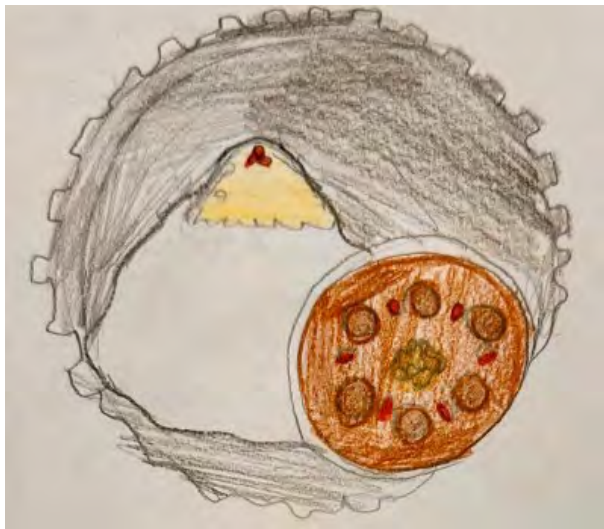


A Multilingual E-recipe book from North East England



Introduction

We are pleased to share a selection of recipes from pupils from north-east schools, which are a result of a collaboration between the RECLAMA project and the NE Festival of Languages. In these recipes, pupils share their favourite family recipes and why they are important to them, using a language other than English.

The RECLAMA project is an academic-activist, feminist and anti-racist research project. Since 2019, the project has worked to explore and make more visible Black and Afro-Ecuadorian women's heritage in Ecuador, and specifically in the province of Esmeraldas, a coastal province in the north-west of the country with a large Afro-descended population. Key themes that emerged from the project include spirituality, aesthetics, medicinal plants and food sovereignty. During the NE Festival of Languages, learning from the project was shared with pupils from north-east schools, providing an opportunity for pupils to engage with themes of cultural diversity, heritage and identity, whilst practising their language skills!

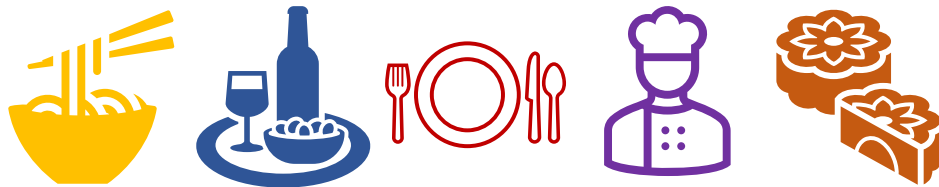
The recipes shared by pupils here, speak to key themes from the RECLAMA project about the important role of food in identity, collective memory and connections to family and ancestors. The collection includes recipes written in 16 languages, by children between the ages of 5 and 15. Following each recipe, you'll find a translation in English, in case you want to give the recipe a try!

Thanks to the pupils and teachers from Benfield School, North Durham Academy, Reid St Primary, Seaham High School and St Theresa's primary, who kindly contributed their work to this project. Thanks for sharing your delicious recipes with us!

We hope you enjoy the recipes ¡Buen provecho!

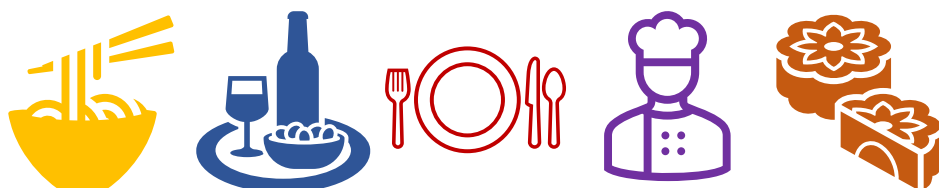
With thanks from the RECLAMA team

(visit us at <https://proyettoreclama.wixsite.com/reclama?lang=en>)



St Teresa's Catholic Primary School

Newcastle upon Tyne



REMEMBER - Write this in your chosen language!

Name of recipe: [Banana Fry]
പഴുത്തപാരി

Language: മലയാളം
[Malayalam]

Ingredients

- പഴുത്ത പഴ 30-3
- തൈല - 1cup
- അരിശപ്പാടി - 1 table spoon
- മഞ്ഞപ്പാടി - 1 pinch
- മരിയ പഞ്ചസാര
- പെട്ടെ
- 2.24

Equipment

- പട്ടി (Kadai)
- അരിച്ച (Strainer)
-
-
-
-

Recipe

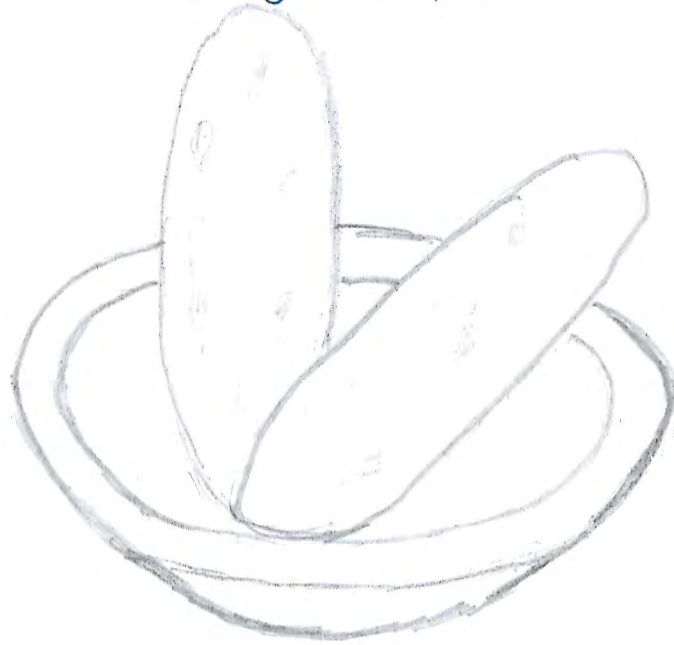
- പഴുത്ത പഴം തൊലി കടന്ന് നീട്ടത്തിൽ മുറിക്കുക.
- ഒരു വലിയ പാത്രത്തിൽ തൈല, അരിശപ്പാടി, പഞ്ചസാര, മഞ്ഞപ്പാടി, 2.24 എന്നിവ കുറച്ച് പെട്ടെ ഉപയോഗിച്ച് മിക്സ് ചെയ്യുക.
- എണ്ണ ചൂടായാൽ പഴം എടുത്ത് മറിൽ മുക്കി എണ്ണയിൽ വറുത്തെടുക്കുക.

Name: Angel

Age: 8
9 in two
months

School: _____

Draw your recipe here:



Why is this recipe important to you?

Because my grandfather started to make this recipe.

In India we have banana plants or trees. It is a famous food or a snack and it is affordable in South India where I lived.

എന്റെ വീട്ടിൽ നാളെ അമ്മയ്ക്ക് 20ആം വയസ്സ്. എന്തെങ്കിലും ഒരു സ്മിത്ത് ഭക്ഷണം.

Recipe: Banana Fry

By Angel, age 8½, St Teresa's Catholic Primary School

Ingredients

- 2-3 bananas, 2-4 pieces
- Coconut — 1 cup
- Cardamom — 1 tablespoon
- Cumin seeds — 1 pinch
- Rice flour and wheat flour
- Salt
- Oil (2)

Equipment

- Strainer
- Kadai (wok)

Recipe

1. Peel the bananas and cut them into pieces and fry them.
2. Fry until golden brown, then add coconut, cardamom, cumin, mix together and cook for 2-4 minutes until the coating sets properly.
3. When the bananas are fried, also add rice flour and mix together until well coated.

Why is this recipe important to you?

"Because my grandfather started to make this recipe. In India we have banana plants or trees. It is a famous food and snack, and it is an affordable food in South India, where I lived."

REMEMBER - Write this in your chosen language!

Name of recipe: Dorowalle

Language: Deutsche

Ingredients

- 720g Sauerkirshen
- 1pck. Vanille
- 500ml Milch
- 250g Zucker
- 500g butter
- 6 Eier
- 350g Mehl
- 1pck. Backpulver
- 2EZ Kakao
- 1Lb. Zitronen
- 200g Vollmilchkugeln
- 25g Kokosfett

Equipment

- Schüssel
- Abtropfsieb
- Küchenwaage
- 2x topf
- Küchenmixer
- Zitronenpresse
- Backblech
- Gabel
- Backpapier
- Küchenschaber

Recipe

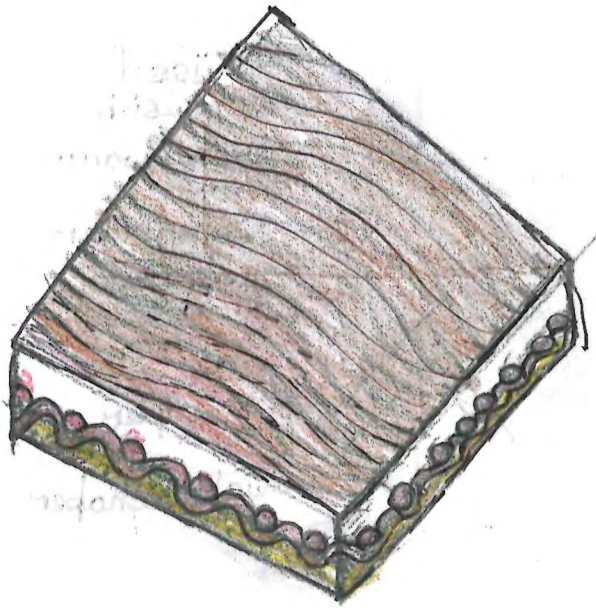
- ① - Kirshen abtropfen lassen
 - Vanille, Milch, 75g Zucker aufkochen
 - Pudding in schüssel (abgedeckt mit frischhaltefolie (Hauptbildung)) aus kühlen lassen
- ② - $\frac{1}{2}$ Butter, 175g Zucker schaumig rühren
 - Eier nach und nach dazugeben
 - Mehl, Backpulver untermischen
 - $\frac{1}{2}$ das Teiges mit Kakao vermischen
- ③ - Backofen auf 175° Grad vorheizen
 - Dunkeln und Hellen tieg auf Blech verteilen und im Ofen backen
- ④ - Pudding auf das tieg schmieren in wellen formig
 - pack Kirshen darauf.

Name: Fijia & Niamh

Age: 10

School: St Teresa's Catholic Primary School

Draw your recipe here:



Why is this recipe important to you?

Es ist der Lieblingskuchen von meinem Papa. Es erinnert mich auch an meinem Großesertern aus Deutschland. Denn jedesmal wenn ich sie besuche, dann macht meine Oma eine Donauwelle.

Recipe: Donauwelle

By Finja and Níamh, Age 10, St Teresa's Catholic Primary School

Ingredients

- 120g sour cherries
- 1 packet vanilla
- 500ml milk
- 250g sugar
- 500g butter
- 6 eggs
- 350g flour
- 1 packet baking powder
- 2 tbsp cocoa
- 1 grated lemon
- 200g milk chocolate couverture
- 25g coconut fat

Equipment

- Bowl
- Draining sieve
- Kitchen scales
- 2 pots
- Hand mixer
- Lemon press
- Baking tray
- Fork
- Baking paper
- Kitchen scraper

Recipe

1. Spread pudding on the cooled cake in a wavy pattern. Place cherries on top.
2. Beat $\frac{1}{2}$ butter and 175g sugar until fluffy. Add eggs one by one. Mix in flour and baking powder. Mix half the dough with cocoa.
3. Preheat oven to 175°C. Spread dark and light dough on the tray in a wave pattern and bake.
4. Spread pudding on the cooled cake in a wavy pattern. Place cherries on top.

Why is this recipe important to you?

"It is my dad's favourite cake. It also reminds me of my grandparents in Germany, because every time I visit them, my grandma makes a Donauwelle."

REMEMBER - Write this in your chosen language!

Name of recipe: La receta de sopa casera de mi mamá.

Language: Española

Ingredients

- caldo de carne (uno, cubo)
- caldo de pollo (uno, cubo)
- cebolla blanca (uno)
- lentejas (roja) 500 gramos
- Zanahoria (dos, grande)
- pollo (opcional)

Equipment

- cacerola (grande)
- cuchillo
- cuchara de madera
- Peladora
-
-

Recipe

1. Llenar una cacerola con agua fría.
2. Pelar la cebolla y las zanahorias y cortarlas en cubos pequeños.
3. Calentar el agua y, añadir los cubitos de caldo.
4. Pon las cebollas, las zanahorias y las lentejas en el agua.
5. Cuando el agua esté hirviendo, baja el fuego y déjalo hervir a fuego lento durante 20 minutos.
6. Sazonar con sal y pimienta.
7. Añade trozos de pollo si lo deseas y disfruta de la comida.

Name: gabriela

Age: 9

School: Escuela Primaria Católica Santa Teresa

Draw your recipe here:

caldo de pollo



Zanahoria



lentejas



cebolla blanca



Sopa

caldo de carne



Why is this recipe important to you?

Esta receta es importante para mí porque mi mamá me enseñó a hacerla y me recuerda los días acogedores cocinando con mi mamá.

Recipe: Mum's Homemade Soup

By Gabriela, Age 9, St Teresa's Catholic Primary School

Ingredients

- 1 meat stock cube
- 1 chicken stock cube
- 1 white onion
- 500g red lentils
- 2 large carrots
- Chicken (optional)

Equipment

- Large casserole dish
- Knife
- Wooden spoon
- Peeler

Recipe

1. Fill casserole dish with cold water
2. Peel the onion and carrots and cut into small cubes
3. Heat the water and add the stock cubes
4. Add the onion, carrots and lentil into the water
5. When the water is boiling, reduce the heat and leave to simmer for 20 minutes
6. Season with salt and pepper
7. Add chicken if you like, and enjoy!

Why is this recipe important to you?

"This recipe is important to me because my mum taught me to make it and it reminds me of comforting days cooking with my mum."

REMEMBER - Write this in your chosen language!

Name of recipe: Smos

Language: Belgium

Ingredients

- Tomaat
- Baguette
- ham (Gouda kaas)
- Kaas
- Salade
- Groenten
- Mayonaise
- Pickles
- Boter

Equipment

- Mes
- Snijplank
-
-
-
-

Recipe

Snij open een baguette. Smeer boter of mayonaise tussen het baguette of broodje. Leg de Kaas, tomaat, pickles en groenten er tussen. Nu is het klaar om te eten.

