100 g grated coconut
- pinch of sea salt

METHOD



- In a large bowl, combine the glutinous rice flour with Pandan juice and knead lightly. Pinch a small piece of the dough (about 40 g) and drop it into boiling water. When the dough rises up the surface, remove it with a slotted spoon and shake off the excess water. Mix it back into the main dough and knead well to form smooth dough. Cover the dough and set aside for about 15 minutes.
- Mix the grated coconut with a pinch of salt and steam for about 2 – 3 minutes and let it cool completely.
- Bring a pot of water to boil. Pinch a small piece of dough (about 15 g each) and flatten lightly. Fill the center of the dough with palm sugar. Roll them in your palm to form a smooth ball and cook the glutinous rice balls in the boiling water. When the rice balls float to the surface, remove them with a slotted spoon and shake off the excess water.
- Coat the rice balls with grated coconut and serve immediately.



SUBMITTED BY

Zinnirah Bint Kassim

KUALA LUMPUR, MALAYSIA



KUIH LAPIS

This rainbow layered steam cake is peeled by the layer to be savored with delight!

INGREDIENTS



- 1 cup rice flour
- 1/2 cup wheat flour
- 1 cup sugar
- 1 tsp salt
- 1 tsp cooking oil
- 3-4 drops of red coloring
- 1 small box of coconut milk (250 ml)
- Pandan leaves (cleaned)
- water so that the mixture of the coconut milk and water will be 4 cups of liquid

METHOD



- Boil some water to prepare for steaming.
- In a blender, put in sugar, 2 cups of the liquid mixture, rice flour, wheat flour, oil and salt. Blend them all till they form a smooth mixture.
- Pour the blended mixture into a bowl and add the rest of the liquid mixture. Stir until well mixed.
- Divide them into two portions. Add the red coloring into one of the portion Stir until a nice pink color has formed. Tie 2 pandan leaves separately and put them in each of the divided portion. The pandan leaves will give a very nice smell to the kuih.
- Grease a baking form (or any steam-proof container that will fit into your steamer) with oil.
- When the steamer is ready, put the greased baking form in the steamer. Pour two cups of the white mixture and steam for 5 minutes or until firm
- Pour in a cup of the pink mixture and steam for 2 minutes. Repeat this step with alternate colours until finished.
- When the last layer have been reached, continue to steam for another 20 minutes.
- It's now ready. For best results, only cut the kuih with a thread after it has cooled down.



SUBMITTED BY

Rhama Dwiputra

INDONESIA



NASI GORENG

Ketjap manis is Indonesian soy sauce. A good substitute for ketjap manis in this recipe is to combine 2 tbsp regular soy sauce with 1/2 tsp molasses.

INGREDIENTS



- 2 tbsp vegetable oil
- 2 eggs
- 1 tsp hot red pepper flakes
- 1/4 tsp salt
- 1 onion, chopped
- 1 carrot, grated
- 2 tbsp ketjap manis
- 1 tsp fish sauce, optional
- 3 cloves garlic
- 4 cups long-grain rice, cooked
- 1 cup cucumber, finely chopped
- 3 green onions, thinly sliced
- 1 tbsp lime juice

METHOD



- Heat half the oil in a non-stick skillet set over medium heat.
- Break the eggs into a small bowl and whisk in red pepper flakes and salt.
- Pour into pan and cook, covered, for 3 to 4 minutes or until firmly set.
- Using a spatula, roll egg up pinwheel-style and remove from pan.
- Cut into thin strips and reserve.
- Add remaining oil, onion and carrot to pan. Cook, stirring often, for 5 minutes.
- Stir in ketjap manis, fish sauce (if using) and garlic.
- Stir in rice, cucumber, green onions, lime juice and reserved egg strips.
- Cook, tossing, until heated through.



