

International Cook Book

University of Lodz



**UNIVERSITY
OF LODZ**
Poland



Erasmus+



Expand your taste horizons!

Each day at the University of Lodz, we can hear many languages. Our students come from 95 – sometimes very distant – countries! They were raised in different traditions and, because of this, they bring a lot of fresh ideas and energy to our university. While taking part in the university life, the international students give us a lot of fascinating information about their cultures. They share, we listen – and each day, we all expand our horizons.

Our international students are actively involved in various initiatives within the University Diversity project, proudly showing and sharing a multitude of customs and cultural expressions in our academic community. International spring Cook Book was one of such activities. Inspired by waking nature and coming Easter, our students share with us how they celebrate the springtime awakening in their countries. Are there any special celebrations connected to that part of the year in their cultures? Do they prepare (like we do in Poland) some traditional food?

The above questions were answered by the students who shared the recipes of springtime dishes cooked in: Armenia, Bolivia, China, France, Georgia, Honduras, India, Indonesia, Paraguay, Romania, Serbia, Spain, Turkey, Ukraine and Poland. The students also celebrated together and met to cook together at BOOK & COOK Studio Kulinarne in Łódź.

The result of the initiative is the cook book you are holding in your hands. We hope the recipes contained in the International Cook Book will allow you and all the other readers to embark on a completely new culinary journey.

**Smacznego!
Bon appetite!**



Ingredients

- medium sized pumpkin
- one cup of golden raisins (30 g)
- half a cup of dried, sliced apricots
- half a cup of chopped dates
- one cup of chopped prunes
- one cup of almonds (normal chopped or skinless or bleached and sliced)
- half a cup of walnuts (chopped regular or bleached), one stick of butter (100 g) unsalted
- pinch of salt
- ¾ cup of honey
- one cup of rice (70 g, par-boiled rice is preferable)
- 1 g cinnamon powder
- 200 g apples.

GHAPAMA (Ղափամա)

Stuffed pumpkin

How to cook the dish

1. Put the cup of rice in 3 cups of cold water on high heat for about **15 minutes** (it should not be fully cooked, or it will become mush, but at least halfway cooked)
2. Strain the water from the rice well. Drop the butter into the hot rice to melt quickly
3. Mix all the ingredients and the fully drained rice together
4. Mix half of the honey with this mixture
5. Add **2 teaspoons** of cinnamon powder and set aside
6. Wash the pumpkin and then cut the pumpkin top off in a way that it can be placed back on top, remove the seeds, and clean the pulp out with a spoon (you can also do this while the rice is put to boil to save time)
7. Spread the remaining honey inside the pumpkin. Fill the pumpkin with the mixture
8. Leave enough space to cover the head with the carved part of the head
9. Place in a baking dish, pre-heat oven at **400 Fahrenheit**
10. Cook for one hour, then lower the **temperature to 375**
11. Poke the pumpkin with a fork or a knife starting as early as **40 minutes** for smaller/thinner pumpkins
12. If nice and soft (the fork goes into the pumpkin skin very easily), the ghapama is ready.
13. Take it out and serve immediately, or after a little cooling, cutting the pumpkin vertically along the ridges.

Bari akhorjak - Bon Appetit

In the spring Armenians prefer light meals, mainly made from herbs, vegetables and fish. Lentils, tomato, Zucchini, garlic, eggplant, parsley, mint, red pepper, onions, coriander and rice are served wrapped in grape leaves (during winter) and cabbage leaves (during summer). Pronounced as “Tolma” in the Armenian language, this is an ideal recipe to cherish, especially during Lent festival. In the spring season Armenians celebrate the Passover. It is a tradition in Armenia to fast prior to Easter for a period of 40 days. During Passover we usually cook three dishes: whitefish with vegetables, pilaf with dried food and eggs with mandak herbs (a kind of edible chrysanthemum). Prior to this period, we celebrate a feast called Barekendan.

In particular, this holiday is an occasion in which traditional norms and routines of daily behaviour are suspended. People wear masks, costumes and participate in games, performances and jokes as a way of expressing their emotions. It is a kind of masquerade and could be compared to other festive days like “Fat Tuesday” or “Pancake Day” which are celebrated in several countries.

A lot of the Armenian vegetarian dishes are made from potatoes but there are also other recipes that allow vegetarians to discover the taste of Armenia. One of such dish that vegetarians love is Basooc Dolma. This is a dish made out of pickled cabbage leaf sprinkled with spices, which makes the taste even more amazing. It is served cold.

For carnivorous people, however, there is a greater choice. Kyufta is one of the most delicious dishes made from meat boiled in broth. First, the meat is thinly sliced and then pounded. When the meat is ready it is combined with eggs, flour, salt, water or milk, cognac, browned onions and spices. Then need to form meatballs and put them into warm water which is gradually heated until boiling. Kyufta is ready in half an hour and served with lemon. The meal is usually served with tan (yogurt drink (still or carbonated, salty)).

Traditionally Armenians used to eat alani (pitted dried peaches stuffed with ground walnuts and sugar), anoushabour (dried fruits stewed with barley, garnished with chopped almonds or walnuts), ttu lavash (thin roll-up sheets of sour plum purée). Nowadays every type of cake is preferred with fruits and a cup of Armenian coffee.





Yuriko Tatiana Cornejo Poma

Bolivia

WATHIA

(the word comes from Aymara language)

How to cook the dish

1. Dig a well about one meter deep, at the base place firewood, then place flat stones on top, plus charcoal and let warm
2. Prepare chicken and pork with pepper, cumin, aji ground yellow powder and salt
3. When the stones are red, disperse them around the hole
4. All the meat is wrapped in sheets of tinned paper that are placed on top of some hot stones
5. Put the food in layers: all the meat, potatoes, banana for cooking and oca at the end
6. On top of the food other hot stones and these in turn are covered with earth and left **for 2 hours**
7. Prepare the salad with tomato, lettuce and onion
8. After two hours unpack carefully and ready to eat

The Wathia is a culinary practice of pre-Hispanic times, which is related to the potato harvest stage and is prepared on holidays. This meal consists of making the food cooked in a pit lodged in the ground.

