

STANBURN PRIMARY SCHOOL

CELEBRATING

**WORLD DAY FOR
CULTURAL DIVERSITY**



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WORLD DAY FOR CULTURAL DIVERSITY

Welcome to Stanburn Primary School's First-Ever Online Recipe Book!

At Stanburn Primary School, we celebrate the vibrant cultural diversity that enriches our community. Our first online recipe book is a testament to the culinary traditions and flavours from around the world, brought together by the families and friends of our school.

This collection features 100 recipes from 26 different countries, showcasing a variety of traditional dishes that have been passed down through generations and beloved family favourites that highlight cultural heritage. Each recipe tells a story, inviting you to explore the vast variety of our global community through the universal language of food.

Whether you're looking to recreate a comforting dish or try something entirely new, our recipe book is a delicious resource for you to use. As you cook and share these meals with your loved ones we hope you'll create wonderful new memories.

Dive in, explore the flavours and celebrate the diversity that makes our community special.

Happy cooking!

CELEBRATING **WORLD DAY FOR CULTURAL DIVERSITY**

Here are the 26 countries represented in this recipe book!



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Reception

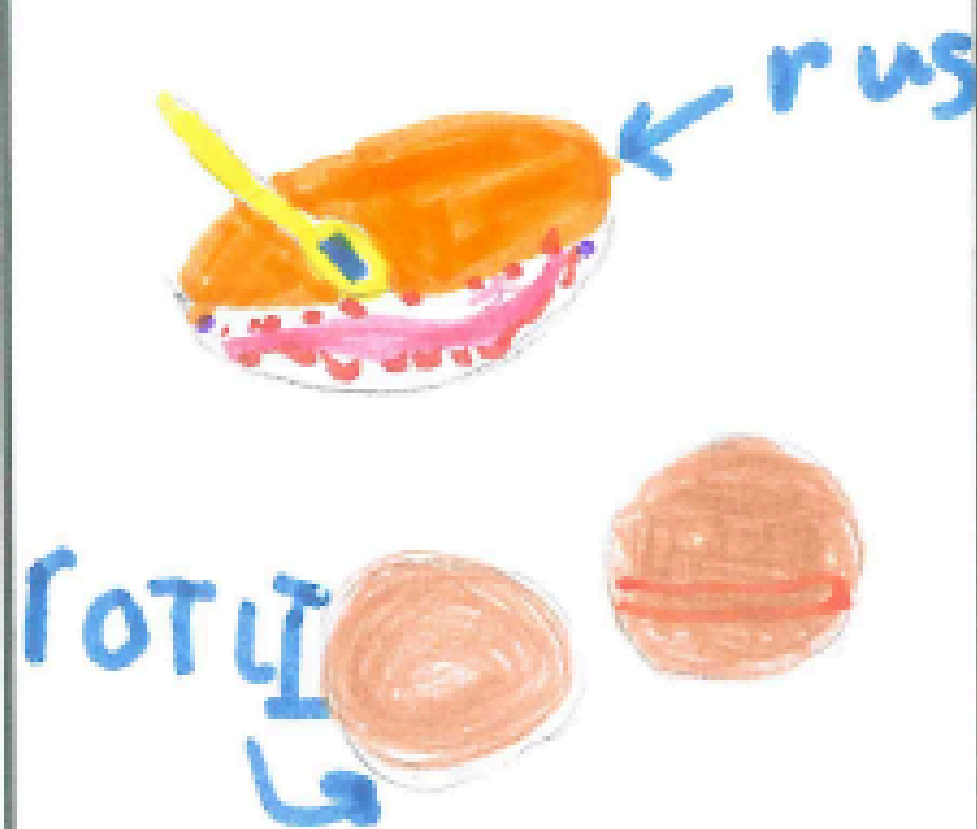


World Day for Cultural Diversity 2024

Sayuri - Chapati and mango puree

Trishaan - Paneer

Photo of dish:



Name and class:

Sayuri Patel
R-Olive

Country of origin:

India

Dish:

Chapati & Mango Pulee
(Rotli & Rus)

Ingredients:

Chapati :

- Whole grain flour
- 1tbsp sunflower oil
- Water (warm)

Mango Pulee :

- A ripe kesar mangoes

Method:

Chapati :

- In a large bowl add 250g of whole grain flour. To it, add the sunflower oil & mix.
- Add in small volumes of warm water until a soft dough is formed.
- Take a small portion of the dough and roll into a disc shape.
- On a hot pan, place the chapati & let it cook. Flip over to cook on both sides.
- Once cooked, spread butter on chapati.

Mango Pulee :

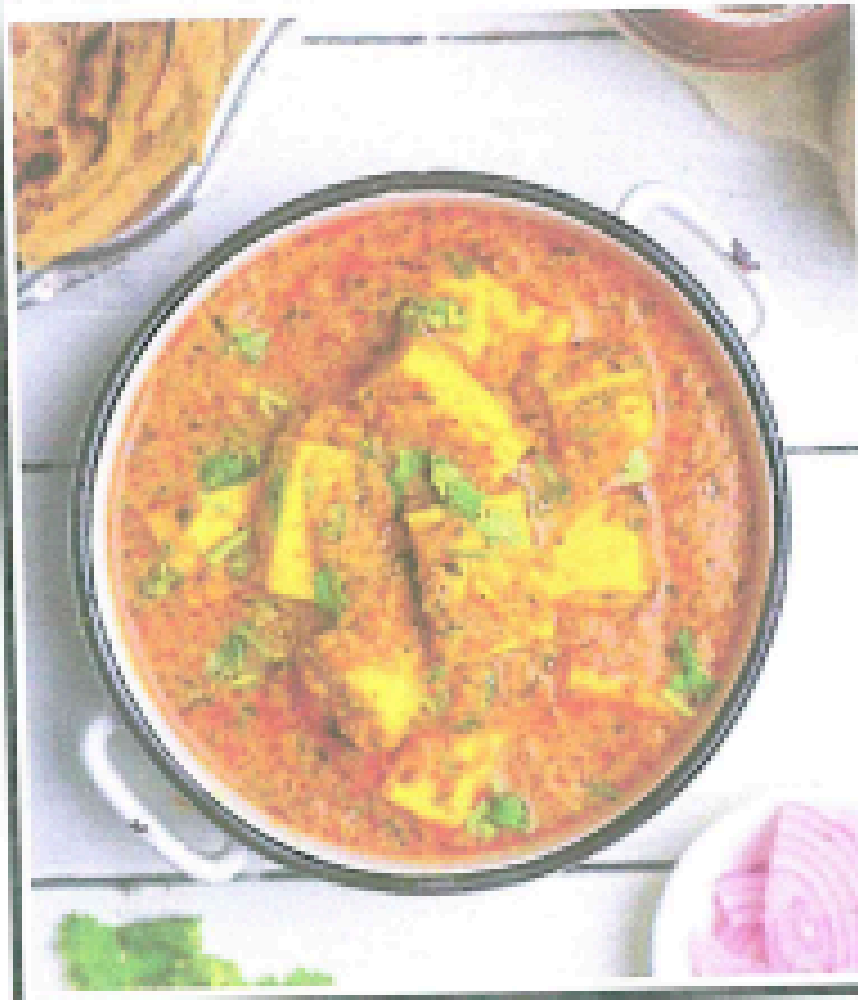
- Peel skin off the mangoes.
- Grate the mangoes to a fine pulp.
- Pass the pulp through a fine sieve to get a smooth consistency & refrigerate.

Dip the hot chapati's into the cold mango puree for a delicious light meal!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

TRISHAAN – OLIVE Reception

Country of origin:

INDIA

Dish:

PANEER

Ingredients:

Ingredients

- 1/2 cup chopped onions
- 2 tbsp Ginger garlic paste
- 4 tbsp Tomato Ketchup
- 1 tsp Cumin seeds
- 1 tsp Cumin powder
- 1/2 tsp Turmeric powder
- 1 tsp Red chilli powder
- 1tsp Coriander powder
- 1tsp Salt
- 220g Paneer cubed
- 1tsp kasturi methi
- 1- 1.5 cups Milk

Method:

Directions:

1. In a pan heat 1 tbsp Oil and put cumin seeds. Let it crackle.
2. Add onions and cook for a 1 minute.
3. Add the ginger garlic paste and cook well for 2 minutes.
4. Add all the spices & salt and mix well.
5. Stir the ketchup in well and cook.
6. Add 3/4 cup milk & cook on a high flame, stirring continuously so that the milk does not split.
7. Add in the paneer, and make sure all cubes are coated with the gravy.
8. Cover the pan with a lid, and let it cook for 5 minutes till it becomes thick.
9. Stir well, add more milk if you want it more liquid.
10. Add the kasturi methi and mix it well.
11. It is ready to serve.



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Year 1



World Day for Cultural Diversity 2024

Klara – Maru bhajia

Photo of dish:



Name and class:

Kiara B - 1Poppy

Country of origin:

Kenya

Dish:

Maru Bhajia

Ingredients:

- 2 large white potatoes; cut into $\frac{1}{8}$ inch slices
- 1 tablespoon grated ginger
- $\frac{1}{2}$ cup chickpea/gram flour
- 1 tablespoon chopped green chillies
- 1 teaspoon turmeric powder
- 3 tablespoons chopped cilantro
- $1\frac{1}{2}$ teaspoon salt; adjust to taste
- 2 tablespoon rice flour
- Oil to deep fry

Method:

1. Wash and slice the potatoes using a slicer, or use a sharp knife to cut thin slices, no more than $\frac{1}{8}$ inch wide.
2. Pat dry the potatoes and place the slices in a large plate.
3. Sprinkle on the salt, ginger, chillies, turmeric, ajwain, cilantro, besan and rice flour. Let sit for 15 minutes.
4. As the potatoes sit in the salt and spices their waters will release and there will be enough moisture released that will help to form a thick pasty batter. If not much water releases, add one tablespoon of water to create the thick paste like batter.
5. Heat oil in a frying pan.
6. Use your fingers to smear some batter on to each slice and carefully add to the hot oil.
7. Fry until the bhajias are crispy and golden.
8. Turn in between of frying using a slotted spoon.
9. Serve hot with your favorite chutney.



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Year 2



World Day for Cultural Diversity 2024

Eva-Maria – Baked beans in the pot
Andrei – Cabbage rolls
Imaan – Mantu
Rebecca – Cornulets
Heer – Aloo paratha
Raahi – Sarfi
Krishika – Chickpea curry
Jay – Mango lassi
Minuka – Hoppers
Adam – Hummus
Merriam – Tagine
Akshay – Apple crumble
Yeva – Vegetable rice
Anirudh – Potato curry, chapatti and mango puree
Sofia – Egg fried rice
Rehan – Chapatti and lamb curry
Akshay – Apple crumble
Kyan – Fish curry
Carla – Sarmale
Malia – Tuna pasta
Khushi – Pav bhaji
Diyani – Thepla
Shanaya – Jalebi
Omar – Daal and rice
Aaliyah - Shakshuka

Photo of dish:



Name and class:

Eva - Maria Andrus
2Mango

Country of origin:

Romanian

Dish:

Baked beans in the pot

Ingredients:

- 1 kilogram of dry beans
- * 1 smoked bone
 - * Kaiser
- * 5-6 tablespoons of oil
 - * 2 carrots
 - * 3 onions
 - * 1 celery
 - * 1 parsley root
 - * 1 parsnip
- * 1 glass of red wine
 - * Peppercorns
 - * Salt
 - * 3-4 bay leaves
 - * Spices (thyme, basil, oregano)
 - * Broth
 - * Parsley

Method:

Baked beans in the pot.

The night before, soak the small beans, which you wash well and rinse in several waters. Leave the beans in water with a pinch of coarse salt overnight. It is recommended to use beans with small grains, as they are more tender compared to varieties with large beans.

In the morning or the next day, boil the beans. When it boils, discard the water and rinse the beans again, then place them in fresh water. We recommend that you repeat this operation about 3-4 times. Add carrots, onions, celery, parsley root and parsnips to the final water. Continue to boil everything, and at the same time, in a separate pot, boil the whole smoked bone in water with a few peppercorns, the wine glass and the bay leaves. Let it simmer for at least 2 hours, until the meat easily falls off the bone.

How this dish can be served

When both dishes are ready, in a cauldron, saute about 2 onions and the boiled carrot from the beans, cut into small cubes. Add the beans with a little of the stock in which they boiled, then the scallions cooked in the wine and the spices. Also add about 6-8 tablespoons of stock and some diced smoked kaizer that you can quickly fry and add to the beans. At the end, sprinkle some fresh chopped parsley. Serve this treat with toasted bread, hot peppers, and a generous bowl of assorted pickles, including, pickled cucumbers, and pickled cauliflower. A meal full of authentic Romanian flavor.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Andrei 2. Mango
Picau

Country of origin:

Romania



Dish:

Romanian cabbage
rolls,

Ingredients:

2 lbs/ 1 kg combined ground
pork/ beef
½ cup arborio rice
1 large onion chopped
1 tablespoon dried oregano
1 tablespoon dried basil
2 tablespoons olive oil
1 large sour cabbage
700 ml tomato juice
10 slices smoked bacon
some fresh thyme sprigs
3-4 bay leaves
salt and pepper

Method:

1. Get ready the meat stuffing
2. Boil arborio rice till it's almost ready. Set aside to cool.
3. Meanwhile chop the large onion.
4. In a large bowl mix all types of ground meat, add sauted onions and boiled rice, dried herbs, 1 teaspoon water, salt and pepper and mix well using your hands.
5. Making the rolls.
6. Remove gently not to break them, all cabbage leaves. You will only need the large leaves to make the rolls. The middle part will be chopped and added between cabbage rolls layers.
7. Add a tablespoon of ground meat mixture to each half leaf. Cover the filling with the edge from the base of the leaf. Bend edges on both sides and cover over the filling. Roll the stuffed cabbage leaf holding firm, so they won't break during cooking time. Repeat these steps until you finish all of your group meat mixture.
8. Roughly chop smaller leaves or some that broke during the rolling process and set aside.
9. Place big saucepan over medium heat, add 2 tablespoons of olive oil and sauté the rest of chopped onions for 2-3 minutes. Add part of chopped sour cabbage leaves and sauté for another 2 minutes. Distribute the whole mixture on an even bottom layer and turn the heat to minimum. Start adding the rolls, creating a first level. Add some chopped smoked bacon, 2 bay leaves and 4 fresh thyme springs and some more chopped sour cabbage.
10. Add half part sour cabbage juice and half part water to cover the rolls entirely. Place a lid on top of the saucepan and boil them on slow heat for at least 2 hours.

Photo of dish:



Name and class:

Iraan 2 mango

Country of origin:

Afghanistan

Dish:

Mantu

Ingredients:

Mantu filling
dough
meat (beef, lamb)
coriander
chili powder
onion
garlic
salt
oil

Yogurt mint sauce

yogurt
mint

garlic

salt

Tomato Lentil sauce

onion

tomato paste

tomato

turmeric

garlic

channa daal

salt

Method: Filling

- 1- In a pan, heat up some oil. add in your ground meat.
- 2- once the meat turns brown, add salt and diced onions. Allow the onions to soften and cook down.
- 3- Add spices, cook for a few minutes.
- 4- once cooled its time to fill the wrappers. Take one teaspoonful and fold the edges using water.
- 5- steam the mantu in a metal or bamboo steamer.

Yogurt sauce.

- 1- combine the yogurt, mint and minced garlic and add salt.

Tomato Lentil sauce

- 1- oil into a pan and sautee the diced onion
- 2- Add salt once the onion turn translucent add tomato paste. let it to cook.
- 3- Add spices and chopped tomatoes. Add water and bring to a simmer.
- 4- For channa daal, wash it and soak it over night or boil it.

Assembly.

- 1- in a serving dish, add a layer of the yogurt sauce, then the mantu then top with more yogurt and the tomato-lentil sauce. Finally top with dried mint and fresh coriander and black pepper. Mantu is ready to serve.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Rebeca Maria Blanaru
2MANGO

Country of origin:

Romania

Dish:

Comulets

Ingredients:

300 g flour
175 g butter at room
temperature
3 medium fresh egg yolks
100 g vanilla powdered
sugar
1 pinch of salt
about 200 g Turkish delight
50 ml cold milk
powdered sugar (for
rolling)

Method:

We mix the butter, add salt and powdered sugar and mix until we get a homogeneous cream. Add the 3 egg yolks, one by one. We sift the flour and gradually add it to the dough. At the end, add the milk and mix until you get a smooth, homogeneous dough. We turn the comulet dough onto a work table lightly dusted with flour and compact it. We don't have to knead it very much, but just give it a compact shape. We wrap the dough in food plastic film and put it in the refrigerator for about 1 hour. Dust the work table with flour and roll it out into a sheet about 6-7 mm thick. We cut the sheet into triangles with a base of about 2 cm, place a piece of Turkish delight on top of the triangle and then roll it from the base to the top. We put the comulets in the oven tray (I got two trays that I baked separately) and bake them in the oven preheated to 180°C, for about 12-14 minutes. Comulets must present a very slightly browned surface. Immediately after baking, we roll them in powdered vanilla sugar or just dust them.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Heer soni 2 Mango

Country of origin: from
India

Dish:

Aloo paratha

Ingredients:

patato
coriander
mint
salt
suger
lemom
m/wheat
oil

Method: for stuffing

take a one bowl
put in a bowl patato
mash the patato
add salt
add some suger
add lemon
add mint
mix it all to gather
well when you mix it
well then we need to make
lots of the dough to make
dough make a chapati
hot one spoon

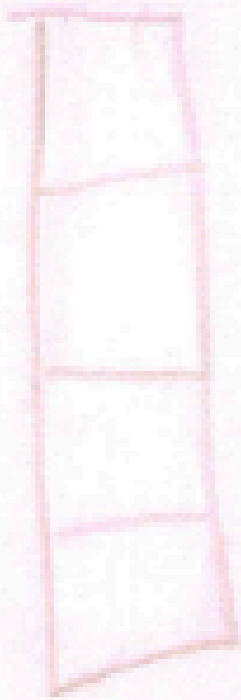
cover it with chapati

roll it
under behind the with roller



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Raahi 2 mango

Country of origin:

India

Dish:

Barfi

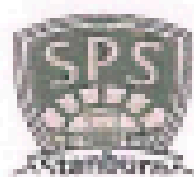
Ingredients:

- condensed milk 1 can
- Ghee 4 or 5 tabel spoons
- Shredded COCONUT 3 cups
- cardamom one tea spoon
- nut meg a littel drizzel
- Sprinkles

Method:

Put the two table spoons of ghee then put three three cups of shredded coconut all into the bowl. Then put in the one tea spoon of cardamom then grate a littile bit of Nut meg. after that add a lillike bit of condensed milk at a time until it is nice a smooth.

Now Layer the mixture in a greased pan and set a side to cool. you could add some Sprinkles or Shredded coconut then cut it up into squares and serve.