SUBMITTED BY

Ronny Hartanto

MALANG, INDONESIA



AYAM KECAP MANIS

INGREDIENTS

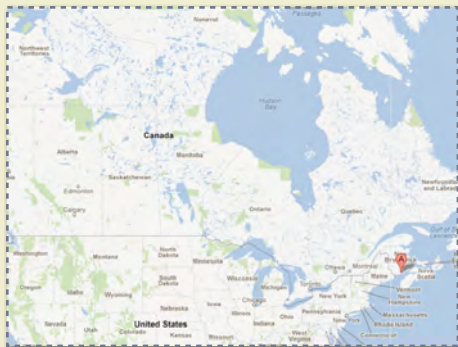


- 8 chicken legs (you can also use thighs and/or wings)
- 3 cloves garlic, chopped
- 1 onion, chopped
- 3 spring onions, chopped
- 7 tbsp kecap manis/ sweet thick soy sauce
- 1 tbsp sesame oil
- some butter
- 1/2 tsp white pepper
- 1 tbsp low sodium soy sauce/kecap asin

METHOD



- Fry the chicken legs in oil until half done, take them out of the pan. Skin should be lightly colored and a little bit crispy.
- Add butter, garlic and chopped onions to some oil in a wok. Fry over medium heat for a minute or two.
- Add the chicken legs, 7 tablespoons of kecap manis, 1 tablespoon of kecap asin, 1 tablespoon of sesame oil, white pepper.
- Put the lid on the pan and simmer for 20 minutes over medium to low heat.



SUBMITTED BY

Mat Roscoe

SAINT JOHN, CANADA



SWEET POTATO FRIES

You can change the seasoning to your desired tastes. So easy to make too!

INGREDIENTS



- 1 kg sweet potatoes (3 to 4 large)
- 2 tbsp vegetable oil

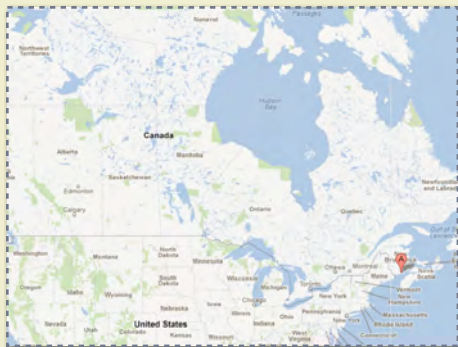
Rub

- 2 tsp chili powder
- 1 tsp paprika
- 1 tsp salt

METHOD



- Peel potatoes and cut into sticks like fries.
- Place in a large bowl and toss with oil.
- Prepare rub by combining chili powder, paprika and salt in a small bowl.
- Toss with potatoes.
- Arrange in a single layer on one or two parchment-lined baking sheets.
- Roast in a preheated 220°C oven for 20 to 25 minutes or until browned on the bottom.
- Turn potatoes over and roast 10 to 15 minutes longer, until tender, crisp and nicely browned.



SUBMITTED BY

Robin Schriver

NEW BRUNSWICK, CANADA



PAN SAUTÉED FIDDLEHEAD FERNS

Fiddleheads are as popular
in New Brunswick as Asparagus is in Germany!

INGREDIENTS

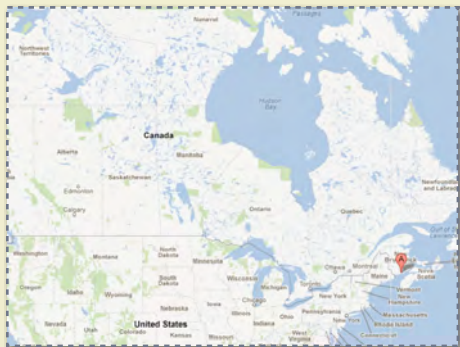


- 2 Dozen Fiddlehead Ferns
- 4 Tbsp Unsalted Butter
- 1/2 Lemon - Juice and Grated Zest
- 1 tsp Sea Salt
- Freshly Ground Pepper

METHOD



- Fill a medium bowl with cold water (use a few ice cubes to get it colder)
- Add the salt and the juice from half of a lemon. Trim the fiddlehead ferns and remove any brown, or dry areas and soak them in the lemon water to clean them.
- Melt the butter in a pan (not non-stick) over medium high heat. Blanch the fiddlehead ferns for about one minute in boiling water.
- Strain and quickly transfer to melted butter and cook about 2 minutes on each side, until slightly crispy and golden. Season with salt, pepper and some lemon zest. Serve hot with an aged cheese or green tomatoes on the side.



SUBMITTED BY

Robin Schriver

NEW BRUNSWICK, CANADA



MAPLE SYRUP SLUSHIE

Maple Syrup is very Canadian.
I make this slushie at home all the time!

INGREDIENTS



- 1 cup orange juice
- 1/2 cup pure maple syrup from Canada
- 12 strawberries
- Ice cubes

METHOD



- In a blender, combine orange juice and maple syrup; then add all strawberries and a handful of ice cubes.
- Blend on “pulse” and pour into frosted glasses.
- Garnish with a strawberry and savor one teaspoon at a time.



