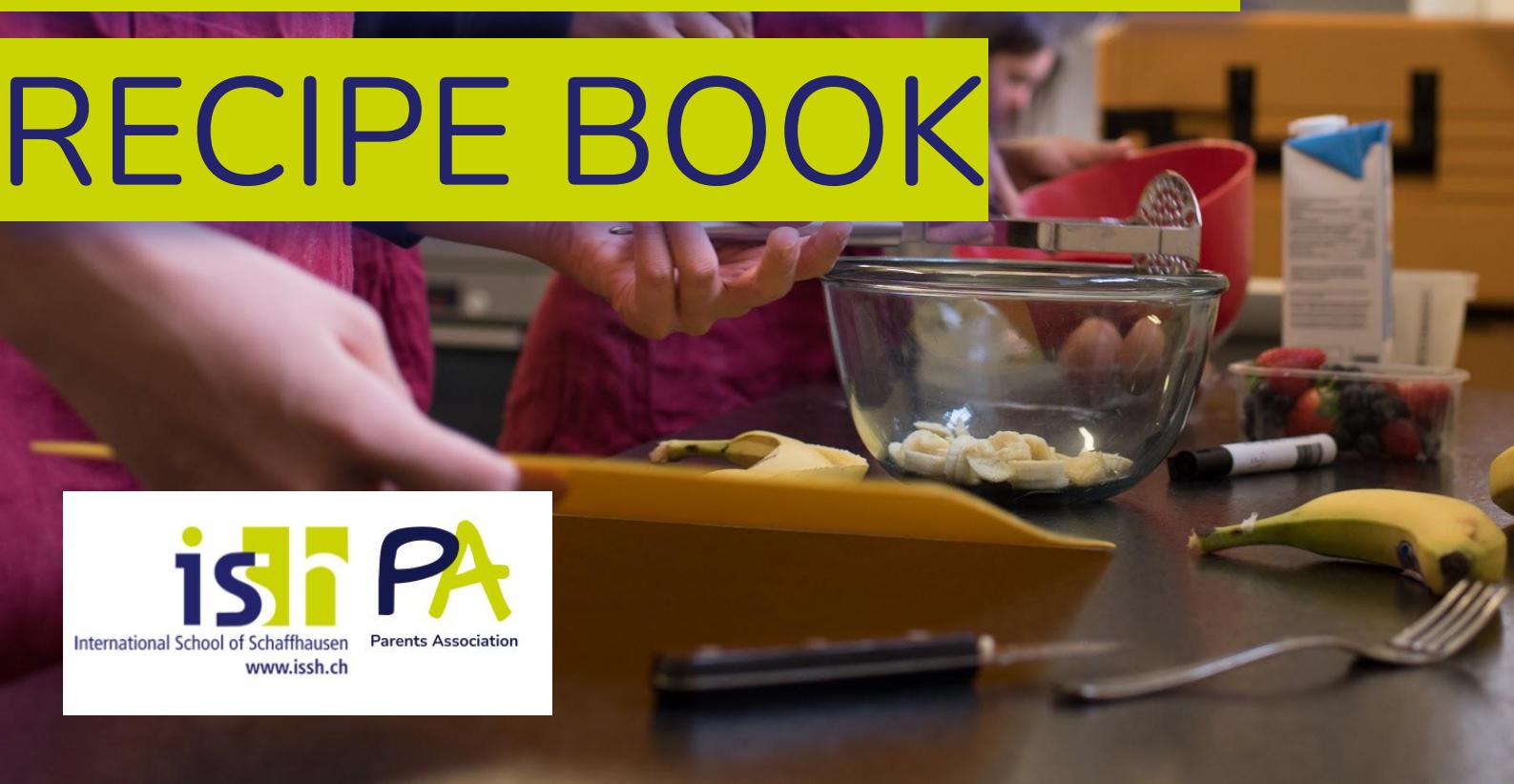




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# INTERNATIONAL RECIPE BOOK



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Sue and Zoe from England and Germany

This is one of our favourite recipes for the weekend.

## Buttermilk pancakes

2 cups all-purpose flour  
2 tablespoons sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
2 eggs  
500 ml cups buttermilk  
 $\frac{1}{2}$  cup yogurt  
 $\frac{1}{4}$  butter

1. In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt.
2. In a separate bowl, lightly beat the eggs, buttermilk, yogurt and melted butter.
3. Add the liquid ingredients to the dry ingredients all at once, stirring just to blend. The batter should be slightly lumpy and quite thick. Let the batter rest for 5 to 10 minutes.
4. Heat a lightly buttered frying pan over medium-high heat. Ladle batter onto hot frying pan. Cook for 2 to 3 minutes until bubbles cover the surface of the pancakes and their underside are lightly browned. Gently turn them over and cook for about 2 minutes more, until sides are browned.

