



All TeaPakies As One

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A World Tour
Signed by TeaPak

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Chile

Located in South America, Chile is formed by a very long strip of land between the Andes and the sea, 4300 km long. The coasts of Chile are characterized by fjords and islets. The Andes mountain range is the typical feature of the Chilean territory. The most populated part of the country is a large valley between the Andes and the sea. Santiago, founded in 1541, is the capital of Chile. The official language is Spanish, the most widespread religion is Catholicism. The population is made up of 65% of mestizos, 25% of whites (descendants of Spanish immigrants), and 10% Amerindians. Catholicism is professed by 85% of the population. It was introduced by the Dominicans and Franciscans who came with the Spanish colonists in the 17th century. The Catholic Church has been separated from the State since 1925 with an agreement in the Constitution which also introduced freedom of worship. Ecumenism has been widespread in the country for decades; in fact the Catholic Church in Chile has entered into a form of collaboration with others religious institutions such as the Evangelical Church. This collaboration was concretely manifested with the celebration of the Te Deum on the 18th of September transforming it into a ceremony that is not only Catholic but open to all other Christian religions with the participation of Jewish, Islamic and Masonic representatives.

Chilean festivities

Religious holidays mainly follow the traditional Christian calendar. The original Holidays are:

Nuestra señora de Andacollo, also known as the Virgin of Andacollo, is a famous statue of the Virgin Maria located in the city of Andacollo, in the region of Coquimbo in northern Chile. The sculpture is the center of the annual Fiesta Grande de la Virgen (Grand Feast of the Virgin) which attracts thousands of pilgrims from all over the world during the month of December. The small wooden statue of the Virgin Mary is said to have been



found by a local native nearby the mines of Andacollo at the beginning of the conquest period. There are many explanations for how the statue got to where it was found. The most accepted is that it was left there by a Spanish soldier or by priests who escaped with the statue after the 1549 attack on the city of La Serena by the indigenous population. After four centuries of veneration in Andacollo and devotion from beyond Chile's borders, the 15th of July 1899 Cardinal Mariano Rampolla del Tindaro decreed, by order of Pope Leone XIII, the canonical coronation of the statue. The decree was implemented by the Claretians, who assumed the custody of the sanctuary in 1900, and the crown and jewels were paid for the most part by local fundraisers. The statue of Our Lady of Andacollo was crowned on December 26th 1901. Four churches have been built for the Virgin over the years. The first was built in the 16th century and the second in the 17th century, but this lasted only until 1776. The third church, built in the 18th century after undergoing numerous repairs for earthquake damage, is where the image of the Virgin now resides for most of the year. Finally, between 1873 and 1893, a new church was built and declared a minor basilica by Pope Giovanni Paolo II, the Basilica of

Our Lady of Andacollo. The city of Andacollo is visited every year by thousands of Chilean and foreign pilgrims, most of whom come for the Fiesta Grande de la Virgen (Great Feast of the Virgin) that takes place in December. La Fiesta Grande, full of colors, dances and music performed by numerous fraternities and dance groups, takes place in the Basilica of Our Lady of Andacollo. It begins each year on the 23th of December and lasts at least five days, during which the statue is dressed in its crown and special gold-embroidered clothes, then carried in a solemn procession to the basilica accompanied by groups of dancers and pilgrims.

La Fiesta de La Tirana is a religious celebration that is held every year in the city of Tirana, Pozo Almonte, in the region of Tarapacá, Chile. The festival is held every July 16th, in honor of the Virgen del Carmen. This religious holiday was recognized by Pope Francesco during his apostolic visit in Chile in January 2018, where he also crowned the blessed image of the Virgin in Iquique. The festival is the largest religious festival in Chile's Norte Grande and the most popular in the country with almost 300,000 visitors gathering in this town of about 800 inhabitants during the week of celebrations. The celebration of Tirana is an Andean festival related to Pachamama linked to the Virgin of Copacabana, by workers and farmers. Its origins as a mining holiday come from the Aymara workers who worked in the copper and silver mines of Huantajaya, Santa Rosa and Collahuasi. The celebrations usually start on July 10th, the dancers dance day and night and many celebrations and rituals take place in the sanctuary until July 15th, the day that all the worshippers wait for because it is when "La Víspera" is celebrated. The mass is held in the Plaza del Tiranno and attracts more than 200,000 worshippers who come to venerate the Virgen del Carmen. When the clock strikes 00:00 on July 16th, fireworks explode and the party reaches its climax with music, dancing and singing to celebrate the birthday of the "chinita". Once the celebration of waiting for July 16th is over, the dancers in the sanctuary greet the Virgin singing "El alba" (the sunrise). After the sunrise greeting, the dancers start dancing and dancing in the streets of the city, so that on the morning of July 16th in the square of la Tirana the main celebration

takes place: the descent of the Virgin with thousands of ribbons the color of the Chilean flag covering the square, the mass of the feast day with the participation of several political and ecclesiastical authorities, the procession with the image of the Virgen del Carmen through the main streets of the city, where thousands of dancers and believers sing for more than 8 hours to express their faith to the Virgen del Carmen. After the procession, the religious dances continue for a few days until July 19 when the mass with the Blessed Sacrament is celebrated in the temple.

Dances that are practiced during the day of celebration:

Antawaras: They are dances performed on tiptoes and with the arms raised, originated in the Inca ceremonies of worship of the Sun, which explains the invocative character of the arms towards the sky. The men dance with clothes in decorated uniforms, a hat of felt, generally cream-colored and a thin poncho decorated with sequins and colored wool. Women wear skirts, ornate blouses, felt hats and flat shoes.

Chinese: Brought from the sanctuary of Andacollo, they are of post-Hispanic origin. They are an expansive dance, characterized by jumps and balance exercises. They wear costumes reminiscent of the



region's old miners, specially embroidered in caramel brown, with their culeros at the waist and capachos (pieces of leather to carry the ore) on the back. The music is based on monochord aero instruments and a tambourine. Although it is traditionally a male dance, today there are some women too, currently the religious society "Baile Chino" is the oldest of the festival.

Chunchos: mixed dance of Bolivian origin; dancers describe circles, with long strides and leaps, and they carry a wooden spear in their hands, called "chonta", connected to a taut cable that allows them to strike with the wood generating a characteristic soft sound. It is accompanied by

whistles, drums and snare drums, and in recent years percussion and brass have been added. The costumes, uniformly colored, are adorned with colored feathers and in some cases a plume is worn on the head.

Diabladas: they are the most colorful for the decoration of their costumes and their attractive dance moves. They are inspired by the Bolivian diablada, which is also danced in the famous Fiesta de la Virgen del Socavón in Oruro Bolivia. The diablada was introduced in the second third of the 20th century. It is primarily based on the worship of their "God", they dress in the likeness of the god they love. At night, the men's masks are illuminated with lights that fill the Pampan night with color.

Gypsies: As the name says, the dance evokes the traditions of gypsy groups, with colorful costumes and the use of handkerchiefs (in the case of men, it is worn stretched behind the shoulders). The women accompany the music with tambourines.

Indians: these dances were born under the influence of the American cinema. The dances imitate representations of North American Indians (like Apache and Sioux). The costumes are made of long headdresses and headbands of feathers and the use of spears to mark the rhythm of the music. At night, large bonfires are built around which people can dance.

Kayahualas: also of Andean pre-Hispanic origin, it mimics the horse trot. Dancers perform steps with knees and toes raised in camouflage and choral dances. The men wear colored trousers decorated with glitter and a breastplate with an ornate cross. They also carry a decorated umbrella. Women wear a skirt, a felt hat and decorated shirts. The dance is native to Bolivia and Peru, it was the first fraternity that inspired its rite in a Bolivian folkloric dance around 1973 being the first fraternity from the city of Arica.

Morenos: This dance is very characteristic of religious festivals in northern Chile and it represents the slaves, the native people of northern Chile (miners) who were forced to work for the colonizers. They use a rattle to simulate the clanking of the slaves' chains, both in celebration and in isolation. The festival is usually celebrated from July 10th, during all

those days the dancers dance day and night without stopping, various celebrations and rituals take place in the sanctuary until July 15th, the day that all the believers wait for because "La Víspera" is celebrated. The mass is held in the Plaza del Tiranno and attracts more than 200,000 worshippers who come to venerate the Virgen del Carmen. When the clock strikes 00:00 on July 16th, the fireworks explode and the party reaches its peak with music, dances and songs to celebrate the birthday of the "chinita". Once the celebration of waiting on July 16th is over, the dancers in the sanctuary greet the Virgin by singing El alba (the sunrise). After the sunrise greeting, the dancers begin to dance and dance their way through the streets of the city, so that on the morning of July 16th in the square of La Tirana is celebrated the descent of the Virgin from her dressing room with thousands of ribbons of the color of the Chilean flag covering the square and afterwards the mass of the day of the festivity is celebrated with various political and ecclesiastical authorities to then celebrate the procession with the image of the Virgen del Carmen through the main streets of the city, where thousands of dancers and faithful sing express their faith at the Virgen del Carmen for more than 8 hours. After the procession the religious dances say goodbye until next year, a farewell that lasts until July 19th where the closing mass with the Blessed Sacrament is celebrated in the temple.

The legend of the tyrant

According to some, the legend was collected and divulged by the historian Rómulo Cúneo Vidal Diego de Almagro. On his journey to discover Chile from Cuzco he brought in his troop a prince prisoner of the Inca culture called Huillac Huma, who was the last remaining priest who worshipped Inti; with him there was his beautiful daughter called Ñusta Huillac. When the troop found themselves nearby the current city of Pica, many of the Yanaconas Inca fled to the pampas of Tamarugal, including Ñusta Huillac and her father. Taking refuge in the forests of tamarugo, Ñusta Huillac organized a rebellion to re-establish the power of her nation. They were so afraid of her that they called her "Tirana del Tamarugal" (Tyrant of the Tamarugal). One day she met a young

Portuguese named Vasco de Almeyda who had gotten lost on his way to the "Mina del Sol". The inevitable love story between the beautiful queen and the Portuguese was immediate. When their affair was discovered, they were both sentenced to death. When the soldiers learned of their relationship they attacked them with a "Rain of arrows"; Almeyda, with the aim of making their love last forever, convinced Ñusta Huillac to be



baptized so that after their death, they would be together forever in the afterlife. Both were discovered during the ceremony and killed by the natives. In 1540, Brother Antonio Rendón was in the village of "La Tirana", he found a cross, and to honor the couple he built a chapel under the name of "Nuestra Señora del Carmen de La Tirana".

Typical sentences in Chilean

Ciao → Hola

Buongiorno → Buenos días

Buone feste → Felices fiestas

Buon compleanno → Feliz cumpleaños

Chilean recipes

Chilean cuisine is the result of the fusion of three different gastronomic traditions: the Indian one, the Spanish one and the French one. The Indian tradition is still alive, especially in some parts of the country, and it is expressed through the importance given to corn, spicy flavors and spices. The Spanish influence is especially evident in fish recipes, which are specifically similar to those of Andalusia. The French influence, finally, is expressed in a strong attention for the esthetical impact of some recipes, as well as in the production of sweets.

Empanadas Chilenas

Preparation

Mix the flour with the egg yolks and the salt. After a few minutes of processing you will have obtained a soft and uniform dough ball, wrap it in baking paper and let it rest in a bowl covered with a tea towel for about an hour. Separately, in a casserole put the onion with a little oil and let it cook well. Then add the minced meat, raisins, spicy and sweet aji, cumin and salt. Let everything cook for about 50 minutes on low heat. Let it cool down (the "pine" can also be prepared the day before). In a small saucepan, harden 3 eggs for about 12 minutes. Take the dough, roll out a sheet with a rolling pin and cut out discs of about 15 centimeters in diameter. Brush with whisked egg. Fill them with part of the filling and lay a slice of hard-boiled egg adding some olives on the top. Brush the edges with milk to make it easier to close them halfway, then brush with beaten egg before baking at 190°C for 40 minutes. The oven will need to be preheated. Empanadas are excellent both hot and cold.

Ingredients

For the dough:

250 g. of 00 flour

2 egg yolks

A pinch of salt

For the stuffing:

5 large blond onions peeled and cut into small pieces

400 g. minced beef

2 tablespoons of sweet aji.

1 tablespoon of spicy aji.

1/2 tablespoon of cumin

100 g. of raisins

200 g. pitted black olives

3 hardboiled eggs

Salt q.b.



Curiosity: Aji is a hot sauce which often contains tomatoes, coriander, hot peppers (aji) onions and water, which is included in the composition of many recipes of Latin American countries. When the main ingredient is red pepper, the sauce is called ajíaco.

Charquican

Preparation

Cut the meat into cubes or grind it coarsely. In a saucepan, fry it in oil for 10 minutes and add the potatoes, the pumpkin cut into cubes, the onion cut into squares, the chopped garlic and the seasonings. Cover with boiling water and cook until the potatoes are well cooked. With a spoon then mash the potatoes and squash to partially unmash them. Serve in dishes "sprinkled" with chili powder and served with a marinated onion and marinated green chilies.

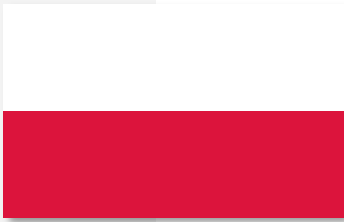
Ingredients

500 g of beef
1 large onion
4 big potatoes
250 g of pumpkin
2 garlic cloves
1/2 cup of oil
2 teaspoons of chili powder
2 teaspoons of pepper

1/2 teaspoon of oregano
a pinch of cumin
1/2 teaspoon salt



Poland



Poland, officially called Republic of Poland (in polish: Rzeczpospolita Polska, in common language Polska) is

a country located in Central Eastern Europe, a member of the European Union, NATO and the UN. Poland has a population of 38 485 779 inhabitants and an area of 312696 km². The major city, which is also the capital, is Warsaw (in polish: Warszawa). It is bordered to the west by Germany, to the south by the Czech Republic and Slovakia, to the east by Ukraine and Belarus, to the northeast by Lithuania and the Russian exclave of Kaliningrad; in the north it is bordered by the Baltic Sea. Poland, even though it flaunts its army, is the less safe place to stay when a war breaks out. Historically, it is the first country to be invaded and divided (during World War II, Germany and Russia have been the last example). Because of this situation, Polish culture has become more nationalistic and the red and white flag is seen as something to defend against foreigners who want to destroy their country's identity and culture. The period of communism (PRL) was marked by the interference of Russia and the regime's police force, that stifled any form of free initiative. Any form, except the Catholic religion: Benedictine monasteries, Cistercians, Dominicans, Franciscans etc. continued to keep the Roman Catholic religion alive and represented the only form of opposition to the regime's propaganda. With Pope Karl Wojtyła, later known as Giovanni Paolo II, catholic Poland received fundings to fight and emerge from communism. Christianity, and in particular Catholicism, is therefore seen as a form of nationalism because it preserved Polish culture.

Polish Festivities

Religious holidays mainly follow the traditional Christian calendar.

