



Lusk Community College Multicultural Recipe Book





Welcome to Lusk Community College's recipe book. This recipe book has been made to celebrate all the amazing cultures and nationalities in our school, with all the delicious recipes contributed by our students.



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JORDAN AND LEBANON: TABBOULEH

Ingredients:

- $\frac{1}{3}$ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 3 cups finely chopped curly parsley, about 2 bunches
- 1 cup diced English cucumber
- 1 cup cored and diced tomato
- $\frac{2}{3}$ cup cooked bulgur wheat
- $\frac{1}{3}$ cup finely chopped fresh mint
- 2 scallions, chopped

Directions:

1. Mix together the olive oil and lemon juice together to make the dressing
2. Add the bulgur to the dressing while chopping the vegetables.
3. Add the dressing over the chopped veg and mix together



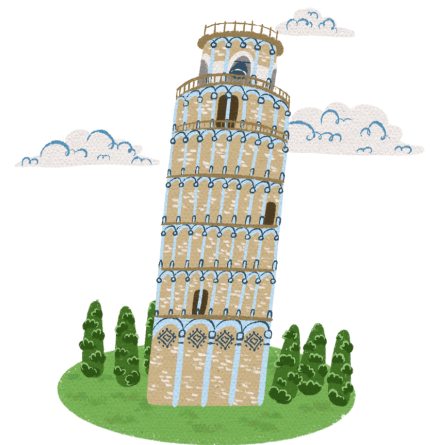
ITALY: SALTIBOCCA

Ingredients:

- 3 veal escalopes (150g each) , veal can be swapped for chicken/pork if preferred
- 6 sage leaves
- 6 slices of prosciutto (ham)
- 50g plain flour
- Splash of olive oil
- Small knobs of butter
- 200ml marsala wine
- Juice from half a lemon
- Green salad, fried potatoes or crusty bread to serve

Directions:

1. Bash out the escalopes until they are about 5mm thick. Place a sage leaf on each one, wrap with prosciutto, press another sage leaf on top and flatten with your hand
2. Dust lightly with seasoned flour
3. Heat the oil and the butter in a large frying pan until foaming, and fry the veal for 4-5 minutes , until the prosciutto is crisp and then remove from the pan.
4. Add the marsala wine to the pan and sizzle to make a sauce, scraping any tasty bits from the bottom..
5. Add the lemon juice to taste
6. Place the veal back in the pan to heat through, then serve with green salad/fried potatoes/crusty bread



SPAIN: TORTILLAS

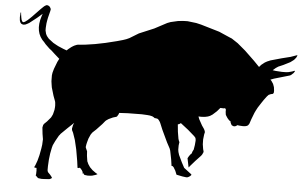
Ingredients:

- 300g potatoes
- 1 onion
- 2 tbsp olive oil
- 5 large eggs



Directions:

1. Peel the potatoes, and cut them into thin slices. Pat the slices dry with a towel
2. Dice the onion and drizzle the oil into a small frying pan over medium heat. Add the onion and potatoes
3. Lower the heat and cook for 25 to 30 mins, or until the onions are turning golden and the potato slices are cooked through.
4. Crack the eggs into a mixing bowl, season with salt and pepper and then whisk together with a fork.
5. When the onions and potatoes are cooked, remove the pan from heat and tip them into the eggs.
6. Transfer the mixture back into the frying pan and cook over a low heat for approximately 20 minutes
7. Use a spatula to carefully lift the edges of the tortilla before flipping it over and allowing the other side to cook for another 5 minutes.
8. Ready to be served



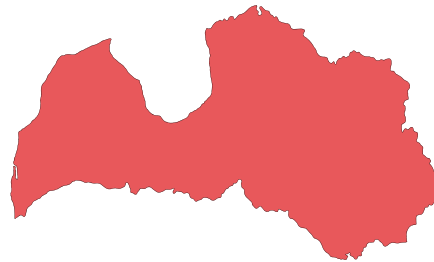
LATVIA: Pīrāgi

Ingredients:

- 500ml milk
- 125ml cream
- 100g sugar
- 4 tsp dry yeast
- 125g butter
- 125g sour cream
- 1 egg
- 1kg plain flour
- 1 tsp salt

For the filling:

- 500mg bacon
- 1 onion
- salt and pepper



Directions:

1. Pour milk and cream in a saucepan and add the sugar. Heat the mixture until it becomes warm.
2. In a large bowl, pour the milk mixture and add butter, sour cream and the whisked egg, combine well.
3. Add yeast, sifted flour, salt and mix until all is combined well to create the dough. Knead the dough until it becomes smooth and does not stick to the hands or the bowl.
4. Cover the bowl with a clean tea towel and place in a warm spot for an hour or until the dough has doubled in size (about 1 to 1 1/2 hours). To speed up the process, place the bowl in a sink filled with hot water.
5. Meanwhile, make the filling: finely cut the bacon and the onion, add a teaspoon of finely ground pepper and combine well.
6. Preheat the oven to 180 degrees. Line a baking tray with baking paper. Whisk the egg in a small bowl and set aside.

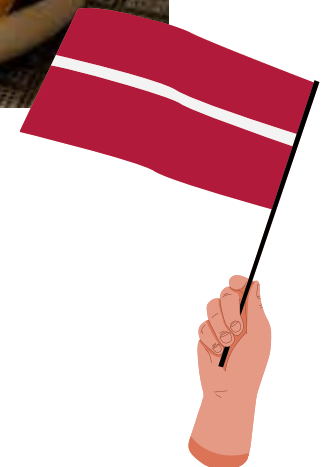
7. Sprinkle some flour on the rolling surface and place the dough on it. Cut it in quarters and work on each quarter at a time by rolling it until the dough is 5 mm thick.

8. Cut out circles from the rolled dough. Place one heaped teaspoon of filling on one side of the circle and fold over. Tightly press the dough together using your fingers, place pīrāgs seam side down and bend in a shape of a half moon (the last bit is optional).

10. Transfer pies on to the baking tray, spaced about 2 cm apart.

Using a pastry brush, brush each pie with the egg wash.

11. Place the tray in the oven and bake for 15-17 minutes until golden brown.



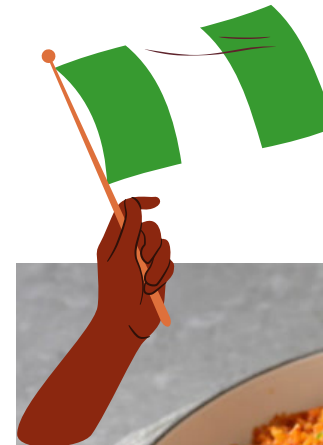
NIGERIA: JOLLOF RICE

Ingredients:

- 400g basmati rice
- 3 red peppers
- 1 white onion, halved
- 2 garlic cloves
- 1 tbsp grated ginger
- 1 Scotch bonnet chilli,
- 5 tbsp vegetable oil
- 100g tomato purée
- 2 bay leaves
- 1 tbsp dried thyme
- 2tsp curry powder
- ½ tsp ground white pepper
- 600ml hot chicken stock, made with 2 stock cubes

Directions:

1. Heat the oven to 200C/180C fan/gas 6.
2. Tip the rice in a sieve, rinse under cold water, drain and set aside.
3. Put the peppers, onion, garlic, ginger and chilli, if using, in a food processor and blitz until chopped.
4. Heat the oil in an ovenproof casserole over a medium heat and fry the tomato purée for 2-3 mins, stirring often.
5. Add the blitzed pepper mixture and fry for 5 mins more, then add the herbs, spices and 1 tsp salt.
6. Fry for a further 1-2 mins, then stir in the rice to coat. Pour in the stock, stir, cover and bake for 45 mins until the rice is tender.



