

The Loreto Dalkey Global Cookbook



Justice and Peace 2026

A MESSAGE FROM THE JUSTICE AND PEACE COMMITTEE

TO MARK WORLD DAY FOR CULTURAL DIVERSITY FOR DIALOGUE AND DEVELOPMENT (MAY 21ST) THIS YEAR, THE JUSTICE AND PEACE TEAM DECIDED TO CREATE A GLOBAL COOKBOOK. WE BELIEVE OUR SCHOOL COMMUNITY IS STRENGTHENED BY THE MANY DIFFERENT CULTURES AND BACKGROUNDS WITHIN IT. THIS COOKBOOK CELEBRATES THE RICHNESS AND DIVERSITY OF OUR COMMUNITY WHILE HIGHLIGHTING THE ROLE OF DIALOGUE IN PROMOTING JUSTICE AND PEACE ON A LOCAL, NATIONAL, AND INTERNATIONAL SCALE.

WE ARE CELEBRATING THIS DAY BY GIVING MEMBERS OF OUR SCHOOL COMMUNITY THE OPPORTUNITY TO SHARE RECIPES THAT ARE MEANINGFUL TO THEM AND THEIR FAMILIES. FOOD BRINGS PEOPLE TOGETHER ALL OVER THE WORLD, AND THIS COOKBOOK ALLOWS STUDENTS AND STAFF TO LEARN, SHARE, AND ENJOY A WIDE VARIETY OF DELICIOUS DISHES. BY LEARNING ABOUT DIFFERENT TRADITIONS AND CUISINES, WE HELP CREATE A SCHOOL COMMUNITY WHERE EVERYONE FEELS WELCOMED, RESPECTED, AND INCLUDED. THANK YOU TO EVERYONE WHO CONTRIBUTED A RECIPE. WE HOPE YOU ENJOY EXPLORING AND SHARING THE MANY CULTURES, TRADITIONS, AND FLAVOURS WITHIN OUR SCHOOL COMMUNITY!

- AIDA HUGHES (JUSTICE AND PEACE 2026)



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CHINESE DUMPLINGS

YUTONG NI - FOURTH YEAR

'DUMPLINGS ARE REALLY IMPORTANT FOR MY FAMILY BECAUSE THEY SYMBOLISE FAMILY REUNION AND EATING THEM TOGETHER BRINGS JOY TO THE WHOLE FAMILY. WE EAT THEM DURING THE LUNAR NEW YEAR OR WHENEVER WE FEEL LIKE IT. IT ALSO SYMBOLISES GOOD FORTUNE AND WISHING EVERYONE THE BEST IN THE FUTURE'

Recipe:

Dumpling wrapper:

375g plain flour
250g room temperature water

Dumpling filling:

450g ground pork
65g ginger and green onion (let them soak for an hour)
7g salt
65g soy sauce
300g cabbage
14g sesame oil
5 shiitake mushroom (optional)

(You can add more flavours based on your taste like pepper, oyster sauce and chicken stocking)

Method:

Mix plain flour and water together and knead until smooth (the longer you knead, the better the wrapper!)

Mix all the filling ingredients together until nicely mixed.

Roll the dough into a long dough and cut it into small little circles. Roll all of them into thin circles.

Put the filling into the middle of the wrapper and fold it in half (semi circle shape) and press the sides close firmly. If you know how to do the plaits you can do it but if you don't, no worries just make sure the opening is closed tightly!

Boil water in a pot and place the dumplings into the boiling water and cook for 6 minutes. You can also pan fry it by adding oil into the pan and fry it for around 8 minutes.

Now you can serve your dumplings! You can dip soy sauce or chilli oil or eat them without sauce too!

CHINESE DUMPLINGS

YUTONG NI - FOURTH YEAR



ENGLISH BUBBLE & SQUEAK

ÁINE WYATT - FOURTH YEAR

'I AM SUBMITTING A RECIPE FROM THE UNITED KINGDOM, AS MY DAD IS FROM ENGLAND.

BUBBLE AND SQUEAK IS A DISH MADE USING ANY VEGETABLES THAT YOU HAVE IN YOUR FRIDGE OR LEFTOVER VEGETABLES AND ROAST MEAT FROM A SUNDAY. IT IS A CLASSIC MEAL FOR LUNCH OR SUPPER ON A MONDAY IN THE UK'

Ingredients

500g cooked potatoes
300g cooked cabbage or other cooked veg
1 small onion, chopped
2 tbsp butter or oil
Salt and pepper

Method

Mash the potatoes lightly in a bowl. Mix in the cooked vegetables.
Heat 1 tbsp butter or oil in a frying pan.
Add the onion and cook for 5 minutes until soft.
Add the potato mixture and season with salt and pepper.
Press down into the pan and cook for 8 minutes until golden underneath.
Turn over in pieces and cook the other side for 5 minutes.
Good with fried eggs, sausages, bacon, or brown sauce.



ENGLISH BUBBLE & SQUEAK

ÁINE WYATT - FOURTH YEAR



PALESTINIAN CUISINE

GHAZAL MARSA - SECOND YEAR

‘THROUGH THESE RECIPES, I WANTED TO SHARE A PIECE OF MY HOME, PALESTINE. FOR US, FOOD IS NOT JUST ABOUT INGREDIENTS, IT IS A WAY TO PRESERVE OUR HISTORY, OUR STORIES, AND OUR CONNECTION TO THE LAND. EVERY BITE CARRIES A MEMORY OF OUR GRANDMOTHERS’ KITCHENS AND THE RESILIENCE OF OUR PEOPLE. WHEREVER WE GO, WE CARRY OUR FLAVOURS WITH US’



PALESTINIAN MUSAKHAN

GHAZAL MARSA - SECOND YEAR

Ingredients

- 1 whole chicken (cut into pieces) or 6–8 chicken thighs
- 3 large onions, thinly sliced
- 4 tbsp olive oil (plus extra for drizzling)
- 2–3 tbsp sumac
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- Salt and black pepper
- 4 large flatbreads
- 50g pine nuts (optional)

Method

Heat oven to 180°C. Season the chicken with salt, pepper, allspice and cinnamon.

Place the chicken in a tray, drizzle with olive oil and roast for 35–45 minutes until cooked through and golden.

While the chicken cooks, heat olive oil in a large pan and cook the onions on medium heat for 15–20 minutes until soft and slightly caramelised. Stir in the sumac and season with salt and pepper. The onions should be soft and well coated.

Place the flatbreads on a tray and drizzle lightly with olive oil. Warm in the oven for a few minutes.

To assemble, spread the onion mixture over the bread. Place the cooked chicken on top.

Spoon over any juices from the tray and drizzle with extra olive oil. Toast the pine nuts in a dry pan until golden, then sprinkle over (if using).



PALESTINIAN KNAFEH

GHAZAL MARSA - SECOND YEAR

Ingredients

Base

500g kataifi pastry (shredded filo)
200g butter, melted
400g mozzarella (low moisture, grated or torn)
200g ricotta (optional, for creamier texture)

Syrup

250g sugar
200ml water
1 tsp lemon juice
1 tsp rose water (optional)

Topping

50g chopped pistachios

Method

Make the syrup first: add sugar and water to a saucepan, bring to the boil, then simmer for 5-10 minutes. Add lemon juice and rose water. Set aside to cool. Chop the kataifi pastry into smaller strands and mix well with the melted butter so it's evenly coated.

