

International Students Day



INTERCULTURAL RECIPE SHARE

CELEBRATING
CULTURAL DIVERSITY
THROUGH FOOD



WELCOME TO OUR INTERCULTURAL RECIPE SHARE COLLECTION

CELEBRATING CULTURAL DIVERSITY THROUGH FOOD

In honour of International Students' Day 2024, we are thrilled to present this digital recipe book, a collection of recipes contributed by students from around the world.

International Students' Day, celebrated annually on 17 November, was originally founded to commemorate the courage and resilience of students during World War II and has since evolved into a day dedicated to recognising the diverse experiences, contributions, and challenges of international students worldwide.

This recipe book brings together dishes that capture the essence of home for many of our students here in Exeter and Penryn.

Each recipe reflects the unique cultural heritage that our international community shares with us every day. Through these recipes, we invite you to explore the world from your own kitchen and experience the tastes, aromas, and traditions that students have brought with them on their journeys to the University of Exeter.

We hope this collection brings inspiration to your cooking, offering a chance to connect with the cultures and stories behind each dish. Whether you're trying a new flavour for the first time or recreating a taste of your own home, may this recipe book be a reminder of the unity and diversity that International Students' Day celebrates. Enjoy!

TURKISH STUFFED GRAPE LEAVES



Fatmegyul Rafet, BSc Criminology



INGREDIENTS

500 grams Tokat vine leaves
(in brine)
1 lemon, sliced
Olive oil (for drizzling)
Water (enough to cook the
stuffed leaves)

For the stuffing:

2 medium onions, finely
chopped
1.5 cups rice
Parsley, finely chopped (a
handful)
1 tablespoon tomato paste
1 teaspoon black pepper
1 teaspoon red pepper flakes
1 teaspoon cumin
1 teaspoon dried mint
Salt (to taste)
2 tablespoons vegetable oil



DIRECTIONS

Preparing the vine leaves:

- If using brined vine leaves, rinse them under cold water to remove excess salt.
- Bring a pot of water to a boil and blanch the vine leaves for 2-3 minutes. This softens the leaves and removes any remaining saltiness. Drain and set them aside.

Making the stuffing:

- Heat 2 tablespoons of vegetable oil in a pan over medium heat.
- Add the chopped onions and sauté until soft and translucent, about 5-6 minutes.
- Stir in 1 tablespoon of tomato paste and cook for another 2 minutes.
- Heat 2 tablespoons of vegetable oil in a pan over medium heat.
- Add the chopped onions and sauté until soft and translucent, about 5-6 minutes.
- Stir in 1 tablespoon of tomato paste and cook for another 2 minutes.
- Add the rice, stirring for about 3-4 minutes until the rice is well-coated with the tomato and oil mixture.
- Add the black pepper, red pepper flakes, cumin, dried mint, and salt. Mix well.
- Pour in 1 cup of hot water, bring it to a boil, then reduce the heat to low. Cover the pan and let the rice cook for about 10 minutes. The rice should be partially cooked, as it will finish cooking inside the vine leaves.
- Once the rice is cooked, stir in the chopped parsley and let the mixture cool.

TURKISH STUFFED GRAPE LEAVES



Fatmegyul Rafet, BSc Criminology



Turkiye



Appertiser

DIRECTIONS

Stuffing the grape leaves:

- Lay one vine leaf flat, shiny side down, with the stem end facing you.
- Place 1 teaspoon of the stuffing mixture in the center near the stem end.
- Fold the sides over the filling, then roll the leaf from the stem end towards the tip, making a tight, small cylinder. Be gentle but firm when rolling.
- Repeat this process with the remaining leaves and stuffing.

Cooking the stuffed grape leaves:

- Line the bottom of a large pot with a few unused vine leaves to prevent sticking.
- Arrange the stuffed grape leaves tightly in the pot, seam side down, in layers.
- Squeeze lemon slices over the top.
- Drizzle with olive oil and pour in enough water to just cover the stuffed leaves.
- Place a plate or small lid on top of the grape leaves to keep them in place during cooking.
- Cover the pot and bring it to a simmer. Cook on low heat for about 35-40 minutes, or until the rice is fully cooked and the leaves are tender.

Serving:

- Let the stuffed grape leaves cool before serving.
- Drizzle with more olive oil and serve with extra lemon slices on the side, and put some Turkish(also known as greek) yoghurt.

