



UNIVERSITY
of NICOSIA



MEDICAL SCHOOL

International Food Festival from home

Online Cooking Competition

Most creative / innovative

Gratin à la Julie

300 minced beef meat

1 mozzarella ball

1 big onion 🍅

1 chopped tomato can 🍅

2 medium sized eggplants

Grated cheese 🧀 (any)

Olive oil

Salt pepper

Basil dried/paprika/cayenne pepper(optional)

- Peel the 2 eggplants and slice them. Add salt and olive oil with a brush on each slice. Put in oven at 180 degrees C until cooked.
- Meanwhile, Chop the onions and cook in a pan with a little bit of butter until golden.
- Add minced meat to the pan. Season with salt and pepper. Optionally We can add basil, paprika and cayenne pepper. When the meat is almost cooked add tomato can. Cover the pan and leave to simmer on small heat for 10 minutes.
- Slice the mozzarella in equal parts
- In a baking dish spread the meat sauce, top with mozzarella slices then a layer of eggplant slices. Repeat layers and top with grated cheese
- Put in oven for 5 to 10 minutes until cheese melts and remove
- Bon appétit!

Dish No 1 – Gratin a la Julie - The recipe



Dish No 2 – Cauliflower Schnitzel - The recipe

Ingredients – For 1 Person

- Cauliflower pieces
- 1 Egg
- Breadcrumbs
- 1 teaspoon of salt
- Sunflower oil as needed

Recipe

1. Cook the cauliflower pieces with 1/2 cup of water until it's half-cooked – usually for 30 minutes
2. Stir the egg until it looks homogeneous and add the salt.
3. Dip the cauliflower pieces in the egg and then in the breadcrumbs.
4. Fry the breaded cauliflower in the oil.

Experience a new taste of cauliflowers! You can make mushroom schnitzel with the same recipe.

Enjoy



VEGETARIAN POKE PIE

Ingredients for Pie:

- 3-Dry Nori Sheets
- 1 cup diced cucumber
- 1 cup diced raw carrots
- 1 cup diced mango
- 1 cup diced green onion tops
- 1 cup shelled, cooked edamame
- 3 tbsp sesame seeds, roasted
- Optional:
 - Avocado, diced
 - Cilantro, chopped

Ingredients for Rice:

- 1 cup of sushi rice, rinsed
- 1 ½ cups water
- ¼ cup of rice vinegar
- 1 ½ tbsp sugar
- ½ tsp salt

For Sauce:

- ¼ cup reduced sodium soy sauce or tamari
- ¼ cup fresh-squeezed lemon juice



Dish No 3 – Vegetarian Poke Pie - The recipe

Steps:

- **Make Rice:** Add 1 cup rinsed sushi rice to 1.5 cups water and heat in a pot over medium-high heat until it boils. Then, reduce heat to low, cover, and cook for 20 minutes. While rice is cooking, in a separate small pan, combine the rice vinegar, sugar, and salt and heat over medium heat just until the sugar dissolves (~2 to 5 minutes). Gently pour vinegar mix over the cooked rice and let cool slightly.
- **Make Sauce:** Mix ¼ cup soy sauce with ¼ cup lemon juice. Set aside.
- **Make Pie:** Place 1 nori sheet on bottom of a glass dish. On top of nori, spread 1/3 of the cooked rice with vinegar. Then, cover rice layer with 1/3 cup each of: diced cucumber, carrots, mango, edamame, & green onions. Then, sprinkle veggie layer with 1 tbsp sesame seeds. Then, repeat nori, rice, veggie, and sesame layers 2 more times each, so that you end up with 3 repeated layers nori/rice/veggies/sesame. Serve with soy/lemon sauce. Make 4 servings.
- **Optional:** Add diced avocado and/or cilantro to each vegetable layer.

Dish No 4 – Rainbow Frosted Vanilla Cupcakes - The recipe

Frosting:
-1 cup icing sugar
-3 tablespoons milk
-1 teaspoon vanilla extract
-Add lemon zest, strawberry flavoring or peanut butter based on which flavor you'd like the frosting to be

-Preheat oven to 375f or 190c; line muffin cups with papers.
-Cream butter and sugar till light and fluffy (make sure the butter is room temp so the mixture doesn't clump).
-Beat in eggs one at a time.
-Add flour (mixed with baking powder and salt) alternating with milk beat well; stir in vanilla.
-Divide evenly among pans and bake for 18 minutes. Let cool in pans and enjoy! :).