For a bit of fun add blueberries, bananas or chocolate chips... and most definitely serve with Canadian Maple Syrup...



Daisy, Christian, Freya and Benji  
Dent-Ziegler

Although our families are from the UK, Germany, France and the US, we have lived in Panama for almost 20 years and we think of it as "home". Years ago our Panamanian friend Adelina, taught me how to make these black beans. We all love them and they remind us of warm, sunny Panama even during a cold German winter!

## Frijoles Negros(Black Beans)

Two sticks celery - chopped  
One red pepper - chopped  
One large onion - chopped  
Four cloves garlic - crushed or finely chopped  
Small bunch coriander/cilantro - chopped stalks and leaves separately  
Three tablespoons olive oil  
Two teaspoons cumin  
Juice of half an orange  
Salt to taste  
400 g dried black beans  
Vegetable stock - two tablespoons bouillon powder or stock cube.  
Two bay leaves.

1. Cover black beans in water, add bouillon powder and bay leaves, and bring to boil.
2. Reduce heat and cook until tender, adding water if needed to cover beans with 1cm of water (usually about 2.5 hours).
3. Meanwhile fry the celery, red pepper, onion, garlic and cilantro/coriander stalks in olive oil until soft.
4. When beans are tender, remove bay leaves and add them to the vegetables with cumin, orange juice and salt to taste. Cook another 20 - 30 mins.
5. To serve we top with chopped cilantro/coriander leaves and eat with rice. We like to add spicy salsa, avocado, cheese, and/ or sour cream. You can also serve with tortilla chips, salad or rolled in a soft tortilla to make a burrito!



## Pershesh me Pule

### For the scone

800g all-purpose flour  
1 egg  
300g natural yogurt  
300 ml of water  
1 tsp salt  
1 tsp baking soda

### For “Pershesh”

1 organic chicken, about 1.5 kg, which we marinate with salt, pepper, olive oil, and butter.  
Olive oil, 1-2 tbsp unsalted butter  
1 small onion  
dry mint

We like to enjoy this for a family happy meal. Usually, it used to be cooked with a Turkey for the Holiday Season, Christmas Eve, and New Year dinner, In our daily meals, we can prepare this recipe with an organic chicken from the best farm near to our living area.

### Albana from Albania.

The Albanian Traditional Culinary has many traditional cooking recipes dating back centuries. We grow up with these Albanian recipes, and many of them continue to be the favorite ones for many of us. One of them is Pule Me Pershesh, the recipe that we want to share with you today. Although in our daily life, we like to know, taste, and enjoy new international and modern culinary recipes, many of our traditional recipes resisted the time, and they are still cooked by Albanian women wherever they live all around the world.

Pule Me Pershesh is one of these recipes or “Dollme” like we call it in the South of Albania. It is an Albanian traditional delicious recipe, which owns festive tables and not only. Mainly, It used to cook for the Holiday Season.

1. Turn on the oven at a temperature of 180 ° C. In a bowl throw the flour and soda through a sieve and mix with a fork. In another bowl beat the egg with the yoghurt and salt.
2. Pour the mixture into the bowl where we have the flour and knead it by hand until we get a soft dough. Place it in the pan lined with parchment paper or coated with flour and start to open it by hand, pressing it to a thickness of 2 cm. Bake for 40-50 minutes, remove and let cool completely.
3. Once cooled, crumble the cake and place it in the pan to dry, so it is best to prepare the day before, otherwise we can dry it crumbled in the oven at a temperature of 50 degrees until we see that it has become crispy.
4. After washing and drying the chicken with kitchen paper and then marinating it with salt, pepper, oil and butter, place it to bake in a pan where we have added a little water (a finger of water).
5. Put the pan to bake in the oven at 150 degrees. Wet it with juice as needed. The liquid that is released after full baking is collected in a container to use for mixing.
6. In a frying pan with butter, finely chop the onion, until softened, add the chicken broth and let it simmer for 10 minutes. Add dry mint, fresh mint and then the crumbled cake. Mix it carefully for a few minutes.
7. The cake should soften, but also remain crunchy. Remove from the heat, let it rest covered for a few minutes and then serve it together with the roasted chicken.



### Rania from Israel

Freekeh (also called frikeh or farik) is a grain made from green durum wheat that is roasted and then rubbed to create its flavor. Loaded with protein and fiber, this ancient grain is simple to cook and is a great substitute for rice in dishes.

