

Recipe for good communication at the table



At the Polish Migration Forum, we always emphasize that good communication is the key to understanding, and a table full of delicious food is the perfect place to develop it. Our recipe for successful meetings at the table is crafted from a mix of several ingredients, creating a space where diversity and respect seamlessly blend together.

Starting a conversation is like opening a book. Each of us has a unique story to tell. So, let's invite others to the conversation, ask questions that open doors to sharing life experiences. In doing so, we create a space where everyone can feel valued and understood.

We add a pinch of empathy to this because, by trying to understand the lives of others, we build bridges between us. At PFM, what matters are not only our stories but also the ability to empathize with the situations of other people, even if they seem unfamiliar to us. It is empathy that makes our meetings filled with support and acceptance.

Openness to diversity is another key ingredient of our recipe. Each of us brings diversity, and our goal is to find new perspectives and ideas. We avoid hasty judgments or criticism and, instead, seek inspiration and collaboration.

Sometimes building good relationships takes time. Therefore, we also enrich our recipe with a dose of patience, allowing the conversation to unfold naturally, without rushing it. Through the ability to listen, we make our meetings truly valuable.

Communication at the table is also a space for different views and opinions. We tolerate differences, respect them, and strive to ensure that our discussions do not turn into arguments. Every conversation is an opportunity for us to learn.

At PFM, we believe that the recipe for being together at the table is a process of continuous learning and adaptation. Every meeting is an opportunity to build better relationships.

Having mastered the art of successful table conversation, we would now like to invite you on a journey through the culinary corners of the world. The recipes presented by our volunteers will not only introduce you to a world of diverse flavours, but are also an invitation to discover fascinating stories and traditions. Time for an unforgettable culinary adventure!



Picana Navideña



Picana Navideña

Picana Navideña is a dish with a rich history that traces back to the time of the Spanish kingdoms in Potosí. It has evolved from a Spanish goulash to a distinctive dish using local ingredients from the Andes and the Amazon. A signature element is the incorporation of fermented beverages in the cooking process – a tradition attributed to the practices of royal chefs who added wine or beer to cater to the tastes of knights. The name Picaña comes from a piece of beef reserved for Christmas celebrations in the late 20th century. In the Andean region, chuño or tunta (fermented, dehydrated potatoes) is included in the dish, while in the Amazon region, fresh or dried fruit is added.

Preparation

- 1 Heat a frying pan with a small amount of oil over medium heat. Fry the meat on both sides, forming a crispy crust. Then, transfer the meat to a pot, add 3 liters of water and simmer on high heat for about an hour until the meat becomes tender.
- 2 In the same pan, fry the halved onions and carrots.
- 3 Add seedless green chili peppers, bay leaves, cumin, whole pepper to the pot and simmer for 2-3 hours.
- 4 After 2 hours, add sultanas (optional) and the required amount of red wine to the pot. If needed, top up with water to cover the meat. Simmer for another 40 minutes.
- 5 Boil peeled and washed potatoes in a separate pot.
- 6 In another pot, boil the corn with a little sugar and anise.
- 7 Serve the dish by placing the potatoes and corn first, then pouring the prepared soup over them.

Ingredients

- ½ kg of beef tenderloin
- ½ kg pork ribs
- 4 large carrots
- 2 large red onions
- 2 tablespoons of sultanas
- 300g green chili peppers
- 1 bunch of parsley
- 200 ml red wine
- approximately 3 liters of water (depending on the size of the pot)
- bay leaves
- 10 teaspoons whole black peppercorns
- Cumin to taste
- Oil to taste
- Salt to taste



Buñuelo

Buñuelo, also known as sweet dumplings, is a dish deeply rooted in Spanish culinary traditions. Described in numerous old Spanish poems and legends, buñuelo has permeated Colombian culture and acquired its own local character. In cities like Cali and Bogotá, they are a popular delicacy throughout the year. However, throughout Colombia, buñuelos take on special significance during the Christmas season, becoming an integral part of the night's festivities.

Preparation

- 1** Mix all dry ingredients: cornstarch, sugar, baking powder and cassava starch. Sift them through a sieve to avoid impurities. Then add the cheese and mix well.
- 2** Add the eggs one at a time, constantly stirring the dough until it becomes smooth and elastic, but not too hard or too liquid. If needed, add a little water to get the right consistency.
- 3** Let the dough rest for 20 minutes, covering it with a cloth.
- 4** Shape the dough into balls of a size that fits in an adult's hand.
- 5** In a deep frying pan, heat at least 1 liter of oil so the balls float on the surface. Fry them only in very hot oil for 6-8 minutes, until the balls flip over on their own when ready on each side.
- 6** Remove the balls and place them on absorbent paper until they change color and become golden brown.
- 7** Serve with traditional Christmas natilla.

