



THE IFS FOUNDATION

COOKBOOK



Thank you. Thank you to all the IFS colleagues who kindly invited us into their hearts and kitchens to share their much-loved recipes. Thank you to all of those who helped create this cookbook. Your time, energy and passion for food and the IFS Foundation is much appreciated. And thank you, dear reader, for supporting the IFS Foundation and using this cookbook.

No matter who we are, or where we come from, food is an important part of our lives. It is a basic need. It brings people together. Recipes are passed down through families and are a key feature in some of our fondest memories. So, whilst you bring your friends, families and colleagues together to try some of these recipes, please remember you form part of a community of people collectively making a difference by supporting the IFS Foundation.

The IFS Foundation is committed to supporting rural communities in Sri Lanka by investing in projects such as providing access to clean water, sanitation facilities, healthcare, education and employment opportunities. Funds raised from this cookbook will go towards these essential projects.

On behalf of the IFS Foundation, thank you once again for your support. Together we can help make the world a slightly better place. Together we can make a difference.

Please visit ifs.com/foundation to donate.



STEPHEN KEYS
IFS FOUNDATION TRUSTEE

EXPLANATION OF SYMBOLS



HOW MANY DOES IT SERVE?



HOW LONG DOES IT TAKE?
incl. prep time



HOW DIFFICULT IS IT?
1 = easy 5 = hard

CONVERSION TABLE

Fahrenheit (°F)	Celsius (°C)
140°F	60°C
250°F	120°C
275°F	135°C
300°F	150°C
320°F	160°C
340°F	170°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C



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STARTERS & SIDE DISHES
FROM ALL AROUND THE WORLD





∞ MUSSELS À LA KJELDSEN

∞ A RECIPE FROM NORWAY



INGREDIENTS

1 PACK MUSSELS (1KG)
OIL
1 ONION
1 GARLIC CLOVE
1 PK DILL
1 TBSP TOMATO PASTE

A LITTLE WATER
A LITTLE WHITE WINE
SALT
PEPPER
A LITTLE CREAM OR MILK



SERVES: 4



COOKS: 20 MIN



DIFFICULTY: 2/5

METHOD

1. Wash the mussels, discarding those that are crushed.
2. Finely chop the onion, garlic and dill. Put some oil in a saucepan that is large enough for all of the mussels. Fry the onion and garlic until golden.
3. Add 1 tbsp of tomato paste, stir this into the onion and add a little water (not much, the mussels contain a lot of water) and a little white wine. Let it boil.
4. Add the mussels and dill and let it cook under a lid for about 5 minutes or until most mussels have opened. Stir occasionally or shake the pan.

If the mussels are boiled for too long, they become tough and dry.

5. Add cream or milk before serving (this balances much of the tomato puree taste, so use as much or little as you want), season with salt and pepper.

Serve with white bread.



THIS RECIPE WAS CONTRIBUTED BY

RUNE KJELDEN
SENIOR CONSULTANT, NORWAY

This dish is easy and quick to make if you feel like good food or have friends visiting. This dish is suitable as either a light starter or as a main course and can be varied according to your own needs.

10 MINOTAUR MAZE

GREEK INSPIRED: ASPARAGUS MEETS FETA CHEESE AND OLIVES





INGREDIENTS

FETA (LARGE PORTION)
ASPARAGUS (12 THIN)
BLACK OLIVES (FEW SLICED)
PINE NUTS (FEW)
SALT

BLACK PEPPER
BALSAMIC VINEGAR
OLIVE OIL



SERVES: 1



COOKS: 30 MIN



DIFFICULTY: 3/5

METHOD

1. Clean the asparagus, and put them in a pan with a spray of olive oil on a medium heat.
2. Slice the black olives about 0.5cm, not too thin.
3. Pass the pine nuts in a heated pan with a spray of olive oil, until they are just roasted but not completely brown. Be careful as it goes quick.
4. Slice the feta in cubes with a sharp knife, ideally you have a square portion of feta, so you can have a nice square shape sliced regularly.
5. Add some water in the pan with the asparagus, carefully cook them by simmering in water and olive oil.
6. Place the feta cubes onto a presentation plate.
7. Space the cubes so you can put in between the asparagus, crossed in both directions. Usually two thin asparagus in between each cube.
8. In the pan where the asparagus were cooked, pour some balsamic vinegar, stir slowly until reduced.
9. Add the sliced black olives and the pine nuts on the top of the dish.
10. Pour the balsamic vinegar reduction on top.



THIS RECIPE WAS CONTRIBUTED BY

FABIEN FRANCES
PROGRAM MANAGER, UK

I wanted to see a different way to eat feta with a nudge to Greek tradition and ingredients.

12 HUMMUS

AN ORIENTAL CLASSIC: DELICIOUS CHICKPEA & TAHINI DIP



INGREDIENTS

1 CAN (15 OZ) DRAINED CHICKPEAS,
OR 1 ½ CUPS COOKED CHICKPEAS

LEMON JUICE TO TASTE

1 CLOVE GARLIC

½ TSP FINE SEA SALT

½ CUP TAHINI

3 TSP WATER

½ TSP GROUND CUMIN

1 TSP EXTRA-VIRGIN OLIVE OIL

OPTIONAL GARNISH:

OLIVE OIL

GROUND SUMAC

CHOPPED FRESH PARSLEY

BLACK CUMIN SEEDS

**ADD SOME
COLOUR!**

*I love to combine—or even
replace the chickpeas—
with a ripe avocado!*



METHOD

1. Put the precooked or canned chickpeas in a food processor. Add the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest for about 10-20 minutes.
2. Add the tahini and blend until the mixture is thick and creamy. Add water to the mixture and continue processing until you have a smooth and fluffy dip.
3. Add the cumin and drizzle in the olive oil. Blend until the mixture is super smooth. Scrape down the sides of the processor if needed. Add more water by the tbsp if necessary to achieve an ultra creamy texture.
4. Adjust to taste with lemon juice and salt if needed.
5. Scrape the hummus into a serving bowl or platter, and use a spoon to create swooshes. Top with garnishes of your choice, and serve.



THIS RECIPE WAS CONTRIBUTED BY

MIRIAM RAUH

SENIOR MARKETING MANAGER,
GERMANY

I love the oriental cuisine and its variety of spices. This one is a classic. You can enjoy this dip wonderfully with a nice flat bread and olive oil but also with vegetable sticks or combined with the Winter Bowl (page 44).

Hummus likely originated from ancient Egypt but is very common in the whole Middle Eastern world.

This recipe is inspired by Yotam Ottolenghi's "Jerusalem" cookbook.



14 CRUSTLESS CHEESEPIE & HERRING

SWEDISH WÄSTERBOTTEN CHEESE PIE WITH SOUSED HERRING



INGREDIENTS

150G GRATED WÄSTERBOTTEN CHEESE
3 EGGS + 1 EXTRA YOLK
200ML CREAM OR LIGHTER CREAM
SALT (ADJUST TO PERSONAL TASTE)
GROUND BLACK PEPPER
(ADJUST TO PERSONAL TASTE)

3 FILLETS OF SOUSED HERRING
4 TBSP OF BROWNED BUTTER
3 TBSP OF CHOPPED DILL AND CHIVE
OPTIONAL: 1 TSP FRESH THYME



SERVES: 6-8



COOKS: 30 MIN



DIFFICULTY: 3/5

METHOD

The pies:

1. Whisk eggs, yolk and cheese. Add salt and pepper to suit your taste.
2. Pour the filling into well-buttered tins (1 per person).
3. Place in oven at 200°C for 15-20 minutes until the filling has set.
4. Take the tins out and let them cool down.

The grilled herring:

While the pies are in the oven, prepare the soured herrings. They can be served as is but I prefer them lightly grilled. If you have a coal-fired grill that is the best, but a grill skillet is also really good. A standard skillet or oven can also be used. If using a skillet make sure it is really hot.

1. Dry the fillets.
2. Grill for a short while on both sides, they should only get stripes from the grill and lightly caramelized on the surface.
3. Slice the herrings into angled pieces.

Serving:

1. Top each pie with 3-4 slices of herring.
2. Spoon the browned butter on the top.
3. Finish with the herbs.

In Sweden this dish often is served with cold akvavit and lager beer, alcohol-free beer is also a good alternative.

You can prepare the pies earlier and heat at 200°C for a few minutes.



THIS RECIPE WAS CONTRIBUTED BY

TOMMY BERGSTRAND
PRINCIPAL SOFTWARE ENGINEER,
SWEDEN

This dish captures the end of the Swedish summer when served at a crayfish party!

The soured herring is a traditional dish served at the Swedish midsummer. Slightly grilled, like this recipe, is perfect for the transformation to the autumn.

