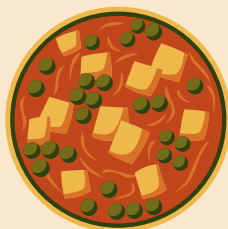
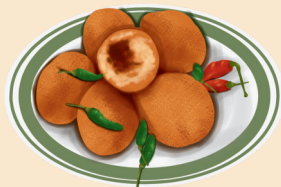
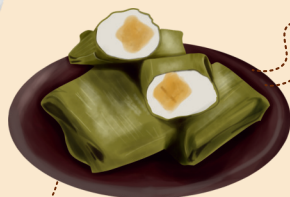




Roots & Recipes

2nd Edition

By: Zariah Williams



A NOTE FROM THE AUTHOR

If you're holding this book, it means you believe in the magic of food the same way I do.

When we created the first edition of *Roots & Recipes*, I didn't fully realize what it would become. I thought it would be a simple collection of dishes. Instead, it turned into a collection of stories, of home, of migration, of grandmothers and roommates and late-night kitchen conversations. It became proof that food is more than something we eat. It's memory. It's identity. It's love served on a plate.

I decided to create a second edition because the first one showed me how powerful this community truly is. There were more stories to tell. More cultures to celebrate. More spices, laughter, and "you have to try this" moments waiting to be shared. I didn't want that momentum to end, I wanted it to grow.

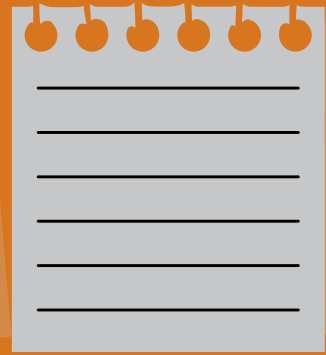
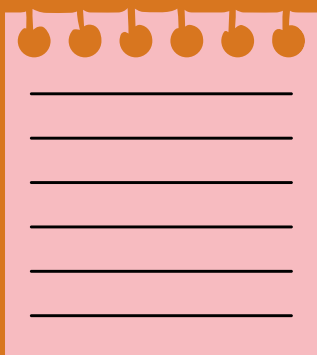
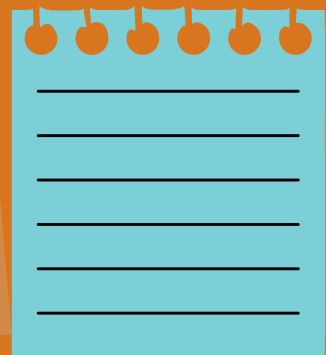
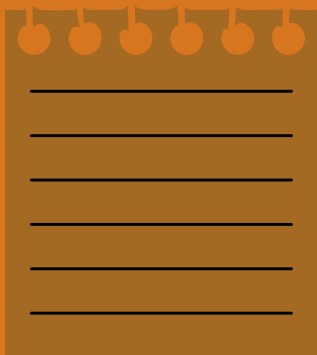
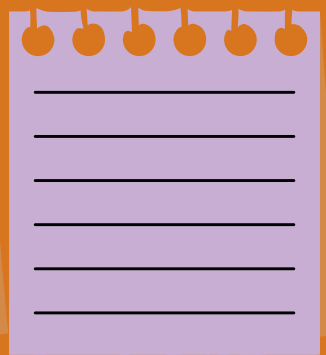
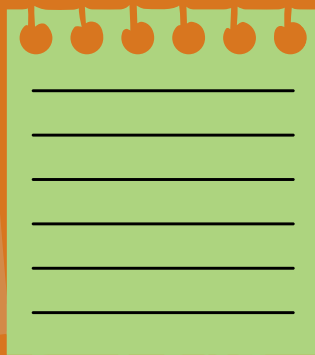
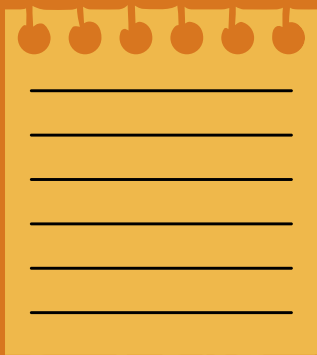
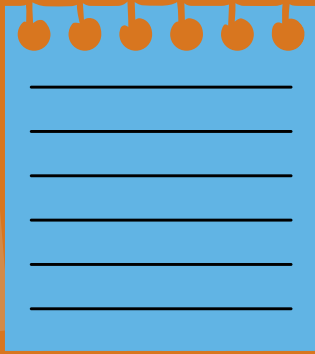
This book means so much to me. As someone who moved away from home, I understand how deeply food can ground you. A familiar flavor can bring you back to your childhood kitchen in seconds. It can make a new place feel a little less unfamiliar. *Roots & Recipes* is my way of honoring that feeling and honoring all of you who trusted us with pieces of your heritage. I hope when you flip through these pages, you feel curious. I hope you try something new. I hope you see yourself reflected somewhere in here, or discover someone else's story and fall in love with it. Most of all, I hope this cookbook brings people together around tables, in dorm kitchens, in shared apartments, and at community gatherings.

