

# International Students Day 2025

## Intercultural Recipe Share



# Happy International Students Day!

Celebrating diversity and collaboration!

Happy international students' day 2025! As an international University, Glasgow is proud of our diverse campus and our inspirational student body! We are delighted to have put together a collection of recipes from around the world that remind us of the rich tapestry many cultures weave together.

International Students' Day has been celebrated every year on the 17th of November since 1941 to commemorate the bravery of the many international students who fought for rights and freedoms during WW II. Today, universities across the world continue to celebrate our international students, the impacts they make on our university and how we are all **#WorldChangers.**

Each recipe in this booklet has been suggested by a student or staff member, stretching from here in Scotland, to many countries around the world!

We encourage you to try out the recipes and connect with the culture and stories alongside each dish, we hope you gain inspiration and a lovely plate of food with it! Please make sure to check all your ingredients for allergens before cooking and eating!

Remember, many of these dishes serve groups of people, feel free to cut down the sizes of each recipe!

**With love and full tummies,**  
The UofG Communities team



# Revuelto Gramajo

## Argentina

Starter/Side/ Breakfast



Intercultural Recipe Share



Serves 1 or 2

### Ingredients:

- 2 potatoes (Vivaldi potatoes for the best result)
- 4 cups vegetable oil
- 2 Tbsp olive oil
- 1 onion, sliced
- 1 garlic clove, minced
- ½ cup of smoked ham, chopped
- 1/3 cup cooked peas
- 5 eggs, beaten
- ½ cup spring onion, thinly sliced
- Salt and pepper to taste.



### Instructions:

1. Peel your potatoes, and slight them into ¼ inch thick rounds, then cut each lengthways into match-stick shapes. Leave them to rest in a bowl of water for 5 minutes, drain then dry with paper towels.
2. Heat your vegetable oil in a dutch oven (or other deep pot), over medium to high heat for around 5 minutes. Place in your potatoes and fry for 20 minutes, stirring a couple of times. Remove and drain on paper towels. To cut on this oil you may want to use an airfryer.
3. In a large pan heat your olive oil and cook the onion and garlic until the onion turns translucent.
4. Add your potatoes to the pan as well as your beaten eggs and cook for 1 minute.
5. Remove the pan from the heat and keep mixing until everything is coated in egg. Then add in your spring onions and mix to combine.
6. **Serve immediately and Enjoy!**

# Rarebit

## Wales

Starter/ Side/ Breakfast



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Serves 6

### Ingredients:

- 350g of cheddar (any type), grated
- 1 large egg, lightly beaten
- 2 tbsp of milk or beer
- 1 tsp Worcestershire
- 1 tsp English mustard
- Pinch of cayenne pepper
- 12 pieces of bread

### Fun rarebit Fact:

The first recording of rarebit was in 1725, however some believe it has been eaten in Wales for as far back as the 1500s!

### Instructions:

1. Set aside 1 heaped tbsp of grated cheese and mix the remaining cheese with the egg, beer/mix, Worcestershire sauce, mustard and cayenne.
2. Pre-heat the grill and toast your bread on both sides.
3. Spread your cheese mixture on the toast and sprinkle the remaining cheese.
4. Grill until the cheese is melted and it turns golden brown, serve immediately.

**5. Enjoy!**



# Poutine

## Canada

Main/ Starter/ Side

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Serves 3

### Ingredients:

#### Gravy

- 3 tbsp corn-starch
- 2 tbsp water
- 6 tbsp unsalted butter
- ¼ cup all-purpose flour
- 590 ml beef broth
- 295 ml chicken broth
- Salt and Pepper, to taste

#### Fries

- 3-4 medium Russet potatoes (or any kind)
- Any frying oil
- 1 – 1 ½ cups of white cheddar cheese curds. If unavailable torn chunks of mozzarella would be a substitution.



### Instructions:

#### Prepare the Gravy:

1. Dissolve your corn-starch in equal parts water and set aside.
2. In a pan, melt your butter sieve in your flour and cook. Continue to stir regularly for around 5 minutes or until it turns golden brown.
3. Add your broths and bring to the boil, continuously stirring with your whisk. Combine this with half of your cornstarch mixture and simmer for a minute or 2. If you would like the gravy to be thicker add small increments of the cornstarch mixture as needed.
4. Season with pepper and salt to your liking.
5. Keep warm or reheat when your fries are ready.