SUBMITTED BY

Lidia Rosario Torres López

MEXICO CITY, MEXICO



GUACAMOLE & TORTILLAS

Guacamole is also a very old food, cooked also by Aztecs. We usually eat it as a snack with tortillas, nachos (tortilla-chips), etc. Or sometimes it is served with main dishes, too.

INGREDIENTS



Guacamole

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 tsp salt
- 1/2 cup diced onion
- 3 tbsp chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (optional)

Corn Tortillas

- 1 3/4 cups masa harina (corn flour made from corn and lime)
- 1 1/8 cups water
- Pinch of salt

METHOD



- In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.
- For Corn Tortillas: In a medium bowl, mix masa harina and hot water until thoroughly combined. Knead until pliable and smooth. If dough is too sticky, add more masa harina; if it begins to dry out, sprinkle with water. Cover dough with plastic wrap and let stand for 30 mins. Preheat a cast iron skillet or griddle to medium-high. Divide dough into 15 equal-size balls. Using a rolling pin, press each ball of dough flat between two sheets of plastic wrap.
- Immediately place tortilla in the hot pan and allow to cook for ca. 30 seconds, or until browned and slightly puffy. Turn tortilla over to brown on second side for approximately 30 seconds more, then transfer to a plate. Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist until ready to serve.



SUBMITTED BY

Jose Carmen Aguilar Herrera

CELAYA, MEXICO



TACOS DE CARNE DESHEBRADA

This is my favorite street fast food, it has an amazing flavor. I used to be totally vegetarian before trying this =)

INGREDIENTS



- 1-2 kg beef brisket, fat trimmed
- 118 ml/kg liquid smoke
- 2 bay leaves
- 355 ml beer
- corn tortillas
- salt to taste
- pepper, to taste

Topping Options

- grated cheese
- crema Mexicana
- cilantro
- onions
- avocado slices
- salsa

METHOD



- Place all the ingredients into the slow cooker and marinate overnight.
- Cook on low for 8 to 10 hours.
- Remove the brisket and shred the meat.
- Warm corn tortillas, add shredded brisket, and garnish with your favorite toppings.



SUBMITTED BY

Lidia Rosario Torres López

MEXICO CITY, MEXICO



FLOUR TORTILLAS

We use tortillas in Mexico to eat the main dishes (like bread in other cultures). They exist since pre-Columbian times and are still a basic food for all Mexicans. In the centre and south of Mexico corn tortillas are more popular, while in the north they prefer flour tortillas.

INGREDIENTS



- 4 cups flour
- 1 tsp salt
- 2 tsp baking powder
- 2 tbsp lard (or butter)
- 1 1/2 cups water

METHOD



- Whisk the flour, salt, and baking powder together in a mixing bowl.
- Mix in the lard with your fingers until the flour resembles cornmeal.
- Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic.
- Divide the dough into 24 equal pieces and roll each piece into a ball.
- Preheat a large skillet over medium-high heat.
- Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla.
- Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side.
- Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.



SUBMITTED BY

Jose Carmen Aguilar Herrera

CELAYA, MEXICO



HORCHATA DE ARROZ

This is a classic drink that my grandmother used to always prepare! Usually served in pitchers to accompany the main meal. Its great in the summer heat!

INGREDIENTS



- 1 cup uncooked rice
- 1.9 L water
- 1/8 tsp powdered cinnamon
- juice of 1/2 lime
- 1 cup sugar, or to taste

METHOD



- In a wire mesh strainer, rinse the rice under running water.
- Place it in bowl with water to cover and let it soak for 3 hours.
- Drain the rice.
- Place the drained rice in a large saucepan with the water, bring to a boil and cook until the rice is tender.
- Allow to cool, then pour the rice water through a wire mesh strainer into a pitcher, pressing to extract as much liquid as possible.
- Add the cinnamon, lime juice and sugar, stirring to dissolve sugar.
- Serve very cold.



SUBMITTED BY

Shima Shahi Irani

TEHRAN, IRAN



RICE TAH CHEEN

This recipe requires a good amount of oil in the bottom of the pot for it to come out with a nice color and not too dry. Best kind of chicken pieces for this dish are the white meat (breast) and the thighs.