Name: Krystina

Age: 9

School: S.b. Treasures

Draw your recipe here:



Why is this recipe important to you?

Lopker gezond en veel gegten als een
kind. Mijn ouders hebben het ook geg-
ten.

Recipe: Smos (Sandwich)

By Krystina, Age 9, St Theresa's Catholic Primary School

Ingredients

- Tomato
- Baguette
- Ham
- Gouda cheese
- Lettuce
- Vegetables
- Mayonnaise
- Gherkins
- Butter

Equipment

- Knife
- Chopping board

Recipe

Cut open a baguette. Spread butter and mayonnaise. Layer on the ham and bread roll. Add cheese, tomato, gherkins, and vegetables. Now it's ready to eat.

Why is this recipe important to you?

"Tasty food I ate a lot as a child. My parents ate it too."

REMEMBER - Write this in your chosen language!

Name of recipe: Pasta funghi e
Salsiccia

Language: Italiano

Ingredients

- macinato di
- Funghi
- passata
- vino bianco
- aglio
- Cipolla
- Pasta
- Sale
- Paprica
- Pepe
- olio di oliva
- Prezzemolo

Equipment

- Spatola
- tagliere
- Coltello
- Scolapasta
- Pentola profonda
- Pentola piatta

Recipe

Scaldare aglio e cipolla in olio nella padella
piatta e una volta rosolata ci mettiamo il
macinato di manzo. Aggiungiamo sale e pepe e
cuciniamo per bene la carne. Una volta cucinata
per bene. Aggiungiamo i funghi e un pizzico in
più di sale e pepe. Quando i funghi e la
carne sono ben cotti, aggiungiamo un
pochino di vino bianco, alziamo la fiamma
e facciamo asciugare. Quando il vino si è
evaporato, possiamo aggiungere un po' di
passata per dare un po' di colore e
lasciamo a fiamma bassa.

in una pentola profonda ci mettiamo acqua
e facciamo.

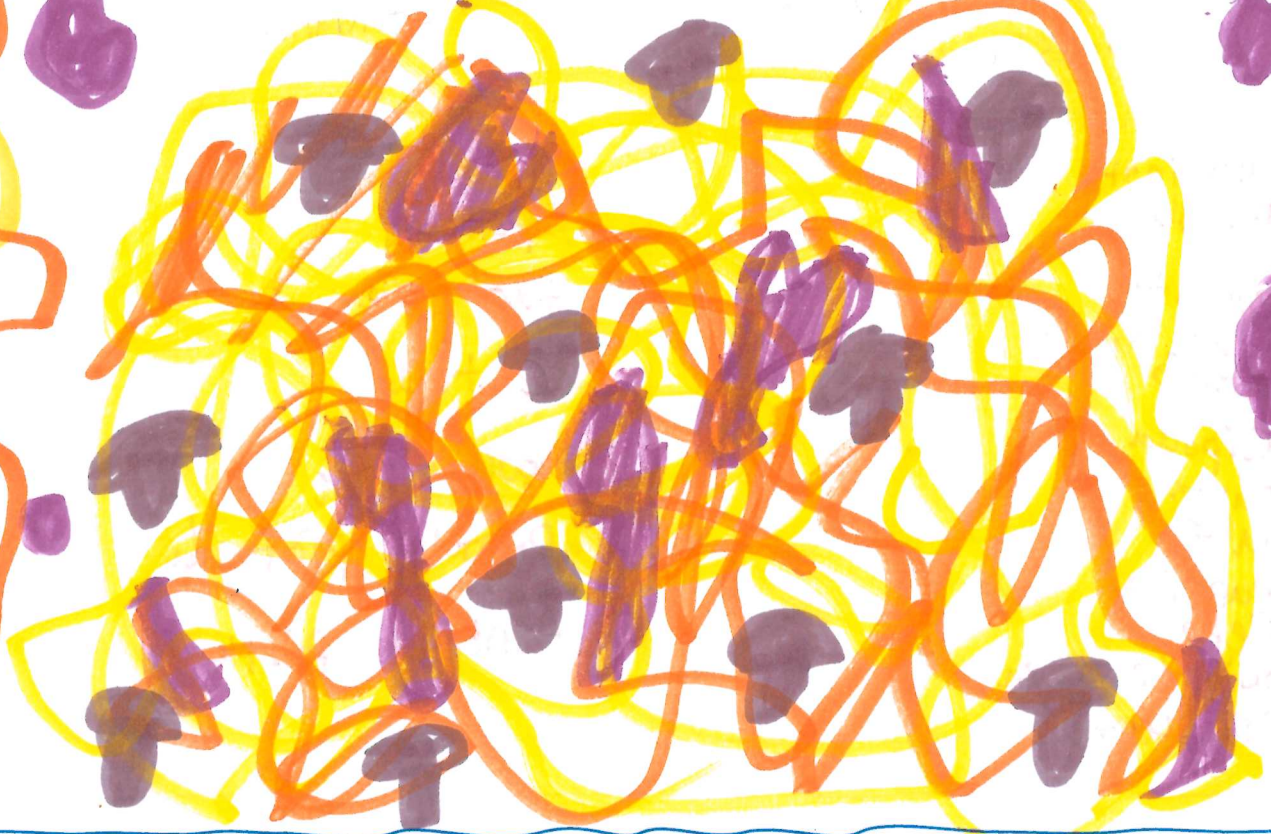
Name: Leonardo

Age: 9

School: SFRS

St Teresa

Draw your recipe here:



Why is this recipe important to you?

perché riunisce tutta la famiglia e
mi fa sentire tanto felice.

Recipe part 2

bollire. Aggiungiamo un po' di sale e quando
l'acqua sta bollendo, aggiungiamo la pasta e la
facciamo cucinare per 2 minuti. Dopo 2 minuti
togliamo la pasta e usando il colapasta
la separiamo dall'acqua. A questo punto
possiamo aggiungere la pasta al resto
degli ingredienti e salsa nella padella
piatto. Continuiamo a cucinare a fiamma
bassa amalgamando il tutto per circa
2 minuti. Aggiungiamo il prezzemolo e
serviamo il piatto.

Recipe: Pasta with Mushrooms and Sausage

By Leonardo, Age 9, St Theresa's Catholic Primary School

Ingredients

- Minced pork
- Mushrooms
- Passata
- White wine
- Garlic
- Onion
- Pasta
- Salt
- Paprika
- Pepper
- Olive oil
- Parsley

Equipment

- Spatula
- Chopping board
- Knife
- Colander
- Deep pot
- Flat pan

Recipe

Sauté garlic and onion in oil in a flat pan. Once golden, add the minced pork. Add salt, pepper and cook the meat well. Once cooked, add the

mushrooms and a little more salt and pepper. When mushrooms and meat are well cooked, add a splash of white wine, raise the heat and let it evaporate. Once the wine has evaporated, add a little passata for colour and leave on a low flame. In a deep pot, bring water to the boil. Add salt and when boiling, add the pasta and cook for 2 minutes less than the packet says. Drain the pasta and add it to the rest of the ingredients and sauce in the flat pan. Continue cooking on a low flame, mixing everything together for about 2 minutes. Add parsley and serve.

Why is this recipe important to you?

"Because it brings the whole family together and makes me feel so happy."

Name: **Lettie**

Age: **8** School: **St. Teresa's**

What are the ingredients in your recipe?
(Write them below in your chosen language)

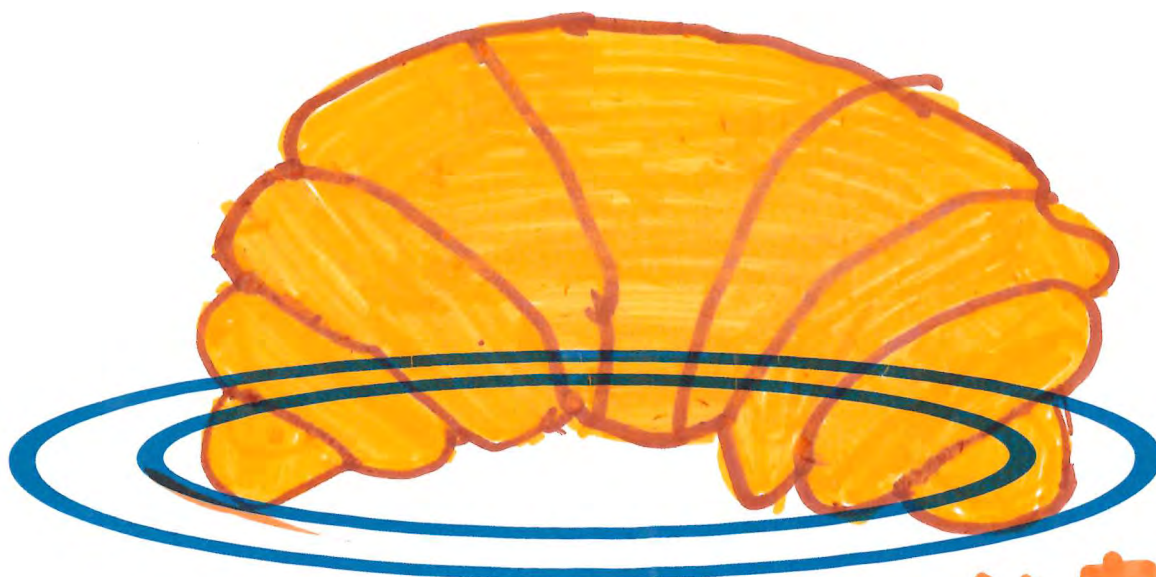
- ❖ Du beurre (butter)
- ❖ Du sel (Salt)
- ❖ Du farine (flour)
- ❖ eau/lait (water/milk)
- ❖ un œuf (egg)
- ❖ la levure (yeast)
- ❖ Du Sucre (Sugar)
- ❖

This recipe is important to me because.....

Je l'aime et ma mamie est m'apprend
Française Française.

(I like them and my granma is teaching me
french.)

Draw your favourite recipe here:



Language: French

Name of Recipe:

Croissant



Recipe: Croissant

By Letty, Age 8, St Theresa's Catholic Primary School

Ingredients

- Butter
- Flour
- Egg
- Sugar
- Salt
- Water/milk
- Yeast

Why is this recipe important to you?

"I like them and my grannie is teaching me French."

Name:

Y2
Mabel

Age:

6

School:

St. Teresa's Primary School

What are the ingredients in your recipe?

(Write them below in your chosen language)

❖ AJILLO
❖ MANTECA
❖ PEREJIL
❖ LIMÓN

❖ ANCAS de Rana
❖
❖
❖

This recipe is important to me because.....

me gustan las ancas de rana porque
las como en vacaciones.

Draw your favourite recipe here:



Language:

spanish

Name of Recipe:

ancas de rana

Name: Maria Jithesh

Age: 7

School: St. Teresa's Primary School

What are the ingredients in your recipe?
(Write them below in your chosen language)

❖ മിശി മാവ്

❖ കുമ്പള

❖ മെഴക്

❖

❖ ചക്ക നാര

❖

❖ മണ്ണെണ്ണ

❖

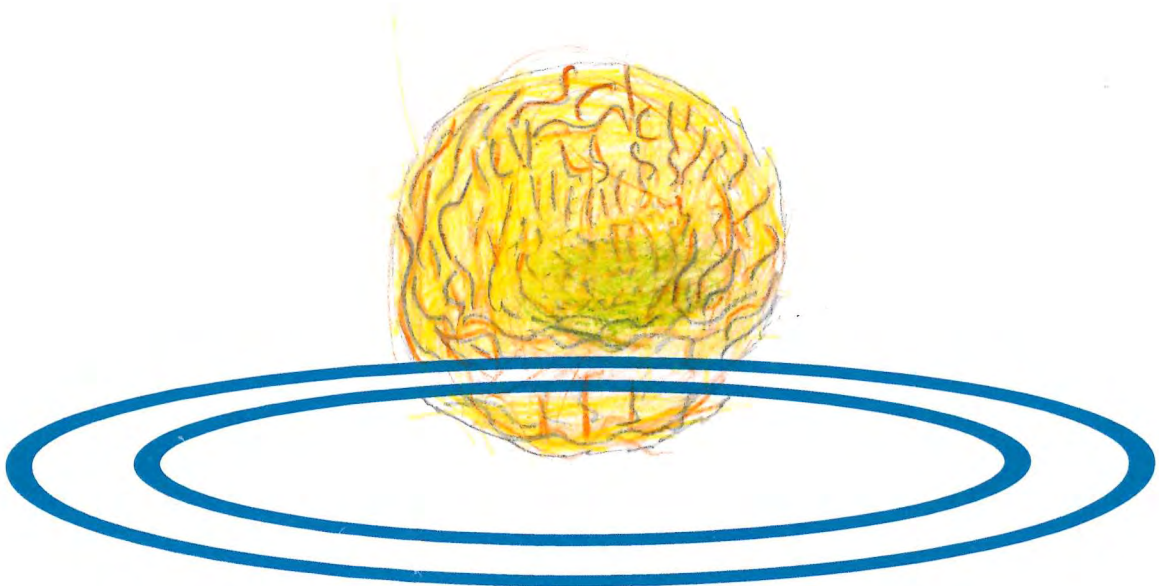
This recipe is important to me because.....

എന്താ നല്ല രുചിയുണ്ട്, അത് കുമ്പള

എന്താ കുമ്പള ഉപയോഗിച്ച് എന്താ നല്ല

ഭക്ഷണം

Draw your favourite recipe here:



Language: india
malayalam

Name of Recipe: Ledoo

Recipe: Ladoo

By Maria Jitesh, Age 7, St Teresa's Catholic Primary School

Ingredients:

- Chickpea flour
- Ghee
- Cardamom
- Sugar
- Coconut
- (partial list)

Why is this recipe important to you?

"My mum used to make this for me. My mum made it for celebrations and special occasions."

REMEMBER - Write this in your chosen language!

