

A CULTURAL VOYAGE THROUGH THE MEDIUM OF FOOD



CaixaBank

Wengage  
Empowering DIVERSITY

# Summary

INTRODUCTION \_\_\_\_\_ P \_ 5

AFRICA \_\_\_\_\_ P \_ 7

ALGERIA \_ **Mtewem** \_ Main course \_\_\_\_\_ P \_ 9

AMERICA \_\_\_\_\_ P \_ 11

COSTA RICA \_ **Enyucados** \_ Starter \_\_\_\_\_ P \_ 13

ARGENTINA \_ **Carne a la masa** \_ Main course \_\_\_\_\_ P \_ 15

CUBA \_ **Arroz Congrí** \_ Main course \_\_\_\_\_ P \_ 17

VENEZUELA \_ **Arepas rellenas** \_ Main course \_\_\_\_\_ P \_ 19

ASIA \_\_\_\_\_ P \_ 21

IRAN \_ **Kotlet** \_ Main course \_\_\_\_\_ P \_ 23

TURKEY \_ **Karnıyarık** \_ Main course \_\_\_\_\_ P \_ 25

TAIWAN \_ **Pineapple cake** \_ Dessert \_\_\_\_\_ P \_ 27

EUROPE \_\_\_\_\_ P \_ 29

GERMANY \_ **Leek and pork-mince soup** \_ Starter \_\_\_\_\_ P \_ 31

LITHUANIA \_ **Cold beetroot soup** \_ Starter \_\_\_\_\_ P \_ 33

ALBANIA \_ **Pastiçe with feta cheese** \_ Main course \_\_\_\_\_ P \_ 35

BELGIUM \_ **Moules frites** \_ Main course \_\_\_\_\_ P \_ 37

GREECE \_ **Moussaka** \_ Main course \_\_\_\_\_ P \_ 39

ITALY \_ **Pasta a la carbonara** \_ Main course \_\_\_\_\_ P \_ 43

SWEDEN \_ **Swedish meatballs** \_ Main course \_\_\_\_\_ P \_ 45

UNITED KINGDOM \_ **Stuffing** \_ Main course \_\_\_\_\_ P \_ 47

BELARUS \_ **Napoleon Cake** \_ Dessert \_\_\_\_\_ P \_ 49

DENMARK \_ **Danish butter biscuits** \_ Dessert \_\_\_\_\_ P \_ 53

LATVIA \_ **Rye-bread soup** \_ Dessert \_\_\_\_\_ P \_ 55

ROMANIA \_ **Semolina milk pudding** \_ Dessert \_\_\_\_\_ P \_ 57

ADVICE FOR SUCCESS WITH YOUR RECIPES \_\_\_\_\_ P \_ 59

ACKNOWLEDGEMENTS \_\_\_\_\_ P \_ 61


INDEX OF RECIPES \_\_\_\_\_ P \_ 63



# RECIPES FROM AROUND THE WORLD

A cultural voyage through the medium of food

*Excellent!*



There are close links between culinary culture and people's identity. The food we eat shapes our tastes and the traditions we follow shape our values.

This book will help us to get to know all the people hailing from different regions and cultures of the world who work in CaixaBank.

Professionals from **America, Africa, Asia and Europe**, who want to share their favourite recipes, giving step-by-step instructions on how to prepare them, along with some personal anecdotes, allowing us to catch a glimpse of their countries of origin and, above all, their lives.

**More than 36,000 people, from 80 countries**, currently work for CaixaBank. A fine example of cultural diversity that makes us feel especially proud and grateful. Because having all of them in our team not only enriches our everyday professional experience, but also our personal lives.





# AFRICA

With this recipe, **Farah** invites us to get to know her better in the most delicious way, showing us, step by step, how we can prepare and then enjoy Mtewem.

It is a simple dish, with intense aromas and flavours, which is typical of her home country, Algeria, where the cuisine is influenced by traditional Mediterranean cooking, by the customs of the Muslim religion and by French cuisine.

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## ALGERIA

**Mtewem** · Main course

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P \_ 9





**Chef Farah Bederina**  
Assistant commercial manager at the  
Los Montecillos branch

A tasty recipe which is  
very easy to prepare and  
delight your guests with.

## Ingredients

- ½ kg lamb
- ½ kg minced beef
- 4 cloves of garlic
- 1 chopped onion
- ½ glass of chickpeas, soaked beforehand
- 2 large spoonfuls of butter
- Salt
- Black pepper
- ½ teaspoon of cinnamon
- ½ teaspoon of cumin
- 2 glasses of warm water



## ALGERIA

# Mtewem

**Farah** was taught this delicious recipe, which is very typical at Algerian weddings, by her grandmother. Farah prepares it on really special occasions, like when she wanted to celebrate the birth of her daughter. As an entertaining anecdote, showing how delicious this dish is when she prepares it, Farah explains that the last time she made it, she got up from the table for a moment and, when she came back, half her plateful was missing. She never knew who had eaten it. It could have been her husband, or one of her three dogs.



**TYPE**  
MAIN COURSE



**PREPARATION**  
45 MINUTES



**SERVES**  
4



**DIFFICULTY**  
EASY

## Method

We start by preparing the lamb. Put the chopped onion, butter, salt, pepper and cinnamon in a casserole dish and cook over a low heat, stirring every so often, until the onion is golden in colour. Add the lamb and the chickpeas and leave over a low heat for 10 minutes.

Mix the mince with salt, black pepper, cumin and the very finely chopped garlic. Make small balls out of the mixture.

Add the meatballs to the lamb casserole without stirring and add the 2 glasses of water. Cook over a low heat for around 20 minutes.

Finally, by way of a personal touch, Farah recommends frying some almonds and adding them to the sauce.

Ready to go, enjoy!







# AMERICA

Central and South American cuisine features the fusion of different cultures, which gives it an extensive, exquisite mixture of flavours and products.

Good examples of this are the delicious recipes that **Antonella, Wilky, Catherine** and **Yesenia** have enthusiastically shared with us. With these chefs, we travel on an extraordinary culinary route taking us through Costa Rica, Argentina, Cuba and Venezuela to be savoured with all our senses.

