

TASTE THE WORLD ~ RECIPE

Prepared by: **ARTEFACTUM** SPAIN

SPANISH OMELETTE

Ingredients

- 500g new potatoes
- 1 onion
- 250ml extra virgin olive oil
- 6 eggs
- Salt

Method

Leave the skins on the potatoes. Cut them into thick slices.

Chop 1 onion.

Heat 150ml extra-virgin olive oil in a large frying pan, add the potatoes and onion and stew gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes and onion through a colander into a large bowl (set the strained oil aside).

Beat 6 eggs separately, then stir into the potatoes and plenty of salt. Heat a little of the strained oil in a smaller pan.

Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.

When almost set, invert on a plate and slide back into the pan and cook a few more minutes on the other side.

Slide on to a plate and cool for 10 minutes before serving.

EASTER HORNS

Ingredients

- 2 long white bread rolls
- 300g minced meat – half pork & half beef
- 1 onion
- 1 green pepper
- 3 cloves of garlic
- 2 eggs
- 250ml extra virgin olive oil
- 400g canned natural tomatoes (crushed/ chopped)
- Glass of milk
- Pimentón (dried red pepper powder) - optional
- Salt
- Nutmeg

Method

Cut the pieces of bread in half and scoop out the crumbs. Set aside.

Pour a tablespoon of milk into each hollow piece of bread.

Chop the onion, green pepper and garlic.

Heat some olive oil in a frying pan. Stir fry the meat with the garlic, onion, pepper and tomatoes and let it cook.

Stuff the bread with the meat stir fry and plug the bread with the crumbs again.

Beat 2 eggs.

Batter the bread with the egg, and fry in plenty of oil.

It must be eaten the next day.

TASTE THE WORLD ~ RECIPE

Prepared by: **B.DANCE** TAIWAN

APPLE CIDER PORK STEW

Serves 8

Ingredients

- 4 red shallot onions
- 2 whole garlic heads
- 1.5–2kg pork belly, skin off
- 8 eggs
- 1 tbsp olive oil
- 500 ml dry apple cider
- 6 pieces dried tofu

Rice to serve 8 people.

Seasoning ~ Ingredients

- White pepper powder
- Five-spice powder
- Soy sauce
- Rice wine
- Rock sugar
- Star anise

Method

Wash the shallots, cut off the heads and tails and cut into small dice.

Peel the garlic.

Wash the pork belly and cut into small cubes for use later.

Wash the white rice, add water and cook in a rice cooker.

In another small pot boil the eggs for 5–7 minutes, then peel the eggs for use later.

At the same time, heat the olive oil in a large pot, and add the red shallots and garlic then fry over on low heat until lightly browned. Remove and reserve for later use.

Keep the oil in the pot and add the pork belly pieces and fry over low heat until the colour changes to white. Add seasoning and soy sauce, stir-fry, then add rock sugar and cook until brown.

Take a clay pot or electric pot and put into it the pork belly, shallots, garlic, boiled eggs, dried tofu, apple cider, rice wine, white pepper, five-spice powder and star anise. Cook until the water boils, then turn onto low heat and cover the pot. Continue cooking for about 30–40 minutes.

Serve with the rice.

WOMADelaide

- THE WORLD'S FESTIVAL -

TASTE THE WORLD ~ RECIPE

Prepared by: **DESTYN MALOYA** RÉUNION

ROUGAILE SAUSAGE

Serves 6-8

Ingredients

- 250g chicken sausage
- 2 tbsp oil
- 250g onions, cut into dice
- Garlic, chopped
- 1 small piece ginger, peeled and chopped
- 1 teaspoon salt
- Chili (optional)
- ½ tsp turmeric powder
- 1-2 cans chopped tomatoes

Method

Boil the sausage for 5 minutes.

After cutting the sausage into small pieces, heat a pot with oil in it and fry the sausage.

Then add the onions, then the garlic (crushed with ginger, salt, chilli) then the turmeric then the tomatoes.

Simmer for 15 minutes.

CHICKEN CIVERT

Ingredients

- A chicken
- 4 tbsp oil
- 2 onions, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 4-6 tomatoes, chopped
- 1 cup red wine
- 4 cloves
- Salt

Method

Cut the chicken into pieces then heat the oil in the pot and fry the chicken until brown on all sides. Then add onions, garlic and tomatoes.

Simmer for 10 minutes then add wine and cloves and let simmer 20 minutes. Season.

TASTE THE WORLD ~ RECIPE

Prepared by: **FOCO AL AIRE MEXICO**

TOSTADAS

Serves 25 (halve the amount if you want to do it for 12 people)

*Please note the first list of ingredients is for the entire recipe. Collect and prepare all the ingredients before you start on each stage.