# Freekeh

#### **For the Freekah:**

2 cups cracked freekeh  
2 tablespoons extra-virgin olive oil  
1 medium onion diced  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon black pepper

#### **For the chicken and nuts:**

2 tablespoons extra virgin olive oil divided  
 $\frac{1}{2}$  cup blanched almonds  
1.5-2 pounds boneless skinless chicken breast or thighs  
Salt and pepper to taste  
1 teaspoon allspice or cinnamon  
Chopped parsley for serving

1. Pick over freekeh to remove any debris, and rinse in cold water until water looks clear. Soak the freekeh in cold water for 30 minutes, then drain and set aside.
2. Heat the olive oil in a heavy-bottomed large skillet or Dutch oven over medium heat. Add the onions and cook until golden brown, about 5 to 10 minutes. Transfer the freekeh over the cooked onions, and season with salt and pepper.
3. Add 3 cups of water, turn heat to high and bring to a boil. Cover and turn heat to low. Cook until the freekeh is tender, about 20 to 25 minutes, stirring a couple times.
4. Season the chicken on both sides generously with salt and pepper and allspice.
5. Transfer cooked freekeh to a serving dish and cover to keep warm.
6. Wipe the skillet with a paper towel, then heat 1 tablespoon olive oil on medium heat. Add almonds and fry, stirring, until golden, 3 to 4 minutes. Remove almonds and set aside.
7. Add the remaining olive oil to the skillet on medium heat and transfer the seasoned chicken to the skillet. Cook for 5-7 minutes on one side without touching, then flip over and cook for an additional 3-5 minutes until the juices run clear and the chicken is cooked through.
8. Lay the chicken on top of the cooked freekeh. Top with reserved fried almonds and garnish with parsley.



Monique from Switzerland

One of our favourite traditional Swiss recipes.

This is a traditional Swiss recipe for heavy workers or after a hike or after skiing as it is quite rich.

## Älplermagronen

400g Hörnli oder Makkaroni  
250g Kartoffeln  
2 grosse Zwiebeln  
2 Esslöffel eingesottenen Butter  
3dl Rahm oder Milch  
300g geribbener Käse  
Salz  
Pfeffer

1. Kartoffeln schälen, in Würfel schneiden, etwa 15 min vorkochen und abgießen.
2. Die Teigwaren mit den Kartoffeln gar kochen und abtropfen lassen.
3. In der Zwischenzeit Zwiebel in Streifen schneiden und in der eingesottenen Butter goldgelb braten.
4. Rahm aufkochen und einen Drittel des Käses hinzugeben. Die Flüssigkeit gut rühren.
5. Teigwaren und Kartoffeln mit dem zweiten Drittel des Käses mischen, mit Salz und Pfeffer würzen und die Bratpfanne einfüllen (oder in eine feuerfeste Form).
6. Mit der Käsesauce übergessen und mit dem restlichen Käse bestreuen.
7. Die gebratenen Zwiebeln ebenfalls darüber verteilen. Zugedeckt auf dem Herd (oder im Ofen) erwärmen, bis der Käse schmilzt.



Monique from Switzerland

This is to serve with our favourite recipe, Älplermagonen.

## Ankestückli

750g sauerliche Äpfel  
(Gravensteiner oder Summerred)  
30g Butter  
1dl Äpfelsaft (oder Weisswein)  
Zucker

1. Äpfel schälen, in Schnitze schneiden und das Kerngehäuse entfernen.
2. Damit die Apfelschnitze sich an der Luft nicht braun verfärbeten, in der Bratpfanne sofort Butter erhitzen und die Apfelschnitze darin andünsten.
3. Etwas Zucker darüber streuen und leicht karamellisieren lassen.
4. Je nach Belieben mit den Apfelsaft oder Weisswein ablöschen und leise köcheln lassen bis fast die ganze Flüssigkeit eingekocht ist

Noch heiss zu Älplermagronen servieren.



Edyta and family from Poland

Polish bigos defines traditional Polish cuisine- hearty, deliciously comforting and great for sharing. This dish is equally popular as a family meal as well as party food.

## Polish Bigos

600g sauerkraut, chopped  
300g white cabbage, chopped  
4 chicken thighs, skinless  
200g Polish smoked sausage kielbasa, diced  
7g dried porcini mushrooms  
8 prunes pitted, halved  
1 onion, finely chopped  
1.5 tsp caraway seeds  
1.5 tsp dried marjoram  
1.5 tsp paprika  
3 allspice and juniper berries  
1 bay leaf  
2 Tbsp tomato paste  
5 Tbsp olive oil  
1.5-2 cups water

1. In a large pot, heat up to 3 tablespoons of the oil. Add the caraway seeds, juniper and allspice berries, bay leaf and onion. Gently fry for 3 minutes, stirring often.
2. Push the onion mixture to the side and add the chicken thighs. Fry for 2 minutes on each side.
3. Add the sauerkraut, cabbage prunes, tomato paste, mushrooms, marjoram, paprika, pepper to taste and half of the water and stir to combine. Close the lid, bring to the boil and then simmer for 1 hour.
4. In a frying pan, heat up the remaining oil and fry the chopped sausage until crispy, stirring often. Add the sausage into the stew and continue cooking gently for another hour. Add a little more water at this point if needed.
5. Remove the chicken from the pot, separate the meat from the bone and put the meat pieces back into the pot.
6. Serve with mashed potatoes or rye bread.



