

866 RECIPES

BY

758 PEOPLE

FROM

51 COUNTRIES

**● STARTERS** **3**

**MAIN** **125**

**CONDIMENT** **527**

**DESSERT** **551**

**BAKING** **725**

**OTHERS** **838**

**CONVERSION CHART** **910**

**● INDEX** **911**



# STARTER

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- 
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NAME	FROM	AGE	SERVES
Kim Thomas	United States	45	8

TITLE

## BOK CHOY SALAD



### INSTRUCTIONS

Slice bok choy (white and green parts) and onions. Break up noodles toast in dry pan. Toast/brown almonds and seeds - doing them separately makes it easier to avoid burning the seeds. Combine noodles, almonds and seeds, and allow to cool.

Mix soy sauce and remaining ingredients in small saucepan over low heat until sugar is dissolved.

When ready to serve, combine greens and toss with dressing. Sprinkle crunchies on top or toss again.

### INGREDIENTS

- 1 medium bok choy
- 4-5 green onions, sliced
- 1 pkg ramen noodles, seasoning packet discarded
- 1/4 cup sliced almonds
- 1 ounces sesame seeds
- 1 tbsp soy sauce
- 1/4 cup canola oil
- 1/4 -1/2 cup sugar
- 1/4 cup vinegar

### STORY OF RECIPE

Got this family favorite recipe from my grandmother. Great for potlucks - everyone loves it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Amanda Roberts	USA	32	2

TITLE

## CRAZY PIZZA DUMPLING



Ruth Silberman-Song

### INGREDIENTS

For Dumpling Wrapper:

- 3/4 cup flour
- 1/3 cup boiling water
- Dash of salt
- Flour for dusting

For Dumpling Filling:

- I jar pizza sauce
- ½ tbsp of Italian seasoning
- ½ tbsp garlic powder
- Dash of salt
- 12 finely chopped pepperonis (regular, turkey, vegetarian, or leave them out)
- 1 ½ cup shredded mozzarella cheese
- ½ cup total minced whatever toppings you like on your pizza (black olives, green olives, onions, bell peppers, mushrooms, anchovies, etc.) (all optional)
- 12 dumpling wrappers
- 1 cup of oil for frying

### INSTRUCTIONS

*To make dumpling wrapper:*

1. Mix flour and salt together in a mixing bowl.
2. Slowly drizzle in water, mix with chopstick or fork.
3. Cover bowl with plastic wrap for 15 minutes.
4. Gather dough up into a ball and knead for a minute two (until the dough is smooth).
5. Pinch off small portion of dough and roll into a ball (about 1 inch diameter). Use a rolling pin to flatten ball into a dumpling wrapper, dusting with flour to keep the dough from sticking.

*To make filling:*

1. Mix pizza sauce, Italian seasoning, garlic powder, and salt in a saucepan. Cook over medium heat until the sauce boils. Remove from heat.
2. Mix pepperonis, cheese, toppings, and 2 tablespoons of mixture together.
3. Spoon cheese mixture into wrappers. Pinch closed.
4. To fry dumplings, preheat oil for 30 second on high heat, then lower to medium. Cook dumplings on each side for about 3 minutes or until golden brown.
5. Always cut a dumpling open to make sure it is cooked through.
6. Serve hot with remaining pizza sauce for dipping.

### STORY OF RECIPE

These are the best for families and large groups because everyone can make their own dumpling filling with the ingredients they want. These are featured in my cook-book, *Crazy Dumplings*.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 45min

COOKING TIME

> 5min

NAME	FROM	AGE	SERVES
Richard Sutton	Spain	41	2-4

#### TITLE

## TUNA AND BEAN SALAD



#### INSTRUCTIONS

1. Drain the tuna and place in a bowl along with the rinsed beans and finely chopped onion.
2. Crush the garlic and mix with the rest of the dressing ingredients. Add to the tuna and toss to mix in well.
3. Serve with the mixed salad tomatoes and slices of cucumber.

The dressing packs a bit of a punch, if you think it looks a bit too strong for you cut back on the garlic and mustard.

#### INGREDIENTS

- 1 tin of tuna
- small tin canellini beans
- ½ small onion
- 1 tsp wholegrain mustard
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 2 cloves garlic
- 1 tbsp white wine vinegar
- 2 tbsp lemon juice
- 1 tbsp olive oil
- mixed salad leaves
- cherry tomatoes
- cucumber

#### STORY OF RECIPE

This was inspired by a starter I had in an Italian restaurant and is great as a light lunch on hot days served with crusty bread.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 0min

NAME

Ryan McCormick Wheel Price

FROM

United States of America

AGE

33

SERVES

2-3

## TITLE

**JACK-O-LANTERN CURRY SOUP**

Dave Beaulieu

**INGREDIENTS**

- 4 tablespoons butter
- 1 small onion
- 3 cloves garlic
- 1 2-3" piece of fresh ginger
- 2 medium carrots
- 1 red bell pepper
- 1 tablespoon curry powder
- 1 tsp cumin
- 1 tsp cinnamon
- 2 tsp pepper sauce
- 1 15 ounce can of pumpkin (not the pie filling)
- 3 cups vegetable stock
- 1 13.5 ounce can of coconut milk (not low fat)
- 1 plastic baggie containing 2 tablespoons of Greek yogurt

**INSTRUCTIONS**

Melt the butter in a large soup pot over medium heat. Peel and dice the onion and carrots. Core the pepper and dice it. Peel and mince the garlic and ginger. Combine all and stir until the carrots are soft and the ginger is fragrant.

Stir in the seasonings and cook for 2 minutes. Add in the pumpkin and stock. Bring to a boil and then reduce the heat to low, simmering and stirring occasionally for 15-20 minutes.

Pour in the coconut milk and stir until creamy. Carefully process in batches in a blender or food processor, or using an immersion blender, until completely smooth. Return to pot, simmer for 5 minutes and serve.

Finish by snipping a lower corner off the plastic baggie and piping a grinning jack-o-lantern face onto the soup with cold Greek yogurt.

**STORY OF RECIPE**

Sometimes on Halloween you want something to get the sticky sweetness of candy out of your mouth, and nothing does that better than a nice hot curry.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5-10min

**COOKING TIME**  
> 25-30min

NAME	FROM	AGE	SERVES
The Constipated Chef	Australia	48	4

TITLE

## PUMPKIN CRESPELLE



Scott Maizey

### INGREDIENTS

*For the filling:*

- 1tsp Garlic confit
- 1T Mustard fruit- pureed
- 200gm Butternut pumpkin- cooked till tender
- 20gm Manchego- grated
- 20gm Parmesan- grated fine
- 20gm Goats milk fetta- crumbled

*For the crêpes:*

- 150gm Plain flour
- 3 Sage leaves- chopped fine
- 1 Free-range egg
- Cold water to make a thin crepe batter
- For the garnish
- 100gm Salted butter- cubed
- 20gm Combined grated fine parmesan and manchego cheese
- 6 large Sage leaves

### INSTRUCTIONS

Start by making the garlic confit by cooking 100gm of peeled garlic in vegetable oil to cover garlic. Cook on a medium heat till the garlic is a light brown colour.

Strain and puree the garlic till smooth, set aside and allow to cool.

*For the crêpes:*

Add all ingredients together and slowly whisk in water to the right crêpe batter consistency.

Heat a crêpe pan till hot, spray with oil spray, and pour in enough batter till it lightly covers the surface of the pan, cook till the crêpe starts to bubble and flip and cook for a further 2 minutes, place on a upside down plate and allow to cool.

*For the crêpe filling:*

Add all ingredients together and mix till well combined, and place 2 tablespoon of the filling mix down the end of the crêpe.

Roll tightly like a cigar shape (like a sushi roll) and dab water on the end of the crêpe to seal it.  
To assemble and plate

Cut the crêpe in half then quarters, place on an oiled tray and cook under a grill till brown on top, keep warm.

In a small pot heat till hot add the cubed butter and sage and cook till the foam is nutty golden colour, place quartered crêpes on plate, sprinkle with grated cheese, and spoon over the burnt butter.

### STORY OF RECIPE

Crespelle are the Italian equivalent of crepes. Though the preparation now has a certain ring of elegance to it, in the past Crespelle were considered poor people's food.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20–30min

### COOKING TIME

> 5–10min

NAME	FROM	AGE	SERVES
Valeria Maselli	Italy	47	4

TITLE

## ITALIAN FLAG ROASTED VEGGIES



Valeria Maselli

### INGREDIENTS

Cherry tomatoes nr 20  
 Purple onions nr 2 or spring onions nr 5  
 Light green zucchini nr 5 small or nr 2 large  
 Olive oil 3 tbsp  
 Salt  
 Mint leaves 5-10  
 Aromatic herbs (can be oregano, za'atar, etc. depending to your taste and your pantry)

### INSTRUCTIONS

Wash the zucchini and slice them lengthwise thinly, you can use a mandoline or a vegetable slicer.

Peel the onions and slice them thinly with the same slicer.

Wash the cherry tomatoes and slice them in halves.

Put some parchment paper on a baking tray and dispose the vegetables according to your taste. I composed my national flag but it's not compulsory.

Sprinkle with olive oil, salt, mint leaves and herbs. I used za'atar that was brought to me as a gift directly from Israel but other herbs works great too.

You can try the same recipe with other vegetables, for example potatoes and pumpkin work great in winter, but I suggest to use onions in any case because of their pungent but sweet aroma.

Roast for 15 to 20 minutes in preheated oven at 200°C until they're done.

They're a perfect side dish to steamed rice or a great starter with bruschetta bread and a glass of white wine.

### STORY OF RECIPE

I love veggies, I chose this cooking method because it preserve colors and it's very palatable even for the ones who pretend they don't like vegetables.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 20min

NAME

Ivanka

FROM

Germany

AGE

27

SERVES

2

## TITLE

## BEETROOT AND MOZZARELLA STARTER



Ivanka Plantikow

## INGREDIENTS

- 1 Raw beetroot
- 1 Mozarella
- 3 dried Apricots
- Pepper
- Salt
- Vinegar
- Olive oil

## INSTRUCTIONS

Cut the raw beetroot and Mozarella into thin slices and arrange them as presented in the picture. Dice the apricot and sprinkle it over the arrangement! Use pepper and salt and vinegar and oil half/half or according to your taste.

Enjoy your meal!

## STORY OF RECIPE

I can't eat tomatoes so i came up with the idea of mixing Mozarella cheese with beetroot! Just a spontaneous but pretty tasty idea, i hope you do enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min.

COOKING TIME  
> 0min

NAME

Stevo King

FROM

USA

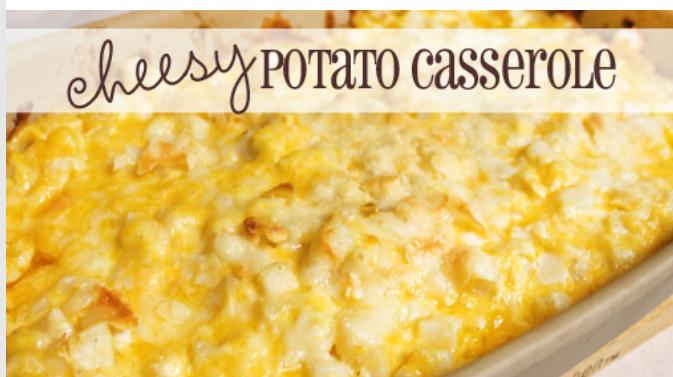
AGE

63

SERVES

3–6

## TITLE

**LOOK OUT---IT'S SPUD SLOP!!!****INGREDIENTS**

- 6 medium potatoes
- 1/4 cup + 2Tbsp butter
- 2 cups grated cheddar cheese
- 1 cup sour cream
- 1/3 cup sliced green onions, both white and green parts
- Salt and Pepper to taste
- Paprika

**INSTRUCTIONS**

- Preheat oven to 350 degrees
- Boil potatoes in skin until soft, peel, then shred or cut into small pieces
- Melt butter in large saucepan. Remove 2Tbsp butter and set aside
- Add cheese and sour cream to butter in saucepan. Stir until cheese almost melted
- Stir in green onions; season with salt and pepper
- Add mixture to potatoes and fold together gently
- Use 2T butter to grease casserole dish. Pour mixture into dish. Sprinkle with paprika
- Bake 40-50 minutes until heated through

**STORY OF RECIPE**

Old family favorite from 1950's-1960's suburban California. Recipe was a staple for all holiday gatherings. Tip of the hat to Maxine DuLac

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 1hr

**COOKING TIME**  
> 40–50min

NAME	FROM	AGE	SERVES
Rick Ramsfield	Canada	57	12

TITLE

## VEGETARIAN SPRING ROLL APPETIZER



Rick Ramsfield

### INGREDIENTS

250ml coleslaw or broccoli mix  
1 green onion, chopped fine  
5ml sesame oil  
2-5ml grated ginger (fresh)  
1 clove garlic  
2ml seasoned salt  
2ml seasoned pepper  
2-5ml red pepper flakes  
½ pkg. wonton wrappers (approx. 40)  
15-25ml oil for frying (canola or coconut)  
Spring Roll Sauce

### INSTRUCTIONS

*Directions:*

1. Chop coleslaw mix so pieces are fine and easy to wrap.
2. Clean green onion and chop fine
3. In a medium mixing bowl combine coleslaw mix, green onions and the next 6 ingredients.
4. Prepare a bowl of cold water to dip your fingers in. Take a wonton wrapper and have one of the corners pointing towards you. With your finger, moisten the back two edges of the wrapper. Place the filling in the middle of the wonton “diamond”. Fold up the bottom corner and fold the sides toward the middle. Roll the wonton towards the back corner.
5. Place wrapped wontons on wax paper being careful they do not stick to one another.
6. Heat oil in fry pan. Fry wontons on medium/high heat until crispy on all sides.
7. Serve with Spring Roll sauce.

*Note:*

Wontons can be frozen if placed on wax paper and quick frozen so as not to stick together and cooked at a later date. Cooked wontons can be reheated easily

### STORY OF RECIPE

I adapted a traditional spring roll recipe to be easy enough for children to make. They love the recipe, have lots of fun making it and it is a healthier choice.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 5–10min

NAME

Tina Suen

FROM

Canada

AGE

24

SERVES

8–10

## TITLE

**SUMMERTIME ORZO PASTA SALAD**

Tina Suen

Summertime Orzo Pasta Salad

**INGREDIENTS**

- 3 cups uncooked Orzo pasta
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 red onion, finely chopped
- 1 cup mozzarella cheese, diced
- 50 g prosciutto, sliced into thin strips
- 50 g salami, sliced into thin strips
- 3 sprigs of basil, finely chopped (approx. 2 tbsp)
- 1/2 lemon, juiced
- 2 tbsp balsamic vinegar
- 4 tbsp extra virgin olive oil
- salt and pepper to taste

**INSTRUCTIONS**

1. In a large pot of boiling water, add 1 tsp of salt and cook orzo pasta al dente (about 8 to 10 minutes). Drain and rinse with cold water and stir in olive oil.
2. Combine pasta with diced peppers, onion, mozzarella, prosciutto, salami, and basil.
3. Stir in lemon juice and balsamic vinegar. Season with salt and pepper to taste.
4. Refrigerate until ready to serve (ideally leave overnight to allow flavors to marry). This pasta salad makes a great appetizer or it can be served as a side to your favourite summer dishes.

**STORY OF RECIPE**

One of my go-to dishes for potlucks and parties, this is my take on the first thing I learned to make in culinary school. Give your knife skills a workout!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 10min

NAME	FROM	AGE	SERVES
Kathy Louise Hall	USA	46	4

TITLE

## SOUTHERN 3 CHEESE PIMENTO CHEESE

Kathy Louise Hall



### INGREDIENTS

- 4 ounces: cream cheese, softened to room temp
- 1/4 cup: mayonnaise,
- 4 ounces: Shredded Sharp Cheddar Cheese, by hand
- 4 ounces: Shredded Monterrey Jack Cheese, by hand
- 1 teaspoon: Hungarian Paprika
- 1 teaspoon: Chili Powder
- 2 Tablespoon: Roasted Red Peppers

### STORY OF RECIPE

Few things are actually considered “Southern” in the USA: Fried Chicken, Deviled Eggs, and Pimento Cheese. I don’t like store-bought PC, but I love this homemade version I created! Enjoy!

### INSTRUCTIONS

With a hand mixer whip the cream cheese and mayo until creamy. Add the remaining ingredients and fold in until thoroughly mixed. Let chill for 2 hours, or even better, overnight. Serve with bread crisps, celery, or your fixins of choice. It really is this easy.

Here are the REAL tricks----you have to actually grate your own cheese at home. DO NOT, under any circumstances, buy and use pre-shredded cheese. You won’t get the correct texture and that store bought stuff has some coating all over it that will contaminate the recipe and make it disastrous, of this I am certain.

You can certainly tweak this--add a dash of Worcestershire Sauce or perhaps some chopped green olives, but please don’t desecrate this by using pre-shredded cheese. And use SHARP cheddar cheese. You could even use all cheddar cheese and nix the MJ cheese. Some folks will tell you to add grated onion, but I would NEVER, EVER recommend this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 2hr

NAME  
David Burtman

FROM  
USA

AGE  
37

SERVES  
5–8

TITLE

## FRESH & DELICIOUS GUACAMOLE



INSTRUCTIONS

Mince garlic, onions and hot peppers. Roughly chop tomatoes (I like squeezing the juice out into the bowl). Slice and pit avocados. Once opened, you can spoon out into bowl. Microwave limes for 15seconds and juice onto avocados. Add cumin and salt. Mix with a fork mashing avocados in the process. Your finished guacamole should be smooth with some chunks. Taste to see if you need more salt. Cover tightly with plastic wrap (wrap pressed against guacamole so there is no air) and refrigerate for at least 1/2 hr.

ENJOY!

INGREDIENTS

- 5 Ripe Avocados
- 3 Cloves of garlic
- 2 Plum Tomatoes
- 1 small yellow onion (I used 1/4 of a Vidalia)
- 3 Limes
- 1-2 Hot Peppers (seeded and ribbed)
- 1-2 pinches Cumin
- 2 Heavy pinches Kosher Salt
- 4-5 sprigs of cilantro destemmed
- Tortilla chips to eat with (optional)

STORY OF RECIPE

This is my favorite game time recipe. Comes out slightly different each time. It's all fresh ingredients make a perfect quick and healthy snack.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Luis	Spain	22	6

#### TITLE

## SALMOREJO ANDALUZ



#### INGREDIENTS

1kg tomatoes  
1 small baguette  
1 pot of natural yoghurt (125 ml approx. but it will depend on taste)  
1 garlic clove  
Salt  
Sugar  
Vinegar  
Oil

#### INSTRUCTIONS

Peel the tomatoes and remove the tops  
Put some of the tomatoes in a blender, add the yoghurt, garlic, salt, sugar, vinegar and oil and mix until it's all semi liquified.

Add the rest of the tomatoes and the small baguette, mix until it's all homogeneous.

Taste it and add more ingredients to taste, i.e. if too bitter add more sugar; if too liquid add more bread; if too solid add more yoghurt and oil, etc.

If necessary, put the salmorejo through a sieve/conical strainer to ensure all leftover seeds/tomato skin are gone and that you have a smooth salmorejo.

This is best served cold, so put in the fridge for a few hours before eating, although if you want to eat it straight away then it will also be tasty!

A serving suggestion is to have it in a bowl and sprinkle some cubed serrano ham and cubed boiled egg.  
Also drizzle some olive oil on top.

#### STORY OF RECIPE

This is the perfect starter in the summer, mostly typical in the south of Spain. Very similar to gazpacho but the yoghurt gives it a much better texture.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Ann-Christine & Axel	Germany		6

TITLE

## GRATINATED PICANDOU ON BELL PEPPER



### INGREDIENTS

4 tablespoons honey  
2 tablespoons vegetable oil  
2 teaspoons thyme  
Freshly ground black pepper  
6 pieces Picandou (goat cheese)  
1 red bell pepper  
1 orange bell pepper  
1 yellow bell pepper  
4 pieces green onions  
10 leaves of ramson  
2 tablespoons raspberry vinegar  
4 tablespoons nut oil  
Salt, pepper and some sugar

### INSTRUCTIONS

1. Mix honey, vegetable oil, thyme and black pepper in a oven-safe bowl.
2. Put the Picandou on top and let it rest for at least 1 hr.
3. Roast the three bell peppers in the oven at 180° Celsius until the skin turns black. Remove the skin and cut in strips.
4. Cut the green onions in rings and the ramson in strips, then mix both.
5. Mix the nut oil and the raspberry vinegar with salt, pepper and some sugar. Add the green onions and ramson mixture.
6. Mix the marinade with the bell pepper strips and let them rest for at least 1 hr.
7. Prepare the plates by putting the bell pepper salad on them.
8. Pre-heat the oven by using the grilling function. Then grill the Picandou in the honey mixture for around 5 to 10 minutes. Not too long, otherwise the cheese will come apart.
9. Put the warm Picandou on the bell pepper salad and serve immediately.

### STORY OF RECIPE

I've learned this recipe from my parents and have loved it ever since. Especially in the summer it makes a great starter for an Italian dinner.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 60min

COOKING TIME  
> 10min

NAME

Carlene Davis

FROM

USA

AGE

SERVES

4–6

## TITLE

**CARLENE'S AMAZING GUACAMOLE DIP****INGREDIENTS**

- 4 tablespoons honey
- 2 tablespoons vegetable oil
- 2 teaspoons thyme
- Freshly ground black pepper
- 6 pieces Picandou (goat cheese)
- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 4 pieces green onions
- 10 leaves of ramson
- 2 tablespoons raspberry vinegar
- 4 tablespoons nut oil
- Salt, pepper and some sugar

**INSTRUCTIONS**

1. Mix honey, vegetable oil, thyme and black pepper in a oven-safe bowl.
2. Put the Picandou on top and let it rest for at least 1 hr.
3. Roast the three bell peppers in the oven at 180° Celsius until the skin turns black. Remove the skin and cut in strips.
4. Cut the green onions in rings and the ramson in strips, then mix both.
5. Mix the nut oil and the raspberry vinegar with salt, pepper and some sugar. Add the green onions and ramson mixture.
6. Mix the marinade with the bell pepper strips and let them rest for at least 1 hr.
7. Prepare the plates by putting the bell pepper salad on them.
8. Pre-heat the oven by using the grilling function. Then grill the Picandou in the honey mixture for around 5 to 10 minutes. Not too long, otherwise the cheese will come apart.
9. Put the warm Picandou on the bell pepper salad and serve immediately.

**STORY OF RECIPE**

I used to make traditional guacamole. Once I had unexpected guests and the guacamole was half gone, I added sour cream and a little salsa. It was a hit!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 0min

NAME	FROM	AGE	SERVES
Philipp Figueroa	Germany	32	2–4

TITLE

## DOPALICIOUS TUNASALAD



### INGREDIENTS

2x Cans of Tuna in Water - best you can find (not in Oil!)  
 2x Cans of Sweet Corn  
 1x Bunch of fresh Coriander / Cilantro (or parsley )  
 1x Red Chilli  
 3x Spring Onions (or Charlottes)  
 1x Lime  
 2 tbsp. Soy sauce  
 3 tbsp. Sesame oil (olive oil)  
 Sea salt  
 Pepper  
 Sugar

### INSTRUCTIONS

This is such delicious and easy summer dish. You can serve it as a starter or with pita bread as a healthy and tasty lunch. It's suuuuuuper easy to make and only takes a few minutes. I love to give it an Asian touch by using coriander , sesame oil and soy sauce but this can be substituted with fresh parsley and virgin olive oil and vinegar.

*Step 1:*

Drain the tuna and sweet corn from the water and add it to a big bowl. Mix with approx. 2 tbsp. of soy sauce and 3 tbsp. of sesame oil (alternatively olive oil)

*Step 2:*

Chop the spring onions (or charlottes), coriander (or parsley) and a thinly sliced red chilly. Reduce the amount of chilly according to your spice tolerance.

*Step 3:*

Mix all ingredients together in the bowl, add the juice of one lemon and season with black pepper, sea salt and a pinch of sugar.

### STORY OF RECIPE

I turn to this dish whenever I need a quick and healthy lunch option. Most likely you will get all of the ingredients in your corner shop.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 5min

COOKING TIME  
 > 5min

NAME

Fanchon

FROM

France

AGE

19

SERVES

6

## TITLE

**PARRAIN THIERRY' SICILIAN CAPONATA****INGREDIENTS**

- 1 big aubergine (eggplant)
- 1 bunch of céleri
- 1 big onion
- 1 can of tomato pulp
- 2 spoon soup of concentrated tomato
- 2 spoon soup of sugar
- 2 spoon soup of wine vinegar
- 2 spoon soup of capers
- 3 big spoon soup dries grapes
- 12 green olives
- grilled tapered almonds
- pines
- peper

**INSTRUCTIONS**

Peel and cut the aubergine into thick slices, make it disgorge with coarse salt during an hr  
 Fry the thinly sliced onion in the oil, don't brown it  
 Saute the sliced céleri with oil in a cast iron saucepan  
 Add the aubergine you've just wiped off and diced  
 Make sure it doesn't hang on the bottom

After a while add the onion  
 when it's cooked, add the concentrated tomato  
 the tomato pulp the wine vinegar, the sugar, pines,  
 grapes

Cover up for 5 minutes  
 Add flushed capers, unpitted olives  
 Simmer for 15 minutes

This dish is eaten at room ambiant temperature  
 Season to taste when cooled.  
 Sprinkle with grilled tapered almonds

Enjoy !

**STORY OF RECIPE**

Recipe from my mother's godfather, a wonderful man.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 90min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Roger The First	Canada	49	6-8

TITLE

## ROASTED ONION AND ASIAGO SOUP

*foodspotting.com*



### INGREDIENTS

4.4 pounds/2 kilograms white onions, large dice.  
6 Tbsp/100ml butter.  
1/2 cup/125 ml. all purpose flour.  
1 cup/250 ml. red wine.  
6 cups/1.5 liters beef stock.  
3 oz/85 grams Asiago cheese.  
Creme Fraiche  
1/4 cup/50 ml. 35% cream.  
1/4 cup/50 ml. sour cream.

### INSTRUCTIONS

Make creme fraiche the day before by mixing the 35% creme and the sour cream together. Store in the fridge. Place onions on a tray, dot with butter and roast at 425 F/220 C until well browned, stirring occasionally. Sprinkle flour over onions and roast 5 more minutes. Scoop onions into a pot. Deglaze the onion tray with the wine. Add to pot. Add stock, bring to a boil, stirring often, and simmer 30 minutes. Puree, strain through cheesecloth, and add cheese. Serve with a drizzle of creme fraiche.

You can use red or yellow onions if you want, or a mix of all three. You can also put in more wine if you put in less stock.

### STORY OF RECIPE

This is a recipe I came across in culinary school. I increased the amount of onions because I really like onions.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 60min

NAME

Attua

FROM

UK

AGE

33

SERVES

1

## TITLE

**SOPAS DE AJO. CASTILIAN GARLIC SOUP****INSTRUCTIONS**

Cut the garlic into thin slices and add it to a pan or pot with the olive oil and fry it. When the garlic is golden take the pot off the stove and after a few seconds add the pimentón and stir it to mix it with the olive oil.

Add the water and salt and heat the mix. When it is about to boil take it off the stove, crack the egg and stir it to break the yolk. Add the bread shavings, mix gently and serve

**INGREDIENTS**

- 2 table spoons of extra virgin olive oil
- 1 clove of garlic
- 1 tea spoon of pimentón de la Vera
- 350ml of water
- salt
- 1 egg (optional)
- 1 handful of stale bread shavings

**STORY OF RECIPE**

A humble traditional dish from Castilla y Leon. It's cheap, quick, easy, warming, quite filling and very easy to scale. I think of it like castilian miso soup.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 5min

NAME	FROM	AGE	SERVES
Ricardo	Spain	33	2–10

**TITLE**

## ELCHE DELI



Ricardo Robles

**INGREDIENTS**

Dates (as much as you want)  
 Smoked bacon (you will use 1 slice for 4 dates normally.  
 You may use 1/2 slice per date as well)  
 Almonds(one per date)  
 Toothpicks (one per date)

**INSTRUCTIONS**

Open the dates and take the pit off, replacing it with an almond. Cut a bacon slice alongside and then in half ,so you will obtain 4 elongated pieces. Wrap every date with one piece of bacon and afix it with a toothpick ,making sure it goes through the date and meat and it is firmly held. When you are done with all of them, put some oil drops on a pan and fry for 3-5 mins. Decorate with some herbs and enjoy!

**STORY OF RECIPE**

Typical from Elche (Spain) and very related to their famous palm trees. Great mix of sweet and salted flavour.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 3–5min

NAME	FROM	AGE	SERVES
Cristina Macía	Spain	49	4–6

TITLE

## GREEN PEAS “GUACAMOLE”



Cristina Macía

### INGREDIENTS

250g frozen green peas  
150g olive oil  
2 Tbs lemon juice  
1 small clove of garlic, minced  
Salt  
Freshly ground black pepper  
100g chopped spring onions  
100g chopped fresh tomato  
Nachos, to serve

### INSTRUCTIONS

Microwave green peas to thaw them and discard any liquid remaining in the bowl. Add olive oil, lemon juice, garlic, salt and pepper, and mash thoroughly or use a blender. You should get a thick purée (smooth or coarse, suit yourself!). Stir in spring onions and tomato, and refrigerate for several hours or overnight. Serve with nachos and surprise your friends with this alternative “guacamole”!

### STORY OF RECIPE

It is always great fun to see people faces when they eat something that looks so much like guacamole... and tastes so different!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 3min

NAME

ian ferris

FROM

UK

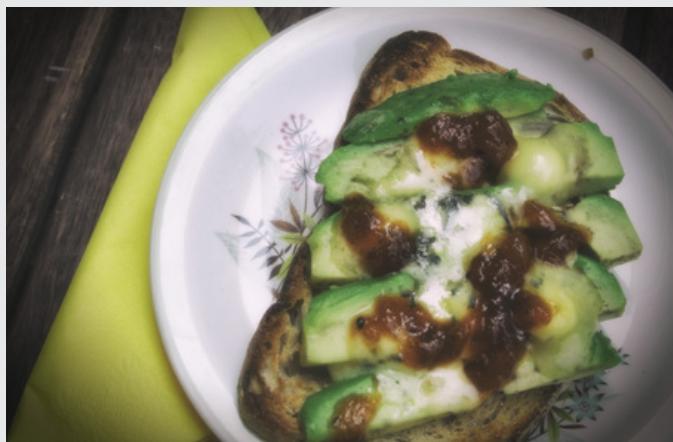
AGE

57

SERVES

1-4

## TITLE

**BRUSCHETTA EXOTICA****INGREDIENTS**

\*Per portion, one slice should be enough unless you're really hungry

Sourdough bread sliced, toasted

*Blue Stilton Cheese:*

A few slices, I like strongly flavoured cheese to balance the avocado and chutney. You can substitute your favourite blue cheese but don't go for anything too creamy, it may be too much with the avocado.

*Avocado:*

About half an avocado per slice of toast if you are hungry

*Mango Chutney :*

I prefer good quality piquant indian mango chutney not the super-sweet supermarket type.

Garlic clove - to rub onto the warm toast so leave whole

**INSTRUCTIONS**

Slice your avocado, blue stilton - not too thickly as it makes the bruschetta hard to eat easily

Prepare your garlic clove

Toast your sourdough bread both sides, not too much though as the toasted sourdough needs to go back under the grill to melt the stilton cheese.

When toast is done, rub the surface of the warm toast with a piece of raw garlic to impart a subtle flavour of garlic. Get rid of garlic once this is done

Layer the ingredients onto the warm, garlic flavoured toasted sourdough in this order:

Avocado first

Next, Blue stilton cheese on top of the avocado

Finally a small amount of the Mango Chutney on top of everything, be careful, too much chutney will drown the flavours.

Place whole assembled bruschetta back under the grill to warm it and melt the blue stilton cheese nicely, don't heat too much and burn the toast or over melt everything

When ready, plate up, sit back and enjoy. You may find yourself in need of another slice!

**STORY OF RECIPE**

I love Italian food, I also like Indian food, British cheeses, this dish may not be for the purists but the combination works for me.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 5min

NAME

Katee Tyler

FROM

USA

AGE

28

SERVES

8–12

## TITLE

**CRANBERRY BUTTERMILK COFFEE CAKE**

Katee Tyler

**INGREDIENTS**

- 2 cups sugar
- 2 cups gluten free flour (e.g., King Arthur's, America's Test Kitchen, or Bob's Red Mills)
- 1 1/2 teaspoons baking powder
- 1-1/2 teaspoons salt
- 1/4 teaspoon baking soda
- 1 teaspoon xanthan gum
- 1/2 cup butter, melted
- 3 eggs
- 1 cup buttermilk
- 1 teaspoon vanilla
- 2 cups cranberries, fresh or frozen (or Blueberries)
  
- (Optional) 2 teaspoons grated lemon zest, if using Blueberries

**INSTRUCTIONS**

Preheat oven to 350 degrees. Spray two 8x8-inch pans with cooking spray and set aside.

In a large bowl mix together 2 cups of sugar, 1-1/4 cups of the rice flour, the potato starch, tapioca starch, baking powder, salt, baking soda, and xanthan gum and set aside.

In a medium bowl, whisk together the melted butter, lemon zest, eggs, buttermilk and vanilla.

In a small bowl combine the remaining 1/2 cup rice flour with the blueberries and toss to coat.

Pour the wet ingredients into the dry ingredients and whisk until smooth. Pour in the coated blueberries and gently fold in. Pour the batter into the prepared pan(s) and sprinkle with the remaining 2 Tablespoons of sugar.

Bake in the preheated oven for approximately 35-40 minutes, or until a toothpick inserted in the center comes out clean. Remove to a cooling rack and let cool for 10 minutes.

**STORY OF RECIPE**

Adapted from Girl Cooks World (<http://www.girlcooksworld.com/>). This coffee cake is an all time favorite in my house. It generally disappears within the day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME

Kaal Dewar

FROM

UK

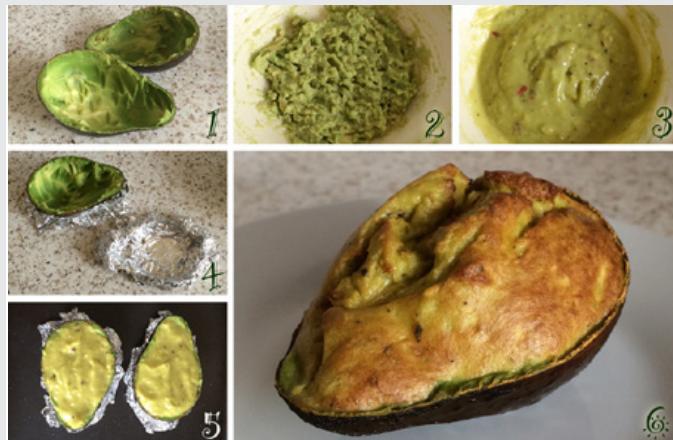
AGE

44

SERVES

2

## TITLE

**KAAL'S BAKED AVOCADO**

Kaal Dewar

**INGREDIENTS**

- 1 x Avocado (any size)
- 1 x Egg (any size)
- Pinch of Salt
- Pinch of Pepper
- Large Pinch of Dried Chilli Flakes
- Half a Teaspoon of English Mustard

**INSTRUCTIONS**

Cut the Avocado in half along it's length and remove the stone.

With a spoon ruffly scrape out about 3/4 of the flesh leaving a small amount still attached to the inside of the skin. (image 1)

Put the removed flesh into a bowl and mash with a fork until smooth. (image 2)

To this mixture add a pinch of salt and pepper, a couple of pinches of dried chilli flakes and about half a teaspoon of English Mustard.

Add the egg and mix all the ingredients together thoroughly. (image 3)

With some tin/aluminium foil make a couple of bases to rest the prepared skins on.

(This is just so they stay upright and level) (image 4)

Place the bases on a baking tray, sit the skins on top, then spoon the avocado mix into the skins till both are filled and level. (image 5)

Place the baking tray into a preheated oven at 180 °C (fan oven) for 30 minutes.

They are ready when the tops are lovely and brown. (image 6)

If you want an extra treat, and are not a vegetarian, slice some smoked salmon into thin strips then add it to the avocado mix before you place it into the skins then bake as above.

**STORY OF RECIPE**

One day I thought to myself "Can you cook in an Avocado Skin?" That day the Baked Avocado was born!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Simon R	Scotland	61	4

TITLE

## PIQUANT PRAWNS



INSTRUCTIONS

Finely chop the chillies, ginger and garlic. Sauté in the butter in a frying pan until soft. Add the sun dried tomatoes and cook until heated through. Add the prawns and cook for a couple of minutes until heated through, or pink and firm if using raw prawns. Add the vinegar to taste. Season with salt and pepper if required. Put out on small plates and garnish with the chopped coriander leaves. Squeeze over a little lemon juice and serve with focaccia, garlic bread or crusty bread to mop up the juices.

INGREDIENTS

- 1 lb cooked or raw king prawns
- 1 or 2 birds eye chillies (depending how hot you like it)
- 2" piece fresh ginger, peeled
- 4 cloves garlic
- 3 oz butter
- 3 or 4 tbsp sun dried tomatoes, chopped
- 2 or 3 tsp wine or cider vinegar
- Small bunch coriander leaves
- Half a lemon
- Focaccia, garlic bread or crusty bread

STORY OF RECIPE

A very simple but tasty starter I got from my dad, who taught me my love of food and cooking

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 6min

NAME	FROM	AGE	SERVES
Arnaud Lhermitte	France	59	4

TITLE

## WINKLES · LA NONO



### INGREDIENTS

*Cooking:*

- 1 kilogramme of fresh lived winkles
- 1 large spoon of coarse salt (around 30 grammes)
- 1 bunch of mixed herbs
- 1 large spoon of ground black pepper
- 1 coffee spoon of cumin
- 2 bouillons cube (stocks)

*Eating:*

- Grilled hot slice of bread
- salted butter
- ground black pepper

### INSTRUCTIONS

Water in a saucepan, put all the ingredients except winkles.

Cover and make it boil fast for 10 minutes.

Wash winkles with fresh water.

Throw winkles into saucepan.

3 minutes after boiling, put out saucepan from heating, winkles are ready !

If you don't want to eat them immediatly, keep them in the filled saucepan but it is better when winkles are lukewarm.

With a pin, take away winkles from shell (leave the small door),

Butter (salted butter) a hot slice of grilled bread, put winkles on it (be generous) and put ground black pepper.

And know the great moment...

BON APPÉTIT !!

### STORY OF RECIPE

Someone told me his disinterest for winkles, tasteless, insipid. A challenge! I never cooked them before, I put all the ingredients I found. He never ate best winkles (he said).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Paul Doornbusch	Australia		4–6

TITLE

## RED CABBAGE WITH PRUNES & PARMESAN



### INGREDIENTS

Half a red cabbage  
1 apple  
100g prunes, chopped into 5mm pieces  
2 tablespoons of apple cider vinegar (could also use sherry vinegar or red wine vinegar)  
50 – 100ml Cream  
Bay leaf  
Salt and pepper  
Parmesan cheese

### INSTRUCTIONS

Slice the red cabbage into 1cm thick slices and remove most of the hard core.

Gently put the cabbage slices in a single layer on the bottom of a large sauté pan, with the vinegar, salt for seasoning and bay leaf, add enough water to come half way up the slices of cabbage, cover, bring to the boil and simmer until the cabbage is quite soft, about 20-30 minutes, until there is very little liquid left, but if it dries out too quickly add some more water.

While the cabbage is cooking, core and peel the apple, and cut it into small pieces, 5-10mm in size. Put the apple pieces in a saucepan with a cup of water and cook for 5-10 minutes until soft but not too mushy. Drain and put aside.

While the apple is cooking, cut the prunes into 5-10mm pieces and put aside. The previous preparation can be done a day in advance if needed. If doing this in a single day, turn the oven on now at 180 – 200 degrees to preheat it.

When everything is cooked and cooled for 10-15 minutes, gently use a spatula to lift the cabbage pieces whole into a baking dish that they will just fit into, discarding the bay leaf. Overlapping the cabbage pieces a bit is ok. Pour in the remaining poaching liquid; it should be only a few spoonfuls. Season with salt and pepper to taste (typically not much if any, maybe a little salt). Up to this point it can be made a day before needed.

Scatter the apple and prune pieces over the cabbage, sometimes I stuff it between the cabbage leaves.

Pour the cream over the cabbage as evenly as possible.

Grate Parmesan to cover the cabbage, optionally you could sprinkle on some breadcrumbs or croutons as well. Bake in the oven for 20-25 minutes.

Grate some more Parmesan over the cabbage to serve.

*Variations:*

I sometimes use white vermouth or white wine in the poaching liquid.

Sometimes I cut the cabbage thicker and try to stuff it with the prunes and apple.

Baking it twice, on subsequent days, or slowly for a couple 2 or 3 hours, make it even better.

### STORY OF RECIPE

This recipe was developed after eating something similar at The Town Mouse restaurant.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 75min

NAME	FROM	AGE	SERVES
Kimberley Royston Green	England	31	4

#### TITLE

## COURGETTE, PEA AND FETA SOUP



#### INGREDIENTS

Two or three (depending on how pea like you want the soup to be) large handfuls of snow peas in pods (or frozen if you can't find), de-podded  
2 or 3 courgettes, cut into chunks  
1 onion, roughly diced  
2 garlic segments  
Vegetable stock  
Half a block of feta  
Handful of Mint, roughly chopped  
Salt and pepper to season as you wish  
Crème fresh or Greek yogurt  
Vegetable oil

#### INSTRUCTIONS

Start by preparing all your vegetables and put your vegetable stock on a light heat  
Add oil, onion and courgettes to a deep bottom pan and cook until soft and slightly browned. Roughly 5 - 10 minutes  
Add the podded peas and cook over a medium to low heat for a further 5 minutes - watching to make sure there is no burning  
Add stock and some mint, lower heat and crumble half the needed amount of feta and stir in slowly until almost melted  
Remove from heat and leave to the side to cool for 10 minutes  
Once cooler take a hand blender and blend the soup it shouldn't be totally smooth, but blend to personal preferences  
Add salt and pepper as required  
This soup is best served room temperature or warm, but can also be served hot if preferred.  
Before serving crumble the remaining feta, a small spoon of crème fresh and a sprinkle of mint  
Enjoy

#### STORY OF RECIPE

This recipe came about as an amalgamation between a great Convent Garden Soup Company recipe, the need for a more summery soup, and using my dad's favourite vegetable...peas.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 25min

NAME

Kimi H

FROM

U.S.A.

AGE

SERVES

2-4

## TITLE

**KIMI'S PICKLED RADISHES****INGREDIENTS**

- 2.5 ounces Ginger, peeled and thinly sliced
- 2.5 ounces Garlic (approximately 24 cloves), peeled and halved
- 3 cups White Vinegar
- 1/2 cup Rice Vinegar (can substitute white wine vinegar)
- 1/3 cup Sugar
- 1 tablespoon Soy Sauce (Check for Gluten free if important)
- 3/4 cups plus 1 teaspoon Salt
- 1 gallon Water
- 1/2 gallon Raw Radishes (I use standard red) sliced 1/4 inch thick
- 3 ounces Mirin (sweet Japanese rice wine), reserve until end.

*Note:*

Red Radishes will impart a nice pink-red color to the pickles

**INSTRUCTIONS**

Prepare the initial brine with the 3/4 cups Salt and 1 gallon Water mixed together into solution.

Soak Radishes for 1-2 days in initial brine by placing them in a large bowl and weighting them down with a plate to keep Radishes submerged in the brine.

Rinse Radishes with fresh water once after initial brine period and discard the initial brine.

Bring to a boil Vinegars, Sugar, Soy, and last teaspoon Salt. Add Ginger and Garlic and continue to boil an additional 5 minutes until "blanched". Remove Garlic and Ginger with a slotted spoon.

Pack Radishes, Ginger, and Garlic into a large jar, layering them. Pour hot Vinegar mixture over the layers. Tap with wooden spoon to remove air bubbles.

Top off jar with the Mirin. Close lid and refrigerate for 2-7 days and then eat plain or add to a salad.

**STORY OF RECIPE**

Worked at a CSA and brought home all the rejected radishes. Radishes are OK but pickles are yummy so I made this one up. We liked it. Great on salads.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Caroline Vidican	United Kingdom	67	4

TITLE

## OEUFS MIMOSA (CRAB STUFFED EGGS)



<http://onefrenchword.wordpress.com>

### INGREDIENTS

6 hard boiled eggs  
 A small can of tuna (miettes de thon) or crab (crabe)  
 (classier but more expensive)  
 3 tbs home made mayonnaise  
 Lots of chopped mixed herbs (parsley, coriander, chives),  
 tabasco, a few salad leaves  
 A word about hard boiling eggs: use eggs you have had  
 for a few days, not the freshest ones. It is much easier  
 to shell slightly older eggs. And don't cook them for too  
 long or the yolks go black around the edges, most  
 unattractive. Put them in cold water, bring to the boil and  
 then boil for 5 minutes.

### INSTRUCTIONS

Shell the hard boiled eggs and cut them in half lengthways.  
 Lay the whites out on a serving dish on top of lettuce leaves, roquette or spinach, and put the yolks in a bowl.  
 Drain the fish, break it up with a fork if it is tuna, pick through to remove any cartilage if you are using crab.  
 Mix 3/4 fish, 1/4 mayonnaise and several tablespoons of chopped herbs. Add tabasco to taste. The mixture should be rich and creamy but not sloppy.  
 Fill the egg white halves with mounded spoonfuls of this mixture.  
 Mash up the egg yolks with a fork. You don't want a paste, but rather little bubbles like mimosa flowers, hence the name.  
 Sprinkle the yolk over the filled egg white halves, to cover, and overflow onto the serving plate. Sprinkle with a little more chopped herbs if you wish.  
 This dish should be prepared the day you want to eat it, only a couple of hours at most before serving, otherwise the mayonnaise will start to oxydise and the egg yolk will dry and not be attractive at all. It is a good inexpensive dish to prepare for a buffet.

### STORY OF RECIPE

A recipe my mother prepared for my father when they were engaged - but she cut the eggs the wrong way and they wouldn't stand up on the plate!

- |   |                                    |                                      |
|---|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> STARTER | <input type="checkbox"/> BAKING    | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENT | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT            | <input type="checkbox"/> OTHER     | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 25min

### COOKING TIME

> 10min

**STARTER** 13.8%  
**MAIN** 44.5%  
**CONDIMENTS** 2.5%  
**DESSERT** 19%  
**BAKING** 12.3%  
**OTHER** 7.9%

NAME	FROM	AGE	SERVES
Stephanie Pereira	USA	33	4

TITLE

## (VEGAN!) POTATO LATKES



Stephanie Pereira

### INGREDIENTS

1 1/2 lbs russet potato, peeled  
 1/4 c finely chopped shallots  
 PRE-MIXED: 3 tsp Ener-G Egg Replacer plus 4 tbsp water\*  
 2 T flour  
 1 1/2 t salt and pepper  
 Veg oil for frying  
 \*Use 2 eggs instead if you are not vegan!

### INSTRUCTIONS

Grate potatoes, with food processor if possible. Line a sieve with cheesecloth, and place sieve over a bowl. Pour potatoes into sieve, gather into a pouch and squeeze out some of the moisture. Let the pouch sit over the bowl for 15 minutes. After 15 minutes, pour off liquid leaving white starch that has gathered in the bottom of the bowl. Add shallots, egg-replacer, flour and salt and pepper to bowl and mix. Add potatoes into mixture and toss to combine.

Preheat oven to 200 degrees and line a baking pan with paper towels.

Heat frying pan to medium-high heat, add enough oil to coat the bottom. When hot, drop in heaping tablespoons of potato mixture and lightly flatten. Cook until lightly brown, and carefully flip. Do the same for the other side.

When cooked, place them on frying pan and keep in oven until ready to serve.

### STORY OF RECIPE

My mom and I are both vegan and jewish. This vegan potato latke recipe will hold together when you fry it, and EVERYONE will love it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 10min

NAME  
Caro Frangenber

FROM  
Germany

AGE  
29

SERVES  
4

TITLE

## GRILLED AUBERGINES FOR THE SUMMER



INGREDIENTS

- 1 red pepper
- 2 large firm aubergines
- Some olive oil
- 2 garlic cloves
- Juice of 1 lemon
- 1 1/2 teaspoons of crushed cumin seeds
- 50 g feta cheese
- 2 teaspoons of fresh mint leaves
- Sea salt flakes
- Pepper

INSTRUCTIONS

Preheat the grill in your oven to high temperature.

Put the sliced and deseeded red pepper cut-side down on a roasting tray. Place it under the very hot grill until the skin is black and blistered. This takes approximately 10 minutes. Remove the red pepper from the heat and cover it with a tea towel. Wait 10 minutes before you peel off the skin and cut the flesh into dices.

Meanwhile, slice the aubergines crossways into 2 cm slices. Preheat a ridged griddle pan. Brush the aubergine slices with oil on both sides. Place them in the pan, in batches, if necessary. Cook the slices for about 2 minutes on each side until grill marks appear. Carefully remove the aubergine slices from the pan and cut them in half.

In a large bowl, combine the garlic, red pepper, lemon juice and cumin. Season with salt and pepper. Add the aubergine slices, turning carefully to coat, then arrange on a serving platter.

Scatter over the crumbled cheese and roughly chopped mint leaves and serve at room temperature.

STORY OF RECIPE

This is my favourite recipe from a cookbook my Aussie friend sent to me halfway round the world for my birthday.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 25min

NAME

Neal J. Gauger

FROM

United States of America

AGE

SERVES

10–12

## TITLE

**NEM NƯỚNG CUỐN (SPRING ROLLS)**

N. Gauger

**INGREDIENTS**

- 1 pound Ground Pork (fattier the better)
- 1 medium Yellow Onion
- 1 and 1/2 Tablespoons Sugar
- 3 cloves of Garlic
- 1/2 teaspoon Fresh-Cracked Black Pepper
- 1 Tablespoon Fish Sauce-
- Vegetable Oil
- 6 Scallions
- 1 English Cucumber
- 8 to 10 sprigs Mint
- 4 Cups Mung Bean Sprouts
- 1 package Rice Paper Spring Roll Wrappers

**STORY OF RECIPE**

This is a very versatile recipe, working equally well as appetizer, passed hors d'oeuvre, or just a delicious snack. Enjoy!

**INSTRUCTIONS**

Place your Onion, Garlic, Sugar, and Fish Sauce into a food processor. Pulse at first, then turn on full blast. Allow the processor to chop the ingredients until you have a smooth and watery puree. If you do not have a food processor, chop as finely as possible.

Next, add in your Pork and Pepper. Once again, place the processor on full blast. You will know the ingredients are well mixed when they gather into a large ball and spin around the bowl on the edge of the blade. Once again, if you do not have a food processor, make sure that everything is mixed as well as possible.

Now you must form and cook the pork patties. These will be the “spine” of the rolls, and should be shaped accordingly. Remembering that they will shrink while cooking, form the pork into thin strips, roughly one inch wide, 1/2 inch thick, and four inches long.

Heat a skillet filled with two or three tablespoons of Vegetable Oil over medium heat. Once the oil begins to shimmer, place your patties in the pan. Cook each patty for three or four minutes a side, or until well-browned and cooked through.

Drain your patties on a plate covered with paper toweling. While the patties cool, assemble and/or chop your veggies so that they will fit into the roll.

Next, assemble the rolls. Dip each rice paper wrapper in warm water until softened, then place it, spread out, on a large plate. At the center, put one pork patty, three or four sprouts, three or four cucumber slices, three or four scallion slices, and a few leaves of mint. Fold one end of the wrapper over the assembled ingredients, then bring in the two sides. Finish by rolling the assembled package up using the remaining leaf.

Top each roll with one or two more mint leaves, and serve with a side of Nuoc mâm.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Ka Ning	USA	28	2

TITLE

## CHAR SIU (叉燒, CHINESE BBQ PORK)



### INGREDIENTS

1/2 lb pork tenderloin  
 1 tbsp Chinese rice wine  
 1 tbsp soy sauce  
 1 tbsp honey  
 1 cloves garlic, minced  
 1 tsp five-spice powder  
 1 tbsp red food coloring

### INSTRUCTIONS

- Combine everything into a ziplock bag. Squeeze out as much air as possible and let the pork marinate for 1-2 days.
- Preheat the oven to 325F (160C-165C).
- Place pork in a greased roasting pan (or in a silicone pan). Pour the marinade into a saucepan.
- Turn the heat to medium and reduce the marinade volume by at least half, as it start to thicken.
- Bake the pork for 30-45 minutes, turn and apply marinade every 10 minutes, until internal temperature reaches between 155-160F (~70C).
- Slice thin and serve over rice or in noodle soups (if desired).

### STORY OF RECIPE

Roast meat is one of the popular staples in Cantonese cuisine. Char siu, or roast pork, is one of my favorites that I eat over rice, noodles, or as-is!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 5-10min

**COOKING TIME**  
 > 45min

NAME

don amendolia

FROM

USA

AGE

SERVES

4

## TITLE

**KEVIN'S AVOCADO APPETIZER****INSTRUCTIONS**

Place avocado in shallow dish.  
Cut across in many thin slices, but not completely through.

Cover with lemon juice.  
Cover with Lemon pepper and lemon zest

Spread on thin rice crackers.  
Enjoy!

**INGREDIENTS**

- 1/2 ripe Hass avocado
- Zest & juice of 1 lemon
- 2 teaspoons Lemon pepper (without salt)
- Sea salt

**STORY OF RECIPE**

This is an easy and delicious appetizer my friend Kevin showed me. The thin cuts allow for easy use with a small knife. Use lots of pepper! Great with cocktails.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 3min

**COOKING TIME**  
> 0min

NAME	FROM	AGE	SERVES
Jannetje van Leeuwen	Ireland	41	4–6

TITLE

## COURGETTE AND PARMESAN SOUP



### INGREDIENTS

1 onion, chopped  
2 cloves garlic, chopped  
1 tbsp olive oil  
1kg courgettes, chopped  
1½ handfuls basil leaves  
650ml vegetable stock  
5 cm piece Parmesan rind  
Zest of 1 lemon  
100g grated Parmesan  
4 tbsp crème fraîche  
1 tsp grated nutmeg  
25g shaved Parmesan  
Salt and pepper

### INSTRUCTIONS

1. Sweat the onion and garlic in oil in a large saucepan until softened.
2. Add the basil and courgette and cook until soft (10-15 minutes).
3. Add in the stock and Parmesan rind and cook for 15 minutes. Remove the rind and discard.
4. Pour into a food processor and blend until smooth.
5. Transfer to a saucepan and bring to simmering point. Remove from the heat and stir through grated Parmesan, ½ lemon zest, 1 tsp grated nutmeg, 1 handful torn basil leaves, 2 tbsp crème fraîche and season to taste.
6. Serve in individual bowls, topped with more crème fraîche, lemon zest, chopped basil and shaved Parmesan. Accompany with fresh crusty bread.

### STORY OF RECIPE

I came across a version of this recipe a long time ago and have since adapted it to my own liking and taste: a ‘green soup’ even my kids love!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Sarah Colson

FROM

UK

AGE

31

SERVES

1

## TITLE

**RAW GREEN BREAKFAST SMOOTHIE****INSTRUCTIONS**

Whizz it up on full speed in a blender until it goes GREEN. Serve with fresh mango, fresh coffee and a dried fruit nut mix.

Now stat your day

**INGREDIENTS**

- Hand full of Kale
- Hand full of spinach
- Half an avocado
- A chunk of cucumber
- Half a glass of apple juice
- Chunk of ginger
- Table spoon full of coconut oil
- 1 banana
- A sprinkle of Chia seeds

Whizz it up on full speed in a blender until it goes GREEN. Serve with fresh mango, fresh coffee and a dried fruit nut mix.

Now stat your day

**STORY OF RECIPE**

I just started adding things into my smoothies in the morning and this was the best one I found.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 1min

NAME	FROM	AGE	SERVES
Kim Cofield	Australia	37	2

TITLE

## VERSATILE SPAGHETTI



### INGREDIENTS

- 150 grams beef mince
- A glug of extra virgin olive oil
- Diced onion (optional)
- 250 grams pasta
- A dash of Worcestershire sauce (optional)
- 1/2 cup passata (Italian tomato sauce)
- 1 tomato chopped (optional)
- Sweet paprika (dried, powder form)
- Rosemary - fresh or dried (optional)
- Oregano - fresh or dried (optional)
- Cheese - a hard cheese such as tasty or Parmesan is best, however use your favourite as favourites always produce the best results!

### INSTRUCTIONS

Cook your pasta, following the instructions on the packet. Use whatever pasta you like, dried or fresh.

Place a glug of oil into a hot stovetop frypan. Once heated add onion if using. Once it is cooked (skip this step if you aren't using) add mince. Turn heat to medium. Stir mince to ensure it doesn't stick or overcook. If using add the Worcestershire sauce. Stir in the passata. Turn heat to low. Add tomato if using. Stir in paprika. Add the rosemary and oregano if using. Turn off heat.

Your pasta should have finished cooking by now. Drain the pasta and serve into two bowls. Spoon mince mixture on top of pasta.

Grate cheese over the top and enjoy.

*Note:*

feel free to use lamb or pork mince, both produce a tasty spaghetti. The amount of mince used doesn't have to be exact; sometimes I use less, sometimes I use more. Diced bacon is also nice, the quantity used may be different. If you don't have or don't like the herbs, omit or change to suit.

### STORY OF RECIPE

I created this recipe over 15 years ago. I cook it almost weekly and it's different every time, depending on what ingredients I have on hand. It's always tasty!

<input checked="" type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 5min

### COOKING TIME

> 20min

NAME

The Food Foxx

FROM

USA

AGE

SERVES

4-5

## TITLE

**BUFFALO CHICKEN CHEESE MEATBALLS****INGREDIENTS**

1 lb ground chicken  
 1/2 cup bread crumbs  
 1 tsp garlic powder  
 1 tsp onion powder  
 to taste salt and pepper  
 blue cheese crumbs  
 1/2 cup buffalo sauce (your favorite)  
 1 Tbsp butter  
 Ranch for dipping

**INSTRUCTIONS**

- 1) Preheat oven to 400 degrees F
- 2) Mix chicken, bread crumbs, garlic powder, onion powder, salt and pepper.
- 3) Create flat disks about the size of your palm.
- 4) Drop in some blue cheese crumbs in the center.
- 5) Roll into a meatball.
- 6) Place on a rack and start baking.
- 7) 5 minutes before its done, take out and coat with some of the buffalo sauce and put back in to finish baking.
- 8) When its done, you can roll it in some more sauce if you want it saucy.

**STORY OF RECIPE**

Great way to get buffalo sauce, cheese, and ranch into your mouth!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15-20min

**COOKING TIME**  
> 20-25min

NAME

Jaimbob

FROM

USA

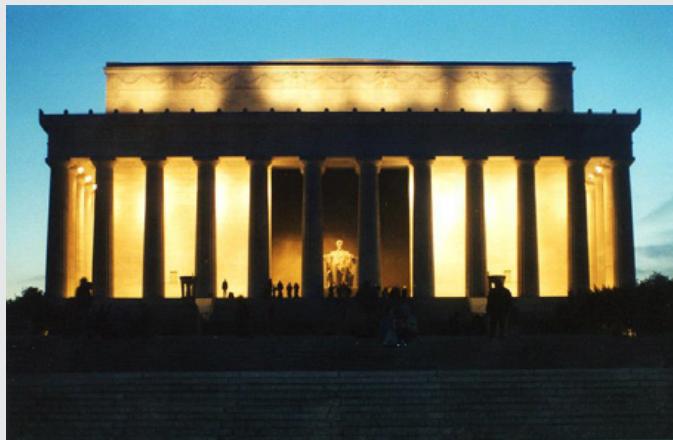
AGE

21

SERVES

10

## TITLE

**PRETZEL DOUGH****INGREDIENTS**

## Dough Recipe:

1.5 cups warm water  
2 Tbl honey  
2 Tbl sugar  
2 Tbl brown sugar  
2 tsp Kosher Salt  
1pk - 4 tsp yeast  
4-4.5 cups of flour  
2 oz or 2 Tbl butter melted

*Boiling water for completed Dough:*

10 cups water  
2/3 cups baking soda

**STORY OF RECIPE**

This creation is from my brother. :)

**INSTRUCTIONS**

In a mixer bowl put in 1.5 cups of warm water (110 degrees-warm to the touch but not hot).

Mix with a spoon the yeast, both sugars, and honey and let sit for 10 minutes or until you have a nice foamy mixture.

Sift flour either ahead of time or directly into the mixer bowl on top of the water.

Add the salt on top of the flour.

Add butter on top of salt and flour mixture

Place mixer bowl in position and let it run at a low speed for up to 10 minutes.

Check constantly as if it is too dry add small splashes of water, and if too wet (looks slimy) add flour. Any changes will take from 30 seconds to a minute to show up so be patient.

When the dough is done it should form one big ball that is slightly sticky to the touch, but still stays in a ball.

Form into a ball and either coat the dough ball with a light layer of olive oil or take a bowl and spread a light layer over the bow surface.

Place dough ball into the bowl let rise at room temperature for at least an hr covered (plastic wrap).

If you will need it right away punch it down and start rolling it out. Start with making ropes that are approximately 18 inches long and a half inch thick. Make whatever shape you desire.

To make just pretzels bowl them in the baking soda water 30 seconds a side and place on a baking sheet (I use one lined with parchment paper).

Finish off with egg wash.

Bake 450 for 12 minutes (middle of the oven watch closely as this varies between ovens) or until golden brown.

Makes about 20 pretzels.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 30min

**COOKING TIME**

> 13min

NAME

Julia Largent

FROM

USA

AGE

25

SERVES

10

## TITLE

**SAVORY GRAPE SALAD**

Julia Largent

**INSTRUCTIONS**

Slice all grapes in half (or smaller if you want tiny bites). Cube the mozzarella cheese into small pieces. You don't want them very big. Chop basil leaves. Toss these together in a bowl. Add olive oil to evenly coat the ingredients. It's recommended to place in fridge so the flavor meld together for at least 30 minutes, but this can be omitted. When serving, dish out the salad and throw in a pinch of sea salt. The sea salt can be left out if desired.

Try adding different types of herbs or nuts for a different taste!

**INGREDIENTS**

- 1 bag of grapes (can be any color, I prefer green)
- 8-10 ounces of fresh mozzarella cheese (not shredded)
- 4-5 basil leaves
- 2-4 tablespoons of olive oil
- sea salt (optional)

**STORY OF RECIPE**

A friend introduced me to this salad. It became my new obsession and I was making it at least once a week for lunch. It's quick, tasty, and healthy!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15-20min

**COOKING TIME**

&gt; 0min

NAME	FROM	AGE	SERVES
Thibault Lhermitte	France	27	6

TITLE

## PÂTÉ DE PÂQUES (EASTER PÂTÉ)



### INGREDIENTS

Shortcrust pastry  
 150g of rabbit meat  
 150g of chicken meat  
 150g of veal meat  
 150g of pork meat  
 Other meats at convenience  
 4 to 6 eggs (depending on the mold)

### INSTRUCTIONS

Grind all the meats together, and cook them briefly in a pan with a dash of oil. Add salt and pepper.

Put some pastry to cover the bottom and borders of a small mold with high edges (5 cm), and place half the meat over it.

Hard-boil and shell all of the eggs but one, then slice them in half, and place them flat-side down on the meat.

Add the remaining meat above the eggs, and close the dish with pastry. Paint the crust with some egg yolk, and make some holes on the top to let the steam escape.

Then put in the oven at 180°C for 45 minutes.

Please note that the meats shown can easily be replaced and/or completed. Still, try to avoid dry meats such as chicken breasts.

### STORY OF RECIPE

This is a traditionnal dish from Poitou, France, that is eaten on the Easter weekend. After Lent, it was ideal to refill on proteins as it contains meat and eggs.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30min

**COOKING TIME**  
 > 45min

NAME

olivier thibur

FROM

France

AGE

SERVES

4

## TITLE

# CARRY POULET

**INSTRUCTIONS**

Fry the chicken (the more its fried the best it will taste)  
Add grinded garlic / grinded ginger root  
Add chopped onio  
Add curcuma  
Add sprig fresh thyme / salt / pepper  
Add chopped tomatoes

Low heat  
Wait 20-25 (call a friend, drink wine, style yourself)  
Serve with rice and smile !

**INGREDIENTS**

1 kg of chicken  
6 fresh or canned tomatoes  
1 onion  
2 garlic cloves  
30 g of fresh ginger root  
4 tea spoons of curcuma  
1 sprig fresh thyme  
Oil  
Salt  
Pepper

**STORY OF RECIPE**

Typical dish from my home Island, La Reunion. It will dazzled your friends, make him fall in love with you, and bring you back to life after too much vodka.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 40min

NAME

Drew Fredrick

FROM

USA

AGE

45

SERVES

6

## TITLE

**LOBSTER ROLL ON ENDIVE**

AllisonEats

**INGREDIENTS**

- 3 tablespoons mayonnaise
- ¼ teaspoon lemon juice
- ¼ teaspoon dill weed
- ⅛ teaspoon Old Bay Seasoning
- dash salt
- dash pepper
- ¼ pound cooked lobster, chopped
- 1 tablespoon green onion thinly sliced
- 1 tablespoon celery chopped
- 1 ½ teaspoons pimentos, diced
- 1 head Endive, separated

**INSTRUCTIONS**

In a small bowl, combine the first six ingredients, mixing well. Stir in the lobster, onion, celery and pimentos.

Spoon 1 tablespoonful onto each endive leaf. Refrigerate until serving.

**STORY OF RECIPE**

Want a lobster roll without the bread? This is my answer to that question. Adapted from various shrimp salad recipes, this has been a hit every time we served it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 10min

NAME	FROM	AGE	SERVES
Ellen Kaye-Cheveldayoff	Canada	33	2

TITLE

## CUCUMBER TOMATO FENNEL SALAD



Ellen Kaye-Cheveldayoff

### INGREDIENTS

1/2 English cucumber, or 4 pickle cucumbers  
2 medium tomatoes  
1 bulb fennel  
a fist-sized amount of fresh parsley  
1/2 lime  
4 tbsp grapeseed oil  
1/4 tsp salt (or salt to taste)

### INSTRUCTIONS

Chop the cucumber, tomatoes, and fennel into about 1 cm cube pieces. Chop the parsley into about 0.75 cm square pieces. It doesn't matter exactly how big they are, just that they are consistent in size, and that they will fit on a fork or spoon easily. Put the cucumbers, tomatoes, fennel and parsley into a large bowl and mix together.

Cut a lime in half, and squeeze juice from one of the halves into a small bowl. Add the grapeseed oil, salt and stir to make a dressing. Then add the dressing to the cucumbers, tomatoes, fennel and parsley. Mix to make sure that all of the vegetables are covered evenly by the dressing.

The salad is now ready to serve.

If you're in a hurry, you can put the lime juice, salt and oil directly on the vegetables in the large bowl and mix them there. Making the dressing separately makes a slightly more consistent result.

The cucumbers, fennel and parsley can be chopped ahead of time and left in the fridge. The tomatoes and lime don't last as long once they have been cut by a knife, so it's better to prepare them just before serving.

### STORY OF RECIPE

A simple salad that I make when I want something fresh and tasty. It still tastes good if you leave out any 2 of the ingredients.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Steve Woodward	England	67	2

TITLE

## STEVE'S NUTTY POTATO CAKES



Steve Woodward

### INGREDIENTS

400 g cooked potato  
100 g nuts (total): Brazil, walnut, almond, hazel, in any combination; peanuts and cashews are OK, but a bit sweet for my taste  
2 teaspoons flour (wholemeal is good, but not vital)  
4 generous pinches, (or a very flat teaspoon) powdered mace  
4 generous pinches, (or a very flat teaspoon) smoked paprika  
salt to taste

### INSTRUCTIONS

Cook the potato (boil or microwave, or use leftovers), with skins if possible.

Crush the nuts in a mortar and pestle to the consistency of coarse breadcrumbs. You can simply blitz them in a grinder, but it's hard to keep the bits coarse and crunchy enough.

Mash the potato approximately, with a fork rather than a masher.

Thoroughly mix the dry ingredients into the potato.

Form into four balls, and flatten them.

Grill so that both sides get nicely brown.

Serve them with baked beans or, if you're feeling creative, use passata with some basil and/or chopped olives.

(Mash the potato more thoroughly, blitz the nuts, replace the flour with butter, and you get an interesting creamy nutty mash.)

### STORY OF RECIPE

I was convinced that nuts and potatoes should combine nicely, but they didn't, until a potted shrimp recipe (!) finally suggested the mace/paprika combination that seems to work.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 20min

NAME

Bram Spiero

FROM

USA

AGE

38

SERVES

10

## TITLE

**GREEN S'CHUG**

## INGREDIENTS

- 5 green chili peppers
- 1 bunch of cilantro
- 1 clove of garlic
- A squeeze of lemon
- Salt

## INSTRUCTIONS

Half the chili peppers and remove all the seeds, stick them in the blender. Roughly chop up the cilantro, including the stems and stick it in the blender. Give the clove of garlic a good whack with your knife before adding it to the blender. Let the blender work for about 10-15 seconds and then mix everything up with a spoon so that you don't get pockets of just chili or just cilantro. Give it another swirl in the blender for another 10-15 seconds before adding a squeeze of lemon juice and a pinch of salt and a final bit of blending. Taste your s'chug to determine if it needs more lemon or salt.

The s'chug will keep for about a week in your fridge. I made this with a little hand blender, you may need to increase the amounts to get it to mix in a food processor.

A Yemenite chili paste made with either green or red peppers. I've been looking for a translation of it to English, apparently it's just too damn ethnic. It goes great with fish, anything involving humus that you want to spice up or even in your soup. There are two distinct camps where s'chug is concerned, the red and the green. The red is usually a little drier and straight in your face spicy, if that makes any sense, while the green is usually a little fresher or juicier.

## STORY OF RECIPE

Sometimes when you miss the taste of home, it's best to improvise and get as close as you can.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 0min

NAME

Yoav Reches

FROM

UK

AGE

36

SERVES

4

## TITLE

**ABA BABA GANUSH**

Georgi Manassiev

**INGREDIENTS**

- 2 Medium Aubergines.
- 300 g Tahini (sesame paste)
- 2 Lemons.
- 1 garlic clove.
- 1 small Onion.
- 1 tea spoon Rock salt
- Olive oil

**STORY OF RECIPE**

Perfected and tested by generations of Tahina & Aubergine addicts... (learned it from my father).

**INSTRUCTIONS**

Aubergine.

Wrap aubergines with aluminium foil and roast directly on a small stove flame until they are soft and cooked (Keep turning so all sides get flame heat).

Spoon out the aubergine flesh, and chop to form a rough mesh, add salt, chopped onion, olive oil and mix.

Tahini / Tahina.

Mix 300 g of tahini with juice of two lemons and 150-200ml of water. Add crushed garlic and salt (mix until smooth texture).

Serve aubergine and tahina mixed as you find best with your favourite bread (everything works !)...

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Rick Ramsfield	Canada	57	10–12

TITLE

## VEGETABLE SPRING ROLLS



Japan Center

### INGREDIENTS

250ml coleslaw or broccoli mix  
1 green onion, chopped fine  
5ml sesame oil  
2-5ml grated ginger (fresh)  
1 clove garlic  
2ml seasoned salt  
2ml seasoned pepper  
2-5ml red pepper flakes  
1/2 pkg. wonton wrappers (approx. 40)  
15-25ml Oil for frying (canola or coconut)  
Spring Roll Sauce

### INSTRUCTIONS

1. Chop coleslaw mix so pieces are fine and easy to wrap.
2. Clean green onion and chop fine
3. In a medium mixing bowl combine coleslaw mix, green onions and the next 6 ingredients.
4. Prepare a bowl of cold water to dip your fingers in. Take a wonton wrapper and have one of the corners pointing towards you. With your finger, moisten the back two edges of the wrapper. Place the filling in the middle of the wonton "diamond". Fold up the bottom corner and fold the sides toward the middle. Roll the wonton towards the back corner.
5. Place wrapped wontons on wax paper being careful they do not stick to one another.
6. Heat oil in fry pan. Fry wontons on medium/high heat until crispy on all sides.
7. Serve with Spring Roll sauce.

*Note:*

Wontons can be frozen if placed on wax paper and quick frozen so as not to stick together and cooked at a later date. Cooked wontons can be reheated easily

*Variations:*

1. Use broccoli slaw mixture. Add chopped mushrooms or bean sprouts.
2. Add chopped mushrooms or bean sprouts.
3. Use a non-stick pan and spritz the wontons with oil to reduce calories.

### STORY OF RECIPE

I am a food teacher having students explore healthy alternatives to junk food. The students love this recipe!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 5–10min

NAME

Benjamin Lambert-Z\_berlein

FROM

Denmark

AGE

20

SERVES

4

## TITLE

**JERUSALEM ARTICHOKE SOUP****INGREDIENTS**

1 kg Jerusalem artichokes  
 Scallops (2 pr. person)  
 1 onion  
 2 cloves of garlic  
 1/2 L of chicken stock or water  
 1/2 L of cream  
 3 sprigs of thyme  
 1 small bunch of chives  
 3 tbsp of olive oil

**INSTRUCTIONS**

- 1 Cut and peel all the ingredients
- 2 Cut everything in small pieces (except the scallops)
- 3 Pour the oil in a soup pot and heat it up
- 4 Fry onion, garlic and jerusalem artichokes with the thyme for a few minutes
- 5 Add stock/water and let it simmer for 20 minutes
- 6 Take the soup off the heat and remove the sprigs of thyme
- 7 Blend the soup with a hand blender
- 8 Add cream while slowly stirring
- 9 Season with salt and pepper and put the lid on
- 10 Cut the chive in small pieces
- 11 Fry the scallops for about 1-2 minutes on each side
- 12 Serve the dish with scallops and chive and pour the soup over

**STORY OF RECIPE**

I always make this dish on a first date

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 35min

NAME	FROM	AGE	SERVES
Rena Lao	Ireland	21	4

TITLE

## SEAFOOD CHOWDER



Rena Lao

### INGREDIENTS

1 Medium Onion  
1 Carrot  
200gr Peeled, Diced Potato  
500gr of Mixed Fish, Diced  
1kg of Mussels  
1 glass of White Wine  
150ml Cream  
400ml Full Fat Milk  
40gr Butter  
40gr Flour

### INSTRUCTIONS

1. Cut the carrot, celery & onion into small even dice
2. Wash & pull the beards on the mussels before steaming in a large pot with white wine.
3. When the mussels are cooked, filter the resulting mussel juice & reserve the cooked mussels. The mussel juice will be used like a stock in the chowder.
4. Take the the mussels out of it's shell and set it aside.
5. Cook the diced vegetables gently in 1 tablespoon of Butter
- 6 Mix the remaining soft butter & flour together to form a dough.
6. Boil the cream, milk, mussel juice together. When boiling, whisk in the dough and bring back to a simmer stirring continuously.
7. When the vegetables are cooked for 5 mins, add the diced fish, followed by the thickened cream/mussel stock & the cooked mussels (out of the shell)
8. Bring the soup back to a simmer, check seasoning & serve in bowls with crusty or wholemeal bread.

### STORY OF RECIPE

One day, I went to the harbor and tried out this delicious seafood chowder and this is basically my best attempt to recreate it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Sarah Matthews	Australia	43	1-2

#### TITLE

## A SMOOTH SUKI



#### INSTRUCTIONS

Put liquid and heavy items in blender and top with lighter ingredients. Blend until smooth. If you don't have a high powered blend, put a few items in at a time, suggest blending ice last. Serve in a glass.

#### INGREDIENTS

- 1 cup of almond milk
- 1 ripe banana
- 4-6 pitted medjool dates or 1-2 tablespoons of maple syrup
- 1 cup of spinach
- 1/4 of an avocado
- 2 tablespoons of raw cocoa powder or carob powder
- 1 shot of decaf coffee
- 6-8 ice cubes

#### STORY OF RECIPE

My cat Suki is a Burmese with an incredibly silky smooth brown coat. I have created something that represents her which is Vegan, delicious and healthy; A Smooth Suki!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Thorbjoern	Germany	36	4

TITLE

# HOCHZEITSSUPPE



ars nautae

## INGREDIENTS

- 1 Soup hen
- 3 carrots
- ¼ celery
- ½ leek
- 1 bunch of parsley
- 400 g mett (minced raw pork)
- 5 eggs
- 1 tablespoon of whipping cream
- 3 to 4 tablespoons of breadcrumbs
- nutmeg
- 1 tablespoon of milk
- salt
- pepper
- green asparagus
- small egg pasta such as Stelline
- chives

## INSTRUCTIONS

All ingredients can be prepared separately and several hours before serving. Just heat the broth and add the ingredients a few minutes before the soup is done.

*Chicken broth:*

Place the soup hen in 4 liters of cold water, start heating the water, do not boil. Let it cook for roughly 2 hours. Cut the carrots, celery, leek and parsley and add them to the hen, let it cook for another 30 minutes. Remove the hen from the water, remove the meat, cut it into smaller pieces and put it aside. Discard the vegetables. Let the broth cool down, remove the grease, pour through a fine sieve. Add salt.

*Meat balls:*

Mix the meat with one egg, the whipping cream, salt, pepper, nutmeg and breadcrumbs. Take one table spoon full of meat, roll little balls between the palms of your hands. Put meat balls in hot salted water, do not boil. As soon as they start swimming they are done. Put aside.

*Egg royale:*

Mix four eggs with milk, salt and nutmeg. Put into freezer bag, close tightly. Place in hot, not boiling water, let cook until the egg is completely hard. Remove from bag, cut into small cubes. Put aside.

Cut the asparagus in pieces, blanch in salted water. Put aside.

Cook the pasta for five minutes. Put aside.

Shortly before serving the soup heat the broth, add the chicken meat, the meat balls, the asparagus and the pasta. Place the egg royale into the soup on the soup plate. Garnish with chives.

## STORY OF RECIPE

This is a traditional northern german dish usually made for celebrations such as weddings, christmas, birthdays or Festivus.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENT
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

## PREPARATION TIME

> 180min

## COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Alison Phillips	United States	26	14–18

TITLE

## CHEESE GARLIC BISCUITS



### INSTRUCTIONS

Mix together in large bowl the biscuit mix, cheese, and milk with a spatula or fork. Spoon this mixture (about a 1/4 cup size for each biscuit) onto a greased baking pan. Bake at 450 degrees for 8-10 minutes or until top just starts to brown.

While biscuits are cooking put the 1/4 cup margarine in a bowl and melt it. Then add in the garlic powder and parsley flakes. Stir together. Brush this on top of the biscuits as soon as you take them out of the oven.

### INGREDIENTS

- 2 Cups Buttermilk Biscuit Mix
- 1 Cup Grated Cheddar Cheese
- 1 Cup Milk
- 1/4 Cup Margarine or Butter
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Parsley Flakes

### STORY OF RECIPE

Learned in high school cooking class from my home economics teacher Mrs. Lane. It has become a family favorite at our reunions each year.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
John Hammond	USA	70	10

#### TITLE

## JOHN'S LENTIL SALAD



#### INGREDIENTS

1 Pound dry lentils  
 2 Cucumbers  
 1 Bunch scallions  
 1 Red bell pepper  
 1 Yellow bell pepper  
 1 Green bell pepper  
 3 Jalapeño peppers  
 1 Red onion  
 3 Tomatillios  
 1 Bunch cilantro  
 6 Cloves garlic  
 6-8 Oz good quality Olive Oil - For reduced fat version partially substitute tomato or V8 juice  
 3 Limes  
 1 Tbsp salt  
 1 tsp black pepper  
 ½ cup "Chili Garlic" Sriracha sauce (Rooster Sauce) - or other hot sauce to taste

#### INSTRUCTIONS

Soak lentils all day in 4 Qt. cold water. Drain and add 4 Qt fresh water and bring to boil. Cook 5 to 7 minutes at full boil. Drain and rinse immediately with cold water. Drain and refrigerate overnight.

Peel and split cucumbers and scrape out seeds with a spoon and dice small. Sprinkle with salt and let drain in colander while prepping the remainder of the vegetables

Cross cut scallions in 1/8 inch slices. Chop the cilantro (including stems)

Remove stems and seeds and dice the three bell peppers  
Remove seeds and stems and very finely dice the three jalapeños

Peel and dice the red onion. Finely chop the three tomatillios

Peel and press or finely chop the 6 garlic cloves and stir into the olive oil.

Squeeze the juice from the 3 limes into a small bowl

Add salt, pepper and "Chili Garlic" sauce to lime juice and mix.

Combine lentils, cut up vegetables and cucumber, garlic oil and seasoned lime juice and stir

#### STORY OF RECIPE

I love lentils. In this recipe, none of the quantities are critical and you can throw in whatever else suits you.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 40min

**COOKING TIME**  
 > 15min

NAME

Usman Iqbal

FROM

United Kingdom

AGE

24

SERVES

8

## TITLE

**POTATO CUTLETS****INSTRUCTIONS**

1. Finely chop the onions and set aside for now
  2. Wash the potatoes and boil until soft throughout. Allow to cool a little (to allow for easy handling), however they should still be quite hot for the next steps
  3. Peel the skin from the cooked potatoes. Remove eyes, blemishes etc. before placing into a bowl and mashing
  4. Add the chopped onion, chilli powder and salt and mix well
  5. Taste the mixture and add more chilli powder \ salt as required
  6. Separate the mash into quarters. From each quarter, form 4 spheres of mash and flatten gently to make a disc shape
  7. Place on a tray and leave to cool completely
  8. Beat the eggs together in a bowl. Add a pinch of salt
  8. Coat each cutlet in egg and fry for 3 - 5 minutes on each side until brown. Take care, they will be fragile!
- Serve hot, ideally immediately

**INGREDIENTS**

- 1kg mashing potatoes
- 2 small onions (approx. 160g)
- 1 teaspoon salt
- 1.5 teaspoons chilli powder
- 2 small eggs

**STORY OF RECIPE**

This is my Mother's creation and a firm favourite with me and my brothers.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 40min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
guillaume	france	33	2

TITLE

## BREAD OMLET



### INGREDIENTS

4 slices of sandwich bread  
4 eggs  
1 onion  
1/2 fresh green chili (1 teaspoon dry red chili powder)  
1 teaspoon of turmeric  
a bunch of fresh coriander leaves  
salt to taste  
butter

### INSTRUCTIONS

Finely chopped the onion, the chili and the coriander leaves.

Spare some whole coriander leaves

Beat the eggs in a bowl and put the coriander, the chili, the onion, the turmeric and some salt.

Mix well

Soak the slices of bread on both sides in the mixture  
Heat some butter in frying pan

Put the slices of bread in the pan and the rest of the mixture on top of it.

Cook it on one side for a minute or so, then flip the slices on the other side and let them cook for one more minute.

Serve hot, garnish with some fresh coriander leaves.  
You can accompany the bread omlet with indian pickle or chutney, cucumber raita or even ketchup.

### STORY OF RECIPE

This recipe is a classic from south-indian street food. I discovered it in a little stall up in the mountains near Kodaikanal. Delicious as starter, snack or breakfast.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 2min

NAME

Warren Keen

FROM

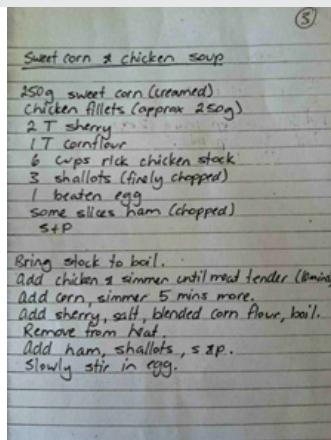
Australia

AGE

SERVES

4

## TITLE

**SWEET CORN & CHICKEN SOUP****INSTRUCTIONS**

Bring stock to boil.  
Add Chicken & simmer until meat is tender (10 mins).  
Add Corn & simmer 5 minutes more.  
Mix Sherry with the Cornflour & salt, add to the pot and boil.  
Remove from heat.  
Add ham, shallots, S&P.  
Slowly stir in Egg.

**INGREDIENTS**

250g Sweet Corn (Creamed)  
250g Chicken fillets  
2T Sherry  
1T Cornflour  
6 Cups rich Chicken Stock  
3 Shallots (the long green things not the small french onion things)  
1 Egg beaten  
Some slices of ham chopped  
S&P

**STORY OF RECIPE**

Passed amongst Allied WWII camp cooks, one of whom was shot and killed. His letter home in his pocket had this recipe attached OR Just some random cooking book.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

NAME

Anne riston-guéchova

FROM

France

AGE

58

SERVES

6

## TITLE

## FENNELS SALAD

**INSTRUCTIONS**

Place all ingredients in a bowl.  
Season at the last minute.

**INGREDIENTS**

2 fennels finely chopped  
2 small apples, peeled and diced  
2 oranges, peeled, sliced, then cut in quarters  
some slightly crushed walnuts  
60 g Emmental cheese cut into small cubes  
2 slices smoked dry ham, cut into thick strips with a length of 3 cm  
1 bunch of chives  
juice of one and a half lemon  
3 tablespoons olive oil  
salt  
pepper

**STORY OF RECIPE**

This recipe comes from an aunt, who was an excellent cook, but rather classic in her choices. This one astonished me because it was amazing, and I cached it directly!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 0min

42% OF  
THE RECIPES  
ARE FROM  
THE U.S.

NAME

Lourie Zipf

FROM

USA

AGE

SERVES

1-2

## TITLE

**STUFFED, SUMMERY AVOCADOS**

Lourie Zipf Photography

**INSTRUCTIONS**

Take one fresh Hass avocado and cut it in half. Remove the pit. Fill each avocado half with fresh, cherry tomatoes, (red and yellow) preferably picked from the garden. Place a basil leaf on top of the avocados. Squeeze a lemon over the top and sprinkle with Kosher salt. Drizzle with olive oil (optional), or for a little extra kick, sprinkle with red pepper flakes. Simple and easy recipe, but fresh and very tasty. Enjoy!

**INGREDIENTS**

- 1 Hass Avocado
- 3/4 cup of cherry tomatoes (red and yellow)
- 1 large, fresh basil leaf
- 1/4 teaspoon of Kosher salt
- squeeze of lemon
- 1/4 teaspoon of olive oil (optional)
- 1/4 teaspoon of red pepper flakes (optional)

**STORY OF RECIPE**

I'm a freelance photographer and was looking for a way to illustrate fresh and tasty avocados. In the process of putting the image together, I came up with this recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 0min

NAME

KSENIYA

FROM

Israel

AGE

36

SERVES

6-8

## TITLE

**YUMMY STUFFED BEETROOTS**

taken by me (KSENIYA)

**INGREDIENTS**

6-8 medium beetroots  
 ½ red onion  
 400 gr. ground pork or beef  
 150 gr. chicken livers  
 handful of pine nuts  
 chopped cilantro  
 1 tsp. of sweet paprika  
 salt, pepper  
 olive oil

*for sauce:*

1 package of yogurt  
 3-4 tsp. sour cream  
 pomegranate syrup  
 pinch of sugar

**INSTRUCTIONS**

- 1) Peel the beetroots, cut off the bottom so the beet can stand by its own. Carve out the middle of beetroot, it supposed to look like a small cup in the end.
- 2) Chop the onion and cook in the olive oil until it becomes nicely soft.
- 3) Add the ground meat to the onion and cook until it becomes slightly brown.
- 4) Cut the livers into small pieces and to the ground meat, mix well. Turn of the heat.
- 5) Brown a bit the pine nuts on a different pan, add them to the meaty mix. Also add chopped cilantro and paprika, season with salt and pepper. Mix well.
- 6) Season slightly the inside of the beetroots with salt and pepper
- 7) Fill the beetroot -cups with the stuffing. Arrange the beetroots in the backing dish. Season with salt and pepper, sprinkle with olive oil.
- 8) Cover with foil and bake in preheated oven for 1 hr and 30 min. at 200°C. (Cook the beetroots for 1 hr under the foil and another 30 min. without)
- 9) Blend the yogurt with the sour cream. Pour a bit on each serving plate.
- 10) Mix some cooking juice from the beetroot with the pomegranate syrup, add some sugar if you like. Sprinkle the syrup over the yogurt.
- 11) Place the stuffed beetroot in the middle. Serve.

**STORY OF RECIPE**

I tasted the similar dish at my favorite restaurant once and just had to recreate it at home. The stuffing is totally mine and very different from the original.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 30min.

COOKING TIME

&gt; 1.5hr

NAME

KSENIYA

FROM

Israel

AGE

36

SERVES

10

## TITLE

**VIETNAMESE SALAD WITH DOUBLE SAUCE****INGREDIENTS**

1 big carrot peeled  
 2 cucumbers  
 2 big radishes  
 1 red bell pepper  
 cilantro  
 cooked chicken breast (optional - you can make the vegetarian version without the chicken)  
 handful of roasted peanuts (crushed)

## sauce A:

2 tbsp. mirin  
 1 tbsp. rice vinegar  
 1-2 tbsp. water

## sauce B:

1 tbsp. sesame oil  
 1 tbsp. olive oil  
 1 tbsp. soy sauce  
 2 tbsp. peanut butter  
 1 tbsp. mirin

**INSTRUCTIONS**

- 1) Cut the carrots, cucumbers, radishes and red pepper into stripes. Mix the veggies in a serving bowl.
- 2) Chop the cilantro, and add to the veggies.
- 3) Blend the ingredients for the sauce A: mirin, rice vinegar and a bit of water. Pour over the salad and mix well.
- 4) Cut the chicken breast (if used) in thin stripes and arrange above the vegetables.
- 5) Make the sauce B by blending sesame oil, olive oil, soy sauce, peanut butter and mirin.
- 6) Pour the sauce at the top of the salad and sprinkle with crushed peanuts.

**STORY OF RECIPE**

My version of a salad my mom likes to order at our favorite sushi bar. She says she enjoys my peanut butter sauce quite batter :)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

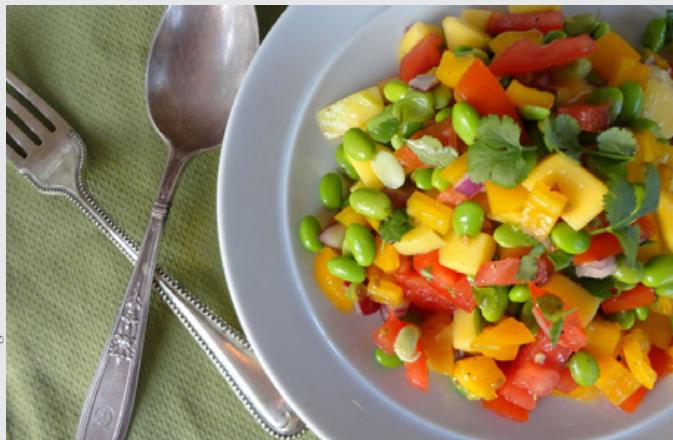
**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Annie Boulanger	Canada		4

## TITLE

## EDAMAME & MANGO SALAD



## INSTRUCTIONS

*Preparation:*

1 Prepare edamame as per package directions; drain and rinse under cold water.

2 Transfer to a large bowl and stir in all other ingredients. Mix well.

Feel free to substitute parsley for the cilantro.

A tasty substitution for the edamame would be canned black beans; make sure to rinse them thoroughly and reduce the additional salt.

For a nice kick, add a finely chopped jalapeno pepper.

## INGREDIENTS

*Ingredients:*

- 2 cups (500ml) frozen, shelled edamame,
- 1 ripe mango, peeled and diced
- 1 large tomato, chopped
- 1 sweet pepper (red, yellow or orange), diced
- ½ small red onion, diced
- ¼ cup (60ml) chopped fresh cilantro
- 2 tbsp (30 ml) freshly squeezed lime juice
- 1 tbsp (15ml) olive oil
- ¾ tsp (3.75ml) salt
- ¼ tsp (1.25ml) freshly ground black pepper

## STORY OF RECIPE

Recipe adapted from Prevention magazine ~ October 2007

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 3min

NAME	FROM	AGE	SERVES
Beatriz Garcia de Prado Barrio	Spain	30	6

TITLE

## GAZPACHO TRIBUTE DARIO BARRO



### INGREDIENTS

- 5 big and nice tomatoes
- 1/2 red paprika
- 1/2 green paprika
- 1/2 small cucumber
- 1 clove of garlic
- a piece of old bread
- 1/2 glass of water
- 1/2 glass of olive oil (good quality!)
- Salt
- \* 1/2 boil beetroot (optional)

### INSTRUCTIONS

Just clean the ingredients and mix all with a blender during 5 minutes until you get a creme texture.

If there is no space in your blender for all the ingredients together you can mix fist only the tomatoes with olive oil and them the rest of the vegetables.

It is important the quality of the olive oil.

### STORY OF RECIPE

Gazpacho is a traditional Spanish recipe for summer time. But this one is special because my uncle add beetroot. Unfortunately he pass away, but this recipes will last forever. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Kris Franken	Australia	37	6

TITLE

## CHICKEN LIVER + CINNAMON PAT<sup>a</sup>



Kris Franken

### INGREDIENTS

- 1 tbsp butter + 250 g melted clarified butter
- 1 medium brown onion, peeled and finely diced
- 500 g chicken livers (preferably organic)
- 2 tbsp sherry vinegar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Pinch of sea salt and cracked black pepper
- Sourdough bread, crackers and green apple to serve

### INSTRUCTIONS

In a heavy based fry pan on medium heat, melt the tbsp of butter and fry onion until soft. Add the livers and cook for two minutes on each side. Pour in the vinegar, add spices and seasoning and cook for another minute. Livers should still be pink in the middle.

Remove from the heat when ready and tip into a small blender (or glass bowl if using a hand blender) and process until smooth.

Scoop into a small glass jar or bowl with a lid. Top with clarified butter, close the lid and refrigerate for at least two hr before serving. Paté will last up to two weeks in the fridge.

Note: Clarify butter by placing 300 g butter in a small pot in a low oven until it separates. The clear butter is clarified (use the milky butter on toast).

### STORY OF RECIPE

This dish is inspired by my Mum's amazing pâté with my own unique twist. It tastes delicious and brings back magic memories.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Elaine Wilson	USA	40	8

TITLE

## BLUE CRAB DIP

Julia Hendricks Mason



### INSTRUCTIONS

Preheat oven to 350° Fahrenheit.

Melt cream cheese in a saucepan over low heat, stirring constantly. Add salad dressing or mayonnaise and stir to combine. Add wine, mustard, onion, and Worcestershire and stir to combine. Add all but 2 tablespoons crab meat and stir gently; lumps of crab are desirable!

Transfer to a baking pan and top with remaining crab meat. Garnish generously with Old Bay seasoning. Bake 30-40 minutes until bubbly. Serve immediately with pita chips, crackers, or crusty bread.

### INGREDIENTS

- 8 ounces lump blue crab meat (not imitation crab)
- 8 ounces cream cheese
- 1/4 cup creamy salad dressing or mayonnaise
- 2 tablespoons white wine (optional)
- 1 tablespoons dry mustard or Dijon mustard
- 1 tablespoons minced onion
- Dash Worcestershire sauce
- Old Bay seasoning to taste

### STORY OF RECIPE

We have been perfecting this recipe within our circle of friends for many years. Without crab dip it just isn't a party! We often double this recipe with great results.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 40min

NAME

James

FROM

England

AGE

28

SERVES

6-8

## TITLE

**MEGS MOREISH CARROT & PARSNIP SOUP****INSTRUCTIONS**

Coat the carrots, parsnips, garlic and onions in olive oil and thyme.

Over roast until vegetables start to soften and brown, 1-2 hours depending on size.

Add to the pan to the hob. Add the vegetable stock and boil until soft enough to blend with ease.

Depending how think you like soup will depend how much stock you add here. It will thicken as it cool, so you may wish to add water once rewarmed.

**INGREDIENTS**

1.3kg carrots peeled and chopped to the same size  
 400g parsnips peeled and chopped to the same size  
 3 large garlic cloves  
 4 or 5 white onion, or equivalent in overall size, peeled and cut into 1/8ths  
 2 teaspoons of thyme  
 1 tablespoon Olive oil  
 1-1.5 litres vegetable stock

**STORY OF RECIPE**

This was done for our family one christmas. Mixed and matched from different recipes, but now I have to make it weekly for our daughter!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20-30min

**COOKING TIME**  
 > 120-180min

NAME

JOVI TOM

FROM

USA

AGE

36

SERVES

5-6

## TITLE

**SPINACH DIP****INSTRUCTIONS**

Mix the spinach, green onions, water chestnuts, and vegetable soup mix together in a medium sized bowl. Make sure that the spinach isn't clumped up.

Add the mayonnaise and sour cream.

Mix everything together well.

Chill in the refrigerator until cold or ready to serve.

Serve with fresh veggies, crackers, chips, or bread.

**INGREDIENTS**

- 1 cup mayonnaise
- 1 cup sour cream
- 4 - 5 green onions, chopped fine
- 1 - 4 ounce can - water chestnuts, chopped
- 1 - 10 ounce package - frozen, chopped spinach, thawed and drained
- 1 - 1.4 ounce package - Knorr vegetable soup mix (or other packaged vegetable soup mix)

**STORY OF RECIPE**

I got this recipe from my mom! My friends and family always ask me to make it for events and it's a big hit!! Nom nom nom! ^\_^

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10-15min

**COOKING TIME**  
> 0min

NAME

ike2k

FROM

England

AGE

SERVES

1-2

## TITLE

**SMELLY BREATH TROUT****INGREDIENTS**

- 1 whole Rainbow Trout
- 1 Lime
- 1 teaspoon Olive Oil
- 1/2 teaspoon of dried chili flakes (I like it spicy you may want less or equivalent fresh chillies)
- 1 Garlic clove
- pinch of Sea Salt

**INSTRUCTIONS**

1. Chop the chilies if needed keeping the seeds in for heat, if you don't like too much heat discard the seeds. Juice half the lime and grate off the rind keeping the other half for later. Dice the garlic. Mix the juice, chili, garlic and oil together. Put aside.
2. Fillet the fish discarding fins and bones. Rub a small amount of oil over the skin side of the fillet and lightly salt.
3. Put the fillets in a cold frying pan and pour over the mix made in step 1 then heat up putting it at a medium to high heat.
4. Before the skin of the fish burns and about 2/3rds of the flesh has gone from translucent to a more solid light pink put the frying pan under a warmed grill to cook through the upper part of it.
5. When it is cooked through serve with griddled asparagus and herb new potatoes on a warm plate.

**STORY OF RECIPE**

It was all we had in the cupboard and turned out well so I kept on making it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15–20min

**COOKING TIME**

&gt; 15–25min

NAME

Elaine Moore

FROM

Canada

AGE

64

SERVES

4–6

## TITLE

**GREEK-LIKE SALAD - EASILY ENLARGED**

Elaine Moore

**INGREDIENTS***The Salad Ingredients:*

- ½ a seedless cucumber, chopped
- 1 tomato, chopped
- 1 coloured (red, yellow, or orange) pepper, chopped
- ¼-½ a red onion, chopped into large or small pieces, depending on your taste
- 2-½ to 3" chunk of goat feta cheese, cubed, again large or small, depending on your taste
- No feta? Substitute white cheddar or gouda cheese, or avocado.

*The Dressing Ingredients:*

- 2 Tbsp olive oil
- 1 tsp Balsamic vinegar
- 1 tsp lemon juice (fresh, or Santa Cruz organic)
- 1 tsp maple syrup (optional)
- ¾ tsp ketchup (optional)
- Fresh ground black pepper (or mixed pepper) – about 6 turns
- Sea salt – 3 light shakes, or 3 pinches
- Dried oregano – a healthy pinch
- Dried basil – a healthy pinch

**INSTRUCTIONS**

Put all The Salad Ingredients into your favourite salad bowl as you chop.

Shake The Dressing Ingredients up together in a small jar with a tight lid, taste to test and adjust as necessary, pour onto salad, mix well, enjoy!

If the oregano or basil is of a coarse texture, either grind it using a mortar and pestle, or put it in your cupped hand and “mash” firmly with your other thumb before putting into dressing.

After a while, you can just eyeball the amounts for the dressing and adjustment as necessary to your taste.

**STORY OF RECIPE**

I am not an olive-lover, and I do not like green peppers, so this is our adaptation of a usual Greek salad. The avocado substitution is delicious!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 0min

NAME  
katrina.lexa@gmail.com

FROM  
USA

AGE  
30

SERVES  
4–7

TITLE

## VEGETABLE GOUDA RISOTTO



### INGREDIENTS

40 g Shallots, minced  
20 g Vegetable oil  
200 g Carnaroli rice  
180 g Vegetable stock  
110 g Carrot juice  
110 g Celery juice (fresh, or from running celery stalks through food processor with thinnest attachment)  
50 g Dry Sherry (or Vermouth)  
100 g Aged Gouda  
12 g Butter, unsalted and cubed  
to taste, salt

### INSTRUCTIONS

1. Sauté shallots in veg. oil over medium heat until translucent.
2. Add in rice, stir until toasted and kernels are becoming translucent ( 2 minutes )
3. Add stock, juices, and sherry
4. Cook until rice is done (about 20 minutes)
5. Add gouda and butter to hot risotto

### STORY OF RECIPE

I adapted the method from Modernist Cuisine, it's one of the best risotto's you'll ever eat.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Daniel

FROM

New Zealand

AGE

SERVES

12

## TITLE

## PEPPER CURED BEEF

**INSTRUCTIONS**

Roll the beef in the cracked pepper to evenly cover.

Mix sugar, salt and liquor together and pack around the beef to fully encase the meat. Cover tightly with plastic wrap and refrigerate for two days, turning every 12 hours.

After two days, remove the beef from the resulting liquid and dry thoroughly on paper towels. Slice thinly and serve. Goes well with nuts, olives and roasted vegetables.

**INGREDIENTS**

- 500g trimmed beef eye fillet
- 5 tbsp freshly crushed black pepper
- 3/4 cup of raw sugar
- 1 cup rock salt
- 3 tbsp cognac or whisky

**STORY OF RECIPE**

My sister found this recipe in a magazine and it has become an essential for every holiday cheeseboard since.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 2days

NAME

Ghislain

FROM

France

AGE

29

SERVES

4

## TITLE

**EGGS AND WINE CROSTINIS****INGREDIENTS**

- 8 extra fresh eggs
- 200 grams of bacon
- 125 grams of butter
- 4 slices of bread (poilane kind)
- 2 cloves of garlic
- 2 shallots
- 2 sprigs flat parsley
- 50 cl of red wine
- 25 cl of chicken broth
- 2 tablespoons of wine vinegar

**INSTRUCTIONS**

Simmer 1 liter of water, add 2 tablespoons of vinegar.

Poach the eggs one by one : Gently break the egg and put it at the center of simmering water (make a water swirl with a spoon just before inserting the egg). Cook 3 min no more. Then, using a slotted spoon remove and drain the egg for a few seconds on a clean cloth. Repeat for each egg.

Toast the slices of bread and then rub them with the garlic cloves.

Place 2 poached eggs on each toast.

Melt 30 grams of butter in a saucepan, add shallots (finely chopped) and bacon.

Let melt together for 10min without coloring.  
Add the chicken broth and red wine.

Reduce to 2/3 quivering fire (about 30 min).

Add parsley (finely chopped and unplugged) and the rest of softened butter, shuffle all with a whisk to get a smooth sauce.

Drizzle your toast and eggs with the sauce.

**STORY OF RECIPE**

I wanted to improve my toast with eggs and bacon.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 15min

**COOKING TIME**

> 60min

NAME

Anton Grobman

FROM

USA

AGE

25

SERVES

10

## TITLE

**MUFFIN QUICHE****INGREDIENTS**

- 2 cup(s) milk
- 4 eggs
- 3/4 cup(s) biscuit baking mix
- 1/4 cup(s) melted butter
- 1 cup(s) parmesan cheese
- 8 ounce(s) shredded cheddar cheese
- 1 package(s) spinach cut
- 1 package(s) mushrooms diced
- 1 onion diced
- 4 strip(s) bacon diced

**INSTRUCTIONS**

Preheat oven to 375 degrees F (190 degrees C). Lightly grease two muffin tins.

In a large bowl, beat together milk, eggs, baking mix, butter, cheddar cheese, and parmesan cheese. Batter will be lumpy.

In a pan with oil, cook the bacon, onion, and mushrooms until onions are browned. Then add the spinach until wilted. Add salt and pepper to taste. You can use any fillings you want instead of this one.

Stir filling into the quiche batter mix. Pour into muffin tins leaving about 1/2 an inch of space in each tin to allow the quiche to rise.

Bake in preheated oven for about 30 minutes or until the top is golden brown and a toothpick inserted into the middle of a quiche comes out clean. Remove from tins and place on cooling rack. Enjoy

**STORY OF RECIPE**

This recipe was created from a desire one day to have small single serving size quiche with different fillings.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

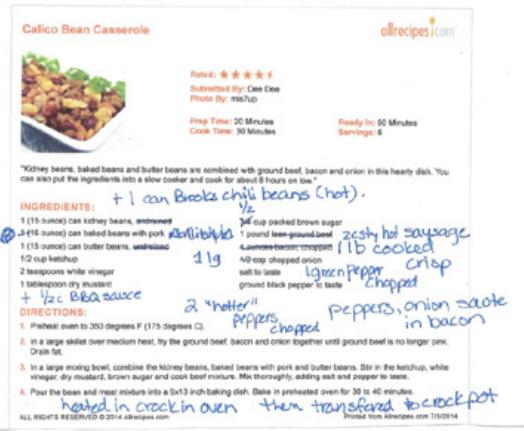
**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Zach Lewis & The Lewis Family	USA	27	6

**TITLE**

# CALICO BEAN CASSEROLE

AllRecipes.com /Dee Dee - miss7up)


**INGREDIENTS**

15 oz can kidney beans  
15 oz can baked beans with pork  
15 oz can butter beans  
15 oz can Brooks chili beans (hot)  
1/2 cup ketchup  
2 tsp white vinegar  
1 tbspn dry mustard  
1/2 cup BBQ sauce  
1/2 cup packed brown sugar  
1lb zesty hot sausage cooked crisp  
1 large green pepper chopped  
1 large chopped onion  
salt and pepper to taste  
peppers + onion saute in bacon

*optional:*

2 "hotter" peppers chopped

**STORY OF RECIPE**

We like to prepare this dish as a side or appetizer and typically include a variety of hot peppers from our garden to spruce things up.

Credit to AllRecipes.com.

**INSTRUCTIONS**

- Preheat oven to 350\* F (175\* C)
- In a large skillet over medium heat, fry the zesty hot sausage, bacon and onion together until sausage is no longer pink. Drain fat.
- In a large mixing bowl, combine the kidney beans, baked beans with pork, butter beans, and Brooks chili beans. Stir in the ketchup, white vinegar, dry mustard, brown sugar and cooked beef mixture. Mix thoroughly, adding salt and pepper to taste.
- Pour the bean and meat mixture into a 9x13 inch baking dish. Bake in preheated oven for 30 to 40 minutes.

We like to heat inside a Crock Pot in the oven - and transfer the whole dish to a Crock Pot in order to keep it warm and tasty for longer periods of time.

Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 50min

**COOKING TIME**

> 30min

NAME

René Jossen

FROM

Switzerland

AGE

28

SERVES

1

## TITLE

**(WARM) CARROT AND SPROUTS SALAD****INGREDIENTS**

100g of mixed bean sprouts (mung, lentil, chickpea, soy ...)  
 100g of grated carrots  
 2 tbs Oil  
 2 tbs Vinegar (I prefer Apple, but any will do)  
 pinch of salt  
 spices (whatever you like, I love curry powder ...)

**INSTRUCTIONS**

This is a very easy and fast recipe and it's perfect for vinegar-lovers. Put your frying pan on a full power hot plate and add the oil. When it's hot enough add the bean sprouts and stir-fry them a few moments. Depending on the sprouts you took, this may take longer. I never really know when they are ready, but it's not bad if they have one or another dark spots. All I try is not to burn them.

Add the carrots and stir the sprouts in until you get a pretty even mix. Then add the salt and your spices and mix again. Now remove the heat and add the vinegar. Watch out: The vinegar steam causes coughing, so better not breathe it in. Keep the pan on the warm plate for some moments for the carrots to also get cooked a little.

The salad is now ready - virtually. Make sure to do some tasting. Sometimes it just needs more salt - or vinegar. It is then ready to serve warm. You can also leave it to cool down more or even add it to another salad to dress it.

**STORY OF RECIPE**

To lose weight, I drastically changed my diet 2013. Went well for quite some time. Suddenly all the foods went boring and I had to think of something different.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 5min

NAME	FROM	AGE	SERVES
Susan Freeman	USA	47	4

**TITLE****RESTURANT 5 DUDLEY BRIE CROSTINI**

abby hamiba

**INGREDIENTS**

½ loaf French bread  
1 Avocado  
20 Cherry tomatoes  
3 Scallions  
¼ Jalapeno  
Dash salt and pepper  
Lime  
3-4 garlic cloves  
2 tbsp Olive oil  
¼ cup Balsamic vinegar  
4 oz brie triple cream double cream ok too

**INSTRUCTIONS**

Slice bread 1/2 inch slices

Lightly brown in a pan with olive oil and fresh sliced garlic

In a food processor or by hand dice tomatoes, scallions, 2 cloves garlic, jalapeno, add lime and salt and pepper to taste

Slice avocado and brie ¼ inch slices or your best guess

Place the crostini on cookie sheet add slice of avocado, a tablespoon of your fresh salsa on top of avocado add slice of brie

¼ cup of balsamic on a high heat reduce

Bake for 3 minutes at 350 or until the brie melts

Drizzle the balsamic reduction on a plate place warm crostini on drizzle

ENJOY

**STORY OF RECIPE**

Restaurant five Dudley was a great bistro in Venice California that closed almost a decade ago and this is my spin on my favorite starter. Absolutely decadent.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 15min

NAME

Melanie

FROM

France

AGE

28

SERVES

8–10

## TITLE

**CREAM AND PUMPKIN SOUP****INSTRUCTIONS**

Cut the top of the pumpkin, in order to form a tureen. Keep the lid.

With a spoon, carefully remove all the seeds and filaments. With your hand, make sure that the flesh of the pumpkin is perfectly neat.

Fill 3/4 of the pumpkin with successive layers of croutons and grated cheese.

Add salt, peper and nutmeg to the cream. Fill the pumpkin with it.

Close the pumpkin with its lid and put into the oven (165°C) for 2 hours.

From time to time, use a laddle to delicately press and move the soup, in order to make it more unctuous. Do not forget to put back the lid.

*Service:*

Bring the close pumpkin onto the table. Serve in each plate a laddleful of cream and croutons as well as a portion of pumpkin flesh delicately teared off with a spoon.

*Note:*

This recipe is rather filling. It can either be served as a starter with smaller portions, or as a main course with bigger portions.

**INGREDIENTS**

1 pumpkin (3-4 kg)

100-150 g of grated cheese

3-4 cups of croutons (cubes of grilled bread)

Enough whipped cream to fill the pumpkin (if you do not have whipped cream, it can be replaced by clotted cream boiled during 5-6 min with 1/3 of fresh whole milk)

salt, peper and grated nutmeg

**STORY OF RECIPE**

This is an old family recipe. We usually serve it during Christmas Eve, while waiting for the Midnight Mass.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 45min

COOKING TIME

&gt; 120min

NAME	FROM	AGE	SERVES
Sally R-W	Australia	28	6-8

TITLE

## TUNA & CREAM CHEESE DIP



### INSTRUCTIONS

1. In a medium sized bowl, mix together cream cheese and tuna.
2. Add horseradish and lemon, stir.
3. Add salt and pepper to taste.
4. Serve with your favourite crackers (Savoys or other salty cracker pair well)

### INGREDIENTS

220 g block/tub of cream cheese  
 185g can of tuna in olive oil (drained)  
 1 tbsp horseradish  
 juice of 1/2 large lemon  
 salt and pepper

My family have always used Philadelphia cream cheese and Sirena tuna when making this dip. You want a chunky tuna, not too oily. If horseradish is not to your liking then 1 tsp ginger powder may be used instead.

### STORY OF RECIPE

My mother made this dip while working in Melbourne restaurants in the 70s. When I was a child my father used to make his version with ginger every Christmas Eve.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 0min

NAME

Corinna

FROM

Greece

AGE

44

SERVES

5

## TITLE

**GRANDMOTHER'S MEATBALLS****INGREDIENTS**

450 gr. minced beef  
 450 gr. minced pork  
 900 gr. stale bread  
 1 big onion chopped  
 2-3 teaspoons salt  
 1 egg  
 2 teaspoons pepper  
 2 teaspoons cumin  
 2 teaspoons oregano  
 1 tablespoons vinegar  
 2 tablespoons olive oil  
 1/4 teaspoon baking soda

**INSTRUCTIONS**

Soak the bread in water until it is soft and remove the crust.  
 Squeeze it well to remove the water.  
 Mix all the ingredients in a large bowl until they are well combined.  
 Taste to check if more salt, pepper or cumin is needed.  
 Leave the mix in the fridge for an hr.  
 Form small balls and fry in an non-stick frying pan or roll them in flour and then fry them.

**STORY OF RECIPE**

The recipe is as described from my grandmother and I was trying to translate the portions for someone who cannot understand "as much as it needs"!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 120min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Daniel Jossen	Switzerland	29	4

TITLE

## GUACAMOLE



### INSTRUCTIONS

Cut the avocados in half, take the pit out and put the flesh into a bowl. Add the onion, tomato and garlic and mash it with a fork until there are almost no chunks of avocado anymore. Then add the juice of the limes and spice it up with salt and pepper. Make sure, that it is not too runny. Otherwise it wont "stick" to nachos. Let it sit for one or two hours. The ingredients will then release their special flavors.

If you like it hot, add some chili or more garlic or whatever you like in your guacamole.

### INGREDIENTS

- 2 ripe avocados
- 1 small onion (finely chopped)
- 2 - 3 cloves of garlic (smashed)
- 1 tomato (finely chopped)
- 1 - 2 limes (juice)
- salt and pepper

### STORY OF RECIPE

Nothing is better than a plate of nachos and guacamole. Because almost everyone uses these spice mixes, I decided to create a recipe for my homemade guacamole. Ay caramba!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Paul de Monteynard

FROM

France

AGE

29

SERVES

4

## TITLE

**THE BEEF MAKI****INSTRUCTIONS**

Cut the meat into small pieces. Their length shall be equal approximately to the width of the lardo slices. And their thickness shall be equal of the size of a finger.

Wrap the pieces of beef in the lardo slices. Use one slice for two pieces. Then cut all the pieces in their middle.

Snack the makis on a very hot frying pan without fat, just 30 seconds on each side.

Don't add anything else, just eat it like that.

**INGREDIENTS**

400g of Beef fillet

10 very thin slices of "lardo di colonnata"

**STORY OF RECIPE**

This association of products is an idea of my boss Yves-marie Le Bourdonnec, a famous butcher in Paris. And despite the simplicity of this recipe, I just love it!

 STARTER

 BAKING

 VEGETARIAN

 MAINCOURSE

 CONDIMENT

 DAIRY FREE

 DESSERT

 OTHER

 GLUTEN FREE
**PREPARATION TIME**

> 5min

**COOKING TIME**

> 1min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

4–5

## TITLE

# EGG MAYONNAISE

**INSTRUCTIONS**

Cut the eggs and the onion in small pieces and mix all together.

Let it rest for at least 10 minutes.

Put it on bread and eat it.

**INGREDIENTS**

4 hard boiled eggs  
100g mayonnaise  
¼ onion  
Salt & pepper  
Bread

**STORY OF RECIPE**

Best at Easter with colourful eggs - green, pink, blue - great for most kids.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

4

## TITLE

# CREAMY GARLICSOUP



## INSTRUCTIONS

Sidenote: stir well and often because it scorch pretty fast.

Roast the finely chopped onion and garlic in butter until golden. Powder it with flour and pour in the vegetable stock and milk. Add the spices and let it boil up.

Let it simmer for 15 minutes. Turn down the heat (the soup must not boil) and add the creme fraiche.

Stir well and serve hot (add croutons if you like)

## INGREDIENTS

30g butter  
1 small onion  
6-8 cloves of garlic  
20g flour  
 $\frac{1}{4}$  liter vegetable stock (or water with stock cube)  
1 creme fraiche (or  $\frac{1}{8}$  liter sour creme)  
 $\frac{3}{4}$  liter milk  
Salt  
Nutmeg  
Pepper

## STORY OF RECIPE

A very good soup I loved to get at my birthday

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Guillaume Favier	France	29	5

TITLE

## GAMBAS FLAMBEES AU PASTIS



### INGREDIENTS

1 kg of gambas / large prawns (enough for 5 people)  
 Half a bunch of parsley  
 5 cloves of garlic  
 10 cl of pastis (anise-flavored liqueur from the South of France)  
 Herbs of Provence  
 Olive oil  
 Pepper (but no salt!)

### INSTRUCTIONS

Cut off the antenna and legs of the gambas (leave the heads though)

Chop the parsley and garlic

In a frying pan, heat some olive oil

Add the fresh gambas and let them turn red on both sides

Once red, add chopped garlic, parsley, pepper and herbs of provence to the gambas and stir

Then add the pastis and as it simmers, alight / flame it  
 Once the flames are gone, the gambas are ready to be served on the spot

Use the remaining sauce as it can only be good :)

### STORY OF RECIPE

People in Provence cannot not drink pastis in the summer! This recipe is also an easy way to impress your guests / beloved ones or dates! :)

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 15min

COOKING TIME

> 5min

NAME	FROM	AGE	SERVES
Alex Martin	USA	29	7-12

#### TITLE

## 10-POUND SMOKY CHILI



#### INGREDIENTS

Slow-cooker/Crockpot recipe.

##### Main Ingredients:

3 lb meat (Ground Beef, Ground Turkey, Chopped Steak, etc).

3 lb Tomatoes (Diced, Crushed, how you like them).

3 lb beans (Black, Chili, Kidney, etc).

1 lb "Extras" to like (examples follow):

Pepper

Onion

Garlic

Corn

Spices/Seasoning mix, per pound of meat:

2 Tablespoons Chili Powder

1 Tablespoon Ground Cumin

2 Teaspoons Kosher Salt

1.5 Teaspoons Hot Paprika or Smoked Paprika

0.5 Teaspoon Cayenne

##### Additionally:

2 Teaspoons Cornstarch (view cooking instructions)

#### STORY OF RECIPE

Asked a coworker for the best slow-cooker recipe he knew, he told me his chili was one of the best dishes he makes.

#### INSTRUCTIONS

This is a very flexible slow-cooker/crockpot recipe.

The meats used are your choice, and this recipe can work with many different kinds of meats.

Also, the types of tomatoes and beans used are your choice as well.

This recipe is a "framework" recipe, and calls for 3 lbs of meat, 3 lbs tomatoes, 3 lbs beans, and 1 lb everything else, to make a 10 lb chili!

That said, I usually make 6.5 lb chili, mixing 2 lb ground beef, 2 lb canned, diced tomatoes, 1 lb black beans, 1 lb chili or kidney beans, a chopped onion, and a chopped green pepper.

As a framework recipe, this recipe can be used in many different ways, and the main ingredient, the spices/seasoning mix, can be scaled depending on how much meat you're using!

Aromatic "extras" (peppers, onions, garlic, etc) are chopped and placed in the bottom of the cooker, spread evenly.

Meat browned in skillet, then spread evenly over base aromatics.

Sprinkle 2/3 of seasoning mix over meat.

Pour beans on top of meat layer, spread evenly.

Sprinkle remainder of seasoning mix.

Pour tomatoes on top of beans.

Start cooking on low.

Stir occasionally.

Cook on low for approximately 8-10 hours, depending on the amount of food made.

If it looks too watery, can add cornstarch to thicken up, or add to create a great taco-filler out of the chili!

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 10min

COOKING TIME

> 8-10hr

NAME	FROM	AGE	SERVES
Catherine Berardo	USA	50	8

TITLE

## BUFFALO CHICKEN WING DIP



### INGREDIENTS

Slow-cooker/Crockpot recipe.

Main Ingredients:

3 lb meat (Ground Beef, Ground Turkey, Chopped Steak, etc).

3 lb Tomatoes (Diced, Crushed, how you like them).

3 lb beans (Black, Chili, Kidney, etc).

1 lb "Extras" to like (examples follow):

Pepper

Onion

Garlic

Corn

Spices/Seasoning mix, per pound of meat:

2 Tablespoons Chili Powder

1 Tablespoon Ground Cumin

2 Teaspoons Kosher Salt

1.5 Teaspoons Hot Paprika or Smoked Paprika

0.5 Teaspoon Cayenne

*Additionally:*

2 Teaspoons Cornstarch (view cooking instructions)

### INSTRUCTIONS

This is a very flexible slow-cooker/crockpot recipe. The meats used are your choice, and this recipe can work with many different kinds of meats.

Also, the types of tomatoes and beans used are your choice as well.

This recipe is a "framework" recipe, and calls for 3 lbs of meat, 3 lbs tomatoes, 3 lbs beans, and 1 lb everything else, to make a 10 lb chili!

That said, I usually make 6.5 lb chili, mixing 2 lb ground beef, 2 lb canned, diced tomatoes, 1 lb black beans, 1 lb chili or kidney beans, a chopped onion, and a chopped green pepper.

As a framework recipe, this recipe can be used in many different ways, and the main ingredient, the spices/seasoning mix, can be scaled depending on how much meat you're using!

Aromatic "extras" (peppers, onions, garlic, etc) are chopped and placed in the bottom of the cooker, spread evenly.

Meat browned in skillet, then spread evenly over base aromatics.

Sprinkle 2/3 of seasoning mix over meat.

Pour beans on top of meat layer, spread evenly.

Sprinkle remainder of seasoning mix.

Pour tomatoes on top of beans.

Start cooking on low.

Stir occasionally.

Cook on low for approximately 8-10 hours, depending on the amount of food made.

If it looks too watery, can add cornstarch to thicken up, or add to create a great taco-filler out of the chili!

### STORY OF RECIPE

This is a favorite of my children and our group of friends. We hope you enjoy it as well!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Matthew Cass	USA	28	2-6

TITLE

## CHEESE BISCUITS



Matthew Cass

### INGREDIENTS

*Ingredients - main*

- 2 heaping cups of flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 tablespoon shortening (preferred), oil, or melted butter
- 4 tablespoons cold butter (AKA- 1/2 stick)
- 1 heaping cup grated Cheddar cheese
- 3/4 cup cold whole milk, 1/4 teaspoon garlic powder

*Ingredients - 2 (Brush On Top)*

- 2 Tablespoons butter, melted
- 1/2 Teaspoon garlic powder, 1/4 Teaspoon dried parsley flakes
- Pinch of salt

*Equipment*

- Medium Bowl
- Pastry Cutter or a Large Fork
- Measuring Devices
- Cookie Sheet
- Ice Cream Scoop
- Brush (for the butter)

### INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Combine and sift flour, baking powder, salt, shortening (or oil/melted butter)
3. Combine these dry ingredients with the cold butter in a medium bowl using a pastry cutter or large fork (don't mix too thoroughly - there should be small chunks of butter that are about the size of peas). Add cheddar cheese, milk, and 1/4 teaspoon garlic powder. Mix by hand until combined, but don't over mix.
4. Drop approximately 1/4-cup portions of the dough onto an ungreased cookie sheet using an ice cream scoop. Bake for 15 to 17 minutes or until the tops of the biscuits begin to turn light brown.
5. When you take the biscuits out of the oven, melt 2 tablespoons butter in a small bowl in your microwave. Stir in 1/2 teaspoon garlic powder and the dried parsley flakes. Use a brush to spread this garlic butter over the tops of all the biscuits. Use up all of the butter.v

### STORY OF RECIPE

This recipe was an attempt to recreate an at-home version of a restaurant favorite.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10–15min

### COOKING TIME

> 15–17min

THE  
YOUNGEST  
PERSON WHO  
SUBMITTED  
A RECIPE IS  
2 YEARS OLD

NAME

clive

FROM

Australia

AGE

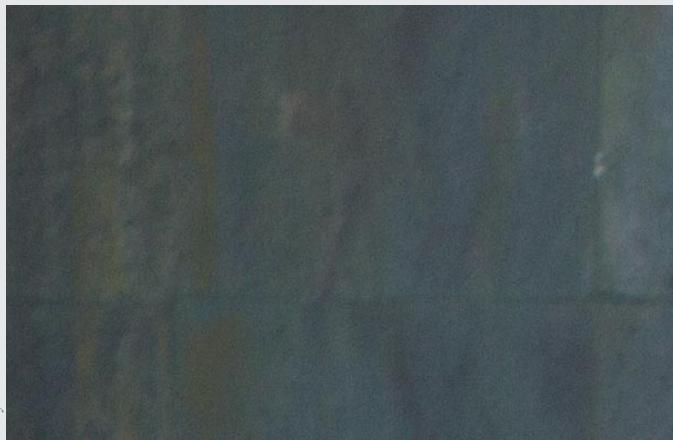
55

SERVES

1-2

TITLE

## CARROT MUSTARD SEED SALAD



### INSTRUCTIONS

Heat oil in a pan.

Throw mustard seeds in and allow to pop (a few seconds - lid on!!)

Pour mustard oil over carrots

SEASON to taste

### INGREDIENTS

Carrots - grated

2 tablespoons OLIVE OIL

2 tablespoons black mustard seeds

Pink salt (any kind you like really - that's my favourite).

### STORY OF RECIPE

Cindy's quick and delicious super tasty treat

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 5min

COOKING TIME

> 2min

NAME

Naazju

FROM

USA

AGE

30

SERVES

5-8

## TITLE

**CLAM DIP****INSTRUCTIONS**

Let cream cheese soften for about an hr. Use a spoon to slowly add the juice from the canned clams to the cream cheese mixture. Add lemon juice (be careful with seeds!)

Worcestershire sauce, pepper, and half of the dill. Add the clam meat and mix well. Sprinkle the remainder of the dill on top of mixture. Best served after an hr of chilling.

**INGREDIENTS**

- (2) 8 oz packages of cream cheese
- (1) 6.5 oz can of minced or chopped clams
- Juice from 1/2 a lemon
- A few drops of Worcestershire sauce
- White pepper to taste
- Approx. 1/4 teas. of dill

**STORY OF RECIPE**

A great aunt used to mix clams and cream cheese and the recipe has evolved over the last 50 years.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 2hr

**COOKING TIME**

&gt; 0min

NAME

Noah Sager

FROM

United States

AGE

SERVES

4

## TITLE

**ONION DIP**

Creative Commons

**INGREDIENTS**

1/2 onion  
8 oz. cream cheese  
milk (if needed)

**INSTRUCTIONS**

1. Let cream cheese come to room temperature and chop onion.
2. Place onion and cream cheese in food processor and pulse until onion is pulverized and dip comes together.
3. If dip is mixed, but still too thick, add milk a tablespoon at a time until good consistency.

Serve with ruffle potato chips. Old Dutch brand, if possible.

**STORY OF RECIPE**

Old family secret recipe. This dip was always popular at family gatherings, especially at my grandparents house.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 0min

NAME

Samuel

FROM

Finland

AGE

SERVES

6

## TITLE

**MACARONI CASSEROLE****INGREDIENTS**

- 400 g macaroni
- 400 g minced meat
- 1 big onion
- 3 eggs
- 7 dl milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 100 g mozzarella

**INSTRUCTIONS**

- Cook the macaroni.
- Brown the meat and chopped onion together in a pan.
- Preheat the oven to 220 °C.
- Whisk together milk and eggs. Add salt and pepper.
- Put macaroni and meat to a casserole in layers. Pour the milk egg mixture over them. Add mozzarella slices on top.
- Bake in the oven for 40 minutes or until the cheese is golden brown.
- Serve with ketchup, fresh salad and bread.

**STORY OF RECIPE**

The children's favorite. Very popular in Finland. Almost endlessly modifiable. Use tuna instead of minced meat, bouillon instead of milk, fusilli instead of macaroni, leave out the mozzarella...

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME

Daver

FROM

USA

AGE

SERVES

4-6

## TITLE

**WORLD'S BEST POTATO SALAD**

Daver

**INGREDIENTS**

5 lbs potatoes (around 12 medium sized)  
 1/4 cup salt (to cook potatoes)  
 8 eggs (to be hard boiled)  
 1 medium yellow onion  
 3 cups Mayonnaise  
 1/4 cup whole milk  
 2 tsp salt  
 1/2 tsp onion salt  
 1/4 tsp ground pepper  
 1/8 tsp garlic powder  
 Dash Paprika

**INSTRUCTIONS**

Wash the potatoes with brush; don't peel. Poke the potatoes all over with a fork... lightly, just break the skin. Put the potatoes in an 8 quart pot, and add cold water until covered 1/2"; add the 1/4 cup salt; stir and cover. Bring to a fast boil, then reduce heat to a slow boil. Cook the potatoes at slow boil for 90 minutes. Drain, and let the potatoes breathe on counter for 1 hr.

In the meantime, hard boil 8 eggs and let them cool. Peel and fine scallop the potatoes, and peel and dice the hard boiled eggs. Dice the onion. Dry mix the potatoes, eggs, and the onion.

The dressing: in a separate bowl, combine mayonnaise, milk, salt, pepper, onion salt, and garlic powder. Then combine the dressing with the potato/egg/onion mixture, and then hand mix carefully and thoroughly. Add dash of paprika on top for color and refrigerate for 24 hr.

Enjoy!

**STORY OF RECIPE**

My mom made this and no one can resist it.  
 Right out of WW2 cooking, it can't be beat.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 120min

**COOKING TIME**  
 > 90min

NAME

Amin Zayani

FROM

Tunisia

AGE

27

SERVES

4

## TITLE

**TUNISIAN GRILLED SALAD**

@sweetartichoke

**INGREDIENTS**

12 green peppers (hot or not or a mix of both)  
 2 tomatoes  
 1 big onion (or two small)  
 1 garlic  
 salt  
 coriander in powder  
 carvi in powder  
 olive oil  
 a few olives

**INSTRUCTIONS**

Grill the vegetables on a BBQ or directly on the stove's flame, the outer peel will get black and the vegetable itself will get softer and juicier.

Peel off the black peel (a tip is to let the vegetables "sweat" in a plastic bag, it will make the peeling easier). Be careful with the peppers if they are hot.

Mince the vegetables together using an electric hand blender or anything with a rotating blade. It is recommended to start with the onions then add pepper, tomatoes and garlic. It shouldn't turn into a juice, more a mashed structure.

Add olive oil, a small spoon of carvi and another or coriander, and salt as you like.

Mix and enjoy cold on bread.

Some (I am one of them) like to add olives, hard boiled eggs or tuna, but that is a matter of taste.

**STORY OF RECIPE**

#NAME?

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME

Gina Wright

FROM

United States

AGE

56

SERVES

16

## TITLE

## MARINATED CHEESE

**INGREDIENTS**

- 1/2 cup olive oil
- 1/2 cup white wine vinegar
- 1 4-oz jar diced pimentos, drained
- 3 tablespoons fresh parsley, chopped
- 3 tablespoons green onions, finely sliced
- 3 cloves garlic, minced
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1 8 oz block cream cheese, chilled
- 1 8 oz block sharp cheddar cheese, chilled
- Triscuit Crackers (or other hearty cracker)

**INSTRUCTIONS**

In a jar with a tight fitting lid, combine the olive oil, wine vinegar, pimento, parsley, green onion, garlic, sugar, basil, salt and pepper. Shake to blend. Set aside.

Cut the block of cheddar cheese in half lengthwise. Cut crosswise into 1/4 inch slices to form squares. Repeat with the cream cheese. Arrange cheese squares alternately in a shallow dish with slices standing on edge. Pour the marinade from the jar over the cheese slices, cover and refrigerate for at least 8 hr, or overnight.

To serve, move slices to a serving platter with a bit of a lip, so they are still arranged in an alternating pattern. Spoon the extra marinade over the cheese. Allow to come to room temperature before serving and serve with crackers.

**STORY OF RECIPE**

This is my go-to recipe to take to parties. It looks terrific and is always a hit. Takes a bit of time, but worth it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 1hr

COOKING TIME  
> 8hr

NAME	FROM	AGE	SERVES
Marcus Jowett	Australia	32	6–8

TITLE

## OMA'S CROQUETTES



### INGREDIENTS

750g Gravy Beef (Chuck Steak or any braising beef)  
Pinch of salt  
100g Butter  
5 heaped tbsp of Plain Flour  
2tbsp Keens Curry Powder (if Keens is unavailable, your favourite brand will be fine)  
2 eggs  
Fine Breadcrumbs

### INSTRUCTIONS

Bring a pan of salted water to the boil.

Cut beef into rough 4cm cubes and place in water. Simmer on low to medium with the lid on for 2-3 hours. Ensure that the beef is falling apart when pressed with a fork. Remove the beef from the pan into a bowl, retaining the liquid the beef was boiled in.

Mash the beef with a fork so the beef is all stringy, or chop with a knife.

In a separate large pan on low heat, melt the butter and add the flour. If the mixture looks too dry, add a small amount of butter, and if the mixture looks too liquidy, add a small amount of butter. You want to fry the flour/butter mixture for at least five minutes, constantly stirring. You want to ‘cook’ the flour to ensure a smooth consistency.

Once the flour is well cooked, slowly add the beef liquid, stirring rapidly and consistently as you add the liquid. Start with adding 1/2cup at a time. Keep stirring and adding liquid until you have a smooth, thick consistency that will coat the back of a wooden spoon without being too runny.

Add the beef and the Curry Powder (add slowly to taste and stop adding when desired heat/taste is reached) and stir well to combine.

Place mixture on a plate or tray and place in the refrigerator uncovered overnight, once cooled.

Once set in the fridge overnight, roll into golf ball sized balls or long logs. Dip in beaten egg mixture then coat well in the breadcrumbs. Dip in beaten egg mixture again, and crumb the croquette again. This ensures the mixture won’t explode in the fryer.

Turn the deep fryer to the desired setting, and deep fry for 6-7 minutes, or until golden brown. Enjoy on their own, or spread on buttered crusty bread!

### STORY OF RECIPE

My Oma, Anna DeGroot, always cooked these. It was always a favourite when she made them, and has been a continued favourite in my family as well! Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 20min

COOKING TIME

> 180min

NAME

David Oxley

FROM

UK

AGE

35

SERVES

2

## TITLE

**BEEF AND MANGO SALAD****INSTRUCTIONS**

1. Season the beef with pepper and 1 tsp of fish sauce, then set aside.
2. Make the dressing by adding the lime juice, the remaining fish sauce, soy sauce, ginger, garlic, chilli and brown sugar into a small bowl, and mix.
3. Place the watercress on two serving place, then divide the mango chunks and red onion between them.
4. Fry the beef in a wok just before serving. Place on top of the salad and pour over the dressing.
5. Serve whilst still warm.

**INGREDIENTS**

250g sirloin beef (cubed)  
 3tsp fish sauce  
 3tsp soy sauce  
 1 lime (juiced)  
 Small knob fresh root ginger (peeled and finely chopped)  
 1 garlic clove (crushed)  
 1 small red chilli (deseeded and finely chopped)  
 1 small red onion (thinly sliced)  
 1tbsp soft brown sugar  
 2 bunches of watercress  
 1 mango (peeled and cut into chunks)  
 1tsp vegetable oil

**STORY OF RECIPE**

Originates from Newcastle upon Tyne, a classic miners supper!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 5min

NAME	FROM	AGE	SERVES
Emmanuel Durand	FRANCE	42	6

TITLE

## CHICKEN LIVER CAKES LYONNAIS



from me

### INGREDIENTS

chicken livers, cleaned : 450 gr  
 eggs : 3  
 garlic cloves : 2  
 onion : 1  
 chopped flat-leaf parsley : 10 gr  
 salt : 1 tsp  
 pepper : 1 tsp  
 bread, without breadcrust : 40 gr  
 clotted cream (or if not possible, pouring cream) : 150 gr  
 milk : 200 ml  
 white wine : 200 ml  
 Cognac : 20 ml

### INSTRUCTIONS

Preheat oven to 160°C.

Place chicken liver (cleaned), wine in a bowl : stir and set aside for 20 min

Soak the bread in milk : stir and set aside.

Place onion, garlic, parsley in a food processor. Process quickly.

*Add in the food processor :*  
 chicken liver (without wine)  
 bread (with milk)  
 eggs  
 cream  
 salt and pepper  
 Cognac

And then process until an even consistency.

Grease 6 baking moulds with butter. Pour liver mixture into moulds.

Fill a large tray with water, and place moulds in the tray.

Bake for 40 minutes or until golden brown and evenly cooked.

Serve quickly (typically with tomato coulis).

### STORY OF RECIPE

This is a typical recipe of Lyon, France's gastronomic capital. Restaurant serve it in the city's unique tiny bouchons, like "Café Du Soleil" near St Georges.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20min

**COOKING TIME**  
 > 40min

NAME

Hoanh &amp; Linh Lam

FROM

United Kingdom

AGE

SERVES

4

## TITLE

**PICKLED MANGO & CARROT SALAD**

Linh Lam

**INGREDIENTS**

- 8 Large Raw Tiger Prawns
- 1 Large Green Mango: peeled, deseeded and cut into juliennes
- 4 Medium Carrots: peeled, and cut into juliennes
- 2 Teaspoons Salt
- Small Bunch of Coriander: finely chopped
- 1 Small Chilli: deseeded and finely chopped
- 1 Tablespoon of Lime Juice
- Freshly Ground Pepper

*Marinade*

- 3 Tablespoons Demerara Sugar
- 2 Cloves of Garlic: peeled
- 1 Teaspoon Salt
- 250 ml Water
- 10 ml Cider Vinegar

**INSTRUCTIONS**

Mix the carrots and two teaspoons of salt in a large bowl. Leave for 20 minutes.

In the meantime, place all the marinade ingredients in a small pan. Bring to the boil until all the sugar has dissolved. Remove from heat and place to one side.

Drain and rinse the carrots in cold water to remove the salt.

Pour the marinade over the carrots and leave to pickle. After 30 minutes, drain off the marinade and toss in the mango, coriander and chilli.

Place the prawns onto a hot griddle and cook for 30 seconds on each side or until prawns have turned pink in colour.

To serve, place the mango and carrot pickle onto a large shallow plate, place the prawns on top and drizzled with lime juice. Finally, season with the freshly ground pepper.

**STORY OF RECIPE**

Something my brother Hoanh and I created, last weekend for a barbecue with our friends in Palma, Spain.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 60min

NAME	FROM	AGE	SERVES
Cármén Sofia Fernandes B.	Portugal	34	4

TITLE

## SOPA DE CAÇÃO (SHARK SOUP)



### INGREDIENTS

500gr of shark (in Portugal we use some small sharks, normally caught at very high sea depths like dogfish), cutted in large chops (2cm thick)

traditional bread (at least one day old)

1l boiling water

200ml cool water

100ml olive oil

10 sliced garlic gloves

70gr of flour

2 laurel leaves

1 tea spoon of red paprika

salt

vinegar

150gr of fresh coriander leaves

### INSTRUCTIONS

Put the olive oil, garlic and laurel in a pan.

Let it warm up till the garlic starts to turn slightly yellow.

Add the shark and the red paprika.

Let it cook for two or three minutes.

Add the boiling water and let it cook for 5 minutes more in medium heat with the cover on pan.

In a blender, mix the cold water and the flour till you get a nice smoothie. Add the coriander and blend 10seconds more.

Open the pan and add the smoothie to the pan while you mix all.

Don't stop mixing while adding the smoothie or it may appear a little clotted.

Stir for a minute or two till all the soup starts to thicken and turn off the heat.

Check the salt and add some vinegar.

Add some hand torn coriander leaves.

### STORY OF RECIPE

One of the most famous traditional and old south Portugal recipes. Usually found on Alentejo and Algarve. Goes very good with Alentejo red wine!

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENT

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 20min

NAME

Celina D.

FROM

USA

AGE

31

SERVES

10–15

## TITLE

**THE MOST ADDICTIVE BRUSCHETTA EVER****INGREDIENTS**

10-15 slices of prosciutto  
8oz of cream cheese  
1 head of garlic  
6-8 basil leaves  
1 french baguette

**INSTRUCTIONS**

Super easy and I promise, people will gobble these up. I can't show up at a party without bringing these

1. Set the cream cheese out to soften
2. Roast the garlic and then let it cool till you can handle it

Turn the oven to 400

Cut the very top off the head of garlic so the little cloves are showing

Place head of garlic on top of a square of aluminum foil and drizzle with extra virgin olive oil

Fold foil into a little packet and place on the rack in the oven - roast until golden brown (you should be able to smell it when it's done, 30-40 min)

3. Roll the basil up and chop it into ribbons
4. Cut the baguette into slices on a diagonal and bake in the oven (375) until crispy (flip once) – this will only take a few minutes or less per side
5. Squeeze all the garlic cloves out of the head of garlic once cooled into the cream cheese, add the basil and mix until incorporated
6. Spread a little cream cheese onto each piece of bread and then place a piece of prosciutto on each
7. Devour

For vegetarians there is another version of this with the same base up until the prosciutto (cream cheese on the bread) and then place a slice of tomato on top of the cream cheese and slice of buffalo mozzarella on top of the tomato, back into the oven under a broiler until the tomato heats up and the mozzarella melts/browns a bit

**STORY OF RECIPE**

I was living in Salamanca, Spain in undergrad with some classmates. I was not good at cooking. A friend made a quick version of this and I never forgot it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 45min

**COOKING TIME**

&gt; 5min

NAME	FROM	AGE	SERVES
Ernie Sawyer	United States	39	12–14

TITLE

## THAI CHICKEN PEANUT SALAD



### INGREDIENTS

*Peanut Sauce*

- 1 can coconut milk
- 1 Tbsp. red curry paste (adjust to taste)
- 1 Tbsp. fish sauce
- 1 Tbsp. brown sugar
- 1 cup finely chopped peanuts (and set some peanuts aside for garnish)

NOTE: If you cannot find Fish Sauce, you should be able to find Fish Seasoning Sauce, which is Fish Sauce and brown sugar combined (1 1/2 Tbsp.)

*Chicken*

- 2 lbs. boneless skinless chicken breasts (approximately 4-5 breasts; not frozen)
- 1 cup moderate to dry white wine
- 1 cup water
- 1/2 cup minced garlic (or 5-6 cloves thinly sliced garlic)
- 2 Tbsp. soy sauce (low sodium soy sauce is recommended)

*Ingredients continued on next page...*

### STORY OF RECIPE

This was my attempt to make a peanut red curry more healthy. By adding all of the salad vegetables it becomes a lighter meal, and great in hot weather.

### INSTRUCTIONS

*Peanut Sauce*

- 1 can coconut milk
- 1 Tbsp. red curry paste (adjust to taste)
- 1 Tbsp. fish sauce
- 1 Tbsp. brown sugar

1 cup finely chopped peanuts (and set some peanuts aside for garnish)

NOTE: If you cannot find Fish Sauce, you should be able to find Fish Seasoning Sauce, which is Fish Sauce and brown sugar combined (1 1/2 Tbsp.)

*Chicken*

- 2 lbs. boneless skinless chicken breasts (approximately 4-5 breasts; not frozen)
- 1 cup moderate to dry white wine
- 1 cup water
- 1/2 cup minced garlic (or 5-6 cloves thinly sliced garlic)
- 2 Tbsp. soy sauce (low sodium soy sauce is recommended)

*Vegetables*

- 2 - 3 bunches broccoli (cut into bite-sized pieces)
- 1-2 bunch(es) spinach (torn into bite-sized pieces)
- 1 head of green or red leaf lettuce (can be exchanged for a variety of other greens)
- 3 carrots (sliced or julienned)
- 2 cups chopped red onion (cut into small/medium sized chunks)
- 2 cups bean sprouts
- 1 bunch fresh basil leaves (approximately 10 - 14 leaves; torn or sliced into strips)
- 1 red or yellow bell pepper (optional)

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 3hr

NAME	FROM	AGE	SERVES
Ernie Sawyer	United States	39	12–14

TITLE

## THAI CHICKEN PEANUT SALAD

### INGREDIENTS CONTINUED

*Vegetables*

- 2 - 3 bunches broccoli (cut into bite-sized pieces)
- 1-2 bunch(es) spinach (torn into bite-sized pieces)
- 1 head of green or red leaf lettuce (can be exchanged for a variety of other greens)
- 3 carrots (sliced or julienned)
- 2 cups chopped red onion (cut into small/medium sized chunks)
- 2 cups bean sprouts
- 1 bunch fresh basil leaves (approximately 10 - 14 leaves; torn or sliced into strips)
- 1 red or yellow bell pepper (optional)

NAME

James

FROM

USA

AGE

29

SERVES

10

## TITLE

# ZUCCHINI APPETIZER

**INSTRUCTIONS**

Grease 9 inch by 13 inch pan

Mix all ingredients together, spread in pan

Bake at 350 F for 25 minutes or until brown.

Let cool

Cut into squares

Serve!

They can seem a bit wet, but if the flavor is good, it is right

**INGREDIENTS**

3 cups shredded zucchini  
1 cup (heart healthy) Bisquick  
1/2 cup chopped onion  
1/2 cup grated parmesan cheese  
2 Tbsp parsley  
1/2 tsp salt  
1/2 tsp oregano  
Dash of black pepper  
1/2 cup oil  
4 eggs slightly beaten

**STORY OF RECIPE**

From my mom

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Aaron Bretveld	United States	33	3–4

**TITLE**

## KOLSUN (SPINACH FILLED PASTRY)

**INGREDIENTS***Spinach filling:*

2 - 8oz packages of chopped frozen spinach 1 teaspoon vegetable oil 1/4 teaspoon salt

*Oil Pastry Dough:*

2 cups all-purpose flour  
1 teaspoon salt  
1/2 cup Water  
1/2 cup vegetable oil  
a Spinach filling:  
2 - 8oz packages of chopped frozen spinach  
1 teaspoon vegetable oil  
1/4 teaspoon salt

*Oil Pastry Dough:*

2 cups all-purpose flour  
1 teaspoon salt  
1/2 cup Water  
1/2 cup vegetable oil

**STORY OF RECIPE**

This is an old recipe from my mom that I've always loved but never seen anything like it online. Make sure you like spinach!

**INSTRUCTIONS**

Preheat oven to 400 degrees Fahrenheit

Cook spinach according to package directions. Drain well to prevent soggy pastries. Add salt and oil to spinach and mix well.

Combine all 4 ingredients for the oil pastry dough together in a bowl until a stiff dough is formed.

Each pastry uses a ball of dough about the size of a ping pong ball (about 1.5 inches). Roll the dough ball into about a 4-inch circle.

Put about 2 tablespoons of the spinach mixture in the center of the dough circle and fold the dough over.

Pinch the edge of the dough to seal the edges and place on a cookie sheet (parchment lined cookie sheet helps with cleanup if there are any leaks).

Repeat rolling, stuffing, and sealing steps with the rest of the dough. It should yield 12 to 15 pastries.

Bake at 400 degrees Fahrenheit for 30 to 35 minutes until browned. Cool on a cooling rack to keep the pastries from getting soggy.

Serve chilled or at room temperature.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 30–35min

NAME

Katie Strout

FROM

USA

AGE

28

SERVES

2-4

## TITLE

**SUPER FLEXIBLE PASTA SALAD***Charlie the Horse and my brother's girlfriend for the salad***INGREDIENTS**

2lbs of rotini pasta (try to get the tri-color, if you can find it)

Salad dressing of your choosing (Kraft Italian, Garlic and Herb, whatever floats your boat)

About a pound of cheese sliced in large, salad sized chunks (Helluva Good Sharp Cheddar or Provolone or your favorite cheese)

About a pound of ham sliced in large, salad sized chunks

Green peppers (optional)

Red peppers (optional)

Cucumber (optional)

Sweet pickles OR dill pickles (optional)

Large black olives (optional)

Onion (optional)

Tomato (optional)

Broccoli (optional)

**INSTRUCTIONS**

Cook rotini pasta according to directions (shoot for al dente). Once cooked, strain and run under cold water to prevent further cooking and allow for quicker eating.

Cut chosen vegetables, ham, and cheese into large chunks while pasta is cooking. If you're me, cutting time usually runs into pasta cooking time, so keep this in mind if you're trying to utilize your time to its utmost potential. If you don't like peppers, don't add them. Don't like onion? Don't add them. Remember, though, this is a salad so have more than just pasta, ham, and cheese.

Once the pasta is cool add them to the sliced items in a bowl big enough. I usually just use the same pan I boiled the pasta in. Toss with salad dressing. If you can handle the waiting, let sit for at least an hr. If you're hungry, though, go ahead and eat.

**STORY OF RECIPE**

A Maine summer staple, my mother always made it with just peppers, olives, ham, and cheese. Everyone makes it differently, though, so experiment until you get what you like.

 STARTER

 BAKING

 VEGETARIAN

 MAINCOURSE

 CONDIMENTS

 DAIRY FREE

 DESSERT

 OTHER

 GLUTEN FREE
**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 7min

NAME	FROM	AGE	SERVES
Andrew Chisholm	USA	39	8

**TITLE**

## GRAPE AND FENNEL SALAD

**INSTRUCTIONS**

Wash and slice in half the 2 pounds of mixed grapes.

Slice thin strips of fresh fennel, combine with the sliced grapes, and thinly sliced celery. In a large mixing bowl, add the sliced almonds.

*Dressing:*

combine equal parts Limone olive oil, extra virgin olive oil, and white wine vinegar (about two oz each)

**INGREDIENTS**

2 lb Seedless white, red, and black grapes  
2 Fennel bulbs  
1/4 lb Celery  
1/4 lb Sliced almonds

*Dressing:*

2oz each:  
Gradassi Limone olive oil  
Extra virgin olive oil  
White wine vinegar

**STORY OF RECIPE**

Great salad on a warm summer day with a white wine

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 25min

**COOKING TIME**  
> 0min

NAME  
Christine Archilla

FROM  
United States

AGE  
23

SERVES  
2–3

TITLE

## SIMPLE GUACAMOLE DIP



### INSTRUCTIONS

1. Chop up ingredients (Big or small chop, whatever you like).
2. In a bowl, mash up avocados to the texture of your liking.
3. Combine all ingredients and enjoy!

### INGREDIENTS

2 Hass Avocados  
2 Tablespoons of fresh lime juice  
1-2 Tablespoons of oil (not necessary)  
2 small tomatoes, seeded and chopped  
1 Jalapeno, minced  
1/4 red onion, finely chopped  
1/4 cup chopped fresh cilantro leaves  
1 Teaspoon of minced garlic  
Salt and pepper

### STORY OF RECIPE

The great thing about this recipe is that you can customize it to your liking. This recipe was my own creation, a very simple and healthy snack option!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 0min

NAME

Susan Yu

FROM

South Korea

AGE

24

SERVES

2

## TITLE

**DRIED POLLACK SOUP**

Me

**INGREDIENTS**

Dried shredded pollock, 80g  
 Sesame oil, 1 tbs  
 Garlic, 4 cloves  
 Water, 6 cups + add to taste  
 Eggs, 1  
 Tofu, 110g  
 Green onion, 2 stalks  
 Salt, a pinch + add to taste  
 Fish sauce, 1 tsp + add to taste

**INSTRUCTIONS**

1. Tear the pollack into thin strips by hand.
2. Put in pan with minced garlic & sesame oil and stir until lightly & evenly browned. (30 sec ~ 1 min)

\*This is a quick recipe, so from this point on use high heat and just add add add until done.

3. Add water.
4. Add diced tofu.
5. Add sliced green onions.
6. Add salt and fish sauce to taste.

\*Too much fish sauce is icky, too little is bland. Add as much as you like and make up the difference with salt.

7. Add beaten egg.

\*Don't stir if you want a clean broth!

8. Taste. Add water/salt/fish sauce as desired.

9. Serve.

\*This is the xtra-qwik version of this light meal: if you have more time you can a. cook at lower heat to get a more delicate flavour, b. add radish after step 3 (or stir with the rest at step 1) and boil for 20 minutes before step 4 for a cleaner, deeper taste, c. add bean sprouts after step 3 and boil for a minute before step 4 to get some crunchy texture. (Hi editors! You can edit this part out if it's too long!)

**STORY OF RECIPE**

It's quick, easy, comforting and filling. It's a pretty common dish here in Korea and it's the family go-to cure for everything from hangovers to overwork. Mum's is best though!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 10min

COOKING TIME

&gt; 10min

NAME

Allysse Riordan

FROM

The United Kingdom

AGE

24

SERVES

4

## TITLE

**CHESTNUT BREAD (NOT GLUTEN-FREE)**

Allysse Riordan

**INGREDIENTS**

- 150gr of chestnut flour
- 230gr of white flour
- 300ml of warm water
- 2 teaspoons of dehydrated yeast
- 1 teaspoon of honey

**INSTRUCTIONS**

Dissolve the honey in the water. Sprinkle the yeast on top of the water and let it rest under a cloth for 10 minutes to reactivate.  
Mix the two flours together.

When the yeast is reactivated, gently mix the water with the flour using a wooden spoon.

Cover with a cloth and let it rest for at least 1h30. You'll know when it's ready when the dough will have gotten much bigger.

Preheat your oven at 240°C with a bowl of water in. Mould the dough in the shape you want. Cut a few lines on the top of the dough. With your fingers, sprinkle it with water.

Put it in the oven for 25 minutes.  
Let it cool a little. Enjoy!

**STORY OF RECIPE**

After a lucky find at my local health shop, I used all the chestnut flour to bake this bread several times. It melts in your mouth, making it completely irresistible.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15–90min

**COOKING TIME**

&gt; 25min

NAME	FROM	AGE	SERVES
Mark Norman Francis	England	41	2

#### TITLE

## TOMATO SOUP



#### INSTRUCTIONS

Cook the onion, celery and garlic in olive oil over a low heat until softened. Add the purée and stir it in.

Add the tomatoes, stock, and basil. Season with salt and pepper. Simmer for 15 minutes.

Add cream if you want, smooth it with a blender if you like it less chunky, and serve immediately.

#### INGREDIENTS

- 1 white onion, chopped
- 1 stick celery, chopped
- 1 garlic clove, sliced
- 1 tin chopped tomatoes
- 2 tbsp tomato purée
- 200ml vegetable or chicken stock
- 4 tbsp double cream (optional)
- 1 tablespoon dried basil / 25g fresh basil, chopped
- olive oil
- salt and pepper to taste

#### STORY OF RECIPE

One of the most basic comfort foods from my childhood, and it goes from ingredients to soup in less than half an hr.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 20min

NAME

Jen Bisignani

FROM

United States

AGE

29

SERVES

16

## TITLE

**LIONFISH AND AVOCADO CEVICHE**

Jessie Suen

**INSTRUCTIONS**

Combine all the ingredients except for the parsley and seasonings in a large bowl and mix carefully, to avoid mashing the avocado. Let sit in refrigerator for 2-3 hours, mixing a few times.

Once fish is ‘cooked’ through, season to taste with the salt, pepper, and chopped parsley.

Serve with bread or tortilla chips.

**INGREDIENTS**

- 12 lionfish fillets (about 1.5-2 lbs) - can also use any firm white fish, such as Tilapia.
- Roughly equal weight in avocados (about 3 large)
- 2 bell peppers (green or yellow is best)
- 1 red onion, finely chopped
- 6 cloves garlic, finely chopped
- 2 cups lime juice
- Chopped parsley
- Salt, paprika, and black pepper, to taste

**STORY OF RECIPE**

Lionfish is an invasive species in the Caribbean. When you kill and eat them, the world becomes a better place. They’re also delicious.

Recipe adapted from <http://lionfish.co/>.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 2-3hr

NAME	FROM	AGE	SERVES
Michelle Dlugy	USA	24	6

TITLE

## CHANTERELLE SOUP



### INGREDIENTS

1 Pound Chanterelles  
4 Cloves Garlic  
1 Shallot, thinly sliced  
1 Tbsp Flour  
4 Tbsp Butter  
2 Quarts Vegetable Stock  
1 Cup White Wine  
1 Bay Leaf  
1 Sage Sprig  
\*Truffle Oil Optional

### INSTRUCTIONS

Clean Chanterelles, set trimmings in a pot with vegetable stock to simmer  
Saute garlic, shallot, bay leaf and sage in 2 Tbsp butter

Add chanterelles, saute until water evaporates  
\*Set a few aside for garnish

Add flour and 2 Tbsp butter, mix until sandlike in consistency and color (roux)

Deglaze with white wine, let the wine cook out until absorbed by the mushrooms

Strain mushroom stock into chanterelle mixture, simmer 20-45 minutes

Remove bay and sage leaves  
Add to blender, taste to season with salt and pepper.

*To serve:*  
Pour soup into bowls, place reserved chanterelles in the center, drizzle truffle oil and enjoy!

### STORY OF RECIPE

Growing up in Russia, my mother's favorite pass time activity was picking mushrooms. Recently we went together, I prepared this soup for my family using our winnings from the woods!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 90min

COOKING TIME  
> 60min

NAME  
H Lynnea Johnson

FROM  
United States of America

AGE  
39

SERVES  
4

TITLE

## GUACAMOLE WITHOUT CILANTRO



Liz West

### INGREDIENTS

- 3 ripe avocados
- 1 (10 oz) can of diced tomatoes with chiles OR
- 1 large tomato, diced AND
- 1 (4 oz) can dices green chiles
- 1/8 - 1/4 tsp garlic powder
- 1 small lime

### INSTRUCTIONS

Cut open the avocados, remove the pits, and peel. Mash peeled avocados in a bowl.

Drain the can of diced tomatoes & chiles. Stir the drained contents into the mashed avocados.

Sprinkle in the garlic powder, stir well.

Juice the lime, using a citrus reamer or similar, so that you get some of the lime pulp. Add the pulp and juice to the mashed avocado mixture and stir well.

Chill for at least 1 hr, then serve with tortilla chips, or as a condiment.

### STORY OF RECIPE

For those of us who can't eat cilantro, substituting garlic gives depth of flavour without losing spiciness.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 1hr

NAME	FROM	AGE	SERVES
Rebecca Wainwright	USA	47	6

TITLE

## BEST EVER BANANA BREAD



### INGREDIENTS

1-1/2 cups all-purpose Flour  
 2 teaspoons Baking Powder (reduce to 1-1/2 tsps if at high-altitude)  
 1/4 teaspoon Baking Soda  
 1/2 teaspoon Salt  
 1/2 teaspoon Ground Cinnamon  
 1/16 teaspoon Nutmeg (just a pinch)  
 1/3 cup unsweetened Applesauce (okay to use Butter instead)  
 1/3 cup Sugar  
 1 teaspoon Vanilla Extract  
 2 Eggs  
 2 or 3 very ripe Bananas

### INSTRUCTIONS

Preheat oven to 350 degrees Fahrenheit.  
 Butter a loaf pan (approx 8 inches by 4 inches works well).  
 Mash the ripe bananas in a small bowl and set aside.  
 In a separate mixing bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Set aside.  
 In a large bowl, beat the applesauce (or butter) and sugar together. Beat in eggs. Mix in vanilla extract.  
 Add the mashed bananas to the applesauce (or butter) and sugar mixture. Mix. Add the flour mixture and gently stir just until well blended.  
 Pour the batter into the buttered loaf pan.  
 Bake at 350 degrees Fahrenheit for 50 - 60 minutes (until the top is golden brown).  
 Let cool at least 10 minutes. Remove from loaf pan.  
 Serve hot or warm.

Awesome with Honey Butter (8 Tablespoons softened Butter blended with 4 - 6 Tablespoons Honey)

### STORY OF RECIPE

My mom and I have experimented for years to get Banana Bread just right. This is our fabulous result. It is wonderful at breakfast or brunch.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 60min

NAME	FROM	AGE	SERVES
Nataly Eliyahu	Israel	25	2–6

TITLE

## PESTO SPREAD



Nataly Eliyahu

### INGREDIENTS

- 3 cups fresh basil leaves
- 3-4 garlic cloves
- 1/4 cup pine nuts
- 1 cup freshly grated Parmesan cheese
- 1/2 cup olive oil
- 1/4-1/2 cup squeezed lemon juice

### INSTRUCTIONS

1. Separate the basil leaves from the stems.
2. Rinse the basil leaves in water, then drain out the water for about 10 minutes.
3. Peel and crush the garlic cloves.
4. Combine all the ingredients in a food processor.
5. Process until the mixture has a consistent texture.
6. Add more olive oil or lemon juice if needed, or according to your taste.
7. Eat right away, or keep in the refrigerator for up to 3 days

\* The amounts of ingredients can be played with to produce different consistencies, and to fit your personal taste. Add more liquids (olive oil and lemon juice) for a pasta sauce, less for a spread.

\* You can mix other leaves with the basil, such as parsley and mint.

\* For a vegan option, don't use the Parmesan cheese.

### STORY OF RECIPE

This recipe is from my mother, though I make it with a lot more lemon juice. It has always been one of my favorite sauces.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 30min

COOKING TIME  
> 0min

NAME

Alexandre Guimarães

FROM

Brazil

AGE

46

SERVES

2

## TITLE

**SIMPLE CHEESE SOUFFLÉ****INGREDIENTS**

Salted Butter 22 grams  
 White Flour 14 grams  
 Whole Milk Half Cup  
 Parmesan Cheese Half Cup Shredded  
 Egg Whites 2  
 Egg Yolks 2

**INSTRUCTIONS**

Preheat the oven to 180c.

Melt the butter in a large pan at medium heat, whisk the flour slowly as for making a “roux” that will be the base for a “béchamel” sauce. Gradually add the milk. Cook until thickened ( around 2 minutes ). Take out of the heat and add the cheese, mixing until fully melted.

Mix the yolks in a separate container and add a small amount of the hot sauce to “temper” the yolks without curdling and add all back to the pan, stirring all the time. Let the mixture cool while you prepare the egg whites.

Whisk the whites to form stiff peaks. Carefully fold the whites in the rest of the mixture.

Pour the mixture into ramekins that need to have the insides well coated with butter.

Bake in the oven for around 20 minutes or until a fork enters the soufflé and gets out clean.

Enjoy :-)

**STORY OF RECIPE**

After mixing and adjusting from several sources I got a recipe that I can get right every single time, almost ;-). Easy approximation of the classic french souffl».

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20min

NAME

Pablo Torres

FROM

Spain

AGE

49

SERVES

2

## TITLE

**PABLO'S SALAD**

Pablo's Salad (much better than Caesar's)

**INSTRUCTIONS**

Get all the solid ingredients in small pieces or slices put altogether. Then have them well mixed with half the sweet mustard and add the Guarapo.

Let it rest for 5 minutes and then add the rest of the sweet mustard. Put it in the fridge for 20 minutes (optional) and pour on the coke just before serving.

**INGREDIENTS**

- ingredients \*
- 50 gr. Apolo Lettuce
- 50 gr. Radicchio
- 50 gr. Lollo Rosso Lettuce
- 50 gr. Arugula
- 200 gr. Rolo Goat Cheese
- 50 gr. Serrano Ham
- 50 gr. Goose's Pate
- 80 ml. Sweet Mustard
- 10 ml. Guarapo (can be substituted by Molasses or honey)
- 5 ml. Coke

**STORY OF RECIPE**

A personal idea that resulted in a fresh, nutritive, different salad that links with almost anything.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 0min

MAIN

NAME

Toby

FROM

United Kingdom

AGE

SERVES

5

## TITLE

**SPICY TORTILLA SOUP****INSTRUCTIONS***Method*

1. Heat butter and oil in a pan, sauté onions, garlic, peppers, carrot, celery and chicken for 5 minutes.
2. Add spices and Tabasco.
3. Add tomatoes. Gradually add flour and stock.
4. Leave to simmer for 1 hour.

*To Serve*

Line bottom of bowl with tortillas, add soup and top with cheese, a dollop of cream and salsa. At this point you can also add diced avocado and a slice of lime... If you're into that kind of thing.

**INGREDIENTS***Soup*

- 1/4 Cup butter or margarine
- 1/4 Cup vegetable oil
- 1/4 - 1/2 Small jar of jalapeño peppers
- 1 Large onion (Chopped)
- 2 Large carrots (chopped/sliced into round slices)
- 6 Celery sticks (1/4 inch dices)
- 1 Can chopped tomatoes
- 1lb Chicken breast (diced)
- 1/2 Cup plain flour
- 1tsp Cumin, 1tsp Chilli powder, 1tsp Salt
- 1tsp Lemon pepper, 1tsp Pepper
- 3tsp Tabasco sauce
- 1250ml Chicken stock

*Garnishes:*

- Crushed tortillas (plain)
- Cup single cream
- Cup grated cheddar cheese
- Diced avocado (OPTIONAL)
- 3 Sliced limes (OPTIONAL)

**STORY OF RECIPE**

There's no exciting story behind this recipe... My Mum got it from a friend a few years ago and it tastes really good!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 90min

NAME

D. George

FROM

United States

AGE

SERVES

6

## TITLE

**CORNED BEEF AND BARLEY SOUP****INGREDIENTS**

- 1 corned beef
- 1 head cabbage, coarsely chopped
- 1/4 to 1/2 cup barley
- 1 can tomatoes
- 2 potatoes, diced or julienned
- 2 carrots, diced or julienned
- celery leaves from 1 head of celery, chopped
- 1 stalk celery, chopped
- 1 small-medium onion, chopped

**INSTRUCTIONS**

Cook the corned beef by covering with water and simmering several hours on the stove OR for 8-10 hours in a crock pot. Remove the beef and cook the cabbage in the broth until tender. Remove the cabbage but RESERVE the broth! Enjoy a meal of corned beef and cabbage, saving the leftover meat and cabbage to add to the soup!

In a large kettle or stock pot, combine the reserved broth, barley and tomatoes; simmer until the barley is nearly tender. Meanwhile, prepare the vegetables; add the vegetables to the broth, bring back to a simmer and cook for another 15-20 minutes or until the vegetables are tender. Stir in any left-over corned beef and cabbage and heat through.

*Note:*

prep and cook times are for the soup, not for corned beef and cabbage.

**STORY OF RECIPE**

This is Michigan Soup in my family, because my grandma always made corned beef and cabbage when we visited. Then my mom would make this the next day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Suzanne	USA	55	4

TITLE

## PASTA WITH SHRIMP, TOMATO & PESTO



Old Family

### INGREDIENTS

2 leeks (white part only), thinly sliced  
2 cloves garlic, minced  
Olive oil  
1 cup dry white wine  
Juice of ½ lemon  
2 large tomatoes, seeded and chopped, or 3-4 plum tomatoes in the winter time  
S&P to taste  
1 lb shrimp, shelled and deveined (large not jumbo)  
¼ cup pesto (homemade preferred, obviously)  
1 lb linguini (my favorite) or fettuccini or spaghetti---if you use a homemade and even a black pepper pasta for this recipe, it will be sublime

### INSTRUCTIONS

You need to prepare pasta according to instructions provided.

While water for pasta is heating up, in a deep skillet, sauté leeks and garlic in olive oil until the leeks are soft. Add wine and boil vigorously for 4 minutes. Add lemon juice and tomatoes, season with salt and pepper. Cook until tomatoes begin to release juices. Time on this varies, 10-20 min, watch carefully and stir occasionally.

This would be a perfect time to add pasta to boiling water. The timing on this will vary depending on whether you are using homemade or boxed.

Add shrimp to tomato sauce, stir and simmer until shrimp are cooked. Not too long (2-4 minutes) or shrimp will get very tough. Remove from heat and stir in pesto.

Add cooked pasta to the sauce and toss well.

If making ahead, prepare sauce up until the point of adding the shrimp. Can be started as early as the morning for service at dinnertime. Simply reheat the tomato sauce gently before adding the shrimp.

### STORY OF RECIPE

Old family favorite, best prepared with fresh ingredients & homemade pasta. If you must, however & yikes, you can cheat by using store-bought sauces to get an adequate, quick meal.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 20–30min

NAME

Marco B.

FROM

Italy

AGE

40

SERVES

4

## TITLE

**THE ORIGINAL CARBONARA****INGREDIENTS**

400 gr spaghetti  
 200 gr bacon  
 4 eggs  
 black pepper  
 Nutmeg  
 Parmigiano cheese

**INSTRUCTIONS**

Put water on the fire in a big pot. Wait until the water boils.

In the meanwhile, cut the bacon in a small pieces (half cm x half cm) and put them in a pan (without oil) on the fire.

Wait until the bacon is very crisp. The bacon will cook in his greasy. You will see disappear the fat part.

Open the 4 eggs and use 3 of them whole and 1 only yolk. Whisk the eggs for 3 minutes.

When the water boils, put down the salt (enough) and the spaghetti and wait the cooking time.

When the cooking time has expired, drain the spaghetti and put them in a big pan on the fire. Merge them with the eggs, the bacon, 4 spoons of grated Parmigian, 1 teaspoon of grated nutmeg, 2 teaspoons of grated black pepper.

Mix with the Spaghetti and serve them hot.

**STORY OF RECIPE**

In Italy, Carbonara name means the man who works with charcoal. So, the Carbonara must be with much pepper and nutmeg. Grey like the charcoal.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 5min

**COOKING TIME**  
 > 15min

NAME

Truger

FROM

USA

AGE

24

SERVES

4-5

## TITLE

**MAC & STUFF****INSTRUCTIONS***Prepare:*

Dinner as directed on package

*Meanwhile:*

Bring water, peas, hot dogs and butter to boil in large saucepan. Stir in stuffing mix just to moisten; cover. Remove from heat. Let stand for 5 minutes.

Stir stuffing mixture lightly into prepared dinner. Serve immediately.

**INGREDIENTS**

- 1 package (7 1/4 ounces) Kraft Macaroni and Cheese
- 1 1/4 cups water
- 1 cup green peas
- 4 Hot Dogs, sliced
- 2 tablespoons margarine or butter
- 2 cups Stove Top Chicken Flavor Stuffing Mix in the canister

**STORY OF RECIPE**

My mom always made this recipe when I was young and I still make it myself to this day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Richard Sutton	Spain	41	2

#### TITLE

## MEAT PAELLA



#### INGREDIENTS

100g pork steak  
 100g chicken breast  
 2½ tbsp olive oil  
 200g chorizo  
 ½ onion, ⅓ red pepper,  
 ⅓ green pepper, ½ courgette  
 2 cloves garlic  
 1 tsp spanish paprika  
 150g paella rice (or pudding rice)  
 1 glass dry white wine  
 1 tomato  
 450ml Vegetable stock  
 ¼ tsp saffron  
 1 tsp tomato puree  
 1 tbsp chopped parsley  
 ½ tsp salt  
 ½ tsp black pepper  
 ½ sachet paella colouring or ½ tsp yellow food colouring (optional)  
 strips of roasted red pepper to garnish (optional)  
 ½ lemon

#### INSTRUCTIONS

1. Cut the chicken and pork into small dice and fry in olive oil till starting to colour, remove from pan and set aside.
2. Cut the chorizo into chunks and finely chop the onion and peppers. Fry in the oil over a very low heat for 20 minutes, stirring occasionally.
3. Finely chop the courgette and crush the garlic cloves. Add to the pan and fry for a further 10 minutes.
4. Return the meat to the pan along with the paprika and fry for 2 minutes. Add the rice to the pan and stir to coat in the oil for 2 minutes. Add the glass of wine to the pan to deglaze and cook for about 1 minute over a medium heat to evaporate the alcohol.
5. Add the stock to the pan, infused with the saffron, along with the diced tomato, tomato puree, parsley, colouring, salt and pepper. Stir to mix then simmer until all of the liquid has been absorbed, approx 15 minutes. Do not stir while the rice is simmering.
6. Remove from the heat, put the strips of red pepper on top, cover with foil and leave to stand for 5 minutes before serving with a squeeze of lemon juice.

#### STORY OF RECIPE

I liked the idea of paella but I'm not keen on seafood so created this meat alternative. Replace the meat with seafood or vegetables for a classic or vegetarian version.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 60min

NAME	FROM	AGE	SERVES
Henk Vermeulen	Netherlands	45	1-2

TITLE

## STAMPPOT 21ST CENTURY STYLE



henkvermeulen

### INGREDIENTS

250 gr curly endive / chicory (andijvie green leafy veg)  
raw, fresh, rinsed and shredded finely  
300-400 gr crumbly potatoes  
250 gr fresh bacon, dice sized cubed (not thin strips!!)  
1 avocado  
fresh herbs and/or spices (I use fresh two or three  
chopped sprigs of rosemary and thyme and a seeded and  
chopped red chili)  
a pinch of coarse salt

### INSTRUCTIONS

Cook the potatoes 20-30 minutes until they are nicely crumbly (I just scrub them well and don't even peel them... there's lots of vitamins and flavour in potato peels).

About 15 minutes in, start frying the bacon in a high pan into soft rashers with (the chopped chili and) a pinch of coarse salt in about 15 minutes. The salt will speed up the cooking process. Keep stirring lightly until nice soft and evenly browned.

Remove and keep aside the meaty bits, keep the grease, reduce the heat and briefly stir the herbs in the hot grease until soft and fragrant.

Remove the pan from the heat.

