



MWIA centennial recipe book



2019

FOREWORD

As Chair of the Public Relationships subcommittee, it has been a blessing and my great pleasure to serve alongside a dedicated team of subcommittee members for the actualisation of some innovative initiatives. I owe them a special debt of gratitude for their invaluable assistance.

One such innovation has been the monthly release of teasers in the run-up to our Centennial celebration. The teasers were designed to entice members towards active participation in the upcoming Centennial.

This recipe book presents the 23 mouthwatering recipes from MWIA members, from all over the world. I am indebted to Naa Adorkor Sodzi-Tettey who edited some of the recipes and to Rachel Noa Walter who compiled and did the layout of this recipe book, as well as to Bettina Pfleiderer who designed the cover.

We extend our gratitude to MWIA's Secretary General, Dr Shelley Ross, for disseminating the recipe teasers to regional Vice Presidents who in turn, shared them with their national associations in their regions.

I now invite you to try out these exciting recipes that showcase the skills and creativity of members of the Medical Women's International Association.

Long live MWIA!



DR ELEANOR ANN NWADINOBİ

CHAIR, PUBLIC RELATIONS SUBCOMMITTEE

PRESIDENT ELECT NOMINEE

MEDICAL WOMEN'S INTERNATIONAL ASSOCIATION

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Appetizers/Soups

Name: Dr Dabota Yvonne Buowari

Specialty: Anaesthesia

Country: Nigeria



Name of dish	Agidi with Tomato Stew and Lemon Grass Tea.	
Ingredients (with measurements)	Agidi	
	Ingredients	Quantity/measurements
	Organic corn starch (known as 'Akamu' in 'Southern' and 'Eastern' Nigeria, 'Ogi' in 'western' Nigeria)	¾ cup (95 g)
	Water	4 cups
	Freshly cut broad green leaves (for wrapping Agidi) (Plantain leaves, banana leaves or any leaves used for wrapping food can be used) Substitute suggestion for leaves - Aluminum cooking foil, muffin tray	As needed depending on sizes of leaves.
	For Tomato Stew	
	Ingredients	Quantity
	Tomatoes	6 large
	Onions	1 medium sized
	Chili pepper	2 or as desired
Crayfish (ground)	1 teaspoon	
Turmeric	1 teaspoon	

	<table border="1"> <tr> <td>Thyme</td> <td>1 teaspoon</td> </tr> <tr> <td>White pepper</td> <td>1 teaspoon</td> </tr> <tr> <td>Ginger (dried)</td> <td>1 teaspoon</td> </tr> <tr> <td>Chicken</td> <td>As desired</td> </tr> <tr> <td>Carrot</td> <td>As desired</td> </tr> <tr> <td>Peas</td> <td>As desired</td> </tr> <tr> <td>Olive oil or any vegetable oil</td> <td>4 tablespoons</td> </tr> <tr> <td>Salt</td> <td>To Taste</td> </tr> </table> <p>For Lemon Grass Tea</p> <table border="1"> <thead> <tr> <th>Ingredients</th> <th>Quantity</th> </tr> </thead> <tbody> <tr> <td>Lemon grass</td> <td>1 Bunch or as desired</td> </tr> <tr> <td>Water</td> <td>3 cups</td> </tr> </tbody> </table>	Thyme	1 teaspoon	White pepper	1 teaspoon	Ginger (dried)	1 teaspoon	Chicken	As desired	Carrot	As desired	Peas	As desired	Olive oil or any vegetable oil	4 tablespoons	Salt	To Taste	Ingredients	Quantity	Lemon grass	1 Bunch or as desired	Water	3 cups	
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Directions	<p>Agidi</p> <ul style="list-style-type: none"> • Place all the cornstarch into a bowl. Add a quarter cup of water and mix. Keep adding little amounts of water until it forms a paste that easily drops from a spatula or spoon. • Bring the remaining water (about 3 and a half cups) to boil. • Add the hot water to the corn starch paste stirring it to avoid lumps. • Bring the mixture to boil over low heat still stirring until it thickens. • Rinse broad leaves in water. • Place the thickened mixture in small quantities in the broad leaves or aluminum foil and wrap. Makes 2 to 4 portions. The mixture can be poured into muffin tray wells to portion. • Allow to cool. Mixture solidifies when cooled. • Serve warm. <p>Tomato Stew</p> <ul style="list-style-type: none"> • Chop or blend tomatoes, pepper and onion. • Remove bones from the chicken, season with, salt, pepper, ginger, turmeric, curry and thyme. Steam until cooked. • Place oil in saucepan over medium heat. • When the oil is hot add the tomatoes, pepper, and onion blend. Allow to cook for ten minutes then add steamed chicken with stock, chopped carrots and green peas. Cook for five more minutes. <p>Lemon Grass Tea Boil lemon grass in water for five minutes. Strain and serve tea.</p>																							
Other relevant information	<p>Agidi is a Nigerian dish. It is nutritious and wholesome, eaten with tomato stew or any soup of choice as part of any meal or as a snack.</p>																							