Ingredients

- 1 Chicken
- 4 kg pork
- 30 potatoes
- 10 sweet potatoes
- 2 kg ocas
- 10 bananas for cooking
- 3 lettuce
- 2 kg tomatoes
- 1 kg onions

Han Su

China

CHŪNBĪNG (春饼)

Spring pancakes

How to cook the dish

1. Put hot water into flour, mix them with little salt (3 g), until they turn into a dough
2. Put the dough into a bowl, waiting for **30 minutes**
3. At the same time, cut cucumber, green Chinese onion and celery into small pieces
4. Beat eggs into a bowl then make scrambled eggs with salt, Chinese green onion and chili
5. Boil the celery with water
6. Cut the dough into many small pieces. Then press it and put little oil on each small dough
7. Roll out each small dough into thin slices, and put each one slices on another slices
8. Next, use pan to frie each pancake, each pancake should be fried for **1~2 minutes**.
9. When the pancake is well down, separate that two pancakes
10. At last, put cucumber, celery, fried eggs on the pancake, and roll them

There is a very old and traditional 'Spring Festival'. It is held in January or February each year and is the most important festival in China. Spring festival is similar to Christmas. The history of it has 4,000 years. It is spend on celebration with family. According to the legend, in the ancient times, there was a kind of monsters named 'Nian', which scared people very much. The monster appeared in a particular day in spring. So at that day, people rarely went outside and spent time with a family talking and eating together.



Ingredients

- 250 g flour
- 150 ml hot water
- 1 cucumber
- 2 celery
- 3 eggs
- 2 potatoes
- 15 ml oil
- 1 green Chinese onion
- chili sauce 10 g
- starch 10 g
- soy sauce 6 ml
- salt 10 g
- chili 5 g



Hadrien Woerner

France

TIAN AUX LEGUMES

Vegetables tian dish

How to cook the dish

1. Preheat the oven to **180°C (thermostat 6)**
2. Butter an oval baking dish.
Peel the garlic cloves and the onion
3. Cut the onion and only one of the **5 cloves** of garlic into small pieces
4. Bake for **5 to 10 min**, the onion in pieces and the pieces of a single clove of garlic. Then let cool the dish a little
5. Wash the vegetables, then cut them into slices of the same thickness and if possible of the same diameter
6. Place them in the dish, on the garlic and the onion baked, standing by row successively: tomato, zucchini, tomato, eggplant and so on; Intercalate the remaining **5 cloves of garlic**
7. Salt, pepper, sprinkle with olive oil, and sprinkle with herbs of Provence
8. Bake for **1 h 30 minutes**

Spring in the kitchen means: asparagus, spring vegetables cooked as a ratatouille, salads, leg of lamb and strawberries. We have Easter holiday which was the religious event a long time ago and part of the history and culture of France, and now celebrating as a societal holiday in spring. In the religious tradition celebrating the resurrection of Jesus Christ

Ingredients

- **400 g** of eggplant
- **500 g** of tomatoes
- **300 g** of zucchini (courgettes)
- **1** onion
- **6** garlic cloves
- **50 g** of butter
- **1** olive oil spoon
- Provence aromatic plants
- Salt and pepper

GIGOT D'AGNEAU DE PÂQUES

Easter lamb leg

How to cook the dish

1. Preheat the oven to **180°C (thermostat 6)**
2. Spread the leg of honey lightly on all sides (a layer of **5 mm thick**). No liquid honey, otherwise it flows!
3. Sprinkle all the thyme of dry thyme
4. Season with salt and pepper
5. Add some “noquettes” of butter on and around the leg of lamb
6. Same with 2 garlic cloves cut in 4
7. Bake your charming leg for **45 min**
8. Water it regularly with its juice (add a net of water if necessary)
9. Peel and wash the potatoes, then cut into slices and cook, grilled it in a pam for **20 min (sides)**
10. Green beans cooked in boiled water for **10 min (sides)**



Ingredients

Leg of lamb:

- **1** good lamb or lamb shoulder (**1,7 kg to 2kg**)
- honey
- dry thyme
- **2** cloves of fresh garlic
- salt pepper
- butter

Sides:

- **6** potatoes (**600g**)
- green or runner beans (**600g**)



Geno Kutashvili

Georgia

CHAKAPULI (ჩაქაფული)

Stew

How to cook the dish

1. The diced lamb or beef to a deep pan. Pour in **200 ml** of white wine and cook on a low heat until the wine reduces (usually **15-20 minutes**).
Note: please, time of stir use to a wooden spoon.
2. While the meat is cooking, pinch off the tops of the tarragon and strip leaves from their stalks. Chop the tarragon leaves. Finely chop the onions, coriander and green peppers.
3. Crush the garlic.
4. Add the chopped ingredients, garlic and plums to the pan containing the meat once the wine has reduced. Add **1 liter** of water, cover the pan and cook on a low heat for about one hour.
5. Last step of dish is salt. Salt - according to taste, and your Georgian Chakapuli is ready!

When I think about spring in the kitchen in my country, I always remember my favorite dish – New fried potatoes with sauce of Alycha (Georgian name: ალუჩა). During this season we cook a lot of salads. But generally, Georgian special dish for spring is “Chakapuli” (Georgian: ჩაქაფული) it is one of the most popular Georgian dish.

During spring, you can attend and see to Easter in Georgia. It is one of the main religious holiday in Georgia. During this holiday, in almost all family, you can taste Easter cake and red eggs, which is a very important custom. Except for this food, you can also see traditional Georgian food such as: Khachapuri, Lobio (beans), Mchadi etc.

Ingredients

- **700-800 g** of diced lamb or beef
- **150-200 g** of green onions
- **150-200 g** of fresh green coriander
- **2** green peppers
- **200 ml** of white wine
- **350 g** of garlic
- **1 l** of water
- salt (according to taste)

LOBIO (ლობიო)

Beans

How to cook the dish

1. Soak beans in cold water for two hours prior to cooking. Drain water and add beans, bay leaves and salt to a deep pot containing **1.5 l** of water. Cook on a medium heat until the beans are tender
2. Chop the fresh coriander and onions
3. Add fresh and dried coriander, Blue Fenugreek, garlic, black pepper and a pinch of salt to a mortar
4. Fry the chopped onions in a pan of hot oil
5. Drain the water from the cooked kidney beans but keep **200 ml** in a separate jug (because you need it later). Add the ingredients that were crushed in a mortar, together with fried onions and the oil they were fried in. Mash all ingredients until completely mixed, add the 200 milliliters of bean water (you can use water, which you kept before this step)
6. And last step – it is ready, just see and taste, it is amazing!

Note: this dish usually eaten with Mchadi and marinated vegetables.