Press half the pastry firmly into the base of a greased pan.

Spread the cheese evenly over the base (mix mozzarella and ricotta if using).

Cover with the remaining pastry and press down gently.

Cook on a low-medium heat on the hob for 10-15 minutes until the bottom is golden. Carefully flip and cook the other side, or finish in the oven at 180°C until crisp and golden.

Pour the cooled syrup over the hot knafeh straight away.

Sprinkle with pistachios and serve warm.



PALESTINIAN KNAFEH

GHAZAL MARSA - SECOND YEAR



VENEZUELAN HALLACAS TRADICIONALES

CRISTINA VILAPLANA VILLAROEL - FOURTH YEAR

CRISTINA IN TY SAYS, HALLACAS ARE “THE TRADITIONAL FOOD THAT IS EATEN ON CHRISTMAS EVE. THEY ARE MADE OUT OF CORN DOUGH STUFFED WITH A SAVOURY BEEF STEW.” HALLACAS TRADICIONALES ARE A DELICIOUS AND FAMOUS VENEZUELAN CHRISTMAS FOOD. FAMILIES OFTEN MAKE THEM TOGETHER, MAKING THEM A SPECIAL TRADITION.



VENEZUELAN HALLACAS

TRADICIONALES



Ingredients

2.5kg frozen or smoked banana leaves
500ml vegetable oil
2 tbsp paprika (for colour)
2 beef stock cubes
1 leek
2 spring onions
150g garlic
3 onions
2 green peppers
2 red peppers
10 sweet peppers
750g beef
40g capers
½ bottle sweet red wine
1.5kg pre-cooked white cornmeal
or fine polenta / maize meal
170g raisins
300g green olives
225g mixed pickles
3 medium potatoes
Salt and pepper
Kitchen string

Method

Clean and cut the banana leaves into wrapping pieces.

Heat the oil gently with the paprika for 5 minutes, then strain if needed and cool.

Boil the beef with leek, spring onion and stock cubes in water until tender. Keep the stock. Chop or shred the beef.

Fry onions, garlic and peppers until soft. Add beef, capers, wine, seasoning and some stock. Simmer until thick.

Mix the cornmeal with the coloured oil and enough stock to make a soft dough.

Slice potatoes and prepare olives, raisins and pickles.

Put dough onto a banana leaf and flatten. Add filling, then top with potato, olives, raisins and pickles.

Fold the leaf around it, wrap tightly and tie with string.

Boil for 1 hour until cooked through.

AUSTRALIAN LAMINGTONS

CAITLIN COLLINS - SECOND YEAR

'LAMINGTONS ARE A TRADITIONAL AUSTRALIAN DELICACY MADE WITH SPONGE CAKE COATED IN CHOCOLATE AND SPRINKLED WITH COCONUT. I PICKED THESE BECAUSE I MAKE THEM EVERY YEAR ON AUSTRALIA DAY (JANUARY 26) AND BECAUSE THEY'RE SO DELICIOUS! THEY ARE SO IMPORTANT TO AUSTRALIAN CULTURE THEY HAVE THEIR OWN DEDICATED DAY, NATIONAL LAMINGTON DAY, WHICH IS CELEBRATED EVERY YEAR ON JULY 21ST.'



AUSTRALIAN LAMINGTONS

CAITLIN COLLINS - SECOND YEAR

Ingredients

Sponge Cake

200g butter, softened

200g sugar

3 eggs

250g self-raising flour

125ml milk

1 tsp vanilla extract

Chocolate Icing

300g icing sugar

25g cocoa powder

30g butter

125ml boiling water

Coating

200g desiccated coconut

Method

Heat oven to 180°C (160°C fan). Grease and line a square tin.

Beat butter and sugar until light. Add eggs one at a time.

Fold in flour, then add milk and vanilla. Mix until smooth.

Pour into tin and bake for 25–30 minutes until golden and cooked through.

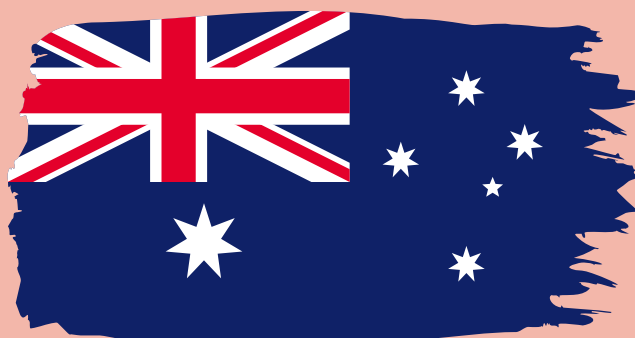
Cool fully, then cut into 12 squares. Chill for 30 minutes if possible.

Make the icing by mixing icing sugar, cocoa, butter and boiling water until smooth.

Dip each cake square quickly into the chocolate icing, then roll in coconut.

Leave on a wire rack to set.

Best served with coffee or tea.



SPANISH CHURROS

CARLOTA VILAPLANA VILLARROEL - SECOND YEAR

CARLOTA CHOSE CHURROS AS THEY ARE A TYPICAL WINTER DESSERT.

CHURROS HAVE A LONG HISTORY AND ARE BELIEVED TO HAVE FIRST BEEN MADE IN SPAIN MANY YEARS AGO. SOME PEOPLE THINK SPANISH SHEPHERDS CREATED THEM BECAUSE THEY WERE EASY TO COOK OVER A FIRE. OVER TIME, CHURROS BECAME POPULAR IN SPAIN AND LATER SPREAD TO LATIN AMERICA, WHERE THEY ARE STILL ENJOYED TODAY!



SPANISH CHURROS

CARLOTA VILAPLANA VILLARROEL - 2ND YEAR



Ingredients

250ml water

50g butter

1 tbsp sugar

Pinch of salt

150g plain flour

2 eggs

Vegetable oil, for frying

For Coating

100g sugar

1 tsp cinnamon

Method

Put the water, butter, sugar and salt into a saucepan and bring to the boil.

Remove from the heat and stir in the flour until it forms a smooth dough.

Leave for 5 minutes to cool slightly.

Beat in the eggs one at a time until smooth and glossy.

Spoon the mixture into a piping bag fitted with a star nozzle.

Heat oil in a deep pan to medium heat.

Pipe strips of dough into the hot oil, cutting with scissors. Fry for 3–4 minutes until golden brown.

Remove and drain on kitchen paper.

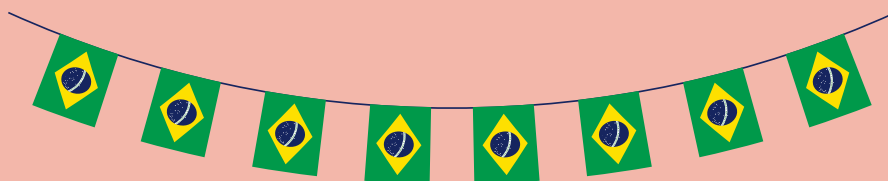
Mix the sugar and cinnamon together, then roll the warm churros in it.

Serve with chocolate sauce, caramel, or just on their own.