Ingredients

- 50 tostadas / toasted tortillas
- 2kg tomatoes – 1kg roughly chopped, 1 kg peeled and sliced,
- 10 chilis Serrano / jalapeño natural
- 2 heads of garlic, peeled
- 5 onions, chopped
- 2 cups vegetable stock
- 2 bunches coriander
- bay leaf
- Olive oil
- White sugar
- 2 tsp dried oregano
- 6 avocados
- 2 lemons/limes
- ½ kg white button mushrooms, sliced
- 3 yellow capsicums
- 1 tsp rice flour
- 1 tbsp tomato paste
- 750g cooked and ground beans, maybe “La Costeña”
- 5 big potatoes, cooked and diced
- 5 big carrots, cooked and diced
- 1kg queso fresco (best substitutes – paneer with extra salt added, or a very mild French or Danish style feta)
- 1 lettuce

- 2 tsp ground cumin
- 250ml sour cream
- Salt
- Black Pepper ground

1. Molcajete Sauce Medium Hot

- ½ kg tomatoes
- 4 Serrano chilli
- 1 garlic clove
- 1 onion
- 1 tsp vegetable stock
- Coriander bunch
- Salt
- Ground black pepper

Method

Put to cook the tomatoes and Serrano chilli with a little water. When it boils, take it off the heat and let rest. Chop onion and coriander. Blend the tomatoes, chilli, vegetable stock and garlic cloves and add salt and ground pepper. Add the chopped onion and coriander to the sauce and it's ready!

2. Tomato Sauce Not Hot

- 1 tbsp olive oil
- 1 onion
- 1kg tomatoes
- 1 garlic glove
- 1 bay leaf
- 1 tbsp sugar
- 1 tbsp dried oregano
- 1 tsp vegetable stock (if necessary)
- Salt
- Ground pepper

Continued on next page.

TASTE THE WORLD ~ RECIPE

Prepared by: **FOCO AL AIRE MEXICO**

Method

In a casserole dish, heat the oil and fry finely diced onion, add tomatoes (peeled and sliced), garlic, bay leaf, salt and pepper. Let simmer for around 30mins and at the end add the sugar and oregano. Blend and strain.

3. Guacamole

- 6 avocados
- Coriander bunch, very finely chopped
- 1 garlic clove, very finely diced
- ½ onion, very finely chopped
- Juice of 1 lemon
- Salt
- Ground pepper

Method

Peel and mash avocados in a serving bowl, stir in onion, garlic, coriander, lemon juice, salt and pepper to taste. Chill for half hour to blend flavours.

4. Mushroom Stew

- Olive oil
- 1 onion, finely diced
- 3 garlic cloves, finely diced
- 1 tsp rice flour
- 1 tbsp tomato paste
- 4 tomatoes, chopped
- 2 yellow capsicums, diced
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ kg white button mushrooms, sliced
- A pinch of ground pepper and salt
- 2 tsp vegetable stock

Method

Heat the oil in a saucepan. Add the onions and garlic with a pinch of salt and some ground black pepper and saute until the onions start to soften, about 3–4 minutes. Add water and saute until there is no visible liquid left (for about 3–4 minutes). Add the rice flour and stir for a couple of minutes. Add the tomato paste, stir it in, and then add the tomatoes and capsicum. Let the tomatoes cook down for another 2–3 minutes. Add the herbs, mix well, then add the mushrooms.

Let the mixture come to a boil and continue to cook for a couple of minutes. If it looks too dry, add more stock, a little at a time. I like this stew rather thick, but you can thicken it according to your taste.

5. To Assemble the Tostadas

Toasted Tortillas

- Beans, cooked and mashed
- Mushroom stew
- 5 big potatoes, cooked and diced
- 5 big carrots, cooked and diced
- 1kg queso fresco (best substitutes - paneer with extra salt added, or a very mild French or Danish style feta)
- 1 lettuce, shredded
- Sour cream

Assemble

1. Spread beans on the tostada
2. Add mushroom stew or a cup of potatoes and carrots
3. Put the shredded lettuce on top
4. Add grated cheese and sour cream
5. Use the sauces and guacamole as you wish, to taste.

TASTE THE WORLD ~ RECIPE

Prepared by: **GELAREH POUR** IRAN/AUSTRALIA

LOOBIA POLOW (Green Beans Rice - vegan)

Serves 9

Ingredients

- 1 cube of ice
- ½ tsp ground saffron
- 3 cups basmati rice
- 2 medium onion, chopped
- 1.5 kg fresh or frozen green beans, cut into 2–3 cm lengths
- 2 jars of Gheymeh
- ½ tsp ground cardamom
- 2 large washed potatoes
- ½ tsp salt to taste
- 6 tbsp olive oil
- Water

Method

Place ice cube in a small cup, add saffron to it and leave aside.

