



Lets Cook Ueq



جامعة كالغاري في قطر
UNIVERSITY OF CALGARY IN QATAR



An initiative of:
HEALTHY & SAFETY
COMMITTEE

**We extend our heartfelt gratitude to all those who
contributed to the cookbook.**

Owing to concerns regarding the quality of certain submitted pictures,
we were compelled to seek alternative sources online to effectively
complement the recipes.

Cultural Sensitivity:

Some recipes have been thoughtfully adapted to align with cultural norms and
values, honoring tradition while embracing our diverse community's preferences.

Nutritional Estimates:

Though we've provided estimated calorie counts, variations may occur due to
ingredient brands, portions, and techniques. Please consider these as general
guidelines. For specific dietary concerns, consult a qualified nutritionist or
healthcare professional.

Soups

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Lemon Chicken Orzo Soup

- Scott Tarabula

INGREDIENTS

6-8 Ounces of Orzo pasta

1 teaspoon of olive oil

3 carrots – skinned and chopped

3 celery stalks, chopped

1 medium white onion – chopped

3 cloves of garlic - minced

1 Bay leaf

6 cups of chicken broth (can use low-sodium broth)

½ teaspoon of dried thyme

½ teaspoon of oregano

Salt and Pepper – to taste
½ cup lemon juice (or less)

300g of chicken breast or thigh in small 1-2 cm chunks

NO. OF
SERVINGS:

12

CALORIES
PER SERVING:

112

INSTRUCTIONS

- 01 In a large/deep saucepan, add olive oil and garlic and put on medium heat. Add in carrots, celery and onion and sauté until vegetables are softened and onion is translucent (5-7 minutes). Remove vegetables and keep it aside in a bowl to add back later.
- 02 In same saucepan, add the chicken with a splash of olive oil. Season chicken with salt and pepper lightly by pinches. Cook until chicken is cooked.
- 03 Add chicken broth to the saucepan and bring to a boil. Add in herbs. Can add salt and pepper – season to taste
- 04 Simultaneously, use another saucepan/pot and bring about 2-4 cups of water to boil. Add orzo. Cook until soft. Drain.
- 05 Add vegetables to soup and put on low heat. Add in lemon juice slowly. Taste and monitor how much you want.
- 06 When ready to serve, add in pasta to the soup. Keep pasta separate from the soup until ready to serve, as orzo will absorb the soup and become more like a stew.



NO. OF
SERVINGS:

8

CALORIES
PER SERVING:

183

Cullen Skink

- Martyn Main

Cullen skink, one of Scotland's most famous dishes, is a hearty soup that is traditionally made with smoked haddock. The name of this soup comes from an Aberdeenshire village called Cullen, in the northeast of Scotland.

Skink is the Scottish term for a knuckle, shin, or hough of beef, so most soups made of these parts were called skink. When people in northern Scotland were unable to find scraps of beef due to economic strains but had plenty of fish to cook with, and smoked haddock was found everywhere and the name skink stuck.

This Cullen skink recipe is also known as smoked haddock chowder in other parts of Britain, and both dishes are very similar. This recipe is also a gluten-free dish as the only thickener used is potatoes.

INGREDIENTS

1 1/4 pints milk

Small handful flat-leaf parsley, leaves and stalks separated, plus more for garnish

1 bay leaf

1 pound / 450g smoked haddock fillet, preferably not dyed

2 ounces /60g butter

1 medium onion, finely chopped

8 ounces / 230g whole cubed or mashed potato, leftover or cooked fresh

Salt and Pepper – to taste

Crusty bread, for serving, optional

INSTRUCTIONS

- 01 Put the milk, parsley stalks, bay leaf, and haddock into a large, roomy saucepan.
- 02 Finely chop the parsley leaves and keep to one side.
- 03 Bring the milk to a gentle boil and simmer for 3 minutes.
- 04 Remove the pan from the heat and leave for 5 mins for the herbs to infuse their flavor into the milk.
- 05 Remove the haddock from the milk with a slotted spatula and put to one side.
- 06 Strain the liquid through a fine sieve and reserve the herb-infused milk.
- 07 In another, smaller saucepan, melt the butter and add the chopped onion. Cook gently until translucent, about 5 minutes. Be careful not to burn the onion.
- 08 Add the milk and the potato to the onion and stir well until the mixture has a thick and creamy consistency.
- 09 Flake the smoked haddock into meaty chunks, removing any bones you may find. Add the fish to the soup.
- 10 Add the chopped parsley leaves to the soup and bring to a gentle simmer. Cook the soup for an additional 5 minutes. Don't over stir, because the fish chunks might disintegrate.
- 11 Taste the soup and add salt and pepper as needed. Be careful with the salt, as the fish will impart quite a salty flavor all on its own.
- 12 Garnish the soup with more chopped parsley or a little extra pepper. Serve hot with crusty bread (or Aberdeen Butteries) , if desired.

Sweet Potato and Lentil Soup

BBC Good Food Recipe – adapted by Julie Jeffries

INGREDIENTS

- 100g red lentils
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tbsp butter
- 2 tbsp curry paste
- 450g Sweet potatoes, cut into small cubes
- 450g floury white potatoes, cut into small cubes
- 1.2 litres hot vegetable stock
- Salt and pepper to taste
- 2 tbsp fresh mint, finely chopped (optional)
- 150 ml natural yoghurt
- Naan bread



NO. OF SERVINGS:	CALORIES PER SERVING:
4	424

INSTRUCTIONS

- 01 Cook the lentils in boiling water for 15 minutes. Sauté the onion in the butter for 8 minutes until soft and just turning brown.
- 02 Stir in the garlic, curry paste and cubed potatoes. Cook for 5 minutes.
- 03 Drain the lentils. Add to the potatoes with the stock. Cook for 12-15 minutes until the potatoes are fully cooked.
- 04 Transfer the soup mix to a blender and blend until smooth. Return to the pan and heat through. Season with salt and pepper to taste.
- 05 Stir the mint, if using, into the yoghurt. Ladle the soup into bowls and swirl in the yoghurt mix. Serve with Naan bread.

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Caesar Salad Dressing

Jessie Jhonson

SERVING SIZE:	CALORIES PER SERVING:
15ml	229

INGREDIENTS

1/3 c Greek yogurt	1tsb Lemon juice
1c Mayo	¼ tsp salt
1//3 c grated parmesan cheese	¼ tsp Pepper
1tsp Worchester sauce	3 gloves of garlic or add until heart is content

INSTRUCTIONS

- 01 Add all ingredients together and mix, if it is a bit too thick add a bit of milk until you have the desired consistency.

Easy Berry Mint Salad

Sharah Haque

INGREDIENTS

- 1 pint strawberries – sliced in half or in quarters
- ½ pint raspberries
- ½ pint blueberries
- ½ cup seeded pomegranates
- Handful of mint leaves
- 1-2 tbsp brown sugar (or to taste)
- ½ lemon

NO. OF SERVINGS:
4
CALORIES PER SERVING:
220



INSTRUCTIONS

- 01 Combine all the fruit and a few mint leaves into a bowl.
- 02 Sprinkle brown sugar ovetop and squeeze of lemon. Mix altogether.
- 03 Add more sugar or lemon juice to suit your taste.
- 04 Garnish with fresh leaves and enjoy!

