

Welcoming Spring: dishes and traditions from FAO countries



Female Ambassadors Oslo

Dear Friends,

Spring is around the corner... We waited for so long for the season of renewal of life! For the sun, warmth and the awakening of nature.

In these difficult times we are all living in, when the pandemic is at the centre of everyone's interests and it has such huge influence on our lives, even the beginning of the new season will not be free of restrictions. Lack of mobility and no possibilities of family reunions are still to be the reality in many countries, including Norway.

Therefore, to fight the nostalgia and bring some positive vibes, we thought that in some way we have to bring in the Spring Equinox and Easter traditions to all of You!

We want to share the colours, tastes, patterns and ways of celebrating this important part of the year in countries of Female Ambassadors Oslo. By doing this, we believe that You could become closer to us, get a glimpse of the variety and richness of other cultures and we in exchange - will have the chance to share these special moments with Friends.

We encourage You to try some of the recipes presented in this e-book or maybe even - test your crafty side! And of course - do it all after enjoying some Easter cross-country skiing or Påskekrim reading.

We wish You all a splendid and healthy springtime!

Female Ambassadors Oslo

Easter and Equinox traditions

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Easter and Equinox Traditions



Easter in Bulgaria

Easter traditions in Bulgaria are a derivative of the Eastern Orthodox Church rituals. As the Bulgarian name implies “Velikden” (Great Day), Easter is one of the most significant holidays in the Bulgarian calendar and starting with Palm Sunday, the holy week leads up to the Great Day. This year (2021) Easter is celebrated in the first weekend of May.

In tune with worldwide Orthodox traditions, bright red colored eggs and Easter sweet breads known as “kozunak” are the prominent symbols of Easter in Bulgaria.

The Easter eggs are dyed on Maundy (Holy) Thursday or Holy Saturday. Traditionally, the egg painting is done in the early morning before sunrise. The first painted egg must be red and is set aside to be kept until next Easter. With it the parents rub the cheeks and foreheads of the children for health and happiness during the coming year.

The rest of the eggs are done in different colours. Herbs and wax are often used to make more interesting designs. Coloured eggs are usually rubbed with oil to

make them shine.

Coloured eggs are not consumed before Great Saturday.

At midnight on the Saturday before Easter Sunday, people gather at the church with red painted eggs and Easter bread. The priest proclaims three times “Christos voskrese” (Christ has risen) and the response is Voistina vozkrese (Indeed, He has risen). The priest and the faithful then walk around the church three times with lit candles in hand. The belief is that the candle of anyone who has been a good Christian will not go out no matter how strong the wind blows.

The good luck “egg-fight” is a unique Easter tradition in Bulgaria. Eggs are cracked after the Midnight service and over the next few days. People take turns in tapping their eggs against the eggs of others, and the person who ends up with the last unbroken egg is believed to have a year of good luck.



The Holy week in Colombia

Easter holidays in Colombia, like in many other mostly Catholic countries, are dedicated to celebrating people's faith through continuous religious traditions. This time of the year, also known as "Semana Santa", which in English translates "the Holy Week", is a special time for Colombian people. In fact, Semana Santa is one of the best times to visit many countries around the world whose populations are predominantly Catholic, including Colombia. Overcrowded and congested big cities such as Bogota, Cali, and Medellin become more tranquil as people go to the countryside and traditional towns to celebrate the Easter holidays.

Traditional Semana Santa celebrations in the town of Popayan are some of the most popular in Colombia. The famous colonial White City in southwest Colombia boasts the country's largest concentration of churches per capita. Church steeples dominate the town's skyline and around every street corner, there is a different church to see. Hundreds and thousands of people crowd the street pavements to watch or participate in

the huge religious processions, candlelit masses, and ceremonial celebrations that take place throughout the most important week of the Catholic calendar – all accompanied by choirs and orchestras invited from several countries to perform at the highly acclaimed Festival of Sacred Music.

The northern Colombian town of Mompo, declared a historical and architectural world heritage site, has a long history of upholding Semana Santa traditions. Events begin in Mompo the Thursday night before Palm Sunday (the Sunday before Easter), which denotes the start of the Holy Week. Here, celebrants headed by Nazarenos dressed in turquoise robes walk through the town until arriving at the Inmaculada Concepción Church.

Nevertheless, no Colombian celebration can be fully enjoyed without our delicious food. There are countless recipes across the country to accompany these special days. Considering the influence of religion during the Easter holidays most of them are based on seafood.



Easter in Croatia

Easter is the holiest day of the year in Croatia and there are different ceremonies and Easter traditions in each part of the country. Easter observances begin on Palm Sunday and continue throughout Holy Week. Outdoor Processions are often taking place. In villages people build huge bonfires known as Krijes. Locals gather around the Krijes who brings hope, and warmth. Fire that illuminates the darkness, scatters fears and attracts people around it is the symbol of the “Risen One“.

The branches of palms, olive or rosemary are taken to a church to be blessed. After the blessing, they are hung in some parts of the house.

In some regions, there is a habit of morning face washing with water enriched with petals of different flowers.

At the end of Easter week, brightly painted eggs are given as gifts. In Croatia they are called “pisanice or Easter eggs”. There are many traditional techniques of egg decoration. The most popular ones are made with leaves, flowers and the wax. A traditional game is cracking eggs.

Baskets with the food are blessed in church and that food is eaten for breakfast on Easter morning.

Photo by Croatian National Tourist Bord



Easter in Georgia

Easter is one of the most important and celebrated holidays of the year. With red-coloured eggs, Easter bread - paska, special meals, and desserts prepared during the festive days, the Georgians love celebrating Easter.

Paska

A special cake baked for Easter traditionally symbolizes Christian faith. It represents Golgotha, the mountain where Christ was crucified. Despite paskas being widely available everywhere nowadays, a home-made one has a completely different taste and its own appeal. The process of baking one is quite laborious, requires a lot of time, patience, and effort, but greatly contributes to the festive mood. The result is definitely worth the effort. One of the first things prior to Easter festivities is also to grow the grass on a plate one week before. You need to wet cotton pads in water and set them on a plate. Sprinkle a handful of wheat grains and let it develop roots and grow. Green grass signifies the new life Jesus Christ gave us after his resurrection.

Red eggs

Good Friday (in Georgia we call it “Red Friday”) is the day when eggs are being boiled and dyed before the sunset. Boiling the eggs with madder roots or red onion peels gives them different shades of red.

Congratulating everyone

On Easter Sunday, the Georgians instead of saying “hello” greet each other with “Christ has Risen!” and the response is “Indeed He has Risen!” before continuing the conversation.

Traditional Easter meal

On Easter Sunday, besides red eggs, the Georgians prepare a special meal – a lamb stew with green plums called Chakapuli. While lamb is used in the recipe, veal can be used too, as well as mushrooms for the vegetarian version. The reason it is traditional for Easter /spring is that tarragon and so-called sour plums come into the kitchen during that season.