Rinse the rice in a large pot. Drain well.

Cover the rice with water. Water should cover the rice and come all the way up to the first knuckle of your index finger.

Add ½ tsp salt and a 1 tbsp olive oil and put on medium heat.

Heat 3 tablespoons of olive oil in a pan over medium heat and sauté the chopped onions until soft.

Add salt and ground cardamom and mix well.

Add the saffron water and stir thoroughly.

Add green beans to the pan and cook for 5–7 minutes.

Add jars of Gheymeh and mix well with green beans for 2–3 minutes.

Add ½ cup of water, lower heat, cover the lid and allow to cook for 10 minutes until the sauce thickens.

Meanwhile check the rice, if it's soft on the outside, drain it in a colander and rinse with cool water.

Place the pot back on medium heat and add 2–3 tablespoon oil. Slice the potatoes and lay on the bottom of the pot.

Add a layer of rice over the potatoes.

Then layer with half of green beans sauce.

Keep layering the rice and sauce ending with a rice layer. Add 2 tbsp oil on top. Reduce heat, cover the lid and cook for about 45 minutes.

To serve, place the platter over the pot and flip the pot onto the platter.

TASTE THE WORLD ~ RECIPE

Prepared by: **GELAREH POUR** IRAN/AUSTRALIA

SALAD-E SHIRAZI (Persian Cucumber, Tomato & Onion Salad)

Serves 6-8

Ingredients

SALAD

- 3-4 medium sized crunchy cucumbers
- 1 yellow or red capsicum
- 2 tbsp any combination of finely chopped fresh parsley, cilantro, basil or dill
- 1 tsp dried mint
- 2-3 medium tomatoes

VINAIGRETTE

- ¼ cup freshly squeezed lime juice (from about 2 limes), plus more as needed
- Fine sea salt and freshly ground black pepper to taste
- 3 tbsp extra-virgin olive oil

Method

Peel cucumbers and trim ends.

Dice cucumbers into 1 cm pieces and mix with fresh herbs in a large bowl.

Gently grind the dried mint into the bowl

Remove tomato and capsicum cores, dice the remaining into 1 cm pieces and add to bowl.

In a small bowl, make a vinaigrette by whisking together all ingredients.

Just before serving, dress vegetables with vinaigrette and stir to combine.

Taste and adjust seasoning with salt and lime juice as needed.

SAFFRON COCONUT ICE CREAM

Serves 9

Ingredients

- 1 pack coconut ice cream
- ½ tsp ground saffron
- 1 cube of ice
- 1 cup slivered pistachios

Method

Leave the ice cream out of the freezer until it becomes soft.

Place an ice cube in a small cup, add saffron to it and leave aside.

Connect the plastic/butterfly blade to the food processor.

Gradually add the softened ice cream to the food processor.

Add the melted iced saffron, and pistachio on top and mix well.

Place the mixture in a container, cover and put it in the freezer for 45mins before serving.

TASTE THE WORLD ~ RECIPE

Prepared by: **IFRIQIYYA ELECTRIQUE** MAGHREB/EUROPE

LINGUINE AL LIMONE (Lemon Linguine – Southern Italy)

Serves 6

Ingredients

- Fresh garlic
- Extra-virgin olive oil
- 3 untreated lemons
- 1 untreated orange
- Italian dry pepperoncini (extra-strong red chilli) to taste
- 1 cup fresh parsley leaves
- Capers, to taste
- Nutmeg, to taste
- Poppy seeds, to taste
- Salt, Pepper, to taste
- 500 grams of Italian linguine

Method

In the large salad bowl, crush the fresh garlic with salt using the tip of a fork.

Add extra virgin olive oil.

Zest a little of the lemon peel and add, then squeeze the lemons and add. Juice the orange and add.

Mix well.

Chop the fresh parsley and set aside.

Add the chilli - taste for the right balance. Grate and add the nutmeg. Add the capers. Mix.

Boil the water and add the linguine. Drain. Mix with the condiments and add the parsley and some poppy seeds. Mix.

Add pepper and serve.

ORECCHIETTE ALLA CIME DI RAPE

(Rapini Blooms With Orecchiette – Salento, Puglia)

Ingredients

- 600g dry Italian orecchiette (or 750 grams if the orecchiette are fresh)
- 1kg cime di rape/rapini blooms (or broccolini)
- 100 ml Extra virgin olive oil (ideally from Puglia)
- 2 cloves fresh garlic
- 4–5 fillets of anchovies in olive oil
- Salt
- Italian dry pepperoncini (extra-strong red chilli)

Method

Wash and clean the rapini blooms. Put them in boiling water.

