

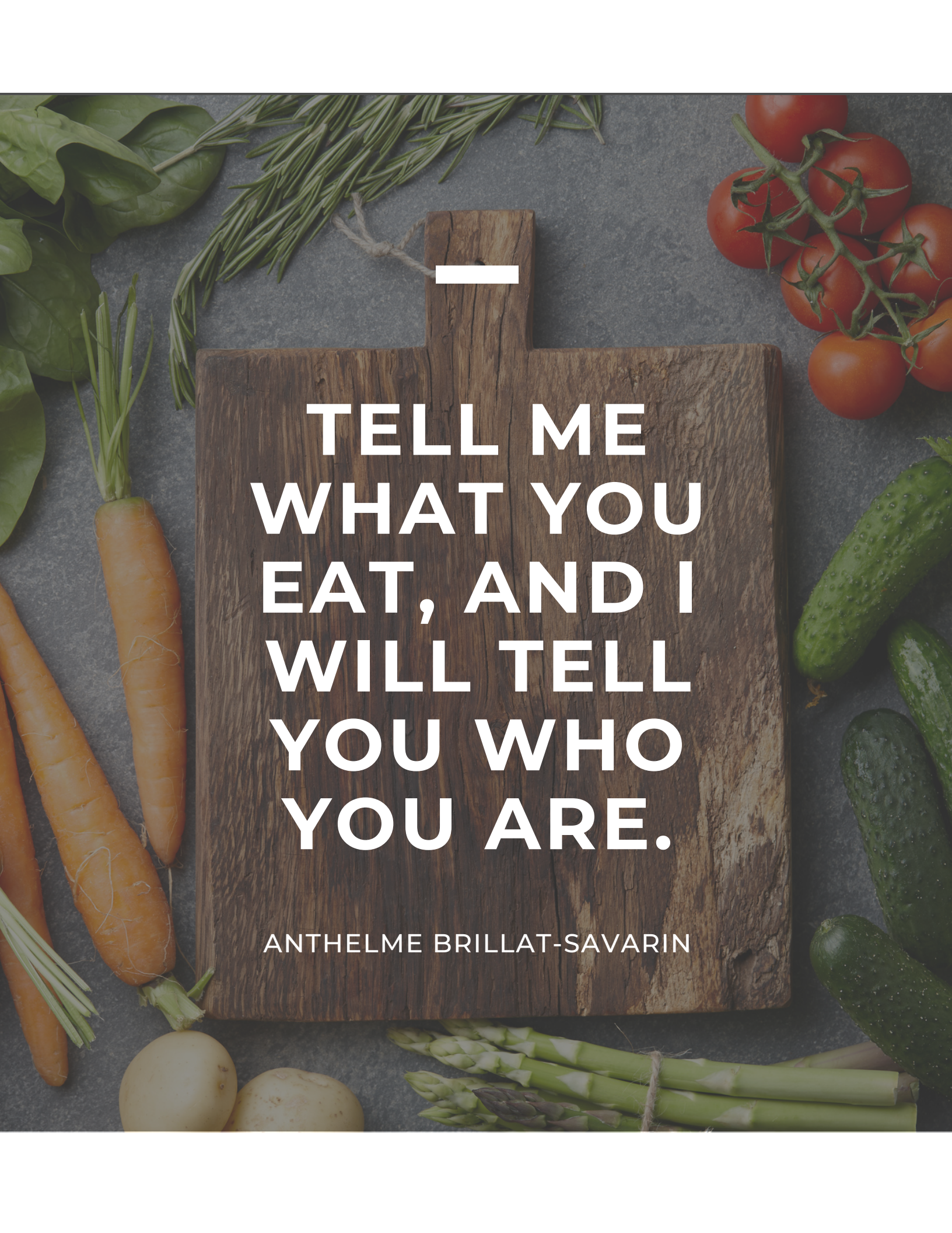
# Cook Book

BY SMILE INCUBATOR

8  
*international  
recipes  
handpicked  
by the SmiLe  
Community*

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A top-down view of a rustic wooden cutting board on a dark grey surface. The board is surrounded by fresh ingredients: basil leaves, rosemary, cherry tomatoes, carrots, cucumbers, and asparagus. A small white horizontal line is positioned above the text.