Eggplant Salad - Salatat Aswad

Sana Osman Elhag

NO. OF SERVINGS:	CALORIES PER SERVING:
4	220

INGREDIENTS

2 large eggplant	3 tbsp Olive oil
1 carrot (grated)	2 cloves of garlic
¼ cup of cabbage (small cubes)	1 tbsp of Zaatar
¼ red cabbage	1 tbsp of lemon juice
1 cup of different colored bell peppers (cut into small cubes)	1 tbsp of vinegar
¼ cup corn	1 tbsp of Pomegranate molasses
¼ cup of sliced green olive	½ cup of water
Salt and Pepper to taste	3 slices of green bell pepper (to garnish)



INSTRUCTIONS

- 01 Preheat oven to 400°F (200°C).
- 02 Slice the eggplant into rounds that are approximately 1/2 inch thick. Arrange the eggplant slices on a baking sheet lined with parchment paper and brush them lightly with olive oil. Sprinkle salt and pepper over the eggplant.
- 03 Roast the eggplant slices in the preheated oven for 20 to 25 minutes, or until they're tender and slightly browned.
- 04 The other option is to cut the eggplant into small cubes and fry them in 1 cup of vegetable oil.
- 05 In a mixing bowl, combine the carrot, cabbage, red cabbage, corn, green olives, and bell peppers of different colors. Mix the vegetables well.
- 06 To make the sauce, mix together water, vinegar, lemon juice, zaatar, pomegranate molasses, garlic, and olive oil. Add salt and pepper to taste.
- 07 When the eggplant is roasted, remove it from the oven and let it cool for a few minutes. Once it's cool, chop the eggplant into small, bite-sized cubes.
- 08 On a flat plate, arrange the eggplant cubes. Pour some of the sauce over the eggplant and spread it around. Then, place the mixed vegetables on top of the eggplant and pour the remaining sauce over everything.
- 09 Finally, garnish the dish with sliced red peppers and some additional zaatar.



Peanut Butter Salad - Salatat Dakawa

Sana Osman Elhag

INGREDIENTS

100 ml of warm water	2 cucumbers (diced)
1 red onion (finely chopped) (Optional)	1 lime (juiced)
1 green pepper (diced)	3-4 tablespoons sesame oil
2 tomatoes (diced)	1 tablespoon malt vinegar
6 to 8 tablespoons of No Sugar Added Creamy Peanut Butter	Salt and Pepper to taste
	2-3 coriander leaves (to garnish)

INSTRUCTIONS

- 01 In a mixing bowl, add the peanut butter and the 100 mls of warm water and mix into a paste.
- 02 Add lime juice, sesame oil, malt vinegar, salt and pepper whilst continuing to mix until the peanut butter loosens into a thick paste.
- 03 Add the chopped vegetables and fold gently into the paste.
- 04 Taste and re-add any of the previous ingredients as appropriate. Garnish with sesame oil and coriander leaves, then serve with warm flatbread.

NO. OF SERVINGS:	CALORIES PER SERVING:
4	462

TIPS

- 01 Olive oil can be used instead of sesame oil.
- 02 Spring onion can be used instead of a red onion for a milder onion flavor.
- 03 Carrots can be included in the salad for a sweeter taste.
- 04 Adding more water and/or peanut butter helps bulk out the sauce and cancels out the tanginess of the lime.
- 05 Only add enough water to loosen the peanut butter, since the chopped vegetables contain additional water.

Maritime Donair Sauce

Shannan MacNevin

INGREDIENTS

- 2/3 cup sweetened condensed milk
- 1/4 cup white vinegar
- 1/2 teaspoon garlic powder

NO. OF SERVINGS:	CALORIES PER SERVING:
6	110

INSTRUCTIONS

- 01 Whisk together milk, vinegar, and garlic powder in a bowl.
- 02 Although it can be served immediately, it is best after sitting at least an hour in the refrigerator for the flavours to fully combine.

MEAL SUGGESTIONS

So, you've tried this new sauce and love it but have no idea what to pair it with. I've got you covered! Here are a few suggestions.



- 01 Dipping sauce for garlic fingers (another Maritime favourite)
- 02 Any cheesy or garlicky bread will benefit from donair sauce
- 03 A sauce for donairs
- 04 Dipping sauce for pizza
- 05 Sauce base for a donair pizza
- 06 Donair salad – top lettuce with diced onions, diced tomatoes, donair meat, and donair sauce. A lighter carb option for donair wraps (sauce is not keto friendly, only low carb)!

Kisir (Spicy Turkish Bulgur Salad) Vegan

Anna Keaschuk – Recipe courtesy of Yasmin Khan, Bon Appetite

NO. OF SERVINGS:	CALORIES PER SERVING:
4	407

INGREDIENTS | DRESSING

3 Tbsp. extra-virgin olive oil	1 Tbsp. plus 1½ tsp. tomato paste	Kosher salt, freshly ground pepper
3 Tbsp. fresh lemon juice	1 tsp. Aleppo-style pepper (pul biber)	1 tsp. biber salçasi (Turkish hot pepper paste) or more Aleppo-style pepper to taste
1 Tbsp. pomegranate molasses		

INSTRUCTIONS | DRESSING

- 01 Whisk oil, lemon juice, pomegranate molasses, tomato paste, Aleppo-style pepper, and biber salçasi in a small bowl to combine; season dressing with salt and black pepper.

INGREDIENTS | SALAD

1 cup bulgur (Kofte or fine is best)	1 small cucumber, finely chopped	1 cup mint leaves, finely chopped
½ cup raw walnuts	3 scallions, finely chopped	¼ cup pomegranate seeds
3 small ripe tomatoes, cored, finely chopped	1 cup parsley leaves, finely chopped	Kosher salt, freshly ground pepper



INSTRUCTIONS | SALAD

- 01 Cook bulgur: In a medium pot add 1 cup bulgur, 1 ½ cups of water, pinch of salt and splash of olive oil. Bring to a boil, then lower to simmer for 12-15 minutes until all liquid has been absorbed. Spread cooked bulgur in large edged baking pan to cool.
- 02 Let cool until just warm. Transfer to a medium bowl and mix in dressing.
- 03 Meanwhile, toast walnuts in a dry small skillet over medium heat, tossing often, until golden brown, about 4 minutes. Transfer to a cutting board. Let cool slightly, then finely chop.
- 04 Add walnuts, tomatoes, cucumber, scallions, parsley, mint, and pomegranate seeds to bulgur and toss well; season with salt and pepper.
- 05 Salad can be served cool or room temperature. Salad can also be served in lettuce cups if desired.



Tuna Salad

Sana Osman Elhag

INGREDIENTS

2 cans of tuna, drained

1/4 cup mayonnaise

1 tablespoon Dijon mustard

1/2 cup chopped celery

1/4 cup chopped red onion

Salt and pepper to taste

INSTRUCTIONS

- 01 In a large mixing bowl, combine the drained tuna, mayonnaise, and Dijon mustard. Mix well until the tuna is coated with the dressing.
- 02 Add the chopped celery and red onion to the bowl and mix until they are evenly distributed throughout the tuna salad.
- 03 Season the tuna salad with salt and pepper to taste.
- 04 Serve the tuna salad as a sandwich or with your favorite crackers or vegetables.

TIPS

This tuna salad recipe can be adjusted to your taste preferences by adding more or less of any of the ingredients. You can also add additional seasonings like garlic powder or paprika for added flavor.

Enjoy!

NO. OF SERVINGS:	CALORIES PER SERVING:
2	461

Main Course

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Tomato Garlicky Shrimp & Mussels

Sharah Haque



NO. OF SERVINGS:

1-2

CALORIES PER SERVING:

231

INGREDIENTS

½ lb cleaned and veined shrimp – shell on

½ lb mussels

3 tbsp butter

¼ medium sized onion diced

3 tbsp minced garlic

1 tsp red chili flakes

1 tsp red chili powder

1 tbsp tomato sauce

Olive oil

Salt and Pepper to taste

Lemon

INSTRUCTIONS

- 01 Heat three tablespoons of olive oil in a saucepan on medium-high heat.
- 02 Sauté diced onion, garlic and chili flakes until onions are translucent.
- 03 Add butter, stir until melted.
- 04 Add chili powder, tomato sauce and salt and pepper to taste. Let cook for 1-2 minutes.
- 05 Add shrimp, cook on medium for 2-3 minutes.
- 06 2 minutes after adding the shrimp, add your mussels. Cover saucepan with lid and cook for another 2 min or until mussels open.
- 07 Sprinkle chopped coriander and squeeze lemon over top.
- 08 Serve right away with crusty bread.

