

INTERNATIONAL POLICE ASSOCIATION COOK BOOK



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INTERNATIONAL POLICE ASSOCIATION

COOK BOOK

Delicacies from the IPA World

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INTRODUCTION

Dear IPA friends,

It is my pleasure to have been introduced to many new and delightful foods and dishes during my long years of IPA membership. Just as we have learnt to share good practice in the professional aspect of our Association, I welcome this opportunity to share the fine food and recipes of members from around the world.

I want to thank Eija Aspholm for her many hours of hard work on the project, along with Satu Sammallahti-Visser and Manel Castellvi.

I hope you enjoy reading these recipes and trying them yourselves.

Servo per Amikeco!

Stephen

Stephen Crockard
Assistant International Secretary General,
PEB Liaison Member for the African Sections,
International Cultural Commission Chairman

IPA ANDORRA

CIVET D'ISARD

INGREDIENTS (for 4 person)

1 kg. of chamois (isard) meat, without bone
(or other game meat).
2 carrots
1 celery
1 leek
2 onions - garlics – bay leaf – thyme
1 liter of red wine (good quality)
1 small cup of brandy
1 piece of milk chocolate
1/2 kg of potatoes
200 gr. of mushrooms
flour
oil, salt, pepper and parsley



PREPARATION

The time of cooking depends on the age of the animal. The older it is, more time you'll need to cook.

Prepare the meat one day before the cooking. It. Cut the meat into small pieces and add pepper, salt, carrot, onion, celery, leek, bay leaf, thyme. Then cover everything with quality red wine. Let the meat macerate in a cool place for 24 hours.

After 24 hours, remove the meat, drain, flour and fry in a pan with hot oil, then remove it and place it in a casserole or a crock pot.

Cook the sauce in the same pan. When the sauce is ready, put it on the meat. Add grated chocolate on top and stir everything. Add a small cup of brandy and broth maceration wine. Cook in a low heat for 2 hours.

Boil the potatoes and prepare the mushrooms in a pan with garlic and parsley.

IPA ANDORRA

MUSICIAN'S DESSERT

INGREDIENTS

1 glass of sweet wine (Muscat type)
almonds
hazelnuts
raisins
pinions
nuts
dried apricots



IPA AUSTRALIA

ANZAC DAY BISCUITS



A traditional Aussie treat. Australian soldiers received care packages from their families in the first World War which contained these biscuits.

IPA AUSTRALIA

ANZAC DAY BISCUITS

INGREDIENTS for 25 biscuits

1 cup of plain flour
1 cup of rolled oats
1 cup of brown sugar
½ cup of coconut
125 grams of butter
2 tablespoons of golden syrup (treacle)
1 tablespoon of water
½ teaspoon bicarbonate of soda

PREPARATION

Preheat oven to 175 °C

Place flour, oats, sugar and coconut in a large bowl. Stir to combine.

In a small saucepan place golden syrup and butter and stir over low heat until butter has fully melted.

Mix bicarbonate of soda with water, add to saucepan. Stir together. When bubbling remove from heat.

Pour liquid in to the bowl with the dry ingredients and mix together until fully combined.

Roll tablespoonful of mixture into balls and place on a greased baking tray. Press down to flatten slightly.

Bake for 12 minutes or until golden brown.

Biscuits will harden when cool. For crunchier biscuits add more golden syrup.