<b>COSTA RICA</b> Enyucados · Starter	P_13
<b>ARGENTINA</b> Carne a la masa · Main course	P_15
<b>CUBA</b> Arroz congrí · Main course	P_17
<b>VENEZUELA</b> Arepas rellenas · Main course	P_19





**Chef Wilky Calvo**  
Business Manager at the Santa Eulària des Riu branch

A childhood memory  
with a spectacular taste.

Ingredients

- 1 kg yucca
- 200 gr mince
- 1 small Creole-type sausage
- ½ onion
- 20 gr butter
- 2 eggs
- Parsley
- Salt
- Pepper
- Paprika
- Passata
- Olive oil
- Flour
- Breadcrumbs
- Guacamole
- Pickled onion to garnish



COSTA RICA

Enyucados

**Wilky** has chosen this recipe because it is a dish that was often eaten at home when he was small. In fact, he remembers that his grandmother sat him in a rocking chair in the kitchen at home so he could keep her company while she cooked, and the first enyucado she made was for him. Whenever he has guests from Costa Rica, he prepares this recipe exactly like his mother and grandmother made it.

			
<b>TYPE</b> STARTER	<b>PREPARATION</b> 1 1/2 HOURS	<b>SERVES</b> 4	<b>DIFFICULTY</b> AVERAGE

Method

First, peel the yucca and cook it in a medium-size saucepan with water and salt for around 10 minutes (or until the yucca is soft).

Drain and add the butter and a beaten egg. Using a fork, make a dough (add salt to taste).

Then chop the sausage and onion and sauté in a frying pan with olive oil. Add the meat and season with salt, pepper, paprika and parsley. Finally, add a little

passata and leave to cook until all the liquid has gone.

Make the yucca dough into balls and stuff with the mince mixture.

Now, roll each ball in flour, beaten egg and breadcrumbs, in that order, fry in oil, drain and serve garnished with guacamole and pickled onion.

Enjoy!



**Chef Antonella Rugoso Zapata**  
Business Manager at the Store Negocios Vilanova branch

## Ingredients

### Filling:

- 2k beef ribs (you can use any type of stewing beef)
- 2 onions, sliced
- 3 cloves of garlic, chopped
- Red wine
- 3 carrots (poached beforehand)
- 3 potatoes, diced and sautéed in a frying pan
- Squash, diced and sautéed in a frying pan (optional)
- Thyme
- Rosemary (better if fresh)
- Bay leaves (4 leaves)
- Salt and pepper

### Dough:

- 800 gr flour
- A good glug of oil
- 300 cl water
- Salt

## ARGENTINA

# Carne a la masa

**Antonella** has chosen this recipe because it is typical of her region, Mendoza, and because it reminds her of the flavours of her childhood and times with her family that she misses so much. Her parents taught her how to cook it, each one with their own personal touch, but Antonella is not allowed to say which version she likes the most. Her parents usually add an assortment of vegetables, sometimes peppers and sometimes peas. Antonella occasionally adds white wine instead of red wine, and she says that it is just as delicious that way.

By way of an anecdote, Antonella says that diners are usually surprised when they see the burnt dough, but what matters is what's inside, which is superb and the children usually fight over the pieces of dough that aren't burnt.



**TYPE**  
MAIN COURSE



**PREPARATION**  
2 1/2 HOURS



**SERVES**  
4



**DIFFICULTY**  
AVERAGE



## Method

Begin by preparing the meat. Cut it into medium-sized cubes and put it into a bowl with the herbs, salt and pepper. Cover with the wine, taking into account the meat will absorb some of it, and leave to marinate for as long as possible (if prepared the day before and left in the fridge, it will be even tastier).

To make the dough, mix the ingredients, knead well and divide into 2, to roll out separately. Put one of the layers of dough onto an oven tray, give it a quick burst in the oven so it cooks a little, then take out of the oven.

Add the meat and the rest of the vegetables and cover with the other part of the dough as if it were a "pie". The dough can be brushed with egg to give it a better finish and so it is crispier. Cook in a medium oven for 2-2.5 hours. If the dough burns, don't worry. What matters is that it works like a pressure cooker and the meat becomes very tender.

Enjoy!

A surprising,  
filling dish loved  
by children and  
adults alike.







Chef Catherine Ortega Pagola  
Business Manager at the Store Negocios Alberto  
Aguilera branch

A dish with irresistible aromas for  
celebrating any kind of occasion.

Ingredients

- 2 cups of white long grain rice
- 1 cup of black beans
- 4 cloves of garlic
- 1 medium-size onion
- ½ red or green pepper
- ½ tablespoon of ground oregano
- 3 tablespoons of vegetable or olive oil
- Salt
- Bay leaves
- 1 teaspoon of cumin



CUBA

Arroz congrí

**Catherine** remembers with delight how the aromas from her grandmother’s kitchen, specifically from the congrí, let the whole neighbourhood know that she was making the dish and how a lot of her neighbours came by casually to say hello. Arroz congrí is a dish that, traditionally, is prepared for New Year's Eve and other special occasions, although Catherine makes it nearly every Sunday, just like her grandmother, Catalina Linares, taught her. According to her, Catalina was the person who made the best congrí in the world. Her personal trick is to make the sauté beforehand.

TYPE	PREPARATION	SERVES	DIFFICULTY
MAIN COURSE	1 ½ HOURS	4	AVERAGE

Method

First, wash the beans and boil in a saucepan with 3 cups of water, adding the bay leaves, cumin and oregano, until they have softened. The idea is that they are not completely soft, so that they don't break up.

When the beans for the congrí rice are almost soft, remove from the heat and put to one side.

Then wash the rice well and leave to drain before putting to one side.

Next, in a frying pan, sauté the crushed garlic and the diced onion and pepper (optionally, some squares of pancetta can be added) for 5 minutes.

When the sauté is ready, add the washed rice, mix well and immediately transfer it to a rice or pressure cooker.

Finally, add the beans with all their stock, salt to taste and stir, leaving it to cook for around 20 minutes (in a pressure cooker it takes 35 minutes on a medium/low heat).

This dish is normally served with roast or slow-baked pork or beef, boiled yucca, avocado and tomato and eaten as a single main dish.



