

Cognita Global Cookbook



International Recipes
from our Students

Be Well

COGNITA

Introduction

Cognita is a global community of schools, enriched by the different cultures within our group. All our schools are committed to the Wellbeing of their communities and use the Be Well Charter to highlight the key contributors to physical and mental health.

One of those contributors is Diet because we know that giving our body a nutritious and balanced diet supports our overall health and Wellbeing. We are therefore delighted to introduce our first Cognita Global Cookbook – created by our very own students from across the globe! Every region has submitted a range of recipes which include not only the ingredients and method, but also an interesting fact about the food in the recipe! It is a true reflection of our wonderful and diverse community and I hope you enjoy making these delicious meals from around the world.

Beth Kerr, Group Director of Wellbeing



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Thank you to all our contributors

We hope you enjoy cooking and baking these global recipes!

Buen provecho, Bon appetite, Bom proveito, Buon appetito,
Enjoy your meal!





Bacalhau com Natas

"The Portuguese say that there are 1001 ways to cook bacalhau (cod) and they consume over 100,000 tonnes of it, almost 10 kilos per person every year!"

SERVINGS: 4-6

PREPPING TIME: 30 MIN

COOKING TIME: 40 MIN

Ingredients

600g of desalted and drained bacalhau (dried cod)
500g potatoes
500ml milk
200ml cooking single cream
1 large onion
2 garlic cloves
2 tsp flour
Parsley
Nutmeg
A pinch of black pepper
A pinch of salt
Black olives and 2 boiled eggs to decorate
Grated cheese to taste
Extra virgin olive oil

Method

1. Place the milk and the cod in a pan, bring it to boil and cook for 10 min. Take it out of the pot and break in into small pieces.
2. Peel potatoes, cut them into cubes and boil in a pan with plenty of water for 10 to 12 mins. We could fry them, but I prefer them boiled because it is healthier. When the potatoes are done, drain them well and place them on a plate.
3. Put the chopped garlic in a pan with 6 tbsp of olive oil, add the chopped onion and cook until soft.
4. Once onion is cooked, add the cod, fry slowly for a few mins and add the flour. Cook it for a few more seconds, being careful not to burn it, and then add the milk. Stir and cook over low heat until it begins to thicken.
5. Add the cooking cream, black pepper, nutmeg and potatoes and cook for a minute
6. Finally, place the mixture in a glass or clay pot, season with salt and pepper, drizzle another 4 tablespoons of olive oil on top, sprinkle with grated cheese, place it in the oven and bake for 40 min in a pre-heated oven (to about 200 °C).
7. Garnish the ready dish with chopped parsley and black olives
8. Eat with salad and/or broccoli, Bom proveito!

Contributed by:
Lilia
Oakleigh House School, UK



Cheese Empanadas

"They are very tasty, easy to obtain ingredients and quick to prepare. In Chile there are many varieties of empanadas but I like cheese the most."

SERVINGS: 12-16

PREPPING TIME: 30 MIN

COOKING TIME: 25 MIN

Ingredients

2 cups all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon sugar
2 tablespoons vegetable shortening, or lard, softened
3/4 cup milk
1/2 cup water
16 ounces mozzarella, or other meltable cheese
2 to 3 cups vegetable oil,

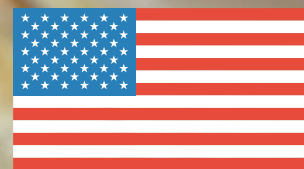
Method

1. In a large bowl, whisk together the flour, salt, baking powder, baking soda, and sugar.
2. Gently mix the vegetable shortening into the flour.
3. Place the milk and water in a saucepan and heat until almost boiling.
4. Stir the hot liquid into the flour mixture. Add more water (1 tbsp at a time) if the mixture seems too dry and crumbly, or add more flour if the mixture is too wet and sticky.
5. Knead dough gently until well mixed and homogenous. Divide dough into 16 portions, and roll each piece into a ball. Let the dough rest for 5 minutes.
6. Grate or finely chop cheese.
7. Roll each ball of dough into a 6- to 7-inch circle and place 30g cheese in the centre of each dough circle.
8. Fold the dough in half over the cheese to form a semicircle and press edges to seal for a traditional look
9. In a deep-sided skillet, pot, or deep-fat fryer, heat several inches of vegetable oil to 350 F. Fry empanadas in batches, turning at least once, until golden brown.

Contributed by:

Dante

Manquecura Ciudad del Este, Chile



Chicken Pot Pie

"This is a recipe that my mom used to make, it is a comfort food on a cold, winter night."

