

# COOK BOOK



Recipes from the Deafblind International Youth Network (DbIYN)

# Jona's Juicy Chocolate Cake from Germany

250g flour  
200g sugar  
60g baking cocoa  
350ml warm water  
120ml sunflower oil  
1 teaspoon baking soda (or baking powder)  
1 sachet vanilla sugar  
2 eggs  
1 pinch of salt

## For the decoration:

50g powdered sugar  
Some fruits or berries

## Equipment:

- 1 mixing bowl  
- 1 mixer  
- 1 spatula / dough scraper  
- 1 cake pan with baking paper



## Cooking Method



1. First mix the 'dry ingredients'. Mix the flour, baking cocoa, sugar, vanilla sugar, baking soda and salt in a bowl.
  2. Now pour the warm water and the oil into the bowl and mix it with the mixer.
  3. Next add the eggs to the bowl. Also mix the eggs with the mixer.
  4. Now the dough is ready (Caution, the dough is very liquid - but that's OK). Pour the dough into a cake pan.
  5. Put the cake in the oven. It should be on the middle shelf / middle level in the oven.
  6. Bake your cake for 25 - 30 minutes at 180°C.
  7. When the cake is baked you can take it out and let it cool down.
  8. At the end you can decorate your cake with powdered sugar and fruits.
- Bon appetit!  
Guten Appetit! (in German)

# Marilucia's Yoghurt cake from Brasil

3 eggs

2 cups of sugar

1 cup of yogurt

1/2 cup of oil

2 cups of wheat flour

1 tablespoon of baking powder



## Cooking Method



1. Blend everything in a blender.
2. Put the dough in the pan greased with margarine and wheat flour.
3. Put it in the pre-heated oven. Let it bake for 30 to 40 minutes.



# Bruna's Plumcake Tiramisu from Italy

## Recipe for 4 people

6 eggs

1 pack of mascarpone

6 tablespoons of sugar

1 pinch salt

200g Flour

Butter (just enough to grease)



## Cooking Method

1. Divide the yolks from the egg whites.
2. Put half of the sugar in the yolks and half of the sugar in the egg whites.
3. Add a pinch of salt to the egg whites and whisk them.
4. Add the mascarpone to the yolks and mix the ingredients well.
5. Add the whipped egg whites to the mascarpone cream and egg yolks, always stirring from the bottom up to avoid disassembling them.
6. Add the flour and mix the ingredients, always stirring from the bottom up to avoid disassembling the mixture.
7. Pour a ladleful of dough at a time into a hot pan greased with a little butter and cook the pancakes on both sides.

# Bruna's White Eggplant Parmigiana With Licorice\* from Italy

## Recipe for 4 people

4 eggplants  
Oil to fry as required  
Parmesan  
Mozzarella  
Salt (to taste)  
Pepper (to taste)  
Licorice liqueur (to taste)  
Basil to taste



## Cooking Method



1. Clean the eggplants and cut them into slices that are not too thick.
2. Flour and fry the eggplants in plenty of seed oil.
3. Place a little licorice liqueur on the bottom of a pan, then make a layer of eggplants.
4. Salt, add pepper and arrange a layer of slices of mozzarella, parmesan, licorice liqueur and basil on the eggplant.
5. Create a new layer of eggplant, salt, add pepper and continue alternating the layers, ending with a layer of eggplants.
6. Bake in a static oven at 180°C for one hour.

\*PARMIGIANA: eggplant parmesan

# Charlotte's Rocky Road from England

125g soft butter  
300g milk or dark chocolate  
(I use a mixture of the 2)  
3 tbsp. golden syrup  
200g bashed up rich tea biscuits  
100g mini marshmallows

## Optional ingredients:

100g melted white chocolate  
Raisins  
Mini chocolates/smarties



## Cooking Method



1. Melt the chocolate, syrup and butter together in a saucepan on a low heat and stir often as it can stick and burn otherwise.
2. Once all melted together, stir in the biscuits and marshmallows. Cover in chocolate, put into a tin covered with baking paper. I use a small roasting dish.
3. Put the raisins or chocolates on top and drizzle over the white chocolate, this will stick everything together.
4. Put in the fridge to set for a few hours then tuck in!