Simple Vanilla cupcakes (x12):
-2 cups flour
-1/2 teaspoon salt
-2 teaspoons baking powder
-1/2 cup butter, softened
-3/4 cup sugar
-2 eggs
-1 cup milk
-1 teaspoon vanilla essence



An Ode to Cyprus

Pan Seared Sea Bass on a Bed of Sautéed Garlic Spinach with a Mespila–Pepper Chutney and a Basil-Garlic-Ginger Sauce

This recipe was created by me, using all Cypriot ingredients, some hand-picked in my neighborhood (Mespila, lemon, basil) and some bought (spinach, sea bass, potato)

prep time	cook time	serves
30 min	20 min	2

things you need

4 Cloves Garlic (diced)	1 Lemon
5 Mespilas (deseeded)	2 TSP Apple Cider Vinegar
2 Fillets Sea Bass	1 TBSP Brown Sugar
100ml Olive Oil	1 Potato (decoration optional)
1 TBSP Thyme (chopped)	1 TBSP Vegetable Oil
1 TBSP Ginger	1/2 cup Basil
3 Cups Spinach (chopped)	
1/2 Onion (diced)	SALT/Pepper to taste
1 Red CHilli	

Main Dish:

1. Season sea bass fillets with 1 TBSP lemon, 1/4 of onion, 1 garlic clove (diced), salt and pepper and thyme
2. Add oil to preheated skillet, and pan-sear the fish skin side down for one minute until the skin is crisp, then repeat on the other side
3. In a separate pot add 1TBSP oil and sauté 2 cloves of garlic (diced) with remaining diced onion, add chopped spinach and salt and pepper to taste until fully sautéed

For the Sauce

1. Blitz 1 garlic clove, ginger, 1 TSP lemon juice, basil and 50 ml oil in food processor, add salt to taste and 1/2 TBSP brown sugar

For The Chutney

1. Blitz 5 deseeded Mespila, apple cider vinegar, 1/2 TBSP brown sugar and half a chili

Potato Decoration (optional)

1. Slice a potato thinly into 7 long pieces
2. Weave them together to form a fence
3. Place on parchment paper, squirt olive oil on top, cover with parchment paper
4. Bake at 220 degrees for 15 minutes

Dish No 5 – An Ode to Cyprus - The recipe



Budget friendly

TORTILLA BOWLS

Ingredients for Beans:

- 1 can black beans, drained
- 5 to 10 cherry or grape tomatoes, sliced
- ¼ yellow bell pepper, diced
- ¼ orange or red bell pepper, diced
- ¼ to ½ cup chopped cilantro (optional)
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon cumin powder
- 1-2 tablespoons dried pumpkin seeds, roasted (optional)
- Sea salt, to taste

Ingredients for Guacamole:

- Flesh of 1 avocado, mashed into chunks
- 4 cherry or grape tomatoes, diced
- ¼ cup chopped cilantro (optional)
- Juice of ¼ of a lime or lemon
- ¼ teaspoon cumin powder
- ¼ to ½ teaspoon chili powder (optional or to taste)
- Sea salt, to taste

For Bowls:

- 5 whole grain tortillas



Dish No 1 – Tortilla Bowls - The recipe

Steps:

- Roast pumpkin seeds on low to medium heat in a pre-heated non-stick pan for 2-5 minutes, until just starting to brown.
- Mix all bean ingredients in a large bowl.
- Mix all guacamole ingredients in a medium bowl.
- Mold tortillas onto the back of a cupcake/muffin tin, and bake in the oven at 200°C for 5-10 minutes until just starting to get golden/brown. Watch closely to be careful they don't burn.
- Once tortilla bowls are baked, place 1/3 cup of bean mix and 1 tablespoon guacamole into 1 baked tortilla bowl.
- Makes 5 tortilla bowls.

Ingredients

- 1 egg
- Fresh coriander, parsley, oregano, dill and chives adding up to 200g in total
- Flour – 1 tablespoon
- Salt, pepper and turmeric – 1 teaspoon each

Recipe

1. Finely chop the fresh greens.
2. Mix the chopped greens, the flour, egg, salt, pepper and turmeric in a bowl.
3. Fry the mix in a pan.

You can also add walnuts and barberry to the mix and enjoy a richer flavour.

