



RaLET

Recipe Book



Welcome!

In March 2022, as part of Culture Week, RaLET invited parents, guardians and other members of the school community to contribute your favourite family dishes to a recipe book. And here it is! We were delighted with the response we received and are so grateful to those of you who took the time to share your recipes, photos and cookery tips with us.

We hope you all, especially the children, enjoy cooking these recipes together. For ease, we have grouped the recipes alphabetically by country or region.

Bon Appetit!

RaLET PGTA Committee 2021/22

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China

怎样包饺子

('Chinese dumplings') by Evan Wang, 1st class

Ingredients

Pork or beef 500g

oil 40g

salt 10g

carrots 3

ginger 5g

scallions 4 the root

cabbage 1

soy sauce 15g

pepper 5g

To make the dough

High gluten flour 250g

cold water 100g

salt 2.5g

Evan's family says "The Chinese make dumplings when family or friends are together on holidays. You just imagine the heartening talk and intimate atmosphere created while people are sitting together to make dumplings!"

怎样包饺子

('Chinese dumplings') Contd.

Method

1. First, make the filling. Choose your favourite meat, chop it up and mix it with chopped scallions and cabbage.
2. Add seasonings such as salt, soy sauce, pepper, sesame oil, chopped green onion and ginger to get your favourite flavour.
3. Stir the ingredients in a container well to make them evenly mixed.
4. Secondly, make the dough. Measure your wheat flour to go with the filling, put it in a container, pour water bit by bit, stir it strenuously to make it sticky, then let it rest for about 20 minutes.
5. Cut part of the dough, knead it and cut it into small pieces. You press each piece with the palm of your hand slightly and then roll it with a rolling pin into a round piece.
6. Finally, fold the dough over the meat mixture to make the dumplings. You should hold a dough piece horizontally in your left hand, put a suitable amount of filling onto the central part, fold the side around the filling, press the upper-central part of it firmly and make firm and nice lace from left to right around the fold edge to make your finished product better-looking and free from leakage.

怎样包饺子

('Chinese dumplings') Contd.

"Eating dumplings means happy tuanyuan, peace and contentment, early birth of your son, good weather, go in peace.....eating dumplings is popular in northern China, in winter solstice, New Year's Eve, New Year's Day, National Day and so on, we will also eat dumplings on happy days."



'Boiled dumplings' by Sophia, 2nd class and Julia, Junior Infants

Sophia and Julia's family says "Fried dumpling recipe and steamed dumpling recipe are very different from boiled dumpling recipe, even the water temperature is different."

Ingredients

500 g wheat flour;
250ml cold water(below 30 degrees);
one egg;

500g chicken breast ;
250g long green beans;
two carrots;
a third of bulb of garlic (can replace with garlic puree);
two Chinese shallots;
one inch of lemongrass (can replace with lemongrass herb puree);
one spoon of sour sauce
black pepper
oil
(3 fresh chilies or chili powder if you like spicy dumpling stuffing)



'Boiled dumplings' Contd.

Method

1. First, make dumpling dough. Add 60%-70% of water slowly into the "middle pond" of the flour in a large bowl/basin. Mix the flour and water with chopsticks, then add one egg, mix them better with chopsticks till the dough looks like many snowflakes; Add 20% of water to "snowflakes", stir them with hands till they look like many grapes; grab all of "grapes", mix them together and press them to one big dough, use the last 10% of water to clean the flour that sticks on the large bowl and hands, spread them together with the big dough, rub it many times till it looks like a round smooth ball.

2. Leave the "ball" in the large bowl/basin, cover it with film foil, wait for 10-15 minutes - 30 minutes till the dough look much bigger, depending on the room's temperature.

3. Next make dumpling stuffing: cut chicken breast into small cubes; cut green beans, garlic, lemongrass and Chinese shallots to tiny pieces; mix together, add one spoon of sour sauce, sprinkle some black pepper & olive oil. Add several drops of cold water, mix them with chopsticks, stir them in one direction till the stuffing look smooth and sticky.

'Boiled dumplings' Contd.

Method contd.

4. Rub the dough many more times with your hands, cut a piece of dough, rub it with a rolling pin into a long piece like a rope, cut it into many small pieces.

5. Make a piece into a round flat dumpling dough with a rolling pin, put some stuffing with chopsticks or a spoon in the middle of the dumpling dough, close the round side and press the edges with fingers or a kids' fork till the dumpling looks like a half-moon! Wrap stuffing into dumpling dough.

6. Boil a half pot of water, add dumplings into boiling water, when it's boiling again, add a bowl of cold water, when the water is boiling again, some dumplings will float on the surface gradually, add cold water two more times. The dumplings are ready and they're all floating, if no one is broken it will be perfect!