Drain the potatoes when done (when the prongs of a fork go in easily) crush and mash the potatoes with a fork into the grease. Mash in the avocado (remove the skin and stone obviously) and add a splash of milk and stir to build up a nice batch of creamy mashed potatoes. it doesn't matter if it is still a bit chunky gradually add and stir in the shredded veg and bacon bits. If the mash is still nicely warm the vegetable greens will wilt making the stirring easier.

DO NOT STIR IN THE VEG WHILE THE PAN IS STILL ON HEAT!!! Unless you want soup that is....

Add additional seasonings to taste.

You can replace the vegetable with any alternative: raw leaves that will wilt in the warm mash (like lettuce, baby spinach), or cooked (kale, cabbage, beetroots, sauerkraut, etc) just keep the fluids in proportion, or you will end up with soup!

The bacon can be replaced by crushed cashew nuts or mushrooms, but if you do, you may want to add a bit of butter to get the right texture in the mashed potatoes.

Fresh ingredients beat instant, pots, cans, jars, dried, preprocessed stuff anytime!!!

### STORY OF RECIPE

This is my version of how traditional dutch staple food can be reinterpreted, with measurements loosely from the wrist. Cooking should be fun... not a math exercise : )

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 30min

NAME	FROM	AGE	SERVES
Nicole Stephenson	Australia	27	4

TITLE

## CHORIZO, WHITE BEAN & TOMATO SOUP

Ian Wallace



### INGREDIENTS

- 2 chorizo sausages, thickly sliced
- 2 teaspoons olive oil
- 1 red onion, coarsely chopped
- 2 garlic cloves, crushed
- 1 teaspoon smoked paprika
- 1L (4 cups) salt-reduced chicken stock
- 1 x 400g can diced tomatoes
- 2 x 400g cans cannellini beans, rinsed, drained

### INSTRUCTIONS

*Step 1*

Heat a large non-stick frying pan over medium heat. Add Chorizo. Cook, turning occasionally, for 3-5 minutes or until golden. Transfer to a plate lined with paper towel.

*Step 2*

Heat oil in a large saucepan over low heat. Add onion and cook, stirring occasionally, for 3-4 minutes or until soft. Add garlic and paprika, and cook for 1 minute or until aromatic.

*Step 3*

Add stock, tomato and Chorizo to onion mixture. Increase heat to medium-high. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until the soup thickens slightly. Taste and season with salt and pepper. Stir in the beans. Simmer for 5 minutes or until beans are heated through.

*Step 5*

Ladle soup among serving bowls. Can be served with toasted tortilla wedges or bread if desired.

### STORY OF RECIPE

I found this a while ago and it makes a great hearty soup that fills you up without needing extra bread and freezes well.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Crazmus

FROM

UK

AGE

37

SERVES

4

## TITLE

**MONK FISH CURRY WITH SWEET POTATO****INGREDIENTS**

1kg monk fish tail  
(deboned, skin removed and cleaned): cut into 4-5cm thick pieces  
Olive oil  
2 large white onions finely chopped  
2 large sweet potatoes  
2 large red chillies  
15 grams of samphire  
Turmeric powder  
Hot chilli powder -adjust to taste  
Ground cumin powder  
Ground coriander powder  
Indian fish curry seasoning powder  
Garam masala  
Ginger and garlic paste

**STORY OF RECIPE**

A recipe that is my own creation -hope you enjoy it.

**INSTRUCTIONS***Into a bowl mix:*

1kg monk fish tail (deboned, skin removed and cleaned): cut into 4-5cm thick pieces. Olive oil 2 large white onions finely chopped 2 large sweet potatoes. 2 large red chillies, 15 grams of samphire, Turmeric powder, Hot chilli powder -adjust to taste, Ground cumin powder, Ground coriander powder, Indian fish curry seasoning powder, garam masala, Ginger and garlic paste, 1 tsp ground coriander powder, 2tsp extra hot chilli powder and 1tsp fish seasoning

Marinade the fish in oil and spices mix and place into an oven proof dish and cover then place into the fridge for 30 minutes.

*Additional Preparation*

Take 2 large sweet potatoes and par boil for 15 minutes Transfer to cold water. Remove peel, then cut into 2-3 cm thick slices. Transfer back into cold water.

*Additionally prep*

15 grams of samphire boiled for 1 minute and transfer into cold water.

*For the Curry*

Place a Sauté pan on Medium heat Add 1tbs of Olive oil, when the oil is warm add 2 large red chillies -sliced in to 2 cm pieces, 1sp mustard seeds until they start popping then add 1tsp ginger, garlic paste and 2 large white onion chopped.

Cook for 5-10 minutes and then add:

1tsp turmeric, 1 tsp fish seasoning, 3 tsp garam masala 2 tbs vegetable water left from boiling the sweet potato and 150 ml cold water. Stir well.

Transfer in the sweet potato out of the cool water into the pan (cut any larger slices in to half), place lid and cook on medium heat for 30 minutes (adjust time until centre of the sweet potato is soft). Whilst this is cooking, remove the marinated monk fish out of the fridge and transfer the dish into oven for 15 min at 180 centigrade and leave in the oven to rest.

When the sweet potato is cooked through transfer monk fish from the oven - place on top of the sweet potatoes and replace the lid and cook for 5-10 minutes. Remove from heat and add the drained samphire

Stir through and serve with Basmati rice.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30–40min

**COOKING TIME**

&gt; 50min

NAME	FROM	AGE	SERVES
Ryan Fitton	United Kingdom	21	2

TITLE

## QUICK AND EASY MARGHERITA PIZZA

Ryan Fitton



### INGREDIENTS

*Pizza Base:*

- 300g strong bread flour
- 1 tsp instant yeast (from a sachet or a tub)
- 1 tsp salt
- 1 tbsp olive oil, plus extra for drizzling

*Tomato Sauce:*

- 100ml passata
- Handful fresh basil or 1 tsp dried
- 1 garlic clove, crushed
- You can buy pre-made sauce if you do not want to make the tomato sauce by hand.

*Topping:*

- 125g ball mozzarella, sliced
- Handful grated or shaved parmesan
- Handful cherry tomatoes, halved

*Finishing Touches:*

- Handful basil leaves

### INSTRUCTIONS

1. Make the base: Put the flour into a large bowl, stir in the yeast and salt. Make a well, then pour in 200ml warm water and olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Then turn onto a lightly floured surface and knead the dough for around 5 minutes until smooth. Cover your finished dough with a towel to soak up moisture, however you can leave the dough to rise instead if needed.
2. To make the tomato sauce, mix the passata basil and crushed garlic together. Leave this to stand at room temperature whilst you shape the dough for the pizza base. If you would rather use pre-made tomato sauce, skip this step and get on with making the pizza base.
3. Roll out the dough until you have a round shape. If you have previously left the dough to rise, you will have to knead it again. Your surface must be slightly floured. Best results come from a pizza which is roughly 25cm across from either end. You should remember to make the dough thin as it will rise when cooking. Once rolled place the base into the oven. You may have enough dough left over for an extra base.
4. Pre-heat your oven to 240C/ fan 220C /gas 8. Smooth your tomato sauce over the pizzas, it's easy to use an upturned spoon. Then scatter your toppings over the pizza evenly. Place your pizza in the oven and keep an eye on it cooking for around 8 to 10 minutes. Once done, take the pizza out of the oven and scatter a slight amount of olive oil, then scatter your handful of basil leaves.

### STORY OF RECIPE

A quick and easy recipe I came across whilst making my first home-made pizza.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Evan Morgan	England	21	2

TITLE

## HERBY TOMATO MACARONI CHEESE



### INGREDIENTS

Jar Of Dried Mixed Herbs  
1 Tin Of Chopped Tomatoes  
1 Whole Tomato  
250g Macaroni Pasta  
150g Grated Mature Cheddar Cheese  
2 tbs Plain Flour  
2 tbs Salted Butter  
Half Pint Of Full Fat Milk Approx.v

### INSTRUCTIONS

1. Place dry macaroni pasta into large saucepan filled with water and bring to the boil stirring occasionally.
2. Meanwhile in a separate saucepan melt the butter over a low heat.
3. Once melted stir in the flour and continue to stir until the mixture forms a smooth paste which leaves the sides and base of pan cleanly.
4. Cook on a very low heat for approximately 2 minutes stirring constantly making sure it does not brown.
5. Pour in a little of the milk and stir until blended with the roux, continue to add a little at a time until the sauce starts to thicken, stop when the sauce is at the consistency of soup.
6. Add in 2 thirds of the grated cheese and stir until melted and mixed in with the sauce.
8. Drain the pasta and add in the chopped tomatoes.
9. Pour the sauce over the pasta and mix thoroughly in a pan.
10. Sprinkle mixed herbs sparingly and stir until mixed in.
11. Spoon the pasta into a ceramic dish, top with remainder of cheese and sliced tomato to decorate and place under hot grill for 5 - 7 minutes.
12. Serve with fresh crusty bread and side salad and enjoy!

### STORY OF RECIPE

My favourite meal as a child and was taught to make it by my mother at a very young age.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 5–7min

NAME

Joni W.

FROM

USA

AGE

24

SERVES

8

## TITLE

**OVER THE RAINBOW MAC AND CHEESE**

http://www.deliciousasitlooks.com/

**INGREDIENTS**

- 1 Tbsp. vegetable oil (Optional)
- 1 lb. elbow macaroni
- 1/2 a cup of butter (can use less for healthier results)

Cheese amounts depends on how much cheese is desired (I use 1/2 a cup each but the original recipe called for one cup)

- ½ a cup to 1 cup shredded Muenster cheese
- ½ a cup to 1 cup shredded mild Cheddar cheese
- ½ a cup to 1 cup shredded sharp Cheddar cheese
- ½ a cup to 1 cup shredded Monterey Jack

- 2 cups of half and half
- 1 cup (8 oz). Kraft Deluxe (substitute Velveeta or American) cut into small cubes (I use Kraft Deluxe, I think it tastes the best)
- 2 large eggs, lightly beaten

(You may add more or less salt and pepper depending on your tastes)

- ¼ tsp. seasoned salt
- 1/8 tsp. freshly ground black pepper

**STORY OF RECIPE**

This is a recipe my mother and I found when I was a kid. We tweaked the recipe and have used it ever since.

**INSTRUCTIONS**

Preheat oven to 350 degrees. Lightly butter a deep 2-1/2 quart casserole. Bring a large pot of salted water to a boil over high heat. (Can be unsalted) Add oil (Optional), then macaroni and cook until macaroni is just tender, about 7 minutes. So, macaroni should still be a little hard. Drain well.

In large bowl, mix the Muenster, mild and sharp Cheddar and Monterey Jack cheeses.

To the macaroni, add half and half, 1-1/2 cups shredded cheeses, the cubed Deluxe (or whichever you chose), the butter, and eggs. Season with salt and pepper. Transfer macaroni mixture to buttered casserole. Sprinkle with remaining ½ cup shredded cheeses on top, and dot with 1 tablespoon butter(optional). Bake until bubbling around edges, about 30-35 minutes.

Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 30–35min

NAME

Mike &amp; Kathy Seay

FROM

USA

AGE

67

SERVES

8-9

## TITLE

**SESAME SEED HOT HAM AND CHEESE SAN**

Kathy Seay

**INSTRUCTIONS**

Preheat oven to 350F.

Without separating into individual rolls, cut tops off. Line 9x13 pan with roll bottoms and place ham and cheese onto bottoms. Put tops of rolls back on.

In a saucepan, mix remaining ingredients and bring to a boil for 2 minutes.

Pour sauce evenly over sandwiches.

Bake uncovered for 20 minutes.

**INGREDIENTS**

- 1 package Hawaiian Dinner rolls - 24 rolls in a package
- 1 lb thin sliced ham - chopped
- 1 lb sliced provolone cheese
- 1/2 cup butter
- 1/3 cup brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons mustard
- 2 tablespoons Sesame Seeds
- 2 teaspoons onion powder - (optional)

**STORY OF RECIPE**

You can substitute any meat/cheese combination you like. May be better the next day heated.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20min

NAME

Henrik Voss

FROM

Norway

AGE

32

SERVES

3–4

## TITLE

**CHICKEN,PASTA & BLUE CHEESE SAUCE**

Henrik Voss

**INSTRUCTIONS**

Cut the chicken into pieces and fry them in butter. Put the chicken in a long pan.

In the same frying pan, mix the cream, cream fraiche, blue cheese, broth, soya sauce and salt & pepper. Keep on a low sizzle until the ingredients are melted and mixed well with each other. Pour in the long pan on top of the chicken.

Put the long pan in the oven for 25–30 minutes at 200 degrees celcius. Just before its done, boil the pasta. Add some salt to the water.

**INGREDIENTS**

- 400g of chicken filet
- Butter for frying
- Pinch of salt and pepper
- 3 dl of whipped cream
- 3 dl of creme fraiche
- 75g - 100g Norzola blue cheese
- 1 cube of broth
- 1 tea spoon of soya sauce
- 400g of fresh pasta

**STORY OF RECIPE**

This is a dish my mother made for me and takes me back to fond memories of her years back when moving around abroad.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 20–30min

NAME

Karen Hirata

FROM

USA

AGE

52

SERVES

4–6

## TITLE

**INDIAN CHICKEN CURRY****INGREDIENTS**

- 3 T olive oil
- 1 medium onion, cut into 1 inch dice
- 2 Roma tomatoes medium diced, gently squeeze most of seeds out
- 1 ½ – 2 pounds of boneless, skinless chicken breast or thighs, diced
- 3-4 garlic cloves, minced
- ½ tsp salt
- ¼ tsp pepper
- ¾ tsp ground turmeric
- 1 ½ tsp ground cumin
- ¾ tsp of ground coriander
- 2 tsp of tomato paste
- 4 tsp yellow curry powder
- 1 C chicken broth
- ¼ C heavy cream
- ½ C fresh cilantro, finely chopped

**INSTRUCTIONS**

1. Heat oil in a large sauté pan, add onions and tomatoes cooking over medium heat until the onions are softened.
2. Add chicken pieces and add salt and pepper, cook until chicken starts to get golden edges, about 5 minutes, stirring occasionally.
3. Add garlic and stir for one minute until fragrant.
4. Add turmeric, cumin, coriander, tomato purée, curry powder; stir until combined.
5. Add chicken broth stir again to combine and reduce heat to low and simmer for about 5 to 10 minutes until chicken is cooked.
6. Add heavy cream and continue to stir over low heat until well-combined.
7. Garnish with lots of fresh cilantro and serve with naan bread and or basmati rice.

**STORY OF RECIPE**

We love Indian food. One day I found a recipe and tweaked it; adding things we like in our curries and jazzing up the flavorings. Now it's a family favorite.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 20min

NAME

Clark W. Patrick, Esq.

FROM

USA

AGE

54

SERVES

6

## TITLE

**SUPER SECRET SPECIAL CHICKEN CURRY****INGREDIENTS**

- 8 Chicken Breasts, cut into 1 inch cubes
- 1 Tbsp. Olive Oil
- 2 small Red Onions, peeled and quartered
- 2 small Zucchini, halved and sliced
- 8 oz. Mushrooms, sliced
- 2 small Yellow Peppers, cubed
- 4 Red Chilies, dried
- 1 Tbsp. Garlic, minced
- 1 Tbsp. Ginger, minced
- 4 Tbsp. Curry powder
- 1 Tsp. Paprika
- ½ Tsp. Cumin
- 2-15 oz. Diced Tomatoes
- 12 oz. Tomato paste
- 10 oz. Coconut Milk
- 12 oz. Beer
- 2 Tbsp. Lemon Juice
- Cilantro, for garnish

*Bouquet Garni*

- 2 Bay Leaves, 8 Whole cloves, 8 Whole Cardamom Pods
- 1 Cinnamon Stick

**STORY OF RECIPE**

Hand-me-down recipe that came as a list of ingredients.  
After a bit of trial and error this is what I came up with.  
Not exactly traditional but very good.

**INSTRUCTIONS**

Rinse chicken and pat dry, season with salt and pepper.

Heat oil in large pot over medium-high heat. Sauté chicken until browned. Remove from pot and set aside.

Sauté onions, zucchini, mushrooms and yellow pepper until tender. Add chilies, ginger and garlic, sauté until fragrant. Stir in curry powder, paprika and cumin.

*Make Bouquet Garni.*

Return chicken to pot. Add tomatoes, tomato paste, coconut milk, and beer and lemon juice. Add bouquet garni. Season with salt.

Bring to a boil. Reduce heat and simmer until chicken is cooked through, 20-25 minutes.

Serve over Saffron rice, garnish with cilantro.  
Serve with Riata.

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 45min

NAME	FROM	AGE	SERVES
Nika's Kitchen	United Kingdom	34	4–5

TITLE

## SPICY CHICKPEA COCONUT CURRY



Nika's Kitchen

### INGREDIENTS

- 2 Tbls Coconut oil (or preferred cooking oil)
- 1 Large Onion, chopped
- 2 Cloves of Garlic, sliced
- 1 Can Chopped Tomatoes
- 1 Bay Leaf
- 2 Cardamon Pods
- 2 Dried Chili Peppers
- 10 All Spice/Pimento Berries, crushed or 1/2 tsp powder
- 2/3 Cup Coconut Powder or 1 can coconut cream
- 1 tsp Ground Turmeric
- 1 tsp Ground Garam Masala
- 1/2 tsp Ground Ginger
- Salt/Pepper to taste
- 1/2 Scotch Bonnet or Habanero Pepper
- 2 Cans of Chickpeas
- 2 1/2 Tbls Coriander, chopped

### INSTRUCTIONS

1. Put oil in pot on a medium heat
2. Add onion and garlic and cook until soft without colouring
3. Add and combine tomatoes, bay leaf, cardamons, dried chilies, all spice, coconut powder, turmeric, garam masala, ginger and salt/pepper to taste - simmer for 15 minutes.
4. Add chickpeas and scotch bonnet/habanero pepper - simmer for 10 mins.
5. Turn off stove and add coriander.
6. Enjoy hot!

### STORY OF RECIPE

I love anything with coconut and pepper! This is a delicious and spicy recipe with a Caribbean twist. Enjoy with rice, roti, naan bread or chapati.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Nika's Kitchen	United Kingdom	34	3–4

TITLE

## NIKA'S SWEET POTATO & CARROT SOUP



Nika's Kitchen

### INGREDIENTS

- 2 Tbls Olive Oil
- 1 Medium Onion, chopped
- 3 Carrots, sliced
- 3 Sweet Potatoes, cubed
- 3 Stalks of Fresh Thyme
- 1 Bay Leaf
- 2 1/2 Cups of Vegetable Bouillon/Stock
- 1/4 Bunch of Sage leaves
- Sea Salt & White Pepper to taste
- Coriander to Garnish

### INSTRUCTIONS

1. Place oil in saucepan on a medium heat.
2. Add and cook until soft without colour.
3. Add carrot and sweet potato and cook for 10 mins.
4. Add stock and sage - simmer until vegetables are soft.
5. Remove from heat and let cool slightly.
6. Remove hard herbs: Thyme stalks and Bay leaf
7. Puree soup in blender
8. Add salt & pepper to taste
9. Garnish with coriander and serve hot.

### STORY OF RECIPE

This is my favourite soup on a winters day. It's quick, easy, healthy and of course delicious! Enjoy on its own for a meal or starter.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15–25min

NAME

Miriam Calleja

FROM

Malta

AGE

32

SERVES

6

## TITLE

**RUCOLA AND SUNDRIED TOMATO CHEESE****INGREDIENTS**

- 500g pastry dough
- 250g ricotta
- 3 whole eggs
- bunch of rucola as desired, chopped finely
- 1/2 cup milk
- 1/2 teaspoon truffle flour (optional)
- 6 sundried tomatoes, chopped finely a pinch of salt and pepper to taste

**INSTRUCTIONS**

Pre-heat your oven to 180 degrees with fan.

On a lightly floured surface roll out your dough to about half a centimeter thickness and a little bit bigger than the size of your pie dish.

Lay the dough gently on top of your pie dish (grease this beforehand if you like) and press the corners in, being careful not to tear the dough. Cut off the excess dough hanging over the edges but keeping in mind that it will shrink a little bit whilst cooking so do leave about 2 cm extra.

Pierce the bottom with a fork at regular intervals and place some cooking beans throughout (especially the corners). Cook for about 15 minutes or until it just starts to slightly brown at the edges.

In the meantime mix all your ingredients in a large bowl.

Remove your dish from the oven and carefully pour your mixture into the dough casing. Return to the oven for about 40 minutes until the mixture is firm to the touch and starts to brown.

Serve hot or cold with a salad.

**STORY OF RECIPE**

There's something so comforting about pie - my mother often made/makes a ricotta and parsley pie and this is my version of it. Take it to picnics or parties!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 55min

NAME

Epper Marshall

FROM

United States

AGE

24

SERVES

4

## TITLE

**CHICKEN MASSAMAN CURRY****INSTRUCTIONS**

1. Heat vegetable oil in a large saucepan over medium heat. Stir in curry paste and ground ginger; cook and stir for 2 minutes. Stir in the cubed chicken, and cook until the pieces turn white on the outside, about 3 minutes.
2. Stir in brown sugar, peanut butter, potatoes, bamboo shoots and coconut milk. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the potatoes are tender and the chicken pieces are no longer pink in the center, about 20 minutes. Add the lime/lemon juice and cook for an additional 5 minutes before serving.

**INGREDIENTS**

- 2 Tablespoons vegetable oil
- 3 Tablespoons curry paste
- 1 teaspoon ground ginger
- 1 1/4 lbs boneless chicken, cubed
- 3 Tablespoons brown sugar
- 1/3 cup peanut butter
- 3 cups peeled potatoes, cubed
- 1 (13.5 oz) can coconut milk
- 1 (8 oz) can bamboo shoots (optional)
- 3 Tablespoons lemon or lime juice

**STORY OF RECIPE**

This is a simplified and slightly modified version of a recipe from online.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 50min

**COOKING TIME**

&gt; 30min

NAME

Jillian Brooks

FROM

USA

AGE

28

SERVES

10–12

## TITLE

**SURREALLY DELICIOUS CARNITAS****INGREDIENTS**

- 4 pounds pork shoulder, cut into 2" pieces
- 3 cups cold water (or more)
- 1 medium white onion, thinly sliced
- 1/2 orange, preferably seedless, peel removed
- 8 garlic cloves, peeled
- 3 bay leaves
- 1 Tbsp sweetened condensed milk
- 3 to 4 tsp kosher salt
- 2 tsp dried oregano

*For the tacos:*

- tortillas
- Chopped onion
- Chopped cilantro
- Lime wedges
- Salsa, sliced radishes, pickled jalapenos/carrots (optional)

**INSTRUCTIONS**

Combine all the ingredients in a large pot (oven-proof preferably), and bring to a boil. Reduce the heat so that the contents are simmering vigorously (medium to medium-low), and skim the scum that floats to the surface. Continue simmering for 1.5 to 2 hours, until the meat is tender and the liquid has mostly evaporated. Stir occasionally, especially towards the end. I put extra water so that there is a fair amount of liquid (2 cups) left over that can be used to make gravy, soups, etc. Preheat the oven to 450 degrees once the meat is tender.

If you're using an oven-proof pot, remove the excess liquid and set aside, then slide the pot into the oven. Otherwise, transfer the meat to an ovenproof dish before placing it in the oven. Bake for about 20 to 30 minutes, uncovered, until the meat has browned.

Let the meat cool somewhat and then shred it with your fingers. Sprinkle some of the leftover liquid on the meat and serve in warm tortillas.

**STORY OF RECIPE**

This recipe was adapted from a blogger, [thetartart.com](http://thetartart.com), who in turn adapted it from [leitesculinaria.com](http://leitesculinaria.com). I can't stop making it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 2hr

NAME

Steve Price

FROM

US

AGE

43

SERVES

6-7

## TITLE

**JACKPOT**

Steve Price

**INGREDIENTS**

- 1 med onion chopped fine
- 1 and a half lb ground meat
- 1 12 oz can tomato soup
- 1 8 oz egg noodles
- 1 12 oz can cream corn
- 2 4 oz cans sliced black olives
- 1 8oz pkg shredded sharp cheddar cheese

**INSTRUCTIONS**

1. Brown meat in very large skillet or pot, drain.
2. Add onion and cook till clear.
3. Add tomato soup and 2 cans water.
4. Add noodles, cover and simmer until tender.
5. Add corn, olives and most of cheese.
6. Simmer and mix throughly.
7. Pour into baking dish, cover with more cheese.
8. Bake at 350 for 30 min.

**STORY OF RECIPE**

This is from my Grandmother who probably got it off of the back of a soup can. It is a great comfort food.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Paul Macgregor	England	47	4–6

TITLE

## BREAD SOUP



Jimenez Joseph

### INGREDIENTS

Olive Oil  
One onion – chopped finely.  
Dried herbs – pinch of basil, pinch of oregano  
Black pepper – as much as you like  
One garlic clove – crushed.  
One can of chopped tomatoes – 400g  
One can of hot water – 400g  
Tomato puree – 100g  
Dash of chilli sauce (or more...)  
Olives – about a dozen  
Fresh Basil  
Stale bread / crusts – cut into cubes  
Grated Chedder and Parmigiano Reggiano)

### INSTRUCTIONS

Heat up the grill, boil the kettle and fire up the gas!

I use a chef's pan with a metal handle and make up my tomato sauce as follows:

Gently fry the onions in olive oil (I prefer extra virgin), with the dried herbs and black pepper. I find that this infuses the taste through the onions.

Once the onions are soft and starting to brown, add the garlic for about a minute before adding the tomatoes, can of hot water, tomato puree and a dash of chilli – bring to the boil and simmer for about 10 minutes until nice and rich.

Season to your liking and take off the heat.

Arrange olives in the pan, sprinkle over fresh chopped basil and then arrange the bread cubes half in and half out of the sauce.

Cover with grated Cheddar and Parmigiano Reggiano. I tend to go about two thirds of strong Cheddar and one third Parmesan.

This goes under the grill for about 7-8 minutes until starting to crisp.

Serve with salad

### STORY OF RECIPE

I picked this recipe up after watching an Italian travel show, it is a really good way of using up crusts and stale bread.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Eugene Greenwood	USA	71	6-7

TITLE

## GENE'S SUKIYAKI RECIPE

Eugene Greenwood



### INGREDIENTS

*Sukiyaki Sauce:*

Make the sauce ahead of time and allow to chill in the refrigerator overnight.

1 Cup Beef Bouillon

1 Cup Soy Sauce

1 Cup Sake (Japanese Rice Wine)

½ Cup Sugar

*Sukiyaki:*

3 Pounds of Thinly Sliced Beef (I prefer Sirloin Tip Roast. Have the butcher slice it thinly, 1/8" thick when you buy it!)

1 Can Sliced Bamboo Shoots

1 Can Sliced Water Chestnuts

1 bunch of Green Onions, Chopped

1 Medium Yellow Onion, Thinly Sliced

1 Dozen Mushrooms, Sliced

1 Handful of Bean Sprouts

1 Bunch of Spinach, Steamed to Reduce Bulk (Or you can use a small can of spinach if desired.)

1 Package of Firm Tofu, cut into small cubes (Absorbs a lot of the sauce flavor and adds protein.)

Cut the Thinly Sliced Beef into Strips about ¾" to 1" wide.

### INSTRUCTIONS

*Sukiyaki Sauce:*

Mix ingredients together in large saucepan and heat to completely dissolve the sugar. Bring to a gentle boil and then set aside to cool. When cool put into a pitcher and place it in the refrigerator overnight to chill.

*Cooking and Presentation:*

Arrange all of the Sukiyaki ingredients attractively on a large platter.

At the table, with all of your guests in attendance to enjoy the show, pour the Sauce into an Electric Skillet and heat until it simmers.

Place about ½ of each of the vegetables in the Skillet spreading them around evenly and let them simmer for a minute or two.

Lay the strips of beef over the vegetables until the surface is covered evenly with beef.

Let simmer until you see the beef turning brown at the edges and then turn over the strips to cook the other side.

When the beef is completely cooked spoon or ladle a portion out for each guest.

Serve with Rice and Chopsticks.

While they are eating the first batch, cook the rest of the ingredients for your second helping.

### STORY OF RECIPE

My own creation based on my memory of a 30 year old recipe from the San Jose Mercury News which was lost.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 75min

### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Rainsoakedpuppy	United States	35	8–12

TITLE

## NORTHERN NEW MEXICAN GREEN POSOLE



### INGREDIENTS

1 Large pork loin, 4-5lbs (1.8-2.3kg)  
 2lbs (0.9kg) Frozen uncooked Hominy, or 24oz (680g) dry hominy, soaked overnight.  
 1 Large white onion, chopped  
 1 small bunch fresh cilantro, chopped  
 8 medium green chile pods (sometimes called Anaheim peppers) roasted, seeded, peeled, and diced. Or 8-10oz (230-285g) canned green chile, diced.  
 Unsalted broth, sufficient to cover.

### INSTRUCTIONS

In a large cast iron skillet, sear the loin on both sides until browned. Then split lengthwise and turn, searing the interior of both pieces. Repeat once more before cutting the meat into chunks and placing into a 6-quart slow cooker or large stock pot.

Fresh green chile can be roasted over open flame, or in an oven. Set your oven to broil and place the chile in a shallow pan, broiling for 10-15 minutes until the skin is separating and blackened.

Combine all ingredients into slow cooker or stock pot. If using a slow cooker set to low and cook 8 hours. If using a pot, set to a simmering boil and cook for 4-6 hours, until the hominy is tender.

Add salt to taste. Serves nicely along with warm cornbread.

### STORY OF RECIPE

Posole (pozole) is a traditional dish in the southwest, tracing its' roots back to a South American version with cultural and religious significance. This version forgoes the commonly encountered tomato ingredients.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 15–30min

### COOKING TIME

> 4–8hr

NAME	FROM	AGE	SERVES
Puripant Ruchikachorn (Joe)	Thailand	31	1

TITLE

## SON-IN-LAW EGGS



### INSTRUCTIONS

1. Boil and peel eggs.
2. Fry the boiled eggs until golden and set aside.
3. Slice shallots and garlics and fry them on low heat until crispy. Set aside.
4. Mix the same oil (for flavor) with all sauce ingredients over low heat.
5. Serve the eggs with sauce, fried garnishes, and cilantro on top.

### INGREDIENTS

- 2 eggs
- Cooking oil
- Shallots
- Garlics
- Cilantro
  
- 1 Tbsp Fish sauce
- 2 Tbsp Tamarind paste
- 2 Tbsp Palm sugar

### STORY OF RECIPE

Legend has it that a man invented this recipe to please his mother-in-law. Like many Thai dishes, these eggs are sweet and sour to complement other main courses.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Urban Griller	Australia	57	4–6

#### TITLE

## AYBRO PULLED BBQ LAMB



#### INGREDIENTS

Lamb Shoulder (use leg if you can't get a shoulder)  
1 bunch fresh rosemary  
1 bunch fresh mint  
Salt  
Pepper

#### Mutton and Lamb baste:

1 cup apple cider vinegar  
1 cup water  
1 can dark beer (like stout or porter)  
1/4 cup Worcestershire Sauce  
2 Tablespoons chopped rosemary  
1 tablespoon dark brown sugar  
1/2 tablespoon salt  
1/2 tablespoon crushed fresh garlic  
1 teaspoon "Hot" smoked paprika

#### INSTRUCTIONS

Some people (like my wife) complain that Lamb and Mutton is "Gamey" and "Fatty", I think it is packed with lovely subtle sweet, grassy flavour, it just needs to be cooked with a mind for what the flavours can do for you. Leg of Lamb, chops and fillet all work well cooked medium rare, but the shoulder and forequarter has more flavour as a result of the increased connective tissue in the cut. This connective tissue can be tough so gentle cooking over a long period of time is required to convert the collagen into soft sticky flavourful gelatine. Lamb also has a high "sweet and mild" fat content and the combination of sticky gelatine, sweet fat and the fragrant mouth feel of the meat is an absolutely addictive treat.

Mix all the baste ingredients together in a saucepan over low heat while stirring, simmer for 5 minutes and allow to cool a little.

Heat the remaining baste to a boil, add another Tablespoon of the dark brown sugar and use as a 'dip' with finished meat.

Cook in a smoker at 107°C (225°F) for ten (yes ten) hours.

Baste the shoulder once an hour during the cooking.

At the end of this process the meat will register roughly 90°C (195°F). Remove from the cooker and double wrap with the bunches of fresh rosemary and mint in foil (pour in a ¼ cup of the baste before sealing) and let rest for half an hour. The fresh herb will infuse the meat as it rests.

Loosely shred the meat with a fork or chop and serve with the juices from the foil mixed through. Larger chunks amongst the shredded meat give a textural difference and add to the experience

Heat the remaining baste to a boil, add another Tablespoon of the dark brown sugar and use as a 'dip' with finished meat.

#### STORY OF RECIPE

I invented this so my wife would start eating Lamb!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 10min

COOKING TIME

> 10hr

NAME	FROM	AGE	SERVES
Brian Kavanaugh	USA	45	8

TITLE

## TALGARINI



Clann  
Caoimhneac

INSTRUCTIONS

Fry meat and onions. Cook green pepper for five minutes. Boil noodles for 10 minutes. Strain noodles and place in an ungreased 9x13" dish. Add soup, sauce, paste, corn, green pepper, salt, pepper, sugar, mushrooms and olives (if used) to the meat and onions and pour over cooked noodles. Top with cheese. Cook uncovered for 45 minutes at 350 degrees.

INGREDIENTS

- 1 pound ground beef
- 1 cup onion, chopped
- 10-3/4 ounces tomato soup
- 15 ounces tomato sauce
- 6 ounces tomato paste
- 8 ounces corn
- 1 pound wide egg noodles
- 1 pound cheddar cheese, grated (or 1/2 pound mild cheddar and 1/2 pound sharp cheddar)
- 1 tablespoon green pepper, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon sugar
- 2 ounces sliced mushrooms
- 2 ounces black olives (optional)

STORY OF RECIPE

Recipe has been in my family for at least three generations. It is also known as Tallarini, though we only discovered that in the last ten years.

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 15min

COOKING TIME

> 45min

NAME

Jacqueline

FROM

United Kingdom

AGE

32

SERVES

2

## TITLE

**GRAHAM'S CHEESE AND POTATO PIE****INGREDIENTS**

- 2 large floury potatoes
- 200g cheddar, or other hard cheese
- salt
- pepper
- 1 teaspoon of dried mixed herbs or a handful of fresh herbs

**INSTRUCTIONS**

Peel and slice the potatoes into disks roughly 1 cm thick. Place in a pan of boiling, salted water and parboil for 5 minutes. Meanwhile slice the cheese thinly (no need to grate).

When the potatoes are done drain them and allow to cool for a few minutes.

Place a layer of potato into the bottom of a deep dish until it roughly covers the base. Follow with a layer of cheese, then season with salt, pepper and herbs. Repeat until all the potato and cheese is used up, making sure the top layer is cheese and it covers the potato well.

Bake in a preheated oven at 375 fahrenheit (gas mark 5) for 20 to 30 minutes until bubbling and golden.

This dish is amazingly versatile. Mix it up by adding layers such as spinach and pesto for a completely different feel.

**STORY OF RECIPE**

My dad, Graham, would serve this up on cold winter evenings when I was little, accompanied by a pool of baked beans. So simple, it's pure comfort food.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 20–30min

NAME

Tim

FROM

United States

AGE

SERVES

5

## TITLE

## COWBOY CASSEROLE



## INGREDIENTS

- 1/2 pound bacon
- 1 pound ground beef
- 1 small onion- chopped
- 2 (15 ounce) cans of pork and beans
- 1/3 cup barbecue sauce
- 1 (7.5 ounce) package refrigerated biscuit dough
- (Optional) 1 package of shredded cheese

## INSTRUCTIONS

Cook bacon in a large skillet or Dutch oven over medium heat until evenly browned. Drain, and cut into bite size pieces. Set aside.

Add hamburger and onion to the skillet, and cook until no longer pink, and the onion is tender. Drain

Stir bacon, baked beans and barbecue sauce into the ground beef, and bring to a boil.

Reduce heat to medium low, and place biscuits in a single layer over the top of the mixture.

Cover, and simmer for about 10 minutes, or until the biscuits are done. Place one biscuit on each plate, and spoon beans over.

(Optional) Sprinkle shredded cheese over each dish before serving

## STORY OF RECIPE

I stumbled across this recipe a few years ago on the internet when looking for a good one pot dish. It has since been a hit whenever it was made.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE

## PREPARATION TIME

&gt; 10min

## COOKING TIME

&gt; 20min

NAME

Helen Firth

FROM

Australia

AGE

SERVES

4

## TITLE

**THAI MARINATED BBQ CHICKEN****INGREDIENTS**

- 200 gram tin coconut cream
- 2 garlic cloves, crushed
- 2 teaspoons chilli, crushed (in jar) (or to taste)
- 3 tablespoon soy sauce, light
- handful coriander, chopped
- 2 teaspoons caster sugar
- 2 limes, zest and juice

**STORY OF RECIPE**

Recipe came from a friend but I've changed it so often that it's totally different, but better! Really quick and tasty dish.

**INSTRUCTIONS**

Mix all the ingredients together.

Reserve half of the marinade for serving later.

Use the other half the marinade and marinate the chicken for several hours (not overnight as the lime juice will make the chicken breakdown to far). Once the chicken is removed from this portion of the marinade, discard the used marinade.

Cook the chicken on a bbq or griddle plate

Serve the chicken with rice and use the remainder of the marinade (heated in microwave) to pour over the chicken and/or rice as you eat.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME

Britt Sikora

FROM

USA

AGE

21

SERVES

8

## TITLE

**BANGIN' SESAME SOY VEGETABLE STEW****INSTRUCTIONS**

Bring a large pot full water to a boil on the stovetop, then add the bullion, garlic, soy sauce, and sesame oil. Stir. While the broth is heating, dice all of the vegetables and add to the pot (if you're using the bok choy leaves, add them last). Stir as much as you feel like. Add spices plus whatever else you fancy (don't be shy), cover, and simmer for 15-20 minutes or until the vegetables are soft. Serve to loved ones, bust out a board game, and create a moment.

\*This stew will work with any vegetables, spices, etc. that you have on hand. Just do you.

**INGREDIENTS**

- 1 Head of Bok Choy
- 2 Carrots
- 8oz Mushrooms
- 1 pkg Bean Sprouts
- 1 Large Zucchini
- 3 Fairy Tale Eggplants (or half of a standard variety)
- 2 Knorr Vegetable Bullion Cubes
- 1/2 cup Sesame Oil
- 1/3 cup Soy Sauce
- Approx. 68oz Water
- 3 tbsp garlic paste
- Red Pepper Flakes
- Salt
- Pepper
- Garlic Salt
- Onion Powder
- Lemon Pepper
- Parsley

**STORY OF RECIPE**

Some friends, farmer's market veggies, and I collaborated and improvised to create this. We hope you enjoy it as much as we enjoyed the time we spent creating it together.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Vicki Cole	England	30	2-3

TITLE

## MRS DUNN'S BEEF AND GUINNESS STEW



### INGREDIENTS

500g diced beef  
2 medium red onions  
2 carrots  
1 leek  
1/2 courgette  
1 tea spoon olive oil  
2 x Knorr beef stock cubes  
900 ml hot water  
1 sprig fresh rosemary/one tea spoon dried rosemary  
500ml Guiness  
Salt and Pepper to season

### INSTRUCTIONS

1. Cut up the carrot, onion, leek and courgette and place in a pan with the olive oil.
2. Fry the chopped vegetables on a high heat and stir in the diced beef until the beef is sealed, (this should not take any longer than five minutes).
3. Once the beef has sealed, turn the heat down to medium and add the rosemary and Guiness.
4. Mix the Knorr stock cubes with the hot water in a jug and stir until the cubes dissolve.
5. Pour the stock water into the pan with the rest of your ingredients and remove from heat.
6. If you have a slow cooker, pour the mixture into the crock pot and cook on a low heat for 8 hours.
7. If you are cooking the dish in the oven, place the mixture in a large covered casserole dish and cook on 100\*C between 6-8 hours, dependant on how tender you prefer the meat.
8. Serve with mashed potato, or with a doorstop of bread.
9. Enjoy!

### STORY OF RECIPE

I love the idea of creating a family recipe that will be passed down the line, so this is recipe one for the Mrs Dunn cookbook!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 8hr

NAME

Malcolm Singer

FROM

United States

AGE

73

SERVES

4

## TITLE

**SPICY TOFU SALAD****INGREDIENTS**

- 12.3 oz Mori-nu Extra Firm Tofu
- 1 cup Sweet onion
- 1/2 cup Diced celery
- 1/4 cup Chopped parsley (or cilantro)
- 2 tbs Olive oil
- 1 tbs Turmeric
- 1 tbs Dry mustard powder
- 1 tsp Chili Garlic Sauce
- 1 tsp Garam Masala
- 1 tsp Celery salt
- 1 tsp Garlic Powder
- 1 tsp Coarse ground garlic (and/or black) pepper

**INSTRUCTIONS**

Dice sweet onions and saute them in a little olive oil.

Mash the tofu in a large bowl with a fork.

Add the sauteed onions while still hot to the mashed tofu. Stir in the diced celery, turmeric, dry mustard, chili garlic sauce, Garam massala, celery salt, garlic powder, garlic (and/or black) pepper, and finally the olive oil.

Stir well and refrigerate.

The mixture can be used in place of egg salad in sandwiches, on top of a green salad, in wraps, or directly out of the bowl. Sprinkle with parsley (or cilantro) for appearance.

**STORY OF RECIPE**

This recipe is mayonnaise free and Vegan. The Chili garlic sauce spices it up and the Garam masala adds a hint of Indian flavoring which makes this recipe unique.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 5min

NAME

Tammy Bridger

FROM

United States

AGE

53

SERVES

6

## TITLE

**3 BEAN SOUTH 'O THE BORDER CHOWDER**

by T. Bridger

**INSTRUCTIONS**

Brown ground meat and onion, drain. Add all remaining ingredients except garnish. Bring to a medium boil. Turn down heat to a gentle simmer and cook covered for 30-45 minutes. Stir occasionally. Garnish with cilantro, grated cheese, and tortilla chips to taste. (optional). Add cayenne or red tabasco sauce to taste.

**INGREDIENTS**

- (1) pound ground hamburger or turkey
- (1) red onion, medium
- (1) 15 ounce can white kidney beans
- (1) 15 ounce can red kidney beans
- (1) 15 ounce can pinto beans
- (1) 7 ounce can diced green chilies
- (1) 7 ounce can sliced black olives
- (1) packet dry ranch dressing mix
- (1) tablespoon dry taco seasoning

*Garnish*

- (1) 1/4 cup finely diced cilantro
- (1) 1/2 cup grated cheddar or jack cheese
- (1) large bag corn tortilla chips

**STORY OF RECIPE**

Simply bored with Monday night dinners and threw together items in kitchen that could be found. Fantastic on cold winter's night with Monday night football.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20–25min

**COOKING TIME**  
> 30–45min

NAME

Alex Reader

FROM

USA

AGE

SERVES

4

## TITLE

**RAS EL HANOUT PORKCHOP****INGREDIENTS**

- 2 teaspoons ground nutmeg
- 2 teaspoons ground coriander
- Ras El Hanout
- 2 teaspoons ground cumin
- 2 teaspoons ground ginger
- 2 teaspoons turmeric
- 2 teaspoons salt
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons sugar
- 1 ½ teaspoons paprika
- 1 ½ teaspoons ground black pepper
- 1 teaspoon cayenne pepper or other pepper powder
- 1 teaspoon cardamom powder
- 1 teaspoon ground allspice
- ½ teaspoon ground cloves
- 1/8 teaspoon Powdered ajwain
- Meat
- 4 pork chops

**INSTRUCTIONS**

For the spice mix, mix all the ingredients together and store in a spice jar. Put the spice mix onto the pork chop, as much as you feel is necessary and let it sit for 30 minutes. Preheat the oven to 350 and bake for around an hour. Broil slightly afterwards to crisp the pork up slightly.

**STORY OF RECIPE**

I was playing around with Ras El Hanout and made pork chops with it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 60min

NAME	FROM	AGE	SERVES
ERIC VAN TUERENHOUT	BELGIUM	54	4

TITLE

## BELGIAN ENDIVES WITH HAM & CHEESE



### INSTRUCTIONS

Preheat oven 180° C (356° F).

*The bechamel sauce:*

Take 50 grams of butter and melt in a pan. Add 50 grams of flower and stir with a guard until it isn't lumpy anymore. Then add milk until it has the right consistency (a bit more liquid then you want your sauce to be). Then add 175 grams of raged cheese. When the cheese has melted, get off your stove. Pour the sauce over the endives.

*The mash potatoes:*

Cook the potatoes. When they're ready add a bit of butter and milk and pepper, salt and nutmeg. Mash.

*The endives:*

Clean the endives and remove the bitter part (bottom). Cook the envices in 250ml water until +/- tender. When they're cooked let cool off and squize to remove as much as water as possible. Endives are full of water and otherwise your's sauce will be watery. Wrap them each in a slice of ham and place them in your oven-form. Cover with the the cheese-sauce. Sprinkle the rest of the raged cheese on top. Place in the pre-heated oven for +/- 30 minutes.

If you like a nice crust than use the grill until golden. Serve immediately with the mash potatoes

### INGREDIENTS

200 gram grated Gruyere or Emmental cheese  
6 endives ( medium size )  
6 slices of ham ( not too thinly cut )  
8 medium patatoes  
1 large tablespoon butter  
pepper, salt and nutmegg

*For the bechamel cheese-sauce:*

50 gram white flower  
50 gram butter  
250 ml milk  
lemon juice ( optional )

### STORY OF RECIPE

Easy and tasteful recipe with Belgian endives (also called chicory), ham & cheese-sauce straight from the oven. Definitely a dish that you could eat every day!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 30min

NAME

Wil Baker

FROM

UK

AGE

37

SERVES

4–6

## TITLE

**CHICKEN, CHORIZO AND CHICKPEA STEW**

Wil Baker

**INGREDIENTS**

- 1 Chorizo ring, case removed and cut into bite sized pieces
- 4 Chicken thighs, deboned, skinned and roughly diced
- 2 tins of chopped tomatoes
- 1 tin chickpeas, rinsed and drained
- 1 onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 2 carrots, roughly chopped
- Handful of small potatoes, unpeeled
- 2 tablespoon oil
- 2 bay leaves

**INSTRUCTIONS**

1. In a large heavy based pan, fry chorizo in a little oil until brown. Remove chorizo from pan but try to retain as much oil as possible.
2. Fry chicken pieces until brown. Remove from pan, retaining as much oil as possible.
3. Fry bay leaves, onion and garlic until translucent. Return chorizo and chicken to the pan.
4. Empty both tins of tomatoes into the pan, rinse both tins out to ensure all contents are used. Cover and simmer until chicken is cooked through.
5. Remove lid, add the potatoes and carrots and cook for a further 10 minutes. Leave lid off as sauce needs to thicken.
6. Add chickpeas to the stew and heat for 5 minutes.
7. Season with salt and pepper to taste.
8. Serve with crusty bread..

**STORY OF RECIPE**

This is a firm family favourite. Frequently requested by my 7 year old.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 60min

NAME	FROM	AGE	SERVES
Carmen Guerreiro	Brazil	28	8

TITLE

## BRAZILIAN RICE AND BEANS

Carmen Guerreiro



### INGREDIENTS

*Rice:*

4 cups of rice

3 diced onions

Vegetable Oil (or olive oil)

Salt

Toasted garlic (optional)

*Beans:*

2 cups of dried black beans (it can be other types)

2 large onions diced

Oil

Salt

4 Bay leaves

5-6 crushed garlic cloves

2 medium smoked sausages (use 1 if it's too big, and you can use 2 different types) - the sausage is optional

1/2 cup of diced smoked bacon

### INSTRUCTIONS

*Rice:*

Put 8 cups of water to boil in another pan

Wash the rice 3 times in running water

Add the diced onion into a pan and cover it with some oil.

On full whack, stir everything so the onion doesn't get brown.

After the onion is a bit transparent, add the washed rice (without the water) and fry it for a couple of minutes.

Add the salt and toasted garlic.

Put the fire to the minimum and add the boiling water

Put the lid on, letting a small space opened.

The rice will usually cook for 15 minutes. It's ready when the water is gone and the rice is fluffy, not sticking to the bottom.

*Beans:*

Put the beans and bay leaves into a pressure cooker and add more or less 10 cups of water.

Close the lid and let it cook for 40 minutes under pressure.

After releasing the pressure, open the cooker and check if there's water and the beans are very tender. You might have to put more water and cook it until tender. It should have a large amount of dark broth.

While the beans are cooking, slice the sausages and add them to the broth.

Put the bacon, onions and garlic into a large frying pan on full whack.

Add oil (not too much) and fry it until everything gets golden brown.

Add 2 ladles of broth and beans to the mixture. Smash the beans with the spoon and stir everything together. Add this mixture to the open pressure cooker with the beans and let it simmer (without the lid) until the broth is thicker.

Add salt to taste only in the end.

I suggest eating it with a red chilli sauce. Some people like to add manioc flour to the plate (makes it thicker and drier, and helps to mild the chilli). You can adapt the recipe for less people.

### STORY OF RECIPE

In Brazil, this is everyday food. We arrange the rice in the plate, the beans and the broth over the rice, and serve it with steak, french fries and salad.

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 60min

NAME	FROM	AGE	SERVES
Sten Kroonenberg	New Zealand	43	4

TITLE

## THAI SWEET CHILI PORK



Sten Kroonenberg

### INGREDIENTS

500 Grams Pork slices  
1 Large Brown Onion cut in wedges.  
1 Large red Capsicum (Bell Pepper) sliced  
Salt for Pork  
1 Table spoon Vegetable Oil  
2 Table spoons White Vinegar  
100 millilitres (or to taste) Sweet Thai Chili sauce  
1 Red Chili thinly sliced (optional)

### INSTRUCTIONS

Rub Pork with salt, about 1 teaspoon in total. Add one table spoon of oil to a cast iron pan or wok and fry Pork slices on a medium heat until cooked and golden brown on both sides. Remove from Pan and leave to rest for 3-5 minutes. Remove and excess oil from the pan but do not clean.

Prepare other ingredients while Pork is resting. Slice Onion into wedges, slice Capsicum, and thinly slice a red chili if you want some extra heat.

Slice the Pork into bite sized pieces and add to the pan on medium heat, Add Onions and stir fry for a couple of minutes until onion starts to take on a little colour. Add the sliced capsicum and chili and stir fry for one more minute.

Add approx. two table spoons of white vinegar to the pan and stir for another 30 seconds. Finally add the Thai sweet chili sauce to taste and cook until warmed through.

Serve with warm Jasmine rice.

### STORY OF RECIPE

This is a family favourite which is cheap, quick and easy to prepare. Omit the chili if you don't like it too hot.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

THE OLDEST  
PERSON WHO  
SUBMITTED A  
RECIPES IS 77  
YEARS OLD

NAME	FROM	AGE	SERVES
Howard Cowan	USA	71	4

TITLE

## HOWARD'S JD SHISH KABOB



Howacow

### INGREDIENTS

1.25 lb sirloin tips 1.5" cubes

*Marinade:*

3 Tablespoons Extra Virgin Olive Oil

2 Tablespoons Dijon Mustard

1/3 cup Soy Sauce

2 Tablespoons Balsamic vinegar

1 Tablespoon Worcestershire sauce

1/4 Cup brown sugar

3 Tablespoons minced green onion

2 Tablespoons minced garlic

2 Tablespoons minced ginger

1/4 Cup Jack Daniels Tennessee Whiskey

*Vegetables*

1 medium sweet onion quartered

1 red or yellow pepper - chopped 2"

3 slices thick cut applewood smoked bacon

### INSTRUCTIONS

Whisk marinade ingredients to combine. Combine marinade and meat in plastic bag and marinate at least 2 hours or preferably overnight.

Blanch vegetables in boiling water 2 minutes. Transfer to shock in ice water.

Cut bacon into 2" pieces.

Assemble skewers alternating beef with bacon and vegetables. Reserve marinade.

Cook shish kabob over charcoal 5 minutes per side. Baste with reserved marinade while cooking.

### STORY OF RECIPE

Marinade has evolved over the 20 years and is a family heirloom. It can be scaled up easily to feed 20 people. Serve summer corn, heirloom tomatoes and pecan rice.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 12min

NAME	FROM	AGE	SERVES
Strahil Minev	Bulgaria	31	2

#### TITLE

## MUSAKA



<http://ykuhnata.wordpress.com/>

#### INGREDIENTS

500g of minced meat (50% pork, 50% veal)  
3-4 big potatoes  
1 onion  
1-2 tbsp olive oil  
1 teaspoon paprika  
salt and pepper for taste

#### For the topping:

3 eggs  
200g yoghurt  
1 tbsp flour  
a bit of salt and pepper  
optional parsley

#### INSTRUCTIONS

Take a deep pan and heat the olive oil. Fry the minced meat while constantly stirring, until it changes colour and begins to look like crumbs. Add salt and sprinkle with pepper and paprika. Chop the onion in little pieces, add it and stew under cover for 1-2 minutes. The potatoes are cleaned, peeled, and cut into small cubes. In a baking dish put half of the potatoes, then the minced meat, and top is finished with the rest of the potatoes. Pour water enough to cover the potatoes and bake in a preheated to 220° oven until the water has evaporated. When the potatoes are soft, pour the topping.

#### For the topping:

Mix well the eggs, flour, pepper, and salt and pour equally over the potatoes. Bake in the oven for 10 more minutes, until the topping is browned. If you'd like, sprinkle with parsley before serving.

#### STORY OF RECIPE

It's a traditional Balkan recipe. No man is marrying a woman who can't cook this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 40min

COOKING TIME  
> 40min

NAME	FROM	AGE	SERVES
Kemley Sellars	United Kingdom	30	2

TITLE

## SPICY MOROCCAN(ISH) LAMB STIR-FRY



Ninja Kem Photography

### INGREDIENTS

*For the Marinade:*

- Juice of 2 Limes
- 2 heaped tsp of Ground Cumin
- 1 heaped tsp of Ground Ginger
- 1 heaped tsp of Salt, 2 tbsp of Vegetable Oil

*For the Stir-Fry:*

- 250g Lamb Steak (sliced into strips)
- 5 cm piece of Fresh ginger (sliced into matchsticks)
- 1 medium Red onion (thinly sliced)
- 1 Sweet red pepper (thinly sliced)
- 3 Large Cloves of Garlic (crushed)
- 1 tbsp of Harissa Paste
  
- 1 Large Handful of Rice, Bulgur wheat or Couscous  
Chicken stock, 2 tablespoon of Raisins

*For the Garnish:*

- 1 tbsp Coriander (chopped)
- 1 Spring onion (thinly sliced)
- Chillies (thinly sliced - Optional)
- Wedge of Lime

### STORY OF RECIPE

I made the basic version of this at the tender age of 16. Not 100% Moroccan but 100% tasty! Adjust the chili and lime juice to suit your tastes.

### INSTRUCTIONS

**TIP** - Prep all ingredients before stir-frying first - this will be fast and furious.

1. Thinly slice your lamb, place in a bowl with the cumin, ground ginger, salt and lime juice. Mix thoroughly and leave to marinate for at least an hour at room temperature or refrigerated if marinating for longer.

Cook your choice of rice/Bulgur wheat/couscous in the chicken stock (as per packet instructions).

Heat a wok to a high heat, add a drizzle of vegetable oil. Remove the lamb from the marinade (reserve the marinade) and add the lamb to wok - fry until lightly browned.

Add the ginger and fry for 30secs then add the sweet red peppers, red onions and raisins - continue to cook for another minute.

Reduce the heat to medium and add the crushed garlic until it becomes fragrant.

Add the reserved marinade along with the harissa, cook for a minute then add your cooked rice. Toss, taste and season if required.

Serve sprinkled with coriander, sliced spring onions some thinly sliced chilies and a good squeeze of lime.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 25min

NAME

Nemanja B.

FROM

USA

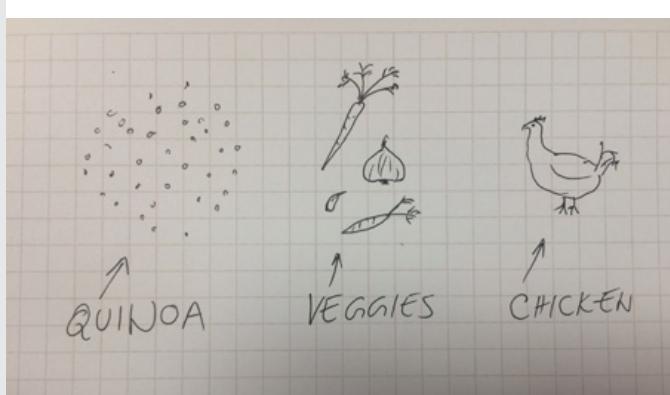
AGE

34

SERVES

2

## TITLE

**QUINOA WITH CHICKEN AND VEGETABLES****INGREDIENTS**

Quinoa ~ 1/2-1 cup  
 Carrots 1 large one or two smaller ones  
 Red Onion (1/2 of a large one, or 1 smaller one)  
 Garlic (1 clove)  
 Leek (1/2)  
 Fingerling potatoes (4-5)  
 Chicken breast 1 large  
 Vegetable or chicken broth (or water) at least 1+1/2 cups  
 Dry herbs (thyme/oregano/parsley/mint/lavender) - one or all of the above - a good sprinkling or more  
 Salt&Pepper (a pinch of both)  
 Olive oil 2 tbs

**INSTRUCTIONS**

Heat olive oil on medium heat in a large skillet, chop the onions and leeks and add to the skillet. Add finely chopped garlic or use the garlic press. Stir occasionally, while slicing the carrots and potatoes (not to thinly -1/8 inch slices) and add to the onions. Saute until onions are translucent. Roughly chop the chicken into bite size chunks and add - let it brown a bit on all sides. Rinse the quinoa and add after the chicken has been browned. Add the broth (or water), enough to cover everything in the skillet, turn the heat up until it starts boiling, then turn it down to medium low, add dry herbs, S&P and cover. Let it simmer for 10-15 minutes until the chicken is cooked and carrots are soft. Quinoa germ should start separating from the seed (it looks like tiny white fibers). Add more water if all the liquid evaporates before the meat is cooked. If the meat is cooked but there's still liquid left, uncover, increase the heat and stir until it all evaporates.

*Variations:*

I've used ground beef instead of chicken - but you have to make sure it doesn't get chunky - break out the chunks as you're adding them to the skillet. Other vegetables that seem to work well: julienned red peppers (added just before adding quinoa), collard greens and broccoli rabe (added after quinoa has been cooking for 5 minutes or so), spring onions instead of leeks.

**STORY OF RECIPE**

This is a result of my quinoa experiments - you can substitute vegetables depending on what's seasonal or in your fridge, though I'd always keep the onions and the garlic.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 20–30min

NAME

Alexis A.

FROM

France

AGE

23

SERVES

1

## TITLE

**PORK AND LEEKS, COCO/CURRY SAUCE****INGREDIENTS**

Pork: 150-200 gr  
 Leeks: 100-150 gr  
 Coconut cream: 75 mL  
 Curry  
 Olive oil  
 Salt/Pepper if needed

**INSTRUCTIONS**

Dice the pork into approximately 1 to 1.5cm pieces.

In a large pan or wok, heat up some olive oil. When ready, put the pork in, and regularly shake the pan for 8 minutes.

During this, slice the leeks (or buy it already sliced !)

After those 8 minutes, add the leeks. Let it cook for 2 or 3 minutes. Then add the coconut cream, and some curry to match your taste.

Mix everything well, so that the curry is fully incorporated to the cream.

Let it cook for an additional 3-5 minutes.

Add salt and pepper if you wish.

It's ready, I hope you will enjoy it !

**STORY OF RECIPE**

A quick student all-in-one meal, perfect for lovers of exotic flavors. Easy to prepare and customisable (try it with chicken, different vegetables etc...)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 5min

NAME

Dean Wood

FROM

UK

AGE

SERVES

4

## TITLE

**PORK POT-ROAST WITH HARISSA SAUCE****INGREDIENTS**

- 2 medium onions
- olive oil
- salt & pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon of fennel seeds
- 2 teaspoons of harissa paste
- 12 Cream Crackers
- 2 heaped teaspoons of Dijon mustard
- 500g pork mince
- 1 large egg
- 2 garlic cloves
- 1 teaspoon smoked paprika
- 2 tablespoons Worcestershire sauce
- 1 or 2 tin of chickpeas, drained
- 2 tins of chopped tomatoes
- 2 tablespoons balsamic vinegar

**STORY OF RECIPE**

This is a successfully adaptation to the first recipe I ever cooked for my friends. Hope you enjoy!

**INSTRUCTIONS***To Make the Meatloaf:*

Peel and finely chop the one onion, add to a frying pan with a splash of olive oil, cumin, coriander & fennel seeds. Fry on a medium heat for around 7 minutes until soft and golden. Put aside to cool.

Blitz the crackers in a food processor until its fine crumbs or smash in a tea-towel. Add to the bowl with the onions along with the mustard and pork mince. Crack in the egg and a pinch of salt & pepper. Mix together and shape into a rugby ball shape, wrap in cling film and leave in the fridge for a few hours or overnight.

*Tip:*

If you are using a food processor then add the onions to the crumbs after the first blitz and do it again. This will mean a more consistent texture to the final loaf.

**To cook:** put in a oven pre-heated to 200C for about half an hour.

*To Make the Sauce:*

Peel and slice the other onion, harissa paste, paprika and garlic. Add to a frying pan with the olive oil on a medium heat. Cook for around 7 minutes until golden. Add the Worcestershire sauce, chickpeas, tomatoes and balsamic vinegar. Bring to the boil, turn the heat down and simmer for 10 minutes.

*To serve:*

This recipe can be served with just about anything; from wild rice, mash potato or even baked potatoes to name a few.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Dean O'Reilly	UK	31	4-6

TITLE

## PULLED PORK & SPICY SLAW



### INGREDIENTS

1 x 1.8-2.0kg pork shoulder joint, 6-8 Flower baps

*For Spice Rub:*

4 table spoons paprika, 3 Table spoons dark muscovado sugar, 2 table spoons cracked black pepper, 2 tablespoons English mustard powder, 1 tablespoon garlic salt, 1 tablespoon Cayenne pepper

*For the stock:*

500ml chicken stock (i used one of those stock pot things), 1/2 bottle of dry cider (i used a sahara stubby)  
100ml cider vinegar, 2 or more finely chopped chillis  
5-6 splashed of tobacco or similar (i used the cheap Caribbean chilli sauce), 1 x elephant garlic or 2 x normal garlic bulbs sliced

*For Sauce:*

150 ml cider vinegar, 150ml of chilli ketchup (or any chilli tomato sauce, 2 tablespoons dark muscovado sugar, Salt and pepper to taste

*For Spicy Zingy Slaw:*

1/2 white cabbage, 2 Carrots, 2 Red Onions, 1 Lime, Some Mayo, 1 Green Chilli

### STORY OF RECIPE

There is no story to this, i tried 7 or 8 different recipes i found online and tweaked/combined them to make this Frankenstein pulled pork, which i think tastes great.

### INSTRUCTIONS

*Method:*

Remove the rind and fat from the pork - feed to cat. Mix all the spice rub stuff together in a large glass mixing bowl, put the meat in the glass bowl and get your hands in there covering it fully in the spice. Leave in the bowl, covered in cling film and in the fridge overnight (I leave for 24 hours).

*Next day:*

24 hours later heat the grill to medium and brown the meat on all sides, your just cooking the spices in not the actual meat, I give it 5 min each side and then a bit extra to try and get the ends browned as well.

Heat the oven to 150c gas mark 2.

Mix together the stock ingredients while oven is warming. Stick your meat in a casserole dish with a lid, add the stock mix, it should totally cover the meat.

Put it in the middle of the oven and cook for AT LEAST 4 hours - I cook for 5 and a half normally.

Take meat out of casserole dish and stick it in a shredding dish/bowl.

Skim the fat off the remaining stock int he casserole dish, this is REALLY important and take your time over it, i found it easier to do by putting the casserole dish on a hob on low heat and slowly skimming it over about 20 min.

Add the sauce ingredients to the left over stock and boil it down till it becomes a syrupy bbq saucy type substance, normally about 10/15 minutes on medium heat. Shred the pork (with forks). Pore over the bbq sauce/syrup stuff and mix it in well.

Now you can either be good and cling wrap the bowl with the pork in and chill it overnight - or just leave it to stand for 1 hour (I'm normally hungry so eat it that night and its GOOD but the left overs the next day are always AMAZING)

*Serve in flower baps.*

*Bonus Round.*

*Slaw:*

Slaws great, but i like something a bit different, so i make a spicy Zingy slaw: Shred the white cabbage, Grate the 2 carrots, finely chop the Onions and mix them up with a big squeeze of mayo 1 deseeded finely chopped chilli and the juice of 1 lime.

Slap it on top of your pork in your bap and enjoy your foodgasm.Oh yeah, and drink a Sam Adams with it.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 60min

### COOKING TIME

> 28–40hr

NAME	FROM	AGE	SERVES
Carlos Diez-Gil	Spain	39	4

TITLE

## CALDERO



### INGREDIENTS

For the stock:

2kg small fish

3 ñoras (ñora is an small, round, sweet, red pepper)

1 head of garlic

1 big red tomato

For the rice:

2 ñoras

2 tomatoes

3 cloves of garlic

Fish Stock

Rice

Saffron

2 Cuttlefish

### INSTRUCTIONS

*For the stock:*

Deseed the peppers and fry them in olive oil. It burns really fast, so begin with cold oil and be careful. Reserve when it's fried. Chop the garlic and fry in the same oil. Reserve. Grate the tomato and fry in the same oil. Put all that ingredients in a bowl and grind with a blender.

In a big pot, put the fish and cover with water. Boil for a half an hour and take of the foam. Add the tomato-pepper sauce and boil for an other half an hour. Strain, taste and adjust the salt. It has to be a little salty.

*For the rice:*

In a big pan (a paella should be perfect) put some olive oil and fry the deseeded peppers. As before, be careful because it burns really fast. Cut the cuttlefish in small dices and fry in the pan. Grind in a blender, the fried peppers, peeled garlices and tomato. Add that paste to the cuttlefish and fry the tomato. Add the rice (I use an small glass to measure it, one glass for person), and fry for a while until it's like pearl.

Add the hot stock (2 times the rice measure) and the saffron (a pinch).

Boil heavy for 10 minutes, and then reduce the hot for an other 7 minutes. Stop the fire and let it rest until the rice absorb all the stock. You can not move the rice, it's not a risotto.

### STORY OF RECIPE

It's a classical paella rice in the southeast of Spain.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENT
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 180min

NAME

Bob Stumpp

FROM

United States

AGE

46

SERVES

4-6

## TITLE

**CROCK POT LASAGNA****INGREDIENTS**

1 pound ground andouille sausage

3 cloves of garlic

1/2 small white onion

8 ounces of sliced mushrooms

1 – 14.5oz Can of Tomato Sauce

1 – 14.5oz Can of Tomato Pasta

2 teaspoons Italian seasoning

1 teaspoon salt

1/2 teaspoon pepper

2 cup ricotta cheese

1 cup sour cream

8 ounces mozzarella cheese, shredded or sliced

1/2 cup grated Parmesan cheese (halved)

9 lasagna noodles, uncooked

**INSTRUCTIONS**

1. Brown the sausage with the mushrooms, garlic, and onions
2. Add Tomato Sauce, Tomato Pasta, and seasonings to the browned sausage and mix well
3. In a bowl add the ricotta, sour cream, Mozzarella, and half the Parmesan and mix well
4. Grease a 5-6 quart Crock Pot or use a Crock Pot Bag
5. Place 3 lasagna noodles in the bottom of the cooked - Break to Fit
6. Spread about 1/3 of the meat sauce on the noodles
7. Sprinkle about 1/3 of the cheese mixture on the meat sauce
8. Repeat the Noodles, Meat, and Cheese, ending on the cheese
9. Sprinkle with the remaining Parmesan
10. Cover and cook on low for 3 hours or warm for 5 hours (never use high)

**STORY OF RECIPE**

Created this recipe from reviewing / combining multiple recipes I found around the Internet.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 180–300min

NAME

Bob Stumpf

FROM

United States

AGE

46

SERVES

4

## TITLE

**CROCK POT GERMAN MEATLOAF****INGREDIENTS**

- 1 pound lean ground beef
- 1 pound ground andouille sausage
- 14 ounces of sauerkraut, rinsed and drained (use the cheap stuff)
- 1 tablespoon dried minced onion
- 1 teaspoon salt
- 1 teaspoon caraway seeds
- 1/2 teaspoon white pepper
- Ketchup

**INSTRUCTIONS**

1. In a large mixing bowl, combine all ingredients
2. Line a 5-6 quart Crock Pot with a Crock Pot bag
3. Shape into a loaf and place into a Crock Pot
4. Cover the top with Ketchup
5. Cover and cook on high for one hour
6. Reduce heat to low and cook for 5-6 more hours
7. Remove bag (with meatloaf) from crock pot
8. Cut corner of bag to drain off fat
9. Remove from bag and let stand for 10-15 minutes before cutting
10. Serve with Ketchup

Note: For some strange reason I have found that lower quality sauerkraut seems to give the Meatloaf a better taste than higher quality sauerkraut. Not sure why, but that is what I have found to be true.

**STORY OF RECIPE**

I modified this recipe from one I found on the Internet.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 360–420min

NAME

V J Webb

FROM

USA

AGE

66

SERVES

4

## TITLE

**CHICKEN DIJON WITH CAPERS**

V J Webb

**INGREDIENTS**

- 1 pound of chicken tenders
- 2 tablespoon Olive Oil
- 1 tablespoon garlic minced
- 1 small red pepper chopped
- 3/4 cup white wine (I use Riesling)
- 3 tablespoons Dijon mustard
- 3 tablespoons capers
- salt and pepper to taste

**INSTRUCTIONS**

In a small bowl mix the wine, mustard, capers and salt and pepper. Set aside.

Heat 1 tablespoon of the olive oil in skillet. Add red pepper and garlic and saute over medium heat for 2 minutes. With slotted spoon remove and set aside.

Add the other tablespoon of olive oil to the skillet. On medium high heat, add chicken tenders and sear on both sides until chicken turns white. Add the wine mixture and red peppers with garlic to the skillet. Bring to boil and lower heat to medium. Cook uncovered for about 8 minutes. The wine sauce will thicken slightly. With slotted spoon, transfer chicken to serving bowl and pour sauce on top.

**STORY OF RECIPE**

In my twenties, I was house sitting for a single man and brought a package of chicken with me. All he had in the fridge was wine, mustard and butter.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 12min

NAME	FROM	AGE	SERVES
ERIK LILJEBBLAD	Sweden	43	6

TITLE

## ITALIAN CHICKEN THIGHS



### INGREDIENTS

500-1000 g Chicken Thigh Fillets  
salt  
pepper  
A can of black olives  
A can of sun dried tomatoes chopped  
4 tbsp balsamic vinegar  
2 tbsp olive oil  
2 tbsp liquid honey  
6 garlic cloves pressed  
100 ml parmesan cheese roughly grated  
A bag of Arugula (rocket lettuce)  
100 ml of pine nuts

### INSTRUCTIONS

Set the oven to 175 degrees Celsius. Salt and pepper the chicken and brown in an hot skillet. Transfer the chicken thighs to an ovenproof tray. Put the tray in the middle of the oven for 15 minutes. Take it out and add olives and tomatoes and back in the oven for 5 minutes.

Mix vinegar, oil, honey and pressed garlic.

Toast the pine nuts until light brown.

Sprinkle arugula, parmesan cheese and pine nuts over the tray and pour the dressing over.

Serve with rice and enjoy!

### STORY OF RECIPE

A recipe originally found in a Swedish newspaper but modified to enhance the taste.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Hélène Lavertu	Canada	33	4

TITLE

## TOFU BROCCOLI



### INGREDIENTS

3 tablespoons olive oil  
 1-2 tablespoon of minced, fresh ginger (or powder, or in a tube, it all works)  
 1-2 teaspoon minced garlic  
 1 block of firm tofu  
 2-3 stalks of broccoli  
 3-4 tablespoon of soya sauce

*Optional:*

A dash of sesame oil or truffle oil  
 A pinch of salt flower or any other aromatized salt

### INSTRUCTIONS

1. Cut the tofu in cubes about 1x1 cm.
2. In a wok, heat the olive oil a medium-low. Swivel it to coat the inside of the wok.
3. Drop the ginger and garlic in the wok. If it doesn't sizzel right away, your wok wasn't heated enough.
4. As soon as the ginger and garlic are releasing their perfume, add the tofu and mix well (otherwise, the garlic will turn black). Cook for about 20 minutes or until the tofu is browned (depending on how you like it too!).
5. While it cooks, cut the broccoli in bite size pieces. The stalk is very good too.
6. Add the broccoli and the soya sauce to the wok and mix. Cook for 3 minutes, or until the broccoli is bright green and still crunchy.

*Optional:*

7. Right before serving, add the dash of oil or the salt (or both) and mix well. The sesame or truffle oil will add wonderful flavor while the salt will bring a bit of crunchiness.

### STORY OF RECIPE

Easy recipe that can be changed to accommodate you.  
 More or less soya sauce, cut the tofu in bigger or smaller pieces, add the optional ingredients or find new ones!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 30min

NAME

Jaak Parik

FROM

Estonia

AGE

35

SERVES

15

## TITLE

**POTATO & SPRAT PIZZA**

Jri Parik

**INGREDIENTS***Pizza dough:*

Flour 2kg  
Handwarm water 1L  
Dried yeast 10-15g  
Olive oil 50ml  
Salt 20g

*Pizza toppings:*

Can of sprat or anchovies  
Potatoes  
Salt and pepper  
Olive oil

**INSTRUCTIONS***To make the dough:*

- mix salt and yeast
- dissolve the mix in a cup of water
- mix yeast mixture with flour, water and olive oil
- knead for 10-15 min to make the magic happen
- put in the refrigerator for 8-9 hours (or even overnight)

*To make pizzas:*

- prepare your oven, temperature should be around 350c, if your oven does not allow for that you should use a pizza stone or if lacking one, even preheated baking tray, turned upside down, can do miracles
- peel or wash the potatoes and slice them thinly
- divide the dough into tennis ball-sized pieces
- with your hands, a rolling pin or help of an empty wine bottle, roll the dough into roundish shaped disk
- cover with potato slices and sprats
- sprinkle with olive oil, salt and pepper
- bake!

**STORY OF RECIPE**

Pizza is not Estonian traditional dish, just something I really really like, but no Estonian dish is done without potatoes, so here it is, potato pizza (Kartulipitsa)!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 2-3min

NAME	FROM	AGE	SERVES
Matfe	Germany	30	2

TITLE

## PAPAYA SALAD



myself

*Salad:*

100gram green papaya (you will need around 1/4 of one green papaya from the asia store)  
50gram carot  
4-6 baby tomatos  
a hand full of mint and coriander  
a hand full of peanuts (not salty but roasted)  
a hand full of fried shallot (again from the asia store)

*Meat:*

200gram chicken breast or any other meat you like#  
2 tablespoon fish sauce, 1 pice fresh garlic, pounded  
1/2 squeezed fresh lime  
1 teaspoon sugar, 1 table spoon soja sauce

*Dressing:*

2 tablespoon fish sauce (try to get a good one from the asia store), 1/2 squeezed fresh lime  
2 teaspoon sugar (white or brown, alternatively honey or something else)  
1 piece fresh garlic, pounded

*Optional:*

2 tablespoon sesame (roasted)

**INSTRUCTIONS**

1. make small chicken pieces.
  2. put together 2 tablespoon fish sauce, 1/2 fresh squeezed lime, fresh garlic, teaspoon sugar, tablespoon soja sauce and mix it.
  3. marinade the chicken (at least 5min, longer is possible).
  4. Make the papaya and carrot shred: make long, thin slices with a vegetable peeler (they should be as long as the papaya/carrot is) and put them in a large bowl (you can buy a asian style peeler in the asia store).
  5. add a hand full of mint, coriander, peanut and fried shallot, also the baby tomatos (cut in half).
  6. make the dressing: put together fish sauce, lime, sugar, garlic pounded and optional add some water to make it thinner.
  7. cook the chicken in a oiled pan or wok.
  8. dress the salad just before serving.
  9. put the chicken on the top of the salad just before serving.
- optional:*
10. when mixing the salad add the sesame (I like it more with it).

**STORY OF RECIPE**

While visiting Vietnam we ate several times a green papaya salad and loved it! The salad is perfect as a stand-alone lunch or as a side dish to barbecue.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 25min

**COOKING TIME**

> 5min

NAME

Tobias

FROM

Switzerland

AGE

38

SERVES

2

## TITLE

**DRUNKEN RISOTTO****INGREDIENTS**

2 tsp olive oil  
 1 cup risotto rice  
 1 bottle of white wine  
 1/2 finely chopped onion  
 4 large red tomatoes  
 250g grated parmesan  
 1 finely chopped chili  
 water  
 fresh basil leaves  
 salt'n'pepper

**INSTRUCTIONS**

Preheat the oven to 180C.  
 Pour yourself a glass of wine.

Slice the tops off the tomatoes. Scoop out the seeds and pulp from the tomatoes with a teaspoon, but be careful not to cut through the base of the tomato.

Chop the pulp into small pieces. Keep the seeds, but discard the hard, central cores.

Mix the pulp and seeds with water.

Heat the oil in a medium saucepan. Add the chopped onions and fry for 2-3 minutes.

Add the rice, stirring well to coat in the olive oil. Fry for 1-2 minutes. Reduce heat to medium, take a big gulp of wine, pour a big splash on the rice.

Add tomato water until rice is covered. Cook, stirring, until absorbed. Add the chopped chili.

Continue simmering, adding wine and tomato water. If the tomato water runs out, continue using just water.

Stir frequently and let each addition of liquid absorb before adding more.

Continue until rice is tender and creamy-looking but still al dente - should be around 30 minutes in total.

Important! For every portion of wine you add, drink the same amount. The bottle should be empty by the end.

Mix in the parmesan, season with salt and pepper and stir well.

Put the tomatoes in an ovenproof dish and fill each one generously with the risotto. Bake, uncovered, for 5-10 minutes until the tomatoes are tender.

Serve with a few basil leaves on top.

**STORY OF RECIPE**

I like recipes that are easy to cook. No fancy pants stuff. And I like wine. Best cooked together with someone fun who likes wine too. Cheers.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 45min

NAME

CPT Bex

FROM

USA

AGE

35

SERVES

4-8

## TITLE

**CROCK-POT ROAST STEW****INSTRUCTIONS**

Chop everything into 1 inch squares  
 Let meat marinade overnight in marinade sauce  
 Put in crock pot  
 Turn on medium and let simmer 5-8 hours.

--If you do not have a crock pot, you can use a stove top and a large pot. Simmer on LOW heat 5-8 hours.

**INGREDIENTS**

The good thing about this recipe is that there are no measurements and ingredients can be added or subtracted based on preference/taste! You are only limited by the size of your crock pot.

1 Roast (typically 1-3 pounds); beef, buffalo, elk, a mix - be creative  
 1 pound bacon  
 3-5 Red Potatoes (unpeeled)  
 1-2 Yellow Onions  
 1-2 Red Apples (unpeeled)  
 Baby Carrots  
 1-2 Bottles of Marinade of any flavor (can substitute Italian Salad Dressing)  
 Based on preference and adventure, add cans of various vegetables.  
 Can also add a quarter pound of sliced red seedless grapes.

**STORY OF RECIPE**

I'm a lazy cook and I'm busy. I wanted something easy so made this up! Throw it together before work and by the time you get home, viola! Tasty meal!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 6-8hr

NAME

Robert Jones

FROM

United States

AGE

42

SERVES

6–8

## TITLE

**SOUTHWEST CHICKEN****INGREDIENTS**

- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- 1 10-ounce can condensed cream of mushroom soup
- 1 10-ounce can condensed cream of chicken soup
- 1 10-ounce can diced tomatoes and green chilies
- 2 tablespoons butter or vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon italian seasoning
- salt and pepper to taste
- chopped parsley to garnish
- 3 cups rice
- 6 cups water

**STORY OF RECIPE**

We had something similar at a friends house years ago. Their dish was baked and more complicated to make. We came up with this simpler stove-top version.

**INSTRUCTIONS**

Combine all of the seasonings and the chicken in a bowl and mix by hand, rubbing the seasoning into the meat. In a skillet, add the butter or oil to coat the pan, add the chicken and pan-fry or sauté until the chicken is cooked through.

In a medium sauce pan, combine the two cans of soup and the can of tomatoes and chilies over medium to high heat. Stir until blended and smooth. Add the cooked chicken and stir until the mix is hot (near boiling). Reduce heat to simmer and cover. Stir occasionally.

While the above mix is simmering, prepare the rice. Bring the water to a boil and stir in the rice. Reduce heat to a simmer and cover. Let the rice simmer for 15 to 20 minutes, or until the water is absorbed. Remove the rice from heat and fluff with a fork.

Spread a portion of the rice out on a dinner plate. Then spoon some of the chicken mixture onto the rice. Garnish with the parsley.

**Variations:** This recipe offers plenty of opportunities for changing it up. I don't think I've made it the same way twice! The seasonings given above are just one way to fix this. If you have a favorite seasoning you like, try it with this recipe. The same goes with the soup mixes. If there is a different cream-based soup you like, try it here. If you prefer a creamier sauce, add some milk to thin it out. You could even use pasta instead of rice. The possibilities are endless, just have fun with it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 20–30min

NAME

Sara Lappi

FROM

United States of America

AGE

65

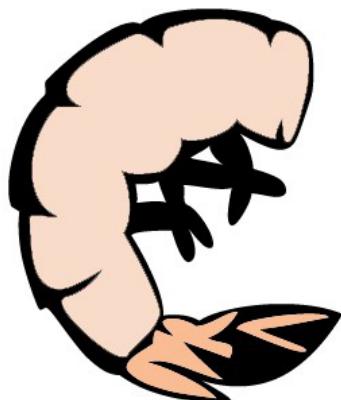
SERVES

4–6

## TITLE

**SHRIMP CECILIA**

free clip art

**INGREDIENTS**

Shrimp (cleaned, cooked briefly and drained)  
1 Lg. Onion, coarsely chopped  
1 Med. Green Bell Pepper, chopped  
Cooked Rice  
Salt/Pepper To Taste

**INSTRUCTIONS**

Saute chopped onion and green pepper over medium heat.  
Add rice.  
Mix and then add shrimp.  
Add salt and pepper to taste.  
Cook slowly until heated through and flavor is just right.

**STORY OF RECIPE**

Handed down by a dear friend, Cecilia Lewis White, my “adopted grandmother.” We always called her “Missy,” and this dish was called “Missy’s Shrimp No-Name.” Now it has a name.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 20min

NAME

Natalie

FROM

Australia

AGE

22

SERVES

4

## TITLE

**SIMPLE MARINATED CHICKEN****INSTRUCTIONS**

1. Mix the above ingredients together in a baking dish/pot.
2. Place chicken pieces in the dish and allow the chicken to marinate in this mixture for around 2-3 hrs in the fridge prior to baking.
3. Preheat oven to 180°C.
4. Bake in moderate oven for 1 – 1 ½ hours.

**INGREDIENTS**

1kg chicken pieces  
 2 tablespoons light soy sauce  
 1/3 cup tomato sauce  
 2 tablespoons honey  
 1 tablespoon brown sugar  
 2 tablespoons vinegar  
 1 teaspoon ginger  
 2 tablespoons garlic  
 1/3 cup water

**STORY OF RECIPE**

This is a recipe I accidentally inherited a few years ago, they still don't know I have it :) Tastes great!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 1–2hr

NAME	FROM	AGE	SERVES
Ryan Rasmason	USA	33	2-4

TITLE

## CREAM OF MUSHROOM CHICKEN OVER RIC



thecollegecuisine.wordpress.com

### INGREDIENTS

6 Chicken thighs or breasts (with or without skin/bones, I prefer thighs without both)  
 2 Cups white rice  
 5 10.75oz cans of condensed Cream of Mushroom soup (Campbell's)  
 6 fresh mushrooms (you're choice, I prefer cremini)  
 1/2 cup of green onions  
 1/2 cup of milk (you can add more or less for preferred consistency)  
 2 tbsp olive oil  
 Salt & Pepper to taste

This will make a meal for 2-3 with leftovers. Freezes nicely!!

I didn't take the picture above, but it looks a lot like what I make. I'm a bit of a foodie, but this simple recipe that anyone can cook, is one of my all-time favorites!!

### STORY OF RECIPE

This was a very simple recipe my mother used to make. I loved it so much that I make it at least once a month now. Very cheap!!

### INSTRUCTIONS

Chop green onions & mushrooms

Salt & pepper chicken thighs and sear for 2 minutes on both sides in a pan with the oil.

Empty cans of mushroom soup into a pot (dutch oven) and add milk, green onions and mushrooms then stir. Bring to a simmer.

Add seared chicken and let simmer for 25-30 minutes. Stirring every few minutes. Cook rice while this is happening.

Boil 2 cups of white rice in salted water according to directions.

When done spoon rice onto a plate, place 2 chicken thighs on top and cover with desired amount of cream of mushroom sauce. Sprinkle some raw green onion on top for presentation, if desired.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 5-10min

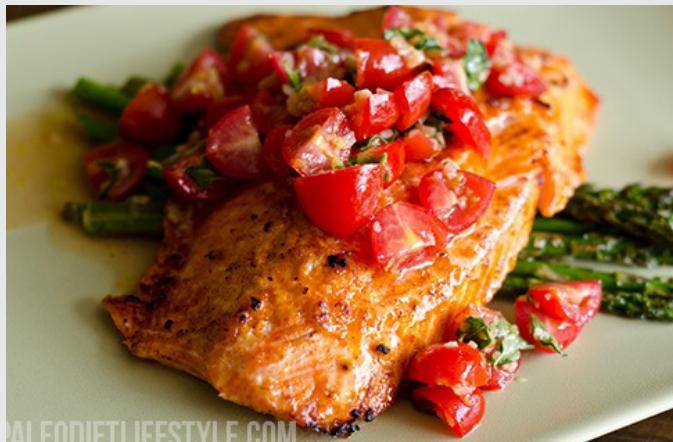
### COOKING TIME

> 25-35min

NAME	FROM	AGE	SERVES
Laurence Hall	UK	23	2

#### TITLE

## CRISPY SALMON & SALSA



#### INGREDIENTS

2 Salmon fillets (preferably Scottish salmon, responsibly sourced)

1 large red onion sliced

1 large white onion sliced (optional)

1 large red pepper slices

1 large green pepper slices

1 red chilli deseeded & finely chopped (optional)

2/3 cloves of garlic crushed and finely chopped

400g chopped tomatoes/ passata

Salt

Pepper

Olive oil

Knob of butter

#### INSTRUCTIONS

Preheat the oven to 180 Celsius.

Heat a tablespoon of oil and the butter to a high heat, just short of smoking, in a frying pan.

Season the salmon well with salt and pepper.

When hot place the salmon in skin side down. Try not to move too often, if at all to really let the skin crisp. After 3 minutes flip and repeat on the top of the salmon.

When the salmon has taken on a dark rusty colour place in the oven for a remaining 8 minutes. Covered in tin foil to keep the moisture in.

Now place the sliced veg in to the fish pan, now on a medium heat, and allow to sweat and become soft. If possible cover with a lid or another frying pan. After 5 minutes remove the lid and add the tomatoes. Turn heat up really high and bubble down until desired consistency.

Remove salmon and allow to rest for 1 minutes until salsa is ready.

Season salsa to taste.

Serve with dauphinoise potatoes and runner beans with the salsa on top of the salmon.

#### STORY OF RECIPE

It was the first thing I cooked when I was trying to learn to cook and have been developing it ever since.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
Kate	UK	31	2-4

TITLE

## ANCHOVY CRUSTED LAMB RACK



### INGREDIENTS

1 Large Lamb Rack  
150g Breadcrumbs  
2 Lemons  
1 tin of Anchovies  
1 large sprig of rosemary  
1 large sprig of thyme  
1 egg  
flour for dusting olive oil

*For the Gravy:*

Redcurrant Jelly  
Mint Sauce  
Bisto Gravy Granules  
Glass of Red wine

### INSTRUCTIONS

Add the breadcrumbs, anchovies, rind from 2 lemons, rosemary and thyme and 1 table spoon of olive oil to a whizzer, season well and blitz for a few seconds. If you do not have a whizzer cut everything as small as possible and mix by hand.

Brush the meat on the lamb rack with egg all over and dip in flour to give a light dusting. Slowly working your way around the rack press the breadcrumbs onto the lamb rack making sure all the meat is covered. Helps if you have another pair of hands at this point!

Roast the lamb in the oven for 25 mins at gas mark 7. and it should be nice and pink on the inside. Cook for a little longer if you want it well done.

Take the lamb out and rest for 10 minutes. In the meantime to make the gravy, pour any juices and errant breadcrumbs into a pan, add 250ml of boiling water, a glass of wine and a spoonful of bisto gravy powder and simmer. Add a tablespoon of mint sauce and redcurrant jelly and stir thoroughly.

Goes amazingly with mini roasted rosemary potatoes.  
Enjoy

### STORY OF RECIPE

My dad used to make this for a special dinner people are very impressed but secretly it's super easy to do.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

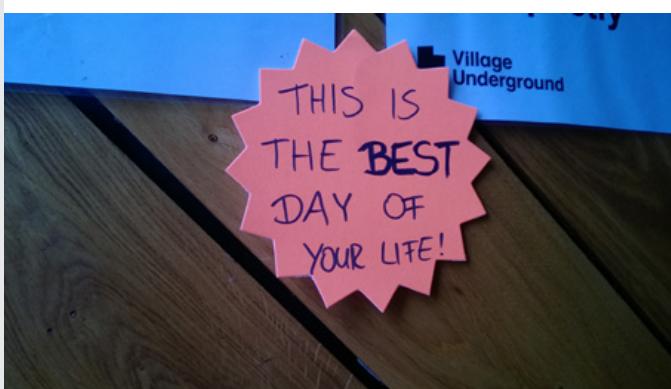
PREPARATION TIME  
> 20min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Sandra Franz	Germany	32	2

TITLE

## CHEESE-TOMATO-PASTA · LA TIM



INSTRUCTIONS

Fill a large enough pot with water for the Pasta and bring it to boil. Cook the pasta according to instruction. Roast the onion and the garlic in the oil in a large pan. Add the whole tin of tomatoes and stir gently, reduce the heat. Add the whole package of cheese and the cream. Stir to avoid burning. The colour should be pinkish-red and there should be lots of cheese strings on your spoon when you lift it out of the sauce. Add half a cube of vegetable stock (or a heaped spoon of instant vegetable stock) to the sauce and let it dissolve. Season it with salt, pepper and spices of your choice. Mix the Sauce with the pasta.

INGREDIENTS

- 1 Tin Can of tomatoes (chopped)
- 1 package of grated cheese
- 1 onion chopped
- 2 garlic cloves chopped
- 250ml of cream
- 300-400g fresh pasta
- Oil
- Salt
- Pepper
- vegetable stock
- Spices that you like (I always use Chili powder and thyme)

STORY OF RECIPE

My husband used to cook this recipe for me when we started Dating, it always brings back fond memories. Real comfort food.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 20min

COOKING TIME  
> 10min

NAME

Kate

FROM

Germany

AGE

31

SERVES

4

## TITLE

**ODENWÄLDER KOCHKÄSE**

Kathrin Bernecker

**INGREDIENTS**

- 100 g Harz Cheese
- 100 g wine cheese (e. g. "Knirps")
- 100 g Munster-géromé
- 150 g cream cheese spread (e. g. "Original Creamy Swiss")
- 200 g butter
- 170 g condensed milk
- 200 g heavy sour cream
- 1 TBSP natron
- 1 big onion
- sunflower oil
- brandy vinegar
- salt, pepper and bell pepper powder to taste
- coarse rye bread
- caraway

**INSTRUCTIONS**

Cut the cheese in little cubes. Fill the condensed milk in a sauce pan and add all of the cheese (Harz cheese, wine cheese, Munster-g<sup>a</sup>rom<sup>a</sup>, cream cheese spread). While stirring, let the cheese melt in low temperature. Bit by bit add the butter and stir until everything is melted and the texture is creamy and without any lumps. Take the sauce pan off the stove and add the natron. Allow the mixture to cool a little, then add the sour cream. Let cool completely. Meanwhile, chop the onions in little cubes, add oil, vinegar and the spices to taste. Allow the onions to marinate some time. To serve spread the bread with a little butter, spread the Kochkäse over the butter and drizzle the bread with the onion-vinaigrette. Top with caraway.

**STORY OF RECIPE**

Typical regional speciality of the Hessian Odenwald in Germany.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 15min

NAME

Shoeface

FROM

The Netherlands

AGE

23

SERVES

4

## TITLE

**COLONIAL DUTCH CABBAGE****INGREDIENTS**

- 1 Cabbage
  - 2 appels
  - 300g rice
  - 500g ground meat
  - 1 onion
  - curry powder
  - grated coconut
  - Cashew nuts
  - pepper & salt
- (the ground meat can easily be replaced with tofu for a vegetarian dish)

**INSTRUCTIONS**

1. peel the apple and cut it in pieces
2. cut the cabbage and the onion
3. start cooking the rice
4. bake the ground meat and add the onions
5. as soon as the ground meat is loose, add the cabbage
6. wait roughly 5 minutes and add the apple, curry powder and grated coconut
7. once done add salt and pepper to liking
8. add the cashew nuts on top just before serving
9. serve with the rice
10. enjoy

**STORY OF RECIPE**

Originally a vegetarian recipe from my mom, I added meat and adjusted it a bit. It is a nice mix of original dutch and colonial dutch ingredients.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 20min

NAME

Mauri Miller

FROM

USA

AGE

58

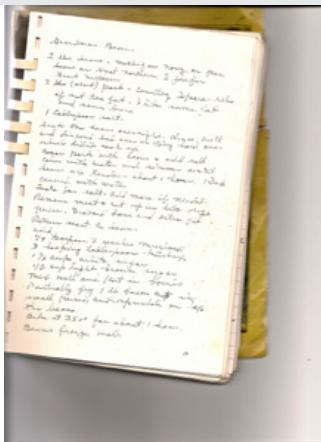
SERVES

12

## TITLE

**GG'S BAKED BEANS**

Handwritten recipe from Grandma Nedea

**INGREDIENTS**

- 2 lb. Great Northern Beans (or Michigan Navy or pea beans)
- 2 lb. pork loin or country spare ribs (some fat/bone is best)
- 1 tbsp. salt
- 1/4 tsp. yellow mustard (French's or other)
- 3 heaping tbsp. ketchup
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 lb. bacon

**INSTRUCTIONS**

1. Soak beans overnight. Rinse. Pick over.
2. Cover pork with beans in a large pot or dutch oven. Cover beans and pork with water and add salt.
3. Simmer beans and pork until beans are tender - about 1 hour, maybe longer. Keep covered with water (you will need to add water while it simmers.)
4. Add more salt if desired to taste.
5. Remove pork to a plate and cut into bite size pieces. Discard bone and extra fat. Return meat to beans.
6. Mix mustard, ketchup and sugars. Add to beans. (I cut the white sugar in half from the original recipe. You may want more.)
7. Cut bacon into small pieces and partially fry. Sprinkle on top of beans. Don't over-fry the bacon.
8. Bake at 350 for 1 hour. Serve hot or at room temperature.

**STORY OF RECIPE**

Getting grandma (GG) to write this down and getting actual measurements was hard. Are the measurements accurate? In her mind, I'm sure they are. You may need to experiment.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15–20min

**COOKING TIME**  
> 120min

NAME	FROM	AGE	SERVES
Julie Wells	United States	34	2-4

**TITLE****TACO PIZZA****INGREDIENTS**

1 package of your favorite tortillas (we use gluten free)  
1 lb ground beef  
1 can pinto beans, drained and rinsed  
1 can diced tomatoes with chilis and onions (Rotel), drained  
1 jar of your favorite salsa  
8 oz cheddar cheese, shredded  
8 oz mozzarella cheese, shredded  
1 Tbsp chili powder  
2 tsp garlic powder  
1 tsp salt  
1 tsp paprika  
1/2 tsp cayenne powder  
Tbsp=tablespoon  
tsp=teaspoon

**INSTRUCTIONS**

In a large skillet brown hamburger until cooked throughout, add spices and stir. Leaving fat from meat in skillet take meat out and set aside. Put the drained and rinsed pinto beans into the skillet and mash using a potato masher or other similar tool, while they are cooking the beans will absorb the fat from the meat. Once they are thoroughly mashed remove skillet from heat and mix the beans and meat together.

If you like a crunchy tortilla I recommend heating your tortilla in hot oil for a few seconds on each side. It will brown up and get nice and crunchy.

Place a tortilla on a cookie sheet and put bean/meat mixture on it, spread around to cover the whole tortilla. Sprinkle with cheddar cheese. Top with another tortilla. Take a spoonful of salsa and rotel and spread them around on top second tortilla. Add more cheddar and mozzarella cheese.

Continue this process until you run out of meat or tortilla. I can normally make 4-5 taco pizzas from a pound of meat.

Bake at 350 degrees Fahrenheit for 10 minutes or until cheese is melted and bubbly.

**STORY OF RECIPE**

My husband is a celiac and had been missing the Mexican pizza at Taco Bell. I created this to satisfy his craving. It is one of his favorite meals.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 20-30min

**COOKING TIME**

> 10min

NAME

Brad Kamcheff

FROM

USA

AGE

44

SERVES

6

## TITLE

**ITALIAN BEEF**

Krista Kamcheff

**INGREDIENTS***The beef*

1 boneless beef roast, about 3 pounds with most of the fat trimmed and reserved

*The rub*

1 tablespoon ground black pepper  
2 teaspoons garlic powder  
1 teaspoon onion powder  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon crushed red pepper

*The juice*

6 cups of hot water  
4 cubes of beef bouillon

*The Buns*

12 Sandwich rolls

**STORY OF RECIPE**

A Chicago staple, we started making Italian Beef when our friends moved from the Windy City to Seattle so they could have a taste of home.

**INSTRUCTIONS***Do this:*

1) Mix the rub in a bowl. Sprinkle it generously on the meat and massage it in. There will be some left over which we will use in the juice. Let the meat sit at room temp for about 30 minutes. Meanwhile, preheat the oven to 400°F.

2) Pour the water into a 9 x 13" pan, add the bullion, left over rub and reserved fat. Place a rack on top of the pan. Place the roast on the rack. Roast at 400°F until interior temperature is 130 to 135°F for medium rare, about 30 minutes per pound (exact time will depend on the cut of meat, its thickness, and how well calibrated your oven is).

Beware. This recipe is designed for a 9 x 13" baking pan. If you use a larger pan, the water may evaporate and the juice will burn. If you have to use a larger pan, add more water. Regardless of pan size, keep an eye on the pan to make sure it doesn't dry out during cooking. Add more water if necessary

- 3) After the beef is cooked, allow it to cool.
- 4) Remove the fat and pour the juice from the bottom of the pan into a small sauce pan and simmer on the stove.
- 5) Thin slice the roast when it is cool enough to handle.
- 6) Dip the sliced beef into the Juice and pile onto rolls. (I enjoy with a bit of juice to dip my sandwich into)
- 7) Serve and enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 90min

NAME

David Millar

FROM

United States of America

AGE

26

SERVES

5

## TITLE

**SOUTHERN GREENS WITH BEANS & BACON****INGREDIENTS**

- 4 cups water
- 1 cup dry pinto beans
- 1 bunch of collard greens
- 1/2 pound of spinach leaves
- 1/2 pound of bacon, diced
- 1/2 pound of smoked pork jowl
- 1 medium onion, diced
- 2 tbsp garlic paste
- sriracha, to taste
- salt, to taste
- pepper, to taste

**INSTRUCTIONS**

Soak dry beans 4+ hours in advance. Drain and set aside. Chop the pork jowl into 2-3 chunks. In a medium-large stock pot or pressure cooker, add the diced bacon, jowl, and onion and heat on medium, rendering some of the bacon fat while sautéing the onion and searing the jowl a bit. Once the bacon fat has mostly rendered and the onions are translucent, add the soaked pinto beans, garlic paste, salt, pepper, and 3-4 cups of water. Cook until the pinto beans are soft – roughly 30 minutes if you’re using a pressure cooker. While the beans cook, wash the greens and spinach. Slice the collard greens off of the bulky stem and into strips the size of spinach leaves. Once the beans are done, add the greens and one squirt of sriracha for every bar fight you’ve ever won. You can also taste the broth and add extra salt, pepper, or garlic paste as needed. Cook the greens until wilted in the pan – roughly 15 by pressure cooker. Serve together with bread for sopping up the broth.

**STORY OF RECIPE**

I just moved from the northern United States to the south, and this southern classic has quickly become one of my new favorites.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 35min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Martine	Norway	23	4

TITLE

## GREEN PEPPER CHICKEN



### INGREDIENTS

- 2 whole grilled chickens
- 1 tbsp butter
- 1 1/2 tbsp green peppercorns
- 2 tbsp sweet mustard
- 2 tbsp kecap manis (sweet soy sauce)
- 3 dl cream
- 1 tsp cognac

### INSTRUCTIONS

Debone and remove other unwanted parts from the chickens and cut into pieces.  
Spread the pieces in a buttered casserole dish. Bake in the oven for 15min at 200°C.

*While it's baking, make the sauce:*  
Melt the butter in a pot  
Crush the peppercorns and fry them for a few minutes on medium heat.  
Add the mustard, kecap manis and cream, stirring constantly.  
Let it boil for 3min, stirring constantly  
Remove from the heat and add the cognac

Pour the sauce evenly over the chicken  
Bake in the oven for about 10min at 200°C  
Serve with salad and baguettes

This is the original recipe, but we often make it with more sauce and less chicken and serve with rice instead.

### STORY OF RECIPE

We made this at an elementary school event, and it's become one of our family's favourite celebratory dishes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Amanda Roelle	Italy	37	4–5

TITLE

## PASTA WITH FRESH TOMATO, LEMON, MINT



Caleb Burdeau

### INGREDIENTS

1 package of penne (or similar size) pasta, (500 grams)  
 1 kilo of sweet cherry tomatoes, not too juicy, halved or quartered  
 1 garlic clove, minced finely  
 juice of 1/2 lemon  
 handful of fresh or wild mint  
 hard, grating cheese (like parmesan, grana padano)  
 the best extra virgin olive oil you can get your hands on

### INSTRUCTIONS

Cook the pasta in generously salted water, al dente, following the directions on the package. Do not rinse the pasta.

Meanwhile, mince the garlic and quarter or halve the sweet tomatoes, making them bite-sized. Tear or cut the mint into small pieces.

After draining the pasta, return it to the pot. Add the tomatoes, garlic, and mint. Squeeze the lemon directly into the pot (make sure to remove the seeds first). Add a healthy swig or two of good quality olive oil, coating the pasta.

Add a generous amount of the grated cheese and red pepper flakes to taste.

A very simple recipe, though absolutely delicious if the ingredients used are of good quality and tasty.

### STORY OF RECIPE

Made for me first by my boyfriend's father in southern Italy on "œvendemia" day, the day of making wine in September. It has become a summertime favorite.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 10min

NAME	FROM	AGE	SERVES
Matthew Parker	United States	32	12

## TITLE

**MAC & CHEESE A LA MARTHA STEWART****INGREDIENTS**

8 tablespoons (1 stick) unsalted butter, plus more for casserole  
 6 slices white bread, crusts removed, torn into 1/4- to 1/2-inch pieces  
 5 1/2 cups milk  
 1/2 cup all-purpose flour  
 2 teaspoons coarse salt  
 1/4 teaspoon ground nutmeg  
 1/4 teaspoon freshly ground black pepper  
 1/4 teaspoon cayenne pepper  
 4 1/2 cups (about 18 oz.) grated sharp white cheddar cheese  
 2 cups (about 8 oz.) grated Gruyère or 1 1/4 cups (about 5 oz.) grated Pecorino Romano cheese  
 1 pound elbow macaroni

**INSTRUCTIONS**

- Preheat oven to 375°F. Butter a 3-quart casserole dish; set aside. Place the bread in a medium bowl. In a small saucepan over medium heat, melt 2 tablespoons butter. Pour the melted butter into the bowl with the bread, and toss. Set the breadcrumbs aside.
- Warm the milk in a medium saucepan over medium heat. Melt the remaining 6 tablespoons butter in a high-sided skillet over medium heat. When the butter bubbles, add the flour. Cook, stirring, 1 minute.
- While whisking, slowly pour in the hot milk a little at a time to keep mixture smooth. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick, 8 to 12 minutes.
- Remove the pan from the heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups cheddar cheese, and 1 1/2 cups Gruyère (or 1 cup Pecorino Romano); set the cheese sauce aside.
- Cover a large pot of salted water, and bring to a boil. Cook the macaroni until the outside of pasta is cooked and the inside is underdone, 2 to 3 minutes. Transfer the macaroni to a colander, rinse under cold running water, and drain well. Stir the macaroni into the reserved cheese sauce.
- Pour the mixture into the prepared dish. Sprinkle the remaining 1 1/2 cups cheddar cheese, 1/2 cup Gruyère (or 1/4 cup Pecorino Romano), and the breadcrumbs over the top. Bake until golden brown, about 30 minutes (though we needed a bit more time to get it brown, but your oven may vary). Transfer the dish to a wire rack for 5 minutes; serve.

**STORY OF RECIPE**

Adapted from Martha Stewart Living Cookbook via smittenkitchen.com

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 20min

NAME  
Amber Provencher

FROM  
USA

AGE  
31

SERVES  
2-4

TITLE

## GRANDPAS SPANISH RICE

Amber Provencher



### INGREDIENTS

Olive Oil  
Salt  
Chicken  
Goya Sofrito – half bottle  
Goya Recaito – half bottle  
Goya Sazon – 2 packets  
Tomato Sauce – 8oz can  
Uncooked Rice – 2 Cups  
Water – 2-3 cups

### INSTRUCTIONS

Coat bottom of cast iron pot with olive oil and bit of salt. Fry chicken until cooked. Cut chicken into small pieces. Add Goya sofrito, recaito, sazon, and tomato sauce. Stir until mixed. Add 2 cups uncooked rice. Stir again until sauce, chicken, and rice are mixed. Add 2-3 Cups of water (enough to cover rice) and a bit of olive oil. Simmer until water is absorbed.

### STORY OF RECIPE

My grandpas spanish rice. I rarely use measurements - I do everything by taste. Make it a few times and figure out your taste preference!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Alex B

FROM

USA

AGE

SERVES

1

## TITLE

**THREE CHEESE GRILLED CHEESE****INGREDIENTS**

- 2 slices of Bread
- 1 tablespoon of butter (unsalted is preferred)
- Swiss (a thin layer on one of the slices of bread)
- Mozzarella (enough to cover one slice of bread 1/4 inch or 6mm deep)
- Brie (enough to cover the mozzarella 1/4 inch or 6mm deep)

**INSTRUCTIONS**

Split the tablespoon of butter into two half tablespoon portions.

Heat your pan to a low or low/medium setting (I use 3-4 out of 9 on my stove) The pan is the right temperature when the butter steams a little. It is too cold if the butter just melts. It is too hot if your butter steams away instantly.

The butter does not get spread onto the pan rather steamed into the bread. This recipe works pretty good with bread that has gone a little stale.

The Swiss and Mozzarella take some time to melt whereas the Brie is ready very fast.

You do not need a lot of Swiss as to not overpower the dish, and I put the Swiss on one of the slices of bread.

The Mozzarella covers the other slice to a depth of 1/4 inch or 6mm.

The Brie is sandwiched in between the Mozzarella and the Swiss. Put the Brie on the Mozzarella about 1 inch or 25mm from the inside to a depth of 1/4 inch or 6mm. More Brie will be very runny before the sandwich is fully cooked.

With different sizes of bread I have always layered the Mozzarella and Brie like this and have always had a successful outcome.

Flip the sandwich frequently to avoid burning, you are looking for golden brown bread. When the Swiss starts to bubble out, the sandwich is cooked.

Enjoy with a fork to avoid a mess. Your sandwich should be stringy from the Mozzarella, and have the Brie and Swiss mixed throughout.

**STORY OF RECIPE**

I had some random cheeses so I made the recipe for a few people now and they keep asking for more so I guess they like it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 10–20min

NAME  
Abbi Lawrance

FROM  
USA

AGE  
77

SERVES  
4–6

TITLE

## COWBOY BEANS (CHILI CON CARNE)



INSTRUCTIONS

Saute onions and garlic in a little oil. Set aside. Brown the ground beef while chopping it up with a spatula so it is in small pieces. Drain off excess fat.

Drain kidney beans, reserving liquid and add beans and tomato soup to meat. Add onion, garlic and cinnamon. Add salt, pepper and chili powder to taste. Add some reserved kidney bean liquid if mixture is too dry. Cover and simmer for 15 minutes or until thoroughly heated. Top with cheddar cheese.

INGREDIENTS

1 chopped yellow onion  
2 cloves minced garlic  
1 lb. ground beef  
1 15 oz. can kidney beans  
1 10 oz. can tomato soup  
1/2 tsp. cinnamon  
Salt and pepper  
Chili Powder  
Grated Cheddar Cheese

STORY OF RECIPE

When my children were young, my son decided he didn't like Chili Con Carne. But when I told him this is what the Cowboys ate, he suddenly liked it again.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Molly Beard	USA	28	4

TITLE

## PORTOBELLO WELLINGTON



### INGREDIENTS

- 4 Portobello mushrooms, stems removed
- Extra Virgin olive oil
- One 10" by 15" sheet puff pastry (can be purchased frozen and thawed)
- 2 cups cooked spinach, drained and pressed to remove most liquid
- 1/2 cup feta cheese, crumbled
- 1/2 cup goat cheese, crumbled
- 1/2 cup sundried tomatoes, chopped
- 1/4 cup roasted red bell pepper, chopped
- 1/2 cup red onion, diced
- 1/4 cup basil pesto
- 1 teaspoon pepper
- 2 teaspoons salt
- 1 Tablespoon thyme
- 2 teaspoons garlic powder

### STORY OF RECIPE

This dish was conceived as a vegetarian option for a fine dining establishment in Portland, Oregon, USA. The recipe is delicious and easily converted to fit your diners' needs.

### INSTRUCTIONS

Preheat oven to 350°F. Drizzle Portobello mushrooms with olive oil and place on a baking sheet, cap side down. Bake 10 minutes, or until the mushrooms are soft and wrinkly. Remove from oven and let cool. Raise oven temperature to 425°F. Mix spinach, cheeses, tomatoes, peppers, onion, pesto, and seasonings together

in a large bowl until well combined. Divide evenly between mushroom caps (you may have extra filling, depending on the size of your mushrooms. You can always add the extra to any cooked pasta to make a nice pasta salad).

Cut puff pastry sheet into 4 pieces. Place each mushroom cap on a piece of puff pastry, cap side down. Very gently wrap pastry around the mushroom and filling, being careful not to rip the dough. Seal the bottom of the pastry to itself with a little water.

Place wrapped mushrooms, cap side up, on a greased baking sheet. Bake in the oven for 10 minutes, or until puff pastry has turned a nice, golden brown.

Enjoy!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 15min

NAME

Genrikh

FROM

UK

AGE

24

SERVES

2

## TITLE

**BEAN BURGERS WITH NUTS & SEEDS****INGREDIENTS**

- 1 Tbsp. Linen seeds
- ¼ cup sesame seeds
- ½ cup chopped almonds
- ¼ cup sunflower seeds
- ¼ cup rolled Oats
- 2 cloves of Garlic
- 1 cup shredded carrot
- 1 Tbsp. Tahini (sesame paste)
- 1 ½ чашка фасоли, заранее приготовленной
- ½ Tsp ground Cumin
- ½ Tsp ground Coriander
- 3 Tsp Tamari sauce or Soya sauce
- Juice from half a lime
- 1 Tbsp. Raisins

**INSTRUCTIONS**

1. Add flaxseeds in a small bowl and cover with water. Set aside.
2. Fry sesame seeds and almonds in a skillet over medium heat, stirring constantly. Remove from heat as soon as they become more brownish and fragrant. Set aside to cool.
3. In a blender grind to fine rolled oats and sunflower seeds.
4. Add to blender roasted nuts, garlic, carrots and mix until smooth.
5. Drain flax seeds and add to the blender along with the remaining ingredients. Blend, but not until smooth. Pieces of beans must be quite large. Season to taste.
6. Transfer the resulting mass into a bowl, cover with cling film and place in the refrigerator for at least an hour, preferably 6-8 hours. Staying In the fridge for longer helps our future burgers, to stick together.
7. When the mass infusions', heat the oven to 190 degrees and lightly greased baking sheet. Put a baking sheet in the oven for 15 minutes. Remove the mass from the refrigerator, divide into equal portions and form burgers. Place burgers on a hot tray, gently press down on each burger with spatula, then drizzle with olive oil and bake for 8 minutes.
8. After 8 minutes carefully flip burgers, again press with spatula and bake for another 8 minutes.
9. Burgers will be ready when the crust on both sides will look crisp and brownish.
10. Before serving, let them cool slightly

**STORY OF RECIPE**

This delicious vegan recepie was shared with me by my Ayurvedic friend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 80–500min

**COOKING TIME**  
> 30min

NAME

Polarchick

FROM

England

AGE

SERVES

6

## TITLE

**GAIL'S EASY CHILI CON CARNE**

Polarchick

**INGREDIENTS**

- 1/2 lb (250g) beef mince
- 1 large onion
- 1 large sweet pepper
- 1 clove garlic
- 1 standard tin chopped tomatoes
- 2 standard tins baked beans
- 2 tablespoons mild chili powder
- 1 tablespoon dried mixed herbs
- 1 beef stock cube
- 2 tablespoons olive oil

**INSTRUCTIONS**

1. Chop the onion and the pepper and crush the garlic, gently fry these in olive oil then remove from pan when cooked
2. Fry the mince on a hotter heat until cooked - don't overcook
3. Add the cooked onion, garlic and pepper, chili powder, crumbled stock cube and herbs and stir for a few minutes
4. Add the tin of tomatoes and the two tins of baked beans
5. Cook for another 10 minutes on a low heat, stirring frequently
6. Serve with rice or warm crusty bread, or with a jacket potato

**STORY OF RECIPE**

This is one of my favourite meals: my mum's recipe for chili con carne. It is not particularly authentic, but is a great easy recipe for a cold winter's night.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 20min

NAME  
Kai-Thomas Krause

FROM  
Germany

AGE  
39

SERVES  
2–4

TITLE

## CIABATTA WITH FILLET OF PORK

kaiskitchenblog.com / Kai-Thomas Krause



### INGREDIENTS

- 1 Ciabatta bread (fresh or part-baked)
- 500g fillet of pork
- 50g Rocket salad
- 50g Parmesan cheese
- 200g Ajvar
- 150g Creme Fraiche
- Olive oil
- Salt, Pepper

### INSTRUCTIONS

Cut the pork filet in slices of roughly 1cm thickness and roast them shortly in a very hot pan with some olive oil. They are ideal if they have a light rosé touch in the middle if you cut through them. But if you like, it also works if they are well done.

If you take part-baked ciabatta prepare it as suggested on the packaging. If you have fresh bread put it shortly in the oven to warm up. When the bread is warm and ready, take it out the oven and cut it in half. Bake the halves another two minutes – they also should be nice and crispy.

Now pour some olive oil on the halves. Mix the crème fraîche with the ajvar and spread it generously on the lower half of the bread. Now place the pork filets on the lower half and season them with some salt and pepper.

Wash and cut the rocket salad and place it gently on the filets. For the last step grate the cheese (not too fine!) and spread it on the salad, also be generous with the cheese.

Now put the upper half on all of that and cut the ciabatta. If you are more in a party mood or want it as finger food make it 4-5cm thick slices. If you are hungry and just two people – make it four slices.

Now enjoy!

### STORY OF RECIPE

Don't know where I got it from, but it's part of our menu for over 20 years. You can vary it a lot - try mango chutney instead of ajvar!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 35min

COOKING TIME  
> 0min

NAME

Joe Peach

FROM

UK

AGE

29

SERVES

8

## TITLE

**SUPER-TASTY CHILLI CON CARNE****INGREDIENTS***Block A:*

- Around 1/3 of a mug of Boiling water
- 1 dried ancho chilli
- 1 beef stock cube

*Block B:*

- 2 chipotle chillies from a tin
- 3 heaped teaspoons of paprika
- 2 heaped teaspoon of cumin
- 1 heaped teaspoon of dried coriander
- 2 heaped teaspoons of salt
- 1/2 teaspoon of black pepper
- 2 tsp of diced red chilli (VARY DEPENDING ON YOUR HEAT PREFERENCE)
- 1 teaspoon of cayenne pepper (VARY DEPENDING ON YOUR HEAT PREFERENCE)
- 2 tablespoons of tomato puree or a few sun-dried tomatoes

*Ingredients continued on next page...*

**STORY OF RECIPE**

This breaks all the rules of chilli con carne, but boy does it taste good. The ancho/chipotle combo is the secret. Don't be tempted to leave them out!

**INSTRUCTIONS**

Starting with Block A ingredients, boil the water and pour into a food processor. No need to be too specific with this measurement - the water is there to rehydrate the dried ancho chilli. Remove the stalk from the ancho chilli, then chop the rest up with scissors and throw the flesh and seeds into the boiling water. Crumble the stock cube in. Leave for at least 5 minutes.

Jump to Block C ingredients and start chopping your onions and streaky bacon into small pieces. Crush the garlic and put all three ingredients to the side.

Then put all of the Block B ingredients into the food processor along with the water, chilli and stock that is already in there. Blitz until it is a smooth paste. This is your flavour paste - the magic ingredient. Though you may be tempted to leave out the seasonings, this will change the taste significantly. Especially if you leave out either the ancho or the chipotle chilli.

Pour a little olive oil into the large pan and turn on up to a medium heat. Throw in the bacon, onions and garlic when the oil has heated up. Give it a stir and leave for 3-4 minutes. After this, crumble in the mince and cook for a few more minutes, stirring until evenly browned. Ideally the mince should still be a bit red before the next step.

Now on to the Block D ingredients. Pour in a splash of wine and, if you like, some other chopped veggies. Give it a stir. Then add the flavour paste and stir it right in. Turn up the heat and get it bubbling for two minutes. Turn down the heat to a medium heat and cook for a further 3-4 minutes.

Now for Block E. Open 4 tins of chopped tomatoes and stir in. Get it up to boiling, then put a lid on and turn the heat right down. Let it simmer for 45 minutes. No need to go crazy with the stirring at this point. If the heat is low enough it won't burn. Then finally, open your tins of beans and wash them. After the chilli has simmered for the full 45 minutes, put in the beans. Take off the lid, and leave it simmering for at least 30 minutes.

If at any point in the recipe you think it is getting too thick or dry, just top up with some boiling water.

*Instructions continued on next page...*

 STARTER BAKING V VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 90min

•  
•  
•  
**ABOUT 1/3  
OF THE RECIPES  
ARE VEGAN OR  
VEGETARIAN**  
•  
•  
•

NAME	FROM	AGE	SERVES
Joe Peach	UK	29	8

TITLE

## SUPER-TASTY CHILLI CON CARNE

### INGREDIENTS CONTINUED

*BLOCK C:*

- Splash of olive oil.
- 6 rashers of streaky smoked bacon
- 4 cloves of garlic, crushed
- 2 onions (any colour)
- 500g, or one medium packet, of mince

*BLOCK D:*

- Splash of red wine

OPTIONAL: A selection of chopped veggies of your choice. Avoid root vegetables, apart from diced sweet potato, which works well. Peppers work brilliantly.

*BLOCK E:*

- 4 x 400g tins of chopped tomatoes
- 4 x 400g tins of beans, any will do. I recommend mixing two different types of beans. Pinto, Kidney, Chick Peas, Black Eyed Peas are all great in this recipe.

*BLOCK F:*

- 45g of Bulgur wheat per person
- 1/4 of a lime per person
- Grated cheese
- Sour cream
- At least 1/2 a spring onion per person

*EQUIPMENT:*

- Scissors
- Some knives
- Food processor of any size.
- One big saucepan for the chilli
- One medium saucepan for the wheat
- A cheese grater
- Sieve

### INSTRUCTIONS CONTINUED

The next part is tough. It should smell so good you'll want to eat it immediately, but the best thing you can do is let it cool down to room temperature, put it in the fridge, and eat it 24 hours later. This will let the flavours stew, and it will taste even better the next day. It also freezes well. There should be enough chilli for 8 people (or more), so you're probably going to want to put some in the fridge or freezer for another day.

Because I'm assuming you won't eat all 8 portions in one go, the measurements for the Block F ingredients are per person. So multiply as per your needs.

When you are ready to eat it, it goes well with rice, but my recommendation is bulgur wheat with a squeeze of fresh lime juice. You'll need at least 45g of uncooked wheat per person. Boil with at least 150ml of water per portion of wheat. It doesn't matter if there's more water as you can drain it off afterwards. It should take 15-20 minutes to cook, but taste it as it is cooking so you can get a feel for when it is ready. Theoretically, 45g of uncooked wheat turns into 90g of cooked wheat, but I find it tends to be a little less than that.

Once it is cooked, drain if required (ideally in a sieve as a colander will likely have holes bigger than the wheat) then throw back into the saucepan you cooked it in. Squeeze a quarter of a lime per portion of wheat then stir it around. Leave it to sit for a minute.

Serve it by placing the wheat in a bowl, and put as much chilli on top as you'd like. Grate some cheese onto the chilli, then a healthy tablespoon of sour cream on top of the cheese. Finally, sprinkle a handful of sliced spring onions onto the very top. Around half a spring onion per portion.

Then tuck in.

NAME	FROM	AGE	SERVES
Gary Franklin	United States	48	15–20

TITLE

## MOM'S DYNAMITE SUMMER BBQ SANDWICH

Gary Franklin



### INSTRUCTIONS

1. Mince Garlic. Diced the celery, peppers and onions. Sauté peppers, celery, onions, and garlic in EVOO until soft. Add hamburger and brown. This will cook down. Drain out the liquid.
2. Add the remaining ingredients and simmer about one to two hours on stove till thicken like the American Sloppy Joe type sandwich. Serve on long sandwich rolls and top with extra sharp shredded sharp cheddar cheese. Chips and Cole Slaw on the side makes the meal.

Enjoy - Gary

### INGREDIENTS

EVOO to taste (Extra-Virgin Olive Oil)  
 3 LBS (1.6kg) ground hamburger meat, or substitute with Crumbles per package equivalents.  
 3 Medium green bell peppers, diced  
 1 large onions, diced  
 2 stalks celery, diced  
 2 cloves garlic, minced  
 salt and pepper to taste  
 2 -3 teaspoons crushed red pepper flakes (to taste)  
 1 small can (411g) petite diced tomato  
 1 small can (170g) tomato paste  
 1 large can (822g) tomato sauce

3-4 tablespoons Franks Red Hot sauce (to taste) Franks is more like a Wing Sauce than a HOT sauce like Tabasco.  
 Extra Sharp Cheddar Cheese to top the sandwich Chips and Cole Slaw on side

### STORY OF RECIPE

A Rhode Island exclusive. Kind of like a Sloppy Joe but far superior. Spicy enough to earn it's name, it's best washed down with a good beer and Cole Slaw.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 15–20min

### COOKING TIME

> 120min

NAME

Andre Gordon

FROM

United States

AGE

53

SERVES

6

## TITLE

**PASTA WITH TURKEY/MUSHROOM SAUCE****INSTRUCTIONS**

In a large skillet, heat the oil over medium-high heat; add onion and cook until softened, about 3 min; add garlic and cook until lightly browned, about 1 minute. Add mushrooms and cook, stirring, until tender, about 2 min. Add the turkey and cook about 5 minutes, breaking up the meat with the spoon. Season with salt and pepper. Add the ketchup, the olives and the capers and blend, cooking for 1 min. Add the marinara sauce, turn the heat to medium and cook for 3 to 4 minutes, blending well. Remove the pan from the heat, add the basil, stir, cover and let it sit while you prepare the pasta, letting the flavors blend.

Prepare the pasta according to package directions until al dente. Drain and toss with the sauce. Serve with parmesan cheese.

**INGREDIENTS**

- 1 pound rotini pasta
- 1 tablespoon olive oil
- 1 small onion, diced small
- 4 large cloves of garlic, minced
- 2 cups crimini mushrooms diced small
- 1 pound ground turkey
- salt and pepper to taste
- 1 tablespoon ketchup
- ½ cup pitted calamata olives, quartered
- 1 tablespoon capers, drained
- 1 pound marinara sauce (can be store-bought if good quality)
- 2 tablespoons fresh basil, minced
- Parmesan cheese

**STORY OF RECIPE**

Simple and quick recipe I came up with years ago and have been perfecting and modifying it throughout the years. Always been a crowd pleaser every time I make it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 7min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Andre Gordon	United States	53	4

TITLE

## CAPELINNI WITH LEMON-GARLIC SHRIMP



### INGREDIENTS

1 lb. extra-large (26 to 30 per pound) shrimp, peeled and deveined  
 Kosher salt  
 Black pepper  
 1 lemon  
 2/3 lb. dried capelini pasta  
 2 Tbs. unsalted butter  
 4 large cloves garlic, coarsely minced  
 1/4 to 1/8 tsp. crushed red pepper flakes  
 1/4 cup dry white wine, such as Pinot Grigio  
 8 oz mascarpone cheese  
 2 Tbs. thinly sliced chives

### INSTRUCTIONS

Finely grate 1-1/4 tsp. of zest from the lemon and squeeze 2 Tbs. of juice. Toss the shrimp with 1/2 tsp. of the zest and 1/4 tsp. each salt and pepper.

Bring a large pot of well-salted water to a boil over high heat. Cook the capelini in the boiling water according to package directions until al dente. Reserve about 1/2 cup of the cooking water and then drain the pasta.

While the pasta is cooking, melt the butter in a 12-inch skillet over medium-high heat until the foam subsides. Add the garlic and red pepper flakes and cook until the garlic just begins to brown, about 1 minute or so. Add the shrimp and cook until just opaque, about 2 to 3 minutes. Add the wine and lemon juice, bring to a boil, and cook until slightly reduced, 1 minute.

Add the drained pasta, mascarpone, add. Toss well, adding 1/4 cup of the cooking water or more if needed, until the pasta and shrimp are coated and the sauce looks creamy. Toss in the remaining 3/4 tsp. lemon zest and the chives and serve.

The trick here is to try to finish cooking the pasta at the same time you finish cooking the sauce, so the mascarpone cheese will melt in the heat of both the pasta and the sauce and you won't need to add any cooking water to make it creamy.

### STORY OF RECIPE

I found this recipe years ago and changed a couple of ingredients and/or quantities throughout the years. It's fast, easy and delicious.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 8min

COOKING TIME  
 > 8min

NAME

Xin Wang

FROM

China

AGE

23

SERVES

2

## TITLE

**FERMENTED RED RICE W. PORK/VEGGIES**

The Internet

**INGREDIENTS**

- 150 g of pork (preferably fatty), shredded
- 1 small zucchini, bamboo shoot or other veggies, shredded
- 2 clove garlic, minced
- 1 1/2 tbsp fermented red rice lee
- A dash of salt
- A tsp of sugar
- Water (just barely enough to simmer ~ around 1/2 cup to 1 cup, depending on size of wok/pan)

**INSTRUCTIONS**

1. Heat wok or pan to high heat.
2. Add a tsp of vegetable oil if using lean pork (less if using fatty pork).
3. Once heated, add pork into wok/pan and cook until grease forms.
4. Add shredded vegetables.
5. Pushing pork and vegetables to the side, add minced garlic to the center and cook until aromatic.
6. Add fermented red rice lee and cook until aromatic.
7. Add just enough water to simmer meat and vegetables. Add salt/sugar or chicken bouillon to the water.
8. Simmer with lid for around 10 minutes, until sauce thickens.
9. Add more sugar or salt, adjusting to taste.
10. Serve hot with white rice.

**STORY OF RECIPE**

Dishes seasoned with fermented red rice lees (byproduct of rice wine fermentation) is native to the Fujian province in China. I loved this dish as a child and still do!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 15min

NAME

Tim

FROM

Germany

AGE

42

SERVES

4

## TITLE

**FINKENWERDER SPEKSCHOLLE (PLAICE)**

## INSTRUCTIONS

Wash the plaices, slightly cut the fins with a scissor. Drip plaices with lemon juice, season with salt and pepper and turn in a little bit of flour. Tap of loose flour.

Cut the bacon in small cubes and bake out in a pan, take out the crisp bacon cubes and hold warm. Divide bacon fat in 2 pans, add the butter, bake the plaices golden brown from both side.

Serve fish with the wide side to the top, Sprinkle bacon cubes and fine chopped Italian parsley. Add Lemon splices to the serving.

Does very well with slightly warm potato salad.

## INGREDIENTS

- 4 European Plaice(s)
- Juice of 1 Lemon
- Salt, Pepper from Mill
- Flour for turning over
- 200g Bacon in 1 Piece
- 100g Butter
- 1 Bunch Italian Parsley
- Lemon Slices

## STORY OF RECIPE

Finkenwerder is an island in the Elbe River, in the past a fishers village supplying Hamburg with fresh fish from the north sea - most of them european plaice.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE

## PREPARATION TIME

&gt; 15min

## COOKING TIME

&gt; 15min

NAME	FROM	AGE	SERVES
Christine Karnitz Alexander	USA	59	6

**TITLE**

## CHOW MEIN HOT DISH

**INSTRUCTIONS**

1. Preheat oven to 350 degrees.
2. Brown hamburger and onion in stovetop skillet. Drain off grease.
3. Add remaining ingredients EXCEPT chow mein noodles. Only add 1-1/2 cups noodles to dish. Reserve 1/2 cup for later. Stir ingredients together.
4. Place in oven casserole dish. Cover and bake for one hour at 350 degrees.
5. Add reserved 1/2 cup chow mein noodles on top and continue baking uncovered for 15 minutes.
6. Serve with more noodles and soy sauce at the table.

**INGREDIENTS**

1 pound hamburger  
1/3 cup diced onion  
2 cups water  
1 cup diced celery  
1 can Campbell's cream of mushroom condensed soup  
1/2 cup raw rice  
1 can Campbell's chicken rice condensed soup  
4 tablespoons Kikoman soy sauce  
2 cups La Choy chow mein noodles  
Optional ingredients:  
Small can water chestnuts, drained  
Small can sliced mushrooms, drained

**STORY OF RECIPE**

In 1971 Grandpa died and a neighbor brought this dish to wake. I got the recipe from her. My children and grandchildren love this dish and it is requested frequently.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 75min

NAME  
llcgcj@hotmail.com

FROM  
England

AGE  
27

SERVES  
2

TITLE

## REAL CHICKEN NUGGETS

Mr C Nugget



INSTRUCTIONS

- 1 - Heat oven to 220C/200C fan/gas mark 7
- 2 - Put the mayonnaise into a large bowl with the chicken and stir well so the chicken is coated.
- 3 - Mix the breadcrumbs and Weetabix with some seasoning.
- 4 - Coat the chicken with the crumb mix.
- 5 - Spread out chicken pieces onto a baking tray and bake for 10 mins until tender.
- 6 - Devour with side dishes!

INGREDIENTS

- 2 tbsp mayonnaise
- 2 skinless chicken breast fillets (cut into chunks or fingers)
- 25g fresh breadcrumbs
- 25g crushed Weetabix

STORY OF RECIPE

Instant favourite as soon as I tried.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Arber Pacarada	Kosovo	41	4

TITLE

## BRUNCH KOSOVO STYLE



Arber Pacarada

### INGREDIENTS

- 2 Sweet red peppers
- 250 gr White salad cheese or feta cheese
- 75 ml Cream or creme fraiche
- 4 Eggs
- 4 Large tomatoes
- 150 gr Olives (any kind)
- 4 Thick slices of fresh rustic bread
- Olive oil

### STORY OF RECIPE

Traditionally in Kosovo, peppers are an important part of the diet. Peppers are prepared in many ways; pickled, fried, grilled, filled etc. By far this is my favourite.

### INSTRUCTIONS

Cut tomatoes into bite size pieces, mix them with olives in a bowl with some olive oil and set aside. Also cut the bread into thick slices and leave it ready to serve.

Cut peppers into 2 cm squares. Drizzle a bit of olive oil in a non stick frying pan and fry the peppers for up to 10 minutes or until they start to get chargrilled.

In the meantime, crumble the cheese into a bowl, add the cream and the eggs. Mix well and once the peppers are done add the mixture into the pan. Reduce the heat to medium and cook until the eggs are thoroughly cooked.

Serve it on the bread with the tomato salad on the side.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 15min

NAME	FROM	AGE	SERVES
Christopher Sass	USA	24	6

TITLE

## "GYRO STYLE" LAMB BURGERS



### INGREDIENTS

*Burger Ingredients:*

1.5 lbs ground lamb  
 1/2 Teaspoon - Ground Cumin  
 1/2 Teaspoon - Ground Coriander  
 2 Teaspoon - Lemon Juice  
 3 Cloves of Garlic (minced)  
 2 Teaspoon - Dijon Mustard  
 1/8 Teaspoon - Black Pepper (freshly ground)  
 1/2 Teaspoon - Red Pepper Flakes  
 1/2 of one large onion finely sliced.

*Tzatziki Sauce Ingredients:*

16 ounces - Plain Yogurt  
 2 Cucumbers  
 2 Tablespoons - Olive Oil  
 Juice of 1/2 a lemon  
 1 Tablespoon - Fresh Dill (Chopped)  
 3 Cloves Garlic (Minced)  
 1/2 Teaspoon - Salt  
 1/2 Teaspoon - Pepper

### INSTRUCTIONS

*Burger Instructions*

- 1) In a large mixing bowl combine all ingredients and mix until well combined.
- 2) Form lamb burger mixture into uniform patty sizes. Make 6 large burgers or make 12 small "slider" burgers. The important thing is to pick a size and stick to it so that as they cook they complete at the same time.
- 3) Grill patties to your preferred doneness. While I like a beef burger done medium rare I have found that I prefer these to be cooked medium as the flavors seem to develop more. Feel free to experiment!
- 4) Let burgers rest and serve them on a bun of your choosing with a topping of Tzatziki sauce. I recommend a hearty pretzel bun.

*Tzatziki Sauce Directions*

- 1) Peel, Seed, and roughly dice the cucumbers.
- 2) Put all ingredients into a blender and blend until smooth.
- 3) Chill for one hour before serving.

### STORY OF RECIPE

Boss bought a lamb and had it butchered as a gift. We opted to try lamb burgers w/ "gyro style" seasonings and they were a hit. Tzatziki sauce not optional!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 90min

COOKING TIME  
 > 10–20min

NAME	FROM	AGE	SERVES
Caroline Vidican	United Kingdom	67	6

TITLE

## GOAT'S CHEESE AND HONEY TART



Jacques Vidican

### INGREDIENTS

one 26cm round of pre-rolled good quality all butter puff pastry  
2 large onions  
1 pot of thick cream or crème fraîche  
a jar of sundried tomatoes  
1 log fresh goat's cheese (for once it doesn't have to be the finest quality), cut into slices to make rounds  
1 tbs runny honey  
salt, pepper  
a little white wine  
a little olive oil  
1 tsp fresh thyme (optional)

### INSTRUCTIONS

Pre-heat the oven to 180°C.

Peel and chop the onions, fry in a tbs olive oil until they start to colour. Add a tablespoon of dry white wine and a teaspoon of the honey and cook until caramelized.

Line a tart dish with the puff pastry, prick all over with a fork, and put into the hot oven for 5 minutes.

Spread the caramelized onion evenly over the bottom of the tart, then a thin layer of cream. Add salt and pepper to taste. Cut the goat's cheese into slices and spread them over the cream in a symmetrical pattern, leaving room in between for about 6 sundried tomatoes.

Drizzle the rest of the honey over the cheese (maybe avoiding too much on the tomatoes, it tends to make them burn a bit during cooking).

Top with a tsp very fresh green thyme leaves if you choose to use them, but don't use dried.

Put the finished tart into the oven for 20-25mins. Leave to cool 5 mins before serving with a green salad and white wine, which goes exceptionally well with goat's cheese.

### STORY OF RECIPE

A recipe I invented for my food and language blog  
<http://onefrenchword.wordpress.com>

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 30min

NAME

Beth Lewis

FROM

UK

AGE

57

SERVES

4

## TITLE

**POSH POACHED CHICKEN BREASTS****INGREDIENTS**

- 4 skinless, boneless chicken breasts
- 1 small leek
- 75g dried Morel mushrooms
- 1 litre stock (vegetable or chicken)
- 1 beefsteak tomato
- spring onion (scallion) green only (about 3 heaped tablespoons)
- 1 tablespoon truffle oil
- 2 tablespoons sherry vinegar
- 3 tablespoons Greek extra virgin olive oil
- 3 large courgettes (zucchini), cut on the diagonal
- 3 medium floury potatoes
- 1 tablespoon clarified butter
- Salt and pepper

**STORY OF RECIPE**

Chicken breast can be boring and often dry. I have adapted this technique, learnt at Mossiman's cookery school, over the years. It always delivers on moistness and flavour and looks great.

**INSTRUCTIONS**

- Cut the leek into 2cm pieces and blanch
- Plunge into iced water to cool
- Dry on sheets of kitchen paper and separate into sheets
- Rehydrate the dried morels with warm water
- Drain and discard the mushroom liquor
- Plunge the tomato into boiling water for 30 seconds to a minute until the skin starts to peel
- Drain, skin and deseed
- Chop the flesh into 0.5cm squares and put aside
- Finely chop the spring onion greens and add to the tomato
- Add the vinegar and the oils and mix thoroughly
- Season with salt and pepper
- Cut the chicken breasts almost in half (butterfly them)
- Place between 2 sheets of greaseproof paper & gently flatten with a rolling pin until they are equal thickness throughout
- Place each piece of chicken in the centre of a sheet of cling film that is approximately 4 times the size of the butterflied breast
- Season with salt and pepper
- Cover with the leek sheets and place the morels in the middle
- Roll up the breast into a sausage as you would a roulade, using the cling film to tightly pack the meat and ensure no air is trapped inside.
- Knot the ends of the clingfilm to secure and you will have what looks like a traditional Christmas Cracker
- Poach the sausages in the gently simmering stock for 10 – 12 minutes, depending on size
- Remove from the pan and leave to cool
- Discard the stock
- When the chicken is cool enough to handle, remove the cling film
- Boil the potatoes (quartered) in salted water until soft and starting to flake
- Drain and keep warm
- Saute the sliced courgettes in the butter until golden brown and remove from pan
- Quickly pan fry the chicken breasts in the butter until golden brown
- Remove from the pan and let it rest for a few minutes
- Slice into diagonal slices and serve with the vegetables
- Pour the dressing over the potatoes and chicken breast
- Season to taste.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Anthony Dalesandro	USA	70	4–6

TITLE

## QTMLD PASTA FAGIOLI



Wikimedia

### INSTRUCTIONS

Brown garlic in olive oil  
add tomatoes  
add tomato paste  
add 1 cup of water  
cook for 1 hour  
(if too thick add more water)  
add beans and cook for ten minutes  
cook pasta according to package directions  
mix together and serve  
Serve with some crusty Italian bread

### INGREDIENTS

2 cans great northern white beans  
1 28oz can ground tomatoes  
1/2 cup tomato paste  
2 tea salt  
1 tea black pepper  
2 cloves garlic chopped  
1 lb ditaline or elbow pasta  
4 tbl olive oil  
1 cup water

### STORY OF RECIPE

This recipe was served in Coloramele Italy and brought to USA in 1920. QTMLD has enhanced the recipe and it is her most famous dish.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Mugo Muna

FROM

Kenya

AGE

24

SERVES

4

## TITLE

**MUGO'S SIT DOWN, SHUT UP LENTILS****INSTRUCTIONS**

- 1) Chop onions, tomatoes, and carrots.
- 2) Place oil and onions into pot at medium heat. Stirring to stop onions from burning
- 3) Once onions are golden brown, add in carrots.
- 4) Once carrots are tender, add in the remaining ingredients.
- 5) Bring the pot to a simmer, stirring occasionally. Dish is ready when lentils are soft, about 20 minutes.

**INGREDIENTS**

- 2 Onions
- 3 Tomatoes
- 2 Carrots
- 2 tbsp Vegetable Oil
- 1 cup Lentils
- 2 cups Water
- 1 vegetable stock cube
- 1 tsp Garam Masala
- 2 tsp Curry Powder

**STORY OF RECIPE**

I describe myself as a cheap-o-tarian (I don't cook meat but will eat it if available). This recipe came out of me using the usual spices on a new base.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20min

NAME

Josh

FROM

USA

AGE

28

SERVES

8–12

## TITLE

**VOLGA GERMAN BIEROCKS****INGREDIENTS***For the filling:*

- 1 lbs. ground beef
- 1/2 medium onion, chopped
- 1/2 head cabbage, chopped
- Salt and pepper to taste

*For the dough:*

- 4 1/2 cup all-purpose flour
- 1 1/2 cups warm water
- 1 package active dry yeast
- 1/2 cup sugar
- 1 tsp salt
- 3 tsp shortening

**INSTRUCTIONS**

Combine water, sugar and yeast in a bowl and let sit for 10 minutes. In another bowl, cut shortening into flour, add salt, then add water and yeast mixture. Knead the dough for 6-10 minutes until it becomes smooth. Place the dough in a lightly oiled bowl and let rise for about an hour.

Brown the ground beef, and drain the grease. Add onions and cabbage, stir and cook for about 15 minutes.

Separate dough into 2-3" balls, roll each to about 1/4" thick. Add 3-4 tablespoons of meat filling to the center of the dough. Seal by bringing four sides of the dough together over the filling and pinch together. Bake for 15-20 minutes at 350 degrees or until golden brown. Dig in or cool on baking rack to freeze for later.

**STORY OF RECIPE**

This is my grandmother's recipe that I still make. She used to make them when I was a kid, and I still do it the same way.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Patrick Wilhelm	Germany	45	2-4

TITLE

## PAT'S PINK OCTOPUS RISOTTO



### INGREDIENTS

1 octopus (1-1,5 kg)  
200 g king oyster mushrooms  
0,5 garlic  
1 chili  
handfull Italian parsley  
1-2 bay leaves  
1 lemon  
1 teaspoon fennel seeds  
250 g risotto rice  
0,4 l white wine (dry + fruity)  
2 teaspoons smoked paprika  
sea salt  
hot water  
butter  
olive oil

### INSTRUCTIONS

- 1 Sauté: chopped lemon skin, chili and parsley stems in 2 tablespoons olive oil in a heavy frying pan.
2. Remove head and beak of the octopus, divide it into 8 parts. Add it with 1-2 bay leaves to the pan. Reduce heat, cover pan and simmer until tender (around 60-90 min).
3. Chop mushrooms and garlic into slices. Mince the parsley.
4. Remove the octopus. Chop it into mouthful bits. Cast the octopus stock through a sieve and put it aside.
5. In a saucepan melt: 1 tablespoon butter in 1 tablespoon olive oil. Add fennel seeds and rice. Stir until rice is translucent. Add some wine and stir. If wine is almost gone add more. Follow with the octopus stock and some hot water. Cook until the rice is al dente. Add 1 tablespoon butter.

*Parallel:*

6. Heat in pan: 2 tablespoons olive oil. Add garlic. Sauté until brown. Remove it from pan. Add mushrooms and smoked paprika. Stir until ready. Add octopus and reduce heat.
7. Mix octopus/mushrooms with rice, roasted garlic and parsley. Add sea salt and lemon juice to taste.
8. Enjoy.

### STORY OF RECIPE

One of my all-time favorite dishes. My family hates the look of the octopus tentacles which leaves everything for myself :-)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 120min

NAME	FROM	AGE	SERVES
Niall McConnell	United Kingdom	22	4

TITLE

## ST DAVIDS CHICKEN



### INSTRUCTIONS

1. Dice bacon and slice leek
2. Melt butter in a large frying pan or wok. Add chicken and bacon and fry for 10 minutes turning frequently
3. Add leek. Stir in honey and stock. Season to taste. Reduce heat and simmer for 20 minutes or until the chicken is cooked
4. Adjust seasoning and stir in parsley
5. Remove chicken from pan with slotted spoon. Cut each piece diagonally into four and fan out on a serving plate.

(Ideally served with potatoes)

### INGREDIENTS

- 4 boneless chicken breasts, approx 100g
- 100g smoked back bacon
- 1 large leek
- 50g butter
- 2 tbsp clear honey
- 150ml chicken stock
- 1 tbsp chopped parsley

### STORY OF RECIPE

This a recipe from an old recipe book, which my family have kept hold of as it's a favourite of ours.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Lynn Walters

FROM

USA

AGE

SERVES

4–6

## TITLE

**LLAPINGACHOS WITH RED CHILE SAUCE**

Drawing by student in Santa Fe, New Mexico

**INGREDIENTS***Llapingachos*

- 4 ounces grated mozzarella or Monterey Jack cheese
- 2 pounds russet or other baking potatoes, boiled and cooled
- 2 green onions, washed and thinly sliced
- 2 tablespoons chopped parsley
- 1½ cups corn kernels, fresh or frozen
- ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Vegetable oil for griddle

*Red Chile Sauce*

- 3 garlic cloves, minced
- 2 tablespoons butter
- 2 tablespoons unbleached white flour or masa harina de maiz
- ½ cup mild red chile
- 2¼ cups water
- ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon dried oregano

**INSTRUCTIONS***Llapingachos*

1. Make the Llapingachos: Peel the potatoes and put them into a large bowl. Use a potato masher to mash the potatoes. Add the grated cheese, green onion, parsley, corn, salt, and pepper. Stir until well combined. Make potato patties using ¼ cup of the potato mixture for each patty. Flatten the patties so that they are about ½-inch thick.

2. Cook the patties on a hot, well-oiled griddle for 8 to 10 minutes, until they are browned on both sides and heated through. Remove from the heat and serve.

*3. Make the Red Chile Sauce:*

Put the garlic and butter into a saucepan over medium heat. Cook for about 30 seconds, stirring often until the butter is melted and the garlic is fragrant, but not brown. Add the flour, or masa, if using, and cook for about 1 minute, whisking constantly. Whisk in the chile and cook only until fragrant. Be careful not to burn the chile or the sauce will be bitter.

4. Slowly add the water, a little at a time, stirring constantly. Bring to a boil. Add the salt, pepper, and oregano. Reduce the heat to low and simmer for about 20 minutes, uncovered (adding water if needed) until the foam disappears (this will bring out the spicy-sweet flavor) and the sauce thickens. Remove from the heat and ladle over llapingachos.

**STORY OF RECIPE**

Llapingachos ("œYA-PING-GA-CHOSE") is a traditional potato dish from Ecuador, often topped with a fried egg and spicy peanut sauce. We like to serve them with New Mexican red chile sauce.

 STARTER BAKING VEGETARIAN MAIN COURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

NAME	FROM	AGE	SERVES
Alyssa Vallecorsa	USA	34	8

TITLE

## ORIENTAL CHICKEN



swankyprecipes

### INGREDIENTS

- 1 tsp butter
- 1 onion, diced
- 3 celery stalks, diced
- 1 can chicken and rice Soup
- 1 can ham, diced
- 1 can cooked chicken, shredded
- 1 cup cooked jasmine rice
- 1 pkg frozen broccoli
- 2 tbsp soy sauce
- 1 tbsp cornstarch
- 1 cup boiling water
- 2 pkgs puff pastry cups

### INSTRUCTIONS

Preheat oven to 400 degrees. Arrange pastry cups on a baking sheet. Bake for 30 minutes or until puffed up and golden brown. Allow to cool completely. Remove lid from cups and save. Remove doughy insides of cups and discard.

Warm skillet to medium high. Sauté butter, onion and celery until onion and celery are clear. Add to skillet the chicken and rice soup, ham, chicken, rice, broccoli and soy sauce. Mix thoroughly. Dissolve cornstarch in boiling water. Stir into skillet. Mix gently as not to break up the vegetables. Simmer on low for 45 minutes.

To serve, place a heaping spoonful of the chicken mixture into each pastry cup. Allow the mixture to overflow. Place the pastry cap for each cup on top of the mixture.

Enjoy!

*Cooking notes:*

There are many variations to this recipe. Add or subtract any ingredient that you may like. Try using broccoli florets instead of chopped broccoli, adding more chicken and rice, as well as mushrooms, corn and carrots for a more vegetable rich mixture.

### STORY OF RECIPE

This recipe is from a magazine clipping given to my mother, from my father. It can be altered to add or subtract ingredients to taste...it's a hit!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 45min

NAME

batu

FROM

Italy

AGE

26

SERVES

2

## TITLE

**TAGLIOLINI WITH MUSHROOMS**

Iario

**INGREDIENTS**

- 200g of durum wheat flour (farina di semola)
- 2 medium eggs
- 200g of fresh mushrooms (don't use dried mushrooms)
- A tuft of parsley
- A tuft of chive
- A big onion or a leek (about 250g)
- 2 cloves of garlic
- A couple handfuls of breadcrumbs
- 4 tbsp of white wine
- 3-4 tbsp of milk
- Olive oil
- Fine salt
- Coarse salt

**STORY OF RECIPE**

It's a typical Italian recipe I always made with my father when I was a child after we went in the wood looking for mushrooms.

**INSTRUCTIONS**

Pour the flour in a bowl or on the table and make a well in the center of it, add into the well 2 tbsp of oil and the 2 eggs. Gradually mix the egg into the flour with a fork.

When become to hard blend in more flour, stop with the fork and have fun with hands.

The dough must be smooth, not sticky and firm. If it feels to stiky, add a little more flour; if it feels to dry, wet your hands and keep knead.

When the dough is ready let it stand for half an hour in a bowl covered with a wet towel. (The dough will be more elastic after resting)

Roll out the dough with a rolling pin or a pasta machine 2mm thick, then if you have a pasta machine you can use it to make tagliolini, otherwise spread some flour on the sheet and roll it. Cut the roll into thin slices (2mm) with a sharp knife.

Spread tagliolini on the table unraveling the slices with some flour (the flour avoid to stick tagliolini together).

Dice the onion, mince the garlic and chop in medium pieces the mushrooms.

(I use chanterelle mushrooms but porcino is also good)

Heat 5 tbsp of olive oil in a pan over medium heat, drop in onion and garlic stirring time to time; when onion become gold add mushrooms, a pinch of fine salt and let cook for about 5 min.

Rise the heat to high and pour in the wine; when it's completely evaporated turn the heat to low and add breadcrumbs, milk and cook for a minute.

Pour 3-4l of water in a pot, a tbsp of coarse salt and cover with a lid. Only when the salty water is boiling add the tagliolini and let cook for about 4-5 minutes stirring carefully time to time.

After 4 min taste the pasta, if it seemed good drain it with a colander, otherwise let cook for another minute.

Mix tagliolini with the mushrooms sauce, spread with a tbsp of minced parsley, a tbsp of minced chive and a few drops of olive oil.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 60min

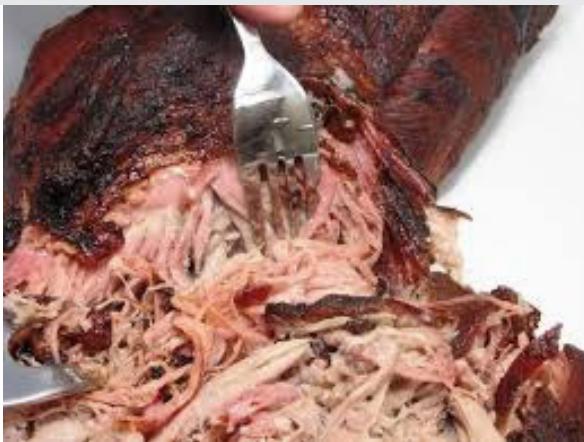
**COOKING TIME**

&gt; 30min

NAME	FROM	AGE	SERVES
Andy Mackenzie	UK	43	10

#### TITLE

## PULLED PORK WITH SPICY MOP SAUCE



Wikimedia

#### INGREDIENTS

Pork shoulder - large joint, the more fat the better  
 Marinade  
 Turmeric  
 Ground ginger  
 Onion salt  
 Paprika  
 Dried chilli seeds  
 Shallots  
 Molasses  
 Cider vinegar  
 Mop sauce  
 Cider vinegar  
 Molasses  
 Tomatoes ketchup.

#### INSTRUCTIONS

Soften the finely chopped shallots then add the other ingredients to the marinade, this should have a heat, as it calms down when you cook it.

Marinade the pork shoulder overnight in a large sealed bag. Pat the skin dry and cover the skin in spices and paprika. Place the meat in either a hot smoker or oven on a low heat. Cook for least 8-10 hours on a low heat. Once the meat starts to 'colour' syphon off the juices.

Cook the molasses sugar and cider vinegar with tomato ketchup, add paprika and chilli seeds for heat add in the meat juices and bring to the boil. Put aside enough for a sauce pour back into the empty ketchup bottle, and use the rest on the meat.

Use the 'mop' sauce over the meat, smothering the meat while it cooks, redo this over the cook time until the meat relaxes and start to pull part easily.

Once cooked pull apart with 2 forks and serve on a roll with a home made coleslaw.

For best results cook slowly not too hot, and ideally cook in an outdoor smoker for a rich red meat that melts in your mouth!

#### STORY OF RECIPE

Originally I cooked this in an oven, I was then given a smoker for Christmas and I have never looked back.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 600min

NAME	FROM	AGE	SERVES
Ben Glazebrook	United States of America	30	6–8

**TITLE****MAMIE'S RICE****INSTRUCTIONS**

Mix the rice, french onion soup, and beef consomme together in a loaf pan. Put 1/4 stick of butter in center of mixture. Bake at 350°F

for 1 hour. Stir before serving.

**INGREDIENTS**

- 1 cup converted rice
- 1 10½ oz can of french onion soup
- 1 10½ oz can of beef consomme
- ¼ stick of butter

**STORY OF RECIPE**

This is a recipe my grandmother used to make me and is still one of my favorite dishes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 5min

**COOKING TIME**  
> 60min

NAME

Miles

FROM

United States

AGE

34

SERVES

4–6

## TITLE

**EASY ALL PURPOSE SHREDDED CHICKEN****INSTRUCTIONS**

Place chicken in a slow-cooker or crock-pot with the chicken broth and seasonings of choice, and cover. Let cook for 4 hours on high or 8 hours on low (recommended). After cooking, remove chicken from the crock-pot with a fork, and place on a cutting board. When cool enough to handle, shred chicken with 2 forks, (it will practically fall apart, which makes it super easy!) Place chicken in a covered container, and use in recipes throughout the week that call for shredded chicken!

**INGREDIENTS**

- 4 Chicken breasts
- 2 Cups Chicken stock (or 2 chicken bullion cubes + 2 cups water)
- Optional: Salt and pepper to taste, 1 pkt stevia, 1/4 tsp garlic powder, Oregano, Black Pepper, or any other seasoning of choice

**STORY OF RECIPE**

The chicken is moist, flavorful, and so easy to shred. You'll have chicken that's ready for chicken sandwiches, salads, or perfect to use in any recipe that calls for chicken!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 240min

NAME	FROM	AGE	SERVES
Geoffrey Englebach	United States	30	3–5

#### TITLE

## ROASTED CHICKEN AND AWESOME GRAVY



#### INSTRUCTIONS

1. Preheat the oven to 425
2. Pat dry the chicken then sprinkle liberally with salt, pepper and garlic powder.
3. Cut up the stick of butter and cover the chicken with the slices, making sure to put a few pieces inside the bird.
4. Bake at 425 for 30 minutes, then lower the temperature to 375. Cook for an additional 10 to 15 minutes per pound or until it reaches a temperature of 165.
5. Set aside about 2 table spoons of the saké to make a flour slurry with. Use the rest to deglaze the pan once the chicken is done cooking.
6. Stir in the slurry, and seasonings. Reduce to desired thickness.

#### INGREDIENTS

The chicken  
1 3 to 5 pound chicken  
1/2 cup butter (one stick)  
Salt  
Pepper  
Garlic powder  
The gravy  
2 cups saké  
2 table spoons flour  
2 table spoons garlic powder  
1 teaspoon pepper

#### STORY OF RECIPE

This is a family favorite. It also works great on the grill!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 120min

NAME	FROM	AGE	SERVES
Martin Monnier	United Kingdom	25	4

TITLE

## TARTIFLETTE



### INGREDIENTS

1 kg of potatoes (I recommend baby potatoes)  
2 onions  
1 table spoon of butter  
1 table spoon of oil  
200 grams of lardons  
50 ml of fresh cream  
Optional : 15-20 cl (1 wine glass) of dry white wine from Savoie, France (Apremont or Roussette de Savoie to your liking)

1 reblochon, the most important part of the recipe.  
Take a “fermier” (literally “from the farm”, identified by a green tag on the skin of the cheese, it means that it was made from the non pasteurised milk of a single herd of cows in the same farm) or “laitier” (identified by a red tag on the skin of the cheese, made from the mix of the pasteurised (or not) milk of several herds in an industrial process).

### STORY OF RECIPE

In “Haute-Savoie”, France, people are making the “pela des Aravis” for a long time. This meal was prepared in a very long handled pan called “p<sup>a</sup>la”, looking like a shovel.

### INSTRUCTIONS

In the 80s, the syndicat of reblochon production decided to create a recipe to make the cheese more popular. They modified the ancient péla recipe and they called it Tartiflette, here is the recipe :

- 1\* Peel the potatoes and put them to cook in salted water for 20-25 minutes.
  - 2\* Meanwhile, peel and slice the onions and fry them in a tablespoon of butter and a tablespoon of oil. When they become translucent, add the bacon and brown everything for 2-3 minutes. In the last minute, add half of the fresh cream (optional : and half of the glass of wine) to the mix in the pan. Reserve.
  - 3\* Drain the potatoes when you can stick a knife in it without resistance. Let cool for ten minutes before slicing it.
  - 4\* Butter a gratin dish widely. Add successively then a layer of sliced potatoes, a layer of cream and a layer of bacon / onions until you have used all ingredients.
  - Optional 4.5\* Spread the rest of wine over the ingredients.
  - 5\* Cut the Reblochon in half lengthwise and place the halves on the ingredients, crust upwards. Allow to brown about 20-30 minutes (depending on the ovens) thermostat 7-8 (210 - 240° celsius) in a pre-warmed oven. Tartiflette is perfect when Reblochon is completely melted and crust golden brown.
- Eat with a salad and a glass of Savoie dry white wine. (Apremont or Roussette de Savoie to your liking)

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 35min

### COOKING TIME

> 30min

NAME

Chris Bolton

FROM

United Kingdom

AGE

SERVES

4

## TITLE

**THE BEST FILO PASTRY PIE****INGREDIENTS**

- 400g butternut squash, cut into 4cm cubes
- 2 teaspoons olive oil
- 1 cooked rotisserie chicken
- 1 large leek
- 1 teaspoon cornflour
- 75g soft cheese with garlic & herbs
- 100ml chicken stock
- 50g breaded ham slices
- 40g unsalted butter
- 1/2 pack of Jus Rol filo pastry sheets

**INSTRUCTIONS**

Preheat the oven to 200 degrees C/ gas mark 6. Place the squash in a roasting tin, drizzle over half the olive oil and season. Roast for 30 minutes, turning halfway through cooking.

Meanwhile shred the chicken off of the carcass with a fork.

Heat the remaining olive oil in a pan on a low heat, add the leek and cover, leaving for 12 minutes. Add the cornflour, cheese and stock, then cook, stirring, for a couple of minutes. Add the roasted squash, chicken and ham, then remove from the heat and leave to cool.

Lightly brush some butter on the inside of a 23cm pie dish, and brush over 1 sheet of the filo pastry. Lay the battered pastry sheet across the base of the dish, then layer the rest of the sheets, overlapping the sides to go all around the dish like the spokes of a wheel.

Spoon the chicken mixture into the centre of the pie dish and fold the overlapping filo in over the top of the pie. Brush with melted butter. Bake for 40-45 minutes.

**STORY OF RECIPE**

Discovered by combining left over roast dinner with some of my favourite ingredients. Family favourite.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 25min

**COOKING TIME**  
> 90min

NAME	FROM	AGE	SERVES
Todd Anderson	USA	43	4–6

**TITLE**

## 2X2X2 WHITE BEAN & CHORIZO STEW



**INGREDIENTS**

2 links grilled chorizo sausage (about 1/2 pound)  
 2 tbs Extra Virgin olive oil  
 2 garlic cloves, minced  
 2 cans (approx 15 oz. each) white Canellini beans  
 2 ripe garden tomatoes, or 1 can diced tomatoes  
 2 packed cups of chopped greens - kale works best, but spinach is a good substitute  
 2 tbs grated Parmesan cheese  
 2 cups chicken stock  
 2 tsp Kosher salt - I prefer Omnivore Salt, another Kickstarter funded creation, available from their website at [omnivoresalt.com](http://omnivoresalt.com)  
 Ground black pepper to taste

**INSTRUCTIONS**

Grill chorizo sausages over open flame until plumped and sizzling. Pull off the grill and let rest for about five minutes before slicing into 1/4 inch thick rounds.

In a blender or food processor, add one diced tomato (or half a can of diced tomatoes), half a can of Canellini beans, and one tsp of salt - puree until smooth. Set aside.

Add olive oil to a stock pot and place over medium-high heat. Add minced garlic and diced onion and saute for 3 minutes. Add diced tomatoes and greens and continue to saute until greens are wilted, about 5 minutes more. Stir in bean and tomato puree, chicken stock and remaining white beans and salt, Parmesan cheese, and sliced chorizo, and reduce heat to low. Cover pot and simmer for about 40 minutes, stirring occasionally. Add black pepper to taste.

Ladle into bowls and garnish with parsley, basil or chopped green onion. Enjoy.

**STORY OF RECIPE**

Two of everything - simple math makes for a simple but delicious meal. Hearty and filling, great with a beer on a crisp fall evening.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20min

**COOKING TIME**  
 > 40min

NAME	FROM	AGE	SERVES
Lora Henderson	United States of America	29	4-6

TITLE

## SWEET POTATO HASH



Lora Henderson

### INGREDIENTS

4-5 medium sweet potatoes (about a pound and a half) - chopped  
1 green pepper - diced  
1/2 onion - diced  
Vegetable or Olive Oil  
1 Jalapeno-Cheddar sausage (Eckrich)-sliced  
1/2 cup shredded cheese  
Dash of Cayenne pepper  
Dash of Paprika  
Salt and Pepper

### INSTRUCTIONS

In a large pan that was preheated over a medium heat, fry the chopped sweet potatoes in a bit of oil until they start to soften.

Add the diced green pepper, the diced onion, and the spices to the sweet potatoes and continue to sauté until the vegetables are cooked through. Stir often.

Add the sliced Jalapeno-Cheddar sausage and stir together. Cook for another 5 to 10 minutes, or until the sausage is warmed through.

Sprinkle the shredded cheese on top, cover, and turn down the heat to low.

Serve once the cheese is melted.

### STORY OF RECIPE

I made this up on a variation of home fries.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 40min

NAME

Cameron Carr

FROM

United States

AGE

SERVES

4

## TITLE

**HONEY MUSTARD PRETZEL CHICKEN****INGREDIENTS**

2 cups panko crumbs  
 2 cups pretzel crumbs  
 1/2 cup neutral tasting olive oil  
 1/2 cup Dijon mustard  
 1/3 cup honey (like clover or orange blossom)  
 1/4 cup bottled water  
 3 tablespoons red wine vinegar  
 coarse salt and fresh ground black pepper  
 1 + 1/2 pounds boneless chicken breasts  
 1/2 cup flour, plus more if needed

**INSTRUCTIONS**

1. Preheat the oven to 400° F. Lightly grease with oil a large, non-stick baking sheet or roasting pan. If you don't have a non-stick pan line a regular pan with parchment and lightly grease with oil.
2. In a large skillet over medium heat toast the panko crumbs until lightly golden, stirring constantly. Remove from the pan and allow to cool.
3. In a food processor pulse the pretzels until coarsely ground (small crumbs with some small pretzel pieces) then add them to a medium bowl and mix with the panko crumbs. Wipe the crumbs out of the food processor.
4. Add the oil, mustard, honey, water and vinegar to the food processor and pulse until smooth.
5. Season with salt and pepper. Taste and adjust the flavor to suit your own tastes by adding more mustard or honey.
6. Pound the chicken breasts out to an even thickness using a mallet. Season well with salt and pepper.
7. Pour half of the dressing into a large shallow bowl or dish, put the flour on a large plate and add half the pretzel mixture to a large, shallow bowl or dish (add the remaining half pretzel crumbs to the dish as needed).
8. Working one at a time and using tongs dredge the chicken in the flour then into the dressing allowing excess to drip off then into the pretzel crumbs patting them on if needed. Place on greased baking sheet.
9. Bake 16 - 25 minutes depending on their thickness/size or until cooked through (internal temperature 165 - 174 degrees F.).
10. Let the chicken sit 5 minutes before serving with the remaining honey mustard dressing.

**STORY OF RECIPE**

My wife and I try out a new recipe once a week for our date night, and stumbled upon the Honey Mustard Pretzel Chicken.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Jeffrey M. Lowder	United States	28	4

TITLE

## SOUTHERN STYLE SHRIMPS AND GRITS



Rebecca Crump

### INGREDIENTS

*Grits:*

- 4 cups chicken broth
- 1/2 cup whipping cream
- 1 cup coarse stone-ground grits (or cornmeal if grits aren't available)
- 1 cup grated Cheddar
- Salt and freshly ground black pepper
- 2 tablespoon butter

*Shrimp:*

- 2 tablespoons butter
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- 1/2 pound thick cut bacon
- 1 pound Andouille sausage, sliced
- 2 pounds uncooked large shrimp, peeled and deveined
- 1/2 cup dry white wine
- 1/2 cup flour (or enough to thicken it)
- 1/4 cup Parmesan, for garnish

### INSTRUCTIONS

*Grits:*

In a heavy-bottomed saucepan bring the chicken broth, and whipping cream up to a low simmer. While simmering whisk in the grits and a pinch of salt. Reduce the heat to medium and continue cooking until the grits are soft and have lost their gritty texture, whisking every few minutes for 15 to 20 minutes. If the mixture becomes too thick, add water and continue cooking until absorbed. When cooked add the cheddar and butter and whisk until smooth; Season with salt and pepper, to taste.

*Shrimp:*

Heat a large saute pan over medium-heat. Saute bacon, then add onion and garlic. Saute onions until they are tender and translucent. Add sausage and green peppers. When the sausage has cooked, add butter and shrimp, saute until pink (for about 2 minutes). Add dry white wine. Bring to a simmer, before adding the flour. Turn down heat to low and move ingredients towards edge of saucepan so that there is enough room in middle to whisk the flour into the white wine mixture. This will create a thick roux. As soon as you have all of the flour in the pan, reintroduce the ingredients (shrimp, sausage, peppers, onions, etc.) into the mixture. Be sure that the ingredients are thoroughly covered by the roux. Season with salt and pepper, to taste.

Serve shrimp mixture on top of grits in a large bowl. Garnish with Parmesan cheese. Add hot sauce if you like it spicy (we're partial to sriracha in our house).

### STORY OF RECIPE

Shrimp and grits is a traditional dish in the Low Country of coastal South Carolina. It's traditional breakfast or brunch dish, but can be enjoyed any time of the day!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 25min

NAME

Daniel Gochnauer

FROM

USA

AGE

31

SERVES

1–5

## TITLE

**GRILLED GARLIC CHICKEN ALFREDO****INGREDIENTS**

Chicken Breast (One large per two people will work or one per person)  
 Garlic to taste (fresh is recommended, but garlic chunks in oil will work, granulated garlic can stand in, don't use garlic powder)  
 Olive oil (enough to rub all over the breasts)  
 Penne pasta (or whatever pasta you like)  
 a tablespoon of olive oil for the water to boil (butter will work too but seems a waste)  
 Guinness (a 12 oz. can will work fine)  
 mushrooms (a pound at most unless you really love them)  
 Alfredo sauce (a jar from the store (I like the multi cheese for this recipe) I'm not into the effort to make this sauce myself)  
 Scallions (one bunch is plenty)

**INSTRUCTIONS**

Wash vegetables and mushrooms.  
 Rub the chicken breasts with olive oil and garlic pieces.  
 Add olive oil to the water and bring to a boil, add pasta once boiling and cook for appropriate time.  
 Add Guinness to pan with mushrooms and scallions, cook till tender.  
 Mix in alfredo sauce with mushrooms and scallions then warm.  
 Grill chicken until thoroughly cooked, the garlic should blacken and a slightly toughened skin will form.  
 Remove the chicken from the grill, cut to pieces.  
 Place chicken on top of a bowl of the pasta.  
 Add sauce to taste.  
 Variations that can be fun are to add savory, marjoram, or other spices to the sauce. If you really enjoy heat from your meal adding hot sauce with the Guinness and cooking it into the mushrooms will work well.

**STORY OF RECIPE**

A quick summer meal for you and a friend or two that my brother handed off.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
Clayton Grey	United States	30	2

#### TITLE

## MUSHROOM FRENCH DIPS



#### INGREDIENTS

4 Cups Water  
6 Cloves of Garlic  
1/2 Cup Soy Sauce  
1/4 Cup Red Wine Vinegar  
1 Tablespoon of Vegetable Oil  
2 Tablespoons of Butter  
3 Large Portobello Caps  
1/2 Medium Yellow Onion  
4 Thick Slices of Cheddar Cheese  
1 Seeded Baguette or Similar Bread (at least 12" in length)  
2-3 Tablespoons of Mayonnaise  
1 Splash of Lemon Juice (Optional)

#### INSTRUCTIONS

- Boil the Water in a stock pot with 4 of the cloves of Garlic and the Soy Sauce.
  - Use a very sharp knife to thinly slice your clean Portobello Caps and your Onion.
  - Once the broth is boiling, dump in the Mushroom slices.
  - Preheat your oven to 300° for the Bread.
  - Add the Oil and 1 tablespoon of the Butter to a large pan over medium heat. Add the Onion to the pan and saute until it begins to brown. Stir frequently.
  - Once the mushrooms are limp, remove them from the broth and press gently to remove excess liquid. I use a wok spider for this. Add them to pan with the Onions and continue to saute. Stir frequently!
  - Allow the broth to continue to boil and add the 1/4 cup of Vinegar.
  - Slice your Seeded Loaf down on edge like a hotdog bun. It's not a problem if it splits, but try not to. Place the Bread in the oven to warm it.
  - Mash the remaining Cloves of Garlic and combine them with the Mayonnaise. I recommend a mortar and pestle. Add the splash of Lemon Juice if you have it. Don't forget about the Bread!
  - Once the Mushrooms begin to brown, remove the Bread from the oven and spread the Mayonnaise on it. Next pile the Mushroom and Onion mixture inside and places your slices of Cheese evenly across the length of the sandwich.
  - Use your oven's broiler on high to melt the Cheese to your satisfaction. If you don't have a broiler, just use the oven longer.
  - To finish the dipping "jus", take two small bowls and place a 1/2 Tablespoon of the remaining butter into each. Ladle about 1/2 cup of the broth into the bowls. Mix carefully. Add more broth if you like. Make sure when you dip the sandwich in that it doesn't overflow! ;)
  - Once the Cheese has melted, remove your sandwich from the oven and slice in half. Serve each person one half of the sandwich with a bowl of the "jus".
  - Dip, eat, and enjoy!
- Vegan/Dairy Free: this dish can \*easily\* be made Vegan by replacing the Butter with Margarine and the Cheddar with a good Cheddar substitute. I'd recommend Daiya.

#### STORY OF RECIPE

Three words: vegetarian comfort food. This recipe doesn't make any efforts to taste like meat, and hits all of the decadent flavour notes and textures you want from the dish.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 5–10min

#### COOKING TIME

> 20–30min

NAME	FROM	AGE	SERVES
Lynn Swanson	USA	48	6

TITLE

## TORTELLINI SOUP



Joshua French

### INGREDIENTS

1 bag frozen/dried tortellini, any filling  
8 cups beef stock  
1 Can diced tomatoes  
1 lb Italian sausage  
1 sm. pkg frozen corn  
1 sm. yellow onion, diced  
1 tsp pepper  
4 cloves fresh garlic, minced  
2 tsp fresh basil, finely chopped  
1 tsp oregano  
Shredded Parmesan cheese (optional)

### INSTRUCTIONS

Brown Italian sausage with onion and garlic. Add the spices at this point (you can check toward the end to see if it needs more after pasta is cooked.). Add diced tomato, beef stock and corn and bring to full boil. Add pasta and turn down if necessary (usually between medium and med/hi). Cook for the time listed on the pasta, maybe

slightly more, stirring often to get top pasta down into the mix. Check to make sure seasonings are still good and serve.

*Note:*

Goes well with a green or Cesar salad and garlic bread. Can also add shredded Parmesan cheese if desired. Would also suggest adjusting seasonings to your own taste. I <3 garlic!

