



# LIFE ON A PLATE

A collection of recipes and stories  
from our extraordinary global colleagues



To all our colleagues, clients,  
candidates and connections...

We hope you enjoy!







This cookbook is a true reflection of the diversity and richness of our Nash Squared community, and it is our great honour to share it with you. Each recipe is unique and carries a personal story and history behind it. From traditional dishes passed down through generations to fusion creations inspired by different cultures, this cookbook is a celebration of our heritage and the food that brings us together.

We hope you enjoy experimenting with these recipes, and that they become a part of your own family traditions and memories. The recipes in this cookbook are not only delicious, but they also represent the hard work and dedication of our employees, who put their hearts and souls into their work every day.

This cookbook would not have been possible without the support of each member of the ethNASHity Employee Resource Group, Nash Squared People team, DEI Council and so many others. We want to thank you for the invaluable contributions and for making this cookbook a reality. We are grateful for their passion and commitment to our company and community.

## Bon Appetit!

Akeesh Khokhar & Brenna Barnett  
Co-Leads, ethNASHity



I am very proud to share this compilation of food recipes with you. Why? Because what you are about to read is very special and personal for a very important reason: it's about the heritage and memories of our Nash Squared people. Food not only tastes good, but also has the ability to transport us into places, years back and even make us feel closer to loved ones who are no longer physically present. I have reached out to the people from our business to help me put together a cook book that represents our cultures and our stories for you to understand us little bit more and to get to know us better. Us, the people who work so hard every day to find not only the best candidate for your business or technology solution; the people who really care about their work and bring their whole selves into the workplace every day feeling proud and supported of who they are.

I hope you and your loved ones enjoy this book as much as I have. There are recipes in there for all and I'm sure you will soon have a couple of favourites.

I would like to give a special thank you to the members of our ethNASHity Employee Resource Group for putting this together and ensuring we capture the essence of our employees through their recipes.

**Bev White**  
CEO, Nash Squared



# Contents

## MAINS & SIDE DISHES

Colombian empanada vallunas.....	4
My Sunday gravy, that doesn't take 8 hours to make .....	7
Melanzane alla parmigiana .....	8
Mandarin chicken.....	11
North Staffordshire oatcakes .....	12
Goi cuon (Vietnamese spring roll) .....	15
Banh xeo (Vietnamese sizzling crepe) .....	16
Stuffed peppers.....	19
Camarão na moranga (prawns stuffed pumpkin).....	20
Lentil soup from Turkey .....	22
Beef goulash .....	24
Venezuelan arepa.....	26
Bun Cha (kebab rice noodles) .....	28
Cha ca la vong (La vong grilled fish) .....	31
My mum's pierogi.....	32
Chicken pickle.....	34
Matar paneer (paneer green peas butter masal) .....	37
Fish curry with mustard paste.....	38
Shrimp & pasta .....	40
Pho (Beef noodle soup).....	43
Mi quang (Quang noodles).....	44
Sarso saag paneer.....	47
Com hen (Baby basket clams rice) .....	48

## SAUCES & CHUTNEYS

Carrot chutney.....	53
Bama BBQ sauce.....	54
Bolognese sauce .....	57

## DESSERTS

Yummy vermicelli kheer: Indian sweet dessert recipe .....	61
Tiramisu 1990 – my friend's Italian grandmother's recipe .....	62
Cream cheese pie .....	65
Gajar ka laddoo (carrot laddoo) .....	66
Vanilkové rohlíčky: traditional Czech crescent cookies.....	69
Czech velikonocni beranek (paschal lamb) .....	70
Tiramisu .....	73
Marillenknoedel .....	74
Chocolate brownie.....	77
Bread pudding.....	78



# MAINS & SIDES



# Colombian empanada vallunas

## Hogao ingredients (Columbian tomato and onion)

2 tbsp oil  
1 ¾ cup (350g) of minced green onion  
1 ½ cup (300g) of peeled and diced tomatoes  
3 tbsp minced garlic  
½ tsp salt  
½ tsp ground cumin  
¼ tsp turmeric  
¾ tsp minced cilantro

## Guiso (filling) ingredients:

1lb pork, cut in ½ inch diced pieces  
1lb beef skirt steak, cut in ½ inch diced pieces  
½ tsp salt  
¼ tsp pepper  
¼ tsp cumin  
¼ tsp turmeric  
1 small onion, cut in half  
3 cloves garlic  
1 beef bouillon cube  
1 ¾ cup (350g) of peeled, diced (½ inch) russet potatoes  
2 ¾ cup (450g) of peeled, diced (½ inch) yellow or Yukon Gold potatoes

## Masa (dough) ingredients:

4 cup (800g) of precooked yellow cornmeal  
3 ½ cups of warm water  
6 tbsp oil  
1 tbsp salt  
2 quarts oil for frying

## Day 1 – Make the hogao (sauce) and filling

1. In a medium sauté pan over medium-low heat, place the oil, green onion, tomatoes, garlic, salt, cumin and color. Cook for 15-20 minutes, until the onion flavor has completely blended in. Remove from the heat and add the cilantro. Set aside.
2. While the hogao is cooking, start the filling: Combine the pork, beef, salt, pepper, cumin and color in a bowl; set aside for 10 minutes.
3. In a medium pressure cooker, place 3 cups of water, the onion, garlic, bouillon cube and seasoned meats. Cover and cook over medium-low heat for 30 minutes. Let cool to release the steam, and uncover. Remove the meats, leaving the cooking liquid in the pot; chop the meats as small as you can. Add to the hogao.
4. Add the potatoes to the meat cooking liquid, cover, and cook without pressure for 20 minutes. The potatoes will have overcooked as some of them will look mashed. That is the way it is supposed to be. Add the potatoes to the meats and hogao mixture and refrigerate.

## Day 2 - Make the Guiso (cornmeal dough)

1. Place the cornmeal in a large bowl. Add the water, and mix until all the flour is moistened. Set aside for 5 minutes. Add the oil and salt, and mix with your hands for 1 minute, then form into a ball or log and place into a large 5-7 quart caldero or heavy pot. Cook over a medium heat for 10 minutes turning continuously. Remove from the pot and set aside to rest uncovered at room temperature for 10 minutes.
2. Divide the dough into about 54 tablespoonfuls; roll each portion into a ball.
3. Place the balls of dough between two pieces of plastic. With the tips of your fingers or a flat pot cover, flatten to 1/8". Remove the top plastic and place about ½ tablespoon of filling in the center of the flattened dough. Holding the plastic underneath, fold over the dough to form a half-moon shape, and press the edges of the dough together with a small coffee cup to seal. Repeat until you have flattened, filled, folded and sealed all the dough.



As a child, my family travelled to South America often to visit relatives. Each summer, I would sit beside the pool at the club in my mother's hometown of Cali, Colombia and we would order the most delicious empanadas, eating them all afternoon with a Coca-Cola or Postobon (Apple soda). The dough was made of cornmeal, they were small, and fried to perfection. Yes, I've always been a foodie, and as an adult I thought I would never see them again, until one day I stumbled on a cookbook containing the recipe from the very same place in Cali. It was like hitting the lottery for me! It isn't an easy recipe, but it's become tradition at my house to make these empanadas at the end of each summer while family and friends hover near the fryer waiting for the golden empanadas to ascend from the hot oil. I hope you enjoy them too.

### Lisa Keiser

Role: Director, Human Resources

Company: Harvey Nash

Location: USA



4. Heat the oil in a heavy, deep pot, to 350 – 375 degrees fahrenheit. Deep fry the empanadas a few at a time in the hot oil for 2-3 minutes, moving them around in the oil as they fry for an even distribution of heat. They should be crunchy and hard on the outside. Remove from the oil with a slotted spoon and drain on paper towels. Repeat until all empanadas have been cooked and drained.
5. Serve with hot sauce\* and lime wedges.

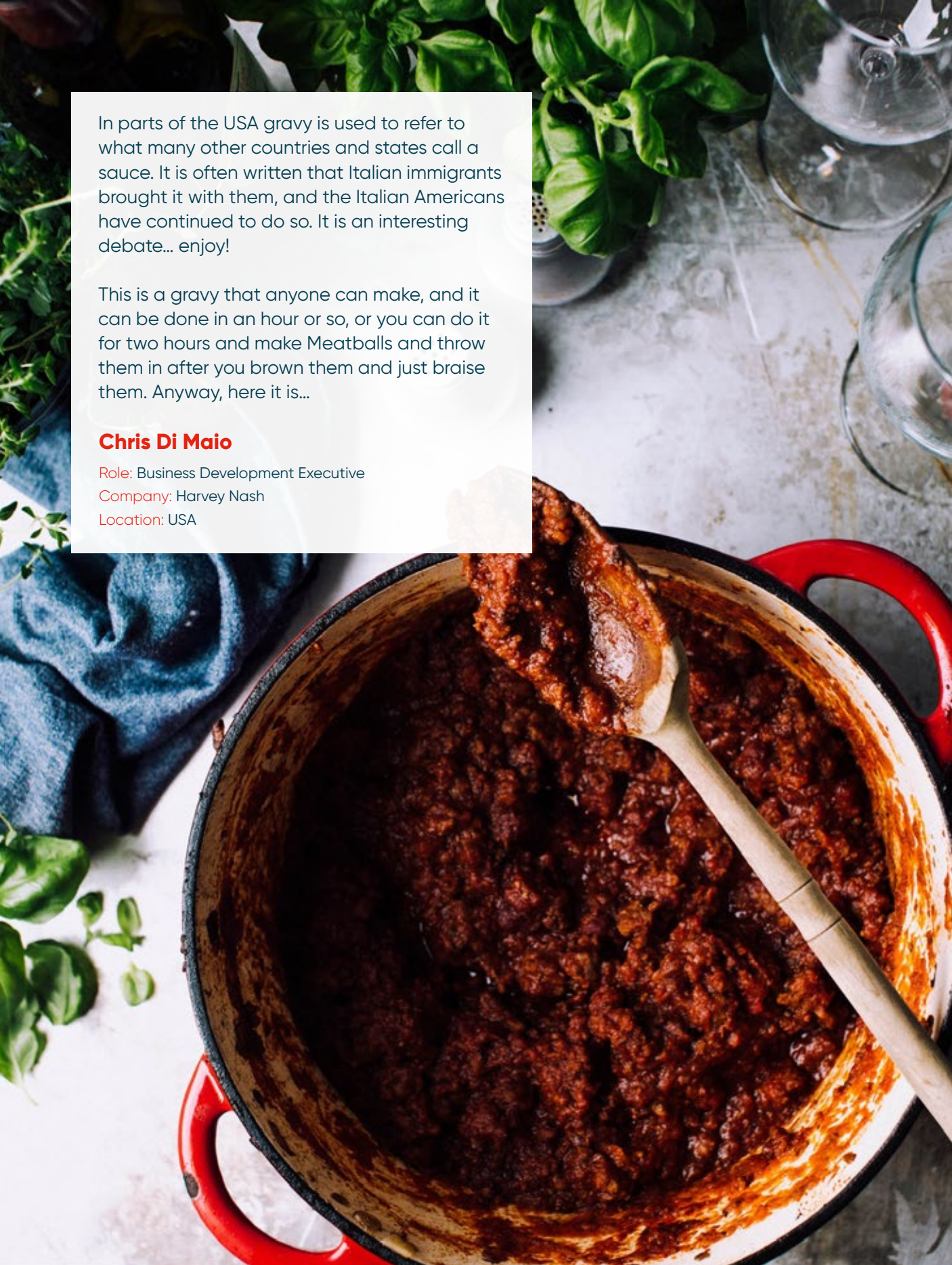
## Aji Chimichurri (or hot sauce):

1. In a food processor, place the garlic and process until all the garlic pieces are stuck to the sides of the bowl.
2. Add the parsley, cilantro and green onions and process for 15 seconds. Stop, scrape the bowl and process again for 15-20 seconds.
3. Add the vinegar, lime juice, salt, pepper, and process for a further 10 seconds.
4. Add the oil, mix for 2 seconds, and pour into a covered glass jar or container. Keep refrigerated up to a week.