Lou's Kitchen Corner

Nadia and family from South Africa

This Bobotie recipe is typical South African food and really tasty. It is traditionally served with yellow rice with raisins.

# Bobotie

## Yellow rice with raisins

1kg minced beef or mutton  
1 medium onion, finely chopped  
125ml seedless raisins (optional)  
125ml blanched almonds (optional)  
1 Tbsp apricot jam  
1 Tbsp fruit chutney  
1 slice white bread  
2 tsp butter or oil  
3 eggs  
250ml milk  
25ml lemon juice  
2 tsp curry powder  
1 tsp turmeric  
2 lemon or bay leaves  
2 tsp salt

### For the rice

250ml raw long-grained rice, washed thoroughly  
125ml seedless raisins  
1 Tbsp butter  
1 litre boiling water  
2 Tbsp yellow sugar  
2 Tbsp turmeric  
1 stick cinnamon  
1 tsp salt

1. Soak the bread in 125ml milk, squeeze to remove the milk and mix the bread with the minced beef. Mix in all of the other ingredients except the butter or oil, eggs, milk and leaves.
2. Melt the butter or heat the oil in a frying pan and brown the meat mixture lightly in it. Turn out into a casserole dish.
3. Beat the eggs and the rest of the milk together and pour over the meat. Garnish with the leaves.
4. Bake in the oven at 180 for about 50 minutes or until set.

### For the rice

1. Add the rice, turmeric, cinnamon and salt to the water in a large saucepan and boil briskly for 20 minutes.
2. Drain the rice through a colander, stir in the raisins and steam in the colander over boiling water for 1 hour.
3. Transfer to a serving dish and remove the cinnamon. Stir in the butter and sugar and stir at once.



Sandra and family from Switzerland

Two of our favourite traditional Swiss recipes.

## Tomato Fondue

800g fondue cheese mixture  
2dl dry white wine  
1 garlic clove  
1 can (260g) crushed tomatoes

1. Put the tomatoes and the garlic in a pot and simmer until the tomatoes are completely soft.
2. Meanwhile add the wine to the cheese mixture and mix thoroughly.
- 3.
4. Once the tomatoes are soft, add the cheese mixture and cook over medium heat until the cheese is completely melted, and the mixture is about to boil.

## Mushroom Risotto

1. Out 1 Tbsp oil in a pan over medium heat. Add half a garlic clove and the mushrooms and cook until soft. Set aside.
2. Put onions, garlic and a teaspoon of butter in a pot over medium heat. Let it simmer for a moment until the onions have a nice yellow colour.
3. Add the rice and let it simmer while stirring until the rice has soaked up the butter. At the same time, prepare 7dl vegetable broth in a separate pot.
4. Next pour half of the white wine onto the rice and let it evaporate. Add the second half and let it cook for a moment.
5. Once the wine is absorbed, start adding the vegetable broth a ladle at a time, always stirring.
6. Add the mushrooms 10 minutes before the rice is done. When the rice is 'al dente' remove from the stove.
7. Add the parmesan cheese and the rest of the butter and mix vigorously to reach a creamy texture.

250g risotto rice  
1 onion, thinly chopped  
1 garlic clove, pressed  
2.5dl white wine  
150g champignons, mushrooms  
50g parmesan cheese, grated  
60g butter  
2 tsp parsley, chopped  
7dl vegetable broth





CafeDeSammy

### Sam and family from the UK

We eat a lot of pasta in our house - sometimes we like it to make our own, it's quite easy! This is great pesto to stir through hot pasta. You can find wild garlic growing near streams and in damp forest areas all around our beautiful area of Schaffhausen.

## Wild garlic pesto

200g freshly picked wild garlic leaves  
100g shallots, spring onions or leeks  
100g pine nuts or hazelnuts or walnuts  
400 ml sunflower and olive oil mixed  
100g parmesan, finely grated  
1teaspoon sugar

1. Rinse your wild garlic leaves in hot water to remove any nasties if you picked by the roadside and be sure to remove any extra protein!
2. Pop the wild garlic leaves, shallots or spring onions , sugar, oil and nuts into a food processor and whizz until everything is finely chopped
3. Stir through the grated parmesan.
4. Pour into prepared jars and cover with a layer of oil to preserve or alternatively into portion sized freezer bags



CafeDeSammy



### Cathy and Dylan from England

When I was younger, I would bake with my grandma almost every week and we had certain things that we would make. Since Dylan was born, I've tried to keep this tradition alive. Millionaire's Shortbread is one of those things that I would make often and it always reminds me of home.