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

Ingredients

2 cups potatoes, diced
peeled
1-3/4 cups carrots, sliced
1 cup butter, cubed
2/3 cup onion, chopped
1 cup plain flour
3/4 tsp salt & pepper
Cayenne pepper (optional)
3 cups chicken broth
1-1/2 cups whole milk
4 cups cubed cooked
chicken
1 cup frozen peas
1 cup frozen corn
Puff Pastry to cover

Method

1. Preheat the oven to 425°F/220°C. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat and cook, covered with lid for about 8-10 mins or until crisp-tender and then drain.
2. In a large skillet, heat butter over medium-high heat. Add onion, cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly. Cook and stir for 2 mins or until thickened. Stir in chicken, peas, corn and potato mixture and remove from heat.
3. Spray non-stick or grease a 9x13 dish (or 2 pie dishes). Add chicken mixture. Cover with Puff Pastry sheets and cut slits in tops.
4. Bake for 35-40 mins or until the crust is lightly browned. Allow to stand 15 mins before cutting.

Contributed by:
Blake and Parker
Stamford American School Hong Kong



Crab Curry

"Crab curry is a year-round, popular dish in Sri Lanka as crab is readily available therefore, it is quite a sustainable thing to fish for"

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

2 crabs
15 curry leaves
8 cloves of garlic
3 sticks of fresh cinnamon
Star anise, Cloves
300g Tomatoes
Ginger, Lemongrass
Lemon juice
Olive oil
Mustard seeds, Turmeric
Roasted curry powder
Chilli powder
Black pepper & Salt
Malt vinegar
Fish stock
1 bay leaf
200ml Coconut milk

Method

1. Boil the crab for 10-12 min
2. Heat up some olive oil, add the curry leaves and mustard seeds
3. When the mustard seeds start popping, add the pounded garlic, grated ginger, cinnamon sticks, crushed cloves, cardamom, star anise and black pepper (this is called a spice mix)
4. Add half cut tomatoes and 1 stick of lemongrass
5. Add chilli powder, curry powder, turmeric and sea salt
6. Then add 300ml of fish stock and stir well
7. Transfer the crab and coat thoroughly
8. Cook for a further 15-20 min until the crab meat is tender
9. Then stir in 200ml of coconut milk
10. Finally add lemon juice and fresh coriander to garnish and enjoy!

Contributed by:

Phoebe

Breaside Prep School, UK



Curry Laksa

"A spicy, rich and aromatic coconut curry noodle soup that will always remind us of our time in Singapore"

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 60 MIN

Ingredients

rempah paste
5 shallots or 1 medium red onion
10 g ginger, 2 garlic cloves
2 tsp ground turmeric
2 lemongrass stalks
2-3 red chillies
2 tsp fish sauce
2 tbsp oil, coconut or peanut
2 tsp curry powder
1 cinnamon stick, 3 star anise
1 ltr chicken or veg stock
2 cups coconut milk
1 tsp salt, 1 tbsp sugar
12-16 green prawns, tails on
1 packet fried tofu puffs
300 g laksa noodles, 150 g rice noodles
200 g fish cake, sliced or balls
1 cup bean shoots
handful of laksa leaves, lime wedges to serve