Photo by Tatters



Paragliding at Easter in Ghana

The Ghana Paragliding Festival is an annual event held during Easter (usually in April) and takes place in the town of Kwahu Atibie located in the Eastern Region of Ghana. During this festival, tandem paraglider pilots gather from around the world to fly local Ghanaian spectators and foreign visitors. The festival is open to solo pilots as well; and boasts consistent flying conditions that begin around mid-morning and remain soarable until late in the day. The event, which lasts between 3 to 4 days, has transformed Easter celebration in Ghana into an international event.

The first Paragliding event was introduced and launched in 2005. It has since that time attracted both Ghanaians and foreigners alike and become an integral part of the annual Easter celebrations in the country with aerial fun, ceremonies and music.

During the Ghana Paragliding Festival, participants can enjoy and explore various aspects of Ghana's culture, including tasting local foods, hearing local music, observing traditional customs, flying over the region's beautiful ecosystems and meeting people from various parts of the world.

Photo by guardian.ng



Greek Easter traditions

For Greeks, Easter is the biggest religious holiday of the year with its message of love, new beginnings and the Holy Week or Passion Week, as it is called by Greeks. Although many of the celebrations have roots in pre-Christian times – the Elysian mysteries in ancient Greece were also a celebration of rebirth after death, when in winter everything dies and in spring it's born again – today in Greece, Easter celebrations have a direct connection with the Orthodox faith.

Greeks mainly dye eggs red to signify the blood of Christ. However, other colors or decorations have been added throughout the years. They use hard-boiled eggs (painted red on Holy Thursday), which are often baked into twisted sweet-bread loaves and distributed on Easter Sunday.

The tradition of tsougrisma, or the cracking of the eggs, takes place on Easter Sunday. It is a fun game for children and adults alike and symbolizes the resurrection of the Lord. The rules are simple. Everyone selects a boiled and dyed red egg, choosing the one that seems the strongest and cracks it on top of another person's egg, saying "Christos Anesti", meaning "Christ has risen". The other person says "Alithos Anesti",

meaning "Indeed, He did". The one that ends up with a cracked egg is the loser. The egg cracking keeps on going until there is only one winner, the one with the uncracked egg, who is said to have good luck for the whole year.

Except for the mandatory Christian elements of the celebrations every region has its own Easter traditions and customs.

Vrontados, being one of the villages of Chios Island in the northeastern Aegean Sea, is famous for the relentless firework battle between two rival parishes sitting across a small valley. This festival called Rocket war takes place on the night of the Great Saturday. Thousands of homemade rockets are fired toward each other churches while services are held. Having as a goal to strike the bell of the opposing church, this village is turned into a virtual battlefield.

The tradition of Leonidio is especially spectacular. On Saturday night, after the service of the resurrection, the locals release up to the sky hundreds of colorful paper balloons powered by hot air. The balloons come in many shapes and sizes, most of them as tall as a grown man.

Photo by Georgia Vitouladiti



Hungarian 'locsolkodás'

Splashing or sprinkling water is a Hungarian Easter tradition, widespread in the ethnic Hungarian-inhabited areas of the Carpathian Basin. According to this tradition, from dawn on Easter Monday, the boys sprinkle the girls with water, more recently only with fragrant cologne. The latter became a custom in some work places as well, the day after Easter Monday. Splashing or sprinkling water is often preceded by a short, humorous poem, seeking permission. In return, the boys receive chocolate or painted eggs, young boys even get some pocket money. There are many variations and techniques of egg dyeing depending on the region. As the men in the family and circle of friends visit to "sprinkle the ladies", it is also an Easter Monday tradition inviting guests to your home and to enjoy the early springtime with some home baked sweets and savoury treats.

The history of this tradition goes back to the pre-Catholicism times and is associated with a fertility cult. However, sprinkling is also a sign of baptism. In Hungary, there are written memories of this Easter custom from the 16th century.

Photo from <http://abouthungary.hu/>



Ipchun

The beginning of the spring in Korea

Spring has sprung. The lunar calendar's traditional beginning of spring falls on Thursday, Feb. 4, this year. This day, or Ipchun "beginning of spring", marks many traditional farming ceremonies and rites, and also marks the beginning of the first of 24 solar terms that make up the lunar calendar.

On this day, people traditionally post on their household main gates large calligraphic notes welcoming the spring. The royal court would collect some of the best of these four-character poems, scripted by civil servants, and post them around the palace with pictures of lotus flowers and other signs of spring. These "lotus poems" were called "spring slips," or chuncheob-ja. A common phrase for the four-character poems would be, "Ip-chun-dae-gil," or, "May the coming of spring be

blessed with great happiness".

Farming villages across the country would harness a clay or straw bull to a plow and perform rituals praying for a good harvest. Concerning the weather, prognostications made on Ipchun were said to predict the weather for the coming year. Clear skies and little wind was considered good luck for the farming community.

Concerning food, the royal court would serve oshin-ban, "platter of five pungent-tasting spring greens"), a vegetable dish of freshly-picked vegetables from both the royal garden and nearby mountainsides. Commoners would dine on sesaeng-chaе "spring green dish"), an assortment of mountain vegetables with a red sauce.

(Source: Korea.net)

Photo by Wi Tack-whan



Polish Pisanki

In Polish, Easter eggs are called “pisanki”, which comes from the verb ‘to write’. This is due to the fact that an old-school process for making them involved the use of a special pen to apply liquid wax to “write” the patterns on the eggs (now you can just use a needle or pin). Then, they are put into a (cold or warm) solution of colourant, usually of plant origin: onion peels for red, rye sprouts for green, beetroot juice for pink, apple-tree bark for yellow etc. After a while, when the colourant has dyed the eggshell, the egg is taken out and heated, so that the wax may be removed. This way, you get a light decoration on a coloured background. This is called the batik technique.

There are a number of traditional ways to decorate pisanki, rooted in folk traditions. Aside from the batik technique, the pickling one also involves the use of wax. In this method, the egg is first coloured in a solution – and only later covered with a wax pattern. Afterwards, it’s placed in a liquid, which cleans off the dye in the spots left uncovered by the wax. This way, you’re left with a coloured decoration on a light background. As with the batik technique, this process can be repeated with the same egg and different dyes in order to produce a single, multi-coloured pisanka.

Another way to make an Easter egg is to lightly scratch it with a stylus (this technique comes from the Opole Silesia region, where they’re called ‘kroszonki’).