Name of recipe: **Pasta och köttbullar** Language: **Sweedish**

Ingredients

- Finhacka köttbullar
- Lök
- Pasta
- Tomatsås
- Morötter
- Selleri

Equipment

- Panorena
- Träsked
- kniv
- Skarbräda
- Rokande, varmt, vatten
- kokplatta

Recipe

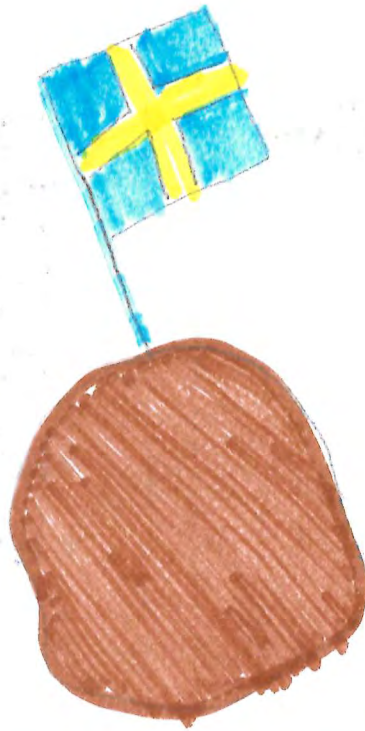
Forsta tärnigar lok och morötter. Hall sedan
tomatsasen i en kastrull. Blanda i morötterna
och löken. Lat det sitta. Lägg köttbullar i en kastrull
och stek tills de ar gyllenbruna. koka din pasta i en
kstrull. Nar det ar klart klart, tillsatt sazen och
köttbullarna. Walla

Name: **Martha**

Age: **11**

School: **St Teresas'**

Draw your recipe here:



Why is this recipe important to you?

Jag åkte på semester till Sverige, jag älskade de svenska köttbullarna. Jag lär även svenska på doulingo. En liten del av mig tror att jag är svensk. Jag längtar tills jag kan åka tillbaka till Sverige. Hey da!

Recipe: Pasta and Meatballs

By Martha, Age 11, St Theresa's Catholic Primary School

Ingredients

- Minced meatballs
- Onion
- Pasta
- Tomato sauce
- Carrots
- Celery

Equipment

- Saucepan
- Colander
- Knife
- Chopping board
- Boiling water
- Hob

Recipe

Finely chop onion and carrots. Heat tomato sauce in a saucepan. Add the carrots and onion. Let it simmer. Place meatballs in a pan and fry until golden brown. Cook your pasta in a saucepan. When it's done, add the sauce and meatballs. voilà!

Why is this recipe important to you?

"I went on holiday to Sweden and loved the Swedish meatballs. I'm also learning Swedish on Duolingo. A little part of me thinks I'm Swedish. I long to go back to Sweden. Hey då (goodbye)!"

Name: Robin

Age: 6

School: St. Teresa's

What are the ingredients in your recipe?

(Write them below in your chosen language)

❖ spaghetti
❖ 5 mince
❖ pepper - Romano
❖ Salt

❖ Peper - Nero
❖
❖
❖

This recipe is important to me because.....

Adoro la spaghetti carbonara
perché amo andare in Italia.

Draw your favourite recipe here:



Language: Italian

Name of Recipe: Carbonara

Recipe: Carbonara

By Robin, Age 6, St Theresa's Catholic Primary School

Ingredients

- Spaghetti
- guanciale (cured pork cheek)
- Pecorino Romano
- Salt
- Black pepper

Why is this recipe important to you?

"I love spaghetti carbonara because I love going to Italy."

Name: sabbij

Age: 7

School: st teresa's

What are the ingredients in your recipe?
(Write them below in your chosen language)

- ❖ Tiyan Ng baboy
- ❖ TOYO
- ❖ Seita
- ❖ Dahon Ag Laurel
- ❖ pamintang buw
- ❖ bawang
- ❖
- ❖

This recipe is important to me because.....

It is a filipino dish and my
dad cooks it especially for me.

Draw your favourite recipe here:



Language:

Philippines

Name of Recipe:

adobo

Recipe: Adobo

By Sabby, Age 7, St Theresa's Catholic Primary School

Ingredients

- Pork belly
- Soy sauce
- Vinegar
- Bay leaves
- Whole peppercorns
- Garlic)

Why is this recipe important to you?

"It is a Filipino dish and my dad cooks it especially for me."

Name: *Luna*

Age: *6*

School: *St Theresa*

What are the ingredients in your recipe?
(Write them below in your chosen language)

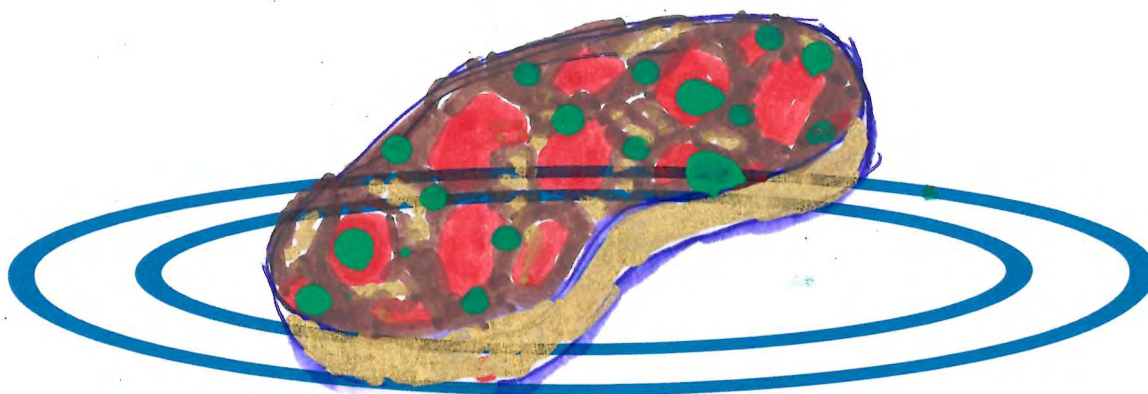
❖ *pane*
❖ *Pomodoro*
❖ *aglio*
❖ *olio d'oliva*

❖ *origano*
❖ *Basilico*
❖
❖

This recipe is important to me because.....

** perche la mangiamo con
la mia famiglia.*

Draw your favourite recipe here:



Language: *Italiano*

Name of Recipe: *Bruschetta*

Recipe: Bruschetta

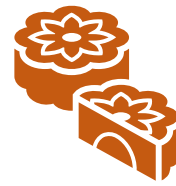
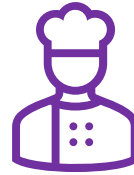
By Luna, Age 6, St Theresa's Catholic Primary School

Ingredients:

- Bread
- Tomato
- Garlic
- Olive oil
- Oregano
- Basil

Why is this recipe important to you?

"Because we eat it with my family."



Benfield School

Newcastle upon Tyne



REMEMBER - Write this in your chosen language!

Name of recipe: Amala

Language: Yoruba

Ingredients

- Elubo
- Omi Gbigbona
- Omi
- Iyo
- Eroja Lafun
- Lagsun

Equipment

- IKOKO
- Omorogun
- Adagun/ajo
- Ina
- ASO Idana
- Iwo

Recipe

Lakoko, gbe omi kina ki o ho gidi (first, place water on heat until it boils vigorously).

Din ina ku, ki o daro elubo sinu omi naa ni kookan (Reduce the heat and pour the yam flour into the water gradually).
Ho Omorogun lati ro o gidigidi titi o ma yoo fi dkan na elubo lani kudi (Use the wooden spatula to stir it vigorously until the water and flour blend without lumps).

Fi omi de sun un gun iseju meji ki o to gun pa titi yoo si dan gede gbe (Add a little water to steam it for two minutes before kneading it finally until it is perfectly smooth and elastic).

Name: Oluwadarafunmi Adeleye

Age: 13

School: Benfield

Draw your recipe here:



Why is this recipe important to you?

Amala se patoki sun mi abi asa Yoruba nitori pe o je ami danimo abi Ola.

(Amala is important to me and the Yoruba culture because it is a symbol of identity and honor).

O je "Oba Ounje" ti O n so wa po mo awon baba nla wa lati ipinle Oyo (it is the "king of foods" that connects us to our ancestors from the Oyo Empire).

O' tun se patoki fun nlera an nitori siba repele ti o wa minu re lati fun wa agbara (it is also vital for physical health because of its high fiber content which provides us with lasting energy).

Recipe: Amala

By Dara Adeleye, Age 13, Benfield School

Ingredients

- yam flour
- boiling water
- water
- salt
- flour ingredients
- starch

Equipment

- pot
- wooden spatula
- cooker
- fire/heat
- kitchen cloth/apron
- bowl

Recipe

First, place water on the heat until it boils vigorously. Reduce the heat and pour the yam flour into the water gradually. Use the wooden spatula to stir it vigorously until the water and flour blend without lumps. Add a little water to steam it for two minutes before kneading it finally until it is perfectly smooth and elastic.

Why is this recipe important to you?

"Amala is important to me and the Yoruba culture because it is a symbol of identity and honour. It is the 'King of Foods'

that connects us to our ancestors from the Oyo Empire. It is also vital for physical health because of its high fibre content, which provides us with lasting energy."

REMEMBER - Write this in your chosen language!

Name of recipe: Abula

Language: Yoruba

Ingredients

- Jute leaves (Fwedu)
- Brown / Honey Beans
- Palm oil
- Locust Beans (Iru)
- Pepper & Onions
- Assorted meats (Orisirisi)

Equipment

- Ijabe (Traditional Whisk/Beater)
- Cooking pots
- Fine sieve
- Wooden spoon
- Blender or mortar & pestle
- Serving Bowl.

Recipe

Step 1: Preparing Gbegiri (Igbese 1: Sise Gbegiri)

Je ki awa bo titi yoo fi ro da daa. Tu un so ~~o~~^o dan. Si ero pupa, lya ab ile, ati omi eran de kun un je ki o jo titi yoo sin pon.

Step 2: preparing fwedu (Igbese 2: Sise fwedu)

To ewedu pelu omi die ati iwe lu u pelu jaketiti yoo si tulu ro fi lya kun un, gbe e kuro lori ina.

(Step 3: preparing Red stew) Igbese 3: Sise Obe Ata

fi ata ati alubasa ti gun sinu epo pupa je ki o jo titi ero yoo fi yoo fi eran Orisirisi ati ata kun un, je ki o jo da daa.

(Step 4: final Assembly) Igbese 4: Ikojopo Abula

Tu Gbegiri ati fwedu si apa meji ninu awa kan, le ohe ata ati eran si orin fi ni a n pe ni Abula. (serve Gbegiri and fwedu side by side, topped with stew).

Name: Olawadara funmi
Adeleye

Age: 13

School: Benfield

Draw your recipe here:



Why is this recipe important to you?

1. Itanimo Asa

Abula je ami asa Yorunba o n' sofihan itan anti igbe aye wa.
(It represents Yoruba culture and history).

2. Idile ati Ajose

A maa n je eai ayeye ati ipade idile, ~~on~~ mu enyan po.
(It brings families and communities together.)

3. Ougbe Alagbara

Fufu funmi ni atomoran, Gbegiri funmi ni agbara, Obeta
si n fun ara lagbara.

(It is a balanced and nourishing meal).

4. Ogun ise' ati Igberaga

Kiko Abula je bi a se n pa asa Yorunba mo fun 'iran
to n bo.

(It preserves Yoruba heritage for future generations).

Recipe: Abula

By Dara Adeleye, Age 13, Benfield School

Ingredients

- Jute leaves
- Brown / Honey Beans
- Palm oil
- Locust beans
- Pepper & onions
- Assorted meats

Equipment

- Ijabe (traditional whisk)
- Cooking pots
- Fine sieve
- Wooden spoon
- Blender or mortar & pestle
- Serving bowl

Recipe

Step 1 - Preparing the Bean Porridge (Gbegiri) Allow the beans to cook until very soft, then blend until smooth. Return to the heat and continue cooking, adding palm oil, and stir continuously until well combined.

Step 2 - Preparing the Jute Leaf Soup (Ewedu) Cook the ewedu leaves in a little water, then blend or whisk using the traditional ijabe whisk. Add locust beans, season with salt, and remove from the heat.

Step 3 - Preparing the Red Stew (Obe Ata) Blend the peppers and onions, then fry in palm oil until the oil rises to the top. Add the assorted meats and stir until everything is well combined and cooked through.

Step 4 - Final Assembly (Abula) Serve the gbegiri and ewedu side by side in equal portions in a bowl, topped with the meat stew. (Serve Gbegiri and Ewedu side by side, topped with stew.)

Why is this recipe important to you?

1. "Cultural Identity — Abula represents Yoruba culture and history.
2. Family & Community — It is eaten at celebrations and family gatherings, and brings families and communities together.
3. Nutritional Balance — Ewedu provides vitamins, Gbegiri provides protein, and the stew gives strength to the body. It is a balanced and nourishing meal.
4. Preservation of Heritage — Cooking Abula is a way of keeping Yoruba culture alive for future generations. It preserves Yoruba heritage for future generations."

REMEMBER - Write this in your chosen language!

Name of recipe: Dumplings

Language: Chinese

Ingredients

- Dumpling wrappers
- Minced pork
- Cabbage
- Ginger
- Salt
- Sesame oil and light soy sauce

Equipment

- Bowl
- chopsticks
- pot
- cutting board
- slotted spoon
- Rolling pin

Recipe

首先,把白菜切碎并擦干水分,和猪肉馅,姜末,生抽,盐,香油一起放进碗里搅拌均匀做成馅料.接着取一张饺子皮,在中间放一些馅料,对折后捏紧边缘封口.之后,在锅里烧开水,放入饺子并轻轻搅拌防止粘底.水烧开后加少量凉水,重复2-3次直到饺子浮起,最后用漏勺捞出即可.

Name: Emily chen

Age: 13

School: Bensilod

Draw your recipe here:



Why is this recipe important to you?

妈妈

这个食谱对我很重要是因为它是妈妈教我学的，一开始我并不会怎么包饺子而且还越包越坏，后来妈妈耐心地教我怎么擀皮、放馅、捏褶，慢慢的我就学会了。现在的我不仅可以熟练的包饺子还学会了其它简单的菜。每次我包饺子的时候我都能想起来妈妈是如和教我的。

Recipe: Dumplings

By Emily Chen, Age 13, Benfield School

Ingredients

- Dumpling wrappers
- Minced pork
- Cabbage
- Ginger
- Salt
- Sesame oil and light soy sauce

Equipment

- Bowl
- Chopsticks
- Pot
- Cutting board
- Slotted spoon
- Rolling pin

Recipe

First, finely chop the cabbage and squeeze out the excess water. Combine it in a bowl with the minced pork, ginger, soy sauce, salt, and sesame oil, and mix everything together evenly to make the filling. Then take one dumpling wrapper, place some filling in the centre, fold it in half and pinch the edges firmly to seal. Next, bring water to the boil in a pot, add the dumplings and stir gently to prevent them from sticking to the

bottom. Once the water returns to the boil, add a small amount of cold water. Repeat this 2-3 times until the dumplings float to the surface, then scoop them out with the slotted spoon and serve.