Christmas: Christmas is perhaps one of the most important religious holidays in the whole nation, celebrated everywhere. In contrast to other countries, where the commercial aspect of the holiday prevails, Christmas in Poland has a significant religious aspect, which can be seen

in some of the customs that have been passed down for generations.

The Polish term for Christmas is Boże Narodzenie, which literally means “the birth of God”, and the wish used is *Wesołych Świąt!*.

During Advent, in Poland the *roząty*, masses held at six in the



morning in a church where everyone lights a candle, are celebrated. The day before Christmas Eve (in Polish *Wigilia*), people have to fast for 24 hours, until the first star appears in the sky. Tradition places particular relevance on Christmas Eve when families must gather for dinner, which in the past included an odd number of courses (generally thirteen), while the seats at the table had to be even, as one of these was reserved for a possible guest. Moreover, the menu does not include any meat dishes but only vegetarian ones, for a total of twelve courses which represent a form of good luck for the months of the year to come. For the most symbolic part of these religious celebrations, in Poland the preparation of the nativity scene or *szopka* has a role of primary importance. In Krakow, an annual competition is held in which the most beautiful nativity scenes are awarded. One of the nativity scenes form is the so called “puppet nativity scene”, once set up by priest, whose origins date back to the eighteenth century. Before the introduction of the Christmas tree (which took place during the eighteenth century), there was a rather similar custom, that of *podłaźniczka*, custom of hanging the top of a fir tree on a beam or on the barn’s door. Other typical Christmas decorations are

pajaki, made up of stars or decorated eggs.

Easter: Easter is followed by people all over the country and is preceded by Wielki Post (Lent), during which people observe a period of fasting. Everyone is involved, families and cultural associations. It is customary to cook and then decorate Easter eggs (called *pisanka*) with pastel colours and you will find them in the numerous baskets put up in the shop windows for display or sale, and in these baskets you will also find sausages, bread, horseradish and sweets. There are numerous legends

about this this tradition, but one of the oldest and most famous is certainly one dating back to the 10th century which claims that it was introduced by St Magdalena. Another special aspect of Polish Easter, which distinguishes it from other religious festivities, is that on Holy Saturday food is blessed: believers bring small baskets filled



with *święconka* (literally "food to be blessed") to church on Holy Saturday, in which one can find the decorated eggs symbolising life, fertility, strength and youth, but there are also sausages, cheese, bread, horseradish, salt and the sugar lamb. Furthermore, Easter Sunday is celebrated by going to the church in the morning, where a solemn mass is held, dating back to the medieval

traditions; after returning home, the families gather at the table to eat the blessed food, but only after saying a prayer, exchanging good wishes and sharing eggs from the basket. Finally, on Easter Monday people throw water balloons at relatives and passers-by, but also at



those they don't know: throwing water is a remembrance of pagan

practices and the symbol of the awakening of nature to life and the ability to continue to maintain the Earth's cycle. Even today, peasants of the southern regions of Poland throw holy water on the fields, to ensure fertility of the soil and luxuriance of the crop.

Typical polish phrases

“Patrzeć na coś przez różowe okulary” – This polish expression means “to see things with a positive light”, or “to look for the positive.

“Czuc do kogos miete” – Means “to feel mint for someone”. What kind of expression is this? Well, maybe you've already guessed it, it means “having a crush”, attraction.

“Raz na ruski rok” – here there is another example of a polish expression that evokes rarity, in the sense of frequency. It is pronounced when something happens very rarely, like the phrase "once in a blue moon" in English.

Good morning → Dzień dobry

Happy holidays → Wesolych Świąt

Happy birthday → Wszystkiego najlepszego z okazji urodzin

Polish recipes

Polish cuisine is particularly rich and owes its variety to the influence of different ethnic groups that have coexisted for historical reasons on the territory of present-day Poland: Jews, Ukrainians, Belorussians, Lithuanians, Russians, Germans, Czechs, Austrians and, yes, even Italians. Typical, regional, PDO and PGI products, genuine flavours and the use of local products stand out, but also new trends and the recovery of ancient recipes. The 16 regions of Poland all have their own peculiarities, naturalistic variety, landscape and different historical experiences, therefore there are 16 different cooking experiences. Not only pierogi (the undisputed kings of Polish cuisine!), but also meat, fish, excellent desserts, local and traditional products that are closely linked to the region... traditional recipes, but also reinterpretations in the new ancient cuisine style, by young chefs who seek inspiration from forests, mountains, lakes and the sea. The Polish gastronomy is in turmoil and reflects the territory from which it originates,

from south to north, from east to west of an extraordinarily varied country, whose cuisine is a reflection of its natural, historical and cultural complexity.

Barszcz czerwony

Ingredients

4 large beets
1 large red onion
1 celery rib
2 bay leaves
1 garlic clove
2 tablespoons dried vegetables

1 tablespoon marjoram
2 tablespoons lemon juice (or vinegar)
1 teaspoon sugar
2 tablespoons cooking cream
Salt and pepper to taste

Preparation

Peel the beets, carrots and onion, and cut them into slices. Clean all the other vegetables and cook them in cold water adding marjoram, ground black pepper and salt. Add lemon juice or vinegar. The latter will let the beet's juice remain nice and red and not turn into copper colour. Let it cook for forty to fifty minutes, until the beets have released all their red juice, which will be the predominant colour of the broth. Drain the vegetables and the broth will be nice and red.



Pierogi (dessert)

The origins of pierogi are controversial. Some legends claim that this dish was imported by Marco Polo's expeditions to China. Other stories claim that pierogies were brought to Poland by St Hyacinth of Poland from Kiev (Ukraine). The origins of the dish date back to the Middle Ages. As early as the 13th century, pierogies were daily on the tables of Polish courts, and were, in a poorer version, the commoners' meal. Today they are an indispensable part of Polish cuisine and are never missing during the Christmas holidays. On this occasion, the dish is prepared without meat; especially during Christmas Eve dinner pierogis are served as one of the twelve traditional dishes.

Ingredients

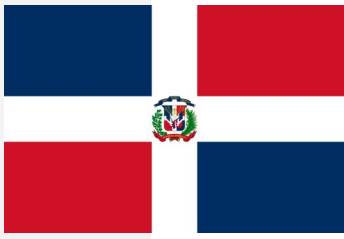
2 glasses of flour
2 eggs
Milk
50 g Butter

200 g Cow's milk ricotta
1 pinch Salt
Cinnamon powder
150 g Breadcrumbs
Brown sugar

Preparation

First of all, for the preparation pierogi, we are going to make a nice homogeneous and compact dough on a pastry board with flour, eggs, milk, some of the butter (about 30 g previously removed from the fridge and left to soften for a little while, because we will melt it by kneading it with the hands) and a pinch of salt. Once we have obtained the dough, we will flatten it on the pastry board with a rolling pin. The dough shouldn't be too thin, like classic ravioli or tortellini. about 3/4 mm will be fine. Then, we cut the dough with a pasta cutter to obtain circles. We re-knead the leftover dough, re-roll it and make other circles, and so on until we have used all the dough. With these ingredients we will get about 12 circles and consequently 12 pierogis. Then, crush the ricotta with a fork, adding some sugar. With a teaspoon lay the ricotta on the circles obtained, this will be the stuffing, and close them, giving them the characteristic shape of a half-moon (as you can see in the picture). In boiling salted water, we cook the pierogis. As soon as they rise to the surface, they are ready (it will take about 5 to 6 minutes). In the meantime, toast the breadcrumbs with the remaining butter. Of course, if the butter is not enough, add some more, until it has a nice amber colour. When the pierogies are cooked, we drain them with a perforated ladle and put them in the pan with butter and breadcrumbs, until the breadcrumbs are stuck to the dough of the pierogi. Add brown sugar and cinnamon powder and serve.





Dominican Republic is a democratic nation with a population that exceeds 10 million inhabitants and a territory that extends over 48,442 square kilometers, about the double size

of Sicily and few less of Costa Rica. Its wonderful coasts overlook the Caribbean Sea to the south and the Atlantic Ocean to the north. Six millions tourists visit the Dominican Republic every year, in addition to the 830.000 cruise ships passengers making a stopover in its ports. Quisqueya “Mother of all lands” as the Dominicans affectionately call their homeland, has many primacies. Cristoforo Colombo landed there in 1492, ending his travel and founded there the first permanent Spanish settlement in the “New World”. The fertile ground and the large amount of gold veins convinced the great explorer to elect the island as his residence in the region. Afterwards the Spanish Crown used it as the starting point for their own conquests in the Caribbean and in North America. Santo Domingo, first capital in the Americas and now the Dominican Republic capital, is continuing to grow, at the same time protecting its history and the original Spanish architecture. The Roman Catholic Christianity is the religious group with the largest following in the country. The Church has immensely contributed to the social-economic development of the Dominican Republic through the projects that launched, specially before the independence of the country. Between those project there are schools and hospitals. The Church was on the forefront for a proper governance and responsibility, especially through its Catholic Bishops Conference. The Protestant Christianity is also very significant in its

Dominican Republic

members and it is growing fast. The Catholic imprint in the country is mixed with many elements of the traditions of the native people and other religious practices from outside, especially from Western Africa. The Church easily adapted itself with some of the native cultures and incorporated them in its liturgy. Nowadays the Roman Catholics are the 75% of the whole population in the country.

Dominican Celebrations

Religious celebrations mostly follow the traditional catholic calendar. However there are some original celebrations as:

La Semana Santa (The Holy Week)

The Holy Week begins on Palm Sunday and ends on Easter Sunday. In this week, Catholics live the Easter Triduum: Passion, Death and Resurrection of the Christ. On Palm Sunday people accompany Christ when He enters in Jerusalem riding a donkey. There is a procession with the palms blessed during the mass, remembering Jesus' triumphant entry. There is joy but it



represents “the entrance in the death, in the pain, a signal of redemption”. Days after, the Holy Thursday, they celebrate the Holy Communion, remembering the institution of the Eucharist and the ritual of the washing of the feet. They meditate on the pain: It is the day before Jesus Christ arrest and crucifixion. At the end of the Mass, the tabernacle where the consecrated hosts are stored remains open and empty and those are brought to a “rest altar”, in front of which the faithfuls stand adoring. The church is let without candles. Dark clothes cover the decorations. Then there is the Good Friday focused on Christ passion and death. People make a spiritual pilgrimage, the “Way of the Cross” and at 3 pm, the approximate time of Christ death, in every parish the cross is

venerated kissing it or genuflecting in front of it. On the Holy Saturday Jesus is dead and there is no Mass. The pain of the Virgin Mary is accompanied by vigils and fasts. The Holy Week ends with the Easter day that fills everything with the joy of the Resurrection and it is greeted with jubilation, hymns and beautifully decorated churches... Finally there is feast and happiness, the church is full of joy: Christ won sin and death. In these feasts there is the traditional gastronomy of the holy week, the culinary customs including the foods allowed during the sacred period of Christianity that, from the liturgical point of view runs from Palm Sunday to Easter Sunday. In every country (where there is a Catholic group or representation), usually there is a number of dishes, or preparations, characteristic of this date, which, as a general rule, do not include meat, due to the abstinence observed during this period. In the case of the Dominican Republic, we cannot neglect the traditional dessert *Habichuelas con dulce*, different types of fish dishes, the *moro de guandules*, the *habas con dulces* (very similar to the *Habichuelas con dulce*), the *chacá* (a corn-based dish, typical of the southwestern region), sweet potato jelly, among others. It is evident that the socio-cultural traditions of Caribbean countries mark a differentiation in some solemn or religious celebrations, despite the faith and religious belief of the Dominican people, the Holy Week has a tropical and religious nuance.

Our Lady of Altagracia

Dominican people consider Our Lady of Altagracia their protective and spiritual mother, the patroness of the Latin America essence. She was given the name of Altagracia because no one, more than Her, who is the Blessed Mother, can give them, her children, a higher number of graces. Her feast is January 21, and being non-working day, many faithful devoted to the Virgin go on this day to venerate her, to her Basilica, coming from all parts of the



Dominican territory, including the islands. Tradition is that they go there on foot on a pilgrimage. On the eve night, families, couples and pilgrims, groups of friends walk in a procession, many of them doing a penance. The construction of the Basilica lasted from 1954 to 1971. Many people say it was built in the same place of an apparition of the Virgin, but there are several versions, one of which can even be traced back to Christopher Columbus. To demonstrate the fame of this sanctuary it is possible to say that at least 3 out of 10 women in the Dominican Republic were given the name of Altagracia and formerly it was also given to men if born on Saturday, or simply in January. Some historians say that the official feast of Our Lady of Altagracia is January 21st because, from that moment, was held the Battle of the Royal Sabana in the eastern part of the island of Santo Domingo, where the Spanish army, led by Miniel Antonio defeated the French army on January 21st, 1691. This victory is attributed to the prayers addressed by the Spaniards to the Virgin of Altagracia, and they later decided to celebrate the victory on this day of the year. But the historian Alejandro Paulino Ramos, says that the cult of the Virgin of Altagracia began in the mid-sixteenth century, in the area of Santo Domingo around the city of Higüey; the day of worship was August 15th, because on that date the image of the Virgin was brought to the island for the first time, and being the August 15th the feast of the Assumption of the Virgin, they did not want to overlap the two dates, so it was decided for January 21st.

Dominican recipes

The typical Dominican meals are a mix of the Tainos indigenous cuisine, of the Spanish and African gastronomic tradition. More recently, the influences of Haitian cuisine have also been added, *cocola* (this Dominican term generically indicates the population of Afro-Antillana), Arabic and Chinese. From this melting pot of cultures, traditions, ingredients and flavors, comes a varied and appetizing gastronomy, all to be tested.

Bandera

Ingredients

1 kg of beef cut into medium pieces
2 lemons cut in half
2 green peppers
1 small red onion cut into rings
2 tomatoes cut into quarters
7 tablespoons of extra virgin olive oil
2 tablespoons of concentrate tomato
1/2 tablespoon chopped garlic
1/2 tablespoon of sugar

Salt

450 gr boiled red beans
450 gr pork ribs
1/2 lt of water
1 small red onion, quartered
1 stock cube
1 tablespoon chopped celery
1 pinch oregano
salt
1 kg rice (preferably long grain)
1.5 liters of water

Preparation

Sprinkle the meat with pepper, salt and oregano. Add the onion and the green chili and let it marinate for an hour. Heat the oil in a large pot and add the meat. Let it sauté until the meat is browned. Add some spoonful of water to prevent it from burning. When the meat is soft, let the water reduce. Add more onion and chilli and let it sauté. Add water until the cooking sauce thickens. Heat 4 tablespoons

of oil. Add the pork and let it sauté for a few moments. Add the onion, tomato sauce, garlic, celery and herbs. Mix well and add 2 tablespoons of water. Add the stock cube when it has almost completely evaporated. Then add the beans and 750 ml of water. Stir regularly until a creamy consistency appears. Put the water, 3 tablespoons of oil and the salt in a pan and add the rice when the water is almost come to a boil. When the water has completely evaporated, let it on low heat for about 20 minutes, covering it with a cloth or aluminum foil, until it is perfectly shelled and dry. Season it with salt before serving.



