



GEORG-AUGUST-UNIVERSITÄT
GÖTTINGEN



*My favourite
recipes*

Favourite recipes from all over the world
– easy to be prepared in Germany





My favourite recipe

PREFACE

The University of Göttingen is characterised by a particularly "international spirit", which is reflected in various ways.

We are involved in cooperative projects with universities in 107 countries in Europe, Asia, North and South America, as well as in Africa, and are active in international networks such as the U4 network, The Guild of European Research Intensive Universities, the German-Japanese HeKKSaGOn network and the Coimbra Group.

We lend strong support to students and researchers by providing numerous scholarships for international exchange. At the same time, we offer more than 70 international study programmes to make the location attractive for both international and domestic students and researchers. Over 600 modules are taught in English.

Equally, the importance for the University of Göttingen in maintaining an international presence is demonstrated by the project "Internationalisation of Curricula". By integrating global perspectives and international and intercultural dimensions into our study programmes, we provide our students with an excellent and unique preparation for the globalised world.





The number of international students and researchers at our university reflects our idea of ourselves as an internationally prestigious university. 18% of our teachers and staff and about 13% of our students come from over 130 countries. We all benefit from this diversity in research and teaching, where we can learn from each other and broaden our horizons. We are proud to be the academic home of so many international students, scientists and scholars!

The broad international diversity of our university is reflected in our international cookbook. The Human Resources Department, Corporate Health Management and the University of Göttingen's Welcome Centre asked our international employees, scientists and guests to submit their favourite recipes to us. In this collection of recipes, you will find the most popular dishes from a total of 54 countries and can learn more about the people.

We hope you enjoy trying out these recipes and wish you bon appetit!

U. P. Uelue

Prof. Dr. Hiltraud Casper-Hehne
Vice-President for International Affairs





Georg-August-Universität Göttingen

CORPORATE HEALTH MANAGEMENT



The health of its members and employees is very important to the University of Göttingen. The University's Corporate Health Management (BGM) is based on a wide-ranging understanding of health. Accordingly, it provides a broad range of offerings for health promotion at the workplace.

In addition to an extensive course programme and activities promoting motion and sports, offerings for stress management, relaxation and healthy nutrition, the BGM also provides special consulting services. The health management organises events such as health days and weeks. It also supports the further development of cooperation in teams, working groups and institutions. For executives, management and directors of the institutions, the BGM offers special programmes and services.

For more information, please refer to www.uni-goettingen.de/bgm



BETRIEBLICHES
GESUNDHEITSMANAGEMENT



|| Mensch || Team || Arbeit || Kultur

Georg-August-Universität Göttingen

INTERNATIONAL OFFICE

The University of Göttingen would not be the same without its numerous international partnerships, students and academics. The International Office of the University offers a wide range of services and support to students and academics from abroad, in order to ensure that they have an enjoyable and productive stay in Göttingen.

The Welcome Centre assists international researchers in planning and organising their stay in Göttingen: international researchers find there information and assistance in all non-academic matters such as administrative procedures, search for accommodation, suitable childcare and schools. Additionally, the Welcome Centre provides a Dual Career Service for partners of newly appointed professors. Throughout their entire stay in Göttingen, international researchers can get in touch with the Welcome Centre team if they need any advice or assistance.

For more information, please refer to
www.uni-goettingen.de/international





My favourite recipe

CONTENT

AFGHANISTAN – Chatterjee	8
ARMENIA – Khorozyan	10
AUSTRIA – Vana	12
AZERBAIJAN – Babayeva	14
BOLIVIA – Carvalho	16
BRAZIL – Freitas	18
BRAZIL – Wurr Rodak	20
CHILE – Cortinez	22
CHINA – Aisyah	24
CHINA – Qian	26
CHINA – Zhang	28
COSTA RICA – Losilla	30
CROATIA – Oklopcic recipe 1	32
CROATIA – Oklopcic recipe 2	34
EGYPT – Hassanein	36
ENGLAND – Schwarzbach-Dobson	38
ETHIOPIA – Andargie	40
FINLAND – Österlund-Pöttsch	42
FRANCE – Erktan	44
GEORGIA – Turmanidze	46
GERMANY – Ackermann	48
GREECE – Malikouti	50
HONDURAS – Dominguez	52
HUNGARY – Demjén	54
INDIA – Mahata	56
INDIA – Tewari	58
INDONESIA – Sujarwo recipe 1	60
INDONESIA – Sujarwo recipe 2	62
IRAN – Akbari Azirani	64
IRAN – Bharanipour	66
IRELAND – Leerssen	68
ISRAEL – Almog	70
ITALY – Ferrini	72
ITALY – Militowski	74
JAPAN – Suzuki	76





JORDAN – Khattari	78
KAZAKHSTAN – Lider	80
KENYA – Matasyoh	82
KOREA – Hong	84
LATVIA – Grudule	86
LEBANON – Farah	88
LEBANON – Jarrar	90
MEXICO – Gasque	92
MEXICO – Munguia	94
MONGOLIA – Enkthuya	96
MOROCCO – Lambarra	98
MYANMAR – Zin	100
NEW ZEALAND – Irvine	102
PAKISTAN – Nazeer	104
PHILIPPINES – Cumagun	106
POLAND – Gusc	108
ROMANIA – Manea	110
ROMANIA – Olaru	112
RUSSIA – Potyomina	114
SOUTH AFRICA – Simpkins	116
SOUTH AFRICA – Ward	118
SRI LANKA – Gunarathne	120
SUDAN – Saad	122
SWEDEN – Svantesson	124
THAILAND – Vejbrahm	126
TURKEY – Ince-Yenilmez recipe 1	128
TURKEY – Ince-Yenilmez recipe 2	130
TURKEY – Onat	132
UKRAINE – Shermolovich	134
USA – Chisholm	136
USA – Elfenbein and Laas	138
USA – Goering	140
UZBEKISTAN – Baltajeva	142
VIETNAM – Tran	144
YEMEN – Barakat	146



© Kasturi Chatterjee

My favourite recipe – Afghanistan

BORANI BANJAN

INGREDIENTS

which can be bought in Germany

- 2 medium sized eggplants – *Auberginen*
- 3 medium sized tomatoes – *Tomaten*
finely chopped
- 6 large cloves of garlic – *Knoblauch*
finely chopped
- 3 **tbsp** olive or any other vegetable oil – *Olivenöl*
- ½ **tsp** ground turmeric (powder) – *Kurkuma*
- ½ **tsp** ground cayenne pepper (powder)
– *Cayenne Pfeffer*
- ½ **tsp** ground cumin (powder) – *Kreuzkümmel*
- ½ **tsp** ground coriander (powder) – *Koriander*
- 1 **cup** yogurt – *Joghurt*
- 1 **tsp** garlic – *Knoblauch*
finely chopped (optional)
- 1 **tbsp** ground dry mint (powder) – *Knoblauch*
(optional)

Kasturi Chatterjee

Indian

Visiting Researcher
Department of Political Science

November – December 2014

Research project:
DAAD – A New Passage to India





SIMPLE STEPS

of how to prepare it

- 1| Cut eggplants into thin round slices.
- 2| Heat oil over medium heat and shallow fry the eggplant slices until lightly golden brown. Take care not to deep fry them, or they will turn soggy. Take them out of the pan and place them onto a paper towel and set aside.
- 3| In the same pan, heat 1 tbsp oil and add the chopped garlic. Fry until golden brown.
- 4| Add chopped tomatoes, salt, ground turmeric, cayenne, cumin and coriander and cook until the tomatoes turn soft and mushy.

TIME
of
preparation
20-25 min



© Kasuri Chatterjee



- 5| Add the fried eggplants and $\frac{1}{2}$ cup water and mix well. Cover and cook over low heat for ten minutes. Check in between so that it doesn't burn; add more water if you want more sauce.
- 6| Whisk yogurt in a bowl with some chopped garlic.
- 7| Put one layer of yogurt sauce on a serving dish, then add the eggplant with the sauce, then more yogurt on top. Sprinkle dry mint on top.

Step 7 is totally optional. The sauce in itself is good with rice or naan (bread).



Dr. Igor Khorozyan

Armenia

Lecturer and research scientist,
Workgroup on Endangered Species,
J. F. Blumenbach Institute
of Zoology and Anthropology

September 2012 – current

Research project:

Promoting co-existence between local people,
carnivores and biodiversity conservation

My favourite recipe – Armenia

TJVJIK

Tjvjik is an old Armenian hot meat dish cooked most commonly from beef liver, but also from chicken giblets.

INGREDIENTS

which can be bought in Germany

600 g beef liver and/or chicken giblets –
Rinderleber und/oder Hühnerinnereien

3 sliced onions – *Zwiebeln*

4 cloves crushed garlic (optional) – *Knoblauch*

200 g tomatoes peeled and chopped – *Tomaten*
or **2 tbsp** of tomato paste – *Tomatenpaste*

Vegetable oil – *Planzenöl*

Salt – *Salz*

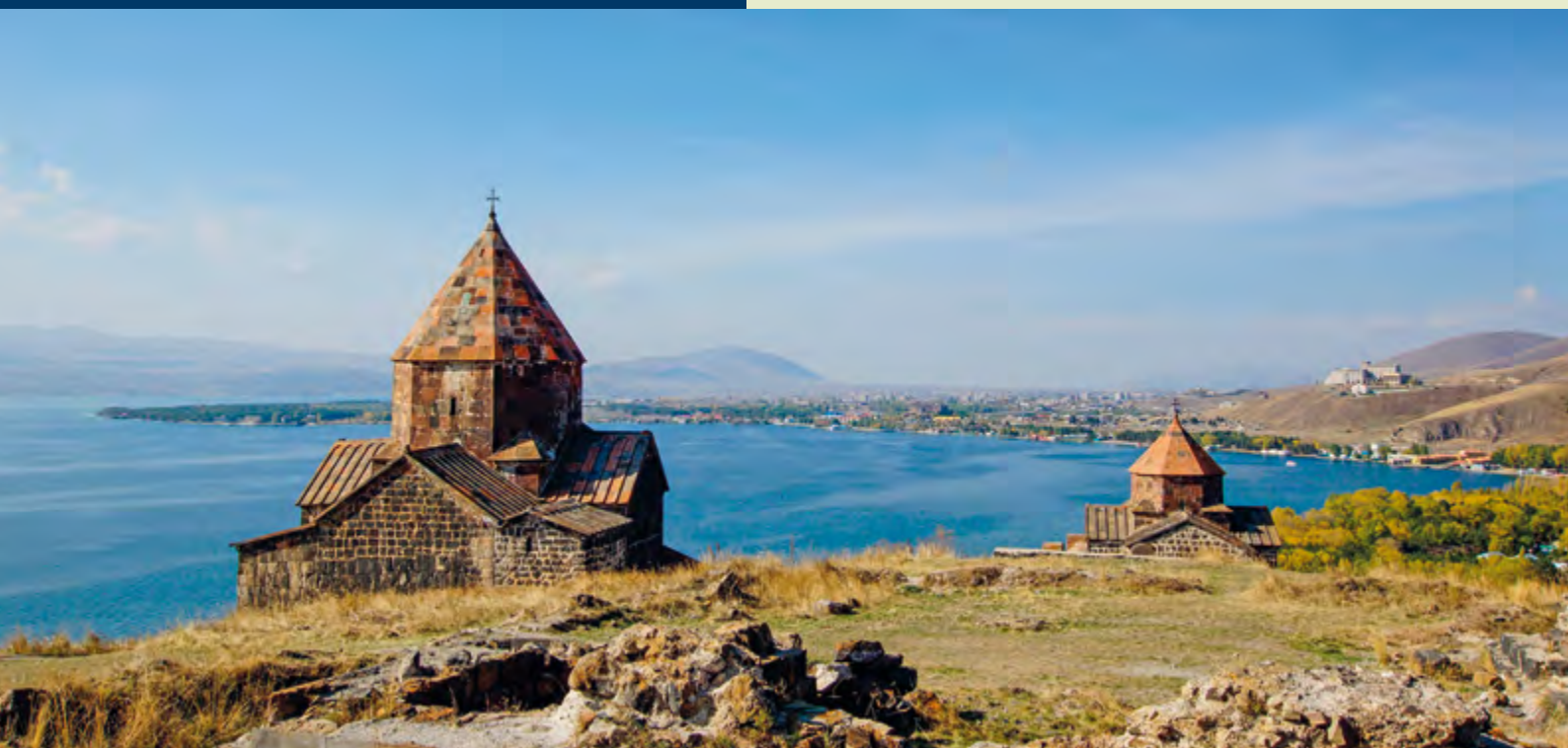
Ground black pepper – *schwarzer Pfeffer*

Coriander – *Koriander*

Parsley – *Petersilie*

Vinegar and water for soaking the giblets in – *Essig*

20 g butter – *Butter*



SIMPLE STEPS

of how to prepare it

- 1| Here is the recipe with liver. The recipe with the giblets is the same, but there is one additional procedure at the beginning of cooking. The undesired smell of the giblets can be eliminated by soaking them in a solution of vinegar (2 table spoons of salt and 50 g of vinegar per liter of water). This procedure also makes the giblets much softer.
- 2| Wash the liver and remove its skin if necessary. Removing the skin becomes easy after immersing the liver in a bowl with hot water for 1-2 minutes, then in cold water for about a minute.
- 3| Slice liver into small cubes and slice onions into semi-circles.

TIME
of
preparation
45-60 min



- 4| Heat up the pan, add vegetable oil and liver cubes, and fry for about 5 minutes.
- 5| Then add sliced onion and keep on frying and stirring until onions are golden-brown. Add peeled-chopped tomatoes or tomato paste, crushed garlic, coriander, salt, pepper and butter. Mix well. Keep on frying for another 5 minutes.
- 6| Season to taste, adding some more salt or pepper if needed. Then switch off the stove, put the lid on the pan, and leave it covered for 10-15 minutes.
- 7| Add parsley and serve with mashed potatoes, vegetables, salads or other side dishes. This dish is tasty served both hot or cold.



My favourite recipe – Austria

WIENER SCHNITZEL

INGREDIENTS

which can be bought in Germany

300 g meat (pork, turkey or veal) – *Fleisch*
(*Schwein, Pute oder Kalb*)

2-4 eggs – *Eier*

6-12 tbsp milk – *Milch*

Breadcrumbs – *Semmelbrösel*

0,75-1 l oil – *Öl*

Salt for seasoning – *Salz zum Würzen*

Flour – *Weizenmehl*

Lemon – *Zitrone*

ORIGIN

of the dish

Wiener Schnitzel is probably the most typically dish from Austria. Definitely, it is the most famous one. You can indeed order it in many countries throughout the world, but the recipes vary strongly depending on the local tastes. In Vienna itself, there are also variations in preparing a Wiener Schnitzel and the taste in a tourist restaurant will very much differ from that of a Schnitzel prepared in a typically Viennese “Beisel” (a small restaurant with local dishes) or in mother’s kitchen. The recipe presented here is that of the latter one, and I indeed made Wiener Schnitzel that way ever since and up to now I met nobody, who not fell in love with them.

Prof. Dr. Philipp Vana

Austria

Professor of Macromolecular Chemistry

2008 – current

Research project:

Design of complex macromolecular architectures
and polymeric surfaces





SIMPLE STEPS

of how to prepare it

- 1| First, you have to select the right meat (use 300 g per portion). It is said that the traditional Wiener Schnitzel is made of veal, but actually nobody in Vienna – except high-end and tourist restaurants – is using it. Most of the real Wiener Schnitzel are made of pork and sometimes, turkey is used, which tastes really good, as well. But even more important than the choice of the meat is the preparation. The Schnitzel pieces need to be thin. And actually, I mean really thin. Thinner than you naturally think of when you picture meat pieces. Normally, I cut the pieces bought at the butcher laterally in two parts with a really sharp knife to make them even thinner. The thinner, the better for the final taste.
- 2| You then season the Schnitzel with salt and turn them in flour. Then dip them in a slightly stirred mixture of eggs and milk (3 tablespoons of milk per egg) and turn them in breadcrumbs, in Vienna called “Semmelbrösel”. The full Schnitzel needs to be covered and you are also allowed to press a little bit, so that more breadcrumbs cover the meat pieces. In many recipes you find that pressing is forbidden, which is rubbish.
- 3| Prepare a frying pan with hot oil, 0,75 l at least, and fry the Schnitzel until they are golden brown. Don't use too little oil as the Schnitzel needs to float during frying, which is a matter of very few minutes.

TIME
of
preparation
30-45 min



- 4| Put the Wiener Schnitzel on kitchen paper to get rid of the dripping oil and immediately serve the Schnitzel with lemon only to squeeze over. Don't try to keep them warm or serve them later after half an hour or so, as they will lose their crispy nature and taste. Never ever serve Wiener Schnitzel with side dishes or dips. The only side dish that is allowed and indeed is typically is a salad of potatoes. The recipe for that, however, is another story.
- 6| Enjoy with beer and don't be afraid of the many pieces that 300 g of thinly sliced meat will give. None will be left at the end.



© Nigar Babayeva

Nigar Babayeva

Azerbaijani

Visiting Research Fellow at Göttingen Centre
for Digital Humanities (GCDH)

October 2015 – January 2016

Research project:

Muslim Intellectuals of Russia in the Political Life
of the Ottoman Empire during the first decades of
the 20th century

My favourite recipe – Azerbaijan

DOLMA

(Stuffed Grape Leaves)

INGREDIENTS

which can be bought in Germany

about 50-70 grape leaves (marinated or fresh)

– *Weinblätter*

500 g ground meat (lamb or beef or both)

– *Hackfleisch vom Lamm oder Rind*

1 onion – *Zwiebel*

½ cup rice – *Reis*

mint, dill, coriander (fresh or ground) *

– *Minze, Dill, Koriander*

salt and pepper* – *Salz und Pfeffer*

*Not necessary, according to your taste.





SIMPLE STEPS

of how to prepare it

- 1| Add chopped onions, rice, mint, dill, coriander, salt and pepper to the ground meat. Mix them properly until the ingredients are combined well.
- 2| Then put 1 teaspoon ready ground meat into each vine leaf and fold the leaf like a small parcel.
- 3| Place these stuffed vine leaves into the pot. Repeat this process until there is no more ground beef or vine leaves left over.

TIME
of
preparation

90 min



- 4| Once your stuffed vine leaves are ready, place an upside-down plate on them and add one cup of water and 2 tablespoons of butter into the pot.
- 5| Wait until the rice wrapped inside the vine leaf is ready. Once the rice is ready, your meal will be ready.



My favourite recipe – Bolivia

CUÑAPÉ

(ku-nia-pe)

INGREDIENTS

which can be bought in Germany

400 g tapioca starch (found in any Asian shop)

– *Tapioka-Stärke*

200 g Balkan cheese – *Balkan-Käse*

150 g gouda or Emmental cheese

– *Gouda oder Emmentaler Käse*

2 eggs – *Eier*

1 tbsp of salt – *Salz*

a few drops of milk if necessary to moisten
the dough – *Milch*

ORIGIN

of the dish

These are small cheese buns made from tapioca (cassava, manioc) starch.

They are eaten not only in the Bolivian lowlands, where I come from, but also in south Brazil, Paraguay, and north-eastern Argentina.

In Brazil they are called pao de queijo, in Argentina and Paraguay, chipá.

Valia Carvalho

Bolivian-German

Regional coordinator
for Latin America and Africa,
Göttingen International

Since 2008 in Germany,
since 2015 in Göttingen





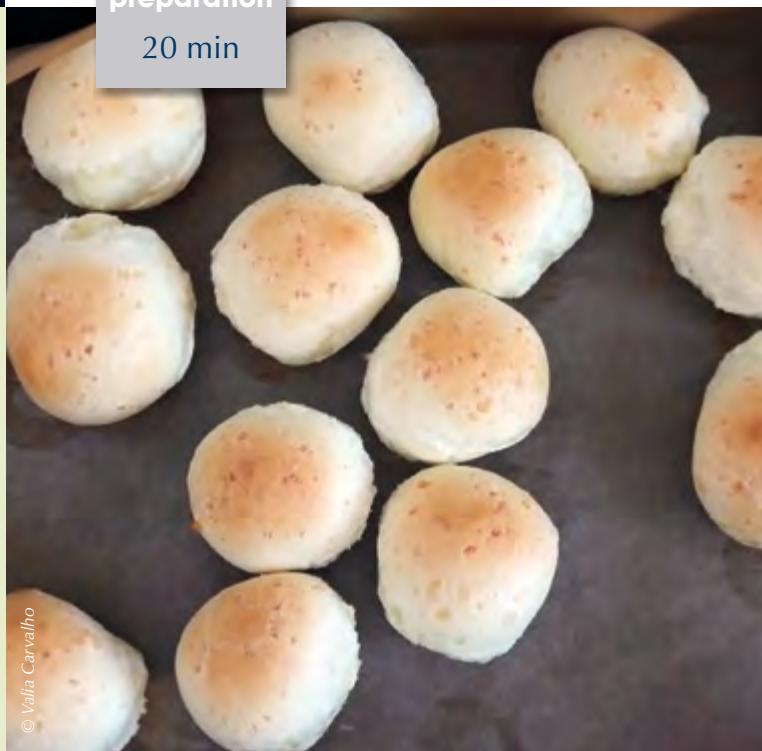
SIMPLE STEPS

of how to prepare it

- 1| Preheat oven to 200 °C – the oven has to be really hot. Prepare a baking sheet covered with baking paper.
- 2| Grate the cheese and mix it in a bowl together with the tapioca starch, then add the eggs and start kneading until you form rather dry dough which should not crumble, so add a bit of milk until you get a consistency which neither crumbles nor sticks to the hands. It is important to knead until the dough is smooth, around 5 to 8 minutes.

TIME
of
preparation

20 min



© Vaila Carvalho



- 3| Form little balls of any desired size and bake for 12 to 15 minutes.
- 4| You can freeze the balls raw, but pack them separately from each other



© Douglas Siqueira Freitas

Douglas Siqueira Freitas

Brazilian

Doctorate student
Department of crop science, plant nutrition
and phylogenetic physiology

April – October 2017
(possible extension for more 6 months)

Research project:
Nickel in soybean genotypes

My favourite recipe – Brazil

PÃO DE QUEIJO

(Brazilian Cheese Bread)

INGREDIENTS

which can be bought in Germany

- 1 cup whole milk – *Milch*
- ½ cup vegetable oil – *Pflanzenöl*
- 1 tsp salt – *Salz*
- 2 cups tapioca or cassava flour – *Tapioka-Stärke*
- 2 large eggs – *Eier*
- 1 to 1½ cups grated Parmesan cheese
– *Parmesan Käse*

Equipment

- Medium saucepan
- Wooden spoon
- Standing mixer with paddle attachment
(or mixing bowl and elbow grease)
- 2 baking sheets
- Parchment paper or silicone baking mats

NOTES

to the recipe

Tapioca flour: Sour cassava flour or sour tapioca flour can be tricky to find. Look for it at Latin American markets. Plain tapioca flour lacks the slightly sour, fermented flavor, but makes a fine substitute.

Storage: Leftover puffs can be kept in an airtight container in the refrigerator for up to 1 week and re-crisped in a warm oven or toaster oven.

Freezing: Portion the dough onto the baking sheets and freeze until solid. Transfer to re-sealable freezer bags and freeze for up to 1 month. Bake frozen puffs for the same amount of time.