#### Prepare the fries:

1. Preheat your oven to 200°C or 180°C Fan.
2. Cut your potatoes into 1 or 2 into thick sticks, place into boiling water and boil for around 5 minutes or until they soften slightly.
3. Drain the potatoes and dry excess moisture with a paper towel.
4. Add your potatoes back to the bowl and add a tbsp of oil, toss until fully coated.
5. Spread the chips on a baking tray and cook for 20-25 or until golden brown, alternatively air fry until golden and crispy.

#### Assemble the Poutine:

1. Add your fries to a large bowl. Season with salt and add a ladle of your gravy to the bowl. Toss the fries and all more gravy until the fries are mostly covered.
2. Add your cheese curds and once again toss the fries and gravy.

#### 3. Serve and Enjoy!

# Caldo Verde

## Portugal

### Main/ Starter



Intercultural Recipe Share



Serves 6

### Ingredients:

- 1 Large onion, diced
- 2 tbsp of olive oil
- 5 garlic cloves, minced
- 1 chorizo, chopped
- 6 cups of chicken broth.
- 2 cups of Kale, chopped.
- 3 Large potatoes, peeled and cubed.



### Instructions:

1. Warm your olive oil in a deep pot and cook your chorizo until browned, around 3-5 minutes.
2. Place in your onions and season with salt, cooking them until they are translucent. Then stir in your garlic and cook for 2 more minutes.
3. Place your cubed potatoes into the pot and add the broth, bringing it to the boil – then simmer for 10 to 20 minutes or until the potatoes are almost tender.
4. Let it cool for a small period of time then blend the mixture together.
5. Add your Kale into the soup and bring it back to the boil, then simmer until tender (between 2 – 5 minutes).
6. Season with your preferred seasonings.

**7. Enjoy!**

# Maqulba

## Palestine

### Main Dish



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Serves 6

### Ingredients:

- 1 cup of Basmati rice
- 1 Tbsp of butter (or vegan substitute)
- 1 tsp of 7 spice (or all spice)
- ½ tsp of black pepper
- 1 ¼ cup of boiling water or broth.
- Tzatziki or Yogurt sauce (To your preference)

### For the ground beef mixture:

- 225 grams ground beef
- 1 onion
- ½ a teaspoon of all spice
- 1 tsp tomato paste
- ¼ tsp black pepper
- Own preference of salt
- 1 Aubergine (cut into lengthwise ½ inch slices)
- 1 tomato sliced



### Instructions:

1. Wash your rice until the water turns clear, then put in a large bowl with cold water and cover, leave this to soak for 30 minutes. Whilst the rice is resting, bake or fry your sliced aubergine to your liking.
2. Over medium heat, add oil and sauté your onion then add in your ground beef and spices – don't forget to mix well! Whilst cooking add in your tomato paste and mix everything together. Make sure to cook until everything is browned then set aside.
3. Preheat your oven to 200°C conventional or 180°C fan and line an overproof dish with parchment paper. Then arrange slices of tomato in the dish.
4. Add the already cooked ground beef mixture to the dish and then arrange your aubergines around the beef, skin side out.
5. Drain and spice your rice, adding your butter to the rice at this point. Then add to your dish, pouring the boiling water/brother over the top.
6. Fold your aubergines over the top.
7. Cover the dish and cook for 40 minutes in the oven
8. Once fully cooked remove the dish from the oven and let cool for 10-15 minutes.
9. Flip the dish onto a large plate, serve with your Tzatziki or Yogurt Sauce and **Enjoy!**

# Chicken Pot Pie

## The United States

### Main



Intercultural Recipe Share



Serves 12

### Ingredients:

- 4 Tbsp of butter
- ½ cup of diced onion
- ½ cup of diced carrot
- ½ cup of diced celery
- 3 cups of cooked and shredded chicken / turkey
- ¼ cup of flour
- 3 cups of chicken/ vegetable broth
- Splash of white wine (optional)
- ¼ tsp of turmeric
- ¼ cup of half-and-half cream
- 1 egg
- 1 unbaked shortcrust pastry sheet
- Salt and Pepper to own preference.