Loerio

Ingredients

Olive oil

1 teaspoon of brown sugar

1 chicken cut into pieces

1 medium onion, diced

1 small green pepper, diced

A couple of chopped parsley sprigs

6 olives

3 tablespoons of tomato sauce

A pinch of coarse salt

500 ml of water

250 grams of basmati rice

Preparation

Put a deep pan over medium heat with a little of olive oil and sugar. Add the chicken when the sugar is caramelized, (this will give color to the chicken), add onion, pepper, parsley and cook for 15 minutes. Add the tomato sauce, salt and stir adding the water. When it boils add the basmati rice and stir occasionally. When the rice becomes dry, stir everything together. Cover with a lid and cook with low heat for 15/20 minutes until you get the desired cooking. While it is cooking, stir the rice to ensure it to cook evenly. Serve with salad and / or avocado.



India



India (in Hindi भारत, Bhārat), officially the Republic of India (in Hindi: भारत गणराज्य, Bhārat Gaṇarājya), is a federal state in South Asia, the capital is New Delhi.

With 3,287,263 km², India is the 7th largest state in the world in terms of surface area, while with around 1.390 billion inhabitants, it is the 2nd most populated after China. It is bathed by the Indian Ocean to the south, the Arabian Sea to the west and the Bay of Bengal to the east, it has a coastline that runs for 7,517 km and borders Pakistan to the west, China, Nepal and Bhutan to the northeast, and Bangladesh and Myanmar to the east. Its close neighbors, separated by the Indian Ocean, are Sri Lanka to the southeast and the Maldives to the southwest. It has a very rich plant and animal diversity and numerous protected habitats. The main Gods of the Hindu religion are Shiva, Vishnu and Brahma, also known for their predispositions to Create (Brahma), Preserve (Vishnu) and Destroy (Shiva).

Religion is divided into two main categories: Shivaism where the main god is Shiva and Vaisnavism

where instead we find Vishnu.

Indian festivities

The main festivals are Pongal (or Thai Pongal), Deepawali (or Diwali) and Navaratri.

Pongal is a festival of thanksgiving celebrated throughout southern India. The word "Pongal" comes from the Tamil literature and its literal meaning is 'to

boil'. Pongal is also the name of a rice dish, which is prepared for this festival. Basically it is a festival of the harvest and is the only one that follow the solar calendar. It is celebrated on January 14 each year. Pongal



marks the beginning of the sun's movement northward for a period of six months. It is considered auspicious as opposed to the southern movement of the sun. This festival marks a very auspicious occasion, like the day when God rises after a six-month long night. According to legend, Lord Shiva once asked his bull, Basava, to come down to earth and ask people to eat once a month, have an oil massage and a bath every day. Although unintentionally, by mistake Basava announced that everyone should take an oil bath once a day and eat every day. The anger of Lord Shiva was such that he banished Basava to live on earth forever. Here on earth, he would be required to help people and produce more food. This may be the reason for the cattle association to this day.

The celebration is spread over three days:

- The first day is dedicated to being with family and it is known as Bhogi Pongal.
- The second day is dedicated to the adoration of Surya, the Sun God, known as Surya Pongal. On this day, milk boiled with jaggery (non-refined sugar) is offered to the Sun God.
- The third day, Mattu Pongal, is the day of cattle worship, also known as Mattu. The cattle are washed and cleaned, their horns are polished with bright colors, and they are garnished with flowers. The Pongal offered to the gods is then offered to the cattle and birds.

The festival of lights Diwali or Deepawali "string of lights" or "necklace of lights", takes place on the new moon of the month of Karttika, between October and November, and during this occasion, candles are lit

everywhere to illuminate the dark night in honor of Lakshmi, goddess of luck, bride of Vishnu, and it is tradition to exchange gifts. In southern India, Dipavali is believed to be the day that Krishna killed a demon, Narakasura, ensuring the triumph



of light over darkness. In many regions of India on the morning of Dipavali people get up before sunrise for a ritual bath; it is in fact a widespread belief that on that day the waters of the Ganges are present in all waters. It is also customary that new clothes are worn on this day.

The celebration is spread over five days:

- The first day of Diwali is dedicated to the goddesses Lakshmi and Parvati, who are invited to visit homes and bring blessings and prosperity: for this reason doors and windows are left open. Businessmen and merchants close their accounts, pile coins on the ledgers and place on them the image of Lakshmi, goddess of wealth
- The second day is dedicated to gaming, especially dice gaming. Men and women play together, celebrating the reconciliation of Shiva and Parvati, who love board games
- The third day, full moon, is dedicated to the commemoration of Vishnu's victory over King Bali. This day also goes by the name of Lakshmi-puja literally "worship of Lakshmi", as the goddess is worshiped in the evening, after a day of fasting.
- On the fourth day, the real Diwali, the lamps, small clay bowls filled with oil, are lit and placed in rows inside the houses, on the terraces and on the walls of the gardens to remember the return of Rama to Adyodhya after fourteen years of exile, and his consecration as king. It is the day on which the new financial year begins.

- The fifth and last day of Diwali is called Yamadvitiya, because Yama had lunch with his sister Yamuna. It is customary for the men of the house to have lunch with their sisters or other women in the family and receive gifts.

Navaratri (Sanskrit: नवरात्रि), which literally means the "nine nights" also pronounced Navratri or Navarathri is a Hindu festival that lasts 9 nights and 10 days and celebrates autumn each year. It is a holiday dedicated to the worship of the Devi or Śakti, the divine Mother, the feminine expression of God. It is celebrated with devotion in different parts of India. In theory there would be 4 seasonal Navratri although in practice the festival is held after the fall monsoon called Sharada Navratri and it is the most observed in honor of the goddess Devi (Durgā). It is celebrated during the Hindu month Ashvina, corresponding to the months of September and October.

Each day honors a particular aspect of the Divine Mother and gives the orientation of the day's energy. These aspects are known as the "Nava Durga" (the nine names of Durga).

- Day 1: Shailaputri - Daughter of the Himalayas, wife of Lord Shiva
- Day 2: Brahmacharini - The one who practices chastity and does penances. She personifies love and honesty
- Day 3: Chandraghanta - The one who is as beautiful as the moon. She personifies supreme bliss and knowledge
- Day 4: Kushmanda - the one who created the universe and brings goodness by suppressing evils and pains
- Day 5: Skandamata - Mother of Skanda, the leader of the armies fighting against evil. It is said that by His Grace, even the idiot becomes an ocean of knowledge
- Day 6: Katyayani - Daughter of the wise Katyayana, she who grants wishes
- Day 7: Kalaratri - She who is black as the night. Destroyer of darkness, evils and ignorance, she suppresses obstacles and fear

- Day 8: Mahagauri - The White Goddess, the one that purifies sins
- Day 9: Siddhidatri - The one who grants knowledge and great spiritual powers

During Navaratri, rituals are performed, dancing, singing, and observing customs and traditions that can be very different from each other depending on the geographical area and on the different traditions and customs of individual families.



Very common is the practice of modeling effigies of the Devi in pottery that on the tenth day are then immersed in water. Navaratri is also known, especially in northern India, as Durgotsava, the festival of Durga, in which the nine forms of Durga, She Who Is Hard to Win, are worshipped.

In many South Indian traditions, the first three days are dedicated to Durga, a divine expression of strength, of powerful energy capable of destroying the demons of selfishness and adharma; the following three days Lakshmi is worshipped, the expression of bounty, of the light that dissolves ignorance, of physical and spiritual prosperity. The last three days are focused instead on the cult of Sarasvati, expression of pure knowledge and art. Navaratri is a holiday especially beloved by women all over the world and of all ages; in fact, during these nine days, women are respected and venerated as the purest expression of the Devi, the Mother. In many traditions the women of the family are invited to sit in the house and they are symbolically worshipped as the Devi, they are offered food, grain seeds, new clothes, dances, etc. Navaratri also marks a new beginning for many, a moment in which one is purified of one's faults and begins again with revitalized and stronger spiritual energies. Navaratri is a holiday that brings benefits in so many aspects of a Hindu's life, from the practical, every day to the more subtle and esoteric. At the

Ingredienti

½ tazza di riso

1/3 di tazza di lenticchie gialle

2 tazze e ½ di acqua

½ cucchiaino di cardamomo verde
in polvere

1 tazza di latte di cocco

2 cucchiari di burro chiarificato

end of the nine nights, on the tenth day, the holiday known as dasahara is celebrated, which dissolves the ten faults or errors. This tenth day is also known as vijayadashami, "the tenth day of victory." This last name refers to a myth present in the puranas in which the birth of Durga and the origin of Navaratri is narrated.

Typical sentences in Indian

Hello → Vanakam

Good morning → Kalai Vanakam

Happy Holidays → Magalchiana vidumurai natkal

Happy Birthday → Pirantha nal valthukal

Indian recipes

Indian cuisine is characterized by a wide variety of regional and sophisticated styles, with use of herbs and spices, for example garam masala. Food staples are rice (especially in the south and east) and wheat (especially in the north). Among the spices coming from the Indian subcontinent and now consumed all over the world there is black pepper.

Chakkara Pongal

This is the traditional dessert to celebrate Pongal, the crop festival in India. Note: in India, instead of sugar, they use Jaggery, which is made from the concentrated juice of the flowers of arenga pinnata, a variety of palm tree.

Ingredients

1/2 cup rice
1/3 cup yellow lentils
2 1/2 cups water
1/2 teaspoon green cardamom powder
1 cup of coconut milk

2 tablespoons clarified butter 1
handful cashews
1 handful raisins
1/2 cup brown sugar (sugar native
of Asia)

Preparation

Roast the rice and yellow lentils in a non-stick pan. Add water and continue until half cooked. Then add the coconut milk. When the rice is almost cooked add the syrup, prepared by boiling brown sugar with water, and the green cardamom powder. Mix well and remove from the fire. Put the clarified butter in a non-stick pan, let it



Ingredients

250g whole yogurt
3 tablespoons of
honey
6 cardamom pods
1 pinch of saffron
30g almonds or
pistachios



melt and add the cashews and raisins and stir-fry until they are nicely toasted. Add them to the rice and heat until boiling. If you want you can add some almonds as well.

Shrikhand

Preparation

Mix well the yogurt with the honey and saffron. Chop the almonds or the pistachios with the cardamom, add them to the yogurt keeping a few teaspoons aside for decoration.

Ingredients	dry baking powder
2 cups yellow lentils	1 teaspoon paprika
1 cup white rice	
1 tablespoon	



Dosa

Preparation

Place the rice and lentils in a boule and rinse, changing the water 2-3 times. Then add a tablespoon of dry baking powder, the paprika and cover with fresh water 3 fingers above the surface. Let it soak for 12 hours. After the time has passed, blend the rice and lentil mix in a blender using their water. A smooth, homogeneous, not too saggy mixture should be obtained, like a slightly thicker paste. Put a crepe pan on the fire, heat it well, pour in two tablespoons of water and clean it well. Then pour about 2 scoops of the dough into the center of the crepe pan and gently spread in a circular motion from the center outward (you should see the bottom of the crepe pan). As soon as bubbles form, add 1-2 tablespoons of seed oil over the entire surface. When the spirals of the less thick dough have a golden-brown color, turn off the flame and wrap the dosa around itself. You can serve the dosa as it is or with vegetable curries, fish, chicken or even fill it, before turning it, with cheese, vegetables and sweet potatoes....



Albania

Albania, which is located on the Balkan Peninsula in the south-eastern part of Europe, is a small country bathed by both the Adriatic Sea and the Ionian Sea and crossed in its interior by the Albanian Alps. In the country there are many castles and archaeological sites of great historical importance. In the capital, Tirana, stands the important Skanderbeg Square, home of the National History Museum, where there are exhibits ranging from antiquity to post-communism. Another important place to mention in Tirana is the Et`hem Bey Mosque, rich in paintings. One of the main characteristics of Albania is that there are still several traditional villages there, which are usually very isolated, both in the plains and in the mountains. In fact every house or farmhouse is surrounded by cultivated fields or woods. The meeting place is the mosque, often located in the central area of the village and visible from afar. The main features of old Albanian houses may also vary from area to area. The most interesting construction is the "kulla", a tall, massive, tower-shaped building with very thick walls and tiny windows. It was a house that served mainly as a shelter and we find it in the interior of north-central Albania, where vendettas were widespread. In central Albania one will find houses built with sun-hardened clay bricks with a skeleton formed by poles or reeds where in the hills the clay is replaced by stone.

Albanian festivities

There are numerous festivals in Albania from both Christian and Muslim traditions.

The Day of Spring - Fingers and Verës

Dita and Verës ("the day of summer") is an Albanian national holiday. It is celebrated on March 14 every year in Albania, especially in the city of Elbasan, where the traditional typical ballokume



sweets are prepared. On the evening of March 13th people bring wild violets, fragrant karakafte and blades of green grass, heralding the arrival of the warm season. Grandmothers and mothers boil eggs (with the residual water they rinse their faces as a protection against the summer sun), prepare compositions with ballokume, hard-boiled eggs, walnut kernels and dried figs. The children compete to see who is the first to bring them to their neighbours and relatives as a sign of prosperity and abundance. The lunch, strictly packed, is eaten in picnics, to the sweet sound of traditional music. All this comes with the wish 'Për shumë vjet gëzuar ditën e verës!'. The girls wear bracelets of red and white braided threads, called 'verore' and take them off at the sight of the first swallow, expressing a secret wish.

The day of Nevruz - Dita and Sulltan Nevruzit

In March Albanians celebrate Nevruz. The term comes from the Persian word "new day" and marks the beginning of the new year. It is celebrated on the 21st or 22nd, that is on the Spring Equinox. The festival has very ancient origins. According to scholars it dates back to about 15,000 years

ago, in pre-Islamic times. The period of greater diffusion was with the Zoroastrian religion, linked to the celebrations in honor of the divinity Ahura Maszda, divinity of fire, of the Sun and of the rebirth of life. The holiday is accompanied by the general cleaning of the house, a symbol of the cleaning that man must do in his own soul. Very often



small bonfires are lit in the streets, because the fire, a legacy of the worship of Ahura Mazda, symbolizes power and life. A tradition followed by young people is to organize picnics with friends, while adults go to visit relatives, exchanging spring greetings. During the festival, families prepare kulaç, homemade bread baked with a coin inside; before eating it, it is cut into several parts and, according to tradition, whoever finds the coin will have good luck for the whole year.

Bajrami i Vogël

The day of the big Bajram (Bajrami i Madh) is a Muslim festival and marks the end of the month of Ramadan. Ramadan begins at a different time each year, falling progressively into a different season. This is because it is based on the Islamic calendar which



consists of 355 (so 10 days less than the solar year). Fasting from sunrise to sunset each day is the tradition of the month of Ramadan. The Albanian religious coexistence is also noticeable during Ramadan: everyone wishes each other well (Muslims, Catholics and Orthodox) and a typical feature of Albania during this period of fasting and purification concerns flute and tambourine players, who go around the streets of the

cities announcing, to the sound of the tambourine, the beginning and the end of the fast. Muslim children, with trays in their hands, give typical sweets to other children and in exchange, during the Easter period Christians give Muslim children the classic decorated eggs. Bajram, the final day of Ramadan, is also announced on national television and it is a big celebration that affects the entire population.