# Pandiselvi's Potato Fry from India

4 Medium size potatoes  
3 tbsp. Oil  
½ teaspoon chilli powder -  
or as per your taste  
2 pinches turmeric powder  
Salt - as per your taste



## Cooking Method

1. Clean and cut the potatoes into small pieces. Keep the tava (a flat pan), pour the oil of 2 tablespoons heat it.
2. Add potato pieces, salt and close the vessel or tava with a lid. Keep the stove in a very low flame. In between, stir the potato and let it crisp.
3. Add turmeric powder, chilli powder and if needed add 1 tablespoon of oil. Fry it till the raw smell of the powder goes off.
4. Delicious crispy potato fry is now ready.

# Nikomoni's Assamese Style Chicken Curry with Potato from India

Preparation time – 20 minutes

Cook time – 30-40 minutes

Serves – 2-3

500g chicken  
4 tbsp mustard oil  
2 bay leaves  
3 large onions, finely chopped  
2 green chillies, slit in half  
1 tbsp ginger garlic paste, fresh  
2 medium potatoes, cut in 4 large cubes each  
1 tbsp cumin powder  
1 tsp black pepper powder  
1 tsp turmeric powder  
2 tomatoes, chopped  
1 tsp fresh Garam Masala  
500 ml of water  
Chopped coriander leaves for garnish  
Salt to taste

## Cooking Method

1. Heat mustard oil in a deep vessel (Kadhai) till it comes to its smoking point.
2. Add the bay leaves, followed by the chopped onions.
3. Sauté the onions for about two minutes till they turn translucent. Add the slit green chillies to it.
4. Once the onions turn brown, add the fresh ginger garlic paste to it. Sauté it till the raw aroma of the ginger and garlic disappears.
5. Since we have cut the potatoes in big chunks, they will take some time to cook through. Add the potatoes to the kadhai at this point. I also fry the potatoes a bit so that it has its own taste in the final gravy.





6. Season the onion mix with salt, turmeric, cumin powder and black pepper powder. For best taste, make sure all these spices have been freshly ground.
7. Let the spices assimilate with the onions, add the chicken pieces. Fry everything together in medium flame for about another minute till it all comes together. If the masala gets stuck to the bottom of the kadhai, add a dash of water so that it does not burn.
8. While the chicken is cooking along with the rest of the spices and potatoes, add the chopped tomatoes. The reason why I am adding tomatoes at this stage is so that there is more water from the tomato that the chicken can use to cook in.
9. Check when the tomato melts and completely harmonizes with the rest of the curry. It is at this time when you need to add the water, and cover and cook for about 15-20 minutes till the chicken becomes perfectly soft.
10. Take off the lid, check the salt and if the chicken and potatoes are cooked through. Get your desired consistency. I like mine in a semi gravy.
11. Garnish with freshly chopped coriander leaves and serve hot with plain rice, roti or pulao.

# Hannah's Classic Basil Pesto from USA

Servings: makes 2-1/2 cups

4 cloves garlic

4 cups fresh basil leaves,  
washed

1 cup grated Parmesan cheese

$\frac{2}{3}$  cup walnuts

1 teaspoon kosher salt

1 teaspoon ground black pepper

$\frac{3}{4}$  cup extra-virgin olive oil

$\frac{1}{2}$  cup milk



## Cooking Method

1. In a food processor, finely chop the garlic. Add basil leaves and chop until fine. Add cheese, pine, nuts, salt, and pepper; pulse until the consistency of a coarse paste.

2. With the food processor running, slowly pour olive oil through the feed tube and continue mixing until the oil is completely combined with paste. Store in airtight container in refrigerator for up to one week.

3. Stir in milk and heat before serving. Serve with cooked chicken and boiled noodles.



# Nikhil's Special Sandwich from India

- 2 slices bread
- 2 pinches salt
- 1 small tomato
- 1 small onion
- 1 medium boiled potato
- Cheese



## Cooking Method

1. To prepare this yummy sandwich, peel and slice the onion in a round shape. Wash the tomato and cut round slices of it as well. Boil the Potato in water and mash it after it cools.
2. Trim the bread from all sides or you can keep it if you wish and apply butter on one bread, then apply mayonnaise / sandwich spread all over. Next, place the tomato, onion slices over the bread slice along with the mashed potato. Sprinkle salt over the veggies along with Chaat Masala. Cover this slice with the other slice.
3. Once you are done with placing the sandwich, spread the grated cheese over it. Grill the sandwich for around 2-3 minutes. Once done, cut into pieces and serve hot.