SIMPLE STEPS

of how to prepare it

- 1| **Heat the oven:** Arrange 2 racks to divide the oven into thirds and heat to 230 °C. Line 2 baking sheets with parchment paper or silicone baking mats.
- 2| **Boil the milk and oil:** Place the milk, oil, and salt in a medium saucepan and bring to a gentle boil over medium heat, stirring occasionally. Remove from heat as soon as you see big bubbles forming in the milk.
- 3| **Add the tapioca flour:** Add all of the tapioca flour and stir with a wooden spoon until you see no more dry tapioca flour. The dough will be grainy and gelatinous at this point.
- 4| **Cool the dough:** Transfer the dough to the bowl of a standing mixer fitted with a paddle attachment. (Alternatively, you can finish the dough by hand. Be prepared for a work-out.) Beat the dough for a few minutes at medium speed until it smoothens out and has cooled enough so that you can hold your finger against the dough for several seconds. There may be an oily slick that is not fully incorporated.
- 5| **Beat in the eggs:** With the mixer on medium speed, beat the eggs into the dough one at a time, waiting until the first egg is fully incorporated before adding the second. Scrape down the sides of the bowl as needed.
- 6| **Beat in the cheese:** Beat in the cheese on medium speed until fully incorporated. The resulting dough will be very sticky, stretchy, and soft with a consistency between cake batter and cookie dough. It will not be completely smooth.

TIME
of
preparation
30-40 min



- 7| **Portion the puffs:** Have a small bowl of water ready. For small puffs, scoop level tablespoons of dough onto the baking sheets. It should fit 24 per baking sheet. For larger puffs, scoop the dough with a small ice cream scoop or 2 tablespoons. It should fit 12 per baking sheet. Dip your scoop into water between scoops to prevent sticking.
- 8| **Bake the puffs:** Place the baking sheets in the oven and immediately reduce the heat to 175 °C. Bake for 15 minutes. Rotate the baking sheets. Bake until the puffs have puffed, the outsides are dry, and they are just starting to turn golden-brown on the bottoms, 10 to 15 minutes more. Cool for a few minutes and eat warm.



My favourite recipe – Brazil

COXINHA

(Chicken croquettes)

INGREDIENTS

which can be bought in Germany

Recipe for 25 coxinhas

- 1½ kg** chicken – *Hähnchenfleisch*
- 2** medium onions, chopped – *Zwiebeln*
- 3 cloves** of garlic, chopped – *Knoblauch*
- 1 tbsp** poultry seasoning – *Hähnchengewürz*
- ½ cup** chopped parsley – *Petersilie*
- 1 package** of cream cheese – *Streichkäse*
- 3 tbsp** olive oil – *Olivenöl*
- 1** large potato – *Kartoffel*
- 2½ cups** of the chicken broth – *Hühnerbrühe*
- 1 cube** chicken bouillon – *Hühner-Brühwürfel*
- 2 tbsp** salted butter – *salzige Butter*
- 2½ cups** of all purpose flour – *Haushaltsmehl*
- Bread crumbs – *Semmelbrösel*
- Bowl of almost freezing water – *eiskaltes Wasser*
- Vegetable oil for frying – *Pflanzenöl*
- Salt and pepper to taste – *Salz und Pfeffer*

Bruna Wurr Rodak

Brazilian

Ph.D. student

Researchers, Department of Plant Nutrition and Plant Physiology, Faculty of Agricultural Sciences, Georg-August-Universität Göttingen

May – October 2017

Research project:

Nickel in soybean genotypes: gene expression related to uptake and translocation in plant tissues





SIMPLE STEPS

of how to prepare it

- 1| Cook the chicken and the potato in 8 cups of water and 1 cube of chicken bouillon. Once the potato and the chicken are fork tender, take them out and reserve 2½ cups of the broth for the dough.
- 2| Mash the potato and reserve.
- 3| In a food processor, shred the chicken. Reserve.
- 4| Bring the broth back to the pot and add the mashed potatoes and the butter. When it boils, add the flour a little at a time, stirring constantly, until it forms a dough.
- 5| Knead the dough while it's still warm, until silky and smooth.
- 6| To make the filling, sauté the onions and garlic until translucent and then add the chicken, poultry seasoning and the parsley. Mix everything together and season with salt and pepper. Add the cream cheese and cook until the cream cheese is melted and everything is incorporated.
- 7| To make your coxinhas, take a little piece of the dough and form a ping pong sized ball. Flatten it into a disc, hollowing up the middle for the filling.
- 8| Spoon a tablespoon of the filling into the middle of the dough.
- 9| Press and close the dough around the filling, shaping it like a teardrop.
- 10| Continue until you run out of dough.

TIME
of
preparation

90 min



- 11| To coat your coxinhas with breadcrumbs, first wet one of your hands with cold water to handle the coxinha. Then coat the coxinha with breadcrumbs. Set it aside placing it on a baking sheet and continue to coat all your coxinhas.
- 12| Fill a saucepan with enough vegetable oil to cover the coxinhas.
- 13| Heat the oil and fry your coxinhas in batches, until they're golden brown.
- 14| Place the fried coxinhas on a plate covered with paper towels to absorb the excess oil.
- 15| Serve warm and enjoy!



© Prof. Dr. (UCLA) Veronica Cortinez

Prof. Dr. (UCLA) Veronica Cortinez

Chilean

Professor

Seminar für Romanische Philologie

March – August 2017

Research project:

Co-edited book on Chilean film
with Prof. Dr. Manfred Engelbert

My favourite recipe – Chile

PEBRE

INGREDIENTS

which can be bought in Germany

Tomatoes – *Tomaten*

Onions – *Zwiebeln*

Garlic – *Knoblauch*

Coriander – *Koriander*

Red vinegar – *Rotweinessig*

Olive oil – *Olivenöl*

Lemon juice – *Zitronensaft*

Dry chili – *getrocknete Chilischoten*

ORIGIN

of the dish

Chile (slightly different varieties also exist
in other countries under other names, for
example in Mexico, Peru.)





SIMPLE STEPS

of how to prepare it

- 1| Slice everything thinly and mix.
- 2| Proportions are dependent on taste preferences.
- 3| Try out different possibilities and discover your own favourite!
- 4| Excellent for barbecues or simply to serve as an appetizer with baguette.

TIME
of
preparation

10 min





My favourite recipe – China

SEAFOOD FRIED RICE

INGREDIENTS

which can be bought in Germany

- 1 l rice – *Reis*
- 1 carrot – *Karotten*
- 1 portion lentils – *Linsen*
- 1 onion – *Zwiebel*
- 3 garlic cloves – *Knoblauch*
- 3 leeks – *Porrée*
- 1 egg – *Eier*
- 1 fish filet (can be seabream, or any other type)
– *Fischfilet (Meerbrasse o.ä.)*
- 1 portion calamari – *Tintenfisch*
- 1 portion shrimp – *Garnelen*
- Salt and pepper – *Salz und Pfeffer*
- Soya sauce – *Sojasoße*
- Vegetable oil – *Pflanzenöl*

Dr. Syarifah Iis Aisyah

Indonesian

Director of Career Development
and Alumni Affairs,
Lecturer at Department of Agronomy
and Horticulture, Faculty of Agriculture,
Bogor Agricultural University

1991 – 1993





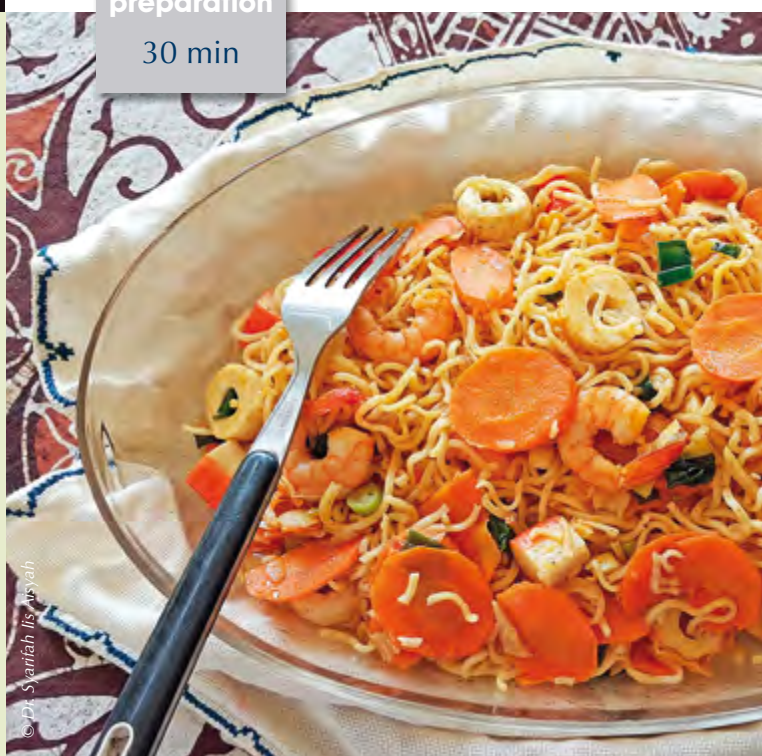
SIMPLE STEPS

of how to prepare it

- 1| Wash rice, and cook it in the rice cooker (put rice inside the rice cooker and fill with water up to the demarcation line).
- 2| Wash carrot, peel and chop it.
- 3| Wash lentils. Peel onion and garlic, then chop well, chop leeks.
- 4| Wash fish, cut into cubes.
- 5| Wash Calamari, cut into rings.
- 6| Wash shrimp and discard the shells.
- 7| Whisk the egg into the bowl.
- 8| (After rice is well cooked) heat vegetable oil in the pan, wait till hot. Add onion and garlic to hot vegetable oil and fry it.

TIME
of
preparation

30 min



- 9| Add whisked egg and fry it.
- 10| Add chopped carrot and lentils and fry until a bit soft.
- 11| Add calamari, fry until a bit brown, stir well.
- 12| Add fish and shrimp and fry until a bit reddish, stir well.
- 13| Add well-cooked rice and stir well.
- 14| Add chopped leeks, stir well.
- 15| Add salt, pepper, and soya sauce and stir well.
- 16| Taste it, if the taste is OK, then serve as shown in the picture. You may add shrimp crackers, cucumber.



My favourite recipe – China

GREEN PEPPER

with shredded potatoes

INGREDIENTS

which can be bought in Germany

Potatoes – *Kartoffeln*

Green pepper – *grüne Paprika*

Sichuan pepper – *Szechuanpfeffer*

Garlic – *Knoblauch*

Salt – *Salz*

White vinegar – *Weißweinessig*

Paprika powder – *Paprika-Pulver*

Dr. Jiang Qian

Chinese

Visiting scholar
Universitätsmedizin Göttingen

July 2017 – June 2018

Research project:
Tissue engineering





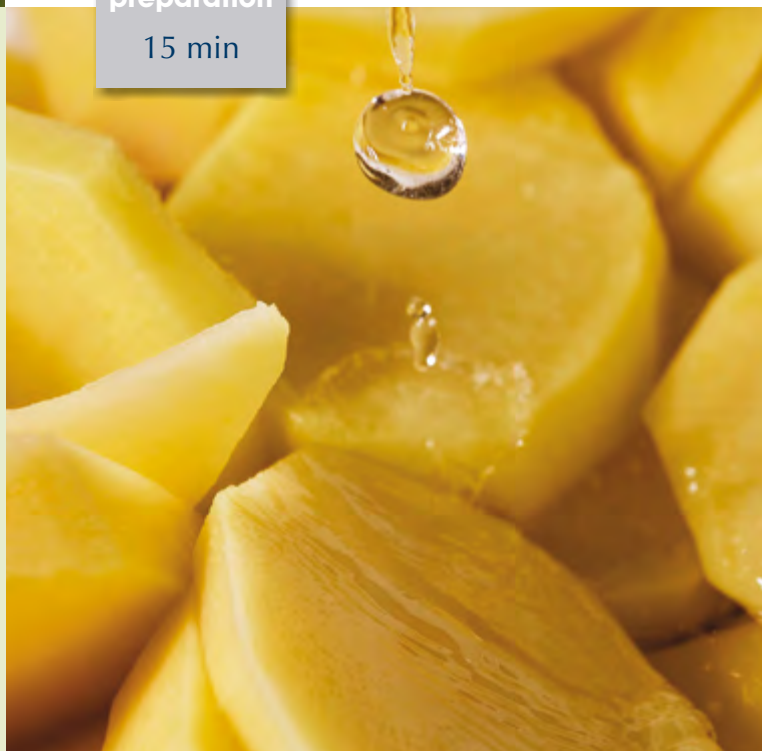
SIMPLE STEPS

of how to prepare it

- 1| Potatoes, cut into julienne strips, soak in the water for a moment, then add a little white vinegar.
- 2| Preparation of Sichuan pepper, garlic, green pepper.
- 3| Heat oil in wok, cold oil is drained after frying Sichuan pepper until fragrant.
- 4| Add shredded potatoes, fry for 3 or 5 minutes.
- 5| Stir in green pepper and minced garlic and finally add a little white vinegar and a pinch of salt.

TIME
of
preparation

15 min





My favourite recipe – China

FRIED PORK

with vegetables

INGREDIENTS

which can be bought in Germany

Pork – *Schweinefleisch*

Egg – *Ei*

Cornstarch – *Speisestärke*

50 ml vegetable oil – *Pflanzenöl*

Vegetables – *Gemüse*

Green pepper – *grüner Pfeffer*

10 ml soya sauce – *Sojasoße*

Garlic – *Knoblauch*

Ginger – *Ingwer*

5 g salt – *Salt*

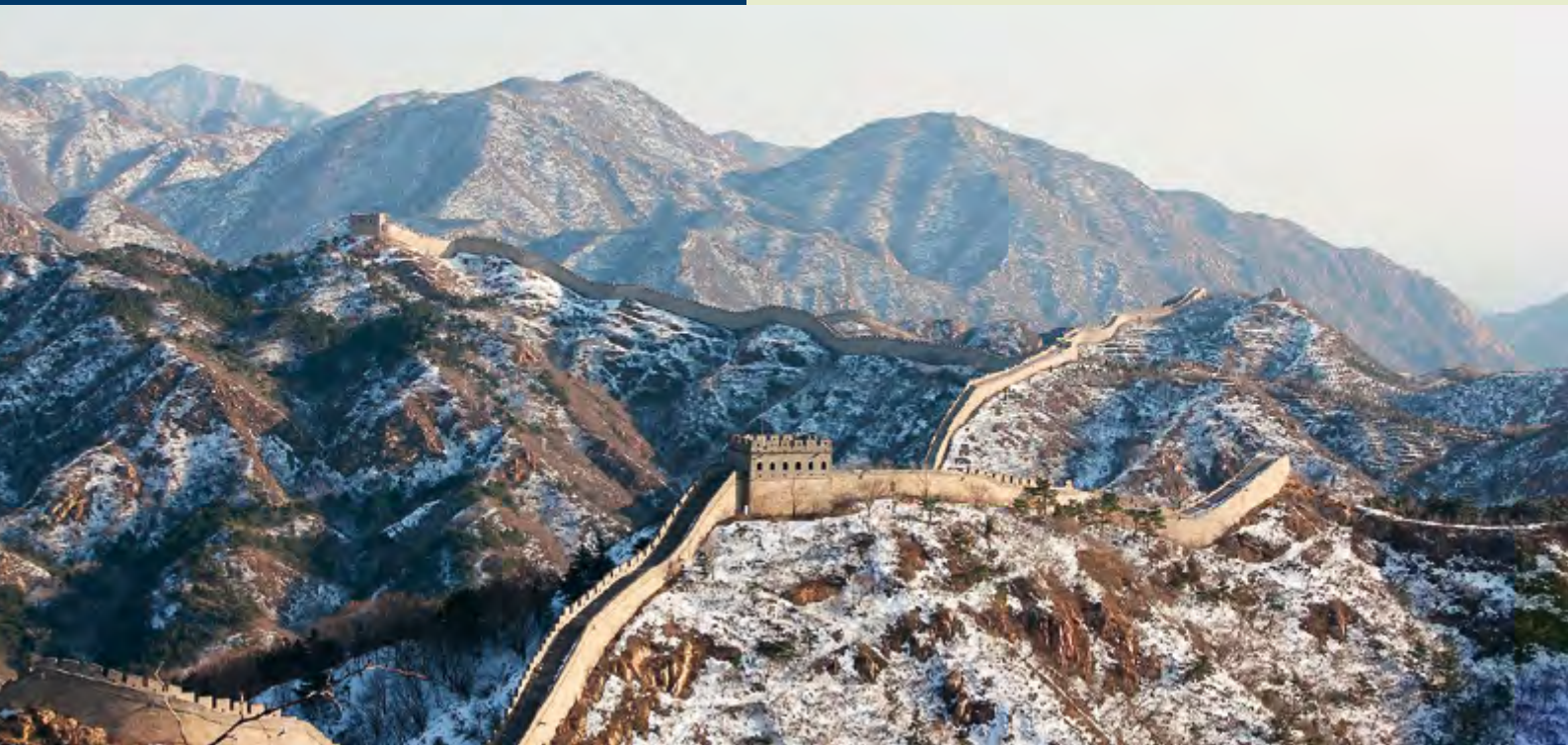
Prof. Feng Zhang

Chinese

School of Life Science,
Institute of Plateau Loess,
Shanxi University

1978 to 2017

Research project:
Inventor of Shrub Resources in Shanxi
and South Hebei, China





SIMPLE STEPS

of how to prepare it

- 1| Slice pork and add to cornstarch mixed with egg, and then fry pork in a hot pan (200 °C).
- 2| Slice garlic and ginger finely
- 3| Heat about 50 ml vegetable oil in pan (150 °C).
- 4| Add the sliced garlic and ginger as well as green pepper and stir for about 2 minutes, then add the fried pork with 10 ml soya sauce and 5 g salt and stir for 2 minutes.
- 5| Arrange pork and green pepper onto the plate.

TIME
of
preparation

20 min





© Luis Losilla

My favourite recipe – Costa Rica

CHORREADAS

INGREDIENTS

which can be bought in Germany

Serves 4-5 people approximately

1¼ cups of wheat flour (type 405) – *Weizenmehl*

2 tbsp butter (unsalted)– *ungesalzene Butter*

2 tsp baking powder – *Backpulver*

710 g sweet corn (can) – *Zuckermais*

10 tbsp sugar – *Zucker*

1 tsp salt – *Salz*

2 cups milk – *Milch*

4 eggs – *Eier*

Topping

Sour cream or cream cheese

– *Schmand oder Frischkäse*

M.Sc. Luis Losilla

Costa Rica

PhD candidate

Department of Agricultural Economics
and Rural Development

February 2015 – July 2018

Research project:

Internationalization and diversification
of Chilean fruit export companies





SIMPLE STEPS

of how to prepare it

- 1| Put all the ingredients together except the eggs into a blender and mix them for about 2 minutes.
- 2| Check if the sweet corn has been perfectly crushed inside the mixer. If so, add the eggs and blend again for 30 seconds.
- 3| Heat a frying pan to medium heat.
- 4| Use a pat of butter every time before adding the Chorreada mix.
- 5| Pour about 3 or 4 tablespoons of Chorreada mix into the greased frying pan and press down with the back of a spoon to increase the size.

TIME
of
preparation
20-25 min



- 6| Cook for about 1 minute on each side or until the Chorreada turns golden. Then flip the Chorreade gently with a spatula.
- 7| Repeat the process until you finish the mixture.
- 8| Serve them warm, add the topping on the top and enjoy.



My favourite recipe – Croatia

LEDENE KOCKE

Vanilla Squares

INGREDIENTS

which can be bought in Germany

Sponge

- 6 egg whites – *Eiweiß*
- 6 **tbsp** sugar – *Zucker*
- 6 **tbsp** flour – *Mehl*
- ½ **tsp** baking powder – *Backpulver*

Milk bath

- 300 **ml** milk – *Milch*
- 2 **packets** of vanilla sugar – *Vanillezucker*

Filling

- 6 egg yolks – *Eigelb*
- 6 **tbsp** sugar – *Zucker*
- 3 **packets** of vanilla sugar – *Vanillezucker*
- 2 **packets** of vanilla flavoured pudding mix – *Vanille-Puddingpulver*
- 700 **ml** milk – *Milch*
- 100 **ml** whipped heavy cream – *Schlagsahne*

Decoration

- 400 **ml** heavy cream whipped with – *Schlagsahne*
- 2 **tbsp** of powder sugar – *Puderzucker*
- Grated white chocolate – *weiße Schokoladenraspel*

Dr. Biljana Oklopcic

Croatian

Visiting scholar at the Center for Gender Studies,
Department of English

July 2017

Research project:
Gender Stereotypes in Anglo-American
Popular Culture





SIMPLE STEPS

of how to prepare it

- 1| Preheat oven to 180 °C.
- 2| Beat egg whites until firm peaks form. Add sugar and beat again. Fold in sifted flour and baking powder.
- 3| Butter a baking tray and put the batter into it. Bake for 20 minutes or until the sponge is golden. Let it cool.
- 4| Boil the milk with the vanilla sugar. Drizzle the boiled milk over the cooled sponge.
- 5| Beat the egg yolks with sugar and vanilla sugar. Add 100 ml milk. Fold in vanilla flavoured pudding mix. Beat until a cohesive mixture forms.
- 6| Boil the rest of the milk (600 ml). Fold in the egg yolk mixture. Cook until it thickens.

TIME
of
preparation

120 min



© Dr. Biljana Oklopac



- 7| Let it cool. Stir occasionally to prevent a crust forming.
- 8| When the custard is cooled, fold in the whipped heavy cream (100 ml).
- 9| Place the filling on the sponge. Layer the whipped heavy cream on top of the filling. Sprinkle the grated white chocolate over the cream topping. Refrigerate the cake for several hours or overnight.



My favourite recipe – Croatia

KLIPIČI

Dinner Rolls

INGREDIENTS

which can be bought in Germany

1 kg flour – *Mehl*

600 ml milk – *Milch*

250 ml sunflower oil – *Sonnenblumenöl*

80 g fresh yeast – *frische Hefe*

25 g salt – *Salz*

20 g sugar – *Zucker*

1 egg – *Ei*

Dr. Biljana Oklopcic

Croatian

Visiting scholar at the Center for Gender Studies,
Department of English

July 2017

Research project:
Gender Stereotypes in Anglo-American
Popular Culture





SIMPLE STEPS

of how to prepare it

- 1| Mix the yeast with sugar and 500 ml of warm milk. Let it rise (foam and bubble).
- 2| Sift flour, add salt, oil, the rest of the warm milk, and the risen yeast. Knead the mixture until a soft yet compact dough forms. Let the dough rise for 30 minutes.
- 3| Make little balls out of it (40-50 pieces). Let them rise again (20 minutes).
- 4| Roll each ball of dough into a rectangle. Roll the rectangles into croissant-like rolls.
- 5| Place baking paper into a baking tray. Put the rolls on it and let them rise again for 20 minutes.

TIME
of
preparation

120 min



© Dr. Biljana Oklopčić



© Dr. Biljana Oklopčić

- 6| Preheat an oven to 220 °C.
- 7| Beat an egg. Brush each roll with an egg wash and sprinkle it with salt. Rolls can also be sprinkled with sesame seeds, cumin, or poppy seeds.
- 8| Bake the rolls 10-12 minutes or until they are golden brown.



My favourite recipe – Egypt

MAHSHI CROMP

Stuffed Cabbage Leaves

INGREDIENTS

which can be bought in Germany

- 1 large green cabbage – *Weißkohl*
- 2 **cups** short-grain white rice – *Rundkornreis*
- 1 large onion, chopped – *Zwiebel*
- 1 **bunch** fresh parsley, chopped – *Petersilie*
- 1 **bunch** fresh dill, chopped – *Dill*
- 1 **bunch** fresh coriander, chopped – *Koriander*
- 2 fresh tomatoes, pureed – *Tomaten*
- 1 **tbsp** cumin powder – *Kreuzkümmel*
- 2 **tbsp** salt – *Salz*
- 1 **tsp** black pepper – *schwarzer Pfeffer*

Dr. Hamada Hassanein

Egyptian

Post-doctoral Researcher
Institute of Arabic and Islamic Studies

March – June 2016

Research project:
Discourse functions of opposition in
Classical Arabic: The case in Ḥadīth Genre





SIMPLE STEPS

of how to prepare it

- 1| In a pan add a good amount oil or butter followed by the chopped onion and a spoon of pureed tomato and stir until coated.
- 2| Add pureed tomato, a few drops of water and cook until liquid is almost gone and then set aside.
- 3| Put washed rice in a mixing bowl with the above tomato mixture, add chopped fresh parsley, dill and coriander and mix all ingredients until well blended, then set aside.
- 4| Remove the cabbage leaves, boil until they become soft and tender but not translucent, and put in a large tray.