BACKGROUND TO THE DISH

Turkish Stuffed Grape Leaves (Yaprak Sarma) hold a deep cultural significance in Turkish cuisine and are a symbol of tradition, family gatherings, and hospitality. This dish is often served at special occasions like weddings, holidays, and large family meals. The process of preparing the grape leaves is seen as an act of love and care, as it takes time and patience to roll each leaf with precision.

In Turkey, families often gather around the kitchen to prepare Yaprak Sarma together, passing down techniques and recipes through generations. The dish reflects the country's rich agricultural heritage, with vine leaves and rice being key staples.

For me, making this recipe is a way to stay connected to my Turkish roots while living in the UK. The smell of the simmering leaves and spices brings back memories of family gatherings back home, and recreating this dish here gives me a sense of comfort and belonging. It's a way to share a piece of my culture with others, whether it's for a casual dinner or a special celebration.



POZOLE



Laura Olivo Ayala, PhD Accountancy



Jalisco, Mexico



Main Course



INGREDIENTS

5 Liters of water
 1/2 Onion cut in half
 4 Cloves of garlic
 3 Tablespoons of salt
 1 1/2 Kilos of pozole corn
 1/2 Kilo of pork ribs cut into pieces
 1 Kilo of pork pulp cut into pieces
 5 Bay leaves
 14 Guajillo chiles, seeded and soaked in hot water
 2 Ancho chiles, seeded and soaked in hot water
 2 Cups of water
 1/4 Piece of onion cut into pieces
 2 Cloves of garlic
 1 Teaspoon of cumin
 1 Teaspoon of ground black pepper
 Dried oregano
 Chili de árbol powder
 Finely chopped onion
 Filmed romaine lettuce
 Sliced radishes
 Lemons

DIRECTIONS

- Heat 5 litres of water with one onion, four cloves of garlic, and salt.
- When it comes to a boil, add the corn and cook for 1 hour and 20 minutes or until tender.
- Add the ribs, pork pulp, and bay leaves; cook for 1 hour and 30 minutes or until the meat is tender.
- Remove the garlic, onion, bay leaves, and pork pulp, shred, and set aside.
- Blend the chiles with 2 cups of water, ¼ onions, two cloves of garlic, cumin, and pepper. Strain and pour into the pot of corn; cook for 30 more minutes.
- Serve the pozole and accompany it with oregano, chilli powder, chopped onion, lettuce, radishes, and lemon juice.

BACKGROUND TO THE DISH

Pozole is a very traditional food in Mexican celebrations, especially on the anniversary of independence, which is the Mexican night by tradition; everyone sets their table with the colours of the flag and eats typical food and among them is pozole. There are different types of pozole. This recipe is for red pozole, but there is also white and green pozole, depending on the place in the republic.



FESENJĀN



Mahdis Tourian, PhD Student



Iran



Main Course



INGREDIENTS

Ground walnuts
 Pomegranate paste (adjust based on desired sweetness or sourness)
 Onion
 Olive oil (for frying)
 Water or stock
 Salt and pepper
 Sugar (optional, to adjust sweetness)
 Turmeric (optional, for added flavor and color)
 Any type of meat (boneless chicken breasts or thighs, or alternatively, you can use duck, lamb, or meatballs)
 Vegan option: You can make it vegan by using pumpkin instead of meat.

DIRECTIONS

Brown the chicken, duck, meat or pumpkin:

- Heat 2 tablespoons of oil in a large pot over medium heat.
- Add the finely chopped onion and sauté until golden and softened.
- Add the chicken, duck, meat or pumpkin pieces and lightly brown them on all sides. Remove them from the pot and set it aside.

Prepare the Walnut Sauce:

- In the same pot, add the ground walnuts. Toast them gently over medium heat for about 5-7 minutes. Just be careful, the walnuts burn easily and can make your stew bitter. So, stir constantly to release the oils.
- Gradually pour in 2 cups of water or chicken stock, stirring to combine. The sauce should start to thicken as the walnuts cook.
- Add turmeric (optional), salt, and pepper to the walnut mixture.

Add the Pomegranate paste or molasses:

- Slowly stir in the pomegranate paste/molasses. Taste the sauce and adjust the balance of sweetness and sourness by adding sugar, if desired. Fesenjan should have a balance between the nutty, tangy, and slightly sweet flavours.
- Simmer the walnut-pomegranate sauce for about 20-30 minutes until it darkens and thickens, stirring occasionally to prevent it from sticking to the pot.