# Alex's Wagoner's Rice from Brazil

½ kilo of chopped beef (lean )  
2 chopped big onions  
1 chopped big green pepper  
4 cloves of garlic (finely  
chopped)  
2 chopped big tomatoes  
1 small can of sweetcorn  
1 small can of peas  
Oil  
4 big cups of rice (1 cup of rice per  
person but I am considering 4 people  
for this recipe)  
Salt  
Boiling water  
You must preferably cook in cast iron  
pot/skillet



## Cooking Method



1. Put a little of oil in the pan and take it to the fire. Then, add the chopped beef and add a little of salt.
2. Stir it for a while until the beef is cooked and is a bit fried.
3. As soon as the beef is with a golden colour, add the chopped onions, the green peppers, the garlic and the tomatoes.
4. Stir it and put the lid on the pot. After 5 minutes, stir it again. The goal is that all the ingredients can melt as much as possible. The flavours of all the ingredients will mix with the beef.
5. Let it all fry very well, always stirring it so that all the ingredients can mix with the meat.
6. When this mixture is fried, add the rice and keep stirring everything in the pot and fry it a bit more. The rice must fry with all the mixture for 10 minutes. Don't stop stirring it.
7. After 10 minutes add the boiling water. You must add the water until everything is covered.

8. Stir very well so that all the ingredients can mix equally then put the lid on and put it over low heat.
9. The boiling process of this mixture might start in less than 5 minutes. Take off the lid to take a look if everything is boiling.
10. Now, add the sweetcorn and the peas.
11. Stir everything for the last time.
12. Before putting the lid on the pan again, taste a bit of the water: take a little of the boiling water in the pan and taste it to check if the salt is ok. If you need, add more salt and stir everything once more.
13. Put the lid on the pot again, keep it over low heat and wait for 10 minutes.
14. After this time, open the lid and check if the water that was covering all the mixture has dried or has reduced.
15. With a teaspoon, take a little of the rice and taste it.
16. If the rice is "al dente", it is ready to serve.

This recipe can be eaten with some salad, some vegetables, boiled potatoes or french fries. A good combination is to eat the rice with chopped boiled egg (you add it over the rice in your plate).

You can choose the garnishing to the dish.



# Jenna's Chunky Banana Bread from England

3 tbsp sunflower oil, plus extra  
for greasing

1 ripe banana

3 tbsp raisins

Handful of blueberries  
(optional)

1 egg beaten

1 tsp vanilla extract

50g/2oz caster sugar

110g/4oz plain flour

1 tsp baking powder



## Cooking Method



1. Preheat oven to 200c/400f/Gas6.  
Grease a loaf tin with a little sunflower oil.
2. In a large bowl mix the mashed banana with the sunflower oil until well combined.  
Beat in the egg, then stir in the raisins, blueberries (if used) and vanilla extract.
3. In a separate bowl, mix together the sugar, flour and baking powder.
4. Stir the dry ingredients into the wet ingredients until well combined.
5. Pour the cake mixture into the prepared loaf tin and bake in the oven for 30-40 mins, or until a skewer inserted into the centre of the cake comes out clean. Set aside to cool on a wire rack, then cut into slices.

Adding the blueberries makes it extra yummy!



# Maria's Creamy corn cake from Brazil

1 can of green corn with water  
Half a can of oil  
1 can of the same sugar  
Half a can of cornmeal  
4 eggs  
2 spoons full of wheat flour  
2 spoons of grated coconut  
1 ½ teaspoon full of baking powder

## Cooking Method

1. Thoroughly blend all ingredients in a blender. Then add grated coconut, yeast and mix. Put to bake.
2. Place in round shape with hole or square. The form should be greased and floured.
3. The preparation time in the round is faster, but the recipe is smaller. To increase, double the ingredients.
4. The cake looks like mush, very creamy, delicious!
5. Place in preheated oven approximately 40 minutes.



