



2022

A collection of our favourite recipes

Celebrating International World Day for
Cultural Diversity for Dialogue and Development



Welcome...

This Cultural Recipe Book is a celebration of Ventient Energy's cultural diversity. By sharing the joy of those small cultural and family practices shared via people's favourite recipes that bring joy to our everyday.

Whilst the last two years have been challenging due to the restrictions imposed by the pandemic, we have seen Ventient Energy grow and diversify more than ever. Whilst this has spurred innovation and allowed for testing of new formats both at work and at home, this does not come at the expense of the tried and trusted rituals of old that have also helped people through these times – seen especially in our respective 'comfort foods' which are often associated with our childhood and our cultural and family upbringing.

Savouring the diversity has been welcomed. It does of course sometimes involve surprises, and even trade-offs, we also emerge with an appreciation of new and unexpected combinations and flavours. We re-think our own relations and habits as we learn and grow in a manner fit for the future from these interactions with diverse aspects of other cultures and practices.

Celebrating Ventient Energy's cultural diversity from within, with employees sharing recipes from their own cultures and upbringings has resulted in this collection of those treasures from each one of us – A Cultural Recipe Book as part of this year's World Day for Cultural Diversity for Dialogue and Development.

At times we need to remind ourselves of the wider picture and of not only the business benefits, but also the humanity behind our diversity. What better way to open new dialogues and understanding than via the sharing of foods – foods that bring us all together?

We would like to thank all of our employees who have contributed to this Cultural Recipe Book, and allowing us a small view into your fascinating homes and cultures.

Enjoy!

Monique Bachner
Non-Executive Director



Place of origin
Australia



Preparation time
1 hour 30 mins



Serves
8

Classic pavlova

Shared by Monique Bachner

Here is a recipe from Australia, where I grew up with long summers and many BBQs accompanied by a sweet and fruity pavlova. Bon appetit!

Method

- 1 Preheat oven to 120°C (100°C fan-forced). Mark a 20cm circle on baking paper; cover oven tray with paper.
- 2 Beat egg whites with an electric mixer until soft peaks form. Gradually add caster sugar, beating until dissolved after each addition (this should take 6 or 7 minutes). Gently fold in cornflour and vinegar.
- 3 Spread meringue inside circle on prepared tray. Using palette knife or spatula, shape sides of meringue and level the top.
- 4 Bake for about 1½ hours or until dry. Turn oven off and leave pavlova to cool in oven with door ajar.
- 5 An hour before serving, beat cream, sugar and essence in a small bowl with an electric mixer until soft peaks form. Fill pavlova with cream mixture and decorate with fruit.



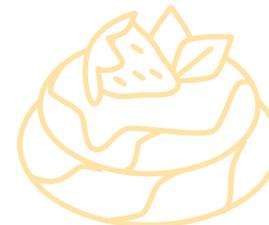
Ingredients

- 6 egg whites
- 1/2 cup (330g) caster sugar
- 1 tablespoon cornflour
- 1/2 teaspoon white vinegar
- 300ml thickened cream
- 1 tablespoon icing sugar mixture
- 1 teaspoon vanilla essence
- 250 gram strawberries (halved)
- 3 passion fruit



Did you know...?

That the passion fruit is technically it's a berry and is native to Brazil.





Place of origin
Australia



Preparation time
1 hour



Makes
20 pieces

Lamingtons

Shared by Jill Freestone

Ingredients

4 eggs
2/3 cup (150g) caster sugar
1 cup (150g) self-raising flour
1/4 cup (35g) cornflour
25 gram soft butter, chopped
1/3 cup (80ml) boiling water
4 cups (270g) desiccated coconut
Chocolate icing
4 2/3 cups (750g) icing sugar mixture
1/2 cup (50g) cocoa powder
20 grams soft butter
3/4 cup (180ml) milk



Did you know...?

Two-up is a game dating back to the convicts and popularised by the Diggers in World War I.

It involves tossing two coins into the air and gambling on how they might fall. It's illegal every day except Anzac Day, were Aussies go crazy and play – beer in hand.

Method

- 1 Preheat oven to 180°C. Grease and flour a 20cm x 30cm lamington pan, line base with baking paper.
- 2 Beat eggs in a small bowl with an electric mixer until light in colour. Gradually add sugar; beat for 8 minutes or until the mixture is thick and forms thick ribbons when the beaters are lifted.
- 3 Meanwhile, sift flour and cornflour together three times. Combine butter and boiling water in small heatproof bowl.
- 4 Transfer egg mixture to a large bowl. Sift the flour mixture over the egg mixture; using a balloon whisk or a large metal spoon, gently fold the flour into the egg mixture, then fold in the butter mixture.
- 5 Pour mixture into prepared pan. Bake for about 25 minutes or until sponge springs back when touched lightly in the centre and comes away from side of pan. Turn cake onto a wire rack to cool.
- 6 Cut cake into 20 even pieces
- 7 Meanwhile, to make chocolate icing, sift the icing sugar and cocoa into a large heatproof bowl; add the butter and milk; stir over a medium saucepan of simmering water until icing is smooth and thick enough to coat the back of a spoon. Divide icing into 2 small bowls.
- 8 Place coconut in a shallow bowl.
- 9 Using a large fork, dip each piece of cake briefly into icing until coated. Hold over bowl to drain off excess. Dip half the cake pieces in one bowl of icing and the other half in a second bowl of icing. (Use 2 bowls of icing, as cake crumbs will thicken the icing and make it difficult to use.) If icing becomes too thick, stand over hot water while dipping, or reheat gently with a little milk. If necessary, strain the icing into a clean bowl.
- 10 Toss cake gently in coconut and transfer cake to a wire rack; stand until set.



