

The  
ENS Paris-Saclay  
International  
**Celebrative**  
Cookbook

Recipes and anecdotes from the 2018-2019 ENS Paris-Saclay  
international students



école \_\_\_\_\_  
normale \_\_\_\_\_  
supérieure \_\_\_\_\_  
paris — saclay \_\_\_\_\_

This book is made for and with the 2018-2019 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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paris-saclay \_\_\_\_\_



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# ROSOLLI

Recipe by Jussi KERTULLA

Rosolli is a traditional Finnish Christmas dish. Rosolli is especially good when it is eaten with pork or fish, but it can also be eaten as it is. Some Finns like to add bits of herring and eggs to rosolli.

.....  
Around 8 portions  
.....

.....  
3 cooked carrots  
.....  
2 cooked potatoes  
.....  
4 cooked beetroots  
.....  
2 pickles  
.....

.....  
1 onion  
.....  
1 sour apple (e.g. Granny Smith)  
.....  
1dl whipped cream  
.....  
1 teaspoon white wine vinegar  
.....  
A touch of sugar  
.....

**1** Peel the vegetables and cut them to small cubes. There after mix the vegetables together.

**2** Whip the cream until it is soft. Season the cream with sugar and vinegar and colour.





# Did YOU? know

Santa's village does really exist! It is in Lapland and more precisely in Finland in Rovaniemi.

Merry Christmas in Finns is said "Hyvää joulua".

Santa's main post office in Lapland gets more than 30 000 cards and letters a day during the holiday season.

Finns really like to spend some time and relax in a sauna on Christmas Eve.





# GLÜHWEIN

Recipe by Sophia TRÖGER and Mortiz WIENHOLD

As the weather gets cold outside it's important to stay hot from the inside - that's exactly what we are doing in Germany!

.....

Around 4 glasses

.....

.....

1 bottle of red wine

.....

1/2 orange

.....

6 teaspoons of sugar

.....

1 cinnamon stick

.....

**1** Heat up the wine in a pot at medium heat. Pay attention not to let it cook!

**2** Add the sugar and the cinnamon stick after a few minutes.

**3** Add the juice of 1/2 orange and the Glühwein is ready to be served.



Did  
YOU?  
know

Frohe Weihnachten!

The Glühwein gained its popularity as a Christmas speciality in Germany as early as during the 19th century. Many of the recipes have remained the same since the drink's early days where a base of red wine is combined with the popular spices of the season, including citrus, cinnamon, star anise, cloves, and vanilla, all sweetened with sugar. Sometimes the drink is consumed "mit Schuss" - that's with a shot, usually of rum or other liquor.

Its origins are said to go back to 1420 or even the Roman times, and the concept of "hot wine" is rooted in many cultures. It belongs today to the most favourite Christmas drink.

*Prost!*





# WEIHNACHTSGANS

Recipe by Justus FRANZ MEYER

The goose or “Weihnachtsgans” in German is a very typical and traditional meal which is very popular at the Christmas period.

.....  
4 servings  
.....

.....  
4 1/2-pound goose  
.....  
Salt and pepper  
.....  
2 teaspoons of dried thyme  
.....  
2 apples  
.....

.....  
1 onion  
.....  
2 tablespoons of all-purpose flour  
.....  
1 can of chicken broth  
.....

**1** Heat the oven to 180°C while you wash and dry the goose.

**5** Let the goose rest for 5 minutes while you make the gravy.

**2** Put salt, pepper and thyme inside the cavity and fill it with apple quarters and onions. You can put the rest of the apples and onion alongside the goose if it does not fit in it.

**6** For the gravy, mix 2 tbsp of the goose fat with 2 tbsp of flour in a saucepan and cook it for a minute. Continuously add the chicken broth while stirring. You can add salt, pepper or thyme as you want.

**3** Mix 1 tbsp of salt with 1 cup of water that you will pour in the roasting pan.

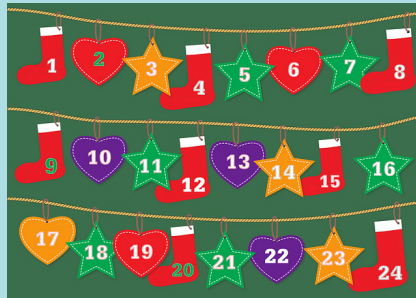
**7** Use the salt water to baste the goose, don't hesitate to add some water if necessary. Turn the goose and let it in the oven for 50 more minutes.