TIME
of
preparation

180 min



- 5| Prepare a large pot with some oil and place large pieces of sliced tomato on the bottom of the pot. Stuff the cabbage leaves with the prepared mixture and roll them all up until leaves are finished.
- 6| Once all the leaves are rolled and arranged in the pot, take 3 cups of water mixed with the tomato paste and pour over arranged stuffed cabbage leaves.
- 7| Put on high, bring to boil, cook for about 10 minutes, then turn down heat, cover and allow to simmer gently. Cook for an hour or so until ready for serving.



My favourite recipe – England

STAFFORDSHIRE LOBBY

INGREDIENTS

which can be bought in Germany

about 250 g of casserole/braising or stewing steak (the fat should already have been trimmed off), cut into roughly 1 inch square chunks – *Rindfleisch*
3/4 medium onions (either all red, or a mix of red and white onions) – *Zwiebeln*

a selection of root vegetables such as a few Carrots, parsnips, a swede, a turnip
– *Wurzelgemüse*

3 or 4 potatoes – *Kartoffeln*

2 sticks of celery – *Stangensellerie*

about 5-6 beef stock cubes – *Rinderbrühwürfel*
(Depending on which vegetables you like, you can adjust the ratios accordingly. For example, you can add in more celery and less onions, or put even more potatoes in – it really is up to you!)

ORIGIN

of the dish

A form of stew traditionally eaten in winter to warm you up, originating in Staffordshire (my home county). It is comprised of lots of chunky vegetables, and lots of liquid. Traditionally, lobby is made with beef, although it can be made with chicken, and is a good way of using up leftover meat and vegetables. Families all over the Potteries (the industrial area encompassing the 6 towns which make up the city of Stoke-on-Trent, Staffordshire) would make this dish when their house-keeping money was low or money was tight. This hearty meal would be enough to feed large families cost-effectively, or to feed a family over the course of a few days.

Philippa Schwarzbach-Dobson

British

Erasmus Mundus Action 2 Coordinator
Göttingen International





SIMPLE STEPS

of how to prepare it

- 1| Chop one onion quite finely.
- 2| Trim the meat. Put some oil or fat in the bottom of a reasonably-large sized saucepan or heat resistant/metal casserole dish.
- 3| Heat the oil, then add the meat and onion. Cook, stirring occasionally, on a medium heat, until the meat is brown on all sides and the onions start to cook through.
- 4| Add enough water to well cover the meat and onions (roughly 800ml) and 3 stock cubes. Bring to the boil.
- 5| Cover the saucepan with a lid, lower the heat to a slow boil, and let it stew for roughly one hour. The main thing is that the meat is cooked through and at least starting to tenderise. The longer and slower the cooking, the better.
- 6| In the meantime, start to prepare the other vegetables. Peel your selection of root vegetables and cut them into fair size chunks. Roughly chop the remaining onions.
- 7| When the meat is ready, add the root vegetables and onions, and some more water to fill the saucepan (not to the very top as will still have potatoes to add etc), and add 2-3 more stock cubes. Bring the saucepan back to the boil, then put the lid on and let it simmer again.

TIME
of
preparation
20-30 min



TIME
of
cooking
180 min

- 8| Meanwhile, peel the potatoes and cut them into chunks. Wash and slice the celery.
- 9| After about 10-15 minutes or so, add the potatoes and celery, and bring everything back to boil. Then simmer for about another 10 minutes or so.
- 10| Take out a selection of the vegetables and make sure they are cooked i.e. they are soft.
- 11| Taste the liquid and add more stock cubes as necessary.
- 12| Serve in a big soup bowl with nice chunks of crusty bread



My favourite recipe – Ethiopia

DORO WOT

Ethiopian National Chicken Dish

INGREDIENTS

which can be bought in Germany

- 2 pounds** skinless chicken legs – *Hähnchenschenkel*
- Lemon juice – *Zitronensaft*
- 2 large red onions, finely chopped – *rote Zwiebeln*
- 1½ cups** berbere (Ethiopian spice mixture which includes chili pepper, garlic, ginger, dried basil, Ethiopian cardamom, black and white pepper, fenugreek and rue, a bitter shrub)
– *Ätiopische Gewürzmischung*
- 1 cup** Niter Kibbeh (Ethiopian Spiced Butter)
– *gewürzte Butter*
- ½ cup** fresh garlic, finely ground – *Knoblauch*
- ½ cup** fresh ginger, finely ground – *Ingwer*
- 6** peeled hard-boiled eggs – *Eier*
- Salt – *Salz*
- Injera bread – *Fladenbrot*

ORIGIN

of the dish

Doro Wot is a traditional Ethiopian meal. It is often served with other foods including braised beef and various vegetables. It is made up of many components and takes a long time to cook it properly. This article explains how to create a traditional Doro Wot, serving up to six people when served with a few other vegetables on the side.

Dr. Andargie Mebeaslassie

Ethiopian

Associate Professor
Haramaya University, CNCS

November 2017 – September 2019

Research project:
Identification and molecular characterization
of genes involved in sesame lignan biosynthesis





SIMPLE STEPS

of how to prepare it

- 1| Wash and soak the chicken in cold water with lemon squeezed into it for 30 minutes. (This removes any bacteria and tenderizes the meat.)
- 2| Caramelize the red onions on low heat in a large pot for 1 hour.
- 3| Add the berbere, Niter Kibbeh, garlic and ginger and cook for 30 minutes on medium-low heat.
- 4| Add the marinated chicken and cook on medium-low heat, 30 to 45 minutes.
- 5| Add the hard-boiled eggs and salt to taste.
- 6| Simmer on low heat for an additional 10 minutes and serve on the Injera.

TIME
of
preparation

180 min





My favourite recipe – Finland

RHUBARB SOUP

Stewed Rhubarb

INGREDIENTS

which can be bought in Germany

Makes 4 portions

300 g of rhubarb – *Rhabarber*

3-4 tbsp sugar (more to taste) – *Zucker*

1 l water – *Wasser*

1½ tbsp potato flour – *Kartoffelmehl*

This dish is very popular in a thicker, creamer version

500 g rhubarb – *Rhabarber*

6-8 tbsp sugar (to individual taste) – *Zucker*

400 ml water (about 1½ cups) – *Wasser*

2 tbsp potato flour – *Kartoffelmehl*

ORIGIN

of the dish

Popular Scandinavian summer dish, served as dessert or a light meal.

Dr. Susanne Österlund-Pötzsch

Finnish

Guest Professor / KAEE

April – August 2017





SIMPLE STEPS

of how to prepare it

- 1| Rinse (and if necessary peel) the rhubarb and cut into small (1 cm) pieces.
- 2| Cook the rhubarb together with the sugar in one litre of water for about 15 min (until the rhubarb is soft)
- 3| Mix the potato flour with a little bit of cold water and pour slowly into the pot while stirring. Cook on low heat for about five minutes.
- 4| Eat cold or slightly warmed with e.g. milk, yoghurt or ice cream.

TIP: For variation, add a pinch of cardamom or a stick of cinnamon at the beginning.

This dish is very popular in a thicker, creamer version: Same procedure!

TIME
of
preparation
20-25 min



© Dr. Susanne Österlund-Pöizsch





© Dr. Amandine Erktan

My favourite recipe – France

QUICHE AUX CHAMPIGNONS

Mushroom »quiche«

INGREDIENTS

which can be bought in Germany

Ingredients for the pastry

250 g flour – *Mehl*

100 g butter – *Butter*

1 egg – *Ei*

5 cl milk – *Milch*

Ingredients for the filling

600 g of mushrooms – *Champignons*

100 g of ham (optional) – *Schinken*

150 g of grated cheese (Gruyere or Emmental)
– *Greyerzerkäse oder Emmenthaler*

3 eggs – *Eier*

10 cl milk – *Milch*

Salt, pepper – *Salz, Pfeffer*

Provence herbs – *Kräuter der Provence*

Dr. Amandine Erktan

French

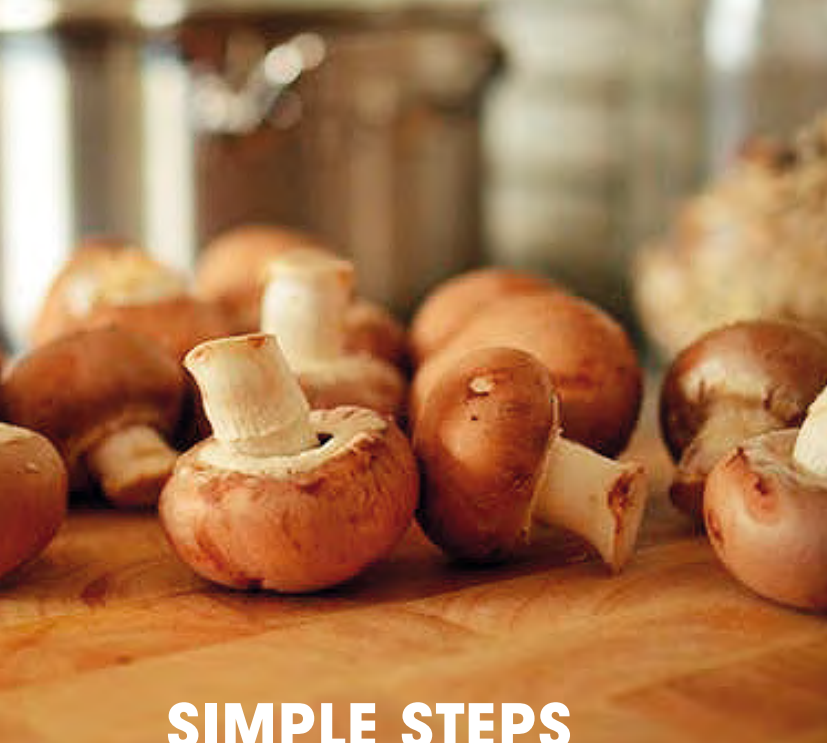
Post doc fellow

Blumenbach institute for zoology
and anthropology – UGOE

June 2017 – Mai 2019

Research project:
AGG-REST-WEB





SIMPLE STEPS

of how to prepare it

Preparation of the pastry

- 1| In a bowl add the flour then the melted butter and the egg.
- 2| Stir a bit.
- 3| Add the milk and stir.
- 4| With your hands, make a ball with the pastry. If it is too liquid, add a bit more flour. If the consistency is too dry, add a bit of milk.
- 5| Let it rest for 30 min in the fridge (optional).
- 6| Roll out the pastry and use it to cover a flat (3 cm high edge) and round (if possible) baking tin.
- 7| Prick the pastry all over with a fork.



TIME
of
preparation
30-40 min



TIME
of
baking
45 min

Preparation of the filling

- 8| Cut the mushrooms into 2 cm pieces and cook them in a pan with a bit of (olive) oil – Cover first with a lid, and then remove it to allow the water coming from the mushrooms to evaporate.
 - 9| In a bowl mix the 3 eggs with the milk, the grated cheese and the ham (cut into small pieces).
 - 10| Add the mushrooms, salt and pepper and stir.
 - 11| Pour onto the pastry case.
- Bake for 45 minutes at 180 °C.
Serve warm or cold, with a salad, for example.



My favourite recipe – Georgia

KHACHAPURI

INGREDIENTS

which can be bought in Germany

1 kg flour – *Weizenmehl*

20 g yeast – *Hefe*

500 ml milk – *Milch*

50 ml oil – *Öl*

1 tsp salt – *Salz*

1200 g cheese – *Käse*

2 eggs – *Eier*

Prof. Lela Turmanidze

Georgian

Associate Professor

September 2015 – July 2016

Research project:

Development and assessment of mathematical skills and competences in University curricula





© Anika Ebner

SIMPLE STEPS

of how to prepare it

- 1| Pour warm milk into a bowl and add yeast. After 10-15 minutes add flour, salt and knead the mixture into dough. Then cover it with a cloth and put it in a warm place.
- 2| Grate the cheese and add the eggs. Split the resulting mixture into several parts, each being roughly 300 g.
- 3| Moisten your hands with oil and knead the risen dough again, this will give your Khachapuri the right consistency.
- 4| When the dough has risen, put cheese in the middle (one 300 g part of cheese per Khachapuri) and cover it over with dough.

TIME
of
preparation

60 min



© Anika Ebner

TIME
of
baking

20-25 min



© Anika Ebner

- 5| Put it face down on the table and roll it out gently.
- 6| Put the prepared Khachapuri on the baking tray and let it bake in a well-heated oven for 20-25 minutes.
- 7| Khachapuri can be both oven-baked and pan-fried.



My favourite recipe – Germany

BAUERN- FRÜHSTÜCK

Bacon and potato omelette

INGREDIENTS

which can be bought in Germany

2 potatoes in the skin (best if boiled the previous day) – *Kartoffeln mit Haut (am besten am Tag vorher gekocht)*

2 eggs – *Eier*

1 small onion – *Zwiebel*

80 g ham or boiled ham – *Schinkenspeck oder Kochschinken*

¼ of a garden leek – *Schnittlauch*

50 ml of milk – *Milch*

1 tbsp butter – *Butter*

salt, pepper – *Salz, Pfeffer*

optional: pickled gherkin – *optional: eingelegte Gurke*

Prof. Dr. Lutz Ackermann

Germany

Professor of Organic Chemistry

2007 – current

Research project:

Development and application of novel concepts for sustainable catalysis with a topical focus on C-H-activation





SIMPLE STEPS

of how to prepare it

- 1| Peel the potatoes and the onion. Potatoes should be cut in slices, onion in small cubes.
- 2| Cut the ham to small cubes. Cut the garden leek in slices.
- 3| Break and mix the eggs, add milk and flavor the mixtures with salt and pepper.
- 4| Heat the butter in a frying-pan and add the ham cubes. After about 2 minutes add the onion cubes. When the onion cubes look glassy, add the potatoes slices. Turn the slices several times till they embrown. Add the garden leek slices and let everything heat for about one minute.

TIME
of
preparation

15 min



- 5| Pour the milk-egg-mixture over the potato slices. Your meal is ready, when the egg-mixture has stocked.
- 6| Your "Bauernfrühstück" should traditionally be served with a pickled gherkin.



© Evgenia Malikouti

Evgenia Malikouti

Greek

PhD Student

Seminar für Turkologie und Zentralasienkunde,
Philosophical Faculty

Research project:

Turkish Loanwords in Modern Greek



My favourite recipe – Greece

SOUVLAKI

with Gyros

INGREDIENTS

which can be bought in Germany

Tomatoes – *Tomaten*

Onions – *Zwiebeln*

Frozen gyros meat (seasoned) or strips of pork
– *Schweinefleisch*

Meat to be marinated in oil, vinegar and spices

Pita breads / pita bread pockets – *Pita-Taschen*

Zatziki sauce – *Zatzikisoße*

Spices: salt, pepper, paprika, oregano, thyme,
garlic, onion, coriander, cumin or a packet of
"spices for gyros" – *Gyrosgewürz*

Fried potatoes (optional) – *Pommes frites*

Lettuce (optional) – *Kopfsalat*

Ketchup and mustard or yogurt sauce with herbs
(optional, to replace zatziki sauce)

– *Ketchup und Senf oder Joghurtsöße mit Kräutern*

ORIGIN

of the dish

Souvlaki with gyros (aka pitogyro) is one of the most popular street foods in Greece. Souvlaki literally means "meat on a skewer" but it is used to denote "meat wrapped in a pita (bread)". Gyros (yiros), the Greek version of the Turkish döner kebab is meat placed on a tall vertical rotisserie turning in front of an electric broiler.



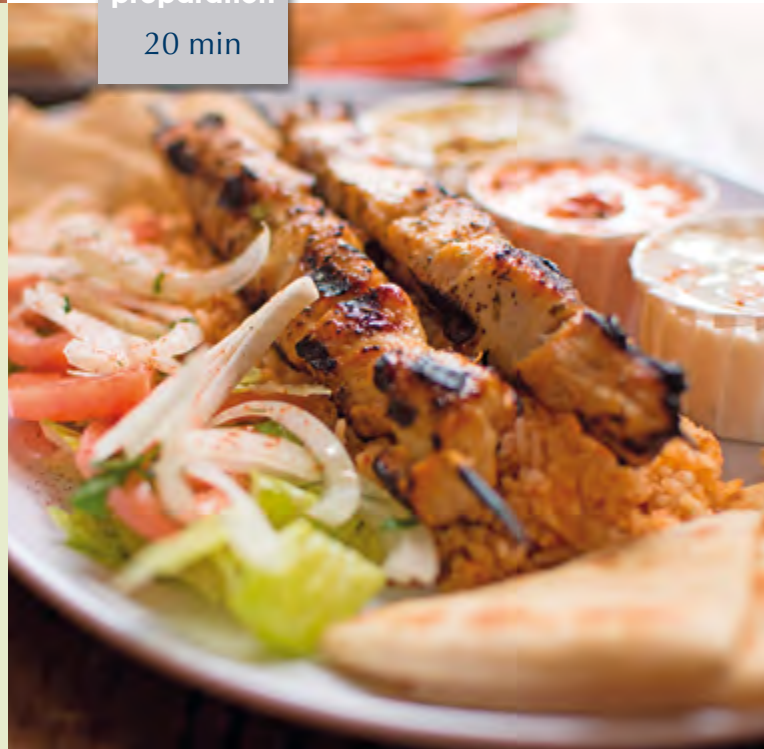
SIMPLE STEPS

of how to prepare it

- 1| Thinly slice the tomatoes and onions.
- 2| Fry the meat in a hot pan until tender and crispy.
- 3| Grease the pita breads with oil and season them with spices. Bake them for a short time in a preheated oven.
- 4| Fill the pita bread pockets with the pork meat, tomatoes, onions, zatziki sauce.
- 5| Alternatively wrap the ingredients into the pita bread.
- 6| Add the spice, seasoning to taste
- 7| Optionally add some lettuce and fried potatoes.

TIME
of
preparation

20 min





© MBA Marlene Dominguez

MBA Marlene Dominguez

Honduran

Teacher

Honduras National Autonomous University,
Economics Department

October – December 2016

Research project:

Mayanet-Erasmus Mundus, Academic staff
mobility

My favourite recipe – Honduras

BALEADAS

INGREDIENTS

which can be bought in Germany

8 Flour tortillas – *Weizentortillas*

2 cups refried red beans (You can buy whole
canned beans – Rewe and Kaufland – and
liquidise them) – *Kidneybohnen, Bohnenmus*

½ cup crumbled queso duro, cotija or feta cheese
(you can find a great one in Rewe grated)

– *Manchego-Käse oder Feta*

¼ cup Mexican-style sour cream (cream agria)

– *Saure Sahne oder Schmand*

4 scrambled eggs (optional) – *Rühreier*

4 avocado (optional) – *Avocado*

ORIGIN

of the dish

Baleadas is one of Honduras's most popular dishes and makes brilliant party food. It originated from the north and Caribbean part of Honduras and is usually great for breakfast and dinner. Vegetarian friendly!





© Anika Ebner

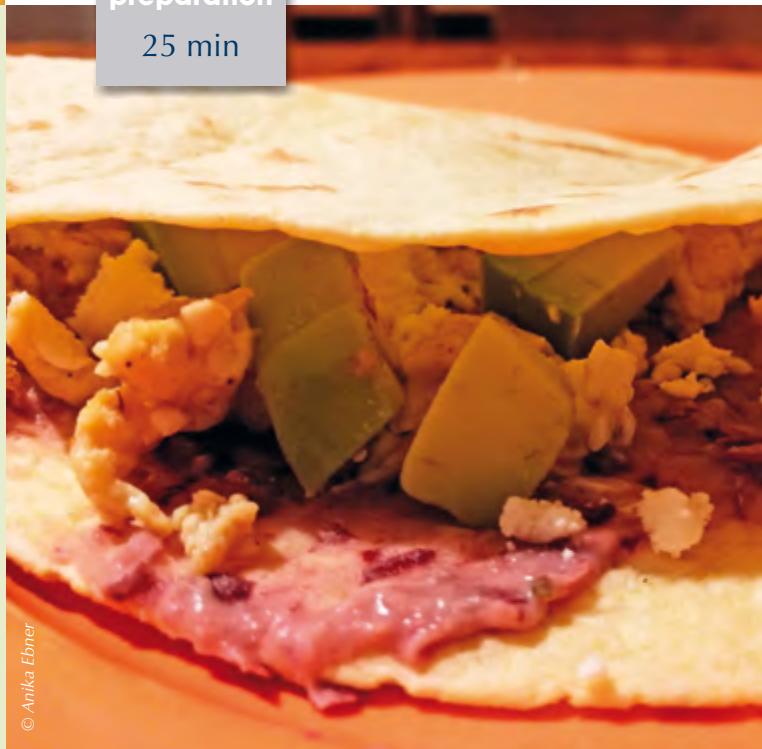
SIMPLE STEPS

of how to prepare it

- 1| Place a tortilla into the pan and heat it on both sides to soften it up.
- 2| Place the tortilla on a serving plate.
- 3| Smear some refried beans on one half of the tortilla, sprinkle it with some crumbled cheese and drizzle it with a little sour cream.
- 4| Add optional ingredients (avocados, eggs) if desired.
- 5| Fold the tortilla in half over the filling. Enjoy!

TIME
of
preparation

25 min



© Anika Ebner



© Anika Ebner



© Dr. Zsófia Demjén

Dr. Zsófia Demjén

Austria, Hungary

Research Fellow-in-Residence

September – December 2017

Research project:

Power, Control and the language of voice-hearing: Piloting a linguistic approach to voice-hearers' accounts of their relationships with their voices

My favourite recipe – Hungary

BRASSÓI APROPECSENYE

aka Small roast from Kronstadt

INGREDIENTS

which can be bought in Germany

Normally prepared with pork, in my family we make it using turkey.

For two generous portions

½ onion, finely chopped – *Zwiebel*

Vegetable oil – *Pflanzenöl*

500g turkey breast, diced small – *Putenbrust*

6-7 garlic cloves, crushed – **Knoblauch**

1 beef stock cube – *Fleischbrühwürfel*

1 tsp Hungarian paprika powder (mild)

– *ungarisches Paprikapulver (mild)*

ORIGIN

of the dish

The exact origins are unknown, but one legend has it that it was invented by a railway chef on the Budapest (Hungary)-Kronstadt (Romania) train route, which gave it its name.





SIMPLE STEPS

of how to prepare it

- 1| Heat oil in a medium-sized saucepan.
- 2| Add the finely chopped onions. Sauté them on low heat with a pinch of salt until translucent and almost mushy.
- 3| Add half the garlic, and crumble in the stock cube. Cook for another 2 minutes. Remove the pan from the heat
- 4| Add the paprika and mix well with oil (the paprika only releases its flavour and colour in fat).
- 5| Add half a cup of water and stir well. Put the saucepan back on the heat and bring it to the boil.

TIME
of
preparation

60 min



© Dr. Zsófia Demjén



© Dr. Zsófia Demjén

- 6| Add the turkey pieces and mix well to cover the meat in the red sauce.
- 7| On a low heat, cover and leave to cook for approximately 30-40 min.
- 8| Just before the turkey is done, add the rest of the garlic and mix well.
- 9| Serve with roast potatoes or French fries and pickled gherkins.