Place of origin
Spain



Preparation time
2 hours



Serves
12

Paella

Shared by Daniel del Vas



Method

- 1 Every self-respecting paella begins with a good stir-fry. In a paella the bigger the better, fry the chicken, rabbit, beans, artichokes and snails in abundant oil, seasoning with a little salt and paprika towards the end. When well browned, add the crushed tomato and sauté.
- 2 With the sauce ready, add the water. The proportions depend a lot on the fire, how hot it is, humidity and how big the paella is, but to begin with, a good proportion is to add three times the volume of water than rice, although it is experience you may adjust and perfect these quantities.
- 3 Put some more logs on the fire so that it increases in power and the broth is made well for 25 or 30 minutes. It is a good time to add the saffron or, failing that, the paella seasoning (the most popular is “the paellador”), which contains salt, garlic, colouring and a little saffron.
- 4 Add the rice ‘on a trestle’ (diagonally) and distribute over the paella. Cook for 17-20 mins, the exact time deepens on the grain of rice and the power of the flame, which we must allow to be consumed. It has to be completely dry and loose. Beginners should have a saucepan of boiling water to hand, in case more water is needed. Halfway through cooking you can also add a few sprigs of rosemary, which you can remove before serving.
- 5 Leave the paella to rest for a few minutes covered with a large cloth or newspaper (humidity may cause the ink to be released, although I have seen this method used all my life). Serve to the applause of those present!

Ingredients

1,500g rice
1 chicken
500g rabbit
500g flat green beans
500g lima beans
500g snails
Extra virgin olive oil
2 spoons of sweet paprika
4 crushed tomatoes
Saffron
Fresh rosemary
Salt



Did you know...?

There are more than 40,000 varieties of rice, and it is the most widespread staple food in the world.



Place of origin
Portugal
Beira Alta/Douro



Preparation time
2 hrs 30 mins



Serves
5

Lamb stew

Shared by Bruno Santos

Ingredients

Olive oil
2 Onions
4 cloves of garlic
1,5kg of lamb
1 soup spoon of paprika;
Half cup of white wine
Half cup of red wine;
2 cups of water
1 teaspoon of salt
3 springs of mint



Did you know...?

During the Saint Festivities (São João, Santo António, and São Pedro) it's common to steal vases of flowers and bring them to the church surroundings to use as decorate for the celebrations.

We usually eat this dish at family events at Easter or at Summer festivities.

Method

- 1 Add some olive oil to a large pan and start to braise two chopped onions and 4 cloves of garlic (also chopped).
- 2 When the onion mixture looks golden, add 1,5kg of lamb meat (cut into medium/small) pieces and let it cook for 5 minutes with the pan lid on until it turns whitish.
- 3 Add a full soup spoon of paprika.
- 4 Add half a cup of white wine – drink the rest of the cup
- 5 Add half a cup of red wine – drink the rest of the cup
- 6 Let it cook until it comes to the boil.
- 7 Add two cups of water to make sure the meat is covered and add a teaspoon of salt.
- 8 Add two or three springs of mint and let cook for about 1½ - 2 hours with the pan lid on, mixing every 10 minutes.
- 9 Towards the end, check to see if the sauce needs to be sharpened and if so, remove the pan lid.

Serving suggestion

Serve with boiled or smashed potatoes.
Make sure the wine bottles you opened for the recipe don't stay open too long.



Place of origin
Portugal



Preparation time
1 hr 30 mins



Serves
8

Gungunhana cake

Shared by Joana Chouriço

Method

- 1 Pre-heat the oven to 180°C.
- 2 Whip the egg whites and the egg yolk separately.
- 3 Mix together all of the other elements together except for the flour and stir.
- 4 Add in the flour little by little, always stirring.
- 5 Then bake it in the oven for approximately 1 hour in a tin greased with butter.
- 6 Check the oven from time to time!
- 7 You can gently check with a toothpick or a fork to see if the cake is cooked.
- 8 If it comes out clean, then It is done!

Ingredients

500g wheat flour (or almond, oat, or any other healthy flour you prefer)
250g sugar (or coconut sugar, brown sugar)
20g butter (melted) (or coconut oil, olive oil)
4 medium size eggs
50ml milk
5g baking soda
10g cinnamon powder (or more if you really like cinnamon – don't be shy!)



Did you know...?

The recipe for Pastéis de Nata, Lisbon's most famous pastry, is Top Secret!





Place of origin
Germany



Preparation time
2 hrs 30 mins



Serves
8

German Rouladen

Shared by Matthias

Ingredients

For the Rouladen:

8 slices top round beef, about 4x6 inches in size and 1/4 inch thick (*see note) (ask your butcher), gently pound the slices with a meat mallet until they're a little thinner than 1/4 inch (be careful not to pound holes in them)

1/3 cup German yellow mustard

8 slices bacon

8 medium German pickles, sliced lengthwise

1 medium yellow onion, chopped

Salt and freshly ground black pepper

Method

For the Rouladen Gravy:

- 1 Lay the beef slices on a work surface. Spread each slice with about 2 teaspoons of mustard and a sprinkle of salt and freshly ground black pepper. Place a strip of bacon along the length of each beef slice. Place sliced German pickles and chopped onions on each slice and roll up, tuck in the sides as best you can and secure with toothpicks or cooking twine.
- 2 Heat the butter and oil in a heavy Dutch oven or pot (oven-safe if baking in the oven) and generously brown the rouladen on all sides – this will ensure a rich and flavourful gravy. Set the rouladen aside on a plate.
- 3 Leave the browned bits on the bottom of the pan (important for a flavourful gravy): Add the onions to the pot and a some butter or oil if needed. Cook the onions until soft and translucent, about 5 mins. Add the garlic and cook for another minute. Add the leek, carrots and celery and cook for another 5mins. Pour in the red wine, bring to a rapid boil for 1min, reduce the heat to medium and simmer for 2-3 more minutes. Add the beef broth, tomato paste, bay leaf, sugar, salt and pepper.
- 4 Nestle the beef rouladen in the pot.
- 5 Oven or stove: you can cook the rouladen, covered, on the stove on low for about 90 minutes or until fork tender. For more even cooking we recommend transferring to an oven-safe pot and placing into a preheated oven (325 F). Cook for about 90 minutes or until fork tender.



Did you know...?

Sunday, 12.30pm, somewhere in Germany. Granny has cooked a classic German dish: Rinderrouladen (beef roulades). Thinly cut beef, filled and wrapped into a roll, slowly braised in a rich dark sauce. Every German grandmother has her own recipe.

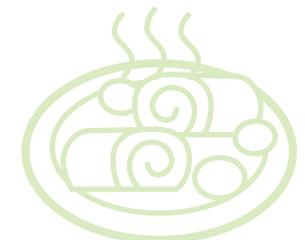
For the Rouladen Gravy:

- 1 When the beef is fork tender, remove the rouladen from the pot and set aside. Pour the liquid and vegetables through a strainer and reserve the liquid. (You can eat the veggies on the side or puree them in the blender and then return them to the gravy.)
- 2 Return the strained liquid back to the pot and bring to a simmer. Thicken the gravy either with either a cornstarch slurry (for a clear/translucent gravy) or flour slurry (for an opaque gravy). For a creamy gravy you can also add a few tablespoons of heavy cream at this point. Simmer, whisking constantly, until the gravy is thickened.
- 3 Add the chilled butter, whisking constantly, until the butter is melted and incorporated. Add salt, pepper and mustard to taste. Note: If you prefer a creamy gravy you can stir in some heavy cream.
- 4 Carefully remove the toothpicks or cooking twine from the rouladen and return them to the gravy and heat through.
- 5 Serve the rouladen and gravy with homemade Rotkohl and either Homemade Spätzle, homemade SemmelKnödel (or Kartoffelknödel) or boiled potatoes.

Ingredients

For the Gravy:

- 1 tablespoon butter
 - 1 tablespoon cooking oil
 - 1 medium yellow onion, chopped
 - 1 clove garlic, minced
 - 1 small leek, chopped, rinsed and drained in colander
 - 1 large carrot, chopped
 - 1 large celery stalk, chopped
 - 1 cup dry red wine
 - 2 cups strong beef broth
 - 1 tablespoon tomato paste
 - 1 bay leaf
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 4 tablespoons chilled butter
- Cornstarch or flour dissolved in water for thickening (depending on how much gravy there is you'll need 1-2 tablespoons of cornstarch dissolved in 2-3 tablespoons of water or 2-3 tablespoons flour dissolved in 1/4 - 1/3 cup water)





Place of origin
UK



Preparation time
30 mins

Thomas's favourite cookies

Shared by Alexa Belsham

Ingredients

150g butter (unsalted)

25g light brown sugar

100g dark brown sugar

2 eggs

300g plain flour

1 tsp bicarbonate of soda

Add whatever flavours you like, I often add:

1 small bag of chocolate chips

1 small bag of caramel chocolate buttons



Did you know...?

The UK loves baking and we have no shortage of baking shows on TV. From the Great British Bakeoff to Delia Smith we love watching other people make cakes. I have always found this slightly strange as surely the best part of baking is eating!!

Method

- 1 Preheat the oven to 170°C
- 2 Put baking parchment onto a tray and place the tray in the oven. (The tray needs to be warm when you put the cookie mix onto it)
- 3 Melt the butter and leave to cool.
- 4 Whisk the melted butter and sugar together.
- 5 Whisk in the 2 eggs.
- 6 Gently fold in the flour, bicarbonate of soda and chosen flavouring.
- 7 Remove the tray from the oven and scoop cookie sized dollops of mixture onto the tray. I find one tablespoon of mixture per cookie works well.
- 8 Bake the cookies for 10-12 minutes. You may need to bake the cookies in several batches. When they are done they will be golden brown but still slightly soft when you remove them from the oven.
- 9 Remove the cookies from the tray and leave for 5 minutes to cool and harden. They are best eaten when they are still warm!



Place of origin
Spain



Preparation time
approx 1 hour

Pulpo a feira o Pulpo a la gallega

Shared by Ana Sousa

Method

- 1 Start by boiling water in a very large pan.
- 2 As soon as the water begins to be hot and almost at boiling point, plunge the octopus three times. On the forth plunge, just leave it in the pan. As soon as the water starts to boil, count 30 minutes. Take the octopus out of the pan and leave it to rest.
- 3 Use the same water to boil the potatoes, cut in to thick slices. This should not take more than 15 minutes.
- 4 After this, use kitchen scissor to cut the octopus tentacles into pieces.
- 5 Serve the potatoes with the octopus on a wooden plate.
- 5 Dress with the smoked paprika, olive oil and course salt.
- 6 Enjoy!