Thank you for being part of this journey. Thank you for sharing your roots. And thank you for helping us turn recipes into connections.

With love,
Zariah ♥



YOUR NOTES



Serves 3-5

Cooking Time: 20 minutes

IDLI



1. Rinse the rice until the water runs clear.
2. Soak the rice in 6-7 cups water for 5-6 hours. Rinse urad dal, add methi seeds, and soak in 2-3 cups water for 5-6 hours (longer if cold).
3. Soak poha in a little water for 20-30 minutes, about 30 minutes before grinding.
4. Drain dal and methi seeds. Blend with 1 to 1¼ cups ice-cold water to a smooth paste.
5. Drain rice and poha. Blend with 1¼ to 1½ cups ice-cold water to a slightly coarse paste.
6. Combine both batters in a bowl. Add sendha namak (non-iodized salt) and mix by hand for 2-3 minutes to help fermentation.
7. Batter should be thick yet pourable, not runny. Cover and place in a warm spot to ferment.
8. In warm climates, ferment on the counter. In cold climates, place in a preheated (then turned off) oven or with oven light on.
10. Batter is ready when doubled, bubbly, and frothy. A small spoonful should float in water.
11. Boil 1-2 cups water in a steamer. Grease idli molds and fill with batter.
12. Steam for 8-10 minutes on medium-high heat (avoid over-steaming).
13. Rest 2 minutes covered, then 5 minutes uncovered before removing. Serve hot with sambar and coconut chutney.

Ingredients

4 cups idli rice 800 grams,
1 cup urad dal gota 200 grams (black gram),
½ teaspoon fenugreek seeds,
¼ cup poha flattened rice,
2 teaspoons rock salt



Origin: India

Serves 2

Cooking Time: 5 minutes

FUL MUDAMMAS



1. Heat olive oil in a pan on medium heat, and saute the green onion and minced clove of garlic until soft and fragrant.
2. Add the fava beans and the large tomato. When warmed, add the water and mash until half smooth and half chunky.
3. Mix in the lemon juice, salt, pepper, and cumin.
4. To serve, scoop into bowls while warm, drizzle olive oil on top, and add a pinch of parsley. Traditionally eaten with warm pita bread, which can be swapped for sliced apples or vegetables if desired.

Ingredients

540 mL can of fava beans (strained),
1 large tomato (diced)
1-2 stalks of green onion (chopped),
1 clove of garlic (minced),
sprinkle of chopped parsley, juice from half a lemon,
1/4 cup of water,
olive oil to taste,
salt to taste,
pepper to taste,
cumin to taste



Origin: Palestine
Source: Aiya Trimm



FATTEH



Serves 3-4
Cooking Time: 5 minutes

1. Toast stale pita until crispy.
2. Warm chickpeas with a pinch of salt.
3. Mix yogurt, garlic, tahini, and salt.
4. Layer: pita → chickpeas → yogurt mixture.
5. Top with nuts fried in olive oil and a pinch of sumac.