## Millionaire's Shortbread

### For the shortbread:

250g plain flour  
75g caster sugar  
175g butter, softened

### For the caramel:

100g butter  
100g light brown sugar or light muscovado sugar  
397g condensed milk

### For the topping:

200g plain or milk chocolate

1. Heat the oven to 180c/160c fan/gas 4. Lightly grease and line a 20-22cm square or rectangular baking tin with a lip of at least 3cm.
2. To make the shortbread, mix the plain flour and caster sugar in a bowl. Rub in the softened butter until the mixture resembles fine breadcrumbs.
3. Knead the mixture together until it forms a dough, then press into the base of the prepared tin.
4. Prick the shortbread lightly with a fork and bake for 20 minutes or until firm to the touch and very lightly browned. Leave to cool in the tin.
5. To make the caramel, please the butter, sugar and the condensed milk in a pan and heat gently until the sugar has dissolved. Continually stir with a spatula to make sure no sugar sticks to the bottom of the pan (this can leave brown specks in the caramel but won't affect the flavour).
6. Turn up the heat to medium high, stirring all the time, and bring to the boil. Then lower the heat for about 5-10 minute or until the mixture has thickened slightly. Pour over the shortbread and leave to cool.
7. For the topping, melt the chocolate slowly in a bowl over a pan of hot water. Pour over the cold caramel and leave to set.





Sandy, Luuk and Fedde from The Netherlands

This traditional Dutch kruidnoten recipe (often called pepernoten) makes a whole tray of mini spiced cookies. These are normally eaten around the 5th of December when Sinterklaas - the Dutch father Christmas - is visiting the Netherlands. They are fun to make with kids and can be eaten all year round :)

## Pepernoten

250 g self raising flour  
125 g brown sugar  
100 g butter  
2 tbsp Dutch spice mix\*  
50 ml milk  
1 pinch salt

\*In German Dutch spice mix is called 'Spekulatiusgewürz'

1. Pre-heat the oven to 170 °C.
2. Place a baking paper on a baking tray.
3. Put the butter in a bowl and mix it until it's soft.
4. Add flour, sugar, spice mix, milk and salt.
5. Mix all the ingredients until it forms a dough.
6. Make small marble sized balls of approximately 1.5 cm and place them on the baking tray (allow 3-5 cm between them).
7. Bake the kruidnoten for 10-15 minutes.
8. When ready, remove them from the baking tray and allow them to cool down.



Lara from Brazil

Two of our favourite recipes that are simple to do.

1 can of condensed milk  
1 can of heavy cream (also can be creme fraiche)  
the same portion (can) of passion fruit concentrate juice.

## Passion fruit mousse

1. Mix all of the ingredients together and refrigerate for at least 2 hours.

## Brigadeiro

1. In a small sauce pan mix the sweet condensed milk, the cocoa powder and the butter.
2. Bring the sauce pan to the stove and heat it over medium-low heat.
3. Cook it, mixing constantly (this is important, otherwise it will burn!) until it thickens. A way to know is to run your wooden spoon (or spatula) in the middle of the mixture. If it takes a while for the mixture to move, then your brigadeiro is ready!
4. Reserve, letting it cool to room temperature.
5. In a plate or bowl, spread your sprinkles.
6. Once the brigadeiro is cool, grease your hands with butter (or wet your hands with water) and roll the brigadeiros into little balls.
7. In Brazil we usually use half a tablespoon as measurement, but you can make your balls as big or small as you'd like!
8. Roll the brigadeiro balls into the sprinkles and place them in paper/foil candy cups.

1 (14oz) can sweet condensed milk  
2 Tbsp cocoa powder, sifted  
1 Tbsp butter, plus more for rolling balls  
Good quality chocolate sprinkles





Anna, Romy and Oscar from Germany

We spent 2020 a lot of time at home: As we cooked and ate so much more at home, I put more focus on recipes against food waste. What everyone in my little family loves: banana bread. I don't know why it's called that; actually it's a juicy, extremely simple banana cake.

## Banana bread

110 g butter, soft  
100 g of sugar  
3 ripe bananas (approx. 360 g), sliced  
200 g flour  
2 teaspoons of baking soda  
0.5 tsp salt  
1 tsp vanilla sugar  
1.5 dl milk  
2 eggs

1. Mix the butter and sugar with the mixer until a homogeneous mixture is formed. Add the bananas, stir in well.
2. First mix the flour, baking powder, salt and vanilla sugar separately, then stir into the mixture. Stir in the milk and eggs, pour the batter into the prepared loaf pan (approx. 30cm, greased or lined with baking paper).
3. Baking: approx. 50 minutes in the middle of the oven preheated to 160 degrees. Remove, cool a little, remove from the tin, leave to cool on a rack.