Enjoy

Dish No 2 – Kookoosabzi- The recipe



Spaghetti Squash With Creamy mushrooms

Ingredients (2 servings)

- 1 Spaghetti squash
- 2 Tsp olive oil
- 1 Tsp of salt & pepper
- 250 ml 15% cooking cream
- 1 Box of mushrooms (500 grams)
- 1 Small packet of mushroom sauce powder (30 grams)
- 10 grams of butter

Instructions

1. Use a sharp knife to cut off the edges of the spaghetti squash and then slice the squash from one end to the other to create two halves
2. Scoop out the seeds using a spoons and oil the remaining insides, 1 tsp of oil to each half. Add the salt and pepper and rub to make sure it reaches the entire surface. Place cut-side-down on a cooking parchment in the oven. Cook on 200 C for 60 minutes.
3. In the meantime, wash and dice the mushrooms. Place the butter in a large pot on medium heat. Once the butter melts, add the mushrooms and stir for about 10 minutes, or until mushrooms appear to be soft and ready to eat (depending on mushroom type, may take longer or shorter – I used Champignons and Shimeji).
4. Add the cooking cream and stir for about 5 minutes before adding the mushroom sauce powder. Continue stirring until texture is smooth and rich.
5. When done, take out the spaghetti squash from the oven, and fluff the insides using a fork to create spaghetti-like strands. Scoop out the "spaghetti" into a bowl. And add the creamy-mushroom sauce.
6. Eat and enjoy!

Dish No 3 - Spaghetti Squash With Creamy mushrooms -The recipe



Tuna Pasta Salad with a side of boiled eggs

Ingredients:

- cucumber
- green onion
- cherry tomatoes
- cabbage
- tuna
- pasta

Sauce:

- mayonnaise
- mustard
- salt and pepper
- lemon juice
- any other spice you'd like (I added curry powder)

P.S. BOIL EGGS AND ENJOY THEM ON THE SIDE OF THIS DISH

LITERALLY CAN USE WHATEVER IS AVAILABLE; PEAS, CARROTS, CORN, MUSHROOMS...

Dish No 4 – Tuna Pasta Salad with a side of boiled eggs - The recipe



Creamy Mushroom Tagliatelle

- 2 Tablespoons of olive oil
- 2 Onions
- 4 garlic cloves
- 400g dried Tagliatelle
- Parsley, salt, pepper, garlic powder to taste
- 1/2 can of coconut milk
- 300-400g of mushrooms (sliced)

- (1) Dice garlic and onions
 - (2) Cook pasta in a pot of boiling water
 - (3) Add olive oil to a hot (medium-high) frying pan
 - (4) Add the garlic and onions and saute
 - (5) When onions are translucent add mushrooms
 - (6) Add more olive oil if needed
 - (7) Add black pepper and salt to taste, stir
 - (8) Let simmer for 2 minutes
 - (9) Add coconut milk and stir
 - (10) Add parsley and sa taste
 - (11) Allow to simmer on a low heat until the sauce becomes creamy
 - (12) Drain pasta and combine with sauce
- Enjoy! =)

Dish No 5 - Creamy Mushroom Tagliatelle -The recipe



Quick and easy

BANANA “NICE” CREAM

Quick and Easy (and healthy!)! Makes 4 ½-cup servings.

Ingredients:

- 5 very ripe small bananas, sliced and frozen
- 1 teaspoon (5ml) vanilla extract
- 1 tbsp to 1/2 cup (64g) milk of choice
- Optional:
 - ¼ cup (32g) thick, Greek-style plain yogurt
 - ½ teaspoon cinnamon (or to taste)
 - 1 tablespoon cocoa powder (or to taste)
 - ¼ to ½ cup (32g-64g) frozen berries (or to taste)

Recipe:

1. Line a cookie sheet with a silicone mat or parchment paper. Slice very ripe bananas and place slices on the lined cookie sheet. Freeze tray for 4 hours or more, ideally overnight.
2. Place frozen banana slices in a food processor. Process/grind in food processor with enough milk of choice, until starts becoming creamy (plant-based like oat milk works well).
3. Add optional ingredients listed above to make different flavors (example: vanilla, chocolate, berry-flavored “nice” cream).



**Dish No 1 –
Banana
“Nice” Cream
- The recipe**

3 Ingredients

Delicious, Creamy and Vegan

DARK CHOCOLATE TRUFFLES

Ingredients (~16 truffles):

300 Gram dark chocolate of choice

120 ml (½ cup) coconut cream

¼ Cup unsweetened cocoa powder

(Optional – half a tsp of vanilla extract)

Instructions:

- Break the chocolate into small bits- the smaller the better. Place in a microwaveable bowl.
- In a separate dish, pour the coconut cream and heat about 30 seconds in the microwave. Then take the cream and pour over the broken chocolate pieces. Cover with a towel and let sit for 5 minutes.
- Add the vanilla extract (optional)
- Mix the cream and the chocolate with a tablespoon. Heat the mix in 10 second increments in the microwave if you still have lumps, continue till smooth.
- Let mix sit in fridge for an hour, or until a knife can be jabbed through the mix and come out mostly clean (not wet).
- Spread the cocoa powder on a plate.
- Take out the mix, and scoop with the tablespoon chunks of the frozen chocolate. Use your hands to roll the chunk into a ball.
- Roll your ball in the cocoa powder until it's fully covered.
- Eat your truffles or place in the fridge for future tastiness!