Ingredients

- 130 g cornstarch (Maicena)
- 130 g of cassava starch
- 300 g grated semi-salted creole cheese
- ½ teaspoon baking powder
- ½ teaspoon salt
- 120 ml of warm milk
- 50 g grated sugar or panela (grated panela)
- 2 eggs
- 1 liter of oil for frying



Pakora



Pakora

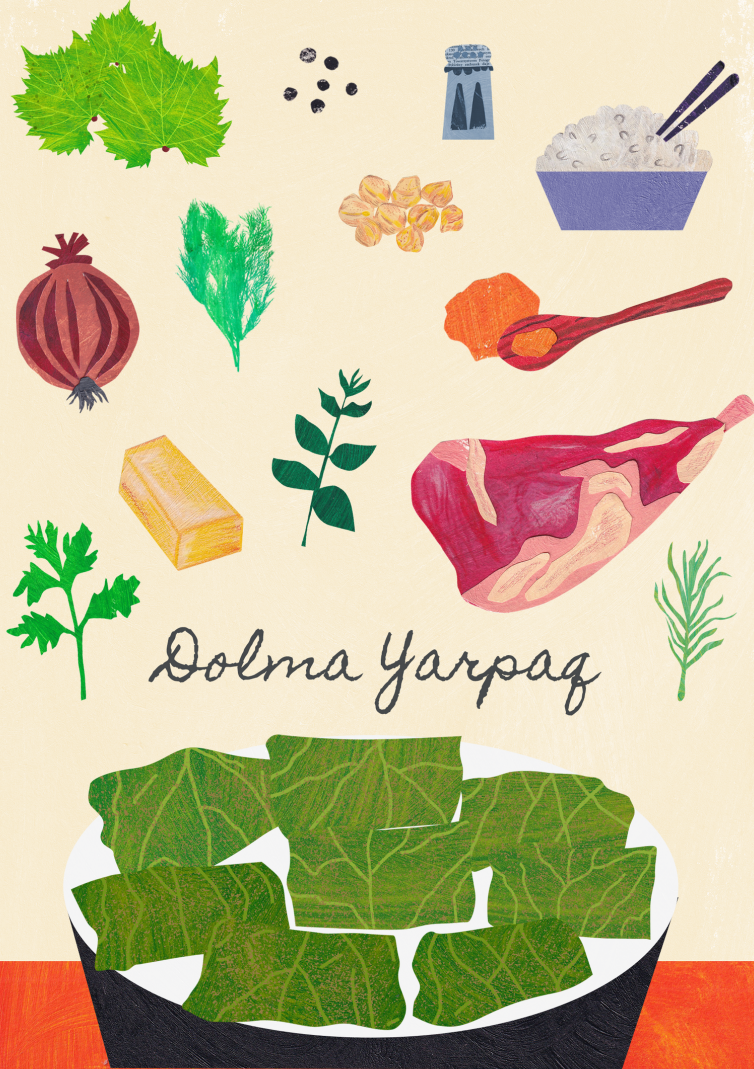
Pakora is one of the most popular snacks, among many others, which we celebrate the end of the year with. And it is my favorite. Pakora has a rich history that dates back to ancient times and is rooted in Indian culinary traditions. Thanks to regional diversity and the influence of the cuisine of the Great Mughals, pakora has become an integral part of Indian street food, festivals, and the flavors of the monsoon season. In my home region in India, we did not celebrate Christmas because our community does not practice this tradition. However, now living in Poland, I celebrate the holidays according to Polish customs.

Preparation

- 1** Peel and wash the onion, then slice it into very thin strips.
- 2** In a bowl, mix the sliced onion with chickpea flour, grated ginger, chopped coriander, cumin, turmeric and chili.
- 3** While stirring, gradually add water until the batter has a semi-liquid consistency.
- 4** Set the mixture aside for 10-20 minutes for the ingredients to soak through.
- 5** Heat a large amount of oil in a pan over medium heat.
- 6** Start frying the pakoras, using approximately 1 tablespoon of batter for each pakora. Fry each pakora, constantly flipping it, until it is evenly fried on all sides.
- 7** Once the pakoras are ready, place them on absorbent kitchen paper to get rid of excess oil.
- 8** Pakoras are best served with curry sauce or fresh mint.

Ingredients

- 100 g onion
- 200 g chickpea flour
- 1 teaspoon grated fresh ginger
- 50 g chopped fresh coriander
- 1 teaspoon cumin seeds
- ½ teaspoon turmeric powder
- ½ teaspoon chili powder or chopped fresh chili peppers (to taste)
- 125 ml of water
- Oil for frying



Dolma Yarpag

Dolma Yarpag is a traditional Azerbaijani dish, known as one of the oldest national dishes in the country. In 2017, dolma was included in UNESCO Intangible Cultural Heritage list. It is a signature dish of Azerbaijani cuisine, often served at weddings and celebrations. It is also popular in the cuisines of other nations in the region. The name "dolma" refers to the preparation technique of filling grape leaves with various stuffings.