Add the orecchiette halfway through cooking (after 10 mins), add salt and let them cook together.

In the meantime heat the oil with the chopped garlic and let it get browned. Add the anchovies and let them melt.

Drain the orecchiette with rapini blooms and add to the olive oil. Let them season for a few minutes.

Serve. Add pepperoncini to taste.

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- THE WORLD'S FESTIVAL -

TASTE THE WORLD ~ RECIPE

Prepared by: **KERMESZ À L'EST** BELGIUM

LA MITRAILLETTE (Belgian 'French' Fries, homemade mayonnaise and grilled lamb)

These are the ingredients of the so-called *mitraillette* (the riot gun), an absurd french fries sandwich that is just as easy to digest as its name suggests and perfect for hangovers. This meal is ideally consume with the band's beer, 'La Zézette'!

Ingredients

MAYONNAISE - Make 5 Litres

- 20 organic eggs
- Cider vinegar
- 400g of mustard (not sweet)
- 4L organic sunflower oil
- Salt
- Pepper
- Fresh garlic, finely minced

All ingredients should be stored at ambient temperature – or at least taken out the fridge a couple of hours before!

FRIES

- Potatoes
- Oil for frying

Method

MAYONNAISE

Place the egg yolks, vinegar, mustard in a tall jug.

Place a stick blender at the bottom on the jug, blend for 10 seconds then slowly, slowly add the oil a very little at a time. Gradually add the oil until you have a thick mayonnaise.

Season to taste and stir through, add the garlic.

FRIES

Potatoes: should be a mealy variety, with a white flesh, mostly big potatoes to get nice long fries. We use variety: Bintje or Désirée.

Fill a deep fryer a third full of beef fat and heat it to 270 degrees (150 C). Carefully lower the potatoes into the hot oil in small batches, cooking for 4–6 minutes, until they start to colour. Drain on paper towel and continue cooking the remaining potatoes before cooling them completely.

For the final cooking, heat the same oil to 350 degrees (180–190 C) and again, lower small batches of the potatoes into it. Cook for 2–3 minutes or until crisp and golden. As they come out of the oil, drain on paper towel and give each batch of fries a good sprinkling of sea salt.

Assemble

1. Fresh French bread, baguette length (about 60–80cm)
2. Mayonnaise
3. Organic lamb cut into long strips (to fit the bread) and grilled over wood.

TASTE THE WORLD ~ RECIPE

Prepared by: **LUISA SOBRAL** PORTUGAL

TOFU WITH CORN BREAD

Serves 4

Ingredients

- 2 onions
- Olive oil
- 1 block of tofu
- 1 x 500g can of chickpeas
- Paprika
- Salt
- 1 bunch of spinach, trimmed and shredded
- 2 boiled eggs
- 1 piece corn bread
- Parsley
- 100g almonds

Method

Cut the onions and cook them with olive oil until soft. Cut the tofu into little cubes and add it to the onion. Cook everything for a few minutes. Add the chickpeas, the paprika and a pinch of salt. When everything looks like it's blended, add the spinach.

Give it a stir for a few more minutes and then pour it into an oven proof dish.

Cut the boiled eggs into small pieces and put them on top of the tofu mixture.

Set that aside and we'll now work on the bread crust.

Put the bread, parsley, almond and a spoon of olive oil in a blender and blend it until it turns into this thick but wet paste.

Cover the whole tofu and egg mixture with this paste.

Drizzle it with olive oil and put it in the oven until the paste is golden.

TASTE THE WORLD ~ RECIPE

Prepared by: **MARINA SATTI & FONÉS** GREECE/SUDAN

MOUSSAKA

Ingredients

MEAT SAUCE

- ½ a cup olive oil
- 1 big red onion
- 1 red pepper
- 1kg minced meat (beef)
- ½ a cup red wine
- 1 can tomatoes
- 1 spoonful of tomato puree
- 1 cup water
- 1 cinnamon stick
- 1 teaspoon sugar
- Salt
- Pepper
- Dried basil
- Dried oregano

WHITE CREAM SAUCE (BECHAMEL)

- 100g butter
- 750ml milk
- 100g general purpose flour
- 3 egg yolks
- 100g grated parmesan
- Nutmeg
- Pepper

ALSO

- 2 large eggplants
- 2 large zucchini
- 3 medium potatoes
- extra grated parmesan

Method

Begin by preparing the eggplants.