© Dr. Manoj Kumar Mahata

Dr. Manoj Kumar Mahata

Indian

Post-doctoral Research Associate,
Second Institute of Physics,
Faculty of Physics

September 2013 – March 2015
December 2015 – February 2017

Research project:
Upconverting Nanoparticles for Sensing
Application



My favourite recipe – India

CHICKEN POLAO

INGREDIENTS

which can be bought in Germany

For 5-6 people

To marinate the chicken

500 g boneless Chicken (cut into pieces)

– *Hähnchenfleisch ohne Knochen*

1½ tsp ginger-garlic paste

– *Ingwer-Knoblauch-Paste*

salt (according to taste) – *Salz*

1 cup yoghurt – *Joghurt*

1 tsp Garam masala – *Gewürzmischung*

½ tsp turmeric powder – *Kurkuma Pulver*

5 tsp oil for frying – *Öl zum Fritieren*

1 cup cornflour – *Speisestärke*

3 eggs – *Eier*

1 cup bread crumbs – *Brotrümel*

To prepare the Polao

500 g Basmati rice – *Basmati-Reis*

1 carrot (sliced thinly) – *Karotte*

1 capsicum (sliced thinly) – *Paprikaschote*

2 potatoes (cut into medium-sized pieces)

– *Kartoffeln*

1 onion – *Zwiebel*

1 tomato – *Tomate*

3-4 cardamom pods – *Kardamomkapseln*

1 cinnamon sticks – *Zimt*

5-6 cloves – *Nelken*

1 bay leaf – *Lorbeerblatt*

Salt (according to taste) – *Salz*

½ cup peas – *Erbsen*

1½ tsp cumin seeds – *Kreuzkümmel*

1 tsp Garam masala – *Gewürzmischung*

2 sp oil – *Öl*



SIMPLE STEPS

of how to prepare it

To marinate the chicken

- 1| To marinate the chicken, mix salt, ginger-garlic paste, yoghurt, turmeric powder thoroughly with the chicken and keep it at room temperature for one hour.
- 2| Take the marinated chicken and dip it into the corn flour, egg and bread crumbs successively.
- 3| Heat the oil in a frying pan and keep on medium heat. Fry all the chicken pieces using the oil and wait till these turn brown in colour. Put the cooked chicken aside.

To prepare the polao

- 1| Soak rice for 30 minutes in water. Drain.
- 2| Warm up 2 sp of oil in a frying pan and add cumin seeds, bay leaf, cinnamon sticks, cloves and cardamom into the pan stirring continuously for 2-3 minutes. Add the carrot, capsicum, potato and peas into the pan and fry the vegetables for 8-10 minutes.
- 3| Mix drained rice with these vegetables and cook for 2 minutes.
- 4| After that, add 500 ml of water, garam masala and tomato slices into the rice and cook till water is absorbed by the rice.
- 5| Add the prepared chicken with the rice and mix homogeneously cooking for another two minutes. Yes, you have prepared it now!!
Serve with salad. Guten Appetit!!

(Dr. Mahata acknowledges the help of Ms. Renu Kumari in preparation of the dish and taking the photographs)

TIME
of
preparation

45 min





© Dr. Vindhya Prasad Tewari

Dr. Vindhya Prasad Tewari

Indian

Director

Himalayan Forest Research Institute,
Shimla 171009 (India)

June 2016

Research project:

Administrative staff mobility under
SmartLink project 2

My favourite recipe – India

POHA

INGREDIENTS

which can be bought in Germany

Peanut or vegetable oil – *Erdnuss- oder Pflanzenöl*

Poha (flattened or beaten rice, dry)

– *flach geklopfter Reis*

Sugar – *Zucker*

Mustard seeds – *Senfsamen*

Green chilies – *grüne Chilies*

Onion (small dice) – *Zwiebel*

Potato, diced – *Kartoffel*

Peanuts – *Erdnüsse*

Turmeric powder – *Kurkuma Pulver*

Salt – *Salz*

ORIGIN

of the dish

Traditional and widely preferred breakfast in western states of India.





SIMPLE STEPS

of how to prepare it

- 1| Rinse 2-3 cups of poha in water and let it soak for 3-4 minutes. When the poha can be lightly mashed between your fingers, it is ready. There is no need to soak it for a long time.
- 2| Cook one cup of diced potatoes for two minutes in the microwave. This will partially cook the inside of the potatoes, as they take a long time to cook in the oil by themselves. Potatoes should be roughly ½ inch cubes.
- 3| In a fine mesh colander, drain the water and press the poha lightly with your fingers to get out any excess water. Transfer it to a bowl when you are done and set it aside to use later.

TIME
of
preparation

15 min



- 4| Heat 1 tsp of oil on medium in a saucepan. The pan will be lightly smoking when it is hot enough, as if small bits of steam were coming off the surface.
- 5| Add 1 tsp mustard seeds to the oil until the crackle.
- 6| Chop up a small onion and 1-2 green chilies and throw them in the pan, along with the potatoes from the microwave. Stir well and let them cook for two or three minutes.
- 7| Add the spices, ½ cup peanuts, and ½ tsp sugar. Let them cook, well mixed, for a minute or two.
- 8| Mix everything into the poha and lower the heat to medium-low. Keep cooking everything together until the poha is hot and ready to serve.



My favourite recipe – Indonesia

URAP SAYUR

Salad with Shredded Coconut Dressing

INGREDIENTS

which can be bought in Germany

Coconut Dressing

250 gr grated coconut – *Kokosraspel*

4 cloves garlic – *Knoblauch*

about 3 red chilies (optional) – *rote Chilies*

1 tsp galangal powder – *Galangalpulver*

½ tsp shrimp paste (optional, not needed for vegetarian dish) – *Garnelenpaste*

4 lime leaves – *Limettenblätter*

3 tsp sugar – *Zucker*

4 tsp salt – *Salz*

Recommended Vegetables

(aim for 2 or more types)

Spinach (or lamb's lettuce salad) – *Spinat*

Bean sprouts – *Bohnensprossen*

Cabbage – *Kohl*

Green beans – *grüne Bohnen*

Cucumber – *Salatgurke*

Paprika – *Paprika*

Rakhma Sujarwo

Indonesia

PhD Student

Dept. Agricultural Economics & Rural
Development, Faculty of Agriculture

April 2016 – March 2019

Research project:

Collaborative Research Centre 990: Ecological
and Socioeconomic Functions of Tropical
Lowland Rainforest Transformation Systems
(Sumatra, Indonesia)





SIMPLE STEPS

of how to prepare it

- 1| Prepare a steamer.
- 2| Grind both garlic and chilies together. Then mix together with galangal powder, shrimp paste, lime leaves, sugar and salt as a spice paste.
- 3| Afterwards, blend the grated coconut with spice paste until well combined. Correct the taste by adding sugar or salt if necessary.
- 4| Steam the coconut salad-dressing mixture in a bowl about 25 minutes.
- 5| Steam or boil the recommended vegetables separately according to types of vegetables and drain, except for the cucumber.

TIME
of
preparation

40 min



© Rakhma Sujarwo



6| To prepare the salad, mix the steamed or boiled vegetables. Then combine those with the dressing until properly mixed.

6| Enjoy your meal!



© Rakhma Sujarwo

Rakhma Sujarwo

Indonesia

PhD Student

Dept. Agricultural Economics & Rural
Development , Faculty of Agriculture

April 2016 – March 2019

Research project:

Collaborative Research Centre 990: Ecological
and Socioeconomic Functions of Tropical
Lowland Rainforest Transformation Systems
(Sumatra, Indonesia)

My favourite recipe – Indonesia

TEMPE GORENG KECAP

Fried Tempeh mixed with Sweet Soy Sauce

INGREDIENTS

which can be bought in Germany

- 1 packet Tempeh (caked soybean)
– *Tempeh (Sojabohnen Produkt)*
- 2 cloves garlic (sliced) – *Knoblauch*
- 3 shallots (sliced) – *Schalotten*
- 2 red chillies (optional) – *rote Chilies*
- 1 **tsp** Galangal powder – *Galangal-Pulver*
- 1 **tsp** Coriander powder – *Koriander-Pulver*
- 1 **tsp** black/white pepper powder
– *schwarzer/weißer Pfeffer*
- 2 **pcs** bay leaves – *Lorbeerblätter*
- 1 **pcs** lemon grass (crushed) – *Zitronengras*
- 1 **tsp** brown sugar – *brauner Zucker*
- 1½ **tsp** salt – *Salz*
- 5 **tbsp** sweet soy sauce – *süße Sojasoße*
- Oil
- Water





SIMPLE STEPS

of how to prepare it

- 1| Cut 1 packet of Tempeh into little cubes.
- 2| Fry Tempeh until it is only half-cooked
- 3| Stir-fry (about 5 tbsp oil) garlic, shallots, chillies, bay leaves, and lemon grass together in a pan until fragrant.
- 4| Put Tempeh, galangal powder, coriander powder, black/white pepper powder, sweet soy sauce, brown sugar, salt and a little amount of water into a pan, then mix all together (about 10 minutes). Correct the taste by adding sugar or salt if necessary.
- 5| Enjoy your meal!

TIME
of
preparation

30 min



© Rakhma Sujanvo



© Rakhma Sujanvo



My favourite recipe – Iran

BAGHALI POLO

Rice with Dill and Fava Beans

INGREDIENTS

which can be bought in Germany

For 4 Person

- 3 cups basmati rice – *Basmatireis*
or 4 cups long-grain rice – *Langkornreis*
- 5 tbsp cooking oil – *Kochöl*
- 3 cups fresh dill, chopped – *frischer Dill*
- ½ tbsp salt – *Salz*
- ½ tbsp turmeric – *Kurkuma*
- ½ tbsp pepper – *Pfeffer*
- 3 tbsp brewed saffron (depending on your taste)
– *Safran*
- 3 cups water – *Wasser*
- 4 pieces of lamb meat (lean) or fish
– *Lammfleisch oder Fisch*
- 2 onions – *Zwiebeln*
- 1 garlic – *Knoblauch*
- 1 cup broad beans – *dicke Bohnen*
- 3 tbsp tomato paste
- 100 g butter

Dr. Tayebeh Akbari Azirani

Iranian

Post Doc researcher
Department of Palynology and Climate Dynamics,
Albrecht-von-Haller-Institute for Plant Sciences,
Georg-August-University Goettingen

December 2014 – June 2015

Research project:
Regional history of vegetation, climate change,
and human influence on Zagros Mountains in
western Iran during late Pleistocene and
Holocene (Sumatra, Indonesia)





© Dr. Tayebeh Akbari-Azizani

SIMPLE STEPS

of how to prepare it

- 1| Roast meat with two onions, a little garlic, turmeric and pepper for 5 minutes. Add 6 glasses of water and cook for an hour.
- 2| After the meat is completely cooked, add the salt and tomato paste and turn off the oven after a few minutes.
- 3| Wash 3 (or 4) cups of rice with plain water twice and drain the water.
- 4| Take five cups of water, four spoons of oil and salt, and mix and pour into a non-stick saucepan.
- 5| Bring the water to the boil over high temperature.
- 6| Add rice to boiling water.
- 7| Add chopped dill and broad beans to boiling rice and water.
- 8| Let the rice and beans become softened in the boiling water. The rice should be tender and fluffy.
- 9| The centre of the rice grains should not be completely soft.
- 10| Now it is time to take the pot off the stove so as to drain the water from the rice and beans.
- 11| Pour oil in the same pot and add some slices of bread or potato or rice as well as saffron.
- 12| Add the remaining rice and dill and beans
- 13| Put 100g butter and half of the saffron on the top of the rice.
- 14| Cover the pot, and cook over low temperature for about half an hour.
- 15| Serve food according to the following photos. It is also possible to use fish instead of lamb.

TIME
of
preparation
90-180 min



© Dr. Tayebeh Akbari-Azizani



My favourite recipe – Iran

MAHI KABABI

Traditional grilled fish

INGREDIENTS

which can be bought in Germany

Oily fish, or salmon – *fetter Fisch oder Lachs*

Salt – *Salz*

Tomato paste, dates or sour cream

– *Tomatenpaste, Datteln oder Sauerrahm*

Garlic – *Knoblauch*

White pepper – *weißer Pfeffer*

Tamarind – *Tamarinde*

ORIGIN

of the dish

In Khuzestan province style / Iran. In the middle of the 14 century A.D. Ibn Battutah, the Moroccan traveler, ate such a meal in the city of Abadan (Khuzestan, Iran) in a Sufi monastery as a guest. He said that it was the best meal that he had ever had during the 45 years of voyaging from north Africa to China.

Dr. Ali Bahrani-pour

Iranian

Associate Professor

Department of History Shahid Chamran

University of Ahvaz, Iran

January 2013 – June 2013

Research project:

The Jade roead: an alternative name for the southern Silk Road





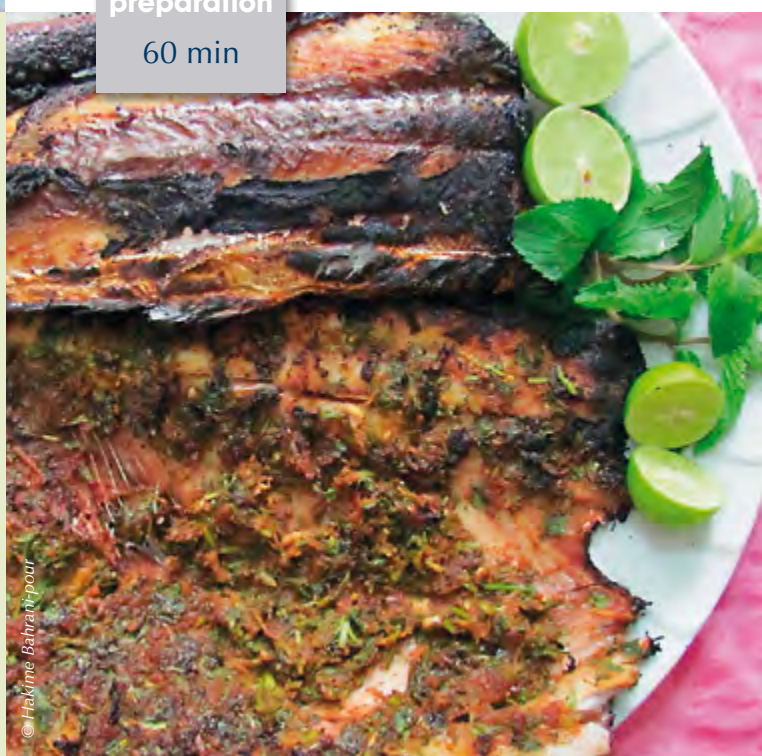
SIMPLE STEPS

of how to prepare it

- 1| Choose usually a fresh oily fish specially suitable for grilling like salmon ("sobur") or trout (Kharro, Qezel Ala) or even small fish (like Beyah, Yeffut).
- 2| After washing the fish and removing the underskin from the back with a knife, thoroughly clean the fish. Lift the fish from the back of the spine and clean it inside. You can eat the fish caviar, which is nourishing and very tasty.
- 3| After washing the fish, the entire surface of the fish is sprinkled with salt and left for half an hour to absorb the salt. Add salt again, if necessary. Then cover the surface of the fish and fill the inside of the stomach with tomato paste, dates or sour cream. Leave to absorb. You should have already prepared the baking paper.

TIME
of
preparation

60 min



- 4| Put a thick layer of vegetables, garlic, white pepper and tamarind inside the fish cavity.
- 5| Place the fish on an oiled fish rack and clamp it ("Jali" is a rod in a metal lattice that holds the fish).
- 6| In Imer Hilla, the fish are ready to put on a barbecue or better in a traditional oven, which bakes the fish very slowly, around 60 degrees centigrade.
- 7| This meal could be served with rice, shiraz salad (cucumber, onion, tomato, lemon juice) for lunch. It's original accompanying dessert is dates and sesame oil.



© Prof. Dr. Joep Leerssen

Prof. Dr. Joep Leerssen

Dutch

Professor of European Studies,
University of Amsterdam

October 2011 – June 2012

Research project:
The diffusion of cultural nationalism
in 19th-century Europe



My favourite recipe – Ireland

SPINACH AND LENTILS

INGREDIENTS

which can be bought in Germany

For 2 person

Spinach, either fresh or frozen – *Spinat*

450 g lentils either a **225 g** can (drain off liquid) or the equivalent in dried form (black lentils or puy lentils are best) – *Linsen*

2 red onions – *rote Zwiebeln*

2 csp cumin seeds or ground cumin powder – *Kreuzkümmel*

Oil (sunflower or olive)

– *Sonnenblumen- oder Olivenöl*

Soy sauce – *Sojasoße*

Pinch of cayenne pepper – *Cayenne-Pfeffer*

Tomato puree – *Tomatnpüree*

Rice (brown or white), potatoes, or croutons –

Reis (braun oder weiß), Kartoffeln oder Croutons

ORIGIN

of the dish

Irish hippie vegetarian cookbook from the mid-1970s.



SIMPLE STEPS

of how to prepare it

- 1| Soak the lentils overnight. Take the lentils and boil until just tender; do not let them go to mush – or else, use a can.
- 2| If you use frozen spinach, thaw and drain off the water.
- 3| If you use whole cumin seeds, grind in a mortar.
- 4| Peel, chop and fry the onions in oil. When they are soft and translucent, add the ground cumin seeds and the cayenne pepper, stir-fry for 1 minute, then add a coffee spoon of soy sauce.
- 5| After an additional minute, add lentils and spinach, and stir. Thicken a little with 2 table-spoons of tomato puree.

TIME
of
preparation

10 min



- 6| Can be served with boiled rice, with pan-fried potatoes, or with croutons (dices of white bread pan-fried).





My favourite recipe – Israel

SHAKSHUKA

INGREDIENTS

which can be bought in Germany

5 eggs – *Eier*

3 big ripe tomatoes – *Toamten*

1 big onion – *Zwiebel*

2 **spoons** tomato paste – *Tomatenpaste*

Fresh parsley – *Petersilie*

Thyme (dry) – *Thymian*

Black pepper – *schwarzer Pfeffer*

Salt – *Salz*

Olive oil – *Olivenöl*

Optional: cheese, cumin, sweet or spicy paprika
– *Käse, Kumin, süße oder scharfe Paprika*

Dr. Yael Almog

Israelisch

Lichtenberg-Kolleg

Oktober 2016 – Juli 2018

Research project:

Hermeneutics and Secularism





SIMPLE STEPS

of how to prepare it

- 1| Fry sliced onion in olive oil until soft.
- 2| Add the sliced tomatoes.
- 3| Cook for 15 minutes and season with all spices except the cumin and the parsley.
- 4| Add the tomato paste and stir again.
- 5| Break the eggs above, add to the mixture and let them cook for 5 minutes.
- 6| Finally, add the cumin and the cheese. Season with parsley.

TIME
of
preparation

25 min





© Aggregate Prof. Dr. Cinzia Ferrini

My favourite recipe – Italy

LASAGNE AL PESTO

INGREDIENTS

which can be bought in Germany

Pasta sheets for lasagne – Barilla (which can go directly in the oven) – *Lasagne-Platten*

For the béchamel sauce (not too liquid)

Butter – *Butter*

Flour – *Weizenmehl*

Milk – *Milch*

Salt – *Salz*

For the pesto sauce (put in a mixer)

Basil leaves – *Basilikum*

Pine nuts – *Pinienkerne*

Fresh garlic – *Knoblauch*

Extra-virgin-oil – *Natives Öl extra*

Little cubes of pecorino cheese or Parmesan
– *Peccorino oder Parmesan*

A few walnuts (optional) – *Walnüsse*

Aggregate Prof. Dr. Cinzia Ferrini

Italy

Senior researcher

Department of Humanities, University of Trieste

May 2013

Research project:

Illusions of Imagination and Adventures of Reason
in Kant's first Critique





SIMPLE STEPS

of how to prepare it

- 1| Alternate 5 layers of lasagne sheets in a buttered casserole dish.
- 2| Pour 4-5 spoons of béchamel over each layer
- 3| Add 3-4 spoons of pesto sauce on top of each layer, add grated Parmesan cheese. Leave the last layer without pesto (end with béchamel and some flakes of butter).
- 4| Bake for 20 minutes in a pre-heated oven. (180 degrees), until the last layer looks crispy and brown.
- 5| The dish is at its best after a few hours.
- 6| Serve with white wine such as Pigato or Vementino.

TIME
of
preparation

60 min





© Melanie Militowski

My favourite recipe – Italy

TIRAMISÙ

INGREDIENTS

which can be bought in Germany

8 egg yolks – *Eigelb*

2 cups of sugar – *Zucker*

1500 g mascarpone (Italian cream cheese)
– *Mascarpone*

4 little bottles rum flavoring – *Rum-Aroma*

2 packets of sponge finger biscuits – *Löffel-Bisquit*
Coffee – *Kaffee*

Cacao for powder – *Kakaopulver*

Melanie Militowski

German / Italian

Zentrales Sekretariat,
Abteilung Göttingen International





SIMPLE STEPS

of how to prepare it

- 1| Whisk 8 egg yolks with about 2 medium cups of sugar to get a fluffy mixture.
- 2| Add 1500 g of mascarpone and mix well.
- 3| Fold 4 little bottles rum flavoring into the creamy mixture
- 4| Brew strong coffee, dip the sponge finger biscuits into the coffee and place one layer on the base of the baking dish. Spread half of the cream on top. Dip another layer of sponge fingers in coffee and place them on top of the cream.
- 5| Put the rest of the cream on top of the sponge fingers and sprinkle the cacao powder on top.
- 6| Place the Tiramisù for at least for two hours in the fridge before eating it.

Have fun and enjoy!

TIME
of
preparation

30 min



TIME
of
refrigeration

120 min





© Dr. Satoshi Suzuki

Dr. Satoshi Suzuki

Japanese

PostDoc.

Institut für Mikrobiologie und Genetik

October 2010 – April 2012

Research project:

Molecular genetics of *Aspergillus*



My favourite recipe – Japan

TON JIRU

Japanese pork soup

INGREDIENTS

which can be bought in Germany

Slice pork thinly (2-3 mm thickness), pork back ribs are preferable, but any pork meat is O.K.

– *Schweinefleisch*

Carrots, radish, taro etc.

– *Karotten, Radieschen, Zehrwurzel (Taro) usw.*

Miso (Japanese fermented soy bean paste), (you can buy it at Alnatura or a Japanese food shop e.g. in Düsseldorf)

– *Miso (japanische gegorene Sojabohnenpaste)*

Water – *Wasser*

(Additional, one tea spoon of freeze-dried

Japanese fish soup stock, if available)

– *gefriergetrocknete japanische Fischsuppenbrühe*

ORIGIN

of the dish

Kind of Japanese Miso soup (soy bean soup).

“Ton” means pork. “Jiru” means soup.

A popular daily home-made meal in Japan.



SIMPLE STEPS

of how to prepare it

- 1| Put all the ingredients and water in a saucepan and let it stew.
- 2| After all ingredients are cooked, add the Miso. (One table spoon of Miso for a person.)

TIME
of
preparation

20 min





My favourite recipe – Jordan

MANSAF

INGREDIENTS

which can be bought in Germany

Lamb meat – *Lammfleisch*

Jameed (dried yogurt)

– *Jameed (Joghurt in Trockenform)*

Rice – *Reis*

ORIGIN

of the dish

It is the national dish of Jordan, and can also be found in Palestine, Iraq, Syria and Saudi Arabia. The name of the dish comes from the term "large tray" or "large dish".

