



The
ENS Paris-Saclay
International

Celebrative
Cookbook

Recipes and anecdotes from the 2019 - 2020 ENS Paris-Saclay
international students



école _____
normale _____
supérieure _____
paris-saclay _____

In France, Christmas is related to many European customs.

In the beginning of December, various Christmas markets are edified all around the country, in big cities as smaller ones. In those markets, people would be offered hot red wine with cinnamon or hot coco. They would also find some specialties from the region as nougat in Montélimar or gingerbread in Alsace.

On television, from the end of November to the beginning of January, you would be able to watch as many Christmas movies as you want. Those movies are getting cultural and very much expected by many people.

There would be no Christmas without presents and Yule log that we commonly call *Bûche de Noël*. French kids, depending on the family tradition open their presents on December 24 at midnight. The less lucky ones would open them on Christmas day.

The most famous French song about Christmas would be *Petit Papa Noël* from Tino Rossi. This song came out in 1946 and is still contagious nowadays.



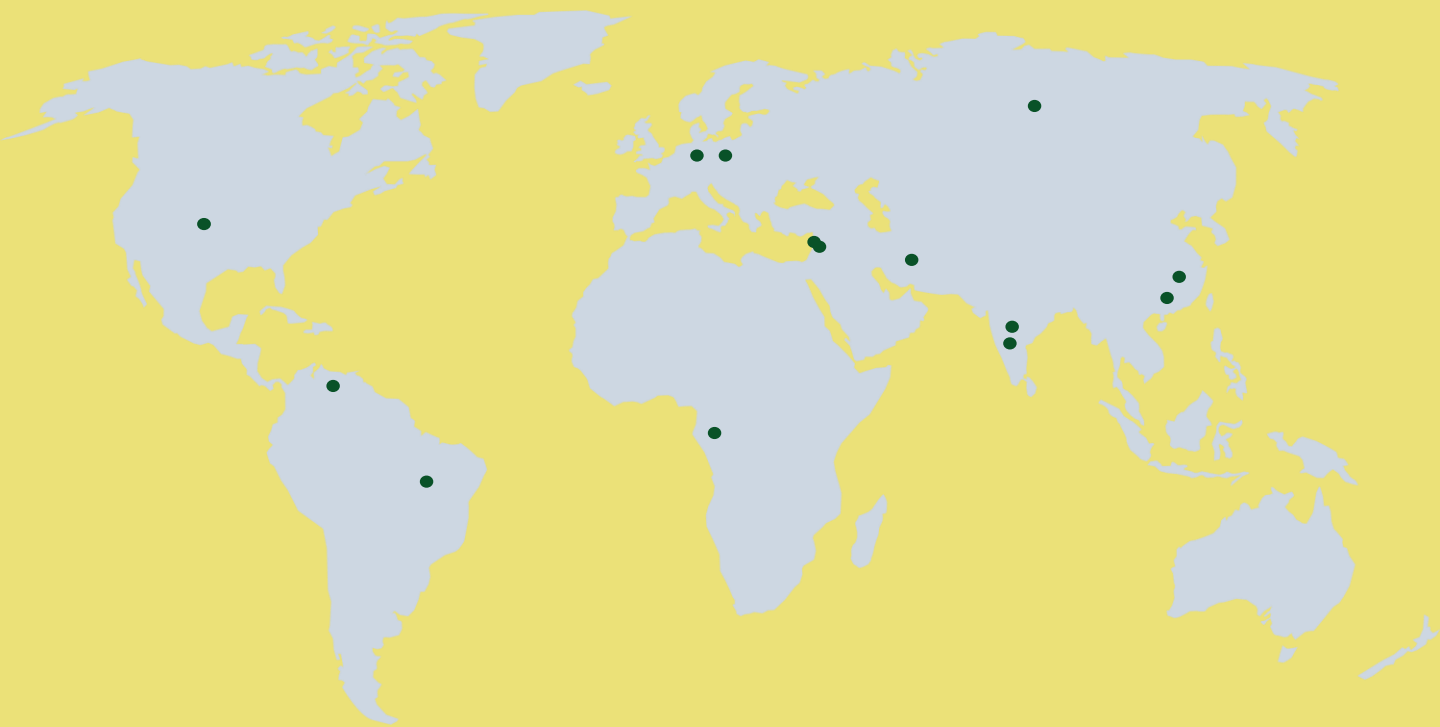
Traditional Bûche de Noël



Colmar Christmas Market



This book is made for and with the 2019 - 2020
ENS Paris-Saclay international students in the
hope of opening everyone to other cultures and
celebrations



The International Relations Office would
like to thank all the students who
participated in this book.



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DRIED FRUIT COMPOTE

Recipe by Remigiusz TROJANOWICZ

Dried fruit compote is the most popular Christmas dish and on Christmas Eve you can find it in every Polish household. Usually hated by kids as it has specific smoky flavour. You can adjust the ratio of the fruits based on your preference.

Dried fruits (prunes, figs, apples,
apricots, pears)
1 cinnamon stick

3 - 5 cloves
Orange or lemon
Honey (optional)

- 1 Slice the orange (or lemon) and combine all the ingredients in a pot and top it up with water
- 2 Bring to boil, then reduce the heat and let it simmer uncovered to let some liquid evaporate and make it more aromatic through liquid reduction
- 3 Serve cold



Did YOU ? know

- Before Christmas, children in schools and preschools take part in "Jasełka" (Nativity Plays). They are very popular and often more secular than religious. The Christmas story is also sometimes put into modern times.
- The worst part about the Christmas Eve supper is that you can't open the presents before it has finished. Older members of the family (who traditionally begin and end this meal) always make it last a long time. In most houses, before the presents are opened, the family sings carols together. Children really want to open the present and sometimes more carols are sung just to tease the children!
- In Polish Happy/Merry Christmas is 'Wesołych Świąt'





LOTUS ROOT & PORK RIBS SOUP

Recipe by Chongyun XIE

A specialty from Southern China, healthy, delicious and really easy to make!

Around 700g of fresh pork ribs

2 whole lotus roots

1 piece of ginger

- 1 Brush the ginger, peel and slice
- 2 Put together the ginger skin and pork ribs into a pot with some water
Cook until boiling, and continue for 3 or 4 minutes
- 3 Remove the ribs and drain, discard the ginger skin
- 4 Put the ribs and ginger slices into the casserole pot, add a sufficient amount of water, which should be about 1cm higher than the ribs
- 5 After boiling, cover the pot, simmer for about 1 hour with low heat
- 6 Peel the lotus roots, cut into lumps, sprinkle with a little salt, and knead it. Preserve for about 10 minutes
- 7 Put the lotus root into the pot and continue to simmer for 1 hour
- 8 When the meat is stewed soft, add a little salt, simmer for around 10 minutes with medium heat. Finally, sprinkle with green onions



Did YOU ? know

- More young people are celebrating Christmas in cities where Christmas parties are becoming popular and it's also a time where young couples will offer gifts to each other, a bit like Valentine's day.
- In Chinese Happy/Merry Christmas is 'Sheng Dan Kuai Le or 圣诞快乐' in Mandarin and 'Seng Dan Fai Lok or 聖誕快樂' in Cantonese.
- Jingle Bells is a popular Christmas song in China!