World Day for Cultural Diversity 2024

Photo of dish:



chickpea curry

Name and class:

Kishika 2-mango

Country of origin:

India

Dish:

chickpea curry

Ingredients:

chickpeas
potato
tomato
spices
oil
water
salt
chilli
ginger
poppy seeds
brown balls

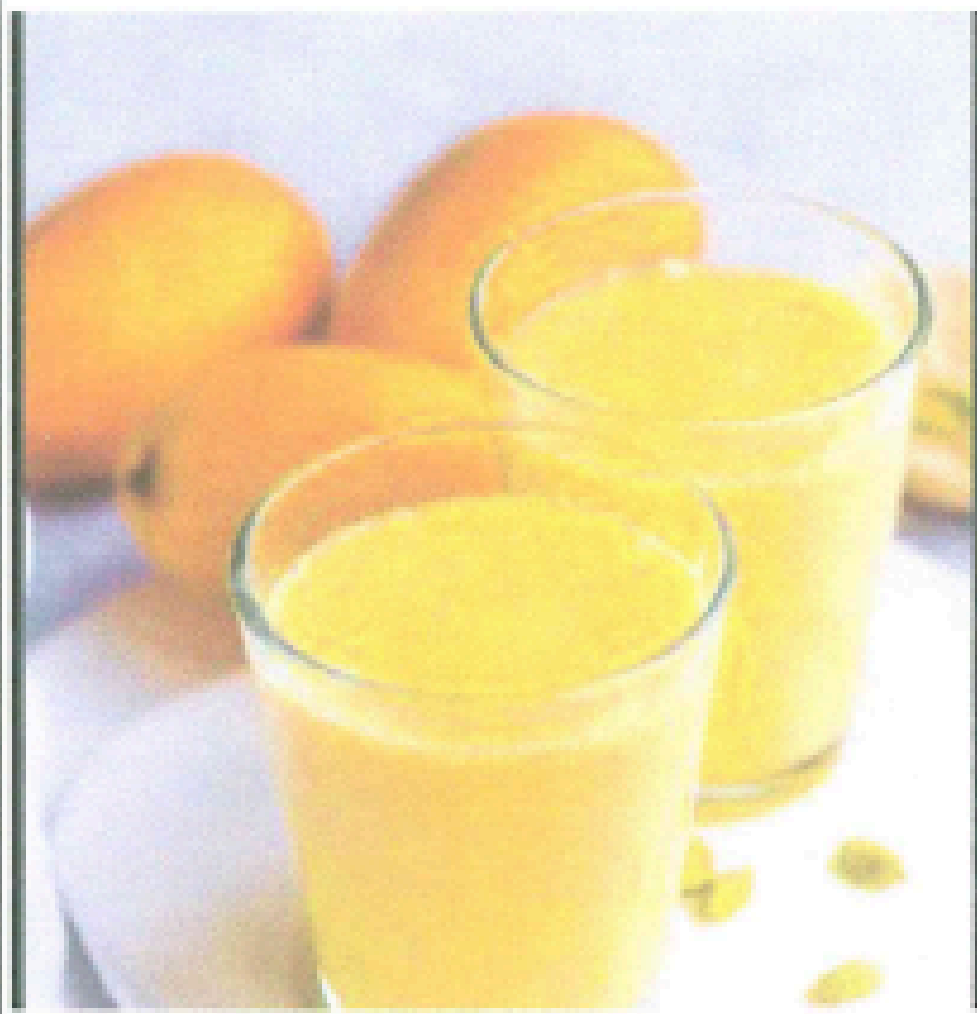
Method:

1. In a sauce pan, heat some oil and add some chilli and poppy seeds.
2. When you hear the poppy seeds popping you go add the chickpeas, then add the spices and some salt and a little bit of water.
3. After chickpeas have cooked for a few minutes add some diced potato and a little bit of water.
4. Let this cook till potatoes are ready.
5. Add tomato and let it cook for 5 minutes.
6. Once tomatoes are cooked you eat!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Jay Patel (2 Mango)

Country of origin: India

Dish: Delicious Mango Lassi

Ingredients:

- 1 cup mangoes chopped & chilled
- 1 cup thick yogurt chilled
- 1/2 cup milk boiled, cooled and chilled
- 2/3 tablespoon sugar
- 1pc cardamom skin peeled
- 2 to 3 cubes ice cubes crushed
- chopped pistachios (optional)

Method:

1. Add 1 cup mangoes cubed to a mixer jar. I used 2 small alphonso mangoes.
2. Add 2-3 tablespoon sugar.
3. Add 1 cup thick yogurt.
4. Add 1 whole cardamom.
5. Add few ice cubes to it.
6. Add 1/2 cup milk - boiled, cooled and chilled.
7. All ready to blend.
8. Blend until smooth and creamy.
9. Blended and mango lassi is ready. If you feel its very thick then add little water / milk to thin it down say 1/4 cup.
10. Pour into serving glass.
11. Garnish with chopped pistachios (optional)
12. Mango Lassi is ready to serve!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Minuka Warusapperuma

2-Mango

Country of origin: Sri Lanka

Dish: Hoppers

Ingredients:

- 2 cups rice
- 1 fresh coconut
- 1 cup coconut water
- 1 tsp yeast
- 3 tsp sugar
- 1 tbsp bread flour
- Salt to taste
- Optional: eggs

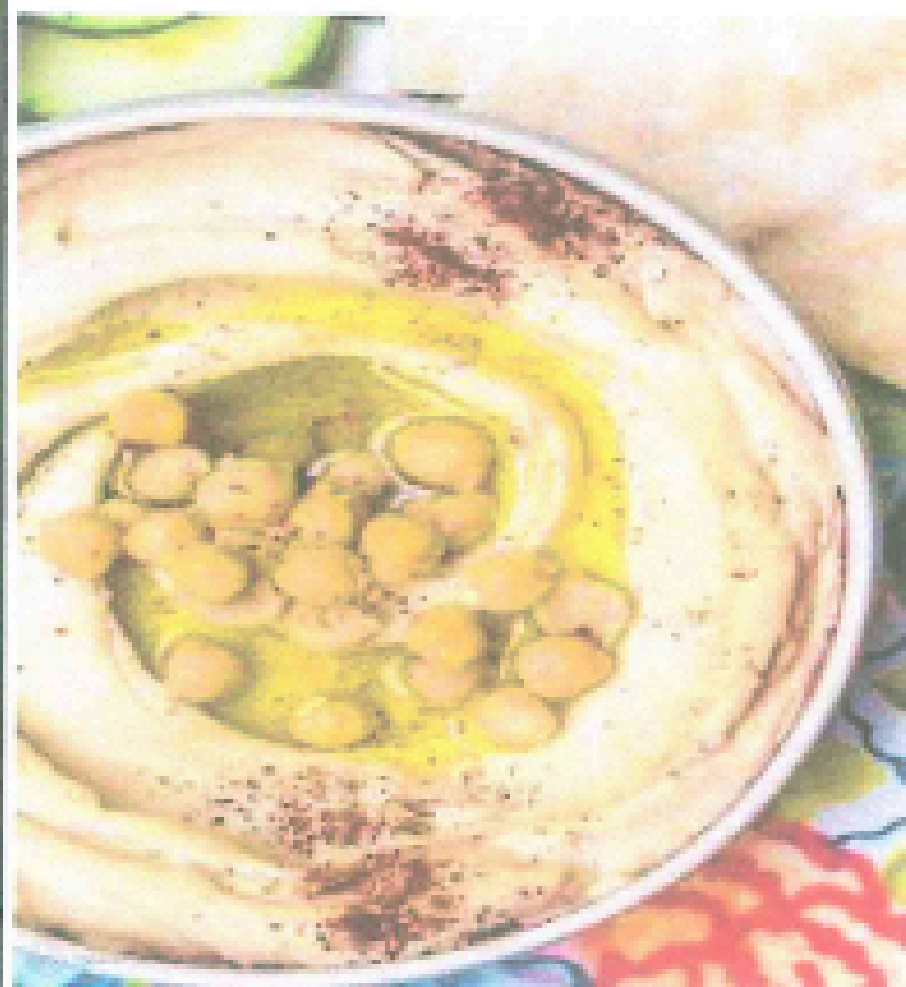
Method:

- Soak 2 cups of rice in water for 3 hours.
- Blend grated coconut with the coconut water to make coconut milk, then strain.
- Blend the soaked rice with coconut milk until smooth.
- Mix blended rice with 1 teaspoon yeast, 3 teaspoons sugar, and 1 tablespoon bread flour.
- Cover and ferment for 3 hours.
- Add salt to taste.
- Heat a hopper pan, grease it, and pour in batter, swirling to coat sides.
- Cover and cook for 2-3 minutes.
- For egg hoppers:
 - Crack an egg into the center after swirling the batter in the pan.
 - Cover and cook until set.
- Enjoy hoppers hot with your favorite accompaniments!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Adam Istanbouly / 2mango

Country of origin:

Syria

Dish:

Hummus

Ingredients

- 1 cup dried chickpeas
- ½ cup tahini
- 2 large lemons approx half a cup.
- 1 teaspoon salt
- 1-2 cloves of garlic
- 2 Ice cubes

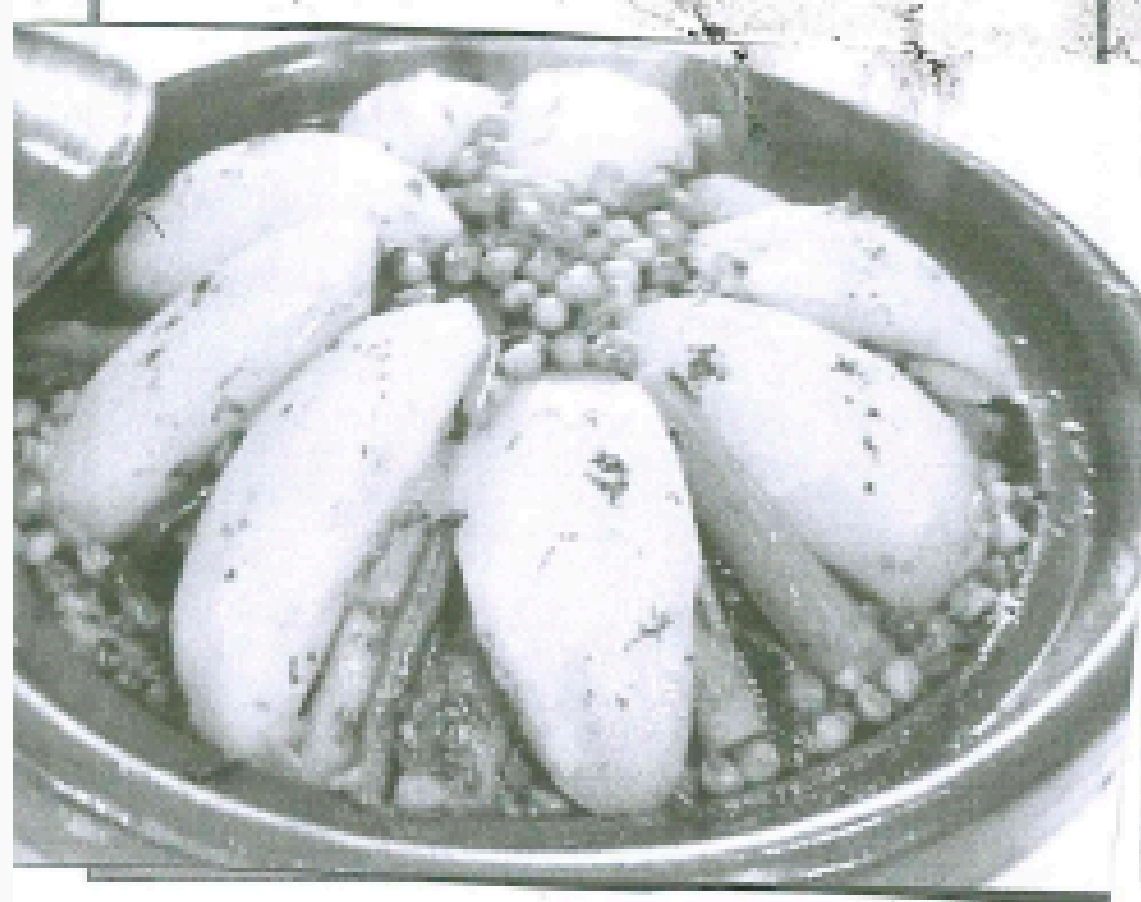
Method:

- Soak the chickpeas in a large bowl full of water.
- Rinse the chickpeas and place in a pot with double the amount of cold water.
- Bring to the boil, then lower the heat and cook for an hour.
- Drain the chickpeas into a colander but reserve one cup of the water aside.
- Now you have to work quickly and remove as many of the skins as you can before they cool.
- Put the chickpeas in the food processor along the tahini, lemon juice, garlic and salt along with a drizzle of extra virgin olive oil
- Whizz the chickpeas for a few minutes. Add 2-3 ice cubes and whizz again until smooth.
- Taste the hummus and add more lemon, salt, tahini or chickpea water as necessary to get the perfect texture.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

MERRIAM
2 MARGO

Country of origin:

MOROCCO

Dish:

TAGINE

Ingredients:

500g of meat

2 large potatoes

1 onion

1 tomato

200g of peas

carrots 3

TABLESPOON OF CORIANDER
AND PARSLEY

3 garlic cloves

6 tablespoons water
tablespoon mixture of
OLIVE OIL AND VEG
oil.

1 teaspoon of turmeric
1 teaspoon of ginger
Half a teaspoon black pepper
1 tablespoon of salt.

Method:

In a bowl put TURMERIC and ginger and black
pepper and salt and veg oil and water and ~~peas~~ ~~potatoes~~
put meat in all this ~~vegetables~~ ~~spices~~ ~~with~~ ~~everything~~
then ~~put~~ put it in tagine dish.

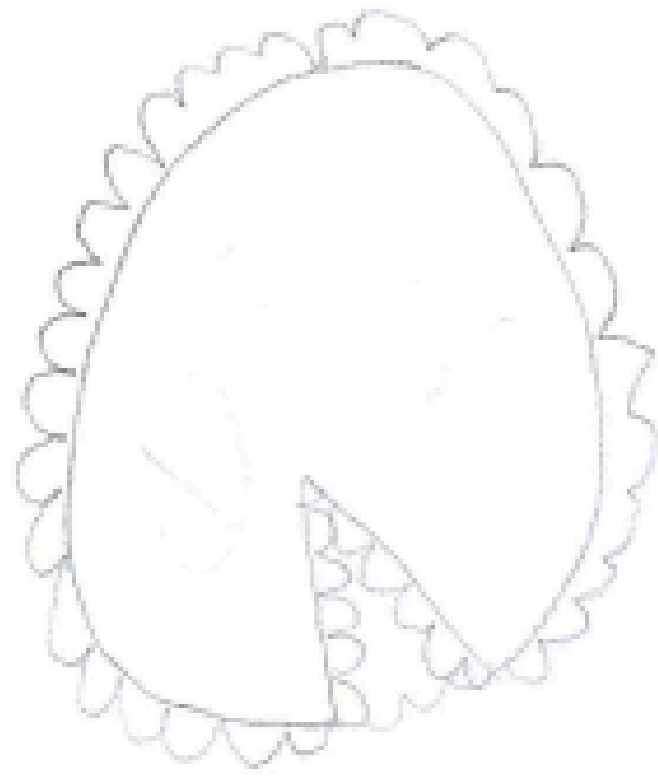
then put chopped onion and garlic and carrot and potato
~~cut~~ ~~cut~~ ~~cut~~ tagine dish then peas in the middle
and tomato ~~herbs~~ ~~herbs~~ ~~herbs~~ for 15 min

Use tagine dish and leave it and let it cook.
Cook for 30-40 minutes in medium heat.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

AKshay Patel 2nd - (ora)

Country of origin:

England

Dish:

Apple crumble

Ingredients:

12 green apples
85g white sugar
50g honey
100g Brown Sugar
250g Butter
300g oats
300g plain flour
1/2 teaspoon
cinnamon

Method:

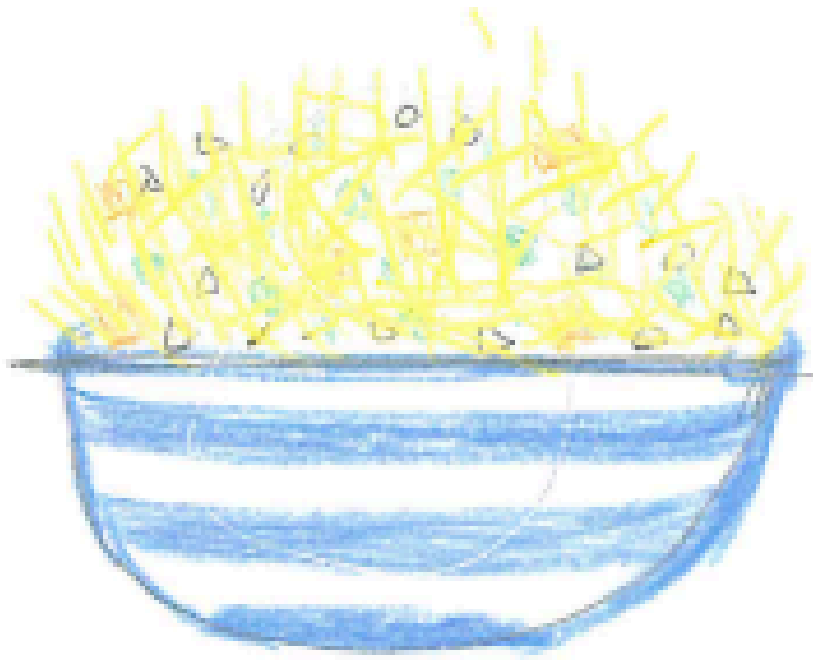
- (1) Cook apples (peeled and cut) with caster sugar in a large pan until tender and saucy. * Add water if apples stick to the pan with sugar.
- (2) Melt brown sugar, honey, butter in a pan off the heat, stir oats, flour, butter and cinnamon until sticky and crumbly.
- (3) Put apples into a baking tray and spread the crumble evenly over the top.

Oven: 180°C / 355°F
40-50 minutes



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Yeva 2 Coral

Country of origin:

india

Dish: vegetable rice

Ingredients:

1 cup of basmati rice

1 teaspoon of black
Mustard seeds.

1 teaspoon of cumin seeds

1/2 teaspoon salt.

2 cups of water

1 cup frozen vegetables
(peas carrot sweet-
corn)

1/2 teaspoon turmeric
powder

1/2 teaspoon ginger.

1 tablespoon vegetable
oil.

Method:

1. put rice in a bowl and wash with cold water.
Remove water.

2. In a separate Saucepan, heat the vegetable
oil on a medium heat.

3. Add Mustard Seeds and cover with a lid.
The Mustard seeds will start to pop.

4. Once the popping finishes add cumin seeds.
Leave for 5 seconds and add the frozen vegetables.
Stir for a few minutes.

5. Add the coriander powder, turmeric powder,
salt and ginger. Stir.

6. Add washed rice and 2 cups of water.

7. Bring to boil simmer until the rice is cooked
(About 10 minutes.)

8. once cooked fluff rice with a fork. Enjoy
with your favourite curry!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Anirudh ~~20~~ 20202020

Country of origin:

India

Dish:

~~pot~~ Potato Curry
Chapati and mango
puree

Ingredients:

- Potatoes
- Sunflower oil
- Turmeric
- Mustard seeds
- Chilli powder
- Coriander and cumin powder
- one finely chopped tomato
- Salt

Method:

1. heat sunflower oil ^{in a pan}
- Add ~~the~~ mustard seeds and cumin seeds
- Add diced potatoes and stir
- Add turmeric powder, chilli powder, and coriander and cumin powder, and mix
- Add water a ~~small~~ splash of hot
- Add salt to taste and cover with a lid and cook ^{on} ~~of~~ medium heat for 5-10 minutes
- ~~and~~ Finally add chopped tomato and stir.
- serve with hot chapatis and mango puree.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Sofia 2 Corab

Country of origin:

England/Bengals
~~England/Bengals~~

Dish:

Egg fried rice

Ingredients:

~~veg oil~~ Soya sauce
rice
onions
egg
Spring onions
sausages!
Seasoning

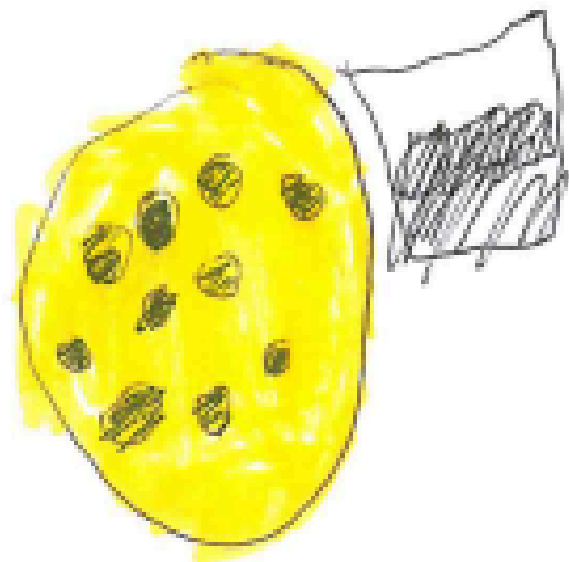
Method:

First you get rice. Second put
soya sauce on the rice. then
you put egg. and you
fry it ~~for~~ for 3 or 2
minutes then if you want
you can add sausages you
can cut it and then
season it. ~~Don't~~ Don't forget
to fry the sausages!
then its ready to eat!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Rehan Z-Coral

Country of origin:

India

Dish:

Chapati and
Lamb Curry

Ingredients:

Diced
Lamb
3x Tomatoes

Ginger
3x Green Chillies
Chilli Powder
Turmeric
~~Brown~~ Ground
Coriander
Salt

Method:

Cut tomatoes, ginger, green chillies and 2 onions and then blend them using a food processor.

Heat a pot and pour the paste into it.

After bringing it to a boil, add your diced lamb and spices.

After 10 minutes boil some water and pour 200ml into the pot.

Add salt to taste.

^{Stir}
~~Boil~~ until lamb is thoroughly cooked.

Enjoy!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Kyan - 2 APRICOT
Kalim

Country of origin:

Tanzania
(United Republic)

Dish: fish curry - known locally
as Mchuzi wa samaki.

Ingredients:

250g Tilapia Fish
250g Hake fillet -
both cubed.

1 Onion, sliced

2tbsp curry powder

1 tsp turmeric

1/2 ground coriander

2tbsp ginger + garlic paste

5/6 plum tomatoes
chopped

400ml coconut-
milk.

1tbsp tamarind paste

a handful of coriander

leaves - chopped

2tbsp Vegetable
oil.

1/2 tsp chilli powder

Optional.

Method:

1) Heat the oil in a pan and add the onions, curry powder, chilli powder, turmeric and ground coriander. Sauté on a low heat until softened for 7 minutes.

2) Stir in the ginger and garlic paste and cook out for a further couple of min.

3) Add the chopped tomatoes and cook down for 5 minutes, stirring to prevent sticking to the bottom of the pan. Add the coconut milk and simmer for 30 mins.