ARGENTINA AND ECUADOR: EMPANADAS

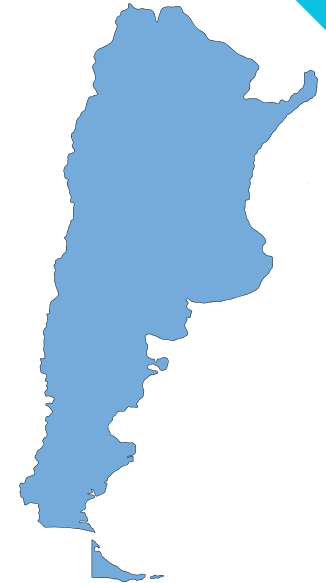
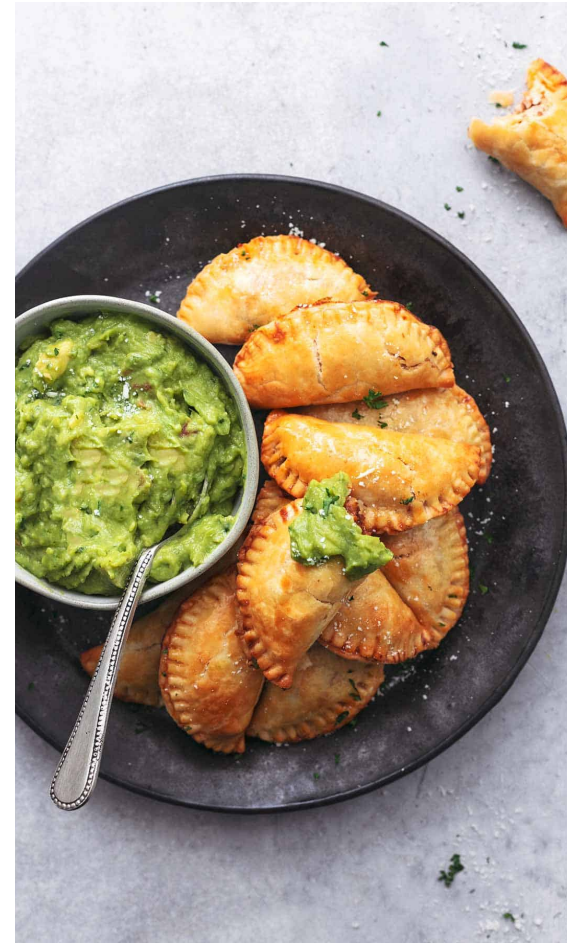
Ingredients:

- 1/2 pound ground beef
- 1/4 onion - diced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 4 ounces diced green chiles
- 4 ounces diced pimento peppers
- 2 tablespoons tomato paste
- 1/2 cup shredded sharp cheddar cheese
- 2 refrigerated pie crusts
- 1 egg



Directions:

1. Mix the flour and butter in a bowl, then add the ice cold water, salt and lemon. Form dough until it's soft. Unroll pie crusts on a clean, flat surface. Cut circles from the dough
2. In a skillet brown the ground beef.
3. Stir in onions, cumin, chili powder, salt, green chiles, and pimento peppers. Saute 2-3 minutes.
4. Stir in tomato paste, followed by the cheese. Remove from heat.
5. Spoon about 2 tablespoons of the beef mixture into the center of each pie crust circle.
6. Fold dough over and use a fork to seal the dough all along the curved edge.
7. Arrange in a single layer on prepared baking sheet. Brush empanadas with egg wash.
8. Bake for 10 minutes or until golden brown.



INDIA: DOSA

Ingredients:

- Urad dal
- Rice
- Salt
- Fenugreek seed



Directions:

1. Soak the rice (3 cups) with a spoonful fenugreek seed and urad dal (1 cup) separately for more than 5-6 hours/over night
2. Grind dal and rice into a smooth paste / batter (table top grinder is ideal)
3. Add salt and let it ferment in large enough bowl (lightly covered for about 6-8 hours in a warm place)

To Make Dosa:

1. Add enough water to the fermented batter until you have a smooth pouring consistency
2. Heat a tawa (pan) and grease with oil, lightly
3. Pour about a half cup of batter to the center of the tawa
4. Using the back of the ladle gently spread the batter
5. Drizzle about 1 tsp of oil around the edge of the dosa to stop it sticking
6. After one minute flip the dosa
7. Cook on the other side for 40-50 seconds and remove from the pan
8. Serve with chutney, sambar (lentil stew) and enjoy



MEXICO: ENCHILADAS

Ingredients:

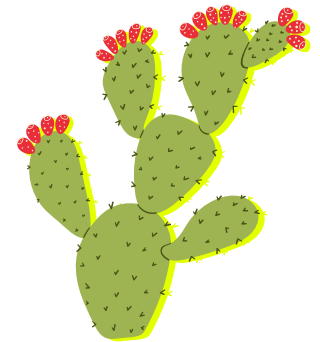
- 2 tablespoons olive oil
- 1 small white onion
- 1 1/2 pounds boneless skinless chicken breasts, diced
- 1 can diced green chiles
- sea salt and freshly-cracked black pepper
- 1 (15-ounce) can black beans, rinsed and drained
- 8 large flour tortillas
- 3 cups Mexican-blend shredded cheese
- 1 batch red enchilada sauce



Directions:

1. Preheat oven to 200 degrees.
2. Sauté the filling mixture. In large sauté pan, heat oil over medium-high heat. Add onion and sauté for 3 minutes, stirring occasionally.
3. Add diced chicken and green chiles, and season with a generous pinch of salt and pepper. Sauté the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through.
4. Add in the beans and stir until evenly combined. Remove pan from heat and set aside.
5. Assemble the enchiladas. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, chicken mixture, and cheese. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup cheese.