INGREDIENTS



For Tahcheen:

- 1 1/2 kg long grain rice
- 1/2 cup oil
- 1 cup yogurt
- 2 tsp saffron
- 1/2 kg chicken pieces
- 6 egg yokes

For Zereshk:

- 1 cup red currents (presoaked and washed)
- 1 tsp saffron
- 1 tbsp lemon juice
- 1 tbsp sugar
- pinch of turmeric

METHOD



- *Tacheen:* Presoak rice in hot water and salt for 1 hour. Chop onion in large pieces. Put chicken in a pot with some water, onion, turmeric, salt and saffron. Cook until the meat softens. Drain and set aside. In a medium pot, half filled with water, boil the rice for a few minutes, until the rice is half cooked. Drain it and set aside. In a bowl, mix the egg yokes and yogurt. Beat until smooth. Mix in about a cup full of cooked rice. In a medium size pot, pour half of the oil and evenly pour in the egg-yoke/yogurt mixture. Place the chicken pieces on top of it and top it up loosely with the remainder of the rice. Sprinkle the remainder of the oil on top, close the lid, cook on high until the rice starts steaming. Turn the heat setting to low and cook for 1 1/2 to 2 hours.
- *Zereshk:* Put the saffron in a cup of boiling water, cover let sit. In a pan, pour one tbsp of oil, and add the remaining ingredients and the saffron liquid until the sugar is dissolved. Spread over rice at serving time.



SUBMITTED BY

Iman Awaad

CAIRO, EGYPT



BABA GHANOUSH

This is a very common dip that is often served among many others as an appetizer with lots of pita bread. It makes a great spread in sandwiches and is particularly good with grilled meats. Perfect for any bar-b-q!

INGREDIENTS



- 3 eggplants (thin)
- 2 - 3 garlic cloves
- juice of 1 lemon
- 2 tbsp tahini (sesame paste)
- 1 tsp salt
- parsley and pomegranate seeds (garnish)

METHOD



- Preheat oven to 200°C.
- Poke holes in your eggplant (pick them thin so they don't have too many seeds).
- Wrap them tightly in foil and place them on a baking pan.
- Roast in the oven until cooked through, about 45-60 minutes. The eggplant should collapse when it is removed from the oven and begins to cool.
- Cut the eggplant in half and remove the pulp. Place the pulp, garlic, lemon juice, tahini and salt in a food processor or blender and process until smooth (or mash by hand for a more chunky texture).
- Place in a serving bowl or a flat plate, adjust seasoning and drizzle olive oil over the top.
- Sprinkle with parsley and serve. Enjoy!



SUBMITTED BY

Iman Awaad

CAIRO, EGYPT



BASBOUSA

A common semolina-based dessert in Egypt and the Middle East, often served with clotted cream and nuts (especially almonds). The name, some say, is actually meant as two words: “Bas Bousa”, which translates to “Just one kiss” ;-)

INGREDIENTS



For Syrup:

- 2 1/2 cups sugar
- 3 cups water
- juice of 1/2 a lemon
- 2 tsp vanilla sugar

For Basbousa mix:

- 3 cups fine semolina
- 1 1/2 cups sugar
- 2 tsp baking powder
- 1/3 cup melted butter
- 1 1/2 cups yogurt
- 1/2 cup coconut (optional)

For Topping:

- 1/2 cup halved almonds (optional).

METHOD



- Preheat oven to 180°C.
- Mix the sugar and water and bring to a boil in a pot. Add the lemon juice and continue to boil until the syrup very lightly coats the back of a metal spoon (5 mins). Remove from heat and stir in the vanilla sugar.
- For the basbousa: mix semolina, sugar, and baking powder in a bowl. Add the melted butter and the yogurt and mix well. If you want, add the coconut now and mix.
- Grease a baking tray with butter. Pour the mixture into it and smooth the surface.
- Bake for 15 minutes then take the pan out and gently press the almonds onto the surface (1/piece of basbousa). Return the tray to the oven and bake until a light golden brown color (around 15 mins). Immediately pour the syrup over the basbousa. Let it cool to room temperature. Cut into squares or diamond-shaped pieces and serve with cream.



SUBMITTED BY

Iman Awaad

CAIRO, EGYPT



EGYPTIAN RICE PUDDING

A childhood favorite of mine with a subtle hint of rosewater... 'subtle' is the keyword. If you increase the milk used, you will end up with a creamier pudding - the best!