Ingredients

Octopus (2 kg)

Potatoes

Smoked paprika

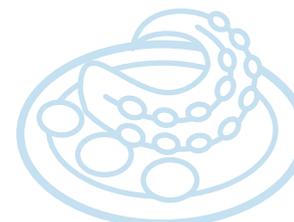
Olive oil

Coarse salt



Did you know...?

In Galicia we consider witches to be good and is normal to find a lot of them in family houses as lucky charms.





Place of origin
Italy



Preparation time
3 hours

Focaccia genovese

Shared by Camilla Barlocco

Ingredients

190ml water
300-310g Type 0 Flour
20g Extra virgin olive oil
7g Salt
3g Malt
17g Brewer's yeast

Method

- 1 Mix the water, salt, malt and oil.
- 2 Add half the flour to make a thick but still liquid paste.
- 3 Add the well-crumbled yeast. If you use dry yeast, dissolve it in a little warm water (30°C) kept aside from the initial amount of water. The water must not be too hot, or you spoil the yeast.
- 4 Work the mix by adding the remaining flour until you get a compact dough that is not hard
- 5 Cover well and let the dough rest for 10-15 minutes on a wooden board (or pan) covered with a cloth
- 6 After resting the dough will be much drier and easier to manage. Fold the dough in half 2 or 3 times
- 7 Give the dough a shape that follows that of the pan where it will be cooked without stretching the dough.
- 8 Pour a little oil into the centre of the pan, place the dough on top of it, sprinkle with oil and spread it on top of the dough with your fingers.
- 9 Let it rise in a warm, closed place, e.g. in the oven, turned off with the door closed (approx. 30°C)
- 10 After 40-60 minutes depending on the conditions and the yeast, the dough should have doubled in volume
- 11 Stretch the dough in the pan with your hands until it occupies the whole pan.

“What could be a better inclusive dish than one made with ingredients that you can find really everywhere!

Focaccia Genovese (fugassa [fy'gas'a]).”



Did you know...?

The Focaccia genovese, seems to come from the Phoenicians and during the Middle Age it was so common that it ended up being prohibited from consumption during churches' functions! Don't be fooled by the simplicity of this typical comfort food; it comes with real controversy on how to consume it. Elderly Genoveses used to have it with a glass of white wine (gianchetto) half through the morning.

However, you know that you are doing it really right when you dip focaccia in your morning cappuccino or latte.. yes, oily, salty focaccia in milk and coffee. People hardly believe it, but you should try it... Genovese unbeatable breakfast!!

- 12 Sprinkle the surface with abundant salt. This will season the focaccia and prevent the crust from forming during the rising.
- 13 Leave to rest for about 30 minutes to rise a bit more
- 14 Pour a little warm water (30°C) on the surface. The water will keep the dough moist and will give that white colour characteristic of the Genovese focaccia at the bottom of the holes
- 15 Pour a generous amount of extra virgin olive oil on the surface.
- 16 Impress energetically with your fingers the entire surface to form the characteristic holes which must be uniform and quite close together
- 17 Leave to rise for at least 60-75 minutes. Rising times depend a lot on climatic conditions, make sure it rise warm 30 degrees
- 18 Bake in a preheated oven and bake at 220-240° for 15-20 minutes.





Place of origin
China



Preparation time
30 minutes

Veggie egg fried rice

Shared by Amy Ip

Ingredients

Rice: leftover or cooked and cooled (70g uncooked or 200g cooked per person)

Vegetables: choose your favourites: peas, sweetcorn, edamame beans etc

2 eggs

Light soy sauce – 2 tbsp

Dark soy sauce – 1 tbsp

Garlic (optional)

Salt and pepper

Sesame oil - 2 tablespoons

Spring onion to garnish

Method

- 1 This recipe works best with left over rice or if you don't have any start cooking some rice first and start the below once the rice has been cooked and cooled.
- 2 Heat a pan with a little oil and throw in the vegetables that you want to have – I usually put in peas, sweetcorn and edamame. Cook these in the pan.
- 3 Whilst the veggies are cooking, crack a couple of eggs into a bowl and mix
- 4 Push the veggies aside and pour the egg into the same pan and cook/scramble until cooked
- 5 Pour in your rice and mix everything together
- 6 If you like garlic, you can now add some garlic otherwise add in some light soy sauce (2 table spoons), then some dark soy sauce (1 tablespoon) – mix it all around (this gives it the colour)
- 7 Season with salt and pepper and then in the last minute add in some Sesame Oil (around 2 table spoons), this gives it a nice gloss and fragrance.
- 8 Serve up (if you're feeling extra, add some chopped spring onion as a garnish)



Did you know...?

In Chinese culture it is lucky to wear the colour red.

The number 4 is seen as an unlucky number due to how it is pronounced.



Place of origin
Portugal



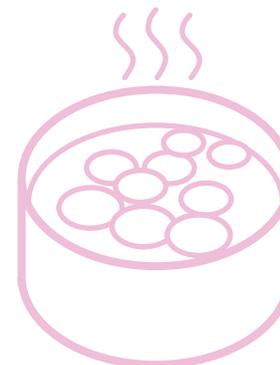
Preparation time
1 hour

Fish "Caldeirada"

Shared by Ana André

Method

- 1 Cut the ingredients into slices, including the potatoes.
- 2 Next, cover the bottom of big pot with olive oil.
- 3 Place the ingredients slices in layers, start with:
First layer – onions, garlic, laurel and chili pepper.
Second layer – tomato with green and red peppers.
Third layer – potatoes
Fourth layer – fish.
- 4 Repeat the 4 layers one more time.
- 5 Place the white wine and cover the rest of the pot with water. Add the coriander and slow cook for around 30 minutes.
- 6 The Caldeirada, can be eaten with bread and glass of wine.
Bom apetite!