The day of the sanctification of Mother Teresa - Dita e Nënë Terezës

September 5th marks the beatification of Gonxhe Bojaxhi, the great Catholic missionary known to the world as Mother Teresa of Calcutta, who was born in Macedonia to a family of Albanian origin.

Flag and Independence Day - Dita e Pavarësisë

It was November 28th, 1443, when the Albanian hero Giorgio Castriota Skanderbeg, whose statue on a horse can be found in many cities around the world, decided to abandon the Turkish army and fight for the liberation of his native country. Accompanied by 300 men faithful to him, he abandoned the Turks and fought against them,



taking back first of all Kruja and then other territories in the name of Albania and Christianity. But the Turkish domination lasted for a long time, until 1912, when on the same day, Independence from the Ottoman Empire was finally declared, after the victory of the first Balkan war that also involved Montenegro, Greece, Serbia and Bulgaria. On this November 28th, Ismail Qemal raised the Albanian flag on a balcony of Vlorë and he was proclaimed Prime Minister. Albania was finally free and it was declared an independent state, losing however a good part of its territories that were incorporated into neighboring states. The third and

last event that reinforces the importance of this date took place in 1944. Scutari, the last city still in the hands of the Nazis, was liberated not so much because of a war intervention by the partisans, but because the Germans were already retreating and Scutari was the last city left in the hands of the Nazis. And here we come to the second day of celebration, November 29th, 1944, Liberation Day, specifically liberation from Nazi Germany, an occupation which took place in 1943 preceded by the Italian fascist occupation which was established in 1939. Albanian partisans, who began to resist already during the fascist period, little by little succeeded in taking back the biggest cities until the last one, Scutari.

Christmas

The spirit of family unity in Albania is very strong, and Christmas is spent with the family, having lunch, dinner and exchanging gifts, even if the story of Santa Claus is not widespread. An Albanian tradition is to prepare a sweet called "boklora" that is eaten during the Christmas lunch. In all the main squares of the cities stand a huge Christmas tree, the most famous one is without doubt the one in Tirana. Unlike Italy, in Albania New Year's Eve is more celebrated than Christmas. Along with turkey a typical dinner dessert is "baklava" made of sugar or honey and candied fruit.



Curiosity

Traditional Albanian clothing includes over 200 different types of clothing throughout Albania. This is due to the division of the Albanian principalities in the Middle Ages. Almost every region in Albania has its own



traditional dress. This is one of those in the Tirana area, also known as "Kostumi popullor i Tiranës".

Typical phrases in Albanian

Hello → Pershendetje

Good morning → Miremengjes

Good evening → Mirembrema

Religious greeting → Selam alekum

Toast → Gezuar

Albanian recipes

Albanian cuisine (in Albanian: kuzhina shqiptare) is the expression of the culinary art developed in Albania, representative of the Mediterranean cuisine, based on the importance of olive oil, fruits, vegetables, meat and fish. Culinary traditions of Albanian people are diverse as a consequence of environmental factors which are suitable for the cultivation of almost every kind of herbs, vegetables and fruits. Olive oil is the oldest and most commonly used vegetable fat in Albanian cuisine, produced since ancient times throughout the country, particularly along the coasts.

Hospitality is a fundamental custom in Albanian society, and serving food is an essential part of welcoming guests and visitors. It is not uncommon for visitors to be invited to eat and drink with locals. The medieval Albanian code of honor, called besa, led to taking care of guests and strangers as an act of recognition and gratitude. Albanian cuisine can be divided into three main regional cuisines. The cuisine of the northern region has a rural, coastal and mountainous origin. Meat, fish and vegetables are the focus of the northern cuisine. People there use many types of ingredients, which usually grow in the region including potatoes, carrots, corn, beans, cabbage

but also cherries, walnuts and almonds. Onions are also important components of local cuisine and added to almost every dish. The cuisine of the central region is rural, mountainous and coastal. The central region is the richest in vegetation, biodiversity and culinary specialties. It has Mediterranean characteristics due to its proximity to the sea, which is rich in fish. Dishes here include various meat specialties and desserts of all kinds. In the south, the cuisine consists of two elements: the rural products of the field, including dairy products, citrus fruits and olive oil, and coastal products, such as seafood. This region is particularly conducive to animal husbandry, as pastures and food resources are abundant.

Byrek

Ingredients

For the phyllo dough:

900 g of 0 flour

about 450 g of hot water (but do not pour it all at once and adjust accordingly if you need less or more)

9 g of salt

For the filling

400 g cow's ricotta cheese

250 g crumbled feta cheese

150 g Greek yoghurt

a little salt

1 large egg

Preparation

In a bowl mix the ricotta, feta and yogurt, a bit of salt and add the egg, mixing well. In another bowl pour the flour, water and salt and mix until you get a soft and elastic dough. From this dough make about 25 balls that you will cover with a cotton cloth and let it rest for about 30-40 minutes. With the help of a thin rolling pin, roll out each ball into a very thin, almost



transparent sheet with a diameter of 34 cm. Grease your cake pan and place the first sheet of dough inside, making sure that the edges of your dough stick out of the cake pan. Brush the pastry sheet with oil on the inside and put some ricotta cream on top. Cover with another 6 sheets of pastry brushed with oil and add another layer of ricotta cream, then the sheets brushed with oil and then again ricotta, repeat the operation for other 4 times in all. When the filling and sheets are done, close your quiche with the edges left out of the cake pan like a pie and brush the surface with oil. Bake in a hot oven at 200° for about 20-25 or until perfectly golden brown. Enjoy warm.

Halwa

Typical sweet of the festivities of the Muslim religion.

Ingredients

1 cup white corn flour
half cup of sugar
2 tablespoons of butter

700 ml of hot water

a handful of walnuts or other dried fruit

Preparation

First prepare the syrup by dissolving the sugar in hot water and put it on a low heat until it comes to a boil. In a non-stick pan melt the butter and add the cornflour and toast it until it takes on a nice amber color. Then add the syrup stirring with a whisk until everything becomes homogeneous and free of lumps and also the coarsely chopped walnuts. Then stir occasionally until all the water evaporates and the flour takes the form of a ball completely detached from the edges. With the help of spoons soaked in water make the shape as in the photo. Let it cool before eating.



Baklava

Ingredients

500 gr. of Fillo dough
200 gr chopped walnuts
150 gr chopped pistachios cinna-
mon powder to taste
180 gr melted butter

For the syrup:

50 gr of honey
450 gr sugar
300 ml water
2 tablespoons lemon juice

Preparation

Prepare the sugar syrup by melting it on the fire with water, honey and lemon juice. After a few minutes of cooking you will see that it becomes dense and that it veils your spoon: remove it from the heat and let it cool in the refrigerator. Brush the first sheet of pastry with melted butter and place on top 5 more sheets, each of which you will brush with butter. On these first 6 layers sprinkle the walnuts and pistachios chopped not too big; finish sprinkling with cinnamon powder. Cover everything with the other 6 sheets of pastry each and brush them with the remaining butter, including the surface of the last one. Take a knife with a sharp blade and cut the dough, until it touches the bottom of the pan, diagonally in both directions so as to obtain rhomboids. Bake at 180 degrees for about 40 minutes, just long enough for the dough to cook well and turn golden brown. Remove the Baklava from the oven and immediately pour the cold syrup over it, making sure that it fits well into the lines enclosing the rhombuses. Let it to cool.



Cuba



Cuba is the largest of the Caribbean islands. It is situated just south of the Tropic of Cancer, it covers an area of 110,922 square kilometers, it is 1300 km long and an average of 100 km wide. It is 150 km from Miami (Florida), 200 km from the Yucatan peninsula (Mexico), 150 km from Jamaica, 75 km from Haiti and the Dominican Republic. It is washed by the Atlantic Ocean to the north, the Caribbean Sea to the south and the waters of the Gulf of Mexico to the east. The capital is Havana which has about 3,000,000 inhabitants, about a quarter of the population of the entire island (11,000,000). Cuba recognizes itself as a prevalently Catholic country, but the combination of cultures of different origins has given birth to a trend of religious approach in which especially African religions are interlaced with Catholicism, leading to the birth of the well-known santeria derived from the slaves coming from Yoruba of West Africa, who were brought to Cuba in the 16th century. Stripped of their culture and identity, they had to embrace Catholicism, but did so mixing it with their beliefs, giving rise to religious syncretism. As primarily Catholic, the Cuban people converted Our Lady of Charity into the island's Catholic patron saint and one of Cuba's most relevant symbols, with a religious holiday in her name celebrated every September 8th.

Cuban Holidays

Religious holidays mainly follow the traditional Christian calendar. The original holidays are:

La Virgen del Cobre, patron saint of Cuba

On September 8th Christian, Catholic and Orthodox celebrate the feast of the birth of Mary, the earthly mother of Jesus. Cuba, like all Latin countries, has a true passion for the Mother of



God, a devotion that has resisted time, wars and revolutions. Nuestra Señora de la Caridad del Cobre is the patron saint of Cubans, who more familiarly call her Caridad del Cobre, Cachita or Virgen Mambisa. In every Cuban home, often placed next to the face of the Che Guevara, is this image that portrays Mary with the child Jesus in her left arm and a cross in her right hand. The child delicately holds the globe in his hands.

Salida del Cabildo de la Habana

On January 6th, the Christian world remembers with a feast the visit of the Three Kings to the Baby Jesus in the cave of Bethlehem. In Cuba, the Salida del Cabildo del la Habana is celebrated at the same time. This tradition has its origins in the



colonial era, when the Spanish and slave authorities granted Africans a day of celebration, in order to make music, dance, beat drums, sing and offer prayers to the divinities of the Yoruba pantheon. It was the only day of celebration granted to those unfortunate people and white people considered those manifestations as an expression of their cultural lowliness. This tradition, consolidated over time, perfectly synthesizes the beliefs of the Catholic religion introduced by the conquistadores with the animistic cults of African origin. In these hours of rhythms and fun, an entire population rediscovers its own history, regaining possession of its roots that are sunk in a historical period of violent contrasts and marked by the scandal of slavery.

Typical phrases in Cuban

The official language of the Republic of Cuba is Spanish and given the high level of education of the population, the use of the language is correct and with a wide vocabulary full of Cuban words and expressions.

“Tremenda pastilla, caña o mango” ... means "to be beautiful".

“Aguanta un mes”... is translatable to "wait a moment," "don't rush," but since Cuban tends to exaggerate, they encourage their interlocutor to wait "a month.

“Estás más feo que la mordida de un verraco” ... the literal translation "uglier than a pig's bite" already says it all; no further explanation is needed.

Cuban recipes

Cuban cuisine represents a mixture of Spanish, Caribbean and African gastronomic cultures: the first two are mainly referred in cooking techniques, whereas the third is evident in the use of spices.

Ajiaco Criollo

Ingredients

450 g beef (suitable for boiled meat)	1 cassava
450 g pork (loin)	2 sweet potatoes (or American)
450 g pork ribs	3 carrots
2 l meat stock	2 corn on the cob
1 onion	2 tablespoons tomato paste
2 cloves garlic	1/2 lemon
2 red peppers	Salt to taste
370 g pumpkin	olive oil to taste
2 plantains	hot pepper to taste (optional)

Preparation

Cook the pork, beef and the ribs in the broth for 50 minutes or until the meat is softened. Then chop onion and garlic. Wash the peppers, clean them and cut them into dices. Remove the skin from the pumpkin and dice the plantains, sweet potatoes, peeled cassava and carrots. Remove the outer leaves from the corn on the cob and cut into thick slices. Heat the oil in a frying pan, fry the onion, garlic and capsicum and add the tomato paste and salt (chilli optional). Pour in the boiled meat stock and the pumpkin, plantains, cassava, sweet potato, carrots and chopped corn on the cob. Squeeze in the lemon juice and simmer for one hour. To serve, cut the meat into bite-sized pieces and combine with the cooking sauce and vegetables.



Congri

Ingredients

250 grams of rice arroz
125 grams of black beans
1 green bell pepper
2 cloves of Garlic

1 onion
Q.b of Salt
Q.b Extra virgin olive oil
Q.b Chilli pepper
Q.b of Water

Preparation

Pour water into a pot and soak the beans. Leave them like this for at least 6-7 hours. The beans should swell and become wrinkled. Do not throw away the soaking water, as it will help add color to the rice. Put the beans to cook over medium heat to soften them, before adding them to the rice. Peel the onion and cut it into cubes. Wash the green bell pepper, cut it into strips, remove the stem and seeds



and cut it into cubes. Pour the oil into the frying pan and heat it up. Put the onion in first, brown it for a few minutes and then add the bell pepper. Stir and cook over medium-low heat. Add salt and garlic, after peeling and crushing it. Mix everything well. In another pan, pour the oil and heat it, then add the rice and toast it for a few minutes. When the rice becomes almost transparent, pour over the water from the beans and after a few minutes the beans as well. Stir and cook over medium heat until everything begins to boil. At this point, lower the heat, add the fried peppers and onion, stir and cover with a lid. Cook about 50 minutes, checking occasionally to make sure there is no lack of liquid. Once the 50 minutes of cooking time have passed, the congri is ready.

Mojito and non-alcoholic Mojito

The mojito is a famous cocktail of Cuban origin made of white rum, brown sugar, lime juice, mint leaves (known as hierba buena in Cuba) and sparkling mineral water or soda water or seltzer water.

Ingredients

4.5 cl of Cuban white rum
2 cl of lime juice
6 leaves of fresh mint

2 teaspoons of brown sugar
Sparkling mineral water
For the non-alcoholic version
Lemonade to taste

Preparation

Put sugar, lime juice, rum and mint in a tall tumbler. Mix everything together by gently pressing down the mint leaves, then add cubed ice and the sparkling water. Decorate with a sprig of mint. Serve with a straw. For the non-alcoholic version, replace the rum with lightly sweetened lemonade.





Romania

Romania is a wonderful land, rich in culture, history and fascinating monuments. Surely the strongest and most penetrating influence in Romanian culture is the Roman one. Although the occupation of Rome lasted about two centuries the historical, linguistic and cultural heritage is really important. Still in the Roman area, remarkable is the influence the Byzantine Empire had on this land. Orthodox Christianity is in fact the majority. Slavic, Turkish and Greek influences are also very important. Despite these influences, what is found is a great attachment to the national cultural identity in literature as well as in the figurative arts. Typical of the Romanian culture are the popular musics and the traditional songs. In the musical field, the great composer George Enescu stands out for his rhapsodies. From an artistic point of view, Romanian art draws incredibly from the sacred and religious sphere. As evidence of this attachment to the faith there are splendid and numerous monasteries, really valuable architectural buildings hosting sacred paintings. In the region of Transylvania, on the other hand, the dominant art is linked to the Western and Latin spheres, with artistic expressions of Romanesque and Gothic styles.