### STORY OF RECIPE

I really love soup and will use anything I have on hand to make it. This one turned out really good. My roommates love it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10–15min

COOKING TIME  
> 30–40min

NAME	FROM	AGE	SERVES
Aurora Thornhill	USA	30	4–6

TITLE

## SWEDISH PANCAKES



### INGREDIENTS

- 3 Eggs
- 1/2 Teaspoon Salt
- 1/4 Cup Sugar
- 1 Cup Flour
- 3 Tablespoons Melted Butter
- 2 cups Milk
- 1 Teaspoon Vanilla

### INSTRUCTIONS

Beat the eggs then add dry ingredients. Next, add butter, it will be thick, but it's best to do it this way because the batter will mix better with the wet ingredients and you will avoid globs of flour in your mix. Add the milk and vanilla last, you can add a little more vanilla to taste.

Heat a cast iron Swedish pancake skillet on medium heat and add a dab of butter to each of the depressions. Let the butter melt until bubbly. Ladle a little bit of batter into each depression and flip when the bottoms are golden brown.

If you don't have a Swedish pancake pan, you can use a skillet and spread the batter to the edges to create a large pancake.

Serve with powdered sugar sprinkled on top, lingonberry jam or maple syrup! There's myriad ways to eat Swedish pancakes and they're all delicious!

### STORY OF RECIPE

This is a recipe handed down through generations of Swedish women in my family.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
John Falco	United States	46	6-8

TITLE

## SMOKED PORK WITH BBQ SAUCE



### INGREDIENTS

8-9 lb. Pork Shoulder (I prefer bone-in with fat cap on)  
 Rub (you can tweak based on your preference)  
 8 tablespoons light brown sugar  
 3 tablespoons kosher salt  
 1/2 teaspoon ground black pepper  
 1 tablespoon dried thyme  
 1/2 tablespoon onion powder  
 1/2 tablespoon garlic powder  
 1 tablespoon chili powder (optional)  
 1 tablespoon cayenne powder (optional)  
 9x12 aluminum cooking tray/pan

### STORY OF RECIPE

This is simply as good as it gets and served with cornbread, baked beans, collard greens (steamed with garlic) and coleslaw (cabbage, cucumber and green onion) you cannot go wrong.

### INSTRUCTIONS

*Pork Preparation:*

Tie pork with butcher's twine similar to a roulade  
 In large pot add rub to bottom and place pork fat cap up.  
 Apply 2/3rds of the rub to pork being sure to coat all sides  
 Cover and place in refrigerator for 1-2 hours before cooking or overnight

*Smoker Preparation:*

Fill chimney starter, ignite and add glowing coals to smoker  
 Add water pan (water and apple juice)  
 Add 9x12 aluminum tray (drippings) to lower grate  
 Add upper grate and electronic thermometer  
 lace pork on the upper grate (fat cap up) so it sits above aluminum pan  
 Add temperature probe and be sure not to touch the bone.

Place lid on smoker and adjust vents to maintain temperature (220-240 degrees)  
 Soak cherry chips in water for 30 min and add a handful to smoker (repeat for the initial 2 hours of cooking) and add charcoal as needed throughout the day

*Cooking:*

Cook pork until 170 degrees (I start at 5am and it hits around 2pm)  
 Remove and wrap in heavy duty aluminum foil  
 Add back to smoker until temperature hits 200 degrees  
 Remove from smoker and wrap in several layers of plastic wrap (do not remove foil)  
 Place pork in cooler wrapped with towels for 30 minutes or up 2 hours  
 Remove from cooler and unwrap plastic wrap

CAREFULLY open aluminum foil and pour off any liquid into BBQ sauce (see below) and remove butcher's twine  
 Cut/pull pork and serve (I use a large roasting pan)  
 BBQ Sauce  
 Skim off oil from the drippings pan and add remaining liquid to a sauce pot  
 Add remaining rub and stir over low heat  
 Add 3/4 cup of ketchup (organic) and dried onion flakes  
 Stir continuously and simmer until it thickens  
 Stir in liquid from finished pork and serve

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 120min

### COOKING TIME

> 10-12hr

NAME

Dan Hattersley

FROM

UK

AGE

21

SERVES

3

## TITLE

**DEVILLED CHICKEN****INGREDIENTS**

- 1 tbsp Butter
- 2 tbsp Oil
- 300g Cubed Chicken (or enough meat for 3 people)
- 1 tsp Chilli Powder
- 2 tbsp Lemon Juice
- 1 Onion, sliced
- 2 tsp English Mustard (or similar strong mustard)
- 2 tbsp Worcestershire Sauce
- 1 1/2 tbsp Molasses or Dark Brown Sugar
- 250 ml Water
- Salt to taste

**INSTRUCTIONS**

Meanwhile combine all but the chicken, oil and butter in a bowl and leave to mix.

Heat the oil and butter together in a large heavy bottom frying pan on medium high and cook the meat until browned.

Add the sauce to the pan, heat until boiling then reduce the heat, cover, and simmer for ~30 minutes, or until the meat is tender; add extra water to the pan as needed.

Serve over rice with sour cream.

Vegetarian substitutes can be used, turkey and pork can also be substituted for the chicken with good results. If needs be, the sauce can be thickened with cornstarch or similar.

**STORY OF RECIPE**

The recipe is handwritten on the messiest page of an old blue cookbook, no-one knows where the recipe is from, but we love it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME

Luke Storry

FROM

UK

AGE

18

SERVES

5–6

## TITLE

**SWEET POTATO BALTI CURRY**

http://www.goodtoknow.co.uk/recipes/533995/sweet-potato-

**INGREDIENTS**

- 2 large sweet potatoes (or 3-4 small)
- one can of chickpeas (300g) (ready cooked)
- one can of chopped tomatoes (400g)
- 100g of dried lentils
- one large onion
- one red pepper
- 50g of fresh spinach
- 4 tablespoons of Balti curry paste (or any other paste/powder)
- tablespoon of ghee (or any other cooking oil)
- tablespoon of chopped coriander (to garnish)

**INSTRUCTIONS**

Peel and dice the sweet potatoes into chunks of about 3cm in size. Heat a wok or heavy saucepan over a medium-high heat. Melt Ghee butter in the pan. Throw the potatoes into the pan, and coat in the ghee. Keep stirring the contents of the wok to prevent sticking. Peel and dice the onion and pepper into chunks of about 1cm in size. When the sweet potato starts going golden, turn down the heat to low/medium, and add the onion and peppers. When the onion is almost cooked, turn the heat right down, and add the curry paste and lentils.

After mixing those in well, add the chopped tomatoes and simmer for about 10 minutes. The lentils will soak up the liquids, so if the sauce starts to look dry, add a splash of hot water. Add the chickpeas and spinach and keep stirring. Once the chickpeas are heated through, dish onto plates and top with chopped coriander.

**STORY OF RECIPE**

After cooking this recipe for my family every Friday night for about a year, I found one that was really tasty.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Hilary Jones	United States	25	8

## TITLE

## HERB ROASTED PORK LOIN



## INSTRUCTIONS

Stir together first 11 ingredients in a shallow dish or heavy-duty zip-top plastic bag.  
Prick pork with a fork and place in marinade, turning to coat.  
Cover dish, or seal bag; let pork stand at room temperature 30 minutes, or chill 2 hours.  
Remove from marinade, discarding marinade. Place pork on a rack in a roasting pan.

Bake at 350°F for 50 to 60 minutes or until a meat thermometer inserted into thickest portion of pork registers 160°.

## INGREDIENTS

1/4 cup soy sauce  
1/4 cup Worcestershire sauce  
1/4 cup vegetable oil  
1 tsp. dried thyme  
1 tsp. dried marjoram  
1 tsp. rubbed sage  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. ground ginger  
1 tsp. salt  
1 tsp. pepper  
2 1-1/2 lb. pkg. pork tenderloins

## STORY OF RECIPE

A delicious recipe from my mom, we make it at least once a month. It is even good cold the next day on a sandwich.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

## PREPARATION TIME

> 5–10min

## COOKING TIME

> 50–60min

NAME	FROM	AGE	SERVES
Andrea Gatley	USA	49	8–10

TITLE

## EASY VEGETARIAN CHILI



Andrea Gatley

### INGREDIENTS

2 28 oz cans Petite diced tomatoes  
 2 15 oz cans Black beans  
 1 10 oz can Rotel diced tomatoes and green chilies  
 1 8 oz can Tomato sauce  
 1 12 oz bag Frozen mirepoix cajun style blend  
 1 12 oz bag Boca frozen vegan soy crumbles  
 4 tbsp Chili powder  
 3 tbsp Garlic powder  
 2 tsp Cumin powder  
 Salt and pepper

*Optional:*

Shredded cheddar cheese  
 Diced green onions  
 Fresh cilantro

### INSTRUCTIONS

Add all ingredients to a large crockpot. Salt and pepper to taste. Stir, and cook on high for 4 hours or low for 8 hours.  
 Garnish with shredded cheese, green onions and fresh cilantro.  
 Omit shredded cheese for a vegan chili.  
 Serve with cornbread or crackers.

### STORY OF RECIPE

This recipe is the result of much experimentation, trying for a good vegetarian chili. I think I've succeeded. This chili gets rave reviews from everyone who has tried it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 4–8hr

NAME	FROM	AGE	SERVES
Ann Iona Warner	USA	57	4

TITLE

## TACO CHICKEN



### INGREDIENTS

- 2 cups cheese crackers
- 2 tablespoons taco seasoning
- 4 tablespoons butter, softened
- 1/4 cup shredded cheese or spray-can cheese (cheddar or Mexican blend are good)
- 2 teaspoon chili powder
- 4 boneless chicken breasts

### INSTRUCTIONS

1. In a food processor, blend the cheese crackers and taco seasoning.
2. In small bowl, blend butter, cheese and chili powder.
3. Pound chicken breasts flat.
4. Place 1 tablespoon of butter mixture into center of chicken breast. Roll up the chicken breast, fasten closed with a toothpick and roll in cracker crumbs.
5. Place in cooking dish. Bake at 350 degrees for 30 minutes, or until done.

*Notes:*

1. Place some extra butter in the cooking dish and cover with leftover crumb mix. Makes a delicious topping for noodles.
2. For a quick version, place the butter in the bottom of the cooking dish, bread the chicken pieces and place on top of the butter. Bake as above. Great option to use for chicken ribs for a pot-luck or picnic.

### STORY OF RECIPE

From Albuquerque, New Mexico, Junior League Cookbook. My children grew up loving this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 30min

65%  
OF THE  
RECIPES  
NEED SALT

NAME  
cmeatmidnight

FROM  
USA

AGE  
67

SERVES  
6–8

TITLE

## STEWED CHICKEN WITH POTATOES



INGREDIENTS

Six Chicken thighs bone-in  
Four Chicken breasts bone-in  
One 3-inch diameter onion  
One green bell pepper  
One teaspoon Paprika for color  
Salt and Pepper to taste  
Three or four potatoes  
Salt and Pepper to taste

INSTRUCTIONS

Peel and slice onion less than 1/4 inch thick. Remove stem and seeds from the green pepper and slice in strips less than 1/4 inch thick. Layer thighs skin-side down on bottom of 12 quart soup pot. Layer the onion and pepper on top, salt and pepper to taste. Then layer breasts on top and sprinkle with the paprika. Add one cup of water. Cover pot and put on burner over low flame. When it starts to steam, reduce heat and simmer for two hours. After about 75 minutes, peel potatoes and dice to 1/2 inch size into a small pot with cover. Ladle juice from chicken pot to cover potatoes, salt and pepper to taste and put on burner over medium heat until it boils then reduce heat to simmer stirring occasionally until soft. After all chicken has been eaten, the remaining broth can be strained and used for a soup, adding carrots, celery, etc.

STORY OF RECIPE

Mom, grandmom, great grandmom

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 100–120min

NAME	FROM	AGE	SERVES
Jennifer Roberts	United States	48	6–8

TITLE

## STROMBOLI



### INSTRUCTIONS

Brown the ground beef and diced onions. Add tomato sauce, ketchup, garlic powder, fennel seed, grated parmesan and oregano to the skillet and cook for 20 minutes.

Mix “spicy spread”. Soften butter. Mix butter, paprika, and garlic powder together.

Spread “spicy spread” on upper bun, put ground beef mixture on lower bun, slice of mozzarella on top and wrap in foil.

Cook at 350 degrees for 15 minutes.

### INGREDIENTS

- 1 lb ground beef
- 1/2 cup tomato sauce
- 1/2 cup ketchup
- 1 Tbsp onions
- 1/2 tsp garlic powder
- 1/4 tsp fennel seed
- 2 Tbsp grated parmesan cheese
- 1/8 tsp oregano
- 6 slices mozzarella cheese
- 2 Tbsp butter
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1 Pkg kaiser rolls

### STORY OF RECIPE

This has been a favorite of my family for years. My mother served it whenever the family got together for a weekend getaway.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Robert Jun Kai Ruf	Switzerland	23	4

TITLE

## CHICKEN WITH CASHEW NUTS



### INGREDIENTS

400 g chicken breast  
150 g salted cashew nuts  
50 g ginger  
3 cloves of garlic  
3 tbsp oy sauce  
1 tbsp cognac (or Sherry or Rice wine)  
1 tsp sesame oil  
1 tbsp sunflower or rape oil  
ground pepper

### INSTRUCTIONS

1. Slice the chicken breast diagonally into pieces of about 5 mm thick and put them in a bowl. Marinate the meat in soya sauce, cognac & sesame oil. Grind in some fresh pepper. Mix it well.
2. Peel the ginger and cut it into fine stripes. Peel garlic and chop them finely.
3. Fry the ginger with sunflower or rapeseed oil in a frying pan. Let it fry for about 1 minute and then add in the garlic pieces. Let it fry for another 1 minute.
4. Add in the chicken pieces and keep stirring. Rinse the bowl with approximately 1 decilitre of water and add in the water. Add another 1 decilitre of water into the meat and cover it for 2 minutes
5. When the meat is cooked, add in the cashew nuts, turn off the stove, cover the pan and let it simmer for about 2 minutes.

It goes well with rice and fried mixed vegetable like carrots, cauliflower and broccoli.

### STORY OF RECIPE

This recipe is from my grandmother which lives in Malaysia. With this I want to thank her and my mother for the delicious and easy recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
Kavita Keswani Vansant	United States	51	3-4

**TITLE**

## TOMATO SAUCE MEATLOAF

**INSTRUCTIONS**

In a large bowl combine ground beef, bread crumbs, onion, egg salt and pepper and half can of tomato sauce. Shape into a loaf in a loaf pan or shape into a loaf in a casserole dish.

In a small bowl combine the rest of the tomato sauce, brown sugar, Dijon mustard and vinegar and pour on top of meat loaf.

Bake at 350 F degrees for 1.25 hours. Enjoy!

**INGREDIENTS**

- 1.5 pounds lean ground beef
- 1 cup panko or regular bread crumbs
- 1 small onion, chopped
- 1 8 ounce can tomato sauce
- 1 egg
- pinch of salt
- 1/4 teaspoon ground pepper
- 2 tablespoons brown sugar
- 2 tablespoons Dijon mustard
- 2 tablespoons vinegar

**STORY OF RECIPE**

When my husband and I were first married we did not have much money and this recipe was easy on the budget plus easy to make. Leftovers make great sandwiches!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 75min

NAME

Dennis Heine

FROM

Germany

AGE

37

SERVES

2

## TITLE

**GESCHNETZELTES WITH RICE****INSTRUCTIONS**

Heat the oil in a pot, gently roast the rice, then deglaze it with the water. Add salt. Let it simmer at medium heat with closed lid until the water has boiled away.

Meanwhile, cut the meat in small pieces, heat the other tablespoon of oil in a pan and sauté the meat. When the meat is done, take it out of the pan and keep it warm. Chop up the onion, braise it at medium heat, then deglaze it with the cream. (You can also use some white wine, as you like.) Let it boil up shortly, then salt and pepper to taste. Add the meat and let it infuse for about 5 minutes.

Guten Appetit!

**INGREDIENTS**

- 1 Tablespoon Vegetable Oil
- 1 Cup Rice
- 2 Cups Water
- 1 Teaspoon Salt
  
- 1 Tablespoon Vegetable Oil
- 400 g Meat (pork, turkey or chicken)
- 1 small Onion
- 200 ml cream
- Salt
- Pepper

**STORY OF RECIPE**

Family recipe, one of the first ones that I learned.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Dennis Heine	Germany	37	4

#### TITLE

## JOLLOF RICE



#### INSTRUCTIONS

Cut the chicken to mouth-sized pieces and rub it with the black pepper. Boil the rice. Purée 5 of the tomatoes together with the red pepper (paprika). Heat the oil in a pan and sear the chicken. Take the meat out and keep it warm. Add onions, tomato paste, and the purée and let it simmer for 5 minutes. Stir occasionally. Dice the remaining tomatoes and add them. Crush the crayfish together with the bouillon cube. Season the dish with the crayfish, bouillon cube, chili powder and salt. It should be spicy. Add the rice while it is still firm to the bite. Cook at low heat for 5 minutes, then add the chicken and serve.

#### INGREDIENTS

- 500 g Long Grain Rice
- 500 g Chicken, cut in mouth sized pieces
- 8 fresh Tomatoes
- 70 g Tomato Paste
- 2 Red Pepper (Paprika)
- 2 Onions, chopped
- 1 Bouillon Cube
- 1 cup Vegetable Oil
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Chili Powder
- 1 pinch Salt
- 50 g Dried Crayfish (optional)

#### STORY OF RECIPE

I have learned to love Jollof Rice in Ghana. It's topped only by fried plantaines and beats fishhead-soup hands down.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 25min

NAME	FROM	AGE	SERVES
Scott Miller	Canada		8

TITLE

## FRENCH CANADIAN TOURTIÈRE

<http://alldayidreamaboutfood.com/author/carolyn>



### INGREDIENTS

*Pastry:*

- 2 1/2 cup all purpose flour
- 1/2 tsp fine salt
- 1/2 cup unsalted butter
- 1/2 cup vegetable shortening
- 2 Tbsp lemon juice
- 6 tbsp to 10 tbsp cold water as needed

*Filling:*

- 1 lb. ground pork
- 1/2 lb. ground beef, veal or hare
- 1 large onion, minced
- 2 cloves garlic, chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp summer savoury
- 1/4 tsp of ground cloves
- 1/4 tsp nutmeg
- 1 tsp of cinnamon
- 4 to 6 tbsp bread crumbs

### STORY OF RECIPE

It's been my family's tradition to server this for every holiday meal.

### INSTRUCTIONS

*Pastry*

1. Combine flour with salt. Cut in butter and shortening until mixture is a roughly even crumbly texture. Add lemon juice and water and blend just until dough comes together.

2. Shape into a disc, wrap and chill for 30 minutes. While pastry is chilling, prepare filling

*Filling*

1. Put 1/2 cup water in a sauté pan and quickly bring to a boil. Combine all the remaining ingredients, apart from the breadcrumbs, and stir into the water. Cover, and cook until the meat is done, about 20 minutes. Remove the lid, stir in the breadcrumbs, and continue cooking uncovered until the liquid has evaporated. Check the seasonings, and cool. This can be prepared a day in advance.

4. Preheat oven to 375 °F.

5. On a lightly floured surface, cut dough in half, roll out to just less than 1/4-inch (.5 cm) thickness and line an 9-inch deep dish pie plate. Fill with tourtière filling.

6. Roll out remaining dough, cut a hole in center (for steam to escape) and place on top of filling. Pinch edges of crust together and brush with eggwash. Bake for 40 to 45 minutes, until pastry is a rich golden brown. Let cool 5 minutes, then remove from pan and serve.

Tourtière can be made up to 2 days in advance and reheated in a 300 °F oven.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
Holly Jones	USA	68	4-5

TITLE

## HOLLY'S SALMON PASTA



Holly Jones

### INGREDIENTS

(All ingredients approximate. Adjust to taste. It's a sturdy recipe.)

1 lb good salmon chopped into bite-sized chunks

Juice of one lime

1 lb cut pasta (penne, shells, fusilli etc)

3 tablespoons good olive oil

1 cup chopped red onion

1 cup chopped red bell pepper

3 cloves finely chopped garlic

1 2-oz tin anchovies in oil, chopped

6-8 roma tomatoes chopped

Dried pepper flakes to taste

Parsley for garnish

### INSTRUCTIONS

- Cut salmon into bite sizes, including skin, check for bones, marinate in lime juice, covered, in refrigerator for at least an hour.
- Start water to boil for pasta.
- In large frying pan over medium-high flame, heat oil then sauté onions. After a couple of minutes, add bell peppers. When transparent, add garlic and anchovies. Lower heat to simmer and cover.
- Add tomatoes and pepper flakes to sauce and continue to simmer, covered.
- Start pasta.
- After about 7 minutes on simmer, add salmon and marinade to sauce. Stir and continue to simmer.
- When pasta is al dente, pour pasta through colander and return to pan, lightly dressing with olive oil then stirring.
- Check salmon for doneness and, when ready, add to pasta. Mix gently and garnish with chopped parsley.

### STORY OF RECIPE

This is my husband's recipe. He's my chef. When I tasted it, wow! I requested it again as soon as the leftovers were gone. I usually get what I want.

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 90min

COOKING TIME

> 20min

NAME

Lisa Behnke

FROM

USA

AGE

58

SERVES

4-6

## TITLE

**RED LENTIL AND CHARD SOUP****INGREDIENTS**

- 2 tablespoons olive oil
- 1½ tsp curry powder
- 1 tsp sweet paprika
- ½ tsp ground cumin
- 1 medium onion, halved and cut into thin slices
- 4 large cloves of garlic, sliced
- 1 inch piece of fresh ginger, finely chopped
- 1 medium carrot, finely chopped
- 1 pound of mushrooms, separate caps from stems, cut caps in half and cut into ¼ inch slices, finely chop stems
- 1 bunch of red Swiss chard, separate stems from leaves, cut stems into ¼ inch slices, roll leaves lengthwise and cut across the roll into ½ slices
- 2 medium potatoes cut into ½ cubes
- 1 cup dry sherry, preferably amontillado or oloroso or marsala
- 2 cups red lentils
- 6 cups water or vegetable broth
- 1 can of chopped fire roasted tomatoes with juices (14 oz)

**STORY OF RECIPE**

No special story - a hearty meal for everyone

**INSTRUCTIONS**

Heat olive oil over medium heat in a 3-quart stockpot  
 Add curry powder, paprika, and cumin and sauté for 3 minutes  
 Add sliced onions and garlic, stir to coat with oil and spices and sauté, stirring frequently, for about 5 minutes until softened  
 Add ginger, carrot and mushroom stems, sauté 5 minutes, stirring frequently  
 Turn up the heat to medium high and add chopped chard stems and sliced mushrooms, stir well until the mixture sizzles  
 Then add sherry and cook over medium high heat until most of the liquid has evaporated, stirring frequently  
 Add the lentils and stir to coat  
 Add 6 cups water or broths and cubed potatoes  
 Bring to a boil, then lower heat, cover and simmer for 15-20 minutes until lentils are translucent and begin to fall apart  
 Add sliced chard leaves and the chopped tomatoes with juices  
 Return to simmer, cover and cook for another 5-10 minutes until chard is soft  
 Turn heat off, taste and add salt and more of the other spices if desired, mix well  
 Cover and let sit at room temperature for 2-3 hours to allow flavors to blend  
 Gently heat through, stirring frequently, just before serving

Serves four as a main course with a simple green salad and crusty bread. Can also be served over brown rice or another grain.

Place a variety of condiments on the table in small bowls so that guests can add them as desired. Try chopped parsley, chopped cilantro, wedges of lime, chopped cashews, toasted sliced almonds, pumpkin seeds, crispy caramelized onions. Add some plain yogurt, sliced chorizo sausage browned in white wine, or crumbled fried prosciutto for your non-vegan guests.

Can be prepared a day in advance and refrigerated overnight after cooling, bring to room temperature before gently re-heating. Freezes well too. Feel free to vary the spices to turn up the heat.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30min

**COOKING TIME**  
 > 50min

NAME	FROM	AGE	SERVES
John Hammond	USA	70	2

TITLE

## SHRIMP IN AVOCADO CREAM

John Hammond



### INGREDIENTS

2 Servings shrimp 8 to 24 depending on size Peeled and cleaned  
 2 Tbsp finely chopped onion or shallot (about 1 oz.or 25g)  
 1 clove of garlic peeled and chopped fine (more or less to your taste)  
 2 small or 1 large ripe avocado (peeled and mashed with a fork)  
 Salt and pepper (plus optional red pepper)  
 2 Tbsp Butter (1 oz or 25 g)  
 1 cup heavy cream (8 oz or 250 ml)  
 milk as needed  
 1 ripe tomato  
 1 cip white or basmati rice

### INSTRUCTIONS

Start rice cooking as normal. (2 cups water and about 20 minutes)

Prepare all ingredients - before beginning. Peel and clean shrimp, dice onion and garlic, Dice tomato -(cut tomato into 6 wedges and remove pulp, cut each piece of skin and flesh into strips and then cut into tiny dice.) mash avocado.

Add butter to skillet or saute pan (10 to 12 inch size) and melt over medium heat

Add chopped onion or shallot to pan and saute gently until translucent (about 5 to 6 minutes) - if using hot red pepper, add it at this point.

Add garlic and continue to saute gently for another 5 minutes. (do not brown onion and garlic)

Add the shrimp and saute until they begin to turn pink, turning once [3 or 4 minutes]

Remove shrimp to a dish and add the mashed avocado to the pan. Stir with a whisk until hot and then add the cream a little at a time, whisking constantly to incorporate. Heat to a simmer while whisking. If too thick, add milk to desired texture while whisking and heating. Add salt and pepper to taste.

Return shrimp to pan and dimmer until shrimp are pink through. If using pre-cooked shrimp, add them at this time and heat through.

Spoon cooked rice onto two plates and spoon the shrimp with avocado cream over the rice. Sprinkle with the diced tomato and serve.

### STORY OF RECIPE

About twenty five years ago I windered what could one do with the term "green gravy". I created this recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Jonathan Allender-Zivic	USA	28	9

TITLE

## ROASTED GARLIC AND CHICKEN LASAGNA



### INGREDIENTS

*Cheese Mixture Ingredients:*

- 1 (16 ounce) Container Ricotta Cheese (I used part skim fat)
- 1 cup Cottage Cheese (I prefer small curd)
- 1 Large Egg
- 1/2 cup milk (I use unsweetened almond milk)
- 3-4 Fresh Basil Leaves, Chopped
- 1/2 cup Parmesan Cheese, Shredded
- 3 cups Mozzarella Cheese, Shredded
- Dried Oregano, to taste
- Fresh Nutmeg, Grated, to Taste (dried works as well)
- Salt and Fresh Cracked Black Pepper to Taste
- 12 Whole Wheat Lasagna Noodles, Cooked Per Instructions

*Ingredients continued on next page...*

### STORY OF RECIPE

I love to make up recipes, and my girlfriend really wanted a white lasagna, so I looked at a couple of recipes, and then went my own route. Enjoy

### INSTRUCTIONS

*Prepare the Roasted Garlic:*

1. Preheat the oven to 400°F, Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact.
2. Using a knife cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic
3. Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head; using your fingers to make sure the garlic head is well coated.
4. Cover with aluminum foil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.
5. Allow the garlic to cool enough so you can touch it without burning yourself. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

*Chicken:*

1. Heat olive oil in pan
2. Saute chicken 6-7 minutes in olive oil. Remove from pan and cover.
3. Add onions to pan and sauté until translucent add diced bell pepper, cook for an additional 3-4 minutes until peppers begin to soften.
4. Add artichoke hearts, olives, sun dried tomatoes, basil and roasted red pepper, cook for an additional 2-3 minutes.
5. Place chicken back into the pan then add spinach, dried oregano, salt and pepper to taste, cook covered for an additional 3-4 minutes (or until chicken is thoroughly cooked).
6. Remove from heat. Stir in minced roasted garlic.

\*\*If using oven ready noodles, add a 1/2 cup of water, or broth or milk to the pan, cook for 50 minutes tightly covered and 15 uncovered.

*Instructions continued on next page...*

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> V VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 60min

### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
Jonathan Allender-Zivic	USA	28	9

TITLE

## ROASTED GARLIC AND CHICKEN LASAGNA

### INGREDIENTS CONTINUED

*Chicken Mixture Ingredients:*

- 2 tbsp Olive Oil
- 1 lb Boneless Skinless Chicken Breast, Cubed
- 1 Bulb of Roasted Garlic
- 1 Sweet Yellow Onion, Diced Finely
- ½ Bottle of Artichoke Hearts, Chopped
- 1/2 cup Kalmata Olives, Halved
- ¼ cup Sun Dried Tomatoes, Diced
- ¼ Jar Roasted Red Peppers, Diced
- 1 Red Bell Pepper, Diced
- 3-4 Fresh Basil Leaves, Chopped
- 2 Cups Baby Spinach
- Dried oregano, to taste
- Salt and Fresh Cracked Black Pepper to Taste

### INSTRUCTIONS CONTINUED

*Cheese Mixture:*

1. Combine in a medium mixing bowl the ricotta, cottage cheese, egg, fresh basil, dried oregano, nutmeg, ¼ cup Parmesan, 1 cup Mozzarella, salt and pepper to taste. The mixture should be a little fluid but not liquid, this will make spreading it easier.

Cook noodles according to package directions, then drain

*Creation:*

1. Preheat oven to 375 degrees. Coat a large 9x13-baking dish with cooking spray.
2. Layer lasagna noodles in the pan. Spread some of the ricotta mixture on the noodles, then spoon some of the chicken mixture on top and sprinkle with a bit of mozzarella.
3. Repeat layering. Finish with a layer of noodles and remaining mozzarella, Parmesan and a sprinkle of basil and oregano.
4. Bake covered in a preheated oven at 375 degrees for 30 minutes. Uncover and bake for 15 minutes. Let cool for 5 minutes before slicing. Enjoy

NAME	FROM	AGE	SERVES
Kyle Lantzy - Kinsignia.com	Canada	25	3-4

TITLE

## HAMBURGER DILL PATTIES WITH GRAVY



### INSTRUCTIONS

Mix the first 6 ingredients by hand in a large bowl. Shape into patties that are about 3 inches across. Fry patties on a pan or griddle over medium heat, turning once. Preheat oven to 350° F. Prepare gravy by mixing the can of soup with the milk in a medium bowl. When the patties are cooked through, place them in a shallow baking dish in a single layer. Place one large slice of cheese on each patty and then pour the gravy on top. Cover with aluminum foil and bake for 30 minutes. Serve the gravy over mashed potatoes

### INGREDIENTS

*Dill Patties*

- 1 Lb Ground Hamburger
- 1 small Onion, chopped small
- 2 tsp Dill Weed
- 1 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Pepper

*Gravy*

- 1 Can Cream of Mushroom or Cream of Chicken Soup
- 3/4 cup Milk
- Sliced Cheddar or Mozzarella Cheese

### STORY OF RECIPE

This is a variation of a favourite recipe that my grandmother used to make.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 30min

NAME

Laura Herrmann

FROM

Germany

AGE

27

SERVES

4

## TITLE

**SWEET POTATO & BRAZIL NUT CURRY****INGREDIENTS**

500g of sweet potatoes, peeled and chopped into chunks  
 1 tbsp of rice bran oil or vegetable oil  
 2 small red onions, peeled and chopped into large dice  
 3cm piece of fresh ginger, peeled and finely chopped  
 5 garlic cloves, peeled and finely chopped  
 1 red pepper, deseeded and chopped into pieces  
 1/2 tbsp of ground cinnamon  
 1/2 tbsp of Chinese five spice  
 1/2 tbsp of ground turmeric  
 1 tsp of chilli powder  
 200ml of coconut milk  
 2 tbsp of soy sauce  
 3 tbsp of desiccated coconut  
 50g of Brazil nuts, roughly chopped

White rice or 4 naan breads/flour tortillas to serve

Greek yoghurt to serve

Fresh coriander leaves to serve

**INSTRUCTIONS**

Place the sweet potato chunks in a large pan of water, bring to the boil and cook for about 10-15 minutes until tender. Drain well.

Heat the oil in a wok (or frying pan) over a medium to high heat. When hot, tumble in the onions, ginger, garlic and red pepper. Fry for two minutes, stirring often, before sprinkling in all the spices. Continue to fry for a further 30 seconds to lightly cook the spices. Add the coconut milk and give the mixture a stir.

Add a splash of water to loosen the ingredients, then tip in the cooked sweet potato and stir to combine and warm through. Gently stir in the soy sauce, the coconut and the chopped Brazil nuts.

And you're done!

Serve with rice or on a naan (or flour tortilla) and then top with a dollop of Greek yoghurt and the chopped coriander.

Guten Appetit!

**STORY OF RECIPE**

Like all the best things in life, this recipe was stolen.  
 Originally by Gok Wan from his book 'Gok's Wok'

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 5min

**COOKING TIME**  
 > 25min

NAME	FROM	AGE	SERVES
Garrett West	USA	23	6

TITLE

## QUICK AND AWESOME CHICKEN CHILI



### INGREDIENTS

1 1/4 cups reduced-sodium chicken broth (10 fluid ounces)  
 1 (14- to 15-ounce) can stewed tomatoes  
 4 dried guajillo chiles, stems and seeds discarded and chiles torn into pieces. For additional spiciness add jalapeno.  
 1 chopped white onion  
 3 garlic cloves  
 1/2 cup coarsely chopped fresh cilantro  
 1/4 cup dry-roasted peanuts  
 2 teaspoon ground cumin  
 1 teaspoon chili powder  
 1/4 teaspoon salt, or to taste  
 2 tablespoons olive oil  
 1 rotisserie-cooked chicken (2 pounds)  
 1 (15-ounce) can pink beans in sauce  
 2 limes  
 1 cup white rice  
 Garnish: Aged Cheddar cheese and fresh cilantro

### INSTRUCTIONS

Break down rotisserie chicken removing meat and skin from the bones. Chop all meat into bit-sized pieces. Chop chicken skin finely.

Purée broth, half of tomatoes can, chiles, onion, garlic, lime juice, cilantro, peanuts, cumin, chili powder, and salt in a blender until smooth, about 2 minutes.

Heat oil in a wide 3- to 4-quart heavy saucepan over moderately high heat until hot but not smoking, then pour in sauce and boil, uncovered, stirring occasionally, 5 minutes.

Stir chicken, remaining tomatoes, and beans with their sauce into chili, then reduce heat to moderately low and simmer, covered, 10 minutes.

As chili simmers, cook rice.

Serve chili over rice. Garnish with small pieces of aged cheddar cheese, and fresh cilantro.

### STORY OF RECIPE

What could be more awesome than making chili with a rotisserie chicken? Pretty much nothing.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 20min

COOKING TIME  
 > 15min

NAME

Ryan

FROM

United Kingdom

AGE

37

SERVES

8

## TITLE

**SOUTH AFRICAN BOBOTIE****INGREDIENTS**

- 1 slice fairly thick white bread, broken into small bits
- 375 ml milk
- 25 ml oil
- 10ml butter
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 30 ml curry powder
- 10ml salt
- 1 cooking apple, peeled, cored and finely grated
- 15ml brown sugar
- 30ml chutney or Apricot jam
- 15ml Worcester sauce
- 50ml fresh lemon juice
- 5ml turmeric
- 1 kg coarsely ground lean Lamb or Beef if preferred
- 100 ml sultanas (don't replace with raisins – they are too sweet, sultanas are much better for this recipe)
- quarter cup blanched almonds, coarsely chopped
- 3 eggs
- pinch each salt, pepper and turmeric
- bay leaves and banana
- Optional.....sliced banana on top of custard

**STORY OF RECIPE**

Bobotie, a South African dish consisting of spiced minced meat baked with an egg topping Colonists from the Dutch East India company in Batavia probably introduced it to South Africa

**INSTRUCTIONS**

These quantities serve up to eight people, but you can adjust them to make the recipe smaller.

Preheat the oven to 180 degrees celcius, combine bread and milk in a small bowl and let the bread soak for 10 minutes, In a heavy saucepan, melt the butter over a moderate heat, when the foam subsides, add the oil, then the onions and garlic, stirring frequently.

cook the onions until soft and translucent. Add the curry powder, tumeric, sugar, salt, and pepper, chutney or apricot jam and stir for 2 minutes. Add the lamb to the spices and stir. When meat is browned, stir in the lemon juice and Worcester sauce and bring the mixture to the boil.

Drain the bread in a sieve set over a bowl and squeeze the bread completely dry. Reserve the drained milk. Remove saucepan from stove, then add the bread, one of the eggs, the apple, sultanas and almonds to the lamb. Stir or beat the mixture with a wooden spoon until the ingredients are well combined. Taste for seasoning and add more salt, if desired. Pack the lamb mixture loosely into an ovenproof baking dish. Tuck a few bay leaves beneath the surface of the meat. With a whisk beat the remaining 2 eggs with a pinch each salt, pepper and turmeric with the reserved milk in the bowl until they froth.

Pour this mixture slowly and evenly over the meat, you can add a few bay leaves and sliced banana on top of egg mixture and bake the bobotie on the middle rack of the oven for 35 minutes until the surface has browned and the top feels firm to the touch. Serve directly from the baking dish as soon as it has been removed from the oven.

Bobotie is traditionally served with yellow raisin rice, but you can use any rice if preferred.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 35min

NAME	FROM	AGE	SERVES
Marshall Madison Tunstall	United States of America	23	5–6

TITLE

## CHICKEN SPAGHETTI



### INGREDIENTS

1.5 lb chicken breasts  
1 lb spaghetti  
1 lb easy melt cheese – or Velveeta  
1 10 oz can cream of chicken soup  
1 10 oz can cream of mushroom soup  
1 10 oz can celery soup  
1 10 oz can cream of onion soup  
1 10 oz can diced tomatoes  
6 green onions  
1 bell pepper

### INSTRUCTIONS

- Cook chicken in your preferred manner, such as boiling or sautéing.
- Meanwhile, boil spaghetti until they are al dente.
- Put a dash of milk in a pot. Cut cheese into chunks and let it melt in the pot. You will need to stir some.
- Add all ingredients to a mixing bowl and stir until the mixture is uniform.
- Pour the mixture into a large casserole dish and spread evenly.
- Bake 375 degrees for 35 minutes until light brown.

### STORY OF RECIPE

My grandmother's secret recipe, served during the summer every year when I was a kid.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 35min

NAME	FROM	AGE	SERVES
Charlie Langridge	United Kingdom	30	4–6

TITLE

## MEXICAN MOLE INSPIRED CHICKEN WING

Charlie Langridge / Team Smokin' Penguin



### INGREDIENTS

*For the wings:*

- 36 chicken wing pieces (one wing makes 2 pieces - the “flat” and the “drum”)
- 1.25 cup Plain white flour - we've found Dove's Gluten Free gives the crunchiest chicken
- 1/2 cup Porky Penguin Rub (or your favourite rub)
- 1 tbsp Olive oil

*For the sauce:*

- 1 tbsp Olive oil
- 1 Red Pepper - finely diced
- 1 Medium Onion - finely diced
- 2 Chipotle (in Adobo sauce)
- 2 tbsp Adobo sauce
- 1 cup tomato pasata, 1 cup water
- 1/2 cup Franks Buffalo sauce, 1/4 cup Raisins
- 1 tsp ground cinnamon
- 1 (decent) chicken stock cube
- 1/4 cup 100% Cacao (or highest possible) - we suggest Willie's Cacao - grated
- 1/4 cup dark brown sugar
- 250g unsalted butter

### INSTRUCTIONS

*The wings*

Preheat the oven to 220C

Clean and dry the wing pieces

Mix the white flour and rub well, then toss the chicken wings in the mix

Use the olive oil, with a piece of kitchen roll, to well oil a ceramic dish - it's quite important to use a ceramic dish to get them properly crispy!

Put the chicken in the dish and put in the oven for 30 mins

After 30 mins turn the chicken and cook for another 15 mins

*The sauce*

Using 1 tbsp of oil to fry off the pepper and onion until they are soft and the onion is lightly browned

Add the rest of the ingredients except the chocolate and sugar into the pan and simmer gently for 15 minutes  
Stir in the grated chocolate and cook for a further 5 minutes

Turn off the heat and blend the sauce with a stick blender (or leave to cool a bit and use a jug blender)

Add the butter heat gently to melt

Toss the wings in the sauce and serve with a nice salad, some refried beans and cerveza!

### STORY OF RECIPE

We had to come up with a recipe for Frank's Hot Sauce Grillstock cookbook - this is it - we love it and eat it far too often!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
Greg Wannier	United States/Switzerland	29	3–4

TITLE

## WANNIER FAMILY (/SWISS) FONDUE



My sister, Rae

### INGREDIENTS

- 1/2 Pound of Cave-Aged Gruyere Cheese
- 1/2 Pound of Emmental Cheese
- 1/2 Bottle of Chardonnay (or to taste)
- 4 Tablespoons of Kirschwasser (or to taste)
- 5-6 Cloves of Garlic
- 3 Tablespoons of Corn Starch (or as needed)
- 1-2 Loaves of Hard-Crusted Bread (Ciabatta/Pain Rustique both work well)

*Note:*

These amounts serve four people (or three big eaters). You can double/triple/etc. these amounts to serve more people quite easily as long as you have a big enough pot

### INSTRUCTIONS

*Preparation*

1. Grate all Gruyere and Emmental (normal grating is fine), and mix them together
2. Mince the garlic as finely as you can/feel like (the finer the better, but this is obviously within reason)
3. Chop up the bread into individual bite-sized squares, with each piece having at least part of an edge of bread

*Cooking*

1. Pour about 3/4 of the wine into a slow-cooking pot (ideally ceramic). Throw in garlic. Bring to a simmer (NOT to a heavy boil).
2. Begin adding cheese in handfuls, waiting for the cheese to melt before adding more. Stir continuously.
3. Once all the cheese is in, add corn starch slowly (by tablespoon), making sure it fully dissolves into cheese. The cheese should begin to merge with the wine; add more corn starch as necessary to get smooth consistency.
4. Add remainder of wine, and the kirsch, to taste (this can be a good way to experiment with different flavor variations).
5. Remove pot from stove, ideally put over a flame at the table, and eat as you would eat any fondue (dip bread into fondue, then into mouth, all that).
6. This is all very heteronormative, but if your bread drops into the pot, you are really supposed to kiss everyone of the opposite sex on the cheek (or if you don't want to, you buy a bottle of wine for next time).

### STORY OF RECIPE

This is obviously a traditional Swiss dish, and my (Swiss) family's take may not be all that distinctive. But it's an oldie and a goodie, so enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20–30min

### COOKING TIME

> 10–15min

NAME	FROM	AGE	SERVES
Meena S.	USA	24	1

TITLE

## VEGAN MUSHROOM SOONDUBU JIGGAE



### INGREDIENTS

*Broth:*

- 2 Tbsp Korean red chili powder (or to taste)
- 1/2 sheet Kombu (chopped/broken into quarters)
- 2 cloves of garlic, minced
- 1-2 green onions, chopped
- 2 Tbsp sesame oil
- 2 Tbsp ponzu (citrus soy sauce)
- 1 Tbsp Mirin (rice wine)
- 1/2 inch disc of ginger
- 1 small stone pot

*Add-ins:*

- 1 12 oz. pack silken soft tofu
- 1 shiitake mushroom, sliced
- 1 black mushroom, sliced
- Few small bunches of enoki

1/2 cup rice, uncooked

\*\* If mushrooms are not your thing, you can substitute them for bok choy, cabbage, broccoli, etc

\*\* Can probably substitute ponzu for gluten-free soy sauce

### INSTRUCTIONS

1. Cook the rice; set aside
2. Fill stone pot with water and boil water
3. Once water has boiled, turn heat to low and place kombu pieces into the water; let sit for at least 10 minutes (ideally 20 minutes)
4. Take out kombu pieces and bring water back to a boil
5. Add ginger, green onions, and garlic; boil for 5 minutes
6. Add sesame oil, Mirin, ponzu, and shiitake and black mushroom slices; cook for another 5 minutes
7. Slice tofu into sections and slowly crumble each section into the broth. Make sure there are some larger chunks as well as some smaller chunks of the tofu. You may need to let broth get absorbed into the ingredients or evaporate so that you can add more in without having the pot overflow.
8. Add chili powder and enoki; cook for 5 minutes

Enjoy! Eat with the rice and some vegan kimchi if you have it.

### STORY OF RECIPE

A recipe for soft tofu stew that I made up after finding out that most versions are not vegetarian/vegan friendly.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 40–60min

NAME	FROM	AGE	SERVES
Stefan “#@” Langer	Germany	30	1

#### TITLE

## POTATOES FRIED THE LAZY WAY



#### INGREDIENTS

5 medium sized potatoes  
1 tablespoon of Oil (high temperature proof)  
pinch of salt

*Optional (only two or three of them):*  
one tomato (sliced)  
a handful of cheese  
pinch of herbs (e.g. rosemary or oregano)  
one small onion (chopped)  
some pine nuts (or other chopped nuts)  
one raw egg  
one sausage (sliced)  
1 tablespoon of bacon (chopped)

#### INSTRUCTIONS

You will need a fry pan with a proper fitting lid! This is important as on step 5, the steam should stay inside the pan. A fry pan with high rim is recommended.

1. Roughly wash the potatoes.  
Then keep them resting in clean water for about 10 minutes.
2. Prepare a fry pan, by putting the oil into it and bring it to medium heat.
3. Take the potatoes from the water and rinse them again. Then slice them in cube (approximately as thick as a small finger).
4. Put the sliced potatoes into the pan and fry them 5 minutes. You could turn up the heat to maximum.  
Stir it once in a while.
5. Put the lid on the pan and close it as good as possible.  
(e.g. put some extra weight on the lid so it can stop steam from coming out)  
  
Reduce the heat a bit (approximately a bit above medium setting of the stove).  
Wait for about 5 minutes.
6. Remove the lid and stir the potatoes.  
Add salt. Keep it frying for another 5 minutes.  
At this time the optional ingredients could be added.  
  
Tomatoes, herbs or cheese are best to add in the last minute. Nuts, onion, egg, sausage or bacon could be added just after lifting the lid.
7. Serve the content of the pan in a bowl.

#### STORY OF RECIPE

I love eating potatoes, but I’m too lazy for most recipes. As they require peeling or waiting for long time. So, I started optimizing the quick preparation of unpeeled potatoes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 15min

NAME

Matt Pharr

FROM

USA

AGE

30

SERVES

4-6

## TITLE

**CRUNCHY CHICKEN AND RICE CASSEROLE****INSTRUCTIONS**

Preheat oven to 375 degrees.  
 Combine first 5 ingredients, fully mix together.  
 Add next 6 ingredients, stir well.  
 Spoon mixture into lightly greased 12x8x2 baking dish  
 Combine crushed corn flakes, almonds & butter. Spread evenly over the casserole.  
 Bake at 375 for 20-25 minutes or until bubbly.

**INGREDIENTS**

1 (10 3/4 oz) can cream of chicken soup (undiluted)  
 1/2 cup mayo  
 1/4 cup milk  
 1 TBL lemon juice  
 1/4 tsp. salt  
 2 cups chopped cooked chicken  
 1 - 1 1/2 cups cooked white rice  
 1- 8oz. can sliced water chestnuts  
 1- 2oz jar diced pimento  
 1/2 cup chopped celery  
 1 TBL chopped onion  
 1/2 cup crushed corn flakes  
 1/3 cup slivered almonds  
 1- TBL butter or margarine melted

**STORY OF RECIPE**

Recipe was given to my mother by a neighbor when moving into the neighborhood many years ago. Household favorite that I continue to cook a couple times a year.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15-20min

**COOKING TIME**

&gt; 20-25min

NAME	FROM	AGE	SERVES
Simon R	Scotland	61	2

**TITLE**

## PENNY'S SAUCY SALMON



Simon R

**INGREDIENTS**

2 x Salmon fillets about 4oz each

For the sauce:

1 tablespoon brown sugar

2 cloves garlic minced

Juice and zest of 1 lemon or lime

1 tablespoon dark soy sauce

1 small birds eye chilli finely chopped

**INSTRUCTIONS**

Pre-heat the oven to 190c

Place all the sauce ingredients into a small pan or microwaveable bowl and heat gently on the hob or in the microwave until the butter and sugar have melted

Score the salmon with a sharp knife and place on a double layer of foil in a baking tray. Pour over the sauce and fold over the foil to make a parcel

Cook in the oven for about 15 - 20 minutes until the salmon flakes. Alternatively this can also be gently fried in a frying pan until the salmon and sauce are cooked through (no more than about 10 minutes)

Serve with potatoes and a green vegetable (I served mine with baby potatoes and purple sprouting broccoli)

Note: The sauce can also be used with Tuna or Cod fillets

**STORY OF RECIPE**

A recipe given to me by a good friend Penny in the States. I love the fact it's so simple but so very tasty!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
Liam Walsh	Ireland	21	1

TITLE

## ONE POT - SMOKED SALMON PASTA



### INGREDIENTS

Single Pasta Serving  
One slice Smoke Salmon  
Handful Spinach leaves  
30g frozen peas

*Sauce:*

2 Tablespoons of Natural Yoghurt  
2 stalks of parsley  
1/2 lemon

### INSTRUCTIONS

- Start the pasta cooking in a pot of boiling water. I usually cook my pasta for about 12 minutes but everyone has their own preference.
- While the pasta is cooking prepare the sauce. Chop up the parsley. Mix the parsley with the yoghurt and squeeze in the lemon. Mix these together with a spoon.
- Chop up the spinach and add it to the pot of pasta with 4 minutes left. Add the peas at the same time. I usually make a judgement call on how much spinach and peas to add. A handful of spinach leaves is usually good.
- Slice up the smoked salmon.
- Drain the pot of pasta and veg of but leave it in the pot. Pour in the sauce and add in the sliced salmon. Mix it all together until the sauce has spread throughout the pasta
- Pour onto a plate to serve

### STORY OF RECIPE

I came up with this when I wanted some delicious and quick after a day of work. It also leaves little cleaning which allows more time to relax.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 12min

NAME

Jan Giese Chalkley

FROM

United States

AGE

50

SERVES

4

## TITLE

**CROCK POT BEEF TIPS & RICE****INSTRUCTIONS**

Combine in a crock pot - Beef Tips, French Onion Soup, Water and Mushrooms. Cook on Low for 8 to 10 hours. Prepare rice as directed - I use my rice cooker. Put rice in a bowl and spoon crock pot mixture over it and serve.

**INGREDIENTS**

- 1 pound Beef Tips or Stew Beef
- 1 (10 1/2 oz) Can French Onion Soup
- 1 Soup Can Water
- 2 (7 oz) Cans Mushrooms
- 2 cups cooked rice

**STORY OF RECIPE**

I put this together for a quick meal that would be ready when I got home from work.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 8hr

NAME	FROM	AGE	SERVES
Nic Coldrick and Vanessa Evans	New Zealand	39	6

TITLE

## VEGETARIAN LASAGNE



Vanessa Evans

### INGREDIENTS

- 1/3 cup olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- 1 medium-sized unpeeled eggplant, diced
- 1/4 pound mushrooms
- 1 can Italian-style tomatoes
- 1 can ketchup
- 1/2 cup dry red wine
- 1 medium-sized grated carrot
- 1/4 cup chopped parsley
- 2 teaspoons dry oregano leaves
- 1 teaspoon dry basil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 sheets of lasagna (egg or green)
- 2 cups ricotta cheese
- 2 cups grated mozzarella
- 1 1/2 cup grated Parmesan cheese

### INSTRUCTIONS

Heat oil in a big pot over a medium heat. Add onion, garlic, eggplant, and mushrooms and cook, stirring frequently, for 15 minutes.

Add tomatoes and their liquid (break up tomatoes with a spoon), tomato sauce, wine, carrot, parsley, oregano, basil, salt, and pepper. Bring to a boil, and then reduce heat and simmer covered for 30 minutes. Uncover and cook until sauce is thick (5 cups worth).

Butter a 9- by 13-inch baking dish. Spread about 1/4 of the sauce in the dish. Arrange the pasta (1 sheet) over the sauce. Dot the pasta with 1/3 of the ricotta. Sprinkle with 1/3 of the mozzarella, then with 1/4 of the Parmesan.

Repeat this layering 2 more times.

Spread the remaining sauce evenly on top and sprinkle with the last of the Parmesan. If made ahead, cover and refrigerate.

Bake uncovered in a 350 degree Fahrenheit over (180-200 degrees Celsius) until hot and bubbly (40 to 50 minutes).

Serve with a green salad and crusty bread.

### STORY OF RECIPE

From Nic's mother's best friend, this dish has been a family favourite over many years. We have never met anyone who didn't like it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 60min

COOKING TIME  
> 45min

NAME

Tom M.

FROM

Australia

AGE

41

SERVES

2-3

## TITLE

**SWISS STYLE SPINACH QUICHE****INGREDIENTS**

- 500g chopped spinach (can be frozen)
- 1 brown onion, thinly diced
- 1 egg
- 100g diced bacon
- 1 tablespoon of olive oil
- 1 sheet of shortcrust pastry
- Small piece of butter
- Salt & pepper to taste

**INSTRUCTIONS**

Add the olive oil into a sauce pan and bring it to a high heat. Add the onion and brown until soft. Reduce temperature and add the chopped spinach. Season with salt & pepper. Cook the mixture until spinach is soft and heated through. Add the egg to the mixture and stir it in quickly. While the spinach is cooking, get a round quiche form (recipe is enough for a ca. 25cm diameter quiche), butter it and lay it out with a sheet of shortcrust pastry. Pinch holes into the bottom. Add the spinach mix to the quiche form and spread it out evenly. Cover with diced bacon and put it into the oven. Bake at 180 degrees C for about 20 to 30 minutes. Let the quiche rest for 5 minutes before serving. Serve with a side salad.

**STORY OF RECIPE**

Growing up in Switzerland my grandmother was a great cook and often baked various savoury and sweet quiches for us - one of those being this spinach quiche.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 30min

NAME

Tine

FROM

Germany

AGE

34

SERVES

2-3

## TITLE

**SRI LANKAN CHICKEN CURRY**

ars nautae

**INSTRUCTIONS***chicken curry:*

Give all ingredients in one large pot. Place lid on top, let everything simmer for 30 minutes at medium temperatures. Done.

*spicy lentil mash:*

Give all ingredients into a second pot, slowly heat everything until it cooks. Keep cooking until the lentils are soft and the ingredients become a mash. Stir once in a while, add water if necessary. Add more chili if you like.

Serve the curry and the mash with rice, naan bread or fried poppadums.

**INGREDIENTS***chicken curry:*

- 1 chicken breast fillet, cut into pieces
- 2 tomatoes, cut into pieces
- 1-2 fresh garlic cloves, cut into small pieces
- 1 teaspoon of dark curry powder
- 1 pod of cardamom
- 2 cloves
- some curry leaves
- salt
- black pepper
- 400 ml coconut milk

*spicy lentil mash:*

- 1 cup red lentils
- 1 fresh garlic clove, cut into small pieces
- 1 small red onion, cut into small pieces
- 1 red chilli
- 1 teaspoon of curry powder
- 1 teaspoon of cinnamon
- 1 teaspoon of turmeric
- 400 ml coconut milk

**STORY OF RECIPE**

This is a dish I brought home from a trip to beautiful Sri Lanka.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

NAME

Julia

FROM

Germany

AGE

28

SERVES

3

## TITLE

**GERMAN POTATO SALAD****INGREDIENTS**

- 6 slices bacon, diced
- 4 potatoes, diced
- 1 onion, thinly sliced
- 2 to 3 tablespoons sugar
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon mustard
- 1/3 cup vinegar
- 1/4 cup water
- 2 tablespoons minced parsley

**INSTRUCTIONS**

Heat pressure cooker and brown bacon. Add potatoes and onions. Combine and then add sugar, salt, pepper, mustard, vinegar, water and parsley. Mix well. Close cover securely.

Allow steam to flow from vent pipe to release all air from cooker. Place pressure regulator on vent pipe and cook 5 minutes with pressure regulator rocking slowly. Cool cooker at once under cold running water.

**STORY OF RECIPE**

A Canadian friend found this in a brochure attached to her pressure cooker...cooked it several times during my semester abroad and I took it home to Germany when I left.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME  
Cathy Burkholder

FROM  
USA

AGE  
41

SERVES  
5–6

TITLE

## CARMEN'S FIESTA MEAT DISH



### INSTRUCTIONS

1. Dice the onion and the pepper into small, bite-sized pieces.
2. Start cooking the beef over medium-high heat in a large pan. Stir and break up the beef as it cooks.
3. When the pink of the beef is about half gone, add the onions and continue stirring.
4. When the beef is completely brown, add the rest of the ingredients. Mix well.
5. Cover, and put the heat to low. Let it simmer for at least 15 minutes.

### INGREDIENTS

- 1 1/2 lbs ground beef
- 1 medium yellow onion
- 1 bell pepper (any color)
- 1 can (15 oz) corn
- 1 can (14 oz) diced tomatoes
- 1 small can (6 oz) tomato paste
- 2 TBSP ground cumin
- 2 TS pepper
- 2 TS salt

### STORY OF RECIPE

My Colombian mother invented this comfort dish when we were new to the US. It's chili-ish and served over rice or potatoes. My mom likes to add mushrooms.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

JP

FROM

USA

AGE

30

SERVES

4

## TITLE

**JAPANESE STYLE CURRY****INGREDIENTS**

1lb Chicken or beef (Chicken thighs) cut in to bit size pieces  
 1 minced onion  
 3 medium russet potatoes or 1 medium russet and 1-2 sweet potatoes (peeled and chopped in to bit size pieces)  
 1 carrot (peeled and chopped)  
 1 tablespoon garlic (grated or crushed)  
 1 tablespoon ginger (grated or crushed)  
 2 tomatoes diced (stem out)  
 2 cups water  
 4 tablespoons water  
 2 tablespoons coriander powder  
 1 tablespoon turmeric  
 1 tablespoon garam masala  
 2 teaspoons salt  
 1 teaspoon cayenne pepper  
 Hidden flavor (I.e. 2 tablespoons honey, chocolate syrup, diced apple)  
 Rice

**INSTRUCTIONS**

Chop and prepare all ingredients before putting anything to heat  
 Soak potatoes and carrots in a bowl of water to remove excess starch - set aside  
 Heat 4 tablespoons vegetable oil in a 4 quart pot  
 Cook onions until soft - about 5 minutes  
 Add garlic and ginger - fry couple more minutes  
 Add spices and mix until fragrant then add the 4 tablespoons water  
 Add choice of meat and mix together  
 Add hidden flavor, mix  
 Add tomatoes pour and the 2 cups of water  
 Simmer for 30 minutes on medium heat (20 covered / 10 uncovered)  
 Turn heat to med-low  
 Add potatoes and carrots  
 Simmer for 10-15 minutes (uncovered) start rice and continue simmering curry. Should be done about the same time. Curry will thicken  
 Serve over rice

**STORY OF RECIPE**

Wanted to try something new. Recipe is from someone living in Japan

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 60min

NAME

Dave Bell

FROM

USA

AGE

67

SERVES

12–14

## TITLE

**SWEET-SMOKEY BLACK BEANS****INGREDIENTS**

- 2 lb Dry Black Beans
- 1 lb Bacon (I use “Ends & Pieces” packs)
- 1/2 oz more or less, to taste, Chipotle peppers
- 2 ea Cloves garlic, or more
- 3 ea Small, sweet onions, about 1/2 pound
- 1/2 Tbs Salt, or to taste
- 1/3 C Packed brown sugar, or to taste

**INSTRUCTIONS**

Soak beans 8 hours or overnight. Cover with excess water, bring to a slow boil, reduce to keep simmering for about 1 1/2 hours. Add hot water to keep from drying, but not soupy. When beans are nearly tender, but still not broken up, start the following:

Fry bacon slowly, until crisp. Remove the cooked bacon with a slotted spoon, keeping the rendered fat hot. Break up the bacon into small pieces, maybe 1/2 inch square or less. Stir into beans, and let simmer.

Slice the peppers. Use sweet smoked, nearly crispy-dried Chipotle peppers. Cut off stems, and slice crosswise into 1/4 inch or so slices. Stir into beans. Include the seeds for more heat, or brush them out for a milder batch.

Stir chopped garlic into hot bacon fat, about 30 seconds, just until lightly browned.

Fry coarsely chopped onions in the bacon fat, until transparent and soft. Remove onions and garlic with a slotted spoon, and stir into beans.

Add salt and brown sugar now, then continue to simmer for 1 1/2 to 2 hours, or until beans are tender, and flavors well-blended. To thicken the liquid, remove about 1 cup of cooked beans and broth, whip in a blender or food processor, and stir back into the pot.

Taste and adjust flavors at the end. I find they can often use a bit additional brown sugar, and I sometimes add a dash of smoke flavoring, if the peppers don’t bring enough to the pot.

**STORY OF RECIPE**

When my local “crazy chicken” house quit making theirs after Hurricane Katrina, I had to embark on a mission to recreate them. I’ve been told these are even better...

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 180–210min

NAME	FROM	AGE	SERVES
Alison Phillips	United States	26	8–10

TITLE

## TACO SOUP



### INSTRUCTIONS

Brown ground beef in skillet, drain well. Add onions and cook until tender. In a large pot add together all ingredients and cook uncovered for about 45 minutes on medium to low high heat on the stove.

If too thick, add more chicken broth.

If desired top with garnishes when served in individual bowls.

### INGREDIENTS

- 2 LBS Lean Ground Beef
- 2 Large Onions-- chopped
- 2 Cans (15 oz. each) Mexican Style Chili Beans with liquid
- 1 Can (15 oz) Black Beans with Liquid
- 1 Can (15 oz) White Whole Kernel Corn with liquid
- 1 Can (11 oz) Mexican Style Corn with liquid
- 2 Cans (14 oz. each) Chicken Broth
- 1 Can (15 oz) Tomato Sauce
- 1 Can (28 oz) Diced Tomatoes with liquid
- 2 Cans (10 oz. each) Rotel Tomatoes with Green Chilies
- 1 Package Taco Seasoning
- 1 Package Powdered Ranch Dressing Mix

*Garnishes (Optional):*

- Shredded Cheddar Cheese
- Sour Cream
- Tortilla Chips

### STORY OF RECIPE

A delicious recipe from my Aunt Wendy. Perfect to warm you up on a cold day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 60min

NAME

Matt McCurdy

FROM

USA

AGE

SERVES

6

## TITLE

## PORK CHOP MARINADE



## INGREDIENTS

- 2/3 cup lemon juice
- 1/2 cup soy sauce
- 1/4 cup vegetable oil
- 2 Tablespoon parsley flakes
- 1 Tablespoon garlic salt
- 1/4 teaspoon pepper
- 4 drops or less Tabasco sauce

## INSTRUCTIONS

Mix and let pork chops soak for 4+ hours in the refrigerator or overnight in a bag or dish. Grill for 6 minutes on each side depending on the thickness.

## STORY OF RECIPE

This is our family's favorite marinade for the perfect pork chops.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Simon Bond	New Zealand	35	4

TITLE

## MINCE KOFTA CURRY



### INGREDIENTS

500 gm minced meat (beef or lamb)  
 ½ medium onion, chopped  
 ½ t garlic, minced, ½ t ginger, minced  
 3 T tomato paste  
 Chili, to taste  
 3 T vegetable oil  
 1 t cumin seeds  
 1 large onion, chopped  
 ½ t garlic, minced  
 1 t ginger, minced  
 2 tomatoes, chopped (or ½ can chopped tomatoes)  
 ½ t turmeric powder  
 Chili, to taste, Salt  
 1 beef oxo cube (or 1 t beef stock powder)  
 ½ C hot water  
 200 ml coconut milk (other half of can can be frozen)  
 2 T tomato paste  
 Lemon juice or citric acid  
 1 t cumin powder, 1 t garam masala  
 Fresh coriander, chopped (or coriander powder) Fresh coriander for garnish (optional)

### INSTRUCTIONS

Mix minced meat, onion, garlic, ginger, tomato paste, chili, and salt in a bowl. Make into ping pong sized balls. Set aside.

Heat the vegetable oil in a large saucepan. Add the cumin seeds and fry for a minute. Add onion and fry for 2 minutes. Add garlic and ginger and fry for a minute. Add the tomatoes and simmer with the turmeric, chili, and salt. Dissolve the beef oxo cube in the hot water, add to the curry, and bring to the boil. Add the mince koftas and cover. Holding the saucepan by the handle(s), stir the contents without a spoon. The koftas will be cooked within 15-20 minutes.

Uncover and add the coconut milk, cook another 5 minutes uncovered. Add the tomato paste, lemon juice, cumin powder, garam masala, and coriander. Serve with basmati rice. Garnish with fresh coriander.

### STORY OF RECIPE

An authentic Kenyan recipe passed down to me from the mother of a great friend of mine.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 30min

NAME	FROM	AGE	SERVES
Fabienne	Germany	39	4

## TITLE

**PORTOBELLO BURGER WITH WEDGES**

Fabienne

**INGREDIENTS**

- 4 burger buns
- or 500g flour
- 40g fresh yeast or 1 sachet dry yeast
- 5 tbsps. olive oil
- 1 tbsp. salt
- 1 tbsp. sugar
- 125ml water
- 4-8 Portobello mushrooms (depending on diameter)
- 2 tbsps. olive oil
- 2 tbsps. aceto balsamico
- salt
- 2 mozzarella cheese, cut in slices
- 4 lettuce leaf, better rocket salad
- 8 sun-dried tomatoes in oil
- 8 slices grilled pepper in oil
- 4-8 longish potatoes (depending on the size)
- 1 tbsp. olive oil
- hot paprika
- 1/2 teaspoon of lemon juice
- salt

**STORY OF RECIPE**

At a sports bar in Sweden I had a Portobello burger, that was made like burgers at the known fast food chains. This is my and more sophisticated version...

**INSTRUCTIONS***Dough:*

Mix the ingredients well using a food processor, add olives and/or herbs if you like. First dough proving: 30 min at 30°-40°C (I use the dough proving function of my combi steam oven).

Form the 4 buns and put them again into the oven (already on the tray you'll use for baking) for the second dough proving 30 min at 30°-40°C.

*Portobello:*

Rinse the mushrooms, remove the fungus stipes & the gills using a tablespoon and put them into a Tupper ware box. Add olive oil, aceto balsamico and salt. Close the lid and shake to get all well covered.

*Potatoes:*

Wash the potatoes and cut them in wedges. To save cooking time you can use a steam bag for microwave ovens and pre-cook the wedges at 1000W for 2-3 min (dep. on the size).

Put the wedges into a Tupper ware box and add oil, hot paprika, lemon and salt. Close the lid and shake to get all well covered.

Put the tray with the buns and a second tray with the potatoe wedges and the mushrooms into your oven (2nd and 4th level in a 5 level oven): hot air 180°C for 30 min. Check for readiness and add time, if necessary. Alternatively use a bbq grill with lid.

Cut the buns, add mushrooms, mozzarella cheese, lettuce, tomatoes and grilled pepper.

Serve with potatoe wedges and ketchup & aioli.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

**PREPARATION TIME**

> 30-40min

**COOKING TIME**

> 30min

NAME

Paige S.

FROM

United States

AGE

25

SERVES

3

## TITLE

**DUMPLIN'S****INSTRUCTIONS**

On stovetop, heat broth to boiling  
Add pasta  
Cook pasta according to directions  
Meanwhile, mix eggs and flour into a dough-like consistency  
Add water to mixture if the dough seems too dry  
When pasta is nearly done, drop spoonfuls of dough into the boiling broth  
Dumplings are done when they float and are more white than yellow in color

**INGREDIENTS**

3 cans (14.5 oz) Chicken Broth  
2 cups pasta (any kind)  
3 eggs  
1 1/4 cup flour  
1 tsp water (optional)

**STORY OF RECIPE**

This is a dish my grandma used to make for me when I was young and stayed at her place.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
>

NAME	FROM	AGE	SERVES
Florian Wieser	Germany	29	4

TITLE

## MINCEMEAT TART



Margarete Kitel

### INSTRUCTIONS

Take a casserole dish and cover with puff pastry.

Fry ground beef in skillet, add onions, add mustard, egg and ajvar let it simmer a bit. Then season with salt & pepper. Fill everything in the casserole on top of the puff pastry.

Whisk cream, 2 eggs and grated cheese. Pour on top of the mixture in the casserole.

Put casserole in oven for 30-40 minutes at 200° Celsius.

Enjoy :)

If you like it spicy try to buy the hot version of ajvar!

### INGREDIENTS

*Main filling:*

- 1 pack puff pastry
- 500 gram ground beef
- 2-3 onions
- 1 tablespoon mustard
- 1 egg
- 1 jar of ajvar (~350g)

*Topping:*

- 200 gram cream
- 2 eggs
- 150 gram grated cheese

### STORY OF RECIPE

I got the recipe of my mum :) I usually mix it up nowadays and add carrots, spinach or whatever I have left in the fridge.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Bobbi Jo	USA	28	6

TITLE

## SHEPHERD'S PIE



### INGREDIENTS

- 1 pound ground turkey
- 1 medium onion, chopped
- 1 garlic clove, minced
- ¼ tsp dried thyme
- 2 TBSP ketchup
- 2 TBSP Worcestershire Sauce
- 1 TBSP flour
- ½ cup water
- 10 oz frozen mixed vegetables
- 8 oz of fresh mushrooms
- salt & pepper to taste
- 3 cups mashed potatoes
- 1 ½ cup sharp cheddar cheese

### INSTRUCTIONS

Preheat oven to 425 degrees. Heat a large skillet over high heat and cook turkey until brown, breaking up into bits. Add onions and garlic, cook until softened, about 4 minutes.

Add thyme, ketchup, worcestershire, and flour; stir until combined. Add water and vegetables. Cook until vegetables are warmed through and liquid has thickened, about 3 minutes. Season with salt and pepper.

Spoon mixture into a baking dish. In bowl, mix together mashed potatoes and cheese. Top meat mixture with potato mixture and spread evenly. Use fork to create lines and peaks. Place dish on rimmed baking sheet, and bake until potatoes are lightly browned, 10 to 15 minutes. Serve.

### STORY OF RECIPE

This recipe was passed down to me from my mother-in-law. I love the flavor and texture so much more than bland Shepard's Pie.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15–20min

COOKING TIME  
> 10–15min

NAME	FROM	AGE	SERVES
Ryan McClintock	United States of America	29	4–6

TITLE

## RYAN'S CALIFORNIA KALE SALAD



### INGREDIENTS

1 cup dry quinoa  
 3-4 curly kale leaves (about 2.5 cups chopped)  
 1 can black beans  
 1.5 cup frozen sweet corn  
 1 avocado chopped  
 1/2 cup thinly chopped red onion (optional)

*Dressing:*

1/4 cup finely chopped cilantro  
 1/4 cup lemon juice  
 1/4 cup lime juice  
 1/3 cup extra virgin olive oil  
 1/4 cup cholula hot sauce (lime flavor)  
 1 tsp sriracha sauce  
 1/8 tsp cayenne red pepper powder  
 3/4 tbsp dried chili flakes  
 1 large garlic clove (pressed or finely chopped)  
 1 heaping tsp honey  
 pinch of cumin, salt, pepper to taste

### INSTRUCTIONS

While quinoa is cooking, prepare the kale. Tear the green leaves off the thick spines and chop those leaves finely. Place into a bowl and massage a teaspoon of olive oil into it for about a minute. Add the can of rinsed black beans, the corn, chopped onions, and the chopped avocado then mix well.

Mix all of the dressing ingredients together in a bowl and whisk together well.

When the quinoa is done, spread it out on a plate and let cool in the fridge for 5-10 minutes. Then add the quinoa to the other ingredients and mix. Add the dressing and mix really well for a minute or 2. Let it sit in the fridge for another 5 minutes then serve.

### STORY OF RECIPE

Credit for this recipe goes to Ali Daniel - <http://mysantamonicalife.wordpress.com/>

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 0min

63

RECIPES  
CONTAIN  
BACON

NAME

Bianca

FROM

Brazil

AGE

18

SERVES

4–5

## TITLE

**POTATO GRATIN****INGREDIENTS**

800g potatoes  
 3 /4 cup of milk  
 A cup of sour cream  
 1/4 cup of corn starch or wheat flour  
 200g of mozzarella cheese  
 100g of parmesan cheese  
 Salt

**INSTRUCTIONS**

Cook, peel and slice the potatoes.

Into a pan, pour the milk, a bit of salt and the corn starch or wheat flour. Bring it boil and stir for a minute then add the sour cream. Keep it on the heat until you have a uniform and consistent bechamel sauce.

Butter the inside of an ovenproof dish, around 30cm x 30cm, and at least 6cm deep.

Put a layer of the sliced potatoes in the bottom of the dish, then cover it with a layer of mozzarella and a layer of the bechamel.

Repeat this process a couple of times, until you have at least two layers of each.

Usually, when I make this recipe, the last layer is bechamel, but it can be any of the three. Sprinkle the parmesan on top of it and put it in the oven to gratin for around 35 to 40 minutes or until it is golden and crispy.

It can be served with a bit of basil or fried garlic

**STORY OF RECIPE**

My mom used to make this recipe every other weekend when I was a child. Helping her was an amazing bonding moment for us

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 45min

**COOKING TIME**

&gt; 35min

NAME	FROM	AGE	SERVES
Matt Roberts	USA	41	3

TITLE

## Salmon Salad



INSTRUCTIONS

Chop green onion, eggs, avocado.  
Mix all ingredients in a bowl.

INGREDIENTS

10 oz Salmon - canned, skinless, boneless  
1 sprig Green Onion  
2 Eggs - hard boiled  
1 Avocado  
1 tsp Horseradish  
2 tsp Secret Sauce (Your own concoction)  
2 tbsp Relish  
2 tbsp Mayonnaise  
Pepper to taste

STORY OF RECIPE

Serving Size 1 cup Makes 3 servings Calories 358 Fat 22.2 Saturated Fat 4.8 Cholesterol 81.5 Sodium 926.5 Carbohydrates 15.4 Fiber 4.7 Sugar 8.5 Protein 22.8

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Fabulissa	Australia	43	4

TITLE

## ORANGE KUMERA CHICKEN



### INSTRUCTIONS

Place chicken in a large baking dish. Chop kumera into half and then into long quarters, and add to dish.

In a bowl, add onion powder, cornflour, and soy sauce and mix together into paste. Then add orange juice and mix until smooth. Pour mixture over chicken and kumera in the dish. Mixture should come half way up the side of the chicken. If it doesn't just pour more orange juice over the top and mix into dish.

Sprinkle ground salt and white pepper over the chicken and kumera.

Heat oven to approx. 180°C. Place dish in oven and cook at 180°C for 1 hour. After an hour remove dish and baste. Reduce oven temperature to 150 C and cook for a further hour to one and a half hours. Once the chicken starts to brown on top, turn the chicken over and let it brown on the underside. Continue to baste every half hour. Once the underside is brown, then turn the chicken back over for the final half hour of cooking.

Chicken is cooked when meat starts to pull away from the bone, and the skin starts to pull back.

Great meal for winter. Goes well with fresh, just-cooked vegetables such as green beans, broccoli, or courgettes.

### INGREDIENTS

- 4 chicken maryland cuts
- 3 medium sized orange kumera (sweet potato), peeled
- 2 teaspoons onion powder
- 2 heaped teaspoons cornflour
- 4 heaped tablespoons soy sauce
- 750ml orange juice
- ground salt
- ground white pepper
- Further 250ml orange juice for top up if required

### STORY OF RECIPE

This is one of Mum's from New Zealand. She used to cook it for winter dinner parties when I was a child and it's proved popular ever since.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 120–180min

NAME	FROM	AGE	SERVES
Gordon Wong	Australia	31	4

TITLE

## CHICKEN AND CHORIZO PAELLA



### INGREDIENTS

- 4 cups chicken stock
- A small pinch of saffron threads
- 1 tbsp olive oil
- 4 chicken drumsticks
- 4 chicken wings
- 1 medium brown onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1 red capsicum, thinly sliced
- 1/2 cup of frozen peas
- 1 Spanish chorizo, cut into strips
- 2 cups Medium Grain Rice
- 2 tsp Smoked Paprika
- 1 medium tomato, cut into small cubes
- 1 spring onion, thinly sliced
- 1/2 lemon, cut into wedges, for garnish

### INSTRUCTIONS

1. In a large saucepan, heat chicken stock and saffron to a simmer.
2. Place a large frying pan or paella pan over high heat and add oil. Season chicken with salt and pepper. Once oil is hot, add chicken and brown on all sides, for about 5 mins. Remove chicken from pan, reduce heat to medium high and return pan to the heat.
3. Cook onion and garlic for 2 mins, or until softened. Add chorizo and cook for 1-2 mins.
4. Stir in rice, then paprika, and cook for 2 mins, or until pan is dry and rice is coated in oil.
5. Add warmed chicken stock with saffron, capsicum and frozen peas and season to taste. Stir pan to evenly combine. Add the chicken back to the pan, arranging in a single layer, evenly spaced and bring to a simmer over high heat.
6. Once pan comes to a full simmer, reduce the heat to medium and sprinkle over the tomato.
7. Cook uncovered for 20-25 minutes, or until the rice is tender and the chicken is cooked through. If more liquid is required, add more chicken stock or water.
8. Stand for a few mins before serving. Garnish with spring onion and lemon wedges.

### STORY OF RECIPE

I cooked this for my girl friend and she loved it. We cook this often when we have friends over and it always impresses.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 40min

NAME	FROM	AGE	SERVES
Karin Nordhoff	South Africa	31	4–6

TITLE

## KLEFTIKO



### INGREDIENTS

1.5 kg lamb shanks  
250 g brown mushrooms, quartered  
250 g Feta cheese  
75 ml olive oil  
juice of 1 lemon  
2 - 6 garlic cloves, sliced  
30 ml chopped parsley  
4-5 bay leaves  
15 ml fresh rosemary  
15 ml fresh oregano  
salt & pepper to taste

### INSTRUCTIONS

- Wash and dry the meat. Salt and pepper the pieces, and sprinkle generously with the herbs, spices and garlic. Mix the oil & lemon juice together and drizzle over the meat. Cover and marinate meat for a minimum of 3 hours or (even better) overnight in the fridge.
- Pre-heat the oven to 150 °C.
- Place the marinated meat in an oven proof pot. Arrange the mushrooms on top and crumble the Feta over everything.  
Optional: add some dry white wine, sweet sherry or stock.
- Bake for 3 - 5 hours, depending on the how well done you like your meat; it should fall off the bone.

Serve with fresh spinach, cabbage, green beans or cauliflower and new potatoes in their jackets.

### STORY OF RECIPE

This is one of our favourite family recipes, often used when having guests over since it allows you to spend time with visitors instead of slaving away in the kitchen.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 3–5hr

NAME	FROM	AGE	SERVES
Kate and Nick	Hong Kong	30	4

TITLE

## TAGLIATA WITH ROCKET & PARMESAN



Chef's own

### INGREDIENTS

Olive oil (for seasoning the steaks)  
2 steaks, approx. 300g each (we prefer ribeye)  
100ml extra virgin olive oil  
3 garlic cloves, thinly sliced  
4-6 sprigs of rosemary  
Juice of 1 lemon  
Zest of half a lemon  
Sea salt and freshly ground pepper for seasoning  
150g rocket  
shaved parmesan cheese

### INSTRUCTIONS

1. If time permits, bring steaks to room temperature. Season well with olive oil, salt and pepper.
2. Heat a BBQ or heavy-bottomed frying pan over a high heat and cook steaks until desired degree of doneness - around 3-3.5mins each side for medium-rare - turning only once. Remove steak and allow to rest (the steak will continue to cook while resting so don't overcook in the pan!).
3. Remove the pan from the heat and discard most of the used oil (but don't clean the pan). Allow the pan to cool for 2 minutes then add the extra virgin olive oil, sliced garlic, lemon zest, rosemary sprigs, and salt & pepper to taste. Allow to infuse for 5 minutes while the meat is resting, then squeeze in the lemon juice.
4. Slice the steaks thinly (0.5-1cm wide) with a sharp knife.
5. Place the rocket leaves on serving plates or flat bowls and add the sliced steaks, shaved parmesan and dressing. Alternatively combine in a large bowl for self service. Season if required.

### STORY OF RECIPE

Picked up the Heston Blumenthal recipe card at a Waitrose supermarket in London and it has since become one of our favourite mid-week meals!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Eliot and Ressie Lyons	United States	28	2

TITLE

## STRAWBERRY BANANA HOT WINGS



### INGREDIENTS

*Wings:*

- 20 chicken wings
- ¾ cups all-purpose flour
- ½ teaspoon cayenne pepper (sprinkle in some ghost pepper flakes!)
- ½ teaspoon garlic powder
- ½ teaspoon salt

*Sauce:*

- 2 cups fruit nectar (mango and guava are both tasty; strawberry-banana is sublime!)
- 1 tablespoon corn syrup (sugar is fine)
- ¼ cup cayenne pepper sauce (Frank's is popular, but please experiment!)
- 1/3 cup melted butter
- Any habenero hot sauce, to taste (Dave's Insanity, anyone?)

### INSTRUCTIONS

*Preparation (wings):*

Line a baking sheet with aluminum foil, lightly coat with non-stick cooking spray. Place flour, cayenne pepper, garlic powder and salt into resealable plastic bag and shake until chicken is coated. Place wings onto prepared baking sheet and refrigerate for at least an hour (important!). Preheat oven to 400F. Bake 45 minutes, turning once.

*Preparation (sauce):*

Start sauce once you've put the wings in the oven. The process will take about thirty minutes. Reserving corn syrup, combine all other ingredients in a non-stick saucepan. Bring sauce to simmer over medium heat.

Reduce to approximately half volume (until it is a thick syrup), stirring occasionally and scraping sides to prevent burning/caramelization.

When the sauce has started to noticeably thicken (sometime around the 20 minute mark), add corn syrup and stir until blended. Waiting to add the corn syrup reduces the risk of burning the sauce.

Continue simmering until sauce is thick.

Place wings in large, heat-proof bowl, pour on sauce, toss/stir to coat. Serve immediately.

### STORY OF RECIPE

A flexible baked hot wing recipe that can be played with to make your own. Fruit nectar (Jumex, Kerns) can be found in your grocery store in a variety of flavors.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
Shelley and Ed Rubin	United States of America	28	4

TITLE

## MJEDDRAH AND CHARRED LEMON CHUTNEY



### INGREDIENTS

1 cup lentils, rinsed  
4 cups water  
2 large onions, thinly sliced  
cooking oil  
0.25 cup rice  
1.5 teaspoons salt  
0.25 teaspoon pepper  
2 large lemons, sliced into quarter-inch rounds  
8 medium shallots, sliced into half-inch slices  
0.25 cup sugar  
1.5 cups olive oil  
0.67 cups balsamic vinegar  
0.25 cup chopped fresh chives  
4 teaspoons mustard (preferably Dijon)

### INSTRUCTIONS

*Mjeddrah:*

Combine the rinsed lentils and the water in a wide pot over medium-high heat. Cook uncovered for 20 minutes.

Sauté the thinly sliced onions until dark golden brown. Add approximately 1/4 cup of water to the onions and gently mash with a fork.

Mix onions and water into the lentils with rice, salt, and pepper. Cook this mixture over low heat, uncovered until water has evaporated and the lentils and rice are done.

If the water has evaporated but the rice and/or lentils need more time, remove from heat, cover, and let sit for approximately 10 minutes.

*Charred Lemon Chutney:*

Preheat broiler. (Optional: Line a rimmed baking sheet with foil.)

Toss sliced lemons and shallots with the sugar and 1/2 cup olive oil. Season with salt and pepper. Evenly spread the mixture onto the (possibly lined) rimmed baking sheet. Broil 8-10 minutes until the mixture begins to char in spots. Turn over the lemon and shallots and broil until nearly charred (approximately 6 minutes). Be vigilant; the mixture burns quickly.

Allow the mixture to cool; then coarsely chop. Stir the chopped mixture in a bowl with vinegar, chives, mustard, and remaining oil.

*Serving:*

Serve the mjeddrah with a large dollop of chutney (plain yogurt also adds a very nice creaminess and tartness but was officially omitted to make this recipe dairy-free and vegan).

### STORY OF RECIPE

The mjeddrah hails from Shelley's mother and grandmother in the Lebanese tradition. The chutney comes from Ed's obsession with sauces, salsas, and cookbooks.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 40min

NAME

RaShun Harris

FROM

USA

AGE

29

SERVES

4

## TITLE

**SANTA FE STYLE GREEN CHILI STEW****INSTRUCTIONS**

In large pot add Canola oil over medium high heat. Once pot is hot add beef to brown, stirring occasionally. Add garlic and allow beef and garlic to cook for about 10 minutes. Add frozen green chili and cook until thawed. If using chili substitute, add to pot to cook with meat and garlic. Add water, Better than Bullion beef base, cumin, and potatoes then bring to a boil. Turn down to medium low heat, cover, and cook for 30 minutes. Add onions and cook for another 30 minutes. Allow to cool for 15 minutes and serve with corn bread.

**INGREDIENTS**

- 1 tablespoons canola oil
- 2 pounds beef stew meat, cut into 1-inch pieces
- 4-6 whole cloves of garlic
- 2 cups frozen Hatch Green Chili (4 Poblano & 2 Jalapeño as a substitute)
- 4 cups of water
- 3 teaspoons Better than Bullion brand beef base
- 1/2 teaspoon ground cumin
- 3 medium potatoes cut into 1-inch pieces
- 1 yellow onion chopped in large pieces
- Sour cream (optional)
- Cheddar cheese (optional)

**STORY OF RECIPE**

Born and raised in Santa Fe, I learned to love green chile and I want to share a little known “treat” with everyone worldwide.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 70min

NAME

Alice Cerconi

FROM

Romania

AGE

27

SERVES

3

## TITLE

**YUMMY BAKED SALMON****INSTRUCTIONS**

Preheat the oven to 220°C.

Cut the potatoes in halves or quarters and bake them with 2 tablespoons of olive oil for 20 minutes. Then stir a bit and continue cooking for another 15 minutes. When time is up, place the cherry tomatoes into oven on top of the potatoes and then the salmon, skin side down, with 1 tablespoon of olive oil, the juice from 1/2 of lemon and a pinch of sea salt. You are only 15 to 20 minutes away until the fish is cooked through. Once out of the oven, season with the fresh basil.

That's it, chef!

**INGREDIENTS**

- 450 grams salmon fillet
- 600 grams new potatoes
- 300 grams cherry tomatoes
- 3 tablespoons olive oil
- 1/2 lemon
- sea salt (optional)
- fresh basil

**STORY OF RECIPE**

This is an adaptation of a recipe found in a magazine, when looking for healthy recipes. I love it because it is very easy to make and so tasty! :)

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 50min

NAME	FROM	AGE	SERVES
Jim Kirk	U.S.A.	59	8

**TITLE**

# KIELBASA PIE


*Jim Kirk*
**INGREDIENTS**
*Crust:*

- 2 1/4 Cups All Purpose Flour
- 6 Tablespoons Butter, refrigerated
- 4 Tablespoons Lard or Shortening
- 2 ~ 3 ounces Ice Water

*Filling:*

- 3 Cups cooked, ground Kielbasa
- 2 Cups Mashed Potatoes
- 1 Cup Shredded Celery
- 1 Cup Fried Shredded Onion

*Spices:*

- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/4 Teaspoon Paprika
- 1/2 Teaspoon Basil
- 1/2 Teaspoon Parsley

**STORY OF RECIPE**

I got this recipe decades ago from a lovely old Polish-American lady at the Kielbasa Festival in Chicopee, MA. <http://k-fest.com/>  
The lemonade & horseradish are the perfect compliment.

**INSTRUCTIONS**
*Crust:*

Cut butter & lard into 1/2 inch cubes, & knead into flour until the texture is like corn meal. (A food processor is handy)

Slow add water while kneading until dough sticks together in one solid ball.

Chill while you work on the filling, then roll out half the dough to line a 10 inch pie pan.

*Filling:*

Mix filling and spice ingredients well and fold into the crust bottom.

Using a finger, moisten the crust all around the edge with cold water.

Roll out remaining dough and place on top of the pie, pressing around the edge to seal the crusts. Bake in pre-heated 400F oven about 40 minutes or until crust is golden brown.

Serve with creamy Horseradish Sauce and Lemonade.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

**PREPARATION TIME**

> 30min

**COOKING TIME**

> 40min

NAME

FireCat Farm

FROM

United States of America

AGE

38

SERVES

4–6

## TITLE

**LENTIL CHILI****INSTRUCTIONS**

- 1) Brown onions (& hamburger) in the pan you are planning on making the soup in. Onions should be soft & clear. Meat should be cooked thru.
- 2) Add chili powder & cumin to the onions. Stir for 1 minute.
- 3) Add broth & bring to a boil.
- 4) Add black beans, corn & lentils. (Add meat if using something precooked like shredded chicken or ham cubes)
- 5) Simmer for 30 minutes until the lentils are soft.
- 6) Add salt & pepper to taste.
- 7) This recipe is honestly better the next day when you warm it up but is yummy right off the stove.
- 8) Serve with shredded cheese, sour cream or other chili toppings of your preference & enjoy!!!

**INGREDIENTS**

- 1/2 pound meat (hamburger, shredded chicken, ham cubes)
- 1 medium onion, roughly chopped
- 4 cups broth (appropriate to meat choice)
- 1 10 oz can black beans
- 1 16 oz bag frozen corn
- 1 cup dry lentils
- 2 tablespoons chili powder
- 1 tablespoon cumin
- Salt & Pepper to taste

**STORY OF RECIPE**

I came up with the recipe myself to accommodate my daughters food allergies. This recipe is infinitely adaptable to suit the person cooking & eating it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 40min

NAME

Alycia Gleave

FROM

USA

AGE

36

SERVES

6-8

## TITLE

**KNOEPFLA SOUP****INGREDIENTS**

Knoepfla Soup

4 cups of water

2 cups Chicken broth

1 onion chopped

1 stalk celery, chopped

2 cups diced potatoes

1 cup cooked chicken

Salt &amp; pepper

¼ tsp. garlic powder

1 cup cream

Approx. 1 ½ lb. knoepfla – see recipe below

Bring water and broth to a simmer in a large heavy bottom pot. To that, add onion, potatoes, , salt, pepper and garlic powder. Simmer 20 minutes until potatoes are almost cooked through. Add cream and knoepfla. Simmer 30-40 min.

**INSTRUCTIONS**

Knoepfla

4 eggs

½ cup milk

3 ¼ flour

½ tsp salt.

Beat eggs until foamy and combine with milk, add flour and salt a little at time. A soft dough will form.

When soup is boiling snip small pieces with scissor and drop into soup.

**STORY OF RECIPE**

A local gem of a dish from North Dakota. My neighbor Lori Kuschel gave this recipe to me when I moved away from home.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 90min

**COOKING TIME**

&gt; 60min

NAME	FROM	AGE	SERVES
Anne Riston-guéchova	France	58	6

#### TITLE

## FRESH ONIONS AND MACKEREL TART



#### INGREDIENTS

Pastry: 350 g rice flour, 1 teaspoon baking powder, 1 pinch salt, 1 pinch of sugar, 1 glass olive oil, 1 glass of warm water.

Topping: 3 bunches of spring onions, 1 tablespoon olive oil, 1 tablespoon of zaatar (Lebanese thyme), 2 tablespoons balsamic vinegar, a little salt, pepper, 1 tablespoon sugar, 2 smoked mackerel fillets chopped, 20 cl soya cream.

#### INSTRUCTIONS

Mix all the ingredients for the pastry, in the order listed, to get a nice dough ball.

Spread it with your fingers (it is so crumbly!) in a pie plate 30 cm in diameter.

Preheat oven to 200 °.

Clean onions, keep green stems and cut them into small pieces, then cook in a skillet over high heat with olive oil for 5 minutes.

When cooked, add salt, pepper, sugar, balsamic vinegar, and zaatar.

Place the onions on the pastry, sprinkle with chopped mackerel, scatter soy cream.

Cook for about 50 minutes.

Serve with a big green fresh salad !

#### STORY OF RECIPE

The basis of this recipe was depending on the capacity of my fridge, how the weather is like outside, on the season, on my guests and my mood ...

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 50min

NAME

Mitch Lackie

FROM

Canada

AGE

SERVES

2-4

## TITLE

**GCC (GREEN CHILI CHICKEN)****INGREDIENTS**

6 green onions  
 4-6 chili peppers (seeded) - optional  
 2 cloves of garlic or 2 teaspoons of garlic from a jar  
 1 tablespoon coriander seed, crushed  
 1/2 teaspoon black pepper  
 sea salt and ground pepper to taste  
 2 large handfuls basil on the stalk  
 3 large handfuls coriander/cilantro on the stalk  
 3 tablespoons olive oil  
 4 limes zested and juiced  
 4 boneless chicken breasts (cut in bite size pieces)  
 1 eggplant (cut in bite size pieces) - optional  
 1/2 can coconut milk

**INSTRUCTIONS**

In a food processor combine:  
 4-6 chili peppers (seeded) - optional  
 2 cloves of garlic or 2 teaspoons of garlic from a jar  
 1 tablespoon coriander seed, crushed  
 1/2 teaspoon black pepper  
 sea salt and ground pepper to taste  
 2 large handfuls basil on the stalk  
 3 large handfuls coriander/cilantro on the stalk  
 3 tablespoons olive oil  
 4 limes zested and juiced  
 Mix it all together to form a paste.  
 Marinate the four cut-up boneless chicken breasts in some of the paste for at least 30 minutes and up to 25 hours.  
 Keep the remaining paste for later.  
 Peel and cut an eggplant into bite size pieces and cook in oil until they are soft. Remove the eggplant.  
 Cook the chicken in oil for about four or five minutes.  
 Add the remaining sauce and the eggplant. Bring it all to a boil then let it simmer for 8 minutes.  
 Serve over rice.

**STORY OF RECIPE**

My wife once tried to duplicate a TV chef's curry without the ingredients or recipe. The result, many years later, this completely different dish. A fave of family and friends.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 20–30min

NAME	FROM	AGE	SERVES
Lesley Mitchell	Turkish Republic of North Cyprus	38	6–8

**TITLE**

## MOROCCAN-STYLE LAMB MEATBALLS



Lesley Mitchell

### INGREDIENTS

*For the meatballs:*

- 500g Lamb mince
- 1 medium onion, finely chopped
- Garlic, finely chopped (to taste)
- 1 tablespoon olive oil
- 50g dried apricots, chopped into quarters (or smaller if you prefer)
- 3 tablespoons of ras el hanout spice mix (bought or home-made)
- 1 tablespoon hot chili powder, 1 egg

*For the sauce:*

- 400g can of chopped tomatoes
- 500g passata (with garlic and herbs for preference)
- 200g chick peas (small can or freshly cooked)
- 1 medium onion, finely chopped
- Garlic, finely chopped (to taste)
- 2 tablespoons olive oil, 100g dried apricots, chopped into quarters, 3 tablespoons fresh coriander leaf
- 2 teaspoons harissa paste (store bought or homemade)
- 2 teaspoons honey
- 100ml sherry

### STORY OF RECIPE

Evolved from a cheat's version. Initially, I would cook meatballs (from a famous Nordic furniture store) in a Moroccan spiced tomato sauce, as an alternative to the usual cream sauce.

### INSTRUCTIONS

Mix the meatball ingredients together, and leave to let the spices infuse the meat for at least half an hour, preferably overnight.

Tip: If available, use a small food processor to finely chop the onions and garlic.

If the passata is flavoured (e.g. garlic and herbs), mix in the tin of chopped tomatoes and leave to infuse.

Before starting to cook the meatballs, turn the oven on to pre-heat to 180°C

With your hands scoop form some meatballs. The number you make will vary depending on the size of the balls. (I can get about 18 small meatballs from this mixture.)

Shallow fry meatballs in olive oil in a deep frying pan a few at a time. When cooked, place the meatballs in an oven-proof dish.

Keeping all the bits that have fallen off the meatballs in the pan, add more olive oil and quickly sauté the onion and garlic until soft. Turn down the heat, add the harissa paste and stir until the spices become fragrant. Add the chopped tomatoes and the passata and bring to the boil.

Simmer until the liquid is significantly reduced, then stir in the sherry, honey, chickpeas and apricots. Continue to simmer until thick. Remove from the heat and stir in the chopped coriander leaf and season to taste.

Pour the finished sauce over the meatballs and bake in the oven for about 30mins.

Tip: Place your oven-proof dish on a large, rigid baking sheet to make it easier to get in and out of the oven.

Serve on couscous or bulgur, plain or flavoured with garlic and coriander, and with a large spoonful of tzatziki.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 30min

NAME  
Steve & Michelle

FROM  
USA

AGE  
39

SERVES  
4–5

TITLE

## POOR MAN'S VEGAN PASTA



Steve's cell phone

### INGREDIENTS

- 16 oz pasta (rotini, rotelli, shells, or elbows)
- 1 15 oz can green peas
- 1 15 oz can black beans
- 1 15 oz can corn
- 5 tablespoons Bragg's Liquid Aminos (or soy sauce)
- 5 tablespoons vegan mayonnaise
- ½ cup nutritional yeast
- 3 cloves garlic minced
- 1 avocado (optional)

### INSTRUCTIONS

1. Cook pasta in an oversize pot, following directions on box.
2. While pasta is cooking, drain and rinse the green peas, black beans, and corn in a strainer.
3. When pasta is ready, drain in strainer with peas, beans, and corn, then return contents of the strainer to the pot and stir in all remaining ingredients.
4. Top with avocado if desired, and serve.

### STORY OF RECIPE

Handed down from roommates to Michelle during her travelling nurse year in Portland, Oregon. Not flashy, but easy, yummy, fast, and frugal!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Steve & Michelle	USA	39	5–6

TITLE

## ONE POT VEGAN RISOTTO



Steve's cell phone

### INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1.5 cup arborio rice
- 26-32 oz pasta sauce
- 2 cups vegetable broth
- 1 15 oz can cannellini beans, rinsed
- 1-2 medium carrots, peeled and chopped
- 1.5 cups broccoli, rinsed and chopped
- 1/3 cup nutritional yeast
- 1.5 cups spinach, rinsed

### INSTRUCTIONS

1. Preheat oven to 400F.
2. Heat oil in large oven-safe sauce pan over medium heat and cook onion and garlic until onion is translucent.
3. Stir in arborio rice and pasta sauce cook for 5 more minutes.
4. Add vegetable broth and bring to a boil, stirring often.
5. Stir in cannellini beans, carrots, and broccoli.  
(Experiment with different veggies, beans, and leafy greens for variety.)
6. Cover and bake until desired texture is achieved, about 30 minutes.
7. Remove from oven and stir in nutritional yeast and spinach.

### STORY OF RECIPE

The easiest risotto method we've found - no tedious stirring on the stove-top required! Baking in tomato sauce gives just the right creamy consistency; nutritional yeast adds a touch of cheesy flavor.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 15min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Matt Stansfield	United Kingdom	33	2

**TITLE**

## GINGER & SOY SALMON + MUSTARD MASH


**INSTRUCTIONS**

1. Bring a pan of water to boil and add a pinch of salt
2. Peel the sweet potato and chop into chunks. Add to boiling water and allow to boil for 10-15 minutes
3. Meanwhile, slice the spring onion and set aside. Halve and quarter the tomatoes (for added visual presentation use a variety of baby/cherry tomatoes of differing colour).
4. Grate the ginger over the top of the tomatoes and spring onions.
5. Heat the oil in a frying pan on medium heat.
6. Add the salmon fillets to the pan skin down and allow to sit.
7. After a minute and a half add the tomatoes and spring onions along with the grated ginger. Stir fry the toms and onions around the salmon fillets for a further minute.
8. Flip the salmon fillets over and add the soy sauce allow to fry for a further minute and half before reducing heat to low.
9. Drain the sweet potatoes and place back on a low heat. Add the milk, butter and wholegrain mustard and mash to your favourite consistency.
10. Plate up the mash alongside the salmon fillet (use a bit of mash to stick the salmon to the plate). Drizzle over the tomatoes, spring onions and the soy sauce and enjoy!

**INGREDIENTS**

2 x Salmon Fillet (approx. 100 g each)  
 Spring Onions (125 g )  
 Tomatoes (200 g)  
 Root ginger (15 g)  
 Soy Sauce (dark) (2 tbsp)  
 Sweet Potato (400 g)  
 Wholegrain Mustard (2 tbsp)  
 Butter (2 tbsp)  
 Milk (75 ml)  
 Salt (pinch)  
 Vegetable oil (2 tbsp)

**STORY OF RECIPE**

I derived this recipe from a M&S Food (posh supermarket) advert shown in the UK around 2008.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Karl-Heinz Herrmann	Germany	46	4–6

#### TITLE

## APFELSTRUDEL (AUSTRIAN APPLE PIE)



Karl-Heinz Herrmann

#### INGREDIENTS

250g plain wheat flour (type 405 or 550)  
 3 Table spoons Oil (e.g. sunflower)  
 approx. 125 ml warm water  
 pinch salt  
 1,5 kg apples (prefer juicy, sour type)  
 80g bread crumbs  
 125g sugar  
 65g raisins  
 80g nuts or almonds (split into smaller pieces)  
 1 tea spoon cinammon (careful, don't overdo it)  
 200g sour cream  
 40g butter  
 1 cup milk

#### INSTRUCTIONS

Mix the flour, salt and oil, then slowly add water and knead the dough until the dough is not sticky any more but still soft. Let it rest for 30min.

In the meantime quarter and skin the apples, remove the core and cut them into thin pieces. Add the sugar, cinammon, raisins and nuts and mix well.

Prepare a casserole (roughly 35cm by 20cm, 10 cm high) and spread some of the butter inside the casserole. Preheat an oven to 220°C.

Now roll out half of the dough very thin into a (roughly) 30cm by 50cm sheet. Start out with a rolling pin, adding little amounts of flour just to keep it from sticking to the table, but do't add to much or the dough will get too dry. Once the rolling pin doesn't do much good any more continue by pulling the dough sheet over the tables edge with one hand while holding the other half on the table with your other hand. Slowly pull and spread it even thinner while rotating the dough. Make sure the edges are thin as well (last run with the rolling pin). The short edge should fit the long edge of the casserole. Once done spread half of the sour cream on the dough, then half of the sliced apples. Carefully roll the dough from one of the short edges into a roll (Strudel), roll it over so it lies in both of your hands and put it into the casserole. Repeat with the other half.

Put the remaining butter in small flakes onto the strudel. Pour some of the milk onto the strudel (you should start seeing it around the strudel). Put the casserole into the oven for 45-60min, If the milk is gone after 30min add some more. Should get crispy and brown on top and be still juicy inside.

Serve hot as a sweet main dish (as in Bavaria and Austria) or as either hot or cold apple pie. Common sides are vanilla sauce or vanilla ice cream on the hot version or whipped cream with the cold Strudel/pie.

#### STORY OF RECIPE

That recipe is a family variation for Apfelstrudel, in particular the milk and sour cream. This is one of my all time favorite dishes since childhood.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 60–90min

COOKING TIME  
 > 60min

NAME	FROM	AGE	SERVES
Marcus Norrgren	Sweden	32	4

TITLE

## HOT PRAWN PASTA W. PEPPER & CHÈVRE



Marcus Norrgren

### INGREDIENTS

1/2 yellow onion or 1 banana shallot  
1 fresh spanish pepper  
(adjust depending on desired spiciness)  
1 - 2 garlic cloves (preferably chinese single clove)  
150 g sugar peas  
100-150 g chèvre  
1 sweet red pepper  
Liquid honey for garnish  
1 lime  
1 red onion  
1 pack of sunflower sprouts for garnish  
500 -700 g of prawns or tiger prawns  
Olive oil, 2-3 tablespoons for frying  
Salt  
400 g of fresh pasta linguine

### INSTRUCTIONS

Chop the spanish pepper, garlic and banana shallot into finer pieces appropriate for frying in a pan, about 2-4 mm thickness.

Chop the red onion in the same size as the banana shallot.

Cut the sugar peas and sweet pepper into smaller pieces, for example 0,7-1,5 cm max length/witdh.

Peal the prawns.

Heat a pan on full effect and add the olive oil and when heated, add the garlic, spanish pepper and banana shallot and fry and stir until softened; also put some honey into the pan, just a tea spoon or two.

Add the sugar peas and sweet pepper and let them fry while stirring for just a minute or two so they keep their crispness. Add a few pinches of salt.

Add all the prawns and just let them cook for a minute or two; be careful to not overcook them since they easily turn chewy.

Cook the fresh pasta so it is done at the same time as the prawns. Serve by putting the pasta in the bottom of each plate, then the prawns/pepper/sugar pea mix on top. Garnish by adding some sunflower sprouts at the top, place a lime section (e.g. 1/4 of a lime) on top of those and sprinkle with bits of chèvre and red onion, and finally let some honey trickle in a curled/circular pattern on top/across the plate.

### STORY OF RECIPE

A friend of my family which works as a chef cooked something similar to this once at our home, and I put together this recipe inspired by his dish.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 35min

COOKING TIME

> 10min

NAME	FROM	AGE	SERVES
Andreas	Denmark	20	4

#### TITLE

## JUNIPERBERRYOTP(ENEBTRGRYDE)



#### INGREDIENTS

##### *Juniperbrypot:*

1 kg Pork meat  
50g Butter  
12 Dried juniper berries  
1 tsp. Dried rosemary  
9 dl. Cream 38% fat  
300g Cremefraiche 18 el. 38% fat.  
2 tsp. Salt  
Pepper  
Thickener (2/3 water 1/3 flour)  
Milk around ½ a liter.

##### *Baked mashed potato:*

1500g Potatoes  
100g Butter  
1 dl. Cream 38% fat  
4 Eggs  
2 tsp. Salt  
Pepper

#### INSTRUCTIONS

##### *Juniperbrypot approach:*

Cut the pork into small pieces. Brown the butter in a big pot. Split the meat in two portions and brown each portion by itself in the pot. Put all the meat back into the pot.

Crush juniperberries and rosemary, add it to the meat and fry it a bit. Add a ½ liter of cream, 150g cremefraiche and salt and pepper, let it cook at a low but still boiling heat for atleast one hour. Add the rest of the cream and cremefraiche when the gravy gets thicker.

From now we add milk when it gets thicker and continue to do so until the baked mashed potatoes is nearly done. When the potatoes are ready thicken the gravy carefully as it gets thick easily.

##### *Baked mashed potatoes Approach:*

Peel the potatoes and weigh them, cut them into smaller pieces and put into a pot with water. Cook the potatoes for around 20 min. until they fall apart easily, while the potatoes are cooking the eggs are seperated into egg yolks and egg whites, and the egg whites are beaten stiff. Pour the water from the potatoes. Mix the potatoes with a hand mixer and add butter and cream. Mix the egg yolks in. Add salt and pepper. Carefully turn the egg whites into the mashed potatoes and pour it into a big casserole and bake it in an oven at 200 degrees celsius for 35 min.

#### STORY OF RECIPE

This is a dish I make once in a while, it is originally from Arla's "Karolines Kÿkken" but I have made some minor changes to it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 120min

NAME

Jan Lipinski

FROM

Poland

AGE

25

SERVES

2–4

## TITLE

## SALAD WITH TUNA AND BROCCOLI



## INSTRUCTIONS

1. Separate a broccoli into smaller florets.
2. Put the broccoli and three tea spoons of cumin on a lightly salted boiling water; cook 3 to 5 minutes.
3. Take the broccoli out of the pot and cook rice in the cumin water.
4. While the rice is cooking, fry garlic using grape oil.
5. Mix rice with corn, tuna, garlic and broccoli. Add salt, pepper and herbs.

## INGREDIENTS

200g of rice  
1 broccoli  
c. 120g of tuna  
c. 220g of corn  
2 garlic cloves  
grapes oil  
cumin  
provansal herbs  
salt and pepper

## STORY OF RECIPE

I prepared this salad as a special treat for my 25th birthday party.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 20min

NAME

Alex Reader

FROM

USA

AGE

SERVES

8

## TITLE

**BURRITO PIE****INGREDIENTS**

- 1 onion diced
- 1.25 lb ground beef or turkey browned
- 1 16oz can re-fried beans
- 1 4oz can diced fire roasted green chilis (choose heat)
- 1 16 oz jar chunky salsa (choose heat)
- 3 cups grated pepper jack cheese
- 6 burrito size flower tortillas

**INSTRUCTIONS**

- sauté onion in oil to translucent, set aside
- brown meat
- add onion, chilis, salsa and beans mix and cook until warm
- heat 1/2 cup oil in a skillet
- fry tortillas 1 at a time until brown on both sides
- put one tortilla in a round cake pan
- layer with 1 cup of mixture
- layer with 1/2 cup of cheese
- add another tortilla on top and repeat layers of mixture and cheese
- top with another tortilla
- bake 20 minutes at 350 degrees
- remove from oven
- sprinkle 1/2 cup of cheese on top and return to oven for 5 minutes to allow cheese to melt
- makes 2 pies

**STORY OF RECIPE**

The recipe is loved by the entire family and not a speck is left.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Jeff Li	Malaysia	25	1

TITLE

## CHICKEN BREAST WITH KAFFIR LEAVES



### INGREDIENTS

- 1 chicken breast
- Pinch of Salt
- Pinch of Freshly ground pepper
- Kaffir Lime Leaves (Freshly chop)
- Chili Flakes
- Garlic (Optional)
- Olive Oil (1 tablespoon)

### INSTRUCTIONS

1. Remove the bones and skin of the chicken breast. Tenderize the chicken breast with tenderizer mallet.
2. Thinly sliced the Kaffir Lime Leaves. Peel the garlic.
3. Season the chicken with pinch of salt and pepper to taste. Apply chili flakes and thinly slices Kaffir leaves evenly onto the chicken and rub thoroughly on both sides.
4. Heat 1 tablespoon of olive oil in the pan over medium-high heat.
5. When hot, add the chicken and garlic onto the pan and cook until golden brown. Pan fried the chicken for about 3-4 minutes per side.
6. Once cooked, transfer to a plate and enjoy!

### STORY OF RECIPE

Was out of idea what to cook and it struck me of seasoning the chicken with Kaffir Leaves and chili flakes. It turned out to be so simple yet taste!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 3–4min

NAME	FROM	AGE	SERVES
Steven	United States	24	6

**TITLE**

## ROULADEN (GERMAN MEAT ROLLS)

**INGREDIENTS**

- 6 slices bottom round beef, 1/3 inch
- 6 slices cucumber pickles
- 1/2 cup water
- 2 beef bouillon cubes
- 3 slices of bacon
- 1 large onion
- salt and pepper
- 1 can mushroom sauce
- 1 tsp. oil or margarine
- flour
- 1 small can tomato sauce (optional)

**INSTRUCTIONS**

On each slice of meat, put the following; Diced onion, cut up bacon (1/2 slice for each), 1 cucumber pickle, salt and pepper. Roll tightly and secure with toothpicks. Brown in hot frying pan on all sides, add water, bouillon cubes, mushroom sauce. Cover tightly and simmer about 1 hour. If more water is needed, add at your own judgement or add 1 small can of tomato sauce for flavoring. When meat is done, thicken gravy with a little flour (to desired thickness).

**STORY OF RECIPE**

My roommate's grandmother had this recipe that was found after she passed away

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 60min

NAME

Emily

FROM

U.S.A

AGE

25

SERVES

4-5

## TITLE

# MY SPAGHETTI ALLA CARBONARA



## INGREDIENTS

- 1 box of pasta
  - 473 mL of Heavy whipping cream
  - 6 oz of parmesan cheese (shredded or grated)
  - 3 oz of prosciutto
  - 3 eggs
- You can add vegetables if you want such as peas.

## INSTRUCTIONS

As the water is boiling, cut the prosciutto in pieces, and crisp it in a pan.

Once the pasta has entered the boiling water, add the heavy whipping cream to the prosciutto and season it with pepper.

While everything is cooking, in a bowl mix the raw eggs and the cheese and mix those together as well as possible.

Once the pasta is ready, drain the water and add the pasta to the eggs and cheese. Make sure all the pasta is covered with the mixture.

Once you are satisfied with it, pour the cream and prosciutto on top of the pasta and again mix it all.

You are done!

## STORY OF RECIPE

My grandfather used to make this dish. Although I love his version, I have decided to make my own version of it. I am still toying with the recipe.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE

## PREPARATION TIME

&gt; 15min

## COOKING TIME

&gt; 15min

NAME	FROM	AGE	SERVES
Rebecca Smith	United States	26	5

TITLE

## BEET FALAFEL BURGERS



Rebecca Smith

### INGREDIENTS

1/2c oat flour (can be made in food processor from rolled oats)  
~2c shredded beets (from 2 small/medium beets)  
3 garlic cloves, minced  
1/2c small onion (~1/2c), minced  
1/2c fresh cilantro, minced  
1/2c fresh parsley, minced  
1 3/4c cooked chickpeas (or one 15-19oz can, drained and rinsed), mashed  
4T ground flaxseed  
1t ground coriander  
1t ground cumin  
3/4t salt  
1/4t ground black pepper  
1/4 crushed red pepper flakes  
1/6c tahini  
juice from 1/2 lemon (~1.5T)

### INSTRUCTIONS

Add all ingredients to a large bowl. (I use the food processor to make the oat flour, shred the beets, mince the garlic, onion and fresh herbs, and pulse the chickpeas, but these steps may also be done by hand if a food processor is not available). Mix ingredients together using a spoon, masher, or your hands. Taste and adjust spices as necessary. The mixture should hold together when pressed between your hands. The mix can be refrigerated before cooking, or cooked immediately. Form into patties (you can flatten 1T balls for falafel, make them burger-sized, or anything in between). Fry in lightly oiled pan at medium-high heat until cooked, or bake at 350 degrees (on pans lined with parchment paper) for approximately 20 minutes, flipping halfway through.

Great served over salad or in a pita with lettuce, hummus, red onion, cucumber and feta cheese.

### STORY OF RECIPE

This quickly became a favorite at porch dinners - it's adapted from the blog 'A Dash of Compassion' to up the beets and add lots of my favorite spice, cumin!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Charles Tsai	Canada	43	3

TITLE

## VEGETARIAN MAPO TOFU



### INGREDIENTS

16 oz package of soft or medium firm tofu, cut into 1cm cubes  
 2 tablespoons canola oil  
 2 tablespoons chili bean paste  
 1 teaspoon fermented black beans  
 3 cloves minced garlic  
 1 tablespoon minced ginger  
 2 cups vegetable stock  
 1 cup scallion chopped fine  
 2 teaspoon of potato or corn starch mixed with 2 tablespoons of water  
 Soy sauce to taste

\*You can easily buy these ingredients at an Asian grocery store. Show them this recipe and they will point you to the right products.

### INSTRUCTIONS

1. Heat up pan, add oil and then garlic and ginger until fragrant (about 30 seconds). Don't burn.
2. Add chili bean paste and black beans and stir until mixture is well combined and sizzling (about a minute).
3. Add stock and let it boil and simmer for about a minute.
4. Add tofu and simmer for another 2 minutes. Move tofu around gently.
5. Add half the scallions and cook for 30 seconds. Mix gently.
6. Give potato starch mixture a final stir and then add it to the pan. Mix well. If the sauce becomes too gelatinous, add more water. It should resemble thick gravy.
7. Taste tofu and sauce. Add more chili bean paste or soy sauce if you want it more spicy or salty.
8. Transfer to serving plate and garnish with remain scallions.

### STORY OF RECIPE

Served in most Chinese restaurants, this traditional spicy tofu dish is quick, easy to make, and mouth-watering to look at. Pair it with white rice. You'll make it often.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 8min

NAME

Edith Dourleijn

FROM

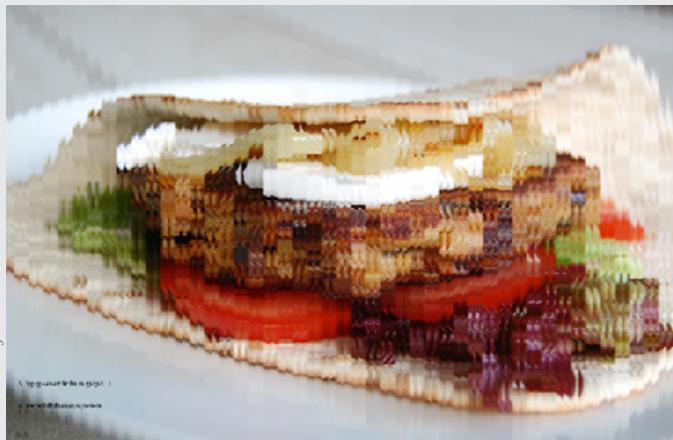
USA

AGE

SERVES

2-3

## TITLE

**VEGGIE BURGER MADE FROM EGGPLANT**

Edith Dourleijn

**INGREDIENTS**

- 1 eggplant
- olive oil
- salt
- 50 gr vegetable chips (store bought, or use bread crumbs)
- 1 small onion
- 2 tablespoon tahin (=sesame paste)
- 1 tablespoon
- 1 egg

Note: tablespoons are American sized ones (as they can differ between countries).

**INSTRUCTIONS**

Preheat the oven at 200 C or 400 F degrees. Slice the eggplant in 1 centimeter slices, coat them with olive oil and some salt. Roast the slices in the oven for appr. 30 minutes.

Peal and cut the onion in half rings. Heat 2 tablespoons of olive oil in a skillet and cook the onion on very low heat until soft. May take 30 minutes. Add some (1/4 cup/50 ml) water after 10 minutes.

Cutter the veggie chips in your food processor until very small.

Remove the eggplant slices from the oven and cut into smaller pieces when they have cooled down a bit.

Mix all ingredients, but not the onions, and form balls from them. If you have some time, let them cool and stiffen in your fridge.

Heat some olive oil in a skillet until hot, put in the eggplant balls and flatten them with your spatula. Bake on this side until it's crispy and easy to flip. Try to leave them alone as much as possible, to get

Enjoy with the baked onions, fresh tomato, lettuce, thin slice of soft goat cheese and bread. On the picture you see Thunnbröd of IKEA.

**STORY OF RECIPE**

I love eggplants and try to put them in my food as much as possible. And one day it just hit me: let's make a burger of it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 35min

**COOKING TIME**

&gt; 10min

NAME	FROM	AGE	SERVES
Arthur Lhermitte	France	30	1

#### TITLE

## THE YUMMY YUM YUM



#### INGREDIENTS

1 Yum Yum, any flavor 1 egg 4 black olives 1 little spring onion Ham cut in little cubes Some coriander, chives and basil Pepper.

#### INSTRUCTIONS

Open up your Yum Yum, keep the noodles and the powder, throw away the oil.

Turn on your kettle to get boiling water.

Take a beautiful bowl (has to be beautiful) in which you will put the noodles. On top of them you will gently place half of the Yum Yum powder, basil leafs and the dice of ham.

Cut the 4 black olives and the spring onion in pieces and drop them in the bowl.

When the water is boiling: pour the necessary amount in the bowl, crack the egg, extract the yellow part and delicately place it in the hot water (make sure it doesn't break).

Cover the bowl with a plate and wait at least 15 minutes. Only then you will add the coriander and the chives.

Your Yummy Yum Yum is ready!

#### STORY OF RECIPE

As a student, I had to find inexpensive meals. This is how I became a Yum Yum specialist!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Jenni and Sue Bird	United States	25	4

**TITLE**

## FREIKADELLA

**INSTRUCTIONS**

Put meat in large mixing bowl. Flatten meat and cut into quarters. Remove one quarter and fill space with flour. Add the removed portion of meat. Mix flour, meat, salt, pepper and onions in a bowl, then mix in eggs, then milk. Using a spoon, form into flattened balls. Fry on low heat.

**INGREDIENTS**

3/4 lb Ground Beef  
3/4 lb Ground pork or veal  
1/4 tsp Pepper  
Flour  
1 tsp Salt  
2 Onions, chopped  
2 Eggs  
1 cup Milk

**STORY OF RECIPE**

This is a Danish recipe that has been passed down in our family for years! FYI, it is pronounced frick-uh-del-uh.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Jonathan Cooke	UK	28	4

#### TITLE

## WEST AFRICIAN GROUNDNUT STEW



#### INGREDIENTS

- 2 Large chicken breasts - diced into bite-sized cubes
- 1 Large onion - Diced
- 1 Pepper (Capsicum) - Diced
- 2 Medium chillies - Diced
- 2 Tinned chopped tomatoes
- 1 Tablespoon tomato purée
- 1 Chicken stock (roughly 300ml)
- 2 Heaped tablespoons of smooth peanut butter (adjust to taste)
- 3-4 cloves garlic - crushed
- A couple of inches of grated ginger root
- Cooking Oil to heat the pan and seal the chicken (groundnut oil if you prefer)
- salt and pepper to taste
- Optional: 100g of grated cheese
- Serve with Rice and/or bread

#### INSTRUCTIONS

Gently heat oil in a large pan  
 Mix ginger and garlic in the oil  
 Seal chicken on a medium heat in the oil mix  
 Add onion, pepper, chilli, stir regularly for 5 minutes  
 Add tinned tomatoes, stock and tomato purée to the pan.  
 Stir and add salt and pepper to taste  
 Cook for 20min, simmering and stirring regularly.  
 While the pan is bubbling away, start cooking the rice.  
 After 20 minutes add the peanut butter to the pan, stir in thoroughly and allow 3-5min for it to melt into the stew.  
 Optional: At this point you may wish to add a few pinches of grated cheese as you do the final stir.  
 Serve with Rice and/or bread (for mopping up the tasty sauce).  
 Sprinkle the remaining pinches of cheese over the top of your serving and enjoy!

*Note:*  
 This is easily turned into a vegetarian or dairy free meal, just swap out the chicken for more veg, and leave out the cheese.

#### STORY OF RECIPE

This recipe is from a friend who lived in Nigeria for many years. It was a particular favourite on special occasions in their family. Fond memories with friends in Cheshire.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 35min

NAME  
Monique C. Vasko

FROM  
United States

AGE

SERVES  
6–8

TITLE

## KENDER SOUP



INSTRUCTIONS

Heat pot on medium heat, add oil and brown sausage stirring frequently. Add onion garlic potato and carrot, stirring well after each addition. Stir in Worcestershire and broth. Simmer for 15 to 20 minutes. Pull the stalks out of the kale and tear into pieces add to pot. Once it starts to wilt stir in the can of milk. Season with salt pepper cinnamon and cayenne to taste. I serve it with wheat rolls and green salad.

INGREDIENTS

2 teaspoon extra virgin olive oil  
1 pound bulk Italian sausage  
1 small onion diced  
2-3 cloves garlic minced  
2 small potatoes halved and sliced thin  
1 large carrot peeled and shredded  
2-3 dash Worcestershire sauce  
64 ounces broth chicken or vegetable  
1 bunch kale  
1 small can (5 ounces) evaporated milk  
Salt  
Pepper  
Cinnamon  
Cayenne

STORY OF RECIPE

This is a “stone soup” recipe. It’s what I had on hand and this pot just makes my family happy. I call it Kender after the Dragon Lance books. Peace.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Jack Aston

FROM

United States

AGE

23

SERVES

4

## TITLE

# BIG TOP BURGERS



## INGREDIENTS

- 0.5 lbs Bacon, Diced
- 1 cup yellow cheddar cheese
- 1 lb Ground Beef
- Pinch of Cinnamon

## INSTRUCTIONS

1. Preheat oven to 250 degrees Fahrenheit.
2. Separate ground beef into four equal portions, set one handful aside.
3. Combine cinnamon, cheese, and bacon in a large bowl. Mix thoroughly.
4. Roll bacon filling into four balls, pack tightly.
5. Mold ground beef into bowl-shaped portions, place filling ball into burger bowls.
6. Mold set aside ground beef into thin disks, place one on top of each patty, should only just complete the patty with a clear seam around the top.
7. Wrap loosely in aluminum foil, cook for 1 hr.

## STORY OF RECIPE

A special I created during my time as a cook. The filling inter-cooks with the ground beef, creating a single, unique flavor.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 5min

COOKING TIME  
> 60min

NAME

Rohan Currie

FROM

Australia

AGE

SERVES

2

## TITLE

**EASY AUSSIE CHICKEN****INSTRUCTIONS**

1. To create the marinade, In a medium container combine tomato sauce, honey, garlic and Chinese five spice
2. Trim the chicken
3. Place chicken in marinade and allow to marinade for as long as available, optimum time at least 2 hours
4. Place chicken on medium to hot grill
5. Cook for approximately 10 minutes or until chicken is cooked through

**INGREDIENTS**

- 2 Chicken Thighs
- 1 cup Tomato Sauce
- ½ Cup Honey
- 2 Teaspoons Crushed Garlic
- 2 Teaspoons Chinese Five Spice

**STORY OF RECIPE**

This was an easy chicken recipe created by my sister for when you're feeling lazy. It's great accompanied by some mashed potatoes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–120min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Lisa Kueltzo	USA		6–8

**TITLE**

## CREAM OF CHICKEN & WILD RICE SOUP

**INGREDIENTS**

2 (14.5 oz) cans chicken broth (one low salt)  
2.5 cups water  
1 cup wild rice/brown rice  
 $\frac{3}{4}$  c chopped onions  
 $\frac{3}{4}$  c chopped cremini mushrooms  
 $\frac{3}{4}$  c chopped diced celery  
4 T margarine  
1/2 cup all-purpose flour  
 $\frac{3}{4}$  teaspoon salt  
3/4 teaspoon poultry seasoning  
1/2 teaspoon ground black pepper  
1 cups light cream  
3 cups cubed, cooked chicken meat  
 $\frac{1}{2}$  of 4 oz jar sliced pimento peppers, drained

**INSTRUCTIONS**

Combine the broth, water, and rice in a large soup pot, and bring to a boil. Reduce heat, and cover. Simmer for 35 to 40 minutes, until rice is tender.

Sauté onions and celery in butter or margarine in a medium saucepan, over low heat, until celery is tender. Add mushrooms, cook another 5 minutes.

Stir in flour, salt, poultry seasoning, and pepper.

Cook, stirring constantly, until mixture is bubbly and thick.

Stir in cream. Cook for 6 minutes, or until mixture thickens slightly, stirring constantly. Stir into broth.

Add cubed chicken and pimientos. Simmer 15 minutes (adjust with water if soup overly thickens).

**STORY OF RECIPE**

A recipe for me and my love to share on a chilly fall night.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 90min

**COOKING TIME**  
> 60min

NAME

Lynn Reed

FROM

USA

AGE

40

SERVES

3-6

## TITLE

**GIDDY-CAKES OR MINI-MEAT-LOAFS**

Lynn

**INGREDIENTS**

- 2 pounds ground beef
- 1 pound ground turkey
- 1 pound ground pork
- 2 eggs
- 1 package crackers (crushed)
- 4 Tablespoons spicy mustard
- 4 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 packages bacon (optional)
- Gravy (optional)
- Mashed potatoes (optional)

**INSTRUCTIONS**

- 1) Mix in large bowl all ingredients EXCEPT the bacon. Crackers can be any type, just need to be crushed. Substitutions, exclusions, additions have all been met with "yum"s. For mixing, use of hands rather than spoon is easier. Don't forget to wash hands before and after handling raw meat!
- 2) Cut bacon strips in 1/2 lengthwise (makes for easier handling). Line sides of regular-sized muffin tin with strips of bacon. 1 package does one muffin tin.
- 3) Spoon/plop mixture into cups, filling up to 2/3 way full. I form remaining mixture into small loafs. Size as you wish, but I usually make them the size of about 2 hamburger patties. The bigger you make them, the longer they have to cook. Place in baking dish with edges. Cover with remaining bacon.
- 4) Cook at 350 degrees until cooked all the way through - about 30 minutes.
- 5) Eat - with optional gravy and mashed potatoes. Yield 24 meat-cakes OR about 10 mini-meat-loafs (depending on how you size them).
- 6) Makes great leftovers!!!

**STORY OF RECIPE**

A combination of recipes found in magazines and personal alterations. I've tried all sorts of substitutions. All yummy. The significant other gets giddy when I tell him I'm making them.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15–20min

**COOKING TIME**  
> 25–30min

NAME	FROM	AGE	SERVES
Dave Merchant	Canada	52	8–10

TITLE

## DEPARTURE LAKE SLOW COOKED RIBS



### INGREDIENTS

3 racks of beef or pork ribs, approximately 8 lbs  
 1 teaspoon each of dry mustard, thyme, oregano  
 1 tablespoon each of garlic powder, onion powder, salt, pepper, paprika, brown sugar  
 1.5 tablespoons of cayenne powder  
 1 can of your favorite beer  
 2 cans of cheap beer  
 1 orange, thinly sliced  
 1 apple, thinly sliced  
 1 cup of miscellaneous fruit from fridge, thinly sliced  
 1 bottle of your favorite BBQ sauce

### STORY OF RECIPE

Departure Lake is a small lake in Northern Ontario, Canada. The secret to the ribs is slow, low temperature, oven cooking on a rack over a fruit based spiced liquid.

### INSTRUCTIONS

Pour your favorite beer into your favorite beer glass and have a drink. If it's really hot out, take off your shirt – as you would at the cottage.

*Prepare The Ribs*

Cut each rack into 3 or 4 sections, place in a large bowl

With a dull knife and your fingers separate and pull off the thin membrane on the bone side of each section of ribs

Cut off any excess fat. Place ribs, flat, in 2 shallow oven baking pans (18" x 13")

Mix all the spices together

Sprinkle 1 teaspoon of spices on each side of the rack and rub the spice in the meat

Shake off each rib into the pan and wrap 2-3 racks in plastic wrap and place in the fridge

Save left over spices and any from the pan, ideally, the ribs should sit overnight

*Prepare The Water Pans*

Remove the ribs from the fridge

Set oven to 275 degrees F

Sprinkle the left over spices evenly across both pans,

Add the orange, apple and fruit slices to the pans

Pour a can of the cheap beer into each pan

Add water (or more beer) until the liquid fills the pan half way

*Cooking:*

Place the ribs on racks that will sit above the water in the oven pans

Place racks in the oven and cook for 2.5 hours or until done. Set aside a couple of ribs and eat them "naked" (no sauce)

Place cooked ribs on the BBQ (low setting) and lather up with your favorite BBQ sauce for 5-7 minutes

BBQ sauce will caramelize quickly and burn, so turn often

*Eating :*

Put your shirt back on and pour yourself another beer

Make sure all your friends have beer

Remove the ribs from the BBQ, stack in a pile on a wooden cutting board and place in the middle of the dinner table

Give everyone some ribs on a plate, a knife, a bunch of paper towels and enjoy!

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

PREPARATION TIME

> 45

COOKING TIME

> 150

NAME

Becky Kanakis

FROM

UK

AGE

SERVES

4

## TITLE

**CHEESY SPAGHETTI**

Becky Kanakis

**INGREDIENTS**

- 500g dried spaghetti
- 100g diced bacon
- 1 onion
- 5 tbsp tomato puree
- 250g grated cheese (I use cheddar)
- 1 egg
- Salt and pepper

**INSTRUCTIONS**

1. Cook spaghetti according to packet instructions.
2. Put bacon into non-stick saucepan over a medium heat so the fat starts to melt.
3. Dice onion and add to bacon. Fry until soft but not too browned.
4. Add tomato puree to the pan and stir in, then slowly add cheese. The key is the colour you want a really vibrant orange (too red, add more cheese, too yellow, add more tomato puree!)
5. Add a little salt (as the bacon is already salty) and plenty of pepper. Keep warm over a low heat until pasta is ready.
6. Drain pasta and put back into pan.
7. Take sauce off the heat, crack the egg into the sauce and stir in really quickly - you don't want the egg to start cooking before combined otherwise you get scrambled egg bits!
8. Combine sauce and pasta over a low heat and serve (you can sprinkle with extra grated cheese if you wish).

**STORY OF RECIPE**

The only meal Dad makes better than Mum, as he understood you can't hold back on the cheese - a childhood favourite (and these days an excellent hangover cure!)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 15min

1

SUSHI  
RECIPE  
SUBMITTED

NAME  
Mark Kanakis

FROM  
UK

AGE

SERVES  
10–12

TITLE

## SLOW-COOKED ROAST LAMB



Mark Kanakis

### INGREDIENTS

- 2 bone-in lamb shoulders
- 2 white onions
- 8-10 potatoes
- 8-10 cloves of garlic
- 2 lemons
- Large bunch of rosemary
- 1 bay leaf
- 1 cup dry white wine
- Extra virgin olive oil
- Salt and pepper

### STORY OF RECIPE

This is my family's traditional Greek Easter lunch main course - but whenever you have it, it is a dish for feasting with friends and family.

### INSTRUCTIONS

Pre-heat fan oven to 200 degrees Celsius

Peel onions and potatoes and slice into 1cm rings. Cover the bottom of a large roasting tin with the onions and potatoes, you want a base for the lamb to sit on.

Rub the lamb shoulders all over with a generous amount of olive oil, salt, pepper and the rosemary. Place the lamb shoulders skin side up, on top of the potatoes and onions.

Slice the garlic into stripes. Rub the garlic onto the meat, then make small cuts in the meat and push in some garlic and rosemary.

Halve one lemon and squeeze over the top of the lamb – add the lemon to the dish

Add in the cup of white wine – you want a bit of liquid covering the bottom of the roasting dish, so add more wine (or water) if your dish is larger.

See the picture for how it generally looks pre-cooking.

Cover tightly with foil (I recommend two layers). Place into the hot oven and immediately reduce the oven to 150 degrees Celsius.

Roast for 4 hours and 30 minutes (don't be tempted to check on it).

After the time is up – take it out of the oven and remove (but keep) the foil.

Baste the lamb with the juices in the dish - then cut the second lemon and squeeze over the lamb. Check the liquid level in the dish – add some more water if it looks dry.

Return to the oven, uncovered, for a further 30 minutes.

Once done, your lamb should be falling off the bones. Remove from the oven – transfer the meat to a platter or chopping board, cover with the foil and leave to rest for around 20-30 minutes.

Once rested, you are ready to serve! I usually shred all the meat off the bones with two forks – and then serve with the potatoes and a squeeze of lemon.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 300min

NAME

Rosie

FROM

Australia

AGE

52

SERVES

4-6

## TITLE

**ANNA'S MEXICAN BEAN CASSEROLE****INGREDIENTS**

2 x 300g cans red kidney beans  
 15 g butter  
 1 onion  
 1 clove garlic  
 1 tablespoon flour  
 1/2 teaspoon chilli powder  
 425 g can tomato puree  
 2 teaspoons sugar  
 pinch salt  
 1/2 cup water  
 1 beef stock cube (for vegetarians make sure this is a vegan one)  
 2 tablespoons chopped parsley  
 1 cup cornmeal  
 1 egg  
 45 g butter  
 2/3 cups milk  
 1/2 teaspoon salt  
 1/4 teaspoon carb soda  
 60 g cheese

**INSTRUCTIONS**

Drain beans, rinse well under cold running water, drain. Chop onion & crush garlic. Melt butter, add onion & garlic & chilli powder. Cook over medium heat, stirring constantly till onion is transparent. Remove from heat, stir in flour, sugar & salt. Cook for 2 mins, add tomato puree, water, stock cube, parsley & beans.. stir till boiling, then remove from heat.

Combine cornmeal, salt & soda in a basin. Melt butter, combine with beaten egg and milk. Add to dry ingredients, mix well. Mixture should be of thin pouring consistency, Anna added more milk. Pour 2/3 of mixture into a greased ovenproof dish. Top with bean mix. Spoon remaining cornmeal mixture around edge and over bean mixture. Sprinkle with grated cheese. Bake in moderate oven 30-40 mins.

**STORY OF RECIPE**

This is my cousin Anna's recipe. It was the first vegetarian dish I had ever eaten.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 60min

NAME

Ike2k

FROM

England

AGE

0

SERVES

2

## TITLE

**CRUNCHY TENDER PORK BELLY**

Ike2k

**INGREDIENTS**

1kg Pork belly (Skin on, Bone in or out, 500g per person)  
 1 tablespoon Coarse Salt  
 1 tablespoon freshly ground Pepper  
 1 tablespoon Fennel Seeds  
 1 tablespoon Coriander Seeds  
 Vegetable Oil  
 400g White Potatoes (200g per person)

**INSTRUCTIONS**

1. Take the meat out of the fridge dry the skin and allow the meat to reach room temperature.
2. Pre heat the oven to 230 degrees Celsius.
3. Peel and chop the potatoes then set them aside. (If you prefer you can leave the skin on.)
4. Slice the skin of the pork belly diagonally with 1 inch gaps between the slices one way then the other down so it cuts through the fat but not the flesh so that it forms a diamond pattern. Dry the skin off again.
5. Crush the fennel, pepper and coriander seeds then mix it with the salt. Spread a modest amount of oil over the skin of the pork belly then rub on the mixed seeds and salt.
6. Put in to the middle of the oven for 30 minutes at the high temperature then turn down to between 160 and 200 degrees Celsius. General rule is the longer you intend to cook it for the lower the temperature has to be and the longer you cook it the more tender the meat inside will be.
7. Using the fat that has come off of the meat put the potatoes in for the last half hour of cooking, you will want to check to see if the skin is 'crackling' if it is put the temperature up again to the higher temperature keep checking it to make sure that the skin doesn't burn. When it is all crackled take the meat out and let it rest while you finish off the potatoes. When the potatoes are done, serve with veg or in bread.

**STORY OF RECIPE**

Great for Sunday roast dinners and scales up really well

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 3hr

NAME	FROM	AGE	SERVES
James Batchelor	Switzerland	30	4

TITLE

## SPICY MANGO AND LIME SAUCE



### INGREDIENTS

- 2 Mangoes
- 1 Chilli
- 1 Onion
- 1 Garlic clove
- 150ml fish/vegetable stock
- 2 limes
- 150g sour cream
- 4 Fish filets (Red snapper, Salmon) / Chicken Breasts
- Basmati rice

### INSTRUCTIONS

Begin boiling water for rice.  
 Peel mangoes and roughly chop. Peel onion and garlic and finely chop, finely chop chilli (with or without seeds).  
 Cook rice (should take 15 mins)  
 Quickly fry off the onion, garlic and chilli in a little oil, before adding the diced mango and then the stock. Cook over medium heat for 10 mins.  
 Meanwhile, grate the rind from the limes and juice them. Take your fish/chicken and season with the lime juice, salt and pepper.

Pan fry / grill your fish/chicken till cooked (8-10 mins)  
 Either with a blender or hand mixer, blend the mango mixture till smooth. Return to the pan and stir through the sour cream till well mixed. By which time the rice should be cooked and ready to serve. Simply place rice onto plate, mango sauce next to it and lay the fish/chicken on-top. Decorate with lime zest and enjoy!

### STORY OF RECIPE

Lovely fresh and tasty sauce that always reminds me of summer. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
Swampling	Germany	40	2

#### TITLE

## TARTE FLAMBÉE (FLAMMKUCHEN)



#### INGREDIENTS

200 g wheat or spelt flour  
1 Tbsp olive oil  
1 tsp salt  
110 ml water  
200 g "Schmand" (or sour cream or crème fraîche)  
salt to taste  
pepper to taste  
nutmeg to taste  
2 onions (medium)  
200 g lardons or bacon bits

#### INSTRUCTIONS

Knead a dough from the first four ingredients (best use your hands).

Knead until the dough is not sticky any more (gradually add more flour if necessary).

Wrap dough with clingfilm, let rest for at least 30 minutes (in the fridge).

Preheat (conventional - NOT convection) oven to at least 200° C (390° F) or better yet 250° C (480°F), including the baking sheet (on the lowest rack) or a baking stone if you have one - I don't.

Combine Schmand (or sour cream or crème fraîche) with salt, pepper and nutmeg.

Cut onions in half, slice thinly.

On a well-floured surface, roll dough into a thin round, oval or rectangle (whichever you prefer), the traditional Tarte Flambée has a very thin crust (ca. 3 - 5 mm).

(For easier transfer onto the hot baking sheet, I put the rolled out dough on aluminium foil, but maybe your kitchen has more suitable means of transportation. ;-))

Distribute the Schmand (sour cream or crème fraîche) evenly on the dough, but leave about 1 inch distance to the edges.

Spread onions and bacon bits / lardons on top.

Bake for about 10 minutes at 250° C/480° F or 20 minutes at 200 ° C/390° F.

Bon appétit!

#### STORY OF RECIPE

Els,sser Flammkuchen is a traditional dish from the region where I grew up.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 10–20min

NAME

Kris

FROM

The Netherlands

AGE

34

SERVES

4

## TITLE

**TRADITIONAL DUTCH SNERT (PEA SOUP)****INGREDIENTS**

- 500 gr. split peas (dried)
- 2 small leeks
- 1 big union
- 1 big winter carrot
- 1/2 celeriac
- 600 gr. shoulder chops or pork belly, or both
- 1 cooked smoked sausage
- a small hand full of celery leafs
- 2 bay leafs
- peper and salt

**INSTRUCTIONS***Step 1: Dicing and slicing.*

Make sure to clean the leeks and union and slice them into little rings

Wash the peas several times

Clean the carrot and dice it into neat little cubes

Do the same with the celeriac

In case you use pork belly, slice them into long strips, we'll cut 'm up later

*Step 2: Lets get cooking!*

Boil app. 2 liters of water in a big pot. If you like you can add a broth cube

Add the pork belly/chops, the peas and the bay leafs

Let it cook for a few minutes and remove the foam that forms on top with a skimmer.

Add the union, carrot, celeriac and leeks.

Let this cook for 2 hours

In case you used shoulder chops, the meat will come off the bones now, you can remove the bones. If you used pork belly, take the strips out, dice them and put the dices back into te soup

Add the celery leafs and the smoked sausage to heat it.

Add salt or pepper to your liking

*Step 3: Serving and enjoying*

Slice the sausage before serving

Traditionally this soup is best served with rye bread but any fresh bread will do! Another tradition is to eat pancakes after you finished your first bowl of soup.

Enjoy!

**STORY OF RECIPE**

This traditional Dutch winter dish "Snert" is cheap to make, very nutritious, healthy and delicious. The best kept secret: the soup will improve quite a bit overnight.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 30min

**COOKING TIME**

> 120min

NAME

Greg Sharp

FROM

Australia

AGE

34

SERVES

2

## TITLE

**SUMMER CHICKEN SALAD****INGREDIENTS**

½ a chicken breast  
 1 lime  
 30 ml sweet chili sauce  
 2 corn cobs  
 1 avocado  
 250-300 grams grape tomatoes (or cherry)  
 60ml white wine  
 ½ clove of crushed garlic  
 Salt & pepper  
 1 tsp butter  
 20-30ml water

**INSTRUCTIONS**

1. Remove the husk from the corn, wrap in foil with the water and butter to make a parcel, cook on the barbecue
2. Chop the avocado into rough cubes (1.5cm x 1.5cm) add to a large bowl
3. Slice the grape tomatoes in half and squeeze them into the bowl ( so the tomato seeds & juice become part of the dressing)
4. Slice 2 cheeks from the lime and set aside for presentation, squeeze the remainder into the bowl with the tomato & avocados
5. Add 15ml of sweet chili to the bowl with the tomato and avocado
6. When the corn is cooked, slice the kernels off, add them to the bowl with the tomato and avocado
7. Stir the tomato, avocado and corn mix, season and refrigerate
8. Mix the garlic white wine and 15ml of sweet chili and set aside
9. Slice the chicken into strips and cook on the barbecue
10. When the chicken is nearly cooked brush the chicken with the wine mix and cook until the chicken starts to lightly caramelise
11. Serve the chicken on a bed of the tomato, avocado and corn

**STORY OF RECIPE**

This is a simple, quick and healthy meal but is a favorite for both family and friends

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 20min

NAME	FROM	AGE	SERVES
Roberta Pessotto	Italy	21	4

#### TITLE

## CREAMY SALMON & PEPPERS PASTA



#### INGREDIENTS

380 gr pasta (short pasta is the best)  
 200 gr smoked salmon  
 ½ red pepper  
 ½ yellow pepper  
 100 ml single cream  
 ½ onion  
 Salt  
 3 tbsp Oil  
 Fresh coriander  
 Chili pepper (if you like)

#### INSTRUCTIONS

Boil the water for the pasta.  
 Wash the peppers and slice them in small cubes.  
 Mince the onion and In the meantime heat a large pan.  
 When it is warm put 3 tbsp. oil.  
 Fry minced onion for 3 minutes, be careful not to burn it! Then add peppers in cubes, cover and cook slowly at least 10 minutes. Peppers should be tender.  
 When the water boils add the pasta and cook for 10 minutes.  
 Cut smoked salmon in small cubes and add to the pan with pepper. Cook for 3 minutes.  
 When the sauce is ready, salt it turn off the cooker and add the single cream. If you like you can also add a pinch of chili pepper.  
 Drain the pasta and pan-fry it for two minutes.  
 Complete with some minced coriander.

#### STORY OF RECIPE

This is my dad's recipe. It's a great pasta to serve for a dinner with friends!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 15min

NAME	FROM	AGE	SERVES
katrina.lexa@gmail.com	USA	30	6-8

TITLE

## QUICK & DELICIOUS MEAT LASAGNA



### INGREDIENTS

*Sauce:*

1 tbsp olive oil  
1 large onion, finely minced  
6 cloves of garlic, minced  
1/2 lb ground beef (80/20)  
1/2 lb ground pork, preferably spicy  
1/2 tsp salt  
1/2 tsp pepper  
1/4 cup heavy cream  
28 oz tomato puree  
28 oz diced tomatoes

*Layers:*

2 cups part-skim ricotta cheese  
1 1/4 cups Asiago/Parmesan  
1/2 cup chopped fresh basil (or sub frozen)  
1 large egg, lightly beaten  
1/2 tsp salt  
1/2 tsp pepper  
~12 no-boil lasagna noodles (about one package)  
4-4.5 cups grated mozerella cheese

### INSTRUCTIONS

1. Preheat oven to 375 F, with rack in the middle.
2. Heat oil in Dutch oven. When shimmering, add onion & cook until soft. Add garlic, stir, cooking until fragrant. Add ground beef, breaking up large chunks and cooking until no longer pink. Add the tomato puree, diced tomatoes, and heavy cream, cook another 5 minutes.
3. In a bowl, stir together the beaten egg, ricotta, basil, salt and pepper.
4. Layer the lasagna in a 9 x 13 or larger pan (it should reach three layers). Start with a very thin shmeare of the ricotta mixture, then layer lasagna noodles, ricotta sauce, meat & tomato sauce, including one middle layer of mozzarella. Finish by placing the remainder of the mozzarella on top.
5. Bake about 1 hour, until liquid is happily bubbling and cheese is browned.

### STORY OF RECIPE

I made this of my Italian class, and even the native Italians teaching the class loved it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 60min

NAME	FROM	AGE	SERVES
Jill Vassilakos	US	53	8

TITLE

## LENTIL TOMATO SOUP



### INGREDIENTS

2-3 onions  
4 Tbsp. good olive oil (check date on bottle to make sure it's not too old if you don't use it often.)  
1 Tbsp. fresh marjoram, chopped (or 1 tsp. dried)  
1 Tbsp. fresh oregano, chopped (or 1 tsp. dried)  
1 Tbsp. fresh thyme, chopped (or 1 tsp. dried)  
1 (28 oz.) Whole peeled plum tomatoes  
Salt and pepper  
1 carrot, peeled and chopped  
1 rib celery (you can add the celery heart and leaves, chopped if you are at that point in the celery)  
1 head of garlic, cloves peeled and minced  
2 cups Persian lentils, rinsed and picked over  
10 cups water  
2 bay leaves  
3 Tbsp. red wine vinegar  
1 (6 oz.) can tomato paste  
1 (15 oz.) can tomato sauce

### STORY OF RECIPE

My Aunt Ellie taught me how to make lentil soup 30 years ago! It was a favorite "fasting day" recipe of our family.

### INSTRUCTIONS

Film the bottom of an earthenware casserole with olive oil. Add 1 or 2 chopped onions, the herbs, and the tomatoes from the can of whole plum tomatoes (reserve the liquid from the can). Sprinkle with salt and pepper and drizzle with olive oil. Roast, uncovered, at 275 degrees Fahrenheit for 4 hours. Let cool.

Sweat the onions, carrot, and celery over low heat in a large stockpot or saucepan until the onions are slightly translucent, stirring occasionally. If you are worried about them browning add a little water. Do NOT add any oil or anything with salt. Add the garlic and cook the vegetables for a few more minutes.

Add the rinsed lentils and 10 cups of water. Bring to a boil, then lower to a simmer and simmer until the lentils are tender. (The little Persian lentils take about 45 minutes, I could not find them in the market today, so I used little red lentils, they take about 20 minutes, regular lentils take closer to an hour. The older they are, the longer they take.) If the lentils don't get soft, they will not make a thick soup. Cook them until they are soft.

Do not add oil or anything with salt until after the lentils are soft, adding oil or salt too early will make the lentils tough.

Chop up the roasted tomatoes. (They will be a little leathery, that is fine.)

After the lentils are soft, add the chopped roasted tomatoes and the onions and oil and herbs that were roasted with them, the tomato juice left in the can from the tomatoes you roasted, the tomato paste, the tomato sauce, the bay leaves, the vinegar and the salt. Simmer for 15 minutes, stirring occasionally, then raise the heat and boil the soup for 5 minutes, stirring frequently to keep it from scorching. It should thicken. Take out the bay leaves before serving.

*Note:*

Put the tomatoes in the oven the night before, on time-bake, set to finish as you wake up. The house will smell like heaven, and you'll get a jump on your day!

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 300min

NAME	FROM	AGE	SERVES
Sara Daniel	Canada	34	6–8

TITLE

## PIZZA SOUP



### INGREDIENTS

6 slices bacon  
2 sausages  
2 cups pepperoni, sliced  
1 package (227 g/ 8 oz) mushrooms, sliced or quartered  
1 medium yellow onion, diced  
1 large green pepper, diced  
(or your favourite pizza toppings)  
2 cans (796 ml/ 28 fl oz) diced tomatoes with herbs and spices  
1 jar (650 ml) pasta sauce  
1 tbsp Italian seasoning  
1 tsp dried rosemary/ 1 tbsp or sprig fresh  
2-3 bay leaves  
2 cloves garlic, minced  
1 cup shredded mozzarella cheese (optional)

### INSTRUCTIONS

- Pan-fry the bacon and sausage (you may need to use a bit of oil for the sausage – I normally just use the bacon fat). Once cooked, set aside.
- Sauté the garlic, onion and mushrooms in the bacon fat (you can substitute 1 tbsp of butter or oil if preferred) until golden and the onion is caramelized. While that is frying, dice the bacon and slice the sausage.
- Combine these and all remaining ingredients in either a slow cooker (recommended) or a large pot.
- In the slow cooker: cook on low heat for 6-8 hours.

On the stove top: bring to a boil on med-high heat, reduce heat and simmer for 1 hour.

- Remove and discard the bay leaves (and sprig of rosemary if it was used) before serving.
- Serve hot with garlic bread and garnish with shredded cheese.

Makes approximately 10 – 12 cups.

*Variations:*

Canadian – pepperoni, bacon, mushroom

Hawaiian – cooked diced ham, bacon, pineapple

Meat Lovers – pepperoni, sausage, bacon, ham, ground beef

Veggie – green and red pepper, red onion, mushrooms, black olives

### STORY OF RECIPE

Told to me by my mother and scribbled on a scrap of paper many years ago this is my favourite soup recipe, although it's never been made the same twice.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 120min

NAME	FROM	AGE	SERVES
John Foughty	United States	37	6–8

TITLE

## BEEF TACOS WITH FLOUR TORTILLAS



John Foughty

### INGREDIENTS

*Tortillas:*

- 2 cups unbleached flour
- ½ tsp salt, ½ tsp baking powder
- ¼ cup bacon grease (about ½ lb bacon)
- ¾ to 1 cup water

*Taco Meat:*

- ¼ tsp cumin, ¼ tsp garlic powder
- ¼ tsp onion powder, ¼ tsp paprika
- ½ tsp salt
- 1 lb ground beef

*Other toppings, to taste:*

- 1 medium sized tomato, diced
- 1 cup shredded lettuce
- ½ cup shredded cheese (cheddar, Colby, or mozzarella work best!)
- ½ cup sour cream, ½ cup guacamole
- (Leave the cheese and sour cream out for a dairy free option.)

### STORY OF RECIPE

A classic, authentic Mexican recipe. My parents traveled to Texas when I was 10 to help friends open a Mexican restaurant. They learned this recipe and taught it to me.

### INSTRUCTIONS

*Tortillas:*

- 1) Cook ½ lb bacon approximately 30 minutes prior to starting the tortillas. (The crispier, the better, since we're trying to get the grease!) Drain all the bacon grease into a heat-proof container. Set the cooked bacon aside (not needed for the rest of this recipe, so enjoy it in another recipe!)
- 2) Put 2 cups flour in a large bowl, add about 1/2 tsp of salt to taste, and 1/2 tsp of baking powder. Stir until evenly distributed.
- 3) Add ¼ cup of bacon grease, stirring slowly from the center out with a fork until mixture resembles coarse meal.
- 4) Once the mixture has this coarse meal texture, build the mixture up inside the bowl to resemble a volcano, ie: low on the sides of the bowl, heaping up to a mountain in the middle of the bowl. At the “peak of the volcano”, create a small depression, like a crater at the top of a volcano.
- 5) Add very warm water, a little bit at a time, to the crater (about ¾ to 1 cup in all), putting in ¾ cup in center (crater) of the mixture and stirring with fork from middle out. If it's not enough, add more water just a little bit at a time. If you don't stir in all the flour, that's fine. The trick is to add enough water to pull the dough away from sides without the dough being wet.
- 6) You should not have to add any flour after mixed. When adding flour without baking powder, it will cause the dough to burn on grill and have a flour taste, so don't add anything extra at this point!
- 7) On a clean, dry surface, divide the dough into 6 or 8 balls sized a little larger than golf balls, about 1 ½ inches in diameter.
- 8) Flatten each ball with a rolling pin. Try to keep the dough circular in shape as you flatten each tortilla (this takes some practice, so don't get discouraged if they're not perfect the first time!) NOTE: Again, do NOT add extra flour for rolling out the tortillas, since doing so will only cause tortillas to end up with a dry, flour taste after browning.
- 9) Heat burner to Medium Heat.

- 10) Lay tortilla in skillet and lightly brown on each side (*about 60-90 seconds on each side.*)

*Taco Meat:*

Add all ingredients for the meat into a skillet and brown on medium-high heat. Use strainer to drain excess grease from skillet.

Serve buffet style

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

**PREPARATION TIME**

> 30–40min

**COOKING TIME**

> 5–10min

NAME	FROM	AGE	SERVES
John Gruver	United States	49	8–10

TITLE

## SCIENTIFIC METHOD VEGETABLE SOUP



(my recipe is better than my photo "honest!)

### INGREDIENTS

*The splashy bits:*

Chicken broth (using vegetable broth makes this a vegan recipe) — 49.5 oz. can  
Crushed tomatoes — 28 oz. can  
Chopped garlic — 1 extremely generous heaping tbsp.  
Tomato bouillon (optional)  
Any spices you think might be tasty (I like basil and oregano)

*Plants in can:*

Kidney beans — 15.5 oz. can; light or dark as you prefer  
Baby corn — 7 or 8 oz. can  
Chickpeas — 29 oz. can

*Fresh veggies:*

Green beans — 5 or 6 oz. (a big handful)  
Red potatoes — 2 midsized  
Carrots — 1 large or 2 medium  
Green squash — 1 large or 2 medium  
Leeks — 2 or 3 large

### STORY OF RECIPE

My mom gave me a very simple soup recipe to try when I found myself suddenly single a while back; two years of off-and-on experimentation and enhancement resulted in this.

### INSTRUCTIONS

Put the splashy bits into an 8-quart pot over medium heat. Use crushed tomatoes specifically; with any other kind the broth can end up thin and kind of bland. The tomato bouillon is optional—I add it because I love salt. Got any spices you like? Toss 'em in! And don't forget the garlic—it's good for you and adds a nice zesty flavor.

Drain the plants in cans, rinse that gloppy stuff off of the kidney beans from the bottom, chop up the baby corn, and then stir all of that into the pot and let it simmer.

Scrub and/or rinse the fresh veggies as necessary. Peel the carrots and slice them fairly thinly, else they'll take longer to cook than the other vegetables and either end up too crunchy or make you let everything else get a little soggy. Chop the green beans into half-inch lengths. Cube the potatoes into bite-sized pieces that aren't actually cubes (make interesting shapes...who wants boring soup?)—leave the skin on, and don't make the pieces too big or you'll have the same problem as we just talked about with the carrots. Go a little thicker with the squash; it cooks more quickly. Chop the leeks up rather fine and they'll practically dissolve into the soup; make bigger pieces if you'd like to taste them individually.

Stir in the fresh veggies and let everything keep simmering. Cover the pot unless you'd like a thicker broth; check occasionally to make sure things aren't boiling. Cook until you find the carrots and potatoes to be satisfactorily done. (The baby corn might still be a little crunchy, but corn is \*supposed\* to be crisp.)

Experiment, make this soup your own, and please write me at [scientific.method.soup@gmail.com](mailto:scientific.method.soup@gmail.com) with your variations—I'd love to try them!

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 40min

### COOKING TIME

> 60–120min

NAME	FROM	AGE	SERVES
Benj Binks	Australia	34	6

TITLE

## YABBY RISOTTO



Benj Binks

### INGREDIENTS

- Yabbies
- 1 x carrot - roughly chopped
- 1 x celery - roughly chopped
- 6 x cups of water
- Whole peppercorns
- 2 x cups of arborio rice
- 1 x onion - finely chopped
- Garlic
- Butter
- Salt and pepper to taste
- Thyme

### INSTRUCTIONS

Place live yabbies in fresh water for a day or to clean them out.

Once clean, toss yabbies in a massive pot of boiling water, cover, return to boil and cook until they've turned red, usually 3 - 5 minutes depending on size. Don't overcrowd the pot.

Remove and cool, then break off the tails and claws. Set aside 12 large claws for garnish. Peel the other claws and tails, removing the digestive track. Set aside the meat.

Put the heads, bodies and peeled shells into a heavy saucepan and smash it up a bit with a pestle or similar. Add the carrot, celery, garlic (skin on), whole peppercorns and any other stock-like veggie/spices you'd like to include.

Add water, bring to the boil and simmer for 30 minutes with the lid off. Strain in a sieve, pushing out all the goodness with the back of a wooden spoon. This is your stock.

To make the risotto, heat a chunk of butter, cook onion until translucent then add finely chopped garlic. Cook for a few minutes then add the rice, stirring continuously. When rice starts to stick, add the stock at intervals as the rice absorbs it. If you run out of stock, use water.

When nearly done, toss in the tail meat to warm it, salt and pepper to taste and serve with a cabbie claw. Sprinkle thyme on top, pour six glasses of red, tell your friends and family you love them and voilà, yabby risotto.

### STORY OF RECIPE

I created this dish after catching yabbies for the first time in decades, their meaty taste transporting me to carefree afternoons trying to lure yabbies from the dam with meat-on-a-string.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 1hr

COOKING TIME

> 20–30min

NAME	FROM	AGE	SERVES
Jo-Lee Lane	Australia	38	8

#### TITLE

## MEATLOAF WITH BBQ SAUCE GLAZE



#### INGREDIENTS

- 3 Kilograms Beef Mince
- 2 Cups Bread crumbs
- 2 eggs
- 2 or 3 heaped teaspoons Hot English Mustard (or any mustard preferred)
- 1 Cup either frozen Vegetables or fresh vegetables diced very small
- Half Cup of BBQ sauce (in meatloaf)
- Half Cup of BBQ sauce (for Glaze)
- Serving suggestion: Serve with your preference of vegetables, salad and/or chips

#### INSTRUCTIONS

- 1 Preheat Oven to 220 °C.
- 2 On a Baking rack inside a Baking tray lay 4 layers of aluminium foil in alternating directions to form an + shape.
- 3 Thoroughly combine Beef Mince, Breadcrumbs, Eggs, Mustard, Vegetables and BBQ Sauce in a large bowl.
- 4 Press the mixture into a loaf shape approximately 30cm long and 8cm high on the aluminium.
- 5 Fold the foil up the sides of the meatloaf leaving no holes at the corners, rolling the ends of the foil to be just above the top of the meatloaf (as in picture Top Left).
- 6 Rub a thick layer of BBQ sauce on top of the meatloaf to glaze (as in picture Top Left).
- 7 Place in oven for 3 hours at 30 and 60 minutes add more BBQ sauce to glaze repeat if glaze starts to look dry (as in picture Top Right). At about 2 hours tear aluminium foil at the base so oil can drain away from meatloaf.
- 8 Remove from oven and serve 1-2cm slices with your preference of vegetables, salad and/or chips (as in picture Bottom Centre).
- 9 ENJOY!!

#### STORY OF RECIPE

This recipe evolved from a standard meatloaf that I felt needed more flavour. The BBQ glaze was added because the meatloaf was too dry.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 180min

NAME	FROM	AGE	SERVES
Björn Bourscheidt	Germany	36	4

#### TITLE

## SWEET AND SPICY HOTPOT



#### INGREDIENTS

1/2 rutabage  
 1 big sweet potato  
 2 or 3 potatoes (depending on their size)  
 1/2 fennel  
 1/3 leeks  
 1 chilicote (or much more, depending on your taste)  
 at least one spray each (depending on your taste):  
 fresh marjoram  
 fresh thyme  
 fresh parsley  
 fresh rosemary  
 pepper, salt, caraway (just a pinch)

*optional:*

2-3 Mettwurst (makes it more tasty, if you're no vegetarian)  
 or smoked pork chop (my favorite)  
 or meatballs  
 or much more chili if you're really like it spicy.  
 or a combination of everything  
 Hint: Buy twice as much I wrote and quick-freeze it for another day.

#### STORY OF RECIPE

My mum used to cook a hotpot with rutabaga. I took that recipe and modified it to that what you're now reading.

#### INSTRUCTIONS

Peel rutabage, sweet potatoe, potatoe. Then cut everything in cubes and hackle the herbals.

You need a big pot of at least 5 liter. Put everything in it and fill it up with water. Fire up the stove until it boils and then let it simmer for at least 45 minutes. The longer it simmers the more creamy it will get.

While it simmers stir it once in a while and taste it with salt and pepper and the other herbals.

Hint: On the second day it tastes even better, like every hotpot.

The picture shows the Chinese garden in my hometown.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 25min

#### COOKING TIME

> 60min

NAME

Rufus Chua

FROM

Singapore

AGE

32

SERVES

6

## TITLE

**SHIOK GOAT RENDANG****INGREDIENTS**

- 1 kg (2.2lb) goat meat
- 4 tablespoons grated fresh coconut or steamed desiccated coconut, roasted in a dry pan until golden brown and then ground finely
- 2 cups thick coconut milk
- 1 cup thin coconut milk
- 1 stick cinnamon
- 2 pods cardamon
- 3 star anise
- 2 stalks lemongrass, bruised
- 2 cm piece galangal, bruised
- 10 kaffir lime leaves
- 2 tablespoons oil
- Sea salt to taste

**INSTRUCTIONS**

1. Grind all the spice paste ingredients together.
2. Cut the meat into 5cm squares, mix with the spice paste and leave to marinate overnight in the fridge.
3. In a wok, heat up 2 tablespoons oil and stir-fry cinnamon, cardamon, star anise, lemongrass, galangal and half of the kaffir lime leaves until frangrant.
4. Add marinated meat and continue stir-frying for another 5 minutes.
5. Pour in coconut milk, add the gound toasted coconut and salt to taste and bring to a boil, stirring all the time.
6. Bring heat down and allow to gently simmer uncovered for 90 mins, stirring occasionally, until gravy is reduced considerably and the oil starts to come out of what is left of the gravy.
7. Then, taking care to stir continuously, let the meat and its spices fry in the oil until the dish is really dry and the meat has turned a dark brown but is not burnt. This last part is the crucial tempering process for rendang as the quality of the dish depends on how well this step is executed.
8. Garnish with remaining kaffir lime leaves and serve with steamed rice.

*Ingredients continued on next page...*

**STORY OF RECIPE**

Growing up in food crazy Singapore, this was one of my favorite Indonesian dishes that I decided to master with the help of a few aunties who shared their recipes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 120min

NAME	FROM	AGE	SERVES
Rufus Chua	Singapore	32	6

TITLE

## SHIOK GOAT RENDANG

### INGREDIENTS CONTINUED

*Spice Paste:*

- 2 tablespoons oil
- 1 teaspoon coriander seeds, roasted in a dry pan and freshly ground
- 1 teaspoon cumin seeds, roasted in a dry pan and freshly ground
- 10 dried red chillis, soaked in warm water and seeds removed
- 5 fresh red chillis, seeds removed
- 2.5 cm piece fresh ginger, chopped
- 2.5 cm piece fresh turmeric, chopped or 1/4 teaspoon turmeric powder
- 2 stalks lemongrass, bruised
- 1 teaspoon tamarind paste
- 1 candlenut, lightly smashed
- 4 cloves garlic, sliced
- 10 shallots, sliced
- 1 teaspoon sea salt
- 1 teaspoon brown sugar

NAME	FROM	AGE	SERVES
Kirsten Langer	Austria	27	2

#### TITLE

## FRIKADELLEN (PAN-FRIED MEATBALLS)



#### INGREDIENTS

- 150 g minced beef
- 150 g minced pork or Mett\*
- 1 egg
- 1 medium sized onion
- 3 tbsp hot mustard
- 75 g breadcrumbs
- 1/2 tsp salt
- pinch pepper
- pinch nutmeg
- pinch marjoram
- 3 tbsp margarine

\* Mett is better for this recipe, but not available everywhere. If you use Mett you'll need less spices as it is already seasoned.

#### INSTRUCTIONS

Dice the onion finely.

Mix the meat, the diced onion, the egg, the mustard and some salt, pepper, nutmeg and marjoram in a large bowl with your hand. Add some breadcrumbs, knead the mixture again.

If it's not slick anymore, it's fine. If it's still slick, add more breadcrumbs. If it's dry, add more mustard or a bit of water. If it's much too dry, add another egg.

Form the dough into meatballs (~ 6 cm diameter, ~ 3 cm high) with wet hands.

Heat the margarine in a pan at high temperature. When it stops bubbling and becomes calm again, it's hot enough to put the meatballs into the pan.

Sear them on both sides for about 2 minutes, until they are crispy and brown. Then roast them at low heat for about 3 minutes on each side.

Fried potatoes, cooked or raw carrots, cooked or raw kohlrabi, or bread are well-fitting side dishes.

Don't worry about leftovers, the meatballs taste well cold, too.

Cold meatballs are a great party snack, smaller meatball diameter (~ 3 cm) is advisable then.

#### STORY OF RECIPE

I learned the recipe from my grandmother and since then was asked frequently to bring Frikadellen as a party snack.

- |  |                                     |                                      |
|--|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STARTER               | <input type="checkbox"/> BAKING     | <input type="checkbox"/> VEGETARIAN  |
| <input checked="" type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT               | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 20min

#### COOKING TIME

> 15min

NAME	FROM	AGE	SERVES
Dejan Mitrovic Ming	United Kingdom / Serbia	27	2

TITLE

## SUPER SUCCULENT SPRING SALAD



### INGREDIENTS

*Salad:*

Chicken breast (200-250g) (use free range or organic when possible)  
Quinoa - white (1 coffee cup)  
Celery stems (15-20cm stick)  
Avocado (1 medium size)  
Feta cheese (100g)  
Baby spinach leaves (handful - 20g)  
Wild rocket leaves (handful - 20g)  
Cashew nuts - raw (approx 2-3 tablespoons)  
Pine nuts (approx 2 tablespoon)  
(Roasted Pumpkin seeds are a good alternative/add-on)

*Dressing:*

Extra Virgin Olive oil (2 tablespoons)  
Tahini (1 teaspoon)  
Dijon mustard (1 teaspoon or less)  
Fresh/dry dill (1 tablespoon)  
Thyme or rosemary (pinch)  
Sea salt (pinch)  
Ground black pepper (pinch)

### STORY OF RECIPE

I always experiment with making new healthy dishes and was recently inspired by Novak Djokovic's book - "Serve to Win" to eat even healthier gluten-free food.

### INSTRUCTIONS

1. Rinse the quinoa under cold fresh water (ideally from the Bolivian waterfalls). Add into a small cooking pot with 1.5 cups of water. Bring to boiling and then cook for 10-15min on low heat, until it absorbs the water and becomes soft, but still a bit crunchy. (Read instructions on packaging for precise ratios, as it could vary).
2. Elegantly chop chicken breast into small 3-4cm pieces and gently dip in olive oil.
3. Fry chicken breasts on a medium heat pan with olive oil. Fry until golden but not for too long, so you don't dry out the delightful meat juice inside.
4. Roast the raw cashew nuts on a pan on medium heat with a few drops of olive oil and a pinch of salt. Be careful not to burn them, so shake them around the pan every 9 seconds. You can use the same pan from the chicken, especially if you don't have a dishwasher :)
5. Chop celery and avocado into small equal bits and place into salad bowl.
6. Delicately wash salad leaves and place into salad bowl.
7. Carefully cut Feta into small cubes and distribute over salad leaves.
8. Sprinkle roasted nuts and seeds over salad leaves in random, but harmonious patterns.
9. Add the quinoa and chicken to the salad (they could be served either warm or cold, up to your taste, but don't add them hot, straight after cooking, as it will heat up the plate and upset other ingredients).
10. To make the dressing, find a small cup, add all ingredients and mix well with a teaspoon or mixer to create a smooth, mouthwatering sauce.
11. Pour dressing over salad leaves, vegetables and add more olive oil to taste to make it a little bit bitter and tingly.
12. Enjoy this energising healthy salad for lunch or dinner with a friend, partner or someone else you want to impress with this blend of delicious tastes!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 10min

COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Justapinchooops	Hungary	32	2

TITLE

## THE BIG EASY



### INGREDIENTS

*For the sauce:*

1.2 dl mayonnaise, 1 tb Dijon mustard,  
1 tb green-herb mustard, 1 tb hot sauce  
5 cornichons, minced  
1 spring onion, white and pale green part, finely chopped  
1 tablespoon finely chopped parsley  
salt and freshly ground black pepper to taste

*For the burger:*

400 g twice-ground beef  
2 tablespoons olive oil, plus more for brushing  
100 g grated cheddar  
4 buns – split, 8 slices of smoked ham  
1.5 tb ground cumin, 1.5 tb dried oregano  
1/2 tablespoon garlic powder, 1/2 tablespoon paprika  
1 teaspoon salt, 1/2 teaspoon cayenne pepper

*For the spice coating:*

1 tablespoon sweet paprika, 2 teaspoons freshly ground black pepper, 2 teaspoons salt  
1 teaspoon dried thyme, 1/2 teaspoon garlic powder  
1 teaspoon ground fried onion, 1/2 teaspoon cayenne pepper.

### INSTRUCTIONS

Whisk together the mayonnaise, mustards, hot sauce, cornichons, green onion and parsley in a small bowl and season with salt and pepper, to taste.

Cover and refrigerate for at least 1 hour (I usually keep it in the fridge for 90 minutes or so).

Prepare the two spice seasonings. Put the spice coating mixture to the side, and mix the other seasoning with the meat in a bowl. Cover, and put into the fridge for roughly 30 minutes.

Once an hour has passed, heat the oven to 200 degrees celsius, make 4 equal heaps of ground cheddar on a baking tin, and put it in the oven.

Toast the split buns on the grillpan.

Pour the spice coating mixture in a smaller plate. Spread it equally over the surface.

Divide the meat into 4 equal patties, brush the patties with oil, and coat both their sides in spices.

Place the patties into the grillpan and altering the heat between medium and low, grill them to taste.

Take the baking tin out of the oven, and put it aside, leave it to cool off, so the cheese can solidify somewhat.

Assemble the burger by spreading sauce on the buns, and topping it with the cheese, the patty and the smoked ham.

### STORY OF RECIPE

I am a big fan of the cajun cuisine. I find it challenging and delicious. I am also a big fan of hamburgers, thus the Big Easy was born.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 10min

NAME	FROM	AGE	SERVES
Mr. Dorfschmidt	Canada	38	8

TITLE

## CHUCKWAGON CHILI



Mr. Dorfschmidt

### INGREDIENTS

1. 1.5lbs / 700g Ground beef
2. 1 Medium onion chopped
3. 14 oz. / 398ml Kidney beans and juice
4. 10 oz. / 284ml Mushrooms and juice
5. 6 Wieners, cut in quarter inch (1cm) slices
6. 2 Medium carrots, sliced
7. 10 oz. / 284ml Condensed tomato soup
8. 1 tsp. / 5ml Chili powder
9. Salt and Pepper to taste

### INSTRUCTIONS

Brown beef in frying pan. Remove to large saucepan. Add rest of ingredients. Stir and bring to a boil. Let simmer, covered for at least an hour or so. Add water if it appears too dry and thick. Taste and add more chili if you so desire.

