

# A TASTE OF THE WORLD



A COLLECTION OF  
DELICIOUS RECIPES  
FROM AROUND THE GLOBE

Submitted by students and staff from  
Med Uni Graz and its partner institutions

# A TASTE OF THE WORLD



HEIDI MOERTL

Director  
International Office  
Medical University of Graz

We are sure many of you are all familiar with meandering around a city while traveling the world, either as a student or on a staff exchange or on vacation, and then all of a sudden a smell hits your nostrils ... the aroma of coffee from a small roastery somewhere in South America, the smell of fresh fruit at a fruit stand in Asia, the sweetness of candied almonds at a European Christmas market ... and then years later you smell that particular aroma again and the memories immediately come flooding back and transport you back to that place.

Food is an essential part of life and community all over the world, families and friends meeting for a home-cooked meal, colleagues from all over the world arranging for dinner at a local restaurant, exchange students chatting over a late night snack at a corner street food stand in their newest study destination. Food reunites and the particular tastes of every destination linger with us for a lifetime.

Erasmus+ as the largest exchange network within Europe and more recently with its International Credit Mobility scheme gives students and staff the opportunity of taking part in this cultural and culinary experience. Med Uni Graz holds 70 + Erasmus agreements in the program countries and additionally International Credit Mobility agreements in Albania, Australia, Chile, the Dominican Republic, Israel, Colombia, Mexico, Nepal, South Africa, Thailand, and the US.





.....  
A COLLECTION OF  
DELICIOUS RECIPES  
FROM AROUND  
THE GLOBE  
.....

This cookbook is a culmination of recipes submitted by students and staff of Med Uni Graz and its partner institutions(\*) within the framework of the ErasmusDays 2020. In addition to the recipes, some of the partners are introducing their institutions throughout the cookbook.

We are delighted to have so many food lovers among our students, staff and partners and thus the cookbook presents recipes ranging from Dutch Pannekoek (Dutch Pancake) to French Onion Soup, from Indian Chicken Tikka Masala to Polish Pierogi and for those of you with sweet teeth, from the Grandma's Apple Pie (US) to Austrian Dark Chocolate Cake.

We hope you will enjoy the culinary trip around the world while cooking the recipes. Guten Appetit!

Heidi Mörtl

(\*) in order to be inclusive we asked other bilateral partners of Med Uni Graz to also join the project.



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# SPICY MILLET MUFFINS

## INGREDIENTS

- 250 g millet
- 400 ml vegetable soup
  - 200 g curd
- 200 g zucchini (or carrots, red pepper, peas, corn)
  - 4 spring onions
  - 4 eggs
- 200 g grated cheese
  - herbs

## NO. OF SERVINGS

12 muffins

## PREP TIME

1 hour

## COOKING TIME

- 15 minutes cooking time for millet
- 45 minutes baking time for muffins

## DIRECTIONS

Rinse the millet with hot water and cook in the vegetable soup for about 15 minutes, drain and let it cool. Then stir in the curd and season fresh or dried herbs. Wash zucchini, carrots, peppers,... and grate very finely, cut spring onions very small and grate the cheese.

Separate the eggs, add the egg yolk to the vegetables, beat the egg whites with a pinch of salt to snow. Mix the vegetable and cheese mixture and millet, then fold in the snow. Pour into the muffin cases and bake at 170° (top / bottom heat) for 45 minutes.

## PREPARATION TIPS & NOTES

If children like it, you can of course use other vegetables like peas, corn or peppers. Or use a spicy Parmesan or a fine sheep's cheese. Depending on your taste, serve a yoghurt-sour cream dip with chives.

## WHY IS THIS RECIPE PERFECT?

A light and delicious summer dish, according to TCM it strengthens the earth element.



CHRISTIANE GRÜN

Medical University of Graz  
Austria

Team member International  
Office Medical University of Graz,  
Shiatsu practitioner



I love this recipe, especially as a light summer dish

# DUTCH PANNENKOEK

## INGREDIENTS

### FOR THE BATTER

- 2 eggs
- 2 cups milk
- 1/2 tablespoon salt
- 2 cups unbleached all-purpose flour
- butter for cooking

### OPTIONAL ADD-INS

- chopped bacon (thinly sliced)
- mushrooms (thinly sliced)
  - shredded cheese
- apples (thinly sliced)
  - raisins
- cinnamon sugar

## NO. OF SERVINGS

3

## PREP TIME

5 minutes

## COOKING TIME

25 minutes

## DIRECTIONS

In a large bowl, beat the egg until slightly foamy. Add the milk and salt, whisking to combine. Add the flour, slowly, whisking as you add, until the batter is smooth.

Heat a 10 inch skillet over medium heat. Add a little butter to coat the skillet. Add 1/2 cup of batter to the pan and swirl it around to coat the pan. (If using add-ins, sprinkle them over top of the wet batter.) Cook the pannenkoek over medium heat until it is just getting dry on the top and releases from the pan, 2-3 minutes.

Flip the pannenkoek and cook for 1-2 minutes on the second side, until lightly golden.

## PREPARATION TIPS & NOTES

They can be eaten plain with a dark, thick apple syrup, called stroop and powdered sugar. But, you will often find them filled as well. The fillings can be sweet or savory. A pannenkoek with cheese and bacon is very popular as well. But you can add apples, or raisins or any other ingredient you like. The fillings are typically added to the batter during cooking.

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EVELIEN HACK

Leiden University Medical Center  
The Netherlands



They are delicious, easy to make and very Dutch.



## EVELIEN HACK

I have been the Advisor Internationalisation for the LUMC for many years and love working with international students as they are always enthusiastic and motivated. The collaboration with my many international colleagues is one of the perks of this job. It is wonderful to have made friends all over the world.

Personally I am not a great cook, that is why I chose the simple Dutch pannenkoek. They are delicious, and easy to make and very Dutch!



Remove the pannenkoek from the pan and place on a platter. Keep your stack of pannenkoeken warm in a warm oven while you coat the skillet again with butter and cook up the rest of the batter.



## PREPARATION TIPS & NOTES

Traditionally these Dutch pancakes, filled or not, are rolled and then eaten. Slice them and use a fork and knife. Leftover pannenkoeken keep well in the refrigerator for up to 2 days.

## WHY IS THIS RECIPE PERFECT?

It is easy, quick and tastes very nice. All ages enjoy the occasional pannenkoek.





# LEIDEN UNIVERSITY THE NETHERLANDS



## COOPERATION WITH MED UNI GRAZ

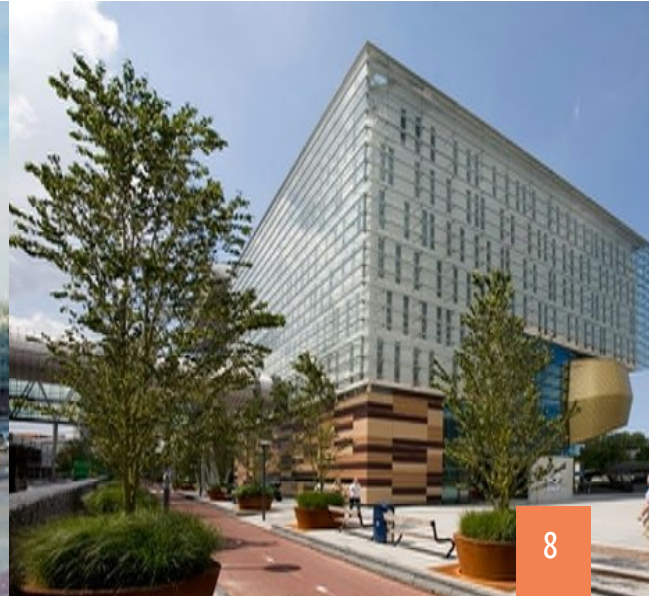
- Erasmus+: student exchange for studies

Leiden University is the oldest university in the Netherlands and enjoys an excellent worldwide reputation built up over more than four centuries. For many years, we've been among the leaders in Dutch university rankings and we are currently to be found in a variety of top international rankings too.

As a student at Leiden University you can interact closely with your lecturers, conduct your own research and explore topics that are both current and relevant. The style of teaching here is personal, with small-scale classes that stimulate and encourage interaction between students and lecturers. And support will always be available when you need it, in the form of study coordinators, international student advisers and counsellors.

The Leiden University Medical Centre (LUMC) is a merge between the academic hospital and the medical faculty. The LUMC is a modern university medical centre for research, education and patient care with a high-quality profile, excellent research facilities and a strong scientific orientation. Its research practice, ranging from pure fundamental medical research to applied clinical research, places the LUMC among the world top.

By choosing Leiden University and the LUMC, you'll be choosing to broaden your personal and academic horizons. You'll be in excellent company too because you'll be part of an inspiring community of students, lecturers and professors from all over the world.



# CHICKEN TIKKA MASALA

## INGREDIENTS

### CHICKEN

- 2 tbsp. lemon juice
- 1 tbsp. canola or olive oil
- 1 tsp. cayenne pepper
  - 1/4 tsp. turmeric
- 1 tbsp. ground cumin
- 1/2 tsp. ground cinnamon
  - 1/4 tsp. ground cloves
- 1 tbsp. minced fresh ginger
- 1 tbsp. fresh crushed garlic
  - 2 tbsp. minced onions
    - salt as per taste
  - 1/2 tsp. black pepper
- 1 1/4 pounds chicken breast (skinless and boneless), cubed into 1-inch pieces.
- skewers to thread the chicken

### MASALA SAUCE

- 2 tbsp. canola oil
- 2 medium onions, sliced
- 1 tbsp. minced garlic
- 1/2 tsp. crushed ginger
- 1 tsp. ground cumin
- 1 tsp. red chili powder
- 1 1/2 tsp of ground coriander powder
- 1/4 teaspoon of turmeric
- 1 1/2 cup tomatoes, diced
  - salt as per taste
- chopped green onions and cilantro, for garnish

## DIRECTIONS

### CHICKEN

In a bowl, mix all the wet and dry ingredients well, add the cubed chicken and allow the meat to marinate for a couple of hours in the fridge. Thread the chicken on the skewers. Grill the chicken on one side for up to five minutes, then flip and repeat cooking on the other side. Grill all the skewers and keep aside.

### MASALA SAUCE

Heat oil in a heavy bottomed skillet over medium heat. Sauté the onions, garlic and ginger for 5 minutes. Add tomatoes, cover and let it cook till tomatoes are soft. Season with cumin, salt, chili powder, turmeric and coriander powder. Simmer on medium heat, stirring occasionally until the sauce thickens, about 15-20 minutes. Add the grilled chicken pieces to the sauce. Let it heat up for 10 minutes. Serve with Naan or Zeera Rice. You can also try it in a wrap.

## NO. OF SERVINGS

1

## PREP TIME

10 minutes

## COOKING TIME

40 minutes



## RASHIKHA DHAR

University of Missouri - Kansas City  
School of Medicine  
USA

I am a year 5/6 at the UMKC 6 year medical program who loves to cook



All credits to my grandmother for the recipe.