## Aji Chimichurri (or hot sauce\*) ingredients :

3 cloves garlic  
½ cup (100g) of minced parsley  
1 cup (200g) of minced cilantro  
½ cup (75g) of minced green onion, green part included  
1 tbsp red wine vinegar  
2 tsp lime juice  
1 tsp salt  
¼ tsp pepper  
¾ cup (175ml) of oil





In parts of the USA gravy is used to refer to what many other countries and states call a sauce. It is often written that Italian immigrants brought it with them, and the Italian Americans have continued to do so. It is an interesting debate... enjoy!

This is a gravy that anyone can make, and it can be done in an hour or so, or you can do it for two hours and make Meatballs and throw them in after you brown them and just braise them. Anyway, here it is...

### Chris Di Maio

**Role:** Business Development Executive

**Company:** Harvey Nash

**Location:** USA

# My Sunday gravy

(That doesn't take 8 hours to make!)

## Ingredients

2 cans of San Marzano tomatoes  
Olive oil  
1 can of tomato paste  
7 cloves of garlic  
5 basil leaves either just picked or chopped (I prefer chopped, but that's a basic level to go through)  
A "liberal" amount of pepper and salt to taste  
Crushed red pepper or chilli flakes for the folks across the pond to taste  
1lb of ground (minced) beef, or a combination of beef, pork and veal, but to keep it easy go for just ground beef.

## Method

1. Chop your garlic up - you can add more or less depending on taste.
2. Coat the bottom of the pan with olive oil.
3. Heat the oil - I'd recommend a medium heat so that your garlic doesn't burn.
4. Add your garlic and crushed red pepper then cook until it's a golden brown.
5. Add in your ground beef and cook until it's all browned.
6. Add your cans of San Marzano tomatoes and tomato paste and then add salt and black pepper to taste.
7. Then let it simmer at medium-low heat for about an hour and keep checking on it every 15 minutes giving it a stir. Do taste it so that you know if you need to add more salt and pepper.
8. After an hour and when you see the olive oil come to the top, you will know it is pretty much ready. If you would like the gravy thicker, then cook for a little longer.
9. Serve over your favourite pasta (I prefer rigatoni, but you can use spaghetti, linguine or whatever works for you).

**Recipe note:** you can also use a blender to crush your tomatoes, but if you buy crushed already you won't need to do that. You can add a pinch of sugar if you like, but they only did that in the past to cut acidity, but it never really worked in my opinion and San Marzano tomatoes today don't have that issue anymore.



# Melanzane alla parmigiana

## Ingredients

3 large firm aubergines  
Olive oil  
1 onion  
½ a bulb of spring garlic,  
or 1 clove of regular garlic  
1 heaped tsp dried oregano  
2 x 400g tins of quality  
plum tomatoes, or 1kg of  
fresh ripe tomatoes  
White wine vinegar  
1 bunch of fresh basil (30g)  
3 large handfuls of parmesan  
cheese, (freshly grated)  
2 handfuls of dried  
breadcrumbs  
A few sprigs of fresh oregano  
150g buffalo mozzarella

## Method

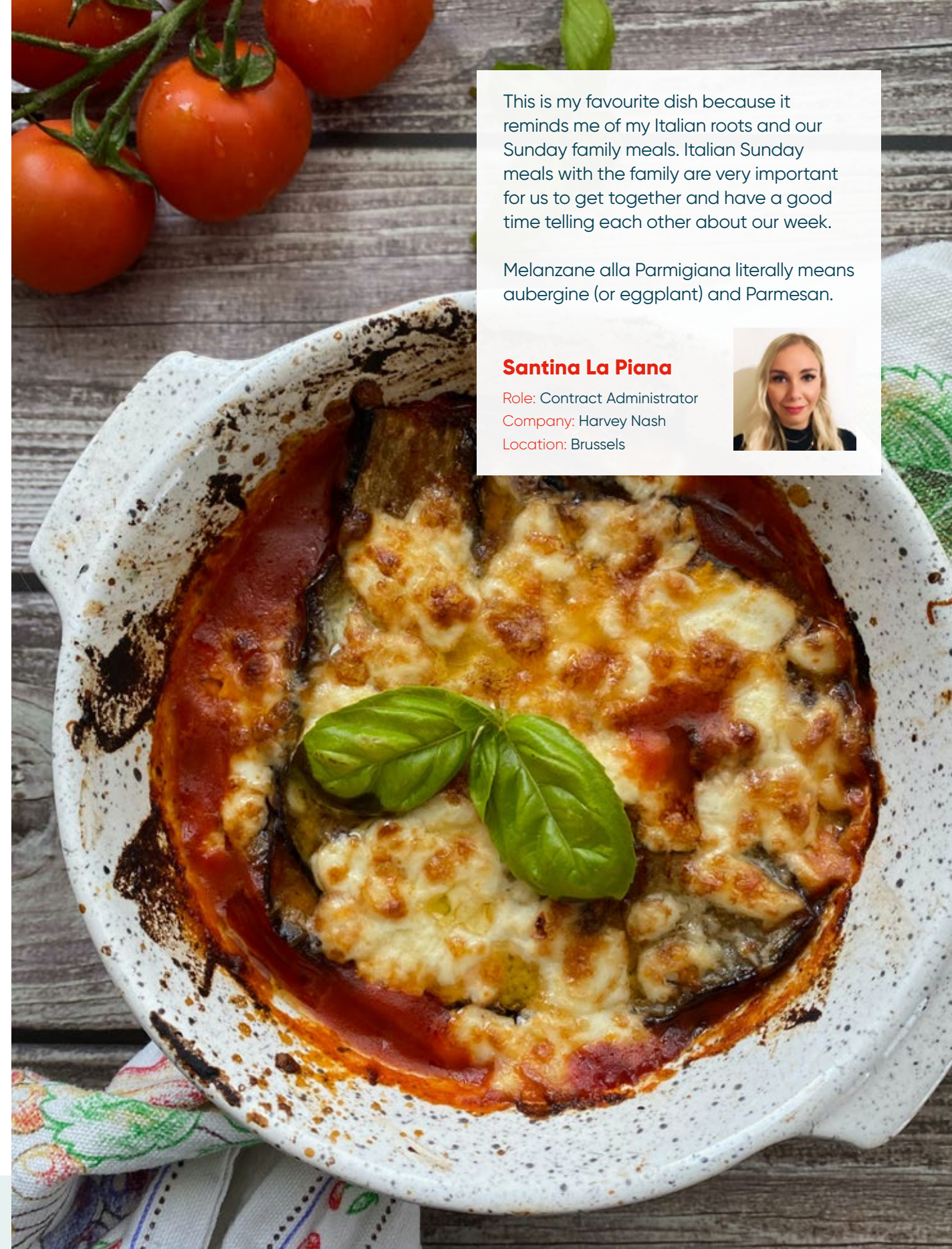
1. Preheat a griddle pan or barbecue.
2. Trim and slice the aubergines 1cm thick. Peel and finely chop the onion, and peel and finely slice the garlic.
3. Place a large pan on a medium heat with 2 or 3 lugs of olive oil, add the onion, garlic and dried oregano, then cook for 10 minutes, or until the onion is soft and the garlic has a tiny bit of colour.
4. If you're using tinned tomatoes, break them up, and if you're using fresh tomatoes (which will obviously taste sweeter and more delicious, if they're in season), very quickly prick each one and put them into a big pan of boiling water for 40 seconds. Remove from the pan with a slotted spoon and put them into a bowl of cold water for 30 seconds, then remove the skins, carefully squeeze out the pips and cut up the flesh.
5. Add the tomato flesh or tinned tomatoes to the onion pan, give the mixture a good stir, then put a lid on and simmer slowly for 15 minutes, or until thickened and reduced.
6. Grill the aubergines on both sides until lightly charred – you'll need to work in batches.
7. Season the tomato sauce carefully with sea salt, black pepper and a tiny swig of wine vinegar, then pick in the basil. You can leave the sauce chunky or you can purée it.
8. Spoon a layer of tomato sauce into a 15cm x 25cm baking dish, then add a fine scattering of Parmesan, followed by a single layer of aubergines. Repeat these layers until you've used all the ingredients up, finishing with a little sauce and another good sprinkling of Parmesan.
9. Pick and finely chop the oregano, then toss with the breadcrumbs and a little olive oil, then sprinkle on top of the Parmesan. Tear over the mozzarella (if using).
10. Bake at 190°C/375°F/gas 5 for 30 minutes, or until golden, crisp and bubbly.

This is my favourite dish because it reminds me of my Italian roots and our Sunday family meals. Italian Sunday meals with the family are very important for us to get together and have a good time telling each other about our week.

Melanzane alla Parmigiana literally means aubergine (or eggplant) and Parmesan.

## Santina La Piana

Role: Contract Administrator  
Company: Harvey Nash  
Location: Brussels





# Mandarin chicken

## Ingredients

4 thin boneless chicken breasts  
1 tbsp olive oil  
½ sweet onion  
½ cup of bisquick  
1 can of mandarin oranges  
½ cup of white wine  
Durkee fried onions

## Method

1. Heat oil in pan.
2. Add onions and cook until opaque.
3. In the meantime, take the chicken breasts and dredge in bisquick (no egg needed).
4. Brown both sides.
5. Place in an ovenproof pan.
6. Mix the juice from the mandarins with the wine.
7. Pour over the chicken.
8. Bake 350F for about 40 min.
9. Add mandarins and onions.
10. Bake until the onions brown.
11. Serve over white rice.

I made this recipe up! When I have the time I love to make up recipes. I amaze myself sometimes how it comes out. My family enjoys eating new or improved meals. If I had my way, I would open up a bed and breakfast.

### Judy Stern

Role: Accounts Payable Coordinator

Company: Harvey Nash

Location: USA



# North Staffordshire oatcakes

## Ingredients

150g fine oatmeal  
150g wholemeal flour  
300ml milk  
300ml water  
7g sachet fast acting yeast  
1tsp sugar  
Salt (a pinch or two)

## Method

1. In a saucepan heat the milk and water but make sure you do not boil. It needs to be warm (below 30 degrees C).
2. Mix the salt, oatmeal (you can blend oats if you have no oatmeal), flour and yeast in a bowl creating a well to add the liquid.
3. Slowly pour in the liquid stirring in the dry mixture as you do. You are looking to make a runny batter so once the contents form a smooth texture then cover with a cloth or wrap in plastic. After a few hours (or you can leave overnight) it should be a lovely bubbly batter – try not to stir vigorously as you will lose all the bubbles from the mix.
4. Heat a very small amount of oil in a pan and then pour enough of the mix to thinly coat the pan. Cook on each side until golden (roughly 2-3 minutes each side).
5. Then serve with the toppings of your choice... I love to melt cheese and add fried mushrooms.

I imagine you have seen a lot of brilliant recipes but some which might seem more complicated, so I am sharing something super simple that reminds me of home. I moved from Staffordshire in the UK to London over 20 years ago and this is one of the things that reminds me most of home. There are shops that make and sell just oatcakes and they make a fantastic breakfast replacement to bread. It is a type of savoury pancake which dates back to the 18th century when people who worked in pot banks (the area is famous for pottery) would purchase them for sustenance even buying them from the front windows of people's houses. Anyway, savoury or sweet they are a fantastic reminder of home. Enjoy!

## Melanie Hayes

Role: Chief People Officer

Company: Nash Squared

Location: UK





I remember my time as a student back in Paris, I used to see Chinese or Vietnamese takeaway restaurants sell these spring rolls for 2 euros each. These are super easy to make, not to mention their excellent combination of flavors in one bite. The ingredients are also easy to find in any supermarket. The fun part is gathering around a table and rolling your spring rolls.

### Thanh Nguyen Thuan

Role: APAC HR Director

Company: NashTech

Location: Vietnam



# Goi cuon

## (Vietnamese spring roll)

### Ingredients

Please note the fillings and sauce can be adjusted according to personal preference.

- 12 rice paper pancakes
- 12 large cooked shrimps, peeled and deveined
- 1 cup of cooked vermicelli noodles
- ¼ cup of fresh mint leaves
- ¼ cup of fresh Thai basil leaves
- ¼ cup of fresh cilantro leaves
- ¼ cup of beansprouts
- 225g thin slices of cooked pork
- ¼ cup of Hoisin sauce and crushed peanuts for dipping

### Method

1. Prepare all the ingredients and place them within reach on a clean work surface.
2. Fill a large, shallow dish with warm water.
3. Dip one rice paper wrapper into the water for 3-5 seconds or until it is soft and pliable.
4. Place the wrapper on the work surface and arrange a few shrimp, a handful of vermicelli noodles, some mint leaves, some basil leaves, some cilantro leaves, a small number of bean sprouts, and a few slices of pork placed along the wrapper.
5. Fold the bottom half of the wrapper up over the filling, then fold the sides in towards the center.
6. Roll the wrapper up tightly to form a spring roll.
7. Repeat with the remaining ingredients to make as many as you wish.
8. Serve the spring rolls with hoisin sauce and crushed peanuts for dipping.