16 ULTIMATE BRUSSELS SPROUTS

THE CANADIAN WAY: SAVOURY & HEARTY



INGREDIENTS

1 ¼ LBS BRUSSELS SPROUTS,
TOUGH ENDS REMOVED AND HALVED
4 SLICES BACON,
CUT INTO 1-INCH PIECES
¼ CUP BEER, PREFERABLY DARK ALE
2 TBSP GRAINY MUSTARD
2 TBSP MAPLE SYRUP
½ TSP SALT

OPTIONAL:
1 TBSP BACON FAT OR
UNSALTED BUTTER
½ CUP PANKO BREADCRUMBS



SERVES: 4-6



COOKS: 30 MIN



DIFFICULTY: 1/5

METHOD

1. Preheat oven to 425°F.
2. In a small bowl, combine beer, mustard, maple syrup and salt.
3. In a large cast iron pan or high-sided skillet over medium heat, cook bacon until crisp, about 5 minutes. Transfer to a plate.
4. In the same pan or skillet over medium heat, sear sprouts cut side-down until golden brown on the bottom, about 5 minutes. Stir in prepared beer mixture and bacon. Transfer skillet to the oven and roast until sprouts are tender and liquid has reduced, about 10 minutes.

Next steps can be omitted:

5. Meanwhile, in a skillet over medium heat, melt bacon fat or butter. Stir in panko breadcrumbs and toast until golden brown, about 2 minutes. Transfer sprouts to a large serving platter or bowl and sprinkle with toasted panko breadcrumbs. Serve.



THIS RECIPE WAS CONTRIBUTED BY

CAROL DIETRICH
ACCOUNTING ASSOCIATE, CANADA

My husband isn't fond of brussels sprouts. I disguise them with something he likes; beer, bacon and maple syrup.

What is more Canadian than that?



1 **BITTERBALLEN**
A TRADITIONAL DUTCH SNACK

INGREDIENTS

3 TBSP BUTTER
3 TBSP ALL-PURPOSE FLOUR
½ CUP BEEF BROTH
1 BEEF TOP SIRLOIN STEAK
(¾ POUND), CUT INTO
½-INCH CUBES
¼ CUP FINELY CHOPPED PARSLEY
¼ TSP SALT
¼ TSP GROUND NUTMEG

⅛ TSP PEPPER
1 ⅓ CUPS DRY BREADCRUMBS
2 LARGE EGGS
1 TSP 2% MILK
1 TSP CANOLA OIL
OIL FOR DEEP-FAT FRYING
OPTIONAL: STONE-GROUND MUSTARD

BEST SERVED
HOT ALONG
WITH MUSTARD



SERVES: 30



COOKS: 45 MIN



DIFFICULTY: 3/5

METHOD

1. In a large saucepan, melt butter over medium heat. Stir in flour until smooth. Gradually add broth and bring to a boil. Cook and stir for 1 minute or until thickened.
2. Carefully add the meat and parsley; cook and stir for 2-5 minutes or until the meat is no longer pink.
3. The meat mixture is cooked slow and long until the meat becomes so soft you can cut it with a spoon. This takes between 30-60 minutes. Keep checking that the meat is getting more tender. You then press it with a fork into a rich stringy paste.
4. Stir in the salt, nutmeg and pepper. Transfer to a bowl; refrigerate for 3-4 hours or until chilled.
5. Place breadcrumbs in a small shallow bowl. In another bowl, whisk the eggs, milk and oil. Drop meat mixture by tablespoonfuls into the breadcrumbs; shape into balls. Dip meatballs in egg mixture, then coat again with crumbs. In an electric skillet or a deep fryer, heat oil to 375°F.
6. Fry meatballs, a few at a time, for 2-4 minutes or until golden brown on all sides. Drain on paper towels. Serve hot with mustard if desired.



THIS RECIPE WAS CONTRIBUTED BY

BIBIAN BEHLE

OFFICE MANAGER, NETHERLANDS

Bitterballen are a typical Dutch snack for cosy winter evenings. In every bar and during every birthday or social event, bitterballen are served. There are all kinds of variations of the bitterbal. There is a kroket, which is a long version of a bitterbal, the goulaskroket with goulashragout and kroketburger in the shape of a hamburger.

2 GRAVAD LAX

0 PICKLED SALMON: TRADITIONALLY SWEDISH



INGREDIENTS

1 KG OF SALMON
2 TSP WHITE PEPPER
4 TBSP SALT
5 TBSP SUGAR
CHOPPED DILL



SERVES: 4



COOKS: 2-3 DAYS



DIFFICULTY: 1/5

METHOD

1. If you have fresh fish it is recommended to freeze this for two days before you start.
2. Fillet the fish (fish can still be a bit cold).
3. Mix the white pepper, salt and sugar in a bowl. Rub the fillets with $\frac{1}{3}$ of the mix. Add the rest of the mix plus the chopped dill on top of one of the the fillets (skin side down), then put the second one on top (like a sandwich, with the skin outwards).
4. Put the fish in a plastic bag and put the bag in the cooler. Leave it for two days, turning the bag over now and then. After two days the fish is cured.
5. Rub off the mix, and thinly slice the meat. If you want to experiment—try adding the grated peel of a lemon, or perhaps some grated ginger. Keep in the cooler and eat it all within a week.



THIS RECIPE WAS CONTRIBUTED BY

RICKARD LAUTRUP
MANAGER TRAINING AND ENABLEMENT,
SWEDEN

I spend much of my time fly fishing in the north of Sweden, catching Rainbow Trout. This is when I recover and recharge, tapping into our fantastic nature. This is one of my favourite recipes when I come home with my catch.

This is a household recipe in Sweden, part of any standard cookbook.

MAIN DISHES

DELICIOUS MAIN DISHES FROM ALL AROUND THE WORLD







24 SMOKED BRISKET

TRADITIONAL SMOKED RECIPE FROM THE USA



INGREDIENTS

MEAT:

12-15 LBS BEEF BRISKET
(YOU CAN SUBSTITUTE BISON,
DEER, OR ELK)
16 OZ APPLE CIDER VINEGAR
(WITH A SPRAY BOTTLE)

MEAT RUB:

1 CUP COARSE BLACK PEPPER
1 CUP COARSE SEA SALT
1 CUP COARSE GROUND COFFEE

MEAT INJECTION:

2 CUP BEEF BROTH
2 TBSP WORCESTERSHIRE SAUCE
¼ CUP SODIUM PHOSPHATE



SERVES: 10-15



COOKS: 12 HRS



DIFFICULTY: 5/5

METHOD

1. Preparation

Pre-heat smoker or grill to 250°F. Trim the brisket. There are two ends to a brisket, the flat and the point. The point will be more bulbous, the flat is the other end. Remove silver skin, and access fat on the fat cap side. You are looking to preserve about ¼ inch of fat on the flat of the brisket.

Optional: If injecting, mix injection ingredients together. Inject between the meat fibres every 2 inches. Mix the pepper, salt and coffee together. Once mixed, apply rub to the meat evenly on both sides starting with the fat cap side.

2. The Cook

A 15 lb brisket can cook up to 12 hours (or more). Your goal is to maintain a constant indirect heat source at 250°F. You will cook to colour and have an internal temperature of 165°F. Start by placing the brisket in the smoker with fat side down. Every 45 minutes to an hour, lightly spritz the brisket with vinegar, being careful not to wash off the salt/pepper/coffee mixture. Begin to check the internal temperature after around 5 hours. Once it reaches 165°F, tightly wrap the brisket in aluminium foil. Place the brisket back on the smoker and increase the temperature of the smoker to 275°F. You will cook until the brisket reaches 205-210°F. Once it reaches the desired temperature, pull it from the smoker and let it sit for 2 hours in the foil.

3. The Slice

After resting the brisket, remove from foil. To slice, cut across the grain in ¼ of an inch sized slices. Serve with barbecue sauce or the juice from bottom of the foil.



THIS RECIPE WAS CONTRIBUTED BY
TROY KINDLE
GLOBAL LEARNING & DEVELOPMENT
PROGRAM MANAGER, USA

Cooking and smoking meats have always been a way for me to recharge after a long week at work or when stress creeps into my life.

I have always found an enjoyment in sharing what I cook with friends and family. Recently I have cooked for my church and have fed people that are going through difficult times. I believe that cooking binds us all together as it bridges every culture.

26 LE BOEUF CAROTTES

TASTY, SIMPLE AND FRENCH





INGREDIENTS

1KG OF BEEF
600G OF CARROTS
400ML OF RED WINE (CAHORS,
MADIRAN, CÔTES DU RHÔNE)
1 ONION
2 CLOVES OF GARLIC

THYME AND BAY LEAF
200ML OF TOMATO COULIS
1 SUGAR CUBE
OLIVE OIL
SALT AND PEPPER



SERVES: 4



COOKS: 2.5 HRS



DIFFICULTY: 1/5

METHOD

1. Brown the pieces of meat in a casserole dish in 2 tbsp of olive oil. Remove them and set them aside on a plate.
2. Peel and slice the onion and garlic. Add a little olive oil to the casserole dish and sweat the garlic and onion over a low heat. Add the tomato coulis, sugar, thyme and bay leaf and simmer for 3 minutes.
3. Moisten with the wine, add salt and pepper and gently bring to the boil. Put the pieces of meat back in, cover and simmer for at least 2 hours.
4. Peel and slice the carrots. Add them to the casserole after one hour of cooking.