Why is this recipe important to you?

"This recipe is very important to me because it was taught to me by my mum. At first I had no idea how to wrap dumplings — I kept making them badly. But my mum patiently taught me how to roll the skin, make the filling, and shape them, and gradually I got the hang of it. Now I can not only make dumplings skilfully, but I've also learned to make other simple dishes. Every time I make dumplings, I think of how my mum encouraged and taught me."

REMEMBER - Write this in your chosen language!

Name of recipe: طرز تهیه فسنجوان

Language: Persian

Ingredients

- مرغ
- گرده
- روغن
- نمک
- پیاز
- رب انار

Equipment

- قابلمه
- قاشق
- اسباب
-
-
-

Recipe

گرده اسباب شده را با حرارت ملایم کمی تفت دهید تا بوی خنای برود.
۳-۴ لیوان آب سرد اضافه کنید و بگذارید آرام بجوشد.
پیاز خرد شده را تفت دهید و فلفل نیز تفت دهید و با آب بپزید و عصاره را جدا کنید.
مرغ را به قابلمه گرده اضافه کنید و با حرارت کم (۵۰ تا ۶۰ درجه سانتیگراد) بپزید تا روغن بیفتد.
رب انار را اضافه کنید، نمک، روغن و صورت، تا جایی که شکر بپزد.
و به خوبی خورشت تیره و جلا افتاده شد آماده سرو است.
نوش جان با برنج

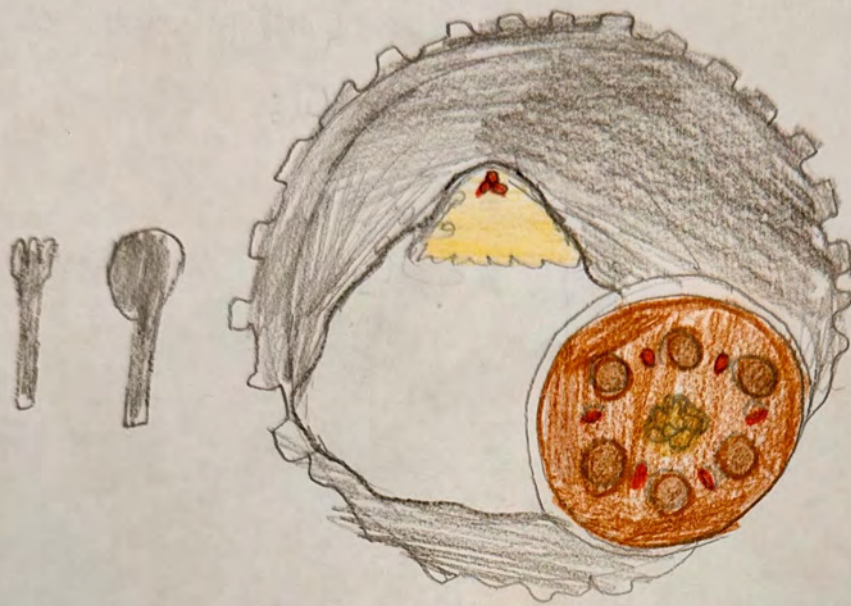
می توانید با شکر میل کنید تا طعم وایلی داشته باشد و

Name: Kimia Karami

Age:

School: Benfield School

Draw your recipe here:



Why is this recipe important to you?

Persian cuisine is defined by its rich traditions and flavors. This particular dish is a personal favorite of mine not only because it is delicious, but because it's a recipe my mother makes for me carrying with it the comfort of home.

Recipe: Fesenjan

By Kimia Karami, Benfield School

Ingredients

- Chicken
- Walnuts
- Pomegranate molasses
- Salt
- Onion
- Pomegranate seeds

Equipment

- Pan/pot
- Spoon
- Pestle/grinder

Recipe

Grind the walnuts with gentle heat until they become paste-like and release their oil. Add 3-4 ladles of water and stir to combine well.

Finely chop or grate the onion until very fine, then add the chicken pieces and fry until the chicken is golden brown.

Place the chicken in the pan and cook on low heat, stirring continuously until the sauce thickens.

Add the pomegranate molasses, season with salt to taste, and stir gently. Serve with plain rice and garnish with pomegranate seeds.

This dish can also be served alongside rice pilaf.

Why is this recipe important to you?

"Persian cuisine is defined by its rich traditions and flavours. This particular dish is a personal favourite of mine — not only because it is delicious, but because it's a recipe my mother makes for me, carrying with it the comfort of home."

REMEMBER - Write this in your chosen language!

Name of recipe: Biryani

Language: Tamil (தமிழ்)

Ingredients

- பாஸ்மதி ஓரிசி : 2 Cup
- சிக்கன் : 1/2 kg
 - மச்சமிளகாய் = 2
- வெங்காயம் : 3
 - உப்பு
- தக்காளி : 2
 - மிளகாய்த்தூள் = 2 Spoon
- தயிர் : 1/2 Cup
 - மஞ்சள்த்தூள் = 1/4 Spoon
- இஞ்சி+பூண்டு : 2 Spoon
- புதினா கொத்தமல்லி : சூடுகைய
- எண்ணெய் + ரெய் : 2 Spoon

Equipment

- சிடுப்பு
- பெரிய பாத்திரம்
- கரண்டி + கத்தி
- வெடும் பலகை
- சிறிய பாத்திரங்கள்
- வடிகட்டி

Recipe

ஓரிசியை 30 நிமிடம் ஊறவைத்து உப்பு + மிளகாய்த்தூள் + மஞ்சள்த்தூள் சூள் சேர்த்து 70% வீதம் வெகிவரை சொதிக்கவைத்து, வடிகட்டி வைக்கவும். கடையில் எண்ணெய் + ரெய் சேர்த்து 10 நிமிடம் போடவும். வெங்காயம் சேர்த்து நான்மா Brown ஆகிவரை வதக்கவும். இஞ்சி+பூண்டு விடெடு பத்திர மிளகாய் சூள் சேர்த்து வாணை வெகிவரை கிணறவும். தக்காளி சேர்த்து 15 நிமிடம் வரை வதக்கி, மிளகாய் சூள், மஞ்சள்த்தூள், பிரியாணி மசாலா, உப்பு சேர்க்கவும். சிக்கன் + தயிர் சேர்த்து நான்மாக கலக்கி விடுங்கள். இது வைத்து 10-15 நிமிடம் சூடுக வைங்கள். சிக்கன் சூஸ் ஓரிசி, புதினா, கொத்தமல்லி சூஸ் கிணற்த்த சியஸ் 10 நிமிடம் (தம்) வைத்துங்கள்.

Name: Vishvanika Thushantha Age: 12

School: Benfield

Draw your recipe here:



Why is this recipe important to you?

தமிழம், நான் பாக்கன் எல்லா ~~செய்யும்~~ சேரிக் கெண்டயின் இடம் உபகார வைக்கிம்
உணவு பிரியாணி. மண்பாணி, கல்யாணம், பிறந்தநாள் போன்ற சிறப்புகளில் பிரியாணி
உணவு சிறப்பாக உள்ளது. மதார்ப் வாசனை உந்தாலை பரி சூக்கி ~~உணவு~~
சூக்கி உணவு உணவு. பல சிறப்புகள் சிறப்பாக/பல செப்த பிரியாணி சிறப்பாக, நல்ல
நினைவுகள். பிரியாணி உணவு, மட்டும் தில்லை சேர உணவு

Recipe: Biryani

By Vishvarika Thushantha, Age 12, Benfield School

Ingredients

- Basmati rice: 2 cups
- Chicken: $\frac{1}{2}$ kg
- Onion: 3
- Tomato: 2
- Yogurt: $\frac{1}{2}$ cup
- Ginger-garlic paste: 2 spoons
- Fresh mint & coriander leaves: a handful
- Oil + ghee: 2 spoons
- Green chillies: 2
- Salt, to taste
- Chilli powder: 2 spoons
- Turmeric powder: $\frac{1}{4}$ spoon
- Biryani masala spices

Equipment

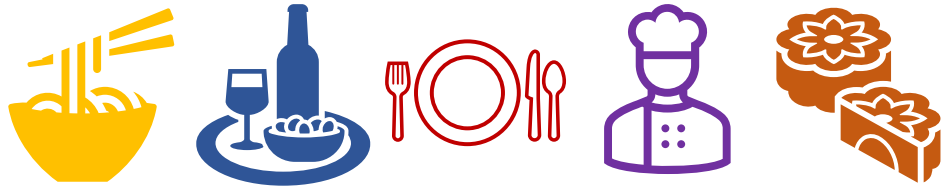
- Stove
- Large pot
- Spoon & knife
- Pressure cooker
- Small bowls
- Strainer/colander

Recipe

Soak the rice for 30 minutes, then cook it with salt and whole spices until it is about 70% done, then drain. Meanwhile, heat oil and ghee in a pan. Fry the onions until they turn a nice deep brown colour. Add the ginger-garlic paste and green chillies and fry until the raw smell disappears. Add the tomatoes and cook until they soften. Then add the chilli powder, turmeric powder, biryani masala, and salt, and mix well. Add the chicken and yogurt, stir everything together thoroughly and cook for 10-15 minutes. Layer the par-cooked rice over the chicken along with the mint and coriander leaves, cover and cook on low heat for a further 10 minutes.

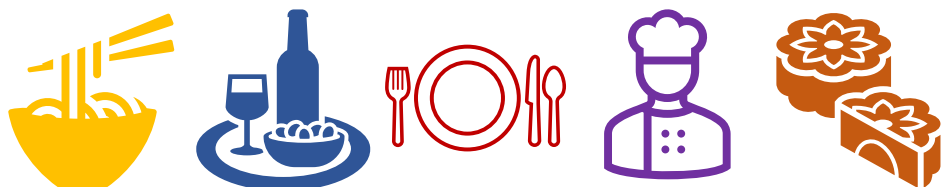
Why is this recipe important to you?

"Often, my father would come home tired after a long day at work and my mother would make biryani for him. For celebrations like weddings and birthdays, biryani is always a special dish. When the aroma of the masala fills the house, everyone feels hungry and excited. Many memories of my mother and father making biryani together come to mind. Eating biryani gives me a truly unique feeling."



North Durham Academy

*Stanley, County
Durham*



REMEMBER - Write this in your chosen language!

Spanish

Name of recipe: Pasta Alfredo

Language: ~~Italy~~ ~~Italiano~~

Ingredients

- 400g/14oz de pasta
fettuccine seca
- 300ml/10 1/2oz de nata
para montar
- 30g/1oz de mantequilla que
moscada recién rallada al gusto
- 200g/7oz de queso
- Parmesano recién rallado
- Pimienta negra recién
molida

Equipment

- Máquina para hacer
pasta
-
-
-
-

Recípe

Cuece la pasta en una olla grande con agua hirviendo
con sal durante 10-12 minutos, hasta que este al
dente. Mientras tanto, pon la nata en una cacerola
con la mantequilla y un poco de nuez moscada rallada
y caliéntala suavemente. ~~Después~~ Escurre la
pasta.

Escurre la pasta, reservando unos tres cucharados
del agua de cocción, luego viértela abundantemente
en la salsa de crema. Agrega tanta agua reservada
como sea necesario para lograr la consistencia de la salsa.
Mezcla suavemente, agregando abundantemente pimienta
recién molida. Sirve de inmediato.

Storey

Age: 15 School: NDA

Draw your recipe here:



Why is this recipe important to you?

Esta receta es importante porque es mi receta favorita de Italia y cuando la probé por primera vez me sorprendió lo buena que estaba.

Recipe: Pasta Alfredo

By Brandon, Age 15, North Durham Academy

Ingredients

- 600g / 1lb 4oz dry fettuccine pasta
- 300ml / 10¹/₂oz cream for whipping
- 30g / 1oz butter, plus freshly grated nutmeg to taste
- 200g / 7oz freshly grated Parmesan cheese
- Freshly ground black pepper

Equipment

- Pasta making machine

Recipe

Cook the pasta in a large pot of salted water for 10-12 minutes until al dente. Meanwhile, heat the cream in a saucepan with the butter and a pinch of grated nutmeg, warming it gently. Then stir in the Parmesan.

Drain the pasta, reserving about three ladlefuls of the cooking water, then add it directly to the cream sauce. Add as much of the reserved water as needed to adjust the consistency of the sauce. Mix gently, adding plenty of freshly ground black pepper. Serve immediately.

Why is this recipe important to you?

"This recipe is important to me because it is my favourite Italian recipe, and when I tried it for the first time I was surprised by how good it was."

REMEMBER - Write this in your chosen language!

Name of recipe: Hamburguesa

Language: Spanish (Español)

Ingredients

- carne molida de res
- aceitunas
- alcachofas
- pimentón ahumado
- ajo picado
- chile
- tomates
- especias - sal, pimienta

Equipment

- una plancha
- una bandeja
- una sartén
-
-
-

Recípe

Unta mayonesa en la parte interior de los panes y mézclalos suavemente. Forma la carne molida en hamburguesas y cocínalas en una sartén o en una plancha.

Añade la hamburguesa con los ingredientes que prefieras y sítela caliente.

Para un sabor más auténtico al estilo español, puedes usar producto en lugar de jamón serrano.

Name: Finley Dodels Age: 15 School: North Durham Academy

Recipe: Hamburgers

By Finlay Dodds, Age 15, North Durham Academy

Ingredients

- Ground beef
- Olives
- Capers
- Smoked paprika
- Minced garlic
- Chilli & mayonnaise
- Tomatoes
- Seasoning - salt & pepper

Equipment

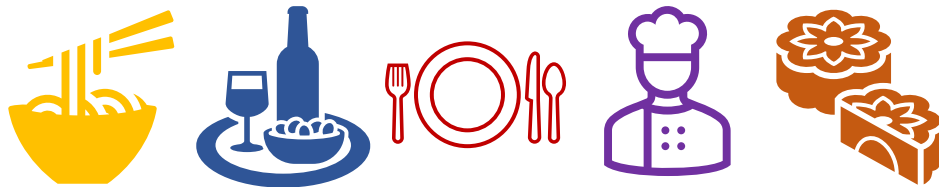
- A griddle
- A tray
- A frying pan

Recipe

Spread mayonnaise on the inside of the buns and toast them gently. Shape the ground beef into burger patties and cook them in a frying pan or on a griddle.