### STORY OF RECIPE

Been in the family since 82. Quick and easy.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 1hr

NAME

Nick Cliffe

FROM

United Kingdom

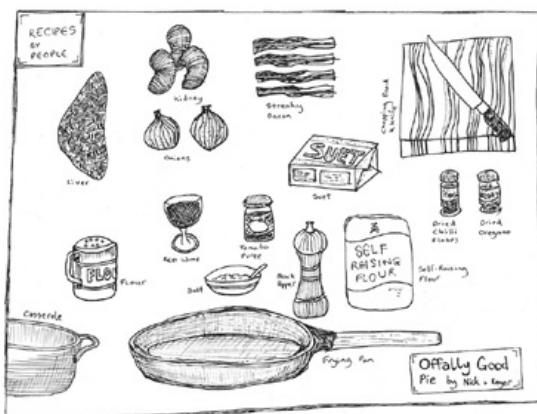
AGE

40

SERVES

4

## TITLE

**OFFALLY GOOD PIE****INGREDIENTS**

Ingredients:- approx.

230g of lambs liver (thin sliced, small pieces)  
 3 lambs kidneys trimmed and diced.  
 170g oz streaky bacon in 2inch strips  
 1 glass red wine  
 2 medium onions (thin sliced)  
 Dash of plain flour  
 Tomato puree  
 170g self raising flour  
 85g suet,  
 salt  
 pepper  
 dried Oregano  
 dried Chilli flakes

**STORY OF RECIPE**

A recipe of my Father's that he seemingly made up on a whim one day when he wanted steak & kidney pudding but there was no steak, just liver.

**INSTRUCTIONS**

Heat the oven to 180C

Fry the onions slowly till caramelised, put aside

Fry bacon till coloured and put with onions

Fry liver till sealed add to other ingredients

Fry kidney till sealed and add to above

Place all ingredients in an oven proof casserole

Add some flour to the frying pan to make a roux then add the wine, simmer till it thickens and add some Tomato puree to taste

Pour over the casserole, add some water, salt and pepper and a pinch of ground chilli flakes

Cover with lid and place in oven, simmer for 45 mins.

Remove from oven, check seasoning and then place a suet crust over the top (rub together the self raising flour, suet, salt, pepper and dried Oregano), cover with lid and return to oven until the crust is cooked and brown - you may want to turn the oven up a little

Serve with creamy mashed potato and greens of one type or other

Enjoy!

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

PREPARATION TIME

&gt; 15min

COOKING TIME

&gt; 90min

NAME

Corina Liepert

FROM

Canada

AGE

34

SERVES

4

## TITLE

**CHICKEN A LA LIEPERT****INGREDIENTS**

- 4 boneless, skinless chicken breasts
- 1.5 tablespoon olive oil (more if needed)
- 8-10 garlic cloves, pressed
- 2 tablespoons brown sugar
- 1/2 cup feta cheese, crumbled
- 1/3 cup sliced almonds

**INSTRUCTIONS**

Preheat oven to 350 degrees. Sauté garlic in olive oil over medium heat until lightly browned, about five minutes.

Turn off heat, stir in brown sugar. If needed, add a little more olive oil to make a paste.

Carefully spread the mixture on top of the chicken. Try not to spread it too close to the edge of each breast, as it may slide off while cooking.

Bake at 350 for 25 minutes or until thermometer reads 180 degrees F.

Remove from oven. Sprinkle feta over each breast, top with almonds. Return to oven and broil on low until almonds are lightly browned (about 5 minutes).

**STORY OF RECIPE**

This was a team effort! I made this with the garlic & sugar; my husband remembered a dish we used to enjoy at a special restaurant and added the toppings.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 35min

NAME

Geoff Tibbs

FROM

United Kingdom

AGE

25

SERVES

4

## TITLE

**DIDIMA'S DAL****INGREDIENTS**

- Red Lentils - 8 ounces
- Water - 1 litre
- Turmeric powder - 1/2 tsp
- Ginger, finely chopped - 3 tbsp
- Salt - 1/2 tsp
- Ghee - 2 tbsp
- Cumin seeds - 1 heaped tsp
- Coriander powder - 1 heaped tsp
- Asafoedita - 1 pinch

**INSTRUCTIONS**

This dal makes a reliably delicious accompaniment to an Indian meal. I usually serve with rice, a curry, raita and some kind of flatbread.

Add the lentils, water, turmeric and ginger to a pan and bring to the boil. Turn down the heat to very low and simmer.

After half an hour add the salt and stir.

Leave to simmer for another half hour, then stir and remove the pan from the heat.

In a separate, very small pan, heat the ghee (at some cost to taste you can use oil instead). The ghee needs to get hot enough to make the cumin seeds sizzle immediately on the surface and pop within seconds. Test the heat by occasionally dropping in a seed.

When hot enough, quickly tip in the cumin seeds, coriander power and asafoetida. Let them sizzle for five to ten seconds, then tip the contents of the pan over the lentils. Stir before serving.

**STORY OF RECIPE**

This is the only recipe that Didima, my grandmother, now in her nineties, still cooks. I grew up with it and make it almost automatically with Indian meals.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 60min

NAME	FROM	AGE	SERVES
Natasha Bortolozo Menéndez	Brasil	26	4

TITLE

## BONETTI'S MACARONI



Natasha Menéndez

### INGREDIENTS

250 grams Capelli d'Angelo Pasta (Angel Hair)  
 200 grams Sweet Grape Tomatoes  
 500 grams Minced Meat  
 1/2 Sprig of Basil  
 150 grams Bacon  
 Pepper  
 Spices  
 Salt

### INSTRUCTIONS

Preparation

1. Cut the bacon into small cubes.

2. Cut the tomatoes in half.

3. Separate the basil leaves.

Directions

1. In a pan, fry the bacon until browning.

2. Add the mince meat.

3. Season to taste with salt, pepper and spices.

4. After cooking the meat, add the basil and tomatoes.

5. Mix all ingredients, cover the pan and turn off the heat. The tomatoes and basil should wilt.

6. In a separate pan, cook the pasta carefully.

7. Put the pasta in a bowl and cover with the meat.

### STORY OF RECIPE

My uncle Bonetti was the best person and cook that I met. This is one of his recipes that marked my life. Publish it is a way to honor him.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 30min

NAME	FROM	AGE	SERVES
CHARLES DUSEK	USA	65	8

TITLE

## TEXAS BAR-B-QUE BEEF BRISKET (BBQ)

CHARLES DUSEK



### INGREDIENTS

*texas bar-b-que beef brisket (bbq):*

- 4 – 6 lb. beef brisket (flat)
- 2 tsp brown sugar
- ½ tsp paprika
- ¼ tsp smoked paprika (optional)
- ½ tsp ground garlic (powder)
- ½ tsp ground onion (powder)
- ½ tsp ground cumin (powder)
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper, ancho chile or chipotle powder (all optional)
- 1 tbl masa (or cornstarch)
- 1 tbl chili powder
- 16 oz basic marinade (recipe below)
- 6 oz. dr. pepper soda (or substitute cola)
- 8 oz. liquid smoke (hickory or mesquite)

note that the ‘optional’ ingredients provide a spicy ‘kick’ to the flavor of this recipe and should be used with discretion. also, there is no salt listed – the liquid aminos (or soy) in the basic marinade will supply ample sodium taste for the average diner - however, 1 tsp of salt may be added if desired.

### STORY OF RECIPE

For those that do not have ready access to an outdoor charcoal grill, this is a recipe to come as close as possible to achieve texas style bar-b-que beef brisket.

### INSTRUCTIONS

texas bar-b-que brisket (bbq) – without a charcoal grill or smoker - prepared and then roasted in the oven.

*Method:*

combine all ingredients in a glass, stainless steel or plastic container and mix well. in a glass, stainless steel or plastic container, pour the mixture over the brisket and place in a refrigerator.

Marinade the brisket in the refrigerator for at least 30 minutes, rotating midway. after marinating, remove from the refrigerator and allow the brisket to approach room temperature for about 30 minutes, rotating midway; then, placed the beef brisket in an aluminum pan or other container suited for the size, for low temperature roasting. cover the pan with aluminum foil, and tightly sealed around the edges.

Ensure that no holes are punched in the foil in order to retain as much moisture as possible within the container. Pre-heat the oven to 225° f and placed the covered container in the oven. after 1 hour, reduce the oven temperature to 215° f and continue roasting for a total of 1 hour per pound of beef brisket or, until the internal temperature reaches 180° f. (i typically select a 10 pound full beef brisket and roast 10 – 12 hours & double the seasoning recipe) remove the brisket from the oven and, while still covered, allow to rest for about 20 minutes.

In order to create somewhat of a ‘bark’ on the outside of the brisket as shown in the photo, place under the oven (hi) broiler for about 5 minutes, both top and bottom - but watch carefully to avoid burning. then remove and carve into about ½” slices and serve with bbq sauce on the side.

This recipe may be prepared in advance and reheated in the oven covered with aluminum foil for about 1 hour at a preheated temperature of 225° f.

Note that when planning your meal, that after roasting, the weight of the brisket will be reduced by approximately 30% due to the cooking process.

*Instructions continued on next page...*

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 60min

COOKING TIME  
> 300min

NAME	FROM	AGE	SERVES
CHARLES DUSEK	USA	65	8

TITLE

## TEXAS BAR-B-QUE BEEF BRISKET (BBQ)

### INSTRUCTIONS CONTINUED

flavorful & tenderizing 'basic marinade'  
 ¼ tsp garlic powder  
 1 tbl apple cider vinegar  
 1 juice from 1 lime  
 ¼ tsp ground cumin (optional)  
 ¼ tsp ground coriander (optional)  
 ½ tbl ground ginger  
 ½ c liquid aminos (or soy sauce)  
 ½ c water  
 ¼ tsp liquid smoke (hickory or mesquite) (optional)  
 combine all ingredients in a jar and shake to mix well  
 this basic marinade can be used for beef, pork, poultry;  
 also very good on vegetables. an entrée can be roasted in  
 an oven with the marinade in the pan. this marinade is also  
 very good as a basting sauce while grilling. note that the  
 'optional' ingredients provide the tex-mex flavor for the  
 beef, pork, poultry or vegetables being prepared.

bar-b-que (bbq) sauce - texas style  
 1 medium onion, minced  
 2 cloves garlic, minced  
 1 c catsup  
 1 c apple cider vinegar  
 3 tbl worcestershire sauce  
 3 tbl brown sugar  
 2 tbl prepared mustard  
 2 tbl chili powder  
 2 tsp cumin seed, coarsely ground  
 1 tsp celery seed, coarsely ground  
 1 tsp ground black pepper  
 2 strips bacon, chopped

*Method:*

in a cast iron pot (preferred) over medium heat, cook the bacon until crisp. remove bacon and add onion and garlic. sauté for several minutes, then add the chili powder and cook for an additional few minutes. add the remaining ingredients and simmer for 30 minutes. return bacon pieces to the sauce for a more hardy texture. water or vinegar may be added if the sauce becomes too thick.

you can balance the sweet/spice flavor by adding catsup, brown sugar and/or vinegar to your individual taste. add salt if you wish. best if served warm on the side, alternative basic bar-b-que (bbq) sauce  
 ½ c cider vinegar  
 1 c catsup, 1 c water  
 6 tbl brown sugar  
 2 tbl chili powder  
 1 tsp ground black pepper

*Method:*

combine ingredients and simmer for until the brown sugar has dissolved, about 10 minutes. This sauce should be served warm for best flavor.

NAME	FROM	AGE	SERVES
Adrienne Rhys Trythall	Wales	61	3

TITLE

## SMOKED MACKEREL+WARM POTATO SALAD



### INGREDIENTS

- 6 - 8 small potatoes, washed
- 1 smoked mackerel fillet
- 1 avocado
- 1 spring onion or 1 small red onion finely chopped
- 1 tsp capers
- 4 or 5 chopped cornichons (baby gherkins)
- 2 tsp horseradish cream (or grated fresh)
- juice of half a lime
- a good handful of chopped parsley
- black pepper
- 2-3 tbsp good vinaigrette dressing

*For Vinaigrette:*

Put a teaspoon of salt and a clove of garlic into a pestle and mortar. Pound to a paste, then transfer to a bowl adding 1 tsp of dijon mustard, 250ml olive oil and 50 ml of white wine vinegar or lemon juice. Whisk to emulsify.

*Optional additions:*

Halved baby plum tomatoes or coarsely chopped cooked beetroot

### INSTRUCTIONS

Wash and quarter the potatoes and boil in lightly salted water until cooked but not too soft.

Peel the skin off the smoked mackerel fillet and flake the fish into a bowl in quite large chunks.

Add all the other ingredients except the vinaigrette.

Do not mix at this stage.

Once the potatoes are cooked, drain well and allow to steam dry for a few minutes.

While the potatoes are still warm pour the vinaigrette into them.

Quickly transfer dressed potatoes to the bowl with all the other ingredients. Mix carefully so as not to break up the fish too much. Serve with green leaves or crusty bread.

### STORY OF RECIPE

A salad for all seasons which apart from the smoked mackerel can be assembled using store-cupboard ingredients. Delicious with the addition of beetroot, however the colour then becomes quite dramatic.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 12min

NAME

Timon van der Meulen

FROM

Netherlands

AGE

30

SERVES

4

## TITLE

**PIZZA CON SALSAICCIA****INGREDIENTS***Pizza dough:*

- 400ml warm water
- 10gr dry yeast
- 1 tea-spoon of sugar
- 700gr flour
- 2 tea-spoons of salt
- Olive oil

*Topping:*

- 8-10 tomatoes
- Balsamic vinegar
- 250gr mozzarella
- 100gr pancetta
- 250gr spices porc sausages
- 50gr Parmigiano Reggiano / Pecorino Romano
- Basil leaves
- Olive oil
- Pepper
- Salt

**STORY OF RECIPE**

Pizza is one of the best and versatile meals on the planet. There is always something in your refrigerator for your pizza. And always create your own pizza dough!

**INSTRUCTIONS***Pizza dough:*

Mix 100ml of warm water with the yeast and the sugar and wait for 10 minutes. In the mean time sift the flour in a big bowl, create a large pit in the middle and fill it with the salt, 1 tablespoon of olive oil and 300ml of warm water. Add the yeast mixture when it is finished. Mix it with a big spoon and knead the mixture to a flexible ball of dough for about 10 minutes.

Grease the bowl with some olive oil, put the dough in and cover the bowl with a warm wet kitchen towel. Put the bowl on a warm place and leave it to rise for 1 hour. The ball should be doubled in size.

Cut the dough in 4 - 8 pieces depending on your wishes (small thin pizza's or big thick pizza's). Softly form the pieces of dough to small balls and brush them with some olive oil. Leave to rise for another hour under some plastic foil. If you have too much pieces of dough you can put them in the freezer!

*Topping:*

Cut the tomatoes in small pieces and add some balsamic vinegar, pepper and salt to taste. Remove the sausage skin and mix it with the parmesan. Cut or tear the mozzarella and pancetta in small pieces.

*Pizza:*

Preheat your oven to about 250°C and use a pizza stone if you have one. Knead the smaller dough balls to a flat pizza leaving a small raised edge on the sides (look up some simple instructions on youtube). Put the tomato mixture on the pizza with a skimmer avoiding most of the fluid. Spread the mozzarella, pancetta and sausage mixture on the pizza. Sprinkle it with some olive oil and put it in the oven for about 10-15 minutes. Add some torn basil leaves, buon appetito!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 2.5hr

**COOKING TIME**  
> 15min

NAME

Batu

FROM

Italy

AGE

26

SERVES

4

## TITLE

**PUMPKIN GNOCCHI****INGREDIENTS**

400g of peeled potatoes  
 400g of peeled sweet pumpkin  
 1 egg  
 300g of all-purpose flour  
 50g of grana/parmesan cheese  
 fine grain salt  
 cinnamon  
 nutmeg

**INSTRUCTIONS**

Steam the pumpkin and the potatoes until tender (about 10-15 min in pressure cooker, 20-25 in a steamer). While they are still hot mash them with a potatoes masher on the table spread of flour. If you haven't a potatoes masher you can use a fork, be careful to don't leave lumps. Let it cool, then add the egg, cheese, a pinch of salt, some cinnamon and nutmeg to taste (about half teaspoon of both) and 150g of flour. Knead fast the mixture adding the other 150g of flour. The result has to be a soft, smooth and elastic dough. Don't knead to much or it will be very sticky, if it happened don't add more flour only spread some on the surface. Shape the dough in ropes of 1.5 cm of diameter. Cut them in pieces 2 cm long. Flour your thumb and use it to make a dimple pressing the piece of dough on the back of a grater (the grater isn't indispensable but create a rough surface on the gnocchi great to receive the sauce). Spread the gnocchi with some flour in a plate. Cook the gnocchi in salty boiling water until they float on the surface. Remove the gnocchi with a slotted spoon. They can be served with butter and sage but they are awesome also with gorgonzola cheese, tomato sauce, mushrooms and so on...

**STORY OF RECIPE**

When I was young I always made gnocchi with my grandma and at the end I was always covered with flour. I add pumpkin to obtain tastier and softer gnocchi.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENT DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 40min

**COOKING TIME**

&gt; 3min

NAME	FROM	AGE	SERVES
Petronius Gedeon	Australia	13	7

TITLE

## EPIC NACHO RECIPE



### INSTRUCTIONS

1. Preheat oven to 180°C. Dice Capsicum, Onion, Mushroom. Fry onion until lightly browned, add Mince, Capsicum and Mushroom. Stir until cooked, add Beans. Add Salsa and stir thorough.
2. Layer ovenproof tray with chips, then pour nacho mix over the top. Sprinkle cheese on top.
3. Place in oven, switch to grill, 100°C, prop open door slightly, 10 mins until cheese melts.
4. Serve with Guacamole if desired.

### INGREDIENTS

175g Unsalted Corn Chips  
 750g Beef Mince  
 400g Black Beans/Mixed Beans  
 550g Mild Salsa  
 1 Green Capsicum  
 150g Mushrooms  
 160g Onion  
 Shredded pizza cheese (optional)  
 Guacamole (optional)

### STORY OF RECIPE

My friend Anna gave me this recipe. She was enthusiastic that I use her recipe in this book, I made a few changes. Its really yummy, you should try it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 30min

NAME

Marie Wynter

FROM

Australia

AGE

SERVES

6–8

## TITLE

**MARIEĀS MOTHERĀS MOUSSAKA****INSTRUCTIONS**

1. Preheat oven to 180°C. Cook base all together for about 30 minutes, stir and reduce. Blend sauce except parmesan.
2. Pour base into deep baking dish. Pour sauce on top. Sprinkle with parmesan.
3. Bake at 180°C for 20 minutes until wobbly.
4. Serve with rice, green salad, and a glass of red wine.

**INGREDIENTS***Base:*

1kg beef mince  
400g can chopped tomatoes  
a few extra fresh tomatoes  
500g tomato paste  
4 small zucchini, sliced  
2 capsicum, sliced  
4 carrots, sliced  
1 cup red wine

*Sauce:*

5 eggs  
500g Greek yoghurt  
2 lemons, juiced  
2 large handfuls pizza cheese  
generous sprinkle of parmesan

**STORY OF RECIPE**

This is my favourite comfort food, I always ask Mum to make it. Moussaka normally has eggplant, but we like it without. It tastes divine, even better than in Greece.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 50min

NAME

purpleknight

FROM

UK

AGE

27

SERVES

1

## TITLE

**WHEAT FREE PIZZA**

purpleknight

**INGREDIENTS**

1 Courgette/Zucchini

Red Pesto

Melting Cheese (Cheddar/Parmesan are my go to combination)

4 cherry tomatoes

Basil

Other toppings of your choice

**INSTRUCTIONS**

Preheat the oven to 180 degrees centigrade.

Cut the ends off your courgette, then slice it in half lengthways. Cut a small slice from the rounded bottom of each slice to give it stability.

Cover each slice in a thin layer of red pesto (or other tomato sauce of your choice)

Grate your cheese, mix if using a combination, and put an even layer on top of the pesto.

Slice the cherry tomatoes and place on top of the cheese. Shred the basil and scatter over the top.

Place on a baking tray in the oven (foil lined for ease of clearing up). Bake for 15 minutes or until the cheese is golden and melted.

Variations; any pizza topping you choose! I'm a particular fan of thin slices of chorizo.

**STORY OF RECIPE**

When I eat lots of bread and cake, I feel sluggish. I love to bake, so decided to keep the cake and eat less wheat for main meals.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 15min

NAME

Tom Gedeon

FROM

Australia

AGE

SERVES

4

## TITLE

**PASTA AMATRICIANA****INSTRUCTIONS**

1. Fry the Onion on medium heat in a dash of Olive Oil.
2. After 5 mins add 1st lot of Italian Herbs and Oregano.
3. After 2 minutes add the Ham.
4. Fry another 3 minutes.
5. Add 2nd lot of Italian Herbs, cans of tomatoes, tomato paste and salt.
6. Cook for another 10 minutes.
7. Serve with pasta.

**INGREDIENTS**

300g Onion  
 1 tbsp or less Olive Oil  
 1 tbsp dried Italian Herbs  
 1 tsp dried Organo  
 300g Shredded Ham  
 1 tbsp dried Italian Herbs (another one)  
 2 x 400g cans of tomatoes  
 2 tbsp tomato paste  
 1 tsp salt

**STORY OF RECIPE**

I like this dish lots, but its too greasy in restaurants. Its taken a number of years of experimentation to recreate the taste without much oil or any bacon fat.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 20min

NAME  
Andreas Konheiser

FROM  
Germany

AGE  
41

SERVES  
4

TITLE

## KIRSCHMICHEL (CHERRY PUDDING)



### INSTRUCTIONS

Cut bread rolls into slices, pour over with hot milk  
Stir sugar, egg yolks and lemon juice foamy and fold into the cooled rolls mass.  
Beat the egg whites until stiff. Fold cherries and the egg white into rolls mass.  
Put the mass into a buttered baking dish and bake it at 180° C 50 to 60 min.  
After 30 min., put some knobs of butter on it.  
The pudding can be eaten warm or cold and tastes delicious with custard.

### INGREDIENTS

125 g butter  
125 g sugar  
4 eggs  
3/8 liter milk  
some lemon juice  
5 stale bread rolls (if you do not have bread rolls, you can use white bread)  
1 kg cherries (pitted)

### STORY OF RECIPE

It's a typical Hessian meal from the center heart of Germany. It was formerly prepared by the poor people. You can eat it as main course or dessert.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 60min

NAME	FROM	AGE	SERVES
Pervinder Grewal	Malaysia	38	4

TITLE

## MEE BANDUNG (SPICY FRIED NOODLES)



### INGREDIENTS

*Ingredients:*

5 tbsp of oil, salt to taste  
500g of fresh Chinese egg noodles  
200g of boneless chicken breast, thinly sliced  
200g of choy sum, rinsed and cut into 5cm pieces  
100g of mung bean sprouts, rinsed. 200g of fresh tofu, thinly sliced

*Spice paste:*

10 dried red chillies, deseed and soak in hot boiling water  
8 shallots, peeled and sliced  
7 medium cloves of garlic, peeled and sliced  
3 sticks of lemongrass, sliced. 3 large red chillies, sliced.  
20g of belacan (shrimp paste), dilute into a paste with warm water.

*Sauce:*

2 tbsp of tamarind pulp, 3 tbsp of tomato sauce  
1 tbsp of sugar, 1 tsp of salt

*Garnish:*

1/3 cup of fried shallots (6 shallots, sliced). 2 eggs, fry an omelette then slice into thin long strips. 2 tbsp of spring onions (scallions), sliced. 2 tbsp of fresh coriander leaves (cilantro), sliced. 1 lime, sliced into wedges.

### STORY OF RECIPE

This is my mum's recipes. It always featured at lunch time on a Saturday afternoon. It takes a while to prepare but it is so worth the time and effort.

### INSTRUCTIONS

Mix the tamarind pulp with 4 tbsp of water and extract the juice from the tamarind by pressing the pulp through a sieve.

Mix all the sauce ingredients and set aside. Process all the ingredients for the spice paste in a blender (add a little water if necessary) or food processor.

Heat up a wok and add the oil. As soon as it's heated, fry the sliced tofu pieces till lightly brown. Drain on a paper towel and set aside.

In the same oil, fry the sliced shallots till brown and crispy.

Drain on a paper towel and set aside.

Add the ground spice paste to the wok and fry the paste till oil bubbles appear on the surface (about 10 minutes). Add the sliced chicken and allow it to simmer for another 5 minutes. Next add the sauce ingredients and check the taste. It should be a balance of sweet, sour, salty and spicy. Once the chicken is cooked, add the choy sum, tofu, mung bean sprouts, egg noodles and give it a good stir.

Dish into individual bowls and garnish with some eggs strips, thinly sliced red chillies, fried shallots, sliced spring onions, coriander leaves and a lime wedge.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 30min

NAME

Flor Haaker

FROM

Per\_

AGE

64

SERVES

8

## TITLE

**DELUXE RICE WITH ARTICHOKESES**

Enrique Haaker

**INGREDIENTS**

- 1/4 cup oil
- 2 medium finely chopped onions
- Salt and pepper to taste
- 6 artichokes hearts cut in stripes
- 1 cup boiling water
- 6 eggs, slightly beaten
- 1/2 cup evaporated milk
- 6 chopped ham slices
- 1/2 cup grated cheese

**INSTRUCTIONS**

Heat oil in saucepan and saut<sup>a</sup> onions, season with salt and pepper. Fry about 8 minutes. Add artichokes and cook them until tender with boiled water. When cooked, add beaten eggs mixed with milk ham and cheese. Serve with rice.

**STORY OF RECIPE**

This is a special family recipe given to me by my mother in law.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 20min

NAME

Flor Haaker

FROM

Per\_

AGE

64

SERVES

6

## TITLE

**SHRIMP AND CRAB PULP IN SAUCE**

Enrique Haaker

**INSTRUCTIONS**

Sauté garlic and onions in oil, with both hot peppers, season with salt, pepper and oregano. When cooked, add water, shrimp tails and crap pulp. Cook for about 15 minutes. Garnish with chopped parsley. Serve with boiled potatoes and rice.

**INGREDIENTS**

- 1/2 cup oil
- 5 clove garlic, crushed
- 4 medium onions finely chopped
- 2 tablespoons of yellow hot peppers seeded and ground
- 2 tablespoons of red hot peppers seeded and ground
- salt and pepper to taste
- pinch of oregano
- 3/4 cup boiling water
- 6 dozens shrimps tails, cleaned
- 1 cup crab pulp
- 1 tablespoon chopped parsley

**STORY OF RECIPE**

This is a special family recipe given to me by my aunt Chela Villar\_n. She delighted us when she prepared it for the family on some sundays.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 15–20min

NAME	FROM	AGE	SERVES
Dominique Roskam	The Netherlands	28	4

TITLE

## COUSCOUS SUMMER SALAD



### INGREDIENTS

*couscous:*

450g couscous  
250ml vegetable stock

*salad:*

4 sprigs of mint  
a large bunch of flat leaved parsley  
1 cucumber  
3 spring onions  
200g stoneless green olives  
1 jar of grilled sweet peppers  
2 handfuls of cherry tomatoes (or other small tomatoes like romas)  
50g almond flakes

*dressing:*

5tblsp olive oil (about 75ml)  
juice of 1 lemon  
harissa (or some sambal if you can't find harissa)

### INSTRUCTIONS

Boil the vegetable stock and pour it over the couscous in a wide bowl, stir once. Leave the couscous for 5 minutes until the couscous is soft and has soaked up all the stock. Fluff the couscous with a fork (or your hands).

Roast the almond flakes in an oven or a dry frying pan (be careful not to burn them). Let them cool down and keep them aside. Put them on the salad when served so they will stay crispy.

Meanwhile chop the leaves of the flat leaved parsley and mint finely. Cut the cucumber in quarters, remove the soft inner core and cut the cucumber in big dice. Cut the spring onions in rings. Rinse the sweet peppers and olives and chop them large. Cut the tomatoes in halves. Put these cut ingredients in a big bowl and mix it with the couscous.

Make a dressing of the olive oil, lemon juice and harissa and mix this with the couscous salad. Cover the bowl and put it in the fridge so all the flavors can infuse. Get the bowl out an hour before serving, because it should be served at room temperature. Serve with the almond flakes and some fresh ground salt and pepper.

*Suggestion 1:*

Always use the best quality you can find for raw ingredients because it can make all the difference in a salad like this.

*Suggestion 2:*

This is a perfect mix-and-match salad. Try new ingredients like feta or black olives etc. or just check your fridge for additional ingredients. You can also serve some of the ingredients aside so everyone can make the salad the way they want (for example, I don't like sweet peppers, so I leave them out in the mix but put them on the table so others can add them to their plate) as long as you mix the couscous with the flat leaved parsley and mint you should be fine.

### STORY OF RECIPE

This is a perfect salad for a beautiful summer day; make it in the morning, put it in the fridge and enjoy your day!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 5min

ONLY  
1 PERSON  
INCLUDES  
RABBIT MEAT  
IN THEIR  
RECIPE

NAME	FROM	AGE	SERVES
Michal Kamola	Ireland/Poland	31	4

TITLE

## PORK KAMOLA



Anna Kamola

### INGREDIENTS

- 4 Pork Loin Chops
- 8 slices of Bacon
- 12 thick slices of Vintage Cheddar
- 8 large mushrooms
- 4 handfuls of Rocket Leaves
- 48 small Plum Tomatoes
- Pear infused Balsamic Vinegar(normal Balsamic Vinegar will do)
- Salt and Pepper
- 1 spoon of Sunflower Oil

### INSTRUCTIONS

Preheat the oven to 200 degrees Celsius. Cut all the fat from the pork chops and beat them flat using meat hammer. Try to make them as round as possible. The end result should cover most of the plate and be no more than 2mm thick.

Season with salt and pepper on both sides. Fry them on a frying pan on very high heat until slightly golden. 1 minute on each side should be plenty if they are thin enough. Cut mushrooms into thick slices .Transfer fried chops onto a cooking tray and cover each one with bacon, then mushroom slices and top with Vintage Cheddar.

Put it all into preheated oven and bake for 10 minutes. Rinse and dry rocket leaves.Cover each plate evenly with the leaves and cover plate's perimeter with halved tomatoes.Sprinkle the leaves generously with Pear infused Balsamic Vinegar. When pork chops are done transfer each one into the middle of the plate. ENJOY!

### STORY OF RECIPE

I have created this recipe to welcome my wife home after she spent a month at her parent's house in Poland with our 3 month old baby.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Carl-Hendrik von Bose	Germany	32	4

TITLE

## CABBAGE ROLLS WITH STEWED CABBAGE

Carl-Hendrik von Bose



### INGREDIENTS

700 gram minced meat (preferably half pork and half beef)  
1 white cabbage  
1 egg  
1 big onion  
100 gram white bread crumbs  
salt  
pepper  
ground Caraway  
marjoram  
pork fatback (smoked)  
vegetable oil  
butter (if desired)  
flour  
kitchen string

### STORY OF RECIPE

I got this recipe from my grandma. In my mother tongue it's called "Kohlrouladen mit Schmorkohl" and is best served with boiled potatoes, in Germany called "Salzkartoffeln".

### INSTRUCTIONS

1. Cut the onion into little cubes.  
Put the Minced Meat and the onion into a bowl. Season it with Salt, Pepper und Majoram according to your taste. (To me, more Majoram means more taste.)  
Add the white bread crumbs and the egg and knead until everything is well mixed and you get a sticky mass. Shape 4 meatballs of the same size from the mass. Put the vegetable oil into a pan, heat and brown the meatballs until they get a tasty colour.
2. Remove the outer leaves of the cabbage. Heat Water in a pot, add a Teaspoon Salt and put in the Cabbage. Boil for 5 minutes. Turn off the stove and let the cabbage in the water until the water is no more seething. Don't pour away the water, it will be needed later.
3. Remove the cabbage from the pot and let it cool down a bit. Remove two leaves for every Roll from it. Therefore, it's the best you cut the cabbage on the stem side approx. for 5 cm. After that the leaves will be removed easily.  
Roll the Meatballs into the leaves and wrap it with kitchen string to secure the leaves.
4. Cut the rest of the cabbage into small pieces and the fatback into medium sized cubes.  
Put the cubes into a pot and heat until they shrunk and get light browned. No add the cabbage. Season with salt, pepper and caraway. Roast the cabbage until it gets a brown colour, turn down the heat a bit and let it roast until the cabbage gets soft. To avoid burning, add a little water if necessary, but not too much, you want to fry the cabbage, not to cook. If you like add some butter a few minutes before you serve. This will give the cabbage a bit more smooth taste.
5. While the cabbage gets fried, heat some vegetable oil in a sauté pan and roast gently the rolls from all sides, until the cabbage gets a tasty brown colour. Now add the previously kept water until the rolls are covered with fluid. Simmer for 30 minutes and season with salt, pepper and caraway. Thicken the sauce with flour.
6. Remove the kitchen string before serving.  
Enjoy your meal!  
Guten Appetit!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 30min

COOKING TIME

> 30min

NAME	FROM	AGE	SERVES
Max Glick	U.S.A.	40	6

TITLE

## BALSAMIC TOMATO MOZZARELLA SALAD



### INSTRUCTIONS

In a large bowl, combine beans, peas, onion and half the basil. Toss with half the vinaigrette. Cover and refrigerate for about an hour. Add cheese, tomatoes and the remaining basil. Stir and add salt, pepper and remaining vinaigrette to taste.

*Balsamic-Rice Vinaigrette:*

In a screw-top jar, combine olive oil, rice vinegar, balsamic vinegar, mustard and salt. Cover and shake well. Let stand at room temperature for 30 minutes before serving. Extra may be stored in the fridge for up to a week. Makes about 2/3 cup.

### INGREDIENTS

- 1x 15-oz can Black Beans, rinsed and drained
- 1x 15-oz can Cannellini Beans, rinsed and drained
- 1 cup Peas (thawed if frozen)
- 1/4 cup chopped Red Onion
- 1/4 cup chopped fresh Basil
- 4 oz Fresh Ciliegine Mozzarella (cherry-sized balls if available, otherwise cut a larger piece into cubes)
- 15 cherry tomatoes, halved
- Balsamic Vinaigrette (see recipe below)

*Balsamic-Rice Vinaigrette:*

- 1/2 cup Extra-Virgin Olive Oil
- 2 tablespoons Rice Vinegar
- 1 tablespoon Balsamic Vinegar
- 1 teaspoon Dijon Mustard
- 1/2 teaspoon Salt]

### STORY OF RECIPE

This is a great summer recipe using fresh tomatoes and mozzarella. Also good as a side dish for picnics/potluck meals. Smoked mozzarella adds a complex taste to the recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 30min

COOKING TIME  
> 60min

NAME

Spacefairy

FROM

Germany

AGE

SERVES

4

## TITLE

**SZEGEDINER GULASCH**

Millerak

## INSTRUCTIONS

Heat oil on medium high in a pot and add the meat when the oil shimmers. Roast the meat until it has got a brown crust. Set aside the meat in a bowl 1. If you have a small pot, take small portions of the meat and repeat this step. Lower the heat to medium low and cook the garlic and onions until they are clear. Add meat, sauerkraut, sweet paprika and vegetable stock and cook it for around an hour on low heat (until meat is tender). If you want a thicker sauce, add flour. Add the sour cream and season to taste with salt and pepper.

Serve with bread dumplings, yeast dumplings or boiled potatoes.

## INGREDIENTS

500 g pork neck diced 500g sauerkraut (fresh or canned)  
 2 onions diced 2 garlic cloves diced 500 ml vegetable stock  
 200 g sour cream 2 tablespoons Hungarian sweet paprika ("eedels\_\_")  
 1 tablespoon ground caraway seeds  
 Flour (optional) Salt, pepper  
 500 g pork neck diced  
 500g sauerkraut (fresh or canned)  
 2 onions diced  
 2 garlic cloves diced  
 500 ml vegetable stock  
 200 g sour cream  
 2 tablespoons Hungarian sweet paprika ("edelsüß")  
 1 tablespoon ground caraway seeds  
 Flour (optional)  
 Salt, pepper

## STORY OF RECIPE

When I was a kid my grandmother lived with us and cooked often lunch for us. This recipe was one of my favorites. She learned this dish from her mother.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE

## PREPARATION TIME

&gt; 30min

## COOKING TIME

&gt; 60min

NAME	FROM	AGE	SERVES
Michael Bianchi	United States	21	4–6

TITLE

## MARIA'S PASTA



### INGREDIENTS

1/4 cup plus 3 tablespoons olive oil  
 1 1/3 cup chopped onion  
 1 teaspoon minced garlic  
 3 slices bacon - cut in small pieces  
 2 cups tomato sauce  
 1/2 teaspoon red pepper (1 teaspoon if you like it hot)  
 1 lb pasta  
 4 eggs  
 3/4 cup grated cheese (imported parmesan or romano)

### INSTRUCTIONS

Pour olive oil into saucepan (should cover the bottom of the pan)  
 Add onion, garlic and bacon.  
 Simmer in pan until onion is translucent.  
 Add tomato sauce and red pepper, simmer about 20 minutes  
 Cook pasta  
 While pasta is cooking, put eggs in large bowl and beat slightly  
 Add grated cheese to egg mixture  
 Drain pasta and toss with egg & cheese until egg is cooked onto pasta  
 Add tomato sauce mixture and mix well

### STORY OF RECIPE

A distant cousin came to visit my family from Italy and made us all this delicious pasta and we had to ask for the recipe since it was so good

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 5min

COOKING TIME  
 > 40min

NAME	FROM	AGE	SERVES
Kathrin Brogli	Switzerland	37	4

TITLE

## ZWIEBELWÄHE (ONION PIE)



### INGREDIENTS

Shortcrust:

- 240g all-purpose flour
- 3-4 pinches of salt
- 120g cold unsalted butter, cut into small pieces
- 1 large egg and 1 large egg yolk, lightly beaten

Onion Filling:

- 600g onions, thinly sliced
- 150g bacon, diced (optional)
- 2 Tbsp. olive oil
- 2 Tbsp. flour
- 2 Tsp. cumin seeds (optional)

Custard:

- 2.5dl milk
- 2 eggs, lightly beaten
- 200g sour cream
- salt
- pepper
- 70-100g gruyère cheese, grated (or any other cheese that gives a nice golden crust when baked, and has a strong, salty flavour)

### STORY OF RECIPE

Zwiebelwähre is a traditional dish in many parts of Switzerland. This onion pie can be eaten warm or cold and goes great with a glass of fruity white wine.

### INSTRUCTIONS

*Shortcrust:*

Mix together flour and salt in a bowl. Rub the butter into the flour until the mixture has the consistency of coarse crumbs. Using your fingertips usually works best. Alternatively, you can use a food processor and pulse the flour, salt and butter cubes a few times, then pour the mix into a bowl.

Whichever method you prefer, be careful not to over mix the ingredients - the butter should not start to melt and it doesn't matter if there are bigger and smaller lumps of butter in the mix.

Add the eggs to the crumbs and - working quickly - combine everything until the dough comes together. Don't overwork the dough - kneading is not needed. Form a flat disc, cover it in plastic wrap and let it rest in the refrigerator for at least two hours or overnight.

Once the dough is rested, take it out of the fridge and roll it out into a circle of about 3mm thickness. It might be helpful to dust the work surface and rolling pin with flour or to roll out the dough on a piece of parchment paper. This makes transferring the dough to the pan much easier.

Transfer the dough to a round baking pan of ca. 26cm diameter, slightly pressing it into the pan so that all edges are covered. Trim off the excess dough and let the pan rest in the fridge once more until the filling is ready.

*Onion Filling:*

Fry the bacon cubes until crispy. Put aside for later (no need to keep them warm). Heat the olive oil in a large frying pan. Sweat the onions over middle heat until they are soft and tender (stir often and be careful not to burn them). It usually takes about 20min on my stove.

Once the onions are cooked, dust the flour over the onions and mix it in. It absorbs the moisture preventing the bottom of the pie from becoming soggy.

Add the fried bacon cubes and the cumin to the onions and mix everything. Spread the filling evenly on the crust.

*Custard:*

Whisk together the eggs, milk and sour cream and season with salt and pepper. If using bacon and / or a salty cheese, the mix does not need much salt.

Pour the egg-milk-sour cream-mix over the onions and sprinkle a generous helping of grated cheese over the top. Bake until golden brown at ca. 220 degree Celsius in the preheated oven. In my oven this takes about ca. 20-30 minutes.

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

### PREPARATION TIME

> 45–120min

### COOKING TIME

> 30min

NAME  
Nadja from Berlin

FROM  
Germany

AGE  
35

SERVES  
2

TITLE

## QUICK AND EASY PORTUGUESE DINNER



### INGREDIENTS

- 2 diced onions
- 4 large eggs
- 3 sliced sausages
- 3 tablespoons olive oil
- 680gr pre-cooked green peas
- pinch of sea salt and black pepper freshly ground

### INSTRUCTIONS

Heat the olive oil in a medium, frying pan. Add the diced onions and the sliced sausages and cook for five minutes. Stir in the peas and simmer for five minutes until the peas are tender. Break the eggs, spaced well apart, on top of the peas, season lightly with salt and freshly ground black pepper and cover the pan with a lid. Leave to cook gently for five more minutes or until the eggs are set to your liking. Enjoy!

### STORY OF RECIPE

My husband and I love discovering new recipes and came across this particular one this spring in Lisbon, when our Airbnb hosts made dinner and invited us to try.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Lars	The Netherlands	23	4

TITLE

## KOOLSCHOTEL (CABBAGE CASSEROLE)



### INGREDIENTS

400 Gram Beef Mince  
 750 Gram Sweetheart Cabbage or Chinese Cabbage  
 800 Gram Mashed Potatoes  
 100 Gram Grated Cheese  
 1 Big or 2 Small Onions  
 100 Gram Bacon (Optional)  
 Salt  
 Pepper  
 Beef Seasoning  
 Curry Powder

### INSTRUCTIONS

Cut the onions in small pieces and fry them together with the beef mince.  
 Add seasoning  
 Cut the cabbage and wash it. Fry the cabbage with the beef and onions (or boil the cabbage separately).  
 Prepare the mashed potatoes (they can be made from scratch or with an instant sachet if you want to save time).  
 Grease the baking dish  
 Spread the beef and cabbage mix in the baking dish.  
 (Optional) Put the bacon on top of the beef cabbage mix  
 Add the mashed potatoes  
 Add grated cheese on top

Now place the Koolschotel in the oven for 30 minutes on 200o Celcius

### STORY OF RECIPE

Nice warm dish for the colder months of the year.

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 30min

NAME

W. John

FROM

Switzerland

AGE

64

SERVES

6

## TITLE

**TUNA AND PASTA SALAD****INSTRUCTIONS**

Cook the pasta until al dente (about 1 minute less than cooking instructions on package). Drain, cool under cold water and drain. Put in a bowl and toss with onion, peppers, black olives, capers and cucumbers. Mix the mayonnaise and lemon juice, then gently mix into the pasta with the tuna.

*Note:*

Use your favorite canned tuna, but solid, white tuna packed in olive oil makes this salad special.

**INGREDIENTS**

- 250 grams fusilli or penne pasta (9 oz.)
- 1 small red onion, thinly sliced
- 1 small red pepper, thinly sliced
- 1 small green pepper, thinly sliced
- 20 black olives, pitted
- 1 tablespoon capers
- 1/2 cucumber, thinly sliced
- 6 tablespoons mayonnaise (can use low-fat)
- 3 tablespoons fresh lemon juice
- 200 grams tuna in olive oil (about 14 oz.), drained and flake

**STORY OF RECIPE**

This recipe was in a London newspaper over 15 years ago. It is still a favorite; perfect for lunch or a buffet.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME

Thor Højlund Olsen

FROM

Denmark

AGE

32

SERVES

4

## TITLE

**HOMEMADE DANISH HOTDOG****INGREDIENTS***Bread:*

5 dl lukewarm water  
25 g yeast  
900 g wheat flour  
75 g sugar  
15 g sea salt  
75 g soft butter

*Ketchup:*

1 kg good tomatoes, either fresh or tinned. Just the best ones.  
1 apple  
2 onions  
3 garlic  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon Chinese 5-spice mix  
250 g dark sugar  
2 dl vinegar

*Ingredients continued on next page...***INSTRUCTIONS***Bread:*

Mix water and yeast. Add flour, sugar and salt and knead this together. Add butter and knead for another 6-8 minutes. Leave in a warm spot for 1 hour. Make 20 small sausages of the dough and place these close to each other on a baking sheet with baking paper. Leave for 1 hour. Then press the breads flat and let them rise for another 30 minutes. Bake the bread at 220°C for 12 minutes.

*Ketchup:*

Boil everything for 1 hour. Blend and cool.

*Remoulade:*

Mix everything. Leave in fridge for 30 min.

*Pickled Cucumber:*

Boil vinegar, sugar, black peppercorns, dill and pearl onions. Then add cucumber. Leave in fridge for 2 days.

Fried Onions: Slice the shallots in very thin slices. Fold these in the flour. Heat the oil to 120-140 220°C. Add the onions a little at the time. Fry for 4-5 minutes. Dry and cool on a paper towel.

Fry the sausage.

Slice open the warm bread, not all the way, but a little more than half way through. Spread the mustard on either side of the bread in a thin layer. Add the fried sausage in the middle of the bread. Add one line of ketchup and one line of remoulade either side of the sausage. Add the pickled cucumber on top and sprinkle with onions to finish the hotdog.

**STORY OF RECIPE**

You can get hotdogs all over the world, but Remoulade is what makes it Danish. It is almost impossible to get elsewhere in the world, trust me I have tried~

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 48hr

COOKING TIME

&gt; 3hr

NAME	FROM	AGE	SERVES
Thor Højlund Olsen	Denmark	32	4

TITLE

## HOMEMADE DANISH HOTDOG

### INGREDIENTS CONTINUED

*Remoulade:*

- 3 tablespoons mayonnaise
- 1 tablespoon creme fraiche min. 18%
- 1 tablespoon finely chopped capers
- 3 tablespoon finely chopped cornichons
- 1 tablespoon finely chopped chives
- 1 tablespoon finely chopped tarragon or chervil
- 1 teaspoon finely chopped onion
- 1 tablespoon lemon
- 1 teaspoon mustard
- Salt/Pepper/Sugar
- Turmeric to adjust the color.

*Pickled cucumber:*

- 4 dl vinegar
- 4 dl sugar
- 20 black pepper corns
- Lots of chopped dill
- Pearl onions
- Cucumber in fine slices

*Fried onions:*

- Shallots
- Flour
- 1 l oil for deep fat frying
- Other:
- French mustard (you can make for your selves if you are fresh)
- A very good sausage.

NAME

Hannah Bee

FROM

UK

AGE

25

SERVES

4

## TITLE

**EASY PEANUT CHICKEN CURRY****INGREDIENTS**

- 1 medium onion, diced
- 2 tsp paprika
- 2 tsp cumin
- 1 tsp dried ground coriander
- 10-15 fresh cherry tomatoes
- 2cm cube of fresh ginger, grated
- 3 cloves garlic, crushed
- Chilli, fresh or dried - up to you how much!
- 1x 400g can chopped tomatoes (organic often taste better)
- 3 tbsp tomato puree
- 300-400g quorn chicken (or the real stuff if you're not veggie)
- 250g fresh or frozen green beans
- Juice of half a lime
- 3 tbsp peanut butter
- A big handful of peanuts

**INSTRUCTIONS**

1. Heat up some sunflower oil in a large pan or wok, and add the paprika, cumin, coriander, and chilli.
2. Add the onion and cook on a high heat until soft.
3. Add garlic, ginger, and fresh tomatoes. Cook for two minutes more and then add the chopped tomatoes, puree, and lime juice, turning the heat down to a gentle simmer.
4. Add the green beans and quorn chicken. Cover and leave for a while - the longer the better, but it will taste good after 20 minutes if you're in a hurry. Get some rice cooking while you're waiting! Taste and season as necessary.
5. Stir in the peanut butter and allow it to heat through.
6. Serve with the peanuts scattered over the top, on a bed of rice and spinach, with plenty of sweet chilli sauce!

**STORY OF RECIPE**

One of my favourites - filling, healthy, and it can be quick too. My mum used to make it and I had to have the recipe when I left home!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Philip & Lisa	Germany	28	2

TITLE

## MARILLENKNÖDEL - APRICOT DUMPLINGS



Elke

### INGREDIENTS

250g Curd  
1 Egg (small)  
50g Butter  
100g Flour  
50g Semolina (soft wheat)  
8 Apricots  
Salt  
Sugar (normal and lump sugar)  
Cinnamon

### INSTRUCTIONS

Mix butter, curd and the egg.  
Add flour, a little bit of salt and the semolina.  
Knead the dough!  
If it is too sticky - add more flour - but the dough is supposed to be quite sticky.  
Let the dough rest for around 15min.  
Meanwhile prepare the apricots: Open them carefully, remove the pit and add a piece of lump sugar in the middle.  
Divide the dough into 8 pieces - one for each apricot.  
Thin the dough and wrap it around the apricot. Be sure the dough-ball is completely closed (otherwise it may fall apart during boiling).  
Put the balls in boiling saltwater and let them steep (no heavy boiling!) for around 10min. Done!  
You can either serve them with mixed sugar&cinammon (my favourite) or butter or buttered breadcrumbs. Enjoy!

### STORY OF RECIPE

Marillenkndel (apricot dumplings) are a traditional bohemian/austrian meal. Mostly used as a main dish - but also possible as dessert. My mother makes them perfectly. I am getting there. ;)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 10min

NAME

W. John

FROM

Switzerland

AGE

64

SERVES

6-8

## TITLE

**BOEUF PROVENÇALE****INGREDIENTS**

2 pounds beef tenderloin, middle cut; or whole beef fillet  
 6 tablespoons herbed butter, divided  
 1 tablespoons olive oil  
 1 1/2 teaspoons salt  
 1 teaspoon pepper, freshly ground  
 1/2 teaspoon garlic powder  
 1/4 cup white wine or water  
 8 large potatoes, peeled  
 2 onions, peeled

*Herbed butter:*

6 tablespoons butter, room temperature  
 2 cloves garlic, minced  
 3 tablespoons parsley, finely chopped  
 1 teaspoon anchovy paste, optional

**INSTRUCTIONS**

If using a tenderloin, trim excess fat and remove tendon. Note, fat can be trimmed off after browning the meat in the next step.

In a skillet, heat butter and olive oil until lightly brown. add meat. Brown well on all sides. Sprinkle with half of each, the salt, pepper, and garlic powder. Reduce heat, cover. Let meat cook for about 10 minutes, turning once during cooking time. Remove meat. Cover with foil and place on carving board. Add wine and 2 more tablespoons of herbed butter to deglaze the glaze the pan. Heat, scraping up all the brown bits in the pan. Strain, if desired, and reserve the juice.

Thinly slice the potatoes and onions in 1/4-inch think rounds. Layer potatoes and onions, alternating layers, in a lightly greased 9 x 13-inch ovenproof dish. Sprinkle remaining salt, pepper, and garlic powder between layers. Pour pan juices over potatoes. Bake in oven at 425F for about 30 minutes or until tender. Remove from oven.

Cut beef into 6 - 8 even slices. Place on top if potatoes and remaining 2 tablespoons of butter on meat. Place in oven for about 8 minutes. Remove from over, cover loosely with the foil and let rest for 5 minutes before serving.

*For Herbed Butter:*

Stir together softened butter, minced garlic, parsley, and anchovy paste, if using.

Instead of making herbed butter, you can use you favorite herbed butter from the supermarket.

**STORY OF RECIPE**

I have been making this recipe for about 25 years, it was in an advertisement that came in the mail.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 15min

**COOKING TIME**  
 > 60min

NAME

Clare Clarke

FROM

England

AGE

19

SERVES

3–5

## TITLE

**EASY PIZZA WITH A FOCACCIA BASE****INGREDIENTS**

260g Bread Flour  
 5g Salt  
 10g Fresh Yeast or 5g Dried Yeast  
 25g Olive Oil  
 135ml Water, lukewarm or a little bit warmer  
 Tomato sauce and toppings are up to you!  
 Makes about 2/3 thin pizzas, or 1/2 thick pizzas,  
 depending on size.  
 Cooks at 220° Celsius or 428° Fahrenheit

**INSTRUCTIONS**

- 1) Mix flour and salt together in a bowl, be sure to mix well
- 2) In another bowl whisk together the lukewarm water and the yeast, when it is all mixed add the olive oil.
- 3) Make a well in the middle of the dry mix, and add the wet mixture while stirring it in with your fingertips
- 4) Once everything is mixed it should be wet and sticky - lift it out onto a clean work surface
- 5) Knead the dough by stretching it, then pulling it back into it's original ball. Because it is so wet, it will take anywhere between 5-10 minutes to achieve the desired smooth texture.
- 6) Once the dough has a sheen to it, stretch the dough out into a square, then fold each corner back into the middle.
- 7) Afterwards, turn the dough upside down and with the palms of your hands tuck the edges of the dough underneath while moving your hands in a circular motion.
- 8) Leave the dough to prove in a container covered by oiled cling film. Make sure there is lots of space, because the dough has to double its size.
- 9) When the dough has reached double its size (which could take up to an hour) gently press the dough to push all the air bubbles out.
- 10) Roll out your dough and cover it in toppings, and it's ready to cook at 220° celsius. For a thin pizza cook for anything between 8-10 minutes, but a thicker pizza can take much longer. If it's cooked the pizza base will be golden brown, with the toppings bubbling.

**STORY OF RECIPE**

I got the recipe from a chef at a hotel and found it so easy I ate pizzas for weeks! I make less now, but I still love this recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 15–20min

COOKING TIME

&gt; 8–10min

NAME	FROM	AGE	SERVES
S. Johnson	U.S.A.	23	6-8

**TITLE**

# GREAT GRANDPA GIUSEPPE'S LASAGNA


*S. Johnson*
**INGREDIENTS**

1 lb lasagna noodles  
6 hard-boiled eggs, sliced thinly  
Vegetable or canola oil  
(Seasonings below can be powder, fresh, or a combination of both)

*~Cheese mixture~*

32 oz ricotta cheese  
2 lbs shredded mozzarella cheese (save a 1/4 for topping)  
1.5 C Parmesan cheese  
2 eggs  
2 Tbl Oregano  
Pepper

*Instructions continued on next page...*

**STORY OF RECIPE**

This recipe has been passed down the Italian side of my family for generations and has brought many smiles to the dinner table.

**INSTRUCTIONS**

- 1) In a medium bowl, mix ingredients for cheese mixture and add some of the seasonings listed under the tomato sauce section. Set aside. The eggs can be hard boiled during this time and sliced before the next step.
- 2) In a large pot, mix ingredients for tomato sauce and season to taste. The sugar helps with the acidity (and no one has had heartburn eating this lasagna as a result). Set aside.
- 3) Mix ingredients for the meatballs and use seasonings listed from tomato sauce section. (If using sausage, then use the onion and carrots for the tomato sauce instead.) Make tiny meatballs (1.5" diameter) and cook in a lightly oiled pan until their outsides have browned. If the meatballs do not hold together (sometimes the carrots or onion pieces are too big), then break them apart into a ground turkey mix.
- 4) Add meatballs/ground meat to the tomato sauce to finish cooking. Get sauce boiling then lower heat so it simmers for at least 30 minutes or until the sauce thickens. Stir often to keep it from burning but be gentle so the meatballs do not break apart.
- 5) While sauce simmers, boil lasagna noodles following the instructions on the package and preheat oven to 375°F. Add a small amount of oil to the water to keep the noodles from sticking. This step should be done when the sauce is near completion so the cooked noodles do not sit out of the water and fuse together. Drain noodles and rinse with cold water so you do not burn your fingers when layering them in the dish.
- 6) In a lasagna pan, (make sure it is 3" deep or you will not fit all the layers into one pan, otherwise use two 9X13" glass baking dishes) add a thin layer of sauce to the bottom. Begin layering in this order: noodles, cheese mixture, sauce and meat (if using sausage then the slices would be placed on top of the lasagna in the sauce layer), sliced eggs, REPEAT. Try to end with noodles on top. There are usually at least 3 complete layers.
- 7) Top with leftover mozzarella and cover with foil. Make sure to tent the foil so it does not touch the food. Bake for 30 minutes then remove foil and bake for an additional 10 minutes or until level of crunchiness on top is achieved.
- 8) Cut into 6-8 sections and enjoy! Pairs well with garlic bread, too.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 90min

**COOKING TIME**

&gt; 40min

NAME	FROM	AGE	SERVES
S. Johnson	U.S.A.	23	6-8

TITLE

## GREAT GRANDPA GIUSEPPE'S LASAGNA

INGREDIENTS CONTINUED

~Meat/Meatballs~

2 lbs ground turkey meat OR 1 package of sweet Italian sausage, cooked and sliced thinly

2 carrots, grated

1/2 of an onion, chopped finely (the smaller the better)  
OR onion flakes

1/2 C Italian seasoned bread crumbs

2 eggs

1.5 Tbl Garlic, minced

2 Tbl Oregano

1 Tbl Parsley flakes

1 tsp Thyme

Pepper & Salt

~Tomato sauce~

64 oz tomato sauce

6 oz tomato paste

1/2 C sugar

2 Tbl Garlic, minced

3 Tbl Oregano

2 Tbl Parsley

2 tsp Thyme

(optional other half of chopped onion or 1 Tbl onion flakes)

Pepper & Salt

NAME

Daniel Jossen

FROM

Switzerland

AGE

29

SERVES

2–3

## TITLE

**POTATO SALAD****INGREDIENTS**

- 500 gr potatoes
- 2 tbsp vinegar
- 4 tbsp vegetable oil
- 2 tbsp mayonnaise
- 1 tsp mustard
- 1/4 tsp paprika powder
- 1/2 tsp curry powder
- 1 clove of garlic (smashed)
- salt and pepper

**INSTRUCTIONS**

Cook the potatoes in salted water until they are soft. This will take around 20 minutes, depending on the size of the potatoes. After cooking, drain and place them into a bowl with ice water. Peel them and cut them into slices.

The sauce. Nothing is as easy as that. Just mix all the other ingredients together and whisk until they are combined. Season to taste. If it is too sour you might add a splash of milk.

Finally, mix everything together and let it sit in the fridge for one or two hours.

**STORY OF RECIPE**

We had an event at work, where we cooked a 4 course meal for everyone. One of my colleagues made such a delicious salad sauce that it inspired me successfully.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
Ben Barnsley	England	18	2–3

TITLE

## TOMATO AND CHICKEN PASTA SAUCE



### INGREDIENTS

*Sauce:*

a splash of olive oil  
2 chicken breasts  
1 onion  
a couple of garlic cloves  
1 courgette or 150 grams of mushrooms  
300 grams of unsmoked back bacon  
2 large Tomato's  
a squeeze of tomato puree  
half a lemon's juice (optional)  
a flat tablespoon of sugar (only if you have used the lemon)  
200 grams of pasta  
Toppings (tailor to your taste, in our house everyone adds their own)  
salt  
pepper  
fresh chives  
cheddar cheese  
spicy sauce, such as tabasco or nandos (optional) Toppings (tailor to your taste, in our house everyone adds their own) salt pepper fresh chives cheddar cheese spicy sauce, such as tabasco or nandos (optional)

### STORY OF RECIPE

this is a creation of mine as a use what's in the fridge to make dinner for your sister kind of deal, while preparing me for university.

### INSTRUCTIONS

Slice or dice your chicken breasts.

Put your frying pan on the stove over a medium-high heat.

Add a dash of olive oil and your chicken. While that cooks dice your onion.

Once your chicken is white on all sides, add the onion.

While this is cooking dice your garlic and chop your courgette or mushrooms and add these in once the onions have started to cook. You may need to add more oil at this point.

Chop up your bacon and add this into the sauce once your mushrooms or courgette begin to look cooked.

Dice the tomatoes and add this when the bacon has cooked.

At this point I often add a small amount of water and stir periodically until this has evaporated to ensure the meat is properly cooked and fill a pan of water for the pasta and put this on the hob to boil.

Add the lemon juice and a small amount of tomato puree, salt, pepper and sugar to the sauce while adding the pasta to the water. Add more water to the sauce while the pasta cooks if it begins to look dry. Once the pasta is cooked,

serve and enjoy!... with suggested cheese and chives and optional spicy sauce

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 5min

### COOKING TIME

> 35min

NAME

Megan G

FROM

United States of America

AGE

19

SERVES

4–6

## TITLE

**CHICKEN DIVAN HOT POT****INSTRUCTIONS**

1. Grease glass pan and set oven to 350 degrees.
2. In large bowl, mix together chicken, broccoli, grated potatoes, and optional chopped onions.
3. In separate bowl, mix together soup, milk, and 2/3 of cheese.
4. Alternate layers of chicken/vegetable mix and soup mix until all contents are in pan.
5. Cover and cook for 30 minutes or until the contents are bubbling.
6. Uncover, add remaining cheese, and cook for a final 15 minutes or until top is brown.

**INGREDIENTS**

About 1.5 cups of leftover cooked chicken, mix of white and dark meat  
 1 package (about 2 cups) of frozen broccoli  
 2 Russet potatoes, grated thickly  
 1 can of condensed cream of mushroom soup  
 10 oz. of milk  
 1 package (about 8 oz.) of shredded cheddar cheese

*Optional:*

1 cup of chopped onions

**STORY OF RECIPE**

Welcome to the land of Minnesota, home of the hot pot! This recipe is my mother's favorite for leftover chicken. It also reheats very well the next day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Alan Lazer	Amsterdam	49	4

**TITLE**

## MEDITERRANEAN STYLE FISH



Alan Lazer

**INGREDIENTS**

- 4 x white flat fish
- Handful of sundried tomatoes in oil
- Handful of capers
- 2 x anchovies (optional)
- 2 x onions white or red will do
- 2 x lemons
- 4 x tomatoes fresh
- 4 x potatoes cut up in cubes
- 2 tbl spoons olive oil
- Salt and pepper
- 2 x lemons

**INSTRUCTIONS**

Place the onions, tomatoes, potatoes in a baking tray. Drizzle with olive oil. Then cut into small pieces the sun-dried tomatoes, capers and anchovies. Fill the fish with the tomato filling and roll in a parcel. Place on top of the other ingredients and on top of the fish cut lemons. bake in oven at 180 degrees for 30 min covered with tin foil. Then take foil off and bake for a further 10 min. Enjoy!

**STORY OF RECIPE**

Inspired by the regional Mediterranean cuisine during one of my trips, I wanted to incorporate the ingredients I have enjoyed and put them together in a harmonious dish.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 40min

NAME

Daniel Jossen

FROM

Switzerland

AGE

29

SERVES

2

## TITLE

**PIZZA ANCHOVIES****INGREDIENTS***Dough:*

500 gr flour  
1 tsp salt  
20 gr fresh yeast  
2 tbsp olive oil  
2.5 dl lukewarm water

*Topping:*

100 ml tomato sauce  
1 mozzarella (torn apart)  
1 can anchovies  
2-3 tsp dried oregano

**INSTRUCTIONS**

Dissolve the yeast in 2.5 dl lukewarm water and mix it with the flour, salt and olive oil. I usually do this with a stand mixer. Mix the dough until it is smooth and does not stick anymore. If the dough seems to be too dry, just add a bit of water to it. When your done, cover the dough with cling film and let it rest. After the dough has doubled in size, transfer it to your floured work surface and give it a short knead. Cut the dough in half and roll out each ball into thin rounds, using your rolling pin. Place the rounds onto a greased baking sheet.

Preheat your oven to 240 degrees fan.

Now it is time for topping the pizza. Spread out the tomato sauce and put some mozzarella over it. Place the anchovies and drizzle the pizza with the oil from the anchovies can.

Bake it for 8-10 minutes until it is crisp.

**IMPORTANT:** The secret of a crispy and delicious pizza is, less is more. Do not use too much sauce or toppings.

**STORY OF RECIPE**

Somehow it is very hard to get a good pizza around here. But with this recipe, nothing can go wrong.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 90min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Anime Sucks	United States	35	6–8

TITLE

## WORLD RENOWN SHEPHERD'S PIE



Psychotic Pantomime

### INGREDIENTS

- 1 Large Parsnip
- 4 Shallots (Golf Ball Size)
- 3 TBS Olive Oil
- ¼ tsp Rosemary
- ¼ tsp Thyme
- ¼ tsp Basil
- ¼ tsp Oregano
- ¼ tsp Pepper
- ½ tsp Salt
- 2 pounds Ground Lamb
- 1 cup of Lamb or Beef Stock
- 2 Heaping TBS All Purpose Flour
- 1 ½ pounds Mixed Frozen Veggies – Thawed
- 5 pounds Yukon Gold potatoes
- 1 TBS Salt
- ¼ pound salted butter
- ¼ cup heavy cream (or milk)

### INSTRUCTIONS

First, you are going to want to peel your parsnip. Next, keep peeling, and making long slivers of parsnip and stop at that barky center of the rootveg,

Now, take those slivers of parsnip and chop them up no bigger than pea size.

Next up, peel and slice and dice your shallots. Again, be reasonable with the dicing! Now throw those, along with the parsnip and the olive oil in a pan and sauté to perfection. Nothing less than perfection will be acceptable!

While that is sautéing, place your lamb in a bowl. Take all of your spices and work them into the meat. Lamb is the main ingredient of Shepherd's Pie! Recipes that call for ground beef is Cottage Pie and anyone that tells you different is a dirty liar. Mix those spices in there nice and good because that is going to make the meat all tasty-like.

Next throw that meat in the pan with the parsnip and shallots and fry it up until its nice and crumbled, draining as necessary. Once that is nice and cooked up, sprinkle the flour over the meat, and pour your stock over that, and stir stir stir! Get it nice and saucy! Once that is done, add it to your favorite casserole dish and top with your thawed frozen veggies.

Clean and cut up your potatoes, but leave the skins on! Boil them up until you can just run a fork through with little effort, but not so much that it breaks apart. Drain and place in a bowl. Add the salt, butter and cream. Hand mash, or blend until smooth but still stiff, and add the potatoes on top of the meat and veggies.

Place in oven at 350 for 1 hour. The meat should be nice and bubbly and the potatoes should have a golden crust.

### STORY OF RECIPE

I wanted to learn to make Shepherd's Pie for my girlfriend. So I asked a British guy. He was a bit of a cheeky bastard, but he knew food. #pukka

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 75min

NAME

Kamil

FROM

Poland

AGE

37

SERVES

3

## TITLE

## VEAL MINCE WITH MANGO

**INSTRUCTIONS**

Peel and chop mango in 1cm cubes  
Chop leeks  
Sauté leeks in the oil  
Add mince and sauté for few minutes  
Add stock and cook for 20min  
Add mango and cook for 5-10min until tender

**INGREDIENTS**

Veal mince 400g  
Mango 1  
Leek 1  
Oil - 1 tbsp  
Pepper and salt  
Stock - c. 250ml

**STORY OF RECIPE**

Improvised one night and find it really good recipe for veal mince that is healthy and lean

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Daniel Jossen	Switzerland	29	4

#### TITLE

## CANNELLONI CON RICOTTA E AGLIO



#### INGREDIENTS

*Filling:*

250 gr ricotta cheese  
250 gr parmesan cheese  
4 cloves of garlic (smashed)  
1 egg  
1 mozzarella ball (torn apart)

*Béchamel sauce:*

60 gr flour  
60 gr butter  
5 dl milk  
11 cannelloni rolls

#### INSTRUCTIONS

Mix the ricotta cheese, 100 gr parmesan, mozzarella, garlic and egg in a bowl until it looks like a paste. Season it with salt and pepper and set aside.

Melt the butter in a pan and add the flour. Stir well until it turns lightly brown (one or two minutes) and add the milk. Heat the sauce up while stirring. After a few minutes it will start to thicken. Season it with nutmeg and bit of salt.

Take an ovenproof dish and grease it with butter or greasing spray. Cover the bottom with half of the sauce. Now fill your cannelloni with a spoon and place them into the dish. Use the other half of the sauce to cover the cannelloni. Sprinkle on the rest of the parmesan cheese and put it into a preheated oven for around 35 minutes at 190 degrees.

#### STORY OF RECIPE

Since one of my friends ate cannelloni at work, I always wanted to make them by myself. There it is, my very own creation.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 35min

NAME

Sam and Jamie

FROM

UK

AGE

23

SERVES

2

## TITLE

**CHICKEN AND PEACH CURRY**

Sam

**INGREDIENTS**

Four chicken thighs

\*OR

Two thighs and two drum sticks

Tinned peach slices

\*OR

One peach - sliced

Mild Curry powder - 1 1/2 tbsp

\*OR

Tumeric - 1 tsp

Mild chilli powder - 1 tsp

Ground corriander - 1 tsp

Ginger - 1/2 tsp

Cumin - 1 tsp

Medium Onion - Diced

Oil

Stock - Vegetable or Chicken - 1 pint

Plain flour - 1 tbsp

Rice for two people - however you like it

\*The OR choices all work, it comes down to personal preference, what's available and what's most convenient!

**STORY OF RECIPE**

My mum introduced me to this curry 10 years ago. I don't have the recipe written down any more, so adding quantities to my cooking was interesting!

**INSTRUCTIONS**

- 1) Put a thin layer of oil in the bottom of a deep frying pan or pot and get very hot.
- 2) Place the chicken in the pan and fry on each side for about 5 minutes making sure it all gets nice and browned. Crispy skin is tasty skin! This isn't meant to cook the chicken all the way through yet, so don't burn it!
- 3) Once the chicken is browned, remove and place on a plate but keep the oil in the pan solo.
- 4) Add the chopped onion to the pan and cook for 7or 9 minutes until the onion starts to brown.
- 5) Add the spices to the pan and cook for 1 minute. Reduce the heat. I like to experiment with the levels of each spice every time I cook this, so don't be afraid to have a play!
- 6) Add the flour and stir thoroughly. The onions, spices and flour (Oh Myyy) should soak up all the oil so that it looks like a paste.
- 7) Add a small splash of stock and stir until it is all absorbed. Then while constantly stirring with the sauce simmering, add the stock in small amounts adding more as the stock gets absorbed. Don't pour all the stock in at once - it's a trap! The sauce will go lumpy and take a lot of stirring to break up.
- 8) Once all the stock is in the pan and the sauce is simmering, place the chicken back into the pan. Ensure that the chicken pieces are at least half covered in sauce, add more water or stock to make it so.
- 9) Leave to simmer for 40 minutes, turning the chicken pieces every 10/15 minutes to make sure it is thoroughly cooked.
- 10) If using a fresh peach - after 15 minutes, add the peach slices to the curry. If using tinned peaches (my personal preference) then add these, without the syrup, for the last 5 minutes to heat them through.
- 11) Check the chicken is cooked, serve with rice and enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 55min

NAME

Tim Tation

FROM

Germany

AGE

22

SERVES

4

## TITLE

**SWEDISH TURNIP OR RUTABAGA HOTPOT****INGREDIENTS**

- 1 or 1/2 rutabaga, ca. 1.5kg
- 2 to 3 carrots
- 1 rod leek
- 1 to 2 onions
- 3 to 5 potatoes, depending on size
- ca. 500g smoked pork belly, lean as possible
- pepper, salt and a pinch of sugar
- water

**INSTRUCTIONS**

Put the pork belly in a pot, cover it almost with water and add one bay leaf. The meat has the longest cooking time, it may cook for 30 to 45 minutes.

While the pork belly is cooking, wash the vegetables and cut them - the onions and the leek in thin rings, the other vegetables in small cubes.

Take a new pot and sauté the vegetables in butter lard. Now add the meat with the stock, boil it up and add the potatoes.

Add some water till it's covered, pepper and the pinch of sugar. The pork belly is already pretty salty, please taste it before you add more salt.

The cooking time takes ca. 20 minutes. Take the meat out of the soup, cut off the rind and if necessary the excessive fat. Now cut the meat in small cubes and put them back into the soup.

Taste it and in case add some seasoning.

Heats and fills you up!

**STORY OF RECIPE**

A wintersoup with long tradition in Germany with rutabaga, a vegetable which saved lifes in strong winter starvation periods.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 60min

NAME

Michal Novák

FROM

Czech republic

AGE

25

SERVES

4–6

## TITLE

**QUARK DUMPLINGS****INGREDIENTS**

500g of skinned quark

200g of bread-crumbs

20g of whole meal flour

60g of butter

4 eggs

lemon zest

salt

500g of fresh fruit

(you may use brown sugar, cinnamon, fresh mint, yoghurt, butter,cacao powder.. for finalized product to give it a little twist - whatever pleases your taste buds)

**INSTRUCTIONS**

Mix butter with egg yolks and salt. Add skimmed quark, lemon zest, bread crumbs and beaten egg whites. Make even balls of dough (I usually end up with number around 20 from this amount of dough). Pick one, throw it in boiling water close the lid and check it in about 8 minutes to see if it is done - you have to cut it in half. If it is good, throw in the rest of them, when they are finished take them out and cut them in half or they would get too hard. And keep them in closed container so they stay warm until the moment you serve them. On the table prepare everything you expect would be good with it - I prefer mashed strawberries, little cinnamon and brown sugar.

This part does not need to be in recipe but you can serve it as dessert too, in some countries it is not very common to eat sweet meal as main course.

**STORY OF RECIPE**

This recipe is from my mothers cookbook, so I kinda stole it because I love it - it is easy to make, finished in no time, cheap and tasty!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 7–8min

NAME  
Monique Boustani

FROM  
United States of America

AGE  
26

SERVES  
2–3

TITLE

## CREAMY LEMON-GARLIC ORZO ‘RISOTTO’



INSTRUCTIONS

Pour enough olive oil to coat the bottom of a deep pan and heat it over medium-high heat. Add the onion and garlic once the oil is hot and sauté them until fragrant and translucent. Add the orzo and toast it for about 2 minutes, stirring occasionally. Reduce to medium heat. Gradually add the chicken stock, stirring frequently. When absorbed, add more stock until it is gone. Remove from the heat. Stir in mixed vegetables, parmesan, half and half, and lemon juice. Season with salt and pepper, to taste, and serve.

INGREDIENTS

1-2 tbsp of olive oil (enough to coat the bottom of the pan)  
1/2 cup of chopped onions, yellow or red  
4 small cloves of garlic finely chopped (about 2 tsp)  
1 cup of orzo  
2 cups low-sodium chicken stock (or 2 cups of water & 3 1/2 tsp of Better Than Bouillon Chicken Base)  
1 cup of cooked vegetables, such as a frozen mix thawed  
1/4 cup of half and half (fat free can work if desired)  
1/3 cup (+ extra if desired) of shredded parmesan  
1/8 cup of lemon juice  
salt and freshly ground black pepper to taste

STORY OF RECIPE

Sometimes I am too lazy to go to the store, so I am constantly creating recipes based on what I always have in my pantry. This is one of those recipes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5–10min

COOKING TIME  
> 20–30min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

3–4

## TITLE

**CHINESE CHICKEN****INGREDIENTS**

- 500g chicken (no bones)
- 1 tinned pineapples (approx. 500g)
- 1 small clove of garlic
- 6 tablespoon pineapple juice (from the tin)
- 4 (2+2) tablespoon soy sauce
- 3 (2+1) tablespoon corn starch
- 8 tablespoon water
- Oil
- Salt
- Pepper
- Rice (e.g. basmati)

**INSTRUCTIONS**

Cut 500g boneless chicken into irregular big cubes (I like smaller ones more) and put it into a bowl/keep-fresh package with 2 tablespoons soy sauce, 2 tablespoons corn starch, some oil, a bit of pepper and salt and keep it in the fridge for at least 30 minutes (better over night) to marinate the meat. (You can even deep-freeze this to use it a week later)

Prepare the rice.

Put a bit of oil into a big pan, add the marinated chicken and roast it gently until the chicken gets the first golden spots. Add the pineapple, put the lid on the pan and let it simmer on medium heat for 5 minutes. Add the crushed or small cutted garlic and let it roast in the middle of the pan for a few seconds before mixing it under the chicken.

Mix 2 tablespoons soy sauce, 8 tablespoons water, 6 tablespoons pineapple juice and 1 tablespoon corn starch in a separate cup and stir it.

Pour this mix onto the chicken and let it get heat. Serve with the rice which should be ready now too.

**STORY OF RECIPE**

One of my first dish I learned to cook because it's easy and the labour intensive part can be prepared.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 40min

**COOKING TIME**

&gt; 15min

NAME	FROM	AGE	SERVES
Paul Vlasta	Austria	30	3-4

TITLE

## MEATPOT NANJING



### INGREDIENTS

500g pork tenderloin  
800g tinned tomatoes or 500g-800g fresh tomatoes (skinned and without the stalk)  
1 onion  
1 clove of garlic  
10 tablespoons water  
6 tablespoons soy sauce  
2 teaspoons lemon juice  
Oil  
Salt  
White pepper  
Pasta like chifferi (similar to macaroni)

### INSTRUCTIONS

Cut the pork into small cubes. Heat oil (about 3 tablespoons) in a pot, add the pork and let it roast until all water is evaporated and the cubes got some colour (takes 5-7 minutes). Put in the peeled and small cutted onion and garlic, stir well until the onion gets golden (approx. 3 minutes).

Add the water, the soy sauce and a good pinch of salt. After everything is mixed put on the lid. Let it stew for 20 minutes (stir from time to time and after the first 10 minutes start with the pasta so both should be finished more or less simultaneously).

After the 20 minutes add the tomatoes and let it stew another 10 minutes.

Season it with salt and the white pepper taste it and add the lemon juice if you like it.

Serve with the pasta.

### STORY OF RECIPE

I love this on hot summer days because of the fruity-sourly taste of the tomatoes and the lemon juice.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 45min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

6

## TITLE

**PUMPKIN SWEET POTATO CURRY****INSTRUCTIONS**

Peel the vegetables and cut it into similiar sized cubes.

Cut the ginger into small pieces and roast it in the ghee in a big pot until it smells good. Add the vegetables and add water (the vegetables shouldn't be covered) and season with salt, pepper, stock cube and the lime leaves.

Cook until the the pumpkin and the potatoes are done and soft then add the coconut milk and the curtypaste (if you want you can add chili as well) and cook another 5 minutes.

Serve with bread or rice

**INGREDIENTS**

- 1 hokaido pumpkin
- 2 sweet potatoes
- 1 thumbsize ginger
- 1 tablespoons Ghee (fat)
- ½ - ¾ liter water
- 2 limeleaves
- ½ curtypaste
- ½ stock/bouillon cube
- Salt
- Pepper
- 1 can coconut milk
- Naan, „normal“ bread or rice.

**STORY OF RECIPE**

My girlfriend mixed some things we had together... because I like it so much she had to write it down.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 40min

NAME

Floris van de Sande

FROM

The Netherlands

AGE

24

SERVES

2

## TITLE

**RICE FISH FINGER SALAD**

@CharlottenvdPol

**INGREDIENTS**

- 10 Fish Fingers
- 200 grams of Rice
- 250 grams of Ice Berg Lettuce
- 200 grams of Sugarsnaps
- 4 stalks of Spring onions
- 1 Cucumber

**INSTRUCTIONS**

1. Cook the rice as described on the packaging.
2. Clean the Sugarsnaps by cutting off the ends and boil them for 4 minutes.
3. Bake the Fish Fingers until they are golden brown in a frying pan.
4. Wash the Ice Berg lettuce and cut it into small pieces (2 by 2 cm). Cut the cucumber lengthwise in half and slice it up and cut the Spring onions into small pieces.
5. Put the rice on a deep plate and cover it with the vegetables and Fish Fingers. Enjoy!

Tip: Chili sauce goes really well with this salad ;)

**STORY OF RECIPE**

My mothers best friend always makes the best meals and my mother always ask for the recipe, which I then ask my mother. They're simple and taste great!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 10min

NAME

David Taylor

FROM

USA

AGE

47

SERVES

6

## TITLE

**RED SNAPPER PROVENCAL****INSTRUCTIONS**

Sprinkle the fillets with salt and pepper on both sides.

Lay fillets on baking sheet lightly sprayed with food release. Toss all the ingredients together in a bowl. Evenly portion the mixture over the fillets. Place the baking sheet of prepped fish fillets into a hot oven 325 degrees for 15 minutes. Fish is done when they can flake apart and is white through the middle. Using a flat spatula place fillets individually on a plate.

Make a complete meal by serving with Jasmine or Basmati Rice.

**INGREDIENTS**

6 6-8 oz filets of fresh or thawed Red Snapper filets  
 2 large tomatoes, diced, concasse if desired for skinless and seedless.  
 1/2 red onion sliced thin  
 1 green pepper sliced thin  
 1 yellow pepper sliced thin  
 1/4 cup black olives sliced  
 1 tablespoon garlic, minced (fresh or prepared)  
 1/4 cup capers (optional, traditionally in provencal but can leave out if desired)  
 1 tsp salt  
 1 tsp black pepper  
 1/2 tsp cayenne powder  
 1 tablespoon rosemary  
 1 tablespoon olive oil

**STORY OF RECIPE**

I had some snapper to use up one evening and grabbed what I had to make an exciting dish. This became my recipe for the people!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 45min

**COOKING TIME**

&gt; 15min

NAME

Claudi and Tom

FROM

Italy

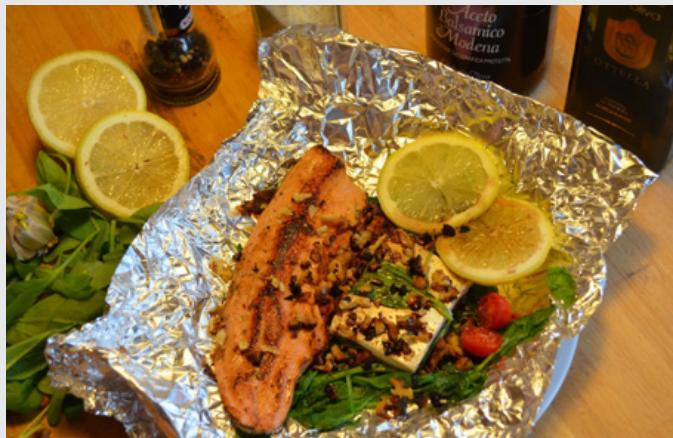
AGE

24

SERVES

2

## TITLE

**MEDITERRANEAN-STYLE SALMON RECIPE****INGREDIENTS**

- 2 Salmon Fillets
- 150g Feta Cheese
- 100g Fresh Spinach Leaves
- 1 Lemon
- 1 Garlic Clove
- Chopped Walnuts
- Olive Oil
- Balsamic Vinegar
- Salt and Pepper

**INSTRUCTIONS**

Preheat the oven to 200°C.

Prepare a rectangular piece of aluminum foil for each portion. Add one layer of spinach leaves and put the feta cheese on top. Add some olive oil, a slice of lemon, salt, and pepper. Fold the aluminum foil and close it up tightly. Put it in the oven for around 10 to 15 minutes, depending on the desired consistency of the melting cheese.

Fry the chopped garlic clove and the chopped walnuts on some olive oil in a frying pan until golden brown and put them aside. Use the pan to fry the salmon fillets on some additional olive oil. Add some salt and pepper. When ready, pour some balsamic vinegar on the salmon fillets.

Serve the salmon fillet on top of the cooked spinach and feta cheese. Put the fried garlic and walnuts on top. Optionally, sprinkle some additional lemon juice and balsamic vinegar on it.

Idea: For a hot summer night, consider eating the spinach and feta cheese raw.

**STORY OF RECIPE**

We came up with this idea on a hot summer night when we tried to find a healthy and quick recipe that was still tasty.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 20min

NAME  
Lucía & Gabriel

FROM  
Spain

AGE  
30

SERVES  
2–3

TITLE

## POTATO OMELETE-TORTILLA DE PATATA



### INGREDIENTS

750 gr potatoes  
4 or 5 eggs  
70 gr of onion  
1 tea spoon of baking soda  
1 tea spoon of salt  
Few leaves of parsley  
Oil

### INSTRUCTIONS

Peel, wash and cut the onion in little bits, then stir-fry it low-temperature in a pan until the onion becomes transparent. Then, separate the onion and reserve it for later use.

Meanwhile, peel, wash and cut the potatoes in small dice. Fry them mid-temperature (they shouldn't be crunchy but well cooked) with plenty oil and, once ready reserve the potatoes (drain the oil) for later use.

Beat vigorously the eggs with the salt, the baking soda and the chopped parsley.

Mix everything together (potatoes, eggs, onion, baking soda, salt and parsley) in a bowl and prepare the pan with little oil low to mid-temperature.

Once it is hot, pour the bowl mix and wait until it is cooked the bottom side. Using a plate, turn upside down the omelet and cook the other side.

When both sides are cooked: Done!

¡Buen provecho!

### STORY OF RECIPE

Typical easy option known by everyone (in Spain) great when you don't know what to cook.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Kristin Darden	USA	39	6

#### TITLE

## ASIAN NOODLE SALAD WITH TUNA



#### INGREDIENTS

2 bundles soba/somen/udon noodles  
1 large cucumber  
12 green onions (scallions)  
1 pint cherry tomatoes  
 $1\frac{1}{2}$  c kimchi  
1 6.4 oz packet tuna in water  
2 or 3 limes  
fish sauce  
sambal oelek chili paste

#### INSTRUCTIONS

I make this in the summer when most of the fresh ingredients are available from my garden or the local farmers' market and taste brightest. The amounts are suggestions and will vary according to taste. This version is mildly spicy, but you can add extra chili paste or fresh diced chili if you prefer more. It will make about 6 servings and tastes even better the second day.

Boil water and prepare noodles according to package.  
Rinse well and chill in ice water.  
Peel, seed and chop cucumber .  $1\frac{1}{2}$  c chopped

Clean and slice green onion finely.  $1\frac{1}{2}$  c chopped  
Cut tomatoes in half

Coarsely chop kimchi, reserving liquid.  
Juice limes enough to make  $\frac{1}{4}$  c. Reserve rest for garnish

Drain noodles and toss with tuna.  
Dress noodles with lime juice, reserved liquid from kimchi  $\frac{1}{2}$  T chili paste and 1 T fish sauce.

Toss noodles, fish, and vegetables. Serve with limes/chili pepper slices/garden herbs such as mint or cilantro.

#### STORY OF RECIPE

This is a friend of a friend recipe. I modified it from my friend Aimee several years ago, and she'd modified it from someone else. It reminds me of her.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 0min

NAME

Beth

FROM

England

AGE

25

SERVES

2-3

## TITLE

**MASH POTATO PIE****INGREDIENTS**

1 medium oven proof dish

*For the filling:*

200g bacon or lardons

5 closed cup mushroom

1 medium onion

1 tin of baked beans (400g)

*For the topping:*

3 white potatoes (a good mashing variety)

2 orange flesh sweet potatoes (the ratio of white to sweet needs to be about 3:2, so actual number of potatoes may vary. Final mash needs to be enough to cover the top of your dish)

Knob of butter

Dash of milk

250g cheddar cheese, grated

Salt &amp; Pepper to taste

**INSTRUCTIONS**

1. Preheat oven to 200degC
2. Peel and chop white potatoes and add to a pan of cold water. Rinse and top up with cold water. Bring to the boil.
3. Peel and chop sweet potatoes and add to the potatoes already on the boil. Boil both of these until cooked (around 15 mins).
4. Meanwhile, chop up onions, mushrooms and bacon. Size of pieces depends on the consistency you want, but I normally go for 5p piece size.
5. Fry off the bacon in a small amount of oil until just cooked, then add the onions. When soft, add the mushrooms.
6. Add the baked beans and heat through.
7. Taste and add salt/pepper to taste
8. Once cooked, drain the potatoes and mash until smooth. Add the butter and milk to create a soft consistency. Add half the cheese and mix well. Salt and pepper to taste.
9. Add bean mixture to oven dish, then layer on the potato. Add the remaining cheese.
10. Bake in the pre-heated oven for around 20 minutes, or until bubbling

**STORY OF RECIPE**

My school had something similar, but I added the additional bacon/onions/mushrooms. It's just a comforting pie on a cold day! I sometimes mix the two layers together too!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 30min

NAME	FROM	AGE	SERVES
Daniel Jossen	Switzerland	29	6

TITLE

## BIRCHERM\_ASLI



INSTRUCTIONS

Mix the milk with oatmeal and lemon juice. Let that sit for 30 minutes and prepare the fruits in the meantime. Cut the apples and the peaches into slices. Wash the berries.

Now add the yoghurt and the fruits to the oatmeal-milk mix and give it a good stir.

Let it sit for 2 hrs in the fridge.

Add nuts and other fruits or use strawberry yoghurt. You can add whatever you like.

INGREDIENTS

- 10 tbsp oat meal
- 16 tbsp milk
- 1 lemon (juice)
- 500 gr plain yoghurt
- 2 apples
- 2 peaches
- 150 gr raspberries

STORY OF RECIPE

This is a delicious dinner for hot summer days.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 120min

NAME

Anon

FROM

Greece

AGE

SERVES

4

## TITLE

**PORK MEATBALLS W/ ORANGE AND LEEK****INGREDIENTS**

- 500 grams ground pork
- The zest of 1 large orange
- Half teaspoon sage
- Half teaspoon cumin
- 1 large leek
- A shot (25 ml) of vinegar
- Two tablespoons of breadcrumbs
- Salt to taste
- Flour for dusting
- Vegetable oil for frying

**INSTRUCTIONS**

Finely chop the leek (discarding the very green part) and combine it with the orange zest, vinegar, sage and cumin.

Add the ground pork and the breadcrumbs, and mix well until everything is combined. If the mix is too wet to form into small balls add some more breadcrumbs and mix again.

Cover and let the mix stand at least 2 hours in the fridge, preferably overnight.

Form the mix into disks 4 cm in diameter and 2 cm tall, roll them in flour.

Fry them in a pan with 1cm vegetable hot oil so as to cover them up halfway for about 5 min per side or until golden brown.

Drain in kitchen towels and enjoy while still warm.

**STORY OF RECIPE**

It is an adaptation of a traditional meatball recipe from northern Greece that in its turn tastes like no in Greece.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 30min

129  
RECIPES  
CONTAIN  
CHICKEN

NAME

Beth

FROM

England

AGE

25

SERVES

3-4

## TITLE

**ASPARAGUS FILO TART****INGREDIENTS**

1 10 inch flan dish - loose bottom is easiest.

Lightly grease

Oven tray big enough to hold flan dish

For the tart case:

1 pack of filo pastry

melted butter or spray oil

*For the filling:*

1 small leek

1 small bunch asparagus

garlic and herb soft cream cheese

3-4 medium eggs

**INSTRUCTIONS**

Preheat oven to 180 deg C. Put oven tray in.

1. Finely slice the leek and fry on a low heat until soft. Set aside.

2. Remove tough end of asparagus (best way is to hold both ends and bend it until it snaps - it will snap at the point it becomes hard).

3. Slice asparagus lengthways (from tip to bottom)

4. Grill or pan fry lightly for 2 minutes

5. Remove filo from packaging and lay on flat surface. Cover with a damp tea cloth when not in use, as dries out really quickly. This includes between adding sheets to dish.

6. Lay one sheet of filo into the dish and gently push into corners. Don't worry too much if there are slight tears, as will have multiple layers. Brush with a layer of melted butter/oil spray.

7. Repeat step 6, but lay next sheet at slight angle from first, to cover more of the dish.

8. Repeat again, until the whole case is covered and no gaps are showing (no more than 8 layers).

9. Spread leeks into bottom of tart case.

10. Arrange asparagus in the case. These will be seen when complete, so make it pretty!

11. Dot small amounts of the cream cheese all over the flan, so when sliced, every slice should have a few dollops

12. Break the eggs into a jug and add salt and pepper. Carefully pour over the dish

13. Place flan case onto the oven tray placed in oven earlier and bake for 20 minutes, or until egg only has a very slight wobble.

Leave to cool slightly. Serve with salad and new potatoes for a light summer lunch.

You can also add cheese to the top of the tart before baking if you wish.

Vegetables used can be substituted with anything you have, just pre-cook to ensure they don't leak too much water into the dish.

**STORY OF RECIPE**

Created from a whole load of things left in the fridge one summer's day!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 20min

NAME

Aislinn Arthey

FROM

England

AGE

24

SERVES

4-6 peo-

## TITLE

**CRÈME FRAÎCHE & CORIANDER CHICKEN****INGREDIENTS**

1kg Chicken thighs (boneless) (note: thighs are more preferable than breasts in this recipe, and in general, but use what you have available!)

300ml Crème fraîche

2-3 heaped tsp chopped fresh coriander/coriander paste  
OR 1-2 tsp dried coriander (note: we like a lot of coriander in my household, so adjust according to taste)

2 tbsp cooking oil

2 tbsp butter

Salt and pepper to taste.

**INSTRUCTIONS**

Chop the chicken thighs into thin strips or small cubes, depending on preference.

Heat one tablespoon each of butter and oil in a wok or large frying pan over medium heat.

Season the chicken with salt and pepper on each side, and cook half the chicken until golden brown and cooked through. Remove from the pan to a plate. Do not cook more than half the chicken at a time as it will overcrowd the pan and your chicken will not brown properly (as I found to my dismay the first time I made this!).

Repeat the above step with the remaining chicken, butter and oil.

Heat the crème fraîche in the pan over low heat until it loosens and is heated through. If it is too thick, add a splash of milk to thin it out a bit. Add the coriander to taste and stir to distribute evenly. Add the chicken, and any juices left on the plate, back into the pan and stir to coat and heat through.

Serve with freshly cooked rice and vegetables if you are feeling healthy ;).

**STORY OF RECIPE**

No idea where I picked this super easy recipe up, but I have cooked it for years now and it always goes down a treat in my house!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Farley Samson	Netherlands		5

TITLE

## STIR-FRIED BEEF NOODLES



### INGREDIENTS

300-500gr Beef (I used regular steak)  
 2 Pieces of Lemongrass  
 2 Sweet peppers  
 1 Green pepper (slightly spicy)  
 4 big brown mushrooms (I only had a couple left.. )  
 3 Scallions (use regular onions if you like to cry)  
 Noodles (I used chinese chow mein noodles)  
 Fried garlic (or use 2-3 fresh garlic cloves)  
 Olive oil (or your preferred baking substance)  
 Salt  
 Chili powder (I use piri piri)  
 Oyster sauce  
 2 shot glasses of rum  
 Ginger syrup (or use a small piece of chopped up fresh ginger)

*Variations:*

The beef can be replaced with chicken, tofu, hippopotamus, shrimps, etc.  
 Instead of noodles use rice or Italian pasta  
 Add a bit of coconut milk

### INSTRUCTIONS

Chop up the beef and vegetables into small pieces.

Prepare the beef, garlic and lemongrass together until the steak is medium rare (5 minutes).

Lower the fire and add the peppers, scallions and mushrooms to the steak (add some salt and pepper).

Add the oyster sauce, the rum and ginger.  
 Let it simmer for a while and prepare the noodles.

Prepare noodles like you always do (Cook water, add some salt, a little bit of oil. When it boils add the noodles and cook for a couple of minutes).

When the noodles are done throw away the excess water and put it in a wok.

Stir fry the noodles for a bit (couple of minutes).  
 Lower the fire add the other ingredients and stir fry it all together for about 5 minutes.

That's it (the picture is from before you add the noodles because it looked better..).

### STORY OF RECIPE

The basis is something I once enjoyed in a Vietnamese restaurant. While trying to recreate it I stumbled upon something I liked more.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 12min

### COOKING TIME

> 12min

NAME	FROM	AGE	SERVES
Mikko Jarvenpaa	United States	34	2

TITLE

## CALZONILLA



### INGREDIENTS

4 Whole Wheat or White Flour Tortillas  
 Tomato Sauce (use anything you have, or see recipe below)  
 Mozzarella (but any melting cheese will do)  
 Goat Cheese  
 Red Onion  
 Olives  
 or anything else you'd like to eat in your pizza

*Calzonilla tomato sauce:*

250ml of tomato paste  
 1 tbsp of olive oil  
 2 tbsp of red wine  
 1 small clove of garlic, or similar amount in dried garlic  
 1 chopped tomato  
 pepper  
 salt  
 oregano

### INSTRUCTIONS

0. If you are making the tomato sauce featured here, heat a saucepan and pour in the oil. Add the chopped tomato and the spices (add fresh garlic only moments before adding the tomato paste), saute for a couple of minutes, and then add tomato paste and red wine. Simmer on low heat for 10-15 minutes.
1. Spread tomato sauce on one half of an open tortilla. Go lightly on the edges.
2. Add cheese to the same side. Make sure to get some on the edges: when it melts, it acts as a 'glue', keeping the rest of the goodness inside.
3. Add anything else you like to have on a pizza. I like making these with goat cheese, fresh red onions, a few green olives and the occasional sun dried tomato.
6. Fold the side of the tortilla where you haven't added ingredients on top. Press it from the sides a little bit so you can transfer it to the pan without losing half of the contents.
5. Heat up a frying pan, to, say, 80% of max heat. Pick one that's big enough to accommodate a whole tortilla, so you can fry two at a time (since they are folded in half).
6. Add a bit of oil for frying. Place the calzonilla on the pan and fry both sides for 2-3 minutes each. Or longer depending on the heat and crispiness you want.
7. Remove. Cut into wedges for serving.

### STORY OF RECIPE

Fast fusion food. A Finnish guy in California adding a Mexican approach to an Italian classic. Sauce is inspired by family friend Adriano Vinciguerra, who first brought pizza to Finland.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 8min

NAME	FROM	AGE	SERVES
Lynne Roughton	US	55	8–10

## TITLE

## BARBECUES



Lynne Roughton

## INGREDIENTS

- 2 lbs. lean ground beef
- 1 large onion, diced
- 1 cup ketchup
- 1/4 cup yellow mustard
- 2 tsp. Worcestershire sauce
- 1/2 cup brown sugar

## INSTRUCTIONS

In a skillet or dutch oven, brown diced onion in a butter, bacon fat or oil, add hamburger, cook and scramble to small pieces.

Drain the liquid from the scrambled meat and then add remaining ingredients.

Mix well and heat until hot.  
Serve on rolls of choice.

## STORY OF RECIPE

My husband's Mom made Barbecues when he was young and he made them for our children. For a family recipe book, he finally wrote the recipe down on paper. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 4min

COOKING TIME  
> 16min

NAME

Michele B.

FROM

USA

AGE

33

SERVES

4–6

## TITLE

**M & B'S CHILI CON AWESOME**

Michele B.

**INSTRUCTIONS**

Brown the turkey on the stovetop. In a slow cooker, combine all ingredients except BBQ sauce, beans, sausage, and optional ingredients. Cook 2 hours on High, then add kidney beans, sausage and BBQ sauce, and stir to combine. Continue cooking for an additional 30 minutes on High. Serve with cheddar cheese and tortilla chips, if desired.

**INGREDIENTS**

- 1.5 lbs. lean ground turkey, browned
- 1 large onion, finely chopped
- 1 medium red bell pepper, diced
- 1 (10 oz) can chopped tomatoes and green chilies
- 6 tablespoons (or half of a 6 oz can) tomato paste
- 2 1/2 cups tomato juice
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon minced garlic
- 1/2 teaspoon cayenne pepper
- 3 pre-cooked Andouille sausage links (such as Johnsonville New Orleans brand), chopped
- 1/4 cup BBQ sauce (such as Sweet Baby Ray's brand)
- 1 (15 oz) can kidney beans, rinsed and drained
- Cheddar cheese, shredded (optional)
- Corn tortilla chips (optional)

**STORY OF RECIPE**

My husband and I found a basic chili recipe in a slow cooker cookbook and have modified it over several years to be one of our favorite meals.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 150min

NAME	FROM	AGE	SERVES
Alex Reader	USA		1

**TITLE**

# STUFFED BURGERS



Cliff Reader

**INGREDIENTS**

1/2lb-3/4lb Hamburger per person – not too lean  
Garnish – lettuce and tomato slices  
Large buns

*Filling:*

Mushrooms  
Bacon  
Avocado  
Cheddar cheese  
Onion

*Optional:*

Blue cheese  
Jalapenos  
Anything else

**INSTRUCTIONS**

Divide the hamburger into portions for each person. Mold each portion into a ball, compressing the meat so it is stuck together with no cracks. Then divide each ball into roughly 2/3rd and 1/3rd portions. Form the 2/3rd portion into a dish shape with a rim, using pressure to make sure there are no cracks. Form the other portion into a disk, roughly the same size as the other portion.

Chop the mushrooms, avocado and onion into small pieces. Grate the cheese. Cook the bacon until crisp, and break into pieces.

Fill each hamburger dish shape with a mix of the chopped ingredients, taking care not to overfill. Then put the disk shape on top, and press the hamburger thoroughly all round to completely seal the two parts into a package that encloses all the chopped ingredients. Again mold and compress the completed burger into a smooth shape with no cracks and no chopped ingredients near the surface.

Barbeque to desired doneness, allowing extra time to cook the interior of the meat and the chopped ingredients. Start with a hot fire and sear both sides to seal them, then cover and continue at a lower heat to complete cooking the interior.

*Variations:*

Substitute blue cheese for the cheddar cheese, or use other medium-hard types of cheese per personal taste.

Use other chopped ingredients per personal taste, but avoid ingredients with high water content.

**STORY OF RECIPE**

my dad has made this recipe since around 1980.  
It originated in a discussion among friends.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 20–30min

**COOKING TIME**

> 15–20min

NAME

Elen Aghekyan

FROM

U.S.A.

AGE

SERVES

3

## TITLE

**COCONUT CHICKPEAS AND SPINACH****INGREDIENTS**

- 2 tablespoons olive oil
- 4 cloves of garlic (minced or thinly sliced)
- 1 sweet red onion (chopped)
- 1 teaspoon chili flakes
- 1 pinch of black pepper
- 1 or 2 pinches of cumin
- 2 cups chickpeas (canned or soaked overnight--drained)
- 5 cups spinach
- 1/2 grape or cherry tomatoes (halved)
- 1 cup coconut milk

*Optional:*

Feta cheese (crumbled) and your choice of grain

**STORY OF RECIPE**

One fine winter day, I had nothing to eat at home besides chickpeas, spinach, tomatoes, and a can of coconut milk. I mixed them all together--ta da!

**INSTRUCTIONS**

In a pot (preferably cast iron), heat the olive oil. Add the onions and sauté. Add the garlic, chili flakes, cumin, and black pepper. Cook for 3-5 minutes, stirring, until the onions are semi-transparent.

Add the chickpeas and cook for 5-7 minutes, stirring occasionally, until the chickpeas start to brown. Add the cherry tomatoes and then the spinach, cup by cup--wait for the leaves to soften before adding more. When the spinach and tomatoes are completely soft, add the coconut milk. Let the mixture simmer for 8-10 minutes.

Enjoy with a topping of crumbled feta and a side of your favorite grain. Especially delicious are couscous and buckwheat!

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
Lynne Roughton	US	55	4

## TITLE

## MACARONI SHRIMP SALAD



Christopher Roughton

## INSTRUCTIONS

Cook, then chill, macaroni. (The chilling of the macaroni can be in the refrigerator or in an ice/water bath.)

Mix remaining ingredients together. Add to chilled macaroni.

Flavors are best a few hours later, or the next day.

## INGREDIENTS

- 1 cup dry elbow mac
- 1 hard boiled egg, chopped
- 1/3 cup cooked shrimp - peeled, deveined, and cut into small pieces
- 1/3 cup mayo
- 1/6 cup milk
- 2 tsp. sugar
- 1/2 tsp. ground celery seed
- 1/4 tsp. salt
- 1/4 tsp. white pepper

## STORY OF RECIPE

This recipe was given to my mom by a friend whose family was in the shrimp processing business in Maine. It is a summer favorite in our family.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

## PREPARATION TIME

> 30min

## COOKING TIME

> 15min

NAME

Maura Dooley

FROM

United States of America

AGE

16

SERVES

8

## TITLE

**CHICKEN TACO SOUP****INGREDIENTS**

- 1 spanish onion, chopped
- 1 (16 oz) can kidney beans
- 1 (16 oz) can black beans
- 4 ears of corn
- 1 (8 oz) can tomato sauce
- 1 can or bottle (12 fl. oz) of beer (the good stuff, not a crappy one!)
- 2 (10 oz) cans diced tomatoes with green chilies
- 1/2 tsp. chili powder
- 1/4 tsp. hot spanish paprika
- 1/4 tsp cumin
- 1/4 tsp oregano
- 3 whole skinless, boneless chicken breasts

**STORY OF RECIPE**

Invented it when I first got my slow cooker and modified a bland American-ish chicken soup recipe to make it more interesting.

**INSTRUCTIONS**

1. Dice onion. Place in soup pot, along with both cans of beans, drained and rinsed. Remove corn from ear and add to pot. Add tomato sauce, beer, and diced tomatoes.
2. Add all spices and stir to blend.
3. Lay chicken breasts on top of mixture and press until they are barely covered by other ingredients. Set on cooktop on low and let cook covered for 5 hours.
4. Remove chicken and let cool until it is able to be handled. Shred chicken breast (I usually use a fork in each hand and just rip at it), and then stir back into soup to continue cooking for 2 hours or until fully cooked.
5. Serve! Tastes spectacular with Mexican cheese, sour cream, tortilla chips and avocado.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–15min

**COOKING TIME**  
> 420min

NAME	FROM	AGE	SERVES
Linda Randall	USA	53	6–8

TITLE

## SAUSAGE CHOWDER



### INGREDIENTS

1 spanish onion, chopped  
 1 (16 oz) can kidney beans  
 1 (16 oz) can black beans  
 4 ears of corn  
 1 (8 oz) can tomato sauce  
 1 can or bottle (12 fl. oz) of beer (the good stuff, not a crappy one!)  
 2 (10 oz) cans diced tomatoes with green chilies  
 1/2 tsp. chili powder  
 1/4 tsp. hot spanish paprika  
 1/4 tsp cumin  
 1/4 tsp oregano  
 3 whole skinless, boneless chicken breasts

### INSTRUCTIONS

- Dice onion. Place in soup pot, along with both cans of beans, drained and rinsed. Remove corn from ear and add to pot. Add tomato sauce, beer, and diced tomatoes.
- Add all spices and stir to blend.
- Lay chicken breasts on top of mixture and press until they are barely covered by other ingredients. Set on cooktop on low and let cook covered for 5 hours.
- Remove chicken and let cool until it is able to be handled. Shred chicken breast (I usually use a fork in each hand and just rip at it), and then stir back into soup to continue cooking for 2 hours or until fully cooked.
- Serve! Tastes spectacular with Mexican cheese, sour cream, tortilla chips and avocado.

### STORY OF RECIPE

My sister gave this recipe to me. It's a favorite of my kids; they love it with popovers fresh from the oven.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 30min

NAME

N. Ferguson

FROM

United States

AGE

SERVES

6–8

## TITLE

**NAOMI'S MACARONI & CHEESE**

Bentley Clark

**INGREDIENTS**

- 1 lb dry elbow macaroni
- 2 cups milk
- 4 oz white American cheese, diced
- 4 oz sharp cheddar cheese, diced
- 1/2 cup Parmesan cheese, shredded
- 2 Tablespoons melted butter
- 1/2 cup bread crumbs
- Salt and pepper to taste

**INSTRUCTIONS**

1. Preheat oven to 350 Fahrenheit.
2. Cook elbow macaroni until al dente (about 7 minutes).
3. Drain pasta and put in 9" x 13" baking dish.
4. Add milk and cheeses. Gently mix.
5. Bake in oven for 20 minutes (or until cheese is melted and bubbly); stirring occasionally.
6. Meanwhile, melt butter and mix with bread crumbs.
7. Remove baking dish from oven, sprinkle with buttery bread crumbs (and a handful of Parmesan if you have extra.)
8. Return dish to oven until bread crumbs have browned, 5-7 minutes.
9. Serve hot or warm as a main or side dish.

**STORY OF RECIPE**

This recipe is from my gram. This was the ultimate comfort food when I was a kid. My kids love it! It's one way they can know her through me.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME

Alan Heah

FROM

Singapore

AGE

44

SERVES

1-2

## TITLE

**STIR FRIED BEAN SPROUTS WITH EGG**

Alan Heah

**INSTRUCTIONS**

- 1) Heat non-stick pan and put in light soy sauce, MSG, chopped garlic, minced imitation crab meat. Stir fry a little.
- 2) Put in bean sprouts, chopped mixed vegetables, dried tiny shrimp. Stir fry.
- 3) Make a space in centre of pan, crack in an egg, let settle and cook briefly, then break up to mix with the rest.
- 4) Add water.
- 5) Simmer till done. Serve.

**INGREDIENTS**

## 1) Bean sprouts

Typically from green mung beans;  
soy bean sprouts are much crunchier  
300 grams for 1 with bigger appetite;  
for 2 with smaller ones

## 2) Egg

3) Minced imitation crab meat, 1 tablespoon  
Made from surimi, flavoured from white fish (pollock)

Substitute: fish cake, chopped

## 4) Light soy(a) sauce, 1 tablespoon

## 5) Monosodium glutamate (MSG), 1 teaspoon

## 6) Pepper, 1 sprinkle

## 7) Chopped garlic, 1 teaspoon

## 8) Chopped mixed vegetables, 1 tablespoon

A mix of corn kernels, peas and cubed carrots

## 9) 100 ml water

## 10) Dried tiny shrimp

Substitute: Dried shrimp pre-soaked in water, or dried small anchovies / whitebait / silverfish

**STORY OF RECIPE**

A childhood favourite for me, common here in Singapore and this region of the world. Bean sprouts are cheap, high in protein, easily available.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 10min

NAME	FROM	AGE	SERVES
Mireille Bentz	Canada	30	4

TITLE

## MAPLE BACON POTATO SALAD



Mireille Bentz

### INGREDIENTS

680 g of mini red or fingerling potato (4 cups when cut)  
 8 slices of bacon  
 185 g of fresh green beans  
 2 stalks of chopped green onion  
 3 tablespoons of maple syrup  
 5 tablespoons of mayonnaise (not salad dressing)  
 2 tablespoons of garlic powder  
 2 tablespoons of Cajun spice (I use the club house brand)  
 1,5 tablespoons of whole grain mustard (old style)  
 1/4 cup chopped cilantro  
 1/4 cup chopped parsley  
 freshly ground black pepper to taste

### INSTRUCTIONS

Cut green beans and bacon into 1,5 cm (1/2 inch) in length pieces and potatoes into 1cm cubes.

Place the potatoes in a large pot of boiling water. Lower heat and simmer for 5 to 7 minutes and add the green beans. Cook for another 2 to 3 minutes until the potatoes are barely tender when pierced with a fork or knife. Drain in a colander and rinse with cold water. Place the colander with the potatoes and green beans over the empty pot and cover with a clean, dry kitchen towel.

Cook bacon in frying pan or skillet with 2 tablespoon of maple syrup at medium-low heat. Be careful to fully cook bacon without burning maple syrup. This should produce "candied" bacon.

Mix all other ingredient together (except black pepper) then add bacon. Mix in potatoes and green beans.

Add freshly ground black pepper to taste.

This salad is better served at room temperature. If prepared in advance, take out of refrigerator one hour in advance.

### STORY OF RECIPE

Canada produces 80% of the world's maple syrup (91% of which is produced in Quebec) so I thought my maple potato salad recipe would be representative of this region.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 15min

NAME

Levi Broome

FROM

USA

AGE

21

SERVES

6-7

## TITLE

**BREAKFAST CASSEROLE**

Caitlin Broome

**INSTRUCTIONS**

Brown sausage & drain. Spray bottom of 9x13 pan with cooking spray. Spread 1 pkg of crescent rolls in the bottom of the pan.

Mix sausage, eggs, cheese, green pepper, onion and spread over bottom layer.

Spread Second pkg of crescent rolls on top. Melt 1/4 stick butter and brush on top. Bake at 350 F for 25 ~ 35 mins or until brown.

**INGREDIENTS**

- 1 Lb. Sausage
- 2 Cups Shredded cheese (any)
- 5-6 Eggs
- 1/4 Cup green pepper
- 1/8 Cup onion
- 2 pks Crescent rolls (8 Per Pkg)
- 1/4 Stick of butter

**STORY OF RECIPE**

Every year on Christmas Eve my mother would make this dish and serve it on Christmas morning to my whole family.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10-15 min

**COOKING TIME**

&gt; 25-35min

NAME	FROM	AGE	SERVES
Niklas Hofmann	Germany	30	4

TITLE

## SALMOREJO CORDOBAS



Lukas Hofmann, www.photo.de

### INGREDIENTS

1kg tomatoes  
300g baguette  
80ml olive oil  
30ml sherry vinegar (or white wine vinegar)  
salt  
pepper  
1 clove of Garlic  
1 egg  
100g cubed ham

### INSTRUCTIONS

1. Rip the baguette in small pieces with the garlic, put it in a bowl and add a bit of water. Let it sit for 30min. Hardboil the egg.
2. Cut in the tomato skin and pour boiling water over them in order to peel them. Once you peeled them, chop them roughly and put them in a bowl.
3. Put the tomatoes in a blender or blend them smoothly with a hand mixer. Take the bread and squeeze out any excess water and add it gradually to the tomatoes while blending the mix. Add olive oil and vinegar. You want to have a thick creme in the end. Therefore the amount of bread, olive oil and vinegar can vary slightly due to the moisture of the tomatoes.
4. Season with salt and pepper to taste. Cool the soup for a few hours
5. Cut the hardboiled egg into small pieces
6. Pour salmorejo in a soup bowl, add a tiny bit of olive oil, a few cubes of ham and some egg (for vegetarians, you can leave out the ham).

### STORY OF RECIPE

When I used to live in Cádoba, Spain, I came across this specialty, a perfect dish for hot summers.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Adam Ziebach	USA	29	4

TITLE

## FISH TACOS W CILANTRO CREAM SAUCE



### INSTRUCTIONS

*Fish Tacos:*

Heat Oil to 350 degrees

Place avocado slices in buttermilk then dredge in fish fry batter.

Fry avocado slices in batches in Canola Oil until light brown (should turn crispy once cool).

Salt and Pepper Corn and grill over high heat to char. Cut corn off cob.

Salt and pepper fish and grill over high heat.

Toast Flour Tortillas

Slice Limes

*Cilantro Cream Sauce:*

Mix diced Serrano Peppers & Cilantro with Cream Cheese (use a blender or mixer for best results)

Add Cilantro Cream Sauce, Fish, Fried Avocado, Corn, Lime Juice, and additional Leaves of Cilantro to Tortillas and wrap taco.

### INGREDIENTS

- 4 Tilapia Fillets
- 8 Flour Tortillas
- 2 Ears Corn
- 2 Avocados - Peeled and Sliced
- 8 oz Cream Cheese
- 1 Bunch Fresh Cilantro
- 3 Serrano Peppers - Diced
- 2 Limes
- Fish Fry Batter
- 1 Pint Buttermilk
- Canola Oil for frying
- Salt and Pepper to Taste

### STORY OF RECIPE

We were hungry. Very Hungry. It was summer time, and we thought hey why not some homemade fish tacos? And so it began...

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

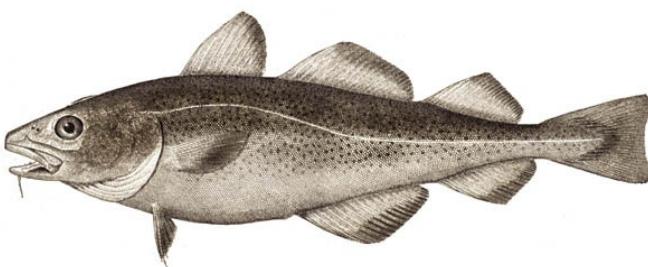
COOKING TIME  
> 45min

NAME	FROM	AGE	SERVES
Ryan J. Russell	USA	27	4

## TITLE

## BOSTON SCROD W/ POTATO CHIP CRUST

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## INSTRUCTIONS

1. Preheat Oven to 350°F
2. In a glass 11" x 7" baking dish, pour 1/2 cup of water
3. Place the 3 scrod fillets in the baking dish
4. In a small bowl, combine the bread crumbs, potato chips, wine and melted margarine
5. Evenly top each fish fillet with the crumb mixture
6. Bake 8-10 minutes or until fish is tender and flaky

## INGREDIENTS

4 fillets of scrod (approx. 4 oz each)  
3 oz coarsely crushed Cape Cod Potato Chips  
1/4 cup + 2 Tbsp bread crumbs  
1 oz Dry White Wine  
1 Tbsp + 1 tsp melted margarine  
1/2 cup water

## STORY OF RECIPE

My mother acquired this recipe years ago and used to make this a lot when I was growing up. A Classic New England dish.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 8–10min

NAME  
Nate Rosenbloom

FROM  
USA

AGE  
22

SERVES  
2-4

TITLE

## CHICKEN POT PIE

Nate Rosenbloom, Pictured- Isaac Rabbani



### INGREDIENTS

*Filling:*

- 1 Tablespoon Butter/Oil
- 1lb Chicken
- 1 Medium Onion
- 1 Carrot
- 1 Ear of Corn
- 1 Can Condensed Cream of Mushroom Soup
- 5oz Evaporated Milk
- Salt & Pepper (to taste)
- 1 Tablespoon Dried Parsley
- 1/2 Teaspoon Dried Rosemary (crushed)

*Mashed Potato Crust:*

- 2lbs Potatoes
- 2 cloves minced garlic
- 1/2-3/4 Cup Milk
- 2 Tablespoon Butter
- Salt & Pepper (to taste)

### INSTRUCTIONS

Cut chicken into cubes and sauté in butter/oil with chopped onion, sliced carrot and cooked corn (or just used mixed frozen veggies).

When cooked, add the cream of mushroom soup and condensed milk.

Add salt and pepper to taste as well as the parsley and rosemary (Optional: Add other spices to taste, such as cayenne, turmeric, or garlic powder, remember spices are the spice of life).

Put this in an casserole dish and top with mashed potatoes. Use a spatula to spread the potatoes evenly over the filling. Bake at 350°F for approximately 20 minutes, or until the crust is a little browned and the filling is hot.

Use your favorite mashed potato recipe or follow the one below!

Bring ~2 quarts salted water to a roiling boil. Add chopped potatoes and cook for about 15 minutes, or until the taters are tender (depends on how small you chopped them up).

Drain the pot and add the milk, butter and garlic. Mash 'em good until they have the desired texture. Season with salt and pepper to taste.

### STORY OF RECIPE

I owe this one to my dad, who made this when my brothers and I were growing up. Always tasty, lots of room for experimentation! What more can you ask?

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

COOKING TIME  
> 25min

NAME	FROM	AGE	SERVES
Roger Herzler	USA		4–6

## TITLE

**ROGER'S OLD ITALIAN SPAGHETTI****ITALIAN SAUSAGE SPAGHETTI RECIPE**

(Quick to prepare and delicious to eat.)

1 2-lb. pkg. Italian Sausage (whole, not ground)	1/2 T. Garlic Powder
3 (15-oz.) cans Tomato Sauce	1/2 T. Garlic Pepper
1 (15-oz.) can Water	1 clove Crushed Garlic
3 (6-oz.) cans Tomato Paste	1/2 tsp. Salt
1/2 (6-oz.) can Water	1/2 T. Oregano
1 (15-oz.) can Diced Tomatoes	2 Bay Leaves
1 (4-oz.) can Sliced Mushrooms (drained)	1 tsp. Parmesan Cheese
1 T. Parsley Flakes	1/2 tsp. Basil
	1 pinch Rosemary
	1/4 tsp. Thyme

Combine and mix all ingredients, except sausage, into large pot. Use empty paste and sauce cans for the water, rinsing them into the pot. Place sausage into pot. Bring to a boil, then reduce to a simmer and allow to cook for at least an hour. Stir every 20 minutes or so. This recipe is very flexible, so add more of what you like and reduce what you don't. Serve over cooked spaghetti or other favorite pasta and enjoy!

Roger      ot      Herzler

## INSTRUCTIONS

Combine and mix all ingredients, except sausage, into large pot. Use empty paste and sauce cans for the water, rinsing them into the pot. Place sausage into pot. Bring to a boil, then reduce to a simmer and allow to cook for at least an hour. Stir every 20 minutes or so. This recipe is very flexible, so add more of what you like and reduce what you don't. You can even try optional ingredients like crushed red pepper or chipotle powder. Serve over cooked spaghetti or other favorite pasta.

Buon appetito!

## INGREDIENTS

- 1 x 2-lb. package of Italian sausage
- 3 x 15-oz. cans of tomato sauce
- 1 x 15-oz. can of water
- 3 x 6-oz. cans of tomato paste
- 1/2 x 3-oz. of water
- 1 x 15-oz. can of diced tomatoes
- 1 x 4-oz. can of sliced mushrooms (drained)
- 1 tbsp. parsley flakes
- 1/2 tbsp. garlic powder
- 1/2 tbsp. garlic pepper
- 1 clove crushed garlic
- 1/2 tsp. salt
- 1/2 tbsp. oregano
- 2 bay leaves
- 1 tsp. parmesan cheese
- 1/2 tsp. basil
- 1 pinch rosemary
- 1/4 tsp. thyme

## STORY OF RECIPE

This recipe has gone through some iterations since my family got it. Originally it came to us by way of a nice Italian couple named the Murgalos.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

## PREPARATION TIME

&gt; 25min

## COOKING TIME

&gt; 60min

NAME

Anna

FROM

USA

AGE

SERVES

1

## TITLE

**SPAMSILOG****INGREDIENTS**

- 1 can of Spam
- 1 cup of rice
- 2 cloves of minced garlic
- 1 egg
- 3 tablespoons of oil of choice (really, just enough to fry some Spam, rice, and an egg separately)
- salt and pepper to taste
- 1 serving of fruit

**INSTRUCTIONS**

1. Remove Spam from can and slice to desired width. I like it under 1/4" thick.
2. Heat up 1 tablespoon of oil in a medium frying pan.
3. When the oil is hot (when a drop of water causes some sizzling action), add the Spam, cook to desired texture. Some people like it mildly fried and still fat and juicy, others like it thin and crispy. I'm of the former party.
4. Add however much Spam you want to your plate. Go hefty. Go light. Spam it up!
5. In another pan, heat another tablespoon of oil until hot, and add the 2 cloves of minced garlic.
6. Let it cook until you can smell the garlic, but before it begins to turn brown, add 1 cup of rice. I'm using a brown rice mix in order to make up for the fact that I'm eating Spam. It's up to you.
7. Cook for about 5 minutes, stirring constantly.
8. Pack the cooked rice into a small cup and upturn the cup onto your main plate.
9. Fry up an egg. Or two. Add it to your plate.
10. Some people add fruit to the side. I had some melon.
11. Add some salt and/or pepper if you wish.
12. Enjoy!

**STORY OF RECIPE**

My family is Filipino, and in the Philippines, this is a thing.  
 "Spam" = Spam  
 "si" = Tagalog word Sinangag = Garlic Fried Rice  
 "log" = fried egg  
 Awesome breakfast.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
David	Germany	25	6–8

TITLE

# SAUERBRATEN



## INSTRUCTIONS

*Pickling:*

- Rub the whole beef with salt and pepper.
- Put the sliced onions, carrots, bay leaves, pickling spice, red wine and vinegar with the beef in a large bowl.
- Add water until the meat is covered. Leave it in the fridge for 4 to 5 days.

*Cooking:*

- Sear the meat from all sides.
- Roast the soaked onions and carrots gently. Add flour, gravy powder and a little bit of water. Stir well.
- Add liquid from the pickling until you have a nice sauce.
- Put the meat and the sauce in a casserole. The sauce should cover the meat.
- Put it in the oven until it is cooking at 250°C. Then reduce the heat to 200°C for 1 to 1.5 hours.
- Before serving add cognac, pear juice and cream.
- Serve with pasta and pears with redcurrants.

## INGREDIENTS

2 kg Roastbeef  
2 Onions  
2 Carrots  
0.5 liter Red Wine  
0.5 liter Vinegar  
Brown Gravy Powder for 0.5 liters of Sauce  
125 ml Cognac  
250 ml Pear Juice  
3 tbs Flour  
100ml Cream  
6 grammes of Pickling Spice  
Bay Leaves  
Salt  
Pepper

## STORY OF RECIPE

This recipe is from my grandma. For family gatherings she often uses rabbit instead of beef.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 1hour

COOKING TIME  
> 2hour

NAME

Belle Van

FROM

Canada

AGE

37

SERVES

4

## TITLE

**SOUR FISH SOUP****INGREDIENTS**

Approximately 1/2 pot of water in a medium saucepan  
 2-4 salmon fillets and/or 1/2-1 lb of large shrimp (I peel the shells off the shrimps but do not remove them completely at the point)  
 2 sprigs of culantro  
 1-2 sprigs of thai basil  
 1/2-1 tbsp of tamarind  
 1/2 tsp salt  
 1/2 tsp sugar  
 4 tsp fish sauce  
 2-3 tomatoes  
 1.5-2 limes  
 salt, sugar, fish sauce to taste

**INSTRUCTIONS**

1. Grill the salmon to start and set it aside.
2. Boil a 1/2 pot of boiling water.
3. Once the water has boiled, add the shrimp with the shell attached if you are adding shrimp. When the shrimps are cooked, the shells will come off by themselves and you can scoop them out.\*
4. Once you've scooped out the shells of the shrimp, add your grilled salmon to the pot.
5. Add 2 lengths of culantro. I like to tie them in a knot when I add them to the boiling water.
6. Add the thai basil.
7. Add the salt, sugar, fish sauce and tamarind.
8. Add the tomatoes.
9. Squeeze in the limes.

\*You can add whatever seafood ingredient you want instead of or in addition to the ones listed here.

**STORY OF RECIPE**

Comfort food that my family makes all the time. Simple, delicious, easy to make and refreshing. I like to eat this with steamed rice.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 15min

NAME

Stefanie Koch

FROM

Germany

AGE

35

SERVES

2

## TITLE

**CHINESE STYLE CUCUMBER****INGREDIENTS**

- 4 cucumbers
- 4-6 eggs (depending on size)
- 100 g bacon (I prefer the thinly sliced one)
- chili oil (ideally Chinese or other Asian brand)
- light soy sauce
- sesame oil
- salt & pepper
- Jasmin or other rice, as much as you like

**INSTRUCTIONS**

1. Cut the bacon in very fine pieces.
2. Peel the cucumber. Slice them in half and remove all the seeds. A table spoon is very helpful to do so. Then slice each half into 1 cm wide pieces.
3. Mix the eggs (both white & yolk) with some soy sauce in a bowl.
4. Start to cook the rice. I use a rice cooker which is convenient and fast. Other methods will do too of course.
5. Add chili oil to a wok or pan and heat. Then add the bacon. Cook until the bacon is nicely brown and crisp.
6. Add the cucumber. Stir well. Cook until the cucumber gets glossy but is still a bit crunchy. Basically you can cook it as much as you prefer.
7. Add the egg + soy sauce mixture and stir until the egg is cooked.
8. Turn the heat off and season with some sesame oil, salt and pepper.
9. Enjoy together with rice.

**STORY OF RECIPE**

When traveling and living in China I got inspired for this dish. It is a mixture of German and Chinese cuisine.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Kimberley Royston Green	England	31	4

TITLE

## HADDOCK CHOWDER



ME!

### INGREDIENTS

*For the Chowder/Broth:*

- half a white onion - diced
- Two garlic segments - diced
- Tin of sweetcorn
- Two leeks - sliced
- A handful of cherry tomatoes (or baby vine tomatoes) - quartered
- half a bag of spinach
- A pint of milk
- Wholegrain mustard
- salt/pepper
- Parmesan

*Optional:*

- Baby potatoes - quartered
- Tabasco

*For the fish :*

- Two/three haddock fillets - de-boned (cod or pollack will work if you can't find haddock)
- salt/pepper

### INSTRUCTIONS

In the saucepan, start by cooking the onion and garlic until soft and translucent. Add half a teaspoon of wholegrain mustard, stir, then add the milk and leave to 'infuse' for 5 - 10 minutes, add another half a teaspoon of wholegrain mustard, taste, adding some salt and pepper where/if necessary.

Leave the broth base to simmer on a low light for 5 -10 minutes, then remove from heat and pour the broth through the sieve into the wok...this isn't necessary, but will create a much silkier tasting dish by removing the unnecessary bits of mustard seed/onion.

keep the broth on a low light in the wok (if you are using potatoes add to the broth now for cooking, turn the heat up to medium and allow for 20 minutes cooking time), add the drained sweetcorn, leeks and tomatoes (some of the tomatoes will break up, this adds flavour to the broth). Taste and season as required.

Add the fish fillets when the leeks have gone soft and cook on a low light for a further 8 minutes. After this time the skin on the fish should be able to be peeled away - do so and break the fish up into large chunks.

Remove from heat, add some parmesan and the spinach, stir, add any additional seasoning that you may require, and serve.

### STORY OF RECIPE

Tried something similar at Taste London and thought I would try to replicate it...its not the same, but I think it is better.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20–40min

NAME	FROM	AGE	SERVES
Roz Sermons	UK	39	6

#### TITLE

## LEFTOVERS PIE



Alan Sermons

#### INGREDIENTS

1 leek (or a medium onion)  
 1 large carrot  
 1 tin sweetcorn  
 About 300g leftover roast meat (I used a mixture of goose and ham as that's what I had left over)  
 1 tub (250g) mushrooms  
 1 tbsp olive oil  
 1 glass wine (what ever you have open)  
 1 large mug stock (from a cube if you want) - or leftover gravy  
 1 tbsp cornflour  
 1 pack of shop bought short crust pastry  
 dash of milk to glaze

#### INSTRUCTIONS

1. Preheat the oven to 180 degrees C (160 fan)
2. Slice the leek and dice the carrots and the mushrooms
3. In a large heavy bottomed pan saute the leeks, carrots and sweetcorn in the olive oil over a low heat
4. Add the meat and the mushrooms and stir regularly until the mushrooms are cooked. If you have any stuffing left you could add this too.
5. Add the wine and the stock. Simmer until the liquid has reduced by half. Season to taste.
6. Put the cornflour in a mug and add a couple of tablespoons of water. Stir this well
7. Stir the cornflour mix into the pan. Keep stirring until the sauce thickens
8. Take two thirds of the pastry and line a large oven proof dish.
9. Add the pie filling
10. Roll out the remaining pastry and cover the pie filling
11. Crimp the edges and glaze by brushing with the milk
12. Don't forget to poke a hole through the lid to let the steam escape.
13. Put the pie in the oven for 30 mins or until the pastry is cooked through.
14. Serve with mashed potatoes and veg

#### STORY OF RECIPE

Much as we love our Sunday roasts, persuading people to eat the leftovers next day can be tough. With this recipe there'll be no more fights to over Monday's dinner.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 30min

#### COOKING TIME

> 30min

NAME

Kimberley Royston Green

FROM

England

AGE

31

SERVES

4–6

## TITLE

**THE BEST BREAKFAST SHAKSHUKA**

Me!

**INGREDIENTS**

- 2 large onions - peeled and sliced
- 2 red and 2 yellow peppers - cored and cut into strips (most people will include this, but I make without as I can't eat them – try both ways and see which you prefer)
- 3 ripe large tomatoes - roughly chopped
- 1 can of chopped tomatoes
- 2 bayleaves
- 6 sprigs thyme - picked and chopped
- 2 tbsp flat-leaf parsley -, chopped
- 190ml light olive oil or vegetable oil
- ½ tsp cumin seeds
- Pinch of sugar (optional, to taste)
- Salt and pepper
- Up to 250ml water - use if and when needed
- 6 free-range eggs

*Optional:*

- Aubergine – sliced
- Feta – crumbled

**STORY OF RECIPE**

I've been eating this for so long that I can't remember the first time I tried it - it comes out slightly differently each time I make it.

**INSTRUCTIONS**

In a large saucepan if sharing (or skillet for authenticity), and smaller frying pans/skillets if for one or two people (reduce amounts as required) dry-roast the cumin on high heat for two minutes. Add the oil and sauté the onions for two minutes or until they start to soften. Add the peppers (if you decide to use them), sugar, bayleaves, thyme, and parsley, and cook on high heat to get a nice colour.

Add the tinned and chopped tomatoes, (aubergine if using) salt and pepper. Cook on low heat for 15 minutes, adding enough water to keep the mixture loose, or the consistency of a pasta sauce. Taste and add seasoning as required.

Break eggs into the mixture, and swirl the whites of the eggs around the yolk with the end of a tea spoon to integrate the egg with the mixture. Sprinkle with a pinch of salt, cover and cook on a low light for 10-12 minutes, until the egg just sets. Sprinkle with feta (if using) and serve with chunky white bread.

- |  |                                     |   |
|--|-------------------------------------|---|
| <input type="checkbox"/> STARTER               | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input checked="" type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE             |
| <input type="checkbox"/> DESSERT               | <input type="checkbox"/> OTHER      | <input checked="" type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 35min

NAME

Jim Rosser

FROM

UK

AGE

27

SERVES

2

## TITLE

**STEAK AND CREAMY MUSHROOM PANCAKES****INGREDIENTS***For the Pancakes: (makes ~6)*

- 100g plain flour
- 2 medium eggs
- 300 ml semi-skimmed milk
- pinch of salt, butter for the pan

*For the Steaks:*

- 2 x 4-8 oz good quality beef steaks
- spices (eg. all spice, paprika, cajun)
- any oil

*For the Mushrooms:*

- 400 g mushrooms (eg. button, closed cup, chanterelle, shiitake)
- 1/2 large red onion
- 30 g butter, 1 tbsp olive oil
- 150ml single cream OR 150ml crème fraîche
- salt and pepper to taste

*Optional:*

- small bunch parsley
- 1 lemon, lug of white wine

**STORY OF RECIPE**

Pancakes are awesome. Steak is awesome.

**INSTRUCTIONS**

This recipe is really simple and adjustable. Feel free to use your own pancake or creamy mushrooms recipe, otherwise follow the simple recipes I've provided. For a really simple creamy mushrooms recipe omit the optional ingredients, but including them make for a really delicious topping.

To save time the batter can be made up to a day in advance and kept in the fridge by combining the flour, eggs, milk and a pinch of salt in a bowl and whisking to a smooth batter. This recipe uses two pancakes.

**Step 1:** Pat the steaks on both sides with your chosen spices and put to one side. Avoid salt until they're about to go in the pan.

**Step 2:** Chop the mushrooms into small chunks (I used 300 g baby button and 100 g shiitake) and finely chop the onion and parsley.

**Step 3:** In a deep pan add the butter, olive oil, onion and mushrooms and fry on a high heat for a couple of minutes until the mushrooms start to golden, then add pepper and turn to a medium-low heat and cook for a further 5-10 minutes. If using wine add a lug just before turning the heat down.

**Step 4:** In a little oil fry the steaks on a very high heat. Cook for approx 1 1/2 minutes each side for rare and 2 minutes each side for medium. Rest the steaks for 5 minutes before slicing into strips.

**Step 5:** Add the chopped parsley to the mushrooms then the cream. For a healthier option swap the cream for crème fraîche. Cook for a minute on a high heat then another minute on a low heat. Add a squeeze of lemon and season to taste.

**Step 6:** Plate up as shown in the picture and enjoy!

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Josh and Joni Brown	USA	38	1

TITLE

## J&L'S BACKCOUNTRY MAC N CHEESE



Jay McClellan

### INGREDIENTS

- 40 Cooked & then dried (dehydrated) pasta
- 20 g Dehydrated thin-sliced ham
- 1 T Cheddar cheese powder
- 2 T Cream cheese powder
- 1 t Onion flakes
- 2 T Spinach flakes
- 1/64 t Chipotle powder
- 5 oz. Boiling water
- 1 -2 t Toasted pinenuts
- Raw nutmeg “nut” and itty bitty spice grater - or just plain powdered nutmeg - the raw nutmeg is worth the effort - it is even rumored that raw nutmeg is an aphrodisiac:)

### INSTRUCTIONS

*At home:*

All ingredients can be dried in a food dehydrator or in a standard oven on its lowest setting. The pasta will rehydrate with best results if it is cooked prior to drying.

Combine all dry ingredients up to water in a small sandwich bag. Make sure to write directions for rehydrating meal on the outside of the bag.

*On the trail:*

Combine meal ingredients with boiling water. Let stand in covered mug for 15 minutes. Top with toasted pine nuts and grated nutmeg.

### STORY OF RECIPE

This recipe was developed, after extensive testing by Jay and Liz, for the family's first trip into Minnesota's BWCAW. As with most food, it'll taste better next to a campfire.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Pamela Bartlett	United States	70	2-3

## TITLE

## SPICY EGGPLANT



gerry\_bishop

## INSTRUCTIONS

In a bowl, mix the tomato paste, garlic, soy sauces, vinegar, sugar and salt. Leaving the skin on, cut the eggplant into 1" cubes. Heat a wok or skillet over high heat (maintain high heat throughout the cooking process.) Add the oil; just before it begins to smoke, add the eggplant, sherry and red pepper. Stir-fry 3 minutes or until the eggplant is light brown and soft. Add water. Cover and cook 2 minutes or until tender. Remove cover; add tomato paste mixture and stir until the sauce has reduced slightly. Serve over rice.

## INGREDIENTS

2 Tablespoons tomato paste  
1 clove garlic, minced  
2 Teaspoons dark soy sauce  
1 Teaspoon light soy sauce  
1-1/2 Tablespoons white rice vinegar  
2 teaspoons sugar  
1/4 teaspoon salt  
1 Pound eggplant (I use the long, slim variety)  
1/4 cup peanut oil or grapeseed oil (NOT olive oil)  
1 Tablespoon dry sherry  
Scant 1 Teaspoon red pepper flakes (or to taste)  
1/4 Cup water

## STORY OF RECIPE

A friend who has spent some time in the Middle East and elsewhere in the world told me it's the best eggplant she'd ever eaten!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 15min

NAME

Sophie Colligan

FROM

UK

AGE

44

SERVES

1

## TITLE

**NON-RUNNY OMELETTE FOR ONE****INGREDIENTS**

- 2 large, fresh, free-range eggs
- 2 thickish slices of cheddar cheese (each the size of a credit card)
- Quarter of a small onion
- A clove of garlic
- 2 or 3 mushrooms
- About 10cm of a courgette (zucchini)
- Oil to heat the pans (I use cooking olive oil)
- Salt and pepper to taste

**INSTRUCTIONS***For the filling:*

Chop the onion and garlic into small pieces. Do the same with the mushrooms. Grate the courgette.

Heat a bit of oil into a small frying pan, add the onion and garlic until it's transparent. Then add the courgette and mushrooms. Season to taste. The important thing is to fry it until it's quite runny. Take off the heat and put aside.

*For the omelette:*

Heat some oil into a non-stick frying pan. Break 2 eggs into a small bowl. Agitate them, don't beat them. (You don't want to add air into the egg mixture as this will give the omelette a stiffer texture.) When the oil in the frying pan is HOT, pour the egg mixture in. Straight away, scrape some of the mixture around with a plastic or wooden spatula. Tip the pan so that the space you made gets filled with more of the egg. Line the cheese segments on one half of the circle, spoon some of the filling on top of the cheese. Quickly flip half of the omelette over to make a pouch. Turn once. Allow enough time for the cheese to melt!

*Serving suggestion:*

Serve with a nice salad and some garlic bread!

**STORY OF RECIPE**

My mum always said that omelettes aren't cooked right unless the egg white is a bit runny. Yuk! The cheese and the veg in this omelette provide the runniness. Yum!

 STARTER BAKING V VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 20min

NAME	FROM	AGE	SERVES
Kelsey Rogers	USA	25	8–10

TITLE

## ITALIAN SQUASH SOUP



### INSTRUCTIONS

1. Bring vegetable broth and water to boil. Add onion, garlic, Italian seasoning and oregano. Return to a boil then simmer for 20 minutes.
2. Add carrots and potatoes. Simmer until potatoes and carrots are tender.
3. Add zucchini, yellow squash, and meatballs. Simmer until squash is falling apart and meatballs are warmed through. Salt and pepper to taste.
4. Best served warm with bread. This soup can stew as long as you need it to and all the ingredients can be thrown in a crockpot and cooked all day long if need be.

### INGREDIENTS

4 cups vegetable broth  
 10 cups water  
 1 medium onion, peeled and diced  
 3 Tbsp minced garlic  
 3 tsp Italian seasoning  
 2 tsp oregano  
 1 lb. baby carrots cut in half  
 3 lb potatoes diced  
 3 medium zucchini cut into roughly 1/2"-1" pieces  
 2 medium yellow squash cut into roughly 1/2"-1" pieces  
 1-1.5 lbs pre cooked meatballs  
 salt and pepper to taste

### STORY OF RECIPE

One summer, my father in law gave us this monster of a zucchini (almost 6 pounds!) and I had to figure out something to do with it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 2–3hr

NAME	FROM	AGE	SERVES
Ruthe	Singapore	25	4

TITLE

## PROLETARIAT MENTAIKO PASTA



*favourite cloth*

### INGREDIENTS

- 500g spaghetti
- Pinch of salt
- Dash of olive oil
- Ice
- Japanese mayonnaise
- Mentaiko sauce (spicy cod roe sauce found in Japanese marts in either packeted or bottled form)
- 150–200g ebiko (prawn roe) or tobiko (flying fish roe)
- Lots of dried basil for seasoning
- 50g shredded nori

### INSTRUCTIONS

1. Boil enough water to cook the spaghetti. Once water is brought to a boil, add salt and olive oil. Toss spaghetti into boiling water.
2. While spaghetti cooks, create an ice bath. When al dente, remove spaghetti from boiling water and toss into ice bath to cool spaghetti instantly. Keep spaghetti in ice-cold water for at least 5 minutes. (This dish is served cold.)
3. Drain spaghetti and allow to drip dry in a sieve. When no longer dripping, place spaghetti in a huge bowl. Add a generous amount of Japanese mayonnaise and mix until all spaghetti strands are coated.
4. Add mentaiko sauce to taste. Mix well.
5. Toss in ebiko/tobiko to taste. Mix well.
6. Add lots of dried basil and mix well. (The basil lifts the dish with its herbiness. I normally add enough for about 40% of the spaghetti strands to be coated in basil.)
7. Serve cold with a generous amount of shredded nori.

### STORY OF RECIPE

I learnt this dish from a friend's dad at her 21st birthday. Since then I've only been cooking this dish for a particularly loved one. (:

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 8min

NAME	FROM	AGE	SERVES
Mig Carbonell	UK	34	6

TITLE

## PORK ADOBO WITH EGG



Mig Carbonell

### INGREDIENTS

- 1 kg. Pork Belly
- 8 cloves garlic (crushed)
- 1/2 cup white vinegar (coconut or distilled)
- 1/4 cup light soy sauce
- 2 Tbsp Knorr or Maggi Seasoning Liquid
- 6 Soft Boiled Eggs
- 3 Bay Leaves
- 1 tsp whole black peppercorn
- 4 chopped birds eye chillies (optional)
- 2 Tbsp cooking oil

### INSTRUCTIONS

Mix all ingredients in a bowl, except soft boiled eggs, stock and oil, and allow to marinate for at least 3 hours in the fridge. When done, extract all the meat from the marinade and prepare to cook.

Get a pan big enough to fit all the meat in and heat up the oil on medium heat then fry the meat on all sides until caramelised. Add the marinade and the stock to the fried meat and simmer covered on low heat for 50 minutes.

When the sauce is reduced and almost thick, add in the soft boiled eggs and simmer for another 5 minutes. Remove from heat and transfer into a suitable serving dish.

Best served with hot steamed rice.

Enjoy

### STORY OF RECIPE

A very traditional Philippine recipe derived from the Spanish word ‘adobo’ meaning marinade. A staple Filipino food that has many variations and is even considered as the national dish.

- |  |                                     |                                      |
|--|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STARTER               | <input type="checkbox"/> BAKING     | <input type="checkbox"/> VEGETARIAN  |
| <input checked="" type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT               | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 25min

### COOKING TIME

> 60min

NAME	FROM	AGE	SERVES
Alice Fulwood	United Kingdom	23	2

#### TITLE

## BULHAO PATO CLAMS

#### INSTRUCTIONS

Firstly, relax! Your clams should be super fresh (from a reputable fishmongers) - pop them in a bowl of cold water for an hour or so to relax their shells and release any sand.

If any have opened up, give them a flick and wait 30 seconds or so for them to close. If they don't - get rid of them, they're dead and no good for eating! Give them all a good scrub & rinse to remove the sand.

Juice your lemons, pop your garlic cloves out their skins, and roughly chop the parsley.

Put a large, deep, frying pan on medium heat and pour in the "glug" of oil. Pop in the garlic cloves.

After a couple minutes pop in the clams and clamp a lid on tight.

Add the wine, the lemon juice, and turn the heat up to max.

Give it 2-3 minutes for them all to open up then transfer them to a large serving bowl.

Add the butter and the parsley and bubble the remaining juices for another few minutes.

Slosh your sauce over the top, and serve with crusty bread and chilled white wine on a summers evening.

#### INGREDIENTS

*Serves 2 as a main:*

1kg fresh clams

a glug of olive oil

2-3 cloves of garlic

one glass of white wine

1 (big) or 2 (little) lemons

a knob of butter

parsley (for sprinkling)

serve with crusty bread and cold white wine

#### STORY OF RECIPE

I had these for the first time at a seafood restaurant in London and have "clam"-oured to make them at every opportunity since! My recipe of the summer!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Zvjezdana Vukić	Croatia	28	3

#### TITLE

## THE GREAT BARLEY SALAD



#### INGREDIENTS

1 cup barley  
 1/2 cup corn  
 2 medium-sized zucchini  
 1 small purple onion  
 1 cup finely diced smoked cheese  
 1 large red pepper  
 2 medium-sized tomatoes  
 1 medium-sized eggplant  
 1 lemon  
 4 tablespoons olive oil  
 fresh parsley/basil  
 salt & pepper to taste

#### INSTRUCTIONS

Bring to boil 1 cup of barley in 4 cups of salted cold water. Let it simmer for 30 minutes. Take the cooked barley off heat, and drain it from the water. Rinse with cold water for 15 seconds to stop the grains from cooking further and becoming sticky. Place it in a bowl in which you'll prepare the salad.

While barley is cooking, chop all the other ingredients into small cubes or similar shapes, separately. Heat 2 tablespoons of olive oil in a frying pan or wok. First, add the chopped red pepper, stirring it periodically. After 2 minutes, add the chopped zucchini. After 2 minutes more, add the chopped eggplant. Don't forget to stir. After 3-5 minutes more, once the vegetables have softened, remove them from heat.

Place the prepared vegetables into the barley bowl, and add the rest of the ingredients as well. Season with salt, pepper, 2 remaining tablespoons of olive oil, and lemon juice. Mix all the ingredients together. Adjust seasoning for taste. Sprinkle with several parsley and/or basil leaves.

Serve and enjoy!

The Great Barley Salad can be made with alternative ingredient combinations:

- 1) Zucchini, pepper, pancetta, corn, mozzarella cheese, onions, tomatoes
- 2) Cauliflower, feta cheese, tomatoes, beans and/or peas
- 3) Olives, tomatoes, zucchini, cucumber, goat cheese, spring onion

#### STORY OF RECIPE

The Great Barley Salad is something I came up with, and has been a great hit with my family, friends, and work colleagues. :)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

#### PREPARATION TIME

> 40min

#### COOKING TIME

> 30min

NAME

Shari Cole

FROM

USA

AGE

SERVES

8–10

## TITLE

**EL DIABLO VIEJO BEANS**

Dave Harding

**INGREDIENTS**

- 1 lb. Dry Pinto Beans, rinsed
- 1 large Onion, roughly diced
- 1 lb. Salt Pork, roughly diced
- 3 cloves Garlic, minced
- Black Pepper
- 1 Bunch (approx. 1 Cup packed) Cilantro, stems removed, chopped
- 1 8 oz. can Tomato Sauce
- 2-4 Serrano Peppers, finely diced (Adjust amount for size & heat desired.)

**INSTRUCTIONS**

Add Beans, Onion, Salt Pork, and Garlic to a large pot and cover with water to 2 inches above beans.

Cover with a substantial layer of Black Pepper. When you think you've added too much, add just a bit more. (Note: There is no need to add salt, as the salt pork will add plenty. If substituting bacon or non-salt-cured meat, add salt to taste.)

Heat to a rolling boil. Let boil for 30 minutes, stirring occasionally to ensure the salt pork doesn't burn on the bottom of the pot.

Reduce heat to low. Stir in Cilantro, Tomato Sauce, and Serrano Peppers.

Cover and simmer for at least 3 hours, stirring occasionally.

Enjoy plain or with a dash of hot sauce, fresh cilantro and cotija cheese or crema mexicana.

**STORY OF RECIPE**

No dish was more enjoyed in our South Texas home than Dad's beans. Commonly called Borracho Beans or Frijoles, I've named this recipe after my dad, the old devil.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 180min

NAME

Michal Novák

FROM

Czech republic

AGE

25

SERVES

4

## TITLE

**SVÍČKOVÁ**

Wikki

**INSTRUCTIONS**

Lard the tenderloin with the bacon, salt and pepper it. Peel the celery and the carrot and grate them coarsely and cover the meat in a pot with the vegetables, onion, lemon juice, vinegar, spices and melted butter. Leave overnight in the fridge to rest. The next day add water (2 dcl) and put it in the oven and bake covered for about an hour. When you feel the meat is done as you want it, remove the spices and the meat and put the vegetables in a blender and blend it into a thick sauce. Put the sauce again in a pot, add heavy cream and heat it up. If necessary, add some more salt and pepper or sugar.

**INGREDIENTS**

800g of beef tenderloin

50g of bacon

1 celery

1 big carrot

1 onion

200g butter

2 bay leaves

4 pieces od allspice

10 pieces of black pepper

Thyme

Salt

1 tablespoon of vinegar

lemon juice

200 ml heavy cream

**STORY OF RECIPE**

I am sorry, deadline got me, this is just recipe for meat and sauce, to get the full Czech meal experience you need to make dumplings that are common here.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 40min

**COOKING TIME**

&gt; 90min

NAME	FROM	AGE	SERVES
Sam	UK	20	2

TITLE

## MEAT CRAVING ROLL



### INSTRUCTIONS

Chop everything up into bite size pieces. Heat up a frying pan with some oil. Start by cooking off the chicken then added the Chorizo and Mushrooms then finally the bacon. And your done butter and sauce up your roll (I use par baked rolls that you put in the oven) and then fill generously with the bacon chicken chorizo and mushroom yumness.

### INGREDIENTS

We have only ever made it by eye  
 2 Chicken Breasts  
 6 slices of Chorizo  
 6 Button Mushrooms  
 6 slices of back bacon  
 Bread/Roll of your choice (sturdier the better)  
 Mayonnaise or BBQ Sauce

### STORY OF RECIPE

Girlfriend showed me this recipe and it is so good.

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 10min

NAME

Moritz

FROM

Germany

AGE

28

SERVES

4

## TITLE

**SPICY TOM YAM SOUP -**

Lukas Hofmann, www.photo.de

**INGREDIENTS**

- 1,2 litres water
- 80 g lemongrass
- 120 g galgant (siamese ginger); alternatively ginger
- 80 g onions
- 40 g shallots
- 400 ml coconut milk
- 2-4 teaspoons shrimp paste or chilli paste
- 120 g middle sized tomatos
- 8-28 small red or green thai chillies (mild to damn spicy)
- 2 teaspoons white sugar
- 3 tablespoons soy sauce
- 100g small mushrooms
- 320 - 400 g shelled prawns
- 8 kaffir lime leaves
- 4 spring onions
- 4 tablespoons lime juice from a fresh fruit
- 1 bunch coriander leaves
- 1 tablespoon fish sauce

*side dish:*

Jasmin rice

**INSTRUCTIONS**

This is a original thai recipe, so make sure the chili amount fits with your spiciness level. I use normally 10 - 15 thai chillies. You can prepare the ingredients while cooking. Here we go: Boil the water in a pot. Cut the lemongrass in 3 cm pieces, the galgant in 5 mm slices. Add lemongrass and galgant to the pot and keep boiling over medium heat until water becomes green in colour. In the meantime peel the onion and shallots. Cut the onion to 3 cm pieces and the shallots to 5 mm slices. Add the onion to the pot. Cut the tomatos into eight pieces and the whole chillies into 3 mm slices. Stir in coconut milk and shrimp or chili paste. Add shallots, tomatoes and chillies. Mix in sugar and soy sauce. Boil for 2-3 minutes Clean and quarter the mushrooms and add them. Remove stem of kaffir lime leaves and add to the soup. Cut spring onion into 3 cm lengths and chop roughly coriander leaves. Add prawns and boil for one minute and turn off heat. If you use cooked prawns turn off heat instantly. Add the spring onion and lime juice and cover for five minutes.

Add coriander and season the soup with fishsauce to taste. Serve the soup in a large bowl and with steamed rice.

For a clear tom yam soup, which has a more fresh and spicy taste, leave out the coconut milk and replace it with water or vegetable stock.

**STORY OF RECIPE**

The hot&sour tom-yam soup is my favorite food from my time in Malaysia. It turned out that's actually the national dish of thailand and there even more tasty and spicy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 15min

**ONLY 2  
OUT OF 395  
MAIN COURSES  
USE ENTRAILS**

NAME	FROM	AGE	SERVES
Kelly Seltmann	USA	30	4

TITLE

## MOZZARELLA AND VEGGIE SUMMER SALAD



Tina Rupp

### INGREDIENTS

- 2 Cloves Garlic, chopped
- 1/4 Cup Extra Virgin Olive Oil
- 3 Bell Peppers (mixed colors)
- 1 Pint Grape Tomatoes, halved
- 1/2 Small Red Onion, thinly sliced
- 2 Tablespoons Red Wine Vinegar
- 1/2 Large Baguette, cubed
- 8 Ounces Fresh Mozzarella, cubed
- 1 Pound Chicken Breasts (or sub. Tofu)
- 1/2 Cup Fresh Basil Leaves, torn
- Salt and Pepper to taste

### INSTRUCTIONS

1. In small bowl, combine garlic and olive oil. Let sit.
2. Cut bell peppers into strips and grill or saute until soft. Grill or saute chicken breasts. Once the peppers and chicken have cooled, cube into 1 inch squares and transfer to a medium bowl. Stir in the tomatoes, onion, and vinegar, season with salt and pepper to taste.
3. Brush bread cubes with the garlic oil and grill or saute until toasted.
4. Stir in remaining garlic oil into the salad. Add the croutons, mozzarella, and basil. Toss.
5. Add extra red wine vinegar for a sweeter salad. I always do!

### STORY OF RECIPE

I found this recipe in a Rachel Ray magazine and added the chicken to make it a heartier meal. Tastes great the next day on a mixed greens salad.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 20min

NAME

Raphael Durrer

FROM

Switzerland

AGE

34

SERVES

4

## TITLE

**«ÄLPLER» MAGARONEN****INGREDIENTS**

- 2-4 potatoes (depending on size)
- 500g macaroni
- 250g sbrinz cheese (another good choice is Gruyere)
- 3-5 onions (depending on size)
- 50g butter
- 0.5l milk
- 0.25l cream
- salt

**INSTRUCTIONS**

It is screamingly simple! Cut the potatoes in squares. Put them into a pan with salted water and start to cook them. Take care of have a big pan with enough space. After cooking the Potatoes for a while enter the macaroni into the Pan. Cook until the macaroni and potatoes are «al dente». While your macaroni and potatoes are cooking. Cutting the onions into rings, stripes, or whatever you like. Enter the butter into another pan and roast the onions until they are golden. If now the macaronis al dente drain the water out of the pan. Enter the cheese, cream and milk into the pan and stir all together. Last but not least enter the golden onions into the pan, stir again and Serve the pan. Et voilà...

Typically we eat the macaroni, together directly out of the same pan with spoons for everyone. A typical side dish would be Apple purée.

ä guätä, bon appétit

**STORY OF RECIPE**

The alpine farmers in the past had no fancy Ingredients for cooking. They just cooked with stuff they grow and make by themselves like, potatoes and cheese.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 15min

NAME

Aiyana

FROM

USA

AGE

24

SERVES

1

## TITLE

**PLATSUSHKI (POLISH APPLE PANCAKES)**

My sister Olivia

**INGREDIENTS**

- 1 large ripe golden delicious apple
- 1 egg
- One heaping tablespoon sour cream
- One heaping tablespoon flour
- About 1 teaspoons cold water
- Vegetable oil (for frying)
- Sugar (to sprinkle over top)
- pinch of salt
- Frying pan
- Spatula
- Plate and paper towels (to remove oil from platsushki)

**INSTRUCTIONS**

Grate the apple on a course box grater.

Beat egg and add to shredded apple. Mixed in sour cream, flour, and water to make loose batter.

The consistency will be loose but not soupy, and will resemble thick sour cream. If it's not quite right the first time, don't worry; just add a little flour or sour cream as needed! It just needs to be thick enough to hold together on a pan, so there is a little bit of leeway.

Add roughly 4 tablespoons of oil to a frying pan and heat on high.

Add heaping spoonfuls of batter to oil and reduce heat to medium high. Allow to fry until platsutchiki are solid enough to flip and deep brown on fried side. Flip and allow to brown.

Remove platsutchiki and place on paper towel to remove oil. Transfer to plate and sprinkle generously with sugar. Enjoy!

**STORY OF RECIPE**

My Babcia (grandmother) used to make this for breakfast. She says that the egg and apple make for a perfect start for the day. Plus, it is always delicious!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 10min

NAME

Ernest van der Bank

FROM

South Africa

AGE

27

SERVES

6

## TITLE

**BOBOTIE**

Niki Scholten

**INGREDIENTS**

- 1 kg lean minced beef
- 25 ml cooking oil
- 2 chopped onions
- 1/4 chopped garlic clove
- 15 ml mild curry powder (hotness according to own taste)
- 5 ml garam masala
- 5 ml cinnamon powder
- 15 ml turmeric
- 10 ml salt
- 10 ml fine coriander
- 5 ml pepper
- 100 ml apricot chutney
- 3 chopped bay leaves
- 2 slices white bread
- milk (for soaking the bread)
- 3 large eggs
- 200 ml plain Bulgarian yoghurt or alternatively sour cream
- 250 ml large sultanas or alternatively normal raisins
- 70 ml chopped cashews or alternatively almonds
- 15 ml grape vinegar

**INSTRUCTIONS**

Start by soaking two slices of bread in milk.

Grill onions, bay leaves and garlic in a little oil in a pan on medium heat, until onions are clear, not brown.

Add curry and turmeric and grill for one more minute.

Add minced beef and grill until mixture is dry, meat will basically be done by this time. Keep heat on medium while adding next ingredients.

Add salt, pepper, coriander and cinnamon and mix thoroughly. Drain soaked bread, mash it with a fork and add to meat mixture.

Add chutney, sultanas, cashews and vinegar and mix. It is important that mixture is not too wet, or too dry.

Remove from heat and add masala lastly. Pour mixture into oven baking tray, cover with tin foil and bake 160 degrees celcius for 30 minutes.

Mix eggs and bulgarian yoghurt.

Remove baking tray from oven and pour egg and yoghurt mix over the top. Do not mix.

Bake in oven for another 15 - 20 minutes at 120 degrees celcius or until egg mix is solid.

Serve with Basmati rice and vegetable of choice.

**STORY OF RECIPE**

A very traditional South African boer dish, with a lot of Indian inspiration. Goes best on Sundays after church with the whole family!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 90min

NAME

Hans &amp; Dampf

FROM

Germany

AGE

SERVES

8

## TITLE

**BEST BURGER IN THIS BOOK!!!**

Kai Schulz &amp; Lukas Pritsch

**INGREDIENTS****BRIOCHE:**

- 500 g of flour
- 25 g dry yeast
- 175 g butter, softened
- 5 eggs (size M)
- 300 ml milk, lukewarm
- 75 ml honey
- 4 sprigs of fresh rosemary
- nutmeg / salt / pepper

**CRANBERRY MAYO:**

- 100 g cranberries
- 200 ml oil
- 1 orange
- 2 egg yolks
- salt / agave syrup / Pepper

**COTTAGE CHEESE:**

- 400 g of cottage cheese
- 2 limes
- 1 bunch of spring onions

**STORY OF RECIPE**

We first met during an apprenticeship as a chef. Four years later we organise pop up dinners in an old swimming pool. This is what we come up with.

**INSTRUCTIONS***Brioche:*

Dissolve the dry yeast into warm milk. Chop rosemary. Mix all ingredients together with an electric mixer to a smooth dough. Cover the dough and let it go for about an hour. Divide the dough into 8 equal pieces and form them to a burger bun. Sprinkle the buns with the rest of the rosemary and leave to rise again for 10 minutes. Bake the buns at 180 ° C for about 10-15 minutes.

*Cranberry Mayo:*

Chop cranberries. Whisk the egg yolks. Rub off the orange skin and squeeze them. Drip (very slow) the oil into the egg yolk while constantly stirring the egg yolk until the entire mass has a mayonnaise consistency. Add the cranberries and orange skin to it. Season with orange juice, salt, pepper and agave syrup.

*Cottage Cheese:*

Rub the limes and squeeze one of them. Chop the spring onions and mix them with the cheese. Add the lime zest to it and season with salt and pepper.

*Patty:*

Thaw peas. Chop chili, garlic, scallions, mint, parsley. Soak bread. Mix all ingredients together and season with agave syrup, salt, pepper and Worcestershire sauce. Form the mass into 8 equal large Pattys and fry in a little oil and butter until they are crispy.

*Cucumber:*

Cut the cucumber into about 5 mm thick slices. Establish a fond from the rest of the ingredients and boil it up once. Pour the hot fond over the cucumber slices and let it cool out.

*Salad:*

Tear the sorrel into bits. Rub the lemon and squeeze it. Produce a dressing with linseed oil, lemon juice and zest, salt, pepper and agave syrup and marinate the sorrel with it.

*Tomato:*

Cut the tomatoes in very very thin slices. Mix the rest of the ingredients together to a marinade. Place the slices one by one on baking paper - no overlaps. Drizzle with the marinade and place in oven to dry at 80 ° C for at least 4 hours. Leave the oven door a little gap open so that the moisture can escape.

*Letscho:*

Remove the seeds from peppers and cut them into approximately 5 x 5 cm pieces. Chop onions, ginger, garlic, cucumber and apple. Slowly heat the smoking

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 85min

**COOKING TIME**

&gt; 180min

NAME	FROM	AGE	SERVES
Stacey Booth	United States	38	Many

TITLE

## ROASTED RED PEPPER TOMATO SAUCE



Stacey Booth

### INGREDIENTS

1 medium onion chopped, red or yellow  
 1 red bell pepper, diced  
 2 cups fresh spinach, frozen and drained may also be used  
 2 Tablespoons olive oil  
 1/2 cup broth or stock  
 2 large cans 25-30 oz. plain tomato sauce  
 2 cups Jarred and drained or fresh Roasted red peppers, pureed  
 1 15 oz can diced tomatoes  
 2 cloves (or more if you prefer) of garlic, finely chopped  
 3-4 Tablespoons of Italian Seasoning Blend  
 1 teaspoon red chili flakes  
 1 teaspoon sugar (optional if needed for acidity)  
 Salt and pepper to taste, if needed

### INSTRUCTIONS

Heat olive oil in a large stock pot or Dutch oven medium-high heat.  
 Sauté onions and 1 tablespoon of the seasoning. After 1 minute, add in stock and let reduce by half. Reduce heat to medium then add in the diced fresh bell pepper and garlic.  
 Next, add in pureed roasted red peppers, cans of tomato sauce, diced tomatoes, spinach and remaining spices. Continue to cook at medium heat for 10 minutes then reduce to a low simmer for an hour. Check occasionally to see if more spices should be added, or if too acidic, a bit of sugar can cut the acidity.

Zucchini is wonderful added to the sauce when it's in season. It can also be made non-vegetarian with smoked sausage or other meats. It works in lasagna and also as is over pasta. It also freezes well as the recipe makes a lot of sauce.

### STORY OF RECIPE

I wanted a versatile, healthier veggie sauce that worked for me and my meat eating husband and son. This has been perfect for our family!

- |  |                                     |   |
|--|-------------------------------------|---|
| <input type="checkbox"/> STARTER               | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input checked="" type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT               | <input type="checkbox"/> OTHER      | <input checked="" type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 20min

### COOKING TIME

> 60min

NAME	FROM	AGE	SERVES
Christy Purington	USA	30	3-4

TITLE

## PEANUT BUTTER CHICKEN STIR FRY



### INSTRUCTIONS

Marinade chicken for about 30 minutes to 1 hour (can leave longer as well).

Brown marinated chicken in a small amount of vegetable oil in a large skillet or dutch oven.

Add all veggies, red pepper flakes and garlic, and cook until peppers are just starting to soften.

Stir in sauce and cabbage (if using) and simmer until sauce thickens, about 5 minutes, until peppers are soft but retain crunch.

Top with peanuts and cilantro, and serve over rice.

### INGREDIENTS

*Stir-fry:*

- 1 lb. chicken, cut into bite-sized pieces
- 1-2 cloves garlic, diced or grated
- 2-3 bell peppers, cut into strips, 1 yellow onion, sliced
- Red pepper flakes to taste
- Any other veggies you like, a couple handfuls (optional) - broccoli, bok choy, etc Cabbage, chopped

*Chicken marinade:*

- 1/4 c. teriyaki sauce
- 1-2 cloves of garlic, finely chopped
- Red pepper flakes to taste

*Sauce:*

- 1 tbsp brown sugar, 1/4 c. peanut butter
- 4 tbsp teriyaki sauce, 1 tbsp vegetable oil

*Note:* Double sauce if using more than 1 lb chicken or adding extra veggies, then add extra sauce gradually to taste

*Toppings:*

- Peanuts, Cilantro

### STORY OF RECIPE

My mom always made this recipe for me growing up! The peanut butter offers the perfect addition of salty-sweetness. It sounds a little weird, but is extremely tasty!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 20min

NAME

Geir&amp;Benedikte

FROM

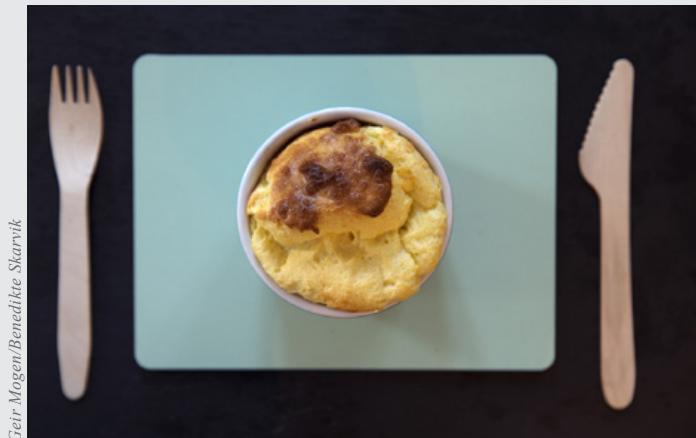
Norway

AGE

SERVES

4

## TITLE

**A CHEEZY SOUFFLÉ**

Geir Mogen/Benedikte Skarvik

**INGREDIENTS**

80 g all-purpose flour  
 80 g butter  
 4 dl whole milk  
 100 g cheese (preferable a mix og gruyere and parmesan)  
 5 eggs (4 egg yolks and 5 egg whites)  
 1/4 teaspoon of xantan gum (optional)  
 salt and pepper  
 butter or oil for preparing the ramekins  
 a mixture of your favourite salad  
 lemon

**INSTRUCTIONS**

Preheat the oven to 200 degrees celsius. Brush the ramekins with some butter. Then make a béchamel sauce. Stir in the cheese. Add some salt and pepper. Let the béchamel cool while you separate the eggs. Put the egg whites into a clean mixing bowl together with a pinch of salt and the xantan gum. Beat the egg whites firm. Add the egg yolks into the béchamel sauce. Then gently stir the beaten egg whites. Divide the mixture into ramekins. Bake in the oven in about 20 minutes. The soufflé should now be fluffy and golden brown. Prepare the table and make a cute little salad with a splash of lemon juice and salt and pepper while the soufflé is in the oven.

**STORY OF RECIPE**

This recipe is inspired by several different recipes, but most of all it is inspired by the fantastic Julia Child.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 20min

NAME

Sam

FROM

UK

AGE

28

SERVES

3-4

## TITLE

**TOMATO, CHICKEN AND BACON PASTA**

Corey Burger

**INGREDIENTS**

- 1 tsp oil
- 1 medium/large onion, finely diced
- 4-5 closed cup mushrooms
- 1-2 cloves of garlic, crushed
- 1 tsp of basil
- 1 tsp of oregano
- 1 tsp tomato paste
- 1 tin of chopped tomatoes (400ml)
- 250ml tomato passata
- 2 chicken breasts
- 2 slices of back bacon
- 1 yellow bell pepper, diced
- enough pasta for 3-4 people

**INSTRUCTIONS**

Heat the oil in a large pan.  
Remove the stalks from the mushrooms and finely chop them.  
Put the onion into the pan to soften, once softened add the chopped mushroom stalks.  
As the mushrooms are cooking, add the garlic, then the basil, oregano and tomato paste.  
Stir all the ingredients through, and allow the paste to cook for a minute or two.

Add the tinned tomato and the passata, and cook at a simmer for 15-20 minutes until the sauce has reached a thicker consistency.

While the sauce is simmering chop the remaining mushrooms, the chicken, and the bacon.

Cook pasta according to instructions (if it's dry it will need to go in about now, if its fresh probably once the chicken and bacon has started cooking)

Fry the chicken in a separate pan until sealed, add the bacon until cooked, then add the mushrooms. Once they have cooked add the pepper; you want to cook it so it is still firm and gives the dish bite. If finished before the sauce has reached consistency keep to one side.

Once the sauce is ready, mix in the meat (use whichever pan is bigger!) and heat through. If the sauce is still a little loose, continue to simmer until it has reduced to a satisfactory level.

When the pasta is ready, drain it and add it to the mix. If the sauce is a little too concentrated you can add a little of the pasta water to loosen it a little.

Portion into big bowls and eat!

Optional extra- put the pasta mix into an ovenproof dish, top with cheese and grill until gooey.

Alternative- make the tomato sauce and use it as pizza sauce, or as a base for bolognese sauce.

**STORY OF RECIPE**

I prefer using this to a store bought sauce because I know its got lots of nice veggies and no preservatives. And it tastes delicious!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 20min

NAME

Kat Kam

FROM

UK

AGE

32

SERVES

4

## TITLE

**ONE-POT CREAMY CHICKEN STEW****INGREDIENTS**

- 8 chicken thighs (including bones)
- 2 tbsp plain flour
- 1 tbsp olive oil
- 8 rashers streaky bacon, chopped
- 400ml chicken stock
- 500g baby new potatoes, halved
- 200g full fat soft cheese
- 200g peas
- 200g sweetcorn
- 200g cherry tomatoes, halved
- salt and pepper, to taste

**INSTRUCTIONS**

1. Dust the chicken in the flour and some salt and pepper. In a large, lidded pan, heat the oil and brown the chicken, in batches if there isn't enough space, then take out and set to one side.
2. Put the bacon in the pan and fry for 5 minutes, until crisp.
3. Return the chicken to the pan. Add the stock, cover and simmer for 30 minutes
4. Add the potatoes for a further 20 minutes, until the chicken is falling off the bone and the potatoes are tender.
5. Stir in the soft cheese, then add the rest of the vegetables and some salt and pepper. Simmer for 5 minutes more, uncovered, then serve.

**STORY OF RECIPE**

This recipe is a hearty meal that's easy to transport: perfect to take round to parents who have just had a baby or are ill or just need comforting.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 70min

NAME	FROM	AGE	SERVES
Russell Ahlstrom	United States of America	34	1

#### TITLE

## BANANA KATSUP EGG SANDWICHES

#### INSTRUCTIONS

Boil the eggs in hot water for 12 minutes. Remove from water and peel.

Place the eggs in a bowl and squish to pieces with a fork. During the squishing process slowly add in banana katsup. This should be done until eggs are all squished and are held together in a paste-like mixture. More banana katsup can be added to taste.

Spread the egg mixture onto toast and serve.

#### INGREDIENTS

- 4 eggs
- 1 bottle of hot and spicy banana katsup
- 6 slices of toast

#### STORY OF RECIPE

I lived in the Philippines for a few years and invented this sandwich as a quick and easy breakfast.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 2min

COOKING TIME  
> 15min

NAME

Teresa Gurule-Long

FROM

USA

AGE

39

SERVES

6-8

## TITLE

**RED COOKED PORK****INSTRUCTIONS**

Put pork shoulder in large heavy (cast iron) pot fat side up to start. Add all other ingredients plus enough water to cover meat. Bring to a rolling boil and boil for 5 to 10 minutes. Then cover and reduce to a simmer. Simmer for 3-5 hours. Check every hour to turn meat and monitor liquid level. Should the liquid evaporate more than halfway down the meat add more water. When done the meat should fall off the bone.