BRAZILIAN BRIGADEIROS

LORENA RODRIGUES LOWNY - 1ST YEAR

'BRIGADERIO IS ONE OF THE BEST KNOWN BRAZILIAN TREATS. IT IS SOLD IN EVERY BAKERY IN BRAZIL, BUT IT IS ALSO VERY EASY TO MAKE. THIS IS MY FAVOURITE TREAT AND I HOPE YOU ENJOY TOO.'



BRAZILIAN BRIGADEIROS

LORENA RODRIGUES LONEY - FIRST YEAR

Ingredients

1 can sweetened condensed milk (400g)

3 tbsp cocoa powder

1 tbsp butter

Chocolate sprinkles

Method

Add the condensed milk, cocoa powder and butter to a saucepan over medium-low heat.

Stir constantly for 10-12 minutes until the mixture thickens. The mixture is ready when a spatula dragged through the middle leaves a line for a few seconds.

Pour into a greased bowl or plate and leave to cool.

Chill for 30 minutes.

Butter your hands lightly and roll spoonfuls into balls.

Roll in chocolate sprinkles until coated

Serve

Keep chilled until ready to eat.



ITALIAN CACIO E PEPE

KAIA ZELLI - FIRST YEAR

CACIO E PEPE IS A SIMPLE ITALIAN PASTA DISH MADE WITH CHEESE, BLACK PEPPER, AND PASTA. THE DISH REPRESENTS TRADITIONAL ROMAN COOKING AND SHOWS HOW SIMPLE INGREDIENTS CAN MAKE GREAT FOOD. THE DISH DATES BACK HUNDREDS OF YEARS AND WAS POPULAR WITH ROMAN SHEPHERDS BECAUSE THE INGREDIENTS WERE EASY TO CARRY WHILE TRAVELING.



ITALIAN CACIO E PEPE

KAIA ZELLI - FIRST YEAR

Ingredients

200g bucatini or spaghetti
100g Pecorino Romano, finely grated
1-2 tsp crushed black pepper
Salt, for the pasta water

Method

Bring a small pot of salted water to the boil and cook the pasta until 2 minutes before al dente.

While the pasta cooks, toast the black pepper in a dry frying pan over medium heat for 1 minute until fragrant.

Add a ladle of pasta water to the pan.

In a bowl, mix the grated Pecorino with a few spoonfuls of warm pasta water until it forms a smooth paste.

Transfer the pasta to the pan with the pepper water and toss well, adding another splash of pasta water if needed.

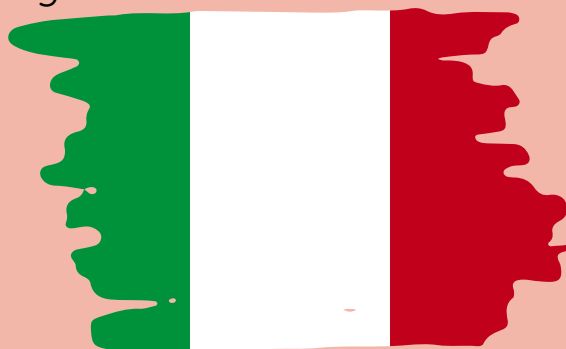
Turn off the heat and leave the pan for 30 seconds to cool slightly.

Add the cheese mixture and toss quickly until glossy and creamy.

Add extra pasta water if the sauce is too thick.

Serve

Serve immediately with extra Pecorino and black pepper.



FRENCH CRÊPES

CAMILLE ALIX - FIRST YEAR

CRÊPE IS A VERY THIN FRENCH PANCAKE MADE FROM SIMPLE INGREDIENTS LIKE FLOUR, MILK, AND EGGS. THIS TRADITIONAL FOOD REFLECTS TYPICAL FRENCH COOKING TRADITIONS AND IS ENJOYED IN HOMES, CAFÉS, AND STREET MARKETS ACROSS THE COUNTRY. CRÊPES BEGAN IN THE BRITTANY REGION OF FRANCE, WHERE THEY WERE ORIGINALLY MADE WITH BUCKWHEAT FLOUR FOR SAVOURY MEALS. CAMILLE SAID 'I LOVE THESE CREPES BECAUSE I USED TO MAKE THEM WITH MY DAD WHEN I WAS LITTLE'



FRENCH CRÊPES

CAMILLE ALIX - FIRST YEAR

Ingredients

125g plain flour
2 eggs
300ml milk
1 tbsp melted butter
Pinch of salt
Butter, for frying

Method

Add the flour and salt to a bowl.

Whisk in the eggs, then slowly add the milk until smooth.

Stir in the melted butter and leave the batter to rest for 15 minutes if possible.

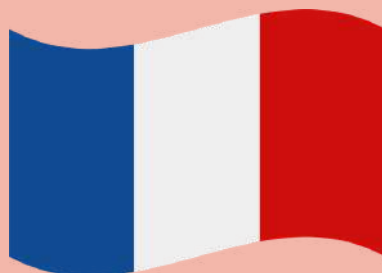
Heat a lightly buttered frying pan over medium heat.

Pour in a small ladle of batter and swirl the pan to spread it thinly. Cook for 1-2 minutes until lightly golden, then flip and cook the other side.

Repeat with the remaining batter.

Serve

Fill with cheese, ham, mushrooms, spinach, smoked salmon, or sweet fillings if preferred.



NORTHERN IRISH FIFTEENS

ELEANOR SHAND - FIRST YEAR

FIFTEENS ARE A TRADITIONAL NORTHERN IRISH SWEET TREAT MADE WITH MARSHMALLOWS, DIGESTIVE BISCUITS, CHERRIES, CONDENSED MILK, AND COCONUT. THEY ARE CALLED “FIFTEENS” BECAUSE THE ORIGINAL RECIPE USES 15 MARSHMALLOWS, 15 BISCUITS, AND 15 CHERRIES. ELEANOR SAID, “I LIKE THEM BECAUSE THEY ARE SWEET, AND THEY MAKE ME FEEL AT HOME AS I LIVED IN NORTHERN IRELAND FOR 8 YEARS BEFORE I MOVED HERE.”



NORTHERN IRISH FIFTEENS

ELEANOR SHAND - FIRST YEAR

Ingredients

15 digestive biscuits
15 glacé cherries
15 large marshmallows, chopped
½ tin condensed milk
100g desiccated coconut

Method

Crush the digestive biscuits into small pieces.
Add the biscuits to a large bowl with the cherries and marshmallows.
Pour in the condensed milk and mix until it forms a dough.
Sprinkle desiccated coconut onto a board or work surface.
Shape the mixture into a log and roll it in the coconut until coated.
Wrap tightly in tin foil or cling film.
Chill in the fridge for at least 30 minutes, or until firm.
Slice into rounds to serve.

Serve

Best enjoyed with a cup of tea. Keep stored in the fridge in an airtight container.



POLISH CHICKEN SOUP (ROSÓŁ)

MAJA SURMACZ- THIRD YEAR

'I REALLY LIKE ROSÓŁ BECAUSE IT REMINDS ME OF MY GRANDPARENTS HOUSE. IT'S A HUGE PART OF POLISH CULTURE AS MOST FAMILIES HAVE IT EVERY SUNDAY, AND IT'S AT EVERY WEDDING OR BIG OCCASION.'