Beef Teriyaki Skewers

Sharah Haque

INGREDIENTS | MARINADE

1 lb steak chunks (1.5 in cubed)

3 tbsp soy sauce

¼ cup brown sugar

2 tsp sesame oil

1 finely diced Jalapeno

3 tbsp garlic and ginger paste

INGREDIENTS | SKEWERS

Bite sized pieces of:

Zucchini

Pineapple (necessary)

Assorted bell peppers

Red Onion

INSTRUCTIONS

- 01 Pierce meat with a knife or fork (will allow marinade to penetrate meat, intensifying flavour).
- 02 Mix all marinade ingredients together and add meat.
- 03 Transfer to Ziploc bag and allow to marinate overnight. (Marinate for at least 48 hours for maximum flavor).
- 04 Thread pineapple, beef, onion and green pepper onto skewers in whichever order you wish. Ensure meat is at room temperature prior to grilling (one hour at room temp is sufficient).
- 05 Grill for about 10-15 minutes (or according to your preference of doneness), rotating each side for good colour.



NO. OF SERVINGS:

5-6

CALORIES PER SERVING:

231

Vegan Massaman Curry

Daniel Forgrave

NO. OF SERVINGS:	CALORIES PER SERVING:	CALORIES WITH RICE:
6	344	457

INGREDIENTS

1 tbsp extra virgin olive oil	1 large carrot diced	2 tsp sugar
1 medium potato in ½ inch cubes	1 large tomato diced	1 lime juiced
1 340g package extra firm tofu in ½ inch cubes	5 tsp Thai red curry paste (without fish sauce)	1.5 tbsp creamy peanut butter
1 cup cooked edamame beans	1 can coconut milk	1 small handful of cilantro leaves
3 cloves garlic chopped finely	1.5 tbsp soy sauce	½ cup unsalted peanuts roughly chopped

INSTRUCTIONS

- 01 Bake potato cubes at 350° until slightly crispy
- 02 Fry cubed tofu in 1 tsp olive oil until slightly crispy
- 03 If edamame is not precooked, cook as per package instructions
- 04 In a wok or frying pan, add 2 tsp olive oil at medium-high heat; once oil is to temperature, add garlic, carrot, and tomato; cook until slightly tender



INSTRUCTIONS

- 05 Add Thai curry paste; cook for 2 to 3 minutes, stirring occasionally
- 06 Add 8 tbsp coconut milk; let flavour develop for 3 to 5 minutes, stirring occasionally
- 07 At medium heat, add soy sauce, sugar, edamame, and tofu; let flavour develop for 3 to 5 minutes, stirring occasionally
- 08 Add peanut butter; stir occasionally until peanut butter has melted
- 09 Add remaining coconut milk; let flavour develop for 2 to 3 minutes, stirring occasionally
- 10 Add potatoes; let simmer for 5 minutes, stirring occasionally
- 11 Stir lime juice into mixture just before serving
- 12 Garnish with fresh cilantro leaves and chopped peanuts
- 13 Best eaten over a bed of basmati rice



Chana Dal Vada

Sumayya Ansar

INGREDIENTS

- 1 cup Chana dal

- 2 cups water

- 1 medium size finely chopped Onion (Optional)

- 2 teaspoons Green Chilli, finely chopped

- 2 teaspoons Ginger, finely chopped

- 5 tablespoons Coriander leaves, finely chopped

- Salt to taste

- Oil for deep frying, as required

NO. OF SERVINGS:	CALORIES PER SERVING:
24	22

INSTRUCTIONS

- 01** Rinse off and soak chana dal in water for about 2 hours. Drain the soaked chana after 2 hours. Grind chana dal using a blender or mixer grinder without adding water to a coarse mixture. Transfer the coarse chana dal mixture to a bowl.
- 02** Add chopped onion, chopped ginger, chopped green chillies, chopped coriander leaves, and salt to the chana dal mixture. Mix them well and check the taste and add salt as needed.
- 03** Now make small ball from the mixture and flatten them to make Vada. Vada will look similar to a round cookie, except that the vada dough is sticky. If the mixture is sticky while shaping, grease your hand with oil.
- 04** Heat oil in a pan on medium heat. Now slid the vada to the oil and fry until they become golden and crispy.
- 05** Transfer vada to a paper towel to remove excess oil
- 06** Serve Vada with coconut chutney or tea



Pancit Bihon

Arlene Masaba

INSTRUCTIONS

- 01** Boil chicken breast/chicken thigh. Reserve the broth.
- 02** Shred the chicken pieces
- 03** In a wok/pan, heat oil. Sauté garlic and onion then add the shredded chicken.
- 04** Sauté the vegetable like in stirfry
- 05** While doing this, put the pancit bihon in large bowl and pour hot water. This will soften the noodles.
- 06** Transfer the vegetables in a plate. Reserve
- 07** In pan, add 2 cups of the broth, the soya sauce, salt and pepper, (oyster sauce can be added here) allow to boil
- 08** Once boiling, turn down heat. Add the softened noodles. Mix it so that the soya sauce is evenly distributed.
- 09** Add the sauteed vegetables
- 10** Done. Serve while hot.

INGREDIENTS

- 250 g pancit bihon (Super Q brand)

 - Chicken breast or chicken thigh

 - 1 Tbsp oil

 - ¼ Tbsp minced garlic

 - ¼ cup chopped onion

 - ¼ cup snow peas

 - ¼ cup julienned carrot
- ¼ cup red pepper

 - ¼ cup sliced mushroom

 - ¼ cup julienned cabbage

 - ½ cup soya sauce

 - Salt and pepper to taste

 - Optional: 1 Tbsp oyster sauce

NO. OF SERVINGS:	CALORIES PER SERVING:
4	369

Chicken Kabsa

Sana Osman Elhag

NO. OF SERVINGS:	CALORIES PER SERVING:
7	520

INGREDIENTS

2 lbs chicken, cut into pieces	1 tsp ground cumin	4 cups water or chicken broth
2 cups basmati rice	1 tsp ground coriander	2 tbsp vegetable oil
1 large onion, chopped	1 tsp ground cardamom	1/2 cup raisins (optional)
4 garlic cloves, minced	1/2 tsp ground cinnamon	1/2 cup slivered almonds (optional)
2 large tomatoes, chopped	Salt and black pepper (To taste)	Fresh parsley or cilantro leaves, chopped (For garnish)
2 tbsp tomato paste		

INSTRUCTIONS

- 01 In a large pot, heat the vegetable oil over medium-high heat.
- 02 Add the chicken pieces to the pot and cook until browned on all sides.
- 03 Remove the chicken from the pot and set it aside.
- 04 Add the onion and garlic to the pot and sauté for 2-3 minutes, or until the onion is soft and translucent.
- 05 Add the tomatoes, tomato paste, and spices to the pot and stir to combine.
- 06 Return the chicken to the pot and add the water or chicken broth. Bring the mixture to a boil.
- 07 Reduce the heat to low and let the chicken mixture simmer, covered, for 30-40 minutes, or until the chicken is tender.



INSTRUCTIONS

- 08 In a separate pot, rinse the rice in cold water until the water runs clear. Drain the rice and add it to the chicken mixture. Stir to combine.
- 09 Add the raisins and slivered almonds (if using) to the pot and stir to combine.
- 10 Cover the pot with a lid and let it simmer over low heat for 20-30 minutes, or until the rice is cooked and the liquid is absorbed.
- 11 Remove the pot from the heat and let it cool for a few minutes.
- 12 To serve, place the chicken and rice mixture on a large serving platter and garnish with fresh parsley or cilantro leaves.



