







COOK VVITH FRIENDS

Cork Volunteer Centre









Cork Volunteer Centre September 2023 1st Edition





Let's Cook!

Cork Volunteer Centre is working to support migrant communities that have made Cork their new home. Relocation can be challenging whether it is a personal choice, or due to uncontrollable circumstances. Our focus at the moment is on promoting integration and supporting these people to get more involved in their local communities.

The concept of this recipe book is to help bridge the gap between communities. For this initiative we hope that it will start conversations and help share local culture and traditions from Cork, Ukraine and other migrant backgrounds living in Cork, with thanks to funding received from the Department of Rural and Community Development, we have been able to bring this project to fruition.

From the outset we collaborated with participants in our weekly Conversation Café, where migrants and locals from all backgrounds gather to practice their conversational English. We asked people to share recipes that showcased their culture, or resonated with good memories.

This recipe book captures recipes from many different cultures, and through their stories and the process of cooking, we hope you will sample a flavour of Cork's diversity.

We are grateful for all those involved in the process, from concept to completion, and we hope you find joy as you breathe life into these recipes.

Mina, Adam and Volo



Carol's Brown Bread

INGREDIENTS

280 gr wholemeal flour 170 gr white flour ½ tsp bread soda ½ tsp salt 300ml sour milk

PREPARATION'

Preheat the over to 200°C.

Grease a loaf tin.

Add the wholemeal flour into a bowl, and sieve the white flour and salt into it.

Put the bread soda in the palm of your hand, press out the lumps and sieve into bowl.

Mix well.

Make a hole in the centre of your mixture and slowly add enough sour milk to mix to a soft dough.

Pour the bread mixture into the loaf tin.

Bake in oven 200°C for about ¾ of an hour.

Cool on a wire tray.

Difficulty



Cook Time 45 minutes



Notes

If you do not have sour milk, buttermilk can also be used.

Serve with

Traditionally served with creamy Irish butter. spread on top.

Serve as a side to soup

Savoury toppings:

Brie & cranberry sauce.

Blue Cheese,

Spiced Beef & Swiss Cheese.

Sweet toppings:

Lime /Orange Marmalade.

Strawberry jam & clotted cream



Zahra's Qabli

INGREDIENTS

500gr basmati rice 500gr meat (beef or lamb) 2 onions 3 carrots (sliced) 50gr raisins Pistachio slices Almond slices

Garam massala Salt Cardamom Garlic Sesame oil Vegetables: spinach, chives Green peppers

PREPARATION)

First we wash the rice two hours before we prepare to cook and we wet the rice.

We slice the onions and fry them with oil.

Then we add the sliced garlic and add meat cubes.

We add garam masala and some water to cook

We boil some water in another pot and we add rice, cardamom and salt. After we boil it, we drain the rice. Then we heat the sesame oil.

We add a little rice to a pot, then a little meat. Then rice, then meat and at the end, we add the fried carrot, raisins, almonds and pistachio. At the end we add oil then we put the pot on heat for 30 min.

We fry extra vegetables (spinach and chives)



Difficulty

Prep Time 2 hours

Cook Time
50 minutes



Serve with

We serve with fried vegetables and fried potatoes.





Farahnaz' Bolaní

INGREDIENTS

2 ½ cups of flour 500gr chives ¾ cup of Water 1 tsp Salt Chill 2 Table Spoons Oil 500gr potatoes Black pepper 1 tsp Yeast Garam massala Salt Cardamom Garlic Sesame oil Vegetables: spinach, chives Green peppers



PREPARATION'

First, we need to make the dough with flour, salt, water and yeast and we let it rest for 2 hours.

Then, we wash the potatoes and boil them in water for 20 minutes.

We put tomato, coriander, garlic, chili, walnut and lemon in a mixer. Keep the mix in the refrigerator.

Mash the potato and mix it with heated oil, salt, black pepper, chilies and chives.

We divide the dough into small pieces.