# KANSAS CITY STYLE BURNT ENDS

## INGREDIENTS

- one 6-8 pound brisket point (also called the deckle)
  - 2 1/2 teaspoons coarse Kosher salt
  - 2 teaspoons coarse black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
  - 1 cup beef stock
- 1/2 cup dark brown sugar

## NO. OF SERVINGS

4

## PREP TIME

10 minutes

## COOKING TIME

10 hours

## DIRECTIONS

1. Preheat your smoker to 225 degrees F using hickory or oak wood.
2. Combine the salt, pepper, onion, and garlic powder and rub the mixture into the entire surface of the brisket point.
3. Place the seasoned brisket point on your smoker, close the lid, and smoke until the internal temperature of your meat reads 165 degrees F. This step typically takes 6-8 hours, depending on the size and thickness of your meat. Brush the brisket point with the 1 cup of beef stock every hour during this initial smoke period to keep the meat moist.

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## BURNT ENDS

Burnt ends are a Kansas City tradition. Made from the point end or deckle of a beef brisket, burnt ends embodies the essence of Kansas City Bar-B-Que. Cooked low and slow over a hickory wood fire, the fat within the brisket melts which makes each nugget a brisquet moist and tender. Done properly, each burnt end has a signature smokey bark whose crispy texture contrasts nicely with the tender beef.



STEVEN D.  
WALDMAN MD

University of Missouri - Kansas City  
School of Medicine  
USA



*I love cooking on my smoker.*



**STEVEN D.  
WALDMAN MD**

A lifelong Kansas Citian and dedicated pitmaster, I love cooking on my smoker. Whether its beef, chicken or fish, the smokey flavor never disappoints.



4. Once the brisket reaches 165 degrees F, wrap tightly in butcher or parchment paper and return to the smoker. Smoke until the internal temperature reaches 195 degrees and then remove the brisket point from the smoker. This typically takes another 3 hours.

5. Unwrap from the butcher paper, draining any liquid from the paper into an aluminum pan. Cut the brisket point into 1 1/2" cubes.

6. Place the cubes into an aluminum pan and toss with the KC Style BBQ sauce.

## PREPARATION TIPS & NOTES

Cook low and slow. If you cook at a higher heat because the brisket smells so great, the finished product will be tough!

## WHY IS THIS RECIPE PERFECT?

Each bite is a little bit of heaven. The signature smokey bark and moist, tender beef is just perfect!



# SIRLOIN IN CREAM

## INGREDIENTS

- 800 g of rear beef
- 300 g root vegetables (carrots, celery, parsley in equal proportions)
  - 1 onion
- 50 g whole mustard
- 2 tablespoons sugar
- 2 tablespoons vinegar
  - 100 g of oil
  - piece of butter
- 100 g smoked bacon
- about a tablespoon of flour (according to gluten)
- 250 ml of whipped cream
  - 3 bay leaves
- 5 pieces of new spices
  - 5 balls of pepper
- lemon juice for flavoring
  - salt
  - broth

## NO. OF SERVINGS

5-6

## PREP TIME

1.5 hours

## COOKING TIME

2.5 hours

## DIRECTIONS

Stir the meat into the bacon fries (it's great if we put it in the freezer for 0.5 hours) and fry it in oil or butter oil (it won't burn). Remove and fry the roughly grated vegetables and onion on the baking sheet, as soon as the carrots release the color, add sugar and let them caramelize.

Add mustard, spices, add vinegar, add meat and pour boiling broth. Place the pot or baking pan with the lid in the oven and bake until the meat is soft (i.e. about 1.5-2 hours in a moderately heated oven). Then remove the meat and spices, cut the meat and mix the sauce. If necessary, thicken with plain flour kneaded in milk and cook (flour must be cooked for at least 20 minutes), salt as needed.

Soften with cream, season with lemon and a leaf of butter, which we no longer cook. Serve with bread dumplings and a target of lemon and cranberries.

## SIRLOIN IN CREAM

A typical national dish,  
very hearty



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## MARTA REICHOVA

Third Faculty of Medicine  
Charles University  
Czech Republic

PR manager





## DUMPLINGS: INGREDIENTS

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- 1 kg of semi-coarse flour
  - 4/5 yeast cubes
  - 2 bread rolls
    - 2 eggs
- 1/2 l milk (lukewarm)
  - teaspoon of salt

## DUMPLINGS: DIRECTIONS

Put the flour in a bowl and mix with the salt. Crush the yeast into flour. Boil the eggs in lukewarm milk and add to the bowl. Make a dough to which we add sliced bread rolls. Sprinkle the surface of the dough with plain flour to prevent it from drying out and let it rise. Then divide the dough into four or six pieces, depending on how big dumplings you want to have.

Roll out the cones and leave to rise for another 15 minutes. Then put them in boiling water and cook for 20 minutes. You can tell that the dough is well leavened by the fact that the dumplings do not sink to the bottom, but float beautifully. Take it out on a roller or on a line, pierce with a double-toothed fork or skewer, turn it over, pierce it again and cut it in two halves.

## WHY IS THIS RECIPE PERFECT?

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An excellent combination of  
cream sauce, vegetables  
and meat :-)



# THIRD FACULTY OF MEDICINE CHARLES UNIVERSITY, CZECH REPUBLIC



## COOPERATION WITH MED UNI GRAZ

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- Erasmus+: student exchange for studies

In 1953 the Prague Faculty of Medicine was divided into three subjects, which for simplicity, are now referred to as the First, Second and Third Faculties of Medicine. The Third Faculty of Medicine, Charles University (3FM CU) is part of the Vinohrady University Hospital Complex.

The 3FM CU has, for many years, been known for its successful efforts to de-emphasize thoughtless memorization of historical medical facts in favor of developing medical critical thinking skills. From the very beginning of their study, the student is encouraged to start thinking like a doctor in a doctor's office. While the 3FM CU is a pioneer with regard to its teaching methods and friendly atmosphere, it has deep historical roots that date back to 1348, when the Faculty of Medicine first opened its doors in Prague as part of the newly established Charles University.

The 3FM is integrally involved in international cooperation in the areas of teaching, research, and clinical fields. Participation in the Erasmus Plus program continues to grow and is some we are very proud of, with more students from the 3FM participating than from any other medical faculty of Charles University. International students studying at the 3FM CU or coming within the framework of the IFMSA and Erasmus Plus programs provide an international atmosphere to daily life at the Third Faculty of Medicine.



# TURKISH POĞAÇA

## INGREDIENTS

### DOUGH

- 5 cups flour
- 2 egg white
- 1/2 cup warm milk
- 1/2 cup warm water
- 1 teaspoon dry instant yeast
- 1/2 cup vegetable oil
- 4 teaspoons sugar
- 1 teaspoons salt

### FILLING

- 1/2 bunch parsley
- 1 1/2 cup feta cheese

### TOP COATING

- 1 egg yolk for top coating
- 1 teaspoon poppy seeds
- 1 teaspoon sesame

## DIRECTIONS

1. First mix sugar and yeast with milk and then add all the dough ingredients including this milk mixture and mix them well. You need to have a pliable and non-sticky dough. Cover it with a moist kitchen towel and let it rest for 45 min.
2. While the dough is resting; chop the parsley bunch and mix with feta cheese. Preheat the oven to 180 C°.
3. Take a small piece from the dough and flatten it with your hands on your counter.
4. Put a teaspoon of cheese and parsley mixture on it and close it up and give it a ball shape in your palm. Do the same process for the rest of the remaining dough.
5. Place the baking paper in a baking tray and place the Pogaca-balls one by one on it.
6. Coat all the Pogacas with egg yolk using food brush and sprinkle poppy seeds and sesame on each Pogaca evenly.
7. Bake them 25 minutes until they get golden color.

## TURKISH POĞAÇA

This is a very popular recipe from Turkey, I hope you will enjoy it.

I really like to eat them for breakfast with Turkish black tea.



## NO. OF SERVINGS

18-20

## PREP TIME

1 hour

## COOKING TIME

25 minutes



## CIGDEM ERDOGAN

Medical University of Graz  
Austria / Turkey

I am a medical student from Graz and I love baking so I want to share a Turkish dish with you





# RATATOUILLE

## INGREDIENTS

### FOR THE FIRST LAYER - THE COOKED MIXTURE

- 1 medium onion (or 1/2 big one)
  - 3-4 garlic cloves
  - 2 carrots
  - 2 green peppers
  - 2 red peppers
  - 2 tomatoes
  - 1 zucchini
  - 1 1/2 eggplants
- 500 ml mashed tomato sauce

### FOR THE SECOND LAYER

- Lasagne layers (the number depends on the size of your oven pan)

### FOR THE THIRD LAYER - THE WHITE SAUCE

- 5-6 tbsp yogurt
  - 1 egg
- 200 g cheddar cheese
- 100 g white cheese+

### FOR THE FOURTH LAYER - THE CONCENTRIC DECORATION

- 2 tomatoes
- 2 potatoes
- 1 1/2 eggplants
- 1 zucchini
- olive oil
  - salt
  - oregano
- Vegeta (Balkan condiment)

## DIRECTIONS

1. Dice the onion, garlic, peppers, 2 tomatoes, 1 1/2 eggplants, 1 zucchini and grate the carrots.
2. Cut the other 1 1/2 eggplants, 2 tomatoes, 2 potatoes, 1 zucchini into slices.
3. Put a deep pot on a high heat with a dash of olive oil, the diced onion and garlic. Season with Vegeta and pepper.
4. Mix the peppers with the carrots in. After a few minutes add the tomatoes with the zucchini.
5. Add the eggplants and stir so the ingredients don't stick. You may add a dash of olive oil to prevent it.

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## PREPARATION TIPS & NOTES

Marinate the sliced eggplants and zucchini in a salted water for a better taste.  
Cook the onion until it becomes translucent - allowing the flavours to develop!  
While adding the diced vegetables, season with a bit of salt (1 tsp of salt), continuously with vegeta, pepper and oregano until the mixture has the preferred taste. **IMPORTANT:** Check the taste while seasoning!

Continuously check the mixture while it simmers, stir it occasionally to prevent sticking.  
Sprinkle oregano and olive oil on the top layer of the Ratatouille.

After baking, let it chill for 15 min. so you can cut and take out the pieces easier from the pan.



## FATBARDHA SKENDERI

North Macedonia

I have one little sister by blood, which I love dearly. I also have another little sister by heart, which recommended this recipe to me.  
Thank you, Jeta!  
May our friendship grow larger and our recipe swapping never stop.





## NO. OF SERVINGS

6-8

## PREP TIME

1 hour

## COOKING TIME

1 hour 15 minutes



## FATBARDHA SKENDERI

I am a doctor practising medicine in a private healthcare institution, in the field of family medicine. As a general practitioner being responsible for a large number of patients, gives you the opportunity to encounter many different cases that can train you into finding your right future specialisation. My past traineeship in the Medical University of Graz contributed into that as well, for which I am deeply grateful.

As for my free time, I enjoy cooking afternoons with friends, learning new languages and yoga. Recently I am getting myself more into cycling!



6. Add the tomato sauce, lower the heat and let it simmer for 30 minutes.

7. In a bowl mix the yogurt, grated cheddar cheese, white cheese and the egg. Season with oregano.

8. Preheat the oven to 200° C. Begin frying the potato slices.

9. Take an oven pan and begin layering: the cooked mixture - lasagne layers - the white sauce - the sliced vegetables in a concentric way. Repeat it once more!