Ingredients

4 types of fish (e.g. grouper, monkfish, streak, flat fish, red fish, sea bass, etc) with bones and skin, sliced.

2 onions

Laurel

3 garlic cloves

1 red pepper

1 green pepper

1 pepper

2 glasses of white wine

4 tomatoes

Potatoes

Coriander



Did you know...?

During the summer we love to eat snails, but only in the months that do not have the letter "r" (May, June, July and August)



Place of origin
Spain



Preparation time
approx 1 hour



Serves
4



Turbot & shrimp paella

Shared by Javier Olea Arias

Ingredients

1 turbot fillet + turbot bones
16 pieces of shrimp
2 carrots
1 leek
2 onions
1 tomato
Garlic
Olive oil
Salt
Saffron
360g rice
Optional: glass of white wine



Did you know...?

In Galicia we consider witches to be good and is normal to find a lot of them in family houses as lucky charms.

Method

Step 1: make the turbot and shrimp stock (or broth)

- 1 Peel the shrimp. Pour a couple of spoons of olive oil in a pot and heat.
- 2 Add half a chopped onion and half leek and cook for 3-5 mins, then 1 chopped carrot and cook for 3-5 mins
- 3 Add the bones of the turbot, cook and stir for 5 mins Then pour on water and boil for 20min. Strain and reserve
- 5 Repeat the same process using the shrimp shells.
- 6 Mix the two together and boil until final volume is reduced to 3 times the weight of the rice, 1.1kg approx.

Step 2: make the base for the paella

- 1 In a very wide pan, pour in 100g of olive oil. The pan has to be wide as there should be a very thin layer of rice.
- 2 Add a small chopped garlic and cook until it starts to change colour. Then a small chopped onion, some salt, cook and stir for 20 mins.
- 3 Add a glass of white wine (optional) wait for the alcohol to evaporate. Then crushed tomato and cook for 5-10mins

Step 2: cook the rice

- 1 Add 360g of rice, cook and stir for 5mins without liquid
- 2 Add the stock (which should be very hot) and keep it boiling. Then add salt and saffron.
- 3 Boil for 18mins until the stock completely evaporates. Do not stir during this stage!
- 4 After 17 minutes, add the peeled shrimp and the turbot fillet and cook for the final minute.
- 5 You would usually use a gas 'ring' rather than electric and control the flame so the liquid evaporates in 18mins – this is the art of the paella and a difficult step!
- 6 After 18mins have passed, leave for 5mins and serve.



Place of origin
North East England



Preparation time
30 minutes

The 'Singin Hinny'

Shared by Simon Kelly

Method

- 1 Gather the ingredients into a large roomy baking bowl, sieve the flour, baking soda, cream of tartar, and salt.
- 2 Cut the cold butter and lard into small pieces, add to the baking bowl and rub together with the flour until it resembles rough sand.
- 3 Stir in the lemon zest and the mixed fruit. Once thoroughly mixed gradually add milk, a little at a time, until the dough comes together and is soft and pliable.
- 4 Dust a board or work surface with a little flour, and roll out the dough to around 5mm (a little less than 1/4 inch) using a 6-centimeter / 2-inch cutter.
- 5 Heat a flat griddle pan or a heavy-bottomed frying pan. Using a little paper towel smeared with lard, grease the pan lightly.
- 6 Once hot, cook the hinnies, a few at a time for approximately 5 minutes on each side or until golden brown.
- 7 Serve warm with a good smearing of butter, or simply sprinkle with a little sugar.

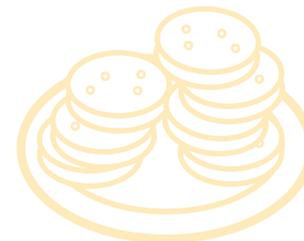
Ingredients

1lb (450g) all-purpose flour
1/4 teaspoon baking soda
1/2 teaspoon cream of tartar
1/2 teaspoon fine salt
4oz (8 tablespoons/110g) unsalted butter (very cold)
4oz (110g) lard (very cold)
1 tablespoon lemon zest
6 1/2 oz (185g) dried fruit, such as currants, sultanas, and raisins
4-5 tablespoons milk
Butter, for serving
Sugar, for serving.



Did you know...?

In history (thankfully) 'Hanging days' were public holidays and several phrases are said to relate to this, including "one for the road" (the last pint before the prisoner starts his journey) and "hangover" (Hanging days were raucous, boozy affairs so the day after you wouldn't feel great!)





Place of origin
Portugal



Preparation time
30 minutes

Piso Alentejano (Pesto alentejo-style)

Shared by Tânia Guedes

Ingredients

A bunch of coriander
12 cloves of garlic (unpeeled)
2 tablespoons of salt



Did you know...?

Between May and August (months with no R in it) it's usual to eat snails in Portugal.



Method

- 1 Put everything in the food processor and press turbo several times until you get a pesto-like paste, add more olive oil if needed. It can be stored in the fridge up to 3 months and used like pesto.

Suggestions to use:

Arroz de Coentros (Coriander Rice)

- 1 Place a tablespoon of Piso in a pan with a little bit of olive oil and heat it up.
- 2 Add a cup of rice, stir and then add 2 cups of water. If necessary, add a little salt.
- 3 Continue to stir occasionally until all the water evaporates.