**4** Place the roasting rack on top and pierce the goose in different places to let the fat drip out. Put the goose on the roasting rack and place it in the oven for 50 minutes.





# Did YOU know



## The Christmas Tree

The first German Christmas Tree was erected in Strasburg in 1605 and is often (but wrongly) referred to as the first Christmas Tree used in a Christmas celebration. Fun fact: the first Christmas Tree was already erected in 1510 in Riga, nowadays known as Latvia.

## The Christmas Market

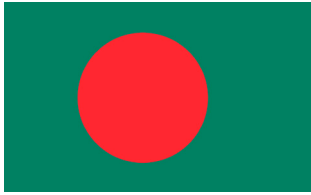
The concept of a Christmas market goes back to the European German-speaking countries during the middle ages (firstly mentioned in 1384) and has nowadays expanded worldwide. It might even be said that the Christmas market is Germany's most successful export production.

## The Advent Calendar

The Advent Calendar is already used since the 1850s and has first been introduced commercially in the nowadays common form in Munich by a German publisher in 1902.







# PAYESH

Recipe by Sayed Muhammad BAKER

Payesh is a rice-based pudding made on several occasions of Bangladesh community such as Eid Festivals, Bangla New Year, birthdays and house-warming ceremonies.

.....  
Around 4 portions  
.....

.....  
3 tablespoons of rice  
.....  
2 tablespoons of butter  
.....  
1 L of full fat milk  
.....  
1/2 cup of sugar  
.....

.....  
1 spoon of Cardamom Powder  
.....  
10 to 12 chopped cashew nuts  
.....  
10 to 12 slivered pistachios  
.....  
10 to 12 slivered almonds  
.....

**1** Wash the rice and soak in 2 cups of water for 15 to 20 minutes.

**5** Add sugar and cook for another 3 to 4 minutes.

**2** Heat milk in a heavy bottom pan.

**6** Add cardamom powder and mix well.

**3** Drain the rice and mix it with butter.

**7** Garnish with cashew nuts, pistachios and almond slivers. Serve hot or chilled.

**4** Once the milk starts to boil, add the rice and cook on low heat until the rice is nicely cooked and the milk has reduced to almost half. It will take 30 to 40 minutes. Keep stirring in between.



# Did YOU? know

To make **Payesh** perfect, use Gobinfobhog rice for the traditional flavour.

You can also add a bay leaf while cooking the payesh. It will give a very nice taste to the dish.

Christmas is not very common in Bangladesh as only about 0.3% of the population (of about 165 million people) are Christians.

Christmas is known as “Borodin” (or “Bara din”) which means “the big day” in Bengali.

The Bengali translation of “Merry Christmas” would be “Shubho Bôrodin”.

## শুভ বড়দিন



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# GINGERBREAD

Recipe by Elisabeth DEPOND

Gingerbread, as we know it, takes its origin in China but is referred to in a 1453 text from Marienthal Cistercians monks situated in Alsace for Christmas celebrations. It is still today very much appreciated and eaten with foie gras.

.....  
Around 8 portions  
.....

.....  
15cl of water  
.....  
30g of sugar  
.....  
150g of honey  
.....  
2 teaspoon of ground ginger  
.....  
5g of baking powder  
.....

.....  
1 teaspoon of ground cinnamon  
.....  
1 lemon, lime and orange  
.....  
4g of star anise  
.....  
A pinch of salt  
.....  
150g of flour  
.....  
95g of butter  
.....

**1** In a casserole, boil water, sugar, salt and honey.

**2** Add the spices and the juice of the lemon, lime and orange.

**3** Add butter and let it melt.

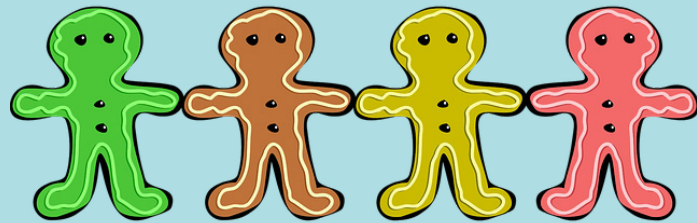
**4** Cover the casserole and let it infuse out of the heater for 20 minutes.