**INGREDIENTS**

- 4-6 lb bone in pork shoulder
- 1 cup soy sauce
- 1 cup red wine
- 1 tablespoon sugar
- 1 tablespoon fresh ginger grated
- 1 large onion thinly sliced

**STORY OF RECIPE**

We normally have it over rice made with the juice from the meat

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 3-5hr

NAME

Eduardo J G Sequeira

FROM

Portugal

AGE

34

SERVES

2

## TITLE

**MIGAS ALENETEJANAS****INGREDIENTS**

500 gr of traditional bread at least one day old  
 1l boiling water  
 100 gr of lard or olive oil  
 8 garlic cloves  
 2 laurel leafs  
 50gr of pennyroyal mint, better fresh  
 juice of 1 big orange  
 10ml of vinegar  
 2 cod slices (salted) (+-300gr)  
 200gr of flour  
 2 eggs  
 salt

**INSTRUCTIONS**

If the cod is salted, soak it in water for at least 24h. Cut it in small pieces (3cm cubes) and reserve it.

Cut the bread in thin slices and put it in a large bowl. Smash 3 garlic gloves with the peel and 20gr of pennyroyal mint and add it to the bread bowl. Add some salt if necessary.

Cover the bread with the boiling water. Put the lard or the olive oil in a frying pan and add the remaining pelled garlic cloves, chopped very thin along with the remaning pennyroyal mint leaves and the laurel.

Let it warm up until the garlic starts to turn yellow. Don't let it turn brown or black because it will taste terrible!

Remove the excess water in the bread bowl and smash it with your hands while you add it to the frying pan.

Stir everything with a wood spoon while it cooks for at least 5 min or until it stars to form a more consistent paste.

Turn of the eat and add the orange juice and the vinegar, mix all together and let it rest.

Mix the two eggs, and wet the cod with the mix. Dry it with the flour and fry it in olive oil.

Serve with orange slices.

If you want you can replace the pennyroyal mint with coriander, red tomato, wild asparagus or cabbage.

The bread may also be replaced with corn bread.

And for those who love meat, you can replace the cod with some fried pork ribbs. If so, you can use the fat that fried the meat to make the Migas.

**STORY OF RECIPE**

This is one of South Portugal well known traditional recipes, used to recycle old bread, and normally eaten by farm workers due to it high caloric value.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 20min

NAME

Teresa Gurule-Long

FROM

USA

AGE

39

SERVES

4

## TITLE

**COKE & WORCESTERSHIRE SAUSAGE****INSTRUCTIONS**

Cut the sausage into medallions and cook in a heavy skillet until nicely browned. Drain off the grease and return to the pan. Now add the Coke and boil until reduced by half, and add the Worcestershire sauce. Continue cooking until the liquid forms a nice glaze over the sausage.

**INGREDIENTS**

- 1 lb kielbasa
- 1 12 oz can coca-cola (room temp)
- 1-2 tablespoons Worcestershire sauce

**STORY OF RECIPE**

Was made up when dinner caught fire and cook was the only thing to put it out. Worcestershire sauce was used to make it eatable.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 45min

NAME

JasperTyler

FROM

United States

AGE

39

SERVES

2-4

## TITLE

**SOUTHWEST CHICKEN SALAD****INGREDIENTS**

- 2 Roma Tomatoes
- ½ Red Onion
- 1 can Black Beans, rinsed
- 1 cup frozen corn
- 1 jalapeno pepper, seeded
- 1 TBS Fresh Cilantro
- Juice of half a lime
- Salt
- Pepper
- Lettuce
- 1-2 pounds boneless, skinless chicken breasts
- Southwest Marinade Packet
- Avocado
- Tortilla chips or strips

**INSTRUCTIONS**

Marinade chicken in a Southwest Marinade. I use McCormick's Grillmates.

In a bowl, mix together: Seeded, diced Roma tomatoes, thawed corn, cilantro, diced red onion, black beans, diced jalapeno, and the juice of half a lime. Season with salt and pepper to taste. Cover with saran wrap and set aside in refrigerator.

Cook and shred chicken.

On a bed of lettuce place tomato mixture, shredded chicken, tortilla strips, avocado slices and any other toppings of your choice. Add a store bought southwest ranch dressing. Mix and enjoy!

**STORY OF RECIPE**

This is a recipe I had found on a blog and simplified with bought ingredients. I wanted something similar to the Southwest salad at McDonald's and this one is better!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 40min

NAME	FROM	AGE	SERVES
Andreas Suter	USA	26	4

TITLE

## GOLDENROD EGGS



Aubrey Suter

### INGREDIENTS

- 6 hard-boiled eggs, peeled and cut in half
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 cup milk
- 1 tsp. powdered mustard
- 1 tsp. Worcestershire sauce
- 1/4 tsp. salt
- small pinch of white pepper
- 4 to 6 slices of buttered toast
- paprika for garnish

### INSTRUCTIONS

Separate whites from yolks. Chop whites into 1/4-inch pieces. Put yolks into a separate bowl and keep them cold.

Make white sauce: In a 1-qt. saucepan, melt butter, add flour, stir with a whisk and cook over low heat, stirring constantly, until mixture is smooth. Add milk, stirring quickly and constantly, and cook for a minute or two until sauce thickens. Add salt, pepper, mustard, and Worcestershire sauce, adjusting to your preference. Add chopped eggs whites and keep warm over low heat.

Cut buttered toast into strips or squares, and distribute to plates.

Whisk/mash the yolks with a wire whisk until crumbly. (An alternate, but more difficult method, is to push the yolks through a wire mesh strainer to make finer "crumbs" of yolk.)

To serve, pour the warm sauce over the toast, sprinkle with yolks, and sprinkle lightly with paprika (and a bit of salt, if desired).

This recipe is easily adaptable; if you like it with more eggs, or a more heavily-flavored cream sauce, or prefer a thicker or thinner sauce, it's easy to adjust. If you happen to have some cream or half and half, either can be used in place of part of the milk for a richer sauce. Also, you can make the white sauce with eggs the day before, and easily warm it up slowly on low heat (stirring often) when you're ready to serve. The sauce may need a bit more milk as you warm it, as it tends to thicken when stored in the refrigerator. Also, keep the eggs yolks covered and refrigerated, and don't crumble them until just before serving.

### STORY OF RECIPE

This is a family tradition from my wife's side, passed down from her great-grandparents. It's the go-to breakfast dish for special occasions.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20min

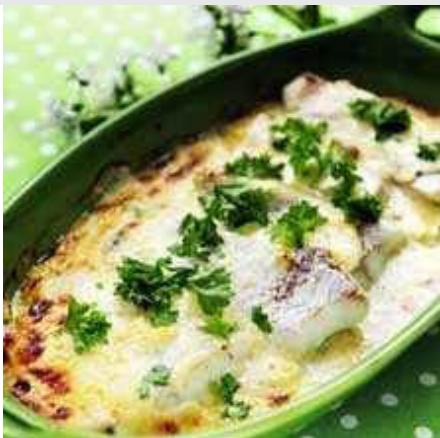
### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Mandis	Sweden	28	4

TITLE

## OVEN BAKED COD WITH CHEESE TOPPING



### INGREDIENTS

650 g Cod fillet  
 150 g Sugar snap peas  
 150 g Broccoli  
 1,5 dl Black beans  
 15 Cherry tomatoes  
 2 dl Crème fraîche  
 1 tbsp lemon zest  
 100 g grated cheese  
 salt  
 pepper  
 thyme  
 butter

### INSTRUCTIONS

Set the oven at 180°C/360°F  
 Cut the fish into fairly large pieces (approximately 5x10 cm)  
 Grease a baking dish with butter  
 Cut the cherry tomatoes in halves  
 Mix sugar snap peas, broccoli, black beans and cherry tomatoes in the baking dish  
 Put the fish on top  
 Add salt and pepper and sprinkle with thyme.  
 Mix crème fraîche, lemon zest and grated cheese in a bowl  
 Spread it over the fish  
 Bake for 15-20 minutes  
 Serve with bulgur or couscous

### STORY OF RECIPE

A recipe I found online a couple of years ago that has become one of my favorite dishes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 15-20min

NAME	FROM	AGE	SERVES
Alexandre and Marcia Hebra	USA	57	4

TITLE

## GARLIC LOBSTER & SHRIMP LINGUINI



Alexandre Hebra

### INGREDIENTS

- 16 large shrimp, peeled
- 2 medium lobster tails, in shell
- Fresh Linguini (9oz or 260g)
- Spinach leaves (6oz or 170g bag)
- Garlic (3 cloves)
- Olive oil
- Paprika
- Garlic Powder
- White pepper
- Black pepper
- Sea salt
- Pinoli seeds (0.5oz or 13g)
- Half lemon

### INSTRUCTIONS

*Step 1: grill the lobsters:*

Mix in a pot: 1 tsp. sea salt, 1 tsp. paprika, 1/8 tsp. garlic powder, 1/8 tsp. white pepper, 1/2 cup olive oil, 1 tbsp of lemon juice. Mix well, set aside.

Cut the lobster tails in half, using kitchen shears.

Marinate the lobster tails (meat side) with the above mix, set aside for 5 minutes.

Heat grill to 450F (or set oven to 450F Broil).

Place the half lobster tails on the grill, meat side down, let sear for 5 minutes. Flip the shell side down, grill for 6 or 7 minutes.

*Step 2: preparing the shrimp*

(can be done in parallel with the lobster prep, also get the water boiling for the pasta):

In a medium pan put 1/2 cup olive oil and minced 3 garlic cloves, medium heat, until garlic is light brown.

Add shrimp, constantly stir and slowly add in some sea salt and black pepper, until shrimp is consistent and pink.

After shrimp is done, start adding the spinach leaves, slowly, steering as you go.

Toast the Pinoli in a separate pan, high heat, no oil needed, just dry toast, takes 1 minute.

*Step 3:*

When shrimp and spinach is almost done, and water is boiling, cook linguini as instructed on the bag. When pasta is "al dente" add it to the shrimp and spinach pan. Mix it all in, put the pinoli seeds on top.

*Step 4:*

Put lobsters in large tray, add the pasta and shrimp in the middle. Serve with grated Parmesan cheese and drawn butter (for the lobsters).

### STORY OF RECIPE

My wife wanted to create a memorable dish out of boring linguini. Living in Florida helped a lot, since Caribbean lobsters and shrimp are abundant.. we started mixing and voil\_!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 20min

NAME

Justin Worst

FROM

United States

AGE

26

SERVES

6–10

## TITLE

**PIGS IN A BLANKET****INGREDIENTS**

Equal amounts of ground beef, ground pork and ground veal

1 tsp. salt per pound of meat

Pepper to taste

2 eggs per 3 pounds of meat

1/4 cup of rice per pound of meat

Handful of fresh parsley, chopped

1/2 onion per pound of meat

Large head of cabbage per 3 pounds of meat

Tomato mixture- 1 cup of liquid per pound of meat. Use mixture of canned chopped tomatoes or puree, and cans of tomato sauce or tomato paste and water. 1 Bag of sauerkraut per 3 pounds of meat

Brown sugar

White sugar

Several cloves of garlic

Caraway seeds

**INSTRUCTIONS**

Bring rice to a boil and cook 2 to 3 minutes, drain and rinse.

Cut off bottom of cabbage. Boil cabbage in 2 to 3 inches of water. Cover. As leaves soften, take out cabbage, peel off soft leaves, then put cabbage back in pot. Occasionally add water so cabbage doesn't burn.

While cabbage is boiling, mix meat, salt, pepper, eggs, rice, parsley and onion in large bowl. Form balls of meat about the size of a large egg.

As the cabbage leaves soften and you are able to pull them off, cut the larger leaves in half and wrap a ball of meat in a leaf of cabbage. Smaller leaves do not need to be cut down. Set aside until all meat is wrapped. Cut up any remaining pieces of boiled cabbage and set aside.

Make your tomato mixture.

Layer bottom of baking dish or roasting pan with some of the left over cabbage, brown sugar, caraway seeds, cut up garlic cloves, tomato mixture, salt, and pepper. Put down a layer of pigs. Alternate layering between mixture, pigs, and sauerkraut until all pigs are in. The last layer should be the mixture, and instead of brown sugar, use white sugar for this layer.

Cook in preheated 350-375 oven, covered for 2 1/2 hours. Crock pot, 1 hour on high, then turn down to low and simmer for several hours.

**STORY OF RECIPE**

Old family recipe from my mom's family

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 2.5hr

NAME	FROM	AGE	SERVES
Lydia Meeks	United States	33	4-6

TITLE

## AUNT MAMIE'S CRAB IMPERIAL



goodfoodgourmet.com

### INGREDIENTS

1 lb back fin crabmeat, blue crab is best  
 1/2 one medium green pepper  
 1/4 c. butter unsalted if possible  
 1 c. milk  
 2 tsp. flour  
 1/2 tsp. Worcestershire sauce  
 1 tsp. celery seed  
 1/8 tsp. Cayenne Pepper  
 1/2 tsp. Ground Mustard  
 pinch of salt if desired

### INSTRUCTIONS

Melt Butter in saucepan  
 Add green pepper and flour and stir until smooth  
 Add milk, Worcestershire sauce, celery seed, Cayenne Pepper, Ground Mustard and pinch of salt if desired.  
 Stir until smooth and remove from heat.  
 Fold in crab  
 Place in shallow oven safe dish and broil until bubbly.  
 Serve with crostini, crackers or crusty bread.

### STORY OF RECIPE

This recipe has been in my family for about 70 years.  
 My Great Aunt Mamie did not like mayo and this was her version of imperial.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 30-40min

NAME	FROM	AGE	SERVES
Jordon	USA	25	15–20

#### TITLE

## COLORADO CHIMICHANGAS



#### INGREDIENTS

3-4 lb Chuck Roast  
2 Cans Mild Green Chilis  
Seasonings to Taste:  
Oregano  
Garlic  
Onion Powder  
Salt and Pepper  
2-3 4oz Cans Chopped Roasted Green Chilis  
1 Jar Favorite Salsa  
1 Onion, Finely Diced  
15 - 20 Large Tortillas (Use Corn for Gluten Free)

#### *Top with:*

Diced Tomatoes  
Chopped Lettuce  
Refried Beans  
Green Chili  
Shredded Cheese  
Sour Cream Fresh Cilantro

#### STORY OF RECIPE

A family favorite that we use for camping, large gatherings and any other night!

#### INSTRUCTIONS

Seasoning the roast with the following to taste – oregano, garlic, onion powder, salt and pepper

Brown the roast in pan on top of stove, on medium high heat. Transfer to a crock pot and cook on low for 6-8 hours with the mild green chilies and seasonings until the meat is tender and falls apart easily. Remove from pot, let cool, and then shred the beef, discarding the pockets of fat.

Placed shredded beef in large saute pan on top of stove on medium heat.

#### *Add:*

2-3 4 oz cans of chopped roasted mild green chilies  
1 jar of your favorite salsa  
1 onion, finely diced  
Salt and pepper to taste

Simmer for about 15 minutes. Let stand to cool slightly. In a deep pan pour corn oil 1/2 inch deep. Heat to medium high, not quite boiling. Take the large flour tortillas, add approximately half a cup of meat mixture down the center, fold sides and ends to seal. Carefully place in hot oil (it should sizzle) for a few minutes, until golden brown. Turn over and continue to fry until other side is also golden in color. Remove with slotted spoon, place on paper towel covered tray to cool and drain.

(At this point the chimichangas can be served with toppings to be eaten or, once cooled completely, they can be wrapped in plastic wrap and put into Ziploc freezer bags and stored in the freezer for up to 3 months. If frozen, place in oven for 20 minutes at 400 degrees.)

Top with diced tomatoes, chopped Lettuce, refried beans, green chili, shredded cheese, sour cream, fresh cilantro.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

#### PREPARATION TIME

> 1hr

#### COOKING TIME

> 8hr

**'I INVENTED  
THIS DISH SO  
MY WIFE  
WOULD START  
EATING LAMB'**

NAME

Peter Gorges

FROM

Germany

AGE

49

SERVES

2

## TITLE

**PERFECT BOLOGNESE WITHOUT MEAT**

Peter Gorges

**INGREDIENTS**

200 g Pasta (personally recommended: Rigatoni)  
 300 g Tofu, dry-squeezed and small-crumbled by hand  
 50 ml olive oil  
 2 tablespoons of tomato paste  
 2 onions, chopped  
 1 garlic clove, chopped  
 150 ml dry red wine (cheap is fine, don't waste your Chateau Petrus)

*For the "Ketchup":*

400 ml Tomato Puree  
 dash of clove powder  
 1 Tablespoon of sea salt  
 2 tablespoons of brown sugar  
 2 tablespoons of Balsamico Bianco  
 ground pepper  
 2 handfuls of basil leafs, chopped

**INSTRUCTIONS**

Prepare the "ketchup" by mixing ingredients, put aside  
 Chop basil leafs (I put them in a cup and chop them with kitchen scissors)

*Bolognese:*

Heat olive oil in a frying pan  
 Add Tofu crumble, stir, let fry for a minute and repeat until Tofu is caramel-brown (or darker)

Add chopped onions and garlic, stir for another 4 minutes until onions are glazed

Add tomato paste and stir thoroughly for another 2 minutes

Add red wine, stir fry for another 4 minutes

Add "ketchup" and let the Bolognese simmer on low heat.

Cook the Rigatoni (or your preferred Pasta) al dente (shorten cooking time by putting them into boiled salt water when you add the tomato paste to the Bolognese)

Put the Bolognese sauce over the hot Pasta, top off with Basil, serve and enjoy!

Add Parmesan or yeast flakes (vegan) to your liking!

**STORY OF RECIPE**

Refined result of a personal experiment: Develop a Bolognese that even carnivores can't tell from the original. Telling from carnivore feedback: Mission accomplished. Veg(etari)ans love it too!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 10min

COOKING TIME

&gt; 20min

NAME

Alex Broque

FROM

United States

AGE

37

SERVES

4–6

## TITLE

**SRIRACHA BROWN BEER LAMB CHILI**

Alex Broque

**INGREDIENTS**

- 2 lbs boneless lamb shoulder
- 3 medium sized jalapenos
- 1 bunch scallions
- 1 medium white onion
- 28 oz of chopped plum tomatoes
- 8 cloves garlic
- 1 12oz bottle of favorite brown beer (Leffe for example)
- 4 cups beef stock
- 1 ~15oz can of red kidney beans (ideally unsalted)
- 1 ~15oz can of black beans (ideally unsalted)
- 1/4 cup safflower oil
- 4 tbsp sriracha
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp powdered ancho chilis

**INSTRUCTIONS**

- 1) trim excess fat off lamb, break down to 1 inch cubes; medium dice onion, small dice jalapenos and scallions (medium dice tomatoes if whole)
- 2) combine oil and spices in stock pot, heat on medium high
- 3) mince garlic and add to heated chili base, cook for 1 minute
- 4) brown lamb in chili base for at least 10 minutes; then add diced vegetables to pot, mix & cover to sweat them out for 15 minutes
- 5) add in beer & stock, bring to boil then reduce to simmer for 90 minutes, occasionally stirring to ensure nothing sticks to bottom of pot, uncovered
- 6) add rinsed and drained beans, continue simmering for another 30 minutes
- 7) serve!

**STORY OF RECIPE**

Never a fan of chili “sides” at restaurants or from cans. Love cooking & eating lamb, and eating chili and drinking beer. Simply combined all 3 things!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20–30min

**COOKING TIME**  
> 150min

NAME	FROM	AGE	SERVES
Matthew Walter	United States		4

**TITLE**

## DECADENT SPAGHETTI AND MEATBALLS

**INGREDIENTS**

2 medium yellow Onions, diced  
8 cloves of Garlic, minced  
1/2 cup Olive Oil  
4 oz Prosciutto, cubed  
1 lb of ground Pork, Beef, and/or Veal  
10 oz hot Italian Sausage removed from the casings  
1/3 cup of Breadcrumbs  
1 Egg, large  
1/4 cup Romano cheese  
Pinch of ground Nutmeg  
1 tsp of dried Oregano  
1 tsp of dried Basil  
4 Tbsp Tomato Paste  
15oz Tomato Sauce  
64oz canned Whole Tomatoes, crushed by hand  
Pinch of ground Cinnamon  
Pinch of ground Cayenne Pepper  
1 Tbsp Honey (optional)  
16oz Dried Spaghetti  
Salt and Pepper

**INSTRUCTIONS**

Warm the olive oil in a large pan and add the onions. Cook over light heat until the onions are translucent. Add the garlic and continue cooking over light heat for two more minutes. Strain the mixture, and separately reserve the oil and the onion/garlic mixture for later use.

Place the prosciutto in the food processor and pulse until a paste forms.

Combine the prosciutto, ground meat, sausage, breadcrumbs, egg, cheese, 1/3 of the cooked onion/garlic mixture, nutmeg, half of the basil and half of the oregano in a bowl. Add salt and black pepper to taste. Combine until the mixture comes together. To check seasoning, cook a small amount of the mixture in a pan. Taste and adjust seasoning to your liking.

Form small meatballs from the mixture, with each meatball being about 1 Tbsp of mixture.

Place a tablespoon of reserved olive oil into a pan and cook the meatballs in batches over medium heat until cooked through. Deglaze the pan with water after each batch, reserving the glaze and adding another tablespoon of olive oil for each successive batch.

In a medium pot, add the remainder of the onion/garlic mixture and the tomato paste and cook for a few minutes over medium heat. Add the tomato sauce and crushed tomatoes, leaving behind as many seeds as possible. Add the remaining oregano and basil, the cinnamon, cayenne, bay leaf, meatballs and reserved glaze. Season to taste with salt and pepper and cook at a bare simmer for 15 minutes to one hour until the sauce reaches a consistency thick enough to coat pasta. If the sauce is more acidic than you'd like, adjust by adding honey to taste.

Cook the dried spaghetti per package instructions and strain.

Serve the sauce and meatballs on top of the spaghetti. Grate additional cheese if desired to serve with the final dish.

**STORY OF RECIPE**

Spaghetti and meatballs is a common dinner for me. This recipe came about as a way to make a more special version than I'd typically prepare.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 45min

**COOKING TIME**

> 45min

NAME

Mooph

FROM

United States

AGE

38

SERVES

2-4

## TITLE

**NO SPECIAL NAME STUFFED PORK CHOPS****INGREDIENTS**

- 4 pork chops
- 4 slices of bread
- 2 Tbsp butter
- 1 medium onion
- 3 stalks celery, diced
- Black pepper to taste
- ½ tsp thyme leaves
- 1/8 tsp rosemary leaves
- Pinch of garlic powder
- 1 cup Reisling
- 1/3 cup dehydrated cherries
- Parsley
- Salt + pepper
- 2 Tbsp olive oil

**STORY OF RECIPE**

First made this under pressure in Japan without knowing any of the ingredients I used. Since, I've been trying to duplicate that first delicious accident. This is my current version.

**INSTRUCTIONS**

For stuffing: Put bread directly on the rack in the oven. Cook until bread becomes slightly crisp. Cut each slice of bread into ½ inch strips. Turn strips and cut into ½ inch pieces. Put stuffing in bowl.

In frying pan, melt butter. Add onion and celery. When the onion starts to look translucent, add black pepper, thyme, rosemary and garlic powder. Stir well. Add half of the wine and let simmer until some of the liquid is absorbed. Pour onion and celery mixture over the stuffing and stir well. Add remaining wine and cherries and stir well. Make sure all bread is coated.

Using a sharp knife, slice pockets into chops by slicing horizontally into the side, and almost through to the other side (or optionally to the bone if using bone in). Fill chops. (A pastry bag may make this easier, but is not necessary.)

Sprinkle chops with salt, pepper and parsley. Heat olive oil in a frying pan. Place the pork chops in the pan and sear both sides. Place the chops in a baking pan sprayed with cooking oil. Place left over stuffing in pan. Bake at 350 for 30-40 min.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 40min

NAME

Howard Cowan

FROM

USA

AGE

71

SERVES

4

## TITLE

**MRS TURNER'S CLAM POT PIE****INSTRUCTIONS**

Fry salt pork until light brown.  
 Add onions and fry until brown  
 Add liquid and potatoes.  
 Cook until potatoes are done.  
 Add clams and heat through.  
 Add more pepper if needed. (I remember tasting a lot of pepper and it was good.)

When boiling top with dumplings. Salt and pepper dumplings. Cover and cook 12 minutes.

**INGREDIENTS***Pot Pie*

1/4 lb Salt Pork (cut) pepper  
 1 cup onions chopped  
 3-1/4 cups liquid (water and clam juice) may need more later  
 9 medium potatoes  
 1 cup ground clams - more to taste

*Dumplings:*

3/4 cup flour  
 1-1/2 teaspoons baking powder (Royal)  
 1/8 teaspoon salt  
 1-1/2 tablespoons bacon fat  
 1/4 to 3/8 cup milk.

**STORY OF RECIPE**

Our next door neighbor, Mrs Turner made this when we visited their cabin near Egg Harbor NJ. Clams were fresh from the bay. The recipe is over 100 years old.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 20min

NAME

samanthabenegarfield@gmail.com Berlin, Germany

FROM

AGE

26

SERVES

4-5

## TITLE

**LAMB & STONE FRUIT STEW W. POLENTA****INGREDIENTS**

*For the lamb and stone fruit stew:*

- 1 1/2 tablespoons olive oil
- 1 kg leg of lamb with bone in
- 1 marrow bone
- 1 large white onion, diced
- 1 teaspoon ginger, minced
- 1 cup red wine
- 2 tbsps chopped fresh thai basil, separated
- 1/2 dried ancho chile
- 1 small dried piquin pepper
- 1/2 tsp cocoa powder
- 1 tsp brown sugar
- 1 tbsp cinnamon
- 1/4 cinnamon stick
- 1/2 tsp dried thyme
- pinch of caraway (seed or ground)

*Ingredients continued on next page...*

**INSTRUCTIONS**

To start the lamb stew, first clean up the leg of lam (trim fat, and cut it into large cubes). Save the bone. Heat olive oil in a large pot on high heat and add the cubed meat to brown on all sides.

When browned, remove from pot and discard excess oil. Add onion and ginger to pot and cook until soft. Add the wine to deglaze.

Add cubed lamb back in, and this time add the lamb bone and marrow bone as well. Add water to cover and bring to a rolling boil.

Lower the pot to a simmer and add all remaining ingredients but the tomato, peas, and 1 tbsp of the thai basil. Cook covered for about an hour, then uncover and cook another 1.5 hours.

Take off the heat to cool a bit. Then skim the fat from the top of the stew and remove the bones - you can eat the marrow as a cook's treat.

Bring stew up to a boil again to reduce the remaining liquid. When you're happy with the texture, add the tomatos and peas for color and freshness before serving. Remove the stew from heat and let sit.

While the flavors in the stew settle a bit, start the quick polenta. Bring the water and milk to a boil together in a large pot and immediately add the bouillon and olive oil. Add polenta and whisk on high heat, non-stop, until all the liquid is dissolved. Remove polenta from heat, add salt and pepper to taste and add the cheese.

Spread a ladle of polenta on the bottom of a bowl and ladle the stew over. Garnish with the remaining tablespoon of thai basil.

**STORY OF RECIPE**

My mother cooks the best fork-tender brisket with dried stone fruit, and my boyfriend (who's half-Pakistani) is obsessed with lamb. Lamb gets the brisket treatment here, with a Spring touch.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 1hr

**COOKING TIME**  
> 2-3hr

NAME

samanthabenegarfield@gmail.com Berlin, Germany

FROM

AGE

26

SERVES

4–5

TITLE

## LAMB & STONE FRUIT STEW W. POLENTA

### INGREDIENTS CONTINUED

- 1 tsp tomato paste
- 5 dried apple slices
- 10 dried apricots
- 3 fresh plum tomatoes, deseeded and chopped roughly
- 1 cup fresh or frozen peas

*For the polenta:*

- 2 cups water
- 1 cup milk
- 1 tsp chicken or beef bouillon
- 1/2 tbsp olive oil
- 1 cup polenta
- 1/2 cup edamer cheese, grated
- salt and pepper to taste

NAME

Anthony Lynch

FROM

Germany

AGE

34

SERVES

4

## TITLE

**TACOS AL PASTOR****INSTRUCTIONS**

Cook the chilis for about 5 minutes until they are soft. Throw all the marinade ingredients into your blender and liquefy everything. Pound the meat to a thickness of approximately 1/4 inch. Marinade the meat overnight or at least for 8 hours. Now Grill the meat for about 2 minutes on each side roast the pineapple slices for maybe 5 minutes on each side. Then cut the meat and pineapple slices into small pieces and serve both on the tortillas with thinly sliced green onions, some cotija cheese, quartered limes, fresh cilantro and some green tomatillo salsa.

**INGREDIENTS**

2 lb. pork butt

*Marinade:*

1 small pineapple (2/3 sliced, 1/3 diced)  
 4 tbs. condimento balsamico bianco (white wine vinegar)  
 1 spanish onion (roughly chopped)  
 3 Guajillo Chilis (remove stem and seeds)  
 2 Ancho Chilis (remove stem and seeds)  
 2 Chipotles in adobo sauce  
 2 garlic cloves (halved)  
 1 tomato (roasted)  
 1/2 cup mango juice  
 1 tsp. cumin, 1 tbsp. oregano  
 1 pinch of smoked salt

*Serve with:*

12 corn flour tortillas  
 4 green onions  
 some cotija cheese  
 2 limes  
 1 bunch of fresh cilantro  
 1 cup of green tomatillo salsa

**STORY OF RECIPE**

There is no story. I just love Mexican food.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 720min

**COOKING TIME**  
> 35min

NAME	FROM	AGE	SERVES
Eric B.	United States of America	27	5–6

#### TITLE

## CHILI



#### INGREDIENTS

1 lb of ground beef  
 1 Can of Tomato Juice From Concentrate  
 1 Can of Light Red Kidney Beans, drained  
 1 Can of Dark Red Kidney Beans, drained  
 1 Can of Red Beans with Chili Sauce  
 1 Can of Corn, drained  
 1 Can of Rotel  
 1 Packet of Chili Seasoning (or tablespoon of chili powder and cumin)  
 1 Green Pepper, diced  
 1 Half Onion, diced  
 4 Jalapenos, diced  
 (optional) Sour Cream  
 (optional) Shredded Cheddar Cheese  
 (optional) Fritos chips

#### INSTRUCTIONS

1. Brown ground beef in a skillet, drain grease.
2. Chop up green pepper, onion, and jalapenos, set to the side.
3. Pour tomato juice into a 4 quart crock pot. Pour in packet of chili seasoning and mix it in.
4. Drain kidney beans and corn. Add them to the crock pot and mix them in.
5. Add the ground beef, Rotel, and diced vegetables. Mix everything together.
6. Put the lid on the crock pot and turn on to low. Cook for 4 - 5 hours. Turn on high 30 minutes before serving.
7. (Optional) Add cheddar cheese, Fritos, and some sour cream for loaded chili.

#### STORY OF RECIPE

This is my dad's chili recipe with a few twists of my own.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 300min

NAME

Mollvi

FROM

USA

AGE

28

SERVES

2

## TITLE

**ASIAN BACON SANDWICH****INGREDIENTS**

- 12 slices thin cut bacon
- 3 Tablespoons sweet soy sauce
- 2 demi baguette
- 2 thinly sliced radish
- 1 thinly sliced red jalapeño
- 1 avocado, sliced
- 2 Tablespoons mayo
- 1 Tablespoon Sriracha
- 4 sprigs cilantro

**INSTRUCTIONS**

Preheat oven to 375° Fahrenheit. Arrange bacon slices on cookie sheet lined with parchment paper. Cook bacon in oven for 5 minutes or until the fat is just starting to render. Using a pastry brush liberally coat bacon with the sweet soy sauce. Return the bacon to the oven and cook another 5-7 minutes or until desired crispiness levels are reached. Let cool. Mix together the Sriracha and the mayo. (You can always add more Sriracha if you like things on the spicier side.) Slice open the baguettes and spread a layer of the spicy mayo on each surface. Layer the radish, bacon, jalapeño, avocado, and cilantro on the bread. Wrap the entire sandwich in foil and place under a weight for 15 min. (This can be done with a cold Panini press, or even underneath a pan with a couple of soup cans in it) Unwrap, slice in half, and enjoy!

**STORY OF RECIPE**

This sandwich was developed because of my love for sweet soy sauce. And of course bacon.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Urban Rajah	England	43	4

TITLE

## BEEF BUGHELA FROM SOUTH PAKISTAN



Beef Bughela from Urban Rajah

### INGREDIENTS

- 1kg stewing beef, chopped
- 2 medium onions, finely sliced
- 3 garlic cloves, chopped
- 3 green chillies, chopped
- 5cm fresh root ginger, peeled and sliced into matchsticks
- 1 tsp ground garam masala
- 2 tbsp medium curry powder
- 1 tsp ground coriander
- 2 tbsp whole garam masala (2 tsp cumin seeds, 1 tsp cloves, 2 tsp teaspoon whole coriander, 1 tsp whole pepper)
- 2 tbsp olive oil
- 500g whole natural yoghurt, fork-whipped
- Big scooped handful of fresh chopped coriander

### INSTRUCTIONS

This method of cooking relies on the balance of water and spice. It's an unusual way of measuring water quantities but as pot sizes vary it's best to follow this traditional technique.

Put the beef in a large pot and mark out 5cm above the height of the beef. Remove the beef and fill the pot with salted water up to the measured point. Bring the water to the boil and add the beef (really important – do not brown it or you'll screw the dish up). Continue boiling on a medium heat until all the yucky foam reaches the surface, scooping it off with a slotted spoon until the water is clear, then boil for a further 30 minutes. Throughout the process, leave the pot uncovered – you're looking to produce an intense, reduced sauce.

Slide in the onions, garlic, chilli and ginger and cook for 30 minutes on a low heat; the water will reduce a little. Gently stir. Add the ground garam masala, curry powder and ground coriander and cook for a further 30 minutes. It takes a while but stick with it.

Drop in the whole garam masala and cook for 20 minutes, then

Incrementally add the whipped yoghurt tablespoon by tablespoon, stirring gently each time, making sure it's assimilated and doesn't curdle and get gritty. Keep stirring, then add a glug of oil until it rises to the top and the curry looks silky. The beef should be tender and almost flaky. Lastly, add the chopped coriander and stir in. It'll finish off the curry beautifully.

### STORY OF RECIPE

This recipe from my book, Urban Rajah's Curry Memoirs comes from Sindh, Pakistan. The area takes its name from the Indus river, this connection with water that inspired this method.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 120min

NAME	FROM	AGE	SERVES
Alex Hambrock	USA	23	4–5

TITLE

## GRANDMA SUE'S SLOPPY JOES



Dulcer Cuisine

### INGREDIENTS

For each pound of ground beef you will need:

- 1 cup Ketchup
- 1 cup water
- 1 medium onion - chopped finely
- 3 Tablespoons white vinegar
- 3 Tablespoons brown sugar

### INSTRUCTIONS

Mix the ketchup, water, onion, vinegar, and brown sugar in a saucepan and cook, uncovered, on medium heat until onions are tender and transparent. The mixture will cook down significantly and thicken and will change color from ketchup red to barbecue sauce brown. Stir often to keep mixture from scorching.

While the ketchup mixture is cooking, brown the ground beef and season liberally with salt and pepper. Break up the beef into the smallest pieces you can while cooking. A wooden spoon works well for this.

Once the ketchup mixture has cooked down - usually at least an hour - add the browned beef to it and mix thoroughly.

Serve while warm on hamburger buns.

Sloppy Joe mixture can be stored in the refrigerator for at least a week and frozen for at least 6 months.

### STORY OF RECIPE

These delicious ground beef sandwiches were a staple of my childhood. While there are many Sloppy Joe recipes, this particular one has a smooth consistency and balance of flavors.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 1hr

NAME

Jarrah Muller

FROM

Australia

AGE

30

SERVES

4

## TITLE

**PUMPKIN AND GINGER SOUP****INSTRUCTIONS**

Heat butter / oil in a 2 L saucepan  
Chop onion, lemon grass, chilli and ginger

Chop carrot and pumpkin  
Sauté onion and herbs for approx. 2 minutes until onion has softened

Add pumpkin, carrot and stock, and simmer for 20 minutes

Blend or mash the soup to remove lumps (Be careful!  
It's hot!)

Stir through optional coconut cream for a creamier soup  
Garnish with coriander

**INGREDIENTS**

- 1 tbsp butter or oil
- 1 onion
- a small piece of ginger (approx. 3-4 cm long)
- 1 fresh chilli (red or green)
- 1 tbsp chopped lemon grass
- 500 g pumpkin
- 1 carrot
- 500 g chicken or vegetable stock
- 2 tbsp coconut cream (optional)
- 1 tbsp shredded coriander leaf (optional)

**STORY OF RECIPE**

A great recipe to spice up your cold winter nights.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 30min

NAME

Rachel and John

FROM

USA

AGE

SERVES

4

## TITLE

**CHICKEN AND DUMPLINGS****INGREDIENTS**

- 1 lb chicken breasts
- 8 cups chicken broth, divided
- Salt
- Pepper
- 1 ½ cups all-purpose flour
- 2 tsp. baking powder
- ¾ tsp. salt
- 3 tbsp. shortening or canola oil
- ¾ cup milk
- Prepared mashed potatoes (optional)
- Hot sauce (optional)

**INSTRUCTIONS**

Place chicken into a crock pot and add enough chicken broth to cover. Cook on low for ~4 hours or until chicken is easy to shred. Remove chicken from crock pot and place in a large pan. Season with salt and pepper, add remaining chicken broth to the pan, and bring to a boil.

Meanwhile, measure flour, baking powder, and salt into bowl. Cut in shortening thoroughly until mixture looks like meal. Stir in milk.

Drop dough by the spoonful onto boiling chicken (~8-10 dumplings). Cook uncovered 10 minutes. Cover; cook about 10 minutes longer or until dumplings are fluffy.

We like to serve this on top of mashed potatoes. We also like to add hot sauce on top. Enjoy!

**STORY OF RECIPE**

Originally enjoyed by my family in the cold winters of the American Midwest, this recipe tastes like home no matter where you make it.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 270min

NAME	FROM	AGE	SERVES
Ron & Pearl Clough	USA	44	4-6

## TITLE

## MOM'S TUNA CASSEROLE

Pearl Clough



## INGREDIENTS

1/2 Cup Butter or Margarine  
1 Cup Flour  
1 1/2 Cups Milk  
1 Lb. Velveeta Cheese  
1 Lb. Egg Noodles  
2 Cans of Tuna  
1/2 Cup Mayonnaise

## INSTRUCTIONS

Preheat oven to 350 degrees. Boil egg noodles until desired tenderness is reached and drain. Melt the butter in the microwave or stove, and stir in the milk and flour until it is a smooth consistency. Add in two to three slices of the Velveeta cheese into the milk mixture and heat and stir for a couple more minutes at a time until the cheese is melted and it is all a smooth consistency. Leave the remaining Velveeta aside for the top of the casserole later. Add the cheese sauce mixture to the egg noodles and stir it in to coat all of the noodles. Place half the noodles in a casserole dish, and spread evenly over the entire bottom. Mix the tuna and Mayonnaise together and spread in a layer over the noodles. Add the last of the noodles as the top layer, and add the remaining cheese slices to cover the top of the casserole. Lastly, put the casserole into the oven until the cheese melts (about 10 minutes). Allow to cool for a couple minutes before serving.

## STORY OF RECIPE

Tuna Casserole. It's not just for the middle of the work week anymore! This is my Mom's awesomely cheesy recipe that you'll love to eat any time.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME  
Christine Archilla

FROM  
United States

AGE  
23

SERVES  
3–4

TITLE

## CRUNCHY CHICKEN WRAPS



### INGREDIENTS

- 2 boneless, skinless chicken breasts (about 1 pound)
- 1 1/2 cup of panko (Japanese breadcrumbs)
- 1/3 cup grated Parmesan
- Salt and pepper
- 1 tablespoon oil
- 1/2 cup all purpose flour
- 3 large eggs, beaten

#### Toppings:

- 1 cup shredded cheese
- Tomatos
- Red onion
- Lettuce
- Flour tortillas (You can use whole wheat too)

#### Honey Mustard Dip: (double the recipe for more)

- 3 tbl Dijon Mustard (Hellmans Dijonaise makes the dip creamier)
- 2 tbl Mayo
- 2 tbl Honey

### INSTRUCTIONS

1. Preheat oven to 400 degrees. Place the panko breadcrumbs on a sheet pan and toast in the oven for about 6-8 minutes until the crumbs are golden brown.
2. Once the crumbs are toasted, remove from pan and place into a bowl; mix in parmesan cheese, salt and oil.
3. Increase the temperature of the oven to 450 degrees.
4. In two separate bowls, place the flour in one and the beaten eggs in another.
5. Cut the chicken breasts into 2-inch pieces.
6. Coat the chicken pieces in the flour until completely covered and shake off excess flour.
7. After coating the chicken with flour, dip them into the egg (shake off any excess egg from the chicken)
8. The final coating step is to place the chicken pieces into the panko mixture until completely covered.
- Complete this coating process in batches to speed up the process!
9. Place the breaded chicken onto a lightly oiled pan and bake in the oven for about 12 minutes (flip chicken halfway of the baking time).
10. Build your wrap: Add any toppings you like (Honey mustard dip ingredients above - just mix together)

### STORY OF RECIPE

This baked chicken recipe is a healthy option instead of frying. The panko breadcrumbs make it crunchy and delicious. This recipe is also great for chicken nuggets!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 18min

NAME  
Christine Archilla

FROM  
United States

AGE  
23

SERVES  
5–6

TITLE

## HOMEMADE POTATO GNOCCHI



### INGREDIENTS

- 2-3 pounds russet or baking potatoes (about 6)
- 1 3/4 cups all-purpose flour, plus more for dusting
- 1 egg, beaten
- Salt

### INSTRUCTIONS

1. Begin by cooking potatoes until tender (about 35-40 minutes)
2. Once the potatoes have finished cooking, drain them and peel while still hot.
3. Mash the potatoes or pass through a ricer onto a floured work surface to let cool.
4. Sprinkle potatoes with flour, salt, and top with egg. Mix everything with your hands and work into a dough. (Knead dough until smooth and continue to dust with flour if it's too sticky. Do not overwork dough.)
5. Separate the dough into 4 equal parts to make it easier. Roll out the dough into a rope and cut out little 1/2 inch pieces. (Repeat with all parts)
6. Roll each dough piece against the back of a fork to make ridges.
7. Add gnocchi's (in batches) to a pot of boiling water and cook until they float up to the top. Remove from water and let rest on a separate dish with some oil so they don't stick.

Top with your favorite sauce and you're ready for lunch/dinner!

### STORY OF RECIPE

Every 29th of the month my family would get together and make some delicious gnocchi's. Thanks to my wonderful grandmas recipe everyone can!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 50min

COOKING TIME  
> 50min

NAME

Yoav Aviram

FROM

Israel

AGE

32

SERVES

4

## TITLE

**A TASTY THING IN THE OVEN****INGREDIENTS***Dough:*

- 1 kg flour
- 50 g yeast
- 1 1/4 cup water
- 2 tsp sugar
- 1 1/2 tsp salt

*Stuff:*

- 1 medium eggplant
- 2-3 tomatoes
- 3-4 onions
- 2-5 medium potatoes
- 2 zucchinis (optional)
- 5-6 eggs (optional)
- 1 good salami sausage (optional)

*Extras:*

- Salt & pepper
- Olive oil
- 1 egg (optional)
- Cheese - Emmental, or whichever you like (optional)

**STORY OF RECIPE**

Basically, it's a sort of ratatouille inside a calzone. Everything from your fridge that you can cut into round slices is pre-heated, and stuffed inside a rolled dough. YUM!

**INSTRUCTIONS***Dough:*

Mix everything together, until you get a solid mass that's not too sticky. You can always add more water/flour if needed.

Put into a bowl, cover with a towel and leave it to rise for 1-2 hours. Knead and return to the bowl for another hour.

*Stuff:*

Basically, cut everything into thick slices (about 1/2 to 1 cm thick) and pre-heat:

Wash and boil the potatoes for about 15-20 mins. Boil the eggs (you can add them to the potatoes after 10 mins or so, to save cooking time). Peel the potatoes and the eggs, and slice them.

Cut the eggplant into thick slices, and sprinkle some salt on it (to sip out the bitterness). Leave it for about 15 mins, and wash.

Cut the other vegetables and the sausage into slices. Heat them in an oven with some olive oil (like antipasti) for about 20 mins in medium-high heat, or fry on a pan with some olive oil. Either way, the onion and eggplant need to be golden, and the sausage crisp.

*Putting it together:*

Split the dough into 2 balls, sprinkle some flour and roll them out. These will be the two calzones.

On 1 half of each calzone, put the sliced "stuff" in rows: A row of eggplants, next to it (and slightly on top) a row of eggs, a row of sausage and so on. Leave some margins on the sides, so you'll be able to close the calzone.

Add salt and pepper and sprinkle some cheese. Fold the empty half of dough on the "stuff", and press hard on the dough margins, so they stick together.

With a fork, press a few holes into the dough. You can also brush some egg on top of the dough, to give it some color.

Put in the oven, medium-high heat, for about 20 mins. Cut each calzone in half, and serve.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

&gt; 60min

**COOKING TIME**

&gt; 20min

NAME

Matt G

FROM

United States

AGE

SERVES

4–6

## TITLE

**PORK GREEN CHILE****INGREDIENTS**

1 pound of pork shoulder diced into 1 inch cubes  
 1 tablespoon of vegetable oil  
 1 pound of roasted and peeled green chile peppers diced into  $\frac{3}{4}$  inch cubes. You can roast peppers on a grill or broiler until they start to blacken, put them in a plastic container to steam, and remove the skins once the peppers are cool enough to handle.  
 1 medium onion diced into  $\frac{1}{2}$  inch pieces  
 2 small tomatoes, diced into  $\frac{3}{4}$  inch pieces. You can peel them first if you like.  
 2 cloves of garlic minced  
 32 ounces of chicken broth  
 Salt to taste

**INSTRUCTIONS**

1 pound of pork shoulder diced into 1 inch cubes  
 1 tablespoon of vegetable oil  
 1 pound of roasted and peeled green chile peppers diced into  $\frac{3}{4}$  inch cubes. You can roast peppers on a grill or broiler until they start to blacken, put them in a plastic container to steam, and remove the skins once the peppers are cool enough to handle.  
 1 medium onion diced into  $\frac{1}{2}$  inch pieces  
 2 small tomatoes, diced into  $\frac{3}{4}$  inch pieces. You can peel them first if you like.  
 2 cloves of garlic minced  
 32 ounces of chicken broth  
 Salt to taste

**STORY OF RECIPE**

This one is a good basic green chile recipe that my family has been making and sharing with friends for over 50 years.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 75min

NAME	FROM	AGE	SERVES
Sharon Cuslidge	United States	54	8

TITLE

## BALSAMIC CHICKEN PASTA SALAD



### INSTRUCTIONS

Cook pasta according to package directions. Drain and rinse in cold water; transfer to a large bowl. Add the chicken, tomatoes, onion, bacon and feta cheese. In a small bowl, whisk the oil, basil, vinegar, brown sugar, garlic, salt and pepper. Drizzle over salad and toss to coat; sprinkle with Parmesan cheese.

### INGREDIENTS

- 16 oz. bow-tie pasta
- 4 cups cubed cooked chicken breast
- 2 cups chopped tomatoes
- 1/2 cup chopped red onion
- 4 bacon strips, cooked and crumbled
- 1/2 cup crumbled feta cheese
- 1 cup olive oil
- 1/2 cup minced fresh basil
- 1/2 cup balsamic vinegar
- 4 tablespoons brown sugar
- 4 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup grated Parmesan cheese

### STORY OF RECIPE

I got the recipe from Taste of Home magazine and made some changes to make it fit my family's taste better.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

COOKING TIME  
> 12min

NAME

Jude Thomas

FROM

Scotland

AGE

14

SERVES

3

## TITLE

**MARINADED FILLET OF TUNA AND SALAD****INSTRUCTIONS**

Firstly boil your potatoes, then mix up the lime juice and paprika in a bowl with some salt and pepper. Place the tuna in the bowl and coat the fillets in the mixture. Now either put the tuna in the oven for 5 minutes or griddle for a few minutes on each side (I prefer using a griddle pan as it gives the tuna a good look to it).

Next slightly mash your potatoes and make up a salad with the rocket, pea shoots and tomatoes. Dress the salad with the olive oil and lemon juice. Serve the tuna on the crushed potatoes and serve the salad along side.

**INGREDIENTS**

Juice of half a lime  
 1/2 tsp paprika (smoked)  
 3 fillets of tuna  
 A bag of rocket  
 Some tomatoes  
 A handful of pea shoots  
 Potatoes for 3 people (depends on the people your cooking for)  
 5 tbsp of olive oil  
 Juice of a lemon

**STORY OF RECIPE**

This is my own take on a few recipes I found lying around the house, it was very quick, simple and enjoyable.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 10min

NAME  
Llorenç Muntaner

FROM  
Spain

AGE

SERVES

2

TITLE

## MACKEREL WITH VEGETABLES



INSTRUCTIONS

Cut in small dices the vegetables and cook them in a large pan with olive oil.

Add salt during cooking.

Add black and cayenne pepper.

When the vegetables are cooked put the fish on the vegetables with the skin the side of the vegetables.

Add some lemon to the fish.

Cook the fish until it is cooked -4 or 5 minutes- with the pan covered.

INGREDIENTS

- 1 red pepper
- 1 zucchini
- 2 carrots
- 1 onion
- 2 mackerels
- Salt
- Olive Oil
- Cayenne pepper
- Black pepper
- 1 lemon

STORY OF RECIPE

The beauty of this dish is that you can use seasonal vegetables, it doesn't need to be the ones listed above. Feel free to cook another fish that you prefer.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Nell Campbell

FROM

England

AGE

21

SERVES

3–4

## TITLE

**SPICY TOMATO RIGATONI BAKE**

Nella Campbell

**INGREDIENTS**

- 400g Rigatoni
- 300g Quorn Mince
- 500g Plum Tomatoes
- 1 Red Onion, peeled and roughly chopped
- 1 Red Pepper, deseeded and cut into chunks
- 1 Courgette cut into chunks
- 1 Red Chili, halved and deseeded
- 150g grated Mature Cheddar Cheese
- A sprinkle of Gran Padano Cheese
- 2 Garlic Cloves Unpeeled
- 1 Tblsp Olive Oil
- 200ml vegetable stock
- Salt and black peppercorns

**INSTRUCTIONS**

1. Preheat the oven to 220C/425F/Gas 7. Toss the tomatoes, onion, red pepper, garlic and red chili together in a large roasting tin with a drizzle of olive oil and roast for 25 minutes until softened.
2. Remove from the oven and squeeze the garlic cloves out of their papery skins. Put the garlic in a saucepan and add the roast vegetables.
3. Pour over the stock, roughly mash all ingredients with a fork to make a rustic sauce and season well! BAM, there you have a tomato and chili sauce that you can use as a base for a variety of dishes!
4. In a separate pan add a dash of olive oil and your courgette chunks/or any other veg you prefer and cook until softened. Then add your Quorn Mince and your freshly made sauce and simmer until the mince are ready (see packaging usually takes 10-15 minutes)
5. Cook your pasta following the guidelines on the packet and then drain well. Add the pasta into the pot containing the sauce and mince and coat all the pasta in the sauce.
6. Finally, place the pasta in a oven friendly dish and sprinkle with the cheddar and a dash of Gran Padano or any cheese you prefer! Place under the grill until the cheese is melted and golden brown. The bake is now ready to serve or to reheat later in the day. Whilst the bake contains lots of veg, I would suggest serving with a side salad and some warm bread.

Hope you enjoy! x

**STORY OF RECIPE**

I've recently become vegetarian and whilst I've found the transition a lot easier than expected, it's sometimes nice to recreate dishes that I previously enjoyed with vegetarian alternatives!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 45min

NAME

Sweeny

FROM

austrlia

AGE

35

SERVES

4-6

## TITLE

**CHICKEN AND VEGETABLE PASTABAKE****INGREDIENTS**

500g pasta (any sort you want. penne is nice, or big shells)  
 300g chicken  
 200-300g cream cheese  
 vegetables of choice (spinach, pumpkin, sweet potato, zucchini, garlic, spring onion all work well), around 600g  
 herbs of choice (depending on your vege choice. I often use rosemary, but basil, oregano and thyme are nice too).  
 1-2 tsp dried, 1-2tbsp fresh  
 stock powder (2-3 tsp, depending on the stock powder, and how salty you like your dish)  
 pepper  
 400g tin of tomatoes

**INSTRUCTIONS**

cook pasta. drain and stir in half the cream cheese  
 chop all the veges and chicken

cook each individually, with a little stock powder, water, garlic and herbs. Can add some of the cream cheese as well.

after each vegetable/meat is cooked, add to the pasta.  
 Stir through well

stir through the tinned tomatoes.

transfer to a baking dish. top with grated cheese if desired

bake at 170C for 30min  
 serve!

this is nice with garlic bread

**STORY OF RECIPE**

I was living in Japan and missing food from home. With so many ingredients not available, this is what I made up for comfort food!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30min

**COOKING TIME**  
 > 30min

NAME

Todd Anderson

FROM

USA

AGE

43

SERVES

4

## TITLE

**CHICKEN SALTIMBOCCA****INGREDIENTS**

- 2 Boneless/skinless chicken breasts
- 4 slices prosciutto
- 2 oz. creamy goat cheese
- 5-6 leaves fresh sage, finely chopped
- 1 sprig rosemary, coarsely chopped
- 2 garlic cloves, finely chopped
- 1/2 cup (118mL) dry white wine (e.g. Chardonnay)
- 2 Tbs. unsalted butter
- pinch of salt and pepper

**INSTRUCTIONS**

Preheat oven to 325° F. Rinse chicken breasts and pat dry.

If the chicken breasts are large and/or thick, slice them in half to create thin cutlets before pounding. This will create 4 servings.

Using a meat mallet, pound the breasts (or halves) to 1/4 inch (.63 cm) thick. Top each breast with one slice prosciutto and spread 1/2 oz. goat cheese over the top. Goat cheese can be substituted with shredded mozzarella or parmesan cheese as an alternative. Sprinkle each breast with the chopped sage, and roll the breast from thick end to thin, securing the roll with toothpicks. Season rolls with salt and pepper as desired.

Melt butter in a saute pan and add chopped garlic and rosemary. Oh, the aroma! Add rolled chicken breasts and saute on medium-high heat about 15 minutes, turning occasionally, until the outside of the breasts are browned and have a nice sear. Add the wine to the pan, cover loosely with foil and place in the oven.

Bake for about 20-25 minutes, basting the breasts with the wine sauce once or twice while cooking. Remove from oven and let stand for 2-3 minutes. Slice the breasts and serve with a favorite pasta or salad.

**STORY OF RECIPE**

Saltimbocca means “jumps in your mouth” in Italian. I think anything rolled with prosciutto and cheese is a winner. This recipe won first place at a local winery cooking competition.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Stephanie Lopes	England	25	2

TITLE

## ZESTY SQUID PASTA



### INGREDIENTS

250g pasta  
1 lime  
1 fresh jalapeño  
1 clove garlic  
250g squid  
1/2 a courgette  
100g tenderstem broccoli  
2 tablespoons olive oil  
1/2 teaspoon each of salt and black pepper  
1 tablespoon grated parmesan cheese

### INSTRUCTIONS

1. Prepare the squid by cutting into thin rings if it is not already prepared.
2. Zest the lime, crush the garlic clove and finely chop the chilli (use less or more depending on how spicy you like your food). Cut two slices from the lime. Set all of this aside for later.
3. Finely chop the courgette and broccoli and set aside for later.
4. Start cooking the pasta.
5. Once there is 8 minutes left for the pasta to cook, heat a frying pan, pour in the olive oil and add the lime zest, garlic and chilli. Cook this for one minute.
6. Add the courgette and broccoli to the pan and cook until tender (about 5 minutes).
7. Add the squid to the pan and cook for 2 minutes. Ensure squid is hot. Season with salt, pepper to your taste and lime juice from the unsliced portion of the lime. Remove from the heat.
8. Drain the pasta and toss with the squid sauce. Plate up and garnish with the lime slices and parmesan cheese.

### STORY OF RECIPE

A twist on a recipe which I learned on a trip to Washington DC. This is a great summer recipe, fresh, tasty and healthy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 10–15min

NAME

Kate

FROM

USA

AGE

33

SERVES

4

## TITLE

**FEEL BETTER CHICKEN BROCCOLI SOUP****INGREDIENTS**

- 1 quart chicken broth
- 1 cup water (optional)
- 3 cloves of garlic
- 2 inch piece of ginger
- 1 small onion
- 1 bunch of broccoli (or to taste)
- 2-3 chicken breast halves
- 3-4 cups cooked rice
- soy sauce to taste

**INSTRUCTIONS**

Pour chicken broth and water(optional) into the bottom of a large seamer pot. Turn the pot to high. Smash garlic and add to broth. Slice the ginger and add to pot. Slice the onion into thin wedges and add to pot. While broth comes to a boil is a good time to cut the broccoli into small florets and place into the steamer basket. Slice chicken breasts on the diagonal in about 1/4 inch thick pieces. Add chicken to the broth breaking up with slotted spoon. Let cook 4 minutes. Place the steamer basket onto pot. Cover and steam 3-4 minutes depending on desired doneness of the broccoli.

To serve place 1/2 - 1 cup rice in the bottom of a deep bowl. Top with chicken and broccoli (I like to put them side by side) ladle broth over the top. Drizzle with soy sauce to taste.

**STORY OF RECIPE**

I created this when I suffered from horrible all day sickness while pregnant. Your tummy will thank you for eating this soup.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME  
christina anderson

FROM  
UK

AGE  
66

SERVES  
3

TITLE

## MEL'S FISH, BACON & TOMATOES



### INSTRUCTIONS

Fry the bacon bits (using a little butter if needed) until slightly browned. Add the tomatoes, each chopped into 6, with the remaining butter and fry gently until the tomatoes are slightly soft. If you are able to, remove the fish from its skin, then cut it into good chunks. Put half the tomato/bacon mix into an oven-proof dish, add the fish chunks and top with the remaining tomato/bacon mix and all its melted butter. Season with lemon juice (generously), salt and pepper. Bake at 180 deg C for 20 minutes, or until all is bubbling and the fish is cooked. (Great served with rice and something green.)

### INGREDIENTS

400g white fish fillet (cod, hake or equivalent, frozen is fine too)  
160g bacon bits  
3 large tomatoes  
knob of butter (or olive oil if preferred)  
lemon juice, salt & pepper to taste

### STORY OF RECIPE

My sister-in-law, Mel, cooked me this in the dim and distant early 70s. It remains a staple in our family: a great mix of flavours; quick and easy; moderately cheap.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Joseph and Aleks

FROM

USA

AGE

SERVES

6

## TITLE

# PACHEESE



## INSTRUCTIONS

Bring water to a boil in a medium pot.

Cook pasta until al dente or slightly soft.  
Drain pasta, set aside.

In pot, mix sour cream and cottage cheese until well-blended.

Add in pasta and mix evenly.  
Serve with your choice of green vegetable. Salt to taste.

## INGREDIENTS

- 1 lb pasta (cavatappi or medium shells)
- 1 lb sour cream (regular or light)
- 1 lb large curd cottage cheese (can substitute with no-salt versions)
- salt or salt substitute (to taste)

## STORY OF RECIPE

This version of pacheese has been a recipe passed among friends through several generations. It is great for feeding many people on a budget!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
H Lynnea Johnson	United States of America	39	4

TITLE

## VEGAN CREAMY TOMATO SOUP



Stu Spivack

### INGREDIENTS

- 2 (28 oz) cans diced tomatoes
- 1 small white onion, chopped
- 1 - 2 cloves garlic, crushed
- 1 1/2 Tablespoon olive oil
- 1 (14 oz) package soft or silken tofu
- 2 (10.75 oz) cans condensed tomato soup
- 6 leaves fresh basil (plus any additional desired for garnish)
- salt & ground black pepper to taste

### INSTRUCTIONS

Drain the diced tomatoes, reserving the liquid.

Heat the olive oil in a large pot, and saute the onion and garlic for 2-3 minutes over medium-high heat. Add drained diced tomatoes and continue sauteing until the onions are clear.

In a blender, blend together the condensed soup, the tofu, and the 6 leaves of fresh basil. Add this blended mixture to the pot, stirring in the tomatoes, onions, and garlic.

Add some of the reserved juice from the diced tomatoes as needed to adjust the consistency of the soup. Add salt & pepper to taste.

Serve hot, garnished with additional basil if desired.

### STORY OF RECIPE

Using soft tofu allows it to completely disappear into the soup, making a healthy and tasty "cream" soup for vegetarians and non-vegetarians alike!

- |  |                                     |  |
|--|-------------------------------------|--|
| <input type="checkbox"/> STARTER               | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN |
| <input checked="" type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT               | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 15min

### COOKING TIME

> 25min

NAME	FROM	AGE	SERVES
H Lynnea Johnson	United States of America	39	6

TITLE

## EVERYTHING IN THE POT CHILI



### INGREDIENTS

- 2 Tbsp Vegetable Oil
- 2 medium white or yellow onions, chopped
- 4-6 cloves garlic, crushed
- 1 lb ground sirloin
- 3/4 lb sirloin, cubed
- 1 (14.5 oz) can diced tomatoes
- 1 (12 fl oz) can or bottle dark lager (e.g. Negra Modelo) or stout (e.g. Guinness), or other dark beer
- 1 cup strong black coffee
- 2 (6 oz) cans tomato paste
- 1 (14 oz) can beef broth
- 1/2 c packed brown sugar
- 3 1/2 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 Tbsp ground unsweetened cocoa powder
- 1 tsp dried oregano
- 1/2 tsp ground cayenne
- 1 tsp ground coriander
- 1 tsp salt
- 4 (15 oz) cans kidney beans
- Fresh jalapenos, sliced (optional)

### STORY OF RECIPE

I don't believe pain should be a flavour, so I prefer a chili with a complex flavour profile, rather than just "spicy."

### INSTRUCTIONS

Drain and rinse 2 cans of kidney beans and set aside.

Heat oil in large pot over medium heat. Saute onion and garlic until onions turn clear. Add ground and cubed sirloin. Cook, stirring frequently, for 8 minutes or until meat is browned.

Mix in diced tomatoes with juice, beer, and coffee. Add cans of tomato paste, stirring well after each can. Add beef broth. Crumble in brown sugar, and stir. Add spices, cocoa powder, and salt, stirring well. Add the 2 cans of rinsed kidney beans.

Reduce heat to low, cover, and simmer for 1 1/2 hours, stirring occasionally.

Drain and rinse the remaining 2 cans of kidney beans. Add to the chili. Simmer for an additional 30 minutes.

Serve with optional sliced jalapenos for those who prefer a spicier chili.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 120min

NAME

SD\_Rider

FROM

US

AGE

57

SERVES

4-6

## TITLE

**SHRIMP TACOS, SAN DIEGO STYLE**

Photo courtesy of GourmetDayToday.com

**INGREDIENTS***Ingredients:*

- 1 1/2 to 2 pounds uncooked large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 tablespoons Cajun seasoning (or more to taste)
- 1 small head of cabbage, finely shredded
- Corn tortillas, warmed
- Bamboo skewers, soaked in water 30 minutes, drained

*Sauce Ingredients:*

- 2 tablespoons plain yogurt
- 1 tablespoon mayonnaise
- Tapatio or other Mexican-style hot sauce to taste

*Optional Toppings:*

- Cilantro, Avocado, Salsa Fresca

**INSTRUCTIONS**

Toss the shrimp with the olive oil and Cajun seasoning.

Thread 5 or 6 shrimp on each skewer and grill or broil until no longer translucent (2 to 3 minutes per side)

While the shrimp cook, whisk together the yogurt, mayonnaise and hot sauce in a small bowl.

Place 3 or 4 cooked shrimp and a portion of the shredded cabbage in a warm tortilla and top with sauce and/or optional toppings.

Enjoy!

**STORY OF RECIPE**

Quick and easy weeknight dinner!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10-15min

**COOKING TIME**  
> 4-6min

NAME	FROM	AGE	SERVES
Paula	England	30	8

#### TITLE

## NOT AT ALL AUTHENTIC LASAGNE



#### INGREDIENTS

750g minced beef (or other meat of your choice)  
 1 tbsp olive oil  
 1 medium onion, diced  
 2 fat cloves garlic, minced  
 295g can condensed tomato soup  
 400g tin chopped tomatoes  
 1 tbsp mixed herbs  
 2 bayleaves  
 1 tbsp tomato puree  
 150ml red wine  
 1 tbsp Worcestershire sauce  
 100g cheddar cheese (or other melty cheese), grated  
 375g lasagne sheets (you may not need all of these)  
 1kg cottage cheese (low fat works just fine)  
 salt / pepper

#### INSTRUCTIONS

Brown the mince in a frying pan over high heat  
 Remove the mince from the pan and heat the olive oil in the now empty pan

Soften the onions over medium heat, about 5 minutes  
 Add the garlic and cook until it is just starting to colour  
 Return the mince to the pan and add the tomatoes, soup, herbs & seasoning

Fill the empty tomato can with water and pour into the pan, swirling to get out the last tomato bits

Stir then simmer for about 15 minutes over a low heat

Add tomato puree, wine and Worcestershire sauce

Simmer for another 30 minutes, stirring regularly until thickened

Assembly time!

Scoop around a third of the sauce into a baking dish and spread it out evenly

Cover with a layer of lasagne sheets, trying not to leave gaps

Cover with around a third of the cottage cheese

Repeat the layers until you run out of sauce and cottage cheese, ending with a layer of cottage cheese on top  
 Scatter the grated cheese over the top and bake for about 30 minutes in a fairly hot oven (around 200 C) until the cheese is golden and bubbling

#### STORY OF RECIPE

The sauce for this recipe is the first thing that I learnt to cook, and my first housemate taught me that I could use cottage cheese instead of white sauce.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 15min

COOKING TIME

> 90min

NAME	FROM	AGE	SERVES
Heather Hostetler	USA	30	2

## TITLE

## SUGAR RICE

Heather Hostetler



## INGREDIENTS

- 2 Cups Cooked Rice
- 3 Cups Milk
- 1 dash Cinnamon
- 1/2 Cup Sugar
- 1/2 Cup Raisins (Optional)
- 1 tsp Butter (Optional)

## INSTRUCTIONS

1. Add Rice, Milk, Cinnamon, Raisins (optional), and Sugar to a medium sized saucepan.
2. Cook on medium heat until sugar is dissolved and everything is hot, but before a boil.
3. Remove from heat and stir in the optional Butter.
4. Serve in bowls.

Note: The beauty of this recipe is its simplicity and ease of adjustment. Prefer it less sweet? Add less sugar. Want a stronger flavor? Add more cinnamon or a little nutmeg in addition. Like it heartier? Add more rice. Want a little crunch? Throw in some slivered almonds. This recipe can be tweaked to personal preference easily.

## STORY OF RECIPE

My mother would make sugar rice as a treat for the kids on weekends when it was cold and any of us were feeling a little under the weather.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME

Daniel Schlegel

FROM

United States of America

AGE

30

SERVES

4-5

## TITLE

**TACO CASSEROLE****INSTRUCTIONS**

Cook macaroni; drain and add 2 c. shredded Cheddar cheese and milk. Cover and set aside.

Brown ground beef and drain fat. Add taco seasoning, tomato sauce, and kidney beans (undrained). Simmer, uncovered, for 5 minutes.

In a greased, 9x13 inch pan, layer 1/2 of macaroni mixture and 1/2 of meat mixture. Repeat layers.

Bake at 375° for 20-25 minutes. Serve with your favorite taco toppings (e.g. tortilla chips, remaining cheese, lettuce, tomato, onion, sour cream, salsa, and black olives).

**INGREDIENTS**

- 2 c. uncooked elbow macaroni
- 1 (1.25 oz.) package of taco seasoning
- 1 (15 oz.) can light red kidney beans
- 1 lb. ground beef
- 1 (15 oz.) can tomato sauce
- 1/4 c. milk
- 2 1/2 c. shredded Cheddar cheese

*Optional:*

- tortilla chips
- lettuce
- tomato
- onion
- sour cream
- salsa
- black olives

**STORY OF RECIPE**

This is a recipe created by my Aunt Susie. It's my family's favorite comfort food and is made at my house at least once a month.

 STARTER BAKING V VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 20-25min

**COOKING TIME**

&gt; 20-25min

NAME	FROM	AGE	SERVES
Audrey	Canada	24	4–6

#### TITLE

## MERGUEZ AND OLIVE TAPENADE



#### INGREDIENTS

A box of Fusili, Penne or your favorite shape of pasta (about 400g)

1 big onion, cut in big pieces

3 sweet pepper, roughly diced

3 garlic cloves, crushed

5 - 6 Merguez sausages, cut in 1 inch size pieces

For the Olive Tapenade

a food processor

1 can of pitted black olive (398 ml)

a handful of fresh mint leaves

a couple leaves of basil (optional)

1 teaspoon Anchovy paste (optional)

Olive Oil

Salt & pepper

Sambal oelek, sriracha, tabasco or anything spicy you fancy

#### INSTRUCTIONS

Boiled the pasta in salted water, following the packaging instructions

During that time, grill the sausages in a pan until they are cooked. Discard the grease in the pan, and use the it to sauté the onion, garlic and peppers

Put all the ingredients for the tapenade in the food processor, adding oil until you obtain a pesto-like texture

Once the veggies are cooked, but still crunchy, the pasta cooked and strained and the tapenade processed, simply mixed everything together, adding the feta at the end.

#### TIP :

Keep a little bit of the pasta cooking water, to add when you mix everything together

#### TWISTS :

Use other vegetable like courgette or leek in the mix. It's also possible to use tapenade from the market or even pesto. Let your imagination go to create variance of this easy weekday supper (leftovers are also great microweable lunches)

#### STORY OF RECIPE

This recipe isn't fancy nor Canadian in a maple-syrupy kinda way, but it's a tasty fridge-emptier and an easy week night meal ready in 30 min (Jamie Oliver would approve!)

STARTER

BAKING

VEGETARIAN

MAINCOURSE

CONDIMENTS

DAIRY FREE

DESSERT

OTHER

GLUTEN FREE

#### PREPARATION TIME

> 30min

#### COOKING TIME

> 20min

NAME

Rachel Baird

FROM

USA

AGE

30

SERVES

4

## TITLE

**CORN CHOWDER****INGREDIENTS**

- 1/3 cup butter
- 1/2 large onion
- 1 or 2 garlic cloves
- salt to taste
- 1/4 cup flour
- 2 cups milk
- 2 cans of corn (14-ounce cans)
- pepper to taste

Optional ingredients include meats like ham, bacon, chicken (cook these before adding), other vegetables like spinach, peppers, potatoes, cabbage, broccoli.

**INSTRUCTIONS**

Mince onion and garlic. Saute onion in butter (you may substitute bacon grease for the butter) on medium low heat. Add garlic and salt (I use about 2 teaspoons of salt). Slowly add the flour until it forms a thick paste. Then in very small amounts, whisk the milk into the paste, forming your chowder. Bring the mixture to a boil over medium or medium low heat, stirring constantly. Add corn and pepper and keep the chowder on the heat until hot.

If adding optional ingredients, the meat should already be cooked and can be added at the same time as the corn. Vegetables should be added before the corn and given additional time to cook before adding the corn.

This recipe makes about 6 cups of soup and goes well paired with crackers and fresh fruit on the side. In the USA, it's common to eat a hearty soup like this as a meal, but this could easily be a first course.

**STORY OF RECIPE**

I created this recipe while living in Russia, missing home-cooked, American food. I perfected it while living with my sister at college. I taste home when I eat this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 20–30min

NAME

Lára Rut

FROM

Iceland

AGE

SERVES

3

## TITLE

# RICE PORRIDGE



## INSTRUCTIONS

Boil rice in water for 10 minutes. When the water starts to boil add the salt. Then add the milk and bring again to the boil. Then boil for another 10 minutes on medium-low heat or until the porridge has thickened properly. When five minutes are left add the raisins.

Best served with cold milk and sprinkled with cinnamon mixed sugar.

## INGREDIENTS

- 1 cup rice (preferably Jasmine rice)
- 2 cups water
- 2/3 liters milk (~3,9%)
- 1/2 cup raisins
- pinch of salt

## STORY OF RECIPE

Traditional Icelandic family dish that is cooked in every home. In Icelandic the dish is called "Grjðenagrætur" and is very popular with children.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 30min

NAME

Charlie Seaman

FROM

UK

AGE

20

SERVES

5–6

## TITLE

**SHEPHERDS PIE**

Charlie Seaman

**INGREDIENTS**

- 2 Large onions
- 750g of Minced beef
- 2 KG Potatoes
- 1 Clove of garlic
- Can of Baked beans
- Can of Tomato Passata
- 3 Large Carrots
- Splash splash Lea and Perrins Worcestershire Sauce
- Black Pepper
- White Pepper
- Milk
- Butter

**STORY OF RECIPE**

This is a family recipe from my mum. We call it Shepherds Pie even though it's made with Minced Beef, really we should call it Cottage Pie, but, meh.

**INSTRUCTIONS**

You will need 2 large saucepans (If you only have one, cook the filling and mash one after the other) and a 4 litre oven proof dish.

Peel and chop the potatoes. Put them in a large pan, cover with water and cook until soft.

Prepare the filling by preheating a pan with a little butter or oil in it. Chop 2 large onions and the garlic clove and add to the pan.

As the onions start to cook, add the minced beef. Using a wooden spoon, ensure the mince breaks up as it browns.

While the mince is browning, pour the beans into the bottom of the shepherds pie dish. We used a 4 litre Pyrex dish.

Peel and chop the carrots to into small pieces and toss them in with the meat, which will be browned off by now.

Add the tomato passata and a splash of Lea and Perrins to taste. We added around 3 tablespoons. Also add a little black pepper or other herbs to your own taste. We don't add salt, but you might like to.

This mixture can now simmer for 20 minutes or so. The exact time is not critical as the mince has been browned. Just enough time to complete the Potatoes!

Start preheating the oven, gas mark 6, if this is for immediate eating.

Once the potatoes are soft – use a knife to prod them – drain them for a couple of minutes and then mash them. A potato ricer is ideal for smooth mash, but otherwise a good old masher will do fine.

Add a splash of milk (around 100 – 150 ml) and some butter (around 50g) and some white pepper to add some creaminess and flavour. Mix the mash well and set aside. The mash should be firm, but not so dry that it crumbles easily.

*Instructions continued on next page...*

 STARTER BAKING V VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 60min

NAME	FROM	AGE	SERVES
Charlie Seaman	UK	20	5–6

**TITLE****SHEPHERDS PIE****INSTRUCTIONS CONTINUED**

After around 20 minutes in the pan, much of the moisture in the filling mixture should have simmered off and any liquid should be quite thick. If not, simmer for a little longer – you don't want it too runny as it may boil over in the oven.

Add the meat mixture to the beans and spread it out. Spoon the mash onto the mixture starting at one edge and working all over. Use a knife or similar to smooth the top end ensure the coverage is even. Use a fork to roughen up the top into small peaks and add a few knobs of soft butter and spread them over the warm mash. These will help crisp the top.

You can let this cool if it's for later or put it into the oven, gas mark 6 for around one hour. Make sure you put it in the oven on a baking tray – this will help stop the bottom burning and will also catch any overspill in case the mixture was to runny.

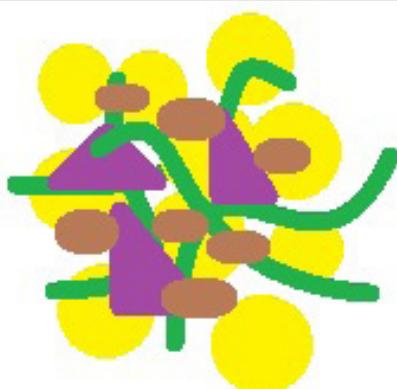
Check on your pie from time to time, the top should start to brown and the bottom should not burn.

Serve!

NAME	FROM	AGE	SERVES
Nienke Slegtenhorst	The Netherlands	23	1–99

TITLE

## CRUNCHY SWEET ANDIJVIESTAMPPOT



### INGREDIENTS

The ingredients are in the amount needed per person, so if you're cooking for four people, multiply everything by four.

75 - 100 g. of potatoes

1 red onion

100 grams of broad-leaved endive (escarole), cut into strips

1/2 tbsp. of balsamic vinegar

1/2 tbsp. of brown sugar

20 g. of almonds, roasted and chopped

olive oil

powdered nutmeg

salt

pepper

### INSTRUCTIONS

1. Heat the oven grill.

2. Roughly chop the red onions into pieces of about 1 centimetre. In an oven tray, mix them with the balsamic vinegar, the sugar and a swig of olive oil. Put the oven tray about 10 centimetres underneath the grill. Leave the onions to grill for about 20 - 25 minutes. Stir them a few times.

3. Chop the potatoes into pieces and boil them thoroughly.

4. Heat some olive oil in a wok (or a similar deep pan) and cook the endive for about three minutes on a high fire. Add salt, pepper and nutmeg to flavour.

5. Drain the potatoes, mash them up with a little olive oil and scoop the endive through the mash.

6. Divide the mash over the plates and place the roasted onions and the almonds on top.

7. Serve.

P.S. Red onions cooked in this manner can add a lovely sweet touch to many other dishes as well. I especially love them in salads and in pasta dishes.

### STORY OF RECIPE

Andijviestaampot (mashed potatoes with endive) is a very traditional dish in the Netherlands, usually served with meatballs or smoked sausage. This is my vegetarian update of a delicious tradition.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input checked="" type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 20min

NAME

L Clarkson

FROM

UK

AGE

27

SERVES

4

## TITLE

**LANCASHIRE MEAT AND POTATO PIE**

L.Kane

**INGREDIENTS***PIE FILLING:*

- 1 onion (diced)
- 1lb beef stewing steak (cubed)
- 1 1/4 pint water
- 1 1/2 lbs potatoes (peeled and diced)
- 4 tbsp gravy granules
- 1/2 tsp ground black pepper
- 1/2 tsp salt

*PASTRY:*

- 8 oz plain flour
- 4 oz fat (best combination is 2 oz lard and 2 oz butter)
- Water to mix

**INSTRUCTIONS**

Add the diced onion, cubed steak, water, gravy granules, pepper and salt to a pan. Gently simmer and bring to the boil. Cover and simmer for 1 hour 15 minutes, stirring occasionally.

Mix the fat into the flour, until it resembles breadcrumbs. Add enough water to bind. Chill in the fridge until needed.

Add the potatoes to the pan and simmer for another 45 minutes, until the potatoes are cooked and the meat is tender.

Spoon into a pie dish, reserving any excess gravy for serving on the pie later. Top with the rolled out pastry, pricking the top so steam can escape.

Cook in the oven at 190°C for 30-35 minutes, until the pastry is lightly golden and the gravy bubbling. Serve with peas, carrots and the leftover gravy.

**STORY OF RECIPE**

This is a version of a traditional Lancashire meat and potato pie that my mum would make every Bonfire Night to share with the street at the fireside.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 150min

NAME	FROM	AGE	SERVES
Ricky Wright	USA	58	8

TITLE

## DA JOLLY MON'S AWESOME OYSTER STEW



### INGREDIENTS

16-20 Tablespoons unsalted ( Grass Feed -Best ) Butter  
 1/4 Cup Unbleached Flour  
 1/2 Gallon Milk ( The Good Stuff )  
 1 + Cups heavy Cream  
 2 Quarts ( 6 + Dozen ) Oysters  
 1-2 Cups Oyster Liquor ( Oyster juice )  
 1 Large Sweet Onion ( Vidilla ) Roughly Cut up  
 1 Cup Chopped Celery  
 3-4 Cloves Smashed Garlic  
 1/2 Cup Chopped Curly Parsley  
 3 Medium Baking Potatoes cut into Cubes ( Skin on )  
 1 1/2 Teaspoons Good Salt  
 1/4 Teaspoon Cayenne Pepper  
 Coarsely Ground Black Pepper

### INSTRUCTIONS

Melt 8 Tablespoons Butter in a large Satue Pan on Medium Heat  
 Add : Flour , Wisking Constantly for 3 mins.  
 Then Onions , Celery , Garlic and 1 Cup Oyster Liquor  
 Simmer 4 mins.

-----  
 In a Pot add Potatoes , 6 Cups salted Water and Boil for 20 mins.

-----  
 In a Large Pot add Milk , Heavy Cream , 4 Tablespoons Butter , the Flour Mixture and Potatoes .  
 Let simmer on low for 10 mins.

-----  
 Then add the Oysters and Parsley  
 Simmer for 5 mins. Or until Edges of the Oysters start to Curl ( DO NOT OVER COOK ! )  
 Add 4 + Tablespoons Butter

-----  
 Serve Hot and top with Your Favorite Dry Vermouth  
 ( Let Your Conscious be Your Guide ! )

-----  
 Serve with Sourdough Oyster Crackers , Toasted French Bread or other .....

### STORY OF RECIPE

I grew up on the SouthEastern Coast of the US and Seafood has always been a big part of my life . This is my Variation of my Mom Regina's

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
King Pure	England	42	4–6

TITLE

## KING PURE'S BEEF RENDANG



### INGREDIENTS

1 large onion  
1kg stewing steak (braising or chuck is fine)  
oil or ghee for frying  
100 grams of dessicated coconut  
2 heaped teaspoons of garlic  
2 heaped teaspoons of ginger  
2 heaped teaspoons of galangal (same again of ginger if not available)  
2 heaped teaspoons of lemon grass  
1 heaped teaspoon of tamarind puree (juice of a lime if not available)  
1 teaspoon of turmeric  
half a teaspoon of ground cinnamon  
6 cardamon pods (crush with a spoon or split open)  
12 cloves  
400ml of water  
1 can/400ml of coconut milk  
40ml of nam pla (fish sauce)  
12 chillies (depending on your palette, i tend to stick to finger or bird's eye chillies)  
2 tablespoons of brown sugar.

### INSTRUCTIONS

roughly chop the onion and put in a blender along with the garlic, ginger, galangal, lemon grass, turmeric and chillies.

blitz until fairly smooth.

fry the mixture in a little oil in a large saucepan and cook over a high heat. the mixture will darken and smell amazing!

brown the meat and add to the onion mixture along with everything else except for the coconut milk and the dessicated coconut.

season well with salt.

cook on a low heat for 1 hour and stir well and often.

in a separate dry frying pan, brown the dessicated coconut.

be very careful!

it is best to brown the coconut in 50 gram portions spread evenly in the frying pan.

keep stirring it or it may catch and leave you with burnt coconut.

if it does, it is best to discard it and start again.

add the coconut milk and dessicated coconut.

cook until the meat is tender, about 1.5 hours, all the while stirring frequently.

rendang is typically quite a dry dish.

if you don't like the idea of that, add more water before serving with rice and a naan bread.

the dish can be made to go further with the addition of large chunks of either potato, carrot, aubergine or green pepper, all of which i have found to work well if placed in the curry half an hour after the meat.

### STORY OF RECIPE

rendang originated in indonesia and is still a popular dish there and in malaysia. fish sauce isn't a typical ingredient in a rendang but hey, this is my rendang!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 3hr

COOKING TIME

> 2.5hr

NAME

Robin Steffler

FROM

Canada

AGE

SERVES

6-8

## TITLE

**MEATBALLS****INGREDIENTS**

- 1 pound each of ground pork and ground beef
- 2 eggs
- 2-3 crusts of sliced bread, torn into very small pieces
- 1/4 cup of milk
- 2-3 sun dried tomatoes
- 1/2 small onion, minced
- 2 cloves garlic, minced
- 1 tbsp dried italian herb seasoning (or a mix of dried oregano, basil, thyme and rosemary to equal about 1 tbsp)
- 1/4-1/2 cup dry breadcrumbs
- 1/4 cup parmesan
- salt and pepper to taste

**INSTRUCTIONS**

Preheat oven to 400 degrees Celsius.

In a large bowl, combine the torn crusts of bread, the italian seasoning and the milk. Allow to soak for 2-3 minutes.

Crack in the eggs, beat lightly.

Add all other ingredients and mix (with your hands is best, go on, take your jewelry off and get in there) until combined.

Using a small scoop or a heaping tablespoon, scoop up the meat mixture and shape into golf sized balls, rolling the meat between both hands 3 times. Place meatballs onto a baking sheet, leaving some space around the meatballs (they shouldn't be touching, but they'll shrink when they cook so they can be close).

Cook meatballs in the oven for 20-30 minutes, until no longer pink inside.

Can be frozen at this point to be used later, they keep well. Thaw before reheating. Can be used in a tomato-basil sauce with pasta or on a sandwich with pesto and mozzarella, in a mushroom cream sauce or sweet and sour sauce as an appetizer.

**STORY OF RECIPE**

I took these meatballs to a MasterChef audition. I didn't get to move on, but that doesn't mean they aren't delicious and handy to have for a quick weeknight supper.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 20–30min

NAME

Ted Mast

FROM

United States

AGE

28

SERVES

2

## TITLE

**SALMON AND DELICIOUS!****INSTRUCTIONS**

Pat salmon dry. Place in a greased 13-in. x 9-in. baking dish, brush with butter/olive oil. Add sliced squash.

Combine remaining ingredients (except for spinach) and pour over salmon.

Bake, uncovered, at 425° for 20-25 minutes or until fish flakes easily with a fork.

Make bed of spinach on plates and serve salmon on top.

Great with cooked brown rice!

Feel free to add/substitute other vegetables as well!

**INGREDIENTS**

- 1 salmon fillet, about 1 1/2 lbs
- 2 tablespoons olive oil or butter, softened
- 1 medium yellow squash, sliced (we sliced using a wavy cutter)
- 1/2 tablespoon minced garlic or garlic powder
- 1/2 cups white wine
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon capers
- 2 cups spinach

**STORY OF RECIPE**

My wife and I love to cook, and we recently discovered how much we love salmon! So easy and gourmet! "The fish was delish and it made quite a dish."

 STARTER BAKING V VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 25min

NAME	FROM	AGE	SERVES
Matt Hartfiel	Canada	38	4–6

#### TITLE

## SLOW COOKER BEEF STROGANOFF



#### INSTRUCTIONS

In a slow cooker, add all the ingredients except for the cream cheese and fettuccine. Cook on low for 6 - 7 hours or high for 3 - 4 hours.

When the slow cooker has finished, continue on low and add the cream cheese. Stir occasionally. Cook the fettuccine until al dente. Place a serving of the pasta in a bowl and liberally top with slow cooker mixture. Eat!

#### INGREDIENTS

- 1 pound cubed stewing beef
- 1 cup small finely chopped white onion
- 2 cups sliced white mushrooms
- 1/2 cup beef broth
- 1/4 white wine
- 250 grams Philadelphia Soft Herb & Garlic cream cheese
- Salt & pepper as needed
- Fettuccine

#### STORY OF RECIPE

A basic, easy meal to create as well as absolutely delicious and highly customizable! I encourage you to tinker with it and find that perfect mix.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 420min

NAME	FROM	AGE	SERVES
Vi Nakamura	USA	58	6

TITLE

## CHICKEN ADOBO



Angela Bardot

### INGREDIENTS

- 3 lbs. boneless, skinless chicken thighs
- 1/2 cups soy sauce (if possible, 1/4 cup each of Kik-komen and Silver Swan)
- 1 cup chopped onions
- 4 cloves of garlic, minced
- 3 bay leaves
- 1/4 cup white or cider vinegar
- 1 tablespoon finely chopped ginger
- 2 tablespoon olive oil

### INSTRUCTIONS

Chop onions, mince garlic cloves, and finely chop ginger.  
Rinse chicken, trim excess fat, and cut into bite-sized portions.  
Mix all the ingredients, except olive oil, in a large bowl. Let chicken marinate for 30 minutes.

Heat a wok or deep frying pan. Add oil. When hot, add chicken mixture into hot oil and sauté until brown. Let simmer 30 minutes.

Serve over steamed white rice and vegetables of your choice, such as spinach, broccoli, green beans, or cauliflower/carrot mix.

### STORY OF RECIPE

Mom often prepared it during the rainy seasons in the Philippines using homegrown chicken; a comfort food, which reminds me of the times I watched and helped her cook.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 40min

NAME  
Molly Anderson

FROM  
UK

AGE

SERVES  
4–6

TITLE

## LAMB SHANKS, WITH ORANGE & APRICOT

Simon Lamason



### INGREDIENTS

- 4 (large) lamb shanks
- 4-6 onions (at least 1 per person), roughly chopped
- 3 cloves of garlic, roughly crushed
- 2 oranges
- 2 bay leaves
- 3 star anise stars
- 3 sprigs of rosemary
- Around 100g dried apricots, halved
- 500ml red wine
- 500ml beef or lamb stock
- Parsley, large handful roughly chopped

### INSTRUCTIONS

Preheat the oven to 140C (fan) / 160C / 300F / Gas 3. The lower the oven temperature and the longer cooking time makes the meat more tender and more fall-ly-off-the-bone-y. Turn down to 120C (fan) / 140C or equivalent if you have the time.

Season the shanks with salt and pepper and brown the outside in a hot casserole with a little oil.

Once they are browned add the onions, garlic, 3 large strips of orange peel and the juice of one orange, bay leaves, star anise, rosemary and apricots.

Add the red wine and stock (you are aiming to cover the meat as much as possible with the liquid) and bring to a simmer.

Once simmering, cover with the lid and put into a preheated oven for 2 hours.

After the first hour, check and turn the shanks.

After 2 hours remove the shanks and bring the cooking liquid in the casserole to a gentle boil. Adjust the seasoning if required.

Add half the chopped parsley and stir through. Return the shanks to the casserole and add the remaining parsley and grated zest of one orange on top of the meat.

We served it with aligot, buttered peas and samphire, but its also great with a green salad and vinaigrette, if you want something (a little) lighter.

### STORY OF RECIPE

For the past 5 years we've cooked a winter feast for our friends. This recipe was last years main course, the orange, apricot and star anise taste just like Christmas.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 20min

COOKING TIME

> 120min

NAME

Arne Zacher

FROM

UK

AGE

SERVES

2

## TITLE

**SPAGHETTI TUNA CRÈME****INGREDIENTS**

250 g Spaghetti  
 250 ml single crème  
 1 x courgette  
 1 x pepper red  
 2 x carrots  
 1 x can of tuna in brine  
 1 x small onion  
 1-2 garlic cloves  
 Salt  
 Pepper  
 Cayenne pepper  
 Basil  
 Italian herbs  
 2 tbsp. olive oil  
 A squeeze of lemon

**INSTRUCTIONS**

- > Fry onions and garlic in a small pot in olive oil
- > Add the tuna and fry for another minute
- > Add the finely chopped vegetables
- > Simmer for about 5 minutes until everything is slightly cooked
- > In the meantime bring a full kettle of water to boil for the pasta
- > Add the single cream to the vegetables and tuna
- > Cook the pasta

> Season the sauce with herbs, salt, pepper, cayenne pepper and finish off with a squeeze of lemon

**STORY OF RECIPE**

The first time I ate this dish was on a trip with two friends in France. I ended up creating my own version by adding vegetables and more flavours.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 20min

# CONDIMENTS



NAME

n8w

FROM

USA

AGE

SERVES

8–10

## TITLE

# CRANBERRY SAUCE W/ ORANGE



## INSTRUCTIONS

stir together everything except the cranberries in a 2qt pot (it's hard to stir once the cranberries are in)  
add cranberries  
bring to low simmer over low-medium heat and cook until most of the cranberries have popped (about 10 minutes)  
skim foam out as necessary to prevent boiling over  
refrigerate to thicken, ideally 2+ hours.

## INGREDIENTS

16 oz cranberries, cleaned  
2 1/2 teaspoon orange rind  
1 1/4 cup sugar  
3/4 cup water  
1/4 cup orange juice

## STORY OF RECIPE

Thanksgiving favorite adapted to have less sugar than original recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Karynne Williams	USA	44	32

#### TITLE

## “THAT DAMN SAUCE”



#### INGREDIENTS

- 1 28 oz Can Green Tomatillos (La Costena)
- 1 15 oz can chicken broth
- 1 Half Jalapeno pepper
- 1 Chicken Bouillon cube, (1 tsp powdered bouillion)
- 1 large white onion, diced
- 1 1/2 tsp Crushed or Chopped Garlic
- 1 TBS cooking oil
- 3- 4 oz Cans of diced Green Chilies (Ortega or store brands work equally well)
- 1 Chipotle Pepper in Adobo sauce (also La Costena)
- 1 tsp Lime Juice
- 1 bunch Cilantro FRESH (just the leaves...cut the long part of the stems off)
- Salt/pepper to taste

#### INSTRUCTIONS

In a one quart pot, slowly bring the can of tomatillos (with juice), chicken broth, Jalapeno, and Bouillon to an easy boil for 15 minutes.

Separately, dice onion and add it to a large skillet with oil and garlic and cook over medium low heat until onion is translucent. Season very lightly with salt and pepper. Once translucent, add in green chilies, ONE chipotle pepper and continue at a simmer for 5 minutes.

Combine all ingredients in skillet, add lime juice, stir, break the tomatillos and simmer for 15 minutes to reduce liquid. Taste for seasoning levels at this time. Put chopped cilantro into blender, and pour simmered mixture on top of cilantro.

Now follow carefully... Blend the Crap out of the mix!!!... and pour into containers while hot and seal the containers. They should keep for months without problem in refrigerator. ENJOY.....

#### STORY OF RECIPE

We call it “That Damn Sauce” because whenever we give it to friends, they eat it fast and exclaim how they are craving “That Damn Sauce”

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input checked="" type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 30min

NAME	FROM	AGE	SERVES
Nancy Lane	United States	55	6

TITLE

## HERB MUSTARD VINAIGRETTE



### INSTRUCTIONS

Rub the garlic into the salt.  
Add mustard, lemon juice, vinegar and wine.  
Whisk in the oil.  
Add sugar, pepper, and herbs.  
Remove garlic.  
Add to salad greens and toss.

### INGREDIENTS

1 clove garlic, halved  
 ¼ teaspoon salt  
 2 teaspoons Dijon mustard  
 1 tablespoon rice vinegar  
 2 tablespoons lemon juice  
 2 tablespoons white wine  
 1 pinch sugar  
 6 tablespoons olive oil  
 1 tablespoons fresh chopped herbs (rosemary, oregano, thyme, or whatever you have)  
 Fresh ground pepper

### STORY OF RECIPE

We often double or triple the recipe and keep it in the fridge for the week. My kids have loved it for more than 15 years.

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 5min

### COOKING TIME

> 0min

NAME

Helena

FROM

Scotland

AGE

52

SERVES

2 jars

## TITLE

**ANY FRUIT CHUTNEY****INGREDIENTS**

- I medium onion (brown or red)
- 500g fruit (can be anything eg plum, rhubarb, apricot, blackcurrant, fejua)
- 2 tablespoons dried fruit (eg raisins, prune, crystallised ginger, preserved peel, apricot)
- 100g sugar (usually castor, muscovado makes it darker)
- 125 ml vinegar (usually cider, balsamic makes it darker)
- 1/2 teaspoon hot spice (eg cayenne, chilli, mustard seed, ground pepper, ginger) adjust amount to taste - if using ginger double
- 1 teaspoon of a complimentary spice (eg cinnamon, ginger, cumin, anise, five spice) adjust to taste

**INSTRUCTIONS**

1. finely chop the onion
2. remove any seeds and inedible skin from the fruit and chop roughly
3. chop dried fruit roughly
4. add all ingredients to a saucepan and slowly bring to the boil, stirring
5. keep on a steady boil, without a lid, for about 40 minutes, stirring regularly. You may have to add water if it becomes too thick. After 30 minutes taste and add more spice if needed. It is ready when all the ingredients are soft and mixed and it looks thick and like chutney
6. While it is cooking sterilise 2 jars (in a low oven or microwave or by filling with boiling water)
7. Put the chutney into the jars while hot and add the lids immediately
8. Can be eaten immediately and will keep for over a year in a cool cupboard

**STORY OF RECIPE**

I found this basic recipe in a magazine in New Zealand and have used it for over 20 years on a wide range of fruit and spice combinations

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–20min

**COOKING TIME**  
> 40min

NAME	FROM	AGE	SERVES
Caroline Vidican	United Kingdom	67	3

#### TITLE

## HOME MADE TOMATO SAUCE



<http://onefrenchword.wordpress.com>

#### INGREDIENTS

*For every 1kg 500 of tomatoes*

350gr onion  
4 cloves of garlic  
fresh thyme or basil,  
2tbs olive oil  
salt  
peppercorns  
celery leaves (optional)

#### INSTRUCTIONS

Peel and roughly chop the onion and garlic. Fry gently in olive oil until translucent.

Wash, core and roughly chop the tomatoes, removing any woody bits of core that remain.

Add the tomatoes to the translucent onions with seasonings (a sprig or two of fresh thyme, some basil, a little salt and some peppercorns - you can adjust the seasoning later).

Chopped celery leaves, if you have some to hand, add greatly to the flavour of the finished product. Add them now. DON'T ADD ANY LIQUID!

Stir the mixture well and bring to the boil. Turn the heat down immediately, cover and simmer gently, stirring frequently, for an hour. Allow to cool.

Now for a tip from my Bordeaux grandmother, passed down to me via my mother: their advice is to place a piece of muslin on top of the sauce, lying across it, so that the tomato "water" seeps up through the muslin and can easily be removed with a ladle each time you pass by the pot (without removing any tomato at the same time because it is trapped under the muslin). I leave the muslin bit out (too lazy to wash it out afterwards), but I rest a ladle on top of the tomato mixture. I leave it like that and go away and do something else for ten minutes. When I come back, the ladle should be full. The water rises to the top of the tomato mixture and fills it, again and again, until you have the consistency you are looking for. Save the tomato water to make tomato or vegetable soup. Or add it to the juice of a stew.

How you proceed from here depends on the result you are aiming at. If you want chunky tomato sauce with all the bits in it (I would remove the sprigs of thyme), wait until it is quite cold and bag it in portions of a suitable size for a meal for your family. Put it in the fridge, and freeze later (do label it, one doesn't always automatically remember what's in those bags...).

If you like smooth tomato purée, put it in the blender before freezing. If you want real tomato concentrate, purée it and either go through the ladle procedure again, or hang it up on a kitchen tap in a muslin cloth or an ancient tea towel over a bowl to catch the precious juice. It can then be frozen in large ice cube trays, and transferred to bags thereafter, each cube being just the dose needed when real concentrate is called for.

#### STORY OF RECIPE

A really useful sauce to have in the freezer for pizza, pasta and stews. Make it at the end of summer when tomatoes are being given away!

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

#### PREPARATION TIME

> 20min

#### COOKING TIME

> 3hr

NAME	FROM	AGE	SERVES
Christiana Rodriguez	United States	43	3 pints

TITLE

## GREEN TOMATO KETCHUP



Christiana Rodriguez

### INGREDIENTS

- 3 pounds green tomatoes, about 5 cups sliced
- 2 large onions
- 1 tsp black pepper
- 1/2 tbsp dry mustard
- 1 tsp Worcestershire sauce
- 1 cup vinegar
- 1/2 cup honey

### INSTRUCTIONS

*Note:*

Makes about 3 pints of ketchup.

1. Rinse green tomatoes and remove any stems and insect damage. Slice green tomatoes and onions and place them in a large soup pot or deep sauce pan, along with pepper, mustard, and Worcestershire sauce and vinegar. Cook for 4 hours over very low heat, stirring very occasionally.
2. After 4 hours, remove from heat and puree mixture in a blender. It will be hot so take care not to splash it on your skin. Pour back into the pot through a mesh strainer. Bring to a boil and add honey.
3. Put the ketchup in jars and store in the refrigerator.
4. For canning, process in boiling water bath in a deep canning pot for 5 minutes before allowing to cool 24 hours at room temperature. Store unopened in a cool dry place for up to one year. Refrigerate after opening.

### STORY OF RECIPE

Based on an old family recipe.

STARTER     BAKING  
 MAINCOURSE     CONDIMENTS  
 DESSERT     OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30min

**COOKING TIME**  
 > 4hr

NAME

Alex Reader

FROM

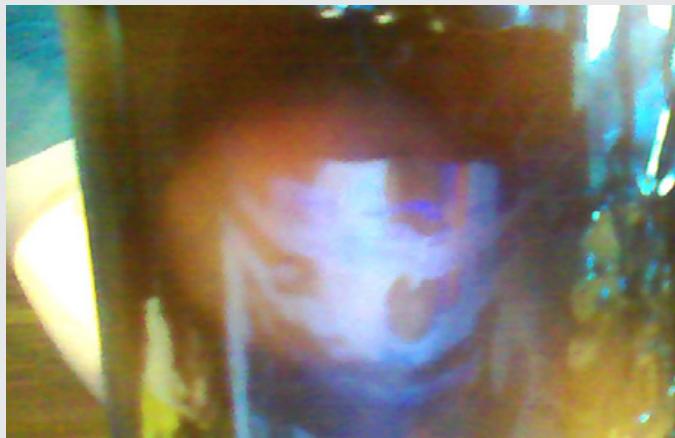
USA

AGE

0

SERVES

## TITLE

**DRAGONFIRE ONIONS****INGREDIENTS**

Malt vinegar  
 peppercorns  
 inch or two peeled and crushed ginger  
 2 chilis (spicy as you like.)  
 coriander seeds  
 mustard seeds  
 a few cloves (and/or any other whole spices that take your fancy)  
 small onions or shallots  
 salt

**INSTRUCTIONS**

Put the vinegar and spices into a saucepan. Bring to a boil and simmer for five minutes. No longer or the vinegar evaporates. Take off the heat and leave it covered to cool. (I find overnight is best.) peel onions and place in a colander, sprinkling each layer generously with salt and leave overnight. Stand the colander in sink and wash the onions of salt. Strain vinegar to remove spices. Put onions into sterilized jars and pour in enough of the vinegar to cover them. You can put one or two of the chilies in with them if you like them fiery. Seal and label with a date and other label if you want. Keep any remaining vinegar in a separate jar for making chutney, the next batch of onions or whatever you can think of. Store jars in a cool dark place for at least four weeks, but I think six months is better. I don't give quantities since it depends on how fiery you want them, and how big the batch is. As a guide for two liters of vinegar I'd use about two inches of ginger, thirty or so peppercorns, two tablespoons of coriander seeds, six or seven cloves, five or six small chilies (less if spicier), two tablespoons mustard seeds. You can also pickle them without spices, but you must still boil the vinegar to avoid the pickles going off. If you use hot vinegar, the onions go soft. I like them cold and crisp. Feel free to use these on their own or with things such as a ploughman's.

**STORY OF RECIPE**

I was never happy with the fact that pickled onions seemed to go soft, and they were never spicy enough. This took around a year of trial and error.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 720min

**COOKING TIME**  
> 10–15min

NAME	FROM	AGE	SERVES
Paul Wilson	United States	36	20

TITLE

## LINDSEY'S SALAD DRESSING



Lindsey Wilson

### INGREDIENTS

- 1/2 cup balsamic vinegar
- 3/4 cup olive oil
- Spoon minced garlic

### INSTRUCTIONS

It's best when it's been refrigerated. Add a little salt on salad as waalaaa.

### STORY OF RECIPE

My wife and I are strict Paleoist, which means most salad dressings are off limits. This balsamic dressing created by my wife Lindsey is not only Paleo friendly, but delicious.

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input checked="" type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 3min

### COOKING TIME

> 0min

NAME	FROM	AGE	SERVES
Katherine Fournier	Quebec, Canada	36	A lot!

TITLE

## FRUIT KETCHUP “À LA QUÉBÉCOISE”



INSTRUCTIONS

Cut all fruits and vegetables into dices of the same size.  
Simmer all ingredients for 2 - 2 1/2 hours on low heat until desired consistency.  
Stir often, this ketchup has a tendency to stick at the bottom the pot.  
Taste the ketchup a few times during the cooking.  
Remove the bag of pickling spice when you feel there's enough spice in your ketchup  
The ketchup will be thicker once cooled down.  
Delicious with meat, any kind of meat !  
Bon appétit !

INGREDIENTS

- 20 large red tomatoes (skin removed)
- 5 peaches (skin removed, chopped in dice)
- 4 large apples (peeled and chopped in dice)
- 4 pears (peeled, cored and chopped in dice)
- 4 large onions (chopped in dice)
- 2 large green peppers (coarsely chopped)
- 1 large red pepper (coarsely chopped)
- 3/4 heart of a celery (chopped)
- 3 1/4 cups of granulated white sugar
- 2 1/2 cups of white vinegar
- 2 Tbsp of pickling salt
- 1 Tbsp of pickling spice\*, in a small bag ( cheese cloth )
- \* : If you don't find pickling spice, you can make your own, putting together:
- 1 cinnamon stick of approx. 5 cm, broken in small pieces
- 5 dry bay leaves in small pieces
- 2 Tbsp of yellow mustard seeds
- 1 Tbsp of all spice, coriander seeds, black pepper seeds, dill seeds, fenugreek seeds,
- 1 tsp of cloves
- Chili pepper flakes to your taste

STORY OF RECIPE

It's a recipe who is transmitted from mother to daughter in my family :)

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

PREPARATION TIME

> 45min

COOKING TIME

> 2-2.5hr

NAME	FROM	AGE	SERVES
Winsern	Malaysia	28	3

#### TITLE

## DRIED SHRIMP SAMBAL



#### INGREDIENTS

Dried shrimp - 300 grams  
 Dried chillies - 50 grams  
 Lemon grass - 50 grams  
 Fresh turmeric - 15 grams  
 Sugar - 20 grams (or according to taste)  
 Tamarind - 50 grams  
 Warm water - half cup  
 Oil - quarter cup

#### INSTRUCTIONS

Mix tamarind with warm water, extract the juice from tamarind and discard the tamarind seeds, set the tamarind juice aside.

Wash the dried shrimp and process it in a food processor till fine and set aside

Soak the dried chillies in hot water for 5 minutes then remove and dry it and set aside

In a food processor, combine dried chillies, lemon grass, fresh turmeric till become a paste

Heat up oil in a frying pan, add in the spices paste and fry till fragrant, then add in dried shrimp, continue stir-frying till combined then add in tamarind juice and sugar, stir-fry for another 15 minutes

#### STORY OF RECIPE

A Peranakan style condiment, perfect blend of Chinese's affinity for pungent seafood and Malay's love for everything spicy. Goes well with rice and ulam (fresh herbs)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 15min

**COOKING TIME**  
 > 20min

**TOMATO IS  
THE MOST  
COMMON  
FRUIT USED**

NAME	FROM	AGE	SERVES
Rees Maxwell	USA	47	Half-pint

#### TITLE

## LEMON "NEVER LIKED MARMALADE BEFOR

#### INSTRUCTIONS

The actual title of the recipe is:  
Lemon "Never Liked Marmalade Before" Marmalade

Squeeze lemons. Cut the squeezed halves into thin slices and then cross cut. Put juice and cut rinds into container than can be used in the microwave oven. Add syrups. Cook in microwave for 15 minutes, stopping to stir each 5 minutes. The mixture should be slightly thickened. If not, cook for another 3-5 minutes. It becomes thicker when it cools.

Pour into hot sterilized jars and seal. Store in refrigerator for up to a month.

Since lemons always produce a different volume, you can simply scale the amount of sweetener to the amount of juice, pulp, and rind produced by your lemons.

You can use oranges instead of lemons if you like, but lemons are my favorite!

#### INGREDIENTS

- 2 Meyer lemons (should equal 1 cup)
- ½ c brown rice syrup
- ¼ c maple syrup

Double or quadruple recipe to "put up" more!

#### Story:

My step-father is Scottish and therefore loves a good marmalade which isn't overly sweet like American marmalades. My mother found a recipe which used a microwave to speed up the cooking, and tweaked it to remove the processed sugar, and altered the cutting and juicing techniques to create a better texture. Not only does it pass my Step Dad's taste, I love it too (and I never liked marmalade before).

#### STORY OF RECIPE

I can't make the story into 30 words, so it's above in the Cooking Instructions...

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 10min

#### COOKING TIME

> 15min

NAME

Casey and Thorsten Fleischmann USA

FROM

AGE

SERVES

8–12

## TITLE

# HOMEMADE SAUERKRAUT

**INGREDIENTS**

- 1 head of cabbage (about 2-3 pounds)
- 1 1/2 tsp to 2 TBSP pickling or kosher salt
- water (if needed for brine)
- any fresh herbs or whole spices you might want to use, optional
- large glass or food safe plastic jar (about a half-gallon size, you don't need a lid)
- weight of some kind (bowl, plate, food safe bag with brine)

**INSTRUCTIONS**

Wash your cabbage really well and peel off the outer leaves. Place the cabbage on a cutting board with the core end down and quarter it. Place a cabbage wedge on its side with cut side down on a cutting board and make an angled slice to remove the core at the base. Slice cabbage wedge into thin shreds. Repeat with remaining wedges.

Add shredded cabbage to a bowl and add about 1 1/2 to 2 tsps salt. Massage and pound the cabbage for a few minutes to remove some of the water. Taste and add more salt as needed to taste. It'll lose the saltiness as it ferments, so don't worry if you add a bit too much. Let the cabbage rest for a couple of hours to draw out more water. If you're adding spices, now's a good time to add them. Peppercorns, dill, garlic, mustard seed, coriander seed, or pickling spice blend are great in here, but you can be creative with it!

Place cabbage and water drained from cabbage in jar being sure to leave enough room to weight it down without the jar overflowing. If there isn't enough brine to cover the cabbage add a bit of water to cover the cabbage. \*This is important. You want the cabbage below the brine or it will mold.\* Add your weight to the cabbage and brine. They to push down whatever floats to the top. You don't need a lid, but if you choose to use one, just set it on top or make sure to release the gasses frequently or you'll have a mess.

Place jar out of direct sunlight and let sit for a week. Test to see if you like how sour it is. If you want it more sour, let it sit longer. It's not unusual to let it ferment 4-12 weeks, especially if it's cool out. It'll ferment faster in warmer weather so check it often then

**STORY OF RECIPE**

It started out with curiosity. Someone on one of my social media groups mentioned fermenting foods. Now? Thorsten and I are spoiled with homemade sauerkraut. Mmmm!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input checked="" type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 1–12 weeks

NAME

Leslie Barkley

FROM

USA

AGE

SERVES

8

## TITLE

# CRANBERRY STUFF



## INGREDIENTS

- 1 cup whole cranberries
- 2 cloves garlic
- 2 tbsp ginger mash\*\*
- 1/4 cup apple cider vinegar
- 1 tbsp wildflower honey or agave
- dash of red pepper

## INSTRUCTIONS

Place all ingredients in a food processor. Process until fully blended, adjust for taste preference.

\*\*Ginger mash - 3 parts fresh ginger, 1 part crystallized ginger, 1 part ginger slices with sugar, 1 part ginger juice - Puree until fine mash, freeze in ice cube trays, use whenever a touch of ginger is needed with some sweetness.

## STORY OF RECIPE

I like the NPR Cranberry Garlic Chutney recipe but it is a bit sweet for me. I also wanted something a bit less heat processed.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 2min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Rodolfo Sosa	United States	27	8

TITLE

## COLORADO CHILE VERDE



Rodolfo Sosa

### INGREDIENTS

6-12 Green Chiles (Poblano, Anaheim, or similar)  
 2 Cloves Garlic (minced)  
 4 Tbs Oil (Canola, or Vegetable oil)  
 2 Tbs All Purpose Flour  
 2 Oz Tomato Sauce (1/4 of a small can)  
 2 C Warm Water  
 1/2 Tbs Chicken Bouillon  
 (Substitute Chicken Bouillon and Water for Vegetable Broth for vegetarian recipe)  
 1 Tsp Dried Cilantro  
 1/2 Tsp Dried Oregano  
 1/2 Tsp Dried Basil  
 1/2 Tsp Ground Cumin  
 Salt and Pepper to taste  
 -Optional-  
 2 Lb Pork Shoulder (Trimmed of excess fat, cut to 1 inch pieces)  
 2 Tsp Ground Red Chile (Chile Ancho) use if you can get it

### INSTRUCTIONS

Roast chiles over an open flame until the skins are charred, then place in a bowl and cover with a towel.

If using pork brown it in a frying pan with 1 Tbs oil. Make sure to brown all sides of the pork and cook through.

After the chiles have sweated for a few minutes peel off the charred skins, and remove the stems and as many seeds as you can.

Add 1 Tbs of oil to a small frying pan over medium-high heat. While the oil heats roughly chop the chiles and mince one clove of garlic.

When the oil is hot add the chile and garlic, then turn the heat down to medium. Sprinkle a heavy pinch of salt and cook until fragrant (about 5 minutes) stirring occasionally. When done take the pan off the heat.

While the chile is frying, add 3 Tbs oil to a sauce pan over medium heat. When the oil is hot add the flour and stir. Toast the flour until it has a nutty smell and is a light tan color.

When the flour is done add tomato sauce, water, and second clove of minced garlic. Stir well to prevent any lumps forming.

Lower the heat to a simmer then add the chicken bouillon, spices, herbs, and cooked chile. (You can save some of the fried chile to add to other recipes; like pizza, sandwiches, hamburgers, breads, omelets, etc.)

Add the pork and Ancho chile powder. You can also add cayenne powder to add extra heat now. Stir and simmer for 10 minutes.

Add more water for a thinner chile if desired. Taste and add salt and fresh cracked pepper if needed.

Spoon over burritos, french fries, mashed potatoes, eggs, or just enjoy with tortillas or warm bread. If refrigerated it will thicken considerably, but will thin out a little when warmed.

### STORY OF RECIPE

My family has been making this recipe for ages. It's perfect for making smothered burritos or just eating with tortillas or bread. Makes a great gravy substitute for mashed potatoes.

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 15min

### COOKING TIME

> 10min

NAME

Beth

FROM

England

AGE

25

SERVES

1-2

## TITLE

**CUPBOARD SAUCE****INSTRUCTIONS**

Mix together all the ingredients! Voila!

I can recommend this sauce for use on sausages, chicken, chicken kebabs, grilled tomatoes - anything really!

You can use it as a marinade beforehand, or I prefer to cook my food through then toss through the sauce 5-10 mins before the end of cooking time.

Can also be used as a dipping sauce - great for pizza crusts!

**INGREDIENTS**

- 2 tablespoons tomato ketchup
  - 1 tablespoon tomato puree
  - 1 teaspoon runny honey
  - dash of worcestershire sauce
  - salt & pepper
  - pinch of mixed herbs
- (and anything else similar that you have in your cupboard or fridge!)

**STORY OF RECIPE**

One day I just wanted something to make my sausages tasty and sticky, so raided the cupboards and added anything I thought would work!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 0min

NAME  
Chris & Brenda Kost

FROM  
USA

AGE  
36

SERVES  
10

TITLE

## HARV'S BARBECUE SAUCE



INSTRUCTIONS

Mix everything together and cook until hot.

INGREDIENTS

0.25 cups butter  
1 cup minced onion  
1 cup ketchup  
0.25 cup molasses  
2 tablespoons brown sugar, packed  
1.5 tablespoons Worcestershire sauce  
2 teaspoons yellow mustard  
0.75 teaspoons ground black pepper  
0.25 teaspoons chili powder  
0.25 cups bourbon  
1.5 teaspoons salt

STORY OF RECIPE

Harv is a friend of my sister and suffered a tragic brain injury in an automobile accident years ago. He always made this sauce and added it to grilled chicken.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 10min

NAME	FROM	AGE	SERVES
Lynne Roughton	US	55	144

TITLE

## CUCUMBER RELISH



Lynne Roughton

### INGREDIENTS

- 16 large cucumbers washed (average 8-9 inches)
- 4 large onions
- 2 green peppers
- 2 jalapeno peppers
- 4 large pieces celery
- 1/3 cup salt
- 3 cups cider vinegar
- 3 cups granulated sugar
- 1/2 tsp. turmeric
- 1 tsp. celery seed
- 1 tsp. mustard seed

### INSTRUCTIONS

Don't peel cucumbers, but remove the large seeds. Cut up all the veggies (onions, green & hot peppers & celery) and put them through the food grinder (use largest dicer of the electric or hand grinder).

Place in large kettle and combine, then add 1/3 cup of salt on top (do not mix after adding salt to the top). Let it set overnight, a large canning kettle works perfectly.

In the morning, drain in a colander, but do not rinse. Put back into the large kettle. Add the rest of the ingredients (salt, vinegar, sugar & spices) and bring to a boil. Boil 30 minutes.

Put into sterile canning jars and seal by screwing on jar covers. No need for a waterbath canning procedure, the vinegar keeps the relish from spoiling. Also, no need to refrigerate the canned relish, store in the pantry, then refrigerate after opening.

*Note:*

1 hour (approx.) after sealing, test to make sure they are properly sealed by once again screwing on the jar covers. They will turn a little more.

### STORY OF RECIPE

In my opinion, a hot dog on a roll is best with this relish and mustard. But then, this is how I grew up eating my hot dogs, yum!

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE            |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 180min

### COOKING TIME

> 30min

NAME

Erik Mogren

FROM

Sweden

AGE

33

SERVES

2–6

## TITLE

**BAKED AIOLI**

ohsheglows.com

**INGREDIENTS**

- 4 dl Rapeseed oil
- 2 large free-range egg yolks
- 1 whole garlic
- 1-2 tbsp Freshly squeezed lemon juice
- Olive oil
- Sea salt
- Freshly ground black pepper

**INSTRUCTIONS**

Preheat the oven to 175 degrees.  
 Split the garlic into two pieces, sprinkle each piece with salt and a dash of olive oil and put in oven for at least 30 minutes until all cloves are soft and mushy.  
 Mix garlic cloves with egg yolks and lemon juice  
 Carefully whisk in the rapeseed oil  
 Finish off with salt and pepper, and add extra lemon juice if necessary

**STORY OF RECIPE**

Makes my well behaved father lick the plate and my beloved pissed over the amount of silky fat she just can't stop revel in.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 45min

NAME

Ben &amp; Laura

FROM

United States

AGE

31

SERVES

10–12

## TITLE

## GRANDMA BY'S SAUSAGE STUFFING



## INGREDIENTS

- 1 pound regular ground sausage
- 1/4 cup to 1/2 cup butter (to taste)
- 1 regular onion (diced)
- 1 cup to 1 1/2 cup celery (sliced)
- 1 loaf of bread
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup chicken broth or water (optional)

## INSTRUCTIONS

Preheat oven to 350 degrees Fahrenheit.

In a large frying pan, fry sausage until fully cooked but still moist. Lift sausage out and set aside. Add butter, onion, and celery to the sausage drippings and sauté until onions are translucent. Remove from heat. Return sausage to frying pan and mix.

Cut loaf of bread into 3/4 inch squares. In a large bowl, combine poultry seasoning, salt, and pepper and toss until the bread is thoroughly coated. Add sausage mixture and toss until mixed.

For a softer stuffing, evenly drizzle up to 1/2 cup chicken broth or water over the mixture.

Wrap small loaves in aluminum foil. Bake in bread pans for 30 minutes at 350 degrees Fahrenheit.

## STORY OF RECIPE

I thought I knew what good stuffing was, then I married my wife and got to enjoy her grandma's stuffing every Thanksgiving. Once a year isn't often enough!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 30min

COOKING TIME  
>> 30min

NAME

Steffani Ellis

FROM

United States

AGE

SERVES

10+

## TITLE

# HAWAIIAN FIRE SAUCE



## INSTRUCTIONS

1. Combine ingredients
2. Add capsaicin extract to taste.
3. Bring to boil
4. Reduce heat and continue cooking for 30-45 minutes
5. Bottle for later use.

## INGREDIENTS

2 lb brown sugar  
2 1/2 cup mango/pineapple juice  
1/8 cup soy sauce  
8 minced habaneros  
1 tablespoon red pepper  
Dave's insanity sauce (or alternative capsaicin extract)

## STORY OF RECIPE

This sauce can be used for a glaze on poultry or tossed with vegetables and served over rice. It is my own creation. Please enjoy.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 60min

COOKING TIME  
> 45min

NAME	FROM	AGE	SERVES
Max "George Zimmer" R	United States of America	22	2

#### TITLE

## BUTTERSCOTCH PEANUT BUTTER



#### INGREDIENTS

Peanuts - 2 heaping cups  
 Butterscotch chips - 1 cup  
 (for better results, make larger batches)

#### INSTRUCTIONS

You will need a blender or food processor, and nothing else. I use a blender, because I do not have a food processor, however a food processor takes much less time.

To start, measure out your peanuts and dump them in the blender. Just start blending. It should take a little bit, and the peanuts will go through a few stages.

The first is crushed peanuts; still dry, but small bits).

Next, clumps of crushed peanuts; after a bit more blending the peanut bits will start to stick together and get very hard to blend. DO NOT ADD OIL. The peanut butter does not need it. if needed, turn off the blender and push the peanuts into the blade with a spoon.

After a bit more blending the peanut butter should start to get smooth. This is where we add the butterscotch chips.

Continue blending until smooth and evenly blended.

Spoon the peanut butter into a storage container soon after you are finished blending, the peanut butter will be hot and relatively thin. On a related note, the peanut butter will be HOT as blending generates a good amount of heat.

#### STORY OF RECIPE

After learning that you can make peanut butter by blending peanuts, I decided to try making flavored peanut butters. This one is probably my favorite.

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING                | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input checked="" type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE             |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER                 | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 5–15min

#### COOKING TIME

> 0min

NAME	FROM	AGE	SERVES
Oscar	England	28	5

#### TITLE

## HOME MADE MAYO



#### INGREDIENTS

2 egg yolks  
Dijon mustard, 1 big spoon  
coriander  
sunflower oil, 0.5 l  
olive oil, 20 cl  
wine vinegar, 1 tea spoon  
pepper  
salt  
lemon (optional)

#### INSTRUCTIONS

Take a large round bowl (a big salad bowl is perfect). It will help a lot if the end of the bowl is round and not flat.

Grind off some pepper, and add salt in the bowl.

Place a large spoon of Dijon mustard and mix.

Insert the 2 yolks and mix with the mustard.

Wait 5 minutes for the chemical reaction to happen, Drink a glass of red wine in the meantime.

Add a tiny bit of sunflower oil and mix thoroughly with a whisk. If you have an electric one, it's even better.

Add again a tiny bit of sunflower oil and mix until the sauce is homogenous.

Do this little by little until the mayo starts to form. It should become a thick sauce that keeps its shape. Not liquid anymore.

Once you have it, you can add a lot more sunflower oil. Keep mixing and repeat until you have used all the oil.

Taste it with your finger.

Add salt and pepper if needed.

Add 20 cl of olive oil.

Add the finely chopped coriander (it works great with parsley as well)

The final touch is very important, it will make your mayo "perfect". Add a tea spoon of wine vinegar and mix.

Add salt, pepper and squeeze a lemon if necessary.

This mayo is perfect for any dinner, picnic, lunch. Work great on toast and with seafood.

Bon appétit !

#### STORY OF RECIPE

It's my dad's recipe. So simple yet unforgettable.

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 0min

# DESSERT



NAME

Sara Milne

FROM

United States of America

AGE

22

SERVES

4–6

## TITLE

**MARY'S PEACH COBBLER****INSTRUCTIONS**

Peel and slice all peaches and place in a 9 x 9 (inch) baking dish. Add a little sugar if the peaches aren't naturally sweet. Mix the sugar, flour, baking powder and a dash of salt in a big bowl. Make a well in the middle of the bowl. Put one egg in the middle and mix together. (The mixture will be crumbly). Spread on top of the peaches. Melt one cube of margarine and drizzle on top of mixture. Sprinkle nutmeg lightly on top. Bake at 350 degrees for 45 minutes. Start watching cobbler at about 40 minutes. Top should be bubbling. Serve warm with Vanilla Ice Cream.

**INGREDIENTS**

- 6 peaches
- 1 cup sugar
- 1 cup flour
- 1 tsp baking powder
- A dash of salt
- 1 egg
- 1 cube of margarine
- Nutmeg

**STORY OF RECIPE**

I was looking for a recipe in my family's collection and found this one from my grandma, Mary. Sounds pretty good to me!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20–30min

**COOKING TIME**  
> 45min

NAME

Richard Sutton

FROM

Spain

AGE

41

SERVES

6

## TITLE

**CHERRY & AMARETTO LIQUER ICE CREAM****INGREDIENTS**

500g cherries  
135g sugar  
350ml double cream  
50ml amaretto liqueur

**INSTRUCTIONS**

1. Remove stones from cherries, aim for a stoned weight of 400g.
2. Blend cherries with sugar and amaretto to a fine puree.
3. Mix in the cream then add to ice cream maker and churn till firm. Store in freezer till required.

If you don't have an ice cream maker you can make it by putting the mix in a bowl in the freezer and taking it out at regular intervals and giving it a good stir up.

The alcohol helps to keep the ice cream soft, don't increase the amount or you might have trouble getting it to set. If you would prefer not to have the alcohol in there, replace with a little almond essence.

I once made this with some cherries that didn't have a very strong colour and it came out an unappetising brown colour. If this happens and you care about making it look pretty as well as taste good you could add a little red food colouring. The colour in the photo is natural from the cherries served with the dish.

**STORY OF RECIPE**

This recipe was created to use up a surplus of locally grown cherries. The almond flavour of the liqueur complements the flavour of the cherries.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 40min

NAME	FROM	AGE	SERVES
Sofía Ruiz	Mexico	28	8–12

TITLE

## POSTRE DE LIMÓN



### INGREDIENTS

- 1 can (about 14 oz) sweet condensed milk
- 1 can (about 14 oz) evaporated milk
- 1 pack (about 170 grams) vanilla wafer cookies (Galletas Marias)
- lime juice (6-8 limes)
- lemon rinds for garnish
- grapes for garnish

### INSTRUCTIONS

Pour the sweet condensed milk and the evaporated milk into a bowl and stir.

Squeeze the juice of six limes, pour into the milk mix and stir. Add the two remaining limes if you feel it is not sour enough.

The milk will start to set because of the lime juice.

In a pan (9"x13" works well, but any pan will do), make a layer of wafer cookies, then pour some of the mix to make a milk/lime layer and repeat until you're out of wafers and milk mix. Feel free to double the recipe for heftier pieces.

Garnish with lime rinds and grapes cut in half. You can experiment with other fruits too!

Place in the refrigerator for at least 20 minutes for it to finish setting. Cut and serve cold. Enjoy!

### STORY OF RECIPE

My mom has been making this dessert since I can remember, once I figured out how to make it, I fell in love! Fresh, quick, easy to make and mouthwatering.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME  
Liam Simmons

FROM  
New Zealand

AGE  
22

SERVES  
12

TITLE

## OREO TWIX MINI CHEESECAKES



INGREDIENTS

1/2 packet (20) Oreos  
1 tablespoon sugar  
1/4 cup unsalted butter (melted)

500 grams cream cheese  
2 large eggs (lightly beaten)  
1/2 cup sugar  
1/2 cup sour cream  
1/2 teaspoon vanilla extract  
12 mini Twix bars chopped

INSTRUCTIONS

Preheat oven to 135 degree Celsius.  
Grind Oreos in food processor.  
Add sugar and crumbs into a large bowl and combine.  
Pour in melted butter and mix well.  
Line a cupcake pan with cases.  
Scoop a tablespoon of crumbs into each case and press firmly.

Beat cream cheese in a bowl until smooth on a medium low speed (about 3 minutes).  
Add in sugar and mix to combine.  
Add vanilla extract and mix.  
Slowly add eggs and mix until incorporated.  
Add the sour cream and combine.  
Finally fold Twix pieces into filling gently.  
Scoop into cases and bake for 30 minutes.  
Chill in fridge overnight.

STORY OF RECIPE

I found this recipe long ago on the internet and became instantly famous among friends. After a few tweaks here and there, I get begged and bribed for these everywhere!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 30min

NAME

Balázs Szögi

FROM

Hungary

AGE

32

SERVES

4

## TITLE

**HUNGARIAN 'BIRD MILK'****INGREDIENTS**

- 3 eggs
- 3 egg yolks
- 2/3 cup sugar
- 1 tsp flour
- 2 1/2 cups milk
- 1/4 tsp salt
- 1 tsp vanilla extract

**INSTRUCTIONS**

Beat eggs and egg yolks lightly with a fork and strain them (to remove cords) directly into the top of a glass or stainless steel or enameled double boiler. Stir in sugar; sift and stir in flour. Scald milk in a separate saucepan, heating just until bubbles form around the edges. Gradually stir the milk into the egg mixture, and cook over simmering, but not boiling water, stirring constantly with a wooden spoon until the mixture coats a metal spoon. Remove from heat immediately, stir in the salt and vanilla, and pour into a large shallow bowl. Stand the bowl in cold water to cool rapidly, then chill in refrigerator. The Meringue 2 egg whites 1/8 tsp cream of tartar dash of salt 1/2 tsp vanilla extract 1/4 cup sugar 2 cups milk Beat egg whites with cream of tartar and salt until frothy. Add vanilla and then add sugar one tablespoon at a time, beating well after each addition. Continue beating until stiff and shiny. Heat milk in a frying pan. When bubble start to form around the edges, drop in the egg white mixture a tablespoon full at a time. Do not cover. Cook over low heat until the meringues are firm, but not hard, about 5 minutes. Using a slotted spoon, lift them carefully out of the milk and slide them onto the custard. Chill until ready to serve.

**STORY OF RECIPE**

Got the recipe from my grandma. Everybody can make it, even without any cooking experince. HAVE FUN

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 30min

NAME

Fab Giovanetti

FROM

United Kingdom

AGE

SERVES

10–12

## TITLE

**RAW BANANA CAKE****INGREDIENTS**

- 3 ripe bananas
- 250g coconut oil
- 300g coconut flakes
- 100g coconut flour
- 150g dates
- 2tsp vanilla paste

**INSTRUCTIONS**

To prepare the base blend the coconut flakes, coconut flour and the dates together in a food processor. Stop the processor every so often to scoop the paste from the corners, and keep blending until smooth. Use 50g of coconut oil to bind it all, put it in a cake tin, press it down and let it sit in the fridge.

Now it's time to blend our chopped bananas with the coconut oil and the vanilla paste. You won't need sugar, as the bananas are quite sweet, but if you feel like you are missing a pinch of sweet, add some raw honey or stevia.

Pour the banana filling on top of the base, and let it sit in the freezer for 30 mins before moving it into the fridge for 5+ hours. The more it sits, the better it gets.

To top it off, cover it in raspberry (or any berry) jam and you are good to go.

**STORY OF RECIPE**

I started experimenting with raw desserts since I changed my diet, and the raw banana cake is my biggest pride as it's also nut free!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 180min

**COOKING TIME**  
> 0min

NAME	FROM	AGE	SERVES
Stephen York	USA	32	40

TITLE

## BAKLAVA



Ben Hejkal

### INGREDIENTS

*Pastry*

- 40 sheets phyllo dough
- 1 cup melted butter

*Filling*

- 3/2 cup chopped pistachios
- 1 cup chopped walnuts
- 1/2 cup chopped almonds
- 1 cup sugar
- 1 Tbsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1/4 tsp allspice
- 1/4 tsp ginger
- 2 handfulls chopped fresh sage

*Syrup*

- 3/2 cup honey
- 1 Tbsp champagne vinegar

### INSTRUCTIONS

Grease a 9x13 baking pan

Mix filling ingredients, set aside

In the tray layer 11 sheets of phyllo dough, brushing melted butter between each layer

Spread 1/4 of filling on phyllo and then 6 layers of phyllo and butter.

Repeat this 3 more times

Add 5 more layers of buttered phyllo on top. Cut baklava into small diamond shaped pieces with a sharp knife.

Bake at 300 def F for 2.5 hours with a pan of water on the bottom rack or until golden, making sure that the water pan does not empty.

Remove baklava from oven and cool slightly.

Mix honey and vinegar in a pot and heat until water-like consistency. DO NOT BOIL.

Pour the syrup on the baklava and let rest for a few hours before eating.

### STORY OF RECIPE

I've always loved baklava so I had to learn how to make it. Turns out using fresh sage and vinegar, instead of lemon, gives it a delightful tang!

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 150min

NAME	FROM	AGE	SERVES
Austin LeVert	United States	25	6–8

TITLE

## AUNT LU'S SWEET POTATO CASSEROLE



### INSTRUCTIONS

Remove skins from boiled sweet potatoes and mash in a large bowl. Stir in butter/margarine and sugar. Add sour cream and mix well. Stir in vanilla extract and bourbon. Spread in an 11 X 7 casserole dish.

Blend topping ingredients well and sprinkle topping evenly over sweet potato mixture.

Preheat oven to 350 degrees (fahrenheit); bake for 30 minutes.

### INGREDIENTS

*Main dish:*

3 large sweet potatoes, boiled in jackets until easily pierced with a fork

8 ounces sour cream

1 cup granulated sugar

1 stick of butter or margarine

3/4 teaspoon vanilla extract\*

3/4 teaspoon bourbon\*

\**Optionally, omit vanilla and bourbon. substitute 1/4 cup orange juice*

*Topping:*

1 heaping cup brown sugar (not packed)

1 cup chopped pecans

1/3 cup flour

1/3 cup melted butter

### STORY OF RECIPE

My favorite holiday dessert as a child! Still love it 10+ years later; now that I'm a "grown-up," it's often a breakfast food, too.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 60–75min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Margaux Péribère	France	32	6

TITLE

## ORANGETTES



### INGREDIENTS

3 oranges with thick skin  
sugar (weight to be measured during preparation, approximately 300g)  
200g dark chocolate (I suggest Bonnat chocolate, as it is organic and tasty)

### INSTRUCTIONS

- with a sharp knife, cut out the skin of oranges leaving some of the flesh attached. Cut in sticks of 5mm wide.
- place the sticks in a pan, cover with cold water and bring to boil. Remove the hot water, cover with cold water and bring to boil again. Do this 3 times.
- Take the sticks out of the pan, drain them, and weight them. In a pan, cover them with water, and add sugar (same weight as the sticks).
- cook for 20-30 min at low fire, then let cool down in the syrup.
- Place the sticks on a grill, let them dry for 24h.
- you can now either sprinkle sugar, or deep them in dark chocolate (melted in a bain-marie). Enjoy!

### STORY OF RECIPE

I used to buy these orangettes in France, but since I live in China, I have to make my own, and they taste even better!

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

### PREPARATION TIME

> 30min +24hr

### COOKING TIME

> 30min

NAME

Sofia Péribère

FROM

China

AGE

2

SERVES

6

## TITLE

**MUM'S CHOCOLATE CAKE**

mum

**INGREDIENTS**

200g dark chocolate (Bonnat is the best brand!)  
 200g sugar  
 200g butter  
 5 eggs

**INSTRUCTIONS**

melt the butter and chocolate together in a pan (low fire), with a wooden spoon  
 add the sugar and the egg yolks, then stop fire and let cool down  
 in another bowl, bring the eggwhites until stiff  
 add the chocolate on it and mix slowly with a wooden spoon  
 place the mixture in an oven dish (it should be about 1.5cm thick)  
 bake for 30mins at 200 Celcius degrees.  
 don't forget to lick both the bowl and the chocolate pan (the best part of this recipe!)  
 take the cake out of the oven, let it cool down. Best to eat it cold, and great after few hours in a fridge...!

**STORY OF RECIPE**

my mum started baking this for me when I was 1 year old, and since then I can't live without it! A recipe coming from my Bulgarian great great grandmother.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 30min

NAME

Alec

FROM

New Zealand

AGE

27

SERVES

A lot

## TITLE

**DAD'S RUSSIAN FUDGE****INGREDIENTS**

- 675g of sugar
- Half a cup of whole milk
- Half a cup of sweetened condensed milk
- 125g of butter
- Quarter teaspoon of salt
- 1 tablespoon of golden syrup

**INSTRUCTIONS**

Put sugar and milk into a saucepan and bring to the boil while stirring slowly. Add the condensed milk, butter, salt and golden syrup.

Boil the mix on a low heat for half an hour while stirring frequently. Yes, it seems like a long time, but the fudge needs all of this time to cook properly - don't be tempted to take it off sooner!

When the mixture is golden brown, take off of the heat and beat it until it is thick (about 5 minutes).

Pour the fudge mixture into greased tins. Cut it while it's still soft and warm (this will be impossible later).

Mix it up by adding walnuts or vanilla essence just prior to pouring if desired.

**STORY OF RECIPE**

This was one of my favourite things to have while growing up – no other fudge has ever come close to being as delicious as this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 45min

NAME

Jason Tinling

FROM

USA

AGE

40

SERVES

24

## TITLE

**MARGARITA BAR COOKIES**

Jason Tinling

**INGREDIENTS***Crust*

- 2 cups Flour
- 1 cup butter, frozen, cut into small chunks
- 1/2 cup Confectioner's (powdered) sugar

*Filling*

- 4 eggs
- 2 cups granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup lime juice
- Zest of 4 limes
- Zest of one orange
- 1.5 tablespoon tequila
- 1.5 teaspoon Triple Sec

*Glaze*

- 1 cup Confectioner's (powdered) sugar
- 2 tablespoons Tequila
- 2 teaspoons Triple sec
- 1 tablespoon Lime juice (or until desired thinness for glaze)
- 1/2 teaspoon sea salt

**INSTRUCTIONS***Crust*

Combine all and blend in a food processor with quick pulses, or mix by hand with a pastry cutter or "two knives" method. Once combined, press firmly into 9 x 13" pan, and bake at 350° F for 20 minutes.

*Filling*

Beat eggs and sugar until light in color. Add remaining ingredients and mix on medium speed until well combined. Remove crust from oven(when done) and pour filling over the crust. Return to oven for an additional 20-25 minutes, or until browned moderately on top.

*Glaze*

Combine all in small bowl and whisk until smooth. Once bars are cooked and slightly cooled, pour glaze over top of surface, and spread evenly.

**STORY OF RECIPE**

This recipe grew from a discussion with a friend who wanted a bar cookie for her Dad's birthday party, which played on his two favorite treats, lemon bars and margaritas!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 40–45min

NAME

Helen Firth

FROM

Australia

AGE

SERVES

4

## TITLE

**SPEEDY CHOCOLATE PUDDING**

www.taste.com.au

**INGREDIENTS**

- 1 tablespoon cocoa (any sort)
- 1 cup self raising flour
- $\frac{3}{4}$  cup castor sugar
- $\frac{1}{2}$  cup milk
- 60 grams melted butter
- 1 teaspoon vanilla
- 1 tablespoon cocoa (extra)
- $\frac{3}{4}$  cup brown sugar
- 1 $\frac{1}{2}$  cups boiling water

**INSTRUCTIONS**

Grease baking dish.

Mix cocoa, flour and castor sugar in a bowl. Mix together the milk, melted butter and vanilla separately. Slowly mix into the dry ingredients to make a paste and then a smooth batter (once all the milk mixture is added).

Pour into baking dish.

Sprinkle brown sugar and extra cocoa over mixture.

Gently pour boiling water over top.

Bake in moderate oven for 40 to 45 mins

**STORY OF RECIPE**

Scrumptiousness from my Nana. Good when you need a no fuss, easy dessert with stuff already in the pantry. Easily made vegan or dairy free if needed.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 40–45min

NAME	FROM	AGE	SERVES
Stephan Neuner	Germany	50	4–6

#### TITLE

## CREME BAVAROISE



#### INGREDIENTS

300 ml milk  
400 ml cream  
100 g sugar  
4 eggs  
1 Vanilla pod (alternatively: Vanilla grounded)  
5 gelatin leaves  
fruit of choice – raspberry, strawberry, red currant are perfect but actually any kind of fruit can be used

#### INSTRUCTIONS

- put gelatin leaves in cold water
- heat up milk and vanilla pod (alternatively: use grounded vanilla) but don't cook
- put 4 egg yolk and sugar in a bowl and use hand mixer for 4-5 min to get to a creamy mixture with a very light yellow.
- dissolve the gelatin in the milk and remove vanilla pod the milk should still have a temperature of ca 70°C
- slowly add the milk to the egg/sugar and stir
- put the bowl in cold water (best with ice cubes) and cool down the milk/egg/sugar, stirring now and again
- meanwhile whip the cream until stiff
- once the milk/egg/sugar has cooled down to ca 15°C and starts to get solid at the edges (the crème begins to solidify) cautiously fold in the stiffly-beaten whipped cream.

The basic work is done! Now you can either put the bowl in the fridge (minimum 2 hours) and then use a spoon to put the Crème Bavaroise on a plate and decorate with fruit of your choice OR you fill the crème in glasses. Add fruit (I used raspberry which I like best in this combination) after each layer and decorate as you like.

#### Note:

If you want the Crème Bavaroise sweeter and stiffer, use only 300ml cream.

The great thing about Crème Bavaroise is the versatility – you can be very creative by using different basic flavors (e.g. instead of vanilla use caramel, nuts, coffee, cacao etc), combining the crème with all kinds of fruit and there are no limits to how to present it to your guests ... enjoy!

#### STORY OF RECIPE

Crème Bavaroise is a very traditional dessert in Bavaria (first mentioned in 1815) – this recipe I learned from my brother (a cook) when I was a kid.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 25min

NAME	FROM	AGE	SERVES
Alex Fleischer	Australia	20	8

TITLE

## TRADITIONAL PAVLOVA



Alex Fleischer, 2014

### INGREDIENTS

*For base:*

- 4 egg whites
- 1 cup caster sugar
- 2 tsp cornflour
- 1 tsp white vinegar
- pinch salt

*For topping:*

- 300ml thickened (whipping) cream
- 1 tablespoon caster sugar
- 1 tsp vanilla essence
- 6 large strawberries, sliced
- 3 passion fruits, scooped (or tinned passionfruit pulp in syrup)

(strawberry and passion fruit may be replaced with any other fruits, chocolates or nuts desired)

### INSTRUCTIONS

Preheat oven to 110°C, if fan forced, turn it off.

Add salt and egg whites in a large mixing bowl, and beat with electric mixer until very stiff.

Slowly add sugar a tablespoon at a time, making sure it is well combined before adding more.

Continue beating until all sugar is combined and dissolved. To check, pinch a small amount of batter between two fingers. If you can feel the sugar grains, the mixture needs to be beaten longer.

Add vinegar and sifted cornflour, fold in gently with a spatula until combined.

Spoon mixture onto a baking tray lines with non-stick paper, and gently shape into a mound. The mixture will not expand while cooking, so shape close to the desired size.

Cook in oven for 1 hour, then leave in oven with door held ajar to cool completely (a folded tea towel is good to hold it open). Do not open oven door during cooking process, as this will cause the pavlova to crack more than normal.

Once cooled, carefully transfer or simply flip upside down onto a serving plate.

Whip cream, sugar and vanilla together until stiff peaks form. Spread onto pavlova, and top with strawberries and passion fruit pulp.

Refrigerate or serve immediately.

### STORY OF RECIPE

Passed down from my grandmother, who has probably made hundreds to celebrate birthdays and Christmases with our family.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input checked="" type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 3hr

### COOKING TIME

> 1hr

NAME	FROM	AGE	SERVES
Nichlas D Pinder	United States	25	6–12

#### TITLE

## REESE'S PEANUT BUTTER CHEESECAKE



#### INGREDIENTS

*Crust:*

Peanut Butter Oreo cookies two packages  
1 cup chopped roasted peanuts  
A couple Reese's Peanut Butter cups to crush in the crust (optional)  
1 stick of butter melted separated into two parts  
9-11 in' Spring form pan.

*Filling:*

3 packs , softened cream cheese  
8 oz of sour cream  
5 eggs, at room temperature  
1 cup brown sugar  
1 cup Reese's peanut butter.  
1 teaspoon vanilla extract  
1/2 cup whipping cream  
One package regular Reese's Peanut Butter cups  
One package of mini Reese's Peanut Butter cups

#### INSTRUCTIONS

Hand chop 10-12 mini Reese's Peanut Butter cups and half of the Oreo cookies and try not to eat all of them (this will be your sides and top). Then chop half the roasted peanuts and the other half of the Oreos together in an electric blender ( this will be your bottom). Chop up the other half of the peanuts and mix with the hand chopped goodies. Melt the butter and pour half in the electronically chopped mix till it is workable. take a spring form pan and place heavy aluminum foil on the bottom then close the spring sealing the bottom.

Spread the mixed crust on the bottom for a thin and even bottom crust, if you have leftovers throw in with the hand chopped along with the rest of the butter. Use this to mold your side and be careful not to make too thick you also want to save some to put on the top later. Crush in a couple peanut butter cups cut in half along the top and on the bottom edges. Place finished shell in freezer.

Pre heat oven to 275\*

Beat cream cheese until smooth, add sour cream add eggs one at a time beat well in between. add brown sugar, Reese's peanut butter, vanilla, and whipping cream mix until uniform.

Hand chop some more regular and mini Reese no exact measurement just enough so when you fold it in there will be enough to go around. Then pour in Shell.

Wrap the bottom in aluminum foil so water cannot seep through. Then pour hot water into a broiler pan or whatever you can find that can hold both water and a spring form pan till about an inch to the side of the Spring form. Place Cheesecake in bath and the bath in oven. Bake for about 1 and a half hours you will see the sides start coming inwards. Additional time may be needed depending upon oven. Remove and let it cool on a wire rack until room temperature (about two hours)

Spread rest of the crust on top like sprinkles. Cover with plastic wrap and place in fridge for about 9 hours. Patience is rewarded. Be sure to be careful when cutting that you do not cut tinfoil it does not taste good

#### STORY OF RECIPE

My take on a Reese's Peanut Butter Cup Cheesecake. Made over time of adjusting and changing the recipe till it became perfectly decadent. Warning may contain Diabetes

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

#### PREPARATION TIME

> 45min

#### COOKING TIME

> 1hr 30min

NAME

Cindy Dunn

FROM

USA

AGE

SERVES

10

## TITLE

**RASPBERRY CONTINENTAL CAKE****INGREDIENTS**

1 package (box) of yellow cake mix, any brand

*Butter filling:*1 1/2 cups powdered sugar  
1/2 cups softened butter*Raspberry filling:*1/4 cup sugar  
2 Tablespoons of cornstarch  
1 package (10 ounces) of frozen raspberries, thawed*Whipped cream topping:*1/2 cup heavy cream or whipping cream  
2 Tablespoons sugar**INSTRUCTIONS**

1. Prepare cake mix according to the instructions on the box. Bake in two 8-inch or two 9-inch round or square layer pans, as directed. Or you can also bake one whole layer cake and slice it in half. Let the cake cool.
2. Prepare raspberry filling: in small saucepan, combine sugar and cornstarch. Add berries. Cook over medium heat, stirring constantly until thick and clear. Cool completely.
3. Prepare butter filling: mix powdered sugar and softened butter until creamy.
4. Prepare whipped cream topping: add sugar to heavy cream or whipping cream, and whip until stiff peaks are formed.
5. Spread surface of bottom layer of cake with butter filling first, then spread raspberry filling on top of the butter filling.
6. Top with other layer of cake. Spread whipped cream topping on surface of top layer. Chill several hours.

**STORY OF RECIPE**

Recipe shared with me by a U.S. Army wife in 1984.  
 In 2010, submitted recipe to the University of Georgia (USA), which scaled this recipe to feed 8000 students.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 35min

NAME

John Wallet

FROM

United States

AGE

34

SERVES

8–12

## TITLE

**BEST CHOCOLATE CHIP COOKIES EVER!!**

Allegra Fieux

**INGREDIENTS**

1 lb. butter  
 1 1/2 cups white sugar  
 2 cups brown sugar  
 2 table spoons Vanilla  
 3 eggs  
 1 1/2 teaspoon salt  
 1 1/2 teaspoon baking soda  
 6 cups of flour  
 2 (12 ounce) bags of chocolate chips

*Optional:*

1 cup of chopped nuts

**INSTRUCTIONS**

Mix butter, white and brown sugar and vanilla. Add eggs, salt, baking soda, flour, chocolate chips and nuts.

A stand mixer can be used, but do not over mix. Mix until everything is incorporated. Use the paddle attachment.

Bake at 350\* on a cookie sheet for 10-12 minutes or until slightly golden. Dough should be golf ball sized, approximately.

**STORY OF RECIPE**

My wife's childhood best friend's mother has been using this recipe for ages. It is common for people to say these are the best cookies they have ever tasted!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 10–12min

NAME

Dave Bush

FROM

USA

AGE

45

SERVES

8

## TITLE

**NEALIE WASHINGTON'S PEACH COBBLER**

Dave Bush

**INGREDIENTS**

- 1 cup flour
- 1 cup sugar
- 2 1/2 tsp baking powder
- 1/2 cup milk
- 1 tsp vanilla
- melted butter to taste (coats bottom of baking dish)
  
- 1 large can sliced peaches, undrained
- 1 tbsp tapioca
- 1/2 tsp nutmeg

**INSTRUCTIONS**

Mix flour, sugar, baking powder, milk and 1/2 tsp vanilla in a bowl. If mixture is a little thick, add a little more milk.

Lightly rub the bottom of a 9x12" glass baking dish with melted butter, and then pour the batter into the dish.

In a separate bowl mix sliced peaches & juice from can, tapioca, nutmeg and remaining vanilla.

Carefully place the peach mixture on top of the batter.

Bake at 350 degrees for 45 minutes to 1 hour. When done, the batter will rise to the top of the peaches and be brown.

Tastes good with whipped cream or vanilla ice cream.

**STORY OF RECIPE**

Nealie Washington was a long time friend of my family, and the things he would cook were always delicious. We hope Nealie's legacy lives on with his cobbler recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–15min

**COOKING TIME**  
> 45–60min

NAME

Neil Sturtivant

FROM

England

AGE

SERVES

6

## TITLE

**A VERY CHOCOLATEY MOUSSE****INGREDIENTS**

- 200g Dark chocolate (70%+)
- 120ml Warm Water
- 3 Large Eggs Separated
- 40g Golden Castor Sugar
- 6 Ramakins (to serve in)

**INSTRUCTIONS**

Place chocolate and warm water in large bowl over pan of simmering water, ensure bowl doesn't touch water.

Melt chocolate slowly, should take about 6 mins.

Remove from heat, stir well until smooth and glossy, let mixture cool for 2-3 mins before stirring in egg yolks.

Give another good mix with wooden spoon.

In a clean bowl, whisk egg whites to soft peak stage, then whisk in sugar, about 1/3 at a time, then whisk again until whites glossy.

Using a metal spoon, fold a tablespoon of egg whites into chocolate mixture to loosen it, then carefully fold in rest, using gentle folding and cutting movements to retain air.

Divide mousse between ramekins and chill for at least 2 hrs, covered with cling film.

Optional: serve with blob of softly whipped cream on top or cocoa powder.

**STORY OF RECIPE**

A recipe I use when my guests are full, but want a little Chocolate hit.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 120min

NAME

L. Strizich

FROM

USA

AGE

59

SERVES

12

## TITLE

**APPLE STRUDEL****INGREDIENTS***Dough:*

- 1/2 cup water
- 2 Tablespoons butter
- 1 Tablespoon sugar
- 2 cup all-purpose flour
- 1 whole egg and 1 egg white
- 1/4 teaspoon salt

*Filling:*

- 6 large apples cored and peeled into thin slices
- 1 cup sugar
- grated rind of 1 lemon
- 3/4 cup butter
- 2/3 cup chopped almonds or other nuts
- 1/4 teaspoon nutmeg
- 1/2 cup dry bread crumbs

**STORY OF RECIPE**

This is a favorite family recipe from my grandmother. She used crab apples from her yard. You must to slap the dough 100 times for it to turn out.

**INSTRUCTIONS***Dough:*

1. Heat water, butter and sugar just enough to melt, set aside to cool.
2. Mound flour on a board, make a well in the center and drop whole egg and egg white in. Stir egg into part of the flour smoothly, add the cooled water mixture gradually and keep stirring until smooth.
3. Slap dough vigorously with the palm of hand stretching it up from the board. Then slapping it down on the board again. It takes about 100 slaps till it develops the proper elasticity and smoothness.
4. Cover strudel dough with and inverted hot bowl and let rest for 20 minutes.
5. Spread a clean cloth over a large table and sprinkle with a generous coating of flour.
6. put the ball of dough in the center and roll out in a circle as evenly as possible and keep rolling out as thin as possible being careful not to tear the dough for it cannot be mended.
7. Preheat oven to 400 degrees F.
8. Brush dough with half of the melted butter then spread apple slices over half of the dough. Sprinkle with sugar mixture, grated lemon rind, dry bread crumbs, nutmeg and nuts.
9. Roll dough lengthwise starting with the apple-covered side, rolling toward the empty edge. Tuck in the end of the roll neatly. Place on a pan and shape into a horseshoe shape. Brush with melted butter and Bake 10 minutes at 400 degrees F. Then turn down over to 350 degrees F and bake 30-35 minutes longer brushing with melted butter every 15 minutes.
10. When done take out of oven and sprinkle with powdered sugar, Serve hot, warm or cold.
11. Serves up to 12.

*Filling:*

1. Mix 1 cup of sugar and grated zest of lemon, set aside.
2. Melt 3/4 cup butter and set aside for later use.
3. Have ready, almonds, nutmeg and dry bread crumbs.
4. Grease a large shallow baking pan or tray, one with a raised edge.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 2hr

**COOKING TIME**  
> 45min

NAME

Carlyn Clark

FROM

USA

AGE

57

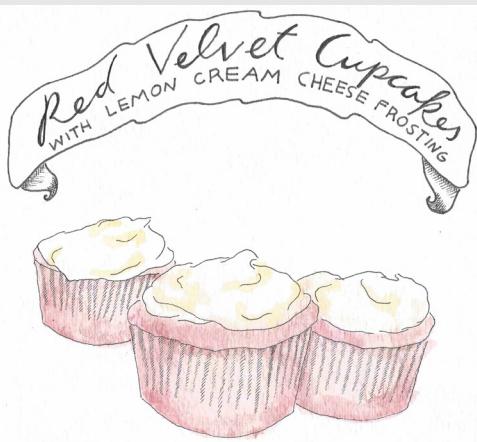
SERVES

24

## TITLE

**RED VELVET CUPCAKES/LEMON FROSTING**

Delaney Clark

**INGREDIENTS***Cupcakes:*

- 2 1/2 cups all-purpose flour
- 1 1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cocoa powder
- 1 1/2 cups vegetable oil
- 1 cup buttermilk, room temperature
- 2 large eggs, room temperature
- 2 tablespoon red food coloring
- 1 teaspoon white distilled vinegar
- 1 teaspoon vanilla extract

*Lemon Creamcheese Frosting:*

- 1/2 pound unsalted butter
- 8 ounce cream cheese
- 3 cups confectioners' sugar.
- 2 medium lemons

**INSTRUCTIONS***Cupcakes:*

1. Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers.
2. In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.

3. Divide the batter evenly among the cupcake tins (about 2/3 filled.) Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Remove from the oven when done (toothpick inserted in the center comes out cleanly) and cool completely before frosting.

*Frosting:*

1. Zest two lemons. Juice one.
2. Cream butter & cream cheese until very, very fluffy (at least 5 minutes). If you're not sure if it's fluffy enough, beat a little longer!
3. Add sugar & lemon zest. Beat until thoroughly incorporated. (2 - 3 minutes)
4. Add lemon juice. Beat until well mixed.

**STORY OF RECIPE**

I often find that frosting is too sweet, so I came up with this recipe. Then I needed the perfect support for the frosting and decided on this old-time favorite.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 4hr

COOKING TIME

&gt; 22min

NAME

Nicole Moder

FROM

Germany

AGE

28

SERVES

ca. 10

## TITLE

**MATCHA TEA ICE**

(R)NicoleModer

**INSTRUCTIONS**

blend milk, crème fraîche and matcha together a hand blender will be helpful for mixing the powder  
after this pit the peaches, add them and mix everything afterwards add the yoghurt with a dough scraper  
prepare the cream for the freezer, take it out and stir it every half hour for ca. 6 hours  
if you have one, you can use an ice cream maker, which does the stirring and cooling for you

~bon appetit!~

**INGREDIENTS**

400ml milk  
250g crème fraîche  
500g greek yoghurt cream  
4tbsp honey  
2 peaches  
ca. 30g matcha tea powder

**STORY OF RECIPE**

I found my deep love for all things matcha in a restaurant in cologne. Afterwards I did a lot of testing in order to find the perfect recipe. ;-)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Nicole Moder	Germany	28	ca. 10

TITLE

## WHITE COFFEE ICE



(R)NicoleModer

### INGREDIENTS

300ml milk  
500g whipping cream (unwiped)  
3500g crème fraîche  
ca. 80g coffee beans  
ca. 180g sugar or a combination of sugar and sweeteners  
4 or 5 egg yolk

### INSTRUCTIONS

mix the milk, whipping cream and crème fraîche, put the coffee beans in and boil while stirring  
afterwards let it chill, so the beans can steep within the mixture  
when its cold enough take the coffee beans out and put the mixture in the refrigerator (12h)  
whip the egg yolks and the sugar, so it becomes foamy and blend them carefully with the other mixture  
prepare the ice cream for the freezer, take it out and stir it every half hour for ca. 6 hours  
if you have one, you can use an ice cream maker, which does the stirring and cooling for you  
if you like, you can add vanilla, cinnamon or other stuff

~bon appetit!~

### STORY OF RECIPE

I love coffee, long ago I found a coffee ice recipe. I try to vary the recipe, each time I make a new portion, for improving it even more.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 18hr

NAME

Karl from IngredientMatcher

FROM

Sweden

AGE

32

SERVES

4

## TITLE

**GUILT-FREE BANANA-OAT COOKIES**

Karl Sjöderman

**INGREDIENTS**

- 2 ripe bananas (the riper the better)
- 100 g of rolled oats (1 cup)
- 50 g raisins (1/4 cup)

**INSTRUCTIONS**

Preheat oven to 180 degrees C  
 Mash the bananas and combine with oats and raisins  
 Spray baking sheet with nonstick spray or use baking sheet paper.  
 Drop dough by large tablespoons onto cookie sheet and form each to cookie shape. The dough makes about 12-16 cookies.  
 Bake for 10 minutes (or longer if you want them a little less gooey).

You can vary the recipe in a number of ways by adding or replacing the raisins:

- Chopped walnuts, almond or pecans
- Vanilla extract
- Chocolate chips
- Peanut butter chips
- Dried cranberries (instead of raisins)
- Coconut flakes
- Cocoa nibs

**STORY OF RECIPE**

This must be the ultimate cookie! healthy, delicious, simple, quick and only 3 ingredients. Perfect when you want to use those over ripe bananas.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME  
Alisha Beckstrom

FROM  
USA

AGE  
38

SERVES  
10–12

TITLE

## COOKIE DOUGH DIP



### INGREDIENTS

- 1 (8 ounce) package cream cheese, softened
- ½ cup butter, slightly softened
- 1 cup creamy peanut butter
- 2 cups powdered sugar
- 3 Tablespoons brown sugar
- 1/4 cup all-purpose flour
- 1 teaspoon vanilla
- 2 ½ cups rolled oats, old fashioned or quick (see Note)
- 2/3 cup plain M&Ms (give or take)
- 1 cup semi-sweet chocolate chips

### INSTRUCTIONS

- With a hand mixer or stand mixer, beat the cream cheese, butter, and peanut butter until smooth.
- Add in the powdered sugar, brown sugar, flour, and vanilla.
- Using the paddle attachment on your stand mixer or just a wooden spoon, mix in the oats. You may want to use more or less here. I really like the oats in it and a thicker dip so I added a lot. Remember that the dip will also firm up a bit in the fridge.
- Add the M&Ms and chocolate chips.
- Store in the refrigerator until serving. Serve with pretzels, graham crackers, or apple slices. You can dip or spread this depending on how thick you made your dip. Try not to eat it all like I did!

*Note:*

You can use more or less oats to adjust the thickness of your dip. Start with about 1 1/2 cups oats and keep adding until you reach your desired thickness. If you use quick oats you might use less since it's finer and will make the dough thicker.

### STORY OF RECIPE

This was made often when I got pregnant.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 0min

NAME

Erik Liljeblad

FROM

Sweden

AGE

43

SERVES

8

## TITLE

**SOFIA'S LEMON CAKE****INGREDIENTS**

- 1 teaspoon lemon essence
- 2 eggs
- 3 deciliters sugar
- 2 teaspoons of vanilla sugar
- 0,5 teaspoon of salt
- 100 grams of butter (unsalted)
- 1,5 deciliter flour
- 0,5 teaspoon of baking powder

**INSTRUCTIONS**

1. Mix the eggs and the sugar together in a bowl until fluffy.
2. Add the lemon essence.
3. Melt the butter.
4. Add the dry ingredients and the butter slowly into the bowl. If you want a richer yellow colour you can add some non-taste yellow food coloring to the mixture.
5. Spray your pan with non-stick spray and pour the mixture into it, your pan should be about 24 cm in diameter and preferably you should be able to take the lining off.
6. Cook at 175 degrees (Celcius) for 35 minutes, but start to check it when 20 minutes have gone by. Your baking stick should come out almost clean.
7. Serve as it is or decorate with whipped cream and fresh berries.

**STORY OF RECIPE**

A very nice cake that is the result of my 13 year old daughter experimenting in the kitchen.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 35min

NAME	FROM	AGE	SERVES
Karen	Westphalia / Germany	40	6–8

TITLE

## WESTPHALIAN CURD-DESSERT



Karen

### INGREDIENTS

1 glass of dark cherries (350g dripped down)

*For the cream:*

1 lb of curd  
1 cup of cream  
1 cup of crème fraîche  
1 dash of lemon- or lime juice  
Some (vanilla)sugar for taste

*For the bread-crumbs:*

½ lb Pumpernickel (Westphalian dark ryebread)  
¼ lb of dark chocolate  
Some cherry brandy or rum for taste (replace with cherryjuice or non-alcoholic rum if no alcohol is desired)

### INSTRUCTIONS

Drip down the cherries.

Mix the curd with the cream and the crème fraîche and season it with the (vanilla)sugar and the lime- or lemon juice. Don't let it get too sweet, because the Pumpernickel-chocolate-mix is kind of sweet.

Crumble the Pumpernickel into small crumbs and grind the chocolate. Mix them both and add some cherry brandy, rum or cherryjuice for seasoning. Don't add too much of the liquid. It has to stay crumbly at all.

Now layer the three. Start with cream, add cherries, then Pumpernickel-chocolate. You can repeat that several times unless the large bowl (or several smaller bowls if you like to) is full. End with the Pumpernickel.

Put the dessert for at least two hours into the refrigerator.

This amount serves about 6 to 8 foodies.

Enjoy it.

### STORY OF RECIPE

The Westphalian-Curd-Dessert is a traditional Dessert from Westphalia. Formerly it was served without chocolate, but nowadays it has changed like this. It's very simple to prepare and everybody likes it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 20min

COOKING TIME

> 0min

NAME

Allie Atter

FROM

Canada

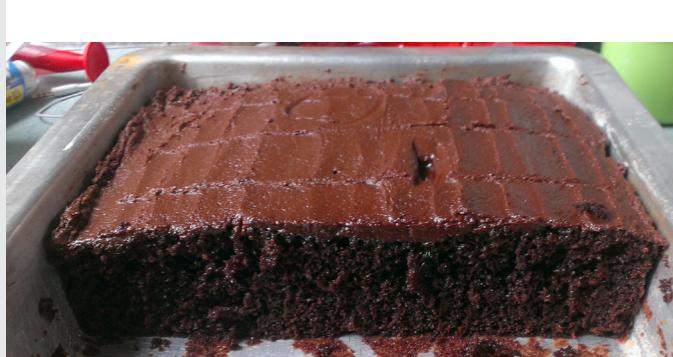
AGE

25

SERVES

12

## TITLE

**DEEP DARK CHOCOLATE CAKE****INSTRUCTIONS***Cake:*

Preheat oven to 350 deg F. Grease and flour 2 round 9" x 1 1/2" or a 13" x 9" x 2" pan.

In a large bowl combine the dry ingredients. Add eggs, milk, oil and vanilla. Beat on medium speed for 2 minutes. Remove mixer and stir in boiling water. Batter will be thin.

Pour in pan(s). Bake 30 to 35 minutes for round pan. 35 to 40 minutes for rectangular pan, or until a tooth pick comes out clean. Cool before frosting.

*Icing:*

In a small bowl cream butter or margarine. Add cocoa and icing sugar alternatively with milk. Beat to spreading consistency. Add icing sugar or mild as desired. Blend in vanilla and spread on cake.

**INGREDIENTS***Cake:*

2 cups sugar  
1 3/4 cups flour  
3/4 cups cocoa  
1 1/2 tsp baking soda  
1 1/2 tsp baking powder  
1 tsp salt  
2 eggs  
1 cup milk  
1/2 cup vegetable oil  
2 tsp vanilla extract  
1 cup boiling water

*Icing:*

6 tbsp butter  
1/3-3/4 cup cocoa  
2 2/3 cups icing sugar  
1/3 cup milk  
1 tsp vanilla

**STORY OF RECIPE**

My family attended many potlucks when I was in elementary school, we always had to bring this cake. People would just about get pissed at us if we didn't.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–20min

**COOKING TIME**  
> 30–40min

NAME  
Melody Munson

FROM  
United States

AGE  
53

SERVES  
16–20

TITLE

## ALMA'S GOOEY CHOCOLATE CAKE



INGREDIENTS

2 ½ cup flour  
½ tsp salt  
2 tsp baking soda  
½ cup cocoa  
1 cup butter  
2 ½ cup sugar  
4 eggs  
1 cup buttermilk  
1 cup hot water  
2 tsp vanilla

Icing:

½ cup butter  
1 cup milk  
16 oz powdered sugar  
1 to 4 oz unsweetened chocolate, to taste

INSTRUCTIONS

Preheat oven to 350. Mix flour, salt, baking soda and cocoa together well and set aside. Cream butter and sugar. Add egg, one at a time, beating well after each addition. Add buttermilk, alternating with flour mixture. Mix well. Add hot water and vanilla. Pour into a 9x13 greased pan and an 8 inch square greased pan. Bake for 25 to 30 minutes. When done, pour warm icing over warm cake.

For icing, while cake is baking, place butter, milk, powdered sugar, and chocolate in a saucepan and cook over very low heat, stirring occasionally. Pour over warm cake.

STORY OF RECIPE

My grandmother made this cake for family occasions. It's a gooey cake, great for when you have to take something to an event and want some left at home!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME

Katee Tyler

FROM

USA

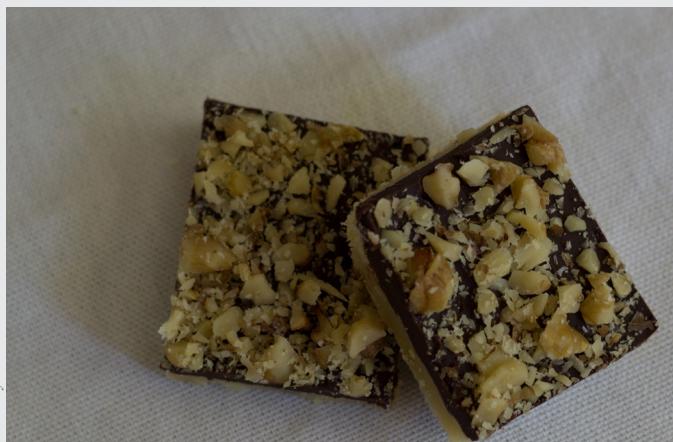
AGE

28

SERVES

48

## TITLE

**ALMOND ROCA**

Katee Tyler

**INGREDIENTS**

- 1 cup butter or margarine, softened or melted
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg yolk
- 1 tsp. vanilla
- 1 3/4 cups flour (or Gluten-Free Flour)
- 10 oz. semi-sweet chocolate chips
- 1 cup chopped walnuts (or any preferred nut)

**INSTRUCTIONS**

Mix butter, sugar, brown sugar, egg yolk, vanilla, and flour until it is combined.

Press on a greased cookie sheet (10" x 15" jelly roll pan).

Bake for 15 -20 minutes at 350F.

Sprinkle chocolate chips onto cookies as soon as they come out of the oven. Wait 5 minutes for the chocolate to melt then spread smooth.

Sprinkle with nuts.

Cool and cut into squares.

**STORY OF RECIPE**

From my grandmother, she made them every year for Christmas. The recipe came from a newcomers social event in Boise, Idaho.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 15–20min

THE  
SHORTEST  
INGREDIENT  
LIST HAS  
ONLY 1  
ELEMENT

NAME	FROM	AGE	SERVES
Lynne Lightowler	USA	73	8

TITLE

## BUTTERMILK PIE - MORNINGSTAR'S



### INGREDIENTS

1/3 to 1/2 Cup butter, very soft  
 3 eggs - large to extra large  
 3 TB all-purpose flour  
 2/3 to 1 Cup Buttermilk  
 1 - 2 tsp Vanilla (Imitation is great)  
 Pinch ground Nutmeg  
 Wee pinch to 1/4 tsp salt (your preference)  
 Pie Crust 9" - either your own, chilled, or frozen (my preference is to select best name brand available in supermarket)  
 Parchment paper lined baking sheet

### INSTRUCTIONS

Preheat oven to 350 degrees F  
 In mixer beat butter til lovely and creamy.  
 Add sugar and flour slowly til well incorporated and smooth as it can be. It may look grainy, which is fine. One at a time beat in the 3 eggs, bringing from low speed up to high speed after each one is added.  
 At slower speed add in the Buttermilk and Vanilla, then Nutmeg if desired, and the salt.  
 Now pour this amazing concoction into the frozen pie shell on the parchment lined baking pan and bake it . . . could take 50 – 60 minutes. You want the filling to be firm, and the top beautifully browned. Allow to cool a good bit before putting it on a cooling rack to finish cooling, and enjoy this delight -- it's a wonderful custardy pie.

### STORY OF RECIPE

Former spouse loved buttermilk, so found lots of ways to use it. This pie has survived the years, and him!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 50–60min

NAME  
Monica Moreland

FROM  
USA

AGE  
35

SERVES  
10–12

TITLE

## GRANDPA'S NUT COOKIES

foodsnobs.blogspot.com/2011/04/mexican-wedding-cookies.html



### INGREDIENTS

- 1 cup unsalted butter, at room temperature
- 1/2 cup confectioners' sugar, plus at least 1 cup more for coating baked cookies
- 1 teaspoon vanilla extract
- 1 3/4 cups all-purpose flour, plus more for dusting hands
- 1/2 tsp salt
- 1 cup pecans, (or walnuts or almonds) chopped into very small pieces (or ground briefly in Cuisinart)

### INSTRUCTIONS

Preheat the oven to 325 degrees F.

Using an electric mixer, cream the butter and sugar at low speed until it is smooth. Beat in the vanilla. At low speed gradually add the flour. Add the salt and then mix in the pecans with a spatula. Using a 1 Tbsp sized scooper or if you don't have a scooper, then with your floured hands, take out about 1 tablespoon of dough and shape into a ball or a crescent. (If using your hands, then continue to dust hands with flour as you make more cookies.) Place onto ungreased cookie sheets. Bake for about 20 minutes until just starting to brown at bottom. When cool enough to handle but still warm, roll in additional confectioners' sugar. Cool on wire racks. You can roll cookies in confectioners sugar one more time, before serving, if you choose.

### STORY OF RECIPE

My grandfather made these cookies every holiday season. They are a favorite in our house and among friends. He was Czech but they very closely resemble Mexican Wedding Cookies. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 20min

NAME

Allie Atter

FROM

Canada

AGE

25

SERVES

4–6

## TITLE

**CHAI RICE PUDDING****INGREDIENTS**

- 1 1/2 cup cooked rice
- 2 cups milk (start together then divide)
- 1/3 cup white sugar
- 1/4 tsp salt
- 1 egg, beaten
- 1 tbsp butter
- 1/2 tsp vanilla extract
- Rasins if desired
- Cinnamon to taste

**INSTRUCTIONS**

In a medium saucepan (or other preferred method) simmer all the milk on low heat with 2 bags of Chai tea, or a generous scoop in an infuser (I use one with .3 mm holes and it works). Simmer milk until desired taste, anywhere from 2-10 minutes. Remove 1/2 cup of milk and set aside.

Add cooked rice, sugar, rasins, and salt. Cook over medium heat until thick and creamy, about 15-20 minutes. You will need to stir much more frequently as it cooks.

Stir in remaining 1/2 cup milk and slowly add the beaten egg. Cook 2 minutes more, stirring constantly. Remove from heat, stir in vanilla, and butter.

Make sure that the rice is fully cooked before adding any of the sugar.

**STORY OF RECIPE**

Something that came out of a gift exchange for ArtCrossing. It took some experimenting to get it tasting right. Tastes like a good holiday treat.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 20–30min

NAME  
Solange Lhermitte

FROM  
France

AGE  
56

SERVES  
4–5

TITLE

## STRAWBERRY FROZEN MOUSSE



### INGREDIENTS

500 g strawberries  
200 g casted sugar  
200 dl "crème fraîche" cream  
Juice of 1 lemon

### INSTRUCTIONS

Take away the green leaves and tail from the strawberries.

Cut the strawberries in small pieces.

Mix the strawberries in the mixer, add the sugar and mix again.

Pour the "mousse" in a deep bowl.

Leave it to rest for 30 mns.

On the side, whip the cream, in order to have it firm.

After the 30 mns, add the juice of the lemon in the strawberry bowl and mix it with a spoon.

Add the firm cream to the strawberry "mousse" and mix it carefully.

Pour the strawberry "mousse" in a pretty bowl or in individual cups.

Place them in the freezer.

The day you wish to serve this dessert, take it out of the freezer 1 hour before eating.