INGREDIENTS



- 1/2 cup short-grain rice
- 3 cups cold milk
- 1.5 cups sugar
- 2 tbsp cornstarch
- 1 tbsp rosewater
(available at specialty
foods shops)
- 2 tsp ground cinnamon

METHOD



- In large saucepan over medium heat, bring 1 cup water to boil.
- Stir in rice, cover, and return to boil.
- Lower heat and simmer until water is absorbed, about 10 minutes.
- While rice is cooking, pour milk into large bowl.
- Whisk in sugar and cornstarch until dissolved.
- Stir in rosewater.
- When rice is cooked, raise heat to high, pour milk mixture over, and stir constantly until mixture returns to boil.
- Lower heat and simmer, stirring occasionally, until rice and milk are incorporated, about 30 minutes.
- Pour into 4 ramekins or 1 medium-sized glass baking dish and chill, covered, at least 3 hours.
- Sprinkle with cinnamon just before serving.



SUBMITTED BY

Musherah Arasi

SANA'A, YEMEN



BINT AL-SAHN

Always served as a first course on special occasions, Bint al-Sahn can also be eaten with the meal. However, it makes an excellent breakfast dish or a fine dessert.

INGREDIENTS

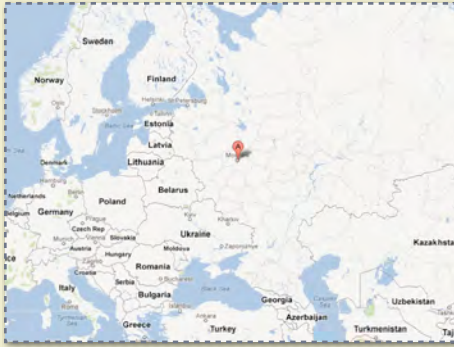


- 4 cups flour
- 1/2 tsp salt
- 1 package yeast, dissolved in 1/2 cup of warm water
- 5 eggs, beaten
- 3 tbsp milk
- 1 cup butter, melted
- 1 cup honey

METHOD



- Mix the flour and salt in a mixing bowl, and set aside. Combine yeast, eggs and milk, then pour over flour and knead into dough, adding more milk or flour if necessary. Cover and allow to stand in a warm place for an hour. Butter two pie plates and set aside.
- Divide dough into 12 pieces and form into balls, then re-cover and allow to stand for 30 minutes. Roll each ball to the size of a pie plate. Place a rolled piece in pie plate, then brush with butter. Continue the same method - 6 for each plate.
- Mix remaining butter with the honey, then brush heavily tops with this mixture. Bake in 180° C preheated oven for 25 minutes or until top turns golden brown. Remove from oven then pour half remaining butter-honey over the tops. Allow to stand for 10 minutes, then serve with each diner adding some of remaining butter-honey mixture to taste.



SUBMITTED BY

Elizaveta Shipeva

MOSCOW, RUSSIA



SALAT OLIVIER

A popular cold dish that was created by a Frenchman at his Moscow restaurant “L’Hermitage” in the 1800s. He was also chef to Russia’s last czar: Nicholas II.

INGREDIENTS



- 2 medium waxy potatoes
- 3 carrots, trimmed
- 1/4 cup sweet onions, chopped
- 1 cucumber, seeded, diced
- 1 large pickle, diced
- 1/2 cup frozen peas, thawed (or canned, drained peas)
- 2 hard-boiled eggs, peeled, diced
- 4 sprigs fresh dill, chopped
- 6 sprigs parsley, chopped
- 1/2 cup mayonnaise
- 2 tbsp white wine vinegar
- salt
- pepper

METHOD



- Place the potatoes and carrots into a medium saucepan, cover with cold water, and gently boil over medium heat until tender, about 30 minutes for the potato and 20 minutes for the carrots.
- Move vegetables as done to a plate and let cool completely.
- Discard cooking water.
- Peel the potato and carrots and cut each into 0.6-cm dice.
- Transfer vegetables to a large bowl.
- Add onions, cucumbers, pickles, peas, eggs, dill, parsley, mayonnaise, and vinegar to the bowl and stir until well combined.
- Season to taste with salt and pepper.
- Cover and refrigerate until well chilled.
- Adjust seasonings.
- Transfer to a serving dish. Enjoy!