Dish No 2 - Dark Chocolate Truffles – The recipe



Dish No 3– Cheesy chicken schnitzel - The recipe

Ingredients – for 1 person

- 1 Chicken breast
- 1 mozzarella slice – or any cheese of choice
- 1 egg
- Salt and pepper
- Breadcrumbs
- Oil – as needed

Recipe

1. Add some salt and pepper to the chicken breast and wrap it around the mozzarella slice – for a richer flavour, you can add lemon and coriander.
2. Dip it in the stirred egg and then in the breadcrumbs.
3. Fry it in boiling oil for 5 minutes.

That's it.. food's ready!! You can design it however you like.

Enjoy



QUICK & EASY FRUIT CRUMBLE

What you need:

- 1x large baking pan
- 2x cans of fruit in syrup
- 1x box of dry cake mix
- Pecans (optional)
- 12 tablespoons butter

You can mix & match the fruit & cake mix combinations to your liking!

Combination suggestions:

- Cherries & crushed Pineapple with Vanilla cake mix
- Cherries & Berries with Chocolate cake mix
- Sliced Peaches & cut up Pineapple with Spiced cake mix
- 2 cans of apples with Spiced cake mix

Steps:

1. Preheat the oven to 180°C
2. Pour the cans of fruit into the large baking pan.
3. Evenly spread the dry cake mix on top of the fruits. *DO NOT MIX THEM TOGETHER.*
4. Sprinkle pecans on top of the cake mix if you wish (adds a nice crunch & flavor).
5. Melt the butter & pour it over the ingredients in the baking pan. Again, *DO NOT MIX ANYTHING TOGETHER.*
6. Bake in the oven for 45-60 minutes until it is bubbly on the sides, and the cake mix is browned.
7. Serve warm with a scoop of ice cream

Dish No 4 - Quick & Easy Fruit Crumble - The recipe



Spring Rolls Recipe



Ingredients

- 1 tsp Sugar
- 1 tsp Salt
- 1 pinch Pepper
- 3 tsp Fish Sauce
- Sunflower Oil



Rice Paper OR
Spring Roll Pastry

Dish No 5 - Spring Rolls – The recipe

Spring Rolls Final Dish



Steps

1. Dice the mushrooms, black fungus, spring onions, prawns, brown onion and bean sprouts
2. Mix the ingredients on the plate above with the sugar, salt, pepper and fish sauce in a large bowl (tip: take a teaspoon of the mixture and microwave until thoroughly cooked to taste test; add more seasoning if necessary)
3. Wrap the mixed ingredients using the wrapping of choice (tip: cut the wrapping to make the spring rolls "bite sized" and faster to cook)
4. In a pot, heat up enough sunflower oil to deep fry the spring rolls (tip: use enough oil to submerge the spring roll) until cooked through on a medium heat to avoid burning
5. Time to gobble them up :D

CHOCOLATE CHIP MUFFINS

Mix in a bowl:

- 2 1/2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- Half teaspoon salt
- A pack of chocolate chips

Mix in another bowl:

- 1 cup buttermilk
- 1/4 cup oil
- 1/4 cup butter
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 cup sugar

Combine and mix wet and dry ingredients and then fill muffin paper 3/4 way with batter

Bake at 180C fan for 15-20 mins

Dish No 6 - Chocolate Chip Muffins -The recipe



Best Presentation

Cheese-filled mushrooms and Salmon Sashimi on Spinach

Ingredients (2 servings)

- 50 Grams of Mozzarella balls (in cheese liquid) *
- 1 Box of Champignon mushrooms (250 grams)
- 250 Grams fresh raw Salmon
- 2 Tbs teriyaki Sauce
- 1 Tbs soy sauce
- ½ Tsp of salt
- 1 Clove of garlic
- 1 Tsp oregano (optional)
- 4 Leaves of spinach (optional)

Instructions

1. Cut the raw salmon into squares (your choice of size) and place in a dish with a lid together with the soy sauce, teriyaki and salt. Mince the garlic and add to the marinade. Rub the salmon to make sure the sauce mix has covered it all. Leave the salmon in Marinade for at least 30 minutes.
2. Wash the mushrooms and spinach leaves. When clean, take the stems out of each of the mushrooms. Place the mushrooms head-down on a cooking parchment in an oven-suited dish.
3. Fill each mushroom with a ball of mozzarella instead of the stem, add the oregano. Then, pour of the liquid of the cheese box to the dish, making sure it's surrounding each mushroom (roughly ½ cm deep).
4. Heat the cheese-filled-mushrooms for 15 minutes on 180 c.
5. When done, place the washed spinach leaves on a plate, adding the cheese-filled-mushrooms and sashimi on top.
6. Enjoy!