# Maria's Polenta from Brazil

5 cups of cold water tea  
1 cup of pre-cooked cornmeal tea  
1 tablespoon of oil or margarine  
1 meat broth tablet for the sauce  
300g of ground beef  
3 tablespoons of oil or olive oil  
1 chopped onion  
2 chopped garlic cloves  
2 chopped ripe tomatoes  
1 box of ready-made tomato sauce  
1 cup of water  
Seasonings to taste: oregano, parsley,  
pepper salt if necessary  
To finish Sliced mozzarella to taste  
grated parmesan cheese for sprinkling



## Cooking Method

1. Place the ingredients on the fire and cook for 10 minutes, stirring constantly.
2. For the sauce sauté the onion, garlic and ground beef in oil or olive oil until it becomes very loose.
3. Add the tomatoes, water sauce and broth.
4. Let it settle for about 15 minutes.
5. Add spices and turn off.
6. Place the polenta on a platter, the mozzarella slices and the sauce.
7. Sprinkle with grated Parmesan cheese and place in a heated oven for 10 to 15 minutes.



# Sandybell's Chocoteja from Peru

½k Bitter coverage:

½k Blancmange

¼g Pecans

1 pc Molds for chocotejas:

Wraps

Brush: 1 pc.



## Cooking Method

1. Melt the coating and cover the molds; then refrigerate for two min.
2. Fill the shells with delicacy and pecans.
3. Cover with chocolate and refrigerate for 5 min until the mold is blued and unmold.
4. Cover with the wrapping.



# Sandybells Meat Empanadas from Peru

500g Pastry flour  
250g Margarine  
135g Water  
5g Salt  
65g Sugar  
1 Egg Yolk

## Filling

½k Meat  
350g Onion  
50g Olive  
1 pc Pepper  
Parsley to taste  
Oil  
2 Boiled eggs

## Cooking Method



1. Mix the pastry flour with the margarine until getting an the consistency of oatmeal.
2. Make a hole in the center and add sugar, salt and the yolk diluted in the water.
3. Mix from the inside to outside and compact the dough.
4. Refrigerate the dough in a bag for approximately 15 minutes.
5. Divide the dough into 30 units and spread out on the floured table, fill with meat, emboss and varnish.
6. Bake at 160 °C for 20 minutes.



# Rosie's Shortbread from Australia

Prep: 20 Minutes

Cook: 12 Minutes

+ 60 Min Refrigeration

Serves: 24

250g butter, softened

$\frac{2}{3}$  cup pure icing sugar

2 cups plain flour

1 cup rice flour

1 teaspoon caster sugar, for sprinkling



## Cooking Method

1. Process all ingredients, except caster sugar together in a food processor until mixture resembles fine breadcrumbs.
2. Press mixture together until it forms a dough. Divide dough in two and refrigerate.
3. Roll out dough between 2 sheets of baking paper until 5mm thick.
4. Using a star-shaped cutter, cut shapes from dough. Transfer to prepared trays. Sprinkle with caster sugar if desired.
5. Bake at 160°C for approximately 30 minutes or until dry and firm but still pale. Transfer to a wire rack to cool completely. Dust with icing sugar. Serve.

## Tips & Hints:

Shortbread will keep in an airtight container for up to 1 month.

Check your shortbread while baking as cooking times and oven temperatures may vary.

# Christian's Filled Eggplant from Germany

1 Eggplant  
Chorizo  
1 onion  
1 red pepper  
1 green pepper  
Ricotta



This stuffed and baked vegetable is just as delicious as it looks. It is still easy to prepare in the evening and does just as well at dinner parties. You can also take mashed sweet potatoes or corn, spiced breadcrumbs, rice or quinoa instead of these fillings.

## Cooking Method



1. Wash all the vegetables.
2. Chop the chorizo and the onion. Cut both peppers into small pieces.
3. Pour everything in a bowl and mix it (with a spoon).
4. Cut the eggplant into 2 halves and scrape out the eggplant.
5. Now fill everything into both eggplants.
6. Cover with ricotta.
7. Bake everything in the oven at 180°C with top / bottom heat for approx. 30 minutes.