IPA AUSTRIA

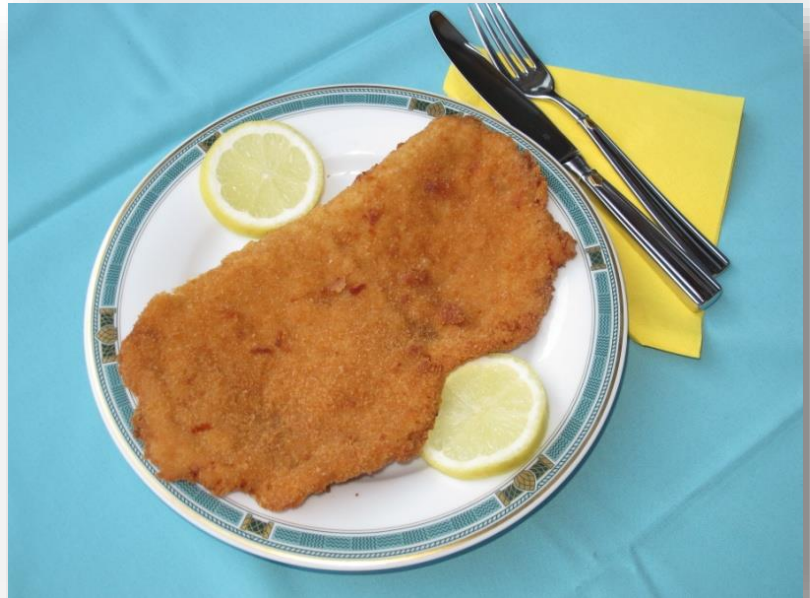
WIENER SCHNITZEL – original recipe

INGREDIENTS (4 people)

4 pcs veal slices
(cut or pounded thin)
40 gr flour
70 gr breadcrumbs
1 egg
salt
400 gr oil or clarified butter
for cooking

Lemon on slices or segments

PREPARATION



The original Wiener schnitzel is prepared of tender veal that you can cut into thin slices.

Set up 3 shallow dishes. Place the flour in one and breadcrumbs in another. Beat the egg well and place it in the third dish.

Heat the oil or butter well in a pan.

Take a veal slice and season it with salt.

Dip both sides of the veal at first in the flour and then in whisked egg. Let the egg drip off a bit and then put the veal on to the crumbs. Press the veal slightly so the crumbs adhere evenly everywhere. Take the veal from the crumbs and lightly shake it to allow the excess drip off.

Place the veal immediately in the hot pan and cook until the veal is golden brown. It is important the veal is “swimming” in lot of oil or butter when cooking !

Remove the golden brown veal from the pan and allow the oil to drain off on a kitchen paper before serving.

The Wiener Schnitzel is served only with lemon slices or segments. Restaurants only serve it with rice and salad.

Please note: NO ketchup with Wiener Schnitzel !

IPA AUSTRIA

VIENNA OMELETTE- SOUP

INGREDIENTS (4-6 people)

Clear hot beef soup

Omelette/pancake noodles:

100 g flour

100 ml water

100 ml of milk

1 egg

salt

oil for frying



PREPARATION

Stir flour, salt and water to a thick smooth batter.

Add at first the milk and then the egg and stir.

To make a thin pancake, put some oil in a pan and when the oil is hot, pour some batter in to the pan.

Spread the batter in the pan and fry the omelet/pancake on both sides.

When the omelets/pancakes are ready and cooled down, roll them, remove tails and cut the rolls into delicate strips.

Serve pancake noodles directly on top of clear hot beef soup. Garnish with fresh chives or herbs.

IPA FINLAND

REINDEER FILLET WITH CRANBERRY SAUCE

1 Reindeer fillet (sirloin) (if not available use venison or beef)

1 tsp black pepper

2 tsp salt

Butter for frying

Season the meat with black pepper and salt

Brown the meat on the hot pan quickly to get some nice color.

Put the meat in to the oven 200 ° C and fry it for 20 min.

Wrap an aluminum folio around the meat and let it rest while you prepare the sauce.

Sauce:

2 orange

1 ½ dl granulated cane sugar

½ - 1 tsp. cinnamon

3 cloves or just a bit of grounded clove

4½ dl cranberries (or lingonberries)

To embellish the serving:

½ dl cranberries

10 juniper berries

Wash the oranges carefully
in hot water

Grate orange peel with a thin
knife or grater

Squeeze the orange juice into
a saucepan

Add the sugar, cinnamon, clove
and grated orange peel

Cook until the sugar has melt

Add 4½ dl cranberries and cook
approx. 15 min without

a lid until the cranberries are
soft/smashed and the
sauce has thickened.

Strain the sauce.



Serving:

Cut the meat into slices and put them on a plate.

Pour hot sauce on the plate and a little on the meat as well.

Embellish with cranberries and juniper berries.

Serve with cooked potatoes.

IPA FINLAND

POOR KNIGHTS' DESSERT

INGREDIENTS

Slices of white bread or sweet coffee bread plait (1-2 per person)

Milk

Sugar seasoned with cinnamon (and if you like just a very little of cardamom)

Butter for frying

For serving:

jam or fresh berries, whipped cream and/or ice cream

PREPARATION

Dip the bread slices in the milk.

