

Poftă bună!



Bon appetit!

Smaklig måltid!

HA KUU MACAANAATO!

請慢用

# Food Calendar

## 2020

Enjoy your meal!

Smaczego!

Ăn ngon nhé!

Смачного!

Dobru chuť!



Gero apetito!

Приятного аппетита!

Ith gu leòir!

# January

## Chinese Cucumber Salad (拍黄瓜)



### Ingredients:

3 cucumbers  
3 cloves of garlic  
5 grams of sesame oil  
1 grams of salt  
3 grams of soy sauce  
5 grams of rice vinegar  
And appropriate amount of chili oil

凉拌黄瓜  
黄瓜一根  
蒜头3瓣  
麻油5克  
盐1克  
生抽3克  
米醋5克  
辣椒油按个人口味



### Method:

First clean the cucumber, smash and cut in chunky pieces, chop the garlic, put the cucumber in a bowl, add rice vinegar to marinate for 5 minutes. After 5 minutes, pour out the vinegar that the cucumber has been marinated in, and spread the garlic evenly, add sesame oil, salt, soy sauce, and chili oil, stir well, and put it in the refrigerator. Serve cold.

先把黄瓜洗净拍开，把蒜头切碎，把黄瓜放在碗中，放白醋，把水分腌出来，放5分钟，5分钟后，把黄瓜腌出来的水倒掉

By Kelly Zhang, S3

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# February

## Sarmale – Romanian stuffed cabbage rolls

### Ingredients:

1 green cabbage (the best is pickled cabbage)  
olive oil  
1 chopped onion  
2 garlic  
250 g rice  
700 g minced meat  
Salt, pepper, dill  
4 bay leaves  
4 tbsp of tomato paste



### Preparation:

Remove leaves from cabbage and place in boiling water. Cover and cook 5 minutes to soften.  
Sauté chopped onion, garlic and rice in olive oil. Add hot water, bring to a boil and simmer 10 minutes.  
Remove from heat, and let rice absorb all the water. Let cool. Add minced meat.  
Add dill, salt pepper, and 2 tablespoons water. Mix everything .  
Place about 50g of meat mixture on each cabbage leaf and roll it.  
Put rolled **Sarmale** in casserole pot. Add water with the stock, just enough to cover.  
Bring it to a boil, lower heat and simmer about 20 minutes. Then put it into oven and cook 1.5 hours.  
Then add the tomato paste and cook another 30 minutes.  
When ready to serve accompany Sarmale with sour cream and mamaliga (polenta).


By Casian, S3

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# March

## Pierogi – Polish dumplings with potato and cheese

<p><b>INGREDIENTS</b></p> <p><b>For the potato filling:</b></p> <p>5 medium potatoes , peeled          1/2 tsp salt          2 Tbsp butter melted          50g cream cheese / cottage cheese</p> <p><b>Preparation:</b>          Boil potatoes. Drain and cool 5 minutes then mash potatoes. Add salt, melted butter and cream cheese or cottage cheese. Partially cover and set aside while rolling out the dough.</p>	<p><b>For the Pierogi Dough:</b></p> <p>225ml warm water          60ml milk          2 Tbsp sour cream          1 large egg          1 tsp salt          500g flour</p> <p><b>Preparation:</b>          In the bowl mix together warm water, milk, sour cream, 1 egg and salt until blended. Add flour, mix together. Knead for 10 minutes</p>	<p><b>For the Toppings:</b></p> <p>1 medium onion chopped          2 Tbsp butter</p> <p>Sour Cream to serve</p> <p><b>Preparation:</b>          Make the topping before boiling pierogi so it's ready to drizzle over pierogi to prevent sticking.</p> <p>Sauté chopped onion. Melt in butter and remove from heat.</p> 
<p><b>How to Mold Pierogi:</b></p> <p>Roll out the dough. Cut circles from the dough. Add 1/2 teaspoon of potatoes over each round. To form pierogi, pull the 2 edges together and pinch tightly to seal. Cook pierogi for 5 minutes in a salted boiling water.</p> <p style="text-align: right;">By Jacob, S3</p>		