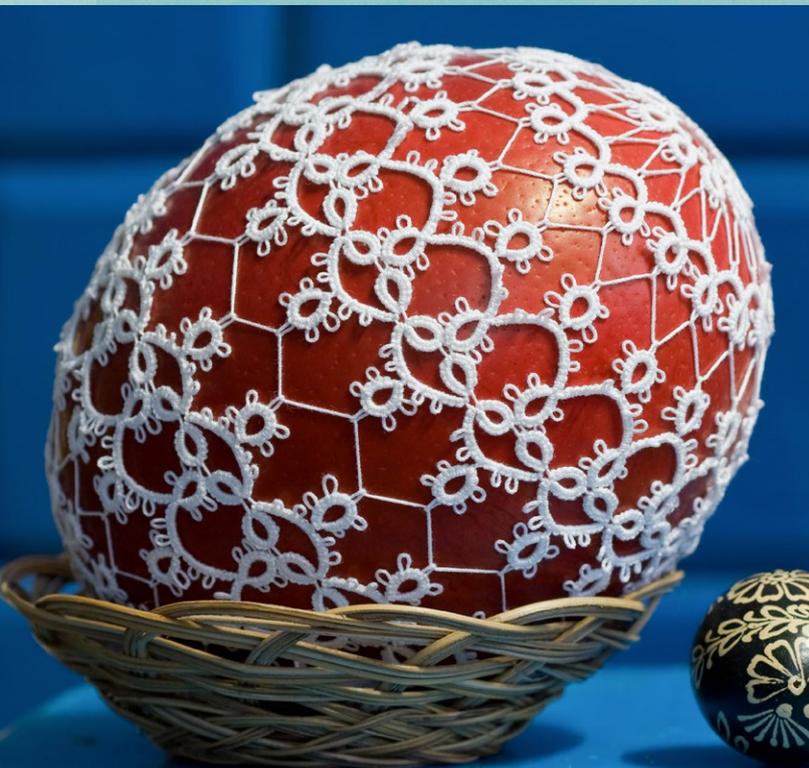
They are first dyed and later adorned with meticulous patterns, usually floral ones, delicately carved out on their surface. Around Łowicz, pisanki are created by glueing cut-outs made from coloured paper representing folk motives (roosters, flowers) onto blown eggs. Gluing is also employed in the Kurpie region - the inner parts of a reed’s stem (white) as well as threads (red and green) are glued onto an eggshell, forming waving patterns.

It is worth noticing that the origins of Easter eggs predate Easter itself. In pre-Christian times people dyed eggs at the beginning of spring in order to celebrate the reawakening of nature after its long winter sleep. The egg, a symbol of life to come, was adorned with decorations reminiscent of nature’s fertility, such as plant or solar motifs. Over time, the ancient tradition became part of Christianity’s most important holiday, revolving around Jesus’ overcoming death. One can still notice the old plant, stars, and solar motifs on the pisanki. All of these point at the egg’s symbolic role in restoring life after the winter phase of death.

Nowadays, pisanki are still blessed on Easter Saturday, along with the traditional Easter basket. On Easter Sunday, before the ceremonial breakfast, they are exchanged and shared among family at the table, as a symbol of friendship, similar to the sharing of the “oplatek” (Christmas wafer) on Christmas Eve. Pisanki are also used as decoration and a collectible item.

(Source: Marek Kepa Culture.pl)

Photographs by Mariusz Cieszewski



Easter Šibačka

the most controversial Easter tradition in Slovakia

This Easter tradition, unique to Slovakia, is the most frowned upon and increasingly controversial, yet still very much enjoyed and observed in Slovakia. It has for long been a symbol of spring, new life and promise of vibrant health.

This traditional Slovak Easter custom consists of splashing single girls with fresh water and, here lies the dislike, smacking them lightly and playfully with a mock-whip called “korbáč”, hand-made of freshly sprouted soft twigs. By touching the flesh of the girls with the korbáč, life and fertility transfers to the body from the sprouted twigs. No harm intended! Only benefits, hmmm...

Splashing water and bathing single girls on Easter Monday is considered cleansing, fruitful and should ensure the girl`s health for the whole year. While boys are supposed to make handmade korbáč, the girls are supposed to handpaint “kraslice”– decorated eggs, symbol of a new life. The oldest way of decorating eggs was dyeing them in various herbal dips and later various other techniques are used, like scratched wax and painting of intricate ornaments.

Photo by Embassy of the Slovak Republic in Oslo



Tunisia, land of tolerance

Jews and Muslims celebrate religious festival in harmony in Tunisia's Djerba

Tunisia, and Djerba in particular, is home to one of North Africa's largest Jewish communities. Jews have lived in Tunisia since Roman times, but many left after the 1967 Arab-Israeli war.

Tunisian Muslims participate in an annual Jewish celebration in the oldest synagogue in Africa, Ghriba, in the Spring, 33 days after the Jewish Passover. The event is a powerful sign of mutual tolerance in the Mediterranean island of Djerba, where the two communities, both Tunisian citizens, have long coexisted in harmony. Thousands of Tunisians and international pilgrims converge on the Ghriba synagogue each year to pray, lit candles, and write wishes on raw eggs. The eggs, covered in people's ambitions for love and prosperity, are stored in a cellar and slowly cooked by the heat of the candles until their next visit.

Muslim religious leaders and politicians also attend the festivities in Ghriba to promote interreligious tolerance.

Despite their small number, Jewish people have a strong presence in economic life, including tourism, restaurants and the jewellery trade. Most of them in Djerba live in Hara Kbira neighbourhood, their homes next to Muslim homes, where they exchange visits and gifts at religious events and weddings.

Photo AFP



Easter in Palestine

The whole week marked as “The Holy week of Easter, starts from Palm Sunday until Easter Sunday.

Palm Sunday

Palestinians go to church, carrying palm branches, candles decorated with olive branches, symbolizing Jesus entering Jerusalem before the Crucifixion.

Maundy Thursday

The priest washes the feet of the children in the church during the evening mass. On this evening Jesus met his disciples.

Good Friday

Palestinians go to church in the afternoon, carrying flowers to be put on Jesus Coffin.

Holy Saturday

Palestinians go to Church for Midnight Mass, waiting for the light to come out from Jesus grave, and to announce the Resurrection.

Easter Sunday

The family gather for breakfast, which consists of: Easter bread (saffron bread or yellow bread), Labneh (sealed yogurt with olive oil), Coloured boiled eggs, Easter Maamoul (cakes of semolina filled with dates paste, pistachio or walnut).

Photo by Joe Catron



A festive Easter-themed background featuring a light blue surface. In the upper right, a wicker basket contains several decorated Easter eggs, including a prominent pink one with floral patterns. Scattered across the scene are various cookies: a yellow one with white dots, a green one with yellow swirls, a large yellow one with red dots and white icing, and a pink one with white dots and red accents. Interspersed with the cookies are colorful, translucent Easter eggs in shades of green, blue, and yellow. A bundle of dried willow branches with fuzzy catkins and small colorful eggs is draped across the top and right sides of the image. The word "Recipes" is centered in a large, teal, sans-serif font.