Germany

The image features a textured, aged yellow background. A thick, horizontal black brushstroke is positioned in the upper third of the frame. Below it, the word "Germany" is written in a black, serif font, centered within a horizontal red brushstroke. At the bottom, there is a horizontal yellow brushstroke, matching the background color.

Linsensuppe (Lentil Stew) by Tadhg, 5th class

Method (serves 4-6)

1. Sauté 1 onion, finely diced, 1 stick of celery, finely diced, 1 carrot, finely diced gently in olive oil until onions are softened.
2. Add 1 tsp of cumin seeds and stir for a minute.
3. Add 1kg of baby potatoes, cut into quarters or smaller,
4. Add 500ml of chicken or vegetable stock, and 1 bay leaf (make sure the potatoes are well covered, add more water if needed), and simmer until the potatoes are cooked.
5. Add 250g of green or brown lentils, cooked (or one tin of lentils, drained), 4 mini bockwurst, mettwurst or vegetarian hot dogs, cut into slices, or some cubed cooked ham and heat through.
6. Season to taste with pepper, ground cumin, Maggi (or liquid aminos or soy sauce), salt.
7. Serve in bowls and garnish with chopped parsley.

Linsensuppe (Lentil Stew) Contd.



Tadhg's Oma likes to serve stew when he visits her in Germany.

Linsensuppe (Lentil Stew) Contd.

Top Tips: If you buy a bigger bag of lentils you can cook them all at once, and freeze them in takeaway containers. Use in this stew, in vegetarian curries and chilis, or to bulk up a Bolognese.

Lentils are high in fibre and protein, and the cumin helps with their digestion.

You can make similar stews with cannellini beans (Bohnensuppe) or split peas (Erbsensuppe),

Tadhg's mum Claudia says, *"This lentil stew tastes great in winter, after playing outside in the cold. Méabh and Tadhg love when their Oma cooks it for them, and have asked to learn how to make it. We used to have one of these stews every Saturday when I grew up in Germany."*

Guten Appetit!

A scenic view of a Greek coastline. A steep, light-colored cliff with some greenery on the right side meets the sea. The water is a vibrant turquoise color near the shore, transitioning to a deeper blue further out. A small boat is visible in the turquoise water. In the foreground, some green plants and flowers are visible on the cliff edge.

Greece

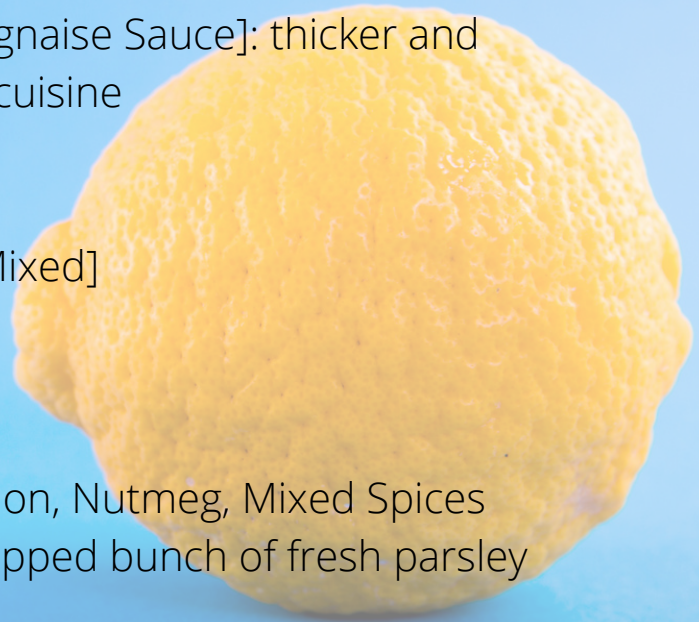
Greek Pastitsio

('Greek Pasta Bake') by Penelope, 1st class

Ingredients:

Greek Meat Sauce [very similar to Bolognaise Sauce]: thicker and scented by spices often used in Greek cuisine

- 5 soup spoons Olive Oil
- 1 finely chopped Large Onion
- 1kg Minced Meat [Pork/Beef and/or Mixed]
- 1,5 ltr. Tomato Passata sauce
- 1 clove finely chopped Garlic
- 2 washed dried Bay leaves
- Spices: Black Pepper, Paprika, Cinnamon, Nutmeg, Mixed Spices
- Herbs: 1 soup spoon dried Mint, a chopped bunch of fresh parsley
- 2 shots of Red Wine



Greek Pastitsio

('Greek Pasta Bake') Contd.