FESENJĀN



Mahdis Tourian, PhD Student



Iran



Main Course

DIRECTIONS

Cook the Chicken, Duck, Meat or Pumpkin in the Sauce:

- Return the browned chicken, duck, meat or pumpkin pieces to the pot, ensuring they are fully submerged in the sauce.
- Cover the pot and let the stew simmer on low heat for another 30-45 minutes, or until the chicken, duck, meat or pumpkin is cooked through and tender. Stir occasionally to prevent sticking and to ensure the sauce thickens nicely.

Serve:

- Fesenjan is traditionally served over saffron-infused rice (Chelo or Polow). The creamy, rich sauce pairs beautifully with the fragrant rice. OMG! This is so delicious! You should definitely try it!

BACKGROUND TO THE DISH

The origins of Fesenjan can be traced back to ancient Persia, where the use of nuts and fruits in cooking was prevalent. The dish reflects the historical agricultural practices of the region, particularly the cultivation of walnuts and pomegranates.

Fesenjan has often been associated with Persian royal cuisine and is traditionally served during special occasions, such as weddings and Nowruz (Persian New Year), due to its luxurious ingredients and complex flavors. The use of pomegranates in Fesenjan is symbolic in Persian culture, often associated with fertility, abundance, and the beauty of nature.

Different regions in Iran may have their own variations of Fesenjan, reflecting local tastes and ingredients. This diversity showcases the rich culinary heritage of Iran. Fesenjan is more than just a dish; it represents a blend of history, culture, and community, making it an important part of Persian cooking.



KHOROSHT-E FESENJOON فسنجون (FESENJAAN/FESENJOON CASSAROLE)



Tala Bridge, PGR Support Doctoral College



Iran



Main Course



INGREDIENTS

300 g Minced Meat (Lamb or beef), make them to tiny meatballs. (You can make this with chicken too- My favourite is meatballs - guess which one my mum used to make!?)
 2 Medium onion, finely chopped
 1 tbsp Extra Virgin Olive Oil
 300 g Ground walnuts
 4 tbsp Pomegranate Paste
 1 tbsp Brown Sugar
 Salt
 Ground Black Pepper
 Ground Turmeric
 Ground Saffron
 500 ml Boiled Water
 20 ml Boiled Water (for melting saffron)

DIRECTIONS

- In a dry pan, heat up the oil and fry the onions till they are golden-brown. Set them aside.
- In another dry pan over a low heat roast ground walnut and stir frequently and don't leave it, as if it burns, taste will change. Roast it for about 8-10 minutes until it is golden-brown. It will start smelling beautifully too.
- Add the fried onions to the walnut and stir for a few minutes.
- Add in the boiled water and bring it to boil (be careful as the walnuts been hot and it may create bubbles).
- Add the the pomegranate molasses (the thicker your paste, the better and more authentic it is) and stir in well.
- Allow to cook over a low heat for several hours until desired thickness is reached and the colour has been changed to a deep brown. (Tip: If you have a slow cooker, this is the dish for it. My mother used to put it over night in her slow cooker.)
- Once the dish looks ready and cooked enough, add the meatballs, sugar and melted saffron (in 20 ml of boiled water) to it. You add Saffron last as it has a very delicate aroma and we don't want it to be lost over a long period of cooking. Leave it for another half an hour for the meatballs merge into your casserole. Add your salt and pepper.
- This dish has sour/sweet taste but yet it's adjustable and if you prefer more sweet or sour taste, You can adjust seasons/ add more pomegranate paste.



KHOROSHT-E FESENJOON فسنجون (FESENJAAN/FESENJOON CASSAROLE)



Tala Bridge, PGR Support Doctoral College



Iran



Main Course

DIRECTIONS

- Serve Fesenjan with Saffron Polow (rice, cooked in Iranian style (it's not a sticky rice!) and Tah-dig, bottom of the pan's crispy golden-browned rice)) and garnish it with pretty pomegranate seeds. It goes really well with plain Greek Yogurt.
- (Tip: use Full Fat Greek Yogurt as it has been proven to be better for you than low fat/fat free which contains more sugar/UPFs.)

BACKGROUND TO THE DISH

Fesenjan فسنجان or Fesenjoon فسنجون is a dish with walnut and pomegranate molasses. This luxurious dish, is one of the traditional Iranian (Persian) casseroles or khoresh خورشت. Fesenjaan was a ceremonial dish in ancient Iran in the era of the Sassanian empire (224-651 AD) as the New Year meal on 21st of March at the beginning of Spring (March equinox).