Assemble the burger with your preferred toppings and serve hot.

For a more authentic Spanish flavour, you can use prosciutto in place of jamón serrano.



Reid Street Primary School

Darlington



Name: Naila Ahmed Age: 4 School: Reid Street

What are the ingredients in your recipe?
(Write them below in your chosen language)

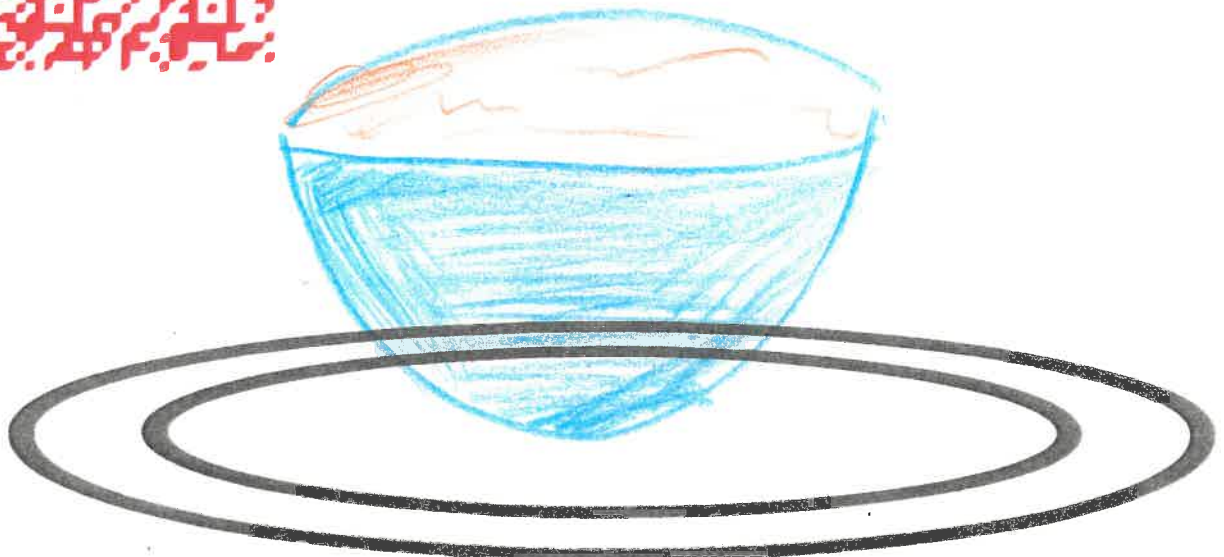
- | | |
|----------------------------|-------------------------------|
| ❖ <u>1cup Basmati Rice</u> | ❖ <u>1 Small Onion finely</u> |
| ❖ <u>3cups Water</u> | ❖ <u>Chopped</u> |
| ❖ <u>1tsp Salt</u> | ❖ <u>1Tsp Ginger</u> |
| ❖ <u>3tsp Ghee</u> | ❖ <u></u> |

This recipe is important to me because.....

Its a traditional Bangladeshi dish and I eat
this very often because it is very healthy and
tasty!



Draw your favourite recipe here:



Language:

Name of Recipe: KISURI (Savory Rice Pudding)

REMEMBER - Write this in your chosen language!

Name of recipe: ^{ati}Ìresì òbè ata

Language: Yorùbá

Ingredients

- Àlùbòsà - Onion
- Ata - pepper
- Igò - salt
- Ìresì - Rice
- Tòmátì - tomato
- Atalẹ̀ - ginger
- Seasoning - kòrì

Equipment

- Ìkòkò - pot
- Abó - bowl
- Serving spoon - Síbí
- Àwò - Plate
- Spoon - síbí
- Sieve - Asé

Recipe

Abó: Bu Ìresì kékéré sínú abó kí o sì fò.

Asé: Si asé yó omi kékéré nínú Ìresì ná.

Ìkòkò: Gbẹ omi kaná sún ìséjú méjì. Da Ìresì tí fò sínú omi tí ó góná nínú ìkòkò.

Se Ìresì ná sún ìséjú mánran dí ógun.

Síbí àti Abó: Bu Ìresì sínú abó pèlú síbí.

Obè ata

Tòmátì

Àlùbòsà

Atalẹ̀

Atalẹ̀

Ìkòkò

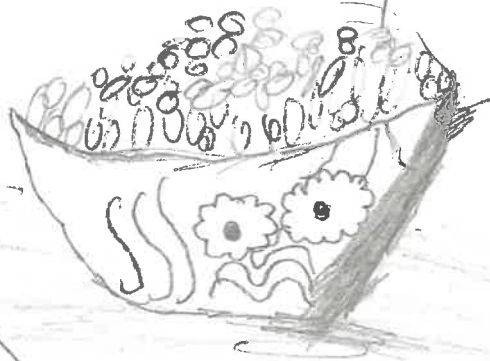
Name: Adebayo
Adekusibe

Age: 10

School: Reid Street Primary
School.



İresli

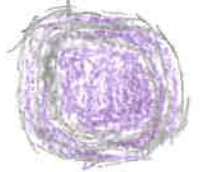


A to Q

Isó



Aluboda



Qbè



1. Kò Sòrò Látì sè

2. Ounje wa ni nile Africa

3. qíe yúnjē fō dùn tí sī sūnní nà dō fō.

Recipe: Rice and Pepper Stew

By Adebayo Adekusibe, Age 10, Reid Street Primary School

Ingredients

- Onion
- Pepper
- Salt
- Rice
- Tomato
- Ginger
- Seasoning

Equipment

- Pot
- Bowl
- Serving spoon
- Plate
- Spoon
- Sieve

Recipe

Bowl: Place some grains of rice in a bowl and wash the rice. Sieve: Drain the water from the rice using a sieve. Pot: Boil water in a pot, then pour in the washed rice and allow it to cook for 15 minutes. Serving spoon: Dish the cooked rice onto a plate.

For the pepper stew: Tomato, onion, salt, ginger, pepper — cook all together in a pot.

Why is this recipe important to you?

1. "It is easy to cook
2. It is the food we eat in Africa
3. It is nutritious"

REMEMBER - Write this in your chosen language!

Name of recipe: പഴം പൊരി (Banana Fry) Language: Malayalam

Ingredients

- മുത്തക്ക (വാഴപ്പഴം)
- തെളി
- തുളിരകം
- എണ്ണ
- പഞ്ചസാര
- ഉപ്പ്, മഞ്ഞൾപ്പൊടി

Equipment

- റിപ്പ് പെലാൻ ഉള്ള പാത്രം
- പാൻ
- എണ്ണയിൽ നിന്ന് പഴം പൊരി ഏടുക്കാൻ ഉള്ള ചാത്രം
-
-

Recipe

തെളി പൊരി വെള്ളം ഒഴിച്ച് മാവ് ആക്കിയ ശേഷം കുറച്ച് മഞ്ഞൾ പെടി, പഞ്ചസാര, തുളിരകം, ഒരു ചെറിയ പിത്ത് ഉപ്പും ചേർത്ത് നല്ലതുപോലെ തുളി യോജിപ്പിക്കണം. അതിനു ശേഷം പഴുത്ത പഴം ചെറിയ കിരം കുറഞ്ഞ നീളമുള്ള കീഴ്ങ്ങൾ അതി മുറിച്ച് ഉണ്ടാക്കി ചെമ്പ മാവി ഭാരോന്നാലി കൂടി കൂടാല എണ്ണയിൽ ഒരു ഡാർക്ക് മഞ്ഞ കൂത്ത് തൂട്ടം ഒപ്പൻ നിന്നു ആകുന്നതു വരെ വറുത്ത് കോരി ഏടുക്കാം. ഉച്ചയോടെ വിഭവമാം. ഉച്ചയലൂടെ കൂടെ അതിവ രുചിയോടെ കിഴ്ക്കുമ്പോൾ അതും പാഞ്ഞു പോകും അതാ... മഞ്ച് രുചി!

Name: Ayanna Shailesh Shetty Age: 10 School: Reid Street Primary School.

Draw your recipe here:



Why is this recipe important to you?

ഈ വിഭവം എങ്ങനെയെങ്കിലും നാടിന്റെ ഒരു വിഭാഗം ആണ്.
എന്ന് എപ്പോഴും എല്ലാത്ത ആരും എല്ലാ. അതുകൊണ്ട് രുചി
ആണ് എനിക്ക്. ചെറിയും ചെറിയ വീട്ടിൽ ചെല്ലാത്തതും.
എന്ന് ഒരുപാട് എടുത്താണ്. ചെറിയ അമ്മ ചെറിയ
എപ്പോഴും ഉണ്ടായിരുന്നു. അമ്മ ഉണ്ടാകുന്ന പഴം
ചെറിയ അമ്മയെ രുചി ആണ്.

Recipe: Banana Fry

By Ayanna Shailesh Shetty, Age 10, Reid Street Primary School

Ingredients

- Bananas / Plantain
- All-purpose flour
- Cumin seeds
- Oil
- Sugar
- Pinch of salt & turmeric powder

Equipment

- Mixing bowl
- Pan to fry
- Steel tongs
- A flat vessel/plate to place the banana slices before frying

Recipe

Peel the bananas and cut them into slices. Add the flour, cumin seeds, sugar, a pinch of salt and turmeric powder into a bowl and mix together well to make a thick batter without any lumps. Dip each banana slice into the batter to coat it evenly. Heat oil in a pan and fry the coated banana slices until they turn golden brown and crispy on both sides. Remove from the oil and serve hot. Enjoy the hot banana fry!

Why is this recipe important to you?

"This recipe has been in our family for a long time. It has a taste that never gets old. The flavour is wonderful. Every time I come home from school it fills the house with a lovely aroma. My mother makes it for me and it has always been a beloved family favourite. It is very tasty and my whole family loves it."

What are the ingredients in your recipe?

(Write them below in your chosen language)

❖ قطع لحم خروف / غنم

❖ قرحم مجيد

❖ رز مصري / حبة مقسية

❖ رطل

لوز صلب / صوف (اختياري)

❖ سمن حيواني

❖ صبات هيل + كركم

❖ ورق غار

❖ ملح + فلفل اسود

بقدر (اختياري)

This recipe is important to me because.....

انا احب اللحم ، لانه لذيذ جداً ويزكرني
 بلدي الأردن . حيث تطبخ الذمصة . يجب أكل الحنسف
 باستخدام اليد فقط . تقوم بصنع كرة من الارز باليد وتأكلها .

Draw your favourite recipe here:

- (2) تحضير الجريد :-
 - اتبع الجريد بالجار الداخل عدة ساعات
 ثم اخلطه باخلط حتى يصبح سائلاً .
 - اصف الجريد الي قدر واتركه يغلي
 مع التمرليك .
 - صنع اللحم المسلوقة داخل الجريد واتركه
 يغلي حوالي 10 - 15 دقيقة .

- (1) سلقه اللحم :-
 - اضع اللحم في قدر مع ماء يغطيه .
 - اصف اللحم ، ورق غار ، والهيل .
 - اتركه يغلي وازل الرغوة .
 - اطبخه على نار متوسطة حوالي 60 - 90
 دقيقة حتى ينضج .

- (3) طبخ الارز :-
 - اعد الارز واققه 20 دقيقة .
 - في قدر ، صنع السمن الحيواني ثم الارز .
 - اصف 4 اكواب من حرق اللحم .



- اصف الملح والكرام والطبخه حتى ينضج .

Recipe: Jordanian Mansaf

By Elaine Jadallah, Age 5, Reid Street Primary School

Ingredients

- Bone-in lamb pieces
- Jameed / plain yogurt
- Rice
- Onions
- Toasted almonds / pine nuts
- Ghee
- Cardamom pods + turmeric
- Bay leaves
- Salt + pepper
- Parsley (optional)

Recipe

1 — Cooking the Meat:

- Place the meat in a pot with water and bring to the boil.
- Add onion, parsley, bay leaf, and cardamom.
- Leave it to simmer and skim off the foam.
- Cook on medium heat for 60-90 minutes until fully tender.

2 — Preparing the Jameed sauce:

- Dissolve the jameed in warm water and soak for several hours, then mix it all together until smooth.
- Add the meat to the sauce and let it simmer together.
- Mix the meat inside the sauce, add the ghee and leave it for about 10-15 minutes.

3 — Cooking the Rice:

- Soak the rice in water for 20 minutes.
- Measure the stock from the meat, then cook the rice in it.
- Add 4 cardamom pods and a little stock to the rice.
- Add the ghee, turmeric, and salt, and stir until fully combined.

Why is this recipe important to you?

"Because it's really tasty and it reminds me of my home country Jordan. My grandma makes the best Mansaf ever. And it should be eaten with hands only — you make it into a ball and you eat it."

REMEMBER - Write this in your chosen language!

Name of recipe: Biryani (Chicken) Language: Malayalam

Ingredients

- ജീരകപ്പല അരി
- ചിക്കൻ, തക്കാളി, സവാള
- ജമ്മി, വെളുത്തുള്ളി പച്ചവട്
- നെയ്യ്, മെന്റ്, ഹക്ക
- ദുരിയപ്പല, പടകിന, മുളിച്ചല
- ഉണക്കമുന്തിരി, അന്നച്ചുവറ്

Equipment

- ഹിരിയക്കി പെപ്പ്
- തവി
-
-
-
-
-

Recipe

ജീരകപ്പല അരി അരക്കുന്നത് വെളുത്തുള്ളി കപ്പട്ടി കുടുകിൻ
വെളുത്തുള്ളി വെളുത്തുള്ളി മുളിച്ചല വെളുത്തുള്ളി
സവാള പൊടിച്ചു കിട്ടുന്നതിൽ അരിയ്ക്ക് (8 സവാള) വെളുത്തുള്ളി
വെളുത്തുള്ളി. ഒരു സവാള പൊടിച്ചു അരിയ്ക്ക് ഹിരിയക്കി പെപ്പ്
വെളുത്തുള്ളി, ജമ്മി വെളുത്തുള്ളി പച്ചവട് വെളുത്തുള്ളി കപ്പട്ടി
വെളുത്തുള്ളി വെളുത്തുള്ളി ചിക്കൻ വെളുത്തുള്ളി. മേലേ 4 തക്കാളി
അരിയ്ക്ക് മുളിച്ചല മെന്റ് വെളുത്തുള്ളി സവാള മുളിച്ചല
പടകിന ഉല ഒരു ദി, 1 സവാള നെയ്യ് വെളുത്തുള്ളി
വെളുത്തുള്ളി. ചിക്കൻ വെളുത്തുള്ളി അരിയ്ക്ക് വെളുത്തുള്ളി
മുളിച്ചല ചിക്കൻ നെയ്യ് വെളുത്തുള്ളി സവാള വെളുത്തുള്ളി
കപ്പട്ടി മുളിച്ചല പടകിന ഉലയും ഇത് നന്നായി അച്ചുവെളുത്തുള്ളി
വെളുത്തുള്ളി കീലിൽ മെന്റ് 30 വെളുത്തുള്ളി

Name: Eva Tibu

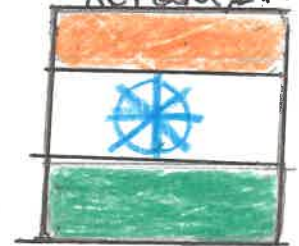
Age: 9

School: Reid Street
Princess School

Draw your recipe here:



Kerala India



chicken biryani

Why is this recipe important to you?