Pescada de Coentrada (Coriander Fish)

- 1 In a frying pan, sauté a diced onion with olive oil.
- 2 Add 2 tablespoons of Piso and stir.
- 3 Add the fish pieces and cook on both sides.
- 4 When cooked, reduce heat and add 200ml of cream.
- 5 Let the sauce reduce and serve with boiled potatoes or white rice.



Place of origin
Italy



Preparation time
3+ hours

Great-grandmother's Gnocci

Shared by Tiago Lipari

Method

This recipe comes from my great-grandmother who was Italian. It consists of gnocchi with meat and tomato sauce on top.

- 1 So first you cook the gnocchi (my great-grandmother used to hand made the gnocchi. Supermarket ones are fine as well!).
- 2 Then the sauce. Really important! The meat cooks together with tomato, onion, white wine and herbs for at least 3 hours!
- 3 For the great finale: Parmesan cheese on top and several Italian gestures. Absolutely wonderful =)

Ingredients

Gnocchi
(handmade or supermarket)

Sauce

Meat
Tomato
Onion
White wine
Herbs
Parmesan cheese



Did you know...?

I'm not sure what culture this tradition comes from but my family always wears new underwear for New Year's Eve!





Place of origin
Portugal



Preparation time
1 hour

Rice pudding

Shared by José Martins

Ingredients

Rice
Milk
Cinnamon stick
Lemon peel
Pinch of salt
Sugar
Egg yolks

Method

- 1 Put the rice in a pan and cover it with water.
- 2 Add in the milk, cinnamon stick, lemon peel and a pinch of salt.
- 3 Place it over medium heat, cook the mixture stirring occasionally until the rice is fully cooked – around 30-35 minutes. The mixture should be very creamy and moist. Add the sugar, stirring for another minute. Remove it from the heat, pull out the cinnamon stick and the lemon peel.
- 4 In a small bowl, combine the egg yolks and 1tbsp of the cooked rice. This process will temper the yolks, which means gently increase its temperature, preventing the eggs from scrambling when added to the hot mixture.
- 5 Then just twist carefully with a spoon the mixture and let it cool down. Afterwards, spread a pinch of cinnamon on the rice (try your very best and draw something fashionable).



Did you know...?

Rice is grown on every continent except Antarctica. Rice is adaptable, easy to grow, and it has a very high yield, making it a terrific crop to grow anywhere and feed a large population. Just one seed of rice will result in over 3,000 grains.



Place of origin
Ireland



Preparation time
1 hour

Porridge bread

Shared by Katie Ni Churraion

Method

- 1 Cook for 30-40mins at 180 degrees.
- 2 Put the mixture into a greased loaf tin. I like to add a sprinkle of oats into the greased tin.
- 3 You can then top with some crushed black pepper, flaky salt and mixed herbs (I like to add flakes too)

Ingredients

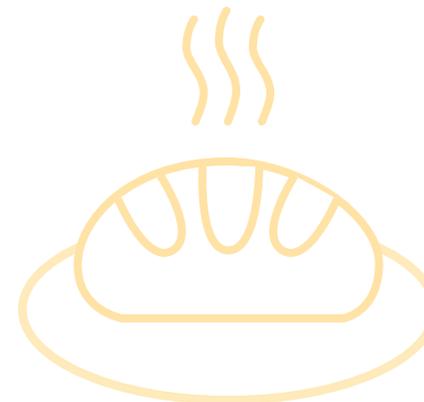
12oz oats
1 tsp bicarbonate soda
500ml natural yoghurt
1 egg
Crushed black pepper
Flaky salt
Mixed herbs



Did you know...?

Saint Patrick is the Patron saint of Ireland and is known for banishing all the snakes from Ireland.

Saint Patrick was not Irish (he was Romano-Briton) and there were never any snakes in Ireland.





Place of origin
Italy



Preparation time
30 minutes

Pesto alla genovese

Shared by Mark Jones

Ingredients

Basil DOP 70 g
Extra Virgin olive oil DOP 70g
Parmigiano Reggiano DOP 50g
Pecorino sardo 30g
Pine nuts 30g
Garlic 2 cloves
Rock salt 3g

Method

- 1 Enjoy making it in the traditional way by using a mortar... or if you're not keen to get an arm workout you can use a mixer!
- 2 If you are preparing your pesto as a sauce for your pasta, add to the boiling water of your pasta a handful of green beans and a peeled chopped potato which you can then mix with your pesto sauce to get a richer plate.
- 3 Serve your pesto with Bavette, Trenette, Trofie, Linguine... no Spaghetti!!



Did you know...?

Italy's most renowned treat (at the very least abroad) – the scrumptious Tiramisù – was birthed in 1971 in La Beccherie Dining Establishment in the Venetian town of Treviso. It was recommended as a dessert which would boost customers due to its high energized content (eggs and also sugar) and the high levels of caffeine of the strong espresso coffee. Hence, the name 'tiramisu' – 'pick-me-up' in English – was coined.



Place of origin
Portugal



Preparation time
45 mins

Tigeladas

Shared by Ana Rita Justino

Method

- 1 Start by pre-heating the oven to a high temperature.
 - 2 In a bowl, mix 6 eggs with 250 gr of sugar, lemon zest and cinnamon.
 - 3 Then add 500ml of milk with 60gr of flour, little by little. Mix everything very well until you get a homogeneous mixture.
 - 4 In the meantime, place the unglazed bowls in the oven. When the bowls are hot, fill with the mixture without taking the bowls from the oven.
 - 4 Let it cook for fifteen to twenty minutes or until they are with the right consistency and colour.
- P.S.** The best way to cook this dessert is in a wood-burning oven!