6. Roll up tortilla and place in a greased 9 x 13-inch baking dish. Assemble the remaining enchiladas. Then spread any remaining sauce evenly over the top of the enchiladas, followed by any extra cheese.
 7. Bake. Bake uncovered for 20 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside.
 8. Transfer the baking dish to a wire baking rack.
- Serve. Serve the enchiladas immediately while they're nice and hot and melty, garnished with lots of fresh toppings. Enjoy!



AUSTRIA: LÄBCHUECHE

Ingredients:

- 150 milliliters of coffee
- 100 grams of orange peel / lemon peel, approx. 50g each
- 40 grams of butter , softened
- 200 grams of brown sugar
- 2 medium eggs
- 80 grams of honey
- 200 grams ground almonds
- 15 grams of gingerbread spice
- 1 tablespoon cocoa powder
- 3 drops of almond extract
- 2 tablespoons sunflower oil
- 3 grams baking powder.
- 300 grams of wheat flour
- 40 pieces of gingerbread wafers

Directions:

1. Make the coffee and let it cool. Chop the orange peel/lemon peel mixture into small pieces using a kitchen chopper or sharp knife. Briefly mix the soft butter with the sugar, then stir in the eggs one at a time and add the liquid honey.
2. Also stir in the almonds, gingerbread spice, cocoa, bitter almond oil and sunflower oil together with the orange peel and lemon peel mix. Dissolve the deer horn salt in 1
3. teaspoon of cold water and add to the coffee. Stir the cold coffee mixture into the mixture alternately with the flour.
4. Place the dough in a bowl or mold with a lid and let it rest in the refrigerator for a few
5. hours, preferably overnight.

6. The next day, preheat the oven to 180 degrees top and bottom heat and line a tray with baking paper. Either place the dough on the wafers using a cookie cutter or spread it with a knife. If necessary, reshape a little with your hands.
7. Place on the tray with a little distance between them. They spread slightly and create the typical dome shape when baked. Bake for around 15-16 minutes, at 200°
8. Allow the Läbchueche to cool and melt the chocolate icing or couverture. Cover the Läbchueche cookies with it and sprinkle with sugar decorations or similar.



SCOTLAND: SHORTBREAD

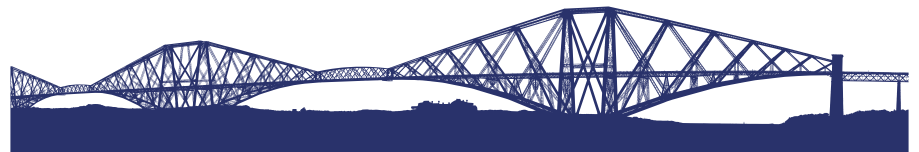
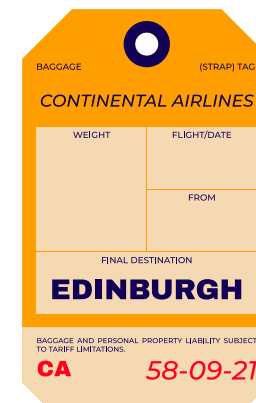
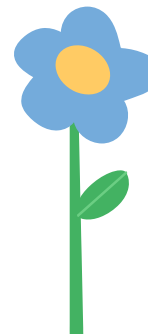
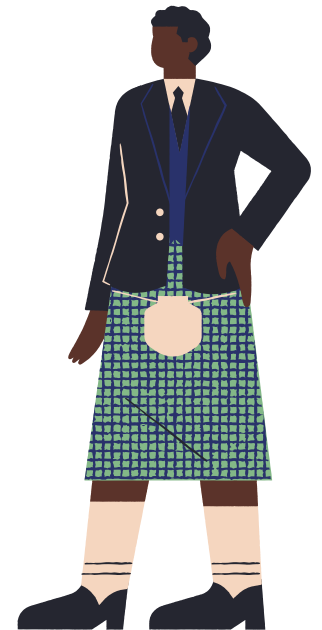
Ingredients:

- 150g plain flour
- 100g butter
- 50g caster sugar



Directions:

1. Heat the oven to 170 degrees
2. Put flour, butter and sugar into bowl. Use your hands to rub together the mixture until it has a breadcrumb like texture and then squeeze until the dough comes together.
3. On a lightly floured surface, use a rolling pin to roll out the dough until .5cm thick
4. Cut the dough into fingers and place onto baking tray. Use a fork to create imprints and sprinkle with sugar.
5. Chill the dough in the fridge for 20 minutes, then place into oven for 15 to 20 minutes until golden brown.
6. Remove from oven and leave to cool.



LITHUANIA: ŠALTIBARŠČIAI

Ingredients:

- 4 large eggs
- 1 quart buttermilk
- 1 pound beets, peeled and shredded
- 1 large cucumber - peeled, quartered and sliced
- 1 bunch fresh dill, minced
- 1/4 cup minced chives



Directions:

1. Place the eggs into a saucepan in a single layer and cover with water by 1 inch. Cover the saucepan and bring to boil. Remove from the heat and let the eggs stand in hot water for 15 minutes. Drain, then run under cold water to cool.
2. Peel and chop the eggs; place into a large bowl. Add buttermilk, beets, cucumber, dill, and chives; stir gently to combine. Chill in the refrigerator for 24 hours before serving.
3. Serve with cooked potatoes and rye bread, delicious! Enjoy!



BRAZIL: FEIJOADA

Ingredients:

- 250g dried black bean, soaked overnight, then drained
- 100g streaky smoked bacon, cut into slices
- 500g pork rib
- 3 chorizo cooking sausages
- 500g pork shoulder, cubed
- 4 garlic cloves, finely chopped
- Pinch of chilli flakes
- Olive oil, for cooking
- 2 bay leaves
- 2 tbsp white wine vinegar
- 3 onions, chopped

Directions:

1. Heat a large heavy-based saucepan with a fitted lid, add the bacon and fry until crisp. Remove and keep the oil in the pan. In batches sear the ribs, sausages and pork shoulder. Season each batch with salt and pepper.
2. Remove the meat and set aside. Add the onion, garlic and chilli to the pan. Pour in a little olive oil if it needs more. Season with salt and pepper and fry for 8 mins or until soft.
3. Add the meat, bay leaves, white wine vinegar and drained beans. Cover with just enough water to cover, about 650ml. Bring to a boil and reduce the heat to a low simmer. Cover and cook for 2 hrs, or until the beans are soft and the meat is tender.
4. Serve with rice, a sprinkle of parsley or coriander, hot pepper sauce and orange slices.



ENGLAND: SCONES

Ingredients:

- 450g/1lb self-raising flour
- 2 level tsp baking powder
- 50g/1³/₄oz caster sugar
- 100g/3¹/₂oz butter, slightly softened, cut into pieces
- 2 free-range eggs
- A little milk
- Handfull sultanas (optional)
- To serve: strawberry jam, clotted cream

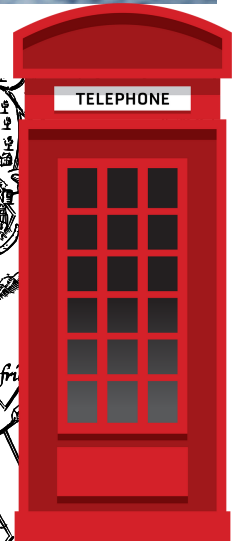
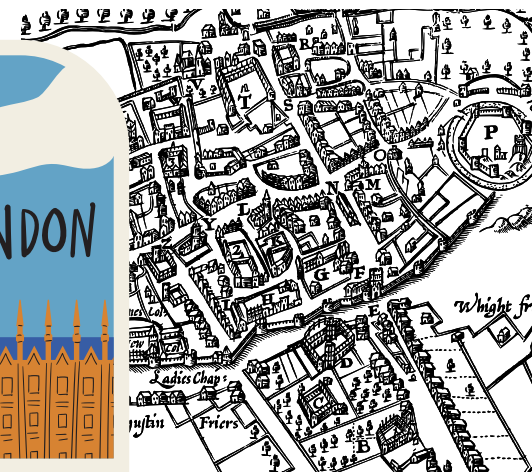


Directions:

1. Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease two baking trays.
2. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
3. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Using a fork or round-tipped knife, stir the egg and milk into the flour and mix to a soft, sticky dough.
4. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle
5. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.

6. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

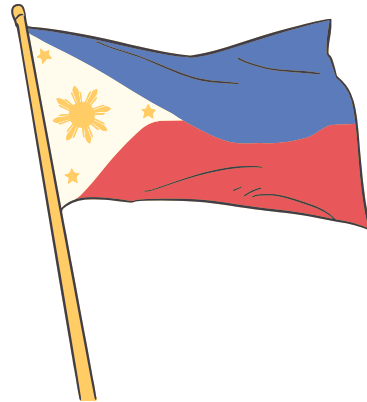
7. To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.



PHILIPPINES: LECHE FLAN

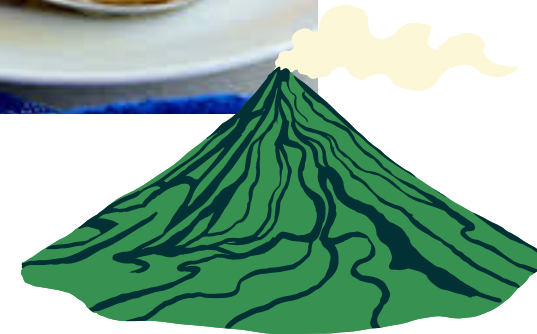
Ingredients:

- 10 pieces eggs
- 1 can condensed milk (14 oz)
- 1 cup fresh milk or evaporated milk
- 1 cup granulated sugar 1 teaspoon
- vanilla extract



Directions:

1. Using all the eggs, separate the yolk from the egg white (only egg yolks will be used).
2. Place the egg yolks in a big bowl then beat them using a fork or an egg beater
3. Add the condensed milk and mix thoroughly
4. Pour-in the fresh milk and Vanilla. Mix well
5. Put the mold (llanera) on top of the stove and heat using low fire
6. Put-in the granulated sugar on the mold and mix thoroughly until the solid sugar turns into liquid (caramel) having a light brown color.
7. Spread the caramel (liquid sugar) evenly on the flat side of the mold
8. Wait for 5 minutes then pour the egg yolk and milk mixture on the mold
9. Cover the top of the mold using an Aluminum foil
10. Steam the mold with egg and milk mixture for 30 to 35 minutes.
11. After steaming, let the temperature cool down then refrigerate
12. Serve for dessert. Share and Enjoy!



USA: CUPCAKES

Ingredients:

- | | |
|----------------------------|-------------------------|
| • 110g softened butter | For the buttercream: |
| • 110g golden caster sugar | • 150g softened butter |
| • 2 large eggs | • 300g icing sugar |
| • ½ tsp vanilla extract | • 1 tsp vanilla extract |
| • 110g self-raising flour | • 3 tbsp milk |

Directions:

1. Heat oven to 180C/160C fan/gas 4 and fill a 12 cupcake tray with cases
2. Using an electric whisk beat 110g softened butter and 110g golden caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition
3. Add ½ tsp vanilla extract, 110g self-raising flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake cases.
4. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
5. To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar, 1 tsp vanilla extract and a pinch of salt.
6. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.





We would like to say a huge thank
you to all of the students who
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to this book:

- Jordan & Lebanon: Tabbouleh
Ayman Alnajdawi 1B
- Italy: Saltibocca
Anonymous 5D
- Spain: Tortillas
Daniel Roman 3B
- Latvia: Piragi
Elana Mavlanova 2A, Sandris Miculs 4B
- Nigeria: Jollof Rice
Valerie Ejike 1A, Dara Ibikunle 5D
- Argentina & Ecuador: Empanadas
Daisy Lara Leonard 4C, Anonymous 3A

- India: Dosa
Hariharan Senthilkumar 2E
- Mexico: Enchiladas
Aimee Cueva 5B
- Austria: Lābchueche
Donnacha Lenehan 5A
- Scotland: Shortbread
Olivia O'Connor 2Mar
- Lithuania: Šaltibarščiai
Milena Rudnickytė 6D, Anonymous 5D
- Brazil: Feijoda
Laura De Presbiteris 2Mar
- England: Scones
Zach Myers 5B
- The Philippines: Leche Flan
Marianne Puerto 3A
- USA: Cupcakes
Lucy Walsh 2 Mar

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