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## Cozonac - Romanian Easter or Christmas Sweet Bread

### Ingredients

400 g flour  
3 egg yolks  
60 g sugar  
250ml milk  
75g butter, soften  
1 tsp dry yeast  
1 tsp lemon zest  
1 tsp lemon extract  
salt

### For the filling

1 egg white  
1 tbsp cocoa powder  
1 tbsp sugar  
1 tsp vanilla  
2 tbsp walnuts  
1 egg to brush the sweet  
bread



1. For dough: mix warm milk, 1 tbsp of flour, 1 tbsp of sugar and the yeast .
2. Mix, then set aside for 10-15 minutes until risen.
3. Beat the soft butter with the sugar, and add the egg yolks.
4. Add the flour, add the butter mixture, the yeast mixture, lemon zest and vanilla and salt.
5. Knead well into a dough for 5-10 minutes, we need the dough to be elastic and easy to shape into a ball. Add more flour if necessary.
6. Leave the dough for 2 hours or until it doubles its size.
7. For the filling: beat the egg white with sugar until it holds stiff peaks.
8. Add the cocoa powder, vanilla and walnuts.
9. Roll the dough the spread the filling, leaving the edges clear, so the dough can be rolled back into a sausage.

10. Grease a bread tin well, add the dough, and leave to rise again, for 1 hour.
11. Preheat the oven. Beat the whole egg, and brush over the top of the dough.
12. Bake for 45 minutes or until a skewer inserted in the middle comes out clean.

**Enjoy!**

By Anna, Denisa and Daniela, S4

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# May

## Salata de Boeuf - Romanian beef salad

### Ingredients

500 g beef or chicken/ turkey breast  
4 medium potatoes  
4 carrots  
8 pickled cucumbers  
1 cup frozen pea  
500 g mayonnaise  
2 hard-boiled eggs  
a few sliced olives  
parsley leaves



### Directions

1. Boil the meat until it's cooked.
2. Boil the potatoes with their skin on. Boil the carrots.
3. Chop the meat, the carrots, the potatoes, the pickled cucumbers and peas.
4. Put them in a large bowl, and add the mayonnaise. Add salt and pepper, then mix everything
5. Chill for at least 2-3 hours before serving.

By Catalina, S3



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# June

## Zemiakové Placky – Slovak Potato Pancakes

### Ingredients:

3 large potatoes  
1 egg  
salt, black pepper  
half a small onion  
1-2 garlic  
1 spoon of flour  
Oil to fry



### Preparation:

1. Grate 3 large potatoes.
2. Grate half of a small onion and 1 or 2 garlic.
3. Add 1 egg, salt, black pepper, onion and garlic.
4. Add 1 tbsp of flour. Mix together.

Heat up oil. Add about 2 tbsp of potato mixture per pancake. Fry each side for about 4 minutes, until the pancakes get dark brown.

Serve warm with sour cream or sautéed mushrooms. Enjoy!

By Rudko , S4

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# July

## Somali Bariis – Somali style rice



### Ingredients

#### For the rice:

4 cups Basmati rice  
1 large onion, chopped  
4 cloves garlic, minced  
1 cinnamon stick  
4 chopped tomatoes  
10 whole cloves  
2 teaspoons xawaash spice mix  
2 chicken stocks  
1 teaspoon saffron threads, finely chopped  
1 cup raisins  
Salt, olive oil

#### For the xawaash:

1 teaspoon cumin seeds  
1 teaspoon coriander seeds  
1 teaspoon black peppercorns  
1 teaspoon fenugreek seeds  
1/2 teaspoon ground turmeric  
1 teaspoon cardamom seeds  
1 small cinnamon stick

#### Topping for rice:

2 onions  
1 red pepper  
4 potatoes  
1/4 cup raisins  
Oil for frying

### Preparation

Soak rice in cold water 30 to 45 minutes, then drain.