MIAM, MIAM!!!  
IT'S DELICIOUS!!!

enjoy it ..

### STORY OF RECIPE

This recipe is from my lovely "Tante Marika". She was Bulgarian and used to cook for everybody with pleasure. She enjoyed the nice food and was "a little round" ~

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 0min

NAME

Bryan Elliott

FROM

USA

AGE

27

SERVES

8

## TITLE

**ELLIOTT'S CHOCOLATE PIE**

Ross Elliott

**INGREDIENTS**

- 1 baked pie shell
- 6oz bittersweet chocolate chips
- 4 eggs (separated)
- 2 tablespoon sugar
- 3 tablespoon milk
- 1 teaspoon vanilla

**INSTRUCTIONS**

1. Melt chocolate chips in a double boiler.
2. Add milk and sugar to melted chocolate, mix thoroughly.
3. Let chocolate cool.
4. While chocolate is cooling beat egg whites until stiff.
5. Once chocolate is cool add egg yolks one at time until well mixed.
6. Add vanilla to chocolate, mix well.
7. Fold chocolate mixture into beaten egg whites until well mixed.
8. Pour filling into the baked pie shell and refrigerate for 2 hours or until filling has set.

Serve with whipped cream.

**STORY OF RECIPE**

This recipe comes from my Great Grandmother and has been a holiday tradition in my family for over 60 years,

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 1hr

NAME

Klaus

FROM

Norway

AGE

44

SERVES

4

## TITLE

**FRIED BANANAS WITH ICECREAM****INGREDIENTS**

- 2 dl Flour
- 1 ts Baking powder
- 2 ts Sugar
- 1,5 dl Water
- 2 Ss Vegetable Oil
- 2 ss Cornflour
- 2 Bananas (Yellow)
- Oil for deep frying
- Light corn syrup or maple syrup

**INSTRUCTIONS***Batter for bananas*

Mix flour, baking powder and sugar. Mix in water and oil. Add the cornflour and mix well. Let the batter rest for about 1/2 hour.

Heat the frying oil in a skillet to 180 °C (or use your deep fryer).

Cut the bananas once length-wise, and then in half, giving you 4 slim pieces for each banana.

Dip the banana pieces in the batter to cover, then immediately put in the skillet / fryer for about 2-3 minutes or until golden brown, turning every once in awhile.

Put the bananas on a rack or in a sift to drip off some of the oil, and while still hot, serve with a couple of scoops of ice-cream and syrup.

**STORY OF RECIPE**

This is a dish that is traditionally served in so-called Chinese restaurants in Scandinavia, and the mystery for me was always the sauce.. Turns out it was just regular syrup.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 5min

NAME

Claire Lewis

FROM

Australia

AGE

26

SERVES

8

## TITLE

# CHOCOLATE CREAM TART

www.bakingbureaucrat.wordpress.com

**INSTRUCTIONS**

1. Heat cream (or coconut milk) in small saucepan until it boils
2. Pour cream (or coconut milk) over chocolate and butter and leave to melt for about 3 minutes
3. Stir until all the chocolate has melted and it is smooth
4. Pour into your pastry case and put in fridge until it sets (at least 2 hours)

**INGREDIENTS**

Pastry case (what ever size you want just scale for different sizes) (You can also use gluten or dairy free to make the recipe suitable for gluten free or dairy free people)  
150g dark chocolate (or what ever chocolate you like)  
150g cream (pure if you have it but any type except sour cream) or coconut milk  
20g butter (optional)

**STORY OF RECIPE**

This is one of the most impressive and simple recipes ever, great to impress people at a dinner party.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 5min

NAME

Tina Tran

FROM

Australia

AGE

18

SERVES

4

## TITLE

**FOOLPROOF PANDAN WAFFLES**

foodfortina

**INGREDIENTS**

- 1 cup of self-raising flour (OR 1 cup plain flour, 1/2 tsp salt, 1 tsp baking powder + 1/4 tsp baking soda)
- 1/2 cup sugar
- 1/2 tsp baking powder + 1/2 tsp baking soda (OR 1/2 tsp baking soda + 1/2 tsp cream of tartar)
- 1.5 tsp cornstarch/cornflour
- 1 egg, whites separated from the yolk
- 1 cup (250ml) coconut milk/cream
- 2 tbsp (30g) unsalted butter, melted
- 1/2 tsp pandan extract

*Utensils:*

Waffle iron

**STORY OF RECIPE**

Pandan waffles are one of my family's favourite Vietnamese desserts. They taste amazing on their own, but feel free to serve them with caramel sauce and vanilla ice cream!

**INSTRUCTIONS**

1. Turn on your waffle iron.
2. In one bowl, mix together all the dry ingredients. In a separate bowl, combine the coconut milk, melted butter, egg yolk, and pandan extract.
3. Add the wet ingredients to the dry ingredients, and gently stir it in. Switch to a folding motion towards the end to incorporate all the flour. The batter will be a little lumpy and thick, but the important thing is not to overmix it.
4. Whisk the eggwhite until it forms stiff peaks. Gently fold the eggwhite into the batter.
5. When the iron is hot, ladle some of the waffle batter onto the grid. Prepare following the waffle iron instructions.
6. When the waffle maker signals that your waffle is ready, leave it in for another few seconds, to ensure a crisp caramel-coloured exterior. Lift out with spatula or fork, and leave to cool.

## Tips:

- Your waffles will have a fluffy interior if you leave the batch in the fridge overnight.
- Batter can be stored in fridge in a tightly sealed container for up to 2 weeks.
- When using canned coconut milk, remember to stir the contents, as the coconut liquid and cream actually separate in the can.

## Variations of batches:

- Thin and crispy: add water to the coconut milk
- Thicker and fluffier: add 1/3 cup of fine dessicated coconut
- Very thick: use less coconut milk/cream, giving you a doughy waffle mixture that will ensure dense but fluffy waffles.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 5min

NAME	FROM	AGE	SERVES
Caroline Vidican	United Kingdom	67	4–6

TITLE

## PASTIS GASCON - AN APPLE TART



<http://onefrenchword.wordpress.com>

### INGREDIENTS

*Ingredients for a 25cm tart dish*

1 packet of filo pastry (Filo pastry is extremely fragile, it dries out really fast and is impossible to work with then as it starts to break up. If you have any left, re-wrap it quickly and freeze it.)

About 4-6 apples (I used golden delicious). They must not “melt” in the cooking.

Sugar (about a tsp per layer)

About 75gr melted butter

Some armagnac or calvados (about a tsp per layer)

### INSTRUCTIONS

Pre-heat the oven to 180°C.

Melt the butter.

Peel, core and quarter the apples.

Brush the tart dish with melted butter.

Open the pack of filo pastry and put two sheets into the bottom of the dish, at angles to each other. Brush with melted butter (even the pastry that overlaps the dish and is hanging outside). Work fast, so that the filo does not dry out.

Finely slice apples over the layer of pastry, to a depth of about 1/4" (about one and a half apples). The finer the slices the further the apple goes and the quicker it cooks.

Sprinkle with a little sugar, and about a tsp alcohol.

Start again, put two sheets of filo at right angles, brush liberally with melted butter, slice apples, sprinkle with sugar and alcohol.

And again (this is the third layer of pastry), brush with butter, add apples, sugar, alcohol.

Brush all the pastry hanging outside the dish with butter. Gather it up artistically, over the last layer of apple, and if you have any pastry left over, use one sheet to make a sort of “rose” in the middle. Brush again with melted butter to make sure the underside of the extraneous pastry and the central rose are covered.

Pop it into the oven for about 30 to 35 minutes, watching it closely. It should be golden all over, no uncooked, unbrown patches of filo.

This tart should be served warm, but is also fine cold. But don’t put it in the fridge, it will go soggy and the butter will congeal. Don’t serve cream or ice cream for the same reason, it will turn soggy.

### STORY OF RECIPE

This tart is made in Gascony, in the south west of France. Not your average apple tart! Quite spectacular, and very easy once you get the hang of it.

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE            |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 20min

### COOKING TIME

> 30–35min

NAME	FROM	AGE	SERVES
Melissa Baysingar	United States	32	20

TITLE

## JASON'S FAVORITE CARAMEL BARS



### INSTRUCTIONS

Stir together melted butter, flour, oatmeal, brown sugar, baking soda and salt in a medium bowl. Put 3/4 of this mixture in a 9x13 inch pan and press evenly along the bottom. Bake at 350 degrees for 10 minutes (no more).

While the crust is baking, prepare the filling by melting the butter, milk, and caramels over low heat until smooth, stirring often. Pour the filling over the hot crust when it comes out of the oven. Sprinkle with the walnuts and chocolate chips. Sprinkle remaining the remaining crust mixture over this. Return to oven and bake at 350 degrees for 15 minutes.

### INGREDIENTS

*Crust:*

- 3/4 cup melted unsalted butter
- 1 cup all-purpose flour
- 1 cup dry oatmeal
- 3/4 cup light brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt

*Filling:*

- 3 Tbsp. whole or 2% milk
- 3 tsp. unsalted butter
- 35 caramels

*Topping:*

- 1 cup chopped walnuts
- 1 cup semi-sweet chocolate chips

### STORY OF RECIPE

My husband Jason & I live and eat in Chicago, Illinois, USA. This is one of our favorite desserts. Best enjoyed while watching "The Big Bang Theory," "Svengoolie," or Rifftrax!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 25min

NAME

Nancy Lane

FROM

United States

AGE

55

SERVES

10

## TITLE

**GRAMMY'S PERSIMMON PUDDING****INSTRUCTIONS**

Preheat oven 400 degrees F  
 Stir sugar into pulp.  
 Grease a tube or bundt pan.  
 Sift together dry ingredients.  
 Beat eggs in large bowl, then add milk & butter.  
 In a new bowl, fold in dry and wet ingredients  
 alternately; start with dry and end with dry.  
 Pour into greased pan. Bake 15 minutes. Turn oven  
 down to 325 degrees F.  
 Bake 1 hour longer.

Serve warm with whipped cream. Can be rewarmed  
 gently.  
 Use small servings - a little goes a long way.

**INGREDIENTS**

About 5-7 very ripe Hachiya persimmons, enough to  
 make 2 cups of puree when processed through a food  
 mill.

1/2 cup sugar  
 2 cup sifted bread flour  
 1 teaspoon salt  
 1 teaspoon cinnamon  
 1 teaspoon baking soda  
 1 teaspoon ground cloves  
 2 eggs  
 2 cups milk  
 1/4 cup melted butter

**STORY OF RECIPE**

My maternal grandmother was from Indiana, USA. This  
 was her Thanksgiving and Christmas dessert; when she  
 died, the recipe was lost. A relative found a copy; here it  
 is!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 60min

**COOKING TIME**  
 > 75min

NAME	FROM	AGE	SERVES
Fabrizio Pedrazzini	Italy	42	6–12

TITLE

## TORTA BERTOLINA



### INSTRUCTIONS

Same for all three versions

Mix the flour with 3/4 of all sugar and all other ingredients but the grape until you create a soft mixture. Let it rise for an hour. Meanwhile, shell and wash the grapes and add it into the mixture. Allow it to rise for another three quarters of an hour.

Lightly brush the pan with oil or butter and place inside the mixture.

Sprinkle with all remaining sugar and bake for ninety (versions 1 and 2) or forty-five (version three) minutes at 180 degrees Celcius.

### INGREDIENTS

*Version 1 - From my mother*

- 1200 grams of Uva Fragola (Isabella grape)
- 700 grams of wheat flour
- 250 grams of white sugar
- 3 eggs
- 1 glass of olive oil
- 24 grams of baking powder
- Milk (enough to make the mixture soft)

*- Version 2 - From my aunt*

- 1200 grams of Uva Fragola (Isabella grape)
- 650 grams of wheat flour
- 250 grams of butter
- 200 grams of sugar
- 3 eggs
- 16 grams of baking powder
- Salt (just a tip)
- Milk or water (enough to make the mixture soft if needed)

*Ingredients continued on next page...*

### STORY OF RECIPE

In the local dialect is called "Torta Bertolina" and is a typical cake from the province of Cremona, more specifically from the nearby town of Crema. Needs to be preserved.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 240–180min

**COOKING TIME**  
> 90–45min

NAME	FROM	AGE	SERVES
Fabrizio Pedrazzini	Italy	42	6–12

**TITLE****TORTA BERTOLINA****INGREDIENTS CONTINUED**

*Version 3 - From my neighbor*

600 grams of Uva Fragola (Isabella grape)

350 grams of wheat flour

150 grams of corn flour

75 grams of sugar

1 teaspoon of baking powder

1 tablespoon of olive oil

Salt (just a tip)

Water (enough to make the mixture soft)

NAME

Roxanne Daniels

FROM

USA

AGE

33

SERVES

15–20

## TITLE

**PAVLOVA WITH SEASONAL FRUIT**

Rob Palmer

**INGREDIENTS***Meringue*

- 8 egg whites at room temperature
- 2 tsp vanilla extract
- 1 tsp cream of tartar
- 2 cups sugar (superfine sugar works well)

*Lemon Curd*

- 8 egg yolks
- zest from 2 lemons
- 1 1/3 cup lemon juice (from 6-8 lemons)
- sugar to taste (2-3 tablespoons)

*Filling*

- 2 pints heavy cream
- 2 tsp vanilla extract
- sugar to taste (1-2 tablespoons)
- 3-4 cups seasonal fruit

**INSTRUCTIONS***For meringue:*

Preheat oven to 225°F. Line a large cookie or jellyroll sheet with plain parchment paper. Separate the eggs, and put the yolks aside for the curd. Combine the egg whites, vanilla, and cream of tartar in a large bowl. Beat this combination on medium speed until soft peaks form. Slowly add the sugar, one tablespoon at a time, until the meringue is smooth and holds very stiff peaks. Spread the meringue onto the prepared parchment paper, using a spatula to spread it out from the center and build up the sides. You want to create a shallow bowl out of the meringue. Bake for 1 1/2 to 2 hours until dry and crisp. The meringue can be kept in the turned-off oven until ready to use.

*For curd:*

While the meringue bakes, beat together the egg yolks with the lemon juice, zest, and sugar to taste in a small sauce pan. I generally use about 2 tablespoons of sugar, which makes a very tart curd. I think it nicely balances the sweetness of the meringue. Set over low heat and whisk until thickened. Set aside to cool fully.

*For filling:*

When ready to serve, cut up the fruit. Beat the cream with the vanilla and a little sugar until soft peaks form.

*Assembly:*

Spread the lemon curd over the meringue. Place 1/3 of the fruit on the curd. Pile the whipped cream onto the fruit, and arrange the rest of the fruit in a pretty pattern on top of the whipped cream. Eat immediately!

**STORY OF RECIPE**

My mother learned to make this from an Australian friend of hers. She tells me that it was originally created for the ballerina Pavlova. It's my favorite summertime dessert.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 180min

**COOKING TIME**

&gt; 120min

NAME

Kimber Grange

FROM

USA

AGE

41

SERVES

8–12

## TITLE

**TRIFLE BLISS**

kitchenscoop.com

**INGREDIENTS***Choice 1: White Trifle*

- 1 angel food cake (cut into cubes)
- 2 pkg (3 oz size) of vanilla pudding (made and chilled)
- 1 pint of raspberries (or other berry)
- 1 pint of blueberries (or other berry)
- 8 oz of cool whip or whip cream

*Choice 2: Chocolate Trifle*

- 1 9"x 13" pan of brownies (cut into cubes)
- 2 pkg (3 oz size) chocolate pudding (made and chilled)
- 8 oz of caramel sauce (ice cream section of grocery store)
- 8 oz of chocolate sauce
- 16 oz of cool whip or whip cream

**STORY OF RECIPE**

Super fun, SUPER easy, delicious dessert that you can change up depending on your personal tastes and what you have on hand. One of my family's favorites!

**INSTRUCTIONS**

Divide up all the ingredients (for whichever trifle you choose) into thirds.

Starting with the cake layer, put one layer of cake on the bottom of a glass bowl. Then add pudding, berries (if you are making the white trifle) or sauces (if you are making the chocolate trifle), finally adding the whip cream.

Repeat 2 more times.

After final layer of whip cream, you can add a decorative layer of chocolate, or berries or leave it plain!

Cover with plastic wrap and store in refrigerator. Tastes best if it has a chance to chill at least 4 hours, but can be eaten immediately.

After you get the hang of it, you can use ANY variety of combinations: including peanut butter, various fruits, granola, different cakes (or broken cookies!), nuts, different flavors of puddings and whipping creams or whatever!

It's ALWAYS great! The only things essential: 1. cakey layer, 2. thicker liquid layers (like pudding and whip cream), 3. fun layer (fruits, candies, nuts, etc.)

Can be made vegan, vegetarian, dairy free or gluten free! Depending on how you make it.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME

&gt; 15min

COOKING TIME

&gt; 0min

NAME	FROM	AGE	SERVES
Elizabeth Fulham	USA	29	12–16

TITLE

## BACARDI RUM CAKE



### INGREDIENTS

*Cake*

- 1 cup chopped, toasted pecans or walnuts
- 1 18-1/2 ounce yellow cake mix
- one 3.4 ounce package (4-serving size) instant vanilla pudding mix
- 4 eggs
- 1/2 cup cold milk\*
- 1/2 cup vegetable oil
- 1/2 cup Bacardi dark rum

*Glaze*

- 1/2 cup butter
- 1/4 cup water
- 1 cup sugar
- 1/2 cup Bacardi dark rum

### INSTRUCTIONS

*Cake:*

Preheat oven to 325 degrees F. Grease and flour 12-cup Bundt pan. Sprinkle nuts on bottom of pan. Combine all cake ingredients. Beat for 2 minutes on high with electric mixer. Pour into prepared pan. Bake for 1 hour. Cool in pan. Invert on serving plate. Prick top with fork. Drizzle glaze over top of Bacardi Rum Cake. Use brush or spoon to put extra dripping back on cake.

*Glaze:*

Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat and stir in rum. Note: The rum will cause steam. Be careful not to burn yourself.

### STORY OF RECIPE

Not mine, but a hit for every housewarming and office party I've been to (especially if you don't burn off all the alcohol in the glaze... :D)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 25min

COOKING TIME  
> 60min

NAME	FROM	AGE	SERVES
Sompratana Praditjusin	USA	45	20

TITLE

## MOM'S BUTTER TEA COOKIES



### INSTRUCTIONS

1. Measure all ingredients. Preheat oven to 190 degrees Celsius.
2. Sift flour and baking powder. Then set it aside.
3. With mixer, cream butter, sugar, and salt with paddle attachment until light and fluffy.
4. Add eggs one at a time while the mixer runs at low speed.
5. Add sifted flour. Mix until just combined about 1 minute. (The cookies will be tough if mixed too long.)
- 6 Use cookie press or pastry bag with a star tip to pipe cookies about the size of a quarter (1 inch) on parchment paper lined baking sheets.
7. Bake 10 minutes or until golden brown.

### INGREDIENTS

340 g cake flour  
 2 tsp baking powder  
 2 large eggs\*  
 227 g unsalted butter\*  
 3/4 tsp table salt  
 190 g confectioners' sugar

\* room temperature

### STORY OF RECIPE

It is my mom's favorite cookie.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 20min

COOKING TIME  
 > 10min

NAME	FROM	AGE	SERVES
Lanakila Alexander	USA	45	12

TITLE

## FRESH BLUEBERRY & OATMEAL COOKIES



### INGREDIENTS

The recipe is pretty flexible, so the "or" statements are really so you can use whatever is more convenient for you. These were made with all brown sugar, whole wheat flour, regular oats, and fresh but nearly over-ripe berries.

4 oz (1 stick) butter, very soft  
 1 c brown sugar, or use 1/2 white with 1/2 brown  
 1 egg  
 1 t vanilla  
 1 c whole wheat or all-purpose flour  
 3/4 t cinnamon  
 1/2 t salt  
 1/2 t baking soda  
 1/4 t baking powder  
 1 1/2 c oats, regular or quick  
 1 c blueberries, fresh or frozen (thawed)

### STORY OF RECIPE

I had a bunch of fresh blueberries that needed to be used quickly before they spoiled. These blueberry oatmeal cookies weren't soggy even though they were made with fresh blueberries!

### INSTRUCTIONS

Preheat oven to 350. Cream butter and sugar. Add egg and vanilla and mix well. Add flour, cinnamon and leavening ingredients and mix ONLY until just blended. Over mixing will make the cookies tough! Stir in the oats JUST until they stick. Stir in the blueberries just barely. It sounds like this is really picky, but the basic point is to just slap it all together because if you overwork it you'll just get purple oatmeal mush.

Drop by tablespoon onto baking sheets and bake 12 minutes. Check after 10 minutes. The cookies will harden as they cool, so don't wait for the edges to harden or your cookie will just crumble when you try to remove them from the sheet!

Makes about 2 dozen

- STARTER
  - BAKING
  - VEGETARIAN
- MAINCOURSE
  - CONDIMENTS
  - DAIRY FREE
- DESSERT
  - OTHER
  - GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 10min

NAME	FROM	AGE	SERVES
Jennifer Woodruff	United States of America	33	8

TITLE

## ROSE APPLE TART WITH MASCARPONE



Jennifer Woodruff

### INGREDIENTS

*Almond Tart Crust*

- 2½ cups almond flour
- 2½ tablespoons white sugar
- pinch of kosher salt
- 5 tablespoons unsalted butter, cold and cubed
- 1 large egg white
- Butter and rice flour to prep the tart pan

*Apple Sauce*

- 3 medium sized apples, peeled and diced (mix of granny smith and pink lady)

- 1 tablespoon unsalted butter
- 3 tablespoons white sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon rose extract

*Glaze*

- ¼ cup apricot jam
  - 1 tablespoon water
- Mascarpone Topping*
- 4 oz. mascarpone
  - 8 oz. heavy cream
  - ½ cup powdered sugar
  - ½ teaspoon almond extract

### STORY OF RECIPE

After traveling and eating in Italy and France, I decided to try and make an apple tart that reflected all of the flavors I experienced along the way.

### INSTRUCTIONS

*Almond Tart Crust* • Preheat the oven to 400° F. Butter a 9in. round tart pan and then dust with rice flour to prevent sticking.

Combine all ingredients in a large bowl, cut together with a pastry cutter until the texture is like sand. You should be able to compress a handful of the dough and have it just stick together.

Using your fingers, press the dough into a tart pan, starting in the center and working your way out to the edges and up the sides. Smooth with the back of a spoon.

Bake for 15 minutes or until lightly golden. Cool completely.

*Apple Sauce*

In a large saucepan, melt the butter.

Add all remaining ingredients and cook, stirring as needed, until soft.

Mash the apple mixture with potato masher until smooth. Cool completely.

*Apple Rose*

Preheat the oven to 350° F.

Spread apple sauce evenly on the base of the tart crust. Starting in the center and slowly working to the edges, layer apple slices to form shape of flower. Push the apples down slightly into the sauce to keep them in place.

Fill in less dense areas with the extra apples at the end to finish them up.

Combine the sugar and cinnamon in a small bowl. Sprinkle over the top of the apples.

Bake for 30 minutes or until the apples are soft and starting to brown slightly.

*Glaze*

Melt jam on the stove with the water until it runs off the spoon.

Glaze the apples and crust to seal and gloss.

Cool tart to room temperature.

*Mascarpone Topping*

In a chilled metal bowl, whip all ingredients until stiff. Dollop op on sliced tart.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input checked="" type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 60min

### COOKING TIME

> 60min

NAME

Kait Brovsky

FROM

USA

AGE

31

SERVES

8

## TITLE

**BLACK RUSSIAN BUNDT CAKE****INGREDIENTS***Cake*

- 1 Package yellow cake mix\*
- 1 package chocolate pudding mix (6 oz package)
- 0.5 cup granulated sugar
- 1 Cup vegetable oil
- 4 large eggs
- 0.75 Cups water
- 0.25 Cup Vodka
- 0.25 Cup coffee flavored liqueur (like Kahlua)

*Glaze*

- 0.5 Cup powdered sugar
- 0.25 Cup coffee flavored liqueur
- 1 teaspoon cocoa powder

*\*Can be made gluten free by using a GF cake mix*

**INSTRUCTIONS**

1. Preheat oven to 350° F. Grease and flour a 9 to 10-inch bundt pan, set aside.
2. Combine cake ingredients in a large bowl. Beat with electric mixer for a few minutes until batter is mostly smooth. Pour batter into a greased and floured bundt pan.
3. Bake for 40 to 50 minutes (until wooden pick inserted in center of cake comes out clean).
4. Cool on wire wrack for 10 to 15 minutes. Meanwhile, make glaze by combining all 3 ingredients and mixing well with a fork.
5. After cake is cool, flip cake over onto serving dish and spoon or brush on glaze.

**STORY OF RECIPE**

This cake was made for my birthday one year by a friend and coworker and I loved it so much I begged her for the recipe!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 40–50min

NAME	FROM	AGE	SERVES
Méabh Warburton	France	48	6–8

TITLE

## STREUSEL TART



Méabh warburton

### INGREDIENTS

150 g ground almonds

150 grams butter

150 g self raising flour

150 g sugar

1 egg

A couple of handfuls of fruit - blackcurrants, plums, cherries, raspberries - whatever takes your fancy!

### INSTRUCTIONS

Rub the butter into the almonds, flour, sugar. Add the egg - lightly beaten - to bind and shape into a ball. Divide in two and place one ball in a plastic bag and freeze for at least 3 hours or overnight. I often do this bit the night before or first thing in the morning.

Line the bottom of a 15cm square tin with baking parchment and spread with the other half of the pastry. It's sticky so what I do is to break it into 9 blobs and press them into the tin and then you just have to spread to fill in the gaps. Leave aside till you're ready to bake.

When you're ready strew the base with the fruit of your choice and then grate the frozen pastry ball over the fruit. It doesn't have to be too tidy.

Bake at fan oven 160° for about 20-25 mins or till golden brown.

### STORY OF RECIPE

This is a fabulous Orlando Murrin recipe. His version calls for cherries but our favourite is with blackcurrants. It has a wonderful light texture and the almond pastry is delicious.

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE            |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 15min+

### COOKING TIME

> 20–25min

NAME

MrsDHaggis

FROM

Sweden

AGE

33

SERVES

6

## TITLE

# CHOCOLATE MUFFINS WITH ORANGE JAM



## INSTRUCTIONS

1. put the butter and the baking chocolate in a bowl and melt it over boiling water
2. add the rest of the ingredients: eggs, sugar, jam, juice, flour and baking powder in an other bowl
3. when the chocolate and the butter has melted, mix it with the rest of the dough
4. turn on the oven on 175C
5. portion the dough in muffin forms (for us it was enough for 12 pieces) and put it in the oven for around 30 minutes (do the “toothpick test” after 20 minutes to make sure it will not burn: insert a toothpick in one of the muffins. If it comes out clean, the muffins are done)
6. Decorate if you wish so!

## INGREDIENTS

100 grams baking chocolate  
100 grams butter  
2 eggs  
150 grams sugar  
100 grams orange jam  
3 tbsp orange juice  
0,5 tsp baking powder  
150 grams flour

## STORY OF RECIPE

This is a recipe everyone loves in our family! The muffins have a nice flavour from the chocolate and the orange.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME

Sue Gallon

FROM

United Kingdom

AGE

SERVES

3-4

## TITLE

## LEMON POSSET



Jules https://www.flickr.com/photos/stonesoup/

**INSTRUCTIONS**

1. Put the cream and sugar into a large heavy-bottomed saucepan and bring slowly to the boil, stirring continuously.
2. When it boils, simmer for exactly three minutes then remove from the heat and whisk in the lemon juice.
3. Pour into serving dishes or ramekins and chill overnight.

Serve with Amaretti biscuits or your choice of crisp wafer or biscuits.

**INGREDIENTS**

- Juice of 2 lemons
- 1 pint double cream
- 5 ounces caster sugar
- Amaretti biscuits (to serve)

**STORY OF RECIPE**

Possets in medieval times were drinks rather than desserts, made with milk curdled by alcohol. This is a modern take on the posset, a recipe I got from my ex-sister-in-law.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 10min

NAME

Trace Newton

FROM

UK

AGE

55

SERVES

1-4

## TITLE

**CREAMY CHOCO-BANANA SLIMY STUFF****INGREDIENTS**

- 1 dessert spoon (approx 10 grams) Green & Black's Organic Hot Chocolate Powder.
- 2 dessert spoonfuls (approx 100grams) of Sainsbury's Full Fat Creme Fraiche (sour cream probably is just as good).
- A banana (not too ripe - very very slightly green).
- 1 bowl
- 1 fork

**INSTRUCTIONS**

Break the banana into small pieces and put in a bowl  
mash the banana with the fork.

Add the chocolate powder and mash into the banana.

Add the creme fraiche and mash into the banana &  
chocolate mix.

I keep trying to get it as far the freezer (to make ice  
cream)... not managed to yet.

**STORY OF RECIPE**

Didn't fancy baked beans or peanut butter. One banana,  
some creme fraiche and a jar of hot chocolate. Mashed it  
all up. Made my favourite ever dessert. IT'S FLIPPIN'  
LUSH.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5 min

**COOKING TIME**  
> 0min

NAME

CJ De Groff

FROM

USA

AGE

SERVES

8–12

## TITLE

**COOKIE GALA CHOCOLATE CHIP COOKIE****INSTRUCTIONS**

We use a big Kitchen Aid mixer, and combine the first 5 ingredients (eggs, butter, soda, vanilla, both sugars) for maybe 20 seconds... just to break it up a bit. Add the nut meal, and again for about another 10 seconds. We then add all 3 cups of the flour, and pulse the mixer to get to start combining just a little... wet the majority of the flour, and get the dough crumbly. Now we add the chips, and let the thing just mix for a few minutes. The mixer will struggle as the dough is thick.

Once well mixed, divide the dough into 4 sections. I put the dough in 4 sandwich baggies (that have a zip lock), press the air out, and create 4 flat bags of dough to put in the freezer. This dough needs to freeze over night at a minimum.

Preheat the oven to 375F. Pull 1 bag out of the freezer. Cut the plastic off the dough. Then cut the dough into squares (I usually do 4 x 5). Space these evenly on a greased cookie sheet and bake for about 7-8 minutes. The first batch usually needs a bit longer, and the later batches usually need a bit less. I cook them until the edge is starting to brown, and the top might show signs of browning. The longer you bake them, the crispier (and dryer) they will be.

For me this yields about 80 cookies (20 per bag), but you can always cut it 4x4 or 5x5. Larger cookies take longer to cook and smaller ones take less time. Once the cookie sheet has been used for the first time, the cook time is very consistent, and less than the initial batch.

I have used a variety of nut meals over the years. Almonds are better for dietary restrictions, but black walnut has provided the best flavor. Macadamia and cashew are a little oilier, and the cookie will crisp up sooner

**INGREDIENTS**

- 2 eggs
- 2 sticks of unsalted butter, softened (NOT NUKED or melted)
- ½ teaspoon baking soda
- 1 teaspoon vanilla
- ¾ cup white sugar
- ¾ cup brown sugar (light)
- 3 cups flour
- ¼ cup Almond meal or Black Walnut meal
- 2- 12-oz bags of semi-sweet chocolate chips (we use 1 bag of chunks, and 1 bag of chips, both Nestle)

**STORY OF RECIPE**

Cookie Gala is a holiday event that I have been doing for around 15 or so years. We spent about 5 years perfecting this delicious, soft chocolate chip cookie.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 8.5hr

COOKING TIME

&gt; 60min

NAME	FROM	AGE	SERVES
Weathergrrrl	USA	50	6–12

#### TITLE

## 12 CHOCOLATE CUPCAKES



Nic McPhee

#### INGREDIENTS

1.5 cups all purpose flour

1 cup granulated sugar

1/3 cup of sifted cocoa

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cups of canola oil

1 cup water

1 teaspoon white distilled vinegar

Pillsbury frosting of your choice or your favourite frosting recipe

Sprinkles

For two-layer cake version: a jam of your choice. I use seedless raspberry.

#### INSTRUCTIONS

Pre-heat oven to 350F.

Combine dry ingredients (flour through salt) and mix well.

Add oil, water and vinegar and mix.

Line muffin pan with 12 baking cups and spoon in batter.

Bake for 20 minutes or until done. Wait for a few moments before tipping out the cupcakes onto a cooling rack.

After a couple of hours, when the cupcakes are cool, apply the frosting and sprinkles to the top of the cupcakes.

Alternate use of the same recipe to make a two-layer cake. Double the recipe and pour equal amounts of batter into two 9 inch round pans and bake for 30-35 minutes or until they are done. Allow to cool for a few minutes before tipping out the cakes on to a cooling rack. Once cool build the two-layer cake. Place one of the cakes on an appropriately sized plate. Cut the top off to create a level surface. Spread jam across that surface. Add the second cake on top. Cover the whole thing with frosting and sprinkles.

Yum!

#### STORY OF RECIPE

A friend gave me a version of this recipe when she learnt I loved chocolate cake but could no longer consume dairy products.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 20min

NAME

Pauli

FROM

Germany

AGE

49

SERVES

4

## TITLE

## PUMPKIN SEED PARFAIT



## INGREDIENTS

2 Eggs,  
80 g Sugar,  
1/2 vanilla pod  
300 g whipped cream  
2 tablespoon of freshly ground, slightly roasted green  
pumpkin seeds

## INSTRUCTIONS

Place the eggs, 50 g sugar in a bowl over a warm water bath and whip with a whisk beat or hand mixer until the sugar is dissolved and a creamy mass is formed. Continue beating over a ice cold water bath until everything is fluffy and cold! This may take 5 - 8 minutes.

Cut the vanilla bean in half lengthwise and scrape out the marrow and put it to the fluffy egg mass.  
Whip the remaining 30 g sugar with the cream until stiff.

Fold everything together with the ground pumpkin seeds carefully, fill in a form and allow to freeze at -18 °C for at least hours.

## STORY OF RECIPE

I got the recipe by a friend named Erich, who likes to eat home made ice cream. This parfait tastes more than hazelnut and not like pumkin at all.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 240min

NAME

Teffer

FROM

United States

AGE

26

SERVES

12–24

## TITLE

**PECAN TASSIES****INGREDIENTS***Crust:*

- 3 ounces of cream cheese
- 1/2 cup butter
- 1 cup sifted flour

*Filling:*

- 1 egg, well beaten
- 3/4 cup brown sugar
- 1 tablespoon soft butter
- 1 teaspoon pure vanilla extract
- a dash of salt
- 1 bag of whole pecans

**INSTRUCTIONS***Crust:*

Combine all 3 ingredients and chill for 1 hour, or overnight.

*Filling & assembly:*

Preheat oven to 325 degrees.

Mix all of the filling ingredients.

Divide dough into 24 equal parts.

Gently press dough into ungreased tart tins or mini-cupcake cups.

Fill each cup with whole or crushed (I prefer a combination) pecans.

Spoon in filling mixture on top of pecans.

Bake at 325 degrees for 25-30 minutes.

**STORY OF RECIPE**

It was Christmas Eve and I was making all sorts of sweets with my mother-in-law. It was a great time of bonding - and my sweetie's favorite recipe!

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 120min

**COOKING TIME**

&gt; 30min

NAME

Amanda Box

FROM

United States of America

AGE

31

SERVES

20

## TITLE

**MANGO POCKET PIES**

Amanda Box

**INGREDIENTS**

2 cups mangoes, peeled and diced very small (about 4 fresh mangoes)

1/2 cup brown sugar

1/4 cup lemon juice

1 teaspoon vanilla

2 cups all-purpose flour, plus extra for rolling pastry dough

2 teaspoons baking powder

2/4 teaspoons salt

6 tablespoons shortening

3/4 cup milk

1 egg

2 teaspoons water

granulated sugar (optional)

**STORY OF RECIPE**

These pies are portable, so they're great for picnics. My family likes to take them to the outdoor Shakespeare festival. Other fruit fillings work well too, or savoury meat/vegetable fillings.

**INSTRUCTIONS***For Filling:*

- 1) Place mangoes, brown sugar and lemon juice in small saucepan over high heat.
- 2) Bring mixture to a boil.
- 3) Reduce heat to low.
- 4) Cover and simmer for 30 minutes, stirring occasionally.
- 5) Remove from heat and stir in vanilla.
- 6) Cool filling completely before assembling pastries.

*For Pastry Dough:*

- 1) Combine flour, powder and salt.
- 2) Knead in shortening with your hands until mixture is crumbly.
- 3) Add milk all at once.
- 4) Mix until dough begins to come together. It may be sticky.
- 5) Lightly flour hands and counter top.
- 6) Turn dough out onto floured surface.
- 7) Knead dough, folding over about 10-20 times.
- 8) If dough is excessively sticky, knead in extra flour. If dough is excessively soft, wrap and chill about an hour.

*Assembly:*

- 1) Preheat oven to 350 degrees Fahrenheit.
- 2) Beat egg with water to create a wash.
- 3) Using a rolling pin, roll dough about 1/3-1/2 inch thick.
- 4) Cut dough into rounds about 2 1/2" in diameter.
- 5) Roll each round as thinly as possible, about 5-6" in diameter.
- 6) Spoon 1-2 tablespoons of filling onto half of each dough circle.
- 7) Brush edges of half the dough lightly with the egg wash to help seal the pie.
- 8) Fold dough circle over filling, crimping the edges or sealing them with the tines of a fork.
- 9) Gently press down on pastry to evenly distribute filling.
- 10) Cut or snip vents in top of pastries.
- 11) If desired, extra egg wash may be brushed over the tops of the pastries to make them shiny, and granulated sugar sprinkled over the wash for extra sparkle.
- 12) Bake assembled pastries on an ungreased cookie sheet, 25-30 minutes, or until golden brown.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

MOST OF  
THE RECIPES  
ARE INSPIRED BY  
GRANDPARENTS  
& PARENTS

NAME  
Lenka Baranecká

FROM  
Czech Republic

AGE  
24

SERVES  
6–8

TITLE

## LENKAÏS STRAWBERRY PARADISE



### INSTRUCTIONS

In a medium size bowl mix the cottage cheese with sour cream, powdered sugar and vanilla bean seeds into a nice and smooth cream.

Cut the strawberries to pieces.

Prepare a cake form or any form you want to have and put a layer of ladyfinger on the bottom. Cover it with the cream, layer of the cut strawberries and again a layer of ladyfingers, cream, strawberries until you have the “material”.

The number of layers depends on the size of your form and how high you want to have your Paradise.

It needs a day to settle so the flavours come through.

### INGREDIENTS

500g strawberries  
250g cottage cheese  
400g sour cream (16% fat)  
1 vanilla bean seeds  
65g powdered sugar  
Ladyfingers

### STORY OF RECIPE

We had a lot of strawberries and I needed to do something with them so I found the ingredients I like and created my own Strawberry Paradise.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
Lisa Shadforth	Canada	36	12

TITLE

## MAPLE CARROT LAYER CAKE



### INGREDIENTS

4 cups (1 L) grated carrots  
 2½ cups (625 mL) all-purpose flour  
 1 tbsp (15 mL) baking powder  
 1 tsp (5 mL) baking soda  
 1 tsp (5 mL) salt  
 ½ tsp (2 mL) cinnamon  
 ½ tsp (2 mL) ground nutmeg  
 1 cup (250 mL) butter, at room temperature  
 1 cup (250 mL) brown sugar  
 4 eggs  
 2 tsp (10 mL) vanilla  
 ¾ cup (175 mL) maple syrup  
 ½ cup (125 mL) milk

### Maple Butter Icing

1½ cups (375 mL) butter, at room temperature  
 ¾ cup (175 mL) maple syrup  
 1 tsp (5 mL) vanilla  
 3 to 3½ cups (750 to 875 mL) sifted icing sugar

### STORY OF RECIPE

My sister found this recipe in a magazine and asked me to make it for her 30th birthday. It has easily become one of my favourite desserts!

### INSTRUCTIONS

Preheat oven to 350°F (180°C). Spray or lightly oil two 9-inch (1.5-L) round cake pans.

Grate carrots using a food processor. Measure out 4 cups (1 L) and set aside. Place flour in a medium bowl. Sprinkle with baking powder, baking soda, salt, cinnamon and nutmeg. Stir to blend.

Place butter in a large mixing bowl and beat with an electric mixer until creamy. Gradually beat in sugar, then beat on medium for about 3 minutes. Reduce speed to low and beat in eggs, then vanilla. It may look curdled. Then beating on low, gradually add about a third of flour mixture. Beat just until mixed, followed by the maple syrup. Beat in half the remaining flour followed by the milk, then end with the flour. Stir in carrots.

Divide batter between pans. Spread evenly to sides of pan. To remove air pockets, bang pans on counter 5 to 6 times. Bake until centres seem set when lightly tapped, from 35 to 40 minutes. Place on baking racks to cool. After about 15 minutes, turn cakes out of pans and cool completely on racks. It's best to make cakes a day ahead of icing and leave at room temperature overnight.

To make icing, place butter in a medium bowl. Beat with an electric mixer until creamy. Beating on low, gradually pour in about ¼ cup (50 mL) maple syrup. Add vanilla. Then beating on low, add about ½ cup (125 mL) icing sugar. Repeat process twice. Continue to beat in enough icing sugar, about ¼ cup (50 mL) at a time, until it reaches spreading consistency. Stop and scrape down beaters occasionally. If not firm enough to ice, refrigerate for a few minutes.

To assemble, slice cakes in half horizontally. (This is best done with a bread knife if you don't have the proper tools. Go slow!) Place top of 1 cake, dome-side down, on a platter. Thinly spread with icing leaving a narrow border of cake around edge. Lay bottom of that cake, cut-side down, on top. Thinly spread with icing leaving a border. Add the bottom half of the second cake, cut-side down. Repeat spreading. Top with the final layer, cut-side down. Smoothly spread icing over the sides of the cake, then the top. Best to refrigerate several hours or overnight before serving.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

### PREPARATION TIME

> 1.5hr

### COOKING TIME

> 40min

NAME	FROM	AGE	SERVES
Michael A. Cooper	United Kingdom	23	10

TITLE

## MAMMA COOPS' RICE KRISPIE CAKES



### INGREDIENTS

Any 1:1:1:1 ratio of the following  
(e.g. 200 grammes of each.):

- Butter
- Marshmallows
- Traditional slab toffee
- Rice Krispies

### INSTRUCTIONS

1. Heat and melt the butter, marshmallows and toffee in a large sauce pan on a medium-low heat until it forms a smooth caramel-like sauce.
2. In the meantime, place the Rice Krispies in a mixing bowl ready for mixing.
3. When the caramel-like sauce is ready, pour over the Rice Krispies and mix quickly (and carefully), ensuring an even coating whilst it is still hot.
4. Transfer the mixture into deep baking or roasting trays (lined with greaseproof paper) compressing the mixture slightly with the back of a wooden spoon or spatula, ensuring the mixture is evenly packed into the corners.
5. Cover with a clean tea-towel and leave to cool completely.
6. Once cool, cut using a sharp knife into the desired size.

### STORY OF RECIPE

This is my mother's Rice Krispie cake recipe, it is a well sought-after family favourite! Great trail food for camping, cycling or hillwalking - or for occasional indulging!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 15min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Martin Montecillo	Philippines	42	12

TITLE

## ORANGE RUM CAKE



### INGREDIENTS

1 cup butter  
 1 ¾ cups sugar  
 3 cups all-purpose flour  
 1 tsp. Baking powder  
 1 tsp. Baking soda  
 ½ tsp. Lemon extract  
 ½ tsp. Rum extract  
 Zest of 2 oranges  
 4 Eggs  
 ¾ cup fresh orange juice  
 ¼ cup Rum  
 ¼ tsp. Salt  
 ½ cup Walnuts, chopped in small pieces  
 Juice of 3 oranges (for the butter sauce)  
 1 Cup Sugar (for the butter sauce)  
 2 Tbsps. Rum (for the butter sauce)  
 2 Tbsps. Butter (for the butter sauce)

### INSTRUCTIONS

- 1) Cream butter and sugar till fluffy. Add eggs one at a time. Then, add zest and extracts.
- 2) Add dry ingredients alternately with orange juice and rum. Fold in chopped walnuts. Turn onto 10" bundt pan, greased and floured. Level top. Bake in 350°F oven for 55 minutes. Let rest for 10 minutes.
- 3) Prepare orange rum butter sauce. Ingredients needed are as follows: Juice of 3 oranges, 1 Cup Sugar, 2 Tbsps. Rum, and 2 Tbsps. Butter.
- 4) Put all ingredients together in saucepan and simmer till consistency of thin syrup. Pour all over cake while still warm. Let it sit till cake soaks in syrup.
- 5) Carefully turn cake over a serving plate.

### STORY OF RECIPE

This is my mom's version of a rum cake. Superb served à la Mode.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 15min

COOKING TIME  
 > 55min

NAME

Erik-Jan

FROM

The Netherlands

AGE

34

SERVES

6–12

## TITLE

**LEMON MOUSSE****INGREDIENTS**

- 12 eggs (medium size)
- Juice of 6 lemons
- 450 grams of sugar
- 50 grams of caster sugar
- 6 sheets of gelatin or 10 grams of gelatin powder
- Chocolate shavings (as much as you like)

*Optional:*

whipped cream

You could use just half of the ingredients but you'll be sorry if you did ;-)

**INSTRUCTIONS**

Separate the yolks from the egg white.  
Put the gelatin leaves in cold water  
Whisk the 450 gr of sugar and egg yolks together in a large bowl au Bain Marie until pale and thick. Add the lemon juice and add the soaked gelatin leaves and whisk until it dissolves. Set aside to cool.

In another bowl, whisk the egg whites until stiff peaks form. Towards the end of that process add the caster sugar.

Fold the egg white into the yolk mixture (do not whisk anymore!) and pour in any bowl or glass you prefer and leave to set for at least 3-4 hours.

Serve with chocolate shavings and/or whipped cream

**STORY OF RECIPE**

A family recipe from my grandmother we always make during Easter.

- |   |                                    |   |
|---|------------------------------------|---|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING    | <input type="checkbox"/> VEGETARIAN             |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENT | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER     | <input checked="" type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 4hr

NAME	FROM	AGE	SERVES
Kate Bueckert	Canada	34	10–20

TITLE

## BUTTER TARTS



### INGREDIENTS

*Pastry*

- 5 cups flour
- 4 tbsp brown sugar
- 2 tsp salt
- 1 tsp baking powder
- 1 pound lard/shortening
- 1 egg
- 1 tbsp white vinegar
- water

I use lard unless I'm making it for vegetarians, then I use shortening. (I think it tastes better with lard, though)

*Filling*

- 4 tbsp butter, room temperature
- 1.5 cup brown sugar
- 2 egg
- 1 tsp salt
- 2 tsp vanilla
- 1.5 cup golden raisins

Some people like the filling to be a little more runny, so you could add up to 2 tbsp corn syrup.

### INSTRUCTIONS

*Pastry:*

Mix flour, sugar, salt and baking powder in a large bowl. Cut in cold lard/shortening and mix it (either by hand or in a food processor) until it forms pea-sized pieces. Beat one egg in a measuring cup. Add the vinegar and cold water to make up 1 cup. Mix the wet and dry ingredients completely. Form the dough into a ball. Generously dust a surface with flour and roll out the dough. The thickness depends on what you want. I prefer a thinner dough, but some people like thicker dough. Cut out the dough using a cookie cutter or the top of a glass. Place the circles into muffin tins.

\*\*This pastry recipe will make more than 4 dozen tart shells or an extra pie shell. The uncooked pastry freezes really well (I cut it out into circles and freeze it that way with wax paper between each circle).

*Filling (for 12 tarts):*

Melt the butter. Mix it with the brown sugar and eggs. Add salt and vanilla. Mix raisins into the filling. (You can skip raisins if you don't like them and instead use pecans or walnuts.) Fill each tart shell with filling.

Bake the tarts at 375 C for 18-20 minutes (until the pastry starts to brown a little). Let cool in the pan before transferring to cooling racks.

### STORY OF RECIPE

Butter tarts are something I grew up with by getting at local farmers' markets or they were a staple at family gatherings.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 60min

### COOKING TIME

> 18–20min

NAME	FROM	AGE	SERVES
Roberta Pessotto	Italy	21	8

#### TITLE

## ALMOND CUSTARD TART



#### INGREDIENTS

2,5 dl custard

*For the tart:*

200gr flour  
80gr butter soften

1 egg  
50 gr sugar  
Grated Lemon peel  
1 table spoon icing sugar

*For the cream:*

200gr almond  
150gr sugar  
1 egg  
3 yolks  
50gr melted butter  
Lemon peel

#### INSTRUCTIONS

*For the tart:*

Slice the soften butter in cubes.  
Sift the flour in a bowl and put the butter in cubes in the middle, with the egg, sugar, grated lemon peel and mix together quickly. Knead with hands or with for a while until a smooth dough forms.

Form a ball with the dough, wrap it with plastic and refrigerate for an hour.

*Prepare the almond cream*

Toast almonds in the oven to 180°C for 10 minutes and crush them in powder.

Put in a bowl the eggs, 3 yolks sugar and mix; add almond flour, grated lemon peel and melted butter.

Preheat the oven to 180°.

Grease a tart pan with butter and cover in flour.

Roll out the dough on a lightly floured surface, place it into tart pan and press the dough firmly against the bottom and sides of tart pan.

Pour the custard and spread it homogeneously.

Then add the almond cream to obtain a second layer.

Bake for 50-60 minutes in the preheated oven.

Let it chill and sprinkle icing sugar.

#### STORY OF RECIPE

This is the best cake my mum does; it is a success every time she invites friend for a tea!

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE            |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE           |

#### PREPARATION TIME

> 40–50min

#### COOKING TIME

> 50–60min

NAME

Tammy S

FROM

United States of America

AGE

40

SERVES

10–12

## TITLE

**RUM CAKE****INGREDIENTS***For the cake:*

- 1 package (15-19 oz depending on brand chosen) yellow cake mix - WITHOUT pudding
- 1 small (~3 oz) package instant vanilla pudding
- 4 eggs
- 1/2 cup water
- 1/2 cup salad or vegetable oil
- 1/2 cup dark rum (preferably Myers)

*For the soak/glaze:*

- 1/4 pound (1 stick) butter
- 1 cup sugar
- 1/4 cup water
- 2 Tablespoons dark rum (preferably Myers)

**STORY OF RECIPE**

Received this recipe from a co-worker and it is now my husband's favorite cake.

**INSTRUCTIONS**

Grease a bundt pan with butter.

Mix the cake ingredients together well.

Pour cake batter into pan, bake at 325 degrees F for about 1 hour or until tester inserted in cake comes out clean.

Approximately 5 minutes before the cake is to come out of the oven, start the soak/glaze: (this process should be finished when the cake comes out of the oven or shortly after)

Melt the butter in a saucepan.

Add the sugar and water.

Boil for 1 minute.

Carefully add the rum (this will cause the mixture to boil again so be careful).

Cake should be out of the oven or just coming out by this time.

Poke several holes through the cake with a long thin straw or similar instrument.

Pour the boiling sauce over the entire cake slowly.

Let the cake cool in the pan.

Once cool, loosen the cake from the pan and turn onto a serving plate.

(Make 1 1/2 times glaze if you like a very moist cake)

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME

&gt; 10min

COOKING TIME

&gt; 60min

NAME	FROM	AGE	SERVES
Tom Hilton	UK	26	4

#### TITLE

## ALMOST ANYTHING AND BUTTER PUDDING



#### INGREDIENTS

##### *For The Filling*

Enough of any of the following to fill a large bowl/dish.  
 - Croissants, Doughnuts, Brioche, Pain Au Chocolat, Hot Cross Buns, Danish pastries, white bread, Fruit bread, Jam rolypoly, Panettone, Scones, Muffins, Pancakes, tea cakes, waffles, iced buns or anything else you can think of that is dough/cake/bread related.

Butter

Dried Fruit - Sultanas, Raisins, Cherries. (whatever you like)

##### *For The Custard*

1 Vanilla Pod or 1 tsp vanilla extract

400ml Double Cream

400ml Milk

3 Large eggs

100g / 4 tbsp Sugar

##### *Optional*

Your choice of Ice-cream to accompany

Marmalade for the Topping

Whiskey for the custard

#### INSTRUCTIONS

Preheat the oven to 180C. Roughly butter your choice of filling and grease a large bowl/dish, place in the buttered filling and sprinkle the fruit as you go.

Split the vanilla pod (or vanilla extract) and place in a separate bowl along with the whiskey, cream, milk, eggs and sugar. Whisk together until all ingredients are combined then simply pour the mix into the bowl containing your filling making sure that it absorbs as much of the custard mix as possible, you may have to pour it in stages. If able to, leave the filling to soak up the custard for as long as you can.

Spread the marmalade over the top and place into the pre-heated oven for roughly 30-45 minutes, making sure not to burn it too much.

Remove from oven and enjoy, eat it with your choice of ice cream or on its own.

Lovely!

#### STORY OF RECIPE

I developed this recipe at University after buying pastries that were all reduced in price before the shop closed, often making puddings with a variety of different cakes and pastries.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 45min

NAME	FROM	AGE	SERVES
Chris Weightman	United Kingdom	33	12

TITLE

## ANNA KUCHEN



Chris Weightman

### INGREDIENTS

- 8 ounces/240 grams unsalted butter
- 8 ounces/240 grams self-rising flour
- 6 ounces/180 grams sugar
- 4 large eggs
- 200 grams whole blanched hazelnuts
- 200 grams dark chocolate, 70% cocoa

### INSTRUCTIONS

Break up the chocolate block, chop the pieces to the desired consistency in the blender using a sharp chopping blade. The chocolate should not be over blended or it will become powdered but try to keep varied sizes of pieces. Tip the chopped chocolate into the large mixing bowl.

Tip the hazelnuts into the blender and blend. Tip the chopped hazelnuts into the large mixing bowl. Mix the chocolate and the hazelnuts together.

Separate the egg yolks and egg whites, placing the yolks in a small bowl and the whites in a medium mixing bowl.

Blend the butter, sugar and egg yolks in the blender. Add the flour gradually and keep blending, using a spatula to help ensure all the ingredients have been mixed evenly. Add the mixture to the chocolate and hazelnuts and mix everything together with the same spatula.

Whisk the egg whites until very stiff. Using a spatula, tip half the stiff egg whites into the large mixing bowl and cut the egg whites into the mixture. The mixture will loosen. When the egg whites are well cut in add the rest of the egg whites and fold/cut them in until well mixed.

Put the mixture into the tin. Make a 10-inch tall chimney of greaseproof paper and tie it around the tin with oven-safe string. Place a disk of foil over the top of the chimney to stop the top of the cake becoming too brown.

Bake for one hour at 170 degrees centigrade and another hour at 140 degrees centigrade. Test the cake by listening to it when it comes out of the oven. If it is still sizzling a lot, let it bake a bit longer. The cake cannot be reliably tested with a skewer as the skewer comes out covered in melted chocolate.

Turn the finished cake out onto a wire rack to cool.

### STORY OF RECIPE

A cake created by Anna, the housekeeper who worked for a friend of a friend of a friend, probably in the 1950s.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 30min

COOKING TIME

> 120min

NAME

Alison Phillips

FROM

United States

AGE

26

SERVES

4-6

## TITLE

## SUGAR PECANS

**INSTRUCTIONS**

Bake pecans on a cooking sheet for 30 minutes at 250 degrees. While pecans are baking beat egg whites in large bowl until stiff. Gradually add salt and sugar to the egg whites while continuing to beat together. Fold in pecans to this mixture once they are done baking.

Melt margarine in 9x13 cake pan. Spread pecan mixture evenly on top of the melted margarine. Bake for 45 minutes at 300 degrees. Stir every 15 minutes.

**INGREDIENTS**

- 4 Cups Pecans
- 1/2 Cup Margarine
- 2 Egg Whites-- room temperature
- 1/2 Teaspoon Salt
- 1 Cup Sugar

**STORY OF RECIPE**

A family favorite recipe made by my mom. This is a perfect sweet treat for the cold weather holidays.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 10min

**COOKING TIME**  
> 75min

NAME

Thierry Nouza

FROM

France

AGE

SERVES

15

## TITLE

# CONGOLESE



## INSTRUCTIONS

Pre-heat oven - 180°C.

Mix ingredients.

Make small cones on cooking paper above a griddle.

Cook for 15 minutes.

Let the cones cool before taking them (they will be harder).

## INGREDIENTS

1kg sweetened condensed milk

750g dry grated coconut

## STORY OF RECIPE

From a friend as an advice to use the grated coconut I had

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 15min

NAME	FROM	AGE	SERVES
Patricia Harrington	USA	58	10-12

#### TITLE

## PEAR CAKE



#### INGREDIENTS

1 tablespoon zest of two lemons  
 1-2 tablespoons poppyseeds  
 1/2 cup brown rice flour  
 3/4 cup white Rice Flour  
 1 tablespoon coconut flour  
 1/4 cup golden flax seed meal  
 1/2 teaspoon salt  
 2 1/2 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon xantham gum  
 3/4 cup sugar  
 1/2 cup unsalted butter, melted & cooled  
 1/3 cup lemon juice (I prefer Meyer lemons)  
 1/2 cup almond milk  
 2 teaspoon vanilla  
 2 eggs  
 demerara sugar  
  
 12 cup muffin pan  
 muffin cups

#### INSTRUCTIONS

- Pre-Heat Oven to 400 degrees
- Whisk together dry ingredients including poppyseeds & lemon zest
  - Whisk together sugar & melted butter, to this batter add; lemon juice, vanilla, eggs and almond milk
  - Add dry ingredients in thirds, folding the dry into the wet ingredients.
  - Divide the batter evenly among the cups, sprinkle the tops lightly with demerara sugar
  - Bake @ 375° for 25-30 minutes, or until golden on top and firm to the touch
  - Allow to cool 10 min before serving.
  - Will keep 3 days in the cupboard.

#### STORY OF RECIPE

I have been baking this cake for years. The original recipe comes from a beautiful cookbook of family recipes from the Provencal region of France.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 60min

COOKING TIME  
 > 60min

NAME

Bryan Hargrove

FROM

USA

AGE

42

SERVES

6-8

## TITLE

**TWISTED TEXAS PIE****INSTRUCTIONS**

Preheat oven to 375 F.  
 Beat soften cream cheese with 1/3 cup of sugar, 1 egg, 1 teaspoon vanilla and salt until thick and creamy.  
 Spread mixture in the bottom of a the pie crust and sprinkle with pecans.  
 Set aside for later.  
 Mix by hand remaining 3 eggs, 1/4 cup of sugar, 1 teaspoon vanilla and corn syrup until well blended.  
 Pour this mixture over the pecans.  
 Sprinkle heath bar pieces on top.  
 Bake for 40 - 45 minutes.

**INGREDIENTS**

1 (8-ounce) package of cream cheese (room temperature)  
 1/3 cup plus 1/4 cup of sugar  
 4 eggs  
 1/4 teaspoon salt  
 2 teaspoons vanilla  
 1 (9 inch) unbaked pie shell  
 1 1/4 cup chopped pecans  
 1/4 cup chopped heath bar pieces  
 1 cup corn syrup

**STORY OF RECIPE**

One Thanksgiving my wife was complaining that she wanted cheese cake and pecan pie but did not have room for both which gave me the idea.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 45min

NAME

Samuel Hills

FROM

United Kingdom

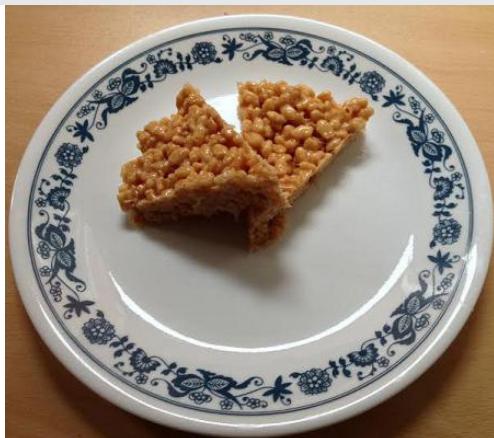
AGE

23

SERVES

16

## TITLE

**MARSHMALLOW CRISPIES****INSTRUCTIONS**

Place the marshmallows, butter and toffee in a saucepan and warm on a low heat stirring continuously until all ingredients are combined. Be sure not to overheat, as this can spoil the toffee and marshmallows and cause the mixture to separate and harden!

Once the mixture is combined, take off the heat and gently stir in the rice crispies, ensuring they are all evenly coated.

Next, spoon the mixture into a baking tray and leave to cool for about 10 minutes. Once the mixture is room temperature, place in the refrigerator for another 20 minutes (approx.) or until the mixture is firmly set.

Cut into equal slices and enjoy!

**INGREDIENTS**

- 100g Marshmallows
- 100g Toffee (individually wrapped toffees work best, just make sure to unwrap them!)
- 100g Butter
- 100g Rice Crispies

**STORY OF RECIPE**

This recipe is a very basic one my girlfriend and I make all the time. It's a particular favourite in both our respective offices!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 2.5hr

**COOKING TIME**  
> 3–4min

NAME

Jo Jo Tickle

FROM

USA

AGE

11

SERVES

4-8

## TITLE

**MEXICAN APPLE PIE**

Mama Tickle

**INGREDIENTS**

- 1 (21 Ounce) Can Apple Pie Filling
- Ground Cinnamon
- 8-10 (8 inch) Flour Tortillas {Store bough works great}
- ½ Cup Butter
- ½ Cup White Sugar
- ½ Cup Packed Brown Sugar
- ½ Cup Water
- 1 Tsp Vanilla (Optional)

**STORY OF RECIPE**

This is an adaption of a recipe found on the web. It has become the family favorite dessert!

**INSTRUCTIONS***Prep The Tortillas:*

Spread 1 quarter cup of apple pie filling evenly down the center of a tortilla. Sprinkle with cinnamon, then roll up, tucking the ends in first. Place seam side down in baking dish (we always use a 9x13 cake pan).

*Prepare The Sauce:*

Combine butter, white sugar, brown sugar and water in medium sauce pan. Bring to a boil over medium heat, stirring constantly. Once sauce starts to boil, reduce heat and simmer for three minutes. After simmering for three minutes, remove from heat. (Add teaspoon of vanilla here – optional).

*Combine the deliciousness:*

Ladle hot sauce over tortillas and let stand for 45 minutes so the tortillas can soak in the sauce (I usually take a spoon and scoop up excess sauce in the pan and cover the enchiladas three to four times during that 45 minutes so the tops of the enchiladas stay moist).

*Bake:*

Bake at 350 degrees for 20-25 minutes until lightly golden. Let cool – they are extremely hot when they come out of the oven. Enjoy the deliciousness while still warm.

*Chef's Note:*

Save the leftovers (if you have any – we rarely do) in the fridge, and the following night just make a half batch of the sauce, cover tortillas, let soak for another 45 minutes, and then heat in the over for 20-25 minutes. The new sauce brings them back to life deliciously.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 25min

NAME

Celia

FROM

Australia

AGE

SERVES

10–15

## TITLE

**NUTTY FUDGEY BROWNIES****INGREDIENTS**

- 680g chocolate (use about 300g of milk chocolate, 380g of dark chocolate)
- 250g unsalted butter (chop into smaller pieces)
- 6 large eggs
- 2 cups sugar
- 1 tablespoon vanilla essence
- 1 ½ cups of plain flour + 1 tsp baking powder + ½ tsp salt
- Handful of chopped nuts

**INSTRUCTIONS**

1. Heat oven to 350F. Grease pan or line with baking paper
2. Chop up chocolate into smallish pieces and melt with butter over a low heat, stirring continuously. OR you could put chocolate and butter into a bowl and microwave at 30sec intervals, with continuous stirring until combined  
\* if it becomes grainy... start again!
3. Mix eggs and sugar in a bowl. Allow chocolate to cool slightly and then add it to eggs and sugar. Mix to combine
4. Add vanilla
5. In a separate bowl, whisk together sifted flour, baking powder and salt and fold into chocolate mixture until combined
6. Poured into pan and sprinkle with chopped nuts on top
7. Bake for about 35-45min (depends on how thick it is in pan). Bake until a toothpick inserted in the centre comes out with a few moist crumbs
8. Remove from oven and let it cool
9. Slice up brownies into little rectangular pieces (about 4cm x 2cm)
10. Serve

**STORY OF RECIPE**

I fell in love with this fudgey brownie from the first time I made. This is perfect for a girly night in or when the sweet tooth flares up :)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Heather	Japan	27	1–4

TITLE

## MOM'S VANILLA PUDDING



### INSTRUCTIONS

Lightly beat egg yolks in a medium sized bowl. Set aside. Mix sugar, cornstarch and salt in 2-quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir at least half of the hot mixture gradually into egg yolks. Blend egg mixture back into hot mixture in saucepan. Boil and stir 1 minute. Remove from heat; stir in butter and vanilla. Cool slightly; refrigerate. Or, serve warm with cake and peaches.

### INGREDIENTS

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon salt
- 2 cups milk
- 2 egg yolks
- 2 tablespoons butter, softened
- 2 teaspoons vanilla

### STORY OF RECIPE

My Japanese high school students recently made this pudding as an exercise in reading English recipes. While their pudding wasn't perfect, they certainly had fun making it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 10min

NAME

Rosine Kabré

FROM

France

AGE

47

SERVES

4

## TITLE

**CHOCOLATE MOUSSE VOLTAIRE R. BOUET****INSTRUCTIONS**

Put the cream in a dish (preferably stainless steel) in the fridge.

Later, whip the cream (do not add sugar) and put it back in the fridge.

Melt the chocolate with a little water.

Add sugar to egg whites and whip until stiff (it won't be as stiffed as if there were only the whites)

Add yolks, lightly whipped.

Add the chocolate if it is not too hot (40 ° C) and mix gently.

Add the whipped cream.

Mix and put in the fridge at least on hour.

Eat within 24 hours

Remember, only 2 tablespoons!

The first as if it was the first time ever that you eat chocolate mousse.

The second as if it was the last time ever that you eat chocolate mousse.

PS: my children sometimes bake it in ramekins to make chocolate fudge cakes.

**INGREDIENTS**

250 g of chocolate (at least 70% cocoa)

3 extra-fresh eggs

40 g sugar

180 g cream (about 200 ml)

**STORY OF RECIPE**

I asked for a recipe on a forum in 1998. A gentleman sent his own recipe. He was Regis Bouet, already famous chocolatier. I publish this recipe with his consent.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 0min

NAME

Hayley &amp; Andy

FROM

UK

AGE

SERVES

4–6

## TITLE

**APPLE & RASPBERRY CRUMBLE****INGREDIENTS***For the Filling:*

- 3 cooking apples
- 250g raspberries
- 2 tbsp golden, caster sugar (optional - for sweetness)

*For the Topping:*

- 230 g / 8oz cold butter
- 230 g / 8 oz golden caster sugar
- 350 g / 12 oz plain

**INSTRUCTIONS**

**Preparation:** Preheat the oven to 180° C/ 375° F/ Gas 5

- \* Peel, core and chop the apples into chunky pieces, don't cut the apples too small or they will disintegrate. Place the apples into a shallow baking dish, then add the raspberries.

- \* Sprinkle the sugar over the fruit.

- \* Place the flour and sugar in a large baking bowl. Cut the butter into small chunks and add to the bowl.

- \* Rub the butter into the flour and sugar until you have a nice coarse mixture. You can also make the crumble mixture in a food processor. Place all the topping ingredients into the processor and process on pulse until you get a coarse mixture.

- \* Sprinkle an even layer of crumble topping over the apples and raspberries.

- \* Place into the preheated oven and bake until golden. You should find the apples and raspberries soften forming a deep red juice that will bubble over the edges of the crumble.

- \* Remove from the oven and serve with vanilla ice cream or custard.

**STORY OF RECIPE**

This is the best crumble ever. #Fact.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Jody Georgeson	USA	66	6

TITLE

## AUNT JANET'S LEMON PIE



Jody Georgeson

### INGREDIENTS

- 1 cup sugar
- 3 eggs, separated
- 3 Tablespoons cold water
- Juice and grated rind of 1 lemon
- 1 8-inch baked pie shell, cooled

### INSTRUCTIONS

Over double boiler, cook  $\frac{1}{2}$  cup sugar, egg yolks, water, juice and rind, stirring constantly until thickened. Let cool while you beat the whites.

Beat egg whites until stiff - add 1/2 cup sugar during beating. Fold together with yolk mixture. Pour into baked shell.

Bake in 450° oven until peaks brown – 4-6 minutes. Cool and serve.

Store leftovers in the refrigerator.

### STORY OF RECIPE

This family favorite is from my Dad's Aunt Janet, a great cook and a great lady!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 15–20min

COOKING TIME  
> 6min

NAME  
Ruth Jamieson

FROM  
U.K

AGE  
36

SERVES  
2-4

TITLE

## LIME & POMEGRANATE CHIA PUDDING



### INGREDIENTS

*Serves 4 as a pudding - 2 as a breakfast*

2 Cups Coconut Milk (or milk of choice)  
5 Tbsp. Chia Seeds  
2 Tsp. Raw Honey  
1 Pomegranate  
Juice of half a Lime

### INSTRUCTIONS

1. Cut open the pomegranate, scoop out the seeds, reserving the juice and put both aside
2. In an airtight container combine the honey, coconut milk and pomegranate juice- you may need a blender if your honey is set
3. Add the chia seeds, place the lid on and give a good shake
4. Add as many pomegranate seeds as you like- they're crunchy so you may only want a few, or you may want them all!
5. Replace lid, shake again and place in the refrigerator for 2 hours or overnight. It will last a few days in the refrigerator
6. Come back to the refrigerator and give it a good shake every 15 or so minutes for the first hour
7. Before serving squeeze the lime juice in and give a stir. Serve with a dollop of coconut yoghurt and enjoy!

### STORY OF RECIPE

A creation of my own since going grain free. A power-house of nutrition that will keep you going all morning!

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 2hr

NAME

Katrina Y

FROM

Hong Kong

AGE

SERVES

2

## TITLE

**HONG KONG-STYLE FRENCH TOAST****INSTRUCTIONS**

1. Whisk the eggs in a bowl and set aside.
2. Cut off the crusts from the sliced bread. Spread peanut butter generously on one side of each slice of bread, making 8 sandwiches. Cut each sandwich in half vertically.
3. Heat and oil the frying pan at medium heat.
4. Take each half sandwich and dip it into the whisked egg, immediately transferring to the frying pan. Make sure you don't end up with scrambled eggs!
4. When the half sandwiches are golden brown, transfer to a plate. Drizzle with condensed milk to serve.

**INGREDIENTS**

- 2 eggs
- Peanut butter
- 4 slices of bread (preferably thick toast, approximately twice the thickness of normal sliced bread)
- Condensed milk

**STORY OF RECIPE**

This particular version is my favourite from a neighbourhood cha chaan teng, and is as indulgent as the original. To serve, add a steaming cup of milk tea!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Annie Boulanger	Canada	48	10–20

TITLE

## CHOCORANGE DELIGHTS



Annie Boulanger

### INGREDIENTS

6oz (170gr) unsweetened chocolate \* See Notes  
 2 tbsp (30ml) orange zest \* See Notes  
 1 cup/2 sticks (500ml) unsalted butter, softened  
 1 cup (500ml) brown sugar – packed  
 2 large eggs, at room temperature  
 1 tsp (5ml) vanilla  
 2 cups (500ml) all-purpose flour  
 1 tsp (5ml) baking powder  
 1 tsp (5ml) baking soda  
 1 tsp (5ml) ground cinnamon  
 ¼ tsp salt  
 2 cups (500ml) semi-sweet chocolate chips

\* See Notes about my friend John

### INSTRUCTIONS

- 1- Use a zester or a microplane grater to remove the zest of one large orange.  
 If you don't have a zester, use a vegetable peeler and chop finely.
- 2- Gather all ingredients.
- 3-Sift together flour, baking powder, baking soda, cinnamon and salt to eliminate any clumps. Set aside.
- 4- Coarsely chop semi-sweet chocolate and place in a metal bowl over simmering water. Melt chocolate while stirring occasionally. When chocolate is all melted and smooth, remove bowl from heat and cool for 5-10 minutes.
- While chocolate is cooling, you can start with step 6.
- 5- When chocolate has cooled slightly, add orange zest and mix.  
 Set aside.
- 6-In a large mixing bowl, beat butter and brown sugar with electric mixer until fluffy, scraping sides of bowl occasionally.
- Beat in eggs, 1 at a time. Add vanilla and mix with electric mixer.
- 7-Add prepared flour mixture to mixing bowl with butter preparation. Mix until just blended with large wooden spoon.
- 8- Add melted chocolate preparation and mix until just blended. Add in chocolate chips and mix. Refrigerate dough until cold, at least 1 hour and up to a day.
- 9- Preheat oven 350°F (177°C).
- Lightly butter 2 large cookie sheets or cover with parchment paper.
- 10- Drop dough by rounded teaspoons for small cookies or rounded tablespoons for large ones.
- 11- Bake cookies until still soft to the touch: 7 minutes for small cookies or 10 minutes for large ones. For crispier cookies, bake for an additional 2 minutes.
- 12- Let stand on cookie sheets 3 minutes then transfer cookies to rack and cool.

#### Notes:

- I like to do cookies in 2 sizes: small ones so people can indulge without guilt and the large ones because... they are so good that sometimes you need a big one!!
- You can do a half recipe if you prefer; dough balls can also be frozen.
- For the unsweetened chocolate, I use dark chocolate bars, either 65 or 77% cocoa.
- If I have extra oranges, I often double the quantity of zest for a stronger orange flavour. It's really up to you.
- My friend John is especially fond of anything chocolate so for him, I spike each dough balls with 2 or 3 extra chocolate chips and he's very happy!

### STORY OF RECIPE

- Adapted from "Mexican Chocolate Chip Cookies" by Epicurious.com /Bon Appétit (October 1997)

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAIN COURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input checked="" type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 7–10min

NAME  
Rebecca Carter

FROM  
USA

AGE  
36

SERVES  
12

TITLE

## BLENDER BLACK BEAN BROWNIES



### INSTRUCTIONS

Preheat the oven to 350F. Combine all ingredients except for the chocolate chips into the blender or food processor. Blend until smooth. Stir in chocolate chips and pour into greased 8x8 pan. Cook 20 minutes, until a toothpick comes out mostly clean and the sides start to pull away from the pan. Let cool, then cut into 1 1/2" squares.

Do NOT skip the chocolate chips in this recipe!

### INGREDIENTS

1 15-oz can black beans, rinsed & drained  
2 Tbsp cocoa powder  
1/2 cup gluten-free rolled oats  
1/4 tsp salt  
1/2 cup maple syrup  
1/4 cup coconut oil  
2 tsp pure vanilla extract  
1/2 tsp baking powder  
1/2 cup vegan chocolate chips

### STORY OF RECIPE

Now that I'm gluten-free, there are always some of these in my freezer~I eat them almost frozen, but they are, of course, even more delicious warm.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME  
> 5min

COOKING TIME  
> 20min

NAME

Charles Tsai

FROM

Canada

AGE

43

SERVES

2

## TITLE

**VEGAN RAISIN SCONES**

elephantine.typepad.com

**INGREDIENTS**

- 1 1/4 cups unbleached all-purpose flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 3 tablespoon vegan buttery spread (Earth Balance)
- 1/4 cup raisins
- 1/2 cup soy milk
- 1 teaspoon vanilla extract
- Coarse brown sugar to sprinkle

**INSTRUCTIONS**

1. Preheat oven to 450F.
2. Sift the flour into a mixing bowl.
3. Add baking powder, sugar, salt and mix well.
4. Scoop the buttery spread into the bowl and mix it into the dry ingredients with your fingers until big lumps disappear.
5. Add raisins and mix well.
6. Add milk and vanilla extract and stir with spatula until a dough forms.
7. Sprinkle some flour onto a cutting board.
8. Put dough on board and use hand to pat it flat until it's 3/4 inches thick and round.
9. Cut into six wedges the way you'd slice a pizza.
10. Put wedges on baking sheet, sprinkle some brown sugar on top and bake for 10 minutes or until scones start to turn light brown.
11. Let cool for 10 minutes and serve with jam or vegan spread.

**STORY OF RECIPE**

Sunday mornings achieve perfection when you can stay home, read for pleasure, and eat homemade scones. These are so effortless to make that you will make them every weekend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10min

NAME

Jay T

FROM

US

AGE

SERVES

6–12

## TITLE

# CARIBBEAN RUN BALLS



## INSTRUCTIONS

Mix everything in a large bowl.  
Cover dinner plate w more confectioner sugar.  
Roll into balls (size of chestnut to walnut,  
approximately).  
Fridge - 2 hours  
Add more rum, seal n store.

## INGREDIENTS

2.5 cups Graham cracker crumbs  
1 cup lightly chopped walnuts  
1 cup confectioner sugar  
1/4 cup cocoa  
2 tbspn instant coffee  
2 tbspn dark rum  
3 tbspn corn syrup

## STORY OF RECIPE

Grandma's Christmas treat

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 0min

NAME

Natalie

FROM

Australia

AGE

23

SERVES

10–20

## TITLE

**NANA'S JAM BISCUITS****INGREDIENTS***Pastry*

- 3 eggs, room temperature
- 1 cup sugar
- 250g softened butter, loosely cut up
- 15g vanilla sugar
- 1 cup plain flour, unsifted
- 1 cup self-raising flour, unsifted
- Extra flour: 1/2 cup of each type, unsifted

*Filling*

- 500g plum plovidl (available from Polish or Middle Eastern stores)
- 1/4 cup cocoa
- 1/4 cup almond meal

**INSTRUCTIONS**

1. Preheat oven to 180C.
2. Mix all filling ingredients and leave aside.
3. Mix all pastry ingredients together, except for the extra flour. It is recommended to put on plastic gloves to help with the mixing.
4. If dough is too sticky, add in the extra flours.
5. Roll out portions of the pastry onto a floured surface with a floured rolling pin. Dough should be very thin without any holes, and in a rectangular shape.
6. Spread a thin layer of the filling on the dough, leaving a 2cm gap around the edges.
7. Roll up the dough like a cigar.
8. Get a floured knife and cut the pastry at a slight angle about 3-4cm apart.
9. Place biscuits on 3 trays with baking paper, with no more than 4 biscuits in a row.
10. Repeat with remaining dough and filling.
11. Paint top of biscuits with water and sprinkle with sugar.
12. Bake in 180C over for 20-30 minutes, or until golden brown.
13. Leave to cool for 5 minutes before placing on a wire rack to cool completely.
14. Enjoy!

**STORY OF RECIPE**

My Polish grandmother (or as I called her, Nana) would make these lovely biscuits, using her own recipe, all the time.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 20–30min

NAME

Ike2k

FROM

England

AGE

SERVES

4

## TITLE

**OMEGA APPLE CRUMBLE****INGREDIENTS**

- 12 oz self raising flour
- 5 oz butter
- 5 oz granulated sugar plus extra to sprinkle
- 1 lb apples
- 2 oz water

**INSTRUCTIONS**

1. Rub the sugar flour and butter together until it looks like bread crumbs and when compressed together it forms a solid ball but breaks up quite easily.
2. Stew the apples with the water and a little sugar until they are mushy, if there are lumps then simply mash up.
3. Put the apples in a deep pie dish once done and sprinkle the crumble on top, depending on what ratio of apple to crumble you like you may need more of either one.
4. Cook in a pre-heated oven at around 180 celcius to 200 celcius for 20-25 minutes until the top has been browned.
5. Sprinkle sugar on top and serve when not blisteringly hot.
6. Serve with custard.

**STORY OF RECIPE**

The recipe my nan used for Sunday lunch. One of my fondest childhood memories, wanted to share it with everyone.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–15min

**COOKING TIME**  
> 20–25min

NAME

MJ Suitt

FROM

USA

AGE

51

SERVES

16–20

## TITLE

**MANDARIN ORANGE CAKE****INGREDIENTS***Cake:*

- 1 box white or yellow cake mix
- 3 eggs
- ¾ cup oil
- 1 large can mandarin oranges (about 16 oz.; drained and cut up)
- 1 3.4 oz. (small) box vanilla instant pudding mix

*Frosting:*

- 1 5.1 oz. (large) box vanilla instant pudding mix
- 1 large can crushed pineapple, undrained (about 15 oz.)
- 16 oz. tub of Cool Whip

**INSTRUCTIONS**

Preheat oven to 350 degrees. Grease three 9-inch cake pans. If desired, line the cake pans with parchment paper and grease – this makes it easier to remove from the pans and makes prettier layers.

Mix together all cake ingredients. Divide evenly between pans and bake for 25 minutes, until a toothpick comes out clean.

Cool on wire racks until easy to handle. Remove layers from pans and cool completely.

For frosting: thoroughly mix together vanilla pudding mix and pineapple.

Fold in Cool Whip until completely blended.

Frost cake. Cover well and refrigerate for 24 hours before serving.

**STORY OF RECIPE**

This was one of my grandmothers recipes. If I'm half the cook she was, I call it a good day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 25min

NAME	FROM	AGE	SERVES
Rosie Connolly	Australia	52	1

TITLE

## JANE'S LEMON BUTTER



### INSTRUCTIONS

Microwave first 2 ingredients 1 1/2 mins  
whisk in next 2  
whisk 5 then whisk that into the first 4  
cook for 7 mins  
whisk until thick  
bottle

### INGREDIENTS

1/2cup lemon juice  
75 g butter  
1 1/2 cups caster sugar  
2 tsp lemon rind  
4 eggs

### STORY OF RECIPE

My sister Jane makes this in the microwave, it never fails

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 3min

COOKING TIME  
> 7min

'PLACE  
EVERYTHING  
IN A BOWL,  
SEASON  
AT LAST  
MINUTE'

NAME	FROM	AGE	SERVES
Donna M	Australia	26	6

#### TITLE

## CHOCOLATE SELF-SAUING PUDDING



#### INGREDIENTS

*Pudding:*

- 1 Cup Self-Raising Flour
- 1/4 Cup White Sugar
- 2 Tablespoons Cocoa
- 1/2 Teaspoon Salt
- 1/4 Cup Chocolate Chips or roughly chopped chocolate
- 2 Tablespoons Butter, melted
- 1/2 Cup Milk

*Sauce:*

- 3 Tablespoons Cocoa
- 1 Cup Brown Sugar

#### INSTRUCTIONS

Preheat oven to 180 degrees Celsius. In a 3 Litre (approx) oven-proof dish, combine the 'Pudding' ingredients and mix until well combined. Smooth out the top.

In a separate bowl combine the sauce ingredients. Sprinkle this over the pudding mix. Gently pour 1 3/4 Cups of boiling water over entire pudding. Bake in oven for 45 minutes, or until the top is crunchy, and a thick sauce has formed underneath. Great served with ice-cream, cream or custard. (Or all three!)

For a variation, I recommend replacing 1 cup of the boiling water with 1 cup of freshly brewed, very strong coffee. You could also add 1 tablespoon of dark rum to the sauce mix. This makes it extra delicious.

#### STORY OF RECIPE

This was a recipe found by my mother many years ago, and is my favourite easy dessert. It is loved by everyone and perfect for a very cold night.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 45min

NAME	FROM	AGE	SERVES
Susannah Brinkley	United States	25	8–10

TITLE

## BERRY CREAM PIE



Susannah Brinkley

### INGREDIENTS

- 8 ounces cream cheese
- 1/4 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Dash nutmeg
- 1 cup whipping cream
- 1/4 cup powdered sugar, sifted
- 1/4 teaspoon vanilla extract
- 9-inch graham cracker crust (recipe below)
- 1/2 pint ripe, sliced strawberries, stems removed
- 20-30 blueberries, stems removed
- Other fresh berries of your choosing

### INSTRUCTIONS

In a bowl, combine cream cheese, sugar, 1/2 teaspoon vanilla, cinnamon and nutmeg until well blended and smooth. In the bowl of an electric mixer, whip cream with powdered sugar and 1/4 teaspoon vanilla until stiff peaks form. Fold half of the whipped cream mixture into cream cheese mixture and mix well until smooth. Repeat with the second half of the whipped cream mixture. In the bottom of a graham cracker crust, layer slices of strawberries. Over top, spoon cream mixture and smooth using the back of a spoon. Garnish with fresh berries. Chill until ready to serve, up to one day.

### STORY OF RECIPE

I make this pie every Independence Day. I've been making this recipe for so many years, I don't even remember where I got the recipe, but it's always a hit!

- |   |                                     |                                      |
|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAIN COURSE        | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 1hr

### COOKING TIME

> 60min

NAME

Eileen LaBoone

FROM

United States

AGE

27

SERVES

8–12

## TITLE

**CHOCOLATE CHEESECAKE WITH TOPPING****INGREDIENTS***Crust*

- 1 1/2 cups vanilla wafer crumbs
- 1/3 cup powdered sugar
- 1/3 cup unsweetened cocoa powder
- 1/3 cup butter, melted

*Filling*

- 3 (8 ounce) packages cream cheese
- 1 (14 ounce) can sweetened condensed milk
- 1 (2 cup) bag semi-sweet chocolate chips, melted
- 4 eggs
- 2 teaspoons vanilla

*Topping*

- 2 1/2 cups sour cream
- 1/3 cup granulated sugar
- 1 1/2 teaspoons vanilla

**INSTRUCTIONS**

Preheat oven to 300°F. Combine crust ingredients in medium bowl. Place and press into a 9 inch, lightly greased, springform pan. (You can use a 10 inch pan, if desired, for a slightly shorter cheesecake) This should cover the bottom of the pan, and at least a quarter inch up the edge.

Beat cream cheese in a large bowl, preferably using a mixer at low to medium speed, until fluffy. Gradually add the sweetened condensed milk, while still mixing, until smooth. Add the rest of the filling ingredients while continuing to mix. Pour into prepared crust.

Bake for 1 hour, or until center is mostly set. While this is cooking, combine the topping ingredients in a large bowl. Mix at low to medium speed until smooth. Pour over existing cheesecake. Return to oven to continue baking for another 18 to 22 minutes, or until the outer edge is set. Garnish as desired. Chill before serving.

**STORY OF RECIPE**

This cheesecake combines aspects of several different recipes I've used over the years. It seemed to go over well when sampled (I needed to make one for the photo anyway).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20–30min

**COOKING TIME**  
> 1hr

NAME  
Kevin Markham

FROM  
USA

AGE  
33

SERVES  
8

TITLE

## CHOCOLATE STRAWBERRY TRUFFLE PIE



Annie Riker

### INGREDIENTS

*Crust:*

- Cocoa powder - 3 Tbsp
- Cashews - 3/4 cup
- Unsweetened shredded coconut - 3/4 cup
- Pitted dates - 3/4 cup
- Salt - 1/8 tsp

*Filling:*

- Fresh strawberries - 1 lb
- Cocoa powder - 1/3 cup
- Cashews - 1 1/2 cups
- Vanilla extract - 1/2 Tbsp
- Coconut oil - 1/3 cup
- Maple syrup - 1/4 cup
- Salt - 1/8 tsp

### INSTRUCTIONS

*Crust:*

Combine all ingredients in food processor and blend. Smush by hand into an 8-in baking dish or aluminum pan until the crust is even throughout.

*Filling:*

Cover the cashews with water and let sit for 4 to 8 hours. Then drain and pat dry. Combine all ingredients (including the cashews) in a powerful blender or food processor, and blend until very smooth. Add more maple syrup and/or cocoa powder until desired taste is reached.

Pour filling into the crust. If you want to decorate the pie, save a few strawberries to slice and add on top. Let the pie set in the fridge or freezer for at least an hour. If you freeze it, make sure to take it out about an hour before you want to serve it.

### STORY OF RECIPE

One of my favorite recipes from Chocolate Covered Katie! Simple ingredients, minimal work, no baking, delicious results.

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 60min

NAME	FROM	AGE	SERVES
Rees Maxwell	USA	47	16–20

#### TITLE

## CARMELITA BARS

#### INGREDIENTS

##### *Crust*

1 c almond meal  
1 c rolled oats  
1/4 c coconut sugar or evaporated cane juice  
1/2 t baking soda  
1/4 t salt  
3/4 c Earth Balance non-hydrogenated margarine, melted

##### *Filling*

1 c grain sweetened dark chocolate chips (Sunspire is a good brand)  
3/4 c chopped pecans

##### *Caramel Sauce*

1/3 cup Earth Balance  
1/3 cup coconut oil  
1/2 cup coconut sugar or evaporated cane juice  
1 cup agave syrup  
1 t salt  
(1 t baking soda to add after sauce is removed from heat)

#### INSTRUCTIONS

##### *Crust and Filling:*

Put oats in food processor and briefly blend. Combine all remaining dry ingredients for the crust in the food processor. Mix. Add melted margarine and again mix well. Place 1/2 of crumb mixture into the bottom of an 8 inch square pan or a round springform pan with removable side. Bake at 350 degrees for 10 minutes. Let cool until Caramel Sauce is ready.

##### *Caramel Sauce:*

While the Crust and Filling is baking, make your Caramel Sauce. Cook sauce ingredients in a large saucepan until the mixture simmers and the sugar is dissolved. Remove from heat. Add 1 t baking soda and immediately stir. IT WILL BUBBLE/FOAM UP, which is why you need a large sauce pan. Keep stirring until there are no large bubbles. Use a stick blender, or be prepared to whisk like crazy, to make sure all the ingredients are thoroughly blended.

Sprinkle slightly cooled crust with a layer of chopped pecans and a layer of chocolate chips. Pour caramel sauce over chocolate chips and pecans. Sprinkle with remaining crumb mixture. Bake 15 to 20 minutes or until golden brown. Chill 1 to 2 hours. Cut into bars. If using a round springform pan, the Carmelita can be cut into 16-20 thin slices as this is a rich dessert. This keeps well for several days in the refrigerator, but it always best on the first day.

#### STORY OF RECIPE

Reminiscent of sweet times on the coast of Carmel, California. My mother Matilda Butler created this recipe.

- |   |                                     |   |
|---|-------------------------------------|---|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 30min

NAME	FROM	AGE	SERVES
Tim Lambert	Canada	32	50

TITLE

## WHITE LEMMING COOKIES



### INSTRUCTIONS

- Preheat oven to 325 degrees Celsius
  - Mix flour and baking powder, and set aside
  - Combine butter, sugars, pudding mix, and vanilla in a separate bowl
  - Add eggs and mix until homogenous
  - Gradually add flour mixture
  - Add baking chips
  - Roll teaspoon sized amounts into cohesive lumps and drop onto baking sheet
  - Press cookies down
- Bake at 325 degrees Celsius for 12-15 minutes

### INGREDIENTS

3 1/3 cups flour  
 1 1/2 teaspoon baking powder  
 1 1/2 cup room temperature butter  
 1 cup brown sugar  
 1/2 cup white sugar  
 99 grams lemon pudding mix  
 1 1/2 teaspoon vanilla  
 3 eggs  
 225 grams white chocolate baking chips

### STORY OF RECIPE

This recipe was adapted from a recipe called Double Chocolate Pudding cookies. The pudding mix, the baking chips, and the vanilla can be swapped for whatever flavor combination you like.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 12–15min

NAME

Rutatatatata

FROM

UK

AGE

28

SERVES

10

## TITLE

**MY FRIEND ANNA'S APPLE PIE****INGREDIENTS**

Flour x 1 cup

Sugar x 1 cup

Semolina (white is preferable - try eastern european shops) x 1 cup

Apples - 10 medium sized

Vegan Butter - approx a third of the block

Cinnamon - tablespoon (or however much depending how much you like cinnamon )

**INSTRUCTIONS**

In a bowl mix flour, sugar & semolina so they become one.  
Peel and grate apples.

In a baking tray butter-ise it or use butter paper and pour the flour/sugar/semolina trio - approx 1 cm depth  
Then put a third of grated apples on top - spread it evenly and sprinkle cinnamon.

Second layer of the trio can be 0.5 mm, then the 2nd third of the apples go on top, as well as cinnamon.

Third layer goes the same - except that the third layer of apples needs to be covered with whats left of the mix (lightly - just so the apples are covered ) and then it has to be covered with butter - just cut the third of a butter into thin slices and cover the whole of the surface.  
Preheat oven - 180 Celcius and cook for an hour !

**STORY OF RECIPE**

When I decided to go vegan my housemate Anna made all her cakes possible of being vegan ! she is a good friend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 20min

COOKING TIME

&gt; 60min

NAME

Taxdoctor

FROM

UK

AGE

50

SERVES

4

## TITLE

**APPLE SNOW****INGREDIENTS**

Sponge cake (can make yourself or use any leftover sponge based cake or use sponge fingers/trifle sponges)  
 2 eggs (egg white is not cooked so use pasteurised egg white as an alternative if worried about raw egg white)  
 1 pint milk  
 2 cooking apples  
 Caster sugar (amount will vary according to taste)  
 Green food colouring (optional)

**INSTRUCTIONS**

1. Peel and cook apples until soft puree, set aside to cool
2. Make custard. Note: you can use instant or prepared custard but needs to be quite runny. Otherwise, separate eggs (put whites aside) and mix yolks with 1 tablespoon of caster sugar (or more if you have a very sweet tooth). Warm milk in pan but do not bring to boil. Stir a small amount of milk onto yolk mix then add back to pan. Heat up until thickened.
3. Crumble sponge into bowl. Add custard until fully soaked. You may not use all the custard.
4. Whisk egg whites until firm. Add apple puree and sugar to taste.
5. Mix in green colouring if required
6. Place apple mixture on top of soaked sponges.
7. Enjoy!

**STORY OF RECIPE**

I always made this with my Mum when I was little and have carried on tradition with my daughter. Simple but yummy. Picture shows with and without green colouring!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 20min

COOKING TIME

&gt; 0min

NAME	FROM	AGE	SERVES
Pepijn Wesselman	Netherlands	36	4

TITLE

## HANGOP WITH MINT AND STRAWBERRIES



P. Wesselman

### INGREDIENTS

- 1 liter full-fat yoghurt
- 500 grams strawberries
- 1 lemon
- 2 tablespoons sugar
- 12 mint leaves

### INSTRUCTIONS

1. Hang a colander in a bowl, and line the colander with a dish towel. Make sure the colander doesn't touch the bottom of the bowl. Pour the yogurt on the dish towel in the colander and cover the yoghurt with the corners of the dish towel. Let it drain for at least 4 hours. The result is strained yoghurt - called "hangop" in Dutch, because it has been hanging in the dish towel and colander. Hangop sure sounds like hang up, which basically is the literal translation. Who said Dutch isn't easy ;-)?
2. Clean the strawberries and halve them. Keep a few halves separate as garnish.
3. Clean the lemon and grate half of the yellow skin. Keep some of the zest separate as garnish. Squeeze the complete lemon, pour the juice over the strawberries and add the sugar. Stir it, and let it marinate for 10 minutes.
3. Chop the mint leaves, but - yes, yet again... - keep some leaves separate as garnish.
4. This is the part where everything comes together. Mix the strained yoghurt with the lemon zest and mint. Divide the strawberries over 4 cups, and pour the strained yoghurt mix over it. Garnish with the reserved mint, zest and strawberries - trust me, it'll make it look good.

*Tips & tricks:*

you can also buy strained (or Greek) yoghurt. But that's not as much fun as making it yourself!

### STORY OF RECIPE

No story, sorry! It's just a simple, refreshening dessert, perfect for a summer evening. Nothing more, nothing less :-).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 240min

### COOKING TIME

> 20min

NAME

Rhona Morris

FROM

UK

AGE

SERVES

8

## TITLE

**SUGAR FREE PEAR AND APPLE TART**

www.newthinkingonfood.com

**INGREDIENTS***For the pastry:*

225g plain white flour

55g vegetable fat (e.g. Trex)

55g dairy free margarine (e.g. Pure Sunflower)

½ tsp cinnamon

pinch salt

About 700g sweet eating apples, peeled and cored

About 700g ripe pears, peeled and cored

Finely grated zest of 1 orange

3 tbsp freshly squeezed orange juice

50g dairy free margarine (e.g. Pure Sunflower)

**INSTRUCTIONS**

First, make the pastry. Sift the flour and cinnamon into a large mixing bowl with a pinch of salt. Add the vegetable fat and margarine and chop into small pieces with a knife. Then using your fingers, rub the fat into the flour until crumbly. Add about 3 tbsp water and, using the knife again, mix together to form a soft dough. Place in a plastic bag (or clingfilm) and rest in the fridge for about 30 minutes or until needed.

Preheat the oven to 200C/180C fan/Gas Mark 6. Dust your work surface with a little flour, then roll out the pastry thinly and transfer to a lightly greased 24 cm flan tin.

Prick the base of the flan with a fork, place a piece of foil on top and fill with baking beans to stop the pastry base from puffing up.

Bake for 15 minutes, then remove the beans and place the flan base back uncovered in the oven for 5 more minutes or until cooked through.

Meanwhile, coarsely grate the apples and pears into a large bowl and stir in the orange zest and 3 tbsp juice.

In a large frying pan, melt the margarine then add the fruit and cook over a high heat, stirring constantly.

After about 10 minutes or so, the moisture from the fruit will have evaporated and the mixture will have thickened, so much so that when you run the spoon across the pan, there is no juice remaining!

Fill the pastry base with the fruit mixture leveling the top neatly with a knife.

Decorate with lattice strips using pastry trimmings. For full instructions, go to my blog [www.newthinkingonfood.com](http://www.newthinkingonfood.com). Brush with a little cold water and return to the oven. Bake for a further 20 to 25 minutes until golden. Bon appetit!

**STORY OF RECIPE**

A French pâtisserie recipe that's healthy and delicious? My traditional French tart is completely free from eggs, sugar and dairy and retains the lovely fresh flavor of an autumn harvest!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 40min

NAME	FROM	AGE	SERVES
Gary Walton	United Kingdom	28	1–12

TITLE

## CHEESECAKE OF WOOING +2



### INGREDIENTS

The following will fill a 9 inch spring-form cake tin:

*For Buttery Biscuit Base:*

- 15 Biscuits (Digestives, Hobnobs etc.)
- 30g Butter
- 30g Granulated Sugar

*For Indulgent Cheesecake:*

- 900g Soft Cheese
- 300g Granulated Sugar
- 180ml Milk
- 4 Eggs
- 300ml Double Cream (try Sour Cream too!)
- 20ml Vanilla Flavouring
- 30g Plain Flour

### INSTRUCTIONS

*Base Base BBBbbbase:*

Crush the biscuits, add the sugar and rub in the butter. Line the bottom of the tin with the mixture and compress with the back of a spoon. Bake for 15 minutes at 170C.

*Hmmm, Creamy:*

Thoroughly mix the soft cheese, granulated sugar, double cream, milk and vanilla flavouring in a large bowl.

Gradually mix in the plain flour ensuring there are no lumps.

Mix the eggs in one at a time, do not mix too much air into the mixture.

Pour the cheesecake mix into the tin but do not fill it as the mix will rise whilst baking.

Bake for 1 hour at 180C. When done, leave in the oven to cool.

### STORY OF RECIPE

The Cheesecake of Wooing +2 aided in the conversion of girlfriend to wife. I love you Laila xxx

- |   |                                     |                                      |
|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 30min

### COOKING TIME

> 75min

NAME

Simon Bourdeau

FROM

Canada

AGE

SERVES

12

## TITLE

**KARINE'S HEALTHY MUFFINS****INSTRUCTIONS**

Mix first 4 dry ingredients together in a bowl.

Add melted butter and stir just a little then add the rest of the ingredients while stirring.

The dough should be somewhat homogeneous and not liquid.

Grease the Muffin pan. Make 12 Muffins.

Cook for 25-30 minutes at 375 Fahrenheit.

**INGREDIENTS**

- 1 ¼ cups brown sugar
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- ½ teaspoon salt
- ½ cup melted butter
- 1 egg
- 1 ½ cups yoghurt (your choice)
- 4 cups fruits / nuts (your choice e.g. 1 cup oat + 1 cup frozen fruits + 1 cup nuts/seeds + 1 cup chocolate chips)

**STORY OF RECIPE**

This recipe was given to me by a friend. It is my favourite breakfast recipe of all time and I've done it over 50 times in all forms and tastes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 28min

NAME

Meghan Akins

FROM

United States

AGE

33

SERVES

8–12

## TITLE

**DARK CHOCOLATE STOUT CAKE**

Illustration by Kevin Ward

**INGREDIENTS***For the cake:*

- ½ pound (two sticks) butter
- 1 cup dry stout beer (e.g. Guinness)
- ¾ cup dark cocoa powder (I use Hershey's Special Dark)
- 1 tsp salt
- 2 cups all-purpose flour
- 2 cups white sugar
- 1 ¼ tsp baking soda
- 2 eggs
- ½ cup sour cream
- cocoa for dusting pans

*For the frosting:*

- 1 stick butter
- ½ cup cocoa
- ½ cup dark cocoa (the same you used for the cake)
- 3 cups powdered sugar
- ½ cup milk
- 1 tsp vanilla

**INSTRUCTIONS***For the cake:*

Preheat oven to 350° F. Grease two 8 or 9 inch cake pans and dust lightly with cocoa powder. In heavy saucepan on low-medium heat, combine butter, stout beer and cocoa powder, and cook until melted, stirring often. Let cool. Sift dry ingredients together, then add the stout-butter-cocoa mixture and beat for one minute on medium speed. Add eggs and sour cream and beat for two minutes on medium, until everything is combined. Pour batter into prepared pans and bake for 25 or 30 minutes, or until toothpick inserted in center comes out clean. Let cool for 10 minutes, then turn out of cake pans and let cake cool completely before frosting.

*For the frosting:*

Melt butter in a large glass bowl, either in the microwave or over a double boiler; add both cocoas and stir until melted. Beginning with the milk, add milk and powdered sugar alternately, beating after each addition. Add vanilla halfway through. If frosting is too stiff, add milk, one tablespoon at a time, until it reaches the desired consistency. If frosting is too soft, do the same with powdered sugar.

Frost cake and serve. Will keep for several days if left covered in the refrigerator.

**STORY OF RECIPE**

I've been making this cake for over 10 years now; it's my go-to for birthdays and other parties, and it's also my most requested treat. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 35–40min

**COOKING TIME**  
> 25–35min

NAME

Cathy Raffaele

FROM

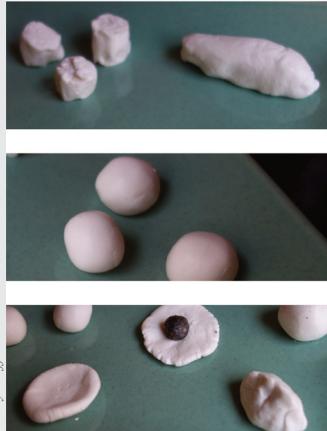
Australia

AGE

SERVES

2-4

## TITLE

**TONG YUEN (TANGYUAN) DUMPLINGS**

Cathy Raffaele

**INGREDIENTS***Dough:*

- 1 cup glutinous rice flour
- 1/3-1/2 cup water

*Filling Choice 1:*

- 2 tbsp ground black sesame powder (roast and grind black sesame seeds if powder not available)
- 2 tbsp sugar
- 3-4 tbsp fat: coconut oil (vegan, dairy free) or butter

*Filling Choice 2:*

- 1/4 cup peanut butter (or another nut butter)
- 1/4 sugar

*Soup:*

- Water
- Sugar (optional)
- Sweetened condensed milk (optional - omit for vegan, dairy free)

**STORY OF RECIPE**

I would make these with my mother and grandmother as an afternoon treat. The hardest part was not eating the filling before finishing the dumplings!

**INSTRUCTIONS**

Make your choice of filling first: Mix ingredients well until it forms a dense blob. It shouldn't be runny or break apart. If it's too runny, add more sugar. If it's too dry add more fat/nut butter.

*Dough:*

Put glutinous rice flour in a large bowl. Add 1/3 cup of water. Your dough should be like playdough - it should form a tight mass, not be sticky, nor should it be crumbly. Carefully add more water/flour until you get this consistency.

Break off some of the dough and roll into approximately 2cm diameter log. Break off even blobs and use your palms to roll them into balls. Break off bits of your filling and, rolling them with your fingertips, make them into much smaller balls, such that they will fit easily into the dough balls. Make all your dough into balls and enough filling balls to match.

Using your thumb, shape your dough ball so it's shaped like a round bowl. Put a filling ball into the middle and then bring the edges of the dough together so to completely cover the filling. Seal up the dough with your fingers then very, very gently roll the ball with your palms until it becomes a smooth ball. You shouldn't be able to see any of the filling. If there are any holes where you can see the filling, use some dough to patch it up and roll it into a smooth ball again. The trick is to get a generous filling to dough ratio without the dumpling bursting during cooking. It's fine to play on the safe side and not overload on the filling - it will still be tasty!

Boil the water and add sugar to taste if you wish. Carefully add the dumplings to the boiling water. The dumplings are ready when they float to the top. Serve in bowls with some of the cooking water. You can also add a bit of sweetened condensed milk to the serving bowl to make the soup milky (then omit the sugar in the cooking water).

Makes 20-30 dumplings. The uncooked dumplings freeze well.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 5min

NAME	FROM	AGE	SERVES
Fabienne	UK	31	6–8

#### TITLE

## LONDON CRUISING TART



#### INGREDIENTS

##### Blackberry Reduction:

400g blackberries, ideally foraged as they will be more tart!  
200g sugar  
(makes about 150g, if you go to the trouble of straining it through a muslin to get rid of the seeds)

##### Blackberry Pastry Cream:

400ml whole milk  
1tsp vanilla extract or paste  
75g berry reduction  
125g sugar  
50g corn starch  
1 pinch of salt  
2 eggs  
1 yolk  
1tsp kewra or rose water (add if you're into sultry desserts)  
optional: a drop or so of violet food coloring as yellow egg yolks and purple blackberries aren't the easiest bedfellows

*Ingredients continued on next page...*

#### STORY OF RECIPE

Inspired by a secret bramble patch wedged between train tracks, where scantily clad men can be found posing behind each bush and by the pandanus plant, also known as screwpine.

#### INSTRUCTIONS

Prepare the blackberry reduction by mashing the berries and sugar together in a bowl, then cover and let sit for an hour. Bring the mixture to the boil in a small pot. Once boiling turn the heat down and simmer lightly until reduced by half.

Start the pastry cream by bringing the milk, vanilla extract and berry reduction to the boil in a medium size pot. The acidity of the berries might split the milk but don't worry, it will recombine once the other ingredients are added. Turn off the heat and set aside to infuse for an hour or even overnight. Place the eggs/yolk in a bowl and whisk in sugar, cornstarch and salt. Bring the milk back to a simmer and slowly, bit by bit, whisk into the eggy mixture. Return to the pot and keep at medium heat, whisking continually until it becomes creamy. Stir in more berry reduction and kewra water to taste.

For the pastry cases, put flour, sugar and salt in a bowl. Rub in the butter until the texture resembles breadcrumbs. In a separate container, beat the egg with the pandan extract and lemon zest. Add to the dough, kneading until just combined. Flatten the dough ball, wrap in cling film and refrigerate for at least ½ hour.

Preheat the oven to 180°C. Cut dough into eight sections, roll out to 4mm thickness and place in lightly greased tart cases. Neaten the edges and fill with baking beans. Refrigerate the unbaked pastries once more after handling. Bake covered with kitchen foil to preserve the pandan colour. Bake for 15 minutes with beans in, take out the beans and bake for another 10-15 minutes or until just browned at the edges. Put on a wire rack to cool.

Assemble and decorate with more berries...

Thanks to “BraveTart.com” for pastry cream recipe!

- STARTER
- MAINCOURSE
- DESSERT
- BAKING
- CONDIMENTS
- OTHER
- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

#### PREPARATION TIME

> 1.5hr

#### COOKING TIME

> 2.5hr

NAME	FROM	AGE	SERVES
Fabienne	UK	31	6–8

**TITLE**

## LONDON CRUISING TART

**INGREDIENTS CONTINUED**

*Pastry Cases:*

90g sugar

180g cold butter, in small cubes

270g plain flour

1 lemon, zest only

1/4 tsp salt

1 egg

1 tsp pandan extract (buy the extra exiting dark green one at 'Lai Loi' Vietnamese Supermarket on Deptford High Street, can be substituted with vanilla extract in emergencies)

NAME

Zoé Gedeon

FROM

Australia

AGE

10

SERVES

6-8

## TITLE

**ZOE'S STRAWBERRY SHORTCAKE**

## INGREDIENTS

90g butter  
 300g light sour cream  
 300g light thickened cream  
 2½ cups self raising flour  
 1tsp baking powder  
 ½ cup sugar  
 1 egg  
 250g strawberries, halved  
 3tbsp strawberry jam  
 ¼tsp vanilla extract

## INSTRUCTIONS

- Preheat oven to 220°C. Lightly grease a 20cm cake pan. Soften the butter, with a spatula mix the butter, sour cream, flour, baking powder and half the sugar. Mix until you have a dough.
- Knead dough on floured surface until smooth. Roll out to a circle. Press into the cake pan. Brush with egg, sprinkle lightly with sugar. Bake for 20mins until risen and golden. Transfer to cooling rack, until cooled completely. Use serrated knife to cut in half.
- Sprinkle strawberries with sugar, toss with jam. Whisk cream with remaining sugar and vanilla extract until stiff.
- Place half of strawberry mix on bottom half of cake, cover with half of cream, place top half of cake on top, cover with remaining cream. Place remaining strawberries on top.
- Eat.

## STORY OF RECIPE

I found this recipe in a supermarket. When I made it, my friends LOVED it. I reduced the amount of butter, and replaced the milk and lemon with sour cream.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 20min

COOKING TIME  
 > 20min

NAME

Markus Sorger

FROM

Germany

AGE

49

SERVES

8–10

## TITLE

**LEMON - MINT - EIS CREAM****INGREDIENTS**

200g whipping cream  
 200ml fresh milk with 1,5% fat  
 125g powdered sugar  
 5 big lemons  
 a bush of mint

**INSTRUCTIONS**

I recommend to cool down all ingredients before you start (even the sugar). It fastens the freezing.

Take a small mint bush as you can buy it at a supermarket, pick all the leaves and chop them into small pieces. As smaller they are, as less they will stick between the teeth later on ;-)

Juice the lemons; I also use the pulp.

Whipp the cream in a tall jar with a capacity of at least 1,2l. Once it's whipped, slowly fill in milk, powdered (!) sugar, chopped mint and the lemon juice while mixing it with low speed.

If you have an ice cream machine, you're nearly done: just fill the mixing in, turn the machine on and let it make its work.

If you don't have a machine, put the jar into a freezer (probably you have pre-cooled it on "super" level, so the freezing will go on faster). Every 30 Minutes you have to take the jar out to stir the cream so it stays creamy while freezing.

When the ice cream has it's typical consistence: enjoy !

A few words if you plan to buy an ice cream machine: it's a wonderful idea to do so. Not only children will love you (even more as they do anyway), also adults will be addicted to you and ... well ... to your machine. The machine has to have a good refrigerating compressor (don't ! buy a machine with those cooling akku packs) and a strong stirring motor. The cheaper ones have a weak stirring motor only, so the motor stops when the ice cream is not really frozen yet.

**STORY OF RECIPE**

What is more refreshing in a hot summer than iced lemon tea with mint ? You got it: lemon ice cream with mint :-)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 45–300min

NAME	FROM	AGE	SERVES
Alex Fleischer	Australia	20	4

TITLE

## CHOCOLATE CHAMBORD LAVA CAKES



Alex Fleischer, 2014

### INGREDIENTS

**For cakes:**

200g dark cooking chocolate  
60g butter, chopped  
2 eggs  
2 Tbs plain flour  
1/3 cup brown sugar  
1 Tbs Chambord

*For ramekins:*

1 Tsp Butter, melted  
1 Tbs Cocoa Powder, sifted

*To serve:*

4 scoops vanilla ice cream  
2 Tsp icing sugar  
mixed berries

### STORY OF RECIPE

My twist on the lava cake (or chocolate fondant), adding a heady and indulgent raspberry undertone for those special occasions.

### INSTRUCTIONS

Preheat oven to 180°C. Grease 4 125ml porcelain or metal ramekins with melted tsp butter, before placing in fridge to set.

Melt chocolate in a heatproof bowl over saucepan of simmering water. Stir until smooth, and set aside to cool.

Remove ramekins from fridge and add a second layer of melted butter, before dusting with cocoa. Ensure an even coating of cocoa around the insides and tip out the excess. Repeat for other ramekins.

Beat chopped butter, eggs, flour and brown sugar in a large mixing bowl until smooth. Slowly incorporate chocolate mixture, add Chambord and stir until combined.

Divide evenly into ramekins, and bake for 15-16 minutes. Remove from oven and stand for 5 minutes.

To serve, carefully run a knife around the edges of the ramekins, and invert onto a plate to remove lava cake. Top with icing sugar, and serve with ice cream and berries.

For non alcoholic version, simply omit Chambord.

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input type="checkbox"/> DAIRY FREE            |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 20min

### COOKING TIME

> 15min

NAME

Flor Haaker

FROM

Perú

AGE

64

SERVES

2

## TITLE

**BANANAS 1,2,3 TROUBLE-FREE**

Enrique Haaker

**INSTRUCTIONS**

Place the slices on a dish and bake them, covered, in microwave oven between 2 and 3 minutes.

**INGREDIENTS**

2 bananas

**STORY OF RECIPE**

This is a very simple recipe that my husband, Enrique Haaker, makes quickly when we don't have a dessert prepared in advance and surprises us.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 2min

**COOKING TIME**  
> 3min

NAME

Lobbbe

FROM

Austria

AGE

30

SERVES

4

## TITLE

**TOPFENSCHMARREN****INGREDIENTS**

250 g curd cheese, approx. 40% fat content  
 1 cup sour cream (200 - 250 g)  
 60 g butter  
 4 eggs  
 35 g flour  
 20 g sugar  
 1 bag vanilla sugar (approx. 8 g)  
 lemon zest  
 salt  
 fruit puree (eg. stewed plums or apple sauce)  
 powdered sugar

**INSTRUCTIONS**

- Separate the yolk and egg white into separate bowls. Whisk the egg white until it is stiff.
- Mix the curd cheese, the yolk and sour cream with a pinch of salt, then add the flour, the lemon zest and finally the sugar. Then fold in the beaten egg whites.
- Preheat the oven to 180° C (convection oven) / 200° C (upper/lower heat)
- Melt the butter in a cake pan and pour the mass into the pan. Bake in the oven until light brown, then cut into small pieces (eg. roughly 5 - 7 cm squares), then finish baking, approx. 30 min in total.
- Put the individual slices onto the plates and coat with powdered sugar. Serve with a side dish of stewed plums, apple sauce or similar fruit puree.

**STORY OF RECIPE**

A delicious recipe from my childhood.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Reema Albabtain	Saudi Arabia	19	10

TITLE

## BEEHIVE SWEETBUNS (KHALIAT NAHAL)



### INGREDIENTS

*For the dough:*

1 cup water  
2 1/2 cup all-purpose flour  
3 TBSPs of sugar  
Pinch of salt  
1 TBSP instant yeast  
1/4 cup vegetable oil

Cream cheese  
Simple syrup  
Small coconut flakes (optional)

### INSTRUCTIONS

- 1- Mix 1 cup of flour with the water, sugar, salt, and yeast. Wait for 10 minutes.
- 2- Add the rest of the flour and the oil to the dough and knead.
- 3- Preheat the oven to 350°F.
- 4- Divide the dough into small portions, adding cream cheese to the center and fully enclosing it with the dough.
- 5- Place the balls in a lightly oiled baking pan, and leave it to rise for 30 minutes.
- 6- bake for 25 minutes. Pour the simple syrup and sprinkle the coconut while it's still hot.
- 7- Cover the pan with foil and allow it to cool to room temperature for the syrup to be fully absorbed.

### STORY OF RECIPE

This is a traditional Arabic dessert that is usually served with tea or Arabic coffee. I got the recipe from my mom. :)

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME  
> 105min

COOKING TIME  
> 25min

NAME

Theonoe

FROM

USA

AGE

25

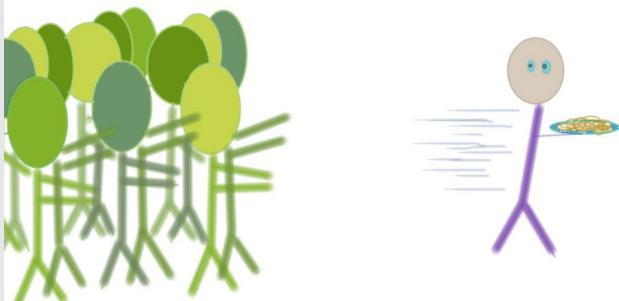
SERVES

15

## TITLE

**DEADLY GOOEY MACAROONS**

Macaroon zombie raiders VS our Heroic chef

**INGREDIENTS**

- 1 14oz bag shredded sweetened coconut
- 1 14oz can sweetened condensed milk
- 1tsp vanilla extract
- 1/2tsp almond extract

**INSTRUCTIONS**

Mix together the coconut, sweetened condensed milk, and extracts. It's perfectly fine (and recommended!) to be generous with the vanilla.

Once the batter is thoroughly mixed, set it aside, covered, in the fridge for a few hours; this will make it easier to work with.

After chilling, preheat the oven to 350, cover a few cookie sheets with parchment paper, and scoop the batter into mounds onto the paper. (I usually eyeball this, but if you want a measurement, go for ~2-3 tablespoons per mound.) (Don't leave out the parchment paper.)

Bake until lightly toasted and brown, ~12-15 minutes, let cool, enjoy!

**STORY OF RECIPE**

I found this recipe in a forum and made it because it looked quick and easy; now everyone requests my macaroons all the time.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME

Sisel Lan

FROM

Mexico

AGE

41

SERVES

8

## TITLE

# TAPIOCA CAPPUCCINO



## INSTRUCTIONS

1. Mix all the ingredients and let it rest for 30 minutes
2. Put the mix in the stove over low heat and constantly stir it up until the Tapioca pearls get soft
3. Let it cool
4. Serve in glass Cappuccino cups and dust cinnamon powder on top

## INGREDIENTS

1 liter of milk  
6 spoons of sugar  
1 spoon of vanilla  
9 spoons of Tapioca pearls  
3 egg yolks  
Cinnamon powder

## STORY OF RECIPE

This is a dessert my family loves and this time my 9 year daughter Alejandra made it and had the idea of serving it like Cappuccino. It looked great!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 90min

COOKING TIME  
> 30min

NAME

Nitsan Raz

FROM

Israel

AGE

25

SERVES

6

## TITLE

**WHIPPED CREAM NUTELLA DESSERT**

Daniel Garfinkel

**INGREDIENTS**

- 1 container (250 ml) of 38% fat heavy cream
- 5-6 gingerbread cookies (can be swapped with other types of cookies, go crazy)
- 2-4 tablespoons Nutella, depending on flavor
- white chocolate shavings, for garnish
- optional: a few mint leaves for garnish
- 12 shot glasses

*Note:*

The Nutella can be swapped for dulce de leche, or dropped completely. Also the cookies and the garnish can be whatever you want, ranging from fruit to biscuits to nuts.

**INSTRUCTIONS**

- 1) Crush the gingerbread cookies until
- 2) Whip the cream until stiff peaks
- 3) Fold the Nutella into the whipped cream
- 4) Put a small amount (about a teaspoon) of the crushed gingerbread cookies in each shot glass
- 5) Fill a pastry bag with the whipped cream and Nutella mixture.
- 6) Fill shot glasses using the pastry bag until almost full
- 7) Let cool in fridge for at least 15 minutes
- 8) Serve and enjoy!

*Note:*

Another variation of this recipe is to fold Nutella into only half of the whipped cream, then serve each person one shot glass with Nutella and one without Nutella (you can add some sugar so it'll still be sweet)

**STORY OF RECIPE**

This dessert, originally made by my mom, is beloved by friends and family both. It's super simple to make, and you can swap most ingredients for whatever suits your taste.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 0min

NAME

Daniel Jossen

FROM

Switzerland

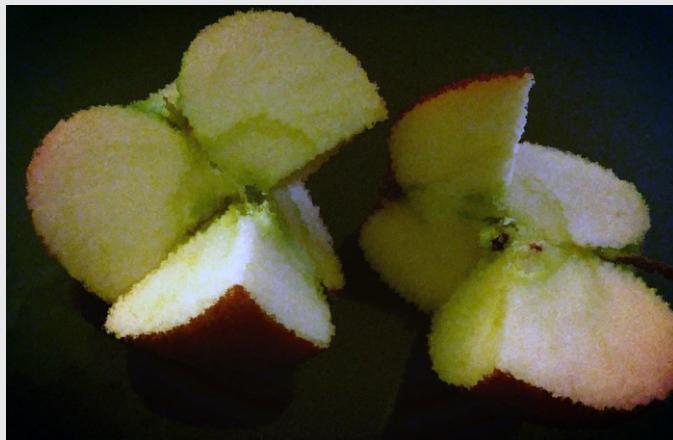
AGE

29

SERVES

8

## TITLE

**DJ'S APPLE CAKE****INGREDIENTS**

- 1 sheet puff pastry
- 3-4 apples
- sugar

**INSTRUCTIONS**

Place the puff pastry on a baking tin.

Peel the apples and remove the seeds. Cut them in thin slices and place them nicely on the puff pastry. Leave some space at the edges.

Sprinkle a bit of sugar on the apples. Take a knife and use the back of it, to mark a line around the edges of the apples. Do not cut the dough completely. While baking, this will automatically puff up and create a nice edge.

Bake it in the preheated oven for 15 to 20 minutes at 200 degrees or check the instructions on the package of the puff pastry.

Serve it with vanilla sauce or ice cream.

**STORY OF RECIPE**

Once I was too lazy to bake my mothers apple pie. But I really wanted to use my puff pastry and some apples. So I just started assembling this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 20min

NAME	FROM	AGE	SERVES
Robert Mais	USA	60	6

## TITLE

## FAMILY HOLIDAY PIE



N/A

## INSTRUCTIONS

Bake empty pie shell according to info on package, set aside to cool

Slice bananas, cherries in half, remove pits

Open can of mandarin oranges and drain

Place bananas, cherries, and mandarin oranges in pie shell

Prepare orange jello mix according to info on package(DO NOT LET JELLO SET)

Pour LIQUID jello mix into pie shell covering fruit

Let cool for 20 minutes, place in fridge or freezer overnight

Next day top with cool whip, slice and ENJOY!

## INGREDIENTS

- 1 Frozen deep dish pie shell
- 1 1.6Oz package of orange jello mix
- 1 15Oz can of mandarin oranges
- 1.5 Cups of cherries
- 1.5 Bananas
- 1 7Oz can of cool whip

## STORY OF RECIPE

This HOLIDAY pie has been served for THANKSGIVING and CHRISTMAS in my family for at least the last 60 years.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

COOKING TIME  
> 10–35min

NAME	FROM	AGE	SERVES
Paul Vlasta	Austria	30	8

#### TITLE

## CHERRY PIE



#### INGREDIENTS

*For the crust:*

225g flour  
150g salted butter  
50g sugar  
1 egg yolk

*For the filling*

1kg fresh sweet cherries (without stone) 1,5kg with stone  
A bit lemon juice  
2 teaspoons corn starch  
2 tablespoons water  
100g sugar  
½ of a whole vanilla pod/bean  
1 cherry brandy/schnaps

*For the crumbletopping:*

130g flour  
100g brown sugar  
½ teaspoon cinnamon  
A pinch of salt  
85g butter  
50g oats

#### STORY OF RECIPE

I bought extra for this recipe a pie-form  
(my first selfbought dish)

#### INSTRUCTIONS

Mix the ingredients for the crust in your blender until it's a dough, wrap it in film and put it at least 30 minutes into the fridge.

Mix manually all ingredients of the topping and put it aside.

After you pit the cherries pour over the lemon juice. Cook the sugar and the half vanilla to caramel (be careful ... that's hot). As soon it gets a nice colour add the cherries, corn starch, water and the schnaps and should simmer on low heat until it's a viscous mass like jelly.

Roll the dough out and cover a pie form (about 20cm diameter) with it. Add the cherries and cover everything with the topping.

Bake it for 35-40 minutes at 190°C-200°C/370°F-390°F (depends on the oven)

*Variant #1 Crust-topping*

Add 75% to the crust ingredients and put the extra third aside.

When you add the filling roll out the mass for the topping and place it on top.

Don't forget to make small holes with a fork or slits. It will take 50-60 minutes at 190°C/370°F

*Variant #2 Apple-Pie*

Change the filling to:

4 middlesized apples (like Granny Smith)  
1 teaspoon lemon juice  
100g sugar  
75g brown sugar  
75g flour  
½ teaspoon cinnamon or nutmeg

Peel the apples and remove the core. Cut them into small slices and pour the lemon juice over.

Mix with the rest and follow up as with the cherry pie. Same time in oven.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENT
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

#### PREPARATION TIME

> 60min

#### COOKING TIME

> 60min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

5

## TITLE

# CHOCOLATE ORANGE MOUSSE



## INSTRUCTIONS

Beat the corn starch, sugar and about 50ml of the orange juice until smooth. Let the rest of the orange juice boil once, add the mix and boil for another minute while stirring thoroughly. Break the chocolate into small chunks and add it to the orange juice mixture it should melt pretty fast. Take the pot from the heat and let it cool with a lid. Whip the whipping cream and put it into the fridge. Whip the now cool chocolate-orange-mixture and stir in the whipped cream. Serve it cool.

## INGREDIENTS

1/2 liter orange juice  
3 tablespoons sugar  
60g corn starch  
1/4 liter whipping cream  
130g noisette chocolate

## STORY OF RECIPE

A nice alternative to "normal" mousse without eggs

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 50min

NAME

Jessica Frazier

FROM

USA

AGE

27

SERVES

8–12

## TITLE

**CHESS PIE****INSTRUCTIONS**

Cream the butter and sugar together. Add the beaten eggs, vanilla, vinegar, and cornmeal.  
Pour into prepared pie crusts, and bake at 350 degrees Fahrenheit for 45 minutes.  
Makes 2 pies! (Trust me, you'll want two pies!)

**INGREDIENTS**

\*This recipe makes two pies.\*

- 1 cup butter (softened)
- 3 cups sugar
- 6 eggs (beaten)
- 3 tablespoons white vinegar
- 2 teaspoons cornmeal

**STORY OF RECIPE**

This pie is a Southern favorite. Some recipes add lemon or chocolate, but this is how I grew up eating it in Kentucky.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 45min

THE  
AVERAGE  
PREPARATION  
TIME IS 45 MIN

NAME	FROM	AGE	SERVES
Rebecca Daniels	USA	33	4

#### TITLE

## STRAWBERRY-WATERMELLON SORBET



#### INSTRUCTIONS

Purée all ingredients in either a food processor or blender until smooth.

Add mixture to your ice cream maker and freeze according to the machine's directions. Alternatively, you can freeze the mixture in ice cube trays for about 3 hours, mix cubes in food processor or blender, re-freeze, and blend again before serving.

#### INGREDIENTS

- 1/2 cup sugar
- 1 pint strawberries, sliced
- 2 cups watermelon cubes, seeds removed
- 2 Tablespoons lemon juice

#### STORY OF RECIPE

My mom always used to make this in summertime when I was younger.

- |   |                                     |   |
|---|-------------------------------------|---|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 5min

#### COOKING TIME

> 25min

NAME	FROM	AGE	SERVES
Leigh Anne Vanhoozer	USA	34	12

**TITLE**

## SOMETHING DELICIOUS

**INSTRUCTIONS**

Preheat oven to 350

Pour cans of peaches and pineapple into 13x9" pan.

Mix in box of cake mix.

Spread coconut on top.

Spread pecans on top of coconut.

My mom pours a stick of butter on top before baking, but I skip that step.

Bake for 45 minutes.

**INGREDIENTS**

1 Large can of peaches (diced if possible - otherwise, you can dice them)

1 Medium can of diced pineapple

1 Box of yellow cake mix

1 Package of coconut

1 Package of pecans

1 stick of butter (optional)

**STORY OF RECIPE**

This is a recipe my mom always makes. Everyone loves it! It's so easy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 5min

**COOKING TIME**  
> 45min

NAME  
Lynne Roughton

FROM  
US

AGE  
55

SERVES  
10

TITLE

## DATE NUT BALLS



Lynne Roughton

### INGREDIENTS

- 1 stick butter
- 1 egg, beaten
- 8 oz. pitted dates, cut in half
- 1/2 cups sugar
- 2 cups Rice Krispies (puffed rice cereal)
- 1/2 cup chopped walnuts
- Sweetened Shredded Coconut

### INSTRUCTIONS

Melt butter and cool slightly. (You will be adding a raw egg and do not want the egg to scramble).

Add egg, dates, and sugar to butter.

Bring ingredients to a boil and simmer 5 min. or until dates are soft.

Cool slightly.

In a large bowl mix Rice Krispies and walnuts. Pour the date mixture over the the Rice Krispies and nuts, then mix.

Working quickly, form mixture into ~1" balls, then roll in coconut.

Makes 2 1/2 to 3 dozen, depending upon the size.

### STORY OF RECIPE

In the 1970's a family friend decorated empty coffee cans and filled them with date balls at Christmastime for her neighborhood friends. This is an all time favorite, enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 25min

COOKING TIME  
> 5min

NAME	FROM	AGE	SERVES
Chris & Brenda Kost	USA	36	8

TITLE

## CREAM CHEESE CHERRY PIE

An inept food photographer



### INSTRUCTIONS

Soften cream cheese with 2 tablespoons of whipping cream. Whip remaining cream and fold with cream cheese. Add sugar and vanilla; mix well.

Pour into pie shell; smooth and cover with pie filling.

### INGREDIENTS

- 13 ounces cream cheese (Philadelphia brand, if you can get it)
- 1 cup heavy whipping cream
- 0.5 cups powdered sugar (confectioner's sugar)
- 0.5 teaspoons vanilla extract
- 1 can (21 ounces) cherry pie filling
- 1 pie shell (any type, as long as cooled - we like graham cracker shells or shortbread shells)

### STORY OF RECIPE

Passed down from my great-grandmother who died before I was born. I suspect it came from the back of a cream cheese package, but it's really good anyway.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Jan Giese Chalkley	United States	50	9

TITLE

## CREAMSICLE CAKE



### INSTRUCTIONS

In a large mixing bowl, combine cake mix, orange juice and Greek yogurt. Stir in orange zest of one orange, if desired. Pour batter into a greased 8x8 inch square pan. Bake at 350 degrees for 30 to 40 minutes. Slice into 9 pieces. Garnish with a dusting of powdered sugar and orange peel, if desired.

### INGREDIENTS

- 1 box (15.25 oz) White Cake Mix
- 1 container (6 oz) non-fat Greek Yogurt, plain
- 1 cup Orange Juice
- 1 Orange Zest, freshly grated (optional)
- Powdered Sugar (optional)

### STORY OF RECIPE

This is a recipe a friend gave me to try - very moist and a very strong orange flavor.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30–40min

NAME

Laur

FROM

USA

AGE

SERVES

4

## TITLE

**TROPICAL SORBET****INGREDIENTS**

- 1 cup over-ripened banana slices
- 1 cup pineapple chunks
- 1 cup mango chunks
- 1 cup cantaloupe chunks
- 1/2 cup raspberries
- 1 tablespoon vanilla

**INSTRUCTIONS**

1. Prepare by freezing all ingredients, except vanilla.
2. Blend banana, pineapple, mango, cantaloupe, and vanilla together until smooth; place raspberries to the side.  
*Note:*  
depending on your blender, you may need to blend ingredients in stages, rather than all of them together at the same time
3. Immediately portion the sorbet into serving dishes.  
*Note:*  
if not serving immediately, place in freezer until just before serving. Briefly mix sorbet with a spoon before placing into serving dishes
4. Garnish with raspberries.
5. Enjoy!

**STORY OF RECIPE**

I love eating healthily, but also love ice cream. This recipe is a great way to enjoy the natural sweetness of fruits in a way reminiscent of more indulgent desserts.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 5min

NAME

Jessica Abel

FROM

United States

AGE

27

SERVES

40

## TITLE

**SEVEN LAYER DESSERT BARS****INGREDIENTS**

- 3/4 Cup of Butter
- 12 Ounces Graham Cracker Crumbs
- 12 Ounces Semi Sweet Chocolate Chips
- 12 Ounces Butterscotch Chips
- 2 and 1/2 Cups Chopped Walnuts
- 2 and 1/2 Cups Shredded Coconut Flakes
- 14 Ounces Sweetened Condensed Milk
- 13 x 9 inch pan (note: you can use another size pan as well, just adjust ingredients accordingly)

**INSTRUCTIONS**

1. Preheat oven to 325 degrees
2. Melt the butter.
3. Mix the graham cracker crumbs and melted butter together. The graham cracker crumbs should all be moist and slightly darker in color than originally. Adjust amount of butter as necessary to get the correct coverage of graham cracker crumbs.
4. Pour the butter and graham cracker crumb mix into the bottom of the pan. Press down the mixture so that it is packed tightly in pan. It should be approximately a quarter of inch thick (but feel free to adjust to taste).
5. Pour chocolate chips on top of graham cracker crumbs in pan. It should form a fairly solid (you may see some of the graham cracker crumbs underneath but it should not be much) single layer across the pan (note: this "single layer" rule applies to the next three ingredients as well).
6. Pour butterscotch chips on top of chocolate chips.
7. Pour chopped walnuts on top of butterscotch chips.
8. Pour shredded coconut flakes on top of butterscotch chips.
9. Pour sweetened condensed milk as evenly as possible on top of everything (this is a very forgiving recipe and I always fail at making it super even across so as long as its not all on one half of the pan it'll turn out fine).
10. Place in the 325 degree preheated oven. Check after 20 minutes of cooking time. The coconut will be lightly toasted across the very top of it when done. If not done after 20 minutes rotate the pan and continue cooking. Check approximately every 5 minutes after that to see if done.
11. Serve chilled or at room temperature.

**STORY OF RECIPE**

This is a rich dessert that is very easy to make. Please also feel free to adjust ingredient amounts to your personal taste. Hope you enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20–35min

NAME  
Amity Norton

FROM  
USA

AGE  
35

SERVES  
68

TITLE

## CRANBERRY & WHITE CHOC SHORTBREAD



### INGREDIENTS

3 cups (375g) all-purpose flour  
1 cup (170g) pure cane sugar  
1 cup (225g) butter, softened  
3/8 cup (90ml) milk  
1 tbsp (30ml) vanilla extract  
12 oz dried, sweetened cranberries  
8 oz white chocolate chips  
3, 8" or 9" cake pans, round preferred  
Drizzle: 1/2 cup white chocolate chips & 2 tsp butter

### INSTRUCTIONS

- 1: Preheat oven to 350°.
  - 2: Combine the flour and sugar in a medium sized mixing bowl and whisk together until well mixed.
  - 3: Using a hand or stand mixer, beat the butter at medium speed until light and fluffy, then slowly add in the flour mixture, beating at low speed.
  - 4: Next, add in the milk and vanilla and mix until well blended. Then remove the dough from the mixer and fold in the white chocolate and cranberries by hand.
  - 5: Pat the dough into about an 8" circle and flatten it out so it's even on top. Then divide into three equal pieces.
  - 6: Break out the cake pans; you won't need to grease them. Take each wedge of dough and place it into a cake pan, then press the dough down firmly into the pan, making sure that it is even on top.
  - 7: Take a pizza cutter or a knife and score each shortbread into 16 wedges or pieces before you bake it, this makes it much easier to cut when it is done.
  - 8: Bake! Shortbread should cook for 24-26 minutes or until the edges are a light golden brown. The top should not brown; it will remain light in color.
  - 9: Cool for 15 minutes and then cut in wedges immediately. Remove from pan and cool completely on a wire rack.
  - 10: Once the shortbread is cooled completely, melt the white chocolate and butter over the stove on medium heat until the chocolate is fully melted. Take a small spoon and drizzle over the wedges, then let them stand until set.
- Yield: 68 pieces, 3 – 9" rounds

### STORY OF RECIPE

Our family's favorite holiday shortbread.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

### PREPARATION TIME

> 20min

### COOKING TIME

> 25min

NAME  
Liza Plotnikov

FROM  
USA

AGE

SERVES  
4

TITLE

## NALE\_NIKI (POLISH CREPES)



Marcin Zarycki

INSTRUCTIONS

1. Whisk eggs, milk, mineral water, and oil in a medium bowl until combined.
2. Add salt and flour and whisk until clumps are gone.
3. Heat up a 10 inch pan over medium heat.
4. Grease the pan and pour in 1/3 cup of the batter, spreading evenly by tilting the pan.
5. Cook for about 1 minute, until edges start to brown a little, then flip over and cook for another minute. Remove crepe from pan.
6. Spread a thin layer of filling on one side of the crepe. Roll the crepe into a log.
7. Repeat steps 4-6 for the remaining batter.
8. Serve warm.

INGREDIENTS

2 cups all-purpose flour  
pinch of salt  
3/4 cups milk  
3/4 cups mineral water (regular water can be used as well)  
2 eggs  
2 tsp vegetable oil  
butter, oil, or cooking spray for greasing pan  
sweetened condensed milk, jam, or other sweet spread for filling

STORY OF RECIPE

Traditional Polish crepes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 20min

NAME

Joolissa

FROM

United States Of America

AGE

27

SERVES

12–15

## TITLE

**SALTED TOFFEE-CHOCOLATE SQUARES**

www.JuliaGraceArts.com

**INGREDIENTS**

- 14 Graham Crackers
- 8 Ounces Toffee Bits
- 1 1/2 Cups Coarsely Chopped Toasted Almonds\*
- 3/4 Cup Sugar
- 1 1/2 Cups Unsalted Butter (3 sticks)
- 3/4 Cup (4 Ounces) chopped bittersweet chocolate or your favorite chocolate chips
- 3/4 teaspoon coarse salt

*\*You can replace with sliver or sliced almonds or another nut of your choice*

**INSTRUCTIONS**

1. Preheat oven to 350 degrees fahrenheit and line a rimmed baking sheet with parchment paper (or foil).
2. Place graham crackers in a single layer on sheet so the edges touch.
3. Sprinkle toffee bits and nuts onto the crackers in an even layer.
4. In a small saucepan, bring sugar and butter to a boil over medium-high heat. Reduce heat and stir while cooking at a rapid simmer until the mixture is syrupy. (Approximately 2m)
5. Immediately pour mixture over the graham crackers. Make sure you cover the surface evenly so all the squares are equally yummy.
6. Place in oven and bake until sugar topping is bubbling. (Approximately 12m)
7. Remove from oven and immediately sprinkle chocolate and salt over the fantastic smelling tray of deliciousness.
8. With a sharp instrument, such as a knife, pizza cutter, or dough cutter cut the sheet of goodness into 2-inch squares or for 1x2-inch strips.
9. Let cool completely on sheet on a wire rack, then store in airtight container

*Notes:*

This recipe is fairly flexible. Originally it called for only 1 cup of butter and 1/2 cup sugar, but I found this didn't cover the crackers satisfactorily. Feel free to use less or more if you like. You also really don't need to measure chocolate or almonds or salt. Add as much or as little as pleases your tastes.

**STORY OF RECIPE**

In my house we call this “The Most Delicious Stuff Ever”. Sadly I couldn’t fit that in the title, but once you try it I think you’ll find you agree!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 15–20min

**COOKING TIME**

&gt; 12min

NAME

AL

FROM

USA

AGE

34

SERVES

10–12

## TITLE

**SWEDISH CHOCOLATE BALLS****INGREDIENTS**

- 7 Tablespoons butter at room temperature
- 7 Tablespoons sugar, granulated (or more)
- 3 Tablespoons high-quality cocoa powder
- 2 Tablespoons cold espresso
- 1 Teaspoon vanilla extract
- Up to 1.5 cups quick cooking rolled oats
- Unsweetened shredded coconut for coating

**INSTRUCTIONS**

- 1) Pulse the rolled oats in a food processor or blender until coarsely textured. Stop before it becomes powdery
- 2) Mix all the other ingredients together
- 3) Add enough oats to be able to form balls that stick together
- 4) Taste and adjust - you may need more sugar or more oats depending on your preferences
- 5) Form into small balls, about 1.25 inches and roll them in coconut. If your mixture is really sticky, you may want to refrigerate it for 5 minutes to let it firm up prior to working with it.

Chill the chocolate balls for an hour or two. Serve at room temperature or slightly chilled. These will melt easily, so avoid leaving them in hot places.

**STORY OF RECIPE**

Swedish chocolate balls (Chokladbollar) are small, delicate, delicious, and easy. Use this as a base recipe and adjust as you go. Can be made vegan by using vegan margarine.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 0min

NAME

Ilse

FROM

Netherlands

AGE

38

SERVES

1

## TITLE

**SANFTER ENGEL****INSTRUCTIONS**

Take the icecream out of the freezer.  
Squeeze the oranges into the glass.  
Add a big scoop of vanilla icecream.

Add a splash of rum for the adults (optional).

Leave for a minute or two so the juice will chill and some of the ice will melt.

Serve with a straw and a spoon.

Enjoy!

**INGREDIENTS**

Two or three fresh oranges  
Big scoop of vanilla icecream

*Optional:* a splash of rum  
Orange squeezer  
Glass  
Ice scoop  
Straw and/or spoon

\*choose the vanilla icecream to fit in your particular diet.

**STORY OF RECIPE**

We had this ‘cocktail’ on a campingtrip in Germany when I was a child. To me it’s the perfect mix of deliciousness, simplicity, drink, food, something healthy and something sweet.

- |   |                                     |   |
|---|-------------------------------------|---|
| <input type="checkbox"/> STARTER            | <input type="checkbox"/> BAKING     | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE         | <input type="checkbox"/> CONDIMENTS | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input checked="" type="checkbox"/> DESSERT | <input type="checkbox"/> OTHER      | <input checked="" type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

> 5min

**COOKING TIME**

> 0min

NAME

Suri S.

FROM

USA

AGE

24

SERVES

40

## TITLE

**SURI'S BROOKLYN BISCOTTI****INGREDIENTS**

- 1/2 cup coconut oil (substitute: butter)
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 tablespoons Amaretto liqueur
- 2 heaping cups unbleached all-purpose flour
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup pecans
- 2/3 cup white chocolate chips

**STORY OF RECIPE**

Growing up, biscotti was always a brick-wall-like experience. But this recipe is decadent, the highlight of every party, and will make you fall in love with biscotti every time. You-can-thank-me-after-you've-baked-a-batch!

**INSTRUCTIONS**

- 1 In a mixing bowl, cream coconut oil and sugar until light and fluffy. Make sure the coconut oil is hard, if not, leave in the fridge until it hardens.
- 2 Beat in eggs, vanilla and liqueur.
- 3 In a bowl combine the flour, baking powder and salt.
- 4 Add to the creamed mixture, mixing until blended.
- 5 Fold in nuts and chocolate chips. Divide dough in half.
- 6 On a greased and floured baking sheet (I use parchment paper) pat out two logs about 1/2 in high, 1 1/2 inches wide and 14 inches long, placing them at least 2 inches apart.
- 7 Bake in the middle of a preheated 325 degree oven for 25 minutes or until lightly browned.
- 8 Transfer from baking sheet to a rack.
- 9 Let cool for 5 minutes. Place on a cutting board.
- 10 With a serrated knife slice diagonally about 1/2 inch thick.
- 11 Place the slices upright on the baking sheet and return to the oven for about 8 minutes longer to dry slightly.
- 12 Let cool on a rack.
- 13 Melt leftover chocolate chips with a bit of coconut oil until smooth. Either drizzle on top of biscotti or dip tips of biscotti into the chocolate.

*Optional:*

Top with crushed white chocolate chips and pecans.

14 Store in a tightly covered container.

*Notes:*

This dough freezes well, so you can make it in advance and pop it in the oven when you want some fresh biscotti.

You can also experiment with various toppings such as almonds, macadamia nuts, flavorings, berries, shredded coconut, or anything your heart desires to totally change up the recipe.

Here's some flavor options: Key Lime- lime, vanilla, coconut, white chocolate chips, German Chocolate-cocoa powder, dark chocolate chips, and caramel, Rose Garden- pistachio, raspberry and white chocolate chips

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 30min

COOKING TIME

&gt; 35min

NAME  
Laura Rajsic-Lanier

FROM  
United States

AGE  
48

SERVES  
12

TITLE

## POLICHINKI



### INGREDIENTS

*Crepes:*

3 cups Milk  
2 Eggs  
1/2 teaspoon Salt  
2 cups Flour  
1/2 cup Sugar

*Filling:*

1 large container Cottage Cheese  
1 Egg  
Sugar, to taste

### INSTRUCTIONS

Mix milk, eggs, salt, flour and sugar in blender.

Pour about 1/4 cup of batter into a frying pan and spread thin.

Fry until brown.

Roll up with filling or your favorite jam / jelly.

*Optional:*

Whipping cream poured over the top.

### STORY OF RECIPE

My father's family had this at all our celebrations and when they passed away, my mom started making it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 30min

NAME

Linsey Jones

FROM

USA

AGE

27

SERVES

16

## TITLE

**DOUBLE-FROSTED BOURBON BROWNIES****INGREDIENTS***For Brownies:*

- 3/4 cup sifted flour
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup sugar
- 1/3 cup shortening
- 2 tbs. water
- 1 tsp. vanilla
- 6oz semi-sweet chocolate chips
- 2 eggs
- 1.5 cups chopped walnuts (optional)
- 4 tbs. Kentucky bourbon (optional, but recommended)

*White Icing:*

- 1/2 cup butter
- 2 cups powdered sugar
- 1 tbs. bourbon (optional)
- 1 tsp. vanilla

*Chocolate glaze:*

- 6oz. semi-sweet chocolate chips
- 1 tbs. shortening

**INSTRUCTIONS***Brownies:*

Sift together flour, soda and salt. Set aside. In saucepan heat sugar, shortening and water to just a boil, stirring frequently. Remove from heat. Stir in vanilla and chocolate chips, stir until smooth. Beat in eggs, one at a time. Stir in flour mix and nuts, mix well. Bake at 350 degrees for 30 minutes in a 9" pan. Remove from oven and immediately sprinkle with bourbon. Cool.

*White icing:*

Combine butter, bourbon, and vanilla, beat until creamy. Slowly add in sugar, beating until smooth. Spread over thoroughly cooled brownies.

*Chocolate glaze:*

Melt chocolate and shortening in a double boiler (or carefully in microwave). Spread over iced brownies.

**STORY OF RECIPE**

In KY bourbon is a big deal, we'll put it in everything! You can add or take away to taste. Not kid friendly at this amount.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

NAME

Nancy Temples

FROM

USA

AGE

47

SERVES

10

## TITLE

# GLUTEN FREE OATMEAL BARS

**INSTRUCTIONS**

Mealt chocolate morsels in a microwave safe bowl for one minute.  
Stir - it should be melted and smooth  
Melt butter, vanilla and brown sugar, mix well  
Stir in oats, cook slowly for a few minutes  
Put half oats in a greased 9x9 pan  
Mix soynut butter into chocolate  
Spread over oats  
Top the choclate with other half of oats  
Refrigerate  
Cut into small squares  
Enjoy!!!!

**INGREDIENTS**

1 cup organic gluten free semisweet chocolate morsels  
1 cup organic butter  
1/2 cup firmly packed light brown sugar  
2 teaspoons gluten free vanilla  
3 cups organic gluten free quick cooking oats  
1/2 cup creamy soynut butter (can use peanut butter, almond butter)

**STORY OF RECIPE**

These bars are so good, everyone loves them! They are so easy to make.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 0.5hr

**COOKING TIME**  
> 0min

NAME  
L. M. LeClair

FROM  
USA

AGE

SERVES  
12–20

TITLE

## MARGARET'S GINGERSNAPS

INSTRUCTIONS

Sift first 5 ingredients together; set aside. Cream shortening until soft. Add sugar. Beat in egg and molasses. Stir in flour mixture. Form teaspoon-size pieces of dough into small balls by rolling lightly, one at a time, between palms of hands. Roll balls in granulated sugar to cover entire surface. Place 2 inches apart on ungreased baking sheet. Bake at 350 degrees F for 10-12 minutes, or until tops are slightly rounded, crackly and lightly browned.

INGREDIENTS

2 cups flour  
1 tablespoon ground ginger  
2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/4 cup shortening  
1 cup sugar  
1 egg  
1/4 cup molasses  
additional sugar for

STORY OF RECIPE

From my partner's mother, shared with his entire family, now into third generation.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 10–12min

NAME	FROM	AGE	SERVES
Martin Hovmand	Denmark	20	24

TITLE

## BLACKBERRY MUFFINS



Odense Marzipan

### INSTRUCTIONS

Stir eggs, sugar and vanilla sugar until it is foaming and airy. Add marzipan and whip the dough. Stir in the flour and baking powder and turn it in the dough. Next start by mixing in butter and there after the white chocolate. Distribute the dough evenly in all muffin forms and sprinkle berries on top. Some forms might need to get greased first.  
Bake the muffins at 175 C in approx. 25 min.

### INGREDIENTS

- 4 eggs
- 3 dl sugar
- 3 dl water
- 1 tbsp vanilla sugar
- 250 g grated marzipan
- 4 dl wheat flour
- 1 tsp baking powder
- 150 g melted butter
- 150 g coarsely chopped white chocolate
- 125 g fresh blackberry (when out of season frozen berries, also eg. raspberries or blueberries can be used)

### STORY OF RECIPE

I have never been very fond of marzipan, but this dessert really made me change my mind, on how ingredients work on improving a recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 25min

NAME

Chip Baxter

FROM

USA

AGE

SERVES

8

## TITLE

# APPLE CRISP

**INSTRUCTIONS**

Place the sliced apples into a buttered baking dish. Sprinkle the apples with the cinnamon, salt, and water. Rub the flour, sugar, and butter together in a bowl until well mixed. Drop the mixture over the apples. Bake at 350 degrees F for 40 minutes.

**INGREDIENTS**

4 cups sliced apples  
1 tsp cinnamon  
1 tsp salt  
1/4 cup water  
3/4 cup sifted flour  
1 cup sugar  
1/3 cup butter

**STORY OF RECIPE**

An age old recipe from my great grandmother.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 40min

NAME

Alain

FROM

Switzerland

AGE

SERVES

4

## TITLE

**CHOCOLATE WHISKEY TRUFFLES**

potatochopsandbonedesserts.blogspot.ch

**INGREDIENTS**

- 150 g double cream
- 100 g whiskey (single malt, not too smokey)
- 35 g butter
- 500 g dark chocolate couverture
- 50 g dark chocolate powder
- pinch of salt

**STORY OF RECIPE**

I am a chocoholic and love all kind of chocolate truffles. Instead of whiskey you can use other liquors like cherry snaps. It's easy to do and people love it.

**INSTRUCTIONS***Create a canache:*

use small chocolate couverture chips or if available chocolate couverture pellets and put them into a preferably metal bowl. Heat up double cream until it's cooking, pour it into the bowl. Put in a pinch of salt.

*Stir canache until smooth:*

Stir slowly until all chocolate couverture chips are melted. Because later on whiskey is poured into the canache, the heat of the double cream is not enough to keep the canache warm enough. Use the double-boiler method (also called bain-marie) to keep it warm.

*Add whiskey:*

As soon as all chocolate couverture pieces are melted, remove the bowl from the double-boiler and add the whiskey. Stir it smoothly.

*Cool down mixture to 27 degrees Celsius:*

Add almost melting butter to the mixture. The butter needs to be very soft and firm but not liquid. Stir it slowly. It's important that the mixture is not warmer than 27 degrees. Otherwise the the butter will separate from the mixture and you cannot get a smooth mixture anymore.

*Pour into mold:*

Lay out a piece of baking paper. Put 4 preferably rectangular metal rods of about 1.5 to 2 cm height on the baking paper and form a rectangular molding form. Pour in the warm mixture and flatten the surface to the level of the metal rods. Put another piece of baking paper on top of it (this way it won't dry out) and let it cool down so that the mixture (preferably over night).

*Cutting cubes:*

If the mixture is hard cut it into 1.5 to 2 cm stripes and then into cubes.

*Coating the cubes:*

After you have cut the cubes, dip them into a bowl with chocolate powder and turn them a couple of times. This way a thin layer of chocolate powder overs the cubes and they look great and are ready to be eaten.

You can store the whiskey truffles for about one to two weeks in a cool place, preferably 14 to 17 degrees Celsius.

*Tip:*

never store the chocolate truffles in a fridge. The temperature in the fridge is too cold and the truffles suck in humidity and get bad quick.

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 5–10min

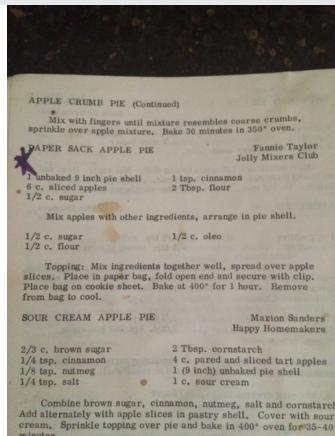
**COOKING TIME**

&gt; 1.5hr

NAME	FROM	AGE	SERVES
Jared Kidwell	United States	24	8

**TITLE**

# PAPER SACK APPLE PIE


**APPLE CRUMB PIE (Continued)**

Mix with fingers until mixture resembles coarse crumbs, sprinkle over apple mixture. Bake 30 minutes in 350° oven.

**PAPER SACK APPLE PIE**

Frannie Taylor  
Jolly Mixers Club

1 unbaked 9 inch pie shell      1 tsp. cinnamon  
6 c. sliced apples      2 Tbsp. flour  
1/2 c. sugar

Mix apples with other ingredients, arrange in pie shell.

1/2 c. sugar      1/2 c. oleo  
1/2 c. flour

Topping: Mix ingredients together well, spread over apple slices. Place in paper bag, fold open end and secure with clip. Place bag on cookie sheet. Bake at 400° for 1 hour. Remove from bag to cool.

**SOUR CREAM APPLE PIE**

Marion Sanders  
Happy Homemakers

2/3 c. brown sugar      2 Tbsp. cornstarch  
1/4 tsp. cinnamon      4 c. pared and sliced tart apples  
1/8 tsp. nutmeg      1 (9 inch) unbaked pie shell  
1/4 tsp. salt      1 c. sour cream

Combine brown sugar, cinnamon, nutmeg, salt and cornstarch. Add alternately with apple slices in pastry shell. Cover with sour cream. Sprinkle topping over pie and bake in 400° oven for 35-40 minutes.

**INSTRUCTIONS**
*Pie instructions:*

Mix apples with other ingredients, arrange in pie shell

*Topping instructions:*

Mix ingredients together well, spread over apples. Place in paper bag, fold end and secure with a clip. Place bag on cookie sheet. Bake at 400 degrees for 1 hour. Remove from bag to cool.

**INGREDIENTS**

## Pie ingredients

1 unbaked 9 inch pie shell  
6 cups sliced apples  
1/2 cup sugar  
1 tablespoon of cinnamon  
2 tablespoon of flour

## Topping ingredients

1/2 cup sugar  
1/2 cup flour  
1/2 cup oleo

**STORY OF RECIPE**

This is my mom's recipe. It is by far my favorite memory of her cooking.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 20min

**COOKING TIME**

> 60min

NAME

Hannah

FROM

England

AGE

24

SERVES

8

## TITLE

**LEMON & LIME DRIZZLE CAKE****INGREDIENTS**

150g Butter  
 100g caster sugar  
 350g lemon curd  
 3 large eggs  
 150g self-raising flour  
 60g custard powder  
 yellow food dye  
 lime juice  
 4tbsp icing sugar  
 2tbsp sugar for sprinkling

**INSTRUCTIONS**

1. Pre-heat oven to 180C and line a cake tin
2. Beat butter, sugar & lemon curd together until combined
3. Mix in the eggs, flour & custard powder until combined. Add food dye until the mixture becomes a vibrant yellow
4. Pour into a cake tin and lightly sprinkle sugar on top
5. Bake for 35-40 minutes
6. Pour 2 tbsp of lime juice over the cake and bake for a further 5 minutes (or until cooked)
7. Remove from oven and leave to cool. Meanwhile to make the topping, mix icing sugar, food dye and lime juice until you have a runny icing, with colour and flavour to taste.
8. drizzle icing over cake when cool

**STORY OF RECIPE**

We didn't have the right ingredients to make a lemon cake, so we had to improvise with what we had in the cupboard, and this cake was born.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 5–10min

**COOKING TIME**  
 > 40–50min

NAME

William F. B. Hoek

FROM

United States of America

AGE

27

SERVES

3-4

## TITLE

**GRANDMA MARTHINSEN'S APPLESAUCE**

Frank Hoek

**INGREDIENTS**

4 medium sized apples, cored  
 approx. 4 whole cloves  
 approx. half a stick of cinnamon  
 up to 1/4 cup sugar  
 1/2 cup water

**INSTRUCTIONS**

Sweet apples such as Gravenstein or Fuji apples work best for this applesauce.

The exact quantity of cloves, cinnamon and sugar depend a lot on the apples you use. If the apples are on the large size or more tart, then add more of the spices.

Wash and core the apples, then cut each quarter of an apple (once lengthwise and once crosswise) into four pieces. Crush the half cinnamon stick until it is in 4-8 pieces. Put the apple pieces, the whole cloves, the cinnamon pieces and the water into a medium sized pot. Bring the water to a boil with the lid on. Reduce the heat to medium-low and simmer the apples for 30 min, stirring every 10-15 min.

Once the apples are sufficiently soft, so that they can easily be smashed by a spoon, pour the apple mixture into a colander. Place the colander over a large bowl or the pot you just had the apples in. Use a large spoon or potato masher to push the apple meat through the colander. When you are done only the apple skins, cinnamon stick pieces and whole cloves should be left in the colander.

Taste the applesauce to determine the amount of sugar you want in it. Unless the apples were incredibly sweet you will probably want at least a few teaspoons. Generally you will not need more than a quarter cup of sugar for even the most tart apples.

At this point you should have a delicious pink apple sauce.

**STORY OF RECIPE**

My Grandmother has a Gravenstein apple tree in her back yard in the San Francisco area, which she uses to make the best applesauce.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 40min

**COOKING TIME**  
> 30min

NAME

Pablo Torres

FROM

Spain

AGE

49

SERVES

4

## TITLE

**HUEVOS MOLES***They get as concrete when gofio is poured on but will cream***INSTRUCTIONS**

There are several ways of cooking this recipe, but they have all the same base: two spoonfuls of sugar per yolk. Put some sugar into a dish and double the volume of water to make a very sweet syrup. Let it boil at low heat, adding the lemon rind and the cinnamon stick, stirring constantly for sugar to dissolve properly.

Then, let it get cold. After that, start beating the yolks while adding syrup little by little, in order to mix it while beating the yolks.

Once you have made a cream with it, pour it into individual glasses and put them into the fridge. You can serve it with gofio in powder form.

**INGREDIENTS**

- 8 yolks
- 200 gr. of white sugar (the general equation is 2 soup-spoons of sugar for every yolk)
- 400 c.c. of water (always double of sugar)
- A piece of lemon rind
- A cinnamon stick.
- Gofio (toasted corn flour in powder)

**STORY OF RECIPE**

It seems to have come from Portugal to the Canaries where they were very popular although the XX century among the mothers that wished to raise up very strong kids.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Alison Phillips	United States	26	12–15

TITLE

## PIG PICKIN' CAKE



### INSTRUCTIONS

Preheat oven to 350 degrees. Mix the cake mix, eggs, oil, and oranges. Divide cake batter into two or three 9 inch circle pans (depending on how many layers you want the cake to have). Bake for 25 minutes or until a toothpick or cake tester comes out clean. Cool the cake on wire racks before icing.

While the cake is cooking, combine the pudding mix, pineapple with juice, and cool whip. Once cake is cooled frost between the layers and on top of the cake. Store cake in the refrigerator.

### INGREDIENTS

*Cake*

- 1 Box Yellow Cake Mix\*
- 1 Can Mandarin Oranges (11oz.)
- 4 Eggs
- 1/2 Cup Vegetable Oil

*Icing\*\**

- 1 Package Vanilla Instant Pudding (3.4oz.)
- 1 Can Crushed Pineapple with Juice (15oz.)
- 1 Package of Frozen Cool Whip (12oz.)

\*Yellow Cake Mix can also be substituted with either white cake mix or an orange cake mix.

\*\*For more added flavor and texture you can also add some shredded coconut to the icing mixture

### STORY OF RECIPE

A family favorite by my Aunt Rose at our family reunions in the south-- we call these gatherings “pig pickin’s” because they involve grilling a whole pig.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 25min

NAME	FROM	AGE	SERVES
Alan Morgan	UK	24	10–12

#### TITLE

## SWEETPOTATO PIE & CLEMENTINE CREAM



#### INGREDIENTS

sweet pastry (I bought a ready made batch which was 375g)

1kg sweet potatoes

50g unsalted butter

100g caster sugar

4 level tablespoons plain flour

1/4 teaspoon ground nutmeg

large pinch of ground cinnamon

2 teaspoons vanilla extract

3 large eggs

#### For clementine cream

250 ml double cream

3 clementines

2 tablespoons caster sugar

#### INSTRUCTIONS

Pre heat oven 200C/400F/gas 6. Prick sweet potatoes and place in oven and cook for 50 mins to 1 hour till soft. While they cook, grease a suitable pie dish. Role out pastry and place into your pie dish, making sure you push it into all the edges. Cut off the excess pastry. Prick the base with a fork.

Once the sweet potatoes are done, remove from oven and turn oven down to 180C/350F/gas 4. Remove skins from potatoes and put into a mixing bowl. Prep pie dish for blind baking by placing some grease proof paper in the pie dish and filling it with baking beans. Cook pie base for 10 mins with beans, then remove beans and grease proof paper and bake for another 10 mins.

While the base bakes, put the butter, sugar, flour, nutmeg, cinnamon and vanilla extract with the potatoes and mash together. Whisk 2 eggs and add to the mix. Once pie dish is cooked, leave on the side for a bit to cool down a bit.

When ready, place potato mix into the cooled pie dish, spreading it out evenly. Role out the remaining pastry and cut into strips. Beat the remaining egg and egg wash the edges of the pie case. Place the pastry strips over the pie in a lattice pattern and egg wash the strips. Place in oven and cook for 45 to 50 mins, until golden.

For the cream, add the zest and juice from the clementines and whisk until you've got soft peaks. Take pie out of the oven and let it cool a bit before serving

#### STORY OF RECIPE

You know how in movies the food always looks amazing, well when I first saw 'I Robot' and the sweet potato pie...I knew I had to give it a go!

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

#### PREPARATION TIME

> 30min

#### COOKING TIME

> 130min

NAME

Kim Gauthier

FROM

United States

AGE

32

SERVES

8

## TITLE

**CARMEL PIE**

Kim Gauthier

**INSTRUCTIONS**

Mix dry ingredients together in a pan. Pour in milk, egg, and vanilla. Simmer over medium-low to low heat. Stir constantly to keep it from sticking. When it has thickened to coat the back of a spoon, remove from heat (if it takes more than 20 minutes turn up the heat a little) Pour into a 9" pie shell. Bake at 375F until brown. Approximately 30-40 minutes. Refrigerate at least 30 minutes before serving. Best served chilled. I usually make it the day before.

**INGREDIENTS**

- 1 cup packed brown sugar
- 2 TBSP flour
- 4 TBSP melted unsalted butter (1/2 stick)
- 1 Egg lightly beaten
- 1 1/2 cup milk
- 1 tsp vanilla
- 1 9" pie shell

**STORY OF RECIPE**

French Canadian in origin. A Christmas tradition with my husband's family in Michigan. Could also be called Sugar Pie or Canadian Brown Sugar Pie.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 30–40min

NAME

Rafi

FROM

France

AGE

SERVES

6-8

## TITLE

**TIRAMISU****INGREDIENTS**

250g mascarpone  
 100g caster sugar  
 3 large eggs, separated  
 18 sponge fingers (savoiardi)  
 1/2 teaspoon vanilla extract  
 10 cl strong black coffee  
 3 tablespoons Marsala  
 cocoa, for dusting

**INSTRUCTIONS**

- In large bowl, beat egg yolks with sugar and vanilla extract. Add mascarpone, mixing gently until just combined. Add 2 tablespoons Marsala.
- In separate bowl, beat eggs white until soft peaks form and gently fold eggwhites into the mascarpone mixture.
- Add 1 tablespoon Marsala into coffee. Dip half of the biscuits into the coffee mixture and lay them in the bottom of a 20 cm square dish. Cover the biscuits with the half of the mascarpone mixture. Dust with cocoa. Repeat layers one time.
- Cover and refrigerate for at least 3 hours.

**STORY OF RECIPE**

Italian Recipe from Italian immigrants in France.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20min

**COOKING TIME**  
 >

NAME	FROM	AGE	SERVES
KT Gelston	United States	55	10

TITLE

## DEPRESSION ERA CHOCOLATE CAKE



### INGREDIENTS

1/2 cup Butter (real is best)  
2 teaspoons White or Cider Vinegar  
2 teaspoons Vanilla Extract (again, real is best)  
2 cups Water

3 cups Flour (white)  
2 cups Sugar (raw or granulated)  
6 tablespoons real Cocoa powder  
2 teaspoons Baking Soda  
1 teaspoon Salt

### Cocoa Frosting

This frosting can be used for anything!  
1/2 cup Softened Butter  
1/4 cup Water  
1 teaspoon Vanilla  
3 cups Confectioner's (powdered) Sugar  
3/4 cup Cocoa

### INSTRUCTIONS

Preheat oven to 350 degrees  
Pan size: 13 inch x 9 inch  
Baking time: 35-40 minutes

Melt Butter on low, remove from heat.  
Add Vinegar, Vanilla and Water - set aside.

In large bowl sift together Flour, Sugar, Cocoa, Baking Soda and Salt.

With fork, stir in butter mixture until lumps disappear.

Bake on center rack for 35-40 minutes.

Cool, then frost with this amazing simple frosting...

### Cocoa Frosting

This frosting can be used for anything!

Sift together Sugar & Cocoa - set aside.

Cream together:  
Butter, Water & Vanilla.

Slowly add dry mixture to butter mixture.  
Mix until smooth.

If necessary, add more water (1 teaspoon at a time).

Frost cake.  
Lick bowl.  
ENJOY!

### STORY OF RECIPE

This is a well-loved, moist, simple cake that has now been passed down to another generation. I have been making this awesome cake since I was 13 years old.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10–12min

### COOKING TIME

> 35–40min

NAME

Megan Carrell

FROM

United States of America

AGE

21

SERVES

4–6

## TITLE

## SALLIE ODOM'S PEACH COBBLER

**INGREDIENTS**

- 1 stick butter
- 1 cup sugar
- 1 cup Bisquick
- 1 cup milk
- 4 cups sliced peaches (10 fresh or 3 cans)

**INSTRUCTIONS**

Mix together sugar, Bisquick, and milk. Batter will be slightly lumpy, but be sure to smash any large pieces. Melt stick of butter in a 9x13 pan. Pour batter over butter. Do not stir! Pour peaches on top. Bake at 375 for 30-40 minutes until top browns slightly.

**STORY OF RECIPE**

A recent discovery for me, this is a classic recipe used by one of the lovely senior citizens at our church.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 15min

**COOKING TIME**  
> 40min

NAME

Jacob Horger

FROM

United States of America

AGE

31

SERVES

3–5

## TITLE

**HOMEMADE CHOCOLATE****INGREDIENTS**

Dried, unroasted cocoa beans (100 grams)  
 Sugar (40 grams)  
 Spices (pinch, optional)  
 Cocoa butter (~10 grams, optional)

**INSTRUCTIONS**

Preheat an oven (or toaster oven) to 400 degrees Fahrenheit. Put the cocoa beans on a metal pan and roast them for five minutes. Lower the temperature to 250 degrees, and roast for an additional five to ten minutes (your kitchen should smell like brownies when the beans are roasted).

Allow the beans to cool to room temperature, and put them into a plastic bag. Seal, and suck out as much air as is practical.

Using a rolling pin or other heavy object, crack the beans into small nibs. Pour the mixture into a small fine-mesh strainer, and use a hair dryer to blow away the thin, papery shells. Unless you like cleaning up huge messes, do this outside!

Transfer 60 grams of the nibs to a blade-type spice grinder, along with the 40 grams of sugar. Grind the cocoa-sugar mixture until fine, by pulsing the grinder for 20-30 seconds at a time, and giving the motor ample time to cool. If the mixture never thins and flows smoothly, add the cocoa butter to thin the mass. Once thin, add spices if required.

Warm a mortar and pestle until it is warm, but not hot, to the touch. Transfer the chocolate to the mortar, and grind it until you can't stand to grind it any more.

The chocolate can be transferred to molds and eaten as-is, or tempered to improve the physical characteristics. If you want to temper the chocolate, the internet is your friend. Bon appetit!

**STORY OF RECIPE**

I love making candies as gifts for my family, so I looked into making chocolate from scratch. If you can acquire unroasted cocoa beans, this snack is sure to impress.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 120min

COOKING TIME

&gt; 100min

NAME

Belinda

FROM

United States

AGE

43

SERVES

24–30

## TITLE

**COCONUT BALLS**

Food is Art Photographer

**INGREDIENTS**

- 3cups shredded coconut
- 1/4cup coconut oil
- 1teaspoon vanilla extract
- 1.5cups raw almonds
- 1cup agave nectar or your favorite natural sweetener

**INSTRUCTIONS**

Pulse the almonds in a food processor until broken down and only some medium size pieces remain. Transfer this mixture to a large bowl and add all remaining ingredients. Stir with a wooden spoon or strong rubber spatula. With your hands mash it all together. Form large golf ball sized macaroons with a tablespoon and your hands, transfer macaroons to a baking sheet lined with parchment paper. Wrap with plastic wrap and refrigerate for at least 1 hour prior to serving. You may also wrap individual macaroons in an airtight container and freeze – simply thaw out before serving.

**STORY OF RECIPE**

A year ago I took the Vegan plunge. This was the first recipe I adapted that satisfies all my sweet cravings and is super healthy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 0min

NAME

Spencer

FROM

United States

AGE

SERVES

15–20

## TITLE

**STRAWBERRY SHORTCAKE****INGREDIENTS***Strawberry Gelato*

1 7/8C Sugar

9oz Water

4C strawberry purée

*Vanilla Bean Ice Cream*

2C whole milk

2C heavy cream

2 vanilla bean, split, or 1-1/2 tsp. pure vanilla extract

12 large egg yolks

2/3C granulated sugar

1/4t table salt

*Biscuits*

4 1/2 cups unbleached all-purpose flour

1/2C sugar

2 1/2 teaspoons baking powder

1/2 teaspoon salt

1 cup chilled unsalted butter, cut into 1/2-inch cubes

2 cups chilled heavy whipping cream

**INSTRUCTIONS**

*Strawberry Gelato:* In a small heavy saucepan heat sugar and water, stirring until sugar is dissolved and liquid is slightly thickened. Cool syrup. Purée strawberries in a food processor or blender until smooth, stir in syrup. Chill mixture until cold and up to 1 day. Freeze in an ice cream maker.

*Vanilla Bean Ice Cream:* Fill a large bowl with a few inches of ice water and have ready a medium metal bowl that will fit in the larger bowl. In a medium saucepan, bring the milk, cream, and vanilla beans (if using) to a simmer over medium heat. Meanwhile, in a medium bowl, whisk the yolks, sugar, and salt until thick and pale, about 2 minutes. Take the pan off the heat. Whisking constantly, slowly pour the hot liquid into the yolk mixture; whisk until well blended. Return the mixture to the saucepan and set the pan over medium-low heat. Cook, stirring constantly to 175°F. Don't let the custard simmer or boil. Immediately strain the custard through a medium sieve into the medium metal bowl and set the bowl in the ice-water bath. Stir occasionally until very cold (at least below 50°F), about 45 min. Fish out the vanilla beans, if using, and use your fingers to scrape any remaining seeds into the custard; stir to distribute the seeds. Or, if using vanilla extract, stir it in now. Freeze the custard in an ice-cream maker following the manufacturer's instructions.

*Biscuits:* Position rack in center of oven and preheat to 425°F. Line baking sheet with parchment paper. Place flour, sugar, baking powder, and salt in a stand mixer bowl. Mix until combined. Add butter; cut in using it resembles large peas. Add cream, mix until combined. Transfer dough to paper lined baking sheet. Gather dough into ball; flatten to a rectangle about 3/4 of an inch thick. Bake until biscuits are golden brown and tester inserted horizontally comes out clean, about 15 minutes. Transfer to rack and cool on the baking sheet. DO AHEAD: Can be made 8 hours ahead. Let stand at room temperature.

*Ingredients continued on next page...*

**STORY OF RECIPE**

As a professional chef, I strive to present old favorites in new, exciting ways. The balsamic and elderflower add a touch of the gourmet to this American classic.