Ingredients

- **500 g** of dried red kidney beans,
- **100-150 g** of onions
- **50-70 g** of fresh green coriander
- **2-5** cloves of garlic
- salt
- a pinch of dried coriander
- half spoon of dried Blue Fenugreek
- **5** bay leaves
- **1** tsp of black pepper
- **70 gml** of oil



Ingredients

- 1 bar bread (two days old), properly cut into slices
- 1 l milk
- 100 g of sugar
- skin of one lemon
- 1 cinnamon stick
- 1 big spoon of cinnamon powder
- 3-4 eggs
- sunflower oil
(enough to fry efficiently)

Note: It is a dessert that is more good overnight because the mixture of cinnamon and sugar is transformed, due to the moisture of the bread, in a sweet syrup.

Carlos Barja Marquez

Spain

TORRIJAS

Cinnamon toasts

How to cook the dish

1. Prepare the flavored milk. Peel the lemon carefully. We only need the more superficial part (what is to say: without white parts! that can produce an unwanted bitter taste).
2. We heat the milk over medium heat almost to the point of boiling and then we turn off the fire and add the skin of lemon and the cinnamon stick.
3. We should wait about five minutes to infuse the milk, in addition, it is advisable that for the following steps the infused milk is moderately warm or cold.
4. Prepare the beaten egg bath. Whisk the eggs,
5. Beat the eggs until they spume a little and add two spoons of infused milk, beat again and place in the plate where we will wet the torrijas before frying.
6. We heat the oil over medium heat. Normally Spanish food uses olive oil for almost everything but there are those who think that kills the taste of food when used for frying. Sunflower oil is more useful in this way.
7. While the oil is heating, we bathe the slices of bread in the infused milk. We turn it to impregnate well but not too much and pass through plate with the whisking egg. From there directly to the pan with hot oil
8. It is important to fry all the faces of the bread till they turn golden
9. We put them into one plate with absorbent paper.
10. Turn it sweet. Mix cinnamon powder with sugar in one plate.
11. Roll the torrijas in that mixture until they are well impregnated. Then we put it into the plate et voilà, our Torrijas are finished.

Spring is the rainy season in Galicia. The dry summer is still far away, so the possibility that one green and sunny day turns into disgusting spring storm is high. One of the most popular dishes in all Galician houses is “Caldo Galego” (Galician soup). It is a very fat soup mainly made of broth with cabbage, potatoes, “chorizo” (Spanish sausage), and beans. A traditional meal of Sunday family lunch is “empanada” (similar to polish dumplings with meat). More exotic, even for our Spanish neighbors is “Polvo á feira” (fair style octopus). The Galician kitchen does not offer a big variety of vegetarian dishes but there is no person able to resist the intense flavour of “grelas con patacas” (what means soft turnip leaves with boiled potatoes and olive oil). Finally, as dessert we like enjoy a cake, and there is not more typical cake in Galicia than “Tarta de Santiago” (egg,

almond and sugar and, of course, the essential drawing of the cross of Santiago to show the origin). Wine is the most traditional drink. There is also the triad of liquors “licores de café, hervas y orujo” (coffee, herbal, and marc liquor) served to desserts.

There is a very nice holiday on 1 of May, we call it “Os Maios”. It is one of the traces that we keep from pre-roman times. It is related directly with the spring. Sadly it is not celebrated on a large scale. The main activity is the construction of moss idols by organizations and/or schools. The topic can be very different, it can be religious or politic satire. These idols are surrounded of bagpipe performances and a kind of short satirical poem (no more than four stanzas about local random questions, called “Maios”).





Rubén Benimeli

Spain

PAELLA VALENCIANA

Famous Spanish rice dish

How to cook the dish

1. Put the paella on the fire with the oil, and when it is very hot, add the chicken and the rabbit that has been previously chopped
2. Fry the meat until lightly browned
3. Peel and finely chop the tomatoes, then fry them, over low heat, along with the chunks of pepper for **7 or 8 minutes**
4. When the sofrito (here: tomato sauce) is almost finished add a pinch of salt, the meats and paprika and fry everything again without burning
5. Add water to cover the sofrito and let cook. The time depends on the consistency of the meats
6. Ten minutes before the end of the time we have calculated for the cooking of the meats, the beans are added and the garrofó; In this way they remain at their point
7. At the end of the cooking time add more hot water and let the boil continue for another **3 or 4 minutes**
8. Add the saffron, salt is rectified and the boil is kept 5 minutes more
9. Then add the rice evenly and let it cook another **5 or 6 minutes** on high heat, which will gradually lower
10. Once the cooking is finished let it sit for a few minutes so that the rice finishes absorbing the broth

We have one special holiday in spring whose name is Pascua (pentecostés). During this holidays we cook a traditional meal, Mona de Pascua. It is a meal which is possible to eat whenever you want but is normal to eat with chocolate in the afternoon with all the family.

Ingredients

- **1.2 kg** of rice
- **2 kg** chopped chicken
- **1 kg** chopped rabbit
- **300 g** tomato
- **300 g** green beans
- **250 g** “Garrofó” variety of beans
- **100 g** red pepper
- **100 ml** olive oil
- one big spoon of saffron
- more or less **2** big spoons of salt
- more or less **4 l** of water

Ana Gajović

Serbia

GIBANICA

Serbian cheese pie

How to cook the dish

1. Combine eggs, cheese, kaymak, salt and oil ($\frac{2}{3}$ of the whole amount), mix them well. Put aside
2. Grease the pan
3. Place **2 sheets** of phyllo in pan. Spread about **5 large tablespoon** of cheese mixture on the top
4. Repeat this until **2 sheets** of phyllo are left
5. Add last two sheets on top and pour left oil over the sheets
6. Bake about **40 minutes**, until golden brown

First association that comes to my mind when thinking about spring cooking in Serbia is spinach! Spinach soup, pie with spinach and cheese, corn bread with spinach. It is the green time of the year! The biggest religious holiday in this time of the year is definitely Easter and we still celebrate it in an old, traditional way - we decorate hardboiled Easter eggs, using various techniques. We dye eggs red to symbolize the blood of Christ, but also a popular way of decorating is with floral patterns, because the flowers are a symbol of spring and Jesus' rebirth. There is no particular customary dish prepared on this day. The highlight of the day is the egg tapping game, 'tucanje'. The game is very simple. Person A holds their egg while person B taps with theirs – intending to break person A's egg, while their own remains intact. The winner is the person with the last undamaged egg. (Of course, we eat all the broken eggs after the game.). Talking about food, Serbian food is wholesome, with a lot of meat, lots of cheese, lots of fat. But, for example, one dish that is really favorite is kind of vegetarian. It is called PREBRANAC, and means 'baked beans'. It literally is just cooked (and then baked) beans with onion and herbs. Still delicious! It can be made also with meat and smoked bacon as a non - vegetarian version.