10. Finally put the Ratatouille in the oven. Bake for 30 minutes.

## PREPARATION TIPS & NOTES

As the recipe is labour intensive, invite a cooking buddy for help. It will get finished faster and you'll share a delicious meal together. Or you can have the golden help of your precious mum and/or sister. Podravka Vegeta is a condiment - mixture of salt, spices and dried vegetables.

The pride and joy of Balkan countries!

## WHY IS THIS RECIPE PERFECT?

This French recipe is basically a vegetable lasagna that you can have for breakfast, lunch or dinner. You can microwave it, or you can also eat it cold, tastes great nonetheless. It is rich with antioxidants and nutritional values. It's true that it requires a lot of work but it's also inexpensive to make and admittedly: fun to make!



# POROTOS GRANADOS

## INGREDIENTS

- 700 ml of water
- 3 tablespoons of cooking oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon of paprika
- 1 teaspoon of cumin
- 1 teaspoon of oregano
- 450 g of pumpkin, diced
- 2 kg of fresh cranberry beans (you can get them from your local whole foods store, or use normal beans)
- 3 cobs of fresh corn, remove the corn (or use canned corn)
- 6 basil leaves, chopped
- salt and pepper

## NO. OF SERVINGS

6

## PREP TIME

15 minutes

## COOKING TIME

40 minutes

## DIRECTIONS

1. Heat the oil in a large pot. Then add the onions and cook on a low heat, for around 10 minutes until the ingredients are soft.
2. Add the garlic, paprika, cumin and oregano and continue to cook on low heat for around 2 minutes.
3. Mix in the beans, pumpkin, corn, chopped basil, add the water, cover and cook on a medium heat for 40 to 45 minutes.
4. Season with salt and pepper according to preference and serve.

\* You may add a pan-fried piece of sausage/chorizo. You may serve with tomato & onion salad.

## PREPARATION TIPS & NOTES

Mix some paprika and warm water in a pan to create a colored mixture. Add a tablespoon of this mix over the preparation.

## WHY IS THIS RECIPE PERFECT?

This recipe is perfect for winter days or just if you need some comfort food.

You can prepare and reserve in the fridge for 2 or 3 days.



## DANIEL CASTILLO

Pontificia Universidad Católica de Chile - School of Medicine

Political Scientist, cooking enthusiast and friendly traveler. Born and raised in the north of Chile, living in Santiago, but with my mind always around the world.



# PONTIFICIA UNIVERSIDAD CATÓLICA DE CHILE, CHILE



## COOPERATION WITH MED UNI GRAZ

- Bilateral cooperation agreement: student exchange for clinical rotations, research cooperation
- Erasmus+ International Credit Mobility: staff exchange, student exchange for clinical rotations

### Why come to Chile?

Chile is a country that offers you the whole academic experience. You can come not only to study, but also to learn and explore our culture, improve your Spanish level, and travel through a unique geography that integrates from the driest deserts in the north to the unique experience in Torres del Paine, from coast to Mountains and from ski to ecological reserves.

### Why come to the UC School of Medicine?

UC's School of Medicine opens its doors to all international students willing to learn in one of the best medical schools in Latin America. We encourage you to participate in our clinical rotations. Here you will have the opportunity to practice and improve your Spanish skills and participate in our academic environments, all guided by experts from our Faculty of Medicine.



# KERALA STYLE OLAN

## INGREDIENTS

- 1 small sized bottle gourd cut into 1/4 in slices
- 2 cups long beans chopped into 2 in pieces
- 8 oz full fat coconut milk (228 g)
  - 3 cups water
  - 2 tbsp coconut oil
  - handful of curry leaves
- green or red chilies sliced in half to taste
- salt to taste

## NO. OF SERVINGS

5

## PREP TIME

10 minutes

## COOKING TIME

15 minutes

## PREPARATION TIPS & NOTES

This dish can be enjoyed on a bed of rice or by itself!

## DIRECTIONS

1. Add bottle gourd, long beans, and chilies to a medium sized pot. Add water and salt to taste. Let simmer for 20 minutes over medium flame.
2. Pour coconut milk in and bring back to simmer until all flavors are combined.
3. Add handful of curry leaves and season with coconut oil. Enjoy!



## OLAN

Olan, traditionally served in the Northern half of the Indian state of Kerala, is a classic vegetable stew that can be served for special holiday meals or easy weeknight dinners. It's a simple dish that is an explosion of textures and flavors, and it's a meal that instantly brings my soul back to my beautiful native home.

## WHY IS THIS RECIPE PERFECT?

Healthy, easy, and so accessible, Olan is a dish that anyone with a pot and a stove can make.



## TARA KRISHNAN

University of Missouri - Kansas City  
USA

I'm a 3rd year medical student with a passion for cooking and food styling! I love incorporating traditional Indian flavors into modern dishes for a unique spin on my favorite classic takes.



# LITHUANIAN POTATO-MEAT DUMPLINGS

## INGREDIENTS

### FOR THE MEAT FILLING

- 1 pound ground pork (or 1/3 pound pork, 1/3 pound beef, 1/3 pound veal)
- 1 medium onion (peeled and finely chopped)
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 large beaten egg

### FOR THE DUMPLINGS

- 8 large Idaho potatoes (peeled and finely grated, not shredded)
- 2 large Idaho potatoes (peeled, boiled, and riced)
- 1 tablespoon lemon juice
- 1 medium onion (peeled and finely grated)
- 1 teaspoon salt, more or less
- 1 tablespoon cornstarch

## NO. OF SERVINGS

6

## PREP TIME

45 minutes

## COOKING TIME

25 minutes

## DIRECTIONS

1. In a large bowl, mix together ground meat, finely chopped onion, 1 teaspoon salt, pepper, and egg until well incorporated.
2. Cover with plastic wrap and refrigerate until ready to use.
3. Add a drop or two of lemon juice to the grated potatoes so they don't turn brown. Place them in a fine-mesh cheesecloth or cotton dish towel and twist over a large bowl to get rid of the excess water. Pour off the water, reserving the potato starch at the bottom of the bowl.
4. Unwrap the cheesecloth and place potatoes in the bowl with the potato starch you reserved from the bottom of the bowl. Add the riced boiled potatoes, grated onion, and 1 teaspoon salt or to taste. Mix well.

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## CEPELINAI

Lithuanian potato-meat dumplings are known as zepelinai or cepelinai because of their shape.



LITHUANIAN UNIVERSITY  
OF HEALTH SCIENCES

Lithuania





## GRAVY INGREDIENTS

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- 1/2 pound bacon (diced)
- 1 large chopped onion
  - 1 cup sour cream
- black pepper to taste
- 1 to 2 tablespoons milk (if necessary)

## GRAVY DIRECTIONS

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While the dumplings are boiling, make the gravy. In a medium skillet, fry the bacon and chopped onion until tender. Drain and combine with sour cream and black pepper. Thin with 1 to 2 tablespoons milk if necessary. Ladle dumplings with gravy or pass the gravy at the table.



5. Put a large stockpot of water on to boil. To form the zeppelins, take about 1 cup of dumpling mixture and pat it flat in the palm of the hand. Place 1/4 cup or more of meat mixture in the center and, using slightly dampened hands, fold the potato mixture around the meat into a football shape, sealing well. Continue until both mixtures are gone.

6. Carefully lower dumplings into salted, boiling water to which 1 tablespoon of cornstarch has been added (to prevent dumplings from falling apart). Make sure water returns to the boil and continue boiling for 25 minutes.

7. Remove dumplings with a slotted spoon or strainer, drain briefly on a clean dish towel and place on a heated platter.

## PREPARATION TIPS & NOTES

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This dish is best served and eaten as soon as it is made.



# THE LITHUANIAN UNIVERSITY OF HEALTH SCIENCES, LITHUANIA



## COOPERATION WITH MED UNI GRAZ

- Erasmus+ : student exchange for studies

The Lithuanian University of Health Sciences (LSMU) is the largest institution of higher education for biomedical sciences in Lithuania, successfully integrating studies, research, and clinical practice. A large number of the most popular programmes are taught in English and accept international students.

Student-orientated learning is a key tool to assure effective teaching at the University and stands as an integral part in the study regulations. The curricula of the Medicine programme have been organised according to Problem Based Learning methodology since 2007, and we believe it to be the most suitable modern way to reach better learning results within the field of medical education.

Students gain their practical skills at the LSMU Hospital Kauno Klinikos, which is the largest medical institution in the Baltic States. More than 2,200 physicians and residents shoulder to shoulder with nursing staff take care of over 90,000 patients at the LSMU Hospital each year.

Student Support University runs three student support programmes, aimed to help international students to cope with problems they face while living and learning abroad. Mentoring, Tutoring and Psychological counselling services are provided free of charge, in order to increase quality of students' life in LSMU.





# MAQLUBA

## INGREDIENTS

### MEAT

- 2 lb 12 oz lamb chops
- 1 large chopped onion
- 2 cloves minced garlic
  - 1/2 red bell pepper
- 2 fruits banana pepper (hot)
  - 2 tablespoons yogurt
  - 2 tablespoons olive oil
- 1 cup chopped Italian parsley
  - 1 tablespoon chopped dill
    - 2 1/2 teaspoons salt
- 1 teaspoon black pepper (ground)
  - 1 teaspoon cumin (powder)
- 1 teaspoon cinnamon (powder)
- 1 teaspoon crushed chili peppers
  - 2 teaspoons oregano (dried, crushed)
- 1/4 teaspoon cloves (powder)
  - 1 teaspoon coriander (whole seeds)
- 1 pod star anise (crushed pods)
  - lime juice (1 lime)
- 1 potato (cubed potato)

### EGGPLANT

- 2 large eggplants
  - 1 teaspoon salt
  - 2 tablespoons vinegar
- vegetable or canola oil (enough to reach 1-inch depth in a frying pan)
- 1/2 teaspoon cumin (ground)

### RICE

- 4 cups Basmati rice
- 2 tablespoons butter
- 2 tablespoons oil
- 2 teaspoons salt

NEXT PAGE >>>

## DIRECTIONS

### MEAT

1. Mix ingredients in a Ziploc bag and allow to marinate refrigerated for 2-24 hours.
2. Transfer to a roaster and add 1 cubed potato.
3. Roast with lid on for 1 hr in a 350°F oven.

### EGGPLANT

1. Peel and slice the eggplant.
2. Sprinkle with salt, moist with vinegar, and allow to sit for 1 hour at room temp.
3. Drain thoroughly and deep fry on medium heat until golden brown.
4. Drain on paper towels, transfer to new dish, and dust with ground cumin.

## MAQLUBA

Maqluba means “inverted” in the Arabic language. The reason behind this name is that the dish is assembled from separately prepared components, cooked all together in a final step, and then turned upside down in a large serving dish. Numerous modifications exist to suit various tastes and needs, so, don't hesitate to modify the amount of salt or hot peppers, or add more eggplant.

NEXT PAGE >>>



WAIL HASSAN

University of Missouri - Kansas City  
USA

I am a microbiologist and an associate professor at the University of Missouri at Kansas City.





## INGREDIENTS

### FINAL STEPS

- 1 large onion
- one pinch or two saffron
- one pinch or two cumin (ground)
- 6 cups water
- 1 cup chopped Italian parsley

## NO. OF SERVINGS

6-8

## PREP TIME

4-5 hours

## COOKING TIME

3 hours



## WAIL HASSAN

I am originally from Alexandria, Egypt. My passion for cooking started early on during my childhood as I helped my beloved mother prepare our daily meals.