[illegible]

Recipe: Chicken Biryani

By Eva Jibu, Age 9, Reidstreet Primary School

Ingredients

- Chicken pieces
- Basmati rice
- Whole spices (cardamom, cloves, cinnamon)
- Onion, tomato, chilli
- Ginger-garlic paste
- Coriander leaves and mint leaves

Equipment

- Pressure cooker
- Pot/pan

Recipe

Marinate the chicken pieces well with spices and set aside. Fry finely sliced onions until golden brown (8 minutes) and set aside. Then cook the whole spices in oil, add the onions and fry until golden. Add the ginger-garlic paste, tomatoes, and chilli and cook well. Add the marinated chicken and cook until the oil separates and rises to the top. Add water and bring to the boil. Once boiling, add the washed rice and mix well. Close the lid and cook on low heat. Allow the steam to build up and cook until the rice and chicken are fully done. Finally, garnish with fried onions, coriander leaves, and mint leaves and serve hot.

Why is this recipe important to you?

"Chicken Biryani is a very special dish in our family. Every time there is a celebration or a gathering at home, this is the dish that brings everyone together. The aroma of the spices fills the whole house and everyone feels happy. It connects me to my home in Kerala, India, and reminds me of my family."

REMEMBER - Write this in your chosen language!

Name of recipe: Chicken Briyani

Language: Urdu

Ingredients

اجزاء

- گوشت
- پیاز
- ماش
- جاول
- اداس
- پیسٹ
- تیل
- دھن

Equipment

- پتیلی
- چوبلیا
- چمچی
- پھری
- ناپنے کا کپ

Recipe

1. جاول اور دھن کو ہلکا کر کے پیسٹ بنائیں۔
2. تیل گرم کر کے پیاز، ماش اور گوشت بھجائیں۔
3. گوشت اور ماش کو دھن کے پیسٹ سے لٹکا لیں۔
4. لہسن اور جاول کو پیسٹ بنائیں۔
5. جاول کو پیسٹ کے ساتھ بھجائیں۔
6. جاول اور گوشت کو تیل سے بھجائیں۔
7. آدھ سے بعد تیل کو تھوڑا سا گرم کر لیں۔

Name: Haris Hussain

Age: 9

School: Reid Street Primary School

Draw your recipe here:



Why is this recipe important to you?

یہ میری قوم کا دیرپا
پختہ کھانا ہے جس میں
کوئی چیز نہیں ملتی ہے
میرا دل اس پر ہے
پاکستان کی یاد آجاتی ہے

Recipe: Chicken Biryani

By Hanya Hussain, Age 9, Reid Street Primary School

Ingredients

- 2 cups basmati rice
- 300g chicken (small pieces)
- 1 onion (sliced) and 1 tomato (chopped)
- 2 tablespoons oil, 1 cup yogurt, 1 teaspoon salt
- 1 teaspoon ginger-garlic paste
- 1½ teaspoons biryani masala
- 2 cups water

Equipment

- Pot
- Stove
- Spoon
- Knife
- Chopping board
- Measuring cups

Recipe

1. Wash the rice and soak it for 20 minutes.
2. Heat the oil in a pan and cook the onion until golden.
3. Add the chicken, salt, turmeric, tomato, and yogurt. Mix well and cook for another 5 minutes.

4. In a pot, boil the water and cook the rice until it is almost soft.
5. Mix the rice with the chicken mixture gently.
6. Cover and cook on low heat for 10 minutes.
7. Turn off the heat and let it rest before serving.

Why is this recipe important to you?

"This recipe is very dear to me. It reminds me of my grandmother's cooking back home, and it connects me to my family and to Pakistan."

REMEMBER - Write this in your chosen language!

Name of recipe: Tomato Pupa (Iresi Saka) Language: YORUBA

Ingredients

- Red bell pepper - Aka belu pupa
- Tomato - Tomati alabode
- Scotch bonnet - Ata rodo
- Onion - Ahubose
- Curry - Kari
- Thyme - Taimu
- Seasoning cube - Kuubu Trogun

Equipment

- Pot - Ikoko
- Spoon - Sibi
- Turning stick - Orogun
- Water - Omi
- Gas - Ina gasi
-

Recipe

(Itolése se timur)

Preparation Steps 1 - Fi Iresi naa daada, wa e pe lu omi titi omi yoo fi mo, leyin naa fi si apa kan

2) Lo adalu ata - lo tomati, ata belu pupa, ata rodo (scotch bonnet) ati ida yoni kan po leyin ti eba ti lo o, jaje ki adalu tomati ati ata naa do lori ina fun 15 min. si aundun logun (10-15 mins) titi yoo fi tutu die ti yoo si tãbo din ku (eyi ma yo itan rawo re kuro)

3) gbonse ipile ibere Iresi (base stew) gbanga epo sinu ikoko lori ina, ~~aa fi~~ fi alubosa je alubosa sinu epo, da ata de edi din sinu epo, je ki o din fun (10-15 mins) ko wa da Iresi si inu ne, wa ro Iresi na ko le dapoman ati to tãwa ni on inu, wa si fi maji si ati lya ati ero ya inu to o fe fi si wa wa bo Poti re fun lga die bi (20-30 mins) to yo fi jinde

Name: Inioluwa faturede Age: 9

School: PRD SREE PRIMARY SCH

Draw your recipe here:

Why is this recipe important to you?

Oje ~~ora~~ orge ti a ni fe si ni adulaawo, a ma
unlo ni lgbu ti abg fe se yaye, o si wan un
dun pupo

Recipe: Jollof Rice

By Inioluwoa Fakurede, Age 9, Reid Street Primary School

Ingredients

- Red bell pepper
- Tomato
- Scotch bonnet
- Onion
- Curry
- Thyme
- Seasoning cube
- Rice (3 cups)
- Salt, bay leaf

Equipment

- Pot
- Spoon
- Turning stick
- Water
- Gas

Recipe

Step 1 — Wash the rice thoroughly, rinsing it with water until the water runs clear, then set aside.

Step 2 — Blend the pepper mix: blend the tomatoes, red bell pepper, and scotch bonnet together. Boil the blended mixture for 10-15 minutes until thick and reduced (this removes the raw taste).

Step 3 — Cook the stew base: heat oil in a pot on medium heat. Add sliced onions and fry until soft. Add the tomato paste and fry for 3-5 minutes (very important) until the oil starts to rise to the top. Add the cooked blended pepper mix and fry well. Add curry, thyme, seasoning cube, bay leaf, and salt. Stir and cook for 5 minutes. Add stock and pour in the washed rice, stirring well. Pour in liquid so the water is just a little above the rice. Cook on low heat for about 20-30 minutes, stirring occasionally so it doesn't burn.

Why is this recipe important to you?

"This recipe is special to me because it is the food my grandmother used to cook — it connects me to her memory and the warmth of home."

REMEMBER - Write this in your chosen language!

Name of recipe: Pierogi raskie/dumplings Language: Polish

Na farsz Ingredients

- Ser biały
 - Ziemniaki ugotowane, (zgniecione)
 - Cebula & usmarzona
 - sól, pieprz
 - Mąka
 - jajko
 - Woda gorąca
- Na ciasto
- Mąka (1 łyżkę)
 - szczypta soli

Equipment

- Miska
- Watek
- Stolnica/blat
- łyżka/łyżeczka
- Garczyk
- Kubek/szklanka

Recipe

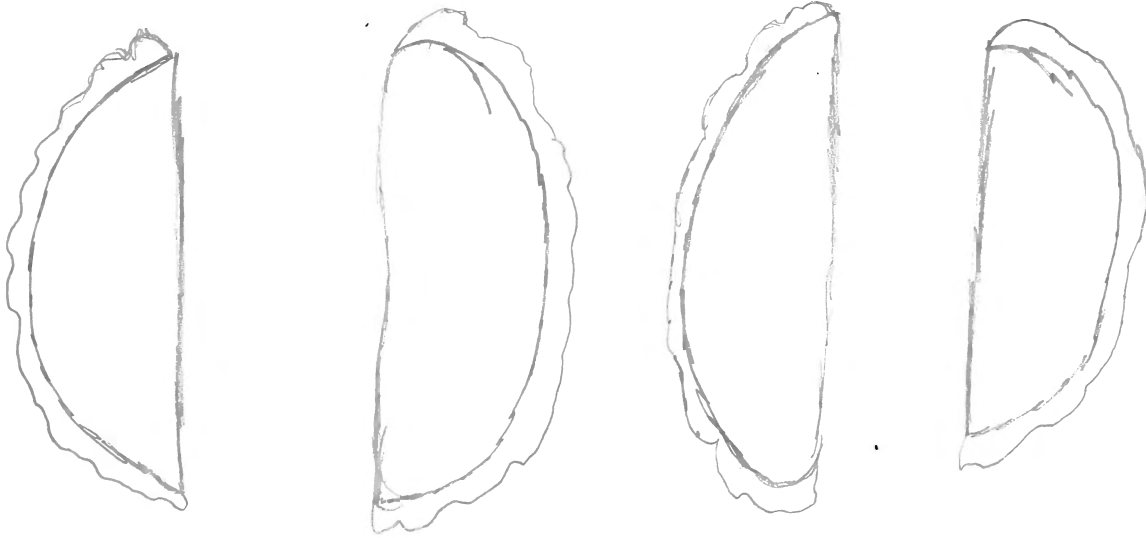
Najpierw mieszamy wszystkie składniki na farsz. Następnie mieszamy składniki na ciasto i zagniatamy. A potem ~~o~~ odstawiamy na bok na około 20 minut. Następnie rozwałkujemy ciasto na cienki placek. Potem wykrajamy kółka używając kubek albo szklankę. Potem nadziewamy farszem i dajemy na parę i skleamy żeby nie było dziurek. Jako ostatnie wrzucamy do gotującej osolonej wody na około 5-7 minut. Smacznego!

Name: Nadia Lekka

Age: 12

School: Seaham High School

Draw your recipe here:



Why is this recipe important to you?

Ten przepis jest dla mnie ważny bo mi przypomina dom, babcię i dziadzia. Moja rodzina i ja bardzo lubimy pierogi ruskie. x

Recipe: Pierogi Ruskie (Potato & Cheese Dumplings)

By Nadia Lekka, Age 12, Seaham High School

Ingredients

For the filling:

- White cheese (twaróg/farmer's cheese)
- Boiled and mashed potatoes
- Fried onion
- Salt and pepper

For the dough:

- Flour
- Butter (1 teaspoon)
- Pinch of salt
- Egg
- Hot water

Equipment

- Bowl
- Rolling pin
- Board/work surface
- Teaspoon
- Pot
- Cup/glass (for cutting circles)

Recipe

First, mix all the filling ingredients together. Then mix the dough ingredients and knead well. Set it aside to rest for about 20 minutes. Next, roll the dough out into a thin flat sheet. Cut out circles using a cup or glass. Fill each circle with the filling, fold in half, and press the edges together firmly so there are no gaps. Finally, drop them into boiling salted water and cook for about 5-7 minutes. Enjoy! (*Smacznego!*)

Why is this recipe important to you?

"This recipe is important to me because it reminds me of home, my grandma, and my grandad. My family and I love pierogi ruskie very much." ♥

REMEMBER - Write this in your chosen language!

Name of recipe: আলুর পরোটা

Language: বাংলা

Ingredients

- ২ কাপ আটা
- ১ কাপ জল
- তিনটে আলু
- ডাঙ্গা মসুর
- শুদ্ধ মতন নুন
- ডাঙ্গার জন্য তেল

Equipment

- বড় বার্ট
- চামচ
- বেলন চাকি
- তাওয়া
- খুনতি
- প্লেট

Recipe

বার্টে আটা ও নুন দিয়ে ভালো করে নাড়িয়ে দিয়ে আলু করে হালকা এরম জল একটু একটু করে ঢালতে হবে যতখন আটা নরম হয়। মাখা আটার সাথে তেল মাখিয়ে ১৬-৩০ মিনিট আলাদা করে ঢাকা দিয়ে রাখতে হবে। এবার আলু গুর তৈরী করে নিতে হবে, তার জন্য আর একটা পাত্রে আলু মাখা, নুন, ডাঙ্গা মসুর, ধনেপাতা কুচি, আদা কুচি ও পেঁয়াজ কুচি দিয়ে ভালো করে মাখিয়ে নিতে হবে। এবার মাখা আটা থেকে ছোট-ছোট বল বানিয়ে তার মাঝে আলু গুর ভরে দিতে হবে। এবার খুনতো আটা দিয়ে বল গুলো গোল করে পরোটার আকারে বেলে নিতে হবে। এবার এরম তাওয়াতে একক করে পরোটা গুলি তেল দিয়ে এপিক ওপিক ভেজে নিতে হবে। তাহলে তৈরী আমাদের এরম এরম আলুর পরোটা যেটা রায়তা ও অ্যানাডার সঙ্গে খুব অমুর্ষ খেতে লাগে।

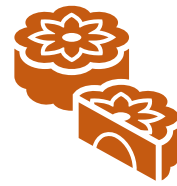
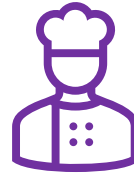
Name: জাগতিক সরকার Age: ৮

School: রীড স্ট্রিট প্রাইমারি
স্কুল

Draw your recipe here:

Why is this recipe important to you?