SUBMITTED BY

Iryna Ivanovska

LEMBERG, UKRAINE



B O R S H C H

INGREDIENTS

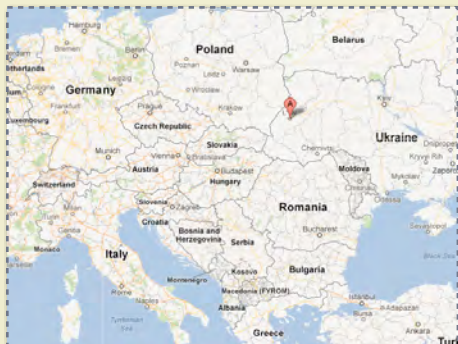


- 8 cups beef stock
- 1/2 head cabbage, finely shredded
- 3 medium potatoes, cut into 1 inch cubes
- 1 large beet, shredded
- 1 tbsp red wine vinegar
- 1 tsp bacon fat
- 2 tsp sugar
- 2 tbsp butter
- 2 medium onions, finely chopped
- 2 peeled tomatoes, chopped
- 1 carrot, sliced
- 1 parsley roots
- 6 peppercorns
- 3 allspice berries
- 3 bay leaves
- 1 head garlic, peeled and chopped
- 2 tbsp bacon fat
- fresh parsley, chopped

METHOD



- Heat the stock in a large soup pot, add cabbage and potatoes and simmer for 15 minutes.
- In the meantime, mix the beets, vinegar, bacon fat, sugar, and tomatoes in a saucepan and cook gently, covered, for about 5 minutes. Set aside.
- Then, in a small pan, heat butter, mix in the onion, carrot, parsley root (or parsnip), braise.
- When the cabbage and potatoes are finished simmering, add the beet mixture, the onion mixture, the peppercorns, allspice berries, and bay leaves--and cook another 10 minutes.
- Stir in the chopped garlic, the remaining bacon fat, and the chopped parsley.
- Turn the heat down to very low, lightly cover the pot, and simmer very slowly for about 4½ hours.
- Turn off the heat, let cool, and allow to ripen for about 12-18 hours.
- To serve, reheat, ladle into bowls. Top with a tsp of sour cream. Serve with a slice of rye bread.



SUBMITTED BY

Iryna Ivanovska

LEMBERG, UKRAINE



VARENYKY

Vareniki are made of a dough and can be filled with anything from sauerkraut to sour cherries. They are usually boiled, but can also be fried.

INGREDIENTS



Dough

- 2 cups flour
- 1/2 tsp salt
- 2 large egg yolks
- 1 tbsp vegetable oil
- 7 -8 tbsp water
- 1 large egg white, lightly beaten
- 4 tbsp unsalted butter

Cherry Filling

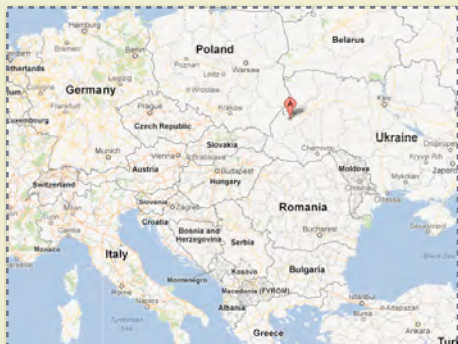
- 4 cups sour cherries, pitted, fresh or jarred
- 1/2 cup sugar, for fresh cherries, or 1/4 cup sugar, for jarred
- cherry juice, as needed
- 1/4 cup cherry liqueur
- 1 tbsp cornstarch
- 6 tbsp unsalted butter

Makes 50 to 55 vareniki

METHOD



- In food processor, blend flour, salt. With motor running, add egg yolks, oil, then water in a slow stream, until the dough forms a ball around the blade. Transfer to floured surface and knead until smooth. Cover with towel and let stand for 30 mins.
- Mix cherries with sugar and let stand. Drain juice and add more to make two cups. reduce juice in pan to 1 cup over heat. Add liqueur. Let cool. Toss cherries in cornstarch, add to juice.
- Shape dough into 2 balls, keep 1 covered. On floured surface, roll out to a very thin sheet. Cut out circles 3 cm wide. Place a heaping tsp of the filling in the middle of each circle. Fold the dough over to form a semi-circle. Brush edges with egg white and press the edges together with fork to seal. Place them on a lightly floured baking sheet 1" apart, keep covered with a damp cloth. Repeat with second half. Boil water, salt in a large pot. reduce heat to simmer and lower half the vareniki into the water. Boil, stirring occasionally with a wooden spoon to prevent sticking, until they rise to the surface, and are cooked through, 6 to 7 mins. With a slotted spoon, carefully remove the vareniki to a colander and drain thoroughly. Transfer to a deep serving bowl and toss with half the butter. Cook the rest in the same way.