Fry the slices on a low heat from both sides until golden brown.

Roll them immediately after frying in sugar-cinnamon-(cardamom) mix.

Serve them when they are still hot with jam or fresh berries and whipped cream and/or ice cream.



IPA FRANCE

FISH BREAD, family recipe

INGREDIENTS

1 kilogram of fish (Coley or cod)
A sachet of court-bouillon
5 eggs
A small box of tomato paste
Salt and pepper
Cayenne pepper (optional)

For the dish decoration:
A little salad and shrimps



IPA FRANCE

FISH BREAD, family recipe

PREPARATION

- 1) Cook the fish in the water (with a lid on) with the court-bouillon sachet for 20 minutes
- 2) Let the fish draining in a colander and let it cool down
- 3) Crumble the fish, remove skin and bones, and place it in a bowl
- 4) Mix together the tomato paste and your 5 eggs, add salt and pepper
- 5) Add the egg mixture / tomato paste in the bowl where the fish is
- 6) Mix them all
- 7) Place the fish / egg / tomato paste mixture in a lightly greased loaf tin or into a baking paper
- 8) Put down the loaf tin in a dish containing water for a bain-marie cooking
- 9) Put it in your oven for 45 minutes on 180° temperature
- 10) Remove from the oven, let cool slightly and turn out of the tin
- 11) Garnish a dish in putting a little salad and shrimps around the fish bread

Do not forget to make mayonnaise to be served with your dish.

Do not tell to your guests what ingredients take part of your fish bread and let them guess. You will be surprised by the answers.

IPA GREECE

MOUSSAKA

INGREDIENTS

1 Kg eggplants/aubergines
1 Kg Potatoes
100 gr hard cheese
salt, black pepper, red pepper, parsley

Minced meat

1 kg mince
1/2 kg tomatoes finely chopped
4 finely chopped onions
100 gr olive oil
red-black pepper -salt- oregano.

Cream Béchamel

4-5 tablespoon vegetable butter
6 tablespoon flour
1 1/2 liter of milk
salt and black pepper
1 egg
50gr cheese FETA



HOW TO PREPARE THE FOOD

1. -Cut eggplants in long and close slices in thickness (1cm), put them in the water with salt, then wring them dry and fry them in hot oil.
2. -Cut the potatoes with the same way as eggplants and then fry them

HOW TO DO THE MINCED MEAT

Heat the oil in a saucepan, saute the onions and then add the mince, then the parsley, salt, pepper, oregano and the tomatoes. Cook all of them for half hour.

- Take a baking tin (dimensions 36x24) roll out the potatoes and sprinkle them with cheese and then add the eggplants and sprinkle with cheese and season with salt .
- Spread the minced meat, then add another sheet of eggplants and sprinkle with cheese.
- Then we spread the sauce and sprinkle with cheese.
- And bake in the oven for 20 to 30 minutes at 180°C.

HOW TO DO THE BÉCHAMEL

1. - Melt the butter in a saucepan over medium heat.
2. - Add flour and stir until it becomes a golden mix.
3. - Slowly add milk and simultaneously stir well.
4. - Continue to stir the sauce until it thickens slightly.
5. - Remove from the pan and add salt, pepper, egg and cheese

IPA GREECE

REVANI

INGREDIENTS

6 eggs
1 bovine yogurt 2%
3 vanilla
1/2 kg flour
300 gr. thick semolina
300 gr. sugar
1 teaspoon baking powder

For the syrup
1500 gr. water
1000 gr. Sugar



PREPARATION

1. - Put the water and the sugar into a cooking pot and stir until the syrup thickens.
- 2.- Put all the dry ingredients (flour, sugar, baking powder, vanilla and semolina) in a bowl and stir with the hand.
3. – Beat the eggs in a bowl, then add the yoghurt and mix all together until it is a good mix.
4. - Pour the mixture into a baking dish and bake in the oven at 200°C for 20 minutes.
5. – Take the cake from the oven, cut it into pieces and pour the cold syrup on to the hot cake. Serve.
6. –Important: the syrup must be cold and the cake must be hot.

IPA HUNGARY

KOHLRABI PESTO

If you have a kohlrabi, don't throw its leaves in the trash. Instead create pesto from them. Research shows they purify the blood and are naturally antibiotic. The leaf has three times as many vitamins as the tuber.