*Instructions continued on next page...*

 STARTER BAKING VEGETARIAN MAINCOURSE CONDIMENTS DAIRY FREE DESSERT OTHER GLUTEN FREE**PREPARATION TIME**

&gt; 420min

**COOKING TIME**

&gt; 30–60min

NAME	FROM	AGE	SERVES
Spencer	United States		15–20

TITLE

## STRAWBERRY SHORTCAKE

### INGREDIENTS CONTINUED

*Balsamic Reduction*

1C sugar  
1C good balsamic vinegar  
2C water  
*Elderflower Chantilly Cream*  
3/4C heavy whipping cream  
2T powdered sugar  
2T St. Germain elderflower liqueur

Elderflower Macerated Strawberries

3C chopped strawberries  
2T sugar  
1 ½ T St. Germain elderflower liqueur

### INSTRUCTIONS CONTINUED

*Balsamic Reduction:*

Melt and cook the sugar to a medium caramel. Carefully add the water and vinegar (it will hiss and steam vigorously). Simmer, stirring until all the sugar has dissolved. Reduce to the desired consistence and flavor. (Alternative: a nice aged balsamic vinegar, something in the 12-15 year range.)

*Elderflower Chantilly Cream:*

Combine sugar and cream, and whip in a well-chilled mixer bowl with a balloon whip to medium peaks. Gently stir in the elderflower liqueur

*Elderflower Macerated Strawberries:* Mix together and keep in refrigerator for at least 30 minutes.

*Presentation:*

Make the gelato and half-fill silicon cupcake molds (work quickly, it melts fast). Freeze until firm, at least an hour. Make the ice cream and fill the remainder of the molds, making the top as smooth and level as possible. Freeze until completely solid, at least four hours.

Using a ring cutter the same diameter as the silicon molds, cut out the biscuits. Drizzle or pool the balsamic reduction on a plate as desired, place the biscuit circles and drizzle a little more balsamic on each. Unmold the ice cream/gelato, place one on each biscuit and top with Chantilly cream and strawberries. Depending on the temperature of the freezer, you may want to allow them to soften slightly before serving.

NAME

Kayte

FROM

Canada

AGE

30

SERVES

6–12

## TITLE

**VEGAN PECAN & OAT MUFFINS**

#NAME?

**INGREDIENTS**

1 1/4 Cup Rolled Whole Oats  
 3/4 Cup of Oat Flour (other flour's work - I often use Bob's Gluten Free flour)  
 2 tbsp of Potato Starch  
 1 tbsp Baking Powder  
 1/2 tsp Salt  
 1/4 tsp Ground Nutmeg  
 1/2 tsp Ground Cinnamon  
 1/2 cup (packed light) Brown Sugar  
 1/2 cup Chopped Pecans  
 1/2 cup vegetable oil  
 1/3 cup Apple Sauce

**INSTRUCTIONS**

1. Preheat over to 400 deg F, place muffin cup liners in pan
2. Combine the Oats, Oat Flour, Potato Starch, Baking Powder, Cinnamon, Salt Nutmeg, Pecan and Brown Sugar in a large bowl and stir. Make sure all of the Brown Sugar is broken up and everything is nicely mixed.
3. In a small bowl, beat the Vegetable Oil & Apple Sauce until blended.
4. Add the contents of small bowl to big bowl & stir until equally blended.
5. Divide batter among muffin cups & bake for 20 mins or until toothpick comes out clean. Let cool for 5 minutes in pan before removing.

**STORY OF RECIPE**

I discovered I am egg-intolerant, which makes baked goods a bummer. I read online that apple sauce and oil works so I tried it and VOILA!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 5min

**COOKING TIME**  
 > 20min

NAME

Ike2k

FROM

England

AGE

SERVES

5–20

## TITLE

**MALTY CHOCOLATE BALLS**

Ike2k

**INGREDIENTS**

- 250g Milk Chocolate
- 110ml Double Cream
- 50g Unsalted Butter
- 1 Tbsp Golden Syrup or Maple Syrup
- 3 Tbsp Malted Milk Drink Powder (Like Horlicks)
- 111g Cholclate malt Balls (Like Malteasers)

**INSTRUCTIONS**

1. Put the cream into the pan and start to put it on the boil.
2. While it is coming tot he boil cut the chocolate into approximately pea sized chunks and put into a large heat proof mixing bowl.
3. When the cream is at the boil pour it over the chocolate and mix them together. The chocolate should melt until you get a smooth paste. If there are still lumps boil some water in another pan and put the heat proof bowl onto of it making sure the hot water does not touch the bottom of the bowl.
4. Mix the butter, syrup and malt drink powder into the melted chocolate.
5. Put the mixing bowl in the fridge to chill. While it is chilling crush up the chocolate malt balls. When the mixture has stiffened a bit get an electric hand whisk and whisk it, it should lighten in colour, if it does not chill it a bit more and try again. Once it is whisked put it back in the fridge.
6. Once the mixture is quite hard take it out shape it into balls (this will be messy as it will probably melt in your hands) then roll them in the crushed up malt balls until they are covered then return to the fridge.
7. Eat them all and enjoy.

**STORY OF RECIPE**

Saw truffles being made on tv, looked easy. Researched how to do it. Made some then started to play with the recipe, this was the nicest.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 5min

NAME	FROM	AGE	SERVES
Christine Archilla	United States	23	4–6

## TITLE

## TIRAMISU LAYERS

**INGREDIENTS**

16 ounces cream cheese (room temperature)  
1 1/2 cups heavy cream  
6-7 ounces lady finger cookies (about one package)  
2/3 cups of sugar  
2 cups of coffee or espresso  
3 tablespoons of Baileys Cream (rum or any other coffee flavored liquor works)  
2 teaspoons vanilla extract  
1-2 tsps. of cocoa powder  
Chocolate, for garnish

**INSTRUCTIONS**

1. Start by brewing some espresso (any style coffee works)
2. In a bowl, beat cream cheese, vanilla extract and liquor together.
3. In a separate bowl, beat the heavy cream and sugar (Beating the heavy cream separately helps the cream have a thicker consistency).
4. Once the heavy cream has formed into a whipped cream, fold into the cream cheese mixture.
5. Assemble your tiramisu. Start by covering the bottom of your dish/pan with 1/4 of the cream mixture. Dip the ladyfinger cookies into the espresso and layer on top of the cream (repeat step until you run out)
5. Sprinkle top with cocoa powder and chocolate shavings for a chocolaty touch!

**STORY OF RECIPE**

Coffee and dessert combined? Perfect combo for a sweet pick-me-up. This tiramisu recipe is easy and less expensive, replacing the typical mascarpone cheese with cream cheese. Seriously yummy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 20–25min

**COOKING TIME**

> 0min

NAME

Bradley Zakany

FROM

USA

AGE

24

SERVES

18

## TITLE

**CREAMY PUFF PASTRY CUPS**

Bradley Zakany

**INGREDIENTS**

- 1 7oz Jar of Marshmallow Fluff or Marshmallow Cream
- 1 8oz Brick of Cream Cheese
- 1 Tbsp Lemon Juice
- 1 Tbsp Vanilla Extract
- 1 Box [2 Sheets] Puff Pastry
- ~8oz Frozen Fruit [Berries recommended]
- ~2oz water
- Sugar to taste

**INSTRUCTIONS**

1. Mix the first four ingredients together in a bowl.
2. Thaw the puff pastry sheets till workable.
3. Cut the sheets into nine squares each for a total of eighteen squares.
4. Place the pastry squares into a greased muffin pan.
5. Bake pastry in a 400 degree Fahrenheit oven for ten to fifteen minutes or until golden brown.
6. In a sauce pan, heat the frozen fruit with the water and sugar over medium heat until mixture reaches a boil, then reduce to a simmer.
7. Mash cooking fruit to release juices and create a sauce.
8. Taste sauce often and add sugar as needed to reach a desired sweetness.
9. After mixture is sweet enough, let cool.
10. When ready to serve, use a spoon to create a larger opening in the pastry cups before spooning in the cream cheese mixture and topping with fruit sauce.
11. Enjoy.

**STORY OF RECIPE**

This recipe came from a project in high school. Created it with the girl I spent three years of Culinary Arts with and have made it a staple dessert.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 40min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Clinton Canady IV	USA	33	2–10

## TITLE

## GF CHOCOLATE CHIP OATMEAL COOKIES



Clinton Canady IV

**INGREDIENTS**

½ cup butter (1 stick) at room temperature  
½ cup granulated sugar  
½ cup brown sugar, packed  
¼ cup creamy peanut butter  
1 egg  
1 t. vanilla  
1 ½ cups gluten-free all-purpose flour  
½ cup gluten-free sorghum flour  
½ cup gluten-free rolled oats  
½ t. baking soda  
½ t. salt  
½ cup chopped walnuts, optional  
1 (12 oz) package semi-sweet chocolate pieces

**INSTRUCTIONS**

Preheat oven to 350° F.

Mix butter, sugars, peanut butter, eggs, and vanilla together in a large bowl (use hand mixer if desired). Combine flour, oats, soda, and salt in another bowl. Set aside.

Stir dry ingredients into shortening mixture a ¼ cup at a time until all dry ingredients have been absorbed (with hand mixer if desired). For softer, rounder cookies add ½ cup flour.

Stir in chocolate pieces and walnuts by hand.

Drop, by rounded teaspoons, 2 inches apart onto ungreased cookie sheet.

Bake 10-12 minutes or until light brown. Let cool for 5 minutes then place on cooling rack to finish cooling.

**STORY OF RECIPE**

Deep, hearty, and delicious, my cookies are so good they are illegal in 3 states\*. \*Not verified

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

**PREPARATION TIME**  
>> 15min

**COOKING TIME**  
> 10min

NAME

Melanie F.

FROM

Canada

AGE

30

SERVES

15–30

## TITLE

## MALTESE ALMOND COOKIES

**INSTRUCTIONS**

Beat egg whites until stiff.

Mix sugar, ground almonds, gum arabic, lemon zest, and vanilla. Add in egg whites slowly. Stir mixture with a wooden spoon. The mixture should stick to the spoon but not be too hard. Let mixture rest for an hour in a cool, dry place.

Line cookie sheets with rice paper. Take teaspoon-sized balls from mixture and place on cookie sheet, evenly spaced. Press an almond on top in center. Let cookies sit in a cool, dry place for 4 hours.

Bake at 350° for 20–25 minutes. c

**INGREDIENTS**

500 g ground almonds  
400 g sugar  
5 egg whites  
Zest of 1 lemon  
1 teaspoon vanilla extract  
Whole almonds (for top of cookies)  
½ teaspoon gum arabic

**STORY OF RECIPE**

These are my favourite cookies that my mom made while I was growing up. They are delicious without being too sweet. They go well with a cup of tea.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 20–25min

NAME

Michael Chen

FROM

Canada

AGE

SERVES

6–12

## TITLE

**LOCO FOR COCO****INGREDIENTS**

- 1600ml coconut milk (approx. 4 can)
- 3/4 cup of sugar (ideally coconut/palm or brown) or sweetener
- pinch of salt
- 2.5 Tbsp of tapioca or corn starch
- 2 Tbsp agar agar powder (or one package of preassembled agar agar power kit approx. 6oz)
- Coconut Water refrigerated, sparingly

**INSTRUCTIONS**

The recipe is divided into three section: Coconut Ice cream, Coconut Jelly, and serving.

*Coconut Ice cream:*

1. Set aside about half a can of coconut milk (200ml) and pour the rest plus another can (1.5 can or 600ml) coconut milk into a pot on medium heat.
2. As the coconut comes to a simmer and is about to boil, add 3/4 cup of sugar and a dash of salt
3. Once completely dissolved, add 2.5 Tbsp of tapioca or corn starch into the half can of coconut milk you set aside and mix it thoroughly, preferably with a blender.
4. Add the mixture of starch and coconut milk evenly throughout the pot of simmering coconut milk and immediately begin to stir.
5. Set aside the mixture to chill, then stored it in freezer or use an ice-cream maker. (if using an ice-cream maker, skip to coconut jelly)
6. Stir the mixture every half an hour or two hours, as often as you're willing.

*Coconut Jelly:*

1. If you're using preassembled, packaged agar agar powder, follow the instruction but replaced water with coconut milk then skip to step 4. If not, continue to step two.
2. Add the remaining 2 cans of coconut milk (approx. 800ml) and bring it to a simmer.
3. Add 2 Tbsp of agar agar powder and stir till dissolved.
4. Pour into a heat resistant food safe deep container (i.e: glass) to set.

**STORY OF RECIPE**

I find the coconut flavor rich and refreshing, so I decided to utilize different form of coconut milk and water, and turned it into a desert.

*Instructions continued on next page...*

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–15min

**COOKING TIME**  
> 120–720min

NAME

Michael Chen

FROM

Canada

AGE

SERVES

6–12

TITLE

## LOCO FOR COCO

### INSTRUCTIONS CONTINUED

*Serving Instruction:*

1. Divide coconut jelly into cube, or any shape you like.
2. Add a suitable amount of coconut jelly cube into a bowl.
3. Add a scoop of coconut ice-cream on top of the coconut jelly. Preferably in a spherical shape.
4. Pour as much coconut water as your bowl can hold, or up to the point that your coconut ice-cream is almost completely submerge.
5. Fruity decoration is completely optional, for aesthetic purposes only.
6. Let the scoop of coconut ice-cream swirl in the coconut water for a few minutes, if done right, the exterior should taste like pudding while the interior maintain the taste of ice-cream.
7. Let “Loco for Coco” bring you to a summer paradise.

NAME

Lauren S

FROM

USA

AGE

25

SERVES

12

## TITLE

**PEACH BLUEBERRY PIE****INSTRUCTIONS**

Peel and slice peaches. Arrange in pie crust with blueberries. The fruit should be slightly heaped. Cream the remaining ingredients. Spread in dollops over the fruit. Bake at 400F for 10 minutes, and then at 350F for 40 minutes.

**INGREDIENTS**

- 1 9" pie crust, unbaked
- 5-7 peaches
- 1 cup blueberries
- 1 egg
- 1/4 teaspoon vanilla
- 1 cup sugar
- 1/3 cup butter, softened
- 1/3 cup flour

**STORY OF RECIPE**

This is one of my favorite summer treats! The peach pie recipe is from my grandmother, but my mother made it with blueberries too, sometimes topped with vanilla ice cream.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 50min

NAME

Alina Badia de Lacour

FROM

U.S.A.

AGE

56

SERVES

10

## TITLE

**MARIANAO CUBAN FLAN**

Alina Badia de Lacour

**INGREDIENTS**

- 1 cup of sugar
- 1 tablespoon of water
- 1 (14 oz.) can sweetened condensed milk
- 1 (12oz.) can evaporated milk
- 1 (12oz.) whole milk
- 1 tablespoon vanilla extract
- 5 large whole eggs
- Pinch of salt

**STORY OF RECIPE**

This is my mother's recipe. She was born in Cuba. She made this often to bring to parties and now I continue the tradition.

**INSTRUCTIONS***Caramel coating:*

Heat the sugar on low heat with a tablespoon of water in a small saucepan, let it cook but do not stir. Move the pan around until it gets golden brown. Do not leave pan unattended, it goes from golden brown to burnt easily.

Pour the caramelized sugar into a round 9 inch mold that is at least 3 inches deep. Move the mold around to coat the bottom and about an inch up the sides.

Let the mold cool completely. I usually do this the day before.

*Flan:*

Pre heat the oven to 350 degrees.

In a mixer or blender mix together the condensed milk, evaporated milk, whole milk, eggs, vanilla and salt.

Pour the mixture through a strainer and into the caramelized mold.

Put the flan into an ovenproof or baking pan and fill with hot water to about half way up the sides. This is call Bain Marie in French. Bake for one hour or until a toothpick inserted in the center comes out clean. Remove from water bath and let it cool completely, then refrigerate to chill. When ready to serve run a knife around the edge to loosen flan, place a large lipped serving platter over the top of the pan and invert.

Cut into slices and serve with a spoonful of the caramel liquid.

I like to decorate my flan with fruit, mostly oranges, it goes well with the caramel.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

&gt; 25min

**COOKING TIME**

&gt; 1hr

NAME	FROM	AGE	SERVES
H Lynnea Johnson	United States of America	39	9

#### TITLE

## CHOCOLATE CHIP COOKIES FOR A CROWD



*Sarah Fleming*

#### INGREDIENTS

2 c granulated sugar  
1 c packed brown sugar  
1 c golden syrup (or light corn syrup)  
1 c evaporated milk  
1 pint heavy whipping cream (36%-40% milk fat)  
1 c butter  
1 1/4 tsp vanilla extract  
coarse ground salt (sometimes called kosher salt)

#### INSTRUCTIONS

Lightly grease a 12x15 in pan (jelly roll or cake pan)

Cut cold sticks of butter into cubes. In a medium-sized heavy-bottomed pot, add together both sugars, syrup, evaporated milk, whipping cream, and butter. Heat over a medium flame, stirring regularly, until mixture reaches 250 degrees F (120 degrees C) on a candy thermometer, or the Firm Ball stage if using the cold water method. This will usually take between 30-40 minutes.

Remove pot from heat, stir in vanilla extract, and pour into prepared pan. Use spoon to encourage mixture to spread evenly.

Allow to cool for 10 minutes. Then top with coarse salt. Allow to continue to cool completely. Cut into squares and wrap in waxed paper to store. Will make 4 dozen caramels.

#### STORY OF RECIPE

The oatmeal gives great depth to these cookies. To keep them from drying out, toss in a slice of plain white bread with the cookies.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 50min

NAME

H Lynnea Johnson

FROM

United States of America

AGE

39

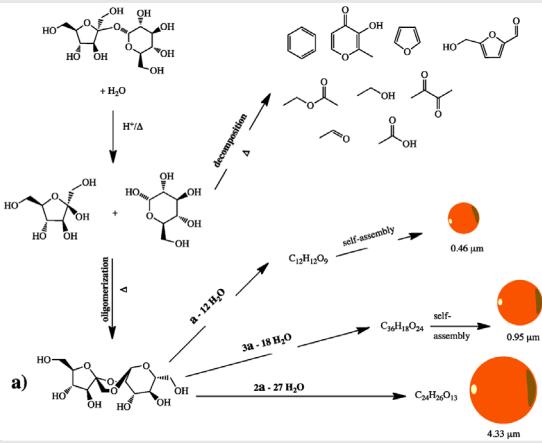
SERVES

24

## TITLE

**SALTED CARAMEL CANDIES**

Matthew Harringtons

**INGREDIENTS**

- 2 c granulated sugar
- 1 c packed brown sugar
- 1 c golden syrup (or light corn syrup)
- 1 c evaporated milk
- 1 pint heavy whipping cream (36%-40% milk fat)
- 1 c butter
- 1 1/4 tsp vanilla extract
- coarse ground salt (sometimes called kosher salt)

**STORY OF RECIPE**

Sweet plus salty is always a hit for me. I like to use specialty salt such as black or pink sea salt to make these look fancier.

**INSTRUCTIONS**

Lightly grease a 12x15 in pan (jelly roll or cake pan)

Cut cold sticks of butter into cubes. In a medium-sized heavy-bottomed pot, add together both sugars, syrup, evaporated milk, whipping cream, and butter. Heat over a medium flame, stirring regularly, until mixture reaches 250 degrees F (120 degrees C) on a candy thermometer, or the Firm Ball stage if using the cold water method. This will usually take between 30-40 minutes.

Remove pot from heat, stir in vanilla extract, and pour into prepared pan. Use spoon to encourage mixture to spread evenly.

Allow to cool for 10 minutes. Then top with coarse salt. Allow to continue to cool completely. Cut into squares and wrap in waxed paper to store. Will make 4 dozen caramels.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 40min

NAME

Lynne Roughton

FROM

US

AGE

55

SERVES

4

## TITLE

**TROPICAL BREAKFAST PUDDING**

Lynne Roughton

**INSTRUCTIONS**

*In a Blender or Food Processor:*

Place 6 Medjool Dates and pulse, then add 1/4 cup raw walnuts and pulse some more. Next blend in 1 lb. Silken Tofu, 1 medium Banana and 6 Tbsp. Unsweetened Cocoa. Add and gently blend 7 Tbsp. Unsweetened Coconut and 4 Tbsp. Chia Seeds.

Pour into 4 - 1 cup bowls.

Refrigerate overnight.

In the morning sprinkle 1 Tbsp of Unsweetened Coconut over the puddings and then place sections from 1 Navel Orange.

**INGREDIENTS**

- 6 Medjool Dates (soaked in warm water if dry, drain)
- 1/4 cup raw walnuts
- 1 lb. Silken Tofu
- 1 medium Banana
- 6 Tbsp. Unsweetened Cocoa (adjust for your taste)
- 7 Tbsp. Unsweetened Shredded Coconut
- 4 Tbsp. Chia Seeds
- 1 Tbsp of Unsweetened Shredded Coconut
- 1 Navel Orange, sectioned

**STORY OF RECIPE**

I developed this recipe in 2012 following Dr. Fuhrman's Nutritarian Diet. I submitted the recipe and it was approved and added to his recipe guide at [www.drfuhrman.com](http://www.drfuhrman.com)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 0min

NAME

Beth Johnson

FROM

United States

AGE

26

SERVES

24 squares

## TITLE

**BETH'S NANAIMO BARS****INGREDIENTS***Bottom Layer*

- ½ cup butter
- ¼ cup sugar
- 5 tbsp. cocoa powder, unsweetened
- 1 egg
- 1 ¼ cups Teddy Grahams, crushed
- ½ c. finely chopped walnuts (or nut of choice)
- 1 cup shredded sweetened coconut

*Second Layer*

- ½ cup butter
- 2 Tbsp. and 2 Tsp. half and half (cream)
- 2 Tbsp. vanilla instant pudding powder
- 2 cups confectioners sugar

*Third Layer*

- 4 oz. dark chocolate (or chocolate of choice)
- 2 Tbsp. unsalted butter

**INSTRUCTIONS***Bottom Layer:*

Melt butter in microwave, or over the stove. Mix in sugar and cocoa powder until completely incorporated. Add egg and stir to cook and thicken. If cooking over the stove, remove from heat. Stir in crumbs, coconut, and nuts until completely incorporated. Press firmly into an un-greased 8" x 8" pan. Place pan in the refrigerator to cool.

*Second Layer:*

Cream butter, half and half, pudding powder, and confectioners sugar together. Beat until light, about 2 minutes. Remove bottom layer from refrigerator, and spread second layer over top it. Return Pan to refrigerator.

*Third Layer:*

Melt chocolate and butter in microwave, or over low heat. Cool. Once cool, but still liquid, remove pan from refrigerator, and pour third layer over the second layer.

Chill in refrigerator 1 hour, or until top is set. Serve in small squares.

**STORY OF RECIPE**

Nanaimo Bars are a traditional Canadian treat that my Canadian boss asked me to make one day. I didn't have all the classic ingredients, so this is my American interpretation.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 30min

COOKING TIME

&gt; 60min



# BAKING

- 
- 
- 
- 
- 
- 
- 
-

NAME  
Susan Grossman

FROM  
United States

AGE  
57

SERVES  
10–15

TITLE

## MAMA'S POTATO ROLLS



INGREDIENTS

2/3 cup sugar  
2/3 cup shortening  
2 eggs  
1 teaspoon salt  
1 cup mashed potatoes  
1 1/2 cups water (from cooking potatoes)  
1 pkg yeast  
6-7 cups flour (white, all-purpose, white-wheat)

INSTRUCTIONS

- 1) Dissolve yeast in 1/2 cup water
- 2) Mix potatoes with shortening and sugar
- 3) Beat eggs and add to yeast
- 4) Combine with potato mixture
- 5) Add 1 cup water
- 6) Add flour until thick
- 7) Knead for 10 minutes
- 8) Cover and let rise until double
- 9) Punch down and make into rolls (may refrigerate after punching down)
- 10) Let rise until rolls are double in bulk
- 11) Bake at 375 for 10-12 minutes (watch for browning)

Makes about 3 dozen rolls. A double batch is pictured, it doubles very easy and I kept the dough in the frig in-between rising and baking so they wouldn't over rise. Did take a lot longer, but my oven only holds so much. They do freeze well.

STORY OF RECIPE

This was my grandmother's recipe, and has been the most requested item at holiday meals for several decades.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 300min

COOKING TIME  
> 10–12min

NAME	FROM	AGE	SERVES
Claude McVea	US	68	12

TITLE

## OATMEAL RAISIN MUFFINS



### INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C). Lightly grease and dust muffin tins.

Mix the flour, baking soda, baking powder, salt, nutmeg and cinnamon.

Make a well in the center of the mixture, and add white sugar, brown sugar, oil, eggs, and vanilla.

Mix until evenly moist and fold in the oats, raisins, and carrots.

Bake approximately 25 ~ 35 minutes.

### INGREDIENTS

- 1 Cup all-purpose flour
- 1 Cup whole wheat flour
- 2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3/4 cup white sugar
- 3/4 cup brown sugar
- 1 cup peanut or canola oil
- 3 eggs, beaten
- 2 teaspoon vanilla extract
- 3/4 cup cooked oatmeal \*\*
- 1/2 cup raisins
- 2 cups shredded carrots

*\*\* I use McCann's Irish, Steel Cut Oat Meal*

### STORY OF RECIPE

My own recipe tweaked from many on-line recipes.

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Lukas Bärwald	Austria	32	6–8

TITLE

## LOKI'S LOVELY CINNUTMEG COOKIES



### INGREDIENTS

250g Wheat Flour  
70g Sugar  
1 Teaspoon Cinnamon  
½ Teaspoon Nutmeg  
1 Pinch Salt  
1 Teaspoon Baking Powder  
120g Butter  
1 Egg (Size M)  
100g Nougat  
75g Chocolate Couverture  
30 Walnuts

### INSTRUCTIONS

Preheat the oven to 180° celsius and cover the baking sheet with parchment paper. Knead flour, sugar, cinnamon, nutmeg, salt, baking powder, butter and eggs with the dough hook of the mixer to a smooth dough.

Form the dough into a 60 centimeter long roll shape and cut 30 slices from it, each 2 centimeter thick.

Cut the nougat into 30 small cubes. Roll the nougat pieces into little balls and press the dough slices slightly flat. Place a piece of nougat in the middle of each disc of dough and shape them into balls. Put them with some distance to each other on the baking sheet, which goes on the middle rack into the oven for about 12 minutes until they are light brown. Remove and let cool.

Chop chocolate couverture coarsely and melt over a water bath while stirring. Dive every cookie about halfway into the melted chocolate and then lightly press the walnut into the chocolate.

### STORY OF RECIPE

This is simply my favorite (christmas) cookie recipe. It has everything: A crunchy topping, a smooth filling and a mixture of warm spices which make you feel all cozy inside.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 12min

NAME	FROM	AGE	SERVES
Kevin Johnston	New Zealand	42	9–12

#### TITLE

## PEAR & GINGER CAKE



#### INGREDIENTS

- 1 cup chopped dates
- 1 cup hot black coffee (or cinnamon tea)
- 1 tsp bicarb soda
- 1 tsp vinegar
- 1 tsp vanilla extract
- 1/3 cup virgin olive oil
- 1 cup flour
- 1 1/4 tsp baking powder
- 1/4 tsp salt
- ½ cup brown sugar
- 1 cup rolled oats
- 2 ripe pears, largely diced
- 1 mashed banana
- 1/2 cup walnuts
- 1/4 cup grated ginger
- Generous palm stroke of spices  
(cinnamon, allspice, cardamon)

#### STORY OF RECIPE

This was the first recipe I ever created. I made it when I spent a year with my sister, who inspired me to start baking.

#### INSTRUCTIONS

- Pre-heat oven to 185°C and grease pan.
- Combine dates and coffee. Sprinkle on bicarb soda and soak for 15 mins.
- Combine wet ingredients and grated ginger and set aside.
- In another bowl, combine dry ingredients and sift.
- Add the oil mix to the dry ingredients and mix well. Fold in the coffee/dates mix.
- Lastly add banana and pear, gently mix.
- Pour mix into a lined springform.
- Sprinkle top of cake with 1 Tbsp brown sugar.
- Bake at 185°C for about 1 hr or until skewer comes out clean.

#### Side Notes:

For a spicier cake- try doubling the ginger and spices and cutting smaller pieces.

Experiment with this recipe. Try mixing it up with feijoa, orange pulp, cherries and other dried fruit & nuts. Can also use sweet apple with/instead of pears.

If things start to foam when mixing, don't panic. It's the chemical reaction of the vinegar and bicarb which do the leavening.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 30min

COOKING TIME  
> 60min

NAME

Amalia &amp; Angus

FROM

United States

AGE

23

SERVES

15

## TITLE

**CHALLAH****INGREDIENTS***Yeast starter:*

- 2 T yeast or 2 oz fresh yeast
- 1 T sugar
- dissolved in 1/2 c warm water

*dry ingredients:*

- 6 c. white flour
- 3/4 c. sugar
- 1/2 tsp baking powder
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 T salt
- 1/2 c. currants (optional)

*wet ingredients:*

- 3/4 c. neutral cooking oil
- 3 eggs, beaten
- 1 tsp vanilla
- 1 cup water

*egg wash:*

- 1 egg white
- splash of water

**INSTRUCTIONS**

Mix yeast starter ingredients together in a large bowl and let sit for 10 minutes until frothy. Meanwhile, combine dry ingredients and wet ingredients in separate bowls. Once yeast is ready, add wet and dry ingredients to yeast, stirring frequently. Knead on floured board, adding flour as necessary. Let rise in a greased bowl until doubled in bulk, about an hour. Punch it down, let it rise another hour. preheat oven to 375. Knead again and roll into 2,3, or 6 equal parts. Roll into long pieces, connect at one end to begin braid. (To braid with six, more detailed instructions should be researched). Let rise slightly longer (approximately 30 minutes). Beat together ingredients for egg wash. Once oven is ready, cover challah with egg wash and bake for 20-35 minutes until golden brown.

**STORY OF RECIPE**

We were looking for a challah recipe, and found one from a local Rabbi, Rabbi Michael. He gave us his family recipe, and we find it irresistible.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 2.5hr

**COOKING TIME**  
> 35min

NAME	FROM	AGE	SERVES
Sammi Vez	USA	25	10–20

TITLE

## CARAMEL CHOCOLATE BARK



Sammi Vez

### INGREDIENTS

1 stick of sweet cream salted butter  
 1 cup of light brown sugar  
 1 12oz package of semi-sweet chocolate morsels  
 (= ~1.5 cups)  
 1 package of original graham crackers  
 Cooking spray or wax paper

*Optional*

1-1.5 cups of chopped pecans or walnuts

### INSTRUCTIONS

1. Preheat the oven to 350F.
2. Spray an 11 inch x 17 inch cookie sheet or jelly roll pan with cooking spray. Alternatively, cover the bottom of the sheet/pan with wax paper.
3. Cover the bottom of the sheet/pan with one layer of graham crackers.
4. In a sauce pan, melt the 1 stick of butter butter fully then combine the 1 cup of light brown sugar to make a caramel mixture. Make sure the heat is not too high and the final product is smooth without chunks of sugar.
5. Pour caramel mixture over graham cracker layer and spread evenly with a spatula.
6. (Optional) Add the chopped nuts evenly.
7. Bake for 10 minutes at 350F and occasionally check to make sure the bottom does not burn.
8. Remove from oven and allow it to cool completely.
9. Once cooled, top with the semi-sweet chocolate morsels.
10. Bake for 1 minute at 350F.
11. Remove from oven and immediately spread chocolate evenly with the spatula.
12. Cool completely and break in serving size pieces.
13. I recommend storing in the refrigerator.

### STORY OF RECIPE

I learned this from one of my friends in high school who was the Martha Stewart of our group. It's a classic and super easy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 11min

NAME	FROM	AGE	SERVES
Nika's Kitchen	United Kingdom	34	10

TITLE

## GLUTEN-FREE VEGAN BANANA MUFFINS



Nika's Kitchen

### INGREDIENTS

1 1/2 Cups of Gluten-Free Flour Blend  
 2/3 Cup of Coconut/Palm Sugar  
 2 tsp Gluten-Free Baking Soda  
 1tsp Ground Cinnamon  
 1 Cup of Coconut Milk or any other dairy-free alternative  
 3 Very Ripe Bananas (with brown spots)  
 2 Tbls Natural Honey  
 1/3 Cup Coconut Oil, melted (preferably cold-pressed)  
 2 1/2 Tbls Grounded Flax Seeds or Egg substitute for 2 eggs  
 3 Tbls Warm Water  
 Gluten-Free Oats for sprinkling  
 Extra Coconut Sugar to sprinkling

*Makes 10-12 medium muffins*

### INSTRUCTIONS

1. Pre-heat oven at 180c/350f
2. Mash bananas and set aside
3. Combine: flour, baking soda & cinnamon in a bowl
4. In a separate bowl, mix grounded flax seeds with warm water and combine until the mixture becomes frothy.
5. Combine flax seed mixture, mashed bananas, milk, and sugar.
6. Fold in dry ingredients.
7. Place batter in muffin cups & tin.
8. Sprinkle tops with oats and sugar.
9. Bake for 15-20mins
10. Let cool then enjoy!

### STORY OF RECIPE

I enjoy baking and of course the best part...eating! This recipe is to indulge a little without the overwhelming guilt of nasties. Great for freezing.

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 15min

NAME

Ian Lynch

FROM

England

AGE

43

SERVES

20

## TITLE

**2 X CHOC RUM & RAISIN FUDGE BROWNIES****INGREDIENTS**

- 115g Sultanas
- 75ml Good Dark Rum
- 155g plain flour
- 1/4 tsp salt
- 110g high cocoa %age chocolate 70% or higher.
- 110g unsalted butter
- 150g dark, soft brown sugar
- 150g caster sugar
- 2 medium eggs

**INSTRUCTIONS**

Soak the sultanas in the rum, yes, I know, it says 'Rum and Raisin' but raisins don't quite work for me. (cover the bowl with cling film and leave somewhere nice and warm over night). Preheat oven 170deg C. Butter and flour a suitable brownie tin. Sift the flour & salt into a large bowl. Melt the chocolate and butter over water on a low heat. Add the two lots of sugar and let them rest there for a while before you stir them in. Add the eggs one at a time, beat between each. Now add the raisins and any remaining rum. Gently fold all of this into the flour/salt mix but only just, don't over mix. Spread into the Brownie tin and cook for 20mins or until the middle has Juuust set, don't over cook! Test with a wooden skewer for a few moist crumbs . It's meant to be the texture of fudge. Cool before cutting and serving.

I wrote down that it makes 20. Not in my house...!

I have made this recipe in the past with additional chocolate chips (on top of the already decadent ingredients), a whole slab of dark chocolate melted into the middle for a friend, and replaced the rum soaked sultanas with chocolate chips for those who can't handle the alcohol punch, they all work.

**STORY OF RECIPE**

I found this recipe long ago, adjusting it over the years. This is the original as I wrote it down on what is now a very chocolatey piece of paper.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

> 20 mins + 1 night

**COOKING TIME**

> 20 – 25 mins

NAME

Christina Tassell

FROM

Australia

AGE

66

SERVES

30

## TITLE

**ANZAC BISCUITS**

Christina Tassell

**INGREDIENTS**

120g butter  
 100g golden syrup  
 1 teaspoon bicarbonate of soda  
 100g rolled oats  
 150g plain flour  
 70g brown sugar  
 50g desiccated coconut

**INSTRUCTIONS**

Preheat oven to 160C  
 Line two baking trays with baking paper  
 In saucepan melt butter and syrup together.  
 Add bicarbonate of soda, mix well.  
 Add all remaining ingredients, mix well.  
 Place small teaspoonful's of mixture onto prepared trays and flatten with fork to approximately 5cm in diameter, leave space between each one for spreading during baking.  
 Bake 12 minutes or until golden brown.  
 Remove from oven, cool on trays 5 minutes and transfer to a wire rack to cool completely.

**STORY OF RECIPE**

A Australian, N new, Z Zealand, A army, C corps  
 These biscuits were baked by mothers at home to send abroad to soldiers fighting in the war.

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE           |

**PREPARATION TIME**

&gt; 5min

**COOKING TIME**

&gt; 12min

NAME

Alex Stiver

FROM

UK

AGE

SERVES

## TITLE

**LATVIAN BACON BUNS ( PIRAGI! )****INGREDIENTS***Filling*

- 1 very finely chopped white onion
- 3/4 pound of finely diced bacon
- lots of black pepper

*Dough*

- 3/4 cup milk
- 1/4 cup butter
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon of yeast
- 1/4 cup warm water
- 1 beaten egg
- 3 1/2 cups flour
- 1 tablespoon sour cream

*Egg wash*

- 1 beaten egg
- dash of water

**STORY OF RECIPE**

Eating these Latvian buns are my oldest and dearest food memory. Every grandma (Oma) has their own special twist on the standard recipe (pro tip: try including caraway seeds!).

**INSTRUCTIONS**

Filling can be made in advance: sauté the onion and bacon in a frying pan until the fat renders. Season liberally with pepper. Set aside to cool.

*Dough*

Heat the milk in a saucepan until a skin begins to form (or, for the experts among us, using a microwave).

Pour the milk into a large bowl; add in butter, salt, and sugar. Let cool slightly.

Put the yeast in the quarter cup of warm water with the sugar. Give it a minute or two to start doing its thing. Add it to bowl of milk mixture, along with the beaten egg.

To the bowl add the flour,  $\frac{1}{2}$  cup at a time; beat well after every addition. When flour has been all been incorporated, add sour cream.

Cover bowl with a damp towel and let the dough rest for 10 – 15.

Turn dough out onto a floured workspace and knead for several minutes, just until it is smooth.

Grease a bowl, place the dough in and cover with a damp towel until the dough has grown 2x (usually about an hour).

When dough has risen, punch it down (stress relief!) and preheat oven to 200 degrees (C). Roll it out into a big circle, and cut out rounds using a cookie cutter. In typical dumpling-folding technique, place a small spoon of filling in the centre of the dough, and fold edges over, crimping tightly to ensure no spill-over when baking. (Piragi are typically crescent-shaped)

Place seam-side down on an ungreased cookie sheet, giving them 15-20 minutes to rise further, and bake - after giving a quick egg wash - for 17 - 20 minutes.

*Note*

can be frozen and reheated nicely...if they last!

- STARTER
- BAKING
- MAINCOURSE
- CONDIMENTS
- VEGETARIAN
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

**PREPARATION TIME**

> 120min

**COOKING TIME**

> 30min

NAME	FROM	AGE	SERVES
Hartmut	Germany	45	6–12

TITLE

## MOTHER'S APPLE CAKE



Apple cake.jpg

### INGREDIENTS

*Dough:*

- 250g Flour
- 125g Butter
- 60g Sugar
- 1 Egg
- 1/2 Teaspoon baking soda

*Stuffing:*

- 1kg Apples
- 1 Lemon (juice)
- 2 Tablespoons sugar
- 50g Almond paste (Marzipan - optional)
- 1 Egg yolk
- 1 Hand almond slivers

### INSTRUCTIONS

Start with preparing the dough: Simply mix all ingredients in a bowl and knead the dough by hand.

Then prepare the stuffing: Remove the apple cores and cut the apples into pieces sized 2x2cm. Put them in a pot - together with the lemon juice and sugar - and stew it for 2-3 minutes.

Take half of the dough and roll it out in a (slightly greased) baking pan (26-28cm diameter). Fill the stuffing on top of the dough.

Now you can optionally roll out almond paste and put it on top of the apples. This makes the cake slightly sweeter and gives a nice almond taste.

Finally, roll out the remaining dough and cover the cake. Spread the egg yolk and almond slivers on top.

Bake the cake for ca. 45 minutes (175 degrees centigrade).

### STORY OF RECIPE

This is an old recipe from the Blackforest in Germany - passed on from my grandmother to my mother and from me on to Recipes by People. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 45min

NAME

Franziska

FROM

Switzerland

AGE

36

SERVES

4

## TITLE

**PUMPKIN COOKIES****INSTRUCTIONS**

Mix the ingredients as listed.

Drop by spoonfuls onto greased baking sheet.

Bake in 180°C oven for 10 min.

**INGREDIENTS**

- 1 cup butter
- 1 cup sugar
- 1 egg
- 1 cup pumpkin or squash (cooked)
- 1 teaspoon Vanilla essence
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup raisins

**STORY OF RECIPE**

This recipe is an alteration of an old recipe I could copy while travelling in Canada in 1998. And then it was already modified as well!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 10min

NAME	FROM	AGE	SERVES
Elias B. Merkins	Canada	55	24

TITLE

## BACON BOURBON CHOCOLATE COOKIES



Elias Merkins

### INGREDIENTS

9 Strips of Bacon  
1 1/2 Cups Flour (sifted)  
1 Tsp Baking soda  
1/2 Cup Unsalted butter room temperature  
1/2 Cup granulated white sugar  
1/2 Cup light brown sugar (packed)  
1/4 Cup Peanut butter (smooth)  
1/4 Tsp Kosher salt  
1 Large egg room temperature  
4 Tbsp Bourbon or 2 Tbsp vanilla  
2 Tbsp bacon fat  
1/3 Cup Dark chocolate (chopped)

### STORY OF RECIPE

I thought cooking was my thing until I discovered baking. Of all my recipes this one is an all time winner. Chocolate, bourbon and peanut together are irresistible!

### INSTRUCTIONS

1. In a large frying pan we are going to cook the bacon until it gets crispy. Keep the bacon fat for a later use. (I like it better in the microwave but then I don't have the bacon fat for later... you choose)
2. Transfer the bacon to a paper towel to remove the fat. Once cold, chop it in SMALL pieces for later use. Separate the bacon: 1/4 for garnish and 3/4 for the cookies. Reserve
3. Mix the sifted flour with the salt and the baking powder. Reserve
4. In a mixer bowl (mixer with paddle attachment) we are going to creme the butter with the 2 sugars until incorporated -about 7 minutes-
5. Incorporate to the mix the dry ingredients (do it in 3 batches) and then add the egg, the peanut butter and the bourbon until it becomes one even mix.
6. Add the chopped bacon (the 3/4 cup) and the 2 tablespoons of bacon fat. Reserve.
7. Turn on the oven to 350°F
8. Line with parchment paper two large baking pans. Reserve
9. With 1 tablespoon of batter we are going to form a ball. Place the ball in the baking tray and repeat until you finish the batter.
10. Flatten each ball (I use the bottom of a glass)
11. Put in the oven and bake for around 10 minutes or when you see the edges browning a bit. Repeat for the two trays.
12. IMPORTANT!. Let cook the cookies IN THE BAKING PAN for 5 minutes or so because we need them to be a bit stiff, otherwise they will break into pieces.
13. Once the cookies are cold enough to move them without breaking, transfer them to a wire rack to cool completely.
14. Let's do the last part. Now in a heatproof bowl over a sauce pan with water we are going to melt the chocolate until smooth. It will take you from 5 to 10 minutes. When smooth, remove from the heat (just make sure that the water doesn't touch the chocolate).

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 35min

### COOKING TIME

> 15min

NAME	FROM	AGE	SERVES
Elli Holstenberg	Germany	43	6–8

TITLE

## HOT & YUMMY CINNAMON WAFFLES



Elli Holstenberg

### INGREDIENTS

250 gram butter  
250 gram sugar  
6 eggs  
500 gram wheat flour (type 405)  
1 teaspoon baking powder (do not use natron)  
1/2 liter milk  
2 bags bourbon vanilla sugar  
1/2 teaspoon cinnamon

### INSTRUCTIONS

Separate all 6 egg whites from yolks with care, beat egg whites until they are stiff and put them away for now. Stir yolks, sugar, bourbon vanilla sugar and cinnamon until the "batter" turns frothy and the sugar has dissolved completely.

Mix wheat and baking powder, take a sieve and add the wheat slowly, while constantly stirring, it will become more like dough for the time being. Heat the milk in a small pot (do not let it boil) and add the butter to melt. Add the warm milk/melted butter-mix slowly to the dough, which will now become more like batter again.

At last carefully add the beaten egg whites with a large spoon or dough scraper to batter. Do not use your electric mixer for this part - it will ruin the effect of adding the beaten egg whites for more volume!

Heat your waffle maker and spoon in enough batter to cover the bottom part - bake until they are golden.

They are perfect with whipped cream and blueberry or blackberry jam.

### STORY OF RECIPE

This is my favorite childhood memory – baking waffles with my mum. It's her recipe and I still love the wonderful cinnamon smell of these delicious hot waffles. Yummy!

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 30min

### COOKING TIME

> 1–2min

NAME

Donna Currie

FROM

USA

AGE

57

SERVES

12

## TITLE

**MAKE-AHEAD DINNER ROLLS**

Donna Currie

**INGREDIENTS**

- 1 1/4 cups room temperature water
- 2 tablespoons sugar
- 1 package (2 1/4 teaspoons) Red Star Platinum Yeast
- 1/2 cup (3 ounces) semolina flour
- 2 1/2 cups (11 1/4 ounces) bread flour
- 1/4 cup instant mashed potato flakes
- 2 tablespoons buttermilk powder
- 1 teaspoon salt
- 4 tablespoons unsalted butter

**STORY OF RECIPE**

Do the work the day before, bake the buns when you need them. This is similar to the recipes in my book, Make Ahead Bread.

**INSTRUCTIONS**

Put all the ingredients except the butter in the bowl of your stand mixer fitted with the dough hook. Knead until the dough is elastic. Add the butter and continue kneading until the butter is completely incorporated.

Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour.

Flour your work surface and spray a 9x13 baking pan with baking spray.

Turn out the dough and divide it into 12 equal pieces. Arrange the buns in the baking pan, cover with plastic wrap. (My favorite 9x13 pan comes with a snap-on lid, so that's what I use.)

Refrigerate the buns overnight or up to 24 hours.

When you're ready to bake, remove the pan from the refrigerator and preheat the oven to 325 degrees - I like to let the oven heat for 30 minutes and let the buns sit at room temperature for that same amount of time.

Uncover the buns and bake at 325 degrees until they're nicely browned, about 30 minutes.

Remove the buns from the pan (they should flip out easily) as soon as you can and let them cool completely on a rack.

*Note:*

If you like, you can brush these with an eggwash (1 egg, beaten with 1 tablespoon water) before baking for a shiny crust. If you eggwash, you can also sprinkle the tops with sesame seeds or other toppings - the eggwash will help the toppings stick to the tops of the buns.

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; under 30min

**COOKING TIME**

&gt; 30min

NAME

Jon Smith

FROM

England

AGE

53

SERVES

40 biscuits

## TITLE

**GRANDMA LIGHT'S GINGER BISCUITS****INGREDIENTS**

3/4 lb self raising flour  
 1/2 lb granulated sugar  
 1/4 teaspoon salt  
 1 teaspoon bicarbonate of soda  
 2 teaspoons ground ginger  
  
 2 tablespoons golden syrup  
 6oz unsalted butter  
 1 egg

**INSTRUCTIONS**

- 1) Put the oven on at 180C (Fan 160C) with 2 shelves towards the top.
- 2) Grease 4 large flat baking trays with unsalted butter.
- 3) Melt the butter and the golden syrup in a pan then leave to cool for 5 minutes.
- 4) Whilst the pan's contents are cooling mix all the dry ingredients together well in a large bowl.
- 5) Add a well beaten egg to the cooled liquid and mix it in.
- 6) Pour the mixture into the dry ingredients and mix well.
- 7) Roll the mixture into walnut sized pieces and put on the trays allowing just under 2 inches between each.
- 8) Bake for 15 to 20 minutes.
- 9) Take out of the oven, lift off the tray with a palette knife and put on a cooling rack.
- 10) Store in a tin. These are seriously addictive biscuits so store them out of reach if you want them to last more than a couple of days. If not leave the tin on the counter and watch them go!

**STORY OF RECIPE**

We got these on 1970's visits to Grandma in Baildon, Yorkshire. Afterwards we walked on the moor where you could still see the tank tracks from the Yank's DDay practices.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 15 min

**COOKING TIME**  
 > 15–20 min

NAME

Heidi

FROM

United States

AGE

SERVES  
~ 40 cookies

## TITLE

**PEANUT BUTTER BROWN SUGAR COOKIES****INGREDIENTS***Cookies:*

1/2 cup of shortening  
2 cups brown sugar  
2 eggs  
1 cup milk  
1 teaspoon baking soda  
3 cups flour  
5 tablespoons peanut butter  
1 teaspoon vanilla

*Frosting:*

2 cups powdered sugar  
2 Tablespoons peanut butter  
milk

**INSTRUCTIONS**

Preheat oven to 350 degrees.

Cream shortening and brown sugar in a large bowl.  
Add beaten eggs.  
Blend in remaining ingredients.

Dough will not be the same consistency as most cookie dough. It will be thinner and sticky and gooey.

Drop on cookie sheet by small spoonfulls.

Bake 10-12 minutes, until golden brown.

*For icing:*

Mix 2 cups powdered sugar with 2 Tablespoons of peanut butter. Add milk until smooth and at desired consistency.

For thicker frosting, add less milk. It will spread easier.

For thinner glaze, you can drizzle the cookies, add more milk.

**STORY OF RECIPE**

I associate this cookie with holidays because my grandmother would make them for all of the large family gatherings.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 12min

NAME

Celine Jobard

FROM

France

AGE

24

SERVES

6

## TITLE

**WAFFLE**

Celine Jobard

**INGREDIENTS**

500g flour  
6 eggs  
750 mL milk  
125 mL oil  
2 bags of vanilla sugar  
1 bag of yeast  
cinnamon

**INSTRUCTIONS**

Mix flour, sugar and cinnamon.

Heat milk in a pan, and add yeast in it. Stop the heating when milk is tepid.

Separate the eggs: beat the eggwhites until stiff, and put the egg yolk with the flour. Mix it.

Add oil to the previous mixture, and mix again. Add slowly the milk to the mixture (be careful to the lump). When dough is homogeneous, add whipped eggs, and mix carefully.

Cook with a waffle iron.

**STORY OF RECIPE**

When I was a student, I used to organize waffle parties, and I used that recipe to make waffle for everyone!

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

V VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 30min

NAME

Suse Behr

FROM

England

AGE

32

SERVES

1–8

## TITLE

**COCONUT BREAD**

Alex May

**INGREDIENTS**

- 2 eggs
- 300ml milk
- 1 teaspoon vanilla extract
- 375g plain flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 220g caster sugar
- 150g shredded coconut
- 75g unsalted butter, melted

**INSTRUCTIONS**

Preheat oven to 180°C. Grease and line a 21 x 10cm loaf pan.

Lightly whisk the eggs, milk and vanilla in a bowl. Sift flour, baking powder and cinnamon into a separate, large bowl. Add sugar and coconut and stir until just combined. Make a well in the centre of the dry ingredients and gradually stir in the egg mixture until just combined.

Add melted butter and stir until mixture is just smooth (do not over-mix). Pour into the prepared pan and bake for 1 hour or until a skewer inserted into the centre comes out clean. Set aside in the pan for 5 minutes to cool, then turn out onto a wire rack to cool completely.

Serve in thick slices.

**STORY OF RECIPE**

A Bill Granger recipe I have been making for years. Reminds me of my other home town Sydney. Perfect for brunch with jam and butter. Freezes really well. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 60min

NAME	FROM	AGE	SERVES
Alex "Monster-Chef" Neilson	Australia	42	~ 40 cookies

TITLE

## SCRUMPTIOUS GINGER COOKIES



### INGREDIENTS

170g butter  
1/2 cup dark brown sugar  
1/2 cup white sugar  
1/4 cup treacle  
1 egg  
1/2 tsp vanilla  
2 cups flour  
1/2 tsp baking soda  
1/4 tsp salt  
1 1/2 tsp ground cinnamon  
2 tsp ground ginger

A little extra white sugar

### INSTRUCTIONS

Cream the butter and sugars together until smooth  
Add treacle, egg and vanilla, and beat again until mixed  
Mix the dry ingredients together, then slowly mix them into the batter  
Mix well  
Cover and chill the batter for at least 30-60 minutes  
Roll batter into approximately 2.5cm balls  
Roll the balls in extra white sugar  
Place on a baking tray, approximately 5cm apart  
Press down on each ball to flatten it slightly (you can use the base of a drinking glass)

Bake for 10-12 minutes at 180 degrees C  
Eat!

If you prefer a stronger ginger flavour, you could double the amount of ground ginger.

### STORY OF RECIPE

I wanted to make some cookies for my niece's 4th birthday, and thought ginger snaps would be just the thing. These are modified to be soft in the middle.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 10–12

NAME

Sam McIntyre

FROM

UK

AGE

28

SERVES

10

## TITLE

**PIGS IN MUD (CHOC BEETROOT CAKE)****INSTRUCTIONS***For the cake:*

1. Cream the butter and sugar together
2. Add the eggs one at a time, combining with a little flour if needed
3. Add the grated beetroot, vanilla essence and golden syrup
4. Fold in the flour and cocoa powder
5. Taste the batter and add more cocoa if you want
6. Bake in two pans at gas mark 6 for about 40 mins, it should be moist but a skewer will come out clean

**INGREDIENTS***For the cake:*

- 200g butter or marg
- 200g brown sugar (or caster if you don't have brown)
- 3 eggs
- 2 cooked beetroots (grated)
- 1 tsp vanilla essence
- 1 tbsp golden syrup
- 200g self raising flour
- 75g cocoa powder

*For buttercream:*

- 50g milk chocolate
- 50g dark chocolate
- 100g butter
- 200g (approx) icing sugar
- Beetroot 'juice' to loosen if needed

*To decorate:*

- Enough 2 finger kitkats to line the outside of the cake
- Fondant icing
- Beetroot juice

*For buttercream mud:*

1. Melt chocolate over bain marie
2. Beat the butter and mix in the icing sugar
3. Stir in the melted chocolate (and some beetroot juice if you like)

*For the decoration:*

1. Sandwich the 2 cooled cakes together with 1/3 of the buttercream
2. Use 1/4 of the buttercream to stick the kitkats around the outside edge of the cake, standing up like a fence
3. Mix the fondant icing with enough beetroot juice to make it pink
4. Model little fondant pig faces, bodies, hands, feet and (my favorite bit) bums
5. Use the rest of the buttercream to cover the top of the cake, then pop in your little fondant piggies so they look like they're wallowing in mud
6. Stand back and admire your pigs in mud cake!

**STORY OF RECIPE**

This is my favorite cake. Once you make it, people will ask you for it again and again! My partner always has the job of making the fondant piggies :-)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 60min

**COOKING TIME**

&gt; 40min

NAME

Helen Firth

FROM

Australia

AGE

0

SERVES

Up to 20

## TITLE

**SERIOUSLY GOOD CHOCOLATE FRUITCAKE****INGREDIENTS**

1 kg dried fruits, e.g. 500 grams pitted prunes, 170 grams craisens, 100 or 200 grams glace cherries (with green ones for the colour), and then make up the balance with sultanas (use whatever sort of dried fruit you like - but the prunes make it nice and moist)  
 2 x 200 grams blocks of Cadbury Dairy Milk (or Fruit 'n Nut)  
 4 teaspoons instant coffee  
 2 cups water  
 3 cups self-raising flour  
 Spices to taste (e.g. cinnamon, cloves, etc)

**INSTRUCTIONS**

Pit any of the fruit with stones (or purchased pitted fruit only, so no chopping is necessary)

Pre-heat the oven to 180 c (or a little lower if fan forced). Using a large tin, or a ring pan, line your tin with baking paper, using a light spray of olive oil to stick the paper on.

Place all the fruit and one block of chocolate (broken up) into a large mixing bowl.

Pour the very hot water/coffee mixture over and mix. Add in the flour and spices and mix through. Wait until the mixture is cool (only a minute or two) and add the second block of chocolate (broken up). Stir the chocolate pieces through the mixture, trying to get them spread evenly through the mixture

Bake for 50 minutes to an hour at about 180c. Check whether cooked by poking a metal skewer into the centre of the cake. If the cake browns too much before it finishes cooking, cover with tin foil.

(The cake can also be cooked in individual mini tins)

**STORY OF RECIPE**

Creation! I was given this recipe by a friend and have added and changed until it's made it to the currently scrumptious creation. Can be made vego or vegan.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 50min

NAME	FROM	AGE	SERVES
Stephen Hollingdale	United Kingdom	41	8–10

TITLE

## GLUTEN AND GRAIN FREE SPONGE CAKE



Stephen A Hollingdale

### INSTRUCTIONS

Combine the wet ingredients in a bowl.  
Combine the sifted coconut flour and baking powder  
then stir into wet mix.  
Whisk until there are no lumps.

Pour batter into a greased cake tin and bake in a  
pre-heated oven at 205C/400F/Gas Mark 6 for 30-35  
minutes or until a knife comes out clear.

Remove from oven and stand on a wire rack to cool.  
Decorate/fill as required.

### INGREDIENTS

1/2 Cup sifted coconut flour  
4 tbsps melted coconut oil or butter  
4 tbsps Coconut milk  
6 tbsps maple syrup  
6 medium Eggs  
1/2 tsp vanilla essence  
1/2 tsp gluten free baking powder  
1/4 tsp salt

### STORY OF RECIPE

We needed to make a birthday cake for my gluten intolerant daughter. This is a delicious cake that everyone can enjoy and is fun to make with younger children.

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input checked="" type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 45min

### COOKING TIME

> 30min

NAME

Claire Lewis

FROM

Australia

AGE

26

SERVES

24

## TITLE

**ANZAC SLICE**

www.bakingbureaucrat.wordpress.com

**INSTRUCTIONS**

1. Pre-heat oven to 180 degrees and combine dry ingredients in a bowl.
2. Melt butter with golden syrup.
3. Combine boiling water and bicarb.
4. Combine all ingredients and press into brownie pan.
5. Bake for about 12 minutes or until browned.
6. Allow to cool completely and then slice into pieces in whatever size you would like.

**INGREDIENTS**

- 1 cup flour
- 1 cup desiccated coconut
- 1 cup sugar
- 1 cup rolled oats
- 130g butter
- 2 tablespoon golden syrup
- 2 tablespoon boiling water
- 2 teaspoon bicarb

**STORY OF RECIPE**

My Mum always told me that these were the food that the families of the Australian and New Zealander troops made and sent to their loved ones.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 12min

NAME

Claire Lewis

FROM

Australia

AGE

26

SERVES

24

## TITLE

**RASPBERRY SHORTCAKE**

www.bakingbureaucrat.wordpress.com

**INGREDIENTS***Base*

120g butter (softened)  
120g castor sugar  
2 egg yolks  
1 1/4 cups self raising flour  
about 3 Tbs raspberry jam

*Topping*

2 egg whites  
1/2 cup castor sugar  
1 1/2 cup desiccated coconut

**INSTRUCTIONS**

1. Pre-heat oven to 180 degrees C and line a slice tin with baking paper.
2. Cream together butter and sugar and then add egg yolks and beat until well combined.
3. Mix through flour with a wooden spoon and then press dough evenly into the base of the tin.
4. Spread over your jam (feel free to use more than I ask for in the ingredients, you just want good coverage).
5. In a clean bowl beat your egg whites until peaks form and then slowly add sugar and keep beating until stiff peaks form. Fold through coconut and then spread your whites over the jam.
6. Bake for about 30-35 minutes, the whites should be nicely browned. Allow to cool in tin and then remove and cut into pieces your desired size.

**STORY OF RECIPE**

This is a recipe I used to make with my mum, it's a really special recipe to me because of the strong memories it evokes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30–35min

NAME

Joshua Herron

FROM

Canada

AGE

22

SERVES

1–6

## TITLE

**BLACK BREAD****INGREDIENTS**

- 1 1/2 Cups of Luke Warm Water
- 2 Tablespoons of Cider Vinegar
- 2 1/2 Cups of White Bread Flour
- 1 Cup of Rye Flour
- 1 Teaspoon of Salt
- 2 Tablespoons of Margarine
- 2 Tablespoons of Dark Corn Syrup
- 1 Tablespoon of Brown Sugar
- 3 Tablespoons of Unsweetened Cocoa Powder
- 1 Tablespoon of Instant Coffee Granuals
- 1 Tablespoon of Caraway Seed
- 1/4 Teaspoon of Fennel Seed
- 2 Tablespoons of Bakers Yeast

**INSTRUCTIONS**

- 1) Add the luke warm water to a mixing bowl and the yeast. Let this sit until the yeast starts to foam and bubble.
- 2) Add all the other ingredients but only the 1 cup of Rye Flour and 1 Cup of White Bread Flour. Mix these all completely together in your mixing bowl.
- 3) Continue to add and knead the rest of the flour into the dough on a floured counter top. Depending on your location in the world/altitude, the amount of flour you will be able to knead in will varry. Add as much so the dough does not stick to your hand but is a consistent texture.
- 4) After the flour is kneaded in, knead the dough for an additional ten minutes. Test how the dough stretches: if it stretches without tearing right away it is good.
- 5) Oil a secondary mixing bowl and place your dough in it, making sure to roll the dough around to get oil on the entire surface.
- 6) Dampen a cloth and place this over the dough/bowl. Let this sit until the dough has risen to double its size.
- 7) Take out the dough and punch it down. Seperate this into two pieces and form the loaf as you would like and place on a greased baking pan. Cover the loaves with a dampened towel again and let it rise until doubled.
- 8) Now bake the loaves at 200deg Celcius for about 25 to 30 minutes. The loaves should have a darker crust and sound hollow when you knock on them.
- 9) After baking, place the loaves on a wire rack to let cool and eventually enjoy the yum bread in and all around your mouth area.

**STORY OF RECIPE**

This recipe was picked up from the internet and I have been making it for some time, refining the technique which I hope was translated well enough.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 2 1/2 h

**COOKING TIME**  
> 30min

NAME

Eric Nikolaisen

FROM

USA

AGE

46

SERVES

4–6

## TITLE

# LEFTOVER BREAD

Suzanne Nikolaisen



## INSTRUCTIONS

Mix wet ingredients. Mix dry ingredients. Add the dry ingredients to the wet and mix. Fold in chocolate chips. Bake at 350 for 55-60 minutes until toothpick comes out clean.

## INGREDIENTS

2 eggs  
1/3 C butter  
1/2 C cinnamon applesauce  
1 t vanilla  
2 1/2 T milk  
1 overripe banana  
1/4 t kosher salt  
1 t baking soda  
2/3 C sugar  
1 3/4 C flour  
1/2 - 1 C milk chocolate chips

## STORY OF RECIPE

There must have been some astrological event that drew certain ingredients together. It calls for a special occurrence of a recipe that my wife developed. The mythic “Leftover Bread.”

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 60min

NAME

Laryssa Waler

FROM

Canada

AGE

31

SERVES

10

## TITLE

**UKRAINIAN EASTER BREAD**

Ukrainian Babka - Easter Bread

**INGREDIENTS**

7 cups flour  
 1 cup sugar  
 4 whole eggs  
 3 yolks  
 1/2 lb of butter (unsalted)  
 2 packs yeast  
 2 cups whole milk  
 1/2 tsp salt  
 Rind of 1 orange  
 1 tsp vanilla

Egg whites for coating

**INSTRUCTIONS**

Prepare yeast according to package directions

Scald milk, & let it cool. Melt butter & let it cool.

Beat eggs yolks and add sugar and beat til lemony colour. Add salt and rind

Add everything to flour in this order:

Whole Eggs to flour and mix

Melted butter to flour and mix

Warm milk to flour and mix

Egg/sugar mixture to flour and mix

First mix with wooden spoon & then knead by hand for about 1/2 hour until dough is no longer sticky, (I use a mixer, but my Baba didn't).

Cover and let rise until double in size. Then, punch down and shape into round balls with smooth top & put into greased tins 1/3 full. Let it rise again til close to top.

I use old coffee tins, greased well or lined with parchment paper. They have to be metal without a plastic coating on the inside. They're hard to find these days. If you can't, then use any tin you want.

Brush top with beaten eggwhites.

Bake in preheated oven at 350 for about 40 minutes. When baked, let stand in tins for about 5 minutes. Then carefully remove and allow to cool. enjoy

**STORY OF RECIPE**

This is my family recipe for Ukrainian Easter Bread.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 180min

**COOKING TIME**

&gt; 40min

NAME

Ben Butcher

FROM

Canada

AGE

20

SERVES

15

## TITLE

**SQUISHABLE CHOCOLATE CHIP COOKIES**

Ben Butcher :-)

**INGREDIENTS**

- 1/2 Cup of Butter, softened
- 2 Eggs
- 4 Teaspoons of vanilla extract
  
- 1 1/2 Cups of Semisweet Chocolate Chips
- 1/2 Cup Brown Sugar
- 1/2 Cup Sugar
- 3/4 Teaspoon Baking Soda
- 1 2/3 Cups all-purpose flour

**STORY OF RECIPE**

It's a recipe my mum showed me. It's kind of a happy place for me. While baking these I always used to listen to the FOTF Narnia books. So good.

**INSTRUCTIONS**

Preheat your oven to 375 degrees F

In a purple bowl (it MUST be purple) cream the butter eggs and extract of vanilla

Add everything else.

In no particular order. Be sure to mix as you add. Also, try to make sure that as much dough as possible gets eaten during the final stages. This is crucial to the enjoyment of the recipe.

**IMPORTANT:** The tricky thing with these is to ensure that they don't end up cakey. **\*\*Shudder\*\*** If they are puffed up when you take them out, squish them with your flipper. This ensures moist deliciousness

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 8–10min

NAME

Katherine G.

FROM

USA

AGE

26

SERVES

30

## TITLE

**SPICY CHOCOLATE COOKIES****INGREDIENTS**

- 1 1/3 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 8 Tablespoons unsalted butter, at room temperature
- 3/4 cup granulated sugar
- 1/2 cup brown sugar
- 1/2 cup cocoa powder
- 3 large eggs
- 3/4 teaspoon vanilla extract
- 3 ounces bittersweet chocolate, melted
- powdered sugar (optional, for dusting)

**INSTRUCTIONS**

1. Combine flour, cinnamon, cayenne pepper, salt, baking powder, & baking soda in medium bowl. Whisk until well blended.
2. With an electric mixer, beat butter and sugars briefly.
3. Add cocoa to butter/sugar mixture and beat on medium speed until well blended.
4. After scraping down sides of bowl and beaters, add eggs one at a time, mixing until blended after each addition.
5. Add vanilla with last egg and mix until well blended.
6. Add cooled, melted chocolate and mix on low until just blended.
7. Add flour mixture and mix on low until well blended.
8. Drop large balls of dough (about golf ball-sized) on cookie sheets lined with parchment paper.
9. Bake at 350° F about 11-13 minutes, until cookies are puffed and tops are cracked and look dry.
10. Let sit for 5 minutes, then transfer to rack to cool completely.
11. Dust with powdered sugar if desired.

**STORY OF RECIPE**

I really love chocolate with spices, so I adapted this recipe from one I found online – the original just didn't have enough "kick" for me!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 8–10min

NAME

Hanna

FROM

Australia

AGE

25

SERVES

6–8

## TITLE

**GRANDMA'S LEMON CAKE**

Dave

**INGREDIENTS***Cake*

250g soft diced butter  
250g sugar  
4 eggs  
3-5tsp vanilla sugar  
5tbsp lemon juice  
300g sifted flour  
3-5tsp baking powder

*Icing*

approx. 200g sifted icing sugar  
small amount of lemon juice

**INSTRUCTIONS**

This is easiest prepared with a hand mixer or food processor, but can be managed by hand if in a pinch. Don't attempt to use a blender as it will overbeat the eggs.

1. Preheat oven to 160°C and grease/flour a deep rectangular bread tin (mine is 23cmx13cmx7cm)
2. Combine butter, sugar, eggs, vanilla sugar and lemon juice in a large bowl, careful not to overbeat the eggs.
3. Slowly sift in flour and baking powder until batter is smooth.
4. Bake for 50 minutes or until skewer comes out clean from centre (cover in aluminium foil if outside is getting too dark).
5. Once cake has cooled, sift the icing sugar in a small bowl and very slowly add some lemon juice (you will need far less than you'd think). This part requires some trial and error to get the consistency and taste that's right for you. Generally, the whiter/thicker the icing the sweeter it will be, but a slightly translucent consistency makes for a nice tangy thin crust. It will taste quite sour by itself either way, but once on the cake will complement the sweetness perfectly.
6. Serve by itself or with whipped cream, custard, ice cream or berries. Perfect for outings with children as it is low-fuss and low-mess and I haven't met a child who doesn't love it yet.

**STORY OF RECIPE**

My grandma used to make this cake every Sunday for tea. It's very easy to make and provides a versatile, delicious dessert especially for picnics or trips with children

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–15min

**COOKING TIME**  
> 50–60min

•  
•  
•  
•  
•  
**1 RECIPE  
INCLUDES  
A LIVING  
ORGANISM**

NAME

Megan Cross

FROM

South Africa

AGE

25

SERVES

~ 40 rusks

## TITLE

**BUTTERMILK MUESLI RUSKS ( BISCOTTI )**

Dr Lisa Nienaber

**INGREDIENTS**

- 2 cups sugar
- 2 cups buttermilk
- 4.5 cups Kellogs All Bran cereal
- 3 eggs
- 1 kg wholemeal self-raising flour
- 500 g butter
- pinch salt
- 1 cup sunflower seeds (feel free to vary it up with pepitas, peanuts, dried fruit and chocolate chips)

**INSTRUCTIONS**

Mix buttermilk, sugar and eggs thoroughly.  
Melt butter and add to buttermilk, sugar and egg mixture.  
Mix in dry ingredients

Bake at 180 celsius for 45 minutes in a brownie/roasting pan.

Cool and cut into fingers. They should be soft like cake.

Return fingers to baking tray and allow to dry out in an oven set to 90 celsius until dry throughout and crunchy (bordering on hard - they soften wonderfully when dunked into warm beverages!). Drying out varies from oven to oven. A simple way to do it is to leave them in a warm oven overnight.

**STORY OF RECIPE**

Rusks are uber South African! They're buttery and sweet, filled with healthy seeds and nuts. Best dunked in tea or coffee - or broken up over ice cream!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45 + drying time

NAME

Susanne Mnich

FROM

Germany

AGE

SERVES

10

## TITLE

**RUSTIC BAGUETTES AND ROLLS****INGREDIENTS**

1000 g = 35,3 oz of Wheat flour (Type 550 also called all-purpose flour)  
 650 g = 23 oz of Water  
 22 g = 0,8 oz of Salt  
 5 g = 0,18 oz of instant yeast  
 some coarse-grained wheat semolina for sprinkling (or other flour)  
 a few drops of olive oil for oiling bowls

**INSTRUCTIONS**

Rustic Rolls and Baguettes whenever you want - Every Day Rolls

Mix all ingredients at low speed (or with hands) for 10 minutes. Let the dough rest for 20 minutes.

Stretch and fold the dough from bottom to top with a dough scraper. Then stretch the same way from all four sides (rotating bowl).

Repeat this stretching and folding 2 more times, at 20-minute intervals.

After the last fold transfer dough to a lightly floured work surface.

Divide it into three or four pieces and form balls. Place the balls, seam side down, into lightly oiled bowls.

Place the bowls, well covered, in refrigerator for 12 hours to 12 days. (Yes!)

Whenever rolls wanted:

Preheat oven to 230 °C / 450 °F including steam pan. Line baking sheet with parchment paper and sprinkle it with some semolina.

Take one of the bowls and divide dough into pieces. With floured fingers shape baguettes or rolls without kneading. (It's not necessary to warm up the dough before using.)

Put them on perforated or parchment lined baking sheet and sprinkle with some semolina, score with a knife or kitchen scissors.

Place rolls in preheated oven, pouring 1 little cup boiling water in steam pan.

Bake for ca. 20-25 minutes until they are golden brown. (remove the steam pan after half baking time)

Let's cool on a rack and:

ENJOY YOUR ROLLS!

**STORY OF RECIPE**

For all cases... there are always some bowls with this dough in our fridge... Hey-Sidekick-Team, I like your project and wish you many more ideas. Let's have fun and enjoying life!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30 + 60min

**COOKING TIME**  
 > 30min

NAME	FROM	AGE	SERVES
Jude Hann	UK	43	12

#### TITLE

## ERIN'S BLACK FOREST CUPCAKES



#### INGREDIENTS

*Ingredients for the cakes:*

125g/4½oz butter, softened  
175g/6oz caster sugar  
2 free-range eggs  
200g/7oz self-raising flour  
2 tbsp cocoa powder  
125ml/4fl oz milk  
100g/3½oz dark chocolate (minimum 70% cocoa solids), melted, plus extra to serve

*Cherry Compote filling:*

200g fresh cherries, stoned and chopped  
3 tablespoons of water  
2 heaped tablespoons of caster sugar  
½ tsp arrowroot or cornflour mixed with a little water to make a smooth paste

*Topping:*

300ml/10fl oz double cream, lightly whipped  
Shaved dark chocolate  
12 cherries with stalks  
A bit of edible glitter if you have it for added sparkle!

#### INSTRUCTIONS

Preheat the oven to 170C/325F/Gas 3. Line a 12-hole muffin tray with paper cases.

2. Beat the butter and sugar together in a bowl until light and creamy. Gradually add the eggs, one at a time, until well combined. Sift in the flour and cocoa powder and mix until well combined. Fold in the milk and melted chocolate.

3. Spoon or pipe the mixture into the muffin cases and bake for 18-20 minutes, or until well risen and springy to the touch.

4. Remove the cakes from the tin and set aside to cool on a cooling rack.

5. Place the chopped cherries and water in a small saucepan and heat to a gentle simmer for 10 minutes (or until the cherries begin to squash. Add the sugar and stir in to dissolve. Take the pan off the heat and add the arrowroot/cornflour paste and beat until thickened.

7. Using a small knife make a well in the middle of each cake by removing a disk of cake (or use a cupcake / apple corer). Fill with the cherry compote.

8. Pipe or spoon a swirl of cream onto the cakes and top with a cherry. Just before serving, grate over some chocolate and sprinkle with edible glitter if you have some.

#### STORY OF RECIPE

The idea for this recipe was designed by my daughter Erin. I baked them and won a work baking competition! They are delicious and make an impressive afternoon tea treat!

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN            |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE           |

#### PREPARATION TIME

> 30min

#### COOKING TIME

> 20min

NAME

Lyndon Hall

FROM

australia

AGE

23

SERVES

15

## TITLE

**COCONUT FRUIT NUT DELIGHT****INSTRUCTIONS**

Mix all ingredients in a bowl  
Mix well.

Line an oven tray with baking paper.

Spoon mounds of mixture onto tray

Wet your hands and squeeze each mound to compress mixture together.

Bake 160 degrees C  
for 15 minutes or till starting to turn golden on top.  
Watch carefully so as to not overcook.  
Remove from oven and leave on tray till cool. Don't try to move them till cool or will fall apart.

**INGREDIENTS**

2 cups coconut  
1/2 cup chopped dried apricots  
1/2 cup dried cranberries  
1 cup mixed nuts (almonds and cashews are yummy)  
1/2 cup raisons  
1/2 cup currants  
1 tin sweetened condensed milk

**STORY OF RECIPE**

My grandmother used to make these and call them bumble bees. I have added cranberries, apricots and almonds to make them even more yummy. Makes 30

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 15–20min

NAME

Pauli

FROM

Germany

AGE

49

SERVES

8–10

## TITLE

**HAZELNUT & CHOCO CAKE BY AUNT HILDE****INGREDIENTS**

250 g of butter for baking,  
 200 g of sugar,  
 1 little bag of backing powder (about 10 g),  
 4 medium size eggs,  
 1 bag (about 30 g) of hot cooking custard pudding powder, 250 g of screened flour,  
 200 g of freshly made hazelnut powder,  
 200 g of crushed dark chocolate (at least 60-% of cacao content),  
 some ml of 3,6-% fat containing milk.

**INSTRUCTIONS**

Place everything including flour in a medium sized plastic bowl and start mixing a slow speed. After about 1 minute of mixing place hazelnut powder and crushed dark chocolate in small portions while continuing mixing.

As soon as some dough has been formed adjust the soft texture by adding milk until a smooth and little bit wet dough is formed.

Place dough in a baking pan well lubricated with grease and bake everything at 150 °C for 50 to 65 minutes. After 50 minutes start testing the texture inside the cake by piercing into it with a thin wooden stick or a thin metal needle. As soon as the stick/needle comes out dry the cake is ready.

Don't use higher temperature or fan. The cake is best, when dried out slowly. If you feel after about 50 minutes in the oven it turns too dark on the top place some aluminum foil on top.

After you took the baking pan from the oven turn it upside down on a tray and place a wet cloth on the back of the pan. Let it stay and cool for some minutes. Then the cake gets released easily. Flip it around again and allow for some more cooling time. If you want to, you may put some chocolate topping on it. It tastes great, when served while still a little warm and with some whipped cream.

**STORY OF RECIPE**

This cake was made by my Aunt Hilde for Sundays tea whenever she visited our family. Kids got some extra dough from her while she was still preparing the cake.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–15min

**COOKING TIME**  
> 55–65min

NAME

Billy Hamlin

FROM

USA

AGE

34

SERVES

About 12

## TITLE

**PRETZEL ROLLS****INGREDIENTS***Dough:*

- 250mL milk
- 25g butter
- 25g sugar
- 1 envelope yeast
- 10g salt
- 425g cups bread flour

*Boiling Solution:*

- 2L water
- 200g baked soda

*Egg Wash:*

- 1 egg
- 5mL water

**INSTRUCTIONS**

Heat milk and butter until warm (check the temperature requirements for the yeast you are using); the butter will not completely melt. Combine with yeast and sugar in a large mixing bowl. If your yeast requires a bloom, let it do so at this point.

Stir in salt and about 3/4 of the flour. Mix to combine, gradually adding enough remaining flour to make a soft dough. Knead on a floured surface until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, cover and let rise for 1 hour or until doubled in size.

Preheat oven to 200 °C. Combine boiling solution and apply heat for a boil.

Punch dough down and divide. 12 equal pieces yields a dinner roll size, 6 equal pieces will make a burger bun size, and 4 equal pieces are ideal for a sandwich loaf. Form each piece into a ball. Allow the dough to proof again while the solution comes to a boil.

The boiling solution will foam. Adjust your heat to keep the foam in check. Boil each dough piece in the solution for about 30 seconds to a minute, keeping it rolling the entire time. If you have a wire spider you can use it to submerge the roll entirely, being careful to ensure the roll is not catching on the wire. Remove using a wire spider or slotted spoon allowing it to drain. Place on a greased baking sheet. Brush with egg wash and cut a cross in the top.

Bake for 15 minutes at 200 °C; then reduce the temperature to 175 °C and bake an additional 10 to 12 minutes until the loaves are evenly browned. Remove from pan and cool on a wire rack.

**STORY OF RECIPE**

This is an old German pretzel recipe, modified to make hamburger buns.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Peach Hilton	England	52	10

TITLE

## CHERRY TEABREAD



### INGREDIENTS

175g Light Golden Sugar  
 200g Glace Cherries cut in half  
 200g Apricots (dried) chopped  
 200g Prunes chopped  
 150g 'All Bran' cereal  
 3 Eggs lightly beaten  
 280ml Buttermilk  
 150ml Milk (approximately)  
 350 g Self Raising Flour  
 2 teaspoon Mixed Spice

Apricot Jam for the top.

### INSTRUCTIONS

Put the sugar, cherries, apricots, prunes and bran in a large bowl.  
 Mix the eggs and buttermilk together in a measuring jug and make up to 600ml with the milk.  
 Add the liquid to the fruit, mix well, cover and leave for 2 hours.  
 Line 2 loaf tins.  
 Sift the flour and the spice into the fruit and mix really well so that all the flour is mixed in.  
 Divide the mixture between the 2 tins.  
 Bake for 1 hour, oven 180c or gas 4.  
 Remove from the oven and spread Apricot Jam over the top of each loaf.  
 Remove from the tins and cool on a cooling rack.

Delicious warm or cold, anytime of the day, with or without butter.

### STORY OF RECIPE

This recipe has evolved from one which I have had for many years and I make changes according to the ingredients I have in my store cupboard.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min + 2hr

COOKING TIME  
 > 60min

NAME  
Laurie Modell

FROM  
USA

AGE

SERVES  
8–12

TITLE

## CRAN OAT KISS CHOC CHIP COOKIES



### INGREDIENTS

1 lb. butter, softened

2 ½ cups brown sugar

4 large eggs

¾ cup low fat milk

2 cups whole wheat flour

¾ Tablespoon baking soda

¾ Tablespoon baking powder

4 cups rolled oats

4 ½ cups wheat bran flakes

1 cup toasted wheat germ

1 cup chopped almonds

¼ cup dried cranberries

¾ Tablespoon cinnamon powder

2 cups chocolate kisses

2 cups semi-sweet chocolate chips

### INSTRUCTIONS

Preheat oven to 350 degrees.

*Wet Mixture:*

Cream butter, add in brown sugar and beat until smooth. Add in eggs, then milk.

*Dry Mixture:*

In a separate bowl, mix flour with baking soda and baking powder.

Add in rolled oats, flake cereal, wheat germ, almonds and cranberries.

Add dry mixture to wet mixture and stir together until thoroughly until combined.

Use a tablespoon and spoon cookie mixture onto a greased baking sheet – each cookie should be about 2" apart.

Press a chocolate kiss into the center of each cookie.

Bake for 10-12 minutes or until lightly browned.

Makes about 5 dozen cookies.

Approximate nutrition value per cookie: 120 carbohydrates/15g protein/2.5g fat/6 g fiber/1.5g cholesterol/20mg sodium/130mg potassium

### STORY OF RECIPE

A vegetarian friend of mine made me these amazing cookies! I altered his recipe a little. They are addictive, but can also just satisfy a sweet craving without over indulging.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 10–12min

NAME	FROM	AGE	SERVES
Victoria Talbot	Australia	34	6–8

**TITLE**

## SUGAR FREE SPONGE CAKE

Mary Williams BA (hons) <http://www.sugarfreerecipes.com>

**INGREDIENTS***Cake:*

150g (5oz) butter  
Three tbsp honey  
Three large eggs  
150g (5oz) self-raising flour

*Filling:*

Two tbsp sugar free strawberry jam  
Cream - whipped (if desired)

**INSTRUCTIONS**

1. Preheat your oven to 170 deg C/325 deg F/gas mark 3.
2. Melt your margarine and honey in a small pan over a low heat.
3. Sieve your flour into a large bowl and stir in the hot liquid
4. Beat your eggs and stir those in too.
5. When thoroughly mixed, spoon the mixture into an 18cm (eight inch) cake tin.
6. Bake in the centre of the oven for approximately 30–35 minutes until risen and an inserted skewer comes out clean.
7. Remove from the heat and leave to cool for 10 minutes. Then turn out from the tin and place on a rack to cool further.
8. Slice in half and spread with sugar free strawberry jam. Serve with whipped cream.

**STORY OF RECIPE**

I found this recipe when looking for sugar free treats for my infant daughter. It has been a raging success because it's so easy, and so tasty!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5–10min

**COOKING TIME**  
> 30–40min

NAME	FROM	AGE	SERVES
Jane	Scotland	39	8

#### TITLE

## BERRY LOAF



#### INGREDIENTS

113g butter  
130g of any type of berries (I used raspberries but blueberries are also great)  
250g flour, plus 1 tablespoon  
225g sugar  
2 teaspoons baking powder  
1 teaspoon salt  
45g oats  
250g Greek yogurt  
2 eggs  
1 teaspoon vanilla

#### INSTRUCTIONS

1. Preheat oven to 190°C. Line a 9×5-inch loaf pan with parchment paper or lightly butter and dust with flour.
2. Melt butter either in a saucepan or the microwave and allow to cool.
3. In a small bowl, toss the berries with 1 tablespoon flour. This will stop the berries from sinking.
4. In a large bowl, whisk flour, sugar, baking powder, salt and oats.
5. In a separate bowl, mix yogurt, eggs, melted butter and vanilla together and then fold into the dry ingredients.
6. Add the berries and gently combine.
7. Scrape the mixture to loaf pan. It will be thick and a little sticky. 8. Bake for 50-55 minutes and golden brown and when a toothpick inserted into the loaf it comes out clean. Remove from oven and cool in the pan for 5 minutes then cool on a wire rack.

Serve warm or at room temperature.

#### STORY OF RECIPE

My son (4) and I love to go raspberry picking and always pick more than we can eat. This is our favourite recipe for using up the excess berries.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 50–55min

NAME  
Katherine Hilton

FROM  
England

AGE  
22

SERVES  
~ 15 cookies

TITLE

## SPICY OATMEAL AND SULTANA COOKIES



### INSTRUCTIONS

1. With an electric mixer, combine both the Sugars and Butter to create a light fluffy texture.
2. Add the Egg, Flour, Baking Powder, Cinnamon and Mixed Spice.
3. Stir in the Oats and Sultanas.
4. Make the mixture into balls and bake for 7-10 mins at 180 degrees.
5. Make sure to let the cookies cool for a few minutes before moving them.

### INGREDIENTS

100g Castor Sugar  
113g Dark Brown Sugar  
113g Softened Butter  
113g Plain Flour  
200g Rolled Oats  
130g Sultanas  
1 Large Egg  
1/2 Teaspoon Baking Powder  
2 Teaspoons Cinnamon  
1 Teaspoon Mixed Spice

### STORY OF RECIPE

These cookies are my favourite type and I have tried recipe after recipe and I still couldn't create the perfect cookie so I experimented and decided to create my own.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 7-10min

NAME

Julia

FROM

UK

AGE

45

SERVES

6

## TITLE

**SPECIAL CARROT AND APPLE CAKE****INGREDIENTS**

100g grated apple (1 medium apple)  
 100g grated carrot (1 medium carrot)  
 50g dried dates, chopped  
 100g raisins  
 50ml soya milk  
 2 eggs  
 50g sugar  
 100g wholemeal self raising flour  
 100g white self raising flour  
 1 tsp mixed spice  
 2 tsp demerara sugar

**INSTRUCTIONS**

- 1) Put the chopped dried dates in a small cup and add just enough boiling water to cover. Leave until cool, it will go all gloopy.
- 2) Sieve the flours, add the sugar, raisins and cinnamon in a large bowl.
- 3) Beat the eggs and add to the flours with the date gloop, apples and carrots. Mix in enough milk to make a thick batter.
- 4) Put into two 1 pound loaf tins, sprinkle 1tsp demerara sugar on each one and bake for about 40 minutes.
- 5) Allow to cool then slice and serve buttered

**STORY OF RECIPE**

Based on a walnut loaf recipe from a village recipe book my mum typed up when I was little, this is my ‘get the kids to eat healthy’ variation.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 40min

NAME

Caroline Aston

FROM

United Kingdom

AGE

SERVES

12

## TITLE

**GINGERBREAD****INGREDIENTS**

8 ozs self raising flour

2 teaspoons ground ginger

pinch of salt

2 ozs demerara sugar

4 ozs golden syrup

4 ozs black treacle

3 ozs butter

1 egg

½ pint milk

**STORY OF RECIPE**

My Nan always used to make this cake when I used to visit and I found this recipe along with many others in a file with lots of scribbled notes.

**INSTRUCTIONS**

Sieve the flour, ginger and salt into a mixing bowl.

Melt the butter in a saucepan with the syrup, treacle and sugar, but do not let it get too hot.

Beat the egg and add it to the milk.

Add all ingredients to the flour mix and stir well.

Put the mixture into a greased baking tin measuring approx 9 ½ x 7 ½ inches.

Put in a oven for 35-45 mins at gas mark 3, 330 F, 170 C (or 150 fan). It is cooked when a skewer comes out clean.

If you prefer a lighter cake, substitute some or all of the treacle for syrup.

Can be served as a cake or warm with ice cream or custard for desert.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 10min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Jonathan Mars	United States	46	4–6

TITLE

## BARLEY / OAT SOURDOUGH FLATBREAD



### INGREDIENTS

*Sourdough starter:*

- 1 cup pearled barley
- 1/2 cup oats

*Dough:*

- 2-4 cups flour, depending on desired consistency of dough
- salt, or to taste (roughly 1 to 2 teaspoons)
- 1-2 tablespoons olive oil or melted butter
- 1/4 cup scallions
- 1/4 chili peppers
- ground black pepper to taste

### STORY OF RECIPE

I improvised this recipe after reading Sandor Katz's Wild Fermentation. It evolved from fermenting breakfast porridge grains - I realized that the fermented grains would make a great sourdough starter.

### INSTRUCTIONS

Make your starter: Place barley and oats in a bowl and cover with water by 1 to 2 inches. Let sit on kitchen counter, covered with a cloth napkin or towel, for at least one, but up to two days. If grains absorb all of the water, add enough to cover the mixture.

Place soaked grains in a blender and puree to a smooth consistency. Return to jar or bowl, cover and let the mixture sit anywhere from 1 to 4 days. Over time, the mixture should turn bubbly and begin to smell pungent. (It may also take on a slightly gray-purplish appearance due to the barley; this is normal.)

If you like a really sour sourdough, you may continue feeding the starter with oats, barley or wheat flour and let sit for a few more days. I've let my starter sit for as long as a week. The yeasts will grow slowly at first, but then begin to thrive.

Once you are ready to make the dough, place the starter mixture in a big bowl, and add the remaining ingredients. I don't measure my flour anymore. I just add enough until the dough is pliable, not too sticky and ready to knead.

Turn the dough out onto a work surface covered with flour or with a thin coating of oil or butter, and knead for 10 to 15 minutes. Return dough to the bowl, coat lightly in oil, and cover with plastic or a damp towel. Let sit on the counter for 1 to 4 or more hours (depending on how sour you want your dough). I've let mine go all day.

When you are ready to bake, divide dough into balls the size of a large walnut or a small lemon. Sprinkle flour on your work surface, and roll the dough into rounds 1/8 to 1/4 inch thick.

At this point, you may either let the rounds sit, covered under plastic or a damp towel, for another hour or two (which should result in an airier bread), or you may go ahead and start baking.

To bake, place the rounds in a hot (450 to 500 degrees) oven on a baking sheet or stone. You can also cook the breads on the stovetop in a large cast-iron skillet over high heat. I prefer the skillet method.

Let bake for 1-2 minutes and then flip the bread over and let cook another minute or so.

Let cool on a rack.. These breads are great accompaniment for any kind of soup, stew or salad.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 60–90min

### COOKING TIME

> 2–4min

NAME	FROM	AGE	SERVES
Liesl McMurray	United States	46	1 batch = 1 house

## TITLE

## GINGERBREAD HOUSE DOUGH



## INGREDIENTS

1/2 Cup Butter  
1/2 Cup Shortening  
1 Cup Sugar  
1 1/2 Teaspoons Ginger  
1 1/2 Teaspoons Allspice  
1 Teaspoon Baking Soda  
1/2 Teaspoon Salt  
1 egg  
1/2 Cup Molasses  
2 Tablespoons Lemon Juice  
1 1/2 Cups Whole Wheat Flour  
1 1/2 Cups White Flour

## INSTRUCTIONS

Beat butter and shortening in a large mixing bowl with an electric mixer on medium to high speed for 30 seconds. Add sugar, ginger, allspice, soda, and salt; beat until combined. Add egg, molasses, and lemon juice; beat until combined. Beat in the flour. Divide dough in half and wrap the halves in plastic wrap. Chill for 3 hours or until firm enough to roll out.

Roll our and cut into desired shapes. Bake at 375 degrees for 10-12 minutes or until edges are light brown. While cookies are warm, place patterns (or cookie cutters) on them and trim away any excess dough. Let pieces cool completely on cookie sheet.

*Note:*

Gingerbread house patterns can easily be found on the internet or you can make your own. The more exactly pieces are cut after cooking, the easier the house will fit together. To hold the house pieces together easily put two cups of sugar in a sauce pan and heat until the sugar is melted and brown. Use a spoon to drip the melted sugar along an edge of the house. Place the edges together and hold until the sugar has cooled and the edges are cemented together. Be careful, the melted sugar is HOT and will BURN. It cools and cements the pieces together quickly and firmly.

## STORY OF RECIPE

We have a party every Christmas to decorate gingerbread houses or sleighs that I have cooked in advance.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 240min

COOKING TIME  
> 12min

NAME

Simon

FROM

United Kingdom

AGE

32

SERVES

6–10

## TITLE

**CHOCOLATE BANANA BREAD****INGREDIENTS**

120g butter  
 240g sugar  
 2 eggs  
 4 ripe bananas  
 210g flour  
 1 teaspoon bicarb soda / baking soda  
 1/2 teaspoon of salt  
 1 teaspoon of vanilla essence  
 75g chocolate chips

**INSTRUCTIONS**

1. Combine butter (room temperature), sugar and vanilla by hand in a bowl.
2. Next add the eggs and the mashed banana. Continue mixing by hand until well combined and you can no longer feel lumps of butter.
3. Sift flour, bicarb soda and salt into the mixture, combining as you go.
4. Add chocolate chips. Mix evenly.
5. Pour into a greased and floured 2lb loaf tin.
6. Bake at Gas Mark 4 (180°C) for 60–65 minutes.
7. Test whether the cake is cooked with a skewer or thin chopstick. When it comes out mostly clean, it's ready. Don't confuse wet banana for uncooked batter. This is a moist cake so some moist cooked bits of mixture will appear on the skewer. This is normal.
8. Leave to cool. Keep refrigerated for storage.

**STORY OF RECIPE**

I combined multiple banana bread recipes into one - the king of all banana breads. All you need is a loaf tin, bowl, hands and the ingredients. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 15min

**COOKING TIME**  
 > 60min

NAME	FROM	AGE	SERVES
Patricia Harrington	USA	58	10–12

TITLE

## LEMON POPPY SEED MUFFINS



Patricia Harrington

### INGREDIENTS

1 tablespoon zest of two lemons  
 1-2 tablespoons poppyseeds  
 1/2 cup brown rice flour  
 3/4 cup white Rice Flour  
 1 tablespoon coconut flour  
 1/4 cup golden flax seed meal  
 1/2 teaspoon salt  
 2 1/2 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon xantham gum  
 3/4 cup sugar  
 1/2 cup unsalted butter, melted & cooled  
 1/3 cup lemon juice (I prefer Meyer lemons)  
 1/2 cup almond milk  
 2 teaspoon vanilla  
 2 eggs  
 demerara sugar  
  
 12 cup muffin pan  
 muffin cups

### INSTRUCTIONS

- Pre-Heat Oven to 400 degrees
- 1. Whisk together dry ingredients including poppyseeds & lemon zest
- 2. Whisk together sugar & melted butter, to this batter add; lemon juice, vanilla, eggs and almond milk
- 3. Add dry ingredients in thirds, folding the dry into the wet ingredients.
- 4. Divide the batter evenly among the cups, sprinkle the tops lightly with demerara sugar
- 5. Bake @ 375° for 25-30 minutes, or until golden on top and firm to the touch
- 6. Allow to cool 10 min before serving.
- 7. Will keep 3 days in the cupboard.

### STORY OF RECIPE

These muffins are the result of a request by my nephew Eric, a Marine, for a really good Lemon Poppyseed muffin.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 25–30min

NAME

Herb Holloway

FROM

USA

AGE

51

SERVES

6

## TITLE

**AWESOME APPLE BRAN MUFFINS**

Casey Holloway Mabry

**INGREDIENTS**

1 1/4 cups flour  
 1 Tablespoon baking powder  
 1 teaspoon cinnamon  
 1/2 teaspoon salt  
 1/2 cup granulated sugar

1 cup bran flakes or raisin bran  
 1/2 cup rolled oats  
 1 1/4 cup milk  
 1 egg or 2 egg whites (beaten)  
 2 (regular) or 3 (small) apples  
 1/2 cup raisins (optional)

(Optional streusel topping)  
 1 Tablespoon butter  
 3 Tablespoons brown sugar  
 1 Tablespoon flour  
 1/2 teaspoon cinnamon

**INSTRUCTIONS**

Preheat oven to 400 degrees Fahrenheit.

Mix or sift together the first five dry ingredients in a small to medium bowl.

Mix the cereal, oats, milk, raisins (optional), and egg in a large bowl. While the cereal mixture soaks and softens, peel and shred/grate (or chop finely) the apples.

Add the shredded/chopped apples to the cereal mixture and mix well.

Add the flour mixture to the cereal/apple mixture and mix just until combined. Spoon into 12 greased muffin-pan cups.

If adding the optional streusel topping, crumble the streusel ingredients together and sprinkle on top of the muffins before baking.

Bake at 400 degrees Fahrenheit for approximately 20-25 minutes.

**STORY OF RECIPE**

I created this recipe about 25 years ago to satisfy my love of apples in a low-fat, healthy muffin. My daughter later added the streusel topping to step it up.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20min

**COOKING TIME**  
 > 25min

NAME

Melanie Betz

FROM

United States

AGE

27

SERVES

12

## TITLE

**POTATO CHIP COOKIES**

Nikolas Newell

**INGREDIENTS**

- 1 cup of butter
- 1/2 cup of sugar
- 1 teaspoon pure vanilla extract
- 1 and 3/4 cups all-purpose flour
- 1/2 cup potato chips (lightly crushed)

**INSTRUCTIONS**

Place the 1 cup of softened, room temperature butter into a medium to large mixing bowl.

Cream the 1/2 cup of sugar with the butter.

Add 1 teaspoon pure vanilla extract to the creamed butter. Mix until vanilla is incorporated.

Add 1 and 3/4 cups of all-purpose flour. Mix the dough until everything comes together. The dough should be soft; if you over beat, the dough might get too hard.

Add the lightly crushed potato chips to the dough and fold in with a spoon.

Portion out the cookies onto a nonstick cookie pan with about a tablespoon per mound. Make ridge with fork.

Bake at 350 degrees Fahrenheit for 12-15 minutes.

Makes 32 cookies.

**STORY OF RECIPE**

This recipe was passed down from my great-grandmother to my grandmother to my father to me. She started baking the potato chip cookies sometime in the 1930s in Chicago.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 10–15min

NAME

Alicia M

FROM

United States

AGE

26

SERVES

12

## TITLE

**STUFFED BANANA CHOCOLATE MUFFINS****INGREDIENTS**

- 3/4 cup all-purpose flour
- 3/4 cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg (a bit more can be nice)
- 1 egg
- 1 heaping cup mashed over-ripe bananas (about 2 medium)
- 1/4-1/3 cup packed brown sugar
- 1/2 cup milk (can be fat-free)
- 1/4 cup oil
- 1 heaping cup roughly chopped pecans and chocolate chips (mix to taste)

**INSTRUCTIONS**

If you want, you can chop your own pecans. It's really good, if you're chopping anyway, to toss in some of the chocolate chips as you're chopping and get some different sized chocolate chunks in your mix.

In a large bowl, combine the first six ingredients.

In a small bowl, beat the egg, bananas, brown sugar, milk and oil. Stir into dry ingredients just until moistened.

Stir in pecans and chocolate.

Coat muffin cups with cooking spray; divide batter evenly. Scoop from the bottom of the bowl to keep ingredients mixed (they tend to settle).

Bake at 400° for 13-18 minutes.

They're ready when the tops are firm and dry looking, and bounce back when tapped (instead of feeling gooey or sinking) and they turn this lovely dark gold, or you can use the clean-knife trick. The cooking time varies widely depending on the oven. Sometimes they finish as early as 11 minutes, sometimes as late as 20. Check regularly unless you know your oven really well.

**STORY OF RECIPE**

I love to experiment and tweak recipes, so when I found a couple of recipes that were almost what I was craving, I went to work. It was a success:)

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 7min

**COOKING TIME**  
> 15min

NAME

Gerry Arcand

FROM

Canada

AGE

32

SERVES

12

## TITLE

**BIRDS NEST MUFFIN****INGREDIENTS**

12 small or medium eggs soft-boiled

1 cup corn meal

1 cup all purpose flour

2 tablespoons sugar

4 teaspoons baking powder

1/2 teaspoon salt

1 cup milk

1 egg

1/4 cup vegetable oil

1/2 cup shredded old cheddar

1/4 cup bacon bits

1/4 cup chives

**INSTRUCTIONS***To soft-boil eggs:*

Fill a saucepan with water and bring to a boil. Gently lower eggs into the water and cook for 7 minutes. Remove and run under cold water then set aside for later. This can be done in batches.

*Muffin prep:*

Preheat oven to 425F

In a large bowl combine cornmeal, flour, sugar, salt and baking powder.

Add milk, egg and oil. Beat until smooth. Stir in cheddar, chives and bacon bits.

Grease a muffin tray then place one spoon full of the mixture in the bottom of each cup.

Carefully peel your soft-boiled eggs. Place an egg on its side in the center of each cup.

Spoon the rest of the mixture over the eggs.

Cook 10-15 minutes or until a gentle push meets firm resistance.

**STORY OF RECIPE**

This was my attempt at a challenge to bake an egg with a still runny yolk. I failed to get a runny yolk but ended up with a wonderful breakfast.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 10–15min

NAME

Dan Summers

FROM

United Kingdom

AGE

31

SERVES

5–10

## TITLE

**APPLE AND CINNAMON LOAF****INGREDIENTS**

- 150g demerara sugar
- 150g unsalted butter (30s in the microwave makes it easier to mix)
- 150g self-raising flour
- 3 medium free-range eggs (beaten)
- 1 medium apple (I use Braeburns, but any eating apple should do)
- Two dessert-spoons of cinnamon

**INSTRUCTIONS**

Preheat the oven to 180 degrees Celcius.

Grease a 4" x 8" loaf tin with butter, so the finished cake crusts nicely and doesn't stick.

Beat the butter and sugar together in a mixing bowl until thoroughly mixed.

Fold in the beaten eggs and flour, a little of each at a time, and stir the mixture until it's properly mixed.

Peel and core the apple, and cut it into wedges about 5mm thick. (I do this by quartering the apple, then slicing each quarter lengthwise into six or eight pieces).

Line the bottom of the loaf tin with a single layer of apple slices (about half the apple).

Pour in half the mix, dust with about a dessert-spoon of cinnamon.

Add the rest of the apple as another layer, then the other half of the mix, and dust with cinnamon again.

Sprinkle the top with a dessert-spoon-full of demerara sugar.

Bake in the oven for about 45 minutes, turning halfway through, until the cake is firm and golden and not soggy in the middle.

Cool in the tin for ten minutes, then turn out on to a wire rack.

**STORY OF RECIPE**

I learned a Victoria Sponge recipe three years ago, and I like to bake variations on it. This one adds apple and cinnamon, and uses demerara sugar instead of caster.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Haydn Marshall	England	32	20

TITLE

## CHOCOLATE CARAMEL SHORTBREAD



Denise Jaye

### INGREDIENTS

*Shortbread:*

8oz / 200g Butter  
4oz / 100g Castor Sugar  
12oz / 300g Plain Flour

*Topping:*

4oz / 100g Butter  
2oz / 50g Castor Sugar  
2Tablespoons Golden Syrup  
7oz / 175g can Condensed Milk  
4 – 6oz / 100g – 150g Milk or Plain Chocolate

### INSTRUCTIONS

*Shortbread:*

Beat the butter and sugar together until light and fluffy.  
Add the flour and mix together to form a soft dough.  
Knead lightly.  
Push into a 7 x 11 inch shallow oblong tin  
Bake Gas Mark 3/ 160 for approx 35 minutes until just beginning to colour.  
Leave to cool in tin.

*Topping:*

Place the butter, sugar, syrup and condensed milk into a heavy based saucepan.  
Heat gently until the sugar has dissolved.  
Boil for 5 minutes, stirring constantly, until toffee coloured and thickened.  
Pour and spread over the shortbread, leave to cool.  
When cold, melt the chocolate and spread evenly over the toffee.  
Leave to set ( I put it in the fridge ), when ready cut into slices.

*Cooking Times:*

It takes roughly 10 minutes to weigh all the ingredients.  
10-12 minutes to mix the shortbread and push it into the pan.  
35 to 45 minutes to cook the shortbread.  
50 to 60 minutes for the shortbread to cool down.  
10 to 15 minutes to make the caramel layer and spread it on the shortbread.  
Anything up to 2 hours for the caramel layer to cool down, it must be cold before you can put the chocolate on. Put it in the fridge to cool it faster, takes about an hour.  
5 to 10 minutes to melt the chocolate, (less if melting it in the microwave).  
2 minutes to spread it onto the caramel layer.  
Then it goes back in the fridge for 30 to 40 minutes until the chocolate is set so that it can be cut up.  
Put it in the fridge overnight and cut it the next day.

### STORY OF RECIPE

Taken from a baking guru's cookbook as it is simply one of the best treats I have ever tasted. Thanks Denise Jaye!

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 20min

### COOKING TIME

> 35min

NAME  
anne riston-guéchova

FROM  
France

AGE  
58

SERVES  
8–10

TITLE

## LIGHT ORANGE CAKE



### INGREDIENTS

- 2 oranges
- 170 g of sugar
- 250 g ground almonds
- 1 teaspoon baking powder
- 6 eggs

### INSTRUCTIONS

Poach the two oranges simmer for 2 hours.  
Open in half, remove the seeds, cut into large pieces and mix them with a blender with the sugar.  
Add almonds and baking powder, mix.  
Add the eggs, mix.  
Put the dough in a baking pan, cover with a tinfoil.  
Bake one hour at 180 °

### STORY OF RECIPE

The author is a queen in doing macarons, another sophisticated deserts. I asked her : • please make for us something very simple. And that was it !

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 130min

COOKING TIME  
> 60min

NAME

Jillian D

FROM

Canada

AGE

36

SERVES

12

## TITLE

**CRICKET OATMEAL CHIP COOKIES**

Jillian D

**INGREDIENTS**

1 cup softened butter or margarine

1/2 cup granulated sugar

1 cup brown sugar

2 eggs

1 1/2 tablespoons vanilla extract

2 1/4 cups old fashioned oats

2 cups all-purpose flour

1/4 cup cricket or locust flour

1/4 cup ground flax seeds

1 teaspoon baking soda

1 teaspoon salt

2 cups milk chocolate chips

**INSTRUCTIONS**

Preheat the oven to 350 degrees F. Grease a baking sheet or line it with a silicone mat.

In a large mixing bowl cream together the butter and sugars. Once smooth, no lumps, add the eggs and vanilla.

In a separate bowl or large measuring cup mix together all of the dry ingredients (oats, flour, cricket flour, flax, baking soda, and salt.)

Add the dry ingredients to the wet, mix until well combined.

Finally, mix in the chocolate chips.

Scoop heaping tablespoons of dough and place on the prepared baking sheet. Flatten heaps a little before putting into the oven.

Bake for 14 minutes or until set and golden. Makes about 2 dozen cookies.

Makes about 2 dozen cookies.

**STORY OF RECIPE**

A pretty basic cookie recipe that I've tweaked. If I'm going to have treats in my house they have to give something back- like iron, omega-3s, fibre and protein!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 15min

**COOKING TIME**  
> 14min

NAME	FROM	AGE	SERVES
Eva Vanthomme	Belgium	24	1–12

TITLE

## CHEWY NUT COOKIES OF NOM



### INGREDIENTS

250 g all-purpose flour  
 1/2 teaspoon baking soda  
 1/2 teaspoon salt  
 175 g of margarine, melted  
 200 g packed brown sugar  
 100 g white sugar  
 1 tablespoon vanilla extract  
 1 egg, room temperature  
 1 egg yolk, room temperature  
 150 g of nuts of your choice (I use a mix of cashew, pecan and macadamia)  
 100 g of raisins (I found golden raisins work best, but whichever you prefer is fine)

### INSTRUCTIONS

*Step 1:*

Preheat your oven to 170°C (325° F)  
 Line a cookie sheet with parchment paper. Do NOT grease.

*Step 2:*

Combine the dry ingredients (flour, baking soda, salt) and set aside. Chop the nuts. Make them as big or small as you like! Just be sure not to chop them too fine, you want chunks not powder.

*Step 3:*

In a bowl, cream together the melted margarine, brown and white sugar until well mixed. Beat in the egg, yolk and vanilla and mix until creamy and lighter in colour. Mix in the flour mixture until just blended. Grab a spatula and add the nuts and raisins. The Dough is done!

*Step 4:*

Now you can make the cookies as big or small as you like. Want a huge, chewy cookie? A good, heaped table spoon of dough will do that. Want them smaller? Grab a teaspoon instead.

Place the balls of cookie dough on your baking sheet and make sure they're about a pinkie length apart. The dough balls will melt as they heat up and you don't want them to turn into one giant puddle of Cookie!

Bake for 10 to 15 minutes in the preheated oven. Once the edges start to look golden and crispy, they're done! Remove from the oven once they're done and leave them to cool on the baking sheet for a few minutes before transferring them to a cooling rack to cool completely.

*Step 5:*

Enjoy the noms!

### STORY OF RECIPE

Originally a Chocolate chip cookie recipe. During the great Cookie Craving of 2014 I sadly found myself Chocolate Chip-less, so I made do with what I had. I regret nothing.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 10–20min

### COOKING TIME

> 10–15min

NAME	FROM	AGE	SERVES
Sarah Wathan	United Kingdom	40	5–10

TITLE

## WELSH BARA BRITH



Sarah Wathan

### INGREDIENTS

250grams mixed dried fruit  
100g dark brown muscovado sugar  
225ml strong hot tea (no milk)  
Pinch of salt  
1/4 teaspoon ground cinnamon  
1/4 teaspoon grated nutmeg  
1 large egg, beaten  
250g self raising white or light brown flour

### INSTRUCTIONS

Put dried fruit and sugar into a large heatproof mixing bowl. Pour over the hot tea and stir well. Cover with a clean tea towel, and leave to soak for a minimum of 6 hours, preferably overnight.

Heat oven to 160 C/325 F/Gas 3.

Grease a 450g/ 1lb loaf tin, line with a long strip of greaseproof paper covering the base and 2 short sides.

Add salt, cinnamon, nutmeg and beaten egg to the soaked fruit and sugar and stir well with a wooden spoon. Mix in the flour, then transfer the mixture into the prepared tin and spread evenly. Bake for about 1 hour, until a skewer inserted in the centre comes out clean. Stand tin on a cooling rack and leave for about 15 minutes before turning out.

Leave to cool before slicing.

### STORY OF RECIPE

Bara brith means speckled bread in welsh, this is a quick version of a traditional recipe. My 70 year old dad who hates baking makes one weekly.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 6hr

COOKING TIME

> 60min

NAME

Lizzan

FROM

Sweden

AGE

SERVES

20

## TITLE

**CHOCOLATE FRUIT CAKE****INGREDIENTS**

225 grams of butter  
 170 grams of dark chocolate  
 3,5 deciliters of granulated sugar  
 3 large eggs  
 2,4 deciliters of flour  
 1/4 teaspoon of salt  
 600 grams of dried or candied fruit, e.g. dates, figs, prunes, apricots, candied cherries, etc  
 3,5 deciliters of chopped nuts, e.g. hazelnuts, pecans or walnuts  
 1,5 teaspoon of cardamom (not necessary, but nice for Christmas)

**INSTRUCTIONS**

Melt butter and chocolate in a bowl in the microwave, or in a large heavy saucepan over low heat, stirring often. Remove from heat, and cool for about 15 minutes.

Stir in sugar. Add eggs, one at a time, stirring well after each addition. Add flour and salt, stirring until blended. Stir in candied fruits and nuts. Spoon mixture into 4 generously greased and floured 5 x 3 x 2-inch loaf pans. Put a baking sheet (cut to fit) in the bottom of the pan first to help get the loaf out after baking.

Bake at 175° C for about 35 minutes or until a wooden pick inserted in center comes out clean. The time varies a lot with the types of fruit and the size of the pans. Cool in pans on wire racks for 10 minutes; remove from pans, and cool on wire racks.

Seal cakes in heavy-duty plastic wrap and chill thoroughly before cutting. These loaves can be frozen.

**STORY OF RECIPE**

A nice, chocolatey fruit cake that is a real treat at Christmas. Goes great with a cup of English tea!

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 25min

**COOKING TIME**  
 > 60min

NAME

Brenna Jensen

FROM

Australia

AGE

35

SERVES

5

## TITLE

**SOURDOUGH BLUEBERRY CRUMPETS****INGREDIENTS**

1 cup sourdough starter (don't have one? make one or get one from a friend)  
 1/2 tsp salt  
 1 tsp sugar  
 1/2 tsp bicarb soda in a little water  
 knob of organic butter  
 blueberries (optional)

**INSTRUCTIONS**

Pour out your sourdough starter from your jar into a mixing bowl. The remnants of your starter in the jar will be enough to get your next batch of starter ready for future crumpets – add 1 cup of flour to the jar with water and mix to a porridge like consistency and return the jar to the fridge with a cloth lid.

Add the salt and sugar to the mixing bowl and mix well.

Heat a good quality fry pan with a little butter and lightly grease your crumpet rings/egg rings or cookie cutter rings and place them on the pan to heat up. If you don't have rings, don't worry, just blob the mix on the pan without rings and they'll be like thick hotcakes.

Just before cooking, add the bicarb water solution and mix into the batter well. Put a dessertspoon full of mix into each ring, cook on a medium to low heat. You need to cook them until they dry out on top and the bubbles burst. Might take up to 10 minutes. Try to use the mix up in one cooking batch as the bicarb will wear off quickly so get the batter cooking as soon as the bicarb soda is mixed in.

When the top has dried out, remove the rings, flip the crumpets and just cook for 1-2 mins on the bubbles side just to brown.

Before serving, lightly toast the crumpets then lather on butter and honey, or stack them up pancakes style with fruit, yogurt and maple syrup

Variation ( as pictured ) – Deluxe version: try adding a handful of frozen blueberries to the mix before cooking the crumpets or hotcakes and serving New York style a stack of them with crispy bacon and maple syrup.

**STORY OF RECIPE**

For anyone with a sourdough starter you must try this! For people without starters, it is worth starting one just to make these.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 10min

**39.8% OF  
THE RECIPES  
ARE COOKED  
IN THE OVEN**

NAME	FROM	AGE	SERVES
Marta (Karaś) Frąckowiak	Poland	31	16–20

TITLE

## BRIGHT SIDE OF ... CARROT CAKE



Marta (Karaś) Frąckowiak

### INGREDIENTS

*Pastry:*

- 4 eggs
- 1,5 cups sugar
- 2 cups plain flour
- 1 cup oil
- 2 cups finely grated carrots
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 0,5 cup raisins
- 0,5 cup chopped almonds
- 0,5 cup cashew nuts

*Frosting:*

- 500 grams Philadelphia cream cheese
- 150 grams soft butter
- 1 cup icing sugar

*Decoration:*

- almond flakes and brown sugar

### INSTRUCTIONS

*Pastry:*

1. Preheat the oven to 180°C/gas mark 4/350°F and line a baking tray with butter and flour or baking parchment.
2. Beat eggs and sugar until fluffy.
3. While processing, add oil very slowly.
4. Add flour, baking powder and baking soda bit by bit and mix it on a slow speed until the dough is thick and smooth.
5. Add finely grated carrots, raisins, almonds and cashew nuts and stir it all very gently with big spoon.
6. Pour it to the baking tray and bake it for about 35-40 minutes.
7. Cool the cake in the tray on a wire rack and then cut it in half lengthwise.

*Frosting:*

1. Mix the cheese in a big bowl until it's fluffy.
2. Add soft butter and icing sugar bit by bit and mix it until it's smooth.
3. Sandwich 2 halves of cake together with a layer of frosting and the rest of the frosting put on top of the cake.
4. To decorate sprinkle the top frosting with almond flakes and brown sugar.

### STORY OF RECIPE

This carrot cake will be one of your favourite cakes since it is very easy to prepare and I am sure you have most ingredients in your cupboard.

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 15min

### COOKING TIME

> 40min

NAME

Anat Earon

FROM

Israel

AGE

26

SERVES

8–10

## TITLE

**VEGAN MUSHROOM PIE****INGREDIENTS**

*For the crust:* (Though you can also use a bought one.)

- 3 cups of flour (500 gr)
- 1 tsp of baking powder (5 gr)
- 2 tsp of salt (12 gr)
- 100 gr of shortening or vegan butter, very cold, cut into cubes
- 1/2 cup of vegetable oil (not olive, it has a bitter aftertaste) (100 gr)
- 1/2 cup of water (120 gr)

*For the filling:*

- 1 large onion, diced (350 gr)
- 500 gr mushrooms of any kind, diced (I prefer portobello, and rather not use shitake. Anything else goes.)
- 1/2 tbsp of fresh thyme
- 1/4 tsp of ground nutmeg
- 1-2 tbsp of bourbon (to taste)
- salt and pepper to taste
- 300 gr firm tofu, drained and shredded
- 250 gr vegan cream cheese (you can also use silken tofu)
- 2 tbsp chopped spring onion
- 2 tbsp flour

**STORY OF RECIPE**

When I went vegan I desperately looked for good pie recipes. I came upon this filling by total mistake, and decided to turn it into the pie of my dreams.

**INSTRUCTIONS**

*To make the crust:*

In a medium bowl, mix together flour and baking powder. Add the shortening and with your hands, mix together until you have a very light crumbly mixture. Be careful not to melt the shortening. Add water and oil and mix together until you get dough that's soft. knead to get rid of any lumps, but don't over knead. Make a ball and wrap in with plastic wrap. Chill in a refrigerator for an hour.

*To make the filling:*

In a large pan over medium heat, saute the onions in olive oil until lightly transparent and golden. Add the mushrooms and keep sauteing until the mushrooms soften and the mixture shrinks in size. If the pan is too dry, add a bit of oil. Add thyme, nutmeg, salt and pepper.

Add the bourbon (You can skip this part if you don't want to use alcohol, but it adds aroma to the pie) and keep stirring for a few more minutes, until the alcohol evaporates. Turn the heat off.

In a bowl, mix together the shredded tofu and the mushroom mix from the pan. Add vegan cream cheese and flour, and mix very well. Taste and add more salt and pepper in needed. Set aside.

Take the dough out of the fridge and roll it into a circle, about 1/2 cm thick. To roll the dough easily and without mess, roll it between two sheets of parchment paper. Remove the top parchment paper, and use the bottom one to transfer the dough into a 24 cm pie dish. Cut the dough off the rim of the dish, and press it to the sides and bottom. Poke holes in the bottom with a fork, and put in the freezer for ten minutes.

After ten minutes take the dish out, and bake on 180 celsius for about 10 minutes or just until the edges of the crust become golden and the bottom is dry. Do not over bake!

Take the crust out and fill it with the mushroom and tofu mix. If you have remaining crust, you can use it to garnish the pie. You can also add more spring onion, or nutritional yeast for a cheesier taste.

Put back in the oven and bake for 30-40 minutes over 180 celsius.

Take out when the top and the crust are brown. Pie will be a little wobbly in the center, but it'll stiffen as it cools.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

> 40min

**COOKING TIME**

> 40min

NAME

Maria J.

FROM

Denmark

AGE

24

SERVES

10

## TITLE

**PEBERNØDDER ( CHRISTMAS COOKIES )****INGREDIENTS**

- 125 grams of butter
  - 125 grams of sugar
  - 1 tablespoon of treacle (golden syrup)
  - 1 egg
  - 200 grams of flour
  - 2 teaspoons of baking powder (or 1 teaspoon of baking soda)
  - 2 teaspoons of ground cardamom
  - 1 teaspoon of ground ginger
  - 1 teaspoons of ground cinnamon
  - Half a teaspoon of black pepper
- Following ingredients are optional, but recommended – use according to taste:*
- Half a teaspoon of ground allspice
  - Half a teaspoon of ground cloves
  - Half a teaspoon of vanilla sugar
  - Half a teaspoon of ground coriander

**INSTRUCTIONS**

1. Preheat the oven to 200 degrees Celsius.
2. Mix butter, sugar, treacle and all of the spices until soft.
3. Mix in the egg, the flour and the baking powder.
4. Mix well, then split the dough into four parts equal in size and roll them into long strands. They should be approximately as thick as a finger. Put the dough strands in the fridge for around 30 minutes.
5. Take out the dough strands and cut them into small pieces, approximately the size of grapes. Roll each piece into a small ball, place the pieces on a baking tray covered with wax paper. Press lightly on each piece to flatten them a bit.
6. Bake for 5-8 minutes in the middle of the oven (200 degrees Celsius).
7. Enjoy! Velbekomme.

**STORY OF RECIPE**

Pebernødder, literally “pepper nuts” in Danish, are a very typical kind of Christmas cookie in Denmark. The recipe is my sister’s friend’s mother’s, and I’ve used it for years.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45–60min

NAME	FROM	AGE	SERVES
Blair Dunton	Hong Kong	44	4-6

TITLE

## KOLACHKY BREAD



### INGREDIENTS

*Dough*

2 Dry cake yeasts (fresh yeast does seem to make a difference)  
 $\frac{1}{2}$  c H2O  
 1 c butter  
 1  $\frac{1}{2}$  c sugar  
 4 large eggs  
 4 c milk  
 12 c flour (actually I usually end up using more so make sure there is enough)  
 2 tsp salt

*Poppy Seed Filling*

4 c poppy seeds (finely ground- we use a coffee grinder)  
 1 c milk  
 1 c corn syrup  
 1 c sugar  
 2 tsp butter (chopped into mixture)  
 $\frac{1}{2}$  tsp cinnamon

### INSTRUCTIONS

1. Dissolve yeast into luke warm water
2. Scald milk and set aside till luke warm
3. Cream butter and sugar till light and fluffy, add salt and eggs and mix again
4. Place dissolved yeast in milk (make sure milk is properly cooled or else the butter will melt)
5. Add 6 cups of flour and beat well
6. Add butter, sugar, eggs, mix again
7. Gradually add rest of flour  $\frac{1}{2}$  cup at a time until dough is smooth enough to handle
8. Knead in remaining flour on warmed board. Dough should be smooth and elastic to the touch, never hard or still. For a fluffy kolachky, dough should be a little on the soft side, yet kneaded well to avoid stickiness
9. Put in greased bowl in a warm place
10. Cover and let rise until doubled (about 2½ hours)
11. Pat down and cut into quarters for loaves
12. Roll out on slightly floured, warm board
13. Spread filling evenly on rolled out dough, getting to the edges. Roll dough up tightly
14. Bake until golden brown (I don't have the exact temps or times, but 350 seems about right)

### STORY OF RECIPE

This is a recipe that we got from my Hungarian babysitter when I was 1 year old. We have made it every Christmas since. Toast it and spread with butter!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 45min

COOKING TIME  
 > 240min

NAME	FROM	AGE	SERVES
Stijn Hommes	Netherlands	33	8–10

#### TITLE

## DUTCH BOTERKOEK



#### INGREDIENTS

Baking spray  
200 grams all-purpose flour, sieved  
175 grams unsalted butter  
125 grams white soft sugar  
8 grams of vanilla sugar or vanillin sugar  
salt, a pinch  
About 1 tablespoon of milk

#### INSTRUCTIONS

Preheat the oven to 200-220°C and line the baking tin with baking spray or baking paper (no butter or oil).

In a bowl, mix the sieved flour with the sugar, vanilla sugar and salt.

Cut the butter into small pieces with two knives and knead the butter pieces into the dough with cool hands until the dough looks uniform. Wash your hands with cold water beforehand if necessary.

Press the dough into an 20 cm baking tin and make a checkered pattern on the top of the dough with a fork.

With a brush, coat the top of the dough lightly with milk.

Bake for 20-25 minutes or until golden brown.

Take out of the oven and let it rest on a cooling rack until it has almost cooled down. Then remove the koek from the tin for further cooling on the rack. If you let it cool down too much, the butter will solidify which will cause the whole thing to stick to the tin. If that happens, heat briefly and remove from tin immediately.

#### Tip:

Baking is a precise affair. I recommend buying scales and using the metric measurements to ensure the best possible result.

#### STORY OF RECIPE

The recipe origin is lost in time. It's been a family favorite during birthdays and holidays for years.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 20min

NAME	FROM	AGE	SERVES
Timon van der Meulen	Netherlands	30	12

#### TITLE

## ALDA'S APPLE PIE



#### INGREDIENTS

##### Dough

300g flour  
200g butter  
175g white caster sugar  
1/2 teaspoon salt  
8g vanilla sugar  
1 small egg, beaten  
breadcrumbs  
pie tin of approx. 24 cm

##### Filling

750g - 1kg hard sour apples ( Golden rennet!)  
1 tablespoon lemon juice  
40g sugar  
1/2 tablespoon cinnamon  
70g raisins

#### INSTRUCTIONS

Peel the apples and cut them into thin slices (by hand). Add the raisins, lemon juice, sugar and cinnamon and mix with your hands.

Sift the flour and mix it with the butter, sugar, salt, vanilla sugar, and the 3/4 of the egg to a crumbly dough in your food processor. Knead the dough for a short while to a ball of dough. Grease the pie tin and cover it with some flour. Cover the bottom and the edges to the top of the pie tin with about 2/3 of the dough. Cover the bottom of the pie with some breadcrumbs.

Add the apple mixture to the pie with a skimmer avoiding most of the fluid and spread them evenly. Fold the top edge of the dough in the pie tin inwards. Roll the rest of the dough into long rolls and cover the apple pie with them in your own special pattern (diamond, heart, whatever). Use the rest of the egg to cover the dough pattern.

Preheat your oven to 150-175 degrees. Put the apple pie in the oven for about 70-90 minutes depending on the heat. The pie is ready when the crust is hard and the apples are soft. If the crust is still hard and the apples are not soft, turn the heat down to approx. 125 degrees and add another 15 minutes or so.

Eat it while it is still warm with some whipped cream or vanilla ice!

Play with the ingredients to your liking. You can also add some custard powder and/or almonds if you like. Use the golden rennet when it is available (only in the winter), granny smith is a good alternative.

#### STORY OF RECIPE

This recipe has been passed on by my mother-in-law to my girlfriend and i will always love her for that.... Every body loves apple pie!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 30min

COOKING TIME

> 1.5hr

NAME

Tanya &amp; Brad

FROM

Australia

AGE

33

SERVES

8–12

## TITLE

**TRICKY CHOCOLATE BROWNIES****INGREDIENTS**

- 6 Ounces Dark Chocolate
- 1 Cup of Pureed Carrot
- 1 Cup of Pureed Spinach
- 1 Cup of Brown Sugar firmly packed
- 1/2 Cup of Cocoa Powder
- 4 Tablespoons of Unsalted Butter
- 4 Teaspoons of Vanilla Extract
- 4 Eggs (Whites Only)
- 1 1/2 Cups of Flour
- 1 Teaspoon Baking Powder
- 1 Teaspoon of Salt

**INSTRUCTIONS**

1. Preheat Oven to 350 Degrees Fahrenheit. Coat an Baking Pan with Butter or Cooking Spray.
2. Melt Chocolate in a double Boiler, add Butter, Vanilla, Coca Powder, and Sugar while still on the heat. Remove from the heat and add Vegetable Purees. Whisk for 1 to 2 minutes or until smooth and creamy.
3. Stir in Flour, Baking Powder and salt with a wooden spoon.
4. Whisk Egg Whites until they become soft peaks , then gently fold into the chocolate brownie mixture.
5. Pour Mixture into the baking pan for 35 to 40 minutes.  
Let Brownies Cool Completely in the pan before cutting into slices.  
I do not usually add Icing, but it works well with a cream cheese chocolate Icing.

**STORY OF RECIPE**

You kids won't know what hit them.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 40–50min

NAME

Antonietta L

FROM

Australia

AGE

34

SERVES

6–8

## TITLE

**BANANA AND CACAO CHIP CAKE****INSTRUCTIONS**

Preheat oven to 180 degrees Celsius (fan forced)  
 Line a 28cm diametre cake tin with grease proof paper  
 Mix all ingredients together either by hand or with an electric mixer until well combined  
 Peel and mash banana and add to the mixture along with the cacao nibs and mix until banana and cacao nibs are mixed through evenly  
 Pour into cake tin and bake in the centre of the oven for 20-30 minutes  
 Delicious served warm or cold the next day in the kids lunch box (if it lasts that long!)

**INGREDIENTS**

- 120g Softened Butter
- 2 Eggs, lightly beaten
- 100g Milk
- 1 vanilla bean or 1 teaspoon vanilla bean paste
- 60g Rapadura Sugar
- 1/4 cup cacao nibs
- 1 banana
- 150g Self Raising Flour
- 1 teaspoon baking powder

**STORY OF RECIPE**

This cake is my own creation born out of trying to make something semi-healthy and not boring for my kids to take to Kindy for morning tea.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 20–30min

NAME

Balazs Kosaras

FROM

Hungary

AGE

35

SERVES

6

## TITLE

**TRADITIONAL MILLET PIE**

Balazs Kosaras

**INGREDIENTS**

- 500 g millet, peeled
- 2000 ml milk
- 70 g margarine
- 250 g cottage cheese
- 7 eggs
- 300 ml sour cream
- 6 tablespoons sugar
- 1 pinch of salt
- 1 bottle of homemade jam (peach, plum)
- few slices of fruits (e.g. peach, plum)

**INSTRUCTIONS**

First you must cook the peeled millets in the milk over medium heat. Also add the salt to it and stir it continuously until millet becomes creamy. Then stir it well with the margarine and turn off heating. Wait until it get cool, while you separate the egg whites and yolks of the eggs. Add the yolks mixed with sugar and the cottage cheese to the millet pulp and stir them together. After this add the egg whites beaten stiff carefully to the mix.

Grab a pan and lubricate it with margarine or use baking paper. Pour the millet mixture into it, smooth it flatly but it should be at least 5 cm tall. Pour the sour cream and the jam onto the surface of pulp in stripes alternately. Decorate it with fruits.

Bake it at 180 Celsius for about 45 mins. When it is baked well, do not afraid if its surface is hard, it will become soft while cooling.

**STORY OF RECIPE**

Few months ago I started to collect recipes of my town's local food, and I found that the millet pie is originated from here. So I tried to bake it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 45min

NAME

Lorinda Freint

FROM

United Kingdom

AGE

SERVES

8–10

## TITLE

**BROWN SODA BREAD****INGREDIENTS**

- 190g strong white (bread) flour
- 190g strong wholewheat (bread) flour
- 50g oat bran, or wheat bran
- 25g butter
- 1 heaped tsp bicarbonate of soda
- 1 tsp salt
- 1 heaped tbsp molasses sugar, or dark brown sugar
- 500-600 ml buttermilk or 500g plain yoghurt

**INSTRUCTIONS**

Preheat the oven to 230C or Gas Mark 8.  
 Grease a 1lb/450g tin with butter and line with baking parchment  
 Mix the dry ingredients together, and rub the butter in with your fingers.  
 Make a well in the centre, pour in the buttermilk or yoghurt, and mix with a knife until JUST mixed. Dont overmix.  
 The mixture should be sticky wet, so add a little more milk or yoghurt if necessary.

Scrape into the tin and bake for 30 minutes. Take it out, cover with foil or greaseproof paper and bake another 15 minutes.

When you take it out of the oven remove it from the tin after 5 minutes, wrap the bread in a teatowel and let it cool slightly before cutting.

This bread keeps well for about two days.

*Note:*

When mixing soda bread, always imagine yourself to be busy busy busy with no time for dilly dallying.. so when you add the buttermilk or yoghurt mix until just combined... no more.

**STORY OF RECIPE**

This recipe is the result of many years of baking bread - even people who profess not to eat wholewheat or brown bread happily eat this bread.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 45min

NAME

Gobrosch

FROM

Germany

AGE

SERVES

12–16

## TITLE

**GERMAN CHEESE CAKE****INGREDIENTS**

250 g butter  
 375 g sugar  
 6 egg yolks  
 125 g semolina  
 1 kg curd cheese (Quark)  
 16 g baking powder  
 2 tbsp flour  
 some grated lemon peel  
 6 egg whites  
 salt

**INSTRUCTIONS**

Preheat your oven.  
 Mix butter until soft.  
 Add sugar and mix until creamy.  
 Add egg yolks one by one, mix until well incorporated.  
 Add semolina, curd cheese, baking powder, flour, and lemon peel and mix until you have a homogeneous dough.  
 Whisk the egg whites with a pinch of salt until very stiff. Carefully, fold egg whites into dough.  
 Butter a round cake pan (about 26 cm diameter), fill the dough into the pan, and bake until done. Oven temperature should be between 150 °C and 180 °C. Baking time is between 60 min and 90 min. After 60 min, check if the cake is done or if it needs more time. To check whether the cake is finished, poke it with a wooden cocktail stick. When it comes out dry or with only a few crumbs sticking to it, your cake is done.

**STORY OF RECIPE**

This is a well tested and often used family recipe. It is a very easy and quick to prepare cheese cake, since it requires no cake base.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20–30min

**COOKING TIME**  
 > 60–90min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

8

## TITLE

**APPLE STREUSEL CAKE****INSTRUCTIONS**

Mix all ingredients for the shortcrust to a dough and put it in the fridge for at least 30 minutes.  
 Mix manually all ingredients for the topping.  
 Cover a baking dish (about 22cmx33cm) with parchment paper and place the crust evenly on it. Put the apple puree on it (1cm high) and cover everything with the topping.  
 Bake at 170°C/340°F upper/bottom heat for 50 minutes.

**INGREDIENTS***For the shortcrust:*

200g flour  
 150g butter  
 70g powder sugar  
 50g grounded almonds  
 1 egg yolk  
 Cinnamon

*For the 'streusel'/crumb topping:*

180g flour  
 70g almonds  
 80g sugar  
 120g butter  
 Cinnamon

*For the filling:*

Apple puree

**STORY OF RECIPE**

My mother needed a fast alternative to other apple cakes  
 ... three children don't give you much leisure time.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 55min

NAME

Daniel Jossen

FROM

Switzerland

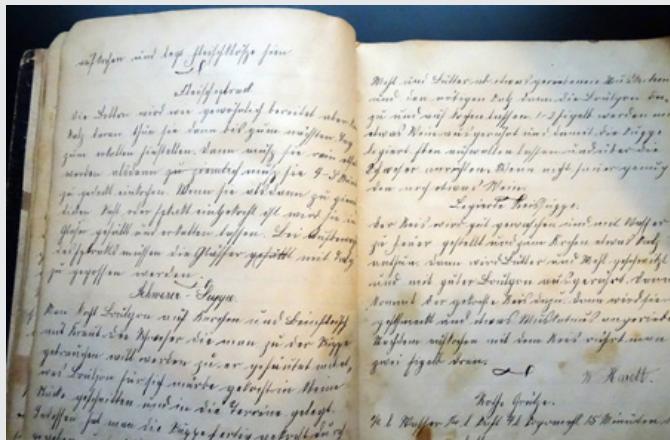
AGE

29

SERVES

20

## TITLE

**GRANNIES COOKIES****INGREDIENTS**

- 300 gr soft butter
- 400 gr sugar
- 2 eggs
- 1-2 tsp cinnamon
- 1 pinch nutmeg
- 600 gr flour

**INSTRUCTIONS**

Mix the sugar and butter in a stand mixer, then add all the other ingredients. Form it into a roll with a diameter of 5 centimetres. Wrap it into cling film and let it set for one hour in the fridge.

Cut the roll into 1 centimetre thick slices and place them on a baking sheet. Bake them in the preheated oven for 20-25 minutes at 180 degrees.

Let them cool completely.

**STORY OF RECIPE**

The best cookies ever made.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 20min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

7

## TITLE

**MOHNZELTEN****INGREDIENTS**

300g potatoes  
 100g fat (e.g. butter or margarine)  
 200g grounded poppy seeds  
 200g sugar  
 3-5 tablespoons „powidl“ (special plum stew)  
 50g fat (e.g. butter or margarine)  
 300g cake flour  
 2 eggs  
 1/8 whipping cream  
 Salt

**INSTRUCTIONS**

Cook the potatoes and press them with a potato ricer.  
 Melt 100g fat and mix it with the grounded poppy seeds, the sugar and the powidl.  
 Mix the potatomass with the fat, flour and eggs, the whipping cream (not whipped) and salt to a dough and form this to a roll.  
 Cut down little junks from the roll and press those junks with your hands flat.  
 Place a bit of the filling in the middle and form dumplings which again will be pressed flat.  
 Those little discs should be placed with the side you closed downside on a baking sheet.  
 Bake at 200°C/390°F 15 minutes on one side then turn them around and bake another 15 minutes.

**STORY OF RECIPE**

Something special from Austria - Lower Austria - Waldviertel (Forest Quarter)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 40min

NAME

Paul Vlasta

FROM

Austria

AGE

30

SERVES

8

## TITLE

**UNWIDERSTEHLICHEN****INSTRUCTIONS**

Whip margarine and powder sugar foamy.  
 Add under constant stirring bit by bit the vanilla sugar, egg yolk, grated hazel-nuts, grated chocolate and the rum and let it cool for some minutes.  
 Form small balls and coat it with the egg white.  
 Put a half almond on each ball and bake it for 15-20 minutes at 150°C/300°F

**INGREDIENTS**

120g margarine  
 140g powder sugar  
 1 pack Vanilla sugar  
 1 egg yolk  
 250g grated hazel-nuts  
 100g grated chocolate  
 A bit of rum  
 1 Egg white  
 Almonds

**STORY OF RECIPE**

Christmas cookies from the grandmother of my girlfriend

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Yen-pei Chen	UK	32	20

TITLE

## ENSAYMADAS - TWO FILLINGS



Yen-pei Chen

### INGREDIENTS

*Dough:*

- 600g flour
- 2 packets (14g) fast-action yeast
- 260g milk
- 2 eggs
- 150g butter
- 100g sugar
- 3/4 tsp salt

*Coconut filling:*

- 112g mascarpone
- 37g sugar
- 40g coconut, toasted
- 50g butter
- drop of vanilla essence

*Bacon filling:*

- 120g mascarpone
- 4 slices of bacon, chopped finely and crisped in a pan
- 60g grated cheddar cheese

### STORY OF RECIPE

Our office held a charity bake sale in aid of the victims of Typhoon Haiyan in the Philippines, so I decided to bake a Filipino bread. I settled on ensaymadas.

### INSTRUCTIONS

The traditional, simplest filling is just melted butter. You can also use purple yam (taro) filling, available ready-bought in Asian supermarkets.

1. Heat the milk in a pan. Once it almost boils, remove from the heat and let it cool to room temperature.
2. Mix the flour, sugar and salt in a large mixing bowl. Once the milk has cooled, add the yeast to the milk and stir to combine.
3. Pour the milk into the flour mix. Mix well.
4. Break the eggs into the dough. Mix well and knead until the dough comes together off the sides of the bowl and becomes supple. Cover and rest for 20 minutes.
5. Soften the butter in a microwave for 10 seconds. Add the butter to the dough a little at a time: knead until the butter is fully incorporated each time before adding a bit more butter. Once the butter has all been added, knead some more until the dough is smooth and supple, at least 10 minutes. Shape into a round. Cover and let rest until doubled in size.
6. Once the dough has doubled in size, prepare the fillings. Mix the ingredients for the coconut filling and the bacon filling in two separate bowls. Taste and adjust seasoning.
7. Turn out the dough on a floured surface. With a serrated knife, cut the dough into 4 pieces.
8. Roll each piece into a cylinder and divide again into 5 parts (so we have 20 parts in total). Each part should weigh around 60g.
9. Ensuring the surface is well-floured, take a rolling pin and roll out each piece of dough into a rectangle about 20cm x 12cm.
10. Spread the filling thinly over centre of the rectangle of dough.
11. Roll up the dough as demonstrated at 6.45min in this video: <http://youtu.be/2xWtyz3ibls>
12. As demonstrated in the same video at 7:18min, roll the dough into a rope. Roll the rope into a circular snail shape, tucking the outside end under the dough.
13. Place each individual roll into cupcake moulds.
14. Once done, cover and let rest until doubled in size.
15. Preheat oven to 160C. Bake the ensaymadas for 17 minutes.
16. Cool the ensaymadas on the rack. Once cooled, melt some butter and brush the melted butter on top of the ensaymadas. Sprinkle generously with grated cheese for the bacon filling ensaymadas, sugar and dessicated coconut for the coconut ensaymadas. (The traditional topping is sugar and grated Edam cheese.)
17. The ensaymadas can be taken out of the oven 5 minutes early and frozen. Defrost the frozen ensaymadas by leaving them outside for a few hours, and then bake 5-10 minutes in the oven, covered with foil to ensure they don't burn.

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 40min

### COOKING TIME

> 17min

NAME	FROM	AGE	SERVES
Joseph Juntereal	USA	29	26

TITLE

## BANANA COCONUT CHOC CHIP COOKIES



### INGREDIENTS

2 ¼ cup (315 grams) unbleached all-purpose flour, such as King Arthur  
 ¾ teaspoon baking soda  
 ¼ teaspoon ground cinnamon  
 ½ teaspoon kosher salt  
 1 cup (140 grams) semisweet chocolate chips  
 1 cup (140 grams) dark chocolate chips  
 1 cup (120 grams) sweetened shredded coconut  
 1 cup (2 sticks/227 grams) cold unsalted butter, such as Plugra, cut into cubes  
 1 cup (200 grams) granulated sugar  
 ½ cup (110 grams) packed light brown sugar  
 1 large egg  
 1 teaspoon vanilla extract  
 2 just ripe bananas, sliced into about ¼ inch pieces

### INSTRUCTIONS

Sift the flour, baking soda, and cinnamon into a medium bowl. Stir in salt and set aside.

In another bowl, combine both chocolate chips and coconut and set aside.

In the bowl of a stand mixer fitted with the paddle attachment, cream half the butter on medium speed until fairly smooth, about 1 minute. Add both sugars and remaining butter and continue to mix until well combined, another 1-2 minutes. Stop the mixer and scrape down the sides of the bowl and paddle to release any clinging butter and sugar. Crack the egg and add the vanilla into the bowl and mix on medium speed for 2-3 minutes, or until thoroughly combined.

Remove bowl from mixer and using a rubber spatula mix in the chocolate chips and coconut until incorporated. Then slowly fold in the flour mixture into bowl until the dough becomes evenly mixed and smooth. Last, fold in the sliced bananas half a banana at a time until combined.

Transfer the dough to an airtight container and refrigerate for at least 4 hours, preferably overnight before baking.

When ready to bake, position a rack in the center of the oven and preheat to 350 degrees F. Remove chilled dough from the refrigerator and portion out 2 ounce (or a ¼ cup measure) sized balls of dough onto a parchment-lined baking sheet about 2 inches apart.

Bake for 18-20 minutes, or until the cookies are golden brown at the edges and no longer look wet on top. Remove from oven and let the cookies cool on the baking sheet on a wire rack for 2 minutes to firm up a bit. Then transfer the cookies to the wire rack to cool completely, or enjoy right away.

### STORY OF RECIPE

As a former resident of NYC, the Croissant du Jour at Andrew Carmellini's restaurant Lafayette inspired this recipe. I wanted to take that brilliant flavor combination, but create a cookie.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 20min

COOKING TIME  
 > 18–20min

NAME  
Holger Steinlechner

FROM  
Germany

AGE

SERVES

8

TITLE

## EASY TO MAKE BREAD ROLLS



### INGREDIENTS

1000g Wheat Flour  
Yeast for 1000g Flour  
550ml Water  
20g Salt  
70g Maple Syrup

### INSTRUCTIONS

Prepare the Yeast as described on the package  
Put all the ingredients in a bowl (start with the flour)  
Put it in a dough mixer for 10 min (I prefer to mix the dough with my hands)  
Put a blanket on the bowl and wait for 10 min at room temperature (about 201/2C)  
Knead the dough again (about 1 min) -devide it into 16 pieces (I halve the dough, then the 2 pieces and so on)  
Roll them in your hands (if necessary use some flour)  
Put them on a baking plate with baking paper or something similar  
Put them into the oven for 10 min at 501/2C  
Take them out and cover them with a blanket -heat the oven to 2201/2C  
Put the rolls in the oven  
Bake them for overall 30 min (10 min 220°C, 10 min 200°C, 10 min 150°C)  
In the first 10 min watch the rolls, if they have the right color, reduce the heat to 200°C  
After the first 10 min, you may spray water on the rolls  
After 30 min they are ready to eat, so take them out, or leave them cool down in the oven (switched off and opened a little bit)

### STORY OF RECIPE

This are easy to bake bread rolls, with a special taste of the maple syrup which is used as sugar replacement.

STARTER       BAKING       VEGETARIAN  
 MAINCOURSE       CONDIMENTS       DAIRY FREE  
 DESSERT       OTHER       GLUTEN FREE

PREPARATION TIME

> 60min

COOKING TIME

> 30min

NAME

Alison Brown

FROM

UK

AGE

55

SERVES

12

## TITLE

**NORTH YORKSHIRE PARKIN**

Alison Brown

**INGREDIENTS**

225g medium oatmeal  
 190g golden syrup  
 110g self-raising flour  
 110g soft butter  
 110g soft dark brown sugar  
 60g black treacle  
 2 tsp ground ginger  
 1 tsp ground mixed spice  
 2 eggs, beaten  
 1 tbsp milk  
 Pinch of salt

**INSTRUCTIONS**

Preheat the oven to Gas mark 1/140c.

Grease and line a 20 cm square cake tin.

Over a very gentle heat, melt the golden syrup, treacle, butter and sugar in a saucepan. The mixture mustn't be allowed to bubble. Remove from the heat when melted.

Mix the flour, oatmeal, salt, mixed spice and ginger together in a mixing bowl. Gradually add the melted treacle mixture and fold in. Add in the beaten eggs and milk.

Pour the mixture into the baking tin. Bake for 90 minutes.

Remove from the oven and leave it in the tin for 20 minutes. Take it out of the tin and place on a cake rack to cool completely.

Wrap in greaseproof paper and store in a cake tin for at least one day and up to a week before eating.

**STORY OF RECIPE**

Passed down in an old family recipe book but updated for metric measurements.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 20min

**COOKING TIME**  
 > 90min

NAME  
Chris & Brenda Kost

FROM  
USA

AGE  
36

SERVES  
20–30

TITLE

## CHOCOLATE NO-BAKE COOKIES



### INSTRUCTIONS

In a pan, combine sugar, milk, cocoa, and margarine (or butter). Bring to a boil for one minute.

Remove from heat; add peanut butter, oatmeal, and vanilla to mixture. Stir until well-combined and thick.

Drop by spoon onto parchment paper or waxed paper. You don't have to go really fast, but if you go too slowly your final few cookies may be crumbly. Let cool.

### INGREDIENTS

2 cups sugar  
0.5 cups milk  
0.25 cups unsweetened cocoa powder  
0.25 cups margarine (I prefer butter)  
0.33 cups peanut butter  
3 cups old-fashioned oatmeal  
1 teaspoon vanilla extract

### STORY OF RECIPE

Not sure where my mom got this recipe, but she's made them for as long as I can remember. She'd have to guard them while they cooled!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 0min

NAME

Justin Carrus

FROM

United States

AGE

SERVES

6–8

## TITLE

**JEAN JACKSON'S VANILLA SCONES****INSTRUCTIONS**

Combine first four ingredients. Cut butter into flour mixture with a pastry blender. Whisk whipping cream, egg, and vanilla extract and then add to flour mixture. When just combined, turn dough onto lightly floured surface. Cut into desired shape (wedges, circles, etc) and place onto greased baking sheet.

Combine egg white and water and lightly brush onto dough. Sprinkle with sugar and then bake at 425 F for 15 minutes.

*Tip:*

Beat the egg very well to ensure a fluffy pastry.

**INGREDIENTS***Scones*

2 cups all-purpose flour  
1/3 cup sugar  
2 teaspoons baking powder  
1/8 teaspoon salt  
1/2 cup butter  
2/3 cup whipping cream  
1 large egg  
1 tablespoon vanilla extract

*Topping*

1 egg (white)  
1 teaspoon water  
granulated sugar

**STORY OF RECIPE**

A timeless dessert (or breakfast) from Jean Jackson, a dear family friend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 15min

NAME

Lisa

FROM

United States

AGE

23

SERVES

18

## TITLE

**DANISH BUTTER HORNS****INGREDIENTS***Butter Horns:*

- 1 pkg. (~2 ¼ tsp) compressed yeast or dry yeast
- ¼ cup lukewarm water
- 2 cups flour
- 1 cup lard or butter
- 3 eggs
- pinch of salt
- ½ cup + 1 Tbl. sugar
- ½ tsp. cinnamon

*Butter Frosting:*

- 2 Tbls. butter
- 1 tsp. vanilla
- 3 Tbls. milk
- 1-4 c. powdered sugar

**INSTRUCTIONS**

1. Dissolve yeast and 1 Tbl. sugar in water and let stand 5 min.
2. Mix flour and butter like a pie crust, then add 1 egg, 2 egg yolks, and pinch of salt. Set the 2 unused egg whites aside.
3. Combine flour mixture with yeast. Add more flour if the dough is too sticky.
4. Divide dough into 3 parts. Roll each portion of dough into a circle like a pie.
5. Beat the 2 egg whites stiff, then add ½ cup sugar and cinnamon.
6. Spread 1/3 of egg white mixture onto each portion of dough.
7. Cut dough circles into 8 wedges, and roll each wedge from wide side to point. Place on ungreased cookie sheet.
8. Let stand to rise 15-20 min, then bake at 350°F for 15-20 min. or until golden brown. Let cool and frost if desired (see below).
9. To make frosting, melt butter in microwave, then blend with vanilla, milk, and 1 cup of powdered sugar. Add more powdered sugar until the frosting reaches the desired consistency. This frosting will be significantly less stiff than the typical store-bought kind.

**STORY OF RECIPE**

This is a German family recipe passed down to me from my grandmother. My family makes these during the holiday season every year.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 60min

**COOKING TIME**  
> 15–20min

NAME

Caleb B

FROM

New Zealand

AGE

31

SERVES

16

## TITLE

**BANANA CAKE****INGREDIENTS**

- 1 1/4 cup White Sugar
- 125g butter, melted
- 3 eggs
- 4 ripe bananas, mashed with a fork
- 1 cup low fat milk
- 1 tsp baking soda
- 2 1/2 cups plain flour
- 3 1/2 tsp baking powder

**INSTRUCTIONS**

- 1) Preheat oven to 160°C conventional or 140°C fan-forced.
- 2) Grease and line with baking paper ( or grease and flour) a baking tin, (I used a 32cm x 22cm rectangular pan – a 21cm round springform tin with high sides works as well)
- 3) Beat the Eggs, Sugar and butter until pale and creamy – add in the mashed banana's and beat well.
- 4) Heat the milk using either a microwave or pan till near boiling, mix in the baking soda, then stir into the banana mixture
- 5) Add the flour and baking powder into the banana mixture and mix well.
- 6) Pour the mixture into the prepared tin for 45-50 minutes, until the cake is cooked in the middle.
- 7) Cool in tin for 5 minutes, then transfer onto a wire rack to cool .

When cold, ice the cake with lemon icing, or..... just eat it.

**STORY OF RECIPE**

Banana Cake is a NZ classic, this is my take on it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME

Amy

FROM

England

AGE

25

SERVES

12

## TITLE

**SALTED CARAMEL CUPCAKES****INGREDIENTS***For the cakes:*

- 1 and 1/2 cups all purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1/2 cup unsalted butter, softened
- 2 large eggs
- 1 teaspoon vanilla essence
- 1/2 cup whole milk or butter milk

*For the icing:*

- 1/2 cup salted butter
- 1 cup dark brown sugar
- 1/3 cup heavy cream
- 1/2 teaspoon salt
- 2-3 cups powdered sugar
- Extra salt (if needed)
- Salted caramel candies (for decoration)

**INSTRUCTIONS**

- 1) Preheat the oven to 350 degrees Fahrenheit. Line a muffin or cupcake tray with 12 cases.
- 2) Whisk the flour, baking powder and salt together in a bowl. In a separate bowl, beat the butter and sugar together with an electric mixer on the medium high setting until they are a light and fluffy consistency. This should take about 2-3 minutes. After this add the eggs and the vanilla and beat again.
- 3) Mix the dry ingredients into the wet ingredients until there is no flour left. After this stir in the milk slowly. Do not over mix the batter!
- 4) Fill the liners up until they are half full and bake in the oven for 22-23 minutes. Once cooked, remove them and allow to them to cool at room temperature for at least an hour. Do not refrigerate them!
- 5) Now make the icing. Melt the butter in a pan on a low heat. Once melted, add in the sugar and the cream and keep stirring constantly until all the sugar is dissolved.
- 6) Add the salt and allow the caramel to boil for a further 3 minutes.
- 7) Remove the pan from the heat and allow the caramel to cool for about 15 minutes at room temperature. Again, no fridges!
- 8) In a bowl, beat the butter and icing sugar together. You may add more cream to the mix if you would like a creamier icing. You could also add more salt if you wish to. Lastly, add in the caramel mix. You could reserve a little of the caramel for decoration purposes if you wish.
- 9) Pipe the icing onto the by now cooled cupcakes. Drizzle with a little of the reserved caramel and place a caramel candy on each cake.

**STORY OF RECIPE**

I love anything to do with the words salted and caramel! I found this recipe on Pinterest one day after suffering with SCWS - Salted Caramel Withdrawal Syndrome.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 30min

NAME

Ekkie

FROM

Australia

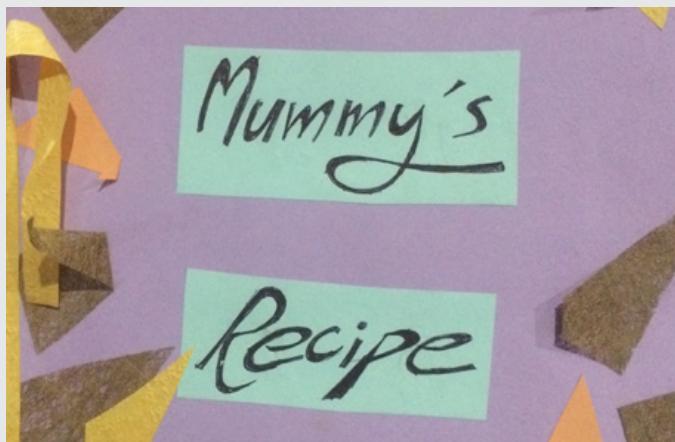
AGE

19

SERVES

9

## TITLE

**MY MUMMY'S SCONES****INGREDIENTS**

- 4 Cups Self Raising Flour
- 300 ml Cream
- 300 ml lemonade/ water
- Extras filling (chocolate chips, dates, raisins, cheese)

**INSTRUCTIONS**

1. Preheat oven to 180 degrees Celsius and lightly spread butter on a baking tray
2. Gently and quickly mix all the ingredients together in a bowl.
3. Add in extra fillings, we usually add dates, but this recipe is versatile enough for something sweet, like chocolate chips or savoury with sprinkling cheese and fried onions on top. Remember to add water instead of lemonade for savoury scones.
4. Take dough out onto the baking tray and using as few motions as possible, mould into a square. As the dough will be sticky, it recommended to sprinkle some dry flour for easier handling.
5. Using a knife, lightly cut the dough into approximately 9 - 12 squares, this will make cutting easier when done
6. Place in oven for approximately 12 - 15 minutes or until golden brown
7. Serve with jam and cream or anything you fancy!

**STORY OF RECIPE**

I remember waking up early and sneaking upstairs to surprise our mum for Mother's Day with these scones. It was very tricky back then!

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 15min

NAME

Juri Gan

FROM

Germany

AGE

SERVES

15–20

## TITLE

**HANKLICH****INGREDIENTS***for the dough:*

500 grams (g) wheatflower type 405 (Diamant)  
 40 grams (g) yeast  
 80 grams (g) sugar  
 250 mililiter (ml) milk, lukewarm  
 80 grams (g) butter  
 2 Eggs  
 1 pinch of salt

*for the topping:*

500 mililiter (ml) cream  
 5 egg yolks  
 5 egg whites  
 75 grams (g) sugar  
 1 tablespoon (ts) semolina (wheat)  
 100 grams (g) raisins (optional)

butter for the baking plate

**INSTRUCTIONS**

Sift the flower into a bowl and form a hollow in the middle. Crumble the yeast into the hollow, add some of the sugar and the lukewarm milk and slowly stir with a bit of the flower to a yeast sponge. cover the yeast sponge and let it prove for about 15 minutes. Be sure that all windows are closed, so there's no draught. Add the rest of the sugar and the melted butter, the two eggs and the salt to the yeast sponge and knead with the complete flower and batter the dough until it blisters. Cover and let prove for about 30 minutes. Preheat the oven at 180°C. Unroll the dough onto a lightly greased baking sheet. For the topping stir the cream with the yolk, the sugar and the wheat smolina. Beat the egg white until stiff, wash the raisins in hot water and gently fold both in the cream mixture. Spread the topping on the dough and let bake for about 35 to 40 minutes in the middle of the oven until golden. Add powdered sugar on top of the warm cake and best eat when its still warm.

**STORY OF RECIPE**

Hanklich is the most famous cake from Siebenb1/2rgen. It is pretty simple to bake but served warm, one of the best sweet you can get.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 50min

**COOKING TIME**  
 > 40min

NAME	FROM	AGE	SERVES
Phat Slice 5	Australia	37	12–15

TITLE

## PHAT SLICE



Agent Bumsmack

INSTRUCTIONS

1. Preheat oven to 180 degrees
2. Mix all ingredients together
3. Pour into a baking paper lined tin and smooth evenly
4. Bake for 25 mins or until lightly browned on top
5. Cool and serve.

INGREDIENTS

1 cup wholemeal self raising flour  
 1 cup shredded coconut  
 1/2 cup brown sugar  
 1/2 cup chopped walnuts  
 1/2 cup sultanas  
 1/2 cup craisens  
 1/2 cup diced dried apricots  
 1/2 cup sunflower seeds  
 1 cup milk

STORY OF RECIPE

An all round family fav that is made regularly for a 2 big & 3 little people, for snacks on the run, morning tea and desserts. Healthy, delicious, energising!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 10min

COOKING TIME  
 > 25min

NAME	FROM	AGE	SERVES
Shelfish	England	33	10

TITLE

## TANGY LEMON MERINGUE PIE



### INGREDIENTS

*Shortcrust pastry*

- 225g gluten free white flour (I used Doves Farm)
- pinch salt
- 110g cold unsalted butter, cubed
- 2 tsp caster sugar
- 1 medium free-range egg yolk
- Ice cold water

*Lemon Filling*

- 100g caster sugar
- 7 tbsp cornflour
- 4 large lemons (zest and juice only)
- 6 medium free-range egg yolks
- 100g unsalted butter, melted
- water

*Meringue*

- 6 medium free-range egg whites
- 300g caster sugar

### STORY OF RECIPE

I got this recipe somewhere online a while ago and wrote it in my recipe book. It turned out quite well especially as my filling wasn't too solid. :)

### INSTRUCTIONS

*Pastry*

1. Sift flour and salt into a large mixing bowl.
2. Add the butter to the flour then rub between your fingertips until it looks like fine breadcrumbs. Now, add the sugar.
3. Using your hands, mix to a firm dough with the egg yolk and ice cold water. Gluten free flour can need some extra moisture so don't be too alarmed!
4. Wrap the dough in cling film and rest in the fridge for at least 30 minutes before using.
5. Preheat the oven to Gas Mark 5 and grease a 9in fluted loose-bottomed tin.
6. Place tin onto a baking tray.
7. Roll out pastry until it fits the tin. Leave the excess pastry that spills over the sides for now.
8. Line the pastry with greaseproof paper and fill with baking beans (or rice).
9. Trim any excess pastry using a sharp knife.
10. Bake blind for about 10-15 minutes then remove the paper and beans and bake for another five minutes. When the pastry is pale golden and dried out take out of the oven.
11. Lower the oven heat to Gas Mark 2.

*Lemon Filling*

1. In a large bowl mix together the sugar, cornflour and enough water to make a paste.
2. Bring 50ml water and the lemon zest to the boil in a small pan.
3. Pour the hot liquid onto the cornflour and sugar, constantly whisking until smooth.
4. Beat in the egg yolks, lemon juice and butter then return to the pan.
5. Cook over a low heat, stirring all the time, until thickened. Pour into pastry case and leave to cool slightly.

*Meringue*

1. Whisk the egg whites in a large bowl with an electric whisk until they form stiff peaks. Whisk in the caster sugar, a spoonful at a time, whisking well and at a high speed between each addition.
2. Using a metal spoon, spoon the meringue on top of the lemon curd. You can also use a piping bag for this stage if you prefer.
3. Bake for about 35-45 minutes until meringue is crisp outside and soft inside.
4. Leave to cool slightly and then you can serve warm or cold in slices. Serve with cream or berries. ENJOY!

- STARTER
- MAINCOURSE
- DESSERT

- BAKING
- CONDIMENTS
- OTHER

- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

### PREPARATION TIME

> 30–60min

### COOKING TIME

> 60–120min

NAME	FROM	AGE	SERVES
Anat Earon	Israel	26	10

TITLE

## TISHPISHTI - TURKISH NUT CAKE



### INGREDIENTS

*For the nut filling:*

- 3 cups of finely ground pecans
- 1/2 cup raisins
- 5 tbsp sugar
- 1 1/2 tbsp cinnamon
- 2 tsp lemon juice
- 5 tsp rose water or orange blossom water (do not skip this step!)

*For the dough:*

- 4 1/2 cups flour
- 10 gr (about 2 tsp) baking powder
- 100 gr melted shortening + 1/2 cup oil
- 1/2 - 3/4 cup lukewarm water, as needed

Sesame seeds

*For the syrup:*

- 1 cup sugar
- 3/4 cup water
- a few drops of lemon

### STORY OF RECIPE

My great-grandmother's version of this cake. My grandmother makes it once a year at Rosh Hashanah, the Jewish new year, and everyone fights over every single crumb.

### INSTRUCTIONS

*To make the filling:*

In a food processor, run the nuts until they are ground finely, but not into a dust. In a bowl, mix nuts, raisins, sugar, cinnamon, lemon and rose water. Mixture should be moist and stick together when presses. If it's too dry, add some more rose water, one tsp at a time. (Important note! The rose water or orange blossom water make this cake what it is. The general rule is - The more, the merrier.)

*To make the dough:*

Mix flour with baking powder. Add oil and shortening mix. Gradually, add the water. Add 1/2 cup at first, and then add the other 1/4 if the dough is too dry. Knead together. Dough should be soft and easy to work with, and not stick to your hands. If too sticky, add some flour.

*Making the cake:*

Divide the dough to two parts. Roll one part into a circle, as big as your dish. Use a fairly deep dish. After oiling the bottom and sides of the dish, place dough inside and press to make sure it covers the entire bottom.

Add the nuts mix and press down tightly and evenly. Roll out the other half of the dough thinly and evenly, and place on top of the nuts. Again, press down with your finger tips to make sure it's even.

Cut the cake into rhombuses. The layers will probably separate lightly but that's okay. With the tip of your knife, press down firmly into the center of each slice, to stick them back together. Sprinkle with sesame seeds, and press them in very lightly with your fingers.

Bake on 165 celsius for about 60 minutes.

When Cake is ready, melt the water and sugar together to make a syrup. Pour liberally over the cake. Let it cool down completely, and devour.

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 20min

### COOKING TIME

> 60min

NAME	FROM	AGE	SERVES
Emma W-B	United Kingdom	25	4

#### TITLE

## ROSE APPLE TART



#### INGREDIENTS

Your favorite pie dough (enough for a one-crust pie)  
2 apples (Make sure you use pink/red apples and not a green variety)  
1/4 cup granulated sugar  
1/2 teaspoon cinnamon  
1 teaspoon lemon or lime juice  
2 Tablespoons butter, melted  
3-4 Tablespoons brown sugar

#### INSTRUCTIONS

Preheat the oven to 350F.

Take a golfball-sized amount of tart dough and roll it out very thin. Gently press it into an individual tart pan, cutting off any extra dough. Repeat for 3 other individual tart pans.

Place tart pans in the refrigerator while you make the filling.

Core the apples, and then slice the apples into very thin slices. A mandoline makes this job very quick and easy. Do not peel your apples! You want the nice rosy color from the peel.

Toss your sliced apples with the sugar, cinnamon, lime juice, and 1 tablespoon of the melted butter in a large bowl.

In a small bowl, combine the other tablespoon of melted butter with 3-4 tablespoons of brown sugar.

Spread 1/4 of the brown sugar mixture onto the bottom of one tart crust.

Roll one apple slice tightly to form the center of the rose. Continue to wrap other slices around it, peel side up. Once the bud is about an inch across, place it in the center of the tart, on top of the brown sugar mixture.

Continue to wrap apple slices until the rose fills the tart crust.

Carefully “open” the rose by spreading the apple slices outwards gently.

Repeat with the remaining three tarts.

Bake the tarts for 22-27 minutes, or until the tarts are bubbling and the crust has started to brown.

Cool slightly on a cooling rack before serving.

#### STORY OF RECIPE

A fun recipe that takes a little patience but is well worth the effort! More pictures on my blog ([quipsanddip.com](http://quipsanddip.com)). Inspired by Stasty (<http://stasty.com/?p=3265>) and Tikkido (<http://tikkido.com/node/750>).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

> 30min

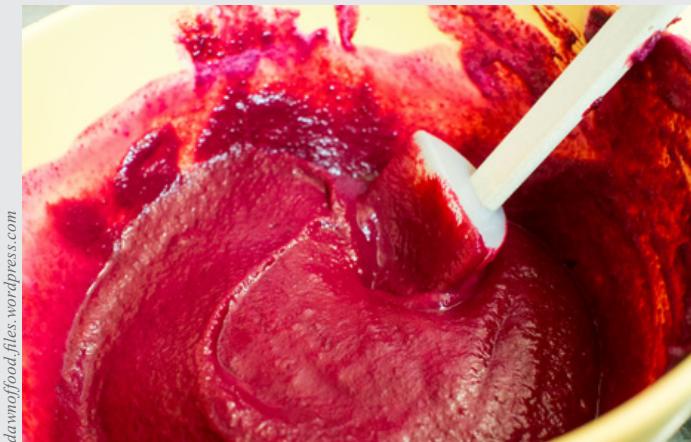
COOKING TIME

> 25min

NAME	FROM	AGE	SERVES
Georgie Yukiko Donovan	England	25	6–8

TITLE

## RED VELVET CAKE



dawnoffood.files.wordpress.com

### INGREDIENTS

*For the cake:*

- 1 tablespoon of mild cooking oil (for greasing)
- 250g plain flour
- 1 teaspoon of cocoa powder
- 1.5 teaspoon of baking powder
- 1 teaspoon of bicarbonate of soda
- 250g caster sugar
- 250g butter - chilled and diced
- 200ml sour cream
- 1 teaspoon of vanilla essence + a few drops for icing
- 2 eggs, beaten
- A few drops of red food colouring

*For the icing:*

- 100g butter
- 200g cream cheese
- 500g icing sugar
- 1 tsp of vanilla essence

### INSTRUCTIONS

1. Preheat the oven to 180'C
2. Line cake tin with oiled greaseproof paper and sift over some flour.
3. In a medium bowl, sift the flour, cocoa powder, bicarbonate of soda and baking powder.
4. Add sugar, butter and sour cream. Mix well until the mixture resembles fine breadcrumbs.
5. Stir together the vanilla essence and eggs. Add this mixture bit by bit to the breadcrumb batter so it doesn't curdle, then sprinkle with the food colouring.
6. Mix well and pour in to cake tin. Bake for 20-25 minutes or until the cake has come away slightly from the sides and a skewer inserted in to the thickest part comes out clean.
7. Leave the sponge to cool for 5 mins, then turns upside down on a cooling rack to dry. While the cakes are cooling, make the icing.

*For icing:*

1. Cream the butter and cream cheese together and sift in the icing sugar.
2. Add vanilla essence and mix well until well combined.
3. Spread the icing on top of the cake and around the sides - however you like!

### STORY OF RECIPE

A mash up of various recipes to please my cake-loving uni housemates as designated baker! A simpler version of a classic.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 25min

COOKING TIME  
> 20–25min

NAME

Alona Simister

FROM

UK

AGE

27

SERVES

16

## TITLE

**CHRISTMAS CAKE (AND CUPCAKES)****INGREDIENTS**

650g mix of sultanas and currants  
 100g glace cherries, chopped up  
 Zest and juice of 1 orange  
 Zest of 1 lemon  
 150ml brandy, plus extra for feeding  
 225g unsalted butter, softened  
 250g soft light brown sugar  
 1 tbsp black treacle  
 4 medium free-range eggs, beaten  
 250g plain flour  
 2 tsp ground cinnamon  
 3 tsp mixed spice  
 100g walnuts, roughly chopped

**INSTRUCTIONS**

- Put all the dried fruit in a large bowl, then stir through the orange and lemon zest, juice and 150ml brandy. Cover and leave to soak overnight.
- Preheat the oven to 180°C/fan 160°C/gas 4. Grease a 20cm round cake tin, then line the base and sides with baking paper so it reaches 5cm above the tin.
- Beat the butter and sugar together until fluffy and a pale toffee colour, then beat in the treacle. Add the beaten eggs, a little at a time, mixing well between each addition. Sift in the flour and spices, then stir to a smooth batter. Add the soaked fruit and any liquid left in the bowl, as well as the walnuts, stirring until combined.
- Scrape the batter into the cake tin. Put a couple of spoonfuls into muffin cases if you want to make taster cakes.
- Bake the main cake for 75-90 minutes and the taster cakes for 25 minutes until firm to the touch. A skewer inserted into the middle should come out relatively clean, depending on how much fruit you hit when you stick it in. If it begins to look too dark, cover the top of the cake with baking paper.
- Remove the tin from the oven. Use a skewer to poke a few small holes in the top of the cake, then pour over 2 tbsp brandy. Once cool, remove the cake from the tin, wrap baking paper around it, then wrap in foil. Store in an airtight container.
- Feed the cake with a couple of tablespoons of brandy every few days until Christmas.
- Decorate with marzipan, icing, whatever takes your fancy.

**STORY OF RECIPE**

This is lighter than traditional fruitcakes, spicy and fragrant and pale. I scoop off a few spoonfuls of batter to make cupcakes to taste immediately, rather than waiting until Christmas.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 45min

**COOKING TIME**  
> 90min

NAME

Aiyana

FROM

USA

AGE

24

SERVES

10–20

## TITLE

**ALMOND BISCOTTI****INSTRUCTIONS**

Preheat oven to 350.

Coarsely chop almonds.

Cream together butter, eggs, anise extract and anise seed.

Add flour, salt, baking powder. Mix until combined and add almonds.

Place mixture on a lightly floured board and roll into 2, two inch wide logs. Bake for 25 minutes.

Remove from oven, let cool for 15 minutes.

Slice each log on the diagonal and lay on side, cook another 5 minutes per side or until lightly toasted. Cool on rack.

**INGREDIENTS**

- 2 sticks unsalted butter
- 4 cups flour
- 2 cups sugar
- 1/2 teas. salt
- 4 eggs
- 2 teas. baking powder
- 2 teas. anise extract (can substitute vanilla in a pinch)
- 2 cups almonds (coarsely chopped)
- 3 tablespoons (approximately 3 oz) anise seed

**STORY OF RECIPE**

Although I'm not certain who originally created the recipe, I received a copy of this family favorite over dinner with a great aunt.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 60min

**NAME**  
Jason Strickland

**FROM**  
United States

**AGE**  
30

**SERVES**  
10–12

**TITLE**

## COLD OVEN POUND CAKE



**INSTRUCTIONS**

Cream together the margarine and shortening. Add sugar and cream together. Add eggs beating in one at a time. Add flour and milk alternately. Mix until smooth.

Place in a COLD oven. Bake at 325 degrees for 1 and a half hours. Do not reopen oven door until it has baked for at least an hour and 15 minutes.

**INGREDIENTS**

- 1 1/3 Stick of Margarine
- 1/2 Cup Crisco (or any shortening)
- 3 Cups Sugar
- 5 Eggs
- 3 Cups All Purpose Flour
- 1 Cup Milk
- 2 Teaspoonful Lemon Flavoring\*\*

\*\*Lemon flavoring can be substituted for any other flavoring you prefer. The two pictured one is root beer and the other maple flavor.

**STORY OF RECIPE**

A favorite recipe from my grandmother.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 90min

NAME

T Laws

FROM

USA

AGE

21

SERVES

10

## TITLE

**VEGAN COOKIES****INSTRUCTIONS**

Heat oven to 350 F

Melt margarine in a sauce pan.

Mix the water and bicarbonate of soda together.

Add the margarine and the bicarbonate of soda to the rest of the ingredients in a mixing bowl and mix well.

Roll the dough into tablespoon sized balls (you can flatten them if you want them a little more crispy or leave them as is to be chewy)

Place on baking tray and bake them for 15 minutes or until golden brown.

**INGREDIENTS**

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup desiccated coconut (or powdered coconut)
- 3/4 cup coconut sugar
- 2/3 cup vegan margarine (eg. Pure sunflower)
- 2 tablespoons golden syrup
- 1 tsp bicarbonate of soda
- 1 tbsp boiling water
- Dash of cinnamon

**STORY OF RECIPE**

My brother decided to try being a vegan for 3 months and when I came to visit him he baked some of these cookies and I absolutely loved them.

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE           |

**PREPARATION TIME**

> 8min

**COOKING TIME**

> 15min

NAME	FROM	AGE	SERVES
Vincent B. Donadio	USA	28	20

**TITLE**

# NOT JUST PLAIN COCONOATMEAL COOKIE

VINBERDON Productions

**INGREDIENTS**

1 Cup - All Purpose Flour  
1/2 Cup - Whole Wheat Flour  
3 Cups - Rolled Oats  
1 Cup - Butter  
1 Cup - Dark Brown Sugar  
1/2 Cup - White Sugar or Granulated Honey  
2 Eggs  
1 Cup - Shredded Coconut  
1 & 1/2 Teaspoon - Vanilla Extract  
1 Teaspoon - Baking Soda  
1 Teaspoon - Ground Cinnamon  
Pinch - Nutmeg  
Pinch - Clove  
Pinch - Cayenne Pepper  
1/2 Teaspoon + Pinch - Sea Salt

*Optional:*

1 Cup (or more) - Dark Chocolate Chips

**INSTRUCTIONS**

Combine all wet ingredients + sugars and mix well. Add in dry ingredients. Mixing works best wither in a stand mixer or with your bare hands.