# Renuka's Healthy gluten free, vegan Sweet Potato Soup from USA

1 large sweet potato - remove skin, rinse, dice into small chunks

3 celery stalks - rinse, cut into pieces

1 large carrot - washed, cut into pieces

1 leek sliced and washed

1 tbsp olive oil

32oz container of low sodium vegetable broth or you can make your own



## Cooking Method



1. Saute leek in olive oil until lightly browned.
2. Add carrot, celery, sweet potato and saute for a few minutes.
3. Add broth and simmer on low-medium heat for 30-40 minutes until sweet potato cooked through.
4. When soup cools off to warm temperature (no longer boiling hot), transfer soup to a blender, puree the soup until smooth and well-blended.

Enjoy with a sprinkle of goat/feta cheese, parsley or cilantro, and hot cheese garlic bread on the side

# Ellie's Raspberry Ice Cream from England

2 bananas

140g Fresh or frozen raspberries

you could experiment with other fruit



## Cooking Method

1. Freeze the bananas (peeled and cut into chunks) for at least two hours.
2. About 10 mins before use take the bananas out of the freezer and allow to defrost slightly.
3. Put the bananas and raspberries into a food processor and blend. You will probably need to stop the processor a few times to scrape the mixture off the sides.
4. Once it begins to resemble ice cream turn into dishes. Either eat straight away or return to the freezer for later.

# Christina's Rice with chicken from Spain

Serves 2-4 people

300g white or brown rice

½ chicken fillet

1 onion

2 cloves of garlic

1 green pepper

1 red pepper

2 tomatoes

1 spoonful of pepper

½ glass of white wine

bay leaf

oil

salt



Preparation time: Between 1 hour to one 1¼ hrs approximately. Cooking time: 40 minutes.

Duration: Between approximately 1 hour to 1½ hrs.

## Cooking Method

1. In a saucepan pour two tablespoons of oil, and when it is hot, add the chopped chicken breast.
2. Sauté with salt and pepper and brown. When everything is browned, remove the chicken breasts.
3. In the oil, add the diced vegetables. When the vegetables are cooked, add the tomatoes and leave over a medium heat until the tomatoes are cooked.
4. Once the frying is done, add the cooked breast and add the white wine. We wait for the alcohol to evaporate and add a little water.
5. Leave to cook for 15 minutes. Add the rice and salt. In my case, I made it with brown rice, but we can also use white rice, as a tip, it is better to use white rice as it gives a better flavour.

Add water when needed to cook the rice. Once the rice is cooked, remove it from the heat and leave it to stand until you serve it.

# Lydia's Cauliflower Crust Pizza from England

2.5lbs medium-large (6" - 7"  
wide) head of cauliflower

1 large egg

1 tsp Italian seasoning or dried  
oregano/basil

1/8 tsp of salt

1/4 tsp ground black pepper

1/2 cup Parmesan or Mozzarella  
cheese grated/shredded

Cooking spray



## Cooking Method

**Prep:** Preheat oven to 375°F and line baking sheet with parchment paper or silicone mat.

**Make "rice":** Rinse cauliflower, remove the outer leaves, separate into florets and chop into smaller pieces. Process in a food processor in 2 batches, until "rice" texture forms (skip if using store-bought "rice").

**Cook "rice":** Transfer cauliflower rice on a prepared baking sheet and bake for 15 mins. Remove cooked cauliflower rice from the oven, transfer to a large bowl lined with a double/triple layered cheesecloth or linen towel, and let cool for 10-15 minutes or until safe to touch.

**Squeeze:** Then squeeze the liquid out of the ball (cauliflower inside the cheesecloth) as hard as you can. Be patient and do this a few times until barely any liquid comes out.

**Make dough:** Increase oven temperature to 450°F. In a medium mixing bowl whisk the egg with dried herbs, salt and pepper for 10 seconds. Add cheese and squeezed cauliflower; mix very well with spatula until combined.

**Form crust:** Line same baking sheet with new parchment paper or silicone mat (just make sure to scrape off any bits of cauliflower) and spray with cooking spray. Transfer cauliflower pizza dough in the middle and flatten with your hands until thin pizza crust forms.

**Bake pizza with toppings:** Top cauliflower pizza base with your favorite toppings and bake again until cheese on top turns golden brown.