You can enjoy boeuf carottes with rice or add some potatoes to the casserole.



THIS RECIPE WAS CONTRIBUTED BY

CLAIRE MIGNOT
MARKETING OFFICER, FRANCE

When I heard about this cookbook, I immediately thought of my sister. She spends hours in her kitchen preparing delicious meals, while my best friend is called UberEats.

I texted her to ask for her favourite recipe and she simply sent me a picture of her lunch that was cooking: Boeuf Carottes. Her reply was perfect. She didn't try to give me a fancy recipe, she just gave me her everyday meal. Something tasty, simple to make, that will comfort you in a cold autumn.

I hope you will enjoy it. Bon appétit!

2 CHICKEN MANDI

∞ A TASTY & EASY TO COOK MAIN DISH FROM YEMEN



INGREDIENTS

INGREDIENTS FOR RICE

2 CUPS BASMATI RICE
1 MAGGI CUBE
¼ MANDI SPICES
¼ TSP TURMERIC POWDER
1-INCH PIECE OF CINNAMON STICK
4 GREEN CARDAMOM PODS
5 CLOVES
4 SMALL BAY LEAVES
1 MEDIUM ONION SLICED
2 DRY LEMON
(SUBSTITUTE—LEMON JUICE)
2 BIG SIZE NON-SPICY GREEN CHILIES
1 TSP SALT

MANDI SPICES

2 TBSP CUMIN SEEDS
6 CARDAMOM PODS
3 1-INCH-PIECES OF CINNAMON
8 CLOVES
1 TBSP BLACK PEPPERCORNS
3 BAY LEAVES
1 TSP GROUND TURMERIC POWDER

FOR MARINATING CHICKEN:

500G OF CHICKEN PIECES
2 TBSP LEMON JUICE
¼ MANDI SPICES
1 TSP SALT
HALF MAGGI CUBE
1 TBSP OLIVE OIL
3 TBSP COOKING OIL TO COOK CHICKEN
1 FRIED ONION



SERVES: 4



COOKS: 60 MIN



DIFFICULTY: 2/5

METHOD

1. Wash 2 cups of basmati rice thoroughly. Add 1 tsp turmeric powder to the washed rice and soak in water for 1 hour. Turmeric is added to give a golden colour to the rice.
2. **For the mandi chicken:**
Marinate chicken pieces with salt, lemon juice, 2 tbsp of mandi spice mix, and olive oil for 30 minutes. Heat oil in a non-stick saucepan and fry the chicken pieces on high heat for 5 minutes until all juices are sealed. Reduce the heat, add 1 cup hot water, place the lid on and cook until chicken is fully cooked through.
3. **To cook mandi rice:**
Gently discard the turmeric water from the rice. Heat oil in a large saucepan and add 1 small cinnamon stick, cardamom pods, cloves, and bay leaves. Then add 1 medium sliced onion and fry until soft. Add dry lemon, 2 large non-spicy green chilies, 1 Maggi cube (to give chicken flavour to the rice), 2 tbsp mandi spice mix, and 1 tsp salt. Stir well for 3 minutes on high heat and then add 4 ¼ cups of water and any water remaining from mandi chicken. Place the lid on the pan and cook until chicken is fully done. Remove chicken pieces and add soaked rice to the saucepan. Stir gently, cover, and cook until the rice is cooked, and all water has evaporated. You can place slices of tomato on top while cooking the rice and later remove and use it for garnish.

Once the rice is cooked, place mandi chicken on the rice in the same saucepan. Place a small bowl with hot burning charcoal. Pour 1 tsp ghee over the coal and place the lid tightly. Fumigate the mandi rice and chicken for 15 to 20 minutes.



THIS RECIPE WAS CONTRIBUTED BY

AURELIA GODINHO
ADMINISTRATIVE ASSISTANT, UAE

This dish is fast and easy to cook, it saves a lot of my time. This dish is a complete main course, you don't need any other sauce for it. Everyone at my place loves it.

30 RED THAI CURRY

EASY TO COOK AND INCREDIBLY DELICIOUS





INGREDIENTS

- | | |
|-------------------------------|----------------------|
| 400G BOILED RICE | 4 KAFFIR LIME LEAVES |
| 4 CHICKEN BREASTS/300G PRAWNS | 2 TBSP SOY SAUCE |
| 2 STICKS LEMONGRASS | 1 TSP FISH SAUCE |
| 1 TSP TOMATO PUREE | 1 TSP SESAME OIL |
| 4 ROASTED RED PEPPERS | 200G SUGAR SNAP PEAS |
| 40G FRESH CORIANDER | 400G COCONUT MILK |
| 1 CHILLI | 2 TBSP LIME JUICE |
| 2 CLOVES OF GARLIC | OLIVE OIL |
| 20G GINGER | |



SERVES: 4



COOKS: 45 MIN



DIFFICULTY: 2/5

METHOD

1. To start, take 2 sticks of lemongrass and roughly chop them. Place them into the food processor. At the same time add 1 tsp of tomato puree, along with 4 peeled roasted red peppers. Add the fresh coriander, 1 chilli and 2 cloves of garlic. Add the peeled ginger and 4 kaffir lime leaves. Blend all the ingredients.
2. Then add 2 tbsp of olive oil and 2 tbsp of soy sauce into the food processor. Add 1 tsp of fish sauce and 1 tsp of sesame oil. Give that a good mix.
3. Heat the pan, add 1 tsp of olive oil. Get all the paste into the pan. Then, add either the chicken breasts or prawns. Give the pan a little shake to make sure that all chicken or prawns are covered with the paste.
4. Add the sugar snap peas and coconut milk. Bring it to the boil and simmer for 3 minutes. Sprinkle the chopped coriander and cook for 30 seconds. Then, add 2 tbsp of lime juice.

Serve with boiled rice prepared in advance.



THIS RECIPE WAS CONTRIBUTED BY

JODIE BRYAN
VIDEO & MARCOM OPERATIONS
MANAGER, UK

A family favourite and easy after-work go to.

This recipe is from [Jamie Oliver's website](#).



3 SALMON & KALE KEDGEREE

EASY TO COOK, TASTY AND HEALTHY



INGREDIENTS

300G BROWN RICE
2 SALMON FILLETS (ABOUT 300G)
4 EGGS
1 TBSP VEGETABLE OIL
1 ONION, FINELY CHOPPED
100G CURLY KALE
1 GARLIC CLOVE, CRUSHED

1 TBSP CURRY POWDER
(ADJUST DEPENDING ON YOUR
APPETITE FOR SPICE)
1 TSP TURMERIC
ZEST AND JUICE 1 LEMON



SERVES: **3-4**



COOKS: **30 MIN**



DIFFICULTY: **2/5**

METHOD

1. Cook the rice following pack instructions and make sure there is extra water in the pan. Meanwhile, season the salmon and steam over a pan of simmering water for 8 minutes or until just cooked (I often steam over the rice to reduce washing up). When the rice water is switched to simmering, add the eggs on top of the rice and boil for 6-7 minutes, then carefully take them out and run under cold water, leaving the rice to continue simmering. Pop the salmon to one side and loosely cover to keep warm.
2. When the rice is 10 minutes away from being finished, heat the oil in a large frying pan or wok, add the onion and cook for 5 minutes on a medium/high heat, stirring regularly. Throw in the kale and cook, stirring, for 5 minutes. Take the rice out and run under boiling water. Then add the garlic, curry powder, turmeric and rice to the frying pan, season with salt and pepper to taste, and stir gently until heated through.
3. Peel and quarter the eggs. Flake the salmon and gently fold through the rice, then divide between bowls and top with the eggs. Sprinkle over the lemon zest and squeeze over a little lemon juice before serving.



THIS RECIPE WAS CONTRIBUTED BY

FIONA KELLY
GLOBAL KEY ACCOUNT PROGRAM
MANAGER, UK

I love this dish because everyone that I cook it for also loves it and as a cook that makes me happy.

This is great mid-week meal, it's easy to prepare and it also helps that it is very balanced and healthy.

34 SRI LANKAN CRAB CURRY

SPICY, TANGY, DELICIOUS!