**Chef Yesenia Rodríguez**  
Employee at the María Auxiliadora branch, Salamanca

Ingredients

Arepas:

- Cornflour (2 cups)
- Water (2 cups)
- Salt (1 teaspoon)

Filling:

- ½ red pepper
- ½ onion
- 1 tomato
- ½ stick of celery
- Tuna (150 gr)
- Black pepper
- Oregano
- Salt
- Mayonnaise (3 tablespoons)
- Coriander

With ham and cheese, shredded beef, white cheese, “reina pepiada”\*- fill them with whatever you want!

\* Chicken and avocado salad.



VENEZUELA

Arepas rellenas

Filled arepas originated in Latin America and are very typical in Venezuela, where **Yesenia** was born, but also very common in the Canary Islands, where she grew up. In Venezuela, arepas are eaten a lot, as bread to go with main meals, for breakfast or dinner. They are toasted in Venezuela, but in the Canary Islands are usually fried. She learned this recipe from her mother and from her sister’s tips. Her personal touch is to add some milk and a little less water so that the dough gains more flavour.

			
TYPE	PREPARATION	SERVES	DIFFICULTY
MAIN COURSE	30 MINUTES	4	EASY

Method

First prepare the filling. Finely chop the celery, pepper, onion and tomato and then add the tuna, ½ teaspoon of salt, a pinch of black pepper, a little oregano and the mayonnaise and mix together. Put to one side.

Then prepare the dough. Pre-heat the oven to 250°C. Add the salt to the warm water and stir. Little by little, add the cornflour while mixing by hand until a compact dough is achieved that is still soft and malleable. If it is too hard, just add a little more water.

When the dough is ready, start to shape the arepas. Make balls and softly press them down into a round shape until they are approximately one finger thick. Put the arepas into a frying pan over a medium heat to brown them and seal them outside. Once browned and sealed, put them in the oven for 5 minutes each side, so that they are crispy on the outside and soft and cooked on the inside. When they are browned and crispy outside, add the filling and they are ready to eat. Enjoy!







# ASIA

Iran, Turkey and Taiwan are three countries on the same continent, but, at the same time, are very different. Persian cuisine is a diverse mix of culinary features and styles from the various provinces and regions. Highlights are vegetable dishes, meat, which always comes with rice, yoghurts and dried fruits and nuts.

Where Turkey is concerned, it can claim to have one of the most varied, succulent and delicious cuisines on the planet, due to the influences of highly diverse civilisations. Its geographical position – straddling Europe and Western Asia – makes it a veritable bridge between Europe, the Far East, and most Islamic countries.

Taiwanese cuisine reflects the history of the island, based on its native culinary traditions and Chinese cuisine, although other influences have also been added, such as Japanese and western cuisines.

**Leila, Isabel** and **Naichia** bring us three recipes that are highly typical of their native countries which will let us get to know about their culture better and, above all, delight our taste buds!

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**IRAN** P \_ 23  
**Kotlet** · Main course

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**TURKEY** P \_ 25  
**Karniyarik** · Main course

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**TAIWAN** P \_ 27  
**Pineapple cake** · Dessert

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**Chef Leila Aghvami**  
Director Independent Advisory, Granada

These hamburgers are so delicious  
and easy to make that you'll definitely  
make them more than once!

### Ingredients

- 300 gr minced beef
- 4 medium-size potatoes
- 1 onion
- 2 eggs, if they are small,  
or 1 if large
- Half a teaspoon of salt,  
pepper and curry powder
- Breadcrumbs

### Side dish:

- 2 cups of Basmati rice
- Olive oil
- Salt



## IRAN

# Kottlet

**Leila** has chosen this traditional, authentic Iranian recipe because it's very easy to make and the ingredients are easy to find in Spain. Her mother taught her how to make these delicious meat and potato hamburgers that are crispy on the outside and juicy on the inside.



**TYPE**  
MAIN COURSE



**PREPARATION**  
1 HOUR



**SERVES**  
4



**DIFFICULTY**  
EASY

## Method

For the potato “tortillitas”, cook 3 potatoes in their skins. When they are cooked, peel and grate them with the thick part of the grater. Peel and grate the fourth potato that's left, raw, and mix with the cooked potatoes.

Drain the water from the potatoes, grate the onion and mix it with the potatoes. Add the mince and the condiments. Add the egg as well and mix together well.

Put some olive oil into a frying pan. Take a small ball from the mixture, press down by hand into a hamburger

shape, sprinkle some breadcrumbs on both sides (not too thickly, a small amount is enough) and fry.

This dish can be eaten on its own or with white rice. In this case, wash the rice a couple of times to get rid of any dust in it, put into a saucepan and add 3 cups of water (one more than the amount of rice), salt and a splash of olive oil. Place on a high heat until the water boils. When all the water has evaporated, cover, lower the heat to the minimum and leave to cook for 45 minutes. Ready to go! Enjoy!





**Chef Isabel Ipek Geçim Dalokay**  
Relationship Manager at the Representative branch in Turkey



A delicious, centuries  
old recipe that is still  
cooked today.

## Ingredients

- 300 ml meat or vegetable stock
- 1 kg aubergines (around 4-5 medium-sized)
- 220 ml olive oil for frying

### Stuffing:

- 100 gr butter
- 50 gr pine nuts
- 200 gr chopped onion
- 500 gr beef mince
- 300 gr peeled, cubed tomato
- Salt
- Pepper
- 1 handful of very finely chopped parsley



**NOTE:** If a vegan version is preferred, replace the mince with approximately 400 gr green pepper cut into small cubes, and use olive oil instead of butter.

## TURKEY

# Karniyarik

**Isabel** has chosen an ancient recipe that has been made since the Ottoman era, because the ingredients are easy to find in Spain. She learned how to make it from a recipe book called 'Osmanlı Mutfağı de Tuğrul Şavkay', and usually makes it when she has guests, as it can be made the day before (and is even better that way) and finished off in the oven on the day, served with a salad or, traditionally, white rice. Isabel recommends cooking the aubergines in the oven with sunflower oil, instead of frying them, so that the dish is lighter in texture.



