



INTERNATIONAL DAY COOKBOOK

Stories and recipes from our global community



CONTENTS



EMPANADILLAS
BORICUA STYLE



ALBANIAN/GREEK
MEDITERRANEAN
SPINACH PIE



IRISH BANGERS &
MASH



BAJAN PUMPKIN
SOUP



CAPE VERDEAN
COD FISH BAKE



GRAMMY'S
UKRAINIAN STUFFED
CABBAGE



MOM'S ECUADORIAN
LENTIL SOUP



INDIAN SLOW
COOKER BUTTER
CHICKEN

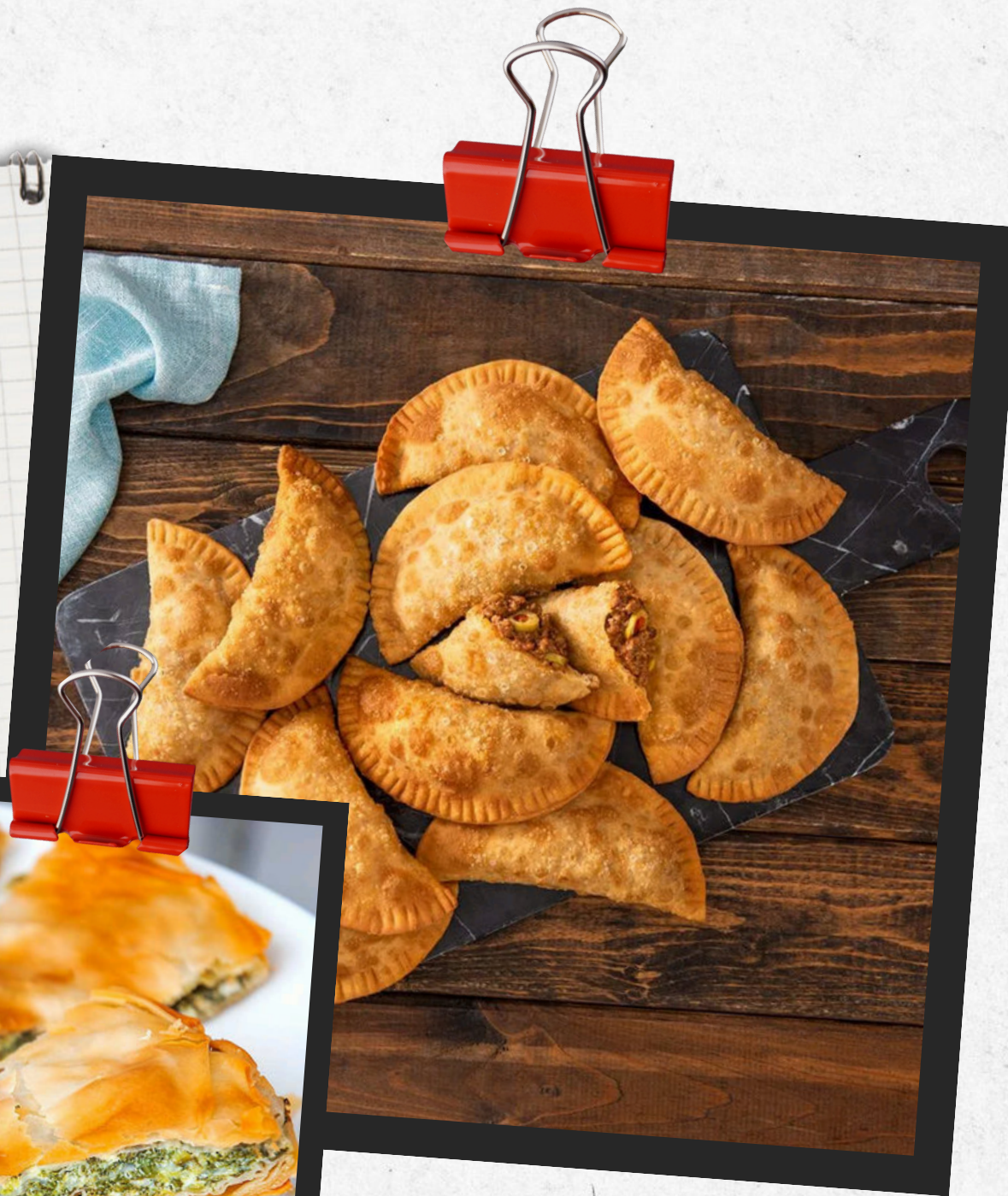


ITALIAN KNOT
COOKIES



RUSSIAN
TEA CAKES

APPETIZERS





EMPANADILLAS BORICUA STYLE

Instructions

- First you cook your protein of choice and add sofrito - cook til browned.
- Add the dry seasoning and let it cook for about 5-10 minutes.
- Take a dough disc (empanda thawed) and place a spoonful of the mixture in the center of each disc.
- Fold the disc in half and press the edges with a fork to seal.
- Heat the oil in a pan and fry each pastelito (empanda) on each side until golden brown.
- Drain them on a paper towel to remove excess oil.