Roll out a piece of dough and make a flat, thin circle. spread the mashed potato with the herbs on it and fold the dough into a half moon shape.

Fry it into a heated pan with a bit of oil and eat with the chutney sauce.

CHUTNEY

500gr tomatoes 100 gr coriander 5 garlic cloves 20 gr chili 4 walnuts 2 lemons



Prep Time 2 hours

Cook Time 50 minutes

Notes

Yes, 500gr of chives is the right amount. You can also substitute them for spring onions

Serve with

If you want, you can accompany this recipe with doogh. Mix all the ingredients below and you have the perfect drink for bolani.

Doogh (drink)

2 cups plain yoghurt ½ cup dried mint 1 tbsp. dried rose petals 1 tsp salt



also near a part of London (the East End) where there are a lot of Indian people and it's my favourite dish. We used to eat lots of vegetarian curries and I like the spices you put in them.

You must like spicy (hot) food if you want to eat this dish!

Chris' Cauliflower & Chickpea Curry

INGREDIENTS

1 cauliflower 1 tin (400g) chickpeas 1 onion 1 red bell pepper 1 tsp cumin (ground) 1 tsp coriander

3 table spoons of Vegetable oil

3 cardamoms 500ml bouillon 2 hot chillies 3 cloves garlic 200 mushrooms 1 tin coconut milk ½ tsp garam masala

PREPARATION

Heat 3 tablespoons of vegetable oil in a pan over a medium heat and sauté the onion until soft.

Add mushrooms chili, garlic and pepper and fry lightly for 5 minutes.

Slowly add the bouillon and spices then cover with a lid, letting it simmer over a low heat for 5 minutes.

Add the cauliflower, chickpeas and cook for another 10 minutes,

Add 1 tin of coconut milk and cover with a lid. Simmer over a low heat, for 10 minutes or until the sauce has thickened and the cauliflower is tender.

Difficulty

Prep Time
10 minutes

Cook Time
40 minutes



Serve with

It is best served with rice and/or naan bread. You can add yoghurt and/or chutney on the side as well as sprinkling some coriander leaves on top as you serve it.





Sugely's Pozole

INGREDIENTS

Lettuce 250gr chicken Sauce 500gr sweetcorn 4 tomatoes 1 onion 1 garlic head Radish Oregano Black pepper 2 Habanero pepper 2 Guajillo pepper

PREPARATION)

Heat water in a pot with sauce, tomatoes, garlic and onion until the tomatoes turn soft.

Fry the habanero and the guajillo pepper

Put tomatoes, onion, habanero pepper, guajillo pepper and black pepper in a blender. Mix until you have a soup.

Put the sweetcorn in a pressure cooker until the grain is soft.

Pour the soup mix into a pot and add the sweetcorn.

Wait until it boils.

Once it boils, it's ready to be served with all the toppings.

Difficulty

Prep Time 5 minutes

Cook Time 45 minutes



Notes

You can substitute the peppers with jalapeno, chipotle, or any other type of hot pepper.

Serve with

Serve in a bowl with lettuce, oregano, radish and tostadas.

Tostadas are tortillas that have been baked to get crispy.



Lyubou's Cabbage Rolls

INGREDIENTS

1 green Cabbage 1 Onion 1 Carrot 1kg minced meat 500ml Tomato paste 250ml Sour cream



Salt Pepper 1 tsp Parsley ½ tsp garlic powder Water

PREPARATION)

Scald the cabbage in boiling water until soft and transparent.

Saute onions and carrots in a pan with oil.

Add the minced meat

Mix the sauteed vegetables and mince meat together and add spices

Wrap the prepared mixture into cabbage leaves

Pour tomato paste and water over the cabbage rolls and simmer until ready

Serve cabbage rolls with sour cream

Eat and enjoy!

Difficulty

Prep Time 5 minutes

Cook Time 45 minutes



Make sure to get a cabbage with big leaves. Remove the hard stem of the leaf.