INGREDIENTS

50 gr. turpin leaves
50 gr. almonds (or walnuts, hazelnuts, cashew, pine nuts)
50 gr. parmesan cheese
1 clove of garlic
1 dl olive oil

PREPARATION

Put all in a mixer, and make a cream.
You can eat pasta with the Kohlrabi pesto. Add also chips of parmesan cheese and sliced ham or more almonds on pasta.

Bon Appetite!

IPA HUNGARY

CATFISH STEW WITH CURD CHEESE PASTA

INGREDIENTS (for 4 persons)

CATFISH STEW

600 gr catfish fillet
black pepper
salt
red pepper (paprika)
3 pieces of medium big onions
2 tablespoons cooking oil
1 tablespoon flour
3 tablespoons sour cream

CURD CHEESE PASTA

300 gr curd cheese
300 gr egg noodle pasta
2 dl sour cream
100 gr smoked bacon
2 tablespoons cooking oil

And

300 gr sliced semi-hard cheese



PREPARATION

Cut the onions into small pieces, fry them in oil until they become yellow, sprinkle red pepper, salt, black pepper over them.

Pour on water and cook until the onions disintegrate.

Cut the catfish fillet into cubes, then add them to the onion, and cook it for 10-12 minutes. If the juice is dilute sprinkle some flour on it and cook it thick.

Cut the bacon into cubes and grill them. Boil water and cook the pasta. Mix the pasta and the bacon together when the pasta is cooked. Crumble the curd cheese and sprinkle it over. Stir the sour cream and pour it over the pasta.

Put the ready pasta and the stew in more layers into a dish. Cover it with cheese and bake in an oven until it becomes red.

PEPPERY SWEET BREAD

INGREDIENTS

2 kg	Nuts (no shells)	.
800 gr.	Almonds	.
600 gr.	Hazelnuts	.
800 gr.	Sultanas	.
2 kg.	Pine nuts	.
500 gr.	Candid fruits	.
1 pinch	Black pepper	.
2 tbsp	Nutmeg	.
500 gr.	Flour	.
400 gr.	Honey	.
0.10 liter	Cooked grape must	.
1500 gr.	Dark chocolate	.
2 glasses	Coffee	.
100 gr.	Coffee powder	.
500 gr.	Unsweetened cocoa powder	.
500 gr.	Sugar	.
2	Orange	.
2	Lemon	.

PREPARATION

Toast nuts, almonds and pine nuts for 15 minutes in the oven at 120°C degrees.

Grind candid fruits

Melt dark chocolate and honey

Grate lemon and orange peels

Mix all ingredients in a big bowl , then make round shape loaves with your hands and put them in a baking tray with butter and flour .

Cook in oven at 100°C degrees for 30 minutes.

IPA ITALY

PEPPERY SWEET BREAD



IPA LITHUANIA

PORK ROLL



INGREDIENTS

5 eggs
250 ml of mayonnaise
200 gr fermented cheese
400 gr ground pork (could be mixed with beef as well)
1 onion
Some pepper, salt, dill

PREPARATION

1st layer

Stir the eggs, mayonnaise and grated cheese together.

Line your roasting pan with baking paper and spread all the mixture over it.

Bake it in the oven at 200°C for 15-20 min .

Let it cool

2nd layer

Add chopped onion, dill, salt and pepper to the ground meat and mix it well.

Place it over the cooled 1st layer. Wrap it into a roll..

Place it to the oven and bake for 40 min at 200°C

Serve the roll hot or cold depending on your preference.

IPA LITHUANIA

STRAWBERRY DESSERT

INGREDIENTS

1 can of spray cream
1 baguette
200 g strawberries

PREPARATION

Cut the baguette into 2 pieces (crosswise), remove the soft part of the bread by using a spoon (scoop it out).

Place strawberries one by one inside the baguette and spray a little amount of cream.

Place as many strawberries inside the baguette as possible. Remember always to spray some cream on each strawberry.

Once the baguette is filled, cut it into little pieces crosswise and serve it.