	<p>Its soft nature makes it particularly suitable for children, the aged and the edentulous.</p> <p>Easy preparation using easily available cornstarch in many countries makes it an excellent carbohydrate source food for all including homeless people in our city streets, refugees and internally displaced persons. It is well tolerated by convalescing patients.</p> <p>When banana or plantain leaves are used, they are first roasted to make them flexible.</p> <p>A variant of Agidi is <i>Agidi Jollof</i> in which gravy is first prepared with tomatoes, vegetable oil, pepper, and onion. The gravy is added to the hot corn starch paste during preparation. Soft edible bones broken into small cubes are added while wrapping <i>Agidi Jollof</i>. In Nigeria, usually brisket bones are used.</p> <p>Lemon grass is a plant of the <i>Cymbopogon</i> species.</p> <p>The botanical name of the broad leaf used is <i>Thaumatococcus daniellii</i>. In Nigeria, it is also used in wrapping food which requires steaming.</p>	
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Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Anchovies with Origan	
Ingredients	Ingredients	Quantity (for 4 persons)
	fresh anchovies	1 kg
	stale bread, crumbled by hand	150 gr
	garlic	1 clove
	Extra virgin Olive oil	4 tablespoon
	Lemon	1
	Origan	
	Ground black peppers	
Directions	<p>Clean the anchovies, removing head and the innards and opening bookwise, rinse well and let drain to dry them. Turn on the oven at 180 C°. Mix minced garlic with bread crumbs, grated lemon rind, origan, salt and pepper and put aside. In a baking pan , well greased with oil, , place the anchovies on the back ,cover them with the flavored bread mixture and then make another layer of anchovies and bread. Repeat until the ingredients are finished: the last layer must be of bread. Drizzle with oil and lemon and bake in a hot oven for 15 minutes. Let it rest a bit and serve hot.</p>	
Other relevant information	Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan	

	<p>physiologist, that in our territories the cardiovascular diseases, affecting young United States citizens, were virtually unknown, the Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world. Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania) following nutrition and the lifestyle of local farmers and fishermen. He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101st birthday and his wife in 2006 at the age of 97.</p>	
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Name: Alyssa Brown

Specialty: MD-PhD

Country: USA (Appalachia)



Name of dish	Delicious Homemade Biscuits of Appalachia	
Ingredients	Ingredients Quantity Salted butter one 80 oz stick Self-raising flour (Add one tablespoon of baking soda to same quantity of all-purpose flour to substitute for self-raising flour) 2 cups Buttermilk -Whole or low-fat. (Add one tablespoon of lemon juice or white vinegar to a cup of ordinary milk to substitute for buttermilk) ¾ cup	
Directions	Pre-heat the oven to 375 F. Grate the frozen stick of butter into the flour and mix well. Create a divot in the center and pour the buttermilk into it. Mix the butter milk into the flour mixture. Mixing can be done with fingers or with a spoon until a doughy texture is obtained. Flour your workspace and roll the dough to ¼ to ½ inch thick. Cut with a circular cutter or the edge of a cup of the size that you would like and bake for 20 minutes. The raw biscuits can be frozen for later use.	
Other relevant information	This recipe is a family favourite from the hills of Appalachia because it requires very few ingredients. It is a very modifiable recipe. People tend to vary it and even roll the dough out in different ways. The author recommends playing with the recipe and experimenting!	

Name: Amanda Owen

Specialty: Psychiatry

Country: UK



Name of dish	Cawl (Welsh Broth)	
Ingredients	Leg of Lamb Onion Swede potatoes Pinch of salt Turnip Bay leaf	Turnip, carrots and stalks of parsley can be included.
Directions and Preparation time	Put all ingredients together in a large cooking pot and cook for 45 minutes. Skim off film of starch on top before removing from heat. Allow to cool before serving. Cooling strengthens the taste and texture of cawl.	
Other relevant information	This is the most famous Welsh dish. It is simple yet nutritious and is usually served with cheese and bread. Cawl is typically eaten on St David's Day March 1 st .	

Name: Dott.ssa Antonietta Vanini

Specialty: Hematology and angiology

Country: Italy



Name of dish	Ferrara's Breadsoup (PANA')	
Ingredients	Ingredients	Quantity (for 4 persons)
	Stale bread cut into pieces the size of walnuts (Approximately 4cm)	300 g
	Beef broth	1.5 liters
	Tomato sauce	4 tablespoons
	Olive oil	50 g
	Grated Parmesan or Goat cheese	As desired
	Rosemary	1 sprig
	Garlic	1 clove
Directions	Put the bread in a tureen and soak with the broth, leaving for about 2 hours until the broth is almost completely absorbed. Put the soaked bread and broth into a heavy saucepan and simmer for about 30 minutes stirring often to avoid sticking to the bottom of the saucepan. Add rosemary and garlic and continue cooking, stirring occasionally for about an hour and half. Take out the rosemary and garlic and add olive oil, salt and pepper leaving to simmer for 10 minutes more. Turn off the fire, add the cheese and mix well. May be served hot or cold.	
Other relevant information	Ferrara's Breadsoup is one of the many recipes in Italian Cuisine which make use of left-over bread (Venetian, Panada, Tuscan, Ribollita, etc). It has a special place due to the type of bread used. The "la coppa" bread used is a twisted bread which first appeared in Ferrara on the duke's table during the 1536 Carnival. Since	

	then it has been considered Ferrara's bread of excellence and is still eaten every day in most families.	
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Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia



Name of dish	Gebzhalia	
Ingredients (with measurements)	Ingredients	Quantity
	Sulguni (softened cheese) -	300 grams
	Curd cheese	200 g
	Pounded mint	50 g
	Salt	to taste
Directions and Preparation time	<p>To prepare Gebzhalia, it is better to choose a thick-bottom pot. Put water into the pot and boil it. Until the water gets boiled cut the cheese into thin slices and then put the cheese slices in the boiled water slowly.</p> <p>Reduce the heat; knead the cheese with a wooden spoon. You will see that the pieces of cheese are joined together.</p> <p>As soon as you get a homogeneous mass and the cheese surface becomes glossy, remove the cheese ball from the pot, put it on the wooden board and roll it well.</p> <p>Add a very small amount of water to the ground mint and spread over the flattened cheese well. Put the curd cheese in a separate container with a mixture of mint and a little salt, mix well and spread to the flattened cheese by hand or if you want through a spoon.</p> <p>Finally, roll up the flattened cheese layer. Cut the roll in small pieces and set aside.</p> <p>You can eat Gebzhalia in dry form, but many people like to eat Gebzhalia in its sauce.</p> <p>Gebzhelia's sauce is the simplest to prepare: add ground mint, curd cheese and salt to the cheese broth. Mix well, so that you get the mass of medium thickness and move it into a deep bowl or plate. Wait until it cools</p>	