Romanian festivities

Orthodox Easter

Orthodox Easter in Romania is the main religious holiday and it is celebrated with a series of rituals that are rooted in tradition as well as devotion. Every year

the date is different and it is calculated according to the Julian calendar and not according to the Gregorian calendar as in the case of Catholic Easter. In calculating the date, the phases of the moon after the spring equinox are taken into consideration, which is why the difference between the two Easter celebrations in the Orthodox and Catholic worlds could be up to five weeks. Preparation for Easter begins practically 40 days before, when Lent begins. The Lent period represents a time of prayer, sacrifice and also purification of the body for the worshippers, when those who decide they can resist renounce all meals of meat, fish, dairy products, eggs and alcohol. Those who cannot resist this gastronomic sacrifice for the entire period of Lent may decide to sacrifice Wednesdays and Fridays, which are considered holy days and days of mourning. Palm Sunday is for its significance the greatest moment. During the mass, branches of willow in bloom are blessed, reminiscent of the olive and palm trees with which Jesus was greeted upon his arrival in Jerusalem. Beginning on Palm Sunday, a series of unique Masses and religious rituals follow, reaching a peak of spirituality at the Resurrection Mass. With the end of Palm Sunday, the Holy Week or the Week of the Passion of Christ begins, the period of deep mourning that calls the believers to church and prayer. From Thursday evening the highlight begins with the "Denia of the Twelve Gospels", a special mass that recounts the Passions of Christ from his capture to his trial to his crucifixion. During this mass there is a ritual in which the cross is moved from the altar into the middle of the church. Thursday is the most appropriate time for the faithful to paint and color hard-boiled eggs. Tradition says that those who paint eggs on Maundy Thursday will receive much health all year round. Also on Thursday, the priest blesses the holy bread that will be given to the worshippers along with the wine, symbolizing the body and blood of God. Friday, on the other hand, begins with the Mass "of the Hours." The meaning of the mass is related to the moments of the day, which are considered four, related to the daily work. The mass also symbolizes the moments when man remembers to heal his soul and that it is never too late to remember God. In the evening, however, there is a mass called the "Prohod." During this mass three

songs are sung with reference to the crucifixion and burial of Jesus. It is basically his funeral, which follows precise rituals such as going out and circling the church three times with the cross and a cloth, representing the Holy Shroud in which Jesus was wrapped for burial and this takes place with the continuous beating of bells. The most important and most beautiful moment, which marks the transition from mourning to joy, is the Resurrection Mass. On Saturday at midnight, the worshippers, young and old, participate in Christ's Resurrection Mass. With the lights off, the priest comes out of the altar with an invitation to the faithful, "Come and take the light!" It is a truly magical moment when everyone holds a candle, light it and pass the light to each other. Mass continues with its specific ritual and songs of joy are sung as the priest addresses those present again: "Christ has risen!" (Hristos a Înviat!) and they reply, "Truly he is risen!" (Adevrat a Înviat!). Where it is possible, the ritual involves circling the church three times with lit candles, singing specific songs. At the end of the mass, those present take holy bread soaked in wine, which is then shared with the whole family. Some bring colored or painted eggs to mass to bless and tap them at the end with family, friends, acquaintances always exchanging "Christ is risen!" – On Sunday morning, before going to Easter mass, there is a very interesting tradition in the church. The woman of the house or whoever wakes up first prepares a basin with lukewarm water where they put a red colored egg, a nettle and a coin. All members of the family must wash their faces in that water to have health (nettle), money (coin) and faith (the egg) all year round. To the little ones the Easter Bunny brings gifts and sweets. Painting eggs has become a trade and even an art in some parts of Romania. Bucovina is perhaps the best-known area, where several painted egg museums have also been opened. The technique is to empty the raw egg and pass it through a process that increases its resistance. After that, the egg is painted in colorful colors or wax. Popular symbols and



religious elements are represented on the egg, but lately they are also decorated with modern patterns.

Rusalii (Pentecost)

Rusalii is the feast of the descent of the Holy Spirit, also known as Pentecost, and it comes from the feast of roses in the Roman world, consecrated to the worship of the dead. Christians have resumed the Roman custom, making the Saturday before Pentecost one of



the days of remembrance of the dead. In one area of the country, on the Saturday of Pentecost, they are divided up to be adorned with flowers and a garland on top, to commemorate the dead. On Pentecost Sunday, they share beautifully decorated dishes for the living. Since the Father, Son and Holy Spirit are in a direct bond, the Monday after Pentecost is dedicated to the glorification of the Holy Trinity, the feast of Pentecost thus lasts two days. Pentecost is, in popular belief, the spirits of the dead, popularly called lele or evil fairies. The word Pentecost comes from the Latin word "rosalia", symbolizing the feast of roses, but also represents the daughters of Emperor Rusalim, who were believed to possess magical powers and seduce people, punishing those who did not respect them. In popular belief, Pentecost are the spirits of the dead who, after leaving the graves of Joimari and spending Easter with the living, refuse to return to their underground places and begin to hurt people.

Mos Nicolae (Saint Nicholas)

Father Nicolae or Father Neculai is a mythological and legendary character, who brings gifts to the children on the eve of St. Nicholas on the night of December 5th. St. Nicholas brings gifts and sweets to the good children and twigs to the bad children. On the evening of December 5, the children hang their stockings before going to bed. St. Nicholas enters the houses of sleeping children and leaves the gifts in the stockings

without ever being seen. St. Nicholas Day (called "Mos Nicolae") for some represents the real Santa Claus. In fact, if on one hand the etymology of the name derives from the Greek words "nike" (victory) and "laos" (people), on the other hand we know that



the Anglo-Saxon term of "Santa Claus" (Santa Claus) comes from the Dutch Sinterkloos, that is precisely Saint Nicholas. He lived between the end of the third and the beginning of the fourth century A.D. in the Asian area of today's Turkey. He is particularly well known for at least two reasons: first, for being the saint who resides to the left of the Eternal Father (and the saint who casts out and smites demons), and for having slapped the heretic Arius during the Ecumenical Council of Nicaea in 325. Hence the legend of Santa Nicolae, according to which on the night of December 5th (St. Nicholas died on December 6th) disobedient and lazy children will be given a rod as a warning, while good, respectful and obedient ones will find gifts (usually sweets or toys) in their boots or shoes that they had to clean carefully the night before in the morning when they wake up. It is said that Saint Nicholas sees everyone's behavior by peeking out of the window and leaves his gifts (or objects of blame) secretly, without ever showing himself to anyone (unlike Santa Claus). Other legends about Santa Claus tell how Saint Nicholas saved 3 poor girls from being sold by their father (who had nothing to live on and could not find a husband for any of them), by throwing envelopes full of money from the window into their house at night. It is also said that the same "Saint Nicoara" watches towards Midnight over the Sun that wants to run away from humans leaving them without light and warmth, while the other vigilant at dawn is Saint Toader. Finally, Saint Nicholas is known for saving the lives of many sailors. On his name day, spells are cast; twigs of fruit-bearing trees are placed in water to make them bloom by New Year's Day, from which prognostications are made about the gait of the orchards in the following year.

Typical sentences in Romanian

Hello → Ceao

Good morning → Buna Ziua

Good evening → Buna Seara

Good luck → Mult noroc

Toast → Noroc

Romanian recipes

Papanasi

Papanasi are a typical Romanian dessert. They are pancakes, a doughnut shaped one on which is placed a spherical one, topped with whipped cream and cherry or berry sauce. In the dough of the pancakes there is a large dose of cheese, Urda, a cow or goat cheese very similar to our ricotta cheese. The name papanasi seems to derive from the Latin word "pappa", meaning food for children.

Ingredients

500g of ricotta cheese

400g of cherries or berries

150g of sugar

300g of flour

100mL of cream

2 eggs

140g of sugar

1 pinch of baking soda 1/2 sachet of yeast

vanilla to taste

oil for frying

Preparation

In a bowl whisk the eggs and the sugar. Add the baking soda the baking powder, the drained ricotta, flour and the vanilla. Knead. Once the mixture is homogeneous it will be still very soft. In a deep pan, heat oil for frying. With the help of two spoons form smaller balls and larger balls of dough and throw them directly into the oil. Fry for about a couple of minutes each side, until they get golden brown. Drain the balls. If you open one and see

that the inside is still not cooked, do not panic, it means that the oil was already too hot so it browned the outside without cooking the inside, but the trick to save them is to put them in the oven covered with foil at 200 ° C for 15-20 minutes. In the meantime, prepare the jam by cooking the 400g of cherries or berries together with the sugar and let it go on medium heat for an hour. Or if not you can use the jam directly. Place a larger ball on a plate, pour over it a spoonful of jam, a spoonful of unsweetened whipped cream and cover with a fried ball. Top with more jam and serve.



Sarmale

Sarmale are cabbage rolls typical of Romanian cuisine that can be prepared with different fillings. It is a dish that is served during the



Ingredients

1 Savoy cabbage
 150 g Arborio Rice
 200 g Beef (minced), 200 g Pork (minced)

200 g Smoked bacon
 1 l Tomato puree
 q.b. Granular broth
 1 Onion to Oil
 To accompany Sour cream Polenta

holiday seasons, such as Christmas, Easter, and New Year. It is a recipe with a long process but it is simple to make. Sarmale are served hot and can be accompanied by a nice slice of polenta. For Lent, meat is replaced by mushrooms or vegetables even cous cous.

Preparation

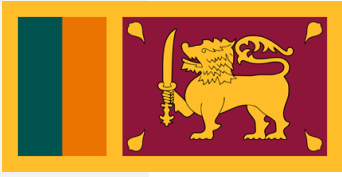
For the preparation of Romanian sarmale, a large cabbage with large leaves is used. Generally in Romania, pickled cabbage is used. In the stores it can

be found ready in leaves to be used. For the preparation with fresh cabbage, take the biggest leaves, remove the central rib in order to have two parts of one leaf. The central part of the cabbage with the smaller leaves will be used later. Once washed, blanch a few leaves at a time in boiling salted water. It will only take a few minutes. Let them drain on a cloth. Prepare the stuffing of the sarmale: in a pan we brown a chopped onion with extra virgin olive oil. Add 300 ml of tomato puree and season with salt or granular broth. In Romania they use an ideal seasoning for sarmale, similar to granular broth. Leave to cook for about 10 minutes. When the tomato is cold, add the rice and ground meat and season with salt and pepper. Fill the cabbage leaves with the mixture, closing the side ends and then rolling on the longest part. Here are pictures of the process:

In a very high-sided pot, add extra virgin olive oil to the bottom, the remaining cabbage previously cut into strips, and the smoked bacon. Actually it is usually added smoked meat, but if you do not find it, you can use smoked bacon. Place the rolls in the pan filling every little space, tightly. Add the remaining tomato puree, a glass of white wine and water until they are covered, add some granular broth and let everything cook on a very low flame and covered for about 2 hours, stirring the pot to avoid the bottom to stick. Here are the Romanian sarmalas ready, they can be served on a bed of polenta and sour cream.



Sri Lanka



Sri Lanka (Sinhalese: ශ්‍රී ලංකා, Śrī Laṅkā), officially the Democratic Socialist Republic of Sri Lanka, formerly known as

Ceylon (official name until 1972), is an island state located in South Asia and occupies the island of the same name off the southeastern coast of the Indian subcontinent. Because of its particular shape and its proximity to the Indian coast, it has been nicknamed the Teardrop of India. It is part of the British Commonwealth. The current capital Sri Jayawardenapura Kotte, center of Sri Lanka's parliament, is located in the metropolitan area of the former capital Colombo, which is the largest and most populated city in the country and maintains, to date, some ministries and all embassies. Buddhism (Sanskrit: buddha-śāsana) is one of the oldest and most widespread religions in the world. Originated from the teachings of the Indian itinerant ascetic Siddhārtha Gautama (VI, V sec. BC), commonly is summarized in the doctrines based on the four noble truths (Sanskrit: Catvāri-ārya-satyāni). With the term Buddhism we indicate the set of traditions, systems of thought, practices and individual spiritual and devotional techniques born from different interpretations of these doctrines that have evolved in a very heterogeneous and diversified way. In particular, Theravada Buddhism (literally "school of elders") is the dominant form of Buddhism in Sri



Lanka, but there are also minorities of Theravada Buddhists in Bangladesh, India, China and Vietnam. It is the oldest school of Buddhism among those still existing, originating from one of the first and most important schools born from the teaching of Siddhārtha Gautama, in particular from the doctrine Vibhajjavāda ("doctrine of analysis"), in turn originated around the third century BC by a division from the Sthaviravāda school or "school of the elders", both two schools of Buddhism Nikāya.

Sinhalese festivities

New Year Tamil

Puthandu also known as Puthuvarudam or Tamil New Year, is the first day of the year in the Tamil calendar and traditionally celebrated as a festival; it follows the spring equinox and generally falls on April 14th of the Gregorian year. The date of the festival is set with the solar cycle of the Hindu lunisolar calendar as the first day of the Tamil month Chithirai. On this day, Tamils greet each other by saying "Puthāaṇḍu vāazhthugal!" or "Iṇiya puthaandu nalvāazhthugal!", which is equivalent to "Happy New Year". The day is observed as a family time. Families clean the house, prepare a tray of fruit, flowers, and auspicious items, light the family puja altar, and visit their local temples. People wear new clothes and children go to the elders to pay their respects and ask for their blessings, then the family sits down to a vegetarian feast.

Typical festivities

Public holidays are dominated by the Poya. These holidays are observed on each full moon. Each Poya marks a significant event for Buddhists: Vesak, Bak, Madin, Navam, Duruthu, Poson, Esala



Nikini, Binara, Vap, Adhi, Ill and Unduvap. The dates generally coincide with those of the full moons. Vesak Full Moon Poya Day (term in Pali language indicating the corresponding lunar month of April-May) is one of the most important religious festivals of the Buddhist calendar. It celebrates, symbolically, the birth, enlightenment (the attainment of nirvana) and death of the historical Gautama Buddha. These three events are made to coincide and are therefore not a historical occasion, but a symbolic one. Its dates vary according to small variations in the Buddhist calendars in use in Southeast Asian countries, for example in Sri Lanka in 2021 it was May 26th.

Typical phrases in Sinhalese

Goodbye / Hello / Good morning → Ayubowan
Good evening → Ayubowan / Suba rathiyak way va
How are you? → Kohomada sahpa sah neepa?
Very well, thank you, and you? → Sanee-penn innava, istouti I understand /
I don't understand → Maṭa taeraenavaā / Mata thayrennay nehe Sorry →
Samaāva
Welcome / a → Paiḷaigaænaīmae
Thank you (thousand) → Bohoma istouti
Excuse me / please → Maṭa samaāvaenana / karauṇaākara
My name is... → Magae nama...
No thanks → Néhé istouti
Yes / No → Ovou / Néhé
Please → Oyaāva saādarayaena paiḷaigananavaā

Sinhalese recipes

Sinhalese cuisine comes from the mixing of local products with recipes and products brought to the island over the centuries by Indians, Arabs, Portuguese, Dutch and British. Sinhalese cuisine is extremely spicy and street food is an essential part of the local cuisine.