Recipes

Argentinian Empanadas

Empanadas are hand-sized savoury pies that can be found all over South America. In Argentina, every province has its own variety. All follow the same basic culinary guideline — a soft pocket of dough that's stuffed with a scrumptious, savoury filling.

The origins of the empanadas are not entirely clear, but it seems most likely that they first appeared in Argentina in the kitchens of immigrants from north-

ern Spain, where the dish's forebear was a larger, double-crust pie cut into slices.

Once in South America, the empanada — meaning bread-wrapped — continued to evolve from a pie made with dough to individual pockets of pastry crust. The hand-held pies were baked or fried after being filled with whatever was available in the region at the time, but the true one has a filling of minced meat.

Lenten Empanadas

The Lenten empanadas are eaten on Good Friday, a day when, traditionally, no red meat is eaten.

For this reason, and since at it was stated the empanadas were originally made with meat, a version made with fish was created. In this way, the main in-

gredient in these empanadas is tuna, although it can be substituted for any other fish without any problem.

Traditionally these empanadas were cooked with puff pastry, however, they can also be made with ordinary empanada dough.



Empanada Dough

Frying Dough

- ▮ 3 cups all-purpose flour
- ▮ 1 cup, rather short, fine pork lard
- ▮ 1 egg, lightly beaten
- ▮ 4 tablespoons lightly salted water

Work together lard and flour, stirring in egg and mixing into a dough. Knead until smooth and elastic and let stand 30 minutes before using. The amount of water needed will vary, so that it is always best to work the egg first into dough, adding gradually enough water to obtain a soft dough.

Remarks

Empanada dough should be rolled out to about 1/4 cm thick. It should not be however a thin sheet, but rather consistent. When rolled out, cut into rounds of about 15cm across for regular empanadas and somewhat smaller, about 10cm across, for snack or appetizers empanadas. Sizes could undoubtedly be larger or smaller than the ones given here, which represent those most current in the home kitchen. Puff pastry and short

Baking Dough

- ▮ 2 cups all-purpose flour
- ▮ 1/2 cup fine pork lard
- ▮ 1 small egg, lightly beaten
- ▮ 1 teaspoon paprika
- ▮ 1/2 teaspoon salt
- ▮ warm water

Beat lightly egg with salt and paprika, adding enough water to make 1/2 cup liquid. Work together lard and flour, stirring in gradually liquid mix to make a soft and pliable dough. It is best to add more flour to dough rather than be short on the liquid. Should liquid be not enough, then add a little more warm water. Knead dough until smooth and elastic and let it stand 30 minutes before using.

crust pastry are also widely used for baked empanadas.

Once dough is rolled out and circles are cut, lift carefully and fill with about one rounded tablespoonful, rather generous, of your prepared filling, wet borders with water and close by pressing borders after folding circles in halves. To form an edging press with tines of fork around empanada edge, pressing evenly on dough.

Photo by Hans Braxmeier from Pixabay



Traditional Lenten Empanadas

Ingredients

- ▣ 2 cans of tuna
- ▣ 1 chopped onion
- ▣ 1 chopped tomato
- ▣ 2 boiled eggs
- ▣ 1 piece of leek, chopped
- ▣ ½ red bell pepper, chopped
- ▣ 1 green bell pepper, chopped
- ▣ 2 teaspoons of paprika
- ▣ 1 pinch of salt
- ▣ 1 pinch of pepper
- ▣ 1 beaten egg
- ▣ 12 discs of fine puff pastry dough or ordinary empanada dough



Photo by Hans Braxmeier from Pixabay

Instructions

- ▣ Prepare the filling for the empanadas to start making the recipe. To do this, open the tuna cans and drain them. If it is tuna in oil, you can take advantage of that same oil and put it to heat in a pan.
- ▣ When the oil is hot, sauté the chopped onion and leek. If necessary, add a little more oil so these ingredients do not burn.
- ▣ Once the onion begins to turn transparent, stir in the red pepper and green pepper and continue cooking. At this point, add salt and pepper to taste to enhance the flavour of traditional Lenten empanadas.
- ▣ Add the chopped tomato when both peppers are tender and sprinkle with paprika to taste, which can be sweet or spicy. Cook one more minute and add the crumbled tuna and the chopped boiled eggs.
- ▣ When the filling for the empanadas is ready, turn off the heat and let it cool down a bit. Then, take an empanada disc of dough, put a little mixture in one of the halves, close and seal the edges with a fork. Repeat this step until all the discs of dough are filled. To make the recipe faster, you can prepare the empanada dough the day before.
- ▣ The Lenten empanadas can be deep-fried or baked. To make them the second way, place them on a previously greased baking tray, brush them with the beaten egg and bake for 15-20 minutes with the oven preheated to 180°C.
- ▣ Done! You can now enjoy this incredible recipe for Lenten empanadas!

Bulgarian Kozunak

Kozunak, a type of Stollen or sweet bread with rum-soaked raisins, is traditionally baked on Great Friday or Great Saturday and served on Easter morning. Sugar cookies called Kurabiiki are also made for Easter.

Instructions:

1. Sieve the flour in a deep bowl. In a separate bowl beat together the eggs, sugar, lemon zest and rum.
2. Warm the milk until it is hot to the touch. Crumble the yeast in it with a pinch of salt, 1 tbsp sugar and 1 tbsp flour. Set aside.
3. Make a well in the flour and pour in the egg mixture and the yeasty milk. Knead until a smooth soft dough that doesn't stick to the fingers forms. Depending on the type flour you might need to add a bit flour or water to make the right consistency.
4. Melt the butter. Roll out the dough and brush a layer of butter on top of it. Fold over like an envelope and roll again. Brush with another layer of butter and again fold the dough, thus creating butter layers. Repeat until there is no more butter.
5. Put the dough in a bowl, cover with plastic wrap or a towel and let rest until doubled in size in a warm place.
6. Shape the dough. The most common shape for a kozunak is braided and round but you can make it whatever shape you like. You can also roll the dough out, add a layer of jam and shape it as a loaf.
7. Leave the shaped kozunak to rest a second time.
8. Brush the kozunak with egg yolk and dust with sugar.
9. Bake in 200 C oven for 10 minutes then turn down the temperature to 180 and bake half an hour more or until the kozunak is golden brown and when you tap it it sounds hollow.
10. Enjoy warm or cold, with or without jam.