	<p>down and put the cut pieces of Gebzhalia into this mixture. That's all!</p> <p>The delicious Gebzhalia is ready!</p>
<p>Other relevant information (e.g. origin or story behind the recipe)</p>	<p>Gebzhalia (Georgian: გებჯალია) is an antique dish from Samegrelo, western region of Georgia. It is made from cheese, curd cheese and mint. Usually it is consumed with Ghomi, Georgian cornmeal. It has a well-defined flavor of mint, which makes the dish unique.</p>

Name: L'Association Française des Femmes Médecins

Country: France



Name of dish	GRATINÉE PARISIENNE (ONION SOUP)
Ingredients Serves 6	12 onions 20 cl of dry white wine (:7 oz) 4 pinches of salt 10g of sugar 3 turns of pepper mill 3 cl of olive oil 2 liters of chicken stock ('68 oz) 6 pieces of baguette, 100g of grated Emmental or Gruyère (yellow, medium-hard Swiss cheese)

Directions

Preparation time: 15 mins

Cooking time 2h 30mins

Peel the onions and cut into fine slices.

In a large casserole sweat the onions with olive oil.

(Stir the onions in the casserole to coat them with oil. Put the lid on and leave on low heat for 5 minutes. Take the lid off, stir and put the lid back for another 5 minutes. Repeat this until the onions are soft and translucent but not browning).

Add salt, pepper and sugar.

Leave to lightly brown and cook slowly for 20 minutes.

Deglaze with white wine.

(Add white wine to the hot contents in the casserole, gently scraping the bottom with a wooden spoon to get the browned bits at the base to dissolve in the sauce)

Keep boiling and stirring until the sauce is reduced by half of its volume.

Add the broth and cook for 2 hours over low heat.

Cut the baguette into croutons, sprinkle with grated cheese and put in the oven 5 minutes.

Serve the soup with the croutons.

Bon appetit!

Name: Elena Dyer, MD, PhD

Specialty: Internal medicine

Country: USA/Russia



Name of dish	Russian Cheese Pancakes (Syrniki)	
Ingredients	Ingredients	Quantity (makes 8 patties)
	Farmer's cheese, firm and dry. In US: Amish farmer's cheese is best, do not use cottage cheese.	1 lbs (450 gm)
	Salt	1/2 teaspoon
	Sugar (to taste)	1 to 4 table spoons
	Egg	1
	Flour	1 to 3 table spoons A dash of vanilla extract
	Vanilla extract	A dash
	Raisins briefly soaked in hot water (optional)	1/3 cup
	Butter	1 tablespoon
Directions and Preparation time	Beat all ingredients together. Shape into small patties using extra flour. Grease a skillet with oil or butter and fry patties until golden-brown on each side. Garnish with fruit preserves/jam over sour cream or honey, maple syrup. Yields 8 small patties. Time: 15-20 min (includes frying). Serves as nutritious breakfast/branch food when fresh and supper, when refrigerated. Refrigerated leftovers will make a great snack the next day. Eat them cold or reheat in a microwave.	

Other relevant information	This traditional fried treat has been a special in Russia and Eastern Europe for centuries. Simple ingredients made it widely popular in poor villages. When Leo Tolstoy became a vegetarian, in his ascetic quest for the good life, syrniki was one of his favorite foods.	

Name: Piyanetr Sukhu

Specialty: Internal Medicine, Nephrology

Country: Thailand



Name of dish	Thai Tom Kha Gai (Chicken with galangal in coconut milk soup)	
Ingredients	Ingredients	Quantity (Makes 4 - 6 servings) Preparation time ~30 minutes
	Chicken tenders	300 grams - diced to about 1 cm cubes
	Water	400 cc
	Sea Salt	¼ teaspoon
	Young galangal root	About 3 cm long - thinly sliced
	Lemon grass	2 stems - thinly sliced
	Coconut milk	250 cc
	Kaffir lime leaves	6
	White Hon Shimeji Mushrooms or other mushrooms	150 g
	Lime juice	3 tablespoons
	Fish sauce	2 tablespoons
	Thai red chilies	3 - lightly pounded (adjust for heat)
	Thai dry red chili	1 - Sautéed then crushed (adjust for heat)
	Coriander leaves	8
Directions	1. Pour the water into a heavy saucepan, add the salt and bring to boil. 2. Put the galangal root, lemon grass and chicken pieces into the salty boiling water. 3. Slowly pour coconut milk into the boiling mixture while	

	<p>stirring. Lower the heat.</p> <p>4. Add Kafir lime leaves, mushrooms, lime juice, fish sauce and chili peppers.</p> <p>5. Place coriander leaves on top when ready to serve.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>It is a homemade recipe adapted for modern day lifestyle. Originally, our family chef a Thai native, would do everything without measurements and use fresh coconut milk from scratch. I adapted this dish by using a measured portion of meat, and canned coconut milk.</p>	