## RICE

1. Stir the rice, oil, and butter on medium heat until the rice turns golden brown.

2. Add salt and mix it in.

## FINAL STEPS

1. Add the saffron to the bottom of a large pot suitable for cooking rice. Create a decorative pattern if desired.

2. Slice the onion, add it in one layer, and season with salt and ground cumin.

3. Add a layer of eggplant, then the meat.

4. Add the rice and 6 cups of water. Do not mix.

5. Cook on low heat until all water is absorbed.

6. Wait 15 min before inverting in a serving dish.

## PREPARATION TIPS & NOTES

When frying the rice, it is critical to keep stirring continuously. It should take 5-10 minutes.

If you use a different type of rice, adjust the amount of water accordingly.

Optional: garnish with chopped parsley after you assemble all ingredients in a serving dish.

## WHY IS THIS RECIPE PERFECT?

This recipe is a lot of fun to make and, perhaps, even more fun to eat!



# SPINACH AND FETA PIZZA STRUDEL

## INGREDIENTS

- 500 g pizza dough
- 750 g fresh spinach, chopped
- 200 g feta cheese, crumbled
  - 20-30 g pine nuts
  - 1 onion, minced
- 1-2 cloves garlic, minced
  - 1 teaspoon salt
- 1 pinch ground black pepper
  - 1 pinch ground cumin
  - 1 pinch ground nutmeg
    - olive oil

## NO. OF SERVINGS

6

## PREP TIME

20 minutes

## COOKING TIME

25 minutes

## DIRECTIONS

1. Preheat the oven to 180 °C.
2. Wash and chop or slice the fresh spinach.
3. Mince the onion and the garlic.
4. Roast the pine nuts in a small pan without oil.
5. In a large frying pan, sauté the onions until golden brown, add spinach and garlic, season with salt, pepper, cumin and nutmeg to taste, and cook for about 3 min.
6. On a floured surface, roll out the dough/pastry into 3 squares of approx. 30x30 cm and brush the squares with olive oil.
7. Spread 1/3 of the spinach mixture on each square (only on half of the pastry and leave border on each side so you can still roll it up).

## PREPARATION TIPS & NOTES

To make the dish more savory, you can add stronger cheese like mature cheddar or parmesan cheese.

You can use home-made or pre-packaged puff pastry or strudel dough instead of pizza dough. I like it best with pizza dough, though this is not the typical dough for a traditional Austrian strudel.

[NEXT PAGE >>>](#)



## IRIS TOPOLOVEC

Medical University of Graz  
Austria

I work at the International Office and have the pleasure of managing our Erasmus+ International Credit Mobility project.

This is one of my favourite spinach dishes.





## IRIS TOPOLOVEC

I grow climbing Malabar spinach on my balcony and this is one of my favourite spinach dishes. I'm not a fan of puff pastry and strudel dough which is why I use pizza dough instead.



8. Add the feta cheese and the roasted pine nuts on top.
9. Roll up/fold the pastry and press the edges to seal.
10. Place the filled pastries onto a baking sheet and brush them with olive oil.
11. Optional: With a sharp knife, score the top of the pastries with one long slit.
12. Bake at 180 °C for approx. 20-25 min., until the strudel is golden brown.
13. Cut each strudel in half and serve fresh. Mahlzeit!

## WHY IS THIS RECIPE PERFECT?

The Spinach and Feta Pizza Strudel is the perfect dish for students and staff because it's not only delicious when eaten fresh from the oven but also the perfect make-ahead lunch to take to uni or the hospital and eat cold.



180°C



# REINA PEPIADA (VENEZUELAN AREPA)

## INGREDIENTS

- 2 cups cornmeal
- 2 cups water
- 1 avocado
- 1/2 chicken breast (cooked)
- 1/2 onion
- 3 tbsp mayonnaise
- 2 oz cilantro
- 1 tbsp olive oil
- 1 tbsp salt
- 1/2 tsp pepper

## NO. OF SERVINGS

2

## PREP TIME

10 minutes

## COOKING TIME

35 minutes

## DIRECTIONS

1. Shred chicken and chop onion and cilantro.
2. Combine chicken, avocado, onion, cilantro, mayonnaise, olive oil, salt and pepper.
3. Preheat oven to 400.
4. Add a pinch of salt to water. Gradually add the cornmeal and dissolve any clumps with your fingers. Dough should be soft and be able to hold its shape without cracking when done.
5. Divide dough into 4 pieces. Roll each piece into a ball then flatten into a disc using palms of your hands. Press around the outside to form a nice edge free from cracking.

## WHY IS THIS RECIPE PERFECT?

This recipe is perfect because of the crunchy exterior that complements the creamy tart avocado and chicken filling. The combination is delicious and helps to maintain a healthy lifestyle while also allowing yourself to indulge and enjoy.

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REYNALDO GOMEZ

University of Missouri - Kansas City  
USA



*To me, arepas  
mean Sunday  
mornings.*



## REYNALDO GOMEZ

A third year medical student born in Venezuela and moved to the United States as a child. I am currently studying at University of Missouri Kansas City. When I am not studying I enjoy cooking, working out, and watching cartoons.

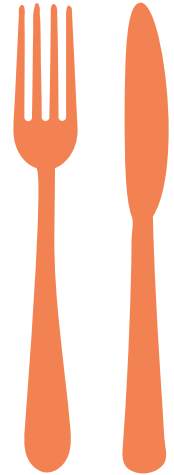
To me, arepas mean Sunday mornings. Sunday mornings with my family gathered together, sharing stories, sharing food. Arepas continually provide me with a connection to my culture no matter where I may be in the world. They are some of the first things I would eat as a child and each bite brings back memories of being around family and friends.



6. Lightly oil a large pan over medium heat. Add formed arepas to the pan once hot. Cook about 7 minutes on each side until they start to get light brown spots.

7. Once light brown spots form on each side add to preheated 400 degree oven for 20 minutes, flipping each arepa once after 10 minutes.

8. Let cool a few minutes then slice arepas through and pull apart to create a pocket and fill with prepared filling.



# VEGETARIAN CABBAGE ROLLS

## INGREDIENTS

- 1 pickled cabbage (mine weighed 1300 g)
- 1 kg raw champignons, cut into small pieces (approx. 1-2 cm)
- 2 finely chopped onions
  - 1 grated carrot
- 200 g uncooked rice
- 500 g tomato juice
- 100 g tomato paste (concentrated)
  - oil
  - salt
- spices: marjoram, paprika, black pepper
  - some pepper corns
  - 3-4 bay leaves
  - some dried thyme
- 1 bundle of fresh parsley

## NO. OF SERVINGS

30-40 cabbage rolls

## PREP TIME

1 hour

## COOKING TIME

2 hours

## DIRECTIONS

1. Boil the whole pickled cabbage in salted water and some vinegar. It should not boil for too long or else the cabbage leaves will disintegrate. Boil until the leaves get softer and more flexible and tear leaf by leaf off of the cabbage head. The hard stem part of the leaves will be cut off from the leaves.
2. Begin making the filling for the cabbage rolls by putting oil, the chopped onions and the grated carrot in a big hot pan and let it cook for 5-7 minutes, until the vegetables get soft. Then add the mushrooms and let them cook until they soften and lose some volume.
3. When the champignons are also soft, add the spices (marjoram, paprika, black pepper) and mix everything together.
4. Add the uncooked rice, washed and drained, then the tomato paste and some dried thyme. You can also pour a little bit of water if there isn't any more left from the champignons.

## CABBAGE ROLLS

Cabbage rolls are a tasty Romanian dish. Traditionally they are made with minced pork meat and are eaten for Christmas.

The vegetarian cabbage rolls are also very delicious, if not better than the meat ones, and are more appropriate for the times that we live in: more environmental awareness, more vegetarians, more vegans.

NEXT PAGE >>>



ADELINA-IOANA  
STROIE

University of Medicine and  
Pharmacy „Iuliu Hațieganu”  
Cluj-Napoca  
Romania





ADELINA-IOANA  
STROIE

I am grateful for the Erasmus+ programme as it is a great opportunity for a student to experience a new country on a lot of levels. I am excited to start the studies for my 4th medicine year at the Medical University of Graz and to see how medicine is being practised in the Austrian hospitals.



Then mix everything together and let it cook for about 5 minutes until the rice is half cooked.

5. After the 5 minutes, add the parsley and mix. The filling is ready. Now take the pan from the stove and wait for the filling to cool down.

6. When the filling has cooled down you can start rolling the cabbage rolls. Take a cabbage leaf and cut off the part with the hard stem. Don't throw the cut-off parts of the leaves away; put them in a bowl and save them for a later step in the cooking process (step 6, 7). Take about a spoonful of the filling and put it on one end of the leaf, then roll it tightly and try sealing the ends so that the filling won't come out of the cabbage roll. This step takes some practice. If you aren't able to seal the ends when rolling the cabbage then there are two tricks you can use which will help against the filling coming out of the roll: 1. seal the ends of the roll by stuffing some pieces of cabbage leaf inside (for instance the part of the leaf with the hard stem, that you cut off earlier); 2. place the cabbage rolls in the pot so that their end parts are pressing against each other.

7. Cut the parts of the leaves that you didn't use into thin strips and place some at the bottom of the pot. Then place 2 bay leaves on top and some pepper corns. Then place the cabbage rolls in the pot so that the ends are pressing against each other. When you are done with one layer, make another one by placing the rolls in the same manner.

8. Put bay leaves, pepper corns and dried thyme on top of the cabbage rolls layer and fill the remaining space in the pot with the rest of the cabbage strips, covering the cabbage rolls. Then add the 500 ml of tomato juice and pour water until the cabbage rolls are covered in liquid.

9. Preheat your oven at 180°C on conventional mode. Put a lid on the pot and let the cabbage rolls bake at 180°C for 1 hour and 30 minutes or until the cabbage leaves are cooked.

10. The rolls are ready to eat and you can enjoy them with some sour cream and polenta.

## PREPARATION TIPS & NOTES

As there is a lot to prepare and cook for this recipe, it would be great to invite friends over and cook together. You can invite a lot of friends, as at the end you will have 30-40 cabbage rolls to enjoy.



# STREET AND CHURCH EMPANADAS

## INGREDIENTS

### CORN DOUGH

- 2 cups of yellow or white corn flour (is better with dry corn, then cook it and smash it)
- 1 tablespoon of butter
- 2 teaspoons of brown sugar or Panela
- 1 teaspoon of salt
- 2 cups of water

### FILLING STEW

- 1 teaspoon of sunflower oil
  - 1 garlic clove
- 2 stems of spring onions
  - 1 red tomato
  - 2 oz. of pork meat
  - 2 oz. of beef
- 5 cooked and peeled potatoes
  - 2 tea spoons of salt
  - 1 tea spoon of cumin

### FRYING

- 2 liters of frying oil

## NO. OF SERVINGS

20

## DIRECTIONS

### FOR THE FILLING STEW

Chop all the vegetables finely.

Pre-heat a big pan, add oil and the chopped vegetables, stir them for 5 minutes, add the meat and one liter of water, cook over low heat during two hours.

Afterwards, mash the potatoes and grind the cooked meat and vegetables. Mix the meat with the mashed potatoes and season.