Dr. Ziad Khattari

Jordan

Associate Professor
Physics Department, Hashemite University,
Zarqa (Jordan)

2003 – 2006

Research project:
Viral ion channel proteins in model membranes





SIMPLE STEPS

of how to prepare it

- 1| The jameed (dried yogurt) is cooked in boiling water for two hours
- 2| Pieces of lamb are then mixed with the boiled jameed and they are cooked together for another two hours.
- 3| The dish is served on a large platter with a layer of flatbread (markook or shrak) topped with rice and then the meat.
- 4| It may be garnished with almonds and pine nuts, and then the creamy jameed sauce is poured over it all.

TIME
of
preparation
4-6 hours



© 2017 - CC BY-SA 4.0 Unsplash / Creative Commons Attribution 4.0 license (by sa 4.0/need.de)





© Dr. Lyudmila Lider

Dr. Lyudmila Lider

Kazakh

Lecturer

October 2012 – November 2012

Research project:

Erasmus Mundus

My favourite recipe – Kazakhstan

BAURSAKI

Fried Doughnuts

INGREDIENTS

which can be bought in Germany

4 cups flour – *Weizenmehl*

2 tbsp yeast – *Hefe*

½ cup water – *Wasser*

½ cup milk – *Milch*

2 eggs – *Eier*

2 tbsp butter or margarine – *Butter oder Margarine*

1½ tbsp sugar – *Zucker*

2 cups vegetable oil – *Pflanzenöl*

½ tsp salt – *Salz*

ORIGIN

of the dish

Hospitality is an important part of Kazakh culture. A Kazakh host will feel offended if a guest does not have some refreshments, or at least a cup of tea. Refreshments might include dried and fresh fruits (grapes or melon), nuts, cakes, or boursaks (a type of bread). They also may be offered some fermented kymyz (milk from a female horse), too.





SIMPLE STEPS

of how to prepare it

- 1| Combine all ingredients into a large mixing bowl to form a dough.
- 2| Knead the dough on a floured surface, then return to mixing bowl.
- 3| Cover with a towel and let it rest for 30 minutes.
- 4| Heat oil in deep skillet over high heat.
- 5| Pull off Tablespoon-size pieces of the dough and roll each piece into a ball.
- 6| Press down slightly, then drop carefully into oil and fry until golden brown.
- 7| Drain on paper towels.
- 8| Optional: sprinkle with sugar.

TIME
of
preparation

30 min





© Prof. Josphat Matasyoh

Prof. Josphat Matasyoh

Kenyan

Humboldt Post-doctoral fellow
Institute for Organic and Biomolecular Chemistry

September 2009 – August 2010

Research project:

Isolation of Antilarval Secondary Metabolites from
Endophytic Microbes and the Plants *Laggera alata*
and *Clausena anisata* with Activity against the
Malaria Vector *Anopheles gambiae*



My favourite recipe – Kenya

UGALI

Swahili word

INGREDIENTS

which can be bought in Germany

White maize flour (normally available in Asian and African shops in Germany including Goettingen) – *weißes Maismehl (normalerweise in Asiatischen und Afrikanischen Läden in Deutschland, auch in Göttingen, erhältlich)*

ORIGIN

of the dish

Ugali is consumed widely in sub-Saharan Africa and is the staple food in Kenya.



SIMPLE STEPS

of how to prepare it

- 1| Simply boil water and add the maize flour as you stir on moderate heat until it becomes softly solid.
- 2| Keep folding it for about 10 minutes.
- 3| It is ready for serving when it resembles mashed potatoes.
- 4| It can be eaten with any stewed dish like vegetables, meat, chicken or fish.

TIME
of
preparation
10-15 min



Mark Skipper - CC BY 2.0 (<https://creativecommons.org/licenses/by/2.0/deed.en>)





My favourite recipe – Korea

BUL-GO-GI

Korean BBQ

INGREDIENTS

which can be bought in Germany

600 g beef (neck, from the shoulder or hip),
thinly sliced (0.3-0.5 cm) – *Rindfleisch*

To soften the meat

3 tbsp Sake or Vodka – *Sake oder Wodka*

1 onion, grated (can also use apple or pear)
– *Zwiebel (Apfel oder Birne)*

For the seasoning

6 tbsp soy sauce – *Sojasoße*

3 tbsp sugar (or acacia honey)
– *Zucker (oder Akazienhonig)*

2 tbsp crushed garlic – *Knoblauch*

2 scallions, thinly sliced – *Frühlingszwiebel*

2 tbsp sesame oil – *Sesamöl*

1 tsp ground black pepper – *schwarzer Pfeffer*

Optional: mushroom, onion, carrot, paprika,
chili, sesame

– *Optional: Pilze, Zwiebel, Karotte, Paprika, Chili, Sesam*

PhD. Seunghun Hong

Korean

Research associate

Mathematical department

October 2012 – September 2015

Research project:

Mathematische Strukturen in der modernen
Quantenphysik





SIMPLE STEPS

of how to prepare it

- 1| Pat dry the beef with a paper towel. Cut the sliced beef into bite sized pieces and throw it into a mixing bowl. Add Sake and grated onion to soften the meat. Let it rest for 30 minutes. Grated apple or pear can be substituted for onion, depending on your taste (a food processor can come in handy).
- 2| While the meat is being softened, prepare the seasoning by mixing the sauce ingredients (soy sauce, sugar, garlic, scallion, sesame oil and black pepper) in a small bowl.
- 3| When the meat is ready, mix it well with the sauce by hand. You can cook it immediately, or preferably let it rest another 30 minutes in the refrigerator, or even overnight.

TIME
of
preparation

60 min

© 아침꿀밥 - CC BY-SA 3.0 (<https://creativecommons.org/licenses/by-sa/3.0/deed.de>)



- 4| Pan-fry over medium heat until well-cooked (approximately 2 minutes). If you like you can cook with some of the optional ingredients (usually thinly sliced).



© Dr. Mara Grudule

My favourite recipe – Latvia

RYE-BREAD SOUP

with whipped cream

INGREDIENTS

which can be bought in Germany

150 g rye-bread – *Roggenbrot*

1 l water – *Wasser*

50-100 g dried apples, prunes, raisins of any choice – *Tockenfrüchte*

3 tsp of sugar – *Zucker*

200 ml whipped cream with Vanilla sugar – *Schlagsahne mit Vanillezucker*

ORIGIN

of the dish

Favourite dessert of Latvian peasants.

Dr. Mara Grudule

Latvian

Professor

Faculty of Humanities, University of Latvia

October – November 2012

Research project:

Die Erforschung der Persönlichkeit des Aufklärers und Begründers der lettischen weltlichen Literatur Gotthard Friedrich Stender (1714-1796)





© Dr. Mara Grudule

SIMPLE STEPS

of how to prepare it

- 1| In the evening pour water over the bread.
- 2| In the morning knead or blend it all.
- 3| Add the dried fruit and sugar.
- 4| Boil it all for ~ 15 minutes.
- 5| Leave it for a couple of hours to get cold.
- 6| Prepare the whipped cream with vanilla.
- 7| Decorate the bread soup with the cream.

TIME
of
preparation

20 min



© Dr. Mara Grudule

TIME
of
refrigeration

120 min





© Maya Farah

My favourite recipe – Lebanon

MOUJADARA & SALAD

one version of it

INGREDIENTS

which can be bought in Germany

Moujadara

Brown Lentils – *braune Linsen*

Burghul, Bulgur or cracked wheat

– *Burghul, Bulgur oder Weizenschrot*

Red Onion – *rote Zwiebel*

Olive oil – *Olivenöl*

Salt, black pepper – *Salz und schwarzer Pfeffer*

Salad

Tomatoes, Cucumbers, Lettuce

– *Tomaten, Gurken, Kopfsalat*

Lemon, Olive oil, dried mint powder, Salt

– *Zitrone, Olivenöl, getrocknetes Minzpulver, Salz*

NB: Items not found in German supermarket chains can be found at Al-Iman Markt, Arndtstraße 23, 37075 Göttingen, Germany

Maya Farah

Lebanese

Science Lab Lead Supervisor
Lebanese American University

July – August 2014

Research project:
1-month Staff exchange; research at
Prof. Thomas Bayer's lab





© Maya Farah

SIMPLE STEPS

of how to prepare it

- 1| Rinse and drain 1 cup lentils.
- 2| Put in pot, add 5 cups water, 2 teaspoons salt, cover, bring to boil on medium heat. Then when it starts to boil, open cover slightly and lower heat to simmer gently (~30min).
- 3| Meanwhile, rinse and drain 1 cup bulgur and set aside.
- 4| Cut 1 medium onion into small cubes, fry in a pan with 3 tablespoons olive oil frequently stirring till golden.
- 5| When lentils are almost cooked (cut test), add the bulgur and ¼ teaspoon black pepper, turn up heat and mix well.
- 6| Boil again for 1 min, add the onion with its oil.

TIME
of
preparation

60 min



© Maya Farah

7| Lower heat again, leave pot $\frac{3}{4}$ covered and cook (~30min). Stir every once in a while so as prevent sticking

8| When all the water has almost evaporated, turn heat off and cover completely till served.

NB: Best eaten with a side salad of chopped medium pieces of tomato, cucumber and lettuce. Dressing: squeezed lemon, olive oil, dried mint powder and salt.



© Prof. Dr. Maher Jarrar

Prof. Dr. Maher Jarrar

Lebanese

Professor
American University of Beirut

April 2017

Research project:
Glaubensbekenntnisse und Orthodoxie
im frühen Islam

My favourite recipe – Lebanon

EGGPLANTS

with sour cream

INGREDIENTS

which can be bought in Germany

- 2 big eggplants – *Auberginen*
- 1 **cup** sour cream – *Sauerrahm*
- 2 big onions, sliced – *Zwiebeln*
- 3 cloves of garlic, crushed – *Knoblauch*
- 1 **tbsp** tomato paste (dissolved in one cup of water) – *Tomatenpaste*
- 2 **tsp** dried mint – *getrocknete Minze*
- ½ **cup** olive oil – *Olivenöl*
- One pinch black pepper – *schwarzer Pfeffer*
- One pinch salt – *Salz*
- One pinch curcuma – *Kurkuma*
- A few pomegranate seeds – *Granatapfelkerne*





SIMPLE STEPS

of how to prepare it

- 1| Heat 3 tablespoons olive oil in a pan and add the dried mint; stir for one minute – put aside.
- 2| Heat 1 tablespoon olive oil in a pan and fry the onions until they are yellow – put aside.
- 3| Place the sliced eggplants and the garlic with the remaining olive oil into a pan and fry for about 10 minutes.
- 4| Add sour cream, onions and the dissolved tomato paste and cook on low heat for about 5 minutes.
- 5| Take the pan off the stove and mash the cooked eggplants. Mix with pepper, salt and curcuma and put the mint on top.
- 6| Decorate with pomegranate seeds.

TIME
of
preparation

30 min





© Prof. Laura Gasque

Prof. Laura Gasque

Mexican

Full Professor

Universidad Nacional Autónoma de México,
Química

May – August 2013

Research project:

Copper complexes as bioinspired catalysts
for phenol coupling

My favourite recipe – Mexico

GUACAMOLE

INGREDIENTS

which can be bought in Germany

2-3 large ripe avocados – *Avocados*

The juice of one lemon – *Zitronensaft*

1 **tbsp** finely chopped onion – *Zwiebel*

1 large chopped tomato – *Tomate*

1 **tbsp** chopped coriander (or cilantro) – *Koriander*

1 **or 2** green chilies chopped – *grüne Chilies*

salt to taste – *Salz*





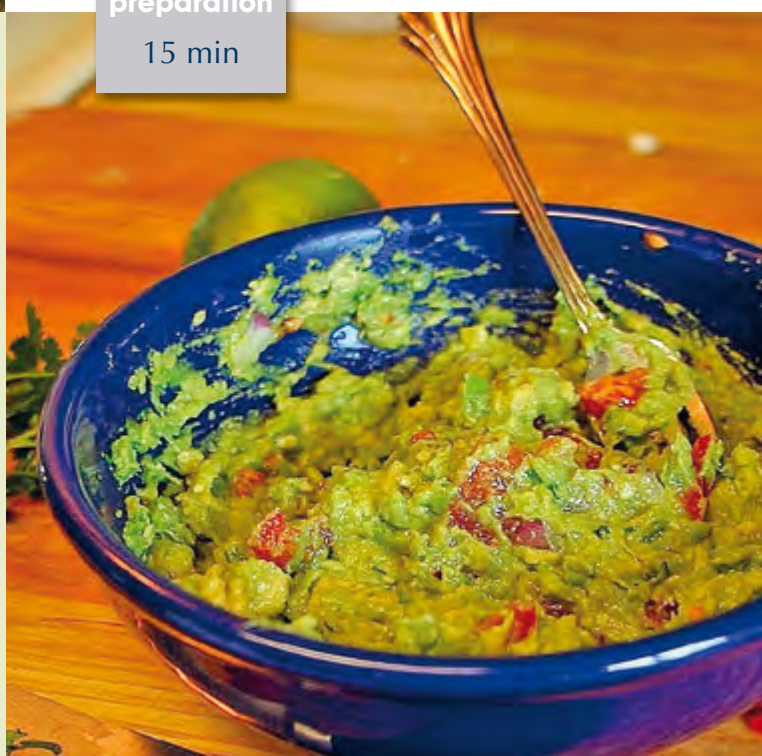
SIMPLE STEPS

of how to prepare it

- 1| Chop the onion and squeeze the lemon onto it.
- 2| Chop the chilies, coriander and tomato; add to the onion and mix.
- 3| Get the avocado flesh out of the shell and on a separate dish mince it with a fork until you have made a soft creamy paste.
- 4| Mix this with all the chopped ingredients and add salt to taste.
- 5| It can be served as a side dish with any grilled meat (beef, chicken, fish) or as an appetizer dip with corn tortilla chips ("doritos" will do).

TIME
of
preparation

15 min





My favourite recipe – Mexico

CHICKEN BURRITOS

INGREDIENTS

which can be bought in Germany

- 10 wheat flour tortillas – *Weizentortillas*
- ½ kg of skinless chicken breast – *Hähnchenbrust*
- 2 tomatoes – *Tomaten*
- ½ onion – *Zwiebeln*
- 2 garlic cloves – *Knoblauch*
- olive oil – *Olivenöl*
- salt and pepper to taste – *Salz und Pfeffer*

Juan Armando Torres-Munguía

Mexican

PhD Student
Zentrum für Statistik

October 2016 – September 2019

Research project:
Three essays on Bayesian semi- and nonparametric spatial models

ORIGIN

of the dish

Burritos are wheat flour tacos. The most common folk history of the dish traces its roots back to the years of the Mexican Revolution in the North of Mexico. To keep the food warm, people simply wrapped it in large flour tortillas and used donkeys to carry it. Since then, people have related the dish with the donkeys, whose Spanish word is "burrito".





SIMPLE STEPS

of how to prepare it

- 1| Place the chicken breast in a stock pot large enough to hold it. Add $\frac{1}{4}$ of onion and one garlic clove. Cover the chicken breast with water by approximately 5 cm.
- 2| Boil the water over high heat. Once the water is boiling, reduce heat to low and add salt. Simmer until chicken is white and juices run clear.
- 3| Carefully remove the chicken breast from the stock pot, place it on a plate and let it cool. Once the chicken has cooled, shred it.
- 4| Finely chop $\frac{1}{4}$ onion and 2 tomatoes. Place in a frying pan with oil and add one garlic clove. Cook over medium heat. Once cooked, process the mixture of onion, tomatoes and garlic in a blender.



TIME
of
preparation

60 min



- 5| Place the shredded chicken in a frying pan with oil and cook over medium heat.
- 6| Pour the blended mixture into the frying pan with the chicken and stir it occasionally.
- 7| Heat the tortillas for approximately 1-2 minutes to soften. Then place the tortilla onto a plate. Spoon the chicken into the center and spread it. Roll the tortilla up.

¡Buen provecho!



My favourite recipe – Mongolia

TSUIVAN

INGREDIENTS

which can be bought in Germany

For 2-3 persons

250 g flour – *Weizenmehl*

1 egg – *Ei*

½ cup water – *Wasser*

400 g beef – *Rindfleisch*

1 each red and green chili – *rote und grüne Chili*

2 carrots – *Karotten*

2 garlic cloves – *Knoblauch*

1 onion – *Zwiebel*

¼ cup olive oil – *Olivenöl*

1 bunch parsley – *Petersilie*

1 green onion (spring onion) – *Frühlingszwiebel*

8 g cheese – *Käse*

2-3 tomatoes – *Tomaten*

1 cucumber – *Salatgurke*

salt and soy sauce (for your taste) – *Salz und Sojasoße*

Enkthuya Orchirbat

Mongolian





SIMPLE STEPS

of how to prepare it

TIME
of
preparation
40-50 min

- 1| Add egg into ½ -cup water and mix them well. Put this mixture into a large bowl with flour and mix well. Then leave this mixture for 5 minutes.
- 2| Roll out above-mentioned mixture to not more than 0.2 cm thin by sprinkling with dry flour. Place the rolled dough in a preheated oven 200 degrees for 5 minutes. When the edges of the dough are light golden, take it out of the oven.
- 3| After heating, put the cooked dough on a flat board and cut it diagonally into 4 pieces. Put each piece one on top of the other, thus making a big stack. Divide the stack into 3 parts. After that, slice each part into 5mm thin strips and lightly shake to separate those sliced strips.
- 4| Cut cucumbers, red and green pepper into about 1 cm thick slices and also slice carrots, onions and beef the same way.
- 5| In a frying pan heat a small amount of olive oil till hot and fry the slices of beef together with garlic without mixing until browned.
- 6| Take another bigger heated frying pan and fry onion and carrots in a small amount of olive oil, stirring gently. Add other ingredients: red, green peppers, cucumbers, and soy sauce.
- 7| Mix all half-prepared ingredients together and add salt to taste. Add water to cover ingredients by 2 cm, and put all sliced flour strips lightly above them. Then cook them until ready. After about 5 minutes, reduce the heating to steam the food.

© Mizil_Basyo – CC BY-SA 3.0 (<https://creativecommons.org/licenses/by-sa/3.0/deed.de>)



- 8| After 10 minutes, turn off the heat and wait for 1 minute. Then mix thoroughly.
- 9| Arrange gently on a plate and top lightly with grated cheese, green onions and with whole tomato and parsley.



Dr. Fatima Lehnhardt geb. Lambarraa

Morocco

Research Fellow
Research Center CRCPEG

2009 – 2012



My favourite recipe – Morocco

MOROCCAN MEAT TAGINE

with Prunes and Almonds

INGREDIENTS

which can be bought in Germany

For 4 persons

For the meat

1 kg tender lamb or beef cut into four pieces
– *Lamm- oder Rindfleisch*

1 kg onion very finely chopped or very thinly sliced – *Zwiebel*

3 cloves garlic, finely pressed – *Knoblauch*
Handful of cilantro and parsley sprigs,
tied together – *Koriander und Petersilie*

½ tsp pepper – *Pfeffer*

2 tsp ground ginger (powder) – *Ingwer*

1 tsp curcuma, saffron (optional), salt
– *Kurkuma, Safran, Salz*

¼ tsp cinnamon – *Zimt*

150 ml olive oil – *Olivenöl*

1½ l water – *Wasser*

For the prunes

250 g dried prunes – *Trockenpflaumen*

1 tsp honey – *Honig*

2 tsp sugar – *Zucker*

1 tsp ground cinnamon – *Zimt*

water to cover – *Wasser*

Optional: 100 g almonds, blanched, peeled and
fried, sesame seeds toasted until lightly coloured
– *Mandeln und/oder Sesam*



SIMPLE STEPS

of how to prepare it

- 1| Put all ingredients together with the meat (except the water) and brown for a few minutes over medium heat then cover the meat with water and cook until very tender.
- 2| Reserve ½ cup liquid for the prunes.
- 3| When the meat is cooked, reduce the sauce.
- 4| Cook the prunes in water until they are tender, then add ½ cup of reserved liquid from the meat.
- 5| Stir in the honey, sugar and cinnamon, and simmer the prunes for another 5 to 10 minutes, or until they are covered by a thick syrup.
- 6| Arrange the meat on a large serving platter and spoon the prunes and syrup on top.
- 7| If desired, garnish with sesame seeds and/or fried almonds.

TIME
of
preparation

15 min



© Dr. Fatima Lehnhardt geb. Lambaraa

ORIGIN

of the dish

TIME
of
cooking

70 min

The dish is named after the cookware (Tagine) which typically includes a combination of meat, fruits, root vegetables, and fragrant spices. This dish is often served at holiday gatherings, weddings, and other special occasions with Moroccan bread for scooping up the sauce.



© Dr. Idd Idd Shwe Zin

My favourite recipe – Myanmar

BURMESE EGGPLANT CURRY

Khayan Thee Hnut

INGREDIENTS

which can be bought in Germany

3 tbsp dried shrimp – *getrocknete Garnelen*

4 cloves peeled garlic – *Knoblauch*

½ inch peeled and thinly sliced ginger – *Ingwer*

⅓ cup canola oil – *Doppel-Nuss-Rapsöl*

½ tbsp ground turmeric powder – *Kurkumapulver*

1 tbsp paprika – *Paprika*

4 peeled, quartered lengthwise and halved
crosswise small Japanese eggplants

– *kleine japanische Auberginen*

2 thinly sliced onions – *Zwiebeln*

Cooked white rice (for serving) – *weißer Reis*

Dr. Idd Idd Shwe Zin

Myanmar

Lecturer

University of Forestry, Department of
Forest Products

2010 up to now in University of Forestry

2013 – 2017 in Germany

Research project:

Status and Management of Tanintharyi Nature
Reserve, Tenasserim in Myanmar





SIMPLE STEPS

of how to prepare it

- 1| Soak shrimp in boiling water until softened (8-10 min).
- 2| Drain and transfer to a food processor; add ginger and puree into a smooth paste.
- 3| Transfer to a bowl and set aside.
- 4| Add garlic and onions to food processor and puree into a smooth paste and set aside.
- 5| Heat half the oil in a saucepan over medium high heat, then fry shrimp paste until fragrant (2-3 min).
- 6| Transfer to a bowl and set aside.
- 7| Add remaining oil to pan, fry garlic paste with the paprika and turmeric, and stir constantly until fragrant (1-2 min).
- 8| Return shrimp paste to pan, add eggplant and 2 cups of water; boil.
- 9| Reduce heat to medium, simmer eggplants and stir occasionally until eggplant is tender (8-10 min).
- 10| Serve with rice.

TIME
of
preparation

20 min





© Prof. Susan Irvine

My favourite recipe – New Zealand

PAVLOVA

INGREDIENTS

which can be bought in Germany

3 egg whites – *Eiweiß*

3 tbsp cold water – *Wasser*

225 g / 8 oz castor sugar – *Feinzucker*

¼ tsp salt – *Salz*

1 tbsp cornflour – *Speisestärke*

1 tsp vanilla – *Vanille*

1 tsp vinegar – *Essig*

Prof. Susan Irvine

New Zealander

Senior Research Fellow
Lichtenberg-Kolleg

January – July 2017

Research project:
Literature from the court of Alfred the Great





SIMPLE STEPS

of how to prepare it

- 1| Beat egg whites until very stiff.
- 2| Add water and beat.
- 3| Add sugar gradually, beating all the time.
- 4| Fold in salt, cornflour, vanilla and vinegar.
- 5| Pile on to baking sheet.
- 6| Cook for 15 minutes at 150 degrees C/ gas mark 2. Then turn oven off and leave for one hour (or leave overnight in oven).
- 7| Top with whipped cream and fruit of choice.