Main Dishes

Name: Bulgogi, Easy Korean BBQ beef
Country: Republic of Korea



Name of dish	Bulgogi, Easy Korean BBQ beef, Delicious and Healthy Dish with Vegetables
Ingredients Serves 4	<p>1) Main ingredient: 400g sirloin or tenderloin beef, thinly slice</p> <p>2) Marinade ingredients : 1 table spoon Sugar(15g) 1 table spoon Honey(15g) 2 table spoons Soy sauce(30g) 2 table spoons Green Onion(40g), chopped 2 table spoons Garlic(40g), minced 1 tea spoon Sesame oil(5g) 0.5 tea spoon Black Pepper - Optional ingredient : crushed pear, chopped onion, sliced oak mushrooms</p> <p>3) Garnish : 0.5 tea spoon Toasted Sesame seeds(5g)</p>
<p>Directions</p> <p>Preparation time: 15 mins Keep in the refrigerator: more than 30mins Cooking time 15mins</p> <p>How to enjoy</p>	<p>1. Combine marinade ingredients and add the beef and keep in the refrigerator more than 30 minutes.</p> <p>2. Grill or broil it and put it on the plate.</p> <p>3. Sprinkle sliced green onion and toasted sesame seeds over top and serve.</p> <p>You can also try : Eat Bulgogi with Ssam(wrapping leaf vegetables), side vegetables and Ssamjang.</p> <p>Wrap a piece of Bulgogi in a lettuce or wild sesame leaf with a little bit of Ssamjang and a piece of garlic, and put it in your mouth. You can dip carrot or cucumber strips into the Ssamjang and enjoy it.</p> <p>Bon appetit! Masissge Deuseyo(맛있게 드세요)</p>

Other relevant information

HISTORY

The dish's origins stretch back to the Goguryeo era (37 B.C. to 668 A.D.), the evolution of a kebab-like skewered meat preparation called Maekjeok, Maek is a reference to Goguryeo which is one of the earliest Korean kingdom. Over time, Maekjeok became Seoryamyek, a brothy dish of marinated beef soaked in cold water, which by the early 20th century gave way to Neobiani, a luxurious dish of thinly-sliced, marinated and charbroiled beef favored by Korean royalty.

Overtime, Neobiani became Bulgogi, experts agree that by the 1990s, Bulgogi was collectively regarded as the most popular food in Korea.

As Koreans immigrated to the U.S and other countries. They naturally brought Bulgogi with them. In Western, Bulgogi's evolution appears to have continued in subtle ways: Here, you'll less often see Bulgogi's brothy form, and "grilled" varieties are sometimes prepared in a hot stovetop skillet, perhaps a reflection that many American homes lack charcoal braziers or even a grill.

Ssam?

An unique way of eating Korean food is wrapping food in vegetables. The vegetable for Ssam(wrap) can be anything from steamed pumpkin leaves, steamed cabbage, fresh Chinese cabbage, wild sesame leaves and even rinsed aged Kimchi. But Korean's favorite vegetable for Ssam is, of course, lettuce. Ssam usually pairs with Ssamjang(sauce that goes inside the wrap). Ssamjang is made by mixing Doenjang(soybean paste) and Gochujang(pepper paste) which are Korean traditional sauces.

Bulgogi itself has a nice flavor but wrapping it with vegetables enables one to take lots of fresh vegetables and to achieve a balance between meat and vegetables.



Queen and King of Goguryeo era(left) and King and Queen of recent Cho-sun dynasty(right)

Name: Dott.ssa Maria Gabriella Piccinini
Specialty: Dermatology
Country: Italy



Name of dish	Cappellacci di Zucca (Ferrarian Pumpkin Big Hats)	
Ingredients for dough	Ingredients	Quantity (for 4 persons)
	Flour	400 grams
	Eggs	4
	Salt	A pinch
Ingredients for filling	Ingredients	Quantity (for 4 persons)
	Pumpkin	600 grams
	Grated parmesan cheese	200 grams
	Salt	A pinch
	Pepper	A pinch
	Nutmeg	A pinch
Ingredients for meat ragout	Ingredients	Quantity (for 4 persons)
	Celery	A stalk
	Onion	1 small
	Carrot	1 small

	White wine	1 glass
	Tomato sauce	500 grams
	Salt	A pinch
	Rosemary	A sprig
	Milk	1 dl
Directions for dough	<p>Knead all the ingredients and work the dough very well until it is soft and smooth, let it rest for 30 minutes.</p> <p>In the meantime prepare the filling.</p>	
Directions for filling	<p>Cut the pumpkin into slices and clean it well, removing seeds and internal filaments.</p> <p>Bake in oven. When ready, take the pulp out with a spoon, put it in a pie dish and add the other ingredients.</p> <p>Roll out the dough some millimeters with a rolling pin, cut it into squares (about 4 X 4 cm) and put an abundant spoonful of filling into the center of each, then fold the dough into a triangle. Roll up the ends of the triangle on the index finger and fix the dough well.</p> <p>Now it is time to prepare the condiment.</p>	
Directions for meat ragout	<p>In Ferrara the condiment used is a meat <i>ragout</i> in order to exalt the difference between the sweet stuffing and the saltiness of the condiment. Mince together the carrot, onion and celery, fry in olive oil, add minced meat. When it is well browned (must not be boiled!) add wine and let evaporate. Then add tomato sauce, salt and sprig of rosemary.</p> <p>Cook at a low fire for 3-4 hours adding a small amount of water, if is necessary. When <i>ragout</i> is ready, add milk.</p> <p>Cook the pumpkin big hats in abundant salted water for about 7-8 minutes, drain and put into a tureen with <i>ragout</i> and abundant parmesan cheese.</p>	
Other relevant information	<p>Cappellaci di Zucca (Pumpkin Big Hats): The food of the Este Dukes in Ferrara.</p> <p>This refined dish - a symbol of the city of Ferrara - has origin in the Renaissance, at the court of Duke Alfonso of Este. The first written evidence which refers to the recipe, goes back to 1584 a creation of Giovan Battista Rossetti, chef of the Este Court.</p> <p>The original recipe was a bit different from the actual one. Since a bittersweet taste was preferred, cinnamon and ginger were used, today the only spice used is nutmeg.</p> <p>The name derives from the form of the typical straw hats worn by Ferrarian farmers.</p> <p>Since 2016 Pumpkin Big Hats have the IGT mark.</p>	