Enjoy!



# Siobhan's Chocolate & Malteser Fridge Cake

125g Unsalted Butter

400g Chocolate (milk or plain)  
- Broken into pieces

2tbsp Golden Syrup

250g Digestive Biscuits  
(crushed up)

135g Maltesers



## Cooking Method



1. Line a 20cm tin with baking parchment.
2. Melt butter.
3. Stir chocolate and golden syrup into melted butter until all melted together.
4. Stir Maltesers and biscuits into mixture, keeping them chunky.
5. Press into the tin.
6. Put in the fridge to cool.
7. Eat ..... Yummy 😊

# Alice's Fish Masala Curry from India

500gm Fish

1 tbsp ginger garlic paste

¼ ground turmeric powder

½ Kashmiri red chilli powder

5 tbsp coconut powder

3 garlic cloves roughly chopped

2 onion chopped

1 chopped tomato

1 tbsp roasted cumin, coriander, black pepper powder

1 pinch sugar

3 green chilies

Curry leaves,

Oil, salt to taste

Tamarind one small lemon sized

250 ml water



## Cooking Method

1. Place fish piece in a large tray. Add salt, turmeric powder and chilli powder and coat cut pieces in spices. Marinate for 15 minutes. Heat oil for frying in a hook or frying pan. Shallow fry all piece until browned on both sides. Remove from heat and set it aside. Soak tamarind in water for 10 minutes. Squeeze out the tamarind extract. Discard the hard bits set aside.

2. Heat 2tbsp oil in a pan. Add cumin and allow to splutter. Then add chopped garlic cloves and saute, add chopped onion and sauté until golden brown. Add ginger garlic paste and fry for 60 sec. When they turn fragrant add tomatoes and half tsp salt. Fry until the raw smell goes away.

3. Add coconut powder, red chilli powder, turmeric powder, roasted cumin, coriander, black pepper powder, 1 pinch sugar powder.

4. Fry everything well until the masala smells good and ensure the raw smell has gone. Add tamarind juice and mix it well. Add 250ml of water and boil on medium flame. This may take about 5 minutes. Check the taste of salt and spice. Add fish pieces into the gravy and cook for few minutes until they bulge.
5. Garnish with green chili and coriander leaves.
6. Serve fish masala curry with hot steam rice.



# Pradeep's Poori from India

250gms Atta (Wheat Flour)

2 teaspoon Rava (Sooji)

Oil to fry

Salt to taste

Water - as required



## Cooking Method

1. Soak Rava in little water, then add flour, salt and make the dough.
2. Divide the dough into small portions and roll them out into small circles with the help of a rolling pin. Give equal pressure to all sides of the dough to get the same thickness on all sides only you will you get a fluffy Poori.
3. Heat the oil in a pan and deep fry the dough and fluffy Poori is ready to eat.



# Tania's Watercress Stew from Canary Islands (Tenerife)

Serves 6

½ kg of watercress  
4 salted or fresh pork ribs  
4l of water  
200g of tender beans  
100g of veined bacon  
2 tender corncobs  
150g of yam  
200g of yellow sweet potato  
1kg of potatoes  
1 small onion  
4 garlic cloves  
a pinch of cumin  
a pinch of paprika  
½ cup of oil and salt to taste



## Cooking Method

1. First, we clean well the watercress, remove the thick stems, wash and chop.
2. Then if the ribs are salted, wash them in hot water and leave to soak for a few hours; if they are fresh, just wash them.
3. Secondly, we put 4 litres of water in a pot to boil, add the beans, the ribs, the bacon, the splited corncobs and the yam.
4. When it is half cooked (half soft) add the watercress, the sweet potato cut into medium pieces, the cumin, the paprika, the oil and the salt.
5. Later, stir everything with a wooden spoon and let it boil for about an hour, set aside when the potatoes are tender when pierced with a fork. Then, we leave to stand for 15 minutes and after that we can serve it and eat it.