It is basically made with chicken or meatballs, walnuts, and pomegranate paste or molasses and that's why it is an expensive dish. Fesenjan is a luxurious dish, served with saffron-rice (polo-ye Za'afraani). In some areas, It has sweet taste and in other areas has sweet-sour taste. Fesenjan usually comes to Iranian table on especial events/occasions and in cold weather that is actually the pomegranate season. Pomegranate, (Anar انار) in Farsi (Persian)), is assumed to have originated in Iran and Afghanistan, and grows widely and is cultivated throughout Iran. As a common food, Iranians use pomegranate fruit juice and paste in many dishes including sour chicken, Fesenjan, and Lavashak (fruit rolls). Iranian culture has long used the pomegranate as a symbol and is Iran's national fruit with a long history and deep cultural significance in the country. Pomegranates have been cultivated in Iran for thousands of years, with evidence dating back to 5000 BC



VEGAN 'FREJOLES CON SECO A LA NORTEÑA'



Sofia Tapia Ulloa, BA English



La Libertad, Peru



Main Course



INGREDIENTS

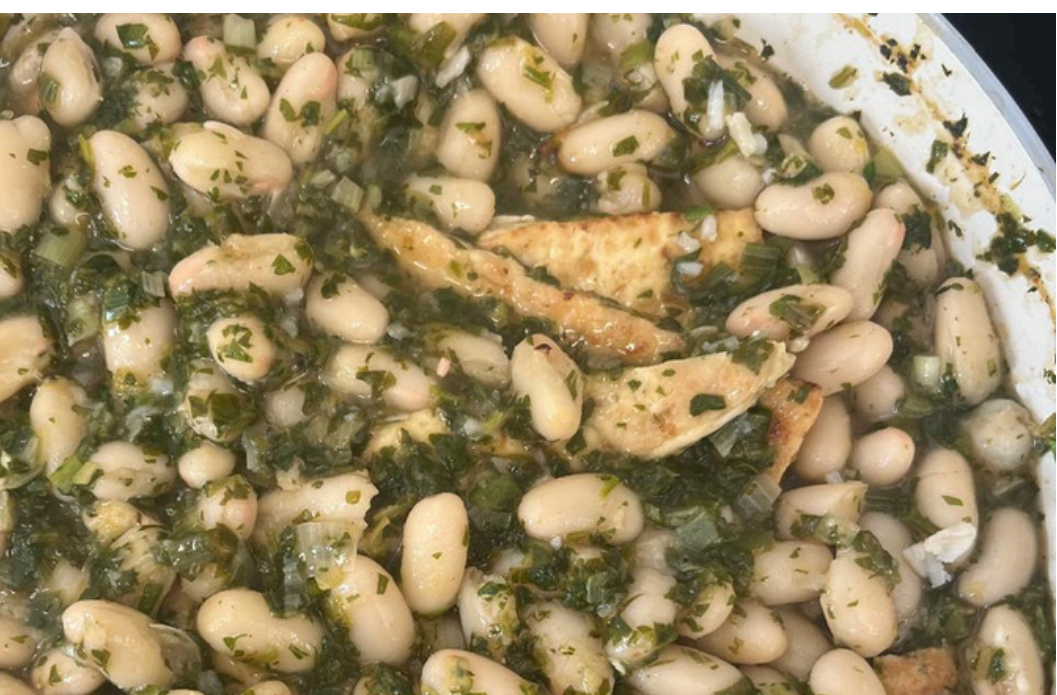
1 medium sized red onion, finely chopped
 100 grams of fresh coriander, finely chopped
 3 cans of cannellini beans
 3 cloves of garlic, finely chopped
 1/2 tablespoon of tomato paste (or 1/2 of a small tomato)
 2/3 of an 'aji amarillo' / peruvian yellow chili pepper, chopped (I used dried)
 1/4 of an 'aji panca' / peruvian red chili pepper, chopped (I used dried); note: you can add more or less depending on how spicy you want it (mine wasn't very spicy)
 1 1/2 teaspoons of oregano, 3/4 teaspoon of paprika, 1 teaspoon of cumin, and salt & pepper to taste
 Meat substitute (I used 600 gr of fried tofu, sliced)
 Rice (how ever much you prefer)

DIRECTIONS

- Cook the onion, garlic, spices, tomato paste and chili peppers on a pan until the onions turn transparent (around 5 minutes)
- Add the fresh coriander and cook for 5 more minutes
- Add the beans and cook for 3 more minutes
- Add the meat substitute and mix so that it is completely submerged into the sauce (if it is too dry, add some water so it has a sauce-like consistency) and let it cook for some minutes to ensure it absorbs all the flavors (the longer the better! I recommend 10 minutes).
- Note: put a lid on the pan while cooking to keep the flavour-filled water from evaporating and mix regularly throughout the cooking process
- Serve with rice and enjoy!