### Instructions:

1. Preheat your oven to 170°C fan or 190°C conventional oven.
2. In a large pot melt your butter over medium-to-high heat and add the onion, carrot and celery. Stir occasionally and cook until the onion turns translucent.
3. Stir your shredded chicken or turkey and sprinkle your flour onto it; stir until all 3 are combined. Allow this to cook for one minute and then pour in your broth (as well as your optional wine).
4. Stir the mixture, once it begins to thicken add your turmeric, salt, pepper and thyme to your own taste. Once all combined add your single cream, stir and let it thicken for around 3 minutes. If the mixture seems too thick add more broth. Once completed, turn off the heat.
5. Pour the filling into a baking dish and lay pie crust on to. Ensure that the edges of the pastry stick to the baking dish and cut small incisions across the pastry as air vents.
6. Mix your egg together and brush across the top to ensure a golden flaky crust.
7. Bake in the oven until the crust is golden and the filling is bubbling – this may take 25 to 30 minutes. To try stop the crust from burning you may want to cover the dish in foil for the first 15 minutes of cooking.

### 8. Enjoy!

# Caldo Verde

## Portugal

### Main



Intercultural Recipe Share



Serves 6

### Ingredients:

- 1 Large onion, diced
- 2 tbsp of olive oil
- 5 garlic cloves, minced
- 1 chorizo, chopped
- 6 cups of chicken broth.
- 2 cups of Kale, chopped.
- 3 Large potatoes, peeled and cubed.



### Instructions:

1. Warm your olive oil in a deep pot and cook your chorizo until browned, around 3-5 minutes.
2. Place in your onions and season with salt, cooking them until they are translucent. Then stir in your garlic and cook for 2 more minutes.
3. Place your cubed potatoes into the pot and add the broth, bringing it to the boil – then simmer for 10 to 20 minutes or until the potatoes are almost tender.
4. Let it cool for a small period of time then blend the mixture together.
5. Add your Kale into the soup and bring it back to the boil, then simmer until tender (between 2 – 5 minutes).
6. Season with your preferred seasonings.
7. **Enjoy!**

# Patatas a la importancia

Spain

Main



Intercultural Recipe Share



Serves 4

## Ingredients:

- 800g Potatoes
- 2 Eggs
- 100g Onions, diced
- 2 Garlic cloves
- 3 Tbsp olive oil
- 125 ml of white wine
- 0.5 g of saffron
- Salt to taste
- Fresh parsley
- Flour for coating

## Instructions:

1. Peel your potatoes and cut them into slices of around an inch, then salt the potatoes.
2. Coat your potatoes flour then dip it into your beaten egg. After this, fry each side until crispy on medium to high heat and set aside.
3. Sautee your onion in a deep pan and cook till translucent. Put your potatoes on top of the onion and add in your wine with some water until everything is covered.
4. Add in your chopped parsley, saffron and garlic and let it boil over low heat, the cooking should be slow to stop the batter breaking, this should take around 30 minutes.
5. Taste the sauce and salt to your liking.
6. **Serve and Enjoy!**

# Mac and Cheese Pie

## Trinidad and Tobago

### Main



Intercultural Recipe Share



Serves 6+

### Ingredients:

- 450 grams of macaroni
- 2 tbsp of unsalted butter
- 2 tins of evaporated milk
- 2 eggs, beaten
- 3 tbsp ketchup
- 2 tbsp mustard
- 2 tbsp of oil
- ¼ onion, grated
- 3 large garlic cloves
- 225 grams of grated sharp white cheddar cheese
- 450 grams of grated sharp coloured cheddar cheese
- 1 tsp paprika
- 1 tsp black pepper
- ½ tsp cayenne pepper (optional)
- 3 pimento peppers (optional)



### Instructions:

1. Preheat your oven to 190°C conventional or 170°C fan
2. Cook your pasta fully until the shells are soft and drain. Stir in your butter until the pasta is fully coated.
3. Whilst your pasta is cooking, whisk together your evaporated milk, eggs, ketchup and mustard and then set aside.
4. Heat the oil in a frying pan over medium heat and add your onion and garlic with your pimento peppers, fry for around 5 minutes and remove from heat.
5. Add this to your pasta alongside your black pepper, paprika, 1 tsp of salt and your cayenne pepper, and mix to ensure the seasonings are fully combined.
6. Pour in your milk mixture and stir it until coating the pasta. Then, add around ¾ of the cheese, a bit at a time and combine – the cheese does not have to be completely melted.
7. Transfer into a baking dish and top with your remaining cheese.
8. Cover the dish with foil and bake for 25 minutes. Then continue baking for around 20 more minutes or until it is golden brown.