Shelf life: Wrapped in foil in the refrigerator approx. 3 days



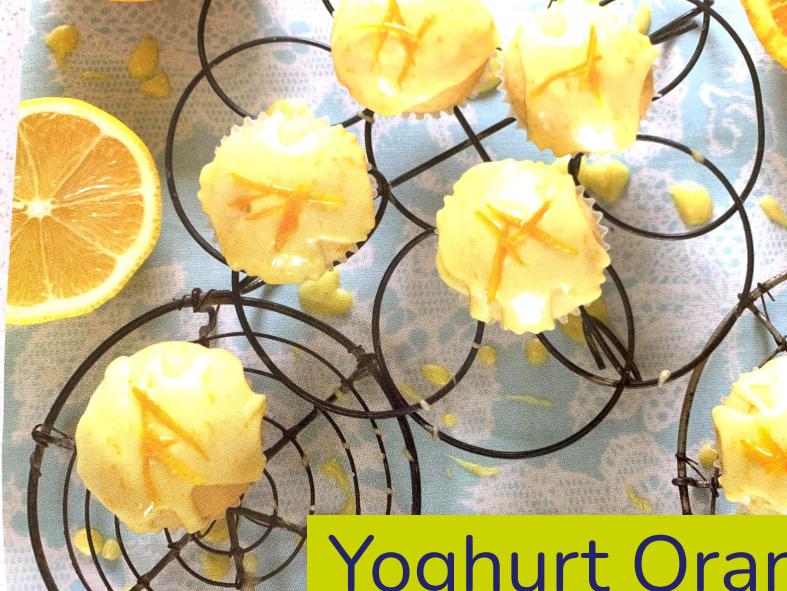
Anna, Romy and Oscar from Germany

These were Oscar's favourite cookies during Christmas time.

## Florentine

50g butter  
125ml cream  
100g peeled flaky sliced almonds  
50g "Zitronat", roughly chopped  
50g "Orangeat", roughly chopped  
(or mixed peel)  
125g sugar  
1 packet of vanilla sugar  
1 pinch of cinnamon  
65g flour  
Couverte  
Candied cherries  
Halved almonds

1. Bring butter and cream to a boil over low heat.
2. Mix the almonds with the Zitronat, Orangeat, sugar, vanilla sugar, cinnamon & flour, and stir into the warm cream-butter-mixture.
3. Let simmer for a few minutes & then keep the mixture liquid in a hot water bath.
4. Place small heaps on a baking sheet lined with baking paper with the help of 2 teaspoons (attention: keep enough distance between them)
5. Place halved almonds or cherries on top.
6. Bake the Florentines at 175-195 degrees for about 15-20 minutes until golden yellow.
7. Immediately remove from the baking sheet & cover the underside with couverte, dry & allow to cool.



Louisa and family from UK and Germany

This is one of our favourite recipes.

## Yoghurt Orange and Lemon Mini Cupcakes

50g butter  
100g caster sugar  
1 egg  
zest of  $\frac{1}{2}$  small lemon  
zest of  $\frac{1}{2}$  lime  
 $\frac{1}{2}$  tsp orange zest  
125g self-raising flour  
50ml natural yoghurt

For the icing:

225g icing sugar  
1 Tbsp fresh orange juice  
1 Tbsp fresh lime juice

1. Preheat the oven to 180c and line a mini-muffin tin with paper cases
2. Cream the butter and sugar until pale and fluffy. Gradually add the egg, beating well between additions. Stir in the zest.
3. Sift over the flour and fold in well. Stir in yoghurt.
4. Divide the mixture among the mini-muffin cases and bake for 18-20 minutes until risen, lightly golden brown and firm to the touch.
5. Cool in the tins for 5 minutes, then transfer to a wire rack and cool completely.

For the icing

1. Sift the icing sugar into a bowl. Make a well in the middle and stir in the juices. Beat well.
2. Spoon the icing onto the cooled cupcakes and allow to set for up to 30 minutes.

Store in an airtight container for up to 5 days.





Sue and Zoe from England and Germany

Cookies aren't just for Christmas. Make Grandma's cookies anytime you want to make someone smile.