Curry rice

Ingredients

300 g basmati rice

1 ripe tomato

1 large onion

2 cloves of garlic

2 cm of fresh ginger

3-4 cloves

3-4 cardamom capsules 1/2

teaspoon turmeric

Curry rice

2 cm fresh ginger

3-4 cloves

3-4 cardamom capsules 1/2

teaspoon turmeric

Preparation

Place in a high-sided pan 2 tablespoons of coconut oil, the lightly crushed cardamom capsules, the cloves and allow to take on flavor a few moments. Then add the turmeric and bay leaves. Stir quickly and add the basmati rice, stirring again so that



the grains absorb the seasoning. Cover with water, add a pinch of salt and cook in a covered pot: it will take about 8-9 minutes from the time of boiling. In the meantime, cut the onion and tomato into quite large pieces, and crush the garlic cloves and ginger, after peeling them. In another pan put another two tablespoons of coconut oil, the crushed garlic and ginger, cinnamon, onion, curry and turmeric. Let it sauté for 2-3 minutes then add the tomato, adjust the salt and cook for 5 minutes. Pour in the coconut milk and stir. When the milk is hot, add the rice, stir and cook for a few more minutes until the coconut milk has been absorbed. Transfer the curried rice to a serving dish and serve.

Hoppers (Appa)

Ingredients

200 g Basmati rice
1 cup of boiled Basmati rice
1 tablespoon of chemical baking powder
1 teaspoon sugar

1 tablespoon cumin powder 250 ml
coconut milk
180 ml of water
q.b.coconut oil (or ghee) q.b.salt
eggs (optional, 1 for each appa)

Preparation

Mix the warm water with the dry yeast and sugar in a cup. Let stand a few minutes until white foam forms on the surface. Add the yeast to the rice flour previously mixed with the salt. And let the mixture rise for



about an hour and a half. Soak the rice in a bowl of water for 3 hours, then drain. Mix the yeast, sugar and 2 tablespoons of water in a bowl and let ferment for 1 hour. Place drained rice in a blender, add cooked rice, ground cumin, yeast mixture and 180 ml water and blend. Transfer to a bowl and add the coconut milk. Stir and let stand for 8 hours. Before cooking the appas add the salt and remaining sugar. Heat a small skillet greased with coconut oil or ghee. If you do not have a non-stick concave shaped pans use your usual flat pan, like the one you would use to make pancakes. Add a ladleful of the mixture and cook until it comes off the surface of the pan. If you would like to try appas with an egg in the center, all you have to do is pour an egg into the center of your appa a few moments after pouring the mixture into the pan.

Lentils Dahl

Ingredients

100 g hulled red lentils 1/4 onion
1 clove garlic
1/2 teaspoon curry powder
the tip of a teaspoon of turmeric

powder
1 bay leaf
1/2 cup of coconut milk
Salt

Preparation

To make the lentil dahl, rinse the legumes in cold water and transfer them to a pot. Add the chopped onion to the lentils and add the spices, garlic clove and a bay leaf. Cover with water and bring to a boil, then lower the heat and let it cook for about ten minutes. Add the coconut milk, bring back to a boil and cook for another 2-3 minutes or until cooked through. Remove the garlic clove and bay leaf. Serve the lentil dahl hot immediately.

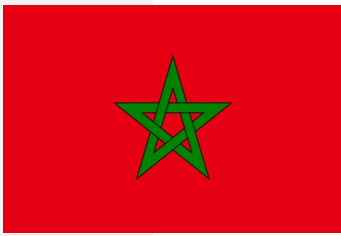


Honey Curd

In Sri Lanka it is very common to find on the sides of the roads sellers of "buffalo curd", curdled buffalo milk, similar in taste and appearance to the common Greek yogurt. It is sold in earthenware containers and served fresh with the addition of honey, palm syrup and dried fruit.



Morocco



Morocco, officially the Kingdom of Morocco, is a state in North Africa, located at the westernmost tip of the region of the Arab world called Maghreb (translated as "West"). The place name Morocco derives from the name of the

city of Marrakech, a French-speaking transliteration of the Arabic Marrākeš, derived in turn from the Berber term Mur-Akush (i.e. Land of God), which in the Middle Ages was known in Europe as "City of Morocco"; the name Marrakech (or also Marrakesh) was assigned to the city by its founder Yūsuf ibn Tāshfīn. The coasts are washed by the Mediterranean Sea and the Strait of Gibraltar in the northern part, by the Atlantic Ocean in the entire stretch to the west, while the land borders are with Algeria alone in the east and southeast, and with Mauritania in the south (since Morocco claims its sovereignty over Western Sahara), as well as with the Spanish exclaves of Ceuta, Melilla and the peninsula of Peñón de Vélez de la Gomera in the north.

Moroccan festivities

The predominant religion is Islam, mainly of Sunni current and only a small minority of Shiite current. Besides Muslims in Morocco there are about 80,000 Christians, mostly French Catholics, and 8,000 Jews; they are the largest Jewish community in the Arab world and a remnant of a community which had more than 300,000 members before the foundation of the State of Israel. Conspicuous was the emigration of the Jewish community that was resident in Morocco to Israel in the 1950s and 1960s. Islam is the second most popular religion world, it is a monotheistic religion monotheistic religion, in which worships one and only

God, Allah. Mecca, a city in Saudi Arabia, is the sacred city of Islam. The sacred city of Islam, birthplace of the birthplace of the prophet Muhammad (Muhammad) and of the religion itself; in fact, every Muslim when praying turns towards it. In this city there is the largest mosque in the world; in fact, every Muslim aims to go on "Hajj" (pilgrimage) to visit it at least once in his life.



Ramadan

According to Islamic practice, Ramadan is the month in which fasting (Sawm) is practiced, in commemoration of the first revelation of the Qur'an to Muhammad ("the month in which the Qur'an was revealed as a guide for men and clear evidence of righteous direction and salvation"). This annual occasion is considered one of the Five Pillars of Islam and fasting is a religious precept (Farḍ) for healthy adult Muslims. Fasting was made obligatory during the month of Sha'ban, in the second year after the migration of Muslims from Mecca to Medina. Every Muslim in this period from dawn to sunset cannot eat, drink, smoke, use perfume and have any kind of sexual intercourse; in addition to these rules, 40 days before Ramadan cannot take alcoholic drinks. After sunset is the time of "Iftar", the main meal where tradition wants you to eat a date, because this is what the Prophet did, or alternatively you can drink a glass of water. During the meal, Moroccan piadinas, "Harira" soup, and honey and sesame seed cookies ("Chebakia") are eaten. Green tea with mint leaves is also drunk. On the 27th day of Ramadan, the tradition is to eat couscous. The last 3 days of Ramadan each family gives a contribution to the neediest. During the festival of Ramadan and all other festivities it is customary to wear traditional clothes such as "Jillaba" for men and "Kaftan" for women.



Mawlid

This holiday is celebrated in all Muslim countries. In particular, it honors the birth of the Prophet Muhammad (Mawlid al-Nabi), which falls on the 12th of the lunar month of



Rabi' al-awwal. The first to celebrate this holiday were an Ishmaelite Shiite population, the Fatimids who were descendants of Fatima, the Prophet's daughter, exactly in 488 (according to the Islamic calendar). The day of Mawlid is a real holiday; stores and schools remain closed, the only ones who work are the candy merchants who decorate the streets with their stands. To celebrate this day, each region of Morocco keeps its own traditions. In Casablanca people gather around the four table, prepare Moroccan style crepes and a special bread for breakfast. At midday, cous cous or tajine with meat and plums. In Tangier women prepare a special dish, also called "caliente" (Kalinti), whose ingredients are flour, chickpeas, water, oil, salt and eggs. Once mixed the mixture is poured on a terracotta dish and baked in the oven. The celebration of the Aïd Al Mawlid is the time of remembrance of the life of the Prophet, his birth, his miracles and his faith that has made great Islam. A great wake of prayer is organized after the Al Ichaâ prayer, during which eminent theologians and professors devote themselves to spiritual practice and the example that must be followed by all believers. The wake lasts all night and is accompanied by chants and "madh" of the Prophet. In Islam it is fundamental to follow the Hadith (sayings and deeds of the Prophet)



which indicate all the right teachings to be applied to everyday life, to live

with love, with respect towards people, without ever judging. The Aïd Al Mawlid is therefore a popular religious festival, a festival of colors, a festival of songs, musical magic and rituals revealing the deep soul of the Moroccan people.

Typical phrases in Moroccan

Good morning / Good evening → "Salam Alekum"

Goodbye → "Bsslama"

Welcome → "Marhba"

Good Day → "Lay i aâouen"

Enjoy your meal → "Bssaha"

Happy New Year → "Sunuh Jadidah Saeiduh"

God willing → "Inshallam"

Moroccan Recipes

The typical Moroccan cooking is a mix of different flavors and scents, appreciated even by the most demanding palates. The culinary tradition of Morocco has distant origins and it is characterized by the numerous interactions among different people and cultures which took place in this country. Traditional Moroccan cooking has Moorish, Arab, Mediterranean and Berber influences. Moroccan dishes are composed by many ingredients, even different from each other for origin and use. Certainly, an important characteristic of the culinary culture of this country is the use of spices and herbs. Despite some spices are not native to Morocco, they are the base of many recipes because they have been imported for many centuries. Among the most used aromas there are cinnamon, cumin, ginger, turmeric, black pepper, anise, sesame seeds, saffron, coriander, parsley and mint. Among the typical products of the country, often used in everyday dishes, there are tropical and Mediterranean fruits, as well as

different meats and fish. Among the most used ingredients are mutton, lamb, beef, chicken and council. Less present in typical Moroccan dishes is fish, which was included only in the last centuries. Then, among the flavoring products there are lemon in brine, dried fruits and raw olive oil. It is necessary to make a reference to beverages as well, as Morocco is the most famous state in the world for mint green tea. In fact, this particular type of tea is like an institution in Moroccan culture and the intake of this beverage is increasingly a daily habit of many Moroccans.

Harira Soup

Ingredients

500 gr. of tomato pulp
200 gr. of already boiled chickpeas
100 grs. of red lentils
1 chopped onion
100 gr. of rice or pastina type risoni
2 chopped celery stalks
1 tablespoon of tomato concentrate
1 sachet of saffron

1/2 teaspoon powdered ginger

Preparation

1/2 teaspoon cumin powder
1/4 teaspoon cinnamon powder
2 tablespoons fresh coriander
2 tablespoons fresh parsley
4 lemon slices for garnish
Extra virgin olive oil
1 tablespoon flour
Salt, pepper
Water

Preparation

In a crock pot pour a generous tablespoon of oil and brown the onion over low heat until it becomes transparent. Add the chickpeas, the celery, the tomato, the tomato paste diluted in a little water, the spices, half of the coriander, the



parsley, a pinch of salt, a sprinkling of pepper and 2 liters of water. Cook over low heat, with lid, for about 30 minutes, then add the lentils (also the chickpeas if you decided to use the already boiled ones) and continue cooking for another 30 minutes. When chickpeas and lentils are soft, add salt, add pasta (or rice) and continue cooking. Stir the flour into a small cup

of water and add the mixture to the cooking soup to thicken it, stirring constantly to prevent lumps from forming. Serve in bowls, sprinkling with the remaining cilantro and lemon slices.

Chebakia (honey and sesame cookies)

Ingredients

100g of sesame

50g of almonds

1/2 teaspoon of gum Arabic (or xanthan or guar)

1 teaspoon of aniseed seeds

300 g of flour type 00

1 pinch of salt

Preparation

1 teaspoon of vinegar

2 tablespoons butter

1 egg yolk

1 teaspoon cinnamon powder 40 ml seed oil

1 little bit of orange blossom water

1 sachet of baking powder

800 ml of honey

Preparation

Roast the sesame and almonds in a skillet for a few seconds while stirring (no oil). Place the sesame, almonds, gum arabic and aniseed in a blender or food processor and grind to a powder. In a large bowl, mix the flour with the blender, salt, baking powder, oil, egg yolk, cinnamon, butter and vinegar. While kneading, add a little orange blossom water. Knead the dough for about 5 minutes so that it is soft and elastic (it should not crumble at all). Wrap it in cling film and let it rest for 30 minutes. After this time has passed, cut the dough into 6 equal portions, roll out each part thinly with a rolling pin on a floured work surface (1- 1.5 mm thick). Cut the dough (pastry cutter or chebakia mold) into 5 column squares. In each square make 4 lengthwise cuts evenly. Measurements are approximately the size of the palm of your hand. Pick up columns 1, 3 and 5 with the middle finger of your right hand. Then, using your left hand, take columns 2 and 4 and insert them inside the other columns, inside and out, so you get a kind of flower shape. Place the flower on the work surface and pinch its outer corners a little. Heat plenty of oil in a high-sided pan (170° C) or deep fryer. Fry the chebakia (a few at a time) in the oil, moving and turning them often. Take them out with a skimmer and let them drain on kitchen paper.



Heat the honey in a large saucepan with a little orange flower water. As soon as it is foamy, but not boiling pass the chebakia immediately in the honey and let them absorb the honey for about 2-3 minutes. Take them out with a skimmer, let them drain, lay them gently on a tray,

sprinkle with sesame and let them cool.

Kalinti

Ingredients

200g of chickpea flour

2 eggs (optional)

1/2 liter of water

1 teaspoon salt

1 teaspoon of cumin

100ml oil

black pepper

Preparation

In a large bowl, mix all ingredients until smooth and lump-free. Leave to rest for at least 6 hours. Once the necessary time has passed, preheat the oven to 240°. Place the dough on a well-greased baking sheet (with oil or butter) and bake in the oven for one hour, until the caliente is nicely golden. Delicious cold too, caliente is excellent eaten still hot with a sprinkling of black pepper and salt.





Tunisia is a state of North Africa bathed by the Mediterranean Sea and It is believed that its name, Tūnus, originates from the Berber language, with the meaning of "promontory" or, probably, "place to spend the night".

French is widely spoken and used in public administration, higher education and commerce. It is a very culturally rich country and is strategically located between the eastern and western worlds represented by neighboring European countries. Also, it has been a French colony for a long time, so it is a mix of many cultures.

Tunisia

Tunisian festivities

The religion practiced by Tunisia is the Muslim with all its characteristics and peculiarities such as long ceremonies, nuptial processions that run through the whole city, music and dances. On the occasion of the marriage, the bride is presented with her hands and arms colored with henna, richly dressed and bejeweled. The most



important religious feast, known and appreciated by the population, is surely Ramadan. This one, lasts forty days and in this period from the rising to the setting of the sun the believers do not eat and don't drink. Other festivity still particularly felt is the one for the commemoration of the birth of the Prophet, during which is prepared the traditional porridge of toasted barley flavored with honey and oil. Most holidays in



Tunisia are religious in nature and are very deeply felt. The Mawlid Al-Nabawy (literally, the "birth of the prophet's birth") is one of the most felt religious festivities by Tunisians and by many Muslims all over the world, even if some radical

currents, such as Wahabism and Salafism, disapprove it. Mawlid (in the French-speaking Maghreb more often transliterated as Mouled) is both a Shia and Sunni holiday and has been celebrated for over a thousand years. The undoubtedly most important period for Muslims, as you all know, is Ramadan. This is the month in which they put into practice one of the 5 pillars of the religion, namely fasting. In this period, calculated every year according to the lunar calendar, Muhammad would have received the revelation of the Koran, precisely in the "Night of Destiny", whose date is uncertain. In this month, work activities continue without interruption, despite the deprivation of food and water. The actual feast takes place at the end of Ramadan: it is the "feast of breaking the fast" and coincides with the beginning of a new lunar month. It is a moment of enormous generosity and altruism, characterized by charity towards the most in need.