Ingredients:

- 1 kg white flour
- 6 eggs
- 200 g butter
- 200 g sugar
- 1 cube active yeast
- 250 ml milk
- Grated lemon zest of 1 lemon
- 1 tbsp rum (optional)
- 1/3 cup raisins (optional)
- Pinch of salt
- 1 egg yolk



Columbian Cazuela de Mariscos

Ingredients

- ▮ 2 tablespoons butter
- ▮ 1 tablespoon olive oil
- ▮ 1 green bell pepper, chopped
- ▮ 1 red bell pepper, chopped
- ▮ 1 stalk celery, chopped
- ▮ 3 scallions, chopped
- ▮ 2 cloves of garlic, chopped
- ▮ 2 carrots, grated
- ▮ 2 cubes fish bouillon (or vegetable bouillon)
- ▮ ¼ teaspoon paprika
- ▮ 4 cups heavy cream
- ▮ 2 cups coconut milk
- ▮ ½ cup water
- ▮ ½ cup white wine
- ▮ 2 lb prawns, peeled and cleaned
- ▮ 12 clams
- ▮ 1 lb squid
- ▮ 2 lb white fish, cut into pieces
- ▮ 2 tablespoons chopped cilantro
- ▮ 1 tablespoon chopped parsley
- ▮ 1 sprig thyme
- ▮ 1 tablespoon tomato paste
- ▮ salt & pepper

The Traditional Colombian Seafood Stew is a delicious combination of seafood and coconut milk - You can add different ingredients such as mussels, shrimps, scampi, clams, scallops - and a very perfumed broth for cooking. The Spaniards add white wine of course but also almond powder, which makes this dish so unique and provides some consistency to the soup.

In Colombia, cazuela de mariscos is often prepared for special occasions. People mostly use shellfish or sometimes add fish to enrich it. As for all these recipes, the ideal is to go to the market early and enjoy the best deals. This soup is so popular that it can be found both on the seaside and in the heart of the land, even if the beach holidays are always an opportunity to enjoy a large quantity of this seafood soup. Imagine the Caribbean seaside, a paradise on earth to enjoy delicious seafood in the shade of a coconut tree.

Instructions

To make this traditional dish, you have to cook over medium heat, in 2 cups of coconut milk, the seafood ingredients such as scallions, prawns, clams, squids, white fish (cut in pieces). Add to this mix butter, a tablespoon of olive oil, one green bell pepper, garlic, carrots (grated), 2 cubes of fish bouillon, paprika, tomato paste and finally add salt and pepper according to your taste. Let it cook until the mix becomes consistent and garnish the plate with some thyme.



Cocadas

Ingredients

- ▮ 2 1/2 cups of shredded coconut
- ▮ 1 1/2 cups of coconut water
- ▮ a quarter cup of whole milk
- ▮ a three-quarter cup of sugar
- ▮ To add a touch of extra flavor, include a pinch of cinnamon powder
- ▮ To make your cocadas denser, you may substitute the regular milk for condensed milk

These coconut patties are a common sight on the Colombian Caribbean coast. They are more commonly eaten as a sweet snack than proper dessert, and you'll find the best homemade ones in the Historical Center of Cartagena. There, you can sample other traditional Colombian sweets from the coast and even get a nice package of cocadas to take home as a gift.

Instructions

To make your delicious Cocadas, you have to simmer sugar and water until getting a syrup. Add shredded coconut to the syrup and let simmer until it gets a brown look, add whole milk and a pinch of cinnamon powder and mix until its consistent. Let it rest until the mix cools down to room temperature, make hand sized balls with the mix and keep them in the fridge for about one hour. Take them out later and they will be ready and delicious - Cocadas to enjoy your Easter Holidays.



Croatian Ham in Bread

Ham:

- ▣ piece of ham
- ▣ 2 bay leaves
- ▣ 6 grains of pepper
- ▣ 6 grains of allspice
- ▣ cloves
- ▣ 1 onion

Coating:

- ▣ 1 egg yolk
- ▣ 1 teaspoon mustard
- ▣ 1 teaspoon honey

Dough:

- ▣ 250 gr. flour
- ▣ 250 gr. corn flour
- ▣ 1 bag of dry yeast (3 gr)
- ▣ 130 ml of lukewarm milk
- ▣ 3 tablespoons of olive oil
- ▣ 1 tablespoon honey
- ▣ salt

Instructions

- ▣ Cook the ham in water with spices for 30 min. Leave the ham to dry well, peel off the skin and put a coating.
- ▣ Whisk in the milk – honey and yeast and let it froth. Add oil, salt, flour and a little water. Knead into a medium hard dough. Let stand and rise to double size.
- ▣ Roll out the dough; wrap the ham, coat with the rest of coating. Bake in the oven for 50 minutes at 180C. First 30 min covered by alufolia and last 20 min uncovered.

Photo by Vjeka Ercegovic



Georgian "Chakapuli"

Ingredients

- ▣ 2 tbsp sunflower oil
- ▣ 30 g / 1 oz / 2 tbsp butter
- ▣ 1.2 kg / 2 lb / 10 oz lean stewing lamb, cubed
- ▣ 260 g / 9 oz / 1 large onion, finely chopped
- ▣ 8 g / ¼ oz / 2 garlic cloves
- ▣ ½ tsp coriander seeds, crushed
- ▣ 720 ml / 24 fl oz / 3 cups plain meat broth or water
- ▣ 1 bay leaf
- ▣ ¼ tsp ground chilli/cayenne
- ▣ 1 tsp salt
- ▣ 20 g / ¾ oz tarragon, on the stems
- ▣ 120 ml / 4 fl oz / ½ cup green plum sauce (tkemali)
- ▣ 100 g / 3½ oz / 2 cups radish greens, rocket / arugula or watercress, cut in half
- ▣ 15 g / ½ oz / ½ cup fresh coriander / cilantro, chopped
- ▣ 1 tbsp chopped fresh dill
- ▣ 16 small green plums, large grapes or ripe gooseberries
- ▣ freshly ground black pepper

Instructions

- ▣ Preheat the oven to 180°C / 350F / Gas 4. In a large casserole (Dutch oven), heat the oil and butter and brown the lamb in small batches over medium-high heat, removing the browned meat to a bowl. When all the meat has been browned and removed, stir the onion, garlic and coriander seed into the hot pan and cook, covered, for a further 5 minutes over low heat, stirring often. Add more oil if necessary. Return the meat to the pan and stir it into the onions.
- ▣ Meanwhile heat the broth or water to boiling. Pour it over the meat, stirring well. Add the bay leaf, chili and salt. Tie half of the tarragon stems together with thread and add to the stew. Cover the casserole and place in the centre of the preheated oven. Bake for 1¼ hours, or until the lamb is tender, stirring occasionally. Meanwhile, remove the leaves from the other tarragon stems and set aside.
- ▣ When the lamb gets tender, remove the casserole from the oven and return it to the stove over medium heat. Remove and discard the cooked tarragon stems. Stir the liquid around the edges of the casserole to catch all the brown cooking juices.
- ▣ Stir in the plum sauce. Adjust seasoning, adding salt and freshly ground black pepper to taste. Stir in the greens and fresh herbs, including the reserved



tarragon leaves. Add the fruit and cook for 2–3 minutes more, until the leaves have just wilted. Remove from the heat and serve.