TIME
of
preparation
30 min





© Dr. Areesha Nazeer

My favourite recipe – Pakistan

CHICKEN BIRYANI

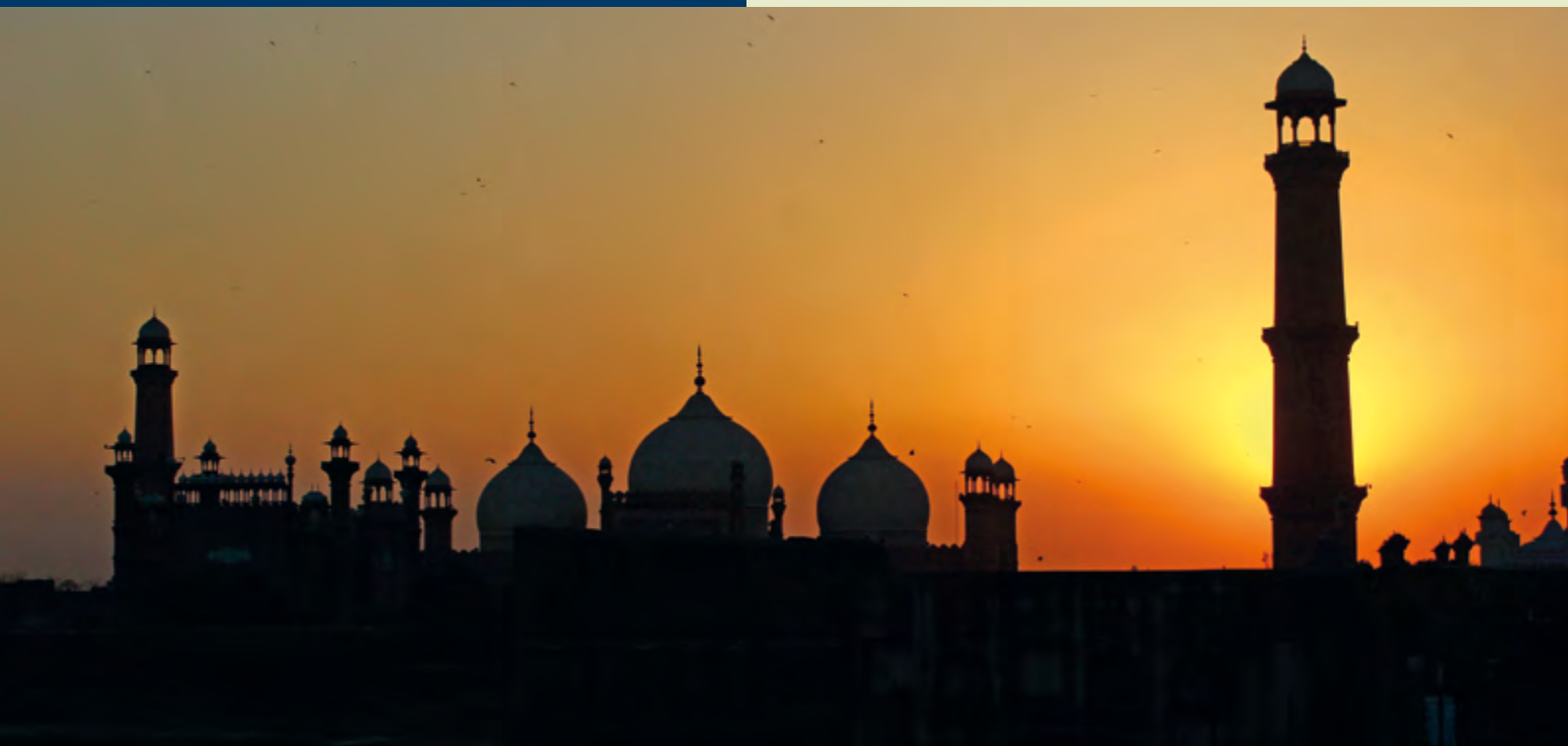
INGREDIENTS

which can be bought in Germany

- 200 g rice – *Reis*
- 1 tsp salt – *Salz*
- 2 tbs vegetable oil – *Pflanzenöl*
- 2 medium onions, chopped – *Zwiebeln*
- 4 garlic cloves, finely chopped – *Knoblauch*
- 2 tsp fresh root ginger, grated – *Ingwer*
- 6 chicken breast fillets or 2 chicken breasts, thinly sliced into strips – *Hähnchenbrustfilet*
- 1 tsp chilli powder – *Chilipulver*
- 1 tsp ground cumin – *Kreuzkümmel*
- 2 tsp ground coriander – *Koriander*
- ½ tsp ground cinnamon – *Zimt*
- ½ tsp ground turmeric – *Kurkuma*
- ¾ cup plain yoghurt – *Joghurt*

Dr. Areesha Nazeer

Pakistani





SIMPLE STEPS

of how to prepare it

- 1| Soak rice for half an hour.
- 2| Cook in rice cooker with 15 cups of water. Cook rice until almost done.
- 3| Heat the oil in a frying pan, add onions, garlic and ginger and fry for a couple of minutes, until golden-brown.
- 4| Add the chicken and stir fry for 4 minutes.
- 5| Add the spices and stir for 1 minute, then stir in the yoghurt and simmer for 1-2 minutes. Cook the chicken until it gets tender and dry.
- 6| Layer rice and chicken mixture in a dish.
- 7| Put in oven at 350°F for 20 minutes.
- 8| After 20 minutes, take the dish out, and the Biryani is ready.

TIME
of
preparation

60 min





© Christian Joseph Cumagun

My favourite recipe – Philippines

CHICKEN ADOBO

INGREDIENTS

which can be bought in Germany

5 pieces of chicken – *Hähnchenstücke*

1 **cup** soy sauce – *Sojasoße*

$\frac{3}{4}$ **cup** vinegar – *Essig*

2 large potatoes – *Kartoffeln*

6 cloves garlic – *Knoblauch*

$\frac{1}{2}$ red onion – *rote Zwiebel*

about 20 whole peppercorns – *ganze Pfefferkörner*

4 bay leaves – *Lorbeerblätter*

Christian Joseph Cumagun

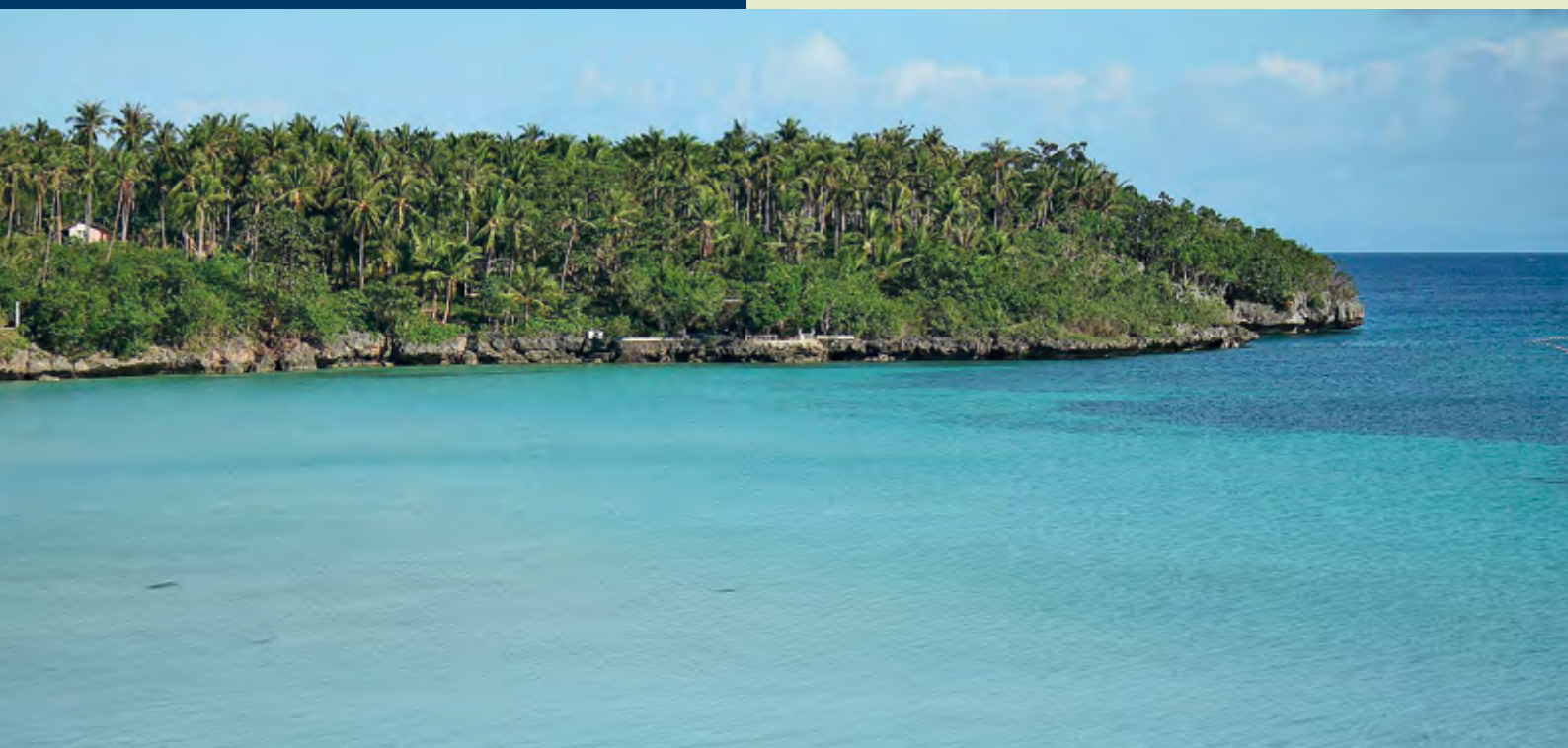
Filipino

Alexander von Humboldt Research Fellow

August 2017 – January 2019

Research project:

Genetic structure and mycotoxin production of *Fusarium* and *Aspergillus* species from maize and rice in the Philippines





SIMPLE STEPS

of how to prepare it

- 1| Combine the chicken, soy sauce, pepper, garlic, and onion in a bowl. Mix well.
- 2| Peel and slice the potatoes into large chunks.
- 3| Transfer the contents of the bowl into a pot and turn on the heat. Cook over low heat.
- 4| When the chicken has cooked for about 20 min, add the potatoes.
- 5| Add the bay leaves.
- 6| When the meat and the potatoes are cooked, season to taste. Add the vinegar.
- 7| If the adobo is too salty for your taste, add water as necessary. If it is too bland, you can add more soy sauce.

TIME
of
preparation

10 min



TIME
of
cooking

60 min





© Dr. Iwona Guś

Dr. Iwona Guś

Polish

Early Career fellow at the LiKo

September 2014 – July 2016

Research project:

The Diaries of Anne Frank.

Research – Translations – Critical Edition



My favourite recipe – Poland

CHLODNIK LITEWSKI

INGREDIENTS

which can be bought in Germany

Broth

3-4 young red beets with stalks and leaves (If you can't find them you can use just normal **3-4** red beetroots; middle size) – *Rote Beete*

Optional $\frac{1}{2}$ bouillon cube – *Bouillonwürfel*

Raw part

1 bunch of radishes – *Radieschen*

1 big cucumber (or 2 small) – *Salatgurke*

1 bunch of spring onions – *Frühlingszwiebeln*

1 bunch of dill – *Dill*

1 clove of garlic – *Knoblauch*

Salt & Pepper – *Salz und Pfeffer*

Liquids (all together ca. 0.7-1l)

Kefir or other type of sour milk like German buttermilk – *Kefir oder Buttermilch*

Yogurt – *Joghurt*

Optional sour cream (more fat version)

– *Sauerrahm (fetthaltigere Version)*

Boiled eggs – *Eier*



SIMPLE STEPS

of how to prepare it

Beet broth

- 1| Beets needed to be peeled and then diced. Use gloves when preparing beets to avoid colouring your hands. If you use the young beetroots with stalks and leaves – chop them too and use for preparing broth together with beetroots.
- 2| Put the diced beets in the pan with a little water and let them cook slowly for max. 15 minutes. Test if the beets are not too hard – when using older beets you may need to cook them a bit longer.
- 3| Optionally you can add ½ of bouillon cube to the broth
- 4| Cool it down.



© Dr. Iwona Guśc

TIME
of
refrigeration

5 hours



Raw vegetable-yogurt base

- 5| Chop or grate radishes; cut cucumber into small cubes. Mix them together.
- 6| Chop spring onions and dill in small pieces. Add them to radish/cucumber mixture.
- 7| Mix the liquids together and add salt and pepper, and chopped garlic.
- 8| Mix the yogurt sauce with the raw vegetables.
- 9| Add the cooled down beet broth to the yogurt mixture.
- 10| Cool the soup in the fridge for at least 5 hours.
- 11| Serve with a boiled egg on the top and some dill for decoration.



© Dr. Ioana Manea

My favourite recipe – Romania

PORK ROULADE

with peas

INGREDIENTS

which can be bought in Germany

1-1½ kg pork filet – *Schweinefilet*

50 g butter – *Butter*

50 ml oil – *Öl*

1 clove of garlic – *Knoblauch*

1 carrot – *Karotte*

1 red bell pepper – *rote Paprikaschote*

100 g peas – *Erbsen*

200 ml water – *Wasser*

200 g Emmental cheese – *Emmentaler Käse*

Salt – *Salz*

Pepper – *Pfeffer*

Thyme – *Thymian*

Dr. Ioana Manea

Romanian

Lehrauftrag

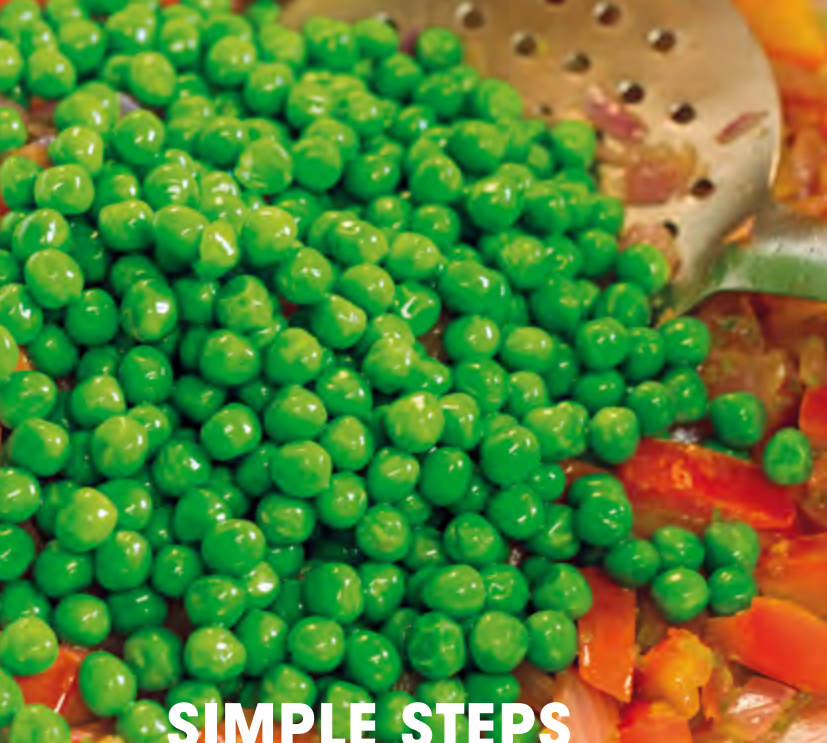
University of Göttingen

January 2014 – present

Research project:

Ethics and Nature in Early Modern Europe
(1639-1641)





SIMPLE STEPS

of how to prepare it

- 1| Cut the meat into slices as thick as a finger, flatten it with the schnitzel hammer and season it with salt and pepper, according to your taste. Keep it in the fridge until the vegetables are prepared.
- 2| Melt the butter and fry the chopped vegetables. Leave them on the heat for 15 minutes, season them with salt and pepper and add a little bit of water to the pan from time to time.
- 3| Take the meat out of the fridge, and spread the vegetables on each slice of meat plus the Emmental cheese cut into small cubes. Each slice of meat is carefully rolled up and bound with a piece of string.

TIME
of
preparation
30-40 min



© Dr. Ioana Manea

TIME
of
cooking
75 min



- 4| Lay it in a tray with a little bit of water and oil and cover it with aluminium foil. Bake in the oven for around 60 minutes. Check it from time to time in order to avoid that the water evaporates entirely.
- 5| After some 60 minutes remove the aluminium foil and leave the roulade in the oven for another 15 minutes so that the meat can turn golden brown.
- 6| Once it is ready, the roulade can be served accompanied by potatoes.



© Dr. Bogdan Olaru

Dr. Bogdan Olaru

Romanian

Institute of Economic and Social Research,
Romanian Academy, Iasi

2005 – 2011

Research project:

Psychology study at Georg-Elias-Müller-Institut
for Psychology

My favourite recipe – Romania

WHITE FISH IN HOT BRINE

with tomatoes and chili

INGREDIENTS

which can be bought in Germany

For 2 persons

800 g white fish of medium size: 25-30 cm
(originally Danube fish like perch, pike or zander,
or any sort of fresh water fish)

– *weißer Fisch mittlerer Größe: 25-30 cm*
(*ursprünglich Donaufische wie Barsch, Hecht*
oder Zander, oder anderer Frischwasserfisch)

$\frac{1}{2}$ l water – *Wasser*

2-3 tbsp salt – *Salz*

2-3 tomatoes – *Tomaten*

1 handful of greens (parsley, dill, lovage, celery)
– *grüne Kräuter*

1 small red chili pepper – *kleine rote Paprika*

Juice from a half lemon – *Zitronensaft*

Basmati rice as a side-dish – *Basmatireis*

ORIGIN

of the dish

Various places in Romania on the bank of the
Danube and Danube delta.





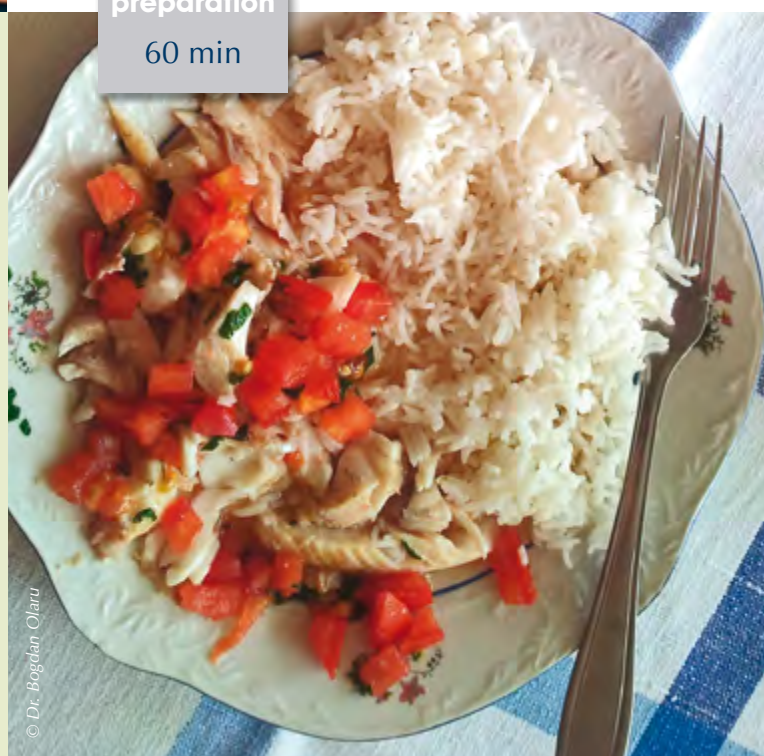
SIMPLE STEPS

of how to prepare it

- 1| Fry/grill the white fish following your preferred method. Danube fisherman, who were rather poor and had no time for subtlety and sophistication, after removing the internal organs roasted the still scaly fresh fish on a bed of salt spread over hot metal plates.
- 2| Boil the water with salt. Put the cooked fish in a bowl with greens, chili, and tomatoes in small pieces. Add the lemon juice and pour the hot salt water into the bowl. Let it stay for at least 30 minutes to get the best blending of all the flavours of the ingredients. The hot brine must cover the fish so you might want to vary the amount of water depending on size and volume of fish and of your bowl.

TIME
of
preparation

60 min



© Dr. Bogdan Olaru



© Dr. Bogdan Olaru

- 3| Debone and skin the fish and put the flesh in a dish with tomatoes and the greens from the salt water.
- 4| The original recipe always includes a side-dish made from maize flour which some call polenta, but I discovered that it tastes wonderful with basmati reis. The best part with this recipe is that you can vary it a lot with different combinations of fish, greens and the way you cook the fish.



© Dr. Marina Potyomina

Dr. Marina Potyomina

Russian

Associate Professor
Institute of Human Sciences, IKBFU

December 2012

Research project:
Eastern Vs. Western Creative Thought
in Post-reunification German Literature

My favourite recipe – Russia

DRESSED HERRING

INGREDIENTS

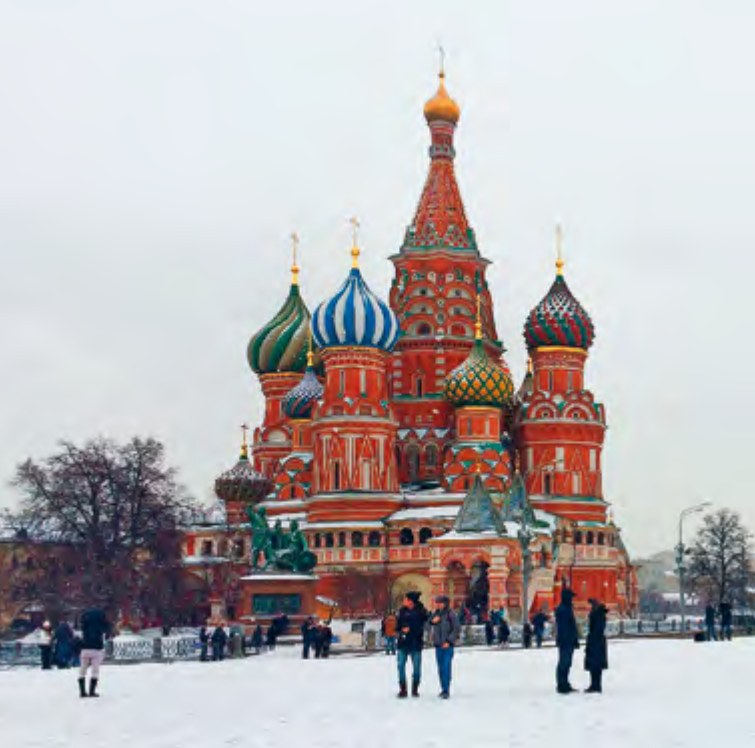
which can be bought in Germany

- 300 g** herring filet/matie – *Heringsfilet/Matjes*
- 1** medium onion – *Zwiebel*
- 3-4** potatoes (2 big or 4 small ones) – *Kartoffeln*
- 2** medium carrots – *Karotten*
- 3** eggs – *Eier*
- 500 g** beetroot – *Rote Beete*
- 150 ml** mayonnaise – *Mayonnaise*
- 1** green apple (optional) – *grüner Apfel*
- Salt and pepper – *Salz und Pfeffer*

ORIGIN

of the dish

The dish was first served on the evening before New Year's 1919. Restaurant owner B. Anastas had the idea to create an international salad, which would be a hearty meal and likewise a symbol of the national unification (so drunk guests would not come to blows about the fate of the country).





SIMPLE STEPS

of how to prepare it

- 1| Cook Potatoes, carrots, beetroots and eggs. Let them cool and peel them.
- 2| Slice herring in bite-size pieces and lay them out on a plate or serving plate.
- 3| Chop onions very finely and spread on the herring-layer.
- 4| Grate potatoes and place them on top of the onion-layer.
- 5| Cover potato-layer generously with mayonnaise.
- 6| Grate and spread the carrots over the plate.
- 7| Grate eggs and place them on top of the carrots.