## Grandma's cookies

227g butter  
1 cup of brown sugar  
 $\frac{1}{2}$  cup white sugar  
2 eggs  
2 tsp of vanilla  
2 cups of flour  
1 tsp salt  
 $\frac{1}{2}$  cup of oatmeal  
 $\frac{1}{2}$  tsp of baking powder, dissolved in 1 tablespoon of hot water  
1 cup of pecans  
2 cups of chocolate chips

1. Preheat oven to 350 degrees.
2. In a mixer, cream the butter together with the sugar until it is lighter in color and a little fluffy. Add the eggs one by one, followed by the vanilla.
3. Mix the flour, oatmeal and salt together and add to the butter, sugar, egg & vanilla mixture. Then add the baking powder dissolved in 1 tablespoon of hot water.
4. By hand mix in the pecans and chocolate chips.
5. Scoop out the batter onto a baking sheet covered by a piece of baking paper leaving a little space in between.
6. Cook for 12 minutes per batch.



Simon, Hugo and Gaspard from France.

Here are two of our favourite recipes.

## Coconut rock buns

4 white eggs  
140 g icing sugar  
200 g coconut powder  
250 g marzipan

1. Ideally with a kitchen robot, whip the egg white for a few minutes then add in one portion the sifted icing sugar followed by the coconut powder.
2. Finally add slowly on top of the stirred mixture the marzipan in small bits.
3. Once the dough is ready, form small buns with two spoons and place them on a oven plate.
4. To make them nicely colored, sprinkle some icing sugar and put them in the oven for 15 minutes at 160 °C (static temperature).

## Power Cookies

1. Preheat oven at 160 °C static
2. Put the butter in the microwave for 10 seconds to soften it, then cream it with the sugar
3. Add the egg, milk and cinnamon and stir well.
4. Add flour and oatmeal then sodium bicarbonate and finally the chocolate chunks!
5. Make 3 cm balls with the dough and give them enough space on the tray.
6. Put them in the warm oven for 15 min and they are ready!

110 g butter  
110 g sugar  
1 egg  
1 tbsp milk  
1 tsp cinnamon  
125 g all purpose flour  
100 g oatmeal  
1 tsp sodium bicarbonate  
100 g chocolate





Elizabeth from the UK

In the UK Hot Cross Buns go hand-in-hand with Easter as much as the Easter Bunny and chocolate eggs do. Although traditionally eaten on Good Friday, we like to enjoy all Lent long!

## Hot cross buns

### For the buns

300ml/10fl oz whole milk  
500g/1lb 2oz strong white flour  
75g/2½oz caster sugar  
1 tsp salt  
7g sachet fast-action yeast  
50g/1¾oz butter  
1 free-range egg, beaten  
150g/5oz sultanas  
80g/3oz mixed peel  
1 apple, cored and chopped  
2 oranges, zest only  
2 tsp ground cinnamon  
sunflower oil for greasing the bowl

### For the cross

75g/2½oz plain flour plus extra for dusting

### For the glaze

3 tbsp maple syrup



1. Bring the milk to the boil and then remove from the heat and leave to cool until it reaches hand temperature.
2. Mix the flour, sugar, salt, yeast, butter and egg together in a bowl, then slowly add the warmed milk until it forms a soft, sticky dough.
3. Add the sultanas, mixed peel, chopped apple, orange zest and cinnamon. Knead using the dough hook of a standing mixer (or by hand if preferred) for five minutes, or until smooth and elastic.
4. Put the dough in a lightly oiled bowl, cover with oiled cling film and leave to rise for approximately one hour, or until doubled in size
5. Divide the dough into 12 even pieces, and roll each piece into a smooth ball on a lightly floured surface. Arrange the buns on a baking tray lined with parchment, leaving enough space so that the buns just touch when they rise and expand. Set aside in a warm place to prove for another hour.
6. Heat the oven to 220C/425F/Gas 7.
7. For the cross, mix the flour with about five tablespoons of water in small bowl, adding the water one tablespoon at a time, so that you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses.
8. Bake for 20-25 minutes on the middle shelf of the oven, or until golden-brown
9. Gently heat the maple syrup to melt and while it is still warm, brush over the top of the warm buns and leave to cool. Gently rip the buns apart to serve, revealing temptingly soft edges.



Paula, Emily and James from England

This is one of our favourite recipes to make.

## Victoria Sponge Cupcakes

### For the Sponge:

175g Butter  
175g Caster sugar  
3 Eggs  
1 tsp Vanilla extract  
175g Self-raising flour

### For the filling:

200g Icing sugar  
100g Softened butter  
Jar of strawberry jam

1. For the sponge, preheat the oven to 190C(170C fan)/375F/Gas 5. Lightly grease the tins with butter.
2. To make the cakes the butter and caster sugar together until the mixture is pale and light. Gradually add the beaten eggs, mixing well between each addition and scraping down the sides of the bowl from time to time. Add the vanilla extract and mix to combine.
3. Sift the flour into the bowl and fold in until the mixture is glossy and smooth
4. Divide the mixture between the mini sandwich tin cups and level with a teaspoon.
5. Bake on the middle shelf of the oven for about 15 minutes until golden-brown and springy to the touch.
6. Leave the cakes to cool in the tin for two minutes and then ease onto a wire cooling rack and leave to cool completely.
7. Cut each cake in half horizontally with a bread knife.
8. For the Filling, soften the butter in a medium bowl. Next add the icing sugar then use an electric whisk to make the buttercream all swirly.
9. Use a knife to spread jam on the top layer of the cake and the buttercream on the bottom then use a sieve to add a dusting of icing sugar on top of the cupcakes.