**Prepare the xawaash:** Combine all the spices in a spice grinder and finely grind. Set aside.

**Prepare the topping:** Heat olive oil in a wide, deep pot and add the onions. Add raisins and allow to soften, about 2 minutes, add red pepper and cook about 5 to 7 minutes. Season with salt and set aside on a paper towel.

**Make the rice:** Heat 1/2 cup oil. Add onions and sauté for 6 to 8 minutes. Add garlic, cinnamon sticks, and xawaash and cook, stirring, 1 minute.

Stir in stock and rice. Bring to boil, then cover and cook on low heat 20 minutes. Stir in saffron and raisins and season to taste with salt. Cover, turn off heat and steam for 5 more minutes. Transfer to a serving platter, using a large spoon to pile rice in a heap onto a platter. Sprinkle topping over rice and serve.

By Mohamed, 54

Eat with banana and leaf salad

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# Bún Măng Gà - August

## Vietnamese Chicken and Bamboo Soup

### Ingredients:

#### **Bamboo**

- 1 lb dried bamboo (presoak overnight)
- 1/4 cup vegetable oil
- 2 large shallots (peel and mince)
- 5 cloves garlic (peel and mince)
- 2 teaspoons mushroom stock powder
- 2 teaspoons fine sea salt
- 1 teaspoon granulated sugar

#### **Broth**

- 1 whole chicken
- 3l water
- 1 onion
- 150g rock sugar
- 2 tablespoons salt
- 2 tablespoons mushroom stock powder

#### **Noodles & Garnish**

- 1 package rice vermicelli noodles (bun)
- Green onions (slice thin)
- Cilantro (roughly chop)
- Shredded white or purple cabbage
- Lime/lemon wedges



### Instructions

Boil bamboo for 15 minutes. Rinse bamboo. Repeat boiling until water is clear and no longer yellow. Drain bamboo and cut into thin strips.

In a wok, sauté shallots. Add garlic. Add shredded bamboo. Season bamboo with mushroom stock powder, sea salt and sugar. Set aside.

Boil 3l of water. Add chicken and onion. After 30 minutes, remove chicken.

Discard whole onion. Add sautéed bamboo to the pot and simmer on medium low for 30 minutes. Add rock sugar, sea salt and mushroom stock powder.

Once chicken has cooled, chop into pieces. Set aside. Cook noodles and prepare the vegetables.

To serve, add noodles, chicken and bamboo to a bowl. **BY KIM LEE**

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# September

## Борщ - Borsch – Ukrainian beetroot soup

### Ingredients

#### Broth:

2l water + piece of beef / pork / chicken

or 1 can kidney beans for the vegetarian option/ or any kind of stock

300g cabbage, thickly sliced

4 medium potatoes, cubed (optional)

1 large onion, chopped

2 medium carrots, grated

2 medium beets, grated

3 medium tomatoes, chopped

2 tbsp tomato paste

1-2 tbsp white vinegar

2 bay leaves

1/3 cup dill or parsley, finely chopped

Salt and pepper



### Preparation:

1. In a large pot, add water and meat of your choice, bring to a boil on medium– high heat. Cook for 1 hour.

*(Boil water, add vegetable stock and beans – for vegetarian option)*

2. In the meanwhile, wash, peel and cut vegetables.

Once the broth is ready, add cabbage and potatoes. Let it cook on medium heat for about 20 minutes.

3. While cabbage is cooking, sauté onion and carrots for 5 minutes, stirring occasionally. Add beets and cook for another 3-4 minutes. Add tomatoes and tomato paste. Bring mixture to a boil on low heat and cook for a few minutes.