4) Stir in the tamarind paste then add the fish pieces, making sure they are fully submerged in the sauce.

Cover with a lid and leave to cook for 7 minutes. (Garnish with chopped coriander + lime.)

Serve with plain boiled rice or Naan.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Carla Bacor
2 apricot

Country of origin:

Romania

Dish:

Sarmale

Ingredients:

minced meat
cabbage
rice
tomato paste
onion
Pepper
salt
dill

Method:

First you put oil in a pan then put the cut up onion. after you put the tomato paste on top of the onion. After you get a bowl and put the minced meat in it and then you put the onion and tomatoe paste on top. After you put some rice in the mixture then you add your condiments such as salt, pepper, etc then you boil ur cabbage and then take a leaf and put a table spoon of the mixture in the leaf and then roll it up and then boil it



World Day for Cultural Diversity 2024

Photo



Name and class: *Makia*
2 - A pellet

Country of origin:

~~UK~~ ~~at~~ *Italy*

Dish:

Tuna pasta

Ingredients:

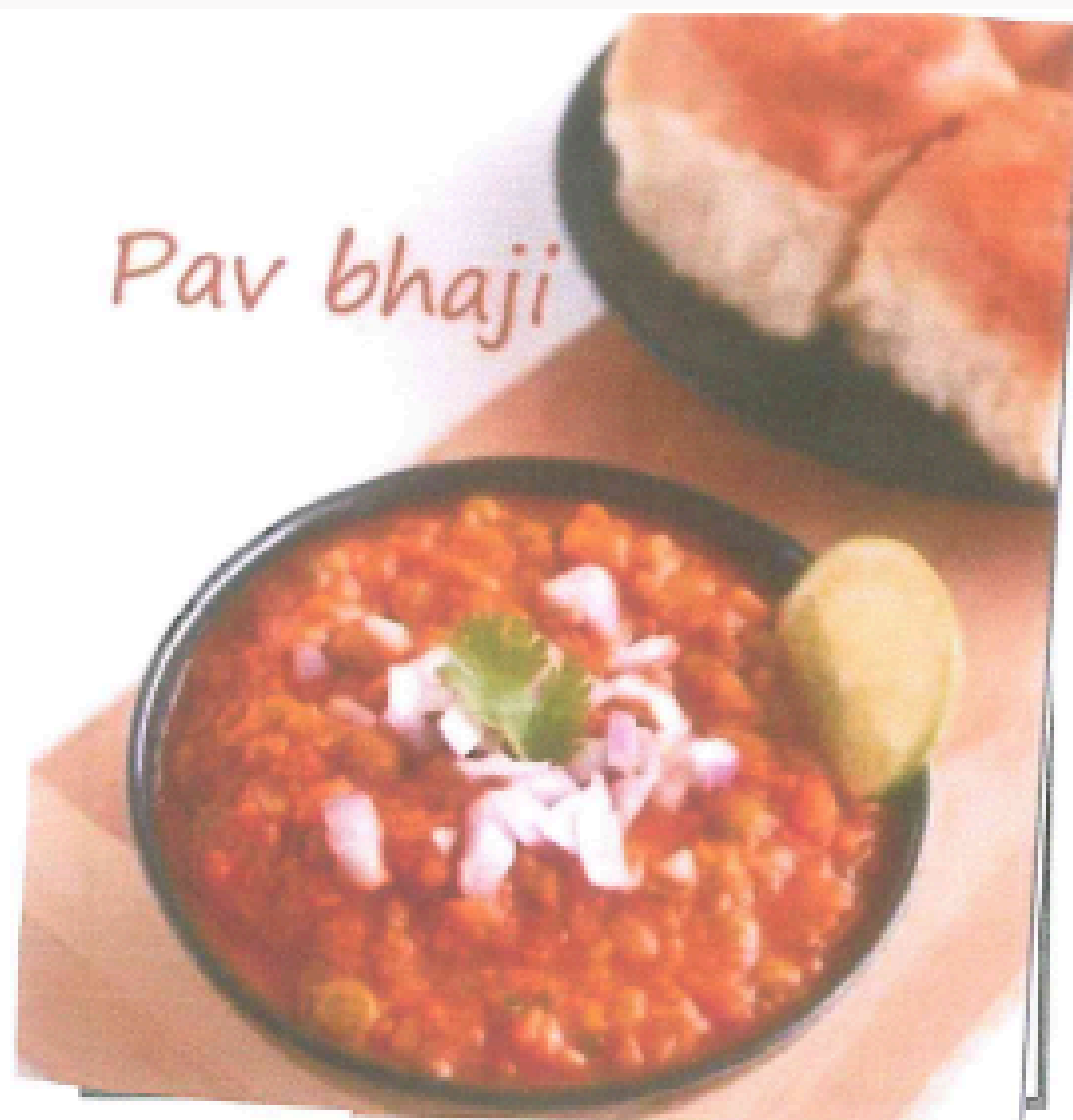
- *canned tuna*
- *pasta*
- *olive oil*
- *onion*
- *garlic cloves*
- *cheese (cream)*
- *salt*

Method:

- *boiled the pasta.*
- *chop garlic and onion.*
- *add*
- *put pan on medium heat.*
- *add garlic and onion.*
- *then add pasta and cream cheese and pasta water.*
- *stir to combine.*
- *add the tuna and mix.*
- *serve and ~~stir~~ enjoy!*



World Day for Cultural Diversity 2024



Name and class:

KHUSHI SHAH
2 APRICOT

Country of origin:

INDIA

Dish:

Pav Bhaji

Ingredients:

packet (12 nos) - Pav buns (as needed)

1/2 cup - Butter

1 no - Onion (chopped finely)

1 no - Tomato (chopped finely)

1 tsp - Ginger garlic paste

1 no - Green chilli (chopped finely)

2 nos - Potato (chopped finely)

1 no - Carrot (chopped finely)

1 nos - Beans (chopped finely)

1/4 cup - Green peas

1 tsp - Pav bhaji masala (I used MTR brand)

1 tsp - Red chilli powder (as needed)

1/4 tsp - Turmeric powder

1 tsp - Lemon juice (as needed)

salt as needed

Onion and coriander leaves for garnishing

(chopped finely)

Method:

1. Take potatoes, carrot, green peas in a pressure cooker.

2. Put salt, turmeric powder and add 2 cups of water.

3. Pressure cook till 4-5 whistles and mash the veggies. Keep it aside.

4. Take unsalted butter in a pan and saute cumin seeds.

5. Add onions and saute on medium heat till golden brown in colour.

6. Add green chilies and ginger garlic paste till the raw smell is gone.

7. Add tomatoes. Let them cook for 5 minutes. Add red chilli powder, turmeric powder and salt.

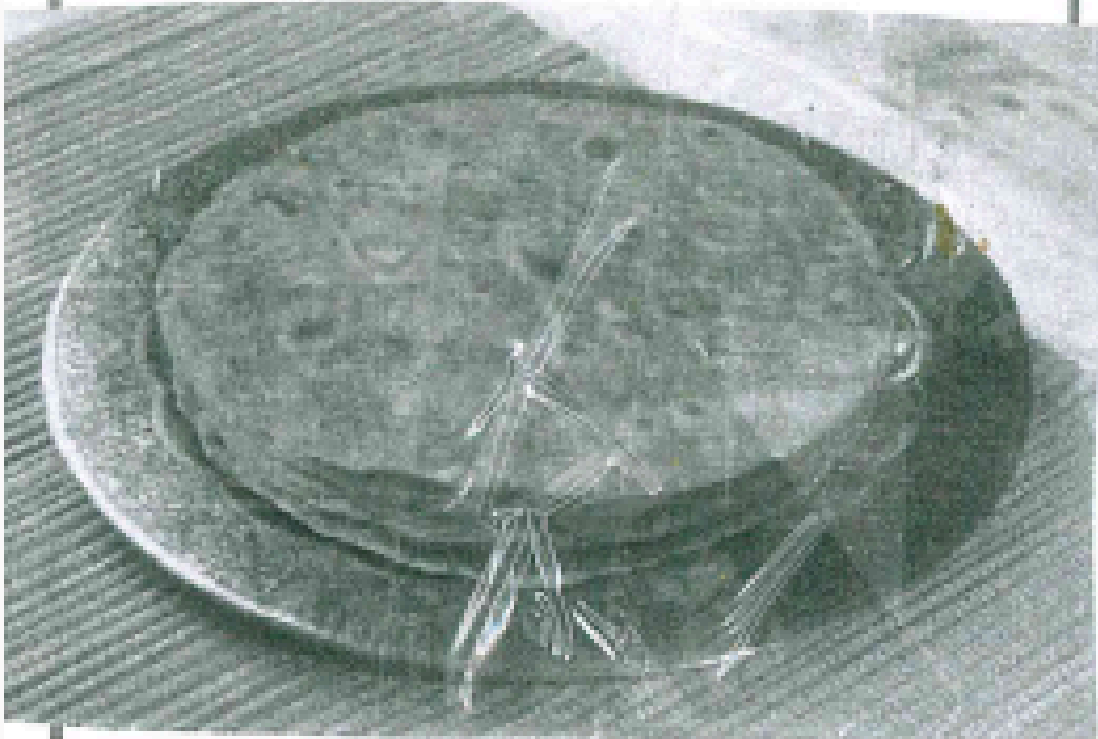
8. Mix well and add capsicum and green peas.

9. Add cooked and mashed vegetables and mix well.



W

Photo of dish:



Name and class:

Biyon 2. APPLICOT

Country of origin:

India

Dish:

Thepla

Ingredients:

Wheat FLOUR,
Besan, chill powder
Turmeric, Til,
ADWALI, Salt,
Green chili, Sindh,
Methi, curd,
water

Method:

Mix all ingredients make a soft
DOUGH then add 2 tsp oil and keep
it 5 minutes make a small BALL SIZED
DUST wheat flour and roll circle
DUST OFF EXCESS FLOUR ON HOT
TAVA ROAST FOR 1-MINUTE Flip over
OIL half tsp Press gently



World Day for Cultural Diversity 2024



Name and class:

Shanaya 2-Apple

Country of origin:

India

Dish:

Jalebi

Ingredients:

1 cup of all purpose flour
2 tablespoons corn flour
 $\frac{1}{8}$ teaspoon natural food coloring
 $\frac{1}{2}$ cup plain yogurt, ghee of oil
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon lemon juice
1 cup sugar for sugar syrup

Method:

In the mixing bowl Add plain flour, corn flour and natural food coloring. Next add yogurt, powder and beat the batter well until it turns smooth. Heat ghee or oil on a medium heat to fry jalebi. Add baking soda in the batter and mix gently until combined. Now squeeze the sauce bottle slowly and move in circular motion to get spirals. When the jalebi is done it turns crispy. Remove it with a strainer and add to the sugar syrup directly. Serve hot.



World Day for Cultural Diversity 2024



Name and class: omar noor
yza pricot

Country of origin: ^{Nipal + zid}
Pakistan

Dish:
daal and rice

Ingredients:
salt
pepper
hot chili
coriander
oil
rice
tomato
garlic
ginger
red chili
green chili
oil
water

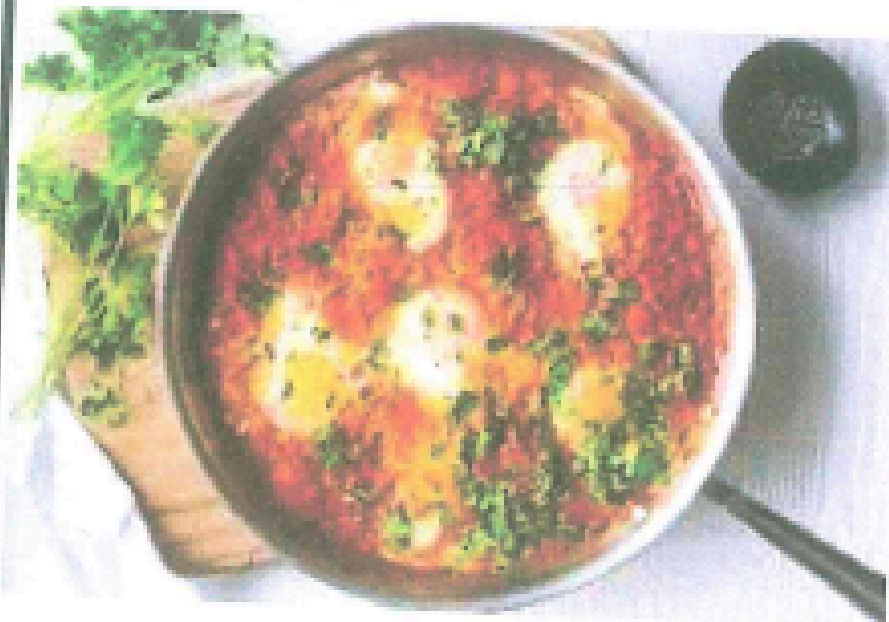
Method:
1. Wash the daal 3-4 times with water and soak it.
2. In a pressure cooker, cook daal with 3 cups of water, turmeric and a pinch of salt over medium heat for 15 minutes or until it is soft.
3. Heat oil in a pan and add the onion, garlic, ginger, and tomatoes. Cook for about 3-4 minutes until the oil turns red.
4. Add the soaked daal and mix well.



World Day for Cultural Diversity 2024

softy ididididid next page
-7 mpt of c
have roses page

Photo of dish:



Name and class:

AALIYAN ARICI

2 MANGO

Country of origin:

MIDDLE-EASTERN Inspired

Dish:

SHAKSHUKA

Ingredients:

- 3 tbsp olive oil
- 1 onion, halved and thinly sliced
- 2 red romano peppers, cored and cut into long strips
- 3 garlic cloves, finely chopped
- ½ fresh chilli, finely chopped (optional)
- 1 tbsp tomato paste, optional – only needed if your tomatoes aren't amazing
- 800 g tomato, fresh or tinned, chopped
- Flat-leaf parsley
- Pul biber (Aleppo pepper), or other chilli flakes
- Salt and pepper

Method:

1. Heat a large, thick bottomed pan with high sides over medium heat. Fry the onion and peppers in the olive oil until the vegetables are softened but not coloured, 10-15 minutes, stirring regularly to ensure they don't colour.
2. Add the garlic, chilli (if using), and tomato paste (if using). Stir constantly until it smells fragrantly of garlic but the garlic, about a minute. Stir constantly and make sure the garlic doesn't colour.
3. Add tomatoes and season with salt and pepper. Stir well, bring to a boil, reduce the heat to low and leave to simmer, covered, until the sauce is thick and delicious, at least 15 minutes, preferably half an hour or more. You can make ahead until this point and store for up to two days in the fridge before reheating and continuing, adding a splash of water if the sauce has become too thick.
4. Make six dents in the shakshukah and break the eggs in. Put the lid back on and continue to simmer on low/medium heat until the eggs are as you like them. I prefer a runny yolk, with the whites just cooked – that takes 4-5 minutes. Serve immediately topped with a sprinkling of freshly chopped flat-leaf parsley and Aleppo pepper.



World Day for Cultural Diversity 2024

CELEBRATING

WORLD DAY FOR CULTURAL DIVERSITY

Year 3



World Day for Cultural Diversity 2024

Amaya – Ladoo

Jenil – Chilli paneer

Leela – Shrikhand

Zunairah – Fish curry

Photo of dish



Name and class:

Amaya
3Daggodil

Country of origin:

India

Dish:

Ladoo

Ingredients:

1/2 packet of biscuits

100g of condensed milk

2 tablespoons desiccated coconut

1 tablespoon ghee

1 plastic bag

1 rolling pin

Method:

Firstly, get out your plastic bag and fill it with 5 or 6 biscuits. Close the bag tight then get your rolling pin and start crushing the biscuits leaving no big pieces. Now empty the bag into a bowl and repeat.

Next, add 100g of condensed milk and pour it into the bowl. Mix it until it's a smooth paste.

Then, add your desiccated coconut and mix the mixture well.

After that, carefully melt some ghee (Be careful when you lift it up). Once it has melted, pour it into the bowl and mix it again.

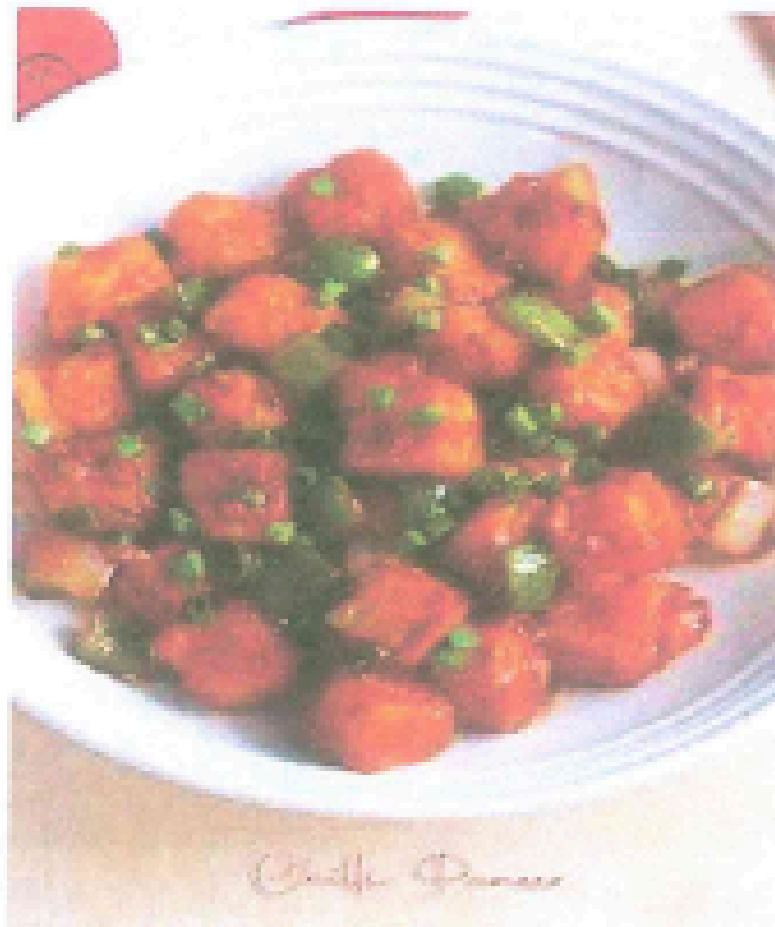
After, you mixed the mixture, get a bit and roll it into a ball about the size of a 2p coin. Do this softly with your hands.

Lastly, if you have extra desiccated coconut you could dip your ladoos in it, as you should have about 15 to 20 ladoos.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Jenil B – 3Daffodil

Country of origin:

India

Dish:

Chilli Paneer

Ingredients:

- 4 tbsp vegetable oil
- 2 tbsp cornflour
- 2 tbsp plain flour
- 1 tsp fine sea salt
- ½ tsp ground black pepper
- 226g paneer, cut into 1cm cubes
- 1 spring onion, finely sliced

For the sauce

- 2 tsp cornflour
- 1 tbsp dark soy sauce
- 1½-2 tbsp hot chilli sauce, to taste
- 1½ tbsp ketchup
- 1 tsp rice vinegar
- 25g ginger, peeled and finely grated
- 4 garlic cloves, crushed
- 1 red onion, roughly chopped
- 1 green pepper, deseeded and roughly chopped

Method:

• **STEP 1**

Heat the vegetable oil in a large non-stick pan over a medium heat. Combine the cornflour, plain flour, 1 tsp fine sea salt, ½ tsp freshly ground black pepper and 2 tbsp water in a bowl until you have a smooth paste, adding a splash more water if it's too thick. Add the paneer cubes and toss to coat. Carefully tip the coated paneer into the hot oil in the pan and fry, stirring, until crisp and browned on all sides. Transfer to a plate lined with kitchen paper and set aside.

• **STEP 2**

To make the sauce, tip the cornflour into a jug and gradually whisk in the soy sauce until smooth. Add the chilli sauce, ketchup, rice vinegar and 90ml water, then whisk again and set aside. Drain most of the excess oil from the pan and return to a medium heat. Fry the ginger, garlic and chopped chilli for a few minutes until fragrant. Stir in the onion and pepper, turning up the heat to medium-high, and fry until lightly browned. Tip in the soy sauce mixture bubble until thickened slightly.

• **STEP 3**

Remove from the heat and stir in the paneer, ensuring it's well-coated in the sauce. Add a splash more water if needed, and season to taste. Sprinkle over the spring onion and serve with rice, if you like.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Leela Rajani

3-Dijon

Country of origin: India

Dish: Shrikhand

Ingredients:

1 large pot Full fat
Greek yoghurt

Ground cardamom –
½ tsp

Few strands of saffron

Sugar (to taste, but
you need a good few
tbsp)

Optional:

Roasted and chopped
pistachios and
almonds for the
topping

Pomegranate

Method:

You want to get as much water out of the yoghurt as possible, so either pop it in a muslin cloth and tie it together and hang it over a bowl or from the tap, over the sink or spread the yoghurt out on tea towels / muslin cloths which are on newspapers.

Leave for a couple of hours to get lots of water out.