TANGYUAN

Recipe by Xiaofei SONG



Tangyuan is a popular sweet Chinese dessert, used to celebrate holidays including Lantern Festival (元宵节) and Winter Solstice Festival (冬至), but is served as desserts now and sometimes as breakfast in cold winter mornings

For black sesame filling

1/2 cup toasted black sesame
1/2 cup sugar or as needed
1/8 tsp salt
80ml lard or butter

For tangyuan dough

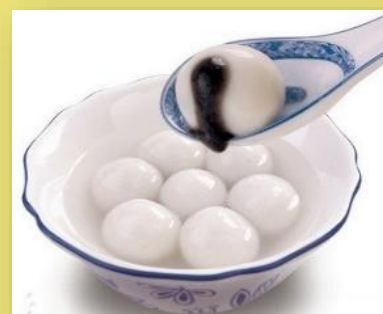
2 cups glutinous rice flour
1/4 cup hot water
3/4 cup cold water

To make the black sesame filling

- 1 Toast black sesame in a pan or oven and then ground them into powders. Smaller particles can be accepted for the filling. Otherwise, you might find them directly in store
- 2 In a bowl, mix black sesame powder with salt and sugar. Pour lard and mix well. Place in fridge for 1 hour until slightly hardened

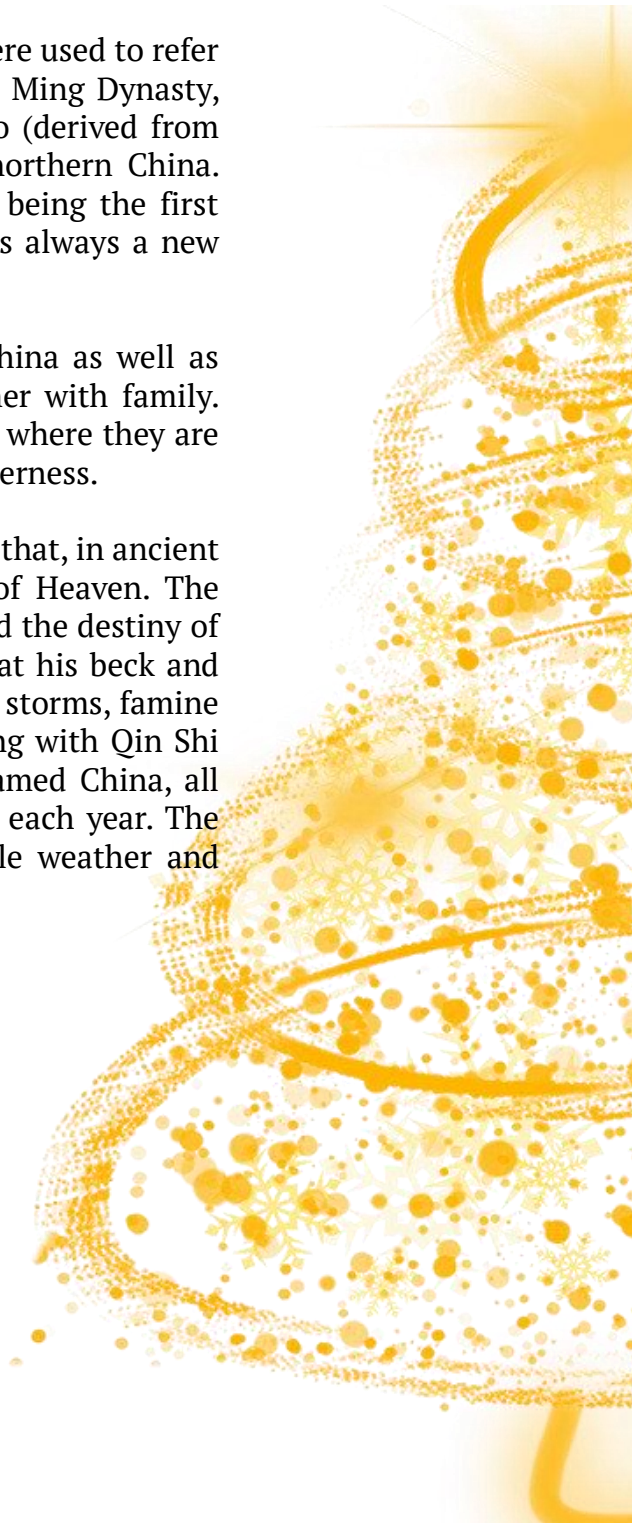
To make the dough

- 3 Place the sticky rice flour into a large bowl, add hot boiling water in the center and wait for 10 minutes. Then pour the cold water. Grasp to form a dough and keep kneading for a couple of minutes until the smooth; shape the dough into a long log so that you can make similar pieces in the following step
- 4 Take one piece and shape it to bowl carefully. Then scoop around 1/2 tablespoon to black sesame filling into the center. Seal the rice dumpling completely
- 5 Boil the water in a pot (the water should be at least 2cm higher than the balls). Continue cooking for another 1-2 minutes after they float on surface
- 6 Scoop out with the soup and serve



Did YOU ? know

- Historically, a number of different names were used to refer to Tangyuan. During the Yongle era of the Ming Dynasty, the name was officially settled as yuanxiao (derived from the Yuanxiao Festival), which is used in northern China. This name literally means “first evening”, being the first full moon after Chinese New Year, which is always a new moon.
- For many Chinese families in mainland China as well as overseas, tangyuan is usually eaten together with family. The round shape of the balls and the bowls where they are served, come to symbolize the family togetherness.
- A legend around the Lantern Festival states that, in ancient times, people worshipped Taiyi, the God of Heaven. The belief was that the God of Heaven controlled the destiny of the human world. He had sixteen dragons at his beck and call and he decided when to inflict drought, storms, famine or pestilence upon human beings. Beginning with Qin Shi Huang, the first emperor of China, who named China, all the emperors ordered splendid ceremonies each year. The emperor would ask Taiyi to bring favorable weather and good health to him and his people.





CHOCOLATE PAVÊ

Recipe by Izadora Mayumi FUJINAMI TANIMOTO

Pavês are frozen desserts based on cornstarch or champagne cookies and are very present on special dates. There are numerous other variations such as strawberry pavê, pineapple pavê, nest milk pavê, ...

For the chocolate layer

20 ladyfinger biscuits
2-3 tbsp cognac
2 cups whole milk
1.5 cups cocoa powder

For the cream layer

2 cans sweet condensed milk
4 cups milk
2 tbsp corn starch
4 eggs yolks (strained)

For the whipped cream layer

1 small container heavy cream
1 cup powdered sugar
1/2 tsp pure vanilla extract

- 1 In a large pot, combine the sweet condensed milk and 3 cups of the milk
- 2 Dissolve the corn starch in one cup of milk and add to the pot
- 3 Cook that mixture over low to medium heat, stirring constantly, until it starts thickening
- 4 Separate a cup of the mixture and let it cool
- 5 Add the egg yolks to the cooled cream and return it to the pot, then, cook until it thickens
Let it cool and pour into a 15x10 baking dish
- 6 Place the biscuits into a large bowl and the cognac into another smaller bowl
- 7 Using your fingers, sprinkle the cognac onto the biscuits
- 8 In the same pot you used for the cream, add 2 cups of milk and 1.5 cups of cocoa powder
Cook until it resembles hot chocolate (it's supposed to be a liquid mixture, and not a cream)
- 9 Dip the biscuits into the chocolate and place them on top of the cream, then, cover and refrigerate overnight
- 10 On the next day, make some whipped cream by mixing the heavy cream, the powdered sugar and the vanilla extract
- 11 Pour the whipped cream into the baking dish, creating a 3rd layer
Refrigerate for at least 1 more hour before serving
- 12 Grate or shave some chocolate on top of the pavê and serve cold



Did YOU ? know

- Did you know that “pavê” comes from the French word *pavage*, which means pavement? The term refers to the layers of cookies and cream!
- Most people, especially Catholics, will go to a Midnight Mass service or Missa do Galo (Mass of the Roster). The mass normally finishes about 1:00am. On Christmas day, people might go to church again, but this time the services are often in the afternoon.
- In Brazil, Santa Claus is called Papai Noel & Bom Velhinho (Good Old Man).