* The Mozzarella can be switched to other cheeses, but add olive oil to replace the cheese liquid if it's a hard cheese, and create ball-sized chunks of the cheese that fit the mushroom-stem holes.

Dish No 1 – Cheese Filled Mushrooms with Sashimi and spinach - The recipe



Green rice

Ingredients

- 2 cups of Rice
- 2 medium sized potatoes
- A handful of dill
- 2 teaspoons of salt
- 2 tablespoons of oil

Recipe

1. Rinse the rice and add 2 glasses of water.
2. Add the potatoes and the salt.
3. Boil the mix and while the water is boiling, add the dill and the oil.
4. When the water is completely boiled, put the lid and leave to cook on a medium flame for 45 minutes.

Serving the dish

1. When the yellow rice is ready, put it in a flower-shaped mould and press it to take the shape of the mould.
2. Add the green rice on top of it.
3. Leave it at room temperature for a couple of minutes.
4. Reverse the mould on a plate and enjoy the beautifully designed dish.

Enjoy

Yellow rice

Ingredients

- 1/2 cup of rice
- 1/2 teaspoon of salt
- A pinch of Safran
- 1/2 a tablespoon of oil

Recipe

1. Rinse the rice and add 1/2 glass of water.
2. Add the salt and the pinch of Safran.
3. Boil the mix and while the water is boiling, add the oil.
4. When the water is completely boiled, put the lid and leave to cook on a medium flame for 30 minutes.

Dish No 2 – Sibpolo Zaferini - The recipe



Jollof Rice & Plantain Recipe

Ingredients:

- 3 red bell peppers
- 2 scotch bonnets
- 2 tinned plum tomatoes
- 1 onion
- ~ 3 cups of basmati rice (uncooked)
- oil 1/3 cup
- seasoning:
 - 3 maggi stock cubes
 - 3 bay leaves (dried)
 - salt
- 1/2 tsp curry powder
- 1 tsp turmeric powder
- 1 tsp mixed herbs
- plantain
- 1/2 red bell pepper
- mushrooms
- 1/2 tomato
- 1 green chili

} garnish sauce

Method:

1. Boil hot water & pour the boiled water over the rice in a bowl. Let that sit on the side.
2. In a blender, combine the bell peppers, scotch bonnets, plum tomatoes & onion. Blend this until it's a soup like consistency
3. Pour the oil into a large pot & heat for roughly a minute.
4. Add the blended mixture to the pot and allow to simmer on medium heat for 10 minutes
5. Drain the rice and add it to the pot containing the tomato sauce
6. ~~After~~ Add all the seasoning & stir to make sure it is all folded in

7. Once all mixed in, use foil to cover the pot, then add the pot cover

8. Let the rice cook on medium-low heat for 30 minutes.

9. After 30 minutes, check if the rice is cooked. Make sure to stir the rice every 10 minutes, so as to avoid burning.

If rice is not cooked, leave for an additional 5-10 mins, until cooked.

10. Dice plain plantain.

11. In a frying pan, add 1/4 cup of oil & allow to heat.

12. When the oil is hot, add the plantain & cook until golden brown.

13. When golden brown, take the plantain out of the oil

For the garnish:

- ~~dice~~ slice the pepper, mushroom & green chili & fry. Add some salt & pepper to taste.
- slice tomatoe:

Plate up the rice, plantain & garnish to your liking.

Dish No 3 – Jollof rice and plantain - The recipe



Family favourite

ENERGY BALLS

Modified from: <https://cupcakesandkalechips.com/cherry-chocolate-chip-energy-balls/>

Ingredients:

- 1 1/4 cups dried, pitted dates (~160g)
- 1 cup dried goji berries (or dried cherries) (~128g)
- 1 tsp vanilla extract (~5ml)
- 1/2 cup ground flax seeds (~64g)
- 1/2 cup old fashioned oats (~64g)
- 1/8 cup mini chocolate chips (optional) (~16g)
- Pinch of salt (optional)

Steps:

- Grind pitted dates in food processor.
- To the dates in the food processor, add: dried berries, vanilla, ground flax, and oats and grind until starts to become sticky. If mix is too dry, add more dates.
- Add mini chocolate chips and pulse in food processor, only until mixed.
- Form 1-inch balls. Makes ~25 balls.