Ghanaian Jollof Rice

Jollof rice is a flavourful dish that you can't go through Ghana without sampling. It is a tasteful-packed rice dish stewed in tomato sauce with a rich blend of savoury flavours, broth and meat of your preference. Jollof rice is cooked in Ghana on festive occasions including Christmas, Easter, Weddings and Birthday Parties.

Ingredients

- ▮ 2 large yellow onions, roughly chopped
- ▮ 1/3 cup vegetable oil (80 ml), plus 2 tablespoons, divided
- ▮ 14 oz diced tomato (395 g), 2 cans
- ▮ 6 oz tomato paste (170 g), 1 can
- ▮ 1 habanero pepper
- ▮ 2 teaspoons curry powder
- ▮ 1 teaspoon garlic powder
- ▮ 1 teaspoon ground ginger
- ▮ ½ teaspoon mixed dried herbs
- ▮ 3 chicken bouillon cubes, crushed
- ▮ 2 ½ cups long grain rice (500 g), rinsed
- ▮ 1 cup frozen mixed vegetable (150 g)
- ▮ 1 ½ cups water (360 ml)

Instructions

- ▮ Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl.
- ▮ Add the diced tomatoes, tomato paste and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium bowl.
- ▮ Heat the remaining 1/3 cup (80 ml) of oil in a large, heavy-bottomed pot over medium heat.
- ▮ Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes.
- ▮ Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
- ▮ Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed.
- ▮ Enjoy your Ghana jollof with various accompaniments such as tomato stew, pepper sauce, chicken, turkey, lamb, fish or mixed salad!



Greek Roast lamb with potatoes

For the roast lamb

- ▣ 4 clove(s) of garlic
- ▣ 2,2 kilos lamb, shoulder
- ▣ 800 g potatoes
- ▣ 300 g stock

Instructions

- ▣ Preheat the oven to 200 C (392 F) set to fan.
- ▣ Cut the garlic cloves in half.
- ▣ Place the lamb shoulder onto a working surface. Use a small, sharp knife and score the meat in various spots all over the lamb, and insert the garlic in the openings.
- ▣ Transfer the lamb into a baking pan and roast for 20 minutes, until it turns golden on one side. Turn it over and roast for 20 more minutes, until golden on the other side, too.
- ▣ Peel the potatoes and cut them into 2 cm slices. Add them to a pot with boiling water and boil for 10 minutes. Drain and set aside to cool.
- ▣ Remove the roasting pan from the oven and take the lamb out of it.
- ▣ In this roasting pan, add the stock, the potatoes and place the lamb over them.
- ▣ Cover with aluminum foil, lower the oven's temperature to 140 C (284 F) set to fan, and roast

For the sauce

- ▣ 3 tablespoon(s) stock, from roasted lamb
- ▣ 50 g all-purpose flour
- ▣ 50 g red wine
- ▣ 450 g stock, chicken
- ▣ 1-2 tablespoon(s) strawberry jam
- ▣ thyme, fresh

- again for 3½ hours, until the meat becomes very tender. Remove the lamb from the pan.
- ▣ Use a tablespoon to remove 3 spoonfulls of the juice from the baking pan and transfer to a saucepan.
- ▣ Place the saucepan over medium heat and add the flour.
- ▣ Whisk until you create a paste. Add the wine and gradually add the stock and strawberry jam.
- ▣ Whisk until the sauce thickens and bubbles appear on the surface. Remove from the heat and add some thyme.
- ▣ Serve lamb and potatoes with the sauce on the side.



Hungarian cooked ham & 'kalács'

Cooked Ham

Ingredients

- ▮ 2 kg smoked ham
- ▮ 3 bay leaves
- ▮ 2-3 whole garlic
- ▮ 1 red onion cut in half
- ▮ pepper

Instructions

- ▮ Let the ham soak in water overnight.
- ▮ The next morning put it in a pot of fresh cold water that covers the whole meat, add the bay leaves, red onion, garlic and pepper to the water, cover it and cook it for 2-2,5 hours on low heat.
- ▮ Let the ham cool down.
- ▮ Slice it and serve it with hard-boiled eggs, horseradish, spring onions and other spring vegetables or salads according to your taste. You can prepare a decorative cold buffet.

'Kalács' (Wicker Cake)

Ingredients

- ▮ 2,5 dl of milk
- ▮ 1 tbsp sugar
- ▮ 25 g of yeast
- ▮ 500 g flour
- ▮ 2 egg yolks
- ▮ 50 g castor sugar
- ▮ 1 pinch of salt
- ▮ 70 g margarine (melted)

Instructions

- ▮ Rise the yeast in lukewarm, sugary milk. Meanwhile, mix the flour and egg yolk with the castor sugar and a pinch of salt. Pour in the risen yeast. Add the melted margarine slowly and knead the dough together. Leave it covered for 20 minutes.
- ▮ Halve the dough, then cut the halves into 6 pieces and knit them together. Spread both cakes with melted butter.
- ▮ Pre-heat the oven to 170 C. Bake the cake for about 25-30 minutes and then let it cool down.

Photo by Peter Mondovics



Moroccan Lamb Tajine with prunes

Beef or lamb with prunes is a classic sweet and savory Moroccan dish that combines dried prunes and meat with the fragrant spices of ginger, saffron, cinnamon, and pepper. It's popular as a traditional offering at holiday gatherings, weddings, and other special occasions.

Of course, no special occasion is needed in order for a tajine of lamb with prunes to appear on the table. Prep work is minimal, making it a perfect choice for casual family meals. Although the use of a Moroccan clay or ceramic tajine is most traditional, most Moroccan cooks prepare this dish in a pressure cooker as it speeds things up. Tender cuts of meat (some pieces on the bone) will give the best results.

The cooking time listed below is for the pressure cooker method. Double or triple this time if using a conventional pot or tajine. Note that the onion preparation is different for the tajine method.