Ingredients

- Phyllo dough **500 g**
- Kaymak **300 g**
- Young cheese made of cow's milk **200 g**
- **5** eggs
- Oil **1 dl**
- Salt



Ingredients

- **10** cobs or **11** cups corn kernels
- **4** tablespoons butter
- **2** tablespoons frying oil
- salt to taste
- sugar to taste

Marco Antonio Martinez Matute

Honduras

TAMALITOS DE ELOTES

Tamale corn

How to cook the dish

1. Peel the cobs, be careful not to break the green husks, as you will need to wrap the tamales with them
2. Clean the corn ears thoroughly, then with a knife, scrape to remove the grain, taking care that only the grains are scraped, and not the cobs because they can become bitter
3. When having all the grains, they must be passed through a blender, leaving a finite mass, soft, that does not need to sneak, at the moment of grinding, one must be careful not to incorporate much water, the mass must be smooth
4. Then having the dough, season with melted margarine, oil, sugar and a pinch of salt, mix everything well
5. Put a deep pot with water, at least a little less than half and with a teaspoon of salt until it boils
6. In the meantime, take small amounts of the dough, and place it in the husks and pack it as if making a sachet, make sure to double sheet and the ends are doubled so that the dough does not come out
7. When the water is boiling, very carefully, they get put inside the pot and then cover with more tuza, and let boil, until they are cooked
8. Serve them with cheese and butter



HORCHATA

Refreshing drink

How to cook the dish

1. Put half a liter of water to heat in a pot
2. Put the rice along with the water in which it was soaked in the blender
3. Blend until everything is well ground
4. Add the condensed milk, the evaporated milk, the liter and a half of water, the sugar, the vanilla extract and the cinnamon

Ingredients

- **1** cup raw white rice and washed
- **1** can of condensed milk (**397 g**)
- **1** can of sugar free condensed milk
- **2 l** of water
- cinnamon sticks to taste
- sugar to taste
- ice to taste
- **1** tablespoon vanilla extract



Manju Sethi

India

BADAM HALWA

Almond Halwa

How to cook the dish

1. Wash and Soak Badam in lot of water for **4 hours**. Peel of the skin and rinse them. If you have blanched almonds, you can skip this step and soak them about **2 to 3 hours**
2. Blend Badam, Sugar, Cardamoms, Saffron with milk or water to smooth the paste
3. Heat a non stick pan or heavy bottom pan, add half of the ghee, add the ground paste and till the halwa thickens, constantly stirring otherwise it will get burnt
4. In between add few tsp ghee in intervals and stir
5. When it reaches desired consistency, switch off and add a spoon of ghee
6. You can adjust the consistency, you can add more milk
7. Serve Badam Halwa with added nuts

Ingredients

- 1 cup almonds
- $\frac{3}{4}$ cup sugar
(you can reduce by 2 tbsp)
- fat pinch of saffron (optional)
- $\frac{1}{8}$ tsp cardamom powder
- $\frac{3}{4}$ cup milk (vegans can use water)
- 4 tbsp ghee or 2 or 3 tbsp virgin coconut oil
- few drops of rose water (optional)

Spring is the season of life, prosperity and richness. This is time for eating easily digestible food to stay healthy and fit. Grains like barley, rye, millet, buckwheat and wheat, can be consumed. I cook and eat Aloo Parantha with butter or Desi ghee with curd and drink ginger & cinnamon tea.

We have Special holidays on Holi, Basant Panchami, Maha Shivaratri, Vaisakhi, Rama Navami, Ambedkar Jayanti and Good Friday. We cook The gujiya is of course a pan-India festive special. Filled with khoya and dried fruits in the North, with coconut in Maharashtra, Karnataka and Goa, it is a common feature in homes across the subcontinent around Holi. We Wear yellow clothes and cook bright coloured foods like Meethe Chawal

and Boondi Ladoo are the highlights of the Basant Panchami festival. We cook Mewa ki Kheer with nuts, Badam Halwa and Bhang Lassi are the highlights of the Maha Shivratri Festival. We cook Makki ki Roti, Sarsoon ka Saag, Dry Fruit Kheer and Peele Chawal are the highlights of the Vaisakhi Festival. We cook Poori Chole and Badam Halwa are the highlights of the Ram Navami Festival.

The holiday that is linked to the recipes below is Maha Shivaratri. It is a major festival in Hinduism, and it focuses on the idea of “overcoming darkness and ignorance” in life and the world. It is celebrated by remembering Shiva through chanting prayers, fasting, doing yoga and meditating.





Aldy Muhammad Zulfikar

Indonesia

OPOR AYAM

'Indonesian' Chicken Cooked in Coconut Milk

How to cook the dish

1. Grind the following into spice paste
 - 8 shallot
 - 4 cloves garlic
 - 5 candlenut
 - 2,5 cm (inch) galangal
 - 2 teaspoon coriander seeds
 - ½ teaspoon cumin seeds
 - 1 teaspoon salt
 - ½ teaspoon sugar
2. Heat 2 tablespoon of oil in a pot and stir fry the spice paste until fragrant, about **2-3 minutes**
3. Add lemon grass, bay leaf, and kaffir lime leaf and cook for another **2 minutes**
4. Add the chicken pieces and cook until chicken is no longer pink
5. Add water and coconut milk and bring to a boil
6. Reduce heat and simmer until liquid is reduced, about **20 minutes**
7. Transfer to a serving bowl and garnish with fried shallots

Ingredients

- 400 g of eggplant
- 500 g of tomatoes
- 300 g of zucchini (courgettes)
- 1 onion
- 6 garlic cloves
- 50 g of butter
- 1 olive oil spoon
- Provence aromatic plants
- Salt and pepper

KETUPAT

Boiled Rice Cake Wrapped in Woven Palm Leaf Pouch

How to cook the dish

1. Make the ketupat casing using the pandan leaves like in the picture, it would take sometime with skill and technic
2. Rinse the rice thoroughly with **2-3 changes** of water until the water runs clear, drain, then set aside to dry
3. Fill up each ketupat casing with rice with about **40% full** where there are two short parts of the coconut leaves jutting out
4. Seal the opening by tucking the jutting leaves
5. When all ketupat are filled and sealed, tie them together in **packages of 10** to cook
6. Bring a large pot of water and add **3 tbsps of salt** with ketupats to a boil. Make sure that all the ketupat is fully submerged
7. Cook ketupat for **3 to 4 hours** over medium heat
8. Add water as needed to avoid burning the pot base
9. Once ketupat are cooked, remove from pot, hang dry and serve with "Opor Ayam" dish

Ingredients

- palm leaves
- **1 kg** rice or glutinous rice
- **2-3** tbsp salt
- water

I would love to share one of our biggest celebration not only in Indonesia but also in other Muslim countries. We call it 'Idul Fitri' (Indonesian Language) or we know it as Ramadan Bay-ram as general, the special day that we celebrate it after doing a monthly fasting in every year.