Origin: Lebanon
Source: Nancy Youssef

Ingredients

2 stale pitas, toasted or fried
1 can chickpeas, drained
1.5 cups yogurt
2 garlic cloves, crushed
2 tbsp tahini
1 tsp salt
2 tbsp olive oil
Pine nuts, cashews or almonds for topping
Paprika or sumac for garnish



Ingredients

For the Fried Bakes:

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 tablespoon butter (or margarine)
- 1¼ cups warm water (add gradually)
- Oil for frying

For the Saltfish Filling:

- 2 cups salted codfish (soaked overnight and boiled)
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 small tomato, diced
- 1 tablespoon tomato paste (optional)
- 1 teaspoon fresh thyme
- ½ teaspoon black pepper
- 1 tablespoon oil
- Hot pepper to taste (optional)

Origin: Grenada
Source: Zariah Williams

FRIED BAKE & SALT FISH

Serves 4-5
Cooking Time: 25-30 minutes



1. Boil the saltfish to remove excess salt. Drain and flake.
 2. Sauté onion, garlic, tomatoes, pepper and other seasoning until fragrant.
 3. Add the saltfish and stir to combine with the seasoning.
- For the bakes:
1. Mix flour, baking powder, sugar, butter, and water to form a soft dough.
 2. Rest 15 minutes. Divide, roll into rounds, and fry until golden brown and puffed.
 3. Fill and serve hot.

Serves 3-4

Cooking Time: 20 minutes

DUBU JORIM (KOREAN BRAISED TOFU)



1. Cut the tofu into 1/2-inch thick rectangles (optional: pat dry).
2. Mince the onion and set aside. Cut broccoli into florets, rinse, and set aside.
3. Mince garlic and finely chop green onions. Place in a medium bowl (about 2 cups/500 ml).
4. Make the sauce: Add soy sauce, water, 1 tbsp sesame oil (save the rest), sugar, and gochugaru to the bowl. Mix well.
5. Cook the rice: Rinse (optional), then add to a saucepan with water (remove 2 tbsp water if rinsed). Bring to a boil, reduce to low, cover, and cook 10-12 minutes without lifting the lid. Remove from heat and steam, covered, 10 minutes. Fluff. (Makes 3 servings.)
6. Sear the tofu: Heat vegetable oil in a skillet over medium heat. Cook tofu 3-4 minutes per side until golden. Remove.
7. Steam the broccoli: Boil 2 cm of water in a steamer. Add broccoli, cover, and cook 5-6 minutes until tender.
8. Finish the tofu: Heat remaining sesame oil in the same pan over high. Fry onions until slightly crispy. Add marinade and cook 1 minute until slightly thickened. Return tofu, flipping and spooning sauce over (1-2 minutes per side).
9. Plate: Serve rice and broccoli. Add 5-6 tofu slices per serving and spoon sauce over top. Enjoy!

Ingredients

- 1 400-500g block of extra firm tofu,
- 1-2 tbsp vegetable oil,
- 3 tbsp soy sauce (or tamari),
- 3 tbsp sesame oil (sub for regular oil if allergic to sesame),
- 1 teaspoon sugar (castor sugar or brown sugar, to your preference),
- 1 tsp gochugaru (Korean red pepper flakes),
- 1 teaspoon sesame seeds (omit if sesame allergy),
- 1 small onion (yellow or red),
- 4-5 cloves of garlic (to give 2 tsp once minced, but adjust to your preference),
- 2 green onions (to make about 1/4 cups once chopped),
- 1 cup of jasmine rice uncooked,
- 1 1/4 cup of cold water
- 1 head of broccoli



Origin: Korea

ZUPPA DI LENTICCHIE



Origin: Italy
Source: Alexia
Di Girolamo

1. In a very large bowl, mix the tapioca flour and salt.
2. Bring the milk and butter to a strong boil, making sure the butter is fully melted.
3. Immediately pour the boiling mixture over the flour and stir vigorously with a wooden spoon until the dough looks sticky and evenly moistened. Let it cool completely so the eggs don't scramble.
4. Add the eggs and mix with your hands until the dough becomes smooth and uniform.
5. Add the cheeses and knead until fully incorporated and slightly elastic.
6. Refrigerate the dough for about 30 minutes so it firms up and is easier to shape.
7. With lightly oiled hands, roll small balls in your preferred size, keeping them evenly shaped so they bake uniformly.
8. Bake for about 20 minutes, until both the tops and bottoms are golden brown; convection gives extra crispness.