POLISH CHICKEN SOUP (ROSÓŁ)

MAJA SURMACZ - THIRD YEAR

Ingredients

1 whole chicken or 2kg chicken pieces with bones
500g beef bones or beef pieces (optional)
3 carrots
1 leek
1 small celeriac or celery root piece
1 parsley root or parsnip
2 onions
Small bunch of parsley
1-2 dried mushrooms (optional)
2 bay leaves
4 allspice berries
1 tsp whole black peppercorns
Salt
Angel hair pasta or thin noodles, to serve

Method

Place the chicken and beef into a large pot.
Add the parsley, bay leaves, allspice and peppercorns underneath the meat.
Peel and roughly chop the carrots, leek, celeriac and parsley root.
Cut the onions in half and char them in a dry pan until dark brown.
Add to the pot.
Add cold water until everything is covered by a few inches.
Bring gently to a simmer over medium heat.
Skim off any foam from the top.
Lower the heat and cook very gently for 4-6 hours. The soup should barely bubble.
Strain the soup through a sieve and discard the vegetables and bones.
Season with salt and black pepper to taste.

Serve

Serve hot with cooked angel hair pasta or thin noodles. Add shredded chicken, sliced carrots and chopped parsley if liked.



SCOTTISH SHORTBREAD

ETTA FLANAGAN - FIRST YEAR

SHORTBREAD IS A RICH, BUTTERY BISCUIT THAT BECAME POPULAR IN SCOTLAND HUNDREDS OF YEARS AGO. ORIGINALLY ENJOYED ONLY BY WEALTHY FAMILIES BECAUSE OF THE HIGH COST OF BUTTER AND SUGAR, IT LATER BECAME ONE OF SCOTLAND'S MOST FAMOUS TREATS. TODAY, SHORTBREAD IS CLOSELY LINKED TO SCOTTISH CELEBRATIONS, ESPECIALLY CHRISTMAS AND HOGMANAY, THE SCOTTISH NEW YEAR



SCOTTISH SHORTBREAD

ETTA FLANAGAN - FIRST YEAR

Ingredients

225g salted butter, softened

100g caster sugar

300g plain flour

Extra sugar, for sprinkling

Method

Heat the oven to 190°C.

Mix the butter and sugar together until combined. Do not whip or cream them.

Add the flour and mix until a dough forms.

Place the dough onto a board or tray and shape into a rectangle.

Cut into finger shapes.

Place onto a baking tray and prick the tops with a fork.

Bake for 15-30 minutes until lightly golden.

Sprinkle with sugar while still warm.

Serve

Leave to cool slightly before serving with tea or coffee.



FILIPINO CHICKEN INASAL

YSABEL ZABAL - FOURTH YEAR

‘MANG INASAL IS A POPULAR FILIPINO FAST-FOOD CHAIN FAMOUS FOR ITS GRILLED CHICKEN MARINATED IN LEMONGRASS, CALAMANSI, AND ACHIOTE OIL NAMED CHICKEN INASAL. IT’S POPULAR FOR ITS “UNLIMITED RICE”, CATERING TO THE FILIPINO LOVE FOR HEARTY, COMMUNAL MEALS AT AN AFFORDABLE PRICE. IT BRINGS FAMILIES TOGETHER AND HAS NOW BECOME A GO-TO SPOT TO GATHER AND EAT WITH THEIR HANDS.’



FILIPINO CHICKEN INASAL

YSABEL ZABAL - FOURTH YEAR

Ingredients

1 whole chicken, quartered
120ml chicken oil
3 tbsp melted margarine (optional)

For the Brine

1 litre water
5 cups ice
60g salt
1 tbsp sugar
5 dried bay leaves

For the Marinade

1 tbsp garlic paste
1 tbsp ginger paste
1 tbsp lemongrass paste
3 tbsp calamansi juice or lime juice
3 tbsp vinegar
½ tsp black pepper
¼ tsp salt
250ml lemon-lime soft drink

Method

Add the water, salt, sugar and bay leaves to a saucepan and bring to the boil. Stir until dissolved.

Pour into a large bowl, add the ice and leave to cool completely.

Add the chicken and brine for 90 minutes, then drain.

In another bowl, mix all the marinade ingredients together.

Add the chicken and marinate for at least 3 hours.

Heat a charcoal grill or barbecue to medium heat.

Grill the chicken until cooked through and slightly charred, turning regularly.

Brush with the marinade during the first few minutes of cooking.

Finish by brushing with the chicken oil and melted margarine.

Rest the chicken for 5 minutes before serving.

Serve

Serve with rice, pickled vegetables and spicy vinegar dipping sauce.

NORWEGIAN MEATBALLS

ANNA KEALY DAY - FOURTH YEAR

‘THIS FOOD IS REALLY IMPORTANT TO ME BECAUSE IT REMINDS ME OF VISITING MY RELATIVES IN NORWAY, FUELLING MY SENSE OF CONNECTION WITH MY FAMILY.’



NORWEGIAN MEATBALLS

ANNA KEALY DAY - FOURTH YEAR

Ingredients

Meatballs

75g breadcrumbs
120ml milk
2 eggs
1 onion, grated
1 tbsp grated fresh ginger
1 tsp salt
2 tsp ground nutmeg
2 tsp minced garlic (optional)
1½ tsp black pepper
1.3kg minced beef

Gravy

3 tbsp butter
2 tbsp chopped onion
5 tbsp plain flour
1 litre beef stock
120ml cream
Pinch of cayenne pepper
Pinch of white pepper

Mashed Potatoes

900g potatoes, peeled and chopped
3 garlic cloves (optional)
240ml milk
2 tbsp butter

Method

Heat the oven to 200°C and grease a baking tray.
In a large bowl, mix the breadcrumbs, milk, eggs, onion, ginger, salt, nutmeg, garlic and black pepper. Leave for 5 minutes.
Add the minced beef and mix until combined.
Shape into meatballs and place on the tray.
Bake for about 18 minutes until browned.
Meanwhile, boil the potatoes and garlic for about 15 minutes until soft.
Heat the milk and butter in a saucepan until melted.
Drain the potatoes, then mash with the milk mixture until smooth.
For the gravy, melt the butter in a frying pan and cook the onion until soft.
Stir in the flour and cook for 2 minutes.
Slowly add the beef stock, stirring until smooth and thickened.
Stir in the cream, cayenne and white pepper.
Add the cooked meatballs to the gravy and heat gently for 5 minutes.

Serve

Serve the meatballs over mashed potatoes with plenty of gravy.



ENGLISH STICKY TOFFEE PUDDING

LUCY BRADBURY - FOURTH YEAR

‘I LOVE STICKY TOFFEE PUDDING AS IT REMINDS ME OF SPENDING TIME WITH MY GRANDPARENTS AND MAKING IT WHEN I USED TO LIVE IN ENGLAND. IT’S A DESSERT WHICH IS USUALLY EATEN WITH FAMILY AND BRINGS PEOPLE TOGETHER.’



ENGLISH STICKY TOFFEE PUDDING

LUCY BRADBURY - FOURTH YEAR

Ingredients

For the pudding

200g soft dried pitted dates, roughly chopped

200ml water from a freshly boiled kettle

1 tsp bicarbonate of soda

75g unsalted butter

2 tbsp black treacle

50g dark brown sugar

2 large eggs

150g plain flour

2 tsp baking powder

For the sauce

150g unsalted butter

300g dark brown sugar

1 tbsp black treacle

200ml double cream

Method

Preheat the oven to 180C/160C Fan/Gas 4 and lightly grease your dish or tin.