AUTHENTIC STOLLEN

Recipe by Christian SCHRAEDER

German stollen have been around for nearly 700 years and it is prized throughout the world as one of the most famous and beloved of all Christmas pastries

For the dough	1 cup lukewarm whole milk	2 tsp quality pure vanilla extract
	3 tsp dry active yeast	Zest of one lemon
	1/2 cup granulated sugar	1 tsp salt
	4 cups all-purpose flour	3/4 tsp ground cardamon
	1 large egg	3/4 tsp ground cinnamon
For the fruits & nuts	2 large egg yolks	8 ounces marzipan / almond paste
	3/4 cup unsalted butter	
	9 ounces raisins	3 ounces candid citrus peel
	3 ounces candied lemon peel	3 ounces blanched silvered or sliced almonds
	3 ounces candied orange peel	1/3 cup quality dark rum
For the glaze & dusting	1 stick unsalted butter, melted	Powdered sugar for generous dusting

1 Place the raisins, candied citrus peel and almonds in a medium bowl and pour the rum over it. Stir to combine. Set aside and let the fruit mixture soak in the rum while the dough rises

2 Stir the yeast and 2 tbsps of the sugar into the lukewarm milk and let sit in a warm place for 10-15 minutes until very frothy

3 Place the flour, remaining sugar, egg, egg yolks, butter, vanilla extract, lemon zest, salt, cardamon, mace and cinnamon in the bowl of a stand mixer fitted with a dough hook. Add the yeast/milk mixture. Use a spoon to stir the mixture until it comes together. Knead the dough on the bread setting for 7-8 minutes. Remove the dough ball, lightly spray the bowl with a little oil, return the dough ball, cover loosely with plastic wrap and place it in a warm place or lightly warmed oven (just barely warm), to rise until nearly doubled in size, at least 1 hour

4 Punch down the dough and add the soaked fruit/nut mixture to the dough (it should have absorbed all the rum by now but if there is excess liquid, pour it out before adding the mixture to the dough). Using the dough hook, knead the fruit/nut mixture into the dough until combined. If the dough is too wet to handle, add a little bit of flour until the dough pulls away from the sides of the bowl



5 Turn the dough out onto a floured work surface and cut it in two equal halves. Press or roll each piece into an oval to about 1 inch thickness. Roll each piece of marzipan into a log the length of the oval. Press the marzipan gently into the middle of the dough. Fold the left side of the dough over to cover the marzipan, then fold right side over on top of the left side so that the edge of it sits just left of the middle of the stollen. Pinch and tuck the top and bottom ends of the stollen to cover the marzipan. Use the bottom edge of your hand to press down along the length of the stollen towards the right of the center to create a divot and characteristic hump. Place the stollen on a lined baking sheet. Cover the stollen loosely with plastic wrap and let them rest in a warm place or lightly warmed oven for 40-60 minutes until puffy. At that point you can pick off any raisins that are sticking out of the dough (they will burn during baking).

6 Towards the end of the last rise, preheat the oven to 350 degrees F and bake the stollen for 30-40 minutes or until golden. You can use an instant read thermometer to aim for an internal temperature of 190 degrees F. Let the stollen sit for 5 minutes, then use a toothpick to poke holes all over the stollen (this will allow the butter to seep in), then generously brush the stollen with the melted butter while the stollen are still warm. Immediately sprinkle with a generous amount of powdered sugar, rubbing it into the creases and down the sides. Let the stollen cool completely.

7 The stollen can be sliced and eaten now or wrapped tightly (I like to wrap in plastic wrap then foil) and left to "ripen" in a cool place for 2 weeks. The liquid from the dried fruits will further penetrate the dough for more flavor and moisture. Stollen can also be frozen for longer storage.

8 Makes 2 large or 3 medium Stollen.

Did YOU ? know

✦ In some parts of Germany, mainly the south east of the country, children write to the 'das Christkind/Christkind' asking for presents. The letters to the Christkind are decorated with sugar glued to the envelope to make them sparkly and attractive to look at. Children leave the letters on the windowsill at the beginning of or during Advent.

✦ Germany is well known for its Christmas Markets where all sorts of Christmas foods and decorations are sold. Perhaps the most famous German decorations are glass ornaments. The glass ornaments were originally hand blown glass and were imported in the USA in 1880s by the Woolworth stores. The legend of the glass 'Christmas Pickle' is famous in the USA, but it's that, a legend. Most people in Germany have never heard of the Christmas Pickle!



PUNJABI SARSON DA SAAG

Recipe by Paras SETH

A classic Punjabi dish, this Sarson Da Saag recipe is a gravy dish made from mustard leaves, spinach and bathua along with Maize flour and spices. The bathua and mustard leaves are available in the season of winters in India hence this is largely cooked in Indian homes, especially in northern India, during the winters only

For Saag

4 bunch mustard leaves
1 1/2 bunch spinach
1 bunch bathua (pigweed)
1.5 tbsp makki ka atta
3 tsp jaggery, grated
1 inch piece ginger

For tempering

2 tbsp desi ghee
A pinch of asafoetida
1 onion
8 cloves garlic
2 green chilies
2 tomatoes (pureed)

Salt
1 tsp cumin (crushed)
1/2 tsp red chili powder
For garnishing:
Ginger, julienne

Prepare the Saag

- 1 Clean and wash the mustard leaves, spinach and bathua separately in running water
- 2 Roughly shred leaves and finely slice the stems. Discard the hard stems
- 3 Remove and discard the stems and wash green chilies and chop them finely
- 4 Scrape, wash and roughly cut half of the ginger, cut the rest into very fine juliennes
- 5 Peel, wash and chop onions and garlic finely
- 6 Put the mustard leaves, spinach, bathua and green chilies in a heavy bottomed pan, add chopped ginger, salt and water
- 7 Bring to boil and simmer until tender (do not cover)
Remove, drain and reserve the excess liquid if any
- 8 Put the drained leaves in a blender and make a coarse puree
- 9 Transfer the puree to the heavy bottomed pan and add makki-ka-atta, red chili powder, remaining chopped green chilies and grated jaggery. Mix well
- 10 Return to heat and add the reserved liquid
Simmer, stirring occasionally, for 30 minutes. Adjust the seasoning

Prepare the tempering

- 11 Heat ghee, add asafoetida along with chopped onion and fry till translucent
- 12 Sauté garlic till light golden brown, add green chilies, roasted and crushed cumin and red chili powder. Sauté over medium heat add tomato puree sauté till ghee oozes out
- 13 Bring the simmering sarson ka saag to a boil and pour on the tempering. Stir to serve
- 14 Remove to a bowl, garnish with juliennes of ginger and sprinkle garam masala powder
- 15 Serve Sarson Ka Saag hot with Makke Ki Roti along with bits of jaggery and white butter



Did YOU ? know

- India is a highly spiritual country in which festivals are at the heart of people's lives.
- Holi is often referred to as the "Festival of Colors". It is one of the most famous festivals outside of India. The festival is centered around the burning and destruction of the demoness Holika, which was made possible through unwavering devotion to Lord Vishnu. However, the really fun part involves people throwing colored powder on each other and squirting each other with water guns.
- The spectacular 11-day Ganesh Chaturthi festival honors the birth of the beloved Hindu elephant-headed god, Lord Ganesha. The start of the festival sees huge, elaborately-crafted statues of Ganesh installed in homes and public podiums, which have been beautifully decorated. The statues are worshiped everyday throughout the festival. On the last day, they're paraded through the streets, accompanied by much singing and dancing, and then submerged in the ocean. The best place to experience it is in Mumbai.