Form into balls about 1" in diameter and place on a baking sheet that is either greased or covered in parchment paper.

Bake at 350° F for 10 minutes and 30 seconds. Cookies will be very soft when fresh out of the oven but will become firmly chewy when cooled. Use a large, flat spatula to transfer them--carefully--to a cooling rack.

You can easily sub vegetable oil-based spreads for the butter, and the consistency stays virtually the same.

**STORY OF RECIPE**

This is my own creation because I love oatmeal cookies, but hate when people put raisins in them. I found coconut to be the perfect chewy addition to this classic.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 10.5min

NAME	FROM	AGE	SERVES
Alexandre Bettler	uk	37	4

#### TITLE

## SOURDOUGH RYE BREAD



#### INGREDIENTS

200gr 100% hydration Rye Starter  
 350gr Lukewarm water (blood temperature)  
 440gr Rye Flour (organic if possible, stone ground organic is even better)  
 11 gr salt

*To make your Rye Starter please get in touch with me and i'll explain you how to do it, it is very easy!*

#### INSTRUCTIONS

- > combine starter and water > mix
- > add all dry ingredients including salt
- > mix well
- > put your dough into a bread banneton if you have one, otherwise use a plastic bowl laid with a flour dusted towel, or you can also use an oiled bread tin
- > flour the top of your dough lightly
- > cover with a plastic bag or cloth and leave to rise for about 1 hour at room temperature until you see small cracks appearing on the top surface
- > pre heat your oven at 250C deg
- > flip the dough bowl upside down onto a lightly floured baking tray and put straight into the oven.
- > add a small metal bowl / plate filled up with water into the hot oven to create steam
- > bake for about 40 min without opening the door
- > when baked, tap the bottom of the bread for a hollow sound if baked,
- > enjoy and send me a pix!

#### STORY OF RECIPE

This is one of my favourite bread and i love it in many forms and with various ingredients. feel free to add seeds, herbs or else to test!

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 80min

#### COOKING TIME

> 40min

NAME  
Tassie Andersen

FROM  
United States

AGE  
25

SERVES  
12–18

TITLE

## STREUSEL FILLED COFFEECAKE



### INSTRUCTIONS

- Cut butter into dry batter ingredients.
- Combine and add other batter ingredients.
- Mix together ingredients for streusel mixture.
- Pour half of batter into greased 9" square pan.
- Sprinkle with half of streusel mixture.
- Add rest of batter and top with remaining streusel.
- Bake at 375F for 30 minutes.
- Allow to cool slightly, serve warm or room temperature.

### INGREDIENTS

*Batter:*

- 1 1/2 cup flour
- 3/4 cup sugar
- 1 tbsp baking powder
- 1/4 tsp salt
- 1/4 cup butter
- 1 egg
- 1/2 cup milk
- 1 tsp vanilla extract

*Streusel Mix:*

- 1/3 cup brown sugar
- 2 tbsp flour
- 1/2 cup chopped nuts
- 2 Tbsp melted butter
- 2 tsp cinnamon

### STORY OF RECIPE

My mother's recipe, given to her by her college room-mate. Tastes great with coffee or tea.

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME

Mary Musker

FROM

United Kingdom

AGE

50

SERVES

4–6

## TITLE

## CHOCOLATE HONEY CAKE



## INSTRUCTIONS

Put all the ingredients except the white chocolate stars into a big bowl and mix/beat together till it's all amalgamated. Line a loaf tin with greased baking paper and pour the mixture in. Sprinkle choc stars over the top and cook in a 180° oven for about half an hour till a skewer comes out clean.

## INGREDIENTS

120g plain flour  
140ml honey  
1.5 tsp baking powder  
40g butter, softened  
120ml milk  
1 egg  
2 tbsp cocoa powder

White choc stars, to decorate

## STORY OF RECIPE

I adapted this from a Hummingbird Bakery recipe when I had no sugar in the house and needed to make a sharing cake for my daughter to take to camp

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Kate & Steve Haywood	United Kingdom	34	5–10

**TITLE**

## BEST-EVER CUPCAKES

**INSTRUCTIONS**

Cream the sugar and margarine together until well combined. Mix the egg in thoroughly. Stir through the flour and add the vanilla essence and milk. Once smooth, spoon the mixture in to 10 cake cases. Bake at 190°C/ gas mark 5 for 15 minutes until golden brown. Once they have cooled, spread icing on top and add some sprinkles. Make them decadent and divine!!

**INGREDIENTS**

75g caster sugar  
75g margarine  
85g self-raising flour (or all-purpose flour plus baking soda)  
1 egg  
1 tablespoon milk  
½ teaspoon vanilla essence  
Icing & sprinkles

**STORY OF RECIPE**

Creating the best cake to make with my daughter; so quick and easy.

STARTER  
 MAINCOURSE  
 DESSERT

V BAKING  
 CONDIMENTS  
 OTHER

V VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Stephanie Simons Neal	USA	43	10–12

TITLE

## SHORTBREAD



### INGREDIENTS

1 cup (2 sticks) salted butter (if you use unsalted, add 1/2 tsp salt)

2/3 cup confectioners sugar

2 tsp vanilla extract

2 cups all purpose flour

Optional: 1 cup finely chopped pecans or 1/4 tsp of your favorite extract like almond or lemon

For a maple variation, substitute 1/2 cup maple sugar and 1/2 cup granulated sugar for the confectioners sugar in the recipe, and add 1/4-1/2 tsp of pure maple extract for a stronger flavor.

### INSTRUCTIONS

Preheat the oven to 325.

Lightly grease 2 round 9" cake pans or line with parchment and grease the parchment.

Beat together the butter, sugar and vanilla, then slowly add the flour. The dough will be stiff, but if it is too dry to come together, drizzle in a 1/2 tsp of water.

Divide the dough in half and press each half into one of the prepared pans. Use a fork to prick the dough all over to prevent air bubbles.

Bake the shortbread until it is a pale golden color on top and a light golden brown at the edges - about 25 to 35 minutes. Remove it from the oven and let sit for 5-10 minutes.

Turn the shortbread out onto a clean work surface and cut each round into 10-12 wedges and transfer to a rack to cool completely. The shortbread cuts more easily when warm (but not hot).

Can be served as-is ("naked") or with drizzles of caramel or chocolate on top.

### STORY OF RECIPE

This is a favorite with my extended family during the holidays and rarely lasts very long. If there's some left it keeps well in an air-tight container.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 25–35min

NAME	FROM	AGE	SERVES
Christine Archilla	United States	23	4-8

TITLE

## ALFAJORES CASEROS -CARAMEL COOKIES



### INGREDIENTS

7 ounces butter (room temperature)  
 6.5 ounces powdered sugar  
 3 eggs  
 2 egg yolks  
 1 tablespoon vanilla extract  
 1 teaspoon lemon zest  
 7.5 ounces flour  
 400 grams cornstarch -> (a little under 16 ounces)  
 1 teaspoon baking powder  
 Pinch of salt

*Filling:*

Dulce de Leche (Caramel)  
 Coconut shavings

### INSTRUCTIONS

1. Preheat oven to 375 degrees. In a bowl, beat together the butter and powdered sugar until well combined and soft.
2. Add the eggs and egg yolks into the bowl, one by one.
3. Once the eggs are added, combine the lemon zest and vanilla extract into the mixture.
4. Little by little, add all of the dry ingredients. (It helps if you mix all the ingredients with a mixture and then use a spatula to finish combining- do not over mix)
5. Once the mixture forms into a dough, let it rest and cool in the refrigerator for about an hour.
6. After the dough has cooled, use a roller and stretch it out onto a floured work space (dough should be stretched about 1/4 inch thick)
7. Using a cookie cutter, cut out small round shapes for cookie form. (You can use a small glass cup as well)
8. In a lightly greased pan, bake cookies for about 8-10 minutes, set but not browned. The cookies will come out white (that's the color we want).
9. Let the cookies cool down. Using two cookies, make a little sandwich by filling it with dulce de leche (caramel).
9. Roll the sides onto coconut shavings and sprinkle some powdered sugar on the top.

### STORY OF RECIPE

Alfajores are very typical from my country, Argentina. This recipe was handed down to me from my grandmother and aunt. It takes some time to make but well worth it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 2hr

COOKING TIME  
 > 8-10min

NAME

Erika

FROM

Canada

AGE

38

SERVES

7

## TITLE

**SPECULAAS**

G Herring

**INSTRUCTIONS**

Cream butter and shortening until fluffy. Beat in sugars until fluffy. Add beaten eggs; beat well. Sift flour, soda, salt and spices together. Add to mixture, mixing well. You may need to use your hands to get the dough together. Add almonds. Again, use your hands as necessary. Shape into rolls (I do 2 rolls). Wrap in waxed or parchment paper. Chill two to three days in the refrigerator.

With a thin sharp knife, slice approximately 3/8 inch thick. Bake on an unthreaded cookie sheet in moderate oven, 350 F, for 12 to 15 minutes. Makes approximately 7 dozen cookies.

**INGREDIENTS**

- 1 cup unsalted butter
- 1/2 cup shortening
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 medium eggs, beaten
- 4 cups sifted all purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cloves
- 1 tsp allspice
- 2 tsps cinnamon
- 1 cup blanched almonds, slivered

**STORY OF RECIPE**

This is a recipe passed down from my Oma (my Dutch grandmother). The cookies are spicy, crispy, and delicious!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 12–15min

NAME	FROM	AGE	SERVES
Heather Iveson	Australia	30	8–12

TITLE

## BUTTERMILK CARROT CAKE



### INGREDIENTS

1 1/2 cups brown sugar  
2 cups self raising flour  
pinch salt  
1 tsp cinnamon  
185g butter (do not substitute)  
2 eggs, beaten well  
1/2 cup buttermilk  
1/2 tsp bicarbonate soda  
1 tsp mixed spice  
1 cup grated carrot  
icing sugar for dusting

### INSTRUCTIONS

Preheat oven to 180 C

Put the sugar into a bowl, sift together flour, salt and cinnamon. Stir to combine well.

Cut butter into pieces and rub into mixture until it resembles fine breadcrumbs. This can take a little patience.

Divide mixture in half. Roughly will do.

Press one half over the base of a greased and lined 20-25cm springform tin.

Stir the remaining half of the mixture with eggs, milk with bicarbonate soda dissolved in it, mixed spice and grated carrot and mix well.

Pour batter over base in tin and cook in moderate oven for 50-60 minutes.

Just before serving dust top with sifted icing sugar.

### STORY OF RECIPE

This is the first cake I remember learning to make independently. People who don't like carrot cake do like this one! I hope you enjoy my favourite cake recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 50-60min

NAME	FROM	AGE	SERVES
Flora Hinz	USA	30	12

**TITLE**

## YEASTY PLUM SHEET CAKE


**INGREDIENTS**
*For the dough:*

- 400 g all-purpose flour
- 250 ml warm milk
- 1 cube fresh yeast (alternatively, one envelope of activated dry yeast)
- 150 g sugar (plus more for baking sheet)
- pinch of salt
- 50 g salted butter (plus more for greasing baking sheet)

*For the topping:*

- 1 lb quark (alternatively, 1:1 yogurt and mascarpone works well)
- 1 egg
- 2 tbs sugar (plus more for sprinkling)
- ~8 plums

**INSTRUCTIONS**

- 1 - Mix all ingredients for the dough except for the butter. If using dry yeast instead of fresh yeast, make sure to activate the yeast in ~50ml of the warm milk and a spoon of the sugar for five minutes before adding to the rest of the ingredients for the dough.
- 2 - Cover the dough and let it rest at room temperature for at least an hour.
- 3 - Cut all plums into 8ths.
- 4 - Preheat oven to 350°F. Generously grease rimmed baking sheet, then sprinkle with sugar.
- 5 - Kneed dough and roll out on prepared baking sheet. The dough should cover the entire baking sheet with about an inch of overhang. Fold over the extra dough to form a small rim around the edge.
- 6 - Melt butter and coat the raised edge of the dough.
- 7 - Mix quark, egg and sugar. Spread evenly on the rolled out dough.
- 8 - Arrange plum slices on quark mixture.
- 9 - Bake for ~40 minutes, brushing edge of crust with butter approx. every 15 minutes.
- 10 - Sprinkle with extra sugar and serve!

Best enjoyed still warm or reheated. Will keep about 3 days with refrigeration.

**STORY OF RECIPE**

This is a wonderfully simple, not too sweet yet surprisingly delicious family recipe from my grandmother that reminds me of summers growing up in Germany.

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

**PREPARATION TIME**

> 1.5hr

**COOKING TIME**

> 40min

NAME

Rik

FROM

England

AGE

27

SERVES

12

## TITLE

**MUM'S MOIST CARROT CAKE**

Alamy

**INGREDIENTS***For the cake:*

- 4 eggs
- 7 oz brown sugar
- 7 oz white sugar
- 13 fl oz light veg. oil
- 8 oz plain white flour
- 2 tsp bicarb soda
- 2 tsp ground cinnamon
- 1 tsp salt
- 1 oz ground almonds
- 3 oz chopped walnuts
- 12 oz peeled and grated carrots

*For the icing:*

- 4 oz butter, softened
- 12 oz icing sugar
- Rind and juice of a lemon
- A drop of hot water

**STORY OF RECIPE**

This is my mum's go to, always popular, foolproof carrot cake. Enjoy!

**INSTRUCTIONS**

Preheat the oven to 160°C and line two 23cm tins with greaseproof paper.

Beat eggs and sugar in an electric mixer until creamy.

Sift in the flour, bicarb soda, cinnamon and salt.

Add the ground almonds.

Add the oil.

When well mixed, add the grated carrots and the chopped walnuts. Stir them in. Divide between the two tins.

Cook for about 40-45 mins.

Mix together all the ingredients for the icing until smooth and creamy.

When the cake is cool, sandwich it together with some of the icing and cover the top with the remaining icing.

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 45min

NAME	FROM	AGE	SERVES
Daniel Jossen	Switzerland	29	20

TITLE

## DANIEL'S BROWNIES



### INGREDIENTS

400 gr dark chocolate  
300 gr milk chocolate  
8 eggs  
450 gr sugar  
450 gr flour  
170 gr butter  
2 tbsp vanilla extract  
2 tsp baking powder  
1 pinch salt

### INSTRUCTIONS

Melt the chocolate, butter, sugar in a pan and pour it into a bowl. Mix all the eggs with vanilla extract and add to the chocolate mixture and mix well with a stand mixer or by hand. Add half of the flour and mix again. Then add the rest of the flour, baking powder and salt. Mix until it gets a smooth texture.

Grease up a baking tin and pour in the chocolate mixture. Spread it out evenly and bake it in the preheated oven for 17 minutes at 190 degrees.

As soon as the edges begin to look crisp, the brownies are ready to get out of the oven. Let the brownies cool and cut them in squares.

**IMPORTANT:** Depending on the oven you have, the baking time may be different. Do not let them in the oven for too long.

### STORY OF RECIPE

There is no special story. I just love them!!

- |                                     |  |                                      |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input checked="" type="checkbox"/> BAKING | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS        | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input type="checkbox"/> OTHER             | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 20min

### COOKING TIME

> 20min

NAME	FROM	AGE	SERVES
Chris Bartley	USA	40	4–5

TITLE

# BISSCUITS



Chris Bartley

## INGREDIENTS

2 cups flour, sifted  
4 tsp baking powder  
1/2 tsp salt, I use a little bit less when using salted butter, slightly more when using unsalted  
1/2 tsp cream of tartar  
2 tsp sugar  
1/2 cup butter, salted or unsalted (see note above about salt)  
2/3 cup milk, I use skim milk, but 1% or 2% should be fine too

## INSTRUCTIONS

1. Turn on the oven to preheat to 450 °F. I have a ceramic serving bowl in which I like to serve the biscuits (wrapped in a towel), so I put the bowl on the stove top (with towel inside) to warm up. Our oven vents along the back edge of the stove top, so the bowl gets plenty hot.
2. Sift the flour into a measuring cup until it measures 2 cups of sifted flour. This is important. You don't want to measure out 2 cups of flour and THEN sift--that will yield too much. You want to only use as much flour as necessary to yield 2 cups of flour AFTER sifting.
3. Put the sifter into a large bowl, then dump the sifted flour into the sifter.
4. Add the remaining dry ingredients into the sifter with the flour.
5. Sift all the dry ingredients together into the large bowl.
6. Cut in the butter using a pastry blender tool (or two knives) until you get pieces that are the size of coarse crumbs. Tip: I pre-cut the butter before adding it to the dry ingredients by slicing the stick lengthwise, rotating, slicing again (so that you have 4 long, narrow sticks), and then slicing cross sections so you get lots of small pieces. This makes it easier and faster to cut in later with the pastry blender. Don't mash things around too much--you want the flour to remain light and fluffy.
7. Pour in the milk and turn lightly (I just use the knife that I cut the butter with) until the dough follows the knife.
8. Turn out the dough onto a lightly-floured surface.

## STORY OF RECIPE

My father has made these for breakfast since before I was born and passed the recipe down to me. I love them, and they always bring back wonderful childhood memories.

*Instructions continued on next page...*

<input type="checkbox"/> STARTER	<input checked="" type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

## PREPARATION TIME

> 20min

## COOKING TIME

> 12min

NAME	FROM	AGE	SERVES
Chris Bartley	USA	40	4–5

TITLE

## BISCUITS

### INSTRUCTIONS CONTINUED

9. Knead the dough gently for about 30 seconds. Seriously, don't knead very much here. The dough will be crumbly, but that's OK. You want light, fluffy biscuits with a nice rise at the end, and too much kneading will prevent that.
10. Roll out the dough with a rolling pin to roughly 3/4 of an inch thick.
11. Cut the biscuits out with a small (2 inches in diameter) biscuit cutter. I actually use a 1/4 cup measuring cup because I don't own a biscuit cutter and the size of the measuring cup is perfect. Arrange the biscuits on an ungreased cookie sheet. The dough should yield 15 or 16 biscuits. If you get more than 16, you rolled the dough too thin and/or kneaded too much. That's OK, but you won't get as much rise in the oven.
12. Bake for 12 minutes. The biscuits should be lightly golden brown and 1.5-2 inches tall. Transfer to and wrap in a towel in your pre-heated serving bowl.
13. Serve immediately and enjoy! They're great plain, with a little butter, jam/jelly, honey, Nutella, or whatever else strikes your fancy.

NAME

Simon Lamason

FROM

UK

AGE

0

SERVES

6–12

## TITLE

**NGONGOTAHĀ SPICED APPLE MUFFINS**

Simon Lamason

**INGREDIENTS**

- 1 cup rolled oats
- 1 cup milk
- ½ cup sultanas
- (at least) 1 apple, diced
- 1 tsp vanilla essence
- 125g butter
- ¾ cup soft brown sugar
- 2 eggs, beaten
- 1 cup white flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground allspice
- ½ cup wholemeal flour

**STORY OF RECIPE**

My mum made these when I was growing up in Ngongotaha, NZ. Making them now reminds me of being a kid as the smell of allspice fills the house.

**INSTRUCTIONS**

Preheat the oven to 180°C (fan) / 200°C / 390°F / Gas mark 6. Grease a muffin tray.

Soak the oats, apple and sultanas in the milk for at least 5 minutes. Add the vanilla essence.

Meanwhile cream the butter and sugar together until smooth. Add the beaten eggs and mix again.

Sift the white flour, baking soda, baking powder and allspice into the butter mixture. Add the wholemeal flour and mix together. Add the soaked oat mixture to the butter mixture and fold in. The trick to fluffy muffins is to fold the mix as little as possible. If there is still a bit of milk unfolded, don't worry.

Spoon the mixture into the tray and bake for around 20 minutes. Cooking times vary dependant on the oven so check at around 15 minutes to make sure they won't be overcooked.

They are done when the tops are slightly browned and feel springy to the touch. Perfect eaten straight out of the oven with a knob of butter.

- STARTER
- MAINCOURSE
- DESSERT
- BAKING
- CONDIMENTS
- OTHER
- VEGETARIAN
- DAIRY FREE
- GLUTEN FREE

**PREPARATION TIME**

&gt; 20min

**COOKING TIME**

&gt; 20min

# • OTHER

- 
- 
- 
- 
- 
- 
- 
-

NAME

Emma Barnes

FROM

UK

AGE

24

SERVES

1

## TITLE

# TOAST SANDWICH



## INSTRUCTIONS

- Step 1: Toast 1 slice of bread
- Step 2: Spread your spread of choice onto both sides of toasted slice and onto one side of each untoasted slice
- Step 3: Add seasoning of choice for flavour
- Step 4: Place toasted slice in middle of two untoasted slices
- Step 5: Enjoy!

## INGREDIENTS

- 3 slices of bread
- As much butter/spread of choice
- Pepper/seasoning of choice

## STORY OF RECIPE

This is the cheapest meal in the world. It helps you survive when you're running low on money. It works for breakfast (with jam) and other meals (with savoury spreads).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 2min

COOKING TIME  
> 2min

NAME

Jim Daniel

FROM

USA

AGE

68

SERVES

2-4

## TITLE

**DUTCH BABY (AKA GERMAN PANCAKE)**

Jim Daniel

**INGREDIENTS**

This is a recipe about Proportions. It requires a BLENDER, I haven't found a way around that part. PREHEAT THE PAN AND OVEN.

*Proportions:*

- 1 Egg
- to 1/4 cup of milk
- to 1/4 cup all purpose flour
- to 1 teaspoon of butter.
- One large fresh lemon.
- Powdered Sugar.
- Pinch of salt.

I usually make 3 to 5 eggs with the corresponding amount of other ingredients. My blender won't hold more than a 5 egg version. Eggs in blender and start on low to medium speed, add milk and then SLOWLY add the flour. Increase blender speed to the highest setting and let it run for at least a minute. While you're doing that, quickly remove the skillet from the oven and add ALL of the butter. It will brown almost instantly, swirl it around to coat the bottom and sides. Using a large spoon held in the middle of the skillet, pour all the batter into the spoon so it flows out and does not hit the bottom and create a spot that might stick.

**STORY OF RECIPE**

Recipe came from a German pioneer families recipe book in Idaho and Eastern Washington State. They came via wagon and later using a railroad car before 1900.

**INSTRUCTIONS**

Place a large CAST IRON Skillet or Dutch Oven in the oven and preheat to 425 for 30 Minutes. Make sure it's thoroughly heated.

Place the skillet holding the batter in the oven and let it cook for 25 to 40 minutes. The center will fall and create a huge pancake "bowl" to put fun stuff in.

When it's nicely brown around the edges, take it out and add a bit more butter, powdered sugar, and FRESH lemon juice. I use it as a base under creamed chicken with peas and onions,, sauteed mushrooms and onions, chili, peanut butter & jelly, Nutella with bananas, or fruit compote.

I serve this in the hot skillet.

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE            |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE           |

**PREPARATION TIME**

&gt; 15min

**COOKING TIME**

&gt; 30–40min

NAME	FROM	AGE	SERVES
Nika's Kitchen	United Kingdom	34	5–10

TITLE

## NIKA'S JAMROCK BANANA FRITTERS



Nika's Kitchen

### INGREDIENTS

- 5 Really Ripe Bananas (brown spots)
- 2 Cups Plain Gluten-free Flour Mix
- 3 Tbsls Dark Cane Sugar
- 1/2 tsp Grounded Cinnamon
- 1/2 tsp Grounded Nutmeg
- 1 tsp Vanilla Extract
- Pinch of Sea Salt (I use Pink Himalayan)
- Oil for Shallow frying - Coconut, Rapeseed (Canola) etc.
- Light Cane Sugar for Sprinkling

### INSTRUCTIONS

1. Place frying pan on stove top with oil to a medium heat.
2. Mash bananas.
3. Mix in dark cane sugar, cinnamon, nutmeg, salt & vanilla.
4. Gradually fold in flour to create a smooth batter.
5. Scoop one spoon at a time in hot oil.
6. Leave to fry until golden brown, then turn and repeat.
7. Place on kitchen towel to soak off some of the oil.
8. Sprinkle with light cane sugar and serve warm.

### STORY OF RECIPE

This is a healthier version to the traditional recipe as I've used alternative ingredients. Enjoy at any time of the day...especially satisfying served warm with ice-cream!

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input checked="" type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 15min

NAME

Nika's Kitchen

FROM

United Kingdom

AGE

34

SERVES

4

## TITLE

**NIKA'S QUICK & EASY MANGO SALSA**

Nika's Kitchen

**INGREDIENTS**

- 1 Large Ripe Mango
- 1/2 Red Chili Pepper
- 2 1/2 Tbls Fresh Coriander, chopped
- 1 Lime (Juice & Zest)
- Sea Salt & White Pepper to taste

**INSTRUCTIONS**

1. Wash all ingredients and dry.
2. Grate lime zest and set aside.
3. Juice lime and set aside.
4. Finely chop coriander.
5. Cut mango into small cube shapes.
6. Gently combine all ingredients including salt & pepper.
7. Place in refrigerator for 1 hour to set.
8. Enjoy!

**STORY OF RECIPE**

This is a quick and delicious recipe to prepare when you expect company. Enjoy anytime of the day!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10–15min

**COOKING TIME**  
> 0min

NAME

Danielle Rose-White

FROM

England

AGE

18

SERVES

12 Shots

## TITLE

## MARSHMALLOW INFUSED VODKA



### INGREDIENTS

- A bottle of vodka (750 ml)
- A bag of marshmallows (150g)

### INSTRUCTIONS

- Firstly, you need to prepare the marshmallows as they have a “crust” which can prevent the marshmallow fully infusing into the vodka. This involves cutting them up into smaller bits, also reducing infusion time.
- Add the vodka and marshmallows into a jar. Do not cram everything in. If it doesn’t fit, use equal quantities in separate jars.
- Leave to infuse for 24 hours; this being the hardest part! If you can, shake the jar every six hours or so to prevent settling.
- Next, strain the mixture through a cheese or muslin cloth. Large parts can be removed with a spoon, but it is important to strain four or five times.
- Drink! I like it on the rocks, but for a cocktail idea, try 1 part vodka to 2 parts cherryade.

### STORY OF RECIPE

I was given homemade marshmallow vodka at my eighteenth as we got ready. It's a fun, easy drinking spirit with enough sweetness to brighten anyone's day.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 5min

COOKING TIME  
> 1440min

NAME  
Anna Stewart

FROM  
USA

AGE

SERVES  
1–2

TITLE

## COOKIES FOR BOTH YOU AND YOUR DOG!



### INGREDIENTS

200 grams flour (about 1 1/3 cups)  
105 grams Rolled Oats (about 1 cup)  
118 grams Oat Bran (about 1 cup)  
1 teaspoon Salt  
1 teaspoon Baking Powder  
6 tablespoons Peanut Butter  
72 grams Sugar (about 1/3 cup)  
67 grams Brown Sugar (about 1/3 cup)  
112 grams Applesauce (about 1/2 cup)  
2 tablespoons Vegetable Oil  
2 tablespoons water  
1 teaspoon vanilla

### INSTRUCTIONS

Heat oven to 325 F convection or 350 F non-convection. In one bowl, mix together flour, rolled oats, oat bran, salt, and baking powder. In separate bowl, mix together the peanut butter, regular sugar and brown sugar. After they are well mixed, add the applesauce, oil, water, and vanilla to the butter mixture. Next, mix together the dry stuff with the wet stuff.

Line two sheet pans with aluminum foil. (The foil isn't necessary but makes clean-up easier). Scoop out the dough into small, rounded-teaspoon-size chunks (about 8-9 grams each). Then roll the chunks into small balls, if desired (I find it's easier to squeeze them into a Kong toy if they're rolled into balls). Place the balls onto the two sheet pans. Spacing between the cookies doesn't really matter; they don't expand much.

Bake the cookies for 28 minutes, rotating the pans halfway through. Then turn off the oven and let the cookies sit in the oven for an additional 40 minutes. This step is important because it dries the cookies out and makes them crunchy like a dog biscuit. (Also the cookies aren't as good when they're soft.)

*\*\*To make Carob Chip cookies instead of Peanut Butter:\*\**

- substitute 6 tablespoons Butter for the peanut butter
- add 70 grams Carob Chips (about 1/3 c)
- reduce Water to 1 tablespoon

### STORY OF RECIPE

A few years ago I was given some cookies to share with my dog Charlie. We both loved them so I invented my own recipe!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

### PREPARATION TIME

> 20–30min

### COOKING TIME

> 68min

NAME	FROM	AGE	SERVES
Michael Masleczko	England	50	6

TITLE

## GLUTEN FREE YORKSHIRE PUDDINGS



### INGREDIENTS

ingredients \*  
 50g Gluten Free Flour  
 50g Cornflour  
 3 Medium Eggs  
 150ml Milk  
 Pinch Salt  
 Oil for cooking

*Makes 12 small / 6 large*

### INSTRUCTIONS

Preheat oven to 220C, 200C (fan), gas mark 7.

Use the oil to grease a tin/s and place in the oven until smoking hot.

Place all ingredients into a bowl and beat until you have a smooth batter.

Do not rest this mix, like conventional Yorkshire Pudding mix, use immediately.

Divide the mix between the hollows of the tin/s.

Place in the oven for 20 – 25 minutes.

### STORY OF RECIPE

I developed this recipe after being diagnosed coeliac. Being a Yorkshire man I wanted to continue eating my puddings! Taste as good as normal ones I remember.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 10min

**COOKING TIME**  
 > 20–25min

NAME

Gina Pensiero

FROM

USA

AGE

31

SERVES

4–6

## TITLE

**NORCAL KALE SALAD**

Photo by Jennifer, Creative Commons, www.SweetOnVeg.

**INGREDIENTS***Salad:*

- One or two large heads of kale
- One red onion, sliced thin
- Several handfuls of sprouts
- 1/4 cup each: sesame, pumpkin and sunflower seeds
- 1 avocado cut into chunks (optional)
- 1 handful sliced shiitake or crimini mushrooms (optional)

*Dressing:*

- 1/3 cup Braggs liquid aminos
- 1/3 cup lemon juice
- 1/3 cup flax seed or olive oil

**INSTRUCTIONS**

1. Combine the Braggs, lemon juice and oil in a blender.
2. Marinate the onion and mushrooms (if you used them) in the dressing while you prepare the rest of the salad.
3. Toast the seeds in a heavy-bottom pan (cast iron is best), over a medium heat until seeds are golden and fragrant. Toast each seed type separately as their sizes require varying cooking times. Cool seeds at room temperature.  
Or, if you're lazy like me, buy pre-toasted or pre-salted seeds.
4. De-stem the kale.
5. Stack the stem-less kale leaves and slice into 1/4 inch ribbons.
6. Toss the ribbons, sprouts, and seeds together with all of the marinated onion and as much dressing as necessary to lightly, but completely, dress the kale. Add the avocado and mushrooms, if you'd like. Toss well. Use your hands.
7. Yum. Enjoy!

**STORY OF RECIPE**

This recipe was emailed to me by a friend after tasting it at a party. It had been passed to her by a friend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Nicole Moder	Germany	28	15

TITLE

## SPREEWALDGURKEN (DILL PICKLES)



(R)NicoleModer

### INGREDIENTS

ca. 15 pickles (ca. 1,5-2 kg)  
15g cherryleaves  
10g wineleaves  
10g dill  
10g savory  
much water  
100g salt  
Pickle doctor or similar

### INSTRUCTIONS

lay the pickles in clear water for 12 hours, dry them up  
put them in a bin, one by one in layers (pickles and mixed herbs every other layer)

cook 2,5l water with 100g salt, let it fully chill and pour it over the pickles

leave the pot in a warm room (~20-25 °C), till it gets bubbles on the surface (approx. 1-3 days)

cover the bin with a wooden lid or a plate and put a stone on it

afterwards store it for 3 weeks in a colder environment (~10-18 °C)

if gray foam is building upon the surface, try to remove it with a foam mesh or something similar  
for the firmness of the pickles use a "pickle doctor" or "pickle hardener" (in Germany it's called Gurken-Doktor or Gurken-Fest)

*keep in mind:*

try to avoid touching the liquid or the pickles with bare hands, otherwise there could be a chance that fungi could start growing in the pot and ruin the whole setup  
the pickles must be completely coated with the water mixture all the time

### STORY OF RECIPE

This is a very old, traditional Spreewald-Gurken recipe. It found its way through a lot detours into my hands. At the moment I am trying to make some pickles for myself.

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 14hr

### COOKING TIME

> 3 weeks

NAME	FROM	AGE	SERVES
V J Webb	USA	66	8

TITLE

## BULGUR



V J Webb

### INSTRUCTIONS

Heat oil in large skillet, add onions, celery and garlic. Cook on medium heat until onions are translucent. Don't overcook the celery. Add Bulgur and stir to coat with oil. Add broth. Add basil, frozen spinach, salt and pepper. Stir and bring to boil. Lower heat to medium. Cook for 10 minutes or until liquid is mostly absorbed. Stir occasionally.

Keeps well in the fridge or freezer. Just reheat in the microwave.

### INGREDIENTS

- 2 tablespoon oil (olive, peanut or canola)
- 1 cup onion - chopped
- 1.5 cups celery - chopped
- 2 tablespoon garlic - minced
- 1.5 cups Bulgur - #3 grind
- 2 cups chicken broth or bouillon
- 1 tablespoon dried basil or 1/4 cup of fresh basil
- 8 ounces frozen spinach
- Salt and pepper to taste

### STORY OF RECIPE

Just kept modifying standard Bulgur recipe until I had something with more nutrition that I liked.

- |                                     |   |                                      |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 20min

### COOKING TIME

> 15min

NAME	FROM	AGE	SERVES
CryshalTirith	USA		15

#### TITLE

## CHEWY FRUITY OATMEAL BARS



#### INGREDIENTS

4 cups Rolled Oats  
 1/3 cup packed Brown Sugar  
 1/4 cup All-Purpose Flour  
 1 tsp Baking Soda  
 3 tsp Ground Cinnamon  
 1 cup Chopped Nuts  
 Ex. Almond, Peanut, Walnut  
 1 cup Banana Chips  
 1 medium Banana  
 1 cup Dried Cranberries  
 1 cup Raisins  
 (Other dried fruits are also amazing: Apricots, Cherries, etc.)  
 2 tsp Vanilla Extract  
 1 cup Marshmallow Fluff  
 1/2 cup Honey

#### Bonus Yogurt Topping:

8 oz Greek Yogurt (your favorite: plain, vanilla, honey, fruit)  
 1 large Egg  
 2 tbsp All-Purpose Flour

#### STORY OF RECIPE

I love this recipe because it can be mixed up with different fruits and nuts (pumpkin pie spice!) and you're not having the same thing every time.

#### INSTRUCTIONS

Heat oven to 325F. Prepare a 9x13 rectangular pan by lining it with parchment paper. You want this ready before the mess.

In a food processor chop up the chips and banana until they are smaller than a pea but not pureed; set this aside. (Without access to fancy smancy choppers you can just put them in a gallon ziplock bag, push out every bit of air you can, close the bag tightly, then with fists of rage bash them neatly to petite pieces.)

In a large bowl combine oats, sugar, flour, soda, and cinnamon. Use a fork or wire whisk to mix well and break up the sugar.

To this, add the nuts, banana mix, and dried fruits. Create a shallow well in the middle of the bowl. In your concave pour the vanilla, marshmallow, and honey. Fold the dry ingredients into the well. The best way to do this is using your hands so you can really squish it between your fingers and pound it into compliance. Continue until thoroughly mixed.

Plop your mixture into the prepared pan. Mash and slam into the corners and get it mostly flat. Really go to town on it; the more squished it is the better it will be. Wash the sticky sweet mess off your hands. Another piece of parchment can be used on the top of the blend to better smooth it out; just don't forget to remove it.

If you are using the bonus topping, mix the yogurt, egg, and flour together and spoon onto the top.

Cook on the center rack of your heat box for 20-25 minutes. The top should become brown and caramel colored.

Allow them to cool before cutting them into squares, diamonds, or cubes, but no circles...this isn't pi after all.

- STARTER
- BAKING
- VEGETARIAN
- MAINCOURSE
- CONDIMENTS
- DAIRY FREE
- DESSERT
- OTHER
- GLUTEN FREE

#### PREPARATION TIME

> 20min

#### COOKING TIME

> 20min

NAME

Drew Skrainka

FROM

United States

AGE

22

SERVES

4

## TITLE

# MOM'S POTATO SOUP



## INSTRUCTIONS

Get a giant pot.  
Saute onion in butter.  
Add potatoes & chicken broth.  
Add milk, cream cheese & seasonings.  
Cook until hot & bubbly.  
Serve within the hour.

## INGREDIENTS

1-1.5 bags frozen cubed hash browns  
4.5 c chicken broth  
1 T. butter  
1 medium onion, diced  
1.5 c milk  
1-8 oz pkg cream cheese, melted  
salt, pepper & garlic powder to taste  
For Serving: shredded cheddar, bacon, green onion

## STORY OF RECIPE

My mom used to make this for us all the time during the wintertime. It's my favorite thing to make when it's cold outside!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min

COOKING TIME  
> 30min

NAME

Jen Blaikie

FROM

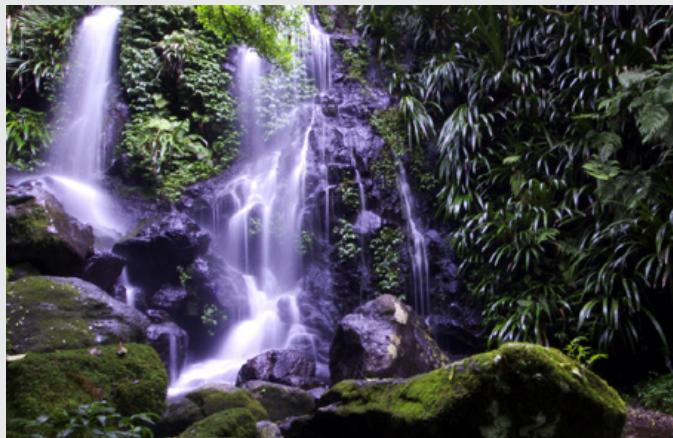
Australia

AGE

SERVES

4

## TITLE

**SMOKED TROUT DIP OR SPREAD**

J.Blaikie

**INSTRUCTIONS**

- 1 - mash the trout
- 2 - mix in the other ingredients (by hand if you're happy with slightly lumpy or using a food processor if you want a smoother finish)
- 3 - serve either as a spread for rolls or as a dip

Eat in a pleasant place with pleasant company

**INGREDIENTS**

- 100g smoked trout (tinned or fresh)
- 200mL plain yoghurt (Greek yoghurt works well)
- 15-20mL (1 tablespoon) mustard (seeded Dijon works well)
- juice of half a lemon or 5mL (1 teaspoon) of powdered lemon myrtle

*If using as a dip*

Fresh vegetables for dipping, my favourites are carrots, snow peas and mushrooms, or, if you can't face fresh food, plain corn or potato chips.

*If using as a spread*

spread on bread and add salad.

**STORY OF RECIPE**

This is a variation of a recipe my mother used to make with a white sauce base.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 0min

NAME

Caroline Vidican

FROM

United Kingdom

AGE

67

SERVES

6 glasses

TITLE

## RASPBERRY CHAMPAGNE COCKTAIL



INSTRUCTIONS

In each glass of champagne, put three or four frozen raspberries. They will serve as ice cubes to keep your drink iced, and as they melt, they will not dilute your champagne but will colour it a delicate pink... and they are delicious to slurp once your glass is empty!

INGREDIENTS

- 1 bottle of champagne
- 1 packet of top quality, frozen whole raspberries

STORY OF RECIPE

Just a nice way I have found of making champagne different.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 2min

COOKING TIME  
> 0min

NAME

MEE

FROM

Australia

AGE

SERVES

4

## TITLE

**I'M NOT A COOK. POTATO SALAD****INSTRUCTIONS**

Cube potatoes (peeled or unpeeled)  
Boil in salted water until firm but cooked

Drain

Place in bowl  
Add cut up boiled eggs

Stir in Kewpie mayonnaise

Garnish with parsley

**INGREDIENTS**

4 potatoes  
2 boiled eggs  
Kewpie mayonnaise (must be this brand)  
Parsley to garnish  
*\*\* can add pumpkin as well*

**STORY OF RECIPE**

I am not a cook. This is what I take when asked to ‘bring a salad’. People seem to enjoy it, I don’t think they are just being nice.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 15min

NAME

Coach Russ

FROM

USA

AGE

62

SERVES

4-6

## TITLE

**ASIAN CHICK PEA SALAD****INSTRUCTIONS**

Add all the salad ingredients to a large bowl and mix well.

For the dressing, add all the ingredients to a separate bowl and whisk well. Taste it, then add the sugar if needed to balance the flavors. Add about 2/3 of the dressing to the salad and mix well then taste. Add more dressing as needed to make you happy.

Enjoy.

**INGREDIENTS**

- 2 cans chick peas (15.5 oz.) drained and rinsed
- 3/4 cup chopped red onion
- 3 hard boiled eggs, chopped
- 1/2 cup black olives, chopped
- 1/2 of a large red bell pepper, chopped
- 1 jalapeno pepper, seeds and veins removed, chopped small
- 3/4 cup cilantro (leaves and stems), chopped

*Dressing:*

- 2 cloves garlic, diced then smashed to a paste
- 2 tbsp. light soy sauce
- 1 tsp. fish sauce (optional)
- 1 tsp. toasted sesame oil
- 1 1/2 tbsp. rice vinegar
- 1 tsp. chili paste
- 1/2 to 1 tsp. sugar (if needed)

**STORY OF RECIPE**

This is a simple, easy and healthy salad with loads of flavor.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 0min

NAME

Megi

FROM

United Kingdom

AGE

29

SERVES

12–24

## TITLE

**NEW ORLEANS STYLE ICED COFFEE****INGREDIENTS**

500g of your favourite Coffee - coarse ground  
 50g dried Chicory Root  
 3L cold still Mineral Water

*To Serve*

300ml Milk (cow, almond, rice, lactose free etc etc)  
 Simple Syrup to taste (can be omitted)

**INSTRUCTIONS**

Add the coffee, chicory root and water to a large container and stir gently so that all the coffee is covered.

Cover and leave at room temperature for 12 hours.

Once steeped pour the coffee into a air-tight container through a fine mesh sieve or cheese cloth. Breaking the coffee crust and giving it a mix before you start helps with this.

*Storage*

The concentrate will last in the fridge for about a week in an air-tight container

You can freeze it into 2 inch square cubes to be stored for longer.

*To Serve*

From the fridge  
 Serve over ice with milk and simple syrup to taste (roughly 1:1 milk to coffee)

*From the freezer*

Put 300ml of milk into a sealable container (wide mouthed mason jars work really well). Add one coffee cube and syrup. Seal the jar and leave it in the fridge over night for the coffee cube to melt. Shake well before serving.

**STORY OF RECIPE**

Recipe was found ([link http://www.bluebottlecoffee.com/preparation-guides/new-orleans-iced](http://www.bluebottlecoffee.com/preparation-guides/new-orleans-iced)) three years ago and I've been making it every summer since. The major revelation came when I discovered you could freeze it!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
 > 30min

**COOKING TIME**  
 > 720min

NAME	FROM	AGE	SERVES
Taylor Moermond	United States of America	45	12

**TITLE**

## HARICOT WHEATBERRY KARI SALAD

MOTRG Photography LLC



### INGREDIENTS

1 cup wheat berries dry  
1 pound Navy beans dry  
1/2 Large Yellow Onion diced  
1/2 Large Green bell pepper chopped  
1/2 Large Yellow bell pepper chopped  
1 Medium Zucchini diced  
1 Large Beef steak tomato chopped  
1/2 cup parsley chopped fine  
1/3 cup currants  
1/3 cup dried cranberries  
4 tablespoons Pumpkin seed oil  
1 tablespoon Spice mix (see at the end)  
Shredded Gruyere Cheese (Optional)

*Spice Mix:*

1 tablespoon Turmeric  
1/2 tablespoon Coriander  
1/2 tablespoon Hungarian Paprika  
1/2 tablespoon Cinnamon  
1/4 tablespoon Cardamom  
1/2 teaspoon Smoked Cumin  
1/2 teaspoon Coarse black pepper

### STORY OF RECIPE

I was feeling inspired and needed a good side salad to go with some grilled burgers on a beautiful summer day. This yelled at me from my cupboard.

### INSTRUCTIONS

Soak the navy beans over night, quick soak method on the back works but not ideal.

Simmer the navy beans 2 hours, drain and reserve water (should be 3 cups)

Bring to a boil and simmer wheat berries in reserved water from beans.

Let beans cool completely. 30 minutes if time is an issue.

Drain wheat berries and mix in 2 tablespoons of the pumpkin oil, and let cool completely. 30 minutes if time is an issue.

Mix all ingredients including the last 2 tablespoons of pumpkin oil in a large bowl thoroughly.

Chill in the fridge for at least 2 hours.

Spoon into a bowl (optional top with shredded cheese, Gruyere recommended, Vegan would work well too, pick a flavorful one.)

*Spice Mix:*

Mix Well

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE           |

### PREPARATION TIME

> 60min

### COOKING TIME

> 240min

NAME

Lisa Cutter

FROM

USA

AGE

34

SERVES

12

## TITLE

**VENIGHRETTE (UKRAINIAN SALAD)**

Lisa Cutter

**INGREDIENTS**

- 2 16oz cans dark red kidney beans, drained
- 2 pounds sauerkraut
- 1 quart dill pickles, drained
- 2 16oz jars pickled beets, drained
- 1 16oz package frozen peas
- 1 or 2 onions (depending on size), finely chopped
- 1 to 1-1/2 cups of oil and red wine vinegar salad dressing (or your favorite)
- salt and pepper to taste
- fresh chopped dill

**INSTRUCTIONS**

- Rinse kidney beans.
- Squeeze sauerkraut dry and chop finely.
- Dice pickles and dice the beets (like the onions).
- Add peas.
- Pour dressing over all with salt, pepper and dill and toss gently.
- Best if made a day ahead.

**STORY OF RECIPE**

This is my mother's recipe. Once she brought the dish to a friends potluck dinner. But no one was eating it. When she asked why, they thought it was potpourri!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 0min

NAME

Jan Giese Chalkley

FROM

United States

AGE

50

SERVES

6

## TITLE

## QUICK PASTA SALAD

**INSTRUCTIONS**

Prepare Pearl Cous Cous by package instruction and cool.

Chop Cucumbers, Tomatoes, Onions and Mint.

Mix vegetables and add cooled Cous Cous then add Italian Dressing. I add Salt & Pepper to taste. Chill and Serve.

You can add other ingredients to your liking - such as carrots, olives, feta cheese.

**INGREDIENTS**

- 4 Cucumbers
- 1 Container Cherry Tomatoes
- 1 Onion
- 4 Fresh Mint Leaves (optional)
- 2 Cups Pearl Cous Cous
- 3 Tablespoons Italian Dressing

**STORY OF RECIPE**

I made up the quick recipe for a cook out and now am asked to bring this to most parties I attend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 30min

**COOKING TIME**  
> 15min

NAME	FROM	AGE	SERVES
Vincent van der Plas	The Netherlands	28	10+

TITLE

## CHICKEN-CURRY-PINEAPPLE SALAD



INSTRUCTIONS

Put the block of chicken bouillon and some water in a pan. Boil the chicken for about 20 minutes. In the meantime cut the pineapple in small pieces. When the chicken is cooked cut it in small pieces.

Mix the mayonnaise, chicken, pineapple, pineapple juice, cream, curry powder and garlic in a bowl. Finally cut up the chive in small flakes and add to the mixture.

Put the salad in the fridge for a couple of hours to stiffen up and have the flavors settle in.

INGREDIENTS

- 250 grams of chicken fillet
- 1 block of chicken bouillon
- 5 garlic cloves (finely chopped)
- 1 tablespoon of curry powder
- 4 slices of pineapple (+4 tablespoons of the juice)
- 2 tablespoons of cream
- 1 small jar of mayonnaise (400 grams)
- 1 stump of chive

STORY OF RECIPE

A recipe that has been in the family for as long as I can remember.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
>> 5min

COOKING TIME  
> 20min

NAME

Dearbhla Quinn

FROM

Ireland

AGE

23

SERVES

4–6

## TITLE

**MUMMY QUINN'S POTATO SALAD****INSTRUCTIONS**

1. Peel the potatoes and chop in halves or quarters so they boil quicker. Boil the potatoes then mash them.
2. As the potatoes are boiling, finely chop the celery, chives and scallions and grate the carrots.
3. Once the potatoes have been boiled and mashed, put them in a mixing bowl with the celery, carrots, scallions and chives and mix with salad cream and mustard. Add both the salad cream and mustard slowly, tasting as you go and adding more if required.
4. Season with some salt and pepper (as much or as little as you like).
5. Spoon into serving dish and add some chopped/dried parsley on top to serve.

**INGREDIENTS**

*These ingredients are only a rough guide...you can add more or less of each depending on how you like it :)*

- 1.5 kg potatoes
- 4 or 5 celery sticks
- 3 scallions (spring onions)
- 3 carrots
- Salad cream - a few tablespoons at least
- English Mustard (Coleman's) - about 1 - 2 tablespoons
- Chives (not essential)
- Salt and pepper (to season)
- Parsley (to serve)

*Please Note:*

It is best to mix the potato salad together whilst the mash is still hot then allow to cool before serving but not essential (i.e. if you are using left over potatoes).

**STORY OF RECIPE**

The staple potato has many uses in Ireland and this is the best! This is my favourite home comfort food which has been tweaked a little through generations. Enjoy!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 15–20min

NAME	FROM	AGE	SERVES
A Jacob Cord	USA	41	12

#### TITLE

## CHINESE MEAT BUNS

Jake "just Google it for a better one" Cord



#### INGREDIENTS

##### For Dumplings:

- 6 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon yeast
- 2 tablespoons shortening
- 2 1/4 cups warm water

##### For Sauce:

- 2 teaspoons sugar
- 1 pinch salt
- 1 tablespoon soy sauce, dark
- 1 tablespoon soy sauce, light
- 1 tablespoon oyster sauce
- 1/2 cup chicken stock
- 1 teaspoon sesame oil
- 1 dash red food coloring (optional)

##### For Filling:

- 1 tablespoon peanut oil
- 1/2 pound Chinese roasted pork ("cha shao," it's red)
- 1 small leek
- 1 piece ginger root, sliced
- 1 tablespoon cornstarch, dissolved in water

#### INSTRUCTIONS

Combine ingredients for the dumplings and mix well. Knead until it starts to look shiny, about three minutes (longer if by hand). Roll into a log shape, cover with damp cloth, set aside.

Combine the sauce ingredients in a bowl and set aside.

Heat the oil in a wok and fry the diced meat, leek, and ginger together or high heat for one minute. Remove the leek and ginger and discard; add the sauce and the cornstarch, cook and stir until it thickens and is mixed well. Remove from heat and let cool. (Personally, I slice the leek up and grate the ginger and leave it all in).

Cut the roll of dough into 24 pieces, flattening each piece with fingers and shaping into a disk. Place a tablespoon of filling in the center of each dough round; enclose, pinching the top closed tightly with your fingers. Place each bun on a square of foil/waxed/parchment paper. Let rise for at least ten minutes.

Steam buns (in bamboo or metal stacking steaming trays) for about 10 minutes, taking care when placing them to leave room for expansion. Do not open while steaming. Please don't burn yourself.

Serve warm.

#### STORY OF RECIPE

A recipe collected while I was living in southern Taiwan. Pinching the buns closed is an art at which I am very bad, though they still taste great.

- |                                     |   |                                      |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 30min

#### COOKING TIME

> 10min

NAME	FROM	AGE	SERVES
Ovidiu Litan	Romania	29	4

#### TITLE

## LETTUCE SOUP



#### INGREDIENTS

One lettuce head  
250ml Sour cream  
2 cloves garlic  
150g bacon (or other smoky fat meat)  
About 2 liters of water (depends how much soup you want at the end)  
2 tbs all purpose flour  
Dill for garnish (optional)  
Lemon juice or lemon salt (citric acid)

#### INSTRUCTIONS

Nothing in this recipe is fixed. Feel free to adjust quantities to your desire.

Dice the bacon into small pieces (about 1-2 cm). Crush or mince the garlic. In a pot where all the water will fit, start cooking the bacon, at a low heat. The goal is for it to start rendering the fat.

When the bacon is done, add the garlic. Keep the fire low, so not to burn the garlic. After 1 min, add the flower and stir. After another minute or so, before the flour starts to brown, add the water.

You can turn up the heat now, and bring everything to a boil.

While the water is heating up, wash and cut the lettuce into strips, as big as preferred. When the pot is boiling, add the strips. Leave to boil another 5 minutes (or longer if preferred, but the lettuce will wilt and cook very fast).

Taste for seasoning. Add the sour cream slowly, and stir constantly. After it's incorporated, add the lemon or citric acid. Add in small increments and taste to adjust to your preference.

Garnish with dill if preferred.

Enjoy a refreshing soup.

#### Note:

You can use any mixture of dairy products to balance the creaminess and sourness of the soup. Any combination of heavy cream, sour cream, yogurt or even milk can be used.

#### STORY OF RECIPE

This is a go-to recipe for a fast and delicious soup. Almost everyone in the family has his or hers way of finishing it.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

#### PREPARATION TIME

> 10min

#### COOKING TIME

> 30min

NAME

Peter Watts

FROM

Australia

AGE

SERVES

10

## TITLE

**COUS COUS SALAD****INSTRUCTIONS**

Fine dice the capsicum and put in a bowl with the seeds and sultanas.

In a saucepan, heat the stock, butter and honey. Once simmering, rain in the cous cous and stir continuously until the liquid had absorbed (see pic in saucepan). Add the cous cous to the bowl with the other ingredients and cover with plastic wrap so that all can steam together.

Once cooled use a fork to loosen lumps and evenly distribute the seeds and sultanas throughout the salad.

Roughly chop some mint and garnish in a bowl.

**INGREDIENTS**

- 1 cup cous cous
- 1 cup stock (chicken or vegetable)
- 1 cup seed mix (pepita, sunflower whatever is favourite)
- 1/2 cup sultanas
- 1 capsicum (red or green or mix)
- 30g butter
- 1 Tbs honey
- Mint (as much as you like)

**STORY OF RECIPE**

I wanted to learn to cook and eat healthy food. This was one of the first recipes that I did (Gordon Cooking School Geelong Australia).

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 10min

NAME

Maria J.

FROM

Denmark

AGE

24

SERVES

6–8

## TITLE

**SUMMERY POTATO SALAD WITH LIME****INGREDIENTS**

- 1,5 kilogram of small, new potatoes
- 300 grams of rucola (salad rocket)
- 300 grams of cherry tomatoes
- 100 grams of feta cheese or similar white salad cheese
- A small handful of pine nuts
- One lime
- Salt and pepper
- A few drops of olive oil

**INSTRUCTIONS**

1. Wash and scrub the new potatoes well, leaving the skin on. Make sure to get all the dirt off, as the potatoes can turn out really bitter if you don't.
2. Put the potatoes in a pot, cover with water, add a pinch of salt and set to boil.
3. When the water boils, turn the heat down to medium and let boil for 10-15 minutes (depending on the size of the potatoes). Check with a fork if they're ready: if the fork passes through the potatoes easily, they are done.
4. Pour out the water and set the potatoes aside to cool.
5. Roast the pine nuts on high heat on an ungreased pan stirring continuously. Roast until fragrant, then set aside to cool.
6. If the potatoes are too large to eat in one mouthful, cut them into smaller pieces.
7. Cut the cherry tomatoes in half and mix with rucola, pine nuts and potatoes.
8. Cut the lime in half and squeeze the juice into a small bowl. Mix with a few drops of olive oil and a pinch of salt and pepper. Pour the dressing over the potato salad and stir well.
9. Crumble the feta cheese over the salad and stir lightly.
10. You're done! Velbekomme.

**STORY OF RECIPE**

Summer in Denmark means barbecue and potato salad. However, the traditional one can be really heavy, so I was happy when an acquaintance taught me this light, fresh version!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME

Herb Holloway

FROM

USA

AGE

51

SERVES

8

## TITLE

**MARINATED CARROTS (COPPER PENNIES)**

momstheboys.com

**INGREDIENTS**

- 2 lbs. carrots (fresh or frozen – standard or baby)
- 1 medium onion cut in rings
- 1 small bell pepper cut in strips or rings
- 1 can of tomato soup (10.75 oz.)
- ½ cup salad oil
- 1 cup sugar
- ¾ cup white vinegar
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon black pepper
- 1 teaspoon salt
- Dash of Tabasco or other hot sauce

**INSTRUCTIONS**

If using fresh, whole, standard carrots, peel and cut in lengths that will fit in your boiler. Fresh or frozen baby carrots should be cooked whole. Sliced, frozen carrots can be cooked as is. (If using baby carrots, try to find some that are on the “fat” side.)

Boil the carrots just until fork-tender. You want them to be firm – not soft and mushy, but not crispy, either.

Drain and run cold water over the carrots to cool them enough to work with.

Slice the carrots into a large bowl. Add the onion and bell pepper and toss them with the carrots.

Mix all other ingredients thoroughly and pour over the vegetables. Toss gently to coat.

Refrigerate 12 hours or more. Drain and serve. Save the sauce in case you have left over carrots. Will keep several days in refrigerator.

**STORY OF RECIPE**

A holiday favorite of mine since childhood. A wonderful combination of tastes, colors, and textures. Adds a little kick to meals built around turkey or ham.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 10min

NAME

Maike

FROM

Germany

AGE

26

SERVES

20

## TITLE

**EPIC HOMEMADE GRANOLA****INGREDIENTS**

600 g of oats  
 350 g of nuts (pecans are great, but also almond pieces, walnuts and hazelnuts)  
 300 g of seeds (I would suggest a mixture of pumpkin and sunflower)  
 350 g of maple syrup (or honey)  
 50 g of oil (I love melted coconut oil, but any oil works)  
 2 teaspoons of salt

*Optional:*

Coconut flakes  
 Raw Chocolate nibs or chocolate chips  
 Dried fruit in bite-sized pieces  
 2 teaspoons of spices like cinnamon, cardamom or nutmeg

**INSTRUCTIONS**

Mix together the oats, nuts, seeds and salt, the optional coconut flakes and the spices. Do not add the chocolate nibs or dried fruit, as they have to be added after the baking is done.  
 Add the oil and syrup and stir well until everything is evenly coated.  
 Pour half of the granola onto a deep baking tray and spread it out.  
 Turn the oven up to 150 degree Celsius and bake the granola until it looks toasty brown and smells deliciously.  
 Don't worry if the granola is not crunchy yet, this will happen once it cools down.  
 Bake the second half of it and let everything cool completely. Add in any additional ingredients like the dried fruit or chocolate pieces.  
 Store in an airtight container.  
 Feel free to experiment around as this recipe is super versatile!

**STORY OF RECIPE**

I absolutely love granola but as I always hated the dried fruit that often is in ready made granola, my mom and I simply started making our own.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 30min

NAME	FROM	AGE	SERVES
Thea Jane	UK	23	1

#### TITLE

## NUTTY, BIRCHER-STYLE MUESLI



#### INGREDIENTS

For one person with a large appetite (you can adjust accordingly!):

- 100g oats (ideally whole rolled)
- 200g apple juice
- 50g plain, natural, whole yogurt (the photo shows kefir, not yogurt, which was tasty but be aware that it is naturally thinner and tangier than yogurt so you may want to add less to avoid a runny muesli and it's an acquired taste)
- 1 small apple or pear
- small handful of walnut halves
- 1-2 dates, chopped into 6-8 pieces (preferably medjool)
- Cinnamon to taste

#### INSTRUCTIONS

Mix the oats and juice in a bowl, cover and leave in the fridge to soak for a couple of hours or overnight.

As soon as you're ready to eat your muesli, grate the apple or pear into the juice-soaked oats and add the yogurt. Crush the walnut halves a little with a pestle and mortar or the back of a spoon and sprinkle them into the bowl along with the date pieces. Add a pinch of cinnamon and mix it all together.

Give it a taste, add more cinnamon if you desire, add a small handful of blueberries if you wish and then begin to devour it immediately, as the grated fruit will oxidise (go brown) quickly.

Really the only musts for this recipe are oats soaked in juice, yogurt or a dairy substitute like coconut or almond milk and grated fruit. You're free to adapt it to your taste and the seasons, and to add all sorts of delicious toppings. Think berries and stewed fruits, seeds, nuts and nut butters... This is your go-to alternative to porridge for the warmer months.

#### STORY OF RECIPE

Brekkie is my favourite meal of the day and this was my go-to during my final year at university: fresh, delicious, satisfying, nourishing and adaptable. My friends loved it too!

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE            |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE           |

#### PREPARATION TIME

> 10min

#### COOKING TIME

> 0min

NAME

Walter8itall

FROM

Switzerland

AGE

52

SERVES

16

## TITLE

**DELICIOUS EGG-BASED COGNAC****INSTRUCTIONS**

Put the sugar, cream and milk in a pan. Heat and stir gently with a hand whisk until creamy. Put aside to cool down to room temperature.

Beat the egg yolks, vanilla sugar and salt until pale, soft and creamy. Pour the pan's content into the egg mixture and again stir gently until homogenous. Add the cognac and stir again.

Put the resulting mass in bottles and cool it down in the fridge. The foam will soon disappear. Consume when chilled within 3 days. Shake well before serving. Do not be scared if the substance turns brownish. Part of the color is result of the cognac, part of it is due to the absence of any antioxidant.

*Hints:*

Use the egg whites to make meringues, pavlovas, amarettis and so on.

If you prefer smaller quantities take only 6, 4 or 3 egg yolks and divide the ingredients by 2, 3 or 4 (see pictures).

**INGREDIENTS**

- egg yolks 12
- cream 2 dl or 7 fl oz
- milk 1 dl or 3.5 fl oz
- cognac 3 dl or 10.5 fl oz
- sugar 300 g or 1 ¼ cup
- vanilla sugar 1 tsp
- salt 1 pinch

**STORY OF RECIPE**

Handed down from a friend to another friend and so on.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 30min

**COOKING TIME**  
> 5min

THE LONGEST  
PREPARATION  
& COOKING  
TIME IS 12  
WEEKS

NAME

Ariane

FROM

UK

AGE

30

SERVES

20–30

## TITLE

**PASTETSIS****INGREDIENTS***For the puff pastry:*

400g of flour

1 coffee spoon of salt

250g of saindoux (lard butter)

Water

*For the stuffing:*

2 faisselles of 500g each

3 eggs

Salt

Black pepper

**INSTRUCTIONS***TO DO THE DAY BEFORE:*

1. Drain the 2 faisselles during one night.

*2. Do the puff pastry:*

- Dilute the salt into water.
- Put the flour inside your food mixer with the diluted salt. The pastry will be ready when it will not stick anymore to the bowl or your fingers. To get there, you need to add tiny bit of water gradually. Then, let the pastry rest for an hour.
- Make 2 pastry balls of the same weight.
- Take one and spread it very thin.
- Put 125g of soften saindoux on it, then roll the pastry on itself in order to get a long “snake” shape.
- Do the same with the second ball and leave the “snakes” in the fridge.

*Tip:*

The more the pastry will be thin and rolled tight, the more puff you'll get!

*TO DO THE D-DAY:**1. Prepare the stuffing:*

- Mix the 2 drained faisselles, the 3 eggs, salt and black pepper until you get a homogeneous result.

*2. Make the Pastetsis:*

- Cut the “snakes” in 30 equals cylinders.
- Surround them with flour and flatten them (spiral on the table) to get discs of approximatively 10 cm of diameter.
- Place a generous spoon of stuffing in the center of each discs and close in papillote shape.

3. Cook in a preheated oven at 250 degrees C during 15 to 20 minutes.

4. Bon appétit!

**STORY OF RECIPE**

To my grandfather, an epicurean who taught me this recipe when I was 12. Smart enough to have it made by my small fingers to get the magical puff!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 60min

COOKING TIME

&gt; 15–20min

NAME	FROM	AGE	SERVES
Steve & Michelle	USA	39	2-4

**TITLE**

## BRIGHT GREEN SMOOTHIE



Steve's cell phone

**INSTRUCTIONS**

1. Place all ingredients in blender jar in the order listed.  
(Note: A high powered blender such as a Vitamix or Blendtec is recommended.)
2. Blend until completely smooth and thoroughly mixed.
3. Serve cold or freeze for later.

**INGREDIENTS**

6 oz almond milk  
6 oz rice or soy milk  
6 oz orange or mango or guava juice  
~1 cups rinsed collards greens or kale  
1 tablespoon flax seed, pre-ground in coffee grinder  
1 tablespoon protein powder (optional)  
1 banana (unfrozen for regular consistency, frozen for thicker consistency)  
~1 cup frozen pineapple, mango, or cantaloupe chunks, or any mixture thereof

**STORY OF RECIPE**

To achieve the brightest green color, use only yellow or orange fruits and juices. Of all the leafy greens we've tried, collards seem to have the mildest taste.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input checked="" type="checkbox"/> OTHER	<input type="checkbox"/> GLUTEN FREE

**PREPARATION TIME**

> 15min

**COOKING TIME**

> 2min

NAME

Steph

FROM

Australia

AGE

27

SERVES

1

## TITLE

**CHOC-BANANA COCONUT OVERNIGHT OATS****INSTRUCTIONS**

1. Mash HALF of the banana in small bowl.
2. Add the rest of the ingredients to the bowl, except for the remaining half banana.
3. Mix well, cover, and leave in the fridge overnight.
4. In the morning, slice up the rest of the banana to top the oats. Dust with some extra cacao (or chocolate topping if you're feeling indulgent)
5. Gobble it all up!

**\*NOTES\***

If the oats are dry in the morning, add a little extra coconut water and mix, until you achieve the desired consistency.

Be creative with the toppings! Some toasted coconut shreds, pecans, or currants would be delicious!

**INGREDIENTS**

- 1/3 cup rolled oats
- 1 tablespoon chia seeds
- 1 small banana
- 1/2 small can coconut milk (approx 135ml)
- 2 teaspoons cacao
- pinch salt
- 1 tablespoon coconut water

**STORY OF RECIPE**

Overnight oats are magical. Mix together whatever flavours you think will work, and hope they taste just as dreamy in the morning. This combination worked out particularly well! :)

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 8–10hr

NAME	FROM	AGE	SERVES
Zach Gass	United States	23	4

#### TITLE

## PEMMICAN



#### INGREDIENTS

Meat (Beef, Moose, Elk, Buffalo, or Deer) 2 1/2 lbs  
 Fat (Beef, Moose, Elk, Buffalo, or Deer) 1 lbs  
 Berries (of your choice, Optional) 1 pint  
 Honey (Optional) 3 Tbs

#### Utensils:

Knife  
 Pot  
 Oven/Dehydrator  
 Stove  
 Ladle  
 Grinder/Blender  
 Muffin Tins/Form (Optional)

#### INSTRUCTIONS

Dehydrate the berries.  
 Dehydrate the meat.  
 Render the fat.  
 Grind the berries and meat.  
 Mix.

Dehydrate the berries. Then grind them or put them in a blender until they are a fine powder.

Slice meat into thin strips and dehydrate with a dehydrator, or an oven on low heat, leave the door of the oven slightly open to allow the moist air to escape. Do not add salt or season the meat, simply cut it into thin strips and dry it. Make sure the meat has as much of the fat removed as possible. Save this fat for further steps. Once the meat is totally dehydrated, break it into smaller pieces and either grind into fine shreds or put the pieces in a blender.

With the fat that was saved, or fat that was bought, or otherwise obtained, melt in a pot over low heat. It is important that it is fat from a Beef, Moose, Elk, Buffalo, or Deer, otherwise it will go rancid. Allow the fat to all melt down into a liquid, then add an equal volume of cold water. Using a ladle, scoop the rendered fat off the top of the water without taking any water. This has become the pure tallow.

Mix the berry powder and meat shreds together so that the berry powder is only 10% of the mixture. Then add a touch of honey. Then mix equal parts liquid tallow and meat, berry, and honey mix. Then either place it in a muffin tin, or other mold, or press into balls, or allow it to sit solidify. The end result should be a waxy bar that is firm to the touch.

You will have to work with the ratios until you find what works for you.

#### STORY OF RECIPE

Pemmican was the energy bar of the Native Americans and Voyagers. I learned it from a friend of mine at camp. Her camp name was "Bells."

- |                                      |   |   |
|--------------------------------------|---|---|
| <input type="checkbox"/> STARTER     | <input type="checkbox"/> BAKING           | <input type="checkbox"/> VEGETARIAN             |
| <input type="checkbox"/> MAIN COURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT     | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 100min

#### COOKING TIME

> 24hr

NAME	FROM	AGE	SERVES
Carl Johan Hagströmer	Sweden		

#### TITLE

## MEAD



#### INGREDIENTS

- 5 parts water
- 1 part honey of choice

Proportions are not required to be precise.

#### INSTRUCTIONS

Heat the water to roughly 37°C, and blend in the honey.

Transfer the liquid into an airtight bottle, or similar vessel that corresponds to your needs. The more airtight the vessel is, the better the mead will taste.

If you are starting from scratch without a mead culture, leave the vessel open for a couple of days. Taste the solution. If it tastes like it did when you started, it might mean that you are ready to seal the vessel.

Once you have your mead culture started, leave the vessel tightly sealed for at least six weeks. Brewing time can be longer, if you have the patience.

Enjoy hot or chilled, but be careful when you open the bottle. The pressure can build up quite a lot, so please avoid injuring yourself or others.

#### Notes:

- Local honeys may be healthier to use, as they often represent your local ecosystem.
- You can also add berries or fruits to the mead (before you seal it up for brewing), but remember to roast them in the oven slightly, so that you avoid contaminating your mead culture with other bacteria or yeast.
- If you are using chlorinated water, it is recommended to boil it for a few minutes and let it cool down. This way you get rid of some of the chlorine, and allow your mead culture to brew unhindered.
- Alcohol content is likely to be between that of beer and that of wine, depending on brewing duration.

#### STORY OF RECIPE

I was interested in discovering my culinary heritage, and found this a delightful and highly rewarding way of doing so.

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

#### PREPARATION TIME

> 15min

#### COOKING TIME

> 6weeks

NAME	FROM	AGE	SERVES
Katrina Quigley	United States	27	2

#### TITLE

## MEXICAN FRUIT SALAD GREEN SMOOTHIE



#### INGREDIENTS

- 1 1/2 cups Coconut Water
- 2-3 cups (I use 60g) Spinach, fresh
- 1/4 tsp Sea Salt, or to taste
- 1/8 tsp Ground Red Pepper (Chili Powder)\*, or to taste
- 2 Key Limes or 1/2 Lime, peeled
- 1 1/2 cups (210g) Watermelon, diced
- 1 cup (140g) Pineapple, diced (not from can)
- 1 cup (140g) Mango, diced

\* do not use chili powder with cumin, garlic, or other spices added, (this is the common “Chili Powder” sold in stores in the States,) which is meant for flavoring meats, or chipotle powder which has a smoky flavor. Search for something akin to “Ground Red Pepper” instead and check the label to make sure the only ingredient is “red pepper(s)” or “chili pepper(s)”. I recommend ground red pepper over cayenne for flavor, but if you live in an area that does not have ground red pepper, cayenne is a good substitute. If you’re lucky enough to live where they sell “salsa en polvo”, which is the specific chili powder mixture meant for fruit, containing red chili powder, dehydrated lime juice, and salt, feel free to use that but be wary of adding any extra salt.

#### INSTRUCTIONS

- 1) Combine coconut water and spinach in blender. Start blender on low or pulse and quickly turn up to high speed until visible green chunks are gone. Stop the blender.
- 2) Add the chili powder, salt, key limes, and watermelon. Once again, starting on low or pulse and quickly working your way up to high speed, blend until smooth. Stop the blender.
- 3) Add the pineapple and mango. Blend again going quickly from low speed to high until desired consistency is achieved.

#### Notes:

-Combining the coconut water and spinach first will help ensure that you do not randomly get chunks of leafy green vegetables while sipping on your finished smoothie, and is recommended no matter the power of your blender you have.

-To make the smoothie thicker and colder (recommended), freeze one or more of the fruits but be mindful of the power of your blender. Add each fruit separately until smooth if needed to make sure you don’t overwork your motor.

-You can substitute or do a mix of spinach with kale, lettuce, or any other leafy green vegetables, but spinach is the easiest flavor to mask.

-I personally use 60 grams of leafy green vegetables but feel free to start with less or more depending on your preferences, (just don’t let it overpower the other flavors.)

-If green smoothies are not your thing feel free to leave out the spinach. Leave out the salt and red pepper and you have a nice tropical fruit smoothie instead.

#### STORY OF RECIPE

My first venture into Mexico included eating a fruit salad from a roadside vendor. Topped with lime juice, salt, and chili powder, the memory of that salad inspired this smoothie.

<input type="checkbox"/> STARTER	<input type="checkbox"/> BAKING	<input checked="" type="checkbox"/> VEGETARIAN
<input type="checkbox"/> MAINCOURSE	<input type="checkbox"/> CONDIMENTS	<input checked="" type="checkbox"/> DAIRY FREE
<input type="checkbox"/> DESSERT	<input checked="" type="checkbox"/> OTHER	<input checked="" type="checkbox"/> GLUTEN FREE

#### PREPARATION TIME

> 10min

#### COOKING TIME

> 2min

NAME

Tom Latham

FROM

United Kingdom

AGE

31

SERVES

28

## TITLE

# CHRISTMAS PUDDING VODKA



## INSTRUCTIONS

- \* Put all ingredients in a bowl. Stir and set aside.
- \* Leave for at least a week, stirring once a day.
- \* Filter back into bottle and chill.
- \* The filtered fruit can then be folded into ice-cream to make Christmas Pudding ice-cream.

## INGREDIENTS

- 1 bottle (700cl) vodka
- 250 g dark brown sugar
- 100 g mixed peel
- 250 g sultanas
- 150 g raisins
- Grated rind and juice of 1 orange
- 1 tsp almond essence
- 6 cloves
- 2 cinnamon sticks
- 2 vanilla beans, split, seeds scraped
- 1/2 tsp nutmeg
- 1 tsp mixed spice

## STORY OF RECIPE

Now a Christmas tradition in our household. This flavoured vodka was the culmination of years of student parties and experimentation.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 0min

NAME

William Baker

FROM

United States of America

AGE

30

SERVES

6

## TITLE

## SPICY MONTEREY RICE



## INSTRUCTIONS

Combine water, rice, and bouillon granules in a medium saucepan.

Bring to a boil; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender.

Combine sour cream, 1 cup Cheddar cheese, Monterey Jack cheese, sweet red peppers, green chiles, and pepper.

Stir in rice.

Spoon into a buttered 1.5 quart casserole dish.

Bake at 350 degrees Fahrenheit for 25 minutes.

Sprinkle with remaining cheddar cheese; bake 5 more minutes.

## INGREDIENTS

2 cup - water  
1 cup - long-grain rice, uncooked  
1 tablespoon - chicken-flavored bouillon granules  
16 ounces - sour cream  
1.5 cup - shredded Cheddar cheese  
1 cup - shredded Monterey Jack cheese  
1/2 cup - chopped sweet red pepper  
4.5 ounces - chopped green chiles, undrained  
1/8 teaspoon - pepper

## STORY OF RECIPE

Supposedly from Alaska, some of us in New Mexico have come to appreciate this dish. It is a mild alternative to Enchilada casseroles, and makes a great side dish.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 30min

NAME	FROM	AGE	SERVES
Kevin Schumacher	Canada	34	Over a 1lb of candy

**TITLE**

# SALTWATER TAFFY

Photo from vanillaandlace.blogspot.com

**INGREDIENTS**

2 cups - sugar  
2 tablespoons - cornstarch  
1 cup - light corn syrup  
3 teaspoons - glycerin (medical grade)  
3/4 cup - water  
2 tablespoons - butter  
1 teaspoon - salt  
1 teaspoon - flavoring (maple, mint, rum, vanilla, coffee, etc)  
a few drops of food coloring (optional)  
1/2 teaspoon - baking soda at the start  
1/2 teaspoon - baking soda for when it's cooked

a large saucepan(3-4 quart)  
a wooden spoon  
a candy thermometer  
a pastry brush  
wax paper  
a marble slab/cookie sheet  
greased scissors or butter knife

**INSTRUCTIONS**

1. Mix together sugar, baking soda & cornstarch in saucepan
2. Use wooden spoon to stir in the corn syrup, glycerin, water, butter, and salt. Place the saucepan over medium heat and stir until the sugar dissolves.
3. Continue stirring until mixture begins to boil, then let cook, undisturbed, until it reaches about 270°F - I stop at 265°F for the consistency I like. Wash down the sides with a pastry brush dipped in warm water while the syrup cooks.
4. Remove the saucepan from the heat and add food coloring, flavoring, and the baking soda. Stir gently then pour onto a greased marble slab or into a shallow greased cookie sheet to cool.
5. When the taffy is cool enough to handle, grease your hands with oil or butter and pull the taffy (stretch the taffy, put it end to end, twist, and fold back, and repeat) and until it's light in color and has a satiny gloss. It should take about 10 minutes.
6. Roll the pulled taffy into a long rope, about 1/2 inch in diameter, and cut it with greased scissors or button knife.
7. Let the pieces sit for about 30 min before wrapping them in the wax paper.

**STORY OF RECIPE**

A modified version I found online. Just sharing it since not many people have attempted to make saltwater taffy.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 1.5hr

**COOKING TIME**  
> 30min

NAME

Daniel Jossen

FROM

Switzerland

AGE

29

SERVES

3–4 jars

## TITLE

**STRAWBERRY JAM****INGREDIENTS**

- 500 gr fresh strawberries
- 625 gr sugar
- 1 tsp lemon juice

**INSTRUCTIONS**

Wash the strawberries and cut them in half. Put them into a pan and cook them, together with sugar and the lemon juice. When the sugar is dissolved and it starts to bubble, mash it with a potato masher until everything is smooth. Be careful, the sauce is very hot and you could burn yourself easily.

Now keep cooking and stirring for around 15 minutes. To check if the jam is finished, put a spoon full of jam onto a small plate and place it into the fridge for around 3 minutes. If the jam on the plate thickened, your done. Otherwise just keep cooking and testing.

Fill the jam into very clean twist-off jars and place them upside down until they are completely cold.

**IMPORTANT:** To prevent the jars from breaking, place them onto a tea towel.

**STORY OF RECIPE**

This family recipe is 103 years old and makes my favourite jam. So why not sharing it with you all?

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 30min

NAME

Mat Barkan

FROM

United States of America

AGE

23

SERVES

8–12

## TITLE

## SPINACH KUGEL

**INSTRUCTIONS**

Preheat oven to 350

Cook and drain noodles.

Cook spinach until thawed and drain excess moisture.

Melt margarine.

Combine all ingredients in large bowl

Divide mixture into two greased, 9", square pans.

Bake uncovered for approximately 1 hour.

Cut into 1.5"-2" squares and serve.

**INGREDIENTS**

- 1 pound fine noodles
- 6 eggs
- 2 packages of powdered onion soup mix
- 1 package frozen spinach
- 1 stick butter or margarine
- 1 pint creamer

**STORY OF RECIPE**

Commonly eaten during Jewish holidays, kugel is a Jewish soul food. I remember the kugel at many dinners throughout the year bringing family and friends together.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 15–20min

**COOKING TIME**  
> 60min

NAME	FROM	AGE	SERVES
Selah & Matthew	United States of America	41	4

TITLE

## SELAHĀS SCRUMPTIOUS SUMMER SPROUTS



Matthew

### INGREDIENTS

1 lb fresh Brussels sprouts (bagged or still on stem)  
 1/4c plain olive oil  
 1Tbs balsamic vinegar  
 1/4c pine nuts  
 1/4c dried cranberries  
 Salt & pepper to taste

### INSTRUCTIONS

*Preparation*

Heat convection oven 400 o f. or standard oven to 350o f.  
 Cover 8in x12in sheet pan in foil

*Brussels Sprouts*

Peel outer layer or two off of the Brussels sprouts &  
 remove stem ends

Cut sprouts into halves (larger sprouts into quarters)

Wash & dry sprouts thoroughly

Toss with olive oil

Add salt & pepper to taste

Evenly spread Brussels sprouts in sheet pan cut sides  
 down

Place sheet pan in center of oven & monitor for  
 browning

Brown for 10-12 minutes on first side, then stir and  
 return to oven for another 2-3 minutes

Add balsamic vinegar and return to oven for 2-3 minutes  
 or until the balsamic vinegar is caramelized, then  
 remove from oven

*Pine Nuts*

While Brussels sprouts are cooking, brown pine nuts in  
 dry nonstick pan over medium-low heat

Stir frequently

Remove from pan before they are fully brown (if you  
 smell toasted pine nuts they are already burnt)

*Dried Cranberries*

While pine nuts are browning, soak cranberries in  
 enough hot water to cover

*Serving*

Toss Brussels sprouts with pine nuts and cranberries,  
 season to taste if needed and serve

*Selah's Special Substitutions*

Substitute flavored salt (e.g. alder-smoked)

Substitute infused olive oil (e.g. Persian Lime olive oil)

Substitute fruit infused balsamic vinegar or apple cider  
 vinegar

Substitute raisins, golden raisins, dried apples, dried figs

Substitute slivered almonds

Substitute brandy for soaking

### STORY OF RECIPE

Selah created this wonderful dish one summer day and it  
 has been our favorite ever since. We have even converted  
 several people who thought they hated Brussels sprouts.

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 10min

### COOKING TIME

> 14–18min

NAME

Bentley Clark

FROM

United States

AGE

39

SERVES

4–6

## TITLE

**GREEN CHILE CHEESE GRITS****INSTRUCTIONS**

1. Preheat oven to 375 Fahrenheit.
2. Bring 3 cups water and a dash of salt to the boil.
3. Add dry grits and cook for 5 minutes on low (or until water is absorbed). Remove from heat, cover and let sit for 2 minutes.
4. Add 2 cups of cheese and butter to cooked grits. Mix until melted.
5. Add evaporated milk, eggs, hot sauce, chiles, salt and pepper. Mix well.
6. Pour into 12" x 8" baking dish and top with remaining 1/2 cup cheese.
7. Bake for 45–55 minutes until golden brown and puffy.
8. Serve hot or warm for breakfast. Great with homemade buttermilk biscuits!

**INGREDIENTS**

- 1 cup dry corn grits
- 3 cups water
- 1 pinch salt
  
- 2 1/2 cups shredded sharp cheddar cheese
- 1/4 cup butter
- 1/2 cup evaporated milk
- 1/2 cup water
- 1 dash hot sauce
- 2 eggs, slightly beaten
- 1 cup roasted and diced New Mexico green chile
- Salt and pepper to taste

**STORY OF RECIPE**

The perfect marriage of Southern culture and New Mexico cuisine. A standard in my mom's arsenal of amazing recipes.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 75min

**COOKING TIME**  
> 45–55min

NAME

Amanda Chin

FROM

USA

AGE

21

SERVES

6

## TITLE

## BUTTERNUT SQUASH AND MUENSTER

**INSTRUCTIONS**

Preheat the oven to 375 degrees. Prepare butternut squash by cutting in half, removing seeds/pulp, peeling, and cutting into 3/4 inch slices. In a 9 inch by 9 inch glass baking dish that has been properly buttered, arrange the squash to create a layer in a pattern that allows to fit as much squash as possible (think a lasagna). Next do a layer of onion, followed by a second layer of squash, finished with a layer of Muenster cheese. Cover with aluminum foil and bake for 45 min. Uncover and cook another 15 minutes or until cheese is browned. The goal is melt in your mouth texture for the squash.

**INGREDIENTS**

- 1 Butternut Squash (Peeled and cut in half longways and then in 3/4 inch slices)
- 1 Large white onion (sliced)
- 16 oz of Muenster cheese

**STORY OF RECIPE**

Goes wonderfully with rice pilaf, green beans, turkey, cranberry (i.e. Thanksgiving dinner). Irish and English grandmother's recipe who was married to an Turkish born, Armenian raised Assyrian American.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 60min

NAME

Jan Giese Chalkley

FROM

United States

AGE

50

SERVES

10

## TITLE

## GRANDMA'S HOT GERMAN POTATO SALAD



## INSTRUCTIONS

Boil the potatoes until tender, peel and cut into small cubes.  
Mix with chopped onion and salt and pepper to taste.  
Saute bacon until lightly brown.  
Add flour, sugar, vinegar and water to bacon and grease.  
Stir until thick like a gravy.  
Add potato mixture and cook slowly until onion is done.  
Garnish with fried crispy bacon bits.  
Serve warm.

## INGREDIENTS

6 or 7 Medium Red Potatoes  
1 Medium Onion  
1 Tablespoon Sugar  
2 Tablespoon Flour  
1/2 Cup Vinegar  
1/2 Cup Water  
1/2 Pound Bacon Pieces  
Salt & Pepper to taste

## STORY OF RECIPE

This is a Giese family recipe that Grandma made for us.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 20min

COOKING TIME  
> 60min

NAME	FROM	AGE	SERVES
Flor Haaker	Peru	64	8

#### TITLE

## CARAMELIZED WHITE ONION



Enrique Haaker

#### INSTRUCTIONS

Cut onions in half through stem end, then slice thinly lengthwise.

Place onions, vinegar and sugar in a sauce pan, heat to boiling and simmer while stirring with wooden spoon for 20 to 30 minutes.

Serve hot or cold on sandwiches, on top of steak, chicken, mashed potatoes, onion soup, tarts, pizza or dip.

#### INGREDIENTS

- 3 white onions, medium size
- 1/2 cup white vinegar
- 1 cup sugar

#### STORY OF RECIPE

Once I tried it on a party in a ham and cheese sandwich and now it is part of my cooking experience.

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE            |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE           |

#### PREPARATION TIME

> 10min

#### COOKING TIME

> 20–30min

NAME

Larry Stein

FROM

USA

AGE

57

SERVES

20

## TITLE

**BEER BARBECUE SAUCE**

Larry Stein

**INGREDIENTS**

3 12oz bottles Oatmeal stout or porter. Nothing roasty or hoppy. Sweet is better

Heat in pan and reduce beer by half.

*Add the following:*

4C Catsup

1C Brown Sugar packed

1C Honey

1C Apple Cider Vinegar

4T Worcestershire sauce

Grind the following spices until they are fine before adding to the pot.

2t ground white pepper

4t powdered garlic

2t Onion Powder

2t salt

1t New Mexico Red Mild chile powder

1t cayanne pepper

*For sweeter and spicier sauce add additional:*

1/2C honey

1t cayanne pepper

1/2t New Mexico Red chile powder

**INSTRUCTIONS**

Reduce the beer by half. Whisk occasionally to remove carbonation.

Add catsup, brown sugar, honey, vinegar and Worcestershire sauce. Whisk until smooth.

Grind spices until fine and whisk in.

Let simmer for about 30 minutes.

Taste and adjust to your liking.

You can spice it up or sweeten it. If you want you can start mild and then split the pot and spice up one half. This way you get two sauces, something for everyone.

Let cool and then bottle.

**STORY OF RECIPE**

We came up with this recipe while doing barbecue competition. It goes great with chicken and ribs. We used it with port butt and brisket also.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
>> 15min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Jeremy Garnett	Australia	27	1–20

TITLE

## GINGER BEER (NON ALCOHOLIC)



### INGREDIENTS

*Plant Starter Ingredients*

8 Sultanas  
Juice of 2 Lemons  
1 tsp Lemon Pulp  
4 tsp Sugar  
4 tsp Ground Ginger  
2 cups Cold Water

*Brew Ingredients*

Ground Ginger  
Sugar

*Bottling Ingredients*

4 cups Sugar  
4 cups Boiling Water  
Juice of 4 Lemons  
8 cups Cold water

### STORY OF RECIPE

When I was a kid, Mum had an old gray notebook, filled with hand-written recipes she'd collected over the years. My own love of cooking began with that notebook.

### INSTRUCTIONS

- *Starting the Plant* -

Put all Plant Starter Ingredients in an air-tight jar for 2-3 days in a warm place, out of direct sunlight. The mixture should ferment.

- *The Brewing Phase* -

Each day for 1 week, add 2 tsp ginger and 4 tsp sugar.

- *The First Batch* -

Put 4 cups sugar & 4 cups boiling water in a bucket. Add the juice of 4 Lemons. Strain contents of jar into this through muslin, and squeeze dry.

Add 8 cups of cold water and bottle.

Your ginger beer will be ready to drink in 4 - 5 days.

- *For Future Batches* -

To continue the Plant, divide the residue left in the muslin in half. Add one of the halves to the air-tight jar with 2 cups of cold water. Feed as before for one week. The other half of the original plant may be frozen for future use.

- *Bottling Notes* -

For the bottling process, use a large bucket with a nice solid rim. Lay the muslin across the top and tie it in place with twine, though tape will do at a pinch. This allows the plant to drain fully. Once poured, scrape the plant into a solid mass and bundle it up in the muslin. Use sturdy glass bottles with screw tops, if you can. Rather than tip the bucket and chance loosing the lot, use a ladle and funnel to fill each bottle. Make sure to leave the neck of the bottle empty as the liquid will continue to ferment.

For the same reason, store the bottles in a cupboard and if possible in a water-proof container. If sun-lit or warm, explosions may occur.

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 60min

### COOKING TIME

> 15days

NAME

Bronwyn

FROM

United Kingdom

AGE

SERVES

2

## TITLE

**EASY THAI SALAD**

bronsoir

**INGREDIENTS***Salad*

150gm thin rice noodles (dry weight)

250gm meat if using - chicken breast or a tender cut of beef or lamb are all good. Salad is still very nice without it!

2 tbsp sunflower seeds (heaped)

good handful of salad leaves, washed and torn or chopped to be manageable with a fork/chopsticks. Iceberg lettuce or chinese cabbage are both great for this recipe; rocket, baby spinach etc. are fine too.

small handful of fresh coriander and/or mint, roughly chopped.

10cm length of cucumber (lebanese cucumber is lovely if available), chopped

half a medium red onion, finely chopped

oil for cooking

*Dressing*

juice of one lemon

1 tbsp light soy sauce or to taste (Pearl River Bridge is my preference but any will do). If cooking for coeliacs choose a gluten free soy.

1 tbsp sweet chili sauce or to taste

splash of sesame oil (optional)

**INSTRUCTIONS**

Half fill a medium sized pot with water and heat to boiling, then cook noodles according to instructions. When cooked, drain and rinse with cold water, then set aside.

Meanwhile, lightly toast sunflower seeds in a dry pan over low to moderate heat and prepare vegetables and herbs.

If using meat, heat a heavy pan over medium/high heat with a little cooking oil, and cook meat for 3 - 5 minutes each side, depending on thickness. Beef and lamb can be left pink but ensure chicken is cooked through.

To make the dressing, mix lemon juice, soy sauce and sweet chili sauce in a small bowl, with a splash of sesame oil if using. Add more soy and sweet chili sauce to taste and a little water to dilute.

To serve, divide noodles between two bowls along with salad greens, herbs, cucumber and red onion. Slice the cooked meat into thin strips and lay over top, then add dressing and top with toasted sunflower seeds.

**STORY OF RECIPE**

A healthy summer staple, inspired by thai beef salad. It is quick, appealing, delicious and unashamedly inauthentic. Just as satisfying without meat as with. Enjoy!

- |                                     |   |                                      |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 10min

**COOKING TIME**

&gt; 10min

NAME

Till Kahlen

FROM

Germany

AGE

26

SERVES

8

## TITLE

**FETA CHEESE DIP**

Till Kahlen

**INGREDIENTS**

- 60g shallots
- half a bunch of thyme
- a bunch of basil
- 20g butter
- 750g feta (sheep's cheese)
- 250g - 350g(depending on your preferences for salty dishes) curd cheese (20% fat)
- 2 table spoons olive oil
- pepper

**INSTRUCTIONS**

Peel the shallots, finely dice, and pull thyme leaves off the stem.  
 Gently fry the chopped shallots together with the thyme leaves in melted butter until they are pale golden but not brown.  
 Coarsely cut the basil leaves.  
 Crumble the cheep's cheese into a bowl and blend it (or mash it with a fork).  
 Add the shallots-thyme mix, 250g curd cheese, the chopped basil, and the olive oil and stir til you get a creamy mixture.  
 Season only with pepper.  
 Add more curd cheese if it is too salty.  
 If the final mixture is too smooth, put it into the refrigerator for 1-2 hours.

**STORY OF RECIPE**

I owe it all to my mother!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 20min

**COOKING TIME**  
> 2min

NAME	FROM	AGE	SERVES
Laura Rajsic-Lanier	United States	48	6

#### TITLE

## LOUISIANA CORNBREAD



#### INGREDIENTS

- 2 boxes Jiffy Cornbread Mix
- 2/3 cup Milk
- 2 Eggs
- 2 cups Shredded Cheddar Cheese
- 1 can Diced Green Chilis, drained
- 1 cup Whole Kernel Corn, drained

#### INSTRUCTIONS

Mix Jiffy Cornbread Mix with milk and eggs. You can substitute your own favorite cornbread recipe instead.

Add cheese, chilis and corn.

Stir together, and cook at 350°F in a greased/buttered pan until the center is set (approximately 30 minutes).

Serve hot with butter.

#### STORY OF RECIPE

My husband's family comes from Louisiana. His grandmother would make this in her cast iron flying pan for extra flavoring. We always had ham and black-eyed peas with this.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 30min

NAME

Ai-Linh

FROM

Switzerland

AGE

27

SERVES

## TITLE

**HOME-MADE MUESLI (M\_SLI)****INGREDIENTS**

25g butter  
1 tablespoon honey  
1,25dl apple juice

300g oatmeal  
80g almond, roughly minced  
40g pecan, roughly minced  
30g dessicated coconut  
1 knife point cinnamon  
1 bag of vanilla sugar

**INSTRUCTIONS**

Put the butter and the honey into a pan and heat it up until all has melted. Let it cool down for a few minutes. Then add the apple juice.

Put the oatmeal, the almonds, the pecans, the dessicated coconut, the cinnamon and the vanilla sugar into a big bowl and mix it with a spoon. Then add the above generated liquid (butter, honey and apple juice).

Pour the whole mass onto a backing tray and arrange it properly. Roast the muesli for 30 minutes with 160 degree (celsius) and try to mix it all over several times.

Let it dry and cool down before putting it into a jar. The muesli will last for approx. 1 month.

**STORY OF RECIPE**

I love breakfast! This is also why I love muesli So I have been trying to find the perfect mix of ingredients the make my very own muesli.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 15min

**COOKING TIME**  
> 45min

NAME	FROM	AGE	SERVES
Glen Chrisensen	Denmark	20	5–10

TITLE

## BBQ SAUCE

Glen Christensen



### INGREDIENTS

- 1 dl. Tomato ketchup
- 1 Finely chopped garlic clove
- 100 g Muscovado sugar (dark brown sugar)
- 2 tbsp. Apple Cider Vinegar
- 2 tsp. Paprika
- 2 tsp. Mustard
- 2 tsp. Soy sauce

### INSTRUCTIONS

Find a glass bowl, not plastic as the sauce can color a plastic bowl.  
Mix tomato ketchup, mustard, soy sauce and apple cider vinegar together.  
Then mix the remaining ingredients in the sauce.

The sauce will be best if you make it the day before you need it.

The sauce is really good for pulled pork

### STORY OF RECIPE

The recipe was created the first time for pulled pork, and it is composed from recipes from many other recipes based on what I just had.

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

### PREPARATION TIME

> 5min

### COOKING TIME

> 10min

NAME

Richard

FROM

UK

AGE

45

SERVES

3–5

## TITLE

## POSH SURF 'N' TURF

**INSTRUCTIONS**

Use a griddle pan  
Chorizo first for a few minutes  
Then add chopped spring onion and chilli  
Add scallops, 3 minutes turning throughout  
Add runny honey  
Serve in scallop shells

**INGREDIENTS**

Scallops  
Red chilli  
Chorizo  
Spring onions  
Runny honey

**STORY OF RECIPE**

I am afraid I can't remember where I picked up this recipe and I apologise to original author. It's delicious and I love it, best eaten regularly!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 10min

**COOKING TIME**  
> 5min

NAME  
Katie Doemland

FROM  
USA

AGE  
46

SERVES  
10–15

TITLE

## VALERIA'S WEDDING PUNCH



INGREDIENTS

- 1 gallon rosé wine
- 46 ounces cranberry juice cocktail
- 1 fifth vodka
- 2 liters tonic water

INSTRUCTIONS

Combine all ingredients in a punch bowl, being sure to add the tonic water last.

STORY OF RECIPE

This was invented the night before Valeria's wedding. Even avowed punch-haters like this punch.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 2min

COOKING TIME  
> 0min

NAME

Benedikte Skarvik

FROM

Norway

AGE

36

SERVES

4

## TITLE

## POPPING LEMONADE

Benedikte Skarvik



## INGREDIENTS

- 4 dl good quality lemonade
- 6-8 dl sparkling water
- one handful of fresh mint
- 2 teaspoons of popping candy
- lots of ice cubes

## INSTRUCTIONS

Find four of your best glasses, preferable some old crystal glasses you got from your sweet old grandmother. Pour about 1 dl lemonade and some sparkling water into each glass. Put ice cubes and most of the mint (save the best ones to garnishment) in a blender and crush the ice. Portion the crushed ice into the glasses. Sprinkle some popping candy on top of the drink. Garnish with some fresh mint. Serve with a straw, if you like. Enjoy!

## STORY OF RECIPE

This is a reconstruction of a drink I got at a lebanese restaurant at the french riviera.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 10min

COOKING TIME  
> 0min

NAME	FROM	AGE	SERVES
Alice Bremner Watt	Scotland	22	6–8

#### TITLE

## ERBAZZONE



#### INGREDIENTS

*Pastry:*

350g plain flour  
2 tablespoons lard  
pinch of salt  
lukewarm water (as much as is needed)

*Filling:*

2kg Spinach (or swiss chard, but I personally prefer spinach)  
50g lard  
100g pancetta  
1 onion  
2 cloves of garlic  
a sprig of parsley  
100g parmesan  
salt and pepper

#### INSTRUCTIONS

Preheat the oven to 180°C.

Start by washing the spinach thoroughly. Steam the spinach until it is completely wilted, then squeeze as much of the moisture out of it as you can and mince finely. I try and go for the consistency of canned spinach, but if you prefer to keep it more rough, it'll taste just as good. Set aside.

Chop the pancetta, onion, garlic and parley very finely. Melt the lard in a heavy based pan on a low heat and add the chopped ingredients. Fry lightly until the onion is soft but not browned, and the pancetta has got some colour. Add the spinach and keep on a low heat for about 5 more minutes, stirring frequently so as to flavour the spinach. Remove from the heat and add the grated parmesan, salt and pepper. Leave to cool while making the pastry.

For the pastry, simply combine all the ingredients, adding the water until you have the right consistency. The dough should not be dry, but not sticky either. Knead until the dough is soft and well blended. Butter the tin you are using. I prefer to use a flat baking tray, and have quite a flat tray bake type pie, but you can also use a standard pie dish. Roll out the pastry and line the bottom and sides, leaving enough to cover the top of whatever receptacle you choose to use. Pour in the vegetable filling and cover the top with the rest of your pastry. Put little bits of butter on the pastry lid, prick all over with a fork and then place into the oven on a middle shelf. Bake for around 40 mins, though you may find if you're using a shallow tin that it takes less than that. Keep an eye on it, if it looks done, trust your instincts. Serve hot or cold, even more delicious on the second day.

#### STORY OF RECIPE

My Grandma Mary used to make this for us grandchildren, there were a lot of us. It was our favourite and it always reminds me of her.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENT  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 30min

COOKING TIME  
> 40min

NAME	FROM	AGE	SERVES
Christian Hiles	U.S.	39	1+

**TITLE**

# DIRTY GREEN ONIONS



Christian Hiles

**INGREDIENTS**

Green Onions 8-10 per person  
Olive Oil  
Unsalted butter  
Garlic Salt  
Salt  
Ground Pepper

**INSTRUCTIONS**

After washing green onions cut the roots off from the bottom. Then slice the onion bulb once horizontally and once vertically so the bulb opens up a bit. This allows the bulb part to cook faster. In a gallon size zip lock bag pour some olive inside of it. Approximately 1 tablespoon per ten onions. Add 1/2 teaspoon each salt, 1/2 teaspoon garlic salt and one teaspoon ground pepper per 10 onions into zip lock bag also. Drop onions into bag and gently rub the oil and spices around. Place onions in a highly heated pan preferably cast iron with bulbs facing inward or closest to the burner location. Turn onions frequently and add unsalted butter on top of the onions as the bulbs start browning and the oil has mostly cooked off. Cook till your desired level of brownness is achieved. Serve.

**STORY OF RECIPE**

On an Aspen ski trip we needed to whip out something to go along with a lot of steaks in a hurry and what resulted were dirty green onions.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**  
> 5min

**COOKING TIME**  
> 10min

NAME  
Edwin Arneson

FROM  
Canada

AGE

SERVES  
12

TITLE

## TURKEY STUFFING

# Sorry, no picture

### INGREDIENTS

500 g medium-lean ground beef  
turkey giblets (optional), chopped  
500 g margarine/butter  
2-3 large onions, chopped  
1 bundle celery, chopped  
15 ml poultry seasoning  
20 ml sage  
5 ml pepper  
30 ml salt  
2 loaves day-old bread cubed (best done the night before)  
750-1000 ml milk  
10 eggs, beaten

### INSTRUCTIONS

Brown ground beef and giblets in 250 g margarine (adding more, if needed).

Add onions, celery, and seasonings—cook until tender—about 15-20 minutes, or longer. Remove from heat.

In a large bowl, combine bread with half the milk and all the eggs. Add meat mixture. Add more milk as needed to make a reasonable moist stuffing (not soggy). Taste for seasonings.

- a) Use to stuff a turkey
- b) Bake in a foil covered baking disk (optionally with the turkey neck pressed into the surface) for 60-70 minutes at 400 degrees F. If baking with the turkey neck the neck needs to be fully cooked.

### STORY OF RECIPE

Recipe from my mother.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 45min

COOKING TIME  
> 60–70min

NAME	FROM	AGE	SERVES
Danielle Linton	USA	37	15

TITLE

## GRANDMA HUDZIEC'S KAPUSTA

Photo taken by Danielle Linton



### INGREDIENTS

- 3 32 oz glass jars of sauerkraut
- 1 medium to large onion
- 3/4 lb bacon
- 3/4 oz dried mushrooms
- 5 bay leaves
- 12 whole cloves
- salt & pepper
- 1/2 to full ring fresh kielbasa
- 1/4 c flour
- water

### INSTRUCTIONS

Double or triple rinse the kraut depending on how strong a flavor you prefer, and put in large pot.  
 Add water to just under the top of the kraut (roughly one to one and a half kraut glass jar)  
 Fry bacon crisp, drain on paper towels, and break or crumble into small pieces and add to pot.  
 Place dried mushrooms in small bowl of water to rehydrate them. Cut into small pieces and add to pot.  
 Peel onion and poke cloves into the onion. Add to the pot whole.  
 Add salt and pepper to taste.  
 Heat pot (covered) on medium-low and simmer for 1 to 1 1/4 hours.

In a small cup, add 1/4 c flour. Add cold water (1/4 c or so) and whisk thoroughly. Strain out any lumps. Slowly add flour-water mix to pot, stirring constantly until thoroughly mixed in.

Cover and simmer another 15 minutes.  
 Repeat flour-water mixture if not thick enough. Heat another 10 minutes.

Remove onion from pot and remove all cloves. Discard the cloves.  
 Chop onion into small pieces and re-add to pot.

Remove bay leaves and discard them.

Add fresh or smoked kielbasa if you wish (1/2 to full ring , to taste). Chucks or small pieces, to taste.  
 Kapusta tastes best the next day, so cover and refrigerate overnight. Reheat and enjoy!

### STORY OF RECIPE

My grandma, my mom's mother, was a wonderful cook, but she never wrote anything down. My dad took the time to figure out how to recreate her recipe.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
 > 30min

COOKING TIME  
 > 90–120min

BON APPÉTIT

---

GUTEN APPETIT

---

BUEN PROVENCHO

---

BUEN APPÉTIT

---

ENJOY

NAME	FROM	AGE	SERVES
Zach Hoskins	USA	40	8–12

#### TITLE

## CHEESY-GLORIOUS FUNERAL POTATOES



#### INGREDIENTS

2 lbs. frozen, shredded potatoes, thawed  
12 oz. shredded medium or sharp cheddar  
16 oz. sour cream  
1/2 c. grated Parmesan cheese  
1 1/2 C Panko Breadcrumbs or crushed cornflakes  
1/4 C. butter melted

#### Creamy Chicken Base :

(substitute 2 cans of cream of chicken soup in a pinch)  
1 1/2 C. chicken stock  
3/4 C. milk,  
3 oz. butter, 3 oz. (a scant 1/2 C.) flour  
1/2 C. grated or minced onion  
1 tsp. salt, 1/2 tsp. pepper  
1/4 tsp. garlic powder, 1/4 tsp. onion powder  
1/8 tsp. celery seed (optional), 1/4 tsp. thyme  
1/4 cup finely diced cooked chicken

#### Variants

Add 1/2 C diced red peppers  
Add 1-2 diced jalapenos  
Swap chicken for 1 C chopped mushrooms

#### INSTRUCTIONS

##### Creamy Chicken Base:

Add 3 oz. butter to large sauce pan on medium heat, mix in onions and sautee until golden. Add flour, and stir to form a roux. Cook roux, stirring frequently, until it gives a nutty fragrance. Add cold chicken stock, while vigorously whisking, until incorporated smoothly, then add milk, and seasonings and bring to a low boil for about three minutes or until thickened. Cream chicken base can be made up to a week ahead of time and kept in refrigerator until you are ready to make the casserole.

Preheat oven to 350 degrees. In a large mixing bowl, combine the potatoes, creamy chicken base, cheese (parmesan and cheddar), and sour cream. Spread 9x13 baking dish. combine melted butter and panko and sprinkle over the top of the casserole. Cover with foil and bake for 30 minutes. Remove foil and bake an additional 30 minutes or until lightly browned on top.

While you can serve this with anything, our family knows if meatloaf or ham are on the table then Cheesy Glorious Funeral Potatoes must be getting ready to come out of the oven!

If using any of the variants sautee them with the onions in the first step of the creamy chicken base.

#### STORY OF RECIPE

These started popping up in the Utah Mormon community in the 1970's at church potlucks, weddings and... funerals. The name is a joke referring to their ubiquity at such events.

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

#### PREPARATION TIME

> 5min

#### COOKING TIME

> 75min

NAME	FROM	AGE	SERVES
Paul Doornbusch	Australia	49	4–6

TITLE

## RED CABBAGE WITH PARMESAN & PRUNES



Paul Doornbusch

### INGREDIENTS

Half a red cabbage:

1 apple

100g prunes, chopped into 5mm pieces

2 tablespoons of apple cider vinegar (could also use sherry vinegar or red wine vinegar)

50 – 100ml Cream

Bay leaf

Salt and pepper

Parmesan cheese

### INSTRUCTIONS

Slice the red cabbage into 1cm thick slices and remove most of the hard core.

Gently put the cabbage slices in a single layer on the bottom of a large sauté pan, with the vinegar, salt for seasoning and bay leaf, add enough water to come half way up the slices of cabbage, cover, bring to the boil and simmer until the cabbage is quite soft, about 20-30 minutes, until there is very little liquid left, but if it dries out too quickly add some more water.

While the cabbage is cooking, core and peel the apple, and cut it into small pieces, 5-10mm in size. Put the apple pieces in a saucepan with a cup of water and cook for 5-10 minutes until soft but not too mushy. Drain and put aside.

While the apple is cooking, cut the prunes into 5-10mm pieces and put aside. The previous preparation can be done a day in advance if needed. If doing this in a single day, turn the oven on now at 180 – 200 degrees to preheat it.

When everything is cooked and cooled for 10-15 minutes, gently use a spatula to lift the cabbage pieces whole into a baking dish that they will just fit into, discarding the bay leaf. Overlapping the cabbage pieces a bit is ok. Pour in the remaining poaching liquid; it should be only a few spoonsful. Season with salt and pepper to taste (typically not much if any, maybe a little salt). Up to this point it can be made a day before needed.

Scatter the apple and prune pieces over the cabbage, sometimes I stuff it between the cabbage leaves.

Pour the cream over the cabbage as evenly as possible.

Grate Parmesan to cover the cabbage, optionally you could sprinkle on some breadcrumbs or croutons as well. Bake in the oven for 20-25 minutes.

Grate some more Parmesan over the cabbage to serve.

#### Variations:

I sometimes use white vermouth or white wine in the poaching liquid.

Sometimes I cut the cabbage thicker and try to stuff it with the prunes and apple.

Baking it twice, on subsequent days, or slowly for a couple 2 or 3 hours, make it even better.

### STORY OF RECIPE

I had this dish at the Town Mouse restaurant in Melbourne

- STARTER       BAKING       VEGETARIAN
- MAINCOURSE       CONDIMENTS       DAIRY FREE
- DESSERT       OTHER       GLUTEN FREE

### PREPARATION TIME

> 30min

### COOKING TIME

> 90min

NAME	FROM	AGE	SERVES
Laszlo Kiss	USA	57	2–4

TITLE

## BIG APPLE PANCAKE



L. Kiss

### INGREDIENTS

- 1/2 stick (1/4 cup) unsalted butter
- 1 large sweet apple such as Gala or Golden Delicious, peeled, cored, and cut into 1/4-inch-wide wedges
- 1/2 cup whole milk
- 1/2 cup all-purpose flour
- 4 large eggs
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- Confectioners sugar for dusting

Special equipment: a well-seasoned 10- to 11-inch heavy cast-iron skillet or other ovenproof skillet

### INSTRUCTIONS

Put oven rack in middle position and preheat oven to 450°F.

Melt butter in skillet over moderate heat, then transfer 2 tablespoons to a large bowl. Add apple wedges to skillet and cook, turning over once, until beginning to soften, 3 to 5 minutes.

While apple is cooking, add milk, flour, eggs, vanilla, and salt to butter in the bowl and whip until smooth.

Pour batter over apple and transfer skillet to oven. Bake until pancake is puffed and golden, about 12 minutes. Dust with confectioners sugar and serve immediately.

The dish is best served right away since it will collapse as soon as it's removed from the oven.

### STORY OF RECIPE

This recipe was in Gourmet/November 2004 but I adapted it somewhat and eliminated the sugar (not needed) and tried it with pears (also good) but best with apples.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 15min.

COOKING TIME  
> 10–12min.

NAME

Dorian

FROM

Germany

AGE

25

SERVES

1-2

## TITLE

**FUSION HOSOMAKI-SUSHI WITH BACON**

Unknown/not this recipe

**INGREDIENTS**

A good amount of bacon  
2-3 eggs (or at least 200 grams worth)  
1 cucumber  
1 bundle of chives  
2 teaspoons wasabi powder or chili spices  
2 spoonful soy sauce or tabasco  
1/2 teaspoon sugar  
1 teaspoon vinegar  
1 spoonful of soda or lemonade  
2 spoonful of your favorite cooking oil  
some flour  
125g rice pudding (rice only)  
vinegar water

**INSTRUCTIONS**

1. Cook the rice in 1:1 water.
2. Wash and dry the chives. Mix the wasabi or chili power with 3 spoonful water and let it macerate.
3. Separate the yolks from the eggs and froth them independently. Use a coated pan to heat the cooking oil.
4. Slowly fold the frothed egg whites back together with the yolks, put the mixture in the pan and fry it nice and crispy.
5. Put the soy sauce or tabasco in a small bowl together with the vinegar, sugar, and the soda or lemonade.
6. Cut the fried eggs into 1-2cm wide stripes and marinade them in the sauce mixture just prepared.
7. Fry the bacon, don't make it too crispy. It needs to be soft enough to roll. Take it out of the pan, use paper towels to remove the oil and fluid, dip it in the flour to keep it dry.
8. Put the bacon on a bamboo rolling mat, so that seams in a 20x10cm sheet, slices in rolling direction, with one end meeting the bottom corner of the mat. Wet your hands with the vinegar water and put the rice ~0.5-1cm thick on top of the bacon. Keep about 1cm at the top end free.
9. Press on the middle of the rice to create a little pit and put some wasabi or chili in it. Don't use too much. Depending on thickness, put one or two egg stripes and a few chives uncut in the middle.
10. Lift the bamboo rolling mat slowly and carefully use it to form a roll with the egg and chives in the middle surrounded by rice and the bacon snug outside.
11. Press in the rice at the open ends and place the roll on a cutting board with the seam at the bottom. Get a sharp knife, wet it with vinegar water and cut the roll in half. Place both halves next to each other and cut them both in three even pieces.
12. Repeat from step 8 until you are out of ingredients or believe you've had enough.

**STORY OF RECIPE**

No story, I just made it up. On the spot. You're welcome.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME

&gt; 40min

COOKING TIME

&gt; 15min

NAME

Tero Pikala

FROM

England

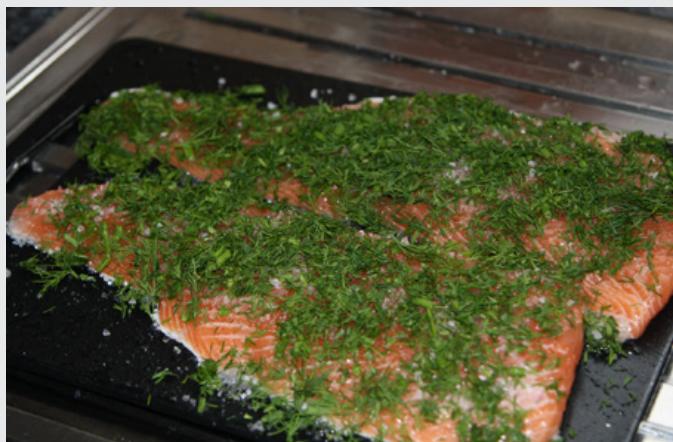
AGE

37

SERVES

6–10

## TITLE

**GRAVLAX - SALT CURED SALMON**

Tero Pikala

**INGREDIENTS**

Whole salmon or 2 salmon sides (must be very fresh)  
 1 decilitre of coarse sea salt  
 1 table spoon of sugar  
 1 bunch of dill  
 Little bit of whisky, gin or other flavouring (optional)

**INSTRUCTIONS**

If using whole salmon fillet it into two sides. Remove any fish bones you can find.

Cover salmon sides with plenty of coarse sea salt, little bit of sugar, lot of dill and other flavourings if using. Don't over do other flavours than salt - point is to taste fish first and other flavours possibly after that.

Arrange fish sides on top of each other with flesh and other ingredients facing each other and wrap whole thing in kitchen film or foil into a neat package.

Place package into a plate - some liquid will come out of it during curing - and then put it into fridge. If possible put some weight on the top of it.

Curing time is matter of preference. For someone tasting this first time I would recommend overnight but when I'm doing this I keep this in the fridge for 6-8 hours. If you are in the hurry add lots of salt and little bit of water and 2-3 hours is enough.

In my opinion it's cured for too long if fish changes colour but if you prefer it that way I'm not going to judge.

**STORY OF RECIPE**

I live close to Billingsgate Market in London and this is a special treat I like to make for my friends when I manage to get up before 5am.

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> STARTER    | <input type="checkbox"/> BAKING           | <input checked="" type="checkbox"/> VEGETARIAN  |
| <input type="checkbox"/> MAINCOURSE | <input type="checkbox"/> CONDIMENTS       | <input checked="" type="checkbox"/> DAIRY FREE  |
| <input type="checkbox"/> DESSERT    | <input checked="" type="checkbox"/> OTHER | <input checked="" type="checkbox"/> GLUTEN FREE |

**PREPARATION TIME**

&gt; 30min

**COOKING TIME**

&gt; 360min

NAME  
Danielle Costello

FROM  
United States

AGE  
29

SERVES  
4

TITLE

## SLOW ROASTED TOMATOES



Danielle Costello

### INGREDIENTS

4 Medium Size Tomatoes  
Olive Oil  
Salt  
Ground Coriander

### INSTRUCTIONS

Preheat the oven as low as it will go, most will go down to around 150 degrees Fahrenheit.

Cut tomatoes in half and place in a single layer cut side up on a parchment lined cookie sheet or casserole dish.

Brush tomatoes with oil and sprinkle on the salt and coriander to taste.

Place the tomatoes in the oven and leave for 7-9 hours depending on size of the tomato.

When done they'll be craggy and shrunken but taste delightful.

The amount of tomatoes used can be decreased or increased depending on the amount of people you're wanting to feed. Figure on using about one whole tomato at least per person when deciding how much you'll need.

### STORY OF RECIPE

I make this recipe every year for the family beach trip, they have threatened to revolt otherwise. Hopefully, your families will come to love it just as much!

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

PREPARATION TIME  
> 5–10min

COOKING TIME  
> 420–540min

NAME	FROM	AGE	SERVES
Heather Hostetler	USA	30	2

**TITLE**

# HOMEFRY POTATOES



Heather Hostetler

**INGREDIENTS**

- 3 TB Vegetable Oil
- 3-4 Medium Baked Red Potatoes (cooled)
- 1 Large Yellow Onion
- 1-2 TB Seasoning Salt ( e.g.: Lawry's Seasoned Salt)

**INSTRUCTIONS**

1. Halve the onion, then slice it into thin wedges. Set aside.
2. Roughly chop the baked potatoes into 1" - 2" pieces.
3. Add vegetable oil and onions to the pan. Cook over medium heat, stirring frequently, until the onions are semi-translucent.
4. Add the potatoes and stir until the potatoes are coated with the oil in the pan. Then add the seasoning salt and stir thoroughly to evenly coat the onions and potatoes.
5. Continue cooking over medium heat stirring infrequently, so the potatoes have a chance to crisp on the outside. Once most of the potatoes seem to have crisped around the edges, remove from heat and serve.

**STORY OF RECIPE**

My father used to make this recipe as a side dish on Saturday mornings served with scrambled eggs and wedges of fruit for a hearty breakfast.

STARTER     BAKING     VEGETARIAN  
 MAINCOURSE     CONDIMENTS     DAIRY FREE  
 DESSERT     OTHER     GLUTEN FREE

**PREPARATION TIME**

> 10min

**COOKING TIME**

> 30min

NAME

Oliver Howells

FROM

USA

AGE

26

SERVES

4

## TITLE

**WEEKEND PANCAKES****INGREDIENTS***Wet Ingredients:*

- 3/4 cup - milk
- 2 tablespoons - white vinegar
- 1 teaspoon - vanilla extract
- 1 - egg
- 1 or 2 - soft bananas

*Dry Ingredients:*

- 1 cup - all purpose flour
- 2 tablespoons - white sugar
- 1 teaspoon - baking powder
- 1/2 teaspoon - baking soda
- 1/2 teaspoon - salt
- 1/3 cup - chocolate chips (optional)

*Syrup Ingredients:*

- 1/2 can (6 oz.) - evaporated milk
- 1/4 cup - white sugar
- 1/4 cup - butter

**INSTRUCTIONS**

Step 1 - In a large mixing bowl, combine the milk and white vinegar. You will need to set it aside for at least 5 minutes so the milk can sour. In a separate bowl, combine all of the dry ingredients. If you are making syrup, do it now before starting the next step.

Step 2 - Add the vanilla and egg to the large bowl with the milk and vinegar. Mix it well. Next, mash the banana with a fork and softly drop it into the wet mixture. Finally, add the dry ingredients and stir vigorously with a wire whisk until smooth, or for about 30 seconds. Set aside the pancake batter for 2 or 3 minutes while you preheat the griddle to medium/high heat (350°F). You should see small bubbles form in the batter. To keep the pancakes fluffy, do not mix the batter again.

Step 3 - Grease the hot griddle to prevent the pancakes from sticking. I prefer to use butter. To make 8 medium size pancakes, use a 2/3 cup measure to scoop batter onto the hot griddle. You will know the pancakes are ready to flip when the bubbles around the edges stay open. After flipping, wait another 1 to 2 minutes before serving. Enjoy hot with homemade syrup or fruit and whipped cream.

**Syrup Recipe** - In a medium sauce pan, combine all syrup ingredients and bring to a boil. Slightly lower the temperature and simmer for 5 minutes. Serve hot and save any extra syrup in the refrigerator.

**STORY OF RECIPE**

I wanted to make homemade pancakes. After trying a few recipes, I improved on my favorites and added chocolate chips and banana. Now I enjoy them almost every weekend.

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

**PREPARATION TIME**

&gt; 10–15min

**COOKING TIME**

&gt; 5min

NAME

Heathyre

FROM

USA

AGE

35

SERVES

1

## TITLE

# OVERNIGHT COLD OATMEAL

Mary@FerventFoodie



## INSTRUCTIONS

Mix all ingredients together in a bowl or jar. Cover, put in fridge overnight. When oats are thick and creamy the next morning, add additional optional mix-ins or fresh fruit or cereal. Stir it up, and eat it cold!

## INGREDIENTS

- 1/2 cup oats (quick-cooking, rolled, or steel cut)
- 1/2 cup unsweetened vanilla almond or soy milk (cow's milk works too)
- 1 tsp sweetener (brown sugar, honey, etc)

Optional mix-ins, to taste:

Cinnamon, peanut butter, chia seeds, yogurt, chocolate chips, etc.

## STORY OF RECIPE

My favorite way to eat oatmeal in the summer!

STARTER  
 MAINCOURSE  
 DESSERT

BAKING  
 CONDIMENTS  
 OTHER

VEGETARIAN  
 DAIRY FREE  
 GLUTEN FREE

PREPARATION TIME  
> 3min

COOKING TIME  
> 8h

# CONVERSION CHART

## WEIGHTS

Grams	Ib / oz	Grams	Ib / oz
10g	0.25oz	300g	10.5oz
25g	1oz	350g	12oz
50g	1.75oz	400g	14oz
75g	2.75oz	500g	1lb 2oz
100g	3.5oz	750g	1lb 10oz
150g	5.5oz	1kg	2.25lb
200g	7oz	2kg	4.5lb
250g	9oz		

## TEMPERATURE

## ABBREVIATION

Celsius	Fahrenheit	Short	Long
110°C	225°F	tsp	teaspoon
130°C	250°F	dsp	dessert spoon
140°C	275°F	tbsp	tablespoon
150°C	300°F	loz	fluid ounce
170°C	325°F	lb	pound
180°C	350°F		
190°C	375°F		
200°C	400°F		
220°C	425°F		
230°C	450°F		

# INDEX

NAME	RECIPE	PAGE
A Jacob Cord	Chinese Meat Buns	861
Aaron Bretveld	Kolsun ( Spinach Filled Pastry )	111
Abbi Lawrence	Cowboy Beans ( Chili Con Carne )	202
Adam Ziebach	Fish Tacos W Cilantro Cream Sauce	430
Adrienne Rhys Trythall	Smoked Mackerel + Warm Potato Salad	360
Ai-Linh	Home-Made Muesli ( Müsli )	891
Aislinn Arthey	Crème Fraîche & Coriander Chicken	415
Aiyana	Platsushki ( Polish Apple Pancakes )	457
Aiyana	Almond Biscotti	820
Al	Swedish Chocolate Balls	687
Alain	Chocolate Whiskey Truffles	696
Alan Heah	Stir Fried Bean Sprouts With Egg	426
Alan Lazer	Mediterranean Style Fish	393
Alan Morgan	Sweetpotato Pie & Clementine Cream	702
Alec	Dad's Russian Fudge	562
Alex 'Monsterchef' Neilson	Scrumptious Ginger Cookies	745
Alex B	Three Cheese Grilled Cheese	201
Alex Broque	Sriracha Brown Beer Lamb Chili	478
Alex Fleischer	Traditional Pavlova	566
Alex Fleischer	Chocolate Chambord Lava Cakes	664
Alex Hambrock	Grandma Sue's Sloppy Joes	488
Alex Martin	10-Pound Smoky Chili	91
Alex Reader	Ras El Hanout Porkchop	161
Alex Reader	Burrito Pie	314
Alex Reader	Stuffed Burgers	420
Alex Reader	Dragonfire Onions	534
Alex Stiver	Latvian Bacon Buns ( Piragi! )	735
Alexandre And Marcia Hebra	Garlic Lobster & Shrimp Linguini	472
Alexandre Bettler	Sourdough Rye Bread	824
Alexandre Guimarães	Simple Cheese Soufflé	123
Alexis A.	Pork And Leeks, Coco / Curry Sauce	171
Alice Bremner Watt	Erbazzone	896
Alice Cerconi	Yummy Baked Salmon	300
Alice Fulwood	Bulhao Pato Clams	448
Alicia M	Stuffed Banana Chocolate Muffins	777
Alina Badia De Lacour	Marianao Cuban Flan	720
Alisha Beckstrom	Cookie Dough Dip	577
Alison Brown	North Yorkshire Parkin	806
Alison Phillips	Cheddar Garlic Biscuits	58
Alison Phillips	Taco Soup	282
Alison Phillips	Sugar Pecans	624
Alison Phillips	Pig Pickin' Cake	701
Allie Atter	Deep Dark Chocolate Cake	580

Allie Atter	Chai Rice Pudding	586
Allysse Riordan	Chestnut Bread ( Not Gluten-Free )	116
Alona Simister	Christmas Cake ( And Cupcakes )	819
Alycia Gleave	Knoepfla Soup	303
Alyssa Vallecorsa	Oriental Chicken	227
Amalia Wiatr & Angus Mccullough	Challah	730
Amanda Box	Mango Pocket Pies	612
Amanda Chin	Butternut Squash And Muenster	883
Amanda Roberts	Crazy Pizza Dumpling	5
Amanda Roelle	Pasta With Fresh Tomato, Lemon, Mint	198
Amber Provencher	Grandpas Spanish Rice	200
Amin Zayani	Tunisian Grilled Salad	100
Amity Norton	Cranberry & White Choc Shortbread	684
Amy	Salted Caramel Cupcakes	811
Anat Earon	Vegan Mushroom Pie	789
Anat Earon	Tishpishti – Turkish Nut Cake.	816
Andre Gordon	Pasta With Turkey/Mushroom Sauce	211
Andre Gordon	Capelinni With Lemon - Garlic Shrimp	212
Andrea Gatley	Easy Vegetarian Chili	247
Andreas	Juniperberrypot ( Enebærgrøde )	312
Andreas Konheiser	Kirschmichel ( Cherry Pudding )	367
Andreas Suter	Goldenrod Eggs	470
Andrew Chisholm	Grape And Fennel Salad	113
Andy Mackenzie	Pulled Pork With Spicy Mop Sauce	229
Anime Sucks	World Renown Shepherd's Pie	395
Ann Iona Warner	Taco Chicken	248
Ann-Christine & Axel	Gratinated Picandou On Bell Pepper	17
Anna	Spamsilog	434
Anna Stewart	Cookies For Both You And Your Dog!	844
Anne Riston-Guéchova	Fennels Salad	63
Anne Riston-Guéchova	Fresh Onions And Mackerel Tart	304
Anne Riston-Guéchova	Light Orange Cake	781
Annie Boulanger	Edamame & Mango Salad	68
Annie Boulanger	Chocorange Delights	637
Anon	Pork Meatballs W / Orange And Leek	412
Anthony Dalesandro	Qtmld Pasta Fagioli	221
Anthony Lynch	Tacos Al Pastor	484
Anton Grobman	Muffin Quiche	79
Antonietta L	Banana And Cacao Chip Cake	795
Arber Pacarada	Brunch Kosovo Style	217
Ariane	Pastetsis	870
Arnaud Lhermitte	Winkles À La Nono	29
Arne Zacher	Spaghetti Tuna Crème	526
Arthur Lhermitte	The Yummy Yum Yum	321
Attua	Sopas De Ajo. Castilian Garlic Soup	22
Audrey	Merguez And Olive Tapenade	512
Aurora Thornhill	Swedish Pancakes	242
Austin Levert	Aunt Lu's Sweet Potato Casserole	559
Balazs Kosaras	Traditional Millet Pie	796
Balázs Szögi	Hungarian 'Bird Milk'	556
Batu	Tagliolini With Mushrooms	228
Batu	Pumpkin Gnocchi	362

Beatriz Garcia De Prado Barrio	Gazpacho Tribute Dario Barrio	69
Becky Kanakis	Cheesy Spaghetti	330
Belinda	Coconut Balls	708
Belle Van	Sour Fish Soup	436
Ben And Laura	Grandma By's Sausage Stuffing	547
Ben Barnsley	Tomato And Chicken Pasta Sauce	391
Ben Butcher	Squishable Chocolate Chip Cookies	754
Ben Glazebrook	Mamie's Rice	230
Benedikte Skarvik	Popping Lemonade	895
Benj Binks	Yabby Risotto	345
Benjamin Lambert-Züberlein	Jerusalem Artichoke Soup	54
Bentley Clark	Green Chile Cheese Grits	882
Beth	Mash Potato Pie	410
Beth	Asparagus Filo Tart	414
Beth	Cupboard Sauce	543
Beth Johnson	Beth's Nanaimo Bars	724
Beth Lewis	Posh Poached Chicken Breasts	220
Bianca	Potato Gratin	291
Billy Hamlin	Pretzel Rolls	763
Björn Bourscheidt	Sweet and Spicy Hotpot	347
Blair Dunton	Kolachky Bread	791
Bob Stumpp	Crock Pot Lasagna	175
Bob Stumpp	Crock Pot German Meatloaf	176
Bobbi Jo	Shepherd's Pie	288
Brad Kamcheff	Italian Beef	195
Bradley Zakany	Creamy Puff Pastry Cups	714
Bram Spiero	Green S'chug	51
Brenna Jensen	Sourdough Blueberry Crumpets	786
Brian Kavanaugh	Talgarini	153
Britt Sikora	Bangin' Sesame Soy Vegetable Stew	157
Bronwyn	Easy Thai Salad	888
Bryan Elliott	Elliott's Chocolate Pie	588
Bryan Hargrove	Twisted Texas Pie	627
Caleb B	Banana Cake	810
Cameron Carr	Honey Mustard Pretzel Chicken	237
Carl Johan Hagströmer	Mead	874
Carl-Hendrik Von Bose	Cabbage Rolls With Stewed Cabbage	374
Carlene Davis	Carlene's Amazing Guacamole Dip	18
Carlos Díez-Gil	Caldero	174
Carlyn Clark	Red Velvet Cupcakes / Lemon Frosting	573
Carmen Guerreiro	Brazilian Rice and Beans	164
Cármen Sofia Fernandes Boaventura	Sopa De Caçao ( Shark Soup )	106
Caro Frangenberg	Grilled Aubergines for the Summer	36
Caroline Aston	Gingerbread	770
Caroline Vidican	Pastis Gascon – an Apple Tart	592
Caroline Vidican	Goat's Cheese And Honey Tart	219
Caroline Vidican	Oeufs Mimosa ( Crab Stuffed Eggs )	33
Caroline Vidican	Home Made Tomato Sauce	532
Caroline Vidican	Raspberry Champagne Cocktail	852
Casey And Thorsten Fleischmann	Homemade Sauerkraut	540
Catherine Berardo	Buffalo Chicken Wing Dip	92
Cathy Burkholder	Carmen's Fiesta Meat Dish	279

Cathy Raffaele	Tong Yuen ( Tangyuan ) Dumplings	659
Celia	Nutty Fudgey Brownies	630
Celina D.	The most Addictive Bruschetta ever	107
Celine Jobard	Waffle	743
Charles Dusek	Texas Bar-B-Que Beef Brisket ( BBQ)	358
Charles Tsai	Vegetarian Mapo Tofu	319
Charles Tsai	Vegan Raisin Scones	639
Charlie Langridge	Mexican Mole Inspired Chicken Wing	267
Charlie Seaman	Shepherds Pie	515
Chip Baxter	Apple Crisp	695
Chris & Brenda Kost	Harv's Barbecue Sauce	544
Chris & Brenda Kost	Cream Cheese Cherry Pie	680
Chris & Brenda Kost	Chocolate No-Bake Cookies	807
Chris Bartley	Biscuits	835
Chris Bolton	The Best Filo Pastry Pie	234
Chris Weightman	Anna Kuchen	623
Christian Hiles	Dirty Green Onions	897
Christiana Rodriguez	Green Tomato Ketchup	533
Christina Anderson	Mel's Fish, Bacon & Tomatoes	504
Christina Tassell	Anzac Biscuits	734
Christine Archilla	Simple Guacamole Dip	114
Christine Archilla	Crunchy Chicken Wraps	492
Christine Archilla	Homemade Potato Gnocchi	493
Christine Archilla	Tiramisu Layers	713
Christine Archilla	Alfajores Caseros -Caramel Cookies	829
Christine Karnitz Alexander	Chow Mein Hot Dish	215
Christopher Sass	'Gyro Style' Lamb Burgers	218
Christy Purington	Peanut Butter Chicken Stir Fry	461
Cindy Dunn	Raspberry Continental Cake	568
Cj De Groff	Cookie Gala Chocolate Chip Cookie	608
Claire Lewis	Chocolate Cream Tart	590
Claire Lewis	Anzac Slice	749
Claire Lewis	Raspberry Shortcake	750
Clare Clarke	Easy Pizza with a Focaccia Base	387
Clark W. Patrick, Esq.	Super Secret Special Chicken Curry	141
Claude Mcvea	Oatmeal Raisin Muffins	727
Claudi And Tom	Mediterranean-Style Salmon Recipe	407
Clayton Grey	Mushroom French Dips	240
Clinton Canady Iv	Gf Chocolate Chip Oatmeal Cookies	715
Clive	Carrot Mustard Seed Salad	95
Cmeatmidnight	Stewed Chicken with Potatoes	250
Coach Russ	Asian Chick Pea Salad	854
Corina Liepert	Chicken a la Liepert	355
Corinna	Grandmother's Meatballs	85
Cpt Bex	Crock-Pot Roast Stew	183
Crazmus	Monk Fish Curry with Sweet Potato	134
Cristina Macía	Green Peas 'Guacamole'	24
Cryshaltirith	Chewy Fruity Oatmeal Bars	849
D. George	Corned Beef and Barley Soup	127
Dan Hattersley	Devilled Chicken	244
Dan Summers	Apple and Cinnamon Loaf	779
Daniel	Pepper Cured Beef	77

Daniel Gochnauer	Grilled Garlic Chicken Alfredo	239
Daniel Jossen	Guacamole	86
Daniel Jossen	Potato Salad	390
Daniel Jossen	Pizza Anchovies	394
Daniel Jossen	Cannelloni Con Ricotta E Aglio	397
Daniel Jossen	Birchermüasli	411
Daniel Jossen	Dj's Apple Cake	671
Daniel Jossen	Grannies Cookies	800
Daniel Jossen	Daniel's Brownies	834
Daniel Jossen	Strawberry Jam	879
Daniel Schlegel	Taco Casserole	511
Danielle Costello	Slow Roasted Tomatoes	906
Danielle Linton	Grandma Hudziec's Kapusta	899
Danielle Rose-White	Marshmallow Infused Vodka	843
Dave Bell	Sweet-Smoky Black Beans	281
Dave Bush	Nealie Washington's Peach Cobbler	570
Dave Merchant	Departure Lake Slow Cooked Ribs	329
Daver	World's Best Potato Salad	99
David	Sauerbraten	435
David Burtman	Fresh & Delicious Guacamole	15
David Millar	Southern Greens With Beans & Bacon	196
David Oxley	Beef And Mango Salad	103
David Taylor	Red Snapper Provencal	406
Dean O'reilly	Pulled Pork & Spicy Slaw	173
Dean Wood	Pork Pot-Roast With Harissa Sauce	172
Dearbhla Quinn	Mummy Quinn's Potato Salad	860
Dejan Mitrovic Ming	Super Succulent Spring Salad	351
Dennis Heine	Geschnetzeltes With Rice	254
Dennis Heine	Jollof Rice	255
Dominique Roskam	Couscous Summer Salad	371
Don Amendolia	Kevin's Avocado Appetizer	39
Donna Currie	Make-Ahead Dinner Rolls	740
Donna M	Chocolate Self-Saucing Pudding	646
Dorian	Fusion Hosomaki-Sushi with Bacon	904
Drew Fredrick	Lobster Roll on Endive	48
Drew Skrainka	Mom's Potato Soup	850
Edith Dourleijn	Veggie Burger made from Eggplant	320
Eduardo Jorge Gonçalves Sequeira	Migas Alenetejanas	467
Edwin Arneson	Turkey Stuffing	898
Eileen Laboone	Chocolate Cheesecake with Topping	648
Ekkie	My Mummy's Scones	812
Elaine Moore	Greek-Like Salad – Easily Enlarged	75
Elaine Wilson	Blue Crab Dip	71
Elen Aghekyan	Coconut Chickpeas and Spinach	421
Elias B. Merkins	Bacon Bourbon Chocolate Cookies	738
Eliot& Ressie Lyons	Strawberry Banana Hot Wings	297
Elizabeth Fulham	Bacardi Rum Cake	599
Ellen Kaye-Cheveldayoff	Cucumber Tomato Fennel Salad	49
Elli Holstenberg	Hot & Yummy Cinnamon Waffles	739
Emily	My Spaghetti al la Carbonara	317
Emma Barnes	Toast Sandwich	839
Emma W-B	Rose Apple Tart	817

Emmanuel Durand	Chicken Liver Cakes Lyonnais	104
Epper Marshall	Chicken Massaman Curry	145
Eric B.	Chili	485
Eric Nikolaisen	Leftover Bread	752
Eric Van Tuerenhout	Belgian Endives with Ham & Cheese	162
Erik Liljeblad	Italian Chicken Thighs	178
Erik Liljeblad	Sofia's Lemon Cake	578
Erik Mogren	Baked Aioli	546
Erik-Jan	Lemon Mousse	618
Erika	Speculaas	830
Ernest Van Der Bank	Bobotie	458
Ernie Sawyer	Thai Chicken Peanut Salad	108
Eugene Greenwood	Gene's Sukiyaki Recipe	149
Eva Vanthomme	Chewy Nut Cookies of Nom	783
Evan Morgan	Herby Tomato Macaroni Cheese	136
Fab Giovanetti	Raw Banana Cake	557
Fabienne	Portobello Burger with Wedges	285
Fabienne	London Cruising Tart	660
Fabrizio Pedrazzini	Torta Bertolina	595
Fabulissa	Orange Kumera Chicken	293
Fanchon	Parrain Thierry' Sicilian Caponata	20
Farley Samson	Stir-Fried Beef Noodles	416
Firecat Farm	Lentil Chili	302
Flor Haaker	Deluxe Rice with Artichokes	369
Flor Haaker	Shrimp And Crab Pulp in Sauce	370
Flor Haaker	Bananas 1,2,3 Trouble-Free	665
Flor Haaker	Caramelized White Onion	885
Flora Hinz	Yeasty Plum Sheet Cake	832
Florian Wieser	Mincemeat Tart	287
Floris Van De Sande	Rice Fish Finger Salad	405
Franziska	Pumpkin Cookies	737
Garrett West	Quick and Awesome Chicken Chili	264
Gary Franklin	Mom's Dynamite Summer BBQ Sandwich	210
Gary Walton	Cheesecake Of Wooing +2	656
Geir & Benedikte	A Cheezy Soufflé	462
Genrikh	Bean Burgers with Nuts & Seeds	204
Geoff Tibbs	Didima's Dal	356
Geoffrey Englebach	Roasted Chicken and Awesome Gravy	232
Georgie Yukiko Donovan	Red Velvet Cake	818
Gerry Arcand	Birds Nest Muffin	778
Ghislain	Eggs And Wine Crostinis	78
Gina Pensiero	Norcal Kale Salad	846
Gina Wright	Marinated Cheese	101
Glen Chrisensen	Bbq Sauce	892
Gobrosch	German Cheese Cake	798
Gordon Wong	Chicken And Chorizo Paella	294
Greg Sharp	Summer Chicken Salad	338
Greg Wannier	Wannier Family ( Swiss ) Fondue	268
Guillaume	Bread Omlet	61
Guillaume Favier	Gambas Flambees au Pastis	90
H Lynnea Johnson	Guacamole Without Cilantro	120
H Lynnea Johnson	Vegan Creamy Tomato Soup	506

H Lynnea Johnson	Everything in the Pot Chili	507
H Lynnea Johnson	Chocolate Chip Cookies for a Crowd	721
H Lynnea Johnson	Salted Caramel Candies	722
Hanna	Grandma's Lemon Cake	756
Hannah	Lemon & Lime Drizzle Cake	698
Hannah Bee	Easy Peanut Chicken Curry	384
Hans & Dampf	Best Burger in This Book!!!	459
Hartmut	Mother's Apple Cake	736
Haydn Marshall	Chocolate Caramel Shortbread	780
Hayley & Andy	Apple & Raspberry Crumble	633
Heather	Mom's Vanilla Pudding	631
Heather Hostetler	Sugar Rice	510
Heather Hostetler	Homefry Potatoes	907
Heather Iveson	Buttermilk Carrot Cake	831
Heathyre	Overnight Cold Oatmeal	909
Heidi	Peanut Butter Brown Sugar Cookies	742
Helen Firth	Thai Marinated BBQ Chicken	156
Helen Firth	Speedy Chocolate Pudding	564
Helen Firth	Seriously Good Chocolate Fruitcake	747
Helena	Any Fruit Chutney	531
Hélène Lavertu	Tofu Broccoli	179
Henk Vermeulen	Stampot 21St Century Style	132
Henrik Voss	Chicken, Pasta & Blue Cheese Sauce	139
Herb Holloway	Awesome Apple Bran Muffins	775
Herb Holloway	Marinated Carrots ( Copper Pennies )	865
Hilary Jones	Herb Roasted Pork Loin	246
Hoanh & Linh Lam	Pickled Mango & Carrot Salad	105
Holger Steinlechner	Easy to Make Bread Rolls	805
Holly Jones	Holly's Salmon Pasta	257
Howard Cowan	Howard's Jd Shish Kabob	167
Howard Cowan	Mrs Turner's Clam Pot Pie	481
Ian Ferris	Bruschetta Exotica	25
Ian Lynch	2 X choc Rum & Raisin Fudge Brownies	733
Ike2k	Smelly Breath Trout	74
Ike2k	Crunchy Tender Pork Belly	334
Ike2k	Omega Apple Crumble	642
Ike2k	Malty Chocolate Balls	712
Ilse	Sanfter Engel	688
Ivanka	Beetroot And Mozarella Starter	10
Jaak Parik	Potato & Sprat Pizza	180
Jack Aston	Big Top Burgers	325
Jacob Horger	Homemade Chocolate	707
Jacqueline	Graham's Cheese and Potato Pie	154
Jaimbob	Pretzel Dough	44
James	Megs Moreish Carrot & Parsnip Soup	72
James	Zucchini Appetizer	110
James Batchelor	Spicy Mango and Lime Sauce	335
Jan Giese Chalkley	Crock Pot Beef Tips & Rice	274
Jan Giese Chalkley	Creamsicle Cake	681
Jan Giese Chalkley	Quick Pasta Salad	858
Jan Giese Chalkley	Grandma's Hot German Potato Salad	884
Jan Lipinski	Salad With Tuna And Broccoli	313

Jane	Berry Loaf	767
Jannetje Van Leeuwen	Courgette and Parmesan Soup	40
Jared Kidwell	Paper Sack Apple Pie	697
Jarrahd Muller	Pumpkin and Ginger Soup	489
Jason Strickland	Cold Oven Pound Cake	821
Jason Tinling	Margarita Bar Cookies	563
Jaspertyler	Southwest Chicken Salad	469
Jay T	Caribbean Run Balls	640
Jeff Li	Chicken Breast With Kaffir Leaves	315
Jeffrey M. Lowder	Southern Style Shrimps And Grits	238
Jen Bisignani	Lionfish And Avocado Ceviche	118
Jen Blaikie	Smoked Trout Dip Or Spread	851
Jenni And Sue Bird	Freikadella	322
Jennifer Roberts	Stromboli	251
Jennifer Woodruff	Rose Apple Tart With Mascarpone	602
Jeremy Garnett	Ginger Beer ( Non Alcoholic )	887
Jessica Abel	Seven Layer Dessert Bars	683
Jessica Frazier	Chess Pie	675
Jill Vassilakos	Lentil Tomato Soup	341
Jillian Brooks	Surreally Delicious Carnitas	146
Jillian D	Cricket Oatmeal Chip Cookies	782
Jim Daniel	Dutch Baby ( Aka German Pancake )	840
Jim Kirk	Kielbasa Pie	301
Jim Rosser	Steak And Creamy Mushroom Pancakes	441
Jo Jo Tickle	Mexican Apple Pie	629
Jo-Lee Lane	Meatloaf With BBQ Sauce Glaze	346
Jody Georgeson	Aunt Janet's Lemon Pie	634
Joe Peach	Super-Tasty Chilli Con Carne	207
John Falco	Smoked Pork With BBQ Sauce	243
John Foughty	Beef Tacos with Flour Tortillas	343
John Gruver	Scientific Method Vegetable Soup	344
John Hammond	John's Lentil Salad	59
John Hammond	Shrimp In Avocado Cream	259
John Wallet	Best Chocolate Chip Cookies Ever!!	569
Jon Smith	Grandma Light's Ginger Biscuits	741
Jonathan Allender-Zivic	Roasted Garlic and Chicken Lasagna	260
Jonathan Cooke	West Africian Groundnut Stew	323
Jonathan Mars	Barley / Oat Sourdough Flatbread	771
Joni W.	Over The Rainbow Mac And Cheese	137
Joolissa	Salted Toffee-Chocolate Squares	686
Jordon	Colorado Chimichangas	475
Joseph And Aleks	Pacheese	505
Joseph Juntereal	Banana Coconut Choc Chip Cookies	804
Josh	Volga German Bierocks	223
Josh And Joni Brown	J&L's Backcountry Mac N Cheese	442
Joshua Herron	Black Bread	751
Jovi Tom	Spinach Dip	73
Jp	Japanese Style Curry	280
Jude Hann	Erin's Black Forest Cupcakes	760
Jude Thomas	Marinaded Fillet of Tuna and Salad	497
Julia	German Potato Salad	278
Julia	Special Carrot and Apple Cake	769

Julia Largent	Savory Grape Salad	45
Julie Wells	Taco Pizza	194
Juri Gan	Hanklich	813
Justapinchooops	The Big Easy	352
Justin Carrus	Jean Jackson's Vanilla Scones	808
Justin Worst	Pigs in a Blanket	473
Ka Ning	Char Siu ( 叉燒, Chinese BBQ Pork )	38
Kaal Dewar	Kaal's Baked Avocado	27
Kai-Thomas Krause	Ciabatta With Fillet Of Pork	206
Kait Brovsky	Black Russian Bundt Cake	603
Kamil	Veal Mince With Mango	396
Karen	Westphalian Curd-Dessert	579
Karen Hirata	Indian Chicken Curry	140
Karin Nordhoff	Kleftiko	295
Karl From Ingredientmatcher	Guilt-Free Banana-Oat Cookies	576
Karl-Heinz Herrmann	Apfelstrudel ( Austrian Apple Pie )	310
Karynne Williams	That Damn Sauce	529
Kat Kam	One-Pot Creamy Chicken Stew	464
Kate	Anchovy Crusted Lamb Rack	189
Kate	Odenwälder Kochkäse	191
Kate	Feel Better Chicken Broccoli Soup	503
Kate & Steve Haywood	Best-Ever Cupcakes	827
Kate And Nick	Tagliata With Rocket & Parmesan	296
Kate Bueckert	Butter Tarts	619
Katee Tyler	Cranberry Buttermilk Coffee Cake	26
Katee Tyler	Almond Roca	582
Katherine Fournier	Fruit Ketchup 'À la Québécoise'	536
Katherine G.	Spicy Chocolate Cookies	755
Katherine Hilton	Spicy Oatmeal and Sultana Cookies	768
Kathrin Brogli	Zwiebelwähé ( Onion Pie )	378
Kathy Louise Hall	Southern 3 Cheese Pimento Cheese	14
Katie Doemland	Valeria's Wedding Punch	894
Katie Strout	Super Flexible Pasta Salad	112
Katrina Quigley	Mexican Fruit Salad Green Smoothie	875
Katrina Y	Hong Kong-Style French Toast	636
Katrina.lexa@Gmail.com	Vegetable Gouda Risotto	76
Katrina.lexa@Gmail.com	Quick & Delicious Meat Lasagna	340
Kavita Keswani Vansant	Tomato Sauce Meatloaf	253
Kayte	Vegan Pecan & Oat Muffins	711
Kelly Seltmann	Mozzarella and Veggie Summer Salad	455
Kelsey Rogers	Italian Squash Soup	445
Kemley Sellars	Spicy Moroccan(ish) Lamb Stir-Fry	169
Kevin Johnston	Pear & Ginger Cake	729
Kevin Markham	Chocolate Strawberry Truffle Pie	649
Kevin Schumacher	Saltwater Taffy	878
Kim Cofield	Versatile Spaghetti	42
Kim Gauthier	Carmel Pie	703
Kim Thomas	Bok Choy Salad	4
Kimber Grange	Trifle Bliss	598
Kimberley Royston Green	Courgette, Pea and Feta Soup	31
Kimberley Royston Green	Haddock Chowder	438
Kimberley Royston Green	The Best Breakfast Shakshuka	440

Kimi H	Kimi's Pickled Radishes	32
King Pure	King Pure's Beef Rendang	520
Kirsten Langer	Frikadellen ( Pan-Fried Meatballs )	350
Klaus From Norway	Fried Bananas with Icecream	589
Kris	Traditional Dutch Snert ( Pea Soup )	337
Kris Franken	Chicken Liver + Cinnamon Paté	70
Kristin Darden	Asian Noodle Salad with Tuna	409
Ksenia	Yummy Stuffed Beetroots	66
Ksenia	Vietnamese Salad with Double Sauce	67
Kt Gelston	Depression Era Chocolate Cake	705
Kyle Lantzy - Kinsignia.com	Hamburger Dill Patties with Gravy	262
L Clarkson	Lancashire Meat and Potato Pie	518
L. M. Leclair	Margaret's Gingersnaps	693
L. Strizich	Apple Strudel	572
Lanakila Alexander	Fresh Blueberry & Oatmeal Cookies	601
Lára Rut	Rice Porridge	514
Larry Stein	Beer Barbeque Sauce	886
Lars	Koolschotel ( Cabbage Casserole )	380
Laryssa Waler	Ukrainian Easter Bread	753
Laszlo Kiss	Big Apple Pancake	903
Laur	Tropical Sorbet	682
Laura Herrmann	Sweet Potato & Brazil Nut Curry	263
Laura Rajsic-Lanier	Polichinki	690
Laura Rajsic-Lanier	Louisiana Cornbread	890
Lauren S	Peach Blueberry Pie	719
Laurence Hall	Crispy Salmon & Salsa	188
Laurie Modell	Cran Oat Kiss Choc Chip Cookies	765
Leigh Anne Vanhoozer	Something Delicious	678
Lenka Baranecká	Lenka'S Strawberry Paradise	614
Lesley Mitchell	Moroccan-Style Lamb Meatballs	306
Leslie Barkley	Cranberry Stuff	541
Levi Broome	Breakfast Casserole	428
Liam (Compelledorphan) Simmons	Oreo Twix Mini Cheesecakes	555
Liam Walsh	One Pot - Smoked Salmon Pasta	273
Liesl McMurray	Gingerbread House Dough	772
Linda Randall	Sausage Chowder	424
Linsey Jones	Double-Frosted Bourbon Brownies	691
Lisa	Danish Butter Horns	809
Lisa Behnke	Red Lentil and Chard Soup	258
Lisa Cutter	Venighrette ( Ukrainian Salad )	857
Lisa Kueltzo	Cream of Chicken & Wild Rice Soup	327
Lisa Shadforth	Maple Carrot Layer Cake	615
Liza Plotnikov	Naleśniki ( Polish Crepes )	685
Lizzan	Chocolate Fruit Cake	785
Llccgj@Hotmail.com	Real Chicken Nuggets	216
Llorenç Muntaner	Mackerel With Vegetables	498
Lobbbe	Topfenschmarren	666
Lora Henderson	Sweet Potato Hash	236
Lorinda Freint	Brown Soda Bread	797
Lourie Zipf	Stuffed, Summery Avocados	65
Lucía & Gabriel	Potato Omelete-Tortilla de Patata	408
Luis	Salmorejo Andaluz	16

Lukas Bärwald	Loki's Lovely Cinnutmeg Cookies	728
Luke Story	Sweet Potato Balti Curry	245
Lydia Meeks	Aunt Mamie's Crab Imperial	474
Lyndon Hall	Coconut Fruit Nut Delight	761
Lynn Reed	Giddy-Cakes or Mini-Meat-Loafs	328
Lynn Swanson	Tortellini Soup	241
Lynn Walters	Llapingachos with Red Chile Sauce	226
Lynne Lightowler	Buttermilk Pie – Morningstar's	584
Lynne Roughton	Barbecues	418
Lynne Roughton	Macaroni Shrimp Salad	422
Lynne Roughton	Cucumber Relish	545
Lynne Roughton	Date Nut Balls	679
Lynne Roughton	Tropical Breakfast Pudding	723
Maike	Epic Homemade Granola	866
Malcolm Singer	Spicy Tofu Salad	159
Mandis	Oven Baked Cod with Cheese Topping	471
Marco B.	The Original Carbonara	129
Marcus Jowett	Oma's Croquettes	102
Marcus Norrgren	Hot Prawn Pasta w. Pepper & Chèvre	311
Margaux Péribère	Orangettes	560
Maria J.	Pebernødder ( Christmas Cookies )	790
Maria J.	Summery Potato Salad with Lime	864
Marie Wynter	Marie's Mother's Moussaka	364
Mark Kanakis	Slow-Cooked Roast Lamb	332
Mark Norman Francis	Tomato Soup	117
Markus Sorger	Lemon – Mint – Eis Cream	663
Marshall Madison Tunstall	Chicken Spaghetti	266
Marta ( Karaś ) Frąckowiak	Bright Side of... Carrot Cake	788
Martin Hovmand	Blackberry Muffins	694
Martin Monnier	Tartiflette	233
Martin Montecillo	Orange Rum Cake	617
Martine	Green Pepper Chicken	197
Mary Musker	Chocolate Honey Cake	826
Mat Barkan	Spinach Kugel	880
Matfe	Papaya Salad	181
Matt G	Pork Green Chile	495
Matt Hartfiel	Slow Cooker Beef Stroganoff	523
Matt Mccurdy	Pork Chop Marinade	283
Matt Pharr	Crunchy Chicken and Rice Casserole	271
Matt Roberts	Salmon Salad	292
Matt Stansfield	Ginger & Soy Salmon + Mustard Mash	309
Matthew Cass	Cheddar Biscuits	93
Matthew Parker	Mac & Cheese a la Martha Stewart	199
Matthew Walter	Decadent Spaghetti and Meatballs	479
Maura Dooley	Chicken Taco Soup	423
Mauri Miller	Gg's Baked Beans	193
Max 'George Zimmer' R	Butterscotch Peanut Butter	549
Max Glick	Balsamic Tomato Mozzarella Salad	375
Méabh Warburton	Streusel Tart	604
Mee	I'm not a Cook. Potato Salad	853
Meena S.	Vegan Mushroom Soondubu Jiggae	269
Megan Carrell	Sallie Odom's Peach Cobbler	706

Megan Cross	Buttermilk Muesli Rusks ( Biscotti )	758
Megan G	Chicken Divan Hot Pot	392
Meghan Akins	Dark Chocolate Stout Cake	658
Megi	New Orleans Style Iced Coffee	855
Melanie	Cream and Pumpkin Soup	83
Melanie Betz	Potato Chip Cookies	776
Melanie F.	Maltese Almond Cookies	716
Melissa Baysingar	Jason's Favorite Caramel Bars	593
Melody Munson	Alma's Gooey Chocolate Cake	581
Michael A. Cooper	Mamma Coops' Rice Krispie Cakes	616
Michael Bianchi	Maria's Pasta	377
Michael Chen	Loco For Coco	717
Michael Masleczko	Gluten Free Yorkshire Puddings	845
Michal Kamola	Pork Kamola	373
Michal Novák	Quark Dumplings	400
Michal Novák	Svíčková	451
Michele B.	M & B's Chili Con Awesome	419
Michelle Dlugy	Chanterelle Soup	119
Mig Carbonell	Pork Adobo with Egg	447
Mike & Kathy Seay	Sesame Seed Hot Ham and Cheese San	138
Mikko Jarvenpaa	Calzonilla	417
Miles	Easy All Purpose Shredded Chicken	231
Mireille Bentz	Maple Bacon Potato Salad	427
Miriam Calleja	Rucola and Sundried Tomato Cheese	144
Mitch Lackie	Gcc ( Green Chili Chicken )	305
Mj Suitt	Mandarin Orange Cake	643
Mollvi	Asian Bacon Sandwich	486
Molly Anderson	Lamb Shanks, with Orange & Apricot	525
Molly Beard	Portobello Wellington	203
Monica Moreland	Grandpa's Nut Cookies	585
Monique Boustani	Creamy Lemon-Garlic Orzo 'Risotto'	401
Monique C. Vasko	Kender Soup	324
Mooph	No Special Name Stuffed Pork Chops	480
Moritz	Spicy Tom Yam Soup	453
Mr. Dorfschmidt	Chuckwagon Chili	353
Mrsdhaggis	Chocolate Muffins with Orange Jam	605
Mugo Muna	Mugo's Sit Down, Shut Up Lentils	222
N. Ferguson	Naomi's Macaroni & Cheese	425
N8w	Cranberry Sauce w/ Orange	528
Naazju	Clam Dip	96
Nadja From Berlin	Quick and Easy Portuguese Dinner	379
Nancy Lane	Herb Mustard Vinaigrette	530
Nancy Lane	Grammy's Persimmon Pudding	594
Nancy Temples	Gluten Free Oatmeal Bars	692
Natalie	Simple Marinated Chicken	186
Natalie	Nana's Jam Biscuits	641
Nataly Eliyahu	Pesto Spread	122
Natasha Bortolozo Menéndez	Bonetti's Macaroni	357
Nate Rosenbloom	Chicken Pot Pie	432
Neal J. Gauger	Nem Nướng Cuốn ( Spring Rolls )	37
Neil Sturtivant	A Very Chocolatey Mousse	571
Nell Campbell	Spicy Tomato Rigatoni Bake	499

Nemanja B.	Quinoa with Chicken and Vegetables	170
Niall Mcconnell	St Davids Chicken	225
Nic Coldrick And Vanessa Evans	Vegetarian Lasagne	275
Nicholas D Pinder	Reese's Peanut Butter Cheesecake	567
Nick Cliffe	Offally Good Pie	354
Nicole Moder	Matcha Tea Ice	574
Nicole Moder	White Coffee Ice	575
Nicole Moder	Spreewaldgurken ( Dill Pickles )	847
Nicole Stephenson	Chorizo, White Bean & Tomato Soup	133
Nienke Slegtenhorst	Crunchy Sweet Andijviestamppot	517
Nika's Kitchen	Spicy Chickpea Coconut Curry	142
Nika's Kitchen	Nika's Sweet Potato & Carrot Soup	143
Nika's Kitchen	Gluten-Free Vegan Banana Muffins	732
Nika's Kitchen	Nika's Jamrock Banana Fritters	841
Nika's Kitchen	Nika's Quick & Easy Mango Salsa	842
Niklas Hofmann	Salmorejo Cordobés	429
Nitsan Raz	Whipped Cream Nutella Dessert	670
Noah Sager	Onion Dip	97
Oliver Howells	Weekend Pancakes	908
Olivier Thibur	Carry Poulet	47
Oscar Lhermitte	Home Made Mayo	550
Ovidiu Litan	Lettuce Soup	862
Pablo Torres	Pablo's Salad	124
Pablo Torres	Huevos Moles	700
Paige S.	Dumplin's	286
Pamela Bartlett	Spicy Eggplant	443
Patricia Harrington	Pear Cake	626
Patricia Harrington	Lemon Poppy Seed Muffins	774
Patrick Wilhelmi	Pat's Pink Octopus Risotto	224
Paul De Monteynard	The Beef Maki	87
Paul Doornbusch	Red Cabbage with Prunes & Parmesan	30
Paul Doornbusch	Red Cabbage with Parmesan & Prunes	902
Paul Macgregor	Bread Soup	148
Paul Vlasta	Egg Mayonnaise	88
Paul Vlasta	Creamy Garlicsoupe	89
Paul Vlasta	Chinese Chicken	402
Paul Vlasta	Meatpot Nanjing	403
Paul Vlasta	Pumpkin Sweet Potato Curry	404
Paul Vlasta	Cherry Pie	673
Paul Vlasta	Chocolate Orange Mousse	674
Paul Vlasta	Apple Streusel Cake	799
Paul Vlasta	Mohnzelten	801
Paul Vlasta	Unwiderstehlichen	802
Paul Wilson	Lindsey's Salad Dressing	535
Paula	Not At All Authentic Lasagne	509
Pauli	Pumpkin Seed Parfait	610
Pauli	Hazelnut&Choco Cake by Aunt Hilde	762
Peach Hilton	Cherry Teabread	764
Pepijn Wesselman	Hangop With Mint and Strawberries	654
Pervinder Grewal	Mee Bandung ( Spicy Fried Noodles )	368
Peter Gorges	Perfect Bolognese without Meat	477
Peter Watts	Cous Cous Salad	863

Petronius Gedeon	Epic Nacho Recipe	363
Phat Slice 5	Phat Slice	814
Philip & Lisa	Marillenknödel – Apricot Dumplings	385
Philipp Figueroa	Dopalicious Tunasalad	19
Polarchick	Gail's Easy Chili Con Carne	205
Puripant Ruchikachorn (Joe)	Son-in-Law Eggs	151
Purpleknight	Wheat Free Pizza	365
Rachel And John	Chicken and Dumplings	490
Rachel Baird	Corn Chowder	513
Rafi	Tiramisu	704
Rainsoakedpuppy	Northern New Mexican Green Posole	150
Raphael Durrer	‘Äpler’ Magaronen	456
Rashun Harris	Santa Fe Style Green Chili Stew	299
Rebecca Carter	Blender Black Bean Brownies	638
Rebecca Daniels	Strawberry-Watermellon Sorbet	677
Rebecca Smith	Beet Falafel Burgers	318
Rebecca Wainwright	Best Ever Banana Bread	121
Reema Albabtain	Beehive Sweetbuns ( Khaliat Nahal )	667
Rees Maxwell	Lemon Never Liked Marmalade Befor	539
Rees Maxwell	Carmelita Bars	650
Rena Lao	Seafood Chowder	55
René Jossen	( Warm ) Carrot and Sprouts Salad	81
Rhona Morris	Sugar Free Pear and Apple Tart	655
Ricardo	Elche Deli	23
Richard	Posh Surf ‘N’ Turf	893
Richard Sutton	Tuna And Bean Salad	6
Richard Sutton	Meat Paella	131
Richard Sutton	Cherry & Amaretto Liquer Ice Cream	553
Rick Ramsfield	Vegetarian Spring Roll Appetizer	12
Rick Ramsfield	Vegetable Spring Rolls	53
Ricky Wright	Da Jolly Mon’s Awesome Oyster Stew	519
Rik	Mum’s Moist Carrot Cake	833
Robert Jones	Southwest Chicken	184
Robert Jun Kai Ruf	Chicken With Cashew Nuts	252
Robert Mais	Family Holiday Pie	672
Roberta Pessotto	Creamy Salmon & Peppers Pasta	339
Roberta Pessotto	Almond Custard Tart	620
Robin Steffler	Meatballs	521
Rodolfo Sosa	Colorado Chile Verde	542
Roger Herzler	Roger’s Old Italian Spaghetti	433
Roger The First	Roasted Onion and Asiago Soup	21
Rohan Currie	Easy Aussie Chicken	326
Ron & Pearl Clough	Mom’s Tuna Casserole	491
Rosie	Anna’s Mexican Bean Casserole	333
Rosie Connolly	Jane’s Lemon Butter	644
Rosine Kabré	Chocolate Mousse Voltaire R. Bouet	632
Roxanne Daniels	Pavlova With Seasonal Fruit	597
Roz Sermons	Leftovers Pie	439
Rufus Chua	Shiok Goat Rendang	348
Russell Ahlstrom	Banana Katsup Egg Sandwiches	465
Rutatatata	My Friend Anna’s Apple Pie	652
Ruth Jamieson	Lime & Pomegranate Chia Pudding	635

Ruthe	Proletariat Mentaiko Pasta	446
Ryan	South African Bobotie	265
Ryan Fitton	Quick And Easy Margherita Pizza	135
Ryan J. Russell	Boston Scrod w, Potato Chip Crust	431
Ryan Mcclintock	Ryan's California Kale Salad	289
Ryan McCormick Wheel Price, Esq.	Jack-O-Lantern Curry Soup	7
Ryan Rasmason	Cream Of Mushroom Chicken Over Ric	187
S. Johnson	Great Grandpa Giuseppe's Lasagna	388
Sally R-W	Tuna & Cream Cheese Dip	84
Sam	Tomato, Chicken And Bacon Pasta	463
Sam	Meat Craving Roll	452
Sam And Jamie	Chicken And Peach Curry	398
Sam McIntyre	Pigs In Mud ( Choc Beetroot Cake )	746
Samantha Benegarfield	Lamb & Stone Fruit Stew W. Polenta	482
Sammi Vez	Caramel Chocolate Bark	731
Samuel	Macaroni Casserole	98
Samuel Hills	Marshmallow Crispies	628
Sandra Franz	Cheese-Tomato-Pasta À la Tim	190
Sara Daniel	Pizza Soup	342
Sara Lappi	Shrimp Cecilia	185
Sara Milne	Mary's Peach Cobbler	552
Sarah Colson	Raw Green Breakfast Smoothie	41
Sarah Matthews	A Smooth Suki	56
Sarah Wathan	Welsh Bara Brith	784
Scott Miller	French Canadian Tourtière	256
Sd_rider	Shrimp Tacos, San Diego Style	508
Selah & Matthew	Selah's Scrumptious Summer Sprouts	881
Shari Cole	El Diablo Viejo Beans	450
Sharon Cuslidge	Balsamic Chicken Pasta Salad	496
Shelfish	Tangy Lemon Meringue Pie	815
Shelley And Ed Rubin	Mjeddrah And Charred Lemon Chutney	298
Shoeface	Colonial Dutch Cabbage	192
Simon	Chocolate Banana Bread	773
Simon Bond	Mince Kofta Curry	284
Simon Bourdeau	Karine's Healthy Muffins	657
Simon Lamason	Ngongotaha Spiced Apple Muffins	837
Simon R	Piquant Prawns	28
Simon R	Penny's Saucy Salmon	272
Sisel Lan	Tapioca Cappuccino	669
Sofia Péribère	Mum's Chocolate Cake	561
Sofia Ruiz	Postre De Limón	554
Solange Lhermitte	Strawberry Frozen Mousse	587
Sompratana Praditusin	Mom's Butter Tea Cookies	600
Sophie Colligan	Non-Runny Omelette for One	444
Spacefairy	Szegediner Gulasch	376
Spencer	Strawberry Shortcake	709
Stacey Booth	Roasted Red Pepper Tomato Sauce	460
Stefan "#@" Langer	Potatoes Fried the Lazy Way	270
Stefanie Koch	Chinese Style Cucumber	437
Steffani Ellis	Hawaiian Fire Sauce	548
Sten Kroonenberg	Thai Sweet Chili Pork	165
Steph	Choc-Banana Coconut Overnight Oats	872

Stephan Neuner	Crème Bavaroise	565
Stephanie Lopes	Zesty Squid Pasta	502
Stephanie Pereira	( Vegan! ) Potato Latkes	35
Stephanie Simons Neal	Shortbread	828
Stephen Hollingdale	Gluten and Grain Free Sponge Cake	748
Stephen York	Baklava	558
Steve & Michelle	Poor Man's Vegan Pasta	307
Steve & Michelle	One Pot Vegan Risotto	308
Steve & Michelle	Bright Green Smoothie	871
Steve Price	Jackpot	147
Steve Woodward	Steve's Nutty Potato Cakes	50
Steven	Rouladen ( German Meat Rolls )	316
Stevo King	Look Out---It's Spud Slop!!!	11
Stijn Hommes	Dutch Boterkoek	792
Strahil Minev	Musaka	168
Sue Gallon	Lemon Posset	606
Suri S.	Suri's Brooklyn Biscotti	689
Susan Freeman	Restaurant 5 Dudley Brie Crostini	82
Susan Grossman	'Mama's Potato Rolls'	726
Susan Yu	Dried Pollack Soup	115
Susannah Brinkley	Berry Cream Pie	647
Susanne Mnich	Rustic Baguettes and Rolls	759
Suse Behr	Coconut Bread	744
Suzanne	Pasta With Shrimp, Tomato & Pesto	128
Swampling	Tarte Flambée ( Flammkuchen )	336
Sweeny	Chicken And Vegetable Pastabake	500
T Laws	Vegan Cookies	822
Tammy Bridger	3 Bean South 'O The Border Chowder	160
Tammy S	Rum Cake	621
Tanya And Brad	Tricky Chocolate Brownies	794
Tassie Andersen	Streusel Filled Coffeecake	825
Taxdoctor	Apple Snow	653
Taylor Moermond	Haricot Wheatberry Kari Salad	856
Ted Mast	Salmon and Delicious!	522
Teffer	Pecan Tassies	611
Teresa Gurule-Long	Red Cooked Pork	466
Teresa Gurule-Long	Coke & Worcestershire Sausage	468
Tero Pikala	Gravlax – Salt Cured Salmon	905
The Constipated Chef	Pumpkin Crespelle	8
The Food Foxx	Buffalo Chicken Cheese Meatballs	43
Thea Jane	Nutty, Bircher-Style Muesli	867
Theonoe	Deadly Gooey Macaroons	668
Thibault Lhermitte	Pâté De Pâques ( Easter Pâté )	46
Thierry Nouza	Congolesse	625
Thor Højlund Olsen	Homemade Danish Hotdog	382
Thorbjoern	Hochzeitssuppe	57
Till Kahlen	Feta Cheese Dip	889
Tim	Cowboy Casserole	155
Tim	Finkenwerder Speckscholle ( Plaice )	214
Tim Lambert	White Lemming Cookies	651
Tim Tation	Swedish Turnip Or Rutabaga Hotpot	399
Timon Van Der Meulen	Pizza Con Salsiccia	361

Timon Van Der Meulen	Alda's Apple Pie	793
Tina Suen	Summertime Orzo Pasta Salad	13
Tina Tran	Foolproof Pandan Waffles	591
Tine	Sri Lankan Chicken Curry	277
Tobias	Drunken Risotto	182
Toby	Spicy Tortilla Soup	126
Todd Anderson	2 x 2 x 2 White Bean & Chorizo Stew	235
Todd Anderson	Chicken Saltimbocca	501
Tom Gedeon	Pasta Amatriciana	366
Tom Hilton	Almost Anything and Butter Pudding	622
Tom Latham	Christmas Pudding Vodka	876
Tom M.	Swiss Style Spinach Quiche	276
Trace Newton	Creamy Choco-Banana Slimy Stuff	607
Truger	Mac & Stuff	130
Urban Griller	Aybro Pulled BBQ Lamb	152
Urban Rajah	Beef Bugheela from South Pakistan	487
Usman Iqbal	Potato Cutlets	60
V J Webb	Chicken Dijon with Capers	177
V J Webb	Bulgur	848
Valeria Maselli	Italian Flag Roasted Veggies	9
Vi Nakamura	Chicken Adobo	524
Vicki Cole	Mrs Dunn's Beef and Guiness Stew	158
Victoria Talbot	Sugar Free Sponge Cake	766
Vincent B. Donadio	Not Just Plain Coconoatmeal Cookie	823
Vincent Van Der Plas	Chicken-Curry-Pineapple Salad	859
W. John	Tuna And Pasta Salad	381
W. John	Boeuf Provençale	386
Walter8itall	Delicious Egg-Based Cognac	868
Warren Keen	Sweet Corn & Chicken Soup	62
Weathergrrrl	12 Chocolate Cupcakes	609
Wil Baker	Chicken, Chorizo and Chickpea Stew	163
William Baker	Spicy Monterey Rice	877
William F. B. Hoek	Grandma Marthinsen's Applesauce	699
Winsern	Dried Shrimp Sambal	537
Xin Wang	Fermented Red Rice w. Pork / Veggies	213
Yen-Pei Chen	Ensaymadas – Two Fillings	803
Yoav Aviram	A Tasty Thing in the Oven	494
Yoav Reches	Aba Baba Ganush	52
Zach Gass	Pemmican	873
Zach Hoskins	Cheesy-Glorious Funeral Potatoes	901
Zach Lewis & The Lewis Family	Calico Bean Casserole	80
Zoé Gedeon	Zoé's Strawberry Shortcake	662
Zvjezdana Vukić	The Great Barley Salad	449

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**DESIGNED BY  
Stinsensqueeze**

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