Put the chopped dates, boiling water and bicarbonate of soda into a bowl. Stir and then leave for 10 minutes.

Cream the butter and black treacle together using an electric mixer until well mixed. Add the sugar and mix again, beating out any lumps. Beat in an egg and keep beating – scraping down as necessary – until completely incorporated, then do the same with the other egg. Beating more gently, add the flour and baking powder until you have a smooth, thick batter.

Using a fork, stir the soaked dates, squishing them a bit, then pour the dates and their liquid into the batter and beat gently to mix in.

Pour and scrape into your prepared dish or cake tin and bake for 30–35 minutes, or until a cake tester comes out clean.

Meanwhile, to make the sauce, melt the butter, sugar and treacle over a very low heat in a heavy-based saucepan. Once the butter is melted, stir gently until everything else is melted too. Now stir in the cream, then turn up the heat and when it's bubbling and hot, take it off the heat.

As soon as it's out of the oven, prick the cooked sponge pudding all over with a cocktail stick and pour about a quarter of the warm sauce over, spreading it to the edges with a spatula so that the sponge is entirely covered.

Leave the pudding to stand for 20–30 minutes.



UKRAINIAN BORSCHT

ANNA SVIDRUK - SECOND YEAR

BORSCHT IS A TRADITIONAL UKRAINIAN SOUP THAT HAS BEEN EATEN IN UKRAINE FOR HUNDREDS OF YEARS. IT BECAME POPULAR BECAUSE FAMILIES COULD MAKE IT WITH SIMPLE LOCAL INGREDIENTS GROWN ON FARMS. OVER TIME, BORSCHT BECAME AN IMPORTANT SYMBOL OF UKRAINIAN CULTURE AND FAMILY TRADITIONS. IN 2022, UKRAINIAN BORSCHT WAS ADDED TO UNESCO'S CULTURAL HERITAGE LIST BECAUSE OF ITS IMPORTANCE TO UKRAINE'S IDENTITY.



UKRAINIAN BORSCHT

ANNA SVIDRUK - SECOND YEAR

Ingredients

1 tbsp vegetable oil or 15g butter
3 medium beetroot, diced
1 large carrot, diced
1 stick celery, diced
1 large potato, diced
1 onion, finely chopped
2 garlic cloves, chopped
1.5 litres beef stock
½ green cabbage, shredded
2 tomatoes, chopped
Salt and black pepper

To Serve

300g sirloin steak
Sour cream or crème fraîche (optional)
Fresh dill

Method

Heat the oil or butter in a large pot.

Add the beetroot, carrot, celery, potato, onion and garlic. Cook for a few minutes until softened slightly.

Pour in the beef stock and season with salt and black pepper.

Bring to a gentle simmer and cook for 15 minutes.

Add the cabbage and tomatoes, then simmer for another 20 minutes until the vegetables are tender.

Meanwhile, heat a frying pan until very hot.

Cook the steak for a couple of minutes on each side, then leave to rest for 5 minutes before slicing thinly.

Divide the steak between bowls and ladle over the soup.

Top with sour cream and fresh dill if using

Serve

Serve hot with rye bread on the side.

AUSTRALIAN BLUEBERRY AND LEMON FRIANDS

ALANNA SHEERAN - FIRST YEAR

FRIAND ARE SMALL AUSTRALIAN CAKES INSPIRED BY FRENCH BAKING. THEY BECAME POPULAR IN AUSTRALIAN CAFÉS FOR THEIR LIGHT TEXTURE AND RICH FLAVOUR. ALANNA SAID 'WHEN I WAS LITTLE MY GRANNY WOULD ALWAYS MAKE THIS FOR ME AND IT WAS MY FAVOURITE SNACK!'



AUSTRALIAN BLUEBERRY AND LEMON FRIANDS

ALANNA SHEERAN - FIRST YEAR

Ingredients

100g unsalted butter, melted
125g icing sugar
25g plain flour
85g ground almonds
3 egg whites
Zest of 1 lemon
85g blueberries
Extra icing sugar, for dusting

Method

Heat the oven to 180°C fan / 200°C conventional. Grease 6 muffin or friand tins.

Melt the butter and leave to cool slightly.

Sift the icing sugar and flour into a bowl. Stir in the ground almonds.

In another bowl, whisk the egg whites until foamy.

Add the egg whites and lemon zest to the dry ingredients.

Stir in the melted butter until you have a smooth batter.

Divide the batter between the tins.

Scatter blueberries over the top of each one.

Bake for 15–20 minutes until golden and firm to the touch.

Leave to cool in the tins for 5 minutes, then transfer to a wire rack.

Serve

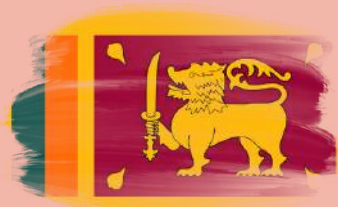
Dust with icing sugar before serving.



SRI LANKAN CUISINE

AOIFE, CHARMARI AND SAOIRSE FEENEY

SISTERS, AOIFE (SIXTH YEAR), CHARMARI (FOURTH YEAR), AND SAOIRSE (THIRD YEAR), HAVE KINDLY SHARED FOUR TRADITIONAL SRI LANKAN RECIPES: EGG HOPPER, KIRIBATH, AUTHENTIC SRI LANKAN CURRY, AND COCONUT ROTI. WITH HELP FROM THEIR MUM AND GRANDMA, THEY CHOSE RECIPES THAT ARE COMMONLY ENJOYED IN SRI LANKAN HOUSEHOLDS AND REFLECT THEIR FAMILY'S COOKING TRADITIONS. SRI LANKAN CUISINE IS KNOWN FOR ITS USE OF SPICES, COCONUT MILK, RICE, AND FRESH INGREDIENTS, WITH MANY DISHES INFLUENCED BY THE ISLAND'S HISTORY AND TRADE CONNECTIONS.



SRI LANKAN EGG HOPPERS

Ingredients

200g rice flour
50g plain flour
1 tsp sugar
1 tsp dried yeast
400ml coconut milk
150ml warm water
½ tsp salt
1 egg, for the batter
6–8 eggs, for cooking

Method

Mix the yeast, sugar and warm water in a bowl. Leave for 10 minutes until foamy.

In a large bowl, combine the rice flour, plain flour and salt. Pour in the yeast mixture and coconut milk. Mix into a smooth batter. Cover and leave in a warm place for 1–2 hours until slightly bubbly.

Stir 1 egg into the batter before cooking.

Heat a hopper pan or small non-stick frying pan and lightly grease it.

Pour in a ladle of batter and swirl the pan so the batter coats the sides thinly while leaving the middle thicker.

Crack an egg into the centre.

Cover with a lid and cook for 2–3 minutes until the edges are crisp and the egg is cooked to your liking.

Serve

Serve hot with sambal, curry or chutney.



SRI LANKAN KIRIBATH (MILK RICE)



SRI LANKAN KIRIBATH (MILK RICE)

Ingredients

300g white rice
750ml water
400ml coconut milk
1 tsp salt



Method

Rinse the rice well under cold water.

Add the rice and water to a saucepan and bring to the boil. Reduce the heat, cover and cook until the water is absorbed and the rice is soft.