**5** Sift the flour in a bowl. Take the liquid into a strainer and then put it gradually in the flour and finally mix everything.

**6** Put it in the oven for 40 minutes at 180°C and let it cool down.



# Did YOU? know



In France, gingerbread is commonly eaten for Christmas with foie gras and onion confit.

Gingerbread became also quite famous thanks to the Grimm Brothers' tale, Hansel and Gretel.

Merry Christmas in French is said "Joyeux Noël".

in France, families are reunited on December 24th to celebrate Christmas. Presents are often given after midnight to respect the tradition of Christmas on December 25th.

In the countryside, people will set their Christmas tree outside on the doorstep.



*Joyeux Noël!*





# OLIVIER SALAD

Recipe by Vitalina DRAGUN

Olivier salad is a traditional salad dish in Russian cuisine. It was a staple of any Soviet holiday dinner, especially of a Novy God (New Year's Eve) dinner mainly because all ingredients were available during this period.

.....  
Around 8 portions  
.....

.....  
3 hard eggs  
.....  
2 carrots  
.....  
2 potatoes  
.....  
250g of chicken breast  
.....

.....  
Dill  
.....  
100g of mayonnaise  
.....  
200g of green peas  
.....  
Salt and pepper  
.....

**1** Cut the vegetables and the chicken breast into small cubes.

**3** Add some green peas to the salad.

**2** Boil the eggs, carrots, potatoes and chicken breast together.

**4** Add some mayonnaise to the salad, some salt and pepper and finally some dill.





# Did YOU know



In Russia, for Christmas, the weather can get to  $-40^{\circ}\text{C}$ .

Christmas is celebrated on January 7th. The custom wants that people put some hay on the Christmas table to remember the stable on which Jesus was born. Above the hay, Russians will set a white tablecloth and then when the first star appears in the sky (the one that guided the Wise Men) they serve 12 meals in reference of the 12 apostles, among which there is the Koutia, some sort of a wheat porridge or perfumed rice with honey with some nuts, apricots and raisins.



**Schastlivogo  
Rozhdestva!**



# GAJAR KA HALWA

Recipe by Amrita SURESH

The North of India does get quite cold in the Winter and the carrot halwa is a common comfort food. Filled with oodles of ghee, condensed milk, and sugary sweetness, it makes a perfect dessert in the cold months. Here’s a quick way to make it, that’s student-friendly budget. (If this fails, feel free to contact the writer or just head over Gare du Nord to get a not-so-authentic version of the same!).

.....  
Around 4 portions  
.....

.....  
5 cups of milk  
.....  
1 tin condensed milk  
.....  
750g of grated carrots  
.....

.....  
2 teaspoons of ghee (butter)  
.....  
50g of chopped mixed nuts  
.....  
2 tablespoons of sugar  
.....

**1** Add the carrots to the milk in a deep pan and bring to boil.

**4** Add the ghee, mix well and cook for another 10 minutes.

**2** Cook on a slow flame, while stirring occasionally, until the milk dries up.

**5** Garnish with nuts, raisins and serve hot.

**3** Add the condensed milk and sugar, mix them well and cook on a slow flame until the mixture becomes dry, stirring occasionally.