Name: Dra Maria Jesus Rojas

Specialty: Rehabilitation Medicine

Country: Perú



Name of dish	Ceviche			
Ingredients (with measurements)	Ingredients	Quantity		
	Raw fish	As desired, skinned		
	Garlic	1 teaspoon, very well crushed		
	Salt	1 teaspoon		
	Pepper	1 teaspoon		
	Chopped celery	1 cup		
	Lemon/Lime juice	Freshly squeezed from 10 lime or 5 lemons		
	Parsley	2 tablespoons, finely chopped		
	Cut onions	2 Cups, cut lengthwise and very slim		
	Lettuce	2 to 7 leaves		
	Sweet potatoes	5 slices, boiled		
	Brown sugar	3 tablespoons		
	Water	1/3 cup		
Directions	Dice the raw fish to about 2cm sizes. Add crushed garlic, salt, pepper, chopped celery, lemon/lime juice, parsley and cut onions to the diced fish and mix well. Place on a plate. Place 2 to 7 lettuce leaves on the plate. Place slices of boiled sweet potatoes on the lettuce leaves. Make a glaze of brown sugar and water by placing sugar and			

	<p>water mixture over low heat for 5 minutes. Pour over the sweet potatoes. May be served with chunks of fresh boiled corn.</p>	
Other relevant information	<p>The word ceviche is derived from the Quechua word <i>siwiche</i> which means "fresh fish". It is considered as the flagship dish of Peruvian cuisine. The ceviche is a marine delicacy that stirs controversy with its own name!!! It is consumed all year round and is very attractive to foreign visitors. It is a dish that combines the acidity of lemon and the heat of the Peruvian aji (pepper) very well.</p>	

Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia

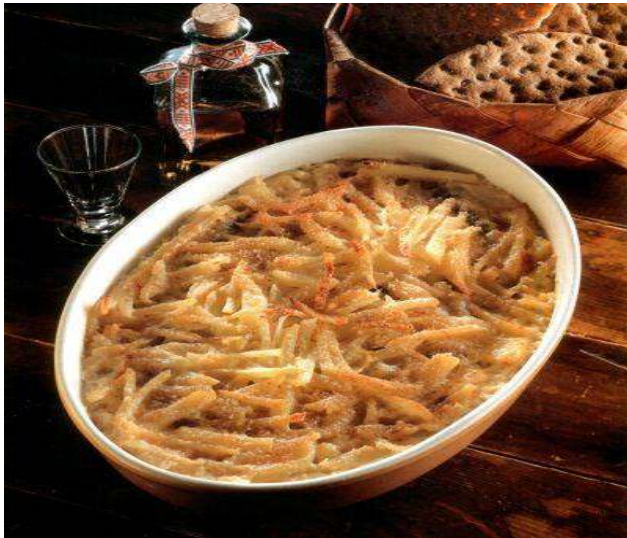


Name of dish	Chakapuli	
Ingredients (with measurements)	Ingredients	Quantity
	Calf meat or better lamb meat	1 kg
	Coriander	300 g
	Green onions	300 g
	Tarragon	300g
	Fresh green garlic	1-2 peace
	New green wild plum (with stones)	200 g
	Dry white wine	250 ml
	1 glass of water	200 ml
	Green pepper and salt	to taste
Directions and Preparation time	<p>Put all above-stated ingredients (except wine, plum, salt and pepper) in a pot in layers, add 1 cup of water and put over low heat...</p> <p>When the meat is boiled in half, add 1 cup of white wine, plum (with stones) and boil until the meat is boiled completely.</p> <p>Add salt and pepper, simmer for 3-5 minutes and the dish is ready. It needs no more than 1 hour.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>Chakapuli (Georgian: ჩაქაპული) is a popular Georgian stew made with lamb or beef, dry white wine, tarragon leaves, unripe (sour) green plums, green onions, green peppers, green coriander, garlic and salt. It is popular in the Spring when the plums are unripe.</p>	

Name: Susanne Bergenbrant Glas

Specialty: Internal medicine

Country: Sweden




Name of dish	Jansson's Temptation		
Ingredients	Ingredients	Quantity (makes 4 portions)	
	Potatoes	10	
	Yellow onions	2	
	Brisling Swedish anchovy fillets (Sprattus sprattus)	20	
	Anchovy juice	3 tablespoons	
	Whipping cream (20-40%)	300 ml	
	Dried bread crumbs	1 tablespoon	
	Butter	1 tablespoon	
Directions and Preparation time	<p>Peel the potatoes and onions. Coarsely shred the potatoes. Slice the onions and sauté in a little butter for 5 minutes. Alternate layers of potatoes, onion and anchovies in a lightly greased baking dish, the bottom and top layers should be potatoes. Pour half the cream and 2-3 tablespoons anchovy juice over the casserole. Dot with butter and sprinkle with bread crumbs. Bake in oven 225°C or 435°F for 45 minutes. Baste the outer edges of the casserole with the remaining cream towards the end of the 45 minutes. Serve with crispbread and hard cheese.</p>		
Other relevant information	<p>It is a popular late night dish - a salty snack that can be served to friends and guests after a night out, for example at Christmas, New Year's Eve and Easter. It is often served as a part of smörgåsbord buffet meal.</p>		