Pour in the coconut milk and add the salt.

Cook on low heat for 10–15 minutes, stirring gently, until thick and creamy.

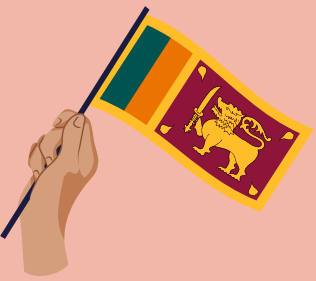
Transfer to a lightly greased tray or dish and smooth the top.

Leave for a few minutes to set slightly, then cut into diamond or square shapes

Serve

Serve warm with lunu miris, curry, or jaggery.

SRI LANKAN CHICKEN CURRY



SRI LANKAN CHICKEN CURRY

Ingredients

- 1 whole chicken, cut into pieces, or 1kg bone-in chicken
- 2 tbsp coconut oil or vegetable oil
- 1 large onion, sliced
- 4 garlic cloves, chopped
- 1 tbsp grated ginger
- 2 green chillies, sliced
- 2 tomatoes, chopped
- Handful of curry leaves
- 2 tsp roasted Sri Lankan curry powder
- 1 tsp chilli powder
- ½ tsp turmeric
- 3 tbsp tomato passata or purée
- 1 tbsp vinegar
- 400ml coconut milk
- 150ml water
- Salt and black pepper
- Optional
- 1 pandan leaf
- 1 stalk lemongrass

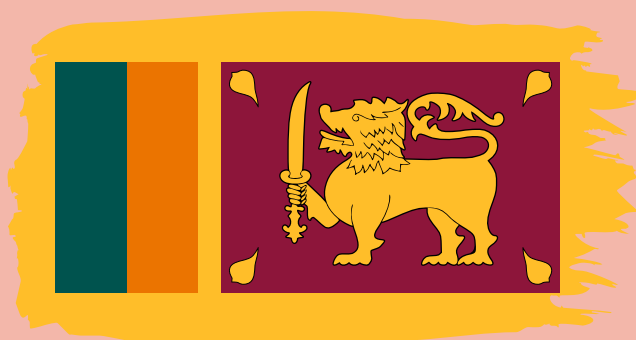
Method

- Heat the oil in a large pot over medium heat.
- Add the onion and cook until soft and lightly golden.
- Stir in the garlic, ginger, curry leaves and green chillies. Cook for 1 minute.
- Add the curry powder, chilli powder and turmeric. Stir well.
- Add the tomatoes and tomato purée and cook until softened.
- Add the chicken and mix well so it's coated in the spices.
- Pour in the coconut milk, water and vinegar. Season with salt and pepper.
- Add pandan leaf or lemongrass if using.
- Bring to a gentle simmer and cook for 40–45 minutes until the chicken is tender and the curry has thickened slightly.

Serve

- Serve hot with rice, roti, hoppers or dhal curry.

SRI LANKAN COCONUT ROTI



SRI LANKAN COCONUT ROTI

Ingredients

2½ cups fresh grated coconut

2½ cups plain flour

1½ tbsp butter

2 tbsp thinly sliced shallot or onion

1 green chilli, finely sliced (optional)

1 sprig curry leaves, finely sliced

Water, as needed

Salt

Method

Add the flour, grated coconut, onion, chilli and curry leaves to a large bowl.

Mix in the butter and a good pinch of salt.

Slowly add water and mix until a soft dough forms.

Knead gently for a few minutes until smooth.

Divide into small balls and flatten into round rotis.

Heat a dry frying pan over medium heat.

Cook each roti for 3–4 minutes on each side until golden brown with darker spots

Serve

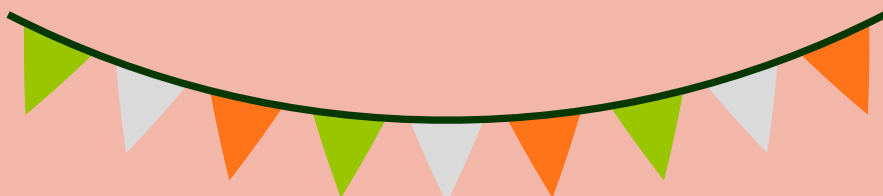
Serve warm with curry, sambal or butter.



CLASSIC IRISH BUNS

MS DERVAN

MS DERVAN HAS CHOSEN CLASSIC IRISH BUNS AS THEY ARE A TRADITIONAL AND RELIABLE RECIPE THAT CAN BE EASILY ADAPTED WITH DIFFERENT FLAVOURS AND TOPPINGS TO SUIT EVERYONE'S TASTES. BUNS HAVE BEEN POPULAR IN IRELAND FOR GENERATIONS AS THEY ARE SIMPLE TO MAKE USING BASIC INGREDIENTS COMMONLY FOUND IN IRISH KITCHENS.



CLASSIC IRISH BUNS

MS DERVAN

Ingredients

120g self-raising flour
120g softened butter
120g caster sugar
2 eggs

Method

Heat the oven to 180°C fan.
Line a bun tray with paper cases.
Add the butter and sugar to a bowl and beat until pale and fluffy.
Beat in the eggs one at a time.
Fold in the flour until fully combined.
Spoon the mixture into the bun cases.
Bake for 12-15 minutes until golden.
Check with a skewer or knife



Lemon Buns

Extra Ingredients

Zest of 1 lemon
Lemon curd (optional)
Juice of ½ lemon
100g icing sugar

Method

Rub the lemon zest into the sugar before mixing.
Bake as normal.

Optional: cut a small piece from the top, fill with lemon curd and replace the top.

Mix the lemon juice with icing sugar and drizzle over the buns.

CLASSIC IRISH BUNS

MS DERVAN

Chocolate Buns

Extra Ingredients

80g self-raising flour

40g cocoa powder

1 tsp baking powder

Melted chocolate spread (optional)



Method

Replace part of the flour with cocoa powder and add the baking powder.

Mix and bake as normal.

Optional: fill with melted chocolate spread and drizzle with melted chocolate.

Orange or Chocolate Orange Buns

Extra Ingredients

Zest of 1 orange

Juice of ½ orange

100g icing sugar

Method

For orange buns, add orange zest to the batter.

For chocolate orange buns, use the chocolate bun mixture and add orange zest.

Bake as normal.

Mix orange juice with icing sugar and drizzle over the buns.

CANDADIAN POUTINE

AVA AND CHLOE FINNEGAN - FIRST YEAR

'WE LIKE IT BECAUSE FIRST IT'S REALLY GOOD AND ALSO IT ALWAYS REMINDS US OF OF SKIING WITH FAMILY AND FRIENDS BECAUSE WE NORMALLY HAVE IT AFTER SKIING'



CANADIAN POUTINE

AVA AND CHLOE FINNEGAN - FIRST YEAR

Ingredients

800g potatoes, cut into chips
Vegetable oil, for frying
200g cheese curds
Salt

For the Gravy

2 tbsp butter
2 tbsp plain flour
500ml beef stock
250ml chicken stock
Black pepper

Method

Heat the oven to 120°C to keep the chips warm.
Fry the chips in hot oil until soft but not golden. Remove and drain.
Fry again at a higher heat until golden and crisp. Season with salt.
For the gravy, melt the butter in a saucepan.
Stir in the flour and cook for 1 minute.
Slowly whisk in the beef and chicken stock until smooth.
Simmer for 5-10 minutes until thickened. Season with black pepper.
Place the hot chips onto plates or bowls.
Scatter over the cheese curds.
Pour the hot gravy over the top so the cheese softens slightly.