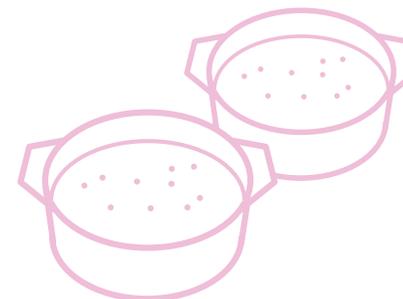
Ingredients

6 eggs
250g sugar
Lemon zest
500ml milk
60g flour



Did you know...?

It was a Portuguese Queen who introduced and popularised the habit of drinking tea in England? Her name was Catarina de Bragança and she married King Charles II.





Place of origin
UK but my mother
in law is Portuguese
with Indian roots



Preparation time
30 mins

Mother-in-law scones

Shared by André Graça

Ingredients

4 eggs
4 spoonfuls of sugar
4 pinches of salt
300g margarine
1kg packet of flour
A dash of milk

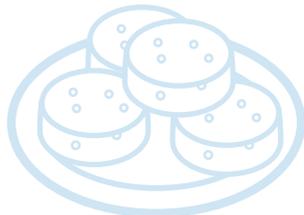
Method

- 1 Start with the 4x rule! 4 eggs, 4 spoonfuls of sugar, 4 pinches of salt (easy to remember).
 - 2 Melt approx. 300g of margarine and let it cool until room temperature
 - 3 Fill a bowl with 1 packet of flour, add the 4x's ingredients, add the melted margarine. Rub the mixture with your fingers and add from time to time some milk until the mixture is uniform and doesn't stick to the bowl. Ready to the oven!
 - 4 Divide the dough in smaller portions with irregular rounded shapes and put them on the baking tray.
 - 5 Bake for 10 mins until risen and golden on the top!
- This recipe is a must for all the family – enjoy =)



Did you know...?

This recipe is a must
for all of the family.



Place of origin
Portugal



Preparation time
40 minutes

Mussels Portuguese style

Shared by Hugo Galinha

Method

- 1 Wash the mussels very well; peel and cut the onions and garlic into thin slices; Clean the peppers from seeds and cut them into slices.
- 2 Heat a large pan with the oil and mark. Add the pepper, bay leaf, white wine, chilli and some coriander. Cover and cook until the peppers are cooked.
- 3 Then add the mussels, stir, cover and cook until they start to open. Season with salt if necessary and let it simmer a little longer, shaking the pan from time to time. Serve sprinkled with the remaining chopped coriander.
- 4 Enjoy your food!

Ingredients

1 kg of mussels
½ red pepper
½ yellow pepper
3 small onions
6 garlic cloves
100ml white wine
2 tablespoons of olive oil
(soup)
Fresh coriander (bunch)
1 malagueta pepper
1 bay leaf



Did you know...?

Mussels feed entirely
on plankton. To do this they
can filter up to 65 litres of
water a day.





Place of origin
Scotland



Preparation time
1 hour



Serves
2

Cullen Skink

Shared by Alasdair Lennie



Ingredients

25g butter
1 medium onion
400g potatoes
280g smoked haddock (approximately 2 fillets)
300ml whole milk (about 1 and 1/4 cups)
300ml boiling water (about 1 and 1/4 cups)
Parsley to garnish (optional)
Fish stock cube (optional)



Did you know...?

In Scotland, some people call their lunch "dinner" and their dinner "tea".

Method

- 1 Put milk and smoked haddock skin-up (if there is any) into one pan and allow to sit with the heat off. The milk should cover the whole fish.
- 2 Finely chop an onion and peel and cube the potatoes.
- 3 Add the butter and onion to a pan and fry for around 5 minutes until the onion is soft but not brown.
- 4 Add the potatoes for a minute before pouring in 300ml of boiling water. Cover and allow to simmer for 15 minutes or so until the potatoes are cooked through.
- 5 Meanwhile, heat the milk and haddock gradually, moving the milk around with a wooden spoon every now and then so it doesn't stick. It should take about 5 minutes or so for the milk to heat up and then cook the fish for a further 5 minutes.
- 6 Remove the smoked haddock from the milk with a slotted spoon and keep the milk to one side.
- 7 Allow the fish to cool slightly and remove any skin or bones and discard them.
- 8 Take a masher or fork and roughly mash about a quarter of the potatoes. You can just do this in the pan, no need to take any out.
- 9 Add the milk to the pan of potatoes and onions and stir for a few minutes to combine.
- 10 Use a fork to separate the smoked haddock into large chunks then add to the pan and stir gently through. Salt and pepper to taste.
- 11 Add parsley or cream (optional).



Place of origin
Scotland



Preparation time
1 hour

Scottish tablet

Shared by Anna Cameron

Method

- 1 Line a 22 x 18cm tray with baking paper.
- 2 Put the butter and 150ml water in a pan over a low heat, and melt the butter (don't let it boil!). Tip in the sugar and dissolve, stirring often.
- 3 Bring the water to the boil, turn down to a simmer, then add the condensed milk (the mixture will be a light creamy colour).
- 3 Continue to cook for 20-30 mins, stirring often, until the mixture is thick and a deep caramel colour.
- 4 To test, drop a little mixture onto a cold plate, it shouldn't run and should be thick and sticky after 30 seconds.
- 5 Remove from the heat and beat for 10-15 mins until it has slightly thickened.
- 6 Pour into the tray and leave to cool for 30 mins before cutting into squares.