IPA ROMANIA

MEATBALL SOUP

Cooking time: 90 minutes, 8 servings

INGREDIENTS

Meatballs:

1 pound ground lean beef or pork
(or a combination)
2 slices bread
1 small finely chopped onion
2 tablespoons uncooked rice
2 tablespoons water
Salt and pepper to taste

Soup:

1 small finely sliced onion
1 bunch lovage leaves or
celery leaves or parsley leaves,
finely chopped
1 peeled parsley root
1 peeled parsnip
4 peeled carrots



1 pound beef or veal with bones
4 tablespoons tomato paste
Salt as needed
2 to 3 tablespoons vinegar, or to taste
Sour cream for garnish (optional)
Hot pepper (optional)

PREPARATION

In a large saucepan or Dutch oven, bring 6 cups of water to a boil. Add sliced onion, lovage, parsley root, parsnip and carrots. Add beef or veal with bone. Bring back to a boil, skimming off any foam that rises to the surface, reduce heat and simmer partially covered. Meanwhile, make the meatballs by first soaking the bread in water or milk and then squeezing it dry. Mash the soaked bread in a large bowl. Add the ground meat, finely chopped onion, rice, water and salt and pepper. Wet hands slightly and make small meat balls. Set aside. When the vegetables in the saucepan become tender, return it to boil and carefully drop in the meatballs. Reduce heat and simmer for 30-40 minutes. When the soup is almost done and the meatballs come to the surface, add the tomato paste and stir well. Add the lovage and season with salt and vinegar. If desired, serve with a dollop of sour cream and a hot pepper on the side.

IPA ROMANIA

ROMANIAN EASTER AND CHRISTMAS BREAD RECIPE – COZONAC

Romanian cozonac is a slightly sweet yeast raised egg bread, similar to hoska, that is traditionally eaten for Easter, Christmas and New Year's. Bulgarians call this bread kozunak, and the Italians panettone. When the cozonac dough is filled with farmer's cheese, it becomes a pasca, similar to a Polish kolacz.

Preparation time 20 minutes, cooking time 1 hour, total time: 1 hour, 20 minutes

Yield: 1 Romanian Easter Bread

INGREDIENTS

2 ½ tablespoons + 3 ½ cups allpurpose flour
½ cup + ½ cup + ¼ cup milk
1 package active dry yeast
4 large egg yolks
¾ cup superfine sugar
4 ounces light or dark raisins
zest of 1 lemon

4 ounces melted butter
1 tablespoon dark rum
1 teaspoon vanilla extract
1 tablespoon canola oil
1 ounce walnuts (optional)
½ cup confectioners' sugar (optional)

PREPARATION

Scald ½ cup milk and stir in 2 ½ tbsp. flour until smooth. Let cool 10 minutes.

Heat another ½ cup milk just until lukewarm.

Do not scald. Place yeast in a small bowl and pour lukewarm milk over, stirring until dissolved. Add yeast mixture to flour paste and beat until large air bubbles appear.

Cover and let rise at least 15 minutes.

Heat the remaining ¼ cup milk to lukewarm.

Do not overheat. Pour into a warmed large bowl or bowl of a stand mixer. Add, stirring after each ingredient, the egg yolks, sugar, raisins,

zest, yeast mixture and flour. Knead about 10 minutes by machine or 15-20 minutes with buttered hands while still in the bowl, adding butter as necessary to achieve a non-sticky,

pliable, moist ball of dough. It will probably take about 3 ounces of butter. Save the rest. Add rum, vanilla and oil and knead another 2-3 minutes. Cover bowl with greased plastic wrap and let rise until doubled. Punch down and with hands dipped in some of the reserved melted butter, knead another 5-10 minutes.

Heat oven to 350 degrees. Coat a 10 to 12 inch round pan that is at least 3 inches deep with cooking spray. Using buttered hands, twist the dough and place in the pan. Cover with greased plastic wrap and let rise until dough reaches the top of the pan.

Mix 1 large egg yolk with 1 tablespoon cold water and brush top of dough. Sprinkle walnuts and a few raisins on the dough, if desired. Bake 1 hour or until toothpick tests clean or an instant read thermometer registers 190°C degrees. Remove from pan and cool on wire rack. If you wish, while the cake is still hot, sprinkle with confectioners' sugar and walnuts.