Add the ground cardamom, saffron threads and sugar and stir well.

Refrigerate.

Stir again (until the saffron threads have dissolved)

To serve:

Sprinkle with the nuts and pomegranate (if you have) and serve.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Zunairah Moghal

3 - Canary

Country of origin:

Pakistan

Dish:

Fish curry

Ingredients:

Fish marinade:

½ tsp salt

½ tsp red chilli powder

½ tsp coriander powder

½ tsp cumin powder

¼ tsp turmeric

½ cup of yogurt

Curry sauce:

1½ onion sliced

½ tin of tomatoes

½ tsp salt

½ tsp red chilli powder

½ tsp coriander powder

¼ tsp turmeric

Garnish with:

Sliced cherry tomatoes

Sliced spring onions

Fresh coriander

Lemon juice

Method:

1. Marinate the fish with all of the marinade ingredients and set aside (preferably overnight).
2. Make the curry sauce – add oil to a pan and brown the sliced onions.
3. Add the tinned tomatoes and all the spices. Simmer until the tomatoes and onions have softened.
4. Whilst the onions and tomatoes are cooking, grill the marinated fish until cooked.
5. When the onions and tomatoes have cooked and the oil has been released from the sauce, carefully add the cooked fish into the pan. Cover the fish with the sauce. Cook on low for one minute.
6. Add the garnishing and serve!



World Day for Cultural Diversity 2024

CELEBRATING

WORLD DAY FOR CULTURAL DIVERSITY

Year 4



World Day for Cultural Diversity 2024

Zuri – Lamb burgers	Hana – Luqaimat
Anastasia – Cabbage meat rolls	Bonnie Rae – Sticky BBQ chicken
Hayden – Jerk chicken	Ella – Paella
Ayesha – Mantoo	Jelya – Dhokra
Ishaan – Satay	Maria – Sour chicken soup
Ariella – Dhal and rice	Darsh – Chilli paneer
Marcus – Jerk chicken	Hassan – Rice cake
Reeva – Chicken kebabs and sauces	Lily – Borscht
Hayden – Jerk chicken and festival	Luis – Cozonac
Daksh – Tandoori chicken	Ammara – Biryani
Marcus – Roti	Aaruch – Kalu Dodol
Maya – Papanasi	Harit – Sukdhi
Tia – Rotli and dhal	Arya – Pani puri
Nylah – Jerk chicken	Esha – Bhel
Aashan – Prawn curry	Aurora – Tulsy
Jiya – Sheera	
Nirvair – Lamb kebab	
Aria – Choc chip cookies	
Aaban – Blue chocolate	
Eunice – Mici	
Dhruva – Pujabi samosa	
Ishica – Masala dosa	
Tasneem – Bur	

Photo of dish:



Name and class:

Zuh 4 Sophia

Country of origin:

India

Dish: Lamb burger

Ingredients:

500 grams lamb mince
6 garlic cloves, crushed
1tbs grated ginger
1 tsp salt
1 tsp chilli powder
1 tsp paprika
1tsp clove powder
1 tsp cinnamon powder
2 tsp coriander powder
2 tsp cumin powder
1 small onion, diced
1 small egg, beaten
Fresh coriander leaves
1 tbs cooking oil

Method:

Place the lamb mince in a bowl.
Add garlic, ginger, salt, chilli powder, paprika, cinnamon powder, clove powder, coriander powder, cumin powder.
Mix well.
Next, add the diced onions, fresh coriander, and cooking oil.
Mix well.
Next, add the beaten egg and mix well.
Lightly grease your palms and roll the mixture into small ball shapes, flattening these into a round burger shape.
Cook on a barbeque, or grill, for 4 minutes on each side.



World Day for Cultural Diversity 2024

Photo of dish:**Name and class:**

4 Azure

Country of origin:

Romania

Dish:

Cabbage meat rolls

Ingredients:

- 1-2 pickled cabbages
- 1 kg ground pork
- 1 cup of rice (4-5 tablespoons)
- 1-2 medium onions
- 200 g tomato paste
- Salt, pepper, thyme, bay leaf, sweet paprika, whole peppercorns
- 2-3 tablespoons oil

Method:

1. Separate cabbage leaves, wash, and desalinate if needed. Trim cores and set aside the best leaves.
2. Sauté finely chopped onion in oil. Add well-washed rice and sauté for 1-2 minutes. Add 2-3 tablespoons of tomato paste and 1 glass of water. Cook until rice swells and sauce reduces. Cool and mix with ground meat, salt, pepper, thyme, and sweet paprika.
3. Fill each cabbage leaf with a teaspoon of the mixture and roll tightly.
4. Mix finely chopped cabbage with oil, remaining tomato paste, and spices.
5. In a thick-bottomed pot, layer chopped cabbage first, then arrange cabbage rolls in layers with a circular gap filled with chopped cabbage. Sprinkle chopped cabbage on top, add 2-3 glasses of warm water, cover, and cook on low heat for a few hours, rotating the pot occasionally.
6. Brown the cooked rolls in the oven.

Photo of dish:

Name and class:

Hayden Layne
& Sapphire

Country of origin:

Jamaica

Dish:

Jerk chicken, Festival

Ingredients:

- 4 ounces (5) all purpose flour,
- 2 teaspoons baking powder
- 8 ounces Grace Cornmeal
- 2 ounces Sugar
- 2 teaspoons nutmeg, grated
- 1 teaspoon Salt
- 2 tablespoons margarine
- 1 teaspoon lime Juice
- 1 cups water
- 1 cups Grace vegetable oil

Method:

Step 1

In a large Sift flour, baking powder and Grace cornmeal.

Step 2

Add Sugar, nutmeg, Salt Grace hello Margarine and lime juice.

Step 3

Gradually add water. just enough to bind mixture to a manageable dough

Step 4

Leave to relax for two minutes.

Step 5

Heat grace vegetable oil in a large pan Shape dough into fingers and fry until

golden brown

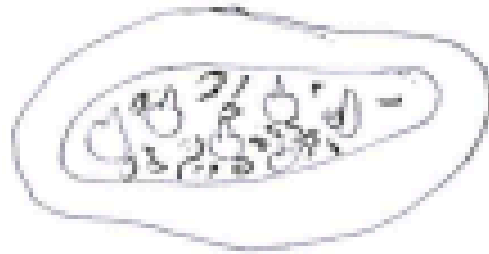
Step 6

absorb Drain on paper



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

fayesha
4SAPPE

Country of origin:

Afghanistan

Dish:

MANTOO

Ingredients:

liced onion
cumin
Lamb and mutton
onion
chili powder
beef mince
mint
tomatoes paste
Ground pepper
ground turmeric
tomatoes
vegetable oil
water
wonton wrappers

Method:

Step 1:
You need 100g min.

Step 2:

Stretch the wrapper with your clean hand

Step 3:

Make a dough

Step 4:

Put the filling in the dough

Step 5:

Put it in a marker pen and it's finish



World Day for Cultural Diversity 2024

Photo of the dish:



Name and class:
Ihsan & Saphire

Country of origin:

Indonesia

Dish:

Sate or Satay

Ingredients:

1. 750 gr beef
2. 12 shallots
3. 8 garlic
4. 8 candlenuts
5. 2 thumbs of ginger
6. 2 thumbs of galangal
7. 5 tbsp cooking oil
8. 1 + 1/2 tsp salt
9. 1/2 tsp ground white pepper
10. 1 tsp ground coriander seeds
11. 2 tbsp turmeric seeds soaked in 30ml of water and squeezed to get the juice. discard the seeds use the juice only
12. 4 tsp sweet soy sauce
13. 1/2 tsp grated red coconut or Javanese sugar (or palm sugar)
14. use bamboo skewers

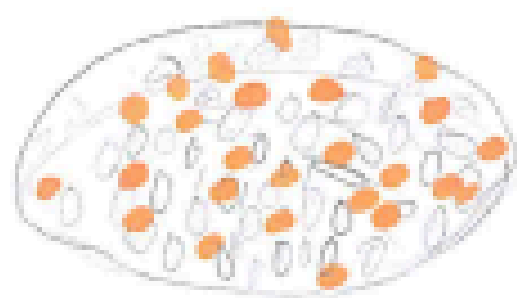
Method:

1. ~~Put the shallots, garlic, candlenuts, ginger, galangal, cooking oil, and coconut sugar~~ in a mortar and pestle or blend (using food processor or a blender) these ingredients: shallots, garlic, candlenuts, ginger, galangal, cooking oil, and coconut sugar until smooth and they form a paste. Stir for until ground and transfer the mixture into a large bowl.
2. To the bowl, add salt, pepper, ground coriander seeds, turmeric juice, and sweet soy sauce. Stir to mix well. Use this mixture to marinate the beef for at least 1 hour and up to 4 hours. Cover the bowl and rest in the fridge.
3. Soak the bamboo skewers in cold water for 5 minutes before using so they don't get burned. Put about 4-5 pieces of beef satay or sate on each bamboo skewer.
4. Grill each side until cooked and slightly charred, baste with marinating sauce as needed.
5. Serve immediately with hot steamed rice.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Ariella

4 Sapphire

Country of origin:

India

Dish:

Dhal and rice

Ingredients:

- rice
 - Water
 - Salt
 - lentils
 - oil
 - ginger
 - turmeric
 - garlic
 - cumin
 - mustard seeds
 - salt
 - chilly
 - masala
 - tomatoes
- rice

Method:

- boil the rice
- Warm oil in the pan
- add mustard seeds and cumin until popped
- add ginger and garlic, turmeric, chilly, masala, salt
- Cook for few minutes
- add the water and lentils
- and cook for 30 minutes until soft
- then add tomatoes



World Day for Cultural Diversity 2024

Photo



Name and class:

Marcus Sapphire

Country of origin:

Grenada

Dish: Jerk chicken

Ingredients:

chicken pieces
scotch bonnet
pepper, ~~thyme~~
thyme, Sciro-
n, garlic, ginger,
Salt, nutmeg,
allspice

Method:

Soak chicken with a
scotch bonnet pepper, thyme, Sciro-
n, garlic, ginger, Salt, nutmeg and allspice
And leave to marinate for quite
a few hours. ~~Roast~~ cook the
chicken on a barbecue grill
until it turns smoky dark
brown.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Reeva Dattani – 4Sapphire

Country of origin:

India

Dish:

Chicken Kebabs with Homemade Sauces and Salad

Ingredients:

Kebabs

500g Chicken Mince
8 Garlic Cloves
2" Piece Ginger
2-4 Green Chillies
1 Small Handful Coriander
1 tsp Salt
½ tsp Turmeric
1 tsp Coriander Powder
1 tsp Cumin Powder
1 tsp Paprika Powder
½ tsp Garlic Powder/Salt

Chilli Sauce

8 tbsp Ketchup
1 tbsp Mint Sauce
1 Small White Onion
1 tsp Salt
1 tsp Red Chilli Powder

Garlic Sauce

6 tbsp Greek Yogurt
2 Garlic Cloves
2 tsp Dried Parsley
1 tsp Salt

Method:

Kebabs

Chop the garlic, ginger, green chillies and coriander in a food chopper to a fine mix but not blended to a paste (or chop finely by hand).

Add this mixture to the Chicken mince along with the rest of the dry ingredients.

Mix the ingredients and form into flattened golf ball size kebabs. Space the kebabs in the air fryer tray or on a baking tray.

Cook in air fryer for 18-20 minutes or under a grill for 25 minutes until golden brown turning halfway.

Ensure kebabs are cooked through.

Chilli Sauce

Add the onion to a blender/food chopper to blend to a fine paste.

Add the rest of the ingredients and mix together.

This sauce can be refrigerated for up to 4 weeks.

Garlic Sauce

Chop the garlic cloves finely in a food chopper or by hand.

Add the rest of the ingredients and mix together.

Salad

Prepare salad of choice.

*** TIP – you can swap chicken mince for lamb mince ***



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Hayden Layne
4 Sapphire

Country of origin:

Jamaica

Dish:

Jerk chicken.
Festival

Ingredients:

- 1 medium onion chopped.
- 3 medium scallions
- 2 Scotch bonnet chilies
- 2 garlic cloves chopped
- 1 tablespoon jive-spice powder,
- 1 tablespoon allspice berries coarsely ground,
- 1/2 tablespoon ^{coarsely} ground ~~black pepper~~ ^{pepper}
- 1 teaspoon dried thyme crumbled
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon kosher salt

Method:

Step 1:

In a food processor, combine the onion, scallions, chilies, garlic, jive-spice powder, allspice, pepper, thyme, nutmeg and salt. Process to a coarse paste, with the machine on, add the Soy sauce and oil in a steady stream, pour the marinade into a large, shallow dish, add the chicken, and turn to coat. Cover and refrigerate overnight. Bring the chicken to room temperature before proceeding.

Step 2:

Light a grill. Grill the chicken ^{over} a medium hot fire, turning occasionally until well browned and cooked through, 35 to 40 minutes. (Cover the grill for a smokier flavour.) Transfer the chicken to a platter and serve.

1/2 cup soy sauce



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Daksh 4 Sapphire

Country of origin:

India

Dish:

tandoori whole chicken

Ingredients:

- Whole chicken (one full bird)
- chilli powder - 2tsp
- yogurt - 1cup
- Ginger garlic paste - 1tsp
- Turmeric powder - 1tsp
- Chat masala - 1tsp
- Cumin powder - 1tsp
- Coriander powder - 1tsp
- chilli powder - 1tsp
- Rasoori methi - 1tsp
- Lemon juice - 1tsp
- oil - AS required
- salt - To taste

Method:

First cut the chicken in medium sized pieces. Massage the chicken with chilli powder and salt, lime juice nicely. In a bowl add yogurt, add ginger garlic paste, turmeric, coriander powder, garam masala, cumin powder, chilli powder, chat masala and mix it nicely. Then add some lemon juice and oil. Apply this masala to chicken and add little amount of oil. Put the whole chicken in the oven at highest temperature for 45-50mins.

Tasty and juicy Tandoori chicken is ready to be served.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Marcus Sapphire

Country of origin:

Grenada

Dish: Roty Roti

Ingredients:

Roty skin,
flour split peas
Curry meat &
Seasoning
potatoes and
carrots

Method:

1) First part is the Roty skin. Knead flour into a large pancake. Fry on a Roty pan.
2) Curry meat in a pot with all of your herbs and spices.
When both are finished you have to wrap the meat with the Roty skin.



World Day for Cultural Diversity 2024

14.05.2024

Photo of dish:



Name and class:

Maya Muresan

4-Sapphire

Country of origin:

Romania

Dish:Papanasi

Ingredients:

- 400 grams Romanian cottage cheese
- 250 grams self raising flour
- 2 eggs
- zest from one lemon
- 1 pack vanilla
- a pinch of salt
- oil to fry

To serve:

- sour cream 18% fat
- 1 jar sour cherry jam runny jam, not preserve or marmelade
- icing sugar for decor

Method:

1. Put all the ingredients in a bowl and mix to form a dough. This will have a sticky consistency.
2. Let it rest at room temperature for half an hour
3. Form the dough rings and balls by dusting your hand with flour. Shape them in your hands.
4. Put enough oil in a shallow pan and let it come to a high temperature.
5. Drop the rings first in the oil, making sure not to overcrowd the pan. Fry for 2 minutes on each side, until they become golden brown. Take out of the pan and put on a plate covered with kitchen towel, to drain the extra oil.
6. Do the same with the balls.
7. Serve hot, two on a plate, covered with sour cream, sour cherry jam and icing sugar. Enjoy!

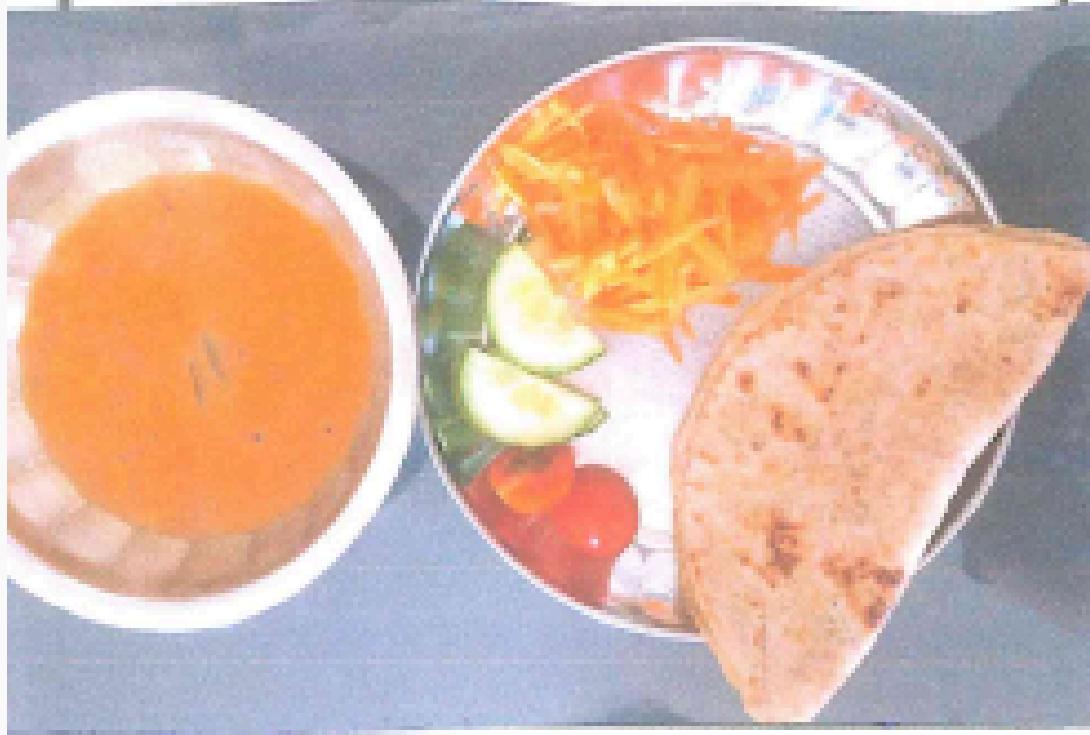


World Day for Cultural Diversity 2024

Photo of dish:

Name and class:

Tia Bhudra 4 Sapphire



Country of origin:

India

Dish:

Rotli & Dhal

Ingredients:

Rotli/Chapatti

Flour, oil, hot water, butter.

Method:

stir oil in flour, pour ~~boiled~~ water in flour and stir to make a dough. create small balls, roll out flat and ready to pan cook, butter each one at the end.

Dhal/Lentil curry

- 1 cup Dhal
- 3 cup water
- salt x 1 teaspoon
- pinch turmeric
- Blended tomatoes
- Indian spices

Boil dhal in water, salt + turmeric add blended tomatoes with all the Indian spices tossed in oil, add the tomatoes to dhal and allow to simmer for 25 minutes.



World Day for Cultural Diversity 2024

Photo of dish: Jerk chicken



Name and class:

Nylah 4 Sapphire

Country of origin:

Jamaica

Dish:

Jerk chicken

Ingredients:

- Scotch Bonnet peppers
- Red ~~on~~ Onion
- Garlic ~~is~~
- Scallions or green Onions
- ~~tip~~ Soy sauce
- Herbs and spices any spices
- Whole chicken

😊

Method:

Step 1:

- Pierce the chicken
- Marinate the chicken at least 2 Hours
- heat your oven to 400 degrees F.
- Cook the chicken for 35-40 mins
- Then serve the chicken



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Aashan Navaruban
Year 4 Azure

Country of origin:

Sri Lanka.

Dish:

prawn curry

Ingredients:

- 2 tbs coconut oil
- 1 red onion finely sliced
- 1 tsp ginger finely chopped
- 1 tbs fresh lime juice
- 2 green bird's eye chilies finely sliced
- 20 curry leaves
- 1/2 inch cinnamon stick
- 2 tomatoes, diced
- 1 tbs paprika finely sliced
- 1 tbs curry powder
- 2 tsp ground turmeric
- 2 tbs namak kandi (salt)
- 1 cup coconut milk
- 1 cup prawns
- 1 cup coconut milk
- salt to taste

Method:

1. Heat the coconut oil over medium heat then add the sliced onion. Fry for a couple of minutes and then add the chopped garlic, ginger, lemon juice and green chilies.
2. Stir in all around with the oil and then toss in the curry leaves and cinnamon stick. If using the cinnamon you can break it up into the sauce. Really good! Fry for another 30 seconds.
3. Add the curry powder, ground turmeric and give this all a good stir.
4. Stir in the prawns, ~~prawns~~ and cook, while stirring regularly until the prawns are just cooked through. The cooking time will vary depending on the size of your prawns but it took about 3 minutes for me.
5. Add the coconut milk and bring to a simmer. Season with salt and pepper to taste to serve.
6. Serve with rice



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Jiya Patel (4 Azure)

Country of origin: India

Dish: Sheera (Sheera is a sweet dish in India, commonly made for offerings for god, or made on a auspicious day!)