SUBMITTED BY

Iryna Ivanovska

LEMBERG, UKRAINE



BANOSH

An old recipe from Carpathian cuisine. Bordering no less than 4 countries (Romania, Slovakia, Hungary, and Moldova), Carpathian cuisine brings together the best tastes of each land. The most famous contribution is banosh.

INGREDIENTS



- corn flour
- sour cream
- wild mushrooms (or none)
- onion
- bacon
- sea salt and freshly-grounded black (or white) pepper
- feta, grated parmesan, mature cheddar

METHOD



- Boil corn flour with sour cream instead of water (look at the pack of corn flour for the proportions).
- Dice bacon and roast it until fat parts become transparent, add diced onion.
- When onion dices become transparent, add sliced mushrooms, salt and pepper.
- Mix all ingredients together.
- Serve hot with cheese on top or mixed into the dish.



SUBMITTED BY

Alexander Hagg

VOORBURG, THE NETHERLANDS



OLIEBOLLEN

One of the most important parts of the dutch New Year's Eve. These “oilballs” are sweet! (And yes, they are very fat).
So fat, sweet balls it is. Happy New Year!

INGREDIENTS



- 0.5 kg flour
- 0.3 L warm milk
- 0.15 kg dark Corinthian raisins
- 0.15 kg light raisins
- 4 Belle de Boskoop apples (preferably)
- 2 eggs
- 0.03 kg fresh yeast
- 1 tsp salt
- sunflower oil

METHOD



- Wash and dry Corinthian and light raisins.
- Dissolve the yeast into the warm milk (stir it up a bit with your fingers).
- Sift the flour and knead the milk and yeast into it, using an electric mixer or patience.
- Add Corinthian and light raisins, salt, and apples (cut into small cubes).
- Cover the dough in the bowl with a clean towel and let rise. This will certainly take up some time so read a book!
- Knead a second time and let rise again. Read a second book. Brag to your friends about it.
- Heat the sunflower oil in a deep (frying) pan.
- Make balls from the mixture using two wet spoons.
- Slide the ball into the oil. Repeat until the bowl is full or your mixture is used up.
- When everything goes well, the balls will turn around by themselves when one side is finished. Mind the dough – when the balls get too dry, turn them over yourself.
- Don't forget to put loads and loads of powdered sugar on top!



SUBMITTED BY

Gerhard Kraetzschmar

ULM, GERMANY



PIMP-UP MY MAULTÄSCHLE!

Maultäschlesuppe - quick and easy!

INGREDIENTS



- 1 pack of "Settele Suppenmaultäschle" or "Settele Festtagssuppe"
- 1 medium to large onion
- 1 normal roll (Brötchen)
- butterfett (Butaris or similar)
- chives or parsley
- broth

METHOD



- Preheat 1 pack of "Settele Suppenmaultäschle" or "Settele Festtagssuppe". The former contains lots of small spring-roll-like noodle dumplings filled with a dough of meat and herbs, the latter contains various dumplings (Grießklößchen, Leberknödel, Brätknödel).
- Bring water to a boil and add broth. (Carnivores use "Maggi Fleischsuppe", veggies use "Maggi Gemüsesuppe"). Peel onion and cut into thin rings. Reduce heat to simmer. Add contents of the pack (Maultäschle or Klößchen) and simmer for 5-10 mins. Cut roll into small cubes. Heat frying pan and add Butterfett. Add cubes of bread and roast until golden brown and tasty. Remove from pan and set aside. Heat frying pan and add Butterfett. Fry onion rings until golden brown. Serve a set of dumplings with broth in a deep plate or soup cup. Add onion rings and roasted bread cubes. Add fresh and finely chopped parsley or chives at your liking.
- Enjoy!