Serve with

Sour cream, dill or parsley are great toppings for these cabbage rolls When Gosia was a child, she spent her winter school break (usually the end of January/beginning of February) at her grandparents' place in Jachcice. Jachcice is an old and beautiful district of Bydgoszcz (Gosia's home city) with a wonderful forest and many places for sledging. Every year, Gosia's grandad made faworki to celebrate Grandmother's Day (21st January) and Grandfather's Day (22nd January), but also whenever after their snow adventures they needed to warm up and eat something comforting.







Gosia's Faworki

Prep Time 5 minutes

Difficulty

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Cook Time 30 minutes



Grandad Zenek used to use spirit and lard but younger generations usually use vinegar and oil.

Serve with

Sugar!

And a hot drink, like tea or coffee



INGREDIENTS

2 cups of flour 4 yolks 1 tablespoon of spirit or vinegar 1/2 teaspoon of sugar 1/2 teaspoon of salt a small cup of thick sour cream (available in polish shops) oil or lard for frying icing sugar for sprinkling

PREPARATION)

Pour flour on the table, make a hole.

Add salt and sugar, then yolks and spirit/vinegar.

Pour in the sour cream stirring with a fork Knead the dough well by hand and then beat it very well with a wooden rolling pin.

Divide the dough into 3-4 parts and roll out each one as thin as possible. Cut she'ets into rhombus shapes.

Fry in well-heated fat until golden.

Sprinkle with icing sugar and serve with love!



Iryna's Borsch

INGREDIENTS

2-3 potatoes ½ cabbage 1-2 beets 3-4 tablespoons of tomato sauce 1 onion 200-400gr pork or beef 20-30gr oil

PREPARATION

Cut the meat into small pieces. Add some of the oil into a pan and cook for 10 min.

Throw in the chopped potatoes and cook for another 20 min

Throw in finely chopped cabbage and cook for another 20 min.

Separately, fry finely chopped onions with grated beets. Add tomato sauce. (and water?)

Check the softness of the meat and potatoes and throw it in the pot with the onions and beets. Cook for 10 min.

Add salt, pepper, bay leaves and dill to taste.



Prep Time 5 minutes

Cook Time
45 minutes



The recipe you see here is the one Iryna grew up with. Every family would have their own variation of borsch.

There are millions of ways to make this dish

Serve with

Try adding a bit of sour cream to the soup, as well as dill, or parsley.

You can accompany this dish with rye bread or sourdough bread





Veronica's Empanadillas

INGREDIENTS

50gr butter 450gr flour 200ml water 5g salt 1 egg 300gr tomato sauce 200gr tuna 2 hard boiled eggs







PREPARATION)

Add the butter and water to a saucepan and heat it on low heat until the butter has melted.

Transfer the mix into a bowl and add all the flour. Mix well with a spoon and then knead it.

Shape the dough into a ball and let it sit for a couple of hours or put it in the fridge for half an hour.

Boil the 2 eggs

In a bowl, mix the tomato sauce with the tuna and the hard boiled eggs cut into pieces

Take the dough out of the fridge. With a knife, divide it into four parts. Roll the dough and use a circle cutter to make the shape of the water

Put the mix on the middle of the wafer and then fold. Use a fork to stick the edges to one another

Mix the egg and use a brush to spread it on the wafers

Place them on an oven tray and bake for 20 minutes at 200 degrees or fry them with plenty of oil.

Difficulty

Prep Time
30 minutes

Cook Time 2 hours



Notes

You can use store bought dough that's already cut and shaped. Alternatively you can use the same recipe to make a big empanada. The procedure would be similar to that of making a pie.

Serve with

A simple salad can be the perfect side for this dish..