Serves 6-8

Cooking Time: 2 hours

Ingredients

5 tbsp extra virgin olive oil
1- 1 ½ medium brown/yellow
onion, peeled
finely diced 2 large carrots,
washed and finely diced 2-3
sticks of celery,
finely diced 3 cloves garlic, finely
chopped
1 cup dried brown lentils +
(optional) ½ cup red lentils
1 can crushed tomatoes or fresh
tomato sauce
1 can (540 g)
6 bean blend 5-6 cups vegetable
stock 1 piece Parmesan rind
1-2 tsp dried red chili flakes
1-2 tsp dried basil
1-2 tsp dried oregano
1 tsp fresh rosemary, finely
chopped 1-2 tsp fresh parsley,
finely chopped Sea salt and
freshly ground black pepper, to
taste





SRI LANKAN CHICKEN KOTHTHU

Serves 2-3

Cooking Time: 20 minutes

1. Prepare the roti: Cut godhamba roti
2. into small 1-2 cm strips. If using frozen paratha, cook it first before cutting.
3. Stir-fry the vegetables: Heat oil in a wide pan. Sauté onion, garlic, and green chilies until soft. Add carrot, cabbage, leeks, and capsicum, and cook for 2-3 minutes. Then add tomato and stir for another minute.
4. Add spices: Sprinkle chili flakes, curry powder, turmeric, and salt over the vegetables. Mix well to coat evenly.
5. Add chicken (optional): Stir in shredded cooked chicken or leftover curry pieces, mixing thoroughly with the vegetables.
6. Add eggs (optional): Push the vegetables to one side of the pan, add a little oil, and scramble 2 eggs. Once cooked, mix them with the vegetables.
7. Add the roti pieces: Toss the cut roti into the pan, mixing and chopping with spatulas to combine everything in classic kottu style.
8. Add sauces or gravy: Pour in soy sauce, tomato sauce, and about $\frac{1}{2}$ cup chicken gravy. If you don't have gravy, use a mixture of coconut milk and curry powder. Stir until everything is evenly coated and heated through.
9. Adjust & finish: Taste and adjust salt or chili flakes as needed. Cook for 2-3 minutes to allow the roti to absorb the flavors.
10. Serve: Serve hot with extra gravy on the side if desired.



Ingredients

For the roti & base: 4-5
Godhamba rotis (shredded) If you
don't have, use plain paratha or
tortilla cut into strips.

2 tbsp oil 1 medium onion – sliced
2-3 garlic cloves – chopped
1-2 green chilies – sliced
1 cup cabbage – shredded
1 medium carrot – grated or
thinly sliced
1 tomato – chopped
1 capsicum (bell pepper) – sliced
1 cup leeks – sliced (optional but
traditional)

2 eggs (optional) Salt to taste For
chicken kottu (optional):
200 g cooked chicken – shredded
(or leftover curry chicken)

Spices & sauces: 1 tsp chili flakes,
1 tsp curry powder
 $\frac{1}{2}$ tsp turmeric
1 tbsp soy sauce
1 tbsp tomato sauce
 $\frac{1}{2}$ cup leftover chicken gravy OR
 $\frac{1}{4}$ cup thick coconut milk + $\frac{1}{2}$ tsp
curry powder

Origin: Sri Lanka

Source: Prasadini Amarasena

MUJADARA

Serves 4

Cooking Time: 35 minutes



1. Rinse the lentils and add them to a pot with 4 cups of water.
2. Simmer for 15 minutes.
3. Add the rice or bulgur, salt, pepper, and cumin
4. Continue cooking until everything is soft.
5. Meanwhile, caramelize the sliced onions in olive oil on medium-low heat until dark golden brown.
6. Stir half of the onions into the pot and leave the rest for topping.
7. Turn off the heat, cover the pot, and let it rest for 10 minutes so it thickens. Serve warm with a squeeze of lemon and the remaining caramelized onions on top.