Remove the stalks from the eggplants and cut them into round slices. Put the eggplants in a bowl filled with water and a spoonful of salt in order for them to lose their bitterness for about 20–30 minutes.

Prepare the meat sauce for the moussaka.

Heat a large pan to medium-high heat and add the olive oil. Stir in the chopped onion and pepper and sauté, until softened and slightly colored. Stir in the minced meat breaking it up with a wooden spoon and sauté. Pour in the red wine and wait to evaporate. Add the tinned tomatoes, the tomato puree and water and stir. Add the sugar, the cinnamon stick, a pinch of dried basil and oregano and a good pinch of salt and pepper. Bring to the boil and let it boil for a good 10 minutes. Turn the heat down and simmer with the lid on until ready.

Rinse the eggplants with plenty of water. Cut all other vegetables into round slices as well (zucchini and potatoes). Put the sliced zucchini and the sliced eggplants on a baking pan, drizzle them with a little bit of olive oil and bake them at 180–190C until they're soft. After they're done put them on a plate.

Do the same with the sliced potatoes separately because they need more time to soften.

TASTE THE WORLD ~ RECIPE

Prepared by: **MARINA SATTI & FONÉS** GREECE/SUDAN

Prepare the béchamel sauce for the moussaka.

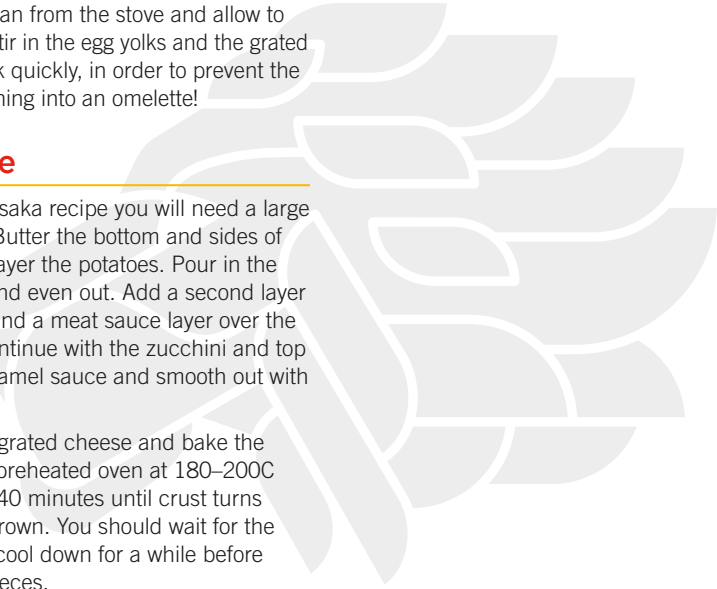
Use a large pot to melt butter in the milk over low-medium heat. Add the flour whisking continuously to make a paste. If the sauce still needs to thicken, boil over low heat while continuing to stir. While stirring add salt, pepper and a pinch of nutmeg.

Remove the pan from the stove and allow to cool slightly. Stir in the egg yolks and the grated cheese. Whisk quickly, in order to prevent the eggs from turning into an omelette!

Assemble

For this moussaka recipe you will need a large baking dish. Butter the bottom and sides of the pan and layer the potatoes. Pour in the meat sauce and even out. Add a second layer of eggplants and a meat sauce layer over the eggplants. Continue with the zucchini and top with the béchamel sauce and smooth out with a spatula.

Sprinkle with grated cheese and bake the moussaka in preheated oven at 180–200C for about 30–40 minutes until crust turns light golden brown. You should wait for the moussaka to cool down for a while before cutting into pieces.



TASTE THE WORLD ~ RECIPE

Prepared by: **MINYO CRUSADERS JAPAN**

YAKISOBA

Serves 2-3

Yakisoba – fried buckwheat – is a Japanese noodle stir-fry dish. Although soba means buckwheat, yakisoba noodles are actually made from wheat flour, and are typically flavoured with a condiment similar to oyster sauce. The dish first appeared in food stalls in Japan during the early 20th Century. Katsumi from Minyo Crusaders will provide his own variant on this!

Ingredients

- 2 tsp vegetable oil
- 100g pork – thinly sliced shoulder loin/belly
- 100g cabbage
- 60g carrot
- 240g yellow egg noodles
- 6 tbsp yakisoba sauce
- Pickled red ginger (benishoga)
- Salt
- Pepper
- Seaweed flakes (aonori) for garnish
- Bonito fish flakes for garnish
- 3 tbsp mayonnaise

YAKISOBA SAUCE

- 3 tbsp Tonkatsu sauce
- 2 tbsp Worcester sauce
- ½ tbsp soy sauce
- ½ tbsp Mirin

(or buy prepared sauce)

Method

Cut sliced pork into bite size pieces.