### FOR THE CORN DOUGH

Place all ingredients together in a bowl and mix until achieving a smooth but resistant dough. Let it rest in the fridge approximately 30 minutes.

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## EMPANADAS: A TASTE OF COLOMBIA IN YOUR HAND

Empanadas are the queens of Colombian street food and are also part of a sacred ritual in which church goers take home a whole full bag of these small pieces of heaven after mass. Beside every Catholic church in Colombia is an empanada stand; they are fast, easy to eat, cheap, and best of all, they talk about the Colombian food culture and the economy, because empanadas sales have helped built churches, houses and even paid mortgages, schools and college tuitions.

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CES UNIVERSITY

Colombia





## EMPANADAS AND A HEALTHY DIET

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Frying is a characteristic cooking method of multiple Colombian recipes, in which, there is approximately 20% fat absorption of the total product weight. The Colombian empanada is characterized by a high fat content due to the cooking method used, however, maintaining an adequate oil temperature during frying, favors a lower fat absorption, modifying the nutritional contribution of this recipe. An important cautionary message is moderate consumption, since an excess intake can lead to problems such as overweight, dyslipidemia, and cardiovascular diseases, among others.



Afterwards, divide the dough into small pieces, then roll each one and top with the stew, then fold the dough in half and close it by pressing the edge with a fork.

### FOR FRYING

Heat the oil to a 160°C, fry the empanadas until each one is golden and crunchy.

Enjoy the empanadas with spicy sauce, lemon, or avocado.

## EMPANADAS

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There are over 50 types of empanadas all around the country which represent the four culinary influences we have, the Indigenous culture with the use of corn, the European culture with the use of meats and assemble methods, the "guisos" or stews from the African culture and the idea of the origin of its concept from the Arabic Culture. Perhaps, you have heard about them in Spain, México, Argentina, Lebanon or other countries, but the difference with the Colombian version is the use of corn and love inside a handmade empanada.



# CES UNIVERSITY COLOMBIA



## COOPERATION WITH MED UNI GRAZ

- Bilateral cooperation agreement: student exchange for clinical rotations, research cooperation
- Erasmus+ International Credit Mobility: staff exchange, student exchange for clinical rotations

CES University is based in Medellin, Colombia; it is a non-denominational, private, non-profit institution established on July 5th, 1977. Its main goal is to strive for excellence by educating undergraduate and postgraduate professionals in all areas of knowledge. It is accredited as a Higher Quality Institution by the Colombian National Accreditation Council (CAN) and since 2015, it is signatory of the Magna Charta Universitatum at the University of Bologna.

The Medical School of the University has worked closely with Med Uni Graz in the past thanks to a Memorandum of Understanding between both institutions that has allowed the implementation of academic mobility programs for students and faculty members, as well as joint Erasmus + projects. It was also invited to participate in this important publication, in which it received the support and expertise from the University's School of Nutrition and Food Sciences.



# ASIAN VEGETABLE PAN WITH BEEF FILLET

## INGREDIENTS

- 3 tablespoons cornstarch
- 6 tablespoons Teriyaki Sauce
- 1/2 teaspoon chilli powder
  - 400 g beef fillet
  - 150 g baby corn (glass, drained weight)
  - 3 red onions
  - 1 broccoli
  - 2 garlic cloves
- 3 tablespoons peanut oil
  - 1 tablespoon honey
  - 60 g cashews

## NO. OF SERVINGS

4

## PREP TIME

10 minutes

## COOKING TIME

20 minutes

## DIRECTIONS

1. Mix 2 tbsp. starch with 3 tbsp. Teriyaki Sauce and chilli powder. Rinse fillets cold, dab dry and cut into thin strips. Mix with the chilli marinade in a bowl.
2. Drain the corn well and cut in half lengthwise. Peel and quarter the onions. Cut broccoli into florets. Peel garlic and chop finely.
3. Heat 1 tbsp of oil in a wok until very hot. Fry the meat drain for 4 to 5 minutes, turning it all around, then remove it. Wipe out the wok. Heat the remaining oil (2 tbsp) in it. Sauté the garlic briefly, add the broccoli, onions and corn and fry for 5 minutes, turning.
4. Meanwhile, whisk the remaining starch (1 tbsp) with the remaining Teriyaki Sauce (3 tbsp), honey and 200 ml water and add to the vegetables with the meat and cashews. Bring to the boil and simmer for 10 minutes.

## PREPARATION TIPS & NOTES

Serve the wok pan with Styrian rice.

## WHY IS THIS RECIPE PERFECT?

Quickly prepared and tastes good.



KARIN WEINBERGER

Medical University of Graz  
Austria

I'm not a gifted cook, but this recipe always works



# THE FRENCH TARTIFLETTE

## INGREDIENTS

- 1.25 kg of potatoes
- 1 reblochon
  - 4 onions
  - 250 g bacon
  - 1 garlic clove

## NO. OF SERVINGS

4

## PREP TIME

1 hour 15 minutes

## COOKING TIME

20 minutes

## DIRECTIONS

1. Peel the potatoes and dice them.
2. Melt the onions in a pan with oil. When the onions are melted, add the potatoes to the pan and brown them.
3. Add the bacon and finish cooking.
4. On the other hand, scrape the crust of the reblochon and cut it into several pieces.
5. Preheat the oven to 200 °C and prepare a gratin dish by scraping the bottom with the clove of garlic.
6. In the dish, place a layer of potatoes with bacon, put half of the reblochon, then another layer of potatoes. Finish with the rest of the reblochon.
7. Bake for 20 minutes.

## PREPARATION TIPS & NOTES

You can also add a little white wine while the potatoes are cooking if you like that!

## WHY IS THIS RECIPE PERFECT?

Do I really have to explain myself?? Cheese, potatoes, onions and bacon = only the best of French gastronomy hahaha



## LOU BRANELLEC

UBO  
France

I am a future Erasmus student from France who is more than looking forward to living the Austrian life at the Medical University of Graz !!



A mountain dish with good French cheese after a day of winter sports (but we like it so much that we finally eat it in summer under 30 ° too !!)

# SHUWA

## INGREDIENTS

- 1 leg of lamb
- 10 cloves garlic, crushed
  - dry red chili
  - cinnamon
    - cumin
    - coriander
- 45 ml vinegar
  - salt

## NO. OF SERVINGS

depends on size but normally  
it is done for special occasions  
so 4-8 persons

## PREP TIME

30 minutes - 1 hour

## COOKING TIME

old style: 24 hours  
(underground oven)  
modern oven: 3-4 hours

## DIRECTIONS

1. Mix all ingredients (except the lamb).
2. Marinate the meat in the mixed spices.
3. Wrap the meat in dry banana leaves, then wrap it with aluminum foil.
4. Put the Shuwa in an underground oven (in Arabic 'Tandoor') where it is cooked for one to two days, or you can use the modern oven to roast the Shuwa in a 250° F oven for 3 to 4 hours or until the meat is well cooked.

## PREPARATION TIPS & NOTES

The amount of spices used in this recipe is adapted to your preference. Use less or more!

You can eat the Shuwa with rice or bread and salad.

## WHY IS THIS RECIPE PERFECT?

Because we prepare it for special occasions; special events always need special food.



## SULTAN AL SHEREIQI

Sultan Qaboos University  
Oman

Administrative staff in the  
College of Medicine and Health  
Sciences, helping to facilitate the  
visit of international medical  
students to SQU



Spice, crisp, a mix of  
flavours and smell of  
smoke (when cooked it  
underground).

# SULTAN QABOOS UNIVERSITY OMAN



## COOPERATION WITH MED UNI GRAZ

- Bilateral cooperation agreement:  
student exchange for clinical  
rotations, research cooperation

Established in 1986, Sultan Qaboos University is the only public university in Oman. The College of Medicine was founded in 1986 and became the College of Medicine and Health Sciences (COMHS) in 2002. From the beginning, the COMHS and Sultan Qaboos University Hospital (SQUH) has recognized teaching, research, training and clinical and community services as their core responsibilities.

SQUH's mission is to provide high quality teaching and training of students at the College of Medicine and Health Sciences in addition to offering general and distinguished specialized clinical services while adhering to continuing professional development for the staff. It also serves as a base for research and innovations in healthcare for the benefit of the community.

The Clinical Elective Program for international students is designed to help them meet their educational mission by discovering the Oman clinical environment, through actively participating in the evaluation of patients with a wide range of cases, while working closely with our physicians and their staff as well as the SQU medical students. The Clinical Elective Office is responsible to facilitate the visit of international students from the application till the students leave the country. The SQU provides accommodation with affordable prices for its international students along with daily transportation from/to the accommodation to/from the hospital.



# SATAY SEASONING

## INGREDIENTS

- 1 tsp turmeric
- 1 tsp chili
- 1 tsp sweet bellpepper powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp honey
- 6 tbs soy sauce
- 2-3 cloves of minced garlic
- 2 cm minced fresh ginger

## NO. OF SERVINGS

seasons around 800g of meat

## PREP TIME

10 minutes

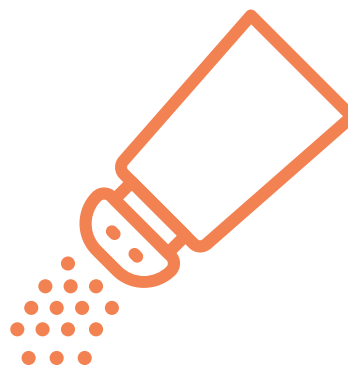
## DIRECTIONS

Mix ingredients and then season meat, tofu, potatoes...

Usually served with peanut sauce.

## WHY IS THIS RECIPE PERFECT?

Perfect for barbecues!



PETRA

Medical University of Graz  
Austria

International Relations Officer,  
mom of 2 and passionate  
cook/baker :)





# FAMOUS-BARR'S FRENCH ONION SOUP

## INGREDIENTS

- 3 lbs. of peeled onions (5 lb. bag of onions will equal 3 lbs. peeled)
- 4 oz. butter or margarine
- 1 1/2 tsp. freshly ground pepper
  - 2 tbsp. paprika
  - 1 bay leaf
- 1/2 cup all-purpose flour
- 3 qts. canned Beef Bouillon
- 1 cup white wine – optional
  - 2 tsp. salt

## NO. OF SERVINGS

8 (2 qts. finished soup)

## PREP TIME

4 hours

## COOKING TIME

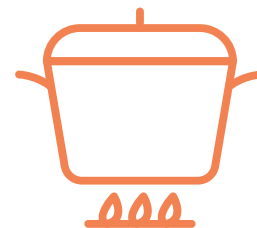
3.5 hours

## DIRECTIONS

1. Slice onions - 1/8" thick.
2. Melt butter, place onions in it, saute slowly for 1 1/2 hours in a large soup pot.
3. Add all the other ingredients except bouillon, saute over low heat 10 minutes more.
4. Add bouillon and simmer for 2 hours.
5. Adjust color to a rich brown with caramel coloring or kitchen bouquet.
6. Season with salt to taste.
7. Put in ice box overnight.

## PREPARATION TIPS & NOTES

Heat soup. Fill fireproof casserole or individual fireproof bowls with 8 oz. of soup, top with three 1 1/2" slices of Famous-Barr French bread and top with 1 1/2 oz. imported Swiss cheese (Gruyere), place under broiler until brown, approx. 5 minutes 550°.