PASI PARUPPU PAYASAM

Recipe by Alan Raj Jeffrey RAJENDRAN

Pasi paruppu payasam recipe or paruppu payasam or moong dal payasam is a light, creamy, scrumptious kheer, very common in South India prepared with yellow split moong dal, jaggery, and coconut milk

1/2 cup moong dal or 100 grams	3/4 cup powdered jaggery	2 tbsp sponghee
yellow split moong dal	1/2 tbsp freshly crushed cardamon	8-10 cashew nuts
3/4 cup grated coconut	A pinch of grated nutmeg	7-8 raisins
1.5 cups warm water	(optional)	

Extracting coconut milk

- 1 For the 1st extract: take the grated coconut in a blending jar by adding 1 cup of warm water and blend for a few seconds
- 2 Extract the thick milk in a bowl by squeezing with a hand. Then set aside
- 3 For the 2nd extract: for the thin coconut milk transfer the already ground coconut to the blender followed by 1/2 cup of warm water and blend for a few seconds
- 4 Again, strain the milk in another bowl by squeezing with a hand and set aside for later use

Cooking Moon Dal

- 5 Rinse the moong dal well in running water. Then soak for 1/2 hour
- 6 Pressure cook the dal with 1 cup and a little more water and cook over medium flame until 4-5 whistles. Let the pressure settle down on its own
- 7 Once done open the lid and check the moong dal. The dal should be cooked well

Making Pasi Paruppu Payasam Recipe

- 8 In the cooked moong dal add thin coconut milk. Mash the dal with a spoon
- 9 Add jaggery and stir continuously. Cook until mixture comes to semi-solid form. Make sure the dal does not stick to the bottom
- 10 If your jaggery contains impurities, just boil the jaggery with a little amount of water. Once bubbles start to appear, sieve it and let it slightly cool down. Then add the jaggery syrup to the dal
- 11 Add crushed cardamon, grated nutmeg, and thick coconut milk. Simmer the flame and cook for 5 minutes more. Then turn off the flame. Do not overcook the dal after adding thick coconut milk, it can curdle
- 12 Heat ghee in a small pan. Add cashew nuts. Stir for a minute. Add raisins and stir until raisins swell cashews turn golden.
- 13 Then pour the ghee with cashews and raisins in the payasam and stir to mix. Pasi paruppu payasam is ready to serve. Serve hot, warm or chilled as you wish



Did YOU ? know

- ✦ The nine days of the Navaratri festival honor the mother goddess Durga in all her incarnations. The tenth day, called Dussehra, celebrates the defeat of the demon king Ravan by Lord Ram and monkey god Hanuman. It also coincides with Durga's victory over the evil buffalo demon Mahishasura. In eastern India, the festival is observed as Durga Puja. It's the biggest festival of the year in Kolkata. Huge statues of the Goddess Durga are made and immersed in the river there. In Delhi, nightly plays are held around the Red Fort, recounting episodes from the life of Lord Ram.
- ✦ Diwali honors the victory of good over evil and brightness over darkness. It celebrates Lord Ram and his wife Sita returning to their kingdom of Ayodhya, following the defeat of Ravan and rescue of Sita on Dussehra. It's known as the "Festival of Lights" for all the fireworks, small clay lamps, and candles that are lit. For most Indian families, Diwali is the most anticipated festival of the year.
- ✦ Onam is the biggest festival of the year in the south Indian state of Kerala. This lengthy harvest festival marks the homecoming of mythical King Mahabali, and it showcases the state's culture and heritage. People decorate the ground in front of their houses with flowers arranged in beautiful patterns to welcome the king. The festival is also celebrated with new clothes, feasts served on banana leaves, dancing, sports, games, and snake boat races.



LEBANESE MEGHLI

Recipe by Sandy ABOUD

A traditional Lebanese dessert, a type of rice pudding spiced with anise, caraway and cinnamon. Traditionally, this dessert is made to celebrate the birth of a new child

1 cup rice flour
1 cup sugar, milled into a fine powder (use your food processor or blender)
1 tbsp ground cinnamon

1 tbsp ground anise seeds
1 tbsp ground caraway
2 litres/8 cups water
1/2 cup shredded coconut

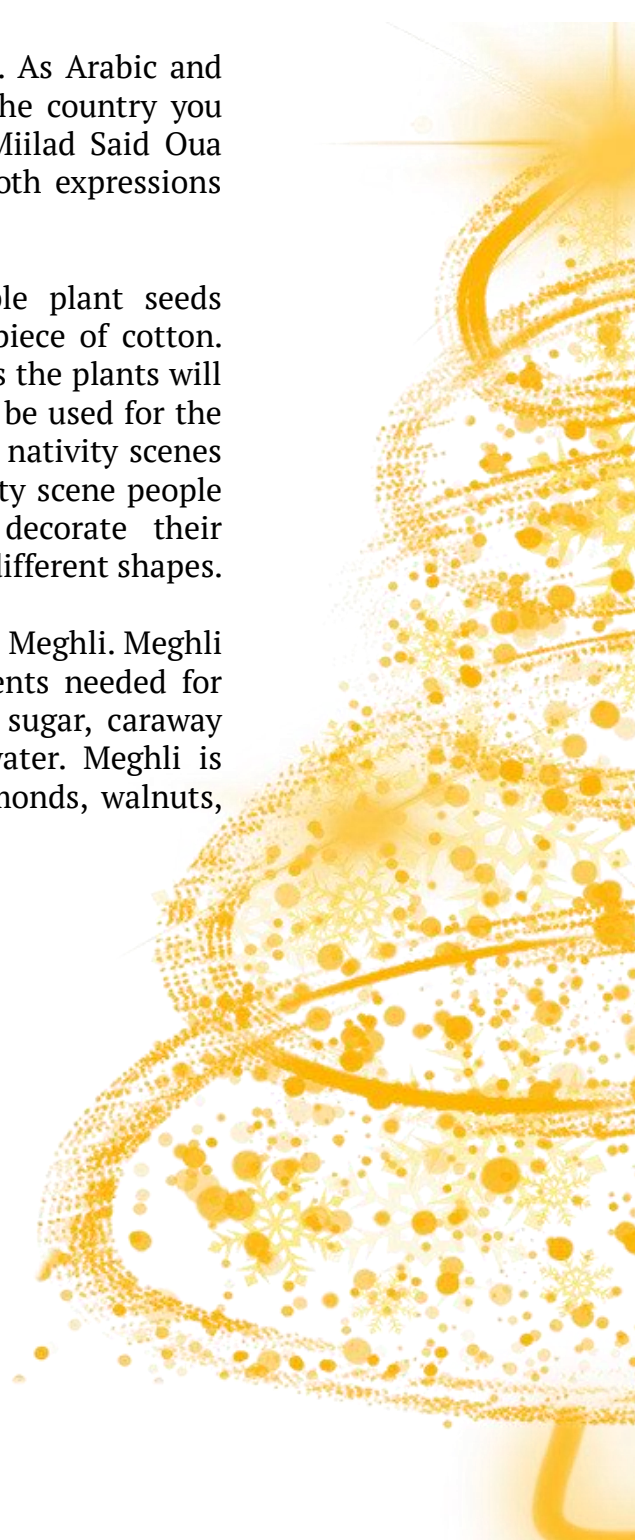
3/4 cup almonds
3/4 cup walnuts
1/4 cup pine nuts
1/2 cup ground and chopped pistachios

- 1 Soak your nuts in cold water overnight before you are ready to make your pudding
- 2 In a large saucepan, add your rice flour, sugar, cinnamon, anise and caraway and stir until combined
- 3 Slowly pour in your water and mix until combined
- 4 Once your ingredients are combined, turn on the stove and heat over a low heat, stirring constantly
- 5 Continue cooking for about 20 minutes or until thickened
- 6 Remove your pot from the heat and pour your pudding mixture into small individual bowls or a large serving bowl and allow to cool
- 7 Chill in the fridge before topping with your coconut, soaked nuts and ground and chopped pistachios



Did YOU ? know

- Christians in Lebanon celebrate Christmas. As Arabic and French are the two official languages of the country you can hear local people say in Arabic "I'D Miilad Said Oua Sana Saida" or in French "Joyeux Noël". Both expressions mean "Merry Christmas".
- Some two weeks before Christmas people plant seeds (chickpeas, wheat, beans or lentils) on a piece of cotton. They water them every day. Until Christmas the plants will grow to a height of about 15 cm. They will be used for the manger in the nativity scene. Traditionally nativity scenes are made of brown paper. Above the nativity scene people put a star. People in Lebanon often decorate their Christmas trees with orange peels cut into different shapes.
- When the child is born, the family prepares Meghli. Meghli is a traditional rice pudding. The ingredients needed for preparing this delicacy are pounded rice, sugar, caraway seed, anise seed, powdered ginger and water. Meghli is usually decorated with some blanched almonds, walnuts, pistachios etc.