Prepare the vegetables: cut cabbage into 5cm squares, slice carrot thinly.

Mix all the ingredients for Yakisoba Sauce.

In a large frying pan, add oil and heat at medium high heat. Cook meat first until browned. Add carrot and cook about 1–2 minutes. Then add cabbage, and cook until vegetables are wilted. Once water seeps out from vegetables, add egg noodles, stir under the vegetables, lower heat and cover, and cook about 2 minutes until noodles soften.

When noodles get loose and soft, keep stirring to mix with vegetables, then add yakisoba sauce and coat the whole thing for a couple of minutes. Add pickled red ginger. (Season with salt and pepper to taste.)

Place Yakisoba on the plate; sprinkle with Aonori and put bonito flakes on top. Drizzle with mayonnaise.

TASTE THE WORLD ~ RECIPE

Prepared by: **ORQUESTA AKOKAN** CUBA

ARROZ MORRO

Ingredients

- 500 g dried black beans, rinsed well or canned black beans
- 1 bay leaf
- Salt
- 4 strips bacon, cut into 1 cm pieces
- 1 tbsp olive oil (& more for garnish/finishing, later)
- 1 medium white onion, finely chopped (about 1–1 ½ cups)
- 1 large red capsicum, finely chopped (about 1 cup)
- 3 medium cloves garlic, finely chopped
- 2 tsp finely chopped fresh oregano
- 2 tsp ground cumin
- ½ cup dry white wine
- 3 cups long-grain white rice, rinsed ½ cup chopped fresh cilantro/coriander

Method

Put the beans and bay leaf in a 2 litre saucepan and cover with 1 litre of water. Bring to a boil over medium-high heat, then reduce to a simmer. Simmer, adding more water if necessary to keep the beans covered by 2 cm, until just tender with a little bite, about 1 hour. Season with 1–1 ½ tbsp salt.

Put the bacon and oil in a 4 litre pot. Cook over medium-low heat, stirring occasionally, until slightly crispy, for about 7 minutes. Add the onion, pepper, garlic, oregano, cumin, and 1–1 ½ tbsp salt and cook, stirring, until softened, for about 10 minutes.

Turn the heat up to high, add the wine, and cook until reduced by half, about 2 minutes. Add the rice and cook, stirring to coat, for about 1 minute. Add the beans and their liquid, stir well, and add enough water to cover the beans and rice by about 1 cm.

Bring to a rolling boil over medium-high heat, cover, and turn down the heat to maintain a gentle simmer. Cook until the water is absorbed and the rice and beans are both tender throughout, for about 17 minutes. (Do not stir the rice and beans while cooking; it can make the rice clumpy.)

Season to taste with salt. Just before serving, fluff the rice, stir in the cilantro, and drizzle with a little olive oil.

TASTE THE WORLD ~ RECIPE

Prepared by: **RURA** SCOTLAND

CULLEN SKINK

Serves 8

Cullen is a town in North East of Scotland. This is a soup made from cream, milk, smoked haddock, potatoes and onions and a local speciality from the town where RURA's fiddle player Jack Smedley grew up.

Ingredients

- 2 smoked haddock (preferably no dye*)
- 2 onion
- 4 large floury potatoes (King Edward, Desiree)
- 1 litre full fat milk
- 4 tablespoons butter
- 8–10 tablespoons of double cream
- Pepper
- Salt

* sometimes smoked haddock is dried with something yellow to preserve it for longer which can make the soup a weird colour, so if this can be avoided, fantastic but, if not, it'll be absolutely fine!

Method

Skin/bone the fish fillets and chop in to fairly large chunks.

Peel and chop the potatoes into uniform dice. Chop the onions.

Saute the onions in some butter and add the potatoes, milk and remaining butter. Let simmer.

When the potatoes when potatoes are cooked, add the fish then the cream, stirring gently. Add pepper and salt to taste.

MINCE & TATTIES

Serves 8

Mince and potatoes is one of Scotland's most popular traditional dishes and will be cooked by RURA's piper Steven Blake.

Ingredients

- 1 onion, peeled and chopped
- 2 carrots, peeled and chopped
- 1 small cup of peas (around 160ml?)
- 250g beef mince
- 250g lamb mince
- About a tablespoon of gluten free plain flour
- A few sprigs of fresh rosemary
- About 250ml good beef stock (gluten free)
- 1 Oxo stock cube – beef (or equivalent, gluten free
- Salt
- 500g of potatoes (King Edward, Desiree)
- milk and butter as needed

Method

For the mince.