Alternatively, you can enjoy it as a snack at any time of the day



Andrea's Gazpacho

INGREDIENTS

1kg tomatoes
1 bell peper
1 cucumber
2 garlic cloves
50ml olive oil
50gr bread
250ml water
Salt
30ml vinegar (it depends on the tastes)



PREPARATION

We must cut up all the tomatoes, pepper, cucumber and garlic.

Then you mix all of that with the oil, water, vinegar and bread.

Finally, you add everything into a blender.

You could strain it before serving it if you don't like to find bits.

Difficulty

Prep Time 5 minutes

Cook Time
10 minutes



Notes

This simple recipe is the perfect cold soup to eat during hot summer days. Some people have gazpacho as a drink to go with their lunch.

Serve with

Fried fish, pasta salad, or other refreshing summer dishes are perfect for gazpacho.



INGREDIENTS

For the bechamel:

200 gr Ham cubes* 1 small Onion 1 Garlic clove 100gr Butter 1 L Milk 100gr Flour For frying

Flour Eggs (beaten eggs) Breadcrumbs Olive oil

PREPARATION)

In a saucepan, add the butter and let it melt. Once melted, add the chopped onions and garlic.

Once the onion starts becoming translucent, add ham cubes and let it turn golden brown.

Next, add flour to the pan and stir until you get an oatmeal consistency.

Get a whisk and add the milk slowly. Stir the mix to prevent lumps. Using milk that's at room temperature will also help prevent lumps. The sauce will start to thicken as the liquid evaporates (approximately 20 min). You need a thick consistency that will allow you to shape the sauce into croquettes.

Pour the mixture into a container and let it cool in the fridge overnight. This will harden the bechamel even more.

After that, cut and shape the bechamel sauce into individual croquettes.

Coat them first in flour, then in beaten egg and finally breadcrumbs.

Fry them in hot oil. When it's done, remove the croqueta from the pan and drain the excess oil

Difficulty

Prep Time
1 day

Cook Time
1.5 hours



Serve with

Tomato or potato salad can be a great side dish

Fries are also a great option



Delany's Arepas

INGREDIENTS

Dough

Filling

2 cups of cornmeal (Doña Arepa or Pan) 2 and 1/2 cups of water Salt 4 sausages 1 Chicken fillet 200gr mince meat 1 tomato 1/2 onion 1 celery tick



PREPARATION

Mix the flour, water and salt in a bowl. Knead until well combined and a soft dough forms. Shape dough into balls the size of a medium orange. Place each ball between two sheets of plastic wrap and flatten with a rolling pin to the desired thickness.

Spray a griddle with cooking spray and set over medium-high heat. Working in batches, cook arepas in the hot griddle until golden brown. About 5 minutes per side.

Saute the meat and chicken with the tomato, onion and celery. Add the sausages last and mix everything.

Fill the arepas with the stuffing.

Difficulty

Prep Time
10 minutes

Cook Time 1.5 hours



Notes

Arepas are traditional from Venezuela and Colombia. There are many variations and fillings for this dish.

Serve with

Aji and avocado sauce

To make this sauce, all you need is a small tomato, a bit of onion, cilantro, ai'i (a type of pepper), half an avocado and a bit of olive oil and water. Chop everything into small cubes and you've got yourself the perfect sauce.



Alice's Apple Tart

INGREDIENTS

250gr Plain flour 125gr Butter 150ml Cold Water 3 - 4 large Cooking Apples, Icing Sugar Milk Ground Cloves

PREPARATION



Preheat oven to 200°C.

Add the flour to a large bowl, with a teaspoon of icing sugar and grate the butter on top.

Pinch the mixture together until the butter has combined with the flour.

Gradually add the water, ensuring it does not get too sticky. (If it does, add a little more flour). Divide the mixture in half, and roll each into a pizza sized circle.

Lightly rub some butter into the base of your circular tray, and add one half of the rolled pastry ensuring there are no holes on any edges. Allow the pastry to drape over the edges of the dish.

Slice your apples and layer the slices starting from the outside, inwards.

Sprinkle a light covering of icing sugar and ground clove over the apples.