INGREDIENTS

TO SEASON THE CRAB

500G OF CLEANED, FRESH MEDIUM SIZED CRAB
2 TSP OF SALT
1 TSP OF PEPPER
PINCH OF TURMERIC
1 ½ TSP OF CHILLI POWDER
4 TSP OF TAMARIND JUICE

FOR THE CURRY MIX

1 LARGE ONION, CUT
4-5 SMALL ONIONS
2 PCS OF GINGER, CUT
5-6 CLOVES OF GARLIC
2 GREEN CHILLI CUT IN HALF
2 MEDIUM SIZED RED TOMATOES
2 TSP CURRY POWDER
1 TSP CHILLI POWDER
2 TSP GARAM MASALA POWDER

FOR COOKING

200ML THICK COCONUT MILK
100ML WATER
2 TBSP COCONUT OIL
2 PANDAN LEAVES
6-8 CURRY LEAVES
½ A FRESH LIME



SERVES: 4



COOKS: 45 MIN



DIFFICULTY: 4/5

METHOD

1. Season the freshly cleaned crab using salt, pepper, turmeric, chilli powder and the tamarind juice. Put aside and let it season for 45 minutes to 1 hour.
2. To make the curry mix, in an electric grinder; grind onions, ginger, garlic, green chilli, tomatoes and the spices to make a slightly damp, spiced paste.
3. Heat up oil in a deep, large pot with a closable lid. Add curry and pandan leaves and let them fry in medium heat, just until the leaves are charred slightly around the edges. Add the prepared curry paste, stir and fry for 3-4 minutes.
4. Add the crab to the mix and fry for 5 minutes. If it's difficult to stir with a wooden spoon, lift the pot an inch or so off the heat and flick the pot in a quick upward motion so the spices get coated evenly around the crab.
5. Add the water, close lid and let it simmer for 4-5 minutes.
6. Add in the thick coconut milk and lift the pot an inch or so off the heat and perform the upward motion so the coconut milk is well combined with the crab.
7. Add salt to taste. Close lid and reduce heat to low and let it cook for up to 20 minutes. Check every 10 minutes, give it a gentle stir and make sure the crab is well covered with the spice mix and coconut milk. Take the lid off the pot and give it a quick stir. Cook for a further 10 minutes on low-medium heat to thicken the curry.
8. Remove from heat and set aside for 5 minutes. Squeeze in the lime and give it a gentle stir.

Serve with warm basmati rice with a salad or any other suitable accompaniment.



THIS RECIPE WAS CONTRIBUTED BY

**HESHANI
JAYAWICKRAMA**

SENIOR BUSINESS SYSTEMS ANALYST,
SRI LANKA

The Sri Lankan crab curry always held a special place in my heart. Seafood is a staple in Sri Lankan cuisine and crabs are considered a spicy, tangy, delicacy and an extremely popular dish among locals as well as visitors.

When I think of this dish, I'm reminded of the weekly special Sunday lunch prepared by my mother and my father helping us to break-open the notoriously difficult crab to extract the crabmeat out. Difficult to eat, but the pay-off is oh-so delicious!

3 ZÜRCHER GESCHNETZELTES
6 TRADITIONALLY SWISS



INGREDIENTS

FRYING BUTTER FOR FRYING
800G THINLY SLICED VEAL
1 TBSP OF FLOUR
¾ TSP SALT
LITTLE PEPPER
1 ONION, FINELY CHOPPED
200G MUSHROOMS, THINLY SLICED

100ML WHITE WINE
250ML FULL CREAM
100ML MEAT BOUILLON
1 TBSP CORN STARCH
SALT, AS REQUIRED
PEPPER, AS REQUIRED
3 TBSP SMOOTH LEAF PARSLEY,
FINELY CHOPPED



SERVES: 4



COOKS: 35 MIN



DIFFICULTY: 3/5

METHOD

1. Preheat oven to 60°C, preheat plate and dishes.
2. Put the frying butter in a frying pan and let it get hot. Fry the meat in portions for about 3 minutes each, dust with a little flour, remove, season and keep warm. Reduce heat, dab on frying fat, add a little frying butter if necessary.
3. Fry onion, add mushrooms for about 5 minutes.
4. Add wine, reduce almost completely. Mix cream, bouillon and corn starch well, pour in, bring to the boil. Reduce heat, cook for about 3 minutes, season. Add meat and half of the parsley, let it warm.

Arrange the sliced meat on the plates, sprinkle with the rest of the parsley.



THIS RECIPE WAS CONTRIBUTED BY

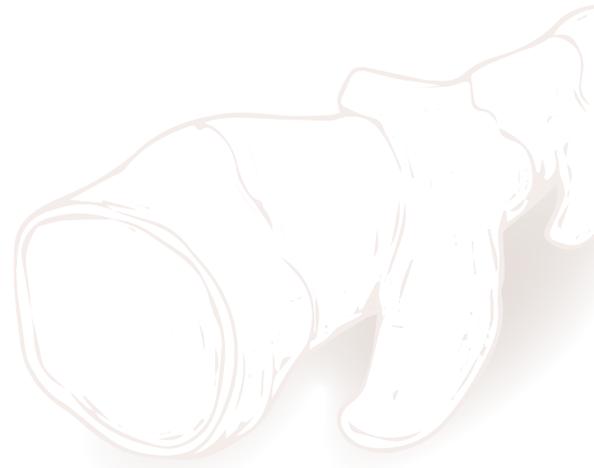
**CLAUDIA
KRUCKER-BACHMANN**
ASSISTANT SALES, SWITZERLAND

This dish is very famous in Switzerland and one of my favourite dishes.

Goes well with "Rösti" a sort of fried potato side dish.

38 TOM YUM KUNG TRADITIONAL THAI PRAWN SOUP





INGREDIENTS

4-5 PRAWN, SHELLED
4-5 LARGE MUSHROOMS, SLICED
1-2 LEMONGRASS,
SMASHED AND CUT IN 2 INCHES
1-2 GALANGALS, SLICED
3-4 KAFFIR LIME LEAVES, TORN

1 TBSP POUNDED CHILLI
1 TBSP LIME JUICE
1 TBSP FISH SAUCE
500ML WATER



SERVES: 1



COOKS: 20 MIN



DIFFICULTY: 1/5

METHOD

1. Boil water over a high heat and add lemongrass, galangals and kaffir lime leaves. Cook for 2-3 minutes
2. Add the mushrooms.
3. Reduce the heat and season with lime juice and fish sauce.
4. Add prawn, once cooked, add pounded chilli and taste and turn off the heat.



THIS RECIPE WAS CONTRIBUTED BY

**RUNGTIP
MITTRAPIYANURAK**
ADMIN EXECUTIVE, THAILAND

I think this dish is the most famous Thai food and easy to cook.

40 LASAGNE

A REAL ITALIAN CLASSIC





INGREDIENTS

1 ONION
500G MINCED BEEF
125ML RED WINE
OLIVE OIL
500G OF TOMATO SAUCE
500ML MILK, WARMED
50G BUTTER

50G FLOUR
6 FRESH LASAGNE SHEETS
6 TBSP PARMESAN CHEESE, GRATED
SALT
NUTMEG



SERVES: 4



COOKS: 3-4 HRS



DIFFICULTY: 3/5

METHOD

1. Ragù sauce

Heat 3 tbsp of olive oil in a large saucepan on a medium heat. Peel and finely chop the onion. Add to the pan. Stir for around 15 minutes until the mixture is lightly coloured.

Add the meat and stir breaking it up with the spoon until it has browned. Add the wine and mix until the alcohol is evaporated. Add the tomato sauce, a glass of water and a generous pinch of salt.

Turn the heat down and cook on low heat for at least 2 hours with a lid on. Stir occasionally. If the sauce starts to dry out, add some water.

This sauce can be made in advance and kept in the fridge for 2 days.

2. Béchamel

Melt butter in a pan over a medium heat. Add flour and stir until the mixture becomes like a cream. Pour in very warm milk and whisk vigorously until you have a smooth white sauce. Bring the sauce to a boil, reduce heat and cook for at least 10 minutes. Add salt and a tsp of nutmeg.

Lasagne sheets can be used without precooking only if they are fresh. If you have the dry ones cook them in boiling water according to the instructions of the package (usually 4-5 minutes).

Butter a ovenproof dish and add some béchamel, then lasagne sheets, ragù, béchamel and parmesan. Repeat the process (sheets, ragù and béchamel) two more times and top with grated parmesan.

Preheat oven to 200°C. Bake the lasagne for 25-30 minutes until beginning to brown on top.

Wait around 10 minutes before serving. Enjoy!



THIS RECIPE WAS CONTRIBUTED BY

LAURA TRAVERSI
ADMINISTRATION RESPONSIBLE, ITALY

This is the recipe of my grandmother but of course there are a lot of recipes of lasagne, just not one "original" version. It's my sons' favourite dish.