# Banh xeo

(Vietnamese sizzling crepe)

## Ingredients

1 cup of rice flour  
¼ cup of cornstarch  
½ tbsp turmeric powder  
½ tbsp salt  
1 can of coconut milk  
½ cup of water  
225g pork belly, sliced  
225g shrimp, peeled and deveined  
1 onion, thinly sliced  
1 cup of beansprouts  
½ cup of fresh herbs (mint, cilantro, basil)  
3 tbsp of fish sauce  
Lime wedges

## Method

1. Mix the rice flour, cornstarch, turmeric powder, and salt in a mixing bowl.
2. Add coconut milk and water to the bowl and whisk until the batter is smooth.
3. Heat a non-stick pan over medium heat and add the pork belly. Cook until the pork is browned and crispy.
4. Add the shrimp and onion to the pan and cook until the shrimp is pink and cooked through.
5. Pour a ladleful of batter over the pan and swirl it around to cover the entire surface.
6. Add a handful of beansprouts and fresh herbs to the pancake.
7. Fold the pancake in half and serve with fish sauce and lime wedges.



One of my favorite childhood memories is eating “bánh xèo”. I remember the sizzling sound of the batter as it was poured onto the hot pan and the aroma of the coconut milk and turmeric filling the air. My family and I would gather around the table, each person taking a piece of the crispy pancake and wrapping it with fresh herbs and lettuce. It was always a fun and interactive experience.

### Loc Vo Thanh

Role: Software Engineer

Company: NashTech

Location: Vietnam





# Stuffed peppers

## Ingredients

450–500g minced beef  
450–500g minced pork  
1 large onion chopped  
2 garlic cloves – minced  
90g short grain rice  
2 tbsp oil  
Handful of parsley  
½ tbsp salt  
½ tbsp sweet paprika  
Freshly ground black pepper  
Optional: handful of chopped pancetta  
8–10 bell peppers  
Optional: 2 courgettes – halved  
1–1.5 tbsp flour  
2–3 tbsp oil  
300ml passata  
Approx 1l water  
1 tsp sugar

## Method

1. Mix all the ingredients (mince beef, mince pork, onion, garlic cloves, grain rice, oil, parsley, salt, sweet paprika, pepper, pancetta) for the meat mixture together.
2. Wash, remove the seeds from the peppers (and stuff each with meat mixture using a teaspoon).
3. In a large pan with a lid add flour and oil (this is your roux – zaprska) followed by peppers. You want to brown both peppers and your roux slightly, do this over low to medium heat so the flour doesn't burn too quickly.
4. Add water, tomato passata, seasoning and parsley/ celery leaves, cover and cook over a low heat for 2–2.5h. If you want to reduce the sauce at the end remove the lid for the last half an hour of cooking. That's it!
5. Serve with mashed potatoes with extra of that sweet tomato sauce and enjoy.

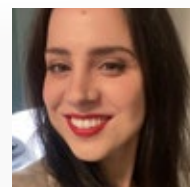
Stuffed Peppers are a traditional Croatian recipe. I believe there is no Croatian family that does not know about this recipe, and there is hardly a Croatian who has not tried it at least once. It is a meal that is prepared for EVERY important occasion, and it is usually made in large amounts (4x those below) and then it's eaten for days. If you live away from your parents and come to visit for a Croatian Public Holiday – you are not going home without a few containers of stuffed peppers to carry home and freeze for later. It is a Croatian tradition for every family celebration and favourite food for our grandmas to stuff us with. It is a very important recipe for me because I strongly associate it with family and home.

### Marina Saric

Role: Resourcer

Company: Harvey Nash

Location: Dublin





# Camarão na moranga

## (Prawns Stuffed Pumpkin)

### Ingredients

1 large pumpkin  
1kg prawns – I recommend buying fresh ones for a better taste  
1 litre of heavy cream  
250g cream cheese  
1 tbsp of flour mixed with 2 tbsp of water  
8 tomatoes or you could use canned peeled tomatoes  
1 onion  
1 garlic clove or more if you prefer  
A pinch of pepper and salt  
A glug of olive oil

### Method

#### Pumpkin

1. Cut the top off like a lid.
2. Remove all seeds and strings from the inside.
3. Crush garlic, onion, salt and pepper until becomes a paste.
4. Rub the paste all around the inside of the pumpkin.
5. Rub vegetable oil around the outside of the pumpkin.
6. Wrap the pumpkin in foil and bake it at 180C for about 1 to 1.5 hours.

#### Prawns Stuffed Pumpkin

1. Season the prawns with salt and lime juice.
2. Sauté prawns until cooked but still soft. Set aside.
3. Add more olive oil and sauté garlic, onions, and tomatoes.
4. Bring the prawns back to the pan and add cream and cream cheese. Cook it for a few more minutes.
5. Add the prawn mixture to the pumpkin, scraping the inside at every addition.

This recipe is essential for me because it reminds me of the time when I travelled around Brazil with my dad. He is crazy about the northeast of Brazil as they have the most stunning beaches, and we are passionate about their local food.

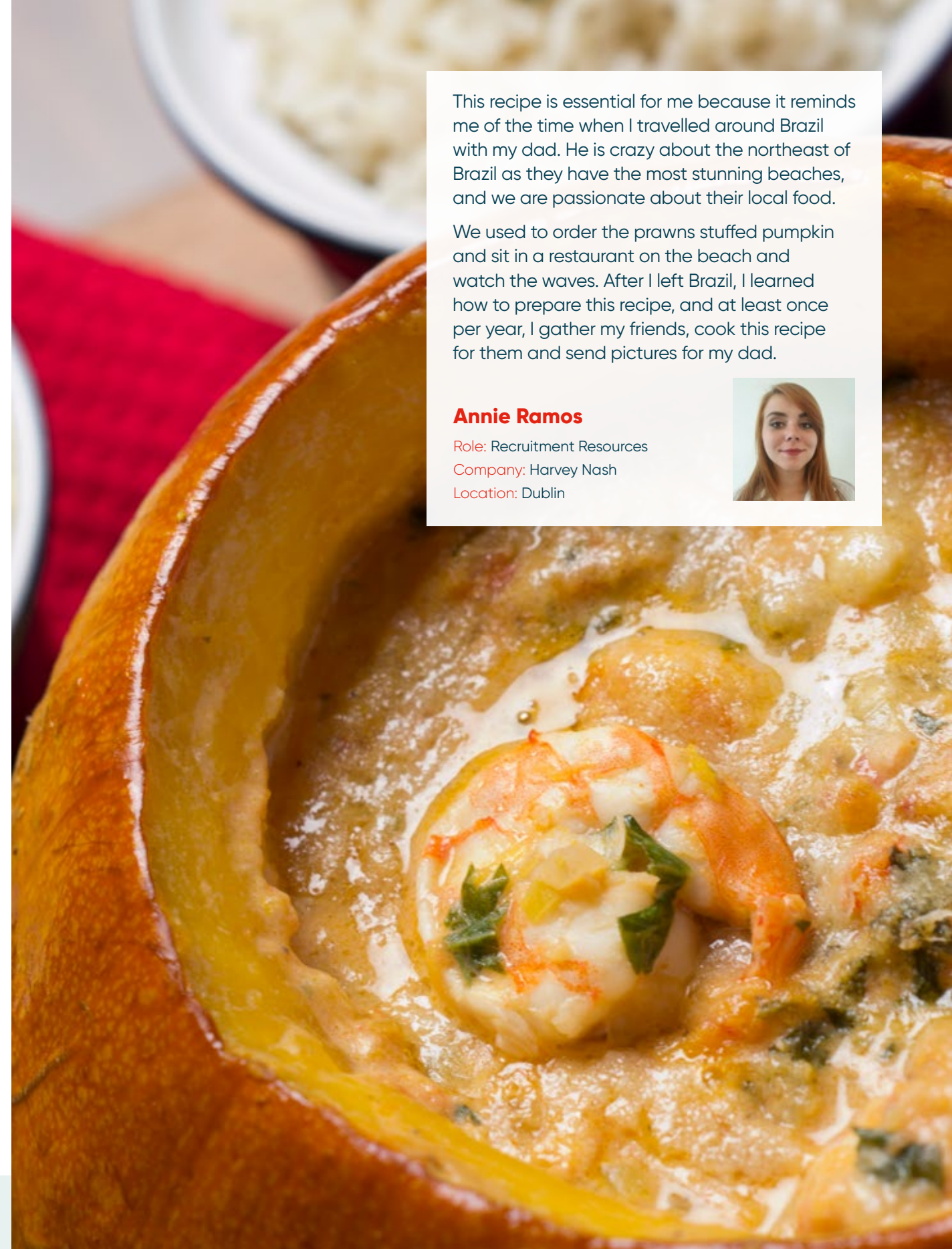
We used to order the prawns stuffed pumpkin and sit in a restaurant on the beach and watch the waves. After I left Brazil, I learned how to prepare this recipe, and at least once per year, I gather my friends, cook this recipe for them and send pictures for my dad.

### Annie Ramos

Role: Recruitment Resources

Company: Harvey Nash

Location: Dublin





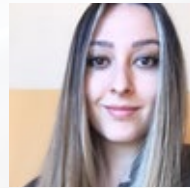
I love cooking this soup once every 2 weeks. It is really simple yet very delicious. Cosy, convenient, joyful, welcoming (I remember having this soup during big family gatherings). There is no specific drink and/or dessert we have, however it is very common to add some chilli flakes and croutons to the soup. This recipe takes no more than 30 minutes (the only part takes time is boiling the ingredients). I love the variety in my culture! Each region in Turkey is famous for specific food. I am from Aegean Region and we like combining vegetables and olive oil. If you go to the North, you will have the tastiest fish recipes. The East is famous for its delicious meat based recipes and finally the Central Anatolian Region is famous for Turkish dumplings - pasta and anything oven baked. As for the soup, I'd say it is my go-to whenever I feel sick or if I am having unexpected guests because it is always just very accessible.

### **Nebahat Uysal-Salko**

**Role:** Delivery Consultant

**Company:** Spinks

**Location:** Poland



# Lentil soup from Turkey

## **Ingredients**

1.5 cups of lentils  
1 mid-size onion  
1 mid-size potato  
1 small or mid-size carrot  
Chicken bouillon  
1 tsp seasoning powder

## **For the sauce**

1 tsp tomato paste  
½ tsp red pepper  
½ tsp chilli red pepper  
1 cube butter  
1 or 2 tsp olive oil

## **Method**

1. First wash the lentils in cold water until the water comes out clear.
2. Cut all the vegetables in big pieces.
3. Add all the vegetables, lentil, bouillon and seasoning into a pot and fill it with water.
4. Boil everything until they are very soft.
5. Lower to a medium heat.
6. Blend everything until it is smooth.
7. Add butter and olive oil into a small saucepan.
8. Once butter is melted, add rest of the sauce ingredients.
9. Cook it until the oil gets hot.
10. Then add the sauce into the soup.
11. Mix it well and keep it on the heat for another 2 minutes.