Rub some milk around the outer edge of the pastry, and place the second layer of pastry on top. Use the bottom, flat side of a fork to firmly stick both layers of pastry around the edge.

Trim the edges of the pastry, and poke two holes in the centre top of the pastry to allow steam release.

Bake in the oven for 25 - 30 minutes (or until golden).

Difficulty

Prep Time
10 minutes

Cook Time 50 minutes



If you have any leftover pastry, why not wrap them around some berries or apple for some tasty snacks.

Apples can be replaced with Rhubard.

Serve with

This tart is delicious warm or cold, and best served with fresh cream, berry sauce, or custard. I learned this dish from my mother in law. it is a life saver for those cold winter days, as it warms your body and your heart.
Soto ayam is a dish eaten in many of the Indonesian islands.
Depending on the region or the person, it is eaten with sticky rice, pandan rice and/or vermicelli. My preference is broken pandan rice, though it can be difficult to find at times.





Wilma's Soto soup

INGREDIENTS

For the broth: A piece of shank meat 2 l'emongrass sticks 1 piece of galangal 5'to 6 lime leaves Soto ayam bumbu* 2 chickén fillets (500gr)



Toppings: Crispy fried onion Bean spouts Spicy sambal 1 to 2 cups or rice Potato sticks 4 hard boiled eggs

PREPARATION)

Start by preparing the rice in the rice cooker and boiling the eggs.

While the rice is cooking, boil the chicken fillets in boiling water with the bumbu. Approximately 2 litres of water. Once the chicken is ready, scoop it out of the pot and let it cool down.

Add the shank lemangrass, galangal and lime leaves to the boiling water. If you want to extract the flavours of the galangal and lemongrass, slice lengthwise and crush it a bit.

Lower the heat and cover the pot with a lid. Let it simmer for at least 30 minutes. The longer you cook it, the more flavorful the soup will be.

While the soup is simmering, shred the chicken and peel your hard boiled eggs.

Serve with rice, egg and the other toppings.

Note: Finding these ingredients can be difficult, but you can still be successful even if you are missing a couple of them. Just make sure you have a nice bumbu.

Difficulty

Prep Time 10 minutes

Cook Time 40 minutes



Notes

*Using a bumbu will make your life easier. A bumbu is a spice blend and its ingredients change depending on the refcipe. For this one, my favourite brand is Nesia Bumbu Soto Ayam

Serve with

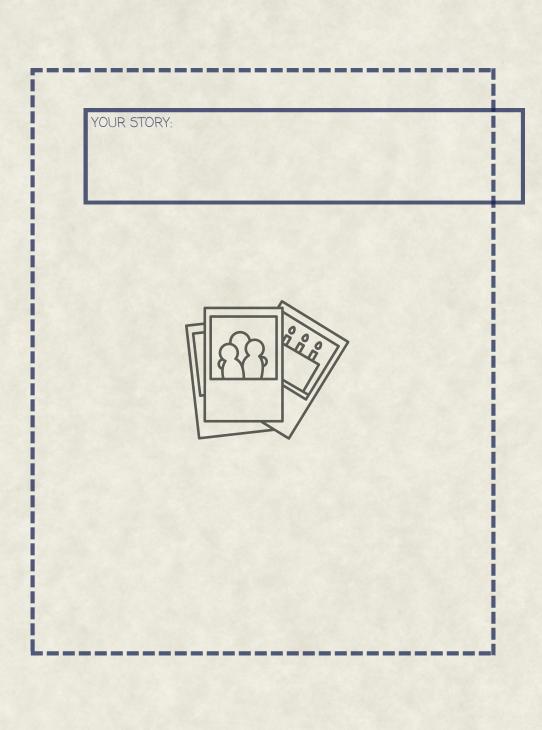
My family can be quite particular with the order of the toppings. Here is how they like to do it:

Start with the rice, then the egg and the chicken. Add as much broth as

you like. Next, you want to add the bean sprouts and potato sticks.