For the Muslim majority in Indonesia, this celebration is the greatest one every year. Even though we do not generally know all the typical of the recipes for the food in our country, because Indonesia is culturally diverse, it also has a lot of different taste of food in every part of the country. However, in Ramadan Bay-ram we have a couple of dishes that should always be provided, as namely "Ketupat" and "Opor Ayam". Opor ayam (chicken cooked in coconut milk) is especially popular during lebaran (Idul Fitri) when it is usually served with ketupat (boiled rice cake wrapped in woven palm leaf pouch).



Alexis Roberto Dick Caceres

Paraguay

CHIPA

Easter bread

How to cook the dish

1. Preheat oven to **220°C**
2. In the bowl of a stand mixer, add the butter and the eggs. Mix for a couple minutes. Incorporate the grated cheese and anise seeds
3. Dissolve the salt in the milk. Add to the mixture. Then, add the cassava flour and continue mixing until well combined
4. Divide the dough into quarters, then divide each quarter into **4 equal sized balls**. Cover and chill in the refrigerator for **20 minutes**
5. Roll each ball into a rope of about **6 inches long** and **1/2 inch thick**. Bring ends together to form a circle and press to seal. Place **3 inches** apart on baking sheets lined with parchment paper
6. Bake chipas for **20 to 25 minutes** until slightly golden

Paraguay is officially a Secular State, but like in Poland, Christianity, particularly Roman Catholicism, is the dominant religion. So, in that time we celebrate Easter and for this occasion we cook CHIPA (vegan easter bread). The word chipa comes from the Guarani language (Official Language of Paraguay) and it generally means cake or bread. Today, chipa is part of the culinary heritage of Paraguay, but there is a specific time of the year during which it is produced and consumed heavily. This time is during the Holy Week before the Christian festivity of Easter. During this week, it is indeed customary to prepare and deliver chipas to family and friends. This gesture is a testament to generosity and friendship and it seems that there is not one Paraguayan who doesn't participate in these traditional exchanges. During Holy Friday in Easter, the people eat just CHIPA all the day instead of eating meat

Ingredients

- **500 g** cassava (manioc) flour
- **1/2** cup butter
- **4** eggs, beaten
- **250 g** Paraguayan cheese, grated (or a mix of mozzarella and parmesan)
- **1** teaspoon anise seeds
- **1/2** teaspoon salt
- **1/2** cup milk

CHIPA SO'O

Easter bread with meat filling

How to cook the dish

1. The butter is whipped until it becomes creamy and becomes much lighter in color
2. Then the eggs, salt and cheese (in small pieces) are added, whipping the mixture after every addition
3. The preparation is mixed with the maize flour, starch and milk, producing a paste that can be kneaded with the hands
4. The dough is shaped into small balls and a hole is made in them with the thumb
5. The hole is filled with a mix of chopped meat and eggs
6. Afterwards, the ball is closed and given form like a small cake about **7 centimeters in diameter**. The cakes are put on a buttered oven tray, and are painted with milk to give them a nicer color
7. They are cooked in the oven at **250°C** for about **20 minutes**



Ingredients

For the Mass:

- **500 g** corn flour
- **25 g** cassava (manioc) flour
- **1** teaspoon salt
- **250 g** Paraguayan cheese
- **100 g** butter
- **1** egg
- **750 ml** milk

For the Filling:

- **1** onion
- **500 g** beef meat
- **1** big pepper
- **3** garlic clove
- salt
- cumin
- **4** hard-boiled eggs
- **2** spoons of oil



Weronika Krawczyk

Poland

ŻUREK

Soup made from fermented rye flour

How to cook the dish

1. Sourdough of rye is a mixture of wheat flour and water left for a few days of fermentation. In every store in Poland you can buy ready-made, but you can also do it yourself. Homemade soup: Pour into a jar rye flour, pour the warm boiled water, cover with a cloth and let stand at room temperature for about **4-5 days**. At this time, mix several times. Homemade soup should have a sour taste, but it can not have flavor of mildew.
2. Broth: Peel the carrot and parsley, wash the onion, leek and parsley. All the vegetables put into the pot, pour **2 liters** of water, add the dried mushrooms, 1 clove garlic, bay leaves, allspice, black pepper grainy, salt, sugar, cumin. Bring to a boil, then cook for about half an hour.
3. To the hot broth add a crude white sausage and cook with a little less heat, covered for about **15 minutes**. Strain the broth into a clean pot, reinsert cut into slices of carrots and white sausage. The rest of the vegetables from the broth will not be needed.
4. Add shocked and mixed sourdough (at the beginning we give 1 cup, then you can add more to taste). Add marjoram, ground pepper, grated horseradish and remaining 1 clove garlic
5. Add the cream, add salt to taste and bring to a boil, then cook over low heat for about **2-4 minutes**, until the soup thickens flour contained in the sourdough.

Serve with sliced quartered boiled egg, roasted sausage, dried marjoram sprinkled over the top and garnish with fresh marjoram. You can also serve it in a bread loaf.

Ingredients

- **250-500 ml** of sourdough of rye (purchased or self-made prepared with **7** tablespoons of rye flour and **500 ml** of water)
- **2 l** of broth of vegetables (**2** carrots, **1** parsley, **1** onion, **2** cloves of garlic, a piece of leek, celery, **4** sprigs parsley)
- **500 g** of crude white sausages (or other kind – but white sausage is traditional)
- **2** teaspoons grated horseradish from the jar or **1** tablespoon freshly grated one
- **5** tablespoons whipping cream **30%**
- **2** pieces of dried mushrooms
- spices: **2** bay leaves, **3** grains of allspice, **5** grains of black pepper, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon of sugar, a pinch of cumin, $\frac{1}{3}$ teaspoon freshly ground pepper, **2** teaspoons dried marjoram

SERNIK

Cheesecake

How to cook the dish

1. Beat soft butter, gradually add one egg yolk alternately with a spoon of powdered sugar, whisking all the time exactly the ingredients.
2. Reduce turnover mixer to medium, add the cheese and ground together. Now add in turn: vanilla sugar, cream and cornstarch all the time mixing ingredients into a homogeneous mass. At the end of the mix (gently but thoroughly) with beaten stiff proteins.
3. Prepare cake tin with a diameter of **26 cm**, spread with butter and sprinkle with breadcrumbs or with almonds or bottom of baking parchment paper.
4. The cheese put into springform pan and put in the oven preheated to **170 degrees F**. Bake for **60 minutes**. Gradually to cool and remove from the oven. Toasted top of cheesecake sprinkled with powdered sugar or pour chocolate glaze.



