



International Food Week Summer Term 2020

Recipe 1: Persian Kabab-e Koobideh by Sanaz



Ingredients

500g ground lamb or beef
2 large onions, grated
1 garlic clove
1 egg, beaten
4 medium tomatoes
Spices: salt, pepper, turmeric, sumac

Preparation

Mix meat, onions, garlic, egg, salt, pepper and turmeric well and leave in the refrigerator overnight - or for several hours.

Press the meat around long, thick metal skewers and shape evenly. Thread whole tomatoes on another skewer. Barbeque each side for about five minutes, turning frequently. (If skewers are not available or barbequing is not possible, kabab-e koobideh can be shaped into long, thin portions on aluminum foil and grilled at high temperature in the oven. The oven should be pre-heated and kabab-e koobideh should be placed as high as possible near the source of the heat. Again, turn a few times.

Serve with hot Basmati rice or on middle-eastern bread. If serving with rice, some sumac may be sprinkled on top. If kabab-e koobideh was made in an oven, the juice from the kabab can be poured on rice or bread.

Recipe 2: Russian Cottage Pancakes "Syrniki" by Iryna



Ingredients:

200g cottage cheese
1 egg
1tbsp sugar / vanilla sugar / ½ mashed banana
100g flour
a pinch of salt

Preparation

Mix all the ingredients together. You want a consistency dense enough for forming balls, and not too big so you can flip them while cooking. If the consistency is too liquid, add more flour.

When the dough balls are formed, roll them in flour to get a crust.

Place the balls in a pan with a bit of oil and slightly press them to create a puck shape. When they've got a golden colour, flip them to the other side and fry for a few minutes.

You can serve them with jam or sour cream.

Recipe 3: Turkish Kisir by Ferah



Ingredients

500g fine bulgur
½ bundle of vegetables (parsley, dill, mint, spring onion, 2 cloves of garlic, 4-5 sprigs of lettuce)
2 carrots
1 cucumber
3 tomatoes
salt & pepper
olive oil
2 tblsp. tomato paste

Preparation

Soak the bulgur in hot water and let it rest for 10 minutes. When the bulgur is loose, add salt and pepper and mix.

Then roast 2 tablespoons of tomato paste with olive oil and add to the bulgur and mix.

After adding finely chopped vegetables and all remaining ingredients, it is ready to serve.

Recipe 4: Custard Pie with Red Fruits from the South of France by Claire



Ingredients

1 egg
125g powder sugar
225g flour
Lemon zest
100g butter, soft
Red fruits
4 egg yolks
175g flour
200g sugar
1l milk
1 vanilla pod

Preparation

1. Sweet shortcrust pastry

In a bowl, mix the egg with powdered sugar and a pinch of salt.

Put the flour on the worktop, make a well in the center, carefully pour in the contents of the bowl and the lemon zest, then the melted butter (especially not liquid butter!).

Mix everything until you get a homogeneous paste. Roll it out.

Bake in a hot oven for 12 to 15 minutes. Possibly put aluminum foil on top, to be sure it doesn't burn.

2. Red fruits

Cut the strawberries, raspberries, and blackberries into lovely shapes to make your pie beautiful!

3. Custard

Mix the egg yolks with the sugar. Beat with a whisk until the mixture whitens.

Add the flour and mix it well. Add 1/2 glass of the milk to make the mixture more liquid.

Heat the rest of the milk. When the milk is lukewarm (after 3-4 min) add the egg / flour / sugar / milk mixture and the split and scraped vanilla pod with its seeds.

Mix with a whisk until boiling and then put it in the fridge for 30 minutes.

Then you just have to put everything together: first put the pie in a dish, spread the custard from the center to the corner and finish by decorating with your fruits.

Recipe 5: Syrian dish with potatoes and meat by Tahani



Ingredients

potatoes
ground meat
onions
vegetable oil
tomato sauce
garlic
salt
pepper
mint

Preparation

Peel, hollow and cook the potatoes.

Fry the meat with onions in oil and sprinkle with salt, pepper and mint.

Fill the cooked potatoes with the meat and onions and put them into the bowl.

Put the tomato sauce into a pot together with two glasses of water, heat it over low heat and sprinkle with salt and garlic.

When heated, pour the sauce onto the filled potatoes. Put the dish in the oven at 200 degrees for 30 minutes.

Then serve with salad and vegetables.

Recipe 6: Smoothie Bowl with Marinated Apricots by Julia from Germany



Ingredients for one bowl

150g berries, your choice, frozen
3 tablespoons yoghurt
1 tablespoon linseeds, crushed
3 apricots
1 teaspoon maple syrup
1 dash of lemon juice
2-3 leaves fresh mint

Preparation

Wash the apricots, cut them into eighths and mix them together with the maple syrup and lemon juice in a small bowl. Chop the mint and also add it.

Then puree the berries, yoghurt and linseeds in a blender to a homogenous mass. Place the mixture in a bowl and arrange with the apricots and mint.

Recipe 7: Egyptian Okra-Stew by Amr



Ingredients

400g okra (frozen, arabic market)
(200 g goulash (beef))
1 ½ Onions
3 cloves of garlic
1 chilli pepper
½ Tin of tomato pieces
optional 1 tomato
Olive oil, pepper, salt, lemon juice, spice mix 7 spices, 3 bergamot seeds,
Arabic bread (alternatively rice as an option)

Preparation

If not vegetarian then ... A) Cook meat

- 1.) Washing meat
- 2.) Boil in water until the blood foam collects on the surface
- 3.) siphon off blood
- 4.) Add bergamot, whole onion and some salt. Simmer for 40 minutes at low heat
- 5.) Take out the meat, keep the soup

Otherwise directly... B) Cook okra

- 1) ½ Dice onion
 - 2.) Heat oil in a pot
 - 3.) add onion, fry for 30 sec.
 - 4) add frozen okra, fry for 2 minutes
 - 5) Add 1 can of tomato sauce/chunks (or put it in a blender with the fresh tomato).
 - 6) optional: add some soup for more taste
 - 7.) Add meat and spices (pinch of pepper, salt to taste, 1 teaspoon 7 spices), as well as chilli and garlic
 - 8.) Put the lid on and cook for 30 minutes
 - 9.) Ready! Add a dash of lemon.
- Dip with pieces of bread (or optionally cook rice with it)

Recipe 8: Austrian “Kaiserschmarrn” by Annika



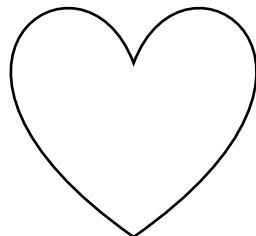
Ingredients

200g of flour
30g of sugar
1 pinch of salt
4 eggs
300 ml milk
40g butter
30g raisins
1 pinch of icing sugar for sprinkling

Preparation

1. For this delicious Kaiserschmarrn, first mix the flour, sugar, salt and yolk with the milk in a bowl to form a smooth, viscous dough.
2. In another bowl, beat the egg whites to a stiff snow and then fold them under the viscous dough.
3. Let the butter froth in a large, flat pan, pour the dough slowly, and bake on both sides.
4. Then bake the pan in a preheated oven over moderate heat (hot air approx. 180 ° C) for 10-12 minutes - until the Kaiserschmarrn is slightly golden brown.
5. Then take the pan out of the oven and tear the finished dough into irregular pieces with two forks.
6. Now add the raisins, stir well and the pan again for about 1 minute in the still hot oven.
7. Arrange the Kaiserschmarrn on plates, sprinkle with sugar and serve with any compote or apple sauce.

Enjoy your International Dinner at home!



Your FHiRST Team