# Beef goulash

## Ingredients

1kg beef (from the calf or shoulder)  
1 kg onions  
2 tbsp oil  
1 tbsp tomato paste  
1 chicken stock cube  
2 cloves of garlic  
1 tsp caraway seeds  
1 tsp dried marjoram  
¾ tsp grated unwaxed lemon zest  
½ tsp paprika powder (sweet)  
A pinch of salt  
Mild chilli powder

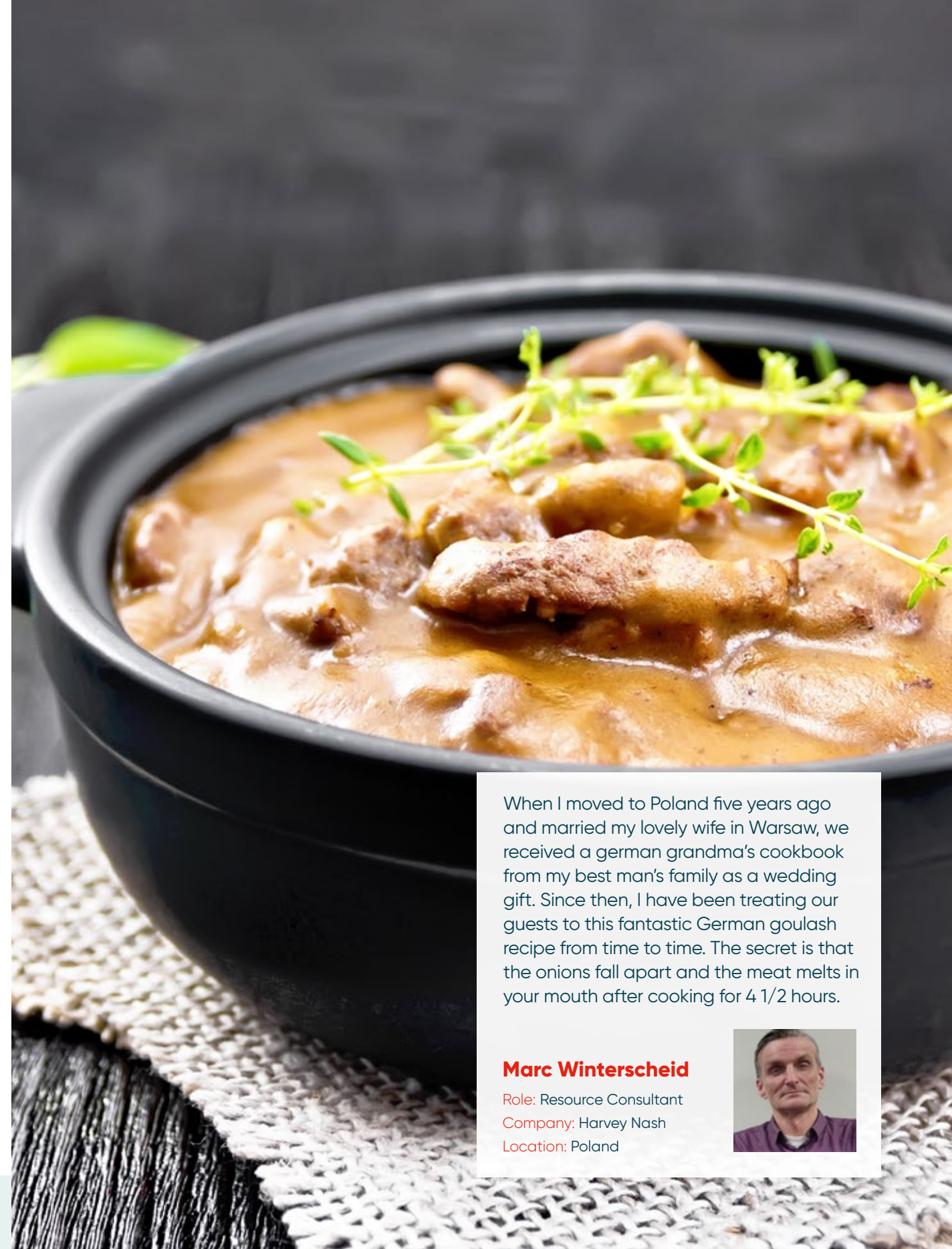
## Method

1. Remove fat and coarse tendons from the beef and cut into 3 cm cubes.
2. Peel and slice the onions.
3. Heat the oil in a large casserole.
4. Sauté the onions until translucent.
5. Stir in the tomato purée and sauté for a while.
6. Stir in the beef cubes and stock. The meat should just be covered. Place the lid on the pot, leaving a small gap or cover with baking paper.
7. Cook the goulash over a gentle heat for 4 hours, but do not let it boil. Remove the lid after 2.5 hours.

### For the goulash seasoning:

1. Peel the garlic
2. Chop finely with the caraway seeds, marjoram and lemon zest.
3. Stir the paprika powder with a little water until smooth.
4. At the end of the cooking time, stir the paprika powder and the goulash seasoning into the goulash.
5. Leave to stand for 5 to 10 minutes and season the goulash with salt and chili powder.

**Recipe tip:** I use the goulash spice made from garlic, lemon zest, marjoram and caraway seeds for all types of goulash. If there is any left over, I mix it with 1 teaspoon of softened butter – it will keep for several days in the fridge. You can also prepare the spice mixture for storage. To do this, mix the goulash spice with butter, fill into a piping bag without a nozzle, pipe small heaps onto baking paper and place in the freezer. As soon as the portions are frozen through, transfer them to a tightly sealed container.



When I moved to Poland five years ago and married my lovely wife in Warsaw, we received a german grandma's cookbook from my best man's family as a wedding gift. Since then, I have been treating our guests to this fantastic German goulash recipe from time to time. The secret is that the onions fall apart and the meat melts in your mouth after cooking for 4 1/2 hours.

### Marc Winterscheid

Role: Resource Consultant

Company: Harvey Nash

Location: Poland





# Venezuelan arepa

## Ingredients

2 ½ cups of lukewarm water  
1 pinch of salt  
2 cups of pre-cooked white cornmeal (such as P.A.N.®)

## Fillings

Arepa fillings can range from black beans, beef, plantains, pork, chicken or salty cheese and ham.

## Method

### Directions for oven baked arepas:

1. Stir water and salt together in a medium bowl; gradually stir in the cornmeal with your fingers until the mixture forms a soft, moist, malleable dough.
2. Form dough into eight 2-inch diameter balls; pat each ball to flatten into a 3/8-inch-thick arepa patty.
3. Heat a little bit of oil on a flat non-stick pan or grill. Place arepas in batches until golden brown or a slight crust forms, about 4 to 5 minutes per side. Transfer cooked arepas to the oven and leave them to cook for 15 minutes at 180C. Once they look inflated you can take out and let rest for 1 minute.
4. Slice halfway through each arepa horizontally with a thin serrated knife to form a pita-like pocket and stuff with your favourite filling.

### Directions for fried arepas:

1. Heat plenty of sunflower oil on a frying pan. Once very hot, add the arepas and make sure they don't stick together. Once golden, remove and place on a paper towel and pat dry.
2. Slice halfway through each arepa horizontally with a thin serrated knife to form a pita-like pocket and stuff with your favourite filling.

The word Arepa comes from the indigenous word Erepa, which means corn and was invented thousands of years ago by the indigenous tribes across Venezuela. Venezuelan people can eat arepas for breakfast, lunch or dinner - ideal anytime of the day. Because you can stuff them with whichever filling you like, it makes them a quite flexible meal for Venezuelan people. Also, they have become quite popular in many cultures due to their gluten free characteristic. I personally enjoy making them at dinner time and filling them with ham and cheese as it reminds me of my hometown, Caracas. I encourage you to find cornmeal (P.A.N brand) wherever you are in the world - I'm sure you will find some. Wherever there's a Venezuelan person living abroad-there's cornflour to be found! A disfrutar! And thank me later.

## Maura Sabat

Role: Head of Talent & Employee Experience

Company: Nash Squared

Location: UK





# Bun cha

(Kebab rice noodles)

## Ingredients

450g of ground pork  
1 tbsp of sugar  
2 tbsp of fish sauce  
1 tbsp of vegetable oil  
½ tbsp of black pepper  
½ tbsp of salt  
½ cup of water  
¼ cup of rice vinegar  
2 cloves of garlic, minced  
¼ cup of chopped scallions  
¼ cup of chopped cilantro  
½ cup of chopped mint  
½ cup of chopped lettuce  
½ cup of pickled carrots and daikon  
8 oz of vermicelli rice noodles

## Method

1. In a bowl, combine the ground pork with the sugar, fish sauce, vegetable oil, black pepper, and salt. Mix well and let it marinate for at least 30 minutes.
2. Preheat your grill or broiler to high heat.
3. Thread the pork onto skewers and grill or broil until cooked through, about 5 minutes per side.
4. In a small bowl, mix water, rice vinegar, garlic, scallions, cilantro, and mint to make the dipping sauce.
5. Cook the vermicelli noodles according to package instructions and drain.
6. To serve, divide the noodles between four bowls and top each with grilled pork, lettuce, pickled carrots and daikon, and a generous spoonful of dipping sauce.

As a Vietnamese, I can't help but feel immense pride when indulging in a bowl of "bun cha". With its combination of juicy grilled pork, crispy fried spring rolls, and refreshing vermicelli rice noodles, topped with an abundance of fresh herbs and a flavorful dipping sauce, this dish perfectly encapsulates the flavors and culinary traditions of Vietnamese cuisine.

### Giang Dao Thi Bich


Role: Test Team Manager

Company: NashTech

Location: Vietnam







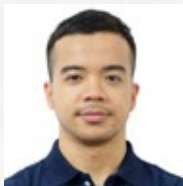
I absolutely adore “Cha ca La Vong” for its unique blend of flavors and textures. The succulent pieces of fish are marinated in turmeric and galangal, which give it a distinct aroma and flavor. The fish is crispy on the outside and tender on the inside and pairs perfectly with fresh herbs and vermicelli noodles. Every bite is a burst of flavor and a reminder of the rich cultural heritage of Hanoi cuisine.

### **Bach Pham Tung**

**Role:** Associate Project Manager

**Company:** NashTech

**Location:** Vietnam



# Cha ca la vong

(La vong grilled fish)

## Ingredients

450g of boneless white fish fillets, cut into bite-sized pieces  
1 tbsp of turmeric powder  
1 tbsp of fish sauce  
1 tbsp of sugar  
1 tbsp of vegetable oil  
2 cloves of garlic, minced  
¼ cup of chopped scallions  
¼ cup of chopped cilantro  
½ cup of peanuts, roasted and crushed  
8 oz of vermicelli rice noodles  
½ cup of chopped dill  
¼ cup of shrimp paste

## Method

1. In a bowl, mix the turmeric powder, fish sauce, sugar, vegetable oil, garlic, and scallions to make the marinade.
2. Add the fish pieces to the marinade and let it sit for at least 30 minutes.
3. Preheat your oven to 350°F. Spread the fish pieces out on a baking sheet and bake for about 10 to 12 minutes, or until cooked through.
4. Cook the vermicelli noodles according to package instructions and drain.
5. In a small bowl, mix shrimp paste and a few tablespoons of water to make a dipping sauce.
6. To serve, divide the noodles between four bowls and top each with the baked fish, chopped cilantro, chopped dill, crushed peanuts, and a generous spoonful of dipping sauce.



# My mum's pierogi

## Dough ingredients

500g of wheat flour  
280ml hot water  
3 tbsp of oil  
1 flat tsp of salt

## Stuffing ingredients

500g of potatoes  
500g of white cottage cheese  
1 large onion  
2 tbsp of butter  
1 tsp of salt  
1 tsp of ground pepper

## Method

1. Boil the potatoes until tender in lightly salted water. While still warm, squeeze through the press and leave to cool. Dice the onion and fry it in butter. Crush the white cottage cheese to the cooled potatoes, add the fried onion, salt and pepper (I like spicy and peppery dumplings, but you can add less pepper - according to taste preferences) to taste and mix thoroughly.
2. Sift the flour onto a pastry board or into a large bowl, add salt, oil and pour hot\* water, and then knead the dough until it stops sticking to your hands.  
\*Water should be hot, but not boiling. It is best to boil the water and wait 2 - 3 minutes until it cools down slightly.
3. Divide the dough into 2 or 3 parts. Roll out one into a thin cake and cut out smaller, round cakes using a glass for example, and cover the remaining parts of the dough with a linen cloth.
4. Put a solid portion of stuffing in the centre of each cake, fold the dough in half and carefully seal the edges. Place the dumplings on a linen or cotton cloth, additionally covering them with another so that they do not dry out.
5. Throw dumplings in batches into salted boiling water and cook for about 3 minutes from the moment they float to the surface.
6. Remove the dumplings with a slotted spoon and set aside for a moment to drain the water.
7. Then pour the dumplings with melted butter or oil to prevent them from sticking together.
8. Enjoy your meal!

Pierogi came to Poland as 'dumplings' in the 13th Century from the Far East (Asia). These became characteristic to Central and East European cuisines, where different varieties (preparation methods, ingredients, fillings) were invented including my favourite including cheese and onion filling!