Bariis Iskukaris (Somali-Style Rice)

Faisa Farah

INGREDIENTS | FOR THE RICE:

4 cups Basmati rice	2 cinnamon sticks	8 cups chicken stock
1/2 cup olive oil	5 whole green cardamom pods	1 teaspoon saffron threads, finely chopped
1 large yellow onion, chopped	10 whole cloves	1 cup raisins
3 cloves garlic, minced	2 teaspoons xawaash spice mix (see below)	Salt

INGREDIENTS | FOR THE XAWAASH (SPICE MIX)

1 tablespoon cumin seeds	2 teaspoons dried whole sage	1 teaspoon fenugreek seeds
1 tablespoon coriander seeds	1 teaspoon black peppercorns	1 teaspoon ground turmeric

INGREDIENTS | FOR THE XAWAASH (SPICE MIX)

1 1/4 teaspoons ground ginger	10 whole cloves	1/2 cinnamon stick
8 green cardamom pods	1/4 teaspoon freshly grated nutmeg	

INSTRUCTIONS

- 01 Soak rice in cold water 30 to 45 minutes, then drain.
- 02 Meanwhile, prepare the xawaash: Combine all the spices in a spice grinder and finely grind. Set aside.
- 03 Prepare the topping: Heat olive oil in a wide, deep pot over medium-high heat and add the onions, stirring occasionally until translucent.
- 04 Add raisins and allow to soften, about 2 minutes, then add red bell pepper and cook until softened, about 5 to 7 minutes.
- 05 Season with salt and set aside on a paper towel.
- 06 In the same pot, make the rice: Heat 1/2 cup oil. Add onions and sauté, stirring frequently, until softened, 6 to 8 minutes. Add garlic, cinnamon sticks, cardamom, cloves and xawaash and cook, stirring, 1 minute.
- 07 Stir in stock and rice. Bring to boil, then cover and cook on low heat 20 minutes. Stir in saffron and raisins and season to taste with salt.
- 08 Cover, turn off heat and steam for 5 more minutes.
- 09 Transfer to a serving platter, using a large spoon to pile rice in a heap onto a platter.
- 10 Sprinkle topping over rice and serve.

Potato, Chicken & Cheese Cutlets

Zohra Hasnani-Samnani

INGREDIENTS

6 medium potatoes-boiled, peeled and cut into very small pieces

250 gm chicken bone-less-cooked and shredded (add some salt and ginger and garlic paste for taste while cooking)

1 small carrot-shredded

1 onion-finely diced

Salt-1 tsp or as per taste

Black pepper-as per taste

Chili powder (Optional)

1/2 tsp Turmeric powder

1/2 tsp Cumin powder

1/2 tsp Coriander powder

100 grams grated cheddar cheese (can also add some mozzarella)

Breadcrumbs (Optional)

Green chillies-finely cut-as per taste

1/4 cup fresh coriander-finely chopped

2 Eggs beaten



NO. OF SERVINGS:

6

CALORIES PER SERVING:

643

INSTRUCTIONS

- 01 Take a big mixing bowl, add finely cut boiled potatoes, shredded chicken, shredded carrot, finely diced onion. Mix well using a big mixing spoon or a fork.
- 02 Then add the spices-salt, black pepper, chilli powder (optional), turmeric powder, cumin powder, coriander powder and green chillies (optional).
- 03 Mix thoroughly using the same mixing spoon or a fork.
- 04 Taste the salt and spice level and add spices if you prefer.
- 05 To the above mixture, add grated cheese and fresh coriander. Mix it with your mixing spoon or fork. You will still feel that the mixture is chunky at this stage. Now is the time to use hands.
- 06 Thoroughly wash and dry your hand and mix the ingredients using your hands.
- 07 You can gently break the pieces of potatoes if they are big. The consistency should not be too pasty but should not be too chunky either.
- 08 Taste again and this is the opportunity to add any more spices if you want.
- 09 Make either round or oval cutlets/chops keep them in a flat plate.
- 10 Pour oil in a frying pan, enough to shallow fry the cutlets.
- 11 Dip the cutlets in egg mixture and then dip them in the breadcrumbs (optional). Breadcrumbs provide crispiness to the cutlets.
- 12 Fry them for 2-3 minutes each side or until they are golden on each side
- 13 Serve hot as it is or make a sandwich. You can also enjoy these with any kind of sides or sauce of your choice.

Meat and Cheese Lasagna

Sharah Haque

NO. OF SERVINGS:	CALORIES PER SERVING:
6-9	302

INGREDIENTS

Lasagne Noodles	1 can crushed red tomatoes	4 tbsp chopped parsley
1 cup grated mozzarella (plus additional 1 cup for ricotta filling)	2 cans tomato paste	Salt and pepper to taste
1/3 cup grated parmigiano reggiano	2 cans tomato sauce	1 container ricotta cheese
Fresh basil	1/2 cup water	1 egg
Olive Oil	2 tbsp white sugar	1/2 to 1 cup sautéed (or frozen spinach)
4 tbsp minced garlic	1 1/2 tbsp dried basil (fresh basil works here too)	1 cup grated mozzarella
3/4 lb lean ground beef	1/2 tsp fennel seeds (don't skip)	1/2 cup of grated parmigiano reggiano
1/2 cup diced onions	1 1/2 tbsp Italian seasoning	

INSTRUCTIONS | PASTA & MEAT SAUCE

- 01** Cook lasagne noodles a few minutes less than indicated on package instructions and set aside
- 02** Add a few tablespoons of olive oil into a pot. Once hot, add onions and sauté until translucent and lightly golden brown
- 03** Add garlic, salt and pepper and ground beef. Cook until brown
- 04** Add the remaining ingredients and bring to a boil
- 05** Taste for seasoning
- 06** Simmer with lid on for 3 hours stirring occasionally

INSTRUCTIONS | RICOTTA FILLING

- 01** Ensure ricotta cheese is at room temperature. Add to a bowl
- 02** Add egg, spinach and cheeses. Mix altogether
- 03** Salt and pepper to taste
- 04** Set aside

INSTRUCTIONS

- 01** Preheat oven to 375 degrees Fahrenheit
- 02** In a baking dish, spread a spoonful of meat sauce on the bottom
- 03** Layer lasagna noodles followed by ricotta filling and meat sauce. Repeat x 3 layers
- 04** Sprinkle grated mozzarella and parmigiano Reggiano cheese over the final layer.
- 05** Cover dish with aluminum foil and bake in oven for thirty minutes.
- 06** Remove foil and bake for an additional 20-30 minutes or until you can see sauce boiling around edges of dish
- 07** Broil for 3-5 minutes until the cheese is golden brown.
- 08** Remove pan from oven and sprinkle over fresh basil leaves
- 09** Cover lasagna with foil and let sit for 10 minutes before serving
- 10** Slice and enjoy!





NO. OF
SERVINGS:

6

CALORIES
PER SERVING:

228

Traditional Scottish Stovies

Martyn Main

A popular Scottish dish made of potatoes, onions and, traditionally, leftover roast meat with beef dripping. It's the ideal dish to use up leftovers and ensure there is as little wastage as possible.

The finished dish comes out as a blend of potatoes, other vegetables, and the meat of your choice, all boiled together with some stock and seasoning that help Scottish Stovies burst with flavour and make the perfect comfort food.

This was generally a Monday sort of dish, made with the leftover bits from a Sunday roast and turns out a bit like a potato stew.

INGREDIENTS

250g (8.8oz) Roast Beef from previous days roast or meat of your choice (see variations)

900g (2lb) Roast Potatoes from previous days roast, make up any difference with raw potatoes

50g (3/4 tbsp) Beef Dripping saved from previous days roast, or butter, oil, dripping or lard

400ml (2 cups) Stock or leftover gravy with water added to make up the difference. We used OXO cubes.