TIME
of
preparation

60 min



© Dr. Marina Potyomina

TIME
of
refrigeration

a few hours



- 8| Grate apples and distribute over the eggs (optional). An additional layer of mayonnaise can also be used instead of apple.
- 9| Grated beetroot is the next layer of the salad.
- 10| Cover with mayonnaise and put it in the fridge for a few hours.
- 11| Grated egg yolk can be placed on top as a garnish according to the taste.



© Craig Eric Simpkins

Craig Eric Simpkins

South African / New Zealander

Department of Ecosystem Modelling,
Büsgen-Institut

31 months



My favourite recipe – South Africa

CHICKEN SOSATIES

(Malay style skewered chicken)

INGREDIENTS

which can be bought in Germany

700 g boneless skinless chicken breasts,
cut into 2 cm cubes

– *Hähnchenbrustfilets*

30 ml vegetable oil – *Pflanzenöl*

4 onions, thinly sliced – *Zwiebeln*

50-100 g dried apricots – *getrocknete Aprikosen*

15-18 ml Madras curry powder (Yellow curry
powder) – *Currypulver*

2 garlic cloves, minced – *Knoblauch*

5 ml coriander seeds – *Koriandersamen*

15 ml light brown sugar – *hellbrauner Zucker*

240 ml fresh lemon juice – *Zitronensaft*

ORIGIN

of the dish

South Africa, originally from the Eastern Cape
around Cape Town.

SIMPLE STEPS

of how to prepare it

- 1| Place chicken in a large deep nonreactive bowl.
- 2| Heat oil in a nonreactive saucepan and fry the onions until they are lightly browned.
- 3| Add the remaining ingredients and cook for 2 minutes over low heat, stirring constantly to make sure that the sugar has dissolved.
- 4| Allow the marinade to cool and pour it over the chicken.
- 5| Cover the bowl with plastic wrap and refrigerate it for 24 hours.

TIME
of
preparation
20-30 min



TIME
of
refrigeration
12 hours

- 6| When ready to braai (BBQ) the chicken pieces, remove them from the marinade, drain them, place them on skewers, and grill for 10 minutes, turning once, or until the chicken is cooked through.
- 7| Serve hot with apricot chutney.





My favourite recipe – South Africa

MILK TART

INGREDIENTS

which can be bought in Germany

Crust

$\frac{1}{2}$ cup softened butter – *Butter*

$\frac{1}{2}$ cup sugar – *Zucker*

1 egg, beaten – *Ei*

2 cups flour – *Mehl*

Pinch of salt *Salz*

Baking soda – *Backpulver*

Filling

1 l milk – *Milch*

4 large eggs – *Eier*

$\frac{3}{4}$ cup sugar – *Zucker*

$\frac{1}{2}$ tsp vanilla essence – *Vanille-Essenz*

3 tbsp corn starch – *Maisstärke*

3 tbsp flour – *Mehl*

3 tbsp butter – *Butter*

Pinch of salt and Cinnamon – *Salz und Zimt*

Prof. Dr. David Ward

South African

Visiting Professor

Department of Ecosystem Modelling,

Faculty of Forestry

February – July 2012





SIMPLE STEPS

of how to prepare it

Crust

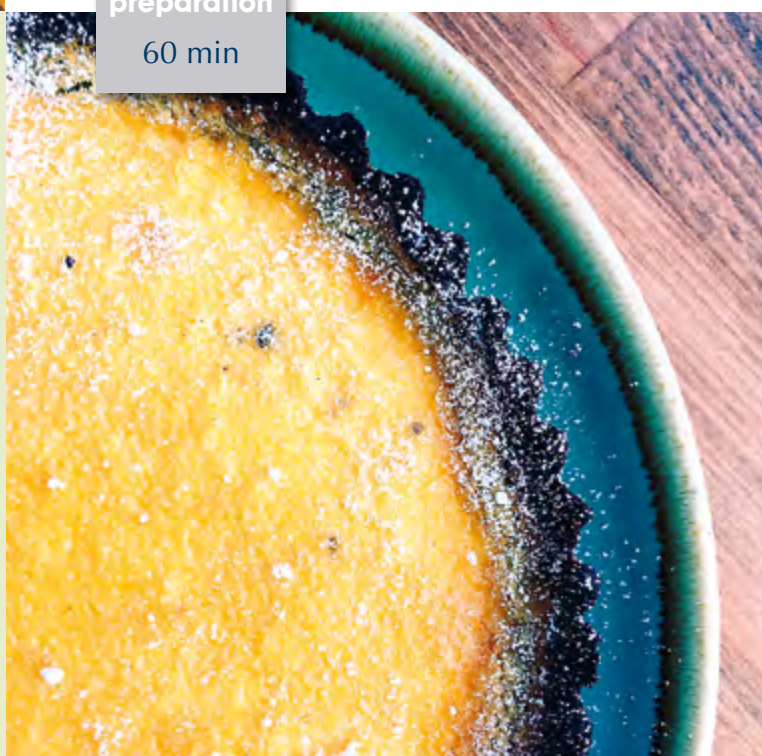
- 1| Heat the oven to 170 °C.
- 2| Cream the butter and sugar.
- 3| Add the beaten egg. Add in the flour and salt.
- 4| Mix until combined into a dough with a consistency like breadcrumbs.
- 5| Press lightly into two greased pie dishes. Press around the edges of the dish with the flat side of a fork; pierce the bottom with the prongs of a fork.
- 6| Bake for 10-15 minutes or until lightly browned.
- 7| Remove from the oven and let it cool before pouring the custard filling into it.

Filling

- 1| In a heavy bottomed pot, heat the milk until just boiling.
- 2| In a separate bowl, mix the eggs, sugar and vanilla.
- 3| Sift in the corn starch, flour and salt. Mix using a whisk or wooden spoon until it forms a smooth paste.
- 4| As soon as the milk starts boiling, add the egg mixture gradually, beating continuously. Keep beating to prevent lumps from forming.
- 5| Add the butter and beat through. Remove from the heat once the mixture has boiled again and/or thickened.
- 6| Pour into pastry shells while warm. Smooth the top and sprinkle with ground cinnamon.
- 7| Allow to cool and store in the refrigerator until serving.

TIME
of
preparation

60 min





My favourite recipe – Sri Lanka

SWEET COCONUT PANCAKE

Sri Lankan Style

INGREDIENTS

which can be bought in Germany

For Pancake batter

3 cups of all-purpose flour – *Haushaltmehl*

1 cup of thick coconut milk – *Kokosnuss-Milch*

or **½ cup** of condensed coconut milk

Pinch of turmeric powder – *Kardamompulver*

1 whole egg – *Ei*

Salt to taste – *Salz*

Water as needed – *Wasser*

For Filling

2½ cups of desiccated coconut

– *getrocknete Kokosnuss*

1 cardamom pod – *Kardamomschote*

3 cloves – *Gewürznelken*

½ stick of cinnamon – *Zimstange*

½ tsp Vanilla essence – *Vanille-Essenz*

Pinch of salt – *Salz*

1 cup of brown sugar – *brauner Zucker*

1 cup of water

Dr. Anoma Pushpa Kumari Gunarathne Hitihamy Mudiyanseleage

Sri Lankan

Post doctoral researcher
Department of Agricultural Economics
and Rural Development

July 2016 – September 2019

Research project:
Consumer trust in organic food production





SIMPLE STEPS

of how to prepare it

Method

- 1| Combine flour and salt.
- 2| Beat the eggs lightly and mix with milk.
- 3| Add milk to the dry ingredients to make a fluid batter.
- 4| Adjust salt and add a pinch of turmeric.
- 5| Whisk well and keep the batter aside for about 15 minutes.
- 6| Meanwhile, make the filling.

Making the filling

- 1| Bring the sugar and water mixture to boil on medium heat.
- 2| Add the rest of the filling ingredients.
- 3| Cook for about 5 minutes stirring constantly.
- 4| Set aside to cool.

Making the Pancakes

- 1| Heat a non-stick pan on medium heat for about 1 minute and coat it with a drop of cooking oil.
 - 2| Once it is hot, spoon some batter on it & swirl the pan to distribute it evenly & to make a round shape.
 - 3| Cook until lightly brown. Fill each pancake and roll up.
 - 4| Remove to a plate.
- Serve warm. Enjoy!!!

TIME
of
preparation

45 min



ORIGIN

of the dish

This is a sweet from Sri Lanka which is more suitable for tea time. They are called coconut pancakes in Sri Lanka, but these are not pancakes either. Technically they are crepes, stuffed with a sweet coconut filling.



My favourite recipe – Sudan

PEANUT BUTTER SALAD

INGREDIENTS

which can be bought in Germany

Peanut butter – *Erdnussbutter*

Lemon – *Zitrone*

3 garlic cloves minced – *Knoblauchzehen*

Tomato – *Tomate*

Dill – *Dill*

Salt – *Salz*

Spicy hot paprika (upon desire)
– *scharfe Paprika (nach Wunsch)*

Olive oil – *Olivenöl*

Water – *Wasser*

Onion (upon desire) – *Zwiebel (nach Wunsch)*

Dr. Sarra Ahmed Mohamed Saad

Sudanese

Associate Research Professor
Department of Environment,
National Center for Research

1997 – 2002

Research project:
Mineral Transformation and Organic matter
turnover during composting of organic biomass



© Sarah Ungewitter - CC BY-SA 3.0 - <https://creativecommons.org/licenses/by-sa/3.0/deed.de>



SIMPLE STEPS

of how to prepare it

- 1| To the peanut butter add, lemon, water and mix thoroughly.
- 2| Add minced garlic, salt and spicy hot paprika powder. Mix.
- 3| Add tomato, dill, onion and mix for 1 minute.
- 4| Put olive oil and some dill on top.
- 5| Serve.

TIME
of
preparation

10 min



© Dr. Sara Ahmed Mohamed Saad





Prof. Dan Jerker B. Svantesson

Swedish/Australian

Visiting Professor, professorial chair for civil law, competition law and intellectual property law and media law and information law

Annually since 2011

Research project:
International Internet Law

ORIGIN

of the dish

Wallenbergare served with mashed potatoes, cranberries, and peas is a classic Swedish dish associated with Circuit Judge (häradshövding) Marcus Wallenberg. Here, I have "re-interpreted" this Swedish classic, adding the flavours of an amazingly delicious minced-meat patty I had in Hannoversch Münden while I was a researcher at Göttingen University.

My favourite recipe – Sweden

WALLENBERGARE 2.0 AND TRUFFLE POTATO PUREE

with lingonberries, pickled cucumber,
clarified butter and baby peas

INGREDIENTS

which can be bought in Germany

Serves 4 people

For the Wallenbergare 2.0

250 g finely minced veal

– *feines Kalbshackfleisch*

150 g lean smoked bacon

– *magerer Räucherspeck*

1 medium size brown onion – *braune Zwiebel*

100 ml fresh cream – *frische Sahne*

2 egg yolks – *Eigelb*

2 tsp chopped parsley – *Petersilie*

1 pinch of finely ground green and pink peppercorns

– *grüne und rote Pfefferkörner*

Salt to taste – *Salz*

Ground white pepper to taste – *weißer Pfeffer*

Breadcrumbs – *Brotkrümel*

Butter for frying – *Butter zum Anbraten*

For the truffle potato puree

500 g floury boiling potatoes – *Kartoffeln*

100 ml crème fraîche – *Crème fraîche*

50 ml fresh cream – *frische Sahne*

2 tbsp butter – *Butter*

Finely chopped chives – *Schnittlauch*

1 small piece of truffle – *Trüffel*

Salt and white pepper to taste

– *Salz und weißer Pfeffer*

For the "pressed" pickled cucumber

½ cucumber – *Salatgurke*

1 tbsp sugar – *Zucker*

½ tbsp strong vinegar – *starker Essig*

For the chef (while cooking)

Einbecker Brauherren Pils as required.



© Prof. Dan Jerker B. Svantesson

SIMPLE STEPS

of how to prepare it

For the Wallenbergare 2.0

- 1| Cut the veal and bacon into strips and place in the freezer.
- 2| Cut the onion in quite large chunks. Fry half of it until soft but not browned. Put the onion in the fridge.
- 3| When the meat is almost frozen, run it through a meat grinder three times.
- 4| Run the chilled onion through the meat grinder once.
- 5| Place the minced meat and minced onion in a stand mixer and blend it. Pour in the cream a little at a time making sure it is absorbed into the mince mixture.
- 6| Add the egg yolks one at a time while mixing.
- 7| Add the parsley, green and pink peppercorns, white pepper and salt. Mix well.
- 8| Pour breadcrumbs onto a plate.
- 9| Shape the mince mixture into balls of a size that fit comfortably in the palm of a hand.
- 10| Place the balls on the breadcrumbs, flatten somewhat, then turn so the other flattened side also gets coated.
- 11| Fry in butter, on low heat, for 3-4 minutes on each side or until cooked through.

(To add an Australian touch to this dish, the veal may be substituted for kangaroo fillets or steaks minced finely)

TIME
of
preparation

45 min

For the truffle potato puree

- 1| Peel the potatoes and cut into small pieces for quick boiling.
- 2| Boil the potatoes pieces in water with a pinch of salt.
- 3| Cut the truffle into very small pieces or grate it.
- 4| Mash the boiled potatoes and place in a stand mixer.
- 5| Blend the mash adding the butter, crème fraîche, then cream, followed by the chives, truffles, salt and pepper.
- 6| Whisk until light and fluffy.

For the “pressed” pickled cucumber

- 1| Slice the cucumber thinly, for example using a cheese slicer.
- 2| Place the sliced cucumber, sugar and vinegar in a bowl.
- 3| Place another bowl on top and add something heavy in that bowl so that the cucumber is subjected to pressure. Let it stand for at least 1 hour.
- 4| Add some finely chopped parsley.

For the chef (while cooking)

- 1| To be consumed while cooking. A bottle of Einbecker Brauherren Pils.

Can be served with lingonberries, clarified butter and baby peas



My favourite recipe – Thailand

PAD THAI

INGREDIENTS

which can be bought in Germany

2-3 Servings

½ package Thai rice noodles – *Thai Reismudeln*

1 ⅓ **cup** bean sprouts (optional) – *Bohnensprossen*

2 tbsp cooking oil – *Speiseöl*

2 tbsp tamarind paste – *Tamarinde Paste*

2 tbsp sugar – *Zucker*

1 minced shallots – *Schalotten*

⅓ **cup** extra firm tofu – *extra fester Tofu*

½ lime – *Limette*

2 tbsp peanuts (optional) – *Erdnüsse*

½-¾ **lb** (Pfund) shrimp (optional) – *Garnelen*

Ground pepper – *gemahlener Pfeffer*

½ **tsp** ground dried chili pepper

– *gemahlener getrockneter Chilipfeffer*

3 cloves minced garlic – *Knoblauch*

4 tsp fish sauce – *Fischsoße*

2 eggs – *Eier*

Pickled turnip – *ingelegte Steckrübe*

Chives – *Schnittlauch*

Wannah Vejbrahm

Thai

Program Coordinator
Graduate Study Program in Economics,
Faculty of Economics, Thammasat University

April – May 2016

Research project:
International Staff
(under Erasmus Mundus Lotus + Project)





SIMPLE STEPS

of how to prepare it

- 1| Use a wok. Heat wok and pour oil in.
- 2| Fry the peanuts until toasted and remove them from the wok.
- 3| Add shallots, pickled turnip, garlic and tofu and stir until they start to brown.
- 4| (Cook rice noodles according to the package instructions.) Drain the noodles and add to the wok. Stir quickly to keep things from sticking.
- 5| Add tamarind, sugar, fish sauce and chili pepper. Stir. The heat should remain on high.
- 6| Make room for the egg by pushing all noodles to the side of the wok. Crack the eggs onto the wok and scramble them until they are almost all cooked. Fold the egg mixture into the noodles.

TIME
of
preparation

20 min



- 7| The noodles should be soft and chewy. Pull a strand out and test. When you get the texture right, add the shrimp and stir.
- 8| Sprinkle white pepper around. Add bean sprouts and chives. Stir a few more times. The noodles should be soft, dry and very tangled.
- 9| Pour onto the serving plate and sprinkle with ground pepper and peanuts.
- 10| Serve hot with slices of banana, a wedge of lime on the side, fresh Chinese chives and uncooked bean sprouts on top.



© Meltem Ince-Yenilmez

Meltem Ince-Yenilmez

Turkish

Associate Professor
Yasar University, Faculty of Business,
Department of Economics

July – September 2016

Research project:
The Comparison of Political Identity of Women in
Turkey and Germany: The Dilemma between
Patriarchy and Modernity

My favourite recipe – Turkey

KARNIYARIK

Eggplants with ground beef or
Split Aubergines with meat filling

INGREDIENTS

which can be bought in Germany

4 or 5 eggplants – *Auberginen*

150 ml olive oil – *Olivenöl*

2 onions, diced – *Zwiebeln*

2 small green peppers, diced – *kleine grüne Paprika*

300 g minced beef – *Rinderhack*

500 g tomatoes, diced and **6** slices chopped tomato
– *Tomaten*

2 tsp tomato paste (concentrated puree)
– *Tomatenmark*

A bunch of parsley – *Petersilie*

4 cloves of garlic, sliced – *Knoblauch*

Yoghurt, in order to make the drink ayran
– *Joghurt*

ORIGIN

of the dish

Turkish cuisine





SIMPLE STEPS

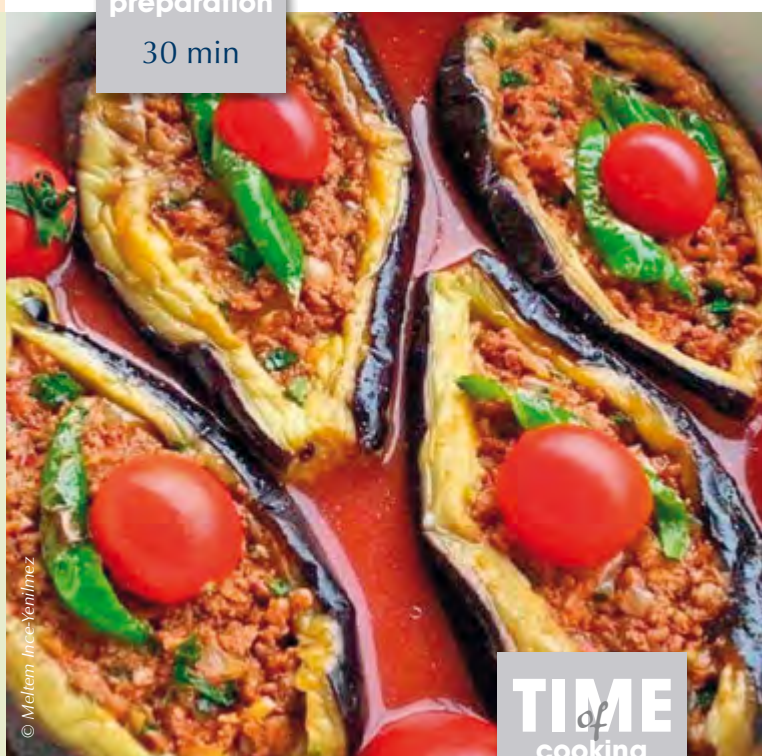
of how to prepare it

- 1| Use a knife; peel each eggplant lengthways from 4 sides (like striped-pyjamas). Cut each one in half and set aside.
- 2| Heat the olive oil in a frying pan and fry the eggplants over high heat for 5 or 10 minutes, until evenly browned all over, turning them regularly with tongs. Remove from the pan and set aside. (If you do not want to fry them in the pan, each eggplant can be oiled with a brush and be put in the oven till all of them are browned all over. This will be lighter compared to the first one.)
- 3| Add the onion to the pan and fry over medium heat and stir until soft.
- 4| Add the green peppers and cloves of garlic and cook for 5 minutes.



TIME
of
preparation

30 min



© Meltem Ince-Yenilmez

TIME
of
cooking

30 min

- 5| Add beef mince, diced tomatoes, tomato paste and most of the parsley- reserve some for garnishing.
- 6| Add sea salt and black pepper and cook for a further 5 minutes.
- 7| Place the eggplants on a baking tray, cut side up. Open the centres and sprinkle with sea salt inside.
- 8| Spoon the meat filling into the centre of each eggplant, then cover each with a slice of tomato and parsley.
- 9| Put 2 cups of hot water over the eggplants, cover with foil and bake for 40-50 minutes.
- 10| Serve them hot with an ayran drink, a green-shepherd salad and Turkish bread.



© Meltem Ince-Yenilmez

Meltem Ince-Yenilmez

Turkish

Associate Professor
Yasar University, Faculty of Business,
Department of Economics

July – September 2016

Research project:
The Comparison of Political Identity of Women in
Turkey and Germany: The Dilemma between
Patriarchy and Modernity

My favourite recipe – Turkey

MEAT PASTY

INGREDIENTS

which can be bought in Germany

- 1 egg – *Ei*
- 1 tsp salt – *Salz*
- 1½ water glass of water – *Wasser*
- 2 water glasses of flour and more as needed – *Mehl*
- 400 g ground beef – *Rinderhackfleisch*
- 1 onion, peeled – *Zwiebel*
- 1 tsp salt – *Salz*
- 1 sp pepper – *Pfeffer*
- 2 cloves of minced garlic – *Knoblauch*
- 3 tsp butter – *Butter*
- 1 tbsp red pepper flakes – *rote Paprika Flocken*
- 2 water glasses plain yogurt – *Naturjoghurt*
- 1 tsp mint – *Minze*

ORIGIN

of the dish

Traditional Turkish Ravioli





SIMPLE STEPS

of how to prepare it

- 1| Put the flour and salt together in a mixing bowl. Add the eggs and water. Then mix well with your hands. Add more water or flour, if needed, to form a dough as thick as an earlobe. Cover and set aside for at least 30 minutes.
- 2| Grate the onions and place them in a bowl. Combine the onion with the minced beef, salt and pepper; mix the meat well with a spoon.
- 3| Divide the dough into three portions and lightly flour a work surface. Keep the two pieces of dough covered while you roll out the first portion into a rectangle, rolling the dough as thin as you can. Cut the rectangle into 2-inch squares with a knife or pastry wheel.
- 4| Place about 2 teaspoons of the meat filling in the centre of each square. Seal all the pasties by gathering the edges of the dough and pinching all of them together at the top to form a pocket.
- 5| Transfer the finished meat-filled pasty (ravioli) onto a floured plate, and sprinkle more flour over them to prevent sticking.
- 6| Repeat with the second and third piece of dough.
- 7| Heat the butter and red pepper flakes in a small skillet over low heat just until the pepper flakes have started to colour the oil, but don't let them burn. Remove from the heat and keep warm.
- 8| Stir the cloves of minced garlic into the yogurt and set aside.

TIME
of
preparation

40 min



© Meltem Ince-Yenilmez

TIME
of
cooking

20-25 min

- 9| Bring a large pot of salted water to a boil over medium-high heat, and cook the meat pasty until the filling is no longer pink, and the dough is tender, 20 or 25 minutes. Then drain well.
 - 10| Divide the ravioli onto four plates. Put the yogurt sauce over the ravioli and sprinkle each serving with the hot pepper butter.
- Bon appetite.



My favourite recipe – Turkey

KABAK MÜCVER

Fried Zucchini Fritters

INGREDIENTS

which can be bought in Germany

- 2 zucchini, grated (about 4 cups) – *Zucchini*
- 2 carrots, grated (about 1/2 cup) – *Karotten*
- 2 **tbsp** fresh dill, finely chopped – *frischer Dill*
- 3 **tbsp** chopped spring onions – *Frühlingszwiebeln*
- ½ **cup** feta cheese – *Feta-Käse*
- 1 **cup** flour – *Mehl*

ORIGIN

of the dish

Mücver is a Turkish favourite and it is a zucchini based dish, prepared by grating the zucchini after taking out the seeds and mixing them with flour and eggs. My favourite version includes some carrots, feta cheese, dill, spring onions, salt and pepper. You can also improve it by adding your favourite vegetables.