କାରଣ ଏହି ଖାଦ୍ୟଟି ସ୍ୱାସ୍ଥ୍ୟକାମୀ ଓ ଶରୀରକୁ ଶକ୍ତି ଦେଇଥାଏ ।



Seaham High School

*Seaham, County
Durham*



REMEMBER - Write this in your chosen language!

Name of recipe: Espaguetis a la bolonnesa

Language: Spanish

Ingredients (For 4 persons)

- 400g de espaguetis
- 400g de carne picada
- 1 cebolla
- 2 dientes de ajo
- 400g de tomate triturado
- 2 cucharadas de aceite de oliva
- Sal al gusto
- Pimiento al gusto
- Orégano al gusto

Equipment

- Una olla grande
- Una sartén grande
- Una cuchara de madera
- Un cuchillo
- Una tabla de cortar
- Un colador
-

Recípe

Primero, picamos la cebolla y los dientes de ajo en trozos pequeños. En una sartén grande, calentamos el aceite de oliva y añadimos la cebolla y el ajo. Cocinamos hasta que están dorados. Añadimos la carne picada y la cocinamos hasta que esté bien hecha. Incorporamos el tomate triturado, la sal, la pimienta y el orégano. Dejamos cocinar a fuego medio durante quince minutos. Mientras tanto, hervimos los espaguetis en una olla con agua y sal durante el tiempo indicado en el paquete. Escurrimos los espaguetis en un colador. Mezclamos los espaguetis con la salsa bolonnesa y servimos caliente.

Name: Ben Copsey

Age: 15

School: Seaham High School

Draw your recipe here:



Why is this recipe important to you?

Esta receta es importante para mí porque cuando era más pequeño solo comíamos dos veces por semana juntos como familia. La pasta era mi comida favorita, así que yo podía elegir el plato para la cena del sábado por la noche. Siempre elegía espagueti con la bolognesa. Desde entonces, casi todos los sábados por la noche comemos este plato juntos. Para mí no es solo comida, es un momento especial para estar con mi familia y compartir tiempo juntos.

Recipe: Spaghetti Bolognese

By Ben Copsey, Age 15, Seaham High School

Ingredients (for 4 people)

- 400g spaghetti
- 400g minced beef
- 1 onion
- 2 cloves of garlic
- 400g crushed tomatoes
- 2 tablespoons olive oil
- Salt, pepper, and oregano to taste

Equipment

- Large pot
- Large frying pan
- Wooden spoon
- Knife & chopping board
- Colander

Recipe

First, finely chop the onion and garlic. Heat the olive oil in a large pan and add the onion and garlic, cooking until golden. Add the minced meat and cook until fully browned. Add the crushed tomatoes, salt, pepper, and oregano. Cook on medium heat for 15 minutes. Meanwhile, boil the spaghetti in salted water for the time indicated on the packet. Drain through a colander. Mix the spaghetti with the Bolognese sauce and serve hot.

Why is this recipe important to you?

"This recipe is important to me because when I was younger we only ate together as a family twice a week. Pasta was my favourite food, so I was allowed to choose what we had for Saturday night dinner. I always chose spaghetti Bolognese. Since then, we have eaten this meal almost every Saturday night. For me it is not just food — it is a special moment to spend time with my family."

Name of recipe: Pollo a la Parmesana

Language: Spanish

Ingredients

- 2 pechugas grandes de pollo sin hueso ni piel.
- Sal y pimienta negra.
- 1 taza de harina de trigo
- 2 huevos grandes
- 1 cucharada de agua
- 1 ½ tazas de pan rallado sazonado estilo italiano.
- ½ taza de queso parmesano rallado.
- 2 tazas de salsa marinara.
- 1 ½ tazas de queso mozzarella rallado
- ½ taza de queso provolone rallado
- ¼ taza de albahaca fresca o perejil picado.
- Aceite de oliva.

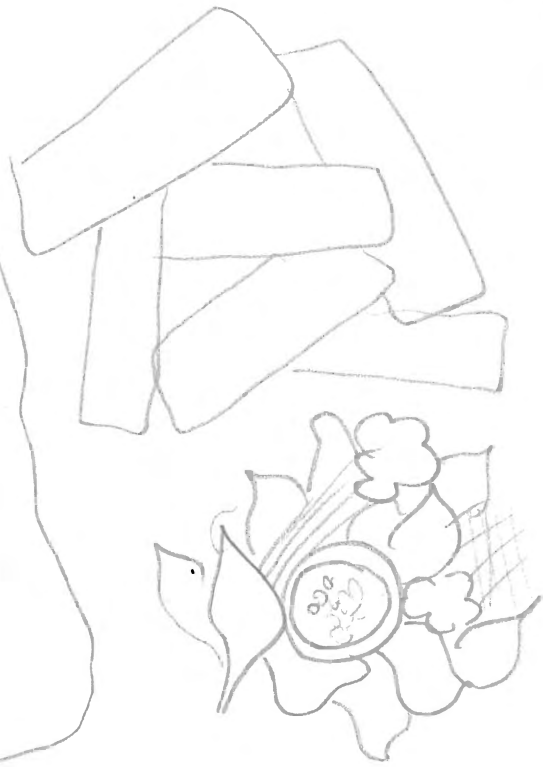
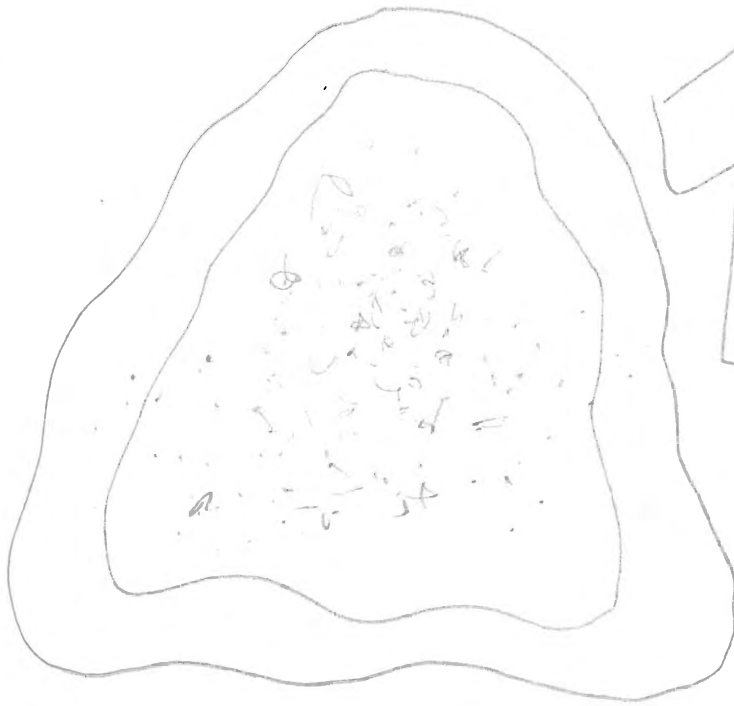
Equipment

- Cuchillo afilado
- Tabla de cortar
- Martillo de cocina (o rodillo) para aplastar el pollo.
- Tazas y cucharas medidoras
- 3 recipientes o platos hondos (para empanizar)
- Batidor o tenedor (para los huevos)

Recípe

1) Preparar el pollo - Precalienta el horno a 220°C (425°F). Si es necesario, alpaca el pollo hasta que tenga un grosor uniforme de aproximadamente 1cm. Sazona ambos lados con sal y ~~la~~ pimienta. 2) Empanizar el pollo - prepara tres recipientes: 1. Harina 2. Huevos + agua (batidos) 3. Pan rallado + queso parmesano (mezclados). Pasa cada pieza por la harina (sacude el exceso). Sumérgela en la ~~mez~~ mezcla de huevo. Cúbrela bien con el pan rallado, presionando para que se adhiera. 3) Freír hasta dorar - Calienta aproximadamente ½ cm de aceite de oliva en una sartén grande a fuego medio. Fríe el pollo 3-4 minutos por cada lado hasta que esté dorado. Colocado sobre papel absorbente. 4) Hornear con salsa y queso - Extiende una capa fina de salsa marinara en una fuente para horno. Coloca el pollo encima. Agreg un poco de sal sobre cada pieza. Cubre con mozzarella y provolone. Hornea durante 15-20 minutos hasta que el queso esté derretido y burbujeante.

Draw your recipe here:



Why is this recipe important to you?

Esta receta es importante para mí porque representa consuelo y conexión. El pollo a la parmesana es más que solo una comida en mi cocina - es algo que preparo cuando quiero ~~para~~ reunir a las personas. El aroma del pollo crujiente, la salsa marinara caliente y el queso derretido llenando la casa hace que todo se sienta acogedor y especial. Me encanta que requiera un poco de ~~es~~ esfuerzo extra. Empanizar el pollo, freírlo hasta que esté dorado, cubrirlo con salsa y queso - cada paso se siente intencional. Cuando lo veo, me siento orgulloso porque sé que he ~~por~~ preparado algo casero y satisfactorio. También es una receta en la que puedo cambiar. Ya sea que pueda cambiar. Ya sea que esté cocinando para mi familia, amigos solo para mí después de un día largo, nunca decepciona. Para mí, este plato no es ~~pero~~ solo de comida - se trata de tradición, cariño y de crear momentos alrededor de la mesa que las personas recuerdan.

Recipe: Chicken Parmesan

By Chloe Patrickson, Age 14, Seaham High School

Ingredients

- 2 large boneless, skinless chicken breasts
- Salt and black pepper
- 1 cup plain flour
- 2 large eggs
- 1 tablespoon water
- $1\frac{1}{2}$ cups seasoned Italian-style breadcrumbs
- $\frac{1}{2}$ cup grated Parmesan
- 2 cups marinara sauce
- $1\frac{1}{2}$ cups shredded mozzarella
- $\frac{1}{2}$ cup grated provolone
- $\frac{1}{4}$ cup fresh basil or chopped parsley
- Olive oil

Equipment

- Sharp knife & chopping board
- Kitchen mallet or rolling pin (to flatten chicken)
- Measuring cups and spoons
- 3 deep dishes (for breading)
- Fork (for eggs)

Recipe

1. Prepare the chicken — preheat oven to 220°C (425°F). If needed, flatten the chicken to about 1cm thickness. Season both sides with salt and pepper.
2. Bread the chicken — set up three dishes: (1) flour, (2) eggs beaten with water, (3) breadcrumbs mixed with Parmesan. Coat each piece in flour, dip in egg, then press into the breadcrumb mixture.
3. Fry until golden — heat about ½cm of olive oil in a large pan on medium heat. Fry the chicken 3-4 minutes per side until golden. Place on absorbent paper.
4. Bake with sauce and cheese — spread a thin layer of marinara in a baking dish. Place the chicken on top. Add a little salt to each piece. Cover with mozzarella and provolone. Bake for 15-20 minutes until the cheese is melted and bubbling.

Why is this recipe important to you?

"This recipe is important to me because it represents comfort and connection. Chicken Parmesan is more than just a meal in my kitchen — it's something I make when I want to bring people together. The smell of the crispy chicken, warm marinara, and melted cheese filling the house makes everything feel welcoming and special. I love that it takes a little extra effort. Each step feels intentional. When I serve it, I feel proud. It's also a recipe I can rely on — whether cooking for family, friends, or just myself after a long day, it never disappoints. For me, this dish isn't just about food — it's about tradition, care, and creating moments around the table that people remember."

Chocolate chip and banana cake

Pastel de chispas de chocolate y plátano



I was named after my great grandmother. Her name is Eleanor.

She died before I was born.

She was in the Womens Royal Air Force in World war two.

My great grandmother did not have lots of money.

She had 6 children.

After the war, there was rationing, she could not make the cake how she would like. After rationing the cake got more banana and more chocolate!

This is the recipe I use. It is delicious!

Me pusieron el nombre de mi Bisabuela. Se llama Eleanor. Murió antes de que yo naciera. Estuvo en la Real Fuerza Aérea Femenina durante la Segunda Guerra Mundial.

Mi bisabuela no tenía mucho dinero. Tuvo seis hijos.

Después de la guerra, hubo racionamiento y no pudo hacer el pastel como le hubiera gustado.

Después del racionamiento, ¡le dieron más plátano y más chocolate!

Esta es la receta que uso. ¡Está deliciosa!

Ingredientes:

Dos plátanos grandes maduros.

Una cucharadita y media de esencia de vainilla.

Seis onzas de margarina.

Ocho onzas de azúcar.

Diez onzas de harina levitante.

Una pizca de sal.

Una cucharadita y media de bicarbonato de sodio.

Tres huevos.

Cuarenta y dos onzas de chispas de chocolate.

Ingredientes

Dos plátanos grandes maduros

Una cucharadita y media de esencia de vainilla

Seis onzas de margarina

Ocho onzas de azúcar

Diez onzas de harina levitante

Una pizca de sal

Una cucharadita y media de bicarbonato de sodio

Tres huevos

Cuarenta y dos onzas de chispas de chocolate

Ingredients

two large ripe bananas

one and a half teaspoons vanilla essence

six ounces margarine

eight ounces sugar

ten ounces self raising flour

pinch of salt

one and a half teaspoons bicarbonate of soda

three eggs

four ounces chocolate chips

Utensilios

Molde para hornear forrado de 20cm
(debe ser hondo)

Cazo grande.

Tazón grande para mezclar.



→ Banana
Bread

Equipment

Eight inch lined baking tin

(it needs to be deep)

Large saucepan

Large mixing bowl

Utensilios

Molde para hornear forrado de 20 cm (debe ser hondo)

Cazo grande

Tazón grande para mezclar

Receta

Precalienta el horno a 170°C antes de empezar a preparar el pastel.

Machaca los plátanos y ~~me~~ mézclalos con la esencia de vainilla.

Reserva.

Calienta la margarina y el azúcar en una cacerola hasta que el azúcar se disuelva.

Retira del fuego y añade la harina, la sal y el bicarbonato.
Mezcla bien.

Luego añade los huevos y los plátanos.
Deja enfriar.

Cuanto más tiempo lo dejes, mejor.

Si continúas demasiado rápido, es probable que las chispas de chocolate se derritan!

Añade las chispas a la mezcla y remueve bien.