Serve

Serve immediately while hot and crispy.



SOUTH AFRICAN KOEKSISTERS

AOIFE SMITH - FIRST YEAR

KOEKSISTER ARE A TRADITIONAL SOUTH AFRICAN SWEET PASTRY. THEY ARE ESPECIALLY POPULAR IN AFRIKANER CULTURE AND ARE OFTEN ENJOYED WITH TEA OR COFFEE. KOEKSISTERS BECAME POPULAR IN SOUTH AFRICA THROUGH DUTCH INFLUENCES AND ARE KNOWN FOR THEIR CRISP OUTSIDE AND SWEET, STICKY CENTRE. THE NAME “KOEKSISTER” COMES FROM DUTCH AND ROUGHLY MEANS “CAKE SISTER.”



SOUTH AFRICAN KOEKSISTERS

AOIFE SMITH - FIRST YEAR

Ingredients

Syrup

240ml water

400g sugar

1 tbsp fresh ginger, chopped

1 cinnamon stick

Juice of ½ lemon

1¼ tsp cream of tartar

½ tsp salt

Dough

180g plain flour

117g cornflour

2½ tsp baking powder

¾ tsp salt

2 tbsp sugar (optional)

25g butter, softened

1 egg

120ml milk

Vegetable oil, for frying



Method

For the syrup, add the water, sugar, ginger, cinnamon stick, lemon juice, cream of tartar and salt to a saucepan.

Bring to the boil and simmer for 10 minutes.

Leave to cool completely, then chill in the fridge.

For the dough, mix the flour, cornflour, baking powder, salt and sugar in a bowl.

Rub in the butter, then add the egg and milk.

Mix into a smooth dough and leave to rest for 30 minutes.

Roll the dough out on a floured surface until about 2–3cm thick.

Cut into strips.

Take 3 strips at a time and braid them together, pinching the ends to seal.

Heat oil in a deep pot to 180°C.

Fry the koeksisters for a few minutes on each side until golden brown.

Remove from the oil and place straight into the cold syrup for a few minutes.

Transfer to a wire rack to cool.

Serve

Best served cold with tea or coffee.

BELGIAN WAFFLES

LANA HEUVINCK - FIRST YEAR

'THE REASON I PICKED THIS RECIPE IS BECAUSE MY OMA (GRANNY) MAKES THEM FOR MY FAMILY EVERY TIME WE VISIT'



BELGIAN WAFFLES

LANA HEUVINCK - FIRST YEAR

Ingredients

270g plain flour
1 tbsp baking powder
50g sugar
½ tsp salt
480ml milk
120ml melted butter or vegetable oil
2 eggs, separated

Method

Heat and grease your waffle maker.

In a large bowl, mix the flour, baking powder, sugar and salt. In another bowl, whisk together the milk, melted butter and egg yolks.

Pour the wet ingredients into the dry ingredients and mix until combined.

In a clean bowl, whisk the egg whites until soft peaks form.

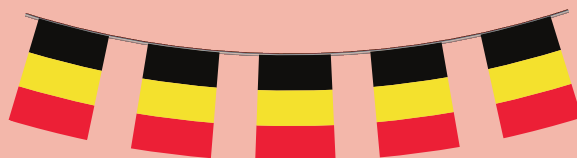
Fold the egg whites gently into the batter.

Pour batter into the waffle maker and cook until golden and crisp.

Repeat with the remaining batter.

Serve

Serve warm with syrup, fruit, whipped cream or chocolate sauce.



ENGLISH ROAST BEEF

ANISHA TAAFE - FIRST YEAR

ROAST BEEF IS A CLASSIC ENGLISH DISH MADE BY SLOWLY ROASTING BEEF AND SERVING IT WITH POTATOES, VEGETABLES, GRAVY, AND OFTEN YORKSHIRE PUDDING. IT BECAME ESPECIALLY POPULAR IN ENGLAND FROM THE 18TH CENTURY AND IS STRONGLY LINKED WITH THE TRADITIONAL SUNDAY ROAST, A FAMILY MEAL STILL ENJOYED ACROSS THE COUNTRY TODAY.



ENGLISH ROAST BEEF

ANISHA TAAFE - FIRST YEAR



Ingredients

Beef

1 tbsp black peppercorns
1 tbsp English mustard powder
1 tbsp dried thyme
1 tsp celery seeds
1 tbsp olive oil
2kg topside joint of beef
Salt

Gravy

4 tbsp plain flour
2 beef stock cubes
3 tbsp caramelised onion chutney or marmalade
2-3 tsp yeast extract
750ml beef juices and water combined

Method

Prepare the beef

Crush the peppercorns, mustard powder, thyme and celery seeds with a little salt. Stir in the olive oil and rub all over the beef.

Optional: Marinate overnight in the fridge. Remove 1 hour before cooking.

Roast the beef

Preheat oven to:

190°C conventional

170°C fan

Place beef in a roasting tin and cook:

12 mins per 450g for medium-rare

15 mins per 450g for medium-well

Remove from the oven, cover loosely with foil and rest for 30 minutes.

For the Gravy

Pour roasting juices into a jug and let the fat separate.

Return 2 tbsp fat to the roasting tin (or use butter).

Add flour, stock cubes, chutney and yeast extract. Cook for 1 minute.

Add enough boiling water to the juices to make 750ml, then gradually stir into the tin.

Simmer until thickened.