Ingredients

- **1 kg** of milled fresh cheese (cream cheese or ricotta)
- **250 g** of soft butter
- **1** and $\frac{1}{3}$ cups caster sugar
- **6** eggs
- **1** packet of vanilla sugar
- **150 ml** of **36%** cream
- **4** tablespoons of potato flour



Mehmet Serhat Ozturan

Turkey

TERBIYELI ENGINAR

Marinated Artichokes

How to cook the dish

1. Fast fry the onions in butter, until softened.
2. Then add carrots and potatoes one after the other.
3. Place the artichokes stem side up, add water and salt.
4. Continue cooking, when the artichokes are softened, whisk the flour and yoghurt with a ladleful of the cooking liquid.
5. Then add this mixture into the pot and cook for another **5 minutes** then serve.

The first thing that comes to my mind is the dishes prepared with fresh vegetables prepared during the season. Turkish kitchen is very rich with vegetable dishes. We are cooking for example artichokes, spinach, eggplants, beans etc.

In spring we are celebrating Nevruz Festival. The Turkish world will celebrate Nevruz, world's oldest festival, on March 21. Nevruz, which is celebrated by festivities under various names in many communities, is being celebrated in the Turkish World as "the exit of Turks from Ergenekon" and "the beginning of the new year in Turkish calendar with 12 zodiac divisions represented by animals" since 5000 years. It is considered as the herald of spring and the "new day" by the Turkic-speaking peoples of Eurasia. It symbolizes the bountiful, fertile and lively characteristics of the awakening nature as well as the values of love, fraternity, sharing, peace and friendship.

People make various meals but there is no special food for this day.

Ingredients

- 4 artichokes, trimmed
- 1 potato, cut into large dice
- 1 carrot, cut into large dice
- 1 yellow onion
- 2 tbsp. butter
- ½ cup water
- For the sauce
- 1 tbsp. flour
- ½ cup yoghurt



ÇOBAN KAVURMA

Shepherd's Stew

How to cook the dish

1. Fast fry the lamb in butter
2. Add oil and onions and cook for two or three minutes. Then add the garlic
3. Then add the tomatoes, green peppers and continue sauteing for **10 minutes**
4. Add the salt and black pepper and cook until the lamb is softened

Ingredients

- 1 kg lamb, cut into medium dice
- 4 tomatoes, peeled, diced
- 4 long green peppers, sliced
- 2 onions peeled
- 3 tbsp. butter
- 2 tsp. salt
- 1 tsp. black pepper
- 1 tsp oregano
- 2-3 cloves garlic, thinly sliced



Radu-Andrei Otineanu

Romania

SARMALE

Cabbage Rolls

How to cook the dish

1. Remove core from cabbage. In a large pot, bring to boil enough water to cover cabbage. Add **2 tablespoons** salt and **¼ cup** vinegar to boiling water. Immerse cabbage in boiling water. Cover and cook over medium-high heat **5 to 7 minutes**. With fork or tongs, gently remove leaves as they become tender. Drain well; let cool. Trim main leaf vein so it is flat like rest of cabbage leaf
2. In a large frying pan over medium heat, add oil, onions, celery, bacon, salt, pepper, paprika, parsley leaves and saute until light golden brown. Remove from heat and let cool for **½ hour**
3. Add ground pork, rice and sauteed onions together along with **½ cup** water, and mix well. This is the meat filling
4. Place **1 to 2 tablespoons** of the meat filling in center of cabbage leaf. Fold right hand side of leaf over filling, then roll from base to bottom of leaf, then with index finger gently tuck left hand side of leaf into cabbage roll to make a nice neat roll. Squeeze juice out of sauerkraut and place **½ of jar** on bottom of pot. Chop any leftover cabbage and place on top of sauerkraut. Place pork hock on top of sauerkraut. Arrange cabbage rolls, seam side down in pot in neat layers. Place them loosely touching each other and layer on top of one another. Sprinkle with salt between layers. Place second half of sauerkraut on top of cabbage rolls. Spread tomato sauce and tomato juice over kraut and place 1 bay leaf (and optional dill sprig) on top. Cover rolls with water just enough to cover rolls. Place heavy dish on top making sure there is a couple inches between plate on top of pot. Cover pot and bring to boiling and reduce heat to simmer and cook for about **2 hours**

Ingredients

- **3 lbs** heads of cabbage
- **1 ½ lbs** ground pork
- **4** tablespoons vegetable oil
- **4** medium onions, finely chopped
- **1 ½** cups celery, finely chopped
- **½ lb** bacon, finely diced
- **1** tablespoon salt
- **½** tablespoon black pepper
- **½** tablespoon sweet paprika
- **2** tablespoons fresh parsley, finely chopped
- **1** cup rice
- **1** cup tomato sauce
- **1** cup tomato juice
- **1** quart sauerkraut (I prefer Polish one, in jar)
- **1** bay leaf
- **1** sprig fresh dill (optional)
- **1** smoked ham hock

We usually cook different types of meat, but the favourite one in our country is pork. Being an Orthodox country, the Easter is a very important celebration in Romania. We usually eat lamb for this occasion and also other traditional dishes like „sarmale”. On 1st of May, we celebrate the workers day and is known as the official day of barbecue. As you probably imagine, we put on the grill a lot of meat, including our famous „mici”, romanian long meatballs made from pork, lamb and beef.

The most specific dish in the spring period is the lamb cooked during Easter. Considering that the meet is quite expensive compared with chicken and pork, not many people can afford it and they make a little financial effort to enjoy it. In early May, we prepare some cherry pies for dessert, it became traditional because some of it grow that fast. (Iled “Maioş”).





Tamara Tokolova

Ukraine

PYSANKA (писанка)

Painted egg

How to cook the dish

1. Take a special metal stylus (a thin stick). Use it to design your egg (raw!) with molten wax; any bit of shell covered with wax would be sealed, and remain white.
2. Then the egg is dyed yellow, and more wax applied, and then orange, red, purple, black (the dye sequence is always light to dark). Bits of shell covered with wax remained that color.
3. After the final color, usually red, brown or black, the wax is removed by heating the egg in the stove and gently wiping off the melted wax, or by briefly dipping the egg into boiling water.