2-3 tbsp Beef Jelly from previous days roast *Optional – If you put the Beef fat from the roast into a container and leave to cool overnight it will separate out into dripping and meat jelly

Other vegetables (from previous days roast) or 2 large raw carrots

1 Large Onion

INSTRUCTIONS

- 01** Start by dicing the onion and any peel and chop any extra potatoes you might need, plus a carrot if using. It's best to use as many leftover roast potatoes as you can so always cook some extras!
- 02** Roughly dice your beef or substitute meat like sausages. Some people also use sausages to make up the difference if you need extra meat.
- 03** Add Beef dripping or a substitute fat to a large hot pan, see our variations about this too! You can use butter, olive oil, or lard.
- 04** Add the onion to the hot fat in a layer at the bottom of the pan, allow them to change colour but not to brown.
- 05** Add the diced meat to the pan on top of the onions once they begin to change colour. Stir together. Note: If using Corned Beef then add at the end and stir through to warm up other than at this point.
- 06** Add potatoes and any other vegetables to the mix, on top of the meat but do not stir together. If required make up your stock, adding the beef jelly (this is what separates from the dripping if you leave to cool after having a roast) to the mix and stirring to combine.
- 07** Pour the stock into the pot. It should come to just below the top layer of vegetables so add more or less as necessary. Do not stir but leave everything in layers.
- 08** Bring to the boil and once boiling turn down to a low simmer and cover.
- 09** Cook for 45 mins-60 minutes until the potatoes begin to soften and break down. Test them with a knife to see if they're ready.
- 10** Season with salt and pepper. Only stir at this point, so that the onion caramelizes, and the potatoes break down when you stir. The idea is to have some nice crispy bits on the bottom, and for some but not all of the potatoes to break down. New potatoes will break down more than roast ones which is why it's nice to have lots of roast potatoes in it too!



Aberdeen Butteries

Martyn Main

INGREDIENTS

500g (4 cups) Strong Bread Flour

1 tsp of salt

350ml (1 1/2 cups) tepid water

7g (2 1/4 tsp) dried yeast

200g (1 cup) butter

Extra flour for kneading and rolling

10g (2/3 tbsp) caster sugar

125g (1/2 cup) lard

NO. OF
SERVINGS:

20

CALORIES
PER SERVING:

196

INSTRUCTIONS

- 01 Mix the yeast, sugar, and water, and set aside.
- 02 In a large bowl mix the flour and salt. Slowly add the liquid and use a fork to bring it together.
- 03 Once combined turn out onto a floured work surface and knead until it is elastic and smooth. You might need to sprinkle more flour over to knead in if the mixture is too wet and sticking. It depends on the type of flour you're using!
- 04 Form into a ball, place into a large bowl, score the top with an X, cover in clingfilm and put in a warm place for about an hour to allow it to expand in size (this is called proving).
- 05 Measure out butter and lard, cut into small pieces in a bowl and allow it to come to room temperature.
- 06 After the dough is proved return to a lightly floured work surface and knead very gently before rolling out to a rectangle shape that is about 2/4 of an inch thick. Have the short edge facing you.
- 07 Beat the butter and lard together with a wooden spoon so it's smooth and roughly split into 3 in the bowl.
- 08 Using your hands, smear one third of the butter and lard mixture over the lower two thirds of your rectangle.
- 09 Fold the top half (without the mixture) over onto the middle third, and then the bottom third up on top of that.
- 10 Wait approximately half an hour and repeat the process again but roll the dough the opposite way to how you have folded it.
- 11 Wait another half hour and repeat for the last time, turning the dough again to roll the opposite way: You are basically creating layers in the pastry with the butter/lard mixture in between.
- 12 Roll the dough out to about 3/4 of an inch thick and divide into around 15 pieces which you can then gently shape into rounds.
- 13 Put these on a lightly floured baking tray (or two) and cover with a large plastic bag or lose cling film, and then allow to prove for a further 30 minutes. You'll want to space the rounds out to allow them to expand.
- 14 Preheat the oven to 200C/400F and when the butteries have finished proving place them into the oven for 15-20 minutes. Keep a close eye on them from the 15-minute mark! They should turn golden brown.
- 15 Remove from the oven and move to a rack with a plate or paper towels underneath so they're not sitting in the fat on the tray.
- 16 Allow to cool slightly before eating or save for later! Serve with jam, or if you dare, even more butter!



Palestinian Musakhan

Ameera Ahmad

INGREDIENTS

- 1 medium full chicken
- 10 pieces onion cut into slices
- 3 pieces garlic cut into slices
- 250 ml love oil
- 3 cups of water

Salt, Pepper, Cardamom, & Ginger (As Needed)

Best served with 2 pieces of soft Iranian Bread

NO. OF SERVINGS:	CALORIES PER SERVING:
2-3	1106

INSTRUCTIONS

- 01 First, bring one round plate, and add the bread (leave it for Final presentation)
- 02 Second, bring another plate, you can use in oven, then add the chicken and all the ingredients Leave it in the oven for 45 mins
- 03 Then bring the bread soak in the chicken source and keep in the top of the onion then the full chicken
- 04 Garnished with nuts, almonds, and parsley

Mirza Ghasemi

Roshi Taleghani

NO. OF SERVINGS:	CALORIES PER SERVING:
4	255

INGREDIENTS

- 6 medium Eggplants
- 2 medium tomatoes
- 2 medium eggs
- 1 Garlic
- 1tbsp Tomato paste
- ½ tbsp turmeric
- Salt and black pepper (As much as you desire)

INSTRUCTIONS

- 01 First, we have to grill the eggplants, tomatoes, and a garlic . For this, we can use the stove flame or charcoal grill
- 02 After grilling the eggplants, tomatoes, and garlic, let them cool a bit, then gently peel them
- 03 Pour the eggplants, tomatoes, and garlic into a large bowl after peeling, then mash them thoroughly to separate the texture and let them fry well until the excess water of the tomatoes evaporates. Add the salt, pepper, and turmeric at this stage.
- 04 Adding tomato paste to Mirza Ghasemi is optional. Still, if you want Mirza Ghasemi to have a better taste and color, you can also add 1 tablespoon of tomato paste to Mirza Ghasemi at this stage. Roast the tomato paste for 5 minutes before adding
- 05 At this stage, we collect Mirza Ghasemi ingredients on one side of the pan. We break the eggs into the empty part of the pan, and after the eggs are well cooked, we mix them with other Mirza Ghasemi ingredients until they are completely homogeneous with the other ingredients.



Moussaka

Sana Osman Elhag

NO. OF SERVINGS:	CALORIES PER SERVING:
7	404

INGREDIENTS

2 large eggplants	1 teaspoon ground cinnamon	The béchamel sauce:
1 pound ground lamb or beef	1/2 teaspoon ground all spice	3 tablespoons butter
1 onion, chopped	1/4 teaspoon coriander powder	3 tablespoons all-purpose flour
3 garlic cloves, minced	Salt and pepper to taste	2 cups milk
1 can (14 oz) diced tomatoes	1/4 cup olive oil	2 eggs, beaten
2 tablespoons tomato paste		1/2 cup grated Parmesan cheese

INSTRUCTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Slice the eggplant into 1/4-inch rounds and place them on a baking sheet. Brush the eggplant slices with olive oil and season with salt and pepper. Bake for 20-25 minutes, or until tender.
- 03 Meanwhile, heat a large skillet over medium-high heat. Add the ground lamb or beef and cook until browned, breaking it up into small pieces with a wooden spoon.
- 04 Add the chopped onion and minced garlic to the skillet and cook until softened.
- 05 Add the diced tomatoes, tomato paste, ground cinnamon, allspice, nutmeg, salt, and pepper to the skillet. Stir to combine and simmer for 10-15 minutes until the sauce has thickened.

INSTRUCTIONS

- 06 In a separate saucepan, melt the butter over medium heat. Add the flour and whisk until smooth.
- 07 Gradually add the milk to the saucepan, whisking constantly to prevent lumps. Cook the sauce for 2-3 minutes until it has thickened.
- 08 Remove the saucepan from the heat and whisk in the beaten eggs and grated Parmesan cheese.
- 09 In a baking dish, layer the baked eggplant slices and the meat sauce. Repeat the layers until all the eggplant and meat sauce is used up.
- 10 Pour the Béchamel sauce over the top of the moussaka.
- 11 Bake the moussaka in the preheated oven for 30-40 minutes, or until the cheese sauce is golden brown and bubbly.