IPA SPAIN

RIOJAN COD

INGREDIENTS

1 kg of cod, unsalted
1 can (500 gr) of red peppers.
500 gr ripe tomato.
2 cloves of garlic.
1 tablespoon paprika.
100 ml of oil.
100 g flour (can be corn or wheat)

PREPARATION

Cod is chopped into 4 pieces and is coated in flour.
Then place a frying pan and add the oil.
When the oil is hot add the pieces of cod just to seal and remove almost immediately.
In the same oil add the peeled and chopped tomatoes and allow to simmer until they fall apart and become a sauce.
Then add the cod and peppers sliced into strips and let it stew gently for 5 minutes over low heat.
In another pan add a little oil and fry the finely chopped garlic, adding Paprika after a while, mix in with the garlic and pour it over the cod.



IPA SPAIN

REEDS ZAMORA (the Way of the Silver)

INGREDIENTS

For mass:

A small glass of white wine
A small glass of oil (or melted butter)
A glass of water
Flour
Oil for frying
Icing sugar

For cream:

1 liter of milk
Peel of a lemon
3 egg yolks
10 tablespoon of sugar
4 tablespoon of corn flour
30-40 gr butter

PREPARATION

Pastry Rolls:

Prepare the dough in a bowl, mixing the oil, wine and water, beating until creamy result homogeneous mass. Add slowly the flour to get a dough that does not stick to the bowl.

At this point, the dough is like a ball. Let it rest one hour, then take the dough and stretch in a pre-floured surface to prevent sticking.

When you have stretched all the dough, cut it into strips, roll around a mold (like a cylinder) and finally fry each piece (size of the piece: enough to cover the mold). Once fried, let all the rolls cool down. Fill each roll with cold cream and sprinkle with icing sugar

Cream:

To make the cream put 750 ml milk in a saucepan to boil with lemon peel. In a separate bowl mix the remaining milk (250 ml) with the yolks, sugar and corn flour, until a smooth paste.

Add the paste to the milk and stir for 3 or 4 minutes. Do not let the milk boil ! Separate from heat, add butter and stir to stiffen the cream. When the cream is cool, fill the rolls



Espe Saavedra

IPA TURKEY

SIVEYDIZ- Lamb with fresh garlic , onion and yogurt sauce **For two people**



INGREDIENTS

2 sprigs of fresh garlic
2 sprigs of fresh onions
100 gr cubed lamb
100 gr boiled chickpeas
Salt to taste
200 gr strained yogurt
1 egg
15 gr butter/olive oil
8 gr dried mint
4 gr black pepper

PREPARATION

Add salt to the cubed meat, sauté till it absorbs the liquid it releases.

Add 500 ml hot water and cook 30-45 minutes till the meat is tender.

Add boiled chickpeas.

Clean the onion and garlic; remove the dirty, old parts; cut into 2 cm pieces long and add to the cooked meat mixture. Cook till they are tender, almost 15-20 minutes.

Mix yogurt with egg and cook over low heat till the mixture is moderately warm. Be careful not to curdle the mixture. Remove yogurt from heat and mix with boiled meat and vegetables.

Heat butter in a small skillet, add dried mint and black pepper and drizzle over the yogurt mixture.

Serve with rice, bulgur pilaf or pita bread.

IPA TURKEY

PEYNİRLİ İRMİK HELVASI- Semolina helva with local cheese with goat milk

For two people

INGREDIENTS

100 gr semolina
75 gr sugar
250 ml hot water
20 gr butter
150 gr Mozzarella
100 gr ground early harvest pistachio (Pistacia vera)
Ground cinnamon to taste

PREPARATION

Dice mozzarella in 1 cm cubes, and soak in tepid water

Add butter, and semolina in a pan and cook them in low heat till semolina is golden brown. During this process it is important to keep stirring constantly.

Strain the cheese.

Add sugar and hot water, continue cooking till all the water is absorbed.

Towards the end of cooking add strained cheese. Sprinkle emerald green, ground pistachio and ground cinnamon over the helva and serve.



IPA UNITED KINGDOM, NORTHERN IRELAND

MONKFISH IN BACON served with Ulster Champ

MONKFISH

INGREDIENTS

400 g Monkfish fillets to serve four
240 g Bacon (You could substitute pancetta)
150ml Cream
Cointreau to taste

PREPARATION

Cut monkfish fillet into thick pieces and wrap each piece in a slice of bacon.

Put in a tray and grill until the bacon is crisp. The fish will be cooked.