Origin: Lebanon

Source: Nancy Youssef

Ingredients

- 1 cup brown lentils
- ½ cup rice or coarse bulgur
- 3 large onions, thinly sliced
- 4 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp cumin
- 4 cups water



Ingredients

- 2 cups cooked chicken breast, diced or shredded (about 2 medium breasts)
- 1 ½ cups corn (fresh, canned, or frozen & thawed)
- 3 cups lettuce, chopped
- 1 large avocado, diced
- ½ cup Greek yogurt or sour cream
- 1-2 tablespoons fresh lemon juice
- 1 tablespoon butter (for sautéing corn, optional)
- ½ teaspoon salt (or to taste)
- ¼ teaspoon black pepper



Serves 4

Cooking Time: 15 minutes

1. Cook the chicken until fully done, then dice or shred.

1. Sauté the corn in butter and paprika until lightly golden and fragrant.

1. In a large bowl, combine the chicken, corn, lettuce, and avocado.

2. Add Greek yogurt, lemon juice, and your preferred seasonings. Toss gently to combine.

1. Serve fresh.

Source: Salma Benani



ARROZ AMARILLO



1. Rinse the rice 2-3 times under cold water to remove excess starch. This helps the rice cook up fluffy and separate.
2. Add the rice, water, and seasonings (salt, turmeric, cumin, and oregano) to your rice cooker. Stir well to evenly distribute the spices.
3. Prepare the vegetables by dicing them into small pieces. If using frozen vegetables, thaw them first.
4. Cook the rice according to your rice cooker instructions. If your cooker has a detachable inner lid, you can place the vegetables there to steam gently while the rice cooks, which keeps them tender and bright.
5. Alternative method: once the rice is cooked, stir in the vegetables directly so they mix evenly with the rice. Either way works – just pick the method you prefer.
6. Fluff the rice gently with a fork before serving, and adjust seasoning if needed. Serve warm as a side or a base for your favorite dishes.

Serves: 2-4

Cooking Time: 20-30 minutes

Ingredients

a cup of water
(124ml cup),
a cup of white rice,
a cup of frozen or
dice-cut
vegetables, half a
teaspoon of salt,
half a teaspoon of
each: turmeric,
oregano, cumin

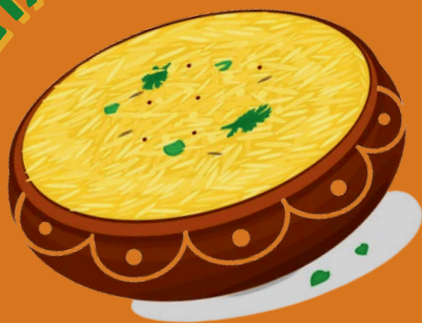


Origin: Cuba
Source: Alexandra
Montenegro Nodarse

VEGETABLE KHICHDHI

Serves 2-3

Cooking Time: 25 minutes



1. Rinse the rice and lentils thoroughly and soak for 10-15 minutes.
2. Heat oil or ghee in a pot and add cumin seeds until they splutter.
3. Add onion (if using) and ginger; sauté until soft.
4. Add chopped vegetables, turmeric, and salt, and stir briefly.
5. Add the drained rice and lentils, followed by water.
6. Bring to a boil, then cover and simmer on low heat for 20-25 minutes, stirring occasionally, until soft and porridge-like.
7. Garnish with fresh cilantro and serve warm.

Ingredients

- ½ cup white rice (or brown rice)
- ½ cup yellow moong dal (split mung lentils)
- 1 tablespoon vegetable oil or ghee
- 1 teaspoon cumin seeds
- 1 small onion, finely chopped (optional)
- 1 teaspoon grated ginger
- 1 small carrot, chopped
- ½ cup cauliflower or potato, chopped
- ½ cup green peas or spinach
- ½ teaspoon turmeric powder
- Salt, to taste
- 3-4 cups water
- Fresh cilantro, chopped (for garnish)



Origin: India

Source: Amandeep Kaur

PURSLANE STEW

Serves 5

Cooking Time: 20 minutes



1. Prepare the ingredients: Clean and trim the purslane, and cut it into bite-sized pieces. Chop the green onions, coriander, and garlic finely.
2. Make the spice mix: Grind the garlic together with salt, cumin, and black pepper into a paste.
3. Cook the onions: Heat ghee in a pan over medium heat. Sauté the green onions until lightly browned and fragrant.
4. Add purslane and coriander: Stir in the purslane and coriander. Cook with a wooden spoon, mixing frequently, until the purslane softens and develops a slightly thick, silky texture.
5. Add the spice paste: Reduce the heat to low and stir in the garlic-spice paste. Mix well to combine.
6. Simmer: Cover and cook on low for 10 minutes to let the flavors meld.
7. Serve: Traditionally eaten with flatbread, but it's also delicious with rice, pasta, or on its own as a light soup.