**TYPE**  
MAIN COURSE



**PREPARATION**  
1 HOUR



**SERVES**  
4-5



**DIFFICULTY**  
AVERAGE

## Method

Toast the pine nuts with the butter in a frying pan over a medium heat. Add the chopped onion and continue to cook until the onion is browned. Add the mince and cook for around 10 minutes, mixing well. Add the tomatoes, salt and pepper to taste and leave to cook for 5 or 8 minutes more. Turn off the heat, add the parsley and leave to rest.

Wash and dry the aubergines and fry them in olive oil until they are soft (they don't need to be completely cooked). Make a shallow cut lengthwise for the stuffing. Put the aubergines on a small oven tray and stuff them with the mince. Pour the stock over the top and cook in the oven at 180°C for 10 minutes covered, and for another 10 minutes uncovered.



**Chef Naichia Hsiao Yang**  
Employee at the Las Rozas 1 – InTouch branch

A fun Taiwanese  
dessert with a  
floral touch from  
the Madrid sierra.



## Ingredients

- 1 fresh, peeled pineapple (350 gr)
- 80 gr sugar
- 100 gr unsalted butter
- 35 gr icing sugar
- 2 gr salt
- 20 gr beaten egg
- 150 gr sieved flour
- 20 gr powdered milk



## TAIWAN

# Pineapple cake

**Naichia** learned how to make this recipe during the pandemic and now she usually makes it during the lunar festival in the traditional Taiwanese calendar, which is usually in autumn. As a personal touch, she adds honey from the Madrid sierra because it gives it a sweet floral aroma she loves. She remembers that, the first time she made this recipe for her friends, nobody appreciated the taste of the caramelised pineapple as they were used to eating it fresh, and not cooked. In fact, some of them didn't even dare to try it, but the ones who did came back for more!



**TYPE**  
DESSERT



**PREPARATION**  
1 HOUR



**SERVES**  
10



**DIFFICULTY**  
HARD

## Method

Julienne the pineapple, drain the juice and mix with the 80 gr of sugar. Put in the fridge for 1 hour, until the pineapple has absorbed the sugar. Next, in a frying pan, sauté the pineapple over a low heat for around 30 minutes so that the pineapple caramelises. Put to one side in the fridge.

Now prepare the cake mixture. Beat the butter with the icing sugar and salt until the butter is spongy. Add the egg and mix until it is completely absorbed into the butter, then add the flour and

powdered milk. The cake mixture should be thick in order to shape it with the caramelised pineapple.

Divide the mixture into 30 gr portions and wrap 20 gr of caramelised pineapple in each one. We can make the cakes into any shape we like, or also use fun cake tins, and then cook them in the oven at 170°C for 15-20 minutes. And we now have our pineapple cupcakes ready to enjoy.





# EUROPE



European cuisine, known worldwide for its Mediterranean cuisine, has a huge variety of recipes. In fact, the same dish can be cooked in one way, or another, depending on the region it is made in.

Now, with **Dariela, Francisco Javier, Jorge, Gwen, Vanessa, Alessio, Laura, Ligita, Tom, Larisa, Olga** and **Jasmin**, we'll get to know up to 13 different European recipes. Starters, main courses and desserts that will take us thousands of kilometres away on a unique culinary journey.

<b>GERMANY</b> <b>Leek and pork-mince soup</b> · Starter	<b>P _ 31</b>	<b>SWEDEN</b> <b>Swedish meatballs</b> · Main course	<b>P _ 45</b>
<b>LITHUANIA</b> <b>Cold beetroot soup</b> · Starter	<b>P _ 33</b>	<b>UNITED KINGDOM</b> <b>Stuffing</b> · Main course	<b>P _ 47</b>
<b>ALBANIA</b> <b>Pastiçe with feta cheese</b> · Main course	<b>P _ 35</b>	<b>BELARUS</b> <b>Napoleon Cake</b> · Dessert	<b>P _ 49</b>
<b>BELGIUM</b> <b>Moules frites</b> · Main course	<b>P _ 37</b>	<b>DENMARK</b> <b>Danish butter biscuits</b> · Dessert	<b>P _ 53</b>
<b>GREECE</b> <b>Moussaka</b> · Main course	<b>P _ 39</b>	<b>LATVIA</b> <b>Rye-bread soup</b> · Dessert	<b>P _ 55</b>
<b>ITALY</b> <b>Pasta a la Carbonara</b> · Main course	<b>P _ 43</b>	<b>ROMANIA</b> <b>Semolina with milk</b> · Dessert	<b>P _ 57</b>





!!  
Great idea!

Chef Francisco Javier Cuadrado Fernández  
DAN Badajoz Agro II support team

A delicious recipe perfect for warming up on the coldest winter days.



## Ingredients

- 4 leeks
- 500 gr pork mince
- 2 jars mushrooms, finely chopped
- 2 packets of mushroom soup
- 400 gr single cream
- 2 soup spoons of butter
- A pinch of salt
- Ground black pepper
- A dash of water or milk



## GERMANY

# Leek and pork-mince soup

**Francisco Javier** loves to cook this dish for his nearest and dearest, above all on the coldest days of winter. Some friends in Germany showed him how to make it and he remembers enjoying it seated at a table with a lot of extraordinary people, both children and adults. For the leek and pork-mince soup to be perfect, he gives us a simple tip – add a little milk or water so that it is not too thick.



**TYPE**  
STARTER



**PREPARATION**  
45 MINUTES



**SERVES**  
8-10



**DIFFICULTY**  
AVERAGE

## Method

Start by putting 2 soup spoons of butter in a frying pan. When it is hot, toss in the very finely chopped leeks and leave to sauté for 3 or 4 minutes. Then add the mushrooms and sauté for 3 more minutes.

Add the finely minced pork with a little salt and ground black pepper to taste. Sauté well.

In a separate saucepan, pour in the contents of 2 packets of mushroom soup and, using the packets, measure the water, in other words, 2 packets full of water, and add it to the pan. Put on a

low heat, stirring, and leave to boil for 5 minutes. Keep stirring so it doesn't stick to the pan.

Then add the single cream. If the cream is very thick, add a little milk or water to taste.