Ingredients contd.:

Greek Béchamel Sauce: thicker than the known Bechamel sauce

- 1,5 ltr. Fresh Full Cow Milk
- 3 large eggs / 4 medium eggs
- 6 soup spoons of Plain Flour
- ½ baking Butter
- 3 soup spoons of Olive Oil
- Spices: salt & Pepper, Nutmeg
- Half cup of Grated Cheese [edam/cheddar/mozzarella – any and/or mixed]
- Breadcrumbs

Pastitsio Pasta Layer: tossed with grated Halloumi cheese

- 1 packet of a thick tubular bucatini-style pasta called "Pastitsio pasta"
- Grated Halloumi Cheese
- Chicken Stock
- 1 pinch of Salt
- Breadcrumbs

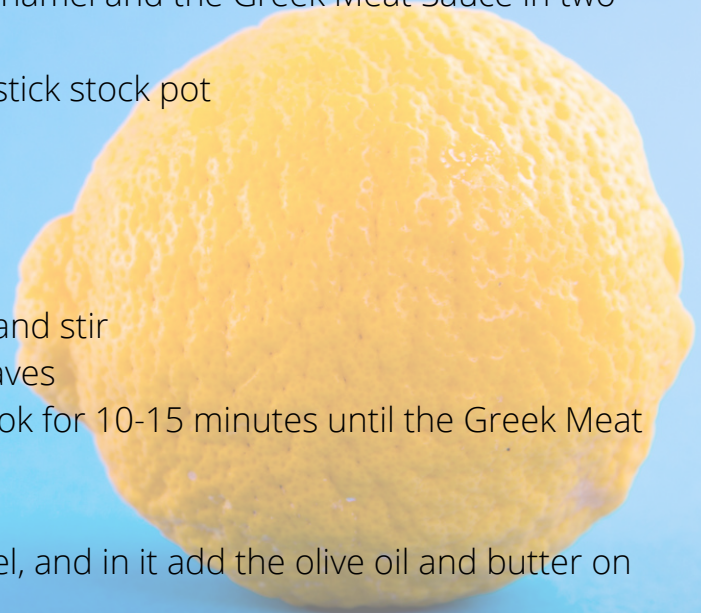


Greek Pastitsio

('Greek Pasta Bake') Contd.

Method

- 1) Start with making the two sauces: the Greek Bechamel and the Greek Meat Sauce in two separate big pots.
- 2) The Greek Meat Sauce Pot must be a large anti-stick stock pot
- 3) Heat the Olive oil on a strong heat.
- 4) Add the minced meat and brown it
- 5) Add the chopped onion, garlic and wine and stir
- 7) Pour in the tomato sauce
- 8) If the mixture is too thick, add a little hot water and stir
- 9) Add mint and all the spices, and add the Bay Leaves
- 10) On low heat, put the lid on the pot and let it cook for 10-15 minutes until the Greek Meat Sauce is thick.
- 11) Add the Parsley, stir and turn off the heat.
- 12) The Bechamel Sauce Pot must be stainless steel, and in it add the olive oil and butter on medium heat.
- 13) When butter is almost melted, add the flour gradually while stirring
- 14) Remove the Bechamel pot from the heat, and slowly add the milk gradually and, stir. Return the pot to high heat and stir until thick.



Greek Pastitsio

('Greek Pasta Bake') Contd.

Method contd.

- 15) Add the eggs and beat the mixture
- 16) Add the half cup of grated cheese
- 17) When the cheese is melted in the sauce, add the spices and stir
- 18) Preheat the oven at 180°C
- 19) In another big stock pot, boil water and throw in a chicken stock for flavour, and add salt.
- 20) Cook pasta Al Dente.
- 21) Drain the pasta and throw half of it in a large platter [suitable for baking in the oven], spread out, add most of the grated halloumi cheese all over and mix throughout.
- 22) Add and spread the Greek meat sauce over the pasta, making a thick layer of it.
- 23) Add the rest of pasta over meat sauce-covered layer, creating a layer on top.
- 24) Add the remaining grated halloumi cheese over the top layer and pour and spread the Bechamel Sauce over the layers evenly
- 25) Sprinkle the Breadcrumbs, a little grated cheese and cinnamon, over the layer of Bechamel sauce.
- 26) Put the platter in the oven and let it bake till the top layer get a little colour



Now it is ready to Eat! Καλή Όρεξη!



The background of the image is a dense field of green glass marbles of various shades and sizes, some with highlights and shadows. Overlaid on this background is a horizontal brushstroke of the Hungarian flag, consisting of three equal horizontal bands of red, white, and green. The word "Hungary" is written in a black, serif font across the white band of the flag.