Ingredients

- 1 kg young purslane branches, washed and trimmed
- 1 bunch green onions, chopped
- 2 cloves garlic, minced
- 1 small bunch fresh coriander (cilantro), chopped
- 2 tablespoons ghee (or butter)
- 1 teaspoon salt (adjust to taste)
- 1 teaspoon cumin
- ½ teaspoon black pepper



Origin: Yemen

Source: Mohammed Al-Duais

ĐỒ CHUA – VIETNAMESE PICKLED CARROTS AND DAIKON

Makes 3 jars



1. Prepare the vegetables: Peel and julienne the daikon and carrots. Divide them evenly among three sanitized pint-sized jars.
2. Make the pickling liquid: In a heatproof bowl, stir together boiling water, vinegar, and sugar until the sugar is fully dissolved.
3. Pour over vegetables: Carefully pour the pickling liquid into the jars, making sure the vegetables are completely submerged.
4. Seal and chill: Screw the lids on the jars and refrigerate. Let the pickles sit for at least 20 minutes before using to allow the flavors to develop.
5. Storage: Keep refrigerated and use within 2 weeks for best flavor and crunch.

Ingredients

1 medium-sized
daikon radish
4 medium
carrots
2 cups boiling
water 1 cup
vinegar
1 cup white
granulated
sugar



Origin: Vietnam
Source: Helene Nguyen

PANKE (PUFFPUFF)



Serves 5

Cooking Time: 20 minutes

Ingredients

3 cups All-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground chilli (Pepper)
3 tablespoons sugar
1 seed nutmeg, ground
3 liters of Vegetable (for frying)
2 Teaspoons of active yeast



1. Rinse the rice and lentils thoroughly and soak for 10-15 minutes.
2. Heat oil or ghee in a pot and add cumin seeds until they splutter.
3. Add onion (if using) and ginger; sauté until soft.
4. Add chopped vegetables, turmeric, and salt, and stir briefly.
5. Add the drained rice and lentils, followed by water.
6. Bring to a boil, then cover and simmer on low heat for 20-25 minutes, stirring occasionally, until soft and porridge-like.
7. Garnish with fresh cilantro and serve warm.

Origin: Nigeria

Source: Zoe Erika-Okoye

TOMATO-STEWED FRIED TOFU



Serves 2

Cooking Time: 15 minutes

1. Slice the tofu to smaller bite-sized pieces and fried until golden and crispy
2. Peel and slice the tomatoes to small chunks, add a bit of water along fish sauce/salt and stew till saucy
3. Add the fried tofus to the sauce and stew together for 5-15min



Origin: Vietnam

Source: Valentina Dang

Ingredients

1 box of soft/firm tofu,
2 tomatoes,
1tbsp of fish sauce or/ 1 tsp of salt,
a pinch of black pepper



DAGMAR'S GLUTEN-FREE BROWNIES



Serves 8-12

Cooking Time: 25-30 minutes

1. Preheat the oven to 350°F (180°C).
2. Prepare your pan: Line an 8×8-inch baking pan with parchment paper or buttered blank paper (butter both sides). If making individual muffins, line muffin tins with plain paper liners. Brownies stick without a lining, so this step is important – the good news is both types of paper are compostable.
3. Rinse the beans: Drain and rinse thoroughly with cold water.
4. Melt the chocolate: Use a microwave, double boiler, or a pot and metal bowl.
 - Microwave: Heat in 15-second intervals, stirring between each, until just melted.
 - Double boiler / pot method: Place chocolate in a metal bowl over a pot of boiling water and stir until melted. Make sure no water touches the chocolate.
5. Blend the batter: In a blender or with a handheld blender, combine all ingredients except baking powder and baking soda. Blend until smooth and there are no large pieces of bean skin.
6. Add leavening: Sift the baking powder and baking soda, then gently fold them into the batter by hand.
7. Bake: Pour batter into the prepared pan or muffin tins. Bake 25–30 minutes, or until a toothpick comes out mostly clean.
8. Cool before cutting: Let brownies cool completely before slicing or removing from muffin tins.