Dish No 1 - Energy Balls – The Recipe

Dish No 2 - Zereshkpolo – a traditional Iranian dish - The recipe



Ingredients – For 1 person

- Chicken – 1 piece
- Rice – 1 cup
- Onion – 1 medium sized
- Tomato paste – 3 tablespoons
- Sunflower oil– as needed
- Salt – 1 teaspoon
- Turmeric – 1 teaspoon
- Safran – 1/4 teaspoon
- Barberry – 1 tablespoon
- Crushed pistachio and almond – as needed

Recipe

Chicken:

1. Peel the onion and chop it finely.
2. Fry the onion in a pot until translucent.
3. Add the salt, turmeric and Safran and stir well.
4. Add the tomato paste and stir for a minute.
5. Add the piece of chicken together with a glass of water.
6. Put the lid of the pot and leave to cook on a medium flame.

It should be ready in 45 minutes.

Rice:

1. Rinse the rice and add 1 glass of water.
2. For each cup of rice, add 1 teaspoon of salt.
3. Boil the rice until the water is completely boiled and add 1 tablespoon of oil.
4. Cover the pot with the lid and leave to cook on a medium flame.

It should be ready in 45 minutes.

While serving the dish, add the barberry and crushed pistachio and almond on the rice. You can also use Safran for designing the rice. For a juicier taste, use the chicken juice as desired.

Enjoy

Pork Carnitas, also known as Pork Tacos

1-2kg Pork (shoulder, butt, loin)

Pork Rub

1 tbsp salt
1 tbsp pepper
1 tbsp oregano
1 tbsp cumin
1 tbsp paprika (optional for heat/spicy)
1 tbsp chipotle, hot red pepper (optional for heat/spicy)
1 tbsp olive oil

1 cup orange juice
1 cup stock (chicken, vegetable, beef)

Serve with:

Tortillas
Salsa, pico de gallo, hot sauce
Guacamole, avocado
Custom coleslaw for some fresh crunch
Sour cream, yogurt

Directions:

Preheat oven to 200 degrees
Mix up all of the dry ingredients for Pork Rub
Rub pork with olive oil and Pork Rub place into Dutch Oven or pot that can be covered in oven for 2+hours
Add orange juice and stock into the pot
Cover and place in oven for 1 hour
After one hour, check and separate the meat into smaller chunks so that it's all simmering in liquid
After another hour check and if meat is tender, shred the meat with two forks so that it's easy to put into tortilla

Serve shredded carnitas with tortillas and whichever salsa, salad, coleslaw you prefer. A salsa, crunchy salad is recommended to add to the taco as it brightens it up and the acid cuts the fat of the dish. Enjoy!



Dish No 3 - Pork Carnitas - The recipe



Ingredients – For 4 Persons

- 4 Chicken Breasts
- 1 big onion
- Cherry tomatoes
- 1 cup of strained yogurt
- Fresh Lemon juice
- Fresh coriander, parsley, oregano, dill and chives adding up to 100g in total
- 1 big clove of garlic
- Salt – 1 teaspoon
- Black pepper - 1 teaspoon
- Red pepper - 1 teaspoon

Recipe

1. Cut the chicken breasts into cubes.
2. Finely chop the fresh greens.
3. Dice the onion into small pieces.
4. Mix the chopped greens, diced onions, strained yogurt, lemon juice, garlic clove, salt and peppers using a blender.
5. Add 1/2 of the mix to the chicken pieces and leave it in the fridge for 3 hours. Leave the other 1/2 of the mix to be served as the sauce.
6. Pull the chicken cubes and cherry tomatoes to the skewer.
7. Put the skewers in a pan and cook for 30 minutes on a medium flame.

Enjoy

Dish No 4 –Jooje Sabz - The recipe



Easy milk tart

"This is a very old recipe, which my mother used to make," says Mrs A. Jansen of Mariental. She is herself a grandmother of teenagers.

90 g (100 ml) soft butter or margarine

75 g (100 ml) sugar

2 eggs

100 g (175 ml unsifted) cake flour

5 ml baking powder

pinch salt

750 ml milk

25 g (50 ml) cake flour

25 g (50 ml) cornflour

pinch salt

250 g (300 ml) sugar

250 g butter or margarine

4 eggs, separated

2 ml almond essence

cinnamon sugar

Cream the butter and sugar. Beat the eggs in one by one. Sift the flour, baking powder and salt together, add and mix well. Spread the dough in the base and sides of two 24 cm diameter pie dishes, using a spatula.