INGREDIENTS

1 package	empanadas
1 lb	ground beef (or turkey, chicken, or tofu)
1 packet	sazon
1/8 tsp	cumin
1-2 tbsp	sofrito (or diced onion, garlic, and cilantro if you don't have it)
2 tbsp	tomato sauce
	salt and pepper to taste
	oil for frying

“This snack/appetizer is well known in Puerto Rico! It has a mix of cultures - Spanish, African, and Taino. (ALL ME 100%) Folks used to bring these to gatherings as a snack back in the day. This snack is a total hit! It can be found at festivals, parties, bakeries, holidays, or just as a quick meal! Puerto Ricans turned them into a dessert, too! By making the filling with guava and cheese instead of meat! My family still does this - just as it's coming out of the frying pan, it jumps into someone's hands and instantly they are gone! We all have different versions - sweet and savory!”

“Puerto Rico
- an island you
would fall in
love with for
our culture,
history, food,
and of course
music!
Borinquen!”

Marilyn

“Puerto Rico - an island you would fall in love with for our culture, history, food, and of course music! Borinquen!”

This is who I am! I am made of love—we use the term "de corazon"! Everything I live for is represented in my heritage. My family values togetherness when we cook and listen to music—the things that keep us together—the resilience that lives in me. The older I get, the more connected to my roots I become.

¡BORICUA SOY y SIEMPRE SERÉ!”



ALBANIAN/GREEK MEDITERRANEAN SPINACH PIE

“We cook it every weekend. It’s a family favorite and easy to make.”

-Fjoralba


Instructions

- Get a square pan and brush it with olive oil
- put half of the layers one by one by spreading olive oil on all of them
- When half of the dough is spread put the filling mixture in
- complete with the rest of the Fillo dough layers left. Brush it off with some olive oil
- cut into small 4-inch (approximately) squares before baking it.
- Bake at 375 for 45 min

INGREDIENTS

1 pack	Fillo Dough
For Filling	
3	eggs
1 cup	feta cheese (crumbled)
3 tbsp	Greek yogurt
1 handful	fresh dill



 **DINNER**





IRISH BANGERS & MASH

INGREDIENTS

3 lbs Yukon gold potatoes cubed
3/8 cup milk
4 tbsp unsalted butter
1/4 tsp salt
1/4 tsp pepper
4-5 bangers (can substitute with other pork sausage)
2 tbsp flour
1/2 cup beef stock
1/2 cup Guinness draught
1 tbs Worcestershire sauce
1/2 tsp yellow mustard
1/2 tsp salt
1/4 tsp garlic powder
1/4 tsp onion powder

Instructions

- Put potatoes in a medium pot. Add cold water to cover potatoes by 2". Cover with lid and set on high heat.
- Once it boils, remove the lid, lower heat to medium and continue to boil until the potatoes are tender.
- Drain potatoes and return to the pot. Add milk, butter, salt and pepper and mash potatoes to desired consistency
- Place the sausages in a large size skillet. Add enough water to come halfway up the side of the sausages. Cover and place over a medium heat. Bring to a boil then drop to a medium low heat and simmer for about 15 minutes.
- Remove the lid, turn the heat back up and allow any remaining liquid to boil off. Brown the sausages for 1 - 2 minutes per side, then remove from heat and allow to rest.
- Start the gravy by melting the butter over medium heat then whisk in flour. Allow it to cook for about 1 - 2 minutes, whisking constantly.
- Slowly whisk in Guinness and beef stock. Add mustard, Worcestershire, salt, garlic powder, and onion powders.
- Bring to a boil, whisking constantly. Once the gravy thickens, drop the heat to low, cover and keep warm.

"This is one of my favorite things to make that honors my ancestral heritage and isn't corned beef and cabbage. It helps to show some of the versatility of a cuisine that isn't known for colorful foods or spices. This recipe is pretty easy to put together, doesn't take long to make and yields a hearty meal."