Ingredients:

for roasting:

- 2 tbsp [ghee / clarified butter](#)
- 7 cashew halves
- 2 tbsp raisins
- ½ cup semolina coarse

other ingredients:

- 1½ cup water
- ½ cup sugar
- ¼ cup [ghee / clarified butter](#)
- ½ tsp cardamom powder

Method:

1. Firstly, in a pan add 2 tbsp ghee and roast 7 cashew, 2 tbsp raisins on low flame.
2. Once it turns golden brown, keep aside.
3. In the remaining ghee add ½ cup semolina and roast for 5 minutes on low flame. keep aside.
4. In a large pot get 1½ cup water to a rolling boil.
5. Add roasted semolina slowly, stirring continuously.
6. Semolina will absorb all the water and turns a lump-free mixture.
7. Now add ½ cup sugar and continue to stir.
8. Sugar will dissolve completely and gets absorbed by semolina.
9. Further add ¼ cup ghee.
10. Now mix well making sure everything is well combined.
11. Cover and simmer for 5 minutes making sure semolina is cooked completely.
12. Add roasted cashew, raisins and ½ tsp cardamom powder (optional).
13. Mix well making sure everything is well combined.



World Day for Cultural Diversity 2024

Photo of dish:

Name and class:

Nirvaic 4 AZURE

Country of origin:

india

Dish:

Rebab
Lamb Reball

Ingredients:

- 1/2 500g Lamb mince pack
- 1/2 medium onion
- 4 cloves of garlic
- 1cm ginger
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander powder
- 1/2 teaspoon garam masala
- 1 egg
- 1/2 chili powder to taste
- 1/2 salt to taste
- 1/2 teaspoon turmeric powder
- 2 tablespoons

Method:

Pre heat oven to 140-200°C

1. Chop onion, mince garlic & grate ginger finely.

2. In a bowl empty lamb mince add in all spices & with the onion, ginger & garlic. Add salt & crack in egg.

3. Mix combine until everything is ~~for~~ incorporated.

4. Shape into sausages & place on a baking tray

5. Bake for 30 mins ensure cooked through.

6. remove from oven & squeeze lemon over the kebabs

7. eat in your favorite wrap, with a salad or by its self!

~~1/2~~ dry fenugreek leaves
half lemon/lime



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Ania / 4 Azure 

Country of origin:

England 

Dish:

choc chip cookies

Ingredients:

120 g butter
(softened)

75 g light brown
sugar

75 g golden caster
sugar

1 medium egg

1 tsp vanilla extract

180 g plain flour

$\frac{1}{2}$ tsp bicarbonate
of soda

150 g dark choc
(cut into chunks)

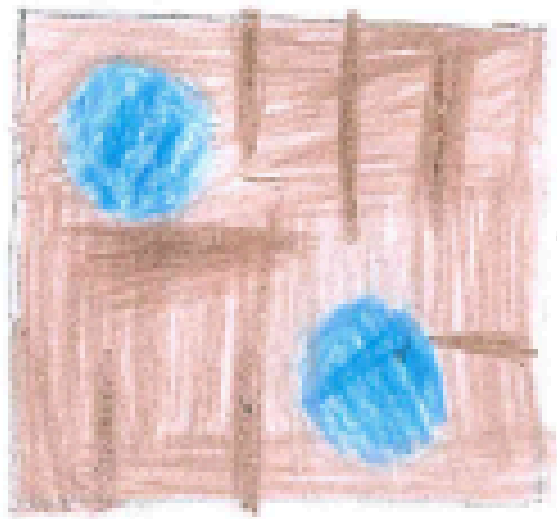
Method:

1. heat the oven to 180c / 160c fan
2. line two baking trays with parchment
3. cream butter + sugars together until
sluggish
4. Beat in egg + vanilla
5. stir in flour, bicarb, chocolate and
 $\frac{1}{4}$ tsp salt
6. scoop 10 large tbsp of mixture
onto the tray
7. bake for 10-12 mins
8. leave to cool on trays or wire
rack



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Aabron & A. Zulf

Country of origin: Pakistan

Dish: blue chocolate

Ingredients:

Freezer
micro-wave
plastic container
chocolate bar
blue-berrys

Method:

1. Take your chocolate bar and place it in your container.
2. then put the container in the micro-wave for 1-minute.
3. take it out, ~~plap~~ plop in some blue-berrys while it's still hot and then put it in the freezer for a day.
- 4 take it out and eat it!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Eunice Leucina 4 Azura

Country of origin:

Romania



Dish: Homemade Mici - The Famous Romanian Meat Sausages.

There is no BBQ without these tasty little ones.

Ingredients:

- 500g ground beef (1.1 lb or 2.2 cups) - used 50% fat content.
- 500g ground pork (1.1 lb or 2.2 cups) I used 50% fat content (you can use more fat content)
- 50ml beef stock (1.7 fl oz)
- 50ml beer (1.7 fl oz)
- 1 teaspoon soda bicarbonate
- 1 teaspoon salt
- 2-3 cloves garlic
- 1 teaspoon thyme dry or fresh
- 1/4 teaspoon ground cumid
- 1/4 teaspoon ground pepper
- 1/4 teaspoon ground pepper or chili.

Method:

- How To Make A Homemade Sausage (Mici)
1. Place the meat into a bowl, you can give it another whizz into the food processor for a double grinding but don't worry if you don't fancy doing this. There is another solution - extra mixing/threading.
 2. In a larger mug, I mix the beef stock with beer, soda bicarbonate, spices, salt pepper and give it a good stir until the salt has dissolved entirely.
 3. Add this liquid mixture to the meat and mix really well until the mixture becomes almost a paste. And this is your double grinding technique.
 4. You can now work with a dash of oil or water to form the sausages into their shapes. A little touch of oil or use a bit of water. I always use oil. It helps with preventing them from sticking. Place all on a plate or a little tray, something that can easily be placed in the fridge.
 5. Transfer the open sausages to the fridge to rest for 2 to 4 hours but you can leave them over night to, it's absolutely okay.
 6. Place them onto a hot, hot grill or in a hot pan and cook them on each side (x2) for no longer than 4 min.
 7. Mici must be served with mustard and a super cold glass of beer.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Dhruva Patel
4 Azure.

Country of origin: India

Dish: Pujabi Samosa

Ingredients:

- 2 cups (250g) all purpose flour
- $\frac{1}{4}$ cup (60 ml) oil or melted ghee
- 6 tablespoons (90 ml) water
- $\frac{3}{4}$ teaspoon cumin seeds (ajwain)
- $\frac{3}{4}$ teaspoon of salt.
- 4 medium (500g) potatoes
- $\frac{1}{2}$ cup green peas (boiled or frozen)
- 1 tablespoon oil or ghee
- 1 to 2 green chilies chopped (optional)
- 1 pinch hing
- 4 tablespoons coriander leaves chopped finely
- ~~1~~ 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon of salt

Method:

1. Boil Potatoes. Peel, halve and boil Potatoes in a pot of water, or pressure cook unpeeled for 5 minutes on a medium flame. Cumble the Potatoes don't mash them. Keep aside.
2. Mix together cumin ~~seeds~~ seeds, salt and oil into a mixing bowl. Rub the flour well with your fingers for 3-4 mins and rub oil.
3. Take a handful of flour and press down. It must hold the shape and not crumble.
4. Add a little by little water for pliable yet slightly stiff but it should be to soft either.
5. Heat the pan, add cumin seeds and when they sizzle add ginger and green chilies. Fry for about 30 to 60 secs. Sauté for 2 mins after green peas. Add any spice you want and sauté for 30 secs.
6. Stir potatoes and sprinkle salt for 2-3 mins. Mix in coriander and water unit to cool.
7. Divide roughly 10 portions. Knead the dough gently. Divide 5 portions. Make into a cone and add filling and spear water and pinch pinching edges. Then fry gently for 10-12 mins add a little bit of oil.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Ishica Dash
4 Indigo

Country of origin:

India

Dish: Masala

Dosa

Ingredients:

urad daal
rice
Potato
Salt
turmeric powder
Masala powder
chilly powder
onion
tomato
Coriander
oil

Method:

First, soak urad ~~daal~~ ~~daal~~ daal and rice in 1:3 quantity overnight in water.

Next morning, grind the mixture and keep it 3-4 hours for fermentation.

Then mix salt in it and keep it.

Then boil the potatoes in a pressure cooker and then prepare the masala putting oil, turmeric, onion, and tomatoes also put the chilly powder as well.

Next, get the scoop of batter and put it on a stove. Then put some oil on it and then let it cool for 1 minute.

After that put the potato mix on the dosa.

Finally, take the dosa out and put it on a plate!

Your Dosa is Ready!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: Tasneem Abdullahi
4Indigo

Country of origin:
Somalia

Dish: Bur

Ingredients:

- 2 ½ cups of plain flour
- 1 sachet of fast action yeast/tbsp
- 3 tbsp any neutral oil
- 3tbsp granulated sugar
- 1 cup of warm milk

Method:

1. In a large bowl add the sugar, oil and yeast.
2. Pour in the milk. Reserve a 2-3tbsp.
3. Whisk together well until the yeast dissolves.
4. Add in the flour and mix well. If you find the dough too dry add the remaining milk. If it is too wet add a tbsp or 2 of flour.
5. Knead well and form into a ball. Place in an oiled bowl to prevent sticking and cover. Place in a warm dark place and leave to rise for a minimum of 30 minutes but you can leave it for longer.
6. Once the dough has risen, roll out onto well-floured surface and fold a few times. Divide into 4-6 ball.
7. Individual roll them out and cut into 4-5 triangles or any shape you like. Once cut add more flour to both sides.
8. Heat up some oil and add the dough to the hot oil. Don't overcrowd the pan. The dough will rise to the top and puff up. Once it has puffed and slightly browned on the underside, flip them over. Continue to fry a few more seconds and remove.
9. Leave them to cool and enjoy 😊



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Hana 4 Indigo

Country of origin:

Dubai

Dish:

Lujaimat

Ingredients:

- * 1 cup Purpose flour
- * 1/2 tsp instant yeast
- * 1/2 cup milk powder
- * 2 tbs sugar
- * 1/2 tsp cardamom powder
- * pinch of saffron
- * luke warm water as needed approximately 1/3 cup
- * oil for deeping fry
- * 1/2 cup date syrup or more for dressing
- * 1 tbsp sesame seeds for sprinkling

Method:

1. Add all purpose flour, yeast, milk powder, sugar, cardamom powder and saffron in a bowl and mix well.
2. Slowly add water while gently mixing with your hand to get a sticky batter. The batter will be more like a dough than batter.
3. cover with a muslin cloth and allow to rest for a couple of hours in a warm place till it has double size.
4. Heat oil and drop the batter by spoonful. (Dipping the spoon in water in between prevents the batter from sticking to the spoon and makes it easier to drop. Alternatively you can drop the batter in a zip lock bag. Cut out the corner of the bag and push to get a small ball of the batter in your hand. Drop this immediately in oil. You can dip your hand in water to avoid sticky.)
5. Roll the dropped balls with a slotted spoon in oil for even cooking. Fry they are dark golden brown color. Remove in oil and place on kitchen towel.
6. Place them in serving bowl and pour date syrup on top, sprinkle with sesame seeds.
7. Relish while still warm.



World Day for Cultural Diversity 2024

Photo of dish:



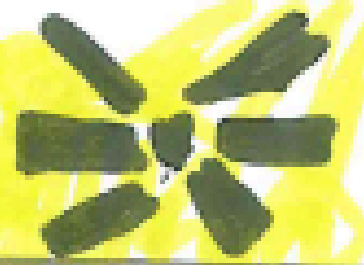
Name and class:

Bonnie-Rae Ellerton-Wynn

4 Indigo

Country of origin:

Britain



Dish: ~~My Mum's~~ Mum's Sticky BBQ Chicken

Wow

Ingredients:

4 Chicken thighs
or
4 Chicken Breast
Spring onions
Chopped
Rub

1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 pinch black pepper
2 tbs veg oil
BBQ Sauce

1/2 cup Tomato Ketchup
1/4 cup Brown Sugar
2 Tbs Soy Sauce
4 Tbs Honey
3 garlic clove finally chopped
1 tbs onion powder
1 tbs worchester sauce
2 tbs white wine vinegar
2 tbs paprika

Method:

Preheat oven to 200°C / 390°F

Combine all the BBQ sauce ingredients together in large bowl then put aside. Next combine all the chicken rub in a bowl and coat chicken in the paste. Place in the oven for 20 minutes, oven gas 6.

Place all bbq sauce into a pan & cook on a low heat for 10 minutes

Once chicken has cooked for 20 minutes add the BBQ sauce and continue cooking for a further

25 minutes turning halfway

Cook until no pink remaining

Garnish with spring onions.
Serve with chips or rice



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Elia Aindigo

Country of origin: Spain

Dish: Paella

Ingredients: Paella

Chicken
onions
garlic
chorizo
rice
Paprika
peas
lemon
olive oil

Method:

1. Heat the oil in a pan. Brown the chicken.
2. reduce and add onions and cook slowly for 10 minutes. Add the garlic and toss in the chorizo and fry.
3. stir in the spices and then tip in the rice. Bring to the boil and simmer for about twenty minutes.
4. add the peas and lemon juice and simmer for about 5 minutes.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Jeiya 4-Indigo

Country of origin:

India

Dish:

Dhokra

Ingredients:

- 1 cup gram flour
- $\frac{1}{2}$ cup of yogurt
- $\frac{1}{2}$ teaspoon of oil
- $\frac{1}{2}$ teaspoon of salt
- 1 chilli
- $\frac{1}{2}$ teaspoon of baking soda.

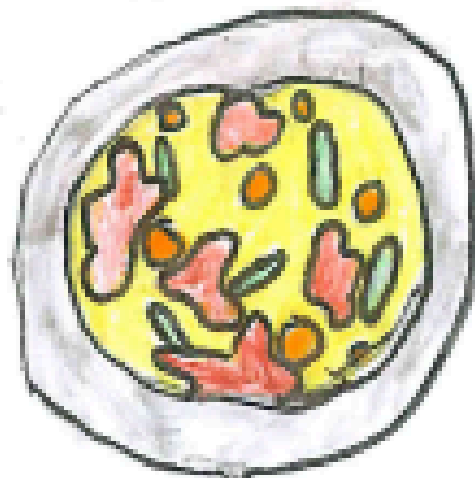
Method:

- 1) Mix the gram flour and the yogurt and add water
- 2) Make batter
- 3) Add salt and 1 chilli
- 4) Mix it ~~well~~^{well} in the bowl
- 5) Leave the mixture for an hour
- 6) Add baking soda to the mixture
- 7) Steam it for about 20 minutes for it to rise.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

4 indigo

Country of origin:



Romania!

Dish:

Romanian Saur chicken
Soup.

Ingredients:

1 Kg chicken/meat
1 piece of bell pepper
1 piece carrots
1 piece white onion
1 piece of celery root
1 piece parsnip
1 tbsp salt
1 bunch fresh parsley
1 tbsp white flour
3 pieces egg yolks
400 ml sour cream
3 pieces garlic cloves
0.25 ^{tsp} ground black pepper
2 tbsp vinegar

Method:

Step 1. Peel and wash the vegetables

Step 2. clean the meat. remove the skin

Step 3. in a 5 liter pan, place the meat and vegetables: celery, carrot, onion, parsnip and pepper.

Step 4. Pour enough clean water to cover properly.

Step 5. Bring the pot to a boil. skim off the foam from on top. Make a low heat and simmer for 1 hour.

Step 6. After, remove the vegetables and meat

Step 7. Cut the hard vegetables into cubes and the meat into small pieces. Turn over when done.

Step 8. in a bowl mix the yolks with sour cream and flour. Step 9. Then take a ladle of hot soup and slowly pour over this yolk mix. Stirring constantly repeat 8-10



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Darsh Gondaria

4 Indigo

Country of origin:

India

Dish:

Chilli Paneer

Ingredients:

- Paneer
- Chaat masala
- Salt
- Cornflour
- sunflower/rapeseed or vegetable
- Garlic
- Spring onions
- Peppers – green/red
- Dark soy sauce
- Light soy sauce
- Chilli sauce
- Ketchup
- Vinegar
- Honey

Method:

Let's start with air frying the paneer

- 1) Soak the paneer in boiling water, and leave covered for 20 minutes. The longer you leave it the softer it becomes
- 2) The paneer will turn lighter in colour and become softer
- 3) Drain the water and mix the paneer with chaat masala, salt, and cornflour
- 5) Air fry the paneer until golden and crispy on the outside but still soft on the inside
- 6) You'll be able to squeeze it easily, it's a lovely texture

Now let's make the rest of the Chilli Paneer

- 1) Sauté the garlic and spring onion whites briefly
- 2) Then add in the red and green peppers
- 3) Next, add in the crispy air fried paneer and continue to sauté
- 4) This will only need around 1 minute of sautéing
- 5) Then add in all the sauces and the cornflour slurry (the soy sauces, ketchup, chilli sauce, vinegar, honey)
- 6) Cook together until it forms a lightly saucy and perfectly glazed Chilli Paneer. It only takes around 1 minute
- 7) Finish with plenty of spring onion greens



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Hassan
Sindiga

Country of origin:

Iraq

Dish:

Iraqi Rice cake (upside down)

Maqluba

Ingredients:

3 Eggplants
3 Potatoes
3 Tomatoes
3 onions
3 Green Pepper
2 A whole chicken
cut into 2 pieces
2 cups of rice
7 spices blend.
Olive oil (depends)

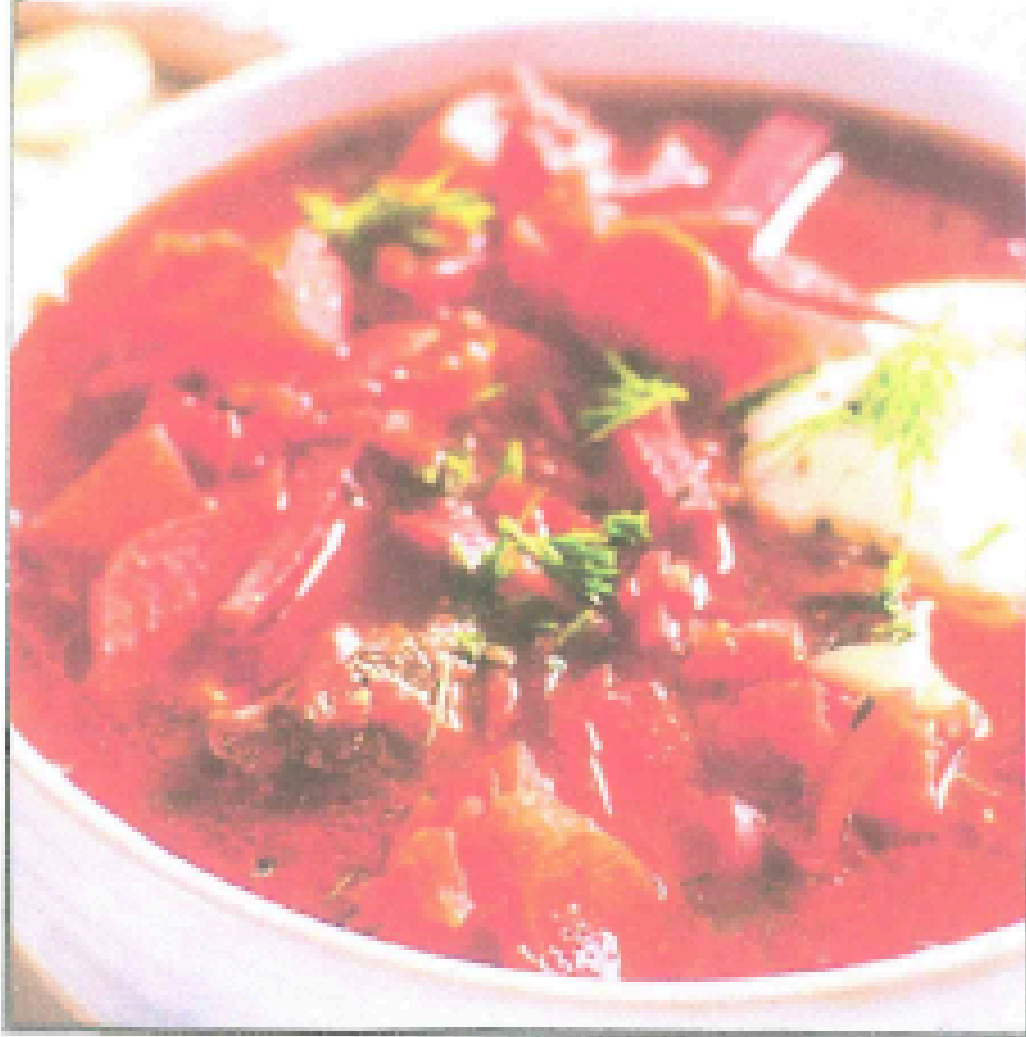
Method:

Cut all the vegetables and put them with oil
Cook the chicken until its cooked
Cook the rice with the chicken ^{broth} soup
Add herbs and salt
Get a non-stick pot
Place all the vegetables under the pot (make
a nice pattern)
Add the chicken on top of the vegetables
Add the rice on top.
Add chicken broth (one cup)
Leave on medium heat for 20 mins
Add water if needed
To serve, flip the pot upside down which
is why it's called that



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Lily 4 Indigo

Country of origin:

Ukraine

Dish:

Borscht

Ingredients:

- Meat (chicken or beef)
- Potatoes peeled and cubed
- Red and green peppers chopped
- Cabbage grated
- Carrot grated
- onions finely chopped
- Beetroot grated
- tomato (canned)
- Dill and parsley, chopped
- Bay leaf
- Garlic Pressed
- Salt and pepper to taste

Method:

1. Boil half a large pot of water then add your cubed meat of choice. Boil for 1.5 hours.
2. Peel and cube the potatoes. Add them to the pot of boiled meat.
3. Add chopped peppers to the pot.
4. In a separate pan, heat a couple of sunflower oils. Fry one large chopped onion until golden then add the grated carrots and beetroot. Fry until cooked.
5. Add a tin of chopped tomato to the mix. Bring to a boil then allow to simmer for 5 mins.
6. Add the grated cabbage to the pot with the meat and cook for 3 mins.
7. Add the fry mix into the boiling pot and mix well.
8. Press two gloves of garlic and add to the mix. Stir well.
9. Chop the dill and parsley to the borscht. Mix well.
10. Season with salt and pepper to taste.
11. Let the borscht sit for half an hour with no heat before serving.
12. Enjoy!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class: LUIS FEDIUC
4 INDIGO

Country of origin: ROMANIA

Dish: COZONAC (WALNUT ROLL)

Ingredients:

- wheat flour
- butter
- milk
- eggs
- Sugar
- yeast
- Walnut
- raisins
- Citrus peel
- Vanilla flavor
- Poppy seeds

Method: Warm the milk along with the sugar and vanilla.