Hungary

Chicken Paprikash by Benny, 1st class

Ingredients (Serves 5)

5 chicken legs with skin on
2 onions
4 tbsp vegetable oil
1/2 green pepper
1 tomato
Salt
Black pepper
4 tsp paprika powder
Water
330g sour cream
1 tbsp flour



Chicken Paprikash Contd.

Benny's family says *"This flavourful dish is a traditional Hungarian meal. It is served all year round, as it is easy to make and not too expensive. The most popular version is made with chicken, but it can be prepared with pork, beef, fish, or even with mushrooms. It is mostly served with nokedli or galuska (handmade dumplings) and pickled gherkins."*

Chicken Paprikash Contd.

Method

1. Firstly, heat the oil in a medium pan.
2. Chop the onion finely.
3. Chop the tomato and the green pepper.
4. Fry the onion until soft.
5. Take the pan off the cooker and add the paprika powder. (It's important to remove the pan, as the paprika powder burns easily.)
6. Add some water to the onion (around half a cup) and simmer until the onion softens.
7. Next, cut the chicken legs into halves and add them to the onion.
8. Season it with salt and black pepper, add some water if necessary
9. Add the chopped tomato and green pepper and stir into the other ingredients
10. Cover and simmer for an hour or until the chicken is tender. Add some water if necessary.
11. Mix the sour cream and the flour in a bowl with a whisk.
12. Pour it onto the chicken, stirring all the time, otherwise the sauce will become lumpy.
13. Simmer for another 5-10 minutes.
14. Serve with pasta, preferably fusilli, conchiglie or nokedli (Hungarian homemade dumplings).
15. Enjoy!



Ireland

Blackberry and Apple Tart by Charlotte, Junior Infants

Ingredients

To make the pastry

175g/6oz plain flour

pinch salt

85g/3oz butter, cubed

2–3 tbsp cold water

Method

1. Sieve the flour and salt in a large bowl and add the cubes of butter.
2. Use your fingertips to rub the butter into the flour until you have a mixture that resembles coarse breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy.
3. Using a table knife, stir in just enough of the cold water to bind the dough together. You should always start with 1-2 tablespoons and add more if absolutely needed. Gently knead the pastry on a clean work surface until it just comes together.
4. Wrap the dough in cling film as before and chill for 30 minutes before using.
5. Split your dough into two. Roll out a bottom layer and a top layer.
6. Grease up your round baking tin.

Blackberry and Apple Tart Contd.

Method Contd.

7. Wash the blackberries in cold water and peel the outer skin from the apples and remove the apple core.
8. Place thin slices of apples and the blackberries on top of the bottom layer of pastry in the baking tin.
9. Sprinkle caster sugar on top of the fruit
10. Cover the top of the fruit with the rolled-out pastry and pinch the edges.
11. With a fork, pierce the top of the pastry, this allows the steam to escape.
12. Glaze the top of the tartlet with a raw egg, brushing it lightly.
13. Bake in a hot oven at 180 degrees for 30 minutes

Charlotte's family says "During the Autumn months, we like to go blackberry picking and collect blackberries from the hedgerows. It is lots of fun and Charlotte gets excited when she finds a good patch of blackberries. We have apple trees in our garden and Charlotte gathers the apples at harvest time."

Blackberry and Apple Tart Contd.



Charlotte's Top Tip: "This blackberry and apple tart tastes delicious with custard or vanilla ice cream."

Cheddar & Thyme Soda Bread Scones, by Poppy, Senior Infants

Yields 10-12

Ingredients

450g plain flour

1 tsp bicarbonate of soda

1 tsp salt

2 tsp dried thyme

100g grated cheddar, plus extra to sprinkle

400ml buttermilk



Cheddar & Thyme Soda Bread Scones

Contd.

Method

- Preheat the oven to 220C/425F/Gas Mark 7.
- Line two baking sheets with parchment paper, alternatively if you only have one baking sheet you can bake the scones in two batches to avoid overcrowding.
- Add the flour, bicarbonate of soda and salt to a large mixing bowl and give them a little mix to distribute the bicarbonate of soda and salt. Add in the thyme and the 100g of cheddar, and again give a little mix to evenly distribute.
- Make a well in the centre, add the buttermilk and stir until combined.
- Lightly flour a work surface, tip the dough out and knead gently just until it holds together. Flatten to a circle approximately 4cm thick.
- Cut out scones using a floured pastry cutter, I used a 2 & 3/4" diameter. Pat any dough off cuts together, gently knead, flatten, and cut out using the pastry cutter, repeating until all of the dough has been used. Place the scones on the lined baking sheets and sprinkle the top of each scone with a little grated cheddar.
- Turn the oven down to 200C/400F/Gas Mark 6. Place the scones into the preheated oven and bake for 20 minutes, or until golden brown all over.
- Remove from the oven and transfer to a wire rack to cool.
- Enjoy still slightly warm, or completely cooled with toppings of your choice.