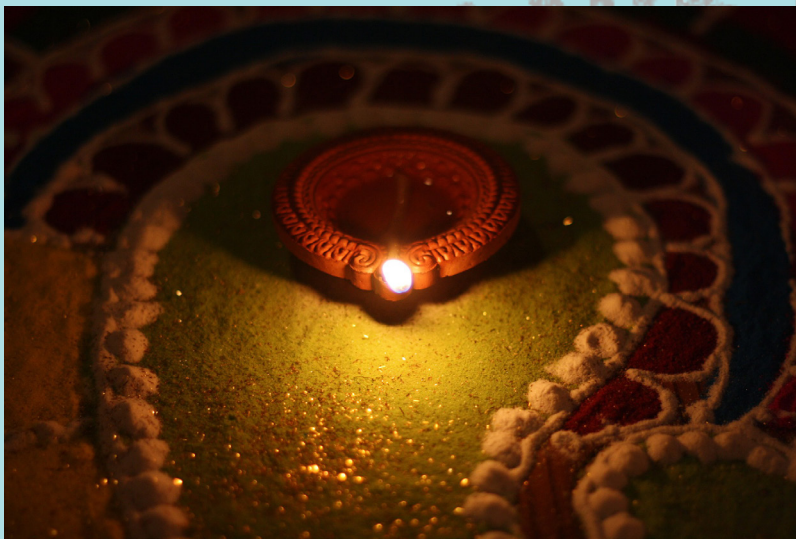


Did  
YOU?  
know

## दीपावली

While the South of India doesn't see much of Christmas or Winter, December isn't a very special time in India. They have already done celebrating their trifecta of festivals - Durga Pooja, Dusshera, and Diwali by the end of November. And looking forward to the next set of festivals starting in January.

Diwali is the Hindu festival of light which is celebrated on November 3rd. This special day is the occasion for everyone to reunite with their family, to decorate their house and to offer presents. Streets are lightened with candles and fireworks to entertain everyone.







# FAROFA

Recipe by Izadora FUJINAMI

Farofa is a delicious accompaniment to many Brazilian dishes, especially the classic bean stew feijaoda. Farofa is made with manioc flour, which is toasted in a skillet with butter, onions. The root of the manioc plant is commonly sold as a very fine starch, often called tapioca flour in the US.

.....  
Around 5 portions  
.....

.....  
8 tablespoons of butter  
.....  
1 finely chopped large onion  
.....  
2 cups of manioc flour  
.....  
Salt (to taste)  
.....

.....  
Freshly ground black pepper  
.....  
1/2 cup of black olives  
.....  
1/2 cup of hard eggs  
.....  
100g of bacon finely cut  
.....

- 1 Gather the ingredients.
- 2 Melt the butter in a skillet over medium-low heat. Add and fry the chopped bacon.
- 3 Add the onions and cook until very soft and golden, about 10 minutes.
- 4 Stir in the manioc flour and cook, stirring, for 3 to 4 more minutes until well mixed and evenly toasted and lightly browned.
- 5 Season with salt and pepper to taste.
- 6 Stir in optional chopped black olives and/or diced hard boiled eggs if desired.
- 7 Serve and enjoy!



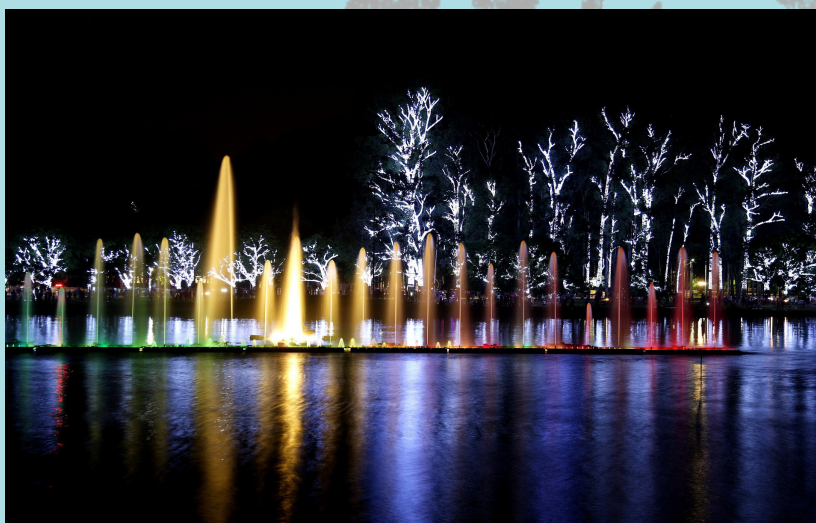
# Did YOU? know



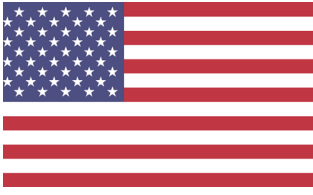
Many Brazilian Christmas traditions come from Portugal as Portugal ruled Brazil for many years. Nativity scenes known as Presépio are very famous. All through December, you will be able to witness set-ups in churches and homes.

In Brazil, during Christmas, it is typical to sponsor an unprivileged kid by offering clothes or health equipments. Brazilians also commonly offer some “Cesta de Natal” (garnished Christmas baskets) to house employees, caretakers and teachers.