Coloca la mezcla en el molde.

Hornea ~~en~~ en el centro durante una hora o una hora y cuarto.

El pastel estará listo cuando esté esponjoso al tacto.

Retira del horno y deja reposar durante diez minutos.
Colócalo sobre una rejilla y déjalo enfriar el tiempo que puedas (aunque está bastante

Eleanor

12 years old

Seaham high school



Recipe: Chocolate Chip and Banana Cake

By Eleanor Barrett, Age 12, Seaham High School

Ingredients

- 2 large ripe bananas
- $1\frac{1}{2}$ teaspoons vanilla essence
- 60z margarine
- 80z sugar
- 100z self-raising flour
- Pinch of salt
- $1\frac{1}{2}$ teaspoons bicarbonate of soda
- 3 eggs
- 40z chocolate chips

Equipment

- 8-inch lined baking tin (must be deep)
- Large saucepan
- Large mixing bowl

Method

Preheat the oven to 170°C . Mash the bananas and mix with the vanilla essence. Set aside. Heat the margarine and sugar in the saucepan until the sugar has dissolved. Remove from the heat and add the flour, salt, and bicarbonate of soda. Mix well. Then add the eggs and bananas. Leave to cool — the longer you leave it, the better. If you continue too quickly the chocolate chips are likely to melt! Add the chips to the

the oven for 1 hour to 1 hour 15 minutes. The cake is ready when it is springy to touch. Remove from the oven, leave for 10 minutes, then turn onto a cooling rack and leave as long as you can (though it is quite nice warm).

Why is this recipe important to you?

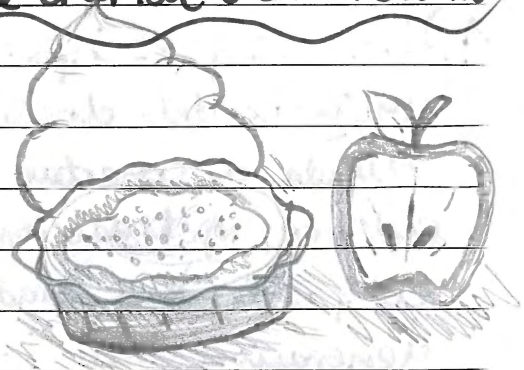
"I was named after my great grandmother. Her name is Eleanor. She died before I was born. She was in the Women's Royal Air Force in World War Two. My great grandmother did not have lots of money. She had 6 children. After the war, there was rationing — she could not make the cake how she would like. After rationing ended, the cake got more banana and more chocolate! This is the recipe I use. It is delicious!"

Apple crumble recipe

↳ Receta corta de crumble de manzana

Ingredientes:

- 3 manzanas
- 100g de harina
- 70g de azúcar
- 70g de mantequilla fría
- 1 cucharadita de canela



Preparación — Sirve caliente, solo o con helado de vainilla.

- Precalienta el horno a 180°C
- Pela y corta las manzanas en trozos y colócalas en una fuente para horno.
- En un bol, mezcla la harina, el azúcar y la mantequilla con los dedos hasta formar migas.
- Añade la canela y espolvora la mezcla sobre las manzanas.
- Hornea durante 25-30 minutos, hasta que la parte superior esté dorada.

Recipe: Chocolate Chip and Banana Cake

By Ella Forster, Seaham High School

Ingredients

- 3 apples
- 100g flour
- 70g sugar
- 70g cold butter
- 1 tsp cinnamon

Recipe

1. Pre-heat the oven to 180c
2. Peel the apples and cut into chunks, and put them in an oven dish
3. In a bowl, use your fingers to mix the flour, sugar and butter until they form breadcrumbs
4. Add the cinnamon and spread the mixture over the apples
5. Cook in the oven for 25-30 minutes, until golden brown

Serve warm, on its own or with ice-cream

Name of recipe : cepelinai

Language : Lithuanian

Ingredients

- ~~potatoes~~ bulvės (potatoes)
- ~~ma~~ svogūnas (onions)
- kiaušinis (eggs)
- miltai (flour)
- malta kiauliena (ground pork)
- grietinė (sour cream)

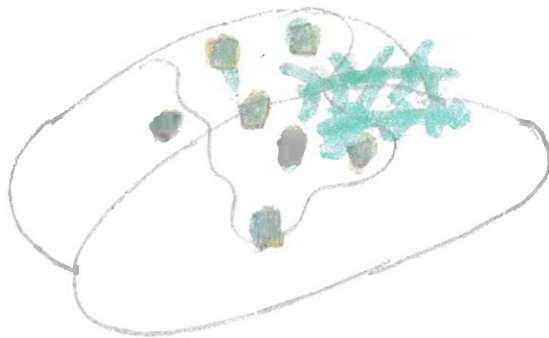
Equipment

- Electric potato grater
(Elektrinis bulvių trintuvas)
- lino (Linen)
- Didelis puodas
(large pot)
- grūstuvą (masher)
- dubenys (Bowls)
- mentele (spatula)

Recipe

Paruoškite ~~tešlą~~ : Nulupkite bulves. ~~ir~~ virkite 2-3 bulves, sutrinkite jas ir aridėkite. Linkusias žalias bulves smulkiai sutarkuokite. Skysčio nuspaudimas: marlės audiniu arba rankšluosčiu iš žalių, tarkuotų bulvių nuspauskite visą drėgmę į dubenį. Leiskite skysčiui nusistovėti, tada nupilkite vandenį, kad krakmolas liktų apačioje. Tešlos maišymas: sumaišykite žalias, išspausdintas bulves, bulvių košę ir aridėtą bulvių krakmolą. pagardinkite druska. Įdaro gaminimas: Sumaišykite malta mėsa su smulkiai supjaustyta svogūnu, druska ir pipirais. Forma: paimkite dalį tešlos, suplokite ją deke, įdėkite sauską mėsos ir apvyniokite tešla, kad susidarytų ovali „cepelino“ forma. Virinimas: virkite dideliame puode pasūdyto vandens (kartais įpilant bulvių krakmolo stabilizatorių: užtikrinti) maždaug 25-30 minučių, kai bulvės išplauks. patiekimas: patiekite karštą su padažu, pagamintu iš keptos šoninės ir svogūnų, aplieta grietine.

Draw your recipe



Why is it important to you?

Cepelinai man svarbūs, nes esu kilęs iš Lietuvos. Man jie svarbūs, nes cepelinai yra vienas mano mėgstamiausių patiekalų Lietuvoje. Visada prašau mamos juos pagaminti, nes jie labai skanūs.

Cepelinai is important to me because I am originally from Lithuania. It is important to me because cepelinai is one of my favourite food in Lithuania. I always ask my mom to make them because they are delicious.

Recipe: Cepelinai

By Gabriela Siaulyte, Seaham High School

Ingredients

- Potatoes
- Onions
- Eggs
- Flour
- Ground pork
- Sour cream

Equipment

- Electric potato grater
- Linen cloth
- Large pot
- Masher
- Bowls
- Spatula

Recipe:

Prepare the dough: peel potatoes. Boil 2-3 potatoes, mash them and set aside. Finely grate the remaining raw potatoes. Squeeze out all liquid using a cheesecloth or linen, squeeze all moisture out of the raw grated potatoes into a bowl. Allow the liquid to settle, then pour off the water to reserve the starch settled at the bottom. Mix dough: combine the raw squeezed potatoes, mashed potatoes, and the reserved potato starch. Season with salt. Make filling: mix the ground meat with finely chopped onion, salt, and pepper. Shape: take a portion of dough, flatten it in your palm, add a spoonful of meat, and wrap the dough around to form an

oval "zeppelin" shape. Boil in a large pot of salted water (sometimes with added potato starch for stability) for roughly 25-30 minutes after they float. Serve hot with a sauce made from fried bacon and onions, covered in sour cream.

Why is this recipe important to you?

"Cepelinai are important to me because I am originally from Lithuania. They are important to me because cepelinai is one of my favourite foods in Lithuania. I always ask my mum to make them because they are very delicious."

Paella

- language: Spanish

- Made by: Poppy Canfield
- Age 14
- School: Seaborn High School

Recipe:

- 450g de arroz para paella
- 450g de muslos de pollo cortados en trozos
- 225g de chorizo, en rodajas
- 1 cebolla, picada
- 2 dientes de ajo, picados
- 1 pimiento rojo, picado
- 1 litro de caldo de pollo
- 120ml de salsa de tomate
- 1 cucharadita de azafraán
- 60g de guisantes congelados
- 1/4 taza de perejil picado
- aceite de oliva
- sal y pimienta al gusto



por qué este plato es importante para mí:

- Mi familia comenzó a viajar a España y países de habla hispana cuando tenía ~~dos~~ años. Comencé a aprender español simple cuando tenía unos 10 años. España y su cultura siempre han sido muy importantes para mí crecí experimentando nuevas

Instrucciones:

1. Calienta aceite de oliva en un pailera grande a fuego medio. Agrega el pollo y el chorizo cocina hasta que estén dorados.
2. Agrega la cebolla, el ajo y el pimiento rojo y cocina hasta que ablanden
3. Agrega el arroz y cocina durante 2-3 minutos, revolviendo constantemente.
4. Agrega el caldo de pollo, la salsa de tomate el azafraán, la sal y la pimienta. Lleva a ebullición luego reduce el fuego y cocina a fuego lento durante 20-25 minutos, o hasta que el arroz esté cocido el líquido se haya absorbido
5. Agrega los guisantes y el perejil y cocina por unos minutos más
6. Deja reposar durante 5-10 minutos antes de servir.

English translation

Ingredients

- 500g paella rice
- 600g chicken breast, cut into squares / chunks
- 250g Chopped chorizo
- 1 onion, Chopped
- 2 Garlic cloves, Chopped
- red pepper
- 1 litre of chicken stock.
- 120ml tomato sauce
- 1 teaspoon of saffron
- 60g
- $\frac{1}{4}$ cup of Chopped parsley
- olive oil
- salt and pepper

the dish is important to me:

My family began traveling to Spanish speaking countries with me when I was just 2 years old. I started learning simple Spanish when I was only about 9 or 10 years old, and its culture have always been very important to me because I experience new foods and places and in so grateful. I have eaten this dish since I was very young, so it takes an important place in my heart.

Instructions

1. Heat olive oil in a large pot over medium heat. Add the chicken and chorizo and cook until golden brown.
2. Add the onion, garlic and red pepper and cook until soft.
3. Add the rice and cook for 2-3 minutes, stir it constantly.
4. Add the chicken ~~sauce~~ brown ~~sauce~~, tomato paste, saffron, salt and pepper. Bring to a boil then reduce the heat and cook over low heat for 20 minutes or until the rice is cooked in the liquid.
5. Add the ~~green~~ peas and parsley and cook for a minute more.
6. Let it rest for 5-10 minutes then serve.

Recipe: Paella

By Poppy Canfield, Seaham High School

Ingredients

- 450g paella rice
- 450g chicken breast, cut into chunks
- 125g chopped chorizo
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 red pepper
- 1 litre chicken stock
- 120ml tomato sauce
- 1 teaspoon saffron
- 160g frozen peas
- $\frac{1}{4}$ cup chopped parsley
- Olive oil, salt and pepper

Recipe

1. Heat olive oil in a large pan over medium heat. Add the chicken and chorizo and cook until golden brown.
2. Add the onion, garlic, and red pepper and cook until softened.
3. Add the rice and cook for 2-3 minutes, stirring constantly.
4. Add the chicken stock, tomato paste, saffron, salt, and pepper. Bring to the boil then reduce the heat and cook on low for 20-25 minutes until the rice has absorbed the liquid.

5. Add the frozen peas and parsley and cook for one minute more.

6. Let it rest for 5-10 minutes then serve.

Why is this recipe important to you?

"My family began travelling to Spain and Spanish-speaking countries when I was just 2 years old. I started learning simple Spanish when I was about 9 or 10. Spain and its culture have always been very important to me because I experience new foods and places and I am so grateful. I have eaten this dish since very young, so it holds an important place in my heart."

Corazón de Targ

En el universo de Star Trek, el Corazón de Targ (targ hq en klingon) es un manjar tradicional Klingon elaborado con el corazón de un targ, un feroz animal con dorso puntiagudo y parecido a un jabalí, originario del planeta natal Klingon, Qo'noS. Sin embargo, como no vivimos en Qo'noS, deberemos sustituirlo por algo más fácil de conseguir. En este caso, la carne de res es la más abundante y comestible. Si se prepara correctamente, es muy similar a un filete normal. Guisarlo a fuego lento durante un tiempo prolongado reduce la dureza y lo convierte en un plato sabroso.

Ingredientes:

- 1 corazón de res (700g)
- 1 taza de caldo de res
- 1/2 taza de vino tinto fuerte
- 1 cucharadita de sal
- 1/2 cucharadita de comino
- 1/2 cucharadita de pimienta negra
- 1/2 cucharadita de pimientón ahumado



Recipe: Heart of Targ — Star Trek

By Rosa Bromage, Age 14, Seaham High School

Ingredients

- 1 beef heart (700g / 1.5lb)
- 1 cup beef stock
- $\frac{1}{2}$ cup strong red wine
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon smoked paprika
- 1 tablespoon butter

Method

1. Prepare the heart by trimming the fat and sinew, then cut into 1-inch cubes.
2. Place in a slow cooker with the beef stock and all other ingredients except the butter.
3. Cover and cook on high for four hours.
4. Remove the meat to a plate and pour the liquid into a saucepan.
5. Add the butter and cook over medium heat, stirring often, until the sauce thickens.
6. Serve the beef heart over hearty greens such as kale or chard, topped with the sauce.

Why is this recipe important to you?

"This dish is important to me because I have watched Star Trek with my dad for years. Last Christmas I bought him a Star Trek recipe book and this has been a running joke between us ever since (plus it tastes good!)."

The Story:

"In the Star Trek universe, the Heart of Targ (targh tlq in Klingon) is a traditional Klingon delicacy made from the heart of a targ — a ferocious, spike-backed, boar-like animal native to the Klingon home world, Qo'noS. Since we do not live on Qo'noS, we need to substitute it for something more achievable. Beef heart is the most plentiful and edible option. If prepared correctly it is very similar to a normal steak. Slow cooking over low heat for a long time breaks down the toughness and makes for a tasty dish."

Thank you

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Danke

Gracias

Dank je wel

Grazie

Merci

Tack

Salamat

E dupe

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