SUBMITTED BY

Gerhard Kraetzschmar

ULM, GERMANY



GRIEßKLÖßCHEN-SUPPE

Semolina Dumplings Soup - quick and easy. You can also make it with breadcrumbs instead of semolina exactly as below. Then, you call them: Semmelklößchensuppe

INGREDIENTS



- 3 eggs
- semolina (Grieß)
- salt
- pepper
- parsley
- broth

METHOD



- Bring water to a boil and add broth (carnivores use "Maggi Fleischsuppe", veggies use "Maggi Gemüsesuppe").
- In a bowl, beat three eggs. Carefully add semolina (Grieß) and stir; the dough should still be very soft. Add salt, pepper, and a little bit of finely chopped parsley. Stir again, and let stand for 10 minutes.
- If after 10 minutes it appears too dry, add another egg and a bit of semolina until "right".
- Reduce heat to simmer. With a small spoon, carve small cones from the dough (carefully roll, if necessary, but do not press together too tightly) and drop into the boiling broth.
- Simmer for about 10 minutes.
- Serve 3-5 dumplings with broth in a deep plate or soup cup.
- Garnish with chopped parsley or chives.
- Enjoy!



SUBMITTED BY

Anastassia Küstenmacher

KÖLN, GERMANY



RICOTTA - KÄSEKUCHEN

INGREDIENTS



- 500 g low-fat cottage cheese
- 500 g ricotta
- 6 eggs (class M)
- 200 g sugar
- 4 level tbsp cornstarch
- salt
- 1 tbsp lemon zest
- 1 tbsp butter, softened
- 50 g grated coconut
- 200 g berries
- 150 g strawberries
- 4 tbsp powdered sugar

METHOD



- Preheat the oven to 175°C (fan oven 160°C)
- Mix cottage cheese, ricotta, eggs, sugar, starch, a pinch of salt and lemon zest with a whisk until smooth.
- Line the bottom of a springform pan (26 cm diameter) with parchment paper.
- Grease the base and sides with butter and sprinkle with grated coconut.
- Pour the curd mixture into the pan. Quarter the strawberries lengthwise and sprinkle them and the berries on top of the curd mix.
- Bake on the bottom rack of the preheated oven for 50 minutes. Allow to cool in the pan.
- Loosen the cheesecake from the mold. Dust with icing sugar.



SUBMITTED BY

Björn Kahl

KIEL, GERMANY



KIRSCHKUCHEN

INGREDIENTS



Base:

- 350 g butter
- 200 g sugar
- 50 g almonds, ground
- 1 tsp baking powder
- 500 g flour

Filling:

- 4 eggs
- 1 kg magerquark
- 175 g sugar
- 1 pack vanilla pudding powder
- 750 g cherries

METHOD



- For the base, beat the butter and the sugar. Mix the ground almonds with the flour. Stir the flour mixture into the butter mixture. Line a deep baking tray with wax paper. Roll out 1/2 the dough thinly and place in the bottom of the tray.
- Take a small piece of the remaining dough and make a thin strip around 1 to 2 fingers wide and line the sides of the baking tray with it.
- For the filling, let the cherries dry very well. Mix the eggs, sugar, and vanilla pudding powder together. Mix in the quark.
- Place 2/3 of the mix over the dough in the baking tray. Spread the cherries over the filling.
- Cover them with the remaining 1/3 of the filling.
- Cover the cake with the remaining 1/2 of the dough.
- Bake in a preheated 200°C oven for about 50 minutes.



SUBMITTED BY

Björn Kahl

KIEL, GERMANY



ZITRONENKUCHEN OR "12ER" KUCHEN

INGREDIENTS



- 250 ml cream (1 cup)
- 4 eggs
- sugar (1 cup)
- flour (1 cup)
- 1 packet baking powder
- 500 g powder sugar
- juice of 1-2 lemons

METHOD



- Stir the eggs into the cream - do not beat the cream, just stir.
- Measure the sugar with the same cup you used to measure the 250 ml of cream and Stir it into the cream mixture.
- Add the baking powder to 1 cup of flour (again, use the same cup you used to measure the cream and the sugar).
- Stir the flour mixture into the cream mixture.
- Spread the batter into a deep baking tray and bake in a preheated oven at 190°C for around 12 minutes. It is cooked when the top becomes a light brown color.
- While the cake is baking, Mix the powder sugar with the juice of the lemons. This mixture should be liquidy. When the cake is ready, and still hot, drizzle the lemon icing over it.
- Enjoy!

NOTES

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HOCHSCHULE SOMMERFEST 2012

# FOOD FROM HOME