Sarah and Tilly from USA and England

During lockdown in 2020 I started to bake all kinds of different cakes. These were one of my favourites, so Tilly and I made them for this recipe book!

## Lemon meringue cupcakes

### For the Sponge;

100 g Butter  
150g Flour  
1 Teaspoon Baking Powder  
150g White Sugar  
3 Tablespoon Milk  
2 Eggs  
Lemon, finely grated zest

### For the Filling;

Lemon Curd

### For the Meringue;

2 Eggs Whites  
100g Sugar

1. Preheat the oven to 180c and line 12 hole muffin tray with cases.
2. Put the sponge ingredients into a bowl and whisk using an electric hand whisk until light and fluffy. Spoon the mixture evenly between the cases. Bake for 18-20 minutes or until golden brown, risen and spongy to the touch. Set aside to cool completely.
3. Cut a deep circle in the center of each cake. Spoon 1 teaspoon of lemon curd into each hole, making sure that the lemon curd is level with the top.
4. To make the meringue, whisk the egg whites in a large bowl until stiff. Gradually add the sugar as you continue to whisk on full speed until you have a firm and glossy mixture. Pipe the mixture on top of each cupcake and sit back into their tins.
5. Use a chefs blow torch to brown the meringues or slide the tray under the grill. Watch carefully and remove when golden brown.



# Canadian Nanaimo Bars

## Bottom layer:

½ cup (125ml) unsalted butter  
5 Tbsp (75ml) cocoa powder  
¼ cup (50ml) granulated sugar  
1 egg, beaten  
1 ¾ cups (425ml) Graham wafer crumbs (hard to find here but any honey biscuits work)  
1 cup (250ml) shredded coconut  
½ cup (125ml) almonds, finely chopped (optional)

## Middle layer:

½ cup (125ml) unsalted butter, softened  
2 Tbsp and 2tsp (40ml) whipping or heavy cream  
2 Tbsp (20ml) vanilla custard powder  
2 cups (500ml) icing sugar

## Topping

115g semi-sweet chocolate  
2 Tbsp (30ml) unsalted butter

Nanaimo is a misty, coastal town on Vancouver Island, BC; for me, it was a place where the ferry took me, enroute to my grandparent's home. Later I discovered that my favorite dessert actually originated right there! My heavenly dessert was inspired by the mountainous landscape and enchanting ocean that I knew so well. Living far away now, I have learned how to make a great Nanaimo Bar...and with the first anticipated bite, I am always transported back home for a moment.

## Andrea from Canada

As a child, I always looked forward to this special, sweet treat at Christmas time. They were so treasured in our household that I believed they were impossible to replicate myself, and that they must have some exotic or heavenly origin. Now I know I was wrong on both accounts. The ingredients are actually very simple, and you may even have everything already in your pantry...it is just the magical combination of flavors and textures that come together to melt perfectly in your mouth; a soft layer of yellow custard sandwiched between rich chocolate ganache and a coconut-raham crust.

## Bottom Layer

1. Pour 2 cups (500 mL) water into bottom of double boiler. Place on stove over medium heat and bring water to simmer.
2. In top of double boiler; combine butter, cocoa and sugar; place over simmering water. Heat, stirring, until butter has melted and mixture is smooth.
3. Add beaten egg; stir until thick. Remove top of double boiler from heat. Stir in graham wafer crumbs, coconut and almonds.
4. Scrape into a parchment paper-lined 8-inch (2 L) square baking dish. Press firmly to create an even bottom layer. Place in fridge to cool.

**Tip:** If you don't have a double boiler, half-fill a saucepan with water and heat over medium heat until water begins to simmer. Then, place a metal or glass bowl over the simmering water and proceed as directed.

## Middle Layer:

1. In a bowl, cream together butter, cream and custard powder.
2. Gradually add icing sugar; beat until light and fluffy. Scrape over bottom layer, smoothing top with spatula or palette knife. Put back in fridge until it becomes firm.

## Top layer

1. In clean double boiler, melt chocolate and butter together. Remove from heat; let cool slightly. When cool, but still liquid, pour over custard layer.
2. Cover and refrigerate until cold. Cut into squares and enjoy!