Mix 150 ml of the milk with the cake flour, cornflour, salt and sugar until smooth. Bring the remaining milk to the boil and beat in the flour mixture as soon as the milk reaches boiling point. Stir until the mixture simmers. Add the butter and stir until melted. Beat the egg yolks and stir into the mixture. Whisk the egg whites until stiff and fold into the mixture with the essence. Spoon the filling into the pie dishes, sprinkle with cinnamon sugar and bake at 190 °C (375 °F) for 20-25 minutes. Makes 2 tarts.

Dish No 5 –Easy milk tart- The recipe



Ingredients for 8 servings

2 tablespoons vegan
butter, to coat the foil
pan
DOUGH

2 cups almond milk
(480 mL), at room
temperature

½ cup vegan butter
(115 g), melted
¼ cup organic sugar
(50 g)

1 packet active dry
yeast

5 ½ cups flour (690
g), divided

1 teaspoon salt
FILLING

¾ cup vegan butter
(170 g)

¾ cup brown sugar
(165 g)

2 tablespoons
ground cinnamon

ICING

1 cup powdered
sugar (160 g)

2 tablespoons
almond milk

½ teaspoon vanilla
extract

Preparation

-Generously rub two
disposable foil pie
pans with vegan
butter.

-In a large bowl,
whisk together the
almond milk, melted
butter, and sugar. The
mixture should be
just warm, registering
between 100-110° F
(37-43° C). If it is
hotter, allow to cool
slightly.

-Sprinkle the yeast
evenly over the warm
mixture and let set
for 1 minute.

-Add 5 cups flour and
1 teaspoon of salt to
the milk mixture and
mix with a wooden
spoon until just
combined.

-Cover the bowl with
a towel or plastic
wrap and set in a
warm place to rise for
1 hour.

-Preheat oven to
350° F (180° C).

-After 1 hour, the
dough should have
nearly doubled in
size.

-Remove the towel
and add an additional
½ cup (95g) of flour
and salt. Stir well,
then turn out onto a
well-floured surface.

-KNEAD THE DOUGH
LIGHTLY, ADDING
ADDITIONAL FLOUR
AS NECESSARY,
UNTIL THE DOUGH
JUST LOSES ITS
STICKINESS AND
DOES NOT STICK TO
THE SURFACE.

-ROLL THE DOUGH
OUT INTO A LARGE
RECTANGLE, ABOUT
½-INCH (1 CM)
THICK. FIX CORNERS
TO MAKE SURE THEY
ARE SHARP AND
EVEN.

-SPREAD THE
SOFTENED VEGAN
BUTTER EVENLY
OVER THE DOUGH.

-SPRINKLE EVENLY
WITH BROWN SUGAR
AND CINNAMON.

-ROLL UP THE
DOUGH, FORMING A
LOG, AND PINCH THE
SEAM CLOSED.
PLACE SEAM-SIDE
DOWN. TRIM OFF
ANY UNEVENNESS
ON EITHER END.

-CUT THE LOG IN
HALF, THEN DIVIDE
EACH HALF INTO 7
EVENLY SIZED
PIECES, ABOUT 1½
INCHES (8 CM)
THICK EACH.
-PLACE 7 CINNAMON
ROLLS IN EACH CAKE
PAN, ONE IN THE
CENTER, SIX
AROUND THE SIDES.

-COVER WITH
PLASTIC WRAP AND
PLACE IN A WARM
PLACE TO RISE FOR
30 MINUTES.

-TO PREPARE THE
FROSTING, IN A
MEDIUM-SIZE
MIXING BOWL,
WHISK TOGETHER
POWDERED SUGAR,
ALMOND MILK, AND
VANILLA UNTIL
SMOOTH.

-REMOVE PLASTIC
WRAP. BAKE THE
CINNAMON ROLLS IN
A PREHEATED OVEN
AT 350° F (180° C)
FOR 25-30 MINUTES,
UNTIL GOLDEN
BROWN.

-WHILE STILL WARM,
DRIZZLE EVENLY
WITH FROSTING.

-ENJOY!