42 VEENA'S BUTTER CHICKEN

A TASTY AND HEARTY DISH FROM SOUTH AFRICA



INGREDIENTS

500G CUBED CHICKEN BREAST
3 TBSP GRATED TOMATO
1 CUP FRESH CREAM
½ TSP CUMIN SEEDS
1 ½ TBSP CRUSHED GARLIC
1 TBSP CRUSHED GINGER
1 TBSP CRUSHED FRESH RED CHILLIES
1 TBSP CRUSHED FRESH GREEN CHILLIES

½ TSP TURMERIC POWDER
1 TSP DESICCATED COCONUT
1 TBSP GROUND ALMONDS
1 HEAPED TSP HIMALAYAN SALT
1 FINGER LENGTH CINNAMON STICK
3 CARDAMOM PODS
½ CUP CHOPPED CORIANDER
2 CLOVES
OLIVE OIL



SERVES: 4



COOKS: 25 MIN



DIFFICULTY: 2/5

METHOD

1. Mix garlic, ginger and crushed red and green chillies with chicken and set aside.
2. Heat olive oil in a medium sized, heavy base pot. Add cardamom, cumin, cloves and cinnamon stick to the pot. Stir for 1 minute.
3. Add turmeric to pot.
4. Add chicken to pot. Stir for 7 minutes.
5. Add tomato. Stir for 3 minutes.
6. Add salt.
7. Add cream, ground almonds and coconut. Cook for 5 minutes until oil rises to the top.
8. Garnish with coriander.



THIS RECIPE WAS CONTRIBUTED BY
VEENA VALLABH
SALES EXECUTIVE, SOUTH AFRICA

It is a hearty, tasty dish—proper soul food! It can be made in under 30 minutes, perfect for a working person who wants to eat well on a busy week night.

4 DELICIOUS WINTER BOWL

HEALTHY BITS & PIECES FROM ALL OVER THE WORLD



INGREDIENTS

2 SMALL SWEET POTATOES (DICED)
1 15-OUNCE CANNED CHICKPEAS
(DRAINED, RINSED AND PATTED DRY)
2 HANDFULS BROCCOLI FLORETS
2 BIG HANDFULS KALE LEAVES
A BIG CHUNK FETA CHEESE, TO TASTE
1-2 TSP RAS EL HANOUT OR
TANDOORI SEASONING MIX
2-4 TBSP OLIVE OIL
¼ TSP SEA SALT

½ AVOCADO, SLICED
LEMON, SQUEEZED
BLACK SESAME SEEDS

TAHINI SAUCE

¼ CUP TAHINI
JUICE OF ½ LEMON
3 TBSP HOT WATER (TO THIN)
CUMIN TO TASTE
SEA SALT TO TASTE



SERVES: 1-2



COOKS: 45 MIN



DIFFICULTY: 1/5

METHOD

1. Preheat oven to 375°F. Meanwhile, put diced sweet potatoes in a tupperware box, add olive oil, one third of the ras el hanout and sea salt to taste and shake until they are well seasoned. Place the sweet potato on half of a baking sheet. Use the same procedure for the drained chickpeas and place them on the other half of the baking sheet. Place in the oven.
2. After 20-25 minutes of baking, add crumbled feta cheese on top of the potatoes.
3. In the meantime, season the broccoli florets and the kale leaves using the tupperware method and spread them on another baking sheet. Place it below the potato/chickpea baking sheet.
4. Cook both trays for an additional 10-15 minutes.

The Feta cheese should become golden and crisp, the potatoes cooked, the chickpeas crunchy and the kale roasted but not burned. I open the oven a few times during the baking time to let the moisture escape.

5. Cut your avocado into slices. Season it with salt, pepper and lemon juice. Set aside.
6. For the dressing: combine tahini and lemon juice and whisk. Add hot water until a thin dressing is formed. Add salt and cumin to taste. Set aside.
7. To serve: arrange the baked sweet potatoes with Feta, roasted chickpeas, avocado slices and broccoli florets in a nice bowl. Garnish with tahini dressing and crispy kale leaves.

You can add some black sesame seeds on top, which matches very well.



THIS RECIPE WAS CONTRIBUTED BY

MIRIAM RAUH
SENIOR MARKETING MANAGER,
GERMANY

I love these colourful bowls! They are easy to prepare, super delicious and well balanced. This nice savoury winter version is one of my favourites.

The modern, western version of the “Bowl” became famous through Martha Stewart. Inspiration for this came from the tradition of Buddhist monks to fill their bowls with tidbits people were able to donate on their way.

4 LEMON SPAGHETTI WITH PRAWNS

6 A DISH INSPIRED BY ITALIAN CUISINE



INGREDIENTS

FOR THE PASTA

400G SPAGHETTI

3 TBSP BUTTER

120ML CREAM

1 BIG OR 2 SMALL UNWAXED LEMONS,
ZESTED AND JUICED

2 TBSP HERBS OF YOUR CHOICE
(E.G. PARSLEY)

3 TBSP PARMESAN

FOR THE SHRIMPS

3 TBSP OLIVE OIL

400G SHRIMPS, THAWED OR FRESH

1 SPRIG OF ROSEMARY

1 SPRIG OF THYME

2 SPRIGS OF PARSLEY

2 CLOVES OF GARLIC
(DEPENDING ON SIZE)

SOME FRESH, FINELY CHOPPED GINGER

SALT AND PEPPER

CHILLI POWDER



SERVES: 4



COOKS: 30 MIN



DIFFICULTY: 2/5

METHOD

1. The pasta

Cook the spaghetti in salted water until al dente. Then strain the cooking water and take the spaghetti back in the pot. Then add butter, cream, lemon juice and zest, herbs and parmesan to the hot pasta and mix well. Mix chilli powder with the pasta as desired.

2. The shrimps

Whilst the spaghetti cooks, sauté the shrimps in olive oil with rosemary and thyme and the finely chopped garlic cloves. Add the ginger and parsley last. Season with salt and pepper and chili powder (to taste). Arrange the spaghetti in deep plates and place the prawns on top.



THIS RECIPE WAS CONTRIBUTED BY

KARIN TROPSCH

EXECUTIVE ASSISTANT MANAGEMENT,
GERMANY

I love this dish. It has a delicious
fresh taste, ideal for summer.



48 **DOMBOLO**
SOUTH AFRICAN STEAMED BREAD



INGREDIENTS

3 CUPS FLOUR
1 ¼ CUPS WATER
3 TBSP SUGAR
1 TBSP CANOLA OIL
1 TSP SALT
3 TSP YEAST
½ TSP BAKING POWDER



SERVES: **6-8**



COOKS: **55 MIN**



DIFFICULTY: **1/5**

METHOD

1. Sift the flour, salt, baking powder, sugar and yeast in a large mixing bowl.
2. Whisk the water and canola oil in a smaller bowl.
3. Create a small well in the centre of the dry ingredient mixture and add a third of the warm water mixture. Slowly combine the ingredients. Continue this process until you have added all of the water mixture.
4. Start to combine thoroughly. You can use an electric mixer or hand-held mixer using the dough hooks to knead or knead by hand. Knead the mixture until it is smooth and stretchy.
5. Coat the top of the dough with olive oil and cover the bowl in cling film. Leave your dough to rise for 30 minutes.
6. Place between 500ml and 1 litre of water in a large pot and bring to the boil. Grease an enamel coated or stainless steel bowl and place the dough inside. Cover the bowl with a lid (any lid that fits should do), place this inside the big pot, then cover and boil on high heat for 45 minutes.
7. From time to time, check that the large pot still has enough water in it and has not dried up.
8. Serve warm with butter and jam, or with a hot soup, stew or spicy curry.



THIS RECIPE WAS CONTRIBUTED BY

ROFHIWA NEVHOTALU
MARKETING MANAGER, SOUTH AFRICA

In Mzansi (South Africa) we have our own indigenous bread. The famous steamed bread also known as dombolo.

When the winter cold sets in and you're craving something warm and cozy... you need a taste that reminds you of home! Dombolo!

Not only is it quick and easy to make, but it's delicious too. This bread is made by steaming the dough until it's cooked. You can cut it in slices and add some butter with it while it's still hot. Or serve it with a hearty stew. Best enjoyed warm or cold.

65 MUTTON CURRY BUNNY CHOW

60 TYPICAL SOUTH AFRICAN STEW FILLED INTO WHITE BREAD





INGREDIENTS

1KG BONELESS LAMB, CUBED
1 BIG ONION, THINLY SLICED
GARLIC AND GINGER, CRUSHED
2 FRESH TOMATOES, CHOPPED
FRESH CHILLI PEPPERS, CHOPPED
1 STICK CINNAMON
4 TSP MASALA

2 TBSP VEGETABLE OIL
1 TBSP GROUND TURMERIC
4 CUBED POTATOES
SALT TO TASTE
3 CURRY LEAVES
CORIANDER LEAVES, TO GARNISH
2 FRESH BREAD, UNSLICED



SERVES: 2-4



COOKS: 45 MIN



DIFFICULTY: 2/5

METHOD

1. In a dry frying pan over a low-medium heat, heat the cinnamon stick for about 2-3 minutes until fragrant. Add the vegetable oil and onion and stir-fry over a medium heat for about 5 minutes. Add the garlic and curry leaves and stir-fry for an extra 5 minutes.
2. Stir in the masala, peppers and turmeric and fry for a minute. Then add the tomatoes and simmer for one minute. Add the lamb and coat in the spiced tomato and onion mixture.
3. Add other remaining spices and salt to taste, add a splash of water and bring to the boil. Once boiling, reduce the heat, cover and allow to cook for 30 minutes, stirring occasionally.
4. Now add the potato and simmer for an extra 15 minutes until potatoes are cooked and tender.
5. Hollow out the bread, scoop and fill up with the meaty sauce to your delight. Garnish with greens and enjoy!