Cheddar & Thyme Soda Bread Scones

Contd.

Top tip: *Feel free to swap out the herb and cheese to mix up flavours. For a sweet alternative add 2-3tbsp of caster sugar with the dry ingredients, replacing the herbs and cheese with dried fruits or even chocolate chips.*

Poppy's family says "[Soda bread is] traditionally round in shape thanks to the pot it was baked in. It was the custom to cut a cross into the top of the dough to bless the bread. Also important was to pierce each quarter of the loaf with a sharp knife to release the fairies, if these little rascals were to remain trapped inside they were known to get up to mischief and ruin the loaf."

Christmas Almond Cookies, by Jeremiah, 2nd class & Pierce, Senior Infants

Jeremiah and Pierce's family says *"We make almond cookies for every special occasion but particularly Christmas. Santa has even written to the boys asking for extra as they are nicer than the ones Mrs Claus makes!"*



Christmas Almond Cookies Contd.

Ingredients

115g unsalted butter at room temperature diced

50g caster sugar

1 egg

1 tbsp finely ground almonds

200g plain flour

2 tbsp cornflour

Top Tip: add chocolate chips in step 2 (below) for extra chocolatiness.

Christmas Almond Cookies Contd.

Method

1. Put the butter and sugar in a large bowl and beat together until pale and creamy. Gradually add the egg, beating well after each addition. Then beat in the ground almonds.
2. Sift the flour and cornflour over the mixture and stir to make a dough.
3. Turn dough onto a lightly floured surface and knead until smooth. Shape into a ball, then wrap in clingfilm and chill for 30 minutes or until firm.
4. Preheat oven to 180 degrees. Lightly grease two or three baking trays.
5. Roll out the dough on a lightly floured surface to a thickness of about 3mm. Cut out shapes then reroll scraps to make more cookies.
6. Transfer to baking tray leaving space of at least 2.5cm between each.
7. Bake for 10 mins or until pale golden brown. Leave the cookies in tray for 2-3mins then transfer to wire rack to cool.
8. Delicious as is or decorate with melted chocolate, sprinkles, marshmallows, icing etc.

Dublin Coddle by Saoirse, Senior Infants

Saoirse's family says:

"A traditional Dublin dish that most Dublin people grew up on is a Coddle, the name comes from Coddling of ingredients in a one pot stew. It differs to stew as it is white in colour. It was a real comfort food, had anytime."

"It is loosely made, as each household may have a slightly different way of doing it or may add more vegetables, but this is the basis of it in my house growing up."

Dublin Coddle by Saoirse, Senior Infants

Ingredients

1. A packet of rashers (add the rashers whole and leave the rinds on for flavour)
2. A packet of sausages (whole or chopped)
3. A few carrots chopped
4. Couples of onions chopped
5. Potatoes also chopped into quarters so not too big (as many as you want)
6. The soup mixture can be with mushroom soup or potato and leek & add the water .. stir and add to the ingredients in the casserole dish or pot , whatever you prefer.

Dublin Coddle Contd.

Method

1. Place all in the oven or simmer on a big pot on the hob.
2. Cook until meat is cooked and potatoes/carrots are tender (1 hour plus)

Top Tip: *"The consistency is like a stew, so not too thick but you can decide how thick you like it when stirring .. the bacon gives it a wonderful flavour!"*

Irish Stew by Keelyn, Senior Infants

Serves 4

Ingredients

800g boneless lamb shoulder
2 onions sliced
2 carrots chopped
3 tbsp pearl barley
2 large potatoes, peeled and diced
1 litre chicken stock
2 celery sticks (optional)
Add dried herbs such as sage, oregano
or thyme
2 tbsp flour
3 tbsp olive oil

For the dumplings

175g self-raising flour
75g butter
50g grated cheddar
Handful fresh chopped parsley

Irish Stew Contd.

Method

1. Preheat the oven to 160 degrees/140 fan
2. Coat the lamb in flour and season
3. Heat the oil in fry pan, add the meat and brown all over, set aside
4. Fry the onions, carrots (and celery) in same pan for 5 mins until soft
5. Transfer to a casserole/oven proof dish, add the lamb and sprinkle with pearl barley
6. Add the herbs, potatoes and stock and season
7. Cover with a lid and cook in oven for 2 hours
8. Make the dumplings by adding the butter to the flour and rubbing together with your finger tips. Add parsley, cheese, then add up to 100ml water to make the dough.
9. Shape the dumplings into equal sized balls. Remove the stew from oven, place the dumplings in a ring around the top and increase heat to 180/160 fan for 30 minutes, until dumplings are golden and puffed up.