Preparation

- 1** Prepare the rice in advance. Rinse it several times in a pot of water until the water is clear. Then soak the rice in water for about an hour.
- 2** In a bowl, mix the meat with chopped onions. Drain the rice and add it to the mixture, along with chopped herbs (or dried spices).
- 3** Add salt, pepper, chickpeas, and butter. Mix everything thoroughly.
- 4** Drain the grape leaves. Take a single leaf, place a portion of the stuffing in the center, then fold the corners of the leaf to form a roll.
- 5** Place the prepared dolma in a pot with an inverted dessert plate or saucer at the bottom. Place a heavy object (such as a stone) on top to prevent the dolmas from unfolding during cooking. Pour water up to the level of the plate.
- 6** Bring the water to a boil, then reduce the heat and simmer for 1.5 to 2 hours, until the meat and rice are cooked.

Ingredients

- 150 g grape leaves
- 500 g ground lamb (or 250 g each of ground lamb and beef)
- 250 g onion
- Salt and pepper to taste
- 1/2 teaspoon turmeric
- fresh herbs (cilantro, dill, mint, tarragon)
- 50 g of short-grain rice
- 50 g of chickpeas (optional)
- About 30 g of butter (for a milder taste)



Pettole

Pettole is traditionally served in Italy during Christmas and New Year's Eve celebrations. Italians usually celebrate Christmas Eve with dinner on December 24th, opening presents at midnight. On December 25th, there is a festive dinner, during which games such as tombola or Neapolitan cards are often played. The New Year's "Cenone di Capodanno", or the Great New Year's Eve Dinner, is a time for family gatherings around the table, after which people often go out to clubs or bars.

Preparation

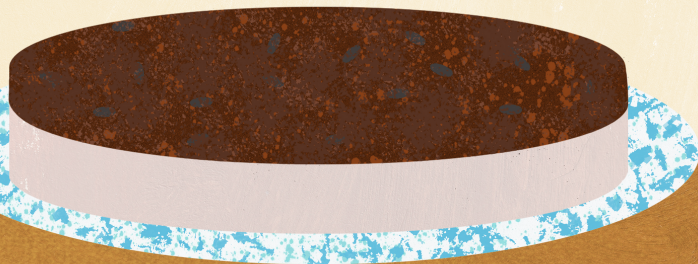
- 1** Add flour and yeast to a bowl. Crumble the yeast with your hands.
- 2** Gradually add water to the bowl, stirring all the time with your hands or a spoon.
- 3** When the mixture reaches a sticky and semi-liquid consistency (like a paste), add salt.
- 4** Continue stirring vigorously with your hands to initiate the dough rising process.
- 5** Cover the bowl with aluminum foil and let the dough rest for 2 hours. It's best to place it in the oven with the light on so that the temperature stays between 24 and 26 degrees Celsius.
- 6** Fry the dough. In a pot, heat the oil to 170 degrees Celsius and slowly add pieces of dough, tearing them off with a spoon.
- 7** When the dough turns golden, remove it from the oil. Pettole is ready to eat.
- 8** You can add different ingredients to the dough, such as sun-dried tomatoes, anchovies, capers or cauliflower. Personally, I like pettole with capers the best.

Ingredients

- 500 g flour
- 500 ml water
- 10 g salt
- 12 g fresh yeast
- 12 g sun-dried tomatoes
- 20 g anchovies
- 60 g cauliflower
- 80 g capers



Pavé



Pavé

In my family, on December 24th, we prepare Christmas Eve dinner. The pavé was the first thing my mother taught me to cook, so I always associate Christmas with wonderful moments spent with my loved ones. I remember my neighbor used to teach me and my mother new recipes every year. End of the year celebrations in Brazil are very diverse. In my city, people celebrate it on the beach with fireworks.

Preparation

- 1** Beat the egg yolks with vanilla essence, corn flour and milk. Place it on the heat and cook until the mixture reaches a semi-liquid consistency. Be careful not to let it burn.
- 2** In a bowl, melt the chocolate in a water bath and mix it with condensed milk until you get a thick consistency.
- 3** In another bowl, whip the heavy cream to a creamy consistency.
- 4** In a bowl, arrange a layer of ladyfingers soaked in the chocolate mixture.
- 5** Add the vanilla mixture as a second layer, then cover it with another layer of ladyfingers.
- 6** Top with whipped cream and decorate with chocolate shavings or grated coconut. Set the dessert aside in the refrigerator for 3 hours.

Ingredients

- 500 g condensed milk
- 3 egg yolks
- 80 g corn flour
- 400 ml milk
- 400 g heavy cream
- vanilla essence
- 250 g sponge biscuits (ladyfingers)
- 150 g dark chocolate

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We also cannot forget our donors and partner organizations, whose support made many of our initiatives possible. Thank you for your generosity and trust.

Finally, we want to extend our best wishes to all our readers. May these recipes bring joy to your homes and hearts, and may cooking together become a source of unforgettable memories and openness to the world.

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