Musakhan (Palestinian Sumac Chicken)

Rawan Omar

INSTRUCTIONS | THE ONIONS:

- 01 Make sure you don't chop the onions too fine or they will get too soft with cooking and lose texture
- 02 Place the onions in a pot and add enough olive oil to submerge the onions completely (it may vary a little with the size of your pot but it took me 1 cup)
- 03 Cook the onions over low heat stirring occasionally till the onions are translucent but still hold their shape and have some texture, you don't want them to get mushy (this will take 20- 30 minutes)
- 04 Once the onions are done, place them in a colander to drain off the olive oil. **Do not discard the oil.**
- 05 After all the oil has been drained off, sprinkle the onions with sumac, cardamom and black pepper and toss them till they are completely coated with sumac (note that the color and the taste will deepen when you leave the onions aside so add the sumac gradually, you can always add more if you want)

NO. OF
SERVINGS:

6

CALORIES
PER SERVING:

574

INGREDIENTS

1 kg onions peeled and chopped

1 cup olive oil

2 tablespoons Sumac

1/4 teaspoon cardamom

1/4 teaspoon black pepper

2 loaves taboon bread

Nuts For Topping

1 chicken cut into 4 pieces

Salt

INSTRUCTIONS | THE CHICKEN

01 Ideally you should use bone in chicken cutlets but you can use boneless chicken if you want.

02 Season the chicken on both sides with 1/4 teaspoon cardamom, 1/4 teaspoon black pepper and a pinch of salt.

03 **You have a number of options for cooking the chicken:**

Sear the chicken pieces till they are golden brown and then add them to the onions as they are cooking

Poach the chicken until done and then place them in the oven under the broiler to give them color.

Cook them in a separate pan using medium heat till they are completely done (cook them stove top)

04 I usually go with No. 3, I place the chicken cutlets in a pot or pan, skin side down and cook over medium heat till the skin is golden brown, I then lower the heat, flip them and cook them on the other side till they are done (170 F on the thermometer inserted in the thickest area of the chicken). This takes 20-30 minutes.

05 To add more flavour to the onions and the chicken, I add the drained onions to the chicken in the last 5 minutes of cooking and stir gently.

INSTRUCTIONS | ASSEMBLE

01 Pre heat your oven to 200 C and place the rack on the bottom.

02 I usually place the loaf in the oven for 2-3 minutes to crisp it slightly (this prevents it from going soggy when you top it with the onions). If you like your bread a little soggy you can skip this step

03 Brush the bread with some of the olive oil you strained from cooking the onions and top it with onions and chicken

04 Place in the oven for 10 minutes

05 Take out of the oven and top with nuts, sprinkle with the sumac and serve with yogurt.



Machboos

Professor Hala Al-Easa

INGREDIENTS

1 Chicken

2 cups Basmati Rice

1/2 cup White onion, chopped

1/2 cup Tomatoes, roughly chopped

1/4 cup Chopped parsley

1 tablespoon Grated garlic (Optional)

1 tablespoon Grated ginger

2 Chopped Green hot peppers (Optional)

4 tablespoons Qatari ibazar (spice mix)

1/4 cup Vegetable Oil

2 whole black dry lemons (make sure you poke it with fork or knife in order to secrete its citric flavor)

INGREDIENTS | QATARI IBAZAR

1 cup Cumin seeds

1/2 cup Ginger powder

1/2 cup Ground black pepper

1 cup Coriander seeds

1/2 cup Cinnamon powder

1 tablespoon Ground saffron

1/2 cup Black lemon ground

1/2 cup Turmeric powder

INSTRUCTIONS | QATARI IBAZAR

- 01 Roast cumin and coriander until brown
- 02 Grind and mix well with the remaining ingredients until all spices are blended.
- 03 Remove from grinder and place in a jar for future use

INSTRUCTIONS

- 01 Place the chopped onions, ginger, garlic, hot peppers in one bowl
- 02 Wash the rice then soak in water for an hour.
- 03 Heat the oil in a large pot over medium-high flame and add whole spice, Qatari ibazar, garlic, ginger, tomatoes, green pepper, lemon, salt and leave until the mixture blends and withers completely
- 04 Cut the chicken in half and add into the pot until the mixture turns the chicken red on both sides
- 05 Add 3 cups of boiling water together with the whole black lemon (and reduce the heat to low, cover and simmer for 40 minutes
- 06 Remove the chicken from the water, put it in an oven tray and cook on 190 °C / 170 Fan / 375°F for 10 minutes
- 07 Remove half of the water from the pot before adding rice and leave it on a low boil for 10 minutes until rice is cooked and has absorbed the liquid. Stir every 5 minutes
- 08 Transfer the chicken and rice to a serving dish

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Carrot Cake

Zohra Hasnani-Samnani



INGREDIENTS

2 cups All purpose flour

1 tsp Baking soda

1 tsp Baking powder

¼ tsp Salt

1-2 tsp Ground cinnamon

1 ¼ cup Canola / vegetable oil

1 ½ cup Granulated sugar

1 tsp vanilla extract

4 Large eggs

2-5 Grated, peeled carrots
medium carrots as per your
preference

Chopped pecans or wal-
nuts-as per taste and prefer-
ence

Raisins-optional

INSTRUCTIONS

- 01 Pre heat oven to 180 C. Cake should be in the middle rack of the oven.
- 02 Grease two 9-inch round cake moulds for a two-layer cake or one round cake mould for a single cake.
- 03 Mix the dry ingredients and keep aside
- 04 In a large mixing bowl, whisk oil and granulated sugar.
- 05 Add eggs one at a time while whisking. Add vanilla extract
- 06 Now add the dry ingredient mixture in portions. Gently stir using the rubber spatula or any other flat spoon.
- 07 Stir in carrots, nuts and raisins.
- 08 Divide the batter in two parts if making a 2-layer cake. Bake for 30-40 minutes until the top of the cake layers are formed and when a toothpick inserted into the cake comes out clean. One-layer cake may take longer to cook.
- 09 Cool for 15 minutes before removing from the baking pans.

INSTRUCTIONS | THE FROSTING

- 01 Beat the soften butter, cream cheese and powdered sugar. Add few drops of vanilla extract.
- 02 When the cake is completely cold, spread the frosting on the cake and on the sides of the cake using butter knife.
- 03 For decoration, remove a small portion of the frosting and add orange food colour. Then decorate the cake using the coloured frosting

INGREDIENTS | THE FROSTING

- 8-ounce Cream cheese
- 1 cup Powdered sugar
- 50 grams Butter

NO. OF
SERVINGS:

6

CALORIES
PER SERVING:

1108



Choco Marble Pudding

Zakkiya Kareem

INSTRUCTIONS

- 01 Heat the above-mentioned ingredients (for the base) on low fire & bring it to a thick consistency. Remove from fire & keep it aside.
- 02 Add (For the base (2) this to the thick mixture(1st step) & mix it well. Press this to a pudding dish & chill it.

For the Upper Layer:

- 01 Combine milk, condensed milk & bring to boil.
- 02 Remove from fire & add vanilla essence
- 03 Mix china grass, water & melt it.
- 04 Mix melted china grass to boiled milk.
- 05 Pour this mixture above base & keep it to cool a little

For the marble effects on top of the pudding:

- 01 Sprinkle chocolate syrup here & there on top of the pudding before it sets completely & make marble effects using a knife. Serve chilled.