Ingredients

1 regular-sized can
of black beans
(400–425 g) OR 1 $\frac{3}{4}$
cups soaked, fully
cooked black beans
if you're starting
with dry beans
instead of canned
 $\frac{1}{4}$ cup orange juice
3 eggs
 $\frac{1}{2}$ cup brown sugar
1 teaspoon baking
powder
 $\frac{1}{2}$ teaspoon baking
soda
1 $\frac{1}{2}$ cups chocolate
chips
 $\frac{1}{4}$ teaspoon salt if
the black beans are
unsalted



SFOUF



Serves 10

Cooking Time: 30-40 minutes

1. Preheat the oven to 180C (350F)
2. In a large bowl, mix the dry ingredients together well (semolina, flour, turmeric, baking powder, salt and sugar).
3. Add the wet ingredients (milk and oil) and combine well until smooth.
4. Brush a large cake tin (approx 30 x 35 cm) with tahini. Pour in the cake batter and tap it to release any air bubbles.
5. Top with your favorite nuts (pine nuts are mostly used)
6. Bake in the preheated oven for 30-35 minutes until the pine nuts are golden
7. Cool on a wire rack and cut into 16 squares or diamond shapes. Store in an airtight container for up to 3

Ingredients

2 cups fine semolina
flour (some people
make a mixture of
coarse and fine
semolina)
| 2 cups flour
| 2 teaspoon baking
powder
| Pinch of salt
| 1 ½ cups sugar (or
cane sugar)
| 1 ½ teaspoon
turmeric powder
| 1 ½ cups milk
| 1 cup vegetable oil
(you can substitute
with melted ghee for
extra richness)
| Handful of pine nuts
for topping
| 1-2 tablespoons
tahini or oil, to grease
the pan



Origin: Lebanon

SHOLE ZARD



Serves 6

Cooking Time: 1 hour

1. Drain the soaked rice and add it to 4 cups of boiling water. Cook until the rice is soft, about 15–20 minutes.
2. Stir in the sugar and dissolved saffron, then reduce heat to low and simmer, stirring occasionally, until the mixture thickens, about 20–25 minutes.
3. Add the butter or ghee and rosewater, cooking for another 5 minutes until fully incorporated.
4. Transfer to a serving dish, garnish with slivered almonds, pistachios, and a sprinkle of cinnamon.
5. Serve warm or let it cool slightly before enjoying.

Ingredients

- 1 cup basmati rice, soaked in water for 2 hours
- 1 cup sugar
- 4 cups water
- $\frac{1}{2}$ teaspoon saffron threads, dissolved in 2 tablespoons hot water
- 1 tablespoon rosewater
- 2 tablespoons butter or ghee
- 2 tablespoons slivered almonds or pistachios (optional, for garnish)
- 1 teaspoon ground cinnamon (optional, for garnish)



Origin: Iran

Source: Melika Seyedi



BRAZILIAN CHEESE BREAD: PÃO DE QUEIJO



Makes 20-40 balls
Cooking Time: 20 minutes

1. In a very large bowl, mix the tapioca flour and salt.
2. In a saucepan, heat the milk and butter together until they come to a full boil.
3. Pour the boiling liquid over the tapioca mixture and stir vigorously with a wooden spoon until everything is well combined. Let the mixture cool completely.
4. Once cool, add the eggs and mix with your hands until the dough becomes smooth and uniform.
5. Add the cheeses and knead until fully incorporated.
6. Refrigerate the dough for about 30 minutes so it firms up.
7. With lightly oiled hands, shape small balls in the size you prefer.
8. Bake for about 20 minutes, until the tops and bottoms are golden brown. Convection mode makes them extra crisp.