BACKGROUND TO THE DISH

The 'Seco con Frejoles' is one of my family's favourite Peruvian dish. This dish has many variations, but the one I tried to recreate is from the north and I learned it from my grandmother (who lives in La Libertad, where the dish is very popular). She helped me veganise it while still keeping the traditional flavours of the dish, which meant a lot to me. Usually I do it with fresh chili peppers (but there weren't any available, so I used the dried ones I brought from home) and dried beans, but I think this recipe still resembles the original while being much quicker (which is a good thing as a student!).



VEGAN SOPA A LA MINUTA (PERUVIAN 'MINUTE SOUP')



Sofia Tapia Ulloa, BA English



La Libertad, Peru



Main Course



INGREDIENTS

Water (around 600 milliliters)
 1/2 can of chopped tomatoes
 1/2 tablespoon of tomato purée
 1/2 tablespoon of oregano
 1/2 - 3/4 teaspoon of cumin
 1/2 - 3/4 teaspoon of paprika
 salt and pepper to taste
 1 small onion,
 2 - 3 cloves of garlic
 4 - 5 potatoes, chopped
 150 gr of angel hair (or normal spaghetti if you can't find it)
 1/2 of a dried peruvian red chili pepper ('aji panca'), chopped (or more, depending on your spicy tolerance)
 1 teaspoon of minced ginger (less if you don't like a strong ginger flavour)
 Meat substitute (I used 400 grams of fried chopped tofu)
 Optional (but really recommended): 1 bay leaf and half of a small dried mushroom (chopped)

DIRECTIONS

- Sauté the onion and garlic with the spices and the tomato purée for 5 minutes
- Add the can of chopped tomatoes, the peruvian red chili pepper, the garlic, the bay leaf and the dried mushroom. Let it cook for 5 minutes.
- Add the water and the potatoes and cook at medium heat until the potatoes are nearly fork tender (for me it was 20 minutes). Then take out the bay leaf and add the meat substitute.
- When the potatoes are fork tender, add the angel hair and cook for 2 minutes before taking it off the heat (Note: if using another type of pasta, you will probably need to add it earlier and let it cook for longer)
- Serve and Enjoy!

BACKGROUND TO THE DISH

This dish is decently popular back in the city I live, with many variations of the soup existing, but to be honest for many years I wasn't the biggest fan of it. It was only when I tried a different version of the dish that I started to really appreciate it. With the help of my grandmother, we did our best to recreate it back at home, veganising her recipe of the dish (a really fun experience!). Now I completely adore the soup (it's specially nice for when you are sick and/or cold) and was really happy to be able to make it in the UK (with some variations, of course, taking into account what ingredients were available and cheaper). Tasting this soup really reminded me of eating it with my grandmother back at home.



HEIDESAND



Ella Lipscomb, Geography student and staff member in the Community Engagement Team



Germany



Dessert



INGREDIENTS

For 60 biscuits:

200g unsalted butter
150g caster sugar
2tbsp vanilla extract
250g plain flour

DIRECTIONS

- Melt the butter on a low heat and let it brown lightly.
- Pour it into a bowl and let it cool. S
- tir the butter, vanilla extract, and sugar into a foam.
- Sift flour over the mixture and knead it in.
- Form this mixture into rolls of about 3cm diameter, wrap in foil/cling film and leave it in the fridge to rest for 12 hours.
- Preheat oven to 180C. Line baking tray with grease-proof paper.
- Cut the rolls into 1cm thick slices and put them on the tray, keeping distance between them.
- Bake for 12-15mins (they should be the colour of shortbread/sand - mine in the photo are a bit burnt!).
- Leave to cool on a rack

BACKGROUND TO THE DISH

This is a recipe my German Nana made for us every Christmas. They're called Heidesand but we used to call them 'sand biscuits' before we learnt German. The word itself means "heather sand", which alludes to the Lüneburger Heide, a heathland in northern Germany, where the biscuit comes from. The land in this area is covered with sand and purple heather. I have very fond memories of making these biscuits each Christmas, and I often bag them up as presents for my friends.