**JAMES R. STEWART MD**

University of Missouri - Kansas City  
School of Medicine  
USA

Cardiothoracic Surgeon, private practice in Colorado Springs, moved to Kansas City in 2009. On the surgery faculty.



*Absolutely wonderful!*

# YALANJI - STUFFED GRAPE LEAVES

## INGREDIENTS

- Vine leaves (rinsed, stalks discarded)

### FILLING

- 1/2 bunch flat-leaf parsley, finely chopped (3 tablespoons after chopping)
- 1/4 bunch mint, finely chopped (2 tablespoons after chopping) or 1 teaspoon dried mint
- 1 onion, finely chopped
- 2 cloves garlic minced
- 1 tomato, finely chopped
- 1/4 teaspoon ground allspice (any spice you like)
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 cup short grain rice, washed, soaked for 10 minutes and drained

### FOR COOKING

- 4 tablespoons olive oil
- 1 lemon, juiced
- 1/2 teaspoon salt
- 1 potato, peeled and thinly sliced
- water or stock

## DIRECTIONS

1. In a pot over medium heat, heat olive oil and brown onions, garlic, tomatoes and rice.
2. Add the salt, ground allspice, mint, parsley and a bit of water and mix well for 2 minutes.
3. The filling is ready when all the liquid elements have been absorbed. Let cool.
4. Place a vine leaf (rough side up) on a work surface and place approx. 1 teaspoon filling in the center along the base of the leaf.
5. Fold the lower third of the leaf over the stuffing, then fold the right side of the leaf over, then the left side and then roll up to enclose filling (repeat this).

## STUFFED GRAPE LEAVES

There are two widely popular versions of stuffed grape leaves, a vegetarian recipe and one including ground beef in the stuffing and is cooked over lamb shanks. I shared with you the vegetarian one.

[NEXT PAGE >>>](#)



JASMIN TAHHAN

Medical University of Graz  
Austria  
/ Syria



*I have always been fascinated by the Syrian cuisine.*



## JASMIN TAHHAN

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Although I was born in Austria, I have always been fascinated by the Syrian cuisine. At home we almost always prepare Syrian/Arabian dishes. I like the idea of sharing international aspects and food between students and I appreciate that the Medical University of Graz offers great opportunities to do that.

## NO. OF SERVINGS

---

4

## PREP TIME

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1 hour

## COOKING TIME

---

45 minutes



6. When finished, line the bottom of a pot with sliced potatoes in order to avoid burning the bottom leaves and tightly pack stuffed vine leaves in the pot.

7. Pour enough water to just cover vine leaves, add oil and lemon juice, cook for a few minutes on high heat until the sauce boils, cover the pot and let simmer and cook for about 35 minutes.

8. Once cooked let rest for about 1 hour to cool down.

## PREPARATION TIPS & NOTES

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While cooking, weigh down stuffed leaves, which lay in several layers forming a pyramid, with a large plate. (helps to prevent the leaves from unravelling)

## WHY IS THIS RECIPE PERFECT?

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This is one of my favorite vegetarian meals. They make for a healthy flavourful meal if you serve them on their own or they can become an appetizer if you serve them along other dishes.



# LENTIL SUGO

## INGREDIENTS

- 1 big or 2 small onions
  - 3-4 garlic cloves
  - 150 g red lentils
- vegetable stock powder
- 1 bottle of tomatoes
  - honey
  - parsley
  - basil
  - salt
  - pepper

## NO. OF SERVINGS

4

## PREP TIME

10 minutes

## COOKING TIME

40 minutes

## DIRECTIONS

Slice the onion and the garlic into small pieces. Take a pot, pour some oil in it and roast the onion and garlic on medium temperature. Add some honey and caramelize the onions and garlic.

In the meantime cut the parsley into small pieces. Add half of it to the onions and the garlic. Add the red lentils, the tomatoes and some water. Add the rest of the parsley and the basil. Season everything with vegetable stock powder, salt and pepper.

Let everything boil on medium temperature until it reaches the desired texture. Stir it occasionally so that the lentils don't stick on the bottom of the pot.

Prepare pasta, put the sugo on it and enjoy.

## PREPARATION TIPS & NOTES

If it gets too thick just add some more water.

## WHY IS THIS RECIPE PERFECT?

It's cheap, healthy and you don't have to be a chef ;-)

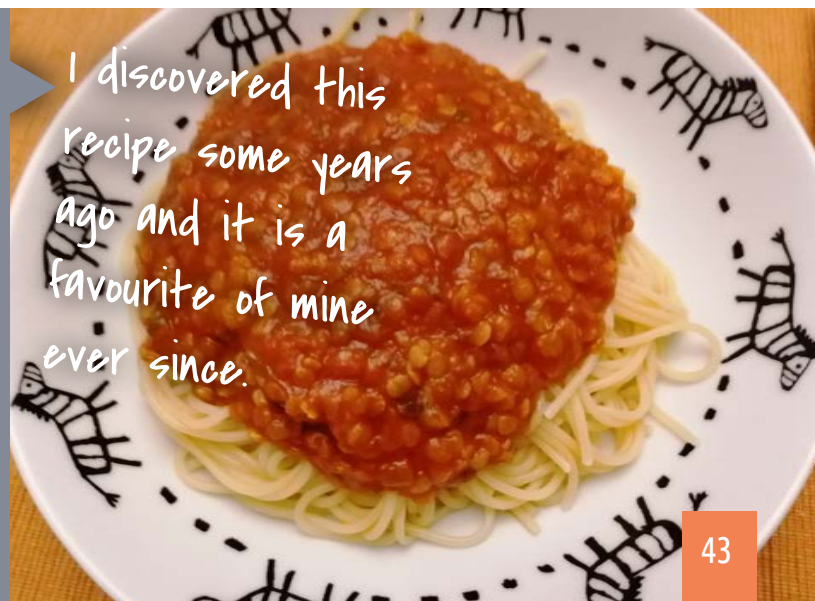
It doesn't need a lot of preparation and is quickly done, even after a long working day.



EVA WEIXLER

Medical University of Graz  
Austria

I've been working in international relations almost all my life. I'm happy to support students to gain international experience to broaden their horizons and their perspectives.



# PIEROGI SWEET OR SALTY

## INGREDIENTS

### CAKE

- 600 g of wheat flour
- pinch of salt
- 250 ml of warm water
- 1 egg

### POTATOFILLING (SALTY)

- 500 g of white or semi-fat cheese
- 500 g of potatoes
- 2 teaspoons of salt (or to taste)
- 1/2 teaspoon of ground herb or black pepper
- optional: 1 small onion

## NO. OF SERVINGS

80 pieces

## PREP TIME

3 hours

## COOKING TIME

2-3 minutes

## DIRECTIONS

Pour the flour into a bowl, add salt. Gradually pour warm water into the flour, stirring everything with a spoon. In the meantime, add the beaten egg and combine all ingredients, knead a smooth dough.

Place on a floured table top and knead for about 7-8 min. Wrap in foil and set aside for approx. 30 min. Divide the dough into several parts and then roll it out into a thin cake (about 2-3 mm), sprinkling the dough with flour if necessary. Use a small glass to cut out circles, stretch them a little between your fingers, then put one heaped teaspoon of stuffing on the center. Fold in half and stick the edges carefully together, put them on the board.

In a large pot, bring salted water to a boil and, when it is boiling, put the first batch of pierogi (about 15 pieces). After re-boiling, reduce the heat to medium and cook the dumplings for about 2 min. from the time they float to the surface of the water (until the dough is soft).

## PREPARATION TIPS & NOTES

The cooking time depends on the thickness.

Fish out to a plate with a slotted spoon.



[NEXT PAGE >>>](#)



## ALEKSANDRA KARAS

Medical University of Lodz  
Poland

I'm working at the International Relations Office and cooking is one of my passions.



Cooking takes a lot of time but it is totally worth it!



## SWEET PIEROGI INGREDIENTS

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- about 500 g of blueberries (fresh or frozen)
- 1 tablespoon of flour (wheat or potato) for dusting the berries

## SWEET PIEROGI DIRECTIONS

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Rinse fresh berries quickly under a gentle stream of water. Pat dry on paper towels, spread on a tray and sprinkle with 1 tablespoon of flour. Take the frozen berries out of the freezer just before making the dumplings (dumplings are easier to stick with frozen fruit).

## POTATO FILLING: DIRECTIONS

Peel the potatoes, rinse, put into a pot, add salt, cover with cold water and bring to a boil. Cook under the lid ajar for about half an hour or until tender.

Drain, put back into the pot and while still hot, mash it thoroughly with a potato masher until smooth, without lumps. Cool the potatoes.

Crush the cheese, crush it with a fork or a press (we do not grind the cheese in a food processor, because the filling will be too thin). Stir in potatoes, season with salt and pepper. Dice the onion and sauté in butter or lard, add to the filling, mix.

## PIEROGI

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Pierogi are an important part of Polish culture and cuisine. They are served in a variety of forms and tastes (ranging from sweet to salty to spicy) and are considered to be the national dish. Typical fillings include potato, farmer cheese, ground meat, mushrooms, or fruits.



# THE MEDICAL UNIVERSITY OF LODZ POLAND



## COOPERATION WITH MED UNI GRAZ

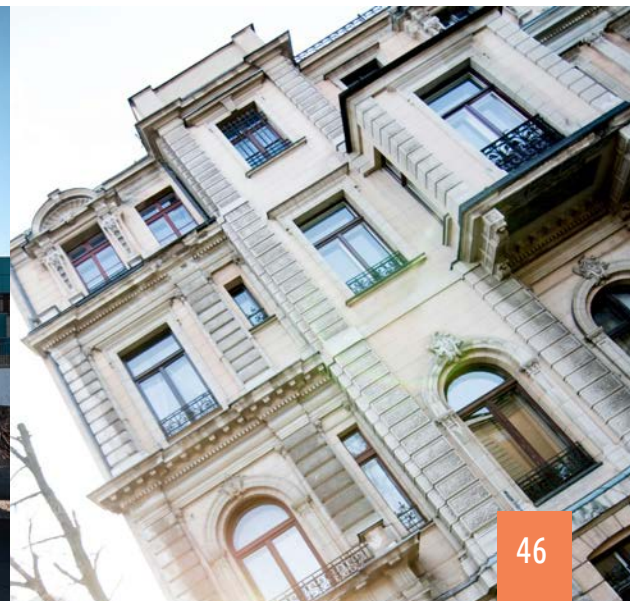
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- Erasmus+ : student exchange  
for studies

The Medical University of Lodz is one of the largest medical universities in Poland. Its tradition goes back to the 1940s. Currently 8,000 students study in five faculties and 15 fields of study. The University also conducts studies in the English language and over 400 foreign students take part in medical and dentistry programmes, as well as doctoral studies. Its clinical facilities include four hospitals that score top positions in national rankings.

The range of educational services offered by the Medical University of Lodz is continually changing and expanding. It considers above all the requirements of the labour market and the Bologna Process. The modern Didactic Centre of the Medical University of Lodz houses unique scientific and research laboratories and a multimedia dental care centre.

The University conducts research characterized by outstanding quality and supports the development of its employees. It responds to the demands of the environment, particularly patients and entities rendering health services, by updating its range of educational and research services. It makes a substantial contribution to the development of the health care system by promoting modern standards of prophylaxis and treatment, and by building long-lasting cooperation with institutions realizing objectives of public health at regional, national and international levels.