Typical phrases in Tunisian

Good morning / Good evening → Sbah el-khir/Masa el-khir

Sorry → Samahni Excuse me / please → Samahni/leychk

Goodbye / Hello → Besslama

Welcome / to → Marhbabik

Thank you / No thanks → Choukrane (barcha) / La choukrane

Please → Meneghir mziyya / Mene fedlk

Tunisian recipes

Tunisian cuisine tastes of the Mediterranean more than any other. Its

ingredients, its combinations, those scents, those flavors and then its colors. Over time, like all cuisines of the world, it has changed and evolved, so we still find both ancient and traditional dishes, such as the most famous Tunisian cous cous. Yet, among various exchanges and movements, there is one constant in Tunisian cuisine: the color red, which makes it known as the red cuisine.

Tunisian cous cous

The Tunisian cous cous is a dish based on of semolina, seasoned with a very spicy meat stew very spicy, a unique dish suitable for cold season. In the countries of North Africa cous cous is brought to the table according to tradition, only in the evening. Nomadic peoples consumed the meal only when they stopped for the night in their tent. As recommended in the Koran, the cous cous is a dish to be eaten together sharing it from a single plate and using only three fingers of the right hand. As the sacred text says: "with one finger the devil eats, with two the prophet and with five the greedy". Because of its social value, cous cous is eaten only when the whole family is gathered around the table, or when special guests visit. So it is a dish of sharing to prepare for the holidays. Tunisian cous cous is paired with the classic mint tea, or kefir. Cous cous is served together with a spicy sauce made of hot pepper called harissa. This sauce can be prepared at home, or it can be bought readymade. Meat can be of mutton but also beef. Probably the latter is used in restaurants because it is better suited to the western palate. The cuts you will have to use are the less valuable ones usually used for boiled meat or stews.



Ingredients

1 Kg already cooked cous cous
1,2 Kg beef
3 tablespoons extra virgin olive oil
1 large onion
3 celery stalks
1 cup tomato puree
100 grams tomato paste
2 cups water
50 grams dried chickpeas to be soaked
in water overnight
2 medium green zucchini
2 large carrots
400 grams of potatoes 3 teaspoons
harissa to taste Fine sea salt

To flavor the meat

1 hot chili pepper
2 teaspoons ginger powder
2 teaspoons sweet paprika powder 1/2
teaspoon dehydrated garlic
1 teaspoon ground coriander 1/2
teaspoon cumin powder
1/2 teaspoon ground cardamom
1/4 teaspoon dried mint

Preparation

Soak the chickpeas in water and baking soda the night before. Cut the meat into 1-inch pieces on each side and place in a bowl with the ground chili and all the other spices and let marinate. In a large saucepan, sauté the chopped onion and 3/4 of the celery you have coarsely chopped in the oil. When the fried meat has browned, brown the meat with all the seasonings. Turn the meat cubes well and brown them on all sides. Add the tomato puree and leave to gain flavor over medium heat for 5 minutes. Add the concentrate and the water (it should cover the meat), then bring to the boil and cook over very low heat for at least 90 minutes. While cooking, the liquid may become too dry, so add more water if necessary to complete the cooking process. While meat is cooking, put chickpeas, peeled and chopped carrots and remaining celery in a large pot. Fill the pot with water and turn up the heat to medium. When the water boils, add a couple of scoops of the stew sauce and cook for 30-40 minutes. When this time has passed, add the zucchini, also cut into large pieces, and let it cook for another 20 minutes. Add salt only when the chickpeas begin to soften. When the meat is cooked, add the potatoes, peeled and cut into four pieces. Put the lid back on and cook over very low heat until the potatoes are tender but not mushy (about 30 minutes). Add salt when cooked. Drain the vegetables from the broth, do the same with the meat and potatoes. Then combine the liquids of the two pots and put it back on the stove over low heat to

restrict it. In the meantime, prepare cous cous by preparing as directed on the package. Take a cup of the stew sauce and add the Harissa sauce. To serve pour the semolina into a large bowl, garnish with the stew and vegetables. Serve the broth and hot sauce separately. And here is the dish ready!

Assidat zgougou

Ingredients

For the dark cream:

550 g zgougou (Aleppo seeds) flour

500 g of sugar

For the white cream:

1 l milk

4 tablespoons cornstarch 4 eggs

125 g sugar

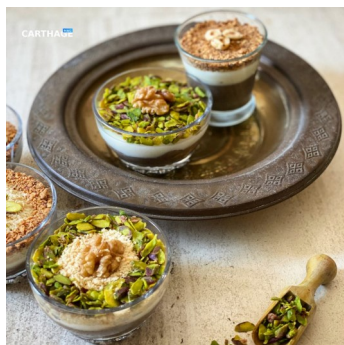
a little water

For the decoration

90 g between pistachios, pine nuts and almonds dried mint

Preparation

Toast the zgougou the day before. Grind the aleppo seeds in a blender and gradually add 2L of water until a fine batter is obtained. Place the mixture in a bowl and let it rest in the fridge for 8-12 hours. Slowly add the flour and mix with a whisk. Add the sugar and bring to boil until the mixture is thick. Pour the Aleppo cream into glasses and let cool. Now let's prepare the white cream, which can easily be replaced with a ready-made custard; bring 750 ml of milk to a boil, pour the remaining 250 ml of milk into a bowl and add the starch, eggs, sugar and water. Add the mixture to the boiled milk and simmer until the cream is well blended. Now pour over the Aleppo cream the white cream, let it cool again and decorate as desired.



Ukraine



Ukraine literally means "on the border" (u krajna). It is a large territory mostly flat, if you exclude the green mountains of the Carpathians in the south, and therefore without great natural defenses: expanses of fertile fields, steppes that reach the sea, undulating hills, immense forests, many lakes and rivers.

Ukrainian festivities

According to the Julian calendar, the Orthodox Christmas begins to be celebrated on January 6, that is, on Christmas Eve, called "the Holy Supper." One of the common traditions that has more than a thousand years of history and spread until now in Ukraine is the 12-course dinner, the number of Christ's apostles. The food is prepared from vegetables, legumes, fish and pasta, but never meat, because the pre-Christmas fasting period begins on November 28th and it ends on January 7th, Christmas Day. One cannot start eating dinner until the first star appears in the sky, which is the birth of Christ. So, with so many Christmas customs traveling through the centuries, Orthodox Christmas for Christians is the most important holiday of the year to bring the whole family together. The most joyful tradition of Christmas in Ukraine are Christmas carols after the Christmas Eve dinner. The numerous groups of young people dressed in national costumes and holding a star made of colored paper (symbolizing the star of Bethlehem),



exchange greetings with relatives, neighbors and friends with Christmas carols in exchange for gifts, so that the children are not left empty-handed. There are two Christmas songs ancient and popular: one is called the *koliadki*, and is sung only on Christmas Eve, while the other is called *shchedrivky*, and it is sung on Christmas day. And not everyone knows that the second became the basis for the Christmas song *Carol of the Bells*, known all over the world. The next day is Holy Christmas. It is celebrated in the family with a lunch full of meat food. In some areas in Ukraine in the streets they organize special processions, "Vertep", typical theatrical performances, with Christmas carols and wishes for the new year.



Typical phrases in Ukrainian

Hello → Previt

Good morning → Dobrei Den

Good evening → Dobrei Vecir

Religious greeting → Slava Isusu Hrestu

Toast → Na Zdorovia

Ukrainian recipes

The culinary traditions of today's Ukrainians have become a symbol of national hospitality. Ukrainian culinary tradition is marked by simplicity and consists of tasty and fragrant recipes. Most of the local specialties and dishes are made from basic but tasty ingredients - such as grains, potatoes and vegetables (like beets and cauliflower), mushrooms all frequently seasoned with dill, garlic and vinegar.

Borsch

Borsch is a soup made from beets and meat originating in Ukraine.

Ingredients

250 gr of red beets (also precooked)	250 gr of white cabbage	2 carrots
200 gr of tomato puree	1 bay leaf	salt and pepper to taste
1 onion	1 sprig of parsley	1 knob of butter
2 garlic cloves	To accompany the borsch	
2 liters of meat broth	200 gr of sour cream	
300 gr of veal and beef (the same meat used to make the broth)		

Preparation

Cook the meat in a liter of water of water for one hour, remove the meat from the edge and cut it into diced. Peel the beets, put them in a pot with plenty of salted water and boil until soft, then drain and dice. You can also use precooked beets for convenience. Peel and chop the onion and garlic and sauté in a pot with the knob of butter. Add the thinly sliced carrots, the cabbage in strips and the beet, sprinkle with pepper, add the vinegar, tomato puree, a little meat stock. Cover and cook for 30 minutes over low heat until the vegetables are cooked. Add the meat, bay leaf and chopped parsley, cover with the remaining stock, season with salt and cook for another half hour. Serve the borsch hot accompanied by a spoonful of sour cream in the center or served on the side with a few chopped dill leaves. Enjoy!



Kutia

Kutia is a pudding made of blueberries, poppy seeds and honey to which other ingredients can be added as desired such as nuts, dried fruit and raisins. It is the typical Ukrainian Christmas dessert.

Preparation

Ingredients

1 glass of poppy seeds
1 glass of wheat
100 milliliters of honey
10 grams of walnuts
1 teaspoon of orange zest

2 teaspoons of raisins
4 spoons of milk
4 dried figs
3 teaspoons of almonds
Q.b. water
Q.b. vanilla

Pour the wheat into a bowl and cover with water. Let soak for a few hours. In another bowl pour the poppy seeds and cover with water. Let soak for an hour, until the poppy does not absorb some of the water. Pour the milk into a small saucepan and add the vanilla and poppy seeds, drained well. Cook over low heat, until until the poppy seeds become soft. Reduce the peeled almonds into slivers and toast for a few minutes. Cut the figs into small cubes. Transfer the cooked wheat to a bowl and let cool. Remove all the water. Add the poppy seeds, raisins and diced figs. Add the toasted almonds and stir everything together. Prepare the ingredients to decorate the kutia. A few nuts, orange zest cut into small cubes, toasted almonds. Heat the honey and pour it into the kutia while it is still liquid, then stir. Transfer to glasses or small bowls and decorate.





Italy

The Italian Republic is located in central-southern Europe, whose territory largely coincides with the geographical region called Italian peninsula. It is a parliamentary republic with a population of approximately 59.3 million inhabitants and is the third country by number of inhabitants in the European Union. The city of Rome is the capital. Within Italian territories are two different enclaves republics: The states of the Vatican City and San Marino, while Campione d'Italia is an Italian exclave in Swiss territory. In Italy, the principle of the secular state is applied, therefore there is no official religion, the majority of Italian citizens are Catholic. The Catholic Church in Italy is organized into 225 dioceses plus a military ordinariate; the Pope, as bishop of Rome, is its primate. The Italian Constitution provides for the relations between State and Catholic Church, by the Lateran Pacts.

Italian festivities

Religious festivities follow the Christian calendar.

Ognissanti - All Saints' Day

The commemorations of the martyrs, common to several churches, began to be celebrated in the fourth century. In several countries, including Italy, All Saints' Day (November 1st) is a public holiday, while the day of the commemoration of the dead is not (November 2nd). Many people visit the cemetery on All Saints' Day. Each Italian region has its own culinary tradition regarding this day, usually they are cakes and pastries. "Pan dei

morti” is probably the best known and widespread Italian dessert linked to All Saints' Day celebration. Born in Milan, it is a kind of cookie with macaroons, dried fruit and cinnamon (with some variation), from enjoy paired with a glass of “vin santo”.



Immaculate Conception

December 8th, the day of the Immaculate Conception, traditionally represents the beginning of the Christmas celebrations. The Immaculate Conception does not refer to the conception of Jesus Christ by the Holy Spirit but celebrates the Virgin Mary as immune from original sin, since her conception by her parents, Sant'Anna and San Gioacchino. The date was chosen due it falls exactly nine months before the Nativity of Mary, set for the 8th of September. In Italian homes the Immaculate Conception's Day still sees families gather to decorate the Christmas tree and set up the nativity scene (Presepio) there are many traditions involving cities and villages all along the peninsula. In Naples, the cult of the Immaculate Conception is focused in the area of the obelisk of Piazza del Gesù to her dedicated: on this occasion the Mayor of the town hand out a bundle of roses, that the firefighters lay down in the hands of Mary. In the shadow of Vesuvius, this recurrence is also accompanied by traditional cookies: the Biscotti Roccò. They are very hard biscuits, based on almonds and candied fruit; they are baked at the Immaculate Conception and eaten, maybe soaked in wine, until the end of the Christmas holidays.



Christmas

In Italy there are Christmas traditions widespread everywhere, such as the Christmas tree and the nativity scene. However, the Christmas tree is much more common in the north of the country, while the nativity scene in the center and south. In some areas of northern Italy, it is not Santa Claus to bring the gifts, but Saint Lucia. This tradition resists in the provinces of Verona and also in Brescia and Bergamo: there is a story about festivities of 1200, when an epidemic has spread, that affected eyesight of children and that, to avoid it, the mothers decided to



take their little ones on a pilgrimage, asking for the grace of Saint Lucia, protector of the blind people. To persuade the children, they promised that Saint Lucia would have offered them gifts on their return. From then, on the night between December 12th and 13th, the children wait for Saint Lucia coming to bring the gifts on the back of her donkey. Another widespread

custom is that of bagpipers (a tradition also rooted in the Center), musicians who roaming the streets of the villages, playing typically Christmas songs with their bagpipes. Sometimes they even knock the doors, cheering with their music for a donation. While in the North Italy the Christmas Lunch



is the main event, in the South is the Christmas Eve Dinner on December 24th to have more prominence. The Christmas Eve Dinner in Calabria has a specific number of courses. In some places, the Dinner must consist of 13 courses, symbolizing Jesus and the 12 apostles, while in other areas it only includes 9, in honor of the months of pregnancy of Mary. In Calabria, moreover, it is typical "u Natalisi", a particular bread that, according to a legend, is prepared by the dead to symbolize their presence during the festivities. In Apulia is good to remember that children do not

wait for Santa Claus. In these areas, in fact, it is St. Nicholas - who also inspired the legend of Santa Claus - who brings them the gifts, on the night between December 5th and 6th. Do you want to know how it is received? By boiling a huge amount of broad beans!