The ornament is very important. Every sign has its own meaning, so the most difficult part in making pysankas is to make sure you charge the egg only with a positive energy (that you use only good graphic symbols).

Our biggest spring holiday is Easter (we call it Paska). Ukraine is an orthodox country. That's why we celebrate this holiday according to the old calendar (the Julian calendar). Easter is preceded by the seven-week Great Lent, when we are forbidden to eat non-vegetarian food. The Easter Mass lasts for all night. After that the procession goes around the church for three times and the blessing of Easter dishes (paskas, krashanky, pysanky, sausages, salo (leaf lard) begins. Hostesses keep all the food in the baskets with candles and ukrainian embroidered towels. Right after the Mass people go home and stop the Lent with a blessed egg.

There is a tradition of striking boiled eggs (the rivals beat their eggs. He whose egg is not broken is the winner). The Western Ukraine also follows the tradition of pouring. On Easter Monday boys pour girls with water and the girls take revenge on Easter Tuesday. During 40 days after the Easter people greet each other saying "Christ is Risen" and the response is "Truly, He is Risen". The main dish for Easter is Paska (a bread with the top decorated with crosses, plaits, larks and flowers (normally cooked in the Western Ukraine) OR glazed with whipped sugar and scattered with multicolour topping) Eggs are also very important. There are four types of Easter Eggs in Ukrainian tradition: krashanky, krapanky, dryapanky and pysanky.



Ingredients

- an egg
- wax
- vegetable dyes (different shades of the same colour)



The University of Lodz is one of the biggest universities in Poland devoted to research and higher education development aimed at community transformation. One of its major goals is to integrate and share its diversity – in this way the University

makes a difference to the social and economic well-being of its community through the research, teaching, and public events and activities. We promote equality through diversity that enriches: people of 95 nationalities

study at the University of Lodz! We build academic community around the values of respect for cultural, religious and community identities as well as social sensitivity. The University of Lodz initiated the project called University Diversity

which focuses on integration of the academic community and in particular exchange students. A lot of activities promoting diversity are being incorporated in the academic life of the university – and our International Cook Book is one of them.



Poland

officially: the Republic of Poland, is a country in Central Europe, bordered by Germany to the west, Czech Republic and Slovakia to the south, Ukraine and Belarus to the east, as well as Russia (Kaliningrad Oblast) and Lithuania to the northeast. Poland is the **6th biggest country in the EU**, both in terms of inhabitants (38,5 million) and area (312 628 square km).

Poland has been a member of the **United Nations** since 1945, **NATO** since 1999 and the **European Union** since 2004. In 2007 Poland joined the Schengen area, which is a group of European countries with no internal border control (applied to the zone limit instead).



Łódź

The city of Łódź /say “woodge”/ is easily accessible from any part of Poland and Europe

It is a major academic city with many higher education institutions. Diverse Polish and international companies, located in Łódź, are official partners of the University of Lodz. Business experts from partner companies consult programme content and are invited to classes. The list of company names includes: **Infosys, Fujitsu, Clariant, Accenture, Deloitte, HP, LSI Software, Sandoz, CitiBank, Indesit, Skanska, BNP Paribas, Philips, E&Y, Pricewaterhouse Coopers** – all the entities mentioned seek UL graduates actively and help them develop their career. The city is proud of its 19th century industrial history and attracts tourists

with many festivals and cultural events that are held annually. It incessantly generates the energy of creative activities, like architecture, fashion, and film, that have flourished here for generations. This is the place where the eminent filmmakers Roman Polanski as well as Andrzej Wajda were educated and gained his first professional experience. We believe Łódź has rightfully earned the names of “**Polish capital of street art**” as well as the “**cradle of Polish Cinematography**”.

Faculties



- Faculty of Biology and Environmental Protection
- Faculty of Chemistry
- Faculty of Economics and Sociology
- Faculty of Educational Sciences
- Faculty of Geographical Sciences
- Faculty of International and Political Studies
- Faculty of Law and Administration
- Faculty of Management
- Faculty of Mathematics and Computer Science
- Faculty of Philology
- Faculty of Philosophy and History
- Faculty of Physics and Applied Informatics





Diversity in Education

The University of Lodz maintains the high, all-European level of education as well as it successfully adjusts to the changing labour market both in the local and global context. It especially excels in economic, linguistic and legal sciences. Our state accredited programmes ensure perfect environment for our students to build their expertise. The UL offers a wide range of degree studies, ranging from natural sciences through social sciences to humanities. Most popular programmes taught in English are: Computer Science, Business Management, Management and Finance, International Marketing, Asian Studies, Economics, and Polish-American Executive MBA Programme (cooperation with Minot State University, USA).

As for degrees studied in the Polish language, the University of Lodz offers 100 programmes and 160 specializations. Degrees include Asian Studies, Banking and Digital Finance, Business Linguistics, Cosmetic Chemistry, Data Analysis, Entrepreneurship and Innovation Management as well as Geomonitoring.

Many programmes were created in cooperation with business entities – Polish and international companies, which are official partners of the University of Lodz. Business experts from international companies consult programme content and run some classes: Infosys, Fujitsu, Clariant, Accenture, Deloitte, HP, LSI Software, Sandoz, CitiBank, Indesit, Skanska, BNP Paribas, Philips, E&Y, PwC.

British International School

of the University of Lodz provides a caring, secure learning environment where children can acquire the skills necessary to lead a fulfilling life. Majority of its pupils are children of international businesspeople who work in Łódź. This is the only school of its kind in the city; it has been accepted as a Cambridge International School and it is accredited by Cambridge International Examinations. At the school, pupils can obtain qualifications such as Cambridge IGCSE and Cambridge International AS and A Levels, recognized by universities and employers around the world.

UL State Secondary School

is one of the best upper secondary schools in Poland. The teaching staff chiefly consists of the University of Lodz lecturers with long time experience educating both at a university and a high school level. The school educates young people, preparing them for higher studies according to their individual interests. It has a modern multimedia library with a rich collection of books, including electronic versions (e-books) of assigned readings.