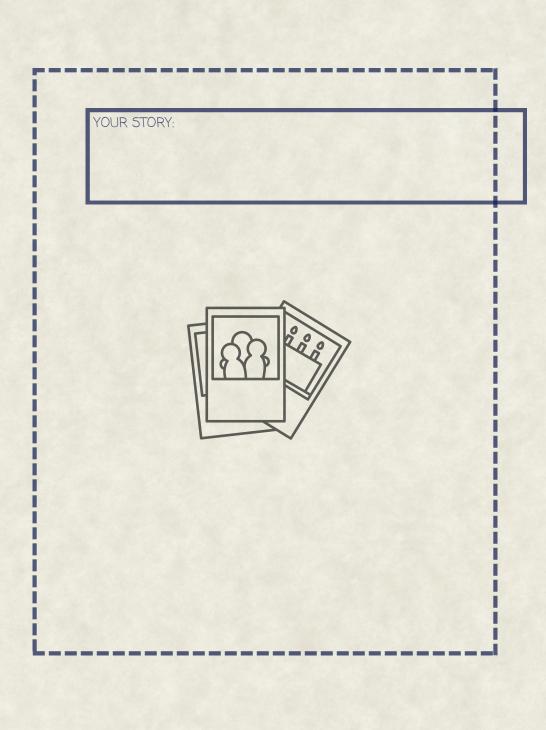
Finally, the crispy fried onion. The sambal, a spicy hot sauce, is added at the end. My favourite one is the yellow sambal, made with madame Jeanette peppers, though this isn't traditional indonesian.

Other nice toppings are puffed minoen rice noodles and chopped coriander.