Ingredients

- 350 grams of milk
- 125 grams of butter
- 250 grams of sweet tapioca flour/starch (polvilho doce)
- 250 grams of sour tapioca flour/starch (polvilho azedo)
- ½ tablespoon of salt
- 3 eggs
- 150 grams of parmesan cheese
- 350 grams of shredded cheddar cheese



Origin: Brazil
Source: Bertha Magalhaes



HERBAL TEA

Cooking Time: 5 minutes

Ingredients

sage,
raspberry leaves,
thyme,
mint,
bergamote and
any other herbs
you desire



1. Bring water to a boil, then let it cool slightly to about 80°C (176°F) so it doesn't burn the herbs.
2. Place the herbal tea blend in a teapot or cup.
3. Pour the hot water over the herbs, cover, and steep for
4. 5-10 minutes.
5. Strain and serve warm.



Origin: Russia



COCOA TEA

Cooking Time:
15-20 minutes

Origin: Grenada
Source: Zariah Williams

1. Add grated cocoa, cinnamon, bay leaf, nutmeg, and water (or milk mixture) to a saucepan.
2. Bring to a boil over medium heat, whisking to dissolve the cocoa.
3. Reduce to a simmer and cook for 5-8 minutes to infuse the flavors.
4. Stir in condensed milk (or sweetener) to taste.
5. Strain and serve hot.

Ingredients

3-4 tablespoons
grated cocoa
1 1/2 cups coconut
milk
3 cups regular milk
1 tablespoon vanilla
pinch salt
pinch allspice
1 bay leaf
2-3 tablespoon
brown sugar
2-3 tablespoon
sweetened
condensed milk
1 stick cinnamon
(small)
2 pods cardamom
(optional)
1/4 teaspoon grated
nutmeg



TAMARIND TING SAUCE

Serves 10-12 people

Ingredients

½ cup tamarind pulp (or ¼ cup tamarind paste)
1½ cups water
½ cup jaggery (grated) or brown sugar
1 tsp roasted cumin powder
½ tsp red chili powder
½ tsp black salt (kala namak)
¼ tsp regular salt (or to taste)
½ tsp dry ginger powder (optional)

1. Prepare tamarind: Soak tamarind pulp in warm water for 10 minutes and strain (or mix tamarind paste directly with water).
2. Simmer: Combine tamarind mixture and jaggery (or brown sugar) in a saucepan. Bring to a gentle boil, stirring until dissolved.
3. Add spices: Stir in cumin, red chili powder, black salt, and dry ginger powder.
4. Thicken: Lower heat and simmer 8-10 minutes until smooth and slightly thick.
5. Cool & store: Let cool completely, then transfer to a jar and refrigerate for up to 2-3 weeks.

Origin: India

Source: Dharmanshuu (Enzo) Bhaskar

Ingredients

⅓ cup extra-virgin olive oil
2 tablespoons vinegar
1 garlic clove, minced
½ teaspoon sea salt
¼ teaspoon dried oregano
¼ teaspoon red pepper flakes
¼ teaspoon smoked paprika
½ cup finely chopped fresh flat-leaf parsley (about one bunch, stems removed)

CHIMICHURRI SAUCE

Serves 10 people

1. Mix the base: In a small bowl, whisk together the olive oil, vinegar, minced garlic, sea salt, dried oregano, red pepper flakes, and smoked paprika.
2. Add the herbs: Stir in the finely chopped parsley until everything is well combined.
3. Season & serve: Taste and adjust salt or heat if needed –
4. then serve over grilled vegetables, steak, grains or use as a flavorful condiment.

Origin: Argentina

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Roti substitutes: If godhamba roti is expensive or hard to find, use homemade paratha, tortillas, or chapati, which can be cheaper and made in bulk. For the recipe you can use Frozen or seasonal vegetables: Often cheaper than fresh out-of-season produce and reduce spoilage.



Buy lentils and rice in bulk, use reusable produce bags, and store everything in airtight containers for months without waste.



We also recommend sun-oven cooking whenever possible.



Buy chickpeas dry in large bags and cook in batches. Freeze in portions to save money.



Use frozen green beans in winter – they're cheaper and reduce waste.



Local community gardens, volunteer at Loyola gardens and they will give you good stuff or grow it at home!



Buy lentils in bulk. Make a big pot and freeze portions for fast student meals.



"Food is our common ground, a universal experience." — James Beard