INGREDIENTS

- 100 g salted butter
- 7 tbsp powdered sugar
- 2 tbsp cocoa powder
- 1/4 cup water
- 1 cup grated coconut
- 1/2 cup chopped cashew nuts
- 1/2 cup crushed Marie biscuits
- 1 3/4 cup milk
- 1/2 cup condensed milk
- 10 g China grass
- 1/2 cup water
- 1 tsp vanilla essence

NO. OF
SERVINGS:

8

CALORIES
PER SERVING:

483



Calgary Stampede Muffins

Star White

INGREDIENTS

10 Bacon (turkey/beef) strips	1 tbsp white sugar	$\frac{3}{4}$ cup milk
5 $\frac{1}{2}$ tbsp Drippings from cooked bacon	1 tbsp baking powder.	1 Egg
		1 $\frac{1}{2}$ cups shredded cheddar cheese

INSTRUCTIONS

- 01 Preheat the oven to 400 F. Grease top of muffin pan. Drop paper liners into muffin cups.
 - 02 In a skillet, cook bacon until crisp; set aside 5 $\frac{1}{2}$ tbsp of drippings. Crumble bacon and set aside.
 - 03 In a large bowl; combine flour, sugar and baking powder.
 - 04 In another bowl; beat milk, egg, and drippings. Add to dry ingredient bowl Stir together until moistened. Fold in the cheese and the bacon
 - 05 Fill muffin cups $\frac{3}{4}$ cups full of dough. Drop the pan on the counter to remove air bubbles from dough.
 - 06 Bake for 15 to 20 minutes or until toothpick comes out clean
 - 07 Cool in pan for 10 minutes then remove from pan and place on backing rack.
- Star's note:** If no muffin liners grease muffin tin cups with shortening before baking. Cowboy or not, these muffins are a hit!

INGREDIENTS

900g caster white sugar
(4.5 cups or 2lb. Yes, that much sugar!)

250ml of full-fat milk (1 cup)

1 tin of sweetened condensed milk (397g tin)

85g butter (6tbsp)

INSTRUCTIONS

- 01 Slowly dissolve the sugar, milk, and butter until it's smooth. This can be done in a pot on the stove but it's also easy to do in the microwave and lowers the risk of burning. Put in a microwave-safe bowl and blast for 90 seconds at a time on a low or defrost setting. It'll take approximately 6 times in the microwave for it to melt into a smooth mixture.
- 02 Pour the liquid into a large pot on the stove. If you're using an electric stovetop, you can use a trivet to stop the mixture burning.
- 03 Add the condensed milk and bring it up to a boil (stir continuously to stop it catching on the bottom of the pan)
- 04 Briskly simmer for about 20 minutes until the mixture darkens to a caramel colour, stirring continuously
- 05 Take off the heat, quickly beat or whisk the mixture and pour it into a buttered Swiss roll tin

TIPS

- 06 Be sure to use full-fat ingredients or the recipe won't work correctly.
- 07 Use a large pot because the mixture will increase in volume when it's coming to a boil.
- 08 Continuously stir the mixture so it doesn't stick

Northeast Scotland Tablet

Martyn Main



NO. OF SERVINGS:	CALORIES PER SERVING:
40	107



Oreo Nutella Cheesecake

Zakkiya Kareem

INGREDIENTS

12 chopped Oreo biscuits	2 tsp. Lemon juice
400-gram Cream cheese	½ tsp powdered Cinnamon
1 cup Nutella	1/3 cup Sugar
2 cups Whipping cream	1-2 cups powdered Marie biscuits
1/3 cup melted Butter	

NO. OF SERVINGS:	CALORIES PER SERVING:
4	1733

INSTRUCTIONS

- 01 First mix biscuit powdered, cinnamon, melted butter & mix well.
- 02 Spread it as first layer in a spring form tin. Keep it in refrigerator to set.
- 03 In a bowl add cream & lemon juice. Add in whipping cream till the mixture thickens then add sugar gradually.
- 04 Divide this creamy mixture into two bowls.
- 05 In one bowl add chopped Oreo & combine well.
- 06 Spread this as second layer on the layered biscuits & keep in refrigerator to set.
- 07 In the other bowl of cream mixture add Nutella & mix well until well combined.
- 08 Spread this Nutella cream mixture on Oreo cream mixture (2nd layer) only after the second layer is well set. Keep it in refrigerator for 4-6 hrs to set.
- 09 Garnish with Oreo biscuits. Slice, serve & enjoyyyyy...

Scottish Cranachan

Martyn Main

INGREDIENTS

75g oats Toasted oatmeal (of all sorts of varieties) or 3/4 cup	250g raspberries (about 2 cups) (although some recipes mentioned any fresh berries would do)
2 tbsp honey (Sweetener in the form of honey or sometimes caster sugar	350ml double cream (thick cream, 1.5 cups)

INSTRUCTIONS

- 01 Toast the oats. You can do this in a pan on the stovetop or in the oven. Put the oats in a dry pan or spread them out on a tray to go under the grill. How long it needs will depend on the oats you use. It normally takes around 5 minutes. There will be a nutty sort of smell when they're ready. Keep checking them continuously so they don't burn! Put in a bowl and set aside to cool.
- 02 Crush the raspberries in a bowl and set aside, saving a few whole ones for a garnish.
- 03 Whip the cream to stiff peaks. Add the honey. (Start with a smaller amount and you can always add more to taste).
- 04 Mix the cooled oats through the cream, saving a little for garnish.
- 05 Take the glasses (or bowl) and start to layer the raspberry and cream mixture: ending with cream on top! How many layers you do depends on the glass size and portions you're making.
- 06 Sprinkle the remaining oats over the top of the last layer of cream and add a few fresh raspberries.
- 07 You can eat it right away or put it in the fridge for later. We prefer to put it in the fridge, so the oats soften a bit into the cream.

NO. OF SERVINGS:

8

CALORIES PER SERVING:

221

You don't need to follow these amounts to the letter by any means. If you have more of less of some things!





Super Protein Fiber Muffins

Renée Laliberté

NO. OF SERVINGS:	CALORIES PER SERVING:
15	125

INGREDIENTS

<p>2 cups Oats <i>Whatever oats you prefer; rolled, quick, instant, etc.</i></p> <hr/> <p>2 scoops Protein Powder <i>Use the scoop the powders typically come with</i></p> <hr/> <p>1 cup choc chips</p>	<p>1/3 cup flax seeds <i>I use whole flax seeds, but it's easier on the digestive system if you use ground flax</i></p> <hr/> <p>8 egg whites <i>If you choose to add the yolk, you'll need fewer eggs</i></p>	<p>Cinnamon – to taste</p> <hr/> <p>2 ripe bananas</p> <hr/> <p>2 apples</p> <hr/> <p>1 tsp vanilla</p>
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INSTRUCTIONS

- 01 Heat oven to 375F
- 02 Put all wet ingredients in a blender (bananas, apples, vanilla and egg whites)
- 03 Put all dry ingredients in a bowl. Add dry to wet ingredients
- 04 Put into a greased muffin pan
- 05 Bake for about 12 to 15 min
- 06 Makes about 15 muffins, depending on how big you make them

Traditional Scottish Oatcakes

Martyn Main

INGREDIENTS

4 ounces/125 grams medium oatmeal, plus extra for kneading

1/8 teaspoon bicarbonate of soda (baking soda)

1 pinch salt

2 tablespoons goose fat or bacon fat or butter, melted

2 tablespoons hot water

<p>NO. OF SERVINGS:</p> <p style="font-size: 2em;">24</p>
<p>CALORIES PER SERVING:</p> <p style="font-size: 2em;">35</p>



INSTRUCTIONS

- 01 Preheat oven to 190°C /375F and prepare a greased or parchment-lined baking sheet.
- 02 Grind the oatmeal in a food processor or blender until very finely ground and powdery (about 30 seconds). In a large bowl, mix together ground oats, bicarbonate of soda, and salt.
- 03 Drizzle in melted fat and stir vigorously
- 04 Cut dough into 2 small balls.
- 05 Sprinkle a work surface with ground oats and roll each ball on surface to coat and prevent sticking until dry ingredients are evenly coated. Add hot water and mix again to form a thick dough.
- 06 Knead each ball for a few minutes until mixture starts to dry slightly and stops sticking to surface. Add a little more oatmeal as required but use sparingly to avoid the cakes becoming too dry.
- 07 Roll each ball into a roughly 1/4-inch (1/2-centimeter) thick disc, then cut into quarters. You should have 8 wedges.
- 08 Place the wedges on baking sheet and bake for 20 to 30 minutes or until brown at edges.
- 09 Serve oatcakes warm or cool.