2. Dissolve the fresh yeast with 3-4 tablespoons of warm milk.
3. In a bowl where you put the flour make a hole in the center and add the yeast mixture.
4. Mix the egg yolk with lemon zest and salt.
5. Put the egg yolk mixture in the bowl with flour.
6. Add the vanilla flavored milk and start mixing with a spoon.
7. When all the ingredients are well combined, start kneading the dough.
8. Cover the bowl with cling film and leave for 1 and 1/2 hours.
9. In a bowl mix the egg white with sugar, walnuts or raisins.
10. Take out half of the dough and spread the fillings as you like.
11. Do the same with the other half.
12. Bake it for 30 mins at 185°C.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Ammara Ahmed

4 Indigo.

Country of origin:

Pakistan

Dish:

Biryani

Ingredients:

✓ Boneless chicken

✓ Onion

✓ Tomatoes

✓ Green chillies (3)

✓ 1 bay leaf

✓ Small cinnamon stick

✓ 1 tsp turmeric

✓ 1 tsp coriander powder

✓ 1 tsp red chillies powder

✓ 2 tbsp Tikka Masala

✓ 1 tsp garlic ginger paste

✓ Salt (1 tsp)

✓ Fresh coriander

✓ Lemon

✓ Basmati rice

✓ 85g raisins

✓ 850ml chicken stock

✓ 85g

Method:

1) Cook 300g basmati rice in warm water, then wash in cold until the water runs clear.

2) Heat 25g butter in a saucepan and cook 1 finely sliced large onion with 1 bay leaf, 3 cardamom pods and 1 small cinnamon stick for 10 mins.

3) Sprinkle turmeric, then add boneless chicken, cut into large chunks, and 1 tsp garlic ginger paste. Cook until aromatic.

4) Stir the rice into the pan with 85g raisins, then pour over 850ml chicken stock.

5) Place a tight-fitting lid on the pan and bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5 minutes.

6) Turn off heat and leave for 10 mins. Stir well, mixing throughout. 15g chopped.

ENJOY!

Photo of dish:



Name and class: AARUSH ARULKUMAR
YR 4 INDIGO

Country of origin: SRI LANKAN

Dish: Traditional Kalu Dodol

Traditional Kalu Dodol is a very popular must have Avurudu sweet in Sri Lanka. This dark sweet consists mainly coconut milk, jaggery and rice flour. Making Kalu Dodol is not a difficult thing. But consumes lots of time and involves lots of stirring.

Ingredients:

- White Raw Rice Flour – 350g
- Thick Coconut Milk – 3 L
- Jaggery – 900g
- Brown Sugar – 250g
- Ground Cardamom – 12
- Cashew – 200g
- Salt – 01 tsp

Method:

- Chop cashew and grate jaggery. Keep it aside.
- Sieve rice flour. Reserve around 500ml of coconut milk and then mix rice flour with rest of coconut milk.
- After mixing all rice flour with coconut milk filter it. Then only we can remove flour lumps if any.
- Melt jaggery in reserved coconut milk. It's okay if there are tiny jaggery pieces. But all the big pieces we need to melt by using hands.
- Add sugar into this melted jaggery. Keep the pan on the stove and stir under low heat until sugar and jaggery dissolves completely.
- Put rice flour and coconut milk mixture into the jaggery mixture. By this time rice flour has gone to the bottom of the pan. So, mix it very well before pouring it to the jaggery mixture.
- Add salt and ground cardamom.
- Increase fire to medium level and stir continuously until we finish making dodol.
- After around ½ an hour the mixture is well heated, and bubbles are coming up.
- When dodol becomes thick and doesn't stick on the sides of the pan add chopped cashew. By this time, it starts coming oil from this Dodol. You can slowly remove excess oil by using a spoon.
- When the mixture becomes thicker transfer this to a flat surface and press down the mixture to make it flat.
- Leave it until dodol cools down completely. This takes around 06-07 hours. When dodol cools down completely cut it into pieces.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Harit Shah

4 - Indigo

Country of origin:

INDIA

Dish: Sukdhi

Ingredients:

1 cup Whole Wheat
Flour (Chappati
atta)

1/2 cup grated
or finely chopped
Jaggery (Gud/gol)

1/2 cup Ghee
(clarified butter)

Method:

Grease a small plate (4-5 inch diameter) with ghee. Heat 1/2 cup ghee in a heavy based pan over medium flame. When the ghee is melted, add 1 cup whole wheat flour. Stir it with a spoon and mix well. It will be like a thick lumpy paste. Stir continuously and roast it over low-medium flame until the flour turns golden and a nice aroma releases. It will take approx. 5-7 mins. When the flour is roasted well, the mixture will turn runny, ghee will start to ooze out and you will feel light when you stir it. Turn off the flame. Let the mixture cool down for a minute. Add 1/2 cup grated or chopped jaggery. Mix well. The jaggery will dissolve quickly. When the jaggery dissolves completely, pour the mixture into a greased tray (khal). Even out the top surface using a flat spatula. And it's ready!!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Arya Savalia
4 Indigo

Country of origin:

India

Dish: Pani Puri

Ingredients:

Puri's
For water
Coriander
Mint, Green
chillies, ginger
& Pani puri
masala, salt

Filling
Potatoe,
black chick
peas/dried
green peas

Coriander
onion
Sev to eat
with pani
puris

Method:

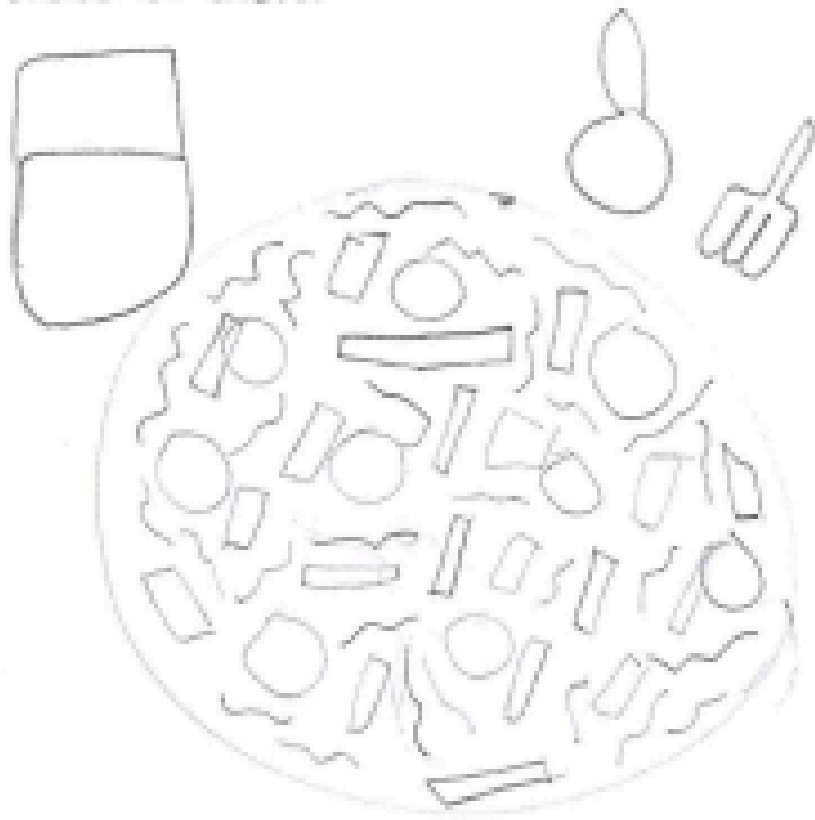
Water - take
Coriander, mint
green chilli, ginger
add in mixer, add water &
Pani puri masala mix well
Pani puri water done.

Filling - Roil potatoe, mash it,
add black chick peas mash
all together
add salt
add pani pur masala



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Esha Patel
4 indigo
Mr Malwanon

Country of origin:

India

Dish:

Bhel
Dish: **BHEL**
Bhel

Ingredients:



Sev
boiled potatoes
chickpeas
Onions
tamarind
sauce
green
chutney

Method:

~~Chop the potatoes and place them in a bowl. Add some sev and chickpeas.~~
~~Then add the sev and tamarind sauce.~~
~~Stir the mixture and add green chutney on top.~~
~~That's it.~~
~~Finally, take some green chutney and tamarind sauce to drizzle on top.~~

First, put some sev in a bowl with chopped onions.
Next, steam some potatoes and then chop them.
Then, get some chickpeas and add them to the bowl.
Finally, take some green chutney and tamarind sauce to drizzle on top.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

4- Indigo

Country of origin:

India

Dish:

Tulsi Samosas

Ingredients:

- pastry
- peas
- potatoes
- salt
- spices

Method:

- make chappatti
- cook potatoe and peas
- add the mixture
- add the spices
- put the mixture into chappatti
- rap and fry



World Day for Cultural Diversity 2024

CELEBRATING

WORLD DAY FOR CULTURAL DIVERSITY

Year 5



World Day for Cultural Diversity 2024

Amelia – Byrek

Kaya – Baa's chicken curry

Diana – Chilli paneer

Ethan – Tanghulu

Ciprean – Sarmel

Alia – Sabayad

Saad – Mbayan dudata

Dhru – Coconut barsi

Farah – Maamoul date cookie

Leah – Potato dumplings

Alexandra – Sarmale

David – Sweet bread

Dhyaan – Crispy potato bhajias

Mahzama – Usbaki palaw

Sadaf – Kabuli pulao

Ayaah – Jalebi

Stefania – Biscuit salami

Photo of dish:



Name and class:

Amelia Xhaferaj

5 Orchid

Country of origin:

Albania

Dish:

Albanian Meat pastry (Byrek)

Ingredients:

Homemade Filo pastry

750g minced beef

1 diced onion

3 tbsp. tomato puree

½ pint beef stock

Salt, pepper, paprika

Olive Oil

Method:

In a saucepan add the olive oil and fry the onions for 2 minutes before adding the mince and browning.

Add the tomatoes puree, salt, pepper, paprika and beef stock. Bring to the boil, leave to simmer for 10 minutes/ when the mixture has thickened and water boiled away turn off the heat and leave to cool for 10 minutes.

Place a filo pastry disc in a large baking tray and add filling on top

Add the second disc on top and seal the edges by tucking them down.

Put a thin layer of oil over the top

Bake in the oven at 180 degrees for 1 hour or until golden brown.



World Day for Cultural Diversity 2024

Photo of dish: Pending

Name and class:

Kaya Hirani and Devina Hirani
(5 Orchid) (2 Apricot)

Country of origin: India

Dish: Baa's Chicken Curry

Ingredients:

Oil (x4 table spoons)
Cloves, Elaichi, Cinnamon
(whole spices)
Garlic, Chilli, ginger
(paste)
Salt
Coriander Powder
Jeera Powder
Turmeric Powder
Passata Tomato
Tomato Puree
Onions (x3) Finely Diced
Chicken (whole chicken
cut to small pieces) (or
one tray of diced
boneless)
Fresh coriander

Method:

Preparation: Prepare Chicken (cut/dice) as preferred and keep aside.

Get a large pan, add oil and whole spices until it gets hot

Add diced onions, stir and cook until golden brown(10 mins)

Add salt, garlic, chilli, ginger (season accordingly to taste), coriander powder, Jeera powder, Turmeric powder, tomato passata and puree, mix and let it cook on medium heat until you see the oil rise. (your sauce is ready)

Add in the chicken to the sauce, give it a good mix. Put the lid on the pan and cook on high heat. Stir occasionally to stop it sticking. (approx. 15 mins)

Add up to 500ml of water (use accordingly) and cook on medium heat until the sauce thickens and chicken is cooked

Sprinkle with finely chopped coriander

(serve with Rice and Naan)

Enjoy 😊



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Daina

5. Grade

Country of origin:

India

Dish:

Chilli Paneer

Ingredients:

Paneer (300g (enough for 3-4))
1 large onion cut to chunks
2 garlic cloves
Ginger - approx thumb size grated
1/2 green chillies chopped (optional)
3-4 tablespoons of oil
Soy sauce
1 tablespoon of plain flour
1 or 2 teaspoons of garam masala
Teaspoon of coriander seeds
Teaspoon of cumin seeds
Fresh coriander
Spring onion leaves chopped (optional)
Paneer 300g
Peppers 1

Tips:

If too spicy serve with
yoghurt on the side.

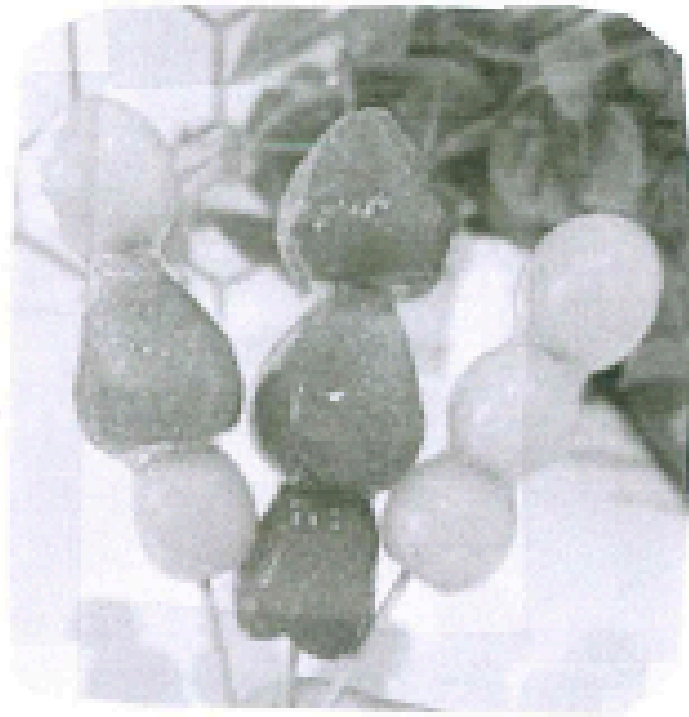
Method:

1. Put 200g paneer or bag of pre-fry-tubed paneer in a bowl and add flour. Mix using fingers. The idea is to lightly coat the paneer.
2. Warm oil on medium heat in wok type frying pan and add paneer. Don't put any excess flour left in bowl. Stir paneer and after a short time it will start to fry and become a golden colour. It can take a while time so be patient. Don't worry if some sides are golden and others are not. The idea is to just giving them a slight texture so not completely soft in mouth.
3. Add a good glug of soy sauce. Paneer has no flavour on its own. Add the onions, garlic, cumin seeds and coriander powder. Stir for about 2 minutes until onions are soft. Then add peppers. After a couple of minutes the peppers should be soft.
4. Add the paneer and 1 teaspoon of garam masala. Stir through and let ~~simmer~~ this simmer for approx 10 minutes.
5. Taste sauce. Add more garam masala and soy sauce. Can add more chillies. If the sauce tastes too acidic (sharp) add a pinch or two of sugar.
6. Eat and Enjoy!



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Ethan
Samethyst

Country of origin:

China

Dish:

Tanghulu

Ingredients:

servings: 5

- 5 hulled Strawberries
- 5 seedless grapes
- 5 clementine segments
- 5 12-inch wooden skewers
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{3}$ cup water
- 2 table spoons light corn syrup
- ice

Method:

1. Line a large baking sheet with paper towels. Pat the fruit dry. Divide the fruit among all the wooden skewers, 2 pieces on each, arrange the fruits to cover the end of each skewer and make sure the fruits are touching.
2. Stir together sugar, water and corn syrup in a small pan over medium heat, undisturbed (don't stir it). Reduce to medium-low, cook, undisturbed, until a candy thermometer reaches 150°C , up to 15-20 minutes.
3. Meanwhile prepare an ice bowl (lots of ice).
4. Remove the pan from heat, let it stand until bubbles subside, 1-2 min. Carefully tilt the pan so sugar mixture pools in a side. Working quickly, place fruit end of skewer in sugar mixture, rotating to fully coat; allow excess syrup to drip back into pan. Place dipped skewer, fruit side down, in ice bowl, allowing to cool fully, about a minute. Place, fruit side up, in a heavy cup or saucer. Repeat with all, cutting excess sugar drips. Serve immediately.



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Photo of dish:

Name and class:

Alexis
5majenta

Country of origin:

Romania

Dish:

Sarmel in Romania you
say Sarmale

Ingredients:

1kg of pork;

1 sauerkraut, or lea

100g of rice;

300g of finely chopped

onion;

200g of tomato

2-3 table spoons of oil;

1L of sauerkraut

juice

4-5 springs of thyme;

Method:

The method is that at the

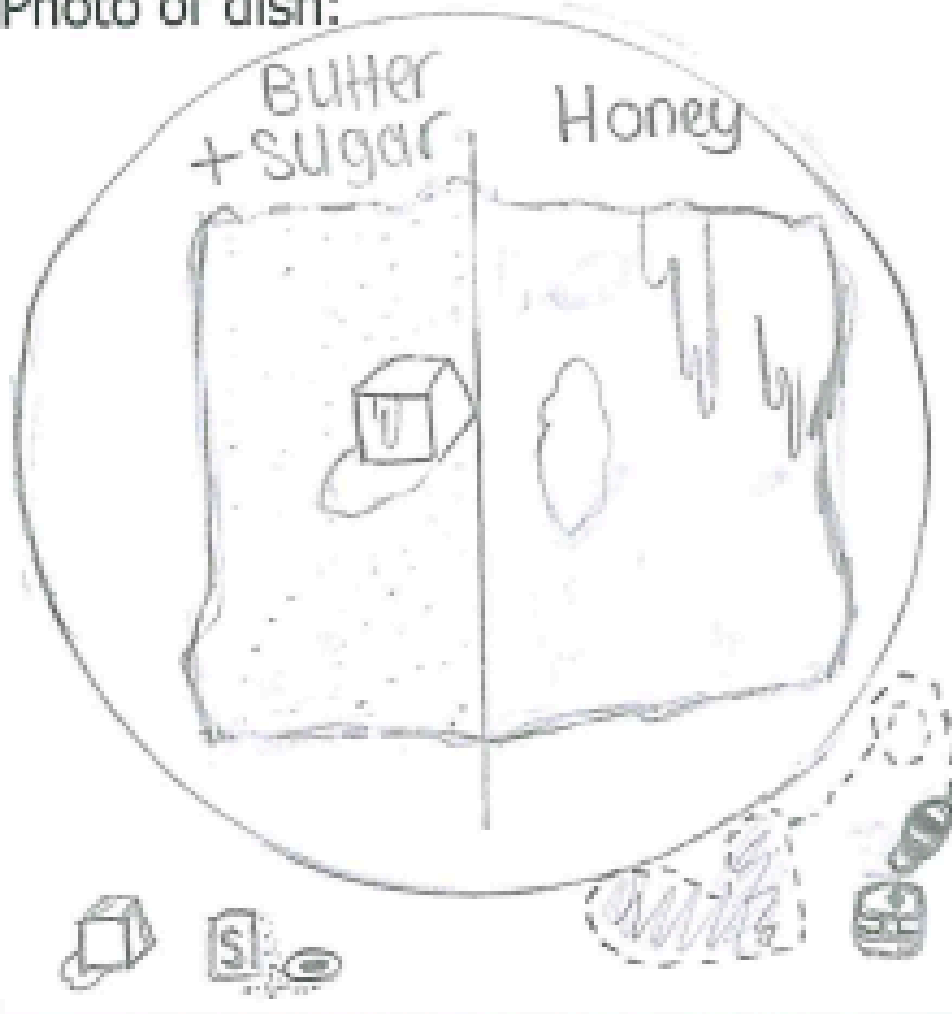
side of a peach of cabbage

you push it



World Day for Cultural Diversity 2024

Photo of dish:

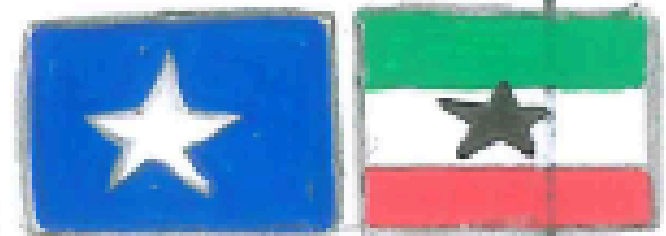


Name and class:

Alla
5 violet

Country of origin:

Somalia +
Somaliland



Dish: Dessert:

Sabayad = Sa-baa-yad

Ingredients:

Salt
olive oil
warm water
Plain flour

Sugar and butter
(preferable)
Honey
(preferable)

Method:

• Firstly, add the flour, warm water and ^(teaspoon) salt in a bowl and mix until all is combined.