Add the contents of the frying pan to the saucepan, that is to say, the leeks, finely minced pork and mushrooms, mix well and leave to boil for 7 or 8 minutes.

Bon appetit!





**Chef Ligita Jasiunaite**

Employee at the Store Conde de Orgaz branch, Madrid

A refreshing starter with loads of flavour for summer days.



## LITHUANIA

# Cold beetroot soup

Beetroot soup is **Ligita's** family and friends' favourite dish, including her husband who, to begin with, resisted Lithuanian cooking. Ligita says that, in general, each family has their own recipe for this soup and her parents taught her how to make it. As it is a soup that is served cold, it is an ideal starter for hot summer days.



**TYPE**  
STARTER



**PREPARATION**  
20 MIN



**SERVES**  
4



**DIFFICULTY**  
EASY

## Ingredients

- 0.5 l kefir
- A little milk (optional)
- 1 cucumber
- 1 boiled egg
- ¼ onion (or, even better, a bunch of spring onions)
- 1 beetroot, cooked and peeled
- Salt
- Fresh dill

## Method

Start by putting the kefir into a bowl. If we want a milder flavour, a little milk can also be added. Then add the grated cucumber and beetroot, along with the finely chopped onion and egg.

Mix well before adding the salt and dill. If the mixture looks too thick, add more kefir or milk. Ready to go! The soup can be served with boiled, roast or fried potatoes. Yummy. Delicious!





**Chef Dariela Kellezi Dona**

Banca Premier Manager at the Store Premier All in One Castellón branch

A dish to enjoy with the family,  
fun and very easy to make.



## ALBANIA

# Pastice With feta cheese

**Dariela** usually makes this dish on Sundays, as it is the day she can sit at the table with family and friends and fully enjoy it. Although she found it difficult to choose, due to the fact that Albanian cuisine is very varied and delicious, being Mediterranean and very similar to Greek, Turkish and Italian food, Dariela decided to share her Pastice with feta cheese, as it is easy to make and because it is her son's favourite. Her mother taught her how to make it. As a personal touch, Dariela sprinkles grated Parmesan cheese on top before baking it.



**TYPE**  
MAIN COURSE



**PREPARATION**  
50 MINUTES



**SERVES**  
6



**DIFFICULTY**  
EASY

## Ingredients

- 500 gr Spaghetti
- 1 l milk
- 4 eggs
- 400 gr feta cheese
- 100 gr butter
- Salt to taste

## Method

To prepare the Pastice, first cook the pasta for 5 minutes.

While the pasta cooks, beat the eggs in a bowl, add the grated feta cheese and mix well. Then add the milk and mix in.

Spread the butter in an oven dish, add the pasta and the milk, egg and cheese mixture and put a little butter on top.

Heat the oven to 220 degrees and bake for 30 minutes.

Ready to serve. Enjoy!





**Chef Jorge Pastur**

Foreign Trade Specialist, CaixaBank Empresas,  
Asturias

Ingredients

- Fresh mussels (1 kilo per person)
- 1 ½ glasses of white wine
- ½ red onion
- 5 shallots
- 100 gr butter
- 2 celery sticks
- 3 cloves of garlic
- Fresh chives
- Basil
- Dill
- Salt
- Black pepper
- 3 potatoes
- Mayonnaise



A combination of  
flavours that is  
ideal for sharing  
on any occasion.

BELGIUM

# Moules frites

Being the Belgian dish par excellence, Jorge could not miss the opportunity, as a fine COMEX specialist, to export this delicious recipe that he learned to make with his mother. He will always remember the smell of celery when he went into the kitchen and saw her at the stove preparing this recipe.

For **Jorge**, these are not just some simple steamed mussels but instead and achievement of a mixture of surf and turf flavours that does not fail to impress. A complete pleasure for the senses, ideal for sharing with family and friends on any occasion. His personal touch is adding celery and basil.



**TYPE**  
MAIN COURSE



**PREPARATION**  
30 MINUTES



**SERVES**  
4



**DIFFICULTY**  
EASY

Method

First of all, the mussels must be washed, any impurities removed (mainly the beards), and then put to one side. Heat the butter in a saucepan and add the finely chopped garlic cloves, onion and shallots. Having added the celery, cut into strips, add the white wine, basil, dill, salt and pepper. Sauté for around ten minutes, add the mussels, put a lid on the saucepan and raise the heat so that the wine evaporates. Meanwhile, fry the potatoes, that were

washed and cut into sticks beforehand. When the wine starts to boil, lower the heat and leave to cook for around five minutes. Serve the mussels in the pan they were cooked in, along with the potatoes and a bowl of mayonnaise.

Bon appetit!



Chef Vanessa Koskinidou  
Projects & Data Compliance Manager, Barcelona



## GREECE

# Moussaka

**Vanessa** acknowledges that Moussaka is a time-consuming dish to make, but it is also the most well-known Greek dish and is delicious. This makes it ideal for special occasions, above all in summer, which is when her parents, who taught her how to make it, usually make it the most. A tip to make it perfectly is to fry the vegetables the day before and she also recommends preparing the meat the day before to spread the work. Also, once cooked, and the first portion has been made, Vanessa always puts a slice of bread into the dish to absorb the juices. This ensures the remaining portions don't fall apart.



**TYPE**  
MAIN COURSE



**PREPARATION**  
2-3 HOURS



**SERVES**  
6



**DIFFICULTY**  
HARD

One of the most typical dishes in Greek cuisine, as time-consuming as it is exquisite.





## GREECE *Moussaka*

### Ingredients

#### Vegetables:

- 4-5 aubergines
- 4 courgettes
- 6 large potatoes
- Frying oil or light olive oil
- Salt

#### Meat:

- 800 gr beef mince
- 1 finely chopped onion
- 500 gr passata
- 1 cinnamon stick
- 1 bay leaf
- Salt
- Pepper
- 4 tablespoons of extra virgin olive oil

#### Bechamel:

- 1 ½ l whole cows milk
- 150 gr butter
- 150 gr wheat flour
- 2 egg yolks
- ¼ teaspoon of nutmeg
- 100 gr grated cheese
- Salt

**NOTE:** the amount of vegetables needed depends on their size and the size of the oven dish to be used. There must be enough slices of potato to cover the dish once and enough aubergines and courgettes to cover it twice.