Name: RFM (Réseau Des Femmes Médecins Du Mali)

Specialty: MEDECINS

Country: Mali



Name of dish	LARO (Crushed sorghum with peanut powder, fish and condiments)																									
Ingredients (serves 10) Preparation time – 45 minutes 	<table border="1"> <thead> <tr> <th data-bbox="571 1043 994 1077">Ingredients</th> <th data-bbox="994 1043 1532 1077">Quantity</th> </tr> </thead> <tbody> <tr> <td data-bbox="571 1077 994 1111">Crushed sorghum</td> <td data-bbox="994 1077 1532 1111">500g</td> </tr> <tr> <td data-bbox="571 1111 994 1144">Water</td> <td data-bbox="994 1111 1532 1144">5 liters</td> </tr> <tr> <td data-bbox="571 1144 994 1178">Peanut powder</td> <td data-bbox="994 1144 1532 1178">1kg</td> </tr> <tr> <td data-bbox="571 1178 994 1211">Salt</td> <td data-bbox="994 1178 1532 1211">1 teaspoon</td> </tr> <tr> <td data-bbox="571 1211 994 1245">Smoked fish</td> <td data-bbox="994 1211 1532 1245">¼ kg</td> </tr> <tr> <td data-bbox="571 1245 994 1279">Dry fish</td> <td data-bbox="994 1245 1532 1279">1 piece</td> </tr> <tr> <td data-bbox="571 1279 994 1312">Fresh tomatoes</td> <td data-bbox="994 1279 1532 1312">5 large</td> </tr> <tr> <td data-bbox="571 1312 994 1346">White sorrel</td> <td data-bbox="994 1312 1532 1346">A handful</td> </tr> <tr> <td data-bbox="571 1346 994 1603">Soumbala powder (a condiment made from the seed of the African locust bean tree) Substitute suggestion - Soy Sauce</td> <td data-bbox="994 1346 1532 1603">2 teaspoons</td> </tr> <tr> <td data-bbox="571 1603 994 1637">Onion</td> <td data-bbox="994 1603 1532 1637">1 large</td> </tr> <tr> <td data-bbox="571 1637 994 1671">Pepper</td> <td data-bbox="994 1637 1532 1671">3 or 4 pieces</td> </tr> </tbody> </table>	Ingredients	Quantity	Crushed sorghum	500g	Water	5 liters	Peanut powder	1kg	Salt	1 teaspoon	Smoked fish	¼ kg	Dry fish	1 piece	Fresh tomatoes	5 large	White sorrel	A handful	Soumbala powder (a condiment made from the seed of the African locust bean tree) Substitute suggestion - Soy Sauce	2 teaspoons	Onion	1 large	Pepper	3 or 4 pieces	
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Directions	<ol style="list-style-type: none"> Put 5 liters of water in a pot over high heat. When the water starts to boil add the crushed sorghum while stirring. Add the peanut powder and continue stirring until you have a homogeneous mixture. Add all the other ingredients mentioned (smoked fish, dry fish, crushed tomato and onion, soumbala powder, salt, sorrel, peppers) and leave to simmer for about 40 minutes. <p>NB. Spices and condiments other than chili peppers and the</p>																									

	ones mentioned are not recommended for this dish.	
Other relevant information	This is a traditional Malian recipe made with inexpensive ingredients found everywhere in the country. It is a good and affordable source of proteins and lipids for all families especially in times of war or famine. Its appetizing sour taste combined with the added advantage of being easily digestible makes it very suitable for elderly persons and children too!!	

Name: Naa Adorkor Sodzi-Tettey

Specialty: Physiology

Country: Ghana



Name of dish	Nkontomire Stew/Palava Sauce (Spinach Sauce)	
Ingredients	Ingredients	Quantity (for 4 persons)
	Nkontomire leaves (Any variety spinach leaves)	4 cups finely chopped
	Tomatoes	4 to 6 medium sized
	Onions	2 medium sized
	Red palm oil (substitute with any vegetable oil)	¼ cup
	Meat/Fish Already steamed, smoked or fried	As desired
	Ground Agushi (Pumpkin seeds) (substitute with 2 eggs well beaten)	1 cup
	Hot chilli peppers	Adjust for heat
	Ginger	1 tsp grated
	Salt and shrimp spice	To taste
	Directions	<ol style="list-style-type: none">1. Chop tomatoes, onions and hot chile peppers and process in a blender or food processor until well blended. Add grated ginger, mix well. (save two slices of onions for next step)2. Place heavy cooking pot on medium heat with the oil and two slices of onion (chopped).3. When the onions begin to fry the oil it is hot enough. Add processed tomato mix and turn up the heat. Allow to cook for about 10 minutes. Stir occasionally.4. Add meat/fish and continue to cook for another 5 mins.