**9. Serve and enjoy!**

# Crêpes

France

Dessert/Main



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Serves 6

## Ingredients:

- 140g plain flour
- 200ml whole milk
- 2 eggs

## Crêpe tip:

Crêpes can be savoury or sweet depending on your toppings, try a few out before you decide on your favourite!



## Instructions:

1. Sift your flour with a pinch of salt into a bowl and make a well into the middle. Break the eggs into the well and mix well. Mix 100ml of water and your milk together then add it in a steady stream, whisking constantly until all is incorporated.
2. Whisk until your batter is smooth and leave to rest for 30 minutes.
3. Heat a pan over medium heat and grease with butter. Use a ladle to pour around 2 tbsp of mixture onto the pan and swirl it until it is evenly distributed. Your pancake should be thin but thick enough to flip.
4. Cook for around 45 seconds each side or until they are golden, then use a spatula or palette knife to flip.
5. Slide the pancake onto a plate and either serve immediately or stack on a plate with parchment paper in between.
6. **Enjoy!**

# Cranachan

## Scotland

### Dessert



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### Ingredients:

- 570ml double cream
- 85g porridge oats
- 7 tbsp whisky
- 3 tbsp honey
- 450g raspberries.

### Instructions:

1. Fry the oats until they are toasted.
2. Whip your cream until it is slightly stiff, then fold in all the remaining ingredients, leaving a few raspberries to top.
3. Garnish with raspberries and **Enjoy!**



# Kheer

## India

### Dessert



Intercultural Recipe Share



Serves 4

### Ingredients:

- 500 ml of Whole Milk
- 4 tbsp rice
- ¼ cup sugar
- ½ tsp of cardamom powder
- 2 tbsp cashews, chopped
- 2 tbsp raisins
- 2 tbsp almonds, sliced
- A pinch of saffron strands



### Instructions:

1. Wash your rice and soak it for 20 minutes.
2. Whilst your rice is soaking, pour your milk into a saucepan and boil at low to medium to low heat.
3. When your milk begins to boil, drain your rice and add it to into the boiling milk. Mix very well, then continue cooking the rice on low heat.
4. Set aside one tbsp of this milk and mix with your saffron strands.
5. Simmer and cook the rice until they are half cooked; the pan does not need to be covered for this. Add in your sugar and stir.
6. Continue to cook the rice until it is almost cooked, stirring occasionally.
7. Add in your sliced almonds, cashews and cardamon powder as well as your saffron infused milk, mix well.
8. Continue to cook on low heat, until the kheer thickens and the rice is fully cooked.
9. Turn off the heat, whilst the kheer cools it thickens more. Add your raisins pour into individual serving bowls.
10. **Serve (hot, warm or chilled) and Enjoy!**

# Parkin

## England

### Dessert



Intercultural Recipe Share



Serves 6+

### Ingredients:

- 200g self-raising flour
- 100g rolled oats
- 1 tbsp ground ginger
- 1 tsp ground cinnamon
- 100g brown sugar
- 50g black treacle
- 100g golden syrup
- 100g unsalted butter
- 1 egg (beaten)
- 4 tbsp milk
- Use a small square tin if possible



### Fun Parkin Fact:

**Parkin is a traditional Yorkshire cake eaten on bonfire night and Yorkshire day for over 300 years!**

### Instructions:

1. Pre-heat your oven 150<sup>0</sup>c or 130<sup>0</sup>c and line your tin with baking paper
2. In a large bowl sift in your flour and oats and combine with your ground ginger, cinnamon and sugar. Stir until combined.
3. On low heat, melt together your butter, black treacle and golden syrup; stirring until it is smooth, be careful not to burn this!
4. Make a well in the centre of the dry ingredients and pour in the butter mixture, ensure it is all is evenly coated.
5. Separately, beat your egg and milk together then stir into the bowl mixture – stir until batter thickens.
6. Pour your batter into the tin and spread evenly. Bake for around 1 hour to 1 hour 15 minutes, or until a skewer comes out dry.
7. Allow the parkin to cool for 10 minutes and then transfer onto a wire rack or board to cool entirely
8. **Serve and Enjoy!**
9. (optional) for the best flavours store your Parkin in an airtight container for 2 -3 days before serving to allow the strongest flavours and a stickier cake!