# BUBBLE TEA

## INGREDIENTS

### PEARLS

- 55 ml water
- 20 g palm sugar
- 50 g good quality tapioca starch

### TEA

- 450 ml water
- 10 g black tea or English tea

## NO. OF SERVINGS

2

## PREP TIME

1 hour

## COOKING TIME

30-40 minutes

## DIRECTIONS

### PEARLS

1. Melt palm sugar with water on low-heat.
2. Turn off the heat when boiled and add tapioca starch.
3. Keep mixing until cool enough to knead using hands.
4. When the dough is no longer sticky, lightly knead with hands.
5. Lightly dust your hands with flour, and pick up a small piece of dough and roll to form a "pearl" shape.
6. When all the dough is rolled into pearls, add pearls into boiling water for 50 minutes.
7. Turn down to low-heat to simmer for 20 minutes and then turn off the heat.
8. Wait for another 15 min. when all the pearls turned translucent.
9. Set aside to make it cooler.

### TEA

1. Add black tea into boiling water and wait for 2 mins.
2. Add milk and mix it.
3. Finally, add pearls into the milk tea, and enjoy it.



## BUBBLE TEA

Bubble Tea was invented in 1980's, a beloved Taiwan classic.



NATIONAL TAIWAN  
UNIVERSITY

College of Medicine

*This recipe is  
fun and easy  
to make*





# NATIONAL TAIWAN UNIVERSITY COLLEGE OF MEDICINE, TAIWAN



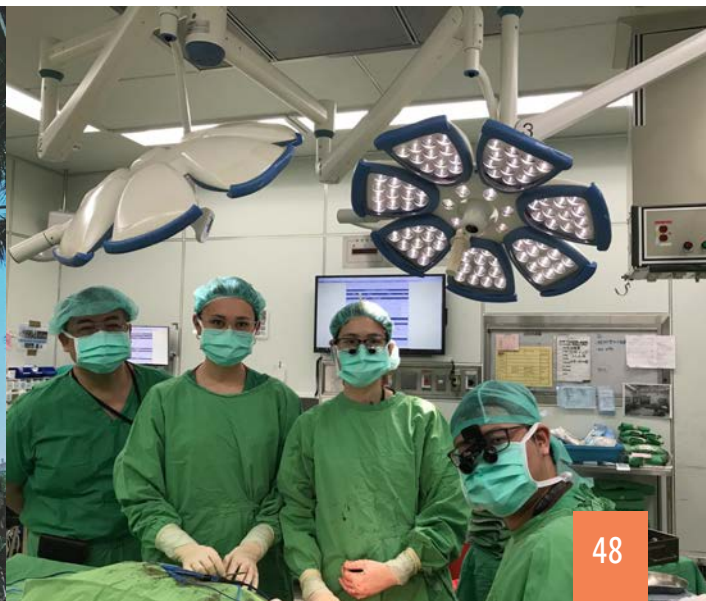
## COOPERATION WITH MED UNI GRAZ

- Bilateral cooperation agreement:  
student exchange for clinical  
rotations, research cooperation

Taiwan, the home of National Taiwan University (NTU), is located right in the heart of East Asia, making it the perfect location from which to explore East and Southeast Asia. Taiwanese culture is evidently rich and deeply historical. Large collections of ancient Chinese artifacts and traditional arts and crafts are preserved in museums across the island and attest to the historical significance and cultural diversity of Taiwan.

Established in 1928, National Taiwan University College of Medicine (NTUCM) is a leading medical school in Taiwan and the Asia Pacific region. To promote research excellence, the school has strong international collaborations with renowned institutes around the world.

NTUCM's highly-regarded research-driven education, which involves a rich clinical practice and a high quality healthcare research, is subjected to be tailor-made to meet individual student's learning objectives. To reach that aim, each exchange student of NTUCM is eligible to do his or her internship in the NTU-Hospital Healthcare System for 4-6 weeks (up to a maximum of 14 weeks) to have a comprehensive understanding of the healthcare in Taiwan, which is the best and the largest healthcare system in Taiwan.



# DARK CHOCOLATE NUT CAKE

## INGREDIENTS

### CAKE

- 4 free-range eggs
- 14 dag butter
- 14 dag powdered sugar
- 8 g (1 package) vanilla sugar
- 7 dag dark baking chocolate
- 10 dag all-purpose wheat or spelt flour sifted with 4 g (1/4 package) baking powder
- 7 dag finely grated hazelnuts or almonds
- 1-3 tablespoons whole milk

### GLAZE

- 10 dag dark baking chocolate
- 10 dag butter

### DECORATION

- nuts, sprinkles, what ever you feel like

## NO. OF SERVINGS

How many slices of cake can you eat? (one whole cake)

## PREP TIME

20 minutes cake  
15 minutes glaze

## COOKING TIME

35 minutes baking time

## DIRECTIONS

1. Beat the egg whites until stiff.
2. Melt butter and combine with sugar, vanilla sugar and yolks and stir until frothy.
3. Melt chocolate in water bath.
4. Alternately add flour/baking powder and milk to the batter.
5. Add last bit of flour with the egg whites.
6. Grease *Gugelhupf* baking mold and add batter.
7. Bake for 35 min in pre-heated oven (180°C).
8. Cool on baking rack.

## PREPARATION TIPS & NOTES

Make sure the batter is really frothy before adding the flour/milk/egg whites.

For extra taste add some rum in step 4 (use a bit less milk in that case).

Serve with whipped cream.

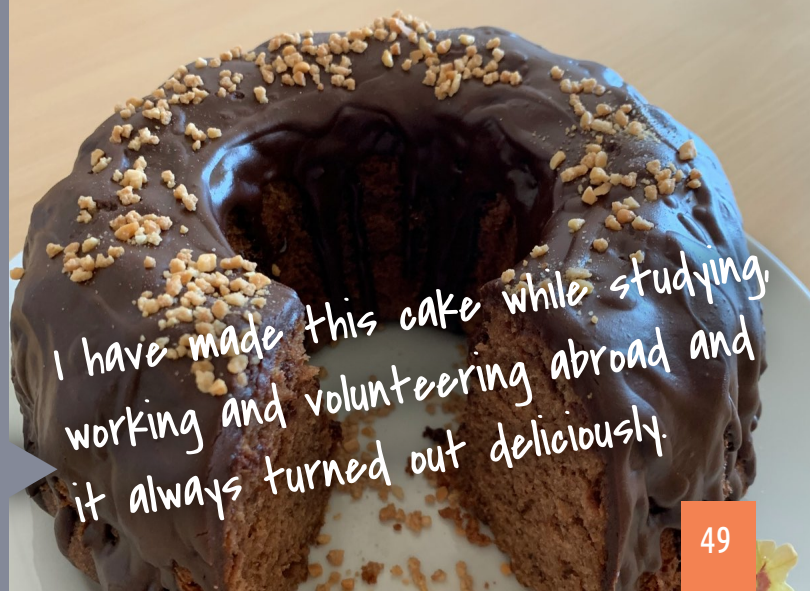
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## HEIDI MOERTL

Medical University of Graz  
Austria

Director International Office  
at Med Uni Graz  
and world traveler





## HEIDI MOERTL

This easy recipe, a special chocolate cake usually made in a water bath, comes from my great aunt. I love to bake fancy cakes and sometimes when living abroad I have to revert to simpler recipes as ingredients differ.

I have made this cake while studying, working and volunteering abroad and it always turned out deliciously.



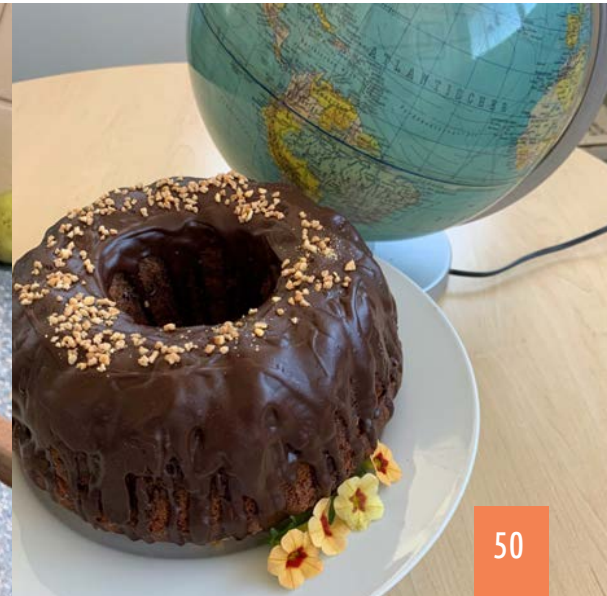
### GLAZE

1. Combine chocolate and butter and melt in water bath.
2. Glaze the cake and let glaze dry.



### WHY IS THIS RECIPE PERFECT?

During stressful exam-periods we all know that a bit of sugar can do the trick and bring students back on track. One could argue that the nuts contained have numerous health benefits, but to be honest, it is just a cake that tastes heavenly and is easy enough to make no matter where you are!



# ANZAC BISCUITS QUICK AND EASY

## INGREDIENTS

- 150 g plain flour
- 80 g desiccated coconut
  - 90 g rolled oats
  - 110 g white sugar
  - 55 g brown sugar
- Unsalted butter 125g
- 2 tablespoons golden syrup (You may use maple syrup or honey)
- 1/2 teaspoon baking soda (also called bicarbonate soda)
- 2 tablespoons boiling water

## NO. OF SERVINGS

About 20

## PREP TIME

10 minutes

## COOKING TIME

15 minutes

## PREPARATION TIPS & NOTES

Please have the following ready:

- 1 large mixing bowl
  - 1 sieve
- 1 small saucepan
- 1 or 2 baking trays lined with non-stick baking paper

## DIRECTIONS

1. Preheat oven to 160°C.
2. Mix together the flour, desiccated coconut, rolled oats and both sugars in a large bowl.
3. Heat the butter, syrup and water in a small saucepan, until the liquid mixture is smooth.
4. Stir the baking soda into the liquid mixture. As the mixture will bubble, please remove the saucepan from heat.
5. Pour the liquid mixture into the large bowl to combine with the dry ingredients. Mix thoroughly until fully combined.

NEXT PAGE >>>

## WHY IS THIS RECIPE PERFECT?

Anzac biscuits are not only delicious but also very easy and cheap to make. The biscuits are dairy-free, egg-free and suitable for vegetarians.

The sweet biscuits are perfect snacks for busy medical students! They are packed with healthy ingredients like rolled oats, coconut and honey. And you don't even need a food processor, which is perfect for beginner bakers!



IRENE HUI

The University of Queensland  
Australia





## IRENE HUI

I am passionate about international education and food! My own study experiences in Asia, Australia and Europe are life-changing and enable me to become more confident and curious.

I enjoy living in Brisbane, a vibrant city with more than 300 days of sunshine. Based at the Faculty of Medicine of the University of Queensland (UQ), I help build a globally connected medical student community through developing international partnerships and facilitating student mobility programs, including the Erasmus+ project partnered with the Medical University of Graz.

Anzac biscuits are one of my favourite biscuits to eat – while some like it crisp, I like mine to be a bit soft and chewy.