Meg





BAJAN PUMPKIN SOUP

Instructions

- If using chicken, remove any fat, but not the skin since it gives the stock a good flavor.
- Place all the ingredients except the pumpkin and the butter into a saucepan. Bring to the boil and then simmer on medium heat for 1/2 hour.
- Remove all the chicken and vegetables from the stock by pouring through a colander or strainer and returning to the saucepan's heat with the pumpkin peeled and roughly chopped. Boil for 1/2 hour or until the pumpkin is well cooked. If using chicken, either add the cooked chicken meat to the soup or use it otherwise.
- Cool and mix in a blender and add salt and pepper to taste.
- Freeze if not serving immediately.
- When ready to serve, reheat over medium heat.
- Serve garnished with fresh parsley or a small blob of cream, dropped in the center of each bowl, and swirled gently with a pointed knife or toothpick.
- Serves 4-6

INGREDIENTS

1 lb/500g	chicken with bones and skin or leftover baked chicken bones
5 cups 40 fl. oz./1.2 L	water
	sprigs of thyme, parsley, and marjoram
	celery leaves or a stick of celery
1-2	whole, green-topped spring onions
1 tbsp	black peppercorns
1	onion
1	chicken stock cube
1 oz./30g	butter
3 lbs/1.5 kg	pumpkin
Garnish	
	fresh cream
	parsley or thyme

"My grandmother
would make it
every fall/winter
it's very warming
and comforting."

Nia



CAPE VERDEAN COD FISH BAKE

Instructions

INGREDIENTS

- 2 lbs boned salted cod fillets
- 2 bay leaves
- 3 whole cloves of garlic sliced in half, lengthwise
- 2 tbsp olive oil high quality, extra-virgin
- 2 lbs yellow potatoes peeled and cut into 1/4" slices
- 3 large eggs
- 1 medium-sized, yellow onion sliced thin
- 1 tbsp minced garlic
- 3 cans chickpeas 15.5 oz. each, drained and rinsed
- ½ tsp black pepper
- Portuguese black olives or substitute Kalamata olives
- fresh parsley to garnish
- white vinegar for drizzling
- olive oil high quality, extra-virgin

- Rinse and soak the cod: Rinse the fish thoroughly and place it in a large container of cold water. Cover and place in the refrigerator for 12-24 hours. Change the water 3-4 times throughout the soaking process. Be sure to rinse the fish each time you change the water.
- Parboil the cod: Fill a large pot with water and add the sliced garlic, bay leaves, and 2 tablespoons of olive oil. Bring the water to a full boil, then turn the flame off. Add the cod, cover the pot with a lid, and let sit for 15 minutes.
- Flake the fish: Drain the water and transfer the cod to a dish to cool. Once cooled, use your fingers to break the fish into flakes and set aside.
- Boil the eggs and potatoes: Place the potatoes in a large pan and cover them with water. Add 2 tablespoons of salt and bring to a boil. Once boiling, gently lower the eggs into the pan. Boil the potatoes for 8-10 minutes, until they're fork-tender but still firm (they'll be done a bit sooner than the eggs). Remove the potatoes, then continue boiling the eggs for another 2-4 minutes until they're fully cooked.
- Cool and slice the eggs: Transfer the boiled eggs to an ice bath and let them sit for 15 minutes. Peel and slice the eggs, then set them aside.
- Sauté onions, cod and chickpeas: In a deep skillet, heat 2-3 tablespoons of olive oil over medium heat. Add the sliced onions and crushed garlic, sautéing until the onions are soft and fragrant. Add the flaked cod and chickpeas, tossing for 5 minutes.
- Assemble and bake: Preheat your oven to 350° fahrenheit. Transfer half of the cod, chickpeas, and onions to a large casserole or baking dish. Layer with sliced potatoes and eggs, then top with the remaining cod, chickpeas, and onions. Arrange the remaining eggs and potatoes, and a few olives on top. Cover with foil and bake for 25-30 minutes.
- Garnish and serve: Garnish with olives and fresh parsley (optional). Serve with plenty of olive oil and vinegar on the side.

Salad

- Follow steps 1-6 in the recipe, use fresh chopped onions instead of sautéing them.
- Chill in the refrigerator for 3-4 hours prior to serving.
- Toss with olive oil, vinegar, and plenty of fresh parsley.

Other Tips


Soaking time is based on weight – soak longer if you're doubling the recipe. After you've drained the potatoes, keep them covered in plastic wrap until you're ready to assemble the dish. This keeps them from looking dull and dry.

Storing and reheating instructions

Store leftovers in an airtight container in the refrigerator for up to 3 days. Best reheated in a steamer on the stove or covered in the oven. If using a microwave, reheat for 30 seconds at a time, until hot.