THIS RECIPE WAS CONTRIBUTED BY

**ELAINE
VAN DER PLANK**
CHANNEL PARTNER MANAGER,
SOUTH AFRICA

This fabulous South African recipe is complemented by a hollowed-out bread bowl. A gorgeous vibrant centrepiece to any meal. Bunny Chow is a famous Durban classic food. This Indian-South African inspired lamb dish makes a satisfying meal, always especially when paired with fresh bread, creating delicious curry-soaked bread filling. Chicken, beef or mince can also be used. A beautiful South African day for you!

TREATS & DESSERTS

FROM EGYPT TO SRI LANKA







51 BRIGADEIRO

A DELICIOUS BRAZILIAN BIRTHDAY TREAT

INGREDIENTS

1 (14OZ) CAN SWEET CONDENSED MILK
4 TBSP COCOA POWDER, SIFTED
2 TBSP BUTTER, PLUS MORE FOR ROLLING BALLS
A PINCH OF SALT
GOOD QUALITY CHOCOLATE SPRINKLES (OR ANY OTHER TYPE OF SPRINKLES YOU LIKE)



SERVES: 10-13



COOKS: 30 MIN



DIFFICULTY: 1/5

METHOD

1. In a small saucepan mix the sweet condensed milk, the cocoa powder, the salt and the butter.
2. Bring the saucepan to the stove and heat it over medium-low heat.
3. Cook it, mixing constantly until it thickens (mixing is important, otherwise it will burn!). When you think the mixture is ready, run your wooden spoon (or spatula) in the middle of the mixture. If it takes a while for the mixture to move, then your brigadeiro is ready!
4. Reserve, letting it cool to room temperature.
5. In a plate or bowl, spread your sprinkles.
6. Once the brigadeiro is cool, grease your hands with butter and roll the brigadeiros into little balls.

In Brazil we usually use half a tbsp as measurement, but you can make your balls as big or small as you'd like!

7. Roll the brigadeiro balls into the sprinkles and place them in paper/foil candy cups.



THIS RECIPE WAS CONTRIBUTED BY

CAMILA FERREIRA
MARKETING MANAGER, BRAZIL

In Brazil every birthday party has some brigadeiros by the cake. It is very traditional in our country, it does not matter how old you are. By the time everybody gathers around the cake to sing "Parabéns a você!" (Happy Birthday to you!), you will see them decorating the table.

Brigadeiros are bite-sized chocolate sweets. Some people say they are bon-bons, other people say they are truffles.



51 BRUNSVIGER

69 TRADITIONAL CINNAMON CAKE FROM DENMARK



INGREDIENTS

DOUGH/BUN

40G BUTTER
100ML MILK
25G YEAST
1 EGG
1 TBSP SUGAR
SALT
250G FLOUR
1 PINCH CRUSHED CARDAMOM

FILLING

150G BROWN SUGAR
150G BUTTER, SOFTENED
1 TBSP CINNAMON (OPTIONAL)



 SERVES: 6

 COOKS: 1.5 HRS

 DIFFICULTY: 2/5

METHOD

1. Preheat the oven to 180°C (convection).
2. Melt the butter and add the yeast and milk. Stir until the yeast is dissolved.
3. Add egg, salt, sugar, cardamom and flour and stir until smooth, preferably in a food mixer with a dough hook.
4. Put the dough in a 24cm springform tin with a baking sheet and leave to rise for 45 minutes covered by a clean towel.
5. To make the filling, put all ingredients into a saucepan and melt slowly over a low heat, stirring frequently.
6. After 45 minutes, make deep holes in the dough with your fingers and distribute the filling in the holes and over the cake.
7. Bake in preheated oven for 25 minutes. Enjoy!



THIS RECIPE WAS CONTRIBUTED BY
PETRA ÅKERSTRÖM
ACCOUNTING MANAGER

Easy to make and everybody loves it!
I love to bake and when I moved to Denmark 7 years ago this was one of the first things I baked. We don't have it in Sweden where I am from and I am always curious to learn to bake new things.

The recipe is from valdemarsro.dk.



51 OM ALI
88 DELICIOUS EGYPTIAN PASTRY WITH NUTS, DATES & RAISINS



INGREDIENTS

1 (½ POUND) PUFF PASTRY SHEET
1 ½ CUP (360ML) MILK
1 ½ CUP ROASTED NUTS
DATES (RECOMMENDED ⅔ CUP)
RAISINS (TO YOUR LIKING)
1 TSP CINNAMON (OPTIONAL)

½ CUP SHREDDED COCONUT
5 TBSP SUGAR
½ TSP VANILLA EXTRACT
1 CUP (ABOUT 250G) WHIPPED CREAM



SERVES: 6



COOKS: 35 MIN



DIFFICULTY: 3/5

METHOD

1. Preheat oven to 400°F/200°C.
2. Cut the puff sheet into squares and place on a baking sheet lined with parchment paper. Poke holes in each square using a fork and bake for 15 minutes or until golden brown.
3. In an oven safe dish (2 quarts size), break the baked squares into chunks. Mix in nuts of your choice. Spread the sugar, raisins, dates and sugar on top.
4. Mix the milk with the vanilla extract. Add another layer of the puff sheet. Pour milk over the puff pastry and let it sink in for 5-10 minutes.
5. Spread some more sugar on top. Spread the whipped cream over the top.
6. This should be soaked in milk and whipped cream. If necessary, add more milk.
7. Broil in the oven for 10-20 minutes, until top is golden.



THIS RECIPE WAS CONTRIBUTED BY
NAEL EL SAYED
DIRECTOR CUSTOMER CARE, GERMANY

A special egyptian dessert, very delicious. A taste and smell from home. All friends always ask me to cook it for them. Everybody simply loves it, including myself.

Can be eaten warm or cold.



66 M&M COOKIES

FROM THE USA: SOFT, CHEWY AND FULL OF CHOCOLATE





INGREDIENTS

- 1 ¼ CUPS ALL-PURPOSE FLOUR, SIEVED
- 1 TSP BAKING SODA
- ½ TSP SALT
- 1 STICK (110G) SALTED BUTTER
- ½ CUP LIGHT BROWN SUGAR
- 2 TSP NATURAL CANE SUGAR
- 1 LARGE EGG (ROOM TEMPERATURE)
- 1 TSP VANILLA EXTRACT
- ¾ CUP SEMISWEET CHOCOLATE CHIPS
- 1 CUP OF M&M'S CHOCOLATE



SERVES: 10-12



COOKS: 30 MIN



DIFFICULTY: 2/5

METHOD

1. Preheat oven to 350°F.
2. In a bowl, cream butter with sugars. Beat in egg and vanilla into butter mixture. In a separate bowl, mix sifted flour with baking soda and salt. Add flour mixture to wet ingredients and mix until incorporated. With a wooden spoon, mix in chocolate chips.
3. Use a small ice cream scoop and drop batter (approx. 2 inches apart) on a baking sheet covered with grease-proof paper or a silicon mat.
4. Gently press 5-6 M&M's into the cookie mounds.
5. Turn the oven heat down to 200°F and bake cookies for 13-15 minutes or until cookies are golden brown.



THIS RECIPE WAS CONTRIBUTED BY
TASNEEM YAHYA
INTERNAL COMMUNICATIONS
MANAGER, UK

I love these cookies because they're a fun take on an old classic and they're a deliciously colourful reminder that at IFS, our diversity is what makes us stronger.



62 KOEKSTERS
SOUTH AFRICAN TREATS



INGREDIENTS

4 CUPS CAKE FLOUR
2 CUPS SELF RAISING FLOUR
1/3 CUP SUGAR
1/2 TSP SALT
10G (1 PKT) INSTANT YEAST
2 TSP FINE CARDAMOM
2 TSP GROUND GINGER
2 TSP GROUND CINNAMON
2 TSP ANISEED
1 LARGE EGG

15ML OIL
30G BUTTER
375ML (1/2 CUP) HOT WATER
375ML (1/2 CUP) MILK

FOR THE SYRUP

1 CUP SUGAR
1 CUP WATER
1 CINNAMON STICK
2 CARDAMON PODS

FOR DEEP FRYING

OIL

FOR SPRINKLING

DESICCATED COCONUT



SERVES: 4-6



COOKS: 50 MIN



DIFFICULTY: 2/5

METHOD

1. Mix flour with spices, sugar, yeast and salt. In a different bowl, melt butter in the hot water and add the milk. To the dry ingredients, add egg, oil and the milk-water mixture. Mix thoroughly to form a soft smooth dough.
2. Leave to rise for about 1-2 hours in a warm place.
3. Once risen, moisten hands with oil and roll dough into a sausage shape and cut into 2cm slices. Set aside to rise again.
4. Lightly stretch slices to form an oval shape and deep fry in medium hot oil until golden brown. Remove with a slotted spoon and drain on a paper towel. Syrup.
5. **Syrup**
Place all the ingredients in a large saucepan and bring to a slow boil, stirring to ensure sugar does not burn. Stir until the sugar syrup becomes slightly sticky.
6. Add the koeksisters to the syrup for 1-2 minutes, remove with a slotted spoon. Sprinkle with a little of the dessicated coconut and serve hot.