Pierogi are one of the most famous dishes in Poland, normally with different fillings including fruit or meat, however this recipe is my all-time favourite. My mum learnt the recipe from her favourite 'babcia' (grandma) who used to love cooking for her family. Pierogi are eaten throughout the whole year, but I specifically enjoy having them at Christmas time. Mum would often make 100+ pierogi but me and my sister would always 'steal' some before dinner time.

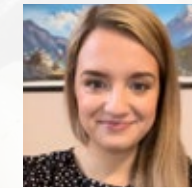
I really hope you enjoy Pierogi as much as I do.

## Karolina Fidrych

Role: Service Delivery Manager

Company: Harvey Nash

Location: UK







# Chicken pickle

## Ingredients

1kg chicken  
400ml oil  
5 tbsp ginger & garlic paste (60g)  
50g salt  
50g pickles mirchi powder  
1 tsp fenugreek powder  
3 tbsp lemon juice  
1 tsp turmeric

## Method

1. Add salt and turmeric to the chicken and cook in a non-stick pan on a medium flame until water evaporates.
2. Heat oil and add the cooked chicken and fry until the moisture evaporates from the chicken and then set aside.
3. In the remaining oil, add the ginger garlic paste and fry till the raw taste goes away.
4. Then in the ginger garlic paste, add the fried chicken, fenugreek powder, salt and mirchi and boil once. Then switch off the stove and let it cool fully. If you like you could add 1 tsp garam masala along with the mirchi powder.
5. In 3-4 hours, the pickle will fully cool, and the oil will come to the surface. Then add lemon juice, mix well, and put the pickle into a bottle. If you let the pickle marinate for 3 days, then the pieces will soften and the salt, spice and sourness will be absorbed.

The pickle can be eaten immediately too but the pieces will be hard and will not absorb the salt and mirchi This pickle stays fresh for 3 months in a refrigerator.

Chicken Pickle is very tasty and delicious and I like to eat it very much as there are many benefits of eating pickled chicken. These benefits include getting a good supply of essential vitamins, minerals, and antioxidants. Chicken pickle is a regular accompaniment to all kinds of Indian foods and is a favourite of mine.

### Vijaya Lakshmi S

Role: IT Recruiter/Asst. Manager

Company: Harvey Nash

Location: India





# Matar paneer

(Paneer green peas butter masala)

## Ingredients

1 cup of fresh or frozen green peas (matar)  
¾ cup (½-inch cubed) of paneer (cottage cheese)  
1 medium onion, finely chopped  
1 green chilli, chopped  
2–3 cloves of garlic  
½ inch piece of ginger, chopped  
2 medium tomatoes, roughly chopped  
5–6 cashew nuts, soaked in hot water for 20–30 minutes  
½ tsp red chilli powder  
¼ tsp turmeric powder  
1 tsp coriander powder  
¼ tsp garam masala Powder  
For shallow frying + 2 tbsp oil or ghee (clarified butter)  
½ cup + 2 tbsp water  
Salt to taste

## Method

1. Grind onion, green chilli, ginger and garlic together in the small chutney jar of a grinder to make medium coarse paste. Grind the tomatoes to make tomato puree. Grind the cashew nuts with 2 tablespoons of water to make a smooth paste.
2. Heat 2 tablespoons of oil in the same pan/kadai over medium flame. Add crushed onion paste (prepared in step-1) and salt (only for onion paste, it helps to cook onion faster). Sauté until the oil starts to separate or it turns translucent. It will take around 5–7 minutes.
3. Add tomato puree (prepared in step 1) and cook on a medium flame until the oil starts to separate, for approx. 5–6 minutes
4. Add red chilli powder, turmeric powder, coriander powder, garam masala powder and salt.
5. Stir and cook for a minute. Add cashew nut paste (prepared in step 1).
6. Stir and cook for 3 minutes.
7. Add boiled peas and ½ cup water; mix properly and cook for 2–3 minutes
8. Add paneer cubes and a butter block and cook for 5–10 minutes and turn off the stove. We have added plain paneer cubes but you can add shallow fried paneer to enhance the flavour.

Serve Paneer Matar Butter Masala with Pulkas or even steamed rice for a delicious weekday meal.



Paneer Matar Butter Masala is a very healthy calcium enriched recipe, and the taste is awesome. This curry tastes fantastic and is best served with Indian flat bread like naan or tandoori roti in the restaurants. This makes a great house party dish too.

### Madhuri Nalla

Role: Senior Technical Recruiter

Company: Harvey Nash

Location: India





# Fish curry with mustard paste

## Ingredients

5 pieces of Rohu Fish  
1 tsp of lime juice  
1 onion, chopped  
1 tomato, chopped  
2–3 garlic cloves  
1 tbsp of mustard seeds  
2 green chillies  
4 tbsp of mustard oil  
1 tsp of panch phoron  
2 bay leaves  
1–2 whole red chillies  
½ tsp of turmeric powder  
1 tsp of salt or to taste  
½ tsp of chilli powder  
½ tsp of cumin powder  
1 tbsp of coriander leaves, chopped  
Black gram (optional) – small quantity

## Method

1. Marinate the fish with a pinch of salt, turmeric powder, chilli powder, lime juice and 1 tsp mustard oil for 10 minutes.
2. Grind the mustard seeds along with the green chillies, garlic and tomatoes to a paste. Keep aside
3. Heat remaining oil in a pan and shallow fry the fish pieces until light brown on both sides. Drain and keep aside.
4. Temper the same oil with mustard, cumin, black gram (optional), whole dry red chillies and bay leaves. Sauté for a few seconds and then add the onion. Fry until light brown
5. Add the ground paste, chilli powder, cumin powder and turmeric powder. Sauté until oil leaves the sides of the pan.
6. Add 1 ½ cups water and bring it to a boil. Add salt, green chillies and the fried fish pieces. Simmer on low heat until the gravy is slightly thick.
7. Add coriander leaves and ghee. Switch off the heat and transfer to a serving dish. Serve hot with steamed rice.

This fish curry is loaded with health benefits and is a good source of protein and is low carb. Mustard seeds are very beneficial and have huge number of medicinal properties.

Because healthy food results to a happy life.

### Goutami Nayak

Role: Head of Finance

Company: Harvey Nash

Location: India





# Shrimp & pasta

## Ingredients

1 pound of shrimp, peeled and deveined  
8oz of pasta (your choice)  
2 cloves of garlic, minced  
2 bell peppers, sliced (I like one red and one green)  
1 red onion, sliced  
¼ cup of white wine  
¼ cup of heavy cream  
¼ cup of grated parmesan cheese  
¼ cup of chopped fresh parsley (if feeling fancy)  
½ tsp of paprika  
⅓ tsp of cayenne pepper  
¼ tsp of garlic powder (for the garlic lovers)  
Crushed red pepper to taste  
Salt and pepper to taste

## Method

1. Cook the pasta according to instructions until al dente. Drain and set aside. Try and time it to finish when the shrimp finishes.
2. In a large skillet, heat some olive oil over medium heat. Add the garlic, onion, and pepper and sauté until fragrant (2 min).
3. Add the shrimp and cook until pink and opaque, about 2-3 minutes per side. Remove from the skillet and set aside.
4. In the same skillet, add the white wine. Bring to a simmer and cook for a few minutes until the liquid has reduced by half.
5. Stir in the heavy cream and parmesan cheese. Cook until the sauce has thickened.
6. Add the cooked pasta to the skillet and toss to coat with the sauce.
7. Add the cooked shrimp back to the skillet and toss to combine.
8. Season with paprika, cayenne pepper, garlic powder and crushed red pepper.
9. Season with salt and pepper to taste.
10. Garnish with chopped fresh parsley and serve immediately.

This dish is a great way to bond with your family and loved ones, and it's a great reminder to not be afraid to try new things. So next time you're in a restaurant, don't be afraid to order something new, you might just discover your new favorite dish. Enjoy!



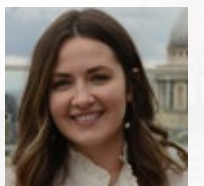
Years ago my dad would cook "Shrimp and pasta" for us on special occasions and I would refuse to eat it being young and wanting chicken fingers. This went on until I was about 12 years old or so. I became the taster to make sure all the spices were right. It was a special moment that ignited my love of cooking and bonding with my dad. The life lesson that I have taken from this is that if you don't try something because of fear or not knowing, then you run the risk of missing out on the best thing ever. So next time you are at a restaurant and afraid to order the item that you don't know, go for it! This experience has taught me to not shy away from something just because it may seem intimidating or unfamiliar. Sometimes, it takes a little patience and perseverance to discover something truly amazing.

### Brenna Barnett

Role: Marketing Manager

Company: Harvey Nash

Location: USA







# Pho

## (Beef Noodle Soup)

### Ingredients

- 1.5 kg beef shank bone
- 200g beef fillet
- 500g beef balls
- 225g rice noodles
- 1 red onion peeled and halved
- Lemon
- 3 inch (7.5 cm) piece of sliced ginger
- 5 star anise pods
- 4 cardamom pods
- 3 whole cloves
- 1 tablespoon of rock sugar
- 1 tbsp granulated salt
- 1 tbsp monosodium glutamate
- Garnishes: beansprouts, fresh herbs (Thai basil, cilantro, mint), sliced chilli peppers, lime wedges, sliced onions, hoisin sauce, sriracha sauce.

### Method

1. Wash the beef bones thoroughly. Soak them in water for about 30 minutes and add a little salt mixed with lemon to help reduce the smell of beef. Next, blanch the bones in boiling water then rinse thoroughly again.
2. After the onion is washed, drain the water, and fry the onions on a low heat.
3. Next, wash the beef fillet thoroughly. Cut the beef fillet into thin slices to arrange on top of the Pho.
4. Put the bones in the pot, add 1 quart of water, 1 tablespoon salt, and the roasted onion. Start stewing, using a pressure cooker will speed up the cooking.
5. After stewing the bones for about 30 minutes, add 1.5 litres of water, the beef balls, cloves, cardamom, cinnamon, and star anise to the pot. Cook on a medium heat, do not cover. Skim off the foam to make the broth clear and more delicious.
6. After 30 minutes of stewing, take out all the beef bones and aromatic spices.
7. Next, season the broth by adding a tablespoon of granulated salt, a tablespoon of rock sugar, and a tablespoon of monosodium glutamate and stir well to dissolve the seasoning.
8. Put some Pho noodles in a bowl. Arrange the slices of beef fillet on top and sprinkle with onions. Pour in the broth, it's ready for you to enjoy!

There is no dish that reminds me of home quite like Pho. The aroma of the beef broth simmering for hours, the tender slices of beef, the fresh herbs, and the vegetables all come together to create a truly special dish. Whether it's a quick breakfast before work or a family gathering on the weekends, Pho has always been a staple in my household. It is a symbol of my culture and heritage that I share with my family and friends, and it's a meal that brings people together.

**Cuong Nguyen Hung**

Role: Managing Director  
Company: NashTech  
Location: Vietnam





# Mi Quang

## (Quang noodles)

### Ingredients

340g of thick rice noodles  
225g of pork belly  
225g of shrimp  
1 cup of peanuts  
1 cup of fresh herbs (cilantro, mint, basil)  
½ cup of scallions  
½ cup of fried shallots  
½ cup of fish sauce  
¼ cup of sugar  
¼ cup of lime juice  
¼ cup of vegetable oil  
¼ cup of turmeric powder  
¼ cup of chilli flakes

### Method

1. Boil the pork belly in a pot for 20 minutes, then remove and slice thinly.
2. Boil the shrimp in a pot for 3-5 minutes, then remove and set aside.
3. In a pan, roast the peanuts until golden brown, then remove and crush lightly.
4. In a small bowl, mix the fish sauce, sugar, lime juice, vegetable oil, turmeric powder, and chilli flakes to make the dressing.
5. Cook the rice noodles according to package instructions, then rinse with cold water and drain.
6. Assemble the dish by placing a bed of noodles on a plate, then adding slices of pork belly and shrimp on top.
7. Pour the dressing over the dish, then sprinkle with the crushed peanuts, fresh herbs, scallions, and fried shallots.
8. Serve and enjoy your delicious "Mi Quang"!