4. Transfer to a pot, cover and cook on low – medium for about 10 minutes. Turn off heat. Add salt, vinegar, pepper, bay leaves. Stir and let borscht sit for 10 minutes to allow flavours to marry each other. Serve hot with a dollop of sour cream and garlic bread. *Приятного апетита!*

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# October

## Sukuma Wiki - Kenyan Braised Kale

### Ingredients:

1 bunch of kale, chopped  
1 tbsp olive oil  
1 medium onion  
2-3 medium tomatoes, roughly chopped  
2 tsp minced garlic  
1 tsp ground cumin  
1 tsp ground coriander  
1/2 tsp turmeric  
1/2 tsp cayenne pepper  
salt, to taste  
1 tbsp lemon juice  
1 cup water, vegetable stock



### Directions:

In a pan, heat the olive oil and cook the onions over a medium heat until they just begin to soften. Add the minced garlic and sauté for about 1 minute.  
Add the ground cumin, ground coriander, and ground turmeric, and fry for about 20 seconds, then add tomatoes and blend well into the mixture, making sure the spices don't burn at the bottom of the pan  
Add the kale a handful at a time, stirring until all the greens are well coated with the mixture.  
Add the water/stock, reduce the heat to medium, and cover. Cook about 10 minutes.  
Remove from the heat and add a bit of lemon juice to taste.

By Mohamed, S4

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# November

## Russian salad "Shuba" – herring "under the fur coat" salad

### Ingredients

- 3 medium potatoes boiled with skin on, peeled and diced
- 2 medium carrot boiled with skin on, diced
- 1 large beetroot boiled with skin on, peeled and grated
- 3 hardboiled eggs
- 1 sliced onion (pickled in vinegar for 10 minutes)
- 1.5 cup herring fillets diced (skin, bones removed)
- 1/2 cup mayonnaise
- Salt and pepper



### Preparation:

1. Boil potatoes, carrots, beetroot (45 minutes) and eggs.
  2. Once cooked and cooled dice and set aside.
  3. Slice the herring fillets into small bite size pieces (cubed or diced). Set aside.
  4. On a serving platter start to layer your ingredients.
  5. Evenly spread potato across the entire base.
  6. Add the marinated onion, spread evenly over the grated potato.
  7. Put the chopped herring evenly over the onions.
  8. Add a few tablespoons of mayonnaise, using the back of the spoon to thinly spread across the dish, pressing into the herring.
  9. Repeat the layers: remaining potatoes, onions, herring, mayonnaise.
  10. Add diced carrots as the next layer. Cover with mayonnaise.
  11. Finally, grate the beets evenly spread over the carrot mayo layer, and cover with mayonnaise. Grate the eggs over the entire Shuba salad.
- Keep refrigerated until you are ready to serve.

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# December

## Saffransbullar - Swedish Christmas Saffron buns

### Ingredients

1 g saffron threads  
 50 g yeast  
 200 g sugar  
 300 ml milk  
 1 egg  
 150–200g butter  
 1 tsp salt  
 750g flour  
 100g raisins  
**Glaze:**  
 1 egg  
 2 tbs water



### Preparation

Buns look like cats – *lussekatter*.

1. grind the saffron with sugar
2. Add the yeast in a bowl and stir in a few tablespoons of milk. Melt the butter and pour on the milk.
3. Add all the ingredients and knead the dough.
4. Add the raisins, cover the dough and let it rise for 30minutes.

5. Divide the dough into 25 pieces and roll the buns in an oblong shape, about 10 cm long. Cover them and let rest for 10 minutes, then roll them twice as long and twist the ends of each bun in opposite directions to form a sort of figure 8. Put one raisin in the middle of each half figure
6. Place on a greased baking sheet and let rise under a towel for about 90 minutes.
7. Bake in the oven (220°C/425°F) for 5 minutes. Beat together the egg and water, brush the mixture on the buns. Allow to cool on the baking sheet.

By Mohamed, S4

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