In some firms the “amigos secretos” nights are organized: everyone pick a small paper with the name of a co-worker who will be the secret friend. The idea is to offer a Christmas present during the night.







# CORN CASSEROLE

Recipe by Maxum PAUL

My family makes corn casserole around Thanksgiving and Christmas and we all enjoy it very much!

.....  
Around 6 portions  
.....

.....  
2/3 cup of all-purpose flour  
.....  
1/2 cup of yellow cornmeal  
.....  
1/2 teaspoon of salt  
.....  
15.25 ounce can sweet corn  
drained  
.....  
14.75 ounce can cream style  
golden corn  
.....

.....  
1 cup of sour cream  
.....  
2 eggs  
.....  
1 tablespoon of baking powder  
.....  
1/2 cup of melted butter  
.....  
2 tablespoons of sugar  
.....

**1** Preheat oven to 180°C.

**4** Add wet ingredients to dry ingredients and stir until combined.

**2** Combine dry ingredients in a large bowl (flour, cornmeal, baking powder and salt).

**5** Pour mixture into greased baking pan. Bake for 45 minutes to 1 hour, or until the center is set and the top just starts to lightly brown.

**3** Mix together wet ingredients in a medium bowl (corn, cream style corn, sour cream, eggs, butter and sugar).

**6** Serve warm with sour cream on top.



# Did YOU know



Eggnog is the most appreciated drink for celebrations in the US. It is a mix of milk, cream, egg, whisky or brandy and rum, cinnamon or nutmeg as desired. According to the tradition, eggnog is served in small glass cups for luck.

In the US, you will hear everywhere you go some Christmas Carols among them the famous “Jingle Bells” in streets, shops and homes.

In the US, when you are invited to a celebration at the Christmas period, hosts often organize a “Yankee Swap” where everyone just bring a gift of a determined value and all presents are disposed around the Christmas Tree. Then they all pick a number and the one with the number one just pick a gift first, the second one is just after and so on.



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# CHAKHCHOUKHA DFER DE CONSTANTINE

Recipe by Nedjah ZERROUKI

Algerian cuisine is so vast and rich especially if you start to get closer to regional recipes and Chakhchoukha Dfer de Constantine is one proof. This meal comes from the East of Algeria and it is made of a base of semolina.

.....  
Around 6 portions  
.....

.....  
Lamb or chicken breast  
.....  
2 tablespoons of tomato concentrate  
.....  
Salt, pepper  
.....  
Paprika  
.....  
1 handful of chickpeas  
.....

.....  
1 onion  
.....  
2 cloves garlic  
.....  
1 tablespoon of butter  
.....  
3 tablespoons of olive oil  
.....  
1kg of chakhchoukhat dfer  
.....

**1** At the bottom of a couscous put the oil, onion, garlic (previously chopped), tomato concentrate, meat, salt and spices.

**4** Put some juice again and put it above the couscous. Do it again until soft. Add some water to the juice if necessary.

**2** Let it simmer then add some water. If the chickpeas are pre-cooked put them in otherwise you will add them in the end.

**5** Before serving do not hesitate to add some juice to the chakhchoukhat dfer.

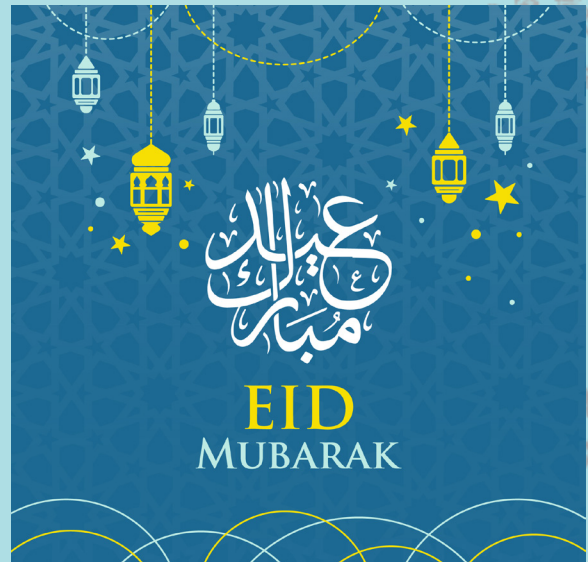
**3** When boiling put the chakhchoukhat dfer in a bowl and put some juice on it. Then put it above on the couscous to let it cook steamingly.