Living in Da Nang, one of my favorite dishes absolutely is "Mi Quang". This dish is truly special because of its bold flavors, fresh ingredients, and versatility. What makes "Mi Quang" unique is its use of turmeric, which gives the dish its signature golden color and distinct flavor. The fresh herbs and vegetables add a burst of flavor and texture, making each bite a delightful experience.

### Tuong Nguyen Huu

Role: Software Engineer

Company: NashTech

Location: Vietnam







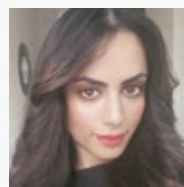
Sarson ka saag and maki roti, it's an earthy healthy food abundant in flavor, nutrients, and color. This delicious and nutrient rich combination is prepared during the winters, especially on the festival of Lohri (winter folk festival of north India). In my childhood days when I used to visit India, I always enjoyed the taste as well as the preparation of this dish.

### Nitu Chand-Raindy

Role: Executive Assistant

Company: Harvey Nash

Location: Netherlands



# Sarson saag paneer

## Ingredients

600g fresh spinach (3 bunches)  
200g fenugreek leaves (known as methi)  
200g fresh mustard leaves (sarson leaves)  
4 tbsp ghee / clarified butter (oil or regular butter can also be used)  
300g paneer (Indian cottage cheese)  
1 ½ tsp cumin seeds  
6 garlic cloves, finely sliced  
1 tsp fresh ginger, finely sliced  
2 green chillies, chopped into 3 pieces (optional)  
2 small onions, finely chopped  
¾ tsp red chilli flakes (optional)  
½ tsp turmeric powder  
1–1 ½ teaspoon salt  
4 tbsp cream (optional)

## Method

1. Wash all the green leaves thoroughly in running water. Drain the water and leave it for few minutes.
2. Break or cut off the mustard leaves stems and then roughly chop the leaves. Set them aside. Do the same with all the other green leaves.
3. Put a large pot of salted water on to boil. Once the water comes to a boil, add the spinach and other green leaves, and cook for two minutes. Remove all the green leaves from the boiling water.
4. Drain and lightly squeeze out the excess water and grind into a smooth paste.

### Prepare the paneer / Indian cottage cheese

5. Cut the paneer (Indian cottage cheese) into cubes of equal sizes.
6. Heat 2 tablespoons of oil in a medium sized frying pan over a medium heat. Once the oil is hot, add the cheese. Fry for about 45 seconds on each side, until the paneer is golden brown.
7. Remove the fried paneer from the oil and place on a paper towel. Set aside.

### Prepare the saag paneer gravy

8. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the cumin seeds and fry for a minute until the cumin seeds start to splutter and release their aroma.
9. Add the sliced garlic and ginger and sauté until the garlic turns light golden and releases its aroma.
10. Add the green chillies (optional) followed by the chopped onions. Fry for 3 – 4 minutes until the onions are light golden. (Reduce the heat as needed as the skillet gets hot.)
11. Add the red chilli flakes (optional), turmeric and salt.
12. Fry the spices for a minute and then add the green leaves puree. Turn the heat to medium-low, as the puree has a habit of spluttering and that can get quite messy. Cook for a couple of minutes until the mixture comes to a light boil.
13. Turn the heat to low and add about 75% of the fried paneer. Stir through. Add cream (if using) at this stage.
14. Remove the saag paneer into a serving bowl. Garnish with the remaining paneer, butter cream and ginger slices.



# Com Hen

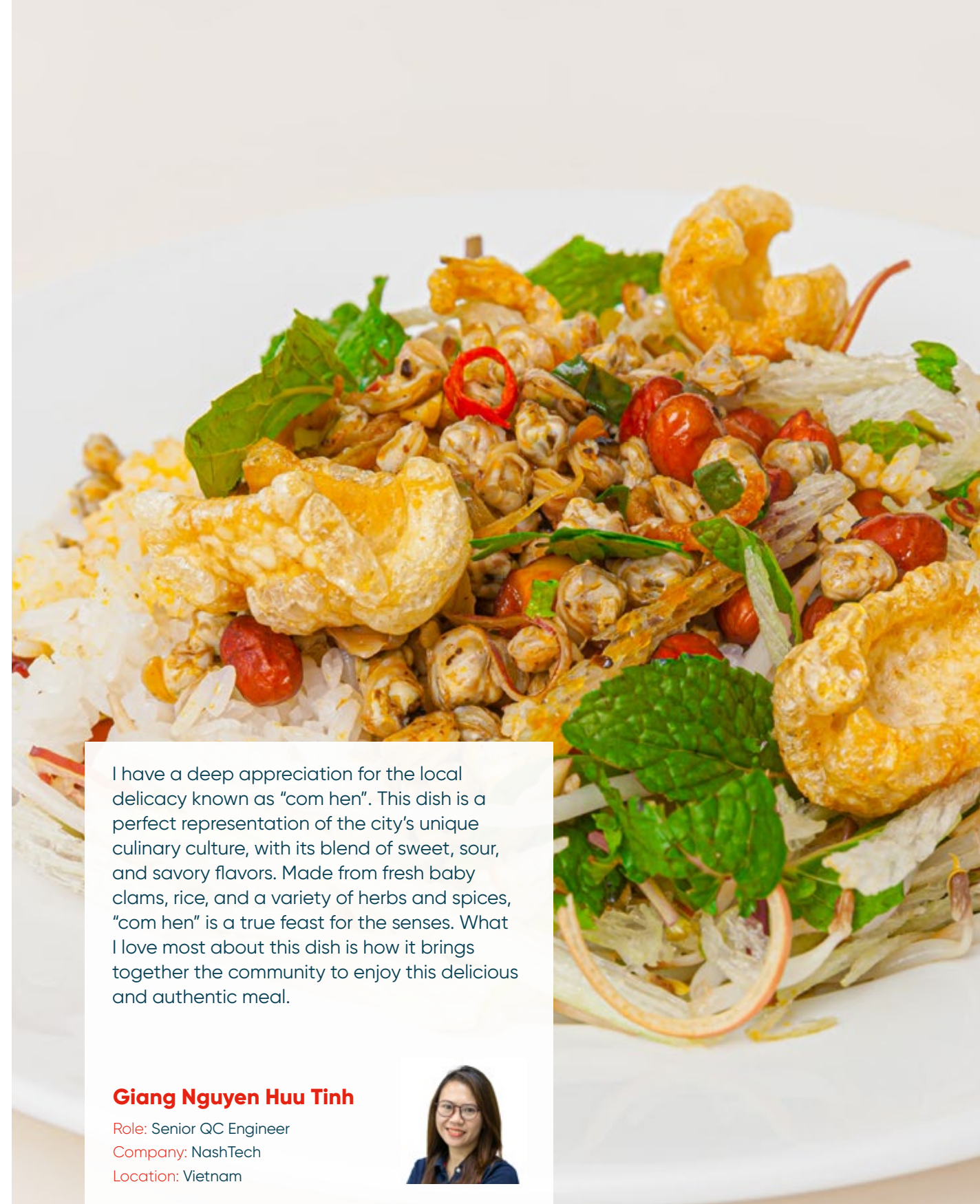
## (Baby Basket Clams Rice)

### Ingredients

500g baby clams (hen)  
2 cups of cooked rice  
1 cup of beansprouts  
1 cup of shredded banana blossom  
1 cup of shredded green mango  
1 cup of shredded herbs (mint, Vietnamese coriander, and sawtooth herb)  
½ cup of roasted peanuts  
¼ cup of fried shallots  
¼ cup of fish sauce  
2 tbsp sugar  
2 tbsp minced garlic  
1 tbsp chilli paste  
1 tbsp cooking oil

### Method

1. Rinse the baby clams thoroughly and boil them in a pot of water until they open up. Discard any unopened clams. Remove the meat from the shells and set aside.
2. In a pan, heat the cooking oil and fry the minced garlic until fragrant. Add the chilli paste and stir for 30 seconds.
3. Add the baby clam meat, fish sauce, and sugar to the pan. Stir well and let it simmer for a few minutes.
4. Place the cooked rice in a serving bowl and top it with the beansprouts, shredded banana blossom, shredded green mango, and shredded herbs.
5. Pour the baby clam sauce over the rice and sprinkle with roasted peanuts and fried shallots.
6. Serve hot and enjoy your delicious “Com Hen”!



I have a deep appreciation for the local delicacy known as “com hen”. This dish is a perfect representation of the city’s unique culinary culture, with its blend of sweet, sour, and savory flavors. Made from fresh baby clams, rice, and a variety of herbs and spices, “com hen” is a true feast for the senses. What I love most about this dish is how it brings together the community to enjoy this delicious and authentic meal.

### Giang Nguyen Huu Tinh

Role: Senior QC Engineer

Company: NashTech

Location: Vietnam





A bunch of fresh carrots with green tops is shown on a wooden cutting board. The carrots are orange and appear to be freshly washed. The green tops are still attached and are a vibrant green color. The background is a solid, warm orange color. The text "SAUCES & CHUTNEYS" is overlaid on the image in a white, bold, sans-serif font.

# **SAUCES & CHUTNEYS**



# Tasty carrot chutney

## Ingredients

1 cup (or 200g) of chopped carrots  
2 tsp sesame seeds  
4 flakes of tamarind  
4 red chillies  
2 spoons of oil  
½ tsp black mustard seeds  
2 tbsp urad dal  
Salt to taste

## Method

1. Heat 1 teaspoon of oil in a pan. Add the chopped carrots. Sauté the carrots stirring often for 3 to 4 minutes.
2. Now add the sesame seeds, 4 red chillies and tamarind. Stir and mix very well.
3. Let the mixture become warm and then add it to a grinder jar along with ⅓ to ½ cup of water.
4. Grind or blend until smooth.
5. Put the ground paste in a bowl.
6. Heat 2 teaspoons of oil in the same pan, add ½ teaspoon of black mustard seeds and urad dal.
7. Once the mustard seeds crackle, add the ground paste into the pan.
8. Add some salt according to taste. Stir and mix well.
9. When you observe a smooth consistency turn off the pan. Leave it to rest for a couple of minutes and then your healthy carrot chutney will be ready.

You can also store the leftover carrot chutney in the refrigerator in an airtight container and it stays good for a few days.

Eating well is important to me and this recipe is a great way to get some healthy food, that tastes good too. Carrots are rich in vitamins, minerals and antioxidants which will help your immune system. For example, one of the important things for me in this recipe is that carrots can help keep blood sugar levels under control and lower diabetes risk.

This is a vegan recipe that can be served as a side dish with Indian breakfast.

### PVM Srinivas

Role: Managing Director

Company: Harvey Nash

Location: India





# Bama BBQ sauce

## Ingredients

½ quart of apple cider vinegar  
1 cup of water  
7 freshly squeezed lemons  
2.5lbs of sugar  
7 tsp of cayenne pepper  
1 whole bottle of 20oz Hunts ketchup (or alternate brand)  
14oz of Heinz yellow mustard (or alternate brand)  
Lemon pepper seasoning  
Large pot and jar/container for storage

## Method

1. Pour ½ quart apple cider vinegar in large pot.
2. Add 1 cup of water.
3. Bring to boil.
4. Add the juice from the 7 freshly squeezed lemons.
5. Add 2.5 lbs of sugar.
6. Stir until sugar is dissolved.
7. Add 7 teaspoons of cayenne pepper (more or less depending on level of heat).
8. Add whole bottle of 20oz Hunts ketchup and 14oz of Heinz mustard (or a similar product).
9. Mix in thoroughly.
10. Cover top of mixture with a layer of lemon pepper seasoning.

Stir and enjoy!

BBQ is engrained in the US' southern culture. It's more than just food, it brings families together, it's a passion or hobby, and to some it's a competition. Many can perfect the art of smoking or grilling meat, but not all are creative enough to concoct their own sauce- at least a good one. For that reason, it's not uncommon for families to have their own special or secret recipes - and that is exactly what this is. In fact, this recipe is a one that actually originated from another family's top secret family recipe and has been revised by mine to perfection.

40 years ago, my uncle worked at a steel plant. He had a coworker friend that he ate lunch with every day. Each day, his friend would have some sort of BBQ and a special BBQ sauce. My uncle had one taste and was addicted. He pestered the man every day to give him the recipe so that he could be the family hero at the annual 4<sup>th</sup> of July cookout. For months the man refused but the morning of the cookout he called my uncle and said "I won't give you the recipe, but if you bring over a 6 pack, I'll let you watch and take mental notes". So that's what he did. 40 years later, with a few slight improvisations, "our" special family recipe has been perfected.