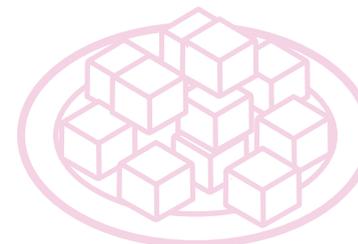
Ingredients

175g unsalted butter
150ml water
450g caster sugar
75g sweetened condensed milk



Did you know...?

Evidence suggests that Scottish tablet dates back to at least the early 1700s, where it was mentioned in The Household Book of Lady Grisell Bailli





Place of origin
Portugal



Preparation time
45 minutes

Custard tart

Shared by Rita Coelho

Ingredients

Puff pastry (for the base)

150g of sugar

50g of corn flour

1 lemon peel

500ml milk

Method

- 1 Roll out the puff pastry base and line a mould with a removable base.
- 2 In a pan, bring the milk with the sugar, the flour and the lemon zest to the boil and stir until it thickens a little.
- 3 Beat the yolks and mix them with the previous preparation, mixing well.
- 4 Pour the mixture over the puff pastry and put it in the oven for about 25 minutes.



Did you know...?

The university students in Portugal wear black cape as academic uniform. When you assist to an academic celebrations you have the feeling of being in Hogwarts.



Place of origin
The World



Preparation time
30 minutes

Oatmeal cookies

Shared by Diogo Caridade

Method

- 1 Start by pre-heating the oven to 200°C.
- 2 Blend the oatmeal until it has a similar texture to flour. Mix this with the flour, sugar, baking soda and salt. Warm the butter until its soft. Add the butter and eggs to the dry mix, and mix it all with your hands. The more love you put in it, the better it tastes so no machines! Blend the nuts into the consistency you desire, the chunkier it is the more you will feel it when eating. Add this blend to the mix.
- 3 Make small balls with the dough and lay them on baking sheet, make them as big as you want. Flatten them if you prefer. Bake for 8-10min or when you start seeing them getting slightly brown on top.

Sometimes the cookies may come out too crumbly or too moist, so experiment with the timer and flour/oatmeal quantity until it hits the spot. For nuts: mix and crush whatever you prefer, hazelnuts have a strong flavour which is good for recipes, but you can combine several types to create your own mix. Feel free to add some fairy dust of 'happiness' or chop up bits of 'despair' depending on who you are serving them to.



Ingredients

50g butter (try without for a healthier recipe)

150g sugar (try brown sugar or even less sugar for a healthier recipe)

250g flour

300g oatmeal / oatmeal flour

2 eggs

5g salt

5g baking soda

150g nuts



Did you know...?

In Lisbon and in Porto, a glass of beer from the tap has two distinct names and people from each city make fun of you if you use the incorrect term.



Place of origin
Portugal



Preparation time
1 hour



Serves
8

Chocolate cake

Shared by Diogo Caridade

Ingredients

6 eggs
200g Sugar
150g butter
50g flour
250g dark chocolate

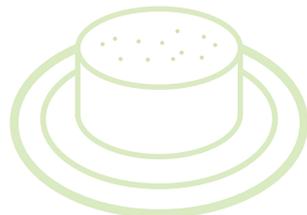


Did you know...?

In Portugal, we are known for not actually having a "proper" Winter season.

Method

- 1 Preheat oven to 200°C
 - 2 Separate the egg whites from the yolk. Stir the egg whites with a pinch of salt and only add 50g of sugar once the whites start to get firm.
 - 3 Heat the chocolate (in small pieces) alongside the butter and stir it every once in a while.
 - 4 Stir the egg yolk until its consistent and slowly add the remaining sugar until the whole cream is fluffy.
 - 5 Add the melted chocolate and stir everything well and then add the flour.
 - 6 Lastly, with the help of a spatula, add the stirred whites with the previous blend, careful to not stir too much.
 - 7 Pour the mixture to a 24cm in diameter cake shape covered in cooking sheet.
 - 8 Leave it in the oven for around 10mins and let it cool down before serving it to let the chocolate harden a bit.
- PS: from personal experience, 10 minutes will leave the cake too moist (almost like chocolate mousse), experiment with the time in the oven for a different texture. Maybe 12-15mins, but don't blame me if it comes out too burned!



Place of origin
Spain



Preparation time
3 hours



Serves
8

Grandma's cake

Shared by Andrea Piñeiro

Method

- 1 Firstly take a glass of milk and mix it with the two sachets of preparation for flan. The rest of the milk will be poured into a saucepan with the sugar. When the milk with the sugar comes to a boil, add the mixture of the flan preparation and the remaining milk. When it begins to thicken remove it from the heat.
- 2 To incorporate the chocolate we will melt the chocolate for pastries in a pot.
- 3 Little by little make a cookie base until we complete the entire surface of the mold, then when we have the first layer, cover it with a layer of flan.
- 4 Then do a second layer with cookies already soaked in the milk.
- 5 Then when we have the second layer, cover it with a layer of chocolate.
- 6 It is all about making layers – at least four – covering them with flan or chocolate.
- 7 The last layer will finish with a layer of cookie onto which we will pour the chocolate coating.
- 8 Then put it in the fridge for a couple of hours and it's ready to eat – so easy!

Ingredients

150g chocolate for cakes
1,100 ml milk
6 tablespoon sugar
2 sachets of flan (crème caramel) preparation
3 packages of rectangular or square cookies



Did you know...?

In Spain you can find this cake as a dessert in many restaurants. It is named 'Grandma's cake' because it is easy to make and is normally made by the family on children's birthdays.



Thanks to everyone who submitted
their favourite recipe!

We would love to see photos of any recipes
that you make – feel free to send them to
InclusiveCommittee@Ventientenergy.com