**TELL ME  
WHAT YOU  
EAT, AND I  
WILL TELL  
YOU WHO  
YOU ARE.**

ANTHELME BRILLAT-SAVARIN



# SWEDISH NETTLE SOUP

BY ELISABET OTTOSON



Fresh, raw stinging nettles sting! Wear protective gloves when handling them, until after they are blanched

## INGREDIENTS

- 1/2 large shopping bag of fresh nettle tops
- 1-2 tablespoon extra virgin olive oil or butter
- 1/2 cup chopped shallots or a bunch of chives, chopped
- 4 cups chicken stock (or any veggie alternative)
- 1 to 2 cups of water
- 1 teaspoon dried thyme
- freshly ground black pepper and salt
- 1 dl sour cream or any veggie alternative
- some vermouth or dry sherry

## METHOD

- Rinse the nettles blanch in a small volume, mix in a blender, pour the mixture back and add everything else
- heat up and season
- if you want it thicker soup then add a mixture of wheat flour and water and heat up to boiling while stirring



# TRADITIONAL NORWEGIAN SODD

**BY LINA BORESON**

## **INGREDIENTS (Serves 4)**

- 0.5 gallon (1.8 l) beef and lamb broth
- 1 teaspoon grated nutmeg
- 2 teaspoons ground ginger
- 17.5 oz (500 g) mutton
- 8.8 oz (250 g) meatballs (beef)\*
- 8.8 oz (250 g) meatballs (lamb)\*
- 14 oz (400 g) carrots
- 28 oz (800 g) potatoes
- Salt
- Pepper
- \*See “Meatballs” below

## **METHOD**

### **Preparations:**

Trim the meat (mutton) and cut into dices. Place the trimmed bones into a pot and add water. Slowly bring to a boil. Then, reduce the heat and simmer uncovered for five hours. Skim off any foam that rises to the top. Strain the broth through a cheesecloth-lined colander. Season the broth with half the nutmeg and half the ginger. Add the meat and let it simmer for an hour. Remove the foam from time to time.

### **Meatballs:**

Traditionally, the meat is ground fourteen “rounds” in a food processor. Add salt after two rounds. Then, add milk and heavy cream, and season with nutmeg, ginger and pepper. Mix in cornflour. Make a sample by forming meat into a small ball and drop it into boiling water. If it does not harden, add more cornflour into the meat mixture. Make small meatballs from the ground meat. Add the meatballs into the broth about 5-10 minutes before serving. It is important that it does not boil, but keeps a steady high temperature. Boil potatoes and diced carrots in a separate pot.

### **Serving:**

Place potatoes and carrots in a soup bowl. Add the meat, meatballs and broth on top. God apetitt!





# GREEK MOSCHARI GIOUVETSI

**BY MARIA SVERKA**

## METHOD

Heat the 8 tablespoons of olive oil in a deep pot and add the veal to sauté on all sides for about 8-10 minutes. Add the onion and garlic and continue sautéing until they are shiny. When they begin to sizzle, pour in the wine and let the alcohol evaporate. Add the tomato paste, the sugar and all the spices, then the tomatoes and the broth. Place the lid on the pot and let everything simmer for about an hour, until tender. Season towards the end of the cooking process.

In another pot, heat 60 ml olive oil and add the orzo. Stir well to coat with oil. Then put the orzo into a baking tray and pour the contents of the veal pot over it, removing the bay leaf. The sauce must cover the orzo. If not, add hot water so that the orzo is covered by at least 2cm of water.

Bake in a preheated oven at 170 degrees C for about 40 minutes. Serve with sprinkled grated parmesan cheese.

## INGREDIENTS

- 8 tablespoons extra virgin olive oil
- 1,200 gr veal, cut into medium-sized pieces
- 1 onion, finely chopped
- 2 cloves of garlic, crushed
- 120 ml dry white wine
- 1 tablespoon tomato paste
- 1 teaspoon sugar
- 1 teaspoon cinnamon powdered
- 1/2 teaspoon allspice, powdered
- 2 bay leaves
- 1 kg tomatoes, grated
- 1 litre vegetable broth
- salt and freshly ground pepper
- 60 ml extra virgin olive oil for the pasta
- 500 gr orzo pasta

# SWEDISH FLÄSKPANKAKAL

**BY ELISABET OTTOSON**

(SERVES 3-4)

**Pork loin:**

- 200 grams of smoked pork loin. Cut into small pieces and fry in a large pan (diamond 25-30 cm) in some olive oil. Season with some salt and ground pepper.