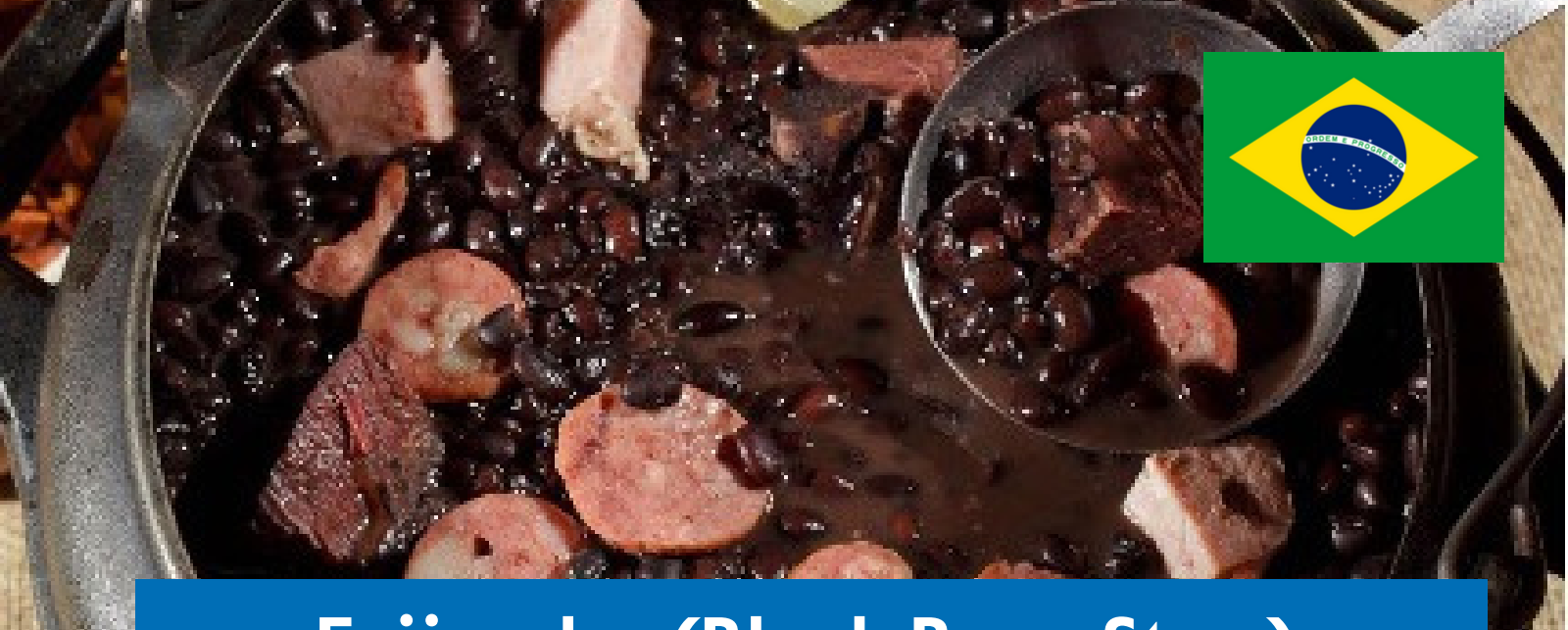
Method

1. Peel and roughly chop shallot, ginger, turmeric, galangal.
2. Slice pale part of lemongrass and chop chilli
3. Place all paste ingredients in blender and blend to form smooth paste, add splash of water if necessary
4. Heat oil in a wok over medium heat, add paste and cook for 2 mins, turn down heat and cook for a further 10 mins or until paste is dried and darkened
5. Add curry powder, cinnamon, star anise, curry leaves, add stock, coconut milk and salt and stir until combined and simmering. Add sugar to taste and continue simmering
6. When ready to serve, heat the noodles by placing in boiling water for a few minutes then drain. Heat the fish cake/balls in boiling water for a couple of minutes then drain.
7. Remove the cinnamon stick, star anise and curry leaf stalk, add the prawns and simmer gently for a couple of minutes. Remove the prawns with a slotted spoon
8. To serve, place a portion of noodles, prawns, fish cake/balls, tofu and bean shoots in large bowls, using a ladle, spoon hot curry soup over noodles.
9. Top with laksa leaves and serve with lime wedges

Contributed by:

Strecker Family

Australian International School, Singapore



Feijoadas (Black Bean Stew)

"Feijoada has the specificities of Brazilian culture. The black beans are an integral ingredient of Brazilian cuisine"

SERVINGS: 8

PREPPING TIME: 30 MIN

COOKING TIME: 2.5 HRS

Ingredients

2 tbsp olive oil
2 cups chopped onions
2 tablespoons chopped garlic
2 bay leaves
Salt & black pepper
450 g choriço sausage, sliced 1/4-inch thick
450 g dried meat or other salted cured beef, soaked overnight & cubed
450 g spareribs, cut individually
450 g black beans
10 cups water
4 cups sauteed collared or kale greens
4 cups cooked white rice
Brazilian hot sauce
Garnish: 1 orange, cut into thin slices

Method

1. In a large heavy-bottom saucepan, over medium heat, add the oil. When the oil is hot, add the onions and garlic.
2. Crush the bay leaves and add to the pan. Season with salt and pepper.
3. Saute for 5 minutes.
4. Add the sausage, and continue to cook for 4 minutes.
5. Add the cubed beef, ribs, beans and water.
6. Bring the liquid to a boil, reduce the heat to medium-low and simmer until the beans are tender - about 2 1/2 hours, adding water as necessary to keep the beans covered.
7. Using the back of a ladle, mash 1/4 of the beans.
8. Add salt and pepper if needed.

Contributed by:
Instituto GayLussac, Brazil



'Incredible Hulk' Pasta

"I love my Incredible Hulk pasta, it's green and makes me strong like the trees at our home in London."