THIS RECIPE WAS CONTRIBUTED BY

EBRAHIM HANSLO
PARTNER SALES MANAGER,
SOUTH AFRICA

These much-loved South African traditional sticky spicy treats are so yummy! These are called koeksisters, but are not to be confused with the traditional South African, Dutch style plaited koeksister!

This recipe was one that my grandmother used to make when I was a little boy. It's taken me awhile to perfect it but it's so comforting on those cold Sunday mornings!



64 **IMBUL KIRIBATH**
SWEET MILK RICE TREAT FROM SRI LANKA

INGREDIENTS

INGREDIENTS FOR THE FILLING

250G FINELY SCRAPED COCONUT
1 CUP TREACLE (KITHUL OR COCONUT)
2 CLOVES
2 CARDAMOM PODS
PINCH OF SALT

INGREDIENTS FOR MILK RICE

300G WHITE RICE
2 CUPS THICK COCONUT MILK
2 CUPS WATER
SALT TO TASTE



SERVES: 8



COOKS: 45 MIN



DIFFICULTY: 3/5

METHOD

1. Preparation of Filling (Pani Pol)

Pour the treacle into a pot and bring to a boil while stirring.

Add the fragrant cloves and cardamom. Then add the coconut and mix well. Add a pinch of salt and let it thicken. Take off the pan from heat. Now you have a sweet-smelling dark brown mixture. Remove the pan from the heat.

2. Preparation of Milk Rice

Add rice, water and salt to the rice cooker and switch on.

Cook for at least 15 mins. Then add thick coconut milk and salt to your taste (if needed). Stir well with a wooden spoon. Cook the rice again for 10-15 minutes until the milk gets absorbed. The rice will look like a thick pulp now.

3. Preparation of Imbul Kiribath

Take small amount of Milk Rice and spread it on a Banana Leaf (or oil paper). Add 1 or 2 tbsp of the filling on top of it. Then top with another layer of milk rice.

Fold and roll the banana leaf (or oil paper) vertically, giving an oval shape to it.

Important: Try to shape it when the milk rice is hot. When it cools down too much it will become sticky and will be difficult to handle.



THIS RECIPE WAS CONTRIBUTED BY

OALUMALI SIRISENA
BUSINESS SYSTEMS ANALYST, SRI LANKA

Milk rice itself is a traditional dish in Sri Lanka. Most of the Sri Lankans prepare this during any auspicious time. Imbul Kiribath is a sweet variation of milk rice which is oval in shape, with a delicious filling inside. It is a special dish with a unique taste. Once you have a single bite, you will definitely crave more.

This dish was selected as a tribute to the Sri Lankan grandmothers who always try to come up with delicious recipes using their traditional culinary skills.



MEMERE'S SHORTBREAD COOKIES

FROM CANADA: GRANDMA'S FAMILY RECIPE



INGREDIENTS

COOKIES:

½ CUP FRUIT SUGAR*
½ POUND SALTED BUTTER
2 CUPS FLOUR
PINCH OF SALT

ICING:

ICING SUGAR
WATER



SERVES: 40



COOKS: 20 MIN



DIFFICULTY: 1/5

METHOD

1. Preheat oven to 275°F.
2. Ensure you don't have any clumps in your sugar, you can sift it if you'd like. Soft butter (not melted) will make your life so much easier!
3. Combine the ingredients. Knead the ingredients.

This is the most important part of this recipe. You must knead it until it's super soft, like butter. This takes a tremendous amount of time, and a lot of muscle.
4. I roll the dough into small balls and press down with my fingers making them round. But they can definitely be rolled out and cut into shapes.
5. Place them onto a baking tray. I have baking trays that I only use for these cookies so I get the same result every time. Alternatively, line your sheets with parchment paper.
6. Bake for 20-22 minutes. The bottoms of the cookies will be just barely golden brown.
7. **The icing**
Mix the icing sugar and water. Make sure the icing isn't too watery. Add sprinkles of your choice.



THIS RECIPE WAS CONTRIBUTED BY

BARBARA RUSK
BUSINESS DEVELOPMENT SPECIALIST,
CANADA

This recipe was handed down by my mom (from her Great-Grandma), to my two sisters and I. I have given it to my daughter.

They are melt in your mouth shortbread cookies. They really make me think of Christmas on the farm when I was little.

* Fruit sugar is different from regular sugar, it's fine but not like icing sugar.



GINGERBREAD

FROM NUREMBERG, GERMANY—LOTHAR'S BEST RECIPE



INGREDIENTS

6 EGGS
180G BROWN SUGAR
2 TBSP HONEY
2 TSP CINNAMON
1 TSP GINGERBREAD SPICE
1 PINCH SALT
250G GROUND ALMONDS

250G GROUND HAZELNUTS
200G CANDIED ORANGE PEEL,
(CRUSHED IN A MIXER)
200G CANDIED LEMON PEEL,
(CRUSHED IN A MIXER)
WAFERS, IN 70-90MM DIAMETER
200G DARK CHOCOLATE (FOR COATING)

TYPICAL FOR
WINTER-TIME IN
NUREMBERG



SERVES: 40



COOKS: 1.5 HRS



DIFFICULTY: 1/5

METHOD

1. Beat eggs, sugar and honey until foamy.
2. Mix in the remaining dough ingredients.
3. Spread the dough flat on the round wafers.
4. Line a backing tray with baking paper and put the dough-covered wafers on the baking tray.
5. Bake at 150°C for between 15-20 minutes at top and bottom heat.
6. Let the gingerbread cool.

Meanwhile, melt the chocolate for the coating using a water bath. Coat the gingerbread with the chocolate.

The easiest way to coat the gingerbread is to poke them with a fork and dip them into the melted chocolate.



THIS RECIPE WAS CONTRIBUTED BY

ANITA ISENSEE

EXECUTIVE ASSISTANT

CONSULTING & SUPPORT, GERMANY

My family loves this gingerbread
in the Christmas time.





70 **OLIEBOLLEN**
A TRADITIONAL DUTCH NEW YEAR'S TREAT

INGREDIENTS

1 (0.6 OUNCE) CAKE
COMPRESSED FRESH YEAST
1 CUP LUKEWARM MILK
2 ¼ CUPS ALL-PURPOSE FLOUR

2 TSP SALT
1 EGG
1 CUP RAISINS (OPTIONAL)

1 QUART VEGETABLE OIL FOR
DEEP-FRYING
1 CUP CONFECTIONERS' SUGAR
FOR DUSTING



SERVES: 12



COOKS: 2 HRS



DIFFICULTY: 2/5

METHOD

1. Break up the compressed yeast, and stir into the warm milk. Let this stand for a few minutes to dissolve. Sift the flour and salt into a large bowl. Stir the yeast mixture and egg into the flour and mix into a smooth batter. Stir in the raisins (if using). Cover the bowl, and leave the batter in a warm place to rise until it has doubled in size. This will take about 1 hour.

2. Heat the oil to 375°F (190°C) in a deep-fryer or a heavy, deep pan. Use 2 metal spoons to scoop and shape the dough into balls. Drop them carefully into the hot oil.

3. Fry the balls until golden brown, about 8 minutes.

The doughnuts should be soft and not greasy. If the oil is not hot enough, the outside will be tough and the insides greasy.

3. Place the finished doughnuts on paper towels and dust with confectioners' sugar. Serve them piled on a dish with more sugar dusted over them.

Best enjoyed hot!



THIS RECIPE WAS CONTRIBUTED BY

BIBIAN BEHLE
OFFICE MANAGER, NETHERLANDS

New Year's Eve starts early in the Netherlands. After breakfast, Mom starts making the mixture for the oliebollen. Dad gets ready in the garage to fry them. The beer is cold and our neighbour is always ready to help dad to fry the oliebollen and drink beer. The first oliebollen needs to be tested, so we eat it for lunch. Making and eating oliebollen is something that takes all day.