“Cape Verde is made of islands off the coast of Africa and before it was colonized by Portugal it was uninhabited. The people there are a Creole. They gained their independence in 1975 and this year was 50 years anniversary.”

Joanna



GRAMMY'S UKRAINIAN STUFFED CABBAGE

Instructions

INGREDIENTS


1 head of cabbage
3 lbs ground turkey
¼ cup unseasoned breadcrumbs
1 egg
32 oz. honey
1-2 oz. lemon juice (to taste)
¼ cup hot water

- Combine ground turkey, breadcrumbs, and egg. Mash and mix well.
- Gently peel cabbage leaves and wash them.
- Cut most cabbage leaves in half. Chop remaining cabbage leaves and set aside.
- Form palm-sized ovals with ground turkey mixture and roll into cabbage leaves. Continue until out of cabbage, then form remaining ground turkey mixture into ovals without cabbage wraps.
- Layer the bottom of a large stock pot with chopped cabbage.
- Tightly layer stuffed cabbage leaves and rolled ground turkey on top of chopped cabbage.
- Sprinkle any remaining cabbage on top.
- Pour honey into large bowl. Gradually add lemon juice, mixing and tasting along the way until the flavor is sufficient to personal taste.
- Pour honey/lemon mixture over the top of the cabbage and turkey in the stock pot covering the entire top.
- Put hot water into honey bottle, cover, and shake well until all honey is dissolved into the water. Once dissolved, pour honey/water mixture into stock pot.
- Cover and cook on medium heat for 1-1.5 hours. Check and taste liquid throughout cooking process.
- After 1-1.5 hours, remove cover and simmer another 45 minutes until cabbage turns brown.

Notes:

Sprinkle with salt to finish once plated for a salty/sweet combination that is *chef's kiss*.

Some of my favorite sides with this dish are roasted carrots and rice.



“My mother learned this recipe after years of standing beside Grammy, watching her make stuffed cabbage. Grammy never wrote any of her recipes down; she cooked from memory, feeling, and instinct. My mom has always done the same. For her, cooking is never about precise measurements—it's about a general idea, a handful of this, a taste of that, and trusting what looks and feels right in the moment.

I grew up watching her move through the kitchen that way, with confidence and care, and it became second nature to me too—the joy of following a craving, a passing whim, and the simple desire to make something delicious.

When I was getting married, I asked my mom to write down our family recipes as best she could so I could keep them close and someday pass them on. The first one I asked for was this one—Grammy's Stuffed Cabbage, written down at last, full of memories and love. While I never got to meet my Grammy, I'm thankful she passed these memories down through our family.”

Samantha



MOM'S ECUADORIAN LENTIL SOUP

INGREDIENTS

2 cups lentils (rinsed)
10 cups water (or more if you prefer thinner soup)
4 carrots (2 whole, 2 chopped)
4 celery stalks (2 whole, 2 chopped)
4 onions (2 whole, 2 chopped)
8 garlic cloves (4 whole, 4 chopped)
few sprigs of parsley + few sprigs of chopped parsley
salt to taste (approx. 1-3 tsp)

Instructions

- Add water, lentils, 2 whole carrots, 2 whole celery stalks, 2 whole onions, 4 whole garlic cloves, and a few sprigs of parsley and some salt in a large pot. Cook for 30 minutes. Remove the whole vegetables.
- Meanwhile, sauté the chopped vegetables with salt in olive oil until firm/tender (this is called a refrito). Add the refrito to the soup after you have removed the whole vegetables. Add more salt to taste. Cook for another 30 minutes. Thin with more water if consistency is too thick.
- To serve, top with a drizzle of olive oil, a squeeze of lemon juice, and a few drops of aji (hot sauce).

"This is my mother's recipe which she adapted from the traditional lentil soups she had growing up in Ecuador. This soup is a family favorite and is also a very cost-effective hearty meal.

Every International Day celebration has been memorable due to the open and joyful sharing of cultures among the BAMSI community."

Sonia





INDIAN SLOW COOKER BUTTER CHICKEN

Instructions

- Cut up chicken into 1-2 cubes and then place into Crockpot (Slow Cooker)
- Place all other ingredients into slow cooker on top of chicken.
- Cook on low for 8 hours or High for 6.
- Serve with Coconut Jasmine rice and NAAN



Jasmine Rice has a sweet, floral flavor, with a hint of nuttiness and fluffy texture. It is often paired with butter chicken.