SERVINGS: 12

PREPPING TIME: 45 MIN

COOKING TIME: 5 MIN

Ingredients

1/2 cup baby spinach
1 cup broccoli steamed
1 cup basil
1/2 cup green peas
2 cloves garlic
4 tbsp olive oil
2 tbsp lemon juice
Salt & Pepper (to taste)
200g pasta
1/4 cup of grated
cheddar cheese

Method

1. Cook pasta in boiling water with added salt, drain when fully cooked
2. Combine all remaining ingredients, except cheese, into a blender and blend until smooth to make the Incredible Hulk sauce.
3. Mix the cooked pasta with the green sauce, top with grated cheese and serve!

Contributed by:

Aarav

RGS Guildford Dubai, Middle East



Lamb Biryani

"When I was growing up, this biriyani was made as a Sunday lunch. My entire home used to smell heavenly from all the spices that were used."

SERVINGS: 4

PREPPING TIME: 60+ MIN

COOKING TIME: 40 MIN

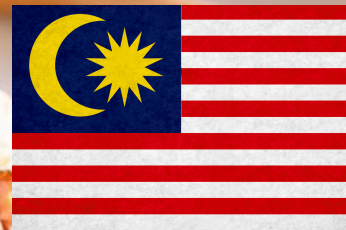
Ingredients

200 g lamb, boneless, cut into small pieces
400 g basmati rice
4 tbsp Greek yogurt
4 tbsp yogurt
2 tsp chilli powder, mild
2 tsp coriander powder
1 tsp turmeric powder
2 large onions, sliced thinly
1 large tomato, sliced thinly
2 tbsp coriander leaves, finely chopped
2 tbsp mint leaves, finely chopped
2 tsp ginger garlic paste
Juice of half lemon
4-5 tbsp oil
6-8 pieces cardamom
6-8 pieces cloves
4-5 pieces cinnamon stick
Salt to taste

Method

1. Marinate the cut lamb in yogurt, spice powders (chilli, coriander and turmeric powder), juice of half lemon and salt for one hour. Overnight if possible!
2. Soak rice for 10-15 mins and set aside.
3. In a large non-stick pan, add oil followed by 4 cardamom, 4 cloves and 4 cinnamon sticks.
4. Add thinly sliced onions and fry on a low flame until it turns golden brown and caramelised. It will take 15-20 mins.
5. Add ginger and garlic paste, mint and coriander leaves and fry for 5 - 8 mins.
6. Add thinly sliced tomato and fry lightly.
7. Add marinated meat, mix well and cook on medium flame for 10 mins. The meat colour would have changed to light brown by now. Now cover and cook until the meat is cooked, approx. 20-30 mins.
8. In a separate pan, add water to boil, add salt, 4 cloves, 4 cardamom and 3 cinnamon sticks. When the water boils, add soaked rice. When it's 70% done, strain the water.
9. Add the cooked rice on top of the curry mixture, seal with foil paper and allow to cook further for 20 mins.
10. Serve with Raita (Raita is a popular side for Biryani - mix yoghurt, finely chopped onion, coriander leaves and salt, mix well).
11. Roasted potatoes are an optional addition to the biryani. It can be roasted separately with spices and layered along with rice.
12. Saffron soaked in 20 ml of warm milk can be added to the rice, this adds colour, this step is completely optional.

Contributed by:
Rithvik and Riya
Stamford American School Hong Kong



Malaysian Fried Rice

"Rice is a staple diet in Malaysia. This dish is simple to prepare yet delicious and can be eaten throughout the year, anytime of the day!"

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 15 MIN

Ingredients

200 grams of Chicken (sliced)
1 Tsp light soya sauce
1 Tsp corn starch
1 Tsp sesame oil
1 Tbsp of hot water
1 Tbsp of Oyster sauce
2 Tsp of light soya sauce
1 Tbsp of Chinese wine (Shaoxing)
Dash of white pepper
1 Tsp salt (or to taste)
1 Tbsp of oil
2 Chinese Sausages (cut into slices)
1 medium onion (diced)
1 cup of frozen mixed vegetables
3 cups of cooked rice
3 eggs (beaten)
2 Tbsp of oil (divided)

Method

1. Combine chicken and the marinade. In a separate bowl for the fried rice seasoning, combine hot water, light soya sauce, oyster sauce, salt, white pepper and set aside.
2. Fluff the cooked rice with your hands. Try to break the clumps as best as possible.
3. Heat the wok over medium high heat, add 1 tbsp of oil. Pour in the beaten eggs and scramble them until just done. Remove from wok and set aside.
4. Heat the work and add another tablespoon of oil. Saute the chopped onion for a minute. Add the cut chicken and fry until it is cooked followed by the cut Chinese sausage and mixed vegetables. Fry them for 3 minutes.
5. Now add in the cooked rice and fry in medium heat until fluffy. Add in the scrambled eggs to mix well.
6. Lastly lower the heat and add the seasoning mixture to your taste.