LEBANESE HUMMUS

Recipe by Joe MAALOUF

Hummus is a popular appetizer and a widely loved dish in the entire Middle East. Hummus is a national dish in Lebanon, Syria, Israel and Palestine. As a rule, cold appetizers are served or consumed in these regions along with pita flatbread and other so-called mezze (Levantine appetizers).

1 lbs dried chickpeas	8 tbsp tahini paste (pureed sesame)	1/4 tsp paprika
4 garlic cloves, crushed	Olive oil to taste	1/3 to 1/2 tsp salt
	2/3 cup of fresh lemon juice	

1 Rinse the dry chickpeas to get rid of any debris, then soak for 10 hours with 1/2 tsp of baking soda. If you don't want to use baking soda, you will have to boil them for a longer time so they get soft. Baking soda helps softening them quicker

2 Once ready, empty the soaked chickpeas in a colander/filter to get rid of the soaking water, then rinse it with fresh cold water really well

3 Add the chickpeas to a cooking pot with 1/2 tsp of baking soda (optional, just to speed the process) and then add about 6 cups of water (or until water covers the chickpeas by about 1/2 inch)

4 Bring it to a boil on high heat, then let it simmer on low heat for about 1 hour while the pot is covered

5 Check up on the chickpeas 45 minutes into simmering to see if it's done. The test is simple, try to crush a chickpea with your fingers, if it crushes easily and feels smooth then it's done

6 Once the chickpeas are cooked, and while still hot add them immediately to a food processor with 1/2 to 1 cup of warm water and grind for 3-5 minutes at low speed

7 Add the salt and garlic, then slowly start to add the Tahini paste as the food processor grinds away

8 Once done, slowly add the lemon juice at the end and let the food processor run for a couple minutes more afterwards. Taste the beautiful puree and see if it needs an adjustment of salt or lemon juice

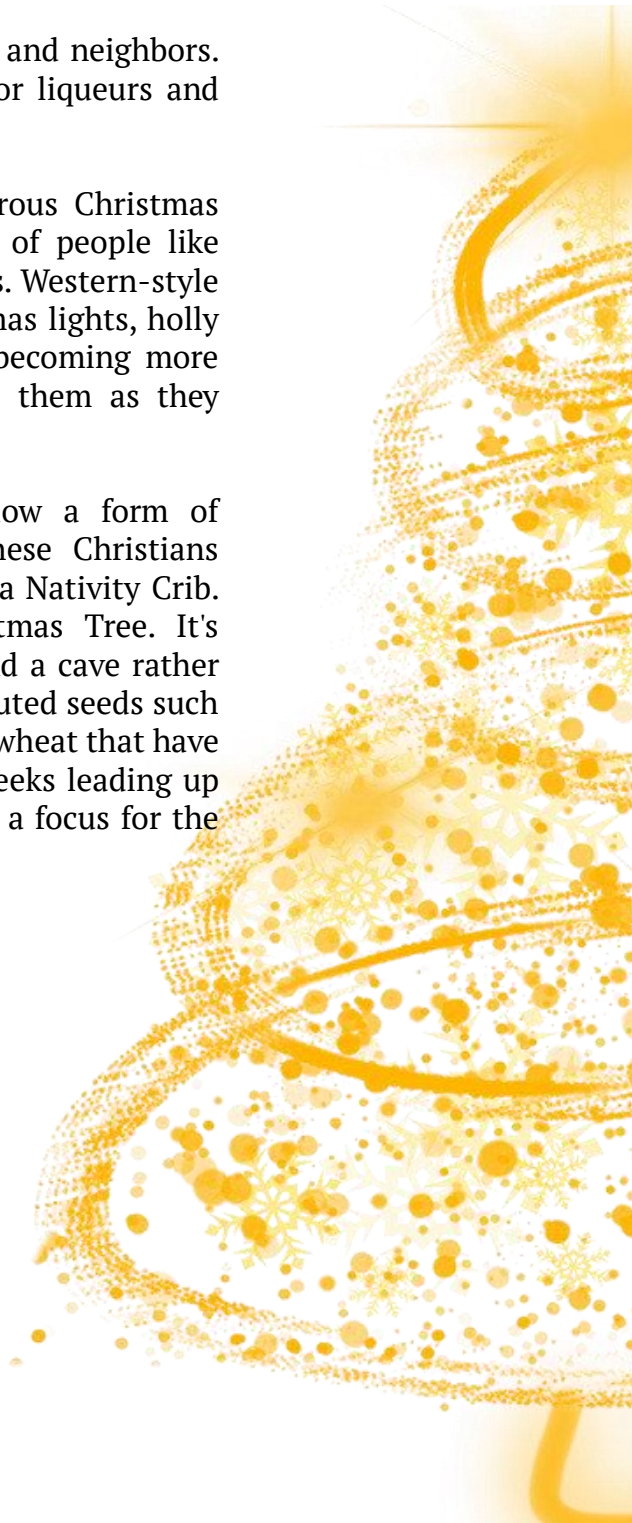
9 Notes: Some folks suggest adding the boiled chickpeas water to the food processor instead of regular warm water. You could do that and result in a slightly richer taste, however the resulting hummus may be a bit tougher on the tummy due to all the baking soda in the water

10 As soon as the water starts boiling, a white foam will appear on the top, try to scrape out as much of it as possible (without removing water)



Did YOU ? know

- On Christmas morning people visit friends and neighbors. They spend a lovely time drinking coffee or liqueurs and eating sugared almonds.
- In the capital city, Beirut, big and glamorous Christmas parties are held in major hotels and lots of people like going to them, even if they're not Christians. Western-style commercial displays of poinsettias, Christmas lights, holly and community Christmas trees are also becoming more popular, although some people don't like them as they think they are too commercial.
- In Lebanon, 35% of the population follow a form of Christianity called Maronite Catholic. These Christians build manger scenes in their homes called a Nativity Crib. The crib is more popular than a Christmas Tree. It's traditional for the scene to be based around a cave rather than a stable. It's often decorated with sprouted seeds such as chickpeas, broad-beans, lentils, oats and wheat that have been grown on damp cotton wool in the weeks leading up to Christmas. The crib scene then becomes a focus for the prayer of people in the house.