Ingredients

- ▣ 2 pounds tender beef or lamb, cut into 3-inch pieces
- ▣ 2 medium onions, grated or very finely chopped
- ▣ 3 cloves garlic, finely chopped or pressed
- ▣ 3/4 teaspoon salt
- ▣ 1 teaspoon ground black pepper
- ▣ 1 teaspoon ground ginger
- ▣ 1/2 teaspoon saffron threads, crumbled
- ▣ 1/2 teaspoon turmeric
- ▣ 1 to 2 (3- to 4-inch) pieces cinnamon stick
- ▣ 1/4 cup olive oil
- ▣ 1/4 cup butter, softened
- ▣ 2 1/2 cups water
- ▣ Handful of cilantro sprigs, tied together
- ▣ 1/2 pound prunes
- ▣ 1 tablespoon honey
- ▣ 2 tablespoons sugar
- ▣ 1 1/2 teaspoons ground cinnamon
- ▣ Optional: 1 tablespoon toasted sesame seeds
- ▣ Optional: handful of fried almonds

Photo by Embassy of the Kingdom of Morocco



Instructions

- ▮ In a bowl, mix the meat with the onions, garlic, and spices.
- ▮ Heat the oil and butter in a skillet over medium heat and brown the meat for a few minutes until a crust forms.
- ▮ Place the meat mixture in the pressure cooker and add 2 1/2 cups of water and the cilantro. Over high heat, bring the meat and liquids to a simmer.
- ▮ Cover tightly and continue heating until pressure is achieved. Reduce the heat to medium, and cook with pressure for 45 to 50 minutes.
- ▮ About halfway through cooking, remove 1/2 cup of the liquid and reserve.
- ▮ After the meat has cooked, release the pressure and reduce the sauce, uncovered, until it is mostly oil and onion.
- ▮ While the meat is cooking, put the prunes in a small pot and cover with water. Simmer over medium heat,

partially covered, until the prunes are tender enough to easily pinch off the pit or pinch in half (the amount of time this takes can vary greatly depending on the prunes, but the average is 15 to 30 minutes).

- ▮ Drain the prunes, then add the 1/2 cup of the reserved liquid from the meat.
- ▮ Stir in the honey, sugar, and ground cinnamon, and simmer the prunes for another 5 to 10 minutes, or until they are sitting in a thick syrup.

To Serve

Arrange the meat on a large serving platter and spoon the prunes and syrup on top. If desired, garnish with sesame seeds and/or fried almonds. Moroccan tradition is to gather around the table and eat from this communal plate, using Moroccan bread to scoop up the meat and sauce.

Photo by Embassy of the Kingdom of Morocco



Polish Żurek

In Poland, Easter traditions are primarily associated with the Easter Palm decorated with catkins and boxwood, Pisanki (decorated Easter eggs), as well as with food. Saturday blessing of the Easter basket and Sunday ceremonial breakfast are a must for Polish families. There are a lot of meat dishes being served, as well as those with eggs and horseradish, special cakes are being made - "mazurek" (flat cake made with doughs topped with combinations of almond paste, preserves, dried fruits) or "baba wielkanocna" (sweet yeast bread). But one of the staple dishes is "żurek" or sour rye soup, which recipe depends on the region of Poland.

In the old days, sour rye soup was eaten throughout Lent. It was a fasting version - no white sausage or other meat was added, so it did not have the rich flavor as we know it today. Therefore, its consumption stopped quite quickly. It was served as the first dish of Easter breakfast, as a symbol of the end of Lent. The soup was poured out as a traditional sign of celebration of the Lord's Resurrection - it was the so-called "funeral of żurek". Currently, on Easter tables, the rye sour soup occupies the main position: its lenten version "żur" (made from vegetable stock and rye leaven) or "żurek" (from broth made of smoked meat, ham, fried or white sausages and rye leaven).

Rye leaven

- ▣ 7-8 tablespoons of rye flour
- ▣ 0.5 liters of water
- ▣ 5 cloves of garlic
- ▣ 4 bay leaves
- ▣ 10 grains of allspice

Pour the flour into a jar with water, add spices. Cover with gauze or a cloth and set aside for 5-7 days (mix the content of the jar once a day). The leaven should have a pleasant, very sour taste. Light foam may appear on its surface as a result of fermentation - we remove it every other day (note: if, however, there is mold and the leaven does not smell good - throw it away!). Drain the spices and close the jar, which can be kept in the refrigerator for up to two weeks.

Broth

- ▣ 1.5 l of water
- ▣ vegetables: celery, 1-2 parsley roots, 2-3 peeled carrots and a piece of leek

Boil the vegetables with water without adding any herbs for about an hour. The broth should be strained and, after cooling, put in the fridge or used immediately to make sour soup.

Ingredients

- ▣ 500 ml of rye leaven
- ▣ 1 l of vegetable broth
- ▣ 4 white sausages (raw)
- ▣ 200 g of bacon
- ▣ 1 large onion
- ▣ 2 teaspoons of horseradish
- ▣ 1 clove of garlic
- ▣ 3 tablespoons of cream 30% or 36%
- ▣ Spices: 1 crushed grain of allspice; 1 bay leaf; 1/4 teaspoon of garlic and salt; 1-2 teaspoons of marjoram, salt and pepper to taste
- ▣ Hard-boiled eggs for serving

Instructions

- ▣ Heat the broth. Fry the diced bacon in a frying pan, and when the fat starts to melt from it - add the diced onion and fry over medium heat until the bacon and onion are nicely browned.
- ▣ Add the contents of the pan and the whole white sausage to the hot broth and cook the stock over low heat for about 30-40 minutes.
- ▣ Add well-mixed leaven. Then add spices and 2 small teaspoons of horseradish to the pot. Boil the soup for a few more minutes over low heat, and after removing it from the fire - add cream.
- ▣ Serve the Easter sour rye soup with sliced white sausages and hard-boiled eggs (cut into 2-4 parts), season with salt and pepper to taste. You can also add boiled potatoes or a slice of wholemeal bread to it.



Slovakian Easter Cheese Hrudka

Food is an important part of Easter festivities after lent fasting is over. One of Slovak specialties is a home-made Easter Cheese Hrudka that is a must on every Easter table. Eggs are the most symbolic representations of life and fertility, hence they form a basis of every Easter dish.

Ingredients

- ▣ 1 liter whole milk
- ▣ 10 eggs
- ▣ 2 ts. salt
- ▣ 1/2 ts. ground black pepper
- ▣ Finely chopped chives
- ▣ Optional: parsley, wild garlic

Instructions

- ▣ Beat the cold eggs, add cold milk with salt and pepper.
- ▣ Stir well and cook, stirring constantly until lumps are formed in the mixture (the eggs scorch like in scrambled eggs).
- ▣ Let the mixture cool a bit. Then add parsley, chives, wild garlic or any favorite herbs of your choice.
- ▣ Strain through gauze padded sieve, put the formed bundle into a clean gauze, squeeze out all excess fluid, tie it and let it suspended 4 – 5 hours to cool.
- ▣ Slice and serve with smoked ham, spinach and beetroots for a colourful and tasty dish.
- ▣ You can also make sweet Hrudka – just skip the salt with herbs and instead add sugar with raisins

Photo by Embassy of the Slovak Republic in Oslo



Thai Khanom Jeeb Nok

Steamed dumpling with meat filling is a Thai traditional appetizer which has been served at noble houses or the Royal court since ancient time. Two hundred years ago, King Phra Buddha Lertla Napalai, or King Rama II of the Chakri Dynasty, eloquently described the dish in his poetry. The dumpling's recipe has then passed on from generation to generation, from the royal cuisine to household kitchen, as well as an evolution from plain dumpling into different shapes and colours up to ones' imagination.