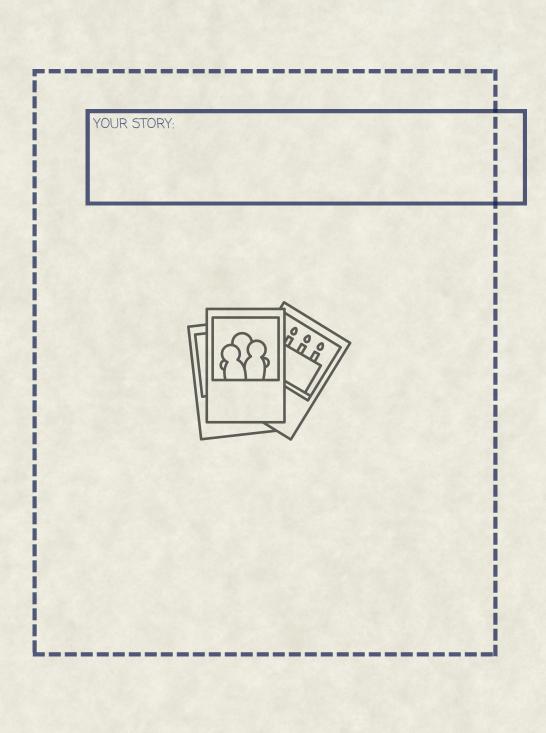


Difficulty ••••
Prep Time
Gook Time
Notes
Serve with

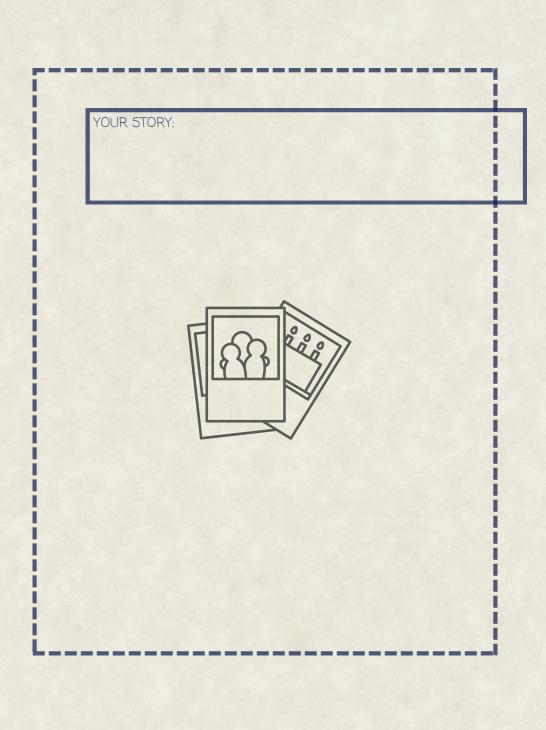




Difficulty ••••
Prep Time
Cook Time
Notes
Serve with



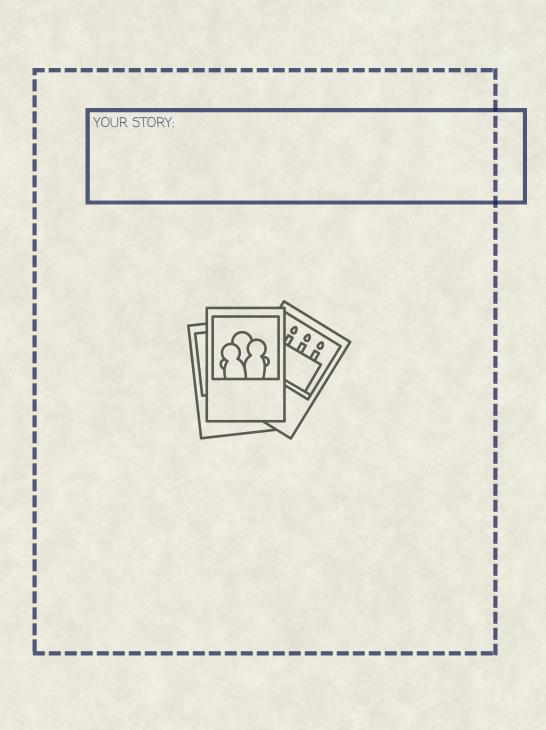






Difficulty •••••
 Prep Time
 Cook Time
Notes
Serve with

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Difficulty ••••
Prep Time
Cook Time
Notes
Serve with



Photographer: Carola Gamarra Gonzales

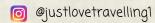
"My name is Carola Gamarra Gonzales originally from Perú and living in Ireland for many years now.

I love nature, hiking and travel a lot and every time I am fascinated with the beauty of this world wherever I go.

I have a deep passion for photography and I like to capture what I see in the moment and I like to share it, so others can also see what I saw.

Some of my pictures were reposted in Instagram by Cork Daily, Tourismireland and other pages from abroad.

I also enjoy making video productions and editing and have fun doing it".





Editor: Nina Orteu Pons

Hi! It's Nina!

So, about food.

I guess when you have a lot of food intolerances you spend a big part of your day thinking about food. On top of that, if you work with people from all over the world, conversations about food are unavoidable.

When you live in a foreign country, cooking and eating together can make you feel at home again. I guess that's why I love this project.

We decided to collect those recipes that make us think of home, and share a bit of our cultural heritage with you.



Become a volunteer by registering on our website.

VOLUNTEER OPPORTUNITIES

Our team can support you to find meaningful activities, engage in your local community and make new connections through volunteering.

CONVERSATION CAFÉ

Our centre opens its doors every week for the Conversation Cafe. Come have coffee with us, practice your English, make new friends, and do fun activities. See our website for times.

GARDENING AND BIODIVERSITY

Help us promote the growth and planting of natural Irish trees and flowers, and participate in regular litter-picking activities on beaches and river banks.

MIT AND CROCHET

Join us as we make blankets, toys and other fun projects. Our knit and crochet group meets every week. Just bring your smile!

COMMUNITY VOLUNTEERS

Support local community events and festivals as part of the Community Volunteer Team. A great way to make new friends in Cork!



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