**Pancake:**

- 5 dl milk firstly, take 3 dl and add
- 2.5 dl pure wheat flour and
- 4 eggs, and then mix all thoroughly
- add more milk up to 5 dl and add
- 0.5-1 teaspoon salt, then mix gently
- line the pan with some butter all the way up
- gently pour all on top of the fried loin pieces
- Put in the oven at 200 degrees C, for approx. 35 min
- serve with lingonberry jam and green salad





# SWEDISH MINUTE STEAK A LA PRINCE BERTIL

BY MAGNUS PÅLSSON



## INGREDIENTS

- 500 gram minute steak
- salt and pepper
- 3 Tbsp french mustard
- 150 gram blue cheese
- 1 red onion, finely minced

## METHOD

1. Salt and pepper the minute steak. Put on the mustard
2. Put a piece of cheese and red onion on one side. Fold the steak and put it together with a toothpick
3. Fry in a hot pan until ready
4. Serve with Hasselbacks potatoes and sallad.



A top-down view of a dark, rectangular baking tray. The tray is surrounded by a variety of cookies, including chocolate chip, oatmeal raisin, and plain cookies. The text is centered on the tray, with a small white horizontal line above it.

—  
**STRESSED IS  
DESSERTS  
SPELLED  
BACKWARDS**



# KENYAN MANDAZI

BY CHEMUTAI BEATRICE

## INGREDIENTS

### Dry ingredients:

3 cups of all Purpose flour  
2 tsp instant dry yeast  
5 tbsp sugar (or more as  
per your preference)  
1 tsp baking powder  
1/2 tsp ground cardamom  
1/2 tsp salt

Mix the dry ingredients in a  
bowl and set aside

### Wet ingredients:

1 cup luke warm milk (you  
can use coconut milk)  
4 tbsp melted  
butter/margarine  
2 medium eggs



## METHOD

1. Add the wet ingredients into a separate bowl and mix well.
2. Now add the wet ingredients to the dry ingredients and knead into a dough.
3. Cover with a damp cloth and set aside to rise for 1 hour or until the dough has doubled in size.
4. Roll out the dough (1cm in height) on a lightly floured surface. Cut out shapes. You could cut them into small squares or diamond shapes.
5. In a thick bottomed pan, add enough oil to deep fry. The oil is ready to use when you put a wooden skewer in it and bubbles form around the skewer.
6. Drop in the cut dough shapes and lower the heat to avoid the outside burning while the inside is uncooked. Flip the mandazi over every 30 sec and cook for about 2 min.
7. ENJOY! (best served with tea or coffee)

# PORTUGUESE PASTEL DE NATA

BY ELISABETE OLIVEIRA



## INGREDIENTS

- 1 L semi-skimmed milk
- 2 lemon peels
- 2 cinnamon sticks
- 500 g sugar
- 100 g flour
- 2 eggs M
- 10 egg yolks M
- 500 g puff pastry
- Pastel de nata molds or  
muffin tray

## METHOD

1. Preheat the oven to 240° C.
2. In a saucepan, place the milk, lemon peels and cinnamon sticks. Bring to a boil and turn off.
3. In a bowl, mix the sugar with the flour.
4. While continuously stirring add the flour mixture to the milk, while still hot.
5. Remove the lemon peels and cinnamon sticks and allow it to cool for 10 minutes.
6. Then, add the whole eggs and yolks and stir until it forms a homogeneous cream. Bring to heat again while stirring constantly. Stop when the cream is thick.
7. Roll the puff pastry into a long cylinder and cut slices of 3 cm each.
8. With the help of moistened thumbs, line the muffin tray (or the pastel de nata forms) with the 3cm dough. Using your thumbs spread the dough as if you were creating a muffin case/ cup.
9. Pour the filling into the forms and bake for 15 minutes, or until golden. Serve while still hot with a sprinkle of cinnamon.



## METHOD

Bring out the mold (below) and put it over a container. If you don't have one in wood you can use a large strainer where you put a linen towel on the bottom.

Whip together the ingredients in a large pot.

Heat at a not too high temperature while stirring on the bottom (not to burn). When it starts to simmer (not boil! Keep some cold water at hand and put some cold water if it starts to boil) take the pot from the heat and let it sit for a while. Use a skimmer and put a layer of curd (ostmassa) in the mold, sprinkle some sugar, put another layer of curd, sprinkle some sugar and continue like that until there is no more curd.

Put the mold with the container below in the fridge and let it drain overnight, or at least for 6 hours. It is ready when it has the stability that you prefer. Use the liquid (vassle) when you are baking bread.

Put a plate on the mold or strainer and turn around so that the side with the pattern is up-facing (see below). Serve with jam, blackberry, raspberry or what you like, heated or cold. You can also serve it with fresh berries and fruits, whipped cream or ice cream. Or herring.

# SWEDISH EGG CHEESE

FROM HÖNÖ, BOHUSLÄN

BY SARA WANTHER



## INGREDIENTS:

10 eggs (preferably free range)  
5 l milk  
0,5 l sour milk (filmjolk)