Contributed by:

Michael

Breaside Prep School, UK



Moqueca Baiana (Seafood Stew)

"Besides being typical in Brazil, this dish shows a little of our culture. Several states in our country have their own recipe, each with its local ingredients and cultural influences. This dish is my favourite!"

SERVINGS: 4-6

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

Ingredients

500g firm white fish fillets
Juice of 2 lemons
2 medium onions (330g)
2 medium ripe tomatoes (300g)
1 clove of garlic
1 tbsp unrefined dende oil
200ml coconut milk
Salt and black pepper to taste
Chopped parsley

Method

1. Marinate the fish with salt and lemon juice for 10 minutes.
2. Coarsely chop the tomatoes and onions.
3. In a large pan, put a little olive oil in the bottom, place the fillets in an even layer, spread the tomato and onion over the fish, season with salt and pepper.
4. Pour the coconut milk and the dende oil over the vegetables. Do not stir.
5. Cover the pan, place on high heat until it boils, then lower the heat and cook for 15 to 20 minutes.
6. Sprinkle the parsley and serve with white rice.



Pizza

"I chose this dish because it's my favourite, I make it with my mum at home on weekends."

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

- 1 pre-cooked pizza dough
- 10 fresh basil leaves
- 2 packets of mozzarella cheese
- 300 grams tomato sauce
- Salt to taste
- 2 tablespoons olive oil

Method

1. Prepare the tomato sauce in a bowl with oregano, olive oil and salt to taste.
2. Spread the sauce all over the pizza dough.
3. Spread the mozzarella cheese all over the pizza, trying to cover all the spaces.
4. Put the pizza in the oven at 200°c for three mins until the cheese melts.
5. Remove the pizza from the oven and place the fresh basil leaves on top.



Potato Omelette

"The potato omelette (tortilla) is one of the best-known and most emblematic dishes of Spanish cuisine, being a very popular product that can be found in almost any bar or restaurant in the country"

SERVINGS: 12

PREPPING TIME: 25 MIN

COOKING TIME: 45 MIN

Ingredients

3 potatoes
6 eggs
salt
1/2 onion
1/2 leek
olive oil

Method

1. Gather ingredients
2. Peel potatoes
3. Cut potatoes into thin slices and fry them in olive oil
4. Chop the onion and leek
5. Crack and whisk the eggs
6. Combine eggs, vegetables and potatoes into a frying pan (deep if possible)
7. Cook the mixture in the pan until it is solidified
8. Flip omelette out of pan onto a plate



Sticky Fried Rice

"This is a traditional Lunar New Year dish. It means warmth and happiness to us."

SERVINGS: 4

PREPPING TIME: 60+ MIN

COOKING TIME: 40 MIN

Ingredients

2 pieces Chinese sausage
cured meat/liver sausage, cut
into small pieces
2 cups sticky rice (this amount
is for 4 people)
4 pieces dried shiitake
mushroom
8-10 pieces dried shrimp
3 pieces dried scallop
300 mL chicken broth
2 pieces green onion
8-10 peanut
1 tbsp light soy sauce
1 tbsp dark soy sauce

Method

1. Soak rice in water for 2 hours before cooking and drain well.
2. Place dried mushroom in 200mL of water until soft. Save the water and cut the mushrooms into small pieces.
3. In another bowl with water, place dried shrimp until soft. Cut shrimp into small pieces. Save the water for adding in the chicken broth.
4. In another bowl, add 100 mL of water and place the dried scallop into the water for 2 hours before cooking. Save the water for adding in the chicken broth.
5. Heat 1 tbsp of oil and sauté the Chinese sausage for 1 min.
6. Add in dried shiitake mushroom, dried shrimp, and dried scallop, stir well for 2-3 mins and set aside.
7. Heat 3 tbsp of cooking oil and add in soaked sticky rice.
8. Stir for 1-2 mins and then add in the 100mL of chicken broth.
9. Cover with a lid for about 2 mins, stir again, and repeat step #8 a few times until rice is cooked, soft but not wet.
10. Add all the ingredients to the rice and add in light soy sauce, stir well.
11. Add the dark soy sauce for colour, stir and mix well.
12. Serve with green onion and peanuts.

Contributed by:

Edison

Stamford American School Hong Kong



Vegetable Burrito

"The English pancake first appeared in cookbooks. There is even a day in the British calendar called 'Shrove Tuesday' otherwise known as Pancake Day!"