**6** Garnish with chickpeas, meat and butter and serve.





# Did YOU? know



Chakhchoukha Dfer de Constantine is a friendly dish which can be chicken or lamb-based. It is one of the meal often prepared for celebrations (inevitably with red meat) and even for a special dinner to show generosity from the host to the guests.

Eid-al-fitr is the first day of the Islamic month of Shawwal. It marks the end of Ramadan, which is a month of fasting and prayer. Many Muslims attend communal prayers, listen to a khutba (sermon) and give zakat-at-fitr (charity in the form of food) during Eid-al-fitr.

Many Muslims dress in fine clothing and children receive gifts on Eid-al-fitr.





# IRESHMEN

Recipe by Hind LAGHBECHE

Since couscous, the main dish for Yennayer, is sufficiently well-known, I take the chance to make known the simple but extremely palatable dish, Ireshmen or Shirshem in the Algerian dialect.

Ireshmen is basically made of durum wheat and meat.

.....  
Around 6 portions  
.....

.....  
Meat cut into small cubes  
.....  
1 onion chopped up  
.....  
2 cloves of garlic  
.....  
A little of olive oil  
.....  
Salt, black and ground pepper  
.....

.....  
2 tablespoons of dry mint  
.....  
A bowl of durum wheat  
.....  
1/2 bowl of chickpeas  
.....  
1/2 bowl of haricot beans  
.....  
1L of water  
.....

**1** Leave the wheat, beans and chickpeas to soak overnight.

**4** Add 1L of water and leave it to be cooked for 2 hours.

**2** Heat the pan, add some olive oil, the chopped onion and garlic.

**5** Add the cereals and let them absorb the sauce on low heat for at least half an hour.

**3** Add meat and spices.

**6** Serve hot in soup bowl and enjoy!





Did  
YOU?  
know

## Assegas Amegaz!

January 12th of every year! That's when great happiness stirs within my heart. It's time when everybody is having an enjoyable time; when merrymaking goes on late into the night. It simply is Yennayer, the Amazigh New Year. Amazigh people in the Kayble and Aurés regions in eastern Algeria celebrate Yennayer every year which corresponds to January 12th.

Yennayer is considered as a historic legacy in the eyes of Imazighen, Algeria's indigenous inhabitants. As far back as 950 B.C. the Amazigh king Sheshonq I was dethroned in Egypt, after defeating Ramses III, the victory which heralded the Amazigh Era in North Africa. On that day, rural people meet through family dinners and artistic activities to renew their attachment to the values of fraternity, security, peace and progress. To mark the occasion, the Amazigh prepare traditional dishes such as Shekhshoukha, Ireshmen, Couscous, Zerraoui, R'fis and the list goes on.

In my region, that's the big day! And it's special to me because it's time when all my family circle gathers to make merry at my grandparent's at "Idh Seggas" or the night of the new year. We help each other to make the day the most transcendent of all time. In my region, usually it is our grandmother who prepares the main dish for "imensi n Seggas" or the dinner of the new year with daughters, daughters-in-law or even grand-daughters assisting her. The grandfather on the other hand is to sacrifice a lamb or a turkey. If it is a turkey, then the women in the morning would scatter its feathers over the fields and make wishes for numberless blessings in the New agrarian Year.



# CARTELLATE

Recipe by Elena MESSINESE

In Puglia, a region of southern Italy, Christmas without Cartellate is not Christmas! These aromatic and delicious roses of thin fried dough are a very old dessert, whose recipe is handed down from family to family. Every year, with the arrival of Christmas, my parents, my sister and I meet to prepare the cartellate all together, under the wise guidance of my mother. This is a good opportunity for us to spend time together and start celebrating Christmas!

.....  
Around 4 portions  
.....

.....  
1kg of flour  
.....  
A packet of yeast  
.....  
Cinnamon  
.....

.....  
100g of oil  
.....  
Orange peel with juice  
.....  
Vanilla  
.....  
Anise  
.....