MOMO



Pooja Lakhey, PhD in Environmental Health Science



Tibet/Nepal



Snack

INGREDIENTS

For the Dough:

2 cups all-purpose flour

Water, as needed

For the filling:

500g ground meat (of your choice)

1 medium onion, finely chopped

2 cloves garlic, minced

1-inch ginger, minced

2 green chilies, minced (optional, for heat)

1/2 cup finely chopped cilantro

1/2 cup finely chopped spring onions (green part)

1 tsp soy sauce

1/2 tsp turmeric powder

1/2 tsp ground cumin

1/2 tsp ground coriander

Salt and pepper to taste

1 tbsp vegetable oil

For the Tomato Achar (Dipping Sauce):

4 medium tomatoes

1 medium onion

2-3 dried red chilies

2 cloves garlic

1 tbsp sesame seeds, toasted

Fresh cilantro

Salt to taste

DIRECTIONS

Step 1: Make the dough

- In a mixing bowl, add flour and slowly add water, kneading until you form a soft, smooth dough.
- Cover the dough with a damp cloth and set aside for 30 minutes.

Step 2: Prepare the filling

- In a large bowl, mix ground meat with all the filling ingredients, including onions, garlic, ginger, cilantro, spring onions, soy sauce, and spices.
- Mix well, ensuring everything is combined evenly.

Step 3: Roll and fill the momo

- Divide the dough into small balls (about the size of a marble) and roll each ball into a thin circle (about 3 inches in diameter). Or, roll out the dough thinly and use a round cutter (or even a glass or a small bowl) to cut even circles for the momo wrappers.
- Place about a teaspoon of filling in the center of each circle.
- Fold and pleat the edges to seal the momo. You can pinch them closed in a half-moon shape, twist at the top, or shape as per preference.

Step 4: Steam the momo

- Prepare a steamer and bring water to a boil.
- Lightly grease the steamer tray and place the momo in a single layer, leaving space between each.
- Steam for about 10-12 minutes, or until the dough is translucent and the filling is fully cooked.

Step 5: Make the tomato achar (dipping sauce)

- Roast tomatoes, onions and dried red chilies in a skillet until charred and softened.
- Blend the tomatoes, onions, chilies, garlic, sesame seeds, and salt until smooth. Adjust salt to taste.

MOMO



Pooja Lakhey, PhD in Environmental Health Science



Tibet/Nepal



Snack

BACKGROUND TO THE DISH

Momo holds a cherished place in Nepali culture, deeply woven into family gatherings, festivals, and community events. Originally influenced by Tibetan dumplings, momo has evolved in Nepal to incorporate local spices and flavors, making it distinctly Nepali. It's common to see families come together to make momo, with everyone pitching in – from rolling the dough to shaping the dumplings.

For many Nepalis, momo is more than just food; it's an experience. Growing up, making momo was a family event in my household, especially during winter. The kitchen would be filled with laughter, flour-dusted hands, and the warm aroma of spices and meat filling. Each family has its own version of the recipe – some with more ginger, others with a hint of timur (Sichuan pepper).

Momo are as much about flavour as they are about the artistry involved in shaping them. The most common shape is the half-moon, a simple yet classic look where the edges are pinched and folded over, forming a crescent. Another popular style is the round pleated momo, an intricate, flower-like pouch with small pleats folded around a central point. The twist-top momo, pinched at the top to create a spiral effect, adds a festive touch. In my family, shaping momo becomes a playful competition, with each of us perfecting our favourite styles and sharing laughs over a few inevitably misshapen dumplings. Serving momo with achar is essential, and the tomato-based dipping sauce balances out the flavours beautifully. To this day, every time I make momo, it feels like a piece of home, connecting me to my roots and the warmth of family gatherings.



INTERCULTURAL RECIPE SHARE



This recipe book brings together favourite dishes shared by international students at the University of Exeter. In celebration of International Students' Day, explore recipes from around the world and experience the flavours that remind our students of home. Each recipe offers a glimpse into the unique cultures that make up our community. Enjoy cooking, tasting, and connecting through these global flavours!

*Thank
you!*