In Thai language, "Khanom" means dessert, "Jeeb" means hand-pleating, and "Nok" means bird. Khanom Jeeb Nok is usually stuffed with certain kinds of seasoned meat such as pork, chicken, shrimp or fish. The exterior wrapping can be made from different colours of flowers, vegetable or leaves' extracts, such as pandan leaves for green, beetroot for pink, butterfly pea blossoms for blue, carrot for orange and pumpkin for yellow. This appetizer can be served as a mouth-watering afternoon tea break or tempting appetizer before meals. The delicious taste of Khanom Jeeb Nok goes well with both hot and cold refreshments in any delightful occasions, especially in Spring time, where the Sun shines, the tree turns green, the flowers blossom and the birds sing. Interestingly, this Thai colourful bird shaped dish coincidentally matches well with Easter's celebration too.

Ingredients

For the dough

- ▣ 1 Cup Rice flour
- ▣ 1 tbsp Tapioca flour
- ▣ 2 tbsp Arrowroot starch
- ▣ 3 tbsp Coconut milk
- ▣ 1 Cup Water
- ▣ Natural colour extracts or Food colouring

For the filling

- ▣ 400-500 g. Minced shrimp
- ▣ 1 Cup Rough mashed roasted-peanuts
- ▣ 1 Diced middle-size onion
- ▣ 3 Garlic cloves
- ▣ 4-5 Coriander roots
- ▣ 2 tbsp Palm sugar
- ▣ 2 tbsp Sugar
- ▣ 1 tsp. Salt
- ▣ 1 g. Peper
- ▣ 2 tbsp Cooking oil

For Decoration of birds' beaks and eyes

- ▣ Cut carrots into small beak shape.
- ▣ Black sesame seeds

Photo by The Royal Thai Embassy in Oslo



Flavour the filling

- ρ Grind white pepper, coriander roots and garlic cloves together.
- ρ Toast the grounded spices in cooking oil over medium heat.
- ρ Add the rest of the ingredients, stirring about 10 mins or until diced onion turns brown.
- ρ Place in a bowl and let the filling cool down.

Form the dough

- ρ Mix all types of flours together. Separate into different bowl for colouring.
- ρ Add water, coconut milk and colour into each bowl. Stir well to mix.
- ρ Cook in a pan over low heat and stir until liquid ingredients evaporate.
- ρ Put in a bowl. Cover the bowl with a moist towel.

- ρ Knead the dough with some flour until it is soft.
- ρ Roll the dough and then cut it into preferred size and form into small balls.

Fun begins

- ρ Flatten the flour ball and add the prepared filling at the centre and then wrap into shape.
- ρ Use tweezer to form a bird. Traditionally, we used our hands to make the dumplings into pleated shapes.
- ρ Place the stuffed bird-shaped dumpling in the steamer. Steaming over medium heat for about 8 – 10 minutes. (Coat the dumpling with cooking oil so that it can be removed from the steamer easily.)
- ρ Create your own cute little birds by using carrots and sesame.
- ρ Serve in a decorated plate.

Photo by The Royal Thai Embassy in Oslo



Tunisian Tuna Briks

Tunisian cuisine is a unique fusion of the culinary traditions of all the peoples who inhabited, conquered or sought refuge in Tunisia: Berbers, Phoenicians, Romans, Greeks, Arabs, Turks, Andalusian at the end of Muslim Spain, French and Italians.

As it is often the case around the Mediterranean, Tunisian cuisine is mainly based on the use of olive oil, many spices and vegetables such as tomatoes, peppers, carrots and squash.

Among all Mediterranean cuisines, Tunisian is considered to be the spiciest. The flavor of most Tunisian dishes is given by this national red condiment called 'HARISSA', mainly composed of chili, garlic, coriander

and olive oil.

Another distinguishing characteristic of Tunisian cuisine is the abundance of fish and seafood. The two fish par excellence of Tunisian cuisine are red mullet and tuna, the latter being often used in salads and as a garnish in 'briks'.

These tuna briks, and other types of bricks in general, shaped as cigars or triangles, are an iconic recipe of traditional Tunisian cuisine. Briks are a favorite on the table of Iftar, the first meal after sunset during Ramadan and often appear in the "assiettes anglaises" (dish with various snacks) during celebrations.

Photo by Mike Benayoun

Ingredients for 20 briks

- ▣ 10 sheets of brik dough (works perfectly with spring roll wrappers too)
- ▣ large potato, boiled and peeled
- ▣ 2 eggs
- ▣ 1 (5 oz. / 150 g) can of tuna (in water)
- ▣ 3 oz. grated cheese
- ▣ ½ bunch parsley, finely chopped
- ▣ Salt and pepper
- ▣ Vegetable oil (for frying)
- ▣ Lemon (for garnishing)

Instructions

- ▣ Mix all the ingredients in a bowl.
- ▣ Cut the sheets of brik in half.
- ▣ Place some of the filling on one side. Fold the brik over several times to form a triangular shape.
- ▣ Deep fry 3 to 4 briks at a time until briks are golden brown, about 5 minutes.
- ▣ Serve with lemon or even harissa.



Palestinian Musakhan

Ingredients

- ▣ 2 cups flour
- ▣ 1/2 bag dry yeast
- ▣ 1/2 teaspoon sugar
- ▣ 1 teaspoon salt
- ▣ 2 cups warm water
- ▣ 1 grilled chicken
- ▣ 1/2 cup roasted pine seeds
- ▣ 2 purple onion
- ▣ 1/2 cup sumac
- ▣ 2/3 cup olive oil
- ▣ 1 teaspoon salt
- ▣ 1/2 teaspoon black pepper
- ▣ 1 tablespoon grill spices for the chicken.
- ▣ Parsley

Instructions

Bread

Mix the flour, yeast, sugar and salt, then add the water gradually, knead it well until you get a cohesive dough, cover and leave it 1 hour to be risen. Divide into 2 or 3 equal pieces and shape into round balls and leave 10 min, flatten it slightly by hands into round flat loaf by using some flour, bake it on 230°.

Topping

Peel and chop the onions in thin slices, add half the olive-oil and fry, add salt and pepper and leave it on a low heat until the onions are soft, add the Sumac and the rest of olive oil and put it aside. Boil the chicken for 20 min, take it out of water and brush with olive oil and sprinkle with grill spices. Grill it in oven for 30 min on 230 degrees.

Grease the bread with the onion liquid and put it in the oven for 4/5 minutes, take it out, spread the onion mix over the whole bread and place the grilled chicken on top, spread the pine nuts, decorate with parsley and serve it with natural yogurt aside.

Photo by Garrett Ziegler





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