### Method

#### For the vegetables:

Start by cutting the vegetables into slices of approximately 0.5 cm. Fry the potatoes in plenty of oil and drain them in a sieve or put them on a plate covered with very absorbent kitchen roll. Do the same with the courgettes and the aubergines.

#### For the meat:

Sauté the onion in the oil until it is golden. Then add the meat, breaking it up and browning it well until it is no longer red. Add everything else and cook over a low heat for 30 minutes. Remove the bay leaf and cinnamon.

If there is a lot of water left, remove some of the liquid with a large spoon.

Then take it off the heat, add a large spoonful of bechamel, and mix well.

#### For the bechamel:

Put a saucepan over a low heat and melt the butter. Add the flour and mix well. Add the milk slowly to avoid the sauce becoming lumpy.

When all the milk had been added, continue to stir the sauce until it bubbles. Remove the pan from the heat and add the remaining ingredients.

#### Next steps:

Put the potato slices one beside the other at the bottom of the dish. Put a layer of aubergines and courgettes on top and put the mince on top of them.

Put another layer of aubergines and courgettes and cover with the bechamel. A little cheese can be added to melt on top, if desired.

Pre-heat the oven to 180°C and bake for 50-60 minutes, or until the bechamel is well browned.

Take out of the oven and leave for at least 15 minutes to rest, and that's it.

Enjoy!



**Chef Alessio Possagno**  
Media Control Manager, Barcelona

### Ingredients

- 70 gr pasta
- 1 egg yolk
- Freshly ground pepper
- 1 tablespoon of pecorino romano and/or parmesan cheese
- 30 gr guanciale/pancetta

The authentic recipe  
for carbonara,  
just like the  
Italians make it.



## ITALY

# Pasta a la Carbonara



After 7 years away from Italy, **Alessio** increasingly tries to cook more Roman cuisine recipes and pasta a la carbonara is, without doubt, one of the most traditional. He was shown how to make the authentic carbonara by Franca, the mother of a friend of his. Now he usually makes pasta a la carbonara every Sunday.



**TYPE**  
MAIN COURSE



**PREPARATION**  
15/20 MINUTES



**SERVES**  
1



**DIFFICULTY**  
EASY

## Method

Start by dicing the guanciale or pancetta (between 5 and 10 mm each side). Put in a non-stock frying pan over a low heat to melt the fat. If using guanciale, which has more fat than pancetta, there is no need to add oil for the fat to start melting.

Fry the slices until they start to be a little crispy, but not dry, and until the fat that has not melted is almost transparent. While the fat melts, break the egg and separate the white from the yolk, putting the yolk into a large bowl that the pasta will go into afterwards.

Grind plenty of pepper, preferably fresh. Lightly beat the egg, add the grated cheese and mix well. Cook the pasta in plenty of water with not too much salt. The pasta should end up al dente.

It is very important to take the pasta directly from the cooking water with a long fork or tongs, without draining it completely, and put it in the bowl with the egg yolk. In this way, the heat from the pasta and the remaining water will make the egg partially thicken. If necessary, add a little cooking water to keep it creamy. Mix quickly.

At this point, put the guanciale into the bowl (a little of its fat can also be added). Mix it all together and it's ready to serve. A super creamy carbonara without using even a drop of cream to cook it. Surprise your guests!





**Chef Jasmin Johansson**  
Employee at the Puebla de Sanabria branch



Like the famous meatballs,  
but a thousand times better.



## SWEDEN

# Swedish meatballs

Swedish meatballs are well known around the world, probably due to the famous ready-made ones. However, for **Jasmin**'s daughter, her mother's home made ones run rings around them. Her stepmother taught her how to make them and she usually cooks them at Christmas and dinners with friends. Her personal touch is not to put any egg in and use white pepper.



**TYPE**  
MAIN COURSE



**PREPARATION**  
1 HOUR



**SERVES**  
6



**DIFFICULTY**  
EASY

## Ingredients

- 800 gr mince (50% pork and 50% beef)
- 1 dl breadcrumbs
- 2 dl water
- 1 onion, grated
- 1 teaspoon of salt
- 1 teaspoon of white pepper
- 50 gr margarine or butter

## Preparación

Start by putting the breadcrumbs in a bowl and adding the water. Mix and leave to rest for 10 minutes. Add the mince, the grated onion with its juice, the salt and white pepper. Mix well and, again, leave to rest for 10 minutes. Then make small balls from the mixture. To do this, wet your hands with cold water beforehand.

When there are 50 or 60 meatballs, fry in butter for around 8 minutes until they are well browned. Turn them with the aid of two spoons to avoid breaking them. Drain and that's it! They are delicious when just made and also when cold.





A very  
traditional  
recipe and a  
tribute to a very  
special person.

Chef Tom Danson

Assistant Director CIB, Global Solutions, Madrid



## UNITED KINGDOM

# Stuffing

In the United Kingdom, it is typical to cook a turkey with a delicious stuffing for Christmas dinner. The recipe for the stuffing always reminds him of his father, as he was the one who showed him how to make it and was the one who made it each year. Now, it is **Tom** who makes it for his friends in Madrid and his older sister who makes it for all the family every Christmas.



**TYPE**  
MAIN COURSE



**PREPARATION**  
40 MIN



**SERVES**  
6



**DIFFICULTY**  
AVERAGE

## Ingredients

- 200 gr pancetta
- 600 gr pork mince
- 200 gr breadcrumbs (preferably brown bread)
- Grated lemon peel (only a quarter of a lemon)
- Dried parsley (3 tablespoons)
- 1 tablespoon of marjoram or provence herbs
- 2 tablespoons of chopped onion
- 2 beaten eggs
- Salt
- Pepper

## Method

Put all the ingredients in a large bowl and mix well. Stuff the turkey with the mixture so that everything cooks at once. It can also be cooked separately in the oven at 180°C for 30 minutes. It's that easy!