## Keegan Banks

Role: SVP – Client Delivery

Company: Harvey Nash

Location: US





# Bolognese sauce

## Ingredients

2 medium onions, finely chopped  
4 celery ribs, finely chopped  
2 medium carrots, finely chopped  
5 garlic cloves, thinly sliced  
¼ cup of extra virgin olive oil  
1 tbsp butter  
¼ pound pancetta, thinly sliced and pulsed in a food processor until finely chopped (you can use bacon in a pinch if you cannot find pancetta)  
1 pound ground veal  
1 pound ground pork (not lean)  
1 (6 ounce) can tomato paste (use the best quality you can find)  
1 cup of whole milk  
1 cup of dry white wine  
1 cup of water  
1 tsp fresh thyme leaves  
1¼ tsp kosher salt  
½ tsp black pepper  
Dash of red chilli flakes for heat (if you wish)

## Method

1. Melt olive oil and butter in a large 6 to 8-quart heavy pot over moderate heat.
2. Cook onions, celery, carrot and garlic in the olive oil and butter mixture for about 8 minutes. Ideally you want this mixture to soften and cook down significantly.
3. Remove vegetable mixture from the pot and reserve.
4. Return pot to moderate heat and allow the pot to come back up to temperature.
5. Add Pancetta (or bacon), veal, pork and cook over moderately high heat, stirring and breaking up meat mixture to enable browning.
6. Ensure the mixture is fully cooked, then add the reserved vegetable mixture to the browned meat mixture.
7. Stir in tomato paste and cook for 2-3 minutes until fully incorporated.
8. Add milk, wine, and thyme, stirring to combine.
9. Add salt/pepper, stir to combine.
10. Allow the mixture to come to a gentle simmer, cover, and cook for 1 hour and 15 mins. The sauce should thicken over that timeframe.
11. Taste the sauce and adjust salt/pepper to taste.
12. Sauce can be made 2 days ahead and refrigerated or will keep frozen for up to a month.
13. Serve over your favorite pasta or use as the sauce base for lasagna.

My mother and father were both in medical equipment sales for the entirety of their careers, and that meant lots of long hours for them. With 3 sisters and a brother, we had a big family, which meant many after-school activities and late dinner times. Our hectic family schedule is probably the reason my parents never protested any of my attempts to help in the kitchen, for which I'm grateful because those formative years helped build an affinity and love of cooking.

Today, 30+ years later, my family makes it a point to eat a meal around a dinner table each evening, but just like when I was a kid, busy schedules don't make that easy! To help, my wife and I have some weekly go-to meals that we rely on heavily. One such dish is Bolognese Sauce. Not the gloppy, overly tomato sauced version you might be thinking of, but one a bit more traditional, yet elevated.

Add your favorite pasta and a fresh salad and hopefully this one, when made in advance and reheated, will make your weekly meal rotation. Salute!

## Jason Pyle

Role: President

Company: Harvey Nash

Location: US





The background is a light beige surface covered with a fine dust of brown cocoa powder. Several pieces of dark chocolate are scattered across the surface, some in the upper right and others in the lower right. A semi-transparent white rectangular box is positioned in the center-right of the image, containing the word "DESSERTS" in a bold, white, sans-serif font.

# DESSERTS



I am Sweety Ghugare and just like my name I love SWEETS! Vermicelli Kheer is a traditional Indian popular dessert. It's a yummy delight filled with loads of nuts and rich with a milky texture. Kheer is a very popular recipe in itself. This is one such type of kheer. For any big or small occasions, Vermicelli kheer is a must dessert dish in my family. Since childhood, I have a special connection to this recipe. So try my recipe, serve it hot, at room temperature or chilled and enjoy with your loved ones. Have fun cooking!

### Sweety Ghugare

Role: HR Lead

Company: Harvey Nash

Location: US



# Yummy vermicelli kheer

## Indian sweet dessert recipe

### Ingredients

4 cups (or 1L) of milk  
¾ cup (or 150g) of vermicelli /  
seviyan noodles  
1 tbsp clarified butter/ ghee  
¼ cup (or 50g) of sugar  
¼ tsp cardamom powder  
5–10 cashews roughly  
chopped (optional)  
5–10 almonds roughly  
chopped (optional)  
5–10 pistachio roughly  
chopped (optional)  
2 tbsp raisins (optional)

### Method

Total time : 30 mins, Serving: 4 servings

1. In a pan over medium flame add ghee and heat it.
2. Once it melts add nuts and roast for a few seconds. Once roasted put them aside.
3. Now add the vermicelli and roast for few seconds
4. Add milk and mix well. Cook the vermicelli in the milk for around 15 minutes or until they are perfectly cooked.
5. Add sugar or sweetener and cardamom powder.
6. Now add the roasted nuts, raisins and while stirring it continuously cook for around 5-8 minutes or until the sugar dissolves completely and the kheer turns slightly thick. The kheer is completely cooked now. Serve hot or cold.

Enjoy!



# Tiramisu 1990

## My friend's Italian Grandmother's recipe

### Ingredients

1 pint whipping cream  
4 tbsp sugar  
1 tsp vanilla  
3 egg yolks  
1 pint mascarpone cheese  
2 cups (or 500ml) of very strong Coffee (cool)  
6 tbsp marsala wine  
4oz milk chocolate (Cadbury's is my favourite but other brands work just as well)  
2 x 3oz packages lady fingers

### Method

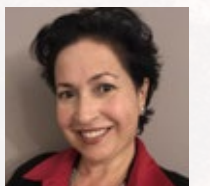
1. Beat the whipping cream until stiff peaks. Note: half way through the whipping of the cream add 2 tablespoons of sugar and 1 teaspoon vanilla.
2. Beat 3 egg yolks and fold into the mascarpone cheese. Note: mix the cheese before folding the egg yolks.
3. In a bowl add coffee, marsala wine and 1 tablespoon of sugar.
4. Grate all the chocolate. Note: It helps to work with refrigerated chocolate. Keep some in refrigerator to keep cool. When the chocolate gets warm in your hand, rotate with chocolate that is in the refrigerator.
5. In a large glass bowl so you can see the layers of the tiramisu for presentation, start making the layers of the tiramisu.
6. First you should layer the whipping cream.
7. Dip the lady fingers in the bowl of coffee, wine and sugar then add these as the next layer.
8. Add a cheese layer next.
9. Finally, layer the chocolate.
10. Repeat this layering process three more times with the last layer a whipped cream one with chocolate on top to give it the final finish.



Here is a family recipe (not my family) but from an Italian grandma that is scrumptious. It is an important one for me as it reminds me of my friend and her family. It is a delicious recipe and, as you would expect, food is a great way to connect people. I hope you enjoy this as much as I do!

### Deborah Rawlinson

Role: VP Client Engagement  
Company: Harvey Nash  
Location: US





My cheese pie recipe is a traditional recipe that has been passed down through generations. Starting with my Great Aunt Annette from Pittsburgh, Pennsylvania. Many have tried to duplicate it but only a few have been successful. It was always something to look forward to when going to visit Pittsburgh. Now it's a treat and tradition to make for each holiday and special occasion. "Antique Pie" as my mother has renamed it is a family specialty and my mother is the best to make it. This has been a traditional recipe in my family over 40 years! This is my family's favourite!

### Kenya Haskins-Johnson

Role: Payroll Specialist

Company: Harvey Nash

Location: US



# Cream cheese pie

## Ingredients

12oz or 240g Philadelphia cream cheese or other cream cheese alternative at room temperature

2 eggs

¼ cup of imitation vanilla flavour or (1 tbsp pure vanilla)

16oz sour cream

1½ cups (or 375g) of Nabisco Graham Cracker Crumbs

8 tbsp or 55g butter

1½ cup (or 250g) of sugar

Optional topping (country crock cherries; crushed pineapples)

Medium size pan

## Method

1. Preheat oven 375°F
2. In a bowl pour the Graham Cracker Crumbs, melted butter, ½ cup sugar and fluff with a fork. Place in the oven for 3 to 5 minutes, remove promptly.
3. In bowl gather cream cheese, eggs, vanilla flavor, or pure vanilla flavor and ¾ cup of sugar.
4. Blend on high speed until creamy then pour evenly starting in the middle over the Graham Crackers.
5. Place in oven for 20 to 25 minutes until sides are light brown, remove promptly.
6. In a bowl, mix the sour cream and ¼ cup of sugar; pour evenly saturating from side to side over the cream cheese while spreading careful not to mix into cream cheese.
7. Place in the oven for 5 to 10 minutes until the sides start bubbling. Remove promptly.
8. Garnish with toppings (optional). Secure tight with foil or a lid and place in the refrigerator, two days makes cutting it even easier. It's great with vanilla ice cream on top.



# Gajar ka laddoo

## (Carrot laddoo)

### Ingredients

250g or 3 big sized carrots  
50g sugar  
2 tbsp coconut powder  
1 tbsp ghee  
¼ tsp cardamom

### Method

1. Grate the carrots.
2. Heat the ghee and then add the carrots, stir-fry until golden.
3. Add the sugar and cook while stirring frequently until the ghee separates.
4. Add the cardamom and coconut powder and mix together.
5. Allow the mixture to cool a little so that the mixture can be handled.
6. Take about 25g of the portion and press between palms to make a laddoo.

This dish is a regular favourite in my household and something that is quick and easy to make. It is a tasty sweet that can also be called healthy as it comes with the goodness of carrot. These sweet treats are often enjoyed on special occasions but are simple enough that you could make them with your children if you are looking to do something that engages them.

### Lalitha Sharma

Role: Head of HR

Company: Harvey Nash

Location: India







Christmas cookies date back to the 16<sup>th</sup> century, the earlier form of the treats were fruit figurines that children ate after they had made and played with them. In history, the cookies also had a protective function – animal shaped ones were supposed to protect livestock on the farm and circles symbolised the sun and were hung on houses or trees. According to tradition, cookies were to be baked only from flour from one's own harvest, this should bring wealthy returns during the future harvest.

The cookies as they look nowadays appeared during the 19<sup>th</sup> century – the upper class would use rare spices and plenty of sugar while the lower class used available ingredients such as pepper, ginger and honey.

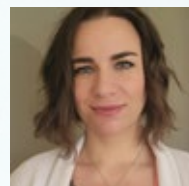
There are more than two dozen types of cookies, but the tradition says each household should have seven types baked for Christmas Eve each year. The most popular ones are Vanilla Crescents, Gingerbread Cookies, Linzer Cookies, Beehives, Coconut Rum Balls, Coconut Meringue Cookies and Bear Paw Cookies.

### Klara Shortall

Role: Business Operations Support

Company: Harvey Nash

Location: Dublin



# Vanilkové rohlíčky

## Traditional Czech crescent cookies

### Ingredients

155g (5.5oz) butter, softened  
50g (1.8oz or, 1/3 cup plus 2 tbsp) confectioner's sugar  
1 large egg yolk

1 small packet (8 or 9g) of powdery vanilla sugar (i.e. Dr. Oetker's) or, 1 1/2 tsp vanilla extract

1/2 tsp salt

210g smooth flour (hladká mouka) or scant 1 1/2 cups of all-purpose flour

100g very finely ground walnuts/hazelnuts

For dusting: 1 packet of vanilla sugar (8 or 9g) mixed with 150g (1 cup) confectioner's sugar

### Method

1. Cream the softened butter and sugar together at medium speed with a mixer until light and fluffy. Beat in the egg yolk and vanilla sugar (or vanilla extract), and salt. Then beat in the flour 1/2 cup at a time. Add the very finely chopped/ground nuts, continuing to beat until the mixture becomes a slightly stiff dough. Cover the dough with plastic wrap, and let it chill in the refrigerator for about 40 to 60 minutes.
2. Preheat the oven to 175°C (350°F). Form small pieces of dough into crescent shapes on a parchment paper-lined cookie sheet. Bake for 15–20 minutes or until just golden brown on the edges.
3. While still slightly warm, gently roll in (or dust with) confectioner's sugar/vanilla sugar mixture on a plate, shaking off any excess. Put on cooling racks to cool completely. When cookies are thoroughly cool, gently roll them a second time in the sugar mixture (or lightly dust with sifter) and then store in an airtight container. These will keep for several weeks.