72 NANAIMO BAR

ONE OF THE MOST ICONIC CANADIAN DESSERTS



INGREDIENTS

BOTTOM LAYER:

½ CUP UNSALTED BUTTER

¼ CUP SUGAR

5 TBSP COCOA

1 EGG BEATEN

1 ¾ CUPS GRAHAM WAFER CRUMBS

1 CUP GRATED COCONUT

OPTIONAL:

½ CUP FINELY CHOPPED ALMONDS

SECOND LAYER:

½ CUP UNSALTED BUTTER

2 TBSP AND 2 TSP CREAM

2 TBSP VANILLA CUSTARD POWDER

2 CUPS ICING SUGAR

THIRD LAYER:

6 SQUARES DARK CHOCOLATE
(1 OZ. EACH)

2 TBSP UNSALTED BUTTER



SERVES: 4-6



COOKS: 30 MIN



DIFFICULTY: 1/5

METHOD

1. Bottom Layer

Melt butter, sugar and cocoa together in a bowl, over simmering water. Add egg and stir to cook and thicken. Remove from the heat. Stir in the wafer crumbs, coconut and almonds (if using). Press the mixture firmly into an ungreased 8"x8" pan.

2. Second Layer

Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

3. Third Layer

Melt chocolate and butter over low heat. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator.



THIS RECIPE WAS CONTRIBUTED BY

CAROL DIETRICH

ACCOUNTING ASSOCIATE, CANADA

This iconic Canadian dessert recipe comes from the heart of Nanaimo, British Columbia. It has been a staple at our family gatherings for many many years.

The first known recipe for Nanaimo bars appeared in the 1952 Women's Auxiliary of the Nanaimo Hospital Cookbook and was labelled "chocolate square." One year later, a similar recipe was published in Vancouver's Edith Adams' Cookbook, going by the name "Nanaimo Bar."





ANGELEYES
CHRISTMAS COOKIES FROM GERMANY



INGREDIENTS

- 250G FLOUR
- 125G COCOA POWDER
- 2 TSP SALT
- 225G BUTTER
- 225G SUGAR
- 2 EGG YOLK

- 2 TBSP CREAM
- SEEDS FROM ONE VANILLA POD
- 50G PEANUT BUTTER
- 50G CARAMEL CREAM
- 50G RED RASPBERRY JAM
- 50G BLACKBERRY JELLY

 SERVES: 60

 COOKS: 60 MIN

 DIFFICULTY: 1/5

METHOD

1. Preheat oven to 170°C (circulating air).
2. Sift the flour into a bowl, add the cocoa powder and salt.
3. In a second bowl beat butter with sugar until fluffy, stir in egg yolks, cream and vanilla seeds. Sprinkle the flour mixture over it and knead everything into a dough (by hand).
4. Break the dough into pieces (around 7cm diameter) and roll into a long, thin shape (finger-thickness). Cut these into hazelnut-sized balls with a knife and place them onto a baking tray covered in baking paper. Make sure you leave at least 2cm between each biscuit. Make an indent in the dough with a wooden spoon handle.

For peanut butter biscuits, fill a third of the biscuits with peanut butter. Make sure you leave some plain biscuits to fill with the other flavours.

5. Bake all biscuits—even the unfilled ones—in the oven for approx. 10 minutes.
6. Fill a piping bag with the caramel cream and fill a third of the biscuits. Fill the remaining third with warm raspberry jam. Place a dab of warm currant jelly on top of the peanut butter biscuits.

Keep the biscuits chilled. They will stay fresh for about four weeks.



THIS RECIPE WAS CONTRIBUTED BY
BIRGIT LEONETTI
SENIOR HUMAN RESOURCES SPECIALIST,
GERMANY

At Christmas time, it is a tradition in Germany to bake biscuits. This is one of my favourite recipes! They are very small, but very delicious!

I found this recipe in a magazine a while ago and kept it.





76 BANANA NUT BREAD

SOFT & SO DELICIOUS, FROM THE UNITED STATES



INGREDIENTS

250G FLOUR
175G SUGAR
1 TSP BAKING SODA
½ TSP BAKING POWDER
¼ TSP SALT
2 EGGS
3 VERY RIPE BANANAS, MASHED
100ML SUNFLOWER OIL
75ML BUTTERMILK

1 SACHET VANILLA SUGAR
150G WALNUTS AND/OR PECANS,
CHOPPED

BEST SERVED
WITH A GOOD
CUP OF COFFEE!



SERVES: 10



COOKS: 60 MIN



DIFFICULTY: 1/5

METHOD

1. Preheat the oven to 160°C at top and bottom heat and grease a loaf pan.
2. Mix flour, baking soda, baking powder and salt in a large bowl.
3. In a second bowl mix eggs, sugar, vanilla sugar, bananas, sunflower oil and buttermilk.
4. Add both mixtures together and mix quickly. Then stir in the nuts.
5. Pour the dough into the greased loaf pan and bake in the centre of the oven for about 50 minutes.

If the cake becomes too dark while baking, cover it with aluminium foil for the rest of its baking time.



THIS RECIPE WAS CONTRIBUTED BY

MIRIAM RAUH
SENIOR MARKETING MANAGER,
GERMANY

This reminds me of great times, cooking and baking with friends from the States when I was a student. This is the recipe, I kept it since then.

We don't have anything similar here in Germany and I fell in love with this soft cake made of bananas, walnuts and pecans.

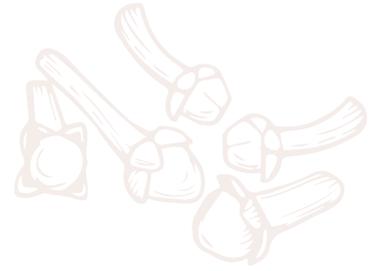


78 **SAGO**
SRI LANKAN TAPIOCA PUDDING

INGREDIENTS

1 CUP OF SAGO (TAPIOCA)
3 CUPS OF WATER
1 CUP OF TREACLE
(CAN BE ADJUSTED TO YOUR TASTE)
½ CUP OF COCONUT CREAM
PINCH OF SALT
CASHEWS AND RAISINS

SPICES:
5 CM CINNAMON STICK
4 CARDAMOM PODS
3 CLOVES



SERVES: 4



COOKS: 15 MIN



DIFFICULTY: 1/5

METHOD

1. Heat a pan and add water. Wait until the water comes to a boil and then add the sago.
2. Stir slowly to ensure there aren't any lumps.
3. When the sago pearls are half translucent, add the coconut cream, treacle, salt, and spices. Stir gently.
4. Once the sago pearls are translucent, turn off the heat and serve it into separate bowls.
5. Add cashews and raisins.
6. This can be served hot or cold. To serve it cold, place in the refrigerator.



THIS RECIPE WAS CONTRIBUTED BY

ANNE FERNANDO
SENIOR SOFTWARE ENGINEER, SRI LANKA

This is a popular dish in every Sri Lankan household which can be easily made with very few ingredients. This tasty dish comes with many health benefits. In traditional Ayurveda, there are two types of food—heating and cooling.

Sri Lanka is a country with sunshine throughout the year, so we have to endure a lot of heat, our mothers always made this dish as a cooling food. As an island with abundant spices, we incorporate some spices in this dish too.

∞ LAYERED BROWNIES

○ GOOEY COOKIE DOUGH & MARSHMALLOW BROWNIES FROM THE U.K.



INGREDIENTS

COOKIE BASE

75G SOFT UNSALTED BUTTER
165G LIGHT BROWN SUGAR
1 EGG
1 EGG YOLK
140G PLAIN FLOUR
¼ TSP SALT
5ML VANILLA EXTRACT
150G CHOC CHIPS

BROWNIE

55G DARK CHOC (70% IS BEST)
55G UNSALTED BUTTER
110G CASTER SUGAR
1 EGG
45G PLAIN FLOUR
15G COCOA POWDER
¼ TSP BAKING POWDER
¼ TSP SALT

FOR THE MID-LAYER:

1 BAG OF MARSHMALLOWS



SERVES: 12



COOKS: 3 HRS



DIFFICULTY: 4/5

METHOD

1. Line a 7" square pan with baking paper.
2. **Make the cookie base**
Mix flour, sugar, salt, butter, eggs & vanilla extract until smooth. Then add in choc chips. (By adding choc chips later, you get a choc chip dough rather than a chocolate dough). Place mixture into tin and spread evenly.

Bake for 15 minutes at 170°C. Remove cookie base from oven and allow to cool.
3. **Make Brownie mixture**
Melt chocolate & butter together until smooth using a microwave or bain-marie. Allow to cool slightly. Whisk egg & caster sugar together in separate bowl for 4-5 minutes until thick & fluffy.

Fold in chocolate-butter mix into eggs until one colour. Then fold in dry ingredients: flour, cocoa, salt & baking powder.
4. Cut marshmallows in half. Add layer of marshmallows to the cookie base.
5. Pour brownie mixture over cookies/marshmallows.
6. Bake at 170°C for 20 minutes.
Allow to cool before removing from the tin.



THIS RECIPE WAS CONTRIBUTED BY

PAUL TAYLOR
CFO APJ ME&A, SINGAPORE

This is a great recipe, it combines two of our favourite treats with marshmallows.



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