Irish Stew Contd.

Top Tip: Keelyn's family says "You can use stewing beef instead of lamb or substitute the cheddar in the dumplings for any cheese you have in the fridge, like brie or parmesan."

Keelyn says "We like to eat Irish Stew on St. Patrick's Day and have green jelly and ice cream for dessert afterwards!"



Lusk Rhubarb Lemonade by Dorothy, Junior Infants & Iris, 1st class

Iris and Dorothy's mum says "Since moving to Lusk 10 years ago having space in the garden to grow fruit and vegetables has been a real joy. Rhubarb has been the most special, sending the girls out to pull it up and bring it in – then turning it into tarts, crumbles and jam – but my girls favourite is pink rhubarb lemonade (sometimes it's more green, but mostly it's electric pink!)"

Lusk Rhubarb Lemonade Contd.

Ingredients

- 3 x large stalks of rhubarb
- 1 x lemon (zest and juice)
- 1 x cup sugar (more or less, to taste)
- 1 x cup of water



Lusk Rhubarb Lemonade Contd.

Method

1. Chop the rhubarb and place in a medium saucepan.
2. Zest the lemon into the saucepan and add the lemon juice.
3. Add the sugar and enough water to cover the rhubarb (about 1 cup).
4. Simmer the mixture over medium heat about 10 minutes (the rhubarb will become soft and mushy). Taste to ensure the mixture is sweet enough, if you have to add sugar, let it simmer a few minutes more to dissolve the sugar.
5. Strain the mixture into a clean jar or container and put in the fridge
6. When you want to make lemonade pour 1 part syrup add 2 parts water/sparkling water.

The image features a vibrant red background with a horizontal wood grain texture. A white, torn-edge rectangular strip is positioned horizontally across the middle of the frame. The word "Lebanon" is written in a black, serif font on this white strip.

Lebanon

Kebbeh Bil Sayniyeh

('Kibbeh in the Pan') by Leila, 3rd class

Serves 10

Ingredients

For the kibbeh dough:

1 kg finely ground beef

3 cups fine bulgur

1 onion, finely chopped

1 teaspoon allspice

1/2 teaspoon cinnamon

1/4 teaspoon pepper

5 basil leaves

For the filling:

500 g finely ground beef

4 large onions, finely chopped

1/2 cup raw pine nuts

1/2 teaspoon cinnamon powder

1/4 teaspoon black pepper

1 teaspoon salt

1 tablespoon vegetable oil, for frying

For baking:

1/2 cup vegetable oil

Laila's dad says "this is a recipe from Lebanon that my mother still makes to this day."



Mexico

Mexican Rice by Jose Estrada, Junior Infants

Measurements

1 cup of rice = 320 grams

1 cup of water = 450ml

Ingredients

1 Cup of Rice

3-3-1/2 Cups of water

3 Plum/vine Tomatoes (mature) (Preference Plum)

Half of a medium size Onion

2 Cloves of Garlic

3 Tablespoons of Oil (veg oil or any oil)

3 Tablespoons of Butter/Margarine Optional

1 cup (1 - 1/2 handful) of carrots

1 cup of sweetcorn (1 - 1/2 handful)

1 cup of peas (1 - 1/2 handful)

1 cup of potatoes (1 - 1/2 handful)

Veg stock - optional

Mexican Rice Contd.

Method

1. Rinse the rice 2-3 times with water to avoid it been pasty (remove starch) Let the water drain completely after rinsing.
2. Take a medium size pot, put the oil on medium heat, once hot put the rice in and fry gently until you hear it cracking
3. Meanwhile take the tomatoes, onion, garlic (& veg stock) and half cup of water and blend them.
4. Put the butter/margarine on the rice to continue cooking for an extra minute
5. Add all the mix of tomatoes etc from the blender
6. Let the mix blend into the rice for a couple of mins, stirring it (but not too much)
7. Add 2 cups of water and all the vegetables and potatoes
8. Check seasoning , if you need more salt etc you can put whatever flavours you wish
9. Let it cook for 40 mins on medium to low heat covered with lid

Mexican Rice Contd.

Jose's family says :

"Mexican rice is eaten with almost every meal in Mexico, there are many different ways to prepare and cook it, we share with you how Jose's family cooks it :)

"It is special to us, as we all love it, its very healthy and very diverse. "

Top tips on cooking Mexican Rice:

"We highly recommend using real tomatoes but if not possible use a can (but the taste can vary)."