# Czech velikonocni beranek

## (Paschal lamb)

### Ingredients

4 eggs  
150g/¾ cup of sugar  
185g/1½ cup of flour  
(polohrubá) + dusting flour  
for the mould  
1 packet/12g of  
baking powder  
1 packet of vanilla sugar  
200ml / ⅔ cup of  
whipping cream  
Butter for the mould  
Icing sugar for finishing

### Method

1. Butter a medium-sized lamb-shaped mould and dust with flour.
2. Preheat the oven to 180°C/350°F.
3. Separate the egg whites and yolks.
4. Beat the yolks with the sugar.
5. In another bowl, beat the egg whites.
6. In a third bowl, whip the cream.
7. Add the flour, baking powder and vanilla sugar to the yolk mixture.
8. Add the whipped cream and then gently fold in the beaten egg whites. Pour the batter into the prepared pan.
9. Bake for 45 minutes.
10. Remove from the mold and let cool.
11. Dust with icing sugar powder or glaze.
12. Use 3 raisins to form the lamb's eyes and nose and tie a ribbon around the neck.

In the past, Czechs who couldn't afford lamb for Easter (a large part of the population) made do with a lamb-shaped cake. Nowadays every family would either bake one or purchase one in stores – ready made. It can be lightly dusted with icing sugar or decorated with icing or chocolate.

### Michaela Vartova

Role: Service Delivery Manager

Company: Harvey Nash

Location: Dublin





They are recipes that I inherited from my family, which are quite easy to make and also go quite quickly and with which I grew up. I prefer to have this dessert in autumn and winter periods. This Tiramisu recipe is quick, easy, tasty, you don't need a lot of equipment and no oven is required. It only takes 20-30 minutes to prepare and 2-3 hours to rest in the fridge.

I would typically have tea, coffee, milk, whipped cream with it. In my culture I like that the food is easy to make, does not require too many ingredients and is very tasty.

### Thomas Springer

Role: Key Account Manager

Company: Harvey Nash

Location: Berlin



# Raspberry tiramisu

## Ingredients

500g frozen raspberries  
120g of sugar  
Sponge fingers  
200g whipped cream  
250g low-fat quark  
250g mascarpone  
1 sachet vanilla sugar  
Cocoa powder

## Method

1. Boil the 500g of raspberries with 3 tablespoons of water.
2. Line the bottom of a baking dish with the sponge fingers and pour the warm raspberries over them.
3. Whip 200g of whipped cream until stiff (should not be warmer than 10° C so that it sets better) and mix with 250g of low-fat quark and mascarpone, 120g of sugar and a packet of vanilla sugar.
4. Pour the mixture over the sponge and then refrigerate for 3-4 hours.
5. Before serving, sprinkle with cocoa powder and you're done.



# MarillenKnoedel

## Ingredients

300g (10.5oz) low-fat quark  
200g (7oz) flour  
60g (2oz) butter, at room temperature  
1 packet (8g) vanilla sugar  
1 egg  
a pinch of salt  
10 small Wachau apricots (or other varieties if unavailable)  
10 sugar cubes

## Garnish

100g (3.5oz) breadcrumbs  
100g (3.5oz) butter  
Cinnamon powder  
Icing sugar

## Method

1. Cream the softened butter with vanilla sugar and a pinch of salt. Add the egg, quark, and flour and knead into a pliable dough. Shape into a ball, wrap in clingfilm and leave to rest in a cool place for 30 minutes.
2. Wash the apricots, (optional) remove the stones and place a sugar cube instead. On a floured working surface, shape your dough into a roll 5 centimetres thick. Slice the roll into approximately ten equally sized slices, then take each slice and gently flatten it between your hands.
3. Put an apricot into the dough and seal it by pressing the dough all around the apricot. To get the dumpling perfectly round and well-sealed, roll the dumpling between your hands as if you're trying to form a ball. Place the prepared dumplings on a floured surface.

Check that it doesn't feel like there is an air pocket under the dough. If there is, open that section and close/roll again. Any air pocket remaining increases the risk that the dumpling will fall apart in the next step. (At this stage, the dumplings could also go into the freezer to have some for another time. They would just need a few more minutes to simmer in the water when cooked from frozen).

4. Take a very large saucepan, fill to the top with slightly salted water, and bring to a boil. Lower the heat, transfer the dumplings into the water and leave them to simmer slowly for 10-13 minutes. The best indicator that they are ready is when they swim at the surface. To prevent the dumplings from sticking together, stir them carefully from time to time.
5. To make the garnish, fry (on low heat) breadcrumbs in butter until golden yellow, flavor them with cinnamon, and then add sugar right at the end.
6. When cooked, carefully remove the dumplings from the water and roll them in the prepared garnish.
7. To serve, arrange on plates and dust with icing sugar.



I believe this recipe was developed because it has simple ingredients that every farmer would have at home, especially if the potato dough is used instead of the below given 'cheese' (= Topfen) dough. It is a very simple dish for farmers to have something sweet.

As a child we would eat these dumplings regularly but especially during apricot or plum season. My siblings and I would make competitions on who could eat the most. I can't remember how often I won but I am sure plenty of times!

In most restaurants it is served as a desert, but I eat it as a main for lunch or dinner, or anytime really. I typically leave out the sugar cube in the middle unless the apricot is really sour.

## Elisabeth Fruehwirth

Role: PreSales Consultant  
Company: Nash Tech  
Location: Australia





# Chocolate brownie

## Ingredients

6 eggs  
350g sugar  
200g maida/all purpose flour  
30g cocoa powder  
1 tsp vanilla essence  
125g dark chocolate  
250g butter

## Method

1. Break the chocolate into small pieces. Put the pieces in a bowl and place the bowl in boiling water in a pan and melt it. When it is completely melted, let it cool.
2. Add the melted chocolate to the butter and mix well.
3. Add sugar and vanilla essence to the eggs and beat until frothy.
4. When the eggs are beaten to a white froth, add the chocolate mix and slowly mix it well.
5. Sieve maida and cocoa powder together. Use a spatula on the sieved powder using the cut and fold method until they are thoroughly mixed.
6. Spread butter paper in the mould and pour the chocolate mix into it.
7. Pat gently so that there are no bubbles in the mixture.
8. Put the cake mould in the preheated oven and bake at 170 degrees for 40 minutes or until a toothpick comes out clean.
9. Let the baked brownies cool entirely in the mould itself. Once cool, take it out, snip off the edges and cut it into pieces.

Brownies taste even more delicious if eaten with ice cream.

I am not a great cook, but during lockdown and after lockdown, I have tried many dishes. Lockdown has made me believe; I can cook all I want to be myself. One dish amongst those I cooked, and which turned out super delicious was chocolate brownies. Initially my family were hesitant because the last time I made them they were really hard and tasted like mud! It was an epic brownie fail. But after trying the new batch, they liked it and everything got eaten within few minutes. I believe that "A recipe has no soul. You as the cook must bring soul to the recipe"

### Srinitha Kundur

Role: Technical Recruiter

Company: Harvey Nash

Location: India





# Bread pudding

## Ingredients

8oz old bread, brown or white, crusts removed (or not, up to you!)

Enough water to cover but not drench, about ½ pint

8oz dried fruits (sultanas, raisins, currants)

2oz suet (I have vegetarian suet)

2–3 tbsp mixed spice

1 tbsp of treacle

2oz soft brown sugar

1 beaten egg

Grated nutmeg (optional)

1 tbsp granulated sugar which you will sprinkle on the top after taking out of the oven

## Method

1. Break the bread into small chunks and put into a bowl.
2. Pour over the water and leave for 30 minutes.
3. Heat the oven to 180C.
4. Squeeze any excess water out of the bread, you don't want it too slushy. Beat the bread and egg and treacle mixture together with a fork.
5. Grease a 7" tin.
6. Add all the fruit, brown sugar, suet and spice to the bread and mix really well to combine (you may need to get your hands in).
7. Pour into the prepared tin and flatten the top.
8. Grate a little nutmeg over the top if you want to.
9. Bake in centre of the oven for 1–1.5 hrs.
10. Take out of oven and sprinkle over the granulated sugar.
11. Leave to cool in the tin and then make a large mug of tea or coffee, cut yourself a big chunk of bread pudding and enjoy!

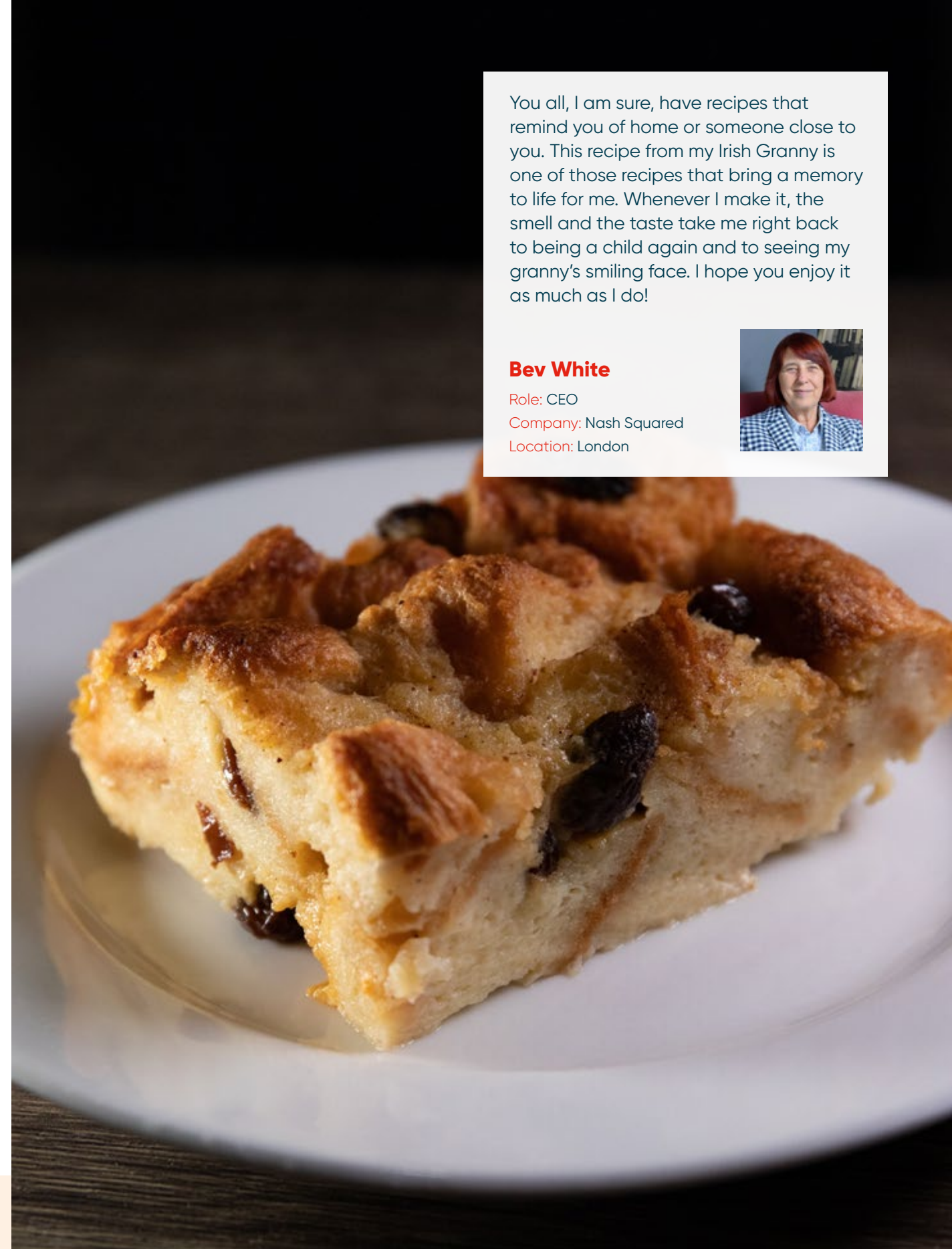
You all, I am sure, have recipes that remind you of home or someone close to you. This recipe from my Irish Granny is one of those recipes that bring a memory to life for me. Whenever I make it, the smell and the taste take me right back to being a child again and to seeing my granny's smiling face. I hope you enjoy it as much as I do!

## Bev White

Role: CEO

Company: Nash Squared

Location: London







crimson<sup>®</sup>

**spinks**

Talent i<sup>it</sup>







Nash  
Squared