# Sam's Lemon Drizzle Cake from England

225g/8oz butter or baking spread at room temperature, plus extra for greasing

225g/8oz caster sugar

275g/10oz self-raising flour

2 level tsp baking powder

4 free-range eggs

4 tbsp milk

2 unwaxed lemons, finely grated zest only

1 heaped tbsp very finely chopped lemon verbena (optional)

## For the glaze

175g/6oz granulated sugar

2 lemons, juice only



## Cooking Method

1. Preheat the oven to 180C/160C Fan/Gas Grease the tin with butter and line the base with baking paper.
2. Measure all the ingredients into a large bowl and beat for 2 minutes, or until well blended. Turn the mixture into the prepared tin and level the top.
3. Bake for 35–40 minutes, until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the centre of the cake.
4. Meanwhile, make the glaze. Mix the sugar with the lemon juice and stir to a runny consistency.
5. Leave the cake to cool for 5 minutes in the tin, then lift out, with the lining paper still attached, and place on wire rack set over a tray.
6. Brush the glaze all over the surface of the warm cake and leave to set. Remove the lining paper and cut into slices to serve.

## Recipe Tips

**Tip 1:** It is important to spoon the lemon drizzle on to the cake while it's still warm so the lemon juice soaks in properly.

**Tip 2:** Lemon balm works well as an alternative for lemon verbena if you can't get hold of any, or you could use finely chopped lemon thyme leaves.

**Tip 3:** Sam's lemon drizzle cake can be stored in an airtight container for 3–4 days and frozen for up to a month.





# Hannah's Stuffed French Toast from USA

8 slices bread, cubed  
8oz. cream cheese, cut into chunks  
1lb. cooked sausage or ham  
1 dozen eggs  
2 cups milk



## Cooking Method

1. Place half the bread cubes in a greased 9x13 pan. Sprinkle cream cheese cubes and sausage or ham evenly over bread. Sprinkle rest of bread cubes on top.
2. Whisk eggs and stir in milk. Pour over all.
3. Cover with foil and refrigerate overnight.
4. Bake at 375°F for minutes.
5. Serve with syrup.





# Abdul's Parotta from India

200gms Maida  
(All-purpose flour)

1 egg

Salt to taste

Oil as per need

Water - as required



## Cooking Method

1. Take a vessel and put maida, egg, and salt into it. Mix the mixture by adding water little by little and make it like chapatti dough.

2. Apply oil on it and keep aside for 20 minutes. After 20 minutes, knead the dough by applying oil and make it soft.

3. Then make equal size balls using oil to keep it resting for 20 minutes.

4. Take one ball, spread it in a thin sheet, cut it in layers, and then roll it spirally in round shapes. Follow this step for all the remaining balls.

5. Then take one spiral dough ball and spread it gently with a palm or chapatti maker gently. Fry it on the tava (a flat pan) on both sides.

6. At last keep all the parotta one on the other pat it on all sides to get layers. Ready to eat.

Instead of Maida, you can also use Atta (Wheat flour).

# Pasqual's Pasta with chicken and Broccoli from The Netherlands



menu : pasta kip champignons broccoli room



snijplank snijden broccoli  
broccoli vergiet water  
pan water koken broccoli



snijplank snijden kip  
wok olie kip bakken  
wok theelepel peper zout



snijden champignons knoflook ui

wok champignons knoflook ui roeren

wok chili italiaanse kruiden roeren



pan water koken

pan spaghetti roeren

spaghetti vergiet



wok room roeren

wok geraspte kaas roeren



wok spaghetti broccoli

wok roeren klaar



The Deafblind International Youth Network (DbIYN) is part of a group of specialist networks that are recognised as one of the core activities of Deafblind International.

The youth network provides a global platform from which young deafblind people can form peer group friendships through experiencing a range of network events including holidays, short breaks, exchange visits and participating in conferences. Recently members have connected through the virtual 'Friends in Touch' programme, a lifeline to many deafblind youth isolated through the pandemic.

DbIYN publications have included 'a Glimpse of our World' and 'a Glimpse of our Covid World'.

This new publication focuses on a shared interest expressed by youth network members cooking and baking! With recipes from around the world, both traditional and original, they are guaranteed to stimulate the senses. Our creative members are ready to share their culture through food. I am sure you will enjoy tasting the results!

Simon Allison (DbIYN Coordinator)

For enquiries about DbIYN please contact [simon.allison@sense.org.uk](mailto:simon.allison@sense.org.uk)