Dr. Saadettin Murat Onat

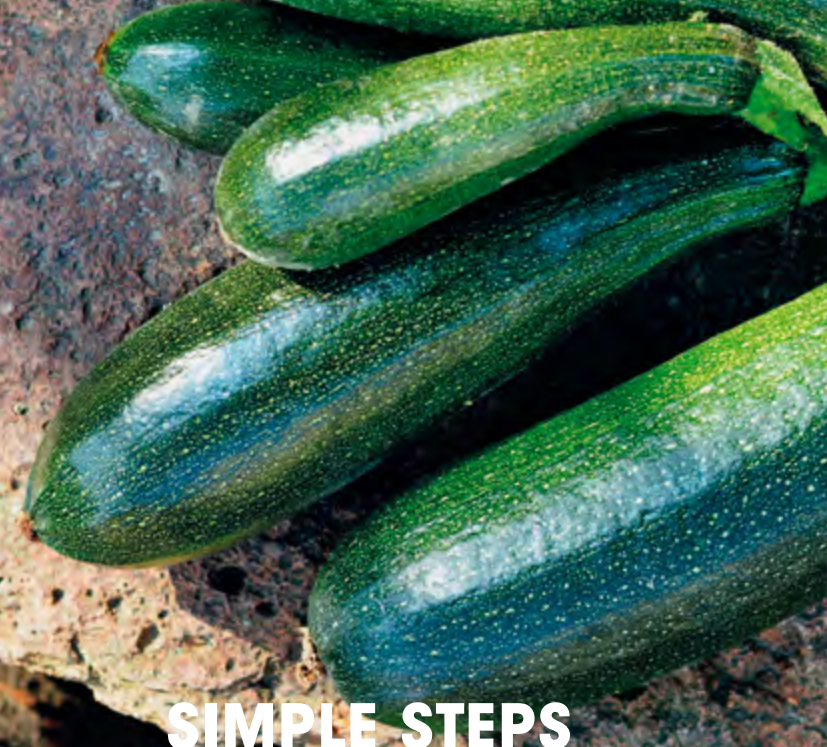
Turkish

Assistant professor
Bartın University

3 months

Research project:
Hydrophobic silane added particleboards





SIMPLE STEPS

of how to prepare it

- 1| Grate zucchini and place in a cheese cloth or absorbent paper towel. Squeeze out excess water.
- 2| Place zucchini in a large bowl and add carrots and onions and toss gently.
- 3| Add dill, feta, flour, and eggs. Mix well. The mixture will become a thick batter.
- 4| Heat $\frac{1}{2}$ the olive oil in a frying pan.
- 5| Take 2 tablespoons of batter for each fritter. Fry on each side until golden brown.
- 6| Drain fritter on paper towels and serve immediately.

TIME
of
preparation

20 min



© Dr. Saadeh M. Al-Hadi





My favourite recipe – Ukraine

UKRAINIAN BORSCHT

INGREDIENTS

which can be bought in Germany

- 1 kg** meat (beef or pork)
– *Fleisch (Rind oder Schwein)*
- 500 g** potato – *Kartoffeln*
- 300 g** cabbage – *Kohl*
- 400 g** beetroot – *Rote Beete*
- 200 g** carrot – *Karotten*
- 200 g** onion – *Zwiebeln*
- 3 tbsp** tomato paste – *Tomatenpaste*
- 3** cloves garlic – *Knoblauch*
- Bay leaf – *Lorbeerblätter*
- Salt – *Salz*
- Pepper – *Pfeffer*
- Vegetable fat – *Pflanzenfett*
- Herbs – *Kräuter*

Prof. Yuriy Shermolovich

Ukraine

Invited Professor (Gaus-professur)
Institute of inorganic chemistry,
Professor H. Roesky group

July – October 2012

Research project:
Lewis-base stabilized diiodine adducts
with N-heterocyclic chalcogenamides





SIMPLE STEPS

of how to prepare it

- 1| Prepare the broth first. Put meat into the saucepan with 3-4 liters of water and boil it for two hours. Take meat out of the saucepan and cut it into pieces or dice. Put them back into the broth. If you want to cook vegetarian borscht you just skip this step and use 3-4 liters of water.
- 2| Chop up onions, carrots.
- 3| Cut cabbage and beetroot into strips.
- 4| Take a frying-pan, add some vegetable fat and slightly fry beetroot, then add tomato paste and stew for 5-7 minutes.
- 5| Take another pan, add some vegetable fat and fry onions lightly for 2-3 minutes, add carrots and fry for another 2-3 minutes, stirring occasionally.



TIME
of
preparation

120 min



- 6| Bring the broth to boil in a pot. Add the diced potatoes to the broth. Season with salt.
- 7| After a few minutes add the cabbage and boil for about 5 minutes.
- 8| Add beetroot mixed with tomato paste and boil for another 10 minutes.
- 9| Add onions with carrots, bay leaf, minced garlic, pepper, herbs.
- 10| Remove from heat, wait for 15-20 minutes and serve the borscht. Ukrainians usually eat borscht with rye bread and sour cream.



My favourite recipe – USA

SPINACH- RICOTTA PIE

INGREDIENTS

which can be bought in Germany

Butter (amount according to preference)

– *Butter (Menge nach Geschmack)*

Flour (combination of a cup of white and one a half cups of brown)

– *Mehl (Kombination aus 1 Tasse weißem Mehl und 1½ Tassen braunem Mehl)*

Small onion, browned in a pan – *kleine Zwiebel*

2 bunches spinach – *frischer Spinat*

500 g ricotta cheese – *Ricotta Käse*

½ cup of hard cheese grated – *Hartkäse*

3 eggs – *Eier*

Fresh basil – *frisches Basilikum*

Nutmeg – *Muskatnuss*

Plain Yoghurt – *Naturjoghurt*

Paprika powder – *Paprikapulver*

ORIGIN

of the dish

Mollie Katzen's Moosewood Cookbook
(American)

Prof. Linda Chisholm

South African

I didn't have a position in Göttingen, but gave lectures/seminars. I am a Professor at the University of Johannesburg in the Education Faculty

1 month

Research project:

German missionaries and the Transition from Mission to Bantu Education in South Africa





SIMPLE STEPS

of how to prepare it

- 1| Prepare the pastry (mix butter, flour, add water and shape into a ball). Using a rolling pin flatten out the pastry and place on the bottom of a pie dish. Leave in the fridge for a few hours.
- 2| Cook the spinach with the browned onion, adding basil to taste.
- 3| Mix separately: 3 eggs, 500 g ricotta, half a cup hard cheese and nutmeg.
- 4| In a blender mix together the spinach and egg / cheese mixture.
- 5| Spread over pastry in the pie dish. Cover with plain yoghurt. Sprinkle a bit of paprika on the top.
- 6| Bake for an hour at 180 °C.

TIME
of
preparation

40 min





Prof. PhD Elizabeth Goering

USA

Guest Professor
Erasmus Mundus MA Euroculture & Intercultural
Theology MA

I have been a guest lecturer in Göttingen during the summer semesters since 2010. In 2017-18, I will spend the entire academic year at the University while on sabbatical leave from my home university in Indianapolis.

Research project:
Dialogue and Civility: A Communication Analysis
of Naturally Occurring Intercultural Interaction

My favourite recipe – USA

CHUCK- WAGON BEANS

INGREDIENTS

which can be bought in Germany

- 3 cans** of pinto or kidney beans
– *Pinto- oder Kidneybohnen*
- ½ pound** bacon, cook crisp and save drippings
– *Speck*
- 1 pound** ground beef – *Rinderhack*
- ½ cup** chopped onion – *Zwiebeln*
- 1** clove garlic – *Knoblauch*
- ½ cup** water – *Wasser*
- 2 cans** tomato sauce – *Tomatensoße*
- 2 tsp** chili powder – *Chilipulver*
- 1 tbsp** molasses – *Melassesirup*
- ¼ cup** brown sugar – *brauner Zucker*
- ¾ tbsp** salt – *Salz*

ORIGIN

of the dish

United States. This recipe was one of my favourites when I was growing up in Kansas. It reminds me of cowboys cooking over an open fire in the old west.





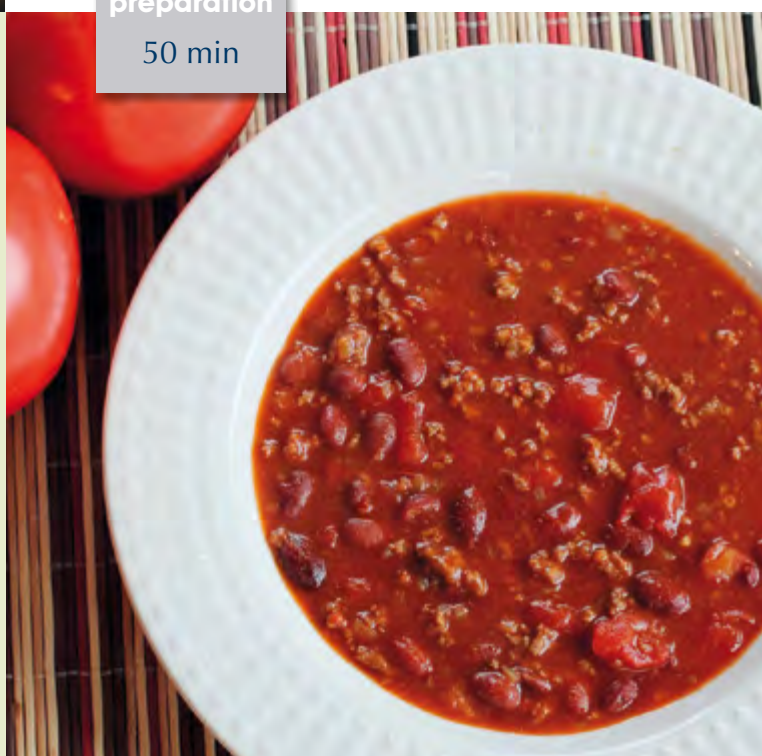
SIMPLE STEPS

of how to prepare it

- 1| Brown bacon.
- 2| Add onion, garlic and ground beef.
- 3| Cook until lightly browned.
- 4| Add remaining ingredients.
- 5| Cover and simmer over low heat for about 40 minutes.

TIME
of
preparation

50 min





© Madeleine Efenbein and Molly Laas

Madeleine Efenbein and Molly Laas

USA

Early Career Fellow at Goettingen Institute for Advanced Study (Madeleine)

Associated Researcher at Department of Medical Ethics and History of Medicine (Molly)

September 2017 – July 2019

Research project:

Human Rights, Constitutional Law, and Religious Diversity (Madeleine)

History of Nutrition Science in Nineteenth Century America (Molly)

My favourite recipe – USA

ARTICHOKE DIP

(and a Manhattan Cocktail)

INGREDIENTS

which can be bought in Germany

2 cans of artichoke hearts, drained; slice whole artichoke hearts into quarters lengthwise

230 ml mayonnaise (1 US cup)

200 ml grated pecorino romano (**3/4 US cup**)

– *Pecorina Romano*

1 ball fresh mozzarella, shredded – *Mozzarella*

1-2 cloves minced garlic – *Knoblauch*

1 tbs minced parsley – *Petersilie*

Salt and pepper – *Salz und Pfeffer*

ORIGIN

of the dish

This is Molly's great-grandmother's recipe, and very typical of mid-twentieth century American party food. All the mayonnaise makes it seem like a bad idea but it is very good to serve as a snack with drinks before dinner. She has modernized the recipe a bit: fresh garlic instead of garlic salt, more vegetables, fresh mozzarella, and some green herbs.





SIMPLE STEPS

of how to prepare it

- 1| Mix everything together in a baking dish, and season to taste with salt and pepper.
- 2| Bake at 175 °C until the top of the dish is brown and bubbly.
- 3| Serve hot with sliced baguette.

If you want, drink a Manhattan with it:

- 1| 60 ml rye whiskey or bourbon (not Scotch whisky, and definitely not Jack Daniel's!)
- 2| 15 ml red vermouth, a dash of Angostura bitters.
- 3| Mix into a glass filled with ice and garnish with lemon peel.
- 4| Serves one; double it for two people.

TIME
of
preparation

10 min



TIME
of
baking

40 min





My favourite recipe – Uzbekistan

PALOV

(special dish)

INGREDIENTS

which can be bought in Germany

Serves 8

200 ml oil – Öl

500 g lamb or beef – Lamm- oder Rindfleisch

700 g carrots – Karotten

2 onions – Zwiebeln

100 g chickpeas (canned, rinsed and drained.

But if possible, use dried that have been soaked in warm water for 8 hours) – Kichererbsen

Water – Wasser

150 g raisins/sultanas – Rosinen/Sultaninen

2 garlic cloves, unpeeled – Knoblauch

500 g rice, long-grained – Langkornreis

1 tbsp coriander, ground – Koriander

2 tbsp turmeric – Kurkuma

1 tsp cumin seeds – Kreuzkümmel

ORIGIN

of the dish

The national dish of Uzbekistan is Palov (here are some other spellings of basically the same dish: pilaf, pilav, pilau, pilafi, pulao, palaw, plov, polov, polo, and polu). The choice of recipe to represent the national dish of Uzbekistan fell on the name plov (palov).

Plov is a key dish in Uzbek cuisine. There are about 200 different varieties of Plov. Depending on the variety you make, it is seen as an everyday, special or occasional dish.

Umida Baltaeva

Uzbekistan

Senior researcher

National University of Uzbekistan,
Faculty of Mathematics

November 2014 – August 2015

Research project:

Erasmus Mundus Project TIMUR





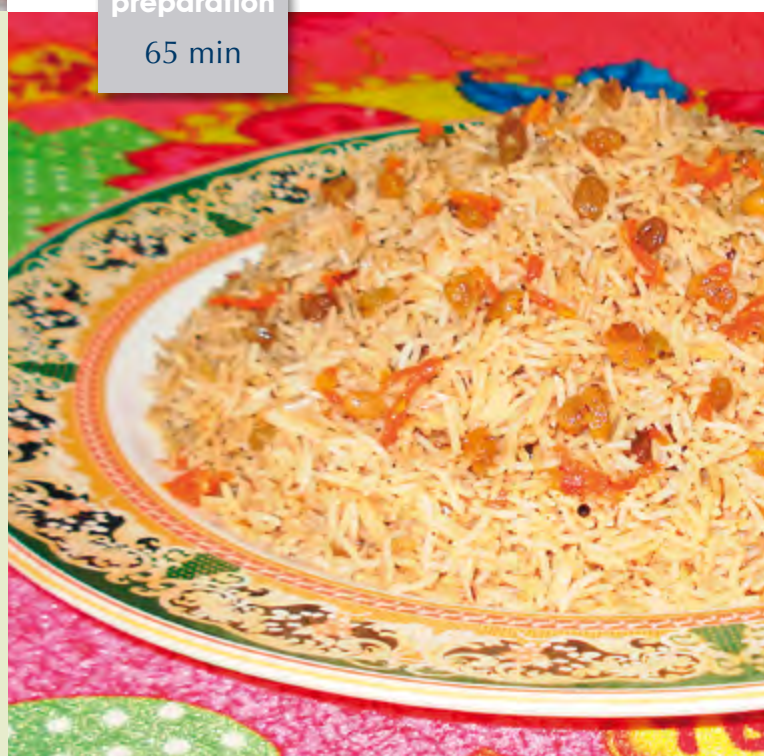
SIMPLE STEPS

of how to prepare it

- 1| Dice the onions, slice the carrots in long thin strips and cut the meat in big chunks.
- 2| On high heat, heat the oil and add the meat until brown, stirring frequently.
- 3| Add the onions, continue frying.
- 4| When the onions are light brown, add the carrots. Fry until carrots are half cooked.
- 5| Add 500ml water together with the chickpeas.
- 6| Bring to a boil, reduce the heat, add the garlic cloves and cook for 15 minutes.
- 7| Add the raisins. Continue cooking for another 5 minutes.
- 8| Add turmeric, cumin, coriander and salt and stir well.
- 9| Take out garlic cloves, add the rice; layer it evenly on top of the carrots, then place the garlic cloves on top of the rice layer.
- 10| Add enough water to cover the surface of the rice a little less than 2cm above the ingredients.
- 11| Set the heat on high and wait until all the water is soaked up by the rice, salt to taste
- 12| Mix only the top of the rice and close the lid, reduce the heat to very low.
- 13| After 15 minutes, open the lid and again mix only the top of the rice, close the lid and then cook for another 10 minutes.
- 14| When the rice is cooked, remove from the heat and gently mix all the ingredients together
- 15| Serve on a large flat plate, along with a fresh salad.

TIME
of
preparation

65 min





© Dr. Van Tran

My favourite recipe – Vietnam

SUMMER ROLL

INGREDIENTS

which can be bought in Germany

300 g rice noodle – *Reisnudeln*

300 g pork – *Schweinefleisch*

3 eggs – *Eier*

Rice paper or lettuce leaves

– *Reispapier oder Salatblätter*

Mung bean sprouts – *Mungbohnen-Sprossen*

Cucumber – *Gurke*

Pineapple – *Ananas*

Herbs and salads – *Kräuter und Salate*

Dr. Van Tran

Vietnamese

PhD candidate

2009 – 2013

Research project:

Poverty in Southeast Asia





SIMPLE STEPS

of how to prepare it

- 1| Boil pork for 8 mins and take it out, wait until it is relatively dry.
- 2| Cut it into 5cm long and thin sticks.
- 3| Fry eggs and cut into long thin strips like for pork.
- 4| Cut pineapple in a similar way.
- 5| Add spices (salt, pepper) to the pork.
- 6| On a rice paper sheet or lettuce leaf, spread pork and noodle mixture and roll it up.
- 7| It tastes better when you dip it into fish sauce.

TIME
of
preparation

30 min





© Osamah Barakat

Osamah Barakat

Yemeni

PhD student, informatics

October 2015 – September 2018

Research project:

Gavel: a Graph Database Based Network Controller



My favourite recipe – Yemen

THAMOOL

INGREDIENTS

which can be bought in Germany

It depends on the quantity, but on average:

- 3 cups** flour
- 1 cup** lukewarm milk
- 1 cup** butter
- 2** eggs
- 2 tbsp** sugar
- 1 tsp** vanilla essence
- 1 tsp** yeast
- ½ tsp** salt
- 1 tsp** black cumin

ORIGIN

of the dish

Yemeni traditional snacks.



SIMPLE STEPS

of how to prepare it

- 1| Sieve the flour, add the vanilla essence and salt and mix the dry ingredients together.
- 2| Put the amount of lukewarm milk in a bowl and add yeast and sugar and move the ingredients until the sugar melts and let it ferment for ten minutes.
- 3| Add the eggs and butter and mix the liquid ingredients well.
- 4| Create a hole in the middle of the dry ingredients and add liquid ingredients and then start kneading until you form well-mixed dough. Leave to rest for half an hour.
- 5| Add the grain of blessing to the dough and knead them well until it mixes well with the dough.

TIME
of
preparation

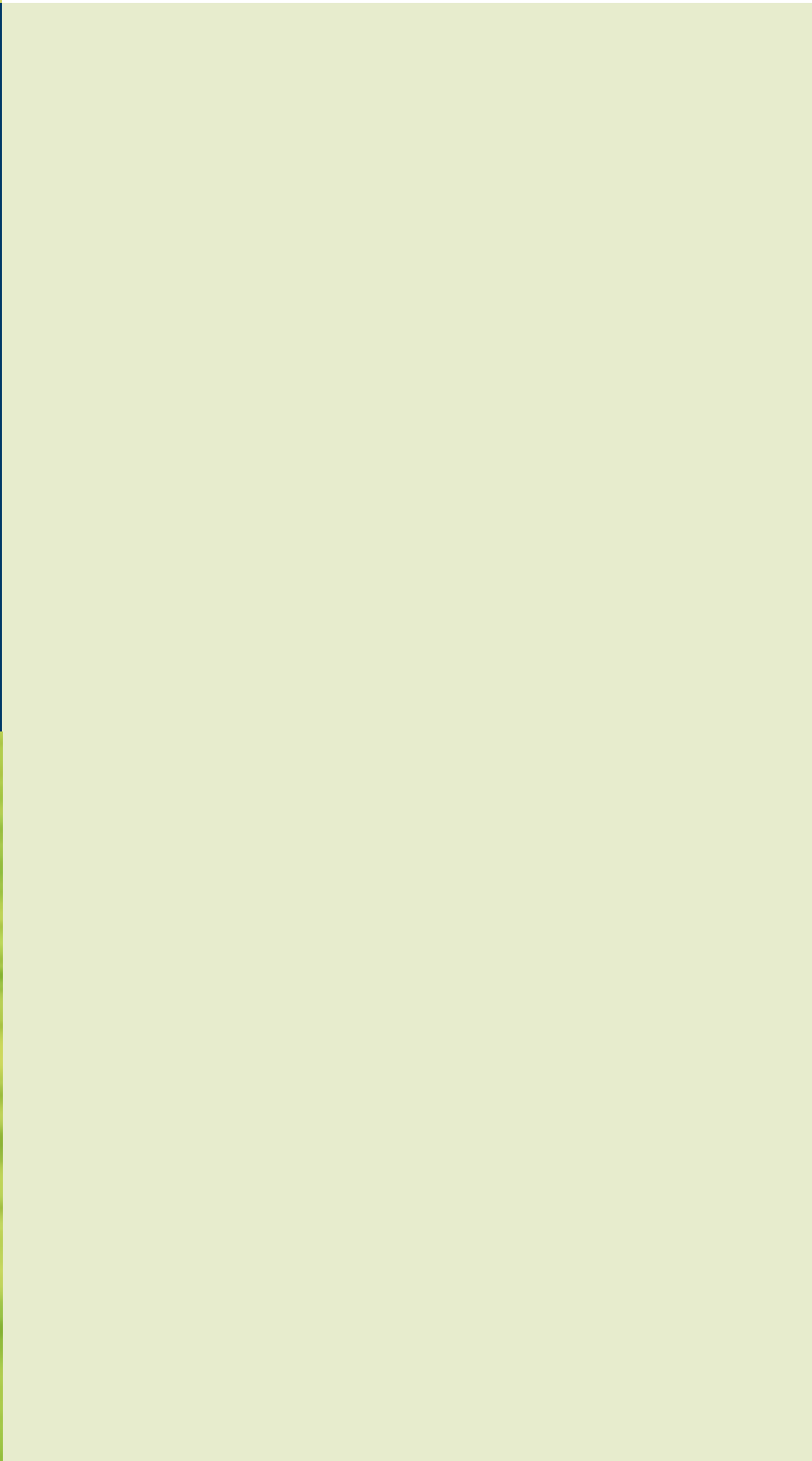
30 min



© Osamah Barakat, www.facebook.com



- 6| Divide the dough into small equal-sized balls and shape them as desired and place half of them on a greased baking tray. Bake in a medium hot oven until they become golden in colour.
- 7| Take the Thamool out of the oven and let them cool.





My favourite recipe

IMPRINT

EDITOR

Georg-August-Universität Göttingen

CONCEPTION

Betriebliches Gesundheitsmanagement

PHOTOS

© World map cover: agrus – fotolia.com

© All photos, unless otherwise stated, are from Pixabay. Please note: these photos do not always depict the exact recipe. They are merely provided as examples of similar recipes.

LAYOUT

Rothe Grafik, Georgsmarienhütte

PRINT

Klartext, Göttingen

Mai 2018



FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE
RECIPES MY
FAVOURITE