

## Argentinian Empanadas by Tom Grana

Empanadas are a dish of Spanish origin, and as such are found all over the world in former Spanish colonies, from South America to the Philippines. Tom will show an Argentinian/Bolivian variety, as well as share an insider trick for any who are interested in making them but are time-strapped (or not inclined to play with dough)

### *Ingredients*

#### *For the Dough:*

- 6 cups all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup vegetable oil
- 1/2 cup cold water

#### *For the Mushroom and Kale Filling:*

- 1 pound mushrooms, sliced
- 2 cloves garlic, minced
- 4 kale leaves
- The juice of 1 lime
- Salt and pepper

### *Preparation*

#### *To Make the Dough:*

1. Preheat oven to 400°F.
2. To make the dough, combine the flour with the salt in a large bowl.
3. Add the oil and the water and knead until dough forms. If the dough requires, add more water. Cover and refrigerate it for 10 minutes.

#### *To Make the Mushroom and Kale Empanadas:*

1. For mushroom and kale empanadas, heat a large pan to a medium heat.
2. Add 2 tablespoons of grapeseed oil.
3. Sauté the mushrooms until they begin to brown, 10-15 minutes.
4. Add kale and garlic, mix well to combine them and sauté an additional 3 minutes.
5. Remove them from the heat and season them with lime, salt, and pepper. Then set them aside.
6. When making empanadas, layer 1 tablespoon of mushroom and kale mixture.
7. Seal the empanada and set it aside.
8. Repeat this with remaining filling and dough.

## French Ratatouille by Martine Waisvisz

A perfect summer recipe. From your garden to your kitchen. The quintessential vegetarian summer recipe.

Yield: Serves 8, Makes about 2 quarts.

Prep Time: 20 minutes.

Cook Time: 1 hour to 2 hours.

### Ingredients

5 Tablespoons olive oil, divided, plus more for serving

1 1/2 pounds eggplant (1 large or 2 mediums), cubed

Kosher salt

Freshly ground pepper

Herbes de Provence

Ras El Hanout (optional)

Chilli pepper (optional)

1 1/2 pounds zucchini, cubed

1 Medium yellow onion, diced

2 Cloves garlic, minced

2 Sprigs of fresh thyme

1 Bay leaf

1 pound of tomatoes (3-4 medium), cubed

1 Large bell pepper, cubed

1/4 cup loosely packed fresh basil leaves, thinly sliced, plus more for serving

### Instructions

1. Heat 2 tablespoons of oil in a large heavy-bottomed pot over medium-high heat until shimmering. Add the eggplant, season generously with salt and pepper, and cook stirring occasionally, until browned, about 2 minutes. Transfer to a large bowl.
2. Add 2 tablespoons of oil to the pot. Add the zucchini, season generously with salt and pepper, and cook, stirring occasionally, until browned, about 2 minutes. Transfer to the bowl with the eggplant.
3. Reduce the heat to medium. Add the remaining 1 tablespoon oil and the onion, season with salt and pepper, and cook, stirring occasionally, until softened and just beginning to brown, 6 to 8 minutes. Add the garlic, thyme, herbes de Provence, Raw El Hanout, chilli pepper, and bay leaf and cook until fragrant, about 30 seconds. Add the tomatoes and bell peppers. Add the reserved eggplant and zucchini and gently stir to combine.
4. Bring to simmer, then turn down the heat to medium-low. Simmer, stirring occasionally, for at least 20 minutes or up to 1 1/2 hours. A shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking time will break the vegetables down into a silky stew.
5. Remove the bay leaf and thyme sprigs. Just before serving, stir in basil leaves and sprinkle some olive oil.

The reason why you usually cook the vegetables at different time is because the pot might not be large enough.

This recipe can be doubled. You can add different spices. I personally like to use "Ras El Hanout", a spice from Morocco usually used with couscous. I also use "Herbes de Provence" and a little bit of chilli pepper. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days. It can also be frozen.

## Scottish Mince and Tatties by Jean Hanson

“Mince” refers to minced or ground beef, flavourfully stewed, and “tatties”, of course, are potatoes.

### Ingredients

1 ½ pounds very lean ground beef (or chicken or turkey)

2 large onions

Water (plus 1 tsp mushroom or dark soy sauce if chicken or turkey is used)

Salt and pepper to taste

2-3 carrots, scrubbed and diced

1 c diced turnip

1 Tbsp cornstarch mixed with a little water

1 c frozen peas

½ c finely chopped parsley

### Instructions

In a large pot, brown the meat, breaking it up with a fork, so that no large clumps remain.

Add onions and sauté for another 5 minutes, until onions become transparent.

Add enough water so that you can see it through the meat, but not so much that it “drowns” the mince. (If you have used ground turkey or chicken, add the soy sauce to the water.) Add seasonings to taste.

Bring to a boil, cover and turn down heat, and simmer for another 30 minutes.

Add the carrots and turnip.

Simmer for another 30 minutes until the turnips are tender.

Thicken with cornstarch and water mixture.

Just before serving, add peas and parsley. Serve with potatoes, boiled and left in chunks or mashed.

# **Mahalepi (milk pudding) with Orange Blossom Syrup and Figs**

## **by Lydia Nacawa**

PREP TIME 5 mins COOK TIME 20 mins TOTAL TIME 25 mins COURSE Dessert  
CUISINE Middle Eastern

### **INGREDIENTS**

- 8 1/2 cups whole milk
- 1 1/2 cups cornflour
- 1 tsp mastic resin crushed with 2 tsp sugar
- 2 cups heavy cream
- 2 cups crushed pistachios unsalted
- Syrup
- 3 cups sugar
- 1 1/2 cups water
- 4-5 tbsp orange blossom water
- Fig Syrup: 8 figs skins removed and halved per 1 cup syrup, optional

### **INSTRUCTIONS**

1. To make the pudding, whisk cornflour in 1 cup milk until dissolved. Set aside.
2. Add rest of milk to a large heavy bottom pot, over medium heat. Bring to a boil, mixing occasionally to prevent scorching. Once milk comes to a boil, stir in dissolved cornflour. Continue stirring until milk thickens.
3. Remove from heat and stir in the crushed mastic resin. Gradually add cream and mix until well incorporated.
4. Pour pudding into individual bowls or in a large casserole dish. Allow pudding to cool before placing in refrigerator to set.
5. To make the syrup, add sugar and water to a medium size pot over medium high heat. Bring to boil. Once the sugar water comes to a boil, stir in blossom water and reduce heat. Simmer 5 minutes. Pour syrup into a jar and refrigerate.
6. To make the fig syrup, add 1 cup of syrup to a pot along with sliced figs. Simmer, about 10 minutes, or until figs begin to burst. Gently crush figs with the back of a fork. Pour syrup into a jar and refrigerate until ready to serve.
7. Serve cold pudding with syrup.