Chef Olga Krasnoproshina

Strategic Reporting Manager on Sustainability, Barcelona



## BELARUS

# Napoleon Cake

**Olga** thinks that the Napoleon Cake is the king of cakes. She was taught how to make it by her mother, who used to make it for very special occasions and that's why it reminds her of her childhood. Ever since she was small, she sat and watched her make it and, when she was bigger, helped her and this became a magic moment for the two of them. Olga acknowledges that for the recipe to turn out perfectly we must be patient and take a lot of care with all the preparations.



**TYPE**  
DESSERT



**PREPARATION**  
3 HOURS +  
7 HOURS REST



**SERVES**  
12



**DIFFICULTY**  
AVERAGE



Making this cake can become a magic moment if you share it with someone you love.

# BELARUS *Napoleon Cake*

## Ingredients

### Pastry (puff pastry):

- 400 gr flour (and a little more to work with the dough)
- 200 gr butter, frozen beforehand
- 200 gr slightly cold sour cream
- 1 large egg
- Half a teaspoon of salt

### Cream:

- 200 gr butter at room temperature
- 150 gr condensed milk at room temperature
- 400 gr milk
- 2 large eggs
- 100 gr sugar
- 20 gr vanilla sugar
- 25 gr flour
- 25 gr starch

### Decoration:

- 1 tablespoon icing sugar

## Method

First make the base for the cream, as it needs to cool at room temperature. Mix the eggs with the sugar, the vanilla sugar, the flour and the starch with a whisk until the texture is even. Add the milk and mix again so that the texture is even.

Put the cream in a pan over a moderate heat, stirring continuously so that there are no lumps and the cream doesn't burn. Leave the base for the cream to cool down to room temperature.

Now prepare the puff pastry. Mix the flour with the salt. Quickly grate the frozen butter with a thick grater and constantly immersing it in the flour. Add the egg and sour cream (from the fridge) to the resulting flour and butter crumbs. First mix it with a spatula and then quickly knead the dough.

It is not necessary to knead the dough for long, just enough to make a large ball (the less we touch the dough with our hands, the better it is).

Divide the ball into 8-10 pieces of the same size (around 80 gr each one), cover with cling film and put into the fridge for 1 hour.

Once this time is up, preheat the oven to 200°C and start to make the puff pastry sheets. To do this, using a rolling pin, spread each piece of dough over greaseproof paper sprinkled with flour.



If necessary, sprinkle the dough with flour so that it doesn't stick to the rolling pin. Roll the dough sheets as thinly as possible, until they are a little more than 20 cm.

Cook the dough sheets (one by one) in the preheated oven for 7-8 minutes (the sheets should be lightly browned).

While they are still hot, cut the sheets into circles (use a large plate, or saucepan lid, to cut all the sheets into the same size). As the sheets break easily, take care when handling them. Next, cook the 8-10 sheets in the oven until browned. Also brown the leftovers from cutting as they are used for decorating the cake. When ready, leave to cool. Then crumble the leftovers and put to one side.

For the cream, beat the butter at room temperature for 2 minutes. Add the condensed milk and continue to beat for several minutes until it is a fluffy, uniform cream.

Little by little, add the base for the cream made previously and cooled to room temperature to the butter and condensed milk cream, beating until it is completely uniform. It is important that the butter, condensed milk and base for the cream are the same temperature.

Now put the cake together. First, put a little cream on a large plate that the cake will be served on so that the first sheet sticks well and the cake doesn't move while being put together (the plate size should be slightly larger than the puff pastry sheets so that it is easier to put together). Place one sheet after another, with 2 generous spoonfuls of cream between each one, spread over the whole sheet.

Also put cream on top of the last sheet, adding the icing sugar on top. Finally, sprinkle the crumbs set aside from the leftovers onto the top and sides of the cake.

Once put together, leave to rest at room temperature for at least 2-3 hours. Then put in the fridge for 4 hours before serving, although if it is left in the fridge from one day to the next it's even better. Enjoy!





**Chef Gwen Trujillo Suárez**  
Branch Manager of the O'Daly branch,  
Santa Cruz de Tenerife

A delicious snack for  
special occasions.



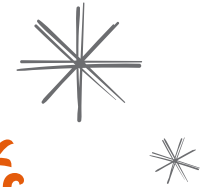
## Ingredients

- 150 gr butter at room temperature
- 75 gr icing sugar
- 250 gr wheat flour
- 1 tablespoon vanilla essence
- ½ tablespoon of salt



## DENMARK

# Danish butter biscuits



The smell of butter in this recipe takes **Gwen** back to her native country, Denmark. It reminds her of her childhood, and that's why it's one of the first recipes she made with her daughter. She also learned it from her mother, and usually makes it as a snack for special occasions and at Christmas. As a personal touch, Gwen uses a silicon baking tray so that they are thinner and decorates them with a touch of sugar and salt. In addition, as she is gluten-intolerant, she makes them with oat flour.



**TYPE**  
DESSERT



**PREPARATION**  
1 ½ HOURS



**SERVES**  
3



**DIFFICULTY**  
AVERAGE

## Method

Start by pre-heating the oven to 180°C.

Sieve the flour and icing sugar separately and put to one side.

Beat the butter with an electric whisk until it is a cream, add the sugar by spoonfuls while still beating. Add the vanilla, salt and flour and mix with a spatula.

Knead the dough into a ball until it is uniform. Leave to rest in the fridge on a tray between two sheets of greaseproof paper, completely flat, for around 30 minutes, so that it hardens.

Take it out, cut into the desired shape and return to the fridge for around 10 minutes as, in this way, they retain their shape better.

Bake in the oven for around 10-15 minutes.

Finally, take them out and leave to rest, preferably on a cooling rack, and then Enjoy!