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 4 MIN

Ingredients

- 2 cups of all-purpose flour
- 3 tablespoons of sugar
- 1 ½ teaspoons of baking powder
- 1 ½ teaspoons of baking soda
- 1 ¼ teaspoons of salt
- 2 ½ cups of buttermilk
- 2 large eggs
- 3 tablespoons of unsalted butter, melted
- Vegetable or olive oil for the pan

Method

1. Mix flour, sugar, baking powder, baking soda & salt together in a bowl.
2. Add the buttermilk, eggs and butter to the bowl.
3. Whisk until all ingredients are mixed together.
Do not overbeat, lumps are fine!
4. Heat a large non-stick pan over a medium heat.
5. Add a teaspoon of oil.
6. Spoon ¼ of a cup of batter into the pan.
7. Flip pancake after bubbles rise to the surface.
8. Cook until the sides are slightly browned.
9. Remove from the pan.
10. Spread Nutella across the pancake (if you are allergic to nuts use melted chocolate.)
11. Add chopped bananas and strawberries



Alfajores

"Alfajores are eaten in Argentina as a snack at home or in recess at school. They go well with a “mate” (a traditional infusion), a cup of tea or coffee!"

SERVINGS: 20 BISCUITS

PREPPING TIME: 45 MIN

COOKING TIME: 15 MIN

Ingredients

1 cup of flour
2 cups of corn flour
1 cup of icing sugar
1 egg
220g of butter
1 tsp of vanilla extract
Dulce de Leche
Optional: shredded coconut

Method

1. Mix the flour and the butter.
2. Sift the icing sugar and corn flour.
3. Add the egg.
4. Add the vanilla extract.
5. Refrigerate the dough for 1 hour.
6. Cut the dough into disks (2cm diameter)
7. and place in the oven at 160 C on baking paper.
8. Once cooled, spread dulce de leche to make a “sandwich” with two disks.

Optional: roll the sides in shredded coconut.

Contributed by:

Ana

Stamford American International School, Singapore



Anzac Biscuit

"This is a biscuit that Aussies make to commemorate ANZAC Day, marking the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War"

SERVINGS: 10 BISCUITS

PREPPING TIME: 15 MIN

COOKING TIME: 10-15 MIN

Ingredients

150 g plain flour (all purpose flour)
100 g rolled oats (not quick cooking)
80 g desiccated coconut unsweetened
165 g caster sugar
150g / 5oz unsalted butter
90 g golden syrup
1 tsp baking soda (bicarbonate soda)

Method

1. Preheat oven to 180°C/350°F (160°C fan)
2. Line 2 baking trays with baking paper.
3. Mix flour, oats, coconut and sugar in a bowl.
4. Place butter and golden syrup in a saucepan over medium-high heat and stir until butter has melted.
5. Add baking soda and stir to combine - it will fizz up, this is normal. Immediately remove from heat.
6. Pour butter mixture into the flour and mix until just combined.
7. Roll level tablespoon amount of mixture into balls, flatten into patties.
8. Bake for 10 to 15 mins, swapping trays halfway during cooking, or until deep golden (duration dependant on chewy/crunchy texture desirability).
9. Stand on trays for 5 minutes.



Belgian Waffles

"The first mention of waffles appeared as early as 1604 in literature about Brussels. In the shopping streets of Belgium, you find waffle stands everywhere and people eat them at any time of the day"

SERVINGS: 20 WAFFLES

PREPPING TIME: 20 MIN

COOKING TIME: 1-2 MIN

Ingredients

500 ml full fat milk
6 eggs, separate the
yolks and the egg whites
500 gr of self-raising
flour
200 gr of castor sugar
(fine granulated sugar)
300 gr of butter (melted)
2 packets of vanilla sugar
Butter (for the waffle
iron)

Method

1. Melt the butter and let it slightly cool off.
2. Mix the flour, milk, sugar and egg yolks.
3. Add the melted butter to the mix.
4. In a clean bowl, beat the egg whites with the vanilla sugar till the egg whites are stiff. Add the stiffened egg whites gradually to the mixture, using a wooden spatula. Your batter is ready to go!
5. Preheat your waffle iron till it is smoking hot. Butter each side of the waffle iron and spoon a good dollop of the batter on one side of the waffle iron.
6. Close the waffle iron and wait. When the waffle is golden brown you take it out.
7. Serve with icing sugar or whipped cream and strawberries.