Saute the onions with a little salt. Season and combine the meats in a separate bowl. Add the meat to the onions and brown, then add the carrots, and peas and a little more salt. Sprinkle over the flour.

Add the stock and stir well and let simmer until rich and thick.

Take the rosemary off the stem, chop roughly and add.

For the potatoes.

Peel and chop the potatoes. Boil, mash and add melted butter and/or milk and salt to taste.

TASTE THE WORLD ~ RECIPE

Prepared by: **TAMI NEILSON** NZ/CANADA

NANAIMO BAR

Makes approx 16 slices

(Preparation time 25 minutes, cooking time 45 minutes)

A popular Canadian confection, basically a bar cookie that tastes similar to a richly chocolatey, loaded fudge. They are named after the west coast city of Nanaimo on Vancouver Island in British Columbia. Nanaimo Bars consist of three layers, a cracker crumb and chocolate base, a custard flavoured icing and then they're finished with a chocolate coating.

Ingredients

BOTTOM LAYER

- ½ cup salted butter, diced into pieces
- ½ cup packed light-brown sugar
- 3 tbsp cocoa powder
- 1 large egg, lightly beaten
- 1 ½ tsp vanilla extract
- 1 ¾ cup graham cracker crumbs (or other digestive biscuits)
- 1 cup sweetened shredded coconut
- ½ cup finely chopped pecans or almonds (Tami uses pecan cookie pieces)

FILLING

- ½ cup salted butter, softened
- ¼ cup heavy cream
- 2 Tbsp custard powder
- 2 cups powdered sugar

TOP LAYER

- 115 g semi-sweet chocolate, chopped
- 2 tbsp salted butter

Method

Melt butter in a medium saucepan over medium heat. Remove from heat, add in brown sugar and cocoa powder and whisk until well combined. While whisking vigorously, slowly pour in beaten egg. Return mixture to heat and cook for 1–2 minutes until mixture has thickened. Remove from heat, stir in vanilla.

Add in graham cracker crumbs, coconut, and pecans and toss until evenly coated. Press mixture into a buttered 20 cm baking dish. Cover with plastic wrap, place in freezer for 20 minutes or refrigerate for 40 minutes.

In a mixing bowl, using an electric hand mixer set on medium speed, whip together butter, heavy cream and custard powder until smooth and fluffy, about 2 minutes. Stir in powdered sugar and blend until mixture is smooth and creamy, about 1 minute (mixture may seem dry at first but should start to come together).

Spread mixture into an even layer over chilled graham cracker base. Cover with plastic wrap and freeze for 15 minutes or refrigerate for 30 minutes.

Melt semi-sweet chocolate along with butter in a heatproof bowl, set over a pot of simmering water. Spread mixture into an even layer over filling layer, cover with plastic wrap and chill in refrigerator for 10 minutes until chocolate has set. Cut into squares, store in an airtight container.

TASTE THE WORLD ~ RECIPE

Prepared by: **TRUE VIBENATION AUSTRALIA**

ERITREAN LENTILS, PEANUT BUTTER SPINACH & SADZA

Ingredients

LENTILS

- 3 red onions
- 2 fresh tomatoes
- 3–4 tablespoons of Bere Bere chilli powder (Ethiopian/Eritrean chilli spice mix)
- 1 can of chopped tomatoes
- 1 cup of olive oil
- 1 tablespoon salt
- 4–6 cloves of garlic
- 750g lentils, pre-soaked

PEANUT BUTTER SPINACH

- 2 white onions
- 4 whole tomatoes
- 1 large bunch of fresh spinach
- 4 tablespoons of smooth peanut butter
- 2 tablespoon of olive oil

SADZA

- 10 Scoops of Mealie meal (Ground Maize)
- 1.5 cups of cold water
- 1L of boiling water

Method

LENTILS

Very, very finely dice the red onions

Fry them on a medium to high heat with no oil in a pan until they go translucent and light brown, while this is happening dice fresh tomatoes

Add BerreBerre powder and a lot of oil (like half a cup or more!)

Stir all until even and let it all cook in the oil for a while, making sure it isn't dry, if it is add more oil

Add can of tomatoes and fresh tomatoes and stir on a lower heat.

When oil starts to surface, add a tablespoon of salt

If you're making sauce only, add the garlic now and cook for a further 20mins. You can now add Haloumi or whatever you'd like to build on top of the base.

If you're adding meat do not put in garlic, but add lentils and water, or meat and water and let cook until cooked through and soft (about 20-30mins) then add garlic and cook for a further 20 mins. Also at this stage, it is optional to add precooked meat (like chicken or meat, or perhaps vegetables for the vegans and vegetarians)

Serve with Injera, or fresh bread, as an alternative I've found Turkish bread that has been heated in the oven works a treat!