	<p>5. Add chopped spinach, stir, turn down the heat.</p> <p>6. When well cooked (volume will decrease substantially) add agushi paste (or well beaten egg). Do not stir. Cover and leave on low heat for 5 minutes for agushi or egg to settle. Open, stir, add salt and shrimp spices to taste. Leave to simmer for a few minutes and voila!!</p>	
Other relevant information	<p>Nkontomire stew is a common dish that is cooked and enjoyed all across Ghana. It is nutritious and a very cool way to get children to enjoy their greens as it is very tasty and goes with anything (shown with boiled yam here). A very forgiving recipe, any type of spinach leaves can be used and all ingredients can be varied with surprisingly good results. One tomato will do!! Nkontomire leaves grow abundantly well all over the country especially during the rainy season making this very nutritious food available and inexpensive. As such it is one of those dishes mothers depend on to feed their families at any time. The elderly often tend to prefer a variation that has less oil and more leaves as it does wonderful things for gut health.</p>	

Name: Dr. Jane Kavuma-Kayonga

Specialty: Maternal Health

Country: Uganda



Name of dish	OLUWOMBO - Chicken or beef cooked in the banana leaf bag	
Ingredients	Ingredients	Quantity
	Fresh whole chicken	One medium sized
	or	
	Fresh tender beef	0.5kg
	Onions	3 medium sized
	Spring onions	2
	Green peppers	3 medium sized
	Tomatoes	3 large
	Fresh coriander	1 table spoon chopped
	Salt	2 teaspoons
Curry powder	2 teaspoons	
Banana leaves	4	
Directions	<p>1. Hold two banana leaves over an open/charcoal fire to make them soft and water-proof. Fold the smaller one into the bigger one and place them into a basket. This is for the banana leaf bag.</p> <p>2. Place the whole chicken on a rack over the open/charcoal fire and roast until golden brown. Cut the chicken into pieces and place them onto the prepared banana leaves.</p> <p>3. Chop all the vegetables and add them to the chicken. The tomatoes must be finely chopped or blended. Add salt and curry powder and tie the ends of the leaves tightly together with a piece of banana fiber making a pouch as shown in the</p>	

	<p>picture above.</p> <p>4. Place pouch into a pot of water and cover with a layer of banana leaves. Steam for one hour.</p> <p>5. Serve the chewy delicious chicken/beef with mashed bananas or boiled rice.</p>	
Other relevant information	<p>This is a traditional dish from the Central Region of Uganda. Originally, it was served exclusively to Kings and Princes but now, it is enjoyed by all. The unique taste and meticulous preparation of OLUWOMBO gives it a pride of place on special occasions like weddings and thanksgiving ceremonies. Dried fish, mushrooms or peanut paste can be used as a substitute to chicken or beef in this dish.</p> <p>It is a healthy way of cooking beef or chicken because the meat is gently cooked by steaming, retaining its moisture and flavor.</p>	

Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Parmesan eggplant	
Ingredients	Ingredients	Quantity (for 4 persons)
	Long purple eggplants	1,5 k g
	Peanut oil for frying	½ liter
	day old mozzarella cheese	300/400 gr
	San Marzano peeled tomatoes	800 gr
	Extra virgin olive oil	1-2 tablespoons
	Grated Parmesan cheese	100 gr
	Fresh basil leaves	5-6
Directions	Garlic	1 clove
	Coarse salt	2 tablespoons
Directions	Cut off the stalks and then cut the eggplants lengthwise into slices about 0.5 cm thick. Put them in layers in a colander, sprinkle with coarse salt, cover them with a plate and place a weight on them. Leave at rest for an hour: they will exude a bitter liquid. Rinse under cool running water and dry with a cloth or paper towel. Fry in abundant peanut oil a few slices at a time until they are golden brown, putting them on blotting paper. Aside make the tomato sauce: put two tablespoons of extra virgin olive oil in a saucepan with a garlic clove, which just must blond and be removed. Pour the tomato sauce into a pan, not adding salt . Cook at a medium flame for about 10 minutes. Grate the parmesan cheese and cut the mozzarella into small slices , leaving to dry.	
Other relevant informations	Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan physiologist, that in our territories the cardiovascular diseases, affecting young United Sates citizens, were virtually unknown, the	

	<p>Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world .Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania)following nutrition and the lifestyle of local farmers and fishermen. He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101st birthday and his wife in 2006 at the age of 97.</p>	

Name: Dr Kamal Hazari.

Specialty: MD Obstetrics and Gynaecology

Country: India



Name of dish	Pulao (Vegetable Rice with Spices)		
Ingredients (serves 4) Preparation time: 15 mins Cooking time: 20 minutes	Ingredients	Quantity	
	Basmati rice	2 cups	
	Cooking oil	2 tablespoons	
	Onion	1 medium sized thinly sliced	
	Green chillies	2	
	Cut vegetables (carrots, beans, potatoes, peas)	1 cup	
	Water	3 cups	
	Mint (finely chopped)	3 tablespoons	
	Ginger garlic paste	1 ½ tablespoons	
	Whole spices 1 bay leaf (Tej patta) 1 star anise (Chakri phool) ½ inch cinnamon stick ¾ tablespoon cumin seeds (Jeera) 4 green cardamoms (elaichi) 6 cloves (laung)		
	Salt to taste		
Directions	Wash the rice a few times till the water runs clear then soak in water for at least 15 minutes. Drain off the excess water. Chop all the vegetables and onions. 1. Heat oil in a hot pan. 2. Add the spices – bay leaf, star anise, cumin seeds,		

	<p>cardamom, cloves and fry them till they sizzle</p> <ol style="list-style-type: none"> 3. Sauté onion and chilies until golden. 4. Add ginger garlic paste and cook till the raw smell goes off. 5. Add the vegetables and mint. Sauté for 3 minutes. 6. Add the water and salt and allow to boil. 7. Add the drained rice and cook on low flame for 5 to 10 minutes till the rice cooks fully. Mix evenly and serve hot. 	
<p>Other relevant information</p>	<p>Pulao is a one pot rice dish from Indian cuisine that is made with aromatic spices, vegetables and basmati rice (long grain rice). It is quick and easy to prepare and can be made using a variety of vegetables.</p> <p>Pulao is commonly made in Indian homes as part of daily meals and is also popular on festive occasions and celebrations where dry fruits and more exotic vegetables maybe used. It is usually served with dahi (plain yogurt) or raita (yogurt with spices).</p> <p>Ingredients can be varied to include other vegetables, chicken, other meats, seafood and dry fruits as per local availability and food preference.</p>	

Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Spaghetti with capers and olives		
Ingredients	Ingredients	Quantity (for 4 persons)	
	Spaghetti or Linguine	400 g	
	Black olives from Gaeta	100 gr	
	Tomato sauce	400 gr	
	Extra virgin Olive oil	4/5 spoonfuls	
	Salted capers	2 spoonful	
	Garlic	1 clove	
Directions	<p>Pitting the olives; rinse the capers, and leave them in water for about 10 minutes, then drain.</p> <p>Put the olive oil in a saucepan, brown slightly the garlic and olives, then add the dripped capers and after a bit also the tomato sauce.</p> <p>Cook at first on a low flame and then with a bright flame for about 15 minutes. Taste and salt.</p> <p>Cook the spaghetti a bit underdone, drain and pour into the sauce and mix well, continuing to cook for about a minute.</p> <p>If you like, you may add parsley or organ.</p> <p>Serve immediately</p>		

Dessert

Name: Dr M Maite Sevillano

Specialty: Nuclear Medicine Physician

Country: Brazil



Name of dish	Brigadeiro
Ingredients (with measurements)	1 box of sweet condensed milk (270 ml) 1 tablespoon unsalted margarine 4 tablespoons chocolate powder Granulated chocolate for the coating
Directions	In a deep saucepan, sift the chocolate powder. Add the sweet condensed milk and margarine. Cook over medium heat and keep stirring gently until the fudge starts to peel off the pan. Let cool and make into bite-size balls with your fingers. Coat with granulated chocolate.
Other relevant information	The origin of the name "Brigadeiro" is linked to the presidential campaign of Brigadier Eduardo Gomes, of the Republic of Brazil in 1946. Supporters of Brigadier Gomes are said to have made and distributed or sold the popular delicacies during political events. Disputing parties soon began to call friends to go eat the "brigadier's sweets". The Brigadeiro is the most popular candy in Brazil. It is a must at all parties. Making Brigadeiros is a special moment in the kitchen for mothers and their children. It is usually the first candy

mothers teach their children to make.

These simple, delicious homemade sweets could light up the faces of children in an orphanage near you this Christmas!!!

Remember Brazil fondly each time you make **brigadeiro**.

Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia



Name of dish	Phelamushi and Churchkhela/Dessert	
Ingredients (with measurements)	Ingredients	Quantity
	Grape juice boiled (called Badagi)	3 liters
	1 glass of wheat flour	200 ml
	3 glasses of maize flour	600 ml
Directions and Preparation time	<p>Put blended flour in a bowl. Gradually add half of the grape juice and stir without stoppage with a wooden spoon. Place the remaining grape juice into a pot of cast iron. Gradually add the mixture of grape juice and flour and mix well. Put it over a high heat, simmer and stir without stoppage. Then reduce the heat, simmer to low heat for 8-10 minutes. During this time Phelamushi should be thickened. Get a taste to avoid flour flavor. Simmer more 10 minutes and remove ready Phelamushi from the heat and place on the plates at once. If desired, put walnut.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>Churchkhela is made with the same principle as Phelamushi, but it needs to simmer for 20 minutes, it should be just thicker, we must thread walnut onto a string in advance and dip it in this hot mass, put on the stick and dry in the sun, now it is ready to eat :))</p>	

Food Care Kit for Homeless Persons

Name: Dr Marjorie Cross

Country: Australia



Name	Food Care Kit for Homeless Persons	
Components	<p>Non-perishable food items as in the photo, a bag or basket.</p> <p>A useful kit could contain</p> <ol style="list-style-type: none"> 1. Food items: Muesli bars, fruit snacks, cans of beans, corn, tuna or fruit. It is best if the cans' lids have a ring top pull for easy opening. 2. Basic toiletries: Tooth brush and tooth paste, tissue paper, soap, sanitary pads, comb. 3. Clothing items: A pair of socks, a warm hat. 4. Gift certificates for supermarket or fast food chains. 	
Directions and Preparation	<p>Fill a bag or basket with the items.</p> <p>You may choose to donate directly to individuals or through various charitable organizations during the Christmas holidays. As Christmas time is a traditional family time in many countries the loneliness and poverty of homelessness is felt more keenly during Christmas.</p>	
Other relevant information	<p>In Australia, there were about 116,000 homeless people on Census Night in 2016. This is probably an under estimation, given that couch surfers, people staying in temporary refuges, shelters or caravan parks are unlikely to have been represented fully. Rough sleepers, street beggars and buskers on the streets of our major cities are usually the obviously visible homeless persons.</p> <p>Homelessness in Australia disproportionately affects women and children with the majority of cases originating from domestic violence. Adolescents escaping from family violence have also been known to find themselves homeless!!</p>	

	<p>Food insecurity is a closely related issue. Whilst the homeless are certainly almost always hungry and looking for food, food insecurity extends to far more Australians than those who are homeless.</p> <p>Every year at Christmas time in Australia, the news outlets show politicians and celebrities waiting on tables serving homeless people Christmas fare. Charities hand out care kits such as the one I described above. This probably causes little harm but indicates sympathy rather than empathy. Real solutions are far more challenging and are related to the politics of inequality. For women and children, addressing food insecurity is in part addressing and preventing family violence.</p> <p>Individual and corporate financial donations as well as large donations of food from organizations such as Food bank and Oz harvest are invaluable to the charities that feed the homeless all year round. That notwithstanding, contributions of food care kits such as the one described here for homeless persons at Christmas serves its own special purpose.</p>	
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