Pour Cointreau over the pieces and flambé. (You could substitute your favourite spirit)

Remove the pieces from the tray

Add cream to juices and stir to thicken

Sprinkle with black pepper and oregano

Serve with the champ

IPA UNITED KINGDOM, NORTHERN IRELAND

ULSTER CHAMP

INGREDIENTS

1kg potatoes, peeled
250ml milk
4 chopped spring onions
50g butter
Salt & black pepper

Boil potatoes and drain

Heat the milk with the spring onions in a saucepan. Do not boil

Mash the potatoes and mix in the butter, salt, pepper, milk and spring onions.

The champ should not be too soft.



IPA USA

SPOTTED DICK - cake

INGREDIENTS

95g self raising flour	1 teaspoon mixed spice
60g fresh breadcrumbs	75g sultanas
4 tablespoons caster sugar	60g currants
1 pinch salt, to taste	90g butter or margarine
	125ml milk

PREPARATION

1. Add all the dry ingredients, dried fruit, spice and butter into a bowl then mix together well.
2. Add the milk and combine to form a soft dough.
3. Place the mixture into a buttered pudding bowl of about 1 litre capacity then cover with foil.
4. Bring a large saucepan of water to the boil then place a saucer in upside down to keep the pudding bowl off the bottom.
5. Lower the pudding in and leave it to boil for 2 hours adding additional water as it evaporates.
6. When cooked invert the pudding onto a plate and serve with crème anglais



PINEAPPLE MERINGUE PIE

INGREDIENTS

1 level tsp. icing sugar
200g plain flour, plus extra
for rolling out
125 cold unsalted butter,
plus 25g for the filling
3 large free range eggs, separated,
plus 1 extra yolk
450g fresh pineapple, weighed
without skin and core
1/2 unwaxed lemon
2 tbsp. lemon juice
25g cornflour
200g caster sugar



PREPARATION

1. Preheat the oven to 200C/180C Fan/Gas 6. Stir the icing sugar and a pinch of salt into the flour. Cut 125g cold butter into cubes and run into the flour mixture. Add 1 egg yolk and 1 tbsp cold water and mix with a round-bladed knife to make a stiff dough - you may need a little more water. Roll out on a floured surface and use to line a 22cm flan tin. Chill for 20 mins.
2. Prick the base with a fork. Line the pastry case with foil and weigh it down with rice or something similar. Bake for 10 minutes. Remove the foil and rice and cook the case for another 5 minutes to lightly brown the pastry.
3. Reduce the oven to 160C/140C Fan / Gas 3. Whizz the pineapple in a processor or with a hand-held blender to make a rough puree. Put 3 tbsp of this in a bowl and the rest in a pan. Add the lemon zest to the pan.
4. Mix the puree in the bowl with the lemon juice, cornflour and 25g of the caster sugar until smooth. Add this mixture to the pan and heat, stirring all the time, until the mixture comes to the boil and thickens slightly. Tip into a bowl and leave for 10 minutes to cool slightly.
5. Stir in 25g butter and 3 egg yolks. Tip into the flan case and bake for 15 minutes.
6. Whisk the egg whites in a large clean bowl until they form stiff peaks. Add the rest of the caster sugar, a heaped tablespoon at a time, whisking until stiff after each addition.
7. Put the meringue on top of the pineapple mixture, making sure it covers it completely. Bake for 20-25 minutes. Leave to cool for at least 15 minutes or serve at room temperature. Best served the same day

CONVERSION TABLES

(rounded conversions)

MILLILITRES (ml)

IMPERIAL

CUPS

100 (= 1 dl)

150

200

250

300

425

500

600

1000 (=1litre)

1/4 pint

7 fl.oz.

9 fl.oz.

1/2 pint

3/4 pint

18 fl.oz.

1 pint

1 3/4 pints

2/3 cup

1 cup

1 1/4 cups

2 cups

GRAMS (gr)

OUNCES

OWEN TEMPERATURES

25

50

75

100

150

200

250

300

400

450

500

1000 (= 1kilo)

1

2

3

4

5

7

9

11

14

16 (= 1lb)

18

2.2 lb

150° C

175° C

200° C

225° C

250° C

300° C

300° F

350° F

400° F

430° F

480° F

570° F

1 tablespoon (tbsp) = one 15 ml spoon

1 teaspoon (tsp) = one 5ml spoon

All spoon measures are level

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