Epiphany

The long holiday period ends with the Epiphany, celebrated by the Catholic Church on January 6th and considered one of the greatest solemnities, together with Easter, Christmas, Pentecost and Ascension. The term was used by the Greeks to indicate the action or manifestation of a divinity through miracles, visions, signs, etc. from the Greek "Epiphania" (which literally means "manifestation", "coming", "divine presence". Today the term is released at the first public manifestation of the divinity, that was with the visit of the Magi to the Infant Jesus. With the Epiphany, the Christian world therefore remembers the meeting of the Magi with the Infant Jesus and their conversion to the new doctrine.

Carnival

History of the Carnival dates back to pagan world, from the good omen rituals of ancient festivities, like the Greek Dionysians and the Roman saturnalia. In ancient Rome, the beginning of spring was honored with parties in mask in honor of God Saturn. Masks and costumes in those days removed the social differences: everyone could participate in these propitiatory rites mainly to obtain the benevolence of the Gods, for example to obtain an abundant harvest. Now, Carnival time ends with



Shrove Tuesday, the day preceding Ash Wednesday which begins Lent, leading to Easter. It is highly likely that the word "carnival" derives from the Latin *carne[m] levare*, because originally the expression indicated the banquet that was held the day before the start of the meat fasting, or Lent. On Shrove Tuesday, succulent and delicious foods were eaten, fatty foods, especially meat which then could not be consumed during Lent.

Easter and Easter Monday

Easter is the religious holiday that celebrates the resurrection of Jesus Christ. Easter is celebrated on Sunday because, in the Gospels, it is reported that the empty tomb of Jesus was discovered the day after the Saturday, and its date changes from year to year due to the fact that it is observed on the Sunday following the first full moon after the Spring equinox. For Christians, Easter celebrates the Resurrection of Christ three days after his death by crucifixion, and the food symbols are the lamb (sacrifice), bread (Christ's body), eggs (mystery of life). Among the typical foods of Easter, bread is made with different methods depending on the territorial identity, often containing fennel and rosemary, reminiscent of the aromatic oils with which women anointed the Jesus Christ's body taken down from the cross. For Easter day desserts too are very important and depending on the regional areas, they have different forms and consistency: from pastiera to colomba, from cassata to gubana.

Easter Monday is also said "Angel Monday" and it identifies not a precept holiday for Christians, but a working rest day, introduced after the war to extend the Easter holidays. According to tradition, the day should be spent with relatives or friends, taking trips with outdoor activities and a picnic on the grass.



Typical phrases in Italian

“Fare i conti senza l’oste” – “to reckon without his host”: Act without considering the possible difficulties

“Fare orecchie da mercante” – “Turn a deaf ear” :Look the other way, not to listen

“Dare un colpo al cerchio e uno alla botte” – “ One blow to the circle and one to the barrel”: An expression that is used to define a behavior through which one tries not to upset either of the two parties involved in a dispute

“Saltare di palo in frasca” – “Jumping from tangent to tangent”: It means going from one topic to another without logical reason, talking about things that are totally different from each other

Italian recipes

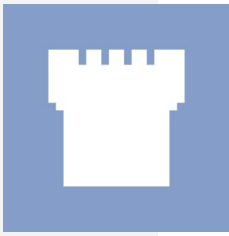
Italian cuisine includes deeply rooted traditions and is the ensemble of all regional gastronomies. It is known as a classic example of the Mediterranean diet, recognized as an intangible heritage of humanity by UNESCO in 2010. Furthermore, it is one of the best-known gastronomies in the world. One of the main characteristics of Italian cuisine is its simplicity, with many dishes made up of few ingredients: you rely on the quality of the ingredients, rather than the complexity of preparation. The most popular recipes have often been created by grandmothers rather than by chefs, respecting territorial and seasonal specificities. It is really impossible to choose a couple of dishes and set them up as a symbol of Italian cuisine, without hurting someone.

Therefore we prefer to remember the most famous Italian dishes in the world, which many try to copy, but no one can equal: pizza, tortellini in broth, baked lasagna,



pesto alla genovese, spaghetti carbonara style, piadina, focaccia, risotto,

Jehovah's Witnesses



Jehovah's Witnesses adhere to the type of Christianity taught by Jesus and followed by his apostles. The Creator, whose name is Jehovah, is worshiped. Jehovah's Witnesses recognize the Bible as God's inspired message to the human beings and they base their beliefs on all 66 books that compose it, including both the "Old Testament" and the "New Testament". Following the teachings and example of Jesus Christ, they therefore define themselves as Christians. For Jehovah's Witnesses, God's Kingdom is a real government, located in the heavens, and not a heart condition of Christians. It will replace human governments and fulfill God's purpose for the earth where there will be no more death, disease and suffering that characterize the world in which we live. Jehovah's Witnesses put a great emphasis on family and marriage and believe that the wisdom contained in the Bible helps to have a happy family life. neither the cross nor other images are venerated. Some fundamental aspects of religion are:

- prayer
- reading and studying the Bible
- meditation on what is learned from the Bible
- gather together to pray, study the Bible, sing, express our faith and encourage others, whether they are Witnesses or not
- preach the "good news of the kingdom"
- help those are in need
- build and maintain Kingdom Halls and other facilities used for promoting the worldwide Bible education work

- participate in disaster relief operations

Jehovah's Witnesses are organized into congregations, usually formed by of 70/80 people, each of which is coordinated by spiritually mature men called “elders” (not to be considered as a clerical class). All activities are financed through voluntary contributions; no financial compensation is received for the work carried out. All over the world, Jehovah's Witnesses are united by love and the same beliefs and they are committed to ensuring that there are no divisions due to social, ethnic, racial or economic differences. Each Witness makes decisions in harmony with his or her Bible-trained conscience. Jehovah's Witnesses are committed to show selfless love by avoiding doing things that displease God, such as using blood incorrectly, by accepting blood transfusions. They are of a peaceful nature, and therefore neutral in political matters, they do not participate in wars and respect the government of the place where they live, obeying its laws as long as they are not required to disobey the laws of the Lord, however respecting the choices that others make in these fields. Singing is an integral part of adoration. Various songs are used during meetings such as reunions, assemblies, and conventions. The songs are chosen for the occasion or topic covered during the meetings. Each Jehovah's Witness has one or more favorite songs. Like most parents, Jehovah's Witnesses want the best for their children. They teach them what they think will help them in life, both practically and morally and religiously. Jehovah's Witnesses try to pass the values contained in the Bible to their children by studying it with them and attending Christian meetings together. As they grow up, children will be able to choose by themselves and consciously whether to follow or not the same religion of their parents.

Jehovah's Witnesses celebrations

Each year, Jehovah's Witnesses gather on the anniversary of Jesus Christ's death, also called the Last Supper or Memorial of Jesus' death. This is to remind that Jesus gave his life as a ransom to save the human being from

sin and death. Jesus himself wanted his disciples to remember his death. On the night before he died, he instituted a special celebration and gave this command: "Keep doing this in memory of me" (Luke 22:19). In this special occasion both, Jehovah's Witnesses and friends, family and interested people gather to attend an, about half an hour long, talk focused on the meaning of Jesus' death for all mankind. Then, as Jesus did at the Last Supper, the unleavened bread and red wine, symbols of Christ's flesh and blood, the emblems are passed among those present. Being an international community there are no typical meals that can be traced back to this religion. No specific diets or foods are eaten during the Memorial period of Jesus' death. Weddings of Jehovah's Witnesses are usually celebrated with a simple and dignified ceremony. The main part of the ceremony is the wedding speech, lasting approximately 30 minutes and is delivered by a minister of Jehovah's Witnesses. This instructive and encouraging talk emphasizes Bible principles that can help spouses to have a marriage of love and happiness that lasts. Many Witnesses decide that their marriage be celebrated at a Kingdom Hall, and usually anyone can attend. Some spouses decide to organize a reception after the ceremony, where something to eat can be served.



Sikh

The word “Sikh” comes from Sanskrit and means follower, pupil. Sikhism was founded in India during the 15th century, in the city of Anandpur Sahib, located in the federal state of Punjab. It is based on the teachings of Guru Nanak Dev Ji, and the nine Sikh Gurus who succeeded him. The tenth guru, Guru Gobind Singh, designated the scripture Guru Granth

Sahib as his successor, bringing to completion the line of human Gurus and establishing the Scriptures as an eternal and religious spiritual guide. Sikhism is therefore considered a monotheistic religion. Guru Nanak Dev ji taught to live a life of equality, rejecting the concept of caste strongly present in India, and emphasizing the importance of offering service to all humanity. The Sikhs believe in and promote three substantial principles: meditation and the recognition of God in all the actions performed by the human being, the duty to earn an honest living, and the constant commitment to "seva", that is selfless service, sharing and fighting for universal justice, good and prosperity. Guru Gobind Singh has also left as his inheritance the precepts of what the identity of the Sikhs currently is, which consists, in addition to the precepts described above, of:

- The daily practice of meditation and prayer
- Compassion for every living being, which also translates into the adoption of an exclusively vegetarian diet
- The willingness to treat one's body like a temple and therefore not to use harmful substances such as drugs, alcohol and tobacco

- The adoption of a spiritual name, whose main message is the rejection of the caste system. The names are assigned on the basis of the Holy Scriptures and are followed by the terms "kaur - princess" and "singh - lion".
- Respect for the 5 K, which have become the main symbols of Sikh identification:
- Kesh - the prohibition of cutting hair and hair, as every part of our body is a divine gift
- Kanga - carry a small comb, to symbolize maintaining the cleanliness of your hair
- Kara - a steel bracelet that signifies a reality with no beginning or end, and is also the symbol of a Sikh's commitment to the ideals of their faith
- Kirpan - a representative sword of the commitment to justice. This sword does not necessarily have to be a real weapon and can also be worn as a pendant
- Kachera - particular undergarment, a sign of moral strength



The addition, to one's usual clothing, of a turban, whose practical function of gathering the hair stands alongside the more spiritual one of symbolizing a crown, to testify to the fact that any man or woman can consider themselves as king and queens, breaking, also in this case, the well-established caste conventions in India. There are no strict rules about how the turban should be, or how it should be worn. Over the time, many styles, more or less personal, have been created, influenced by cosmopolitan fashions or local availability of more or less colored materials. For sure, over the time, it has become the universally recognized symbol for members of this religion, authorized and granted even in official contexts. These very simple and universally recognized precepts, have favored the



spread of Sikhism among people of different cultural backgrounds and ethnic origin, encouraging more and more to look beyond the differences between individuals and striving to create a world of peace, understanding, harmony, unity, compassion. The woman represents a significant part in the Sikh community. She is the subject of great respect for the role



she plays within the family and the society. The most important place of worship for Sikhism is the Gurdwara, which literally means "the door of the Guru", that, at the same time, is a temple and a meeting place. There are thousands of Gurdwaras in the world, among them the Golden Temple in Amritsar, Punjab is the most famous. It is, every year a pilgrimage destination for



Sikh festivities

The most important religious ceremony in the life of a Sikh is baptism, in Sanskrit “amrit”. Since then the commitment to respect the code of conduct and the principles of faith, begins. No minimum or maximum age to be baptized is request: every man or woman, of any nationality, has the right to receive baptism and to join the Sikh community. Marriages are also important moments for the individuals and for the community. In general, the aim of religious ceremonies for Sikhs is to remember the relationship with God and promote the union of the soul with the Creator. During the year, Sikhs remember the days when the ten Gurus are born, the moments in which have been recognized as masters and the anniversaries of their death. It is also celebrated the day on which the sacred text, Guru Granth Sahib, was elected as a spiritual guide.



Sikhism Terminology

Guru → the one who gives light (wisdom) to the dark (ignorance).

Siri → Teacher, master

Sat Nam → True identity

Khalsa → pure, the term designates every Sikh (man or woman) who has been baptized or received amrit

Mantra → vehicle or instrument of thought or thinking

Akaal → beyond death; this is the formula recited during Sikh funerals, the ancient tradition of which, has it the cremation of the body, preceded by a moment of recollection in prayer

Mantra of Sikhism

Ong namo Guru dev namo → is the Adi Mantra, it is translated as "I greet the divine creative energy dwelling in me". Meditations are usually started reciting this mantra

Aad Gureh Nameh, Jugaad Gureh Nameh, Sat Gureh nameh, Siri Guru Devh Nameh → is the Mangala Charan Mantra, it is translated as "I bow to the wisdom that was in the beginning, I bow to the wisdom that exists through every age, I bow to the true wisdom, I bow to the great divine wisdom. It is a mantra of protection and is recited at the beginning of important moments, including business meetings.

Sikh recipes

Sikhs follow a vegetarian diet, from a predominantly Indian inspiration. Therefore it is very common to find meals such as aloo gobi, dahl, and other foods rich in spices typical of Asia. However, over the time, Sikhs have understood the benefits of some combinations of foods, that have resulted in real daily recipes that became widely known all over the world



Golden Milk

It is turmeric, vegetable milk and honey-based drink. It is to be considered a precious nourishment for the body. Golden milk has its origins in Ayurvedic philosophy, which places among his main objectives the achievements of a

psychophysical balance through nutrition.

Ingredients

For the turmeric paste (can be used for 30 cups):

130 g of water

40 g of Turmeric

1 pinch of pepper for a cup of golden milk:

150 ml of Vegetable Milk

1 tablespoon of Millefiori Honey

Preparation

To prepare Golden Milk start with the turmeric paste: bring the water to a boil with a pinch of black pepper, then add the turmeric and cook until you get a thick and grainy paste. At this point, transfer the turmeric paste into a jar to



store it and it will be ready to use. Now move on to the preparation of your Golden Milk: bring the vegetable milk almost to a boil, then transfer it to a jar, add 1 teaspoon of turmeric paste and the honey, finally close with the cap and wrap a cloth around the jar so as not to burn yourself. Shake your drink for a few moments. Pour the Golden Milk into a glass and enjoy it hot.



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This book aims to celebrate the value of January 2022 – *open minded and innovative* - through the universal principle of inclusion. Honoring such an important value in this day and age has made us very proud.

Holidays in 2022

January 1 - New Year's Day (Catholics)

January 6 - Epiphany (Catholics)

January 7 - Christmas (Orthodox - Ukraine)

January 14 - Pongal (Hindu)

March 1 - Carnival (Catholic)

April 2 - Beginning of Ramadan (Muslims)

April 14 - Chinese New Year (Buddhists)

April 15 - Commemoration of Jesus' Death (Jehovah's Witnesses)

April 17 - Easter (Catholics)

April 18 - Easter Monday (Catholics)

April 24 - Easter (Orthodox)

May 2 - End of Ramadan (Muslims)

May 15 - Vesak Full Moon Poya Day (Buddhists)

June 12 - Pentecost / Rusalii (Orthodox)

August 15 - Assumption of the Virgin Mary (Catholics)

September 26 - Navratri (Hindus)

October 8 - Mawlid (Muslims)

October 24 - Diwali (Hindus)

November 1 - All Saints (Catholics)

December 6 - Mos Nicolae (Orthodox)

December 8 - Immaculate Conception (Catholics)

December 25 - Christmas (Catholic)

December 26 - St. Stephen's Day (Catholic)



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