Contributed by:

Sofia

Horizon International School Dubai, Middle East



Brigadeiros

"The brigadeiro is a traditional Brazilian dessert, thought to have been created to promote the presidential candidacy of Eduardo Gomes"

SERVINGS: 25 PIECES

PREPPING TIME: 10 MIN

COOKING TIME: 3 HRS

Ingredients

1 can of condensed milk
2 tbsp cocoa powder
20g of unsalted butter, plus
more for rolling balls
Good quality chocolate
sprinkles (or any other
types of sprinkles you like)

Method

1. In a small saucepan mix the sweet condensed milk, the cocoa powder, and the butter.
2. Bring the saucepan to the stove and heat it over medium-low heat.
3. Cook mixture, mixing constantly (this is important, otherwise it will burn!) until it thickens. A way to know is to run your wooden spoon (or spatula) in the middle of the mixture. If it takes a while for the mixture to move, then your brigadeiro is ready!
4. Set aside, letting it cool to room temperature.
5. In a plate or bowl, spread your sprinkles.
6. Once the brigadeiro are cool, grease your hands with butter and roll the brigadeiros into little balls. (In Brazil we usually use half a tablespoon as measurement, but you can make your balls as big or small as you'd like)
7. Roll the brigadeiro balls into the sprinkles and place them in paper/foil truffle cups.

Contributed by:

Luciana, Stamford American International School, Singapore

Daniel, PlayPen | ECJ Global School, Brazil



Calzones rotos (Fried pastry)

"This dish is a very typical Chilean dessert, usually eaten in autumn-winter."

SERVINGS: 4

PREPPING TIME: 45 MIN

COOKING TIME: 25 MIN

Ingredients

750 g flour
16 g baking powder
1 whole egg and 2 egg yolks
1 lemon zest
100 ml. water
mild olive oil for frying
250 g sugar
100 g melted butter

Method

1. Put the flour and baking powder in a bowl. Add the lemon zest and mix well.
2. Add the sugar and the eggs and mix again very well.
3. Add the butter and mix.
4. Then add the water so that it can be kneaded well. Knead well, cover with cling film and store for 20 mins in the refrigerator.
5. Place part of the dough on the worktop, roll it out with a rolling pin and cut out rectangles of approximately 10x4 cm. Cut a slit in the middle with a knife and put one end through the opening.
6. Finally, fry them in plenty of oil and place them on absorbent paper to remove the excess oil.
7. You can add icing sugar to taste.

Contributed by:

Paula

Pumahue Chicauma, Chile



Healthy Choc Chip Cookies

"This is a family recipe that we have homemade, there are just a few ingredients!"

SERVINGS: 24 COOKIES

PREPPING TIME: 10 MIN

COOKING TIME: 10-15 MIN

Ingredients

1 Bar of chocolate
1 tbsp of maple syrup
1 tbsp of smooth or
crunchy peanut butter
2 Eggs

Method

1. You will need a small or big bowl depending on how many cookies you want to bake.
2. Crush the bar of chocolate that you have chosen and put it in the bowl.
3. Take the smooth peanut butter and add it to the bowl.
4. Take the maple syrup and add it in as well.
5. Crack the 2 eggs into the bowl.
6. Mix until the batter is smooth.
7. Bake in the oven at 180° Celsius.
8. Wait until you see a nice golden crust on the outside.



Paçoca (Peanut candy)

"The name is indigenous and means to crumble. Typically from São Paulo, it is a must in the countryside kitchen of the Paraíba Valley. The main ingredient is ground peanuts and they are a symbol of June parties in Brazil"

SERVINGS: 30 CUPS

PREPPING TIME: 10 MIN

COOKING TIME: 6-8 MIN

Ingredients

790 g condensed milk
300 g heavy cream
12 pieces of "paçoca"
pudding
50 g butter

Method

1. Melt the butter in a saucepan
2. Mix in the condensed milk, the crushed paçocas and the cream
3. Stir constantly until the mixture begins to pull away from the bottom of the pan
4. When removed from the heat, transfer to the brigadeiro cups and sprinkle the crushed paçocas on top



Pancakes

"The English pancake first appeared in cookbooks. There is even a day in the British calendar called 'Shrove Tuesday' otherwise known as Pancake Day!"