INGREDIENTS

- 2-3 tbsp salted butter
- 1 small yellow onion
- 4-5 garlic cloves
- 2-3 tbsp ground ginger or 1 tbsp of fresh garlic
- 6 oz. tomato paste
- 1 tbsp grand masala
- 1 tsp light brown sugar
- 1 tsp table salt
- ½ tsp black pepper
- ½ tsp turmeric
- 12 oz. can full-fat coconut milk
- 1 tbsp lime juice
- 2 lbs chicken thighs and/ or breast (boneless)



“This meal is a staple in my home. Every day is international day for me.”

Jody

DESSERT





ITALIAN KNOT COOKIES

Instructions

- Line two large baking sheets with parchment paper. Preheat the oven to 350°F/180°C.
- Cut the butter into small pieces.
- In a large bowl, combine the flour and butter. Rub the flour and butter with your fingertips until the mixture resembles fine breadcrumbs.
- Make a well in the middle and add the eggs, milk, sugar, baking powder, vanilla extract, lemon zest, and salt.
- Use a fork to beat the eggs and gradually bring in and incorporate the flour mixture.
- When it becomes too hard to use a fork, use your hands to gently press and knead the mixture until it forms a smooth dough. Form into a ball. Wrap it in plastic wrap and put it in the fridge for 30 minutes.
- Cut the dough ball into quarters then divide the quarters in half. You will have 8 even portions.
- Take one portion and roll it into a 6 inch (15 cm) long log. Cut the log into 6 even pieces.
- Roll each piece into 4-5 inches (10-12½ cm) long ropes and shape it into a knot.
- Transfer the cookies to a prepared baking sheet and bake for 10-15 minutes or until golden brown. Don't overbake or the cookies will be dry.
- Transfer to a wire rack to cool completely.
- When cool, dip the tops of the cookies in the icing. Place on a wire rack to allow the icing to set. If adding sprinkles, scatter on while the icing is wet so they stick.

Icing

Sieve the powdered sugar into a small bowl, and stir in the lemon juice to make loose icing. If too thick, add a little more lemon juice or extract. If too thin, add a little more powdered sugar.

Notes

Remember to measure the flour correctly by stirring it to lighten and fluff it up and then spoon into cups without packing down. Alternatively, use kitchen scales for greater accuracy.
If the dough isn't soft and slightly sticky, add a little more milk.

Tips for Success

Be sure to pop the dough into the refrigerator for 30 minutes before shaping otherwise it will be too sticky and difficult to shape. If the weather or your kitchen is warm, keep dough in the fridge while shaping one portion of cookies. Don't over knead or over mix the dough, as it can become tough. Just knead it enough so that it comes together.

INGREDIENTS

- | | |
|----------|---|
| 3 ¾ cups | all purpose flour 450 grams (See Note 1) |
| 2 tsp | baking powder |
| ½ cup | cold unsalted butter (chopped coarsely) 1 stick/115 grams |
| ¼ cup | whole milk 60 ml (See Note 2) |
| ¾ cup | cup granulated sugar (castor sugar) 150 grams |
| 1 tsp | vanilla extract |
| 2 | eggs |
| | finely grated zest of one large lemon to taste |
| 1 pinch | salt |
| | (my family uses almond extract) |

Icing

- | | |
|--------|--|
| 2 cups | powdered sugar (icing sugar) 240 grams |
| 3 tbsp | lemon juice or your flavor choice approximately 45ml |
| | colored sprinkles optional |

“My grandmother would make these for every occasion and what I used instead of playdough as a kid. We would make different shapes and our initials and bake them.”

Nikki





RUSSIAN TEA CAKES

Instructions

- In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes.
- Beat in vanilla.
- Combine dry ingredients; gradually add to creamed mixture. Stir in nuts. Cover and refrigerate for 1-2 hours.
- Preheat oven to 400 degrees.
- Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets.
- Bake until lightly browned on bottom, 5-6 minutes.
- Roll in confectioners' sugar while still warm.
- Cool on wire racks and reroll in more powdered sugar for a thorough coating.

INGREDIENTS

- 1 cup butter
- ½ cup confectioners' sugar
- 2 ¼ cup all-purpose flour
- ¾ cup chopped walnuts
- ¼ tsp salt
- 1 tsp vanilla extract
- ⅓ cup confectioners' sugar for coating

"These tea cakes have become a Christmas tradition in my house. It reminds me of wonderful childhood memories with my 4th grade best friend. Her family was very culturally diverse, and I was exposed to many exciting new things. I remember feeling very grown up and international when we made these. I sometimes wonder if that may have influenced me a little bit to become a Travel Agent and explore the world. I never made it to Russia but was lucky enough to have experienced many other countries. I remember my friend and her family fondly when I bake these tea cakes."

Diane



THANK YOU FOR CELEBRATING WITH US!