LAKTE

Recipe by Max DUNITZ



Latke is a typical Jewish meal often cooked during Hanukkah

1 to 1/2 pounds russet potatoes

1 small onion

1 tbsp fresh parsley, minced

1/4 cup flour

1/2 tsp baking powder

1 tsp salt

1/4 tsp freshly ground black pepper

Vegetable oil (for frying)

Apple sauce

1

Peel and grate potatoes, then place in a colander and set over a large bowl. Using your hands, squeeze out excess liquid from the potatoes. Pour off liquid and place potatoes in bowl. Grate onion and add to potatoes along with parsley, flour, baking powder, salt, and pepper, and mix well

2

In a large skillet over medium heat, heat a thin layer of oil. Take a heaping tablespoon of batter and flatten it before gently placing it in hot oil. Make three or four more potato pancakes this way, and add to skillet without crowding pan. Fry until golden brown on both sides, turning once, about 8 minutes total

3

Repeat with remaining potato mixture, adding more oil as necessary. Remove cooked potato pancakes to paper towels to drain. Serve with apple sauce



Did YOU ? know

- In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire and Maine), there are shops called 'Christmas Shops' that only sell Christmas decorations and toys all the year round!
- Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it over Christmas and the New Year.
- In the south of Louisiana, on Christmas Eve, families in small communities along the Mississippi River light bonfires along the levees (the high river banks) to help 'Papa Noel' (the name for Santa in French as Louisiana has a strong historical connection with France) find his way to the children's homes!





PAN DE JAMON

Recipe by Charbel EL KHOURY

Pan de jamon is a traditional Venezuelan Christmas bread filled with ham and olives. Its robust flavors are a unique tribute to Venezuelan culture

For the bread

1/4 cup water, warmed to 90F
1/4 cup sugar
1 tbsp active dry yeast
4 cups unbleached all purpose flour

3/4 cup milk, warmed to 80-90F
2 eggs, lightly beaten
4 tbsp unsalted butter, melted and cooled
1 tsp salt

For the filling

3/4 lb ham, sliced
1/2 cup raisins
1 jar pimento stuffed green olives, whole, drained and patted dry
1 egg white beaten with 1 tbsp water

Making the dough

- 1 In a medium bowl mix the warm water and sugar, until the sugar dissolves. Sprinkle the yeast over top and set aside for 10 minutes, until the yeast is foamy
- 2 Place the flour in a large bowl. Add the yeast mixture, milk, beaten eggs, butter, and salt. Mix until a dough comes together
- 3 Turn the dough out onto a lightly floured surface and knead for 8-10 minutes, until the dough is soft and smooth
- 4 Place the dough in a clean bowl, cover it with a damp tea towel and let it rest in a warm, draft free place for 1 1/2 to 2 hours

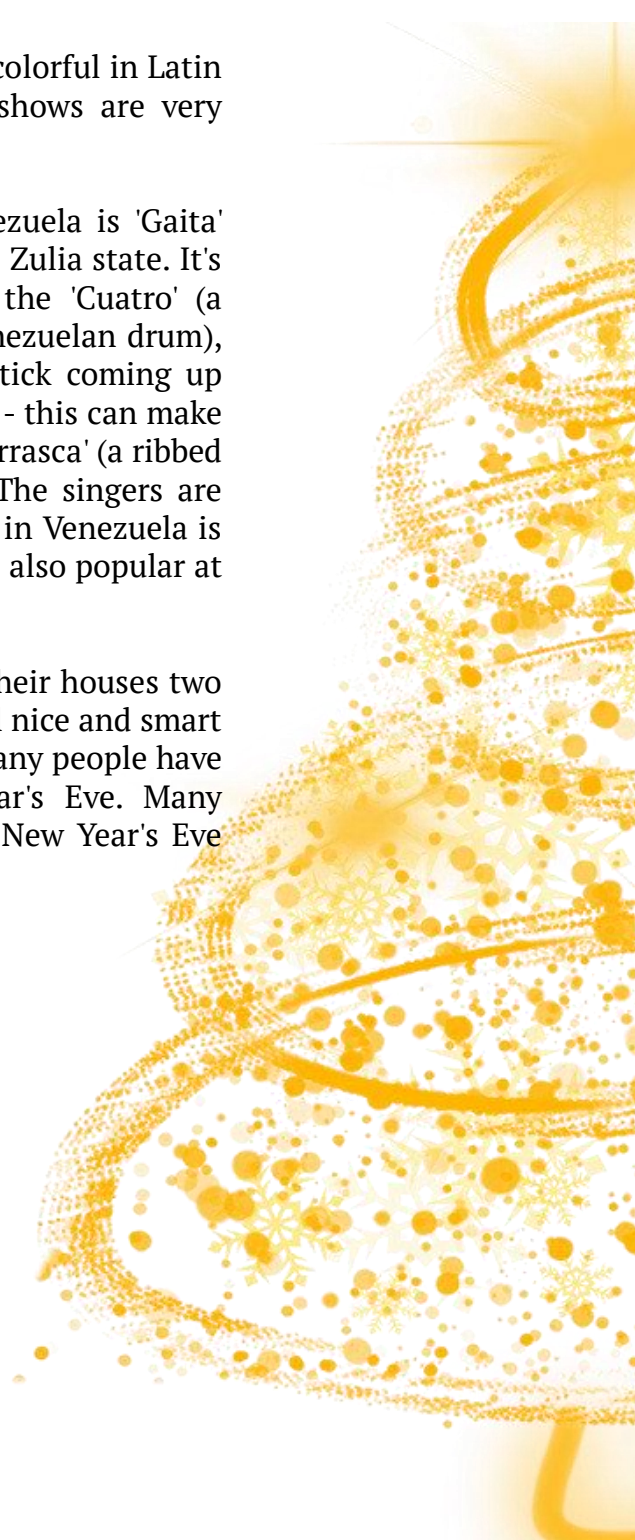
Filling the bread

- 5 Once the dough has risen, roll it out into a rectangle, roughly a 1/2 inch thick (10x15 inches)
- 6 Cover the dough with the ham slices, arranging them almost to the edges. Sprinkle the raisins and olives over the ham
- 7 Once the fillings have been layered over the dough, tightly roll the dough up from the long edge. Tuck the edges under the roll and place it, seam side down on a baking sheet
- 8 Brush the loaf well with an egg wash of 1 egg white beaten with 1 tbsp water
- 9 Let the dough rise, uncovered, in a warm, draft free place for 45 minutes to 1 hour
- 10 Near the end of this final rising time, preheat your oven to 375F
- 11 Bake the bread for 25 minutes until the loaf is deeply golden and feels firm when tapped
- 12 Remove the bread from the oven and carefully transfer it to a wire rack to cool completely before slicing and serving



Did YOU ? know

- Christmas in Venezuela is one of the most colorful in Latin America and the whole world! Firework shows are very popular.
- Some traditional Christmas music in Venezuela is 'Gaita' music. This is a type of folk music from the Zulia state. It's played on several instruments including the 'Cuatro' (a guitar with four strings) a 'Tambora' (a Venezuelan drum), the 'Furro' (a type of drum but it has a stick coming up through the middle of the skin of the drum - this can make it have some different sounds) and the 'Charrasca' (a ribbed tube that you rub a stick up and down). The singers are known as 'Gaiteros'. Another type of music in Venezuela is called 'Aguinaldos y Parrandas'. This style is also popular at Christmas as the songs are like carols.
- It was also a tradition for people to paint their houses two to four weeks before Christmas, so it was all nice and smart and ready to be decorated for Christmas. Many people have new clothes for Christmas and New Year's Eve. Many people believe that if you wear yellow on New Year's Eve you will have good luck next year.