• Next, add olive oil to the bowl to make sure the dough won't stick then proceed to put in plastic bag.

• Let the dough rise for 30 minutes to an hour.

• Once dough has risen, roll it out into small balls ^{using some flour} and flatten it into a square shape.

• Place the dough on top of each other adding oil in between every layer.

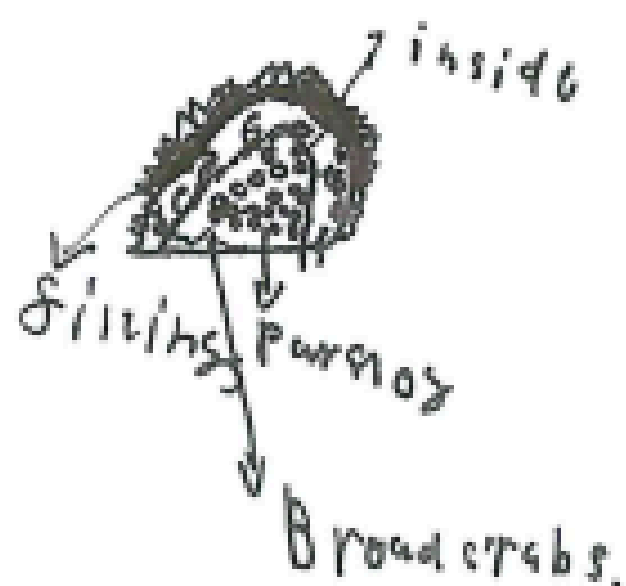
• Heat up the pan then separately place the dough on the pan and cook until golden brown (flip and do ^{for both sides}).

• Once cooked, place the dish on a plate and add butter and sugar or some honey (optional) whilst hot.



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Photo of dish:



Name and class:

Saad Ageli

Country of origin:

Libya Tripoli

Dish:

MBatan Deyata

Ingredients:

3-4 large russet potatoes
2 cups bread crumbs
3 eggs

Filling

oil
1 lb ground lamb or beef
1 onion minced
3 cloves garlic, crushed
3/4 tsp ginger
3/4 tsp cumin
1 tsp black pepper
1/2 tsp salt, or to taste
1/2 cup water
1 cup parsley, minced
1 egg

Method:

- 1- Brown the lamb in oil then add onion and garlic
- 2- add the spices and season to taste
- 3- allow the mixture to thicken up and clump together.
- 4- For the potatoes cut half moons
- 5- use the lamb filling to stuff the potato.
- 6- Beat 3 eggs dip the potato into the egg and bread crumbs
- 7- finish deep fry or cook in oven.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Dhru Dhawan

5 Violet

Country of origin:

India

Dish:

Coconut Barsi

Ingredients:

- 250g unsweetened desiccated coconut.
- 1 tin of condensed milk
- Hand full of coconut flakes
- Pinch of salt

Method:

- ① Put the coconut and condensed milk in a heavy based saucepan.
- ② Put it on low heat and stir for 7-10 min, until mixture thickens.
- ③ Do this until the mixture comes away from the pan.
- ④ Tip the mixture out in a 25cm round tin. Make sure it is buttered beforehand.
- ⑤ Cool for 10-15 min before cutting into ~~pieces~~ diamond shapes.
- ⑥ Wait for 30 min before cutting shapes out.
- ⑦ Store in airtight container for 1 week.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

5 violet Farah Shrahob

Country of origin:

Iraq

Dish:

Maamoul date cookies

Ingredients:

- 3 cups of wheat flour (somalina)
- 1/2 cup all purp -ose flour.
- 1/2 teaspoon of salt
- 1/2 teaspoon of active dry yeast
- 1 cup of butter
- 1/2 cup of lukewarm water
- 1/3 cup whole milk

Filling:

- 3 cups pitted sor-boned dates
- 2 tablespoons ca-nola oil.
- 1 teaspoon ground cardamom.
- 1 teaspoon orange blossom oil

• powdered sugar for dusting

the tops after baking:



Method:

1. Blend dates together in a food proces-sor with spices and 1 tablespoon oil. Roll 1 table spoon dates into 24 balls.
2. In a small bowl mix yeast in water and allow to stand for 3 mins. In a stand mixer with paddle attachm-ent, mix sugar with butter, farina and Ap flour.
3. Add the yeast and water and milk to the bowl and mix until the dough forms.
4. Allow dough to rest for 1 hour. Preh eat oven to 400°.
5. Using mould, press dough into the centre, place date ball into the centre of dough
6. Place a second smaller piece of dough over the top of the date, cover the filling, tap the mould until the dough releases. place on lined baking sheet.
7. Bake for 15 mins, or until golden brown

World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Leah

5 Violet

Country of origin:

Me
England

Dishi
Poland

Dish:

Polish - Kluski s'logskie

English - Potato Dumplings

Ingredients:

- Potatoes

- Potato starch

- Egg (1)

Chefs Tip:

o You can fry them with butter

o You could even have them with bacon! etc.

o You can also freeze them

Method:

1. Firstly, you shall peel then boil the potatoes.

2. Next, you must wait for the potatoes to cool down (but not too cold!).

3. Now, you must mash the potatoes

4. Then, you must divide the mash into 4 parts

5. In one part add an egg and the starch.

6. Now, you must mix all 4 parts together

7. After that, make the shape of the dumplings.

8. Finally, boil the dumplings for 2 minutes and ready to serve!



World Day for Cultural Diversity 2024

Photo of dish: x2 Photo one at the batic



Name and class:

Alexandra Evilot

Country of origin:

R. Romania.

Dish:

Sarmale

Ingredients:

2lbs/1kg Combined
ground Pork/beef.
 $\frac{1}{2}$ cup rice
1 large onion chopped
2 tablespoons oil
1 large Sour cabbage
700ml potato juice
10 slices Smoked bacon

Method:

In a large bowl Mix all types of ground Meat, add Sautéed onions and rice, Salt and Pepper and Mix well using your hands.
Remove gently not to break them, all cabbage leaves. The Middle Part will be chopped and added between cabbage rolls layers. cut each large leaf in half, removing the tough Core Part too to make it easier to roll them. Add a tablespoon of ground meat mixture to each half leaf. Cover the filling with the edge from the base of the leaf. Bend edges on both sides and cover over the filling.
Roll the stuffed cabbage leaf holding firm so they won't break during cooking time. Repeat these steps until you finish all of your ground meat mixture.
In a big saucer start adding the rolls, creating a first layer. Add some chopped smoked bacon and some more chopped sour cabbage on top. When you finish all the layers, add some more chopped sour cabbage on top. Smoked Bacon. Add water to cover the rolls entirely. Place a lid on top of the saucer and boil them or slow heat for at least 2 hours.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

5 violet

David

Country of origin:

Romania

Dish:

sweet
~~sweet~~ bread

Ingredients:

For the dough:

- 250g of sugar
 - 1 kg of plain flour
 - 450 ml of milk
 - 8 egg yolks
 - 40g fresh yeast (20g dry yeast)
 - 100g of oil
 - 100g of melted butter
 - the peel of a lemon
 - 1 tea spoon of lemon essence
 - 1 tea spoon of vanilla essence
 - a bit of salt
- For cream:
- 150g powdered sugar
 - 200g ground walnuts
 - 30g of cream
 - 4 egg whites

Method:

English

We simply boil part of the milk and add it over a little flour. Then let the mixture cool down so that it does not burn our fingers. We do not add the yeast to the hot mixture because we cancel its action and the dough will not rise. For the rest, we must have all the ingredients at room temperature and the rest of the milk must be warm. Knead all the dough well and add the fat little by little. I put oil and butter, but you can put only oil or only butter. However, a combination between the two is perfect.



World Day for Cultural Diversity 2024



Name and class:

Dhyaan Desai

5 Violet

Country of origin:

India

Dish:

Crispy Potato Bhajias

Ingredients:

- 1 kg of potato thinly sliced
- 450g chickpea flour
- 100g plain flour
- 1/4 tsp baking powder
- 1/2 tsp citric acid
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp ground ginger powder
- 1/2 tsp ground turmeric
- 1/2 tsp chilli powder
- 1/2 tsp ajwain seeds
- 1 1/2 tsp fine salt
- 2 tbsp sunflower or rapeseed oil
- 625ml warm water
- 2 tbsp fresh coriander chopped
- 1L sunflower or rapeseed oil for deep frying

Method:

1. Immerse the sliced potatoes in a large bowl filled with ice-cold water. Set aside.
2. Place all the ingredients for the batter in a large mixing bowl except the water and mix all the ingredients together.
3. ~~Rest the batter at room temperature~~
Add the water, a little at a time to a thin; crêpe-style batter just thick enough to coat the potato slices.
4. Rest the batter at room temperature for 30 mins.
5. Heat oil to 190°C / 375°F in a large, deep pan.
6. Dry a handful of potato slices in a clean tea towel.
7. Dip each slice in the batter and carefully slide into the hot oil. Fry until golden and cooked through, about 3-4 minutes. Try not to overcrowd the pan and work in small batches.
8. Drain the bhajias on a plate lined with kitchen towel.



World Day for Cultural Diversity 2024

Photo of dish:

In Onion

Name and class:

Mahzama Meri
5victor

Country of origin:

Afghanistan

Dish: Uzbeki Palaw

Ingredients:

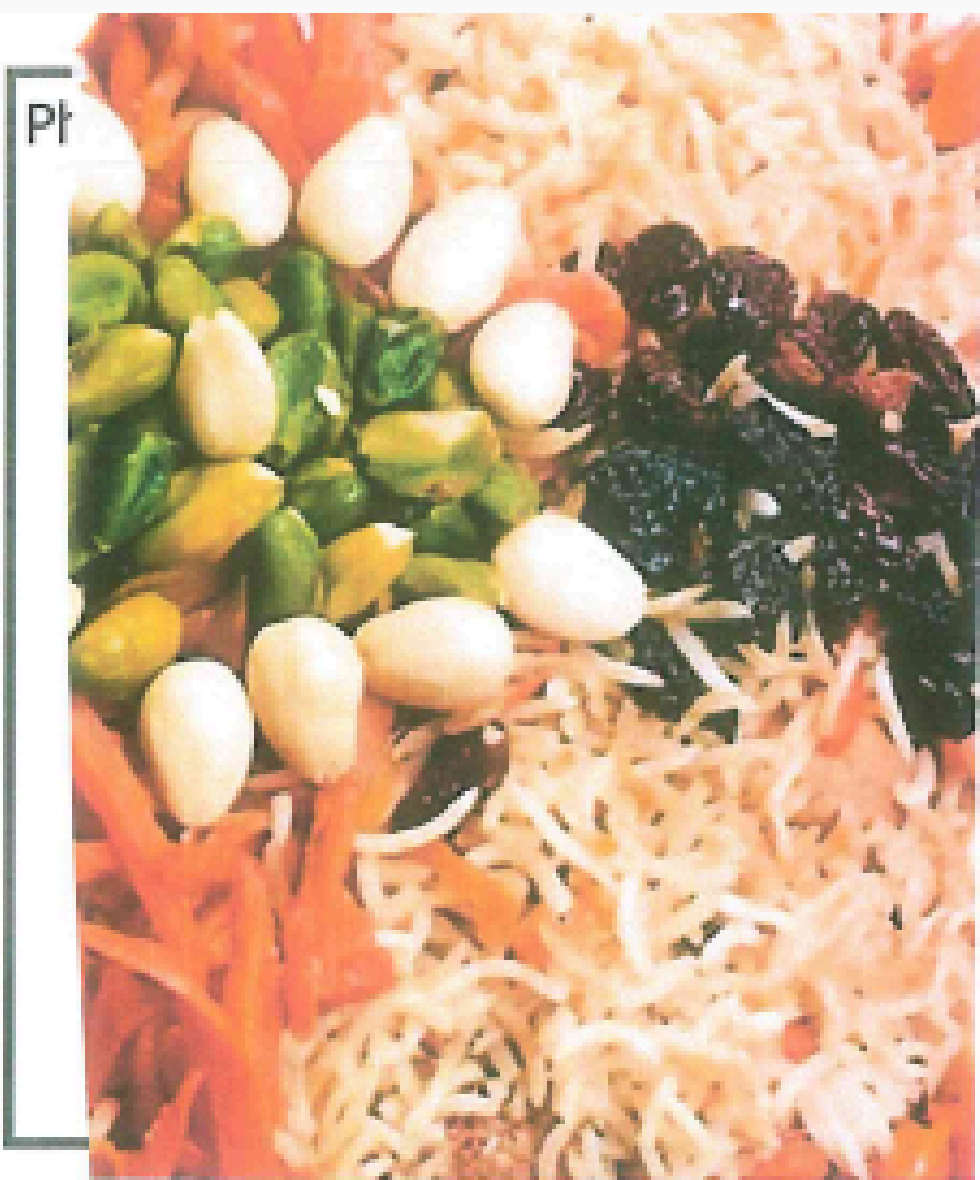
- Rice
- meat/beef
- Carrots
- Raisins
- oil
- onion
- Tomato
- garlic
- Salt
- whole cumin seed.

Method:

- wash rice in water for 2 hours
- Put oil in pot
- Chop onion until its gold.
- put meat with garlic / salt and cumin seed.
- Chop the tomato cook it for 2 hours when its cooked put rice on top.
- put chopped carrots with raisins on top and leave it for 40 min. mix it.



World Day for Cultural Diversity 2024



Pt

Name and class:

Sadaf Khalid
5 violet

Country of origin:

Afghanistan

Dish:

Kabuli Pulao

Ingredients:

- steamed rice mixed with caramelized carrots
- raisins
- marinated lamb meat
- sugar
- ghee
- garam masala
- almonds
- black pepper
- cardamom
- cinnamon
- salt
- onion
- garlic
- vegetable oil
- char masala
- cumin

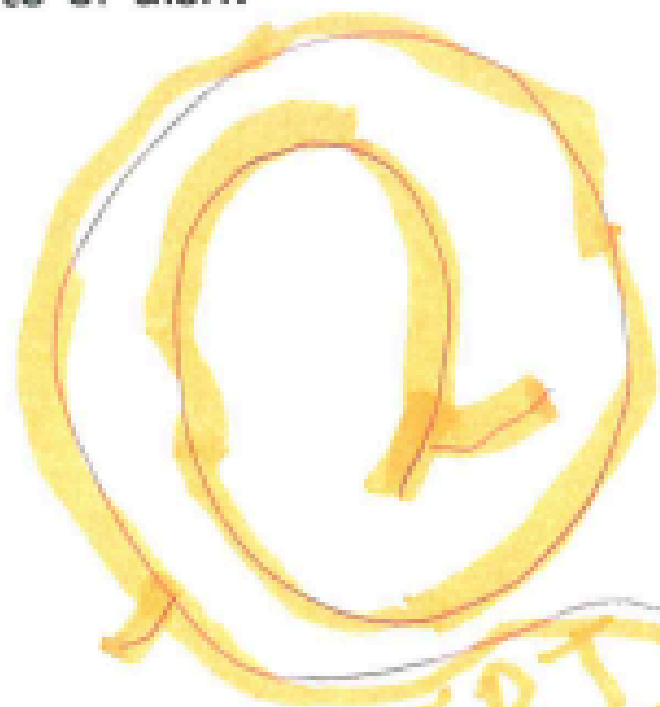
Method: First.

1. Rinse your rice and let the rice soak.
2. Next, prepare the lamb. Break out your pot. And add your sesame oil and heat. add your roughly cut garlic, cook for 30 seconds and then add cumin.
3. After, we will add our lamb then add 3 cups of water, add a table-spoon of salt (the meat should be fork-tender).
4. while your meat is cooking, cook your raisins and carrots, add vegetable oil, add shredded carrots (cook until soft)
5. next, soak your raisins in hot water for 5 minutes, drain it only for 30 seconds add it to your rice later.
6. Boil a large pot of salted water take your rice and add to boiled water then drain your rice
7. After, in a pan add a quarter cup of vegetable oil, add your sugar (darken) add 1/2 cup of water.
8. Take your meat out broth after cooking, take a pot and add half of rice to the bottom, add your lamb and rice, use a few spoons of lamb broth, add the sugar and char masala.
9. Take your raisins and carrots and place on top of your rice.
10. Finally cook on stove on medium-low heat for about 25 minutes



World Day for Cultural Diversity 2024

Photo of dish:



JALEBI
check picture

Name and class:

Ayaan Datt
5 violet

Country of origin:

PAKISTAN

Dish:

Please check
Jalebi @ picture
of good
size
online

Ingredients:

1 Liter oil for deep frying
200g Caster Sugar
Small Pinch Saffron
1/4 tsp green
Cardamom powder
1 tsp Lemon juice
2 Tbsp natural Yogurt
1/2 tsp Yellow Colour
1 Tbsp ghee
1/4 tsp baking Powder
1/4 tsp bicarbonate

Method:

First make a Syrup. Put the sugar and 100ml water in a pan set over a medium heat. When sugar has dissolved, add the saffron and bring to boil, once it thick add Cardamom and Lemon juice. Prevent the sugar crystallizing.

Step 2 For batter, put all the ingredients except the baking powder and bicarb and whisk for few minutes until smooth add bicarb and baking soda add water make as thick as Pancake batter. Pour mixture into a squeeze bottle with small opening. Pour this mixture in to oil hot at 170c until it change colour. Remove jalebi and put them in Sugar Syrup.
enjoy these jalebi



World Day for Cultural Diversity 2024

CELEBRATING

WORLD DAY FOR CULTURAL DIVERSITY

Year 6



World Day for Cultural Diversity 2024

Amari – Pineapple punch

Heshan – Fish pie

Trevonte – Jerk chicken

Caimron – Ackee and saltfish

Liyana – Spaghetti Bolognese and garlic bread

Aanya – Mango lassi

Photo of dish:



Name and class:

Amari Nicholas

Country of origin:

Jamaica

Dish:

Pineapple Punch

Ingredients:

1 large fresh
pineapple

condensed milk
(vegan) to taste

half tsp nutmeg

half tsp vanilla

355ml water

355ml (plant based)
milk

Method:

- Cut the pineapple horizontally into slices and then chop into small chunks.
- Pour the pineapple chunks and water into the blender and blitz until it's all broken down (this mixture will be frothy, this is normal).
- Use a large strainer or cheesecloth to extract the juice (press down or squeeze firmly, depending on your chosen method) into a large bowl or a jug. At this point you can add more water (another cup) to extract more juice.
- Add the nutmeg, vanilla and (vegan) condensed milk to juice and sweeten to taste then stir..
- Serve Immediately.



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Heshan Gplotinim

Country of origin:

England

Dish:

Fish pie

Ingredients:

- Salmon
- potato
- Smoked Fish
- Milk
- bay leaf
- onion
- garlic powder
- Flour
- Potatoes
- salt
- pepper
- cheddar

Method:

- Boil Fish with bay leaf and milk. Fry onion + garlic powder, add Flour and milk to make a white sauce.
- Boil potatoes
- Mash them, Add butter, milk, pepper and salt.
- Add sauce to the fish. Pinch of salt + chopped parsley.
- In dish add fish mixture. Add the mashed potatoes.
- Grate cheddar and add it.



World Day for Cultural Diversity 2024

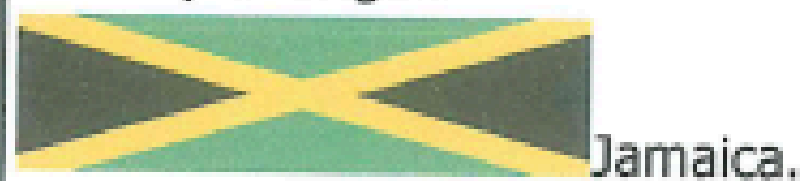
Photo of dish:



Name and class:

6 Dove *Trevonte*

Country of origin:



Jamaica.