"Depending on the pot, sometimes the rice burns on the bottom, so stir occasionally to prevent this, but don't over stir or the rice gets mushy!"



New Zealand

Kiwi Christmas Pavlova by Ashlee



Ashlee says "Kia Ora!
This is a traditional New
Zealand dessert served at
Christmas time. This
Pavlova is gluten free
and kid
friendly. Enjoy!!"

Kiwi Christmas Pavlova Contd.

Ingredients

- 6 medium egg whites
- 1 ½ cups of caster sugar
- 2 teaspoons cornflour
- 1 teaspoon white vinegar

Method

1. Preheat the oven to 130°C/265°F (not fan bake). Line a baking tray with baking paper and mark a 18-20cm circle (or a doughnut shape to replicate the picture).
2. Place egg whites in an electric beater and beat until stiff peaks form.
3. Gradually add caster sugar whilst continuously beating. Continue beating on high for 10 minutes until all sugar has dissolved and the meringue is very thick and glossy.
4. Beat in cornflour and vinegar.
5. Spoon meringue mixture into the circle on the baking paper, making sure the base is covered well.
6. Bake in the oven for 1 hour and 15 minutes. Turn off the oven and leave to cool completely without opening the oven door (I usually leave it overnight). Don't worry if there are a few cracks, this will be covered with cream.
7. When ready to serve, whip cream and top with your favorite fruit. I usually add some passionfruit syrup, strawberries, mint leaves and a crushed chocolate flake.

A close-up photograph of a vibrant red rose, its petals showing fine texture and some water droplets. A bright yellow circle is superimposed over the center of the rose. Inside this circle, the word "Spain" is written in a bold, black, serif typeface.

Spain

Spanish Omelette by Aidan, 1st class & Alba, 4th class

Ingredients

Abundant extra virgin olive oil
4 big potatoes
1 medium/big onion
4 or 5 eggs (depending on the size)
Salt

Method

1. Peel and cut the potatoes and onion in thin slices and season with salt.
2. Put a large frying pan to heat with abundant olive oil and fry the potatoes and onion together until golden and soft.
3. Drain the potatoes and onion from the oil. Reserve that extra oil apart.
4. Beat the eggs with a pinch of salt in a large bowl, add the potatoes and onion and mix well.

Spanish Omelette Contd.

Method contd.

5. In a medium size non-stick frying pan, add 1/2 tablespoon of the extra oil and bring it to heat.
6. Add the mixture. Cook at low heat for 3 or 4 minutes.
7. With the help of a plate, cover the pan and turn over the omelette; add a few more drops of oil in the pan so the omelette does not stick, then cook the omelette on the other side.
8. Pinch the omelette with a fork to make sure the egg is cooking properly. Cook for 3 or 4 minutes at low heat.
9. Place it on a plate and it is ready to be served.

Churros by Andrea, 4th class

Ingredients

1 cup of flour

1 cup of boiling water

A pinch of salt

Sugar and cinnamon
(optional)



Churros Contd.

Method

1. In a bowl, put the cup of flour and the pinch of salt.
2. Pour in the cup of boiling water, and with a wooden spoon stir vigorously until a dough is formed.
3. Let it could down for a few minutes and it's ready to be cooked.
4. If you don't have a churro maker you can use a bag cutting the corner and using a pastry nozzle to make the shape of the Churros.
5. In a pan of hot oil put the Churros in and stir them around the oil carefully for a minute or until golden brown.
6. Take them out and put them on a plate with a paper towel to absorb any extra oil.
7. You can eat them like that or if you prefer to eat them with sugar mix sugar and cinnamon powder and toss the Churros around the sugar and they are ready to eat!

The image features a solid blue background with several slices of banana arranged in a circular pattern around the center. Each slice shows the yellow flesh and brown skin of the banana. In the center, the word "Sweden" is written in a black, serif font on a bright yellow, brush-stroke-like rectangular background.

Sweden

Kokosbollar (coconut balls) by Kai, First class

Ingredients:

1/2 cup coconut oil

1/2 cup granulated sugar

1-2 tsp vanilla extract

4.5 tbsp cocoa

1/2 cup gluten-free oats

1/2 cup shredded coconut

3 tbsp strong coffee

Kai's mum says "These coconut balls are one of the first treats Swedish children learn to make. They are delicious and easy to make together as a family. We have changed the recipe slightly to suit a gluten-free and a vegan diet."

Kokosbollar (Coconut balls)

Contd.