SAKA-SAKA

Recipe by Pavel NGOMA

Saka-saka is a dish from Central Africa and West Africa made from crushed cassava leaves. It is made from palm oil and can be eaten with cassava, bread, fried banana, yams and peanuts

500g saka-saka (mixed cassava leaves)	1 clove of garlic	2 to 4 tbsp of peanut paste (peanut butter)
1/4 liter of palm oil	1/2 white cabbage	Chive
2 white onions	1 purple eggplant	1/2 leek
3 red onions or shallots	2 large fish (tuna, cod, mackerel, or other fish of your choice)	Salt

1 Put in a large saucepan or casserole saka-saka and 1 to 2 liters of water (do not cover). Bring to a boil for at least 2 hours

2 Meanwhile, peel the eggplant, onion, garlic and clean the cabbage. Chop the cabbage, grate the eggplant and put it in container. Grate the onion and garlic and put them in a separate container

3 Empty the fish, chop them, cut off the heads and wash them with clear water. Take half of the onion and grated garlic, put it in the saucepan saka-saka during cooking, mix well together. After 30 minutes, after adding the onion and garlic, put the fish without the heads on saka-saka. Cover the pan and bring it to boil

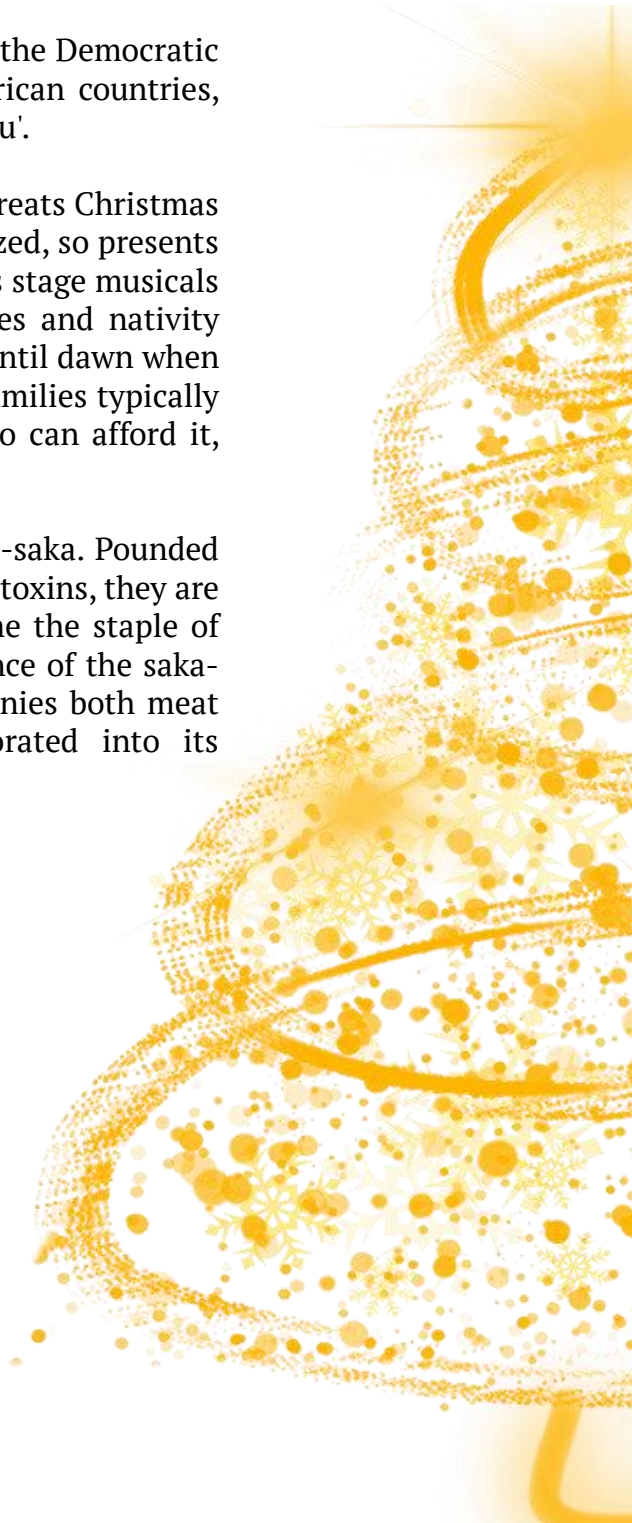
4 2-15 minutes after boiling, remove the fish with a spatula to crumble it, cover the pan and check the water level in the saka-saka. Add cabbage and eggplant and mix well. Remove the edges of the fish avoiding the transmitter and place in a container. Mince half of the leek. Add liquid palm oil to the saucepan without stirring. Put the palm oil bottle in a pan of hot water if necessary and after 10 to 15 minutes, cover the pan in order to call the splash). Turn the mixture regularly and if necessary, add a little water

5 After 15 minutes, put the peanut paste according to your convenience. Mix well to avoid lumps. Monitor the contents of burning, add a glass of water from time to time if necessary. As soon as the oil is well incorporated in the mixture, add the rest of the seasonings and the fish. Simmer a little more. Serve with white rice or boiled plantain



Did YOU ? know

- In the Lingala language, which is spoken in the Democratic Republic of the Congo and some other African countries, Happy/Merry Christmas is 'Mbotama Malamu'.
- Unlike most Western countries, the Congo treats Christmas as a religious festival. It is less commercialized, so presents are uncommon. On Christmas Eve, churches stage musicals with at least five to six choir performances and nativity plays. Some communities enjoy festivities until dawn when Christmas Day services start at 9:00 a.m. Families typically prepare a feast at home, and for those who can afford it, pork and chicken are staples.
- The leaves of cassava are used for the saka-saka. Pounded and boiled for a long time to get rid of their toxins, they are mixed with palm oil and spices and become the staple of the most popular side dishes. The appearance of the saka-saka is very similar to spinach. It accompanies both meat and fish, which are sometimes, incorporated into its preparation.





KUKU SABZI

Recipe by Monika MOUSAVI

Kuku, which is like a Persian frittata, comes in many forms, but this one, packed to the brim with herbs, is my favorite. Washing and picking through the piles of herbs can be overwhelming if you're not used to staring down a mountain of produce, so feel free to prepare them in advance. Kuku sabzi is appreciated for the contrast between its vivid-green herbaceous interior and its dark, sweet crust. Kuku is traditionally served with flatbread and a selection of crunchy and acidic condiments to balance the sweetness of the herbs; my favorites are fresh radishes, the chopped eggplant pickles called litch and chunks of soft, salty feta cheese. Leftover kuku slathered with mast-o khiar makes for a wonderful sandwich.

1/2 cup Fresh Parsley Chopped
1/2 cup Fresh Cilantro Chopped
1/2 cup Chives Chopped

1 cup Fresh Dill Chopped
4-5 Eggs See
1 tbsp All Purpose Flour

1/2 cup Walnuts Chopped
1/2 cup Barberries
1 tsp Salt

- 1 Preheat the oven to 350F. Coat a cast iron skillet (10 inch) with non stick spray or olive oil. Place the pan in the oven to heat
- 2 In a large bowl mix parsley, cilantro, chives (or leek) and dill until all the herbs are combined.
- 3 Add in the eggs, half of the walnuts and barberries, and flour. Mix until everything is well combined.
- 4 Take the cast iron skillet out of the oven and place it on the counter. Pour the batter into the pan and top it with the remaining barberries and walnuts.
- 5 Cover with aluminum foil and pierce 4 holes on the foil. Bake in the oven for 25 to 35 minutes until the frittata is fully cooked. Uncover and cook for another five minutes. (See the notes for stove top approach)
- 6 Serve warm with bread.



Did YOU ? know

Shabe Yalda, or Yalda night is an evening of festivities and merriment that begins when the sun sets on the last day of fall (last day of Maah e Azar on Jalali Calendar) and continues until the dawn of the first day of winter, or first day of Maah e Dey.

The ancient Persians depended on agriculture for their livelihood and had to plant and gather according to the change of seasons. By experience they learned that the longer days and warm rays of sun helped their crops and the gathering months brought shorter days and longer nights. They discovered that after what was the longest night of the year the daylight hours started to get longer.

This night was called Yalda which meant rebirth (of the sun), and it was celebrated for the triumph of light over darkness. They built fires on sundown of the last day in fall and kept them burning until the first rays of sun the following day. During this night they gathered with family and friends, ate delicious food, drank, and sang happy songs all night and listened to stories about old times.

To this day Yalda remains as one of the most ancient festive ceremonies that has been celebrated in Iran for centuries since the time of the Persian Empire.