Polish Language Centre for Foreigners

at the University of Lodz is the oldest institution in Poland specializing in teaching Polish as a foreign language. The school offers Polish courses at all levels of proficiency and various degrees of intensity. Apart from typical language classes, lecturers focus on the practical acquisition of the Polish language. One of the courses, the 9-month preparatory course, is designed for foreign students willing to prepare for medical, technical, economic, agricultural and humanistic studies in Poland. Majority of scholarship holders, granted by Polish Ministry of Science and Higher Education, finish the school before their degree studies.



Student-friendly university

The **Office of Career Services** helps students and alumni of the University of Lodz to navigate the job market by supporting the search of internships and jobs and facilitating contact between students and employers. They organize University Job Fairs, trainings, workshops, appointments with employers, as well as provide agreements of elective internships and career counselling (individuals and groups). Moreover, our students are offered

paid internships in key sectors of local industry companies including logistics and transport, BPO, IT, home appliances and R&D.

Recently, the UL has implemented a “**VIP graduate programme**” which is addressed to the group of the most outstanding graduates of the University. It includes mentoring projects for most talented students, regular lectures and classes with VIP graduates as well as reunion meetings. The University also monitors the careers of its graduates – according to our research about 87% MA graduates start a job within one year after graduation!

The University’s campus includes the Centre for Physical Education and Sports, which is a modern complex featuring

a sports hall, swimming pool, gyms, and a health and beauty salon. Near it, students can find a medical unit, a bank, and varied shops. The Campus also offers housing in 10 dormitories situated in a beautiful green area reasonably close to the city centre, and next to a number of Faculty buildings. The Library of the University of Lodz is one of the largest and most modern libraries in Poland with over 3 million volumes.

American Corner is situated in the Library of the University of Lodz and provides information about the United States. The American Corner is operated in partnership between the University of Lodz and the U.S. Embassy in Warsaw.

Student Research Grants project gives new development opportunities to the scientifically-minded young people. The grants are offered to first and second degree students as financial aid for conducting or presenting scientific research. The project guides the students through the application process for research funding, and within its framework, financing can be obtained for research activities, conferences, publishing or thesis projects.

Supporting culture: the University of Lodz is a hub of cultural life, open to art and activities outside academic concerns. It provides patronage for numerous concerts, takes part in festivals and participates in the cultural life of the city and region.

The “**University Diversity**” project has been appreciated by experts, both countrywide and internationally:

proMYKi Award, June 2019 (Poland) – distinction for promotional actions for higher education (by the PROM Association for PR and Promotion of Polish Universities)

EUPRIO Award, July 2017 (EU) – third prize for outstanding university communication projects (by the EUPRIO “European Universities Public Relations and Information Officers” Association)

#UniversityDiversity

The University of Lodz aims at integrating and sharing its diversity – in this way the university makes a difference to the social and economic well-being of its community through the research, teaching, and public events and activities. We promote equality through diversity that enriches: people of 95 nationalities study at the University of Lodz! We build academic community around the values of respect for cultural, religious and community identities as well as social sensitivity. The University strives to form active global citizens who think critically, understand the complexity and the diversity of perspectives which underline most global problems. The UL – a University that is tolerant, engaged, responsible, focusing its actions on intercultural and social integration. The University of Lodz initiated the project called University Diversity which aims to integrate the academic community and in particular exchange students. A lot of activities promoting diversity are being incorporated in the academic life of the university.

The University of Lodz has been promoting and initiating activities related to social responsibility for many years. This comes through a variety of projects addressed to different groups of stakeholders including students, university employees, local society and business. The University of Lodz was among the first universities in Poland that signed the Declaration of Social Responsibility. It is a confirmation of the commitment to the idea of social responsibility in the academic community. The document indicates the most important directions of development and activities for social responsibility that can be implemented at universities. One of its aspects is spreading the idea of equality, diversity, tolerance and respect for human rights, in all the areas of academic life.



„Christmas Guest”

UL staff and students bring international guests home for the Holiday



UL International Cook Book

International students share recipes from their home countries



„Why Lodz?”

UL international students explain „Why Lodz?” during the diversity poster session



BBQ

Newly arrived students at a welcome BBQ



Unite & Excel with the UL



International Cooperation Strategy

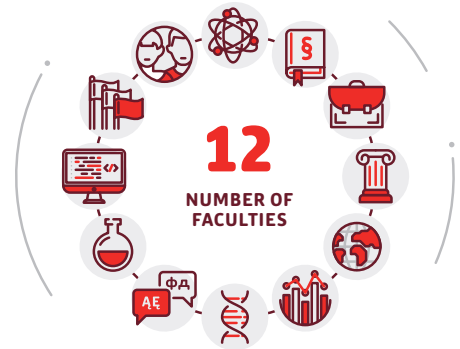
University of Lodz puts great importance on its international relations. The UL cooperates with over 270 partner institutions from all over the world within institutional bilateral agreements. And it is with even a greater number of European universities that our institution cooperates in the Erasmus+ programme, which promotes staff and student mobility. The range of existing cooperation includes mutual research projects, dual diplomas, and exchange of academic staff and students. In its strategy, the University of Lodz focuses on developing strong partnerships that foster long lasting and deep relationships worldwide.

The institution regularly hosts visiting professors, guest speakers, renowned politicians, businessmen and cultural representatives from Poland and abroad. It was honoured by such visitors as Andrzej Wajda (Polish film and theatre director, recipient of an Honorary Oscar Award), Margaret Thatcher, José Manuel Barroso, Amos Oz, Joachim Gauck (former President of Germany) and Umberto Eco. The University of Lodz boasts to be one of the most internationalized universities in Poland.

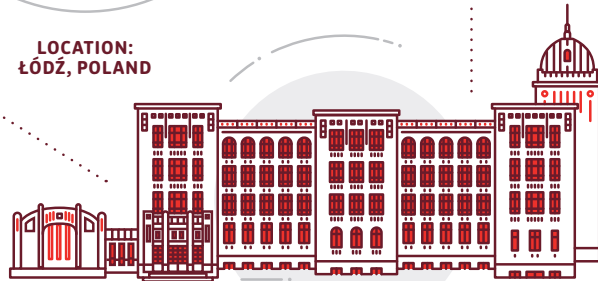


**UNIVERSITY
OF LODZ**
Poland





LOCATION:
ŁÓDŹ, POLAND



STATUS:
STATE (PUBLIC)



1945

FOUNDATION DATE
1945

**UNIVERSITY
OF ŁÓDŹ**



1192

ACADEMIC
STAFF



3000

NUMBER OF
INTERNATIONAL
STUDENTS



270

NUMBER OF
INTERNATIONAL
AGREEMENTS



28 000 NUMBER OF
STUDENTS