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 1-2 MIN

Ingredients

- 2 cups of all-purpose flour
- 3 tablespoons of sugar
- 1 ½ teaspoons of baking powder
- 1 ½ teaspoons of baking soda
- 1 ¼ teaspoons of salt
- 2 ½ cups of buttermilk
- 2 large eggs
- 3 tablespoons of unsalted butter, melted
- Vegetable or olive oil for the pan

Method

1. Mix flour, sugar, baking powder, baking soda & salt together in a bowl.
2. Add the buttermilk, eggs and butter to the bowl.
3. Whisk until all ingredients are mixed together.
Do not overbeat, lumps are fine!
4. Heat a large non-stick pan over a medium heat.
5. Add a teaspoon of oil.
6. Spoon ¼ of a cup of batter into the pan.
7. Flip pancake after bubbles rise to the surface.
8. Cook until the sides are slightly browned.
9. Remove from the pan.
10. Spread Nutella across the pancake (if you are allergic to nuts use melted chocolate.)
11. Add chopped bananas and strawberries



Sopaipillas (Fried pastry)

"This dish is very typical in Chile when it's cold, every time I go to my grandmother's house she makes me sopaipillas"

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 5 MIN

Ingredients

3 cups flour
1 tsp salt
2 tbsp margarine
2 tsp baking powder
1 cup cooked pumpkin

Method

1. Cook the pumpkin. Once it is ready, do not throw away the water.
2. Add the margarine. Stir until it forms a paste.
3. Put all the dry and wet ingredients in a bowl until a dough is formed.
4. Roll out, cut and fry.
5. And enjoy!



Tcharek

Tchareks are one of many traditional Algerian desserts. Tchareks are served on special occasions such as Eid Al-Fitr, Eid Al-Adha and weddings"

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 5 MIN

Ingredients

375g flour
230g of melted butter
100g cup sugar
1 pinch of salt
½ tsp baking powder
1 egg
60g orange blossom water
241g ground almonds
70g cup sugar
1 tsp butter
½ tsp cinnamon

Method

1. In a large bowl, mix the sifted flour, sugar, salt, and baking powder.
2. Pour in the melted butter and the egg, and mix it with the palm of your hand. Sprinkle the orange blossom water and mix without kneading it (just with your fingers.) After You get a soft dough, let the dough rest for around 20-30 min. Mix the ground almonds, sugar, cinnamon, and a bit of orange blossom water in another bowl. After it has rested, Roll out the dough to a thickness of 1/2cm or a little less.
3. If you don't have a Tcharek mould, cut out a triangle with paper or cardboard. Use the triangle as a guide and cut the dough.
4. Roll out a small amount of filling and put it on the bottom of the triangle and roll it out, similar to a croissant shape.
5. Then bend it to make a moon shape. Brush a bit of egg yolk on the top of Tcharek and sprinkle with crushed almonds.
6. Bake at 180° for 20-25min
7. And enjoy!!

Contributed by:

Lynn

British School of Valencia, Spain



Victoria Sponge Cake

"I chose this cake as it is a British classic and delicious served for afternoon tea or a birthday party. It's also easy to adapt with different fillings: thick cream, buttercream, fresh strawberries or fruit curds, and by adding flavours to the sponge mix."

SERVINGS: 8-12

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

3 eggs
200g Caster sugar
200g Margarine or butter
200g Self-raising flour
1 tsp of vanilla extract
A jar of jam (raspberry is considered the most traditional)
Cream (optional)

Method

1. Wash your hands and preheat the oven to 180 C.
2. Line 2 18-cm sandwich tins with baking parchment or grease-proof paper.
3. Weigh three eggs in their shells and weigh out equal amounts of butter, sugar and flour.
4. Cream butter and sugar together in a mixing bowl.
5. Add eggs one at a time and mix in. You may need to sift in a little flour to stop them curdling each time.
6. Mix in a teaspoon of vanilla extract.
7. Sift in and mix in the rest of the flour until you have a smooth batter.
8. Divide the batter between the two sandwich tins.
9. Put in the oven for about 20 mins, press down lightly and if the cake bounces back, it's ready!
10. Remove from oven, once cooled, turn your least perfect sponge upside down as the bottom. Spread jam, and cream if you wish, onto the one sponge. Then place your better sponge onto the top and sprinkle with caster sugar (icing sugar or icing or buttercream are alternatives).



Yoghurt Cake

"Yoghurt was traditionally sold in glass round jars, which were used by French grandmothers, to measure the ingredients to prepare the yoghurt cake"

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

3 eggs
2 cups sugar
1 plain yoghurt
2 cups olive oil
5 gr baking powder
3 cups all-purpose flour

Method

1. Add eggs and sugar to bowl and mix for 3 min
2. Add the yoghurt and olive oil and mix for around 1 min
3. Add the flour and the baking powder to the mixture and mix until smooth
4. Line a baking tin (loaf shape ideal) and pour the mixture in
5. Bake in the oven for 45 min at 180 degrees centigrade
6. Let cool and enjoy!

Be Well
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