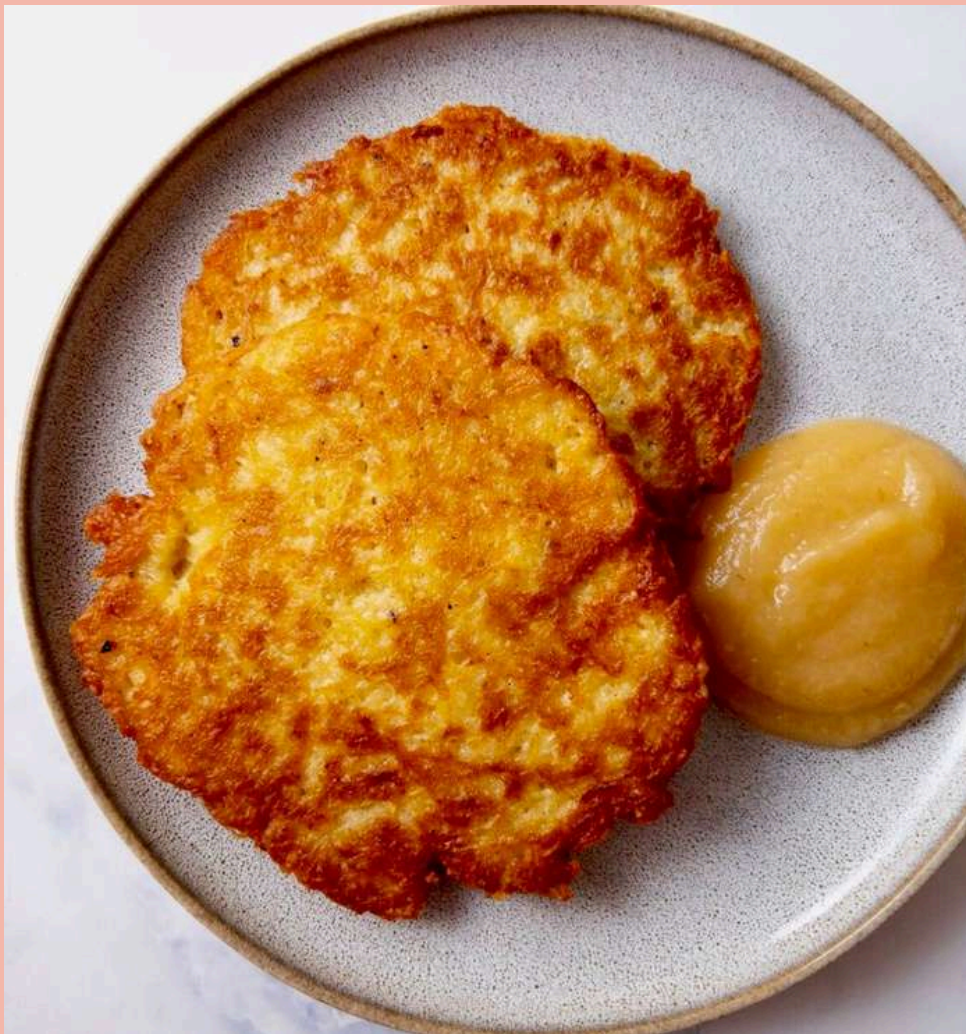
Serve

Carve the beef into slices and serve with the gravy.

GERMAN KARTOFFELPUFFER

ELIZA MONTAG - FIRST YEAR

KARTOFFELPUFFER ARE TRADITIONAL GERMAN POTATO PANCAKES. THEY BECAME POPULAR IN GERMANY DURING THE 18TH AND 19TH CENTURIES WHEN POTATOES BECAME AN IMPORTANT CROP BECAUSE THEY WERE CHEAP, FILLING, AND EASY TO GROW. TODAY, KARTOFFELPUFFER ARE COMMONLY EATEN AT CHRISTMAS MARKETS, FESTIVALS, AND FAMILY MEALS, AND ARE USUALLY SERVED WITH APPLE SAUCE OR SOUR CREAM.



GERMAN KARTOFFELPUFFER

ELIZA MONTAG - FIRST YEAR

Ingredients

800g potatoes, peeled
1 small onion
2 eggs
3 tbsp plain flour
Salt and black pepper
Vegetable oil, for frying

Method

Grate the potatoes and onion into a bowl.
Squeeze out as much liquid as possible using a clean tea towel or kitchen paper.

Add the eggs, flour, salt and pepper and mix well.

Heat a thin layer of oil in a frying pan over medium heat.
Spoon the mixture into the pan and flatten into small pancakes.
Fry for 3-4 minutes on each side until golden brown and crisp.
Drain on kitchen paper.

Serve

Serve hot with apple sauce, sour cream or smoked salmon



IRISH APPLE TART

LAOISE FLYNN - FIRST YEAR

APPLE TART IS A TRADITIONAL IRISH DESSERT MADE WITH APPLES, PASTRY, SUGAR, AND SPICES, OFTEN SERVED WITH CREAM OR CUSTARD. IT BECAME POPULAR IN IRELAND BECAUSE APPLES COULD BE EASILY GROWN IN THE IRISH CLIMATE, MAKING THEM A COMMON INGREDIENT IN HOME BAKING.



IRISH APPLE TART

LAOISE FLYNN - FIRST YEAR

Ingredients

Pastry

225g plain flour

¼ tsp salt

140g chilled butter, plus extra for greasing

4-5 tbsp chilled water

2 egg yolks

2 tbsp milk

Filling

900g cooking apples, peeled, cored and sliced

Juice of ½ lemon

3 tbsp golden caster sugar

⅛ tsp ground cloves

Method

Preheat the oven to 180°C fan and grease a 22cm pie dish.

Sift the flour and salt into a bowl. Grate in the butter and rub together until it looks like breadcrumbs.

Mix the egg yolks with the chilled water, then add to the flour mixture until a dough forms. Knead lightly until smooth, wrap and chill for 30 minutes.

Mix the apples with the lemon juice, sugar and cloves in a large bowl.

Divide the pastry into two pieces, one slightly larger than the other.

Roll out the larger piece and line the pie dish. Brush the edges with a little milk.

Fill with the apple mixture.

Roll out the remaining pastry and place on top. Trim the edges and seal with your fingers or a fork.

Pierce a few holes in the top and brush with milk.

Bake for about 30 minutes until golden brown.

To Serve

Serve warm with ice cream, cream or custard.



ACKNOWLEDGEMENTS

THANK YOU TO EVERYONE WHO TOOK PART IN THIS PROJECT AND CONTRIBUTED A RECIPE TO OUR GLOBAL COOKBOOK. YOUR WILLINGNESS TO SHARE A MEANINGFUL PART OF YOUR CULTURE AND FAMILY TRADITIONS HAS HELPED MAKE THIS COOKBOOK A CELEBRATION OF DIVERSITY, COMMUNITY, AND CONNECTION. WE ARE GRATEFUL FOR THE TIME, EFFORT, AND ENTHUSIASM SHOWN BY ALL WHO CONTRIBUTED, AND WE HOPE THIS COOKBOOK WILL BE ENJOYED BY OUR SCHOOL COMMUNITY FOR YEARS TO COME.

CAMILLE ALIX (1E)	ELIZA MONTAG (1E)
LUCY BRADBURY (4C)	YUTONG NI (4C)
CAITLIN COLLINS (2D)	LORENA RODRIGUEZ LOWNY (1B)
MS DERVAN	ELEANOR SHAND (1A)
SAOIRSE FEENEY (3A)	ALANNA SHEERAN (1B)
AOIFE FEENEY (6B)	AOIFE SMITH (1E)
CHARMARI FEENEY (4E)	MAJA SURMACZ (3A)
AVA FINNEGAN (1A)	ANNA SVIDRUK (2E)
CHLOE FINNEGAN (1B)	ANISHA TAAFE (1E)
ETTA FLANAGAN (1B)	CRISTINA VILAPLANA VILLARROEL (4D)
LAOISE FLYNN (1E)	CARLOTA VILAPLANA VILLARROEL (2D)
LANA HEUVINCK (1E)	ÁINE WYATT (4D)
ANNA KEALY DAY (4C)	YSABEL ZABAL (4B)
GHAZAL MARSA (2D)	KAIA ZELLI (1E)

THANK YOU TO THE JUSTICE AND PEACE TEAM FOR ALL YOUR HARD WORK AND DEDICATION THIS YEAR. YOUR COMMITMENT, AND EFFORT HAVE MADE A GREAT IMPACT IN OUR SCHOOL COMMUNITY.

JUSTICE AND PEACE COMMITTEE (2025/26)

HAZEL GILLEN, AIDA HUGHES, RÓISÍN MCCORMACK, MOLLY MCAREE, LILY McDONALD, MATILDA MCKENNA, KATE MCNAMARA, RHEA MCNICHOLS, GILLIAN MURPHY, LILY NOONAN, LAOISE Ó MORÁIN.