Method

1. Melt the coconut oil in the microwave.
2. Stir the oil and sugar until combined.
3. Add cocoa and vanilla essence to the mixture and stir until combined.
4. Add oats, shredded coconut and coffee to the mixture and stir until combined.
5. Roll into small balls. If they fall apart easily you can put the mixture in the fridge for a while before rolling into balls.

Top Tips: Kai's family says *"you can either eat them like this or dip them in melted chocolate and any topping you like. We like to use shredded coconut, chopped nuts or sprinkles. You can store the coconut balls in the fridge for up to a week."*

The image features a vibrant blue and white background with a textured, fabric-like appearance. Scattered across the background are several five-pointed stars in white and red. A prominent, bright red horizontal brushstroke with irregular, torn edges spans the middle of the frame. Centered on this red stroke is the text "USA" in a large, bold, black serif font.

USA

Dottie Fite's Mexican Style Bean Dip by Toby, 6th class

Serves: up to 24.

Make in a 23 cm square (or similar size) baking dish.

Ingredients

1 can refried beans

2 avocados (ripe)

2 tablespoons lemon juice

1 pack (25 g) taco seasoning mix

250 ml sour cream

250 ml mayonnaise

1 can chopped tomatoes

tabasco sauce

3 tablespoons chopped green onions

180 g grated cheddar cheese

1 jar (about 200 g) black olives, sliced

Toby's grandparents live in Connecticut, USA. Toby's dad says *"Any time we go there for holidays, there will always be a big get-together with the extended family and friends. Food is served buffet-style, and several people will bring dishes of hot or cold food. Dottie Fite was a neighbour who gave us this recipe."*

Dottie Fite's Mexican Style Bean Dip Contd.

1. First spread the beans in a layer.
2. Mix the avocados with the lemon juice and spread over the beans.
3. Mix the sour cream, mayonnaise and taco mix, and spread over the avocado layer.
4. Add the tomatoes as another layer, with several drops of tabasco sauce.
5. Mix the green onions, cheese and olives, and add these as the final layer.
6. Chill before serving with tortilla chips.

The background is an abstract composition of thick, textured brushstrokes in green, red, yellow, and blue, separated by white lines. The text 'West Africa' is centered on a yellow horizontal band.

West Africa

Jollof Rice by Maryam, 1st class

Ingredients

3 cups basmati rice or long-grain rice (rinsed)
3 medium sized tomatoes (chopped) or 1 400g tinned peeled tomatoes
3 medium sized red bell peppers (deseed and chopped)
1 medium Scotch bonnet pepper or habanero pepper (optional)
3 large red onion (2 chopped & 1 diced)
3 cups chicken or beef stock or water
2 tbsp unsalted butter (optional)
½ cup vegetable oil
3 tbsp tomato purée
1 tbsp curry powder
1 teaspoon powdered or ground ginger and garlic
1 tablespoon dried thyme
1 tbsp of all-purpose seasoning
2 Knorr cubes
2 dried bay leaves
Salt to taste



Jollof Rice Contd.

Method

1. Pour the rice into a large bowl, cover with cold water and use your hands to wash the grains. Tip the water out then repeat at least 3 times to remove the starch until the water runs clear, then leave to drain in a sieve.
2. In a blender, combine roughly chopped tomatoes, red bell peppers, onions, and Scotch bonnets (optional) with little water to blend till smooth. The task will be easier if you add the tomatoes to the blender first.
3. Pour into a large pot and bring to the boil then set on medium heat for 10 to 12 minutes till the water is gone and the pepper is reduced by half.
4. In another large pan, pour the vegetable oil and add the diced onions.
5. Sautee the onions for about 3 minutes. Minced the ginger and garlic and fry gently with the all-purpose seasoning.
6. Next add the tomato puree, let it fry for 5 minutes. Make sure to stir consistently to avoid burning. This adds a deep and rich tomato flavour. You should notice the smell by now.

Jollof Rice Contd.

7. Add the boiled pepper mixture and stir. Add the dried thyme, curry powder, bay leaves, salt, and a pinch of black pepper, fry for 5 minutes on medium heat. This is the stew that will define the pot.
8. Add 3 cups of water or stock to the fried tomato sauce and bring it to boil for 1 - 2 minutes.
9. Stir in the washed rice until each grain is covered with the sauce with a wooden spoon. You can add butter also if you prefer.
10. Turn the heat down to a simmer then cover with foil and put a lid on (this will seal in the steam and lock in the flavour) and cook until the rice is done for 30 minutes.
11. Check for seasoning and ensure the rice is not sticking to the bottom of the pot every 10 minutes. Remove the pot from the heat and allow to continue to steam for further 5 minutes.
12. Serve and enjoy with fried, ripe plantains which we call dodo, spiced chicken or beef, and coleslaw/salad.