**1** Put the orange peel with some oil on the fire.

**4** Roll out a thin sheet, cut the strips and use them to make little roses.

**2** When the orange peel is starting to become golden, remove it.

**5** Fry them in boiling oil, then pass them in honey.

**3** Mix all ingredients and knead with anise.

**6** Place them on a serving dish and season with sugar and pine nuts.



# Did YOU? know

## Buon natale!

One important way to celebrate Christmas in Italy is the Nativity crib scene. Using it was very helpful to tell the Christmas story by Saint Francis in 1223. A lot of Italian families have a crib in their houses.

Naples is the world most famous city for cribs and crib making which are called Presepe Napoletano.

At night, people usually go to the Midnight Mass service. When they return, they often have a slice of Panettone, the Italian Christmas Cake with a cup of hot chocolate.





# JIAOZI

Recipe by Qisheng XU

Chinese dumplings are a popular dish during the Chinese New Year season. Usually, the family gathers around to prepare this dish all together.

.....  
Around 50 jiaozi  
.....

.....  
1/4 teaspoon of salt  
.....

.....  
3 cups of all purpose flour  
.....

.....  
1 1/4 cups of cold water  
.....

.....  
1 tablespoon of soy sauce  
.....

.....  
1 teaspoon of salt  
.....

.....  
1 1/2 cups of Nana cabbage  
.....

.....  
2 slices of fresh ginger  
.....

.....  
1 tablespoon of Chinese rice wine  
.....

.....  
1/4 teaspoon of white pepper  
.....

.....  
1 cup of ground pork or beef  
.....

.....  
3 tablespoons of sesame oil  
.....

.....  
1/2 green onion  
.....

.....  
4 tablespoons of bambo shoots  
.....

.....  
1 clove garlic  
.....

**1** Stir the salt into the flour. Slowly stir in the cold water, adding as much as necessary to form a smooth dough. Knead the dough into a smooth ball and cover for 30 minutes.

**2** In a bowl, add the soy sauce, salt, rice wine, white pepper to the meat. Then add the rest of the ingredients and stir well.

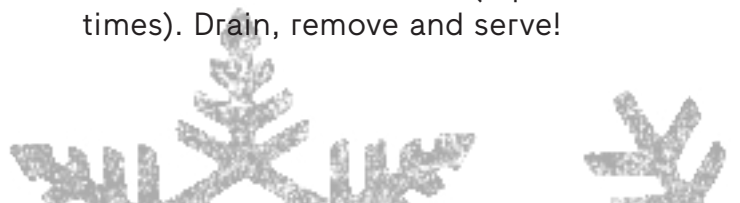
**3** To make the dumpling dough, knead the dough until it forms a smooth ball.

**4** Divide the dough into 50 pieces. Roll each piece out into a circle.

**5** Place a small portion (tablespoon size) of the filling into the middle of each wrapper and wet the edges.

**6** Fold the dough into a half moon shape and pinch the edges to seal.

**7** To cook, bring a large pot of water to a boil and add some dumplings one by one (don't cook them all at the same time). Add 1/2 cup of water each time it boils (repeat 3 times). Drain, remove and serve!





Did  
YOU?  
know

新年快樂

Happy Chinese New Year

In China, the traditional Chinese Spring festival is the most biggest festival and every people would go back home and celebrate with their families. Now, because of the globalization, we do also celebrate Christmas but mostly among the young ones but not the generation of our parents.

Every year, one family will update their spring festival couplets which means a new start of the whole year and wish for the good luck. It may be different every year because we have Zodiac in China. Also the new year in China is not January 1st, we have our own calendar to celebrate the traditional Chinese festival.

Every year children will receive some money from their parents, grandparents and relative for bless for New Year Money.

Jaozi are very traditional in China during this period. There is also Tangyuan which is more popular in the South of China.



The ENS Paris-Saclay International Relations Office wish you all the best.  
Make the most of this new year to achieve success in all your endeavours.

A new year filled with international relationships and friendships,  
happiness and spectacular success!



Catherine Stéphan-Evain, Head of the International Relations Office


Tristan Duchenne, Incoming mobility advisor

Khadidja Ouadah, Outgoing mobility advisor and Erasmus referent

Elisabeth Depond, Accountant and secretary

Renaud Balleyuier, International Relations Assistant

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Qisheng XU



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