6. Roll tablespoonfuls of the mixture into bite-sized balls, then place on a baking tray lined with non-stick baking paper.
7. Gently press each ball down to flatten slightly.
8. Bake at 160°C for 10 to 15 minutes or until golden brown. The biscuits will be soft when they first come out of the oven. The biscuits will harden when cool.
9. Enjoy! The biscuits are best served with a nice cup of tea.
10. You can store the biscuits for two weeks in an airtight container at room temperature.

## ANZAC BISCUITS

Anzac biscuits are an important part of the Australian history and culture. Anzac stands for Australian and New Zealand Army Corps. Anzac biscuits were made as a wartime treat during the World War I, when egg supplies were short. To show their support, families and friends in Australia often sent parcels, including food, to the Anzac soldiers fighting abroad. People baked these delicious homemade biscuits using rolled oats, golden syrup and other ingredients that could remain edible for weeks while being transported overseas.

These biscuits have come to be known as Anzac biscuits and are still very popular in Australia, especially on and around Anzac Day (25 April) to keep the Anzac spirit alive and honour the veterans and service members.



# THE UNIVERSITY OF QUEENSLAND AUSTRALIA



## COOPERATION WITH MED UNI GRAZ

- Bilateral cooperation agreement:  
student exchange
- Erasmus+ International Credit  
Mobility: staff exchange, student  
exchange for clinical rotations

The University of Queensland, ranked consistently as one of the world's top universities, has educated and worked with outstanding people to create positive change for more than a century.

With two research-intensive schools and five hospital-based institutes, our Faculty of Medicine has made several research breakthroughs that have significantly improved the lives of people globally.

We're the leading medical education and research provider in Queensland, Australia, and our medical program is unmatched in its reputation.

We develop medical graduates committed to lifelong learning, with enhanced critical reasoning and communication skills, a high awareness of ethical and professional responsibilities to patients and their community, skills to cope with challenges - both technical and humanistic, and a desire to contribute to the ongoing evolution of medical research.

Our educators and researchers are committed to advancing global health through a shared ambition to make a positive difference in the world – will you be a part of it?



# GLÜHMOSTTORTE (MULLED CIDER CAKE)

## INGREDIENTS

### DOUGH

- 300 g flour
- 200 g butter
- 100 g powdered sugar
- 1 small egg
- one pinch of salt

### FILLING

- 5 large apples
  - 2 packages instant vanilla pudding mix
  - 1/2 l apple cider (or apple juice)
    - cinnamon bark
    - cloves
    - star anise (whole pods)
    - cardamom (whole pods)
    - 4 tablespoons sugar
- (if you use apple juice instead of cider, only 2 spoons of sugar)
- 1/2 l whipped cream
  - ground cinnamon (to sprinkle on the cake)

## NO. OF SERVINGS

10

## PREP TIME

90 minutes

## COOKING TIME

35 minutes

## DIRECTIONS

Make a short dough from the listed ingredients. Roll out the dough and lay it into a springform pan (up to the top of the pan).

Wash the apples, core them and cut them into thin slices. Fill the springform pan with the sliced apples.

Add sugar, cinnamon bark, cloves, star anise and cardamom to the cider/apple juice and prepare a mulled cider. Remove the spices, then stir in the vanilla pudding mix to make a pudding.

Pour the hot pudding over the apple slices and shake the springform a tiny little bit to prevent air bubbles.

Bake for 35 minutes at 180 °C (the cake must bubble). Let cool for a few hours.

## WHY IS THIS RECIPE PERFECT?

It's one of my favourites!

It goes with few local ingredients and tastes in any season.

[NEXT PAGE >>>](#)



MARTINA  
FRAISSLER-ELLER

Medical University of Graz  
Austria





## MARTINA FRAISSLER-ELLER

I work in the continuing education field of Med Uni Graz ("Postgraduate School") which is partly international too, due to audience/students from all over the world. We offer postgraduate courses in German as well as in English -- so take a look at our website!

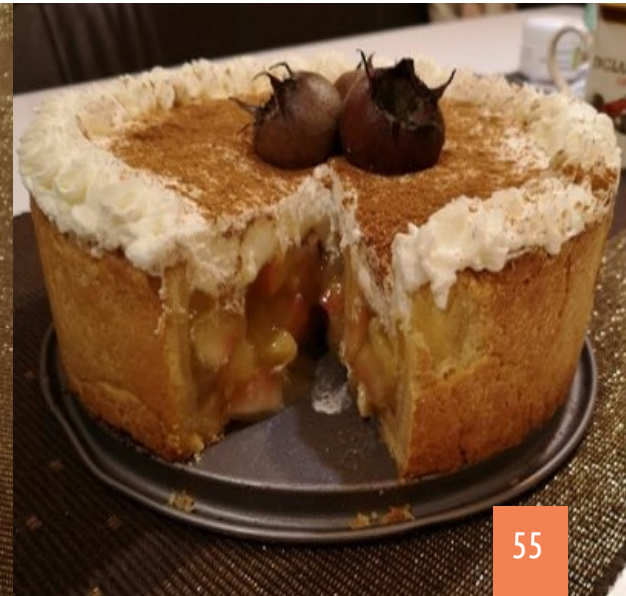
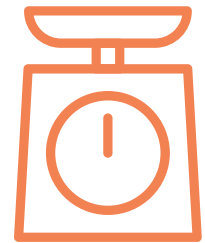
However, my first steps at Med Uni Graz were three years in the International Office where I spoil my colleagues with such a cake sometimes...



Whip the cream. Spread  $\frac{2}{3}$  of the whipped cream over the cake and smooth it out so that it is even with the top of the pan. Use a piping bag for the rest of the whipped cream to create rosettes.

Sprinkle ground cinnamon on the cake.

Enjoy!





# GRANDMA'S APPLE PIE WITH CRUST

## INGREDIENTS

- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1 cup butter, chilled and diced
- 1/2 cup ice water
  
- 1/2 cup salted butter
- 3 tablespoons flour
- 3 teaspoons cinnamon
- 2 teaspoons nutmeg
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 1 teaspoon vanilla
- 8 Granny Smith apples - cored and cut into small squares, peeled or not peeled

## NO. OF SERVINGS

8

## PREP TIME

30 minutes

## COOKING TIME

55 minutes

## DIRECTIONS

Preheat oven to 425 degrees F (220 degrees C).

Melt the butter in a saucepan and stir in the flour to form a paste. Add the cinnamon, nutmeg, water, white and brown sugar, and bring to a boil. Reduce temperature to low and add vanilla. Let simmer.

Grab the refrigerated dough and cut it in half. Roll each half out to fit a 9 inch pie pan. Place one rolled out homemade crust in the 9 inch pie pan.

Fill with squared apples, mounded slightly. Pour 3/4 of the saucepan butter mixture evenly over the apples.

## PREPARATION TIPS & NOTES

Bake 15 minutes in the preheated oven. Then reduce the temperature to 350 degrees F (175 degrees C).

Continue baking for 35-45 minutes, until the apples are soft. About ten minutes before the end of the baking period, check the pie. The apple mixture will be bubbling. If the top crust is golden, but the pie has not yet finished baking, cover the pie to prevent it from burning.

Let the pie cool for at least 15 minutes. Serve with a scoop of vanilla ice cream and caramel drizzle. Enjoy!

NEXT PAGE >>>



COURTNEY E DORRIS

University of Missouri - Kansas City  
School of Medicine  
USA



This pie recipe is a family favorite around our winter holidays including Thanksgiving and Christmas.



## COURTNEY E DORRIS

My name is Courtney and I am a third year medical student in the United States. I really enjoy cooking and especially baking. My favorite part about baking something delicious is being able to share with my family and friends. That first bite compliment is something I always look forward to! Growing up, my grandmother and father taught me the art and love of baking and it has since been one of my favorite hobbies.

This pie recipe is a family favorite around our winter holidays including Thanksgiving and Christmas.



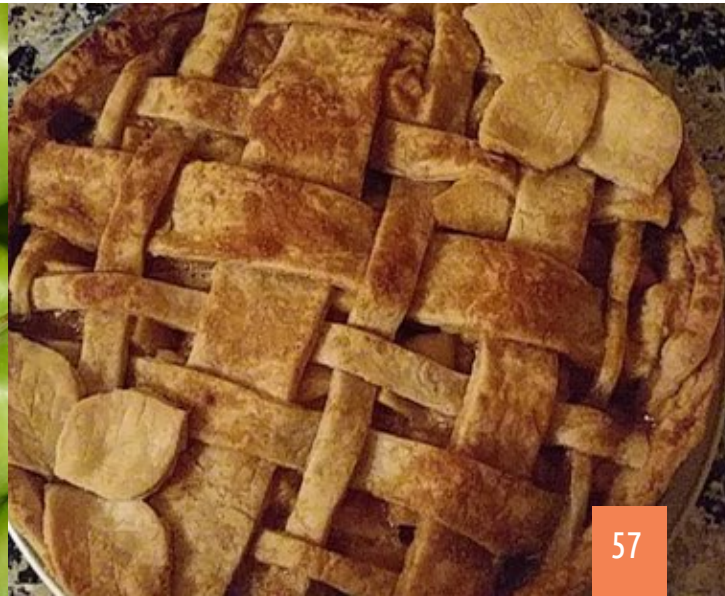
With the second homemade crust, cut into 1/2 inch wide strips to form a lattice work crust.

Individually place the strips over the top of the mounded apples to form the lattice and firmly press the edges on top of each other on the outside of the pan.

Pour the remaining 1/4 of the saucepan butter mixture evenly over the top of the lattice work crust, allowing it to spill into the pie. This will cause the top crust to become beautifully browned while baking.

## WHY IS THIS RECIPE PERFECT?

.....  
In the midst of a snowy winter evening, a fire in the fireplace, family and friends gathered around and laughing, candles glowing, you cut this pie. Serving it warm with vanilla ice cream and a caramel drizzle, you eat it and fall into a contented daze. It hardly gets better than this!



# SCONES

## INGREDIENTS

- 500 g flour (universal)
- 1 pkg. baking powder
  - 3 eggs (medium)
- 80 g granulated sugar
  - 100 g butter (soft)
- 200 ml yoghurt (3.6 % fat)
  - 2 pcs. yolk (whisked)

## NO. OF SERVINGS

approx. 15 scones

## PREP TIME

15 minutes

## COOKING TIME

20 minutes

## DIRECTIONS

Sift flour with baking powder. Whisk eggs with granulated sugar and 1 pinch of salt. Crumble flour mixture with butter and yoghurt. Add the mixture to the egg mixture and knead quickly to a smooth dough.

Preheat the oven to 170° C. Cover baking tray with baking paper. Roll out the dough on a well floured surface to a thickness of approx. 3 cm and cut out 15 slices (Ø 5 cm). Place the slices on the baking tray, spread a thin layer of yolk on them and bake in the oven (middle shelf) for 20 minutes. Remove and let cool down.

Serve with butter and jam.



## WHY IS THIS RECIPE PERFECT?

Scones are the perfect breakfast for a cozy Sunday.



## BIRGIT VOGEL

Medical University of Graz  
Austria

- Coordinator for Erasmus incoming students at Med Uni Graz
- Erasmus stay as a student in Limerick, Ireland
  - Mother of two
- Loves reading, hiking and playing the piano



*Eating scones always reminds me of my Erasmus stay in Limerick, Ireland.*