Dish No 6 – Vegan Cinnamon Rolls - The recipe



Submission: International Food festival from home
Category: Family Favourite

Recipe: German White Asparagus with Potatoes

Cooking time: apprx. 50min

Ingredients (4 people) :

- 1kg White Asparagus
- 1kg of new potatoes
- 150g Breadcrumbs
- 150g Butter/Margarine
- pinch of Salt and Sugar
- Sauce Hollandaise
 - 1st Option: Homemade Sauce Hollandaise
 - 3 Egg yolk
 - 4 Tbsp White wine
 - 130g Melted butter
 - 1 Tbsp Lemon juice
 - pinch of salt and pepper
 - 2nd Option: Homemade vegan Hollandaise
 - ½ lemon juice
 - 1 Tbsp Margarine
 - 1 Tbsp white almond butter
 - 4 Tbsp nutritional yeast
 - 1 tsp guar gum
 - ½ tsp Kala Namak salt
 - 1 tsp sugar
 - pinch of salt and pepper
 - 3rd Option: Buy pre-made Sauce Hollandaise in the supermarket or melt 250 g butter/ margarine

-optional: Parsley, 200g cooked ham/ Smoked ham

Instructions:

1. Clean the asparagus and potatoes.
2. Peel the potatoes and the asparagus, cut off the dry end of the asparagus. (Don't peel the tip of the asparagus)
3. Cook the potatoes for 30-40 min and the asparagus for 20-30 min, the asparagus should still have some bite to it. Preferably use a steamer or a tall pot with a basket for the asparagus. Add some sugar and salt to the water.
4. Roast the breadcrumbs in a pan on low heat until brown and then add butter and salt.
5. For the homemade sauce hollandaise melt butter. Whisk white wine and egg yolk in a separate bowl in a water bath. (Don't let the water boil or the egg will scramble) Slowly add the melted butter, continue to whisk until the sauce is thick. Add remaining ingredients.
 - >For the vegan sauce hollandaise melt the margarine then add all ingredients to a blender.
 - >For the brown butter sauce, melt butter in a saucepan until golden.
 - > Heat up store bought Sauce Hollandaise in a pot.
6. Serve Asparagus, Potatoes, Sauce and breadcrumbs with some parsley.
7. Enjoy.

Dish No 7 – German White Asparagus with Potatoes - The recipe



- 2 cups uncooked long-grain rice (not basmati)
- 4 stock cubes (vegetable, chicken, or beef)
- 5 medium-sized tomatoes, chopped
- 2 fresh, red bell peppers
- 1 large red onions 2 roughly chopped
- 2 red chillies
- 1/3 cup oil (vegetable/ canola/coconut, not olive oil)
- 3 tablespoons tomato paste
- 2 tablespoons curry powder
- 1 teaspoon (heaping) dried thyme
- 1 tablespoon garlic powder
- 1 dash Salt, to taste

1. Rinse the rice to get rid of some starch and set aside.
2. In a blender, combine tomatoes, red bell peppers, chopped onions, and chillies; blend till smooth, about a minute or two. Pour into large pot and bring to a boil.
3. Once boiled for 15 minutes, transfer into another large pot filled with 4 tablespoons of oil. Season with curry powder, dried thyme and onion powder and stock cubes, also add tomato paste. Allow to cook for 20 minutes stirring every 5 minutes. Ensure the raw taste of the tomatoes is gone & season to taste.
4. Add 2 cups of the water to the cooked tomato sauce, and then add the rice. Stir, and put a lid on the pan. This will seal in the steam and lock in the flavour. Cook on low heat for 20-25 minutes. Stir again, adjust seasoning to taste until the rice is cooked and the grains are separate.
5. When it's cooked, serve with a side salad and your choice of protein (chicken, fish or beans)

Dish No 8 - Jollof Rice –The recipe



Scones Recipe

Ingredients:

- 200g plain flour
- 4 tsp baking powder
- 1 tbsp sugar
- 50g butter
- 150ml milk

scones

- 1/4 cup whipped cream
- 1 tbsp icing sugar
- 226g cream cheese
- jam

clotted cream

Method:

For scones

1. preheat the oven
2. sieve the flour & baking powder into a bowl
3. add the sugar & blend all together
4. add butter, & mix until the mixture resembles breadcrumbs
5. pour the milk into the bowl bit by bit, & carry on stirring until it resembles a soft slightly sticky dough
6. dust the worktop w/ flour, & add the ~~flour~~ dough & flatten it with your hands
7. Using a pastry cutter, cut circles into the dough
8. put the circles onto the baking tray & dust the top w/ milk
9. bake for 12-15 mins until golden brown

For clotted cream

1. ~~add~~ Whip the cream slightly in a bowl
2. Add the powdered sugar & cream cheese, and beat until combined & fluffy. Not too much.
3. Allow to sit @ room temperature for 30 mins (or you can use store clotted cream)

To serve: cut the scones in half, spread with clotted cream then follow with jam

Dish No 9 – Scones - The recipe





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