TASTE THE WORLD ~ RECIPE

Prepared by: **TRUE VIBENATION** AUSTRALIA

PEANUT BUTTER SPINACH

Dice and fry onions in olive oil until they go slightly transparent

Place tomatoes in boiling water so that the skins split. Peel and chop.

Fry tomatoes until tomatoes are reduced

Add spinach and cook until well blended and no longer dry

Add peanut butter until well blended and ready to serve. YUM!

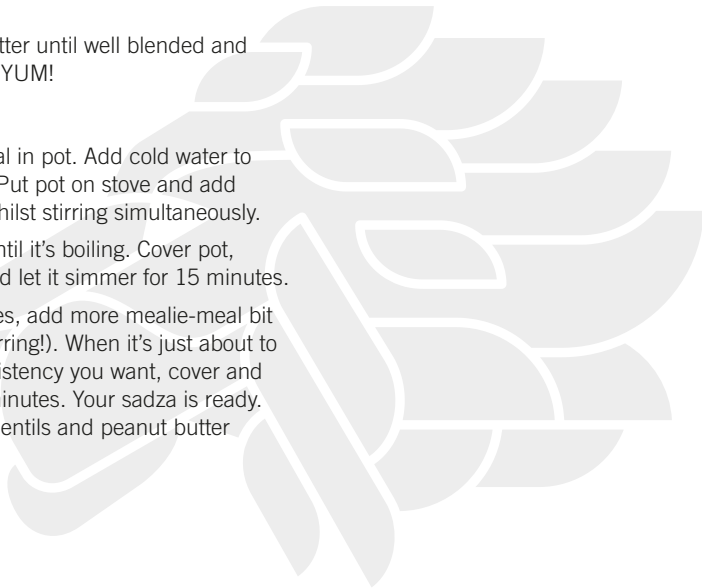
SADZA

Put mealie-meal in pot. Add cold water to make a paste. Put pot on stove and add boiling water whilst stirring simultaneously.

Keep stirring until it's boiling. Cover pot, reduce heat and let it simmer for 15 minutes.

After 15 minutes, add more mealie-meal bit by bit (keep stirring!). When it's just about to reach the consistency you want, cover and simmer for 5 minutes. Your sadza is ready.

Serve with the lentils and peanut butter spinach.



TASTE THE WORLD ~ RECIPE

Prepared by: **TUULETAR** FINLAND

FINNISH KARELIAN PIES

Makes 20 pies

(Recipe taken from the SaimaaLife website [Saimaa is the largest lake in Finland])

Ingredients

RICE FILLING

- 200 ml water
- 200 g short-grain rice
- 1 litre milk
- 1 tsp salt
- 2 tbsp butter

DOUGH

- 200 ml water
- 400 gr rye flour
- 100 gr white flour
- 1 tsp salt

Method

RICE FILLING

Bring water to a boil in a saucepan with a thick bottom. Add the rice and cook until the water is absorbed. Add milk and bring to a boil whilst frequently stirring. Simmer at a low heat for approximately 30–40 minutes, until cooked. Season the rice porridge with salt and butter and set aside to cool.

DOUGH

Stir the flours and salt into water and knead into a solid dough. Form the dough into a thick roll on a well-floured baking board, and cut the bar into 20 pieces. Form little balls from the pieces and then flatten them.

Sprinkle some rye flour onto the baking board, and with a rolling pin, roll a piece of the dough into as thin a round as possible. Next lightly stretch out the circle to make an oval shape.

When all the crusts are ready, fill the centre of each crust with a thin layer of rice porridge. Fold the edges of the crusts and pinch tightly with your fingers forming oval shaped pies. Turn the tips of the pies inwards to prevent them from burning during baking.

Place the pies onto a baking tray covered with greaseproof paper, and bake at 170 C for 10–15 minutes, until golden brown.

When the pies are removed from the oven, brush them with melted butter or a butter and water/milk mixture (try 50% butter and 50% water).

Place the pies onto a greaseproof paper and cover with a kitchen towel to soften.

Serving Suggestion

Serve the Karelian Pies warm together with the Egg-Butter Spread.

EGG-BUTTER SPREAD

- 8 hard-boiled eggs
- 150g butter
- ½ tsp salt

Boil the eggs in water for at least 8 minutes. Rinse the boiled eggs under cold water and remove their shells. Use a fork to mash the eggs finely together with the soft butter, in a mixing bowl. Add some salt. Cover the bowl with plastic wrap and place into the fridge to cool.