By tradition, Iranians gather in the homes of the elders of family on Yalda night, eat, drink tea and sharbat (sweet drinks made by mixing homemade fruit syrup and water) and be merry. The main Yalda fruits are watermelon, pomegranate, persimmons, apples and pears, though other fruits such as oranges, tangerines and kiwis are also available in Iran at this time of the year. In old times, the summer fruits such as watermelon, pears and apples were kept from spoiling in a special cold storage called “anbar”. Nowadays these fruits are imported fresh from the warmer areas.

The ancient myth is that eating hendeveh (watermelon) on Yalda night makes the person immune to cold winter weather as well as the next summer’s heat. In old times summer watermelons were buried under branches and leaves in a cold place to keep them fresh until the Yalda night. In some parts of Iran, the family of the groom to be, sends a well decorated watermelon along with different fresh and dried fruits as well as presents and jewelry to the home of his future bride.

Nuts (ajil), and dried fruit (khoshkbar) are eaten on Yalda night. The special foods that are prepared for this night change from family to family and it also depends on the availability of ingredients in different regions of Iran. The variety is endless but to mention a few: Mahi Polo, Fesenjoon, Khoresh Bademjan, Aash Reshteh, and traditional desserts such as Fereni and Sholeh Zard may be prepared for this night.

During this night, Persians enjoy delicious food, sweet and juicy fruits, and delectable sweets paired with hot tea. Reading the enchanting poems by Hafez, and great Persian mythology such as Shahnameh , Khosro va Shireen, Leili va Majnoon, make this otherwise cold winter night a delightful gathering with family and friends. Yalda is a night full of hope for the future and happiness for the young and old. There is a saying in Farsi that goes something like this: I wish you a long and happy life like Shabe Yalda, sweet as watermelon and fruitful as pomegranates! Shabe Yalda mobarak



RUSSIAN SHUBA SALAD

Recipe by Zarina NAZYROVA

Russian herring salad "under a coat" is made of finely chopped pickled herring, eggs, beets, carrots, potatoes, and dressing. The traditional layered salad, known as shuba or seledka pod shuboï, takes its name from the outer layer that completely covers the salad. Some people choose mayonnaise dressing to cover the preparation so it looks like a white fur coat, while others use beets.

3 large potatoes

4 large carrots

3 large beets

1 1/2 cups mayonnaise

1 medium red onion (finely
chopped)

4 fillets of pickled herring in oil
(finely chopped)

4 large hard-boiled eggs (finely
chopped)

Black pepper to taste

Garnish: parsley or dill

1 In a large saucepan, bring 3 quarts of water to boil and add the beets. After 20 minutes, add the potatoes and 20 minutes later add the carrots. The ingredients will all cook in the same pot at different speeds but will all be tender after approximately 1 hour. Add more boiling water from a kettle if needed. Drain and let cool for 10 minutes before handling

2 While still warm, peel the potatoes, carrots, and beets. Set aside to cool completely

3 Shred the carrots and beets, and finely chop the potatoes. Do not mix the ingredients but place in separate bowls

4 On a pretty serving platter, place a ring mold or the ring from a spring form pan. This salad can also be assembled free form in a round or oval pan

5 Place all the chopped potatoes in the ring, covering the bottom. Pat carefully into an even layer. Spread 1/3 of the mayonnaise to completely cover the potatoes

6 Place half of the beets in a thin layer, and then half of the carrots. Finally, place half of the finely chopped onion, creating distinctive layers in the process

7 Use all of the chopped pickled herring to cover the beets, carrots, and onions and use another 1/3 of the mayonnaise to cover up this thick layer

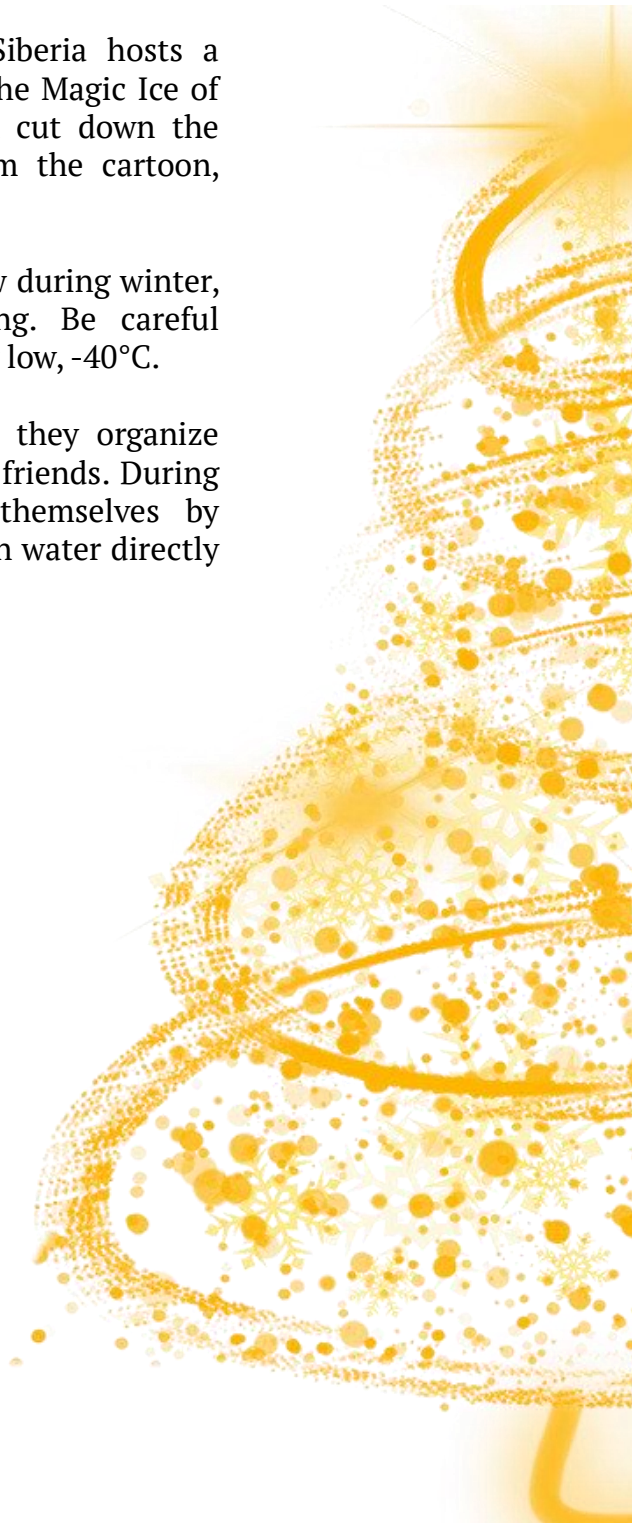
8 Layer the rest of the onion and carrots, and all of the chopped eggs. Add black pepper to taste. Cover with what's left of the mayonnaise and beets.

9 Refrigerate for at least 6 hours. When the time to serve comes, carefully remove the ring, if using, so the layers of the salad are shown. Garnish with chopped dill, serve & enjoy



Did YOU ? know

- In January, the city of Krasnoyarsk in Siberia hosts a festival of snow and ice sculptures called the Magic Ice of Siberia. Themes are not limited: you can cut down the sculpture of your favorite characters from the cartoon, animals, etc...
- With approximatively 3 to 4 meters of snow during winter, young Siberians enjoy very much sliding. Be careful though, as Siberian temperature can go very low, -40°C .
- Young Siberians are quite competitive as they organize igloo construction competitions with their friends. During very cold winter, they also entertain themselves by throwing hot water from a pan outside, then water directly goes from liquid to snow.



The ENS Paris-Saclay International Relations Office wishes you a very Happy Holiday season and a peaceful and prosperous New Year 2020!



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