Traditional Scottish Shortbread

Martyn Main

NO. OF SERVINGS:

20

CALORIES PER SERVING:

164

The story of shortbread begins with the medieval “biscuit bread”. Any leftover dough from bread making was dried out in a low oven until it hardened into a type of rusk: the word “biscuit” means “twice cooked”. Gradually the yeast in the bread was replaced by butter, and biscuit bread developed into shortbread. Shortbread was an expensive luxury and for ordinary people, shortbread was a special treat reserved just for special occasions such as weddings, Christmas & Hogmanay.

INSTRUCTIONS

- 01 Cream butter and sugar together until light and creamy
 - 02 Sieve together flour and cornflour and gradually work into creamed mixture
 - 03 Knead until smooth. Flatten out and cut into rounds, place on greased baking tray, prick with fork.
- Bake for 30-40 min in oven - 170 C/ 325 F/ Gas 3
- Dust with caster sugar when removed from oven

INGREDIENTS

8oz / 230g butter

4oz / 120g caster sugar

8oz /230g plain flour

4oz/ 120g cornflour

Cathedral Window Gelatin

Vanjo Merano

NO. OF SERVINGS:

5

CALORIES PER SERVING:

570

INGREDIENTS

1 1/2 cup gelatin red, yellow, and green jelly cooked according to package instructions and cubed

1 1/4 cups whipping cream

1 can condensed milk 14 oz.

1 1/2 cups pineapple juice

4 packets unflavored gelatin colorless



INSTRUCTIONS

- 01 Heat the pineapple juice in the microwave oven for 35 seconds.
- 02 Pour in a mixing bowl. Add the colorless unflavored gelatin. Stir until the gelatin completely dilutes in the juice.
- 03 Pour the whipping cream in the bowl and then add the condensed milk. Stir until well blended.
- 04 Add the colored jelly cubes. Stir.
- 05 Pour the mixture in a Jelly mold large enough to hold everything.
- 06 Refrigerate for 4 hours.
- 07 Transfer to a plate. Slice and serve.

Ginger Snaps

Crystal Lawrence

NO. OF
SERVINGS:

84

CALORIES
PER SERVING:

866

INGREDIENTS

1.5 cups shortening

2 eggs

2 cups brown sugar

1/2 cup molasses

3.5 cups flour

2 tsp ginger

2 tsp cinnamon

2 tsp cloves

1 tsp nutmeg

2 tsp baking soda



INSTRUCTIONS

- 01 Cream shortening, add eggs and sugar, beat until mix thoroughly, add in molasses, mix; set aside.
- 02 Mix dry ingredients together, then add slowly to the creamed mixture, mixing between additions. The mixture will become somewhat thick and manageable.
- 03 Roll into small balls (approximately 1 inch) and roll in a bowl of sugar (white), place on lightly greased pan and bake at 325-350 degrees until tops crack (makes a very soft cookie), remove and cool slightly before moving from cookie sheet.
- 04 If you prefer a crunchier cookie (tea dipping quality) then bake slightly longer.
- 05 Makes approximately 6-7 dozen cookies.



Bread and Butter Pudding

Tom Kerridge adapted by Julie Jeffries

INSTRUCTIONS

- 01 Heat the cream in a pan until boiling. Meanwhile, whisk the egg yolks and sugar together in a large bowl with an electric whisk until light and fluffy, about 3-5 mins. Pour the hot cream over the eggs.
- 02 Spread the bread with the butter and cut into triangles. Arrange in a shallow baking dish, about 20 x 26 x 5cm, buttered-side up, in three layers, sprinkling the raisins and finely grating some nutmeg over the bottom two layers and leaving the top layer clear.
- 03 Pour over the warm custard, lightly pressing the bread down with your fingers to help it soak in. Leave to stand for at least 20 mins before cooking. Can be prepared up to this stage several hours ahead, chilled and cooked when needed.
- 04 Heat the oven to 180C/160C fan/gas 4. Sit the dish in a large roasting tin and pour a kettleful of hot water into the roasting tin so it comes three-quarters of the way up the outside of the dish. Bake in the oven for 20-25 mins until the custard is just set.
- 05 Remove the pudding from its water bath and scatter the top liberally with more sugar. Caramelise the top under a hot grill or with a blowtorch – take it really far (a few burnt edges add to the flavour) but be careful it doesn't catch. Leave the pudding to rest for 5 mins, then serve with your favourite ice cream

INGREDIENTS

600ml double cream

8 large egg yolks

175g caster sugar, plus extra to top the pudding

16 slices white bread, crusts removed

75g unsalted butter, softened, for spreading

100g raisins

1/4-1/2 whole nutmeg, for grating

Ice cream, to serve (optional)

NO. OF
SERVINGS:

6

CALORIES
PER SERVING:

1108



Hershey's S'Mores

Star White

INGREDIENTS

4 Graham crackers, broken into halves

2 Hershey's milk chocolate bars (1.55 oz.) unwrapped and broken into halves

4 Marshmallows

NO. OF SERVINGS:

4

CALORIES PER SERVING:

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INSTRUCTIONS

For indoor: Microwave S'Mores

- 01 Place 1 Graham cracker half on a paper towel
- 02 Top with Chocolate bar half and add a marshmallow
- 03 Microwave on high for 10 to 15 seconds or just until marshmallow begins to puff.
- 04 Immediately top with second graham cracker half, press gently together and server immediately.
- 05 Repeat the above steps for each serving

Outdoor Grill or campfire S'Mores

- 06 Place half a chocolate bar onto a graham cracker half
- 07 Carefully toast a marshmallow over a grill or campfire
- 08 After Marshmallow is toasted, place it on top of chocolate bar half.
- 09 Top with second graham cracker half, gently press together and server immediately.
- 10 Repeat the above steps for each serving



Perfect Vegan Chocolate Chip Cookies

Anna Keaschuk – recipe courtesy of Noracooks.com

NO. OF SERVINGS:

12

CALORIES PER SERVING:

165

INGREDIENTS

1 tablespoon ground flaxseed

2.5 tablespoons water

1/2 cup (8 tablespoons) vegan butter, slightly softened to room temperature

1 1/4 cups brown sugar

2 teaspoons pure vanilla extract

1 1/2 cups all purpose flour

2 teaspoons cornstarch

1 teaspoon baking soda

1/4 teaspoon salt

1 1/2 cups non-dairy chocolate chips

note: use a brand like EnjoyLife or break up non-dairy chocolate bars – high percentage dark chocolate tends to be dairy free

INSTRUCTIONS

- 01 In a large bowl with a hand mixer, beat the softened vegan butter and brown sugar.
- 02 Mix in the flaxseed powder, egg and vanilla.
- 03 Add the flour, and then sprinkle the cornstarch, baking soda and salt on top of the flour. Mix on low to combine.
- 04 Mix in the chocolate chips.
- 05 Roll the dough into 1-2 tablespoons sized balls. I tend to make 12-15 larger cookies (about 1.5 tbsp each).
- 06 Place on baking sheet lined with parchment paper.
- 07 Bake for about 10 minutes for smaller cookies, or 12 for larger cookies, until puffy and just slightly golden on the sides. They will look underdone but will firm up considerably as they cool. Do not over bake!
- 08 I always sprinkle with salt flakes when just out of the oven. Let sit on pan for 5 minutes before removing. Place on wire rack to cool.
- 09 These can be frozen if wrapped individually in tin foil.
- 10 They will last on the counter in closed container for 3-5 days.