Chef Laura Purvina

PBC/FT Analysis Manager, Compliance, Barcelona

↗ A centuries-old dessert with  
↖ a unique, surprising flavour. ↘

## Ingredients

- 500-600 gr of rye bread
- 800 ml water
- 4-5 tablespoons of blackcurrant or cherry jam
- 200 gr dried fruit and nuts (apricots, cherries, pineapple, raisins, cashew nuts or walnuts)
- Half a teaspoon of ground cinnamon

## To serve:

- 200 ml sweet cream
- 1 teaspoon vanilla sugar
- 2 tablespoons sugar



## LATVIA

# Rye-bread soup

Rye-bread soup is a traditional Latvian dish with a centuries-old history. A unique dessert, because it is made with rye bread which gives it a unique taste and a pleasing structure. **Laura** was taught how to make it by her mother, and usually makes it then she visits her family in Latvia. When she can find rye bread, usually in shops selling Russian products, she also makes it for her friends in Spain. As a personal touch, she adds fresh cranberries or pieces of other fresh fruits on top of the cream. Laura recommends that it is eaten on the same day, although, if a little is left for the next day, milk can be added to thin it down or it can be boiled again, stirring constantly so that it doesn't burn.



TYPE  
DESSERT



PREPARATION  
1 HOUR



SERVES  
12



DIFFICULTY  
EASY

## Method

Start by dicing the slices of bread. Put on a tray and toast in the oven, preheated to 180°C. Turn the diced bread every so often. (Dry, hard bread can be used. It is even better).

When the bread is toasted, put it in a saucepan and add boiling water to cover it, cover the saucepan and set aside for 25-30 minutes. Then, blend the bread and water mixture in a blender and add 4-5 tablespoons of jam and a pinch of cinnamon.

Also add the dried fruit, rinsed in boiling water, and mix well. Put the saucepan on the stove and cook everything for around 25 minutes. If the bread soup is too thick, add a little more boiling water. Taste it and, if necessary, add more jam or cinnamon.

When the bread soup is ready, put it into dessert dishes and leave to go cold. Finally, mix the sweet cream with 2 tablespoons of sugar and 1 teaspoon of vanilla sugar and decorate the soup with it. Enjoy!





**Chef Larisa María**  
Business Manager at  
the Coralejo branch



A simple, quick dessert to  
make to enjoy at leisure.

### Ingredients

- 1 l milk
- 100 gr semolina flour
- 2 teaspoons sugar



## ROMANIA

# Semolina with milk

Semolina with milk is a typical Romanian dessert that reminds **Larisa María** of her childhood, when her mother made it. Her mother always shooed her away when she finished making it, because she could never wait for it to go cold. Now Larisa makes it whenever she can and, to give it a distinctive touch, she likes to sprinkle some cinnamon on top before serving.



**TYPE**  
DESSERT



**PREPARATION**  
15 MINUTES



**SERVES**  
4



**DIFFICULTY**  
EASY

## Method

First of all, heat the milk over a medium heat and wait until it starts to boil. Then sprinkle the semolina flour in it, add the two teaspoons of sugar and stir until it thickens, which could take 3 to 5 minutes.

After this, we only have to pour the mixture into individual bowls, leave it to cool and then put it in the fridge for 2 hours. Once cold, fruit, jam or caramel can be added on top.

**NOTE:** if preferred, the sugar can be replaced by sweetener and the milk by a vegan alternative.



# Advice for success with your recipes

Now that you are holding a cookbook full of international recipes in your hands, put it to good use, by surprising your family and friends with new flavours, textures and preparations, while also sharing with them the traditions of other cultures.

Put on your apron and go for it! If you follow the recipes exactly as your colleagues explain them, they are bound to be delicious. And to help you get over any initial fears, we have some simple, very practical tips for you:

**#1 Make sure that you have all the ingredients you need at home.** Some of them are probably in your cupboard already, or will be easy to find in a supermarket. Fortunately, these days there are lots of shops that specialise in international produce, so if you look a little harder, you may find what you need in a shop near you.

**#2 Get all the necessary utensils and equipment.** If you want to prepare a really authentic dish, it's best to use the utensils and equipment specified in the recipe. But don't worry, these days you can find practically anything you need in a kitchen-equipment shop.



**#3 Experiment with spices and condiments.** Unless you already know you don't like the flavour, add all the spices and condiments listed in the recipe; they are an essential part of the dish, and you will undoubtedly discover wonderful new flavours.

**#4 Follow the recipe's cooking techniques.** Some people believe that you don't have to follow cooking techniques to the letter, but the end result is often very different, and although it might still be tasty, if a chef uses a certain technique, it is probably for a good reason.

Finally, in addition to encouraging you to try all the recipes in your new cookbook, we challenge you to create **your own fusion recipes**, which as you know, is when you combine cuisines from different cultures.

It's a good idea to start with a traditional dish from your own country, and then combine it with a dish from somewhere else in the world, or simply add ingredients from other regions to it. The end result will be a mixture of unique flavours from the cuisines you decide to combine.





*Grazie!*

謝謝

## ACKNOWLEDGEMENTS

Many thanks to everyone who shared their recipes and made this first edition of the cookbook possible!

*thank you!*

*merci!*

شكراً

*¡Gracias!*

*Danke!*

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# Index of recipes

## STARTERS

<b>COSTA RICA</b> Enyucados · America	P_13
<b>GERMANY</b> Leek and pork-mince soup · Europe	P_31
<b>LITHUANIA</b> Cold beetroot soup · Europe	P_33

## MAIN DISHES

<b>ALGERIA</b> Mtewem · Africa	P_9
<b>ARGENTINA</b> Carne a la masa · America	P_15
<b>CUBA</b> Arroz Congrí · America	P_17
<b>VENEZUELA</b> Arepas rellenas · America	P_19
<b>IRAN</b> Kotlet · Asia	P_23
<b>TURKEY</b> Karniyarık · Asia	P_25

<b>ALBANIA</b> Pastıçe with feta cheese · Europe	P_35
<b>BELGIUM</b> Moules frites · Europe	P_37
<b>GREECE</b> Moussaka · Europe	P_39
<b>ITALY</b> Pasta a la carbonara · Europe	P_43
<b>SWEDEN</b> Swedish meatballs · Europe	P_45
<b>UNITED KINGDOM</b> Stuffing · Europe	P_47

## DESSERTS

<b>TAIWAN</b> Pineapple cake · Asia	P_27
<b>BELARUS</b> Napoleon Cake · Europe	P_49
<b>DENMARK</b> Danish butter biscuits · Europe	P_53
<b>LATVIA</b> Rye-bread soup · Europe	P_55
<b>ROMANIA</b> Semolina milk pudding · Europe	P_57