Dish:

Jamaican Jerk Chicken

Ingredients:

- ✦ 4-5 pieces of legs and thighs.
- ✦ 1 medium onion coarsely chopped.
- ✦ 3 medium scallions, chopped.
- ✦ 2 Scotch bonnet chiles, chopped.
- ✦ 2 garlic cloves, chopped.
- ✦ 1 tablespoon chicken spice powder.
- ✦ 2 tablespoon jerk chicken seasoning
- ✦ 2 tablespoon all-purpose seasoning.
- ✦ 3-4 tablespoon wet jerk seasoning
- ✦ 1 teaspoon dried thyme, crumbled.
- ✦ 1/2 cup browning
- ✦ 1 tablespoon vegetable oil.

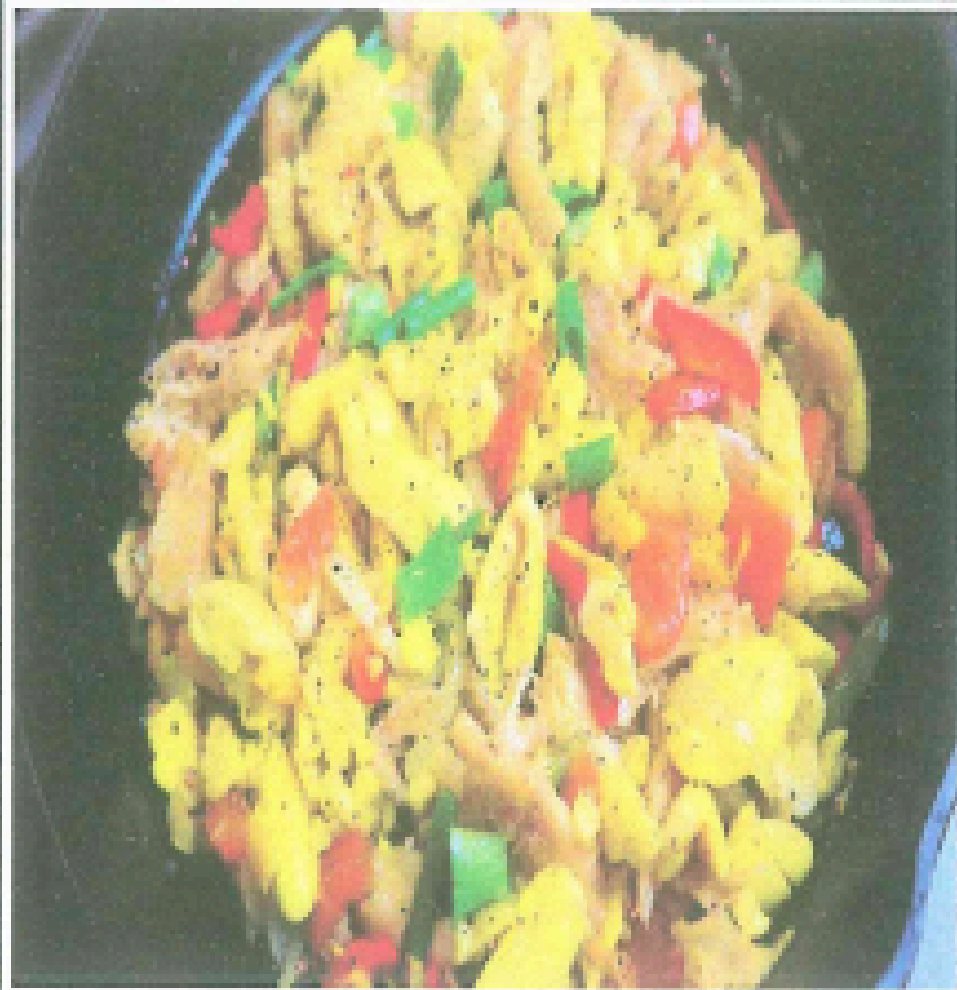
Method:

- ✦ Clean chicken, remove fats and extra skins, then washed with vinegar.
 - ✦ In a food processor, combine the onion, scallions, garlic, garlic, all -purpose chicken powder, spice powder, pepper, thyme. process to a coarse paste. With the machine on, add the browning and oil in a steady stream. Pour the marinade into a large, shallow dish, add the chicken, and turn to coat. Cover and refrigerate overnight.
- ✦ Place chicken over direct high heat and allow the skin to char but not burn. Flip and turn the chicken often until desired level of charring has happened, usually about 15 minutes.
- ✦ Slide chicken over to indirect heat and using a long silicone basting brush, glaze the chicken with remaining marinade. Close the grill lid and allow chicken to cook until the internal temperature reaches 180°-185° F, usually about 20 minutes.
- ✦ Remove chicken from the grill, garnish as desired, and serve hot. Authentic Jamaican chicken is usually chopped into pieces before being served. Unless you have a heavy-duty meat, cleaver this is challenging so I generally separate the leg and thigh and serve them like that, but you can serve them whole as well.

Note: Extra Hot Jerk Sauce or Mild sauce can be served on the side.



World Day for Cultural Diversity 2024



Name and class:

Caimron Green (6 Pebble)

Country of origin:

Jamaica

Dish:

Ackee and Saltfish

Ingredients:

- 1 Large Canned Ackee
- 1 lb Saltfish (I used skinless and boneless)
- 1 Onion Sliced
- 1 Small tomato Diced
- ½ red Sweet bell pepper sliced
- ½ green Sweet bell pepper sliced
- ½ yellow sweet bell pepper sliced
- 1 Stalk Escallion Chopped
- 2 Sprig thyme
- ¼ Scotch

Method:

Soak the saltfish overnight or for a minimum of two hours in cold water.

Pour away the water.

In a saucepan, place the saltfish and cover with fresh water. Put to boil on medium heat for 15 minutes.

Removed from heat and pour away the hot water. Wash the fish in cold water to cool it.

Flake the saltfish and set aside.

On medium fire, heat the oil in a cooking skillet. Add the onions, thyme, tomato, sweet pepper, scotch bonnet pepper, scallions and sauté for 3 minutes.

Add the flaked saltfish and cook for another 3 minutes.

Add the ackee, lower the heat and let it simmer for another 10-15 minutes

Add the black pepper, turn the heat off and serve.

ENJOY 😊😊



World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Liyana - G Dove

Country of origin:

Italy

Dish:

Spaghetti Bolognese and
garlic bread.

Ingredients:

Spaghetti
Tomato sauce
Oregano
Salt and pepper
Condiments
(for the side)

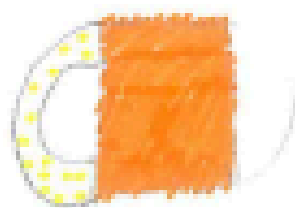
Method:

1. Boil the spaghetti in salted water
2. Once cooked drain
3. Cook the meat till tender
4. Add tomato sauce
5. Add spices
6. Cook
7. Combine ~~and eat!~~
8. Heat Garlic Bread in air fryer.



9. EAT! (with condiments on the side).
World Day for Cultural Diversity 2024

Photo of dish:



Name and class:

Aanya Shah

6 Pebble

Country of origin: *India*



Dish:

Mango Lassi

AKA: 'Rus'

Ingredients:

- 2 - 4 mangoes
- Sugar
- Water

Method:

- First, grab a few mangoes and make sure it is fresh and not dirty.
- Then, peel the skin off carefully.
- Once you have done that, cut the mango into small pieces.
- Next, take out all the peices and pulp.
- In a blender add in the mango pulp.
- Add in ~~water~~ and half a cup of water.
sugar

And your done!

enjoy!



World Day for Cultural Diversity 2024

Teachers



World Day for Cultural Diversity 2024

Miss Gilani – Khow suey

Mr Makwana – Dhol puri

Ms Lakhani – Dhokla

Mrs Thobhani – Pav bhaji

Mr Parkinson – Ginger cake

Mrs Kelly – Spanakopita

Ms Forno – Caponata

CELEBRATING

WORLD DAY FOR CULTURAL DIVERSITY

Teachers



World Day for Cultural Diversity 2024

Miss Gilani – Khow suey

Mr Makwana – Dhall puri

Ms Lakhani – Dhokla

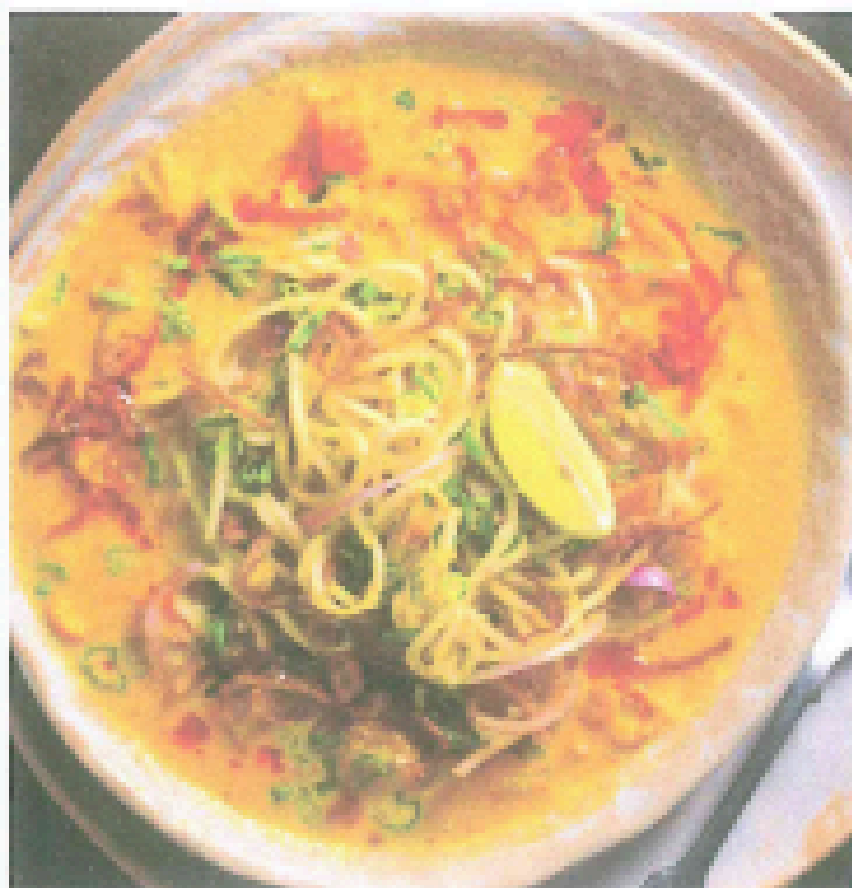
Mrs Thobhani – Pav bhaji

Mr Parkinson – Ginger cake

Mrs Kelly – Spanakopita

Ms Forno – Caponata

Photo of dish:



Name and class: Miss Gilani – 6 Silver

Country of origin: Myanmar (Burma)

Dish: Khow Suey (coconut curry and noodle dish)

Ingredients:

- 2 inch – Ginger
- Chicken
- 5 cloves – Garlic
- 1-2 Green Chilli
- 1 Onion
- 2tsp cumin powder
- 3 tsp coriander powder
- 1/4 tsp turmeric powder
- 2 tsp salt
- 1 tin coconut milk
- 1 tinned tomato
- 2 tbsp gram flour
- Oil
- Noodles/macaroni

Garnish

- Chopped coriander
- Chopped onion or spring onion
- Crispy onions
- Garlic/chilli oil
- Lime wedge

Method:

Puree the ginger, garlic, chillies and onion to make a paste.

Heat oil to a pan and add the paste and powders and fry, add a little bit of water if necessary until the oil comes up.

Add the tin of coconut milk, tin of tomatoes and cubed chicken and cook until the chicken is fully cooked.

In another pan, toast the gram flour for a couple of minutes until slightly golden (make sure it doesn't burn). Mix the gram flour with some water to create a slurry (consistency of custard) and stir into the curry and allow it to come to a boil again.

Boil the noodles or macaroni and serve together with the curry and garnishes in a bowl.

ENJOY!



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Photo of dish:



Name and class:

Mr. Makwana
4 Indigo

Country of origin:

Mauritius

Dish:

Dholl Purī

Ingredients:

The Filling:

250g of Gram dal
(chana)

1TSP of Turmeric
Powder

1.5L of water

1TSP of Cori
Powder

Salt.

The Dough:

500g

Method:

In a pot, add water, gram dal, salt & turmeric powder.

On a medium heat, boil for 30-40 minutes without covering the pot.

Skin off the frothy layer of the surface. Cook until tender but still firm.

Drain the cooked dal & allow it to cool and dry.

Reserve the dal water for the dough. Do not use the starch at the bottom.

Use $\frac{1}{3}$ of the drained dhal and process in a food processor. Add the rest and process 2 more times. Sieve the dal in a sifter to check if there are any lumps.

In a bowl, put your flour, oil and salt. Mix well and add the dal water. Mix until a dough is formed. Rest for 15 minutes. Make dough balls stuffing them with the dal. Roll out with a rolling pin and pan fry.

Enjoy! 😊



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Photo of dish:

Name and class:

6 Platinum NILA LAKHANI

Country of origin:

India (Gujrat State)

Dish: INSTANT (RAVA) SEMOLINA
Dhokla

Ingredients:

- 2 cups semolina
- 1 tbs gram flour
- 1 cup sour yoghurt – if yoghurt is not sour, add a tbs of lemon juice
- 1 tsp of ginger, chilli paste
- Salt to taste
- Half tsp turmeric powder
- Half tsp mustard seeds & few curry leaves for tempering
- A large wide pot for steaming
- A small baking tray – round or square

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nit salt)

Method:

- Take a bowl and mix the semolina and gram flour.
- Next add salt, ginger, chilli paste, salt and turmeric powder.
- Add the sour yoghurt / lemon juice.
- Then mix (using spatula or whisk) all the ingredients, adding little water at a time
- Keep the consistency of a pancake batter
- Let it rest for 15 mins
- After 15 mins, if the batter has gone thick (as the semolina absorbs water), add a little water if needed.
- Put a large pot (big enough to fit your baking tray for steaming) on the stove with water. The tray needs to be raised with a bowl in the water.
- Once water is boiled, grease your tray with some cooking oil and pour the batter into the baking tray and steam for 20 mins on med heat. ^{at the end, mix well}
- After 20 mins check, with a tooth pick its not sticky (just like in cake)



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Photo of dish:

Name and class:

6 Platinum

Country of origin:

India (Gujrat State)

Dish:

Dhokla

Ingredients:

- A small pan for tempering

Method:

- Finally, take it out of the steamer and let it cool for 5 mins
- then cut in squares or whatever shape and put in a serving tray
- Finally, heat 2 tbs of cooking oil in the small pan, add the mustard seeds and curry leaves, once the seeds starts crackling, pour the mixture over the Dhokla evenly
- Garnish with finally chopped coriander (optional)



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Photo of dish:

Name and class: SEEMA THOBHANI

Country of origin: INDIA

Dish: PAV BHAJI

Ingredients:

4 large potatoes
 4 medium onions
 1/4 medium cabbage
 200g frozen peas
 4 medium carrots
 2 bell peppers (any colour)
 1 lemon
 1 green chilli (or more if you like it spicy)
 5-6 cloves of garlic
 500g passata
 2 big blobs of butter
 1 heaped tablespoon of cumin seeds
 1 tablespoon salt (add more to taste)
 Pav Bhaji Masala

To Garnish:

1 lemon, in quarters
 4 medium fresh tomatoes, roughly chopped
 2 medium onions, roughly chopped
 A few sprigs of coriander, roughly chopped

To Toast the Pav (Bread):

8-10 bread rolls
 Butter to spread

Method:**Prep:**

1. Wash and roughly chop all of the vegetables. Keep the onions in a bowl and peppers in another. Set aside all of the tomatoes and 2 chopped onions for serving.
2. Steam the carrots, cabbage and potatoes until they're soft.
3. Blend the peppers into a smooth mixture. Do the same with the other 4 onions but this time with the garlic cloves and the chillies.

Making the masala:

1. Take the 2 blobs of butter and put it in a large, heavy pan. Let it melt completely on a medium heat.
2. Add the cumin seeds and let them go brown until you can smell the aroma. Keep stirring at regular intervals.
3. At this point, add the onion paste. Turn the gas slightly higher and stir continuously until the onions begin to darken (approx. 5 minutes).
4. Next, add the pepper paste and let it cook for 4-5 minutes.
5. Then, add the passata, stir well and reduce the heat to low.
6. Add in the salt and 2 tablespoons of the Pav Bhaji Masala.
7. Put the lid on and let it cook for 20 minutes. Ensure the heat is low and stir every 5 minutes so the ingredients don't settle at the bottom.
8. Once 20 minutes are up, switch the gas for the masala off.
9. Keep about 300ml of the water used for steaming and pour the rest away. Put the vegetables into the pan that the steamed water was in and add the water to it.
10. Blend the water and vegetables until it forms a smooth mixture.
11. Switch the masala gas on and add the vegetable mixture to it. Keep it on a low heat and ensure its mixed properly.
12. At this stage, taste the masala and add salt if needed. Add the juice of one medium sized fresh lemon then switch the gas off.

To toast the pav (bread):

1. Heat a non-stick frying pan. Separate the rolls and spread a generous amount of butter on both sides of all the halves.
2. Toast both sides of the rolls until they're golden brown.

Serving:

1. As soon the rolls are done, place a few on each plate. Put a couple of tablespoons of the masala on top of each roll.
2. Garnish with the onions, tomatoes and coriander with a dash of lemon juice. Enjoy while its hot.



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Photo of dish:

Name and class:

Mr. Parkinson

6 Dove

Country of origin:

Jamaica

Dish:

Jamaican Ginger cake

Ingredients:

100g of butter

100g of dark brown sugar

175g of golden syrup

2 tbsp of ginger wine

2 eggs lightly beaten

175g of self raising flour

4 tsp ground ginger

50g of fresh ginger
peeled + finely chopped

100g of crystallised
ginger - finely diced.

Method:

1. Heat the oven to gas 3, 170°C, 150°C - fan
2. Cream together the butter and sugar with a pinch of salt. Pour in the golden syrup, ginger wine + eggs. Beat to form a smooth mixture.
3. Sift the flour + ground ginger over the mix, then gently fold in with the fresh + stem ginger.
4. Spoon into a greased small loaf tin and bake for about 30-60 minutes, until a skewer inserted into the middle comes out clean.
5. Allow the cake to completely cool in the tin before slicing and serving.



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Photo of dish:



Name and class:

SOPHIA KELLY

Country of origin:

Dish:

SPANAKOPITA (cheese and spinach pie)

Ingredients:

- 3 lbs spinach
- ¾ lb. feta cheese
- 2 eggs beaten
- Salt
- Olive oil
- 4-5 spring onions, chopped
- Pepper
- Chopped parsley and dill
- 1 lb filo pastry

Method:

- Wash the spinach and chop it finely.
- Add 1 tbsp salt and rub it with hands.
- Leave for an hour. Squeeze it well.
- Add 1/3 cup olive oil, onions, crumbled feta cheese, eggs, parsley, dill and pepper.
- Take a buttered baking pan and line with one full pastry sheet.
- Brush it liberally with oil. Add 6 more pastry sheets, brushing each with oil, and let them come up the sides of the pan.
- Spread the spinach filling evenly and cover with 6 more pastry sheets, brushing each with oil.
- Brush the top with oil and score the top three sheets, with a sharp knife, into 3-inch strips from one end of the pan to the other.
- Sprinkle the top with water, to prevent the pastry sheets from curling upwards.
- Bake the spinach pie in a moderate oven for 40-45 minutes. Cool slightly, cut into squares and serve



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Photo of dish:



Name and class:

Ms Forno (6 Platinum TA)

Country of origin:

Italy

Caponata:

This recipe uses a lot less oil than most as the aubergine is roasted not fried.

Ingredients:

1 large aubergine cut into 2cm cubes
2 yellow peppers, deseeded and cut into quarters
1 onion, chopped
2 sticks of celery, chopped
1 tin chopped tomatoes
12 black olives sliced
1 tbsp capers
2 tbsp sultanas
2 tablespoons balsamic vinegar
4 tablespoons olive oil
Salt and pepper
Chopped parsley

Method:

Heat the oven to 180°C. Place the aubergine cubes in a roasting tin and mix with 2 tablespoons of olive oil and a little salt. Place the pieces of pepper skin side up on a separate tray and brush with a little oil. Put both in the oven for about 20 minutes, until the aubergine is soft – not at all rubbery. The peppers should be a little charred and blistered so they are easy to peel.

While the veg are roasting, fry the onion in a pan with the rest of the oil. After a few minutes, add the celery. Once they have softened, add the tin of tomatoes and allow to reduce for about 5 minutes.

Add the vinegar, olives, capers, sultanas and sugar. Simmer for a further 5 minutes.

Remove the vegetables from the oven, peel and slice the cooled peppers and add to the tomato mix. Check for seasoning. Serve warm or cold, garnished with a little chopped parsley.

This is good served warm with bread pasta, or cold with cheeses (it's good with baked feta or grilled halloumi.)
Keeps well in fridge for 3/4 days.



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STANBURN PRIMARY SCHOOL

